

/ PALEO On a Budget /

Weekly Meal Plan
FOR RECIPES, STORE DEALS, AND MORE
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Meal Plan

1/12 - 1/18

Day 1:

- 1.) Fully loaded banana muffins
- 2.) Probably Nothing
- 3.) Tacos + Mashed Cauliflower

Day 2:

- 1.) Eggs + Bacon
- 2.) Spinach Salad
- 3.) Lemon, Chicken + Broccoli

Day 3:

- 1.) Eggs + Sausages
- 2.) Not Sure: We have a shoot!
- 3.) Vegetable Meat Chili

Day 4:

- 1.) Eggs + Sausages {or bacon}
- 2.) Probably nothing
- 3.) Stir Fry

Day 5:

- 1.) Spinach + Fried Egg Salad
- 2.) Leftovers
- 3.) Stir Fry

Day 6:

- 1.) Leftover Muffins from day 2
- 2.) leftovers
- 3.) Steak + Watermelon Wraps {w/o cheese} w/ roasted cauliflower

Day 7:

- 1.) Baby Kale Egg Cups
- 2.) Probably nothing!
- 3.) Applegate Farm Hotdogs + veggie salad

This is more of a guide than a strict meal plan, as we both strive to eat only when we're hungry, so we might skip meals or add something extra in!

For the shopping list, the symbol * = already have it and don't need to buy it!

- Shopping List -

Meat:

- Chicken
- 2-3lb. Ground Beef
- Bacon*
- Steak

Fresh:

- 1 Dozen eggs
- Kerry Gold Butter/favorite fat
- Fresh Spinach*
- Cherry Tomatoes {2 containers}
- Onions*
- Mushrooms
- Lemons
- Avocados
- Garlic*
- Limes
- 2 heads cauliflower*
- zucchini*
- Carrots*
- bananas*

Frozen:

- 3 bags of mixed veggies — stock up
- Applegate Farm Sausages*
- Frozen Broccoli*

Other:

- Raw Pecans
- Raw Cashews
- Favorite Dried

Herbs + Spices*

- Olive Oil*
- Almond Flour*
- Apple Cider Vinegar*
- Curry, turmeric, garam masala*
- Enjoy Life Chocolate Chips*
- Maple Syrup*
- Unsweetened, shredded coconut

Stocking up on:

- Canned Diced Tomatoes
- Canned Crushed Tomatoes
- Any on sale Meat
- Frozen Veggies that are on sale!

Don't forget to order a copy of my newest book - Paleo Meal Planning on a Budget!