

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - EGG ROLL BOWL

2 LBS BONELESS SKINLESS CHICKEN THIGHS
7 CLOVES GARLIC OR GARLIC POWDER
2/3 CUP COCONUT AMINOS OR LIQUID AMINOS
1/3 CUP RICE VINEGAR
3 TBSP AVOCADO OIL
1/2 LARGE YELLOW ONION
1 HEAD CABBAGE
1 TBSP FRESH GINGER
1/2 TSP GROUND CUMIN
3 TBSP COCONUT AMINOS OR LIQUID AMINOS
2 CARROTS
3 GREEN ONIONS
1 TBSP SESAME SEEDS FOR SERVING

TUESDAY - MEATBALL CURRY

1 LB GROUND TURKEY
1 EGG
2 TBSP LIQUID AMINOS
3 CLOVES GARLIC
1 TBSP FRESH GINGER
2 GREEN ONIONS
1/4 CUP TAPIOCA FLOUR
1 CAN COCONUT MILK
2 TBSP RED CURRY PASTE
1 TBSP PURE MAPLE SYRUP
1/2 RED ONION
1/2 RED BELL PEPPER

THURSDAY - SZECHUAN BEEF

2 LBS SIRLOIN STEAK
1/2 CUP LIQUID AMINOS OR COCONUT AMINOS
3 TBSP RICE VINEGAR OR CIDER VINEGAR
2 TBSP SAMBAL OLEK
2 TSP SESAME OIL
1 TBSP FRESH GINGER
1 TSP GARLIC POWDER
2 TBSP TAPIOCA FLOUR
2 TBSP OYSTER SAUCE
1 TBSP GOCHUGANG
2 TBSP PURE MAPLE SYRUP
1 TSP SZECHUAN PEPPERCORN
3/4 TSP CHINESE 5 SPICE
1 YELLOW ONION
1 RED BELL PEPPER

MONDAY - COBB SALAD

10-12 OZ UNCOOKED BACON
2-3 HEADS ROMAINE HEARTS
6 HARD-COOKED EGGS
1 ENGLISH CUCUMBER
1 1/2 LBS RIPE STRAWBERRIES
2 C RAW WALNUTS OR PECANS
1 TBSP PURE MAPLE SYRUP
1/2 CUP BALSAMIC VINEGAR
1/2 TSP DIJON MUSTARD
1/2 CUP AVOCADO OIL

WEDNESDAY - PROTEIN WAFFLES

2 CUPS CASSAVA FLOUR
1 CUP ALMOND FLOUR
1/2 CUP DAIRY-FREE CHOCOLATE PROTEIN POWDER
1/2 CUP UNSWEETENED COCOA POWDER
1/2 CUP COCONUT SUGAR
2 TSP BAKING SODA
4 EXTRA RIPE BANANAS 6 EGGS
3 C UNSWEETENED ALMOND MILK
2 TSP VANILLA EXTRACT

FRIDAY - PALEO PAD THAI

5 TBSP FISH SAUCE
4 LIMES 3 TBSP COCONUT SUGAR
2-4 TSP ASIAN GARLIC CHILI PASTE
2 TSP TAPIOCA OR ARROWROOT FLOUR
1 LB LARGE UNCOOKED SHRIMP
3 TBSP AVOCADO OIL
6 GARLIC CLOVES
2-3 MEDIUM ZUCCHINI
1 HANDFUL MUNG BEAN SPROUTS
3 SLICED GREEN ONIONS
1/2 CUP CHOPPED FRESH CILANTRO
3-4 SLICED RADISHES (OPTIONAL)
2/3 CUP WHOLE CASHEWS

DESSERT - LEMON BLONDIES

1/2 CUP TAHINI
2/3 CUP PURE MAPLE SYRUP
2 EGGS
1 TBSP LEMON ZEST
2 CUPS ALMOND FLOUR
1 TBSP POPPY SEEDS
1/4 CUP SLICED ALMONDS, OPTIONAL