

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - SWEET POTATO TACOS

1 LB GROUND MEAT
2-3 TBSP TACO SEASONING
1/2 CUP TOMATO SAUCE
2-3 MEDIUM SWEET POTATOES
2 T BUTTER OR AVOCADO OIL
1 1/2 CUPS CHOPPED FRESH SPINACH
1 1/2 CUPS SHREDDED CHEDDAR CHEESE (OPTIONAL)
TACO TOPPINGS (AVOCADO, HOT SAUCE, CILANTRO)

MONDAY - GROUND TURKEY SOUP

4 SLICES THICK-CUT BACON
1/2 YELLOW ONION
1 LB GROUND TURKEY OR TURKEY ITALIAN SAUSAGE
4 YUKON GOLD POTATOES
2 LARGE CARROTS
1 MEDIUM ZUCCHINI SQUASH
4 CUPS CHICKEN BROTH
1 CAN COCONUT MILK
4 CUPS BABY SPINACH

TUESDAY - CAESAR SALAD

2 EGG YOLKS
2 JUICY LIMES
1 GARLIC CLOVE
2 TSP COCONUT AMINOS OR 1 TSP ANCHOVY PASTE
1/2 CUP OLIVE OIL
1/2 CUP FRESH CILANTRO
1/2 CUP GRATED PARMESAN CHEESE
1 1/2 LBS LARGE SHRIMP
1/4 TEASPOON GARLIC POWDER
3 TABLESPOONS AVOCADO OIL
2-3 EARS FRESH CORN (OPTIONAL)
2 LARGE HEADS OF ROMAINE LETTUCE
2 AVOCADOS
8 OUNCES CHERRY TOMATOES
1/3 CUP PEPITAS

WEDNESDAY - MEXICAN CHICKEN

2 TBSP AVOCADO OIL
1 CUP RED ONION, SLICED
2 LARGE ZUCCHINI (OR 3 MEDIUM)
1 RED BELL PEPPER
1 1/2 LBS BONELESS CHICKEN BREASTS
1 TBSP CHILI POWDER
2 TSP GARLIC POWDER

FRIDAY - CHOW MEIN ZOODLES

5 TBSP COCONUT AMINOS
2 TBSP OYSTER SAUCE
1 TBSP RICE VINEGAR
1 CLOVE GARLIC
2 TSP PURE MAPLE SYRUP
1 TSP TAPIOCA FLOUR, OPTIONAL
1 1/2 TSP SESAME OIL
2 TBSP AVOCADO OIL
1 LARGE BONELESS SKINLESS CHICKEN BREAST
5 ZUCCHINI SQUASH
1 LARGE CARROT
1/2 CUP RED ONION
1 RED BELL PEPPER
3 STALKS GREEN ONION
2 TSP SESAME SEEDS

THURSDAY - EGGPLANT STACKS

1 CUP RAW MACADAMIA NUTS
1 LEMON
2 TBSP NUTRITIONAL YEAST
1 CLOVE GARLIC
1 LG EGGPLANT
6 TBSP AVOCADO OIL
1 TSP ITALIAN SEASONING
8 OZ MARINARA SAUCE
1 SMALL BUNCH OF FRESH BASIL

DESSERT - PB&J BARS

1 CUP PEANUT BUTTER
1 CUP COCONUT SUGAR
1 EGG
1 TBSP VANILLA EXTRACT
4 C STRAWBERRIES
1/4 CUP PURE MAPLE SYRUP
1 TBSP FRESH LEMON JUICE
1 PINCH GROUND CINNAMON
2 TBSP CHIA SEEDS