



**DELICIOUSLY  
NUTRITIOUS  
& SIMPLE  
PALEO WEEKLY  
MEAL PLAN**

# THE WEEKLY MEAL PLAN

These recipes are created to make mealtime enjoyable, simple, and delicious while meeting your lifestyle choices with food.

## HELPFUL TIPS FOR YOU!

Add some nutritional yeast to your favorite vegetable dishes for a cheesy taste and a boost of protein!

Choose grass fed meats whenever you can to increase your omega 3 intake and lower your saturated fat intake.

Don't forget about whole food starchy carbohydrates such as sweet potatoes or other root vegetables to ensure a healthy carbohydrate intake as some paleo diets can be lower in carb.



# THE WEEKLY MEAL PLAN

	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Go-to Green Smoothie	Hearty Vegetable Bowl	Glazed Salmon & Greens	Better Energy, Energy Balls
TUESDAY	Yogurt Bowl	Chicken Soup	Shakshuka	Deviled Eggs
WEDNESDAY	Go-to Green Smoothie	Hearty Vegetable Bowl	Glazed Salmon & Greens	Better Energy, Energy Balls
THURSDAY	Yogurt Bowl	Chicken Soup	Shakshuka	Deviled Eggs
FRIDAY	Go-to Green Smoothie	Hearty Vegetable Bowl	Glazed Salmon & Greens	Better Energy, Energy Balls
SATURDAY	Yogurt Bowl	Chicken Soup	Shakshuka	Deviled Eggs
SUNDAY	Go-to Green Smoothie	Hearty Vegetable Bowl	Glazed Salmon & Greens	Better Energy, Energy Balls

# WEEKLY SHOPPING LIST

Pantry items commonly stocked, including dried spices, herbs, olive oils, etc.  
*are not included in this list.*

## PRODUCE

Spinach - 13 cups  
2 medium bananas  
2 mangoes  
2 lemons  
1 orange (optional)  
1 butternut squash  
Radishes - 2 cups  
1 head cauliflower  
Organic, boneless skinless chicken breast - 2 pounds  
Dark leafy greens of choice (such as spinach, arugula or kale) - 16 ounces  
Roma tomatoes- 4  
Corn - 1 cup  
2 limes  
2 yellow onion  
1 green bell pepper  
2 avocados  
Broccolini - 2 pounds  
1 red bell pepper  
1 serrano pepper  
11 eggs

## ANIMAL PROTEIN

Organic, boneless skinless chicken breast - 2 pounds  
Boneless salmon fillet - 2 pounds

## PANTRY

Organic almond butter - 3 cups  
Spirulina powder - 4 tbsp (optional)  
4 dates, pitted  
4 scoops plant-based protein powder (optional)  
Honey - 3 tbsp  
Flaxseed - 3 tbsp  
Bee pollen - 1 ½ tbsp (optional)  
Vegetable or chicken stock - 1 quart  
White miso - 2 tbsp  
12, 14 ounce cans crushed tomatoes  
Rolled oats  
Peanuts - 1 cup  
Cocoa powder - 1 ½ cup  
Maca powder - 1 tbsp (optional)  
Dijon mustard - 2 tbsp

## FRESH HERBS

Cilantro - 1 cup  
Parsley - 1 cup  
Chives - 1 tbsp  
Dill - 1 tbsp

## REFRIGERATED

Unsweetened almond milk - 4 cups  
Almond or coconut-based yogurt - 3 cups



# WEEKLY COOKING PLAN

## WHAT TO MAKE AHEAD OF TIME:

- 1 Hearty Vegetable Bowl: butternut squash, radishes, cauliflower & tofu
- 2 Chicken Soup
- 3 Deviled Eggs
- 4 Better Energy, Energy Balls

## WHAT TO MAKE UPON AN ASSEMBLY:

- 1 Go-to Green Smoothie
- 2 Yogurt Bowl
- 3 Glazed Salmon & Greens
- 4 Shakshuka



## GO-TO GREEN SMOOTHIE

*Serves: 1*

### Ingredients:

- 2-3 cups raw spinach
- 1 cup frozen banana
- 1 cup unsweetened almond milk
- 1 tablespoon almond butter
- 1 tablespoon spirulina powder, optional
- 1 date, pitted
- 1 scoop of plant-based protein powder, optional

### Directions:

1. Simply combine all the ingredients in a high-speed blender until thick and creamy. You may adjust for your desired thickness by adding ice or removing liquid- the opposite is true if you prefer it thinner.

## YOGURT BOWL

*Serves: 1*

### Ingredients:

- 1 cup almond or coconut-based yogurt
- 1/2 mango, sliced
- 1 tablespoon honey
- 1 tablespoon flax seed
- 1/2 tablespoon bee pollen (optional)
- lemon and orange wedge to garnish

### Directions:

1. Place yogurt in your favorite bowl, top with remaining ingredients and drizzle with honey.



## HEARTY VEGETABLE BOWL

Serves: 4

### Ingredients:

2 tablespoons olive oil  
1 butternut squash, cubed and roasted  
2 cups radishes, whole and roasted  
1 head cauliflower, cut into florets and steamed  
1, 15-ounce package firm tofu, crumbled  
1 lemon, thinly sliced  
Red chili pepper flakes, to taste  
Sea salt and pepper, to taste  
Dark leafy greens of choice (such as spinach, arugula or kale)

### Directions:

- 1.** Preheat the oven to 350 F and line a baking sheet with foil and grease with olive oil.
- 2.** Combine butternut squash, radish, tofu, and slices of lemon on a baking sheet. Bake for 40 minutes or until vegetables are fork tender. While the vegetables are roasting, steam the cauliflower florets until tender, about 6 minutes.
- 3.** Combine cooked ingredients in a bowl on top of dark leafy greens of choice (such as spinach, arugula or kale).
- 4.** To serve, add optional garnishes such as sliced avocado, nuts, seeds, fresh cilantro or parsley.

# CHICKEN SOUP

Serves: 6-8

## Ingredients:

1 pound organic, free-range chicken breast  
1-quart vegetable stock or chicken stock  
4 Roma tomatoes diced  
1 cup corn, frozen or fresh  
2 limes  
1/2 cup fresh cilantro, chopped  
1 yellow onion, cut in half  
1 green bell pepper, finely diced  
3 cloves garlic  
1 tablespoon olive oil  
1 tablespoon ground cumin  
Salt and pepper to taste  
Fresh avocado, cilantro, or hot sauce to garnish

## Directions:

**1.** In a large Dutch oven, add the stock, half of a yellow onion, chicken breast and gently simmer until chicken is cooked through completely and registers 160 degrees on an instant-read thermometer.

Remove chicken and set aside. Strain broth through a mesh strainer into a bowl and set aside. Discard 1/2 onion.

**2.** In a large Dutch oven, heat olive oil over medium heat until shimmering. Add remaining 1/2 onion, finely diced, green pepper and Roma tomatoes and cook until vegetables are tender and translucent - about 10 minutes. Add crushed garlic, cumin and cook until fragrant, about 30 seconds.

**3.** Add broth to Dutch oven and cook until lightly simmering. Add corn. Tear or cut the chicken into bite-sized pieces and add to the pot. Simmer until corn is tender, about 15 minutes.

**4.** Add chopped cilantro, and the juice of 1 lime and stir to incorporate. Salt and pepper to taste. Serve with fresh cilantro, diced avocado, and lime juice. Enjoy!

## GLAZED SALMON & GREENS

Serves: 4

### Ingredients for the salmon & greens:

2 pounds boneless salmon fillet  
2 pounds broccolini  
2 tablespoons olive oil  
Salt and pepper to taste

### Ingredients for the marinade:

2 tablespoon maple syrup  
2 tablespoon apple cider vinegar  
2 tablespoon white miso  
1 tablespoon soy sauce  
2 tablespoon olive oil, or ghee

### Directions:

- 1.** Preheat the oven to 450 degrees. In a large ziplock bag, combine maple syrup, apple cider vinegar, miso, and soy sauce and stir until miso has dissolved. Cut salmon into two portions, and place in the bag with the marinade. Seal the bag and place salmon in the fridge for marinating for at least 30 minutes and up to 2 hours.
- 2.** Bring water to boil in a medium saucepan, and cook carrots until they are slightly tender, about 10 minutes.
- 3.** Place salmon and broccolini on a lightly oiled baking sheet and roast in the oven until broccoli is lightly charred, and salmon registers 115 to 125 degrees internal temperature for a medium-rare to medium center. Salt and pepper to taste
- 4.** Pour marinade in a small saucepan over medium-high heat. Add ghee and reduce until glaze has thickened and coats the bottom of a spoon. About 5 minutes. Plate salmon and broccolini and top with glaze and garnish with fresh dill and lemon wedges.



## SHAKSHUKA *Serves: 4-6*

### Ingredients:

- |   |                                 |
|---|---------------------------------|
| 2 (14-oz) cans crushed tomatoes             | 3 cloves garlic, finely chopped |
| 1 large yellow onion, sliced                | ½ cup cilantro, roughly chopped |
| 2 tablespoon olive oil                      | ½ cup parsley, roughly chopped  |
| ½ tablespoon ground cumin                   | 2 cups spinach, roughly chopped |
| 1 red bell pepper, seeds removed and sliced | 5 eggs                          |
| 1 tablespoon paprika                        |                                 |
| 1 serrano pepper, seeds removed and sliced  |                                 |

### Directions:

1. Heat olive oil until shimmering in a saute pan or dutch oven until shimmering. Cook onions and red peppers until browning on the edges and translucent, about 10 minutes. Add garlic and cook until fragrant, about 30 seconds. Add cumin, serrano pepper, and paprika and cook until fragrant, about 10 seconds.
2. Carefully add crushed tomatoes to the pan, stir to incorporate, cover and cook on medium-low heat until tomatoes start to break down, about 10 minutes. Stir in parsley, cilantro, spinach, salt and pepper to taste. Using a wooden spoon, create a nest for each egg. Crack each egg carefully and drop into the hole. Cover and continue to cook on low heat until whites have set and yolks are still runny.



## BETTER ENERGY ENERGY BALLS

*Serves: 30-60 balls*

### Ingredients:

1 cup rolled oats, ground into a fine-coarse flour  
1 cup peanuts, coarsely ground  
1½ cup cocoa powder  
1 tablespoon maca powder, optional  
heaping 1½ cup organic almond butter  
3 tablespoons maple syrup  
3 tablespoons coconut oil  
Pinch of sea salt

### Directions:

- 1.** In a food processor or blender, combine the oats and peanuts first and grind into a fine flour, then add almond butter, coconut oil, and all remaining ingredients.
- 2.** Mix with the processor or blender until combined and form into balls with your hands, put them in the refrigerator until chilled and hardened and enjoy.
- 3.** Store in an airtight glass container in the fridge for 2 weeks or up to a month in the freezer, thaw before serving if frozen.

## DEVILED EGGS

Serves: 6-8

### Ingredients:

6 eggs

1 tablespoon parsley

1 tablespoon chives

1 tablespoon dill

1 clove garlic, crushed

2 tablespoons dijon mustard

1 avocado, peeled, pitted and diced

3 tablespoons olive oil

1/2 teaspoon smoked paprika for garnish

Salt and pepper to taste

### Directions:

**1.** Bring water to a boil in a large pot. Add eggs and cook for 10 minutes. Remove eggs and immediately put in a bowl of ice water and set aside. In a large mixing bowl, add dill, parsley, chives, dijon mustard, avocado, olive oil, and garlic and mash to combine.

**2.** Peel eggs and cut in half. Remove and add yolks to a large bowl with herb mixture. Using a rubber spatula, fold and stir until well combined and homogenous. Salt and pepper to taste. Using a small spoon, carefully spoon the egg yolk mixture into halves of the egg. Top with chives and dust with smoked paprika.

# RESOURCES

If you're finding it challenging to eat as many servings of fruits, vegetables, and whole foods as you'd like to, you're not alone!

According to the Centers for Disease Control (CDC), adults should consume 1.5-2 cups of fruit and 2-3 cups of vegetables daily. Yet, a CDC study, found that 76% of adults don't eat enough fruit and 87% of adults don't eat enough veggies.

When we don't eat enough fruits and vegetables, we miss out on some of those essential nutrients. Fortunately, taking a multivitamin supplements diets that may not get enough key nutrients from diet alone.

Try your best to consume foods such as these recipes that give you a lot of flexibility depending on your taste preference, your lifestyle and schedule, and time.

## Multivitamins that can support you in bridging the nutrient gap:

When looking for a multivitamin, pay attention to the formulation of the vitamin, reputation of the brand for quality and the ingredients used.

One A Day® multivitamins are put through 100 rigorous quality checks to ensure consistency and accuracy. In addition, their experts have been formulating their vitamins for more than 75 years and the brand does a great job of reflecting the latest science.



**One A Day® Natural Fruit Bites Multivitamins** are great products to choose from since they are made with real, farm-grown apples as the first ingredient, and they are free from high fructose corn syrup, artificial flavors and sweeteners, and synthetic colors. They're also a new form of multivitamin since they aren't pills or gummies and instead are "bites." They contain vitamins people may not get enough of from food alone like vitamins A, D, E, B12, and more. And they're perfect for the family with options for men, women, kids and men and women over 50.



**One A Day® 50+ Gummies Advanced Multivitamin with Brain Support** are multivitamins specially formulated to support key concerns of aging, including heart health<sup>†</sup>, eye health, immune health, bone health, healthy brain function and physical energy<sup>‡</sup>. They're rich in all 8 B Vitamins to support healthy brain and cognitive function.\*



**One A Day® Prenatal Advanced Multivitamin with Brain Support** contains a special combination of three-brain building essential nutrients including choline (110 mg), folic acid (800 mcg), and DHA (200 mg).\* This product contains twice the amount of choline compared to other leading prenatal multivitamin brands. Choline plays an essential role during the prenatal period by helping to support a baby's cognitive development.\* In addition, One A Day® is the #1 OB/GYN recommended prenatal vitamin brand.

