

Recipes

AND TIPS TO HELP YOU SUCCEED

As you can see, I like to keep things simple. I don't put too much time or energy into my meals and I don't find it necessary to have a different meal every single day. I don't have time for that and I'm sure you probably don't either. I know what I like and I stick to the basics.

For lunch and dinner it's as simple as choosing your favorite protein, adding your own spices and seasonings (no sugar here), changing up the veggies to suite your palate (steamed, roasted, baked, raw), then adding a paleo friendly carb (sweet potato, white potato, squashes, carrots) and you're set!

Below you'll find more details about the suggested meals and links to recipes.

M/W/F

Breakfast:

Monday, Wednesdays & Fridays, breakfast is all about the egg. Fry it. Scramble it. Boil it. It doesn't matter. Eggs are a great source of protein to start your day. Add some veggies and/or some fresh fruit and you have a pretty filling meal! And there's always my favorite breakfast side--bacon :)

Recipes

AND TIPS TO HELP YOU SUCCEED

M/W/F Lunch

Chef salads are pretty simple and a large leafy green salad packed with protein is a great way to meet your veggie requirements and keep you full until your next meal or small snack.

I add turkey, ham, and a soft-boiled egg onto of a large bed of organic spring mix w/ spinach. Toss in your favorite veggie salad toppings (carrots, onion, peppers, tomatoes, etc.) and you have yourself a quick and simple meal.

Dressings can be tricky with hidden sugars which is why I make my own. It's super simple and you probably have most of the ingredients on hand. For the very basic: olive oil & vinegar will do. I tend to like ranch. Follow the link below to make my favorite version. You'll need a paleo-friendly mayo for the base and you'll find a link to that too.

Mayo:

<https://www.tasteslovely.com/easiest-3-minute-homemade-mayonnaise/>

Ranch:

<https://www.onelovelylife.com/paleo-ranch-dressing/>

Recipes

AND TIPS TO HELP YOU SUCCEED

M/W/F
Dinner

I eat a lot of chicken. Chicken breast in particular. It's lean, it's filling and it pairs well with almost anything. I used to avoid the breast because I found it to be dry! Once you know how to bake it and keep it moist, you'll learn to appreciate it a little more. Here's the secret: higher temperature (400°) /shorter cooking time (20-minutes) = moist chicken breast. If the breast is thick, I pound it down too.

So for your winner-winner chicken dinner nights, keep this simple too. Bake it as recommended above. Pan-sear it for a slightly crisp/brown surface or throw it on the grill. Flavor it up with your favorite no-sugar added seasonings. I happen to like salt, ground pepper, garlic powder and onion powder. You get to choose. Pair it with salted & steamed brussels sprouts drizzled with ghee (clarified butter) or balsamic vinegar and dinner is done!

Tip:

Fat is your friend so make sure you are adding it into your diet. Just be sure you're choosing the right fats. There are good and bad ones, and you guessed it--ghee is good :) You can purchase ghee in any grocery store. You'll find it with the oils. If you have real butter at home, you can make your own:

<https://downshiftology.com/recipes/how-to-make-ghee/>

Recipes

AND TIPS TO HELP YOU SUCCEED

T/TH Breakfast

Tired of eggs? Yeah, it happens to me occasionally which is why I was super excited to find a no-oat oatmeal to change my morning meals up a bit and indulge in a guilt-free comfort food. I'm excited to share my favorite version with you created by Mark Session. It's packed with protein to get you through your morning. It's also large in portion. I usually share it with my daughter--unless I'm super hungry ;)

No-Oat Oatmeal = No-atmeal:

<https://www.marksdailyapple.com/no-oat-oatmeal-its-no-atmeal/>

Once again I change it up a bit to fit my taste buds and what I have on hand. I prefer coconut milk (SoDelicious Organic Unsweetened) and I top with blueberries, blackberries, or strawberries or a small mixture of all.

Tip:

Make extra batches of the nut & spice mix to have on hand. You'll save time not having to get the food processor out for your next no-atmeal craving.

Recipes

AND TIPS TO HELP YOU SUCCEED

T/TH Lunch

Remember when I mentioned that I eat a lot of chicken? I wasn't kidding! Here we are again, and this recipe has become one of my favorites. If you like spicy, give this a go. If not, stick to the basic version: chicken + mayo. You can always add grapes, onion, tomatoes, peppers, celery to add flavor instead of the spice!

To make the Buffalo Chicken salad, I loosely follow the recipe linked below. I skip the celery, add onion if I feel like it and stuff it into some romaine lettuce for a healthy wrap!

<http://www.thedefineddish.com/whole30-buffalo-chicken-salad/>

Tip:

If you have trouble finding avocado oil, I recommend Extra-Light Tasting Olive

Oil. Make sure it's "extra light tasting". Other olive oils are too strong in flavor and the immersion blender is your friend :)

Recipes

AND TIPS TO HELP YOU SUCCEED

T/TH Dinner

Tired of chicken yet? Yeah--me too. Two nights this week we're changing things up a bit and swaping the chicken for pork. Just like with chicken, feel free to season it up with your go-to sugar-free seasonings. Pan-sear in ghee, oven bake or grill. Add a side of roasted sweet potatoes and broccoli or a baked sweet potato and steamed broccoli. Either way you have another tasty meal!

Roasted Broccoli & Bacon:

<https://nomnompaleo.com/post/1626061164/roasted-broccoli-bacon-recipe>

And there you have it. 5-Days of simple meal ideas. They are my go-to meals that keep busy weekdays a little less busy and keeps me mindful of what I'm putting into my body. I also know that with a weekly meal planned ahead, it means less decisions I have to make throughout the week and less chance that I'll deviate from the foods that are nourishing my body. I hope, in some way, it helps you too.

Resources

IN CASE YOU DIDN'T READ MY BLOG

What is the Paleo diet? A Beginner's Guid Plus Meal Plan

<https://www.healthline.com/nutrition/paleo-diet-meal-plan-and-menu#section6>

What is the Whole30?

<https://whole30.com>

Recommended Reading:

It Starts With Food