



*Paleo*  
**Meal Plan**

COMMIT TO CLEAN EATING

# Week 1

## SUNDAY

- B** Sweet Potato, Broccoli, & Sage Frittata (freeze remaining servings for Friday and Sunday)
- L** Avocado Chicken Salad Lettuce Wraps
- D** Beef Tenderloin w/ Parsley Lime Rice

## MONDAY

- B** Coconut Raspberry Chia Smoothie
- L** Mandarin Chicken Salad
- D** Left overs from last night

## TUESDAY

- B** Sausage and Potatoes
- L** Mandarin Chicken Salad
- D** Spaghetti Squash Turkey Bolognese

## WEDNESDAY

- B** Coconut Raspberry Chia Smoothie
- L** Mediterranean Salmon Salad
- D** Left overs from last night

## THURSDAY

- B** Sausage and Potatoes
- L** Mediterranean Salmon Salad
- D** Orange Chicken & Broccoli

## FRIDAY

- B** Sweet Potato, Broccoli, & Sage Frittata
- L** Spicy Turkey Patties (save 1/2 recipe for tomorrow)
- D** Left overs from last night

## SATURDAY

- B** Sweet Potato, Broccoli, & Sage Frittata
- L** Spicy Turkey Patties
- D** Cashew Crusted Mahi-Mahi with Sweet Potato (make 1/2 recipe)

## SHOPPING LIST

### PRODUCE

- 2 yellow onions
- 1 red onion
- 4-5 sweet potatoes
- 1 large head broccoli
- 8 cloves garlic
- 1 bundle parsley
- 1 bundle cilantro
- 1 bundle romaine lettuce
- 2 cups (40 g) arugula or rocket
- 1 large package mixed salad greens
- 2 cups (170 g) riced cauliflower
- 3 cups (200g ) coleslaw vegetable mix
- 1 small bundle fresh sage
- 2 red bell peppers
- 1 spaghetti squash
- 1 bundle green onions/scallions
- 1 large package cherry tomatoes
- 2 cucumbers
- 1 cantaloupe
- 3 red apples
- 1 lime
- 2 lemons
- 1/2 (62 g) cup raspberries
- 2 dates
- 1 banana
- 4 avocados
- 2 mandarin orange (option to buy canned)
- 1 jar kalamata olives

### MEAT, POULTRY, EGGS

- 11 eggs
- Paleo approved protein powder
- 10 oz (282 g) boneless skinless chicken thighs
- 20 oz (570 g) ground turkey (can also substitute ground chicken)
- 10 oz ( 284 g) beef tenderloin
- 8 oz (230 g) sugar free sausage
- 8 oz (231 g) salmon
- 3 organic chicken breasts
- 6 oz ( 170 g) Mahi-Mahi

### NUTS AND SEEDS

- 3/4 cup (40 g) chopped cashews
- 3 cups (720 g) almond milk
- 1 small pack chia seeds
- 1 small pack sesame seeds
- 1/4 cup mixed nuts (raw or dry roasted)

### MISCELLANEOUS

- 3 servings matcha powder
- Apple cider vinegar
- Rice wine vinegar
- Garlic powder
- Chili powder
- Dried oregano
- Onion powder
- Cayenne pepper
- Salt
- Pepper
- Coconut aminos
- Olive oil
- Avocado oil
- Coconut milk (not from a can)
- 1/2 cup orange juice

# How to Meal Prep Week 1

- Precook two chicken breasts on Sunday evening, to be had with lunch on Monday and Tuesday.
- Dice two sweet potatoes, onion, and two bell peppers, to be cooked with breakfast on Tuesday and Thursday morning.
- Option to pre-bake salmon Wednesday morning or Tuesday evening, to be had with lunch on Wednesday and Thursday. Smoked salmon could be substituted for fresh salmon.
- Precook *Spicy Turkey Patties* Thursday evening (or earlier in the week) and freeze. These will be had with lunch on Friday and Saturday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday, to be had for dinner the following evening.

#### DAILY AVERAGES

Calories: 1,426

Carbohydrates: 107 g, Protein: 92 g, Fat: 75 g

# Week 2

## SUNDAY

- B** Paleo Pumpkin Pancakes (freeze remaining serving for Friday)
- L** Shrimp Salad
- D** Healthy Stroganoff

## MONDAY

- B** Green Scramble
- L** BBQ Chicken and Potato
- D** Left overs from last night

## TUESDAY

- B** Nutty Strawberry Banana Smoothie
- L** BBQ Chicken and Potato
- D** Sautéed Salmon with Zucchini Ribbons

## WEDNESDAY

- B** Green Scramble
- L** Pack and Go Lunch
- D** Left overs from last night

## THURSDAY

- B** Nutty Strawberry Banana Smoothie
- L** Pack and Go Lunch
- D** Weeknight Tacos

## FRIDAY

- B** Paleo Pumpkin Pancakes
- L** Steak Salad
- D** Left overs from last night

## SATURDAY

- B** Red Pepper Egg Boats w/ Avocado (make 1/2 recipe)
- L** Steak Salad
- D** Orange Chicken & Broccoli (make 1/2 recipe)

## SHOPPING LIST

### PRODUCE

- 2 stalks celery
- 2 cups (40 g) arugula or rocket
- 2 cups (42 g) baby spinach
- 1 red onion
- 2 yellow onions
- 1 bundle scallions/green onion
- 3 cups (225 g) broccoli slaw
- 1 1/2 (144 g) cup button mushrooms
- 1 large head broccoli
- 2 sweet potatoes
- 3 cucumbers
- 1 zucchini
- 1 summer squash
- 1/2 cup (15 g) broccoli sprouts
- 1 jar green and kalamata olives
- 2 baking potatoes
- 3 cloves garlic
- 1 small package baby carrots
- 1 head cabbage
- 1 large package cherry tomatoes
- 4 cups (170 g) mixed salad greens
- 1 red bell pepper
- 1 cup (123 g) raspberries
- 4 avocados
- 2 lemons
- 2 peaches
- 2 red apples
- 2 bananas
- 1 1/4 (180 g) cups strawberries
- 1 pear
- 1 bundle fresh dill

### MEAT, POULTRY, EGGS

- 14 eggs
- Paleo approved protein powder
- 1 rotisserie chicken (or shredded chicken breast)
- 12 oz (340 g) salmon fillets
- 1 chicken breast
- 8 oz (224 g) skirt steak
- 8 oz (227 g) sirloin steak
- 8 oz (227 g) lean ground beef
- 4 oz (113 g) cooked shrimp or prawns

### NUTS AND SEEDS

- 1/4 cup (30 g) almond flour
- 1/4 cup (35 g) coconut flour
- 2 1/4 cups (540 g) almond milk
- Small jar almond butter
- Small can coconut cream
- 1/4 cup (34 g) mixed nut (raw or dry roasted)
- 1/2 tbsp (4.5 g) sesame seeds

### MISCELLANEOUS

- Tomato paste
- Rice wine vinegar
- Dijon mustard
- 1 can organic pumpkin puree
- 1/4 cup orange juice
- Apple cider vinegar
- Vanilla extract
- Pumpkin spice
- Salt
- Pepper
- Cayenne pepper
- Dried oregano
- Dried dill
- Ground cumin
- 3/4 cup (186 g) beef broth
- Coconut aminos
- Baking soda
- Coconut oil
- Avocado oil
- Olive oil
- Maple syrup
- Avocado oil mayonnaise
- Arrowroot starch
- Paleo BBQ sauce
- Ghee (or coconut oil)
- 2 Coconut milk yogurts
- Almond flour torilla wraps

# How to Meal Prep Week 2

- Bake two sweet potatoes and make BBQ chicken on Sunday evening, to be had with lunch on Monday and Tuesday.
- Hard boil four eggs earlier in the week, to be had with lunch on Wednesday and Thursday.
- Option to pre-cook taco meat and store in the freezer, to be had with dinner on Thursday and Friday.
- Thursday evening pre-cook steak, to be had with lunch on Friday and Saturday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday, to be had for dinner the following evening.

#### DAILY AVERAGES

Calories: 1,420

Carbohydrates: 98 g, Protein: 83 g, Fat: 82 g

# Week 3

## SUNDAY

- B** Paleo Banana Muffins (freeze remaining servings for Friday and Sunday)
- L** Mediterranean Salmon Salad
- D** Taco Stuffed Sweet Potato

## MONDAY

- B** Nutty Strawberry Banana Smoothie
- L** Roasted Garlic Veggies & Chicken (save 1/2 recipe for tomorrow)
- D** Left overs from last night

## TUESDAY

- B** Simple Eggs and Fruit
- L** Roasted Garlic Veggies & Chicken
- D** Orange Chicken & Broccoli

## WEDNESDAY

- B** Nutty Strawberry Banana Smoothie
- L** Spicy Turkey Patties (save 1/2 recipe for tomorrow)
- D** Left overs from last night

## THURSDAY

- B** Simple Eggs and Fruit
- L** Spicy Turkey Patties
- D** Paleo Beef Stew

## FRIDAY

- B** Paleo Banana Muffins
- L** Chopped Salad with Dijon Dressing
- D** Left overs from last night

## SATURDAY

- B** Paleo Banana Muffins
- L** Chopped Salad with Dijon Dressing
- D** Sautéed Salmon with Zucchini Ribbons (make 1/2 recipe)

## SHOPPING LIST

### PRODUCE

- 2 cucumbers
- 1 bundle parsley
- 1 bundle cilantro
- 1 package cherry tomatoes
- 1 vine ripe tomato
- 2 large heads broccoli
- 2 bulbs garlic
- 2 medium zucchini
- 1 summer squash
- 4-5 sweet potatoes
- 2 red onion
- 1 yellow onion
- 1 bundle scallions/green onion
- 3 russet potatoes
- 1 package baby carrots
- 1 large head romaine lettuce
- 1 1/2 cup (142 g) mixed salad greens
- 4 bananas
- 1 3/4 cup (259 g) blueberries
- 3/4 cup (92 g) raspberries
- 2 lemons
- 1 red apple
- 1 1/4 cup (180 g) strawberries
- 1 honeydew melon
- 5 avocados
- 1 jar kalamata olives
- 1 bundle fresh dill

### MEAT, POULTRY, EGGS

- 12 eggs
- Paleo approved protein powder
- 12 oz (339 g) boneless skinless chicken thighs
- 2 skinless chicken breasts
- 8 oz (227 g) lean ground beef
- 8 oz (227 g) stew beef
- 10 oz (284 g) salmon
- 12 oz (342 g) ground turkey

### NUTS AND SEEDS

- 1 cup (120 g) almond flour
- 2 cups (480 g) almond milk
- Almond butter
- 2 tbsp (23 g) hemp hearts
- 1/2 cup (34 g) raw or dry roasted mixed nuts
- 1 tbsp (9 g) sesame seeds
- 1/4 cup (36 g) almonds

### MISCELLANEOUS

- Salt
- Pepper
- Cinnamon
- Dried oregano
- Chili powder
- Cayenne pepper
- Garlic powder
- Onion powder
- Bay leaf
- 1/2 cup (124 g) orange juice
- Olive oil
- Avocado oil
- Vanilla extract
- Maple syrup
- Rice wine vinegar
- Dijon mustard
- Coconut aminos
- Beef broth
- Baking soda
- Ghee (or coconut oil)

# How to Meal Prep Week 3

- Sunday evening cook the *Roasted Garlic Veggies & Chicken*, to be had for lunch on Monday and Tuesday.
- Hard boil 10 eggs at the beginning of the week to be had for breakfasts and lunches throughout the week.
- Tuesday evening, cook the *Spicy Turkey Patties*, to be had with lunch on Wednesday and Thursday.
- Option to cook and freeze the *Paleo Beef Stew* earlier in the week, to be had for dinner on Thursday and Friday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday, to be had for dinner the following evening.

#### DAILY AVERAGES

Calories: 1434

Carbohydrates: 102 g, Protein: 84 g, Fat: 81 g

# Week 4

## SUNDAY

**B** Sweet and Satisfying Paleo Porridge

**L** Mandarin Chicken Salad

**D** Spaghetti Squash Turkey Bolognese

## MONDAY

**B** Red Pepper Egg Boats w/ Avocado (make 1/2 recipe)

**L** Steak Salad

**D** Left overs from last night

## TUESDAY

**B** Coconut Raspberry Chia Smoothie

**L** Steak Salad

**D** Hearty Vegetable Chili (make 1/2 recipe)

## WEDNESDAY

**B** Red Pepper Egg Boats w/ Avocado (make 1/2 recipe)

**L** BBQ Chicken and Potato

**D** Left overs from last night

## THURSDAY

**B** Coconut Raspberry Chia Smoothie

**L** BBQ Chicken and Potato

**D** Weeknight Tacos

## FRIDAY

**B** Sweet and Satisfying Paleo Porridge

**L** Pack and Go Lunch

**D** Left overs from last night

## SATURDAY

Green Scramble

**B** Chopped Salad with Dijon Dressing

**L** Cashew Crusted Mahi-Mahi with Sweet Potato (make 1/2 recipe)

**D**

## SHOPPING LIST

### PRODUCE

- 1 bundle scallions/green onion
- 1 bundle parsley
- 1 bundle fresh cilantro
- 1 1/2 cup (100 g) coleslaw vegetable mix
- 1 clove garlic
- 2 yellow onions
- 1 red onion
- 1 spaghetti squash
- 2 packages cherry tomatoes
- 1 red bell pepper
- 1 green bell pepper
- 3 cucumbers
- 1 large carrot
- 1 package baby carrots
- 2 red apples
- 1/2 cup (15 g) broccoli sprouts
- 4 cups (170 g) mixed salad greens
- 1 cup (21 g) baby spinach
- 1 head romaine lettuce
- 1 head green cabbage
- 1 head broccoli
- 4 sweet potatoes
- 6 dates
- 3 avocados
- 4 pears
- 1/2 cup green olives
- 1 lemon
- 1/2 cup (62 g) raspberries
- 1 banana
- 1 peach
- 1 jar kalamata olives
- 1 mandarin orange (option to buy canned)

### MEAT, POULTRY, EGGS

- 16 oz (454 g) lean ground beef
- 11 eggs
- Paleo approved protein powder
- 5 oz (141 g) boneless skinless chicken thighs
- 8 oz (228 g) ground turkey
- 1 rotisserie chicken (or shredded chicken breast)
- 8 oz (224 g) skirt steak
- 6 oz (170 g) mahi-mahi

### NUTS AND SEEDS

- 1 1/2 (360 g) cups almond milk
- Almond flour
- Flax seed meal
- 1/4 cup (28 g) chopped pecans
- 2/3 cup (91 g) cashews
- Small package chia seeds
- 1/4 cup (34 g) mixed dry roasted or raw nuts
- 1 tbsp (11 g) hemp hearts

### MISCELLANEOUS

- Salt
- Pepper
- Cinnamon
- Dried dill
- Chili powder
- Garlic powder
- Paprika
- Cayenne pepper
- Cumin
- Dried oregano
- 2 cups (480 g) coconut milk (not from a can)
- Paleo BBQ sauce
- 1 coconut milk yogurt
- Olive oil
- Avocado oil
- Tomato paste
- 1/2 cup shredded unsweetened coconut
- 1,28 oz can (794 g) diced tomatoes
- Vanilla extract
- Apple cider vinegar
- Dijon mustard
- Pico de gallo
- Almond flour (or paleo) taco tortillas

# How to Meal Prep Week 4

- Sunday evening, pre-cook steak to be had with lunch on Monday and Tuesday.
- Tuesday evening, cook or prepare BBQ chicken and baked sweet potatoes to be had with lunch on Wednesday and Thursday.
- Thursday (or earlier) cook four hardboiled eggs to be had with lunch on Friday and Saturday.
- Save half of the dinner meal on Sunday, Tuesday, and Thursday, to be had for dinner the following evening.

#### DAILY AVERAGES

Calories: 1435

Carbohydrates: 112 g, Protein: 78 g, Fat: 82 g