



foodborne wellness

MEAL PLAN #1

MONDAY

Thai Chicken Zoodle Noodle Soup

Note: If you don't have a spiralizer you could always just chop the zucchini.

TUESDAY

Paleo Sweet Potato Sloppy Joes

Note: Pre-bake sweet potatoes to make this recipe quicker.

WEDNESDAY

Paleo Whole 30 Thai Basil Stir-Fry.

THURSDAY

Sesame Chicken Chopped Salad

Note: To save time and money, you could substitute the 1.5 lb of chicken thighs for the rest of the rotisserie chicken used on Friday.

FRIDAY

BBQ Chicken Pizza with Sweet Potato Crust

Note: Crust dough can be prepared ahead of time. Consider baking these sweet potatoes at the same time you prepare the ones for Tuesday.





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GROCERY LIST

PRODUCE

- Yellow onion (1.5)
- Red onion (1)
- Garlic (9 cloves)
- Ginger (3 inch)
- Lime (1)
- Bell pepper (1 yellow, 1 green, 2 red)
- Zucchini (4)
- Carrots (8)
- Cauliflower (1 head)
- Sweet Potatoes (7)
- Celery (1 rib)
- Chili pepper (1)
- Basil (2 cups)
- Scallion w/ bulbs (3)
- Green onions (4)
- Green cabbage (1/2 head)
- Red cabbage (1/2 head)
- Cilantro (1 bunch)
- Spinach (1 cup)

MEAT

- Boneless skinless chicken thighs (3 lb)
- Grass-fed beef (1.5 lbs)
- Skirt steak (1 lb)
- Rotisserie chicken (1 cup)

PANTRY

- Avocado oil (5 tbsp.)
- Sesame oil
- Coconut aminos
- Apple cider vinegar
- Red curry paste (3 tbsp.)
- Fish sauce
- Arrowroot powder (1 tsp.)
- Almond flour (1 cup)
- Baking soda (1/4 tsp.)
- Coconut sugar (2 tbsp.)
- Sliced almonds (1 cup)
- Sesame seeds (black and white)
- Mandarin oranges (1 can)
- Bone broth (3 cups)
- Fire roasted diced tomatoes (2 cans)
- Tomato paste (6 oz.)
- Full fat coconut milk (1 can)
- Paleo BBQ sauce (1/2 cup)
- Tomato sauce (1/2 cup)
- Sea salt
- Black pepper
- Turmeric
- Chili powder
- Cumin
- Onion powder
- Dried basil
- Dried oregano
- Garlic powder

