

REAL LIFE PALEO



MEAL PLAN!

Find (and Print) Our Complete Costco Shopping List at Paleoparents.com

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Breakfast</i>	Eggs in a Nest (p. 144) & ** Sweet Potato Apple Hash (p. 158)	Leftover Eggs in a Nest & C Breakfast Sausage	Leftover Juicy Pot Roast	C Breakfast Sausage , **Strawberry Streusel Muffins (p. 138), & Smoothie (p. 190)	Egg Pizza (p. 162) & Leftover Sweet Potato Apple Hash	Leftover Egg Pizza, C Breakfast Sausage & Smoothie	Eggs Stacy (p. 152) & **Easy Peasy Pancakes (p. 136)
<i>Lunch</i>	Corn Dog Muffins (p. 204) & Green Onion and Bacon Mac N Cheese (p. 238)	Garden Tuna Salad (p. 354) & Build Your Own Salad	Leftover Corndog Muffins & ** C Pizza Kale Chips (p. 174)	Leftover Peruvian Chicken & Build Your Own Salad	Leftover Sage and Citrus Roast Kale, Creamed Kale and Carrot Mash	Garden Tuna Salad, Build Your Own Salad & C Gummy Snacks	Leftover Meatza
<i>Dinner</i>	Juicy Pot Roast (p. 308) & Cauli Mash (p. 244)	Sage and Citrus Roast Chicken (p. 306) & Leftover Mac N Cheese	Peruvian Chicken (p. 342) & Fried Sweet Plantains (p. 268)	Macadamia Crusted Tilapia (p.316), Creamed Kale (p.204) & Carrot Mash (p. 278)	Chinese Lettuce Cups (p. 218) & Mongolian Beef (p. 320)	Meatza (p. 208)	Nona's Paprikosh (p. 310) & Cauli Mash
<i>Snack</i>	** C Coconut Cream Snack Balls (p. 170)	** C Nut Butter (p. 186) with Apples	C Gummy Snacks (p. 212)	C Nut Butter with Apples	Leftover C Coconut Cream Snack Balls	Leftover Strawberry Streusel Muffins	Leftover C Coconut Cream Snack Balls
<i>**Cook Ahead</i>	Make a double or triple batch of Breakfast Sausage (p. 164) to use in the hash and later in the week Make a batch of Mayonnaise (p. 122) to easily assemble Garden Tuna Salad	Make ahead a batch of Nut Butter (p. 186)	Make ahead a batch of Gummy Snacks (p. 212) Make a batch of Pizza Kale Chips (p. 174) for snacking later in the week	Make a batch of Strawberry Streusel Muffins			Double or triple the pancakes for later the following week! Breakfast for dinner is always a winner. Leftover Breakfast Sausage? Use it for Eggs Stacy, or double a batch for the following week

Real Life Paleo Recipes

Costco Swaps **C**

Breakfast Sausage	Aidell's Chicken Sausage or Jones Sausages
Coconut Cream Snack Balls	Organic Power Nut Mix
Nut Butter	Almond Butter
Gummy Snacks	Annie's Bunny Fruit Snacks
Pizza Kale Chips	Wholly Guacamole and Baby Carrots