

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - CHEESEBURHER SOUP

1 POUND GROUND BEEF
1 MEDIUM ONION
1 STALK CELERY
2 CLOVES GARLIC
28 OZ BEEF BROTH
2 RUSSET POTATOES
1 15-OZ CAN DICED TOMATOES
1 6-OZ CAN TOMATO PASTE
1 TBSP HONEY
1/4 CUP PICKLE JUICE
2 TBSP DIJON MUSTARD
1 TBSP COCONUT AMINOS
1 CUP FULL-FAT COCONUT MILK
1/2 CUP NUTRITIONAL YEAST (OPTIONAL)
TOPPINGS OF CHOICE

TUESDAY - TURKEY BOWLS

2 TBSP COCONUT OIL
2 SHALLOTS
1 1/2 POUNDS GROUND TURKEY
3 GARLIC CLOVES
2 TBSP SOY SAUCE
3 TBSP SESAME OIL
ASIAN CHILI SAUCE
SESAME SEEDS
1 1/2 ENGLISH CUCUMBERS
1/4 SMALL RED ONION
1/3 CUP RICE VINEGAR
1 TBSP SWEETENER
ROASTED PEANUTS OR CASHEWS
LONG GRAIN WHITE RICE
1 CAN FULL FAT COCONUT MILK"

THURSDAY - SPAGHETTI SQUASH

8 OZ. FRESH MUSHROOMS
1/3 CUP DRIED PORCINI MUSHROOMS
6 GARLIC CLOVES
1/2 CUP BEEF BROTH
1/2 CUP COCONUT AMINOS
2 TBSP RED WINE VINEGAR
2 1/2 POUND SPAGHETTI SQUASH
1 TBSP AVOCADO OIL
2 SPRIGS OF FRESH ROSEMARY
2 TBSP COCONUT CREAM

MONDAY - CREAMY CHICKEN

1 TBSP AVOCADO OIL
1/2 SMALL RED ONION
1 1/2 LB CHICKEN BREASTS
1 (15-OZ) CAN FULL FAT COCONUT MILK
4 CLOVES GARLIC
2 TSP DRIED PARSLEY
2 TSP LEMON ZEST
2 TBSP LEMON JUICE
3 STALKS GREEN ONION

WEDNESDAY - BROCCOLI BEEF

2 TBSP AVOCADO OIL
2 TSP TOASTED SESAME OIL
2 LBS RIBEYE STEAK
1/4 CUP LIQUID AMINOS
1 TBSP PURE MAPLE SYRUP
1 TBSP FRESH GINGER
4 CLOVES GARLIC
2 LARGE CROWNS BROCCOLI
3 STALKS GREEN ONION

FRIDAY - MONGOLIAN CHICKEN

1 LB BONELESS SKINLESS CHICKEN THIGHS
3 TBSP TAPIOCA FLOUR
3 TBSP AVOCADO OIL
1 LARGE CROWN BROCCOLI
3 CLOVES GARLIC
1 TBSP FRESH GINGER
2 GREEN ONIONS
1/3 CUP COCONUT AMINOS
2 TBSP CIDER VINEGAR

DESSERT - PEPPERMINT BARK

9 OZ. DARK CHOCOLATE CHIPS
9 OZ. WHITE CHOCOLATE CHIPS
10 DROPS PEPPERMINT OIL
1-2 CANDY CANES (OPTIONAL)