



• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Bacon and Guacamole Sandwiches	Berries, Macadamia Nuts and Coconut Milk	Fried Eggs with Leftover Tri-Tip and Salsa	1/2 Grapefruit and 1/2 Avocado	Hardboiled Eggs and Leftover Tri Tip
LUNCH	<u>Tuna Salad with Paleo Mayo</u> on Lettuce with Tomatoes.	Turkey, <u>Baba Ganoush</u> and Green Onion Roll Ups (Just Roll 'Em Up in the Turkey!)	<u>Sausage Stuffed Mushrooms</u>	Leftover Stuffed Sweet Potato	Leftover Tri-Tip and Mixed Green Salad with Strawberries
DINNER	<u>Spicy Sausage Skillet</u>	<u>Oven Baked Tri-Tip with Carrot, Kale and Bacon Saute</u>	<u>Loaded Stuffed Sweet Potatoes</u>	<u>Boneless Pork Chops with Kale and Apple Salad</u>	<u>Chicken Enchilada Bake</u> and Cucumber Salad
SNACKS	Macadamia Nuts	Trail Mix (No Peanuts!)	Dark Chocolate	Pork Rinds and Hot Sauce	Carrot Sticks and Almond Butter



## • GROCERY LIST •

### MEATS

- Bacon (2 lbs)
- Eggs (1 doz)
- Raw Sausages (5)
- Deli Turkey (1/2 lb)
- Tri-Tip Steak (around 3 lbs)
- Grass Fed Ground Beef (2 lbs)
- Boneless Pork Chops (2)
- Cooked, Shredded Chicken (1 lb)

### VEGGIES

- Tomatoes (2)
- Mixed Salad Greens (1 bag)
- Celery (1 head)
- White Onions (4)
- Lemons (4)
- Garlic (2 heads)
- Green Bell Pepper (2)
- Red Bell Pepper (1)
- Crimini Mushrooms (2 pkgs)
- Jalapeño (1)
- Blueberries (1 pkg)
- Strawberries (1 pkg)
- Green Onion (1 bunch)
- Eggplant (1)
- Parsley (1 bunch)
- Kale (2 bunches)
- Carrots (1 bag)
- Leek (1)
- Sweet Potatoes (2)
- Grapefruit (1)
- Avocado (1)
- Pear (1)
- Thyme (1 bunch)
- Apples (2)
- Green Cabbage (1/4 head)
- Cilantro (1 bunch)
- Cucumbers (3)

### OTHER

- Guacamole (or make your own!  
Ingredients not included in this list)
- Canned Tuna (2)
- Walnut or Almond Oil
- Mustard Powder
- Red Pepper Flakes
- Coconut Oil
- Macadamia Nuts
- Coconut Milk (1 can)
- Tahini (1 jar)
- Trail Mix
- Salsa (or make your own!)
- Almond Meal
- Chicken Broth (32 oz)
- Cajun Seasoning
- Dark Chocolate
- Ghee
- Apple Cider Vinegar
- EVOO
- Mustard
- Pork Rinds
- Hot Sauce
- Enchilada Sauce (1 can)
- Diced Green Chiles (1 can)
- Almond Butter



## • PREP DAY TIPS •

- Hard boil 4 eggs.
- Cook 1 lb of bacon.
- Make your [Paleo mayo](#).
- Make your [Tuna Salad](#).
- Wash and store your berries, mushroom, kale and carrots.
- Slice up the carrots for snacks.
- Make your [baba ganoush](#).
- Prep the veggies for the [sausage skillet](#).
- Make your turkey rollups- place a sliced green onion and the baba ganoush inside the turkey and roll them up :).
- If you can't find cooked shredded chicken, just buy 4 boneless, skinless chicken breasts and check out [this post](#).
- Cook up the 2 lbs of grass fed ground beef for the Wednesday's dinner.
- Prep your kale, apple and cabbage salad for Thursday's dinner. Just don't put on any dressing!

## • WEEKLY INSPIRATION •

### THE SCOOP ON CORTISOL

Cortisol is an extremely important stress hormone that helps the body use sugar and fat for energy and helps the body manage stress. When your body is producing too much cortisol, it doesn't burn fat properly or metabolize sugar properly. This can have MASSIVE effects on your weight. I should know, I'm currently dealing with it! I've switched to 5 yoga sessions a week and only 1 Crossfit WOD (see Exercise LESS article). Here are a few links to get you started! ENJOY!

[6 Tips to Reduce Cortisol](#)

[The Cortisol Switcheroo](#)

[Why You May Need to Exercise LESS](#)

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!