

# PALEO MEAL PLAN

## GROCERY LIST

### SUNDAY - JERK CHICKEN SALAD

2 POUNDS CHICKEN BREASTS OR THIGHS  
AVOCADO OIL  
2 LIMES  
1 TABLESPOONS JERK SEASONING  
SEA SALT  
1 TABLESPOON PALEO-FRIENDLY MAYONNAISE  
2 TEASPOONS APPLE CIDER VINEGAR  
1 TEASPOON DIJON MUSTARD  
1 TEASPOON JERK SEASONING  
1 SMALL HEAD OF CABBAGE, SHREDDED  
2-3 HANDFULS OF BABY SPINACH  
3 MANGOES  
1/2 POUND QUARTERED CHERRY TOMATOES  
PLANTAIN CHIPS (OPTIONAL)

### TUESDAY - EGGROLL BOWLS

1 TABLESPOON OF TOASTED SESAME OIL  
1 POUND OF GROUND MEAT  
SEA SALT & BLACK PEPPER  
1 TSP CHINESE FIVE SPICE SEASONING (OPT)  
1/4 CUP COCONUT AMINOS  
1/4 CUP RICE VINEGAR  
2 TABLESPOONS FISH SAUCE  
SRIRACHA OR ASIAN CHILI PASTE  
4 CLOVES OF GARLIC, CHOPPED  
1 TABLESPOON MINCED FRESH GINGER  
1/2 BAG OF BROCCOLI SLAW (ABOUT 6 OUNCES)  
1 MEDIUM HEAD OF CABBAGE  
1 8-OZ CAN OF SLICED WATER CHESTNUTS  
1/2 CUP FRESH CHOPPED CILANTRO  
4 THINLY SLICED GREEN ONIONS  
1/2 CUP PALEO-FRIENDLY MAYO  
1-2 TABLESPOONS SRIRACHA  
1 LIME

### THURSDAY - ASPARAGUS SALAD

1/2 SMALL CANTALOUPE  
1 TABLESPOON OLIVE OIL  
1 CUP CHERRY TOMATOES, QUARTERED  
1 TABLESPOON CHOPPED FRESH MINT  
3/4 TEASPOON KOSHER SALT  
1 TEASPOON CHILE PASTE  
2 TEASPOONS FRESH LIME JUICE  
1/2 CUP (1 STICK) GRASS-FED BUTTER  
2 FRESH THYME SPRIGS (OR 1/4 TSP DRIED)  
1 POUND MEDIUM-THICK ASPARAGUS

### DESSERT - PINK DRINK POPS

5 TAZO PASSION TEA BAGS  
1 CUP FROZEN STRAWBERRIES  
1/4 CUP RAW HONEY  
4-6 TBSP DAIRY-FREE CREAMER  
OR THICK COCONUT MILK  
POPSICLE MOLD & STICKS

### MONDAY - SHRIMP SKILLET

2 TBSP AVOCADO OIL  
3/4 POUND SHRIMP  
2 CLOVES GARLIC  
1/4 TSP PAPRIKA  
1/4 TSP BLACK PEPPER  
1/2 CUP KALAMATA OLIVES  
1/2 CUP SUN-DRIED TOMATOES  
1/2 CUP ARTICHOKE HEARTS  
1/4 CUP FRESH PARSLEY OR BASIL  
LEMON WEDGES FOR SERVING

### WEDNESDAY - TURKEY SKILLET

2 TBSP AVOCADO OIL  
1 LB GROUND TURKEY  
1 MEDIUM ZUCCHINI SQUASH  
1 (2-INCH) NUB GINGER  
3 GREEN ONIONS  
1 HANDFUL BABY SPINACH  
3 TO 4 TBSP COCONUT AMINOS  
1 TSP DRIED OREGANO  
1 TSP DRIED BASIL

### FRIDAY - SALMON BURGERS

1 POUND SOCKEYE SALMON (OR  
SALMON OF CHOICE)  
1 TBSP STONE GROUND MUSTARD 1  
TBSP AVOCADO OIL  
1 TSP PAPRIKA  
1/2 TSP SEA SALT BURGER  
TOPPINGS OF YOUR CHOOSING