

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - STEAK CHILI

1/4 CUP CHILI POWDER
2 TBSP WHOLE CUMIN SEEDS
1/4 TSP CAYENNE PEPPER
1/2 TSP GROUND CINNAMON
2 TSP DRIED OREGANO
3 BAY LEAVES
2 TSP COCONUT SUGAR OR HONEY
4 POUNDS STEAK
1 TSP GROUND BLACK PEPPER
3 TBSP AVOCADO OIL
3 MEDIUM OR 2 LARGE YELLOW ONIONS
4 RIBS CELERY
6 CLOVES GARLIC
2 JALAPENOS
1 1/2 CUPS BEEF OR CHICKEN STOCK
2 TBSP TOMATO PASTE
1 (28-OZ) CAN CRUSHED TOMATOES
1 OUNCE SEMISWEET CHOCOLATE CHIPS
2 CUPS CHOPPED BUTTERNUT SQUASH
1/2 CUP CILANTRO
1/2 CUP PARSLEY

TUESDAY - GARLIC-ALMOND SOUP

4 TABLESPOONS GHEE OR GRASS-FED BUTTER
1 MEDIUM ONION
1 LARGE SHALLOT
3 CELERY STALKS
1 WHOLE BULB OF GARLIC
1 BAY LEAF
1 MEDIUM RUSSET POTATO (OR 2-3 REDS)
1 CUP WHOLE ALMONDS
1 QUART CHICKEN OR VEGETABLE STOCK
BASIL PESTO

THURSDAY - CHILI & POTATOES

3 POUNDS SWEET POTATOES
1/2 CUP GRASS-FED BUTTER OR GHEE
ZEST FROM 1/2 OF AN ORANGE
2 TBSP APPLE CIDER VINEGAR
1/8 TSP CRUSHED RED PEPPER FLAKES

MONDAY - ROSEMARY CHICKEN

3.4 LBS BONE-IN SKIN ON CHICKEN THIGHS
2 TBSP AVOCADO OIL
1 LEMON
3 TBSP FRESH GARLIC
2 TBSP FRESH ROSEMARY
1 1/2 TSP ONION POWDER

WEDNESDAY - BEEF STROGANOFF

2 TBSP AVOCADO OIL
1/2 YELLOW ONION
1 LB SIRLOIN STEAK
1/2 TSP PAPRIKA
8 OUNCES BABY BELLA MUSHROOMS
1/3 CUP BEEF BROTH
1 (15-OUNCE) CAN COCONUT MILK
2 TBSP LEMON JUICE
2 TBSP DIJON MUSTARD
2 TBSP GHEE OR GRASS-FED BUTTER

FRIDAY - TERIYAKI TURKEY SKILLET

2 TBSP AVOCADO OIL
1/2 RED ONION
2 LARGE CARROTS
1 BUNCH RADISHES
1-INCH NUB FRESH GINGER
1 LB GROUND TURKEY
1/4 CUP PALEO TERIYAKI SAUCE
2 ZUCCHINI SQUASH
2 CUPS BABY SPINACH

DESSERT - BARK BITES

1 (12-OUNCE) BAG OF CHOCOLATE CHIPS
4-5 SLICES BACON
12-14 FRESH BLACKBERRIES