



Easy To Follow Meal Plan

Paleo 1 week menu plan

	breakfast	lunch	dinner	shopping list
monday:	Everyday regular chia smoothie	Chicken bite casseroles	OMG beef stew	
tuesday:	Beets and berries smoothie	Brussel sprout and apple salad	Old fashion pot roast	
wednesday:	Wellness golden smoothie	Delicious chicken and broccoli casserole	Broccoli soup	
thursday:	Zesty coconut lime pancakes	Old fashion pot roast	Delicious chicken and broccoli casserole	
friday:	Vegan + gluten free zucchini pumpkins	Curry roasted cauliflower and arugula salad	Slow cooker maple bacon chicken legs	
saturday:	Freedom banana muffins	Slow cooker bolognese sauce and spaghetti squash	Good ol' fashion vegetable soup	
sunday:	Immune smoothie bowl	OMG beef stew	Cumin scented halibut balsamic roasted veggies	
notes:				



Breakfast

Everyday Regular Chia Smoothie

Ingredients:

2 1/2 tablespoons [chia seeds](#)
2 cups spinach, baby
1 tablespoon [Brain Octane](#)
1 cup coconut milk, full fat
1 cup blackberries, frozen
1 tablespoon coconut flakes, for garnish
1 tablespoon goji berries



Instructions:

Put all of the ingredients in a blender and blend until smooth, adding water to thin out if necessary. Serve immediately. YUM.

Beets Over Berries Smoothie

Ingredients:

2 cups strawberries, frozen
½ medium avocado
1 tablespoon [Brain Octane](#)
1 large beet, peeled and grated
1 cup nut milk, unsweetened (I use cashew milk)



Instructions:

Place all of the ingredients in your blender and blend until smooth, adjusting consistency with cold water if necessary. Drink it up quickly, yum!

Golden Smoothie

Ingredients:

½ cup pineapple, diced
½ organic apple with skin
1 tablespoon [Brain Octane](#)
1 teaspoon ginger, fresh, grated
½ teaspoon fresh grated turmeric
1 medium lemon, juiced
1 teaspoon honey, raw
1 cup coconut milk, full fat
1 cup ice



Instructions:

Put all of the ingredients in a blender and blend until smooth. Drink it up. Yum.

Zesty Coconut Lime Pancakes

Ingredients:

[½ cup coconut, unsweetened shredded](#)
1 ½ teaspoon baking powder
¼ teaspoon sea salt
1 cup coconut flour
1 medium lime, juiced and zested
1 large egg or egg replacement
2 tablespoons honey, raw
1 cup coconut milk, [full fat](#)
¼ cup water
3 tablespoons [MCT oil](#)
8 tablespoons maple syrup, for the top
Dash of cinnamon for the top



Instructions:

Preheat your oven to 350 degrees F. Lay the coconut on a baking sheet in an even layer and toast for 4-5 minutes, until it begins to brown. Immediately transfer from hot pan to a blender jar.

Add the baking powder, sea salt, coconut flour, and lime zest to blender and blend on low speed for about 5 seconds until blended.

Whisk the lime juice, egg, honey, coconut milk, and water in a bowl or measuring cup until well combined. Add to the blender and blend on low until combined. The

batter should be thin, not thick. Add a tablespoon or two of water to thin out if necessary.

Heat a griddle or cast iron skillet to medium heat. Add the coconut oil, and pour the batter into 3-inch pancakes. Cook until bubbly, flip, and cook until browned on both sides. Continue cooking until pancakes bubble a bit and are done. Serve with your maple syrup and a dash of cinnamon on top, yum.

Vegan + Gluten Free

Zucchini Pumpkins

Ingredients:

2 tablespoons flax seeds, ground
1 tablespoon chia seeds
6 tablespoons water
1 ½ cups coconut flour
½ cup tapioca flour or starch
2 teaspoons baking soda
1 teaspoon sea salt, (optional)
1 tablespoon cinnamon
1 tablespoon allspice
1 cup dates, pitted
2 cups organic pumpkin puree
1 teaspoon organic apple cider vinegar
[¼ cup\(s\) MCT oil](#)
½ package raspberries berries, frozen
1 cup zucchini, grated
¾ cup walnuts chopped finely
⅓ cup sunflower seeds
muffin liners



Instructions:

Preheat oven to 350 F.

Combine flax meal and water and let sit for 5 minutes, or until it forms a gooey, gel-like consistency.

Combine coconut flour, tapioca flour, baking soda, sea salt, cinnamon and allspice in large bowl. Set aside.

Combine dates, pumpkin, flax meal, chia, apple cider vinegar and MCT oil in food processor until dates are roughly chopped. Fold into dry ingredients.

Fold berries, zucchini and nuts and seeds into batter.

Spoon into paper lined muffin tins.

Bake for 30-40 minutes depending on your oven.. Muffins will still be very moist, even gooey on the inside. If muffins are too moist, turn off oven and continue to "bake" until oven has cooled.

Freedom

Banana Muffins

Ingredients:

3 medium ripe bananas, about 1.5 cups
 $\frac{3}{4}$ cup [sunflower seed butter](#)
1 tablespoon chia
 $\frac{1}{4}$ cup maple syrup
1 tablespoon vanilla
 $\frac{1}{2}$ cup arrowroot powder
2 teaspoons cinnamon
1 teaspoon baking soda
 $\frac{1}{4}$ teaspoon sea salt
paper muffin liners



Instructions:

Preheat the oven to 350 F. Place paper liners in 9 muffin cups or coat muffin cups with a [coconut oil spray](#).

Add bananas, sunflower seed butter, maple syrup and vanilla to a blender and mix until ingredients are just combined.

In a medium bowl, stir arrowroot powder, chia, cinnamon, baking soda and salt together and add to the wet ingredients in the blender.

Blend everything together until smooth and pour into prepared muffin cups.

Bake for 35-40 minutes until the tops are slightly brown and when you insert your toothpick to the center it comes up clean! Then remove and cool slightly before eating.

Only eat these on REFEED days if you are using Bulletproof IF -- bananas are not bulletproof...but I love these. :)

Recipe adapted from: paleoplan

Immune Smoothie Bowl

Ingredients:

1 medium avocado
1 apple
1/2 cup pineapple, diced
2 cups spinach, or kale, chopped
2 tablespoons [sunbutter](#)
2 tablespoons goji berries
1/2 cup coconut milk,
unsweetened



Toppings

1/2 cup strawberries, fresh, sliced
1/2 cup pecans, chopped
1/4 cup coconut, unsweetened shredded
1 tablespoon sesame seeds, toasted
1/4 teaspoon turmeric
1/4 teaspoon cinnamon

Instructions:

Put the smoothie ingredients in a blender and blend until thick and creamy, adding a little water if necessary. Be careful not to add too much liquid — you want it to be thicker than a smoothie. Divide the mixture for two people, or one large bowl. YUM.

Top with the toppings and serve with a spoon.



Dinner - Lunch Leftover

Chicken Bite Casseroles

Ingredients:

3 tablespoons olive oil, divided
1 pound [organic chicken breasts](#),
boneless, skinless, cubed
1 small onion, diced
2 medium carrots, peeled and
sliced
1 medium celery stalk, diced
2 medium garlic cloves, minced
2 cups chicken broth
2 tablespoons [arrowroot powder](#)
1/2 cup peas, frozen
3/4 cup coconut milk, full fat
1 teaspoon sea salt
1/2 teaspoon black pepper



Toppings

1 tablespoon olive oil
1 teaspoon thyme, dried
1/2 teaspoon sea salt

Instructions:

Preheat oven to 350 F.

Heat 2 tablespoons oil in a saucepan over medium heat. Add the chicken and cook until browned and cooked through. Remove and set aside.

Add the remaining oil and add the onion, carrots, and celery and cook until soft.

Whisk the chicken broth and arrowroot starch until combined and add it to the vegetables. Bring to a boil, reduce to a simmer and add the peas and coconut milk.

Cook until heated through and thickened, about 10 minutes. Season with salt and pepper.

Transfer the chicken mixture to 4 ramekins or a medium casserole dish.

Combine the topping in a bowl and sprinkle evenly over the chicken mixture. Bake for 10-15 minutes, until top is slightly browned before serving.

Delicious Chicken and **Broccoli Casserole**

Ingredients:

1/2 head broccoli, cut into thin slices
3/4 head cauliflower, cut into thin slices
1/2 pound mushrooms, sliced
2 pieces chicken breasts, boneless skinless (4-6 oz)
1 cup coconut milk, full fat
1 large egg
1/2 cup chicken broth
1/2 cup nuts sliced (almonds or I use walnuts)
4 slices bacon, cooked and crumbled
1 tablespoon coconut oil, for cooking chicken
1/8 teaspoon sea salt, to taste
1/8 teaspoon black pepper, to taste



Instructions:

Heat a large sauté pan over medium-high heat and add 1 TB coconut oil or other cooking oil of your choice when hot.

Season chicken breasts with sea salt and pepper if desired and sauté for 10-15 minutes, turning once or twice until fully cooked. Chop into bite-size pieces.

Preheat oven to 350 F.

Layer the broccoli, cauliflower, mushrooms, and cooked chicken in a (9x13) casserole dish, seasoning with salt and pepper between each layer.

In a bowl or large measuring cup, whisk the coconut milk with the egg and chicken broth until well combined. Pour over the casserole. Cover with foil and bake for 30 minutes.

Remove from oven, uncover and sprinkle with almonds and bacon. Bake uncovered for 5-10 more minutes until almonds are lightly toasted and casserole is bubbly. Let sit for 5-10 minutes before serving.

Recipe adapted from: paleoplan

Old Fashion Pot Roast

Ingredients:

2 tablespoons beef tallow, (coconut oil may be substituted, but must be used carefully to avoid smoking and burning)

2 pounds [beef - pot roast, rump roast, or chuck shoulder](#)

2 medium onions, yellow, sliced

3 medium carrots, quartered

2 medium celery stalks

1/2 teaspoon black pepper

1 whole bay leaf

1 tablespoon thyme, dried

1/2 teaspoon oregano, dried

1 teaspoon sea salt, (optional)

3 cups water



Instructions:

Mix freshly ground black pepper, thyme, oregano and sea salt (optional) together in a small bowl.

Rub mixture into meat on all sides of roast.

Heat a medium skillet (if cooking in a crock pot) or heavy bottomed oven-proof pan (if cooking in the oven) over high heat. Add 2 tablespoons tallow when hot.

Immediately sear all sides of the roast and set aside.

Wash and prep vegetables.

Put roast in crock pot, add vegetables, bay leaf and water, and cook on high until tender (6-7 hours). Or, preheat oven to 325 F, add the vegetables, bay leaf and water to the heavy bottomed oven-proof pan with the meat, cover and roast for 2-3 hours.

Slow Cooker Bolognese Sauce and **Spaghetti Squash**

Ingredients:

1/2 pound [beef, ground](#)
1/2 pound [pork, ground](#)
4 slices bacon (thick), chopped
1 medium carrot, chopped
1 medium celery stalk, chopped
1 medium onion, chopped
2 medium garlic clove, chopped
2 medium tomatoes, chopped
1 can tomato paste (6 oz)
1/2 cup almond milk, unsweetened, (or coconut milk)
1/2 cup beef stock
1/2 teaspoon oregano, dried
1 teaspoon sea salt
1/2 teaspoon black pepper
1 large spaghetti squash



Instructions:

Sauté the bacon, beef and pork in a large pan until cooked. Drain on a towel and place in the crockpot.

Add the carrot, celery, onion, garlic, and tomato

Stir in the tomato paste, almond milk, beef broth, oregano, sea salt and pepper.

Cook on low for 6 hours.

One hour before serving, preheat oven to 375 F.

Cut the spaghetti squash in half crosswise (this is easier than trying to cut it lengthwise) with a large knife.

Scrape out the seeds, and discard in compost.

Place each half cut side down in a baking dish and pour in about 1/2 inch of water.

Bake for 30-40 minutes, until squash is soft to the touch.

When squash is ready, remove it from the oven and let cool.

Scrape the strands from the rind with a fork and portion into bowls, then top with Bolognese Sauce.

WOWZA

Beef Stew

Ingredients:

1/2 pound [beef, ground](#)
1/2 pound pork, ground
4 slices bacon (thick), chopped
1 medium carrot, chopped
2 medium celery stalk, chopped
1 medium onion, chopped
2 medium garlic cloves, chopped
2 medium tomatoes, chopped
1 can tomato paste (6 oz)
1/2 cup coconut milk unsweetened
1/2 cup beef stock
1/2 teaspoon oregano, dried
1 teaspoon sea salt
1/2 teaspoon black pepper
1 large spaghetti squash



Instructions:

Sauté the bacon, beef and pork in a large pan until cooked. Drain on a towel and place in the crockpot.

Add the carrot, celery, onion, garlic, and tomato

Stir in the tomato paste, almond milk, beef broth, oregano, sea salt and pepper.

Cook on low for 6 hours.

One hour before serving, preheat oven to 375 F.

Cut the spaghetti squash in half crosswise (this is easier than trying to cut it lengthwise) with a large knife.

Scoop out the seeds.

Place each half cut side down in a baking dish and pour in about 1/2 inch of water.

Bake for 30-40 minutes, until squash is soft to the touch.

When squash is ready, remove it from the oven and cool until it can be handled without scorching your fingers.

Scrape the strands from the rind with a fork and portion into bowls.

Serve topped with Bolognese Sauce.

Slow Cooked Maple Bacon Chicken Legs

Ingredients:

5 slices bacon, chopped
2 pounds chicken legs, or thighs or combination
1/4 cup [maple syrup](#)
1 medium orange, zest and juice
1 tablespoon apple cider vinegar
3 tablespoons [coconut aminos](#)
2 teaspoons ginger, fresh, grated
2 medium garlic cloves



Instructions:

In a large skillet, cook the bacon until crisp. Remove from pan with a slotted spoon.

Add the chicken to the skillet in an even layer and cook until well browned, cooking in batches if necessary.

Put the remaining ingredients in your slow cooker pot and mix well. Add the chicken and toss to coat.

Cover and cook the chicken on low for 7-8 hours. When done, top with the reserved bacon and serve with your favorite sides.

Cumin Scented Halibut With Balsamic Roasted Veggies

Ingredients:

1 medium sweet potato, peeled and cubed
3 zucchini sliced
1 tablespoon olive oil
1 teaspoon balsamic vinegar
2 cups spinach, baby
[2 pieces halibut filets \(6-8 oz\). at room temperature](#)
1 teaspoon cumin
1 tablespoon olive oil



Instructions:

Preheat oven to 400 F.

Put the the sweet potatoes and zucchini in a freezer bag with the oil and vinegar. Season with salt and pepper and shake until well combined. Lay on a parchment lined sheet pan and roast for 25-30 minutes, until tender and lightly charred.

After the vegetables have been in the oven for 15-20 minutes, heat a (preferably) cast iron skillet to medium heat. Season the fish with the cumin and salt and pepper.

When the skillet is hot, add the olive oil. Add the fish filets to the pan, and allow to cook until well browned and they lift easily from the pan. If they resist at all, leave it for another minute. Flip and finish cooking on the other side, until both sides are browned and the fish is cooked through.

When the vegetables are finished cooking, remove the pan from the oven and immediately add the spinach to the hot pan. Stir with a spatula until the spinach is hot and slightly wilted.

Serve the fish on top of the vegetables. Season with sea salt and freshly ground black pepper, if desired.



Other Lunch

Brussels Sprout and Apple Salad

Ingredients:

2 slices bacon, chopped
4 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon mustard, dijon
1 tablespoon [poppy seeds](#)
4 cups brussels sprouts, finely shredded
2 medium organic apples, cored and shredded or chopped
1/2 cup(s) pecans, chopped and toasted
1/8 teaspoon sea salt, to taste
1/8 teaspoon black pepper, to taste



Instructions:

In a large bowl, whisk the olive oil, lemon juice, mustard and poppy seeds with a pinch of salt and pepper.

When well combined, add the remaining ingredients and toss well.

Serve immediately.

Note: If serving as 2 dishes just keep the dressing separate until ready to serve.

Recipe adapted from: paleoplan

Curry Roasted Cauliflower And Arugula Salad

Ingredients:

1/2 head cauliflower, cut into florets, about 3 cups for 4 servings
2 tablespoons [coconut oil](#), melted
2 teaspoons curry powder
4 cups arugula, baby
1/2 cup peas, fresh
1 tablespoon lemon juice
1/4 cup raisins
1/8 teaspoon sea salt, to taste
1/8 teaspoon black pepper, to taste



Instructions:

Preheat oven to 400F.

Toss the cauliflower with the coconut oil and curry powder. Lay on a parchment lined baking sheet and roast until tender, about 25-30 minutes.

When done, transfer to a large bowl and add the arugula, peas, lemon juice, and raisins. Season with salt and pepper and serve warm at room temperature.

Broccoli Soup

Ingredients:

3 heads broccoli
2 tablespoons coconut oil
1 medium onion, white, chopped
2 small turnips, cut into quarters
5 cups chicken broth, or chicken stock
1 medium lemon, juiced
3/4 cup coconut milk, unsweetened
1/8 teaspoon sea salt, to taste
1/8 teaspoon black pepper, to taste
1/3 cup coconut cream
8 slices bacon, cooked and crumbled



Instructions:

Heat the chicken stock in a large soup pan.

Melt the ghee in a large skillet and add the onion, turnips, lemon juice, sea salt and black pepper. Cook for 5 minutes.

Add the broccoli to the skillet and cook for 5 more minutes. Add the hot chicken stock or bone broth to the skillet. Cover and simmer for 10-15 minutes or until the mixture is tender.

Cool the mixture for 15-20 minutes. Puree in a food processor until smooth, adding the coconut milk and the coconut cream.

Add more salt and pepper to taste. Reheat the soup on medium-low until hot. Top with crumbled bacon and serve warm.

Good Ol' Fashion Vegetable Soup

Ingredients:

2 tablespoons coconut oil
1/2 medium onion, yellow, diced
2 large carrots, thinly sliced
2 medium zucchini, thinly sliced
4 tablespoons parsley, fresh, chopped, about 4 sprigs
1/2 teaspoon thyme, dried, or 2 sprigs fresh thyme
1 teaspoon sea salt, to taste
1 teaspoon black pepper, freshly ground
4 cups vegetable broth



Instructions:

In a 4 quart saucepan (or larger), cook onion in coconut oil until translucent.

Add all other ingredients except vegetable stock.

Cover and cook over low heat, stirring occasionally, until vegetables are tender, about 10 minutes.

Add stock, increase heat and bring to a boil.

Reduce heat to medium and cook until vegetables are soft, about 15-20 minutes.

Remove from heat and let cool slightly.

Optional: Remove 1 cup soup from pan and reserve; pour remaining soup into blender and process at low speed until smooth.

Combine pureed and reserved soup mixtures in saucepan and cook, stirring constantly until hot.



Snacks

Get up and Go

Breakfast Bars

Ingredients:

1 cup walnuts
1 cup cashews
1/2 cup [coconut](#), unsweetened shredded
1/4 teaspoon sea salt
1/4 cup honey, raw



Instructions:

Put the walnuts and cashews in a food processor and pulse until rough chopped. Add the coconut and pulse a few more times, being careful not to over chop. Transfer to a bowl and add the salt and honey. Mix well.

Line a square baking sheet with parchment paper. Press the mixture into the pan with your fingers and transfer the pan to the refrigerator. Chill for 2-3 hours until firm. Cut into bars and store in an airtight container.

Apple Cinnamon Muffins

Ingredients:

2 small organic apples, cored and diced
1 tablespoon lemon juice
5 large eggs
1/2 cup coconut flour
2 tablespoons cinnamon
1/8 teaspoon [nutmeg](#), ground
1 teaspoon baking soda
4 tablespoons [coconut oil](#), melted
1/4 teaspoons sea salt
1 package(s) paper muffin liners



Instructions:

Preheat oven to 400 degrees F. Spray a muffin tin with cooking spray or line with paper liners.

Put the apples in a saucepan with the lemon juice and cover. Add enough water to cover half. Bring to a boil, reduce heat and simmer for 10 minutes, until apples are broken down. Transfer to a blender and puree until smooth. Leave in the blender and let cool for 5 minutes.

When the apples are warm, add the remaining ingredients to the blender and puree on low until you have a thick batter.

Pour the batter into your prepared muffin tin, filling each tin about 3/4 full.

Bake for 15-18 minutes, until muffins are well browned and tops are firm. Cool before removing from pan.

Recipe adapted from: paleoplan

Delightful Bacon Wrapped Dates

Ingredients:

8 slices bacon, cut in half
16 medium dates, Medjool
[16 medium walnuts, whole](#)
1 package toothpicks, (optional)



Instructions:

Preheat oven to 375 F.

Open up dates gently with a knife.

Stuff each date with an walnut, and wrap with half of a bacon slice. Secure with a toothpick if necessary.

Place on a shallow baking sheet and bake, bacon seam down, for about 7 minutes.

Flip and bake for another 7 minutes or until bacon is crispy.

Serve warm or cold, and store leftovers in the refrigerator.