



Paleo Recipe Bundle

CLEAN EATING FOR ENERGY,
WEIGHT CONTROL, AND HAPPY
HORMONES.

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A top-down view of a white ceramic bowl filled with oatmeal. The oatmeal is topped with several slices of fresh apple and a small amount of golden-brown nuts. The bowl is placed on a light-colored, textured fabric surface. A silver spoon is visible on the right side of the bowl. An orange semi-transparent rectangle is overlaid on the center of the bowl, containing the text.

Paleo Breakfast

KICKSTART YOUR DAY

Coconut Raspberry Chia Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [240 ml] Coconut Milk Unsweetened (not canned) (*not from a can*)
- **0.25 cup** [30.75 g] Raspberries
- **1 date** [8.3 g] Date (*pitted*)
- **1 tbsp** [14 g] Chia Seeds
- **0.5 medium** [59 g] Banana
- **1 scoop** [30.3 g] Paleo Protein Powder
- **1 cup** [250 g] Ice

DIRECTIONS

1. In a blender, combine coconut milk, raspberries, date, chia seeds, banana, and ice
2. Blend until smooth

NUTRITION INFO

Energy : 317 kcal Fat : 10.9 g Carbs : 30.4 g Protein : 29.2 g Fiber : 11.3 g Sugar : 13.8 g

Green Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **0.5 tbsp** [7 g] Avocado Oil
- **0.5 avocado** [68 g] Avocado (*small*)
- **5 olives** [75 g] Kalamata Olives (*halved*)
- **1 cup** [30 g] Baby Spinach (*chopped*)
- **0.25 cup chopped** [22.75 g] Broccoli
- **3 large** [150 g] Egg (*beaten*)
- **1 dash** [0.4 g] Sea Salt
- **1 dash** [0.1 g] Black Pepper
- **1 medium** [98 g] Peach

DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat. Add olives, baby spinach, broccoli, salt, and pepper.
2. Cook 2–3 minutes, turning occasionally.
3. Add eggs and cook 2–3 minutes, or until eggs are at desired consistency, scraping from the skillet occasionally with a soft spatula.
4. Top with avocado and serve with a peach or fruit of choice.

NUTRITION INFO

Energy : 507 kcal Fat : 37.9 g Carbs : 20.6 g Protein : 22.8 g Fiber : 7.9 g Sugar : 10.1 g

Nutty Strawberry Banana Smoothie



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 cup** [240 ml] Organic Unsweetened Almond Milk
- **1 medium** [118 g] Banana
- **0.5 cup** [76 g] Strawberries (*sliced*)
- **1 tbsp** [16 g] Almond Butter
- **1 scoop** [30.3 g] Paleo Protein Powder

DIRECTIONS

1. Combine all together in a blender and blend until smooth. Enjoy!

NUTRITION INFO

Energy : 396 kcal

Fat : 14.1 g

Carbs : 39.2 g

Protein : 31.2 g

Fiber : 6.2 g

Sugar : 18.8 g

Paleo Banana Muffins



SERVINGS: 4

PREP TIME: 8 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **1 medium** [118 g] Banana (*ripe and mashed*)
- **2 large** [100 g] Egg
- **0.5 tbsp** [6.5 g] Vanilla Extract
- **1 tbsp** [20 g] Maple Syrup
- **1.33 cup** [148.96 g] Almond Flour
- **1 Dash** [1 g] Himalayan Pink Salt
- **0.5 tsp** [2.3 g] Baking Soda
- **1 cup** [123 g] Raspberries (*on the side for 2 servings*)
- **1 cup** [145 g] Blueberries (*on the side for 2 servings*)

DIRECTIONS

1. Preheat oven to 350 F degrees (175 C degrees).
2. Fill a muffin tin with muffin liners or grease the inside of the muffin tins with coconut oil.
3. Mix together all wet ingredients in a large bowl, until well blended.
4. Gradually add dry ingredients until smooth.
5. Fill muffin tins with batter (makes 8-10 muffins).
6. Bake for 15-20 minutes, until lightly browned on top.

NUTRITION INFO

Energy : 330 kcal

Fat : 18.9 g

Carbs : 27.4 g

Protein : 14.4 g

Fiber : 9 g

Sugar : 14.6 g

Paleo Pumpkin Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **0.25 cup** [28 g] Almond Flour
- **0.25 cup** [35 g] Organic Coconut Flour
- **0.5 tsp** [0.85 g] Pumpkin Pie Spice
- **0.25 tsp** [1.15 g] Baking Soda
- **1 Dash** [1 g] Himalayan Pink Salt
- **2 large** [100 g] Egg
- **3 tbsp** [42 ml] Organic Unsweetened Almond Milk
- **0.25 cup** [62.5 g] Pumpkin Puree
- **0.5 tbsp** [10 g] Maple Syrup
- **0.25 tsp** [1.2 g] Apple Cider Vinegar
- **1 tsp** [4.2 g] Vanilla Extract
- **1 tbsp** [13.6 g] Coconut Oil
- **3 tbsp** [48 g] Almond Butter
- **0.5 cup** [61.5 g] Raspberries

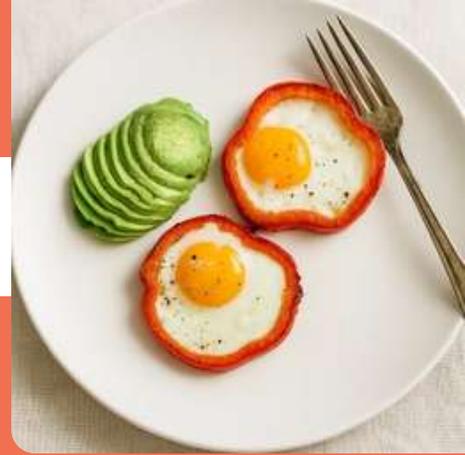
DIRECTIONS

1. Mix all ingredients together until well blended.
2. Heat oil in a large skillet over medium heat. Pour pancake batter into the skillet making 3 inch circles. When pancake lifts easily from the skillet using a spatula, flip the pancake and cook until center is no longer gooey.
3. Top pancakes with warm almond butter.

NUTRITION INFO

Energy : 501 kcal Fat : 35.5 g Carbs : 29.2 g Protein : 14.6 g Fiber : 12.4 g Sugar : 9.2 g

Red Pepper Egg Boats w/ Avocado



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- **1 medium** [114 g] Red Bell Pepper
- **1 tbsp** [14 g] Olive Oil
- **4 large** [200 g] Egg
- **1 avocado** [136 g] Avocado
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **1 medium** [166 g] Pear
- **1 test** [130 g] Red Beans test

DIRECTIONS

1. Slice the red pepper into rings about 1cm in height.
2. Heat a sauté pan over medium heat
3. Once hot, add olive oil.
4. Place the red pepper rings in the hot olive oil
5. Sauté for 1-2 minutes and flip them over
Crack an egg into the center of each red pepper ring.
6. Cover with a lid for 5-7 minutes, or until eggs are cooked to desired temperature.
7. Slice an avocado in half.
8. Peel the skin off the avocado and slice into thin pieces.
9. Season the eggs and avocado with salt and pepper (if desired).
10. Enjoy with a pear.

NUTRITION INFO

Energy : 446 kcal

Fat : 28 g

Carbs : 32.6 g

Protein : 18 g

Fiber : 12.6 g

Sugar : 11.6 g

Sausage and Potatoes



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **4.5 links** [88.2 g] Savory Turkey Breakfast Sausage (*sliced*)
- **1 sweetpotato**, [130 g] Sweet Potato (*diced*)
- **1 tbsp** [14 g] Avocado Oil
- **1 medium** [114 g] Red Bell Pepper
- **0.5 medium** [55 g] Yellow Onions (*diced*)
- **1 tsp** [2.8 g] Garlic Powder
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Warm avocado oil over medium heat in a large skillet. Add diced sweet potato and 1 tbsp water. Cook covered until sweet potato begins to soften.
2. Add sliced sausage, bell pepper, onion, garlic powder, salt, and pepper. Cook uncovered 8-10 minutes, mixing and flipping occasionally.
3. Serve warm.

NUTRITION INFO

Energy : 433 kcal Fat : 21.7 g Carbs : 42.1 g Protein : 20.5 g Fiber : 10.2 g Sugar : 15.6 g

Simple Eggs and Fruit



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- **3 large** [150 g] Egg (*hard boiled*)
- **0.5 cup** [72.5 g] Blueberries
- **1 cup, chopped** [177 g] Honeydew Melon
- **0.13 cup** [3.75 g] Raw Almonds

DIRECTIONS

1. Boil the eggs for 12 minutes, then cool in ice water and peel off shell.
2. Serve all together and get on with your day!

NUTRITION INFO

Energy : 410 kcal

Fat : 22.9 g

Carbs : 29.1 g

Protein : 22.9 g

Fiber : 5.2 g

Sugar : 22.7 g

Sweet and Satisfying Paleo Porridge



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **0.75 cup** [180 ml] Organic Unsweetened Almond Milk
- **4 tbsp** [24 g] Unsweetened Shredded Coconut
- **3 tbsp** [21 g] Almond Flour
- **1 tbsp** [10 g] Flax Seed Meal
- **0.5 tsp** [2.1 g] Vanilla Extract
- **1 tsp** [2.3 g] Cinnamon
- **2 date** [16.6 g] Date (*chopped*)
- **1 tbsp, chopped** [8 g] Pecans
- **1 medium** [166 g] Pear (*sliced*)

DIRECTIONS

1. Mix together milk, coconut shreds, almond flour, flax meal, vanilla extract, and cinnamon. Warm in the microwave for 1.5 - 2 minutes or heat over medium heat in a sauce pan for approximately 5 minutes (until creamy).
2. Top with chopped dates, pecans, and pear.

NUTRITION INFO

Energy : 534 kcal Fat : 34.2 g Carbs : 54.7 g Protein : 12.1 g Fiber : 17.9 g Sugar : 29.9 g

Sweet Potato, Broccoli, & Sage Frittata



SERVINGS: 3

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **1 small** [70 g] Onions (*chopped*)
- **1 medium** [114 g] Sweet Potato (*chopped*)
- **1 cup, florets** [71 g] Broccoli (*chopped*)
- **1 tablespoon** [13.5 g] Olive Oil
- **4 leaf** [2 g] Sage
- **8 large** [400 g] Egg
- **0.5 cup** [121.5 g] Egg White
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **2 cup, cubes** [320 g] Cantaloupe Melons
- **3 tsp** [6 g] Matcha Tea Powder (*1 scoop per serving*)
- **3 cup** [720 ml] Organic Unsweetened Almond Milk (*1 cup per serving*)

DIRECTIONS

1. Preheat the oven to 375 F
2. Chop the onion, sweet potato, and broccoli into small pieces
3. Heat a cast iron skillet or any oven-safe skillet on the stove to medium heat
4. Add olive oil to skillet and, once hot, add the onion, sweet potato, broccoli and sage leaves
5. Sauté the vegetables until about 50% cooked
6. While the vegetables are cooking, whisk the whole eggs and egg whites together
7. Remove the sage leaves from the skillet
8. Pour the egg mixture over the vegetables
9. Season with salt and pepper
10. Bake in the oven for 30-35 minutes
11. Remove from the oven
12. Serve warm with a side of cantaloupe, and a matcha latte (1 scoop matcha powder mixed with 1 cup warmed almond milk).

NUTRITION INFO

Energy : 393 kcal

Fat : 21.3 g

Carbs : 25.2 g

Protein : 24.8 g

Fiber : 4.5 g

Sugar : 13 g



Paleo Lunch

RE-FUEL AND RE-ENERGIZE

Creamy Avocado Chicken Salad Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **8 oz** [224 g] Skinless Chicken Breast (*cooked and shredded*)
- **0.5 small** [74 g] Red Onions
- **1 clove** [3 g] Garlic
- **0.5 cup** [30 g] Parsley
- **1 medium** Lemon
- **2 avocado** [272 g] Avocado
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **6 leaf** [120 g] Romaine Lettuce
- **2** - Apples

DIRECTIONS

1. Chop the red onions, garlic, and parsley and place them in a large mixing bowl.
2. Squeeze the juice of the lemon into the mixing bowl.
3. Scoop the two avocados into the bowl and mash them to your desired texture.
4. Chop the cooked chicken breast into small pieces.
5. Add the chicken to the mixing bowl of ingredients.
6. Mix everything together until combined evenly.
7. Season with salt and pepper to your preference.
8. Scoop the avocado chicken salad evenly into the lettuce cups.
9. Top with parsley (optional).
10. Serve cold with a red apple.

NUTRITION INFO

Energy : 501 kcal

Fat : 24.2 g

Carbs : 44 g

Protein : 31.2 g

Fiber : 16.5 g

Sugar : 20.7 g

BBQ Chicken and Potato



SERVINGS: 1

PREP TIME: 37 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **1 sweetpotato**, [130 g] Sweet Potato (*halved*)
- **4 oz** [112 g] Skinless Chicken Breast (*shredded*)
- **1.5 tbsp** [46.5 g] Paleo BBQ Sauce
- **1 medium** [201 g] Cucumber (*sliced*)
- **1** - Apples

DIRECTIONS

1. Mix BBQ sauce with shredded chicken and serve over sweet potato.
2. Serve with a side of cucumbers and an apple.

NUTRITION INFO

Energy : 369 kcal

Fat : 2.3 g

Carbs : 58.6 g

Protein : 29.7 g

Fiber : 10.5 g

Sugar : 28.6 g

Chopped Salad with Dijon Dressing



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg (*hard boiled and chopped*)
- **2 cup** [94 g] Romaine Lettuce (*chopped*)
- **0.25 small** [37 g] Red Onions (*chopped*)
- **1 medium** [201 g] Cucumber (*chopped*)
- **0.5 avocado** [68 g] Avocado (*diced*)
- **1 tbsp** [10 g] Hemp Hearts
- **2 tbsp** [7.6 g] Parsley (*fresh and chopped*)
- **1 tbsp** [14 g] Olive Oil
- **0.5 tbsp** [8.25 g] Dijon Mustard
- **1 tsp, ground** [0.6 g] Oregano
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Toss together eggs, lettuce, red onion, cucumber, hemp hearts, and avocado.
2. In a small bowl mix together olive oil, dijon mustard, oregano, salt, and pepper.
3. Toss dressing with salad and enjoy!

NUTRITION INFO

Energy : 504 kcal

Fat : 40.3 g

Carbs : 16.4 g

Protein : 20.3 g

Fiber : 8.3 g

Sugar : 4.6 g

Mandarin Chicken Salad



SERVINGS: 1

PREP TIME: 50 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **5 oz, raw** [140 g] Chicken Thighs, boneless with skin
- **1.5 cups** [127.5 g] Classic Cole Slaw Mix (no dressing)
- **1 -** [74 g] Mandarin Orange (*peeled*)
- **3 stalk** [45 g] Green Onions
- **0.25 cup** [4 g] Cilantro (Coriander) (*chopped*)
- **1 tbsp** [1 8.5] Dry Roasted Cashew Nuts (*chopped*)
- **1 tbsp** [14 g] Olive Oil
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Slice chicken thighs into 1/2 inch slices.
2. Top coleslaw mix with oranges, green onion, cilantro, and cashews.
3. Mix together olive oil, apple cider vinegar, salt, and pepper. Drizzle over salad and enjoy.

NUTRITION INFO

Energy : 518 kcal

Fat : 38.5 g

Carbs : 19 g

Protein : 25 g

Fiber : 36.9 g

Sugar : 11.8 g

Mediterranean Salmon Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **4 oz** [113.33 g] Wild Atlantic Salmon
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **2 cup** [110 g] Mixed Salad Greens
- **1 medium** [201 g] Cucumber (*chopped*)
- **8 olives** [120 g] Kalamata Olives (*halved*)
- **5 -** [85 g] Cherry Tomatoes (*halved*)
- **0.25 cup** [15 g] Parsley (*fresh and chopped*)
- **1 tbsp** [14 g] Olive Oil
- **0.5 medium** Lemon (*juice*)
- **0.25 tsp, ground** [0.15 g] Oregano

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place salmon in an oven safe dish and season with salt and pepper. Cook for 15 minutes or until internal temperature reaches 135 degrees F (57 degrees C).
3. In the meantime, add salad greens, cucumber, kalamata olives, and parsley to a salad bowl.
4. Mix together olive oil, lemon, and oregano in a small bowl, then toss this dressing with the salad. Top salad with cooked salmon and enjoy!

NUTRITION INFO

Energy : 424 kcal

Fat : 28.8 g

Carbs : 16.7 g

Protein : 26.9 g

Fiber : 5.9 g

Sugar : 6.8 g

Pack and Go Lunch



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **2 large** [100 g] Egg (*hard boiled*)
- **0.5 cup** [74.5 g] Baby Carrots
- **2 tbsp** [17 g] Dry Roasted Mixed Nuts
- **1 individual serving (4 oz)** [113 g] Plain Coconut Yogurt

DIRECTIONS

1. Pack in your lunch bag and go!

NUTRITION INFO

Energy : 470 kcal

Fat : 37.6 g

Carbs : 14.8 g

Protein : 17.1 g

Fiber : 6.4 g

Sugar : 5.2 g

Roasted Garlic Veggies & Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **2 cup, florets** [142 g] Broccoli (*chopped*)
- **1 small** [148 g] Red Onions (*cut into 1/2 inch pieces*)
- **8 clove** [24 g] Garlic
- **1 medium** [196 g] Zucchini (*cut into 1/2 inch pieces*)
- **2 sweetpotato**, [260 g] Sweet Potato (*peeled and cut into 1/2 inch pieces*)
- **12 oz** [339 g] Boneless Skinless Chicken Thighs (raw)
- **2 tbsp** [28 g] Avocado Oil
- **1 tbsp, ground** [1.8 g] Oregano
- **0.5 medium** Lemon (*juice*)
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Mix together oil, dried oregano, lemon juice, salt, and pepper. Coat vegetables and chicken with oil mixture.
3. Spread veggies and chicken evenly on a baking sheet. Bake for 25 minutes, until internal temperature of chicken reaches 165 degrees F (74 degrees C).
4. Serve warm or cooled.

NUTRITION INFO

Energy : 502 kcal

Fat : 21.3 g

Carbs : 41.3 g

Protein : 39.5 g

Fiber : 8.3 g

Sugar : 8.5 g

Shrimp Salad



SERVINGS: 1

PREP TIME: 40 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- **4 oz** [113.6 g] Shrimp (Prawns) (*cooked*)
- **1.5 tbsp** [22.5 g] Mayonnaise (made with avocado oil)
- **0.5 tbsp** [7.5 g] Apple Cider Vinegar
- **0.5 tbsp** [7 g] Lemon Juice
- **0.25 tsp** [1.38 g] Dijon Mustard
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **1 stalk** [40 g] Celery (*diced*)
- **1.5 tbsp, chopped** [7.5 g] Red Onions (*minced*)
- **0.5 avocado** [68 g] Avocado (*chopped*)
- **2 cup** [40 g] Arugula (Rocket)

DIRECTIONS

1. Mix together mayonnaise, apple cider vinegar, lemon juice, dijon mustard, salt, and pepper.
2. Toss dressing with shrimp, celery, and red onion.
3. Top arugula with shrimp mixture and avocado.

NUTRITION INFO

Energy : 396 kcal

Fat : 31.3 g

Carbs : 13.9 g

Protein : 19.5 g

Fiber : 7.3 g

Sugar : 2.9 g

Spicy Turkey Patties



SERVINGS: 2

PREP TIME: 19 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **12 oz** [336 g] Ground Turkey
- **0.25 cup** [4 g] Cilantro (Coriander) (*fresh and chopped*)
- **0.25 tbsp** [2.1 g] Garlic Powder
- **0.25 tbsp** [1.73 g] Onion Powder
- **0.25 tsp** [0.45 g] Red or Cayenne Pepper
- **1 Dash** [1 g] Himalayan Pink Salt
- **0.5 tbsp** [7 g] Avocado Oil
- **1 avocado** [136 g] Avocado (*mashed*)
- **2 cup** [40 g] Arugula (Rocket)
- **4 tbsp** [34 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. In a large bowl add ground chicken, cilantro, garlic powder, onion powder, cayenne pepper, salt, and pepper. Mix together well using your hands, and create 4-6 circular patties, approximately 2-3 inches in diameter.
2. Warm avocado oil in a large skillet over medium heat and add turkey patties. Cook 5-8 minutes per side, or until internal temperature reaches 165 degrees F (74 degrees C).
3. Serve turkey patties over arugula, topped with mashed avocado and with a side of mixed nuts.

NUTRITION INFO

Energy : 523 kcal

Fat : 36.5 g

Carbs : 12.2 g

Protein : 38.2 g

Fiber : 8.9 g

Sugar : 1.6 g

Steak Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- **4 oz** [113.4 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- **2 cup** [110 g] Mixed Salad Greens
- **10 Olive** [40 g] Green Olives (*halved*)
- **5 -** [85 g] Cherry Tomatoes (*halved*)
- **1 medium** [201 g] Cucumber (*chopped*)
- **0.25 small** [37 g] Red Onions (*thinly sliced*)
- **0.5 avocado** [68 g] Avocado
- **1 tbsp** [14 g] Olive Oil
- **0.5 medium** Lemon (*juice*)
- **0.25 tsp** [0.25 g] Dill (Dried)
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **0.25 cup** [5 g] Broccoli Sprouts

DIRECTIONS

1. Heat medium skillet over medium heat.
2. Add skirt steak and cook for 2-4 minutes per side, or until internal temperature of steak reaches 145 degrees F (62 degrees C)
3. Combine salad greens, olives, cucumber, cherry tomatoes, red onion, and avocado.
4. In a separate bowl mix together olive oil, lemon, dill, salt, and pepper. Then toss with the salad.
5. Top salad with cooked steak and broccoli sprouts.

NUTRITION INFO

Energy : 565 kcal

Fat : 40.9 g

Carbs : 24.2 g

Protein : 30.4 g

Fiber : 12.3 g

Sugar : 7.6 g

A close-up photograph of several soft-shell tacos on a white plate. The tacos are filled with ground meat, shredded white cabbage, and a red sauce. A semi-transparent orange-red rectangular box is overlaid in the center of the image, containing the text 'Paleo Dinner' and 'FINISH STRONG'.

Paleo Dinner

FINISH STRONG

Beef Tenderloin w/ Parsley Lime Rice



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- **10 oz** [283.5 g] Beef Tenderloin
- **2 tbsp** [28 g] Olive Oil (*Divided*)
- **1 tbsp, minced** [8.5 g] Garlic
- **1 dash** [0.63 ml] Kosher Salt
- **1 dash** [0.1 g] Black Pepper
- **2 cup** [200 g] Riced Cauliflower
- **1 fruit** [67 g] Lime
- **2 tbsp** [7.6 g] Parsley

DIRECTIONS

1. In a cast-iron skillet, heat half of the olive oil. Once the pan is warm, add the garlic to the pan.
2. Season both sides of the beef tenderloin with salt and pepper.
3. Place the beef tenderloin in the cast-iron skillet and cook for 3-4 minutes.
4. Flip it over and cook for another 3-4 minutes. Set aside once cooked.
5. While the beef is cooking, in a medium-sized saute pan, heat the remaining olive oil. Add cauliflower rice and cook until soft.
6. Juice the lime over the cooked cauliflower rice, add chopped parsley, and stir everything together.
7. Season with salt and pepper to taste. Enjoy!

NUTRITION INFO

Energy : 517 kcal

Fat : 39.4 g

Carbs : 12.7 g

Protein : 30.6 g

Fiber : 5 g

Sugar : 3.7 g

Cashew Crusted Mahi- Mahi with Sweet Potato



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **12 oz, boneless, raw** [340.2 g] Mahi Mahi
- **0.5 cup** [68.5 g] Dry Roasted Cashew Nuts (*chopped*)
- **0.5 cup** [30 g] Parsley
- **1 large** [50 g] Egg
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **1 sweetpotato**, [130 g] Sweet Potato

DIRECTIONS

1. Preheat the oven to 350 F. Alternative Cooking Method Air-fry for 10 minutes at 360 F
2. Finely chop the cashews and parsley and mix together in a bowl
3. In a separate bowl, whisk the egg, salt, and pepper together
4. Dip the mahi-mahi fillet in the egg wash followed by the cashew/parsley mixture
5. Add extra parsley and cashews to the top if any fall off
6. Lay flat on a non-stick baking sheet
7. Bake for 10-12 minutes
8. Serve warm with a sweet potato

NUTRITION INFO

Energy : 439 kcal

Fat : 19.7 g

Carbs : 25.4 g

Protein : 41.3 g

Fiber : 3.5 g

Sugar : 4.7 g

Healthy Stroganoff



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- **8 oz** [224 g] Sirloin Steak
- **2 tbsp** [28 g] Avocado Oil
- **2 tbsp** [38 g] Coconut Cream (Canned)
- **1 medium** [110 g] Yellow Onions (*thinly sliced*)
- **2 cup, pieces or slices** [140 g] Mushrooms (*sliced*)
- **1 tbsp** [14 g] Coconut Aminos
- **1 tsp** [5.5 g] Dijon Mustard
- **1 tsp** [3 g] Arrowroot Starch
- **3 cup** [255 g] Broccoli Slaw
- **3 stalk** [45 g] Green Onions
- **0.75 cup** [180 ml] Beef Broth

DIRECTIONS

1. Heat half the avocado oil in a large skillet over medium heat. Add steak slices evenly in the skillet and cook approximately 2 minutes on each side. Remove steak from heat.
2. To the skillet, add the remaining avocado oil, coconut cream, onion, and mushrooms. Cook 5 minutes.
3. Mix together coconut aminos, broth, dijon mustard, and arrowroot starch. Add this mixture to the skillet. Cook for an additional 5-6 minutes, until sauce begins to thicken. Remove from heat and allow to rest for 5 minutes.
4. Serve warm over broccoli slaw and top with green onions.

NUTRITION INFO

Energy : 462 kcal

Fat : 28.7 g

Carbs : 23.9 g

Protein : 31.6 g

Fiber : 5.6 g

Sugar : 14.9 g

Hearty Vegetable Chili



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **1 tbsp** [14 g] Olive Oil
- **1 medium** [110 g] Yellow Onions (*chopped*)
- **1 -** [10 g] Green Pepper (*chopped*)
- **2 medium** [122 g] Carrot
- **3 tsp** [7.8 g] Chili Powder
- **1 tsp** [2.8 g] Garlic Powder
- **1 tsp** [2.1 g] Paprika
- **0.25 tsp** [0.45 g] Red or Cayenne Pepper
- **0.5 tsp** [1.05 g] Cumin
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **1 tbsp** [1 g] Cilantro (Coriander) (*optional garnish*)
- **16 ounce** [448 g] Ground Beef (85% Lean / 15% Fat)
- **1 can (28oz)** [794 g] Diced Canned Tomatoes

DIRECTIONS

1. Heat a large pot to medium heat
2. Add the olive oil
3. While the pot is heating up, chop the onion, pepper, and carrots into small pieces
4. Add the chopped vegetables to the hot oil and sauté until the vegetables begin to soften
5. Add the ground beef and stir everything together
6. Once the beef is cooked, scoop out any additional fat/oil leftover from the meat
7. Add the diced tomatoes, chili powder, garlic powder, smoked paprika, cayenne pepper, cumin, salt, and pepper
8. Combine all ingredients, cover the pot with a lid and simmer for 30 minutes
9. Remove from heat, and sprinkle with cilantro Enjoy!

NUTRITION INFO

Energy : 340 kcal

Fat : 21 g

Carbs : 15.6 g

Protein : 23.6 g

Fiber : 4.3 g

Sugar : 9.1 g

Orange Chicken & Broccoli



SERVINGS: 2

PREP TIME: 65 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- **8 oz** [226 g] Boneless Skinless Chicken Thighs (raw)
- **0.5 cup** [124 g] Orange Juice
- **0.25 cup** [56 g] Coconut Aminos
- **0.25 cup** [56 g] Rice Vinegar
- **1 tbsp chopped** [6 g] Scallions or Spring Onions
- **1 tbsp, minced** [8.5 g] Garlic (*minced*)
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **2 cup, florets** [142 g] Broccoli
- **2 avocado** [272 g] Avocado

DIRECTIONS

1. Chop the chicken thighs into small pieces (about 1 inch)
2. In a large bowl, combine orange juice, coconut aminos, rice vinegar, scallions, garlic, salt and pepper
3. Place the chicken in the orange juice marinade, cover with a lid, and refrigerate for at least 60 minutes
4. Heat a sauté pan to medium heat
5. Add the marinated chicken to the pan
6. About halfway through cooking, add the broccoli and sesame seeds to the sauté pan and cover with a lid for 5-10 minutes or until the broccoli is steamed
7. Top with scallions (optional)
8. Serve warm with avocado on the side.

NUTRITION INFO

Energy : 534 kcal Fat : 26.8 g Carbs : 48.6 g Protein : 27.8 g Fiber : 12.9 g Sugar : 30.3 g

Paleo Beef Stew



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- **8 oz** [224 g] Beef Stew Meat (*cut into 1 inch pieces*)
- **1 tbsp** [14 g] Olive Oil
- **1 medium** [110 g] Yellow Onions (*chopped*)
- **2 clove** [6 g] Garlic
- **1.5 cup, chopped** [112.5 g] Russet Potatoes (*chopped into 1/2 inch pieces*)
- **8 oz** [226.8 g] Baby Carrots
- **3 cup** [720 ml] Beef Broth
- **2 tbsp** [28 g] Coconut Aminos
- **1 leaf** [0.6 g] Bay Leaf
- **1 tsp** [1.2 g] Kosher Salt (*Divided*)
- **1 dash** [0.63 ml] Black Pepper

DIRECTIONS

1. Pat the beef dry with paper towels. Season with half the amount of kosher salt and black pepper.
2. In a large pot or Dutch oven, heat the oil over medium-high heat. Add the beef and cook until browned on all sides, about 4–5 minutes. Remove and set aside.
3. In the same pot, add the onion and cook for 2–3 minutes until softened. Stir in the garlic and cook for 30 seconds until fragrant.
4. Return the beef to the pot. Add the potatoes, carrots, beef broth, coconut aminos, bay leaf, and the remaining salt. Stir to combine.
5. Bring to a boil, then reduce heat to low. Cover and simmer for 45–60 minutes, or until the beef and vegetables are tender.
6. Adjust seasoning if needed and serve warm.

NUTRITION INFO

Energy : 443 kcal

Fat : 15 g

Carbs : 32.9 g

Protein : 46.6 g

Fiber : 3.7 g

Sugar : 18.1 g

Sauteed Salmon with Zucchini Ribbons



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- **1 medium** [196 g] Zucchini
- **1 medium** [196 g] Yellow Summer Squash
- **1 tbsp** [12.8 g] Clarified Butter Ghee
- **1 clove** [3 g] Garlic
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **12 oz, boneless** [340.2 g] Smoked Salmon (Wild Caught)
- **0.5 tbsp** [1.55 g] Dill (Dried)
- **0.5 medium** Lemon (*juice*)
- **2 medium** [426 g] Russet Potatoes

DIRECTIONS

1. Using a mandolin, slice the zucchini and yellow squash into 1/8" slices (OR use a peeler and peel the zucchini and squash into ribbons.)
2. In a large saucepan, heat the ghee over medium- high heat.
3. Once the ghee is hot, add the garlic.
4. Once the garlic begins to brown, add the zucchini and squash ribbons and sauté for 5-7 minutes or until the veggies begin to brown.
5. Season with salt and pepper, remove from heat, and set aside.
6. In a small dish, combine the lemon juice and the dill. Drizzle over the salmon.
7. In the same large saucepan, over medium heat, place the salmon face down for 2-3 minutes.
8. Flip over and lower the heat to low-medium and cook until desired temperature.
9. Serve with zucchini and squash ribbons and with a baked potato.

NUTRITION INFO

Energy : 465 kcal

Fat : 10 g

Carbs : 47.4 g

Protein : 51.3 g

Fiber : 5.5 g

Sugar : 5.5 g

Spaghetti Squash Turkey Bolognese



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- **1 small** [719 g] Spaghetti Winter Squash
- **2 tbsp** [28 g] Olive Oil
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **227 g** Cherry Tomatoes
- **1 clove** [3 g] Garlic
- **1 medium** [110 g] Yellow Onions
- **8 oz** [224 g] Ground Turkey
- **0.25 cup** [34.25 g] Dry Roasted Cashew Nuts (*chopped*)
- **1 sprigs** [1 g] Parsley (*optional*)

DIRECTIONS

1. Preheat the oven to 400 F.
2. Slice the spaghetti squash in half and scoop out the seeds.
3. Drizzle 1 tbsp olive oil onto both halves and season with salt and pepper.
4. Place face down onto a baking sheet or shallow oven- safe dish.
5. Bake for 30-40 minutes (it is ready once you can easily stab a fork through the skin.) Once cooked through, remove from the oven and set aside to cool.
6. In a sauté pan, heat 1 tbsp olive oil.
7. Chop the garlic, dice onions, and half the cherry tomatoes.
8. Add the garlic, onions and tomatoes to the pan and sauté until the onions begin to brown and the tomatoes roast.
9. Stir in ground turkey and cook through (165 F.)
10. Scoop the spaghetti squash out of both sides of the shell (save the shell) and stir into the ground turkey mixture.
11. Divide in half and add everything back into the spaghetti squash shells.
12. Sprinkle chopped cashews on top and broil on high for 2-3 minutes or until golden brown.

13. Garnish with parsley if desired!

NUTRITION INFO

Energy : 519 kcal

Fat : 30.7 g

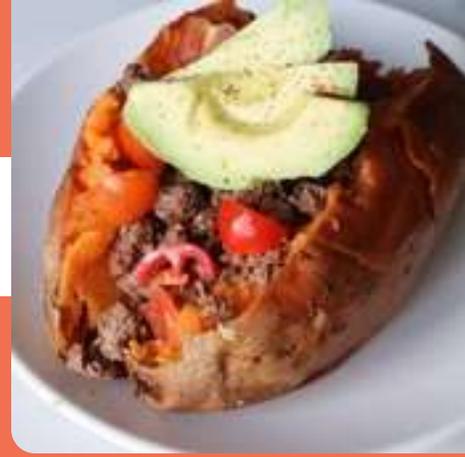
Carbs : 39 g

Protein : 28.6 g

Fiber : 2.9 g

Sugar : 17.4 g

Taco Stuffed Sweet Potato



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- **2 sweetpotato**, [260 g] Sweet Potato
- **1 tbsp** [7.5 g] Chili Powder
- **0.25 tsp** [0.45 g] Red or Cayenne Pepper
- **1 Dash** [1 g] Himalayan Pink Salt
- **1 dash** [0.1 g] Black Pepper
- **1 tsp** [2.8 g] Garlic Powder
- **0.25 cup** [60.5 g] Diced Canned Tomatoes
- **1 avocado** [136 g] Avocado (*sliced*)
- **8 ounce** [224 g] Ground Beef (85% Lean / 15% Fat)

DIRECTIONS

1. Preheat the oven to 400 F.
2. Wash and scrub the outside of the sweet potatoes and using a fork, poke holes around the whole potato.
3. Place in the oven for 25-30 minutes (or until a fork can easily pierce through it.)
4. Heat a sauté pan to medium heat.
5. Add ground beef and break it up into small pieces.
6. Once the beef is 75% cooked, add the chili powder, cayenne pepper, garlic powder, and salt and pepper and stir.
7. Once the potatoes are cooked, slice them in half while leaving ~0.5 inch on the bottom together.
8. Spoon ground beef over the middle of the potato.
9. Top with diced tomatoes and avocado
Serve and enjoy!

NUTRITION INFO

Energy : 499 kcal

Fat : 28.6 g

Carbs : 37 g

Protein : 25.4 g

Fiber : 10.7 g

Sugar : 7.1 g

Weekday Beef Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- **8 oz** [226.8 g] Ground Beef (90% Lean / 10% Fat)
- **0.5 tsp** [1.05 g] Cumin
- **0.5 tsp** [0.9 g] Red or Cayenne Pepper
- **1 tsp, ground** [0.6 g] Oregano
- **1 tbsp** [16 g] Tomato Paste
- **1 tsp** [4.79 g] Apple Cider Vinegar
- **0.5 medium** [55 g] Yellow Onions (*chopped*)
- **1 cup** [56.7 g] Shredded Green Cabbage
- **4 tbsp** [64 g] Pico de Gallo
- **4 tortilla** [100 g] Paleo Almond Flour Tortilla

DIRECTIONS

1. Add ground beef to a medium skillet and cook over medium heat for 2-3 minutes until starting to brown. Add cumin, cayenne pepper, oregano, tomato paste, and apple cider vinegar. Cook for an additional 5 minutes (or until beef is cooked through) crumbling and turning beef as it cooks.
2. Warm tortilla shells for 10 second in the microwave. Fill tortilla shells with cooked beef and top with onion, shredded cabbage, and pico de gallo.

NUTRITION INFO

Energy : 430 kcal Fat : 22.7 g Carbs : 29 g Protein : 29.9 g Fiber : 5.2 g Sugar : 6.2 g