

# Meals maker



**7-DAY PALEO MEAL PLAN**

**WEEK 1**

## THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

## INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

## SPECIAL NOTES: (PLEASE READ)

**NOTE 1:** Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

**NOTE 2:** Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



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## DAY 1

### Breakfast:

CHICKEN SAUSAGE W/ JAPANESE  
SWEET POTATO FRITTERS BALSAMIC-FIG  
JAM

### Lunch:

PORK SHOULDER WITH BARTLETT PEAR  
JICAMA RED CABBAGE SLAW WITH  
SUMAC VINAIGRETTE

### Dinner:

LONDON BROIL W/ BEEF BROTH GRAVY  
SUNCHOKÉ (A.K.A. JERUSALEM  
ARTICHOKE) HASH W/ SAGE

## DAY 2

### Breakfast:

SUMMER SQUASH WITH POACHED EGGS

### Lunch:

GINGER-LIME CHICKEN AND VEGETABLE  
STIR-FRY

### Dinner:

CURRIED LAMB CHOPS WITH ROASTED  
BUTTERNUT SQUASH AND ASPARAGUS

## DAY 3

### Breakfast:

STUFFED PEPPERS W/ BUTTERNUT  
SQUASH AND GROUND BISON

### Lunch:

PORK CHOPS WITH SAGE BUTTER  
RECIPE AND GARLIC GREEN BEANS

### Dinner:

ROAST BEEF WITH PORTOBELLO SAUCE  
AND CELERIAC MASH

## DAY 4

### Breakfast:

TOMATO BASIL FRITTATA

### Lunch:

LEFTOVERS (FEATURING: ROAST BEEF  
WITH PORTOBELLO SAUCE AND  
CELERIAC MASH)

### Dinner:

PORK TENDERLOIN WITH SMOKED PAPRIKA PEACH  
SAUCE, BALSAMIC BRUSSELS SPROUTS AND BABY  
CARROTS, AND SPAGHETTI SQUASH WITH  
PANCETTA

## DAY 5

### Breakfast:

CARDAMOM AND PEAR WAFFLES

### Lunch:

LEFTOVERS (FEATURING: PORK TENDERLOIN WITH  
SMOKED PAPRIKA-PEACH SAUCE, BALSAMIC  
BRUSSELS SPROUTS AND BABY CARROTS, AND  
SPAGHETTI SQUASH WITH PANCETTA)

### Dinner:

GINGER-PINEAPPLE BEEF SHISH  
KABOBS WITH VEGETABLES AND BASIL  
PESTO

## DAY 6

### Breakfast:

SUN-DRIED TOMATO & ITALIAN HERB  
CHICKEN SKILLET

### Lunch:

SPICY THAI STEAK SALAD

### Dinner:

BALSAMIC ROASTED CHICKEN WITH  
SPICY SWEET POTATO WEDGES

## DAY 7

### Breakfast:

BREAKFAST SALAD W/ POACHED EGGS

### Lunch:

GARLIC SHRIMP WITH SUMMER SQUASH  
NOODLES

### Dinner:

CARNE ASADA WITH BROCCOLI RABE,  
BELL PEPPERS, AND CAULIFLOWER  
TORTILLAS

## WEEKLY Notes



## CHICKEN SAUSAGE W/ JAPANESE SWEET POTATO FRITTERS BALSAMIC-FIG JAM

**Prep Time:** 35 min.

**Cook Time:** 35 min.

**Total Time:** 1 hour 10 min.

### **Ingredients:**

#### **For the Chicken Sausage:**

1 package organic chicken sausage (whatever flavor interests you)

#### **For the Fritters:**

3 medium sized Japanese sweet potatoes  
1/3 cup of arrowroot powder  
1 tsp Sea salt  
1 Tbsp bacon fat for sautéing

#### **For the Fig Jam:**

1 cup of dried figs (chopped)  
1 small bottle of balsamic vinegar  
1/2 cup of water  
1/2 tsp of agar agar (seaweed) powder

### **Instructions:**

#### **For the Chicken Sausage:**

- 1) Preheat oven to 400 degrees F.
- 2) Place the sausages on a baking sheet or an oven safe skillet; put them in the oven for 5 – 6 minutes.
- 3) Remove from the oven and let cool on a cutting board; cut into small disks.

#### **For the Fritters:**

- 1) Pass the sweet potatoes through the circular shredder blade of your food processor, or through a cheese grater.
- 2) Put the shredded sweet potatoes in a mixing bowl with the sea salt and the arrowroot and mix

- 3) Grease a baking sheet with a little of the bacon fat.
- 4) Tightly pack small handfuls of the veggie mix into a small, circular cookie cutter placed on the greased baking sheet. (Note: You'll want to squeeze out as much liquid as you can from the raw veggie mix before forming your sweet potato disks onto the baking sheet).
- 5) Once you've formed all the veggies into patties, go ahead and bake in the oven for about 10 to 12 min. (Note: The hash cakes should dry out a little).
- 6) Take them out of the oven and let them cool to room temperature; put them in the freezer for 10 minutes to set.
- 7) Take the fritters out of the freezer; heat up some bacon fat in a sauté pan on medium heat.
- 8) Carefully brown one side of the hash cakes. When the first side is golden brown, flip the cakes and cover the pan with a lid and finish cooking the cakes covered for about 7 to 8 minutes.

#### **For the Fig Jam:**

- 1) Chop the figs and put in a small sauce pan with the balsamic vinegar and water.
- 2) Bring to a boil and simmer until the liquid has reduced by half and the figs are soft.
- 3) Add the agar agar powder and continue to cook for another 5 minutes.
- 4) Pour the mixture into a food processor or a blender and quickly process (make sure to leave the jam a little chunky and avoid over processing).
- 5) Transfer the jam to a bowl and serve w/ the sausage and fritters.





**SUBSCRIBE TO VIEW ALL  
21 MEAL RECIPES**





# WEEK 1

## NECESSARY STAPLES



### Day 1 Breakfast:

- 1 tablespoon balsamic vinegar
- 1 teaspoon pepper
- 1 teaspoon dried oregano

### Day 1 Lunch:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon paprika powder
- ¼ tablespoon garlic powder
- ¼ tablespoon dried oregano
- ¼ tablespoon onion powder

### Day 1 Dinner:

- olive oil
- 1 teaspoon salt
- 1 teaspoon pepper
- ¼ tablespoon red pepper flakes

### Day 2 Breakfast:

- 3 teaspoons turmeric
- 1 tablespoon honey
- 2 tablespoons coconut shavings

### Day 2 Lunch:

- olive oil
- 1 tablespoon salt

### Day 2 Dinner:

- olive oil
- 1 tablespoon salt
- ¼ tablespoon pepper
- 1 tablespoon Cajun powder

### Day 3 Breakfast:

- olive oil
- 1 ¼ teaspoons salt
- ¼ teaspoon pepper
- 1 teaspoon dried oregano

### Day 3 Lunch:

- ¼ tablespoon salt
- ¼ tablespoon pepper

### Day 3 Dinner:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon pepper
- 1 teaspoon dried oregano
- ¼ tablespoon garlic powder

### Day 4 Breakfast:

- olive oil
- 1 teaspoon pepper
- 1 teaspoon salt
- ¼ tablespoon turmeric powder
- ¼ tablespoon garlic powder

### Day 4 Lunch:

- olive oil
- 3 teaspoons salt
- 3 teaspoons salt

### Day 4 Dinner:

- olive oil
- ¼ tablespoon salt
- 1 tablespoon dried oregano
- 2 tablespoons balsamic vinegar

### Day 5 Breakfast:

- olive oil
- 2 teaspoons salt
- 2 teaspoons salt

### Day 5 Lunch:

- olive oil
- 2 teaspoons salt

### Day 5 Dinner:

- olive oil
- 2 teaspoons salt

### Day 6 Breakfast:

- olive oil or cooking spray
- ¼ tablespoon salt
- ¼ tablespoon pepper

### Day 6 Lunch:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon pepper
- ¼ tablespoon dried oregano

### Day 6 Dinner:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon pepper
- ¼ tablespoon dried oregano

### Day 6 Dinner:

- olive oil
- ¼ tablespoon salt
- ¼ tablespoon pepper
- ¼ tablespoon dried oregano

### Day 7 Breakfast:

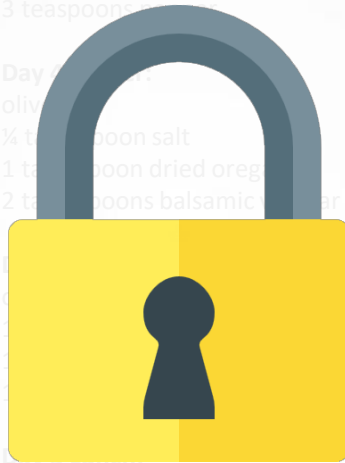
- olive oil
- 3 teaspoons salt
- 3 teaspoons pepper
- ¼ tablespoon hot sauce

### Day 7 Lunch:

- ¼ tablespoon olive oil
- ¼ tablespoon salt

### Day 7 Dinner:

- 1 teaspoon salt
- 1 tablespoon pepper
- 1 tablespoon hot sauce
- nonstick cooking spray



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### Produce:

- 1 jalapeño pepper
- 1 head of garlic
- 1 lime
- 1 eggplant
- 1 large sweet potato
- 2 potatoes
- 3 red onions
- 2 onions
- 2 red beets
- 3 avocados
- 4 tomatoes
- 7 lemons
- 6 bell peppers
- 4 carrots
- 1 bag of Brussels sprouts
- 1 bag of kale
- 1 small bag of cauliflower florets
- 1 container of parsley
- 1 container of arugula
- 1 container of cherry tomatoes
- 1 container of strawberries
- 1 container of cilantro
- 1 banana
- 1 cucumber

- 1 (16 ounce) bottle of honey
- 1 (14 ounce) bag/container of coconut shavings
- 1 (4 ounce) jar of capers
- 1 (12 ounce) bottle of hot sauce, of choice
- 1 (6 ounce) jar of black olives, pitted if possible

### Miscellaneous:

- spatula
- tongs
- large skillet
- saucepan
- cutting sheet
- mixing bowl
- seamless plates
- seamless bowls
- non-stick cooking spray
- foil



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21 MEAL RECIPES**

### Refrigerated:

- 1 (32 ounce) carton of eggs
- 1 (pound) package of tofu
- ¼ pound block of Feta cheese
- 1 carton of milk, of choice
- 1 jar of basil spread

### Seafood:

- 1 (1 pound) package of smoked salmon
- 1 pound of shrimp, washed and peeled
- 1 pound of salmon

### Meat & Poultry:

- 1 pound of a chicken breast, skinless and boneless

### Canned & Packaged:

- 1 loaf of whole grain bread
- 1 (24 ounce) bag of rolled oats
- 1 (24 ounce) bag of quinoa
- 1 (16 ounce) bag of lentils
- 1 (32 ounce) box of whole grain elbow shaped pasta
- 1 (12 ounce) jar of roasted jarred artichoke hearts
- 2 (4 ounce) cans of tuna
- 1 (16 ounce) can of refried beans
- 1 (16 ounce) can of black beans
- 2 (16 ounce) cans of chickpeas

