

# PALEO MEAL PLAN

## GROCERY LIST

### SUNDAY - SALMON SALAD

1/3 CUP AVOCADO OIL  
1 LB SALMON  
1/2 CUP COCONUT AMINOS OR SOY SAUCE  
1/2 CUP RICE VINEGAR  
5 LARGE CLOVES GARLIC  
2 TBSP TOASTED SESAME OIL  
3 TBSP PEANUT BUTTER  
4 CUPS GREEN CABBAGE  
3 CUPS PURPLE CABBAGE  
2 CUPS BABY SPINACH  
2 CUPS GRATED CARROT  
1 RED BELL PEPPER  
5 GREEN ONIONS  
1 CUP ROASTED CASHEWS  
1/2 CUP DRIED CRANBERRIES  
2 TBSP PURE MAPLE SYRUP  
2 TSP FRESH GINGER

### TUESDAY - CARNE ASADA TACOS

2 LBS FLANK STEAK OR SKIRT STEAK  
1/2 CUP ORANGE JUICE  
4 TBSP FRESH LIME JUICE  
3 TBSP LIQUID AMINOS OR SOY SAUCE  
2 TBSP WHITE VINEGAR OR RICE VINEGAR  
1/4 CUP AVOCADO OIL  
1 CUP FRESH CILANTRO  
5 CLOVES GARLIC  
CORN TORTILLAS  
TOPPINGS OF CHOICE (ONION & CILANTRO)

### THURSDAY - CHICKEN BK CASSEROLE

1 TBSP AVOCADO OIL  
1 YELLOW ONION  
4 CLOVES GARLIC  
5 OUNCES BABY SPINACH  
6 OUNCES SUN-DRIED TOMATOES  
4 CUPS COOKED CHICKEN  
6 LARGE EGGS  
1 (16-OZ) CARTON EGG WHITES  
6 OUNCES FETA CHEESE

### DESSERT - BLUEBERRY POPSICLES

4 CUPS FRESH BLUEBERRIES  
1 (15-OZ) CAN FULL-FAT CANNED  
COCONUT MILK  
1/4 CUP PURE MAPLE SYRUP

### MONDAY - CHICKEN NUGGETS

2 POUNDS CHICKEN BREAST OR  
THIGHS  
2 JUICY LIMES  
5 TSP TACO SEASONING  
1/3 CUP CASSAVA FLOUR  
1/3 CUP TAPIOCA FLOUR  
1/3 CUP NUTRITIONAL YEAST  
COCONUT OIL OR AVOCADO OIL FOR  
PAN-FRYING  
1 BATCH CHIPOTLE VEGAN QUESO

### WEDNESDAY - STEAK KABOBS

1.5 POUNDS STEAK  
2 LEMONS  
1 TBSP GREEK SEASONING  
2 TBSP AVOCADO OIL  
1 MEDIUM ONION  
8-10 OUNCES CHERRY TOMATOES  
1 CUP FULL-FAT PLAIN YOGURT  
1/2 OF AN ENGLISH CUCUMBER  
2 GARLIC CLOVES  
1/3 CUP FRESH CHOPPED  
CILANTRO  
PINCH OF GROUND CUMIN

### FRIDAY - BACON SALAD

1 1/2 AVOCADOS  
6 OUNCES BACON  
1/3 CUP PARMESAN CHEESE  
SHAVINGS  
12 OUNCES SALAD GREENS  
1 GREEN ONION  
3 TBSP SOUR CREAM  
3 TBSP MAYONNAISE OR PLAIN  
YOGURT  
1 TBSP APPLE CIDER VINEGAR  
1 TSP HONEY  
1 TSP DIJON MUSTARD