

# 14-Day Paleo Leap Meal Plan

All information in this guide has been gathered by Living Spinal from these sources below:

<https://paleoleap.com/paleo-meal-plan/>

# 14-Day Paleo Leap Meal Plan

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## Introduction

Planning Paleo meals can be hard, especially if you're used to grains or beans as staple foods. The basic concept looks like this:

- A huge pile of vegetables – at least half the plate.
- 1-2 palm-sized servings of animal protein (or 3-4 eggs).
- Some healthy fat, like olive or coconut oil.
- Optionally, some starchy vegetables, fruit, or nuts.

**Here's why that particular meal template works.** If that sounds a little strange or hard to plan for, here's a two-week sample meal plan with a grocery list so you can see how it can work on a day-to-day level.

### Notes about the menu:

1. The plan assumes you'll be eating 3 meals and a snack every day. It's fine to skip the snack, or even one of the meals, and just eat larger amounts at the other two meals. It's also fine to add more food if you're hungry.
2. Lunches are written to be portable if necessary, for people who eat at work/school. Most snacks are also portable. Breakfasts are fast and usually portable.

# Grocery List – Week 1

<b>Produce</b>	<b>Meat</b>	<b>Centre aisles</b>
<b>Fresh Fruit</b> 2 apples 2 lemons 1 pineapple Lemon juice 2 avocados 4 pieces of your favorite snacking fruit 2 bananas  <b>Fresh Vegetables</b> 4 sweet potatoes 2 bags onions 5 bell peppers (any color) Green onions 2 lbs. fresh mushrooms 2 bags spinach 1 bag salad greens 2 lbs. carrots 1 small butternut squash 1 leek 3 shallots 1 lb. green beans 1 head cauliflower 3 parsnips 2 large or 4 small zucchini 1 head Romaine lettuce 1.5 lbs. mushrooms  <b>Fresh Herbs</b> Rosemary Ginger Parsley Thyme 2 heads garlic Chives	<b>Butcher's Counter</b> 1 lb. Italian sausage 1 whole chicken 1.5 lbs. pre-cooked ham ½ lb. bacon (or ½ additional lb. sausage) 1 small package prosciutto 1.5 lbs. ground beef or lamb 3 lbs. beef chuck 2-3 lbs. chuck roast  <b>Fish Counter</b> 2 cod fillets 4 slices smoked salmon  <b>Eggs</b> 21 eggs	<b>Spices and seasonings</b> (if you don't already have them) Paprika Cinnamon Oregano Mint  <b>Fats and Oils</b> Olive oil Balsamic vinegar Ghee  <b>Canned Foods</b> 1 can tomato paste 2 cans tuna 1 can salmon  <b>Other</b> 2 cans coconut milk 1 small package dried cranberries 1 small package pecans (or walnuts, or almonds) Dijon mustard Coconut aminos Honey (optional) Maple syrup (optional) Tapioca starch (optional) 2 squeeze packs of almond butter (or just get a big jar if you like it and want to use it for other things) Nuts, for snacking 1 small tub of olives Beef broth (unless you have your own homemade stock)

# Grocery List – Week 2

<b>Produce</b>	<b>Meat</b>	<b>Center aisles</b>
<p><b>Fresh Fruit</b>  Lemon juice  1 Granny Smith apple  3 avocados  4 pieces of your favorite snacking fruit</p> <p><b>Fresh Vegetables</b>  1 pint grape tomatoes  5 sweet potatoes  9 bell peppers (any color)  2 red onions  2 bags spinach  1 lb. beets  Celery  1 bag onions  1 head cabbage  4 zucchini  1 lb. mushrooms  1 tomato  2 lbs. carrots  2 heads cauliflower  1 pint cherry tomatoes  1 rutabaga  2 parsnips  1 eggplant</p> <p><b>Fresh Herbs</b>  Fresh thyme  2 heads garlic  Dill weed  2 red chilies  2 green chilies  Oregano leaves  Chives  Basil</p> <p><b>Frozen Fruit and Vegetables</b>  1 bag frozen berries</p>	<p><b>Butcher's Counter</b>  4-6 sausages  Roughly 4 lbs. boneless pork shoulder (OK if it's a little bigger or smaller)  ½ lb. ground beef  8 chicken breasts  ½ lb. bacon  2 lbs. beef chuck roast</p> <p><b>Fish Counter</b>  4 wild salmon fillets</p> <p><b>Eggs</b>  29 eggs</p>	<p><b>Spices and seasonings</b> (if you don't already have them)  Chili powder  Paprika  Cumin  Cayenne pepper  Garlic powder  Garlic paste  Ginger paste</p> <p><b>Fats and Oils</b>  Red wine vinegar  Olive oil</p> <p><b>Canned Foods</b>  1 28-oz can diced tomatoes  1 15-oz can diced tomatoes  1 can tomato sauce  2 cans tuna  1 can coconut milk</p> <p><b>Other</b>  1 bag pistachios  Dijon mustard  Honey  Tapioca starch  Beef jerky  Nuts, for snacking  Beef broth (unless you have your own homemade stock)</p>

# **Paleo Leap Meal Plan**

### **Day 1**

**Breakfast:** Breakfast Casserole with Sausages

**Dinner (2/2):** Wild Mushroom Soup

### **Day 2**

**Dinner (1/2):** Ham and Pineapple Skewers

**Dinner (2/2):** Oven-Roasted Tomatoes

### **Day 3**

**Breakfast:** Scrambled Eggs with Smoked Salmon

**Dinner:** Greek-Style Meatballs

### **Day 4**

**Breakfast:** Ham and Butternut Squash Hash

**Dinner:** Chicken Pad Sew Ew

### **Day 5**

**Breakfast:** Egg and Vegetable Muffins

**Dinner:** Beef Cubes with Roasted Carrots and Mushrooms

### **Day 6**

**Dinner (1/2):** Garlic Roasted Cod

**Dinner (2/2):** Green Beans

### **Day 7**

**Dinner:** Maple Braised Chuck Roast

### **Day 8**

**Breakfast:** Apple and Onion Scrambled Eggs

**Dinner:** Simple Sausage Casserole

### **Day 9**

**Dinner:** Beef and Winter Vegetable Soup

### **Day 10**

**Breakfast:** Breakfast Stuffed Peppers

**Dinner:** Grilled Chicken Breast with Zucchini

**Day 11**

**Dinner:** Spicy Pork Chili

**Day 12**

**Dinner:** Pistachio-Crusted Salmon

**Day 13**

**Dinner:** Spicy Indian Stir-Fry

**Day 14**

**Breakfast:** Cherry Tomato and Basil Quiche

**Dinner:** Ground Beef and Cabbage Skillet



# RECIPES

## Breakfast Casserole with Sausages

SERVES: 4 PREP: 15 min. COOK: 30 min.

### Ingredients

- 8 eggs
- 1 lb. Italian sausage, casing removed
- 2 sweet potatoes, diced
- 1 medium onion, diced
- 1 bell pepper, diced
- 3 garlic cloves, minced
- 2 green onions, thinly sliced
- ½ cup almond or coconut milk
- Sea salt and freshly ground black pepper
- Cooking fat

### Preparation

1. Preheat your oven to 375 F.
  2. Melt some cooking fat in a skillet placed over a medium-high heat. Add the sausages, and crumble while cooking.
  3. When the sausages are cooked, transfer them to a large bowl.
  4. Add the onion, garlic, and bell pepper to the same skillet, and cook for 4 to 5 minutes over a medium heat.
  5. Pour the vegetables into the bowl with the cooked sausages.
  6. Add the sweet potatoes to the skillet, season to taste, cover, and cook about 8 minutes.
  7. Mix the sweet potatoes into the bowl with the sausages and vegetables.
  8. Pour the sausage and sweet potato mixture in a baking dish.
  9. In a bowl, whisk together the eggs, almond milk, and season with salt and pepper to taste.
  10. Pour the egg mixture over the sausage mixture, and place in the oven.
  11. Bake for 20 minutes, and serve warm with green onions sprinkled on top.
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## Butterflied Roasted Chicken

SERVES: 4 PREP: 15 min. COOK: 1 h.

### Ingredients

- 1 whole chicken, patted dry;
- 3 tbsp. melted Paleo cooking fat;
- 3 tbsp. fresh rosemary, finely chopped;
- 2 onions, peeled and quartered;
- 4 carrots, peeled and sliced;
- 2 bell peppers, chopped;
- 2 lemons, halved;
- Sea salt and freshly ground black pepper to taste;

### Preparation

1. Preheat your oven to 400 F.
  2. Place the chicken, breast-side down, on a cutting board. Cut along both sides of the backbone from end to end with kitchen shears and remove the backbone. Flip the chicken breast-side up, and open it like a book. Press firmly on the breasts with your palm to flatten.
  3. Save the backbone for some homemade stock.
  4. In a small bowl, combine the cooking fat and 2 tbsp. of the rosemary.
  5. Rub the chicken with 2/3 of the fat/rosemary mixture and season the chicken to taste with sea salt and ground pepper.
  6. Line a large baking sheet with aluminum foil.
  7. Place the chicken on the baking sheet and surround it with the vegetables and the lemons.
  8. Pour the remaining fat/rosemary mixture over the vegetables and season to taste.
  9. Place the baking sheet in the oven and cook for 1 hour or until a meat thermometer reads 165 F in the thickest part of the breast.
  10. Remove chicken from oven, squeeze some lemon juice over it, and serve.
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## Wild Mushroom Soup

SERVES: 4 PREP: 15 min. COOK: 35 min.

### Ingredients

- 1 ½ lb. mixed wild mushrooms, sliced;
- 2 large shallots, diced;
- 1 tbsp. fresh thyme;
- 7 cups chicken stock;
- 1 cup. coconut milk;
- 3 tbsp. ghee;
- ¼ cup parsley, chopped;
- 2 tbsp. tapioca starch; (optional)
- Sea salt and freshly ground pepper;

### Preparation

1. Melt the ghee in a large saucepan placed over medium high.
  2. Add the shallots and sauté for 3 to 4 minutes.
  3. Add the mushrooms and thyme and cook for about 8 minutes.
  4. Add the chicken stock and bring to a boil. Turn down the heat to medium-low, and let simmer for 15 minutes.
  5. Stir in the coconut milk, season to taste, and let simmer for another 5 minutes.
  6. Stir in the tapioca starch if you like your soups thicker.
  7. Mix in the chopped parsley and serve.
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## Ham and Pineapple Skewers

SERVES: 4 PREP: 15 min. COOK: 10 min.

### Ingredients

- 1 lb. ham, cut into cubes;
- 1 pineapple, cut into cubes;
- ¼ cup fresh pineapple juice;
- 1 tsp. Dijon mustard;
- 2 tsp. coconut aminos;
- 2 tsp. raw honey; (optional)
- ½ tbsp. fresh ginger, minced;
- Sea salt and freshly ground black pepper;
- Wood or metal skewers

### Preparation

- a. Preheat your grill to a medium heat.
  - b. In a bowl, combine the pineapple juice, coconut aminos, honey, ginger, mustard, and season with salt and pepper to taste.
  - c. Thread alternating pieces of pineapple and ham onto the skewers.
  - d. Grill the loaded skewers for 8-10 minutes, basting with the sauce and turning frequently.
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## Oven-Roasted Tomatoes

SERVES: 4 PREP: 15 min. COOK: 1 h.

### Ingredients

- 2 lbs. plum or mixed tomatoes, sliced;
- 3 tbsp. extra-virgin olive oil;
- 1/2 tsp. dried oregano;
- 2 tbsp. balsamic vinegar;
- 2 garlic cloves minced;
- 2 tsp. raw honey; (optional)
- ½ cup fresh basil leaves, torn;
- Sea salt and freshly ground black pepper;

### Preparation

1. Preheat your oven to 325 F.
  2. Place the sliced tomatoes on a baking pan.
  3. In a bowl, make the vinaigrette by combining all the remaining ingredients. Mix well and season to taste.
  4. Drizzle the vinaigrette over the tomatoes and place in the oven.
  5. Bake for 1 hour.
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## Scrambled Eggs with Smoked Salmon

SERVES: 2 PREP: 10 min. COOK: 8 min.

### Ingredients

- 4 eggs;
- 4 slices smoked salmon, chopped;
- 2 tbsp. coconut milk;
- Fresh chives, finely chopped;
- Cooking fat;
- Sea salt and freshly ground black pepper;

### Preparation

- In a bowl, whisk the eggs, coconut milk, and fresh chives. Season to taste.
  - Melt some cooking fat in a skillet and add the eggs.
  - Scramble the eggs while cooking.
  - When the eggs start to settle add the smoked salmon and cook for 1 or 2 minutes.
  - Serve with more chives sprinkled on top.
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## Greek-Style Meatballs

SERVES: 4 PREP: 20 min. COOK: 25 min.

### Ingredients

- 1 ½ lbs. ground beef or lamb;
- 1 egg, beaten;
- 2 garlic cloves, minced;
- ¼ cup fresh parsley, minced;
- 2 tbsp. tomato paste;
- 1 tbsp. dried oregano;
- 1 tsp. dried mint;
- Sea salt and freshly ground black pepper;

### Preparation

1. Preheat your oven to 350 F.
  2. In a bowl, combine the ground meat, egg, parsley, garlic, tomato paste, oregano, mint, and season with salt and pepper to taste.
  3. Mix with your hands until everything is well combined.
  4. Form the mixture into equally-sized meatballs using your hands or an ice cream scoop.
  5. Place the meatballs on a baking sheet and cook in the preheated oven for 20 to 25 minutes.
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## Ham and Butternut Squash Hash

SERVES: 4 PREP: 15 min. COOK: 15 min.

### Ingredients

- 1 butternut squash, peeled and cubed
- 2 cups pre-cooked ham, cubed;
- 1 leek, sliced;
- 1 green apple, peeled and cubed;
- 1 onion, sliced;
- 2 garlic cloves, minced;
- 1 tsp. paprika;
- 1 tsp. ground cinnamon;
- Cooking fat;
- Sea salt and freshly ground black pepper;

### Preparation

1. Melt some cooking fat in a skillet over medium-high heat.
2. Cook the onion and garlic for 2 to 3 minutes.
3. Add the butternut squash and sliced leek, and cook until soft and tender (5 to 7 minutes).
4. Add the ham and apple and cook until warm.
5. Season with ground cinnamon, paprika, salt, and pepper.
6. Cook another 2 minutes, and serve warm.

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## Chicken Pad Sew Ew

SERVES: 4 PREP: 25 min. COOK: 20 min.

### Ingredients

- 1 lb. boneless and skinless chicken breast, sliced;
- 3 cups broccoli;
- 10 carrots, sliced very thin (almost as thin as the shavings you would get from peeling them);
- 3 green onions, thinly sliced;
- 3 garlic cloves, peeled and minced;
- 1 thumb size knob of fresh ginger, peeled and minced;
- ½ cup coconut aminos;
- 2 tbsp. raw honey;
- 2 eggs, beaten;
- Cooking fat;
- Sea salt and freshly ground black pepper;

## Preparation

- Melt some cooking fat in a skillet placed over a medium-high heat.
  - Add the garlic and ginger to the skillet and sauté for 2 to 3 minutes.
  - Add the chicken and sauté for another 5 minutes.
  - Add the broccoli, coconut aminos, and honey, and cook until broccoli has softened a bit.
  - Add the carrot and green onions, and cook for another 5 minutes.
  - Push the vegetable-chicken mixture to the perimeter of the skillet, making an empty space in the middle. Scramble the eggs in the empty space.
  - Mix everything together and serve.
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## Egg and Vegetable Muffins

SERVES: 4 PREP: 20 min. COOK: 30 min.

### Ingredients

- 8 eggs, beaten;
- 2 bell peppers, chopped;
- 1 onion, chopped;
- 8 to 10 fresh mushrooms, sliced;
- 2 cups baby spinach, roughly chopped;
- 2 garlic cloves, minced;
- Cooking fat;
- Sea salt and freshly ground black pepper;

### Preparation

- Preheat your oven to 350 F.
  - Melt some cooking fat in skillet placed over a medium-high heat. Cook the onion, bell peppers, and garlic until soft and fragrant, about 5 minutes.
  - Add the mushrooms and spinach and cook for another 2 to 3 minutes. Season everything to taste.
  - Whisk the eggs together in a big bowl, and add the bell pepper & spinach mixture.
  - Grease a muffin tin and pour the mixture evenly into the muffin cups.
  - Place in the oven and bake for 20 to 25 minutes.
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## Beef Cubes with Roasted Carrots and Mushrooms

SERVES: 4 PREP: 20 min. COOK: 3 h.

### Ingredients

- 3 lb. beef chuck, cut into cubes
- 1 onion, sliced
- 3 garlic cloves, minced
- 1 cup beef stock
- Cooking fat
- Sea salt and freshly ground black pepper
- Ingredients for the roasted carrots and mushrooms
- 8 oz. carrots, sliced
- 8 oz. mushrooms, sliced
- 1 tsp. fresh thyme leaves
- 1 tbsp. melted cooking fat
- Sea salt and freshly ground black pepper

### Preparation

- Preheat your oven to 250 F.
  - Season the beef cubes to taste with sea salt and freshly ground black pepper.
  - Melt some cooking fat in a Dutch oven or ovenproof pan over a medium-high heat.
  - Brown the beef cubes on all sides for 1 to 2 minutes, remove, and set aside.
  - Cook the garlic, and onion for 2 minutes or until fragrant.
  - Add the beef stock and stir to scrape up all the brown bits from the bottom of the pan.
  - Return the beef to the Dutch oven, cover, and place in the oven.
  - Cook the beef in the preheated oven for about 3 hours, keeping an eye on it for the final 30 minutes.
  - In a large bowl, combine all the ingredients for the roasted vegetables.
  - Place the vegetables on a roasting pan.
  - Roast the vegetables during the last 15 minutes of the beef cooking process.
  - Serve the meat cubes with the roasted vegetables.
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## Garlic Roasted Cod

SERVES: 4 PREP: 15 min. COOK: 20 min.

### Ingredients

- 4 x 7 oz. cod fillets, skinless
- ¼ cup ghee, softened
- 1 tbsp. chopped flat-leaf parsley
- 2 garlic cloves, peeled and minced
- 1 shallot, minced
- 1 tsp. Dijon mustard
- 3 tbsp. prosciutto, minced
- 2 tbsp. freshly squeezed lemon juice
- 2 tbsp. cooking fat
- Lemon wedges, for garnishing
- Sea salt and freshly ground black pepper

### Preparation

- Preheat your oven to 425 F.
  - In a bowl, combine the ghee, parsley, garlic, shallot, Dijon mustard, prosciutto, lemon juice, and season with salt and pepper to taste.
  - Season the cod fillets to taste.
  - Heat the cooking fat in a ovenproof skillet placed over a medium-high heat.
  - Cook the fillets for 3 to 4 minutes per side.
  - Spread the ghee mixture equally over each fillet. Transfer to the oven and bake for 5 to 10 minutes, or until the fish is cooked through.
  - Serve with lemon wedges.
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## Green Beans

SERVES: 4 PREP: 10 min. COOK: 8 min.

### Ingredients

- 1 lb. green beans, trimmed
  - 3 medium-large garlic cloves, minced
  - ¼ cup coconut aminos
  - 1 tbsp. rice vinegar
  - 2 tbsp. clarified butter
  - ⅛ – ¼ tsp sesame oil, optional
  - Sea salt to taste
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## Preparation

1. Bring a large pot of water generously seasoned with salt to a boil over a medium-high heat.
  2. Add the green beans and blanch for 2 minutes.
  3. Transfer to an ice bath to stop the cooking, then drain.
  4. Heat the clarified butter in a sauté pan over a medium-high heat.
  5. Once hot, add the garlic and cook until fragrant, about 30 seconds.
  6. Add the green beans, coconut aminos, rice vinegar, and sesame oil (if using), toss to coat.
  7. Season to taste with salt.
  8. Cook for 3-5 minutes, stirring frequently, until the sauce has reduced and the green beans are just starting to get tender.
  9. Transfer to a serving bowl, drizzle the remaining sauce over the green beans and serve hot.
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## Maple Braised Chuck Roast

SERVES: 4 PREP: 25 min. COOK: 2h 30 min.

### Ingredients

- 2 to 3 lb. chuck roast
- 1 cup beef stock
- ⅓ cup maple syrup (optional)
- ⅓ cup balsamic vinegar
- ⅓ cup coconut aminos
- 3 garlic cloves, minced
- 1 onion, minced
- Cooking fat
- Sea salt and freshly ground black pepper

### Ingredients for the caramelized vegetables

- 4 carrots, sliced
  - 2 sweet potatoes, peeled, and diced
  - 3 parsnips, peeled, and sliced
  - 1 red onion, quartered
  - 2 garlic cloves, minced
  - 3 tbsp. olive oil
  - 2 tbsp. maple syrup or raw honey (optional)
  - Fresh thyme sprig
  - Sea salt and freshly ground black pepper
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## Preparation

- Preheat your oven to 350 F.
  - In a bowl, combine the beef stock, maple syrup, balsamic vinegar, coconut aminos, garlic, and minced onion.
  - Season the meat with sea salt and freshly ground black pepper.
  - Melt some cooking fat in a Dutch oven placed over a medium high heat.
  - Brown the meat on all side for 2 to 3 minutes per side, and pour the sauce on top.
  - Place in the oven and cook for 2 hours and 30 minutes.
  - In a bowl, combine all the ingredients for the vegetables and season to taste.
  - Spread the vegetables out over a baking sheet, top with a sprig of fresh thyme, and cook in the oven for 30 to 40 minutes.
  - Serve the meat with the caramelized vegetables.
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## Apple and Onion Scrambled Eggs

SERVES: 4 PREP: 10 min. COOK: 6 min

### Ingredients

- 8 eggs, beaten;
- 1/2 red onion, chopped;
- 1 celery rib, chopped;
- 1 granny smith apple, chopped;
- Fresh chives, minced;
- Cooking fat;
- Sea salt and freshly ground black pepper;

### Preparation

- Melt some cooking fat in a skillet over medium heat.
  - Add red onion and celery to the skillet and cook 2 to 3 minutes, stirring constantly.
  - Add the apple and continue cooking for another minute or two.
  - Pour the beaten eggs over the apple mixture in the skillet.
  - Stir slowly with a wooden spoon or a spatula until the eggs are slightly underdone.
  - Remove from heat, season to taste with salt and pepper, and rest 1 to 2 minutes in the skillet.
  - Serve topped with fresh chives.
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## Simple Sausage Casserole

SERVES: 4 to 6 PREP: 20 min. COOK: 45 min.

### Ingredients

- 4 to 6 sausages
- 1 pint grape tomatoes
- 2 to 3 sweet potatoes
- 2 large bell peppers, chopped
- 1 large red onion, chopped
- 2 garlic cloves, minced
- A few sprigs of fresh thyme
- Sea salt and freshly ground black pepper

### Preparation

1. Preheat your oven to 400°F.
  2. Combine the grape tomatoes, sweet potatoes, bell peppers, red onion, and minced garlic in a large baking dish.
  3. Brown the sausages on all sides in a skillet placed over high heat, about 1 to 2 minutes per side.
  4. Place the sausages on top of the vegetables, toss in the thyme, and season everything to taste.
  5. Place in the oven and bake for 40 to 45 minutes.
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## Beef and Winter Vegetable Soup

SERVES: 4 PREP: 15 min. COOK: 1 h.

### Ingredients

- 2 lbs. boneless beef chuck roast, cut into 1-inch pieces;
  - ½ cup onion, chopped;
  - 1 small rutabaga, cut into cubes;
  - 2 sweet potatoes, cut into cubes;
  - 2 carrots, cut into chunks;
  - 2 parsnips, cut into chunks;
  - 2 cups riced cauliflower;
  - 2 cloves garlic, minced;
  - 6 cups beef stock;
  - ½ tsp. dried thyme;
  - 1 tbsp. fresh parsley, minced;
  - Cooking fat;
  - Sea salt and freshly ground black pepper;
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## Preparation

- Melt some cooking fat in a large saucepan placed over a medium-high heat.
  - Brown the beef on each side, and set aside.
  - Add the onion and garlic and cook until fragrant, about 5 minutes.
  - Add about ½ of the stock to deglaze the bottom of the pan.
  - Add all the vegetables to the saucepan and cook, stirring frequently, until the vegetables are soft (about 10 minutes).
  - Return the beef to the saucepan, add the remaining stock, and cover.
  - Let everything simmer over a medium-low heat for 40 to 45 minutes, or until the meat is cooked through.
  - Adjust the seasoning, sprinkle with the fresh parsley, and serve.
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## Breakfast Stuffed Peppers

SERVES: 4 PREP: 15 min. COOK: 50 min.

### Ingredient

- 4 bell peppers, sliced in half, core and seeds removed
- 8 eggs, beaten
- 1 cup mushrooms, sliced
- 1 onions, diced
- 3 cups baby spinach
- 1 tomato, diced
- ½ tsp. garlic powder
- Bacon, ham, and/or sausages, pre-cooked (optional)
- 1 tbsp. cooking fat
- Sea salt and freshly ground black pepper

### Preparation

1. Preheat your oven to 375 F.
2. Melt some cooking fat in a skillet placed over a medium-heat.
3. Sauté the onion until soft, about 4 minutes, then add the mushrooms and tomatoes and cook about 2 minutes.
4. Add the spinach and cook until wilted, about 1 or 2 minutes.
5. Season to taste with salt, pepper, and garlic powder.
6. Divide the vegetable mixture equally among the bell pepper halves
7. Top off each bell pepper half with some of the beaten eggs, and add the meat of your choice, if using.
8. Place the stuffed peppers in the oven, on a baking sheet, and bake for 40 minutes

## Grilled Chicken Breast with Zucchini

SERVES: 4 PREP: 15 min. COOK: 35 min.

### Ingredients

- 4 chicken breasts, bone in and skin on;
- 2 tbsp. cumin seeds;
- 2 garlic cloves, minced;
- 1 tbsp. paprika;
- 1 tsp. dried oregano;
- 1 tsp. dried parsley;
- Sea salt and freshly ground black pepper;

### Ingredients for the grilled zucchini

- 4 zucchini, sliced into quarters;
- Zest of 1 lemon;
- ½ tsp. dried oregano;
- ¼ tsp. garlic powder;
- Olive oil;
- Sea salt and freshly ground black pepper;

### Preparation

- Preheat your grill to medium high.
  - In a bowl, combine the cumin seeds, garlic cloves, paprika, oregano, parsley, and season with salt and pepper to taste.
  - Rub the chicken with the cumin seed mixture.
  - Place the chicken on the grill over direct heat, skin side down. cook for 30 to 35 minutes, flipping every 5 minutes.
  - Combine the zucchini with all the remaining ingredients, and grill for 2 to 3 minutes per side.
  - Serve the chicken with the grilled zucchini.
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## Spicy Pork Chili

SERVES: 4 PREP: 25 min. COOK: 3 hrs.

### Ingredients

- 4 1/4 lb. boneless pork shoulder, fat removed;
- 2 onions, finely sliced;
- 2 red chilies, seeded and finely chopped;
- 2 bell peppers, sliced;
- 4 garlic cloves, minced;
- 28 oz. can diced tomatoes;
- 1/4 cup chili powder;
- 2 tbsp. smoked paprika;
- 1 tbsp. ground cumin;
- 1/4 tsp. ground cayenne pepper;
- Small bunch fresh oregano leaves, minced;
- 3 tablespoons red wine vinegar;
- 1/4 cup extra-virgin olive oil;
- Sea salt and freshly ground black pepper to taste;

### Preparation

1. Preheat your oven to 350 F.
  2. Warm the olive oil in an ovenproof stew pot over a medium heat; then add the garlic, onions, and red chilies, and cook for 3 to 5 minutes or until the onions are soft.
  3. Lower the heat and add the bell peppers, diced tomatoes, chili powder, smoked paprika, cumin, cayenne pepper, oregano leaves, and salt and pepper to taste.
  4. Place the pork shoulder in the pot, give everything a little shake, then add the red wine vinegar, and pour in enough water to just cover the meat.
  5. Bring to a boil, cover, and place in the oven for 3 hours.
  6. The chili is done when you can easily break the meat apart with a fork.
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## Pistachio-Crusted Salmon

SERVES: 4 PREP: 15 min. COOK: 20 min.

### Ingredients

- 4 wild salmon fillets;
- 1 cup raw pistachios, roughly chopped;
- 1/4 cup lemon juice;
- 1 tbsp. Dijon or homemade coarse grain mustard;
- 2 tbsp. raw honey;
- 1 tsp. fresh dill weed;
- Sea salt and freshly ground black pepper;

### Preparation

1. Preheat oven to 375 F.
  2. In a bowl, combine the pistachio, lemon juice, mustard, honey, dill, and season with salt and pepper to taste.
  3. Spread the pistachio mixture on top of each salmon filet, pressing lightly to make it stick.
  4. Place the salmon in the oven and bake, uncovered, for 15 to 20 minutes, or until cooked through.
  5. Let the salmon rest for 2 to 4 minutes before serving.
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## Spicy Indian Stir-Fry

SERVES: 4 PREP: 20 min. + 2 h. COOK: 25 min.

### Ingredients

- 4 chicken breasts, cut into strips
  - 4 carrots, sliced
  - 1 small red onion, minced
  - 2 bell peppers, chopped
  - 2 green chilies, sliced
  - 1 tbsp. garlic paste
  - 1 tbsp. ginger paste
  - 1 tsp. chili powder
  - ½ tsp. cumin
  - 2 tbsp. red chili paste
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### **Ingredients for the marinade**

- 2 tsp. ginger, minced
- 2 garlic cloves, minced
- 2 tsp. turmeric powder
- 1 tsp. red chili powder
- 1 tsp. coriander powder
- 1 1/2 tsp. cumin powder
- 2 tbsp. tapioca starch
- 1 egg, beaten

### **Preparation**

1. In a bowl, combine all the ingredients for the marinade and stir well.
  2. Add the chicken and stir until well coated; then place in the refrigerator and marinate for at least 2 hours.
  3. Melt some cooking fat in a large skillet placed over a medium-high heat and brown the chicken slices on all sides.
  4. Remove the chicken and set aside.
  5. Add the onion, garlic paste, ginger paste, cumin, and chili powder to the pan, and cook for 2 to 3 minutes.
  6. Add the remaining vegetables and cook until they start to soften (about 5 minutes).
  7. Return the chicken to the pan. Stir until everything is well coated, cover, and cook for another 5 to 10 minutes or until the chicken is cooked through.
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## **Cherry Tomato and Basil Quiche**

SERVES: 2 PREP: 15 min. COOK: 20 min.

### **Ingredients**

- 4 eggs;
- 1 garlic clove, minced;
- 1 bunch fresh basil, minced;
- ½ cup cherry tomatoes, halved;
- ¼ cup almond cheese; (optional)
- Sea salt and freshly ground black pepper;

### **Preparation**

- Preheat your oven to 350 F.
  - In a bowl, beat the eggs, almond cheese, fresh basil until well combined. Season with salt and pepper to taste.
  - Pour the liquid in a small baking dish.
  - Place the cherry tomatoes, cut side up, in the egg mixture.
  - Bake in preheated oven for 20 min.
  - Serve with extra basil.
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## Ground Beef and Cabbage Skillet

SERVES: 4 PREP: 15 min. COOK: 30 min.

### Ingredients

- 1 lb. ground beef;
- 1 onion, chopped;
- ½ head cabbage, chopped;
- 2 garlic cloves, minced;
- 1, 15 oz. can diced tomatoes;
- 10 oz. (1 1/4 cups) tomato sauce;
- Cooking fat;
- Sea salt and freshly ground black pepper;

### Preparation

- Melt some cooking fat in a large skillet placed over a medium-high heat.
- Cook the garlic and onion until fragrant and soft.
- Brown the ground beef in the skillet until no longer pink.
- Add the cabbage, tomatoes, tomato sauce, and season with salt and pepper to taste.
- Cover and let simmer for about 25 minutes or until the cabbage is soft

## **Reference**

This meal plan guide is a part of Paleo leap [Page No 2]

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