

Whole30/Paleo

MEAL PLAN

by Julie Knot

MON

Vegetarian Power Bowl

TUES

Red Curry Mussels

WEDS

Chopped BLT Salad

THURS

Strawberry and
Avocado Chicken

FRI

Portuguese Kale Soup

SHOPPING LIST

Garlic (cloves)	5
Yellow Onion	1
Red Onion	2
Sweet Potatoes	2
Broccoli (head)	1
Lemon	1
Limes	6
Cherry Tomatoes (box)	1
Cucumber	1
Avocado	2
Lettuce (head)	1
Kale (bunch)	2
Zucchini	3
Jalapeno	1
Leeks	3
Strawberries (box)	1
Fresh Cilantro	1
Fresh Basil	1
Tahini	1
Mussels	2.5lbs
Turkey Bacon	12 slices
Boneless, Skinless Chicken Breasts	2lbs
Ground Turkey	1 lb
Sausage	6oz
Feta	6oz
Eggs	4

pantry

Olive Oil
Salt & Pepper
Red Curry Paste
Coconut Milk (14oz can)
Vegetable Broth (quarts)
Diced Tomatoes (32oz can)
Chili Powder
Ground Cumin)



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