

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - GREEK STEAK KEBABS

1-1/2 POUNDS STEAK
1/2 TSP SEA SALT
2 LEMONS
1 TBSP GREEK SEASONING
2 TBSP AVOCADO OIL
1 MEDIUM ONION
8-10 OUNCES CHERRY OR GRAPE TOMATOES
1 CUP FULL-FAT PLAIN YOGURT
2 GARLIC CLOVES
1/3 CUP FRESH CHOPPED CILANTRO
1/8 TSP SEA SALT
PINCH OF GROUND CUMIN

TUESDAY - SWEET KALE SALAD

4 OZ OF THINLY SLICED KALE
1/4 OF A SMALL HEAD OF CABBAGE
8 OZ SLICED BRUSSELS SPROUTS
8 OUNCES OF BROCCOLI SLAW
1 CUP DRIED CRANBERRIES
1/4 CUP RAW OR TOASTED PEPITAS
1/4 CUP AVOCADO OR LIGHT OLIVE OIL
3 TBSP APPLE CIDER VINEGAR
2 TBSP FRESHLY SQUEEZED ORANGE JUICE
1 1/2 TBSP HONEY
1 TBSP FRESHLY SQUEEZED LEMON JUICE
1 TSP POPPY SEEDS
1/2 TSP SEA SALT
1/4 TEASPOON ONION POWDER

THURSDAY - HARISSA SALMON

1 - 1 1/2 LB WHOLE SALMON
FILLET (OR THE SAME AMOUNT IN
SMALLER CUTS)
SEA SALT
2 TEASPOON HARISSA PASTE
1 TEASPOON MINCED GARLIC
1 LEMON
VEGETABLES TO ROAST
ALONGSIDE OR A SIDE SALAD

DESSERT - SAMOA COOKIE BARS

1 CAN FULL-FAT COCONUT MILK
3/4 CUP COCONUT SUGAR
1 1/2 CUP UNSWEETENED COCONUT FLAKES
3/4 CUP CASSAVA FLOUR
1/4 CUP + 1 TBSP COCONUT OIL
1/4 TSP SEA SALT
1 TBSP VANILLA EXTRACT
1/2 CUP DARK, DAIRY-FREE CHOCOLATE
CHIPS

MONDAY - PESTO CHX & BROCCOLI

2 LARGE CHICKEN BREASTS (1.25 LBS)
1 LARGE BROCCOLI CROWN
2/3 CUP PESTO SAUCE
1/3 CUP SUN-DRIED TOMATOES
1/4 TSP RED PEPPER FLAKES OR
2 TSP SRIRACHA, OPTIONAL

WEDNESDAY - THAI ZOODLES

1/4 CUP UNSWEETENED ALMOND BUTTER
3 TBSP COCONUT AMINOS
2 TBSP FRESH LIME JUICE
1 TBSP SESAME OIL
2 TBSP AVOCADO OIL
2 TABLESPOONS PURE MAPLE SYRUP
2 TSP FRESH GINGER
1/4 TSP RED PEPPER FLAKES
3 CLOVES GARLIC
1 RED BELL PEPPER
2 CUPS RED CABBAGE
3 MEDIUM ZUCCHINI SQUASH
2 LARGE CARROTS
1/3 CUP RAW CASHEWS
1 LIME
1/3 CUP FRESH CILANTRO OR BASIL
2 TSP BLACK SESAME SEEDS

FRIDAY - JULIA'S FAVORITE SALAD

4 TO 5 OUNCES SPRING GREENS 6
OUNCES COOKED CHICKEN
1/2 LARGE RIPE AVOCADO 1
CARROT
1 SMALL HEIRLOOM TOMATO
2 STALKS GREEN ONION
1/2 CUP COOKED BROWN RICE
2 TBSP RAW OR ROASTED
PUMPKIN SEEDS
6 RAW OR ROASTED PECAN
HALVES
3 TABLESPOONS CAESAR SALAD
DRESSING, OR DRESSING OF
CHOICE
1 TABLESPOON FRESH LEMON
JUICE, OPTIONAL