

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - IP JAMAICAN CHICKEN

4 LBS BONE-IN SKIN ON CHICKEN PIECES
5 CLOVES GARLIC
1/3 CUP FRESH LIME JUICE
1/2 CUP LIQUID AMINOS OR COCONUT AMINOS
2 HABANERO PEPPERS (OPTIONAL)
1 1/2 INCH PIECE GINGER
4 STALKS GREEN ONION
2 TBSP PURE MAPLE SYRUP
1 TSP ALLSPICE
1/2 TSP GROUND CINNAMON
1/4 TSP GROUND NUTMEG

MONDAY - IP GREEN CHILE BEEF

1 3-5 POUND BEEF ROAST
1 TBSP PINK HIMALAYAN SALT OR SEA SALT
1/2 TSP FRESHLY GROUND BLACK PEPPER
1 TBSP GROUND CUMIN
1 TBSP DRIED MINCED ONION
1 TBSP DRIED MINCED GARLIC
1 TBSP DRIED OREGANO
1 CUP HATCH GREEN CHILES OR 8 OZ CANNED
2-4 TBSP JARRED PICKLED JALAPENOS
JUICE FROM 1/2 LIME
1/2 CUP CHOPPED CILANTRO
YOUR FAVORITE TACO SALAD FIXINGS

THURSDAY - SW POTATO HASH

6 STRIPS THICK-CUT BACON (1/2 POUND)
1/2 MEDIUM YELLOW ONION
6 CUPS CHOPPED SWEET POTATO (1 LG OR 2 MED POTATOES)
3 CUPS BABY SPINACH

DESSERT - CARROT CAKE BLONDIE

2/3 CUP TAHINI OR CASHEW BUTTER
1/3 CUP PURE MAPLE SYRUP
2 EGGS
2 CUPS SUPER FINE ALMOND FLOUR
1/2 CUP SHREDDED COCONUT
1 LARGE CARROT
1/2 CUP RAISINS
1/2 CUP PECANS
1 1/2 TSP GROUND CINNAMON

TUESDAY - CRISPY SKILLET SALMON

1 1/2 LBS SALMON
1 TSP PAPRIKA
2 TSP DILL
1 CUP FULL-FAT COCONUT MILK
1 LEMON
2 TBSP CAPERS

WEDNESDAY - SPINACH CURRY

1 1/2 LB CHICKEN BREASTS OR THIGHS
1 1/2 TSPS GROUND TURMERIC
1 TSP FINE SEA SALT, DIVIDED
1 LB FROZEN CHOPPED SPINACH
1/4 CUP COCONUT OIL
1 CUP CHOPPED ONION
1 1/2 TBSP GRATED FRESH GINGER
6 CLOVES GARLIC
1 SERRANO CHILI
1 TBSP GROUND CORIANDER
1 1/2 TSP GROUND CUMIN
1 TSP GARAM MASALA
1 CUP FULL-FAT COCONUT MILK
1 LIME
CAULIFLOWER RICE OR JASMINE RICE

FRIDAY - PALEO NACHOS

1 CUP OF RAW, UNSALTED CASHEWS (WHOLE OR PIECES)
3 TBSP FRESHLY SQUEEZED LEMON JUICE
3 TBSP NUTRITIONAL YEAST
1 CLOVE OF GARLIC
1 TEASPOON SEA SALT
1/8-1/2 CHIPOTLE CHILE PWD OR 1/2 OF A CHIPOTLE PEPPER FROM A CAN OF CHIPOTLES IN ADOBO SAUCE
1/8 TEASPOON GROUND TURMERIC
YOUR CHOICE OF CHIPS (PLANTAIN OR HOMEMADE SWEET POTATO CHIPS)
NACHO TOPPINGS