



30 Day Complete Reset

Meal Plan, Tips, &
Grocery Lists

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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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Planning and preparation is your key to success

Have you ever made a goal to eat a certain way or lose X number of pounds or said you'll work out 4 days every week, but then life happens and those goals are never met? Yeah, you're not alone. It's one thing to have goals and the desire to attain them, but it's quite another thing altogether to put a plan in place, and make that plan come to fruition with proper planning and preparation.

That's why, if you want to find success with your diet, you need to have a written out plan and a way to get it done. Creating meal plans can be an overwhelming chore, especially when you factor in feeding family members other than yourself, keeping things healthy and balanced, and making sure you have all the groceries you need to make the meals you're planning.

Meal planning is something I love to do, not only for my own family, but for yours as well. I am all too familiar with how hard it can be to keep healthy food on the table in a timely manner, so I set out to create meal plans for my family that were centered around the way I want us to eat, and I love being able to share these plans with you.

My first 4-Week Reset Meal Plan & Grocery List eBook was overwhelmingly popular, with many of you emailing me on a weekly basis requesting a follow-up plan. I'm so happy to finally have the second 4-Week Reset plan available for you, with a lot of new recipes you won't find anywhere outside this ebook. These recipes are tried and true with all members of my family (both the kids and the adults), so you know you'll love everything in here.

My goal is to help you be the best you with the least amount of work and effort. Because eating healthy should be fun, not a burden. I hope you find this meal plan and grocery list helpful in reaching your health and nutrition goals.

How to read and use this meal plan:

Under each recipe, you will see the serving size size, prep time, and cook time listed for that particular recipe. While most recipes are written for 4-6 servings, some (like the soups) are written for 8 and others (like small breakfast items) are listed as 2 servings. If a recipe needs to be doubled or cut in half for any particular week, that will be noted in the weekly meal plan itself.

Leftovers are utilized frequently throughout this meal plan so you can spend more time eating and enjoying your life and less time in the kitchen cooking 3 square meals a day. Take advantage of the leftovers, as well as spare time you have earlier in the week to prep as much as possible so you can spend less time cooking during the week.

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 Instant Pot, 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	Breakfast Meatloaf Muffins (½ batch)	Chicken Salad	Taco Salad w/ Guacamole
Day 2	Scrambler Jars (½ batch)	Strawberry Avocado Salad	Sausage & Veggie Bake
Day 3	Pork Apple Hash	Bacon Egg Salad Lettuce Wraps	Fajita Salad w/ Creamy Avocado Dressing
Day 4	Eggs (cooked your way); Breakfast Sausage Patties; Guacamole	Cobb Salad w/ Ranch Dressing	Mini Meatloaves; Crispy Bacon Broccoli; CauliMash
Day 5	Instant Yogurt Parfaits	Leftover Meatloaves, Broccoli, & CauliMash	Minestrone Soup
Day 6	Potato Bacon Breakfast Casserole	Leftover Minestrone Soup	Easy Pan-Fried Chicken Tenders; Cobb Salad w/o Chicken; Ranch Dressing
Day 7	Sausage Gravy over Fried Eggs	Chicken Bacon Salad	IP Pot Roast

GROCERY LIST - WEEK 1

PRODUCE

7 md Yellow Onions
4 Shallots
1 bulb Garlic
4 md Sweet Potatoes
20 Baby Red Potatoes
2 Celery Stalks
9 Carrots
1 Cucumber
5 Bell Peppers
2 small Zucchini
2 small Yellow Squash
4 heads Broccoli
1 head Cauliflower
5 heads Romaine Lettuce
1 head Iceburg Lettuce
3 cups Baby Spinach
3 small bags Mixed Greens
32 Cherry Tomatoes
2 Plum Tomatoes
12 Avocados
2 Sweet Apples
1 bunch Grapes
4 Limes
1 Lemon
2 Green Apples
10 Strawberries
1 cup Berries of your choice
(for Yogurt Parfaits)

REFRIGERATED

5 Dozen Eggs
3/4 cup Ghee
2 1/2 cups Unsweetened
Almond Milk (*see notes*)

FROZEN

1 sm bag Strawberries

HERBS / SPICES

Sea Salt
Black Pepper
4 Tbsp Garlic Powder
2 Tbsp Onion Powder
1 Tbsp Dried Basil
4 tsp Oregano
5 Tbsp Dried Parsley
5 Tbsp Smoked Paprika
2 tsp Cayenne Pepper
5 tsp Red Pepper Flakes
(optional)
3 Tbsp Chili Powder
6 tsp Cumin
1 tsp Dry Mustard
4 Tbsp Dill (dried or fresh)
4 Bay Leaves
1 tsp Ground Cinnamon
1 tsp Allspice
1 Vanilla Bean (not extract)

MEAT

3 lb Chuck Roast
3 1/2 lb Ground Beef
6 1/2 lb Ground Pork
2 lb Ground Chorizo Sausage
4 lb Bacon
3 lb Chicken Tenders
4 Chicken Breasts
(boneless/skinless)

GROCERY

1 1/4 cups Cassava Flour
4 cups Avocado Oil
6 Tbsp Apple Cider Vinegar
1/3 cup Balsamic Vinegar
16 oz Beef Broth
28 oz Chicken Broth
5 Dill Pickle Spears
1/4 cup Kalamata Olives
2 cans Black Olives
1/2 cup Yellow Mustard
1 (28 oz) can Diced Tomatoes
1 (8 oz) can Tomato Paste
Salsa (no sugar)
2 1/2 cans Coconut Milk
2 cans Chicken Breast Meat
1/4 cup Raisins
1 1/2 cups Chopped Pecans
(your choice)
Blanched Slivered Almonds
Sunflower Seed Kernels
2 tsp Chia Seeds
2 Tbsp Nutritional Yeast

Week 1 Meal Plan Notes

- Almond Milk should be homemade, not store-bought due to the extra chemicals, preservatives, and hidden sugars. I've included recipes for both Almond Milk and Cashew Milk in this ebook. Almond milk is more common, but cashew milk is a bit easier (no need to strain if you're using a high-powered blender like a Blendtec) and creamier.
 - ***Nuts for making your own milk are not included in the Grocery List, so be sure to add them.***
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Week 1 Prep Tips

- Try to make the Breakfast Meatloaf Muffins, Scrambler Jars, Pork Apple Hash, Potato Bacon Breakfast Casserole before the week starts and reheat them in the morning when you're ready to eat. This will save time in the mornings.
- Hard-boil the eggs in the beginning on the week so they're ready to go for lunch on Days 3, 4, & 7 and dinner on Day 6.
- Make the Paleo Lime Mayo and Paleo Balsamic Ketchup at the beginning of the week so they're ready when you need to use them.
- Wash and cut all produce at the beginning of the week:
 - Wash all produce in a water bath with a bit of vinegar and let dry before refrigerating them.
 - Peel/slice/dice all vegetables and store them in food storage containers in the refrigerator. Carrots, peppers, and potatoes should be stored in water to keep them from drying out and browning. Brussels sprouts should be stored in a dry container. This will drastically cut down on meal prep time each evening and will allow you to have fresh veggies on hand if you need a quick snack between meals.
 - Chop onions and peppers and store in food storage containers to quickly add them to eggs (for variety) or other dishes.
- Cook enough bacon at the beginning of the week to add to salads or eat with breakfast so you don't have to cook it every day. Bacon reheats well. Be sure to reserve the bacon grease to use as a cooking fat throughout 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

- Breakfast Meatloaf Muffins pg **26**
- Scrambler Jars pg **36**
- Pork Apple Hash pg **32**
- Breakfast Sausage pg **27**
- Guacamole pg **102**
- Yogurt Parfait Cups pg **37**
- Potato Bacon Breakfast Casserole pg **33**
- Sausage Gravy pg **34**

LUNCH

- Chicken Salad pg **43**
- Strawberry Avocado Salad pg **48**
- Bacon Egg Salad Lettuce Wraps pg **40**
- Cobb Salad pg **45**
- Paleo Ranch Dressing pg **104**
- Chicken Bacon Salad pg **42**

DINNER

- Taco Salad pg **77**
- Guacamole pg **102**
- Chorizo Veggie Bake pg **56**
- Fajita Salad w/ Creamy Avocado Dressing pg **47**
- Mini Meatloaf Muffins pg **67**
- Crispy Bacon Broccoli pg **88**
- CauliMash pg **85**
- Minestrone Soup pg **66**
- Easy Pan-Fried Chicken Tenders pg **60**
- Paleo Ranch Dressing pg **104**
- Cobb Salad pg **45**
- IP Pot Roast pg **62**

MEAL PLAN - WEEK 2

	BREAKFAST	LUNCH	DINNER
Day 8	All-Day Frittata (½ batch)	Leftover IP Pot Roast	Zuppa Toscana; Mixed Greens Salad w/ Avo ACV Dressing
Day 9	Breakfast Meatloaf Muffins	Leftover Zuppa Toscana & Salad	Coconut Lime Chicken Thighs; CauliRice; Best Roasted Veggies
Day 10	All-Day Frittata	BLT Salad	Taco Casserole w/ Guacamole
Day 11	Instant Yogurt Parfaits	Leftover Taco Casserole	Deconstructed Egg Rolls
Day 12	Leftover Breakfast Meatloaf Muffins	Leftover Deconstructed Egg Rolls	Chicken Broccoli Bake
Day 13	Fruit & Nut "Oat"meal	Leftover All-Day Frittata	Sloppy Joes; Bacon Balsamic Brussels Sprouts; Country Potatoes
Day 14	Savory Avocado BLT Crepes	Leftover Sloppy Joes, Brussels Sprouts, & Potatoes	IP Pulled Pork; Country Potatoes; Crispy Bacon Broccoli

GROCERY LIST - WEEK 2

PRODUCE

7 md Yellow Onions
1 Red Onion
2 Shallots
1 bulb Garlic
1 bunch Green Onions
10 Yukon Gold Potatoes
10 Baby Red Potatoes
5 Sweet Potatoes
1 Cucumber
4 Bell Peppers
1 Jalapeno Pepper
2 heads Cauliflower
6 heads Broccoli
3-4 lb Brussels Sprouts
3 Beets
3 cups Baby Spinach
1 bag Mixed Greens
2 heads Romaine Lettuce
2 (16oz) bags Cole Slaw Blend
2 cups Arugula
20 Cherry Tomatoes
1 lg Tomato
7 Avocados
5 Limes
1 Lemon
2 Bananas
8-10 Strawberries
1 cup Berries of your choice
(for Yogurt Parfaits)

REFRIGERATED

3 1/4 Dozen Eggs
2 1/2 cups Unsweetened
Almond Milk (*see notes*)

FROZEN

1 sm bag Strawberries

HERBS / SPICES

Sea Salt
Black Pepper
5 Tbsp Garlic Powder
2 Tbsp Onion Powder
1 tsp Dried Basil
1 Tbsp Dried Oregano
2 Tbsp Dried Parsley
3 Tbsp Smoked Paprika
1 tsp Cayenne Pepper
1 Tbsp Red Pepper Flakes
(optional)
4 Tbsp Chili Powder
1 tsp Chipotle Pepper
Powder
2 Tbsp Ground Cumin
1 tsp Ground Mustard
1 Bay Leaf
2 tsp Ground Ginger
2 tsp Ground Cinnamon
1 tsp Allspice
1 Vanilla Bean (not extract)

MEAT

5 lb Ground Beef
5 lb Ground Pork
2 lb Mild Italian Pork Sausage
2 lb Bacon
2 1/2 lb Pork Shoulder
(no bone)
11 Chicken Thighs
2 Chicken Breasts
(boneless/skinless)

GROCERY

1 1/4 cups Cassava Flour
5 cups Avocado Oil
Coconut Oil
4 Tbsp Sesame Oil
2 Tbsp White Vinegar
2 cups Balsamic Vinegar
1/4 cup Apple Cider Vinegar
6 Tbsp Coconut Aminos
8 1/2 cups Chicken Broth
1 can Black Olives
4 cans Coconut Milk
1 (14 oz) can Diced Tomatoes
4 (6 oz) cans Tomato Paste
2 tsp Yellow Mustard
1/4 cup Chia Seeds
1/2 cup Slivered Almonds
1/2 cup Cashews
1 1/2 cups Chopped Nuts
(your choice)
1 cup Hemp Hearts

Week 2 Meal Plan Notes

- Almond Milk should be homemade, not store-bought due to the extra chemicals, preservatives, and hidden sugars. I've included recipes for both Almond Milk and Cashew Milk in this ebook. Almond milk is more common, but cashew milk is a bit easier (no need to strain if you're using a high-powered blender like a Blendtec) and creamier.
 - ***Nuts for making your own milk are not included in the Grocery List, so be sure to add them.***
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Week 2 Prep Tips

- Make All-Day Frittatas (a full batch AND a half batch) in advance so you can cut a slice and reheat them as needed.
- Boil the potatoes for the Country Potatoes at the beginning of the week so they are ready for skillet-frying on Days 13 & 14.
- Make the Paleo Lime Mayo and Paleo Balsamic Ketchup at the beginning of the week so they're ready when you need to use them.
- Make Fruit & Nut "Oat"meal cups the night before so they are ready to grab and eat in the morning.
- Prepare bacon in advance and *save your grease*. Not only should you always be doing this, but you'll need it for the Bacon Balsamic Brussels Sprouts & Crispy Bacon Broccoli.
- For Country Potatoes, bake and refrigerate the potatoes *at least* 1 day in advance. This is crucial to the recipe and will also save you time in the morning.
- Wash and cut all produce at the beginning of the week:
 - Wash all produce in a water bath with a bit of vinegar and let dry before refrigerating them.
 - Peel/slice/dice all vegetables and store them in food storage containers in the refrigerator.
 - Carrots, peppers, and potatoes should be stored in water to keep them from drying out and browning. Brussels sprouts should be stored in a dry container. This will drastically cut down on meal prep time each evening and will allow you to have fresh veggies on hand if you need a quick snack between meals.
 - Chop onions and peppers and store in food storage containers to quickly add them to eggs (for variety) or other dishes.
- 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

- All-Day Frittata pg **24**
- Breakfast Meatloaf Muffins pg **26**
- Yogurt Parfait Cups pg **37**
- Fruit & Nut “Oat”meal pg **30**
- Savory Avocado BLT Crepes pg **35**

LUNCH

- BLT Salad pg **41**

DINNER

- Dairy-Free Zuppa Toscana pg **78**
- Mixed Greens Salad pg **89**
- Avocado ACV Dressing pg **95**
- Coconut Lime Chicken Thighs pg **58**
- CauliRice pg **86**
- Best Roasted Veggies pg **84**
- Taco Casserole pg **76**
- Guacamole pg **102**
- Deconstructed Egg Rolls pg **59**
- Chicken Broccoli Bake pg **55**
- Sloppy Joes pg **71**
- Bacon Balsamic Brussels Sprouts pg **83**
- Country Potatoes pg **87**
- IP Pulled Pork pg **64**
- Crispy Bacon Broccoli pg **88**

MEAL PLAN - WEEK 3

	BREAKFAST	LUNCH	DINNER
Day 15	Potato Bacon Breakfast Casserole	Leftover IP Pulled Pork, Potatoes, & Broccoli	Taco Salad
Day 16	Eggs (cooked your way); Asparagus Potato Hash	Fajita Salad w/ Creamy Avocado Dressing	Crispy Rosemary Chicken & Potatoes
Day 17	Instant Yogurt Parfaits	Leftover Rosemary Chicken & Potatoes	Sausage Gravy over Fried Eggs; Roasted Asparagus
Day 18	Leftover Potato Bacon Breakfast Casserole	Bacon Egg Salad Lettuce Wraps	Coconut Curry Chicken; CauliRice; Best Roasted Veggies
Day 19	All-Day Frittata	Leftover Curry Chicken, CauliRice, & Veggies	Serrano Lime Skirt Steak; CauliMash; Best Roasted Veggies
Day 20	Fruit & Nut "Oat"meal	Chicken Salad Cucumber Cups	Swedish Meatballs in Cream Sauce; Mixed Greens Salad
Day 21	Savory Avocado BLT Crepes	Leftover Meatballs & Salad	Cobb Salad w/ Ranch Dressing
Day 22	Leftover All-Day Frittata	Turkey BLTA Roll-Ups	60/40 Burgers w/ Special Sauce; Country Potatoes

GROCERY LIST - WEEK 3

PRODUCE

6 md Yellow Onions
2 Shallots
2 bulbs Garlic
4 Yukon Gold Potatoes
24 Baby Red Potatoes
4 Bell Peppers
2 Serrano Peppers
3 heads Romaine Lettuce
1 head Iceburg Lettuce
1 bag Mixed Greens
2 cups Arugula
3 1/2 cups Baby Spinach
2 bundles Asparagus
4 Cucumbers
3 heads Cauliflower
3 heads Broccoli
4 Sweet Potatoes
25 Brussels Sprouts
5 Beets
8 Avocados
2 Plum Tomatoes
2 Tomatoes
16 Cherry Tomatoes
1 Plum Tomato
5 Limes
1 Lemon
2 Bananas
1 Apple
8 Strawberries
1 cup Mixed Berries of your choice (for Yogurt Parfaits)

MEAT

4 lb Ground Beef
2 lb Skirt Steak
4 lb Ground Pork
5 lb Bacon
10 Chicken Thighs (skin on)
4 lb Chicken Tenders
2 Chicken Breasts
(boneless/skinless)
4-6 slices Turkey Cold Cuts

HERBS / SPICES

Sea Salt
Black Pepper
3 Tbsp Garlic Powder
1/8 tsp Onion Powder
1 1/2 tsp Dried Oregano
4 Tbsp Dried Parsley
1 tsp Dried Rosemary
1/4 tsp Dried Thyme
2 Tbsp Dill (fresh or dried)
4 1/2 tsp Smoked Paprika
1/2 tsp Cayenne Pepper
3 tsp Red Pepper Flakes
(optional)
2 Tbsp Chili Powder
4 tsp Cumin
4 Tbsp Yellow Curry Powder
1 tsp Ground Cinnamon
1/4 tsp Nutmeg
1/4 tsp Allspice
1/2 Vanilla Beans

REFRIGERATED

5 3/4 dozen Eggs
3 1/4 cups Unsweetened Almond Milk (see notes)
1 cup Ghee

FROZEN

1 sm bag Strawberries

GROCERY

3/4 cup Cassava Flour
5 cups Avocado Oil
1/4 cup Apple Cider Vinegar
1/3 cup Balsamic Vinegar
1 1/4 cup Chicken Broth
2 can Black Olives
1/4 cup Kalamata Olives
4 cans Coconut Milk
Salsa (no sugar)
1 (28 oz) can Diced Tomatoes
2 (6 oz) cans Tomato Paste
2 cans Chicken Breast
8 Dill Pickles
1 Tbsp Yellow Mustard
3 Tbsp Chia Seeds
1 cup Hemp Hearts
1/4 cup Raisins
1/2 cup Slivered Almonds
1 cup Chopped Nuts
(your choice)

Week 3 Meal Plan Notes

- Almond Milk should be homemade, not store-bought due to the extra chemicals, preservatives, and hidden sugars. I've included recipes for both Almond Milk and Cashew Milk in this ebook. Almond milk is more common, but cashew milk is a bit easier (no need to strain if you're using a high-powered blender like a Blendtec) and creamier.
 - ***Nuts for making your own milk are not included in the Grocery List, so be sure to add them.***
-

Week 3 Prep Tips

- Make Potato Bacon Casserole and All-Day Frittata in advance so you can cut a slice and reheat them as needed.
- Boil the potatoes for the Country Potatoes at the beginning of the week so they are ready for skillet-frying on Day 22.
- Make the Paleo Lime Mayo and Paleo Balsamic Ketchup at the beginning of the week so they're ready when you need to use them.
- Make Fruit & Nut "Oat"meal cups the night before so they are ready to grab and eat in the morning.
- Hard-boil eggs at the beginning of the week.
- Wash and cut all produce at the beginning of the week:
 - Wash all produce in a water bath with a bit of vinegar and let dry before refrigerating them.
 - Peel/slice/dice all vegetables and store them in food storage containers in the refrigerator.
 - Carrots, peppers, and potatoes should be stored in water to keep them from drying out and browning. Brussels sprouts should be stored in a dry container. This will drastically cut down on meal prep time each evening and will allow you to have fresh veggies on hand if you need a quick snack between meals.
 - Chop onions and peppers and store in food storage containers to quickly add them to eggs (for variety) or other dishes.
- 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

- Potato Bacon Breakfast Casserole pg **33**
- Asparagus Potato Hash pg **25**
- Yogurt Parfait Cups pg **37**
- All-Day Frittata pg **24**
- Fruit & Nut “Oat”meal pg **30**
- Savory Avocado BLT Crepes pg **35**

LUNCH

- Fajita Salad w/ Creamy Avocado Dressing pg **47**
- Bacon Egg Salad Lettuce Wraps pg **40**
- Chicken Salad Cucumber Cups pg **44**
- Turkey BLTA Roll-Ups pg **49**

DINNER

- Taco Salad pg **77**
- Crispy Rosemary Chicken & Potatoes pg **68**
- Sausage Gravy pg **34**
- Roasted Asparagus pg **90**
- Coconut Curry Chicken pg **57**
- CauliRice pg **86**
- Best Roasted Veggies pg **84**
- Serrano Lime Skirt Steak pg **70**
- CauliMash pg **85**
- Swedish Meatballs in Cream Sauce pg **74**
- Mixed Greens Salad pg **89**
- Cobb Salad pg **45**
- Paleo Ranch Dressing pg **104**
- 60/40 Burgers w/ Special Sauce pg **52**
- Country Potatoes pg **87**
- Paleo Balsamic Ketchup pg **96**
- Paleo Lime Mayo pg **103**

MEAL PLAN - WEEK 4

	BREAKFAST	LUNCH	DINNER
Day 23	Instant Yogurt Parfaits	Creamy Bacon Brussels Sprouts Salad	Sausage Asparagus Crustless Quiche
Day 24	Leftover Sausage Asparagus Crustless Quiche	Cobb Salad w/ Ranch Dressing	Masala Chicken Soup
Day 25	Egg Muffins (½ batch)	Leftover Masala Chicken Soup	Beef Ratatouille (double batch)
Day 26	Breakfast Meatloaf Muffins (½ batch)	Leftover Beefy Ratatouille	Creamy Chicken “Noodle” Soup
Day 27	Eggs (cooked your way); Breakfast Sausage Patties; Guacamole	Leftover Chicken “Noodle” Soup	Sausage & Veggie Bake
Day 28	Fruit & Nut “Oat”meal	Bacon Egg Salad Lettuce Wraps	Stuffed Peppers; Ranch Dressing; Guacamole
Day 29	Leftover Egg Muffins	Leftover Stuffed Peppers	Slow Roasted Chicken; Asparagus Potato Hash
Day 30	Eggs (cooked your way); Asparagus Potato Hash	Chicken Bacon Salad	IP Beef Stew

GROCERY LIST - WEEK 4

PRODUCE

8 md Yellow Onions
2 Shallots
1 bulb Garlic
2 Yukon Gold Potatoes
8 Red Potatoes
2 Sweet Potatoes
4 1/2 Bell Pepper
1 Hot Pepper (optional)
10 stalks Celery
2 bundles Asparagus
1/2 lb Brussels Sprouts
Fresh Thyme, Rosemary, & Sage
4 cups Baby Spinach
2 head Romaine Lettuce
3 cups Baby Spinach
1 bag Spring Mix Blend
1 Cucumber
2 cups Riced Cauliflower
1 head Broccoli
2 sm Eggplants
2 sm Zucchini
2 Yellow Squash
7 lg Carrots
7 Avocados
16 Cherry Tomatoes
8 Plum Tomatoes
1 Lemon
4 Limes
2 Bananas
1 Apple
Grapes
8 Strawberries
1 cup Mixed Berries of your choice (for Yogurt Parfaits)

MEAT

3 1/2 lbs Ground Beef
2 1/2 lb Beef Stew Meat
2 1/2 lb Bacon
2 1/2 lb Ground Pork
2 lb Ground Chorizo
Sausage
2 Chicken Breasts
(boneless/skinless)
6 Chicken Thighs
(boneless/skinless)
2 (4 lb) Whole Chickens

HERBS / SPICES

Sea Salt
Black Pepper
3 Tbsp Garlic Powder
2 Tbsp Onion Powder
1 Tbsp Dried Basil
1 tsp Dried Oregano
6 Tbsp Dried Parsley
1 Tbsp Italian Seasoning
4 Tbsp Dill (fresh or dried)
1 Bay Leaf
4 Tbsp Smoked Paprika
3/4 tsp Cayenne Pepper
2 1/2 tsp Red Pepper Flakes (optional)
1 Tbsp Ground Cumin
2 Tbsp Garam Masala
2 tsp Ground Mustard
1/8 tsp Ground Ginger
1 1/2 tsp Cinnamon
1 Vanilla Bean

REFRIGERATED

4 1/4 dozen Eggs
1 1/2 cups Unsweetened Almond Milk (see notes)
3/4 cup Ghee

FROZEN

1 sm bag Strawberries

GROCERY

1/2 cup Cassava Flour
2/3 cup Potato Starch
4 cups Avocado Oil
5 Tbsp Apple Cider Vinegar
4 cups Chicken Broth
1 1/2 cups Beef Broth
8 cans Coconut Milk
1 Dill Pickle
1 can Black Olives
1 (4 oz) can Diced Jalapenos
2 (8 oz) cans Tomato Sauce
2 (14 oz) can Diced Tomatoes
1 Tbsp Yellow Mustard
3 Tbsp Chia Seeds
1/2 cup Chopped Nuts (your choice)
1/2 cup Walnuts
Slivered Almonds
Sunflower Kernels
1 cup Nutritional Yeast
1 1/4 cups Hemp Hearts
3 Tbsp Collagen Protein

Week 4 Meal Plan Notes

- Almond Milk should be homemade, not store-bought due to the extra chemicals, preservatives, and hidden sugars. I've included recipes for both Almond Milk and Cashew Milk in this ebook. Almond milk is more common, but cashew milk is a bit easier (no need to strain if you're using a high-powered blender like a Blendtec) and creamier.
 - ***Nuts for making your own milk are not included in the Grocery List, so be sure to add them.***
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Week 4 Prep Tips

- Make Egg Muffins and Breakfast Meatloaf Muffins in advance so you can cut a slice and reheat them as needed.
- Make the Paleo Lime Mayo and Paleo Balsamic Ketchup at the beginning of the week so they're ready when you need to use them.
- Make Fruit & Nut "Oat"meal cups the night before so they are ready to grab and eat in the morning.
- Hard-boil eggs in the beginning of the week.
- Wash and cut all produce at the beginning of the week:
 - Wash all produce in a water bath with a bit of vinegar and let dry before refrigerating them.
 - Peel/slice/dice all vegetables and store them in food storage containers in the refrigerator.
 - Carrots, peppers, and potatoes should be stored in water to keep them from drying out and browning. Brussels sprouts should be stored in a dry container. This will drastically cut down on meal prep time each evening and will allow you to have fresh veggies on hand if you need a quick snack between meals.
 - Chop onions and peppers and store in food storage containers to quickly add them to eggs (for variety) or other dishes.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

Week 4 Recipe Index

BREAKFAST

- Yogurt Parfait Cups pg **37**
- Egg Muffins pg **28**
- Breakfast Meatloaf Muffins pg **26**
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breakfast

You often hear that breakfast is the most important meal of the day, but that doesn't mean it has to be overly complex or repetitive and boring. Spice things up a bit with these easy and delicious recipes and make your mornings a little easier with some food prep work early in the week.

All-Day Frittata

Yields 8 servings | Prep Time: 15 minutes | Cook Time: 45 minutes

INGREDIENTS

- 1 Sweet Potato, shredded
- 1 small Yellow Onion
- 1 Tbsp Avocado Oil
- 1 lb Breakfast Sausage (**pg 27**) or Chorizo, uncooked
(make sure to read the label and get one that doesn't sneak sugar in it)
- 12 Eggs

DIRECTIONS

1. Preheat the oven to 350°F.
2. Lightly grease a 9"x13" glass baking dish.
3. Place your shredded sweet potatoes in the bottom of the dish.
4. Heat the coconut oil in a large skillet over medium-high heat. Saute the onions until they are translucent.
5. Add the sausage to the pan with the onions and cook all the way through, breaking it up with the back of a wooden spoon as it browns.
6. Evenly pour the sausage mixture into the baking dish over the sweet potatoes.
7. Whisk the eggs and then evenly pour them on top of the sausage.
8. Cover the dish with foil and bake for 30 minutes. Remove the foil and bake for 15 minutes more.
9. Serve with your favorite salsa and guacamole (optional).

Asparagus Potato Hash

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1/2 lb Bacon, cut into 1/4" pieces
- 3 cups Red or White Potatoes, diced into 1/4" or 1/2" cubes
- 1/2 bundle Skinny Asparagus
- Sea Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Snap the ends off the asparagus and discard, then cut into 1" pieces. Set aside.
2. Heat a large skillet over medium-high heat. I prefer to use my CastLite pan, but a regular cast iron pan would be great.
3. Add the bacon pieces and cook until crispy, then remove with a slotted spoon to bowl and set aside. Leave the grease in the pan.
4. In the same skillet, add the diced potatoes. Reduce heat to medium. Stir to coat all the potatoes with the bacon fat. Let the potatoes sit for a few minutes, season with salt and pepper, and then stir. Continue cooking, stirring occasionally, until the potatoes are about 75% done.
5. Add the asparagus to the skillet and stir to combine with the potatoes. Continue cooking until potatoes are soft and asparagus is done (about 5-10 minutes).
6. Remove from heat and stir in the reserved bacon bits. Taste and add more salt and pepper, if desired. Serve hot.
7. This dish reheats great in a skillet and is actually best if you make it a day in advance (though it's not required).

Breakfast Meatloaf Muffins

Yields 18 mini meatloaves | Prep Time: 10 minutes | Cook Time: 35 minutes

INGREDIENTS

- 4 large Eggs
- 1 lb Ground Beef
- 1 lb Breakfast Sausage, uncooked (pg 27)
- 1 small Yellow Onion, diced small
- 1 Bell Pepper, diced small
- 1/3 cup Otto's Cassava Flour
- 1/3 cup Sausage Gravy (without sausage) + more for topping/dipping (pg 34)
- Sea Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Preheat oven to 350°F. Scramble the 4 eggs over medium-low heat, until just barely cooked (they should still be a bit liquidy, not fully cooked through). Set aside.
2. In a large bowl, combine all meatloaf ingredients (including the partially cooked scrambled eggs) 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 gravy 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 gravy, 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).

Breakfast Sausage

Yields 1 lb | Prep Time: 5 minutes | Cook Time: 10 minutes

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. Alternately, form the pork into sausage links,
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.
5. Alternately, you can cook all the pork at once, not forming patties, and using it as crumbled pork in other recipes.

Egg Muffins

Yields 24 muffins | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 18 Large Eggs
- 1 lb Breakfast Sausage (**pg 27**) or Chorizo, uncooked
- 1/2 Medium Yellow Onion, diced
- 1 Medium Bell Pepper, diced
- 1 Hot Pepper, diced (*omit if you can't handle spicy*)
- Sea Salt, to taste
- Ground Black Pepper, to taste
- Avocado Oil

DIRECTIONS

1. Preheat oven to 350°F. Place 24 silicone muffin liners on a rimmed baking sheet (or split up onto 2 baking sheets). If not using silicone muffin liners (and it is highly that you do), grease two 12-cup muffin tins with olive oil.
2. Cook the chorizo in a skillet until completely cooked through, breaking up into small pieces with a wooden spoon. Drain out any extra grease.
3. Add approximately 1 tsp each of the onion and bell pepper to the bottom of the muffin cups. If you have leftovers, divide them evenly in the cups.
4. Divide the chorizo evenly between the 24 muffin cups.
5. Beat all the eggs in a large bowl and add salt and pepper. Whisk until smooth, making sure to get all the yolks incorporated.
6. Scoop 1/4 of the whisked egg into each muffin cup. If there are any leftover eggs, divide evenly or fill up any smaller cups.
7. Sprinkle the hot pepper on top of all the muffin cups evenly.
8. Bake in the preheated oven for 20-25 minutes, or until a knife inserted in the egg comes out clean.
9. Serve hot. If storing these, refrigerate in an airtight container for up to 1 week, or store in the freezer for up to one month. If freezing, it's best to use a FoodSaver bag to prevent frost from accumulating.

Fiesta Scrambled Eggs

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

INGREDIENTS

- 2 Tbsp Olive or Avocado Oil, divided
- 1/2 Red Bell Pepper, diced
- 1/2 Medium Yellow Onion, diced
- Chives, optional
- 8 Large Eggs
- Sea Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add diced peppers and onions and saute until soft and translucent. Remove from skillet and set aside.
2. Heat remaining tablespoon olive oil in the same skillet. Add the eggs and scramble while they cook. Add in the chives and sauteed peppers and onions before the eggs cook completely. Continue scrambling until the eggs are cooked through.
3. Salt and pepper to taste, serve right away.

Fruit & Nut “Oat”meal

Yields 4 servings | Prep Time: 5 minutes

INGREDIENTS

- 1 1/2 cups Full-Fat Coconut Milk
- 1 cup Hemp Hearts
- 2 Tbsp Chia Seeds
- 2 Bananas, ripe
- 1 tsp Ground Cinnamon
- 8 Strawberries, chopped small

DIRECTIONS

1. In a medium mixing, mash the bananas until they are smooth and no lumps remain.
2. Add all other ingredients to the bowl, stirring to combine everything evenly. Divide between 4 single-serving jars.
3. Refrigerate overnight. Eat cold straight out of the fridge, or heat for 30-45 seconds in the microwave for a warm “oat”meal (consistency of warmed “oat”meal is thinner).

Instant Strawberry Yogurt

Yields 4 servings | Prep Time: 5 minutes

INGREDIENTS

- 2 cans Full-Fat Coconut Milk
- 1 Tbsp Lemon Juice
- 4 tsp Chia Seeds
- 1 Vanilla Bean, seeds scraped
- 1 Avocado
- 12-16 Large Frozen Strawberries (*approximately 1 1/2 cups when quartered*)

DIRECTIONS

1. Add ingredients to a high-powered blender (like a Blendtec) in the order listed.
2. Cover and blend on high until smooth and there are no strawberry chunks. If using the Blendtec, run the Smoothie cycle.
3. Eat immediately or refrigerate for up to 5 days.
4. If you are preparing this in advance, store them in single-serving containers (tupperware or canning jars are great option) for an easy on-the-go snack.

Pork Apple Hash

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

INGREDIENTS

- 1 lb Breakfast Sausage (**pg 27**)
- 1 lb Uncured Bacon or Pork Belly
- 2 Green Apples
- 1 medium Sweet Potato
- 1/2 tsp Salt
- 1 tsp Ground Cinnamon
- 1/4 tsp Allspice

DIRECTIONS

1. Peel the sweet potato (and the apple, if you want, but it's not required) and dice both the sweet potato and the apple into very small pieces (about 1/4"). This will help them cook faster. Set aside.
2. Heat a large skillet over medium-high heat. Dice the bacon (or pork belly) into 1/2 pieces. Add the bacon and breakfast sausage to the preheated skillet. Cook, stirring often, until the pork is cooked through and the bacon is nearly fully cooked.
3. Add the diced apples and sweet potatoes to the skillet and cook, stirring occasionally, until they are softened and slightly browned on the edges.
4. Add in the salt, cinnamon, and allspice and stir to combine every, cooking for another minute or two. Remove from heat and serve immediately.

Potato Bacon Breakfast Casserole

Yields 8 servings | Prep Time: 15 minutes | Cook Time: 45 minutes

INGREDIENTS

- 3 cups Red Potatoes, peeled or not peeled, your preference, diced
- 1 lb Breakfast Sausage (**pg 27**)
- 1 lb Bacon, diced
- 1 Red Pepper, diced
- 1 Yellow Onion, diced
- 2 cloves Garlic, minced
- 10 Large Eggs
- Sea Salt, to taste
- Ground Black Pepper, to taste
- Smoked Paprika, optional, for garnish
- Salsa, optional, for topping

DIRECTIONS

1. Preheat the oven to 375°F. Lightly grease a 9x13 baking dish with avocado oil. Set aside.
2. In a large stockpot bring potatoes and enough water to cover them to a boil. Parboil the potatoes for about 10 minutes. Drain and set aside.
3. While the potatoes are cooking, cook the sausage in a large skillet until no longer pink. Remove with a slotted spoon and set aside. Wipe any excess grease (if any) from the pan.
4. Add the bacon to the same pan and cook until done about 3/4 of the way (not all the way crispy). Remove with a slotted spoon and set aside with the sausage.
5. Add the diced peppers, onions, and garlic to the pan with the bacon grease and saute until slightly translucent. Remove with a slotted spoon and set aside with the sausage and bacon.
6. Pour the drained potatoes into the prepared baking dish and spread evenly across the bottom. Evenly pour the sausage/bacon/veggie mix over the top of the potatoes.
7. In a large bowl, whisk the eggs, salt, and pepper until well scrambled. Pour evenly over the top of the potatoes/meat/veggies in the baking dish. Sprinkle some paprika over the entire top, if desired.
8. Cover the baking dish with tin foil and bake for 30 minutes. Remove the foil and bake an additional 5 minutes. Serve hot with salsa. Store leftovers in the fridge for up to a week.

Dairy-Free Sausage Gravy

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

INGREDIENTS

- 1 lb Breakfast Sausage (**pg 27**), uncooked
- Up to 2 Tbsp Avocado Oil
- Up to 1/4 cup Otto's Cassava Flour
- 1-2 cups Unsweetened Almond or Cashew Milk
- Water
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Cook the sausage in a large skillet over medium-high heat, breaking it up with the back of a wooden spoon. When completely cooked through (no more pink), remove all but 1 Tbsp of the sausage and set it aside.
2. Reduce heat to medium-low, add the oil to the skillet (omit if your sausage was fatty and left enough oil in the pan), then whisk in the Otto's Cassava Flour (starting with 2 tablespoons and adding 1 tablespoon at a time if needed) until a thick roux forms.
3. Pour in half a cup of the milk, whisking to fully combine. Let simmer until thickened, then add another 1/2 cup of milk, whisking to combine again, simmering until thickened again. Repeat this process with the remaining milk if the gravy is still too thick.
4. If you've gone through all 2 cups of milk and the gravy is still too thick, add water (1/4 cup at a time) to thin it to the desired consistency.
5. Add salt and pepper to taste. Depending on your sausage, you may not need it at all.
6. Remove from heat once desired consistency is reached, add the sausage to the gravy, and serve warm. This gravy tastes really great over fried or scrambled eggs.
7. Refrigerate leftovers for up to 4 days. When reheating, you may need to thin with a small amount of water or additional dairy-free milk.

Savory Avocado BLT Crepes

Yields 10 crepes | Prep Time: 5 minutes

INGREDIENTS

- 6 large Eggs
- 1/4 tsp Salt
- Coconut Oil, for cooking
- 2 Avocados, pitted and sliced
- 1 Tomato, sliced
- 10 slices Bacon, cooked
- 2 cups Arugula
- Paleo Lime Mayo ([pg 103](#))

DIRECTIONS

1. Combine eggs and salt in a blender (I use the Blendtec with the Wildside Jar). Blend on high for 30 seconds (run the Batter mode on the Blendtec). This will mix everything while incorporating air at the same time.
2. Heat a small non-stick skillet over medium-low heat. Add a tiny bit of coconut oil to coat the pan.
3. Pour 1/4 cup of batter in the pan (the amount of batter will depend on your pan size, you just want a thin coating). Swirl the batter around to evenly coat the bottom of the pan and a little up the sides (this will give you a slightly crispy edge).
4. Cook about 1 minute, and then flip and cook about 1 minute more on the other side. The crepe is done when it is solid, no squishy spots.
5. Repeat until all the batter is gone.
6. To serve, spread a layer of mayo on each crepe, then lay some arugula, tomato slices, bacon, and avocado down the center. Fold up the sides and eat.

Scrambler Jars

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

INGREDIENTS

- 1/2 lb Bacon, diced
- 1 lb Breakfast Sausage (pg 27, uncooked)
- 4 Tbsp Ghee
- 2 Bell Peppers, diced
- 1 Yellow Onion, diced
- 12 Eggs
- Salt, to taste
- Ground Black Pepper, to taste
- 4 Tbsp Unsweetened Almond (pg 94) or Cashew Milk (pg 98)
- 1/2 cup Nutritional Yeast

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 breakfast 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 ghee 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 almond milk. Add the eggs to the skillet with the veggies and scramble until completely cooked through.
5. Divide half of the pork crumbles between 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.
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.

Yogurt Parfait Cups

Yields 4 servings | Prep Time: 5 minutes

INGREDIENTS

- 1 batch Instant Strawberry Yogurt (**pg 31**)
- Mixed Berries, your choice
- Chopped Nuts, your choice

DIRECTIONS

1. Divide half of the yogurt between 4 single-serving cups/jars. Layer half of the berries on top of the yogurt, and then half of the chopped nuts on the berries.
2. Repeat with the remaining yogurt, berries, and nuts.
3. Eat immediately or store jars tightly sealed in the fridge for up to 3 days in advance.





lunch

While most of the lunches in this meal plan utilize leftovers from dinner the night before, sometimes you just want a fresh meal, but with very little prep work. These recipes can either be prepared well in advance or take minimal effort to throw together. We like to make eating healthy easy to do.

Bacon Egg Salad Lettuce Wraps

Yields 4-6 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 6 Hard-Boiled Eggs
- 1/4 cup Paleo Lime Mayo (**pg 103**)
- 1 heaping tsp Yellow Mustard
- 1/4 tsp Salt
- 3-4 Baby Dill Pickles (no added sugar)
- Ground Black Pepper, to taste
- 6 slices Bacon, cooked and crumbled
- 4-6 Iceburg or Romaine Lettuce Leaves
- Smoked Paprika, optional, for garnish

DIRECTIONS

1. Peel the eggs and rinse them.
2. Slice and dice the eggs into small pieces. Add to a mixing bowl.
3. Using a chopper or a knife, chop up the pickles into a relish. Add to the eggs.
4. Add in the mayo, mustard, salt, black pepper, and crumbled bacon. Take a fork and mash it all together, making sure to break up any large pieces of egg.
5. Refrigerate until ready to eat (up to 1 week) or eat right away.
6. To serve, divide the egg salad evenly between the lettuce leaves. Sprinkle with optional smoked paprika.

BLT Salad

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

INGREDIENTS

Dressing

- 1/4 cup Paleo Lime Mayo (**pg 103**)
- 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.

Chicken Bacon Salad

Yields 2 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 5-6 Slices Uncooked Bacon (cut into 1/2" pieces)
- 1 Chicken Breast or Thigh (*cut into 1/2" pieces*)
- Spring Mix Salad Blend
- 1 Carrot, diced or shaved
- 1/2 Cucumber, sliced
- 1-2 Hard Boiled Eggs
- 1 Apple, chopped
- Handful of Grapes, halved
- Handful of Blanched Slivered Almonds
- Handful of Sunflower Seed Kernels
- Avocado Oil
- Balsamic Vinegar
- Sea Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Put the bacon pieces in a cold skillet and turn it on to Medium. Fry the bacon until it's crispy and remove with a slotted spoon and drain on paper towels. Leave the grease in the skillet.
2. Add your chicken to the hot pan and cook it in the bacon grease. Cook until the chicken is no longer pink. Remove with a slotted spoon and drain on paper towels.
3. Prepare the salad by mixing your greens with all the remaining ingredients.
4. Drizzle with avocado oil and balsamic vinegar, and top with some salt and pepper, if desired.

Chicken Salad

Yields 4 servings | Prep Time: 10 minutes

INGREDIENTS

- 2 cans Shredded Chicken (drain water from cans)
- 1/2 cup Paleo Lime Mayo (**pg 103**), plus more, just in case
- 1 Sweet Apple, chopped small
- 2-3 Dill Pickle Spears, chopped into a relish
- 1/4 cup Pitted Kalamata Olives, chopped
- 1/4 cup Raisins, golden or regular
- 1/2 cup Grapes, any color, quartered then halved
- Salt, to taste (go light, the olives add saltiness)
- Ground Black Pepper, to taste

DIRECTIONS

1. Combine all ingredients (except salt) in a large bowl and mix. If the salad is too dry 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 salt. Sometimes the kalamata olives add enough salt that you won't need any.
3. Store in an airtight container in the refrigerator and eat within 3 days.

Chicken Salad Cucumber Cups

Yields approximately 16 mini cups | Prep Time: 15 minutes

INGREDIENTS

- 2 Cucumbers
- 1 batch Chicken Salad (**pg 43**)

DIRECTIONS

1. Cut cucumbers into 1" long pieces. Using a melon-baller or a small spoon, scoop out almost all of the center of each piece, leaving a small amount at the bottom to form a cup.
2. Using a small cookie scoop or spoon, put some of the chicken salad into each cucumber cup, filling the cavity and heaping over the top.
3. Serve right away or store in a tightly covered container in the fridge for a few days in advance.

Cobb Salad

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

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
- Paleo Ranch Dressing (**pg 104**)

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 Paleo Ranch Dressing and serve immediately.

Creamy Bacon Brussels Salad

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

INGREDIENTS

Dressing

- 3 Tbsp Apple Cider Vinegar
- 3 Tbsp Avocado Oil
- 3 Tbsp Paleo Lime Mayo ([pg 103](#))

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. 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.

Fajita Salad

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

INGREDIENTS

Salad

- 1 Tbsp Avocado Oil
- 1 lb Chicken Tenders
- 1 Bell Pepper, any color, sliced
- 1 Yellow Onion, sliced
- 1 batch Taco Seasoning (**pg 105**)
- 1 head Iceberg Lettuce, chopped
- 1 can Black Olives, drained and sliced

Creamy Avocado Dressing

- 1 Large Avocado
- 1/4 cup Coconut Milk, canned
- 2 Tbsp Avocado Oil
- 1 Tbsp Lime Juice
- 1/4 tsp Sea Salt

DIRECTIONS

1. Add the “Dressing” ingredients to a blender or food processor and blend until smooth and creamy, and no chunks remain. Set aside.
2. Heat the avocado oil in a skillet over medium-high heat. When hot, add the chicken tenders and cook, turning once, until they are cooked through and no longer pink. Remove from skillet and set aside to rest while you cook the veggies.
3. In the same skillet, add the sliced peppers and onions. Saute until softened and fragrant.
4. While the veggies are cooking, cut the tenders into bite-sized pieces. Add the chicken pieces and Taco Seasoning to the skillet and cook for a minute or so until everything is combined and evenly coated with the seasoning. Remove from heat.
5. Divide the chopped lettuce between 4 salad bowls. Top with equal portions of the chicken/veggie mixture and black olive.
6. Drizzle dressing on top and eat immediately.

Strawberry Avocado Salad

Yields 4 servings | Prep Time: 10 minutes

INGREDIENTS

Dressing

- 4 Tbsp Avocado Oil
- 2 Tbsp Apple Cider Vinegar
- 1 tsp Lemon Juice

Salad

- 1 small bag Mixed Greens
- 1 head Romaine Lettuce, chopped
- 1 Avocado, peeled, pitted, and diced
- 10 Strawberries, sliced
- 1/2 cup Chopped Pecans
- Salt, to taste
- Black Pepper, to taste

DIRECTIONS

1. Combine “Dressing” ingredients in a glass canning jar, place the lid on tightly, and shake vigorously to combine. Set aside.
2. Divide the mixed greens and chopped romaine evenly between 4 salad bowls. Add the diced avocado, strawberries, and pecans to each bowl. Drizzle dressing on each one and add salt and pepper, if desired. Serve immediately.

Turkey BLTA Roll-Ups

Yields 4-6 servings | Prep Time: 5 minutes

INGREDIENTS

- 4-6 slices Turkey Cold Cuts (Applegate or Boar's Head)
- 1 Plum Tomato, seeded and sliced lengthwise
- 2 slices Bacon, cooked
- 1 Avocado, pitted and sliced
- Baby Spinach Leaves

DIRECTIONS

1. Lay out a turkey slice on a plate or cutting board.
2. Layer 3-6 spinach leaves (depending on size or how much you like spinach) in the center of the cold cut, width-wise across the short side.
3. Layer a few strips of tomato, 1-2 strips of bacon, and 1 slice of avocado on top of that.
4. Starting at the left side, flip one end of the turkey slice to the right, over the layers you just added. Then roll that folded side over to the non-folded side on the right to create the roll.
5. Just pick it up and eat it. No toothpicks necessary to hold it together.

Notes

- Be gentle with rolling so you don't rip the turkey slice or else food will start falling out.





main course

All of these dinner recipes are not only tried-and-true in our home, but in homes across the world. They are easy, delicious, and make some pretty fantastic leftovers as well. Make sure to follow the tips included with each weekly meal plan to make the most of your time in the kitchen.

60/40 Burgers w/ Special Sauce

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

INGREDIENTS

Burgers

- 2 lb Ground Beef
- 1.25 lb Bacon
- 1/8 cup Freeze-Dried Shallots or 1/4 cup Fresh Shallots
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper

Special Sauce

- 1/2 cup Paleo Lime Mayo ([pg 103](#))
- 1/4 cup Paleo Ketchup
- 1/4 cup Finely Chopped Dill Pickles
- 1 tsp Garlic Powder

Suggested Toppings

- Iceberg Lettuce
- Tomatoes
- Paleo Lime Mayo ([pg 103](#))
- Paleo Balsamic Ketchup ([pg 96](#))
- Dill Pickle Spears
- Sauteed Onions
- Avocado or Guacamole ([pg 102](#))

DIRECTIONS

1. Combine the “Special Sauce” ingredients in a bowl and stir to combine. Set aside.
2. Finely chop the bacon so it resembles the same texture as ground meat. Alternately, if you have a meat grinder, use that for a more even texture.
3. Combine all burger ingredients in a large bowl, using either your hands or a wooden spoon to evenly mix everything.
4. 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.
5. 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.
6. Serve hot with your preferred toppings and drizzled with Special Sauce.

Beefy Ratatouille

Yields 4 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 lb Grass-Fed Beef
- 3 Tbsp Ghee
- 1 Medium Yellow Onion, halved and thinly sliced
- 4 Cloves Garlic, peeled and thinly sliced
- 1 small Eggplant, about 3 cups, cut into 1/2" pieces
- 1 small Zucchini, cut into small cubes
- 1 Red Bell Pepper, cut into thin lengthwise strips
- 4 Plum Tomatoes, coarsely chopped
- 1 tsp Salt
- 1 tsp Dried Basil
- 1 (8 oz) can Tomato Sauce
- 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.
4. Serve hot.

Chicken “Noodle” Soup

Yields 6 servings | Prep Time: 1 hour | Cook Time: 45 minutes

INGREDIENTS

- 7 cups Water
- 3-4 lb Whole Chicken, cut into pieces
- 1 cup Celery, about 4 stalks, diced
- 1 small Yellow Onion, diced
- 2 Tbsp Avocado Oil
- 3 large Carrots
- 3/4 tsp Ground Pepper, black or white
- 1/2 tsp Sea Salt, or more, to taste
- 2 Tbsp Bouillon Replacement ([pg 97](#))
- 1/4 cup Potato Starch
- 2 cans Full-Fat Coconut Milk

DIRECTIONS

1. In a large stockpot over high heat, add the chicken pieces and water. Bring to a boil then reduce heat to low and simmer for 40 minutes.
2. While the broth is simmering, use a vegetable peeler to make paper thin "noodles". If the carrots are long, I usually do this in halves or thirds so I don't have crazy long noodles. Think "egg-noodle" length. Set aside.
3. When the broth is done, remove the chicken pieces from the pot and set aside to cool. When the chicken is cool enough to handle, separate the meat from the fat, skin, and bones. Shred or cut the chicken into bite-sized pieces and set aside. Discard the fat, skin, and bones.
4. Strain the broth through a fine-mesh sieve with a layer of cheesecloth to filter out any small chicken bits and set aside the broth in a large bowl while you prepare the veggies.
5. In that same stockpot, heat the oil over medium heat and add the diced onions and celery. Saute for about 5 minutes, then place the lid on the pot. Cook for an additional 10 minutes, stirring once.
6. Return broth to the stockpot and add the carrot noodles. Stir in the 2 tablespoons bouillon replacement, salt, and pepper. Simmer uncovered for 15 minutes.
7. Combine 1 can of coconut milk with the starch and whisk until combined and no lumps remain. Add all of the coconut milk to the soup, stirring constantly while adding it.
8. Add the reserved chicken meat to the soup and heat for an additional 15 minutes.
9. Serve hot.

Chicken Broccoli Bake

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 45 minutes

INGREDIENTS

- 2 heads Broccoli, cut into bite-sized florets
- 1 large Sweet Potato, peeled and cut into bite-sized cubes
- 6 Chicken Thighs, boneless and skinless
- 1/2 cup Avocado Oil
- 1 1/2 tsp Garlic Powder
- 1/2 tsp Oregano
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. Place chicken, broccoli, and sweet potato cubes in a 9×13 glass baking dish.
3. Drizzle olive oil over them and stir to evenly coat.
4. Spread out the chicken evenly in the dish and spread the veggies around and on top of the chicken evenly.
5. Sprinkle the garlic powder, oregano, salt, and pepper on top.
6. Bake in preheated oven for 45 minutes, uncovered.
7. Remove from oven and let chicken rest a few minutes before serving to keep the juices inside.

Chorizo Veggie Bake

Yields 8 servings | Prep Time: 20 minutes | Cook Time: 30 minutes

INGREDIENTS

- 2 lb Ground Chorizo Sausage
- 2 Zucchini
- 2 Yellow Squash
- 1 head Broccoli
- 1 Yellow Onion
- 2 Sweet Potatoes
- Avocado Oil, enough to coat
- 1 tsp Dried Parsley
- 1 tsp Dried Basil
- Sea Salt, to taste
- Black Pepper, to taste

DIRECTIONS

1. Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper. Set aside.
2. Peel and cube the sweet potato. Add to a medium saucepan and cover with water. Bring to a boil and continue boiling for 7 minutes.
3. Drain potatoes in a strainer and set aside.
4. Slice the zucchini, squash, and onions into bit-size chunks. Cut the broccoli into florets.
5. Add all veggies (including the parboiled potatoes) to a large bowl. Drizzle the veggies with enough olive oil to coat them, then sprinkle the parsley, basil, salt, and pepper on top. Gently stir them with a wooden spoon to evenly coat all the veggies with the oil and spices.
6. Pour the oil-coated veggies into the prepared baking pan.
7. Break the chorizo into small bite-size pieces. No need to roll them into smooth meatballs, the broken texture makes them perfectly crispy. Drop the chorizo pieces throughout all the veggies in the pan.
8. Bake in the preheated oven for 25-30 minutes, or until the veggies are tender and slightly crispy on the edges. Serve hot.
9. Reheat leftovers in the toaster oven to keep everything crispy and perfect.

Coconut Curry Chicken

Yields 8 servings | Prep Time: 20 minutes | Cook Time: 1 hour

INGREDIENTS

- 3 lb Chicken Tenders
- 1 Medium Yellow Onion, thinly sliced
- 3 Cloves Garlic, minced
- 6 Tbsp Avocado Oil, divided
- 4 Tbsp Yellow Curry Powder
- 1 (28 oz) can Diced Tomatoes, not drained
- 1 1/2 cans Full-Fat Coconut Milk
- 1 (6 oz) can Tomato Paste
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Cut chicken tenders in half lengthwise then cut into small bite-size pieces. Season with salt and pepper to taste and set aside.
2. In a large skillet (I mean the biggest one you have), heat 4 tablespoons of the olive oil over MED-HIGH heat for 1 minute. Add the curry powder and stir to combine with the oil to make a thin paste. Cook for 3-5 minutes stirring occasionally.
3. Add the onions and minced garlic to the skillet, stir to evenly coat everything, and cook until the onions are soft and translucent, stirring often. Add 1 tablespoon of the olive oil while the onions are cooking.
4. Add the chicken pieces to the skillet, stir to evenly coat everything. Add the remaining 1 tablespoon olive oil, and cook the chicken until all pieces are cooked through and no longer pink, stirring occasionally.
5. While the chicken is cooking, combine the coconut milk, diced tomatoes (with liquid), and tomato paste in a large bowl, stirring to combine everything evenly. This makes it easier to add to the skillet later.
6. When the chicken is cooked, carefully pour the coconut/tomato mixture into the skillet and stir to combine everything. Reduce heat to MEDIUM and simmer for about 40 minutes, or until the sauce has thickened and reduced a bit, stirring occasionally.

Coconut Lime Chicken Thighs

Yields 8-10 servings | Prep Time: 4 hours | Cook Time: 40 minutes

INGREDIENTS

- 10 Chicken Thighs, skin on preferred, skinless is fine
- Zest from 2 Limes
- Juice from 2 Limes
- 1/2 tsp Ground Ginger
- 4 Cloves Garlic, minced
- 1 tsp Sea Salt
- 1 can Coconut Milk
- Lime Wedges, for garnish
- Chopped Cashews, for garnish

DIRECTIONS

1. Add all ingredients except chicken in a large bowl or tupperware (large enough to hold all the chicken). Gently whisk until combined.
2. Add the chicken to the mixture and make sure it's all completely coated. Cover and refrigerate for 4 hours.
3. Preheat the oven to 350°F.
4. Line a rimmed baking pan with foil (all the way up the edges too) and set a wire rack in the pan.
5. Using tongs, take the chicken out of the marinade and place on the wire rack. Try to shake the excess marinade off the chicken.
6. Bake in the preheated oven for 35-40 minutes.
7. Serve warm with lime wedges and cashews.

Deconstructed Egg Rolls

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

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

INGREDIENTS

- 12 Chicken Tenders
- Garlic Powder
- Onion Powder
- Smoked Paprika
- Dried Parsley
- Salt
- Ground Black Pepper
- 2 Tbsp Ghee
- 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 104](#)).
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.

Instant Pot Beef Stew

Yields 8 servings | Prep Time: 20 minutes | Cook Time: 45 minutes

INGREDIENTS

- 2 1/2 lbs Beef Stew Meat
- Scant 1/4 cup Otto's Cassava Flour
- 1/2 tsp Sea Salt
- 1/2 tsp Ground Black Pepper
- 4 Tbsp Fat of Choice, divided
- 1 large Yellow Onion, diced
- 3 large Carrots, sliced
- 4 stalks Celery, diced
- 2 cloves Garlic, minced
- 8 Red Potatoes, diced small
- 1 Bay Leaf
- 1 tsp Smoked Paprika
- 1 1/2 tsp Dried Parsley
- 1 tsp Dried Oregano
- 1/8 tsp Ground Mustard
- 1/8 tsp Ground Ginger
- 2 tsp Apple Cider Vinegar
- 1 1/2 cups Beef Broth

DIRECTIONS

1. In a small bowl, combine the cassava flour, salt, and pepper. Stir and set aside.
2. Cut the stew meat into small pieces, about 1/2". It takes a bit of extra effort to cut them this small, but it is absolutely worth it, I promise. Place the diced stew meat in a large bowl.
3. Evenly pour the flour mixture over the meat and gently stir to coat all the meat pieces as evenly as possible.
4. On the Instant Pot, press the "Saute" button and wait until the screen reads "HOT". Add 2 Tbsp of the cooking fat, then add the flour coated meat, stirring occasionally to brown all pieces, about 5 minutes. Don't cook all the way through, just brown. Some pink will still be visible, that's good.
5. While the meat is browning, chop the carrots, celery, onion, and garlic.
6. Remove the barely browned meat from the Instant Pot, add the remaining 2 Tbsp cooking fat, then add the diced veggies (not the potatoes). Stir occasionally until crisp tender, about 5 minutes. While the veggies are sauteing, chop the potatoes.
7. Add the potatoes and browned beef to the Instant Pot, then add remaining ingredients. Stir to combine and mix everything.
8. Put the lid on the Instant Pot, turning to lock it. Make sure the Steam Release is in the 'Sealing' position. Press the 'Cancel' button to turn off the Saute function, and press the 'Meat/Stew' button. The Instant Pot will turn on automatically.
9. Remove the bay leaf before serving. Store leftovers in the refrigerator for up to 1 week.

Instant Pot Pot Roast

Yields 8 servings | Prep Time: 15 minutes | Cook Time: 1 hour 30 minutes

INGREDIENTS

Roast & Veggies

- 2 Tbsp Avocado Oil, divided
- 3 lb Chuck Roast
- Sea Salt
- Ground Black Pepper
- 1 small Yellow Onion, cut into large chunks
- 3 cloves Garlic, peeled and minced
- 4-5 Carrots, cut into bite-sized pieces
- 12-15 Baby Red Potatoes, halved
- 2 tsp Dried Parsley
- 1 tsp Dried Basil
- 1 Bay Leaf, 2 if they're small
- 2 cups Beef Stock or Bone Broth

Gravy

- 3 Tbsp Ghee
- 3 Tbsp Otto's Cassava Flour
- Liquid from Instant Pot, amount will vary
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

Roast & Veggies

1. Lightly coat the roast with salt and pepper on both sides. Set aside.
2. Press the "Saute" button on the Instant Pot and add 1 TBSP of the oil to the inner pot. When the display says "HOT" and the oil is shimmering, add the roast and brown on each side for about 3 minutes, or until it forms a nice crust and you can easily remove it from the inner pot's surface. Be sure to brown all sides as well, not just the top and bottom. Remove the roast and set aside.
3. Add the remaining 1 TBSP of oil to the still-hot Instant Pot. Add the onions and garlic, sauté until slightly softened, about 2 minutes. Press the "CANCEL" button on the Instant Pot. Remove the onions and set aside.

Instant Pot Pot Roast (cont)

DIRECTIONS (cont)

Roast & Veggies

4. Add the carrots and potatoes to the pot and pour in the beef stock and red wine, as well as the basil, parsley, and bay leaf (stir lightly). Place the roast on top of the veggies and top the roast with the sautéed onions. Lock the lid in place and close the pressure valve. Press the "MANUAL" button and increase the time to 70 minutes for a 3lb roast, 80 minutes for a 3.5lb roast, or 90 minutes for a 4lb roast.
5. When the time is up, you can do either natural pressure release (NPR) or quick pressure release (QPR). Turn off the Instant Pot. Remove the roast and let rest while you make the gravy (do not cut into it for at least 10 minutes). Remove the veggies with a slotted spoon so you have easier access to the juices to make the gravy.

Gravy

1. In a medium saucepan, melt the butter/ghee over medium-low heat. Whisk in the cassava flour to form a thin roux.
2. Start adding the liquid from the Instant Pot 1/4 cup at a time, whisking and letting it gently simmer to thicken. Continue until you get your preferred gravy thickness (this is about 2-ish cups for me). Season with salt and pepper to taste (you may not need it at all so taste it first).

Serving

1. Slice the roast against the grain or pull apart with 2 forks (it will be tender enough to do this). Serve hot with a scoop of veggies and a dousing of gravy.

Instant Pot Pulled Pork

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

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 #)
- 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.

Masala Chicken Soup

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

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 Coconut Milk
- 3 Tbsp Collagen Protein
- 2 cups Cauliflower, chopped very small (riced)
- 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.

Minestrone Soup

Yields 8+ servings | Prep Time: 15 minutes | Cook Time: 1-8 hours

INGREDIENTS

- 2 Tbsp Avocado Oil
- 1 Sweet Potato, yellow or regular
- 1 cup Carrots, diced
- 2 Celery Stalks, diced
- 2 Zucchini, diced
- 2 Shallots, diced
- 2 cloves Garlic, minced
- 28 oz Chicken Broth
- 28 oz can Diced Tomatoes
- 1/2 cup Frozen Spinach or 1 cup Fresh
- 2 Bay Leaves
- 2 tsp Dried Oregano
- 1 tsp Dried Basil
- 1 tsp Dried Parsley
- 1/4 tsp Cayenne Pepper
- 1/4 tsp Salt
- 1 1/2 lb Ground Pork Sausage
(cooked and crumbled)

SLOWCOOKER DIRECTIONS

1. Place the olive oil in the bottom of a crock pot. Add the prepared sweet potatoes, carrots, celery, zucchini, shallots, and garlic to the crock pot. Pour in the chicken/vegetable broth.
2. Add the entire can of diced tomatoes, oregano, basil, parsley, cayenne, salt, and crumbled pork.
3. Stir everything together, add the bay leaves, cover, and cook on low for 6-8 hours (we prefer 8 hours). Add the spinach to the hot soup and let it wilt. Remove bay leaves before serving.
4. Store leftovers in the fridge for up to a week or freeze in individual portions for up to 6 months.

INSTANT POT (ELECTRIC PRESSURE COOKER) DIRECTIONS

1. Follow steps 1 and 2 above.
2. Stir everything together and add the bay leaves. Put the lid on and turn to lock it in place, moving the vent to the "Sealing" position. Press the "Soup/Stew" button (it will start on it's own). When the cycle is complete, manually release the pressure. When all the pressure is released, carefully open the lid away from your face.
3. Add the spinach to the hot soup and let it wilt. Remove bay leaves before serving.

Mini Meatloaf Muffins

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

INGREDIENTS

- 2 lbs Ground Beef
- 1 small Yellow Onion, diced small
- 2 Eggs
- 1/3 cup Otto's Cassava Flour
- 1/3 cup Paleo Balsamic Ketchup + more for topping/dipping (**pg 96**)
- 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).

Rosemary Chicken & Potatoes

Yields 8 servings | Prep Time: 5 minutes | Cook Time: 1 hour

INGREDIENTS

- 8 Chicken Thighs, preferably skin-on
- 6 sm Red Potatoes, quartered
- 1/2 cup Avocado Oil
- 1 tsp Dried Rosemary
- 1/2 tsp Dried Oregano
- 1 1/2 tsp Garlic Powder
- Sea Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Preheat oven to 350°F.
2. Place all ingredients in a large mixing bowl and toss to coat everything evenly with the oil and spices.
3. Lay half the potatoes in the bottom of a 9"x13" baking dish, place the chicken thighs evenly on top, in a single layer. Add the rest of the potatoes in between the chicken thighs.
4. Bake in the preheated oven, uncovered, for 1 hour.

Sausage & Asparagus Quiche

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

INGREDIENTS

- 1/2 Yellow Onion, diced
- 1 clove Garlic, minced
- 1 bundle Asparagus, preferably thin, cut into 1/2" pieces
- 1/2 lb Breakfast Sausage (pg 27)
- 8 Large Eggs
- 1 cup Unsweetened Almond (pg 94) or Cashew Milk (pg 98)
- 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. Brown the Breakfast Sausage in a skillet until cooked through and no longer pink, breaking up with a wooden spoon as you cook it. Remove from skillet with slotted spoon.
3. Add the diced onions and asparagus 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.
4. Cook the veggies until all are tender, about 3 minutes.
5. 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.
6. Add the broccoli mixture and crumbled bacon to the prepared pan. Pour the egg mixture over the top and sprinkle on the paprika.
7. 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.
8. Let cool about 10 minutes, slice, and serve.

Serrano Lime Skirt Steak

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

INGREDIENTS

- 1 lb Skirt Steak
- Juice of 1 Lime
- 1 Tbsp Avocado Oil
- 1 Serrano Pepper, seeded and finely diced
- 1/2 tsp Coarse Salt
- 1/2 tsp Ground Black Pepper
- 1 Tbsp Avocado Oil
- 4 Tbsp Ghee, melted
- 1 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.

Sloppy Joes

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 35 minutes

INGREDIENTS

- 2 lb Ground Beef
- 1/2 Medium Yellow Onion, chopped
- 1/2 Bell Pepper, chopped
- 1 tsp Garlic Powder
- 2 tsp Yellow Mustard
- 1 1/2 cup Paleo Balsamic Ketchup (**pg 96**)
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

7. In a large skillet over a medium flame, cook the ground beef, onion, and bell pepper until the beef is completely browned and the veggies have softened.
8. Stir in the garlic powder, mustard, and ketchup until evenly combined.
9. Reduce heat to medium-low and simmer for 10-20 minutes, or until thickened and spoonable. Season with salt and pepper to taste.

Slow Roasted Chicken

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 6-8 hours

INGREDIENTS

- 1 (4-5 lb) Whole Chicken
- 1/4 cup Ghee, softened
- 1/2 small Yellow Onion
- 3 cloves Garlic
- 3-4 sprigs Fresh Thyme, Rosemary, & Sage, a combo of all 3 is best
- Sea 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 ghee under the skin, covering all the meat. It's easier to place the ghee 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. 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 a homemade bone broth ([pg 99](#)).

Stuffed Peppers

Yields 6 servings | Prep Time: 20 minutes | Cook Time: 50 minutes

INGREDIENTS

- 1 medium Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 tsp Avocado Oil + more for 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 oz) can Diced Tomatoes
- 1 (4 oz) can Diced Jalapenos or Mild Green Chiles
- 1/2 can Olives, drained and sliced
- 3 large Bell Peppers, halved and seeded

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 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 with a side of Guacamole (pg 102) and Paleo Ranch Dressing (pg 104), optional.

Swedish Meatballs in Cream Sauce

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

INGREDIENTS

Meatballs

- 2 Tbsp Ghee or Avocado Oil
- 1/2 md Yellow Onion, finely chopped
- 2 Eggs
- 1/4 cup Otto's Cassava Flour
- 1 1/2 tsp Sea Salt
- 3/4 tsp Ground Black Pepper
- 1/4 tsp Ground Nutmeg
- 1/4 tsp Ground Allspice
- 1 lb Ground Beef
- 1 lb Ground Pork

Cream Sauce

- 2 Tbsp Ghee or Coconut Oil
- 2 Tbsp Otto's Cassava Flour
- 1/4 tsp Ground Allspice
- 1/4 tsp Ground Thyme
- Sea Salt, to taste
- Ground Black Pepper, to taste
- 1 1/4 cups Chicken Broth
- 1 cup Unsweetened Almond (pg 94) or Cashew Milk (pg 98), not coconut milk

DIRECTIONS

Meatballs

1. Preheat oven to 425°F. Line a large rimmed baking sheet with foil and set aside.
2. Heat ghee or oil in a medium skillet over medium heat. Add chopped onions and saute until onions turn translucent and are fragrant, about 5-6 minutes.
3. Transfer cooked onions to a large mixing bowl and add remaining meatball ingredients. Using your hands (preferred) or a wooden spoon, combine all the ingredients together until they are completely mixed together.
4. Using a small cookie scoop, place meatballs almost touching on the prepared baking pan. If you don't have a scoop, hand-roll 1 tablespoon sized balls.
5. Bake in the preheated oven for 20 minutes, or until browned and cooked all the way through (no pink).
6. Using a slotted spoon, remove meatballs from the pan and drain on paper towels if there is too much excess fat/grease (I don't usually have this problem).

Swedish Meatballs in Cream Sauce

DIRECTIONS (cont)

Cream Sauce

1. While the meatballs are cooking, melt ghee in a large skillet over medium heat. Sprinkle cassava flour, allspice, and thyme over the melted butter and whisk to combine and break up any lumps. This will not form a thick roux, don't worry, it should be a thin consistency.
2. Pour in broth, whisking continually to fully combine. Let cook gently for a couple minutes to thicken, whisking occasionally.
3. Pour in the milk, whisking continually to fully combine. Let cook gently for a couple minutes to thicken, whisking occasionally.
4. Add salt and pepper to taste. Remove from heat.

Serving Suggestion

1. We like to serve these meatballs Ikea-style. Serve desired number of meatballs on each plate and top with just enough gravy to lightly coat each one (don't drown them).
2. Serve with a side of mashed potatoes (we love Yukon golds) and veggies.
3. Unlike Ikea meatballs, you don't need a side of preserves. However, if you do, we recommend St Dalfour Red Raspberry Preserves (this brand doesn't have any added sugars, it's just fruit and pectin).
4. Store leftovers tightly sealed in the fridge for up to a week or in the freezer for up to 6 months.

Taco Casserole

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

INGREDIENTS

- 1/2 cup Otto's Cassava Flour
- 1/2 cup Unsweetened Almond (pg 94) or Cashew Milk (pg 98) + more if needed
- 1/2 cup Nutritional Yeast
- 2 lb Ground Beef
- 2 batches Taco Seasoning (pg 105)
- 1 small Yellow Onion, diced
- 1 Bell Pepper, diced
- 1 1/2 cups Cole Slaw Mix
- 1 (14.5 oz) can Diced Tomatoes, drained
- 1/2 Jalapeño Pepper, seeded and diced
- 1 can Olives, drained and cut in half

DIRECTIONS

1. Preheat the oven to 350°F. Combine the cassava flour, milk, and nutritional yeast in a bowl until smooth (add more milk a little at a time if it's too thick to stir) and set aside.
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 flour/milk mixture to the skillet. Stir until everything is mixed evenly in with the beef and veggies. Pour everything from the skillet into a 9"x13" 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. Sprinkle the jalapeno peppers and olives on top.
7. Bake in the preheated oven for 20 minutes. Serve hot.

Taco Salad

Yields 4-6 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 1 lb Ground Beef
- 1 batch Taco Seasoning (**pg 105**)
- 1 head Romaine Lettuce, chopped
- 1 Bell Pepper, diced
- 1-2 can Black Olives, drained and sliced
- 1-2 Tomatoes, seeded and diced
- 1 Cucumber, seeded and diced
- 1 Avocado, pitted and diced or sliced
- Salsa, no sugar added

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. Top with salsa.

Zuppa Toscana

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

INGREDIENTS

- 2 Tbsp Avocado Oil
- 4 cloves Garlic, minced
- 2 md Yellow Onions, diced
- 2 lbs Italian Pork Sausage
- 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 Broth
- 1 Bay Leaf
- 3 cups Red Potatoes, diced fairly small
- 3 cups Baby Spinach
- 1 1/2 cups Unsweetened Almond (pg 94)
or Cashew Milk (pg 98)
- Scant 1/2 cup Otto's Cassava Flour

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, potatoes, 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. While the soup is cooking, whisk the almond milk and cassava flour until smooth.
5. After the potatoes are cooked, add the spinach/kale to the soup. Stir to combine and cook until wilted/thawed. Add the milk mixture and stir to combine, and cook for 1 minute to thicken.
6. Serve hot. Store leftovers in the fridge for up to a week.





side dish

Side dishes are often just a second thought to the main course, but it can make or break a meal. Who wants chili without cornbread? Nobody, that's who. These sides are the perfect compliment to the main course and are easy to prepare.

Asparagus Potato Hash

Yields 6-8 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1/2 lb Bacon, cut into 1/4" pieces
- 2 cups Red or White Potatoes, diced into 1/4" - 1/2" cubes
- 1/2 bundle Thin Asparagus
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Snap the ends off the asparagus and discard, then cut into 1" pieces. Set aside.
2. Heat a large skillet over medium-high heat.
3. Add the bacon pieces and cook until crispy, then remove with a slotted spoon to bowl and set aside. Leave the grease in the pan.
4. In the same skillet, add the diced potatoes. Reduce heat to medium. Stir to coat all the potatoes with the bacon fat. Let the potatoes sit for a few minutes, season with salt and pepper, and then stir. Continue cooking, stirring occasionally, until the potatoes are about 75% done.
5. Add the asparagus to the skillet and stir to combine with the potatoes. Continue cooking until potatoes are soft and asparagus is done (about 5-10 minutes).
6. Remove from heat and stir in the reserved bacon bits. Taste and add more salt and pepper, if desired. Serve hot.
7. This dish reheats great in a skillet and is actually best if you make it a day in advance (though it's not required).

Bacon Balsamic Brussels Sprouts

Yields 6-8 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 3/4 cup Balsamic Vinegar, no added sugar
- 8 oz Bacon
- 2-3 lb Brussels Sprouts
- Splash of Chicken Broth
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Add the balsamic vinegar to a small saucepan. Turn the heat up to medium and let simmer until reduced by about half. Do this first and it should be done by the time the sprouts are ready.
2. Using kitchen shears (or a knife, but using shears is much easier), cut the bacon into small pieces, about 1/2".
3. Place the bacon in a large, cold skillet. Turn heat up to medium-high and cook the bacon, stirring occasionally so it doesn't burn.
4. While the bacon is cooking, cut the bottom off each sprout (where it connected to the stem), remove the outer leaves, and cut in half (or quarter them if they're big). Set aside.
5. When the bacon is almost done (not all the way crispy, but close), remove with a slotted spoon and drain on paper towels. Keep as much bacon grease in the pan as possible.
6. Add the Brussels sprouts to the pan with the bacon grease, reduce heat to medium, and stir to coat all sprouts with the bacon fat. If your bacon didn't produce much fat, add more if you have any reserved from previously cooking bacon, or add a bit of olive oil. You just need enough to make sure the sprouts aren't cooking in a dry pan.
7. Place a lid on the pan, and let cook for 5 minutes. Remove lid, stir sprouts and add a splash of broth. Put the lid back on and cook for another 5 minutes.
8. Remove the lid again, stir and check to be sure the sprouts are fork-tender. If not, cook a bit longer until they are.
9. Add the cooked bacon bits, salt, and pepper to the pan. Stir to combine everything.
10. Serve hot with the balsamic reduction poured over it.

Best Roasted Veggies

Yields 6-8 servings | Prep Time: 10 minutes | Cook Time: 1 hour

INGREDIENTS

- 2 heads Broccoli, cut into florets
- 1 head Cauliflower, cut into florets
- 2 Sweet Potatoes, peeled and cut into 1/2" cubes
- 12-15 Brussels Sprouts, cut in half, stems & outer leaves removed
- 2-3 Beets (golden or red), peeled and diced
- 1 bulb of Garlic, separated and cloves peeled
- Avocado Oil
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Preheat the oven to 400°F.
2. Line a large baking pan with parchment paper (not foil, the veggies will stick to it).
3. Place all veggies on the prepared baking sheet/jelly roll pan. Pour some olive oil evenly over the veggies (don't drench them, just a light coating).
4. Salt and pepper to taste, then mix everything together to evenly coat everything with the oil, salt, and pepper.
5. Place pan in the oven on the middle rack and roast for 50-60 minutes, stirring veggies 2-3 times.
6. You'll know they're done when the edges are crispy and brown and it smells amazing!

Cauliflower Mash

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

INGREDIENTS

- 1 head Cauliflower
- 2 Tbsp Avocado Oil
- 4 Tbsp Ghee, softened
- 2-4 Tbsp Unsweetened Almond (pg 94) or Cashew Milk (pg 98)
- 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.

Cauliflower Rice

Yields 4-6 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

INGREDIENTS

- 1 head Cauliflower
- Avocado Oil
- Salt, to taste (optional)

DIRECTIONS

8. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper and set aside.
9. Remove the core and leaves from the cauliflower head and cut the head into chunks small enough to fit into a blender or food processor bowl.
10. Rice the cauliflower by pulsing it a few times in the blender or food processor until it is in small pieces resembling rice.
11. Pour riced cauliflower onto the prepared baking pan, lightly drizzle with oil and salt (if desired), tossing to evenly coat everything
12. Roast in the preheated oven until lightly browned and fragrant, about 15-25 minutes (depending on oven temps and how large your pan is. Check periodically to be sure it's not overcooking or burning.

Country Potatoes

Yields 4-6 servings | Prep Time: 5 minutes | Cook Time: 1 hour 20 minutes

INGREDIENTS

- 4-6 md Yukon Gold Potatoes, peeled
- 3 Tbsp Cooking Fat of Your Choice (bacon fat, ghee, and avocado oil are my favorites)
- Salt, to taste

DIRECTIONS

1. Preheat the oven to 400°F. Wrap peeled potatoes in tin foil and bake for 1-1/2 hours.
2. Alternately, if you have any leftover baked potatoes, this would be the time to use them and cut out step 1 from this recipe.
3. Once the potatoes are cooked, remove from foil, and refrigerate in a covered container for at least an hour to cool, or as long as one week.
4. Dice the cooled, cooked potatoes in bite-size cubes.
5. In a large skillet, heat cooking fat over medium-high flame. Add potatoes to the skillet and stir to coat with cooking fat. Cook, gently stirring occasionally, until crispy on the outsides, about 20 minutes.
6. Remove from heat, salt to taste, and serve right away. Can be made in advance and reheated in the toaster oven or in a warm skillet.

NOTES

- This recipe is easiest if you bake or boil the potatoes in advance so you can cut out the initial step from this recipe and save yourself some prep time.

Crispy Bacon Broccoli

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

INGREDIENTS

- 6 cups Broccoli Florets, cut down to bite-size
- 3 Tbsp Bacon Fat
- 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.

Mixed Greens Salad

Yields 4 servings | Prep Time: 5 minutes

INGREDIENTS

- 1 bag of Mixed Greens
- 1 Bell Pepper, diced
- 1 Cucumber, halved and sliced
- 1/2 cup Slivered or Sliced Almonds

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 (pgs **95** & **104**).

Roasted Asparagus

Prep Time: 5 minutes | Cook Time: 12 minutes

INGREDIENTS

- 1 bundle Asparagus, or as much as will fit on your rimmed baking dish
- Sea Salt, to taste
- Ground Black Pepper, to taste
- Avocado Oil
- Balsamic Vinegar, optional

DIRECTIONS

1. Preheat the oven to 425°F.
2. Line a rimmed baking dish with tin foil or parchment paper.
3. Snap the cut ends off all the asparagus and place on the baking dish in a relatively single layer (if a few overlap, it's not the end of the world).
4. Drizzle lightly with oil.
5. Sprinkle with salt and pepper. Toss with a spatula just to evenly coat all the asparagus.
6. Put in the preheated oven and roast for 12-15 minutes, depending on the thickness of your asparagus. I prefer the skinny stuff, so it only takes about 12 minutes.
7. Remove from pan and serve immediately. Lightly drizzle with balsamic vinegar, if desired.





condiments, dips, & dressings

A salad is not a salad without dressing, a meatloaf is not a meatloaf without ketchup, and a taco salad with taco seasoning? Just no. Condiments, dips, and dressings are requirements for a perfect meal. Keep plenty of these on hand to ensure your food is always delicious, fast, and easy.

Almond Milk

Yields 4 1/2 cups | Prep Time: 8-12 hours

INGREDIENTS

- 2 cups Raw Almonds, soaked overnight
- 4 cups Water, preferably filtered

DIRECTIONS

1. Soak the almonds overnight, replacing the water once or twice, depending on how nasty it gets. Drain the soaked almonds and give them a quick rinse.
2. Add the rinsed almonds to a high-powered blender, like a Blendtec. Add the 4 cups of filtered water.
3. Blend on high for about a minute. If you're using a Blendtec, run the "Whole Juice" cycle.
4. Pour the almond milk mixture into a large pitcher or bowl lined with a doubled cheesecloth or a nut milk bag (I prefer the latter). Let sit for 30 minutes for the milk to strain out. After that, wring as much milk as you can out of the pulp. Reserve the pulp for another use (can be dehydrated and frozen for later use as almond meal).
5. Pour into a glass container. Keep refrigerated for up to 2 weeks.

Avocado ACV Dressing

Yields 16 tablespoons | Prep Time: 5 minutes

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 | Cook Time: 15 minutes

INGREDIENTS

- 2 (6 oz) cans Tomato Paste
- 1 cup Water
- 2/3 cup Balsamic Vinegar, no added sugar
- 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 love using recycled sauce/ketchup bottles).
4. Store in the refrigerator.

Bouillon Replacement

Yields Scant 1 cup | Prep Time: 2 minutes

INGREDIENTS

- 2/3 cup Nutritional Yeast
- 1 1/2 Tbsp Onion Powder
- 1 1/4 tsp Garlic Powder
- 1/2 Tbsp Salt
- 1 heaping Tbsp Italian Seasoning
- 1 Tbsp Dried Parsley

DIRECTIONS

1. Combine all ingredients in a half-pint jar with a tight-fitting lid (I use a canning jar) and shake or stir to evenly combine. Store in the airtight jar in a cool location for up to 2 years. Use tablespoon-per-tablespoon for bouillon cubes in any recipe.

Cashew Milk

Yields 4 1/2 cups | Prep Time: 8-12 hours

INGREDIENTS

- 2 cups Raw Cashew, soaked overnight
- 4 cups Water, preferably filtered

DIRECTIONS

1. Soak the cashews overnight, replacing the water once or twice, depending on how nasty it gets. Drain the soaked cashews and give them a quick rinse.
2. Add the rinsed cashews to a high-powered blender, like a Blendtec. Add the 4 cups of filtered water.
3. Blend on high for about a minute. If you're using a Blendtec, run the "Whole Juice" cycle.
4. *Optional Step* (likely not needed if you have a very high-powered blender): Pour the cashew milk mixture into a large pitcher or bowl lined with a doubled cheesecloth or a nut milk bag (I prefer the latter). Let sit for 30 minutes for the milk to strain out. After that, wring as much milk as you can out of the pulp.
5. Pour into a glass container. Keep refrigerated for up to 2 weeks.

Chicken Bone Broth

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

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).

Dill Dip Seasoning Blend

Yields 1/2 cup | Prep Time: 30 minutes

INGREDIENTS

- 2 tsp Freeze-Dried Dill
- 1 1/2 tsp Salt
- 1 tsp Ground Mustard
- 1 tsp Freeze-Dried Chives
- 1 tsp Parsley
- 1/2 tsp Freeze-Dried Red Onions
- 1/4 tsp Garlic Powder
- 1/4 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.
4. Alternately, add 1-2 Tbsp (to taste) in place of the seasoning in the Paleo Ranch Dressing (pg 104).

Garlic Mayo Dip

Yields 1/2 cup | Prep Time: 30 minutes

INGREDIENTS

- 1/2 cup Paleo Lime Mayo (**pg 103**)
- 1/2 tsp Dried Parsley
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/8 tsp Cayenne Pepper

DIRECTIONS

1. Combine all ingredients in a small bowl.
2. Cover and refrigerate for 30 minutes before serving.

Guacamole

Yields 2-4 servings | Prep Time: 12 minutes

INGREDIENTS

- 2 ripe Avocados
- 1 Lime
- 1 small Shallot
- 1 clove Garlic
- Scant 1/2 tsp Salt
- Ground Black Pepper, to taste

DIRECTIONS

1. Juice the lime.
2. Chop up your shallot nice and tiny. Mince the garlic.
3. Add the shallot, garlic, and sea salt to the lime juice. Mix up and let sit for about 10 minutes.
4. Take one of your avocados and mash it up real good, hardly any chunks. Mix that into the lime juice mixture.
5. Add in your black pepper and mix well.
6. With the second avocado, dice it up and gently mix it into the lime/avocado mixture so that you keep the chunkiness of it all.
7. Eat right away or store in the fridge for up to a week. Press plastic wrap over the entire surface to keep it from browning (too much).

Paleo Lime Mayo

Yields Scant 4 cups | Prep Time: 35 minutes

INGREDIENTS

- 2 eggs, room temperature
- 4 Tbsp Fresh Lime Juice, room temperature
- 1 tsp Ground Dry Mustard
- 1 tsp Salt
- 1/2 cup + 2 cup Avocado Oil, room temperature (**NOT** extra virgin olive oil)

DIRECTIONS

1. Place the eggs and lime juice in a blender or food processor or Blendtec. Let them come to room temperature together, about 30-ish minutes.
2. Add the dry mustard, salt, and 1/2 cup of the oil. Mix until well mixed – about 20 to 30 seconds. If you're using a Blendtec, use the Speed 3 button for the entire process (you'll have to push the button again every time the blender shuts off after the 50-second cycle).
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, even at the end. Keep a SLOW, steady stream the whole time.
5. When all the oil is done, remove the lid. The mayo should be thick and spoonable. Scoop it into a glass jar with a tight-fitting lid and store it in the fridge. Wait about an hour before using it, if possible. The mayo expires when the eggs do.

Paleo Ranch Dressing

Yields 1 cup | Prep Time: 1 hour

INGREDIENTS

- 1/2 cup Paleo Lime Mayo (pg #)
- 1/2 cup canned Full-Fat Coconut Milk
- 1/2 tsp Apple Cider Vinegar
- 1 clove Garlic, peeled
- Salt, to taste
- Ground Black Pepper, to taste
- 2 Tbsp Fresh Dill

DIRECTIONS

1. Combine the mayo and coconut milk, whisk together.
2. Add apple cider vinegar and whisk to combine.
3. Crush the garlic clove with a little bit of salt to form a paste. Add to the mayo mixture with some pepper and whisk to combine.
4. Add in the dill and stir to combine.
5. Refrigerate for at least an hour before using to let thicken up.
6. **ALTERNATE OPTION:** Use the mayo/coconut milk/ACV base and add some Dill Dip Seasoning Blend (pg 100) in place of the fresh garlic/dill.

Taco Seasoning

Yields enough for 1 lb of meat | Prep Time: 2 minutes

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 and stir well. Store in an airtight container and use within 6 months.





ingredients & 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.

- **Bacon**
 - Check labels **VERY** carefully, most bacon is cured with sugar.
- **Cassava Flour**
 - Can be purchased from [Otto's](#), [Amazon](#), Whole Foods, Natural Grocers, & [Thrive Market](#)
- **Chia Seeds**
 - Can be found in the gluten-free section of most grocery stores, [Amazon](#), & [Thrive Market](#)
- **Chosen Foods Avocado Oil** (our favorite brand)
 - Can be found at Costco, many grocery major chains, & [Amazon](#)
- **Chicken Bone Broth**
 - If not making your own (pg #), [Kettle & Fire](#) or [Pacific](#) is good (check labels for sugar)
- **Beef Bone Broth**
 - [Kettle & Fire](#) is the best if not homemade, but [Thrive Market](#) has a good one (check labels)
- **Coconut Aminos**
 - Can be found in the gluten-free section of most grocery stores, [Amazon](#), & [Thrive Market](#)
- **Coconut Milk**
 - Can be found in most grocery stores, Costco, [Amazon](#), & [Thrive Market](#)
- **Ghee**
 - Can be found in the dairy section of most grocery stores, [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](#)
- **Sesame Oil**
 - Can be found in the oriental section of most grocery stores, [Amazon](#), & [Thrive Market](#)
- **Potato Starch** (not potato flour)
 - Most grocery chains, Whole Foods, Sprouts, Natural Grocers, [Amazon](#), & [Thrive Market](#)
- **Collagen Protein**
 - We like [Bulletproof brand](#), but you can also find it on [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.*
- **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.*



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