

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - MONGOLIAN BEEF

2 LBS FLANK STEAK
1/2 CUP TAPIOCA FLOUR
5 TBSP AVOCADO OIL
4 CLOVES GARLIC
1 TBSP FRESH GINGER
1 CUP COCONUT AMINOS
1 TBSP CIDER VINEGAR
3 SCALLIONS

MONDAY - SQUASH SOUP

11 MEDIUM BUTTERNUT (OR 2 POUNDS OF CUBES)
1 T COCONUT OIL
1 MEDIUM ONION
3 CLOVES GARLIC
2 JUICY LIMES
1-2 CHIPOTLE PEPPERS
1 QUART CHICKEN BROTH
1 CAN FULL-FAT COCONUT MILK

TUESDAY - SWEET POTATOES

2 BONELESS CHICKEN BREASTS OR LEFTOVER ROTISSERIE CHICKEN
1/2 CUP BUFFALO HOT SAUCE
1/2 CUP FETA CHEESE OR BLUE CHEESE CRUMBLES
3 GREEN ONIONS
4 MEDIUM SWEET POTATOES

WEDNESDAY - CAJUN SKILLET

4 TBSP BUTTER OR OIL
1 SMALL ONION
2 CUPS CHOPPED CARROTS OR BELL PEPPERS
3 CLOVES GARLIC
1 1/2 CUPS PRE-COOKED SAUSAGE
1 1/2 CUPS LONG-GRAIN WHITE RICE
2 TSP CAJUN SPICE BLEND
2 TSP NO-SALT ALL-PURPOSE SEASONING
1 CAN PETITE DICED TOMATOES
2 CUPS CHICKEN BROTH
2 CUPS BABY SPINACH

THURSDAY - CHICKEN ADOBO

2 LBS BONELESS SKINLESS CHICKEN THIGHS
7 CLOVES GARLIC
1/2 CUP COCONUT AMINOS OR LIQUID AMINOS
1/3 CUP RICE VINEGAR
2 BAY LEAVES
2 TBSP AVOCADO OIL
1/2 MEDIUM YELLOW ONION
1 1/4 CUPS LOW-SODIUM CHICKEN BROTH OR WATER
2 TSP COARSE BLACK PEPPER
3 GREEN ONIONS

FRIDAY - PULLED PORK

1 LARGE ORANGE
1/2 TSP RED PEPPER FLAKES
2 TSP SEA SALT
4 GARLIC CLOVES
4-5 POUND PORK ROAST (LOIN OR SHOULDER)
2/3 CUP FRANK'S ORIGINAL HOT SAUCE, DIVIDED
1/2 CUP COCONUT AMINOS
2 PITTED DATES, CHOPPED (OR HONEY)
3 TBSP RICE VINEGAR
1 LIME

DESSERT - COOKIE MUFFINS

4 EGGS
1/2 CUP BUTTER OR AVOCADO OIL
2/3 CUP COCONUT FLOUR
1 CUP SUPER FINE ALMOND FLOUR
1/2 CUP SUGAR-FREE SWEETENER
1 1/2 TSP BAKING POWDER
1/2 TSP GROUND CINNAMON
2/3 CUP CHOCOLATE CHIPS