

HEALTHY MEAL PLAN

GROCERY LIST

SUNDAY - CRISPY CHICKEN SALAD

2 LBS BONELESS SKINLESS CHICKEN THIGHS
1/3 CUP OLIVE OIL
7 CLOVES GARLIC MINCED
3 LEMONS
2 1/2 TSP GROUND CUMIN
2 TSP PAPRIKA
1 TSP GROUND CINNAMON
1/2 TSP ALLSPICE
5 OUNCES BABY ARUGULA OR GREENS OF CHOICE
1/2 CUCUMBER
2 CUPS CHERRY TOMATOES
1 TO 2 LARGE RIPE AVOCADOS
1/2 CUP TAHINI
1/2 CUP FRESH BASIL
1/2 CUP FRESH PARSLEY
1/2 CUP FRESH MINT

MONDAY - STEAK KEBABS

1 (13.5 OZ) CAN FULL-FAT COCONUT MILK
2 TBSP COCONUT SUGAR
2 TBSP FISH SAUCE
1 1/2 TBSP THAI CURRY PASTE (ANY KIND)
2 LIMES
1 1/2 - 2 POUNDS STEAK
1 LARGE ZUCCHINI
1 BELL PEPPER, ANY COLOR
1/2 LARGE ONION
1 1/2 CUPS PINEAPPLE
1/4 CUP PEANUT OR ALMOND BUTTER

TUESDAY - SAUSAGE & CABBAGE

2 TBSP AVOCADO OIL
1 SMALL YELLOW ONION
4 CLOVES GARLIC
1 SMALL HEAD GREEN CABBAGE
2 MEDIUM-SIZED CARROTS
1 SMALL RED BELL PEPPER
1 (12-OZ.) PACKAGE PRE-COOKED SAUSAGE

WEDNESDAY - LETTUCE WRAPS

12-16 OUNCE PACKAGE BACON
2 LARGE RIPE TOMATOES
2-3 RIPE AVOCADOS
6 HARD-BOILED EGGS
2-3 HEADS BABY ROMAINE LETTUCE
1/2 CUP PALEO-FRIENDLY MAYONNAISE
2 TBSP DIJON MUSTARD
1 GARLIC CLOVE
1-2 TBSP UNSWEETENED ALMOND OR COCONUT MILK

THURSDAY - LEMON GARLIC CHICKEN

2 LBS BONELESS SKINLESS CHICKEN THIGHS (8 THIGHS)
2 TBSP AVOCADO OIL
2 LEMONS
8 CLOVES GARLIC
1 TSP PAPRIKA

FRIDAY - HARISSA SALMON

1 TO 1 1/2 LBS SALMON
2 TSP HARISSA PASTE OR SPICY ASIAN PASTE LIKE SRIRACHA
1 TSP MINCED GARLIC
1 LEMON
VEGETABLES TO ROAST ALONGSIDE OR A SIDE SALAD

DESSERT - COOKIES

1/2 CUP BUTTER OR COCONUT OIL
2 LARGE EGGS
2 TBSP CREAMY ALMOND BUTTER
1 TSP PURE VANILLA EXTRACT
2/3 CUP COCONUT FLOUR
1/2 CUP COCONUT SUGAR
1/4 TSP BAKING SODA
PINCH GROUND CINNAMON
1/2 CUP CHOCOLATE CHIPS