

WEEK ONE

Weekly meal plan

S		Carrot-Pumpkin soup Harvest Salad Salad dressing	
M	Sweet potato-apple bake Pork meatballs	Soup and/or salad or left-overs	Beef with carrots Cauliflower rice Coconut cookies
T	Sweet potato-apple bake Pork meatballs	Soup and/or salad or left-overs	Taco bowls
W	Sweet potato-apple bake Pork meatballs	Soup and/or salad or left-overs	Left-overs
T	Sweet potato-apple bake Pork meatballs	Soup and/or salad or left-overs	Fried Rice Orange Chicken Cherry Cobbler
F	Sweet potato-apple bake Pork meatballs	Soup and/or salad or left-overs	Salmon with roasted veggies
S	Sweet potato-apple bake Pork meatballs	Deviled egg salad wrap	

shopping list

PRODUCE	CANNED GOODS	FROZEN
Apples Avocado Bananas Brussels sprouts Carrots Cauliflower Celery Dried cranberries Lettuce Sweet potatoes Peppers Tomatoes	Beef stock Chicken stock Coconut milk Mayonnaise Pumpkin Olives Plantain chips	Cauliflower rice
MEAT	BAKING	OTHER
Ground pork Sliced turkey or chicken (for salad) Eggs Chuck roast Chicken breasts Salmon	Almond flour Baking soda Rosemary Thyme Sage Sea Salt Garlic Powder Coconut aminos Coconut sugar Maple syrup Pecans	