

Turkey Lettuce Sandwiches

Course: Snacks and Sandwiches

Planned for **Lunch** on **Sunday, April 21, 2019**

Serving: 1

This is super simple for a quick lunch.

Ingredients

- 1 **romaine lettuce**
- $\frac{1}{2}$ pound **turkey**
- 1 **avocado**
- 1 **tomato**

Directions

Take lettuce leaves and stack on top lunch meat, avocado, tomato, and a bit of paleo-friendly mayo. Add a touch of salt and pepper if you like. Pack it to go for workdays.

Grilled Fish and Veggies

Course: Main Course

Planned for **Supper** on **Sunday, April 21, 2019**

Serving: 1

Some fish doesn't grill easy. On the grill, using aluminum foil as a sort of pan for the fish works great. Keep the skin on the bottom of the fish. Lightly rub bottom with coconut oil. Baking in the oven is a good alternative. Baking fish usually takes about 15-20 minutes at between 350-400 degrees. Check often making sure you don't overcook. Veggies on the grill are also sometimes tricky.

Ingredients

- 1 **fillet white fish**
- 1 tablespoon **coconut oil**
- 1 **lemon**
- 2 **Green onion**
- 1 tablespoon **dill**
- 1 tablespoon **parsley**

Directions

Chop veggies in large pieces.

Toss in olive oil.

Cook for 5 minutes on medium heat, then flip. Use a foil tray if needed.

Add fish to warm grill. Cook until the fish flakes when touched with a fork.

Mix lemon juice, salt, pepper, and chopped onions and fresh herbs (dill, parsley).

Coat finished fish with lemon herb mixture.

Sweet Potato Fries

Course: Side Dishes

Planned for **Supper** on **Sunday, April 21, 2019**

Serving: 1

Ingredients

- 2 tablespoon **olive oil**
- 4 **Sweet potato**

Directions

Heat the oven to 400 degrees.

Chop the sweet potatoes into 1/2" inch thick strips.

Toss them into oil and lay them flat on a sheet pan.

Bake for 15 minutes then flip and bake for 10 more minutes until the edges are browned.

Season with salt and pepper.

Smoothie (Green)

Course: Snacks and Sandwiches

Planned for **Snacks** on **Sunday, April 21, 2019**

Adapted from the recipe [Smoothie \(Yellow\)](#) by **WorrellWell**

Serving: 1

This one might get tart, use honey or maple syrup to sweeten.

Ingredients

- 1 cup **spinach** *or kale*
- 1 **avocado**
- 2 **kiwis**
- 1 cup **non-dairy milk**
- 1 **banana**
- 1 tablespoon **lime juice**

Directions

Combine ingredients in blender.

Super Tuna Salad

Course: Salad

Planned for **Lunch** on **Monday, April 22, 2019**

Serving: 1

Ingredients

- 1 can **wild caught tuna**
- $\frac{1}{4}$ cup **kalamata olives**
- $\frac{1}{4}$ cup **artichoke hearts**
- $\frac{1}{4}$ cup **cucumber** *or pickles*
- 1 tablespoon **parsley**
- $\frac{1}{2}$ tablespoon **dill**
- 1 **Green onion**
- 2 tablespoon **veganese**
- 1 tablespoon **dijon mustard**
- $\frac{1}{4}$ cup **celery**

Directions

Chop veggies.

Mix all ingredients together.

Serve on romaine lettuce or with plantain chips.

Stir Fry (Chicken)

Course: Main Course

Planned for **Supper** on **Monday, April 22, 2019**

Serving: 1

One of the easiest types of meals to prepare and a great way to clean out the produce drawer. Carrots, celery, onions, bok choy, broccoli all make great stir fry filler. You can also use frozen stir fry blends.

Ingredients

- 1 pound **chicken thighs**
- 1 bag **frozen stir fry mix**

Directions

Fry up thicker, heartier veggies first in oil and toss in some garlic powder and ginger.

Add to cauliflower rice (or try making green plantains into a rice).

Coat with some coconut aminos at the end and salt to taste.

Smoothie (Blue)

Course: Snacks and Sandwiches

Planned for **Snacks** on **Monday, April 22, 2019**

Adapted from the recipe [Smoothie \(Green\)](#) by **WorrellWell**

Serving: 1

Add any of the following boosters:

Spirulina

Dulse, a seaweed you cannot taste in the smoothie (get those micronutrients in!)

Probiotics

Honey if the smoothie is too tart (go light)

Nut or seed butter (try it with the blue smoothie!)

Ingredients

- 1 cup **frozen wild blueberries**
- 1 **banana**
- 1 cup **non-dairy milk**

Directions

Combine ingredients in blender.

Garden Salad with Meat

Course: Main Course

Planned for **Lunch** on **Tuesday, April 23, 2019**

Serving: 1

This one pretty much speaks for itself. Load up on the veggies and greens and add a protein of your choice. Tuna or smoke salmon requires no prep work and you can buy pre-grilled frozen chicken. For dressing stick to oil and vinegar or use a combination of Dijon mustard and mayo. Add avocado and/or hard boiled eggs if you like!

Ingredients

- 1 **salad mix**
- $\frac{1}{4}$ pound **lunchmeat**

Paleo Chili (Instant Pot Friendly)

Course: Soup

Planned for **Supper** on **Tuesday, April 23, 2019**

Serving: 1

This recipe is an adaptation of a favorite Paleo author of ours, Jennifer Robins. I had a friend tell me once that this chili could win a contest. Nate of Worrell Wellness is a big fan of chilis. Enjoy!

Ingredients

- 2 pounds **ground beef** *grass fed preferred*
- 2 **Sweet potato**
- 1 **onion**
- 1 can **crushed tomatoes** *(26 or 29.5 ounces)*
- 2 tablespoon **chili powder**
- 1 teaspoon **cayenne pepper**
- 1 teaspoon **cumin**
- 1 tablespoon **garlic**
- 2 tablespoon **coconut aminos**
- 1 cup **Chicken bone broth**

Directions

Stovetop - Saute everything but the crushed tomatoes (and bone broth, if adding) for about 10 minutes.

Add in the tomatoes and simmer with a covered lid on medium/medium-low heat until the sweet potatoes are cooked thoroughly.

Instant pot: Hit the saute option on your IP and add all ingredients except for the crushed tomatoes (and bone broth if adding) and seasonings then saute for 10 minutes.

After, add the remaining ingredients and press the pressure-cook-manual button and press + until you reach 30 minutes. When the timer beeps, push the pressure valve slightly to release the steam.

Salt to taste

Smoothie (Green)

Course: Snacks and Sandwiches

Planned for **Breakfast** on **Wednesday, April 24, 2019**

Adapted from the recipe [Smoothie \(Yellow\)](#) by **WorrellWell**

Serving: 1

This one might get tart, use honey or maple syrup to sweeten.

Ingredients

- 1 cup **spinach** *or kale*
- 1 **avocado**
- 2 **kiwis**
- 1 cup **non-dairy milk**
- 1 **banana**
- 1 tablespoon **lime juice**

Directions

Combine ingredients in blender.

Easy Chicken Soup

Course: Soup

Planned for **Lunch** on **Wednesday, April 24, 2019**

Serving: 1

If you want to add noodles, we recommend brown rice noodles.

Ingredients

- 6 cups **chicken bone broth**
- 2 c **Carrot**
- 2 c **celery**
- 1 **onion**
- 1 tablespoon **olive oil**
- 1 cup **chicken** *cooked*
- 1 **Bay leaf**

Directions

Chop vegetables.

Saute veggies in soup pan until onions are transparent.

Add broth and chicken.

Bring to boil and then let simmer. Salt to taste.

Squash with Ground Turkey

Course: Main Course

Planned for **Supper** on **Wednesday, April 24, 2019**

Serving: 1

Ingredients

- 1 spaghetti squash
- 1 pound ground turkey
- 1 teaspoon cinnamon
- 1 tablespoon olive oil

Directions

Preheat oven to 350 degrees.

Slice open the squash first (it can be hard to do). Cut in half lengthwise and scoop out seeds.

Place face down on oven tray and bake at 350 degrees for 30-45 minutes.

Brown ground turkey in olive oil.

Add 1/4 teaspoon cinnamon for a fun flavor kick.

Serve together and toss in olive oil and balsamic vinegar, or use an organic tomato sauce instead. Make sure the jarred spaghetti sauce uses olive oil and does not have sugar added.

Sweet Potato Fries

Course: Side Dishes

Planned for **Snacks** on **Wednesday, April 24, 2019**

Serving: 1

Ingredients

- 2 tablespoon **olive oil**
- 4 **Sweet potato**

Directions

Heat the oven to 400 degrees.

Chop the sweet potatoes into 1/2" inch thick strips.

Toss them into oil and lay them flat on a sheet pan.

Bake for 15 minutes then flip and bake for 10 more minutes until the edges are browned.

Season with salt and pepper.

Greek Salad

Course: Salad

Planned for **Lunch** on **Thursday, April 25, 2019**

Serving: 1

Add almonds or grilled chicken for more substance. Missing the feta cheese? Try cashew cheese as an alternative. Peppers are optional to keep your inflammation low skip them. Use celery instead.

Ingredients

- 2 cups **spring mix**
- $\frac{1}{2}$ **red onion**
- $\frac{1}{4}$ cup **Kalamata olives**
- $\frac{1}{2}$ **green pepper**
- $\frac{1}{2}$ **yellow pepper**
- $\frac{1}{2}$ **cucumber**
- 1 tablespoon **red wine vinegar**
- 1 tablespoon **olive oil**

Directions

Chop veggies.

Combine all ingredients in a bowl.

Toss with a tablespoon of red wine vinegar and olive oil.

Salt and pepper to taste

Asian Lettuce Wraps (Instant Pot Friendly)

Course: Main Course

Planned for **Supper** on **Thursday, April 25, 2019**

Prep 20 min

Cook 20 min

Total 40 min

Serving: 4

This recipe is another adaptation of one of Jennifer Robins recipes. It reminds me of the days when I used to chow on lettuce wraps at the Cheesecake Factory. YUM! What was now an appetizer is now a satisfying main dish :)

Ingredients

- 3 tablespoon **olive oil**
- 1 teaspoon **sesame oil**
- 1 **onion**
- 1 cup **mushrooms**
- 1 pound **ground turkey**
- $\frac{1}{2}$ cup **carrot**
- 2 tablespoon **chopped garlic**
- 1 teaspoon **onion powder**
- 1 teaspoon **sea salt**
- 4 tablespoon **coconut aminos**
- 1 teaspoon **dijon mustard**
- 1 head **lettuce**

Directions

Dice all vegetables except carrots.

Shred carrots.

Cook all the ingredients except for the coconut aminos, mustard and lettuce, in a skillet until tender.

Whisk the aminos and mustard together first and add to the skillet cook for a minute or two more.

Serve over lettuce leaves of your choice

Smoothie (Orange)

Course: Snacks and Sandwiches

Planned for **Snacks** on **Thursday, April 25, 2019**

Adapted from the recipe [Smoothie \(Red\)](#) by **WorrellWell**

Serving: 1

Add any of the following boosters:

Spirulina

Dulse, a seaweed you cannot taste in the smoothie (get those micronutrients in!)

Probiotics

Honey if the smoothie is too tart (go light)

Nut or seed butter (try it with the blue smoothie!)

Ingredients

- 1 cup **frozen mango**
- 1 **banana**
- 2 **Carrot** *optional*
- 1 cup **non-dairy milk**
- $\frac{1}{2}$ teaspoon **ginger**
- $\frac{1}{2}$ teaspoon **turmeric**

Directions

Combine ingredients in blender.

Wedge Salad with Bacon

Course: Salad

Planned for **Lunch** on **Friday, April 26, 2019**

Serving: 1

. Feel free to add cucumber, carrots, radishes, and other veggies. For a ranch style dressing

Ingredients

- 4 strips **cooked bacon**
- 1 head **iceberg lettuce**
- 2 **Green onion**
- 2 tablespoons **Veganese**
- 1 teaspoon **Garlic powder**
- 1 teaspoon **white vinegar**

Directions

Quarter the head of lettuce.

Sprinkle with bacon and chopped green onion.

Mix mayo with vinegar and garlic powder and add as dressing.

Salt and pepper to taste

Roasted Chicken with Roasted Veggies:

Course: Main Course

Planned for **Supper** on **Friday, April 26, 2019**

Serving: 1

For the chicken, a shortcut is to use rotisserie. It's tough to find a clean rotisserie chicken. Whole Foods is the best bet. If you are preparing a whole raw chicken, you will need to start roasting it well in advance. If you have an Instant Pot, you can speed up the process cooking it for 25 minutes and finishing off by broiling for 5 minutes. You can also grill whole chickens with the "chick-can" method in this recipe:

Ingredients

- 4 **Carrot**
- 1 **parsnip**
- 1 **rutabaga**
- 4 **potatoes**
- 4 stalks **celery**
- 3 cloves **garlic**
- 1 large **Onion**
- 2 tablespoon **avocado oil**
- ½ tablespoon **rosemary**
- ½ tablespoon **thyme**
- 1 **Whole chicken**
- 1 can **cider**

Directions

Preheat oven to 400 degrees.

Roughly chop all the veggies.

Add seasonings and salt and pepper.

Toss in a sheet pan and cook 20-30 minutes.

Preheat grill.

Prepare chicken by rubbing with oil and seasonings.

Empty half a can of cider or juice, puncture holes in the top.

Set rubbed chicken on top of can, and place on grill, avoiding being directly over any flame. I find using a baking tray helps with the movement.

Cook on low setting of grill for 1-2 hours until internal temperature reaches 180 degrees.

Breakfast Sausage

Course: Breakfast

Planned for **Breakfast** on **Saturday, April 27, 2019**

Main Ingredient: Turkey

Prep 10 min

Cook 15 min

Total 25 min

Serving: 1

Recipe below is doubled to use all week and/or freeze for easy grab and heat protein.

Ingredients

- 2 pounds **ground turkey**
- 2 tablespoon **maple syrup**
- 2 teaspoon **salt** *sea salt preferred*
- 1.5 teaspoon **sage**
- 1.5 teaspoon **dried parsley**
- 1 teaspoon **garlic powder**
- 1 teaspoon **onion powder**
- 1 teaspoon **cinnamon**
- 1 tablespoon **coconut oil**

Directions

Heat up a skillet and add 1-2 tablespoon of coconut oil

Mix all the above ingredients in a bowl.

Form into patties..

Cook the patties in the oiled pan until cooked all the way through on medium heat.