

# real simple good

## *Paleo Meal Plan - Summer Week 2 (Serves 4)\**

**Meal A** - Maple Mustard Chicken w/Sautéed Veggies\*\*

**Meal B** - Creamy Chorizo Sweet Potato Noodles

**Meal C** - Fish Taco Bowls

**Meal D** - Mint Pesto Chicken Zoodles

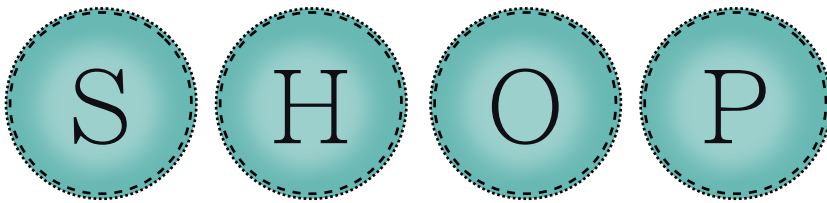
**Meal E** - Mediterranean Frittata\*\*

**Meal F** - Honey Nut Bars

**Meal G** - Ants On a Log

**\*Except as noted**

**\*\*6-8 servings. Use Meal A leftovers for lunches during the remainder of the week. Make ahead Meal E to re-heat for breakfast during the week.**



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- Meal B** - Creamy Chorizo Sweet Potato Noodles
- Meal C** - Fish Taco Bowls
- Meal D** - Mint Pesto Chicken Zoodles
- Meal E** - Mediterranean Frittata
- Meal F** - Honey Nut Bars
- Meal G** - Ants On a Log

\*Letters in parenthesis below indicate which meal the ingredient is for\*

## Produce

- 1 pound Asparagus [A]
- 2 Avocados [C]
- 4 cups Broccoli [A]
- 2 Carrots [A]
- 1 bunch Celery [G]
- 1/2 cup Fresh cilantro [C]
- 1/2 cup Fresh mint [D]
- 1 cup Fresh basil [D,E]
- 2 sprigs Fresh rosemary [A]
- 5 cloves Garlic [B,D]
- 2 cups Grape tomatoes (or cherry tomatoes) [E]
- 1 Lemon [A]
- 1 Lime [C]
- 1-1/2 pounds Mushrooms [B,D]
- 1-1/2 Onions [B,D]
- 1/2 Red onion [E]
- 2 Sweet potatoes [B]
- 8 cups Spinach [B,D,E]
- 4 cups Kale [C]
- 4 cups Cabbage [C]
- 3 small Zucchini [D]

## Nuts & Seeds

- 1 cup Almonds [F]
- 2 tablespoons Ground flax seeds (optional) [F]
- 1/2 cup Pecans [F]
- 1 cup Raw sunflower seeds [D,F]
- 1/2 cup Walnuts [F]

## Meat

- 6 pieces Bacon [A]
- 4-1/2 pounds Boneless skinless chicken breasts (or thighs) [A,D]
- 1 pound Chorizo [B]
- 1-1/2 pounds Flaky white fish (like cod or halibut) [C]

## Refrigerated

- 1/4 cup Grass-fed butter or ghee [C,E]
- 1/2 cup Feta cheese crumbles (optional) [E]
- 12 Eggs [E]

## Frozen

- 1 cup White rice (optional) [C]

## Oil & Vinegar

- 2 tablespoons Apple cider vinegar [A]
- 1/4 cup Avocado oil [B,D]
- 1/4 cup Coconut oil [F]
- 1/4 cup Olive oil [D]

## Pantry

- 1/2 cup Almond butter [G]
- 1 can Artichoke hearts (14.5 oz) [E]
- 1 cup Unsweetened shredded coconut [F]
- 2 tablespoons Collagen (optional) [F]
- 1/4 cup Raw honey [F]
- 1 cup Kalamata olives [E]
- 1/4 cup Maple syrup [A]
- 1-1/4 cups Full fat coconut milk [B,E]
- 3/4 cup Dijon mustard [A]
- 1/4 cup Raisins [G]
- 1/2 cup Salsa [C]

## Seasonings

- 1/4 teaspoon Cayenne [C]
- 1/4 teaspoon Cumin [C]
- 1 teaspoon Garlic powder [C]
- 1/2 teaspoon Paprika [C]

# M E A L S

## Meal A - Maple Mustard Chicken w/ Sautéed Veggies

PREP  
TIME  
10 MINS

### Ingredients:

#### For the chicken:

- 3/4 cup dijon mustard
- 1/4 cup maple syrup
- 2 tbsp apple cider vinegar
- 2 sprigs fresh rosemary, chopped
- 3 lbs boneless skinless chicken breasts
- Salt and pepper

#### For the sautéed veggies:

- 6 pieces bacon, diced
- 4 cups broccoli, cut into florets
- 1 lb asparagus, rough ends removed and cut into 2 inch pieces
- 2 carrots, julienned
- 1 lemon, juice of

### Prep Steps:

1. Chop the following ingredients:

- Rosemary - cut as directed.
- Bacon - cut as directed.
- Broccoli/asparagus/carrots - cut as directed.

**Note:** If you are doing prep and cook on the same day, get the chicken in the oven first (steps 1-3 below) and chop the veggies above while the chicken is cooking.

COOK  
TIME  
40 MINS

### Cook Steps:

1. Preheat oven to 425° Fahrenheit. Combine mustard, maple syrup, apple cider vinegar and rosemary in a bowl and mix.
2. Place chicken in a large baking dish. Leave some space between each piece if possible. Season on both sides with salt and pepper.
3. Pour mustard mixture over chicken. Turn to make sure each breast is coated. Place in the oven and bake for 30-35 minutes, or until the internal temperature is 165° Fahrenheit.
4. While the chicken is baking, heat a large skillet over medium heat. Add in bacon to cook, stirring occasionally, until it is cooked and just starting to get crispy. Remove and place on a paper towel lined plate, reserving fat in the skillet.
5. When you remove the chicken from the oven, set it aside to rest and start the veggies.
6. Heat the bacon skillet over medium high heat. Once hot, add in broccoli, asparagus and carrots. Cook, stirring frequently until the veggies are crisp tender, about 5-6 minutes.
7. Add bacon back into the skillet with the veggies. Mix and season with salt and pepper, to taste. Squeeze lemon juice over veggies and serve with chicken.

= Place in a container, label, and refrigerate. Check the box when it's done!

# Meal B - Creamy Chorizo Sweet Potato Noodles

PREP  
TIME  
5 MINS

## Ingredients:

- 1/2 onion, thinly sliced → [D]
- 1 lb chorizo
- 8 oz mushrooms, halved → [D]
- 3 cloves garlic, minced → [D]
- 1 cup full fat coconut milk
- 2 sweet potatoes, spiralized
- 2 tbsp avocado oil
- 4 cups spinach
- Salt, to taste

## Prep Steps:

1. Chop the following ingredients:
  - Onion - cut as directed.
  - Mushrooms - cut as directed.
  - Garlic - cut as directed.

COOK  
TIME  
25 MINS

## Cook Steps:

1. Heat a large skillet over medium heat. Add onion and chorizo to pan and cook. Break apart the chorizo into smaller chunks. Cook, stirring occasionally until chorizo is fully cooked.
2. While chorizo is cooking, spiralize sweet potatoes into noodles.
3. Once chorizo is cooked, add mushrooms, minced garlic and coconut milk to pan. Stir to evenly mix. Then, turn heat down to low and let it simmer while you heat up the noodles.
4. In another large skillet over medium heat, add avocado oil. Once hot, add the sweet potato noodles and a generous pinch of salt to the pan. Cook, stirring occasionally, until the sweet potatoes soften to your desired state (approximately 6-8 minutes for al dente noodles). Add spinach to the pan with the noodles and continue to cook until spinach wilts.
5. Turn off all the burners and serve. Start with a bed of the sweet potato noodle mixture and top with the creamy chorizo mixture. Enjoy!

= Place in a container, label, and refrigerate. Check the box when it's done!  
→ = Ingredient used in another prep step (meal reference noted in brackets).

# Meal C - Fish Taco Bowls

PREP  
TIME  
10 MINS

## Ingredients:

### For the fish:

- 1.5 lbs flaky white fish, (try cod or halibut)
- 1 tsp garlic powder
- 1/2 tsp sea salt
- 1/2 tsp paprika
- 1/4 tsp cayenne ★
- 1/4 tsp cumin
- 1/4 tsp ground pepper
- 2 tbsp grass-fed butter, (or sub ghee or coconut oil)

### For the rest of the bowls:

- 4 cups cabbage, shredded
- 4 cups kale, chopped
- 1 lime, juice of
- 2 avocados, cubed
- salt and pepper, to taste
- 1/2 cup salsa
- 1/2 cup fresh cilantro, chopped
- 1 cup white rice, (optional)

## Prep Steps:

1. Prepare fish seasoning mix by combining all of the seasonings for the fish tacos in a small bowl and mix until they are evenly combined. Store in an airtight container at room temperature.
2. Chop the following ingredients:
  - Cabbage/kale - cut as directed.
  - Cilantro - cut as directed.

COOK  
TIME  
15 MINS

## Cook Steps:

1. Place fish in a glass dish, and add the seasoning mix. Work the seasoning into the fish with your hands. Cover and place in the fridge. Let fish marinate for at least 15 minutes and up to 24 hours.
2. Make the slaw by placing cabbage, kale, lime juice, avocado, salt and pepper in a large mixing bowl and mixing until the avocado gets a little broken down but stays mostly chunky. Set aside until you're ready to plate.
3. Prepare rice if you are having rice to have it ready.
4. Heat a large skillet over medium heat and let your butter, ghee or coconut oil heat up and melt in the pan. Transfer your fish from the dish to your heated skillet. Let the fish get to sizzling. Cook for 2-4 minutes.
5. Flip and cook for another 2-4 minutes. Turn your burner off once the fish is done. It will be flaky and you can break it up into smaller pieces in the pan.
6. Make your bowls. Start with the slaw in the bottom of your bowls, add optional rice and top with fish. Garnish with salsa and fresh cilantro.

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★ = Spicy ingredient - adjust to your taste preference.

# Meal D - Mint Pesto Chicken Zoodles

PREP  
TIME  
15 MINS

## Ingredients:

### For the mint pesto sauce:

- 1/2 cup raw sunflower seeds → [F]
- 1/2 cup fresh mint, (15-20 leaves)
- 1/2 cup fresh basil, (10-15 leaves) → [E]
- 2 cups spinach → [E]
- 2 cloves garlic, peeled → [B]
- 1/4 cup olive oil
- Pinch salt + more to taste

### For the chicken and zoodles:

- 1.5 lbs boneless skinless chicken breasts, or thighs, cut into small pieces
- 1 onion, sliced into small pieces → [B]
- 1 lb mushrooms, quartered → [B]
- 3 small zucchini, spiralized (adjust as needed depending on zucchini size)
- 2 tbs avocado oil, divided
- Salt and pepper

## Prep Steps:

1. To prepare the pesto, add the sunflower seeds, mint, basil, spinach, garlic and a pinch of salt to a food processor. Pulse to break up the ingredients and slowly integrate the olive oil. Process until smooth. Taste and season with additional salt as desired.
2. Chop the following ingredients:
  - Onion - cut as directed.
  - Mushrooms - cut as directed.

COOK  
TIME  
15 MINS

## Cook Steps:

1. Cut up chicken and turn zucchini into noodles using a spiralizer.
2. Heat a large skillet over medium heat and add avocado oil. Once hot, add in chicken to cook and season chicken with some salt and pepper. Cook, stirring occasionally, until the chicken is cooked through, about 5-6 minutes. Remove chicken from pan and set aside on a plate.
3. Add a little more oil to the pan if necessary and then add in the onion and cook, stirring frequently, for 4-5 minutes. Add mushrooms and cook, stirring frequently, another 2-3 minutes.
4. Add chicken and pesto to the pan. Stir to mix everything together well and get the pesto mixed in with all of the other ingredients.
5. Add zucchini noodles to the pan and stir to incorporate with the other ingredients. Cook for another 2-3 minutes, until the zucchini noodles are warmed and just starting to soften. Serve and enjoy.

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→ = Ingredient used in another prep step (meal reference noted in brackets).

# M A K E A H E A D

## Meal E - Mediterranean Frittata

MAKE  
TIME  
1 HR

### Ingredients for Meal E:

- 2 tbsp grass-fed butter, or ghee
- 12 eggs
- 1/4 cup full fat coconut milk
- 2 cups spinach, roughly chopped → [D]
- 2 cups grape tomatoes, halved (or cherry tomatoes)
- 1/2 red onion, diced
- 1 cup kalamata olives, sliced
- 1 can artichoke hearts, drained and quartered (14.5 oz)
- 1/2 cup fresh basil, sliced (about 10-15 leaves) → [D]
- 1/2 cup feta cheese crumbles, (optional)
- Salt and pepper

### Steps to make breakfast:

1. Preheat oven to 375° Fahrenheit and lightly coat a medium baking dish with butter or ghee.
2. In a large bowl, whisk the eggs and coconut milk well.
3. Cut up spinach, tomatoes, onion, olives, artichoke hearts and basil as noted. Add the chopped veggies to the bowl along with the eggs and mix. Sprinkle in salt and pepper to taste (about 1 tsp each) and mix again.
4. Pour mixture into the baking dish. Bake in the oven for 40-45 minutes, until the eggs are cooked all the way through in the middle. Cooking time will vary depending on the size of the baking dish, so check the eggs after 30 minutes and adjust cooking time as needed. □
5. Sprinkle with feta cheese (optional) before serving. Enjoy.

## Meal F - Honey Nut Bars

MAKE  
TIME  
10 MINS

### Ingredients for Meal F:

- 1 cup unsweetened shredded coconut
- 1 cup almonds
- 1/2 cup pecans
- 1/2 cup walnuts
- 1/2 cup raw sunflower seeds → [D]
- 1/4 cup coconut oil
- 1/4 cup raw honey
- 2 tbsp collagen, (optional)
- 2 tbsp ground flax seeds, (optional)

### Steps to make dessert:

1. Add all the ingredients to a food processor. Pulse a few times just to break them up.1
2. Process continuously for 30 seconds. The ingredients should all be broken down into crumb-sized pieces. Scrape the edges of the bowl to make sure nothing is sticking.
3. Process continuously for another 2 minutes or so, until the ingredients start to clump together and gather into a ball. They may not completely ball up, but process until at least some clumps are forming.
4. Line a 9"x9" square baking dish with wax or parchment paper and dump the dough on top. Press the dough with your hands into an even layer. Cover and chill for at least an hour.
5. Uncover the chilled dough and transfer to a cutting board. Cut into 8 bars or 16 small squares, as desired. Store in an airtight container in the refrigerator for up to two weeks.

## Meal G - Nuts On A Log

MAKE  
TIME  
10 MINS

### Ingredients for Meal G:

- 1 bunch celery, sliced into 2 inch long pieces
- 1/2 cup almond butter
- 1/4 cup raisins

### Steps to make snack:

1. Slice celery as noted. □
2. Spread almond butter over celery and top with a few raisins for an easy snack.