

The Paleo Mama

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

PALEO MEAL GUIDE PLAN 1

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

Day 1:

Creamy Chicken Skillet

[Today's recipe and cooking method]

<http://paleoparents.com/featured/guest-post-the-paleo-mama-affording-paleo/>

Make a whole chicken using the crockpot method in the linked blog. You will use the meat for 2 meals. This first meal uses 1/2 the chicken. Reserve the other half of the chicken for Day 4's dinner. Three cups of the stock will be used in tomorrow's dinner; freeze the rest of the stock.



Ingredients:

The ingredients you will use include: onion, minced garlic, butter/coconut oil, chicken meat from the crock pot chicken, diced tomatoes, zucchini, basil, full fat coconut milk, and salt and pepper.

Follow the instructions shown in the linked recipe.

[For cooking method see]

<http://paleoparents.com/featured/guest-post-the-paleo-mama-affording-paleo/>

Day 2:

Italian Meatloaf with Green Bean Amandine

[Today's recipe]

<http://paleomg.com/italian-meatloaf/Meatloaf & Sauce Ingredients>

The ingredients you will use include: ground beef, onion, roasted red pepper, tomato sauce, egg, almond flour, basil, thyme, parsley, salt and pepper to taste and olive oil.



Follow the instructions shown in the linked recipe.

GREEN BEAN AMANDINE

One of my most favorite possessions is the homemade cookbook that my Mom made for me. It is filled with recipes that bring me back to my childhood and leave me thirsty for more.

One of my favorites is her Green Bean Amandine. Perfect timing to pull it out because I had just bought a huge bag of organic green beans from Costco. The gravy that this recipe makes is so amazingly delicious!! I'm seriously drinking the juices!



Ingredients:

- 1TB Butter/Ghee
- 3lbs Green Beans
- 3 cups of homemade chicken stock
- 1/4ts pepper
- 1/2 tsp salt
- 2TB arrowroot
- 1/4 cup water
- 2TB fresh lemon juice
- 1/4 cup sliced toasted almonds

Directions:

1. Melt the butter/or ghee in a large skillet over medium/high heat. Add green beans and sauté for 5 minutes.
2. Add stock, pepper, and salt. Bring to a boil, cover, reduce heat and simmer for 15 minutes.
3. Combine arrowroot and water, stir well. Stir the arrowroot mixture into the green bean mixture.
4. Bring to a boil; cook 1 minute stirring constantly.
5. Remove from heat, stir in the lemon juice and sprinkle with almonds!

Yield: 8 cups

Day 3

Beef Kabobs with Grilled Peaches

[Today's recipe]

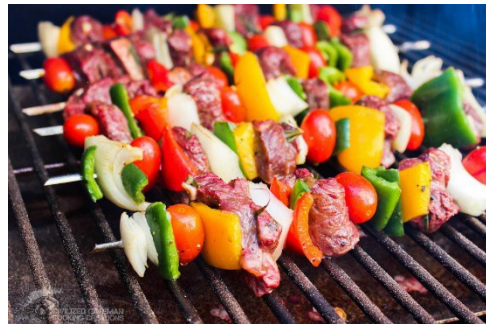
<http://civilizedcavemancooking.com/recipes/beef/top-sirloin-kabobs/>

This is a fast and easy meal on those days when you are just too busy to prepare a “real” meal. You can use either sirloin or roast meat, cut into bite-size pieces for the kabobs.

Ingredients

The ingredients you will use include steak of your choice (sirloin or roast), onion, bell peppers, cherry tomatoes, garlic, Italian seasoning, salt and pepper and olive oil.

Follow the instructions shown in the linked recipe.



Day 4: Asian Lettuce Wraps with Coconut Cauli-Rice

Asian Lettuce Wraps

These Asian Lettuce Wraps are delicious. My husband took a bite and gave me the best look ever. It was the look of, "I'm so glad I married a woman who knows how to cook!" I wasn't always so savvy in the kitchen. It took a few years to learn the ropes. Now I'm to a point where I will try to cook anything. Nothing looks too hard, well, there is Julia Child's Beef Bourguignon which I still am scared to try. Needless to say, she is a legend so we'll leave it at that!



Ok, this recipe was adapted and "Paleo-fied" from a GNOWFGLINS ecourse that I took at www.gnowfglins.com, so I can't take full credit for it! But it's amazing and so yummy. It's easy, but takes about 15 minutes of prepping the veggies.

If you make these wraps you HAVE to serve pineapple on the side. The flavors just go together so well! Hope you like it! Enjoy!

Ingredients

- 1/4 cup coconut aminos (this is the Paleo approved version of soy sauce) 2 TB fermented fish sauce
- 2TB lime juice
- 1TB apple cider vinegar
- 1 TB raw honey (optional: leave out if Whole30 or 21DSD) 1 egg
- 2 TB coconut oil
- 1 medium onion, diced
- small 1lb ground chicken
- 2 TB grated fresh ginger 3 cloves garlic, minced
- 1 cup packed grated carrot (2-3 carrots, depending on size) 1 large red bell pepper, cut in small sticks
- 1/4 small head green cabbage
- 1 head butter lettuce, leaves separated
- Sea salt and pepper to taste

Instructions

Whisk together the first 6 ingredients in a bowl, and set aside. Melt coconut oil in a large skillet over medium heat. Add onions and sauté for a few minutes till they are soft. Add ground chicken, break it up, and cook it till it's no longer pink. Stir in the garlic, ginger, and carrots, and cook for 3-5 minutes till the carrots are soft. Add in cabbage and red bell pepper, and stir-fry until slightly soft but still crisp, 3-5 minutes. Pour in the sauce mixture and toss the meat and vegetables to coat. Reduce heat to low and simmer for another few

minutes. Taste. Add salt and pepper if necessary (taste it first because it will be a little salty already from the fish sauce). Fill the lettuce leaves with the meat mixture and top with coconut cauli-rice.

Coconut Cauli-Rice

Ingredients

1 head of cauliflower
1/4-1/2 cup of full fat coconut
milk 2-4 TB coconut oil
salt and pepper
3 TB lime juice

Instructions:

Take the cauliflower and cut it up into smaller pieces. Throw half at a time into a food processor and pulse it until it starts to look like the size of rice. Throw it in a bowl and processed the rest of the cauliflower. My processor only fits about half a cabbage at a time. Melt coconut oil in a large skillet. Pour in the cauliflower rice and sauté it for about 5 minutes till it becomes soft. Pour in the coconut milk. Sauté for another 5 minutes. Take off heat, add lime juice, salt and pepper.

Day 5

Salmon in a Bag (or Tilapia) with Mexican Coleslaw

[Today's recipe]

<https://thedevilspunchbowl.wordpress.com/2012/05/03/drinking-coffee-at-8pm-fierce/>

Salmon in a Bag

I'm always looking for budget-friendly ways to get seafood into my family. If I have the money in our budget I will buy fresh salmon, cause we all know that is the best. If not, some Tilapia or other fish can be substituted.

These salmon patties are great! Hope you like it!

Salmon Ingredients

You will use salmon, lemons, butter, salt and pepper, and tin foil.

Follow the instructions in the attached link.



[Today's recipe]

<http://www.thefunctionalfoodie.com/2012/03/paleo-mexican-slaw.html>

Mexican Cole Slaw

Ingredients

You will use lime, white vinegar, garlic, cumin, chili powder, honey, salt and pepper, olive oil, cilantro, green onions, pre-shredded slaw.

MEAL PLAN 1 SHOPPING LIST

Produce:

- 4 onion
- 8 cloves garlic, minced
- 1 zucchini, grated
- 1/2 cup fresh basil leaves or 3 TB dried basil
- 1 Red Pepper
- 3 Bell Peppers (any color)
- 3lbs green beans (fresh or frozen)
- 3 lemons/ 4 limes
- 16 oz cherry tomatoes
- 2 inch piece of Ginger
- 3 Carrots
- Small Green Cabbage
- Head of Butter leaves or Romaine
- Head of Cauliflower
- 1 Bag of preshredded slaw mix
- Cilantro
- Green Onions

2-3 peaches
Pineapple
Spaghetti Squash

Protein:

Whole Chicken with giblets
1lb ground beef
2lbs of steak of choice (or roasts cut into chunks)
4-6 Salmon Filets (or Tilapia)
2 eggs

Grocery:

15 ounce can of diced tomatoes (Brand Recommendation: Muer Glen)
(2) 15 ounce can of full fat coconut milk (Brand Recommendation: Native Forest)
1 can tomato sauce (Brand recommendation: Muer Glen)
¾ cup almond flour
2 TB Arrowroot
¼ cup sliced almonds

Supplemental Cooking Needs:

3 TB of butter/or ghee, Coconut Oil, Olive Oil, Coconut Aminos or (Gluten-Free Soy Sauce), Apple Cider Vinegar, White Vinegar, Honey, and (optional: fish sauce)

Seasonings Needed:

basil, thyme, parsley, Cumin, Chili Powder, salt and pepper, Italian Seasoning



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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