

Meal Plan: March 2014

	Week 1 (Mar 1-8)	Week 2 (Mar 9 - 15)	Week 3 (Mar 16 - 22)	Week 4 (Mar 23 - 29)	Week 5 (Mar 30-31)
Sat (Mar 1)	pancakes & bacon				
Sun	broc-cauli chowder wtih bacon & biscuits http://www.colleenandkeith.com/2012/11/broc-cauli-chowder-with-bacon.html	honey chicken, asparagus, mashed sweet potatoes	broc-cauli chowder wtih bacon & biscuits http://www.colleenandkeith.com/2012/11/broc-cauli-chowder-with-bacon.html	honey chicken, asparagus, mashed sweet potatoes	pancakes & bacon
Mon	haley's skirt (or flank) steak tacos (sub butter lettuce as wraps)	thanksgiving stuffing meatballs with mashed cauliflower http://balancedbites.com/2012/11/easy-recipe-thanksgiving-stuffing-meatballs-from-practical-paleo.html	haley's skirt (or flank) steak tacos (sub butter lettuce as wraps)	lemon rosemary salmon with asparagus http://balancedbites.com/2012/03/easy-recipe-lemon-rosemary-salmon.html	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	
Wed	butternut squash soup; biscuits	Life Group	butternut squash soup; biscuits	Life Group	
Thu	Date night :)	Date night :)	Date night :)	Date night :)	
Fri	paleo lasagna, salad	chicken sausage, zucchini, squash	paleo lasagna, salad	chicken sausage, zucchini, squash	
Sat	chicken strips, mashed cauliflower	spaghetti squash & meatballs	chicken strips, mashed cauliflower	spaghetti squash & meatballs	
	Shopping List:	Shopping List:	Shopping List:	Shopping List:	Shopping List:
	MEATS	MEATS	MEATS	MEATS	MEATS
	3 boneless skinless chicken breasts (chicken strips)	Ground beef (spaghetti & burgers)	3 boneless skinless chicken breasts (chicken strips)	Ground beef (spaghetti & burgers)	3 boneless skinless chicken breasts (chicken strips)
	2 lbs. ground beef (burgers & lasagne)	Bacon (burgers)	2 lbs. ground beef (burgers & lasagne)	Bacon (burgers)	Bacon (pancakes)
	Bacon (chowder, pancakes & burgers)	Chicken sausage	Bacon (chowder & burgers)	Chicken sausage	
	Skirt or flank steack	4 skinless chicken thighs (honey chicken)	Skirt or flank steack	4 skinless chicken thighs (honey chicken)	FRUITS/VEGGIES
		2 lb. ground pork (meatballs)		1 lb. wild salmon	1 cauliflower
	FRUITS/VEGGIES		FRUITS/VEGGIES		

Meal Planning

	2 butter lettuce (tacos & salad)	FRUITS/VEGGIES	2 butter lettuce (tacos & salad)	FRUITS/VEGGIES	OTHER
	3 tomato	Spaghetti squash	3 tomato	Spaghetti squash	Breading (almond) for chicken strips
	3 avocado	1 tomato	3 avocado	1 tomato	Pancake ingredients
	Butternut squash	1 avocado	Butternut squash	1 avocado	Dessert stuff
	3 cauliflower	2 zucchini	3 cauliflower	2 zucchini	
		2 yellow squash		2 yellow squash	
	OTHER	2 onion (meatballs & honey chicken)	OTHER	1 onion (honey chicken)	
	Butternut squash soup ingredients	Asparagus	Butternut squash soup ingredients	Asparagus	
	Biscuit ingredients (2 nights)	Sweet potatoes	Biscuit ingredients	Sweet potatoes	
	Breading (almond) for chicken strips	1 cauliflower	Breading (almond) for chicken strips	1 lemon	
	Fries	1 bunch of celery	Fries		
	Pancake ingredients	4 carrots	Chicken broth (chowder)	OTHER	
	Chicken broth (chowder)		Dessert stuff	Spaghetti sauce	
	Dessert stuff	OTHER		Fries	
		Spaghetti sauce		2 bunches rosemary	
		Fries		Dessert stuff	
		1/4 cup chestnuts, walnuts or pecans			
		1 tblsp fennel seeds			
		1 tblsp ground sage			
		2 tsp dried parsley			
		Dessert stuff			