

Paleo Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg Tomato Stack	Egg Tomato Stack Leftovers	Winter Fruit Salad	Persimmon Smoothie	Avo Boat and Eggs	Avo Boat and Eggs Leftovers	Salmon Omelette with Guacamole
Lunch	Salmon Topped with Veggies	Beef Mushroom Sauté Leftovers	Salmon Stir Fry Leftovers	Cucumber Salad with Beef Leftovers	Salmon Salad with Winter Fruit Leftovers	Turkey Cabbage Cups Leftovers	Chicken Veggie Slaw Leftovers
Dinner	Beef Mushroom Sauté	Salmon Stir Fry	Cucumber Salad with Beef	Salmon Salad with Winter Fruit	Turkey Cabbage Cups	Chicken Veggie Slaw	Mushroom Soup
Snack	Hard Boiled Egg	Celery with Small Handful of Raw Almonds	Blueberries with Raw Cashews	Hard Boiled Egg	Celery with Small Handful of Raw Almonds	Grapefruit	Blueberries with Raw Cashews

Shopping List

Produce	Meat
2 large tomatoes 1 cucumber 1 shallot 5 1/4 cups sliced mushrooms 1 orange 1 bunch celery 1 bunch baby kale 2 pink lady apples 2 pears 1 persimmon 1 red onion 1 avocado 1 zucchini 10 stalks of asparagus 1 green cabbage 1 carrot 1 bell pepper 1 bag mixed lettuce 1 lemon 1 clove garlic 1 grapefruit	1 dozen eggs 24 oz of salmon fillets 14 oz stir fry beef 8 oz ground turkey 6 oz chicken breast

Miscellaneous	Spices/Condiments
Sugar free coconut yogurt Chopped almonds Almond milk Raw almonds Raw cashews	Coconut oil Salt Pepper Lemon juice Garlic salt White vinegar Orange zest Salsa Olive oil Paprika Sesame oil

Day 1 Recipes

Egg tomato stack (Makes enough for Day 1 and Day 2)



INGREDIENTS

- 2 eggs
- 2 slices of a large tomato
- 1 teaspoon coconut oil
- Salt and pepper to taste

RECIPE

1. Add coconut oil to a medium nonstick pan on medium heat.
2. Crack eggs in coconut oil, cook for 3 minutes on each side, remove from heat.
3. Plate one slice of tomato, top with egg and repeat twice.
4. Top stack with pepper and salt.
5. Truly enjoy.

Salmon topped with veggies



INGREDIENTS

- 8oz piece of salmon
- 1/4 cup of diced tomato
- 1/4 cup diced cucumber
- 1/2 of a shallot sliced
- 1 teaspoon of lemon juice
- A pinch of salt to taste

RECIPE

1. Oil nonstick pan on medium heat.
2. Add salmon to pan, cook for 5 minutes on both sides.
3. Remove salmon from heat and plate.
4. Mix veggies, lemon juice, and salt in a small bowl.
5. Top salmon with veggie mixture.
6. Truly enjoy.

Beef Mushroom Sauté (Makes enough for Day 1 and lunch for Day 2)



INGREDIENTS

- 6 oz of stir fry beef
- 2 cups of sliced mushrooms
- 1 teaspoon coconut oil
- 1 table spoon freshly squeezed orange juice
- 1/4 cup diced tomatoes
- Garlic salt to taste

RECIPE

1. Heat a non stick skillet to medium.
2. Melt coconut oil in skillet.
3. Add in beef, mushrooms, a pinch of garlic salt, and orange juice.
4. Cook for 10 minutes stirring occasionally (or until browned).
5. Plate beef mushroom sauté and top with diced tomatoes.
6. Truly enjoy.

Day 2 Recipes

Salmon Stir Fry (Makes enough for Day 2 and lunch on Day 3)



INGREDIENTS

- 6oz piece of salmon
- 2 teaspoons coconut oil
- 1/4 cup of sliced celery
- 1/4 cup of sliced onion
- 1/4 cup sliced mushrooms
- 1/2 cup of baby kale
- Salt to taste

RECIPE

1. Heat skillet to high.
2. Melt one teaspoon of coconut oil in skillet.
3. Sear salmon for 3 minutes on either side remove salmon from heat and set aside.
4. Add remaining tablespoon of coconut oil to skillet.
5. Add onion, celery, kale, mushrooms, and a pinch of salt to skillet and cook for 8 minutes (stirring occasionally).
6. Plate veggies and top with seared salmon.
7. Truly enjoy.

Day 3 Recipes

Winter Fruit Salad



INGREDIENTS

- 1/2 of a pink lady apple
- 1/2 of a pear
- 1/2 of a persimmon
- One small container of sugar free coconut yogurt
- 1 tablespoon of chopped almonds

RECIPE

1. Slice fruit and arrange on a plate.
2. Plate yogurt.
3. Top with chopped almonds.
4. Truly enjoy.

Cucumber Salad With Beef (Makes enough for Day 3 and lunch on Day 4)



INGREDIENTS

- 1/2 cucumber
- 2 tablespoons diced red onion
- 2 tablespoons white vinegar
- 1 teaspoon coconut oil
- 1/2 pound sir fry beef
- 1/4 teaspoon orange zest

RECIPE

1. Cut cucumber in half lengthwise and slice each half into thin 1/8" pieces.
2. Add sliced cucumber to a small bowl and add in diced onion, vinegar, and a pinch of salt.
3. Cover cucumbers and store in fridge to chill.
4. Heat skillet to medium and add in coconut oil.
5. Once coconut oil has melted add in beef, a pinch of salt to taste, and orange zest.
6. Cook beef for about three minutes on each side or until golden brown, remove from heat.
7. Plate beef on top of cucumber salad.
8. Truly enjoy.

Day 4 Recipes

Persimmon Smoothie



INGREDIENTS

- 1/2 of a persimmon
- 1/2 of a pear
- One small container of sugar free coconut yogurt
- 1/2 cup of almond milk
- 1/4 cup of ice

RECIPE

1. Add all ingredients to a blender and blend until smooth (1 minute)
2. Truly enjoy

Salmon Salad With Winter Fruit (Makes enough for Day 4 and lunch on Day 5)



INGREDIENTS

- 6oz piece of salmon
- 1 teaspoons coconut oil
- 1/4 of an apple sliced
- 1/4 of a pear sliced
- 2 cups of baby kale
- 1 teaspoon of white vinegar
- 1 teaspoon of olive oil
- Salt to taste

RECIPE

1. Heat skillet to high.
2. Melt one teaspoon of coconut oil in skillet.
3. Sear salmon for 3 minutes on either side remove salmon from heat and set aside.
4. Add kale, oil, vinegar, and salt to a medium bowl (stir until well coated).
5. Plate salad.
6. Top with sliced fruit and seared salmon.
7. Truly enjoy.

Day 5 Recipes

Avo Boat and Eggs (Makes enough for Day 5 and Day 6)



INGREDIENTS

- 3 eggs
- 1/4 cup of water
- 1/2 of an avocado
- 1/4 cup of salsa
- Salt to taste

RECIPE

1. Crack eggs into a medium bowl and add in water.
2. Whisk contents of bowl for a minute or until well combined and frothy.
3. Scramble eggs in a non stick skillet on medium heat (5 minutes).
4. Plate eggs.
5. Fill the hole of the avocado with salsa and plate with eggs.
6. Truly enjoy.

Turkey Cabbage Cups (Makes enough for Day 5 and lunch on Day 6)



INGREDIENTS

- 1 zucchini
- 10 stalks of asparagus
- 1/2 head of green cabbage
- 1 tablespoon olive oil
- 1 cup ground turkey
- 1/2 teaspoon paprika
- Pinch of salt
- Pinch of pepper

RECIPE

1. Quarter zucchini and cut into 1 inch pieces.
2. Cut asparagus into two inch pieces.
3. Add olive oil to saute pan on medium heat.
4. Add veggies to saute pan, saute on medium heat for 12 minutes.
5. Add in cooked ground turkey.
6. Add paprika, salt, and pepper.
7. Cut half cabbage in half so you have two quarter wedges of cabbage.
8. Separate the cabbage so you have 46 cups.
9. Serve stir fry mixture in cabbage cups.
10. Truly enjoy.

Day 6 Recipes

Chicken Veggie Slaw (Makes enough for Day 6 and lunch on Day 7)



INGREDIENTS

- 1 carrot
- 1/2 red bell pepper
- 2 cups mixed lettuce
- 6 oz grilled and sliced chicken breast
- 1/2 lemon
- 1/2 teaspoon sesame oil
- Salt and pepper to taste

RECIPE

1. Toss sesame oil, lemon, salt, pepper, and chicken in a small bowl until chicken is coated, set aside.
2. Grate carrot and bell pepper into a small bowl.
3. Plate lettuce mix, grated veggies, and lastly chicken.
4. Truly enjoy.

Day 7 Recipes

Salmon Omelette With Guacamole



INGREDIENTS

- 3 eggs
- 1/4 cup water
- 4 oz of cooked salmon pieces
- 1/2 of an avocado
- 1 tablespoon diced onion
- 1 teaspoon lemon juice
- Salt to taste

RECIPE

1. Crack eggs into a medium bowl, add in water and a pinch of salt.
2. Whisk contents of bowl for a minute or until well combined and frothy.
3. Pour egg mixture into an oiled nonstick skillet on medium heat.
4. Cook for 3 minutes.
5. Add salmon pieces in a vertical line to one side of the egg mixture.
6. Fold empty side of the egg mixture on top of the salmon.
7. Flip omelette and cook for an additional 3 minutes, plate omelette.
8. Add avocado, lemon, onion, and a pinch of salt to a medium bowl.
9. Mash bowl contents with fingers until well combined.
10. Scoop guacamole onto the top of the omelette.
11. Truly enjoy.

Mushroom Soup



INGREDIENTS

- 3 cups of sliced mushrooms
- 1/2 cup of chopped celery
- 1 clove of minced garlic
- 1 teaspoon coconut oil
- 1/2 cup of almond milk
- Salt to taste
- Pepper to taste

RECIPE

1. Heat a skillet to medium.
2. Add coconut oil, garlic, celery, and mushrooms to the skillet.
3. Cook veggies for 8 minutes (stirring occasionally).
4. Add 3/4 of the cooked mushrooms and almond milk to a food processor and pulse on high for 1 minute.
5. Add contents of the food processor back into the skillet.
6. Add a pinch of salt and a generous pinch of pepper to the skillet.
7. Cook mushroom soup for an additional 3 minutes on medium heat (stirring occasionally).
8. Truly enjoy.