



foodborne wellness

## MEAL PLAN #2

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### 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.

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### 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.

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### WEDNESDAY

#### Paleo Fish Tacos

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

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### THURSDAY

#### Maple Bacon Sweet Potato Soup

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

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### FRIDAY

#### Paleo Sweet and Sour Chicken

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## GROCERY LIST

### 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)
- Ground 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

