Paleo On a Budget

Weekly Meal Plan

FOR RECIPES, STORE DEALS, AND MORE INFORMATION VISIT THE BLOG!

Meal Plan

2/23 - 3/1

Day 1:
1.) Wasn't hungry!
2.) Veggies
3.) Chicken Sausage Stir Fry

Day 2:
1.) Wasn't hungry :)
3.) Meat Sauce + Zucchini Noodles

Day 3:
1.) Leftovers
2.) Fresh Veggies
3.) Sword Fish w/ Asian style veggies {*recipes coming soon!*}

Day 4:
1.) Leftovers
2.) Spinach Salad
3.)Chicken w/ peppers + artichokes

Day 5:
1.) Eggs + Sausage
2.) Turkey Roll Ups
3.) Sushi! 'Cause we're pre-gaming my birthday!

Day 6:
1.) Omelet, bacon
2.) *Probably going to get 5 Guys because Toriee is visiting for my birthday!*
3.) Applegate Hotdogs, Sweet Potato Salad

IT's My Birthday!!!!!!!!

Day 7:
1.) Scrambled egs, bacon
2.) Eating @ Mom + Dad's!

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
- Applegate Farm Deli Meat
- Chicken Sausages
- Applegate Farm Hotdogs

Fresh:
- 1 Dozen eggs
- Kerry Gold Butter/favorite fat
- Fresh Spinach
- Cherry Tomatoes
- Onions*
- Lemons
- Avocados
- Garlic
- Limes
- Zucchini
- Raw Sauerkraut
- Fresh Peppers
- Sweet Potatoes

Frozen:
- Mixed veggies
- Applegate Farm Sausages*
- Wild Caught Sword Fish*

Other:
- Raw Pecans*
- Raw Cashews*
- Favorite Dried Herbs + Spices*
- Olive Oil*
- Apple Cider Vinegar
- Tomato Sauce
- Extra Light Olive Oil
- Artichokes

Stocking up on:
- 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!