

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - BRUSSEL SPROUT HASH

2 TBSP COCONUT OIL OR BUTTER
1 POUND BRUSSELS SPROUTS
1 APPLE
1 PRE-COOKED CHICKEN SAUSAGE LINK
1 TEASPOON WHOLE GRAIN MUSTARD
1 TABLESPOON APPLE CIDER VINEGAR

MONDAY - MONGOLIAN CHICKEN

1 LB BONELESS CHICKEN THIGHS
3 TBSP TAPIOCA FLOUR
3 TBSP AVOCADO OIL
1 LARGE CROWN BROCCOLI
3 CLOVES GARLIC
1 TBSP FRESH GINGER
2 GREEN ONIONS
1/3 CUP COCONUT AMINOS
2 TBSP CIDER VINEGAR

TUESDAY - EGG CURRY

2 TBSP COCONUT OIL
1 LARGE ONION
1 TBSP FRESH GINGER
1 TBSP FRESH GARLIC
1 TBSP MINCED GREEN CHILIES
1 1/2 TBSP GROUND CORIANDER
3/4 TSP TURMERIC
1/4 TSP CAYENNE PEPPER
1/2 TSP GROUND CUMIN
1 (28-OZ) CAN TOMATOES
6-7 HARD-BOILED EGGS
1 CUP FULL-FAT COCONUT MILK
1/2 TSP GARAM MASALA
JUICE OF 1 LEMON OR LIME
1/4 CUP CHOPPED FRESH CILANTRO
SIDE (CAULI RICE, JASMINE RICE)

WEDNESDAY - TERIYAKI BEEF

1 LB GROUND BEEF
1/2 YELLOW ONION
2 CLOVES GARLIC
1/2 RED BELL PEPPER
1 LARGE CARROT
1 MEDIUM ZUCCHINI
1 CROWN BROCCOLI
1/4 CUP PALEO TERIYAKI SAUCE

FRIDAY - MEDITERRANEAN SALMON

1 LB SOCKEYE SALMON FILLET
1/2 CUP SUN-DRIED TOMATOES
3 CUPS BABY SPINACH
1/2 CUP FETA CHEESE
OPTIONAL:
PESTO SAUCE
KALAMATA OLIVES
ARTICHOKE HEARTS

THURSDAY - CHICKEN TACO SALAD

3 LB OF BONELESS, SKINLESS CHICKEN BREASTS OR THIGHS
1 TBSP TEX-MEX SPICE BLEND LIKE TACO SEASONING
1 1/2 CUPS SALSA
1 CHIPOTLE FROM A CAN OF CHIPOTLES IN ADOBO SAUCE
1 TBSP TOMATO PASTE
1 LIME
1/2 CUP CHOPPED FRESH CILANTRO
SALAD GREENS
YOUR FAVE TACO SALAD TOPPINGS (AVOCADOS, SALSA, GRAIN-FREE CHIPS)

DESSERT - VANILLA CUSTARD

2 (11.5-OUNCE) CANS FULL-FAT COCONUT MILK
2 T TAPIOCA FLOUR OR ARROWROOT FLOUR/STARCH
3/4 CUPS PREFERRED GRANULATED SWEETENER OF CHOICE
8 EGG YOLKS
1 TBSP VANILLA EXTRACT
1 LB FROZEN MIXED BERRIES
JUICE FROM 1/2 A LEMON