

# PALEO MEAL PLAN

## GROCERY LIST

### SUNDAY - ASIAN CHICKEN THIGHS

2.5 TO 3 LBS BONELESS SKINLESS CHICKEN THIGHS  
2 TBSP AVOCADO OIL  
2 TSP SESAME OIL  
1 TBSP FISH SAUCE  
5 CLOVES GARLIC  
2 TBSP PURE MAPLE SYRUP  
¼ CUP COCONUT AMINOS  
2 TSP SRIRACHA  
3 TBSP RICE VINEGAR

### TUESDAY - TURKEY CABBAGE BOWLS

2 TBSP AVOCADO OIL  
1 MEDIUM-SIZED YELLOW ONION  
1 POUND GROUND TURKEY  
5 CLOVES GARLIC  
1 TBSP FRESH GINGER  
1 MEDIUM-SIZED HEAD CABBAGE  
½ RED BELL PEPPER  
1 LARGE CARROT  
4 GREEN ONIONS  
¼ CUP SUNFLOWER SEED BUTTER  
¼ CUP LIQUID AMINOS  
1 TBSP RICE VINEGAR 2 TSP SRIRACHA  
1 TBSP PURE MAPLE SYRUP OR HONEY  
½ TSP CURRY POWDER

### THURSDAY - DETOX SALAD

½ CUP RAW ALMONDS  
2 CUPS BABY KALE OR GREENS OF CHOICE  
2 CUPS RED CABBAGE  
2 CUPS CHOPPED BROCCOLI  
2 CARROTS  
1/2 RED BELL PEPPER  
3 RADISHES  
4 STALKS GREEN ONION  
1 AVOCADO  
1/2 CUP AVOCADO OIL  
1/3 CUP FRESH LEMON JUICE  
1/2 CUP FRESH PARSLEY  
2 TSP STONE GROUND MUSTARD  
2 TSP PURE MAPLE SYRUP  
1 TSP FRESH GINGER

### MONDAY - SWEET POTATO HASH

8 OUNCES MEXICAN CHORIZO (TURKEY IF YOU CAN FIND IT)  
1 CUP DICED ONION  
1 POUND SWEET POTATOES  
1 4-OUNCE CAN GREEN CHILES  
2 CUPS BABY SPINACH  
6 EGGS  
1/3 CUP FRESH CILANTRO  
AVOCADOS & HOT SAUCE

### WEDNESDAY - SAUSAGE SHEET PAN

1/2 CUP AVOCADO OIL  
2 TSP MINCED GARLIC  
12-16 OUNCES PRE-COOKED SAUSAGE  
2 POUNDS QUICK ROASTING VEGETABLES  
SALAD GREENS OR JASMINE RICE FOR SERVING

### FRIDAY - CURRY SALMON

6 (4-OZ) FRESH SALMON FILLETS  
3 TBSP PURE MAPLE SYRUP  
2 TBSP COCONUT OIL  
3 TBSP THAI CURRY PASTE  
1 CAN FULL-FAT COCONUT MILK  
1 CUP SMALL DICED CARROTS  
1 CUP CHOPPED ZUCCHINI  
1 BELL PEPPER, ANY COLOR  
1/2 CUP CHERRY TOMATOES  
3 CUPS CHICKEN BROTH  
2 TBSP FISH SAUCE  
1 LIME  
1/3 CUP COCONUT SUGAR  
1/2 CUP FROZEN PEAS  
1 CUP PINEAPPLE CHUNKS  
2 SPRIGS SWEET BASIL  
STEAMED RICE OR CAULI RICE

### DESSERT - CRUMB BARS

3 CUPS FRESH OR FROZEN BLUEBERRIES  
⅓ CUP SUGAR-FREE GRANULATED SWEETENER  
1 TBSP TAPIOCA FLOUR  
3 CUPS ALMOND FLOUR  
½ CUP COCONUT OIL OR BUTTER