



**MEAL PLAN #1**

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**MONDAY**

Thai Chicken Zoodle Noodle Soup

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

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**TUESDAY**

Paleo Sweet Potato Sloppy Joes

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

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**WEDNESDAY**

Paleo Whole 30 Thai Basil Stir-Fry.

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**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.

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**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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# foodborne wellness

## 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

