

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - THAI GRILLED CHICKEN

1 1/2 LBS OF BONELESS, SKINLESS CHICKEN BREASTS OR THIGHS
5 TBSP COCONUT SUGAR
2 LIMES
2-INCH KNOB OF FRESH GINGER
1 TSP FISH SAUCE
1-2 TBSP SAMBAL OLEK OR CHILI PASTE
HANDFUL OF FRESHLY CHOPPED CILANTRO
1 CUP CREAMY ALMOND BUTTER
1 CUP CHICKEN BROTH
6 TBSP RICE VINEGAR
3 TBSP COCONUT AMINOS
1 TSP TURMERIC SALAD GREENS OR SIDE VEGETABLE

MONDAY - ZUCCHETTI BOWL

2 SMALL OR 1 MEDIUM ZUCCHINI
1/3 CUP NUTRITIONAL YEAST
1/4 CUP UNSWEETENED ALMOND MILK
1/4 TSP MINCED GARLIC
2 TBSP TOMATO SAUCE
1 PLUM TOMATO
PINCH OF ITALIAN SEASONING
FRESH BASIL OR PARSLEY
CRUSHED RED PEPPER FLAKES
1 TBSP CAPERS

THURSDAY - SPRING ROLLS

1 1/2 POUNDS OF BONELESS, SKINLESS CHICKEN BREASTS OR THIGHS
2 TABLESPOONS COCONUT SUGAR
5 LIMES
2-INCH KNOB OF FRESH GINGER
1 1/2 CUPS SHREDDED CARROTS
1 1/2 CUPS FINELY CHOPPED BROCCOLI
3 THINLY SLICED GREEN ONIONS
5 NAPA CABBAGE LEAVES
12 SPRING ROLL WRAPPERS
1 BUNCH OF FRESH BASIL
1 BUNCH OF FRESH MINT
1 BUNCH OF FRESH CILANTRO
SRIRACHA
1/2 CUP ALMOND BUTTER
3 TSP FISH SAUCE
2 TSP SESAME OIL
2 TSP RICE VINEGAR
2 TSP HONEY
2 CLOVES GARLIC
1 TSP CHILI POWDER

TUESDAY - SPRING SALMON BOWLS

1 LB SALMON FILLET
1 TBSP AVOCADO OIL
1/2 TSP GARLIC POWDER
1/2 TSP ONION POWDER
1/2 TSP GROUND PAPRIKA
1/3 CUP YELLOW ONION
4 CLOVES GARLIC
1 BUNCH ASPARAGUS
1 CUP FROZEN GREEN PEAS
4 RADISHES, OPTIONAL

WEDNESDAY - PINEAPPLE PORK

1/2 RED ONION
3.5 TO 4 LBS PORK SHOULDER ROAST
2 TSP GROUND CUMIN
2 TSP PAPRIKA
2 TSP GARLIC POWDER
1/2 TSP BLACK PEPPER
1 1/2 CUPS APPLE CIDER
1 20-OZ CAN PINEAPPLE CHUNKS
3 TBSP LIME JUICE

FRIDAY - CHOPPED SALAD

12 OUNCES SLICED TURKEY DELI MEAT
1 TO 2 LARGE RIPE AVOCADOS
1 LARGE CARROT
5 OUNCES SPRING GREENS
5 OUNCES HEARTS OF ROMAINE
2 CUPS RED CABBAGE
1/2 CUP SLICED ALMONDS
3 GREEN ONIONS
1.5 TBSP TOASTED SESAME OIL
1.5 TBSP LIQUID AMINOS
1/3 CUP TBSP CIDER VINEGAR
1 TBSP HONEY OR PURE MAPLE SYRUP
2 TSP GINGER
2 CLOVES GARLIC

DESSERT - COOKIE DOUGH BITES

2 CUPS BLANCHED ALMOND FLOUR
1/4 CUP COCONUT OIL
1 TBSP HONEY
2 TBSP ALMOND BUTTER
2 TSP PURE VANILLA EXTRACT
MINI DARK CHOCOLATE CHIPS
STEVIA TO TASTE