



• WEEKLY MEAL PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Sliced Peaches Coconut Milk and Chopped Almonds in a Bowl	Turkey and Green Onion Scramble	Sliced Peaches Coconut Milk and Chopped Almonds in a Bowl	Turkey and Apple Sandwiches	Carrot Sticks with Almond Butter with Hard Boiled Egg
LUNCH	Sliced Turkey with Fresh Tomato Slices, Basil, EVOO and Balsamic Vinegar	Leftover Beef Lettuce Wraps with Avocado	Leftover Chicken and Pineapple with Radish Cucumber Salad	Quick Chicken Salad on Apple Slices	Sliced Peaches Coconut Milk and Chopped Almonds in a Bowl
DINNER	<u>Balsamic Roast Beef</u>	<u>Chicken Pineapple Skewers with Radish Cucumber Salad</u>	Chicken and Pineapple with Jasmine Rice and Coconut Aminos	Leftover Balsamic Roast Beef with Mixed Green Salad and Rice	FREE NIGHT!
SNACKS	Sugar Snap Peas	Dried Apricots and Hard Boiled Egg	Carrot Sticks with Almond Butter	Lime, Salt and Chile Marinated Cucumbers	1/2 Avocado with Hot Sauce



• GROCERY LIST •

MEATS

- Sliced Deli Turkey (1 lb)
- Boneless Beef Chuck Roast (3 lbs)
- Eggs (1 doz)
- Boneless, Skinless Chicken Breasts (4)

VEGGIES

- Peaches (2)
- Tomatoes (4)
- Basil (1 bunch)
- Sweet Potatoes (3)
- Carrots (6)
- Fresh Rosemary (1 bunch)
- Onion (1)
- Garlic (1 head)
- Sugar Snap Peas (1 bag)
- Green Onion (1 bunch)
- Butter or Romaine Lettuce (1 head)
- Avocado (2)
- Lemons (3)
- Pineapple (1)
- Large Cucumber (3)
- Radishes (2 bunches)
- Mixed Salad Greens (1 bag)
- Lime (1)

OTHER

- Coconut Milk (2 cans)
- Raw Almonds (2 cups)
- EVOO
- Balsamic Vinegar
- Bay Leaves
- Beef Stock (1 qt)
- Coconut Oil
- Almond Oil
- Bamboo Skewers
- Paleo Chef Peach BBQ Sauce
- Mustard
- Dried Apricots
- Almond Butter
- Coconut Aminos
- Jasmine Rice
- Hot Sauce



• PREP DAY TIPS •

- Wash your romaine or butter lettuce head and reserve 3 leaves for lettuce wraps on Tuesday.
- Slice two tomatoes and pluck 10 leaves of basil for Monday's Lunch. Put the turkey and all the ingredients in a tupperware to marinate overnight.
- Prep the veggies for Monday's dinner (Roast) so you can pop everything in the slow cooker on Monday morning.
- Soak your skewers in water for Tuesday's dinner. This helps them not burn on the grill!
- Prep the cucumbers and radishes for the salad. You can put everything together except the dressing and store.
- Hard boil 2-3 eggs. Depending on how many you think you'll eat during the week. Remember to save at least 2 eggs for your scramble.
- Cut up some carrots for a snack.
- Follow my [Paleo mayo](#) recipe and make sure to make this on prep day!
- Cut up some of your leftover chicken and just add 1 tbsp homemade mayo and 1 tbsp mustard, s&p for the chicken salad (Thursday's lunch).
- Cook 2 cups of jasmine rice and store.

• WEEKLY INSPIRATION •

PALEO DEBATE FUEL

All you eat is meat, that's bad : We actually focus on veggies and our diet is about 70% veggies! We also focus on local, sustainably raised meats.

But whole grains are good for you! : Actually grains contain 3 anti-nutrients the worst being gluten. Anti-nutrients interfere with the way that we can absorb nutrients in our diet. Lots of clever marketing have painted a very deceitful picture of grains for you!

I'm a vegan, you should be too : I understand that you're passionate about the planet and all creatures on it but Veganism doesn't work for me because I feel it actually supports the growth of harmful agriculture and mono-crops. Modern agriculture has destroyed the natural cycle of our planet all the way down to the water table. EVERYONE should be passionate about stopping factory farming, that's why I only eat local, sustainably raised animals.

All food from Mother Earth is good for us : Actually, everything on the planet has some sort of defense mechanism. Grains actually coat themselves in protective barriers so they can make it through our systems unscathed and be re-planted. Just as a zebra has stripes for camouflage, there are lots of food sources that can be harmful to us, even if they're from the Mother.

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!