

PALEO MEAL PLAN

GROCERY LIST

MONDAY - ROASTED VEG BOWLS

1 SMALL HEAD CAULIFLOWER
1 MEDIUM ZUCCHINI
2 LARGE CARROTS
½ RED ONION
1 SMALL YELLOW SQUASH
½ RED BELL PEPPER
2 TO 3 TBSP AVOCADO OIL
1 TSP GARLIC POWDER
½ TSP SEA SALT
4 TO 6 EGGS
2 CUPS COOKED RICE OF CHOICE
½ CUP PESTO SAUCE OF CHOICE
¼ CUP RAW PUMPKIN SEEDS

TUESDAY - LAMB LOIN CHOPS

3-4 LAMB LOIN CHOPS OR 2 BEEF STEAKS
½ TEASPOON SEA SALT
FRESHLY GROUND BLACK PEPPER
1 TABLESPOON AVOCADO OIL
JUICE FROM 1/2 A LEMON
2 GARLIC CLOVES
2 TSP CHOPPED FRESH ROSEMARY
VEGETABLE ON THE SIDE

THURSDAY - BAKED CHX PESTO

2-3 LARGE CHICKEN BREASTS
4-5 CUPS OF CHOPPED ROASTING VEGETABLES
8 OZ HALLOUMI CHEESE (OPT)
¾ TEASPOON SEA SALT
¼ TEASPOON BLACK PEPPER
1/3 CUP BASIL PESTO

DESSERT - KETO CHOC NUGGETS

1/2 CUP COCONUT CHIPS OR SHAVINGS
2 TABLESPOONS SUNFLOWER SEEDS
1 TABLESPOONS PUMPKIN SEEDS (PEPITAS)
1 TEASPOON UNCOOKED QUINOA
1 TABLESPOON LOW-CARB MAPLE SYRUP
PINCH OF SEA SALT
2 OUNCES LOW-CARB OR EXTRA DARK CHOCOLATE CHIPS OR MELTS

SUNDAY - MORROCAN CHILI

2 T AVOCADO OR COCONUT OIL
1 1/2 LBS GROUND TURKEY/CHICKEN
1 1/2 TSP GROUND CUMIN
1 1/2 TSP CURRY POWDER
1 TSP BLACK PEPPER
1 1/2 TSP GROUND CORIANDER
1 1/2 TSP CHILI POWDER
1/2 TSP SALT
1/4 TSP CINNAMON
1 MEDIUM ONION
1 CUP CHOPPED CELERY
1 GREEN BELL PEPPER
2 GARLIC CLOVES
2 TABLESPOONS FRESH MINCED GINGER
1 15-OUNCE CAN DICED TOMATOES
3 CUPS CHICKEN BROTH
1 LG LEMON
1 LARGE SWEET POTATO
1 CUP CHOPPED DRIED APRICOTS OR GOLDEN RAISINS
3 TABLESPOONS ALMOND BUTTER OR PB
1/4 CUP CHOPPED CILANTRO

WEDNESDAY - LEMON SALMON

2 TSP AVOCADO OIL
1 LB FRESH SALMON
1 TSP GROUND PAPRIKA
1 TSP GROUND GINGER
2 TBSP ORANGE JUICE
1 TBSP LEMON JUICE
1 TBSP GHEE OR BUTTER

FRIDAY - IP IRISH BEEF STEW

2 TBSP AVOCADO OIL
1/2 MEDIUM YELLOW ONION
2 LBS BEEF STEW MEAT
3 LARGE CARROTS
3 LARGE PARSNIPS
3 RIBS CELERY
5 CLOVES GARLIC
1 TBSP DRIED OREGANO
1 TBSP DRIED PARSLEY
4 CUPS BEEF BROTH
1 CUP RED WINE OR GUINNESS (OPT)
¼ CUP CIDER VINEGAR
1 ½ TBSP MOLASSES OR PURE MAPLE SYRUP (OPT)
1 SMALL HEAD CABBAGE (ABOUT 4 CUPS CHOPPED)
1 BAY LEAF
½ TSP SEA SALT
1 TBSP TAPIOCA FLOUR (OPT)