

THE 10 DAY PALEO JUMPSTART

by Paleo Diet Lifestyle

www.PaleoDietL.com

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5 QUICK TIPS TO TRANSITION INTO A PALEO LIFESTYLE

So now that you're ready to tackle the Paleo diet, how should you make the transition? You could try going cold turkey, but for me, the habits that become a permanent part of my lifestyle are the ones that develop slowly over time. But whether you make the transition slowly or overnight, here are some tips for transforming your pantry and health.

1. Remove all processed foods



Reading food labels is a huge wake-up call. Compare a recipe for homemade mayo, which has six easily recognizable ingredients, with store-bought fat-free mayo, which has twenty-six ingredients. The next time you're cooking up something for your family, ask them how they like their Blue 1 or cellulose gel. These ingredients are not food, and you need to remove them from your kitchen and your life. Clear out your pantry and donate the unopened food boxes and canned goods that you will no longer be eating.

2. Move away from grains slowly

When I heard about the carb flu, a two- to three-week period of brain fog and fatigue that comes with an abrupt transition to a low-carb diet, I didn't want anything to do with it. I started my journey by eating only soaked and properly fermented grains. After two months of that, I limited my grains to just a piece of soaked bread with lunch. Within four months, I was completely off grains and legumes. Success, and without the carb flu!

3. Stick to the basics

Some of the ingredients for Paleo-friendly meals can be pricey. Focus your spending on the basics: high-quality fats and meats, local and/or organic produce, and nuts and seeds. Limit homemade treats and breads, as those ingredients can pinch your budget. Almond flour and coconut flour are much more expensive than wheat flour, so the costs of baking really add up.

4. Buy what you can afford

If you have a tight budget, you can still eat amazing foods on this diet. Here are several ways to save money:

- If you can't afford pastured meats, try eating less meat, or simply buy the leanest cuts of meat you can and supplement them with a high-quality fat like coconut oil.
- Eat more pastured eggs. Packed with protein, eggs give you the best nutritional bang for your buck.
- Join or create a food buying club, or shop at a food co-op where you can buy in bulk. Food co-ops charge a minimal markup, and often you get discounts if you volunteer your time, which can help cut your food costs.
- Eat in-season produce.
- Eat more fat. Fat is filling as heck, so you will eat less.
- Stock up on seasonal produce at farmers markets and freeze it to eat during the winter.

- Grow your own food.
- Shop at discount grocery stores and stock up during sales.
- Shop online at [Amazon](#), which has great Subscribe & Save deals on a lot of [Paleo-friendly products](#).
- Prepare basic foods from scratch—bone broth, nut butters, coconut milk, ghee, lard, and so on.
- Buy meat in bulk. Buying half a cow or pig is a big investment up front, but it's the most cost-effective way to get pastured meat in your diet.
- Search Craigslist for small farmers in your area and buy directly from them.
- Check the bulletin board at your local feed store for farmers selling pastured meat. I found a farmer who sells single cuts of grass-fed beef for \$6 a pound.

5. Forgive yourself for cheating

Sometimes you may cheat on your diet. Don't be too hard on yourself. It's a journey. Pick yourself up and start again. More than likely, though, you will have some sort of physical reaction to the forbidden food. The first time I had a "normal" cupcake after going Paleo, I had a terrible panic attack followed by night terrors. I haven't had the inclination to eat "normal" sweets since, especially now that I know how easy it is to whip up a grain-free version that will satisfy my sweet tooth.

Okay, Ready? Let's Begin!

Now that you're ready to dive into the Paleo lifestyle let's get started with your first 10 days of full-on Paleo living.

First things first... SHOPPING!

WEEK 1: SHOPPING LIST

Fruit & Veggies:

- Brussels Sprouts: 16 oz
- Carrots: 2 small, 4 large
- Cauliflower: 1 small head
- Garlic: 14 cloves
- Ginger: 1 inch piece
- Green Onions: 3
- Kale: 3 bunches
- Lettuce: 1 head
- Red Bell Pepper: 1
- Red Cabbage: 1 head
- Roma Tomatoes: 2 large
- Romaine Lettuce: 12 oz
- Shallot: 1
- Spaghetti Squash: 1
- Spinach: 48 oz
- Sweet Potatoes: 5 medium
- Tomato: 8 large
- Yellow Onion: 4 med & 2 small
- Apples: 2
- Avocado: 3
- Banana: 8
- Grapefruit: 1
- Lemon: 5
- Lime: 2
- Mango: 1
- Orange: 1

Fresh Herbs:

- Basil: 1 bunch
- Cilantro: 1 bunch
- Dill: 1 container/bunch
- Parsley: 1 bunch

Frozen:

- Banana: 1
- Green Peas: 1 bag
- Pineapple Slices: 2 oz

Meat & Eggs:

- Andouille Sausage: 2 links
- Bacon: 8 slices
- Chicken Breast: 2 1/2 lbs
- Chicken Thighs (Boneless & Skinless): 1 1/2 lbs
- Eggs: 3 dozen
- Ground Beef: 2 lbs
- Ground Pork: 1 lb
- Pork Tenderloin: 1 1/2 lbs
- Salmon: 2 fillets
- Shrimp: 8 oz peeled and deveined

Nuts & Seeds:

- Almonds: 8 oz
- Cashews: 3 oz
- Pecans: 1 oz
- Pumpkin Seeds: 1 oz
- Sesame Seeds: 1 oz
- Sunflower Seeds: 1 oz
- Walnuts: 4 oz

Oil & Vinegar:

- Apple Cider Vinegar
- Coconut Aminos
- Coconut Oil Extra Virgin
- Olive Oil
- Sesame Oil

Other:

- Almond Butter
- Coconut Flakes
- Coconut Milk
- Dried Apricots
- Dried Cranberries
- Fresh Orange Juice
- Fresh Salsa
- Ghee
- Maple Syrup
- Medjool Dates: 6-8
- Raw Honey
- Tomato Paste: 1 can
- Tomato Sauce: 15 oz
- Vegetable Broth: 12 oz

Spices & Baking

- Baking Powder
- Baking Soda
- Basil
- Black Pepper
- Chili Powder
- Cinnamon
- Coconut Flour
- Cumin
- Garlic Powder
- Ground Mustard
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Red Pepper Flakes
- Salt
- Smoked Paprika
- Tarragon
- Vanilla Extract
- Yellow Curry Powder

DAY #1

Breakfast - Brussels Sprout Egg Nests

These egg “nests” are a playful way to add some variety into your morning routine. This recipe is a great way to use up any leftover Brussels sprouts, which are sautéed and then topped with egg for a savory breakfast. Sprinkle with red pepper flakes for a little added kick.



Ingredients

- 2 cups Brussels sprouts, chopped
- 1/2 tsp salt
- 1/2 tsp garlic powder
- 1/4 tsp freshly ground black pepper
- 1/4 tsp red pepper flakes
- 1 tbsp extra virgin olive oil
- 2 eggs

Directions

1. Toss the Brussels sprouts with all of the seasonings except the red pepper flakes in a large bowl.
2. Heat the olive oil in a large skillet over medium heat. Add the sprout mixture and stir. Cover with a lid and cook for 4-5 minutes, stirring occasionally.
3. Create 2 small holes in the Brussels sprouts and crack an egg into each. Cover the pan with the lid again and cook until eggs are set, 4-5 minutes. Carefully transfer to a plate, top with red pepper flakes, and serve warm.

Lunch - Grapefruit Avocado Salad

This refreshing and citrusy salad is great for fans of slightly bitter grapefruit. Avocado and orange also add bulk to the salad to make it a bright, satisfying meal.

For the best results, use the ripest fruits that you can find.



Ingredients

- 1 grapefruit
- 4 cups fresh spinach
- 2 tbsp extra virgin olive oil
- 1 shallot, finely diced
- 2 tsp honey
- 1 tbsp tarragon
- Salt and freshly ground pepper, to taste
- 1 avocado, diced
- 1 orange, peeled and cut into segments

Directions

1. Cut the grapefruit in half and remove the segments over a bowl, reserving 2 tablespoons of the grapefruit juice. Mix the grapefruit juice with the olive oil and a pinch of salt and pepper. Whisk in the shallot, honey, and tarragon. Add the spinach to the bowl and toss.
2. To serve, arrange the spinach on two plates. Top each plate with the segmented grapefruit and orange, and then the diced avocado. Serve immediately.

Dinner - Slow Cooker Bacon BBQ Chicken

Making chicken in the slow cooker is an easy way to impart a lot of flavor into an otherwise simple dish. In this recipe chicken thighs are wrapped with bacon and then smothered with homemade bbq sauce to create an extremely delicious dish. The recipe provides guidelines for making your own bbq sauce, or you could use what you have on hand.



Ingredients

- 15 oz. tomato sauce
- 1 cup water
- 1/2 cup apple cider vinegar
- 1/3 cup honey
- 1 tbsp lemon juice
- 2 tsp onion powder
- 1 1/2 tsp ground black pepper
- 1 1/2 tsp ground mustard
- 1 tsp paprika
- 1/2 tsp salt
- 1 yellow onion, diced
- 2 apples, diced
- 8 slices bacon
- 1 1/2 lbs. chicken thighs

Directions

1. In a medium bowl, whisk together the tomato sauce, water, vinegar, honey, lemon juice, onion powder, pepper, mustard, paprika, and salt. Stir well to combine.
2. Wrap the chicken with the bacon slices and place in the bottom of the slow cooker. Top with the diced onion and apples. Pour the barbecue sauce over everything. Cover and cook on low heat for 6 hours. Serve warm.

DAY #2

Breakfast - Banana Nut Muffins

One special treat while eating on the Paleo diet can be a batch of Paleo muffins or cookies for the week. I love the familiar, comforting taste of banana bread, and with this recipe, it is transformed into perfectly moist and delicious muffins. With one batch you have breakfast for the week, all set to go!



Ingredients

- 4 bananas, mashed with a fork (the more ripe, the better)
- 4 eggs
- 1/2 cup almond butter
- 2 tbsp coconut oil, melted
- 1 tsp vanilla
- 1/2 cup coconut flour
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt

Directions

1. Preheat oven to 350 degrees F. Line a muffin tin with cups. In a large bowl, add bananas, eggs, almond butter, coconut oil, and vanilla. Using a hand blender, blend to combine.
2. Add in the coconut flour, cinnamon, nutmeg, baking powder, baking soda, and salt. Blend into the wet mixture, scraping down the sides with a spatula. Distribute the batter evenly into the lined muffin tins, filling each about two-thirds of the way full.
3. Bake for 20-25 minutes, until a toothpick comes out clean. Serve warm or store in the refrigerator in a resealable bag.

Lunch - Ginger Fried Rice with Slaw

This recipe is similar to fried rice except that it is made with a broccoli slaw. Because of this, it is substantial enough to enjoy on its own for lunch, or it can work served as a side. The slaw is cooked first, and then riced cauliflower is added to the mix. You want the heat to be high enough that the rice can get slightly browned and crispy in the pan.



Ingredients

- 2 eggs
- Salt and pepper
- 1 tsp ghee
- 1 tbsp sesame oil
- 1-inch piece fresh ginger, minced
- 2 cloves garlic, minced
- 2 cups [*cauliflower rice](#)
- 1/4 cup coconut aminos
- 1 tbsp honey

Directions

1. Whisk the eggs in a small bowl and season with salt and pepper. Melt the ghee in a large skillet over medium heat. Add the eggs and cook until scrambled. Remove to a plate and set aside. Wipe out the skillet with a paper towel.
2. Add the sesame oil to the skillet over medium-high heat. Add the ginger, and garlic to the pan and stir. Sauté for 5-7 minutes, stirring regularly, until the slaw is slightly softened. Add the [*riced cauliflower](#) and sauté for 4-5 minutes until lightly browned and crispy.
3. Meanwhile, whisk together the coconut aminos and honey in a small bowl. Pour into the pan and stir to coat. Drizzle the pan with a little more sesame oil and add the scrambled eggs. Stir well to combine. Serve warm

Dinner - Ground Pork Tacos

A variety of spices are combined to make tasty tacos with a ground pork base. These are served in lettuce leaves but can also be enjoyed with Paleo tortillas. Top with your favorite taco condiments, such as salsa and avocado.



Ingredients

- 1 lb. ground pork
- 1 tbsp chili powder
- 2 tsp paprika
- 1/2 tsp onion powder
- 1/2 tsp cumin
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp freshly ground pepper
- 6 or more lettuce leaves, for serving
- 1/2 cup fresh salsa
- 1 avocado, pitted and cubed

Directions

1. Mix together all of the spices in a large bowl, and then add in the ground pork. Stir well. Brown the meat in a skillet over medium heat, breaking up any large pieces. Drain any fat from the pan.
2. To assemble the tacos, divide the meat among the lettuce wraps. Top with fresh salsa and avocado.

* Cauliflower Rice

This is a recipe that should be used as a base. Cauliflower rice is a starting point that can go in many different directions. Besides being a side dish to stir fry and other entrees, you can also turn cauliflower rice into dishes such as shrimp fried rice. Feel free to get creative with additional seasonings, such as added lime juice and cilantro, for example.



Ingredients

- 1 small head of cauliflower, chopped coarsely
- 1 small onion, chopped finely
- 2 tbsp coconut oil
- Salt and freshly ground pepper, to taste

Directions

1. Place the cauliflower into a food processor and pulse until reduced to the size of rice grains.
2. Heat the coconut oil in a nonstick skillet over medium heat. Add the onion and cook for 5-6 minutes until translucent. Stir in the cauliflower, season with salt and pepper, and cover. Cook for 7-10 minutes until the cauliflower has softened.

DAY #3

Breakfast - Tomato and Basil Egg Cups

Egg cups are a great solution for when you need to eat breakfast in a hurry or even for quick meals on-the-go. They store well in the refrigerator and are still delicious when reheated the next day. Top them with sliced avocado or even a bit of hot sauce to add extra flavor.



Ingredients

- 12 eggs
- 1 cup tomatoes, seeded and chopped
- 1/4 medium onion, finely diced
- 6-7 fresh basil leaves, chiffonade
- Salt and pepper, to taste

Directions

1. Preheat the oven to 350 degrees F. Spray a muffin tin with coconut oil spray. In a medium bowl, whisk the eggs together with the salt and pepper. Stir in the tomatoes, onion, and basil.
2. Spoon the egg mixture into the muffin cups, filling each one about halfway full. Bake for 25-30 minutes until the eggs are set. Remove from the oven and set on a cooling rack. Serve warm or store in the refrigerator

Lunch - Thai Salad with Curry Dressing

There is no cooking required for this healthy vegetarian Thai salad. Bright mango, crispy red pepper, and creamy avocado add a variety of textures and flavors to this delicious meal. Start by making the dressing, and then letting it thicken in the refrigerator while the remaining ingredients are prepared.



Ingredients

- 12 oz. Romaine lettuce, shredded
- 1 mango, peeled and diced
- 1/2 red pepper, diced
- 3 green onions, chopped
- 1 avocado, sliced thinly
- 1/3 cup cashews, roasted Fresh cilantro, for serving

For the dressing:

- 1/2 cup full-fat coconut milk
- 3 tbsp almond butter
- 2 tbsp lime juice
- 1 tbsp yellow curry powder
- 1/2 tsp salt

Directions

1. Add the ingredients for the dressing into a blender and process until smooth. Place in the refrigerator while the rest of the salad is prepared.
2. Combine the lettuce, mango, red pepper, and green onions in a large bowl and toss to combine. Divide between two plates and top with cashews and avocado. Drizzle with dressing and serve garnished with cilantro.

Dinner - Simple Paleo Burger with Onions

This recipe is for a simple and delicious beef burger that you can add any of your favorite toppings to. Use high quality ingredients to make this dish shine. Serve with some Paleo ketchup and mustard, or alongside tomato and spinach.



Ingredients

- 1 lb. ground beef
- Salt and pepper, to taste
- 1 tbsp lemon juice
- 1 small onion, sliced
- 1 tbsp extra virgin olive oil
- 2 cups fresh spinach
- 1 Roma tomato, sliced thin

Directions

1. Heat the olive oil in a large skillet over medium-low heat. Add the onion to the pan, sprinkling with salt and pepper. Cook for 20 minutes until golden brown, stirring regularly.
2. Meanwhile, preheat the grill to medium-high heat. Let the ground beef sit at room temperature for 30 minutes before cooking. Mix the beef, salt, pepper, and lemon juice together in a bowl and form into patties. Cook for 3-4 minutes per side until cooked to desired doneness. Serve with spinach and tomato.

DAY #4

Breakfast - Cranberry Apricot Granola

Nut-based granola makes a great pre-workout energy boost or mid-afternoon snack. Completely grain-free, this granola is still very dense – it is rich in healthy fats and nutrients from its various ingredients. Enjoy the sweet and salty flavors a handful at a time.



Ingredients

- 1 cup walnuts
- 1 cup almonds
- 1/2 cup coconut flakes
- 1/2 cup pumpkin seeds, shelled
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/2 cup sunflower seeds
- 1 cup dried apricots, chopped
- 1 cup dried cranberries
- 1 tsp salt

Directions

1. Preheat the oven to 300 degrees F. Line a baking sheet with parchment paper. Place the walnuts, almonds, coconut flakes and pumpkin seeds into a blender and pulse to break the mixture into smaller pieces.
2. In a large microwave-safe bowl, melt the coconut oil and maple syrup. Stir in the vanilla and cinnamon. Add the mixture from the blender, the sunflower seeds, and dried apricots and stir to coat.
3. Spread the mixture out evenly onto the baking sheet and cook for 20-25 minutes, stirring twice, until the mixture is lightly browned. Remove from the oven and stir in the dried cranberries and salt. Press the granola mixture together to form a flat, even surface. Cool for about 15 minutes, and then break into chunks. Store in an airtight container or resealable bag.

Lunch - Stir-Fried Chicken and Kale

This healthy, well-rounded meal is great for weeknight dinners. The recipe only requires one pot to cook all of the ingredients in. Feel free to add mushrooms, bell peppers, or carrots as desired. The delicious sweet and savory sauce balances out the usually bitter kale and adds plenty flavor to the stir-fried chicken.



Ingredients

- 1 lb. boneless skinless chicken breasts, cut into 1-inch pieces
- 1 bunch kale
- 1/2 medium onion, diced
- 1 tbsp coconut oil
- 1 tsp sesame seeds
- 3 cups cooked cauliflower rice, for serving

For the sauce:

- 3 tbsp coconut aminos
- 1 tbsp honey
- 1 tbsp sesame oil
- Juice of 1/2 lemon
- 2 cloves garlic, minced
- Pinch of freshly ground pepper
- Pinch of red pepper flakes

Directions

1. In a small bowl, mix together the ingredients for the sauce. Place half of the marinade into a shallow dish with all of the chicken.
2. Prepare the kale by removing the center stems and either tearing or cutting up the leaves.
3. Melt the coconut oil in a large skillet over medium heat. Add the onion and sauté for 4-5 minutes. Add the chicken and cook for 3-4 minutes, until no longer pink. Stir in the kale and the remaining sauce. Cook for 4-5 minutes until the kale is wilted and the chicken is cooked through. Serve over cauliflower rice, topped with sesame seeds.

Dinner - Roasted Tomato Soup

My mom would make huge batches of tomato soup and sauce with the tomatoes from our garden. I am talking about 30-40 jars here. Now I live far away and don't even have a yard, so I decided to try making my own, albeit single batch serving, of tomato soup.



Ingredients

- 4 large ripe tomatoes
- 1/2 medium yellow onion
- 5 garlic cloves
- 1 tbsp olive oil
- 1 tbsp chopped parsley, plus more for garnish
- 1 1/2 cups vegetable broth
- 2 tbsp tomato paste
- Salt and pepper to taste

Directions

1. Preheat the oven to 350 degrees.
2. Cut the tomatoes and onion into wedges, then spread on a rimmed baking sheet. Drizzle with the olive oil, salt, pepper, and chopped parsley. Gently toss together with your hands. Tuck the garlic cloves into a tomato so that they don't burn. Roast for approximately 40 minutes until the tomatoes are reduced to about half their size. Remove and let cool.
3. Warm the vegetable stock in a large pot on medium heat, and stir in tomato paste. Add the ingredients from the roasting pan into the broth and simmer for 8-10 minutes. Use an immersion blender to puree the soup in the pot, or transfer to blender or food processor and blend until soup is smooth. Add any more salt and pepper to taste.

DAY #5

Breakfast - Andouille Breakfast Hash

This hash can be made in a large batch and then eaten throughout the week, or it can serve a breakfast crowd. The potatoes are first boiled and then roasted with the sausage to get crispy. Any kind of your favorite sausage could be substituted in the hash.



Ingredients

- 3 sweet potatoes, peeled and diced
- 1 tsp smoked paprika
- 1/2 tsp salt
- 3 tbsp extra virgin olive oil
- 2 Andouille sausages, sliced
- Fried eggs, optional

Directions

1. Place the diced potatoes in a pot of cold water and bring to a boil. Cook over medium-high heat, stirring occasionally, for 15-20 minutes, until the potatoes are very soft.
2. Preheat the oven to 400 degrees F. Drain the potatoes once they are done cooking and toss with paprika, salt, and olive oil. Spread out the potatoes on a rimmed baking sheet and bake for 10 minutes.
3. Remove the potatoes from the oven and stir. Add the Andouille pieces to the potatoes and bake an additional 20-25 minutes, until the potatoes are crispy. Serve warm. Top with fried eggs, if desired.

Lunch - Baked Salmon with Dill

This tender and flaky baked salmon is a light and refreshing entrée choice. Serve with a lemon wedge for added zest, along with zucchini noodles or vegetables to have a meal bursting with flavor. Line the baking sheet with foil or parchment paper for easier cleanup.



Ingredients

- 2 6 oz. salmon fillets
- 1 tbsp ghee, melted
- 1 tsp fresh dill, chopped
- Salt and freshly ground black pepper, to taste
- Lemon wedges, for serving

Directions

1. Place the salmon on a rimmed baking sheet and generously season with salt and pepper. Brush the salmon with ghee and sprinkle with fresh dill.
2. Place the baking sheet in a cold oven, and then turn the heat to 400 degrees F. Bake for 20-25 minutes, or until desired doneness. Serve with lemon wedges.

Dinner - Sloppy Joes

No need to worry about how to enjoy Sloppy Joes without a bun. The saucy meat goes well served on top of baked sweet potatoes. The fun but messy meat mixture is made on the stove while the potatoes are baking in the oven. Ketchup or tomato sauce can be used for the saucy base, to which a little bit of honey is added for sweetness.



Ingredients

- 2 sweet potatoes
- 1 tbsp extra virgin olive oil
- 1 medium onion, finely chopped
- 2 small carrots, finely chopped
- 1 lb. ground beef
- 1-2 cups Paleo ketchup
- 2 tbsp Palo spicy mustard
- 1 tbsp honey
- 1 tbsp apple cider vinegar
- 1/4 cup water Salt and pepper, to taste

Directions

1. Preheat the oven to 375 degrees F. Poke the sweet potatoes with a fork and place on a baking sheet. Bake for 50 minutes or until soft. Remove from the oven and let cool. Cut in half.
2. Meanwhile, heat the olive oil in a large skillet over medium heat. Add the onions with a pinch of salt and sauté for 4-5 minutes, until soft. Stir in the carrots and cook for another 2 minutes. Add the ground beef and cook until browned, stirring regularly.
3. Add the ketchup, mustard, honey, vinegar, and water to the pan. Bring to a low simmer, then cover and cook for 12-15 minutes until the liquid is mostly absorbed. Adjust salt and pepper to taste, and add more ketchup or mustard as necessary. Spoon over the sweet potato halves to serve.

DAY #6

Breakfast - Simple Banana Bread

Warm banana bread smothered in ghee or drizzled with honey makes a perfect breakfast or snack for any time of day. This recipe is slightly adapted from the same ingredients of my banana nut muffins recipe, except that I used ghee in the place of coconut oil and added more cinnamon. The end result is an easy and delicious preparation of a classic recipe.



Ingredients

- 4 bananas, mashed with a fork
- 4 eggs
- 1/2 cup almond butter
- 4 tbsp ghee
- 1 tsp vanilla
- 1/2 cup coconut flour
- 1 tbsp cinnamon
- 1 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt

Directions

1. Preheat oven to 350 degrees F. Line a loaf pan with parchment paper. In a large bowl, add the bananas, eggs, almond butter, ghee, and vanilla. Use a hand blender to combine well.
2. Add in the coconut flour, cinnamon, baking powder, baking soda, and salt. Blend into the wet mixture, scraping down the sides with a spatula. Pour the batter into the loaf pan, and place in the oven. Bake for 50-60 minutes, until a toothpick inserted into the center comes out clean. Place the bread on a cooling rack and allow to slightly cool before slicing.

Lunch - Kale Slaw

Kale is tossed with carrots, cabbage and almonds for a light and fresh side dish. This would also be wonderful served alongside some pulled pork or sausages, in tacos, or in a wrap. No cooking is required for this easy and healthy recipe.



Ingredients

- 2 heads kale, washed and dried
- 4 large carrots, julienned
- 2 cups red cabbage, sliced
- 1/2 cup almonds, sliced
- 1/4 cup fresh parsley, chopped
- 3 tbsp extra virgin olive oil
- 2 tbsp Paleo mustard
- 2 tsp apple cider vinegar
- Salt and pepper, to taste

Directions

1. Remove the center stems of the kale and cut into thin strips. Place in a large bowl with the carrots, cabbage, and almonds.
2. In a separate bowl, whisk together the mustard, apple cider vinegar, and olive oil. Pour over kale mixture and toss well. Season to taste with salt and pepper. Top with parsley and refrigerate for 15-20 minutes before serving.

Dinner - Pork Tenderloin with Sweet Date Relish

Pork tenderloin works well for weeknight dinners since it is easy to cook and not very time consuming. The tenderloin is simply seared on the stove and then transferred to the oven to finish cooking, ready in about half an hour. Sweet dates and tangy orange juice are tossed together to provide a bright relish for the pork.



Ingredients

- 2 tbsp extra virgin olive oil
- 1 pork tenderloin (1 1/2 lbs.)
- Salt and pepper
- 6-8 Medjool dates, diced
- 2 tbsp fresh cilantro, chopped
- 2 tbsp fresh orange juice
- 1 tbsp pecans, finely chopped

Directions

1. Preheat the oven to 425 degrees F. Heat one tablespoon of olive oil in a large ovenproof skillet over medium heat. Season the pork generously with salt and pepper and sear. Cook for 6-8 minutes, turning to brown all on sides.
2. Transfer the skillet to the oven and cook for 15-20 minutes, until a meat thermometer registers 150 degrees in the thickest section of the meat. Transfer the pork to a cutting board and let rest for 5 minutes before slicing.
3. Use the pan drippings from the skillet and stir together with the remaining tablespoon of olive oil, dates, cilantro, and orange juice in a bowl. Season to taste with salt and pepper. Spoon over the sliced pork to serve.

DAY #7

Breakfast - Egg Baked in Tomato

Baked tomatoes and eggs make a stunningly simple but delicious breakfast. The tops of the tomatoes are removed and the seeds scooped out before eggs are cracked into the middle. The tomatoes can be placed either in a ramekin for individual servings or all together in a greased baking dish.



Ingredients

- 4 large tomatoes
- 4 eggs
- Salt and freshly ground black pepper, to taste
- 1 tbsp fresh parsley, chopped

Directions

1. Preheat the oven to 425 degrees F. Slice off the top third of each tomato and set aside. Scoop the seeds out of each tomato to make room for the egg.
2. Grease four ramekins with coconut oil spray. Place one tomato into each, or in a baking dish depending on the size of the tomatoes. Crack an egg into each tomato and sprinkle with salt and pepper. Bake 12-15 minutes for soft yolks, or until desired doneness. Remove and top with fresh parsley. Serve warm.

Lunch - Easy Cilantro Lime Chicken

For a quick weeknight dinner, make this delicious cilantro lime chicken. Prepare an easy marinade for the chicken in the morning, place it in the refrigerator and leave it for the day. At dinnertime, the flavorful, tender chicken breast is quickly seared and ready in about ten minutes. Serve with cauliflower rice and a side of veggies for a complete meal.



Ingredients

- 1 1/2 lbs. boneless, skinless chicken breasts
- 1 tbsp coconut oil
- Fresh cilantro, for garnish

For the marinade:

- 3 cloves garlic, chopped
- 1/4 cup cilantro, chopped
- 1/4 cup coconut aminos
- Zest of 1 lime
- Juice of 1 lime
- 2 tbsp sesame oil

Directions

1. In a small bowl, mix together the garlic, cilantro, coconut aminos, lime juice and zest, and sesame oil. Place the marinade and chicken into a large Ziploc bag and toss to coat. Marinate in the refrigerator for 2-8 hours.
2. Melt the coconut oil in a large skillet over medium-high heat. Sear the chicken breasts for about 5-6 minutes per side, or until browned and cooked through. Serve warm, sprinkled with additional cilantro and slices of lime for garnish.

Dinner - Spaghetti Squash and Shrimp Scampi

The shrimp scampi recipe can be prepared quickly to make a delicious weeknight meal, and therefore is one of my most-used recipes with spaghetti squash.



Ingredients

- 1 spaghetti squash
 - Extra virgin olive oil, for drizzling
 - Salt and pepper
 - 1 tsp dried oregano
 - 1 tsp dried basil
- For the shrimp scampi:**
- 8 oz. shrimp, peeled and deveined
 - 3 tbsp ghee
 - 1 tbsp extra virgin olive oil
 - 2 cloves garlic, minced
 - Pinch of red pepper flakes
 - Salt and pepper, to taste
 - 1 tbsp fresh parsley, chopped
 - Juice of 1 lemon
 - Zest of half a lemon

Directions

1. Preheat the oven to 400 degrees F. Place squash in the microwave for 3-4 minutes to soften. Using a sharp knife, cut the squash in half lengthwise. Scoop out the seeds and discard. Place the halves, with the cut side up, on a rimmed baking sheet. Drizzle with olive oil and sprinkle with seasonings. Roast in the oven for 45-50 minutes, until you can poke the squash easily with a fork. Let it cool until you can handle it safely. Then scrape the insides with a fork to shred the squash into strands.
2. After removing spaghetti squash from the oven, melt the ghee and olive oil in a skillet over medium heat. Add in the garlic and sauté for 2-3 minutes. Then add in the shrimp, salt, pepper, and a pinch of red pepper flakes. Cook for 5 minutes, until the shrimp is cooked through. Remove from heat and add in desired amount of cooked spaghetti squash. Toss with lemon juice and zest. Top with parsley to serve.

WEEK 2: SHOPPING LIST

Fruit & Veggies:

- Asparagus: 1 bunch
- Broccoli: 1 medium
- Butter
- Lettuce: 8 oz
- Carrots: 1 large
- Cauliflower: 1 head
- Celery: 2 stalks
- Cherry Tomatoes: 2 cups
- Cucumber: 1
- Garlic: 22 cloves
- Ginger: 2 small knobs
- Green Onions: 6
- Kale: 2 bunches
- Lemon Grass: 2 stalks
- Mushrooms: 8 oz
- Red Bell Pepper: 4
- Red Onion: 1 large
- Spinach: 56 oz
- Tomato: 1 large
- White Onion: 2 large
- Yellow Bell Pepper: 2
- Yellow Onion: 2 large
- Zucchini: 2 medium
- Avocado: 1
- Banana: 2 frozen
- Blueberries: 2 boxes
- Lemon: 3
- Lime: 5
- Mango: 1
- Orange: 1
- Watermelon: 1 (6 cups)

Nuts & Seeds:

- Sunflower Seeds: 2 oz

Meat & Eggs:

- Beef (sirloin): 1 lb cubed
- Beef Roast: 4 lbs
- Chicken Breast: 2 lbs
- Cod Fillets: 1 lb
- Eggs: 3 dozen
- Ground Beef: 2 lbs
- Ground Turkey: 2 lbs
- NY Strip: 1 lb
- Pork (minced): 1/2 lb
- Prosciutto: 4 slices
- Salmon Fillets: 2 lbs
- Tilapia: 1 fillet

Oil & Vinegar:

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Oil
- Extra Virgin Olive Oil
- Grape-seed Oil

Fresh Herbs:

- Basil: 1 package
- Cilantro: 1 bunch
- Dill: 2 tbsp
- Parsley: 1 bunch

Frozen:

- Banana: 1
- Green Peas: 1 bag
- Pineapple Slices: 2 oz

Other:

- Almond Butter
- Almond Milk
- Beef Broth: 8 oz
- Capers: 2 oz
- Chicken Stock: 6 oz
- Coconut Aminos
- Coconut Flakes (garnish)
- Coconut Milk: 16 oz
- Dried Cranberries: 2 oz
- Fish Sauce
- Flaxseed (ground)
- Green Olives: 5 oz
- Kalamata Olives: 5 oz
- Raw Honey
- Red Wine
- Tomato Paste: 8 oz
- Applesauce: 8 oz

Spices & Baking

- Allspice
- Almond Flour
- Baking Powder
- Baking Soda
- Bay Leaves
- Black Pepper
- Cayenne Pepper
- Chili Powder
- Cinnamon
- Coconut Flour
- Coriander
- Ground Ginger
- Nutmeg
- Oregano
- Red Pepper Flakes
- Salt
- Thyme
- Vanilla Extract

DAY #8

Breakfast - Blueberry Blast Smoothie

Start your day with a health-boosting smoothie full of antioxidants and vitamins. Add acai juice or chia seeds for even more nutrients. Frozen or fresh fruit can be used for making the drink; frozen fruit will make the smoothie refreshingly cold.



Ingredients

- 1 frozen banana
- 1 cup blueberries
- 2 tbsp almond butter
- 1-2 cups almond milk

Directions

1. In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more almond milk if necessary to reach desired consistency. Serve immediately.

Lunch - Thai Pork Patties

Green onions and lemongrass lend a Thai flavor to these easy pork patties. Great as an appetizer or for a small meal, this recipe can easily be doubled. Serve with a spicy chili mayonnaise dipping sauce.



Ingredients

- 1/2 lb. minced pork
- 2 cloves garlic, crushed
- 2 green onions, finely chopped
- 2 stalks lemongrass, finely chopped
- 1 tbsp coriander
- 1 tbsp fish sauce
- 1 tbsp honey

Directions

1. Heat the grill to medium heat. Mix all of the ingredients together in a large bowl and stir well. Using your hand, form 6-8 small patties. Grill for 4-5 minutes on each side. Serve hot.

Dinner - Jerk Chicken with Mango

A spicy, citrusy marinade is the first step to preparing this extremely tasty jerk chicken recipe. The longer that the chicken is marinated, the more flavorful it will turn out. Serve with a simple sweet mango salsa and cauliflower rice to balance the delicious spiciness of the chicken.



Ingredients

- 1 lb. boneless skinless chicken breasts
- 1 mango, pitted, and diced
- 1/2 red bell pepper, diced
- 2 tbsp cilantro, chopped
- 2 tsp lime juice

For the marinade:

- Juice of 1/2 orange
- Juice of 1 lime
- 1/4 cup extra virgin olive oil
- 2 tbsp coconut aminos
- 1 tbsp apple cider vinegar
- 1 tbsp honey
- 2 tsp dried thyme
- 2 tsp allspice
- 1 tsp freshly ground pepper

- 1 tsp ground ginger
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg

Directions

1. Heat the grill to medium heat. Mix all of the ingredients together in a large bowl and stir well. Using your hand, form 6-8 small patties. Grill for 4-5 minutes on each side. Serve hot.

DAY #9

Breakfast - Asparagus with Eggs and Hollandaise

This dish has several steps but is well worth the extra effort. Crispy prosciutto and poached eggs rest on a bed of fresh asparagus, all topped with a rich hollandaise sauce. The flavors combine to form a delicious and savory breakfast.



Ingredients

- 1 bunch fresh asparagus, ends trimmed
- 4 pieces prosciutto
- 1 tbsp apple cider vinegar
- 4 eggs
- Salt and pepper, to taste

Hollandaise sauce:

- 3 egg yolks
- 3 tbsp extra virgin olive oil
- 2 tbsp hot water
- 1 tbsp lemon juice
- Pinch of salt
- Pinch of cayenne

Directions

1. Bring a large pot of salted water to a boil. Add in asparagus and cook 4-5 minutes until tender. Remove from the water and place into an ice bath to stop the cooking process. Drain and set aside.
2. Meanwhile, cook the prosciutto in a small skillet until crispy. Set aside.
3. For the hollandaise sauce, whisk the egg yolks in a medium metal bowl. Add in the olive oil, water, lemon juice, salt and cayenne and continue whisking. Place the bowl over a pot of boiling water so that the bottom of the bowl is steamed. Whisk constantly until the sauce thickens, about 1-2 minutes.
4. To poach the eggs, fill a large skillet with water. Heat to barely a simmer and add vinegar to water. One at a time, crack the eggs into a small bowl and use the bowl to slowly slide the eggs into the water. Cook for 4 minutes or until the egg whites are set and yolks are still soft. Using a slotted spoon, transfer the eggs to a paper towel-lined plate.
5. To serve, divide the asparagus between plates. Place the prosciutto over the asparagus. Top with poached eggs and hollandaise. Sprinkle with salt and pepper. Serve immediately.

Lunch - Warm Balsamic Kale Salad

This warm balsamic kale salad is the perfect side salad for those busy nights when you don't want to spend a lot of time in the kitchen. It packs all of the nutrients of kale into an easy, tasty recipe that is ready to eat in 10 minutes. Use high quality aged balsamic vinegar for the best results.



Ingredients

- 1 tbsp extra virgin olive oil
- 1/2 large onion, diced
- 2 small bunches kale, de-stemmed and shredded
- 1/4 cup unsweetened dried cranberries
- 2 tbsp water
- 1/4 tsp salt
- 1 tbsp sunflower seeds
- 1-2 tbsp aged balsamic vinegar

Directions

1. Heat the olive oil in a pan over medium heat. Add the onion and sauté for 3-4 minutes, until beginning to soften. Add the kale, cranberries, water, and salt. Cover and cook for 5-6 minutes until the kale is wilted and the water has evaporated, stirring often. Add in the sunflower seeds. Drizzle with balsamic vinegar and toss to coat. Serve warm.

Dinner - Garlic Steak and Veggie Kabobs

This is a delicious recipe for the grill. Marinating the meat for at least half an hour before grilling adds a great deal of flavor to the steak and is highly recommended.

Many additional kinds of vegetables can be cooked with the kabobs, including mushrooms, tomatoes, or zucchini, to name a few.



Ingredients

- 1 lb. beef, cubed
- Salt and pepper
- 1/2 cup extra virgin olive oil
- 5 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1/2 large white onion, chopped
- 1 red bell pepper, chopped
- 1 yellow pepper, chopped

Directions

1. If using wooden skewers, soak in water for 30 minutes. Stir the olive oil, garlic, oregano, and thyme together in a shallow bowl. Sprinkle beef with salt and pepper and place into the marinade. Let marinate 30-60 minutes.
2. Preheat the grill to medium-high heat. Place the marinated steak, onion, and peppers alternately onto the skewers. Drizzle with any remaining marinade. Grill kabobs for approximately 4-5 minutes on each side, or until desired doneness.

DAY #10

Breakfast - Blueberry Muffins

Pockets of blueberries provide juicy bursts of flavor in these fluffy muffins. The muffins are packed with the nutrient-rich berries, which are good for your brain and your immune system. Whether you enjoy them for breakfast or for snacking, these muffins will disappear fast.



Ingredients

- 1 cup almond flour
- 2 tbsp coconut flour
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/4 cup coconut oil, melted
- 3 tbsp honey
- 3 eggs
- 1 tsp vanilla extract
- 1 cup fresh blueberries

Directions

1. Preheat the oven to 350 degrees F. Line a muffin tin with cups. Combine the almond flour, coconut flour, baking soda, and salt in a bowl and stir to combine. In a separate bowl, mix together the coconut oil, honey, eggs, and vanilla with a hand blender. Add the dry ingredients into the wet and blend to combine. Fold in the blueberries.
2. Evenly divide the batter between 9 muffin cups. Bake for 12-15 minutes, or until a toothpick inserted into the center comes out clean. Let cool on a wire rack for 10 minutes before serving.

Lunch - Turkey Pesto Meatballs

Meatballs aren't usually considered an easy, go-to meal, but these turkey pesto meatballs are an exception. Since they are baked in the oven, you don't need to worry about cooking them on the stove or simmering them in sauce for a long period of time. These meatballs are a hearty comfort food that makes an easy weeknight dinner.



Ingredients

- 2 lbs. ground turkey
- 1/2 cup almond flour
- 1/2 cup pesto
- 2 egg whites
- 1/2 tsp salt
- 1/4 tsp freshly ground pepper

Directions

1. Preheat the oven to 375 degrees F. Line a baking sheet with aluminum foil and then place a wire cooling rack on top of the baking sheet. Coat the wire rack well with coconut oil spray.
2. In a large bowl, mix together all of the ingredients. Roll the mixture into small balls using your hands and place on the wire rack. Bake for 20-25 minutes until cooked through.

Dinner - Cod Piccata

If I had a special segment on Paleo Grubs called Cooking for One, this recipe would be near the top of my list. Easy to make and quick to prepare, I often use this recipe when cooking for myself on a weeknight after work.



Ingredients

- 1 lb. cod fillets
- 1/3 cup almond flour
- 1/2 tsp salt
- 2-3 tbsp extra virgin olive oil
- 2 tbsp grapeseed oil, divided
- 3/4 cup chicken stock
- 3 tbsp lemon juice
- 1/4 cup capers, drained
- 2 tbsp fresh parsley, chopped

Directions

1. Stir the almond flour and salt together in a shallow bowl. Rinse off the fish and pat dry with a paper towel. Dredge the fish in the almond flour mixture to coat.
2. Heat enough olive oil to coat the bottom of a large skillet over medium-high heat along with one tablespoon grapeseed oil. Working in batches, add the cod and cook for 2-3 minutes per side to brown. Remove to a plate and set aside.
3. Add the chicken stock, lemon juice, and capers to the same skillet and scrape any browned bits off the bottom. Simmer to reduce the sauce by almost half. Remove from heat and stir in the remaining tablespoon of grapeseed oil.
4. To serve, divide the cod onto plates, drizzle with the sauce, and sprinkle with parsley.

WHAT'S NEXT?

Okay, you should be 10 days into an amazing new lifestyle by now. You will, by now, be feeling the effects of a cleaner, healthier and nutritious diet.

If you followed this 10 day jumpstart plan you'll probably be experiencing a few, or all of, the following benefits:

- More energy
- A clearer mind
- Weight loss
- Calm and happy
- Changes in skin tone
- Better digestion
- Alleviated symptoms illnesses

So where do we go from here?

Paleo Is NOT a Diet... It's a Lifestyle!

You'll notice that you have four more days worth of Paleo shopping left. There's a whole lot more to enjoy and many more delicious Paleo recipes to experience.

In order to really gain all the amazing benefits of a Paleo Lifestyle, (including safe healthy weight loss, improved energy, glowing skin and lots more) then you MUST make this awesome lifestyle a long term deal.

If you really want to thrive with Paleo then grab our [Paleo Lifestyle Cookbook](#), with over 400 delicious recipes inside. From breakfast, snacks and desserts, to full dinners and appetizers, there's something for every occasion!

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Mary Seibert - A Certified Health Nutritionist and mother of three who absolutely loves the Paleo lifestyle and wants to share this amazing diet with the world!



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