

# 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 - TUSCAN SQUASH

1 MEDIUM SPAGHETTI SQUASH  
¾ CUP FULL-FAT CANNED COCONUT MILK  
2 CLOVES GARLIC  
1/2 CUP SUN-DRIED TOMATOES  
½ CUP ARTICHOKE HEARTS  
1 TSP DRIED PARSLEY

### THURSDAY - HAMBURGER HELPER

1 TBSP AVOCADO OIL  
1 MEDIUM-SIZED ONION  
1 LB LEAN GROUND BEEF (90/10)  
4 CLOVES GARLIC  
1 TSP PAPRIKA  
1 TSP DRIED OREGANO  
1 (15-OZ.) CAN FULL-FAT CANNED COCONUT MILK  
1 (8-OZ) CAN TOMATO SAUCE  
1 TO 2 TBSP GF FLOUR  
8 OUNCES GF ELBOW NOODLES

### DESSERT - PUMPKIN BLONDIES

1 EGG  
¼ CUP COCONUT OIL OR BUTTER  
¼ CUP CANNED PUMPKIN  
1 2/3 CUPS ALMOND FLOUR  
1/3 CUP COCONUT SUGAR  
½ TSP BAKING POWDER  
1 1/2 TSP PUMPKIN PIE SPICE  
¼ TSP BAKING SODA  
1 CUP CHOCOLATE CHIPS

### MONDAY - TURKEY BOWLS

4 TBSP AVOCADO OIL  
1 1/2 POUNDS GROUND TURKEY  
3 TBSP MIDDLE EASTERN SEASONING  
1 ENGLISH CUCUMBER  
1-2 CUPS CHERRY TOMATOES  
1 CUP CRUMBLLED FETA CHEESE  
STEAMED RICE OR SALAD GREENS  
2 LEMONS  
EXTRA-VIRGIN OLIVE OIL

### WEDNESDAY - TOMATO SOUP

3 POUNDS FRESH TOMATOES  
6 CLOVES GARLIC  
2 SMALL YELLOW ONIONS  
1/2 CUP AVOCADO OIL  
1 QUART CHICKEN STOCK  
2 BAY LEAVES  
4 TBSP GHEE OR BUTTER

### FRIDAY - SALMON TACOS

8 SMALL GRAIN-FREE TORTILLAS  
1 6-8 OUNCE PACKAGE OF SMOKED SALMON  
2-3 CUPS SHREDDED CABBAGE  
1 LEMON  
1/2 CUP DAIRY-FREE HERB CREAM CHEESE SPREAD  
EVERYTHING BAGEL SEASONING