



# 28 DAY PALEO MEAL PLAN

# TABLE OF CONTENT

The Paleo Guide  
Pages 3-8

The Recipes  
Pages 9-42

The Meal Plan  
Pages 43-45

The Grocery Lists  
Pages 46-51



# PALEO EATING GUIDE

# WHAT IS PALEO?

Paleo refers to a style of eating that mimics the way our ancestors did in the Paleolithic period, free of processed foods and full of what could be hunted and gathered. Health experts argue that agricultural practices have advanced far faster than people's digestive systems have. This means our bodies are designed to function best with foods similar to what the cavemen ate rather than today's standard dietary staples of sugar and refined grains.

The Paleo diet is not a fad or some creative diet plan. It's a matter of returning to the fundamental meals that the human body intended to eat. This kind of dietary plan allows the individual to get the best health as well as strengthen their digestive and immune system.

Paleo diet is packed with many health benefits. Weight loss is easy with a diet that is high in protein and low in processed sugars and carbohydrates, which is what the Paleo diet is. Feeling lighter and more energized, shedding food-related problems like allergies and digestive irritation, and prolonging your life by lessening the chance of serious conditions like diabetes from developing in response to incorrect metabolic triggers from poor quality modern food, make up other excellent benefits of the paleo diet.

## Health Benefits of the Paleo Diet

Foods are rich in nutrients; Against what many people believe, the Paleo diet does not consist of mostly protein and fat. What the Paleo diet actually does is eliminate the 'fillers', also known as nutrient-void foods. The Paleo diet also supplements more of veggies, seeds, nuts, berries, fruits and healthy fats. These foods are rich in vitamins and minerals. Your colon health improves when you eat the Paleo way and as a result of this, your body absorbs more nutrients.

Unprocessed foods: You eat real whole foods when you eat a Paleo diet. You eliminate taking in a hefty amount of preservatives, additives, hidden sugars, sodium and artificial colorings and flavorings. This also means that you're not ingesting these toxins into your body. In turn, your body absorbs more nutrients for health and weight loss.

Weight loss: With the Paleo diet, you get sufficient amounts of omega 3 fatty acids and vitamin D that aids in melting your body fat. As your metabolism and colon health improve, you experience better sleep and less stress.

# FOODS TO AVOID

## GRAINS

Wheat  
Whole Wheat  
Barley  
Rye  
Oatmeal  
Quinoa  
Corn  
Spelt

## BEANS & LEGUMES

Black Beans  
Chickpeas  
Lentils  
Navy Beans  
Red Beans  
Kidney Beans  
Hummus

## DAIRY

Milk  
Sour Cream  
Cheeses  
Yoghourt  
Casein & Whey Protein  
Butter

## SUGAR

White Sugar  
Brown Sugar  
Agave  
Corn Syrup  
Aspartame  
Sucralose

# FOODS TO CONSUME

## FRUITS & VEGETABLES

All fruits & vegetables are paleo, the best kind of fresh, local and seasonal

## MEAT, EGGS & POULTRY

Beef  
Bison  
Chicken  
Duck  
Eggs  
Lamb  
Pork  
Turkey

## SEAFOOD

Halibut  
Mackerel  
Mahi Mahi  
Mussels  
Oysters  
Salmon  
Sardines  
Scallops  
Shrimp  
Tuna

## NUTS AND SEEDS

Almonds  
Brazil Nuts  
Chia Seeds  
Flax Seeds  
Hazelnuts  
Macadamia  
Pecans  
Pine nuts  
Pistachios  
Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds  
Walnuts

# TYPES OF ANIMAL PRODUCTS

## Antibiotic Free

The animal was not given antibiotics during his lifetime. Other phrases to indicate the same approach include “no antibiotic administered” and “raised without antibiotics”.

## Free Range

The use of the term “free-range” or free-roaming are only defined by the USDA for egg and poultry production. The label can be used as long as the producers allow the birds access to the outdoors so that they can engage in natural behaviours. It does not necessarily mean that the products are cruelty free or antibiotic free, or that the animals spent the majority of their time outdoors.

## GMO Free

GMOs, genetically modified organisms are plants or animals that have been genetically engineered with DNA from bacteria, viruses, or other plants and animals. Products can be labelled “GMO Free” if they are produced without being genetically engineered.

## Grass Fed

This means the animals were fed grass, their natural diet, rather than grains. In addition to being more humane, grass-fed meat is more lean and lower in fat and calories than grain fed meat. Grass-fed animals are not fed grains, animal by-products, synthetic hormones, or antibiotics to promote growth or prevent disease.

## Pasture Raised

The animal was on a pasture where it was able to eat grass and other plants, rather than being flattened on a grain fed lot or barn. Pasturing livestock and poultry is a traditional farming technique that allows animals to be raised in a humane manner. Animals are able to move around freely and carry out their natural behaviours. This term is very similar to “grass-fed” though the term “pasture-raised” indicates more clearly that the animal was raised outdoors on pasture.

# EATING OUT ON THE PALEO DIET

Committing to a paleo lifestyle doesn't mean you will never be able to attend social events or dine out again. When you switch to a paleo lifestyle you have to make sure that it fits into your lifestyle. Although going out every night of the week is not recommended, going out once in a while will be healthy for you if it's something you really enjoy.

Look for dishes like stir-fries or salads on the menu. If you can't find anything on the menu that is paleo approved here are some examples of things you can order separately. Most of the restaurants will have all of these foods in the kitchen even if it's not written exactly like that on the menu.

Don't be shy to ask for something a little different. When it comes to your health it's always worth

## Protein

Grilled Chicken Breast  
Grilled Salmon Fillet  
Steak  
Hamburger without the bun

## Starchy Carbs

Baked Potato  
Baked Sweet Potato Fries  
Squash

## Fats

Avocado or Guacamole  
Nuts and Seeds  
(Great on top of a salad)  
Extra Virgin Olive Oil

## Beverages

Water  
Sparkling Water  
Tea  
Coffee





# PALEO RECIPES



## GREEN PROTEIN SMOOTHIE

### INGREDIENTS

1/2 Frozen Banana  
1 Cup of Spinach  
1/2 Avocado  
1 Serving of Vanilla Protein Powder  
1 Cup of Almond Milk  
1 Tbsp of Chia Seeds

### NUTRITIONAL VALUE

Fat: 20 g  
Carbs: 28 g  
Protein: 42 g  
Total Calories: 430 Calories

### DIRECTIONS

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender.  
Next add in the banana, avocado, spinach, chia seeds and the protein powder.  
Turn the blender on, starting at a low speed and increase as needed.  
Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



## RASPBERRY COCONUT SMOOTHIE

### INGREDIENTS

- 1 Cup of Raspberries
- 1/2 Frozen Banana
- 1 Tbsp of Chia Seeds
- 1 Cup Coconut Milk
- 1 Serving of Vanilla Protein Powder

### NUTRITIONAL VALUE

- Fat: 10 g
- Carbs: 54 g
- Protein: 41 g
- Total Calories: 448 Calories

### DIRECTIONS

- Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender.
- Next add in the banana, raspberries, chia seeds and the protein powder.
- Turn the blender on, starting at a low speed and increase as needed.
- Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.



## BLUEBERRY SMOOTHIE

### INGREDIENTS

1 Cup of Blueberries  
1 Banana  
1 Cup of Coconut Milk  
1 Serving of Vanilla Protein Powder  
Handful of Ice

### DIRECTIONS

Start by pouring the coconut milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, throw in the blueberries, banana, collagen powder and the ice. Turn the blender on, starting at a low speed and increase as needed. Once the liquid looks even, pour into a cup and enjoy immediately to conserve as many nutrients as possible.

### NUTRITIONAL VALUE

Fat: 18 g  
Carbs: 53 g  
Protein: 20 g  
Total Calories: 436 Calories



## CHOCOLATE BANANA SMOOTHIE

### INGREDIENTS

- 1 Frozen Banana
- 1/2 Avocado
- 1 Cup of Almond Milk
- 2 Tbsp of Raw Cacao Powder
- 1 Serving Chocolate Protein Powder

### DIRECTIONS

Start by pouring the almond milk into the blender to avoid the ingredients sticking at the bottom of the blender. Next, throw in the banana, avocado, cacao powder and the protein powder. Turn the blender on, starting at a low speed and increase as needed. Once the liquid is even pour into a cup and enjoy immediately to conserve as many nutrients as possible.

### NUTRITIONAL VALUE

- Fat: 10 g
- Carbs: 54 g
- Protein: 41 g
- Total Calories: 448 Calories



## PALEO BREAKFAST BOWL

### INGREDIENTS

2 Eggs  
2 oz of Smoked Salmon  
1/2 Avocado  
2 Cups of Sautéed Kale  
1 tsp of Olive Oil  
1 tsp of Coconut Oil

### DIRECTIONS

Start by chopping and washing 2 cups of kale.  
Once that is done place a pan on medium heat with a little bit of olive oil and add the kale for about 5 minutes.  
While the kale is sautéing prepare the eggs the way you prefer them.  
Lastly slice half an avocado and measure out 50 grams of smoked salmon.  
Once everything is ready, combine in a wide bowl and enjoy.

### NUTRITIONAL VALUE

Fat: 35 g  
Carbs: 20 g  
Protein: 29 g  
Total Calories: 489 Calories



## VEGGIE SCRAMBLE & AVOCADO

### INGREDIENTS

- 2 Eggs
- 1 Cup of Spinach
- 2 Mushrooms
- 1/4 Red Bell Pepper
- 1/4 Cup of Red Onions
- 1/2 Avocado
- 1 tsp of Coconut Oil

### DIRECTIONS

- Heat a pan on medium heat and add the coconut oil. Once the coconut oil is melted add all of the vegetables except for the spinach and cook for 3 minutes.
- Next add the eggs and spinach.
- Once the omelette is complete add the sliced avocado on top.
- Season with salt and pepper to your desire.

### NUTRITIONAL VALUE

- Fat: 39 g
- Carbs: 16 g
- Protein: 16 g
- Total Calories: 460 Calories



## BREAKFAST SAUSAGE

### INGREDIENTS

(Makes 4 servings)

1 lb. of Ground Pork  
1 Tbsp of Italian Seasoning  
1/2 Tbsp of Garlic Powder  
1/2 Tbsp of Onion Powder  
1/2 tsp of Sea Salt  
1/4 tsp of Ground Pepper

### NUTRITIONAL VALUE

(per serving)

Fat: 28 g  
Carbs: 0 g  
Protein: 19 g  
Total Calories: 326 Calories

### DIRECTIONS

In a large bowl combine the pork with all of the seasonings.

Mix the seasoning into the meat as well as possible and then form 8 patties.

Heat a pan on medium heat and add the coconut oil.

Once the coconut oil is melted add all of the patties or if you can only fit 4, save half of the oil for the second batch.

Fry the patties for about 3-5 minutes on each side or until cooked through and browned on the outside.

Once they are done serve immediately warm or store them in a glass container in the fridge for later.





## BANANA PANCAKES

### INGREDIENTS

1 Banana  
2 Eggs  
1 tsp of Ground Cinnamon  
1 tsp of Coconut Oil

### NUTRITIONAL VALUE

Fat: 24 g  
Carbs: 30 g  
Protein: 14 g  
Total Calories: 378 Calories

### DIRECTIONS

In a bowl combine the banana and two eggs. Use a hand blender or a fork to mix the banana and eggs together. Aim for a consistency similar to pancake batter.

Place a pan on medium heat and melt the coconut oil. Slowly add the batter in the pan forming 5 inch diameter pancakes. Place the cover on and cook for a couple minutes on each side.

Repeat until you have cooked the whole batch. Be creative with your toppings, add any of your favourite clean foods. These may include but are not limited to berries, almond butter, coconut flakes and chopped nuts.



## MINI OMELETTES

### INGREDIENTS

3 Eggs  
1/2 Cup of Spinach  
1 Small Tomato  
1 Tbsp of Fresh Basil  
1 Tbsp of Coconut Oil

### NUTRITIONAL VALUE

Fat: 29 g  
Carbs: 5 g  
Protein: 20 g  
Total Calories: 360 Calories

### DIRECTIONS

Preheat the oven at 350F/175C.  
Coat a muffin tray with coconut oil to avoid sticking.  
Whisk together the 3 eggs.  
Chop the spinach, basil and tomatoes.  
Pour the egg mixture into 3 different muffin cups. Then add a little bit of the vegetable mixture in each cup leaving about 1 cm empty at the top.  
Bake in the oven for 18 minutes.



## TUNA SALAD & CUCUMBER

### INGREDIENTS

1 Can of Tuna  
1/2 Avocado  
2 Stalks of Celery  
1/4 Cup of Red Onions  
Pinch of Sea Salt and Pepper  
Half of a Cucumber

### DIRECTIONS

Drain a can of tuna and pour it into a mixing bowl.  
Scoop out half of an avocado and mix it in with the tuna.  
Finely chop the celery and red onion and add to the bowl.  
Season with salt and pepper.  
Slice half of a cucumber and use the cucumber slices to scoop the tuna salad.

### NUTRITIONAL VALUE

Fat: 12 g  
Carbs: 15 g  
Protein: 33 g  
Total Calories: 279 Calories



## CHICKEN COBB SALAD

### INGREDIENTS

(2 Servings)

4 Cups of Spinach

8 oz of Chicken

2 Hard Boiled Egg

4 Slices of Bacon

1 Cup of Chopped Cucumber

1 Avocado

2 Tbsp of Extra Virgin Olive Oil

Pinch of Sea Salt and Pepper

### DIRECTIONS

Wash the spinach and place it at the base of a salad bowl.

Next, add all of the remaining ingredients one by one in a straight line. Lastly drizzle the olive oil on top and add the sea salt and pepper if desired.

### NUTRITIONAL VALUE

(per serving)

Fat: 39 g

Carbs: 10 g

Protein: 39 g

Total Calories: 524 Calories



## CHICKEN AVOCADO SALAD

### INGREDIENTS

(2 Servings)

- 8 oz of Chicken Breast
- 2 Tomatoes
- 1 Cup Diced Cucumber
- 1 Avocado
- 1/2 Cup of Red Onions
- 1 Tbsp of Avocado Oil
- Pinch of Sea Salt and Pepper

### DIRECTIONS

Preheat the oven to 350F/175C.

In the oven place the chicken breast in a dish with olive oil and cover for about 30 minutes.

While the chicken is cooking chop the cucumber, tomatoes, red onion and avocado into small cubes.

Combine all of the vegetables in a large bowl. Once the chicken is cooked, let it cool down and then shred it with a fork.

Add the chicken to the vegetables. Mix together and with the avocado oil, salt and pepper to finish.

### NUTRITIONAL VALUE

(per serving)

Fat: 27 g

Carbs: 16 g

Protein: 27 g

Total Calories: 406 Calories



## SWEET POTATO SALMON CAKES

### INGREDIENTS

(2 Servings)

- 1 Medium Sweet Potato
- 8 oz Salmon Filet
- 1 Egg
- 1/2 Cup of Almond Flour
- 1/4 Cup of Green Onions
- 1 tsp of Sea Salt
- 1/4 tsp of Black Pepper

### NUTRITIONAL VALUE

(per serving)

- Fat: 25 g
- Carbs: 25 g
- Protein: 30 g
- Total Calories: 434 Calories

### DIRECTIONS

- Preheat the oven at 400F/200C and line a baking sheet with parchment paper.
- Wash and peel the sweet potato and steam until soft.
- Bake the salmon for about 15-20 minutes.
- Once the sweet potato is soft and the salmon is cooked mash them together in a bowl
- Place the remaining ingredients in the bowl.
- Form 8 patties and spread them out on the baking sheet.
- Bake the Sweet Potato Salmon cakes for 30 minutes, flip the patties at around 15 minutes.
- Serve on its own or with a green salad.



## CHICKEN CURRY

### INGREDIENTS

(Makes 2 Servings)

- 8 oz of Chicken
- 2 Cup of Broccoli
- 1 Carrot Sliced
- 1/2 Cup of Chopped Onions
- 1 Can of Coconut Milk
- 2 Cups of Cauliflower Rice
- 1 Tbsp of Ground Turmeric
- 1 Tbsp of Ground Cumin
- 1 Tbsp of Ground Ginger

### DIRECTIONS

Place a pan on medium heat and melt 1 teaspoon of coconut oil.

Place the chicken in the pan and cook until it is well done. Take the chicken out of the pan and set aside.

Add another teaspoon of the coconut oil and all the vegetables and spices to the pan. Let the vegetables sauté for 5 minutes then add the coconut milk, let it cook for another 5 minutes.

Lastly add the chicken back in and mix well.

Serve on top of cauliflower rice.

### NUTRITIONAL VALUE

(1 Serving)

Fat: 50 g

Carbs: 35 g

Protein: 35 g

Total Calories: 720 Calories



## POWER BOWL

(2 Servings)

4 Cups of Kale

8 oz of Chicken Breast

1 Sweet Potato

1 Avocado

1 Red Bell Pepper

1 tsp Olive Oil

Dressing per Serving:

1 Tbsp of Tahini

1 Tbsp of Lemon Juice

### DIRECTIONS

Preheat the oven at 350F/175C.

Place the chicken breast and cube sized sweet potatoes on a baking tray with parchment paper and bake for 30 minutes.

Meanwhile, clean and chop the kale. Once the kale is ready mix it in with the olive oil and massage it into the kale.

Chop the red peppers and avocado.

Prepare the dressing by mixing the tahini and fresh lemon juice.

Once the chicken and sweet potatoes are done, place the massaged kale at the bottom of a dish and add all of the other ingredients on top of it, finishing off with the dressing.

### NUTRITIONAL VALUE

(per serving)

Fat: 30 g

Carbs: 45 g

Protein: 36 g

Total Calories: 574 Calories





## BEEF FAJITA BOWL

### INGREDIENTS

(2 Servings)

8 oz Beef Sirloin Strips  
1 Red Bell Pepper  
1/2 Cup of Onions  
2 Cloves of Garlic  
1/2 Cup of Brown Rice  
1 Avocado  
1 Tbsp of Coconut Oil  
Fajita Seasoning:  
1 Tbsp Paprika  
1 tsp Garlic Powder  
1 tsp Onion Powder  
1/2 tsp Cayenne Powder

### NUTRITIONAL VALUE

(per serving)

Fat: 10 g  
Carbs: 41 g  
Protein: 27 g  
Total Calories: 330 Calories

### DIRECTIONS

Prepare the rice according to packaging directions.  
Place a pan on medium heat and add the coconut oil. Once the oil has melted add the onions and garlic and sauté for 1 minute.  
Add the beef strips and cook for 3-5 minutes.  
Meanwhile cut the red pepper into strips. Once the beef is ready add the peppers and all the fajita seasoning spices and cook for an extra 5 minutes.  
Combine in a bowl the beef mixture, brown rice and mashed avocado.



## BAKED SALMON

### INGREDIENTS

4 oz of Salmon Fillet  
1/4 Cup of Brown Rice  
10 Stalks of Asparagus  
1 Tbsp of Olive Oil

### NUTRITIONAL VALUE

Fat: 22 g  
Carbs: 29 g  
Protein: 28 g  
Total Calories: 419 Calories

### DIRECTIONS

Start by pre-heating the oven at 350F/175C.  
Cut off the ends of the asparagus and wash it. Coat the salmon and the asparagus with olive oil, salt and pepper. Line a baking tray with parchment paper, add the salmon and asparagus to the baking tray and bake for 20 minutes.  
Meanwhile prepare the rice by adding 1/2 cup of water and the rice to a pot. Bring to a boil and then turn the heat down to a simmer until all of the water is absorbed.  
Plate the salmon, asparagus and brown rice together and enjoy.



## PALEO SUSHI BOWL

### INGREDIENTS

1 Sheet of Nori  
2 Cups of Cauliflower Rice  
100 g of Smoked Salmon  
1/2 Avocado  
2 Tbsp of Coconut Aminos

### NUTRITIONAL VALUE

Fat: 27 g  
Carbs: 21 g  
Protein: 28 g  
Total Calories: 403 Calories

### DIRECTIONS

Start with making the cauliflower rice by grating cauliflower. Scoop out half of an avocado. Combine everything in a large bowl with the cauliflower being the base. Next add in either raw sushi grade salmon or you can also use smoked salmon. Finally add one sheet of nori seaweed cut into small strips and top it all off with some coconut aminos.



## CHICKEN ALMOND BUTTER STIR FRY

### INGREDIENTS

(2 Servings)

- 8 oz Chicken Breast
- 2 Cups of Broccoli
- 1 Red Bell Pepper
- 4 Mushrooms
- 1/2 Cup of Red Onions
- 1/4 Cup of Coconut Aminos
- 2 Tbsp of Almond Butter
- 1 Tbsp of Coconut Oil

### DIRECTIONS

- Chop all the vegetables in bite size pieces.
- Place a pan on medium heat and melt the coconut oil.
- Slice the chicken and add to the pan.
- Meanwhile combine the coconut aminos and almond butter and whisk until it forms a thick sauce.
- Once the chicken is cooked add in all the vegetables and the almond butter sauce.
- Cook and cover for another 7-10 minutes.
- Turn the heat off and take the cover off and let the sauce thicken up for a few minutes before serving.



## ZUCCHINI NOODLES & BOLOGNESE

### INGREDIENTS

(2 Servings)

2 Zucchini

- 450 g of Ground Beef
- 1/2 Cup of Coconut Milk
- 1/4 Cup of Tomato Paste
- 1 Cup of Spinach
- 1 Carrot
- 6 Mushrooms
- 1/2 Cup of Onions
- 2 Cloves of Garlic
- 1 Tbsp of Coconut Oil

### NUTRITIONAL VALUE

(per serving)

Fat: 25 g

Carbs: 10 g

Protein: 28 g

Total Calories: 374 Calories

### DIRECTIONS

Chop the onions, garlic and mushrooms.

In a pan melt the coconut oil and add the onions and garlic, once the onions become translucent add in the ground beef and season with salt and pepper.

Once the ground beef is cooked through, add the chopped mushrooms and spinach.

In a small bowl combine the coconut milk and tomato paste and mix together until it forms a thick sauce.

Add the coconut milk and tomato paste mixture to the skillet and turn the heat down to low, let simmer for about 10 minutes.

While the bolognese is cooking wash 1 zucchini and spiralize it into noodles.

Serve the bolognese on top of the spiralized zucchini.



## BEEF & BROCCOLI

### INGREDIENTS

(2 Servings)

8 oz Beef Sirloin Strips

2 Cups of Broccoli

1/2 Cup of Brown Rice

1/4 Cup of Coconut Aminos

1/2 Cup of Onions

1 Cloves of Garlic

1 Tbsp of Coconut Oil

### NUTRITIONAL VALUE

Fat: 23 g

Carbs: 52 g

Protein: 28 g

Total Calories: 454 Calories

### DIRECTIONS

Start by bringing 1 cup of water with the rice to a boil. Once the water is boiling bring down to a simmer.

Next finely chop the onion and garlic. Place a large pan on medium heat and add the coconut oil, once the oil has melted add the onions and garlic.

Once the onions are translucent add the beef strips into the pan and cook for 3-5 minutes.

Lastly cut the broccoli into small floret and add them into the pan along with the coconut aminos.

Cover and cook on low heat for 10 minutes. Once the beef and broccoli is done serve it on top of the brown rice.



## TURKEY LETTUCE BURGERS

### INGREDIENTS

(2 Servings)

450 g of Ground Turkey

1 Cup of Spinach

1/4 Cup of Onions

1 Clove of Garlic

1 Tbsp of Coconut Oil

### DIRECTIONS

Chop the spinach, onions and garlic and combine in a mixing bowl with the ground turkey, salt and pepper.

Melt the coconut oil on medium heat in a pan.

Form 6 patties and fry for 3-5 minutes each side.

Once the burgers are ready add your favourite toppings on top of the patties and enjoy.

### NUTRITIONAL VALUE

(per serving)

Fat: 25 g

Carbs: 3 g

Protein: 40 g

Total Calories: 405 Calories



## SHRIMP PAD THAI

### INGREDIENTS

(2 Servings)

2 Zucchini

8 oz of Shrimps

1 Cup of Bean Sprouts

1 Cloves of Garlic

1/2 Cup Green Onions

1/4 Cup of Coconut Aminos

2 Tbsp of Almond Butter

1 Tbsp of Coconut Oil

### DIRECTIONS

Place a pan on medium heat and add the coconut oil.

Finely chop the garlic and add it to the pan with the shrimps.

When the shrimps are ready add in the bean sprouts.

Mix together the coconut aminos and the almond butter to form a thick sauce and toss it in the pan and lower the heat.

Meanwhile spiralize the zucchini and add it in the pan for the last 3 minutes to let it warm up a little bit but don't leave the zucchini noodles in for too long or else they will become overly soft.

### NUTRITIONAL VALUE

(per serving)

Fat: 17 g

Carbs: 31 g

Protein: 39 g

Total Calories: 407 Calories





## TOMATO & GARLIC SPAGHETTI SQUASH

### INGREDIENTS

( 2 Servings)

1 Small Spaghetti Squash

8 oz of Chicken Breast

1 Can of Diced Tomatoes

2 Cloves of Garlic

1/4 Cup of Onions

2 Tbsp of Extra Virgin Olive Oil

### NUTRITIONAL VALUE

(per serving)

Fat: 38 g

Carbs: 33 g

Protein: 27 g

Total Calories: 557 Calories

### DIRECTIONS

Start by pre-heating the oven to 400F/200C.

Cut your spaghetti squash into two equal halves and take the seeds out by using a spoon. Bake the squash with the peel on the bottom of a baking tray for 45 minutes.

While the squash is cooking you can start preparing the sauce by placing a pan on low-medium heat and adding the olive oil. Next, add the garlic, onion and diced tomatoes. Slice the chicken breasts and add them to the pan. Stir every few minutes to make sure the chicken cooks evenly.

Once the garlic and tomato sauce is ready you can set it aside on low heat and wait for the squash to be done. After 45 minutes, take the squash out and use a fork to scrape out the squash into spaghetti like strings. Top it off with the chicken garlic tomato sauce.



## SCHNITZEL & SWEET POTATO FRIES

### INGREDIENTS

(2 Servings)

8 oz of Thin Turkey Breast

1/2 Cup of Almond Flour

1 Egg

1 tsp of Garlic Powder

1 tsp of Onion Powder

1 Medium Sweet Potato

1 Tbsp of Olive Oil

1 tsp of Sea Salt

1/2 tsp of Ground Pepper

### NUTRITIONAL VALUE

(per serving)

Fat: 23 g

Carbs: 40 g

Protein: 46 g

Total Calories: 546 Calories

### DIRECTIONS

Pre-heat the oven to 200C/400F. While the oven is preheating wash, peel and cut the sweet potato in the shape of fries. Toss them in a bowl with the olive oil, salt and pepper and then line them up on a baking sheet lined with parchment paper. Bake in the oven for 30 minutes. Place a pan on medium heat and melt the coconut oil. Start preparing the schnitzels by combining the almond flour and the spices in one bowl and whisk the egg in another. Dip the turkey slice into the egg mixture and then into the almond flour, making sure you cover as much as the meat as possible.

Place the coated schnitzel in the pan and cook until both sides are golden and the meat is cooked well.



## AVOCADO DEVILED EGGS

### INGREDIENTS

(4 Servings)

4 Egg

1/2 Avocado

1/4 Cup of Paleo Mayonnaise

1 Tbsp of Lime Juice

1/2 tsp of Salt

Pinch of Pepper

### NUTRITIONAL VALUE

(per serving)

Fat: 17 g

Carbs: 3 g

Net Carbs: 3 g

Protein: 7 g

Total Calories: 195 Calories

### DIRECTIONS

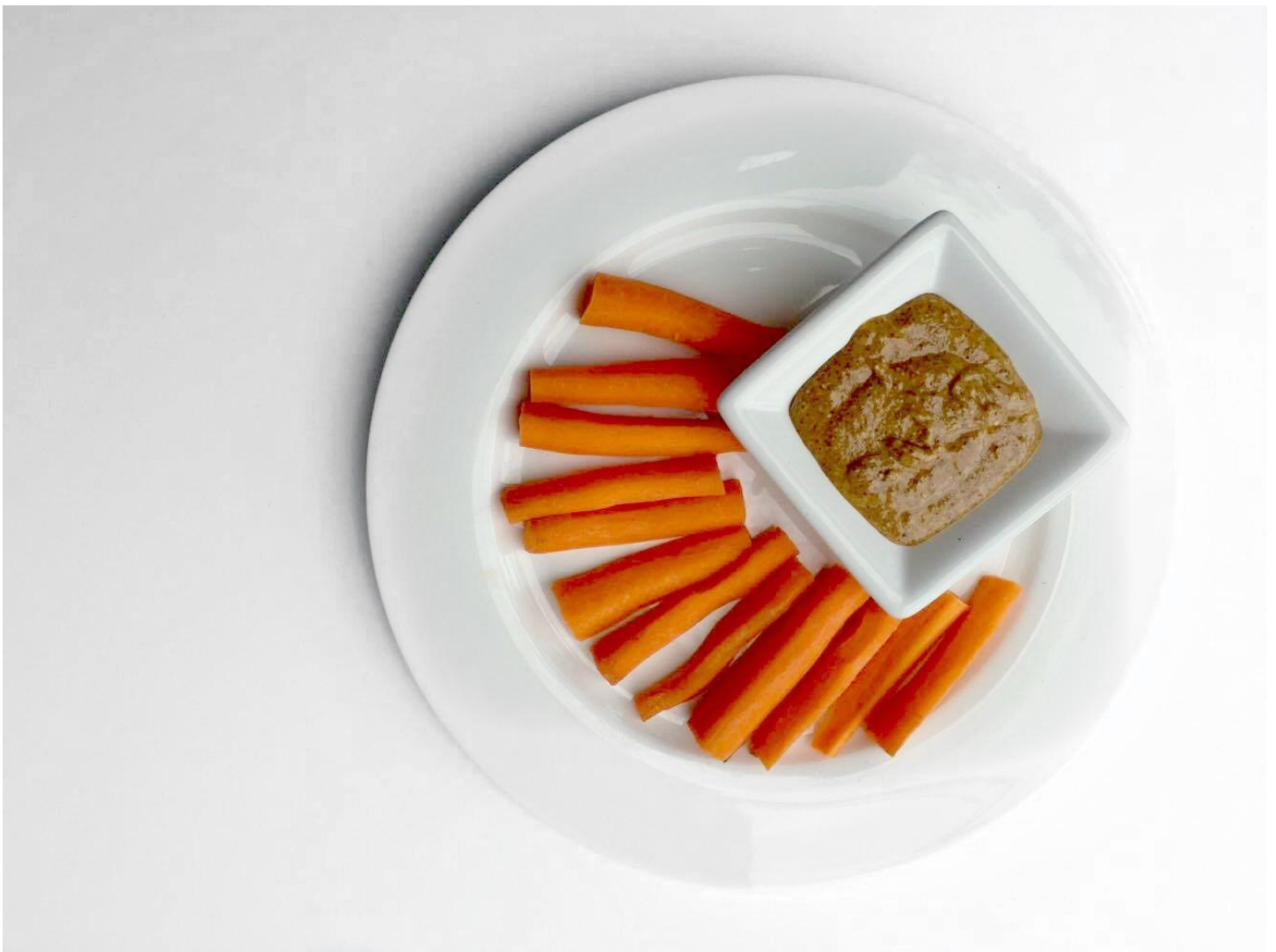
Fill a small pot with water up to three quarters. Bring the water to a boil. Gently add the eggs in the water and boil for 10 minutes.

Once the eggs are done remove them from the pot and add them to a bowl of cold water. Once they have cooled down peel the shell off.

Cut the eggs in half and separate the yolk from the whites. Combine all of the yolks in a food processor along with the avocado, mayonnaise, lime juice, salt and pepper. Process until smooth.

Fill the egg white halves with the creamy mixture.

Store the deviled eggs in an air tight container in the fridge to avoid browning.



## CARROTS & ALMOND BUTTER

### INGREDIENTS

2 Carrots  
1 Tbsp of Almond Butter

### DIRECTIONS

Slice the carrots into sticks and use the almond butter as a dip.

### NUTRITIONAL VALUE

Fat: 19 g  
Carbs: 13 g  
Protein: 5 g  
Total Calories: 229 Calories



## SEED CRACKERS & GUACAMOLE

### INGREDIENTS

(Makes 4 Servings)

1/4 Cup of Chia Seeds

1/4 Cups of Sesame Seeds

1/4 Cups of Sunflower Seeds

1/2 Tbsp of Herb Mix Seasoning

1/2 tsp of Sea Salt

1 Cup of Water

Guacamole:

1/2 Mashed Avocado

Juice of Half a Lime

Pinch of Sea Salt

### DIRECTIONS

Preheat the oven to 175C.

Combine all the seeds together with water and seasonings.

Let the mixture sit for 5 minutes.

Line a baking sheet with parchment paper and spread the seed mixture evenly until flat.

Bake for 30 minutes then remove from the oven, cut them into squares, flip them and bake for another 15 minutes.

Meanwhile combine the guacamole ingredients in a bowl and mash until you have your desired consistency.

### NUTRITIONAL VALUE

(per serving)

Fat: 24 g

Carbs: 14 g

Protein: 8 g

Total Calories: 280 Calories



## CACAO COCONUT BALLS

### INGREDIENTS

(Makes 10 Balls)

- 1 Cup of Almonds
- 1/2 Cup of Shredded Coconut
- 8 Medjool Dates
- 2 Tbsp of Raw Cacao Powder

### DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture.

Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

### NUTRITIONAL VALUE

(2 balls)

- Fat: 18 g
- Carbs: 36 g
- Protein: 6 g
- Total Calories: 324 Calories



## APPLE PIE BITES

### INGREDIENTS

(10 balls)  
8 Medjool Dates  
1 Cup of Dried Apples  
1 Cup of Walnuts  
1 tsp of Cinnamon

### DIRECTIONS

Remove the pit from the dates. Combine all the ingredients in a food processor and mix until it forms a doughy mixture.  
Form 10 balls with the mixture and then store them into the fridge to preserve freshness.

### NUTRITIONAL VALUE

(2 Balls)  
Fat: 16 g  
Carbs: 44 g  
Protein: 5 g  
Total Calories: 314 Calories



## EASY TRAIL MIX

### INGREDIENTS

(3 servings)

1/2 Cup of Coconut Chips

1/4 Cup of Almonds

1/4 Cup of Pumpkin Seeds

### DIRECTIONS

1. Place all of the ingredients in an air tight jar and store somewhere cool or immediately divide the trail mix into 3 portions.

### NUTRITIONAL VALUE

(per serving)

Fat: 20 g

Carbs: 9 g

Protein: 10 g

Total Calories: 256 Calories





## COCONUT CHIA PUDDING

### INGREDIENTS

(4 Servings)

1 Can of Coconut Milk

1/4 Cup of Chia Seeds

1/4 Cup of Berries

1 tsp of Vanilla Extract

Stevia to taste

### DIRECTIONS

Combine all of the ingredients in a bowl except the berries. Stir well and then transfer the mixture to a sealed container.

Let the chia seed pudding sit in the refrigerator for 3 hours or overnight.

Once it is ready you can separate it into 4 servings and add a handful of berries on top.

### NUTRITIONAL VALUE

(per serving)

Fat: 25 g

Carbs: 11 g

Net Carbs: 3 g

Protein: 5 g

Total Calories: 286 Calories



## ALMOND BUTTER FAT BOMBS

### INGREDIENTS

(Makes 6)

1/4 Cup of Coconut Oil

1/4 Cup of Almond Butter

1/4 Cup of Raw Cacao Powder

### DIRECTIONS

Start by melting the coconut oil and then add the almond butter and the cacao powder to the melted coconut oil. Mix until it forms a smooth mixture.

Add 2 Tbsp of the mixture in silicon muffin cups.

Freeze the fudge for an hour before consuming.

Keep them stored in the freezer.

### NUTRITIONAL VALUE

(per 2 fat bombs)

Fat: 31 g

Carbs: 8 g

Net Carbs: 4 g

Protein: 7 g

Total Calories: 300 Calories



# 28 DAY PALEO MEAL PLAN

# Week 1

Breakfast	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Green Protein Smoothie	Paleo Breakfast Bowl	Banana Pancakes
Lunch	Tuna Salad	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
Dinner	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Paleo Sushi Bowl	Chicken Curry	Tomato Garlic Spaghetti Squash
Snack	Avocado Deviled Eggs	Cacao Coconut Balls	Avocado Deviled Eggs	Cacao Coconut Balls	Avocado Deviled Eggs	Cacao Coconut Balls	Avocado Deviled Eggs

# Week 2

Breakfast	Raspberry Coconut Smoothie	Breakfast Sausage + Eggs	Raspberry Coconut Smoothie	Breakfast Sausage + Eggs	Raspberry Coconut Smoothie	Breakfast Sausage + Eggs	Banana Pancakes
Lunch	Tomato Garlic Spaghetti Squash (leftovers)	Chicken Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Schnitzel & Sweet Potato Fries (leftovers)	Shrimp Pad Thai (leftovers)

Dinner	Chicken Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir Fry	Turkey Lettuce Burgers	Schnitzel & Sweet Potato Fries	Shrimp Pad Thai	Beef & Broccoli
Snack	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole	Carrots & Almond Butter	Seed Crackers & Guacamole

# Week 3

Breakfast	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Chocolate Banana Smoothie	Veggie Scramble & Avocado	Banana Pancakes
Lunch	Tuna Salad	Power Bowl (leftovers)	Sweet Potato Salmon Cakes (leftovers)	Beef Fajita Bowl (leftovers)	Chicken Cobb Salad (leftovers)	Baked Salmon	Chicken Curry (leftovers)
Dinner	Power Bowl	Sweet Potato Salmon Cakes	Beef Fajita Bowl	Chicken Cobb Salad	Paleo Sushi Bowl	Chicken Curry	Tomato Garlic Spaghetti Squash
Snack	Apple Pie Bites	2 Almond Butter Fudge	Apple Pie Bites	2 Almond Butter Fudge	Apple Pie Bites	2 Almond Butter Fudge	Apple Pie Bites

# Week 4

Breakfast	Blueberry Smoothie	Mini Omelettes	Blueberry Smoothie	Mini Omelettes	Blueberry Smoothie	Mini Omelettes	Banana Pancakes
Lunch	Tomato Garlic Spaghetti Squash (leftovers)	Chicken Avocado Salad (leftovers)	Zucchini Noodles & Bolognese (leftovers)	Chicken Almond Butter Stir Fry (leftovers)	Turkey Lettuce Burgers (leftovers)	Schnitzel & Sweet Potato Fries (leftovers)	Shrimp Pad Thai (leftovers)

Dinner	Chicken Avocado Salad	Zucchini Noodles & Bolognese	Chicken Almond Butter Stir Fry	Turkey Lettuce Burgers	Schnitzel & Sweet Potato Fries	Shrimp Pad Thai	Beef & Broccoli
Snack	Coconut Chia Pudding	Easy Trail Mix	Coconut Chia Pudding	Easy Trail Mix	Coconut Chia Pudding	Easy Trail Mix	Coconut Chia Pudding



# GROCERY LISTS



## GROCERY SHOPPING TIPS

The grocery lists are as precise as possible and here are a few tips:

1. Coconut oil, olive oil and grass fed butter are only on the first week's grocery list because they are used daily so be aware if you run out you will need to re-purchase these.
2. Ingredients like Almond Butter, Coconut Aminos, Almond Flour, Chia Seeds and baking ingredients are listed in the grocery lists usually as a few tablespoons but it is recommended to buy these in bulk and check if you already have them in your pantry before heading to the store.
3. The vegetables are sometimes rounded off, for example when you need two cups of broccoli in a recipe you will only be able to purchase a full head. In this case, it is encouraged to use the extra vegetables in other meals or for snacking.
4. There are also recipes with protein powder as an ingredient. Protein powders can be bought by the serving or in a big container. It is recommended purchasing the container if it is something you plan on using past the 28 Day Meal Plan, if not, then finding single servings may be best.
5. Many of these recipes call for fresh herbs like cilantro and basil. To save money it is recommended getting the herbs as a small plant. They are very easy to maintain and don't cost much.
6. Lastly, always check the fridge and pantry before you head out to the grocery store with your list to make sure there are no left overs.

## GROCERY LIST - WEEK 1

### Fruits & Vegetables

- 3 Bananas
- 7 Avocados
- 1/2 Cup of Guacamole
- 1 Lemon
- 1 Lime
- 7 Cups of Spinach
- 8 Cups of Kale
- 1 Small Spaghetti Squash
- 2 Sweet Potatoes
- 1 Head of Cauliflower
- 1 Head of Broccoli
- 2 Red Bell Peppers
- 1 Cucumber
- 10 Stalks of Asparagus
- 1 Carrot
- 1 Cup of Sugar Snap Peas
- 2 Stalks of Celery
- 1/2 Cup of Green Onions
- 1 Red Onion
- 3 Onions
- 3 Cloves of Garlic

### Meat, Eggs & Seafood

- 32 oz of Chicken Breast
- 14 Eggs
- 4 Slices of Bacon
- 8 oz of Beef Sirloin Strips
- 18 oz of Salmon Filet
- 100 g of Smoked Salmon
- 1 Can of Tuna

### Nuts & Seeds

- 1 Cup of Almonds
- 3 Tbsp of Chia Seeds

### Baking Supplies

- 1/2 Cup of Almond Flour
- 1/2 Cup of Shredded Coconut
- 2 Tbsp of Raw Cacao Powder
- 8 Medjool Dates

### Condiments

- Organic Coconut Oil
- Extra Virgin Olive Oil
- 1 Can of Coconut Milk
- 3 Cups of Almond Milk
- 1 Can of Diced Tomatoes
- 1/4 Cup of Paleo Mayonnaise
- 2 Tbsp of Tahini
- 2 Tbsp of Coconut Aminos

### Herbs & Spices

- Ground Paprika
- Garlic Powder
- Onion Powder
- Cayenne Powder
- Ground Turmeric
- Ground Cumin
- Ground Ginger

### Extra

- 1 Sheet of Nori
- 3 Servings of Vanilla Protein

## GROCERY LIST - WEEK 2

### Fruits & Vegetables

- 3 Bananas
- 3 Cup of Raspberries
- 3 Avocados
- 2 Limes
- 3 1/2 Cups of Spinach
- 3 TBSP of Fresh Basil
- 1 Sweet Potato
- 4 Zucchini
- 1 Head of Broccoli
- 1 Small Head of Cauliflower
- 1 Red Bell Pepper
- 7 Carrots
- 1 Small Cucumber
- 5 Tomatoes
- 10 Mushrooms
- 1 Cup of Bean Sprouts
- 1/2 Cup Green Onions
- 2 Red Onions
- 3 Onions
- 6 Cloves of Garlic

### Meat, Eggs & Seafood

- 16 oz of Chicken Breast
- 18 Eggs
- 8 oz of Thin Turkey Breast
- 450 g of Ground Turkey
- 1 lb. of Ground Pork
- 8 oz of Beef Sirloin Strips
- 450 g Ground Beef
- 8 oz of Shrimps

### Nuts & Seeds

- 3 Tbsp + 1/4 Cup of Chia Seeds
- 1/4 Cups of Sesame Seeds
- 1/4 Cups of Sunflower Seeds

### Baking Supplies

- 1/2 Cup of Almond Flour

### Condiments

- Organic Avocado Oil
- 2 Cans + 1/2 Cup of Coconut Milk
- 3/4 Cup + 2 Tbsp of Coconut Aminos
- 1/4 Cup + 3 Tbsp of Almond Butter
- 1/4 Cup of Tomato Paste

### Herbs & Spices

- Italian Seasoning
- Herb Mix Seasoning

### Extra

- 3 Servings of Vanilla Protein Powder

## GROCERY LIST - WEEK 3

### Fruits & Vegetables

- 4 Bananas
- 5 Avocados
- 1/2 Cup of Guacamole
- 1 Lemon
- 7 Cups of Spinach
- 2 Cups of Kale
- 1 Small Spaghetti Squash
- 2 Sweet Potatoes
- 1 Head of Cauliflower
- 1 Head of Broccoli
- 3 Red Bell Peppers
- 1 Cucumber
- 10 Stalks of Asparagus
- 1 Carrot
- 1 Cup of Sugar Snap Peas
- 2 Stalks of Celery
- 6 Mushrooms
- 1/2 Cup of Green Onions
- 2 Red Onions
- 3 Onions
- 3 Cloves of Garlic

### Meat, Eggs & Seafood

- 32 oz of Chicken Breast
- 11 Egg
- 4 Slices of Bacon
- 8 oz of Beef Sirloin Strips
- 12 oz of Salmon Filet
- 100 g of Smoked Salmon
- 1 Can of Tuna

### Nuts & Seeds

- 1 Cup of Walnuts

### Baking Supplies

- 1 Cup of Dried Apples
- 1/2 Cup of Almond Flour
- 1/2 Cup + 2 Tbsp of Raw Cacao Powder
- 8 Medjool Dates

### Condiments

- 1 Can of Coconut Milk
- 3 Cups of Almond Milk
- 1 Can of Diced Tomatoes
- 1/4 Cup of Almond Butter
- 2 Tbsp of Tahini
- 2 Tbsp of Coconut Aminos

### Extra

- 1 Sheet of Nori
- 3 Servings of Chocolate Protein Powder

## GROCERY LIST - WEEK 4

### Fruits & Vegetables

- 3 Bananas
- 3 Cups of Blueberries
- 1 Cup of Berries
  - 1 Avocado
  - 2 Cups of Spinach
  - 1 Sweet Potato
  - 4 Zucchini
  - 1 Head of Broccoli
  - 2 Cups of Cauliflower Rice
  - 1 Red Bell Pepper
  - 1 Large Carrot
  - 1 Cup Diced Cucumber
  - 2 Tomatoes
  - 10 Mushrooms
  - 1 Cup of Bean Sprouts
  - 1/2 Cup Green Onions
  - 2 Red Onions
  - 3 Onions
  - 6 Cloves of Garlic

### Meat, Eggs & Seafood

- 16 oz of Chicken Breast
- 1 Egg
- 8 oz of Thin Turkey Breast
- 450 g of Ground Turkey
- 8 oz of Beef Sirloin Strips
- 450 g Ground Beef
- 8 oz of Shrimps

### Nuts & Seeds

- 1 Cup of Walnuts
- 1/4 Cup of Almonds
- 1/4 Cup of Pumpkin Seed
- 1/4 Cup of Chia Seeds

### Baking Supplies

- 1 Cup of Dried Apples
- 1/2 Cup of Coconut Chips
- 1/2 Cup of Almond Flour
- 1/2 Cup + 2 Tbsp of Raw Cacao Powder
- 1 Tbsp of Maple Syrup
- 1 tsp of Vanilla Extract
- 8 Medjool Dates

### Condiments

- 4 Can of Coconut Milk
- 3 Cups of Almond Milk
- 1 Can of Diced Tomatoes
- 1/4 Cup of Almond Butter
- 2 Tbsp of Tahini
- 2 Tbsp of Coconut Aminos

### Extra

- 1 Sheet of Nori
- 3 Servings of Chocolate Protein Powder
- 3 Servings of Vanilla Protein Powder