

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - BRUSSELS SALAD

1 ½ POUNDS BRUSSELS SPROUTS
2 CUPS BUTTERNUT SQUASH
1 LARGE FUGI APPLE
⅔ CUP POMEGRANATE ARILS
½ CUP FETA CHEESE CRUMBLES
⅓ CUP PUMPKIN SEEDS
¼ CUP OLIVE OIL
¼ CUP LEMON JUICE
1 TBSP PURE MAPLE SYRUP
¼ TSP GROUND CINNAMON

MONDAY - THAI PEANUT CURRY

1 POUND GROUND CHICKEN OR TURKEY
2 GREEN ONIONS
2 T MINCED FRESH GINGER (OR 2 TSP GROUND) 1/2
CUP SMOOTH PEANUT BUTTER
1 1/2 TSP SEA SALT
3-4 T COCONUT OIL
1/2 MEDIUM ONION, DICED
3-4 T THAI CURRY PASTE (ANY KIND)
1 13 OZ CAN FULL-FAT COCONUT MILK
1/2 CUP COCONUT SUGAR
1 1/2 T FISH SAUCE
1/4 CUP FRESHLY SQUEEZED LIME JUICE
3 CUPS CHICKEN OR VEGETABLE BROTH
2 CUPS SLICED ZUCCHINI (1/2-INCH PIECES)
2 CUPS SLICED CARROTS (1/2-INCH PIECES) STEAMED
RICE AND FRESH CHOPPED CILANTRO, FOR SERVING

TUESDAY - IP TUSCAN CHICKEN

4 BONELESS SKINLESS CHICKEN BREASTS
2 TBSP AVOCADO OIL
1 LARGE YELLOW ONION
5 CLOVES GARLIC
1 14-OZ CAN FULL-FAT COCONUT MILK
½ CUP CHICKEN BROTH
2 TBSP TAPIOCA FLOUR OR GF AP FLOUR
1 TBSP DRIED PARSLEY
⅔ CUP SUN-DRIED TOMATOES
2 HANDFULS BABY SPINACH

WEDNESDAY - MUSHROOM SOUP

5 SLICES THICK-CUT BACON
1 LB BROWN MUSHROOMS
1 LARGE YELLOW ONION
1 SPRIG ROSEMARY (OR 1/2 TSP DRIED)
1 WHOLE BULB OF GARLIC
3 TABLESPOONS AVOCADO
1 1/2 QUARTS BEEF BROTH
2 OUNCES DRIED SHIITAKE MUSHROOMS
2 CUPS ALMOND MILK
3 T RED WINE VINEGAR
2 T COCONUT AMINOS (SEE NOTE)
KOSHER SALT AND BLACK PEPPER, TO TASTE
SEVERAL SLICES OF GRASS-FED CHEDDAR
CHEESE, FOR CHEESE CRISP GARNISH
(OPTIONAL)

THURSDAY - PESTO SP SQUASH

1.5 LBS CHICKEN THIGHS
1 TSP PAPRIKA
1 TSP CUMIN
1 MEDIUM SPAGHETTI SQUASH
1 BUNCH BASIL
2/3 CUP AVOCADO OIL
⅔ CUP PUMPKIN SEEDS
1 CUP PARMESAN
1 CLOVE GARLIC

FRIDAY - ROSEMARY POT ROAST

1 BEEF ROAST (2 1/2-3 LBS)
1 T KOSHER SALT
1 TEASPOON COARSE BLACK PEPPER
2-4 T AVOCADO OIL
3 T MINCED FRESH ROSEMARY
1 T DRIED MINCED ONION
PINCH OF CRUSHED RED PEPPER
FLAKES 6 WHOLE GARLIC CLOVES,
PEELED
1 CUP BEEF BROTH OR WATER
4 TABLESPOONS COCONUT AMINOS
(OR 3 TABLESPOONS
WORCESTERSHIRE SAUCE)
2 TABLESPOONS TAPIOCA FLOUR

DESSERT - 4-ING BROWNIES

4 LARGE RIPE BANANAS
1 LARGE EGG
1 CUP UNSWEETENED ALMOND
BUTTER
1/2 CUP RAW CACAO POWDER