



# The Paleo Mama

Homesteading | Holistic | Hippie | Paleo(ish) Mama of 2

## MEAL GUIDE PLAN WEEK 4

[Be sure to follow the link to each day's recipe.]

### DAY 1

#### Whole Roasted Chicken with Roasted Winter Vegetables

[[Today's recipe](#)]

##### **Whole Roast Chicken**

If you're like me and want to reduce your food costs so that you can afford to buy better quality products like organic, local vegetables, organic, grass-fed dairy products and humanely treated, sustainable and healthy meats like 100 percent grass-fed beef or pastured chicken, then whole roasting is one way to save money.



##### **Ingredients**

You will use whole chicken, butter or olive oil, salt and pepper, garlic or garlic powder.

Follow the instructions for these three items shown in the linked recipe.

[[Today's recipe](#)]

##### **Roasted Root Vegetables**

##### **Ingredients**

You will use potatoes, carrots, radishes, fresh herbs, lemon, garlic, onion. Follow the instructions shown in the linked recipe.

## Day 2

### Ground Beef Stroganoff over “Zoodles”

[Today's recipe]

#### **Ground Beef Stroganoff**

This is so good, I just can't keep it to myself anymore! I make it 2-3 times every month. It's just so delicious and comforting. I adapted this recipe from a non-Paleo recipe I saw on here. It's so nourishing and 100% Paleo! You can make it Primal by using sour cream instead of coconut milk cream. Hope you like it!



#### **Ingredients**

- 2 TBSP. butter or Ghee
- 2 TBSP extra-virgin olive oil or coconut oil
- 1 lg. onion, diced
- 8 oz. sliced white mushrooms (slice `em thick)
- 1 lb. ground beef
- 2 TBSP. tomato paste
- 1 ½ tsp. thyme
- 1 ½ rosemary
- 4 cloves garlic
- 1 TBSP arrowroot powder
- 1 ½ cups beef or chicken stock
- 2/3 cup thick coconut cream (this is the cream off the top of a can of coconut cream)
- ½ tsp. sea salt
- ½ tsp. black pepper
- Cooked cauliflower rice, sliced zucchini “zoodles”, or spaghetti squash

#### **Instructions**

In a skillet, melt the butter/or Ghee with 1 TB of olive/or coconut oil. Add the mushrooms and onions, and sauté until slightly softened and browned around the edges. Remove to a plate. Brown ground beef in 1 TB of olive oil until no longer pink. Return onions and mushrooms to pan. Add tomato paste, thyme, rosemary, and garlic. Sauté for about 3 minutes to allow the flavors to develop. Reduce heat to medium. Sprinkle arrowroot powder over meat mixture and stir to combine until arrowroot is completely mixed in. Add beef stock and stir to mix in. Sauce will begin to thicken as it comes to a simmer.

Reduce heat and simmer for about 5 minutes. Remove from heat and let cool for a couple minutes. Stir in the thick coconut cream. Serve over cooked Cauliflower Rice, sliced zucchini noodles, sweet potato noodle, or roasted Spaghetti Squash with some roasted vegetables on the side!

## DAY 3

### Smoky Roasted Butternut Soup with Almond Bread

[Today's recipe]

#### **Smoky Roasted Butternut Soup**

These cool autumn days in Western North Carolina have me wishing that I had a freezer stash of my homemade chicken stock. It seems that as soon as I make chicken stock, it is gone the next day! We love soup in our house and this particular soup is one of our favorites. It's a deeply nourishing soup to go with the chilly fall air. It's loaded with nutrition (homemade stock, ginger, cumin) to help fight off colds and keep the immune system healthy.



#### **Ingredients**

You will use chicken stock, butternut squash, butter, ghee, or coconut oil, onion, garlic, salt and pepper, ginger, cumin, protein of choice (boiled egg, leftover chicken, etc.), sour cream (optional).

Follow the instructions shown in the linked recipe.

[Today's recipe]

#### **Grain-Free Almond Bread**

#### **Ingredients**

You will use eggs, raw apple cider vinegar, almond flour, butter or coconut oil, flax seed meal, sea salt, and baking soda.

Follow the instructions shown in the linked recipe.

## DAY 4

### Hard Cider Braised Brats with Sauerkraut

[Today's recipe]

#### Hard Cider Braised Brats

##### Ingredients

You will use Brats, hard apple cider, onion, bay leaf, bacon grease or lard.

Follow the directions in the linked recipe.



[Today's recipe]

#### Homemade Sauerkraut

Growing up with a Polish grandmother, we ate lots of delectable ethnic dishes as kids. Sauerkraut was not an uncommon [recipe](#) ingredient in her kitchen. After doing some research, I decided to make my own and was stunned at the simplicity of it all. The only thing you need (which money can't buy) is patience. Sauerkraut is a great source of probiotics, provided it's not been heat Pasteurized. These beneficial bacteria are one way to support a healthy gut.

##### Ingredients

You will use green cabbage, sea salt, water.

## DAY 5

### Apple Cider Pork with Rosemary and Sautéed Apples

[Today's recipe]

#### Apple Cider Pork with Rosemary

As a homesteader and mother by day and a blogger by night, I have a hard time keeping up with everything. GASP! Oh yes, my life can be in shambles at times. However, for two years I have managed to cook 98% Paleo meals at home. I believe in the 80/20 rule, and most of the 20% non-Paleo foods we consume is when we eat out. Despite my inadequacies and my lack of time, I feel it is important to give my family the healthiest food possible. This is the job I took on when I held



my first child to my breast and promised to nourish her and grow her with proper nutrition. From that day, it has been my desire to give my kids the best I can. And sometimes I fail. But, thank God for grace. It covers me when my shortcomings get the best of me. All this to say—this would not have been possible without my slow cooker.

Oh yes, you heard me right, my beautiful, incredibly talented slow cooker. It puts out delicious meals while I clean up chicken poop from my daughter's hair and try to fold my endless pile of laundry. It works its magic while I sit here on the computer typing about my love for it...oh yes, it's working its magic right now. The best part about my slow cooker is that it takes me 5-10 minutes max to throw together a healthy, Paleo meal for my family. Seriously, I'm not sure if I would be Paleo without it!

### **Ingredients**

You will use pork roast, coconut oil, onion, garlic, apples, hard apple cider, thyme, salt and pepper.

Follow the instructions shown in the linked recipe.

## **WEEK 4 SHOPPING LIST**

### **Produce:**

- 5 Red or Yukon potato (sub sweet potato if you don't eat white potatoes)
- 5 Carrots
- 8 onions
- 1 lemon
- 1-2 inch ginger piece
- 1 banana
- 8 oz.. sliced mushrooms
- 17 cloves of garlic (I usually get the minced jars)
- 5 Zucchini
- 1 Cucumber
- 1 Butternut Squash
- Cauliflower
- ½ cup fresh spinach
- 2 Tomatoes
- red/green pepper
- 5 apples

### **Refrigerated Stuff/Meats:**

- 1 whole chicken
- 2lb ground meat
- 3-4 dozen Eggs
- Bacon
- Deli Meat
- 3lbs pork roast
- Butter, or ghee, or coconut oil

Breakfast Sausage  
Sauerkraut  
Brats  
5 Pack of Hard Cider (like Woodchuck)  
2 packs of bacon  
½ cup grated cheese (optional)  
1 tub of sour cream\* optional

**Grocery:**

3 cans full fat coconut milk  
Can of pumpkin puree  
2TB tomato paste  
Olives  
¼ cup + 1ts Flax seed meal  
3 cups almond flour  
2 (6-ounce) cans of wild salmon  
Coconut Flour  
½ cup walnuts  
Salsa

**Staples to have on hand:**

Olive oil butter, pepper, garlic, rosemary, thyme, sea salt, cinnamon, nutmeg, vanilla, maple syrup or stevia or honey, arrowroot powder, powdered ginger, cumin, apple cider vinegar, coconut oil, baking soda, bay leaf, cocoa powder, lemon juice, mustard, dill.



*About The Paleo Mama*

Jackie Ritz, founder of [The Paleo Mama](#), is a firm believer in natural living, essential oils, and eating a Paleo/Primal diet. When she isn't blogging, you can find her in the mountains of Western North Carolina, hanging out with her 2 children, her many farm animals, and her amazing husband. Her passion is to help others live a healthier and more enjoyable life in simple living and finding joy all around us. [Facebook](#) | [Pinterest](#)  
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