

Paleo Leap 14-Day Meal Plan: Recipes for Week 1

This PDF has printer-friendly instructions for all the meals that use specific recipes. Meals based on leftovers or meals without a "recipe" (e.g. "hard-boiled eggs") are not included.

DAY 1

Breakfast: Breakfast Casserole with Sausages

SERVES: 4 PREP: 15 min. COOK: 30 min.

Ingredients

- 8 eggs
- 1 lb. Italian sausage, casing removed
- 2 sweet potatoes, diced
- 1 medium onion, diced
- 1 bell pepper, diced
- 3 garlic cloves, minced
- 2 green onions, thinly sliced
- 1/3 cup almond or coconut milk
- Sea salt and freshly ground black pepper
- [Cooking fat](#)

Preparation

1. Preheat your oven to 375 F.
2. Melt some cooking fat in a skillet placed over a medium-high heat. Add the sausages, and crumble while cooking.
3. When the sausages are cooked, transfer them to a large bowl.
4. Add the onion, garlic, and bell pepper to the same skillet, and cook for 4 to 5 minutes over a medium heat.
5. Pour the vegetables into the bowl with the cooked sausages.
6. Add the sweet potatoes to the skillet, season to taste, cover, and cook about 8 minutes.
7. Mix the sweet potatoes into the bowl with the sausages and vegetables.
8. Pour the sausage and sweet potato mixture in a baking dish.
9. In a bowl, whisk together the eggs, almond milk, and season with salt and pepper to taste.
10. Pour the egg mixture over the sausage mixture, and place in the oven.
11. Bake for 20 minutes, and serve warm with green onions sprinkled on top.

Dinner (1/2): Butterflied Roasted Chicken

SERVES: 4 PREP: 15 min. COOK: 1 h.

Ingredients

- 1 whole chicken, patted dry;
- 3 tbsp. melted [Paleo cooking fat](#);
- 3 tbsp. fresh rosemary, finely chopped;
- 2 onions, peeled and quartered;
- 4 carrots, peeled and sliced;
- 2 bell peppers, chopped;
- 2 lemons, halved;
- Sea salt and freshly ground black pepper to taste;

Preparation

1. Preheat your oven to 400 F.
2. Place the chicken, breast-side down, on a cutting board. Cut along both sides of the backbone from end to end with kitchen shears and remove the backbone. Flip the chicken breast-side up, and open it like a book. Press firmly on the breasts with your palm to flatten.
3. Save the backbone for some homemade [stock](#).
4. In a small bowl, combine the cooking fat and 2 tbsp. of the rosemary.
5. Rub the chicken with 2/3 of the fat/rosemary mixture and season the chicken to taste with sea salt and ground pepper.
6. Line a large baking sheet with aluminum foil.
7. Place the chicken on the baking sheet and surround it with the vegetables and the lemons.
8. Pour the remaining fat/rosemary mixture over the vegetables and season to taste.
9. Place the baking sheet in the oven and cook for 1 hour or until a meat thermometer reads 165 F in the thickest part of the breast.
10. Remove chicken from oven, squeeze some lemon juice over it, and serve.

Dinner (2/2): Wild Mushroom Soup

SERVES: 4 PREP: 15 min. COOK: 35 min.

Ingredients

- 1 ½ lb. mixed wild mushrooms, sliced;
- 2 large shallots, diced;
- 1 tbsp. fresh thyme;
- 7 cups [chicken stock](#);
- 1 cup. coconut milk;
- 3 tbsp. [ghee](#);
- ¼ cup parsley, chopped;
- 2 tbsp. tapioca starch; (optional)
- Sea salt and freshly ground pepper;

Preparation

1. Melt the ghee in a large saucepan placed over medium high.
2. Add the shallots and sauté for 3 to 4 minutes.
3. Add the mushrooms and thyme and cook for about 8 minutes.
4. Add the chicken stock and bring to a boil. Turn down the heat to medium-low, and let simmer for 15 minutes.
5. Stir in the coconut milk, season to taste, and let simmer for another 5 minutes.
6. Stir in the tapioca starch if you like your soups thicker.
7. Mix in the chopped parsley and serve.

DAY 2

Dinner (1/2): Ham and Pineapple Skewers

SERVES: 4 PREP: 15 min. COOK: 10 min.

Ingredients

- 1 lb. ham, cut into cubes;
- 1 pineapple, cut into cubes;
- ¼ cup fresh pineapple juice;
- 1 tsp. Dijon mustard;
- 2 tsp. [coconut aminos](#);
- 2 tsp. raw [honey](#); (optional)
- ½ tbsp. fresh ginger, minced;
- Sea salt and freshly ground black pepper;
- Wood or metal skewers

Preparation

1. Preheat your grill to a medium heat.
2. In a bowl, combine the pineapple juice, coconut aminos, honey, ginger, mustard, and season with salt and pepper to taste.
3. Thread alternating pieces of pineapple and ham onto the skewers.
4. Grill the loaded skewers for 8-10 minutes, basting with the sauce and turning frequently.

Dinner (2/2): Oven-Roasted Tomatoes

SERVES: 4 PREP: 15 min. COOK: 1 h.

Ingredients

- 2 lbs. plum or mixed tomatoes, sliced;

- 3 tbsp. extra-virgin olive oil;
- 1/2 tsp. dried oregano;
- 2 tbsp. balsamic vinegar;
- 2 [garlic](#) cloves minced;
- 2 tsp. raw [honey](#); (optional)
- ½ cup fresh basil leaves, torn;
- Sea salt and freshly ground black pepper;

Preparation

1. Preheat your oven to 325 F.
2. Place the sliced tomatoes on a baking pan.
3. In a bowl, make the vinaigrette by combining all the remaining ingredients. Mix well and season to taste.
4. Drizzle the vinaigrette over the tomatoes and place in the oven.
5. Bake for 1 hour.

DAY 3

Breakfast: Scrambled Eggs with Smoked Salmon

SERVES: 2 PREP: 10 min. COOK: 8 min.

Ingredients

- 4 eggs;
- 4 slices smoked salmon, chopped;
- 2 tbsp. coconut milk;
- Fresh chives, finely chopped;
- [Cooking fat](#);
- Sea salt and freshly ground black pepper;

Preparation

1. In a bowl, whisk the eggs, coconut milk, and fresh chives. Season to taste.
2. Melt some cooking fat in a skillet and add the eggs.
3. Scramble the eggs while cooking.
4. When the eggs start to settle add the smoked salmon and cook for 1 or 2 minutes.
5. Serve with more chives sprinkled on top.

Dinner: Greek-Style Meatballs

SERVES: 4 PREP: 20 min. COOK: 25 min.

Ingredients

- 1 ½ lbs. ground beef or lamb;
- 1 egg, beaten;
- 2 garlic cloves, minced;
- ¼ cup fresh parsley. minced;
- 2 tbsp. tomato paste;
- 1 tbsp. dried oregano;
- 1 tsp. dried mint;
- Sea salt and freshly ground black pepper;

Preparation

1. Preheat your oven to 350 F.
2. In a bowl, combine the ground meat, egg, parsley, garlic, tomato paste, oregano, mint, and season with salt and pepper to taste.
3. Mix with your hands until everything is well combined.
4. Form the mixture into equally-sized meatballs using your hands or an ice cream scoop.
5. Place the meatballs on a baking sheet and cook in the preheated oven for 20 to 25 minutes.

DAY 4

Breakfast: Ham and Butternut Squash Hash

SERVES: 4 PREP: 15 min. COOK: 15 min.

Ingredients

- 1 butternut squash, peeled and cubed
- 2 cups pre-cooked ham, cubed;
- 1 leek, sliced;
- 1 green apple, peeled and cubed;
- 1 onion, sliced;
- 2 garlic cloves, minced;
- 1 tsp. paprika;
- 1 tsp. ground cinnamon;
- [Cooking fat](#);
- Sea salt and freshly ground black pepper;

Preparation

1. Melt some cooking fat in a skillet over medium-high heat.
2. Cook the onion and garlic for 2 to 3 minutes.
3. Add the butternut squash and sliced leek, and cook until soft and tender (5 to 7 minutes).
4. Add the ham and apple and cook until warm.

5. Season with ground cinnamon, paprika, salt, and pepper.
6. Cook another 2 minutes, and serve warm.

Dinner: Chicken Pad Sew Ew

SERVES: 4 PREP: 25 min. COOK: 20 min.

Ingredients

- 1 lb. boneless and skinless chicken breast, sliced;
- 3 cups broccoli;
- 10 carrots, sliced very thin (almost as thin as the shavings you would get from peeling them);
- 3 green onions, thinly sliced;
- 3 garlic cloves, peeled and minced;
- 1 thumb size knob of fresh ginger, peeled and minced;
- ½ cup coconut aminos;
- 2 tbsp. raw [honey](#);
- 2 eggs, beaten;
- [Cooking fat](#);
- Sea salt and freshly ground black pepper;

Preparation

1. Melt some cooking fat in a skillet placed over a medium-high heat.
2. Add the garlic and ginger to the skillet and sauté for 2 to 3 minutes.
3. Add the chicken and sauté for another 5 minutes.
4. Add the broccoli, coconut aminos, and honey, and cook until broccoli has softened a bit.
5. Add the carrot and green onions, and cook for another 5 minutes.
6. Push the vegetable-chicken mixture to the perimeter of the skillet, making an empty space in the middle. Scramble the eggs in the empty space.
7. Mix everything together and serve.

DAY 5

Breakfast: Egg and Vegetable Muffins

SERVES: 4 PREP: 20 min. COOK: 30 min.

Ingredients

- 8 eggs, beaten;
- 2 bell peppers, chopped;
- 1 onion, chopped;
- 8 to 10 fresh mushrooms, sliced;

- 2 cups baby spinach, roughly chopped;
- 2 garlic cloves, minced;
- [Cooking fat](#);
- Sea salt and freshly ground black pepper;

Preparation

1. Preheat your oven to 350 F.
2. Melt some cooking fat in skillet placed over a medium-high heat. Cook the onion, bell peppers, and garlic until soft and fragrant, about 5 minutes.
3. Add the mushrooms and spinach and cook for another 2 to 3 minutes. Season everything to taste.
4. Whisk the eggs together in a big bowl, and add the bell pepper & spinach mixture.
5. Grease a muffin tin and pour the mixture evenly into the muffin cups.
6. Place in the oven and bake for 20 to 25 minutes.

Dinner: Beef Cubes with Roasted Carrots and Mushrooms

SERVES: 4 PREP: 20 min. COOK: 3 h.

Ingredients

- 3 lb. beef chuck, cut into cubes
- 1 onion, sliced
- 3 garlic cloves, minced
- 1 cup [beef stock](#)
- [Cooking fat](#)
- Sea salt and freshly ground black pepper

Ingredients for the roasted carrots and mushrooms

- 8 oz. carrots, sliced
- 8 oz. mushrooms, sliced
- 1 tsp. fresh thyme leaves
- 1 tbsp. melted [cooking fat](#)
- Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 250 F.
2. Season the beef cubes to taste with sea salt and freshly ground black pepper.
3. Melt some cooking fat in a Dutch oven or ovenproof pan over a medium-high heat.
4. Brown the beef cubes on all sides for 1 to 2 minutes, remove, and set aside.
5. Cook the garlic, and onion for 2 minutes or until fragrant.
6. Add the beef stock and stir to scrape up all the brown bits from the bottom of the pan.

7. Return the beef to the Dutch oven, cover, and place in the oven.
8. Cook the beef in the preheated oven for about 3 hours, keeping an eye on it for the final 30 minutes.
9. In a large bowl, combine all the ingredients for the roasted vegetables.
10. Place the vegetables on a roasting pan.
11. Roast the vegetables during the last 15 minutes of the beef cooking process.
12. Serve the meat cubes with the roasted vegetables.

DAY 6

Dinner (1/2): Garlic Roasted Cod

SERVES: 4 PREP: 15 min. COOK: 20 min.

Ingredients

- 4 x 7 oz. cod fillets, skinless
- ¼ cup [ghee](#), softened
- 1 tbsp. chopped flat-leaf parsley
- 2 garlic cloves, peeled and minced
- 1 shallot, minced
- 1 tsp. Dijon mustard
- 3 tbsp. prosciutto, minced
- 2 tbsp. freshly squeezed lemon juice
- 2 tbsp. [cooking fat](#)
- Lemon wedges, for garnishing
- Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 425 F.
2. In a bowl, combine the ghee, parsley, garlic, shallot, Dijon mustard, prosciutto, lemon juice, and season with salt and pepper to taste.
3. Season the cod fillets to taste.
4. Heat the cooking fat in a ovenproof skillet placed over a medium-high heat.
5. Cook the fillets for 3 to 4 minutes per side.
6. Spread the ghee mixture equally over each fillet. Transfer to the oven and bake for 5 to 10 minutes, or until the fish is cooked through.
7. Serve with lemon wedges.

Dinner (2/2): Green Beans

SERVES: 4 PREP: 10 min. COOK: 8 min.

Ingredients

- 1 lb. green beans, trimmed
- 3 medium-large [garlic](#) cloves, minced
- ¼ cup coconut aminos
- 1 tbsp. rice vinegar
- 2 tbsp. [clarified butter](#)
- ⅛ – ¼ tsp sesame oil, optional
- Sea salt to taste

Preparation

1. Bring a large pot of water generously seasoned with salt to a boil over a medium-high heat.
2. Add the green beans and blanch for 2 minutes.
3. Transfer to an ice bath to stop the cooking, then drain.
4. Heat the clarified butter in a sauté pan over a medium-high heat.
5. Once hot, add the garlic and cook until fragrant, about 30 seconds.
6. Add the green beans, coconut aminos, rice vinegar, and sesame oil (if using), toss to coat.
7. Season to taste with salt.
8. Cook for 3-5 minutes, stirring frequently, until the sauce has reduced and the green beans are just starting to get tender.
9. Transfer to a serving bowl, drizzle the remaining sauce over the green beans and serve hot.

DAY 7

Dinner: Maple Braised Chuck Roast

SERVES: 4 PREP: 25 min. COOK: 2h 30 min.

Ingredients

- 2 to 3 lb. chuck roast
- 1 cup [beef stock](#)
- ⅓ cup maple syrup (optional)
- ⅓ cup balsamic [vinegar](#)
- ⅓ cup [coconut aminos](#)
- 3 [garlic](#) cloves, minced
- 1 onion, minced
- [Cooking fat](#)
- Sea salt and freshly ground black pepper

Ingredients for the caramelized vegetables

- 4 carrots, sliced
- 2 [sweet potatoes](#), peeled, and diced
- 3 parsnips, peeled, and sliced

- 1 red onion, quartered
- 2 garlic cloves, minced
- 3 tbsp. [olive oil](#)
- 2 tbsp. maple syrup or raw [honey](#) (optional)
- Fresh thyme sprig
- Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 350 F.
2. In a bowl, combine the beef stock, maple syrup, balsamic vinegar, coconut aminos, garlic, and minced onion.
3. Season the meat with sea salt and freshly ground black pepper.
4. Melt some cooking fat in a Dutch oven placed over a medium high heat.
5. Brown the meat on all side for 2 to 3 minutes per side, and pour the sauce on top.
6. Place in the oven and cook for 2 hours and 30 minutes.
7. In a bowl, combine all the ingredients for the vegetables and season to taste.
8. Spread the vegetables out over a baking sheet, top with a sprig of fresh thyme, and cook in the oven for 30 to 40 minutes.
9. Serve the meat with the caramelized vegetables.