



The Paleo Mama

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

PALEO MEAL GUIDE PLAN 3

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

DAY 1

Thyme Roast Chicken with Roasted Root Vegetables

[Today's recipe]

<http://www.laurainthekitchen.com/recipes/winter-roasted-root-vegetables/>

Thyme Roast Chicken

This recipe is so simple yet so delish! Throw the chicken in the crock pot if you choose and cook on low for 6-8 hours.

Ingredients

You will use whole chicken, salt and pepper, minced thyme, butter, Dijon mustard.

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



[Today's recipe]

<http://www.laurainthekitchen.com/recipes/winter-roasted-root-vegetables/>

Roasted Root Vegetables

Ingredients

You will use carrots, onion, potatoes, sweet potatoes, parsnips, garlic, olive oil, Balsamic vinegar, rosemary, thyme, and salt and pepper

Follow the instructions shown in the linked recipe.

DAY 2

Balsamic Chicken and Oven Roasted Brussel Sprouts

[Today's recipe]

<http://www.epicurious.com/recipes/food/views/my-favorite-simple-roast-chicken-231348>

Balsamic Mustard Chicken

I rave about this dish to everyone! It's also *that* dish that I make to impress. It's the most tasty chicken I have ever had!!! Don't skip the Brussel sprouts because you don't like them OR think your kids won't eat them. Mine LOVE brussel sprouts! We call them Monster Eggs and pretend we need to eat them before the monster hatches!



Ingredients

You will use chicken breast, Balsamic, olive oil, garlic, spicy brown mustard, and salt and pepper.

Follow the instructions shown in the linked recipe.

[Today's recipe]

<http://www.laurainthekitchen.com/recipes/winter-roasted-root-vegetables/>

Oven-roasted Bacon Veggies

Ingredients

You will use bacon, zucchinis, Brussel sprouts, olive oil, and salt and pepper



Follow the instructions shown in the linked recipe.

DAY 3

Butternut Squash Lasagna

[Today's recipe]

<http://www.health-bent.com/beef/paleo-butternut-squash-lasagna>

Butternut Squash Lasagna

I just love this dish and I also love that it has veggies already in the dish, so no extra side is needed! The squash around the edges of the pan does actually get crispy, crunchy like lasagna noodles do...and the flavor is definitely there. It tastes like is a sweet, salty & tangy quasi lasagna. I'll settle for that any day.

Ingredients

You will use hot Italian sausage, red onion, garlic, pizza sauce, roasted red peppers, olive oil, basil, butternut squash, and cheese (optional).

Follow the instructions shown in the linked recipe.



DAY 4

Salmon with Cherry Tomato Salsa and Asparagus

[Today's recipe]

<http://paleoleap.com/salmon-cherry-tomato-salsa-asparagus/>

Salmon

We make ourselves eat a seafood dish or two every week. It's good to give kids a taste for fish early in life. Both my kids (4 and 1) devour fish. I will say, they do not like Ahi Tuna, but Salmon, Tilapia and Shrimp don't last long in our house!

Ingredients

You will use salmon fillets, garlic, salt, pepper, paprika, lemon zest, lemon juice, olive oil.

Follow the directions in the linked recipe.



[Today's recipe]

<http://paleoleap.com/salmon-cherry-tomato-salsa-asparagus/>

Roasted Asparagus

Ingredients

You will use asparagus, olive oil, salt, garlic powder, pepper, lemon juice



[Today's recipe]

Cherry Tomato Salsa

<http://paleoleap.com/salmon-cherry-tomato-salsa-asparagus/>

Ingredients

You will use cherry tomatoes, garlic, lemon zest, lemon juice, olive oil, salt, pepper, oregano

DAY 5

Meat & Spinach Muffins with a Mason Jar Salad

[Today's recipe]

http://theclothesmakethegirl.com/wp-content/uploads/2012/02/meatandspinachmuffins_wellfed.pdf

Meat and Spinach Muffins

This is a perfect for a “Dinner-on-the-fly.” These muffins have been a long-standing favorite among my family. They are easy to make and so delicious. These are great to eat for breakfast, lunch, or dinner.

Ingredients

You will use spinach, coconut oil, onion, ground beef, garlic, salt and pepper, cayenne pepper, and eggs.



[Today's recipe]

<http://thepaleomama.com/2013/03/guest-post-mason-jar-salads/>

Mason Jar Salads

The Mason Jar Salad from my friend, Dusti, has been a LIFESAVER for me! It's a genius way of making salads and they really do keep for up to a week! I included the ingredients in the shopping list to get your started on making your first Mason jar salads! You can omit this if you do not want to make it and just throw a salad together for this meal instead.



Ingredients

You will use salad dressing, veggies of choice, including lettuce spinach, greens, onions, mushrooms, zucchini, grape or cherry tomatoes.

Follow the instructions shown on the linked recipe.

[Today's recipe]

http://frenchfood.about.com/od/dressingp_reservessauces/r/rosemarywhite.htm

Rosemary White Wine Vinegar Dressing

Ingredients

You will use fresh rosemary, white wine vinegar, olive oil, garlic, salt and pepper.

Follow the instructions shown on the linked recipe.

WEEK 3 SHOPPING LIST

Protein

- 2-3 lb. whole chicken
- 2 boneless/skinless chicken breasts
- 11 strips bacon
- 1 lb. of Italian sausage (ground is easiest)
- 4 wild salmon fillets (fresh or frozen)
- 1.5 lbs. ground beef

Refrigerated/Frozen

- 3 (16-oz.) bags of frozen spinach
- 3 lg. eggs

Produce:

- 2 carrots
- 2 onion
- 1 red onion
- 2 sweet potatoes
- 2 parsnips

18 cloves garlic (*because I use lots of garlic, I buy a large container of minced garlic*)
3 zucchini
1/2 lb. Brussel Sprouts
1 small butternut squash
2 lemons
1 bunch of asparagus
Bag of spinach

Grocery:

1 (15-oz.) can pizza sauce
½ cup roasted red peppers

Spices/Condiments:

Thyme, salt, pepper, rosemary, spice brown mustard, paprika, garlic powder, cayenne

Oils/Vinegars:

Olive oil, balsamic vinegar, coconut oil,

Mason Jar Salad Supplies:

1 cucumber
Cherry tomatoes
1 red onion
2-3 carrots
Romaine lettuce
Dried rosemary
4 TBSP. white wine vinegar
4 TBSP. olive oil



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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