



MEAL PLAN Week 18 (04/26 - 05/02)

PREP NOTES	<p>SUNDAY: Make Spicy Herb Dressing ahead of time for Meal 6 (optional); Chop 2 (4- 6 oz. each) boneless, skinless chicken breasts into ½ slices; Heat a large sauté pan over medium-high heat and add 1 Tbs coconut oil when hot; Sauté chicken breasts for 10-15 minutes, stirring often, until fully cooked; season with sea salt and freshly cracked black pepper if desired; Store cooked chicken in the refrigerator for use in Meal 6.</p> <p>MONDAY: Make Sweet Potato, Bacon and Eggs Salad ahead of time for Meal 9 (optional); Make Kale Chips ahead of time for Meal 11 (optional)</p> <p>WEDNESDAY: Start Beef Pot Roast 3 to 8 hours ahead of time</p>			
	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	<p><u>Omelet Muffins</u>; avocado (30 minutes)</p> <p>1</p>	<p>Graze fridge for leftovers</p> <p>2</p>	<p>Graze fridge for leftovers</p> <p>3</p>	<p><u>Cod with Arugula Tapenade and Celeriac Fries</u> (35 minutes) prep - see list</p> <p>4</p>
MONDAY	<p><u>Leftover Omelet Muffins</u>; almonds</p> <p>5</p>	<p><u>Perpetual Spinach Salad</u> (2 servings); <u>Spicy Herb Dressing</u>; chicken breasts (4-6oz) (10 minutes)</p> <p>6</p>	<p><u>Berries with Coconut and Lime</u> (5 minutes)</p> <p>7</p>	<p><u>Sausage with Leeks and Tomatoes</u> (45 minutes) prep - see list</p> <p>8</p>
TUESDAY	<p><u>Sweet Potato, Bacon and Egg Salad</u> (35 minutes)</p> <p>9</p>	<p><u>Leftover Sausage with Leeks and Tomatoes</u></p> <p>10</p>	<p><u>Kale Chips</u> (20 minutes)</p> <p>11</p>	<p><u>Chicken Primavera Bowl</u> 4 servings (30 minutes)</p> <p>12</p>
WEDNESDAY	<p>applesauce (unsweetened); sausage links prep - see list</p> <p>13</p>	<p><u>Leftover Chicken Primavera Bowl</u></p> <p>14</p>	<p><u>Bananas with Almond Butter and Coconut</u> (5 minutes)</p> <p>15</p>	<p><u>Beef Pot Roast</u>; mixed greens (3-8 hours)</p> <p>16</p>
THURSDAY	<p><u>No Oat "Oatmeal"</u> (15 minutes)</p> <p>17</p>	<p><u>Leftover Beef Pot Roast</u>; mixed greens</p> <p>18</p>	<p><u>Ants On A Log</u> (5 minutes)</p> <p>19</p>	<p><u>Coconut Chicken</u>; <u>Spaghetti Squash with Garlic and Herbs</u> (60 minutes)</p> <p>20</p>
FRIDAY (FLEX)	<p><u>BLT Breakfast</u> (20 minutes)</p> <p>21</p>	<p><u>Leftover Coconut Chicken</u> <u>Leftover Spaghetti Squash with Garlic and Herbs</u></p> <p>22</p>	<p><u>Salami Stackers</u> (5 minutes)</p> <p>23</p>	<p><u>Spicy Tuna Salad</u> (15 minutes)</p> <p>24</p>
SATURDAY	<p><u>Tapioca Crêpes</u> (25 minutes)</p> <p>25</p>	<p>Graze fridge for leftovers</p> <p>26</p>	<p>Graze fridge for leftovers</p> <p>27</p>	<p><u>Steak with Apple-Horseradish Relish</u>; <u>Broccolini with Hazelnuts</u> (35 minutes)</p> <p>28</p>



FULL SHOPPING LIST 18 (04/26-05/02)

MEAT AND EGGS	NEED	MEALS
<input type="checkbox"/> 1/2 pound(s) sausage links	----	13
<input type="checkbox"/> 14 slice(s) - bacon	----	9 21
<input type="checkbox"/> 1 pound(s) - beef - pot roast(s)	----	16
<input type="checkbox"/> 2 - beef - strip loin steak(s) (12 oz)	----	28
<input type="checkbox"/> 14 - chicken breast(s), boneless skinless (4-6 oz)	----	6 12 20
<input type="checkbox"/> 1/2 pound(s) - chicken, ham, or sausage	----	1
<input type="checkbox"/> 1 pound(s) - cod fillet(s)	----	4
<input type="checkbox"/> 19 large - egg(s)	----	1 9 17 20 21 25
<input type="checkbox"/> 1 pound(s) - pork sausage, ground, seasoned	----	8
<input type="checkbox"/> 1/4 pound(s) - salami, hard	----	23

DRY GOODS	NEED	MEALS
<input type="checkbox"/> 3 tablespoon(s) - almond butter	----	15 17
<input type="checkbox"/> 1/4 cup(s) - almond flour	----	20
<input type="checkbox"/> 1/4 cup(s) - almond milk, unsweetened	----	17
<input type="checkbox"/> 4 tablespoon(s) - cashew butter	----	19
<input type="checkbox"/> 1-1/2 cup(s) - coconut milk, full fat	----	7 15 25
<input type="checkbox"/> 1/4 cup(s) - coconut, unsweetened shredded	----	20
<input type="checkbox"/> 1-1/2 cup(s) - olives, green or black	----	4 24
<input type="checkbox"/> 1 cup(s) - tapioca flour or starch	----	25
<input type="checkbox"/> 1 can(s) - tomatoes, fire-roasted crushed (28 oz)	----	8
<input type="checkbox"/> 2 can(s) - tuna in oil	----	24

NUTS AND SEEDS	NEED	MEALS
<input type="checkbox"/> 1/2 cup(s) almonds	----	5
<input type="checkbox"/> 2 tablespoon(s) - almonds, slivered	----	21
<input type="checkbox"/> 2 tablespoon(s) - flax seeds, ground	----	17
<input type="checkbox"/> 1/3 cup(s) - hazelnuts	----	28
<input type="checkbox"/> 1/4 cup(s) - pecans	----	17
<input type="checkbox"/> 2 teaspoon(s) - pumpkin seeds	----	17
<input type="checkbox"/> 1/4 cup(s) - pumpkin seeds, raw	----	6
<input type="checkbox"/> 1/4 cup(s) - walnuts	----	17

OTHER	NEED	MEALS
<input type="checkbox"/> paper muffin liners	----	1

FRUITS AND VEGETABLES	NEED	MEALS
<input type="checkbox"/> 1 medium - apple(s)	----	28
<input type="checkbox"/> 1/4 pound(s) - arugula	----	4
<input type="checkbox"/> 1/4 pound(s) - asparagus	----	1
<input type="checkbox"/> 3 medium - avocado(s)	----	1 21 24
<input type="checkbox"/> 2 large - banana(s)	----	15 17
<input type="checkbox"/> 3 medium - bell pepper(s), red	----	1 12
<input type="checkbox"/> 2 medium - bell pepper(s), yellow	----	12
<input type="checkbox"/> 1-1/2 cup(s) - berries, fresh	----	7 17
<input type="checkbox"/> 1 pound(s) - broccolini	----	28
<input type="checkbox"/> 1/8 medium - cabbage(s), red	----	6
<input type="checkbox"/> 4-1/2 medium - carrot(s)	----	6 16
<input type="checkbox"/> 1 head(s) - cauliflower	----	8
<input type="checkbox"/> 1 large - celeriac root(s)	----	4
<input type="checkbox"/> 4 medium - celery stalk(s)	----	16 19
<input type="checkbox"/> 1/2 bunch(es) - chard	----	6
<input type="checkbox"/> 2 medium - jalapeno pepper(s)	----	6 24
<input type="checkbox"/> 1 bunch(es) - kale	----	11
<input type="checkbox"/> 3 medium - leek(s)	----	8
<input type="checkbox"/> 7-1/2 medium - lemon(s)	----	4 6 8 9 12 24 28
<input type="checkbox"/> 1 head(s) - lettuce, butter	----	24
<input type="checkbox"/> 1/2 medium - lime(s)	----	7
<input type="checkbox"/> 4 cup(s) mixed greens	----	16 18
<input type="checkbox"/> 2 medium - onion(s), green	----	24
<input type="checkbox"/> 2-1/4 medium - onion(s), red	----	6 12
<input type="checkbox"/> 2-1/2 medium - onion(s), yellow	----	1 16
<input type="checkbox"/> 2 tablespoon(s) - raisins	----	19
<input type="checkbox"/> 1 medium - spaghetti squash	----	20
<input type="checkbox"/> 1/2 bunch(es) - spinach	----	6
<input type="checkbox"/> 8 cup(s) - spinach, baby	----	12 21
<input type="checkbox"/> 1 medium - sweet potato(es)	----	9
<input type="checkbox"/> 3 cup(s) - tomatoes, cherry or grape	----	20 21 23
<input type="checkbox"/> toppings of choice- for crepes	----	25
<input type="checkbox"/> 2 medium - zucchini	----	12

CONDIMENTS and SPICES on next page.



FULL SHOPPING LIST 18 page 2 (04/26-05/02)

OILS AND CONDIMENTS	NEED	MEALS
<input type="checkbox"/> 2 cup(s) applesauce (unsweetened)	-----	13
<input type="checkbox"/> 1-2/3 tablespoon(s) - apple cider vinegar	-----	28
<input type="checkbox"/> 2 tablespoon(s) - beef tallow	-----	16
<input type="checkbox"/> 4 tablespoon(s) - coconut oil	-----	8 20
<input type="checkbox"/> 2 tablespoon(s) - horseradish	-----	28
<input type="checkbox"/> 1 tablespoon(s) - maple syrup	-----	28
<input type="checkbox"/> 2 tablespoon(s) - mayonnaise	-----	9
<input type="checkbox"/> 1/4 cup(s) - mustard, dijon	-----	23
<input type="checkbox"/> 1-1/2 cup(s) - olive oil, extra virgin	-----	4 6 11 12 20 24 28

HERBS AND SPICES	NEED	MEALS
<input type="checkbox"/> 2 tablespoon(s) - Italian seasoning	-----	8
<input type="checkbox"/> 1 tablespoon(s) - basil, fresh	-----	20
<input type="checkbox"/> 1 whole - bay leaf(s)	-----	16
<input type="checkbox"/> 3-1/4 teaspoon(s) - black pepper	-----	1 4 12 16 20 28
<input type="checkbox"/> 5 tablespoon(s) - capers	-----	4 24
<input type="checkbox"/> 1/2 teaspoon(s) - cinnamon	-----	17
<input type="checkbox"/> 4 tablespoon(s) - dill, fresh	-----	9
<input type="checkbox"/> 13 medium - garlic clove(s)	-----	4 6 12 20 28
<input type="checkbox"/> 1/2 teaspoon(s) - garlic, granulated	-----	8
<input type="checkbox"/> 1/4 teaspoon(s) - ginger, ground	-----	17
<input type="checkbox"/> 1 tablespoon(s) - mint, fresh	-----	6
<input type="checkbox"/> 1/4 teaspoon(s) - nutmeg, ground	-----	17
<input type="checkbox"/> 1/2 teaspoon(s) - oregano	-----	16
<input type="checkbox"/> 1 teaspoon(s) - oregano, fresh	-----	6
<input type="checkbox"/> 1 teaspoon(s) - parsley, dried	-----	20
<input type="checkbox"/> 4 tablespoon(s) - parsley, fresh	-----	12
<input type="checkbox"/> 1 teaspoon(s) - red pepper flakes	-----	8 24
<input type="checkbox"/> 6-1/2 teaspoon(s) - sea salt	-----	1 4 6 8 11 12 16 20 25 28
<input type="checkbox"/> 1 tablespoon(s) - thyme	-----	16
<input type="checkbox"/> 2 tablespoon(s) - thyme, fresh	-----	28

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FLEX SHOPPING LIST 18 (04/26-05/02)

MEAT AND EGGS	NEED	MEALS
<input type="checkbox"/> 1/2 pound(s) sausage links	----	13
<input type="checkbox"/> 8 slice(s) - bacon	----	9
<input type="checkbox"/> 1 pound(s) - beef - pot roast(s)	----	16
<input type="checkbox"/> 2 - beef - strip loin steak(s) (12 oz)	----	28
<input type="checkbox"/> 14 - chicken breast(s), boneless skinless (4-6 oz)	----	6 12 20
<input type="checkbox"/> 1/2 pound(s) - chicken, ham, or sausage	----	1
<input type="checkbox"/> 1 pound(s) - cod fillet(s)	----	4
<input type="checkbox"/> 15 large - egg(s)	----	1 9 17 20 25
<input type="checkbox"/> 1 pound(s) - pork sausage, ground, seasoned	----	8

DRY GOODS	NEED	MEALS
<input type="checkbox"/> 3 tablespoon(s) - almond butter	----	15 17
<input type="checkbox"/> 1/4 cup(s) - almond flour	----	20
<input type="checkbox"/> 1/4 cup(s) - almond milk, unsweetened	----	17
<input type="checkbox"/> 4 tablespoon(s) - cashew butter	----	19
<input type="checkbox"/> 1-1/2 cup(s) - coconut milk, full fat	----	7 15 25
<input type="checkbox"/> 1/4 cup(s) - coconut, unsweetened shredded	----	20
<input type="checkbox"/> 1/2 cup(s) - olives, green or black	----	4
<input type="checkbox"/> 1 cup(s) - tapioca flour or starch	----	25
<input type="checkbox"/> 1 can(s) - tomatoes, fire-roasted crushed (28 oz)	----	8

NUTS AND SEEDS	NEED	MEALS
<input type="checkbox"/> 1/2 cup(s) almonds	----	5
<input type="checkbox"/> 2 tablespoon(s) - flax seeds, ground	----	17
<input type="checkbox"/> 1/3 cup(s) - hazelnuts	----	28
<input type="checkbox"/> 1/4 cup(s) - pecans	----	17
<input type="checkbox"/> 2 teaspoon(s) - pumpkin seeds	----	17
<input type="checkbox"/> 1/4 cup(s) - pumpkin seeds, raw	----	6
<input type="checkbox"/> 1/4 cup(s) - walnuts	----	17

OTHER	NEED	MEALS
<input type="checkbox"/> paper muffin liners	----	1

FRUITS AND VEGETABLES	NEED	MEALS
<input type="checkbox"/> 1 medium - apple(s)	----	28
<input type="checkbox"/> 1/4 pound(s) - arugula	----	4
<input type="checkbox"/> 1/4 pound(s) - asparagus	----	1
<input type="checkbox"/> 1 medium - avocado(s)	----	1
<input type="checkbox"/> 2 large - banana(s)	----	15 17
<input type="checkbox"/> 3 medium - bell pepper(s), red	----	1 12
<input type="checkbox"/> 2 medium - bell pepper(s), yellow	----	12
<input type="checkbox"/> 1-1/2 cup(s) - berries, fresh	----	7 17
<input type="checkbox"/> 1 pound(s) - broccolini	----	28
<input type="checkbox"/> 1/8 medium - cabbage(s), red	----	6
<input type="checkbox"/> 4-1/2 medium - carrot(s)	----	6 16
<input type="checkbox"/> 1 head(s) - cauliflower	----	8
<input type="checkbox"/> 1 large - celeriac root(s)	----	4
<input type="checkbox"/> 4 medium - celery stalk(s)	----	16 19
<input type="checkbox"/> 1/2 bunch(es) - chard	----	6
<input type="checkbox"/> 1 medium - jalapeno pepper(s)	----	6
<input type="checkbox"/> 1 bunch(es) - kale	----	11
<input type="checkbox"/> 3 medium - leek(s)	----	8
<input type="checkbox"/> 5-1/2 medium - lemon(s)	----	4 6 8 9 12 28
<input type="checkbox"/> 1/2 medium - lime(s)	----	7
<input type="checkbox"/> 4 cup(s) mixed greens	----	16 18
<input type="checkbox"/> 2-1/4 medium - onion(s), red	----	6 12
<input type="checkbox"/> 2-1/2 medium - onion(s), yellow	----	1 16
<input type="checkbox"/> 2 tablespoon(s) - raisins	----	19
<input type="checkbox"/> 1 medium - spaghetti squash	----	20
<input type="checkbox"/> 1/2 bunch(es) - spinach	----	6
<input type="checkbox"/> 6 cup(s) - spinach, baby	----	12
<input type="checkbox"/> 1 medium - sweet potato(es)	----	9
<input type="checkbox"/> 1 cup(s) - tomatoes, cherry or grape	----	20
<input type="checkbox"/> toppings of choice- for crepes	----	25
<input type="checkbox"/> 2 medium - zucchini	----	12

CONDIMENTS and SPICES on next page.



OILS AND CONDIMENTS	NEED	MEALS
<input type="checkbox"/> 2 cup(s) applesauce (unsweetened)	----	13
<input type="checkbox"/> 1-2/3 tablespoon(s) - apple cider vinegar	----	28
<input type="checkbox"/> 2 tablespoon(s) - beef tallow	----	16
<input type="checkbox"/> 4 tablespoon(s) - coconut oil	----	8 20
<input type="checkbox"/> 2 tablespoon(s) - horseradish	----	28
<input type="checkbox"/> 1 tablespoon(s) - maple syrup	----	28
<input type="checkbox"/> 2 tablespoon(s) - mayonnaise	----	9
<input type="checkbox"/> 1-1/2 cup(s) - olive oil, extra virgin	----	4 6 11 12 20 28

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HERBS AND SPICES	NEED	MEALS
<input type="checkbox"/> 2 tablespoon(s) - Italian seasoning	----	8
<input type="checkbox"/> 1 tablespoon(s) - basil, fresh	----	20
<input type="checkbox"/> 1 whole - bay leaf(s)	----	16
<input type="checkbox"/> 3-1/4 teaspoon(s) - black pepper	----	1 4 12 16 20 28
<input type="checkbox"/> 2 tablespoon(s) - capers	----	4
<input type="checkbox"/> 1/2 teaspoon(s) - cinnamon	----	17
<input type="checkbox"/> 4 tablespoon(s) - dill, fresh	----	9
<input type="checkbox"/> 13 medium - garlic clove(s)	----	4 6 12 20 28
<input type="checkbox"/> 1/2 teaspoon(s) - garlic, granulated	----	8
<input type="checkbox"/> 1/4 teaspoon(s) - ginger, ground	----	17
<input type="checkbox"/> 1 tablespoon(s) - mint, fresh	----	6
<input type="checkbox"/> 1/4 teaspoon(s) - nutmeg, ground	----	17
<input type="checkbox"/> 1/2 teaspoon(s) - oregano	----	16
<input type="checkbox"/> 1 teaspoon(s) - oregano, fresh	----	6
<input type="checkbox"/> 1 teaspoon(s) - parsley, dried	----	20
<input type="checkbox"/> 4 tablespoon(s) - parsley, fresh	----	12
<input type="checkbox"/> 1/2 teaspoon(s) - red pepper flakes	----	8
<input type="checkbox"/> 6-1/2 teaspoon(s) - sea salt	----	1 4 6 8 11 12 16 20 25 28
<input type="checkbox"/> 1 tablespoon(s) - thyme	----	16
<input type="checkbox"/> 2 tablespoon(s) - thyme, fresh	----	28