

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - SALMON SALAD

4 (6-OZ) CANS WILD CAUGHT SALMON
1 LARGE AVOCADO
¼ MEDIUM-SIZED RED ONION
1 CUP SUN-DRIED TOMATOES
½ CUP FETA CHEESE
½ CUP PLAIN GREEK YOGURT OR MAYO
2 TBSP FRESH LEMON JUICE
½ TSP GARLIC POWDER
1 TSP DRIED DILL
¼ TSP BLACK PEPPER

TUESDAY - THAI CHICKEN SKILLET

1 TBSP AVOCADO OIL
1/2 YELLOW ONION
1 POUND BONELESS CHICKEN THIGHS
4 CLOVES GARLIC
1 TBSP FRESH GINGER
3 CUPS ZUCCHINI
2 CUPS GRATED CARROT
1 CUP RED CABBAGE
2 GREEN ONIONS
1/4 CUP SUNFLOWER SEED BUTTER
¼ CUP COCONUT AMINOS
2 TBSP RICE VINEGAR
2 TSP SRIRACHA
1 TBSP PURE MAPLE SYRUP
½ TSP CURRY POWDER

THURSDAY - THAI BASIL BEEF

¼ CUP COCONUT AMINOS
1 1/2 TBSP FISH SAUCE
2 TBSP RICE VINEGAR
2 TSP SRIRACHA
2 TSP TOASTED SESAME OIL
2 TSP TAPIOCA FLOUR
½ MEDIUM-SIZED YELLOW ONION
1 SMALL RED BELL PEPPER
1 POUND LEAN GROUND BEEF
5 CLOVES GARLIC

DESSERT - BANANA ICE CREAM

1 (15-OZ.) CAN CHICKPEAS
3 RIPE BANANAS
½ CUP PEANUT BUTTER
⅓ CUP FULL-FAT CANNED COCONUT MILK
2 TBSP PURE MAPLE SYRUP
½ TSP PURE VANILLA EXTRACT

MONDAY - RAMEN BOWLS

10 OZ RICE NOODLES OR ZUCCHINI NOODLES
1/3 CUP HONEY
1/2 CUP COCONUT AMINOS
1/4 CUP RICE VINEGAR
JUICE FROM 1 LIME
2 TBSP GRATED FRESH GINGER
2 TBSP SESAME OIL
1-3 TSP SAMBAL OELEK OR SRIRACHA
1 LB SHREDDED CABBAGE
1 1/2 CUPS SHREDDED CARROTS
1/2 ENGLISH CUCUMBER
3 GREEN ONIONS
1/2 CUP FRESH CILANTRO
1 POUND SHRIMP

WEDNESDAY - STUFFED ZUCCHINI

5-6 MEDIUM ZUCCHINI
3 TABLESPOONS AVOCADO OIL
1/2 CUP CHOPPED ONION
3 CLOVES GARLIC
1/2 CUP CHOPPED MUSHROOMS
2 TABLESPOONS CHICKEN BROTH
1 POUND GROUND TURKEY
2 DICED TOMATOES OR
2 SPRIGS OF FRESH THYME
1 TSP FRESH ROSEMARY
1/3 CUP NUTRITIONAL YEAST
1 EGG
1/2 TEASPOON BLACK PEPPER
3 TBSP FRESH BASIL

FRIDAY - SHRIMP CEVICHE

1 POUND LARGE SHRIMP
1 TBSP COCONUT OIL
1 POUND CHERRY TOMATOES
1/2 CUP DICED RED ONION
1/2 CUP DICED FRESH PINEAPPLE
1/2 CUP DICED FRESH MANGOES
1 JALAPENO
3 TBSP ORANGE JUICE
3 TBSP LIME JUICE
1/2 CUP FRESH CILANTRO