PALEO MEAL PLAN GROCERY LIST

SUNDAY - THAI CHICKEN SALAD

3 CUPS COOKED CHICKEN
3 CUPS GREEN CABBAGE
1 CUP RED CABBAGE
2 CUPS SPRING GREENS OR SPINACH
1 CUP GRATED CARROT
1 LARGE MANGO
½ CUP RAW CASHEWS
5 GREEN ONIONS
½ CUP ALMOND BUTTER OR PEANUT BUTTER
¼ CUP LIQUID AMINOS
1/3 CUP RICE VINEGAR OR FRESH LIME JUICE
2 TBSP SESAME OIL
3 TBSP AVOCADO OIL
2 TBSP PURE MAPLE SYRUP
1 ½ TBSP SRIRACHA
1 SMALL CLOVE GARLIC
2 TSP FRESH GINGER

TUESDAY - UNSTUFFED CABBAGE

2 TBSP AVOCADO OIL
1 MEDIUM YELLOW ONION
1 CUP CARROTS
1 CUP CELERY
4 CLOVES GARLIC
1 LB GROUND BEEF
1 (15-OZ) CAN TOMATO SAUCE
2/3 CUP CHICKEN BROTH OR BEEF BROTH
⅛ TSP NUTMEG
¼ TSP BLACK PEPPER
1 LARGE GREEN CABBAGE

THURSDAY - ROSEMARY CHICKEN

3.5 TO 4 LBS BONE-IN SKIN ON CHICKEN THIGHS
2 TBSP AVOCADO OIL
1 LEMON
3 TBSP FRESH LEMON JUICE
3 TBSP FRESH GARLIC
2 TBSP FRESH ROSEMARY
1 ½ TSP ONION POWDER

DESSERT - BLUEBERRY BARS

2 CUPS FROZEN BLUEBERRIES
4 TBSP PURE MAPLE SYRUP
TBSP TAPIOCA FLOUR
2 CUPS SUPER FINE ALMOND FLOUR
3 TBSP COCONUT OIL

MONDAY - CHICKEN FAJITAS

3 LIMES
1 ORANGE
2 TBSP TACO SEASONING
2 CLOVES GARLIC
1 1/2 TSP SALT
3 T AVOCADO OIL
1/4 C COCONUT AMINOS
2 MEDIUM SWEET ONIONS
3 BELL PEPPERS (ANY COLORS)
2 1/2 - 3 POUNDS CHICKEN BREASTS OR THIGHS
LETTUCE LEAVES OR GRAIN-FREE TORTILLAS FOR WRAPPING
AVOCADOS/GUAC, PICO DE GALLO, HOT SAUCE, FOR SERVING

WEDNESDAY - SHRIMP CEVICHE

1 LB LARGE SHRIMP
1 TSP SEA SALT
1 TBSP COCONUT OIL
1 POUND CHERRY TOMATOES
1/2 CUP DICED RED ONION
1/2 CUP SMALL DICED FRESH PINEAPPLE
1/2 CUP SMALL DICED FRESH MANGOES
1 JALAPENO
1 ORANGE
2 JUICY LIMES
1/2 CUP FRESH CHOPPED CILANTRO
GRAIN-FREE CHIPS OR LEAF LETTUCE

FRIDAY - CHICKEN FAJITA SOUP

3-4 C CHOPPED FAJITA LEFTOVERS (CHICKEN, ONION, PEPPERS)
3 TBSP AVOCADO OIL
1 1/2 QUARTS CHICKEN BROTH
1 15-OZ CAN DICED TOMATOES
1 4-OZ CAN DICED GREEN CHILES
2 TSP CHORIZO SEASONING OR TACO SEASONING
1 TSP MINCED GARLIC
1 SMALL ORANGE
1 JUICY LIME
1 CUP CHOPPED FRESH CILANTRO
1/2 TEASPOON SEA SALT
AVOCADO, FOR SERVING