

# PALEO MEAL PLAN

## GROCERY LIST

### SUNDAY - LEMON CHICKEN

1 TBSP AVOCADO OIL  
½ SMALL RED ONION  
1 ½ LBS CHICKEN BREASTS OR TENDERS  
1 (15-OZ) CAN FULL FAT COCONUT MILK  
4 CLOVES GARLIC  
2 TSP DRIED PARSLEY  
2 TSP LEMON ZEST  
2 TBSP LEMON JUICE  
3 STALKS GREEN ONION

### MONDAY - BBQ BEEF CHILI

3 T AVOCADO OR COCONUT OLIVE OIL  
2 LB GROUND BEEF  
2 T DARK CHILI POWDER  
2 T STEAK SEASONING  
1 T GROUND CUMIN  
2 T WORCESTERSHIRE OR COCONUT AMINOS  
1 TO 3 TABLESPOONS HOT SAUCE, TO TASTE  
1 LARGE ONION  
4 GARLIC CLOVES  
2 LARGE BELL PEPPERS  
1 ½ CUPS WATER (OR BEER)  
1 (14-OZ.) CAN TOMATO SAUCE  
½ CUP SMOKY BARBECUE SAUCE  
AVOCADO & GREEN ONIONS FOR SERVING

### TUESDAY - KALE SPAGHETTI SQ

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

### WEDNESDAY - MANGO CURRY

3 TABLESPOONS COCONUT OIL  
1/2 CUPS CHOPPED ONION  
1/2 RED BELL PEPPER  
2 GARLIC CLOVES  
2 T FRESH MINCED GINGER  
1 1/2 T YELLOW CURRY POWDER  
1/2 TEASPOON GROUND CUMIN  
2 MANGOS, DICED (ABOUT 1 1/2 C.)  
2 T CIDER VINEGAR  
1 1/4 LB CHICKEN THIGHS OR BREASTS  
1/3 CUP GOLDEN RAISINS  
1/2 CUP COCONUT MILK  
1 TEASPOON SALT  
BLACK PEPPER  
CHOPPED FRESH CILANTRO  
RICE OR CAULIFLOWER RICE, FOR SERVING

### THURSDAY - TACO SQUASH

3 MEDIUM-SIZED DELICATA SQUASH  
2 TBSP AVOCADO OIL  
1 SMALL RED ONION  
1 LB GROUND BEEF  
1 TBSP CHILI POWDER  
¼ CUP CHICKEN BROTH OR WATER  
1 BELL PEPPER, COLOR OF CHOICE  
1 - 2 CUPS GRATED CHEDDAR CHEESE,  
OPTIONAL  
3 STALKS GREEN ONION

### FRIDAY - SQUASH SOUP

1 MED BUTTERNUT SQUASH  
6 TABLESPOONS AVOCADO OIL  
1 MEDIUM ONION  
3 CELERY STALKS  
1 RED BELL PEPPER  
3 GARLIC CLOVES  
1 TEASPOON GROUND CUMIN  
1 TEASPOON DRIED THYME  
6 CUPS CHICKEN STOCK  
1 1/2 TEASPOON SEA SALT  
10-12 OZ PRE-COOKED CHORIZO OR  
OTHER SPICY SAUSAGE  
1 LIME  
CHOPPED FRESH CILANTRO, FOR SERVING

### DESSERT - CHOC CHIP COOKIES

½ CUP UNSALTED BUTTER (1 STICK)  
⅓ CUP MAPLE SUGAR, COCONUT  
SUGAR, OR BROWN SUGAR  
1 LARGE EGG  
1 TSP VANILLA EXTRACT  
1 ⅔ CUPS FINE ALMOND FLOUR  
½ TSP BAKING SODA  
1 CUP CHOCOLATE CHIPS