

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - CHINESE CHICKEN SALAD

1 LARGE BONELESS SKINLESS CHICKEN BREAST OR LEFTOVER CHICKEN
3 TBSP ORANGE JUICE
½ TSP DRIED CUMIN
½ TSP DRIED GINGER
4 ROMAINE HEARTS
¼ RED CABBAGE
1 AVOCADO
4 CLEMENTINES
2 GREEN ONIONS
⅓ CUP SLIVERED ALMONDS
4 TSP BLACK SESAME SEEDS
¼ C. RICE VINEGAR
2 TSP. HONEY
1 TBSP. SESAME OIL
3 TBSP COCONUT AMINOS
1 TSP. MINCED GINGER
1 CLOVE MINCED GARLIC
½ C. AVOCADO OIL

TUESDAY - CHIPOTLE SALMON

1 POUND SALMON FILLET
1 MINCED CHIPOTLE CHILI FROM A CAN OF CHIPOTLE PEPPERS IN ADOBO SAUCE
1 TBSP COCONUT SUGAR OR HONEY
1 ORANGE
2 LARGE LIMES
2 TBSP GRASS-FED BUTTER OR OLIVE OIL
¼ CUP HONEY
½ TSP CRUSHED RED PEPPER FLAKES
2 TBSP MINCED FRESH CILANTRO
SALAD GREENS OR VEGETABLES FOR A SIDE

MONDAY - BEEF AND VEGGIE SKILLET

1 TBSP AVOCADO OIL
2 LARGE CARROTS
1 LARGE CROWN BROCCOLI
6 RADISHES
1 POUND GRASS-FED GROUND BEEF
2 TSP GROUND GINGER, OPTIONAL
2 MEDIUM ZUCCHINI SQUASH
1 LARGE YELLOW SQUASH

WEDNESDAY - BLACKBERRY SALAD

2-3 CUPS SALAD GREENS
¼ CUP CUCUMBER
2 OZ BLACKBERRIES
1 RADISH
2-3 SLICES CRISP BACON
1 HARD-BOILED EGG
1-2 TBSP CANDIED WALNUTS OR PECANS
1 TBSP SHREDDED SHARP CHEDDAR OR PARMESAN (OPTIONAL)
2 TBSP OLIVE OIL
2 TBSP BACON DRIPPINGS
1-2 TBSP MAPLE SYRUP
1 TSP DIJON MUSTARD
1 TBSP FRESH LEMON JUICE
⅛ - ¼ TSP CAYENNE PEPPER

THURSDAY - CHICKEN FAJITAS

2 LBS BONELESS CHICKEN THIGHS
1 LARGE YELLOW ONION
2 BELL PEPPERS (COLORS OF CHOICE)
4 TBSP AVOCADO OIL
2 TBSP CHILI POWDER
GRAIN-FREE TORTILLAS OR VEGETABLE SIDE DISH FOR SERVING

FRIDAY - SUN-DRIED TOMATO OMELETTE

2 EGGS
1 TBSP MINCED SUN-DRIED TOMATOES OR PUREE
1 HANDFUL OF BABY SPINACH
1-2 SLICES OF GRASS-FED CHEESE (OPTIONAL)
BALSAMIC VINEGAR, FOR DRIZZLING
1 AVOCADO

DESSERT - AVOCADO BROWNIES

1 RIPE AVOCADO
⅔ CUP CACAO POWDER
2 EGGS
1 CUP COCONUT SUGAR
⅓ CUP ALMOND BUTTER
1 TEASPOON BAKING POWDER
1 TEASPOON VANILLA EXTRACT
½ CUP DARK CHOCOLATE CHIPS