

CROSSFIT **ADVANTAGE**

6 WEEK PALEO MEAL PLAN



DAILY PLAN | GROCERY LIST | RECIPES

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CHAPTER 1 INTRODUCTIONS

Welcome to Paleo. Hopefully, you've come across this book because you want help with eating better and living more fully. If you're new to

Paleo, then you'll find lots of fantastic information in this book to explain the basics: why one food is considered Paleo, and others—especially foods you've been taught were healthy—aren't. You'll also find an explicit plan for eating Paleo for the next six weeks, with meal plans, shopping lists, and recipes.

Maybe your doctor suggested eating Paleo, or a friend has magically transformed his body. If that's the case, you're well set. You may have been encouraged to do a Paleo "Challenge" by your gym, CrossFit box, or trainer. For you, we've got some rules of the game and tips on getting the most from this challenge. Hopefully, you'll like how you perform and how you look enough to keep eating Paleo after the challenge.

WHILE WE WHOLEHEARTEDLY ENCOURAGE YOU TO READ THIS ENTIRE SHORT BOOK, YOU CAN ALSO JUST READ THE NEXT COUPLE PAGES TO FIND OUT WHAT THE DIET AND CHALLENGE ARE ALL ABOUT IN A NUTSHELL.

If you got this book without any knowledge of a Paleo Challenge, don't worry. You don't have to do all the before and after measurements and pictures, or the food journal. However, we do recommend it. There's something about having accountability, whether it's to yourself or a friend who's doing it with you, that helps

keep you honest and on track. We highly recommend at least reading through the challenge portion in Chapter 4.

While we wholeheartedly encourage you to read this entire short book, you can also just read the next couple pages to find out what the diet and challenge are all about in a nutshell. Then when you have more time or your interest has been piqued, read the whole book to learn about the science and history behind eating like our Paleolithic ancestors. That way, you'll be armed with sound arguments to your friends' preposterous assertions that eating Paleo will give you gout and a heart attack.



WHY PALEO?

Most people who turn to Paleo are trying to accomplish the following goals, or some combination of them:

LOSE WEIGHT

GAIN MUSCLE

HAVE BETTER DIGESTION

HAVE BEAUTIFUL SKIN

HAVE LESS PAIN

GO THROUGH LIFE WITH A CLEARER HEAD

REVERSE DIABETES

FEEL YOUNGER

LOWER BLOOD PRESSURE

LOWER BLOOD GLUCOSE

HAVE MORE ENERGY

GET OFF PRESCRIPTION MEDICATIONS

Paleo has helped thousands of people accomplish these goals and more. Following this ebook will help you succeed at having all those things once and for all. It sounds like an infomercial for the newest super-pharmaceutical or something, but this is no gimmick. Here's why:

1. The Paleolithic diet is what we ate as we evolved over 2.5 million years. The 10,000 years we've been eating products of agriculture like grains, beans, refined sugar, seed oils, hazardous food additives, and dairy are a mere blip on the timeline of evolution. Most people are not very well equipped to deal with those new foods, as evidenced by the proliferation of obesity, heart disease, diabetes, chronic pain, poor athletic performance, mood disorders, digestive disorders, and unhealthy skin, among hundreds of other symptoms and diseases. We are what we eat.

2. Despite conventional wisdom, we are not supposed to eat grains, even those highly coveted whole grains. They contain harmful substances like gluten, certain lectins, and phytic acid, among others. They mess with our digestive systems, causing severe inflammatory responses. Phytic acid carries necessary minerals out of our bodies unabsorbed. And they can act like opioids (read: addictive drugs), creating fatigue, moodiness, and addictive behaviors.

3. Contrary to popular belief, dairy is not the only way to get calcium. Moreover, calcium is not the only way to grow bones. Almost everyone in the world—up to 85 percent of us—is lactose intolerant to some degree. We're meant to stop eating dairy when we're weaned from our mother's teat.

4. Omega 6 fatty acids cause inflammation; omega 3s fight inflammation. The two should be eaten in balance. However, ubiquitous foods like corn oil, soy oil, safflower and sunflower oil, cottonseed oil, and other vegetable oils have a tremendous amount of omega 6s, and we're not getting the required omega 3s to balance that out.



5. Sugar. Holy sugar. It makes you fat and diabetic. It promotes inflammation and lowers the immune system's ability to do its job. It makes you crabby and hyper—sometimes at the same time. And you probably eat way more of it than you think.

6. Most of the foods above are low in nutrients—some more than others—relative to meat, seafood, eggs, veggies, fruits, nuts, and seeds. That means every time you put a piece of bread in your mouth instead of a Paleo food, you're wasting an opportunity to get some much-needed nutrition.

OVERVIEW OF THE CHALLENGE

So if you're still ready to do this, here's what you'll be eating for the next six weeks:

YES			
meat	vegetables	certain fats for cooking: animal fats, coconut oil, macadamia oil, olive oil (low heat) and palm oil for eating: avocados, coconut milk, flax oil, and nuts	raw honey Just a teensy weensy bit, because we like you.
seafood	fruit		
eggs	some nuts and seeds		

You will NOT, by penalty of losing 1 point per “cheat,” be eating the following*:

NO			
grains (wheat, rice, oats, quinoa, spelt, amaranth, buckwheat, etc. That means pasta, bread, cookies, pastries, oatmeal, cake, etc.)	refined sugar (cane sugar, “white” sugar, brown sugar, agave, fake sugars, etc.) sugary drinks	vegetable oils like corn, soy, safflower, sunflower, grapeseed, cottonseed or other high omega-6 oils.	*If you have an autoimmune condition or you have chronic joint pain, you should consider not eating nightshades during this challenge (tomatoes, potatoes, eggplant, bell peppers, hot peppers).
legumes (beans, soy, lentils, peanuts)	coffee or otherwise caffeinated beverages	dairy (milk, yogurt, cheese, butter, cream, sour cream, Cheez-Its, etc.)	

**For those of you participating in the challenge aspect of this Quick Start Guide.*



LOGISTICS OF THE CHALLENGE

Diet Log—You'll be keeping a diet log to help you stay on the Paleo path. We've provided this in the back of the book.

Point System—You will start out every week with 100 points. Every time you eat a no-no food, you subtract a point. Every time you do something good, like exercise, you give yourself a point. Those details are in Chapter 4.

Before and After Pics—Make sure you strip down and take some pictures before you start the diet and then again after the six weeks are over. Guys wear shorts only, and the ladies should wear shorts and a sports bra. The skimpier the better (you don't have to show them to anyone, but it's very encouraging to see the difference, not just measure it on a scale).

Before and After Workout—Do a workout at the start of the challenge, and then do the same workout at the end to mark your progress. The diet journal in this book leaves space for your results.

Food Quality—Try to be like our ancestors and eat high-quality foods: grass-fed meats, wild and sustainably caught seafood, pastured eggs, organic produce, and as much local stuff as you can. There are more nutrients in these foods, fewer pollutants, and you can feel environmentally better about eating them.

Meal Plan—There is a six-week meal plan in the back of the book in Chapter 8. You'll find six weeks' worth of menus, along with their corresponding grocery shopping lists and recipes. Although there are six weeks of meal plans available to you, you can just use four of them if you're only doing a month-long challenge.

All of these tools come from the successful Paleo meal planning website, paleoplan.com. The meal plans, shopping guides, and recipes have helped thousands of people transition to the Paleo diet. The meal plans will alleviate the stress of going to the grocery store when you're still not sure of what foods are Paleo and what aren't. It's all spelled out for you in the grocery lists. At the end of the challenge, if you want meal plans and grocery lists delivered to your email inbox every week, go to www.paleoplan.com to sign up for the \$9.99/month service.

If you commit to eating Paleo for six weeks (and you can do anything for six weeks, right?), you may find that some miraculous things happen. Or you may find (to our surprise) that not much changes. But at least by the end you'll know if this is for you. We can assure you of one thing, though: the Paleo movement is growing rapidly because it works. See for yourself. *We challenge you.*



So what's this Paleo thing all about? Let's delve into some details: history, guidelines, and what the research says. But first, are you even a

candidate for the Paleo diet? Could you benefit from eating the way our Paleolithic ancestors ate? If you answer yes to more than two of the questions below, then it's definitely worth a shot.

PALEO QUIZ

- ☐ Are you overweight?
- ☐ Do you get fatigued often or easily?
- ☐ Do you depend on coffee to get you through your day?
- ☐ Do you have pain in your joints?
- ☐ Do you get bloated, or have diarrhea or constipation regularly?
- ☐ Is your skin inflamed with acne, eczema, psoriasis, etc.?
- ☐ Are you feeling older than you actually are?
- ☐ Do you have mood swings often, especially when you're hungry?
- ☐ Do you have heart disease or any signs of it?
- ☐ Do you have diabetes, high blood glucose, or insulin resistance?
- ☐ Are you depressed?
- ☐ Are you or your partner having trouble getting pregnant?
- ☐ Do you want more muscle tone?
- ☐ Are you addicted to sweets and "can't live without them?"
- ☐ Do you have an autoimmune disease like celiac, lupus, rheumatoid arthritis, Hashimoto's, or type 1 diabetes?
- ☐ Do you have heartburn, ulcers or GERD?
- ☐ Do you have seasonal allergies?
- ☐ Do you have thyroid issues?

It may be surprising to know that while most Americans will say yes to several of these questions, you don't have to live that way. We've seen a proper diet change people's lives over and over, removing almost all of those symptoms listed above.



A LITTLE HISTORY

We started evolving as tool-using, human-like apes about 2.5 million years ago, which was the beginning of the Paleolithic era. The Paleolithic transitioned into the Neolithic era around 10,000 years ago, when we started settling down and raising animals and growing crops for food instead of solely hunting and gathering.

Up until we started farming and raising animals, higher-protein crop foods like grains and beans were eaten infrequently, since gathering that many seeds and cooking them up properly was time-consuming and inefficient. Archaeological evidence points to most of our ancestors eating a diet rich in meat, with plant foods (fruits, veggies, root veggies, herbs) filling in the gaps when they were available.

While settling down and having a fairly stable source of food was paramount in our social evolution (it allowed us to develop written language and gave us time to philosophize about religion and academics), some of the foods we developed have definitely contributed to the slow demise of our health.

You probably thought that our barbaric, cave-dwelling ancestors lived brutal, short lives wherein they dragged their mates around by their long, tousled hair. Short, brutal lives that could only have been made better by modern amenities like McDonald's, TV dinners, and microwaves. Let's put an end to this life-span myth right now. The average lifespan of a Paleolithic person, judging by carbon dating of bones, etc., was about 33 years. However, after people reached the age of 15 and had escaped the high child mortality rates of the period, life expectancy was 54. Today, the world average lifespan is 67 years. We now have medications to ward off infectious diseases, which are mostly what our Paleo ancestors were dying of. Either that or just plain old age.

What they were not typically dying of was heart disease, cancer, or diabetes, which are among the leading causes of death in the United States and other Western countries. Over the last two hundred years, a lot of studies have been done on hunter-gatherer people who live a lot like we imagine our Paleolithic ancestors lived. It's been found that traditional, primitive societies like the Inuit, the Kitavans, the Maasai of Africa, the San Bushmen of Namibia, the Mbuti Pygmies of the Congo, and the Aboriginal Australians are much healthier than Westerners are. They're physically fit, have good blood markers for health, and have much less mental illness among them.



In fact, a one-hundred-year-old member of the primitive [Kitavan tribe](#) in Papua New Guinea stated that he'd never seen any person die suddenly, as if from a heart attack or stroke. When people die in the Kitavan society, they either fall out of a coconut tree or they just stop working one day, go into their huts to rest, and are gone within days. Their health is generally very good until the end. This peaceful, easy death is quite the opposite of the thousands of Western elderly people with chronic illnesses in nursing homes who need an army of nurses and an arsenal of pharmaceuticals just to stay alive.

So what's the magic potion? What almost all these groups have in common is that they aren't eating copious amounts of grains or legumes, refined sugar, vegetable oils, or pasteurized dairy. And they're definitely not eating pre-processed foods and additives that come in a box and are heated in the microwave. The Paleo diet is founded on the belief that the lack of those foods is why primitive groups weren't fat and sick, and the overabundance of those foods is why Western people are.

A LITTLE SCIENCE

What is so wrong with all of those delicious foods, you might be asking? Let's delve briefly into the reasons that grains, legumes, refined sugar, vegetable oils, dairy, and additives might not be so good for us.

Grains

Grains include anything made from wheat (white flour, wheat flour, all-purpose flour) rice, rye, barley, corn, millet, oats, buckwheat, kamut, teff, spelt, and amaranth. So that includes bread, cereal, pasta, pastries, cookies, beer, grain alcohols, crackers, bagels, tortillas, oatmeal, and corn chips, to name a few. A lot of foods, like some soups, use flour as a thickener, as do a lot of other pre-packaged foods you find in a normal grocery store. Those foods make up at least 50 percent of most people's diets, though, so we better have a good reason to tell you not to eat them.

Gluten

The first good reason is gluten. Gluten is a protein found in wheat, spelt, barley, rye, and oats (but only because oats are usually contaminated with gluten during processing). Because it's found in wheat, gluten is in most baked goods in the United States. White flour is just refined wheat flour, so when the ingredient list on a package says just "flour," that means wheat. It's also added to foods in the form of hydrolyzed protein, starch, modified starch, malt, natural flavorings, and binders.



Gluten is becoming a household word because so many people have a hard time digesting it. It can cause digestive problems like diarrhea, constipation, bloating, acid reflux, and cramping. Your immune and endocrine systems can also get involved, causing symptoms like fatigue, skin inflammation, joint pain, infertility, and abnormal menstrual symptoms. It's thought that between 30–80 percent of people in the United States have some sort of intolerance or immune sensitivity to gluten.

Certain Lectins

Most foods—and living things, for that matter—contain lectins. They're proteins that help protect animals and plants from diseases or invaders (like humans). For instance, wheat contains a lectin called wheat germ agglutinin (WGA), and other grains, beans, and even nuts and seeds contain lectins similar to it. Lectins are sticky little buggers. The WGA goes into your small intestine and gloms onto its lining. It then tricks your body into taking it across the border of your intestine intact, where it is seen as a foreign invader by your immune system. Antibodies are created in response to the lectins, and unfortunately lectins often look a lot like other parts of your body. They may look like cells in your brain, pancreas, etc., so the same antibodies that were created to attack the lectin will actually go launch attacks on your own body. This is where autoimmune issues arise, like type 1 diabetes, celiac disease, rheumatoid arthritis, lupus, and multiple sclerosis.

Phytic Acid

Phytic acid is present in grains, beans, nuts, and seeds, and we lack the enzyme phytase to digest it. Phytic acid actually binds to the magnesium, calcium, zinc, and iron in your intestines and takes them out of your body. Even if you're eating foods containing those nutrients, you're not necessarily absorbing the nutrients if you're eating grains, legumes, nuts, or seeds. Some believe that this alone is greatly contributing to the worldwide epidemic of iron-deficiency anemia.

Legumes

While legumes, or beans (lentils, black beans, soy, peanuts, etc.), aren't as bad as grains, which contain gluten and other harmful substances, they should be avoided. They absolutely must be cooked for long periods of time, sprouted, and preferably fermented to remove, at best, most of the lectins and phytic acid. But this proper processing and cooking of legumes has all but been forgotten. Legumes are a mediocre source of protein, a huge source of carbohydrates, and therefore produce a big glycemic response. Soy, a legume, isn't processed well enough in this country to remove most of those toxins (it should be fermented),



and it's a major source of plant-based estrogens, which can wreak havoc on men's and women's hormonal balance. Soy is also one of the biggest genetically modified (GM) crops out there, and studies proving GM's health detriments are mounting. Moreover, beans give most people gas. We think they're sort of a waste of calories.

Nuts and Seeds?

You may be wondering why you're told to eat seeds and nuts on the Paleo diet when they, too, house these vicious little molecules of phytic acid and lectins. The truth is that it's always better to soak or sprout your nuts and seeds. Soaking and sprouting helps to get rid of the phytic acid and lectins, and makes them more digestible. [Here's a video](#) on how to soak and dry nuts and seeds. You should really eat them in moderation—no more than a couple ounces a day. Think about it: our ancestors probably didn't have access to a whole bunch of nuts and seeds every day, much less almond butter and other goodies that take a whole lot of nuts and seeds to produce. Eating Paleo is way more about eating meat, fish, eggs, vegetables, and fruits than adding a bunch of nuts. They're the least nutrient-dense food of all of those, and for that reason alone they should be eaten in moderation. The meal plan in this book reflects this guideline.

Refined Sugars

Refined sugars are sweet, simple carbohydrates that are made from things like beets, sugar cane, honey, maple syrup, and corn. They're white sugar, cane sugar, corn syrup, high fructose corn syrup, refined maple syrup, refined honey (as opposed to raw honey), dextrose, maltodextrin, and many others. As you know, white sugar and corn syrup are in everything from soft drinks to candy bars to marinara sauce.

Honestly, they wouldn't be such a big issue if we didn't eat so much of the devilish stuff. When you eat sugary foods that spike your blood glucose, it stresses your body out. Too much sugar in your blood is toxic and your body releases the hormone insulin to cope with the glucose. The insulin acts like a key to your cells, and it allows the glucose to enter your cells for use and storage. Glucose gets stored as glycogen, which you can use as energy, and if that's not used up, it turns into fat. The faster your blood sugar spikes, the faster it plummets as the glucose is taken up into your cells. So while you may feel energized after that donut for a while, you might feel tired and sluggish as quickly as an hour afterward (or less).



That's about the time when you reach for the coffee or other caffeinated drink, which shocks your body into releasing cortisol and adrenaline (or epinephrine) from your adrenal glands. Cortisol stimulates stored glucose to be injected into your blood stream to give you energy, and adrenaline makes you feel more awake by making your body think it's in a super stressful situation—just like you'd be shocked awake by a car crash or a vicious dog.

There are several problems with this constant cycle of eating sugar, having a blood sugar spike, and then a blood sugar plummet due to insulin. First of all, your cells become less and less receptive to insulin, so it takes more and more insulin to get the glucose into your cells. After a while, you can become insulin resistant, and eventually diabetic. That's why many diabetics need to be on insulin, since their own insulin isn't enough to handle all that sugar.

The other problem is the chronic cortisol secretion, which is a major player in your immune system and endocrine system. As you'll learn below, it can all but shut down your immune system and reproductive system, and perpetuate chronic inflammation of all kinds.

The answer is simply to stop eating the foods that spike your blood sugar in the first place. In other words, eat Paleo. It's fine to have a little fun with sugar on occasion, but when you're spiking glucose, insulin and cortisol levels over and over every day with cookies, cereals, granola bars, sodas, juices, pastries, caffeine, and even white bread, you're just promoting weight gain, insulin resistance, diabetes, chronic inflammation, a sick immune system, fatigue, and moodiness. Not to mention rotten teeth.

“Vegetable” Oils

The oils we know as “vegetable” oils are not actually made from vegetables. They're typically made from seeds, from which oil is very difficult to extract. The most commonly used oils in the Western diet are canola oil, corn oil, soybean oil, safflower oil, sunflower oil, cottonseed oil, peanut oil, and some sort of conglomeration of those in margarine form. They're often hydrogenated or partially hydrogenated, which creates heart disease-inducing trans fats. And they're almost always highly heated during processing, chemically refined, and deodorized. In other words, they're usually on their way to becoming rancid by the time they hit the shelves. Why? Because all those oils (except canola) are high in polyunsaturated fatty acids, which are highly susceptible to becoming oxidized, or rancid, by heat, air, and light. Oxidized fats create inflammation and contribute to heart disease and all other chronic inflammatory conditions.



It was thought that these oils were better for heart health, but it turns out they're very high in omega 6 fatty acids, which are highly inflammatory. Instead of these vegetable oils, you should eat healthier fats and oils that don't contribute to inflammation or heart disease, like coconut oil, palm oil, lard, tallow, and olive oil. Yep, we said that lard is good for your health, and we meant it. For more information on the fats and oils you should eat or avoid, see your Paleo Guide to Fats and Oils, which came with this ebook.

Pasteurized and Homogenized Dairy

The consumption of dairy is a highly contentious and often debated topic in the Paleo world. Our basic philosophy is that not everyone can digest it well, and if you can, you should eat certain kinds of dairy.

Some people may have better luck with dairy than others, but we think that all people should avoid eating pasteurized and homogenized dairy. The heat during the pasteurization process destroys enzymes that are used for digestion and assimilation of the nutrients in the milk. The homogenization process not only heats the milk further, but it wrecks the fat globules. Many people have an immune response of some kind to the protein casein in milk. And when milk is homogenized, the fat globules end up having protein, including casein, stuck in and around them, increasing the allergenic potential of all homogenized milk products.

Most people are at least somewhat lactose intolerant, meaning they lack enough of the enzyme lactase that digests the lactose in milk. As we said, the pasteurization process gets rid of that helpful lactase already present in milk. And fermenting the milk—making yogurt, buttermilk, kefir, and other foods—helps to get rid of that lactose that's so difficult to digest, too. That's why eating fermented dairy is best.

Casein has been shown to increase the rate of cancer growth, but the conjugated linoleic acid (CLA) in the fat in milk has been shown to be cancer fighting. That's why full-fat milk is a much better choice than non-fat or low fat. That CLA is found in way higher concentrations in milk from grass-fed cows than milk from conventional, factory-farmed cows.

Due to the way factory-farmed dairy cows are treated and what they eat, they secrete an abnormal amount of estrogen into their milk. There's always estrogen and other hormones in milk—even human breast milk—and infants can use those hormones. But grown adults don't need any hormones other than the ones they are producing on their own. That's one reason that even unpasteurized, homogenized milk isn't good for everyone.



The jury is still out on whether or not dairy is good for everyone—even raw, grass-fed, fermented, whole-fat milk products. You have to figure it out for yourself. For the duration of this challenge, though, we suggest you not eat dairy so you can see for yourself whether or not it's affecting you.

Unnecessary Additives

It's excessive to drink sports drinks with fourteen teaspoons of sugar in them, but there's absolutely no reason whatsoever to make those sugary drinks fluorescent yellow. Yellow 5 and other synthetic food colorings fall into this “unnecessary additives” category. There are entire diets now based solely on removing additives from people to improve their health. And there are plenty of published articles about the reasons they're so bad for us. Aspartame and other synthetic sweeteners, nitrates and nitrites, potassium sorbate, and BHA are among the preservatives and sweeteners that have been shown to have either cancerous effects or negative impacts on nervous system health. Keep away from ingredients you can't pronounce, and read this book, [A Consumer's Dictionary of Food Additives](#), if you're interested in knowing more. And [here's a website](#) that has a great rundown of some of the most common harmful additives.

EXERCISE, SLEEP, STRESS, AND CORTISOL

But eating or being Paleo isn't just about what you eat. It's about how often you move, how much stress you take on in your life, and how well you sleep. All of those things, plus your diet, create good health.

Exercise

We don't need to tell you that Western people have become increasingly sedentary over the years. We just don't move as much as we used to because we have machines and gadgets and the blessed Internet to do things for us. However, it's taking its toll on our health. Running, jumping, climbing, crawling, dancing, throwing and walking are what we're designed to do, and without those things, our lives are less, well, fun. If you're doing this challenge as part of a gym, then you're already on the right track. Shoot for three workouts a week, and try to mix up your workouts. Try new things—go rock climbing, ride your bike, go swimming, or try carrying a full keg of beer across your yard five times. Whatever it is that will make you get off your butt and breathe hard at least three times a week for at least 15 minutes, do it.

The diet alone will help you reach your health goals, and we're counting on you being resourceful enough to find a way to get the exercise you need with, say, a trainer, a CrossFit gym, some kettle bells, or a steep hill.



Sleep

We're like kids and dogs in that when we play hard, we sleep hard. It could be that the insomnia you've been struggling with all these years is just a product of not moving around regularly. Sleep is the time when your body rejuvenates and repairs. If it doesn't have enough time to repair itself, your body is never going to be able to work at its fullest capacity. Translation: you're always going to feel like crap as long as you don't give yourself enough time to sleep. When you go to bed, turn all lights off (including any blue or red lights from computers, TVs or clocks), turn all music off, and sleep in peace. During this challenge, shoot for at least eight hours a night and see if that makes you feel less like a zombie every morning.

Stress

Stress alone can inhibit weight loss and health. Chronic stress means your cortisol levels are chronically high, or at least out of balance. Cortisol is a hormone secreted by your adrenal glands when you're under stress. High levels of it depress your immune function, your reproductive system, and your digestive system. It can make you wake up tired and go to bed wired, and you secrete it every time you feel stressed out. You also secrete it when your blood sugar gets too low or high (like when you eat high glycemic, sugary foods) and when you drink coffee or any caffeinated product.

We're not saying you need to start meditating every day, although that would probably help some of us. But we are saying that you should consider using this time during the challenge to get rid of unnecessary stressors in your life if you can. Take it easy on yourself. If you eat the foods on the meal plan, you'll take care of the dietary stimulants of cortisol, and if you stop drinking caffeine, you'll decrease your cortisol stimulation even more. Sleeping more and doing moderate amounts of exercise, plus getting out in nature regularly are all ways of decreasing your stress levels.

RESEARCH TO SUPPORT PALEO

What's anything without science to back it up nowadays? Here's some research that supports the tenets of the diet. (We're only going to skim the surface of the research out there—there's plenty more where this came from.)

Paleo Crushed Diabetes in the Outback

One of the earlier studies on eating Paleo was conducted in Australia and published in Diabetes in 1984. Ten Aboriginal men who had been hunter-



gatherers for the first part of their lives ended up living in rural Australia eating a Western diet. Not surprisingly, they were all overweight and had type 2 diabetes. They went back into the Outback and lived as they had, eating only what they could gather and hunt: kangaroos, birds, crocodiles, turtles, shellfish, crayfish, yams, figs, and honey. After seven weeks, their average weight loss was 16.5 pounds. Their blood cholesterol dropped by 12 percent and their triglycerides improved by an astonishing 72 percent. Their diabetes vanished as their insulin and glucose levels became normal.

Paleo Beats Out “Diabetes Diet”

Dr. Staffan Lindeberg (known for his work with the primitive Kitavan society) compared the effectiveness of a Paleolithic diet vs. the commonly recommended diabetes diet on 13 patients with type 2 diabetes in a 2009 study. The diabetes diet was low fat, low meat, and high carb, and included whole grains, fruits, vegetable oils, vegetables, and dairy. The Paleolithic diet resulted in more weight loss, lower blood pressure, smaller waist size, lower triglycerides, better HDL cholesterol (the good cholesterol), and healthier glucose levels and hemoglobin A1c (a long-term marker for blood glucose levels).

High Protein Keeps Weight Off Adults and Children

A 2010 study in the New England Journal of Medicine showed a high-protein, low-glycemic diet was most effective at keeping weight off of 773 subjects over six months. Also in 2010, a study of 827 overweight and obese children found that kids who were put on a high-carb, low-protein diet became significantly fatter over six months, and the children on a high-protein, low-carb diet significantly lost weight.



TESTIMONIALS

Science and history can only go so far in convincing you to change your life. What about the people who've tried this diet?

Has it worked for them? Here are some real-life testimonials.

"I started eating the Paleo diet in January 2011 and over five months I lost 35 pounds and stopped taking my meds for triglycerides, cholesterol, and diabetes completely. My doctor commented that whatever I was doing, I should keep doing it. I'm pretty religious about not eating bread, but I cheat only in small ways occasionally, even though I travel for a living and can't cook that much. This diet is definitely doable on the road. On top of all of this, my energy levels are way higher than they used to be."

– Shawn, 45

"I started the Paleo diet in mid-December 2010 with the intent of losing some weight and improving my overall health. I lost 25 pounds but got other benefits I never anticipated. First, I used to take antacids every day starting in my mid-twenties and developed acid reflux over the last few years. A few weeks after I started eating Paleo, I stopped them completely. Now the only times I take antacids are when I cheat on the diet with bread and sugar on the same day, and not always.

"Second, I suffered with sinus headaches every month or so that would last up to three days at a time. Since I started Paleo, I have only had one headache. I also had pain in my elbow due to an injury lifting weights, and every time I exercised, it would hurt. Now there is no pain in that elbow at all. I attribute this to a decrease in inflammation.

"Finally, my overall energy and focus have increased dramatically with this program, even though I cheat on it once per week. I feel great, have maintained my target weight, and lost some ailments I previously attributed to aging. What a great diet!"

– Richard, 58

"I did a 60-day Paleo challenge one year ago, and it changed my life! I had so much energy, my aches and pains were gone, and I lost about 17 pounds in 60 days. Was originally 130 pounds, 5' 3" tall. No more feeling bloated, or tired, or sugar crashes. It takes some work to discover the recipes you like, as the first week was hard, but then it was easy! I recommend this way of eating to everyone I know."

– Nicole



“In 14 days I’ve lost nine pounds. I’m sure this number could be higher, but I’ve slacked completely on the working-out portion of this lifestyle (I’m planning and crafting for my sister-in-law’s wedding). I’m going to step my game up these next two weeks!

“Usually after a few days into a ‘healthy’ diet I need some rice, bread, pasta, sweets, etc. Did I mention I’m half Korean and half Mexican?! It’s been two weeks, and I haven’t heard any voices telling me to stuff my face with carbs, sweets, or dairy! I honestly thought I would never last, but once I made it past the first week, I knew I could make it for a month, if not longer.”

– Cvaz

“I was pretty skeptical when I started working out really hard that I would be able to keep up with the meal routine or my workout routine. I was sure one would suffer. I’ve never felt better. The lack of grain, which is an inflammatory, was a huge part of it I think. I feel like I recover faster, or just ache less.”

– Nick

“Getting diagnosed with severe rheumatoid arthritis (RA) when I was twenty-five was fairly terrifying. I did everything my doctors told me: took my medications, eliminated stress, kept my weight regular, and maintained an active lifestyle, including yoga. Thankfully I responded well to the medication and lifestyle change. However, the medications were horrible; not only did they make me feel like a zombie, but they were extremely toxic and dangerous to my body, requiring constant trips to the doctor and labs to make sure I was okay. While I was open to switching my diet, I was very concerned about my long-term health; RA is progressive and degenerative, which means I’ll always have it and it will only get worse over time. I thought diet couldn’t possibly help with the magnitude of my disease.

“A coworker who has a different autoimmune disease happened to mention the Paleo diet in an email, and she said it’d really helped her symptoms. At this point, I’d been on and off my medications for over six years and I was more open to seeing how diet might affect my health. I started the Paleo diet in December 2010 and have been going strong for nearly a year. Over the course of the year, I had to take a break from my medications because of getting pneumonia. When the pneumonia passed, my RA symptoms did not return. I waited a week to start taking my medications again and still no swelling in my fingers, no aching in my joints. Nothing. My eyes get all teary just thinking back to it, but I realized that maybe the diet was actually having a much deeper affect on my body and was filled with unbelievable hope.



“My grandmother had crippling RA and was never able to hold me, go on walks with me, or do anything but talk with me at her bedside. She was bedridden my whole life because of her RA. The idea that I might be able to be healthy without my medication was a dream beyond dreams; I didn’t want to be that crippled woman unable to engage with her family and life.

“I couldn’t believe it. Every day I wake up and wonder if the symptoms will come back—and someday they might—but I feel tremendous. My body is as strong as it’s ever been, and I feel as good as I have in years. I feel like I get to eat the richest, tastiest foods in the world and am proactively contributing to my own health in way that is immensely empowering. I plan to eat Paleo for the rest of my life, whether I have to take my medication again or not.”

– Mindy, 31



Here's your food guide for the next six weeks—and hopefully for the rest of your life. The green headings mean “GO”: eat those foods all

you want. Yellow means use caution and eat those foods in moderation, and red means—well, you get the picture.

ABOUT WEIGHT LOSS

Eating Paleo is not necessarily about weight loss. It's a great way to eat if you're trying to lose, maintain, or even gain weight. However, many people come to it from a position of trying to improve their body composition (how much muscle tone and bulk they have.). Throughout this chapter, we'll let you know when it's safe to eat something, but also when to be careful with moderation if weight loss is a goal of yours.

UNRESTRICTED FOODS

Vegetables

You can eat all vegetables without limit. You've probably never met anyone who got fat eating too much broccoli! The only exception is that you should not eat plants from the nightshade family if you have an autoimmune disorder. Nightshades are tomatoes, peppers, eggplant, potatoes, and tobacco. And for now, if you're trying to lose weight, lay off the root veggies below.

If weight loss is a goal, limit these root vegetables

Atkins was right about a few things, the first being that carbs can cause weight gain. So because the foods below are high in carbohydrates, eat these starchy carbs no more than a few times a week. If you're an athlete, read [Chapter 5](#) for guidelines about carbohydrates. Here's an easy-to-read [blog post](#) on the topic of athletes and carbs.

Cassava (Tapioca)	Potatoes	Yams
Sweet potatoes	Taro	Plantain

Fruits

You can eat as much fruit as you want. However, if you're trying to lose weight, limit fruit intake to one to four pieces a day and limit dried fruit to a small handful a day.



UNRESTRICTED FOODS

Meats and Eggs

Eat meats and eggs freely, but in order to best mimic our ancestors, eat products from animals that were grass fed/pasture raised. At the very least, steer clear of meats with preservatives and color or flavor enhancers, particularly added nitrites or nitrates.

Game meats	Organ meats	Pork
Beef	Chicken	Turkey
Goat	Lamb	All others

Eggs—from chickens, ducks, emu, quail, etc.

Fish, Shellfish, Fish Eggs

All seafood species are fine. Just be conscious of [mercury levels](#) and [ecological practices](#). Know that smaller fish like anchovies generally have less bioaccumulation of heavy metals and toxins, and they have high levels of omega 3 fatty acids.

Nuts and Seeds

Limit intake of nuts and seeds to about two ounces a day, or a couple handfuls. Remember, they contain phytic acid and lectins and they're included on the diet because they're a very convenient, high-calorie snack food. It's best to soak and/or sprout your nuts and seeds. If you're trying to lose weight, limit nuts and seeds to about one or two ounces per day, as the calories add up quickly.

Macadamias	Almonds	Brazil nuts
Cashews	Hazelnuts	Sunflower seeds
Pistachios	Sesame seeds	Chestnuts
Pine nuts	Other nuts and seeds	Any butters from these nuts

Peanuts are not nuts—they're legumes, and thus are not on the list.



UNRESTRICTED FOODS

Sea Vegetables

They're all good—great, in fact. They're very high in minerals and other nutrients.

Kombu

Wakame

Kelp

Chlorella

Dulse

Nori

Spirulina

Fats

Watch your intake of all of these if you're trying to lose weight—they're very calorie dense. A tablespoon of each is about 120 calories. Learn about how to use each of these in the Paleo Guide to Oils and Fats included with this ebook.

Tallow

Lard

Coconut oil/milk

Walnut oil

Flax oil

Hazelnut oil

Extra Virgin Olive oil

Macadamia oil

Unrefined Red Palm oil

Beverages

Filtered or spring water

Herbal tea

CONSUME IN MODERATION

Coffee

Chocolate

Dried fruit

Alcohol (all)

Caffeinated teas

Raw honey

Stevia

Coconut sap

Coconut water

Freshly juiced fruits and vegetables

Other types of caffeinated drinks (it should be a treat—not a crutch)



FOODS TO AVOID

Dairy

At least for the duration of this challenge, we suggest you avoid all dairy products. Read the section on dairy in [Chapter 2](#) and the dairy discussion in [Chapter 4](#) for more information on dairy's place in the Paleo diet.

Butter	Buttermilk	Milk
Yogurt	Kefir	Cream
Ghee	Ice cream	Powdered milk
Cottage cheese	Anything else from an animal's teat	

Grains or Grain-Like Foods

Refer to [this section](#) in Chapter 2 for the reasons to avoid grains.

Wheat	Rice	Millet
Oats	Spelt	Kamut
Quinoa	Beer	Buckwheat
Wild rice	Amaranth	Sorghum
Rye	Barley	Corn

Also, any flour, noodle, or other food or drink made out of any of these, including white flour, pastry flour, all-purpose flour, and all cookies, crackers, chips, cereals, breads, pastries, and other foods made from them

Legumes (Beans)

Refer to [this section](#) in Chapter 2 for the reasons to avoid legumes.

Black beans	Pinto beans	Red beans
Soy beans*	Lentils	Peas
Peanuts	Adzuki beans	Garbanzo beans
Navy beans	Mung beans	Lima beans
Black-eyed peas	Any other old, dried-out bean that is eaten in large quantities	

*Soy beans including soy sauce, tamari, Bragg's Aminos, tofu, soy protein isolate, soy protein concentrate, tempeh, edamame, and any product made with any of these ingredients

Snowpeas, sugar snap peas, and green beans are acceptable to eat because they're young and green, so they contain fewer anti-nutrients.



FOODS TO AVOID

Refined Sweeteners

Refer to [this section](#) in Chapter 2 for the reasons to avoid sweeteners.

Sugar cane	White sugar	Brown sugar
Splenda	Refined honey	Aspartame
Sucralose	Nutrasweet	Maple syrup

Also any other refined or man-made sugar

Highly Processed Oils

Any oil that is partially hydrogenated, fractionated, refined, or otherwise adulterated. Partially hydrogenated oils contain trans fatty acids, which are known to contribute to heart disease and other chronic illnesses. Fully hydrogenated oils do not contain trans fats (or, at least, not as many), but they're still highly processed, and we're trying to stay away from adulterated foods. The same goes for fractionated, refined, de-odorized or otherwise heated, chemically treated oils.

Most "Vegetable" Oils

Any oil with a high omega 6 content that comes from a seed, grain, or legume. Refer to [this section](#) in Chapter 2 for the reasons to avoid vegetable oils.

Canola*	Corn	Soy
Sunflower	Safflower	Cottonseed
Peanut		

*Canola used to be acceptable in the diet, but newer research has found that it may have increased allergenic potential. Plus, it's a seed oil and therefore must be highly heated or chemically treated to extract it.



FOODS TO AVOID

Fruit Juice

Unless it comes straight from your juicer at home, you should avoid this blood sugar-spiking waste of calories. After the pasteurization and other processing of juices, their nutrient value is highly diminished and their sugar content is increased. Eat fruit instead or use a juicer to squeeze the juice out of fresh fruits and vegetables on occasion. Fresh juice might still spike your blood sugar, but it has plenty of nutrients at least.

Soft Drinks

See “Sweeteners” above

Refined, Iodized Salt

Use unrefined sea salt instead. Unrefined sea salt is just salt, instead of salt, corn, and preservatives like most table salts are. It has more minerals in it than regular table salt, and it's not bleached or chemically treated.



The following common questions are answered below. You can either click on the question to be taken to the answer or, even better, just

read through all of them. If you're new to Paleo though, we highly recommend reading about detoxification near the end. It'll provide some good information on what to expect the first few days.

DIABETES AND PALEO

[Q: Is eating Paleo safe for diabetics?](#)

NUTS AND PROTEIN POWDER

[Q: There is conflicting information on nuts out there. What is their actual place in the Paleo diet?](#)

[Q: Can I use protein powders?](#)

BUDGETING FOR THE DIET

[Q: What is the approximate cost of the weekly menu?](#)

BREAKFAST AND INTERMITTENT FASTING

[Q: I'm not a breakfast person. Why should I eat breakfast?](#)

[Q: What about intermittent fasting? Isn't it a good thing to skip meals sometimes, according to some Paleo experts?](#)

HIGH-PROTEIN DIET MYTHS

[Q: Isn't eating too much protein bad for your kidneys?](#)

[Q: Doesn't eating too much protein cause gout?](#)

NUTRIENTS

[Q: Will I get enough nutrients?](#)

[Q: Will I get enough calcium?](#)

[Q: Will I get enough fiber?](#)

[Q: Should I take supplements?](#)

DAIRY

[Q: Is dairy Paleo?](#)



SATURATED FAT, BACON, AND CHOLESTEROL

Q: Isn't saturated fat bad?

Q: What about bacon and other processed meats?

Q: What about the cholesterol content in this diet?

NUT AND EGG ALLERGIES

Q: I have a nut allergy. How will that affect me on this diet and meal plan?

Q: I have an egg allergy. How will that affect me?

TROUBLESHOOTING WEIGHT LOSS AND CRAVINGS

Q: I've been on the diet for a while now, but I am still having cravings and giving into them for bread and sweets. How do I handle that?

Q: I stopped losing weight; what should I do?

Q: Should I count calories on this diet?

WHAT TO DRINK

Q: Can I drink caffeine?

Q: Can I drink alcohol?

FATIGUE AND DETOXIFICATION

Q: I feel fatigued on this diet. What am I doing wrong?

Q: Is there a detoxification period on this diet?

DIABETES AND PALEO

Q: Is eating Paleo safe for diabetics?

A: Absolutely! Diabetes is what happens when your body's cells become desensitized to insulin, the hormone that allows glucose to be taken out of your blood stream and released into your cells. Since eating Paleo eliminates refined sugars and grains (the foods that spike your blood sugar the most) it's actually very effective for diabetics. Many diabetics get off of their medications completely with this diet.

Eating a diet rich in good fats and proteins is one of the best things you can do for your blood sugar control. If you are diabetic and you do decide to make this change in your diet, you'll want to make sure you watch your blood glucose levels



very closely in the beginning, especially if you take insulin or medications for it. Do not take too much insulin or your blood sugar may get very low. There are far fewer carbohydrates on this diet, which are what make your blood sugar spike. Consult with your doctor if necessary. A lot of people are surprised by how quickly their blood glucose levels decrease after starting this way of eating.

NUTS AND PROTEIN POWDER

Q: There is conflicting information on nuts out there.

What is their actual place in this diet?

A: Nuts contain lectins and phytic acid, both of which are anti-nutrients. You can read a blog post from Paleo Plan on it [here](#). We pick our battles. Grains and legumes often have more harmful substances in them than nuts and seeds, especially gluten grains, and since we're cutting those out, there's usually no need to cut out nuts altogether. However, a lot of people can't deal with digesting and assimilating them, so you need to decide for yourself if you should cut them out.

One easy solution is to soak and/or sprout your nuts. Soaking nuts gets rid of most of the phytic acid, which binds to crucial minerals in foods and prohibits their absorption. It also gets rid of some of the lectins, which can be detrimental to gut health. There are about 10,000 [videos](#) on YouTube showing you how to soak and sprout nuts if you don't already know.

Q: Can I use protein powders?

A: For the purposes of this challenge, you should follow the meal plan and only use protein powders if you are temporarily desperate for food and have no other option available. Protein powders are highly processed foods, and you're trying to stay away from those. Plus, the most common protein in powder form is whey, and whey is dairy, which you're avoiding for this challenge.

Other protein powders are made of egg, soy, pea, or hemp, or some combination of those. Eggs are certainly acceptable Paleo foods, but the eggs in protein powders are not going to be in any way pasture raised, since they'll be from factory-farmed chickens. Plus, protein powders only use the egg white, which means that most of the nutrients are stripped out with the yolk. It's also highly heated and sometimes chemically processed.

Hemp is OK, but it has an awful lot of delicate fatty acids that undoubtedly get wrecked and turned rancid in the heating and drying process, which is not good. Pea and soy protein are both legumes, and therefore are not part of the diet.



Just stick with good, old-fashioned meat, fish, and eggs for your major protein sources, at least for the duration of this challenge. Later, you can experiment with whey and egg proteins to see how they make you feel.

BUDGETING FOR THE DIET

Q: What is the approximate cost of the weekly menu?

A: It depends on whether or not you're buying organic produce and nuts, grass-fed meats, and pastured eggs. Those are all the ideals, but they can be expensive, so a lot of people choose not to buy them for their budget's sake. Maybe you only buy some organic and pasture-raised stuff when it's on sale to save money.

It also depends on how active you are and what size you are, which determines whether you're eating 1,200 calories or 6,000 calories per day. I'd plan to spend anywhere from \$200 per person per month all the way to \$500 per person per month, depending on your choices and which grocery store you use.

There are plenty of ways to save money, though. You can buy meat in bulk from local ranchers. [Here's an article on how to do that.](#) And you can buy other foods in bulk to save money, like flour, nuts, and other staples. Having a garden always helps. Raising chickens saves money on eggs, or you could seek out a local source for eggs and buy them directly from a farmer, which usually drops the price quite a bit. Visit eatwild.com for local sources of meat, eggs, and produce.

BREAKFAST AND INTERMITTENT FASTING

Q: I'm not a breakfast person. Why I should eat breakfast?

A: When you aren't hungry in the morning, it's often because your blood sugar is whacked out. It's gotten so low during the night that adrenaline and cortisol have kicked in to get you through the night, and the result is nausea (or at least a lack of hunger) in the morning. Trouble sleeping is another symptom of the blood sugar craziness at night. The only way to fix it is to start making yourself eat in the morning. Balanced blood sugar starts with a balanced meal in the morning, which helps set the scene for your day (and into the next days).

Your body should want to eat first thing in the morning. You've been fasting for six to ten hours by that point, and your body needs food to start the day off right. When you start getting your blood sugar back to normal by eating in the morning and then at regular intervals throughout the day, you'll start to feel different, and you'll most likely start being hungry in the mornings. It shouldn't



take more than a week or two for the hunger to kick in after you start eating in the mornings. For more information on breakfast, [read this article on Paleo breakfasts](#).

Q: But what about intermittent fasting? Isn't it a good thing to skip meals sometimes, according to some Paleo experts?

A: Intermittent fasting is something you should work up to, and only if it's appropriate for you. After eating a typical Western diet for so long, you're likely going to have some blood sugar issues. That's why diabetes is so prevalent: the grains and sugar in the standard Western diet wreak absolute havoc on our blood sugar control and insulin sensitivity.

When you first start eating Paleo, take the first month or two to get your blood sugar under control. Normalize your blood glucose levels and get your insulin working how it should. Do that by eating (a Paleo) breakfast, lunch, snack, and dinner every day. A regular eating schedule jogs the body back into normalcy.

Once you've done that, then you can experiment with skipping meals every once in a while. People intermittently fast in order to stimulate fat loss and muscle growth, and just to switch things up a little. Mark Sisson at marksdailyapple.com has written on [intermittent fasting](#) if you want more information on it.

For some people, intermittent fasting will just never work. If you're prone to hypoglycemia (fatigue, weakness, dizziness, or headaches if you don't eat regularly), then you may never be a candidate for this. Your hypoglycemia symptoms will surely improve as you continue to eat Paleo, but they may never completely disappear. It just all depends on your constitution.

HIGH-PROTEIN DIET MYTHS

Q: Isn't eating too much protein bad for your kidneys?

A: That is a myth. All the research out there that has concluded that eating lots of protein is bad for your kidneys was done on people who already were diagnosed with kidney disease. [The National Kidney Foundation](#) states that "diabetes is the leading cause of kidney disease," not a high-protein diet, which means that too much sugar and refined grains are what you should actually stay away from for your kidneys' sake.

Paleo doesn't necessarily mean high protein, but in this meal plan, you're getting about 25 percent protein to help you build muscle and lose fat. Our liver's upper limit of protein intake is about 200–300 grams per day, or about 35–40 percent



of caloric intake. Eating 25 percent protein keeps you below the upper limits of protein intake. So yes, the Paleo diet has a higher protein percentage than the 15 percent in the typical American diet, but the American diet is exactly what is not working. For more info on the topic of high-protein diets, [read this](#).

Q: Doesn't eating too much protein cause gout?

A: No. That's another myth. Gout is a painful condition that occurs when uric acid crystals accumulate around a joint, often the big toe, ankle, or knee. Gout is often associated with diabetes, metabolic syndrome, and insulin resistance because all of the above decrease the kidneys' ability to excrete uric acid from the body. Because eating Paleo helps to reverse insulin resistance, metabolic syndrome, and diabetes, it would therefore decrease the amount of uric acid that is in your body. Your kidneys can't do their job when they're overloaded with an acid-forming, sugar-coated standard American diet.

The liver plays a role in gout by creating too much uric acid. Consumption of sweeteners, including the ubiquitous high-fructose corn syrup, increases the liver's production of uric acid. The Paleolithic diet, which is incredibly low in sweeteners, would help to decrease the amount of uric acid being produced by the liver. Therefore, it would potentially help gout.

So yes, go ahead and try eating Paleo if you have gout. Please. Conventional medicine will advise you to take pain killers and other drugs for the rest of your life and eat foods that may actually increase insulin resistance. They'll tell you to cut out meat, which actually helps to decrease insulin resistance. We think that Paleo is a far superior option. For more info on this, read this [blog post](#).

NUTRIENTS

Q: Will I get enough nutrients?

A: Yes! When you compare the nutrient levels of a Paleo day with a typical Western diet day, the results are undeniable. You get the same amount or more (often way more) of every nutrient except for calcium, sodium (not a bad thing), and vitamin D, which you should be getting from the sun and not synthetically in milk products anyway. The omega 6 to omega 3 ratio is way better in the Paleo day, at around 4:1 as opposed to 27:1 in the Western diet; around 3:1 is your goal. For the full article with all the nutrient values of the comparison between the Paleo and Western diet menus, [click here](#).



Not only are there more nutrients in a Paleo menu, but you absorb more of those nutrients. The phytic acid in grains and legumes robs your body of crucial minerals like calcium, zinc, magnesium, and iron. More on that [here](#). Even though you may be getting more calcium in the Western diet (711 mg compared with 614 mg in a day), you're not absorbing all of it.

Q: Will I get enough calcium?

A: Yes. Here's a paradox for you: the United States has one of the highest rates of osteoporosis and one of the highest rates of dairy consumption. The fact is, it actually takes many nutrients—not just calcium—plus protein, weight-bearing exercise, and sunlight (vitamin D) to make healthy bones. Even though dairy contains a lot of calcium, so do edible fish bones, dark leafy green vegetables, and nuts.

The most important thing about calcium consumption (and where we so often go wrong) is that you need to keep what you eat. Dairy is an acid-forming food in your body, but calcium requires an alkaline environment to be absorbed properly. So if your body is acidic from eating too much dairy, you will leach calcium from your bones and excrete it in your urine. Goodbye calcium.

Another way you lose calcium is by eating grains and legumes (and too many nuts and seeds), which contain a lot of phytic acid. Phytic acid binds to calcium in your intestines and carries it out unabsorbed. To make things worse, taking in too much calcium can inhibit the absorption of magnesium, another very important nutrient for bone and muscle health. For more information on calcium in a Paleo diet, [read this blog post](#).

Q: Will I get enough fiber?

A: Yes, you will. In fact, in an [analysis comparing Paleo to a Western diet](#), there were 42 g of fiber in the Paleo diet, as opposed to a paltry 16 g in the Western diet. There is a ton of fiber in vegetables and fruits, despite what you've likely been told your whole life about the need for whole grains to make you go number two. The analysis was actually done using the meal plan in this book, so you're in good hands. What may surprise you is that fiber is not as crucial as you might think. There are plenty of hunter-gatherers who've survived on nothing more than animal foods through long winters. To prove that this was a perfectly healthy way to eat, an Arctic explorer named Vilhjalmur Stefansson ate only muscle and organ meat (no fiber) for an entire year and was perfectly healthy at the end of it.



Q: Should I take supplements?

A: You can get quite a lot of nutrients in your Paleo diet. However, most Westerners are lacking in vitamin D, which is mostly obtained from sitting out in the sun. Since we're all sunscreen-slathering slaves, we don't get much of that. So consider supplementing vitamin D3, at about 1,000 or 2,000 iu a day.

Also, if you don't eat very much fish, you can supplement with omega 3 fatty acids to get your fatty acids back into range. However, the typical day on a Paleo diet will put your fatty acids back into a healthy range of about 3:1 omega 6: omega 3, so you don't necessarily need to supplement those forever. They're just good to jump start things. If you do supplement with omega 3's, be sure to get them from a health care practitioner or a reputable source. Do not get them from Walgreens or even a prescription from your doctor. The prescription capsules often have egregious food colorings and other totally unnecessary additives mixed in. Since omega 3's are so susceptible to oxidation, they need to be from a good source and encapsulated correctly. www.marksdailyapple.com has a good option.

DAIRY

Q: Is Dairy Paleo?

A: The Paleo pros all agree that before the advent of agriculture, dairy was not something people would have consumed after the first few years of life (during breastfeeding). After all, milking a wild mastodon would have been a little tricky. For that reason alone, dairy's not quite Paleo. Beyond that, though, Loren Cordain, one of the fathers of the Paleo diet and author of *The Paleo Diet*, believes that dairy is one of the causes of many of our current health maladies, including some cancers, insulin resistance, and acne. Loren Cordain keeps a blog, and [this blog post](#) in particular is a fantastic resource for more information on his camp's beliefs about dairy.

However, since the studies on dairy cited by Cordain and many others have been done using pasteurized, homogenized, low-fat, factory-farmed dairy products, part of the story is missing. There is a lot of evidence that supports whole-fat, pasture-raised, unpasteurized, unhomogenized (raw) milk's health benefits to humans, including anti-cancer and anti-acne effects. There have been indigenous groups all over the world who've lived vibrant, long lives on diets that include raw dairy products as a staple.



Whether you eat any dairy is a decision you need to make for yourself based on your Paleo ethics and whether or not you can physically tolerate it. Pedro Bastos is the dairy guru in the Paleo world, having done extensive research on the topic. Here's a [blog post](#) where he explains in more detail. Again, for the purposes of this challenge, we suggest you take out dairy so that you can see for yourself if it's affecting your digestion, skin, energy levels, athletic performance, or any other aspect of your health. After the challenge, if you want to, add full-fat, raw, grass-fed dairy back in to your diet and take note of how you feel. To find a source of raw dairy in your area, go to [this website](#). For more information on the dairy debate, read [Chapter 2](#).

SATURATED FAT AND CHOLESTEROL MYTHS

Q: Isn't saturated fat bad?

A: This is another one of those very confusing topics in the Paleo world. In the first edition of his book, *The Paleo Diet*, Loren Cordain says that saturated fat is bad in general, and that you should stay away from fatty, highly processed cuts of meat and eat only lean meat. He also stated in that book that you should stay away from coconut and palm oils, both of which are high in saturated fat. On the other hand, there's Mark Sisson of [marksdailyapple.com](#) and other Paleo/Primal proponents who highly regard fatty meats, coconut oil, palm oil, butter, and full-fat dairy.

It seems there's a schism in the community, but it's actually not that pronounced. Cordain has recently loosened up on his initial guidelines in light of newer research. It turns out that saturated fat doesn't cause heart disease. Saturated fat can sometimes cause an increase in LDL cholesterol (or what was known as the "bad" cholesterol), but there are different kinds of LDL. The large, fluffy kind, which can be increased with saturated fat consumption, does not get oxidized easily and therefore doesn't contribute to heart disease. Some saturated fatty acids increase HDL, the "good" cholesterol, too.

What actually causes heart disease is increased inflammation, which is caused by too many omega 6 fatty acids (vegetable oils, grains, and grain-fed animal fat) and other non-Paleo foods and lifestyle choices. The grains that feedlot animals eat contribute to omega 6 buildup in their bodies (just like they do in ours) and are eaten by us. That's why Cordain is still a proponent of eating lean animal fats (and trimming visible fat), because he assumes that most people will not be eating grass-fed animals. If you're going to eat grain-fed animals, trim



the fat. If you're going to eat grass-fed, you don't need to. So eat your animal fats, but be diligent about eating grass-fed or pasture-raised animals. For more information on this, here is a [blog post](#). Also, Chris Masterjohn is the saturated fat/cholesterol/heart disease researcher and guru in the Paleo world, so check his website out [here](#).

Q: What about bacon and other processed meats?

A: Since one of the main arguments against bacon is that it's high in saturated fat, read the Q&A above on saturated fat. Beyond that, bacon and other processed meats can be filled with nitrates or nitrites, which are known carcinogens, as well as all kinds of other preservatives. You can certainly buy very good, pasture-raised bacon without all that crap in it, and it's perfectly fine. Just read the labels and ask at your grocery store to know what you're getting. There shouldn't be much in your deli meats and bacon besides the meat, salt, spices, and sometimes a natural anti-microbial like sodium lactate. For instance, here are the ingredients for Applegate Farms Organic Roasted Turkey, which is a relatively high-quality meat that you can buy in many grocery stores:

Organic Turkey Breast, Water, Contains Less Than 2 percent of the Following: Sodium Lactate (from Beets), Salt, Carrageenan (from Seaweed).

Because it might be higher in salt than your standard roasted turkey breast would be and it contains carrageenan and sodium lactate that we wouldn't normally eat, some would argue that processed deli meat shouldn't be something you eat very often. However, it's realistically very easy and convenient, and it's absolutely not the worst thing in the world you could eat. We say eat it in moderation and opt for fresh, unprocessed cuts of meat that you cook at home. The meal plan in this book reflects those guidelines.

If you're an athlete and you're trying to fuel your muscles after a workout with lean protein, bacon is not the way to go. It has more fat than protein. You'd want to go with leaner cuts of meat. The fact is that hunter-gatherer groups certainly did not throw out the fatty cuts of meat or the organs (which are high in fat). They ate them because they are calorie dense and the fat was absolutely necessary to keep them from dying of a high-protein diet (also known as rabbit starvation). So eat your high quality bacon and deli meat—just don't depend on it as your only protein source.



Q: What about the cholesterol content in this diet?

A: In a [nutrient analysis](#) comparing a day in the life of a standard Western eater and a Paleo eater, it was found that there were about 134 mg of cholesterol in the Western diet and 593 mg in the Paleo day of eating. Yes, there is more cholesterol in a typical Paleo diet compared to a typical Western diet. Once again, though, we've seen what the Western diet does to our health....

Cholesterol is found exclusively in animal foods like meat, fish, eggs, and dairy. The whole cholesterol craze is yet another myth. In a study done in the early 1900s, rabbits were forced to eat high-cholesterol foods. Most of them ended up dying of cardiovascular disease, and those results were extrapolated to human beings. Well, it turns out that humans are not rabbits, and they should never have made that giant leap in logic. Rabbits are physiologically vegetarians. We are anatomically omnivores, so we can handle eating cholesterol much better than rabbits can.

We use cholesterol in every single cell of our bodies. We need it to make cell membranes, bile, brain cells, skin, hormones, etc. We produce about 1,200 mg of it every day, which is way more than the 180 mg that are in those forbidden eggs. If we eat cholesterol and it's more than we need, our intelligent bodies excrete the excess. There's only a small percentage of people whose bodies keep more than they need, and their blood cholesterol levels will increase in response to eating it.

However, that may not be a bad thing. High cholesterol levels are not even a good marker for heart disease. If that were the case, wouldn't there be less heart disease now with so many people (54 percent of adults over 20 in the United States) on cholesterol-lowering pharmaceuticals? In fact, the incidence of heart disease is only increasing.

It's not high cholesterol that causes heart disease. Like we said above regarding saturated fat, it's about the kind of cholesterol coursing through your blood and the amount of inflammation you have in your arteries. If you have a lot of the small, dense LDL caused by eating a Western diet and not exercising, then yes, you're likely to develop heart disease. Small, dense LDL particles are easily oxidized, and it's the oxidation that contributes to heart attacks and strokes. If it's the large, fluffy LDL caused by eating a Paleo diet, then you're OK, because those don't oxidize as easily. Eating cholesterol (and saturated fat) raises the large, fluffy kind, and it raises your HDL, which is considered your "good" cholesterol. For more information on this, read Chris Masterjohn's website [here](#).



NUT AND EGG ALLERGIES

Q: I have a nut allergy. How will that affect me on this diet and meal plan?

A: Some of the recipes in the Paleo meal plan in this book use almond flour. You can substitute almond flour with a combination of tapioca flour and coconut flour. Try using 3/4 tapioca and 1/4 coconut and see how you like that consistency. Coconut flour absorbs a lot of liquid, so you have to either combine it with other flours or use four eggs for every 1/2 cup of flour. It just depends on the recipe and what you're trying to do with it. There's also sweet potato flour now, but it's very expensive.

As for the other nuts in the meal plan, you'll want to substitute different foods depending on the recipe. For instance, if the meal plan calls for a snack of nuts and jerky, you could eat more jerky, you could add a fat source like sliced avocado to make up for the loss of the fatty nuts, or you could eat a piece of fruit with the jerky. For the recipes that call for "encrusting" meat fillets with nuts, you can either leave the nuts off or substitute with a Paleo-friendly flour batter to coat the meat.

Q: I have an egg allergy. How will that affect me?

A: The meal plan uses eggs in quite a few recipes, but you can definitely get around this. There's not just one substitution for eggs, though, since eggs are used in so many different applications. For example, instead of eggs in a veggie omelet, you would just use chicken or fish or any kind of meat you prefer.

Instead of eggs in baked goods like muffins, you would use a binder like tapioca starch or guar gum. You'd have to look online at other recipes for proportion guidelines. You can also use "flax eggs" (see recipe below) because flax is mucilaginous (slimy) and it binds things. With the egg allergy, it's going to take some experimenting to get the textures and flavors that you like, but you can make it work—[vegans](#) all over the world have done it for years!

Below are some recipes for egg substitutes to try out. Each item below will replace one egg.

- 2 Tbsp arrowroot
- 1 tsp baking powder + 1 ½ Tbs water + 1 ½ Tbsp oil
- 1 Tbs tapioca + ¼ cup warm water
- 2 Tbs applesauce
- "Flax Eggs" - 1 Tbsp flax + 3 Tbsp water, let sit to gel for 5 minutes. Whisk.



TROUBLESHOOTING WEIGHT LOSS AND CRAVINGS

Q: I've been on the diet for a while now, but I am still having cravings and giving into them for bread and sweets. How do I handle that?

A: Often in the beginning of the diet, people don't eat enough fat, and fat can be incredibly helpful in curbing cravings. It will add more calories to your diet, but after a while (when you're done detoxing and your body is better at using fat as fuel), you'll be able to taper down the fat and still not have cravings. For a while, use a bit more oil for cooking and salads, and eat more avocados, coconut products, and fattier cuts of meat.

However, if you're a serious athlete (working out more than a couple times a week, including some cardio), you may be having real cravings for carbs because your body actually needs more carbs. Have baked sweet potatoes on hand in the fridge that you can just warm up when you get cravings. Add some coconut milk and cinnamon, and it's an awesome treat. Make some Paleo muffins ([recipe here](#)) and individually wrap them and put them in the fridge or freezer. Eat one every couple days or so, and it should curb that craving.

Q: I stopped losing weight; what should I do?

A: Sometimes people plateau on the diet. They start out losing a ton of weight and feeling a lot better, and then the weight just sort of stops coming off. If that happens to you, ask yourself some questions.

Do you need to lose any more weight, or are you at a good weight and you're just obsessing? The Paleo diet helps bring you to your optimal weight, which for most of us doesn't usually mean model-thin. Be real about your ideal weight.

Now, if you legitimately need and want to lose more weight, try to introduce more carbohydrates into your diet a few times a week, especially after workouts. Have sweet potatoes, fruit, tapioca crepes, or muffins on hand to get those dense carbohydrates. Sometimes after not eating many carbs, your body gets a little stressed out and starts keeping the fat it has in order to keep you from starving. Sometimes these carb "refeeds" can help kick start your body into continuing the weight-loss trend.

If that doesn't work, look at your life. Are you stressed? Sleeping enough? Exercising at least a few times a week? Are you actually sticking with the diet or are you cheating often?



If you look at your life and find that you're perfect, start counting calories. Calorie counting in the Paleo world is similar to watching or reading the *Twilight* series: sometimes it's necessary, but you should never admit to your friends that you're doing it. See the next Q&A for more info on counting calories. Here's a [blog post](#) for more information on this topic.

Q: Should I count calories on this diet?

A: No. Not unless you have to, that is. If you find that your weight loss has tapered or come to a screeching halt, you may be forced to count calories. However, this is not a lifelong endeavor. You will not be logging those pesky calories forever—just long enough to figure out how much you're overeating and to get to know how many calories are in your favorite foods. Sometimes, even on a Paleo diet, you overeat.

To figure out roughly how much you should be eating, sign up for [fitday.com](#), [nutritiondata.com](#), or [myfitnesspal.com](#) and enter in your statistics. On those same sites, you can then record everything you eat for free in order to find out how many calories, carbohydrates, fats, and proteins you're consuming. Nutritiondata.com actually tells you about a lot of the nutrients you're getting, too. The programs let you decide how many pounds a week you want to lose and then spit out a number of calories you should be eating, determined by your size, gender, age, and activity level. It's a rough estimate, so act accordingly. For more information on counting calories on the Paleo diet, read this [blog post](#).

WHAT TO DRINK

Q: Can I drink caffeine?

A: While you're doing this challenge, you are strongly encouraged to stop drinking caffeine. But wait! Don't stop reading just yet! Here's why. A lot of people use caffeine as a crutch. It's the way they get through their day, and if they didn't have it, they'd take naps at their desk. This diet will give you more energy than your old diet. We promise. It might be a rough couple of weeks when you're first changing your diet and giving up caffeine, but you may as well clean out your whole system at once, right? Remember that caffeine is in coffee, espresso, decaffeinated coffee and espresso, maté, "energy drinks," caffeinated sodas, caffeinated sports drinks and gels, white tea, green tea, black tea, and brown tea. Herbal teas that don't have any of the above in them are fine, as well as rooibos tea.



You may be surprised by the massive effect caffeine can have on your sleep and your cortisol levels. If you're trying to get your body on track, do it a favor and go without, at least during the challenge.

Once you're through this challenge, go ahead and add your beloved caffeine back to your diet and see how it really makes you feel. Then decide how often you want to drink it. You may have numbed yourself out to the effect it was having on you all these years. You can do this. For more info and statistics on how caffeine affects people, [read this](#).

Q: Can I drink alcohol?

If you really want to go diehard with this challenge, don't drink alcohol for the next six weeks. It's a waste of calories, and it's poisonous if you want to get real about it. You're trying to remove the poisons in these six weeks to see how much better you can look, feel, and perform, so why not go all the way?

However, if you do find yourself unable to resist the temptation of taking the edge off, opt for more Paleo choices, like tequila, mead, or wine. All the other spirits are questionably gluten-free, so for now, stay away from them. Beer is full of gluten and other grains, so do yourself a favor and abstain for this time period. After you're done, have a beer or whatever alcohol you're fond of and see how it makes you feel. Your hangover might be worse, and you might feel other symptoms while you're drinking it now that your system is clean. Take note and act accordingly next time you decide to imbibe. For more on that topic and more detailed info on all the different alcohols, read [this](#).

FATIGUE AND DETOXIFICATION

Q: I feel fatigued on this diet. What am I doing wrong?

A: In the beginning, fatigue is often caused by the detoxification process. See the question below for more info on that. Fatigue can also be caused by not eating enough food or not eating enough carbohydrates or fat. Also consider these questions:

Are you drinking enough water? Try drinking a couple liters of water every day and see if that helps.

Are you exercising a few times a week? Exercise improves energy levels.

Are you eating regularly? In the beginning, when your blood sugar is still reeling from the abuse you've subjected it to all these years, you need to eat regularly.

During this challenge, it's important that you eat breakfast when you wake up,



lunch a few hours later, a snack a few hours after that, and dinner a few hours after that. Eat regularly; it will heal your blood sugar craziness and assuage your fatigue.

Are you drinking caffeine? It's likely contributing to your fatigue, so cut it out.

Are you sleeping enough?

Are you cheating on the diet? Bread makes you tired, so cut it out.

If all of these are not possibly the culprits, then you may want to get tested for food sensitivities. At this point we recommend you [contact a nutritionist](#) who is willing to work with you to help find the culprit.

For more info on combatting fatigue, read this [blog post](#).

Q: Is there a detoxification period on this diet?

A: Yes, and it's why you might be feeling like you've been hit by a train every day for the first week or so. Some people only go through it for a day or so, while others detox for up to a month, and there's no way to predict how long it will last or how intense it will be. Headaches, fatigue, dizziness, irritability, mood swings, nausea, intense cravings, sinus drainage, flu-like symptoms, body aches, and increased urination are all signs of detox. You might have to pee seventeen times a day and feel like you're walking through oatmeal for the first day (or thirty) of this diet.

Just like when an alcoholic or drug addict quits cold turkey and feels awful, you will likely have symptoms from giving up a toxic Western diet. You can deal with it, and when it passes you'll be happy you did. Just be diligent, drink lots of water, eat all the right things, and have some self-control. Remember, this is a sign of your body's addictions. Be encouraged by the fact that you're cleaning out your system and you're on your way to health. You'll feel better very soon. We promise. Read this [blog post](#) for more information on the dreaded detox.



Now that you know what this diet is all about, let's talk about some practicalities. Athletes have very specific needs, and we're about to discuss those for the endurance

athlete and the power athlete. We'll also give you some tips for eating at restaurants, since we know nobody is going to eat at home every single meal. Lastly, it's time to clean out your kitchen! At the end of this chapter is a list of things you'll want to purge from your pantry and fridge.

[cleaning out your kitchen](#) [changing it up for the athlete](#) [eating out](#)

CLEANING OUT YOUR KITCHEN

It's time to start fresh and throw away those foods that are causing your symptoms and keeping you from being at your optimal health. Dairy is included on this list because it's in your best interest to stop eating dairy at least during the challenge. The following is a list of foods in your pantry and kitchen that you'll need to get rid of. You can donate unopened foods to shelters or your willing friends and throw away the rest.

You may hesitate in doing this all at once, but you will thank yourself for throwing away those cookies three days from now when you're detoxing and craving sugar!

Pantry and Cupboards

Any food not listed here that is not directly derived from vegetables, fruits, meat, eggs, nuts, or acceptable Paleo seeds

- Bagels, English muffins, and pastries
- Beans (black, garbanzo, pinto, lentils, etc.)
- Bread
- Breakfast cereal
- Cake/brownie baking mixes (even gluten-free kinds)
- Candies
- Cereal
- Cheese products (Cheese Whiz, etc.)
- Chips (potato, tortilla, pita, etc.)
- Cookies
- Corn products (tortillas, popcorn, flour, corn chips, cereal, etc.)
- Crackers
- Ghee
- Grain flours (white, all-purpose, whole-grain, oat,



- wheat, rice, millet, etc.)
- Granola bars
- Most energy bars (they contain oats, soy, refined sugar, etc.)
- Oatmeal
- Pasta
- Peanut butter (eat almond butter instead)
- Refined olive oil
- Rice (wild, white, brown, etc.)
- Slim Jims or any other jerky with nitrites, grains, corn, preservatives, or unnecessary ingredients
- Soups containing flour, beans, corn, or dairy
- Soy sauce, tamari, Bragg's Aminos, and wheat-free tamari
- Sugar (sugar cane, brown, etc.—
all except raw honey and coconut nectar)
- Vegetable oils (corn, soy, sunflower, canola, etc.)

Fridge and Freezer

- Butter
- Cheese
- Coffee creamers
- Condiments—ketchup, mayonnaise, salad dressings, etc.
- Any meats containing nitrites or nitrates
- Egg replacements
- Frozen prepared meals
- Fruit juice, sports drinks, sweetened teas, pretty much
all beverages except filtered water
- Hummus
- Ice cream
- Jellies and jams
- Margarine and other butter substitutes (Smart Balance, etc.)
- Milk (including soy milk and rice milk)
- Soda (including diet soda with artificial sweeteners)
- Tofu/tempeh
- Yogurt

Pretty much everything else in the freezer except
frozen fruits and vegetables, meat, and seafood



CHANGING IT UP FOR THE ATHLETE

If you're an active person—and that could include anyone from a city dweller who walks four miles a day to someone who's training for a marathon—you may need more fat or carbohydrates than a sedentary person on the Paleo diet.

First, what is a carbohydrate?

A carbohydrate is a chemical structure that contains carbon, oxygen, and hydrogen, which together create simple sugars like glucose and fructose. Those simple sugars can then come together to form more complex carbohydrates like disaccharides (like lactose and sucrose), starch, or fiber. Sugars, starches, and fiber are found in abundance in things like table sugar, honey, fruits, vegetables (all of them), grains, and beans.

We're used to eating a lot of carbs in the United States—bread, cereal, beans, pasta, chips, tortillas, sugar, crackers, cookies, “sports drinks,” fruit, sodas, beer, etc. Our bodies use the carbohydrates for immediate energy, and if they're not used up, they get stored as fat. When we start eating fewer carbohydrates and more fat like we do on the Paleo diet, our bodies become better at using dietary fat (fat from meat, avocados, coconut milk and oil, olive oil, nuts, etc.) more immediately for energy instead of the carbs.

Some people just need more carbs than others. To figure out how many grams of carbs you need to perform your best, start the diet out as we've laid it out in the meal plan. We include starchy veggies about three times a week, as we assume that many of you are at least mildly active.

Then after your detox is over (could be a few days or up to a month—you'll know when it's over), assess how you feel throughout the day. If you're bonking or needing naps, feeling grumpy or lightheaded, getting headaches, or your athletic performance is waning, then start adding more carbohydrates to see how you do.

Endurance Athlete vs. Power Athlete

If you're an endurance athlete (runner, swimmer, cyclist, etc.) training more than eight hours per week, then add heavy carb sources to at least two of your meals on workout days. If you have a big race, add heavy carb sources to every meal and snack for about two days leading up to the event. If you're a long-distance athlete, you may need to turn to sports drinks or gels to keep you going during your workouts that last over 90 minutes. Your digestion doesn't work so well while on long runs or rides, so eating solid food is often out of the question. You can make sports drinks yourself if you want; we've included a recipe below. Also, Nell



Stephenson, Paleo Nutritionist, IronMan athlete, and co-author of *The Paleo Diet Cookbook*, has great resources, recipes, and information for endurance athletes on her website, nellstephenson.com

HONEY LEMON THIRST QUENCHER

Yields 8 cups. Recipe courtesy of the National Honey Board.

Ingredients

1/2 cup raw honey
1/2 cup fresh lemon juice
7-1/2 cups lukewarm water
1/2 tsp of sea salt

Instructions

1. Combine honey, sea salt, lemon juice, and lukewarm water and stir to dissolve honey.
2. Let cool or chill before serving.

The drink is comparable to other sports drinks in its nutritional values, including electrolytes like sodium and potassium. We compared this drink with Gatorade, which contains undesirable ingredients like high fructose corn syrup, yellow 5, and blue 1.

Honey Quencher

60 calories
17 g carbohydrates
0 g fat
0 g protein
119 mg sodium
85 mg potassium

Gatorade

63 calories
16 g carbohydrates
0 g fat
0 g protein
110 mg sodium
37 mg of potassium

Power Athletes

If you're a power athlete (weight lifter, CrossFitter, rock climber, martial artist, etc.) working out more than three hours per week, you'll want to keep the meal plan in this book as it is, but make sure you get a meal high in animal protein within two hours of your workouts. Ideally, you eat within thirty minutes, but you still get a lot of the benefits even if the meal is an hour or two after your workout. At that point your muscles are primed to be refueled and can use the extra protein to help in recovery and growth. That might mean adding a small meal to the meal plan or adjusting it to fit your workout schedule. Also be generous with the amount of avocados and oils you eat, and choose fattier (grass-fed, of course) cuts of meat. The fat will help fuel you. If you've done all that and you're still not feeling amazing after several weeks, you may need to add some carbs a few more times a week.



Which Carbs to Add

If you're using the meal plan, this might mean adding things to your grocery list every week, but it shouldn't be too hard. If you're adding carbs, below are some suggestions about what to eat and what to add to your shopping list.

In general, you want to go for the starchy veggies and roots like sweet potatoes, squash, potatoes (if you don't have an autoimmune disorder), and tapioca. Most fruit provides more carbohydrates than leafy and crunchy veggies, so eat more of it, too.

Juice

Stay away from commercial, pasteurized, devoid-of-nutrients juice, but you can drink [freshly juiced juice](#), especially right before or after a workout.

Smoothies

These are a good way to get more carbohydrates in, since you can pack smoothies full of frozen or fresh fruit. If you want some smoothie ideas, Primal Toad has a whole ebook full of smoothie recipes at primaltoad.com.

Sweet Potatoes (or Potatoes)

Below are a couple recipes from Paleo Plan:

[Sautéed Sweet Potatoes](#)

[Sweet Potatoes with Coconut, Pomegranate and Lime](#)

And here are some basic ideas for sweet potatoes:

1. Cut them up into one-inch square cubes and boil them for 20 minutes. Keep them in the fridge and add them to egg scrambles, chicken salad, or just pour some coconut milk and cinnamon on them and eat them as a snack.
2. Bake them whole, wrapped in aluminum foil in a pan (to catch drippings) for about an hour at 400 degrees. The longer you bake them, the softer and sweeter they are. Let them cool, and you can keep them in the fridge for up to five days in the aluminum foil in the pan. Just scoop some out for snacks and add coconut milk or oil and cinnamon. You could sprinkle some roasted nuts or dried fruit into the mix, too.
3. Bake some fries. Cut some sweet potatoes up into thin slices and lay them out on a baking sheet. Drizzle with a little oil (or not), and sprinkle some rosemary, pepper, and salt on top. Bake at 400 degrees for about 40 minutes. You'll want to flip them halfway through to let them bake more evenly. They shrink down quite a bit, so if you're serving these to a large group of people, make a lot!



4. Grate part of a sweet potato and add it to your egg, meat, and veggie scramble in the morning. Because it's grated, it cooks up in the same amount of time as the other vegetables. The sweetness of the sweet potatoes adds another layer of flavor to breakfast.

Squash

Below are some recipes from Paleo Plan:

[Butternut Squash with Garlic and Thyme](#)

[Roasted Acorn Squash](#)

[Spicy Spaghetti Squash with Almonds](#)

[Butternut Squash with Cranberries](#)

And here are some basic ideas for squash:

1. You can use spaghetti squash the same way you'd use pasta. Cut a spaghetti squash in half, put each side face down in a half inch of water on a baking pan, and bake for 30 minutes to an hour (depending on the size of the squash) at 400 degrees. Scoop out the goodness and serve it with hearty, meaty sauces, or add it to stir-fried meals.
2. You can always make a sweet treat out of squash by adding cinnamon and a bit of honey, some nuts, and dried fruit if you want.
3. You can cut it into small squares and sauté them in a pan with some coconut oil and eat them as a side to salmon or chicken. Cooked like that, they're also amazing in Thai curries because they soak up so much of the flavor.

Tapioca

Tapioca flour contains almost no vitamins or minerals, but it's a dense source of carbohydrates. You decide for yourself whether you want it in your diet. Below are a couple recipes from Paleo Plan that use tapioca flour.

[Tapioca Crepes](#)

[Zucchini Berry Muffins](#)

And some basic ideas for tapioca flour:

1. You can make [tapioca crepes](#) to serve with your morning omelet, your afternoon chicken stir fry, or your evening salmon fillet, but you can also use the flour to make any bready thing your heart desires. Read a post on tapioca and its uses and recipes [here](#).
2. Cook some fruit and coconut milk in a little pot and add a bit of tapioca flour to make it taste more like pie filling—gooey.

Know that it is a fine line to walk with carbohydrates if you're an active person who is trying to lose weight. Too many carbs will put weight on you, but not



enough carbs can put your body into starvation mode, keeping weight on you. You need to find the balance that will keep you losing weight, maintaining weight, or whatever your weight goals are. If you are an endurance athlete and you want more detailed information on this topic, Loren Cordain's book [*The Paleo Diet for Athletes*](#) is a fantastic resource.

Keep tweaking this diet to make it your own!

WHAT TO EAT AT RESTAURANTS

Everyone goes out to eat sometimes. While we suggest that during this Paleo challenge you keep it to the bare minimum, here are some strategies for staying Paleo even at restaurants.

- Get a salad and order extra meat or hard-boiled eggs if it doesn't already come with enough protein. Ask for olive oil and vinegar as dressing.
- Order a burger—no bun—and a salad with a side of guacamole or plain avocado.
- Order a meat, chicken, or fish entrée with extra veggies.
- At Asian restaurants, especially Thai, you can order curry without the rice.
- At Mexican restaurants, order fajitas without the tortillas.

You're going to have to ask your waiter some questions, like:

- What kind of oil are the veggies sautéed in?
- Is the chicken battered in flour?
- Is there milk, butter, or cheese on that?

Pretty soon you'll get to know what things you can order at your favorite restaurants, or you'll find new favorite restaurants.

Sometimes it's difficult or even inappropriate to hammer the waiter with a bunch of specific food queries. Maybe you're at a business lunch and you need to seem easy-going. In those cases, it's often easy to order individual sides rather than a normal meal on the menu. For instance, for breakfasts, you could order three eggs, a side of avocado or fruit, and a side of ham. It's often easier to order what you want than what you don't want. Remember though, most restaurants are in the business of serving food you enjoy, so don't be afraid to ask for changes if you need them. Just make sure you are polite, smile, and tip for the extra effort you're requesting.

There's also a really cool app for the iPhone called [PaleoGoGo](#) that provides you with meal suggestions for over three hundred of the nation's top chain restaurants.



If you're going to do the Paleo Challenge, you'll want to follow these simple rules. And we encourage you to consider doing the challenge even on your own, because it will help you stay on track, stay accountable to yourself, and keep you motivated.

1. Keep a diet log. Even if you're doing the meal plan, keep a diet log. You will potentially learn a lot about how certain foods (Paleo or not) make you feel. For instance, you might see how eating before a workout compares with not eating before a workout, or how caffeine affects your sleep.

You might want to keep the diet journal while you're still eating your old diet and then compare it to the journal you keep while eating Paleo. It's a useful tool, to say the least, and there's a blank weekly journal template in the resources section for you to print out and write on.

2. Get eight hours of sleep (or more) a night.

3. Drink plenty of water. Shoot for a couple liters a day.

If you need more, drink more.

4. Keep track of your points at the top of your diet journal.

The points are a way to visually and quantitatively keep yourself on track. If you're doing this with a group of people, tally up your points at the end of the challenge to see who was the most gung ho.

You'll start with 100 points every day. The more points you get, the better off you'll be.

+1 Add a point every time you do a workout. What constitutes a workout is different for every person and should be based on what you were doing beforehand. If you're an avid CrossFitter, any day at the gym is a workout. If you haven't been working out at all, then maybe this is merely going for a 20-minute walk, or doing wall-pushups and some air squats ([see this post for a great demonstration on air squats](#)).

+1 Add a point every time you resist a temptation. If donuts are your thing and you pass one up, give yourself a point. If coffee is your thing and you're trying to give it up this month, give yourself a point.

-1 Subtract a point for every time you eat a food on the "Foods to Avoid" list. If you have a bite of dairy ice cream, it's a point. If you have a pint



of dairy ice cream, it's a point. It's all the same. But don't use that as an excuse to eat a whole pint—don't forget the goals of this challenge. It's not really to get the most points; it's to change your life, and you can't do that with a pint of ice cream.

5. Do a before and after workout. To track your progress, you'll want to do the same workout on the first and last day of the challenge. If you're doing this with the support of a CrossFit or other gym, they will likely assign you a workout for this purpose. If you're doing this on your own, do one of the following workouts after a light warm-up (5–10 minutes of light jogging, jumping rope, or jumping jacks). You can do all of these at home with nothing more than a time-keeping device. Get that butt moving!

A. Do burpees—100, 50, or 30—your choice.

Watch [this video](#) to see what a burpee is.

Choose how many burpees you want to do.

Start the clock.

Start the burpees.

After you do your last one, stop the clock and record your time.

B. Do as many Push-ups as possible.

Do a round of push-ups, which means as many as you can do.

Rest for two minutes

Do a total of four rounds.

Your score is how many push-ups you did total in all four rounds. There is no resting when you're doing the push-ups. If you stop to rest, you're done. In the beginning, if you can't do a pure push-up, you can put your knees down on the ground or lean against a wall and do a wall-pushup. Don't feel bad about where you are at, just find a way to give yourself a physical challenge that you can measure.

C. Walk or run a mile as fast as you can.

You can do this on a treadmill, at your local high school track, or on a trail or road. Don't know how long a mile is? On a normal high school track, it's usually four times around the track. Or on the road, plot out a mile-long route in your car or on Google Maps. Take a time-keeping device and see how long it takes you to do the full mile. Don't stop the timer if you need to stop and rest.



Make sure you do the same exact workout on day one as you do on the last day so you can really track your progress. Record your before and after results here:

Workout:

First Day Result:

Last Day Result:

6. Take before and after photos. You can either take photos of yourself in front of a full-length mirror or have someone else take them. Just make sure you're wearing the same kind of clothing in both pictures and the photo is taken at approximately the same distance away from you both times. Consider taking pictures from the front, the back, and the side. Take pictures on the first and last day of the challenge. Men wear just shorts. Women wear a sports bra and shorts.

We highly encourage this, even though it's not that fun to have your photo taken when you may be feeling self-conscious. Take a good look at that photo and use it as a motivational tool throughout the challenge. You're changing your life, and how you look is part of that. No shame in where you start, but be excited about where you'll end up.

7. Take before and after measurements. Weigh yourself on the first day and weekly thereafter. There is room for this on the diet journal; just record your beginning and end weight below. Your weight may not change much, which is why we take the measurements below. You may lose fat and gain muscle, and muscle weighs more than fat. Don't be discouraged if you don't lose a ton of weight. Pay attention to how your clothes fit and what your measurements are, and mostly whether or not you feel better.

Use a measuring tape to measure your waist right at the level of your belly button (for consistency's sake). Do the same with your hips, the thickest part of your thigh, and your upper arm if you want. Take these measurements on the first day of the challenge and the last day, and record them below.

Before	After
Weight	Weight
Waist	Waist
Hips	Hips
Thigh	Thigh
Arm	Arm



Here's a list of valuable websites, books, and other miscellaneous things.

Hard-to-Find Foods Online

Coconut Aminos (tastes like soy sauce): www.coconutsecret.com

Coconut Flour: www.coconutsecret.com

Coconut Nectar: www.coconutsecret.com

Coconut Oil : www.coconutsecret.com

Eggs: www.localharvest.org

Granola: www.paleopeople.com

Honey: www.localharvest.org

Meat: www.eatwild.com, www.eatwellguide.org,
www.grasslandbeef.com, www.grassfedtraditions.com

Nuts: www.nutsonline.com

Nut Butters: www.fuddersnutbutter.com

Produce: www.doortodoororganics.com, www.localharvest.com

Raw Milk: www.realmilk.com/where.html

Seafood: www.wildpacificsalmon.com

Prepackaged Meals and Snacks

Tanka Bars: www.tankabar.com

You Bars: www.youbars.com

Paleo Kits: www.stevesoriginal.com

Paleo Brands: www.paleobrand.com

U.S. Wellness Meats: www.grasslandbeef.com

Primal Pacs: www.primalpacs.com

Paleo Treats: www.paleotreats.com

Paleo People: www.paleopeople.com

Caveman Cookies: www.cavemancookies.com

Slant Shack Jerky: www.slantshackjerky.com

Meal Planning Service

Paleo Plan: www.paleoplan.com



Private Paleo Coaching

Paleo Plan: www.paleoplan.com/private-paleo-coaching

Further Reading on Evolutionary Nutrition

The Paleo Diet (Revised Edition), by Loren Cordain, PhD

The Paleo Diet for Athletes, by Loren Cordain, PhD, and Joe Friel, MS

The Paleo Solution, by Robb Wolf

The Primal Blueprint, by Mark Sisson

Nutrition and Physical Degeneration, by Weston A. Price, DDS

The New Evolution Diet, by Arthur De Vany, PhD

Protein Power, by Michael Eades, MD, and Mary Dan Eades, MD

Good Calories, Bad Calories, by Gary Taubes

Nourishing Traditions, by Sally Fallon and Mary Enig PhD

Blogs and Podcasts

Paleo Plan: www.paleoplan.com/blog

Mark's Daily Apple: www.marksdailyapple.com

Robb Wolf: www.robbwolf.com

Loren Cordain: www.thepaleodiet.blogspot.com

Free The Animal: www.freetheanimal.com

Whole Health Source: www.wholehealthsource.com

Michael R. Eades, MD: www.proteinpower.com/drmike

Everyday Paleo: www.everydaypaleo.com

Chris Kresser, L.Ac: www.chriskresser.com

Livin' La Vida Low Carb: www.livinlavidalowcarb.com

Hunt.Gather.Love: www.huntgatherlove.com

The Weston A. Price Foundation: www.westonaprice.org/blogs

Denise Minger: www.rawfoodsos.com

Chris Masterjohn: blog.cholesterol-and-health.com

Family and Kids

Everyday Paleo, by Sarah Fragoso: www.everydaypaleo.com

Athletes

CrossFit: www.crossfit.com

CrossFit HAX: www.crossfithax.com

Nell Stephenson (IronMan athlete and paleo nutritionist): www.nellstephenson.com

The Paleo Diet for Athletes, by Loren Cordain and Joe Friel



Health and Environmental Guides to Seafood

National Resources Defense Council:

www.nrdc.org/health/effects/mercury/guide.asp

Monterey Bay Aquarium:

www.montereybayaquarium.org/cr/seafoodwatch.aspx

Kitchen Tools

Green Pan: www.green-pan.com

Vitamix Blender: www.vitamix.com

Diet and Weight Loss Journals

FitDay: www.fitday.com

My Fitness Pal: www.myfitnesspal.com

NutritionData: www.nutritiondata.com



DAILY DIET LOG

date

weight

points

DAY:

Time up:

Time of meal:

How do you feel:

Breakfast

Meal:

Portion:

Satiety (1–10):

How do you feel:

Lunch

Time of meal:

How do you feel:

Meal:

Portion:

Satiety (1–10):

How do you feel:

Dinner

Time of meal:

How do you feel:

Meal:

Portion:

Satiety (1–10):

How do you feel:

Snacks:

Exercise/Daily Practice:

General Comments:



This system for eating Paleo provides recipes, shopping lists, and explicit meal plans for two people. The goals of the meal plan are to make the entire process as easy as possible and to make eating Paleo a seamless part of your life. However, understanding a few things about the meal plan will make this easier.

MEALS

The meal plan provides four meals a day, every day—breakfast, lunch, snack, and dinner. The focus is on providing relatively simple-to-cook meals that can be prepared quickly without sacrificing quality. The weekday meals are often easier to prepare and will consist of recurring items. This is so you can get used to making certain dishes and not have to rely on a recipe every time you enter the kitchen. However, the plan tries to take advantage of weekends to allow for more complex and interesting recipes, so you'll often find new and more adventurous recipes on those days. If your week isn't Monday through Friday, feel free to adjust the days as necessary. Just be careful to notice next-day leftovers so you're not unprepared for a day's lunch.

PREP DAYS

Try to take advantage of Sundays as a time to pre-cook and chop items that will be used throughout the week. If you know Wednesday is a busy day for you, take a look ahead and see what you can do to make Wednesday's meals easier to prepare on your off day. The meal plan will alert you of certain things that can be done in advance as a suggestion, but do what makes sense for your schedule.

SHOPPING AND STAPLES LISTS

There are six weekly shopping lists and an optional staples List. We suggest you print out the weekly shopping lists and take them with you to the grocery store every week. The staples list exists because there are lots of items you may not need to buy every week and that have a long shelf life (think honey or almond flour). The staples list includes all of the staples you'll need for the entire six weeks so you can buy them all up front. However, it's optional because we realize



that buying all these items at the same time will be a bit costly. If you choose to use the staples list and buy all the staples you need up front, there is an asterisk (*) next to those items in the following weekly grocery lists. The asterisk denotes that you do not need to buy those items because you already have them.

In the weekly shopping lists, there's a small area where you can fill in the amount of each ingredient you already have in your kitchen before you head to the store. This means if you already have six eggs from last week, and you need twelve for the upcoming week, you know you only need to buy a half-dozen to be good for the week.

RECIPES AND QUANTITIES

Number of People

The meal plan is designed for two adults following the plan together. The shopping list and the recipes themselves provide guidance for what two average, mildly active people eat. You may want to adjust the quantities for your specific needs. For example, if you are doing this alone, just divide all the amounts on the grocery list and recipes in two. If you're trying to feed a whole family, multiply the amounts as necessary.

Cost

The first week will probably be more expensive than the following weeks at the grocery store, since you'll need to buy staple items like flours, honey, etc. You'll be able to use many of those staples for weeks without replenishing, so it's just an initial investment.

Proteins

In general, each main meal is focused around four to six ounces of meat per serving. This depends slightly on the meal's other ingredients. In some cases, there aren't specific portion sizes (for instance, a breakfast may advise to add ham but not give a portion amount). In those instances, you should assume four or five ounces is average and adjust up or down based on preference.

Generic Foods

Sometimes "fruit" or "nuts" or similar terms are listed in the meal plans. In these cases, it's up to you to decide which types of fruit or nuts you would prefer. It allows you to keep it interesting and seasonal, based on your location. Again, the shopping list will merely say "Fruit: 4 servings." This is to inform you that each adult will have two servings each of fruit, and you should purchase accordingly.



Leftovers

Many dinners are designed to have enough for leftovers later in the week. Unless explicitly stated, the recipes themselves will be enough for leftovers without modification. The shopping list will be appropriate for the amount of food necessary.

Weekends

You will be able to use the week's leftovers as weekend lunches and snacks. There may be a few pieces of fruit left, some extra stew, some leftover eggs, or a salad from the week's lunch. Take this opportunity to finish the week's groceries so you're not throwing anything away.





STAPLES SHOPPING LIST

MEAT

NEED

☐ 4 lbs jerky

OTHER

NEED

☐ 750 mL extra virgin olive oil

☐ 12 fl. oz. coconut oil

☐ 4 fl. oz. sesame oil

☐ 17 fl. oz. balsamic vinegar

☐ 16 fl. oz. apple cider vinegar

☐ 9.5 oz. Dijon mustard

☐ 16 oz. raw honey

☐ 8 fl. oz. Grade B pure maple syrup

☐ 8 fl. oz. lemon juice

☐ 5 fl. oz. lime juice

☐ 10 fl. oz. hot pepper sauce

☐ 8 fl. oz. coconut aminos

☐ 7 oz. capers

☐ 32 oz. chunky almond butter

☐ 55 oz. unsweetened applesauce

☐ Simple Salad Dressing: double recipe (recipe included in book)

☐ wooden skewers

☐ parchment paper

☐ paper muffin liners (opt)

☐ 1-1/4 lbs unsweetened, shredded coconut

☐ 1-1/2 lbs almond flour

☐ 8 oz. coconut flour

☐ 8 oz. tapioca flour or tapioca starch

☐ baking powder

☐ baking soda

FRUIT

NEED

☐ 4 lbs frozen berries

☐ 1 lb golden raisins

☐ 8 oz. dried currants

☐ 5 oz. dried blueberries

☐ 5 oz. dates, pitted

SPICES

☐ sea salt

☐ garlic salt (granulated garlic)

☐ freshly ground black pepper

☐ ground ginger

☐ allspice (opt)

☐ Italian seasoning

☐ basil

☐ lemon pepper

☐ bay leaf

☐ marjoram

☐ caraway seeds

☐ ground mustard seed

☐ ground cardamom

☐ whole nutmeg

☐ cayenne

☐ oregano

☐ celery seed

☐ paprika

☐ ground chipotle

☐ parsley

☐ chili powder

☐ poppy seed

☐ ground cinnamon

☐ pumpkin pie spice

☐ ground cloves

☐ red pepper flakes

☐ ground coriander

☐ rosemary (opt)

☐ whole cumin seed

☐ sage

☐ curry powder

☐ thyme

☐ fennel seeds

☐ white pepper

☐ garlic powder

NUTS

NEED

☐ 8 oz hazelnuts

☐ 3/4 lb pecans

☐ 1-1/4 lbs walnuts

☐ 3/4 lb almonds, slivered

☐ 2 lbs whole almonds

☐ 8 oz. cashews

☐ 4 oz. flax seeds (if you have a grinder) or flax meal

☐ 8 oz. pumpkin seeds

☐ 4 oz. raw sunflower seeds



MEAL PLAN 1

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	scrambled eggs with bacon and vegetables ①	taco salad ②	jerky & fruit ③	baked sea bass with capers and lemon, with steamed broccoli ④
MONDAY	sausage stir fry breakfast ⑤	leftover taco salad ⑥	pb&j Paleo style ⑦	chicken & sweet potatoes with shallots, with sautéed kale ⑧
TUESDAY	breakfast smoothie OPT PREP: make simple salad dressing ⑨	leftover chicken & sweet potatoes with shallots, with mixed greens and simple salad dressing ⑩	deli meat & vegetables ⑪	gingery broccoli and beef ⑫
WEDNESDAY	western omelet ⑬	leftover gingery broccoli and beef ⑭	Paleo trail mix ⑮	spicy breaded pork chops with roasted asparagus ⑯
THURSDAY	almost oatmeal with 4 chicken sausage links (2 per person) ⑰	leftover spicy breaded pork chops with roasted asparagus ⑱	leftover Paleo trail mix & jerky ⑲	chicken cutlets with olives and tomatoes, with spicy spaghetti squash with almonds ⑳
FRIDAY FLEX	eggs with avocado and salsa ㉑	leftover chicken cutlets with olives and tomatoes, with mixed greens and simple salad dressing ㉒	jerky & fruit ㉓	cilantro turkey burgers with roasted green beans ㉔
SATURDAY	savory zucchini fritters with 4 slices bacon (2 per person) ㉕	graze leftovers from fridge ㉖	graze leftovers from fridge ㉗	beef and vegetable chili (freeze leftovers in meal-size portions for use throughout the challenge plan) ㉘



SHOPPING LIST 1

MEAT

	NEED	MEALS
<input type="checkbox"/> 8 slices of bacon	----	1 25
<input type="checkbox"/> 1/2 lb pork sausage links	----	5
<input type="checkbox"/> 4 chicken sausage links	----	17
<input type="checkbox"/> 1/2 lb deli meat	----	11
<input type="checkbox"/> 1/4 lb ham	----	13
<input type="checkbox"/> 1 lb lean ground beef or turkey	----	2
<input type="checkbox"/> 1 lb ground turkey	----	24
<input type="checkbox"/> 1 lb sea bass fillets	----	4
<input type="checkbox"/> 8 (4-6 oz each) chicken breasts boneless, skinless	----	8 10 20 22
<input type="checkbox"/> 1 lb petite sirloin steak	----	12 14
<input type="checkbox"/> 4 (4-6 oz each) pork chops	----	16 18
<input type="checkbox"/> 2 lbs beef stew meat	----	28
<input type="checkbox"/> 3/4 lb jerky*	----	3 19 23

OTHER

	NEED	MEALS
<input type="checkbox"/> olive oil*	----	many
<input type="checkbox"/> coconut oil*	----	many
<input type="checkbox"/> 17 lrg eggs	----	1 9 13 21 25
<input type="checkbox"/> 1/2 c chunky almond butter*	----	7 17
<input type="checkbox"/> 2 (15oz) cans sliced black olives	----	2 20 22
<input type="checkbox"/> 2 T capers*	----	4
<input type="checkbox"/> 1 (15oz) jar salsa	----	2 21
<input type="checkbox"/> 1 (28oz) can plum tomatoes	----	20 22
<input type="checkbox"/> 1 (28oz) can diced tomatoes	----	28
<input type="checkbox"/> 2 (4oz) cans diced green chilis	----	28
<input type="checkbox"/> 1 (4oz) can diced jalapenos	----	28
<input type="checkbox"/> lemon juice*	----	8 10 12
<input type="checkbox"/> 1/2 c chicken broth	----	12
<input type="checkbox"/> 1 cup almond milk	----	9
<input type="checkbox"/> 1 (13.6oz) can unsweetened coconut milk	----	17 28
<input type="checkbox"/> simple salad dressing	----	10 22
<input type="checkbox"/> 1-1/2 c unsweetened apple sauce*	----	17
<input type="checkbox"/> 2/3 c unsweetened, shredded coconut*	----	9
<input type="checkbox"/> 1-1/2 c almond flour*	----	16
<input type="checkbox"/> 1 T coconut flour*	----	25

SPICES

<input type="checkbox"/> sea salt*	<input type="checkbox"/> ground cumin*
<input type="checkbox"/> freshly ground black pepper*	<input type="checkbox"/> garlic salt (granulated garlic)*
<input type="checkbox"/> bay leaf*	<input type="checkbox"/> whole nutmeg*
<input type="checkbox"/> cayenne*	<input type="checkbox"/> oregano*
<input type="checkbox"/> ground chipotle*	<input type="checkbox"/> red pepper flakes*
<input type="checkbox"/> chili powder*	<input type="checkbox"/> thyme*
<input type="checkbox"/> cinnamon*	

VEGETABLES

	NEED	MEALS
<input type="checkbox"/> 1-2 bunches cilantro	----	2 24 28
<input type="checkbox"/> 2 sprigs dill (may sub dried dill weed)	----	4
<input type="checkbox"/> 2 sprigs rosemary	----	8 10
<input type="checkbox"/> 5 sprigs parsley	----	20 22
<input type="checkbox"/> 5 sprigs thyme	----	20 22
<input type="checkbox"/> 6 handfuls (cups) spinach	----	1 5 13
<input type="checkbox"/> 3 romaine hearts	----	2
<input type="checkbox"/> 1-1/4 lbs kale	----	8 10 28
<input type="checkbox"/> 4 handfuls (cups) mixed greens	----	10 22
<input type="checkbox"/> 5 med (6-8") zucchini	----	1 25 28
<input type="checkbox"/> 1 med (6-8") yellow zucchini	----	28
<input type="checkbox"/> 3 med tomatoes	----	1 2 13
<input type="checkbox"/> 2 lbs broccoli	----	4 12
<input type="checkbox"/> 5 med carrots	----	12 28
<input type="checkbox"/> 1 green bell pepper	----	13
<input type="checkbox"/> 1 red bell pepper	----	28
<input type="checkbox"/> 20 spears asparagus	----	16 18
<input type="checkbox"/> 1 lb green beans	----	24
<input type="checkbox"/> 2-8 med (1-1/2" each) mushrooms	----	28
<input type="checkbox"/> 3 med (5-6" each) sweet potatoes	----	8 10
<input type="checkbox"/> 1 spaghetti squash	----	20 22
<input type="checkbox"/> 2" fresh ginger root	----	12
<input type="checkbox"/> 4 yellow onions	----	5 13 20 28
<input type="checkbox"/> 1 sm red onion	----	24
<input type="checkbox"/> 4 shallots	----	8 10
<input type="checkbox"/> 1 bunch green onions	----	12 14 28
<input type="checkbox"/> 12 cloves garlic	----	1 8 10 12 14 20 22 24
<input type="checkbox"/> 2 servings veggies of choice	----	11

NUTS

	NEED	MEALS
<input type="checkbox"/> 2 T pine nuts	----	8 10
<input type="checkbox"/> 1 T flax seeds or flax meal*	----	12 14
<input type="checkbox"/> 1 c whole almonds*	----	15
<input type="checkbox"/> 1/2 c whole cashews*	----	15
<input type="checkbox"/> 1/2 c raw pumpkin seeds*	----	15
<input type="checkbox"/> 1/2 c raw sunflower seeds*	----	15
<input type="checkbox"/> 1 c slivered almonds*	----	20 21 22

FRUIT

	NEED	MEALS
<input type="checkbox"/> 2 avocados	----	2 21
<input type="checkbox"/> 2 lemons	----	4 20 22
<input type="checkbox"/> 1/2 c raisins (golden suggested)*	----	15
<input type="checkbox"/> 1/2 c dried currants*	----	15
<input type="checkbox"/> 1/2 c dried blueberries*	----	15
<input type="checkbox"/> 4 servings fruit of choice for snacks	----	3 23
<input type="checkbox"/> 2 (10oz) bags frozen berries*	----	7 9



MEAL PLAN 2

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	omelet muffins ①	graze leftovers from fridge ②	graze leftovers from fridge ③	salmon cakes with mango and cilantro salsa, with mixed greens and simple salad dressing ④
MONDAY	leftover omelet muffins ⑤	chicken fajita salad ⑥	berries with balsamic vinegar and almonds & jerky ⑦	grilled chicken with rosemary and bacon, with steamed broccoli PREP: make Paleo candy bars ⑧
TUESDAY	ham & applesauce with almonds ⑨	leftover grilled chicken with rosemary and bacon, with mixed greens and simple salad dressing ⑩	Paleo candy bars ⑪	easy pork loin chops with sweet potatoes, with coconut, pomegranate and lime ⑫
WEDNESDAY	chorizo scrambled eggs ⑬	leftover easy pork loin chops with leftover sweet potatoes, with coconut, pomegranate and lime ⑭	leftover Paleo candy bars & jerky ⑮	zucchini and ground beef (or turkey) ⑯
THURSDAY	veggies & eggies PREP: marinate chicken for meal 20 ⑰	leftover zucchini and ground beef (or turkey) ⑱	jerky & fruit ⑲	grilled chicken kebabs with garlic and cumin, with mojo verde with watermelon with fresh herbs ⑳
FRIDAY FLEX	breakfast smoothie ㉑	leftover grilled chicken kebabs with garlic and cumin, with mojo verde with watermelon with fresh herbs ㉒	deli meat & vegetables ㉓	chicken apple with roasted squash, with red onion and rosemary ㉔
SATURDAY	tapioca crepes with bacon ㉕	graze leftovers from fridge ㉖	graze leftovers from fridge ㉗	lamb with sweet red peppers ㉘



SHOPPING LIST 2

MEAT	NEED	MEALS
<input type="checkbox"/> 12 slices bacon	----	8 10 17 25
<input type="checkbox"/> 1/2 lb ham or ground sausage	----	1 5
<input type="checkbox"/> 3/4 lb ham	----	9
<input type="checkbox"/> 1/4 lb deli meat	----	23
<input type="checkbox"/> 1/4 lb hard chorizo	----	13
<input type="checkbox"/> 1 lb salmon fillet, skinless with bones removed	----	4
<input type="checkbox"/> 1 lb chicken breasts boneless, skinless	----	6 8 10 20 22 24
<input type="checkbox"/> 4 (4-6oz) boneless pork loin chops	----	12 14
<input type="checkbox"/> 1 lb lean ground beef	----	16 18
<input type="checkbox"/> 1 lb boneless leg of lamb	----	28
<input type="checkbox"/> 3/4 lb jerky*	----	7 15 19

OTHER	NEED	MEALS
<input type="checkbox"/> olive oil*	----	many
<input type="checkbox"/> coconut oil*	----	many
<input type="checkbox"/> sesame oil*	----	20 22
<input type="checkbox"/> 21 lrg eggs	----	1 5 4 13 17 21 25
<input type="checkbox"/> 2 c unsweetened apple sauce*	----	9
<input type="checkbox"/> 1 (13.6oz) can unsweetened coconut milk	----	12 14 21
<input type="checkbox"/> simple salad dressing	----	4 10
<input type="checkbox"/> hot pepper sauce*	----	13
<input type="checkbox"/> balsamic vinegar*	----	7
<input type="checkbox"/> raw honey (opt)*	----	11
<input type="checkbox"/> 2 T coconut flour*	----	4
<input type="checkbox"/> 1 c tapioca flour or starch*	----	25
<input type="checkbox"/> 1/4 c carob powder (opt)	----	11
<input type="checkbox"/> 2 c unsweetened, shredded coconut*	----	11 12 14 21
<input type="checkbox"/> 1 c almond milk	----	21
<input type="checkbox"/> toppings of choice	----	25
<input type="checkbox"/> paper muffin liners (opt)*	----	1 5
<input type="checkbox"/> parchment paper*	----	11
<input type="checkbox"/> wooden skewers*	----	20 22

NUTS	NEED	MEALS
<input type="checkbox"/> 1 c whole almonds*	----	9
<input type="checkbox"/> 1/3 c slivered almonds*	----	7
<input type="checkbox"/> 1/2 c ground almonds or hazelnuts	----	11

VEGETABLES	NEED	MEALS
<input type="checkbox"/> 2 bunches cilantro	----	4 12 14 20 22
<input type="checkbox"/> 9 sprigs rosemary	----	8 10 24
<input type="checkbox"/> 1 bunch parsley	----	28
<input type="checkbox"/> handful of any fresh herbs	----	20 22
<input type="checkbox"/> 4 handfuls (cups) mixed greens	----	4 10
<input type="checkbox"/> 1 lrg head red leaf or romaine lettuce	----	6
<input type="checkbox"/> 1 sm bunch kale	----	17
<input type="checkbox"/> 1 jalapeno	----	4
<input type="checkbox"/> 1 lb broccoli	----	8 10
<input type="checkbox"/> 1 green bell pepper	----	6
<input type="checkbox"/> 4 red bell peppers	----	4
<input type="checkbox"/> 4 med tomatoes	----	6 16 18
<input type="checkbox"/> 2 med (6"-8" each) zucchini	----	16 18
<input type="checkbox"/> 3 med (5"-6" each) sweet potatoes	----	12 14
<input type="checkbox"/> 1 butternut squash	----	24
<input type="checkbox"/> 3 yellow onions	----	6 12 13 14 16 17 18
<input type="checkbox"/> 3 red onions	----	4 24
<input type="checkbox"/> 9 cloves garlic	----	16 17 18 20 22 28
<input type="checkbox"/> 2 srvng vegetable of choice for snacks	----	23
<input type="checkbox"/> 2 c diced vegetables of choice	----	1 5
<input type="checkbox"/> veggie toppings of choice (opt)	----	25

FRUIT	NEED	MEALS
<input type="checkbox"/> 1 lrg mango	----	4
<input type="checkbox"/> 1 lrg apple	----	24
<input type="checkbox"/> 2 avocados	----	6 17
<input type="checkbox"/> 1 pomegranate	----	12 14
<input type="checkbox"/> 1 lime	----	12 14
<input type="checkbox"/> 2 servings fruit of choice for snacks	----	19
<input type="checkbox"/> 1 dry pint fresh berries of choice	----	7
<input type="checkbox"/> 1/4 cut of a lrg watermelon	----	20 22
<input type="checkbox"/> 2 (10oz) bags frozen berries*	----	21

SPICES	
<input type="checkbox"/> sea salt*	<input type="checkbox"/> oregano*
<input type="checkbox"/> freshly ground black pepper*	<input type="checkbox"/> paprika*
<input type="checkbox"/> ground cinnamon*	<input type="checkbox"/> white pepper*
<input type="checkbox"/> ground cumin*	<input type="checkbox"/> sage*
<input type="checkbox"/> garlic powder*	<input type="checkbox"/> thyme*

*Item on Staples List



MEAL PLAN 3

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Paleo pumpkin muffins ①	graze leftovers from fridge ②	graze leftovers from fridge ③	white fish with macadamia salsa, with roasted beets and balsamic glaze OPT PREP: boil eggs for meal 6 ④
MONDAY	leftover Paleo pumpkin muffins with ham ⑤	chef salad ⑥	ants on a log ⑦	coconut chicken with zucchini and squash sauté ⑧
TUESDAY	roasted pepper and sausage omelet ⑨	leftover coconut chicken with mixed greens and simple salad dressing ⑩	leftover Paleo pumpkin muffins & jerky ⑪	turkey vegetable meatballs with raw cabbage and pineapple salad ⑫
WEDNESDAY	breakfast smoothie ⑬	leftover turkey vegetable meatballs with raw cabbage and pineapple salad ⑭	jerky & vegetables ⑮	teriyaki chicken ⑯
THURSDAY	fried eggs with sweet potato hash ⑰	leftover teriyaki chicken ⑱	bananas with almond butter and coconut ⑲	steak of the caveman with butternut squash, with garlic and thyme (keep recipe as is for leftovers, or wait to cook the other steak for meal 22) ⑳
FRIDAY FLEX	no oat "oatmeal" with 4 slices bacon (2 per person) ㉑	leftover steak of the caveman with butternut squash, with garlic and thyme ㉒	fruit salad with cinnamon & jerky ㉓	pork loin with peppers, mushrooms, and onions ㉔
SATURDAY	summer vegetable frittata ㉕	graze leftovers from fridge ㉖	graze leftovers from fridge ㉗	Paleo pizza ㉘



SHOPPING LIST 3

MEAT	NEED	MEALS
<input type="checkbox"/> 6 slices bacon	----	6
<input type="checkbox"/> 1/2 lb ham	----	5
<input type="checkbox"/> 1/2 lb ham or boneless, skinless chicken breasts	----	6
<input type="checkbox"/> 6 pork sausage links	----	9
<input type="checkbox"/> 1/2 lb Italian sausage	----	28
<input type="checkbox"/> 1 lb white fish fillets	----	4
<input type="checkbox"/> 2 lbs chicken breasts boneless, skinless	----	8 10 16 18
<input type="checkbox"/> 1 lb ground turkey or chicken	----	12 14
<input type="checkbox"/> 2 (5-6oz, 1" thick) beef steaks: rib-eye, sirloin, strip or tenderloin	----	20 22
<input type="checkbox"/> 1lb pork loin	----	24
<input type="checkbox"/> 3/4 lb jerky*	----	11 15 23

OTHER	NEED	MEALS
<input type="checkbox"/> olive oil*	----	many
<input type="checkbox"/> coconut oil*	----	many
<input type="checkbox"/> 32 lrg eggs	----	many
<input type="checkbox"/> 3/4 c almond butter*	----	1 5 7 19 21 28
<input type="checkbox"/> raw honey (opt)*	----	1 5
<input type="checkbox"/> balsamic vinegar*	----	4
<input type="checkbox"/> maple syrup Grade B*	----	4
<input type="checkbox"/> coconut aminos*	----	16 18
<input type="checkbox"/> 1-1/4 c almond milk	----	13 21
<input type="checkbox"/> simple salad dressing	----	8 10 13
<input type="checkbox"/> 2 T unsweetened coconut milk	----	19
<input type="checkbox"/> 1/2 c chicken broth	----	24
<input type="checkbox"/> 3/4 c canned pumpkin	----	1 5
<input type="checkbox"/> 1 (15oz) jar tomato sauce or marinara	----	8 10 28
<input type="checkbox"/> baking powder*	----	1 5
<input type="checkbox"/> baking soda*	----	1 5
<input type="checkbox"/> 3 c almond flour*	----	1 5
<input type="checkbox"/> 1-1/4 c unsweetened, shredded coconut*	----	8 10 13

NUTS	NEED	MEALS
<input type="checkbox"/> 1 T sliced almonds*	----	1 5
<input type="checkbox"/> 1/4 c halved macadamia nuts	----	4
<input type="checkbox"/> 1 c chopped hazelnuts*	----	12 14
<input type="checkbox"/> 1/4 c walnuts*	----	21
<input type="checkbox"/> 1/4 c pecans*	----	21
<input type="checkbox"/> 1/2 c walnuts or pecans (opt)*	----	23
<input type="checkbox"/> 2 T flax seed*	----	21
<input type="checkbox"/> 2 t pumpkin seeds*	----	21

*Item on Staples List

VEGETABLES	NEED	MEALS
<input type="checkbox"/> 6 sprigs cilantro	----	4
<input type="checkbox"/> 1 bunch parsley	----	4 9 12 14
<input type="checkbox"/> 5 sprigs thyme	----	20 22 25
<input type="checkbox"/> 1 head red leaf lettuce	----	6
<input type="checkbox"/> 2 handfuls (cups) mixed greens	----	10 12
<input type="checkbox"/> 3 romaine hearts	----	16 18
<input type="checkbox"/> 1/2 head red cabbage	----	12 14
<input type="checkbox"/> 2 med tomatoes	----	4 25
<input type="checkbox"/> 1 dry pint cherry or grape tomatoes	----	6 28
<input type="checkbox"/> 4 stalks celery	----	6 7
<input type="checkbox"/> 2 med carrots	----	12 14
<input type="checkbox"/> 3 med (6-8") zucchini	----	8 10 25
<input type="checkbox"/> 2 med (6-8") yellow summer squash	----	8 10
<input type="checkbox"/> 1 poblano, green chili or green bell pepper	----	9
<input type="checkbox"/> 2 green bell pepper	----	12 14 17
<input type="checkbox"/> 5 red bell pepper	----	16 18 24 25 28
<input type="checkbox"/> 9 med (1-1/2") mushrooms	----	12 14 28
<input type="checkbox"/> 2-3 porcini mushrooms	----	24
<input type="checkbox"/> 1 med (5"-6") sweet potato or yam	----	17
<input type="checkbox"/> 5-6 (3"-4" each) beets	----	4
<input type="checkbox"/> 1-1/2 lbs butternut squash	----	20 22
<input type="checkbox"/> 3 yellow onions	----	8 10 12 14 16 18 28
<input type="checkbox"/> 2 red onions	----	24 25
<input type="checkbox"/> 1 bunch green onions (scallions)	----	6
<input type="checkbox"/> 15 cloves garlic	----	8 10
<input type="checkbox"/> 2 servings vegetable of choice for snacks	----	15

FRUIT	NEED	MEALS
<input type="checkbox"/> 2 avocados	----	4 6
<input type="checkbox"/> 1 lrg pineapple	----	12 14 16 18
<input type="checkbox"/> 2 bananas	----	19 21
<input type="checkbox"/> 1 orange	----	4 23
<input type="checkbox"/> 1 apple	----	23
<input type="checkbox"/> 1 dry pint fresh berries	----	21
<input type="checkbox"/> 1/4 c raisins or dried currants*	----	7
<input type="checkbox"/> 2 (10oz) bags frozen berries*	----	13

SPICES	NEED	MEALS
<input type="checkbox"/> sea salt*		<input type="checkbox"/> ground ginger*
<input type="checkbox"/> freshly ground black pepper*		<input type="checkbox"/> italian seasoning*
<input type="checkbox"/> caraway seeds*		<input type="checkbox"/> whole nutmeg*
<input type="checkbox"/> ground cinnamon*		<input type="checkbox"/> oregano*
<input type="checkbox"/> fennel seeds*		<input type="checkbox"/> pumpkin pie spice*
<input type="checkbox"/> granulated garlic*		



MEAL PLAN 4

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	baked eggs in bacon rings ①	graze leftovers from fridge ②	graze leftovers from fridge ③	grilled Juneau shrimp with rosemary green beans OPT PREP: boil eggs for meal 6 ④
MONDAY	shrimp and avocado omelet (use leftover shrimp from meal 4) ⑤	Paleo Niçoise Salad ⑥	pb&j Paleo style ⑦	chicken with rosemary and mushroom glaze, with spicy spaghetti squash with almonds ⑧
TUESDAY	chorizo scrambled eggs ⑨	leftover chicken with rosemary and mushroom glaze, with mixed greens and simple salad dressing ⑩	jerky & fruit ⑪	bun-less burgers with orange, avocado and cashew salad ⑫
WEDNESDAY	sausage stir-fry breakfast PREP: crockpot pork loin ⑬	leftover bun-less burgers with leftover spicy spaghetti squash with almonds ⑭	berries with balsamic vinegar and almonds ⑮	crockpot pork loin OPT PREP: make vinegar coleslaw for meal 20 ⑯
THURSDAY	fruit salad with cinnamon (double recipe) with ham ⑰	leftover crockpot pork loin ⑱	deli meat & vegetables ⑲	buffalo chicken wings in "peanut sauce" with vinegar coleslaw ⑳
FRIDAY FLEX	eggs with avocado and salsa ㉑	leftover buffalo chicken wings in "peanut sauce" with vinegar coleslaw ㉒	jerky & nuts ㉓	sausage stuffed tomatoes with sautéed sweet potatoes ㉔
SATURDAY	banana almond pancakes with chicken sausage links ㉕	graze leftovers from fridge ㉖	graze leftovers from fridge ㉗	osso buco with sautéed fennel and carrots ㉘



SHOPPING LIST 4

MEAT

	NEED	MEALS
<input type="checkbox"/> 6 slices bacon	----	1
<input type="checkbox"/> 1/4 lb hard chorizo (no filler ingred.)	----	9
<input type="checkbox"/> 1/2 lb pork sausage links	----	13
<input type="checkbox"/> 1 lb ground pork, chicken or lamb sausage	----	24
<input type="checkbox"/> 1/2 lb chicken sausage links	----	25
<input type="checkbox"/> 1/2 lb ham	----	17
<input type="checkbox"/> 1/2 lb deli meat	----	19
<input type="checkbox"/> 2 lbs lrg shrimp, tail-on	----	4 5
<input type="checkbox"/> 4 (4-6 oz each) chicken breasts boneless, skinless	----	8 10
<input type="checkbox"/> 1 lb lean ground beef or turkey	----	12 14
<input type="checkbox"/> 1-1/2 lb pork loin	----	16 18
<input type="checkbox"/> 1-1/2 lb chicken wings	----	20 22
<input type="checkbox"/> 1-1/2 lb veal shanks or roast	----	28
<input type="checkbox"/> jerky*	----	11 23

OTHER

	NEED	MEALS
<input type="checkbox"/> olive oil*	----	many
<input type="checkbox"/> coconut oil*	----	many
<input type="checkbox"/> 21 lrg eggs	----	1 5 6 9 21 25
<input type="checkbox"/> 1/2 c almond butter*	----	7 20 22 25
<input type="checkbox"/> 1 (2 fl oz) bottle hot pepper sauce*	----	9 20 22
<input type="checkbox"/> balsamic vinegar*	----	15
<input type="checkbox"/> coconut aminos*	----	20 22
<input type="checkbox"/> apple cider vinegar*	----	20 22
<input type="checkbox"/> raw honey (optional)*	----	20 22
<input type="checkbox"/> 2 (5-6 oz) cans tuna, oil-packed albacore rec	----	6
<input type="checkbox"/> 1 (16 oz) can tomato sauce	----	16
<input type="checkbox"/> 1 (14.5 oz) can diced tomatoes	----	28
<input type="checkbox"/> 1/2 c black olives, pitted	----	6
<input type="checkbox"/> 2 T capers*	----	6
<input type="checkbox"/> 1 (6 oz) jar salsa	----	21
<input type="checkbox"/> simple salad dressing	----	10
<input type="checkbox"/> wooden skewers*	----	4

NUTS

	NEED	MEALS
<input type="checkbox"/> 2 t hazelnuts, chopped*	----	8 10
<input type="checkbox"/> 1/4 c pecans, chopped and toasted*	----	4
<input type="checkbox"/> 1 c pecans or walnuts, chopped*	----	17
<input type="checkbox"/> 1/4 c walnuts, chopped*	----	25
<input type="checkbox"/> 1-1/2 c almonds, slivered*	----	8 10 15 21
<input type="checkbox"/> 1/2 c cashews*	----	12 14
<input type="checkbox"/> snack serving nuts of choice (no peanuts)*	----	23

VEGETABLES

	NEED	MEALS
<input type="checkbox"/> 4 sprigs parsley	----	4
<input type="checkbox"/> 4 sprigs rosemary	----	4 8 10
<input type="checkbox"/> 1 small bunch cilantro	----	5 24
<input type="checkbox"/> 1 lrg head butter lettuce	----	6
<input type="checkbox"/> 2 handfuls mixed greens	----	10
<input type="checkbox"/> 7 handfuls spinach	----	12 13 14
<input type="checkbox"/> 1 red or green cabbage; (or 1/2 each)	----	20 22
<input type="checkbox"/> 6 lrg tomatoes	----	24
<input type="checkbox"/> 2 med tomatoes	----	1 4
<input type="checkbox"/> 1 dry pint cherry tomatoes	----	6
<input type="checkbox"/> 18-21 white button mushrooms (1-1/2")	----	1 8 10 24
<input type="checkbox"/> 1-1/4 lb green beans	----	4 6
<input type="checkbox"/> 2 zucchini (6"-8" each)	----	16 18
<input type="checkbox"/> 1 head cauliflower	----	16 18
<input type="checkbox"/> 1 lb broccoli	----	24
<input type="checkbox"/> 1 stalk celery	----	28
<input type="checkbox"/> 5 med carrots	----	28
<input type="checkbox"/> 2 bulb fennel	----	28
<input type="checkbox"/> 1 spaghetti squash	----	8 10
<input type="checkbox"/> 2 stems green onions (scallions)	----	4
<input type="checkbox"/> 4 yellow onions*	----	1 9 13 24 28
<input type="checkbox"/> 5 cloves garlic*	----	4 8 10
<input type="checkbox"/> snack serving veggies of choice	----	19

FRUIT

	NEED	MEALS
<input type="checkbox"/> 3 lemons	----	4 6 28
<input type="checkbox"/> 1 lime	----	4
<input type="checkbox"/> 3 avocados	----	5 12
<input type="checkbox"/> 4 large oranges	----	12 14 17
<input type="checkbox"/> 2 apples	----	17
<input type="checkbox"/> 2 bananas	----	25
<input type="checkbox"/> 1 dry pint blueberries	----	15 25
<input type="checkbox"/> 1 dry pint berries of choice	----	7
<input type="checkbox"/> snack serving fruit of choice	----	11

SPICES

<input type="checkbox"/> sea salt*	<input type="checkbox"/> whole cumin seed*
<input type="checkbox"/> freshly ground black pepper*	<input type="checkbox"/> ground mustard seed*
<input type="checkbox"/> basil*	<input type="checkbox"/> whole nutmeg*
<input type="checkbox"/> cayenne*	<input type="checkbox"/> paprika*
<input type="checkbox"/> celery seed*	<input type="checkbox"/> poppy seed*
<input type="checkbox"/> ground chipotle*	<input type="checkbox"/> rosemary (opt)*
<input type="checkbox"/> ground cinnamon*	



MEAL PLAN 5

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	Myra's chopped mushrooms, eggs, and onion 1	graze leftovers from fridge 2	graze leftovers from fridge 3	Louisiana fillets with mixed greens and simple salad dressing 4
MONDAY	leftover Myra's chopped mushrooms, eggs, and onion 5	Lascaux chicken Waldorf salad 6	bananas with almond butter and coconut 7	maple-walnut chicken with roasted acorn squash 8
TUESDAY	ham and applesauce with almonds 9	leftover maple-walnut chicken with roasted acorn squash 10	jerky & vegetables 11	lime-cilantro pork tacos with salsa salad 12
WEDNESDAY	breakfast smoothie PREP: beef pot roast 13	leftover lime-cilantro pork tacos with sliced avocado 14	Paleo trail mix & jerky 15	beef pot roast with roasted asparagus 16
THURSDAY	almost oatmeal 17	leftover beef pot roast with roasted asparagus 18	leftover Paleo trail mix 19	coconut chicken with basil spinach 20
FRIDAY FLEX	western omelet 21	leftover coconut chicken with mixed greens and simple salad dressing 22	deli meat & fruit 23	stir fry beef salad 24
SATURDAY	fried eggs with sweet potato hash 25	graze leftovers from fridge 26	graze leftovers from fridge 27	curry chicken and cauliflower rice 28



SHOPPING LIST 5

MEAT

	NEED	MEALS
<input type="checkbox"/> 8 slices bacon	----	1 5
<input type="checkbox"/> 1 lb ham	----	9 21
<input type="checkbox"/> 1/4 lb deli meat	----	23
<input type="checkbox"/> 2 pork sausage links	----	25
<input type="checkbox"/> 1 lb white fish fillets	----	4
<input type="checkbox"/> 14 (4-6oz) chicken breasts boneless, skinless	----	6 8 10 20 22 28
<input type="checkbox"/> 1 lb pork tenderloin	----	12
<input type="checkbox"/> 2-3 lbs lean beef pot roast	----	16 18
<input type="checkbox"/> 1-1/2 lbs beef tip steak	----	24
<input type="checkbox"/> 1/2 lb jerky*	----	11 15

OTHER

	NEED	MEALS
<input type="checkbox"/> olive oil*	----	many
<input type="checkbox"/> coconut oil*	----	many
<input type="checkbox"/> 19 lrg eggs	----	1 8 10 13 20 21 22 25
<input type="checkbox"/> simple salad dressing	----	4 22
<input type="checkbox"/> 1/4 c omega-3 mayonnaise	----	6
<input type="checkbox"/> lime juice*	----	6 12 14
<input type="checkbox"/> lemon juice*	----	28
<input type="checkbox"/> balsamic vinegar*	----	24
<input type="checkbox"/> 1/3 c apple cider vinegar*	----	8 10
<input type="checkbox"/> maple syrup* Grade B pure	----	8 10
<input type="checkbox"/> coconut aminos*	----	24
<input type="checkbox"/> raw honey*	----	6 8 10
<input type="checkbox"/> 1/2 c chunky almond butter*	----	7 17
<input type="checkbox"/> 2-1/2 c unsweetened applesauce*	----	9 17
<input type="checkbox"/> 1 c almond milk	----	13
<input type="checkbox"/> 1-1/4 c unsweetened coconut milk	----	7 17 28
<input type="checkbox"/> 1/2 c chicken broth	----	12 14
<input type="checkbox"/> 1-1/4 c unsweetened, shredded coconut*	----	13 20 22
<input type="checkbox"/> 1/2 c almond flour*	----	20 22
<input type="checkbox"/> 1 oz whole dulse leaf	----	11

FRUIT

	NEED	MEALS
<input type="checkbox"/> 1 lemon	----	1
<input type="checkbox"/> 1 tart apple	----	6
<input type="checkbox"/> 1 banana	----	7
<input type="checkbox"/> 2 avocados	----	12 14
<input type="checkbox"/> 2 servings fruit of choice for snacks	----	23
<input type="checkbox"/> 2 (10oz) bags frozen berries*	----	13
<input type="checkbox"/> 1/2 c raisins (golden suggested)*	----	15
<input type="checkbox"/> 1/2 c dried currants*	----	15
<input type="checkbox"/> 1/2 c dried blueberries*	----	15

VEGETABLES

	NEED	MEALS
<input type="checkbox"/> 2 sprigs thyme	----	8 10
<input type="checkbox"/> 2 bunches cilantro	----	12 14 28
<input type="checkbox"/> several sprigs basil	----	20 22
<input type="checkbox"/> 4 handfuls (cups) mixed greens	----	4 22
<input type="checkbox"/> 1 head (8 leaves) butter lettuce	----	12 14
<input type="checkbox"/> 5 handfuls (cups) spinach	----	20 21 22
<input type="checkbox"/> 2 heads red leaf, romaine or butter lettuce	----	24
<input type="checkbox"/> 18 med (1-1/2") caps white button or cremini mushrooms	----	1 28
<input type="checkbox"/> 3 med carrots	----	16 18
<input type="checkbox"/> 3 stalks celery	----	6 16 18
<input type="checkbox"/> 1 jalapeno	----	12 14
<input type="checkbox"/> 1 chili pepper	----	12 14
<input type="checkbox"/> 5 med tomatoes	----	12 14
<input type="checkbox"/> 4 roma tomatoes	----	12 14
<input type="checkbox"/> 20 spears asparagus	----	16 18
<input type="checkbox"/> 4 green bell peppers	----	21 24 25
<input type="checkbox"/> 1 red bell pepper	----	28
<input type="checkbox"/> 1/4 lb pea pods or sugar snap peas	----	24
<input type="checkbox"/> 1 lrg (10-12") zucchini	----	28
<input type="checkbox"/> 1 sm (6-8") cucumber	----	28
<input type="checkbox"/> 1 med (5-6") sweet potato or yam	----	25
<input type="checkbox"/> 1 head cauliflower	----	28
<input type="checkbox"/> 1 acorn squash	----	8 10
<input type="checkbox"/> 1-1/2" fresh ginger root	----	28
<input type="checkbox"/> 6 yellow onions	----	many
<input type="checkbox"/> 2 sm red onions	----	12 14 28
<input type="checkbox"/> 1 stem green onions (scallions)	----	28
<input type="checkbox"/> 1 clove garlic	----	28
<input type="checkbox"/> 2 servings vegetable of choice for snacks	----	11

NUTS

	NEED	MEALS
<input type="checkbox"/> 1-1/4 c walnuts*	----	6 8 10
<input type="checkbox"/> 2 c whole almonds*	----	9 15
<input type="checkbox"/> 1/2 c whole cashews*	----	15
<input type="checkbox"/> 1/2 c raw pumpkin seeds*	----	15
<input type="checkbox"/> 1/2 c raw sunflower seeds*	----	15

SPICES

<input type="checkbox"/> sea salt*	<input type="checkbox"/> ground cumin*
<input type="checkbox"/> freshly ground black pepper*	<input type="checkbox"/> curry powder*
<input type="checkbox"/> bayleaf*	<input type="checkbox"/> garlic powder*
<input type="checkbox"/> ground cardamom*	<input type="checkbox"/> lemon pepper*
<input type="checkbox"/> cayenne*	<input type="checkbox"/> whole nutmeg*
<input type="checkbox"/> ground cinnamon*	<input type="checkbox"/> oregano*
<input type="checkbox"/> ground cloves*	<input type="checkbox"/> red pepper flakes*
<input type="checkbox"/> ground coriander*	<input type="checkbox"/> thyme*



MEAL PLAN 6

	BREAKFAST	LUNCH	SNACK	DINNER
SUNDAY	egg-free, grain-free pumpkin zucchini muffins 1	graze leftovers from fridge 2	graze leftovers from fridge 3	salmon with coconut cream sauce, with spinach salad 4
MONDAY	leftover egg free, grain free pumpkin zucchini muffins with leftover salmon 5	spicy tuna salad 6	fruit salad with cinnamon & jerky 7	thai chicken wraps 8
TUESDAY	roasted pepper and sausage omelet 9	leftover thai chicken wraps 10	pb&j Paleo style 11	grilled flank steak with pineapple salsa 12
WEDNESDAY	scrambled eggs with bacon and vegetables 13	leftover grilled flank steak with pineapple salsa 14	ants on a log 15	cacao nib pork chops PREP: marinate chicken for meal 20 16
THURSDAY	no oat "oatmeal" with ham 17	leftover cacao nib pork chops 18	jerky & vegetables 19	marinated chicken alla griglia with creamy chard 20
FRIDAY FLEX	veggies & eggies (reserve bacon drippings for meal 28) 21	leftover marinated chicken alla griglia with mixed greens and simple salad dressing 22	deli meat & fruit 23	chicken fajitas with guacamole 24
SATURDAY	almond flour pancakes with sausage links 25	graze leftovers from fridge 26	graze leftovers from fridge 27	patti's stew 28



SHOPPING LIST 6

MEAT

	NEED	MEALS
<input type="checkbox"/> 8 slices bacon	-----	13 21
<input type="checkbox"/> 1/4 lb deli meat	-----	23
<input type="checkbox"/> 1/2 lb ham	-----	17
<input type="checkbox"/> 1 lb salmon fillet	-----	4 5
<input type="checkbox"/> 2 lbs chicken breasts boneless, skinless	-----	8 10 24
<input type="checkbox"/> 2-1/2 lbs small chicken	-----	20 22
<input type="checkbox"/> 4 pork sausage links	-----	9
<input type="checkbox"/> 1 lb beef flank steak	-----	12 14
<input type="checkbox"/> 1 lb beef stew meat	-----	28
<input type="checkbox"/> 4 (4-6oz) boneless pork chops	-----	16 18
<input type="checkbox"/> 1/2 lb jerky*	-----	7 19

OTHER

	NEED	MEALS
<input type="checkbox"/> olive oil*	-----	many
<input type="checkbox"/> coconut oil*	-----	many
<input type="checkbox"/> 18 lrg eggs	-----	9 13 16 17 18 21 25
<input type="checkbox"/> simple salad dressing	-----	22
<input type="checkbox"/> 1 c almond butter*	-----	8 11 15 17
<input type="checkbox"/> 1/4 c unsweetened apple sauce*	-----	25
<input type="checkbox"/> 1/3 c raw cacao nibs	-----	16 18
<input type="checkbox"/> 1/2 c unsweetened almond milk	-----	17
<input type="checkbox"/> 1/4 c apple cider vinegar*	-----	1 5
<input type="checkbox"/> 1/4 c white wine vinegar	-----	20 22
<input type="checkbox"/> raw honey*	-----	16 18 20 22
<input type="checkbox"/> coconut aminos*	-----	8 10
<input type="checkbox"/> lime juice (opt)*	-----	8 10
<input type="checkbox"/> hot pepper sauce (opt)*	-----	24
<input type="checkbox"/> 1 (13.6oz) can unsweetened coconut milk	-----	4 20 22
<input type="checkbox"/> 2 (5oz) cans tuna	-----	6
<input type="checkbox"/> 3 T capers*	-----	6
<input type="checkbox"/> 20 (1 cup) pitted green olives	-----	6
<input type="checkbox"/> 1 (6oz) jar salsa	-----	24
<input type="checkbox"/> 2 c canned pumpkin	-----	1 5
<input type="checkbox"/> 1 (14oz) package frozen spinach	-----	28
<input type="checkbox"/> 2 c almond flour*	-----	1 5 25
<input type="checkbox"/> 2/3 c coconut flour*	-----	1 5 25
<input type="checkbox"/> 1/2 c tapioca flour*	-----	1 5
<input type="checkbox"/> baking soda*	-----	1 5
<input type="checkbox"/> paper muffin liners (opt)*	-----	1 5

NUTS

	NEED	MEALS
<input type="checkbox"/> 1/4 c flax seeds or flax meal*	-----	1 5 17
<input type="checkbox"/> 3/4 c sliced almonds or walnuts*	-----	1 5
<input type="checkbox"/> 1/4 c walnuts*	-----	17
<input type="checkbox"/> 1/4 c pecans*	-----	17
<input type="checkbox"/> 1/2 c chopped walnuts or pecans*	-----	7
<input type="checkbox"/> 2 t raw pumpkin seeds*	-----	17

VEGETABLES

	NEED	MEALS
<input type="checkbox"/> 2 sprigs basil	-----	4
<input type="checkbox"/> 1 bunch cilantro	-----	8 10 12 24
<input type="checkbox"/> 4 sprigs parsley	-----	9
<input type="checkbox"/> 7 handfuls (cups) spinach	-----	4 13 16 18
<input type="checkbox"/> 3 heads butter lettuce	-----	6 24
<input type="checkbox"/> 2 handfuls (cups) mixed greens	-----	22
<input type="checkbox"/> 12 bibb lettuce leaves or romaine	-----	8 10
<input type="checkbox"/> 4 napa cabbage leaves	-----	8 10
<input type="checkbox"/> several leaves kale, chard or spinach	-----	21
<input type="checkbox"/> 2 med (6-8") zucchini	-----	1 5 13
<input type="checkbox"/> 1 jalapeno	-----	6
<input type="checkbox"/> 1 poblano pepper, green chili or green bell	-----	9
<input type="checkbox"/> 3 red bell peppers	-----	12 14 24
<input type="checkbox"/> 1/3 lb broccoli	-----	8 10
<input type="checkbox"/> 1 sm bag baby carrots	-----	28
<input type="checkbox"/> 1 lrg carrot	-----	8 10
<input type="checkbox"/> 1 med tomato	-----	13
<input type="checkbox"/> 4 stalks celery	-----	15
<input type="checkbox"/> 1-1/2 lb butternut squash	-----	16 18
<input type="checkbox"/> small pumpkin	-----	1 5
<input type="checkbox"/> 2 servings vegetables of choice	-----	19
<input type="checkbox"/> 1 lrg shallot	-----	4 5
<input type="checkbox"/> 1 red onion	-----	12 14 24
<input type="checkbox"/> 2 yellow onions	-----	21 28
<input type="checkbox"/> 15 cloves garlic	-----	many
<input type="checkbox"/> 1 bunch green onions (scallions)	-----	4 6 8 10

FRUIT

	NEED	MEALS
<input type="checkbox"/> 1 banana	-----	17
<input type="checkbox"/> 8 lemons	-----	4 6 19 20 22 24
<input type="checkbox"/> 1 orange	-----	7
<input type="checkbox"/> 3 limes	-----	8 10 12 24
<input type="checkbox"/> 1 apple	-----	7
<input type="checkbox"/> 4 lrg slices pineapple fresh or canned	-----	12 14
<input type="checkbox"/> 4 avocados	-----	6 21 24
<input type="checkbox"/> 1 dry pint fresh berries of choice	-----	11 17 25
<input type="checkbox"/> 2 servings fruit of choice for snacks	-----	23
<input type="checkbox"/> 1 cup pitted dates*	-----	1 5
<input type="checkbox"/> 1/4 cup raisins or dried currants*	-----	15
<input type="checkbox"/> 1/2 (10oz bag) frozen berries*	-----	1 5

SPICES

<input type="checkbox"/> sea salt*	<input type="checkbox"/> garlic powder*
<input type="checkbox"/> freshly ground black pepper*	<input type="checkbox"/> ground ginger*
<input type="checkbox"/> allspice*	<input type="checkbox"/> marjoram*
<input type="checkbox"/> chili powder*	<input type="checkbox"/> whole nutmeg*
<input type="checkbox"/> chipotle*	<input type="checkbox"/> oregano*
<input type="checkbox"/> ground cinnamon*	<input type="checkbox"/> parsley*
<input type="checkbox"/> ground coriander*	<input type="checkbox"/> red chili flakes*
<input type="checkbox"/> ground cumin*	<input type="checkbox"/> rosemary*

ANTS ON A LOG

Makes a snack for two. Approximate cooking time: 5 minutes.

Ingredients

- 2 celery stalks
- 4 Tbs cashew or almond butter
- 1/4 cup raisins or dried currants

Instructions

- 1) Wash celery.
- 2) Spread cashew or almond butter on each stalk.
- 3) Top with raisins or dried currants.

ALMOND FLOUR PANCAKES

Makes breakfast for two. Approximate cooking time: 30 minutes.

Ingredients

- | | |
|--|-------------------------------|
| 1 cup almond flour | 1/4 tsp freshly grated nutmeg |
| 1/2 cup unsweetened applesauce | 1/4 tsp sea salt |
| 1 Tbs coconut flour | coconut oil |
| 2 eggs | fresh berries |
| 1/4 cup water (consider soda water for slightly fluffier pancakes) | |

Instructions

- 1) Combine almond flour, applesauce, coconut flour, eggs, water, nutmeg, and sea salt in a bowl, and mix together completely with a fork. The batter will appear a little thicker than normal mix.
- 2) Heat a non-stick frying pan over medium-low heat with 1 tsp coconut oil.
- 3) Drop 1/4 cup of batter onto the pan once it is fully heated. Spread out batter slightly if desired.
- 4) Flip like a normal pancake when the bubbles start showing up on the top, and cook for another minute or two.
- 5) Add more oil to the pan and repeat with remaining batter.
- 6) Top with fresh berries.



ALMOST OATMEAL

Add fresh or dried fruits and/or nuts for additional texture and flavor.
Makes breakfast for two. Approximate cooking time: 10 minutes.

Ingredients

1-1/2 cups unsweetened
apple sauce
4 Tbs raw, chunky almond butter
2-3 Tbs raw, unsweetened
coconut milk

cinnamon to taste
dash of fresh grated nutmeg (optional)

Instructions

1) Combine all ingredients in a small pan over medium heat, stirring often.



BAKED EGGS IN BACON RINGS

Makes breakfast for two. Approximate cooking time: 35 minutes.

Ingredients

6 strips nitrate-/nitrite-free bacon	1/3 cup onions, chopped
melted bacon fat for brushing tins	3-4 white button mushrooms, chopped
4 eggs	1/2 tsp freshly ground black pepper
1 small to medium tomato, cut into 4 (1/2") slices	

Instructions

- 1) Preheat the oven to 325°.
- 2) Cook bacon in a skillet over medium heat until it begins to shrivel (about 3 minutes). Remove bacon from pan and set aside.
- 3) Discard all but a shallow film of bacon fat in the bottom of the skillet.
- 4) Brush 4 cups in a muffin tin or 4 small ramekins with bacon fat from the pan.
- 5) Add chopped onions and mushrooms to hot pan with remaining bacon drippings in the skillet and cook over medium heat until softened.
- 6) Meanwhile, place a tomato slice in the bottom of each cup. Circle the inside of each cup with 1-1/2 strips of bacon.
- 7) Break an egg into each muffin cup and season with pepper.
- 8) Add sautéed mushrooms and onions over the egg.
- 9) Fill any unused tins with water to protect from burning.
- 10) Bake in the oven for 20 minutes.
- 11) To serve, loosen the edges of the eggs with spatula and transfer the eggs to plates.



BAKED SEA BASS WITH CAPERS AND LEMON

Makes dinner for two adults. Approximate cooking time: 25 minutes.

Ingredients

1 lb sea bass fillets (or any firm white fish available)	2 sprigs fresh dill (dried may be used if fresh dill is unavailable)
1 lemon	sea salt
2 Tbs capers, rinsed	freshly ground black pepper

Instructions

- 1) Preheat oven to 350°
- 2) Place sea bass fillets on a broiler pan.
- 3) Sprinkle the fish with sea salt and freshly ground black pepper. Top with capers and dill sprigs. Cover with fresh lemon slices.
- 4) Bake for 10-15 minutes, until fish flakes easily with a fork.

BANANA ALMOND PANCAKES

Makes breakfast for two. These are fairly low in protein, so we recommend adding some protein to this breakfast. Approximate cooking time: 25 minutes.

Ingredients

2 bananas	fresh blueberries
1 egg	1/4 cup walnuts, chopped
1-2 Tbs almond butter	1 tsp coconut oil

Instructions

- 1) Mash bananas in a bowl.
- 2) Add the egg and almond butter, and whisk until well blended.
- 3) Heat a large non-stick skillet over medium heat along with a small pat of coconut oil.
- 4) Pour small discs of batter onto the hot pan (around 3-4" around). They'll be easier to flip if you keep them from the edges of the pan.
- 5) Add blueberries and walnuts as the pancakes cook on one side. Flip when batter loses its "tackiness" around the edges.
- 6) Cook other side slowly over medium heat until fully cooked.
- 7) Reapply oil to the pan after each round of pancakes.



BANANAS WITH ALMOND BUTTER AND COCONUT

Makes a snack for two. Approximate cooking time: 5 minutes.

Ingredients

- 1 large banana
- 2 Tbs almond butter
- 2 Tbs coconut milk

Instructions

- 1) Slice banana and divide between two small bowls.
- 2) Top with almond butter and coconut milk.

BASIL SPINACH

Makes a side salad for two. Keep this salad raw for meals on the go.
Approximate cooking time: 15 minutes.

Ingredients

- | | |
|--------------------------|------------------------------|
| 1 Tbs coconut oil | 4 handfuls of spinach |
| 1/2 yellow onion, diced | 1 package |
| 2 medium tomatoes, diced | (several sprigs) fresh basil |

Instructions

- 1) Wash and prepare vegetables.
- 2) Heat a small skillet over medium-high heat. Add coconut oil when hot.
- 3) Add diced onions and sauté until soft and translucent. Add tomatoes and cook for another minute or two.
- 4) Add spinach and basil to the pan and cook for one minute.
- 5) Serve warm.



BEEF AND VEGETABLE CHILI

Makes a hearty pot of soup with plenty to freeze for leftovers or serve for company (about 10 servings). Approximate cooking time: 90 minutes.

Ingredients

2 Tbs coconut oil	1/2 tsp thyme
1 large yellow onion, diced	1 bay leaf
2 Tbs chili powder	7-8 medium mushrooms, sliced
1 tsp ground chipotle	2 medium carrots, sliced
2 tsp sea salt (optional)	2 medium zucchini, diced
1 tsp cumin	1 yellow zucchini, diced
1 tsp garlic salt	1 large red pepper, diced
2 lbs beef stew meat, cut into 1"x1" chunks	4-6 large kale leaves, shredded
2 (28 oz) cans diced tomatoes	fresh cilantro for garnish
2 (4 oz) can diced green chilis	green onions for garnish
1/2 of a (4 oz) can diced jalepenos (may add more if desired)	1 small can full fat coconut milk (placed in the fridge for a few hours)
1/2 tsp oregano	

Instructions

- 1) Heat large soup pot over medium-high heat.
- 2) When hot, add coconut oil and onion to pot and brown slightly.
- 3) Meanwhile, combine chili powder, sea salt, cumin and garlic salt in a large dish. Roll raw beef stew meat in the mixture to coat on all sides.
- 4) When onions have browned slightly, add beef and brown on all sides.
- 5) Add the diced tomatoes. Fill the empty can with water and add to the pot. Add green chilis, jalepenos, chipotle peppers, mushrooms, carrots, oregano, thyme and bay leaf. Turn heat down to medium and cook for about 40 minutes, stirring occasionally.
- 6) Add zucchini and red pepper, and cook for another 20 minutes.
- 7) Add kale and finish cooking for 10 more minutes. Season with sea salt if desired.

Serve with sliced green onions, fresh cilantro and a dollop of thickened coconut milk from the top of the can.



BEEF POT ROAST

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 3-6 hours.

Ingredients

2 Tbs coconut oil	1 bay leaf
1 (2-3 lb) lean beef pot roast, rump roast, or chuck shoulder	1 Tbs thyme
2 yellow onions, sliced	1/2 tsp oregano
3 carrots, quartered	sea salt (optional)
2 celery stalks	3 cups water
1/2 tsp freshly ground black pepper	

Instructions

- 1) Mix freshly ground black pepper, thyme, oregano, and sea salt (optional) together in a small bowl.
- 2) Rub mixture into meat on all sides of roast.
- 3) Heat a medium skillet (if cooking in a crock pot) or heavy-bottomed oven-safe pan (if cooking in the oven) over high heat. Add coconut oil when hot.
- 4) Sear all sides of the roast and set aside.
- 5) Wash and prepare vegetables.
- 6) Put roast in crock pot, add vegetables, bay leaf, and water, and cook until tender (4-6 hours). Or, preheat oven to 325°, add the vegetables, bay leaf, and water to the heavy-bottomed oven-safe pan with the meat and roast for 2-3 hours.



BERRIES WITH BALSAMIC VINEGAR AND ALMONDS

Makes a snack for two. Approximate cooking time: 5 minutes.
Fresh berries are best, but frozen may be used if needed.

Ingredients

1-2 cups fresh berries
4 tsp balsamic vinegar
1/3 cup slivered almonds

Instructions

- 1) Wash and slice fresh berries (if needed).
- 2) Evenly separate the berries between two small bowls.
- 3) Pour 2 tsp of balsamic vinegar over each serving.
- 4) Top with slivered almonds.

BREAKFAST SMOOTHIE

Makes 2 smoothies. Approximate cooking time: 10 minutes.

Ingredients

2 cups frozen berries	1 cup almond milk
2/3 cup unsweetened, shredded coconut	1-2 eggs (best if from pastured chickens)

Instructions

- 1) Fill a blender (or magic bullet or whatever) with the frozen berries and quickly pulse with a little hot water to break them up.
- 2) Add shredded coconut, eggs, and almond milk.
- 3) Continue to blend until smooth, and divide into two glasses.

Note: you may have to cut the recipe in half and blend two smoothies separately, depending on the size of your blender.



BUFFALO CHICKEN WINGS IN “PEANUT SAUCE”

Add a salad or vegetable and this recipe makes dinner for two, with leftovers for lunch. Approximate cooking time: 45 minutes.

Ingredients

1-1/2 lbs chicken wings	1-2 Tbs coconut aminos (tastes like soy sauce)
2 Tbs almond butter	2 tsp olive oil
1/4 cup hot pepper sauce (with no added sugar or preservatives)	1/4 tsp sea salt (optional)

Instructions

- 1) Preheat oven to 375°.
- 2) Line a rimmed baking sheet with parchment paper and spread wings out evenly. Bake for 20 minutes.
- 3) Meanwhile, soften almond butter in a small saucepan over medium heat. Stir occasionally.
- 4) When soft, stir in hot pepper sauce, coconut aminos, olive oil, and sea salt (if desired). If sauce gets too thick, add a bit of hot water.
- 5) After 20 minutes of cooking, remove wings from oven. Turn and brush each wing with sauce. Return to oven for 10 more minutes.
- 6) Turn each wing, baste with sauce, and return to oven for 10 additional minutes (or until completely cooked).
- 7) Turn over and baste with sauce.



BUN-LESS BURGERS

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 25 minutes.

Ingredients

1 lb lean ground beef or turkey	1/2 tsp sea salt
1 tsp coconut oil	1/4 tsp freshly ground black pepper

Instructions

- 1) Mix meat, sea salt, and freshly ground black pepper together with a fork. Form into 4 patties.
- 2) Heat a skillet over medium-high heat and add the oil when hot.
- 3) Cook the burgers until desired temperature is reached.

BUTTERNUT SQUASH WITH GARLIC AND THYME

Makes 4 servings. Approximate cooking time: 40 minutes.

Ingredients

1-1/2 lbs butternut squash, peeled, seeds removed, flesh diced into 1/2" pieces (about 4 cups)	3 cloves garlic, minced
2 Tbs coconut oil	1/2 tsp sea salt (optional)
1 Tbs fresh thyme leaves	1/4 tsp freshly ground black pepper

Instructions

- 1) Heat large sauté pan over medium-high heat.
Add coconut oil when pan is hot.
- 2) When coconut oil has melted, add squash, thyme, and garlic, and stir to coat completely with oil.
- 3) Spread squash in an even layer in pan and allow to cook without stirring until lightly browned (about 3-5 minutes). Stir, and evenly spread out again, allowing to cook for an additional 3-5 minutes.
- 4) After browning, stir squash, reduce heat to medium, cover pan, and continue to cook until squash is tender (about 10-15 minutes more).
- 5) Season with sea salt and black pepper (optional) and serve warm.



CACAO NIB PORK CHOPS

Serves 2 for dinner, with leftovers for lunch.

Approximate cooking time: 40 minutes.

Ingredients

- | | |
|---|---|
| 4 (4-6 oz) boneless pork chops,
trimmed of all fat | 1 egg |
| 1/3 cup raw cacao nibs, chopped | 2 handfuls (cups) spinach |
| butternut squash (about 1-1/2 lbs),
peeled and diced | 1/4 tsp cinnamon |
| 2 Tbs raw honey (optional) | sea salt and freshly ground black
pepper, to taste |
| 3 tsp coconut oil, divided | |

RECIPES

Instructions

- 1) Pound both sides of each pork chop to tenderize the meat.
- 2) Whisk egg in a small bowl. Coat pork chops with egg mixture and season each side with 1 tsp chopped cacao nibs. Season with sea salt and freshly ground black pepper if desired. Set aside.
- 3) Heat 2 tsp of coconut oil in a large sauté pan over medium heat. Once hot, add diced butternut squash, stirring often.
- 4) After about 5 minutes, place 1 tsp coconut oil in a different pan over medium-high heat. When pan is hot, place coated pork chops in skillet and cook to desired temperature (145° recommended).
- 5) Meanwhile, add honey to the butternut squash as it cooks, and sprinkle with cinnamon. Season with sea salt and freshly ground black pepper if desired.
- 6) When squash is tender, serve over a handful of spinach, and serve pork chops on the side.



CHEF SALAD

Makes two salads. Approximate cooking time: 15-30 minutes.

Ingredients

4 eggs, hard-boiled, halved	4 green onions, sliced thin
1 head of red leaf lettuce	2 stalks celery, diced
1/2 lb ham or grilled chicken, diced	1 avocado, diced
2 slices bacon, cooked and crumbled	4 tsp Simple Salad Dressing
8 cherry tomatoes, halved	

Instructions

- 1) Hard-boil eggs, cool and remove shells.
- 2) Cook bacon and crumble,
- 3) Grill chicken and dice (or dice ham).
- 4) Wash and chop vegetables.
- 5) Divide lettuce between two plates, top with vegetables, eggs, avocado, and meats.
- 5) Top with [Simple Salad Dressing](#).

RECIPES



CHICKEN AND SWEET POTATOES WITH SHALLOTS

Makes dinner for two, with leftovers for lunch.
Approximate cooking time: 45 minutes.

Ingredients

3 medium (5"-6") sweet potatoes, peeled and cut in 2" pieces	4 (4-6 oz each) boneless, skinless chicken breasts
sea salt and freshly ground black pepper, to taste	4 shallots, sliced into thick rings
4 Tbs coconut oil	2 Tbs fresh rosemary, chopped

RECIPES

Instructions

- 1) Wash and chop sweet potatoes. Place in a large pot and cover with cold water.
- 2) Bring pot to a boil. Once boiling, add 1 tsp sea salt and reduce heat to medium-low. Simmer until tender (about 14-16 minutes).
- 3) Reserve 1/4 cup of cooking water. Drain remaining liquid and return sweet potatoes to pot. Mash with reserved cooking water.
- 4) Meanwhile, season chicken with 1/2 tsp salt and 1/4 tsp freshly ground black pepper.
- 5) Heat 4 Tbs coconut oil in large skillet over medium-high heat.
- 6) When pan is hot, add sliced shallots and rosemary and cook for one minute.
- 7) Add chicken breasts to pan and pan-fry until golden brown and fully cooked (7-8 min per side).
- 8) Serve with mashed sweet potatoes on the side.



CHICKEN APPLE

With a side, this dish makes dinner for two. Can easily be made the night beforehand to bring along to work for a quick lunch. Approximate cooking time: 20 minutes.

Ingredients

2 (4-6oz) boneless, skinless chicken breasts	2 Tbs coconut oil
1/4 tsp sea salt (optional)	1 large apple
1/8 tsp freshly ground black pepper	1/2 tsp cinnamon or allspice

Instructions

- 1) Dice chicken breasts. Season with sea salt and freshly ground black pepper. Set aside.
- 2) Heat a medium sauté pan over medium-high heat. Add coconut oil when hot.
- 3) Cook diced chicken until just before fully done (about 150°).
- 4) Grate apple into pan.
- 5) Add cinnamon or allspice.
- 6) Continue to cook until chicken is done and apple is tender.



CHICKEN CUTLETS WITH OLIVES AND TOMATOES

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 60 minutes, plus an additional 30-60 minutes for marinade.

Ingredients

4 (4-6oz) boneless, skinless chicken breasts	1 large onion, chopped
extra virgin olive oil	1 (28 oz) can plum tomatoes, drained and chopped*
juice of 1 lemon	18 black olives, drained, pitted, and chopped (about 1/2 can)
1/4-1/2 tsp sea salt (optional)	3 Tbs fresh parsley, chopped fine, divided
1/4 tsp freshly ground pepper	2 tsp fresh thyme, chopped
6 cloves garlic, chopped	

Instructions

- 1) Marinate chicken in 2 Tbs olive oil, lemon juice, sea salt and freshly ground black pepper for 30 to 60 minutes, turning often.
- 2) Preheat oven to 375°.
- 3) In a large skillet sauté garlic and onions in remaining olive oil.
- 4) Add tomatoes and olives and sauté for 15 minutes, uncovered, stirring often.
- 5) Add 1 Tbs parsley and thyme, stirring to combine.
- 6) Place chicken breasts in oven-safe baking dish. Cover with sautéed mixture and sprinkle with remaining parsley.
- 7) Cover, and bake for 35 to 40 minutes or until brown.

*Or use an equivalent amount of fresh plum tomatoes, blanched to remove skin and chopped



CHICKEN FAJITA SALAD

Makes lunch for two. Approximate cooking time: 30 minutes.

Ingredients

1 Tbs coconut oil	1/4 tsp sea salt
1/2 yellow onion, diced	1 large bell pepper, chopped
1/2-3/4 lb boneless, skinless chicken breasts	1 large head red leaf or romaine lettuce
1/2 tsp ground cumin	2 medium tomatoes, diced
2 tsp dried oregano	1 avocado

RECIPES

Instructions

- 1) Wash and chop onion, bell pepper and tomatoes.
- 2) Cut chicken into 1/2" slices.
- 3) Heat skillet over medium-high heat. When hot, add coconut oil and onions. Sauté until onions are soft and slightly translucent.
- 4) Add chicken, cumin, oregano and sea salt to the onions and continue to cook, stirring often.
- 5) When the chicken has browned, add the peppers and cook until tender.
- 6) Meanwhile, wash and shred the lettuce. Divide between two plates.
- 7) Top lettuce with chicken fajita mix, tomatoes, and sliced avocado.



CHICKEN FAJITAS WITH GUACAMOLE

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 25 minutes.

Ingredients

3 cloves garlic, minced	1/2 red onion, sliced
1 tsp cumin	2 red bell peppers, sliced
1 tsp oregano	juice of 1 lemon
1 tsp chili powder	juice of 1 lime
1 tsp sea salt (optional)	2 heads butter lettuce, root removed, washed and dried
1 lb boneless, skinless chicken breasts, sliced into strips	guacamole
1 Tbs coconut oil	1 small jar salsa (or substitute fresh chopped tomatoes, cilantro and garlic)

RECIPES

Instructions

- 1) In a medium bowl, combine garlic, cumin, oregano, chili powder, and sea salt (if desired). Toss chicken in mixture until fully coated and set aside.
- 2) Heat a large sauté pan over medium-high heat. When pan is hot, add coconut oil.
- 3) Sauté onion for 3 minutes. Add chicken and continue to cook until chicken is almost fully cooked (about 10-15 minutes), stirring often.
- 4) Just before chicken is done, add red peppers, lemon and lime juice. Stir and cook for 3 more minutes.
- 5) Serve over lettuce and top with guacamole and salsa.



CHICKEN WITH ROSEMARY AND MUSHROOM GLAZE

Makes 2 servings with leftovers. Approximate cooking time: 25 minutes.

Ingredients

4 boneless, skinless chicken breasts (4 oz each)	2 tsp fresh rosemary leaves or 2 tsp dried rosemary
4 tablespoons olive oil	2 tsp hazelnuts, chopped
2 cups sliced mushrooms	salt and pepper to taste
2 cloves garlic, minced	

RECIPES

Instructions

- 1) Fully cook chicken breasts, either in a Foreman Grill or cut into pieces and cook on the stove with a small amount of oil.
- 2) Add oil, rosemary, hazelnuts, garlic, salt, and pepper to a pan on medium high heat. Simmer together for 5 minutes.
- 3) Add the mushrooms and cook for another 3 minutes or until mushrooms are browned.
- 4) Pour oil mixture over chicken and enjoy.



CHORIZO SCRAMBLED EGGS

Makes breakfast for two. Approximate cooking time: 15 minutes.

Ingredients

1 Tbs coconut oil	dash of sea salt
1/2 yellow onion, diced	1/4 tsp freshly ground black pepper
1/4 lb chorizo, sliced (with no filler ingredients)	hot pepper sauce
4 eggs	

Instructions

- 1) Over medium-high heat, sauté the onions and chorizo in coconut oil until the chorizo gets crispy around the edges and the onion turns slightly translucent.
- 2) Meanwhile, beat the eggs in a small bowl and add sea salt and black pepper.
- 3) Pour the eggs into the pan with the crispy chorizo and translucent onions.
- 4) Scramble the eggs softly until cooked.
- 5) Top with hot sauce.

CILANTRO TURKEY BURGERS

Makes 4 burgers. Approximate cooking time: 20 minutes.

Ingredients

1 lb ground turkey	2 tsp garlic, minced
1 cup cilantro, chopped	1 tsp sea salt
1/4 cup red onion, finely chopped	1/4 tsp freshly ground black pepper

Instructions

- 1) Prepare the grill, or turn the broiler on low.
- 2) Combine all ingredients in a bowl and use a fork to mix well.
- 3) Divide into 4 portions and shape into patties.
- 4) Grill or broil until cooked to desired temperature.



COCONUT CHICKEN

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 20 minutes.

Ingredients

1 lb boneless, skinless chicken breasts	1/4 tsp sea salt
1/2 cup almond flour	1 egg
1/2 cup unsweetened shredded coconut	2 Tbs coconut oil

Instructions

- 1) Mix almond flour, shredded coconut, and sea salt together in a bowl.
- 2) Beat egg in separate bowl.
- 3) Dip chicken breast in egg and roll in dry mixture.
- 4) Heat a frying pan over medium-high heat and add coconut oil when hot.
- 5) Pan fry chicken until fully cooked.

CREAMY CHARD

Makes a side for two, or add an additional protein to make a light meal.

Approximate cooking time: 15 minutes.

Ingredients

1 large bunch chard	juice from 1/2 lemon
1/3 (403 mL) can organic coconut milk (preferably Native Forest—it has no BPAs in the can liner)	optional protein (shrimp, scallops, chicken, salmon)
1 Tbs coconut oil	sea salt (to taste, optional)

Instructions

- 1) Melt coconut oil in a large sauté pan over medium heat.
- 2) Meanwhile, rinse and roughly chop chard (stalk included for more fiber).
- 3) Place the chard in the pan with coconut oil and cover.
Cook for about 3-5 minutes, stirring occasionally.
- 4) Add coconut milk, lemon and sea salt (if desired). Stir in completely.
- 5) Cook for a few more minutes and serve hot.
- 6) Add an optional protein if desired.



CROCK POT PORK LOIN

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 7 hours.

Ingredients

1-1/2 lb pork loin	1-2 Tbs dried basil
1 (16 oz) can tomato sauce	1/4 tsp freshly ground black pepper
2 medium (6"-8") zucchini, sliced	1/2 tsp sea salt (optional)
1 head cauliflower, separated into medium florets	

Instructions

- 1) Add all of the ingredients to a large crock pot.
- 2) Cook on low for 6-7 hours.



CURRY CHICKEN AND CAULIFLOWER RICE

Makes a hearty dinner for two adults, with leftovers for lunch. This one is a little “involved,” but it’s worth it! Approximate cooking time: 60 minutes.

Curry Chicken Ingredients

- | | |
|---|--|
| 1 lb boneless,
skinless chicken breasts | 6 mushrooms |
| 1 Tbs ginger root,
finely minced or grated | 1 large (10”-12”) zucchini |
| 1 clove garlic, minced | 1 red bell pepper |
| 1 Tbs ground cumin | 2 Tbs coconut oil |
| 1 tsp ground coriander | 1 (403 mL) can unsweetened
coconut milk |
| 1/2 tsp cayenne pepper | 2 Tbs lemon juice |
| 1/4 tsp ground cardamom | 4 Tbs fresh cilantro, chopped |
| 1/2 tsp ground cloves | 1 small cucumber, diced |
| 1/2 tsp freshly ground black pepper | 1/4 red onion, diced |
| 1 tsp sea salt | |

Cauliflower Rice Ingredients

- | | |
|------------------------------------|----------------------------------|
| 1 medium sized head of cauliflower | dash of cayenne pepper |
| 1/2 tsp ground curry powder | sea salt and ground black pepper |
| 1 green onion, finely chopped | 1 Tbs coconut or olive oil |

Continued on next page



CURRY CHICKEN AND CAULIFLOWER RICE

continued

Instructions

- 1) Mix the ginger root, garlic, cumin, coriander, cayenne, cardamom, cloves, sea salt, and black pepper in a large bowl.
- 2) Chop the chicken breasts into 1" pieces and put in the bowl with the ginger, garlic, and spices. Coat the chicken with the spice mixture and set aside.
- 3) Wash and prepare the mushrooms, zucchini, and bell pepper. Set aside.
- 4) Over medium heat, add coconut oil to a large skillet.
- 5) When hot, add the chicken, mushrooms, coconut milk, and lemon juice to the pan. Simmer over medium heat for 15 minutes.
- 6) Add the zucchini and bell pepper, and continue to cook until chicken is done (about 5-10 minutes).
- 7) While the chicken is cooking, wash and rough chop the cauliflower.
- 8) Place it in a large skillet with coconut or olive oil and cook over medium high heat until slightly softened.
- 9) Place the cauliflower, curry powder, green onion, and cayenne into a food processor and pulse until it has a grainy rice-like consistency. Season with sea salt and freshly ground black pepper.
- 10) Serve chicken curry over cauliflower rice and garnish with chopped cilantro, cucumber, and red onion.

RECIPES



EASY PORK LOIN CHOPS

Makes dinner for two adults, with leftovers for lunch.

Approximate cooking time: 50 minutes.

Ingredients

1/2 tsp sea salt	1/4 tsp dried thyme
1/4 tsp freshly ground black pepper	4 boneless pork loin chops
1/4 tsp paprika	1 Tbs coconut oil
1/4 tsp dried sage	1 onion, sliced thin

Instructions

- 1) Preheat oven to 425°.
- 2) In a small bowl, mix the salt, pepper, paprika, sage, and thyme together.
- 3) Sprinkle both sides of each pork chop with the seasoning mixture.
- 4) Add coconut oil to a skillet over high heat.
- 5) When good and hot, brown both sides of each chop.
- 6) Place the browned chops on a large piece of heavy foil and layer with sliced onions.
- 7) Close the foil into a tight pouch and place on a baking sheet.
- 8) Bake for 30 minutes, or until pork reaches at least 145° internally.



EGG-FREE, GRAIN-FREE PUMPKIN ZUCCHINI MUFFINS

Makes about 12 large muffins. Approximate cooking time: 45 minutes.

Ingredients

2 Tbs flax meal	1 cup dates, pitted
6 Tbs water	2 cups freshly baked pumpkin (or canned may be used)
1 cup almond flour	1 tsp apple cider vinegar
1/2 cup coconut flour	1/2 cup coconut oil
1/2 cup tapioca flour	1/2 (10 oz) bag frozen berries
2 tsp baking soda	3/4 cup zucchini, grated
1 tsp sea salt (optional)	3/4 cup sliced almonds or walnuts
1 Tbs cinnamon	paper muffin liners
1 Tbs allspice	

Instructions

- 1) Preheat oven to 350°.
- 2) Combine flax meal and water and let sit for 5 minutes, or until it forms a gooey, gel-like consistency.
- 3) Combine almond flour, coconut flour, tapioca flour, baking soda, sea salt, cinnamon, and allspice in large bowl. Set aside.
- 4) Combine dates, pumpkin, flax meal mixture, apple cider vinegar, and coconut oil in food processor until dates are roughly chopped. Fold into dry ingredients.
- 5) Fold berries, zucchini and nuts into batter.
- 6) Spoon into paper-lined muffin tins.
- 7) Bake for 30 minutes. 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. Cover with foil if tops of muffins are too brown.



EGGS WITH AVOCADO AND SALSA

Makes breakfast for two. Approximate cooking time: 10 minutes.

Ingredients

4 eggs	1/2 cup sliced or slivered almonds
1/2 avocado, sliced	4 Tbs salsa

Instructions

- 1) Heat non-stick skillet over medium-high heat.
- 2) Beat eggs in a small bowl, and pour into skillet.
- 3) Cook for 1 minute and turn heat to medium-low.
Finish cooking (about 2-4 minutes longer).
- 4) Top with almonds, avocado and salsa.

FRIED EGGS WITH SWEET POTATO HASH

Makes breakfast for two. Approximate cooking time: 35 minutes.

Ingredients

2 Tbs coconut oil	1 medium bell pepper, diced
1 medium sweet potato or yam, diced into 1/2" cubes	4 eggs
1/2 yellow onion, diced	freshly ground black pepper
2 nitrate-/nitrite-free sausages, sliced	

Instructions

- 1) In a large skillet, heat coconut oil over medium heat.
- 2) Add the onions and sweet potatoes, and sauté for 5 minutes.
- 3) Add the sausages and continue to cook until sausages are browned and sweet potatoes are slightly softened.
- 4) Add bell peppers and 1 Tbs of water.
- 5) Cover and cook for 15 minutes or until the potatoes are completely soft, stirring frequently.
- 6) Meanwhile, fry eggs in coconut oil.
- 7) Season with freshly ground black pepper and serve over sweet potato hash.



FRIED EGGS WITH SWEET POTATO HASH

Makes breakfast for two. Approximate cooking time: 35 minutes.

Ingredients

- | | |
|--|-----------------------------|
| 2 Tbs coconut oil | 1 medium bell pepper, diced |
| 1 medium sweet potato or yam,
diced into 1/2" cubes | 4 eggs |
| 1/2 yellow onion, diced | freshly ground black pepper |
| 2 nitrate-/nitrite-free sausages, sliced | |

Instructions

- 1) In a large skillet, heat coconut oil over medium heat.
- 2) Add the onions and sweet potatoes, and sauté for 5 minutes.
- 3) Add the sausages and continue to cook until sausages are browned and sweet potatoes are slightly softened.
- 4) Add bell peppers and 1 Tbs of water.
- 5) Cover and cook for 15 minutes or until the potatoes are completely soft, stirring frequently.
- 6) Meanwhile, fry eggs in coconut oil.
- 7) Season with freshly ground black pepper and serve over sweet potato hash.

FRUIT SALAD WITH CINNAMON

Makes a snack for two. Add fresh berries if desired.
Approximate cooking time: 15 minutes.

Ingredients

- 1 orange, peeled and diced
- 1 apple, diced
- 1/2 cup pecans or
walnuts, chopped (optional)
- 1/2 tsp cinnamon

Instructions

- 1) Place the fruit into bowls.
- 2) Sprinkle with chopped nuts (optional) and/or cinnamon.



GINGERY BROCCOLI AND BEEF

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 45 minutes.

Ingredients

2 Tbs coconut oil, divided	1/2 tsp red pepper flakes
2 cloves of garlic, minced	1/4 to 1/2 cup chicken broth
1 lb petite sirloin steak, cut into very thin strips	2 cups broccoli, cut into flowerets
2 Tbs lemon juice	2 cups carrots, thinly sliced
1 Tbs flax meal	1 green onion, thinly sliced
2 tsp freshly grated ginger	
2 tsp freshly ground black pepper	

RECIPES

Instructions

- 1) Heat 1 Tbs coconut oil and garlic in a large skillet over medium-high heat.
- 2) Add the sliced beef and 1/4 tsp sea salt, and brown. Remove beef from pan to a side dish, and get rid of excess juice left in pan.
- 3) In a small bowl mix lemon juice, flax meal, grated ginger, freshly ground black pepper, and red pepper flakes with 1/4 cup broth.
- 4) Heat pan again over medium heat. Add 1 Tbs coconut oil when pan is hot.
- 5) Add broccoli and carrots to pan. Pour liquid ingredients on top and toss to coat.
- 6) Cook over medium heat until broccoli is tender.
- 7) Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.
- 8) Stir in beef until it's coated with sauce, and let simmer for a few minutes until beef is warmed through.



GRILLED CHICKEN KEBABS WITH GARLIC AND CUMIN

When paired with a side, this recipe makes dinner for two, with leftovers for lunch. Try it with [Mojo Verde](#) for extra flavor. Approximate cooking time: 20 minutes, plus 2 hours of refrigeration prior to cooking.

Ingredients

1 lb boneless, skinless chicken breasts	2 Tbs sesame oil
2 cloves garlic, crushed	1/2 tsp sea salt
2 Tbs ground cumin	wooden skewers

Instructions

- 1) Slice chicken breasts length-wise into 3 or 4 strips each.
- 2) Combine crushed garlic, cumin, sesame oil, and sea salt in a bowl.
- 3) Place the chicken into the spice mixture and coat each piece. Cover and refrigerate for 2 hours.
- 4) Prepare the grill and soak skewers in water for 15 minutes.
- 5) Pierce each slice of chicken breast with a skewer.
- 6) Grill until chicken is cooked to 165° internally.



GRILLED CHICKEN WITH ROSEMARY AND BACON

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 25-35 minutes.

Ingredients

4 tsp garlic powder	1/4 tsp freshly ground black pepper
4 boneless, skinless chicken breasts	4 sprigs fresh rosemary
1/2 tsp sea salt	4 thick slices bacon

Instructions

- 1) Preheat outdoor grill for medium-high and oil grates (or use a heavy-bottomed skillet over medium heat on the stove).
- 2) Season chicken breasts with garlic powder, sea salt, and freshly ground black pepper.
- 3) Lay one rosemary sprig on top of each chicken breast and wrap a slice of bacon around to hold the rosemary in place. Secure each piece of bacon with a toothpick or another rosemary sprig.

- 4) Cook the breasts about 8 minutes per side on the grill, or until juices run clear and there is no pink in the middle.

Note: if you are cooking chicken in a pan on the stove, more time is needed per side. Cook until internal temperature reaches 165°.



GRILLED FLANK STEAK WITH PINEAPPLE SALSA

Makes dinner for two, with leftovers for lunch.
Approximate cooking time: 45 minutes.

Ingredients

1 lb beef flank steak	1 large red bell pepper, diced
1 Tbs olive oil	1/2 red onion, diced
1 tsp chipotle powder	1/4 cup cilantro, chopped
4 slices fresh pineapple (canned in juice may be used)	juice of 1 lime

RECIPES

Instructions

- 1) Prepare the grill, or turn the broiler on high.
- 2) Mix oil and chipotle powder together in a small dish.
- 3) Brush onto both sides of the steak.
- 4) Grill for around 5 minutes on one side, and 3 more minutes on the other.
Or, broil 3 minutes on one side, and 2 minutes on the other.
- 5) Remove to a plate, cover and let rest for 10 minutes.
- 6) Grill the pineapple rings for 2-3 minutes per side (or broil for 45 seconds to 1 minute per side).
- 7) Cut the pineapple into small chunks and place in a medium bowl.
- 8) Add red bell pepper, red onion, cilantro, and lime juice and mix together.
- 9) Slice the steak thinly, and serve with pineapple salsa.



GRILLED JUNEAU SHRIMP

Makes dinner for two with leftover shrimp to toss in an omelet or salad the next day. Approximate cooking time: 15 minutes with an additional 30 minutes for marinade.

Ingredients

wooden skewers	dash of cayenne pepper
1/4 cup extra virgin olive oil or melted coconut oil	2 lbs large shrimp with tail left on
3 garlic cloves, minced	lime wedges
juice of 1 lemon	parsley, chopped
1/8 teaspoon paprika	

Instructions

- 1) Soak wooden skewers in warm water.
- 2) Mix olive or coconut oil, garlic, lemon and spices in a large, shallow bowl. Add shrimp and let sit in refrigerator for 30 minutes, stirring occasionally.
- 3) Prepare the grill just before meal time.
- 4) Put marinated shrimp on skewers.
- 5) Place on hot grill. Turn after a few minutes on each side and remove when bright pink and fully cooked (about 1-2 minutes per side).
- 6) Serve with lime wedges and chopped parsley.



HAM & APPLESAUCE WITH ALMONDS

This is a quick breakfast for mornings on the go. Makes breakfast for two adults. Approximate cooking time: 10 minutes.

Ingredients

- 12 oz ham (nitrate-/nitrite-free, Boar's Head recommended)
- 2 cups unsweetened applesauce
- 1 cup almonds

Instructions

- 1) Slice the ham and warm in a skillet on the stove.
Serve with applesauce and almonds.

JERKY

Homemade Jerky

There is a lot of information out there on how to make jerky, and we've decided that this site, www.heatherlovespaleo.com, has the best recipes for all kinds of jerky.

The recipes on the website above all call for a dehydrator, though; if you don't have one you can use your oven:

1. Just follow the recipes as far as the marinating part goes.
2. Place the meat, sliced as directed in the recipes, in your oven on the lowest temperature (usually about 170°) directly on the oven trays (use aluminum foil or pans to cover the bottom of the oven to catch drippings).
3. Wait until it's dry to the touch, turns brown and shows white fibers when bent. Anywhere from about 4 to 7 hours.

Jerky keeps indefinitely, but it's best kept in a cool place or frozen.

Store-Bought Jerky

Some store-bought jerky is great! Just look out for nitrites and other preservatives, whose names you don't recognize or can't pronounce. Pasture-raised animals are always best, and this applies to your store-bought jerky, too.



LAMB WITH SWEET RED PEPPERS

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 60 minutes.

Ingredients

1 lb boneless leg of lamb, cut into 1" pieces	2 garlic cloves, minced
1/4 tsp sea salt	2 cups hot water
1/2 tsp freshly ground black pepper	4 large red bell peppers, sliced into rings
3 Tbs coconut oil	3 Tbs fresh parsley, chopped

RECIPES

Instructions

- 1) Rub lamb with sea salt and freshly ground black pepper. Set aside.
- 2) Heat a large skillet over high heat and add coconut oil when hot.
- 3) Brown the lamb on all sides, turning frequently (3-5 minutes).
- 4) Add garlic and water to the pan with the lamb, and bring to a boil.
- 5) Once boiling, reduce heat to medium, and cook partially covered for 30 minutes.
- 6) Uncover and cook 10-15 minutes longer, or until lamb is tender enough to fall apart with a fork.
- 7) Add red peppers and cook for another 10 minutes, or until peppers are tender.
- 8) Top with fresh parsley.



LASCAUX CHICKEN WALDORF SALAD

This salad has a sweet and salty combination and is also packed with protein and vitamins. Best served shortly after being prepared. Makes lunch for two. Approximate cooking time: 15-20 minutes.

Ingredients

2 (4-6 oz) chicken breasts, cooked and diced	2 tsp lime juice
1 large tart apple, cored and diced	2 tsp raw honey
1 large stalk celery, chopped	freshly ground black pepper to taste
1/2 cup walnuts, chopped	sea salt (optional)
1/4 cup mayonnaise	

Instructions

- 1) In a medium bowl, combine chicken, apple, celery, and walnuts. Set aside.
- 2) In a small bowl, combine mayonnaise, lime juice, and honey and mix until well blended.
- 3) Season with sea salt and freshly ground black pepper if desired.
- 4) Spoon dressing over chicken and toss to coat completely. If making salad ahead of time, keep chicken mixture and dressing separate until just before eating.



LIME-CILANTRO PORK TACOS

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 30 minutes.

Ingredients

2 tsp coconut oil	1/2 cup chicken broth
1 lb pork tenderloin, trimmed and cut into 1/4"-1/2" strips	2 medium tomatoes, diced
1/4 tsp sea salt	3 Tbs lime juice
1/8 tsp freshly ground black pepper	3 Tbs cilantro, chopped
1 red onion, diced	8 butter lettuce leaves (about 1 large head)
1 small jalapeno, minced	

RECIPES

Instructions

- 1) Wash and chop onion, jalapeno, cilantro, and tomatoes.
- 2) Season both sides of pork with sea salt and freshly ground black pepper.
- 3) Heat a large nonstick skillet over medium-high heat. When hot, add coconut oil to pan.
- 4) Sauté pork until lightly browned, about 4 minutes. Remove pork from pan and place in a bowl.
- 5) Add onion and jalapeno to hot pan, and sauté until tender.
- 6) Add broth and tomatoes, and reduce heat to low. Simmer two more minutes, scraping pan sides and bottom to loosen any browned bits.
- 7) Return pork and juices to pan. Stir in lime juice and simmer until pork is fully cooked.
- 8) Top with fresh cilantro and wrap with butter lettuce leaves to serve.



LOUISIANA FILLETS

Makes dinner for two. Approximate cooking time: 35 minutes.

Ingredients

2 Tbs coconut oil	1/8 tsp crushed red pepper
juice of 1 lemon	1/8 tsp garlic powder
2 firm white fish fillets (sole, trout, snapper, or catfish)	sea salt and freshly ground black pepper (optional)
1/2 tsp lemon pepper	

RECIPES

Instructions

- 1) Preheat oven to 350°.
- 2) In a medium oven-safe skillet, heat coconut oil and lemon juice over medium-high heat.
- 3) Coat both sides of fillets, and lay side by side in the pan, overlapping slightly if necessary.
- 4) Mix spices together and sprinkle over fillets.
- 5) Bake for 20-25 minutes, depending on size of fillets and type of fish (catfish bakes the longest).
- 6) The pan may blacken, but that's fine; the liquid will keep the fish moist.
- 7) Season with sea salt and freshly ground black pepper (optional).



MAPLE-WALNUT CHICKEN

Makes dinner for two adults, with leftovers for lunch.

Approximate cooking time: 30 minutes.

Ingredients

4 (4-6 oz each) boneless, skinless chicken breasts	1/2 cup walnuts, chopped
1 Tbs olive oil	1/3 cup apple cider vinegar
1 Tbs fresh thyme	3 Tbs pure maple syrup
1 tsp sea salt	1/2 cup water
1/4 tsp freshly ground black pepper	

RECIPES

Instructions

- 1) Combine olive oil, thyme, sea salt, and freshly ground black pepper.
- 2) Rub chicken with seasoning and let stand.
- 3) In a 12" nonstick skillet, toast walnuts over medium-low heat 4-6 min. or until golden and fragrant, stirring constantly.
Note: walnuts may burn quickly if left unattended.
- 4) Transfer walnuts to dish, and turn heat up to medium under the hot skillet.
- 5) Add chicken to same skillet. Cook 12 minutes or until done, turning frequently.
- 6) Transfer chicken to a clean plate.
- 7) Add vinegar to the chicken drippings in the hot skillet and cook for 1 minute, stirring constantly.
- 8) Add maple syrup and water, and simmer 6-7 minutes until slightly thickened. Stir in walnuts and serve on top of chicken.



MARINATED CHICKEN ALLA GRIGLIA

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 35 minutes (with an additional 24 hours to marinate).

Ingredients

2 Tbs garlic, minced	1 Tbs dried oregano
1/4 cup white wine vinegar	1 Tbs dried rosemary
2 Tbs cold water	1/2 tsp red pepper flakes
1/4 cup olive oil	1/2 tsp freshly ground black pepper
1 tsp raw honey	1 Tbs sea salt (optional)
1/2 lemon, cut into 1/4" slices	1 small chicken, quartered (or 1 lb of boneless, skinless chicken breasts)

RECIPES

Instructions

- 1) Combine all ingredients, except chicken, in a medium bowl to form marinade.
- 2) Place chicken in a large dish or Ziploc bag and pour marinade over chicken.
- 3) Marinate overnight.
- 4) The next day, remove chicken from marinade.
- 5) Preheat broiler to high.
- 6) Place chicken on a roasting rack (or wire cooling rack) on top of a rimmed baking sheet on top rack of oven. Broil 5 minutes.
- 7) Next, place chicken on middle oven rack, change oven temperature to 350° and bake for 20 minutes (or until chicken reaches an internal temperature of 165°).
- 8) Serve with a salad or side.



MOJO VERDE

This quick and easy sauce is excellent with grilled meats, or try it over cooked spaghetti squash. Makes approximately 1 cup.
Approximate cooking time: 10 minutes.

Ingredients

1 bunch cilantro	1-2 cloves garlic
1/4-1/2 cup olive oil	1/2 tsp sea salt

Instructions

- 1) Blend all ingredients in a food processor until desired consistency is reached.

MYRA'S CHOPPED MUSHROOMS, EGGS, AND ONION

Makes enough for 2 people for 2 breakfasts (4 servings).
Approximate cooking time: 30 minutes.

Ingredients

8 slices of bacon (save drippings)	10-12 medium white mushrooms, finely chopped
8 hard-boiled eggs, peeled and finely chopped	freshly ground black pepper, to taste
1 medium onion, finely diced	

Instructions

- 1) Cook bacon fully and remove from pan. Reserve a light coating of bacon fat in the pan. Crumble bacon pieces when cool and set aside.
- 2) Meanwhile, hard-boil the eggs.
- 3) Cool cooked eggs in water and shell immediately.
Chop into bite-size pieces.
- 4) Over medium-high heat, sauté the onion in the remaining bacon drippings until translucent and golden brown.
- 5) Add the mushrooms and sauté another 5-6 minutes, stirring frequently, until softened.
- 6) Mix sauté, eggs, and bacon together, and season with black pepper.
- 7) Serve warm or cold.



NO OAT “OATMEAL”

Makes breakfast for two. Approximate cooking time: 15 minutes.

Ingredients

1/4 cup walnuts	1 Tbs almond butter
1/4 cup pecans	1 banana, mashed
2 Tbs ground flax seed	3 eggs
1/2-1 tsp ground cinnamon	1/4 cup unsweetened almond milk (add more if desired)
dash of freshly ground nutmeg	2 tsp pumpkin seeds
1/4 tsp ground ginger	1 handful of fresh berries (optional)

RECIPES

Instructions

- 1) Add walnuts, pecans, flax seed, and spices to a food processor and pulse mixture to a course grain (make sure to stop before it is ground into a powder). Set aside.
- 2) Whisk together eggs and almond milk until the consistency thickens and becomes a loose custard.
- 3) Thoroughly blend the mashed banana and almond butter together and add it to the custard, mixing well.
- 4) Stir in the course nut mixture.
- 5) In a medium saucepan, warm the mixture on the stove until the “no-oatmeal” reaches the desired consistency; this should only take a few minutes. Stir frequently.
- 6) Sprinkle pumpkin seeds and berries on top. Add more almond milk if desired.



OMELET MUFFINS

Makes 8 muffins. Approximate cooking time: 30 minutes.

Ingredients

coconut oil or paper muffin liners	2 cups diced vegetables*
8 eggs	1/4 tsp salt
1/8 cup water	1/8 tsp ground pepper
8 oz cooked meat (ham or sausage) cut or crumbled into small pieces	2 medium carrots, sliced

Instructions

- 1) Preheat oven to 350°.
- 2) Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1" of water, so they do not scorch while baking.
- 3) Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add.
- 4) Pour mixture into the muffin cups.
- 5) Bake for 18-20 minutes.

**Asparagus, peppers, onions, broccoli work well, but use what's on hand.*



ORANGE, AVOCADO, AND CASHEW SALAD

This recipe makes a great side salad for two adults, or add a grilled chicken breast to each salad to make lunch or dinner for two. Approximate cooking time: 10 minutes without chicken, 15-20 minutes with chicken.

Ingredients

2 large oranges, segmented	olive oil
2 large ripe avocados, diced	sea salt and black pepper
1/2 cup cashews	2 (4-6 oz) grilled chicken breasts, sliced (optional, if served by itself)
3 handfuls spinach, arugula, or watercress	

RECIPES

Instructions

- 1) Prepare both oranges by cutting off the rind and outer membrane and slicing out the wedges of fruit between the segments. Do this over a bowl and set the remaining juice aside.
- 2) Dice both avocados.
- 3) Divide the greens up between two plates, and top with oranges, avocados, and cashews.
- 4) Add a drizzle of olive oil and any juice left over from the oranges. Season with sea salt and freshly ground black pepper to taste.
- 5) Add grilled chicken breast slices on top (optional, if served by itself).



OSSO BUCO

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 2-1/2 hours.

Ingredients

1-1/2 lb veal shanks or roast	1 celery stalk, diced
3 Tbs olive oil	1 medium carrot, diced
juice of 1 lemon	1 (14.5 oz) can diced tomatoes
1/2 tsp freshly ground black pepper	1/4 cup hot water
1 yellow onion, diced	

Instructions

- 1) Preheat oven to 350°.
- 2) Place veal in a single layer in a heavy roasting pan.
- 3) Sprinkle with oil, lemon juice, and pepper. Cover with onion, celery, carrot, and tomatoes.
- 4) Cover and roast for 1-1/2 hours or until meat falls off the bone.
- 5) Uncover and brown for 30 minutes longer, adding water if necessary.

PALEO CANDY BARS

Makes about 4 (2"x2") bars.

Approximate cooking time: 15 minutes, with 2 hours of refrigeration.

Ingredients

3 Tbs coconut oil	3/4 cup unsweetened shredded coconut
1/4 cup carob powder or cocoa (optional)	1 Tbs raw honey (optional, add more to taste)
1/2 cup ground nuts (almonds, hazelnuts)	parchment paper

Instructions

- 1) Melt the honey and coconut oil in a saucepan over medium heat.
- 2) Once combined, add the carob, ground nuts and coconut and mix together.
- 3) Pour mixture onto a small baking sheet covered in parchment paper. Form into a square when cool enough to touch.
- 4) Refrigerate until hardened. Cut into 4 servings.



PALEO NIÇOISE SALAD

This Paleo version of the classic French salad makes lunch or dinner for two adults. Approximate cooking time: 20-25 minutes.

Ingredients

4 eggs	1 large head butter lettuce
2 cans tuna, drained (oil-packed works well)	2 Tbs capers, rinsed
1 handful green beans	2 Tbs olive oil
1/2 cup black olives, pitted	juice of 1 lemon
1 cup cherry tomatoes	sea salt and freshly ground black pepper

RECIPES

Instructions

- 1) Place 4 raw eggs in a small pan, and add cold water to cover the eggs. Cover the pan.
- 2) Place over medium-high heat and bring water to a slight simmer. Once simmering (small bubbles), cover the pan and remove from heat. Let stand (covered) for 13 minutes.
- 3) Drain the eggs, and immediately cool them in cold water after. Remove shells, quarter the eggs and set aside.
- 4) While eggs are cooking, wash and chop butter lettuce, tomatoes and green beans.
- 5) Whisk the lemon juice, olive oil, salt & pepper into a dressing.
- 6) Combine all remaining ingredients into two salads and drizzle dressing on top.



PALEO PIZZA

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 60 minutes.

Ingredients

1 cup almond flour	1 large Italian sausage, cut in 1/2" slices
3 Tbs almond butter	2 cloves garlic, minced
2 eggs, beaten	1 red pepper, diced
1/2 tsp sea salt	1/2 cup marinara or tomato sauce, with no sugar added
3 tsp olive oil, divided	1/2 tsp dried oregano
1/2 cup yellow onion, diced	1/2 tsp fennel seed
4 mushrooms, sliced	1/2 cup cherry or grape tomatoes, sliced in half
1 large Italian sausage, cut in 1/2" slices	

RECIPES

Instructions

- 1) Preheat the oven to 350°.
- 2) Mix almond flour, almond butter, eggs and sea salt in a small bowl.
- 3) Cover a baking sheet with 2 tsp olive oil, then spread the mixture over it, making a 1/4" thick crust. Bake for 10 minutes.
- 4) Meanwhile, add the remaining olive oil, onions, mushrooms, and sliced sausage to a large skillet over medium-high heat until the sausage is browned and the onions are slightly translucent. Remove from skillet and set aside.
- 5) Add garlic and red pepper to the skillet. Sauté the vegetables for a few minutes, or until slightly tender.
Note: do not cook the vegetables entirely in the skillet or they will be too soft when cooked on the pizza.
- 6) Remove the crust from the oven and cover with marinara sauce. Add the sausage and sautéed vegetables. Sprinkle with oregano and fennel seed, then bake for 20-30 minutes.
- 7) Remove from oven when fully cooked and top with sliced tomatoes.
- 8) Carefully lift the slices out of the pan as the dough will still be soft.



PALEO PUMPKIN MUFFINS

Makes 6 muffins. Approximate cooking time: 40 minutes.

Ingredients

1-1/2 cups almond flour	1/2 tsp ground cinnamon
3/4 cup canned pumpkin (or cook and puree pumpkin yourself)	1-1/2 tsp pumpkin pie spice
3 large eggs	1/8 tsp sea salt
1 tsp baking powder	1/4 cup raw honey (optional)
1 tsp baking soda	2 tsp almond butter
	1 Tbs sliced almonds

RECIPES

Instructions

- 1) Preheat oven to 350°.
- 2) Coat 6 muffin tins with coconut oil (or use paper muffin cups and add 1/2 tsp melted coconut oil to batter).
- 3) Mix all ingredients and pour evenly into tins.
- 4) Bake for 25 minutes on the middle rack.
- 5) Sprinkle almonds on top immediately after taking them out of the oven.

PALEO TRAIL MIX

Makes 4 cups. Approximate cooking time: 10 minutes.

Ingredients

1 cup whole almonds	1/2 cup raisins
1/2 cup whole cashews	(golden raisins suggested)
1/2 cup raw pumpkin seeds	1/2 cup dried currants
1/2 cup raw sunflower seeds	1/2 cup dried blueberries

Instructions

- 1) Combine all ingredients and store in an air tight container.



PATTI'S STEW

Makes 4 hearty servings. Approximate cooking time: 60 minutes.

Ingredients

2 Tbs bacon grease	1/2 tsp freshly ground black pepper
1 onion, diced	1 Tbs parsley
1 lb beef stew meat	1/2 tsp coriander
2 cups water	1/2 tsp garlic powder
2 celery stalks, diced	1/4 tsp ground marjoram
4 medium carrots, sliced (or a few handfuls of baby carrots, sliced)	1/2 tsp sea salt (optional)
1 (14 oz) package frozen spinach, thawed and well drained	

RECIPES

Instructions

- 1) Heat a heavy-bottomed soup pot over medium-high heat.
- 2) When pan is hot, add bacon grease and onion.
Brown slightly (about 2-3 minutes).
- 3) Add stew meat and brown (about 5 minutes), stirring occasionally.
- 4) Turn heat down to medium-low, and add all other ingredients.
- 5) Simmer for 35-45 minutes, or until beef is tender.

PB&J PALEO STYLE

Makes two snack servings. Approximate cooking time: 5 minutes.

Ingredients

1 cup berries (fresh or frozen)	4 Tbs almond butter
---------------------------------	---------------------

Instructions

- 1) Divide the berries between two bowls.
- 2) Add 2 Tbs almond butter to each bowl and mix.



PORK LOIN WITH PEPPERS, MUSHROOMS AND ONIONS

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 35 minutes.

Ingredients

1 Tbs coconut oil	1 red onion, thinly sliced
1 lb pork loin	2-3 porcini mushrooms, sliced
1 Tbs caraway seeds	2 red bell peppers, sliced
1/2 tsp sea salt	4 cloves of garlic, minced
1/4 tsp freshly ground black pepper	1/4-1/3 cup chicken broth

Instructions

- 1) Wash and chop vegetables.
- 2) Slice pork loin thinly, and season with caraway seeds, sea salt, and freshly ground black pepper.
- 3) Heat a large sauté pan over medium-high heat. Add coconut oil when hot.
- 4) Add pork loin and brown slightly.
- 5) Add onions and mushrooms, and continue to sauté until mushrooms are brown and onions are slightly translucent.
- 6) Add peppers, garlic, and chicken broth. Simmer until vegetables are tender and pork is fully cooked.



RAW CABBAGE AND PINEAPPLE SALAD

Makes 4 servings. This salad keeps for up to three days when refrigerated.
Approximate cooking time: 15 minutes.

Ingredients

1/2 head red cabbage, shredded	1 cup hazelnuts, chopped
1/2 small pineapple, diced	olive oil (optional)

Instructions

- 1) Combine cabbage and pineapple. Drizzle with olive oil (optional).
- Store salad up to three days. Top with hazelnuts right before serving.

ROASTED ACORN SQUASH

Makes 4 servings. Approximate cooking time: 75 minutes.

Ingredients

1 acorn squash, cut in half length-wise	1/2 tsp sea salt (optional)
1 Tbs coconut oil	1/4 cup walnuts, lightly toasted
1 Tbs raw honey	

Instructions

- 1) Preheat oven to 400°.
- 2) Place squash cut side down on a rimmed baking sheet or shallow baking dish.
- 3) Add 1/4" of water to the baking sheet or dish.
- 4) Bake for 60 minutes, or until peel is soft to the touch.
- 5) Remove from oven and carefully turn over. Remove squash from peel and add coconut oil, honey, and sea salt (optional).
- 6) Top with toasted walnuts to serve.



ROASTED ASPARAGUS

Makes 4 servings of 5 spears each. Approximate cooking time: 30 minutes.

Ingredients

- | | |
|---|--|
| 1 large bunch of asparagus
(about 20 spears) | 2 tsp dried thyme |
| 1 Tbs olive oil | sea salt and freshly ground
black pepper to taste |

Instructions

- 1) Preheat oven to 400°.
- 2) Wash and remove the tough ends of the asparagus.
- 3) Place in a roasting pan or on a baking sheet.
- 4) Drizzle the oil and thyme over the asparagus and toss together until well coated.
- 5) Bake for 10 minutes, then reduce the heat to 250° for 15 more minutes.
- 6) Season with sea salt and freshly ground black pepper to taste.

ROASTED BEETS WITH BALSAMIC GLAZE

Makes 4 servings. Approximate cooking time: 60-90 minutes.

Ingredients

- | | |
|------------------------------|-------------------------------------|
| 5-6 beets (about 3"-4" each) | 1/4 tsp sea salt |
| 2 Tbs olive oil | 1/4 tsp freshly ground black pepper |

Instructions

- 1) Preheat oven to 325°.
- 2) Wash beets and slice into quarters. Cut each quarter into 1/4" slices.
- 3) Put beets on baking sheet. Add olive oil, sea salt, and pepper and mix together completely. Spread beets out again on baking sheet.
- 4) Roast for 45-60 minutes, checking often.
- 5) Meanwhile, mix vinegar and maple syrup together in a small pan over high heat. Cook until the vinegar has reduced to a syrup-like consistency. Remove from heat.
- 6) When beets are fully cooked, pour glaze over top and sprinkle with freshly grated orange zest.



ROASTED GREEN BEANS

Makes a side for two adults, with leftovers for another meal.
Approximate cooking time: 30 minutes.

Ingredients

- 1 lb green beans
- 1 Tbs olive oil
- 1 Tbs thyme

Instructions

- 1) Preheat oven to 350°.
- 2) Wash and chop ends off beans.
- 3) Place in a roasting pan, drizzle with olive oil and sprinkle with thyme.
- 4) Toss until coated well and roast for 20 minutes.
- 5) Check occasionally and toss several times.



ROASTED PEPPER AND SAUSAGE OMELET

Makes two omelets. Approximate cooking time: 30 minutes.

Ingredients

poblano, green chili, or bell pepper	4 nitrite-/nitrate-free sausage links, cooked and sliced
4 eggs	
1 tsp freshly ground black pepper	2 Tbs fresh parsley, chopped
2 tsp coconut oil	

Instructions

- 1) Put pepper in a heavy-bottomed pan over high heat. Turn pepper as skin begins to blacken and blister on each side. When blistered on all sides, remove from pan and put in a plastic bag with a few drops of water; seal the bag immediately with plenty of air trapped inside. Wait 5 minutes. Remove from bag, cut out seeds, remove skin and dice.
- 2) Meanwhile, beat eggs in a small bowl and add freshly ground black pepper.
- 3) Heat medium non-stick skillet over medium heat. Add 1 tsp coconut oil when hot.
- 4) Add half of the egg mixture to hot pan. As the egg starts to set, add half of the remaining ingredients to one half of the pan.
- 5) When fully set, fold half of the egg over the filling, and cook a minute more.
- 6) Repeat with second omelet.

RECIPES



ROSEMARY GREEN BEANS

Makes 2 servings. Approximate cooking time: 30 minutes.

Ingredients

1 lb fresh green beans, trimmed	2 tsp fresh rosemary, chopped
1/2 tsp salt, divided	1/4 cup pecans, chopped and toasted
1 tsp coconut oil	2 tsp lemon rind, grated
2 green onions, sliced	bowl of ice water

Instructions

- 1) Heat 1-1/2" water to a boil in a in a medium pot with a steamer basket insert.
- 2) Sprinkle green beans evenly with 1/4 teaspoon sea salt (if desired) and place in the basket.
- 3) Cover and steam 10 minutes or until crisp-tender.
- 4) Immediately plunge green beans into ice water to stop cooking. Drain.
- 5) Meanwhile, heat a nonstick skillet over medium-high. Add oil when hot.
- 6) Add green onions and rosemary, and sauté 2-3 minutes or until softened.
- 7) Add green beans, pecans, lemon rind, and remaining sea salt (if desired), stirring until thoroughly heated.

RECIPES



SALMON CAKES WITH MANGO AND CILANTRO SALSA

Makes dinner for two adults. Approximate cooking time: 25 minutes.

Salmon Cakes Ingredients

1 lb salmon fillet (skinless, with bones removed)	1/2 tsp salt
2 eggs	1/4 tsp white pepper
1 jalapeno pepper, minced	coconut oil
2 Tbs coconut flour	

Salsa Ingredients

1 large ripe mango	olive oil
4 Tbs chopped cilantro	sea salt
1/2 cup red onion, minced	

Instructions

- 1) Check salmon carefully to be sure all bones have been removed. Chop into a fine dice and set aside.
- 2) Beat eggs in a large bowl. Mix in coconut flour, salt, and pepper.
- 3) Mince jalapeno and add to the egg mixture. Add the salmon and combine completely.
- 4) Warm a skillet over medium-high heat, and add coconut oil when pan is hot.
- 5) Test the pan to be sure it is hot by dropping a tiny portion of salmon mixture in the pan—it should sizzle immediately.
- 6) Add the salmon mixture to the coconut oil in small (3") cakes and fry until they are golden brown on the outside, and cooked pink on the inside (a minute or two on each side). Let the cakes rest on paper towels when taken out of the pan to absorb any extra coconut oil.
- 7) Meanwhile, prepare salsa by combining diced mango, red onion, and cilantro in a bowl. Drizzle with olive oil and add sea salt to taste. Serve on top of salmon cakes.



SALMON WITH COCONUT CREAM SAUCE

Makes a hearty dinner for two. Approximate cooking time: 40 minutes.

Ingredients

1 lb salmon fillet (wild caught)	3 cloves garlic, minced
1/4 tsp sea salt (optional)	zest of one lemon
1/4 tsp freshly ground black pepper	juice of 1 lemon
2 tsp coconut oil	1/2 cup coconut milk
1 large shallot, diced	2 Tbs fresh basil, chopped

Instructions

- 1) Preheat oven to 350°.
- 2) Place salmon in a shallow baking dish and sprinkle both sides with sea salt and freshly ground black pepper.
- 3) Heat a medium sauté pan over medium heat. When pan is hot, add coconut oil, garlic, and shallots. Sauté until garlic and shallots soften, about 3-5 minutes.
- 4) Add lemon zest, lemon juice, and coconut milk, and bring liquid to a low boil.
- 5) Reduce heat and add basil.
- 6) Pour over salmon and bake uncovered for about 10-20 minutes, or until salmon has reached desired temperature.



SALSA SALAD

Makes a side salad for two. Approximate cooking time: 15 minutes.

Ingredients

- | | |
|---|-----------------------------------|
| 1 bunch of cilantro, chopped | handful of whole dulse leaf, torn |
| 4 roma tomatoes, diced | into bite-sized pieces |
| 1 small yellow or red onion, finely diced | 1 Tbs olive oil |
| 1 small chili pepper, finely diced | 1/4 tsp sea salt (optional) |
| 1 ripe avocado, diced | |

Instructions

- 1) Wash and prepare vegetables.
- 2) Toss cilantro, tomatoes, onion, chili pepper, and dulse leaf together in a large bowl.
- 3) Add olive oil and sea salt and toss again lightly.
- 4) Top with diced avocado.

SAUSAGE STIR-FRY BREAKFAST

Makes breakfast for two adults. Approximate cooking time: 20 minutes.

Ingredients

- | | |
|-------------------------|---|
| 1 tsp coconut oil | 1/2 lb sausages (nitrate-/nitrite-free), sliced |
| 1/2 yellow onion, diced | 4 cups of spinach or other greens |

Instructions

- 1) Heat a skillet over medium heat, and add coconut oil when hot.
- 2) Add diced onions and sauté until slightly translucent.
- 3) Add sausage and cook until browned, tossing frequently.
- 4) Add greens, reduce heat to medium-low, and cover.
- 5) Serve when the greens are wilted and soft (about 5 minutes).



SAUSAGE STUFFED TOMATOES

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 30 minutes.

Ingredients

6 large tomatoes that are very firm	1 medium yellow onion, chopped
1 lb sausage, nitrate-/nitrite-free	fresh cilantro
6 mushrooms, sliced	

Instructions

- 1) Preheat oven to 350°.
- 2) Over medium-high heat, brown onions, sausage, and mushrooms together in a skillet.
- 3) While the above is cooking, cut the tops off the tomatoes. Spoon out the middle and add to the skillet.
- 4) Once onions, sausage, and mushrooms are cooked, drain fat and residual moisture from pan.
- 5) Spoon mixture into tomato cups.
- 6) Bake for 10-15 minutes.
- 7) Sprinkle with fresh cilantro.

SAUTÉED FENNEL AND CARROTS

Makes a dinner side dish for two adults, with leftovers for lunch.

Approximate cooking time: 30 minutes.

Ingredients

2 fennel bulbs	2 Tbs coconut oil
4 medium carrots	sea salt and freshly ground black pepper

Instructions

- 1) Wash the vegetables and cut into 1/4-1/2" thick slices.
- 2) Heat the coconut oil in a skillet over medium heat.
- 3) When the pan is hot, add the fennel and carrots. Cook until tender, stirring occasionally.
- 4) Season with sea salt and freshly ground black pepper to taste.



SAUTÉED KALE

Great as a side or a snack in itself. Approximate cooking time: 20 minutes.

Ingredients

- | | |
|---|---|
| 1 lb. fresh kale, trimmed and chopped,
or 2 packages (10-3/4 oz. each) | 2 Tbs pine nuts (pignoli),
lightly toasted |
| 1 large garlic clove, crushed | 2 Tbs lemon juice |
| 1 Tbs olive oil | |

Instructions

- 1) If using fresh kale, cook the kale in a large pot of boiling water until tender, about 10 minutes, drain well.
- 2) Coat a large skillet with oil.
- 3) Sauté garlic over medium heat until just golden, about 3 minutes.
- 4) Add kale to skillet.
- 5) Stir in the olive oil, sauté until heated through, about 5 minutes.
- 6) Stir in pine nuts, remove skillet from heat.
- 7) Sprinkle kale mixture with lemon juice.
- 8) Transfer to a shallow serving dish and serve immediately.

SAUTÉED SWEET POTATOES

Pair this recipe with eggs and sautéed onions for a complete breakfast! Makes a side or snack for two. Approximate cooking time: 15 minutes.

Ingredients

- 1 Tbs coconut oil
- 1 large sweet potato, grated
- 1/4 tsp cinnamon

Instructions

- 1) Heat a skillet over medium heat. Add coconut oil.
- 2) Once skillet is heated, sauté grated sweet potatoes until tender (a few minutes or so).
- 3) Sprinkle with cinnamon and mix well.



SAVORY ZUCCHINI FRITTERS

Makes approximately 5 (5") fritters, or 10 (2") fritters. Approximate cooking time: 20 minutes.

Ingredients

2 cups shredded zucchini (about 2 medium zucchini)	1/2 tsp sea salt
3 eggs	1/4 tsp freshly ground black pepper
1 Tbs coconut flour	coconut oil or bacon grease

Instructions

- 1) Shred zucchini by hand or in a food processor (rough chop) and set aside (if it is very wet, lightly blot it dry with a paper towel).
- 2) In a large bowl, beat eggs together.
- 3) Sift coconut flour into eggs and beat together.
Note: coconut flour often has clumps, which is why sifting is important.
- 4) Combine shredded zucchini, sea salt, and freshly ground black pepper.
Optional: add other spices or fresh herbs to the recipe.
- 5) Meanwhile, set a large cast iron skillet over medium-low heat. When hot, add coconut oil or bacon grease to coat the bottom of the pan.
- 6) Spoon the mixture into the pan in desired sized fritters.
- 7) Serve warm or at room temperature.



SCRAMBLED EGGS WITH BACON AND VEGETABLES

Makes a hearty breakfast for two adults. Approximate cooking time: 20 minutes.

Ingredients

4 bacon slices	1 medium tomato, diced
4 eggs	1 handful spinach
1 medium zucchini, diced	

Instructions

- 1) Cook bacon, remove from pan and reserve 1 Tbs of the bacon drippings in the pan.
- 2) Meanwhile, wash and chop the vegetables.
- 3) Over medium-high heat, add the zucchini, garlic and tomato to the pan with the remaining bacon drippings. Sauté until just before tender.
- 4) While cooking, beat eggs in a small bowl. Set aside.
- 5) Crumble cooked bacon and set aside.
- 6) When the vegetables are almost done, add the beaten eggs and crumbled bacon to the pan, along with the fresh spinach. Turn heat to medium-low and cook until the eggs are fluffy and firm.



SCRAMBLED EGGS WITH BACON AND VEGETABLES

Makes a hearty breakfast for two adults.

Approximate cooking time: 20 minutes.

Ingredients

4 bacon slices	1 clove garlic, minced
4 eggs	1 medium tomato, diced
1 medium zucchini, diced	1 handful spinach

Instructions

- 1) Cook bacon, remove from pan and reserve 1 Tbs of the bacon drippings in the pan.
- 2) Meanwhile, wash and chop the vegetables.
- 3) Over medium-high heat, add the zucchini, garlic, and tomato to the pan with the remaining bacon drippings. Sauté until just before tender.
- 4) While cooking, beat eggs in a small bowl. Set aside.
- 5) Crumble cooked bacon and set aside.
- 6) When the vegetables are almost done, add the beaten eggs and crumbled bacon to the pan, along with the fresh spinach. Turn heat to medium-low and cook until the eggs are fluffy and firm.



SHRIMP AND AVOCADO OMELET

Makes breakfast for two. Approximate cooking time: 30 minutes.

Ingredients

1/4 lb shrimp, peeled and de-veined	sea salt (optional)
1 medium tomato, diced	freshly ground black pepper
1/2 avocado, diced	1 Tbs coconut oil
1 Tbs fresh cilantro, chopped (optional)	4 eggs, beaten

Instructions

- 1) Cook shrimp over medium heat until pink. Chop and set aside.
- 2) Toss tomato, avocado, and cilantro together in a small bowl. Season to taste with sea salt and freshly ground black pepper. Set aside.
- 3) Beat eggs in a separate small bowl.
- 4) Heat a non-stick skillet over medium-high heat. Add coconut oil when hot.
- 5) Pour half of the eggs into the hot skillet, tilting the pan gently to cover the bottom with egg. Tilt pan and lift edges of omelet to allow uncooked egg to spread to the hot part of the pan.
- 6) When eggs are almost fully firm, add shrimp pieces onto one half of the egg.
- 7) Fold omelet in half and cook for a minute more.
- 8) Top with tomato and avocado mixture.
- 9) Repeat for second omelet.



SIMPLE SALAD DRESSING

This easy salad dressing makes enough for about eight side salads (2 Tbs per salad). Adjust the seasoning and sweetness as you like.
Approximate cooking time: 15 minutes.

Ingredients

1 cup extra virgin olive oil	1 Tbs lemon juice
1/4 cup balsamic vinegar	1 tsp sea salt
1 garlic clove, finely minced	1/2 tsp freshly ground black pepper
1 tsp Dijon mustard	1 tsp dried herbs of choice (basil, thyme, chives, rosemary, oregano, tarragon)
1 tsp raw honey	

Instructions

- 1) Whisk (or put in blender) balsamic vinegar, Dijon mustard, minced garlic, raw honey and lemon juice until blended.
- 2) Gradually add olive oil while whisking (or blending).
- 3) Mix salt, pepper, and dried herbs in to taste.
- 4) Store in the refrigerator.

SPICY BREADED PORK CHOPS

Makes dinner for two, with leftovers for lunch.
Approximate cooking time: 30 minutes.

Ingredients

2 tsp cayenne pepper	1-1/2 cups almond flour
3 Tbs olive oil, divided	4 pork chops (6 oz each)

Instructions

- 1) Mix cayenne pepper and 2 Tbs olive oil in a shallow bowl and coat both sides of each pork chop.
- 2) Pour almond flour into a shallow pan and dip both sides of each pork chop in almond flour until covered.
- 3) Heat 1 Tbs olive oil in a skillet over medium heat. When pan is hot, cook pork chops on both sides until fully done.



SPICY SPAGHETTI SQUASH WITH ALMONDS

Makes a dinner side dish for two adults, with leftovers for lunch or a snack.
Approximate cooking time: 60 minutes.

Ingredients

1 large spaghetti squash	1/2-1 tsp ground chipotle
1/2 cup slivered almonds	1/2 tsp sea salt
1 Tbs coconut oil	1/8 tsp freshly grated nutmeg

Instructions

- 1) Preheat oven to 375°.
- 2) Cut the spaghetti squash in half length-wise with a large knife or cleaver.
- 3) Place cut side down in a shallow baking dish. Add 3/4" of water to the dish.
- 4) Bake for 45 minutes or so, until the squash is soft to the touch.
- 5) Meanwhile, add the slivered almonds to a small sauté pan over medium-low heat. Stir constantly until they turn golden brown.
Note: the almonds will burn quickly if not stirred, or if left unattended!
Set aside.
- 6) When squash is done cooking, remove it from the oven and cool until it can be comfortably handled.
- 7) Turn the cut side up, and remove from the rind with a fork. This should be done cross-wise, so the strands of squash fall out like spaghetti.
- 8) Toss the spaghetti squash strands in coconut oil, ground chipotle, nutmeg and sea salt, and top with toasted almonds. Great warm or cold.



SPICY TUNA SALAD

Makes a light lunch for 2 adults. Serve on a bed of mixed greens or butter lettuce for a larger meal. Approximate cooking time: 15 minutes.

Ingredients

2 cans tuna (oil-packed recommended)	juice of 3 lemons
20 (about 1 cup) green olives, chopped	splash of olive oil
2 green onions, chopped	1 head butter lettuce or mixed greens (optional)
1 jalapeno pepper, finely chopped	1 avocado, sliced
3 Tbs capers, rinsed	
1/2 tsp red chili flakes	

Instructions

- 1) Combine all the ingredients and serve over lettuce, with sliced avocado on top.
- 2) Serve immediately, or store it in the fridge for a day for more flavor.
Note: always be sure to add the avocado just before serving.

SPINACH SALAD

Makes a side salad for two. Approximate cooking time: 15 minutes.

Ingredients

1 bunch fresh spinach	2 Tbs olive oil
4 green onions, chopped	freshly ground black pepper
juice of 1 lemon	

Instructions

- 1) Wash spinach well, drain and chop.
- 2) Let leaves sit for a few minutes and then squeeze out excess water.
- 3) Put spinach in a medium bowl and add green onions, lemon juice, oil, and pepper.
- 4) Toss and serve.



STEAK OF THE CAVEMAN

Makes two servings. Serve with a vegetable for a complete meal.
Approximate cooking time: 20-35 minutes.

Ingredients

2 (5 oz-6 oz, about 1" thick) beef steaks (rib-eye, sirloin, strip, tenderloin)	1 tsp garlic, minced
1 tsp dried oregano	1/2 tsp sea salt (optional)
1 tsp black pepper	1/4 cup extra virgin olive oil

Instructions

- 1) Preheat broiler to high.
- 2) In a small bowl, combine oregano, black pepper, garlic, sea salt (optional), and oil.
- 3) Place steaks on broiler pan and brush both sides with oil mixture.
- 4) Broil 2"-3" from heat source (usually the very top of the oven) for 7 minutes for medium-rare (8 minutes for medium). Remove from oven and turn steaks. Return to oven and broil the other side an additional 5 minutes for medium-rare (6 minutes for medium).
- 5) When desired internal temperature is reached, remove steaks from oven, cover with foil and let rest 5 minutes. Serve with your favorite vegetable or side.

Note: To cook steaks on the stove top, heat a heavy-bottomed skillet over medium-high heat. Add 1 tsp olive or coconut oil when pan is hot. Add steaks and cook for 10 minutes for medium-rare. Turn and continue to cook for another 14 minutes. Remove from heat, cover with foil, and let rest 5 minutes before serving.



STEAMED BROCCOLI

Makes 4 servings. Approximate cooking time: 15 minutes.

Ingredients

1 lb broccoli

water

Instructions

- 1) Cut the broccoli into individual florets. Also chop the stalk if desired.
- 2) Add 1" of water to the bottom of a medium pot, and insert a steamer basket.
- 3) Fill the steamer basket with raw broccoli.
- 4) Cover and cook over medium-high heat until bright green and softened, around 8-10 minutes.

STIR FRY BEEF SALAD

Makes a light dinner for two with leftovers for lunch.

Approximate cooking time: 15-20 minutes.

Ingredients

1-1/2 lbs beef tip steak,
sliced into thin strips

2 medium heads lettuce of choice or the equivalent amount of mixed greens

2 tsp coconut oil

balsamic vinegar

1 Tbs coconut aminos
(tastes like soy sauce)

olive oil

1/2 sweet yellow onion, sliced

sea salt

2 bell peppers, sliced

freshly ground black pepper

large handful of pea pods
or sugar snap peas

Instructions

- 1) Heat skillet over medium heat. Add the coconut oil as soon as the pan is hot.
- 2) Add sliced onions and sauté until they begin to soften and turn translucent. Stir often.
- 3) Turn the heat up slightly and wait about a minute for the pan to heat up.
- 4) Add the beef and the coconut aminos, and continue to stir often.
- 5) When beef is close to done (however you prefer it) add the bell peppers and peas.
- 6) Season with sea salt and freshly ground black pepper if needed.
- 7) Serve over chopped lettuce or mixed greens and drizzle with balsamic vinegar and olive oil to taste.



SUMMER VEGETABLE FRITTATA

Makes 4 servings. Approximate cooking time: 35 minutes.

Ingredients

1-1/2 Tbs olive or coconut oil	1/4 tsp freshly ground black pepper, divided
1 (6") zucchini, diced	2 garlic cloves, minced
1/2 red bell pepper, diced	1 medium tomato, seeded and chopped
1/2 red onion, diced	9 large eggs
1 Tbs fresh thyme	
1/2 tsp sea salt, divided	

RECIPES

Instructions

- 1) Heat coconut oil in a 10" oven-safe skillet over medium heat. When hot, add zucchini, pepper, onion, thyme, 1/4 tsp sea salt, 1/8 tsp pepper, and garlic.
- 2) Cover and cook until vegetables are tender (about 5-7 minutes), stirring occasionally.
- 3) Stir in tomato. Cook, uncovered, for 5 minutes more or until liquid evaporates.
- 4) Combine eggs and remaining salt and pepper and whisk until frothy.
- 5) Pour eggs over vegetable mixture and stir gently. Cover, reduce heat, and cook 15 minutes.
- 6) Meanwhile, preheat broiler to low. Finish frittata with 3 minutes under the broiler (until fully set).
- 7) Invert onto a plate, slice, and serve warm or cold.



SWEET POTATOES WITH COCONUT, POMEGRANATE, AND LIME

Makes 4 servings. Approximate cooking time: 50 minutes.

Ingredients

3 medium sweet potatoes	sea salt (optional)
1/2 cup unsweetened coconut milk	2 Tbs cilantro, chopped
1/4 cup unsweetened coconut flakes, toasted	1 lime, cut into wedges
1 pomegranate, seeded	

Instructions

- 1) Preheat oven to 400°.
- 2) Cut off ends of sweet potatoes. Using a heavy fork, prick several times around the surface of each potato.
- 3) Arrange on a rimmed baking sheet and roast until tender (about 45 minutes).
- 4) Let cool slightly, then mash sweet potatoes with a fork.
- 5) Stir in coconut milk, coconut flakes, and pomegranate seeds. Season with sea salt if desired.
- 6) Garnish with cilantro and serve with lime wedges.

RECIPES



TACO SALAD

Makes plenty for two adults. Approximate cooking time: 30 minutes.

Ingredients

1 lb lean ground beef or turkey	1/2 yellow onion, diced
2 Tbs chili powder	1 medium tomato, diced
1 tsp garlic salt	3 romaine hearts
1 tsp cumin	1 can black olives, sliced
1/2 tsp oregano	1 avocado
1/2 tsp sea salt	fresh cilantro
3/4 cup water	1 small jar of salsa

Instructions

- 1) Heat medium skillet over medium-high heat. Add beef or turkey and onion to pan. Cook for about 10 minutes, or until browned.
- 2) Add chili powder, garlic salt, cumin, oregano, sea salt and water, and let simmer for 5 minutes more.
- 3) Meanwhile, wash lettuce and tear onto two plates (save some for leftovers).
- 4) Top with meat, sliced avocado, black olives, tomatoes, cilantro and salsa.

TAPIOCA CRÊPES

Makes breakfast for two. Approximate cooking time: 25 minutes.

Ingredients

- 1 cup tapioca flour (or tapioca starch)
- 1 cup raw unsweetened coconut milk
- 1 egg
- toppings of choice
(sautéed vegetables, applesauce, cinnamon,
almond butter, crumbled bacon, etc.)

Instructions

- 1) Combine all the ingredients in a medium bowl and mix completely.
- 2) Heat a non-stick skillet over medium heat.
- 3) When hot, pour in about 1/3 cup of the mixture and tilt the pan in all directions to spread out batter to desired thickness.
- 4) Cook both sides until very lightly browned (2-3 minutes on each side).
- 5) Top with desired ingredients and serve warm or cold.



TERIYAKI CHICKEN

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 35 minutes.

Ingredients

1 Tbs coconut oil	coconut aminos
1 lb boneless, skinless chicken breasts	(tastes like soy sauce)
1/4 tsp sea salt	1 cup pineapple, diced
1/4 tsp freshly ground black pepper	1 medium red pepper, diced
1 medium yellow onion, diced	3 romaine hearts

Instructions

- 1) Prepare all vegetables.
- 2) Cut chicken breasts into 1" pieces, and season lightly with sea salt and freshly ground black pepper.
- 3) Heat a large skillet over medium-high heat and add coconut oil when hot.
- 4) Add onions and chicken to the pan and cook about 5 minutes.
- 5) Add a small splash of coconut aminos (about 2 Tbs), and continue to cook another 5 minutes.
- 6) Add pineapple and peppers and cook until chicken is cooked through and vegetables are tender.
- 7) Serve over chopped romaine.



THAI CHICKEN WRAPS

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 25 minutes.

Wrap Ingredients

1 lb boneless, skinless chicken breasts	1 large carrot, shredded
12 bibb or romaine lettuce leaves	3 green onions, thinly sliced
4 napa cabbage leaves, thinly chopped	cilantro
1 cup raw broccoli, finely chopped	

The Sauce Ingredients

1/4 cup almond butter	2 Tbs lime juice
1/4 cup water	(or the juice of 1 lime)
2 Tbs coconut aminos	2 cloves garlic, minced
(tastes like soy sauce)	

Instructions

- 1) Grill chicken breasts and dice into 1/2" cubes.
- 2) Wash lettuce leaves and spread out on a plate (reserve half the leaves for leftovers).
- 3) Fill with chicken, broccoli, napa cabbage, carrots, green onions, and cilantro.
- 4) Drizzle with Thai Sauce.
- 5) Reserve leftover filling mixture for lunch the next day, but wait to fill lettuce leaves until serving.



TURKEY VEGETABLE MEATBALLS

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 45 minutes.

Ingredients

1 lb ground turkey or chicken	1/2 yellow onion
2 medium carrots (or a handful of baby carrots)	1 clove garlic
1 red or green bell pepper	2 tsp granulated garlic (garlic salt)
5 large mushrooms	2 Tbs Italian seasoning
handful of fresh parsley	1/2 tsp freshly ground black pepper

Instructions

- 1) Preheat oven to 350°.
- 2) Combine carrots, bell pepper, mushrooms, onion, garlic, and seasonings in a food processor and blend until well chopped.
- 3) Empty the food processor into a large bowl, add the ground turkey and mix together completely.
- 4) Form meatballs and place on a non-greased baking sheet (about 2" each). Bake for about 25 minutes, or until completely cooked.



VEGGIES & EGGIES

Makes breakfast for two. Approximate cooking time: 30 minutes.
Other dark leafy greens or leftover veggies may be used instead of the specific veggies listed below.

Ingredients

4 strips bacon (reserve 1 Tbs bacon grease)	1 clove garlic, minced
1/4 yellow onion, diced	4 eggs
several leaves of kale, chard, or spinach, chopped	1 avocado, sliced

Instructions

- 1) Cook bacon in medium skillet over medium-high heat. Remove from pan and put on paper towel to absorb extra oil. Crumble bacon when cool, and set aside.
- 2) Drain pan of all but a coating of bacon grease.
- 3) Sauté onion in bacon grease until slightly translucent. Add garlic and chard to pan, and continue to cook until tender. Remove to two plates.
- 4) With the pan still hot, cook the eggs over easy in the leftover juices of the sauté.
- 5) When the eggs are cooked, layer them on top of the vegetables.
- 6) Top with the sliced avocado and crumbled bacon.

WATERMELON WITH FRESH HERBS

The yield for this recipe depends upon the size of the watermelon used.
We recommend using 1/4 of a large watermelon for about 4 servings.
Approximate cooking time: 10 minutes.

Ingredients

1/4 of a large watermelon

handful of any fresh herbs you like, or a combination
(parsley, cilantro, basil, mint, oregano)

Instructions

- 1) Chop watermelon into 1" pieces (removing seeds) and put into a large bowl.
- 2) Chop fresh herbs. Add to watermelon and mix together.



WESTERN OMELET

Makes breakfast for two. Add a spoonful of salsa for more flavor!
Approximate cooking time: 25 minutes.

Ingredients

4 eggs	1 cup spinach
1 tsp coconut oil	1/4 lb ham, cooked and diced
1/2 yellow onion, diced	sea salt and fresh ground black pepper to taste
1 bell pepper, diced	
1 medium tomato, diced	

Instructions

- 1) Wash and chop vegetables. Set aside.
- 2) Crack eggs into small bowl and beat well. Set aside.
- 3) Heat non-stick skillet over medium heat. When hot, add coconut oil to pan.
- 4) Pour half of the beaten eggs into the skillet and coat the bottom of the pan.
When the egg has partially set, scrape the edges and tip the pan so that the uncooked egg at the top can spread to the hot cooking surface of the skillet.
- 5) Immediately after, add half of the vegetables and ham to one half of the omelet and continue to cook until the egg is almost fully set.
- 6) Using a spatula, fold the empty half over top of the ham and veggies. Cook for 2 minutes longer, then serve.
- 7) Repeat the process with the remaining ingredients to make the second omelet.



WHITE FISH WITH MACADAMIA SALSA

This light dish will fill you up and also combines the right amount of sweet from the fruit and salt from the fish. Approximate cooking time: 15 minutes.

Ingredients

2 white fish fillets	3 Tbs cilantro, chopped
1/4 cup macadamias, halved	3 Tbs parsley, chopped
1 medium tomato, chopped	1 Tbs olive oil
1 avocado, peeled, seeded, and diced	

Instructions

- 1) Preheat grill to medium heat.
 - 2) Season fish lightly with sea salt (if desired) and freshly ground black pepper.
 - 3) Cook fish on grill for about 3-4 minutes (turning once), or until it flakes easily with a fork.
 - 4) To make salsa, toss macadamias, tomatoes, avocado, cilantro, and parsley together in a medium mixing bowl. Add olive oil to coat.
 - 5) Serve salsa as a side to the fish.
- Note: fish may be cooked on a broiler pan under high heat for 4-6 minutes (turn once) instead of grilling.*

VINEGAR COLESLAW

Makes 4 servings. Approximate cooking time: 15 minutes.

Ingredients

1 Tbs olive oil	1/8 tsp poppy seed
2 Tbs apple cider vinegar	1/4 tsp freshly ground black pepper
1/4 tsp ground mustard seed	1/4 tsp sea salt (optional)
1/8 tsp whole cumin seed	1 tsp raw honey (optional)
1/4 tsp celery seed	1 small red or green cabbage (or 1/2 of each)

Instructions

- 1) In a small bowl, whisk together all ingredients except cabbage to make the dressing. Set aside.
- 2) Finely shred cabbage and put in large bowl.
- 3) Add the dressing to cabbage and mix thoroughly.
- 4) Serve immediately, or store in the refrigerator overnight for more flavor.



ZUCCHINI AND GROUND BEEF

Makes dinner for two, with leftovers for lunch.

Approximate cooking time: 30 minutes.

Ingredients

1 Tbs coconut oil	2 Tbs dried oregano
1/2 yellow onion, diced	2 medium (6"-8") zucchini, diced
1 lb lean ground beef	2 medium tomatoes, diced
1-2 cloves garlic, minced	

Instructions

- 1) Wash and prepare vegetables.
- 2) Heat a large skillet over medium-high heat. Add coconut oil when hot.
- 3) Add onions to skillet and sauté until slightly translucent.
- 4) Quickly roll the ground beef into balls and add them to the pan, along with the garlic and oregano. Cook 5 minutes, stirring occasionally.
- 5) Add zucchini and tomatoes and cook until tender.

ZUCCHINI AND SQUASH SAUTÉ

Makes 4 servings. Approximate cooking time: 25 minutes.

Ingredients

1 Tbs coconut oil	2 (6"-8") yellow summer squash, cut into 3"x1/4" matchsticks
1/2 yellow onion, thinly sliced	
2 cloves garlic, minced	1 (6 oz) can tomato sauce
2 (6"-8") zucchini, cut into 3"x1/4" matchsticks	

Instructions

- 1) In large skillet, heat coconut oil over medium-high heat. When hot, add onion and cook 3-4 minutes until onion is tender and translucent.
- 2) Add zucchini, summer squash and garlic, and cook until almost tender (5-6 minutes).
- 3) Stir in tomato sauce and cook until heated through.

