

# PALEO MEAL PLAN

## GROCERY LIST

### SUNDAY - CLAM CHOWDER

1 (12 OZ) PACKAGE BACON  
1 1/2 CUP DICED ONION  
1 1/2 CUP DICED CELERY  
2 POUNDS WHITE POTATOES  
2 (6.5-OZ) CANS CHOPPED OR MINCED CLAIMS  
16 OUNCES CLAM JUICE  
2 CUPS CHICKEN OR VEGETABLE STOCK  
1/2 TSP BLACK PEPPER  
1 SPRIG FRESH THYME  
1 1/4 CUPS FULL-FAT COCONUT MILK  
1/3 CUP TAPIOCA FLOUR

### TUESDAY - THAI CHICKEN

1 1/2 POUNDS B/S CHICKEN BREASTS OR THIGHS  
1/4 CUP COCONUT AMINOS  
2 TBSP FISH SAUCE  
1 TBSP MINCED GINGER  
2 LIMES  
2 TSP MINCED OR GRATED GARLIC  
1-3 TSP SRIRACHA  
1 POUND BRUSSELS SPROUTS  
1 HEAD CAULIFLOWER  
2 TSBP AVOCADO OIL  
STEAMED RICE

### THURSDAY - SPAGHETTI SQUASH

8 OZ SLICED BABY BELLA MUSHROOMS  
1/3 CUP DRIED PORCINI MUSHROOMS  
6 GARLIC CLOVES  
1/2 CUP BEEF BROTH  
1/2 CUP COCONUT AMINOS  
2 TBSP RED WINE VINEGAR  
2 1/2 LB SPAGHETTI SQUASH  
1 TBSP AVOCADO OIL  
2 SPRIGS OF FRESH ROSEMARY  
2 TSBP COCONUT CREAM

### MONDAY - CREAMY PORK CHOPS

1 LB YUKON GOLD POTATOES  
2 TBSP AVOCADO OIL  
4 TO 5 PORK CHOPS  
1 LARGE YELLOW ONION  
8 OUNCES BABY BELLA MUSHROOMS  
5 CLOVES GARLIC  
1 (15-OUNCE) CAN FULL-FAT COCONUT MILK  
1/2 CUP CHICKEN BROTH OR BEEF BROTH  
1 TBSP CIDER VINEGAR OR LEMON JUICE  
2 TBSP GLUTEN-FREE FLOUR  
1 TBSP DRIED PARSLEY

### WEDNESDAY - CABBAGE SOUP

2 TBSP AVOCADO OIL  
1 MEDIUM YELLOW ONION  
3 LARGE CARROTS  
4 CLOVES GARLIC  
1 LB GROUND BEEF  
4 LARGE RIPE TOMATOES  
4 CUPS CHICKEN BROTH BROTH  
1 TBSP ITALIAN SEASONING  
1/4 TSP BLACK PEPPER  
1 LARGE GREEN CABBAGE

### FRIDAY - PESTO CHICKEN

1 1/2 LBS BONELESS SKINLESS CHICKEN BREASTS  
1/3 CUP BASIL PESTO SAUCE  
2 TBSP AVOCADO OIL  
2 TBSP PESTO SAUCE  
1 CUP CANNED COCONUT MILK  
PINCH BLACK PEPPER  
1 TBSP GLUTEN-FREE FLOUR  
1/3 CUP SUN-DRIED TOMATOES

### DESSERT - PUMPKIN PIE

6 EGG YOLKS  
2/3 CUP COCONUT SUGAR  
1 CUP PUMPKIN PUREE  
1 CUP UNSWEETENED ALMOND MILK OR COCONUT MILK  
2 TSP PUMPKIN PIE SPICE OR CHAI SPICE (SEE POST)  
2 EGG WHITES  
1/3 CUP COCONUT SUGAR  
1/8 TSP CREAM OF TARTAR  
1 TSP VANILLA EXTRACT