

# NEW YOU CHALLENGE

## PALEO MEAL PLAN - BREAKFAST RECIPES

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### **Paleo Breakfast Muffins (Serves 5)**

**Prep - 10 minutes, Cook - 20 minutes**

6 Eggs  
4 Slices Bacon; Cut into small pieces.  
1 tablespoon Coconut Milk  
2 Green onions; Chopped  
1 Bell pepper  
4 ounces Fresh mushrooms; Chopped  
1 Small onion or half large; Chopped  
1 Green jalapeno pepper; Chopped  
Coconut Oil ; For greasing pan

#### **Preparation**

Whisk the eggs and coconut milk well in a large bowl. Add salt and pepper to taste.

Preheat oven to 350 F.

Place the remaining ingredients except the coconut oil in a frying pan and fry at medium heat for 5-8 mins or until the bacon is done. Stir often.

Grease a muffin pan with the coconut oil.

Pour the fried ingredients into the egg bowl and mix well. Use a ladle to pour the mixture into the muffin pan.

Bake for 20-25 minutes until golden brown. Remove the muffins from the pan immediately and let cool. Refrigerate for up to 4 days. Warm using microwave for 20-30 seconds.

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### **Paleo BLT Frittata (Serves 5)**

**Prep - 15 minutes, Cook - 15 minutes**

- 8 eggs
- 4 slices bacon; cooked and chopped
- 3-4 cups spinach (or other greens of your choice)
- 1 large tomato; sliced
- 1 tbsp almond milk
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 tbsp chopped fresh basil
- 1 tbsp extra virgin olive oil

#### **Preparation**

Preheat oven to 400 degrees F. In a medium bowl, whisk together the eggs, milk, basil, salt and pepper. Set aside.

Heat olive oil in a 10-inch nonstick skillet over medium heat. Add greens and cook 3-4 minutes until wilted. Add in bacon and stir.

Add egg mixture to the pan and place tomatoes on top. Using a spatula, occasionally lift the edges to allow uncooked egg to run under. When the frittata has set, transfer to the oven and cook for 12-15 minutes or until egg is cooked through. Cut into wedges and serve warm.

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### Grain Free Applesauce Pancakes (Serves 4)

Prep - 5 minutes, Cook - 15 minutes

2 eggs, large

1/3 cup apple sauce; unsweetened

1/4 cup almond meal

1/2 teaspoon baking powder

1/4 teaspoon vanilla extract

1/2 tablespoon maple syrup, honey, or agave nectar

#### Preparation

First, whisk 2 eggs in a small bowl. Then add in applesauce, maple syrup, and vanilla extract.

Next, add in almond meal and baking powder and mix until combined.

Spray a pan with coconut oil spray or nonstick cooking spray and heat to low/medium. Once the pan is fully heated. Spoon in about 3 tablespoons of batter.

Let cook for about 3-4 minutes on the first side, or until firm enough to flip. You'll want to move quickly when flipping with a spatula.

Cook the second side for around 2-3 minutes or until fully cooked. Repeat 3 more times.

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### Turkey and Tomato Omelet (Serves 4)

Prep - 10 minutes, Cook - 5 minutes

8 Eggs

1 tsp Dill weed; Dried

2 tsp Tarragon; Dried

1/2 tsp Pepper, black; Freshly ground

1 tsp Salt

2 tsp Extra virgin olive oil

1 Tomato; chopped

4 oz Turkey breast; oven roasted

2 tbsp Cilantro leaves; chopped

#### Preparation

Heat oil in skillet or non-stick saute pan over medium heat.

Beat eggs until they reach a pale yellow color. Add dill weed, tarragon, pepper, and salt

Whip egg mixture some more to make nice and frothy. The goal is to introduce as much air as possible.

Pour egg mixture into pan. As eggs start to set, gently lift the sides with a rubber spatula and tilt skillet to allow liquid to run underneath until no liquid is left.

Once eggs are set, add chopped tomato, turkey breast, and cilantro to one side of omelet, and cover by lifting other side of omelet up and over with rubber spatula.

Cover skillet and cook for 1 more minute. Flip omelet, cover, and cook another minute. Be careful not to let the eggs turn brown. Garnish with fresh cilantro, if desired.

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## PALEO MEAL PLAN - LUNCH RECIPES

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### Turkey & Bacon Lettuce Wraps w/ Basil-Mayo (Serves 2)

Prep - 10 minutes, Cook - 5 minutes

1 head iceberg lettuce  
4 slices gluten-free deli turkey (I like Applegate Farms)  
4 slices gluten-free bacon; cooked (I like Applegate Farms)  
1 avocado, thinly sliced  
1 roma tomato thinly sliced  
1/2 cup gluten-free mayonnaise (I like Hellmann's Olive Oil Mayo)  
6 large basil leaves; torn  
1 teaspoon lemon juice  
1 garlic clove; chopped  
salt  
pepper

#### Preparation

For the Basil-Mayo: combine ingredients (mayo, basil, lemon, garlic, salt, and pepper) in a small food processor until smooth. Alternatively, mince basil and garlic then whisk all ingredients together. Can be done a couple days a head of time.

Lay out two large lettuce leaves then layer on 1 slice of turkey and slather with Basil-Mayo. Layer on a second slice of turkey followed by the bacon, and a few slices of both avocado and tomato. Season lightly with salt and pepper then fold the bottom up, the sides in, and roll like a burrito. Slice in half then serve cold.

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## PALEO MEAL PLAN - LUNCH RECIPES

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### **BLT Bowl (Serves 4)**

**Prep - 10 minutes, Cook - 5 minutes**

1 head of Romaine Lettuce (or pack of romaine hearts; chopped)  
2 avocados, diced  
Big handful of cherry tomatoes; halved  
1 cucumber, diced  
1 cup of cilantro; chopped  
1/2 lb. bacon

#### **FOR DRESSING:**

2 TBSP Balsamic vinegar  
4 TBSP Olive Oil  
1 tsp. Mustard  
2 TBSP Lemon juice  
Salt and Pepper

#### **Preparation**

Cook bacon on medium heat until crispy. Drain on paper towel. Mix all veggies in a bowl. Top with crumbled bacon. Whisk dressing ingredients together in small bowl, and pour over salad. Enjoy!

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### Chicken Bites with Zucchini and Spinach (Serves 4)

Prep - 15 minutes, Cook - 10 minutes

1 lb Ground Chicken  
2 small/med zucchini shredded  
1 cup packed baby spinach; chopped  
1 tsp. Garlic powder  
1/2 tsp. Onion powder  
1/2 tsp ground oregano  
1 tsp. Salt  
1/2 tsp. Pepper  
2 TBSP olive oil  
Marinara (make sure it has no sugar in it)

#### Preparation

Place chicken in medium sized bowl. Dry out your zucchini by placing it into the center of a clean kitchen towel. Then gather all four sides together and squeeze and twist towel over the sink. When the zucchini has most of the excess moisture out, add it to the chicken with spinach, garlic powder, onion powder, oregano, salt and pepper. Mix well.

Heat skillet over medium heat. Add olive oil. Using your hands, grab about  $\frac{1}{4}$  of a cup of chicken mixture and roll into ball. About golf ball sized. Add to hot oil and repeat. Cook for about 3 minutes and then turn them over. Turn the heat to medium low and cover pan for 3-5 more minutes or until cooked through. Serve warm with a side of marinara!

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### Salmon, Spinach, and Avocado Salad (Serves 4)

Prep - 20 minutes, Cook - 10 minutes

1 orange; juice of

Fresh lemon juice - generous squeeze

Salt & pepper ; to taste

1/4 cup Olive oil

1/2 small red onion; finely chopped

2 tablespoons Sesame seeds

8 cups Fresh spinach

1 1/2 pounds Salmon; boneless, cut into 4 pieces

2 tablespoons Olive oil

1 avocado; thinly sliced, sprinkled w/juice of 1/2 orange

#### Preparation

In a large dry skillet over high heat, toast the sesame seeds, shaking the pan often, for 2 minutes or until they are golden. Remove from pan; set aside.

In a bowl, whisk the orange and lemon juices, salt, and pepper. Gradually whisk in the olive oil, then the onion. Taste for seasoning and add more salt and pepper, if you like.

Sprinkle the salmon with salt and pepper. In the skillet over high heat, heat the olive oil. Add the salmon, skin side down, and cook for 4 minutes. Turn and cook the other side for 4 minutes more or until the salmon is just cooked through. Remove the pan from the heat.

In a bowl, toss the spinach with the vinaigrette dressing. Divide among 4 plates.

With a wide metal spatula, remove the salmon from the pan, leaving the skin behind. Set a piece of salmon on each plate. Garnish with avocado and sprinkle with sesame seeds.

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## PALEO MEAL PLAN - DINNER RECIPES

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### Grilled Chicken Breast with Garlic Lemon Marinade (Serves 6)

Prep - 5 minutes, Inactive Time - 2 hours, Cook - 20 minutes

6 Chicken breast halves  
1/4 c olive oil  
2 cloves garlic ; minced  
2 tb Lemon juice ; strained  
1 ts Black pepper  
1 ts Ground cumin ; optional  
1/2 ts Salt

#### Preparation

Place chicken in shallow dish. Combine all ingredients, pour over both sides of chicken. Cover and refrigerate, for 2 hours up to overnight if you wish. Grill covered or broil about 10 min. each side until done, serve immediately.

Variation: Garlic-herb marinade for chicken or fish: Prepare marinade as above, omitting cumin and using only 1/2 teaspoon black pepper. Add 1 teaspoon dried thyme or 1 teaspoon oregano and 1/2 teaspoon minced fresh rosemary.

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## PALEO MEAL PLAN - DINNER RECIPES

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### Foil Baked Salmon (Serves 3)

**Prep - 5 minutes, Cook - 20 minutes**

2 pounds Salmon fillet  
1 teaspoon Fresh dill  
1 teaspoon Fresh basil  
Fresh lemon juice; to taste  
1 pinch Salt & pepper  
1 tablespoon Olive oil  
1 whole Fresh lemon; Thinly sliced

#### Preparation

Preheat oven to 450 degrees.

Place foil about the size of a cookie sheet on a cookie sheet. Spread olive oil about 4 inches from the bottom of the foil for room to fold. Place your salmon or fish of your choice on top of the olive oil. Squeeze some fresh lemon juice on top of the fish. Next place dill, basil, and salt and pepper on top of the fish. Place thinly sliced lemon on the fish, this allows the juice to leak out. Fold top of foil over and pinch shut on all sides so there are no holes or gaps in foil.

Place in oven for 20 minutes, or until fish flakes easily with a fork. Take out and serve.

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## PALEO MEAL PLAN - DINNER RECIPES

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### Easy Chicken Stir Fry (Serves 3)

Prep - 20 minutes, Cook - 15 minutes

2 tablespoons olive oil

1 lb boneless skinless chicken breasts ; in 1-inch cubes

Salt and pepper black pepper ; to taste

1 thinly sliced small white onion

1 thinly sliced red bell pepper

1/2 teaspoon grated fresh ginger

3 minced garlic cloves

2 shredded carrots

1/2 head broccoli broken into florets

1 teaspoon coconut oil

1 tablespoon coconut aminos

### Preparation

Heat the oil in a skillet.

Grind some salt and pepper over the chicken, then add it to the skillet and cook until golden brown (5 to 7 minutes)

Now stir in the onion, bell pepper and ginger, and sauté for 5 minutes.

Next add the garlic, carrots and broccoli and keep stir-frying for a further 3 or 4 minutes, using a spatula or spoon to keep the ingredients moving in the pan.

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### Everyday Paleo Pork Chops (Serves 4)

**Prep - 10 minutes, Cook - 10 minutes**

4 Pork chops; 1/4-inch thick  
1/2 cup Dijon mustard  
1 teaspoon mustard powder  
1 teaspoon Dried thyme  
1 teaspoon garlic ; crushed  
1 tablespoon coconut oil

#### Preparation

Preheat oven to 425°F.

Season pork chops lightly with salt and pepper.

In a small bowl, combine mustard, mustard powder, thyme, and garlic; mix well and spread evenly over both sides of the chops.

Heat the oil in a large skillet over medium-high. Add the chops and brown for 2 minutes per side.

Transfer your skillet to the oven and cook for an additional 5-8 minutes, until no longer pink and cooked through.

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## PALEO MEAL PLAN - DINNER RECIPES

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### Rosemary Balsamic Chicken with Bacon & Apples (Serves 4)

**Prep - 10 minutes, Cook - 25 minutes**

1.5 lbs chicken breast  
1/4 cup balsamic vinegar  
1/2 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

#### Preparation

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. Marinade 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.

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## PALEO MEAL PLAN - DINNER RECIPES

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### **Paleo Spaghetti (Serves 3)**

**Prep - 15 minutes, Cook - 40 minutes**

1 Spaghetti Squash  
1 pound Ground beef  
1 onion  
2 cans Tomato paste  
2 Tomatoes; OR can diced tomatoes  
1 clove Garlic  
Italian seasoning  
Salt & pepper  
Jalapeno peppers; (Optional)

#### **Preparation**

Preheat oven to 400 degrees. Dice onion. Mince garlic. Dice tomatoes.

Cut the spaghetti squash in half, scoop and discard seeds. Drizzle inside of remaining squash with olive oil, pepper, and a tiny bit of salt. Give them a minute or two to sit and soak in the oil. Put squash face down on cookie sheet and bake for 40 minutes.

Start the sauce - Add olive oil into a pan, and add diced onions. Cook until onions start turning a yellowish-color (approx 5 to 7 minutes). Add garlic, ground beef, Italian seasoning, and pepper and cook until meat is browned (7 to 10 minutes). Strain the grease.

Add in tomatoes, tomato paste, and jalepeno peppers (optional) to the meat mixture. Also add more pepper or Italian seasoning if needed.

Take out the spaghetti squash, and fork-strip out the innards. Pour your sauce on top - and enjoy!

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## PALEO MEAL PLAN - DINNER RECIPES

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### Lemon Chicken Skillet (Serves 4)

**Prep - 10 minutes, Cook - 20 minutes**

1 tablespoon oil of choice - olive; avocado, coconut, etc.

Sea Salt and pepper; to taste

1 teaspoon Italian seasoning

4 boneless, skinless chicken breasts

1 cup chicken broth

1 lemon, quartered and juiced (about 1/4 cup fresh juice)

4 cloves garlic minced (about 1 tablespoon minced)

10 ounces fresh or frozen broccoli florets

optional: 2 tablespoons butter or ghee

#### Preparation

Heat your oil in a skillet over medium heat. Sprinkle sea salt, pepper and Italian seasoning on each side of the chicken.

Once your skillet is hot, add your chicken breasts. Brown for about 4 minutes per side or until golden brown. Remove the chicken from the skillet and set aside.

Add the chicken broth, lemon juice, minced garlic to the skillet. Stir and scrape up any brown bits that are stuck on the bottom (about 1 minute)

Add your chicken back to the skillet, along with the used lemon quarters. Simmer the chicken in the sauce for about 5 minutes, turning halfway through. Add your broccoli to the skillet and cook until broccoli is bright green and tender and chicken is cooked through, about 5 additional minutes.

Finally, stir in the butter or ghee and add additional sea salt and pepper, to taste. Enjoy!

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### Cilantro Lime Chicken with Avocado Salsa (Serves 4)

Prep - 15 minutes, Cook - 12 minutes

#### Cilantro Lime Chicken:

1.5 lb. boneless chicken breast

1/4 cup lime juice

2 tablespoons olive oil

1/4 cup fresh cilantro

1/2 teaspoon ground cumin

1/4 teaspoon salt

#### Avocado Salsa:

4 avocados, diced

1/2 cup fresh cilantro, diced

3 tablespoons lime juice

1/2 tablespoon red wine vinegar

1/2 teaspoon red pepper flakes

1 garlic clove, minced

Salt to taste

#### Preparation

To a small bowl, add 1/4 cup of lime juice, olive oil, 1/4 cup of fresh cilantro, ground cumin, and 1/4 teaspoon of salt. Whisk until mixed. Add chicken and marinade to a large ziplock bag. Let chicken marinade for 15 minutes.

Preheat grill to medium high heat (about 400 degrees). Place chicken on grill and grill each side for 4-6 minutes, until chicken is no longer pink. Remove and let sit.

To make the avocado salsa: add avocado, 1/2 cup fresh cilantro, 3 tablespoons lime juice, red wine vinegar, red pepper flakes, garlic clove, and salt to a small bowl. Gently toss to mix. Top Cilantro Lime Chicken with fresh Avocado Salsa.

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### Harissa Portobello Mushroom "Tacos" (Serves 6)

Prep - 20 minutes, Cook - 10 minutes

#### Portobello Mushrooms

1 pound (450g) portobello mushrooms  
1/4 cup (60g) spicy harissa, or use a mild harissa  
3 tablespoons olive oil, divided  
1 teaspoon ground cumin  
1 teaspoon onion powder  
6 collard green leaves

#### Guacamole

2 medium ripe avocados  
2 tablespoons chopped tomatoes  
2 tablespoons chopped red onion  
1 1/2 to 2 tablespoons lemon or lime juice  
pinch of salt  
1 tablespoon chopped cilantro

#### Optional Toppings

cashew cream  
chopped tomatoes  
chopped cilantro

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## PALEO MEAL PLAN - DINNER RECIPES

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### Harissa Portobello Mushroom "Tacos" (CONTINUED)

#### Preparation

Remove the stem of the portobellos. Rinse mushrooms and pat dry.

Mix harissa, 1 1/2 tablespoons olive oil, cumin, and onion powder in a bowl. Brush each mushroom with the harissa mixture, making sure to cover the edges of the mushroom as well. Let mushroom marinade for 15 minutes.

While the mushrooms are marinating, prepare guacamole. Halve and pit the avocados and scoop out the flesh. Mash avocados and mix in chopped tomatoes, red onion, lemon (or lime) juice, salt, and cilantro. Set aside.

Rinse collard greens. Chop off the tough stems and set aside.

When the mushrooms are done marinating, heat 1 1/2 tablespoons of olive oil in a skillet or sauté pan over medium-high heat. Place the portobello mushrooms in the pan and cook for 3 minutes. Flip over and cook for another 2 to 3 minutes. Each side should be browned.

Turn off the heat and let the mushrooms rest for 2 to 3 minutes before slicing.

Take a collard green leaf and fill it with a few slices of portobello. Add guacamole, chopped tomatoes, cashew cream, and cilantro to your liking.

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### **Paleo Salisbury Steak Meatballs (Serves 6)**

**Prep - 10 minutes, Cook - 20 minutes**

#### **For the meatballs:**

1.5 lbs grass-fed ground beef 85% lean  
1 egg  
1/3 cup blanched almond flour  
3/4 tsp fine grain sea salt  
1/4 tsp black pepper  
2 tbsp tomato paste  
2 tbsp brown mustard  
1 tsp garlic powder  
2 tsp onion powder  
1 tbsp coconut aminos  
1/4 tsp liquid smoke optional  
1 cup white mushrooms divided SEE NOTE\*  
1/4 cup finely chopped mushroom from the 1 cup  
1 Tbsp ghee or other cooking fat  
Parsley chopped, for garnish

#### **For the sauce:**

12 oz beef bone broth divided (1 cup + 1/2 cup)  
1 Tbsp ghee  
1 med onion chopped  
3 cloves garlic chopped  
1 tbsp arrowroot powder or tapioca  
1 tsp mustard  
2 tsp coconut aminos  
See NOTE\*

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## PALEO MEAL PLAN - DINNER RECIPES

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### Paleo Salisbury Steak Meatballs (CONTINUED)

#### Preparation

#### Make the meatballs:

In a large bowl, mix together with your hands the ground beef, almond flour, salt, pepper, garlic and onion powder, mustard, tomato paste, coconut aminos, finely chopped mushrooms\*, egg, and liquid smoke,(if using.)

Form into 1.5 inch balls while preheating a large deep skillet over medium heat. Add 1 tbsp ghee to the skillet, then brown the meatballs all around. Transfer browned but not cooked through meatballs to foil lined sheet and lower the heat to low.

#### Make the sauce:

Add second tbsp ghee to the pan, then the onions and cook until translucent. Add the garlic and cook another minute.

Add 1 cup of the bone broth, leaving a half cup to mix with arrowroot

Add the mustard, aminos, sliced mushrooms\* and bring to a simmer, stirring.

In a small bowl, whisk arrowroot with the remaining 1/2 cup of broth, add to the pan and stir to combine.

Add meatballs back to the pan with the sauce, cover and simmer on low for 5-10 minutes until meatballs are fully cooked and sauce thickens.

Spoon sauce over meatballs, sprinkle with parsley and serve with mashed potatoes.

#### Recipe Notes

\*NOTE: Slice 3/4 cup of the mushrooms for the sauce, and finely chop the remaining 1/4 cup to add to the meatball mixture.

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### Oven Roasted Vegetables (Serves 4)

**Prep - 10 minutes, Cook - 30 minutes**

- 1 med zucchini; sliced
- 1 med summer squash; sliced
- 1 med red bell pepper; chopped
- 1 med yellow bell pepper; chopped
- 1 pound fresh asparagus; chopped
- 1 red onion
- 3 tbsp extra-virgin olive oil
- 1 tsp salt
- 1 tsp ground black pepper

#### **Preparation**

1. Pre-heat oven to 450
2. Put all veggies into large roasting pan and toss with olive oil, salt, and pepper
3. Spread evenly in pan
4. Roast for 30 mins, stir occasionally until lightly brown

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### Roasted Broccoli and Sweet Onion (Serves 4)

**Prep - 10 minutes, Cook - 30 minutes**

1 bunch broccoli; about 1 1/2 pounds, cut into florets, stem peeled and sliced

1 large sweet onion; peeled and cut into thick slices

2 tablespoons extra virgin olive oil

1 teaspoon kosher salt

1/2 teaspoon Black Pepper; freshly ground

#### Preparation

Preheat oven to 450 degrees.

Meanwhile spread the broccoli florets in a single layer, on a baking sheet. Distribute the onion slices evenly over the broccoli. Drizzle the oil, add the salt and pepper and toss to evenly coat the vegetables.

Roast for about 20 minutes. Toss the vegetables and return to the oven for another 5-10 minutes until tender.

Serve hot or at room temperature.