

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - GROUND TURKEY SOUP

4 SLICES THICK-CUT BACON
½ YELLOW ONION
1 LB GROUND TURKEY OR ITALIAN SAUSAGE
4 YUKON GOLD POTATOES
2 LARGE CARROTS
1 MEDIUM ZUCCHINI SQUASH
4 CUPS CHICKEN BROTH
1 (15-OZ.) CAN COCONUT MILK
4 CUPS BABY SPINACH

TUESDAY - SALAD

1 POUND BONELESS SKINLESS CHICKEN BREASTS OR TENDERS
1/3 CUP AVOCADO OIL
1 TSP DRIED OREGANO
1 TSP DRIED PAPRIKA
2 CUPS BUTTERNUT SQUASH (1/2 SMALL SQUASH)
5 OUNCES BABY SPINACH
1/2 CUP RAW PECANS
1/2 CUP GOLDEN RAISINS
1 LARGE GREEN APPLE
3 TBSP CIDER VINEGAR
1 TBSP PURE MAPLE SYRUP
1/2 TSP GROUND CINNAMON

THURSDAY - AMAZING SALMON

1 ½ LBS SALMON
1 TSP PAPRIKA
1 TBSP FRESH DILL
1 CUP FULL-FAT COCONUT MILK
1 LEMON
2 TBSP CAPERS

DESSERT - COFFEE CAKE

¾ CUP COCONUT FLOUR
¾ CUP ALMOND FLOUR
½ TSP BAKING SODA
4 EGGS
¼ CUP PURE MAPLE SYRUP
¾ CUP CANNED COCONUT MILK
½ CUP COCONUT OIL
⅔ CUP BLUEBERRIES
1 CUP WALNUTS
2 TBSP COCONUT SUGAR
2 TSP GROUND CINNAMON

MONDAY - BARBACOA BEEF

3 - 4 LB BEEF ROAST
2 CHIPOTLE PEPPERS IN ADOBO
6 CLOVES GARLIC
2 LIMES
1 TBSP GROUND CUMIN
1 TSP DRIED OREGANO
1 TSP BLACK PEPPER
¼ TSP GROUND CLOVES
2 BAY LEAVES
1 SMALL ONION
1 (15-OZ) CAN DICED TOMATOES
½ CUP CILANTRO

WEDNESDAY - BEET SOUP

2 POUNDS BEETS
2 FENNEL BULBS
2 SHALLOTS
3 MEDIUM CARROTS
1 TSP DRIED TARRAGON
2 CUPS UNSWEETENED APPLE JUICE
¼ CUP RED WINE VINEGAR
2 TSP DIJON MUSTARD
3 CUPS CHICKEN STOCK
2 MEDIUM ORANGES
1 (14-OZ) CAN FULL-FAT COCONUT MILK
1 LARGE APPLE
1 LEMON

FRIDAY - CHICKEN SKILLET

4 LARGE CHICKEN BREASTS
1 LEMON
2 TBSP AVOCADO OIL
8 OUNCES SLICED MUSHROOMS
1 LARGE SHALLOT
2 TBSP WORCESTERSHIRE SAUCE
½ TSP DRIED THYME
1 CUP WHITE RICE
2 ¼ CUPS CHICKEN BROTH
GRATED PARMESAN, OPTIONAL