

WELLNESSCAPTAIN PRESENTS:

1 DAY MEAL EXAMPLES

- DEVELOPED BY EXPERTS -

PALEO

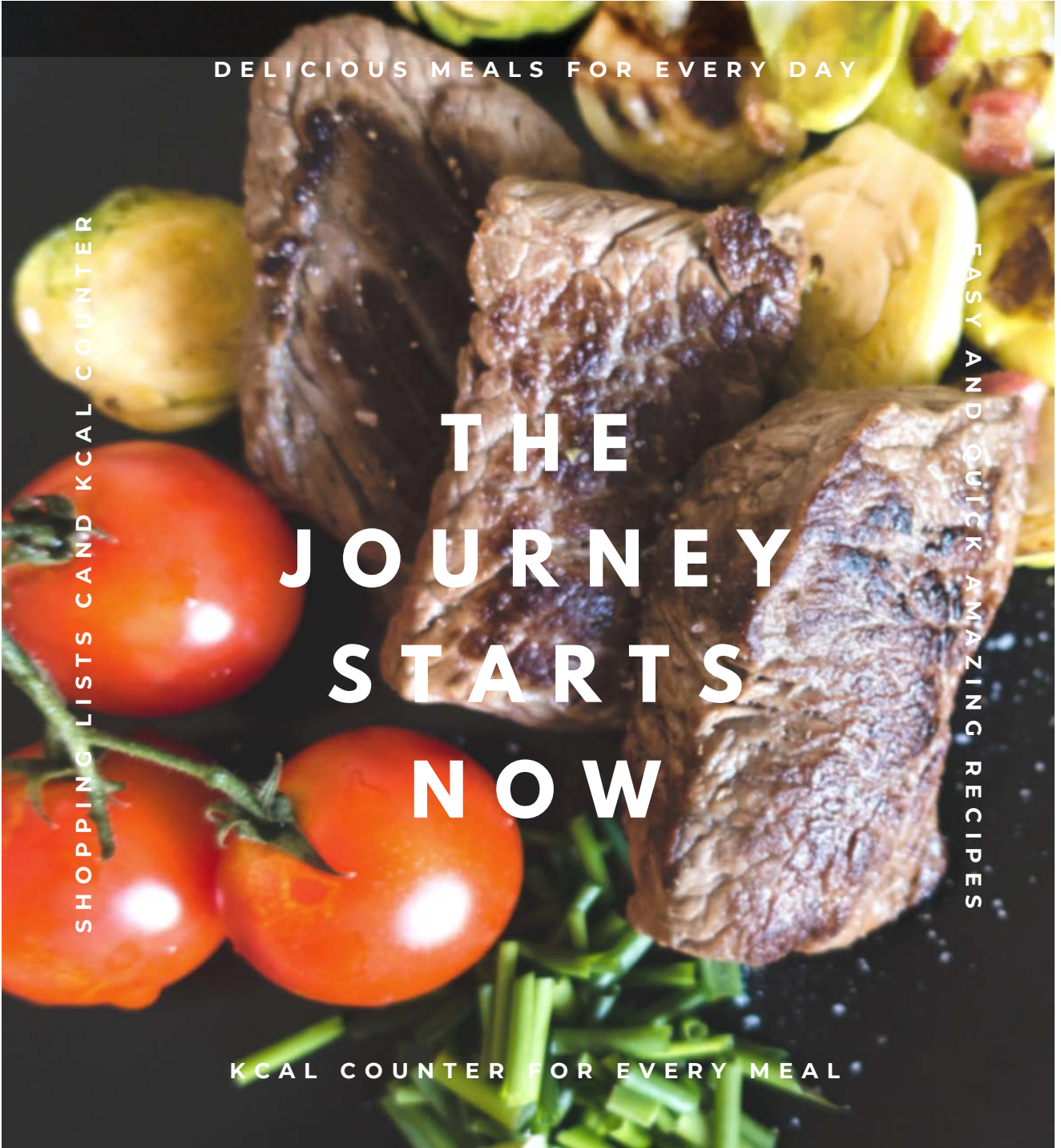
DELICIOUS MEALS FOR EVERY DAY

SHOPPING LISTS AND KCAL COUNTER

EASY AND QUICK AMAZING RECIPES

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THE PALEO DIET

WellnessCaptain.com

The Paleo diet takes us back in time to our ancestors' eating patterns, before farming became popular. While it may be difficult to know for sure what their food consisted of, this diet emphasizes the use of whole foods and lean protein and the exclusion of processed foods, legumes, dairy and grains.

The Paleo diet takes pride in reducing risk factors for heart disease, diabetes and obesity and slimming your waistline without the tedious task of counting calories.

The drawback for those in favor of the Stone Age menu is the lack of nutrients from legumes and dairy, which they would have to supplement in another way.

...

All in all, keep in mind that these are more like guidelines and can be adapted to your own needs and lifestyle. In the end, the best diet is the one that is easy for you to follow on the long term and makes you feel healthy and good about yourself.

01

No way your inner caveman is going hungry on this menu!

Enjoy a nice spread of healthy fats from nuts, salmon and olive oil throughout the day, and there's plenty of sweet and salty for you here, too, from the likes of fresh blackberries and mangoes.

Finally, you can bet all these natural, unprocessed fruits, vegetables and nuts are going to deliver vitamins and minerals in spades, along with a gut-friendly helping of dietary fiber.

DAY 1

DAILY TOTAL: 1,880 KCAL

1 BREAKFAST

- 411 KCAL

150g fresh blackberries topped with 30g walnuts, 8 Tbsp whipped heavy cream and 1 Tbsp raw unfiltered honey

2 SNACK

- 350 KCAL

120g fruit and nut trail mix
- recipe on the next page

3 LUNCH

- 325 KCAL

100g broiled salmon on a bed of 85g fresh arugula, drizzled with 2 Tbsp olive oil and juice of 1 lemon

4 SNACK

- 305 KCAL

50 g cocoa-dusted almonds

5 DINNER

- 489 KCAL

Skirt Steak with Fresh Mango Salsa
- recipe on the next page

FRUIT-AND-NUT TRAIL MIX

by *JEREMY SEWALL, via foodandwine.com*

INGREDIENTS

1/4 cup raw almonds
1/4 cup raw cashews
1/4 cup raw walnut halves
Sea salt or kosher salt
1/4 cup golden raisins
1/4 cup dried cranberries
1/4 cup dried apricots
1/4 cup banana chips

DIRECTIONS

Preheat the oven to 350°.

Toss the nuts with a pinch of salt and spread on a baking sheet.

Toast for 10 minutes until golden, stirring halfway through.

Let the nuts cool completely.

Mix the nuts with the dried fruits.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://www.foodandwine.com/recipes/fruit-and-nut-trail-mix>

SKIRT STEAKS WITH FRESH MANGO SALSA

by the Team, via paleoleap.com

INGREDIENTS

2 x 1 ½ lb. skirt steaks;
2 tbsp. chili powder;
1 tbsp. ground coffee; (optional)
½ tbsp. paprika;
zest of 1 lime;
Sea salt and freshly ground black pepper to taste;

FRESH MANGO SALAD

3 mangoes, diced;
1 bell pepper, diced;
½ red onion, diced;
1 jalapeño pepper, seeded and minced;
¼ cup lime juice;
¼ cup packed cilantro leaves, chopped;
Sea salt and freshly ground black pepper;

DIRECTIONS

Preheat your grill to high.

Mix the chilli powder, ground coffee, paprika, lime zest, sea salt, and black pepper in a bowl.

Rub the steaks with the coffee mixture and let rest for 20 minutes.

In a large bowl, combine all the ingredients for the mango salsa, and chill.

Grill the steaks on the preheated grill for 5 to 6 minutes per side, or until they reach your desired doneness.

Let the steaks rest for about 5 minutes, and slice.

Serve the sliced steak with the mango salsa.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://paleoleap.com/skirt-steaks-fresh-mango-salsa/>



02

Pie for breakfast?

Yes, please! Indulge this morning with a creamy pumpkin pie smoothie — which, by the way, is bursting with vitamin A and potassium — followed by a soul-warming lunch of collagen-rich bone broth chicken soup.

Lastly, you'll get another heavy dose of protein and antioxidant beta carotene in this easy-peasy sheet pan dinner — a perfect post-workout meal for you after work gym goers.

DAY 2

DAILY TOTAL: 1,950 KCAL

1

BREAKFAST

- 225 KCAL

Pumpkin Pie Smoothie
- recipe on the next page

2

SNACK

- 440 KCAL

1 whole mango, sliced, with 2 Tbsp coconut oil

3

LUNCH

- 418 KCAL

Chicken soup with 250mL chicken bone broth, 150g chicken breast, 60g carrot and 60g celery

4

SNACK

- 250 KCAL

30g dried banana chips dipped in 1 Tbsp cashew butter

5

DINNER

- 617 KCAL

Sheet pan bake, 150g pork chop and 150g sweet potato slices tossed in 2 Tbsp coconut oil

PUMPKIN PIE SMOOTHIE

by the Team, via paleoleap.com

INGREDIENTS

1 cup of pumpkin puree;
1 cup yogurt or coconut milk;
½ cup apple juice or water;
1 banana;
1 tsp. pumpkin pie spice;
¼ tsp. vanilla extract;
1 cup of ice;
Pecans, crushed; (optional)

DIRECTIONS

In a blender or food processor, combine all the ingredients except for the pecans and blend until smooth.

Top with crushed pecans, and serve in a large glass.

Photo credits and recipe details go to the author.

*You can find the recipe here:
<https://paleoleap.com/pumpkin-pie-smoothie/>*

03

After a satisfying

meat-and-potatoes breakfast, you'll fortify your body's micronutrient needs with this robust spinach salad, complete with protein and heart-healthy fat.

Then your afternoon will be replete with more meaty goodness, not to mention omega-3 fat, in the way of buffalo jerky and salmon.

And who doesn't like kale chips? It just may be the best way to eat the king of all superfoods.

DAY 3

DAILY TOTAL: 1,951 KCAL

1

BREAKFAST

- 617 KCAL

Leftover portion of pork chop/sweet potato dinner from Day 2

2

SNACK

- 100 KCAL

1 Apple

3

LUNCH

- 651 KCAL

Tossed salad with 60g raw spinach, 100g chicken breast, 120g cherry tomatoes, 15g sliced almonds and 15g feta cheese, dressed with 2 Tbsp olive oil and 1 Tbsp balsamic vinegar

4

SNACK

- 180 KCAL

90g buffalo jerky

5

DINNER

- 403 KCAL

150g baked salmon with 60g baked kale chips
- recipe on the next page



KALE CHIPS

by the Team, via paleoleap.com

INGREDIENTS

1 big bunch kale;
2 tbsp cooking fat, melted;
1 tbsp lemon juice;
Sea salt and freshly ground black pepper to taste;

DIRECTIONS

Preheat your oven to 300 F.

Wash the kale thoroughly under lukewarm water, drain and pat it dry.

Cut the stems off of the kale leaves and cut the leaves to obtain chips of similar size.

Place the kale in a bowl and massage the melted cooking fat into them. Season to taste with sea salt and freshly ground black pepper. Add the lemon juice and combine well.

Place the kale in a single layer on a baking sheet and place in the preheated oven for about 35 minutes, until crispy. Check on the chips about every 12 minutes and toss them to make sure none of them overcook. Some parts will still be soft and this is desired.

Sprinkle with extra sea salt if desired and enjoy.

Photo credits and recipe details go to the author.

*You can find the recipe here:
<https://paleoleap.com/kale-chips/>*

04

Have a sweet and savory start today and rest assured knowing your "apple a day" is taken care of at breakfast. If that wasn't enough you'll certainly look forward to your tropical-themed morning and afternoon snacks good enough to make Gilligan jealous.

Catch of the day is shrimp for dinner, wrapped up in a nutritious veggie package and served with scrumptious sweet potato chips.

DAY 4

DAILY TOTAL: 1,831 KCAL

1

BREAKFAST

- 385 KCAL

80g pork breakfast sausage topped with 1 diced apple, drizzled with 1 Tbsp pure maple syrup

2

SNACK

- 368 KCAL

50g toasted coconut chips

3

LUNCH

- 191 KCAL

Turkey jerky nachos - 120g turkey jerky and 120g pico de gallo

4

SNACK

- 130 KCAL

30 g (about 12) macadamia nuts and 30g dried tropical fruit mix

5

DINNER

- 567 KCAL

Basil Avocado Shrimp Salad Wraps
- recipe on the next page

BASIL AVOCADO SHRIMP SALAD WRAPS

by ISABEL SMITH, via delish.com

INGREDIENTS

FOR THE SHRIMP SALAD

- Cooking spray
- 20 large shrimp, peeled and deveined (about 3/4 lb.)
- 1 1/2 c. grape tomatoes, halved
- 1/4 small red onion, finely diced
- 2 avocados, diced
- 4 fresh basil leaves, thinly sliced
- 2 large heads butterhead or romaine lettuce

FOR THE MARINADE

- Juice of 2 lemons
- 2 cloves garlic, minced
- 3 fresh basil leaves, thinly sliced
- 2 tbsp. white wine vinegar
- 3 tbsp. extra-virgin olive oil or avocado oil
- 1/2 tsp. paprika
- Kosher salt
- Freshly ground black pepper

DIRECTIONS

Grease a large skillet over medium heat with cooking spray. Add shrimp and cook, stirring occasionally, until pink and no longer opaque, 2 minutes per side. Set aside and let cool.

Make marinade: In a small bowl, whisk together lemon juice, garlic, basil, vinegar, oil, and paprika and season with salt and pepper.

In a large bowl, stir together tomatoes, onion, avocados, and basil. Fold in shrimp. Pour marinade over shrimp salad and toss until coated.

Store shrimp salad in the fridge in a resealable container. Serve in lettuce cups when ready to eat.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://www.delish.com/cooking/recipe-ideas/a25564220/avocado-shrimp-salad-lettuce-wraps-recipe/>

05

Lots of textures and flavors

to keep you interested today, starting with a crunchy, sweet and salty breakfast featuring plenty of nuts for protein.

While lunch is by far the nutrition powerhouse, featuring supergreen arugula and tangy tomatoes balanced by savory steak and spicy horseradish cut by the tartness of fresh-squeezed lemon.

Yum! Finally your dinner tonight is a meat-and-potatoes offering with a coconut twist.

Also, you'll get a boost of beta carotene and a multitude of minerals from the sweet potato, so eat up.

DAY 5

DAILY TOTAL: 1, 847 KCAL

1 BREAKFAST

- 381 KCAL

Apple and Almond Butter Bites (4)
- recipe on the next page

2 SNACK

- 190 KCAL

140g mandarin oranges and 20g shredded coconut

3 LUNCH

- 534 KCAL

Salad with 60g arugula, 100g sliced flank steak, 120g cherry tomatoes and 30g diced red onions, dressed with 2 Tbsp olive oil, 1 Tbsp lemon juice and 1 tsp horseradish

4 SNACK

- 130 KCAL

Mini turkey sandwiches with cucumber slices, 100g turkey and 1 sliced cucumber

5 DINNER

- 482 KCAL

Coconut-Crusted Chicken Strips
(1 chicken breast)

- recipe on the next page

with 150g diced sweet potatoes roasted in 2 Tbsp coconut oil

APPLE AND ALMOND BUTTER BITES

by the Team, via paleoleap.com

INGREDIENTS

1 apple, cored and thinly sliced
Almond butter
Pecans, chopped
Almonds, sliced
Roasted coconut shreds
Dark chocolate chips (optional)
Dried cranberries

DIRECTIONS

Spread the almond butter over one side of each apple slice.

Top each apple slice with your choice and amount of toppings.

Eat as a snack or quick breakfast.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://paleoleap.com/apple-almond-butter-bites/>

COCONUT CRUSTED CHICKEN STRIPS

by the Team, via paleoleap.com

INGREDIENTS

2 boneless, skinless chicken breasts;
1/2 cup (or less) coconut flour;
2 eggs;
A splash of full-fat coconut milk;
1 cup (more or less) shredded coconut;
Sea salt and freshly cracked black pepper to taste;

DIRECTIONS

Preheat your oven to 400 F.

Using a heavy object, like a rolling pin, hammer the chicken breasts so that they flatten to an even thickness. Cut the chicken into long strips that are about 3/4" to 1" in width.

You will need three bowls; one for the coconut flour, one for the coconut milk and egg mixture (just beat the eggs and milk together) and one for the shredded coconut.

Coat each chicken strip in the coconut flour, then dunk in the egg and coconut milk mixture and finally coat in the shredded coconut. When finished, place the chicken strips on a large baking sheet, leaving some space between each strip and cook for 10 to 12 minutes, or until chicken has completely cooked through.

Serve with some paleo ketchup or a homemade plum or chilli sauce and enjoy!

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://paleoleap.com/coconut-crust-ed-chicken-strips/>

If only caveman

could have eaten like this, he might have lacked the motivation to evolve!

Of course there's protein-a-plenty here, in a variety of forms, and delivered alongside nutrition powerhouses like sweet potatoes and kale.

Tonight's dinner will certainly test your spice rack, or else cause you to make a needed upgrade.

But the array of flavors you'll experience in this Moroccan chicken dish will prove well worth it.

DAY 6

DAILY TOTAL: 1, 900 KCAL

1 BREAKFAST

- 451 KCAL

Sweet potato hash browns and eggs:
1 medium sweet potato, shredded and pan fried in 2 Tbsp coconut oil and dusting of nutmeg, topped with a fried egg

2 SNACK

- 159 KCAL

150g fresh blackberries topped with 1 Tbsp raw unfiltered honey

3 LUNCH

- 486 KCAL

100g broiled salmon on a bed of 85g fresh baby kale, topped with a dressing of 2 Tbsp olive oil, juice of 1 lime and sriracha sauce to taste

4 SNACK

- 364 KCAL

60g assorted nuts
(pecans, walnuts, hazelnuts, etc. - no peanuts)

5 DINNER

- 440 KCAL

Moroccan-Style Chicken Tagine
- recipe on the next page

MOROCCAN-STYLE CHICKEN TAGINE

by the Team, via paleoleap.com

INGREDIENTS

3 lbs. chicken pieces
1 red onion, finely chopped
2 carrots, finely sliced
1/2 cup dried apricots, sliced in half
1 fennel bulb, thinly sliced
1/4 cup raisins
2 garlic cloves, minced
2 tsp. ground cumin
1 tsp. ground coriander
1/2 tsp. ground ginger
1/2 tsp. turmeric
1 cinnamon stick
2 cups chicken stock
2 tbsp. olive oil
Cooking fat
Sea salt and freshly ground black pepper

DIRECTIONS

Preheat oven to 400 F.

Place chicken in a bowl, drizzle with olive oil, sprinkle the garlic, cumin, coriander, ginger and turmeric; season to taste.

Toss everything together until well coated.

Melt some cooking fat in a dutch oven over high heat and brown the chicken pieces on each side for 2 to 3 minutes.

Add all the remaining ingredients to the dutch oven, give everything a good stir and cook for 4 to 5 minutes; then cover and place in the oven.

Bake for 45 to 50 minutes, or until cooked through.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://paleoleap.com/moroccan-style-chicken-tagine/>

07

Start off with a shot of fiber and folate and fat in this tart, sweet and creamy breakfast combo.

A few hearty snacks of nutritious nuts, seeds and dried fruits will surely get you through the day, while a delicious dinner awaits.

Omega-3 superfood salmon in a sophisticated marsala wine sauce.

DAY 7

DAILY TOTAL: 1, 722 KCAL

1

BREAKFAST

- 355 KCAL

150g fresh raspberries topped with 30g walnuts, 8 Tbsp whipped coconut cream (homemade or store bought) and 1 Tbsp raw unfiltered honey

2

SNACK

- 200 KCAL

30 g (about 12) macadamia nuts

3

LUNCH

- 4400 KCAL

Leftover chicken from Day 6 dinner

4

SNACK

- 350 KCAL

120g fruit and nut trail mix (from Day 1)

5

DINNER

- 377 KCAL

Baked Salmon with Rosemary, Lemon and Capers

- recipe on the next page

SALMON WITH LEMON CAPERS AND ROSEMARY

by the Team, via kitchme.com

INGREDIENTS

4 (6 ounces each) salmon fillet
¼ cup extra-virgin olive oil
½ tsp salt
½ tsp black pepper, freshly ground
1 tbsp fresh rosemary, leaves minced
8 slice lemon, about 2 lemons
¼ cup lemon juice, about 1 lemon
½ cup marsala wine, or white wine
4 tsp capers
4 piece aluminum foil

DIRECTIONS

Brush top and bottom of salmon fillets with olive oil and season with salt, pepper, and rosemary. Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal. Top each piece of salmon with 2 lemon slices, 1 tablespoon lemon juice, 2 tablespoons wine, and 1 teaspoon capers. Wrap up salmon tightly in the foil packets.

Place a grill pan over medium-high heat or preheat a gas or charcoal grill. Place the foil packets on the hot grill and cook for 10 minutes for a 1 inch thick piece of salmon. Serve in the foil packets.

Photo credits and recipe details go to the author.

You can find the recipe here:

<http://www.kitchme.com/recipes/salmon-with-lemon-capers-and-rosemary>

Whether you're on vacation

or off to a normal workday, this festive pina colada smoothie will get your morning off to a rollicking start — and with tons of good fat and protein, it's sure to keep your hunger at bay for hours to come.

Skipping ahead to dinner, it's an easy one-pan meal with less than 10 ingredients that packs plenty of protein power as well as your veggie fix for the day.

DAY 8

DAILY TOTAL: 1, 913 KCAL

1

BREAKFAST

– 500 KCAL

Pina colada blended smoothie with 398 mL (1 can) unsweetened coconut milk, 30g egg white protein powder, 40g frozen pineapple chunks and 1 frozen banana

2

SNACK

– 380 KCAL

80g dried apricots and 30g walnuts

3

LUNCH

– 377 KCAL

Leftover baked salmon from Day 7 dinner

4

SNACK

– 140 KCAL

4 slices of ham

5

DINNER

– 536 KCAL

Tuscan Chicken Skillet (2 portions)
- recipe on the next page

TUSCAN CHICKEN SKILLET

by the Team, via paleoleap.com

INGREDIENTS

1 lb. chicken breast tenderloins;
1 onion, diced;
3 cloves garlic, minced;
12 oz. mushrooms, sliced;
½ cup sun-dried tomatoes, chopped;
15 oz. fire-roasted diced tomatoes;
1 tsp. oregano;
½ tsp. thyme;
Cooking fat;
Sea salt and freshly ground black pepper;

DIRECTIONS

Melt some cooking fat in a large skillet placed over a medium-high heat.

Add the chicken and brown for 3 minutes on each side.

Remove chicken and set aside on a plate.

Add some more cooking fat to the skillet if necessary.

Add the sliced mushrooms in a single layer and brown for a few minutes per side. Remove from the pan and set aside.

Add the onion and cook until soft, about 4 minutes.

Add the garlic and sun-dried tomatoes and sauté for 2 to 3 minutes.

Stir in the diced tomatoes, oregano, thyme, and season with salt and pepper to taste.

Transfer the chicken back to the pan.

Cover and cook until the chicken is cooked through, about 10 to 12 minutes.

Return the mushrooms to the pan, combine well, adjust the seasoning if needed, and serve.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://paleoleap.com/tuscan-chicken-skillet/>

09

Baked goods are

not something to be eaten often on paleo, but you'll feel like your cheating when you bite into these toothsome pumpkin muffins at breakfast this morning.

A selection of nuts, seeds and berries keep your going through the day later on before you feast on a nutrient-rich salad topped with juicy flank steak.

DAY 9

DAILY TOTAL: 1, 853 KCAL

1

BREAKFAST

- 393 KCAL

Paleo pumpkin English muffins (2) topped with 1 Tbsp coconut oil
- recipe on the next page

2

SNACK

- 284 KCAL

150g blackberries and 150g raspberries topped with 1 Tbsp chia seeds and cinnamon to taste

3

LUNCH

- 516 KCAL

Leftover Tuscan Chicken Skillet (2 portions) from Day 8 dinner

4

SNACK

- 200 KCAL

30g Brazil nuts

5

DINNER

- 460 KCAL

200g sliced flank steak (grilled, broiled or sauteed) on top of a salad with 60g spinach, 30g sliced strawberries and 15g pumpkin seeds, dressed with 1 Tbsp olive oil, 1 tsp balsamic vinegar and Dijon mustard to taste

PALEO PUMPKIN ENGLISH MUFFINS

by the Team, via runningtothekitchen.com

INGREDIENTS

1/4 cup cashew flour or blanched almond flour
1 tablespoon coconut flour
1/4 teaspoon baking soda
1/4 teaspoon pumpkin pie spice (or a combination of cinnamon, ginger and nutmeg)
pinch kosher salt
1 egg
2 tablespoons pumpkin puree
2 tablespoons unsweetened almond milk (or other nut milk)

DIRECTIONS

Combine the flours, baking soda, spices and salt in a small bowl.

Add the egg, pumpkin and milk and stir until well combined.

Grease a small ramekin with baking spray.

Transfer batter into the ramekin, smooth the top and microwave for about 2 minutes (timing will vary by microwave) until puffed up and center is set.

Remove from the ramekin, slice in half and toast.

Photo credits and recipe details go to the author.

You can find the recipe here:

<https://www.runningtothekitchen.com/paleo-pumpkin-english-muffins/>

Whether you linger at home

or take breakfast on the go, you'll savor every spoonful of this delightfully rich and creamy paleo pudding topped with fresh mango and pumpkin seeds for a dose of magnesium.

If your light fruit snack leaves you peckish midday, not to worry because a meaty Italian sub awaits you, minus the bread of course.

Later in the evening, more savory surprises are in store. In mere minutes you'll whip up a fantastic pork chop dinner, featuring delicate enoki mushrooms and a cream sherry sauce.

DAY 10

DAILY TOTAL: 1, 529 KCAL

1

BREAKFAST

- 312 KCAL

Coconut Chia Pudding
- recipe on the next page

2

SNACK

- 85 KCAL

150g fresh blueberries

3

LUNCH

- 530 KCAL

Roll up Italian sub layered with 4 slices honey ham, 2 slices capicola ham and 8 slices salami (as the roll), filled with 1 sliced tomato, 1 sliced banana pepper and 2 large leaves romaine lettuce, seasoned with 1 Tbsp Dijon mustard, 1 tsp olive oil, 1 tsp red wine vinegar and Italian seasoning to taste

4

SNACK

- 170 KCAL

30g almonds (about 20)

5

DINNER

- 432 KCAL

150g pork chop and 80g enoki mushrooms sauteed in 2 Tbsp olive oil then briefly simmered in 90 mL chicken broth and 30 mL cream sherry

COCONUT CHIA PUDDING

by *LIZZIE FUHR*, via popsugar.co.uk

INGREDIENTS

40 grams chia seeds
240 ml light or full-fat coconut milk, depending on preference
1/2 tablespoon honey

DIRECTIONS

Mix chia seeds, coconut milk, and honey together in a small bowl or glass mason jar. Let it set in refrigerator overnight.

Remove it from the fridge, and make sure your pudding looks thick and the chia seeds have gelled. Top with fresh fruit and nuts, and enjoy immediately.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.popsugar.co.uk/fitness/Chia-Seed-Pudding-Breakfast-38070327>

11

Say aloha to a Hawaiian

inspired paleo breakfast today featuring the sweet and salty duo of pineapple and bacon, with eggs for a little extra protein power.

Keep the island vibe going through your morning snack of deliciously fatty (the good kind) macadamia nuts.

Then complete the theme this evening with a marvelous grilled mahi dinner, complemented by ultra-nutritious roasted brussels sprouts.

DAY 11

DAILY TOTAL: 1, 766 KCAL

1 BREAKFAST

- 431 KCAL

Hawaiian breakfast skillet with 3 eggs, 4 slices of bacon (chopped) and 60g diced pineapple

2 SNACK

- 200 KCAL

30 g (about 12) macadamia nuts

3 LUNCH

- 432 KCAL

Leftover pork chop and mushrooms from Day 10 dinner

4 SNACK

- 180 KCAL

90g buffalo jerky

5 DINNER

- 430 KCAL

200g grilled mahi mahi
- *recipe on the next page*

with 100g brussels sprouts roasted in 2 Tbsp olive oil

GRILLED MAHI MAHI

by LYUBO MIRA, via cooking4sl.com

INGREDIENTS

3 wild caught Mahi Mahi fillets
3 tbsp olive oil
1/2 tsp salt
1/4 tsp black pepper
1 tsp paprika – smoked could be used
1/2 tsp garlic powder
1/2 tsp onion powder
a pinch Cayenne pepper
1 tsp dried oregano
1 tsp cumin
2 tbsp lemon juice

DIRECTIONS

Preheat a gas grill to medium-high heat. In a small bowl combine the spices.

Brush Mahi Mahi Fillets with olive oil on both sides. Sprinkle with the seasoning on both sides of the fish.

Grill for 4-5 minutes per side, until golden.

Drizzle with lemon juice. Serve.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://cooking4sl.com/easy-grilled-mahi-mahi-recipe/>

12

Enjoy your protein

from a plethora of sources today including eggs, nuts, beef and fish.

With two hearty snacks you should have more than enough energy to blast through your day.

Then it's taco night, paleo-style, with just about the most nutritious version of the Mexican favorite you'll find anywhere.

DAY 12

DAILY TOTAL: 1, 877 KCAL

1

BREAKFAST

- 550 KCAL

2 eggs fried in 1 Tbsp coconut oil, topped with ½ avocado sliced and 2 slices bacon, crumbled
Season with salt, pepper and Tabasco sauce to taste

2

SNACK

- 268 KCAL

12 fresh cherries and 30g walnuts

3

LUNCH

- 523 KCAL

Leftover mahi and brussels sprouts from Day 11 dinner

4

SNACK

- 155 KCAL

Mini protein shake with 120 mL coconut water, 30g egg white protein powder, 1 tsp raw cacao powder and stevia to taste

5

DINNER

- 381 KCAL

Taco-Stuffed Sweet Potato
- recipe on the next page

TACO-STUFFED SWEET POTATOES

by The Team, via paleoleap.com

INGREDIENTS

1 lb. ground beef
4 sweet or russet potatoes
1/2 onion, diced
1 tomato, diced
1 bell pepper diced
1 cup fresh lettuce, shredded
1/2 cup chopped green onions
Fresh salsa

TACO SEASONING

1 tbsp. chili powder
1 tsp. ground cumin
1/2 tsp. paprika
1/2 tsp. dried oregano
1/2 tsp. garlic powder
Sea salt and freshly ground black pepper

DIRECTIONS

Preheat your oven to 375 F.

Scrub and pat potatoes dry. Pierce potatoes all over with a fork and bake in the oven, directly on rack, until soft (about 40 to 45 min. depending on the size of your potatoes).

In a bowl, combine all the ingredients for the taco seasoning.

Melt some cooking fat in a skillet over medium-high heat.

Add the onions and cook until soft and fragrant, about 3 to 4 minutes.

Add the ground beef to the skillet and cook until browned.

Sprinkle the taco seasoning onto the beef, and stir to combine. You may want to add 1 or 2 tbsp. of water if the meat is too dry or the seasoning is not mixing well.

Cook the ground beef another minute or two and set aside.

Using a sharp knife, make a lengthwise slit in each potato and push ends of each potato toward each other to open.

Fill the potatoes with the ground beef and top with all the remaining vegetables.

Serve with fresh homemade salsa.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://paleoleap.com/taco-stuffed-sweet-potatoes/>

13

If kicking off your day

with "breakfast asparagus" sounds scary, rest assured that it also contains bacon and eggs!

Lunch should be equally satisfying, thanks to the whopping dose of omega-3 fat you'll get from the salmon, not to mention all the vitamins and minerals that arugula delivers.

Later on, you'll celebrate a dinner destined for the sheet pan hall of fame.

Prep in just minutes, then take your time savoring every bite.

DAY 13

DAILY TOTAL: 1, 611 KCAL

1 BREAKFAST

- 341 KCAL

Breakfast Asparagus
- recipe on the next page

2 SNACK

- 176 KCAL

1 grapefruit with 20g shredded coconut

3 LUNCH

- 480 KCAL

Salad with 60g arugula, 30g sliced bell pepper and 15g pine nuts, topped with 1 can salmon (about 340g) and dressed with 2 Tbsp olive oil and lemon juice to taste

4 SNACK

- 170 KCAL

135g cantaloupe cubes wrapped in 4 slices prosciutto, with balsamic vinegar to taste

5 DINNER

- 444 KCAL

Rosemary Balsamic Sheet Pan Chicken with Bacon and Apples
- recipe on the next page

BREAKFAST ASPARAGUS

by Maria Emmerich, via mariamindbodyhealth.com

INGREDIENTS

2 slices bacon, diced
6 sprigs trimmed asparagus
2 eggs
½ tablespoon chopped fresh chives
¼ teaspoon fine grain sea salt
⅛ teaspoon fresh ground pepper

DIRECTIONS

Trim the asparagus and discard the woody stems.

Heat the diced bacon in a cast iron skillet and cook on medium heat for 4 minutes or until crispy. Remove bacon pieces from skillet, leaving the drippings.

Add the asparagus to the hot pan and cook until asparagus is crisp tender, about 5 minutes (depending on how thick the asparagus is). Crack 2 eggs over the asparagus. Sprinkle with chives, salt and pepper.

Saute on medium-low just until whites are set and yolks are soft.

Add diced bacon and serve. Best served fresh.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://mariamindbodyhealth.com/breakfast-asparagus/>

ROSEMARY BALSAMIC SHEET PAN CHICKEN WITH BACON AND APPLES

by Amy, via wholesomelicious.com

INGREDIENTS

1.5 lbs chicken breast
1/4 cup balsamic vinegar
1/3 cup olive oil
Juice of 1/2 lemon
2 cloves garlic crushed
1/4 cup chopped rosemary
10 oz brussel sprouts stem cut off and cut in half
2 apples cored, peeled, and chopped
6 slices of bacon chopped
Salt + Pepper to taste

DIRECTIONS

Cut your chicken breast into smaller chunks or pieces. Set aside.

Make your marinade by blending balsamic vinegar, oil, lemon, and garlic. While motor is running, add chopped rosemary. Continue blending for at least 1 minute or until rosemary is well incorporated. Place chicken into a bowl or container with marinade. Marinate for at least 5 minutes, but up to 12 hours.

Preheat oven to 375 degrees. Line a large sheet pan with foil. Place brussel sprouts, apples, and bacon on the sheet. Add chicken. Brush any reserved marinade over sprouts and apples.

Bake for 15 minutes (depending on thickness of chicken). Bump up the oven to 425 degrees, and cook for another 5 - 10 minutes of cooking to get everything extra crispy!

Remove from oven and serve immediately. Salt and pepper to taste.

Photo credits and recipe details go to the author.

You can find the recipe here:
<http://www.wholesomelicious.com/rosemary-balsamic-sheet-pan-chicken-bacon-apples/>

14

Whether you're returning to modern times tomorrow or staying in the culinary stone age, you may well choose to repeat some of today's tantalizing paleo selections.

Start off with a rich, decadent smoothie that combines flavors of chocolate and coconut (where have we heard that before?).

Then, after stoking up on a few hearty snacks and a lean leftover lunch, whip out the coconut milk again and you'll be sipping this spicy Thai soup in no time flat.

DAY 14

DAILY TOTAL: 1, 774 KCAL

1 BREAKFAST

- 461 KCAL

Coco-Nutty Smoothie with 398 mL (1 can) unsweetened coconut milk, 30g egg white protein powder, 15g macadamia nuts, 1 frozen banana and 2 Tbsp raw cacao powder

2 SNACK

- 311 KCAL

Half avocado with whole boiled egg, drizzled with 1 Tbsp olive oil

3 LUNCH

- 444 KCAL

Leftover sheet pan chicken from Day 13 dinner

4 SNACK

- 138 KCAL

2 chunks cantaloupe wrapped in thin slices of smoked salmon

5 DINNER

- 420 KCAL

Thai Coconut Soup
- recipe on the next page

THAI COCONUT SOUP

by Kristen Michaelis, via yummy.com

INGREDIENTS

1 quart chicken broth
1 1/2 C. coconut milk
1/4 tsp dried chile flakes
1 tsp freshly grated ginger
juice of 1 lemon
sea salt (to taste)
1-2 C. pulled or cubed cooked chicken (optional)
1-2 green onions, chopped (optional)
chopped cilantro (optional)

DIRECTIONS

Bring the stock to a boil, skim any foam that rises to the top and add coconut milk, lemon juice, chile flakes, ginger, and optional chicken.

Simmer for about 15 minutes.

Season to taste with salt.

Ladle into soup bowls or mugs and garnish with cilantro and green onions.

Photo credits and recipe details go to the author.

You can find the recipe here:
<https://www.yummy.com/recipe/Thai-Coconut-Soup-1045980>

THANK YOU



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