



foodborne wellness

MEAL PLAN #2

MONDAY

Whole30 Paleo Shepherd's Pie

Note: I like to use Japanese sweet potatoes if they're available. Use pre-chopped garlic as a shortcut. Opt for avocado oil if you don't have olive. This is the longest recipe, so make it on the day you have the most time.

TUESDAY

Paleo Chicken Pad Thai

Note: If you used last week's meal plan and have cabbage leftover you won't have to purchase any this week.

WEDNESDAY

Paleo Fish Tacos

Note: Again, if you have cabbage from last week you might be able to get away without buying it.

THURSDAY

Maple Bacon Sweet Potato Soup

Note: If you want more meat in this recipe, you could add shredded chicken or breakfast sausage.

FRIDAY

Paleo Sweet and Sour Chicken





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PRODUCE

- Butternut squash (2 small or 1 large)
- Red bell pepper (4)
- Carrots (6)
- Red cabbage (1 cup)
- Green onions (7)
- Cilantro (1 bunch)
- Lime (1)
- Garlic (17 cloves)
- Ginger (1 inch)
- Sweet potatoes (3 large)
- Yellow onion (2)
- Shredded green cabbage (1/2 head or 1 package)
- Mushrooms (16 oz.)
- Japanese sweet potatoes or regular (2 lbs)
- Pineapple (1)

REFRIGERATED

- Eggs (3)
- Almond milk (1/3 cup)

MEAT

- Chicken breast tenders (1 lb)
- Chicken breast (1 lb)
- Bacon (8 slices)
- Cod, or other white fish (1 lb)
- Grass-fed beef (2 lbs)

PANTRY

- Avocado oil
- Coconut oil
- Apple cider vinegar
- Raw honey
- Maple syrup (1/4 cup)
- Coconut sugar (1/2 cup)
- Coconut aminos
- Sesame oil
- Cashews (1/2 cup)
- Almond butter (1/2 cup)
- Arrowroot starch (1 1/4 cup)
- Coconut flour (3/4 cup)
- Hot sauce
- Fish sauce
- Coconut aminos
- Paleo ketchup (1/4 cup)
- Avocado oil may (1/2 cup)
- Pickled jalapenos (1/4 cup)
- Tomato paste (6 oz.)
- Coconut milk, lite (1 can)
- Coconut milk, full fat (1 can)
- Bone broth (3 1/4 cups)
- Sea salt
- Black pepper
- Chili powder
- Cumin
- Onion powder
- Garlic powder
- Rubbed sage
- Rosemary, dried
- Celery seed, ground
- Coriander, ground
- Ground ginger

