

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - POT ROAST

1 BEEF ROAST (2 1/2-3 LBS)
2-4 TBSP AVOCADO
3 TBSP FRESH ROSEMARY
1 TBSP DRIED MINCED ONION
PINCH RED PEPPER FLAKES
6 GARLIC CLOVES
1 CUP BEEF BROTH
4 TBSP COCONUT AMINOS
2 TBSP TAPIOCA FLOUR
YOUR CHOICE OF SIDE

MONDAY - SPAGHETTI SQUASH

1.5 LBS CHICKEN THIGHS
1 TSP PAPRIKA
1 TSP CUMIN
1 MEDIUM SPAGHETTI SQUASH
1 BUNCH BASIL
2/3 CUP AVOCADO OIL
2/3 CUP PUMPKIN SEEDS
1 CUP PARMESAN
1 CLOVE GARLIC

TUESDAY - KALE SALAD

1 POUND OF BUTTERNUT
SQUASH CUBES
2 LARGE APPLES
1 MEDIUM ONION
1/2 TSP CINNAMON
1/2 TSP GROUND MUSTARD
4 TBSP CIDER VINEGAR
1 TSP DIJON MUSTARD
1 GARLIC CLOVE
1 TSP PURE MAPLE SYRUP
1/2 CUP EXTRA-VIRGIN OLIVE OIL
2 BUNCHES OF KALE

WEDNESDAY - TURKEY SKILLET

2 TBSP AVOCADO OIL
3 CUPS BUTTERNUT SQUASH
1/2 RED ONION
1 (1.5-INCH) NUB FRESH GINGER
1 LB GROUND TURKEY
1 TSP GROUND PAPRIKA
3 TO 4 TBSP COCONUT AMINOS
2 LEAVES RAINBOW CHARD

THURSDAY - CARAMELIZED CABBAGE

9 SLICES BACON
1 LARGE SWEET ONION
1 LARGE HEAD OF CABBAGE
1 CLOVE GARLIC
1 TBSP RED WINE VINEGAR

FRIDAY - CURRY SOUP

1 SMALL YELLOW ONION
5 CLOVES GARLIC
3 TBSP YELLOW CURRY PASTE
1 TBSP FRESH GINGER
2 LARGE CARROTS
1 ZUCCHINI SQUASH
1 RED BELL PEPPER
2 LARGE CHICKEN BREASTS
1 (15-OZ) CAN FULL-FAT
COCONUT MILK
3 CUPS CHICKEN BROTH
1 TBSP PURE MAPLE SYRUP
1 TO 2 TSP FISH SAUCE
1/4 CUP THAI BASIL, OPTIONAL

DESSERT - PUMPKIN CUPS

6 EGG YOLKS
2/3 CUP COCONUT SUGAR
1 CUP PUMPKIN PUREE
1 CUP NON-DAIRY MILK
2 TSP CHAI SPICE
2 EGG WHITES
1/3 CUP SUGAR-FREE SWEETENER
1/8 TSP CREAM OF TARTAR
1 TSP VANILLA EXTRACT