

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - CABBAGE ROLL SOUP

11 TBSP AVOCADO OIL
1 POUND LEAN GROUND BEEF
1 LARGE ONION
1 (28-OUNCE) CAN CRUSHED TOMATOES
2 TBSP HONEY
2 TBSP TOMATO PASTE
2 TBSP WORCESTERSHIRE SAUCE
1 TSP GARLIC
1/3 CUP WHITE RICE
1 HEAD CABBAGE
4 CUPS BEEF BROTH
1/2 CUP RED WINE VINEGAR
FRESH CHOPPED ITALIAN PARSLEY
(OPTIONAL)

MONDAY - SPINACH CHICKEN SALAD

1 POUND BONELESS CHICKEN TENDERS
1/3 CUP AVOCADO OIL
1 TSP DRIED OREGANO
1 TSP DRIED PAPRIKA
2 CUPS BUTTERNUT SQUASH (1/2 SMALL)
5 OUNCES BABY SPINACH
1/2 CUP RAW PECANS
1/2 CUP GOLDEN RAISINS
1 LARGE GREEN APPLE
3 TBSP CIDER VINEGAR
1 TBSP PURE MAPLE SYRUP
1/2 TSP GROUND CINNAMON

TUESDAY - COCONUT CHICKEN & RICE

6-8 SKINLESS CHICKEN THIGHS
(BONE-IN OR BONELESS)
3 TBSP COCONUT OIL
1/2 CUP CHOPPED ONION
2 GARLIC CLOVES
2 TBSP FRESH GINGER
1 1/4 CUP WHITE RICE
1 (15-OZ) CAN COCONUT MILK
1/3 CUP CHICKEN BROTH
2 TBSP TAMARI OR COCONUT AMINOS
4 CUPS SHREDDED KALE
1/2 CUP CHOPPED PEANUTS
1/2 LIME

WEDNESDAY - TERIYAKI TURKEY SKILLET

2 TBSP AVOCADO OIL
1/2 RED ONION
2 LARGE CARROTS
1 BUNCH RADISHES
1-INCH NUB FRESH GINGER
1 LB GROUND TURKEY
1/4 CUP PALEO TERIYAKI SAUCE
2 ZUCCHINI SQUASH
2 CUPS BABY SPINACH

THURSDAY - THAI COCONUT SOUP

2 TABLESPOONS COCONUT OIL
12 OUNCES MUSHROOMS
1 THAI CHILI
3 CLOVES GARLIC
2 LIMES
1 1/2 QUARTS CHICKEN BROTH
2-INCH KNOB FRESH GINGER
3 TBSP FISH SAUCE
1 TBSP HONEY
2 (3-INCH) PIECES OF LEMONGRASS OR LEMONGRASS PASTE
1 (14-OUNCE) CAN COCONUT MILK
1 POUND SHRIMP
1/3 CUP FRESH CHOPPED CILANTRO
3 GREEN ONIONS

FRIDAY - SPAGHETTI SQUASH

1 MEDIUM-SIZED SPAGHETTI SQUASH
1 SMALL HEAD KALE
2 TABLESPOONS OLIVE OIL
1/3 CUP SUN-DRIED TOMATOES
1/3 CUP WALNUTS
1 BULB GARLIC

DESSERT - LAVA CAKES

1 CUP DARK CHOCOLATE CHIPS
1/2 CUP MELTED BUTTER
1/2 CUP COCONUT SUGAR
3 EGGS
1 EGG YOLK
1 TSP VANILLA EXTRACT
1/3 CASSAVA FLOUR OR TAPIOCA FLOUR
4 TBSP NUT BUTTER
1 TSP COCOA POWDER