

# Paleo Kitchen

## Delicious Recipes for Healthier Living



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# Day 1

## Breakfast

### Scrambled Eggs with Spinach and Mushrooms

#### INGREDIENTS:

- Eggs
- Fresh spinach
- Mushrooms
- Coconut oil
- Salt and pepper to taste

#### INSTRUCTIONS:

1. Heat a little coconut oil in a skillet over medium heat.
2. Add chopped mushrooms to the skillet and cook until they start to soften.
3. Add spinach to the skillet and cook until wilted.
4. In a separate bowl, whisk eggs together and season with salt and pepper.
5. Pour the eggs into the skillet with the mushrooms and spinach.
6. Cook, stirring occasionally, until the eggs are set.
7. Serve hot.

- Preparation Time: 5 minutes
- Cooking Time: 5 minutes
- Total Time: 10 minutes



## LUNCH

### Grilled Chicken Salad

#### INGREDIENTS:

- Chicken breast
- Mixed salad greens
- Cherry tomatoes
- Avocado
- Olive oil
- Balsamic vinegar
- Salt and pepper

#### INSTRUCTIONS:

1. Season chicken breast with salt and pepper.
2. Grill chicken until cooked through, then slice into strips.
3. In a large bowl, combine mixed greens, cherry tomatoes, and sliced avocado.
4. Add grilled chicken strips on top of the salad.
5. Drizzle with balsamic vinaigrette dressing.
6. Toss gently to coat.
7. Serve immediately

- Preparation Time: 10 minutes
- Cooking Time: 10 minutes
- Total Time: 20 minutes





# Day 1

## Dinner

### Baked Salmon with Roasted Sweet Potatoes

#### INGREDIENTS:

- Salmon fillet
- Sweet potatoes
- Broccoli
- Olive oil
- Salt and pepper
- Lemon (optional)

#### INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
2. Peel and chop sweet potatoes into cubes.
3. Toss sweet potato cubes with olive oil, salt, and pepper on a baking sheet.
4. Place salmon fillets on the same baking sheet and season with salt and pepper.
5. Roast in the oven for 20-25 minutes, or until salmon is cooked through and sweet potatoes are tender.
6. Steam broccoli until tender.
7. Serve salmon with roasted sweet potatoes and steamed broccoli.



- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Total Time: 30 minutes

## Day 2

### Breakfast

#### Paleo Banana Pancakes



- Preparation Time: 5 minutes
- Cooking Time: 2-3 minutes per pancake

#### INGREDIENTS:

- Ripe bananas
- Eggs
- Almond flour
- Baking powder
- Cinnamon (optional)
- Coconut oil or ghee for cooking

#### INSTRUCTIONS:

1. In a bowl, mash the ripe bananas until smooth.
2. Add eggs to the mashed bananas and whisk together until well combined.
3. Stir in almond flour, baking powder, and cinnamon (if using) until the batter is smooth.
4. Heat coconut oil or ghee in a skillet over medium heat.
5. Pour pancake batter onto the skillet to form pancakes of desired size.
6. Cook for 2-3 minutes on each side, or until golden brown and cooked through.
7. Serve warm with your favorite toppings, such as fresh fruit or maple syrup.

### LUNCH

#### Turkey Lettuce Wraps

#### INGREDIENTS:

- Turkey breast or ground turkey
- Lettuce leaves (such as romaine or butter lettuce)
- Avocado
- Tomato
- Cucumber
- Salt and pepper

#### INSTRUCTIONS:

1. Cook turkey breast or ground turkey until fully cooked and season with salt and pepper.
2. Wash and dry lettuce leaves, then lay them flat on a plate.
3. Slice avocado, cucumber, and tomato into thin strips.
4. Place a spoonful of cooked turkey onto each lettuce leaf.
5. Top with avocado, cucumber, and tomato slices.
6. Roll up the lettuce leaves to form wraps.
7. Secure with toothpicks if necessary and serve.



- Preparation Time: 15 minutes

## Day 2

### Dinner

#### Beef Stir-fry with Cauliflower Rice

##### INGREDIENTS:

- Beef sirloin or flank steak, thinly sliced
- Bell peppers (assorted colors), sliced
- Onion, sliced
- Snap peas
- Coconut aminos or tamari sauce
- Sesame oil
- Garlic, minced
- Ginger, grated
- Salt and pepper to taste
- Cauliflower, riced

##### INSTRUCTIONS:

1. Heat sesame oil in a large skillet or wok over medium-high heat.
2. Add sliced beef to the skillet and cook until browned.
3. Remove beef from the skillet and set aside.
4. In the same skillet, add more sesame oil if needed and sauté sliced onion until translucent.
5. Add sliced bell peppers and snap peas to the skillet and cook until tender-crisp.
6. Stir in minced garlic and grated ginger, and cook for another minute.
7. Return cooked beef to the skillet and pour coconut aminos or tamari sauce over the mixture.
8. Meanwhile, heat cauliflower rice in a separate skillet until heated through.
9. Serve beef stir-fry over cauliflower rice and enjoy.



- Preparation Time: 15 minutes
- Cooking Time: 15 minutes
- Total Time: 30 minutes

## Day 3

### Breakfast

#### Coconut Milk Chia Pudding

##### INGREDIENTS:

- Coconut milk (unsweetened)
- Chia seeds
- Vanilla extract
- Mixed berries
- Sliced almonds

##### INSTRUCTIONS:

1. In a bowl, mix chia seeds, coconut milk, and a splash of vanilla extract.
2. Stir well to combine and let it sit for at least 30 minutes or overnight in the refrigerator until it thickens.
3. Once the chia pudding has thickened, spoon it into serving bowls.
4. Top with mixed berries and sliced almonds before serving.



- Preparation Time: 5 minutes

### LUNCH

#### Tuna Salad

##### INGREDIENTS:

- Mixed greens
- Canned tuna (in water or olive oil)
- Paleo mayonnaise (made with avocado oil or olive oil)
- Olives
- Lemon juice
- Salt and pepper to taste

##### INSTRUCTIONS:

1. Drain the canned tuna and place it in a mixing bowl.
2. Add mixed greens and olives to the bowl.
3. In a small bowl, mix Paleo mayonnaise with lemon juice, salt, and pepper.
4. Pour the mayonnaise mixture over the tuna and greens, then toss gently to combine.
5. Serve the tuna salad on a plate or in a bowl.

- Preparation Time: 5 minutes





## Day 3

### Dinner

#### Grilled Shrimp Skewers

##### INGREDIENTS:

- Shrimp, peeled and deveined
- Zucchini, sliced
- Bell peppers, cut into chunks
- Olive oil
- Garlic powder
- Lemon juice
- Salt and pepper to taste

##### INSTRUCTIONS:

1. Preheat the grill to medium-high heat.
2. Thread shrimp, zucchini slices, and bell pepper chunks onto skewers.
3. Drizzle olive oil over the skewers and season with garlic powder, lemon juice, salt, and pepper.
4. Grill the skewers for 2-3 minutes on each side, or until the shrimp is pink and cooked through.
5. Serve the grilled shrimp skewers with your favorite side dishes



- Preparation Time: 15 minutes



## Day 4

### Breakfast

#### Vegetable Omelet

##### INGREDIENTS:

- Eggs
- Spinach
- Bell peppers
- Onions
- Olive oil or coconut oil
- Salt and pepper to taste

##### INSTRUCTIONS:

1. Heat olive oil or coconut oil in a skillet over medium heat.
2. Add chopped onions and bell peppers to the skillet and sauté until softened.
3. Add spinach to the skillet and cook until wilted.
4. In a separate bowl, whisk eggs together with salt and pepper.
5. Pour the whisked eggs over the vegetables in the skillet.
6. Cook the omelet until the eggs are set, then fold it in half and transfer to a plate.



- Preparation Time: 15 minutes

### LUNCH

#### Chicken Salad Stuffed Bell Pepper

##### INGREDIENTS:

- Cooked chicken breast, shredded
- Celery, diced
- Paleo mayonnaise (made with avocado oil or olive oil)
- Lemon juice
- Salt and pepper to taste
- Bell peppers

##### INSTRUCTIONS:

1. In a bowl, mix shredded chicken breast with diced celery, Paleo mayonnaise, lemon juice, salt, and pepper.
2. Cut bell peppers in half lengthwise and remove the seeds and membranes.
3. Stuff the chicken salad mixture into the bell pepper halves.

- Preparation Time: 10 minutes

## Day 4

### Dinner

#### Spaghetti Squash with Marinara Sauce and Meatballs

##### INGREDIENTS:

- Spaghetti squash
- Ground beef or turkey
- Paleo-friendly marinara sauce
- Italian seasoning
- Garlic powder
- Salt and pepper to taste

##### INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
2. Cut the spaghetti squash in half lengthwise and scoop out the seeds.
3. Place the squash halves cut side down on a baking sheet lined with parchment paper.
4. Bake for 40-50 minutes, or until the squash is tender and easily pierced with a fork.
5. While the squash is baking, prepare the meatballs by combining ground beef or turkey with Italian seasoning, garlic powder, salt, and pepper. Roll into meatballs.
6. In a skillet, cook the meatballs until browned and cooked through.
7. Heat the marinara sauce in a separate saucepan.
8. Once the squash is done, use a fork to scrape the flesh into spaghetti-like strands.
9. Serve the spaghetti squash topped with marinara sauce and meatballs.



# Day 5

## Breakfast

### Paleo Breakfast Casserole

#### INGREDIENTS:

- Sausage
- Eggs
- Sweet potatoes
- Spinach
- Onion
- Salt and pepper to taste
- Olive or coconut oil

#### INSTRUCTIONS:

1. Preheat the oven to 375°F (190°C).
2. Cook the sausage in a skillet over medium heat until browned. Set aside.
3. Peel and dice the sweet potatoes, then cook them in the same skillet with olive oil or coconut oil until tender.
4. In a large bowl, whisk together eggs with salt and pepper.
5. Add cooked sausage, sweet potatoes, chopped spinach, and diced onion to the bowl with the eggs and mix well.
6. Pour the egg mixture into a greased baking dish.
7. Bake for 25-30 minutes, or until the eggs are set and the top is golden brown.



## Day 5

### LUNCH

#### Egg Salad Lettuce Wraps

##### INGREDIENTS:

- Hard-boiled eggs
- Paleo-friendly mayonnaise
- Bacon, cooked and crumbled
- Tomato, diced
- Lettuce leaves
- Salt and pepper to taste

##### INSTRUCTIONS:

1. Peel and chop the hard-boiled eggs, then transfer them to a bowl.
2. Add Paleo-friendly mayonnaise, crumbled bacon, diced tomato, salt, and pepper to the bowl with the chopped eggs.
3. Mix until well combined.
4. Spoon the egg salad onto lettuce leaves, then wrap them up to create lettuce wraps.



- Preparation Time: 10 minutes



## Day 5

### Dinner

#### Grilled Steak with Roasted Brussels Sprouts and Butternut Squash

##### INGREDIENTS:

- Steak (your choice of cut)
- Brussels sprouts
- Butternut squash
- Olive oil
- Garlic powder
- Salt and pepper to taste

##### INSTRUCTIONS:

1. Preheat the grill to medium-high heat.
2. Season the steak with garlic powder, salt, and pepper.
3. Grill the steak to your desired level of doneness, then set it aside to rest.
4. Meanwhile, preheat the oven to 400°F (200°C).
5. Cut the Brussels sprouts in half and cube the butternut squash.
6. Toss the Brussels sprouts and butternut squash with olive oil, garlic powder, salt, and pepper.
7. Spread the vegetables out on a baking sheet lined with parchment paper.
8. Roast in the preheated oven for 25-30 minutes, or until the vegetables are tender and caramelized.



## Day 6

### Breakfast

#### Almond Flour Waffles

#### INGREDIENTS:

- Almond flour
- Eggs
- Unsweetened almond milk or coconut milk
- Baking powder
- Salt
- Vanilla extract
- Fresh berries (e.g: strawberries, blueberries, raspberries)
- Coconut whipped cream

#### INSTRUCTIONS:

1. In a bowl, whisk together almond flour, eggs, baking powder, almond milk, vanilla extract, and a pinch of salt until smooth.
2. Preheat a waffle iron and lightly grease with coconut oil or cooking spray.
3. Pour the waffle batter onto the preheated waffle iron and cook according to the manufacturer's instructions until golden brown and crisp.
4. Serve the waffles topped with fresh berries and a dollop of coconut whipped cream.



## Day 6

### Lunch

#### Salmon Avocado Salad

##### INGREDIENTS:

- Salmon fillets
- Mixed greens
- Avocado
- Cucumber
- Salt and pepper
- Lemon
- Tahini
- Olive oil

##### INSTRUCTIONS:

1. Season the salmon fillets with salt and pepper, then grill or bake until cooked through.
2. In a large bowl, toss together mixed greens, sliced avocado, and diced cucumber.
3. In a small bowl, whisk together freshly squeezed lemon juice, tahini, olive oil, salt, and pepper to make the dressing.
4. Flake the cooked salmon over the salad and drizzle with the lemon-tahini dressing.



## Day 6

### Dinner

#### Turkey Meatballs with Zucchini Noodles and Pesto

##### INGREDIENTS:

- Ground turkey
- Almond flour
- Egg
- Garlic powder
- Onion powder
- Basil
- Zucchini
- Olive oil
- Salt and pepper
- Pine nuts
- Fresh basil leaves
- Lemon juice

##### INSTRUCTIONS:

1. In a bowl, combine ground turkey, almond flour, egg, garlic powder, onion powder, dried basil, salt, and pepper. Mix until well combined, then shape into meatballs.
2. Heat olive oil in a skillet over medium heat, then add the turkey meatballs and cook until browned and cooked through.
3. Spiralize the zucchini into noodles using a spiralizer.
4. In a food processor, combine fresh basil leaves, pine nuts, garlic, lemon juice, olive oil, salt, and pepper to make the pesto sauce.
5. Toss the zucchini noodles with the pesto sauce until well coated, then serve with the turkey meatballs





# Day 1

## Breakfast

### Avocado Egg Boats

#### INGREDIENTS:

- Avocados
- Eggs
- Salsa
- Fresh cilantro
- Salt and pepper to taste

#### INSTRUCTIONS:

1. Preheat the oven to 400°F (200°C).
2. Cut the avocados in half and remove the pits.
3. Scoop out a little extra avocado from each half to create a larger well for the egg.
4. Crack an egg into each avocado half.
5. Season with salt and pepper to taste.
6. Place the avocado halves on a baking sheet lined with parchment paper.
7. Bake in the preheated oven for 10-15 minutes, or until the egg whites are set and the yolks are cooked to your desired doneness.
8. Remove from the oven and top each avocado boat with salsa and fresh cilantro before serving.



# Day 1

## Lunch

### Shrimp Caesar Salad

#### INGREDIENTS:

- Shrimps
- Romaine lettuce
- Cherry tomatoes
- Paleo Caesar dressing
- Grated Parmesan cheese (optional)
- Croutons (optional)

#### INSTRUCTIONS:

1. Cook the shrimps until fully cooked.
2. In a large bowl, toss together chopped romaine lettuce, halved cherry tomatoes, and shrimps.
3. Drizzle with Paleo Caesar dressing and toss until well coated.
4. Top with grated Parmesan cheese and croutons if desired before serving



## Day 1

### Dinner

#### Grilled Pork Chops with Roasted Asparagus and Garlic Mashed Cauliflower



- Preparation Time: 15 minutes
- Cooking Time: 15- 20 minutes
- Total Time: 30-35 minutes

#### INGREDIENTS:

- Pork chops
- Asparagus
- Cauliflower
- Salt and pepper to taste
- Olive oil
- Garlic

#### INSTRUCTIONS:

1. Preheat the grill to medium-high heat.
2. Season the pork chops with salt and pepper.
3. Grill the pork chops for 4-5 minutes per side, or until cooked through.
4. Meanwhile, preheat the oven to 400°F (200°C).
5. Place the asparagus on a baking sheet and drizzle with olive oil. Season with salt and pepper.
6. Roast the asparagus in the preheated oven for 12-15 minutes, or until tender.
7. Steam the cauliflower until fork-tender, then transfer to a food processor.
8. Add minced garlic, olive oil, salt, and pepper to the cauliflower in the food processor and blend until smooth to make garlic mashed cauliflower.
9. Serve the grilled pork chops with roasted asparagus and garlic mashed cauliflower.



# Snacks Ideas



## DAY 1

### ■ Apple Slices with Almond Butter

#### INGREDIENTS:

- Apple
- Almond butter

#### INSTRUCTIONS:

1. Core and slice the apple into wedges.
2. Spread almond butter on each apple slice.
3. Enjoy as a delicious and nutritious snack.

## DAY 2

### ■ Carrot Sticks with Guacamole

#### INGREDIENTS:

- Carrots
- Avocado
- Lime juice
- Salt and pepper to taste

#### INSTRUCTIONS:

1. Wash and peel carrots, then slice them into sticks.
2. In a bowl, mash avocado with lime juice, salt, and pepper to make guacamole.
3. Serve carrot sticks with guacamole for dipping. Enjoy as a nutritious snack!

## DAY 3

### ■ Celery Sticks with Almond Butter

#### INGREDIENTS:

- Celery sticks
- Almond butter

#### INSTRUCTIONS:

1. Wash and dry celery sticks, then cut them into manageable lengths.
2. Spread almond butter onto the celery sticks.
3. Enjoy this crunchy and satisfying snack!

## DAY 4

### ■ Mixed Nuts and Seeds

#### INGREDIENTS:

- Assorted nuts (almonds, walnuts, pecans)
- Seeds (pumpkin seeds, sunflower seeds)

#### INSTRUCTIONS:

1. Mix together a variety of nuts and seeds in a bowl.
2. Portion out the mixed nuts and seeds into snack-sized servings.
3. Enjoy this crunchy and satisfying snack on the go!







# Snacks Ideas

## DAY 5

### ■ Sliced Cucumber with Guacamole

#### INGREDIENTS:

- Cucumber
- Avocado
- Lime juice
- Salt and pepper to taste

## DAY 6

### ■ Beef Jerky

#### ■ INGREDIENTS:

- Lean beef (e.g., sirloin, flank steak)
- Soy sauce or coconut aminos
- Worcestershire sauce (optional)
- Liquid smoke
- Garlic powder
- Onion powder
- Black pepper

## DAY 7

### ■ Sliced Bell Peppers with Guacamole

#### INGREDIENTS:

- Bell peppers (assorted colors)
- Avocado
- Lime juice
- Salt and pepper to taste

#### INSTRUCTIONS:

1. Peel and slice the cucumber into rounds.
2. Mash the avocado in a bowl and mix it with lime juice, salt, and pepper to make guacamole.
3. Serve the sliced cucumber with the guacamole for dipping. Enjoy this refreshing and satisfying snack!

#### INSTRUCTIONS:

1. Slice the beef thinly against the grain.
2. In a bowl, mix together soy sauce or coconut aminos, liquid smoke, Worcestershire sauce (if using), garlic powder, onion powder, and black pepper to make the marinade.
3. Add the sliced beef to the marinade and toss until well coated. Let it marinate for at least 1 hour, or overnight for more flavor.
4. Preheat the oven to 175°F (80°C) and line a baking sheet with parchment paper.
5. Place the marinated beef strips on the prepared baking sheet in a single layer.
6. Bake in the preheated oven for 3-4 hours, or until the beef is dried and chewy. Let it cool before enjoying as a satisfying snack.

#### INSTRUCTIONS:

1. Slice the bell peppers into strips.
2. In a bowl, mash the avocado with lime juice, salt, and pepper to make guacamole.
3. Serve the sliced bell peppers with the guacamole for dipping. Enjoy as a tasty and nutritious snack.

# Snacks Ideas

**Enjoy these delicious and satisfying paleo snacks as part of your healthier lifestyle!**

P A L E O D I E T

