

# MEAL PLAN 6

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MON

## Pesto Chicken Spaghetti Squash

Here is the recipe for the paleo pesto. You could use a good quality store bought version if you're feeling a little lazy or short on time. Save some basil for Thursday.

TUES

## Honey Mustard Bacon Chicken with Green Beans

The green bean recipe calls for butter, but if you're dairy free you could use avocado oil.

WED

## Carrot Ginger Soup

If you don't feel like this meal will be filling enough, you could always add ground meat or use it as a side. You can make this soup on the stove, in the slow cooker or Instant pot.

THUR

## Paleo Thai Chicken Lettuce Wraps

This recipe could be made with pork if you'd prefer. We use sunflower butter but if you have almond butter or another unsweetened nut butter on hand, you could use that instead.

FRI

## Salmon with Avocado Salsa

I think the avocado salsa recipe could use doubling, but that is my opinion. If you don't double, be sure to get a very large avocado.

# GROCERY LIST

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## PRODUCE

- Medium/large spaghetti squash
- Green beans, 1 lb
- Carrots, 10
- Basil, 3.5 cups
- Spinach, 2 cups
- Garlic cloves, 12
- Onion, 4
- Red onion, 1
- Rosemary, 2 sprigs
- Ginger, 1 inch
- Purple Cabbage, 1 cup
- Butter lettuce, 1 head
- Lime, 3
- Cilantro, 1 bunch
- Large avocado, 1

## MEAT

- Salmon, 2 lbs
- Ground chicken, 1 lb
- Chicken breast, 3.5 lbs
- Bacon, 1.5 oz.
- Butter, optional

## PANTRY

- Raw walnuts, 1 cup
- Cashews, 1/4 cup
- Sunflower seed butter
- Olive oil
- Avocado oil
- Coconut oil
- Coconut milk, 1 can
- Chicken broth, 3/4 cup
- Vegetable broth, 2 cups
- Dijon mustard, smooth
- Dijon mustard, whole grain
- Nutritional yeast
- Coconut aminos
- Coconut sugar
- Honey
- Turmeric
- Cayenne
- Ancho chili powder
- Onion powder
- Cumin
- Paprika
- Ground ginger
- Pepper
- Sea salt