

our paleo life's 4-Week Meal Plan & Grocery List

keto meal plan

28 days of complete meal plans, grocery lists, and over 60 recipes



by: kendra benson
of ourpaleolife.com

Thank you so much for your support and purchase of this ebook.
I hope that this easy-to-view, printable format will help you on your journey to health by making meal planning and preparation simple and fun.

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Table of contents

Introduction

- About This eBook pg **4**

Meal Plans, Grocery Lists, & Weekly Notes

- Week 1 pg **6**
- Week 2 pg **10**
- Week 3 pg **14**
- Week 4 pg **18**

Recipes

- Breakfast pg **22**
- Lunch pg **36**
- Main Dishes pg **46**
- Side Dishes pg **76**
- Condiments, Dips, & Dressings pg **88**

Resources

- Commonly Used Ingredients pg **104**
- Tools & Appliances pg **105**

Following a low-carb diet shouldn't be over-complicated and lacking in flavor.

Nutritional Ketosis requires a specific guideline in relation to the exact percentages of macronutrients (fat, protein, and carbohydrates) consumed. It can be overwhelming at times, whether you're new to a low-carb lifestyle or a seasoned pro, to have to track what you eat all the time, plans meals, and prepare everything you eat. Going out to eat on a whim isn't as easily accomplished on the keto diet.

Because I know all too well how overwhelming this can be, especially for families, I've created this meal plan to take away some of the burden. In addition to having 4 complete weeks of all your main meals (breakfast, lunch, and dinner) planned out for you, including grocery lists, the daily plans are organized in a way that keeps you close to 70-80% fats, 15-20% proteins, and approximately 5% carbs per day.

Macros are also included on every recipe, allowing you to calculate for yourself to make sure you're not going over your desired calorie count while staying within the personal keto macronutrient percentages.

The key to success with any change in dietary lifestyle or way-of-eating is planning and proper prep. In this ebook, I've provided prep tips that correlate with each week to help you make the most of your time in the kitchen so dinner time is more enjoyable and less of a chore.

I've also included a directory of Commonly Used Ingredients and Tools & Appliances at the end of this ebook to help you navigate what foods you should keep stocked in your pantry for a keto lifestyle and where to find them, as well as the tools and small appliances I use to help me make these recipes.

All recipes for this meal plan can be found within this ebook, and many can also be found on our website at <https://www.ourpaleolife.com>. This meal plan was created for a family of 4, though you could easily cut the recipes and grocery list in half to suit 2 adults.

I hope you find this plan easy to follow and that everyone in your family loves these meals as much as our family does.

How to read and use this meal plan:

When you are following a keto diet, it's more than just *what* you eat, it's how much of it you eat as well. This meal plan was created with the accurate percentage of ketogenic macros in mind, but you will still need to make sure you're staying within your daily caloric range.

Under each recipe, you will see the macros listed for that particular recipe. The macros are for one serving size, and the total recipe servings are listed above the macros. So if a recipe is for 4 servings, the macros listed are for ¼ of the entire recipe. This should prevent you from having to perfectly measure out 1 cup of this or 3 tablespoons of that. The whole purpose of this plan is to make keto easy (and delicious) for you.

Since everyone is different, every person's macronutrient and caloric needs differ. If you find that you need less calories than this meal plan provides, eat smaller portions. If you need more, eat larger portions, or add fat bombs or butter coffee/tea to your daily intake.

The [Commonly Used Ingredients](#) and [Tools & Appliances](#) pages at the end of this ebook are extremely helpful in finding some ingredients that are not as common outside of the keto diet so be sure you know where you can get these ingredients so you're prepared when it comes time to cook your meals.

Also, additional tools and small appliances aren't required but they do make life much easier (like the immersion blender, which I can no longer live without!) which is why I list them and explain why I feel they would be great additions to your kitchen.

Each week in this plan also has tips and notes on how to prepare meals in advance, make the most of your kitchen time, and prep in a way that will reduce how much time you're actually cooking. Read them, follow them. Life will be easier if you do.

And most importantly, do *NOT* stress about this. Follow the plan, eat delicious food, spend time with your friends and loved ones, get in a few extra workouts to get those endorphins pumping, and be your happiest, healthiest you!



meal plan : week 1

	BREAKFAST	LUNCH	DINNER
Day 1	Low-Carb Breakfast Sandwich	Bacon Egg Salad Lettuce Wraps	Roasted Chicken, Asparagus & Hollandaise Sauce
Day 2	Crustless Bacon Broccoli Quiche (2 slices) & Guacamole	Chicken Bone Broth with Chicken, Avocado Caprese Salad	Paleo Taco Salad w/ Ranch Dressing
Day 3	Egg Drop Soup & an Avocado	Leftover Taco Salad w/ Ranch Dressing	Easy Pan-Fried Chicken Tenders, Ranch Dip, Mixed Greens Salad, Cheddar Garlic Biscuits
Day 4	Crustless Bacon Broccoli Quiche (2 slices) & Guacamole	House Salad with Chicken & Ranch Dressing	Stuffed Peppers, Ranch Dressing
Day 5	Low-Carb Breakfast Sandwich	Leftover Stuffed Peppers w/ Ranch Dressing	Cheesy Chicken Broccoli Casserole
Day 6	Chicken Bone Broth with Chicken & an Avocado	Leftover Cheesy Chicken Broccoli Casserole	Cheeseburger Sloppy Joes, Cheddar Garlic Biscuits, Crispy Bacon Broccoli
Day 7	Chicken Bone Broth with Chicken, Leftover Broccoli, & an Avocado	Leftover Cheeseburger Sloppy Joes & Biscuits	Chicken-Veggie Bake w/ Ranch Dressing

grocery list : week 1

PRODUCE

7 Yellow Onions
1 Red Onion
3 bulbs Garlic
18 Avocados
2 Limes
1 Lemon
2 Jalapeño Peppers
5 Bell Peppers
6 Plum Tomatoes
20 Cherry Tomatoes
4 Cucumbers
1 bunch Asparagus
12-16 stems Fresh Thyme,
Rosemary, & Sage (mixed)
1/4 cup Fresh Basil Leaves
5 heads Romaine Lettuce
1 pkg Mixed Salad Greens
1 head Iceberg Lettuce
1 head Cauliflower
4 medium heads Broccoli

REFRIGERATED

4 cups Butter
4 pints Heavy Cream
4 dozen Eggs
42 oz Sharp Cheddar
2/3 cup Sour Cream
4 oz Cream Cheese
1/2 cup Fresh Mozzarella
3/4 cup Parmesan Cheese
(fresh, not shelf-stable)

MEAT

3 lb Pork Sausage
(like Jimmy Dean)
5 lbs Thick-Cut Bacon
4 Whole Chickens
5.5 lb Ground Beef
12 Chicken Tenders

HERBS / SPICES

Salt
Ground Black Pepper
3 Tbsp Baking Powder
2 tsp Vanilla Extract
3 tsp Smoked Paprika
Cayenne Pepper
2 Tbsp Chili Powder
3 Tbsp Cumin
1.5 tsp Oregano
5 tsp Garlic Powder
2 tsp Onion Powder
5 tsp Ground Mustard
12 tsp Dried Dill
4 tsp Dried Chives
11 tsp Dried Parsley
3 tsp Dried Red Onions
1 tsp Dried Basil

GROCERY

1 cup Sliced Almonds
1/2 cup Macadamia Nuts
3 cups Almond Flour
12 Tbsp Coconut Flour
10 scoops PREbiotic Fiber
6 scoops MCT Oil Powder
1/4 tsp Pure Monk Powder
1/4 cup Hemp Hearts
3 cans Black Olives
2 (14 oz) cans Diced Tomatoes
2 (4 oz) cans Diced Jalapeños
1/2 cup Sun-Dried Tomatoes
6.5 cups Avocado Oil
3 Tbsp Apple Cider Vinegar
MCT Oil
2 oz Pork Panko
5 tsp Yellow Mustard
2 Tbsp Balsamic Vinegar
1 cup Nutritional Yeast
Stevia Glycerite

week 1 prep tips & notes

- Make all 4 Roasted Chickens at the same time at the beginning of the week (either during dinner for Day 1 or in advance before the week starts). This will give you the chicken meat you need for meals on Days 1, 2, 4, 5, 6, & 7, as well as part of Week 2.
- Using the carcasses from the 4 roasted chickens, make 4 batches of bone broth to give you enough broth to get through Weeks 1 & 2.
- If you have extra chicken wings, legs, or thighs after Day 1 Dinner, remove the skin and shred the meat from the bones. Use these chicken meat pieces in your broth throughout the week. The cooked breasts will be used in the Cheesy Chicken Casserole and salads for the week.
- Hard boil & peel eggs at the beginning of the week. Store in an airtight container or bag in the fridge.
- Before the week starts, make a full batch of Low-Carb Breakfast Sandwiches. You will only use about half this week, so freeze the rest for Week 4.
- Make both Crustless Quiches at the same time. These can be made and refrigerated up to a week in advance, or make up to 6 months in advance and freeze. If freezing, cut into individual slices for faster reheating in the morning.
- The Cheesy Chicken Broccoli Casserole can be made in advance. Freeze up to 6 months or refrigerate up to 1 week in advance.
- Save all bacon fat each and every time you make bacon. Bacon fat is needed for some recipes, but is also just a good habit to get into because it's excellent for cooking veggies in.
- Make the Paleo Lime Mayo at the beginning of the week. It expires when your eggs do.
- Make a double batch of Ranch Dressing at the beginning of the week to have ready to go when you need it.
- Wash and cut all produce at the beginning of the week.
- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

week 1 recipe index

Breakfast

- Low-Carb Breakfast Sandwich pg **30**
- Crustless Bacon Broccoli Quiche pg **28**
- Guacamole pg **94**
- Egg Drop Soup pg **29**
- Chicken Bone Broth pg **26**

Lunch

- Bacon Egg Salad Lettuce Wraps pg **39**
- Avocado Caprese Salad pg **38**
- House Salad w/ Chicken pg **44**

Dinner

- Roasted Chicken pg **69**
- Roasted Asparagus pg **85**
- Hollandaise Sauce pg **95**
- Taco Salad pg **74**
- Ranch Dressing pg **97**
- Easy Pan-Fried Chicken Tenders pg **61**
- Mixed Greens Salad pg **84**
- Cheddar Garlic Biscuits pg **80**
- Stuffed Peppers pg **72**
- Cheesy Chicken Broccoli Casserole pg **53**
- Cheeseburger Sloppy Joes pg **52**
- Crispy Bacon Broccoli pg **82**
- Chicken-Veggie Bake pg **59**

meal plan : week 2

	BREAKFAST	LUNCH	DINNER
Day 8	Egg Drop Soup & an Avocado	Leftover Chicken-Veggie Bake	Braised Short Ribs, CauliMash, Creamy Brussels Bacon Salad
Day 9	Short Rib Scramblers	BLT Salad	Italian Meatballs, Cheddar Garlic Biscuits, Caesar Salad (no chicken)
Day 10	Chicken Bone Broth & an Avocado	Leftover Italian Meatballs & Caesar Salad	Deconstructed Egg Rolls
Day 11	Scrambler Jar	Leftover Deconstructed Egg Rolls	Beefy Ratatouille
Day 12	Chicken Bone Broth & an Avocado	Leftover Beefy Ratatouille	IP Pulled Pork, Guac, White BBQ Sauce, Mixed Greens Salad, Avo/ACV Dressing
Day 13	Creamy Scrambled Eggs, Breakfast Sausage Patties (2), Guacamole	Egg Salad Lettuce Wrap	Taco Casserole
Day 14	Leftover Taco Casserole	Cobb Salad w/ Blue Cheese Dressing	Zuppa Toscana, Caesar Salad (no chicken)

grocery list : week 2

PRODUCE

8 Yellow Onions
4 Red Onions
2 heads Garlic
1 bunch Green Onions
1 Tbsp Chives
18 Avocados
5 Lemons
2 Limes
4 Bell Peppers
2 Jalapeño Pepper
1 Cucumber
36 Cherry Tomatoes
8 Plum Tomatoes
2 Carrots
2 sm or 1 lg Eggplant (3 cups)
2 small Zucchini
1 stalk Celery
2 heads Cauliflower
1/2 lb Brussels Sprouts
13 cups Baby Spinach
5 heads Romaine Lettuce
1.5 lbs Coleslaw Mix
1 pkg Mixed Salad Greens

MEAT

2 lbs Beef Short Ribs
2 lbs Thick-Cut Bacon
2 Chicken Breasts (unless you have some leftover from last week)
5 lb Ground Beef
8 lb Ground Pork
3 lbs Pork Shoulder

REFRIGERATED

4 dozen Eggs
2 cups Butter
2.5 cups Heavy Cream
2.75 cup Grated Parmesan
3/4 cup Sour Cream
18 oz Cheddar Cheese
2 oz Blue Cheese Crumbles
8 oz Cream Cheese

HERBS / SPICES

Salt
Ground Black Pepper
6 Tbsp Garlic Powder
4 Tbsp Onion Powder
1/2 tsp Allspice
2 Tbsp Dried Minced Onions
2 Tbsp Italian Seasoning
3 Tbsp Dried Basil
3 tsp Dried Oregano
1 Tbsp Baking Powder
4 tsp Dried Parsley
1 tsp Ground Ginger
4 Tbsp Sesame Seeds
1 tsp Dried Mustard
3 Tbsp Chili Powder
4 tsp Cumin
5 tsp Smoked Paprika
3/4 tsp Cayenne Pepper
3 tsp Red Pepper Flakes
1 Bay Leaf
1 tsp Cinnamon
1/2 tsp Chipotle Pepper

GROCERY

7.25 cups Avocado Oil
1/2 cup Red Wine
1.25 cup Balsamic Vinegar
4 (6 oz) can Tomato Paste
4 (14 oz) can Diced Tomatoes
9 Tbsp Coconut Aminos
1 cup Apple Cider Vinegar
4 Tbsp MCT Oil
1/2 cup Chopped Walnuts
1/3 cup Pork Panko
2 (15 oz) can Tomato Sauce
6 tsp Dijon Mustard
Parmesan Crackers (optional)
1.5 cups Almond Flour
2 scoops PREbiotic Fiber
4 Tbsp Sesame Oil
2 Tbsp White Vinegar
4 Tbsp Yellow Mustard
5 Baby Dill Pickles
1 can Olives
2 Tbsp Spicy Mustard

week 2 prep tips & notes

- Hard boil & peel eggs at the beginning of the week. Store in an airtight container or bag in the fridge.
- There is no chicken in the Grocery List for this week because you should have some extra leftover from the Roasted Chicken last week.
- Make a full batch of the Scrambler Jars and refrigerate them in advance. The full batch will give you enough for Day 11 and Day 16 (in Week 3).
- Prepare meatballs in advance (minus cooking them) so you can just remove them from the fridge and cook without the extra dinner-time prep work.
- Make the Paleo Lime Mayo at the beginning of the week. It expires when your eggs do.
- Make Ketchup at the beginning of the week so it's ready when you need it.
- Save all bacon fat each and every time you make bacon. Bacon fat is needed for some recipes, but is also just a good habit to get into because it's excellent for cooking veggies in.
- Make Caesar and Blue Cheese Dressing early in the week so it's ready when you need it.
- Wash and cut all produce at the beginning of the week.
- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

week 2 recipe index

Breakfast

- Egg Drop Soup pg **29**
- Short Rib Scramblers pg **34**
- Chicken Bone Broth pg **26**
- Scrambler Jars pg **33**
- Creamy Scrambled Eggs pg **27**
- Breakfast Sausage Patties pg **24**
- Guacamole pg **94**

Lunch

- BLT Salad pg **40**
- Egg Salad Lettuce Wrap pg **39**
- Cobb Salad pg **43**
- Blue Cheese Dressing pg **92**

Dinner

- Braised Short Ribs pg **50**
- CauliMash pg **79**
- Creamy Brussels Sprouts Salad pg **81**
- Italian Meatballs pg **63**
- Cheddar Garlic Biscuits pg **80**
- Caesar Salad pg **78**
- Deconstructed Egg Rolls pg **60**
- Beefy Ratatouille pg **49**
- IP Pulled Pork pg **62**
- Guacamole pg **94**
- White BBQ Sauce pg **101**
- Mixed Greens Salad pg **84**
- Avo/ACV Dressing pg **90**
- Taco Casserole pg **73**
- Zuppa Toscana pg **75**

meal plan : week 3

	BREAKFAST	LUNCH	DINNER
Day 15	Chicken Bone Broth & an Avocado	Leftover Zuppa Toscana & Caesar Salad	Parmesan Crusted Cod, Lemon Parmesan Broccoli
Day 16	Scrambler Jar & an Avocado	Chicken Salad Lettuce Wraps	Mini Meatloaves (3), Crispy Bacon Broccoli
Day 17	Fat Bomb Shake	Leftover Mini Meatloaves & Crispy Bacon Broccoli	Masala Chicken Soup
Day 18	Creamy Scrambled Eggs, Breakfast Sausage Patties (2), Guacamole	Chicken Bone Broth & an Avocado	Bacon Blue Burgers (on lettuce leaves)
Day 19	Fat Bomb Shake	Italian Sub Roll-Ups (2)	Chicken Enchilada Casserole
Day 20	Cheddar Bacon Chive Omelettes	Leftover Chicken Enchilada Casserole	Lime Skirt Steak, Mixed Greens Salad, Avo/ACV Dressing, Cheddar Garlic Biscuits
Day 21	Crustless Bacon Broccoli Quiche (2 slices)	Broccoli Cheese Soup	Chicken Bacon Artichoke Pizza (double the recipe)

grocery list: week 3

PRODUCE

1 Jalapeño
2 Serrano Peppers
1 Bell Pepper
1 Plum Tomato
3 small Yellow Onions
1 Red Onion
1 small Shallot
6 Tomatillos
1 Cucumber
Chives
8 cloves Garlic
14 Avocados
3 Limes
1 Lemon
16 cups Broccoli Florets
1/2 head Cauliflower
2 stalks Celery
2 Carrots
1 head Iceberg Lettuce
1 pkg Mixed Greens
2 cups Baby Spinach

MEAT

3 Whole Chickens
6 (6 oz) Cod Fillets (wild caught)
3 lbs Ground Beef
1 lb Ground Pork
8 slices Genoa Salami
8 slices Mortadella
8 slices Sopressata
8 slices Pepperoni
3 lbs Bacon
2 lb Skirt Steak

REFRIGERATED

3 dozen Eggs
3 cups Grated Parmesan
9.75 cups Heavy Cream
31 Tbsp Butter
14 oz Sharp Cheddar
8 slices Provolone
1 cup Blue Cheese Crumbles
6-8 cups Shredded
Mozzarella
1.75 cups Sour Cream
11 oz Cream Cheese
8 oz Smoked Cheddar
8 oz Monterey Jack Cheese

HERBS / SPICES

Salt
Ground Black Pepper
2 tsp Ground Mustard
3 Tbsp Parsley
4 tsp Garlic Powder
4 tsp Smoked Paprika
1 tsp Red Pepper Flakes
5 tsp Italian Seasoning
2 tsp Onion Powder
2 Tbsp Garam Masala
1/2 tsp Cinnamon
1/4 tsp Chipotle Pepper
1 tsp Cumin
1 tsp Chili Powder
1 Tbsp Baking Powder
1 tsp Dried Minced Onions

GROCERY

2.75 cups Avocado Oil
1/3 cup Pork Panko
2 Tbsp Yellow Mustard
1/2 cup Nutritional Yeast
4 scoops Keto Bone Broth
Protein Powder
8 Tbsp MCT Oil
8 Dill Pickle Spears
1/4 cup Kalamata Olives
1/2 cup Macadamia Nuts
Apple Cider Vinegar
1 (14 oz) can Diced Tomatoes
4 Tbsp Collagen Protein
Yellow Mustard
1/4 cup Hemp Hearts
4 (12 oz) cans Chicken Breast
1 (4 oz) can Green Chiles
3 cups Almond Flour
2 scoops PREbiotic Fiber
8-12 Artichoke Hearts (in water)

OPTIONAL ITEMS

*(these are optional toppings for the
Italian Sub Roll-Ups, not required for
the plan)*

Pickled Banana Peppers
Roasted Red Peppers
Pickled Jalapeños
Black Olives
Toothpicks

week 3 prep tips & notes

- Make all 3 Roasted Chickens at the same time at the beginning of the week. This will give you the chicken meat you need for meals throughout Week 3.
- Using the carcasses from the 4 roasted chickens, make 3 batches of bone broth to give you enough broth to get through Weeks 3 & 4.
- Remove the skin and shred the meat from the bones of the chicken wings/winglets. Use these chicken meat pieces in your broth throughout the week. The cooked breasts, thighs, and legs will be used in meals for this week.
- Make the Crustless Bacon Broccoli Quiche early in the week. It can be made and refrigerated up to a week in advance, or make up to 6 months in advance and freeze. If freezing, cut into individual slices for faster reheating in the morning.
- Save all bacon fat each and every time you make bacon. Bacon fat is needed for some recipes, but is also just a good habit to get into because it's excellent for cooking veggies in.
- Make the Paleo Lime Mayo at the beginning of the week. It expires when your eggs do.
- Make Ketchup at the beginning of the week (if you don't have leftovers from Week 2) so it's ready when you need it.
- Double the Pizza recipe and cook on a large rimmed baking sheet. This will give you enough food leftover for lunch on Day 22 (Week 4).
- If you know you'll be running low on time for Day 21, make the Broccoli Cheese Soup up to a week in advance so it's ready when you need it.
- Italian Sub Roll-Ups can be assembled up to 3 days in advance (wrapped tightly in plastic).
- Pizza crust can be baked and stored in the fridge for up to 5 days (wrapped tightly in plastic). Remove from fridge and top/bake as normal when you're ready to bake the pizza.
- Wash and cut all produce at the beginning of the week.
- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

week 3 recipe index

Breakfast

- Chicken Bone Broth pg **26**
- Scrambler Jars pg **33**
- Fat Bomb Shake pg **32**
- Creamy Scrambled Eggs pg **27**
- Breakfast Sausage Patties pg **24**
- Guacamole pg **94**
- Cheddar Bacon Chive Omelette pg **25**
- Crustless Bacon Broccoli Quiche pg **28**

Lunch

- Chicken Salad Lettuce Wraps pg **42**
- Chicken Bone Broth pg **26**
- Italian Sub Roll-Ups pg **45**
- Broccoli Cheese Soup pg **41**

Dinner

- Parmesan Crusted Cod pg **67**
- Lemon Parmesan Broccoli pg **83**
- Mini Meatloaves pg **66**
- Crispy Bacon Broccoli pg **82**
- Masala Chicken Soup pg **65**
- Bacon Blue Burgers pg **48**
- Chicken Enchilada Casserole pg **58**
- Lime Skirt Steak pg **64**
- Mixed Greens Salad pg **84**
- Aco/ACV Dressing pg **90**
- Cheddar Garlic Biscuits pg **80**
- Chicken Bacon Artichoke Pizza pg **56**

meal plan : week 4

	BREAKFAST	LUNCH	DINNER
Day 22	Fat Bomb Shake	Leftover Chicken Bacon Artichoke Pizza	Reuben Casserole, Mixed Greens Salad, Avo/ACV Dressing
Day 23	Scrambler Jar	Broccoli Cheese Soup	Mini Meatloaves (3), House Salad (no meat), Ranch Dressing
Day 24	Crustless Bacon Broccoli Quiche (2 slices)	Leftover Mini Meatloaves & an Avocado	Cheesy Chicken Broccoli Casserole
Day 25	Low-Carb Breakfast Sandwich	Leftover Cheesy Chicken Broccoli Casserole	Chicken Alfredo Bowl
Day 26	Fat Bomb Shake	Italian Sub Roll-Ups (2)	Cheeseburger Sloppy Joes, Cheddar Garlic Biscuits, Crispy Bacon Broccoli
Day 27	Chicken Bone Broth & an Avocado	Leftover Cheeseburger Sloppy Joes, Cheddar Garlic Biscuits, Crispy Bacon Broccoli	Slow Roasted Pork Shoulder, Asparagus, Hollandaise Sauce
Day 28	Creamy Scrambled Eggs, Guacamole	Leftover Pork Shoulder & Hollandaise	Shrimp & Grits, Roasted Brussels Sprouts

grocery list : week 4

PRODUCE

10 Avocados
2 Limes
1 Lemon
3 Bell Peppers
1 Jalapeño
1 Cucumber
6 Carrots
2 small Red Onions
6 Yellow Onions
2 bulbs Garlic
20 Cherry Tomatoes
2 Plum Tomatoes
2 heads Cauliflower
7 heads Broccoli
1 cup Sauerkraut
1 lb Asparagus
1.5 lbs Brussels Sprouts
1 pkg Mixed Salad Greens
1 head Iceberg Lettuce
1 head Romaine Lettuce
2 tsp Freeze Dried Dill
1 tsp Freeze Dried Chives
1/2 tsp Freeze Dried Red Onions
Fresh Parsley

MEAT

1/2 lb Pork Sausage
(like Jimmy Dean)
3.5 lb Bacon
2 lbs Corned Beef
4 lbs Ground Beef
2 Chicken Breasts
2 lb Chicken
Breasts/Tenders
8 slices Genoa Salami
8 slices Mortadella
8 slices Sopressata
8 slices Pepperoni
3 lb Pork Shoulder
1 lb Shrimp

HERBS / SPICES

Salt
Ground Black Pepper
Smoked Paprika
3 tsp Ground Mustard
1/4 tsp Chipotle Pepper Powder
1/2 tsp Caraway Seeds
4 tsp Garlic Powder
1/2 tsp Onion Powder
1/8 tsp Allspice
4 tsp Parsley
1/4 tsp White Pepper
1 tsp Italian Seasoning
2 Tbsp Baking Powder
Cayenne Pepper Powder

REFRIGERATED

9 cups Heavy Cream
3 dozen Eggs
32 oz Sharp Cheddar
63 Tbsp Butter
8 oz Smoked Cheddar
6 slices Swiss Cheese
4 oz Cream Cheese
1.5 Grated Parmesan Cheese
8 slices Provolone
2/3 cup Sour Cream

GROCERY

8 scoops Keto Bone Broth Protein Powder
10 Tbsp MCT Oil
1/4 cup Hemp Hearts
3.5 cups Avocado Oil
Apple Cider Vinegar
2 Tbsp Tomato Sauce
2 Dill Pickles
1 Tbsp White Vinegar
1 (6 oz) can Tomato Paste
1/3 cup Balsamic Vinegar
3 Tbsp Yellow Mustard
3/4 cup Sliced Almonds
1/2 cup Macadamia Nuts
2 oz Pork Panko
3 cups Almond Flour
1/2 cup Nutritional Yeast
4 sc PREbiotic Fiber
1 cup Red Wine

week 4 prep tips & notes

- Make the Crustless Bacon Broccoli Quiche early in the week. It can be made and refrigerated up to a week in advance, or make up to 6 months in advance and freeze. If freezing, cut into individual slices for faster reheating in the morning.
- Make only a half batch of Scrambler Jars for this week.
- Save all bacon fat each and every time you make bacon. Bacon fat is needed for some recipes, but is also just a good habit to get into because it's excellent for cooking veggies in.
- Make the Paleo Lime Mayo at the beginning of the week. It expires when your eggs do.
- Make Ketchup at the beginning of the week so it's ready when you need it.
- Make the Broccoli Cheese Soup up to a week in advance and store in individual serving sizes (canning jars work great for this) so it's ready when you need it. Reheat right in the jars.
- Italian Sub Roll-Ups can be assembled up to 3 days in advance (wrapped tightly in plastic).
- Wash and cut all produce at the beginning of the week.
- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

week 4 recipe index

Breakfast

- Fat Bomb Shake pg **32**
- Scrambler Jars pg **33**
- Crustless Bacon Broccoli Quiche pg **28**
- Low-Carb Breakfast Sandwich pg **30**
- Chicken Bone Broth pg **26**
- Creamy Scrambled Eggs pg **27**
- Guacamole pg **94**

Lunch

- Broccoli Cheese Soup pg **41**
- Italian Sub Roll-Ups pg **45**

Dinner

- Reuben Casserole pg **68**
- Mixed Greens Salad pg **84**
- Avo/ACV Dressing pg **90**
- Mini Meatloaves pg **66**
- House Salad pg **44**
- Ranch Dressing pg **97**
- Cheesy Chicken Broccoli Casserole pg **53**
- Chicken Alfredo Bowl pg **54**
- Cheeseburger Sloppy Joes pg **52**
- Cheddar Garlic Biscuits pg **80**
- Crispy Bacon Broccoli pg **82**
- Slow Roasted Pork Shoulder pg **71**
- Roasted Asparagus pg **85**
- Hollandaise Sauce pg **95**
- Shrimp & “Grits” pg **70**
- Roasted Brussels Sprouts pg **86**

breakfast

Breakfast is probably the least popular meal in the keto world. If you are one of the many people that practice intermittent fasting, you can still eat breakfast, it will just be later in the day. These recipes are sure to keep you satisfied until meal #2 and are easy to make and even easier to eat.



Breakfast Sausage Patties

Yields 12 patties | Prep Time: 5 minutes | Cook Time: 15 minutes

101 CAL • 8g FAT • 6g PROTEIN • 0g CARBS • 0g FIBER • 0g *NET* CARBS

INGREDIENTS

- 1 lb Ground Pork
- 1 tsp Garlic Powder
- 1 tsp Smoked Paprika
- 1/2 tsp Ground Black Pepper
- 1 tsp Dried Parsley
- 1/4 tsp Cayenne Pepper
- 1/2 tsp Sea Salt
- 1 tsp Crushed Red Pepper Flakes, optional, if you like it spicy

DIRECTIONS

1. Combine all ingredients in a large bowl.
2. Get your hands in there and mix it all together until the spices are combined evenly throughout the pork
3. Form the pork into small patties, about 3" wide and 1/2" thick.
4. Heat a skillet over medium-high heat. Once hot, add the sausage patties and cook about 7-10 minutes, flipping once, until cooked through.

Cheddar Bacon Chive Omelette

Yields 1 omelette | Prep Time: 5 minutes | Cook Time: 5 minutes

327 CAL • 27g FAT • 17g PROTEIN • 1g CARBS • 0g FIBER • 1g NET CARBS

INGREDIENTS

- 1 Tbsp Grass-Fed Butter
- 2 Eggs
- 1 Tbsp Heavy Cream
- 1/8 tsp Salt
- 1/8 tsp Ground Black Pepper
- 1/2 oz Cheddar Cheese, shredded
- 1 slice Bacon, cooked and chopped
- 1 tsp Chives, chopped

DIRECTIONS

1. In a small skillet (preferably non-stick), melt the butter over medium heat.
2. While the butter is melting, whisk together the eggs, cream, salt, and pepper until light and fluffy. The eggs should be smooth, no chunks of whites or yolks visible.
3. When the butter is hot and bubbly, swirl it to coat the pan completely. Pour the whisked eggs into the center of the pan, gently tilting the pan so the eggs cover the entire surface.
4. With a silicone spatula, gently pull the eggs in towards the center of the pan to add texture, then re-tilting the pan to fill in the sections that you just scraped.
5. Reduce the heat to medium-low, place a lid on the skillet, and let sit until the eggs are almost completely set. Remove the lid and add the bacon and chives on half of the omelette, then sprinkle the cheese over the whole thing. Put the lid back on and let cook a little longer to melt the cheese.
6. Remove from heat and using a silicone spatula, carefully fold the omelette in half. Tilt the pan over your serving plate and gently slide the omelette onto the plate. Top with additional chives, if desired.

Chicken Bone Broth

Yields approx. 16 cups | Prep Time: 15 minutes | Cook Time: 1 hour

10 CAL • 0.5g FAT • 1g PROTEIN • 1g CARBS • 0g FIBER • 1g NET CARBS

INGREDIENTS

- 1 Chicken Carcass, preferably one that was seasoned with only salt and pepper
- 1/2 Yellow Onion
- 3-4 cloves Garlic, peeled and smashed
- 1 sprig Fresh Thyme
- 1 sprig Fresh Rosemary
- 1 sprig Fresh Sage

DIRECTIONS

1. Add all ingredients to the inner pot of an Instant Pot (we have a 6qt). If you are using a chicken carcass that is already stuffed with onion, garlic, and herbs, don't add the extras.
2. Fill the inner pot with water to the "Max Fill" line. Place the lid on the pot and twist to lock, set the knob to the "Seal" position, and press the "Soup" button (or manual on High pressure for 30 minutes).
3. Once the cycle is complete, you can do wither NPR or QPR (whichever you have the time for). NPR is best but you'll still get a good broth with QPR.
4. Remove as much of the carcass and veggies with a large slotted spoon and set aside in a bowl (do not discard yet). Place a small wire mesh strainer in a canning funnel and put it on a canning jar (we prefer to use quart and half gallon jars). Pour the broth directly into the jars. Tightly screw on the lids.
5. Put the carcass and veggies back in the Instant Pot, fill half full with water this time. Repeat the cooking and canning process the same way you did it the first time.
6. After the second batch of broth, remove any remaining chicken from the carcass and reserve to add to the broth for a heartier soup or to add to casseroles or any other dish you want.
7. Store broth in the fridge for up to a week. For longer storage, freeze the broth in silicone molds (of your preferred size). Remove from molds once frozen solid and store them in a zip-top bag in the freezer for up to 6 months.
8. To serve, add {*1/4 tsp salt, a pinch each of pepper, chipotle powder, cinnamon, and ginger*} to 1.5 cups. Heat to desired temp and top with chives (optional).

Creamy Scrambled Eggs

Yields 4 servings | Cook Time: 15 minutes

353 CAL • 31g FAT • 16g PROTEIN • 1g CARBS • 0g FIBER • 1g NET CARBS

INGREDIENTS

- 4 Tbsp Grass-Fed Butter
- 8 large Eggs
- 4 Tbsp Heavy Cream
- Salt, to taste
- Ground Black Pepper, to taste
- 2 oz Sharp Cheddar Cheese, shredded
- Chives optional, for garnish

DIRECTIONS

1. In a large skillet, heat the butter over medium-low heat until melted and starting to bubble.
2. While the butter is melting, whisk together the eggs, cream, salt, and pepper in a mixing bowl until creamy and smooth. Pour into heated skillet.
3. Sprinkle the cheese on top and let sit in the skillet, undisturbed, for about 30 seconds to a minute (when you start to see the eggs firm up and become slightly opaque around the edges).
4. Using a silicone spatula, fold the edges of the eggs towards the center. Continue scrambling in this way, scraping melted cheese into the eggs, until the eggs are cooked to your preferred firmness (time will vary depending on if you like more wet or dry eggs). About halfway through, the cheese will get pretty stringy but will come together more with the eggs towards the end.
5. Serve hot with a sprinkling of freshly chopped chives.

Crustless Bacon Broccoli Quiche

Yields 12 slices | Prep Time: 20 minutes | Cook Time: 45 minutes

268 CAL • 22g FAT • 12g PROTEIN • 3g CARBS • 1g FIBER • 2g NET CARBS

INGREDIENTS

- 1/2 Yellow Onion, diced
- 1 clove Garlic, minced
- 1 1/2 cups Broccoli Florets
- 8 slices Bacon
- 1/2 cup Shredded Grass-Fed Cheddar Cheese
- 8 Large Eggs
- 1 cup Heavy Cream
- 1/2 cup Nutritional Yeast
- 1/4 cup + 1 Tbsp Hemp Hearts
- 1 tsp Salt
- 1/4 tsp Ground Black Pepper
- Smoked Paprika, for garnish

DIRECTIONS

1. Preheat oven to 350°F. Lightly oil a pie plate or tart tin. Set aside.
2. Cut the bacon into small pieces (kitchen shears work perfectly for this). Cook the bacon in a large skillet until perfectly crispy, about 10 minutes.
3. Remove bacon from skillet with a slotted spoon and drain on a paper towel. Do not discard grease, keep it in the skillet.
4. Add the diced onions to the skillet. Saute for about 2 minutes and then add the minced garlic. Continue cooking for another 2 minutes and then add the chopped broccoli florets.
5. Cook the veggies until all are tender, about 3 minutes.
6. In a large bowl, scramble the eggs with a whisk or fork. Add in all remaining ingredients (except smoked paprika) and stir to combine. Set aside.
7. Add the broccoli mixture and crumbled bacon to the prepared pan. Pour the egg mixture over the top and sprinkle on the paprika.
8. Bake in the preheated oven for 30-40 minutes, or until set in the center, not jiggly. It may take longer depending on the size of your pan.
9. Let cool about 10 minutes, slice, and serve.

Egg Drop Soup

Yields 6 cups | Prep Time: 5 minutes | Cook Time: 10 minutes

89 CAL • 2g FAT • 14g PROTEIN • 1g CARBS • 0g FIBER • 1g NET CARBS

INGREDIENTS

- 6 cups Chicken Bone Broth (recipe on pg 27)
- 1/2 tsp Ground Ginger
- 1 tsp Sea Salt
- 2 Eggs
- 2 Tbsp Fresh or Freeze-Dried Chives, chopped

DIRECTIONS

1. Add the broth, ginger, and salt to a stockpot. Bring to a boil over a high flame.
2. While the soup is coming to a boil, beat the eggs with a fork until they are well scrambled.
3. When the soup has come to a rolling boil, drizzle the scrambled eggs in a thin stream, with the fork, directly into the boiling broth. Continue drizzling until all the eggs have been added.
4. Serve the soup hot and top with chives as a garnish.

Low-Carb Breakfast Sandwiches

Yields 15 sandwiches | Prep Time: 30 minutes | Cook Time: 1 hour

735 CAL • 63g FAT • 28g PROTEIN • 5g CARBS • 3g FIBER • 2g NET CARBS

INGREDIENTS

Pancake Layers

- 18 Tbsp Grass-Fed Butter or ghee or coconut oil, melted
- 18 Tbsp Heavy Cream
- 10 large Eggs
- 2 tsp Pure Vanilla Extract
- 6 scoops Prebiotin Prebiotic Fiber
- 1 tsp Salt
- 12 Tbsp Coconut Flour
- 2 tsp Baking Powder
- 6 scoops MCT Oil Powder
- 1/4 tsp Pure Monk Fruit Extract Powder

Sausage Layer

- 3 lbs Pork Sausage, like Jimmy Dean
- 8-10 oz Sharp Cheddar Cheese, shredded

Egg Layer

- 10 large Eggs
- 1/2 cup Heavy Cream
- 1 tsp Salt
- 1/2 tsp Ground Black Pepper

DIRECTIONS

1. Preheat the oven to 425°F. Line an 11x17" rimmed baking sheet with parchment paper. If you have two 11x17" rimmed baking sheets, use both. Set aside.

Pancake Layers

1. Combine the melted butter, cream, and eggs in a large mixing bowl. Whisk them all together until they are combined and smooth.
2. Add in the dry ingredients and whisk until smooth and there are no lumps. The batter will be thicker than a regular pancake batter.
3. Pour half of the batter into one of the 11x17" baking sheets and half in the other (or do this in 2 batches if you only have one pan). Bake in the preheated oven for 10 minutes or until the top of the pancake is golden.
4. Remove from the oven and invert the pan onto a wire cooling rack covered with another piece of parchment paper. Peel the parchment off the bottom of the pancakes. Let cool completely.

Low-Carb Breakfast Sandwiches (cont)

Sausage Layer

1. Line an 18x13" rimmed baking sheet with parchment paper. Using your hands, press the uncooked sausage onto the baking sheet, spreading it all the way to the edges, making sure to keep the thickness as uniform as possible.
2. Bake in the preheated oven for 15 minutes. Remove from oven, sprinkle shredded cheese on top, and place back in the oven to melt for another couple minutes.
3. Remove from oven and let cool in the pan.

Egg Layer

1. Reduce oven temp to 350°F. Line the 11x17" rimmed baking sheet with parchment paper.
2. In a large mixing bowl, combine the eggs, cream, salt, and pepper and whisk until smooth. Pour into the prepared baking sheet, taking care not to get the eggs under the parchment (it's okay if a little seeps under).
3. Bake in the preheated oven for 15 minutes. Remove from oven when the eggs are no longer wiggly. If they have puffed up during cooking, place a piece of parchment on top and gently press them down to a uniform thickness. Let cool completely in the baking sheet.

How To Assemble

1. Carefully place one of the pancake layers on top of the sausage layer. The sausage layer will be slightly larger, trim any excess off the edges that extend past the pancake layer. Reserve the scraps to add to scrambled eggs another day.
2. Place a large cutting board on top of the pancake/sausage layer and invert it onto the cutting board (the sausage layer will now be on top).
3. Carefully place the egg layer on top of the sausage, parchment side up. Peel off the parchment paper. Gently layer the remaining pancake layer on top of the egg layer
4. Once all 4 layers are fully assembled, cut them into 15 bars. Wrap individually in parchment paper and store in the fridge or freezer. Reheat in the microwave (60 seconds when thawed) or toaster oven (5-8 minutes at 350°F when thawed) when ready to eat.

Fat Bomb Shake

Yields 1 serving | Prep Time: 2 minutes

483 CAL • 39g FAT • 20g PROTEIN • 6g CARBS • 0g FIBER • 6g *NET* CARBS

INGREDIENTS

- 1 scoop Bone Broth Protein, any flavor (we prefer chocolate)
- 1 Tbsp MCT Oil
- 5 Tbsp Heavy Whipping Cream
- 6 oz Water

DIRECTIONS

1. Add all ingredients to a shaker cup, tightly twist on the lid, and shake shake shake until everything is well combined. Drink it right away.
2. Alternately, rather than shaking, blend with an immersion blender for about 30 seconds. This will ensure there are no chunks. The MCT oil will keep the shake from foaming up.

Scrambler Jars

Yields 8 jars | Prep Time: 15 minutes | Cook Time: 25 minutes

533 CAL • 45g FAT • 24g PROTEIN • 4g CARBS • 0g FIBER • 4g NET CARBS

INGREDIENTS

- 1/2 lb Bacon, diced
- 1 lb Pork Sausage, like Jimmy Dean
- 4 Tbsp Grass-Fed Butter or ghee
- 2 Bell Peppers, diced
- 1 Yellow Onion, diced
- 12 Eggs
- Salt, to taste
- Ground Black Pepper, to taste
- 4 Tbsp Heavy Cream
- 4 oz Cheddar Cheese, shredded

DIRECTIONS

1. Line a rimmed baking sheet with foil and lay the bacon on it in a single layer (not overlapping any pieces). Place the pan in the cold oven. Turn the oven up to 400°F and set the timer for 20 minutes. Remove the bacon when it is cooked and crispy (but not overcooked). Drain on paper towels and dice when cool enough to handle.
2. While the bacon is cooking, brown the pork sausage in a skillet over medium-high heat, breaking up with the back of a wooden spoon. Use a slotted spoon to remove the cooked pork.
3. In the same skillet, add the butter and let it melt over medium heat. Add the diced peppers and onions and saute until softened and translucent.
4. While the veggies are cooking, whisk together the eggs, salt, pepper, and cream. Add the eggs to the skillet with the veggies and scrambled until completely cooked through.
5. Divide half of the pork crumbles to 8 half-pint jars. Top with half of the eggs, then all of the bacon, then the rest of the eggs, then the rest of the pork sausage. Finally, top with the shredded cheese.
6. Add lids to all the jars and store in the refrigerator until ready to eat. Remove the metal lid and microwave for 1 minute on High.

Short Rib Scramblers

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 5 minutes

283 CAL • 22g FAT • 15g PROTEIN • 3g CARBS • 0g FIBER • 3g NET CARBS

INGREDIENTS

- 2 Leftover Braised Short Ribs, plus extra tomatoes/sauce, as desired
- Additional Paleo Balsamic Ketchup, as needed
- 4 Large Eggs
- 2 Tbsp Grass-Fed Butter, or ghee or fat of choice
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. In a medium skillet over medium heat, add the leftover short rib, tomatoes, and sauce. Break up the meat with a wooden spoon. Add a little extra ketchup if it is too dry.
2. Reduce heat to medium-low, move the beef to one half of the skillet, and heat ghee on the other half of the skillet.
3. Scramble the eggs in a small bowl, then add them to the heated ghee in the skillet. With a silicone spatula, gently scramble the eggs, moving the beef into the eggs as they cook. Remove from heat when eggs are no longer soft but before they become too dry.

lunch

In today's busy world lunch is often overlooked or we eat low-quality food just because it's fast. Take control of your mid-day meals by utilizing leftovers from dinner the night before and prepping for the week with meals made in advance. Don't fall prey to fast food that lacks nutrients and is loaded with junk.



Avocado Caprese Salad

Yields 4 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

391 CAL • 31g FAT • 17g PROTEIN • 10g CARBS • 5g FIBER • 5g NET CARBS

INGREDIENTS

Dressing

- 1/4 cup Avocado Oil
- 1/4 cup MCT Oil
- 1/4 cup Balsamic Vinegar
- 1/4 cup Apple Cider Vinegar
- 10 drops Stevia Glycerite
- 2 clove Garlic, peeled and minced
- 2 tsp Dried Basil
- 2 tsp Salt

Salad

- 2 Chicken Breasts, sliced
- 5 cups Romaine Lettuce, chopped
- 1 Avocado, pitted and sliced
- 1/2 cup Cherry Tomatoes, halved
- 1 cup Black Olives, drained and halved
- 1/2 cup Fresh Mozzarella, sliced
- 1/4 cup Fresh Basil Leaves, thinly sliced

DIRECTIONS

1. Combine all dressing ingredients together in a half-pint canning jar. Screw the lid on tightly and shake vigorously to combine everything. Taste the dressing and if you'd like it to be a little more sweet, add 1 drop of stevia glycerite at a time, shaking after each addition, until it's your desired sweetness.
2. Add 1/4 cup of the dressing to a bowl with the sliced chicken. Toss to coat. Heat a skillet over medium heat and add the chicken (and all the dressing you coated it with) in the skillet. Cook until the chicken is cooked through and no longer pink. Remove from heat and set aside.
3. Divide the romaine lettuce evenly between 4 salad bowls. Top with cherry tomatoes, olives, fresh mozzarella, basil, sliced chicken, and avocado slices.
4. Drizzle completed salads with the dressing and serve immediately.

Bacon Egg Salad Lettuce Wraps

Yields 4 servings | Prep Time: 10 minutes

426 CAL • 37g FAT • 17g PROTEIN • 2g CARBS • 0g FIBER • 2g NET CARBS

INGREDIENTS

- 8 Hard Boiled Eggs, peeled
- 1/3 cup Paleo Lime Mayo ([pg 96](#))
- 2 1/2 tsp Yellow Mustard
- 1/4 tsp Sea Salt, or more to taste
- 4-5 Baby Dill Pickles, no added sugar
- Black Pepper, optional, to taste
- Smoked Paprika optional, for garnish
- 6 slices Bacon, cooked and crumbled
- 4 Romaine Lettuce Leaves

DIRECTIONS

1. Using either an egg slicer or a knife, slice and dice the eggs into little pieces. Add to a mixing bowl.
2. Using a chopper or more knife skills, chop up the pickles into a relish. Add to the eggs.
3. Add in the mayo, mustard, salt, black pepper (if using), and crumbled bacon. Take a fork and mash it all together, making sure to break up any large pieces of egg.
4. Divide the egg salad evenly between the 4 romaine leaves. Garnish with a sprinkle of smoked paprika.

BLT Salad

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 20 minutes

522 CAL • 46g FAT • 19g PROTEIN • 6g CARBS • 2g FIBER • 4g NET CARBS

INGREDIENTS

Dressing

- 1/4 cup Paleo Lime Mayo
- 1/4 cup Avocado Oil
- 1/8 tsp Salt
- 1/8 tsp Ground Black Pepper

Salad

- 8 slices Bacon
- 2 Chicken Breasts
- 1 Tbsp Avocado Oil
- 1/8 tsp Salt
- 1/8 tsp Pepper
- 6 cups Romaine Lettuce, chopped
- 20 Cherry Tomatoes, halved

DIRECTIONS

1. Combine the “Dressing” ingredients in a glass jar with a tight fitting lid (like a canning jar) and shake until well combined. Set aside (or refrigerate until ready to use).
2. Line a rimmed baking sheet with foil. Lay the bacon on the baking sheet in a single layer, do not overlap any pieces. Place in the cold oven. Turn oven up to 400°F and set the timer for 20 minutes. Remove bacon from oven when it is done to your liking (may take slightly under or over the 20 minutes). Drain on paper towels, dice when cool enough to handle.
3. While the bacon is cooking, coat the chicken breasts in salt and pepper. Heat avocado oil in a skillet over medium-high heat. Add chicken breasts to the hot skillet and cook until no longer pink throughout. Remove from skillet and let sit for about 5 minutes. Slice chicken into bit-size strips.
4. Divide the romaine lettuce evenly between 4 salad bowls. Top with diced bacon, halved tomatoes, and sliced chicken. Drizzle dressing on top (if it’s been in the fridge for a while, re-shake it in case it’s separated) and serve immediately.

Broccoli Cheese Soup

Yields 6 cups | Prep Time: 5 minutes | Cook Time: 45 minutes

526 CAL • 49g FAT • 13g PROTEIN • 9g CARBS • 2g FIBER • 7g NET CARBS

INGREDIENTS

- 5 Tbsp Butter, divided
- 1 small Yellow Onion, diced small
- 1 clove Garlic, minced
- 3 oz Cream Cheese
- 2 1/2 cups Chicken Bone Broth ([pg 26](#))
- 1 1/2 cups Heavy Whipping Cream
- 3-4 cups Broccoli Florets and Stems, chopped small
- 2 Carrots, shredded
- 3/4 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Smoked Paprika (double if using Sharp Cheddar Cheese)
- 1 tsp Ground Mustard
- 1/4 tsp Chipotle Pepper Powder, or to taste
- 8 oz Smoked Cheddar Cheese, grated (use Sharp Cheddar if you can't find smoked)

DIRECTIONS

1. In a stockpot, melt 1 Tbsp of the butter over medium heat. Once melted, add the diced onions and saute until soft and fragrant, about 4-5 minutes, stirring frequently. Add the minced garlic and stir to cook about 1 minute.
2. Add the remaining 4 Tbsp butter and the cream cheese to the pot. Stir until it's all melted and thickened, 1-2 minutes
3. Add the broth and cream to the pot and stir to combine. Reduce heat to medium-low and let simmer for about 10-15 minutes, stirring occasionally as it thickens.
4. Add the broccoli, carrots, salt, pepper, paprika, ground mustard and chipotle pepper powder. Stir to combine everything and continue to simmer an additional 20 minutes.
5. Remove the soup from the burner. Add almost all of the shredded cheddar to the pot (reserving some for topping later) and stir to combine. Let it sit for a minute or two to let the cheese melt then stir it again.
6. Ladle the soup into individual serving bowls and garnish with extra shredded cheese. Leftovers can be stored in the fridge in an airtight container for up to 1 week.

Chicken Salad Lettuce Wraps

Yields 4 servings | Prep Time: 10 minutes

452 CAL • 40g FAT • 21g PROTEIN • 2g CARBS • 1g FIBER • 1g NET CARBS

INGREDIENTS

- 2 1/2 cups Shredded Chicken, drain water from cans
- 1/2 cup Paleo Lime Mayo, plus more just in case (**pg 96**)
- 2-3 Dill Pickle Spears, chopped
- 1/4 cup Pitted Kalamata Olives, chopped
- Salt, to taste go light, the olives add saltiness
- Ground Black Pepper, to taste
- 1/2 cup Macadamia Nuts, chopped
- 4 Romaine Lettuce Leaves

DIRECTIONS

1. Combine all ingredients (except salt) in a large bowl and mix. If the salad is too dry (which it may be depending on the moisture content of your chicken) add some more mayo.
2. Taste the chicken salad once you get the right amount of mayo mixed in. If you want more salt, add a little at a time until it tastes good to you. Sometimes the kalamata olives add enough salt that you won't need any.
3. Divide the chicken salad evenly between the 4 lettuce leaves and eat immediately.

Cobb Salad

Yields 4 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

509 CAL • 39g FAT • 27g PROTEIN • 14g CARBS • 8g FIBER • 6g NET CARBS

INGREDIENTS

- 8 slices Bacon
- 2 Chicken Breasts
- 1 Tbsp Avocado Oil
- 1/2 tsp Salt
- 1/4 tsp Ground Black Pepper
- 3 cups Romaine Lettuce, chopped
- 3 cups Baby Spinach
- 4 Hard Boiled Eggs, sliced
- 16 Cherry Tomatoes, halved
- 2 Avocados, halved, pitted, diced
- Blue Cheese Dressing (pg 92)

DIRECTIONS

1. Place the bacon on a foil-lined rimmed baking sheet. Put in the oven and turn the heat up to 400°F. Cook until crispy, about 20 minutes (do not let them overcook). Remove from oven and drain bacon on paper towels.
2. While the bacon is cooking, place the chicken breasts in a bowl and toss to coat with the avocado oil, salt, and pepper. Heat a griddle or skillet over medium-high heat. When hot, add the chicken breasts and cook until no longer pink, turning as needed. Remove from skillet and let sit for at least 5 minutes before slicing.
3. Divide the chopped romaine and the baby spinach evenly between 4 bowls. Slice the chicken breasts and divide them evenly between the 4 bowls, layering them across the center of the greens.
4. Arrange the sliced eggs on one side of the chicken, and the diced avocados on the other side of the chicken.
5. Dice the bacon and add it next to the avocados and arrange the halved tomatoes next to the sliced eggs.
6. Top with some blue cheese dressing and eat immediately.

House Salad

Yields 4 servings | Prep Time: 10 minutes

362 CAL • 28g FAT • 18g PROTEIN • 9g CARBS • 4g FIBER • 5g NET CARBS

INGREDIENTS

- 1/2 head Iceburg Lettuce
- 1 head Romaine Lettuce
- 1/2 cup Sharp Cheddar Cheese, shredded
- 4 Hard Boiled Eggs, sliced
- 14-16 Cherry Tomatoes, halved
- 1/2 cup Sliced Almonds
- 6 slices Cooked Bacon, crumbled
- Chicken Breasts (optional)
- Blue Cheese Dressing (pg 92) or Ranch Dressing (pg 97)

DIRECTIONS

1. Add Iceburg and romaine lettuce to a large mixing bowl. Add in shredded cheddar, eggs, cherry tomatoes, almonds, and crumbled bacon. Toss to combine.
2. Divide salad into 4 individual serving bowls.
3. If using chicken breasts, slice into bite-size pieces and add to the salads.
4. Top with salad dressing of your choice and serve immediately.

Italian Sub Roll-Ups

Yields 4 servings | Prep Time: 5 minutes

234 CAL • 21g FAT • 10g PROTEIN • 1g CARBS • 0g FIBER • 1g NET CARBS

INGREDIENTS

- 8 Slices Genoa Salami
- 8 Slices Mortadella
- 8 Slices Sopressata
- 8 Slices Pepperoni
- 8 Slices Provolone
- Paleo Lime Mayo ([pg 96](#))
- Shredded Lettuce
- Toothpicks

(Optional) Toppings

- Pickled Banana Peppers
- Pickled Jalapeño Peppers
- Roasted Red Peppers
- Black Olives

Dipping Oil

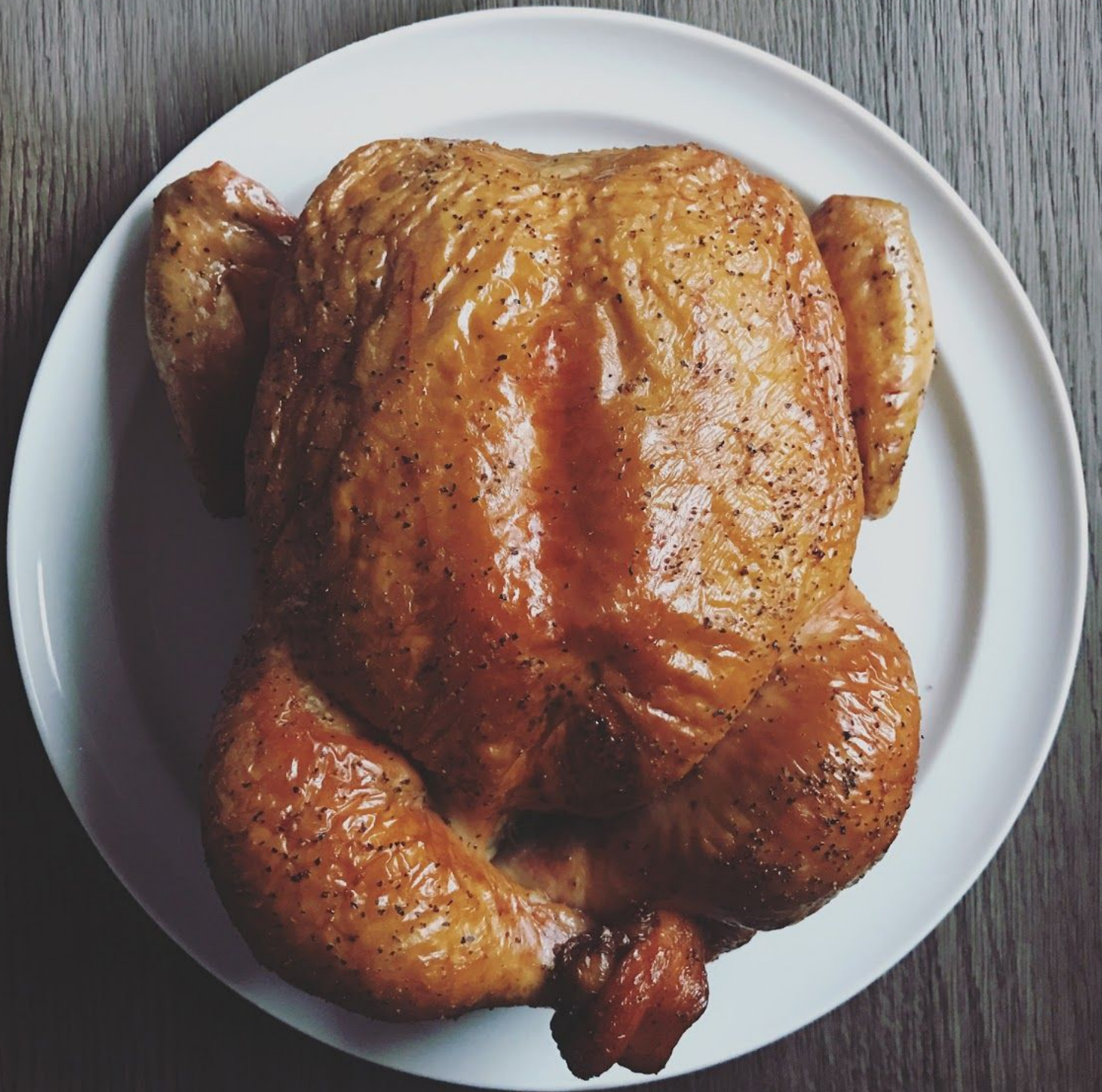
- Avocado Oil
- Apple Cider Vinegar
- Italian Seasoning

DIRECTIONS

1. Layer the meat slices from largest to smallest. For the brand we use (Boar's Head), the order is: Genoa Salami, Mortadella, Sopressata, Pepperoni
2. Spread a thin layer of mayo on the stack, making sure to leave space at the top of the largest piece to keep it from squishing out when you roll them up.
3. Add a slice of provolone on top of the mayo, about halfway from the top. Add a small handful of lettuce to the lower half and top with desired toppings (optional).
4. Have the toothpicks nearby and ready to grab. Starting from the bottom of the cheese, gently (but as tightly as possible) roll the stack, pushing in any fillings that find their way out.
5. When you get to the end, secure the outer meat edges with a toothpick.
6. To serve, pour 2 parts oil and 1 part vinegar into a small dipping ramekin. Sprinkle some Italian seasoning on top. Dip the roll-ups in the oil/vinegar and enjoy!
7. Store extras in the fridge, wrapped individually in plastic wrap, for up to a week.

main dish

Dinner is that time of day when you can balance out your daily macros, making sure you hit your caloric and fat needs without overdoing it on carbs. These recipes were created with keto macros in mind, are easy to make, and make for some delicious leftovers you'll enjoy for either lunch or breakfast.



Bacon Blue Burgers

Yields 6 burgers | Prep Time: 10 minutes | Cook Time: 10 minutes

399 CAL • 31g FAT • 26g PROTEIN • 1g CARBS • 0g FIBER • 1g NET CARBS

INGREDIENTS

Burgers

- 1 pound Ground Beef
- 1/2 lb Bacon, pan-fried and crumbled
- 1 cup Crumbled Blue Cheese
- 1/2 cup Shredded Mozzarella
- 1/2 Tbsp Dried Parsley
- 1/4 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1/2 Tbsp Red Onions, freeze-dried or fresh

Optional Toppings

- Balsamic Ketchup (pg 91)
- Paleo Lime Mayo (pg 96)
- Yellow Mustard
- Tomatoes
- Avocado Slices
- Baby Dill Pickles
- Iceberg Lettuce

DIRECTIONS

1. In a large bowl, combine all the ingredients and mix very well (using your clean hands is the best way to do this).
2. Using a 1/3 cup measuring cup, scoop out the beef mixture and then press into burgers (in uniform thickness). Place between sheets of parchment paper to prevent them from sticking together and to make it easier to quickly transfer from the plate to the grill.
3. Preheat your grill to high heat and make sure the grate is clean. Put the burgers on the grates, close the lid, and cook for 3-5 minutes. Flip the burgers, close the lid, and cook for about 3-4 more minutes. Cook for less time for a more medium-rare burger, more time for a medium-done burger.
4. Serve right away with your choice of toppings.

Beefy Ratatouille

Yields 8 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

441 CAL • 34g FAT • 21g PROTEIN • 11g CARBS • 3g FIBER • 8g NET CARBS

INGREDIENTS

- 2 lb Grass-Fed Ground Beef
- 6 Tbsp Grass-Fed Butter
- 2 Yellow Onions, halved and thinly sliced
- 8 Garlic Cloves, peeled and thinly sliced
- 2 small Eggplants, about 3 cups, cut into 1/2-inch pieces
- 2 small Zucchini, cut into small cubes
- 2 Red Bell Pepper, cut into slivers
- 6 Plum Tomatoes, about 1-1/4 cups, coarsely chopped
- 2 tsp Sea Salt
- 2 tsp Dried Basil
- 2 (8 oz) can Tomato Sauce
- Fresh Ground Black Pepper, to taste

DIRECTIONS

1. In a large skillet of medium heat, melt the ghee/butter. Add the ground beef, onion, and garlic and cook until the beef is browned and the onions have softened, about 8-10 minutes. Break up the beef with the back of a wooden spoon while cooking.
2. Add the eggplant and cook, stirring occasionally, for about 8 minutes or until the eggplant has softened.
3. Stir in the zucchini, bell pepper, tomatoes, salt, and basil and cook over medium heat, stirring occasionally, for 10-15 minutes or until the vegetables are tender. Stir in the tomato sauce and add black pepper to taste.

Braised Short Ribs

Yields 6 servings | Prep Time: 15 minutes | Cook Time: Either 1 hour or 3-4 hours (depends on cook method)

757 CAL • 65g FAT • 32g PROTEIN • 6g CARBS • 0g FIBER • 6g NET CARBS

INGREDIENTS

- 2 lbs Boneless Beef Short Ribs
- Sea Salt
- Ground Black Pepper
- 1/2 Tbsp Avocado Oil

Braising Liquid

- 1/2 large Yellow Onion, diced
- 1 stalk Celery, diced
- 1 tsp Garlic Cloves, minced
- 1/4 cup Red Wine
- 1/8 cup Balsamic Vinegar
- 1/3 cup Paleo Balsamic Ketchup (pg 91)
- 1/2 can Diced Tomatoes
- 1 1/2 Tbsp Coconut Aminos

Braised Short Ribs (cont)

OVEN DIRECTIONS

1. Preheat the oven to 280°F.
2. Combine all 'Braising Liquid' ingredients in a bowl and stir until combined. Set aside.
3. Dry the ribs thoroughly with paper towels and season generously with salt and pepper.
4. Heat the oil in the bottom of a heavy skillet over high heat. When the oil is hot, brown the ribs on all sides, being sure not to crowd the pan. This will likely take 2 batches to brown them all.
5. Place browned ribs in a large oven-safe pot, dutch-oven, or other similar oven-safe container with a lid. I use a large stoneware bowl from Pampered Chef and lid it with another stoneware casserole dish.
6. Place lidded dish in the oven a rack below center. Cook for 3-4 hours (the longer the better, but 3 hours is fine if you're in a time crunch).
7. Remove from oven and very carefully remove the lid away from your face.
8. Serve ribs over mashed potatoes (red or Yukon gold are our favorites). Spoon extra braising liquid over the ribs and potatoes.

INSTANT POT (Electric Pressure Cooker) DIRECTIONS

1. Dry the ribs thoroughly with paper towels and season generously with salt and pepper.
2. Press the 'Saute' button on the Instant Pot and add the avocado oil. When the oil is hot, brown the ribs on all sides, being sure not to crowd the pan. This will likely take 2-3 batches to brown them all. Remove the ribs and set aside.
3. Add another Tbsp of oil to the pot (still on the Saute settings) and add the onions, celery, and garlic. Saute, stirring occasionally, about 3 minutes.
4. Add the remaining Braising Liquid ingredients to the Instant Pot and stir to combine. Add the browned short ribs, making sure to push them under all the liquid. Press the "Cancel/Keep Warm" button.
5. Place the lid on the Instant Pot and lock into place. Turn the vent to 'Sealing' and set the Manual time to 45 minutes.
6. When the cycle is complete, let the Instant Pot naturally pressure release (NPR) for 15 minutes. Quick Pressure Release any remaining pressure and carefully open the lid facing away from you when all pressure is released.
7. Serve ribs over mashed potatoes (red or Yukon gold are our favorites). Spoon extra braising liquid over the ribs and potatoes.

Cheeseburger Sloppy Joes

Yields 8 servings | Prep Time: 10 minutes | Cook Time: 30 minutes

709 CAL • 60g FAT • 35g PROTEIN • 4g CARBS • 0g FIBER • 4g NET CARBS

INGREDIENTS

- 12 slices Thick-Cut Bacon
- 2 lbs Ground Beef
- 2 Tbsp Grass-Fed Butter
- 1 large Yellow Onion, diced
- 4 cloves Garlic, minced
- 1 tsp Salt
- 1 tsp Ground Black Pepper
- 2 Plum Tomatoes, chopped
- 2 tsp Yellow Mustard
- 1/2 cup Chicken Bone Broth
- 2 Tbsp Heavy Cream
- 10 oz Sharp Cheddar Cheese, shredded

DIRECTIONS

1. Line a large rimmed baking sheet with foil and place the bacon in a single layer on it. Put in the cold oven, turn it on to 400°F, and set the timer for 20 minutes. Remove the bacon when it is cooked and crispy (but not overcooked) and drain on paper towels. Dice into small bits when cool enough to handle.
2. While the bacon is cooking, brown the ground beef in a large skillet. When completely browned, drain any excess grease.
3. While the beef is browning, melt the butter in a small skillet. Add the onions and garlic and saute until translucent, browned, and fragrant.
4. With the burner still turned on to medium heat, add the cooked onions/garlic, salt, pepper, chopped tomatoes, and mustard to the ground beef. Stir to combine everything evenly. Add the beef stock and cream and stir. Allow to gently simmer for about 3-5 minutes to allow the mixture to thicken slightly (there will still be liquid in the pan).
5. Add the diced bacon and the shredded cheese to the skillet. Stir to mix everything together and to allow the cheese to melt into the mixture.
6. Serve hot over Low-Carb Cheddar Garlic Biscuits ([pg 80](#))

Cheesy Chicken Broccoli Casserole

Yields 9 servings | Prep Time: 20 minutes | Cook Time: 30 minutes

484 CAL • 45g FAT • 15g PROTEIN • 4g CARBS • 1g FIBER • 3g NET CARBS

INGREDIENTS

- 4 slices Bacon, uncooked, diced small
- 1/2 Red Onion, diced small
- 1 clove Garlic, peeled and minced
- 4 oz Cream Cheese, softened
- 1 cup Paleo Lime Mayo
- 2 Tbsp MCT Oil
- 1/2 Jalapeño, seeded and finely diced (adds flavor, this isn't a spicy dish) - **USE GLOVES**
- 4-5 oz Sharp Cheddar Cheese, shredded, divided
- 1 tsp Salt
- 1/2 tsp Ground Black Pepper
- 2 Chicken Breasts, cooked and diced
- 2 cups Broccoli Florets, cut smallish
- 1/2 cup Macadamia Nuts, roughly chopped
- 2 oz Pork Panko (about 1 1/2 cups crushed pork rinds)
- 2 Tbsp Grass-Fed Butter, melted

DIRECTIONS

1. Preheat the oven to 350°F. Have an 8x8" baking dish ready (no need to grease or oil it).
2. Add the diced bacon to a cold skillet. Turn the heat up to medium and cook, stirring occasionally, until mostly cooked through and crispy. Remove bacon with a slotted spoon and drain on paper towels.
3. If there is a lot of bacon grease leftover, drain some, but leave enough to cook the onions. Add the diced onions and minced garlic to the pan and saute until translucent, fragrant, and slightly browned. Remove from heat and set aside.
4. In a large mixing bowl, add the cream cheese, mayo, MCT oil, cooked onions, jalapeño, half of the shredded cheese, salt, and pepper. Using a firm silicone spatula or a wooden spoon, evenly mix everything together.
5. Add in the cooked chicken pieces, broccoli, and macadamia nuts. Stir to coat everything and pour into the 8x8" baking dish. Sprinkle the cooked bacon over the casserole evenly. Evenly spread the remaining shredded cheese on top of the bacon.
6. In a small bowl, combine the crushed pork rinds and melted butter with a fork until everything is evenly combined. Pour over the casserole and spread evenly across the entire surface.
7. Bake in the preheated oven for 30 minutes, or until the edges are bubbly and browned.

Chicken Alfredo Bowl

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

362 CAL • 28g FAT • 18g PROTEIN • 9g CARBS • 4g FIBER • 5g NET CARBS

INGREDIENTS

Alfredo Sauce

- 1/2 cup Grass-Fed Butter
- 2 cups Grass-Fed Heavy Cream
- 2 Garlic Cloves, peeled and minced
- 1/4 tsp Ground White Pepper
- 1/4 tsp Salt
- 1 1/2 cups Fresh Grated Parmesan Cheese, not the shelf-stable stuff

Roasted Veggies

- 1 head Cauliflower, cut into florets
- 2 heads Broccoli, cut into florets
- Avocado Oil
- Salt
- Ground Black Pepper

Chicken

- 2 lb Boneless, Skinless Chicken Breasts or Tenderloins
- 2 Tbsp Grass-Fed Butter
- Salt
- Ground Black Pepper

Chicken Alfredo Bowl (cont)

DIRECTIONS

Roasted Veggies

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper and put all cauliflower and broccoli florets in a single layer (it's okay if they overlap a bit).
2. Drizzle avocado oil lightly over all the veggies and sprinkle with salt and pepper to taste. Gently toss to coat everything with the oil. Roast in the preheated oven for 20-25 minutes, stirring once halfway through, or until lightly browned and fork-tender.

Alfredo Sauce

1. While the veggies are roasting, prepare the sauce and chicken.
2. Melt butter in a medium saucepan over medium heat. When melted, add the cream, garlic, salt, and pepper. Stir to combine and bring to a boil, stirring occasionally. Reduce heat to low and let simmer for 7-8 minutes.
3. Remove from heat and stir in the Parmesan cheese a little at a time until fully incorporated and there are no lumps of cheese left. Return to heat and simmer for 3-4 minutes, stirring constantly. Remove from heat until ready to serve.

Chicken

1. Thinly slice the chicken (as thin as you can get it). Season it with salt and pepper to taste.
2. Melt the butter in a large skillet over medium-high heat. Once it's hot and bubbly, add the chicken pieces and pan-fry until cooked through and slightly crispy on the edges, about xx minutes.

How to Serve

1. Add about 1 cup each of veggies and chicken to a bowl. Top with approximately 1/2-3/4 cup of hot Alfredo sauce. Eat immediately.
2. Store leftovers separately in the fridge for up to a week. Reheat individually (this will allow you to easily stir the Alfredo if it separates in the fridge).

Chicken Bacon Artichoke Pizza

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

362 CAL • 28g FAT • 18g PROTEIN • 9g CARBS • 4g FIBER • 5g NET CARBS

INGREDIENTS

Pizza Crust

- 1 3/4 cups Pre-Shredded Low-Moisture Mozzarella Cheese
- 3/4 cup Almond Flour, plus more for dusting
- 2 tbsp (1 oz) Cream Cheese
- 1 Egg
- 1/8 tsp Salt
- 1/2 tsp Italian Seasoning

White Sauce

- 2 Tbsp Butter
- 3 cloves Garlic, minced
- 1/4 cup Heavy Cream
- 2 Tbsp Cream Cheese
- 1/2 tsp Dried Minced Onions
- 1/2 tsp Italian Seasoning
- 2 Tbsp Parmesan Cheese Fresh shredded, not the powdery stuff

Toppings

- 1/2 lb Bacon, chopped, cooked, and drained
- 1 handful Spinach (fresh or frozen) chopped
- 2-4 oz Cooked Chicken Breast, chopped into bite-sized pieces
- 4-6 Artichoke Hearts, diced into bite-sized pieces
- 1-2 cups Shredded Mozzarella, fresh or pre-shredded
- Parmesan Cheese Fresh, shredded, not the powdery stuff

Chicken Bacon Artichoke Pizza (cont)

DIRECTIONS

Crust

1. Preheat oven to 425°F. Sprinkle a thin layer of almond flour on a pizza stone. If you don't have a pizza stone, line a baking sheet with parchment paper and sprinkle a thin layer of almond flour on the parchment. Set aside.
2. In a heat-safe mixing bowl, microwave the shredded mozzarella on high for 1 minute. Add in the almond flour and cream cheese and stir to combine.
3. Add in the egg, salt, and Italian seasoning. If it's too hard to mix until smooth with a spoon or spatula, use your hands to knead it until it's fully combined. It will be a little sticky, that's okay.
4. Form the dough into a ball and place on the center of your pizza stone/baking sheet. Have a bowl of water nearby. Keeping your hands lightly wet, press the dough out into a thin circle. It should be about 12" in diameter.
5. Bake crust in the prepared oven for 8 minutes. Remove when it is slightly puffed and browned. Pierce the crust all over with a fork to release the air and gently press it down to get it ready for the toppings.

White Sauce

1. While the crust is baking, melt the butter in a small saucepan over medium heat. Add the garlic and saute just until fragrant.
2. Add the heavy cream, cream cheese, dried minced onions, Italian seasoning, and Parmesan cheese. Whisk until smooth. Remove from heat and set aside.

Pizza Assembly

1. Pour the white sauce onto the pre-baked crust. Spread evenly almost all the way to the edge (leave very little edge on the crust, if any at all). Add the diced artichokes, chicken, bacon, and spinach. Top with as much or as little mozzarella as you like. Sprinkle on some extra Parmesan (optional).
2. Put the assembled pizza back in the oven and bake for another 6 minutes. Turn the broiler on HIGH and broil for another 1-2 minutes, or until the cheese is bubbly and golden.
3. Serve immediately. Store leftovers in the fridge for up to a week.

Chicken Enchilada Casserole

Yields 8 servings | Prep Time: 10 minutes | Cook Time: 45 minutes

497 CAL • 40g FAT • 29g PROTEIN • 5g CARBS • 0g FIBER • 5g NET CARBS

INGREDIENTS

- 6 cups Chicken, cooked and shredded
- 2 Tbsp Grass-Fed Butter
- 1 clove Garlic, minced
- 3 Tbsp Collagen Protein
- 3/4 cup Heavy Whipping Cream
- 1/4 cup Chicken Bone Broth (pg 26)
- 1 tsp Cumin
- 1 tsp Garlic Powder
- 1 tsp Chili Powder
- 1 cup Tomatillo Guac Starter (pg 100)
- 1 cup Sour Cream
- Salt, to taste
- Ground Black Pepper, to taste
- 10 oz Monterey Jack Cheese, shredded
- 1 (4 oz) can Diced Green Chiles, drained

DIRECTIONS

1. Preheat oven to 350°F. Lightly oil a 9x13" baking dish with extra avocado oil. Set aside.
2. In a medium saucepan over medium heat, melt the butter. Add the minced garlic and saute until fragrant, about 1 minute. Add in the collagen protein and heavy cream, whisking to remove any lumps. Continue whisking for about another 1 minute. Reduce heat to medium-low and let simmer to thicken, about 5-8 minutes.
3. Once the sauce has thickened, remove from heat and stir in the cumin, garlic powder, chili powder, and 1/3 of the Monterey Jack cheese. Stir in the Tomatillo Guac Starter, sour cream, salt, and pepper and stir to fully combine.
4. Add the shredded chicken to the prepared baking dish, spreading it around evenly. Spread the sauce over the top of the chicken and stir gently to combine the chicken and sauce.
5. Top with the remaining Monterey Jack cheese. Evenly sprinkle diced green chiles over the top of the cheese.
6. Bake in the preheated oven for 20 minutes, or until hot and bubbly and the cheese is slightly browned on top.

Chicken-Veggie Bake

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 30 minutes

438 CAL • 25g FAT • 39g PROTEIN • 14g CARBS • 4g FIBER • 10g NET CARBS

INGREDIENTS

- 6 cloves Garlic, peeled and minced
- 1 tsp Dried Basil
- 1/2 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1/2 cup Sun-Dried Tomatoes in oil
- 2 lb Chicken Breasts or Tenders, boneless, skinless
- 1 head Broccoli, cut into bite-sized florets and stems
- 1/2 head Cauliflower, cut into bite-sized florets stems
- 1 Yellow Onion, sliced
- 1/2 cup Avocado
- 1/2 cup Fresh Grated Parmesan Cheese, or more if you like

DIRECTIONS

1. Preheat oven to 400°F. Line a large (18x13") rimmed baking sheet with parchment paper or foil (foil will make for an easier cleanup). Set aside.
2. In a large bowl, add the minced garlic, basil, salt, pepper, and sun-dried tomatoes. Cut the chicken into bite-sized pieces and add them to the bowl. Mix everything together to evenly coat all the chicken pieces. Arrange the chicken in the center of the prepared baking pan, filling 1/3 of it.
3. On one side of the chicken, add the broccoli florets. On the other side, add the cauliflower florets. Try to keep them all in a relatively single layer (overlapping some of them is perfectly fine). Distribute the sliced onions over the top of everything.
4. Drizzle the avocado oil evenly over both the cauliflower and the broccoli and sprinkle them with a little extra salt and pepper.
5. Bake in the preheated oven for 20 minutes. Remove from oven and gently stir the veggies with a wooden spoon. Use the spoon to break up clumps of chicken that stick together. Sprinkle the Parmesan on top and return to the oven and bake for an additional 10

minutes.

6. Serve hot and drizzled with Ranch Dressing (**pg 97**).

Deconstructed Egg Rolls

Yields 8 servings | Prep Time: 15 minutes | Cook Time: 20 minutes

441 CAL • 34g FAT • 24g PROTEIN • 7g CARBS • 1g FIBER • 6g NET CARBS

INGREDIENTS

- 4 Tbsp Sesame Oil
- 1 cup Red Onion, diced
- 8 Green Onions, sliced
- 2 lb Ground Pork
- 1 tsp Ground Ginger
- 2 tsp Garlic Powder
- 1/2 tsp Salt
- 1/2 Ground Black Pepper
- 3 Eggs
- 1 lb Cole Slaw Mix
- 6 Tbsp Coconut Aminos
- 2 Tbsp White Vinegar

DIRECTIONS

1. Heat sesame oil in a large skillet over medium-high heat. Add the diced onion and the white parts of the green onions. Saute until translucent and fragrant.
2. Add the ground pork, ginger, garlic powder, salt, and pepper. Saute until the pork is completely cooked through, no pink left. Break up with the back of a wooden spoon while cooking.
3. Move the cooked pork to one side of the skillet and crack the eggs in the open section. Scramble them vigorously with the wooden spoon. When they are almost completely cooked through, incorporate the cooked pork and eggs together.
4. Add the cole slaw mix, coconut aminos, and white vinegar. Sauté until the cabbage is wilted and tender. If your pan is not large enough, add the cole slaw mix in batches, adding more as the previous batch wilts and cooks down, making more room in the pan.
5. Top with the remaining sliced green onions (the green parts) and serve hot. Add additional coconut aminos if you prefer more flavor/saltiness.

Easy Pan-Fried Chicken Tenders

Yields 12 pieces | Prep Time: 5 minutes | Cook Time: 10 minutes

93 CAL • 5g FAT • 10g PROTEIN • 1g CARBS • 0g FIBER • 1g NET CARBS

INGREDIENTS

- 12 Chicken Tenders
- Garlic Powder
- Onion Powder
- Smoked Paprika
- Dried Parsley
- Salt
- Ground Black Pepper
- 2 Tbsp Ghee or Grass-Fed Butter
- 1 Tbsp Avocado Oil

DIRECTIONS

1. Rinse chicken tenders and pat dry.
2. Sprinkle each herb/spice onto one side of the chicken tenders individually. How much you use is up to your personal preferences. We prefer to go light on the onion and garlic powders and heavy on the rest. You want a fairly solid coating on all of the tenders..
3. Heat the butter and oil in a large skillet over medium heat. Once hot, add the chicken, seasoned side down. Once you add them to the skillet, don't move them. Cook until the edges turn opaque and white, about 3-5 minutes.
4. While the chicken is in the skillet cooking, season the other side of them the same way you did before.
5. Once the edges are white, flip the chicken tenders and cook on the other side for another 3-5 minutes, or until completely cooked through and no pink remains. Thinner tenders will take closer to 3 minutes, while thicker ones will take longer.
6. Remove from the skillet and serve hot with dip of your choice (we prefer Ranch - pg).
7. Leftovers can be stored in an airtight container in the fridge for up to a week. To reheat, add some more butter and oil to a skillet, slice the tenders into bite-size pieces, and pan-fry until crispy and heated through.

IP Pulled Pork

Yields 12 servings | Prep Time: 20 minutes | Cook Time: 1 hour

354 CAL • 23g FAT • 26g PROTEIN • 5g CARBS • 0g FIBER • 5g NET CARBS

INGREDIENTS

Dry Rub

- 2 tsp Chili Powder
- 2 tsp Smoked Paprika
- 2 tsp Ground Black Pepper
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- 1 tsp Cinnamon
- 1 tsp Salt
- 1/2 tsp Chipotle Pepper Powder

Pork

- 3 lb Pork Shoulder
- 2 Tbsp Avocado Oil
- 2 cups Balsamic Ketchup (pg 91)
- 1 1/2 cups Water

DIRECTIONS

1. Combine all Dry Rub ingredients together in a bowl. Set aside.
2. Cut the pork shoulder into smaller pieces that will fit easily in the Instant Pot (about 5-6). Use the dry rub to coat all of the pork pieces on all sides.
3. Press the “Saute” button on the Instant Pot and add the avocado oil. When the oil is hot, add the pork (just a few pieces at a time as they will fit, without overcrowding) and brown on all sides, about 2-3 minutes per side.
4. Remove the pork, once browned, and add the ketchup and water to the Instant Pot, using a wooden spoon to scrape the bottom of the pot. Press the “Cancel” button.
5. Add the pork back to the pot, put the lid on the pot, turn to lock and set the vent to “Sealing”. Press the “Meat” button and increase the time to 60 minutes.
6. When the cycle ends, turn the vent to “Venting” and let the pressure completely release. Carefully open the lid facing away from you and set it aside.
7. Using tongs or a slotted spoon, remove the pork and shred. Use 2 forks or for a faster method, put the pork in a stand mixer with the paddle attachment and beat it until it’s fully shredded.

8. Serve as-is or place the shredded pork back in the Instant Pot to soak up the juices (this is our preferred method).

Italian Meatballs

Yields 8 servings | Prep Time: 15 minutes | Cook Time: 20 minutes

361 CAL • 28g FAT • 21g PROTEIN • 3g CARBS • 0g FIBER • 3g NET CARBS

INGREDIENTS

- 1 lb Ground Beef
- 1 lb Ground Pork Sausage, we use Jimmy Dean
- 2 large Eggs
- 1 Tbsp + 1 tsp Dried Minced Onions
- 1/3 cup Pork Panko, finely ground pork rinds
- 3 cloves Garlic, minced
- 1 1/2 tsp Salt
- 1 tsp Ground Black Pepper
- 1 tsp Italian Seasoning
- 3 Tbsp Grated Parmesan Cheese, fresh, not shelf stable
- 1-2 cups Spaghetti Sauce ([pg 98](#))

DIRECTIONS

1. Preheat oven to 425°F. Line a rimmed baking sheet with foil and set aside.
2. Combine all ingredients, except spaghetti sauce, in a large bowl. Combine (with a spoon or your hands) until completely combined and evenly mixed.
3. Using a small cookie scoop (approx. 1 Tbsp in volume), scoop the meatball mixture into balls and roll to smooth with your hands. Place on the prepared baking sheet, almost but not quite touching.
4. Bake in the preheated oven for 15-18 minutes, or until cooked through (if you press down on them, they will feel firm, not squishy).
5. Remove from oven and transfer meatballs (with a slotted spoon) to an 8x8 baking dish. Cover with spaghetti sauce. Put back in the oven and bake, uncovered, until sauce is heated through and cheese is melted and slightly browned, about 5 minutes.
6. Serve hot topped with extra fresh grated Parmesan cheese (optional). Leftovers can be stored in an airtight container for up to a week.

Lime Skirt Steak

Yields 4 servings | Prep Time: 3 hours 35 minutes | Cook Time: 5 minutes

480 CAL • 31g FAT • 46g PROTEIN • 1.5g CARBS • 0g FIBER • 1.5g NET CARBS

INGREDIENTS

- 2 lb Skirt Steak
- Juice of 2 Limes
- 2 Tbsp Avocado Oil
- 2 Serrano Peppers, seeded and finely diced
- 1 tsp Coarse Salt
- 1 tsp Ground Black Pepper
- 2 Tbsp Avocado Oil
- 8 Tbsp Grass-Fed Butter, melted
- 2 tsp Dried Parsley

DIRECTIONS

1. In a quart or gallon zip-top bag, add the lime juice, serrano pepper, 1 Tbsp avocado oil, salt, and pepper. Set aside.
2. Lay the skirt steak on a cutting board. Take 2 forks and tenderize the meat. Hold the steak in place with one fork while stabbing and pulling with the other. Do this to both sides. Going with the grain (not against), cut the steak into 3 pieces. Place all 3 pieces in the marinade in the plastic bag, squeeze out as much air as possible, and seal. Smush everything around to coat all the steak with the marinade. Refrigerate for 1-3 hours.
3. Remove the marinated skirt steak from the fridge and let come to room temp for 30 minutes. Heat the 1 Tbsp of avocado oil in a heavy skillet (like cast iron) over medium-high heat until it's shimmering.
4. Add one piece of the skirt steak to the hot skillet and cook for 2 minutes. Do not move it around, let it get a good sear to seal in the juices and flavor. Flip and cook an additional 2 minutes on the other side. This will give you a rare/medium-rare steak. Cook longer for medium or well-done (though this will result in a tougher, drier steak).
5. Repeat with remaining pieces of steak until all 3 are cooked. Let rest for 3-5 minutes

before slicing. Slice thinly against the grain.

6. Add the parsley to the melted butter/ghee and stir to combine. Drizzle over sliced steak and serve immediately.

Masala Chicken Soup

Yields 8 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

360 CAL • 30g FAT • 16g PROTEIN • 9g CARBS • 2g FIBER • 7g NET CARBS

INGREDIENTS

- 2 Tbsp Avocado Oil
- 2 stalks Celery, chopped
- 4 cups Chicken Broth
- 1 can Diced Tomatoes
- 2 tsp Onion Powder, sliced
- 1 tsp Garlic Powder, minced
- 2 Tbsp Garam Masala
- 2 tsp Smoked Paprika
- 1/2 tsp Cinnamon
- 1 tsp Salt
- 1 tbsp Lemon Juice
- 2 cans Heavy Cream
- 3 Tbsp Collagen Protein
- 2 cups Cauliflower, chopped very small
- 6 Cooked Chicken Thighs

DIRECTIONS

1. In a large pot over medium heat, heat the avocado oil and add the celery. Saute until softened, about 3 minutes.
2. Add the chicken broth, diced tomatoes, onion and garlic powders, garam masala, paprika, cinnamon, and salt. Stir to combine, bring to a gentle boil and let simmer 5 minutes.
3. While the soup is simmering, chop the chicken into bite-sized pieces. Set aside.
4. Pour the heavy cream and lemon juice into a bowl and whisk to combine the cream and water until it's smooth. Sprinkle the collagen over the surface and let it sit and soften for a minute or two. Whisk it all together to combine until no lumps remain.
5. Add the cream mixture, chicken, and chopped cauliflower to the soup. Stir to mix

everything together and let simmer and thicken for another 5 minutes. Serve hot.

Mini Meatloaves

Yields 20 meatloaves | Prep Time: 10 minutes | Cook Time: 15 minutes

133 CAL • 9g FAT • 8g PROTEIN • 1g CARBS • 0g FIBER • 1g NET CARBS

INGREDIENTS

- 2 lbs Ground Beef
- 1 small Yellow Onion, diced small
- 2 Eggs
- 1/3 cup Pork Panko, ground up pork rinds
- 1/3 cup Paleo Balsamic Ketchup, + more for topping/dipping
- 2 Tbsp Yellow Mustard
- Sea Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Preheat oven to 350°F.
2. In a large bowl, combine all ingredients and mix until evenly combined. Just get in there with your freshly washed hands, gross as it might feel. It's the most effective method.
3. Scoop out 1/3 cup of the meat mixture and roll it into a ball, then place it in a cup of a regular muffin pan. Repeat until all muffin cups are filled.
4. Pour a teaspoon or two of ketchup onto each meatloaf, spreading it to cover the entire top surface.
5. Bake in the preheated oven for 15-20 minutes, or until no longer pink inside. Use a large spoon to scoop the meatloaves out and onto a serving plate. Serve with extra ketchup, if desired.
6. Leftovers can be stored in the fridge for up to 1 week. They are best cut in half and reheated in the oven/toaster oven at 350°F until heated through (just a few minutes, not too long).

Parmesan Crusted Cod

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 10 minutes

482 CAL • 31g FAT • 44g PROTEIN • 2g CARBS • 0g FIBER • 2g NET CARBS

INGREDIENTS

- 4 (6 oz) Cod Filets, wild-caught
- 1/2 cup Paleo Lime Mayo
- 1 cup Parmesan Cheese, fresh-grated
- 4 cloves Garlic, minced
- 2 tsp Dried Parsley
- 1/2 tsp Salt
- 1/4 tsp Ground Black Pepper
- Extra Grated Parmesan, for topping

DIRECTIONS

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper or foil.
2. Arrange the cod on the baking sheet so there is space between them (they shouldn't be touching).
3. In a mixing bowl, combine the mayo, parmesan cheese, minced garlic, parsley, salt, and pepper. Mix until fully combined.
4. Spread 1/4 of the mixture on each cod filet (it should be a generous coating). Sprinkle a little more parmesan on top, if desired.
5. Bake in the preheated oven for 10 minutes, or until the fish is white all the way through, no longer opaque, and flakes easily.
6. Serve hot.

Reuben Casserole

Yields 8 servings | Prep Time: 5 minutes | Cook Time: 15 minutes

338 CAL • 30g FAT • 14g PROTEIN • 2g CARBS • 0g FIBER • 2g NET CARBS

INGREDIENTS

Casserole

- 1 lb Corned Beef, already cooked
- 1 cup Sauerkraut
- 6 slices Swiss Cheese, or enough shredded to cover the top
- 1/2 tsp Caraway Seeds, (optional) use less if your sauerkraut has caraway in it

Thousand Island Dressing

- 3/4 cup Paleo Lime Mayo
- 2 Tbsp Tomato Sauce
- 2 Kosher Dill Pickles, finely chopped
- 1 Tbsp White Vinegar
- 1/8 tsp Salt

DIRECTIONS

1. Preheat the oven to 350°F.
2. Combine all the 'Thousand Island Dressing' ingredients in a glass jar, put a lid on it and seal it tightly, and shake real good until everything is combined. Set aside.
3. Strain any extra liquid out of the sauerkraut and squeeze dry with paper towels. Set aside.
4. Carve up the corned beef into bite-sized pieces. Try not to eat it all before it makes it into the casserole dish. Place the corned beef pieces in the bottom of a 9x13 baking dish.
5. Evenly distribute the sauerkraut over the corned beef and drizzle about half of the Thousand Island Dressing over that. Cover the top with the Swiss cheese and sprinkle on the caraway seeds, if using.
6. Bake in the preheated oven for 15 minutes, or until the top is bubbly and slightly golden.

Remove from oven and serve hot with an additional drizzle of the remaining Thousand Island Dressing.

Roasted Chicken

Yields 6-8 servings | Prep Time: 10 minutes | Cook Time: 2 hours 30 minutes

457 CAL • 34g FAT • 33g PROTEIN • 0g CARBS • 0g FIBER • 0g NET CARBS

INGREDIENTS

- 1 (4-5 lb) Whole Chicken
- 1/4 cup Grass-Fed Butter
- 1/2 small Yellow Onion
- 3 cloves Garlic, smashed
- 3-4 sprigs Fresh Thyme, Rosemary, & Sage, a combo of all 3 is best
- Salt
- Ground Black Pepper

DIRECTIONS

1. Preheat the oven to 225°F. Line a roasting pan with foil (not required but makes cleanup much easier). Set aside.
2. Remove neck and packet of organs from the chicken's cavity. Set aside. Under cold running water, rinse the entire chicken, inside and out. Pat it dry, again, inside and out. Set on a small platter or plate large enough for the chicken.
3. Gently separate the breast meat from skin. Smush the softened butter under the skin, covering all the meat. It's easier to place the butter in there, then gently press it all around from outside the skin (slightly less messy as well).
4. Moderately season with salt and pepper all over the outside (top, bottom, sides, creases, everywhere). Add some to the cavity as well. Stuff the cavity with the onions, garlic, and fresh herbs.
5. Cover the cavity with the flap of skin, cross the legs over that, and tie them together with twine. Tuck the wings back and underneath the bird and cover the wings with foil.
6. Roast in the preheated oven for approximately 30 minutes per lb, or until an internal temp (tested in the thickest part of the breast, away from bone) reaches 160°F. For a 3 1/2 lb chicken, this is about 2 1/2 hours. Remove the foil from the wings in the last 30 minutes.

7. When the internal temperature reaches 160°F, remove the chicken from the oven and lightly cover with foil for 10 minutes before carving.
8. Use the leftover carcass and veggies to make Chicken Bone Broth ([pg 26](#)).

Shrimp & “Grits”

Yields 4 servings | Prep Time: 10 minutes

362 CAL • 28g FAT • 18g PROTEIN • 9g CARBS • 4g FIBER • 5g NET CARBS

INGREDIENTS

Marinade

- 1 1/2 Tbsp Avocado Oil
- 1/3 tsp Garlic Powder
- 1 1/2 tsp Smoked Paprika
- 1/3 tsp Salt
- Ground black pepper, to taste
- 1 lb Shrimp, peeled and deveined

Grits

- 1/3 cup Chicken Bone Broth
- 2/3 cup Heavy Cream
- 1 1/3 cup Riced Cauliflower
- 3 1/2 oz Sharp Cheddar Cheese
- 1 1/2 Tbsp Grass-Fed Butter

Shrimp Topping

- 1 1/2 Tbsp Avocado Oil
- 6 slices Bacon, cut into small pieces
- 1/3 cup Yellow Onion, diced
- 1/3 cup Red Bell Pepper, diced
- Lemon Juice, to taste

DIRECTIONS

1. Combine all marinade ingredients and add shrimp. Toss to coat. Set aside.
2. In a medium saucepan over medium heat, bring the broth and cream to a light boil. Add the riced cauliflower and simmer until it's softened. Remove from heat and stir in the cheese in small batches until completely mixed it. Add in the butter, stir to combine and set aside.
3. In a large skillet over medium-high heat, add the oil and bacon. When the pan heats up and the bacon starts to cook, add the diced onions and peppers. Cook, stirring occasionally, until the bacon is mostly cooked and the veggies are fragrant.
4. Add the shrimp and all the marinade to the pan with the bacon and veggies. Toss the shrimp often to cook it evenly. Remove from heat as soon as they are cooked through to

- avoid overcooking them (otherwise they will be tough and chewy).
5. Remove from heat and squeeze lemon juice over everything in the pan.
 6. To serve, spoon “grits” in a bowl and top with shrimp and veggies.

Slow-Roasted Pork Shoulder

Yields 8 servings | Prep Time: 1 day + 1 hour | Cook Time: 5 hours 20 minutes

493 CAL • 32g FAT • 40g PROTEIN • 5g CARBS • 0g FIBER • 4g NET CARBS

INGREDIENTS

- 1 (3-4 lb) Pork Shoulder, either bone-in or bone-out
- 1 Yellow Onion, quartered and sliced
- 3-4 Carrots, sliced into ½" x 2" sticks
- 5 Cloves Garlic, peeled
- 1/2 cup Red Wine
- 1/4 cup Water
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. In a dish large enough to hold the pork shoulder, but small enough to fit in your fridge, season the pork with salt and pepper on all side, cover, and refrigerate for 24 hours, or at least overnight.
2. Remove from the refrigerator and let sit out for 1 hour.
3. Preheat the oven to 300°F.
4. Place the pork shoulder in a large roasting pan, fatty side up. Place in the oven and cook for 4 hours.
5. Add the onion, carrots, garlic, red wine, water to the roasting pan and cook for an additional hour, occasionally stirring the veggies.
6. Remove the pan from the oven and turn up the heat to 375°F. Tear (or cut, if you have to) the meat into large chunks and place back in the roasting pan. If there is no more liquid in the pan with the veggies, add a little more water, just enough to keep them from burning or drying out.
7. Place back in the 375°F oven and cook for an additional 20 minutes.
8. Remove from oven and let the pork rest for 15-20 minutes before serving.

Stuffed Peppers

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 40 minutes

284 CAL • 21g FAT • 14g PROTEIN • 8g CARBS • 3g FIBER • 5g NET CARBS

INGREDIENTS

- 1 medium Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 tsp Avocado Oil, + more for baking dish
- 1 lb Ground Beef
- 1 Tbsp Ground Cumin
- 2 tsp Dried Parsley
- 1/2 tsp Smoked Paprika
- 1/2 tsp Salt
- Ground Black Pepper, to taste
- 1 (14.5 oz) can Diced Tomatoes
- 1 (4 oz) can Diced Jalapenos or Mild Green Chiles, drained
- 1/2 can Black Olives, drained and sliced
- 3 large Bell Peppers, halved and seeds removed

DIRECTIONS

1. Preheat the oven to 350°F. Lightly oil a 9x13 glass baking dish with oil. Set aside.
2. In a large skillet, heat the 1 tsp olive oil over medium heat. Add the onions and garlic to the skillet and saute until the onions are translucent.
3. Add the ground bison/beef, cumin, parsley, paprika, salt, and pepper to the skillet and cook until the bison/beef is completely browned, breaking up with the back of a wooden spoon.
4. Stir in the can of tomatoes, drained jalapenos/chiles, and 1/2 of the olives until evenly combined. Remove from heat.
5. Using a large cookie scoop (easiest) or a spoon, scoop the meat mixture into the hollowed out pepper halves. sprinkle the remaining half of black olives on top of the stuffed peppers.

6. Place the peppers, cut side up, in the oiled baking dish. Bake in the preheated oven for 30 minutes.
7. Serve hot.

Taco Casserole

Yields 12 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

401 CAL • 33g FAT • 20g PROTEIN • 6g CARBS • 2g FIBER • 4g NET CARBS

INGREDIENTS

- 2 lb Ground Beef
- 2 batches Taco Seasoning (**pg 99**)
- 1 small Yellow Onion, diced
- 1 Bell Pepper, diced
- 8 oz Cream Cheese, softened
- 1 1/2 cups Cole Slaw Mix
- 1 (14.5 oz) can Diced Tomatoes, drained
- 8 oz Sharp Cheddar Cheese, shredded, divided
- 1/2 Jalapeño Pepper, seeded and diced
- 1 can Olives, drained and cut in half

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a large skillet, brown the ground beef over medium-high heat, breaking it with the back of a wooden spoon as it cooks. About halfway through, add the diced onions and peppers and cook along with the beef.
3. When it is cooked all the way through, add the taco seasoning and mix it in thoroughly.
4. Reduce heat to medium-low and add the cream cheese to the skillet. Stir until the cream cheese is melted and mixed evenly in with the beef and veggies. Pour everything from the skillet into a 9x13" baking dish.
5. Spread the cole slaw mix over the top of the beef mixture, then top with the drained tomatoes, spreading them around evenly.
6. Add the shredded cheese on top, then sprinkle the jalapeno peppers and olives on top.
7. Bake in the preheated oven for 20 minutes, or until the cheese is bubbly and lightly browned.

Taco Salad

Yields 8 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

441 CAL • 36g FAT • 18g PROTEIN • 12g CARBS • 7g FIBER • 5g NET CARBS

INGREDIENTS

- 2 lb Ground Beef
- 2 batches Taco Seasoning (**pg 99**)
- 1-2 bunches Romaine Lettuce, cut or torn into small pieces
- 2 Bell Pepper
- 2-3 cans Black Olives, drained and sliced
- 2-3 Tomatoes, seeded and diced
- 2 Cucumbers, seeded and diced
- 2 Avocados, pitted and diced

DIRECTIONS

1. Brown the ground beef in a large skillet over med-high heat.
2. When the beef is no longer pink, add the taco seasoning and 1 Tbsp water to the skillet and stir until combined. Remove from heat.
3. While the beef is browning, prep all the vegetables.
4. Serve by layering the lettuce, beef, and all veggies on individual serving plates.

Zuppa Toscana

Yields 8 servings | Prep Time: 10 minutes | Cook Time: 30 minutes

567 CAL • 50g FAT • 20g PROTEIN • 7g CARBS • 1g FIBER • 6g NET CARBS

INGREDIENTS

- 2 Tbsp Avocado Oil
- 4 cloves Garlic, minced
- 2 medium Yellow Onions, diced
- 2 lbs Italian Pork Sausage, we like Jimmy Dean Sausage in this soup
- 1 tsp Dried Oregano
- 1 tsp Dried Basil
- 1 tsp Dried Parsley
- 1/2 tsp Crushed Red Pepper Flakes, adds just a hit of heat, optional
- Sea Salt, to taste
- Ground Black Pepper, to taste
- 8 cups Chicken Bone Broth ([pg 26](#))
- 1 Bay Leaf
- 3 cups Cauliflower Florets & Stems
- 3 cups Baby Spinach, chopped
- 1 1/2 cups Heavy Cream

DIRECTIONS

1. In a large stockpot over medium heat, add the avocado oil. When hot, add the onions and garlic. Saute until fragrant and slightly translucent, about 2 minutes.
2. Add the sausage and cook until no pink remains. Add the oregano, basil, parsley, red pepper flakes, salt, and pepper. Stir to combine.
3. Add the chicken broth, cauliflower, and bay leaf. Bring to a boil then reduce heat to medium-high heat and gently boil for 15 minutes or until the potatoes are fork-tender. Taste the soup base and add more salt and pepper, if needed.
4. After the cauliflower is cooked, add the spinach to the soup. Stir to combine and cook until wilted. Add the heavy cream and stir to combine, and cook for 1 minute to thicken.
5. Serve hot. Store leftovers in the fridge for up to a week.

side dish

Is Batman really Batman without Robin? In that same token, is dinner really dinner without some fantastic side dishes to perfectly compliment the meal? I know, I don't think so either. That's why these sides are the perfect match for all the dinners in this ebook. And I bet you'll fall in love with every single one.



Caesar Salad

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 10 minutes

393 CAL • 27g FAT • 29g PROTEIN • 8g CARBS • 3g FIBER • 5g NET CARBS

INGREDIENTS

Caesar Dressing

- 2 Tbsp Paleo Lime Mayo
- 2 tsp Dijon Mustard
- 2 cloves Garlic
- 4 Tbsp Fresh Squeezed Lemon Juice
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Salt
- 1 cup Avocado Oil
- 1/2 cup Shredded Parmesan, not shelf stable stuff

Caesar Salad

- 2 Chicken Breasts
- 1 Tbsp Avocado Oil
- 1/4 tsp Salt
- 1/4 tsp Ground Black Pepper
- 1 head Romaine Lettuce, chopped
- 2 cups Baby Spinach
- 1/2 cup Shredded Parmesan, not shelf stable stuff

DIRECTIONS

Caesar Dressing

1. Add all dressing ingredients (except Parmesan cheese) to the bowl of a food process or in a blender. Process on high until the garlic is minced down and the mixture is smooth. Add in the cheese and pulse until it is incorporated but not completely smooth. Pour into a glass bottle/jar and store in the fridge (up to 2 weeks) until ready to use.

Caesar Salad

1. Place a skillet or griddle on the stove over medium heat. In a mixing bowl, add the chicken breasts, avocado oil, salt, and pepper. Stir to evenly coat. When the skillet/griddle is hot, add the chicken and cook, turning as needed, until fully cooked through and no longer pink. Remove from skillet and let rest for at least 5 minutes before slicing.
2. Divide the romaine lettuce and spinach evenly between 4 salad bowls. Sprinkle the shredded Parmesan on the lettuce, and top with slices of chicken breast. Drizzle with desired amount of Caesar dressing and eat immediately.

CauliMash

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 15 minutes

150 CAL • 14g FAT • 2g PROTEIN • 4g CARBS • 1g FIBER • 3g *NET* CARBS

INGREDIENTS

- 1 head Cauliflower
- 2 Tbsp Avocado Oil
- 4 Tbsp Grass-Fed Butter, softened
- 2-4 Tbsp Heavy Cream
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper and set aside.
2. Cut up the cauliflower into very small florets. The smaller they are, the faster they will cook.
3. Spread the cauliflower pieces onto the lined baking sheet, trying to keep it in a single layer. Drizzle avocado oil on the cauliflower and toss to coat them all. Roast in the preheated oven for about 15-20 minutes, or until they are soft and tender.
4. Remove cooked cauliflower from the oven and add to a large bowl (if using a hand mixer) or the bowl of a stand mixer.
5. Add the butter and start mixing to mash the cauliflower and butter together. Once the cauliflower is fairly smooth, add cream 1 Tbsp at a time (while mixing on low) until you get the consistency you'd like (more cream for a thinner mash, less for a thicker one).
6. Add salt and pepper to taste, mixing again to finish it up.
7. Serve hot.

Cheddar Garlic Biscuits

Yields 10 biscuits | Prep Time: 5 minutes | Cook Time: 12 minutes

199 CAL • 18g FAT • 5g PROTEIN • 4g CARBS • 2g FIBER • 2g NET CARBS

INGREDIENTS

Biscuits

- 4 Tbsp Grass-Fed Butter, melted
- 1/3 cup Sour Cream
- 2 Eggs
- 1 1/2 cups Almond Flour
- 1/4 tsp Salt
- 1 Tbsp Baking Powder
- 1 tsp Dried Parsley
- 1/2 tsp Garlic Powder
- 2 scoops Prebiotin Prebiotic Fiber
- 1 1/2 oz Shredded Cheese, scant 1 cup

Topping

- 2 Tbsp Butter, melted
- 1/8 tsp Salt
- 1/8 tsp Garlic Powder
- 1/2 tsp Dried Parsley

DIRECTIONS

1. Preheat the oven to 400°F. Generously grease 10 cups of a 12-cup muffin tin with avocado oil (or use nonstick liners, like foil or silicone). Set aside.
2. In a large mixing bowl, add the melted butter, sour cream, and eggs. Whisk them all together until it is very smooth, not chunky or lumpy at all.
3. Add in all the dry ingredients and mix together with a spoon or spatula (the mixture will get too thick for the whisk). until thoroughly combined and smooth. Fold in the shredded cheese.
4. Place approximately 1/4 cup of batter into each of the greased muffin cups (using a large cookie scoop for this ensures evenly distributed batter). Bake in the preheated oven for 10-12 minutes, or until the tops are golden and crispy and the inside is cooked through.
5. While the biscuits are baking, melt the 2 tablespoons of butter and stir in the salt, garlic, and parsley. Remove the cooked biscuits from the oven and brush the melted butter mixture on them right away.
6. Biscuits are best served hot (and eaten the same day), but can be made in advance (ideally, same day) and served at room temp or reheated for a few minutes in the oven.

Creamy Brussels Sprouts Salad

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 15 minutes

529 CAL • 50g FAT • 11g PROTEIN • 9g CARBS • 3g FIBER • 6g NET CARBS

INGREDIENTS

Dressing

- 3 Tbsp Apple Cider Vinegar
- 10 drops Stevia Glycerite, possibly more depending on preferences
- 3 Tbsp MCT Oil
- 3 Tbsp Paleo Lime Mayo ([pg 96](#))

Salad

- 6 slices Thick Cut Bacon
- 1/2 pound Brussels Sprouts, shredded
- 4 cups Baby Spinach
- 1/2 cup Walnuts, chopped
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. In a small jar, combine the “Dressing” ingredients, seal tightly with a lid, and shake vigorously to combine. Taste to see if the sweetness is to your liking, add more Stevia (1-2 drops at a time), shaking after each addition. Set aside.
2. Cut the bacon into small pieces (kitchen shears are easiest for this) and add to a cold skillet. Turn the burner up to medium-high heat and cook the bacon, stirring often, until it's done and crispy. Remove bacon with a slotted spoon and drain on paper towels.
3. Turn the heat down to medium-low and add the shredded Brussels sprouts to the pan with the bacon fat still in it. Saute, stirring often, until the sprouts are softened and tender, about 3-ish minutes. Remove from burner with a slotted spoon and set aside.
4. Divide the spinach between 4 salad bowls. Top with the cooked Brussels sprouts, bacon pieces, chopped walnuts, and some salt and pepper. Drizzle dressing on top and eat warm.

Crispy Bacon Broccoli

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 10 minutes

93 CAL • 7g FAT • 2g PROTEIN • 6g CARBS • 2g FIBER • 4g *NET* CARBS

INGREDIENTS

- 6 cups Broccoli Florets, cut into bite-size pieces
- 3 Tbsp Bacon Fat
- Sea Salt, to taste

DIRECTIONS

1. In a large skillet (either non-stick or stainless is fine), melt the bacon fat over medium-high heat.
2. Add the broccoli and stir to coat all of it with the melted fat. Continue cooking, stirring occasionally to prevent burning and to cook evenly.
3. When some of the broccoli (not all) is crispy and browned, remove from heat and season with salt, to taste. Serve hot.

Lemon Parmesan Broccoli

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 10 minutes

160 CAL • 11g FAT • 8g PROTEIN • 7g CARBS • 2g FIBER • 5g *NET* CARBS

INGREDIENTS

- 6 cups Broccoli Florets, cut into bite-size pieces
- 3 Tbsp Bacon Fat
- Sea Salt, to taste
- Juice from 1 Lemon
- 1 cup Parmesan Cheese, fresh grated

DIRECTIONS

1. In a large skillet (either non-stick or stainless is fine), melt the bacon fat over medium-high heat.
2. Add the broccoli and stir to coat all of it with the melted fat. Continue cooking, stirring occasionally to prevent burning and to cook evenly.
3. When some of the broccoli (not all) is crispy and browned, remove from heat and season with salt, to taste.
4. Add the lemon juice to the skillet and toss to coat the broccoli in the juice. Remove skillet from heat and sprinkle the Parmesan over the top, stirring lightly to coat. Serve hot.

Mixed Greens Salad

Yields 4 servings | Prep Time: 5 minutes

113 CAL • 6g FAT • 5g PROTEIN • 9g CARBS • 2g FIBER • 7g *NET* CARBS

INGREDIENTS

- 1 bag of Mixed Greens
- 1 Bell Pepper, diced
- 1 Cucumber, halved and sliced
- 1/2 cup Slivered or Sliced Almonds
- Dressing of Choice (pgs & &)

DIRECTIONS

1. Divide the mixed greens between 4 salad bowls (if the bag is more than what 4 people will eat, don't use it all just because I said so).
2. Divide the peppers and cucumbers between the 4 bowls. Sprinkle almonds on top and pour on your preferred dressing.

Roasted Asparagus

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 12 minutes

83 CAL • 7g FAT • 2g PROTEIN • 4g CARBS • 2g FIBER • 2g NET CARBS

INGREDIENTS

- 1 lb Asparagus
- Sea Salt, to taste
- Ground Black Pepper, to taste
- 1-2 Tbsp Avocado Oil

DIRECTIONS

1. Preheat the oven to 425°F. Line a rimmed baking dish with parchment paper. Set aside.
2. Snap the cut ends off all the asparagus (as close to the end as you can) and place on the baking dish in a relatively single layer (it's okay if a few overlap).
3. Drizzle with the oil to generously coat the asparagus. If you need more or less than what is called for, that's ok. Sprinkle with salt and pepper. Toss with a spatula (or your hands) to evenly coat all the asparagus.
4. Put in the preheated oven and cook for 12-15 minutes, depending on the thickness of your asparagus. I prefer the skinny stuff, so it only takes about 12 minutes.
5. Remove from pan and serve immediately.

Roasted Brussels Sprouts

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

128 CAL • 7g FAT • 5g PROTEIN • 13g CARBS • 5g FIBER • 8g *NET* CARBS

INGREDIENTS

- 2 lb Brussels Sprouts, cut in half, outer leaves discarded
- 3 Tbsp Avocado Oil
- 2 tsp Salt
- 2 tsp Ground Black Pepper

DIRECTIONS

1. Preheat the oven to 425°F. Line a rimmed baking dish with parchment paper. Set aside.
2. Cut all the Brussels sprouts in half, removing the outer leaves and stems, if any. Put the halved sprouts on the prepared baking dish in a single layer.
3. Drizzle with the oil to generously coat all the sprouts. If you need more or less than what is called for, that's ok. Sprinkle with salt and pepper. Toss with a spatula (or your hands) to evenly coat all the sprouts.
4. Roast in the preheated oven for 20 minutes, stirring once halfway through, or until they are fork-tender and slightly crispy on the edges.
5. Remove from the oven and serve hot.

condiments

Salads need dressings, chicken tenders need dips, and pulled pork needs BBQ sauce. Condiments are the backbone to any good meal and are pretty much a requirement. But most commercially-produced options are full of hidden sugars and carbs. Making your own is simple and more delicious too.



Avocado ACV Dressing

Yields 16 tablespoons | Prep Time: 5 minutes

62 CAL • 6g FAT • 0g PROTEIN • 0g CARBS • 0g FIBER • 0g NET CARBS

INGREDIENTS

- 1/2 cup Avocado Oil
- 1/2 cup Apple Cider Vinegar
- 2 tsp Salt
- 2 tsp Ground Black Pepper

DIRECTIONS

1. Combine all ingredients in a glass jar or bottle. Screw on the lid securely (the last thing you want is a leak). Shake vigorously to combine.
2. This dressing is shelf-stable, no need to refrigerate, though you may need to re-shake before each use.

Balsamic Ketchup

Yields 3 cups | Prep Time: 0 minutes | Cook Time: 15 minutes

18 CAL • 0g FAT • 0g PROTEIN • 3g CARBS • 0g FIBER • 3g NET CARBS

INGREDIENTS

- 2 (6 oz) cans Tomato Paste
- 1 cup Water
- 2/3 cup Balsamic Vinegar
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Allspice
- 1/8 tsp Sea Salt

DIRECTIONS

1. Combine all ingredients in a medium saucepan over medium heat. Use a whisk to combine everything evenly and get rid of any lumps.
2. Bring to a simmer and continue cooking for 10 minutes, stirring occasionally.
3. Remove from heat and pour into a glass storage container of your choice (I prefer using recycled sauce/ketchup bottles).
4. Store in the refrigerator.

Blue Cheese Dressing

Yields 20 tablespoons | Prep Time: 5 minutes

78 CAL • 8g FAT • 0g PROTEIN • 0g CARBS • 0g FIBER • 0g NET CARBS

INGREDIENTS

- 1/2 cup Paleo Lime Mayo (**pg 96**)
- 1/4 cup Sour Cream
- 1/4 cup Heavy Cream
- 4 Tbsp MCT Oil or Avocado Oil
- 1/8 tsp Salt
- 1/4 teaspoon Black Pepper
- 1 Tbsp Chives, fresh or dried
- 2 oz Blue Cheese Crumbles

DIRECTIONS

1. Add mayo, sour cream, heavy cream, oil, salt, and pepper to a blender or to the bowl of a food processor. Process/blend on high until smooth.
2. For a **SMOOTH** dressing: Add the chives and all of the crumbled blue cheese. Pulse until combined and completely smooth.
3. For a **CHUNKY** dressing: Add the chives and half of the crumbled blue cheese. Pulse until combined but not completely smooth. Stir in the rest of the blue cheese crumbles.
4. Store in a glass jar in the fridge for up to 2 weeks. Stir before each use as the dressing will thicken in the fridge and stirring makes it more easily pourable.

Dill Dip Seasoning Blend

Yields 15 tablespoons | Prep Time: 5 minutes

8 CAL • 0g FAT • 0g PROTEIN • 1g CARBS • 0g FIBER • 1g *NET* CARBS

INGREDIENTS

- 4 tsp Freeze-Dried Dill
- 3 tsp Salt
- 2 tsp Ground Mustard
- 2 tsp Freeze-Dried Chives
- 2 tsp Parsley
- 1 tsp Freeze-Dried Red Onions
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder

DIRECTIONS

1. Combine all ingredients together.
2. Store in an airtight glass jar in the refrigerator for up to one year.
3. Mix 2-3 tsp per cup of preferred base (Greek yogurt, mayo, cream cheese, or sour cream are some of our favorites).

Guacamole

Yields 6 servings | Prep Time: 5 minutes

108 CAL • 9g FAT • 1g PROTEIN • 5g CARBS • 4g FIBER • 1g NET CARBS

INGREDIENTS

- 2 ripe Avocados, halved and pits discarded
- 2 tsp Lime Juice
- 1/4 cup Red Onion, finely chopped
- 1/2 Jalapeño, seeded and finely diced
- 1/4 tsp Salt

DIRECTIONS

1. Scoop the meat out of the avocados and put in a bowl with the lime juice, onion, jalapeno, and salt.
2. Using a fork, mash everything together. If you prefer a chunkier guacamole, stop mashing when you get to your desired texture. If you prefer a smooth guac, keep mashing until it's mostly smooth.
3. Eat immediately or store in the fridge for up to a week. To prevent browning, place plastic wrap directly on the surface of the prepared guacamole and press out as much air as possible before storing.

Hollandaise Sauce

Yields 1.5 cups | Prep Time: 5 minutes

36 CAL • 4g FAT • 0g PROTEIN • 0g CARBS • 0g FIBER • 0g NET CARBS

INGREDIENTS

- 1 Egg Yolk
- 1 tsp Water
- 1 tsp Lemon Juice
- Pinch of Salt
- 8 tbsp Butter
- Pinch of Cayenne Pepper

DIRECTIONS

1. Combine the egg yolk, water, lemon juice, and salt in an immersion blender cup (or a cup with a diameter just barely larger than the head of your immersion blender). Set aside.
2. In a small saucepan, melt the butter over high heat, swirling to reduce the foam.
3. Place the head of your immersion blender into the bottom of the cup with the egg and lemon juice and turn it on. With the blender constantly running, slowly pour the hot butter into cup.
4. Move the blender head around slightly (side-to-side and just barely up-and-down) to incorporate all of the melted butter and to fully emulsify the hollandaise. The end result should be thick and creamy, like a mayonnaise.
5. Add the cayenne pepper and taste. If you want it a little more spicy and salty, add a pinch more cayenne and salt and stir to combine.
6. Serve hot.
7. If you must make this in advance, I have actually had good results with reheating it, but you really should make it no less than 1 hours before you need to use it.

Paleo Lime Mayo

Yields 30 tablespoons | Prep Time: 5 minutes

698 CAL • 18g FAT • 0g PROTEIN • 0g CARBS • 0g FIBER • 0g NET CARBS

INGREDIENTS

- 2 Eggs, room temperature
- 4 Tbsp Fresh Lime Juice, room temperature
- 1 tsp Dry Mustard
- 1 tsp Sea Salt
- 2 1/2 cups Avocado Oil, divided - **DO NOT** use extra virgin olive oil

DIRECTIONS

1. Place the eggs and lime juice in a high-powered blender or food processor. Let them come to room temperature together, about 30 minutes.
2. Add the dry mustard, salt, and 1/2 cup of the oil. Blend until well combined – about 20 to 30 seconds. If you're using a Blendtec, use the Speed 3 button for the entire process (since it stops every 50 seconds, you will need to keep turning it back on, the blender needs to be running through the entire process).
3. Start pouring the remaining 2 cups of oil VERY SLOWLY through the opening in your blender/processor lid.
4. Continue until all the oil is done. Never dump it all at once, even at the end. Keep a SLOW, steady stream the whole time.
5. The end result should be a thick emulsion, not runny at all. If the emulsion did not complete or broke up for any reason, add another egg yolk and another 1 tsp of ground mustard and blend again to thicken.
6. Store in the refrigerator. The mayo expires when your eggs do.

Ranch Dressing

Yields 24 tablespoons | Prep Time: 5 minutes

66 CAL • 7g FAT • 0g PROTEIN • 0g CARBS • 0g FIBER • 0g NET CARBS

INGREDIENTS

- 1 cup Heavy Cream
- 1/2 cup Paleo Lime Mayo ([pg 96](#))
- 1 Tbsp Apple Cider Vinegar
- 1 1/2 Tbsp Dill Dip Seasoning Blend ([pg 93](#))

DIRECTIONS

1. Combine all ingredients in a glass jar with a tight fitting lid. Make sure the lid is screwed on securely and tightly.
2. Shake vigorously to fully incorporate all ingredients.
3. Store in a glass jar in the fridge for up to 2 weeks. Stir before each use as the dressing will thicken in the fridge and stirring makes it more easily pourable.

Spaghetti Sauce

Yields 6 (1½ cup) servings | Prep Time: 5 minutes | Cook Time: 60 minutes

130 CAL • 5g FAT • 4g PROTEIN • 20g CARBS • 4g FIBER • 16g NET CARBS

INGREDIENTS

- 2 Tbsp Avocado Oil
- 1 Yellow Onion, diced
- 3 cloves Garlic, minced
- 1 (15 oz) can Tomato Sauce
- 2 (14 oz) can Diced Tomatoes, drained, juice reserved
- 1 (6 oz) can Tomato Paste
- 1 Tbsp Dried Basil
- 1 tsp Dried Oregano
- 2 1/2 Tbsp Garlic Powder
- 2 Tbsp Onion Powder
- 1 Tbsp Italian Seasoning
- 1-2 tsp Salt, start with 1 tsp, add more if you like it saltier

DIRECTIONS

1. In a large saucepan over medium heat, heat the oil then add the diced onion and minced garlic. Cook until onions are slightly translucent, about 5 minutes.
2. Add tomato sauce, diced tomatoes, and tomato paste and stir to mix well.
3. Add basil, oregano, garlic powder, onion powder, Italian seasoning, and salt. Stir well to combine.
4. Reduce heat to Low, cover, and let simmer for about 1 hour. If you can wait 2 hours, that's even better. The flavors will mix together even more.
5. If your sauce is too thick, you can add some of that reserved juice from the diced tomatoes.
6. Store in a glass jar in the fridge for up to two weeks.

Taco Seasoning

Yields Enough for 1lb Ground Meat | Prep Time: 5 minutes

48 CAL • 2g FAT • 2g PROTEIN • 8g CARBS • 3g FIBER • 5g *NET* CARBS

INGREDIENTS

- 1 Tbsp Chili Powder
- 2 tsp Cumin
- 1 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Oregano
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder

DIRECTIONS

1. Combine all ingredients in a bowl and whisk to combine.
2. Use the entire batch for 1 lb of ground meat.
3. If making in bulk, store in an airtight glass container in the pantry or cabinet for up to 1 year. Use a scant 3 tablespoons per 1 lb of ground meat.

Tomatillo Guac Starter

Yields 1 cup | Prep Time: 5 minutes | Cook Time: 25 minutes

21 CAL • 0g FAT • 0g PROTEIN • 4g CARBS • 1g FIBER • 3g NET CARBS

INGREDIENTS

- 6 Tomatillos
- 1 Plum Tomato, seeded and cut into chunks
- 1/2 large Shallot about 2 Tbsp, cut into chunks
- 2 cloves Garlic quartered
- 2 tsp Fresh-Squeezed Lime Juice
- 1/4 tsp Salt + more for roasting the Tomatillos

DIRECTIONS

1. Preheat the oven to 350°F. Line a rimmed baking sheet with parchment paper and set aside.
2. Peel the papery coating off the tomatillos and discard. Rinse the tomatillos under water and gently rub to remove any sticky residue.
3. Cut the tomatillos into quarters and place cut-side-up on the parchment lined baking sheet. Sprinkle liberally with salt.
4. Roast in the preheated oven for 25 minutes. Remove and set aside to cool while you prep the other veggies.
5. I prefer to roughly chop/chunk/dice the tomatoes, shallot, and garlic to make sure I don't have huge pieces in the guac. This is a personal preference, so if you like big chunks, skip this step.
6. Add the tomatillos to the bowl of a food processor or the jar of a high-powered blender (like a Blendtec with the Twister Jar). Process until it is smooth. There will always be seeds, you just don't want huge chunks of tomatillo in there.
7. Add the remaining ingredients to the food processor/blender and pulse a few times until you've reached your desired consistency.
8. Store the tomatillo mixture in a glass jar in the refrigerator for up to 2 weeks.
9. When you're ready to make some guac, cut the avocado in half, remove the pit, and dice the flesh. Lightly mash the avocado with 1/4 cup of tomatillo mixture per avocado.

White BBQ Sauce

Yields 1 cup | Prep Time: 5 minutes

97 CAL • 10g FAT • 0g PROTEIN • 0g CARBS • 0g FIBER • 0g NET CARBS

INGREDIENTS

- 1 cup Paleo Lime Mayo
- 1/4 cup Apple Cider Vinegar
- 1/4 cup Spicy Mustard
- 1 Tbsp Fresh Lemon Juice
- 3/4 tsp Ground Black Pepper
- 1 tsp Yellow Mustard
- 1/2 tsp Salt
- 1/2 tsp Cayenne Pepper

DIRECTIONS

1. Combine all ingredients in a bowl and whisk until smooth. Taste and if you prefer it a little spicier, add a little bit more cayenne pepper until your desired level of hotness is reached.
2. Store in a glass jar in the fridge for up to 2 weeks.

ingredients and tools

It's one thing to know the food you need (thank you, grocery lists), but some specialty food can be harder to find. In this section, I let you know where to find some of these paleo-specific foods, as well as some of my favorite tools and appliances in the kitchen.



commonly used ingredients

When cooking the paleo way, you'll find that there are some ingredients you may not readily have on-hand or that may not be available at some of the major grocery store chains. Below is a list of the most commonly used paleo ingredients in this meal plan (and paleo cooking in general) and where you can find them.

- **Chosen Foods Avocado Oil** (our favorite brand)
 - Can be found at Costco, many grocery major chains, & [Amazon](#)
- **Coconut Aminos**
 - Can be found in the health section of most grocery stores, [Amazon](#), & [Thrive Market](#)
- **Prebiotin Prebiotic Fiber**
 - We get this on [Amazon](#). It's the only brand we've used, so the only I can recommend.
- **MCT Oil**
 - There are plenty of brands everywhere, but we get [this brand](#) on [Amazon](#).
- **Pure Monk Extract Powder**
 - Can be found on [Amazon](#) and possibly some specialty or health food stores.
- **MCT Oil Powder**
 - Can be found on [Amazon](#) and possibly some specialty or health food stores.
- **Stevia Glycerite**
 - Can be found on Amazon and possibly some specialty or health food stores.
- **Keto Bone Broth Protein Powder**
 - Can be found on [Amazon](#) or directly from [The Dr. Axe Store](#).
- **Collagen Protein**
 - Can be found on [Amazon](#) or in some Whole Foods or other natural/health foods stores.
- **Pork Panko**
 - We get this from [Amazon](#), but you can also put [regular pork rinds](#) in the blender
- **Blanched Almond Flour** (preferably Honeyville or Bob's Red Mill brand)
 - Can be found at Costco, local grocery chains, Sprouts, [Amazon](#), & [Thrive Market](#)
- **Coconut Flour** (preferably Nutiva or Bob's Red Mill brands)
 - Can be found at Costco, local grocery chains, Sprouts, [Amazon](#), & [Thrive Market](#)
- **Nutritional Yeast**
 - Whole Foods, Sprouts, Natural Grocers, [Amazon](#), & [Thrive Market](#)
- **Hemp Hearts**
 - Most grocery chains, Whole Foods, Sprouts, Natural Grocers, [Amazon](#), & [Thrive Market](#)
- **Unsweetened Shredded Coconut** (don't get the sweet stuff in the regular baking section)
 - Most grocery chains, Whole Foods, Sprouts, Natural Grocers, [Amazon](#), & [Thrive Market](#)
- **Coconut Oil**
 - All grocery chains & specialty stores, Costco, [Amazon](#), & [Thrive Market](#)

tools & appliances

It's one thing to have the right food in the pantry and fridge, but it's quite another to have all the right tools to help you easily and effectively prepare that food in a timely manner. While I'm not a fan of many appliances and tools, here are some of my favorites that I use all the time and that will help you in the kitchen as well.

- **Instant Pot**
 - *Hands-down my favorite kitchen appliance. It has replaced my slow-cooker.*
- **Immersion Blender**
 - *The best small appliance we have for shakes, whipped cream, and sauces.*
- **9x13" Casserole Dish and 8x8" Baking Dish**
 - *Staples in any kitchen, they're perfect for making casseroles, side dishes, and desserts.*
- **Large Rimmed Baking Sheets**
 - *These are perfect for roasting veggies, baking bacon and granola, and cooking meatballs.*
- **High-Powered Blender**
 - *We love our Blendtec for everything from pureed soups to chopped nuts to smoothies.*
- **Food Processor**
 - *Every kitchen needs a good food processor. We use ours to make nut butters and mayo.*
- **Hand Mixer or Stand Mixer**
 - *Not just for making cookies, you can shred chicken with these as well. Very versatile.*
- **Cookie Scoops** (all sizes)
 - *Perfect for making fast meatballs, evenly filling muffin tins, & perfectly-portioned cookies.*
- **A Good Knife Set**
 - *Cutting with a dull knife is the worst. Invest in a good quality set and a knife sharpener.*
- **Pots & Pans with Lids and Large Stockpot or Dutch Oven**
 - *Lids are important for many recipes and a stockpot are needed for soups and braising.*
- **Mixing Bowl Set**
 - *From the smallest ramekin to the largest mixing bowl, you'll be glad you have every size.*
- **12-cup Muffin Tin**
 - *Useful for more than muffins, like mini meatloaves that bake in a fraction of the time.*
- **Pie Plate or Disposable Pie Tins**
 - *If you're making a lot of quiches, having the disposable pans on hand makes it a breeze.*
- **Glass Storage Jars**
 - *Weekly meal prep is much easier when you have food-safe storage on hand.*

A horizontal band with a purple background featuring a complex, low-poly geometric pattern. The letters 'opl' are centered in a large, white, sans-serif font.

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