



• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Hard Boiled Eggs and Bacon Slices	1/2 Grapefruit, 1/2 Avocado with Hot Sauce	Bacon and Guac Sandwiches (Bacon is the "Bread")	Leftover Beef and Veggies with Fried Eggs	<u>Berry Banana Smoothie</u>
LUNCH	<u>Grilled Shrimp Skewers (Just Make One)</u>	Leftover Lasagna	<u>Flawless Paleo Egg Salad</u>	Leftover Flawless Paleo Egg Salad with Apple Slices	<u>Leftover Chicken Lettuce Wraps</u>
DINNER	<u>Spectacular Paleo Lasagna</u>	<u>Finger Licking Paleo Hot Wings</u>	<u>Paleo Beef and Veggie Bowl</u>	<u>Budget Grilled Chicken and Cole Slaw</u>	<u>Paleo Shrimp Creole</u>
SNACKS	Cucumber and Guac Sandwiches	Beef Jerky	Berries with Almond Milk and Cashews	Carrot Sticks and Almond Butter	1/2 Grapefruit

GROCERY LIST

MEATS

- Eggs (1 doz)
- Shrimp (1 lb bag, raw)
- Bacon (1 lb)
- Grass Fed Ground Beef (4 lbs)
- Sweet Italian Sausage (Raw, 5)
- Raw Parmesan Cheese (optional!)
- Chicken Wings (2 lbs)
- Whole Chicken (1)

VEGGIES

- White Onion (3)
- Garlic (1 head)
- Zucchini (4)
- Thyme (1 bunch)
- Oregano (1 bunch)
- Dill (1 bunch)
- Cucumber (1 large)
- Celery (1 head)
- Carrots (8)
- Green Onion (1 bunch)
- Lemon (1)
- Cauliflower (1 head)
- Broccoli (1 head)
- Frozen Berry Blend (1 bag)
- Apples (2)
- Green Cabbage (1/2 head)
- Purple Cabbage (1/2 head)
- Banana (1)
- Butter Lettuce (1 head)
- Cilantro (1 bunch)

OTHER

- Almond Butter
- Sriracha
- EVOO
- Bamboo Skewers
- Tomato Sauce (1 can)
- Crushed Tomatoes (2 cans)
- Everyday Seasoning from TJ's (1 jar)
- Ghee or Butter (1 jar or stick)
- Guacamole (or make your own! ingredients not included)
- Steve's Paleo Chef Wing Sauce (Red's is Paleo approved too!)
- Coconut Oil (1 jar)
- Almond Oil
- Pickels (1 jar)
- Coconut Vinegar (1 bottle)
- Jerky
- Black Olives
- Mustard
- Almond Milk
- Cashews (1 cup)
- Honey
- Almond Milk
- Cajun Seasoning
- Chicken or Fish Stock (1 qt)

• PREP DAY TIPS •

- Hard boil 10 eggs (save the other 2 for Thursday's breakfast)
- Cook 6 slices of bacon.
- Cook the beef mixture for the Paleo Lasagna.
- Slice some cucumbers for a snack.
- Make the egg salad.
- Cut up the raw chicken and store.

• WEEKLY INSPIRATION •

GOALS (Again!)

We're getting dangerously close to 2015! Have you thought about what you'd like to accomplish next year? Check out the Primal Vixen Program and get my Vixen's Guide to Goal Setting. You'll absolutely love this homework assignment. It's a step by step process where I'll show you how to create (and stick to) killer goals!

[PRIMAL VIXEN PROGRAM](#)

REMINDER: Saturday and Sunday aren't included because Saturday should be your cheat meal/leftover day and Sunday should be prep day-eat as you go! Every time I plan for every single day, I have WAY too much food and the grocery bill is too high. Try this!