Day 1:
Seared Cumin Tuna Steak
Spinach with Garlic
Roasted Sweet Potato Rounds

Day 2:
Asian Chicken Skewers
Fried Cauliflower Rice
Buttery Squash

Day 3:
Paleo Beef Nachos
Great Guacamole

Day 4:
Eggplant and Tomato Turkey Burgers
Baked Cheesy Zucchini Fries

Produce*:

- ☐ 2 limes
  - 2 T freshly squeezed lime juice – Day 1: Seared Cumin Tuna Steak
  - juice of ½ a lime – Day 3: Great Guacamole
- ☐ ¾ c fresh lemon juice + juice from ½ a lemon
  - ¼ c fresh lemon juice – Day 1: Spinach with Garlic
  - ½ c fresh lemon juice – Day 2: Asian Chicken Skewers
  - juice from ½ lemon – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ ¼ c + 2 T chopped cilantro
  - 2 T coarsely chopped fresh cilantro – Day 1: Seared Cumin Tuna Steak
  - ¼ c chopped cilantro – Day 3: Paleo Beef Nachos
- ☐ ½ c fresh basil leaves – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ ½ c fresh parsley – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ 2 lbs fresh spinach – Day 1: Spinach with Garlic
- ☐ 1 head garlic + 6 cloves garlic
  - 1 head garlic – Day 1: Spinach with Garlic
  - 2 clove garlic – Day 2: Asian Chicken Skewers
  - 4 garlic cloves – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ 2-3 small to medium sweet potatoes – Day 1: Roasted Sweet Potato Rounds
- ☐ 1 medium head of cauliflower or 1 bag "riced" cauliflower – Day 2: Fried Cauliflower Rice
- ☐ 2 carrots, diced – Day 2: Fried Cauliflower Rice
- ☐ 1 medium yellow onion
  - ½ yellow onion – Day 2: Fried Cauliflower Rice
  - ½ medium onion – Day 2: Buttery Squash
- ☐ 1 ½ red onions
  - ½ small red onion – Day 3: Great Guacamole
  - 1 medium red onion – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ 2 green onions – Day 2: Fried Cauliflower Rice
- ☐ 2 small-medium yellow squash – Day 2: Buttery Squash
- ☐ 4 medium zucchinis – Day 4: Baked Cheesy Zucchini Fries
- ☐ 4 bell peppers, assorted colors – Day 3: Paleo Beef Nachos
- ☐ 1 jalapeno – Day 3: Paleo Beef Nachos
- ☐ 3 avocados
  - 1 avocado – Day 3: Paleo Beef Nachos
  - 2 avocados – Day 3: Great Guacamole

- ☐ 4 Roma tomatoes
  - 1 small tomato – Day 3: Great Guacamole
  - 3 large Roma tomatoes – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ 1 large eggplant – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ ½ c frozen peas – Day 2: Fried Cauliflower Rice

Meat/ Seafood:

- ☐ 4 (6 oz) tuna steaks (3/4 in thick) – wild caught is best – Day 1: Seared Cumin Tuna Steak
- ☐ 4 skinless, boneless chicken breasts – organic, pasture-raised is best – Day 2: Asian Chicken Skewers
- ☐ 1 lb ground beef – organic, grass-fed is best – Day 3: Paleo Beef Nachos
- ☐ 1 ½ lb ground turkey – organic, pasture-raised is best – Day 4: Eggplant and Tomato Turkey Burgers

Dairy Section*:

- ☐ ¼ c + 6 T pasture butter
  - 3 T pasture butter – Day 1: Roasted Sweet Potato Rounds
  - 3 T pasture butter – Day 2: Fried Cauliflower Rice
  - ¼ c pasture butter – Day 2: Buttery Squash
- ☐ 2 eggs – organic, pasture-raised is best – Day 2: Fried Cauliflower Rice
- ☐ ½ c shredded goat or sheep cheese – Day 3: Paleo Beef Nachos
- ☐ ¼ c sheep feta – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ goat cheese slices, optional – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ ½ c fine grated sheep Romano cheese – Day 4: Baked Cheesy Zucchini Fries

Dry Goods*:

- ☐ 2 T unrefined coconut oil – Day 1: Seared Cumin Tuna Steak
- ☐ 2 T olive oil
  - 1 T olive oil – Day 1: Spinach with Garlic
  - 1 T olive oil – Day 4: Eggplant and Tomato Turkey Burgers
- ☐ 2 T almond butter – Day 2: Asian Chicken Skewers
- ☐ ½ c + 2 T wheat-free Tamari sauce or coconut aminos
  - ½ c Tamari or coconut aminos – Day 2: Asian Chicken Skewers
  - 1-2 T Tamari or coconut aminos – Day 2: Fried Cauliflower Rice
- ☐ 1 t hot pepper sauce – Day 2: Asian Chicken Skewers
- ☐ 1/3 c jarred salsa of choice – Day 3: Paleo Beef Nachos
- ☐ ½ c almond meal – Day 4: Baked Cheesy Zucchini Fries
- ☐ ½ c coconut milk – Day 4: Baked Cheesy Zucchini Fries

Seasonings*:

- ☐ sea salt and black pepper to taste – Day 1; Day 2; Day 3; Day 4
- ☐ cinnamon to taste – Day 1: Roasted Sweet Potato Rounds
- ☐ onion powder to taste – Day 2: Buttery Squash
- ☐ 1 ¼ t sea salt

    - 1 t sea salt – Day 4: Eggplant and Tomato Turkey Burgers
    - ¼ t sea salt – Day 1: Seared Cumin Tuna Steak
- ☐ 1 ½ t black pepper
    - 1 t black pepper – Day 4: Eggplant and Tomato Turkey Burgers
    - ½ t black pepper – Day 4: Baked Cheesy Zucchini Fries
- ☐ 2 T cumin seeds or ground cumin – Day 1: Seared Cumin Tuna Steak
- ☐ 1 T + 1 ¼ t garlic powder
    - ¼ t garlic powder – Day 1: Seared Cumin Tuna Steak
    - 1 T garlic powder – Day 4: Eggplant and Tomato Turkey Burgers
    - 1 t garlic powder – Day 4: Baked Cheesy Zucchini Fries
- ☐ 1/8 t ground cayenne pepper – Day 1: Seared Cumin Tuna Steak
- ☐ 2 T curry powder – Day 2: Asian Chicken Skewers
- ☐ ½ t sesame seeds – Day 2: Fried Cauliflower Rice
- ☐ 2 T taco seasoning – Day 3: Paleo Beef Nachos
- ☐ 1 t Italian seasoning mix – Day 4: Baked Cheesy Zucchini Fries

***Organic is best**