



• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Fresh Berries, Almonds and Coconut Milk (Cereal!)	1/2 Avocado with Salsa	Leftover Beef and Veggies with a Fried Egg	<u>Blueberry Cucumber Smoothie</u>	1/2 Grapefruit and Easy Green Salad
LUNCH	Apple Sandwiches with Turkey, Mustard and Greens	Leftover Chicken Piccata on Salad Greens	<u>Nori Wrap "Sandwiches"</u>	<u>Sausage Patties, Veggie Skewers and Apple Sun-Wich</u>	<u>Sausage Patties, Veggie Skewers and Apple Sun-Wich</u>
DINNER	<u>Paleo Chicken Piccata</u> with Easy Green Salad	<u>Paleo Beef and Veggie Bowl</u>	<u>Chorizo Stuffed Poblano Chiles</u>	<u>Epic Brussels Sprout Salad</u>	<u>Paleo Shrimp Creole</u>
SNACKS	Celery Sticks with Sunflower Butter	Beef Jerky	Dried Apricots	1/2 Grapefruit	Cucumbers and Salsa



• GROCERY LIST •

MEATS

- Deli Turkey (1/2 lb)
- Boneless, Skinless Chicken Breasts (4)
- Grass Fed Ground Beef (3 lbs)
- Bacon (1 lb)
- Eggs (1/2 doz)
- Raw Chorizo Sausages (2)
- Ground Pork (1 lb)
- Raw, Wild Caught, Tail On Shrimp (1 bag)

VEGGIES

- Blueberries (1 container)
- Apples (2)
- Salad Greens (1 bag)
- Lemon (4)
- White Onion (4)
- Garlic (2 heads)
- Parsley (1 bunch)
- Celery (1 head)
- Avocado (1)
- Cauliflower (1 head)
- Broccoli (1 head)
- Carrots (1 bag)
- Napa Cabbage (1/4 head)
- Poblano Chiles (4)
- Green Bell Pepper (2)
- Green Onions (1 bunch)
- Jalapeño (1)
- Cucumbers (4)
- Cherry Tomatoes (1 container)
- Kale (1 bunch)
- Brussels (about 1 lb)
- Grapefruit
- Celery (1 bunch)
- Cilantro (1 bunch)

OTHER

- Raw Almonds (1 cup)
- Coconut Milk (2 cans)
- Bragg Vinaigrette Salad Dressing
- Mustard
- Almond Flour (1/4 cup)
- Coconut Flour (1/4 cup)
- Ghee (1 jar)
- EVOO
- White Wine (1 bottle)
- Chicken Broth (1 qt)
- Capers (1 jar)
- Sunflower Butter
- Salsa
- Beef Jerky
- Coconut Oil
- Cajun Seasoning
- Guacamole
- Dried Apricots
- Sage
- Smoked Paprika
- Bamboo Skewers
- Tabasco
- Crushed Tomatoes (1 can)



• PREP DAY TIPS •

- Note: You don't have to buy huac
- Note: Use your leftover fresh blueberries in the smoothie, no need to buy extra that are frozen.
- Note: Just use Paleo Mayo for Thursday and Friday's lunches instead of ranch. It's used for dipping the sausage patties.
- Pound out 2 of the chicken breasts with wax paper and a mallet and store.
- Your bag of salad needs to be divided into 3 portions. One dinner portion, one lunch and one smaller breakfast. We're keeping the salads really simple this week with just mixed greens and dressing.
- Cook the meats for Wednesday's dinner and store.
- Make the sausage patties.
- Prep the kale and brussels for Thursday's dinner.
- Bake or pan cook the other 2 chicken breasts so they're ready for Thursday's dinner.
- Slice up 2 cucumbers into sticks.

• WEEKLY INSPIRATION •

THE POWER OF HABIT

There are 3 main cycles to our habits. Cue, routine and reward. The cue is what makes us want the glass of wine, the routine is drinking the glass of wine and the reward is how we feel after the glass of wine that perpetuates the next sequence. In Charles Duhigg's book "The Power of Habit." He says the key to creating new habits is to change the ROUTINE part of the cycle so that we receive the same reward. Think of a habit that you'd like to kick, and create a new routine that will reward you in the same way. Likewise, if there's a new habit you'd like to create try and focus on a cue that will trigger the routine and the reward. Here are some other helpful tips:

<http://99u.com/articles/17123/5-scientific-ways-to-build-habits-that-stick>

<http://www.mindbodygreen.com/0-13422/kick-your-bad-habits-with-these-4-psychological-tricks.html>

<http://www.mindbodygreen.com/0-3125/How-to-Change-Unhealthy-Habits.html>

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!