

Paleo on a budget



WEEKLY MEAL PLAN

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

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MEAL PLAN

10/5-10/11

Day 2:

- 1.) Coffee
- 2.) Cooking day: testing out a bunch of recipes
- 3.) Leftovers

Day 4:

- 1.) Coffee
- 2.) Eggs + Bacon
- 3.) Stir Fry

Day 6:

- 1.) Coffee + extra sleep
- 2.) Sausage + fresh veggies
- 3.) Steak Stir Fry

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!

Day 1:

- 1.) coffee + early shoot
- 2.) Gluten Free Burgers
- 3.) Butter Chicken From Paleo Takeout

Day 3:

- 1.) Coffee
- 2.) Eggs + Sausages
- 3.) Leftovers from Day 1 + 2

Day 5:

- 1.) Coffee + larabar
- 2.) WEDDING
- 3.) WEDDING

Day 7:

- 1.) Coffee + Smoothie
- 2.) WEDDING
- 3.) WEDDING

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

— SHOPPING LIST —

Meat:

- Chicken Sausages*
- Steak
- Bacon

Fresh:

- Eggs
- Kerry Gold Butter
- Tomatoes
- Onions
- Bananas
- Lemons {2-4}
- Peppers
- Lettuce
- Goat Milk Cheese*
- Apples
- Any on-sale veggies for snacks + lunch!

Frozen:

- Veggies {lots of veggies}
- Fruit for smoothies
- Applegate Sausages

Other:

- Favorite Dried Herbs + Spices*
- Olive Oil*
- Apple Cider Vinegar
- Light Olive Oil
- Jasmine Rice*
- LaraBars

- Raw Walnuts + Cashews
- Coffee*
- Tomato Sauce
- Almond Flour
- Coconut Flour
- + ingredients for butter chicken
- + ingredients for cooking day

Stocking Up On:

- Frozen Veggies
- Any on sale meat

SUPER BIG NOTES:

- I haven't been super hungry this last week so my meals might look light but it's just because I'm listening to my body! :)

- **Weddings + Shoots** still make me a little jittery so I tend not to eat a lot those days!



CHECK OUT MY NEWEST BOOK: *Paleo Meal Planning on a Budget!*

