

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - TURMERIC CHICKEN SOUP

1/2 YELLOW ONION
2 LARGE CARROTS
1 LARGE PARSNIP
3 STALKS CELERY
3 CLOVES GARLIC
1 LB BONELESS CHICKEN BREASTS
2 TSP DRIED PARSLEY
1 TSP GROUND TURMERIC
1/2 TSP GROUND GINGER
3 CUPS CHICKEN BROTH
2/3 CUP FULL-FAT CANNED COCONUT MILK
1 SMALL HEAD KALE

MONDAY - PORK LOIN

3-POUND PORK LOIN ROAST
2 TBSP DIJON MUSTARD
3 TBSP AVOCADO OIL
1 TSP DRIED ROSEMARY
1 TEASPOON DRIED SAGE
1/2 TEASPOON BLACK PEPPER
2 POUNDS BUTTERNUT SQUASH
2 SHALLOTS
1/4 CUP PURE MAPLE SYRUP
1/2 CUP CHICKEN STOCK

TUES - MEDITERRANEAN SALMON

2 LBS SALMON FILLET
1 TSP PAPRIKA
1 TSP GROUND GINGER
1 TSP DRIED DILL
1/4 CUP KALAMATA OLIVES
1/4 CUP SUN-DRIED TOMATOES
1/3 CUP ARTICHOKE HEARTS
1/4 CUP CAPERS
3 SPRIGS FRESH DILL
1/3 CUP PESTO SAUCE

WEDNESDAY - BUTTERNUT SOUP

1 LARGE BUTTERNUT SQUASH
2 YELLOW ONIONS
2 APPLES
3 TBSP COCONUT OIL
1 QUART CHICKEN STOCK
1/2 TSP CURRY POWDER
2 TBSP WHITE WINE VINEGAR
SLICED GREEN ONION
TOASTED CASHEWS
TOASTED COCONUT FLAKES

THURSDAY - TUSCAN CHICKEN

3 LBS BONE-IN CHICKEN
1 1/2 TSP PAPRIKA
1 1/2 TSP DRIED OREGANO
1/2 CUP CANNED COCONUT MILK
3 CUPS BABY SPINACH
1 CUP CHERRY TOMATOES
1/2 CUP SUN-DRIED TOMATOES
1/2 CUP FRESH BASIL

FRIDAY - WILD RICE SALAD

1 CUP WILD RICE
1/2 ENGLISH CUCUMBER
2 GREEN ONIONS
1/3 TO 1/2 CUP BASIL PESTO

DESSERT - MAGIC BARS

1/2 CUPS SUPER FINE ALMOND FLOUR
3 TBSP COCONUT OIL
1 CUP PURE MAPLE SYRUP
3/4 CUP CANNED COCONUT MILK
2 TBSP GHEE OR BUTTER
1 CUP CHOCOLATE CHIPS
1/4 CUP TAHINI
1/4 TSP GROUND CINNAMON
1/2 CUP RAW WALNUTS
2/3 CUP UNSWEETENED SHREDDED COCONUT