



## *One Week Paleo Meal Plan (Serves 4)\**

**Meal A** - Dirty Cauliflower Rice\*\*

**Meal B** - Maple Ginger Salmon with Asparagus

**Meal C** - BLT Chicken Salad

**Meal D** - Chipotle Beef Burger Bowls

**Meal E** - Denver Omelette Breakfast Muffins\*\*

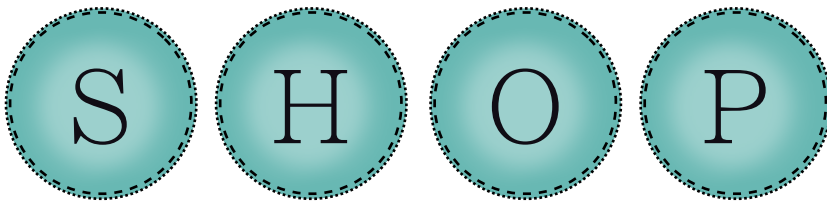
**Meal F** - Creamy Cashew Butter Cookies

**Meal G** - Homemade Trail Mix

**\*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.**





- Meal A** - Dirty Cauliflower Rice
- Meal B** - Maple Ginger Salmon with Asparagus
- Meal C** - BLT Chicken Salad
- Meal D** - Chipotle Beef Burger Bowls
- Meal E** - Denver Omelette Breakfast Muffins
- Meal F** - Creamy Cashew Butter Cookies
- Meal G** - Homemade Trail Mix

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

## Produce

- 1 pound Asparagus [B]
- 1 bunch Broad leaf greens [C]
- 4 cups Shredded cabbage [D]
- 10 cups Cauliflower [A]
- 1 cup Cherry tomatoes [C]
- 1/4 cup Fresh cilantro [A]
- 8 cloves Garlic [A,B]
- 1 tablespoon Ginger [B]
- 2 Jalapeños [A]
- 6 cups Kale [A]
- 4 Mini sweet peppers [D]
- 5 cups Mushrooms [A,D]
- 3 Green onions [C]
- 1 Onion [A,E]
- 3 Bell peppers [A,E]

## Nuts & Seeds

- 1 cup Raw cashews [G]
- 1/2 cup Raw pumpkin seeds [G]
- 1 cup Raw walnuts [G]

## Meat

- 14 pieces Bacon [C,D]
- 1-1/2 pounds Boneless skinless chicken thighs [C]
- 1 pound Grass-fed beef [D]
- 1 pound Ham [E]
- 4 Salmon fillets [B]
- 2 pounds Ground spicy Italian sausage [A]

## Refrigerated

- 14 Eggs [D,E]

## Oil & Vinegar

- 1 tablespoon Avocado oil (or sub olive oil) [E]
- 1 tablespoon Olive oil [B]

## Pantry

- 1 cup Cashew butter [F]
- 1/2 cup Coconut aminos [B]
- 1/4 cup Dairy-free chocolate chips [G]
- 1/4 cup Raw honey [F]
- 1/4 cup Pure maple syrup [B]
- 1/4 cup Mayo [C]
- 1/2 cup Raisins [G]
- 1 jar Salsa (12 oz) [C]
- 1 teaspoon Vanilla [F]

## Seasonings

- 2 teaspoons Chipotle powder (or sub chili powder for a less spicy version) [D]
- 1 tablespoon Dill [C]
- 2 teaspoons Sage [A]

# M E A L S

## Meal A - Dirty Cauliflower Rice

PREP  
TIME  
15 MIN

### Ingredients:

- 10 cups cauliflower, riced
- 2 pounds ground spicy Italian sausage
- 1/2 onion, diced → [E]
- 2 cups mushrooms, diced → [D]
- 4 cloves garlic, minced → [B]
- 2 bell pepper, diced → [E]
- 6 cups kale, roughly chopped
- 2 tsp sage
- Salt and pepper, to taste
- 4 tbsp fresh cilantro, diced
- 2 jalapeños, sliced

### Prep Steps:

1. Rice cauliflower in a food processor with a grating attachment or with a hand grater.
2. Chop the following ingredients:
  - Onion - cut as directed.
  - Mushrooms/garlic - cut as directed.
  - Bell pepper/kale - cut as directed.
  - Cilantro/jalapeños - cut as directed.

COOK  
TIME  
20 MIN

### Cook Steps:

1. Heat a large pan over medium heat. Once hot, add in the sausage. Cook the sausage until browned, about 8 minutes. Remove from the pan and set aside.
2. Add in the onions to the same pan and cook 3-4 minutes until the onions become translucent. Scrape up any sausage bits from the bottom of the pan.
3. Add the mushrooms and garlic. Cook for a 2-3 minutes, stirring occasionally.
4. Add the cauliflower, sausage, kale and bell pepper. Season liberally with salt, pepper and sage. Allow everything to heat up and cook, stirring occasionally for about 5-6 minutes.
5. Remove from heat and toss with cilantro and jalapeño and serve.

= 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 B - Maple Ginger Salmon w/Asparagus

PREP  
TIME  
5 MINS

### Ingredients:

- 4 salmon fillets, of similar size
- 1 pound asparagus, ends removed
- 1 tbsp olive oil
- Salt and pepper

### Maple ginger sauce ingredients:

- 1/4 cup pure maple syrup
- 1/2 cup coconut aminos
- 4 cloves garlic, minced → [A]
- 1 tbsp ginger, minced

### Prep Steps:

1. Make maple ginger sauce by combining pure maple syrup, coconut aminos, garlic and ginger together in a small bowl and mixing well. ☐

COOK  
TIME  
20 MINS

### Cook Steps:

1. Preheat oven to 375 degrees Fahrenheit and line a baking pan with parchment paper. Place the salmon on baking pan and brush with sauce, reserving half. Bake for 15-20 minutes depending on the thickness of salmon pieces.
2. Pour remaining sauce into a small saucepan or skillet. Bring to a boil, then reduce heat to low-medium and allow to simmer for at least 5 minutes to reduce.
3. While the salmon is cooking, prepare asparagus by cutting off the thick ends (about 1-2 inches). Place on a separate baking pan and drizzle with olive oil and season with salt and pepper. When the salmon has 10 minutes left, add asparagus to the oven to bake for the remaining 10 minutes.
4. Remove baking sheets from oven and brush salmon with remaining sauce. Serve with asparagus.

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# Meal C - BLT Chicken Salad

PREP  
TIME  
3.25 HRS

## Ingredients:

- 8 pieces bacon, diced
- 3 green onions, diced
- 1 cup cherry tomatoes, quartered
- 1/4 cup mayo
- 1 tbsp dill
- 1 bunch broad leaf greens (collard greens, romaine, or cabbage)
- Shredded chicken ingredients:
- 1-1/2 pounds boneless skinless chicken thighs
- 1 jar salsa (12 oz)

## Prep Steps:

1. Place chicken thighs in a slow cooker and cover with entire jar of salsa. Cook on high for 3 hours. Remove from slow cooker and shred with two forks.
2. Dice bacon. In a large pan over medium heat, add bacon to cook. Cook until crispy, about 8 minutes. Remove and place on a paper towel lined plate to absorb excess grease.

COOK  
TIME  
10 MINS

## Cook Steps:

1. Cut up onions and tomatoes and place in a bowl.
2. Add shredded chicken, bacon, mayo, and dill to the bowl and mix well.
3. Prepare lettuce by removing leaves to use for "shells".
4. Fill leaves with BLT chicken salad mixture and eat as a wrap or taco.

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# Meal D - Chipotle Beef Burger Bowls

PREP  
TIME  
10 MINS

## Ingredients:

- 6 pieces bacon
- 1 pound grass-fed ground beef
- 1/2 tsp salt
- 1/2 tsp pepper
- 2 tsp chipotle powder ★ (use less or sub chili powder for less spice)
- 3 cups mushrooms, diced → [A]
- 4 mini sweet peppers, sliced into strips\*
- 4 eggs
- 4 cups shredded cabbage

## Prep Steps:

1. Cabbage - Shred in a food processor with a grating attachment or with a hand grater.
2. Chop the following ingredients:
  - Mushrooms/peppers - cut as directed.

## Cook Steps:

1. In a bowl, combine ground beef with salt, pepper, and chipotle powder and mix well. Form into 4 evenly sized patties and set aside.
2. In a large pan over medium heat, add bacon to cook. Cook until almost crispy, about 8 minutes. Remove and place on a paper towel lined plate. Transfer some bacon grease to a separate medium sized pan to use to sauté mushrooms and peppers with. Leave 1 tbsp in pan for cooking burgers.
3. In the same pan over medium heat, add in burgers to cook.
4. Separately, in the medium sized pan over medium heat, add mushrooms and peppers to sauté, stirring occasionally.
5. Cook burgers about 4 minutes per side for medium burgers (or more if desired) and then remove from heat. Sauté mushrooms and peppers until peppers have browned some and the mushrooms have cooked down quite a bit and then turn heat down to simmer.
6. Finally, cook eggs in a small pan to your desired state.
7. Serve in bowls with a base of cabbage topped with a burger, mushrooms and peppers, and egg.

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★ = Spicy ingredient - adjust to your taste preference.

# M A K E A H E A D

## Meal E - Denver Omelette Breakfast Muffins

MAKE  
TIME  
45 MINS

### Ingredients for Meal E:

- 10 eggs
- 1 pound ham, diced
- 1/2 onion, diced → [A]
- 1 bell pepper, diced → [A]
- Salt & pepper
- 1 tbsp avocado oil

### Steps to make breakfast:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut up the ham, onion, and pepper.
3. Crack all of the eggs into a medium bowl and whisk well.
4. Add in the ham, onion, and bell pepper. Whisk everything together well and season with a little salt and pepper, to taste.
5. Next, rub a muffin tin with a little oil.
6. Spoon the egg mixture into the muffin tin, filling them 3/4 of the way to the top.
7. Place in the oven and bake for 30 minutes.

## Meal F - Creamy Cashew Butter Cookies

MAKE  
TIME  
20 MINS

### Ingredients for Meal F:

- 1 cup cashew butter
- 1/4 cup raw honey
- 1 tsp vanilla

### Steps to make dessert:

1. Heat oven to 350 degrees Fahrenheit and line a baking sheet with a silicone liner or parchment paper.
2. In a medium mixing bowl, add all of the ingredients and mix with a spoon until incorporated and smooth in texture.
3. Next, scoop out tablespoon sized balls and place them on the baking sheet with a little space between each cookie.
4. Place the sheet in the oven and bake for 10 minutes, until the edges start to brown.
5. Remove from the oven and allow cookies to cool before handling. Store in an airtight container at room temperature.

## Meal G - Homemade Trail Mix

MAKE  
TIME  
5 MINS

### Ingredients for Meal G:

- 1 cup raw cashews
- 1 cup raw walnuts
- 1/2 cup raw pumpkin seeds
- 1/2 cup raisins
- 1/4 cup dairy-free chocolate chips

### Steps to make snack:

1. Combine ingredients and mix well. Store in an airtight container at room temperature.

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