



## 7-Day Meal Planner

| Day of Week      | Meal   | Time Saver Tip   |
|------------------|--|--|
| <b>Sunday</b>    |  |  |
| <b>PREP DAY!</b> |  |  |
| Breakfast        | Refrigerator Omelet Clean-out                          | Make frittata, salad dressing, paleo mayo, cauliflower rice, and chop veggies for snacks. After dinner, shred and store leftover chicken in a container, tear off romaine leaves and assemble ingredients for tomorrow's lunch. Gather all ingredients for beef roast, cabbage, and potatoes for the slow cooker tomorrow. |
| Lunch            | Simple Shrimp Cobb Salad                               |  |
| Dinner           | Slow Cooker Chicken w/ Carrots                         |  |
| <b>Monday</b>    |  |  |
| Breakfast        | Sausage & Kale Frittata                                | After dinner, shred any leftover roast and use as the protein base for tomorrow's burrito bowl dinner. Make carrot ginger soup for tomorrow's lunch and refrigerate until ready to re-heat.  |
| Lunch            | Chicken Apple Salad Wraps                              |  |
| Dinner           | Slow Cooker Beef Roast w/ Cabbage & Potatoes           |  |
| <b>Tuesday</b>   |  |  |
| Breakfast        | Sausage & Kale Frittata                                | Assemble tomorrow's lunch salad with leftover chicken or roast and a variety of veggies. Assemble raw beef and ingredients in rolled balls to later make the meatballs, store in a container, and refrigerate until ready to cook tomorrow.  |
| Lunch            | Ginger Carrot Soup                                     |  |
| Dinner           | Beef Burrito Bowl                                      |  |
| <b>Wednesday</b> |  |  |
| Breakfast        | Paleo 'Granola'  | Make scrambled eggs for tomorrow's breakfast if you are short on time in the morning. Then refrigerate to reheat tomorrow. Marinate salmon in a large Ziploc bag with coconut aminos and cut cauliflower florets so they are ready for tomorrow's dinner. Store in the refrigerator.                                       |
| Lunch            | Salad w/ Leftover Chicken or Roast                     |  |
| Dinner           | Herbed Meatballs w/ Garlic Paprika Aioli & Side Salad  |  |
| <b>Thursday</b>  |  |  |
| Breakfast        | Sausage & Kale Frittata or Scrambled Eggs w/ Leftovers | Combine canned tuna & mayo and add any extras for tomorrow's lunch. Dice peppers, artichokes and olives then assemble spices - store until ready to cook tomorrow's dinner.  |
| Lunch            | Leftover Meatballs over Sweet Potato                   |  |
| Dinner           | Marinated Salmon & Caramelized Cauliflower Poppers     |  |
| <b>Friday</b>    |  |  |
| Breakfast        | Paleo 'Granola'  | Pre-make tomorrow's chicken sausage & roast Brussels sprouts for tomorrow's lunch. Assemble pork ingredients for tomorrow's dinner and let marinate overnight.   |
| Lunch            | Tuna Salad Lettuce Wraps                               |  |
| Dinner           | Greek Chicken Skillet                                  |  |
| <b>Saturday</b>  |  |  |
| Breakfast        | Balsamic Ground Turkey & Apple Hash                    | Cut peppers and onions for tomorrow's dinner. Store in the refrigerator.   |
| Lunch            | Chicken Sausages & Brussels Sprouts                    |  |
| Dinner           | Lemon Rosemary Pork Chops w/ Sautéed Kale              |  |

|  | Grocery List  | Notes   |
|--|---|---|
| Produce  | 1 large bunch of kale   |   |
|  | 4 lemons  |   |
|  | 2 heads of cauliflower  |   |
|  | 2 limes   |   |
|  | 1 large bag of spinach  |   |
|  | 2 avocados  |   |
|  | 3 lb bag of carrots   |   |
|  | celery  |   |
|  | 2 large yellow onions   |   |
|  | 1 bunch green onions  |   |
|  | 2 apples (add any additional for snacks)  |   |
|  | 1 head of romaine lettuce   |   |
|  | 6-8 medium russet potatoes  |   |
|  | 1 head of cabbage   |   |
|  | 1 large tomato  |   |
|  | bag of matchstick carrots   |   |
|  | 4 red bell peppers  |   |
| 1 cucumber   |   |   |
| 1/2 lb Brussels sprouts  |   |   |
| garlic   |   |   |
| ginger   |   |   |
| Fresh Herbs  | rosemary  |   |
|  | 1 large bunch of cilantro   |   |
| Spices   | salt & pepper   |   |
|  | mustard powder  |   |
|  | garlic powder   |   |
|  | bay leaves  |   |
|  | onion powder  |   |
|  | dried oregano   |   |
|  | dried thyme   |   |
|  | cumin   |   |
|  | chili powder  |   |
|  | herbes de provence  |   |
|  | dried parsley   |   |
|  | cardamom  |   |
|  | cinnamon  |   |
| Condiments   | white vinegar   |   |
|  | coconut aminos  | *found where traditional soy sauce is displayed. Whole Foods and some health food stores will carry.  |
|  | balsamic vinegar  |   |
|  | red wine vinegar  |   |
|  | coconut oil   |   |
|  | dijon mustard   |   |
| Beef   | 2 lbs ground beef   |   |
|  | 2-3 lb beef chuck roast   |   |
| Pork   | 4 large pork chops  |   |
| Fish   | salmon (4 filets)   |   |
|  | shrimp (1 lb frozen bag)  |   |
| Poultry  | 1 dozen eggs  |   |
|  | 1 whole chicken   |   |
|  | 4 chicken breasts   |   |
|  | 1 lb ground turkey  |   |
|  | 1 package Aidell's Chicken & Apple Sausages   | *can be found at Target, Costco and some grocery chains.  |
| Packaged Goods   | almond meal   |   |
|  | ground flaxseed   |   |
|  | unsweetened coconut flakes  |   |
|  | 1 bag sliced almonds  |   |
|  | arrowroot powder  |   |
|  | ghee (clarified butter)   | *ghee is clarified butter found at Trader Joe's, Whole Foods and some grocery chains. If unable to find, grass-fed butter is best substitute. |
| salsa  |   |   |
| optional: 1/4 c nutritional yeast (for cauliflower poppers)                                      | *this can be found at Whole Foods or many health food stores. It comes in flake form. |   |
| optional: chia seeds, pecans, almonds, cashews, pistachios, dates, dried fruit for paleo granola |   |   |
| Canned Goods   | 1 large can olives (black or green)   |   |
|  | 3 cups chicken stock (as a backup if needed)  |   |
|  | 1 small can tuna in water   |   |
|  | 1 can coconut milk  |   |
|  | 2 cans artichoke hearts   |   |
|  | optional: banana peppers, additional olives, pickles (for tuna salad lettuce wraps)   |   |
| 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/RxBars/Epic Bars   | *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 1 Prep Day**

### **Paleo "Mayo"** (*prep for Monday's lunch and use later in the week*)

- 1 egg, room temperature
- 2 tbsp lemon juice
- ¼ tsp salt
- 2 tsp white vinegar
- 1 c light olive oil (light is KEY)
- 2 tsp mustard powder
- ⅛ tsp garlic powder

Place the egg, salt, mustard and garlic powder in a blender (or in a glass jar if using an immersion blender). Turn blender on high and SLOWLY incorporate the olive oil. The oil will start to emulsify with the egg after a few minutes, making a thick cream. Once you reach desired consistency, add the lemon juice to combine, blending a few more seconds. Store in an airtight container or glass jar in the refrigerator for up to 2 weeks.

### **Salad Dressing** (*Prep for Sunday's lunch & use later in the week*)

- ¼ c light olive oil
- ¼ c red wine vinegar
- ½ tsp garlic powder
- salt & pepper to taste

Combine all the ingredients together and whisk well. Store in the refrigerator for up to 10 days.

### **Cilantro Cauliflower Rice** (*prep for Tuesday's dinner*)

- 1 head cauliflower
- 1 tbsp coconut oil
- ½ c diced cilantro leaves
- Juice of 1 lime
- Salt to taste

Cut cauliflower in to florets and pulse in food processor to make "rice" consistency. Preheat oven 425 degrees. Melt the coconut oil in microwave for 10-15 seconds. Pour oil over cauliflower "rice" and toss evenly to coat. Spread mix on baking sheet and drizzle with lemon juice and sprinkle with salt. Bake for 15-20 minutes or until edges are getting a little brown. Take out of oven and add chopped cilantro. Let cool and refrigerate.

### **Sausage & Kale Frittata**

- 6-7 eggs
- 1 tbsp olive oil
- 3 leaves kale, washed and cut in to small pieces
- 3 Aidells Chicken & Apple sausages, sliced
- salt and pepper to taste

Pour olive oil in a saucepan on medium high heat and add kale. Sauté until wilted and remove from heat. Crack eggs in a large bowl and whisk until combined. Add wilted kale, sliced sausages and salt/pepper. Pour mix in greased pie pan and bake at 350 for 30-40 minutes, or until center is set.



## SUNDAY


### **Breakfast: Refrigerator Omelet Clean Out**

Combine any vegetable produce and/or meat leftover from the previous week and make an omelet with 2-3 eggs. Omit the cheese. Add in basil or cilantro if desired.

### **Lunch: Simple Shrimp Cobb Salad**

- 1 c cocktail shrimp
- 2 c spinach
- 1/2 avocado, sliced
- 1/4 c (or less) homemade dressing

Thaw shrimp and rinse. Then, combine all ingredients in to a bowl and serve immediately. Add shredded or diced veggies if desired.



### **Dinner: Slow Cooker Whole Chicken with Carrots**

- 1 whole chicken, rinsed well
- 3 lb bag of whole carrots
- 1-2 stalks celery
- 1/2 yellow onion, sliced into thick chunks
- water to cover chicken (around 4-6 cups)
- 1 bay leaf
- 3 garlic cloves
- 2 tsp onion powder
- 1 tsp dried oregano
- 1/2 tsp dried thyme
- 1 tsp salt

Place carrots, onion, and celery in the bottom of the slow cooker. You may need to cut the carrots into halves. Fit as many as you can in the bottom. Aside from the carrots you will eat as a side for this meal, you will need to reserve 2 cups of the cooked carrots for a soup to make later in the week.

After the chicken is rinsed and giblets removed (if any), place on top of the vegetables (breast side down) and add water. You may need more than 4 cups – enough to cover the chicken until it's about half to three quarters up the bird. Add the bay leaf, garlic, onion powder, oregano, thyme, salt, and any other preferred herbs.

Cover and cook on low for 6-8 hours. Once fully cooked, shred the chicken meat off the bone and serve with the carrots. Save the leftover shredded chicken.

Next, set aside 2 cups of the cooked carrots for a soup to make later this week. Discard the celery and onion, straining the water that has not turned into a rich chicken stock. Taste the stock and add more salt as needed. Save 2 cups for the soup and freeze any leftover. The best way to do this is to pour the stock into glass mason jars, let cool, and then refrigerate. Once chilled, scrape the sediments from the top and store back in the refrigerator OR freeze any additional after 2 cups.



## MONDAY

### **Breakfast: Sausage & Kale Frittata**



### **Lunch: Build Your Own Leftover Chicken Salad**



## **Dinner: Slow Cooker Beef Roast with Cabbage & Mashed Potatoes**

- 2-3 lb beef chuck or rump roast
- ½ tsp salt
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp oregano
- 1 bay leaf
- 1/4 c water
- 6-8 medium russet potatoes cut into fourths
- 1 small head of cabbage, sliced 1/2" thick
- 1 tbsp arrowroot powder (or sub for cornstarch)
- 1 tbsp water

Combine spices to make a dry rub for the roast and coat roast, patting to make sure the spices stick. Line bottom of crockpot with potatoes, then the cabbage, and the roast sitting on top. Pour in 1/4 c water to the crockpot and add the bay leaf. Cover and let cook on low for 6-8 hours. Once meat is tender, remove from the crockpot and pick out the potatoes. Place a colander over a large bowl and pour the liquid/cabbage mixture in to the colander, reserving the liquid in the bowl. Set the cabbage aside. Mix 1 tablespoon arrowroot powder to 1 tablespoon water and mix well. Pour the mixture in the reserved liquid (it should still be hot) and whisk well until it thickens. If it is too thick, add more water. If it is too thin, add a dash more arrowroot powder. Serve gravy over the mashed potatoes and cabbage side.



## **TUESDAY**

### **Breakfast: Sausage & Kale Frittata**

### **Lunch: Carrot Ginger Soup w/ Cashews**

- 3 c chicken stock (from Sunday's meal)
- 2 c roasted carrots (from Sunday's meal)
- 10 sprigs cilantro leaves
- 1 tbsp olive oil
- ½ c yellow onion, chopped
- 2 tsp fresh minced ginger
- 1 tsp garlic, minced
- 1 tbsp lime juice

In a saucepan, heat oil over medium high and add onion. Sauté until tender, then add garlic and ginger. Cook for 3-5 minutes, being careful not to burn. Add in broth, cilantro leaves and lime juice, bring to a boil then let simmer 10 minutes.

Place roasted carrots in food processor or blender and add warm broth mix. Puree until creamy. Serve with roasted cashews on top.



### **Dinner: Beef Burrito Bowl**

- leftover shredded beef roast
- cumin & chili powder
- cilantro cauliflower rice

- diced tomatoes
- avocado
- sliced olives

**Optional step to re-invent the beef:** Heat a medium saucepan on low and add leftover beef. Sprinkle beef with cumin & chili powder to taste and heat throughout. Meanwhile, pour desired amount of cauliflower rice in a glass bowl or microwave safe container and microwave until warm. Add the shredded beef and top with tomatoes, avocado and olives. Add any additional ingredients (salsa, romaine lettuce, jalapeños, etc) if desired.

## WEDNESDAY

### **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: Chicken or Beef Salad**

- leftover shredded chicken or beef (or both)
- 4 c spinach or romaine
- ½ c matchstick/sliced carrots
- 1 red bell pepper, sliced
- any additional veggies as desired
- ½ avocado, sliced
- ½ cucumber, diced
- homemade dressing

Combine all ingredients and toss well.

### **Dinner: Herbed Meat Balls w/ Garlic Paprika Aioli Dip**

- 2 lbs ground beef
- 1 c chopped, sautéed yellow onion (best flavor option is a caramelized onion)
- 2 large eggs
- 2 tbsp chopped, fresh rosemary
- 1 tsp herbes de provence
- 3 cloves garlic, minced
- ¼ c almond meal
- 1 tsp salt
- 1 tsp ground pepper
- 1 ½ tbsp olive oil or coconut oil

In a saucepan, heat oil and sauté onion over medium heat until translucent. If time allows, cook on low until onions are caramelized (you may need to add more oil for this).

In a separate bowl, combine egg, onions, rosemary, garlic, herbs de provence, salt and pepper. Add beef and almond meal. With dampened hands, form in to roughly 15-20 balls. Add a little oil in a large skillet and heat on medium/high. Add meatballs and cook, turning gently until browned on all sides, roughly 18-20 minutes. Served with aioli on the side.

Garlic Paprika Aioli – combine ½ c paleo mayo with 1 tsp garlic powder, ½ tsp paprika and ¼ tsp nutmeg. Add more paprika for additional flavor if needed.

## **THURSDAY**

**Breakfast: Sausage & Kale Frittata or Scrambled Eggs with Leftovers**

**Lunch: Leftover Meatballs over a Cooked Sweet Potato**

**Dinner: Marinated Salmon and Caramelized Cauliflower Poppers**

- 4 salmon filets
- 1 ½ c coconut aminos
- 1 head cauliflower
- olive oil
- ¼ nutritional yeast
- salt

Pour coconut aminos in a large sealable bag and place all four salmon filets in the bag. Refrigerate overnight or all day.

Preheat oven to 425 degrees. Cut 1 head cauliflower in to bite sized florets. Place florets on a large baking sheet and coat with olive oil. Next, sprinkle nutritional yeast all over the florets and sprinkle on a little salt. Place in the oven and set the timer for 30 minute.

At the 15 minute mark, place salmon on a baking sheet and put into oven. Take the cauliflower out of the oven, flip the florets and put back in. Once the timer has gone off, take the salmon out and check the cauliflower - it should be soft and slightly caramelized. If it is still hard, place back in the oven to cook another 10 minutes.

## **FRIDAY**

**Breakfast: Paleo 'Granola'**

**Lunch: Tuna Salad Lettuce Wraps**

- 1 can tuna in water, drained
- 2 tbsp paleo mayo
- 4 romaine lettuce leaves
- \*optional toppings: sliced olives, banana peppers, pickles, etc.

Combine drained tuna and mayo. Place tuna mixture evenly in lettuce leaves and top with any additional ingredients.

**Dinner: Greek Chicken Skillet**

- 4 large chicken breasts
- 1 ½ cups sliced black olives
- 2 cans artichoke hearts, drained and quartered
- 1 lemon, juiced
- 3 red bell peppers, sliced
- 2 tablespoons coconut oil
- 3 tsp dried oregano

- 1 tsp dried thyme
- 1 ½ tsp garlic powder
- 1 tsp onion powder
- 3 tsp dried parsley
- 2 tsp onion powder
- ¾ tsp pepper
- \*optional: diced cucumber to garnish

Preheat oven to 350 degrees F.

Heat coconut oil in a medium oven-proof skillet over medium high heat. Place chicken breasts in the pan and sear on one side, roughly 3-4 minutes (depending on thickness). Flip breasts over and add sliced bell peppers. Cook additional 3-4 minutes.

Add the remaining ingredients and spices. Mix well and transfer skillet to oven. Bake 15-20 minutes or until chicken is thoroughly cooked, reaching an internal temperature of 165 degrees F.

Serve immediately.

## **SATURDAY**

### **Breakfast: Balsamic Ground Turkey & Apple Breakfast Hash**

- 1 lb ground turkey
- 6 tablespoons balsamic vinegar
- 1/2 teaspoon cardamon
- 1/2 teaspoon salt
- 4 chopped green onions
- 1 large apple, diced (about 1 1/2 cups)

Brown meat in a large skillet over medium/heat and drain any excess grease. Once cooked, turn the heat to low and add the balsamic, cardamon, salt, green onions, and diced apple. Let cook 5 min, until apple softens slightly and mixture is well combined. Serve on its own or add a fried egg to top.

### **Lunch: Chicken Sausages with Balsamic Roasted Brussels Sprouts**

- 1-2 leftover Chicken sausages, sliced
- ½ lb Brussels sprouts, sliced in half
- 1 ½ tablespoons balsamic vinegar
- dash of salt
- 2 tsp olive oil

Preheat oven to 400 degrees. Wash and pat dry the Brussels sprouts and cut in half. Assemble on a baking sheet. Combine the balsamic, salt, and olive oil the drizzle over the Brussels sprouts, coating evenly with your hands. Roast 15-20 minutes until slightly browned and crispy. Turn stovetop to medium/high heat and place chicken sausage(s) in a small skillet. Cook until heated through. Serve immediately or let cool and refrigerate.

### **Dinner: Lemon Rosemary Pork Chops w/ Sautéed Kale**

- 4 boneless pork chops
- 1 tbsp ghee or clarified butter
- 2 tbsp olive oil



- 1 tbsp fresh rosemary, chopped
- juice of 1 lemon
- 2 tbsp dijon mustard
- 1 ½ coconut oil

Marinate pork chops overnight in the olive oil, chopped rosemary, lemon juice, and mustard. Heat oil and ghee in pan over medium high. Once hot, place pork chops in pan, searing for 5-7 minutes, until lightly browned. Flip chops and seer other side for 5-7 minutes.

#### **Sautéed Kale**

- 1 bunch kale, torn in to small leaves (roughly 6 - 8 cups)
- 2 tablespoons ghee
- 1 tablespoon lemon juice
- 1-2 cloves garlic, minced

Heat ghee in saucepan over medium/high heat. Add kale and coat evenly, then add the lemon juice and garlic. Continue tossing until wilted, roughly 5 minutes.

Optional: Serve with side of mash sweet potato.

#### **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.**