

PALEO MEAL PLAN

GROCERY LIST

SUNDAY - SAUSAGE SKILLET

1 POUND GROUND ITALIAN CHICKEN SAUSAGE
2 BROCCOLI CROWNS
1/2 SMALL HEAD CABBAGE
1 RED BELL PEPPER
2 TABLESPOONS AVOCADO OIL
1/4 CUP RED WINE VINEGAR
TOPPINGS: GRATED PARMESAN CHEESE, FRESH BASIL, RED PEPPER FLAKES

TUESDAY - QUINOA BOWL

1 1/2 CUPS QUINOA
2 (14-OZ) CANS CHICKPEAS
3 CLOVES GARLIC
AVOCADO OIL
2 CROWNS OF BROCCOLI
1/2 LARGE HEAD CAULIFLOWER
1 TABLESPOON ITALIAN SEASONING
1 CUP RED PEPPER SAUCE (SEE LINK)

THURSDAY - MUSHROOM SOUP

1 (12-OZ) PACKAGE UNCURED BACON
24 OZ MUSHROOMS
1 LARGE YELLOW ONION
1 LARGE SPRIG OF FRESH ROSEMARY (OR 1/2 TEASPOON DRIED)
1 WHOLE BULB OF GARLIC
3 TBSP AVOCADO OIL
1 1/2 QUARTS BROTH OF CHOICE
2 CUPS ALMOND MILK
4 TBSP RED WINE VINEGAR
3 TBSP COCONUT AMINOS (SEE NOTE)
GRASS-FED CHEDDAR (OPTIONAL)

DESSERT - CHIA PUDDING

1 (14-OZ) CAN COCONUT MILK
1/2 CUP CHIA SEEDS
3-4 TBSP MAPLE SYRUP
1 TSP VANILLA EXTRACT
2 RIPE MANGOES
1/2 CUP TOASTED COCONUT FLAKES

MONDAY - FETA BAKED SALMON

1 (2-LB) SALMON FILET
1 TBSP AVOCADO OIL
1 TSP GARLIC POWDER
1/2 RED ONION
1 (8.5-OZ) JAR SUN-DRIED TOMATOES
5 OUNCES BABY SPINACH
6 OUNCES FETA CHEESE CRUMBLES
1/3 CUP PESTO SAUCE

WEDNESDAY - SHEET PAN CHICKEN

1.5 TO 2.5 LBS BONE-IN SKIN-ON CHICKEN THIGHS (3 TO 6 THIGHS)
5 TBSP AVOCADO OIL
2 LEMONS
4 CLOVES GARLIC
2 TSP FRESH OR DRIED ROSEMARY
1/2 YELLOW ONION
1 ZUCCHINI
1 LARGE CARROT
1/2 RED BELL PEPPER
1 SMALL BUNCH ASPARAGUS
1 TSP GARLIC POWDER

FRIDAY - HONEY WALNUT SHRIMP

1/2 CUP AVOCADO OIL MAYONNAISE
6 TBSP HONEY
2 TBSP FULL-FAT CANNED COCONUT MILK, YOGURT, OR CREAM
1 TO 3 TSP SRIRACHA
4 TBSP AVOCADO OIL
1 LB RAW SHRIMP, PEELED AND DEVEINED
1 LARGE EGG
1/2 CUP TAPIOCA FLOUR
2/3 CUP WALNUTS