



7-Day Meal Planner

Day of Week	Meal	Time Saver Tip
Sunday		
PREP DAY!		
Breakfast	Bacon w/ Leftover Vegetables	Make frittata, pesto, and caramelized onions. Cut vegetables for dinner if you didn't on Saturday. Dice garlic and shallots for tomorrow's dinner (save cutting the eggplant until dinnertime to avoid browning)
Lunch	Leftover Chili or Beef Stew	
Dinner	Ground Turkey & Sweet Potato Shepherd's Pie	
Monday		
Breakfast	Smoked Salmon & Broccoli Frittata	Marinate mushrooms and peppers at least 2 hours. Roast the mushroom and peppers and arrange the pesto for tomorrow's lunch. Cut onion and parsnips for tomorrow's dinner.
Lunch	Leftover Shepherd's Pie	
Dinner	Tomato Basil Beef Goulash	
Tuesday		
Breakfast	Smoked Salmon & Broccoli Frittata	Arrange leftover roast with salad components for tomorrow's lunch. Cut zucchini for tomorrow's dinner.
Lunch	Portobello Mushrooms, Red Pepper, Pesto 'Sandwich'	
Dinner	Slow Cooker Beef Pot Roast & Parsnips	
Wednesday		
Breakfast	Smoked Salmon & Broccoli Frittata	Make stuffed sweet peppers for tomorrow's lunch. Mince garlic and trim ends of green beans for tomorrow's dinner. Arrange herbs and spices.
Lunch	Leftover Roast & Vegetable Salad	
Dinner	Chicken Sausage w/ Sautéed Zucchini & Pesto	
Thursday		
Breakfast	Paleo 'Granola'	Cut squash for tomorrow's dinner. Cook bacon, let cool, crumble, then store. Prepare salad for tomorrow's lunch.
Lunch	Tuna & Avocado Sweet Peppers w/ Pickle Relish	
Dinner	Slow Cooker Lemon & Herb Chicken w/ Green Beans	
Friday		
Breakfast	Scrambled Eggs w/ Leftover Protein & Vegetables	Make butternut squash soup for tomorrow's lunch. Mince garlic and rosemary for tomorrow's dinner.
Lunch	Leftover Chicken & Vegetable Salad	
Dinner	Butternut Squash w/ Turkey & Caramelized Onions	
Saturday		
Breakfast	Scrambled Eggs w/ Leftovers	
Lunch	Leek, Parsnip, Butternut Squash Soup	
Dinner	Slow Cooker Garlic Dijon Pork Loin	



	Grocery List	Notes
 Produce	1 head broccoli	
	2 red bell peppers	
	4-5 lemons	
	6 yellow onions	
	2 large sweet potatoes	
	4-5 whole carrots (1 cup)	
	1 large bag spinach OR lettuce mix	
	2 shallots	
	1 medium eggplant	
	2 portabella mushrooms	
	9-11 large parsnips	
	4 medium zucchinis	
	1 leek	
	1 avocado	
	1 bag sweet potatoes	
	1-2 lbs green beans	
2 butternut squash		
1/2 - 1 lb red potatoes		
garlic (if out)		
 Fresh Herbs	rosemary	
	basil	
 Spices	dried dill	
	marjoram	
 Condiments	light olive oil (if out)	
	coconut aminos (if out)	*found where traditional soy sauce is displayed. Whole Foods and some health food stores will carry.
	balsamic vinegar (if out)	
 Beef	1 lb ground beef	
	3 lb chuck roast	
 Pork	1 lb bacon (if out)	
	1 lb pork loin	
 Fish	4 oz smoked salmon	
 Poultry	1 dozen eggs + 1 (13 total)	
	1 package Aidell's Chicken & Apple Sausages (if out)	*can be found at Target, Costco and some grocery chains.
	1 whole chicken	
 Packaged Goods	nuts/seeds/dates/dried fruit for paleo granola (if out)	
	optional: pecans for Friday dinner	
 Canned Goods	3 cans coconut milk (1 can should be full fat/coconut cream)	
	1 (14 oz) can diced tomatoes	
	1 small can tomato paste	
	32 oz chicken or vegetable stock	
	14 oz beef stock	
	1 small can tuna in water	
 Optional Items for Snacks	nuts (cashews, pecans, almonds, etc)	*no salted nuts.
	seeds (pumpkin seeds, sunflower seeds, etc)	
	prosciutto	*can wrap around apples, carrots, cucumber slices, artichoke hearts, etc.
	plantain chips	*Trader Joe's and some grocery chains carry these.
	vegetables	*avoid peas, corn and beans if trying The Whole30 plan.
	fruit	*berries are best (less sugar). Fine in moderation but avoid as staple items.
	hard boiled eggs	
	chia seed in light coconut milk for pudding	*see recipe sheet.
	dried salami	
	LaraBars	*check ingredients. No chocolate, peanut butter or added sugars if trying The Whole30 plan.
	Kombucha	*can be found at Target, Walmart, Whole Foods and some other groceries. This is a probiotic drink.
	olives	
	celery paired with almond butter	
	kale chips	
	tuna pouches in water	
	Wholly Guacamole Brand Guac	
unsweetened apple sauce		
unsweetened coconut chips		

Week 4 Prep Day

Smoked Salmon & Broccoli Frittata

- 7 eggs
- 1/3 c coconut milk
- 1 small head of broccoli
- 1/2 red bell pepper, diced
- 4 oz smoked salmon, diced
- 1/2 tsp salt
- 1/4 tsp dried dill

Preheat the oven to 350 degrees. Bring a pot of water to a boil and add cut broccoli florets. Boil until soft, around 10 minutes. Meanwhile, whisk eggs, coconut milk, diced red pepper, salmon, salt, and dill together in a medium bowl. Once broccoli is soft, drain and let cool slightly, then cut until smaller pieces and add to egg mixture. Pour into a greased glass pie dish and bake for 40-50 minutes, until center is soft.

Cashew Pesto

- 1 c fresh basil, packed tightly
- 2 tbsp olive oil
- 1/2 c cashews, soaked overnight
- 1 garlic clove
- 2 tbsp lemon juice
- 1/2 tsp salt
- *optional: 2 tbsp nutritional yeast

Drain the cashews that have been soaking and combine all the remaining ingredients into a blender or food processor and pulse on high until creamy

Caramelized Onions

- 4 large yellow onions, sliced
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar

Heat the olive oil in a large pan over medium heat. Add the onions and balsamic. Cook for 30 minutes, tossing often until the onions become soft and start to caramelize. Refrigerate after onions have been cooled.

SUNDAY

Breakfast: Bacon with Leftover Vegetables

Lunch: Leftover Chili or Beef Stew

Dinner: Ground Turkey and Sweet Potato Shepherd's Pie

- 2 large sweet potatoes
- 1/3 c coconut milk
- 1 lb ground turkey
- 1 yellow onion, diced
- 1 c diced carrots
- 1 c chopped fresh spinach
- 1/4 c coconut aminos
- 1/8 c balsamic vinegar
- 3/4 tsp garlic powder
- 1/2 tsp salt
- 1/2 tsp paprika
- pepper to taste

Poke spears into the sweet potatoes and place in the microwave on high for 5-7 minutes, until insides are soft. Meanwhile, heat a large saucepan over medium/high and add the diced onions, carrots, spinach, and ground turkey. Cook until turkey is browned, then drain any excess grease. Add the coconut aminos, balsamic, garlic powder, salt, and paprika. Mix well to combine. When the sweet potatoes are done, scoop out the insides into a bowl and discard the skin. Add 1/4 c coconut milk to the sweet potatoes and mix well until potatoes are creamy.

Pour the turkey mixture into a large casserole dish. Then add spoonfuls of the sweet potatoes to the top, spreading the potatoes evenly. Cover and place the casserole dish into the oven at 325 degrees for 20 minutes, or until warmed throughout.

MONDAY

Breakfast: Smoked Salmon & Broccoli Frittata

Lunch: Leftover Shepherd's Pie

Dinner: Tomato Basil Beef Goulash

- 2 tablespoons olive oil, divided
- 2 shallots, diced
- 4 garlic cloves, diced
- 1 lb ground beef
- 1 medium eggplant, cut into 1" cubes
- 1 (14 oz) can diced tomatoes
- 1/3 cup fresh basil, diced
- 2 teaspoons salt
- 2 tablespoons tomato paste
- 3/4 cup coconut cream (thick cream at the top of canned coconut milk)

Heat 1 tablespoon olive oil in a large saucepan over medium heat. Add the shallots and garlic. Sauté for a few minutes, until fragrant. Add the ground beef and cook to brown. In a separate saucepan, heat the other tablespoon of olive oil over medium heat and add the diced eggplant. Cook until soft, around 5 minutes.

Once the beef is browned, drain any excess grease add the diced tomatoes (with juice), basil, and salt. Stir to combine then add the coconut cream, tomato paste, and eggplant. Serve immediately and garnish with more fresh basil.

TUESDAY

Breakfast: Smoked Salmon & Broccoli Frittata

Lunch: Portobello Mushrooms, Red Pepper, Pesto Sandwich

- 2 portabella mushrooms
- 1/4 c balsamic vinegar
- 1/4 c olive oil
- 1 clove garlic, minced
- 1 red bell pepper

Pesto (if you didn't make it on Sunday)

- 1 c fresh basil
- 2 tbsp olive oil
- 1/2 c cashews, soaked overnight
- 1 garlic clove
- 2 tbsp lemon juice
- 1/2 tsp salt

Place the mushrooms and red pepper in a large, sealable bag. Combine balsamic, olive oil, and garlic, then pour mixture into the bag. Let the mushrooms and red pepper marinate at least 2 hours or all day.

Preheat oven to 450 degrees and place mushrooms and red pepper on a greased baking sheet. Cook for 20 minutes. Meanwhile, drain the cashews that have been soaking and combine all ingredients for the pesto in a blender or food processor and pulse on high until creamy. Serve mushroom and red peppers stacked and layered with pesto. Pesto will keep for roughly 10 days and can also be frozen.

Dinner: Slow Cooker Beef Pot Roast & Parsnips

- 3 lb chuck pot roast
- 1 tsp salt
- ½ tsp pepper
- 1 tsp garlic powder
- 1 yellow onion, chopped
- 14 oz beef stock
- 1 ½ c water
- 6-8 large parsnips (you can sub for carrots, potatoes, or both)

Sprinkle salt, pepper, and garlic powder on the roast and pat evenly. Place the parsnips and onions in the bottom of the slow cooker. Put the roast on top of the vegetables and pour the stock and water on top. Set on low and cook for 6-8 hours. Refrigerate leftovers and freeze what you don't eat by the end of the week.

WEDNESDAY

Breakfast: Smoked Salmon & Broccoli Frittata

Lunch: Roast & Vegetable Salad

Create a salad with vegetables on hand and add leftover roast to the top. Use a combination of olive oil and balsamic as a dressing or the salad dressing recipe from week 1.

Dinner: Chicken Sausage with Sautéed Zucchini and Pesto

- 4 – 6 Aidell's chicken sausages
- 4 medium zucchinis, sliced and halved
- any leftover basil cashew pesto

Slice chicken sausages and place in a medium saucepan over medium heat. Add the zucchini slices and a little coconut or olive oil to sauté. Stir well and let cook until zucchinis have softened. Serve with any leftover pesto.

THURSDAY

Breakfast: Paleo "Granola"

- variety of sliced mixed nuts - almonds, cashews, pecans, pistachios, etc (around 1/3 cup total)
- 2 tbsp unsweetened shredded coconut
- dash of cinnamon
- ½ tsp ground flaxseeds
- *optional additional toppings - fresh fruit, dried fruit, chopped dates, etc.
- coconut milk

Mix assorted nuts, coconut, cinnamon, flaxseed and any additional toppings and serve with or without coconut milk.



Lunch: Tuna & Avocado Sweet Peppers with Pickle Relish

- 1 small can tuna, drained
- 1 avocado, mashed
- sweet peppers
- dill relish

Combine drained tuna, mashed avocado and dill relish (as much as desired. Note – the relish can be overpowering so add cautiously). Cut the tops off the sweet peppers and stuff the peppers with the tuna mixture. Serve with a side of fruit if desired.



Dinner: Slow Cooker Lemon & Herb Chicken with Green Beans

- 1 whole chicken
- 2 lemons
- 1 c water
- 1 tsp thyme
- 4 cloves garlic, crushed (or ½ tsp garlic powder)
- 2 tsp oregano
- ½ tsp dried sage
- 1 ½ tsp dried parsley
- ½ tsp pepper
- 1 tsp salt
- 1 tbsp fresh rosemary
- 1-2 lbs green beans

Rinse and dry the whole chicken, clean out the giblets that may be inside, and place in the bottom of a greased slow cooker (breast side down). Slice one lemon in half and place both lemon wedges into the chicken. Add the green beans and water to the sides of the chicken. Next, juice the other lemon and pour on top of the chicken and green beans. Combine all the herbs and spices and coat the chicken with the blend. Set the slow cooker on low and cook 6-8 hours. Shred whatever chicken you have leftover and refrigerate.

FRIDAY



Breakfast: Scrambled Eggs with Leftover Protein & Veggies



Lunch: Chicken Apple Salad Wraps

- 1 c shredded cooked chicken
- 1 stalk celery, diced
- ¼ c cilantro leaves
- ½ apple, diced
- ¼ c paleo mayo
- sliced almonds
- 4 romaine lettuce leaves
- pepper to taste

Assemble chicken, celery, cilantro, apple, mayo, and pepper to taste. Mix well and fill mixture in romaine leaves to make a wrap. Top with sliced almonds.



Dinner: Butternut Squash with Ground Turkey and Caramelized Onions

- 2 butternut squashes
- ½ lb bacon, or about 7 slices, cut into 1 " bits
- 1 lb ground turkey
- 1 c caramelized onions (made earlier this week)
- ½ tsp cinnamon
- ½ tsp garlic powder

- ¼ tsp paprika
- 1 tsp ground sage
- ½ tsp pepper
- *optional: toasted pecans

Preheat the oven to 425 degrees. Cut the butternut squash into 1-2" cubes and place on a large baking sheet. Cover squash with olive oil and place into the oven to roast, around 45 minutes or until soft.

Meanwhile, heat a large saucepan on medium/high and start to sauté the bacon, about 5-8 minutes. Before bacon is done cooking, add the ground turkey. Once the turkey is browned, drain any excess grease and add in the cinnamon, garlic powder, paprika, ground sage, and pepper. Mix well then add the caramelized onions.

Once the butternut squash is done, reserve half the mixture for a soup tomorrow. Serve ground turkey mixture over cubed butternut squash and garnish with toasted pecans if desired.

SATURDAY

Breakfast: Scrambled Eggs with Leftovers

Lunch: Leek, Parsnip, Butternut Squash Soup

- 1 medium butternut squash (cooked yesterday)
- 3 large parsnips
- 2 cloves minced garlic
- 1 leek stalk
- 4 cups chicken or vegetable stock
- 1 teaspoon marjoram
- 1 teaspoon dried sage
- dash of salt
- *optional bacon bits to garnish

Preheat the oven to 425 degrees. Wash and chop the parsnips into 4" chunks. Coat generously with olive oil, spread on a large baking sheet, and place into the oven. Cook for 20 minutes, or until the parsnips are soft.

In the meantime, finely chop the leek and garlic cloves. Set a large saucepan to medium/high heat and add 1 tablespoon olive oil to the pan. Sauté the leeks and garlic until leeks are fragrant and translucent, being careful not to burn. Set aside.

When the parsnips are out of the oven, place everything in a large blender or food processor. Add 4 cups of chicken broth (or vegetable broth), 1 teaspoon marjoram, 1 teaspoon dried sage and a dash of salt to taste. Blend for a few minutes, or until smooth and creamy. Serve alone or add some crumbled bacon to the top for garnish. This soup makes wonderful leftovers and also freezes well.

Dinner: Slow Cooker Garlic and Mustard Pork Loin

- 1 lb pork loin
- 3 tbsp mustard
- ½ c olive oil
- 3 tbsp lemon juice
- 4 cloves garlic, minced
- 4 tbsp fresh rosemary, minced
- 2 cup red potatoes, quartered

Combine mustard, olive oil, lemon juice, garlic, and rosemary in a small bowl. Place the pork loin in a large, sealable freezer bag and add the marinade mixture. Refrigerate and marinate overnight or all day. Then place pork loin and marinate in a slow cooker, add potatoes, and cook on low for 4-5 hours. Garnish with fresh rosemary.

Serving Sizes are as Follows:

Breakfasts & Lunches – Serves 1

Dinners – Family of 4

Please adjust accordingly and tweak recipe sizes to fit you or your family's needs.