

Meal Plan: January 2014

	Week 1 (Dec 29-Jan 4)	Week 2 (Jan 5-11)	Week 3 (Jan 12-18)	Week 4 (Jan 19-25)	Week 5 (Jan 26-Feb 1)
Sun	sage & mushroom chicken w/mashed cauliflower http://foodologie.com/2013/03/07/30-day-paleo-challenge-days-3-4-epic-paleo-dinner/	honey chicken, asparagus, mashed sweet potatoes http://paleokitty.com/?p=53	coconut crusted talapia w/garlic brocolli http://paleopants.wordpress.com/2013/03/18/qui	honey chicken, asparagus, mashed sweet potatoes http://paleokitty.com/?p=53	paleo lasagna, salad http://cupcakesomg.blogspot.com/2011/07/how-to-keep-whole30-interesting.html
Mon	spaghetti squash, meatballs	pork chops w/pears & onions, green beans w/almonds http://simplypaleo.com/2012/10/08/30-minute-meal-paleo-pork-chops-with-sauteed-pears-and-onions/	spaghetti squash, meatballs	pork chops w/pears & onions, green beans w/almonds http://simplypaleo.com/2012/10/08/30-minute-meal-paleo-pork-chops-with-sauteed-pears-and-onions/	chicken strips, mashed cauliflower
Tue	burgers, bacon, tomatoes, avo, fries	burgers, bacon, tomatoes, avo, fries	burgers, bacon, tomatoes, avo, fries	burgers, bacon, tomatoes, avo, fries	spaghetti squash, meatballs
Wed	butternut squash soup; biscuits	Life Group	butternut squash soup; biscuits	Life Group	butternut squash soup; biscuits
Thu	Date night :)	Date night :)	Date night :)	Date night :)	Date night :)
Fri	pancakes & bacon (or taco noche)	chicken sausage, zucchini, squash (or taco noche)	pancakes & bacon (or taco noche)	chicken sausage, zucchini, squash (or taco noche)	pancakes & bacon (or taco noche)
Sat	chicken strips, mashed cauliflower	salmon, asparagus, mashed sweet potatoes	chicken strips, mashed cauliflower	salmon, asparagus, mashed sweet potatoes	grilled chicken, bacon, tomatoes, avo, fries
	Shopping List:	Shopping List:	Shopping List:	Shopping List:	Shopping List:
	6 boneless skinless chicken breasts (sage chicken & chicken strips)	4 skinless chicken thighs	6 boneless skinless chicken breasts (sage chicken & chicken strips)	4 skinless chicken thighs	1lb ground beef (lasagne)
	10 oz sliced mushrooms	1/3 cup organic Dijon mustard	10 oz sliced mushrooms	1/3 cup organic Dijon mustard	Ground beef (meatballs)
	1 tbsp fresh chopped sage	2 tablespoons of organic honey	1 tbsp fresh chopped sage	2 tablespoons of organic honey	1lb mild Italian sausage (lasagne)

	1 clove of garlic, chopped	1 teaspoon of ground ginger	1 clove of garlic, chopped	1 teaspoon of ground ginger	1 red onion	
	1 tbsp chopped parsley	1 ripe pear	1 tbsp chopped parsley	1 ripe pear	2 cloves crushed garlic	
	Garlic Powder	1 white onion	Garlic Powder	1 white onion	2 tbsp dried oregano	
	Spaghetti squash	3 sprigs of thyme	Spaghetti squash	3 sprigs of thyme	2 tbsp dried basil	
	Ground beef (meatballs & burgers)	2-4 boneless pork chops	Ground beef (meatballs & burgers)	2-4 boneless pork chops	1 28 ounce can of diced tomatoes drained	
	Spaghetti sauce	Ground beef (burgers)	Spaghetti sauce	Ground beef (burgers)	1 small can of tomato paste	
	Bacon (sage chicken, burgers & pancakes)	Bacon (burgers)	Bacon (sage chicken, burgers & pancakes)	Bacon (burgers)	1 cup organic black olives sliced	
	Tomatoes (1)	Chicken sausage	Tomatoes (1)	Chicken sausage	2-4 zucchinis thinly sliced	
	Avocado (1)	Zucchini	Avocado (1)	Zucchini	Spaghetti squash	
	Butternut squash	Yellow squash	Butternut squash	Yellow squash	Spaghetti sauce	
	Butternut squash soup ingredients	Asparagus	Butternut squash soup ingredients	Asparagus	Chicken (for strips)	
	Biscuit ingredients	Sweet potatoes	Biscuit ingredients	Sweet potatoes	Breading for chicken strips	
	Pancake ingredients	Dessert stuff	Pancake ingredients	Dessert stuff	Cauliflower (1 head)	
	Maple syrup		Maple syrup		Butternut squash	
	Cauliflower (2 heads)		Cauliflower (2 heads)		Butternut squash soup ingredients	
	Chicken (for strips)		Chicken (for strips)		Biscuit ingredients	
	Breading for chicken strips		Breading for chicken strips		Pancake ingredients	
	Fries		Fries		Bacon (pancakes & chicken)	
	Dessert stuff		Dessert stuff		Maple syrup	
					4 chicken breasts	
					Tomatoes (1)	
					Avocado (1)	
					Fries	
					Dessert stuff	