

Week 1: Monday

Breakfast – Apple Hash serves 1 ([Ultimate Paleo Guide](#))

Ingredients

- 2 eggs
- 2 slices of bacon cut into small strips
- 1 apple peeled and chopped
- 5 walnut halves
- 1 tbsp. butter
- Cinnamon to taste

Directions

1. Scramble the eggs in the butter and remove from pan.
2. Cook the bacon until just about done and then add the apples. Cook the apples and bacon until the apples are slightly soft.
3. Crush the walnuts and add them to the mixture.
4. Return the eggs to the pan and stir all ingredients together. Add a dash or two of cinnamon or more as your personal taste dictates. This recipe will easily

Lunch – Ground beef lettuce wraps, serves 1 (Vic Magary, [Easy Caveman Cookbook](#))

Ingredients

- 2 large romaine lettuce leafs
- 4 ounces of lean ground beef
- Chopped peppers and onions to taste
- ½ sliced avocado
- Salsa to taste
- 1 tsp. olive oil
- 1/4 tsp. red pepper flakes
- 1/2 tsp. minced garlic
- 1/2 tsp. chili powder
- 1/4 tsp. paprika

Directions

1. In a skillet, pan, or wok, heat the oil over high heat and add the red pepper flakes and garlic. Sauté for a minute or two.
2. Add the chopped peppers and onions and stir-fry until the onion is soft.

3. Add the ground beef and cook until just about done.
4. Add the chili powder and paprika, and continue cooking the beef until
5. Drain the excess liquid from the beef mixture. Scoop beef into the lettuce leaves.
6. 6. Top with salsa and avocado slices.

Dinner – Meatballs in red sauce, makes multiple servings (Vic Magary, [Easy Caveman Cookbook](#))

Ingredients

Sauce:

- 28 oz. can of diced tomatoes.
- Small can of tomato paste.
- 2 tbsp. extra virgin olive oil.
- 2 cloves of garlic, minced.
- 1/2 medium yellow onion.
- 3 tsp. Italian seasoning.
- 1 tsp. black pepper.

Meatballs:

- 1 lb. ground sirloin.
- 1 lb. ground pork.
- 2 eggs.
- 1/2 cup almond meal.
- 2 cloves of garlic, minced.
- 1/2 medium yellow onion.
- 1/2 carrot, shaved.
- 2 tsp. Italian seasonings.
- 1 tsp. red pepper flakes.
- 1 tsp. black pepper.

Directions

1. In a large saucepan, heat oil and then sauté garlic and onion.
2. Once the onion is translucent, add the diced tomatoes, tomato paste, Italian seasoning, and black pepper. Stir and cook on low heat.
3. In a large mixing bowl combine all ingredients for the meatballs. Use your hands and yes it will get a bit messy.
4. Once all ingredients are mixed well, form into balls about and inch or
5. two around.
6. In a pan, brown the meatballs (add oil to the pan if necessary).
7. Be sure to turn the meatballs slowly and often – they will be more apt to

- fall apart than the breadcrumb version. Making sure the meatballs are well browned before adding them to the sauce will help keep them from falling apart.
8. Once the meatballs are browned, add them to the sauce. Cook meatballs in sauce on low heat stirring occasionally for at least an hour – the longer the better.
 9. Serve with a large spinach salad

Week 1: Tuesday

Breakfast – Paleo beef and spinach throw together, serves 4-6 (Marla Sarriss, [Paleoporn.net](http://paleoporn.net))

Ingredients

- 1 tablespoon grass-fed butter
- 2 lbs. grass-fed ground beef
- 2 medium onions, finely chopped
- 3 cloves garlic, minced
- 1/2 pound mushrooms, sliced
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon oregano
- 1/4 teaspoon black pepper
- 4 cups organic spinach
- 4-6 large eggs, lightly beaten
- Parmesan cheese, grated (optional)

Directions

1. Heat butter in a large frying pan over high heat.
2. Add beef and cooking, stirring often, until browned.
3. Add onions, garlic and mushrooms and reduce heat to medium and cook, stirring occasionally, until onions are softened, about 5 minutes.
4. Stir in salt, nutmeg, pepper, oregano and spinach. Cook for about 5 more minutes.
5. Add beaten eggs and reduce heat to low and cook, stirring constantly, just until eggs are softly set.
6. Serve with grated Parmesan cheese.
7. Enjoy! :)

Lunch – Paleo beef in a cabbage cup, serves 2 (Marla Sarriss, [Paleoporn.net](http://paleoporn.net))

Ingredients

- 1lb grass-fed ground beef
- 1/2 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon sea salt
- 1 medium head of green cabbage
- 3-5 grape tomatoes
- 1/4 avocado
- 3-5 tablespoons Louisiana Sauce

Directions

1. Add ground beef to a large skillet over medium heat.
2. Add turmeric, cumin, paprika, sea salt and mix to combine. Brown meat and reduce to medium-low heat.
3. While the ground beef is going chop 2/3 of the cabbage in the following way. With the stem facing you, slice on a 45-degree angle, starting from the stem on each side. This will leave something like an apple core left and it will produce two cabbage bowls. Remove the inner 2-4 pieces of the bowl to make room for the ground beef. (Note: Chop the leftover cabbage strip and store for salad on another day.)
4. Slice the grape tomatoes, set aside.
5. Slice the avocado into slivers, set aside.
6. Make the Louisiana Sauce while you're waiting, if you haven't already, by combining the Paleo mayo, garlic powder, onion powder, sea salt and hot sauce in a small mixing bowl. Stir to combine. Now you're Louisiana sauce is ready.
7. Once the meat is done cooking, scoop it out and fill the cabbage bowls with meat.
8. Top ground beef with Louisiana sauce and serve garnished with sliced tomatoes and sliced avocado. Keep the Louisiana sauce nearby, you'll probably want more as you go.
9. Enjoy! :)

Dinner – Alaskan pacific cod with orange mint sauce, serves 2-3 (Marla Sarriss, [Paleoporn.net](http://paleoporn.net))

Ingredients

- 12oz Alaskan pacific cod
- sea salt and coarse ground black pepper, to taste
- 1/2 cup fresh mint
- 1 orange
- 1/2 teaspoon sea salt

- 1/2 lime, juiced
- 2 shallots

Directions

1. Preheat the oven to 350°F.
2. Season cod with sea salt and black pepper. Add to a rimmed baking sheet and bake for 15-20 minutes, or until internal temperature reaches 145°F.
3. Add mint, orange, sea salt, limejuice and shallots to a food processor and process until shallots are minced and everything is combined.
4. Plate cod and serve with orange-mint sauce on top.
5. Enjoy! :)

Week 1: Wednesday

Breakfast – Steak and berry breakfast (Vic Magary, [Easy Caveman Cookbook](#))

Ingredients

- 4 ounces of sirloin
- Large handful of baby spinach leaves
- Large handful of raspberries, each chopped in half
- 1 tsp. slivered almonds
- 1 tsp. coconut oil

Directions

1. Cook the steak on a non-stick grill until done to desired taste.
2. In a skillet, pan, or work, heat the coconut oil over medium high heat and add the spinach.
3. Cook the spinach until just wilted and add the raspberries. Cook until the spinach is fully wilted and the berries are soft.
4. Add the almonds and cook for another minute.
5. Remove the spinach and berry mixture and serve as a side with the

Lunch – The best-damned salad in the world, serves 1 (Vic Magary, [Easy Caveman Cookbook](#))

Note: *Include your favorite 1-2 palm sized servings of protein to top this salad (i.e.: chicken, grass fed beef, lamb, salmon, etc...)*

Ingredients

1. 1 cup of baby spinach
2. ½ cup of arugula

3. ½ red bell pepper, chopped into 1 inch pieces
4. ½ cucumber, sliced
5. ¼ red onion, sliced
6. ½ cup broccoli florets
7. 1 carrot, peeled and shredded
8. Small handful of grape tomatoes
9. Large handful of blue berries
10. Small handful of walnut halves

Directions

1. In a large bowl, add the spinach and arugula.
2. Add all other ingredients.
3. Include protein source of homemade salad dressing of choice.

Dinner – Spicy stuffed baked peppers, serves 2 (Vic Magary, [Easy Caveman Cookbook](#))

Ingredients

- 1/2 lb. ground turkey.
- 2 large bell peppers (any color you like is fine).
- 1/2 yellow onion, chopped.
- 2 large celery sticks, chopped.
- 1 jalapeno pepper, chopped.
- 1 clove garlic, minced.
- 1 16 oz. can chopped or diced tomatoes.
- 1 8 oz. can tomato sauce.
- 1 tbsp. Worcestershire sauce.
- 1/2 tbsp. Italian seasoning.
- 1/2 tbsp. chili powder.
- 1 tsp. paprika.
- 1 tsp. cayenne pepper.

Directions

1. Preheat an oven to 350 degrees. Cut the tops off the peppers, and remove the core, seeds, and membrane.
2. Brown the ground turkey with the onion, garlic, celery, and jalapeno.
3. Once the ground turkey is browned, add the Worcestershire sauce, chopped tomatoes, and all other seasonings.
4. Cook for a few more minutes, draining off any excess liquid and ensuring a “thick” consistency.
5. Spoon the turkey mixture into the peppers and place the peppers in a baking dish. Pour the tomato sauce over top of the peppers.

6. Bake at 350 degrees for 45 minutes to an hour. Enjoy!

Week 1: Thursday

Breakfast – Buttery eggs and leeks, serves 2 (Marla Sarriss, Paleoporn.net)

Ingredients

- 4 leeks
- 3 tablespoons grass-fed butter
- 3 tablespoons heavy cream, (optional)
- 6 organic eggs
- 2-4 slices bacon, crumbed (I prefer to order mine from U.S. Wellness Meats)

Directions

1. Trim the darker green tops off the leeks and slice the lighter green/white bottom section in half lengthwise. Rinse each leek well, then slice crosswise into thin strips.
2. Melt 2 tablespoons of butter in a skillet over medium-low heat and add the leeks, sautéing gently for a few minutes before putting a lid on the pan and letting the leek cook for 8-10 minutes until very soft. Keep the heat low and stir occasionally; a little browning is okay, but mostly you just want the leeks to get soft.
3. While the leeks are cooking, whisk the eggs with 1 tablespoon of cream and a pinch of salt and pepper.
4. Warm the remaining tablespoon of butter in a pan over low heat then add the eggs. Keep the heat low and stir the eggs constantly as they cook so they don't brown and become too firm.
5. When the eggs are cooked but still a bit loose and soft, remove from heat and divide on two plates.
6. Stir remaining 2 tablespoons of cream into the leeks.
7. Spoon leeks over scrambled eggs and garnish with crumbled bacon.

Lunch – Lamb balls and veggie, serves 2-3 (Marla Sarris, Paleoporn.net)

Ingredients

- 1 pound ground lamb
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- 2-3 cloves garlic, minced
- 1 teaspoon coconut oil

Directions

1. In a large bowl combine ground lamb, oregano, sea salt and garlic. Using both hands combine ingredients well.
2. With the tips of your fingers pick up a small amount of meat, around a teaspoon, and roll that mixture into tiny balls in the palms of your hands. Transfer balls to a large, clean plate. Repeat until all the meat is in ball form.
3. Melt coconut oil in a large skillet over medium-high heat.
4. Add balls to the skillet and let them cook until the bottoms are browned, about 5 minutes.
5. Using a spoon carefully flip the balls over, but watch for oil splatter. Lower heat to medium or even medium-low and cover.
6. The skillet will do its thing and you'll know when they're done because the balls will look fully cooked. If you can't tell cut into one while still in the skillet. This should take 15-20 minutes.
7. Serve with your favorite veggies and enjoy 😊

Dinner – Rib eye steak w/ steamed broccoli, serves 2-3 (Marla Sarriss, Paleoporn.net)

Ingredients

- grass-fed butter
- 1 head broccoli
- 4 rib eye steaks
- garlic salt, garlic powder, onion powder, coarse ground black pepper, chili powder, dried oregano, to taste

Directions

1. Melt the butter in a medium size frying pan over medium heat.
2. Add water to a pot and turn on medium-high heat.
3. Season the steaks with seasonings on both sides, then add them to the frying pan.
4. Wash off the broccoli and trim the tops into tiny florets then add to the steamer attachment that will sit in the pan.
5. Once the water is boiling add the steamer attachment and cover with a lid.
6. After a few minutes flip the steaks.
7. Let the meat cook and the broccoli steam. You'll know the broccoli is done when it turns a bright colored green, where it almost looks fake.
8. Remove the broccoli from the steamer and transfer to a bowl. Add any other seasons or ingredients, I added melted butter, salt & pepper to season it a bit.
9. Keep your eye on the meat. You can always cut into the middle to see if it's cooked to the consistency you prefer. If you'd like to speed up the cooking process cover the pan.
10. Once the meat is done, put both on a plate and eat!

Week 1: Friday

Breakfast – Pastrami wraps, serves 2

Ingredients

- 4 oz. pastrami
- 1 head green leafy lettuce (or radicchio)
- 8 tsp. brown mustard
- 30 dill pickle chips
- 1/4 purple onion, thinly sliced

Directions

1. Rinse and trim lettuce, and lay out flat in sheets.
2. Place two pieces of pastrami on each sheet of lettuce.
3. Top with thinly sliced onion, pickles, and half a tsp. of brown mustard.
4. Roll, secure with toothpicks if desired, serve with extra veggies and enjoy!

Lunch – Spicy Asian lettuce wraps, serves 1-2 (Vic Magary, [Ultimate Paleo Guide](#))

Ingredients

- 1/2 pound sirloin or flank steak cut into thin strips
- 1 tbsp. coconut oil
- 1/2 medium red bell pepper, chopped
- 1 cup celery, chopped
- 2 tsp. ginger, minced
- 2 cloves garlic, minced
- 1 tbsp. coconut aminos
- 1 tbsp. white vinegar
- 1 tsp. red pepper flakes
- 1/2 tsp. cayenne pepper
- 2 tbsp. coarsely chopped cashews
- 2 green onions, thinly sliced
- 4 large iceberg or romaine lettuce leaves

Directions

1. Add oil to a wok or large skillet over medium heat. Sauté the red pepper flakes, garlic, and ginger, briefly, before adding the steak strips, red bell pepper, and celery.
2. Cook and stir for 3-5 minutes until the steak is fully browned on the outside.

3. Add the coconut aminos, vinegar, and cayenne pepper. Continue to cook and stir for about a minute.
4. Add the cashews and green onions, and cook until the steak is done.
5. Spoon equal portions of the mixture onto the lettuce leaves. Fold or roll the lettuce so that the mixture can be eaten by hand.

Dinner – Simple Paleo spaghetti, serves 2-3

Ingredients

- 1 lb. ground beef
- 1 tbsp. bacon fat (can substitute coconut oil)
- 2/3 c diced onions
- 2 heaped tbsp. minced garlic
- 1 tbsp. oregano
- 1 bay leaf
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. crushed red pepper
- 28 oz. diced tomatoes

Directions

1. Brown ground beef on medium in a deep saucepan or pot.
2. Strain off fat (optional).
3. In another small pan, sauté garlic, oregano, and onions until translucent.
4. Add cooked onions, garlic, and oregano to the ground beef. Mix well.
5. Add onion powder, garlic powder, and crushed red pepper to the meat mixture.
6. Put canned diced tomatoes into the blender, and blend to desired consistency.
7. Add blended diced tomatoes to the meat mixture. Throw bay leaf into the pot.
8. Simmer on low for 10 minutes or until flavors are robust and combined, stirring occasionally.
9. Serve with your favorite side of veggies and enjoy!

Week 1: Saturday

Breakfast – Green eggs and ham omelet, serves 1 (Vic Magary, [Paleoso](#))

Ingredients

- 3 eggs, beaten.
- 1/4 cup yellow onion, minced.

- 1/4 cup green bell pepper, minced.
- 1/4-cup jalapeño pepper, minced.
- 1/2 cup broccoli florets, finely chopped.
- 1/2 cup green onion, sliced.
- 1/2 avocado, sliced thinly.
- 2 tbsp. grass fed butter.
- 4 strips of cooked bacon (or equivalent amount of ham).
- 1/4 tsp. salt.
- 1/4 tsp. pepper.

Directions

1. Heat a nonstick skillet or pan over medium heat. Add the butter.
2. Once butter is melted add the onion, green pepper, jalapeño, and broccoli florets. The florets should be chopped down so they are essentially the same size as the minced onion and peppers. Sauté briefly until onion is translucent. Spread out all ingredients so there is an even layer across the pan.
3. Beat the eggs in a small dish or bowl, adding the salt and pepper. Pour the beaten eggs into the pan over top of the onions, peppers, and broccoli. As the egg sets, pull gently at the edges with a spatula and tilt the pan so as to pour the non-set eggs underneath.
4. Once the egg is nearly set, place the avocado and bacon over one half of the eggs in a thin layer (if you did not precook the bacon or ham, do so first in a separate pan). Fold the half of the egg without the avocado and bacon over top of the side with the avocado and bacon. Continue to cook for a few more seconds and feel free to flip the omelet and cook on the other side if you are a bad-ass omelet flipper.
5. Remove the omelet and sprinkle liberally with the green onions. Serve
6. Immediately.

Lunch – Rocket grapefruit salad (Marla Sarris, [Paleoporn.net](http://paleoporn.net))

Note: *Top this salad with your favorite protein source (i.e.: grass-fed beef, lamb, chicken, turkey, eggs, salmon, etc... for a complete meal)*

Ingredients

- 3 cups baby arugula (rocket)
- 1/2 grapefruit, sliced
- 2 Persian cucumbers, sliced
- 1/3 cup macadamia nuts or blanched hazelnuts, halved
- Sea salt, to taste
- extra virgin olive oil, to taste (I prefer Academia Barilla for salads)

Directions

1. Add arugula to a bowl along with grapefruit, cucumber, macadamia nuts (or hazelnuts) and sea salt.
2. Drizzle with olive oil, toss and serve. – I won't blame you if you don't share. ;)
3. Enjoy! :)

Dinner – Big ass chicken and jumbo shrimp Paleo paella, serves 4-6 (Marla Sarris, Paleoporn.net)

Ingredients

- Choice of fat: olive oil, butter, ghee, coconut oil etc.
- 4 chicken thighs, plus 2-4 big-ass chicken breasts
- Sea salt and coarse ground black pepper, to taste
- 1 lb. your choice of ground meat (chorizo, beef, bison, etc.)
- 1 red bell pepper, ribs and seeds removed, thinly sliced
- 1/2 small onion, chopped
- 3 cloves garlic, minced
- 14.5 ounces diced tomatoes in juice
- 32 ounces organic chicken broth
- 1 head of cauliflower, shredded
- 1/2 lb. jumbo shrimp, peeled and deveined (thaw if frozen)

Directions

1. Season chicken with sea salt and black pepper.
2. In a heavy-bottomed pot, heat your choice of fat (I used ghee) over medium-high heat.
3. Working in batches, cook chicken (be sure not to overlap the chicken in the pot) until browned, 7 to 8 minutes, turning once.
4. Transfer the chicken to a plate and set aside. In the same pan cook the ground meat over medium high heat (I used beef chorizo). Be sure to break it up and stir occasionally.
5. Add the bell pepper, onion, garlic, and tomatoes (with their juice) to the pot; season with salt and pepper. Cook, stirring occasionally, until liquid has pretty much evaporated, 5-7 minutes.
6. Add broth, chicken and shredded cauliflower rice; bring to a boil.
7. Reduce to a simmer. Cover and cook 8-10 minutes.
8. Add shrimp, submerging them in liquid. Cover and cook until shrimp are opaque throughout, 4 to 6 minutes.
9. Serve in a bowl or a rimmed edge plate.
10. Enjoy! :)

Week 1: Sunday

Breakfast – Taco scramble mess, serves 2-4 (Vic Magary, [Ultimate Paleo Guide](#))

Ingredients

- 1/2 lb. ground beef
- 4 eggs, beaten
- 1/2 yellow onion, diced
- 1 clove of garlic, minced
- 1 tbsp. chili powder
- 1 tsp. paprika
- 1 tsp. cayenne pepper
- 1/2 tsp. black pepper
- 1/2 tsp. red pepper flakes
- 1 red bell pepper, diced
- 1 yellow squash, diced
- 1 (or 2) tbsp. olive oil
- Green onions, sliced

Directions

1. Heat 1 tbsp. olive oil in a large skillet over medium high heat. Sauté garlic and red pepper flakes in the heated oil. Add yellow squash and cook for 2 – 4 minutes stirring often.
2. Pour beaten eggs into skillet with squash mixture. Add remaining oil to skillet before only if needed to keep eggs from sticking to skillet. Allow eggs to set a bit and then stir occasionally to scramble with squash. Remove from skillet.
3. Once egg and squash mixture is removed, place ground beef in skillet. Stir occasionally until about half way done. At that point add yellow onion, red bell pepper, chili powder, paprika, and cayenne pepper. Continue to cook until ground beef is done.
4. Once ground beef is cooked, turn heat to low and return eggs and squash to skillet. Stir occasionally until all ingredients are mixed into a wonderful taco scramble mess.

Lunch – Italian style Paleo sub sandwich, serves 2 (Marla Sarris, [Paleoporn.net](#))

Ingredients

- 4 slices black forest ham
- 2 slices baby Swiss cheese
- 8 slices genoa salami

- 6 slices roast beef
- mustard, mayo, dried oregano, coarse ground black pepper, to taste
- 1 cup onion, chopped
- 1 banana pepper, sliced

Directions

1. Lay out 3 slices of roast beef, slightly overlapping on a plate.
2. Lay 2 slices of ham perpendicular to the roast beef slices, again slightly overlapping each other.
3. Lay down 4 slices of salami, two-by-two, on top of the ham.
4. Lay down 1 slice of Swiss cheese on top of the salami.
5. Spread some mustard and mayo on top of the cheese.
6. Arrange one of the handfuls of onion on top of the cheese.
7. If you haven't already, slice the ends off the banana pepper, slice pepper down the center and deseed. Then chop the banana pepper. Add a handful of pepper and mix in with the onion.
8. Add any seasonings you like, I added oregano and black pepper.
9. Next roll up the sub, starting the roll along the longest side.
10. Cut the sub in half and put to the side to use the rest of the space on the plate for the Orange Endive Salad.
11. If you're making another sub, follow directions 1-9 above one more time with the leftover ingredients.
12. Package up any leftover ingredients you may have for another day, or use them on top of your salad.
13. Enjoy! :)

Dinner – Paleo short ribs with Oxtails, serves 3-4 (Marla Sarris, Paleoporn.net)

Ingredients

- Duck fat
- 2 1/2lbs grass-fed beef short ribs
- 1 teaspoon sea salt
- 1/2 teaspoon coarse ground black pepper
- 1 teaspoon garlic powder
- 1lb beef oxtails
- 1 large onion
- 5 carrots, peeled
- 5 stalks celery
- 2-3 cloves garlic
- 2 1/2 cups beef broth
- 2 tablespoon sherry vinegar
- 1 bay leaf
- Dried thyme, to taste

Directions

1. Heat the duck fat (or your preferred choice of fat) in a large frying pan over medium heat. Season the short ribs with salt, pepper and garlic powder and brown in the duck fat on all sides. Transfer to the bottom of the crock-pot and brown the oxtails on all sides.
2. Chop the onion, carrot, celery and garlic in large chunks and add to the top of the meat in the crock-pot.
3. Pour in the beef broth and sherry vinegar over the vegetables, add the bay leaf and top everything off with a shake of dried thyme.
4. Cook everything on high for 6-8 hours. If after 6 hours the meat is tender enough, remove from heat and serve. If the meat isn't falling off the bone yet let it go longer.
5. Store leftovers in the refrigerator and serve leftovers for breakfast, lunch or dinner.
6. Enjoy! :)