# 30 Minute Real Food Meal Revolution

<table>
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<th>Week One</th>
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<td>Meals</td>
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<th>Week Seven</th>
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**Weekly Meal Plan:**

- **Sunday:** Orange Chicken
- **Monday:** Turkey Pesto Meatballs
- **Tuesday:** Chicken Quinoa Enchilada Skillet
- **Wednesday:** Sweet Onion Teriyaki Salmon
- **Thursday:** Tomato Basil Beef Goulash
- **Friday:** Herbed Chicken & Brussels Sprouts
- **Saturday:** Taco Salad Bowls

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- **Sunday:** Greek Turkey Burgers
- **Monday:** Chicken Jalapeno Peach Salsa
- **Tuesday:** Sloppy Joe Bowls
- **Wednesday:** Pork & Cabbage Stir Fry
- **Thursday:** Greek Chicken Skillet
- **Friday:** Shrimp Sausage Tomato Gumbo
- **Saturday:** Dill Chicken Stew
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<tbody>
<tr>
<td>Ginger Garlic</td>
<td>Turkey Sweet</td>
<td>Seafood Marinara</td>
<td>Thai Sweet Potato</td>
<td>Hawaiian Chicken</td>
<td>Turkey Picadillo</td>
<td>Plantain Crust</td>
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<td>Chicken Broccoli</td>
<td>Potato Chili</td>
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<td>Turkey Poppers</td>
<td>Burgers</td>
<td>Zucchini Boats</td>
<td>Pizza</td>
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<tr>
<td>Bean &amp; Potato</td>
<td>Chicken Fajita</td>
<td>Italian Turkey</td>
<td>Chicken &amp; Veggie</td>
<td>Turmeric Balsamic</td>
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<tr>
<td>Salmon Chowder</td>
<td>Sweet Potato</td>
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<td>Coconut Curry</td>
<td>Beef Peppers</td>
<td>Roll Ups</td>
<td>Pepper Stir Fry</td>
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<tr>
<td>Skirt Steak &amp; Bok Choy</td>
<td>Coconut Shrimp Tacos</td>
<td>Roasted Red Pepper Cream Veggie Noodles</td>
<td>Chicken Satay w/ Almond Dressing</td>
<td>Root Veggie &amp; Kale Kielbasa Hash</td>
<td>Salsa Verde Beef Taco Cups</td>
<td>Skinny Fiesta Chicken Soup</td>
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<tbody>
<tr>
<td>Lemon Thyme Chicken Potatoes</td>
<td>Balsamic Ground Turkey Apple Hash</td>
<td>Sweet Potato Shepherds Pie</td>
<td>Pecan Crusted Salmon Cauliflower</td>
<td>Mushroom &amp; Sage Chicken</td>
<td>Stovetop Burgers</td>
<td>Almond Crusted Chicken Tenders</td>
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<tr>
<td>California Salmon &amp; Egg Bowl</td>
<td>Mexican Meatloaf Cups</td>
<td>Cilantro Lime Chicken w/ Cauliflower Rice</td>
<td>Moroccan Meatballs</td>
<td>Spiced Sweet Potato Soup</td>
<td>Beef &amp; Broccoli</td>
<td>Blackened Fish Taco Bowls</td>
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<th>SUNDAY</th>
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<th>THURSDAY</th>
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<th>SATURDAY</th>
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<tbody>
<tr>
<td>Buffalo Chicken Meatballs</td>
<td>Lemon Dill Tuna Cakes</td>
<td>Garden Veggie Ranch Chicken</td>
<td>Beef &amp; Celery 'Dirty' Rice</td>
<td>Mediterranean Cod</td>
<td>Chicken Mango Lettuce Wraps</td>
<td>Rosemary Dijon Pork Chops</td>
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Getting Started...

While every recipe in this meal planner can be made in 30 minutes, there are optional time-saver 'actions to execute before mealtime, to make things even easier! These are outlined in the cover page at the start of every week.

<table>
<thead>
<tr>
<th>Symbol</th>
<th>Description</th>
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<tbody>
<tr>
<td>🌟</td>
<td>Denotes meals that work well as leftovers</td>
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<tr>
<td>🥕</td>
<td>Option to chop or cut elements beforehand</td>
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<tr>
<td>🌿</td>
<td>Option to arrange spices and/or dried herbs beforehand</td>
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<tr>
<td>🍵</td>
<td>Denotes the meal requires marinating all day or overnight</td>
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<tr>
<td>🍽️</td>
<td>Option to make the sauce/condiment beforehand</td>
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<tr>
<td>🍛</td>
<td>Option to batch cook for a meal later that week or cook an element beforehand</td>
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And be sure to check the 'notes' section before each recipe for tips on prepping, serving sizes, side options, and more!
## Grocery List

### Week 1

<table>
<thead>
<tr>
<th>Produce</th>
<th>Fresh Herbs</th>
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<tbody>
<tr>
<td>1 large Red Pepper</td>
<td>Basil</td>
</tr>
<tr>
<td>1 large Navel Orange</td>
<td>Cilantro</td>
</tr>
<tr>
<td>4-5 Medjool Dates</td>
<td></td>
</tr>
<tr>
<td>1 Green Bell Pepper</td>
<td></td>
</tr>
<tr>
<td>Bell pepper of choice (for taco bowls)</td>
<td></td>
</tr>
<tr>
<td>Chopped Lettuce (choose your type for taco salad bowls)</td>
<td></td>
</tr>
<tr>
<td>2 Limes</td>
<td></td>
</tr>
<tr>
<td>2 Lemons</td>
<td></td>
</tr>
<tr>
<td>1-4 Haas Avocados (two meals use them)</td>
<td></td>
</tr>
<tr>
<td>2 Yellow Sweet Onions</td>
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</tr>
<tr>
<td>1 medium Eggplant</td>
<td></td>
</tr>
<tr>
<td>1lb Brussel Sprouts</td>
<td></td>
</tr>
<tr>
<td>5 Green Onions</td>
<td></td>
</tr>
<tr>
<td>2 Shallots</td>
<td></td>
</tr>
<tr>
<td>1 Head of Broccoli</td>
<td></td>
</tr>
<tr>
<td>1-2 Tomatoes</td>
<td></td>
</tr>
<tr>
<td>5 Cloves of Garlic</td>
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### Spices

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Garlic Powder</td>
<td>Cumin</td>
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<tr>
<td>Onion Powder</td>
<td>Chili Powder</td>
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<tr>
<td>Cayenne Pepper</td>
<td>Pepper</td>
</tr>
<tr>
<td>Dried Dill</td>
<td>Dried Oregano</td>
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<tr>
<td>Dried Basil</td>
<td>Salt</td>
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### Poultry

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<table>
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<tbody>
<tr>
<td>1 Egg</td>
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</tr>
<tr>
<td>10 Chicken Breasts</td>
<td></td>
</tr>
<tr>
<td>1lb Ground Turkey</td>
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### Condiments

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<tbody>
<tr>
<td>Olive Oil</td>
<td>Coconut Oil</td>
</tr>
<tr>
<td>White Vinegar</td>
<td>Red Wine Vinegar</td>
</tr>
<tr>
<td>Balsamic Vinegar</td>
<td>Paleo Mayonnaise (can also make your own)</td>
</tr>
<tr>
<td>Rice Vinegar</td>
<td>Coconut Aminos (near soy sauce at Whole Foods, Trader Joes, etc. Can sub with tamari or soy sauce)</td>
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### Fish

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<tbody>
<tr>
<td>2 6-8oz Salmon Filets (recipe serves 2 people, increase as necessary)</td>
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### Optional Additions and/or Sides

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<tbody>
<tr>
<td>Orange Chicken</td>
<td>Cauliflower rice, regular rice, cashews, green onions</td>
</tr>
<tr>
<td>Pesto Meatballs</td>
<td>Zucchini noodles, regular noodles, sautéed greens</td>
</tr>
<tr>
<td>Chicken Enchilada Skillet</td>
<td>Can sub quinoa for cauliflower rice</td>
</tr>
<tr>
<td>Salmon Packets</td>
<td>Sesame seeds</td>
</tr>
<tr>
<td>Taco Salad Bowls</td>
<td>Cauliflower rice, regular rice, olives, jalapenos</td>
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Daily Time Saver Tips

**Sunday**
- Chop red peppers
  - Optional: batch cook chicken for Tuesday's meal

**Monday**
- Make Pesto

**Tuesday**
- Chop green peppers
- Arrange spices

**Wednesday**
- Make sweet onion teriyaki dressing
- Marinade fish

**Thursday**
- Dice garlic and shallots
  - Optional: make this meal beforehand - is great for leftovers

**Friday**
- Cut brussels sprouts
- Arrange dried herbs/spices

**Saturday**
- Cut peppers, tomato, lettuce, etc
- Arrange spices
Orange Chicken
(paleo · eggless · nut free)

Notes: If serving over cauliflower rice, add 1 teaspoon of water to the raw cauliflower and microwave for a minute or two, in order to soften the cauliflower.

- 4 chicken breasts, sliced into bite-sized pieces or strips
- 1 tablespoon olive oil
- 1 large red pepper, sliced
- 1 navel orange, peeled
- 3 medjool dates, pitted and at room temperature
- 1 tablespoon coconut aminos (can sub for soy sauce or tamari)
- 1 teaspoon rice vinegar
- 1/4 teaspoon salt
- Optional: cashews, cauliflower rice, green onions

1. Pour olive oil into a large pan and turn heat to medium/high
2. Add strips of chicken and cook throughout - roughly 5 minutes. Add the sliced bell pepper and cook an additional 3-4 minutes.
3. In a blender or food processor, add the peeled orange, dates, coconut aminos, rice vinegar, and salt. Blend or pulse until fully combined and creamy
4. Pour the sauce into the pan of chicken and peppers and lower the heat to medium. Let sauce simmer a few minutes.
5. Add cashews if desired
6. Serve on top of cauliflower rice and garnish with green onions
Turkey Pesto Meatballs
(paleo)

Notes: You can serve these meatballs paired with veggie noodles or over sautéed greens. If serving a family, you may want to consider doubling the recipe if serving just the meatballs. Any extra pesto can be stored in the freezer.

- 1 pound ground turkey
- 1 large egg
- 1 teaspoon salt
- 1/3 cup almond flour (or almond meal)

Pesto
- 2 cups packed basil leaves
- 2/3 cup extra-virgin olive oil
- 1 clove garlic
- 1/4 cup pine nuts (can sub for walnuts, cashews, or overnight soaked almonds)
- 1/2 teaspoon lemon

1. Preheat oven to 400 degrees
2. Make the pesto by combining all the ingredients in a small food processor or blender and blending until the mixture becomes a sauce
3. In a large bowl, combine the turkey, pesto (roughly 1/2 cup), egg, salt, and almond flour. Mix well
4. Using a cookie scoop or other tablespoon-sized spoon, scoop the turkey and form into roughly 20 small meatballs
5. Place on a parchment-lined baking sheet and bake for 20 minutes
6. Add more pesto on top to serve
Chicken Quinoa Enchilada Skillet with Avocado Cream Sauce

(eggless · nut free)

Notes: If desired, skip the avocado cream and top lightly with cheese. To make this meal paleo, sub the quinoa for cauliflower rice and omit the beans.

- 3-4 chicken breasts
- 1 tablespoon coconut oil
- 3/4 cup quinoa
- 1 cup enchilada sauce
- 1/2 cup water
- 1 green bell pepper, sliced
- 1 cup black beans, rinsed
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1/2 teaspoon salt
- juice of 1/2 lime

Avocado Cream Sauce
- 1 large Haas avocado
- 1/2 cup light coconut milk
- 1/3 cup fresh cilantro
- 1 lime, juiced
- 1/4 teaspoon salt

1. Heat coconut oil in large cast iron skillet or pan on the stovetop over medium/high heat and add the chicken breasts to the skillet. Sear 4-5 minutes on one side, then flip to cook 4-5 minutes on the other
2. Add enchilada sauce, water, quinoa, sliced green pepper, and spices to the skillet
3. Turn heat to high and bring to a boil. Then lower the heat to a simmer and cover the mixture for about 12 minutes
4. Meanwhile, place one large avocado, 1/3 cup cilantro, juice of one lime, 1/2 cup almond or coconut milk, and salt to a blender or food processor and blend until well combined
5. Once most of the liquid is gone and quinoa is soft (after about 12 minutes), add the black beans and lime juice
6. Take pan off the heat and let cool slightly before adding the avocado cream sauce to the top
7. Serve immediately
Sweet Onion Teriyaki Packets

(paleo · eggless · nut free)

Notes: This recipe serves two - double if serving more. Also requires marinating, so plan accordingly. You can also grill the packets for roughly 12 minutes at 400 degrees.

- 2 6-8 ounce salmon filets
- 2-3 cups broccoli florets
- 1/3 cup olive oil
- 2 teaspoons white vinegar
- 2 teaspoons red wine vinegar
- 1 teaspoon balsamic vinegar
- 1 tablespoon diced sweet onion
- 1/4 teaspoon lemon juice
- 1 large medjool date
- pinch of salt (roughly 1/8 teaspoon)

1. Combine the olive oil, white vinegar, red wine vinegar, balsamic vinegar, diced sweet onion, lemon juice, date, and salt in a small pot
2. Heat to a boil over stovetop for just a minute or so, then remove
3. Pour the mixture in a small food processor or blender and blend until well combined
4. Let cool and pour half into a sealable bag or glass container, reserve the other half in a separate container
5. Add the salmon to the bag or container and marinate overnight
6. Preheat oven to 400 degrees
7. Lay the salmon on a large piece of foil. Brush the broccoli (or coat evenly with your hands) any excess marinate from the bag and place the florets around the salmon
8. Seal the top by bringing the two pieces of foil together and gently rolling down towards the salmon. Then fold the sides like a present and roll up toward the packet to seal
9. Place in the oven for roughly 12 minutes, until salmon is fully cooked and broccoli has softened slightly
10. Add the reserved marinade over the top of the cooked salmon filets upon serving. Garnish with sesame seeds if desired
Tomato Basil Beef Goulash with Eggplant
(paleo · eggless · nut free)

Notes: You can make this meal beforehand and reheat later, since it holds well for leftovers.

- 2 tablespoons olive oil, divided
- 2 shallots, diced
- 4 garlic cloves, diced
- 1 pound ground beef
- 1 medium eggplant, cut into 1" cubes
- 1 (14 oz) can diced tomatoes
- 1/3 cup fresh basil, diced
- 2 teaspoons salt
- 2 tablespoons tomato paste
- 3/4 cup coconut cream (thick cream at the top of canned coconut milk)

1. Heat 1 tablespoon olive oil in a large saucepan over medium heat
2. Add the shallots and garlic. Sauté for a few minutes, until fragrant
3. Add the ground beef and cook to brown
4. In a separate saucepan, heat the other tablespoon of olive oil over medium heat and add the diced eggplant. Cook until soft, around 5 minutes
5. Once the beef is browned, drain any excess grease add the diced tomatoes (with juice), basil, and salt. Stir to combine then add the coconut cream, tomato paste, and eggplant
6. Serve immediately and garnish with more fresh basil
Herbed Chicken and Brussels Sprouts Bake
(paleo · nut free)

Notes: Prep time may take longer with this recipe. To save on time, chop the Brussels sprouts beforehand or pulse in a food processor instead of slicing by hand.

- 1 pound brussels sprouts
- 2 tablespoons olive oil (divided)
- 2 tablespoons paleo mayonnaise
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon salt (divided)
- 1/2 teaspoon dried dill
- 3 green onions
- 1 tablespoon fresh diced basil
- 2 large chicken breasts, butterflied to make 4 thin-sliced breasts
- 1-2 additional green onions

1. Preheat the oven to 375 degrees
2. Wash brussels sprouts and pat dry. Using a sharp knife, cut each brussels sprout into small strips in order to get a large pan of shredded sprouts. You can also throw brussels sprouts into a large food processor and pulse in order to save time chopping
3. Once all the brussels sprouts are in the pan, add 1 tablespoon olive oil and heat over medium for 4-6 minutes, or until the sprouts have softened slightly
4. Take the pan off the stovetop then add 2 tablespoons paleo mayo, garlic powder, onion powder, 1/2 tsp salt, and dried dill. Then add 3 chopped green onions and the fresh basil. Mix well
5. Place chicken breasts into the pan with the brussels sprouts mixture
6. Top with 1/2 teaspoon of salt and drizzle 1 tablespoon of olive oil over the top
7. Place into the oven (uncovered) and bake for 20-25 minutes, until chicken is cooked throughout
8. When ready to serve, top 1-2 more chopped green onions
Taco Salad Bowls
(paleo · eggless · nut free)

Notes: If desired, this recipe can be served in traditional flour or corn tortillas or paired with lettuce for a taco salad. To save on time, pre-make the taco seasoning blend and store in an airtight container until ready to cook.

- 1 pound ground beef
- 1 onion, chopped

**Taco Seasoning**
- 2 tablespoons chili powder
- 2 tablespoons cumin
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons garlic powder
- 1/2 teaspoon cayenne (less if you prefer mild flavor)
- 1/2 teaspoon pepper
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano

**Additions**
- 1 bell pepper, sliced and cut into thirds
- 1 diced tomato
- cauliflower rice or regular rice
- olives, lettuce, cilantro, avocado, etc

1. Heat a medium pan over medium/high heat and add the onion and ground beef to brown (roughly 7-10 minutes)
2. While beef is browning, cut the bell pepper and add to a separate pan with one teaspoon of olive oil. Heat over medium high for roughly 5 minutes, until pepper is slightly charred and soft. Remove from heat
3. Drain any excess grease from pan of beef and add taco seasoning. Add 2-3 tablespoons of water (or more if needed) and mix well
4. As components are cooking, cut tomato and any additional toppings. If adding cauliflower rice, microwave a minute or two with a few teaspoons of water to soften
5. Top with cilantro, sliced avocado, lettuce, and/or olives
# Grocery List

## Produce
- 6 Carrots
- 4 Dill Pickles
- 1 Yellow Onion
- 2 Red Onions
- 1 Green Pepper
- 2 Cloves of Garlic
- 5 Medjool Dates
- 2 Peaches (can sub for frozen)
- 2 Tomatoes
- 1 Large or 2 Small Jalapeños
- Russet Potatoes (see sloppy bowl recipe)
- 1 Knob Ginger
- 1 Lemon
- 1 Lime
- 2 Bell Peppers (red or orange preferred)
- 1 Yellow Bell Pepper
- 2 Green Onions
- 3 bags Cabbage Cole Slaw

## Fresh Herbs
- Mint
- Cilantro

## Spices
- Salt
- Pepper
- Dried Dill
- Cumin
- Chili Powder
- Dried Parsley
- Dried Thyme
- Garlic Powder
- Dried Onion Flakes
- Paprika
- Onion Powder
- Cayenne Pepper
- Dried Oregano

## Poultry
- Chicken Sausages (need at least 2)
- 12 Chicken Breasts
- 1lb Ground Turkey

## Condiments
- Rice Vinegar
- Olive Oil
- Coconut Oil
- Sesame Oil
- Apple Cider Vinegar
- Dijon Mustard
- Coconut Aminos (near soy sauce at Whole Foods, Trader Joes, etc. Can sub with tamari or soy sauce)

## Fish
- Large bag of frozen raw shrimp (at least 20)

## Canned Goods
- 8oz can Tomato Sauce
- 8oz sliced Black Olives
- 14oz can Artichoke Hearts
- 15oz can Diced Tomatoes
- 6oz can Tomato Paste

## Packaged Goods
- Chicken Broth (8 cups)
- 1lb Ground Beef

## Beef
- 1lb Ground Beef

## Pork
- 1lb Ground Pork

## Optional Additions and/or Sides
- **Greek Turkey Burgers**: Feta, cucumbers, romaine or butter lettuce leaves
- **Jalapeno Peach Chicken**: Serve with side salad if desired
- **Sloppy Joe Bowl**: Can sub white potato for sweet potato
- **Pork Cabbage Stir Fry**: Sesame Seeds
- **Greek Chicken Skillet**: Feta
- **Sausage Shrimp Gumbo**: Cauliflower rice or regular rice
Daily Time Saver Tips

Sunday
Chop green onions and mint

Monday
Make salsa
*Optional: Batch cook chicken for Saturday’s meal

Tuesday
Chop green peppers and onion
Arrange spices
Roast/steam/microwave potatoes

Wednesday
Slice carrots

Thursday
Cut peppers and artichokes
Arrange spices

Friday
Cut peppers and onion
Arrange spices

Saturday
Slice carrots and pickles
Easy Greek Turkey Burgers
(paleo · eggless · nut free)

Notes: Combine ingredients beforehand and make into patties. Cucumbers and/or feta cheese is optional. Refrigerate until ready to cook.

- 1 pound ground turkey
- 2 green onions, chopped
- 1/4 cup sliced fresh mint
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Optional: 1/2 cup crumbled feta cheese

1. Preheat grill to medium/high - around 400 degrees. Or heat a large pan over medium/high heat on the stovetop
2. Combine all the ingredients and mix well
3. Section turkey mixture off in fourths and make into patties
4. Brush the grill or pan with olive oil and place burgers on for 7-8 minutes per side
5. Serve immediately in a bun or lettuce wrap and garnish with more feta and/or sliced cucumbers
Chicken Breasts with Jalapeño Peach Salsa
(paleo · eggless · nut free)

Notes: Chop and prep salsa beforehand to save on time if desired.

- 4 boneless chicken breasts
- 2/3 cup fresh diced peaches (can sub for frozen)
- 2/3 cup diced tomatoes
- 3 tablespoons finely diced, seeded jalapeño, (keep a few seeds if you like salsa heat)
- 1 1/2 tablespoon chopped red onion
- 2 tablespoons chopped cilantro
- 1/2 teaspoon lime juice
- 1/2 teaspoon ground cumin
- 1 teaspoon chili powder

1. Preheat oven to 400 degrees.
2. Cook the chicken breast on a parchment-lined or greased baking sheet for 20 minutes, until cooked throughout.
3. To make the salsa, combine the diced peaches, tomatoes, jalapeño, onion, lime juice, and cilantro into a bowl. Mix together then add the cumin and chili powder, mixing again to combine. If using frozen peaches, thaw and pat to soak up any excess moisture.
4. Optional: for a more liquid salsa, place all ingredients into a food processor and pulse a few times until you reach desired consistency.
5. Serve salsa over chicken.
Sloppy Joe Bowls
(paleo · eggless · nut free)

Notes: You can make the 'sauce' beforehand and refrigerate until ready to incorporate. This recipe can be served on a bun for a traditional sloppy joe, or sub the white potato for sweet potato.

- 1 pound ground beef
- 1/2 cup chopped onion
- 3/4 cup chopped green pepper
- 1 (8oz) can tomato sauce
- 1 tablespoon tomato paste
- 1 1/2 tablespoons apple cider vinegar
- 1 tablespoon dijon mustard
- 1/2 teaspoon minced garlic
- 1/2 teaspoon dried parsley
- 1/2 teaspoon salt
- 5 medjool dates, pitted
- 2/3 cup water (reserved)
- russet potatoes (one per person)

1. Brown the ground beef in a large pan over medium/high heat and add the onion. Drain any excess grease
2. Reduce the heat to medium and add the green pepper, apple cider vinegar, dijon mustard, garlic, dried parsley, and salt. Mix well
3. Meanwhile, in a small pot, bring 2/3 cup water to a boil and add the dates. Boil 30-60 seconds, just long enough to significantly soften the dates. Remove the dates from the pot (reserving the water for later)
4. Place the dates into a food processor or blender, then add tomato sauce, and tomato paste. Blend well then add to the beef mixture
5. Add 2 tablespoons of the reserved date water
6. Wash and dry a russet potato. Poke the potato with a fork or knife a few times, then microwave for 5-7 minutes, until potato is soft inside
7. Serve sloppy joe mixture on top of baked russet potato and garnish with green onions
Ground Pork and Cabbage Sesame Stir Fry
(paleo • eggless • nut free)

Notes: Serve cooked cauliflower rice and a splash more coconut aminos if desired.

- 1 pound ground pork
- 2 large carrots, thinly sliced
- 1 bag cabbage cole slaw
- 1/4 cup coconut aminos (can sub for soy sauce or tamari)
- 2 teaspoons rice vinegar
- 1 teaspoon grated ginger
- 2 teaspoons sesame oil
- 1/4 teaspoon salt

1. Brown ground pork in a large pan over medium high heat for roughly 5 minutes. Drain any excess grease
2. Lower heat to medium and add the carrots. Cook another 4-5 minutes until the carrots have softened (the thinner the carrots are sliced, the quicker this will be)
3. Add the cabbage, coconut aminos, rice vinegar, grated ginger, and sesame oil. Mix well
4. Let cook another 3-5 minutes until cabbage has softened and sautéed down
5. Serve with sprinkled with sesame seeds if desired
One-Pot Greek Chicken Skillet
(paleo · eggless · nut free)

Notes: Precut vegetables beforehand to save time. Any leftovers can be used in a salad.

- 3 large chicken breasts or 4 small breasts
- ¾ cup sliced black olives
- 1 can artichoke hearts, drained and quartered
- 1 lemon, juiced
- 2 small bell peppers, sliced
- 1 tablespoon coconut oil
- 2 teaspoons dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- 2 teaspoons dried parsley
- 1 teaspoon dried onion flakes
- ½ teaspoon pepper
- Optional: crumbled feta

1. Preheat oven to 350 degrees F
2. Heat coconut oil in a medium oven-proof skillet over medium-high heat. Place chicken breasts in the pan and sear on one side, roughly 3-4 minutes (depending on thickness). Flip breasts over and add sliced bell peppers. Cook additional 3-4 minutes
3. Add the remaining ingredients and spices. Mix well and transfer skillet to oven. Bake 15-20 minutes or until chicken is thoroughly cooked
4. Serve immediately and garnish with crumbled feta if desired
Mild Shrimp and Sausage Tomato Gumbo
(paleo · eggless · nut free)

Notes: This is a very mild recipe specifically to cater to children. If you like more kick, add more spices to your taste. You can use chicken sausage or pork sausage. If serving over cauliflower rice, add 1 teaspoon of water to the raw cauliflower and microwave for a minute or two, in order to soften the cauliflower.

- 20 raw shrimp
- 2 chicken sausages
- 1 tablespoon olive oil
- 1/2 onion, thinly sliced
- 1 yellow bell pepper, sliced and cut in half
- 1 (15oz) can diced tomatoes
- 2 1/2 teaspoons paprika
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne pepper
- Optional: cauliflower rice or regular rice

1. Thaw shrimp and peel
2. In a large pan, turn heat to medium/high and add olive oil
3. Add shrimp and yellow pepper. Sauté 5 minutes, until pepper softens slightly and onion becomes translucent
4. Reduce heat to medium and add the shrimp and sausage, sautéing another 5 minutes or until shrimp turns pink
5. Pour in entire can of diced tomatoes and spices. Turn heat back up to medium/high to warm throughout
6. Serve over cauliflower rice or regular rice
Dill Chicken Stew
(paleo · whole30 · eggless · nut free)

Notes: You can use leftover shredded chicken if desired to save on time.

- 3 large chicken breasts (or 4 small)
- 8 cups chicken broth
- 4 carrots, sliced thinly
- 4 large dill pickles, diced
- 1/3 cup pickle juice
- 2 cups sliced cabbage
- 1 teaspoon dried dill
- 1 teaspoon salt

1. Preheat oven to 400 degrees
2. Place chicken on a baking sheet and cover lightly with olive oil. Bake for 20 minutes
3. In a large pot, combine the chicken broth, thinly sliced carrots, diced dill pickles, pickle juice, cabbage (to save time, buy pre-cut/bagged cabbage), dill, and salt. Bring to a boil then lower the heat to simmer
4. Once the 20 minutes are up on the chicken, check to make sure it’s fully cooked. If not, return to the oven a few more minutes
5. When the chicken is done, transfer to a cutting board and shred all breasts. Add shredded chicken to the soup. Let heat a few more minutes then serve
Week 3

## Grocery List

### Produce
- 1 Head of Broccoli
- 2 Yellow Onions
- 2 Green Peppers
- 2 Sweet Potatoes
- 5 Cloves of Garlic
- 10 Green Onions
- 1 Haas Avocado
- 4 Zucchinis
- 1 Green Plantain (or slightly yellow)
- Choice of Pizza Toppings
- 1 Knob Ginger

### Spices
- Garlic Powder
- Salt
- Chili Powder
- Cumin
- Paprika
- Dried Basil
- Dried Oregano
- Ground Ginger

### Poultry
- 1lb Ground Chicken
- 6 Chicken Breasts
- 1 Egg
- 3lbs Ground Turkey

### Condiments
- Olive Oil
- Balsamic Vinegar
- Lime Juice
- Thai Red Curry Paste
- Coconut Aminos (near soy sauce at Whole Foods, Trader Joes, etc. Can sub with tamari or soy sauce)

### Canned Goods
- 2 - 8oz can Tomato Sauce
- Pizza Sauce (for plantain pizza)
- 1 small can Pineapple Tidbits
- 1 can Green Olives
- 14oz can Full Fat Coconut Milk
- 14.5oz can Diced Tomatoes

### Packaged Goods
- Almond Flour (3 tablespoons)
- Raisins (1/3 cup)
- Baking Soda (1/2 teaspoon)
- 1 Jar Marinara (watch for no sugar in ingredient list)
- Chicken Broth (8oz needed – boxed or canned)

### Optional Additions and/or Sides

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Additions/Options</th>
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<tr>
<td>Ginger Garlic Chicken</td>
<td>Nutritional yeast</td>
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<tr>
<td>Turkey Sweet Potato Chili</td>
<td>Can sub for ground beef</td>
</tr>
<tr>
<td>Seafood Marinara</td>
<td>N/A</td>
</tr>
<tr>
<td>Thai Turkey Burgers</td>
<td>Coleslaw, roasted veggies</td>
</tr>
<tr>
<td>Hawaiian Chicken Burgers</td>
<td>Coleslaw, roasted veggies</td>
</tr>
<tr>
<td>Turkey Zucchini Boats</td>
<td>N/A</td>
</tr>
<tr>
<td>Plantain Pizza</td>
<td>Toppings of choice</td>
</tr>
</tbody>
</table>
Daily Time Saver Tips

Sunday
Cut broccoli
Arrange spices

Monday
Chop sweet potatoes
Arrange dried herbs/spices

Tuesday
Chop green peppers

Wednesday
Roast/steam/microwave sweet potato
Make avocado dip

Thursday
Chop green onions

Friday
Slice and gut zucchinis
Arrange spices

Saturday
Slice/prep pizza toppings
Arrange dried herbs
Ginger Garlic Chicken with Roasted Broccoli

(paleo · eggless · nut free)

Notes: Optional - roast broccoli without garlic/ginger mixture. Instead, drizzle with a little olive oil and sprinkle with salt and nutritional yeast.

- 4 - 6 chicken breasts
- 1/2 cup olive oil
- 3 tablespoons garlic powder
- 2 tablespoons ground ginger
- 3 tablespoons coconut aminos (can sub for soy sauce or tamari)
- 1/2 teaspoon salt (can add more later if desired)
- 4 cups broccoli florets

1. Preheat oven to 400 degrees
2. Combine the olive oil, garlic powder, ginger, coconut aminos, and salt. Mix well
3. Place the chicken breasts on a baking sheet and cover with olive oil mixture, making sure the spices haven’t settled to the bottom before you cover the chicken. *Reserve a few tablespoons for the broccoli
4. Line a separate baking sheet with parchment paper and lay the broccoli florets evenly. Drizzle roughly 2-3 tablespoons of remaining olive oil mixture on the broccoli. *Baking on a separate sheet with parchment paper avoids the broccoli from getting soggy while roasting
5. Bake for 20-25 minutes, until chicken is cooked throughout and broccoli is slightly soft
Turkey Sweet Potato Chili

(paleo · eggless · nut free)

Notes: To save on time, chop sweet potatoes, onion, and pepper beforehand. Refrigerate until ready to cook.

- 1 pound ground turkey
- 1 yellow onion, chopped
- 1 green pepper, diced
- 3/4 cup chopped sweet potato (chop or slice as thinly as possible to ensure they will cook quickly)
- 2 cloves of garlic, diced
- 1 can diced tomatoes
- 1 (8oz) can tomato sauce
- 1 cup chicken broth
- 2 tablespoons + 2 teaspoons chili powder
- 1 tablespoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt

1. In a large pan, start sautéing the onions and garlic over medium/high heat for roughly 3 minutes until the onions start to soften.
2. Add the ground turkey and mix well to incorporate the onions and garlic. Brown for 5 minutes, mixing well as it’s cooking.
3. Add the green peppers and sweet potatoes to cook as the turkey finishes browning.
4. While the turkey mixture is cooking, add the diced tomatoes, tomato sauce, broth, and spices to a large pot. Turn heat to medium.
5. After the turkey is fully cooked and the sweet potatoes have started to soften, drain any liquid and pour the mixture into the pot of tomato sauce/chicken broth.
6. Turn the heat to high and bring the mixture to a boil. Cover and let cook another 5 minutes to soften the sweet potatoes fully.
7. Serve with optional toppings like avocado, cheese, or sour cream.
Seafood Marinara
(paleo · eggless · nut free)

Notes: Use any seafood blend or sole elements like raw shrimp, scallops, calamari or chopped white fish.

- 16 ounce frozen seafood blend
  (pictured is from Trader Joes - can sub with uncooked shrimp)
- 1 green bell pepper
- 1 1/2 teaspoons olive oil
- 1 jar marinara (watch for no sugar in ingredient list)

1. Cut green pepper into slices then thirds
2. Heat oil in a medium pan over medium/high heat. Add the pepper and frozen seafood blend
3. Let cook 4-5 minutes, until all seafood is cooked through and pepper has softened. Drain any excess moisture
4. Reduce heat to medium/low and add the marinara. Stir well and serve once heated through
   *Optional: serve over quinoa or pasta if desired
Thai Sweet Potato Turkey Poppers with Coconut Avocado Sauce

(paleo · eggless · nut free)

Notes: Makes roughly 14 poppers. Side options: coleslaw, roasted veggies, or side salad.

- 1 pound ground turkey
- 5 green onions, chopped
- 1 tablespoon + 1 teaspoon red curry paste
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 3/4 cup mashed sweet potato (roughly one small potato)
- 3 teaspoons grated ginger

Coconut Avocado Lime Sauce
- 1 large avocado
- 1/3 cup full fat coconut milk
- 2 teaspoons lime juice

1. Preheat oven to 400 degrees
2. Wash and pat dry the sweet potato, then use a knife to spear the potato multiple times. Microwave the sweet potato for 5-7 minutes, until inside is soft
3. As the sweet potato is in the microwave and oven is preheating, combine the turkey, green onions, red curry paste, minced garlic, salt, and ginger
4. Measure 3/4 cup mashed sweet potato and let cool just a minute or two. Combine with the turkey mixture
5. Scoop out one heaping tablespoon of the mixture and form into small patties, then place on a parchment-lined or greased baking sheet
6. Bake for 18 minutes
7. While turkey poppers are in the oven, make the avocado sauce by combining one avocado, 1/3 cup full-fat coconut milk, and 2 teaspoons lime juice in a small food processor or blender. Blend until well-combined and creamy
8. Serve the sauce with the poppers
Hawaiian Chicken Burgers
(paleo · eggless)

Notes: Makes 4 burgers. Use canned pineapple (not fresh). Burgers can also be baked instead of pan seared.

- 1 pound ground chicken
- 1/2 cup canned pineapple tidbits, drained
- 2 tablespoons coconut aminos (can sub for soy sauce or tamari)
- 5 green onions, chopped
- 3 tablespoons almond flour

1. Preheat oven to 350 degrees
2. In a large bowl, combine all the ingredients and form into 4 large burgers. *Note - it will be easier to form the ground chicken into burgers with wet hands. The mixture will be sticky and not as easy to handle as beef or turkey
3. Place the formed burgers on a parchment-lined plate, then place into the freezer for at least 15 minutes
4. Heat 2-3 tablespoons coconut oil in a large, oven-proof skillet over medium/high heat
5. Place the burger in the pan once oil is very hot. Sear 2-3 minutes per side (gently flipping), then transfer the pan to the oven
6. Bake 8-10 minutes in the oven until middle of burgers are cooked throughout
7. Serve with more diced pineapple if desired
8. Note: don’t be afraid to add PLENTY of oil to a skillet or pan to avoid the burgers sticking. If the burgers stick to the pan, they will likely fall apart (since chicken is incredibly lean). If this does still happen however, this dish can be eaten as a ‘hash’ over cauliflower rice, or lettuce
Turkey Picadillo
Zucchini Boats
(paleo · eggless · nut free)

Notes: To save on time, cut and gut zucchinis beforehand, refrigerate until ready to cook.

- 3-4 medium zucchinis
- 1 pound ground turkey
- 1 cup diced onion
- 2 cloves minced garlic
- 1 cup tomato sauce
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/3 cup raisins
- 3/4 cup sliced green olives
- 1 1/2 teaspoons balsamic vinegar

1. Preheat oven to 400 degrees
2. Slice the zucchinis in half, horizontally. Use a small spoon to scoop out the inside to create a ‘boat’. Discard the insides, spray the zucchini lightly with oil (olive oil, coconut oil, or avocado oil will work). Place in a baking dish in the oven and cook for 20 - 25 minutes
3. Heat a medium pan over medium/high heat and add the diced onion, garlic, and ground turkey. Drain any excess moisture once turkey is fully cooked
4. Lower the heat and add the tomato sauce, cumin, salt, paprika, raisins, green olives, and balsamic. Mix well
5. Once the zucchini is cooked, add the turkey mixture into each boat and serve
Plantain Crust Pizza
(paleo · whole30 · nut free)

Notes: Crust can be pre-made to freeze for later. Just make sure it's fully cooled before storing in the freezer. You can also use a ripe yellow plantain for this recipe, but will yield a slightly sweeter flavor.

- 1 ripe green plantain
- 1/4 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon garlic powder
- 2 tablespoons olive oil
- 1 large egg white

1. Preheat oven to 375 degrees
2. Peel or cut skin off of plantain and cut into large chunks (thirds)
3. Place the plantain in a food processor or blender, and add the spices, olive oil, and egg white
4. Blend until well combined - a thick yet creamy texture
5. Spread the plantain batter evenly on a parchment-lined baking sheet, roughly 1/2" thick
6. Bake for 12-15 minutes until crust is set and able to transfer without breaking
7. Add pizza sauce and desired toppings, then bake an additional 10 minutes
### Grocery List

#### Week 4

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<tr>
<th>Produce</th>
<th>Fresh Herbs</th>
<th>Spices</th>
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<tbody>
<tr>
<td>2 Lemons</td>
<td>Basil</td>
<td>Salt</td>
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<tr>
<td>1 Lime</td>
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<td>Dried Basil</td>
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<tr>
<td>1 Russet Potato</td>
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<td>Cumin</td>
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<td>1 Knob Ginger</td>
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<td>Ground Ginger</td>
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<td>Head of Kale</td>
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<tr>
<td>1 carton of Mushrooms (sliced)</td>
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<tr>
<td>Cauliflower rice (or head of cauliflower)</td>
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<td>14oz can Full Fat Coconut Milk</td>
<td>12 Chicken Breasts</td>
<td>Olive Oil</td>
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<td>15oz can White Beans</td>
<td>1lb Ground Turkey</td>
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<td>Coconut Aminos (near soy sauce at Whole Foods, Trader Joes, etc. Can sub with tamari or soy sauce)</td>
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<th>Beef</th>
<th>Fish</th>
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<tr>
<td>Pine Nuts (1/4 cup) (can sub with walnuts, cashews, or almonds)</td>
<td>1lb Ground Beef</td>
<td>3 Salmon Filets (15oz total)</td>
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<tr>
<td>Sun Dried Tomatoes packed in oil</td>
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<td>16oz bag of Raw Shrimp (frozen)</td>
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<tr>
<td>Arrowroot Powder (can sub with cornstarch)</td>
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<td>Chicken or Vegetable Stock (3 cups)</td>
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<th>Other</th>
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<tbody>
<tr>
<td>Toothpicks</td>
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### Optional Additions and/or Sides

- **Chicken Fajita Sweet Potato**: Cilantro, avocado
- **Italian Turkey Skillet**: Cauliflower rice, regular rice, or noodles
- **Chicken Coconut Curry**: Cauliflower rice or regular rice
- **Turmeric Beef Peppers**: Pine nuts
- **Tuscan Chicken Roll Ups**: Side salads or roasted veggies
- **Shrimp Stir Fry**: Cauliflower rice or regular rice
Daily Time Saver Tips

Sunday
- Chop onion and potatoes

Monday
- Chop onion and peppers
- Arrange spices
  *Optional: Batch cook chicken for Wednesday's meal

Tuesday
- Cut onion and zucchini

Wednesday
- Cut peppers, broccoli, garlic

Thursday
- Gut peppers
- Mince garlic

Friday
- Make pesto

Saturday
- Cut peppers and onion
White Bean and Potato Salmon Chowder
(paleo · eggless · nut free)

Notes: Omit the white beans to make this meal paleo/whole30.

- 3 salmon filets, roughly 15 oz total
- 1/2 lemon, sliced
- 1 bay leaf
- 1 cup finely diced potato
- 1/2 onion, diced
- 1 tablespoon + 2 teaspoons olive oil
- 3 cups chicken or vegetable stock
- 1 tablespoon + 1 teaspoon dijon mustard
- 3 tablespoons lemon juice (roughly 1/2 lemon)
- 1 can white beans, rinsed and drained
- 1/2 teaspoon dried dill
- 1/2 teaspoon salt

1. Place the salmon filets in a large pan, skin side down. Add just enough water to cover the salmon and place lemon slices and bay leaf in the liquid. Turn heat to high - bringing to a boil, then lower heat to a simmer. Let salmon cook 10-12 minutes
2. As the salmon cooks, add the onion, potato, and olive oil in a pot and turn heat to medium/high. Cover and let mixture cook roughly 10 minutes, mixing every few minutes
3. Add the stock, mustard, lemon juice, white beans, dried dill, and salt to the pot. Reduce heat to medium
4. Once the salmon is fully cooked, remove from the pan and use a fork to shred into smaller pieces. Add to the pot with the stock & potato mixture
5. Stir well and let simmer a few more minutes to combine all the flavors. Serve immediately or let cool and store in the refrigerator
Chicken Fajita Stuffed Sweet Potato
(paleo · eggless · nut free)

Notes: Omit the cayenne for a more mild flavor. The fajitas can be served on top of a salad, or in tortillas if desired.

- 4 chicken breasts
- 1/2 large onion, sliced thinly
- 10 baby sweet peppers, sliced thinly (or 1 bell pepper)
- 3 tablespoons olive oil
- 1 tablespoon chili powder
- 2 teaspoons paprika
- 1 teaspoon cumin
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 4 small sweet potatoes

1. Cut chicken breasts into small strips, roughly 1-inch thick
2. In a medium pan, heat oil over medium high heat
3. Add the sliced onion and chicken
4. After a few minutes, add the peppers
5. Cook for 5-7 minutes, until chicken is cooked throughout
6. As chicken is cooking, spear tiny holes or cuts into the sweet potatoes and microwave for 6-8 minutes, until soft
7. Add the spices to the chicken and mix well to coat evenly
8. Cut sweet potatoes open horizontally and add fajita mixture to top. Garnish with cilantro if desired
Italian Turkey Skillet with Mushrooms and Zucchini
(paleo · eggless · nut free)

Notes: Precut zucchini and mushrooms to save time. Add any additional vegetables if desired. Serve as is, or over rice, cauliflower rice, noodles.

- 1 pound ground turkey
- 1 cup diced yellow onion
- 8 ounces mushrooms, sliced
- 1 1/2 cup zucchini, sliced 1” thick then halved
- 1 garlic clove, finely diced
- 2 teaspoons oregano
- 1 teaspoon salt
- 2 1/2 teaspoons chopped fresh basil
- 1 1/2 teaspoons balsamic vinegar
- Optional: cauliflower rice, regular rice, or noodles

1. Place ground turkey and diced onions in a large skillet and brown on medium high heat for 5-7 minutes, until turkey is fully cooked. Drain any excess grease
2. Add the sliced mushrooms, zucchini, garlic, spices, basil, and balsamic, and sauté an additional 5-7 minutes, until zucchini is fully cooked through
3. Eat as is, or serve over rice, cauliflower rice, or noodles if desired
Chicken and Vegetable Coconut Curry
(paleo · eggless · nut free)

Notes: This is a very mild recipe. If you desire more of a kick, add more curry paste. If serving with cauliflower rice, add a teaspoon of water to the cauliflower rice and microwave for a minute or two, in order to soften the cauliflower.

- 4 chicken breasts, cut into strips
- 1 tablespoon olive oil
- 2 cups broccoli florets, (cut in small, bite-sized pieces)
- 1 bell pepper (yellow, orange, or red), cut into strips, then thirds
- 1/2 onion, thinly sliced
- 1 can coconut milk (full-fat for richer curry, light for thinner sauce)
- 1 tablespoon grated ginger
- 1 clove minced garlic
- 1 tablespoon Thai red curry paste
- 2 teaspoons coconut aminos (can sub for soy sauce or tamari)
- juice of 1 lime

Optional: Arrowroot powder or cornstarch to thicken, cilantro to garnish

1. In a large pan, heat olive oil over medium/high and add the chicken breast strips. Cook for 5 minutes
2. Add the broccoli, pepper, and onion (even if chicken isn’t completely cooked through) and cook an additional 5 minutes. Drain or spoon out any excess liquid
3. Pour the coconut milk over the chicken and veggies and mix well. Add the ginger, garlic, curry paste, and lime juice
4. Let mixture simmer 5-10 more minutes, until broccoli has softened and easily poked with a fork
5. For a thicker sauce, mix 2 teaspoons arrowroot powder or cornstarch with 1 teaspoon water. Remove the pan from the heat and pour the mixture into the coconut curry and whisk well
6. Garnish with cilantro
7. As an option and a tip to make the meal stretch longer, serve with cauliflower rice or regular rice
Turmeric Balsamic Beef Stuffed Peppers
(paleo · eggless · nut free)

Notes: Double the meat recipe if desired, reheats great for leftovers.

- 4 red bell peppers
- 1 pound ground beef
- 3 cups finely shredded kale
- 2 teaspoons minced garlic
- 3 tablespoons balsamic vinegar
- 1 tablespoon dried basil
- 1 1/2 teaspoons turmeric powder
- 1 teaspoon salt
- 1 cup cauliflower rice (optional)
- 1/4 cup water
- *Optional: 4 tablespoons pine nuts

1. Preheat the oven to 450 degrees
2. In a large saucepan, brown ground beef over medium/high heat and drain any excess grease. This should take roughly 5 minutes
3. Add the shredded kale, cauliflower rice, and minced garlic. Stir well until kale starts to wilt
4. Add the balsamic vinegar, dried basil, turmeric powder, salt and mix well
5. Cut the tops off the red peppers and remove any seeds (save the top of the pepper, slicing the bottom so it’s flat)
6. Coat the outside of the peppers with olive oil and grease the bottom of a baking sheet OR an oven-safe dish (if the peppers are not flat on the bottom, a dish would be best to avoid the peppers falling on their sides and spilling)
7. Scoop the meat mixture into the peppers and place the tops back on and place into the oven
8. Bake for 20 minutes, until peppers are slightly charred and softened
9. As an option, sprinkle pine nuts to garnish
Tuscan Chicken Roll Ups
(paleo · eggless)

Notes: Make pesto beforehand or thaw if kept in the freezer. Serve with side salad or roasted veggies.

- 4 chicken breasts
- 2 tablespoons drained & chopped sun dried tomatoes (packed in oil)
- 1/4 cup basil pesto (recipe below)
- toothpicks to secure

Pesto
- 2 cups packed basil leaves
- 2/3 cup extra-virgin olive oil
- 1 clove garlic
- 1/4 cup pine nuts (can sub for walnuts, cashews, or overnight soaked almonds)
- 1/2 teaspoon lemon

1. Preheat oven to 400 degrees
2. Place chicken breasts into a sealable freezer bag or empty plastic cereal bag. Using a rolling pin or meat tenderizer, pound chicken flat - roughly 1/2 - 3/4 inches thick
3. Combine the chopped sun dried tomatoes with the pesto
4. Remove the chicken from the bag and add roughly 1 tablespoon of the pesto filling on top of each chicken breast. Spread evenly
5. Gently roll each breast and secure with toothpicks
6. Place chicken roll ups on a parchment-lined or greased baking sheet and using a basting or pastry brush, cover each roll up with some of the oil from the jarred sun dried tomatoes. You can also use your hands to coat.
7. Bake for 20 minutes and top with more basil if desired
Shrimp and Red Pepper Stir Fry with Basil
(paleo · whole30 · eggless · nut free)

Notes: Serve over cauliflower rice or zucchini noodles if desired. Add a teaspoon of water to the cauliflower rice and microwave for a minute or two, in order to soften the cauliflower.

- 16 ounces raw shrimp, peeled and deveined
- Marinade:
  - 2 teaspoons rice vinegar
  - 3 tablespoons coconut aminos (can sub for soy sauce or tamari)
  - 1 teaspoon ground ginger
- Remaining ingredients:
  - 1 tablespoon sesame oil
  - 1 red pepper, sliced thin and halved
  - 2 tablespoons sweet onion, slice thinly and halved
  - 4 ounces sliced mushrooms
  - 1 tablespoon arrowroot powder + 1 tablespoon water (used as a thickening agent, can also sub for cornstarch)
  - 2-3 tablespoons chopped basil
  - Optional: cauliflower rice or regular rice

1. Place the raw shrimp in a sealable freezer bag or glass dish with the marinade ingredients. Refrigerate all day or overnight
2. Using a large pan, heat the sesame oil over medium/high and add the peppers, onions, and mushrooms. Cook for roughly 4 minutes
3. Add the shrimp with all the marinade into the pan and cook an additional 4-5 minutes, until shrimp is pink and cooked through
4. Remove the pan from the heat and add in the arrowroot/water mixture. Whisk quickly to thicken the sauce
5. Garnish with fresh basil and serve over rice if desired
## Grocery List

### Produce
- 1 bag of Shredded Cabbage
- 4 Red Peppers
- 1 large Beet or 2 small
- 1 Sweet Potato
- Kale
- 1 Lime
- Butter Lettuce or Romaine Lettuce
- 2 Jalapenos
- 1 Orange Bell Pepper
- 1 Haas Avocado
- 4 Baby Bok Choy
- Cauliflower rice (or head of cauliflower)
- Small bag of frozen corn
- Choice of packaged spiraled veggie noodles*
  *zucchini noodles, sweet potato noodles, or butternut squash noodles. Can also spiral vegetable of choice yourself

### Fresh Herbs
- Basil

### Spices
- Salt
- Cumin
- Garlic Powder
- Onion Powder
- Chili Powder
- Paprika
- Dried Onion

### Poultry
- 3 Chicken Breasts
- 12-15 Chicken Tenders
- 2 Eggs

### Condiments
- Olive Oil
- Sriracha
- Coconut Oil
- Rice Vinegar
- Avocado, Coconut, or Olive Oil (choice)
- Sesame Oil
- Coconut Aminos (near soy sauce at Whole Foods, Trader Joes, etc. Can sub with tamari or soy sauce)

### Canned Goods
- Pineapple Juice
- 14oz Full Fat Coconut Milk
- 14oz Light Coconut Milk

### Packaged Goods
- Salsa Verde
- Chicken Broth (3 cups)
- Ghee *form of clarified butter (paleo & whole), can sub regular
- Sauerkraut
- Almond Butter
- Arrowroot Powder (can sub with cornstarch)
- Unsweetened Coconut Flakes
- Corn, Rice, Flour, or Grainless Tortillas

### Packed Goods
- Salsa Verde
- Chicken Broth (3 cups)
- Ghee *form of clarified butter (paleo & whole), can sub regular
- Sauerkraut
- Almond Butter
- Arrowroot Powder (can sub with cornstarch)
- Unsweetened Coconut Flakes
- Corn, Rice, Flour, or Grainless Tortillas

### Optional Additions and/or Sides
- **Skirt Steak & Bok Choy**
  May consider doubling bok choy
- **Coconut Shrimp Tacos**
  Pico de gallo, choice of tortilla, or serve in lettuce wraps
- **Red Pepper Cream Veggies**
  Choice of veggie noodles, add protein if desired
- **Chicken Satay**
  Cauliflower rice or regular rice, side salad, roasted veggies
- **Root Veggie Kielbasa Hash**
  Sauerkraut optional
- **Salsa Verde Beef**
  Sub lettuce for tortillas
- **Fiesta Chicken Soup**
  Cilantro, tortilla chips, additional avocado
<table>
<thead>
<tr>
<th>Day</th>
<th>Tasks</th>
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</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Cut bok choy, Marinate steak</td>
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<tr>
<td>Monday</td>
<td>Make dressing</td>
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<tr>
<td>Tuesday</td>
<td>Spiral vegetables, Roast red peppers</td>
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<tr>
<td>Wednesday</td>
<td>Make dressing</td>
</tr>
<tr>
<td>Thursday</td>
<td>Cut beets and sweet potatoes</td>
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<tr>
<td>Friday</td>
<td>Thaw corn or premake cauliflower rice</td>
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<tr>
<td>Saturday</td>
<td>Cut pepper, jalapeño, thaw corn, Arrange spices</td>
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</table>
Seared Skirt Steak with Baby Bok Choy
(paleo · eggless · nut free)

Notes: If skirt steak is too large to fit into the pan, cut in half. You may have to cook in batches.

- 1 1/2 pound skirt steak
- 4 baby bok choy
- 2 tablespoons coconut oil

Marinade
- 1/2 cup olive oil
- 1 tablespoon sesame oil
- 2 tablespoons coconut aminos (can sub for soy sauce or tamari)
- 1 tablespoon rice vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1 teaspoon onion powder

1. Place steak in a sealable freezer bag or glass container. Combine the marinade ingredients pour over steak. Refrigerate and let marinate at least 4 hours
2. In a large skillet, heat oil over high
3. Once oil is hot, sear the steak, 3-4 minutes per side. If the entire steak does not fit in the skillet, cut it in half and work in batches
4. Once steak is cooked, remove it from the pan and let sit. Turn the heat down to medium/high
5. If there is a large amount of oil left in the pan, carefully soak up a little with a paper towel (be careful as oil will be extremely hot)
6. Cut off the top leaves of the bok choy and sliced the heart into fourths. Place the hearts into the pan and sauté for 3 minutes, then add the leaves and sauté another 2-3 minutes
7. Serve immediately
Coconut Shrimp Tacos
(paleo · nut free)

Notes: Serve in tortillas or paired with lettuce to make a taco salad.

- 12-20 raw shrimp
- 3/4 cup unsweetened coconut flakes
- 2 eggs
- shredded cabbage
- corn, rice, flour, or grainless tortillas

Sauce
- 1/2 cup pineapple juice
- 1/2 teaspoon Sriracha
- 1 teaspoon arrowroot powder + 1/2 teaspoon water

1. Preheat oven to 400 degrees
2. Place a greased cooling rack on top of a baking sheet.
3. Thaw and peel the raw shrimp, then arrange two bowls – one with the unsweetened coconut, the other with two whisked eggs
4. Dunk each piece of shrimp into the egg bowl then immediately into the coconut bowl, coating evenly
5. Place the shrimp on the wire rack and bake for 10-12 minutes, until the shrimp is pink. As the shrimp cooks, pour the pineapple juice and Sriracha into a small saucepan and bring to a simmer. *Note – omit the Sriracha and replace with compliant hot sauce for Whole30
6. While waiting for the mixture to simmer, combine 1 teaspoon arrowroot powder and 1/2 teaspoon water in a small bowl, stirring well to avoid clumps
7. Remove the pineapple and Sriracha from the heat. Quickly and vigorously whisk in the arrowroot and water mixture. Continue whisking until sauce thickens
8. Once shrimp is finished baking, turn the oven broiler on high and broil until the coconut is slightly toasted – watching carefully to avoid burning
9. Top tortillas of choice with shredded cabbage and coconut shrimp, then drizzle the pineapple Sriracha sauce on top
Roasted Red Pepper Cream over Veggie Noodles

(paleo • eggless • nut free)

Notes: Add pre-cooked chicken or sausage beforehand if desired. Purchase spiraled veggies or spiral them yourself beforehand.

- 4 red peppers
- 1/2 cup coconut cream (thick cream at the top of canned, full-fat coconut milk)
- 2/3 cup light coconut milk
- 2 tablespoons fresh basil
- 1 teaspoon salt
- 1 teaspoon cumin
- Optional: protein source and/or red pepper flakes for heat

1. Preheat oven to 400 degrees
2. Cut the tops off each pepper and discard the seeds, then cut in half. Place the cut side of the peppers on a parchment-lined or greased baking sheet. Brush oil (olive oil, avocado oil, or melted coconut oil) over peppers before roasting
3. Roast for roughly 15-20 minutes, until outside of peppers have started to char and skin can be peeled off
4. Carefully remove the skins from the peppers (they will be very hot) and place the roasted red pepper into a food processor or blender with the coconut cream, coconut milk, basil, salt, and cumin. Blend until creamy
5. Heat noodles of choice (spiraled butternut squash, carrot, sweet potato, or zucchini noodles, or choice of cooked gluten free or wheat pasta) on medium high. *Note - if using noodles from a root vegetable, sauté in olive oil until slightly softened, roughly 5-8 minutes. Add the cream sauce and heat throughout to serve
6. Optional: add a protein source of choice. Leftover sauce can be refrigerated or frozen for later
Chicken Satay with Sweet Pineapple Almond Dressing
(paleo · eggless)

Notes: side ideas: cole slaw, rice/quinoa, roasted veggies, or serve over a salad with dressing over top

- 12-15 raw chicken tenders

Dressing
- 1/2 cup almond butter
- 1/4 cup pineapple juice
- 2 teaspoons coconut aminos (can sub for soy sauce or tamari)
- Optional sides/ideas: served with cauliflower rice sautéed in coconut aminos, served on top of lettuce with peppers, or paired with roasted vegetables (roasted with chicken tenders)

1. Preheat oven to 400 degrees
2. Place the chicken tenders on a parchment-lined or greased baking sheet and bake for 18-20 minutes, until chicken is fully cooked through
3. Meanwhile, make the dressing with almond butter, pineapple juice, and coconut aminos. Mix well
4. Remove chicken from the oven and serve with dressing drizzled over chicken or use as a dip
5. Serve with optional sides/ideas listed at the top
Root Veggie and Kale Kielbasa Hash

(paleo · eggless · nut free)

Notes: Sub kielbasa for chicken sausage if desired. Precut sweet potatoes and beets to save time. As an option to sweeten the dish, add 1/2 cup matchstick carrots with the beets & sweet potato

- 1 cup beets, cut thinly into matchsticks
- 1 cup sweet potatoes, cut thinly into matchsticks
- 1/2 teaspoon oil of choice (avocado, coconut, or olive oil)
- 1/2 teaspoon ghee (or oil of choice)
- 2 large handfuls of shredded kale
- 1/2 teaspoon salt
- 1 teaspoon dried onion
- 1 sliced Kielbasa sausage (or sub for 2-3 chicken sausages)
- sauerkraut to top

1. Heat oil in large man over medium/ high. Add the beets and sauté for 5 minutes
2. After beets have sautéed for 5 minutes, add the matchstick sweet potato slices and heat an additional 5 minutes, until beets and sweet potatoes have started to soften
3. Lower the heat to medium. Remove the matchstick vegetables
4. Add the ghee (or oil) to the pan and sauté the kale, tossing to coat
5. Add the sliced sausage(s) and sauté an additional 5-7 minutes. Add the matchstick vegetables back into the pan and toss to combine
6. Top with sauerkraut if desired
Salsa Verde Beef Taco Cups

( paleo option · eggless · nut free)

Notes: Serve in romaine or butter lettuce cups or in tortillas. Omit the corn for paleo/whole30.

- 1 pound ground beef
- 1/2 cup frozen corn, thawed and drained
- 1/2 cup salsa verde
- 1/2 cup cauliflower rice (can sub for cooked regular rice)
- 1/4 teaspoon cumin
- juice of 1/2 lime
- dash of salt
- butter lettuce or romaine to serve (or tortilla shells if desired)

- In a medium pan, brown the beef over medium/high heat. Drain any excess grease
- Add in the salsa verde, rice of choice, cumin, lime juice, and salt. Heat through (a few minutes if using raw cauliflower rice)
- Serve mixture in lettuce cups or tortillas. Add additional spices for heat if desired
Skinny Fiesta Chicken Soup
(paleo option · eggless · nut free)

Notes: Prep veggies beforehand to save on time. Meal could take longer than 30 minutes if no prep is involved. Omit corn for paleo/whole30.

- 3 chicken breasts
- 2 teaspoons olive oil
- 2 jalapeños
- 1 orange bell pepper
- 1 1/2 cups frozen corn, thawed
- 3 cups chicken broth
- 1 avocado
- 2 tablespoons chili powder
- 1/2 teaspoon paprika
- 1 teaspoon cumin
- 3/4 teaspoon salt
- Optional garnishes: cilantro, tortilla chips

1. Preheat oven to 400 degrees
2. Cut the top off of the pepper and remove the seeds, then cut in half
3. Place chicken breasts and cut orange pepper (cut side down) on a greased baking sheet and brush 2 teaspoons olive oil on the breasts, and a little on the pepper, then set a timer for 20 minutes, and place baking sheet into the oven
4. Cut the jalapeño in half and remove the insides (specifically the seeds) with a spoon. If you like things with heat, keep a few seeds to add to the soup later. Cut off the top of the pepper and gut the seeds
5. Place the cut side of the jalapeños on a separate greased baking sheet with the corn
6. Add the second baking sheet with the jalapeños and corn into the oven when there is 8 minutes left on the timer
7. In the meantime cut the avocado in half. Pour the 3 cups chicken broth into a blender and add 1/2 of the avocado, chili powder, paprika, cumin, and salt. Blend until well combined
8. Once the timer reaches 20 minutes, remove both baking sheets from the oven and remove the chicken. Place the orange pepper on the thejalapeño/corn baking sheet then switch the oven to broil (on high)
9. Place the veggies back into the oven to broil for roughly 5 minutes. Watch closely so the corn doesn’t burn - you want char it slightly.
10. Remove the veggies, then cut the peppers, jalapeños, and chicken into bite sized pieces
11. Place into a medium pot with the blended broth and heat until warmed through
12. Optional: dice the other half of the avocado and use to garnish the soup. Other garnishes can include fresh cilantro and/or tortilla chips
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<tr>
<th>Week 6</th>
<th>Grocery List</th>
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<td>Produce</td>
<td></td>
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<tr>
<td>2 Lemons</td>
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<tr>
<td>½ lb Fingerling or Miniature Red Potatoes</td>
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<tr>
<td>1 extra large or 2 medium Sweet Potatoes (2 cups mashed)</td>
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<td>4 Green Onions</td>
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<td>1 Apple</td>
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<tr>
<td>½ lb small White Mushrooms (8oz container)</td>
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<td>Head of Cauliflower (need ½ head)</td>
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<td>1 large Onion (⅓ cup for 2 separate recipes)</td>
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<td>2 large Carrots</td>
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<td>Celery (need 2 stalks)</td>
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<td>Dried Oregano</td>
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<td>Poultry</td>
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<td>8 Chicken Breasts</td>
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<td>15 Chicken Tenders</td>
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<td>Olive Oil</td>
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<td>Balsamic Vinegar</td>
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<td>Coconut Oil</td>
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<tr>
<td>Pure Maple Syrup</td>
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<tr>
<td>Honey</td>
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<td>Yellow Mustard</td>
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<tr>
<td>Coconut Aminos (near soy sauce at Whole Foods, Trader Joes, etc. Can sub with tamari or soy sauce)</td>
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<td>Canned Goods</td>
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<tr>
<td>14 oz can Full Fat Coconut Milk (used for multiple recipes)</td>
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<td>14 oz Light Coconut Milk</td>
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<tr>
<td>1 x 8 oz can Tomato Paste</td>
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<td>Packaged Goods</td>
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<td>Pecans</td>
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<td>Almonds</td>
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<tr>
<td>Arrowroot Powder (can sub for cornstarch)</td>
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<td>Chicken Broth (3/4 cup)</td>
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<tr>
<td>Fish</td>
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<tr>
<td>2 6-8 oz Salmon Filets (recipe serves 2 people, increase as necessary)</td>
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Optional Additions and/or Sides

| Lemon Thyme Chicken | Side salad |
| Balsamic Apple Turkey Hash | Eggs, cauliflower rice, regular rice, sautéed kale |
| Sweet Potato Shepherds Pie | Can sub sweet potato for white potato |
| Maple Pecan Salmon | Nutritional yeast |
| Mushroom Sage Chicken | Sauerkraut optional |
| Stovetop Burgers | Toppings: tomato, avocado, pickles, fruit egg, lettuce wrap |
| Almond Crusted Chicken | Side salad, coleslaw, roasted veggies |
Daily Time Saver Tips

**Sunday**
Cut potatoes (if needed)

**Monday**
Chop apple and green onions

**Tuesday**
Chop carrots, celery and onion
Roast/steam/microwave sweet potato
and make topping

**Wednesday**
Cut cauliflower

**Thursday**
Chop leeks and sage

**Friday**
Chop onion and sauté
Cut additional toppings

**Saturday**
Process/chop almonds
Make dip
Lemon Thyme Chicken and Potatoes
(paleo · eggless · nut free)

Notes: Add any additional vegetables to the sheet pan if desired (ex: green beans).

- 4 large chicken breasts
- 1/2 cup olive oil
- 2 large lemons
- 1/2 teaspoon salt
- 2 tablespoons chopped fresh thyme
- 1/2 pound fingerling or miniature red potatoes (if unable to locate either of these, you can use regular red potatoes cut into 1” cubes)

1. Preheat oven to 400 degrees
2. Place the chicken in a large sealable bag or container and add the olive oil, salt, and juice of one lemon
3. As the chicken is marinating, chop the thyme and wash and pat dry the potatoes.
4. Cut the other lemon into slices (8 total) and place four on a parchment-lined or grease baking sheet
5. Remove the chicken from the bag and place each breast on a lemon slice, then add the other four slices to the top of each breast
6. Add the potatoes to the bag the chicken was in and toss to coat them evenly, then pour them on to the baking sheet around the chicken
7. Bake for 20-25 minutes until the chicken is cooked through and the potatoes are soft
8. Once removed from the oven, remove the chicken, then carefully press the potatoes down with the back of a fork and swirl around the sheet, soaking up any excess lemon oil
9. Top chicken and potatoes with more fresh thyme to serve
Balsamic Ground Turkey and Apple Hash

(paleo · eggless option · nut free)

Notes: Serve over sautéed kale or cauliflower rice if desired. Top with a fried egg.

- 1 pound ground turkey
- 6 tablespoons balsamic vinegar
- 1/2 teaspoon cardamon
- 1/2 teaspoon salt
- 4 chopped green onions
- 1 large apple, diced (about 1 1/2 cups)

1. In a large saucepan, add the ground turkey and turn the heat to medium/high
2. Brown the turkey and drain any grease
3. Turn the heat to low
4. Add the balsamic, cardamon, salt, green onions, and diced apple. Let cook approximately 5 minutes, until the diced apples softens slightly and mixture is well combined
5. Serve over sautéed cauliflower rice or regular rice, a fried egg, or over a bed of sautéed kale
Sweet Potato Shepherds Pie

(paleo · eggless · nut free)

Notes: Sub beef for turkey or sweet potato for white mashed potatoes if desired. Cut vegetables beforehand to save time.

- 1 pound ground beef
- 1/2 cup diced onion
- 2 large carrots, thinly sliced
- 2 stalks celery, sliced
- 1 teaspoon minced garlic
- 1/4 cup + 2 tablespoons coconut aminos
- 1/4 cup tomato paste
- 1 teaspoons dried thyme
- 1 teaspoon salt
- 1 teaspoon dried rosemary
- 2 cups mashed sweet potato
- 1/4 cup light coconut milk

1. Preheat oven to 375 degrees
2. Begin to brown the beef over medium/high heat. Add the diced onion, carrots, and celery. Cook for 10-12 minutes, until carrots have softened. Drain any excess grease
3. While the beef and vegetables are cooking, wash and pat dry 2 sweet potatoes. Use a knife to spear marks in the potatoes and then microwave for 5-7 minutes, until the insides are soft. Carefully scoop out the mashed sweet potato and add the coconut milk. Mix well until creamy
4. Add the coconut aminos, tomato paste, thyme, salt, and rosemary to the beef mixture. Mix well
5. In an oven-safe dish, pour the ground beef and vegetables in the bottom, then top with the sweet potato, using the back of a spoon to spread evenly
6. Bake for 10 minutes, just enough to warm the mixture throughout (this step may not even be needed if both components are already warm). Serve immediately or let cool, then refrigerate to reheat later
Maple Pecan Crusted Salmon with Roasted Cauliflower

(paleo · eggless)

Notes: Cut cauliflower florets beforehand to save time (if purchased a head vs precut). This recipes serves 2 - double if needed.

- 2 (6-8)ounce salmon filets
- 1/4 cup coconut aminos (can sub for soy sauce or tamari)
- 1/2 cup crushed pecans
- 2 teaspoons pure maple syrup
- 1/2 head cauliflower, cut into florets
- 1 tablespoon olive oil or avocado oil
- optional: nutritional yeast

1. Place the salmon filets in a sealable freezer bag or glass container and add the coconut aminos. Marinate all day or overnight
2. Preheat oven to 415 degrees
3. Place the cauliflower florets on a baking sheet and lightly coat with olive oil or avocado oil. Sprinkle nutritional yeast on top if desired
4. Place baking sheet into the oven and set the timer for 12 minutes
5. Place the salmon (skin side down if applicable) on a separate baking sheet. If using skinless salmon, lightly grease the sheet to avoid sticking
6. Combine the crushed pecans and maple syrup, then top each piece of salmon with the crumbled pecan mixture
7. Once the first 12 minutes is up on the timer, add the salmon to the oven with the cauliflower, and set the timer for 12 minutes. Continue to roast the cauliflower and the salmon together
8. After the 12 minutes is up, check to make sure the salmon is cooked and cauliflower is lightly roasted and soft. If not, roast an additional 3-4 minutes
9. Serve immediately
Creamy Mushroom and Sage Chicken
(paleo · eggless · nut free)

Notes: Sauce can be used for gravy with steamed potatoes or mixed with cauliflower rice.

- 3-4 chicken breasts
- 1 tablespoon coconut oil
- 1 leek, chopped thinly
- 3/4 cup full-fat coconut milk (use the thicker cream within the can)
- 3/4 cup chicken broth
- 1/4 teaspoon salt
- 2 tablespoons fresh sage
- 1/2 pound small white mushrooms (half the mushrooms if they are large)
- 1 tablespoon + 1 teaspoon arrowroot powder combined with 2 teaspoons water

1. Heat the coconut oil over high in a large skillet. Once the oil is melted, add the chicken breasts
2. Sear the chicken for 4 minutes, then flip
3. When you flip the chicken, add the leeks
4. Combine the coconut milk, chicken broth, salt, and fresh sage
5. After you’ve seared the other side of the chicken for 4 minutes, pour in the mixed liquid and lower the heat to medium, then add the mushrooms
6. Keep the pot at a simmer for 10-12 minutes, until chicken is thoroughly cooked and mushrooms are soft
7. Mix the arrowroot and water together, to make a roux. You can also sub for cornstarch to thicken if desired
8. Remove the pot from the heat and add the roux, whisking in quickly so the liquid to thickens
9. Add more fresh sage to top and serve
10. Any extra sauce can be used as gravy for potatoes or add in to cauliflower rice
Build-your-own Stovetop Burgers
(paleo · eggless · nut free)

Notes: Add whatever toppings you desire - tomatoes, pickles, avocado, sauerkraut, fried egg, etc.

- 1 pound ground beef
- 1/2 cup diced onion
- 1 teaspoon olive oil
- 2 tablespoons coconut aminos (can sub for soy sauce or tamari)
- 2 tablespoons fresh sage, finely chopped
- 1 garlic clove, minced
- 1 tablespoon dried oregano
- 1/2 teaspoon salt

1. Heat the olive oil in a large skillet over medium/high and add the diced onion. Sauté a few minutes, until onion starts to become translucent
2. Turn the heat off and remove the onion
3. Combine the ground beef, cooked onions, coconut aminos, fresh sage, garlic, oregano, and salt. Mix well and form into 4 patties
4. Turn the heat back to medium/high (using the same pan) and place the burgers in the heated pan
5. Cook 3-4 minutes, then flip. Turn heat down to medium and cook an additional 3-4 minutes
Almond Crusted Chicken Tenders with Honey Mustard Dip
(paleo · eggless)

Notes: Omit honey to make Whole30. Can sub honey mustard dip for compliant ranch. Serve with a side salad, roasted veggies, or coleslaw

- 12-15 chicken tenders
- 1 cup raw almonds
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 2 eggs
- 2 tablespoons yellow mustard
- 2 tablespoons honey

Honey Mustard Dip
- 1/4 cup yellow mustard
- 3 tablespoons + 1 teaspoon honey

1. Preheat oven to 400 degrees
2. Pulse the almonds in a food processor or blender until crumbly with some small chunks
3. In a small bowl, combine the almond crumbs, salt, and garlic powder. In a separate bowl, combine the egg, 2 tablespoons mustard, 2 tablespoons honey
4. Place a cooling rack on top of a large baking sheet. Spray with oil
5. One at at time, place the chicken tender into the egg mixture, then into the almond mixture, coating well
6. Place the coated tender on top of the cooling rack. Repeat with the remaining tenders
7. Bake for 20 minutes then set broiler to high and continue to bake a few more minutes (watching closely so the coating does not burn)
8. As the chicken is baking, combine all the ingredients for the honey mustard dip
9. Serve chicken with dip, and add side salad, coleslaw, or roasted vegetables. (If choosing vegetables, varieties like broccoli florets, cubed sweet potatoes, or halved brussels sprouts lightly coated in olive oil work well to roast at same temperature and same time)
### Grocery List

#### Produce
- 2 Limes
- Bag of Spinach
- 2-3 Haas Avocados
- 2 large Sweet Potatoes
- 1 Yellow Onion
- Head of Broccoli
- Romaine Lettuce (can sub for spinach or lettuce of choice)
- 1-2 Tomatoes
- Garlic
- 1-2 Mangos (can sub them for frozen)
- Knob of Ginger
- Cauliflower rice or head of cauliflower*
- *If making own cauliflower rice, break into florets and pulse in a food processor until ‘rice’ like consistency

#### Fresh Herbs
- Cilantro

#### Spices
- Salt
- Pepper
- Cumin
- Ground Coriander
- Turmeric
- Cinnamon
- Ground Ginger
- Ground Thyme
- Chili Powder
- Paprika
- Onion Powder
- Ground Cloves

#### Canned Goods
- Small can chopped Green Chilies
- 15oz can Black Beans

#### Packaged Goods
- Large jar of Salsa (1 ½ cups needed)
- Old fashioned oats (1 cup)
- Dried Apricots
- Chicken Broth (3 cups)
- Arrowroot Powder (can sub with cornstarch)

#### Beef
- 2lbs Ground Beef
- 1 ½ lbs Flank Steak

#### Poultry
- 4-6 Eggs (more if serving Cal. Salmon and egg bowl, serving size=1)
- 4 Chicken Breasts

#### Condiments
- Olive Oil
- Coconut Oil
- Coconut Aminos (near soy sauce at Whole Foods, Trader Joes, etc. Can sub with tamari or soy sauce)

#### Fish
- 1 small package Smoked Salmon (recipe serves 2 people)
- 3-4 Tilapia Filets (recipe serves 2 people)

### Optional Additions and/or Sides

<table>
<thead>
<tr>
<th>Recipe</th>
<th>Options</th>
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</thead>
<tbody>
<tr>
<td>California Salmon Egg Bowl</td>
<td>N/A</td>
</tr>
<tr>
<td>Mexican Meatloaf Cups</td>
<td>Cheese, avocado, beans, roasted carrots, or sweet potatoes</td>
</tr>
<tr>
<td>Cilantro Lime Chicken</td>
<td>N/A</td>
</tr>
<tr>
<td>Moroccan Meatballs</td>
<td>Side salad, roasted veggies, tahini</td>
</tr>
<tr>
<td>Spiced Sweet Potato Soup</td>
<td>Protein toppings, green onions</td>
</tr>
<tr>
<td>Beef and Broccoli</td>
<td>Cauliflower rice or regular rice</td>
</tr>
<tr>
<td>Fish Taco Bowl</td>
<td>Any additional toppings not listed in recipe</td>
</tr>
</tbody>
</table>
Daily Time Saver Tips

Sunday
Chop additional veggies if desired

Monday
Arrange spices

Tuesday
*Optional: Batch cook additional chicken to shred and add to Thursday's sweet potato soup

Wednesday
Arrange spices
Cut dried apricots

Thursday
Roast sweet potatoes and onion

Friday
Slice flank steak and cut broccoli

Saturday
Chop taco bowl ingredients
Arrange spices
California Salmon and Egg Bowl
(paleo · nut free)

Notes: This recipe is for one serving. If feeding to an entire family, double or triple the recipe and add any desired components (cauliflower rice, quinoa, brown rice, zucchini, etc.

- 2-3 large eggs
- 1 tablespoon olive oil or coconut oil
- 2 ounces smoked salmon
- 1/2 Haas avocado
- 2 cups spinach
- salt to taste

1. Heat oil in a pan over medium/high heat. Crack eggs and let cook 3 minutes
2. As eggs are cooking, cut salmon into small pieces and slice avocado
3. Flip the eggs and let cook an additional 3 minutes. You can choose to keep the yolk in-tact for a runny egg, or break so it’s cooked throughout. Remove from pan
4. Turn the heat down to medium and add a splash more oil if needed. Add the spinach and toss frequently, letting cook for 2-3 minutes until wilted. Add salt if desired
5. Combine all the ingredients into a bowl and serve
Mexican Meatloaf Cups

(nut free)

Notes: Serve with side of beans, cumin roasted carrots, or sweet potatoes.

- 1 pound ground beef (a leaner is best for this recipe - 93%)
- 1 1/2 cups chunky salsa
- 1 cup old fashioned oats
- 1/4 teaspoon salt
- 1 teaspoon cumin
- 1 large egg
- optional: additional toppings (see below)

1. Preheat oven to 400 degrees
2. Combine the ground beef, salsa, oats, salt, cumin, and egg into a large bowl. Mix well
3. Place ground beef mixture into molds of a muffin tin, filling 10-12 molds
4. Bake for 20-22 minutes
5. Top meatloaf cups with toppings of choice - additional salsa, cheese, or avocado
Cilantro Lime Chicken with Cauliflower Rice

(paleo option · eggless · nut free)

Notes: Omit the beans to make this meal paleo and Whole30 compliant.

- 3-4 chicken breasts
- 1 tablespoon coconut oil
- 1 1/2 cups cauliflower rice
- 2 tablespoons chopped green chilis
- 1/3 cup black beans
- 1 lime juiced
- 1/2 cup chopped cilantro
- 1/4 teaspoon salt

1. Heat oil in a large pan or skillet on high. Add the chicken and sear 3-4 minutes per side
2. Turn heat slightly below medium and blot up any excess coconut oil (be careful, it will be very hot)
3. Add rice of choice (if using regular rice, cook it first in boiling water. If using fresh cauliflower rice, add 1 tsp water to cook. If using frozen cauliflower rice, add without water)
4. Add the chopped green chilis, black beans, lime juice, chopped cilantro, and salt. Cook an additional 7-10 minutes, until chicken is cooked throughout
5. Serve immediately and garnish with more fresh cilantro
Moroccan Meatballs
(paleo · eggless · nut free)

Notes: Serve with a side salad or as a salad with tahini as the dressing.

- 1 pound ground beef
- 1 teaspoon ground coriander
- 1 teaspoon minced garlic
- 1/2 teaspoon cumin
- 1/2 teaspoon turmeric
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon pepper
- 1 egg
- 1/4 cup dried apricots, diced

1. Preheat oven to 400 degrees
2. Combine the ground beef with all the spices, egg, and dried apricot pieces
3. Scoop a heaping tablespoon of the meat mixture and form into a ball. Place on a parchment-lined or greased baking sheet
4. Bake for 18-20 minutes
5. Serve with a side salad and optional tahini to dip
Spiced Sweet Potato Soup

(paleo · eggless · nut free)

Notes: Add bacon, shredded chicken, sausage, or leftover shredded beef roast if desired. Makes 4 cups.

- 2 large sweet potatoes, washed and peeled
- 1/2 yellow onion
- 3 cups chicken broth
- 1/2 teaspoon ground ginger
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground thyme
- 1/4 teaspoon salt
- optional: shredded chicken, sliced sausage, or crumbled bacon

1. Preheat oven to 425 degrees
2. Remove the skin of the sweet potatoes by using a peeler or slice using a knife. Cut the potatoes into 1-inch disks then into fourths
3. Slice a yellow onion in half, then into thirds
4. Place the cut sweet potato and onion on a greased baking sheet and coat lightly with olive or avocado oil. Roast for 18-20 minutes, until sweet potatoes are soft
5. Once potatoes and onions are cooked, place them into a food processor or blender and add the chicken broth, ground ginger, cinnamon, ground thyme, and salt. Blend until creamy
6. Serve the soup with your choice of toppings. Ex: shredded chicken, cooked sausage, crumbled bacon, leftover beef roast, and/or green onions
Beef and Broccoli
(paleo · eggless · nut free)

Notes: Option to serve with rice or steamed/cooked cauliflower rice.

- 1 1/2 pounds flank steak, sliced thinly
- 1 tablespoon coconut oil
- 3 cups broccoli florets
- 1/3 cup coconut aminos (can sub for soy sauce or tamari)
- 1 garlic clove, minced
- 2 1/2 teaspoons fresh grated ginger
- 1 1/2 teaspoon arrowroot powder + 1 teaspoon water
- optional: 1-2 teaspoons honey and/or chili flakes. Cooked rice or cauliflower rice

1. Slice the flank steak very thinly, against the grain at a 10 degree angle for best results
2. Heat the coconut oil in large skillet over high heat. Add the flank steak once oil is hot
3. Turn the pieces of the steak over after 1-2 minutes, then let sear on the other side another minute or two
4. Turn the heat to medium and add the broccoli florets, coconut aminos, garlic clove, and grated ginger
5. Toss well and cook another 8-10 minutes, until broccoli is soft
6. Remove the pan from heat and add the arrowroot powder and water mixture. Whisk well to thicken the sauce. You can sub cornstarch for arrowroot if desired
7. Optional: add 1-2 teaspoons honey and/or chili flakes
8. Serve immediately. Can serve over cooked rice or cauliflower rice if desired
Blackened Fish Taco Bowls

(paleo · whole30 · eggless · nut free)

Notes: Precut veggies and fruit and arrange spices beforehand to save on time. Serves two so double if needed

- 2 tablespoons olive oil
- 3-4 tilapia filets
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 2 teaspoons paprika
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1 cup chopped romaine lettuce
- 1 cup diced tomatoes
- 1 mango, sliced (can sub for any other fruit or even frozen mangos, thawed and squeezed out any additional liquid)
- 1 avocado, sliced
- 10 sprigs fresh cilantro
- 4 tablespoons olive oil
- juice of 1/2 lime

1. In a medium skillet, heat 2 tablespoons olive oil over medium/high heat
2. Combine the chili powder, cumin, paprika, onion powder, and salt in a large bowl. Pat the tilapia filets with a paper towel to remove any moisture, then add the tilapia to the bowl, coating both sides evenly with the mixed spices
3. Place the tilapia into the pan and cook for 2-3 minutes per side
4. Meanwhile, arrange the salad in a large bowl. Add the romaine lettuce, diced tomatoes, mango slices, avocado, and cilantro
5. Once the fish is done, let cool slightly then cut into large pieces and add to the salad bowl
6. Combine the olive oil and lime juice, then pour over the salad as dressing
### Grocery List

#### Week 8

<table>
<thead>
<tr>
<th>Produce</th>
<th>Fresh Herbs</th>
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<tbody>
<tr>
<td>3 Green Onions</td>
<td>Parsley</td>
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<tr>
<td>Head of Broccoli</td>
<td>Mint</td>
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<td>1 Russet Potato</td>
<td>Rosemary</td>
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<tr>
<td>1 Yellow Onion</td>
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</tr>
<tr>
<td>3 Celery Stalks</td>
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</tr>
<tr>
<td>Garlic</td>
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</tr>
<tr>
<td>1 Zucchini</td>
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</tr>
<tr>
<td>3 Lemons</td>
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</tr>
<tr>
<td>8 16oz Grape Tomatoes</td>
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</tr>
<tr>
<td>2 Mangos (can sub for frozen)</td>
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<tr>
<td>Fingerling Potatoes (2 cups) (can sub for 2 cups diced Red Potatoes)</td>
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<tr>
<td>Cauliflower rice or head of cauliflower</td>
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<tr>
<td>Bib lettuce or romaine</td>
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<table>
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<tr>
<td></td>
<td>Salt</td>
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<tr>
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<td>Dried Dill</td>
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<td>Garlic Powder</td>
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<td>Onion Powder</td>
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<td>Ground Ginger</td>
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<tr>
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<td>Onion flakes</td>
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<td>Celery Seed</td>
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<thead>
<tr>
<th>Canned Goods</th>
<th>Poultry</th>
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<tr>
<td>9oz can Albacore Tuna in water (recipe serves 2 people, adjust as needed)</td>
<td>1lb Ground Chicken</td>
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<tr>
<td>6oz can Sliced Olives (black or green)</td>
<td>5 Eggs (more if serving more than 2 for tuna cake recipe)</td>
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<tr>
<td>15oz can Stewed Tomatoes</td>
<td>7 Chicken Breasts</td>
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<tr>
<td>15oz can Garbanzo Beans/ Chickpeas</td>
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<tr>
<td>Rice (can sub with cauliflower rice)</td>
<td>Olive Oil</td>
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<tr>
<td>Coconut Flour</td>
<td>Frank's Red Hot Sauce</td>
</tr>
<tr>
<td>Almond Flour</td>
<td>Dijon Mustard</td>
</tr>
<tr>
<td>Ghee (form of clarified butter, paleo &amp; whole, can sub with regular butter)</td>
<td>Paleo Mayonnaise (can make your own)</td>
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<table>
<thead>
<tr>
<th>Beef</th>
<th>Fish</th>
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<tbody>
<tr>
<td>1lb Ground Beef</td>
<td>4 Cod Filets</td>
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<tr>
<th>Pork</th>
<th>Optional Additions and/or Sides</th>
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<tr>
<td>4 boneless Pork Chops</td>
<td>Buffalo Chicken Meat Balls: Coleslaw or side salad</td>
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<tr>
<td></td>
<td>Lemon Dill Tuna Cakes: Serve over lettuce if desired</td>
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<td></td>
<td>Garden Veggie Chicken: N/A</td>
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<tr>
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<td>Beef &amp; Celery Rice: Sub for cauliflower rice, hummus</td>
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<tr>
<td></td>
<td>Mediterranean Cod: N/A</td>
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<tr>
<td></td>
<td>Chicken Mango Wraps: Sub for regular rice or quinoa</td>
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<tr>
<td></td>
<td>Rosemary Dijon Pork Chops: N/A</td>
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Daily Time Saver Tips

Sunday
Chop green onions

Monday
Make aioli

Tuesday
Cut broccoli
Arrange spices
*Optional: Batch cook chicken for Friday’s meal

Wednesday
Arrange spices
Chop celery, onion, and parsley

Thursday
Chop mint

Friday
Chop zucchini and mango

Saturday
Marinate pork chops
Baked Buffalo Chicken Meatballs
(paleo)

Notes: Serve with optional sides like coleslaw or side salad.

- 1 pound ground chicken
- 3 green onions, chopped
- 1/4 cup Frank's Red Hot sauce
- 1 egg
- 2 tablespoons paleo mayonnaise
- 1/2 teaspoon salt
- 1/4 cup + 2 tablespoons almond flour

1. Preheat oven to 400 degrees
2. Mix the ground chicken, green onions, hot sauce, egg, mayonnaise, salt, and almond flour into a large bowl
3. Using a cookie scoop or small spoon, dish out the ground chicken mixture and mold into balls (this will be easiest with a cookie scoop)
4. Place the meatballs on a parchment-lined baking sheet or cast iron skillet
5. Bake for 20 minutes then drizzle with more hot sauce, and add additional green onions and blue cheese if desired
Lemon Dill Tuna Cakes with Lemon Aioli

(paleo · nut free)

Notes: Mold into rectangles and serve with tartar sauce for picky children. Serves two - double the recipe if needed.

- 1 large (9oz) can albacore tuna in water, drained
- 2 teaspoons dijon mustard
- 1 tablespoon + 1 teaspoon lemon juice
- 4 egg whites
- 2 teaspoons dried dill
- 1/4 cup coconut flour

Aioli
- 2 tablespoons paleo mayonnaise
- 1 tablespoon lemon juice

1. Combine all the ingredients and mix well and form into four patties
2. Heat 1 tablespoon olive, avocado, or coconut oil in a pan over medium/high heat
3. Cook the tuna patties for 4 minutes on each side, flipping carefully
4. Combine the mayonnaise and lemon juice and mix well to make the aioli
5. Drizzle aioli on top of the tuna cakes and over lettuce if desired
Garden Veggie Ranch Sheet Pan Pan Chicken
(paleo · eggless · nut free)

Notes: Arrange dried herbs and spices beforehand to save on time.

- 3-4 chicken breasts
- 1 head broccoli, cut into florets
- 8-16 oz grape tomatoes
- 2/3 cup olive oil
- 1 large russet potato, cut into 1” cubes

Ranch Seasoning
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 1 1/2 teaspoons onion flakes
- 1 1/2 teaspoons dried dill
- 2 tablespoons dried parsley
- 1/2 teaspoon salt

1. Preheat oven to 400 degrees
2. Add the ranch seasoning to 2/3 cup olive oil. Mix well to combine
3. Pour the olive oil ranch mixture into a large bowl and add the chicken breasts, then place them on a baking sheet
4. Add the broccoli and grape tomatoes to the bowl of olive oil. Spread evenly on the baking sheet around the chicken
5. Add an additional 1/2 teaspoon salt to the remaining olive oil in the bowl and then add the cut potatoes. Spread evenly on the baking sheet last
6. Bake for 20-25 minutes, or until chicken is cooked and veggies are soft
Beef and Celery 'Dirty' Rice

(paleo option · eggless · nut free)

Notes: Recipe calls for regular rice, but you can sub for cauliflower rice.

- 1 pound ground beef
- 1/2 small yellow onion, diced
- 3 celery stalks, sliced
- 1/2 teaspoon celery seed
- 1 clove garlic, minced
- 2 teaspoons lemon juice
- 1/2 teaspoon turmeric
- 1/2 teaspoon salt
- 1/4 cup chopped fresh parsley
- 1 cup rice (can sub for cauliflower rice)

1. Place ground beef and diced onion in a large skillet. Heat over medium/high to brown the meat.
2. As meat is cooking, boil a small pot of water to make the rice. If you are using cauliflower rice, omit this step.
3. Once meat is fully cooked, drain any excess grease then add the celery, celery seed, garlic, lemon juice, turmeric, salt, and fresh parsley. If using cauliflower rice, add it as well. Mix and continue to heat another 5-7 minutes, until celery has softened a bit.
4. If using regular rice, drain the water once the rice is cooked and add to the beef mixture.
5. Serve with more chopped parsley to garnish.
6. Optional: add a dollop of hummus to top.
Sheet Pan Mediterranean Cod

(paleo option · eggless · nut free)

Notes: Omit chickpeas to make this paleo/whole30 compliant.

- 4 cod filets
- 1 can drained chickpeas
- 1 can stewed tomatoes (drained but reserve juice)
- 1 (6oz) can sliced olives (green or black)
- 2 tablespoons fresh chopped mint
- 1/2 teaspoon minced garlic
- 1/4 teaspoon salt
- juice of one lemon

1. Preheat oven to 400 degrees
2. Place cod filets on a baking sheet
3. Add the drained chickpeas, drained stewed tomatoes, olives, and chopped mint to the baking sheet
4. Squeeze the juice out of one lemon and add the minced garlic and salt. Pour the juice all over the cod and remaining ingredients
5. Bake for 10-12 minutes, until cod is fully cooked (tender and flaky)
Chicken Mango Zucchini Lettuce Wraps

(paleo option · eggless · nut free)

Notes: Recipe calls for cauliflower rice but you can sub for regular rice or quinoa if desired (see instructions).

- 2 cups diced mango (thawed and drained if frozen)
- 1 teaspoon coconut aminos
- 1/2 teaspoon salt
- 1 teaspoon ground ginger
- 1 teaspoon hot sauce (if desired)
- 1 zucchini, chopped into fourths (roughly 1 cup)
- 1 teaspoon olive oil
- 1 cup cauliflower rice (can sub for cooked rice or quinoa - see notes below)
- 2-3 chicken breasts
- bib lettuce leaves or romaine

1. Preheat oven to 400 degrees
2. Place chicken breasts on a parchment-lined or greased baking sheet and bake for 20 minutes, until cooked through
3. In large pan, heat olive oil over medium/high and add diced zucchini. Sauté for 5 minutes until zucchini is slightly soft. Add in the cauliflower rice (or substitutions) and reduce heat to medium. Cook another 3-4 minutes until cauliflower is slightly soft
4. Place the mango in a food processor or blender and add the coconut aminos, salt, ground ginger, and hot sauce if desired. Puree
5. Add in the pureed mango mix to the pan with 2 tbsp water (or more to thin it out as needed). Heat just a minute or two to ensure the mixture is warmed throughout. Remove the pan from the heat and add the chopped, cooked chicken
6. Serve chicken and mango mixture in bib or romaine lettuce wraps
7. Note: you can sub cauliflower rice for cooked quinoa or regular cooked rice if desired. I suggest to only add 3/4 cup of rice or quinoa, rather than the full cup for cauliflower rice
Rosemary Dijon Pork Chops and Potatoes

(paleo · eggless · nut free)

Notes: The pork chops could also be grilled - 3-4 minutes per side vs pan cooked.

- 4 large boneless pork chops
Marinade
- 1/2 cup olive oil
- 2 tablespoons fresh chopped rosemary
- 2 tablespoons dijon mustard
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon salt
- 1 tablespoon + 1 teaspoon ghee (or sub for butter)
Potatoes
- 2 cups fingerling potatoes, sliced horizontally
(or 2 cups diced red potatoes)
- 1/2 teaspoon salt
- 1 teaspoon fresh or dried rosemary
- 1 tablespoon ghee

1. Combine marinade ingredients and place pork chops into a large sealable bag. Pour marinade over the pork chops and let sit all day or overnight
2. When ready to cook the meal, slice the potatoes horizontally. Heat ghee (which is clarified butter sub for regular butter) in a medium pan over medium/high heat. Add the rosemary and salt. Place potatoes face down and let cook
3. In a separate pan, heat the ghee for the pork chops over medium/high. When ghee is hot, place the pork chops in the pan, spooning the leftover dijon marinade over the top. Let cook 3-4 minutes then flip, cooking an additional 3-4 minutes
4. While pork is cooking, flip the potatoes at 4-5 minute mark and let cook an additional 4-5 minutes until outsides are crispy and insides are soft