

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - TERIYAKI SALMON

2 LBS SALMON
½ CUP TERIYAKI SAUCE (SEE RECIPE)
3 LARGE CARROTS
2 ZUCCHINI SQUASH
1 SMALL RED BELL PEPPER
½ RED ONION
1 LARGE CROWN BROCCOLI
2 TBSP AVOCADO OIL
1 TSP GARLIC POWDER

TUESDAY - STRAWBERRY SPINACH SALAD

5 OUNCES BABY SPINACH OR SPRING GREENS
1 CUP FRESH STRAWBERRIES
1 LARGE RIPE AVOCADO
⅓ CUP ROASTED ALMONDS
¼ CUP RED ONION
½ CUP FETA CHEESE CRUMBLES
4 TO 6 EGGS, OPTIONAL
½ CUP AVOCADO OIL
¼ CUP RICE VINEGAR OR WHITE VINEGAR
3 TBSP PURE MAPLE SYRUP OR HONEY
1 SMALL SHALLOT
1 TSP DIJON OR WHOLE GRAIN MUSTARD
1 TBSP POPPY SEEDS
2 TSP MAYONNAISE, OPTIONAL

THURSDAY - BASIL CHICKEN

¼ CUP AVOCADO OIL
3 TBSP RICE VINEGAR
¼ CUP LIQUID AMINOS
1 CUP BASIL LEAVES
1 CLOVE GARLIC
2 TBSP PURE MAPLE SYRUP
2 TO 3 LBS BONE IN CHICKEN THIGHS

DESSERT - BLUEBERRY CAKE

3 EGGS
¼ CUP AVOCADO OIL
½ CUP PURE MAPLE SYRUP
1 TEASPOON PURE VANILLA EXTRACT
½ TSP ALMOND EXTRACT
2 ½ CUPS ALMOND FLOUR
1 TSP BAKING POWDER
1 CUP FRESH BLUEBERRIES

MONDAY - CHIPOTLE LIME CHICKEN

1 1/2 LBS CHICKEN BREASTS OR THIGHS
3-4 JUICY LIMES
2 TBSP AVOCADO OIL
1 TSP CHILI POWDER
1 TSP DICED CHIPOTLE PEPPERS
¼ TSP GROUND CUMIN
¼ TSP GARLIC POWDER
¼ TSP BLACK PEPPER
1 LB TOMATOES, DICED
2/3 CUP DICED STRAWBERRIES
2/3 DICED MANGO (ABOUT 1 WHOLE)
¼ CUP DICED ONION
1 JALAPENO PEPPER
½ CUP FRESH CHOPPED CILANTRO

WEDNESDAY - TOMATO SOUP

2 1/2 POUNDS FRESH TOMATOES
6 CLOVES GARLIC
2 SMALL YELLOW ONIONS
½ CUP AVOCADO OIL
1 QUART CHICKEN STOCK
2 BAY LEAVES
4 TBSP GHEE OR BUTTER

FRIDAY - AVOCADO BACON SALAD

1 1/2 AVOCADOS
6 OZ BACON
1/3 CUP FRESH PARMESAN
12 OZ SALAD GREENS
1 GREEN ONION
3 TBSP SOUR CREAM
3 TBSP MAYONNAISE OR PLAIN YOGURT
1 TBSP APPLE CIDER VINEGAR
1 TSP HONEY
1 TSP DIJON MUSTARD