



The following is a simple effective approach for fat loss as well as preventing or reversing a number of degenerative diseases.

- Lean Proteins such as grass-fed meats, free-range fowl, and wild caught fish support strong muscles, healthy bones and optimal immune function. Protein also makes you feel satisfied between meals
- Fruits and vegetables are rich in antioxidants, vitamins, minerals and phytonutrients that have been shown to decrease the likelihood of developing a number of degenerative diseases including cancer, diabetes and neurological decline.
- Healthy fats include nuts, seeds, avocados, olive oil, fish oil and grass-fed meat. Research has shown that diets rich in monounsaturated and omega-3 fats reduce the instances of obesity, cancer, diabetes, heart disease and cognitive decline.

Below is a simple list of foods to eat and foods to avoid

Yes	No
Lean Meat	Sugar
Vegetables	Processed foods
Nuts and Seeds	Grains
Some Fruit	Dairy
Little Starch	Legumes
Water	Alcohol

On the next page you will find a list of foods options for you. If you take one item from the protein column then one item from the vegetable or fruit or starch column, and one item from the fat column, then mix it up with some herbs and spices you can create numerous amount of combinations of meals.

Most of these meals can be prepared in the following manner:

- . Put some oil in a pan ^[]_{SEP}
- . Brown some meat in that oil for a minute ^[]_{SEP}
- . If you are using a hearty herb/spice like ginger, add it before the meat, if it's delicate like basil, add it when the dish is almost done ^[]_{SEP}
- . Add veggies ^[]_{SEP}
- . Stir it a time or two, cover and set a timer for 5-10 min ^[]_{SEP}
- . If it's done, eat! If not, set a timer again

Protein	Vegetables	Fats	Herbs and Spices
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Chicken breast Chicken thigh Flounder Snapper Trout Halibut Mackerel Bass ^[SEP] Salmon Shrimp New York steak Rib eye steak Round steak Ground beef Beef ribs Rump roast Beef stew meat Pork loin ^[SEP] Pork chop Pork ribs ^[SEP] Baby back ribs Bacon ^[SEP] Pork roast Lamb chops Lamb rack Venison steaks Turkey Eggs Deli Meat (no sugar/gluten/soy)	Asparagus Avocado Artichoke hearts Beets Brussels sprouts Carrots Celery Daikon Zucchini Fennel Root Kale Chard ^[SEP] Dandelion greens Spinach ^[SEP] Acorn Red pepper Yellow pepper Green pepper ^[SEP] Red cabbage Green cabbage Napa cabbage Mushrooms	<u>Oils:</u> Coconut oil Olive oil Macadamia oil Avocado oil Lard <u>Nuts/Seeds:</u> Almonds Brazil Cashews Chestnuts Hazelnuts Pine Pistachios Pumpkin seeds Sesame Seeds Sunflower Seeds Walnuts Walnuts Nut Butters Macadamia Pecans	Allspice ^[SEP] Basil Cardamom Cinnamon Celery seed Dill Fenugreek Garlic ^[SEP] Ginger Curry-Red Curry-Green Curry-Yellow Oregano Cillantro Nutmeg Rosemary yme ^[SEP] Garam Masala Bay Leaf Salt ^[SEP] Herbs de Provance Chili powder Paprika ^[SEP] Cumin ^[SEP] Black pepper
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Some Fruit Apple Avocado Banana Berries Melons Grapes Figs Oranges Plums ^[SEP] Pears Peaches Pineapple Grapefruit Pomegranate Tomato Lemon Lime	Little Starch Squash* Butternut Squash* Yam* ^[SEP] Sweet Potato* ^[SEP]
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30 Day Meal Plan

Some of you may need a little more direction and what to eat. When we first started we used some Paleo recipes from different sources. The following recipes were taken from The Paleo Solution written by Rob Wolf. They are very simple and easy to make. They are merely suggestions so feel free to modify them to suit your tastes and make use of what ingredients you have available. For the most part these meals have an even ratio of carbohydrates, fats, and proteins. For a more specific ratio speak to one of us about how to Zone.

Week 1

Monday

BREAKFAST: 2-4 poached eggs, almonds, small piece fruit or berries^{[1][2]}_[SEP]

LUNCH: Chicken Fajita Salad*

SNACK: 2 oz chicken, apple, few avocado slices

DINNER: Grilled Salmon*, Roasted Green Beans*, side salad^{[1][2]}_[SEP]

Tuesday

BREAKFAST: Leftover salmon, walnuts

LUNCH: Lettuce, tomato, onion, and condiments of your choice over 1-2 Burger Patties*, orange, almonds

SNACK: Jerky, macadamia nuts

DINNER: Rotisserie chicken, Steamed Broccoli*, side salad^{[1][2]}_[SEP]

Wednesday

BREAKFAST: Leftover chicken w/salsa, 1/2 avocado^{[1][2]}_[SEP]

LUNCH: Tuna and Cabbage Salad*^{[1][2]}_[SEP]

SNACK: Remainder of tuna and cabbage salad^{[1][2]}_[SEP]

DINNER: Crock-Pot Pork Loin, tomato sauce, zucchini, chopped cauliflower, basil.

Thursday

BREAKFAST: Slice of ham, 2-3 scrambled eggs, fruit^{[1][2]}_[SEP]

LUNCH: Leftover pork loin^{[1][2]}_[SEP]

SNACK: 2 hard-boiled eggs, almonds

DINNER: Stir-Fry Beef Salad*. Serve over bed of greens with balsamic vinegar^{[1][2]}_[SEP]

Friday

BREAKFAST: Sausage Stir-Fry Breakfast*

LUNCH: Easy Ceviche*

SNACK: 2 oz chicken, apple^{[1][2]}_[SEP]

DINNER: Spaghetti Squash or Kelp Noodle Spaghetti*: cook either choice with marinara sauce, ground meat, olive oil^{[1][2]}_[SEP]

Saturday

BREAKFAST: Chicken Apple Hash*^{[1][2]}_[SEP]

LUNCH: 5-6 oz deli turkey, 1/2 lb steamed broccoli, drizzle with olive oil^{[1][2]}_[SEP]

SNACK: 2-3 oz turkey, carrot sticks, almonds^{[1][2]}_[SEP]

DINNER: Indian Style Slaw*, leftover pork loin, side salad with olive oil^{[1][2]}_[SEP]

Sunday

BREAKFAST: Western Omelet*, Sweet Potato Hash*^{[1][2]}_[SEP]

LUNCH: Lamb Patties*, tomato, lettuce, strawberries^{[1][2]}_[SEP]

SNACK: Turkey, avocado^{[1][2]}_[SEP]

DINNER: Halibut*, Roasted Asparagus* berries with balsamic vinegar*

Week 1 Cookbook

Chicken Fajita Salad

- 1 tbsp olive oil
- 3/4 cup sliced onions
- 1 lb skinless chicken breast
- 1/2 tsp cumin
- 2 tsp oregano
- 1 cup chopped bell peppers
- red leaf lettuce
- 1-2 tomatoes
- 1 avocado

Add olive oil to a skillet. Heat over medium. Add sliced onions, sauté until soft.

Add the chicken, cut into strips. Add the cumin and oregano, sauté, tossing often.

Add the bell peppers when the chicken has browned. Wash and shred the lettuce. Add the tomatoes, toss. Serve the salad on two plates, top with the chicken fajita mix. Add the sliced avocado. If you are taking this to work, assemble the salad into a container with a lid. Save some of the fajita mix for leftovers, use only to of the chicken sauté for each of the salads you prepare.

Grilled Salmon

- coconut oil
- 1 lb salmon (wild-caught)
- 2 tbsp pecans
- 2 tsp rosemary
- sea salt

Preheat the oven to 350 degrees. Add a bit of coconut oil to a baking pan, coat well. Lay the salmon in the pan skin side down. Chop the pecans. Sprinkle the pecans, rosemary, and sea salt over your fish, then bake for 12-15 minutes. Make sure it flakes easily with a fork; be sure to check the middle portion of the salmon.

Roasted Green Beans

- 1 lb green beans
- 1 tbsp olive oil
- 1 tbsp thyme

Chop the ends off of the beans. Place them into a roasting pan; add the olive oil and thyme. Toss until they are coated well, and then roast in the oven at 350 degrees for 20 minutes. Check them occasionally, tossing several times.

Burger Patties

- 1 lb ground beef or turkey
- 1 tsp olive oil

Form the meat into 4 patties. We'll keep these simple, not adding eggs or spices, but you may do this if you like. Add the oil to a skillet over medium heat, and then cook the patties, turning often. Add the veggies and condiments of your choice.

Steamed Broccoli

- 1-2 lbs broccoli
- water

Cut the broccoli into individual florets. Add to your steamer basket, and then add water to the bottom. Cover and cook over medium high until softened, around 8–10 minutes. Remove and serve.

Tuna and Cabbage Salad

- 3–4 cups shredded cabbage
- 1 can tuna (6.5 oz)
- 1 tbsp toasted sesame oil

Shred the cabbage into a bowl. Top with the tuna, drizzle with the oil.

Slow Cooker Pork Loin

- 3 lbs pork loin
- 1 can tomato sauce (12 oz)
- 2+ cups sliced zucchini
- 4 cups chopped cauliflower florets
- 1–2 tbsp basil

Add all of the ingredients to a large Crock-Pot. Cook on low for 6–7 hours, then enjoy.

Stir-Fry Beef Salad

- 2 tsp olive oil
- 3/4 cup sliced onion
- 1 lb beef tip steak, sliced into thin strips
- 1 tbsp wheat-free tamari soy sauce
- 1–2 cups sliced bell peppers
- 1 bag of mixed greens
- balsamic vinegar

Add olive oil to a skillet. Heat over medium. Add sliced onions, sauté until soft. Add the beef and the tamari, tossing often. Add the bell peppers when the beef has browned. To save time, use a bag of mixed greens. Add to your plates, and then top with the stir-fry meat. Add balsamic vinegar and more olive oil to taste.

Sausage Stir-Fry Breakfast

- 1–2 tsp olive oil
- 1/2 cup diced onions
- 1/2 lb sausages, sliced (no nitrates)
- 4 cups of spinach or other greens

Add olive oil to a skillet. Heat over medium. Add diced onions, sauté until soft. Add the sausage cook until browned tossing occasionally. Add the greens, reduce the heat to medium-low and cover. Serve when the greens are wilted and soft.

Other options: top with 1–2 eggs over easy, or serve with salsa.

Easy Ceviche

- 10 oz tail-off, precooked shrimp
- 2 cups low-sugar marinara sauce
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp basil

Rinse the shrimp divide between two bowls. Pour half of the marinara sauce over each bowl of shrimp, and then drizzle each with 1 tbsp of both olive oil and lemon juice. Sprinkle with the basil.

Spaghetti

- 1 lb ground beef or turkey
- 1 tbsp olive oil
- 1 (12 oz) package of kelp noodles, or one spaghetti squash
- 1–2 cups marinara sauce
- 1–2 cloves crushed garlic

Brown the meat in the olive oil using a large skillet. Once the meat is browned, add the noodles (or cooked spaghetti squash, see below) and the marinara sauce. Stir and bring to a simmer. Add the crushed garlic just before serving to maximize the health benefits. If using spaghetti squash: Preheat the oven to 375 degrees. Carefully split the squash lengthwise, and then dig out the seeds. Place both halves face down on a baking pan, add 1/4 cup of water. Bake for 30 minutes. Dig out the squash with a fork and add to your skillet with the meat.

Chicken Apple Hash

- 2 tsp olive oil
- 6 oz leftover chicken
- 1 apple
- 2 tsp either cinnamon or allspice (choose your favorite)

Heat the olive oil in a saucepan over medium heat. Shred and add the chicken. Grate the apple, and then add to the pot with your spice of choice. Cover and cook on medium-low, stirring frequently. Once the apple has cooked down and become soft, it is ready to serve.

Indian-Style Slaw

Here is an easy, cheap veggie idea. If you use a bag of ready-made broccoli slaw, you can really save time. Tomatoes are optional. Though this is a stand-alone veggie dish, you could add some leftover meat to this for a complete meal.

- 1 tbsp olive oil
- 1 tsp mustard seeds
- 1 bag broccoli slaw
- 1 cup fresh diced tomatoes (optional)
- 1 tsp cumin
- 1/4 tsp turmeric
- 2 tbsp lemon juice

Heat 1 tbsp of olive oil over medium heat in a skillet, add 1 tsp of mustard seeds. Cover and cook until the seeds stop popping. Next, add the whole bag of slaw, the tomatoes (if using), plus 1 tsp cumin and 1/4 tsp of turmeric. Sauté for 3–5 minutes, tossing occasionally, until the slaw is soft. Add 2 tbsp of lemon juice. Stir and serve.

Western Omelet

- 6 eggs
- olive oil
- ? cup chopped onion
- ? cup chopped bell peppers
- 1/2 cup chopped tomato

- 1 cup spinach
- 4 oz diced ham
- sea salt and black pepper to taste

Crack all of the eggs into a bowl, beat well. Pour half of the eggs into a nonstick skillet coated with a dash of olive oil. Cook over medium. When the eggs have begun to set, add half the chopped veggies and ham to one side of the eggs. Using a spatula, fold the empty half over the ham and veggies. Cook for 1–2 minutes longer, season with salt and pepper, then serve. Repeat the process with the remaining ingredients.

Sweet Potato Hash

- 2 tsp olive oil
- 1/2 cup chopped onions
- 1 medium sweet potato or yam, diced into small cubes
- 1/2 cup chopped bell peppers (optional)
- 1 tbsp water
- fresh ground pepper

Heat the oil in a skillet over medium heat. Add the onions, sauté for 2–3 minutes. Add the sweet potatoes and bell peppers and 1 tbsp of water. Cover and cook for 15 minutes or until the potatoes are soft. Toss often to prevent burning. Serve, sprinkling with fresh ground pepper.

Lamb Patties

Simply prepare these the same as Beef Patties above, using ground lamb instead.

Halibut

- 1 lb halibut or other white fish
- 2 tbsp chopped almonds
- 2 tbsp Dijon mustard

Prepare in the same fashion as the baked salmon above, except season by spreading Dijon mustard and chopped almonds over your fish.

Roasted Asparagus

- 1 bunch asparagus
- 1 tbsp olive oil
- 2 tsp thyme

Break the tough ends off of the asparagus. Place in a roasting pan, pour the oil and thyme over the asparagus, then toss until well coated. Bake at 400 degrees for 10 minutes, then reduce the heat to 250 for 15 more minutes.

Berries with Balsamic Vinegar

- 2 cups frozen berry mix, thawed
- 4 tsp balsamic vinegar

Divide the berries between two bowls. Pour two teaspoons of balsamic vinegar over each. A simple, nutritious dessert! Fresh berries will be even better if you have the time to prepare them.

Week 2

Monday

BREAKFAST: Slice of ham, 1 cup unsweetened applesauce w/cinnamon, 1 oz walnuts

LUNCH: Make a big salad: toss chicken strips, lettuce, olives, tomato, chopped almonds, and carrot strips. Add olive oil and vinegar of your choice.

SNACK: Pack extra salad; save ? of the lunch salad for your snack if you want one

DINNER: Tip Steak* and Steamed Vegetables*

Tuesday

BREAKFAST: Leftover steak, 1-2 oz macadamia nuts

LUNCH: Chicken Breast*, Indian-Style Slaw*

SNACK: Leftovers from lunch, plums

DINNER: Pork Curry*

Wednesday

BREAKFAST: Slice of ham, unsweetened applesauce, spoon of almond butter

LUNCH: Leftover tip steak, sliced into strips. Serve on salad of mixed greens, tomato, bell pepper, balsamic vinegar, and olive oil.

SNACK: Jerky, 1/2 avocado

DINNER: Leftover pork curry, Chilled Cucumber Soup*

Thursday

BREAKFAST: Ginger Eggs*

LUNCH: Beet Apple Salad*, Tilapia*

SNACK: Jerky, 1/2 avocado

DINNER: Chicken and Cauliflower*

Friday

BREAKFAST: 2-3 eggs over easy, served over Sautéed Zucchini*

LUNCH: Smoked Turkey Salad*

SNACK: Jerky and macadamia nuts

DINNER: Quick Chicken Curry*

Saturday

BREAKFAST: Slice of ham, Quick Paleo Pancakes*

LUNCH: Rotisserie chicken, steamed veggies of your choice (such as broccoli, cauliflower, carrots)

SNACK: Leftover chicken curry

DINNER: Lamb Sausage with Artichokes*

Sunday

BREAKFAST: Peach 'n' Pecan Scramble*, leftover chicken

LUNCH: Burger, no bun, over greens, side salad

SNACK: Orange, leftover meat or tuna, celery or carrot sticks

DINNER: Paleo Chicken Alfredo*

Week 2 Cookbook

Tip Steak

- 4 lb tip steak
- seasonings of your choice

Bring a skillet to medium heat, add a dash of olive oil. Season the steak, then cook it to your desired doneness. I like to cook the meat just a couple of minutes per side, then plate and cover for 10 minutes. Remember that cooking too long with excessive browning or burning creates carcinogens!

Steamed Vegetables

- 4 cups chopped cauliflower florets

- 2 cups sliced yellow squash
- 1 cup sliced carrots
- olive oil^[SEP]
- sea salt and pepper
- 1 tsp thyme

Chop the vegetables. Add to your steamer basket, and then add water to the bottom. Cover and cook over medium high until softened, around 8–10 minutes. Remove and serve. Drizzle with olive oil, and add salt, pepper, and thyme to taste

Chicken Breast^[SEP]

- 2 lbs chicken breasts, thawed

Place the chicken in a baking dish, bake at 350 degrees until done—around 25 minutes. Check to ensure your meat has been cooked all the way through, but be careful not to overcook as well. Have some for lunch, save the leftovers for use later.

Indian-Style Slaw^[SEP]

Refer to Week 1 Cookbook^[SEP] Pork Curry

- 1 lb ground pork^[SEP]
- 1 tbsp olive oil^[SEP]
- 1–2 tbsp curry powder^[SEP]
- 1 bag baby spinach (~14 oz)
- 1/2 can coconut milk (7 oz)
- 2–3 cloves garlic

In a pot large enough to hold the spinach, brown the pork in the olive oil. Add the curry powder as the pork browns, mix well. Break up any large lumps of pork. Once the pork has browned, add all of the spinach and the coconut milk. Heat until the spinach has cooked down and wilted. Add the garlic at the end, either mincing it or using a garlic press to crush it. Mix well, remove from heat, and serve.

This recipe works well with stew beef, chicken, or lamb as well. Beet Apple Salad^[SEP]

- 1 lb beets^[SEP]
- 2 tbsp olive oil
- 2 tbsp lemon juice^[SEP]
- 1 apple^[SEP]
- 1/2 cup finely chopped red onion
- 1/2 to 1 tsp tarragon

Cut the tops off of the beets, then place them in a pot and cover with water. Cover and simmer over medium-low heat for 1 1/4 hours. Allow the beets to cool. Drain the beets, cut off the root, and peel the skin. Slice the beets crosswise into thin slices, and then place them in a bowl. Pour the oil and lemon juice over the beets, then chill in the refrigerator. Core and chop the apple. Chop the onion. Mix into the beets, sprinkle some tarragon on top, and serve^[SEP]

Tilapia

- 2 tsp olive oil^[SEP]
- 1/2 tsp lemon peel^[SEP]
- garlic powder to taste
- onion powder to taste
- 1 1/2 lbs tilapia fillets

Heat the oil in a skillet over medium heat. Add the lemon peel and spices to the tilapia fillets. Cook the fish, turning once, until it flakes easily with a fork. Remove some to a container, preferably ceramic, to bring with you for lunch. Save the rest for an easy dinner.

Chilled Cucumber Soup

- 2 medium cucumbers
- 1/2 cup chopped onion
- 1/4 cup fresh cilantro leaves
- 1/2 cup coconut milk
- 1/4 cup chicken broth

Peel the cucumber, then chop it into small chunks. Load the onion, cucumber, and cilantro into your blender. Add the coconut milk and chicken broth. Blend until smooth, but not too fine. Refrigerate, then serve cold. Garnish with some more cilantro. Makes 4 servings

Ginger Eggs

- 1 tsp chili oil
- 1/2 cup green beans
- 1 tbsp minced ginger
- 1 small clove garlic, minced
- 3 eggs
- 1 tbsp chopped chives or green onions
- 1/4 tsp coriander
- pepper to taste

Heat the oil in a small skillet. Add the green beans, sauté for 2 minutes. Add the ginger and garlic cook 3 minutes more. Meanwhile, crack the eggs into a bowl whip well. Add the beans, ginger, and garlic, plus the chives or onions and coriander. Mix well, and then return to the skillet. Cook until the eggs set. Serve topped with fresh ground pepper.

Smoked Turkey Salad

- 10 oz smoked turkey (from the deli section)
- 1 bag mixed greens
- 1/4 cup pine nuts

You can mix this dish and then store it in the refrigerator. Make sure to thoroughly rinse the greens. Chicken and Cauliflower Here is a quick one-pot meal. You can also prepare this one in a slow cooker, simply add the same ingredients and set to low. If you choose this route, the cooking time will be around 5 hours.

We have frequently sung the praises of El Pato tomato sauce.

For this recipe, I use the milder version that comes in the red can. Check the Hispanic foods section of your grocery store for El Pato.

If you can't find it, any good tomato sauce will work.

- 1 tbsp olive oil
- 1 1/2 lbs chicken thighs or breast
- 1 head of cauliflower
- 8 oz tomato sauce (El Pato with jalapeño)
- 1 red bell pepper
- 1 tsp cumin • 1 tsp thyme • 1/2 tsp garlic powder

Heat the olive oil over medium heat in either a large skillet or soup pot. Brown the chicken on all sides. Meanwhile, chop the cauliflower into small pieces and add to the pot. Add all of the remaining ingredients to the pot, then reduce to medium-low. Cover and cook for 45 minutes, stirring occasionally.

Makes 5 servings

Sautéed Zucchini

- 2 small zucchini
- 1/4 cup either sliced shallots or red onion
- 2 cloves garlic, sliced
- 2 tbsp olive oil
- dill
- pepper

Slice the zucchini crosswise into small discs about 1/4 inch thick. Slice the shallots or onion and garlic. Sauté all of the ingredients together in a medium pan with the olive oil. Add dill and pepper to taste. Stir and turn often, cooking for 5 to 7 minutes. Try not to allow too much browning. Enjoy warm, or these can be used cold in salads.

Quick Chicken Curry Pressed for time, you can make use of curry sauce. Look in better markets for curry sauces that are made from quality ingredients and do not contain added sugars. An alternative is to use coconut milk and a teaspoon of yellow curry paste. You can either use fresh or leftover chicken with this recipe.

- 1/2 cup chopped onion
- 1 tbsp olive oil
- 1 diced chicken breast or thigh
- 1/4 cup curry sauce
- 1/4 cup cashews
- 2 cups chopped spinach

Sauté the onion in the olive oil until translucent. Add chicken heat until cooked through. Add the curry sauce and cashews continue heating for 3–4 minutes. Remove from heat, stir in the spinach.

Quick Paleo Pancakes

Here is a way to enjoy pancakes while avoiding using grains.

- 2 eggs
- 1/2 cup unsweetened applesauce
- 1/2 cup nut butter (not peanut butter! cashew/macadamia nut butter works well)
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- coconut oil

Mix all of the ingredients except the coconut oil in a bowl. Stir well, until you have a uniform batter. Next, use a bit of coconut oil to grease a nonstick skillet. Spread some of the batter into the skillet to form a pancake then cook over low/medium heat. Flip after 1 to 2 minutes, being careful not to burn them! Once you've cooked all of your pancakes, you can serve them with a variety of toppings. A few that I like: chopped apples and cinnamon; heated blueberries; real maple syrup; and unsweetened applesauce.

Lamb Sausage with Artichokes

This is a simple, delicious breakfast. Don't worry if you can't find Moroccan lamb sausages anywhere. Simply use some sausages of your choice then add some Moroccan spices. Moroccan seasonings include cinnamon, coriander, allspice, ginger, and cloves. Try adding any combination of these spices—about 1/8 tsp of each.

- 1 oz bacon, chopped
- 2 Moroccan lamb sausages, sliced
- 1 (14 oz) can artichoke hearts (Trader Joe's)
- 1–2 omega-3 eggs
- sea salt to taste
- fresh ground pepper to taste

Chop the bacon, place in a skillet over medium heat. Meanwhile, slice the sausage and chop the artichoke hearts. Once the bacon has softened, add the sausage and artichokes. If using the spices, add them at this point. Stir well, cooking until soft. Poach your eggs in the meantime. Cover the bottom of a skillet with about 1 inch of water, and then place over medium heat. Once the water is warm, crack your eggs carefully into the skillet, cook until set.

Serve the artichoke hash topped with either 1 or 2 eggs. Add sea salt and fresh ground pepper to taste.

Peach and Pecan Scramble

This is a very unusual combination, but it is surprisingly delicious. It's almost like dessert at breakfast, and way better for you than stopping by the donut shop!

- 1 tsp olive oil
- 1/2 peach, diced
- 2 tbsp chopped pecans
- 2 eggs
- 1 tbsp unsweetened applesauce
- 1/8 tsp cinnamon

Heat the olive oil in a small skillet over medium heat. Dice half of a ripe peach, and chop the pecans. Add the peaches and pecans to the skillet, stir-fry for 2–3 minutes, or until the peaches soften a bit. Meanwhile, crack the eggs into a bowl, add the applesauce and cinnamon, and beat well. Add to the skillet, mixing often. When the eggs have set, serve and enjoy.

Paleo Chicken Alfredo

Alfredo sauce and pasta is about as far from Paleo nutrition as you can get. However, here is a simple way to create a Paleo version. I am using kelp noodles here, but if you cannot find them where you live, spaghetti squash is a nice seasonal alternative. See the Week 1 Spaghetti recipe above for basic spaghetti squash preparation.

- 2 tsp olive oil
- 4 cloves of garlic, chopped
- 1 lb chicken breast
- 1 (12 oz) package of kelp noodles
- 2 tsp tarragon
- 1 cup cashews
- 1/2 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp mustard powder
- 1/4 tsp sea salt
- 1/4 tsp pepper

- 1/8 tsp paprika

Add the olive oil to a large skillet. Sauté the garlic over medium heat for 3–4 minutes. Chop the chicken into 1 inch cubes, then add to the skillet and cook until browned on all sides. Rinse and chop the kelp noodles. Add them to the skillet along with the tarragon, cover and cook on low for 30 minutes. Then pour the liquid from the skillet carefully into a small container for use in the sauce. Add the cashews, onion powder, garlic powder, mustard powder, salt, pepper, and paprika to a blender. Cover and blend into a powder. Add the reserved pan juices slowly, blending into a thick sauce. You'll have to use a spatula to scrape down the sides of the blender periodically. Add the juices until the mixture reaches the desired consistency. Add the sauce to the skillet, then mix well. Cover and continue to cook for 10 minutes longer, until the kelp noodles have become tender.

Week 3

Monday

BREAKFAST: Boiled lamb sausage, apple

LUNCH: Leftover Paleo Chicken Alfred

SNACK: Lamb sausage, pecans

DINNER: Spaghetti-Sauced Meat over Green Beans*

Tuesday

BREAKFAST: Boiled lamb sausage, apple (reheat on the stove, not microwave) LUNCH:

Chicken Apple Salad*

SNACK: Leftover spaghetti

DINNER: Slow-Cooked Rosemary Veggies and Meat*

Wednesday

BREAKFAST: Bacon, 2–3 eggs over easy or poached

LUNCH: Leftover Chicken Apple Salad

SNACK: Leftover Slow-Cooked Rosemary Veggies and Meat

DINNER: Flank steak, Bacon and Greens*

Thursday

BREAKFAST: Leftover steak, walnuts crumbled over 1/2 cup berries

LUNCH: Leftover Slow-Cooked Rosemary Veggies and Meat

SNACK: Can of sardines, celery

DINNER: Salmon Scramble*

Friday

BREAKFAST: Boiled quality sausages (chicken-apple sausages are delicious), Fruit

Salad with Cinnamon*

LUNCH: Salad: mixed greens, bell peppers, tomato, avocado, etc. Top with precooked shrimp, apple cider vinegar, and olive oil

SNACK: Remainder of the lunch salad (make enough!)

DINNER: Sloppy Joes*, side salad or steamed veggies

Saturday

BREAKFAST: Poached eggs with bacon, onion, and spinach, and

LUNCH: Leftover Sloppy Joes

SNACK: Almonds

DINNER: Baked 1 turkey breasts, Nutty Cabbage*, Tangy Strawberry Soup*

Sunday

BREAKFAST: Turkey/Carrot Quiche*

LUNCH: Leftover turkey, Chard and Cashew Sauté*

SNACK: Lunch leftovers

DINNER: Jambalaya*

Week 3

Cookbook Spaghetti-Sauced Meat over Roasted Green Beans

- 3 lbs ground beef (grass-fed if possible), turkey, or chicken
- 1/2 cup chopped onions
- 2–3 cloves minced garlic
- 1 6 oz can tomato paste
- 1 20 oz can tomato sauce
- 2 tsp oregano
- 2 tsp basil
- 1 tsp tarragon
- 2+ lbs frozen green beans (or fresh)
- olive oil

Start cooking the ground meat in a large skillet over medium heat. If the meat is frozen, browning will take 8–10 minutes. Once the meat has been browned, add onions and fresh garlic. Then add 1 can of tomato paste, 1 can tomato sauce, oregano, basil, and tarragon, then cover with a lid for

20 minutes. While the spaghetti meat is cooking, throw some frozen green beans onto a broiler pan, toss with olive oil and broil (making sure to stir green beans frequently). After about 5–8 minutes, the green beans should be slightly crispy.

Plate the green beans; top with the meat sauce. Add salt and pepper to taste.

Chicken Apple Salad

- 6 oz chicken
- 1 tsp olive oil
- 1/2 tsp allspice
- 1/8 tsp cloves
- 6 cups shredded cabbage
- 1/2 Granny Smith apple
- sea salt and pepper to taste

Dice the chicken. Heat 1 tsp of olive oil in a skillet over medium heat. Add the chicken, allspice, and cloves. Sauté, tossing often, until the chicken is cooked through. Shred the cabbage into a large salad bowl. Slice half of an apple into very thin slices and set them aside. Once the chicken is done, add it to the cabbage, then top with the apple. Add salt and pepper to taste, then drizzle with olive oil. Use an appropriate quantity of olive oil to meet your individual needs.

Slow-Cooked Rosemary Veggies and Meat

- 3–5 lbs any meat, frozen or thawed, ground or whole (fish is not usually ideal here)
- 1 bag frozen veggies or chopped-up fresh veggies
- 1 tbsp rosemary
- 1 cup broth (chicken, beef, or vegetable)
- salt and pepper to taste

Add all of the ingredients to a slow cooker, turn to low and leave for 6–8 hours or until ready to eat.

Bacon and Greens

You can use fresh veggies, or if you want to save time, a bag of Trader Joe's Southern Greens works great here.

- 4–6 oz chopped bacon

- 1 12-16 oz bag Southern Greens, or 1 bunch each of collard greens, turnip greens, and/or kale
- 1/2 cup water
- sea salt and pepper to taste.

Chop the bacon and add to a large stock- pot. Heat over medium, stirring the bacon until it has browned some. Add the greens and water, cover and reduce to medium-low. Cook for 30 minutes, tossing occasionally. Some options to spice it up: add garlic, red pepper flakes, even minced jalapeños while browning the bacon. Another cooking option is to prepare this in a slow cooker.

Salmon Scramble

- 1 lb package frozen veggies
- 1 can salmon (6oz)
- 1 tbsp rosemary
- 1 tsp cumin
- 1 tsp sea salt
- pepper to taste
- eggs (optional)

Place frozen veggies in a saucepan with a lid cook until just tender. Add salmon and seasonings cook another 3–5 minutes, mixing, until salmon is heated thoroughly. You can cook eggs sunny side up to top this scramble. If you don't have eggs, this is still great to eat plain. (This recipe also works with nearly all types of meat)

Fruit Salad with Cinnamon

- 1 orange, peeled and chopped
- 1 apple, chopped
- 1/2 tsp cinnamon

Place the fruit into bowls, then sprinkle with the cinnamon if you wish.

Sloppy Joes

Here is a spicy cocoa version of an old favorite. Since we will not be serving this on the traditional hamburger bun, you have several options. Eggplant, squash, nut patties, you name it.

- 1 1/2 lbs ground turkey or beef (preferably grass-fed)
- 1 cup chopped onion
- 1 cup tomato puree
- 2 tbsp cocoa powder
- 1 tbsp chili powder
- 1/2 tsp yellow mustard powder
- 1 1/2 tsp ground black pepper

Cook meat and onion in a large skillet on medium heat for 10–15 minutes, until the meat is browned. Stir in the remaining ingredients and heat for another 10–15 minutes. Serve over vegetables of your choice. Makes 4 servings.

Nutty Cabbage

- 1/2 cup chopped onions
- 1 tbsp roasted hazelnut oil
- 1/2 large head of cabbage, shredded (about 10 cups)
- 1/4 cup apple cider vinegar

- 1/4 cup blanched almonds
- 1 tbsp unsweetened applesauce
- 1 tbsp sesame seeds
- sea salt and fresh ground pepper to taste

Heat a burner to medium, then use a large skillet to sauté the onions in the oil. Meanwhile, shred the cabbage by slicing it thinly. After the onions begin to soften, add all of the cabbage to the skillet, along with the vinegar. Cover and reduce the heat to medium-low. Cook for 20 minutes, mixing occasionally. Add the remaining ingredients and cook 5 minutes longer. Serve warm or chilled.

Tangy Strawberry Soup

- 1 quart strawberries
- 4 tbsp balsamic vinegar, divided
- 1/2 tsp cinnamon
- 1/2 tsp orange zest
- 1/2 tsp lemon zest
- 1 tbsp orange juice
- 1/2 cup coconut milk

Remove the stems from all of the strawberries. Reserve 10–20 strawberries; cut these berries into thin slices. Place in a bowl, then drizzle with 2 tbsp of balsamic vinegar. Cover and chill in the refrigerator for two hours. Puree the rest of the strawberries in a blender with the remaining ingredients except the coconut milk (adding only the remaining 2 tbsp of balsamic vinegar). Once the berry mix is pureed, add the coconut milk slowly. Puree until smooth. Pour the soup into a bowl, cover and chill in the fridge for 2 hours. Serve in small bowls with the sliced strawberries on top. You can add a drop of coconut milk for added garnish, if you like!

Turkey Carrot Quiche

- 1/2 lb ground turkey
- 1 tbsp olive oil
- 1 cup shredded carrots
- 6 omega-3 eggs
- 5 tbsp coconut milk
- 1/2 cup beef broth
- 4 tbsp fresh parsley
- 1/2 tsp coriander
- coconut oil

Brown the turkey in a bit of olive oil in a skillet over medium heat. Meanwhile, shred the carrots. Crack the eggs into a bowl; beat well with a wire whip. Add the meat when done, carrots, and all of the remaining ingredients except the coconut oil. Stir. Grease a baking dish or pie pan with some coconut oil. Pour in the mixture, and then bake at 250 degrees for 20–30 minutes. You will need to check on it periodically; it is done when the center is firm and a knife pushed into it comes out clean.

Chard and Cashew Sauté

- 1 bunch Swiss chard
- 1 tbsp olive oil
- 1/2 cup cashews

Remove the stems from the chard, and then chop the stems crosswise. Add to a large skillet with the olive oil. Sauté over medium heat until they have softened. Meanwhile, chop the chard leaves into thin strips. Add to the skillet along with the cashews. Sauté, tossing occasionally, until the leaves just begin to wilt. Serve warm.

Jambalaya

This one is a spicy Southern dish. I use El Pato sauce, but if you are not a fan of spicy foods, you might consider regular tomato sauce instead. Look for sausages that don't contain nitrates.

- 1 tbsp olive oil + 1 tsp, divided
- 1/2 lb spicy sausage, sliced (look for Andouille sausage)
- 1 cup chopped onion
- 3/4 cup chopped green pepper
- 1/2 cup chopped celery
- 1 tsp Cajun seasoning + 1/8 tsp, divided
- 1 bay leaf
- 2 small cans El Pato tomato sauce
- 2 cups chicken broth
- 1 1/2 cups water
- 1 1/2 cups finely chopped cauliflower
- dash of cayenne pepper
- 1/2 lb shrimp

In a large skillet, heat the olive oil, sausage, onion, peppers, and celery. Sauté for around 5 minutes, then add the seasoning and bay leaf. Cook for 1 minute more. Add the tomato sauce, chicken broth, water, and cauliflower. Bring to a boil, then reduce heat to medium-low, and simmer for 20 minutes. Remove the bay leaf.

In another skillet, sauté 1/2 lb of shrimp, 1/8 tsp Cajun seasoning, and a dash of cayenne pepper in 1 tsp olive oil. Sauté for 2 minutes then stir into the jambalaya.

Week 4

Monday

BREAKFAST: Hard-boiled eggs, almonds, 1/2 cup berries

LUNCH: Tuna and cabbage salad

SNACK: Easy Ceviche

DINNER: Portobello Burgers*, steamed broccoli

Tuesday

BREAKFAST: Hard-boiled eggs, crushed walnuts over 1/2 cup berries

LUNCH: Leftover Portobello Burgers

SNACK: Deli turkey, 1/2 avocado

DINNER: Baked pork loin, Steamed Seasonal Veggies*

Wednesday

BREAKFAST: Leftover pork loin, egg, applesauce

LUNCH: Salad: turkey over spinach, walnuts, few dried cranberries, balsamic vinegar, olive oil

SNACK: Turkey, 1/2 avocado

DINNER: Pork and Roasted Veggie Salad*

Thursday

BREAKFAST: Sausage Stir Fry Breakfast

LUNCH: Leftover Pork and Roasted Veggie Salad

SNACK: Almond butter on celery sticks

DINNER: Curried Veggies with Salmon

Friday

BREAKFAST: Chicken Apple Hash, or leftover chicken + apple

LUNCH: Delicate Squash Salad*, steak

SNACK: 2 hard-boiled eggs, carrots

DINNER: Almond Chicken*

Saturday

BREAKFAST: Squash and Pepper Hash*, large slice of ham

LUNCH: Tuna and Cabbage Salad

SNACK: Jicama slices, salsa, guacamole

DINNER: Paleo Pizza*

Sunday

BREAKFAST: Egg Torte, ham

LUNCH: Tip Steak, Chilled Cucumber Soup*

DINNER: Greek Scallops*, side salad

Week 4 Cookbook Portobello Burgers

Portobello mushrooms can make good substitutes for hamburger buns. I just use one mushroom for the bottom “bun,” but you could use two if you’d like it to look a bit more traditional. Time: 20–25 minutes

- 1 lb ground buffalo (or beef, turkey, etc.)
- 1/4 cup chopped onion
- 2–3 cloves chopped garlic
- dash of pepper
- 1 tbsp olive oil
- 6 slices tomato
- lettuce
- 3 Portobello mushrooms

Put the ground meat into a bowl, add the onion, garlic, pepper, and any other spices that you wish. Mix well, then form into three patties. Place the olive oil in a skillet, cook the patties, flipping often, until done to your liking. I like to flip the meat often to prevent any excessive browning, and serve it done rare. Set the burgers aside when done, covering with a plate so that they stay warm. While the burgers are cooking, prepare the “buns” and any vegetables that you wish to top the burgers with. You’ll want to cut the stems out of the mushrooms first, but you can save them to use in a different meal if you wish. Garnish your burgers any way you like. Place the mushrooms into the skillet that you used to cook the burgers and cook for around 2–3 minutes per side in the juices from the meat. Plate the mushrooms, then add the meat and condiments of your choosing. A bit of steamed broccoli can round out this particular meal.

Seasonal Steamed Vegetables

- 1 medium zucchini, diced
- 1 medium yellow summer squash, diced
- 1 stalk broccoli florets, chopped into bite- sized pieces
- 2 cups spinach
- 2 slices of red onion
- 2 tbsp olive oil or coconut oil
- 1/2 tsp thyme

- sea salt to taste

Chop the vegetables. To save time, add water to your steamer and bring it to a boil while you are chopping the veggies. Add the vegetables to the basket, then reduce the heat and steam for around 10 minutes, or until the vegetables have reached the desired softness. Serve the vegetables drizzled with either olive oil or coconut oil. I use 2 tbsp in this recipe, but be sure to adjust the amount to suit your own needs. Sprinkle with thyme and sea salt. You can use many other vegetables in this recipe. Just be aware that some vegetables, such as cabbage, will take longer to steam. Add them to the steamer first, then add the other vegetables later for best results.

Pork and Roasted Veggie Salad

- 1 cup roasted yam and sweet potato mix
- 3/4 cup roasted zucchini
- 3/4 cup roasted asparagus
- olive oil
- seasonings of your choice (see below)
- 6 cups of herb salad mix
- 10 oz leftover pork loin
- sea salt to taste
- pepper to taste

First, roast your veggies. * Chop the yam and sweet potatoes into small cubes. Slice the zucchinis into 1/4-inch-thick discs, and break off the woody ends of the asparagus. Toss all of the veggies onto a roasting pan, drizzle with olive oil. Add any seasonings that you like here. I use red pepper flakes, but smoked paprika would be a good choice as well. If you avoid nightshades, basil is tasty. Toss until they are coated in the oil, then roast in the oven for 20 minutes at 350 degrees. Toss occasionally; when all of the veggies have become soft and slightly browned, they are done. Make a bed of greens on two plates. To save time, you can use a premade herb greens mix. Top with the meat and roasted veggies. You can first warm the leftover meat in the oven if you like, or just add it cold. Top with sea salt and fresh ground pepper to taste. * I suggest roasting a big batch, so that you have some left for later uses.

Curry Veggies

- 1 bag frozen veggies (or better yet, fresh)
- 1/2 12-16 oz can coconut milk
- 1 cup chicken or beef broth
- 1 6-12 oz can of salmon or 1 lb of meat of your choice
- 1 tsp curry
- 1 tsp cumin
- 1 tsp garlic powder

Lightly steam frozen veggies until crisp-tender. Pour 1/2 can of coconut milk into a saucepan. Add the veggies, protein, and remaining spices. Mix all ingredients together and cook about 10 minutes to allow flavors to infuse. (This also can be a great slow cooker recipe and easily be doubled or tripled for planning ahead). You may also substitute any variety of meats you prefer.

Delicata Squash Salad

- 1 Delicata squash
- 3 1/2 tbsp olive oil (divided)

- sea salt (optional)
- 8 cups veggies: mix of Lacinato kale, curly kale, chard, radicchio, frisée.
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- 2 tsp balsamic vinegar
- 1 tsp lemon peel
- 2 tbsp pine nuts

Preheat your oven to 350 degrees. Cut the squash in half lengthwise, then scoop out the seeds. Chop the squash into cubes, then toss with 2 tbsp of olive oil in a roasting pan. Sprinkle with sea salt if you like. Roast for 30 minutes, tossing every 10 minutes or so. Meanwhile, chop your veggies, then toss them in a large salad bowl. I use a wide variety of seasonal greens, but your salad will still be good with just a couple of the above. Next, make the dressing. In a small dish, add the remaining 1 1/2 tbsp of olive oil, lemon juice, Dijon mustard, balsamic vinegar, and lemon peel. Mix well, then add to the salad. Toss well, then transfer the salad to serving plates. Once the squash is done, allow it to cool for 5 minutes. Top the salad with the squash, then scatter 1 tbsp of pine nuts over each serving.

Almond Chicken

Here is a topping for chicken, but it is excellent over fish and pork as well.

- 4 oz almonds
- 2 tbsp olive oil
- 1 cup chopped onion
- ? cup chopped celery
- 1/2 cup chopped mushrooms
- 1 (5 oz) can water chestnuts
- 2 tbsp tamari soy sauce (wheat free!)
- sea salt and fresh ground pepper to taste
- 1/2 cup of chicken broth, or 1/2 cup water + 1 tube of Trader Joe's chicken broth concentrate

Sauté the almonds in the olive oil, using a saucepan over medium heat. Once the almonds begin to brown slightly, remove them from the pan and set them aside.

Next, add the onion and celery, then sauté until soft. Add the mushrooms, cooking for 3 minutes longer. Return the almonds, then add all of the remaining ingredients. Mix well, cook until hot. Serve over shredded chicken, or other meat of your choice.

Squash and Pepper Hash

This is great at breakfast time, or anytime! You can use many different seasoning options with this recipe to suit your tastes.

- 1 small acorn squash (about 4 cups cubed)
- 1? cups chopped onion
- 2 sweet chocolate peppers or pasilla peppers
- 2 tbsp olive oil • sea salt and pepper to taste

Peel, halve, and seed the squash. (I usually don't bother with peeling the squash, but you can if you like.) Chop the onion. Seed, stem, and chop the peppers. Heat the olive oil in a large skillet over medium heat. (You can adjust the oil to meet your fat block needs.) Add the squash, onion, and peppers. Sauté, turning often, for around 20 minutes. Season with sea salt and fresh ground pepper.

Paleo Pizza

I am sure that I am not alone in my occasional longing for pizza since switching to eating Paleo. Pizza is a food that seems off limits for those following a Paleo eating plan. After all, what would pizza be without the doughy crust and cheese? I decided to try to come up with a version that would nix the grain and dairy, and still taste good! This is my basic pizza recipe. You can alter it and add whatever veggies and meats that you like to make your favorite style of pizza.

- 1 cup ground almonds or other nuts
- 3 tbsp cashew butter
- 2 cup egg whites
- 3 tsp olive oil, divided
- 1 large Italian sausage, cut in 1/2-inch slices
- 2 cloves minced garlic
- 1/2 cup chopped onion
- 1 chopped red pepper
- 1/2 cup marinara sauce
- 1/2 tsp oregano
- 1/2 tsp fennel seed
- 1/2 cup halved grape tomatoes

Mix ground nuts, cashew butter, and egg whites in a small bowl. Grease a pizza baking sheet or similar with 2 tsp of olive oil, then spread the “dough” mixture over it, making a 1/4-inch-thick crust. Preheat the oven to 250 degrees. In a skillet, add the remaining olive oil and the sliced sausage. Cook until browned, then remove the sausage to a small bowl. Add the garlic, onions, and red pepper to the skillet. Sauté the veggies lightly, making sure not to let them get too soft. Cover the dough with the marinara sauce, then add the meat and vegetables, excluding the tomatoes. Add the oregano and fennel seed, then bake for 30 minutes. Remove from oven, add the halved tomatoes, and serve! Use a large spatula to carefully remove the slices from the pan, as the nutty “dough” won’t be as crisp as traditional grain dough.

Makes 4 servings.

Egg Torte

Here is a light breakfast meal. It is traditionally made with rice, but we’ll use cauliflower instead. This recipe is for one torte; make multiple tortes one at a time.

- 1/2 tbsp olive oil
- 1/4 cup finely chopped cauliflower
- 1/4 cup chopped red bell pepper
- 1/4 cup chopped onion
- 1 tsp chopped serrano pepper
- 2 egg whites
- sea salt and pepper to taste
- 1/4 cup fresh chopped cilantro

Place a small skillet over medium heat, adding the olive oil. Sauté the cauliflower for 2–3 minutes. Add the red pepper, onion, and Serrano pepper. Sauté until the veggies are soft. Meanwhile, whisk the two egg whites in a bowl until fluffy. Add the sautéed veggies when done, then the salt and pepper; mix well. Add the mixture to the skillet, frying one side, then flipping. Cook until light golden brown. Serve topped with the cilantro. Repeat the process for each torte.

Greek Scallops

- 1 lb. sea scallops

- 2 tbsp olive oil
- 1 cup chopped onion^[SEP]
- 1 cup sliced mushrooms^[SEP]
- 2 cloves minced garlic^[SEP]
- 1 cup chopped tomatoes^[SEP]
- 1/4 cup chopped parsley^[SEP]
- 2 tbsp lemon juice^[SEP]
- oregano to taste
- pepper to taste^[SEP]
- 1 hard-boiled egg, chopped
- 2 tbsp pine nuts

In a large saucepan, heat the scallops in 1 tbsp of olive oil until opaque, around 5 minutes. Transfer the scallops and liquid to a bowl and set aside. Rinse and dry the pan. Now, heat 1 tbsp of olive oil in the pan; this time, add the onions and sauté for 2 minutes. Add the mushrooms and sauté 3–5 minutes more, then add the minced garlic and sauté for 1 more minute. Add the tomato, chopped parsley, lemon juice, oregano, and pepper. Boil, then reduce heat and simmer 5 minutes. Stir in the scallops and liquid and bring to a boil. Serve into bowls, top with the chopped hard-boiled egg and pine nuts.