



# The Paleo Mama

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

## PALEO MEAL GUIDE PLAN 2

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

### DAY 1

#### Spanish Burgers & Sweet Potato Wrapped Bacon Bites

[Today's recipe]

<http://thepaleomama.com/2013/01/spanish-burgers-with-caramelized-onion-chile-relish-and-roasted-red-pepper-sauce/>

#### **Spanish Burgers**

There are a few additional things you can add to the Spanish Burgers if you want to get fancy. The recipe has a caramelized onion chile relish and a roasted red pepper sauce you can make to go with them. I know it is Memorial Day and having "Spanish" burgers may sound silly, but they are really good and we use them as our regular burger recipe now. If you don't like chorizo, you can use ground pork or just some more ground beef.



#### **Ingredients**

For the burgers you will use ground beef, chorizo, taco seasoning, onion, Portobello caps (optional for bun) and toppings as desired of tomato, lettuce, ketchup, mustard, mayo, avocado, fried egg, pickles and cheese.

The roasted red pepper sauce will use coconut milk or mayo, roasted red peppers, and salt and pepper.

The caramelized onion chile will use olive oil, sweet onions, green chiles, and coconut sugar.

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

[Today's recipe]

<http://www.foodrenegade.com/bacon-wrapped-sweet-potato-bites/>

### **Bacon Wrapped Sweet Potato Bites**

If you are going to a party and you want to impress your friends with some Paleo food, the Sweet Potato Wrapped Bacon Bites are AMAZING! We call them “Little Bites of Heaven” because you just want to savor every bit of it.

#### **Ingredients**

You will use sweet potatoes, bacon, butter or ghee, chipotle chili powder, sea salt, and maple syrup.

Follow the instructions shown in the linked recipe.

## **DAY 2**

### **Chile Cilantro Lime Crockpot Chicken and Tomato, Avocado, Cucumber Salad**

[Today's recipe]

<http://paleopot.com/2013/01/chili-cilantro-lime-chicken/>

#### **Chile Cilantro Lime Crockpot Chicken**

I just love easy crockpot meals! Paleo Pot put together a golden recipe with this one! Add in the delicious salad and you have a simple meal for those days when you don't have time to cook dinner!

Don't forget to marinate the chicken overnight!

#### **Ingredients**

You will use one whole chicken, pepper, salt, chili powder, cumin, lime juice, lime, cilantro, garlic and olive oil

Follow the instructions shown in the linked recipe.



[Today's recipe]

<http://greenvalleykitchen.com/tomato-cucumber-avocado-salad/>

### **Tomato, Avocado, Cucumber Salad**

#### **Ingredients**

You will use tomatoes, cucumber, avocado, feta cheese, red onion, parsley, olive oil, red wine vinegar, and black pepper.

Follow the instructions shown in the linked recipe.

## **DAY 3**

### **Salmon Patties with a Creamy Lemon Dill Sauce and Faux-Tato Salad**

[Today's recipe]

<http://thepaleomama.com/2013/03/salmon-patties-with-a-creamy-lemon-dill-sauce/>

#### **Salmon Patties**

This meal is a little bit more intricate. Make this meal on a evening you have enough time for all the prep work. Savor your extra work...it will be worth it. I'm always trying to find more frugal ways to get seafood into my family's diet!



#### **Ingredients**

You will use canned wild salmon, eggs, mustard, almond flour, garlic, onion, salt and pepper, dill, coconut oil or butter.

Follow the instructions shown in the linked recipe.

[Today's recipe]

<http://thepaleomama.com/2013/03/salmon-patties-with-a-creamy-lemon-dill-sauce/>

#### **Creamy Lemon-Dill Sauce**

#### **Ingredients**

You will use lemon juice, dill, black pepper Follow the instructions shown in the linked recipe.

[Today's recipe]

<http://cupcakesomg.blogspot.com/2011/08/faux-tato-salad.html>

### **Faux-tato salad**

#### **Ingredients**

You will use cauliflower, eggs, relish or pickles, dill, mayo, Dijon mustard, salt and pepper.

Follow the instructions shown in the linked recipe.



## **DAY 4**

### **Green (or Red) Chile Pork Taco Salad**

[Today's recipe]

<http://thepaleomama.com/2013/01/green-or-red-chile-pork-taco-salad/>

### **Green (or Red) Chile Pork Taco Salad**

With all the veggies in this, no need for a side dish. Pile your salad high and enjoy the simplicity of it! It's one of our best pork dishes!

#### **Ingredients**

You will use pork tenderloins, olive oil or coconut oil, cumin, garlic powder, salt, onion, enchilada sauce, oregano, and garnishes of cilantro, olives, cheddar cheese, sour cream, romain, tomatoes, avocado or guacamole, salsa, and plantain chips.

Follow the directions in the linked recipe.



## DAY 5

### Crockpot Creamy Tomato Soup with Almond Bread

[Today's recipe]

<http://everydaypaleo.com/another-budget-friendly-paleo-meal-by-erika-creamy-chicken-tomato-crockpot-soup/>

#### **Creamy Chicken Tomato Crockpot Soup**

This is a perfect meal for a cold rainy winter day or for days when you are craving a good bowl of soup.

#### **Ingredients**

You will use chicken breast, Italian seasoning, basil, garlic, coconut milk, diced tomatoes, chicken broth, and salt and pepper.

Follow the instructions shown in the linked recipe.



[Today's recipe]

<http://gnowfglins.com/2011/09/16/grain-free-almond-bread/>

#### **Almond Bread**

Nutty and moist, this almond bread is both delicious and filling. You can serve it like cornbread on the side of a meal.

#### **Ingredients**

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

Follow the instructions shown on the linked recipe.



## **WEEK 2 SHOPPING LIST**

#### **Produce:**

- 4 Lime
- 2 bunches Cilantro
- 2 avocados
- 2 cucumbers
- 4 tomatoes
- 8 cloves garlic (I use the minced garlic in a jar. I'm lazy!)
- 2 sweet potatoes
- Portabella caps (for bun in meal #1)
- 3 onion
- 1 head of cauliflower (you can also use frozen florets)

**Protein & Refrigerated:**

- 11 eggs
- 2 Pork Tenderloins
- 1.5 lbs ground beef
- ½ lbs. ground chorizo
- 1 lb. bacon
- 1 large whole chicken
- 4 chicken breasts
- Butter (or coconut oil if dairy-free)

**Grocery:**

- 2 cans full-fat coconut milk
- 2 (14-ounce) cans of wild salmon
- 3 cups almond flour
- ¼ cup flax seed meal
- Pickles or relish for Faux-tato Salad (you choose)
- Organic Mayo or Homemade Mayo
- 1 large can of enchilada sauce (El Pato is a good, clean brand if you can find it)
- 1 (14-oz) can diced tomatoes
- 1 cup chicken broth (homemade if you made it following my plan)

**Spices and Condiments:**

2 TB lemon juice, dill, pepper, salt, 1 TB mustard, 1 TB dijon mustard, olive oil, coconut oil, cumin, garlic powder, oregano, taco seasoning, chipotle chili powder, maple syrup, 2 TB Italian Seasoning, basil, apple cider vinegar, baking soda

**Optional garnishes for Meal # 1 & 4:**

Olives, cheddar cheese and sour cream (if you do dairy), lettuce, cilantro, guacamole or avocados, salsa, plantain chips, ketchup and mustard

**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

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