

PALEO WEEK in ZOOM

by SavvyGrub.com

DINNERS

MONDAY = out/date night	<u>Dinner out/ Takeout</u>	<u>Meal</u>	<u>Kcals</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
		\$ 40.0	1,500	\$0.027	\$3,200.000	F

MONDAY Alternative "DINE-IN"		<u>Easy Paleo Vegan Pizza</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 4</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
servings	12	Simple Mills Artisan Bread, 1 box	\$7.15	\$7.15	1320	serve 1/2 for Monday dinner			
oz	6.4	Organic Broccoli Cuts	\$2.78	\$0.56	60	2 cups			
each	20	Kalamata Olives	\$6.52	\$0.69	180				
tbsp	4	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.69	260	Flat-bread calories INCLUDE eggs, 1/2 of oil,vinegar			
tbsp	6	water (for flax eggs)	0	0	0				
tbsp	2	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.09	0	flax eggs			
tbsp	2	Bragg Apple Cider Vinegar	\$6.04	\$0.38	0				
tbsp	2	KC Natural - Paleo AIP Mastodon Barbecue Sauce 14 oz	\$12.41	\$1.03	35	sauce			
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130	sauce			
each	0.25	Pineapple	\$3.08	\$0.77	113	side/dessert. 1/8 each			
Complete Meal	Total		\$ 59.2	\$ 6.1	1,106	553 kcal/plate	\$0.006	\$667.066	B

WEDNESDAY Thursday Lunch
Dinner

Measure	Amount	Creamy Crunchy Napa Scoops	Whole	Meal	Kcals	Serves 4	Cost/Kcal	Monthly	Grade
Lbs	0.50	Parsnips	\$2.56	\$1.28	171	8 oz			
oz	8.00	Organic Large Carrots, bagged	\$1.01	\$0.51	196	1/2 lb			
lbs	1.00	Sweet Potato	\$1.01	\$1.01	389	1 medium potato			
oz	0.50	Coconut Oil	\$10.32	\$0.09	118	1 tbsp			
tbsp	2.00	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.35	260				
tsp	0.50	McCormick Gourmet Collection 100% Organic Crushed Rosemary	\$3.45	\$0.07	2				
each	0.50	Lemons (small)	\$0.32	\$0.16	9	zested			
each	1.00	Napa Cabbage	\$1.01	\$1.01	72				
cup	0.50	Raw Pumpkin Seeds	\$5.16	\$0.68	342	8 tbsp	P		
lbs	0.088	Walnuts (Sams)	\$11.67	\$0.34	268	8 tbsp	W		
oz	2	Goat Cheese	\$5.67	\$0.71	160	4 tbsp	G *not paleo		
oz	8.00	Wild Salmon	\$20.67	\$3.45	260		Sa		
strips	6.00	Bacon	\$3.61	\$2.71	270	8 tbsp homemade bits	B		
tbsp	4.00	Paleo Hot Sauce	\$8.27	\$1.38	40		Hs		
lbs	0.50	Chicken Breast	\$3.47	\$1.74	220	8 ounces	C		
each	2.00	Avocado	\$6.18	\$2.47	490	1/2 avocado each	Av		
tsp	12.00	Hot Sauce	\$0.85	\$0.14	6		RHs		

paleo, bacon	Total	\$ 55.3	\$ 11.7	2,358	P,B,Hs,Av: 590kcal ea	\$0.005	\$596.868	B
paleo	Costed/week, vegan	\$ 55.4	\$ 9.0	2,088	P,Hs,Av: 520 kcal ea	\$0.004	\$518.475	B
paleo, fish	Costed/week	\$ 76.1	\$ 12.5	2,348	P,Sa,Hs,Av: 585 kcal ea	\$0.005	\$637.156	B
paleo, vegan		\$ 61.9	\$ 8.7	2,014	W,Hs,Av: 500 kcal ea	\$0.004	\$517.538	B
paleo, meat		\$ 65.4	\$ 10.4	2,234	W,C,Hs,Av: 560 kcal ea	\$0.005	\$559.905	B
non paleo/vegetarian		\$ 61.1	\$ 9.7	2,248	P,G,Hs,Av: 560 kcal ea	\$0.004	\$519.389	B
\$55 difference / month avg. See Blog Savvy Alternates	non paleo hot sauce	\$ 68.7	\$ 11.2	2,314	P,Sa,RHs,Av: 585 kcal ea	\$0.005	\$582.142	B

Complete Meal	TOTAL	\$ 76.1	\$ 12.5	2,348	585kcal / plate	\$0.005	\$637.156	B
	vegan total costed/wk	\$ 55.4	\$ 9.0	2,088	P,Hs, Av: 520 kcal ea	\$0.004	\$518.475	B

THURSDAY/ SUNDAY Dinner
Saturday Lunch

<u>Measure</u>	<u>Amount</u>	<u>The Breaded Mug</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 1</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
cup	0.125	Almond Flour	\$13.90	\$0.14	85	2 tbsp			
cup	0.042	Cassava Flour (Costco)	\$13.43	\$0.03	26	1/2 tbsp			
each	1	Eggs	\$4.12	\$0.17	70				
tbsp	1	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.04	19	Vegan Breaded Mug			
tbsp	0.333	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.06	43	1 tsp			
tsp	0.5	Baking Powder	\$1.88	\$0.02	0				
tsp	0.1	McCormick Organic Ground Thyme	\$4.63	\$0.02	0	a dash			
tsp	0.1	Garlic Powder	\$0.62	\$0.00	1	a dash			
Total			\$ 54.7	\$ 0.4	226	in totals below	\$0.002	\$238.551	A
Vegan Costed/wk			\$ 55.7	\$ 0.3	174	in totals below	\$0.002	\$220.220	A

Meal continued on next page & totalled on that page

<u>Measure</u>	<u>Amount</u>	<u>Creamy Asparagus & Rutabaga</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 6</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
lbs	1	Asparagus	\$1.75	\$1.75	85	1 bunch, clean 15			
lbs	2	Rutabagas	\$1.53	\$3.06	340	2 medium rutabagas			
tbsp	4	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.69	520				
tsp	3	Ghee	\$10.31	\$0.44	135	or Kerrygold Butter			
oz	8	Organic Bone Broth (Costco)	\$16.54	\$0.69	45				
oz	8	water	0	0	0				
cans	1	Coconut Milk	\$2.06	\$2.06	600	Canned, creamy, 13.5 oz			
tsp	2	McCormick Gourmet Collection 100% Organic Crushed Rosemary	\$3.45	\$0.29	8				
tbsp	2	Bob's Red Mill Large Flake Nutritional Yeast	\$5.99	\$0.33	30				
lbs	0.5	Organic Celery	\$2.05	\$1.02	32	1/2 reserved, sauteed in olive oil			
tbsp	2	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.35	260	for cooking celery			
cup	0.5	Almond Flour	\$13.90	\$0.58	340				
cup	0.5	Raw Pumpkin Seeds	\$5.16	\$0.68	342	Oven Roasted			
oz	8	Central Market Organics Low Sodium Vegetable Broth	\$2.07	\$0.52	11	Vegan sub			
recipe	6	The Breaded Mug	\$24.69	\$2.69	1354	paleo side			
recipe	6	The Vegan Breaded Mug	\$25.71	\$1.92	1046	vegan paleo side			
tbsp	2	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.35	260	vegan sub for ghee			
lbs	0.5	Chicken Breast	\$3.47	\$1.74	220	Paleo optional add			
lbs	2	Asparagus	0.98	1.96	170	1lb extra at sales			
servings	9	Simple Mills Artisan Bread, 1 box	\$7.15	\$5.36	990	3/4 of a loaf, 1.5 pieces ea			
tbsp	2	California Olive Ranch Chef Size Extra Virgin Olive Oil	0.98	1.96	260				
Soup TOTAL			\$ 95.0	\$ 11.9	2,737	455 kcal/plate	\$0.004	\$523.470	B
Vegan Soup			\$ 70.2	\$ 11.7	2,828	470 kcal/plate	\$0.004	\$495.501	B
Soup w/ The Breaded Mug Costed/week			\$ 103.5	\$ 14.6	4,091	680 kcal/plate	\$0.004	\$429.177	A
Soup w/ Simple Mills Artisan Bread Mix paying extra for convenience			\$ 86.0	\$ 19.3	3,987	665 kcal/plate	\$0.005	\$579.662	B
Vegan Soup + The Vegan Breaded Mug Vegan Costed/wk			\$ 112.0	\$ 13.6	3,874	645 kcal/plate	\$0.004	\$421.187	A
Soup + Chicken + The Breaded Mug			\$ 123.1	\$ 16.4	4,311	715 kcal/plate	\$0.004	\$455.641	B
Soup+ Breaded Mug + (2x) asparagus (\$0.98/lb) Dana's favorite			\$ 94.2	\$ 14.8	4,176	695 kcal/plate	\$0.004	\$426.539	A
Complete Meal TOTAL			\$ 103.5	\$ 14.6	4,091	680 kcal / plate	\$0.004	\$429.177	A
Costed/week, vegan			\$ 112.0	\$ 13.6	3,874	645 kcal/plate	\$0.004	\$421.187	A

**SATURDAY/ TUESDAY Dinner
Monday Lunch**

**OPTIONAL ALTERNATE to
Spaghetti Squash or Zucchini**

<u>Measure</u>	<u>Amount</u>	<u>Crispy Spirally Sweet Potatoes</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 6</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
Lbs	3	Sweet Potato	\$1.01	\$3.04	1167				
tsp	1	Black Peppercorn	\$4.63	\$0.16	5				
tsp	1.5	Central Market Organics Garlic Powder	\$3.56	\$0.18	14				
Tbsp	1	Bragg Apple Cider Vinegar	\$6.04	\$0.19	0				
Tbsp	2	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.35	260				
Oz	1	Coconut oil	\$10.32	\$0.18	236	2 tbsp			
tsp	2	Organic curry powder	\$5.16	\$0.94	30				
tsp	2	21 seasoning salute	\$2.06	\$0.19	0				
Tbsp	2	Bobs Red Mill Arrowroot Starch/Flour	\$5.06	\$0.20	70				
Tbsp	2	Bob's Red Mill Large Flake Nutritional Yeast	\$5.99	\$0.33	30				
Total			\$ 59.9	\$ 5.8	1,812		\$0.003	\$381.888	A

VEGAN ALTERNATE to BEEF

<u>Measure</u>	<u>Amount</u>	<u>Vegan Paleo Meatballs Exist</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 6</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
lbs	0.132	Walnuts (Sams)	\$11.67	\$0.51	401	3/4 cup			
tbsp	4.5	Avocado Oil	\$6.99	\$1.86	1142				
tbsp	3	Bob's Red Mill Large Flake Nutritional Yeast	\$5.99	\$0.50	45				
tbsp	3	Organic Hemp Powder	\$9.81	\$0.57	98				
each	0.375	Onion	\$0.68	\$0.26	17	1/4 cup minced			
tsp	1.5	Spice World Chopped Garlic	\$1.32	\$0.08	8				
tbsp	3	Bragg Apple Cider Vinegar	\$6.04	\$0.57	0				
tbsp	3	Bragg Coconut Aminos	\$10.83	\$0.55	15				
tsp	0.375	McCormick Gourmet Collection 100% Organic Crushed Rosemary	\$3.45	\$0.05	2				
tsp	0.75	McCormick Oregano	\$2.05	\$0.13	3				
cup	0.1875	Almond Flour	\$13.90	\$0.22	128	2 tbsp			
tbsp	3	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.13	56				
Total (vegan)			\$ 77.9	\$ 5.4	1,913		\$0.003	\$340.034	A

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Measure	Amount	"Spaghetti" and Meatballs (Mickey Trescott, AIP book)	Whole	Meal	Kcals	Serves 6	Cost/Kcal	Monthly	Grade	
Nomato Sauce										
						6 (her noodles/sauce served 4 - SavvyGrub modified for 6)				
tsp	3	Ghee	\$10.31	\$0.44	135	1 tbsp solid cooking fat				
each	1	Onion	\$0.68	\$0.68	44	large yellow				
tsp	5	Spice World Chopped Garlic	\$1.32	\$0.26	25	4 cloves, minced				
tbsp	1	Fresh Thyme	\$3.85	\$0.47	2	1 tsp				
tbsp	1	Fresh Rosemary	\$2.05	\$0.51	2					
lbs	1	Pounds Cal Organic Farms Organic Red Beets	\$2.05	\$2.05	240	3 medium beets (3-4 per lb)				
oz	8	Organic Large Carrots, bagged	\$1.01	\$0.51	196	4 medium carrots				
oz	8	Organic Bone Broth (Costco)	\$16.54	\$0.69	45					
tsp	1	Sea Salt	\$4.12	\$0.07	0			omit (savvy)		
tbsp	4	Fresh Basil Plant	\$3.61	\$0.58	20	1/4 cup chopped				
Spaghetti & Meat balls part										
						4 - savvy adjusted to 6				
lbs	2	H E B Grass Fed & Finished Ground Beef 85/15	\$6.19	\$12.39	1920	2 lbs per Mickey's recipe				
tbsp	1	Fresh Rosemary	\$2.05	\$0.51	2	chopped				
tbsp	1	Fresh Thyme	\$3.85	\$0.47	2					
tbsp	1	Fresh Sage	\$2.56	\$0.26	0					
tsp	1	Sea Salt	\$4.12	\$0.07	0					
tsp	6	Ghee	\$10.31	\$0.87	270	solid cooking fat				
lbs	3	Zucchini	\$1.22	\$3.66	228	6 zucchini				
lbs	3.5	Spaghetti Squash	\$3.09	\$3.09	487	1 squash				
tbsp	1	Fresh Basil Plant	\$3.61	\$0.14	5	garnish				
each	1	Lemons (small)	\$0.32	\$0.32	17	zested, garnish				
tbsp	3	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.52	390	for spaghetti squash		Savvy add		
cups	2	Beet Greens	0	0	119	1/3 cup each (garnish side)		Savvy add		
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130	vegan alt		Savvy add		
		Crispy Spirally Sweet Potatoes	\$59.94	\$5.77	1,812	Savvy alt		Savvy add		
oz	8	Central Market Organics Low Sodium Vegetable Broth	\$2.07	\$0.52	11	vegan alt				
Original recipe by Mickey Trescott in AIP book			Total	\$ 55.8	\$ 25.0	3,155	525 kcal/plate	\$0.008	\$949.241	C
w/ spaghetti squash -- good foodnote of AIP book				\$ 57.7	\$ 24.4	3,413	565 kcal/plate	\$0.007	\$857.350	C
w/ spaghetti squash + 3 tbsp olive oil on spaghetti squash				\$ 73.8	\$ 24.9	3,803	630 kcal/plate	\$0.007	\$785.832	B
spaghetti squash+EVOO+beet greens w/EVOO + ONE lb GF Beef			Costed/week	\$ 73.8	\$ 25.1	4,052	670 kcal / plate: Use 1 lb Ground Beef	\$0.006	\$742.674	B
w/ Crispy Spirally Sweet Potatoes+ ONE lb GF Beef w/greens			vegan	\$ 114.6	\$ 20.0	3,627	604 kcal/plate: Use 1 lb Ground Beef	\$0.006	\$661.561	B
Sauce+ our Paleo Vegan Meatballs+ Spaghetti Squash+ greens			vegan total costed/wk	\$ 140.0	\$ 16.4	3,782	625 kcal / plate	\$0.004	\$521.900	B
Complete Meal		TOTAL	\$ 73.8	\$ 25.1	4,052	670 kcal / plate	\$0.006	\$742.674	B	

**FRIDAY Dinner THURSDAY/
SUNDAY breakfast**

<u>Measure</u>	<u>Amount</u>	<u>Lemonee Sweet Cassava Pancakes</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 6 to 7</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	<u>Grade</u>
cup	0.75	Cassava Flour (Costco)	\$13.43	\$0.59	468				
cup	1	Almond Flour	\$13.90	\$1.16	680				
tbsp	3	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.13	56	1/2 cup			
Lb	0.75	Sweet Potato	\$1.01	\$0.76	292				
tsp	5	Baking Powder	\$1.88	\$0.20	0				
tsp	1.5	Pumpkin Pie Spice	\$2.06	\$0.10	9				
tsp	1.5	Vanilla Extract	\$5.14	\$0.24	24	2 eggs			
each	4	Eggs	\$4.12	\$0.69	280				
oz	24	Almond Coconut Milk	\$2.81	\$1.05	135				
each	1	Lemons (small)	\$0.32	\$0.32	17	rind, grated			
Oz	2	Coconut Oil	\$10.32	\$0.37	471	4 tbsp			
cup	0	Grown Right Organic Whole Cranberry Sauce	\$2.05	\$0.00	0				
Oz	1	Coconut Oil	\$10.32	\$0.18	165				
tbsp	4	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.17	75	vegan eggs			
Total			\$ 60.1	\$ 5.8	2,598	430 kcal/ person	\$0.002	\$267.798	A
			\$ 56.0	\$ 5.3	2,392	395 kcal/ person	\$0.002	\$264.967	A

<u>Measure</u>	<u>Amount</u>	<u>Spiced Walnut Butter</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>half recipe (serves 6)</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	
pounds	0.18	Walnuts (Sams)	\$11.67	\$0.68	532	1 cup			
tbsp	1.50	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.06	28				
oz	0.25	Coconut oil	\$10.32	\$0.05	59	1/2 tbsp			
tbsp	0.17	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.03	22	1/4 cup			
tsp	0.75	Cinnamon	\$2.25	\$0.07	4				
Total			\$ 45.5	\$ 0.9	644	161 kcal / person	\$0.001	\$164.849	A

lbs	0.5	Bananas (1lb)	\$0.50	\$0.25	202	2 medium bananas			
oz	12	Organic Frozen Strawberries	\$7.74	\$1.93	125	1.5 cups			
oz	2.25	Almond Butter	\$7.23	\$1.02	391	5 tbsp			

Complete Meal	TOTAL	\$ 113.9	\$ 8.9	3,569	3d total. 590 kcal/ plate	\$0.002	\$298.089	A
	vegan total costed/wk	\$ 117.0	\$ 9.4	3,754	625 kcal/ plate	\$0.002	\$299.422	A

LUNCHES

THURSDAY
Lunch

Creamy Crunchy Napa Scoops

"Leftovers"

SATURDAY
Lunch

Creamy Asparagus & Rutabaga Soup + The Breaded Mug

"Leftovers"

MONDAY Lunch

"Spaghetti" and Meatballs (Mickey Trescott, AIP book)

"Leftovers"

SUNDAY / TUESDAY Lunch

<u>Measure</u>	<u>Amount</u>	<u>Hearty Chicken Salad</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 1</u>	<u>Cost/Kcal</u>	<u>Monthly</u>
lbs	0.5	Organic Sweet Potatoes 10# bag	\$13.95	\$0.70	195	3/4 cup, steamed	Or inorganic	
lbs	0.5	Sweet Potato	\$1.01	\$0.51	195	3/4 cup, steamed	Or organic	
each	5	Kalamata Olives	\$6.52	\$0.17	45			
oz	1.067	Spinach	\$3.86	\$0.26	7	1/2 cup raw		
lbs	0.25	Cabbage	\$0.39	\$0.10	28	> 1 cup		
lbs	0.15	Chicken Breast	\$3.47	\$0.52	66	2.5oz		
each	1	Little Oranges	\$0.34	\$0.34	45			
lbs	0.022	Walnuts (Sams)	\$11.67	\$0.09	67	2 tbsp		
oz	3	Organic Large Carrots, bagged	\$1.01	\$0.19	74	2 lg carrots		
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130			
tbsp	1	Bragg Apple Cider Vinegar	\$6.04	\$0.19	0	or white wine vinegar		
tbsp	2	Roasted Sunflower Kernels (Seeds)	\$2.98	\$0.07	48	vegan alt to chicken		
		savvygrub calc difference -			-60	savvygrub calc difference		

Complete Meal	inorganic sweet potatoes	TOTAL	\$ 50.4	\$ 2.5	597	kcal/ plate	\$0.004	\$509.638	B
	organic sweet potatoes		\$ 63.4	\$ 2.7	597		\$0.005	\$548.012	B
	vegan, inorganic sweet potatoes		\$ 50.4	\$ 15.2	3,580	Total kcal 2ppl/ 3 days	\$0.004	\$509.638	B
	Vegan, inorganic sweet potatoes		\$ 49.9	\$ 2.1	579	kcal/ plate	\$0.004	\$431.935	A
			\$ 49.9	\$ 12.5	3,472	Total kcal 2ppl/ 3 days	\$0.004	\$431.935	A

WEDNESDAY / FRIDAY Lunch

<u>Measure</u>	<u>Amount</u>	<u>Salad + Breaded Mug</u>	<u>Whole</u>	<u>Meal</u>	<u>Kcals</u>	<u>Serves 1</u>	<u>Cost/Kcal</u>	<u>Monthly</u>	
Salad									
oz	1.16	Spinach	\$3.86	\$0.28	8	1/2 cup			
lbs	0.25	Cabbage	\$0.39	\$0.10	28	> 1 cup			
each	1	Little Oranges	\$0.34	\$0.34	45				
each	5	Canned Black Olives	\$1.31	\$0.15	31				
oz	3	Organic Large Carrots, bagged	\$1.01	\$0.19	74	2 large carrots			
tbsp	1	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.17	130				
tbsp	1	Bragg Apple Cider Vinegar	\$6.04	\$0.19	0	or red wine / balsamic			
The Breaded Mug									
cup	0.125	Almond Flour	\$13.90	\$0.14	85	2 tbsp			
cup	0.042	Cassava Flour (Costco)	\$13.43	\$0.03	26	1/2 tbsp			
each	1	Eggs	\$4.12	\$0.17	70				
tbsp	0.333	California Olive Ranch Chef Size Extra Virgin Olive Oil	\$16.11	\$0.06	43	1 tsp			
tsp	0.5	Baking Powder	\$1.88	\$0.02	0				
tsp	0.1	McCormick Organic Ground Thyme	\$4.63	\$0.02	0	a dash			
tsp	0.1	Garlic Powder	\$0.62	\$0.00	1	a dash			
tbsp	1	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.04	19	vegan sub			
		Savvy Grub calc difference -			-25				
Complete Meal		TOTAL	\$ 67.7	\$ 1.9	517	kcal/ plate	\$0.004	\$434.021	A
		total costed/wk	\$ 67.7	\$ 7.5	2,067	total kcal 2 ppl/2 days	\$0.004	\$434.021	A
		vegan	\$ 68.7	\$ 1.7	465	kcal/ plate	\$0.004	\$448.714	A
		vegan total, costed/wk	\$ 68.7	\$ 7.0	1,862	total kcal 2 ppl/2 days	\$0.004	\$448.714	A

BREAKFASTS

THURSDAY / SUNDAY Breakfast

Lemonee Sweet Cassava Pancakes & Spiced Walnut Butter with Fixings

"Leftovers"

MONDAY/ WEDNESDAY/ FRIDAY breakfast

Measure	Amount	Breakfast Bowl	Whole	Meal	Kcals	Serves 1	Cost/Kcal	Monthly	
each	1	Eggs 5 Dozen (Costco)	\$8.26	\$0.14	70				
lbs	0.75	Sweet Potato	\$1.01	\$0.76	292	1 cup each			
oz	2.33	Spinach	\$3.86	\$0.56	16	1 cup			
each	0.25	Avocado	\$6.18	\$0.31	61	1/4 avocado			
lbs	0.022	Walnuts (Sams)	\$11.67	\$0.09	67	2 tbsp			
each	0.0595	Bananas (1lb)	\$0.50	\$0.03	24	1/2 a banana, a side			
cup	0.125	Raw Pumpkin Seeds	\$5.16	\$0.17	85	2 tbsp, vegan alternate to eggs			
Complete Meal		TOTAL	\$ 31.5	\$ 1.9	529	kcal / plate	\$0.004	\$427.062	A
		total costed/wk	\$ 31.5	\$ 11.3	3,177	total kcal 2 ppl/ 3 days	\$0.004	\$427.062	A
		vegan	\$ 28.4	\$ 1.9	545	kcal / plate	\$0.004	\$422.000	A
		vegan total costed/wk	\$ 28.4	\$ 11.5	3,270	total kcal 2 ppl/ 3 days	\$0.004	\$422.000	A

SATURDAY / TUESDAY breakfast

Measure	Amount	Sweet Potato Piles	Whole	Meal	Kcals	Serves 1	Cost/Kcal	Monthly	
lbs	0.75	Sweet Potato	\$1.01	\$0.76	292	1 cup medallions, steamed			
lbs	0.022	Walnuts (Sams)	\$11.67	\$0.09	67	2 tbsp			
oz	0.5	Almond Butter	\$7.23	\$0.23	87	1 tbsp			
tbsp	2	Central Market Organic Flaxseed Dietary Supplement	\$5.14	\$0.09	37				
tbsp	1	Organic Hemp Powder	\$9.81	\$0.19	33	1 tbsp, adds 3.5g protein. Optional			
tsp	1	Cinnamon	\$2.25	\$0.09	5				
oz	0.5	Raw & Unfiltered Texas Wildflower Honey	\$4.12	\$0.13	30	1 tbsp			
tsp	0.25	Nutmeg	\$2.59	\$0.04	3				
Complete Meal		TOTAL	\$ 43.8	\$ 1.6	553	kcal/ plate	\$0.003	\$347.678	A
			\$ 43.8	\$ 6.4	2,212	total kcal 2 ppl/ 2 days	\$0.003	\$347.678	A

TOTALS FOR THE WEEK

Totals			Meal Costs	Calories		Monthly Cost	Grade
WEEK TOTAL	Paleo	TOTALS: groceries, no eating out	\$ 107.6	26,202	total kcal for 2 people 7 days	\$492.72	B
				1872	kcal / person / day		
WEEK TOTAL	Paleo	TOTALS with 1 meal eating out	\$ 141.4	26,596	total kcal for 2 people 7 days	\$638.16	B
				1900	kcal / person / day		
WEEK TOTAL	Vegan, Paleo	TOTALS: groceries, no eating out	\$ 91.9	25,419	total kcal for 2 people 7 days	\$434.07	A
				1816	kcal / person / day		
WEEK TOTAL	Vegan, Paleo	TOTAL with 1 meal eating out	\$ 125.8	25,814	total kcal for 2 people 7 days	\$584.81	B
				1844	kcal / person / day		

<2K Calories leaves
room for snacks/
overages

Estimated Monthly Cost for 2
people eating 4,000kcal/day
cumulatively