

Tradishen

Real food for real people.

Paleo Plan,
3-21-16 to 3-25-16
Serves 4

Monday -- Sun Dried Tomato "Pasta"

- *2 tbsp. olive oil
- *1 medium yellow onion, chopped
- *2 - 3 cloves garlic, minced
- *2 zucchinis, chopped
- *1 oz. sun dried tomatoes, diced
- *2 cups fresh tomatoes, diced
- *1 tsp. basil
- *1/2 tsp. sat
- *1 large spaghetti squash

Step 1: Split spaghetti squash in half, remove seeds, and place open side-down in a baking dish with a small amount of water. Bake 1 hour at 350.

Step 2: In a frying pan, add olive oil, onion, and garlic over medium heat and cook 2 - 3 minutes.

Step 3: Add zucchini, tomatoes, and spices. Simmer on low for 10 - 15 min.

Step 4: Serve sauce over squash (combed out of the skin) with optional chopped, fresh basil leaves.

Tuesday -- Chicken and "Zoodles" with Tossed Salad

- *3 - 4 zucchinis, shredded or spiralized
- *1 medium yellow onions
- *4 - 6 carrots, peeled and sliced
- *6 - 7 stalks celery, chopped
- *6 cups chicken stock
- *1 bay leaf, 1 tsp. parsley, salt to taste
- *2 tbsp. avocado oil
- *1 lb. chicken breast
- *1 head Romaine lettuce
- *Favorite salad toppings -- bell pepper, onion, tomatoes, etc.

Step 1: In a large pot over medium heat, add oil, onion, celery, and carrots and cook until softened, about 5 - 8 min.

Step 2: Add chicken stock, chicken, and spices, and cook for 10 - 15 minutes, until veggies are tender.

Step 3: Add zucchini, and chop cooked chicken into bite-sized pieces and return to the pot. Cook 5 min. or until zucchini is cooked through. Serve.

Wednesday -- Italian Ground Turkey Stew

- *2 tbsp. olive or avocado oil
- *1 medium yellow onion, chopped
- *3 - 4 cloves garlic, minced
- *1 lb. ground turkey
- *8 oz. mushrooms
- *3 c. tomato sauce
- *2 c. diced tomatoes
- *2 medium zucchini, chopped
- *2 c. chicken stock
- *1/2 tsp. basil, salt to taste

Step 1: In a large frying pan, add ground turkey, oil, onion, garlic, mushrooms, zucchini. Cook on low until soft and turkey is no longer pink.

Step 2: Add the remaining ingredients, to the pan.

Step 4: Cook on low for 1/2 hour, until veggies are tender.

Add fresh pineapple on the side if desired.

Thursday -- Meatloaf with Butternut Squash Fries

- *1 1/2 lbs. ground beef
- *1 egg
- *1/2 c. coconut flour
- *1/2 c. beef stock
- *1 small yellow onion, minced
- *2 - 3 cloves garlic, minced
- *1 tsp. each basil, parsley, fennel, salt, pepper
- *1 large butternut squash
- *2 - 3 tbsp. avocado oil
- *2 cloves garlic, 1 tsp. salt, 1 tsp. parsley

Step 1: Mix meat, egg, coconut flour, stock, onion, garlic, and spices together in a bowl. Press into a loaf pan.

Step 2: Bake meatloaf for one hour at 400.

Step 3: Meanwhile, peel, de-seed, and slice squash.

Step 4: Toss squash with oil and spices (galic, salt, parsley) and put in a single layer on a baking tray. Bake for 25 - 30 min. stirring halfway through.

Friday -- Frittata with Pina Colada Smoothie

- *1/2 lb. sausage
- *6 eggs
- *4 c. coconut milk, divided
- *4 oz. cremini mushrooms, sliced
- *1/2 bunch kale, chopped
- *1 small yellow onion, sliced
- *1 to 1 1/2 c. frozen pineapple

Step 1: In a frying pan, cook sausage until no longer pink.

Step 2: Add mushrooms, onions, and kale. Cook until veggies are wilted.

Step 3: In a large bowl, crack eggs and add 2 c. coconut milk. Beat well, then pour into a 9x13 baking dish. Add veggies and meat and stir together.

Step 4: Bake at 350 for 20 - 25 min. or until eggs are firm.

Step 5: 5 min. before frittata is done, add remaining coconut milk and pineapple to a blender, and blend until smooth. Serve.

Breakfast Ideas

- *Scrambled eggs with sausage
- *Green smoothie (2 apples, 1/2 bunch kale, 2 celery stalks, 1/2 avocado, 1 lemon, 1 c. water or coconut milk)
- *Granola (1/2 c. coconut oil, 1/2 c. honey, 1 tsp. cinnamon, 2 c. mixed nuts, 2 tbsp. each seeds, dried fruit [up to 3 different ones, your choice])
- *Cashew milk yogurt with blueberries
- *Apple and celery slices with almond butter

Lunch Ideas

- *Homemade jerky with carrot sticks and guacamole
- *Almond flour muffins with chocolate-hazelnut spread
- *Tomato soup
- *Spaghetti squash tossed with diced tomatoes and olive oil
- *Tossed salad with avocado slices

Snack Ideas

- *Apple with peanut or almond butter
- *Mini sweet peppers with guacamole
- *Cheese slices and uncured pepperoni slices
- *Chocolate-avocado pudding
- *Fresh juice (apple, carrot, lemon, ginger)

Dessert!

- 5-minute chocolate cookies

Produce

- *5 medium yellow onions
- *1 red onion
- *1 bulb garlic
- *8 zucchinis
- *5 large tomatoes
- *1 green bell pepper
- *1 head Romaine lettuce
- *1 large spaghetti squash

- *1 cucumber
- *1/2 bunch kale
- *1 large butternut squash
- *12 oz. mushrooms
- *7 stalks celery
- *1 red pepper
- *6 carrots
- *1 1/2 c. frozen pineapple

Pantry

- *2 tbsp. olive oil
- *2 c. quinoa
- *4 c. coconut milk
- *9 tbsp. coconut oil

- *1 oz. sundried tomatoes
- *1/2 c. coconut flour
- *8 c. chicken stock
- *1/2 c. beef stock

Meat and Dairy

- *1 lb. chicken breast
- *1 lb. ground turkey
- *1 1/2 lb. ground beef

- *1/2 lb. sausage
- *6 eggs

Staples

- *Fennel
- *Bay leaves
- *Onion powder
- *Parsley

- *Oregano
- *Chili powder
- *Basil

Bonus Recipe

Use 1/2 lb. sausage, 6 eggs, 1/4 c. coconut oil, 1/2 c. coconut flour, 1 tsp. salt, 1 tsp. baking soda, and up to 1 c. shredded or chopped veggies of your choice to make sausage balls. (Good for lunches!)