

Paleo

PL Meal Plan - Week 2









	Breakfast	Lunch	Dinner	Snack
SUNDAY	Apple And Onion Scrambled...	Leftover maple braised chuck...	Simple Sausage Casserole	Carrot sticks with mustard an...
MONDAY	Leftover sausage casserole	Portable Salad	Beef and Winter Vegetable S... Oven-roasted eggplant	Frozen berries with drizzle of...
TUESDAY	Breakfast Stuffed Peppers	Leftover beef and winter veg...	Grilled Chicken Breasts With...	Beef jerky
WEDNESDAY	Leftover breakfast stuffed pe...	Leftover grilled chicken Salad greens with vinaigrette	Spicy Pork Chili Recipe Pan-fried Brussels sprouts	Piece of fruit
THURSDAY	Cabbage and onions fried up...	Leftover pork chili Baked sweet potatoes	Pistachio-Crusted Salmon Roasted beets & sweet potat...	Hard-boiled egg
FRIDAY	Leftover pistachio-cruste sal... Spinach	Hard-boiled eggs Leftover roasted vegetables	Spicy Indian Chicken Stir-Fry Riced cauliflower	Handful of nuts or trail mix
SATURDAY	Cherry Tomato And Basil Qui... Fried onions	Leftover chicken stir-fry and c...	Ground Beef And Cabbage S...	Half an avocado

Meal Plan - Week 1

SUNDAY	Breakfast Breakfast Casserole With Sau...	Lunch Portable salad	Dinner Butterflied Roasted Chicken Wild Mushroom Soup	Snack Piece of fruit
MONDAY	Breakfast Leftover breakfast casserole	Lunch Salad with leftover roast chic...	Dinner Ham And Pineapple Skewers Oven Roasted Tomatoes	Snack Carrot sticks with mustard an...
TUESDAY	Breakfast Scrambled Eggs With Smoke...	Lunch Leftover roast chicken	Dinner Greek-Style Meatballs Roasted cauliflower	Snack Leftover ham & pineapple sk...
WEDNESDAY	Breakfast Ham And Butternut Squash H...	Lunch Leftover Greek-style meatballs	Dinner Chicken Pad Sew Ew	Snack Banana with almond butter
THURSDAY	Breakfast Egg And Vegetable Muffins	Lunch Leftover chicken Pad Sew Ew	Dinner Beef Cubes With Roasted Car...	Snack Handful of nuts or trail mix
FRIDAY	Breakfast Leftover egg & vegetable muf...	Lunch Leftover beef cubes with carr...	Dinner Garlic Roasted Cod Garlic Green Beans	Snack Handful of olives
SATURDAY	Breakfast Onions, mushrooms, spinach...	Lunch Salad with canned salmon, m...	Dinner Maple Balsamic Braised Chuc...	Snack Piece of fruit








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Shopping List: Meal Plan - Week 1

 Meat & Fish	 Vegetables	 Other
24 eggs	Salad greens	Extra-virgin olive oil
1 lb Italian sausage	1 lb green beans	Ghee
1 whole chicken		Balsamic vinegar
1 lb ham	 Fruits	Tapioca starch
Smoked salmon	4 lemons	Dijon mustard
1.5 lbs ground beef or lambs	Piece of fruit	Coconut aminos
2 cups pre-cooked ham	1 pineapple	Rice vinegar
1 lb boneless and skinless chicken breast	1/4 cups pineapple juice	Sesame oil
4 cod fillets	1 green apple	1 handful olives
2 cans wild salmon	Bananas	Maple syrup
2 cans tuna		2 cups beef stock
3 lbs chuck roast	 Nuts	7 cups chicken stock
Prosciutto	Almond butter	2 cans coconut milk
	1 Handful nuts or trail mix	2 tbsp tomato paste
 Vegetables	 Spices	
4 sweet potatoes	27 cloves garlic	
7 yellow onions + 1 red onion	1 1/2 tsp ginger	
5 bell peppers	1 tsp paprika	
1 bunch green onions	1 tsp ground cinnamon	
18 carrots	1 thumb size knob of ginger	
1 1/2 lbs mixed wild mushrooms		
3 shallots	 Herbs	
2 lbs plum or mixed tomatoes	3 tbsp rosemary	
1 head cauliflower	Fresh thyme	
1 butternut squash	Fresh parsley	
1 leek	1 1/6 tbsp dried oregano	
3 cups broccoli	1/2 cups basil leaves	
10 mushrooms	Fresh chives	
2 cups baby spinach	1 tsp dried mint	
1/2 lbs mushrooms		
3 parsnips		

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Shopping List: Meal Plan - Week 2

 Meat & Fish	 Vegetables	 Herbs
8 chicken breasts	1 eggplant	Fresh parsley
21 eggs		1/2 tsp dried thyme
Bacon	 Fruits	1 1/2 tsp dried oregano
1 lb ground beef	1 granny smith apple	1 tsp dill weed
6 pork sausages	1 lemon	1 tsp dried parsley
2 lbs boneless beef chuck roasts	Fresh fruit	Small bunch oregano leaves
Beef jerky	1/4 cups lemon juice	1 tsp coriander powder
4 1/4 lbs boneless pork shoulder	Frozen berries	1 bunch basil
4 wild salmon fillets	 Nuts	 Other
2 cans tuna	1 cup raw pistachios	Extra-virgin olive oil
	Handful nuts or trail mix	3 tbsp red wine vinegar
	 Spices	1 tbsp Dijon or coarse grain mustard
 Vegetables	15 cloves garlic	2 tbsp tapioca starch
3 red onions + 6 yellow onions	3/4 tsp garlic powder	Coconut oil
1 celery stalk	Paprika	6 cups beef stock
3 cups grape tomatoes	2 red chilies	
7 sweet potatoes	0.3 cups chili powder	
10 bell peppers	2 tbsp smoked paprika	
1 rutabaga	1/4 tsp ground cayenne pepper	
6 carrots	2 green chilies	
2 parsnips	Cumin	
1 large head cauliflower	2 tsp ginger	
1 cup mushrooms	2 tsp turmeric powder	
3 cups baby spinach	1 tsp red chili powder	
1 tomato	Red chili paste	
4 zucchinis	 Herbs	
2 cans diced tomatoes	Fresh chives	
Brussels sprouts	1 few sprigs of thyme	
2 beets		
1 head cabbage		
3 avocados		
Salad greens		