

# MEAL PLAN 7

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MON

## Spicy Ground Turkey and Green Bean Stir-fry

You could add a variety of stir fry vegetables to bulk it up if you wanted.

TUES

## Paleo Chinese Chicken Salad

WED

## Sausage and Gravy with Potatoes

THUR

## Instant Pot Chicken Zoodle Soup

If you don't have a spiralizer you could buy pre-cut zucchini noodles or just chop the zucchini. This recipe could be made on the stove or in a crockpot if you don't have an Instant Pot.

FRI

## Burger and Fries Lettuce Wraps

Get a couple more potatoes if you want to have more fries for a side. If you have an airfryer, that would be great for the fries.

# GROCERY LIST

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## PRODUCE

- Purple cabbage, 1 cup
- Green onions, 2
- Cilantro, 1 bunch
- Green beans, 1 lb
- Slaw mix
- Garlic cloves, 4
- Ginger, 2 inch
- Medjool dates, 3
- Russet potatoes, 4
- Onion, 2
- Carrots, 4
- Celery, 4
- Zucchini, 2
- Head of romaine, 2
- Yellow potato, 1
- Tomato, 1
- Avocado, 1

## MEAT

- Ground turkey, 1.33 lb
- Skinless chicken breast, 1 lb
- Chicken thighs, 1.5 lb
- Breakfast sausage - no added sugar, 1 lb
- Ground beef
- Bacon - no sugar added, 4 slices

## OTHER

- Almond milk

## PANTRY

- Sesame oil
- Coconut oil
- Olive oil
- Avocado oil mayo
- Mustard
- Paleo ketchup
- Pickles, optional
- Chicken broth, 4 cups
- Coconut aminos
- Rice vinegar
- Chili paste
- Almond butter
- Cashews, raw
- Mandarins oranges - no added sugar, 1 can
- Almond flour
- Tapioca flour
- Thyme
- Turmeric
- Fennel
- Dried sage
- Onion powder
- Garlic powder
- Sea salt
- Black pepper