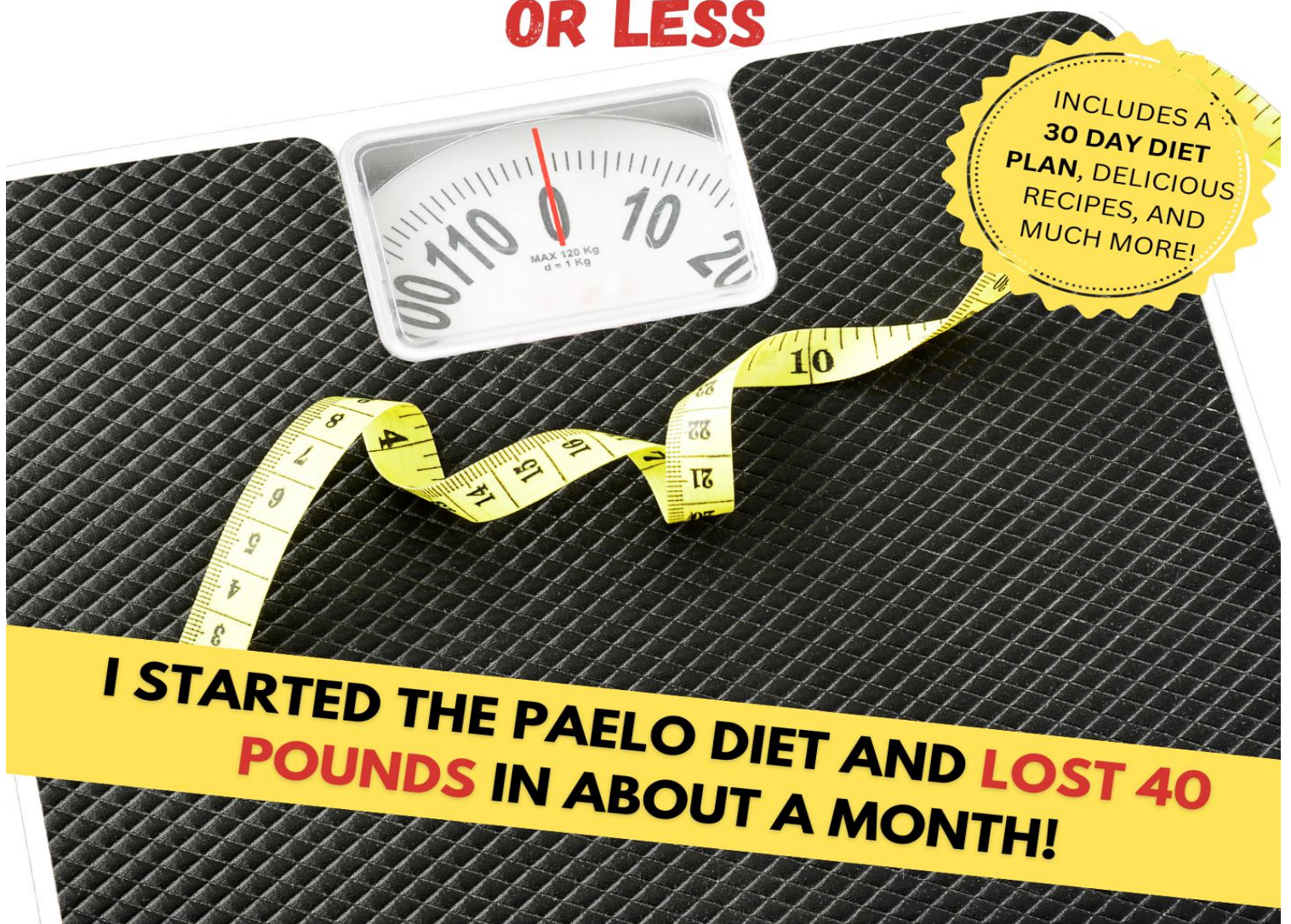


THE 30-Day **PALEO DIET** MEAL PLAN

Full Meal Plan with Recipes & Instructions
**CONQUER THE PALEO DIET IN 4 WEEKS
OR LESS**



INCLUDES A
30 DAY DIET
PLAN, DELICIOUS
RECIPES, AND
MUCH MORE!

**I STARTED THE PAELO DIET AND LOST 40
POUNDS IN ABOUT A MONTH!**

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Paleo Diet Meal Plan

The Paleo diet originated in 1975 when gastroenterologist Dr. Walter Voegtlin first proposed the concept, though it didn't gain widespread popularity until 2002 when Dr. Loren Cordain published "The Paleo Diet" and became the founder of the modern Paleo movement.

The diet is based on foods that humans presumably consumed during the Paleolithic era, which dates from approximately 2.5 million to 10,000 years ago, before the advent of agriculture.

The fundamental premise is that human genes haven't changed significantly since the Paleolithic era, and therefore our bodies are best suited to eat as our ancestors did. The diet focuses on whole, unprocessed foods while eliminating grains, legumes, dairy products, refined sugars, and processed foods.

The macronutrient composition typically consists of 30% carbohydrates, 40% fat, and 30% protein. Followers of the diet eat plenty of lean meats (preferably grass-fed), fish, fruits, vegetables, nuts, and seeds, while avoiding modern agricultural products.

The diet allows for some flexibility through the "85/15 principle," which means consuming 85% of meals from Paleo-approved foods while allowing 15% from non-Paleo foods, making it more sustainable for long-term adherence.

How To Use This Meal Plan

You do not have to follow the plan each day consecutively; in fact, we recommend looking over the daily plans in the table of contents and finding meals that interest you.

Hopefully, you will try them all, but it's not necessary. The goal is to eat right, not eat everything.

There are a couple of recommendations we offer:

1) Visit our store to find snacks that are not listed in this guide. There are tons of ideas we list, and you can purchase right through our store.

[>>> Visit the Slimmer Magazine Store Here](#)

2) We recommend [adding this to your morning coffee](#) to accelerate your weight loss goals.

3) If you prefer tea, [try this](#).

4. If you love smoothies, [mix your berry smoothie with this](#) for fast weight loss results.

Flexibility Note

This meal plan is based on the Paleo Diet BUT there is room for minor flexibility.

The 85/15 principle allows for some flexibility - eating paleo 85% of the time while allowing 15% non-paleo foods. This means occasional small deviations are acceptable for sustainability.

The meal plans are largely true to paleo principles, though some include borderline items that strict paleo followers might avoid. For optimal compliance, focus on the most basic whole foods and avoid even minimally processed ingredients.

Abnormal Meats

Some recipes call for what we consider ‘abnormal’ meats; meats you might not find readily available in your local grocery store.

Things like Elk, Venison, Mahi Mahi, Wild Boar, etc. Feel free to substitute these with beef, pork, or chicken as appropriate.

We included these for variety and to spice up your 30 day plan.

A Note About This Paleo Diet Meal Plan

Before you get started on this meal plan, here are a few things you should know about how we put this together.

Core Paleo Requirements

The paleo diet requires:

- Whole, unprocessed foods
- No grains, dairy, or legumes
- No processed sugars or artificial ingredients
- Focus on lean meats, fish, vegetables, fruits, nuts, and seeds

Analysis of Meal Plans

Compliant Elements

- Use of grass-fed meats and wild-caught fish
- Abundant vegetables and fruits
- Healthy fats like olive oil, coconut oil, and avocado
- Eggs and nuts included appropriately
- No processed foods or artificial ingredients

Non-Compliant Elements Found

- Some plans included non-paleo items like:
 - Almond flour (processed food)
 - Coconut flour (processed food)
 - Natural sweeteners (honey should be very limited)
 - Coffee (technically not paleo but often allowed in moderation)

Macronutrient Balance

The meal plans generally follow the recommended paleo macronutrient ratio:

- 30% protein
- 40% fat
- 30% carbohydrates

Day 1

Breakfast: Power Green Smoothie Bowl

Start your paleo journey with this nutrient-dense breakfast that combines healthy fats with low-glycemic fruits and mineral-rich greens. This meal provides steady energy without blood sugar spikes.

- 2 cups mixed greens (kale, spinach)
- $\frac{1}{2}$ avocado
- $\frac{1}{2}$ green apple
- 1 cup unsweetened coconut milk
- 1 tbsp collagen peptides (optional)
- 1 tbsp chia seeds
- $\frac{1}{2}$ inch fresh ginger root
- Toppings: unsweetened coconut flakes, mixed berries, pumpkin seeds

Place all ingredients except toppings in a high-powered blender. Blend until smooth and creamy, adding more coconut milk if needed for desired consistency. Pour into a bowl and garnish with toppings for added nutrients and texture.

[Try this with your morning coffee to boost your weight loss results](#)

Lunch: Herb-Crusted Chicken with Roasted Root Vegetables

This protein-rich lunch features pastured chicken and seasonal root vegetables, providing sustained energy through complex carbohydrates and healthy fats.

- 6 oz pastured chicken breast
- 1 medium sweet potato
- 2 cups mixed leafy greens
- 1 cup roasted Brussels sprouts
- 2 tbsp olive oil
- Fresh herbs (rosemary, thyme)
- Sea salt and black pepper
- $\frac{1}{4}$ lemon

Season chicken with herbs, salt, and pepper. Roast chicken at 375° F for 25-30 minutes. Meanwhile, cube sweet potato and Brussels sprouts, toss with olive oil and herbs, and roast until tender. Serve over fresh greens with a squeeze of lemon.

Dinner: Grass-Fed Beef and Vegetable Skillet

A nutrient-dense dinner combining quality protein with abundant vegetables and healthy fats.

- 5 oz grass-fed ground beef
- 2 cups cauliflower rice
- 1 cup mushrooms
- 1 cup rainbow chard
- 2 tbsp coconut oil
- 1 small onion
- 3 garlic cloves
- Fresh herbs
- Sea salt and black pepper

Heat coconut oil in a large skillet. Sauté onion and garlic until fragrant, add beef and brown. Add mushrooms and cauliflower rice, cooking until tender. Stir in chard until wilted. Season with herbs, salt, and pepper to taste.

Snack: Anti-Inflammatory Fruit and Nut Plate

A balanced snack combining protein, healthy fats, and natural sweetness from fruit.

- 10 raw almonds
- 2 brazil nuts
- $\frac{1}{4}$ cup mixed berries
- 1 tbsp coconut flakes
- $\frac{1}{2}$ green apple, sliced
- 1 tbsp almond butter

Arrange fruits and nuts on a plate, drizzle with almond butter, and sprinkle with coconut flakes. This snack can be enjoyed between lunch and dinner or as a post-workout refuel.

Day 2

Breakfast: Wild-Caught Salmon and Sweet Potato Hash

This protein-packed breakfast combines omega-3 rich salmon with root vegetables for sustained morning energy. The herbs and garlic add both flavor and anti-inflammatory benefits.

- 4 oz wild-caught salmon fillet
- 1 medium sweet potato, diced
- 1 small onion, diced
- 2 cups baby spinach
- 2 tbsp coconut oil
- Fresh dill and parsley
- 2 cloves garlic, minced
- Sea salt and black pepper

Heat coconut oil in a skillet, add diced sweet potatoes and cook until nearly tender. Add onions and garlic, cook until fragrant. Add salmon and break into chunks, cooking until just done. Fold in spinach until wilted and season with herbs.

Lunch: Turkey and Avocado Lettuce Wraps

A light yet satisfying lunch that's rich in lean protein and healthy fats, perfect for maintaining steady energy levels throughout the afternoon.

- 5 oz ground pastured turkey
- 1 ripe avocado
- Large romaine or butter lettuce leaves
- 1 cup cherry tomatoes
- $\frac{1}{4}$ cup diced red onion
- Fresh cilantro
- 1 lime
- 2 tbsp olive oil
- Sea salt and black pepper

Brown turkey in olive oil with seasonings. Let cool slightly. Assemble wraps using lettuce leaves as base, fill with turkey, sliced avocado, tomatoes, and onion. Garnish with cilantro and a squeeze of lime.

Dinner: Roasted Bone-In Pork Chop with Seasonal Vegetables

This hearty dinner provides essential nutrients from both land and garden, featuring pastured pork and fiber-rich vegetables.

- 8 oz bone-in pastured pork chop
- 2 cups roasted broccoli
- 1 medium parsnip
- 1 cup mushrooms
- 2 tbsp avocado oil
- Fresh rosemary and thyme
- 3 garlic cloves
- Sea salt and black pepper

Preheat oven to 400° F. Season pork chop with herbs and spices. Sear in avocado oil, then transfer to oven until cooked through. Toss vegetables with remaining oil and roast until tender and slightly caramelized.

Snack: Tropical Energy Bites

A naturally sweet snack that provides healthy fats and protein without any added sugars.

- 1 cup unsweetened shredded coconut
- $\frac{1}{2}$ cup mixed nuts (almonds, macadamia)
- 1 fresh date
- $\frac{1}{2}$ cup fresh pineapple
- Pinch of sea salt

Process nuts until finely chopped. Add remaining ingredients and pulse until mixture holds together. Form into small balls and refrigerate until firm.

Day 3

Breakfast: Paleo Breakfast Bowl

A hearty morning meal that combines protein with nutrient-dense vegetables and healthy fats, providing sustained energy for your morning activities.

- 2 pastured eggs
- 1 cup sweet potato noodles
- 2 cups mixed greens (kale, chard)
- $\frac{1}{4}$ avocado
- 2 tbsp coconut oil
- 1 tbsp pumpkin seeds
- Fresh herbs (chives, parsley)
- Sea salt and black pepper

Heat coconut oil in a skillet, sauté sweet potato noodles until tender. Add greens and cook until wilted. Push vegetables aside, crack eggs into pan and cook to desired doneness. Top with sliced avocado, pumpkin seeds, and fresh herbs.

Lunch: Mediterranean Tuna Bowl

A light yet satisfying lunch rich in omega-3 fatty acids and fresh vegetables, perfect for maintaining steady energy levels.

- 5 oz wild-caught tuna
- 2 cups mixed salad greens
- 1 cucumber, diced
- 10 olives
- $\frac{1}{4}$ red onion, sliced
- 2 tbsp olive oil
- 1 lemon
- Fresh basil and oregano
- Sea salt and black pepper

Combine tuna with olive oil, lemon juice, and herbs. Arrange salad greens in a bowl, top with tuna mixture, cucumber, olives, and onion. Drizzle with additional olive oil if desired.

Dinner: Herb-Roasted Chicken Thighs with Root Vegetables

A comforting dinner that's rich in protein and fiber-filled vegetables, featuring skin-on chicken thighs for extra nutrients and flavor.

- 4 pastured chicken thighs
- 2 carrots, chopped
- 1 parsnip, chopped
- 1 cup Brussels sprouts
- 2 tbsp avocado oil
- Fresh thyme and rosemary
- 4 garlic cloves
- Sea salt and black pepper

Preheat oven to 400° F. Season chicken with herbs and spices. Toss vegetables with oil and arrange around chicken in a roasting pan. Roast until chicken is golden and vegetables are tender.

Snack: Forest Berry Nut Mix

A antioxidant-rich snack combining protein, healthy fats, and natural sweetness.

- $\frac{1}{4}$ cup mixed berries (blueberries, raspberries)
- 2 tbsp mixed nuts (walnuts, pecans)
- 1 tbsp coconut flakes
- 1 square 85% dark chocolate, chopped
- Pinch of sea salt

Combine all ingredients in a small bowl. The dark chocolate should be minimally processed and high in cacao content to remain paleo-compliant.

Day 4

Breakfast: Paleo Breakfast Sausage with Roasted Vegetables

Start your day with this savory breakfast featuring homemade sausage patties and seasonal vegetables.

- 5 oz ground pastured pork
- 1 cup roasted butternut squash
- 2 cups sautéed kale
- 1 tbsp fresh sage
- 1 tsp fresh thyme
- 2 tbsp coconut oil
- 1 garlic clove
- Sea salt and black pepper

Mix pork with herbs and spices, form into patties. Cook in coconut oil until golden brown. In the same pan, sauté garlic and kale. Serve with pre-roasted butternut squash.

Lunch: Grilled Steak and Vegetable Bowl

A protein-rich lunch featuring grass-fed beef and colorful vegetables for sustained afternoon energy.

- 5 oz grass-fed sirloin steak
- 2 cups mixed greens
- 1 cup roasted cauliflower
- ½ avocado
- 2 tbsp olive oil
- Fresh herbs
- 1 lime
- Sea salt and black pepper

Grill steak to desired doneness, let rest, then slice. Arrange greens in a bowl, top with sliced steak, roasted cauliflower, and avocado. Drizzle with olive oil and lime juice.

Dinner: Wild-Caught Cod with Roasted Mediterranean Vegetables

A light yet satisfying dinner rich in lean protein and colorful vegetables.

- 6 oz wild-caught cod
- 2 cups zucchini noodles
- 1 cup cherry tomatoes
- $\frac{1}{2}$ red onion
- 2 tbsp olive oil
- Fresh basil and oregano
- 2 garlic cloves
- Sea salt and black pepper

Roast tomatoes and onion with olive oil and herbs. Meanwhile, season cod and bake until flaky. Sauté zucchini noodles with garlic, serve fish over noodles with roasted vegetables.

Snack: Green Goddess Smoothie

A refreshing and nutrient-dense smoothie perfect for pre or post-workout.

- 1 cup coconut water
- 1 cup spinach
- $\frac{1}{2}$ green apple
- $\frac{1}{2}$ cucumber
- 1 tbsp collagen peptides
- 1 tbsp hemp seeds
- Fresh mint
- Fresh ginger

Blend all ingredients until smooth and creamy. Adjust thickness with coconut water as needed.

Day 5

Breakfast: Paleo Breakfast Stuffed Peppers

A colorful and protein-rich start to your day, combining eggs with vegetables in a convenient, portable package.

- 2 bell peppers, halved lengthwise
- 4 pastured eggs
- 1/2 lb ground pastured turkey
- 1 cup spinach
- 1/4 cup diced onions
- 2 tbsp coconut oil
- Fresh chives
- Sea salt and black pepper

Brown turkey in coconut oil with onions. Stuff pepper halves with turkey mixture, create wells and crack eggs into them. Bake at 375° F until eggs are set. Top with fresh chives.

Lunch: Asian-Inspired Ginger Shrimp Bowl

A light, flavorful lunch featuring succulent shrimp and crunchy vegetables.

- 6 oz wild-caught shrimp
- 2 cups cauliflower rice
- 1 cup snap peas
- 1 cup shredded cabbage
- 2 tbsp coconut aminos
- 1 tbsp sesame oil
- Fresh ginger and garlic
- Green onions

Sauté shrimp with ginger and garlic. In separate pan, stir-fry cauliflower rice and vegetables. Combine with coconut aminos and top with green onions.

Dinner: Bison Stuffed Portobello Mushrooms

A hearty dinner rich in protein and umami flavors, perfect for satisfying evening hunger.

- 4 large portobello mushrooms
- 6 oz ground bison
- 1 cup riced cauliflower
- 1/2 cup diced onions
- 2 cloves garlic
- 2 tbsp avocado oil
- Fresh thyme
- Sea salt and black pepper

Remove mushroom stems and gills. Mix bison with cauliflower rice, onions, and seasonings. Stuff mushrooms and bake at 400° F until meat is cooked through.

Snack: Mediterranean Vegetable Dip

A refreshing snack featuring roasted vegetables and healthy fats.

- 1 roasted eggplant
- 1/4 cup tahini
- 1 lemon
- 2 cloves garlic
- Fresh parsley
- Olive oil
- Sea salt
- Cucumber and carrot sticks for dipping

Blend roasted eggplant with tahini, lemon juice, and garlic until smooth. Serve with vegetable sticks.

Day 6

Breakfast: Duck Egg and Sweet Potato Hash

A nutrient-dense breakfast featuring rich duck eggs and root vegetables.

- 2 duck eggs
- 1 purple sweet potato, diced
- 1 cup Brussels sprouts, shredded
- 2 tbsp duck fat
- Fresh sage
- 1 shallot, minced
- Sea salt and black pepper

Cook sweet potato in duck fat until crispy. Add shredded Brussels sprouts and shallot. Create wells for eggs and cook until whites are set.

Lunch: Venison and Root Vegetable Stew

A warming lunch packed with lean protein and seasonal vegetables.

- 6 oz ground venison
- 2 cups bone broth
- 1 turnip, diced
- 2 carrots
- 1 cup mushrooms
- Fresh thyme and bay leaves
- 2 tbsp olive oil
- Sea salt and black pepper

Brown venison, add vegetables and broth. Simmer until vegetables are tender and stew thickens.

Dinner: Macadamia-Crusted Mahi Mahi

A tropical-inspired dinner featuring fresh fish and exotic flavors.

- 6 oz mahi mahi fillet
- 1/2 cup crushed macadamia nuts
- 2 cups roasted spaghetti squash
- 1 cup broccolini
- 2 tbsp coconut oil
- Fresh cilantro
- 1 lime
- Sea salt and pepper

Crust fish with macadamia nuts, bake until flaky. Serve over spaghetti squash with roasted broccolini.

Snack: Autumn Spice Energy Balls

A naturally sweet treat perfect for afternoon energy.

- 1 cup mixed nuts (pecans, walnuts)
- 2 dried figs
- 1 tbsp pumpkin puree
- Cinnamon and nutmeg
- 1 tbsp coconut oil
- Pinch of sea salt

Process ingredients until mixture holds together. Form into balls and refrigerate until firm.

Day 7

Breakfast: Paleo Breakfast Boats

A creative and filling breakfast using seasonal squash as a vessel for morning proteins.

- 2 small acorn squash, halved
- 4 oz ground lamb
- 2 pastured eggs
- 1 cup kale, chopped
- 1 tbsp fresh mint
- 2 tbsp coconut oil
- 1 shallot, minced
- Za'atar seasoning

Roast squash halves until tender. Brown lamb with shallots and seasonings. Fill squash with lamb mixture, create wells for eggs, and bake until eggs are set.

Lunch: Rainbow Seafood Salad

A vibrant lunch featuring various textures and marine proteins.

- 4 oz wild-caught octopus, cooked
- 2 cups mixed seaweed
- 1 watermelon radish, sliced
- 1 cup purple cabbage
- 1/4 cup fresh herbs (cilantro, mint)
- 2 tbsp olive oil
- 1 lime
- Ginger, grated

Slice octopus thinly, combine with vegetables and seaweed. Dress with olive oil, lime juice, and grated ginger.

Dinner: Wild Boar and Root Vegetable Roast

A hearty dinner featuring game meat and seasonal vegetables.

- 6 oz wild boar shoulder
- 2 cups celery root, cubed
- 1 cup rainbow carrots
- 1 cup pearl onions
- Fresh rosemary and sage
- 2 tbsp avocado oil
- Bone broth
- Sea salt and pepper

Sear boar, then slow roast with vegetables and herbs in bone broth until tender.

Snack: Savory Vegetable Chips

A crunchy alternative to traditional chips using root vegetables.

- 1 large beet
- 1 parsnip
- 1 turnip
- 2 tbsp olive oil
- Fresh thyme
- Sea salt

Slice vegetables paper-thin, toss with oil and seasonings, dehydrate or bake until crispy.

Day 8

Breakfast: Paleo Morning Nourish Bowl

A nutrient-dense bowl combining land and sea elements for optimal morning nutrition.

- 4 oz smoked wild salmon
- 2 soft-boiled eggs
- 1 cup roasted Japanese sweet potato
- 2 cups arugula
- 1/4 cup pickled red onions
- 2 tbsp olive oil
- Fresh dill
- Lemon wedges

Layer ingredients in a bowl, drizzle with olive oil and lemon juice, garnish with dill.

Lunch: Quail and Wild Mushroom Skillet

A gourmet lunch featuring small game birds and foraged flavors.

- 2 whole quail, spatchcocked
- 2 cups mixed wild mushrooms
- 1 cup watercress
- 2 tbsp duck fat
- Fresh tarragon
- 2 garlic cloves
- Sea salt and pepper

Pan-sear quail until golden, sauté mushrooms in the same pan, serve over watercress.

Dinner: Arctic Char with Winter Vegetables

A delicate fish dinner with seasonal accompaniments.

- 6 oz arctic char fillet
- 2 cups roasted celeriac
- 1 cup roasted radicchio
- 2 tbsp ghee
- Fresh fennel fronds

- 1 lemon
- Sea salt and pepper

Pan-sear char skin-side down until crispy, serve over roasted vegetables with lemon and herbs.

Snack: Hunter's Trail Mix

A protein-rich snack inspired by traditional foraging.

- 2 tbsp pine nuts
- 2 tbsp dried mulberries
- 1 tbsp pumpkin seeds
- 1 tbsp dried wild blueberries
- 1 square 100% dark chocolate, chopped
- Pinch of sea salt

Combine all ingredients in a small container for an energizing afternoon snack.

Day 9

Breakfast: Paleo Benedict

A grain-free take on the classic breakfast, using roasted sweet potato rounds instead of English muffins.

- 2 thick sweet potato rounds
- 4 oz smoked wild boar bacon
- 2 poached eggs
- 1 cup sautéed dandelion greens
- Hollandaise sauce (made with ghee)
- Fresh chervil
- Black pepper
- Pinch of cayenne

Roast sweet potato rounds until tender, top with wilted greens, bacon, poached eggs, and paleo hollandaise.

Lunch: Grilled Quail Eggs and Asparagus Salad

A light yet satisfying lunch combining unique proteins with spring vegetables.

- 6 quail eggs
- 2 bunches asparagus
- 2 cups frisée lettuce
- 1/4 cup hazelnuts, toasted
- 2 tbsp truffle oil
- Fresh tarragon
- Lemon zest
- Sea salt

Grill asparagus, soft boil quail eggs, arrange over frisée with hazelnuts and herbs.

Dinner: Elk Tenderloin with Forest Mushroom Sauce

A sophisticated dinner featuring lean game meat and wild mushrooms.

- 6 oz elk tenderloin
- 2 cups mixed wild mushrooms
- 1 cup roasted sunchokes
- 2 tbsp bone marrow
- Fresh thyme
- 2 shallots, minced
- Beef bone broth
- Black pepper

Sear elk to medium-rare, make mushroom sauce with bone broth, serve with roasted sunchokes.

Snack: Sea Vegetable Crisps

A mineral-rich snack featuring various seaweeds.

- Mixed seaweed sheets (nori, dulse)
- 1 tbsp avocado oil
- Sesame seeds
- Ground ginger
- Sea salt

Brush seaweed with oil, sprinkle with seasonings, crisp in low-temperature oven.

Day 10

Breakfast: Wild Game Breakfast Bowl

A hearty morning meal featuring game meat and seasonal vegetables.

- 4 oz ground wild rabbit
- 2 cups roasted rutabaga
- 1 cup sautéed nettles
- 2 pastured eggs
- 2 tbsp duck fat
- Fresh sage
- Garlic
- Black pepper

Cook rabbit with herbs, prepare vegetables, top with fried eggs.

Lunch: Arctic Cod Ceviche

A refreshing lunch featuring wild-caught fish and citrus.

- 6 oz arctic cod
- 1 blood orange
- 1 lime
- 1 cup jicama, julienned
- 1/4 cup red onion
- Fresh cilantro
- Avocado
- Chili powder

Cure fish in citrus, combine with vegetables, serve with avocado.

Dinner: Pheasant with Roasted Root Vegetables

An elegant dinner showcasing game bird and winter vegetables.

- 1 pheasant breast
- 2 cups roasted parsley root
- 1 cup roasted chestnuts
- 2 tbsp ghee
- Fresh thyme
- 1 leek, sliced
- Bone broth
- Sea salt

Pan-roast pheasant, serve with roasted roots and chestnut sauce.

Snack: Wild Berry and Nut Bark

A naturally sweet treat combining foraged berries and nuts.

- 1/2 cup mixed nuts (pistachios, macadamia)
- 2 tbsp dried wild berries
- 2 tbsp coconut butter
- 1 tbsp raw honey
- Vanilla powder
- Sea salt

Melt coconut butter, combine with ingredients, freeze until firm.

Day 11

Breakfast: Bone Marrow Breakfast Bowl

A nutrient-dense breakfast featuring one of the most prized paleo ingredients.

- 2 roasted marrow bones
- 2 cups roasted kabocha squash
- 2 pastured eggs
- 1 cup wild mushrooms
- Fresh parsley
- 2 tbsp ghee
- Pink salt
- Cracked pepper

Roast marrow bones until bubbly, serve with eggs and vegetables sautéed in ghee.

Lunch: Rock Fish and Sea Vegetable Soup

A mineral-rich soup combining both fish and sea vegetables.

- 6 oz rock fish fillets
- 2 cups dashi broth (kombu based)
- 1 cup daikon radish
- 1 cup baby bok choy
- Fresh ginger
- Scallions
- Wakame seaweed
- Coconut aminos

Simmer broth with vegetables, add fish at the end, garnish with scallions.

Dinner: Braised Oxtail with Root Mash

A rich, warming dinner full of collagen and minerals.

- 8 oz grass-fed oxtail
- 2 cups mashed celery root
- 1 cup roasted garlic
- 2 tbsp tallow
- Fresh bay leaves
- 1 cup bone broth
- Star anise
- Sea salt

Slow braise oxtail with aromatics, serve over celery root mash.

Snack: Liver Pâté Stuffed Endive

A nutrient-dense snack rich in vitamins and minerals.

- 2 oz chicken liver pâté
- Belgian endive leaves
- 2 tbsp capers
- Fresh thyme
- Truffle oil
- Microgreens
- Black pepper

Fill endive leaves with pâté, garnish with capers and herbs.

Day 12

Breakfast: Wild Salmon Roe Bowl

A omega-3 rich breakfast featuring fish roe and seasonal vegetables.

- 2 oz salmon roe
- 2 soft-boiled eggs
- 1 cup roasted Jerusalem artichokes
- 2 cups watercress
- 2 tbsp olive oil
- Fresh dill
- Lemon zest
- Sea salt

Layer ingredients in bowl, drizzle with olive oil and lemon.

Lunch: Grilled Heart Skewers

A protein-rich lunch featuring organ meat and vegetables.

- 6 oz grass-fed beef heart, cubed
- 1 cup cherry tomatoes
- 1 red onion
- 2 tbsp avocado oil
- Fresh oregano
- Garlic
- Lemon wedges
- Sea salt

Marinate heart, skewer with vegetables, grill until medium-rare.

Dinner: Guinea Fowl with Herb Sauce

An elegant dinner featuring game bird and fresh herbs.

- 1 guinea fowl breast
- 2 cups roasted fennel
- 1 cup pureed parsnip
- Fresh herb sauce (parsley, tarragon, chives)
- 2 tbsp duck fat
- Shallots
- White pepper
- Sea salt

Pan-sear fowl, serve with vegetables and fresh herb sauce.

Snack: Bone Broth Tea

A nourishing afternoon drink rich in minerals and collagen.

- 1 cup rich bone broth
- Fresh turmeric
- Fresh ginger
- Black pepper
- Coconut aminos
- Scallions
- Sea salt
- Dried mushroom powder

Simmer broth with seasonings, strain and sip warm.

I'll revise Days 13 and 14 using more accessible proteins while maintaining paleo principles.

Day 13

Breakfast: Grass-Fed Beef Hash

A hearty breakfast featuring quality beef and root vegetables for sustained energy.

- 4 oz grass-fed ground beef
- 1 cup sweet potato, diced
- 1 cup roasted radishes
- 2 pastured eggs
- Fresh sage
- 2 tbsp coconut oil
- 1 small onion, diced
- Sea salt and pepper

Cook root vegetables in coconut oil until crispy, add beef and herbs, top with fried eggs.

Lunch: Pan-Seared Salmon Salad

A light yet satisfying lunch combining omega-3 rich fish and fresh vegetables.

- 6 oz wild-caught salmon fillet
- 2 cups mixed greens
- 1 cup shaved fennel
- 1/2 avocado
- 2 tbsp olive oil
- Fresh dill
- Lemon wedges
- Capers

Sear salmon, arrange over salad with avocado and lemon-olive oil dressing.

Dinner: Roasted Chicken with Winter Squash

A comforting dinner featuring pastured chicken and seasonal vegetables.

- 6 oz chicken thighs (bone-in, skin-on)
- 2 cups butternut squash cubes
- 1 cup roasted Brussels sprouts
- 2 tbsp avocado oil
- Fresh rosemary
- Garlic cloves
- Orange zest
- Sea salt

Roast chicken with vegetables and herbs until golden and crispy.

Snack: Mediterranean Meat Rolls

A protein-rich snack perfect for afternoon energy.

- 2 oz prosciutto
- 1/2 avocado
- Fresh basil leaves
- Olive oil
- Black pepper
- Arugula
- Cherry tomatoes

Roll prosciutto with avocado and herbs, serve with tomatoes.

Day 14

Breakfast: Fisherman's Morning Bowl

A protein-rich start combining accessible seafood for optimal nutrition.

- 4 oz wild-caught cod
- 2 pastured eggs
- 1 cup roasted sweet potato
- 2 cups spinach
- Fresh parsley
- 2 tbsp ghee
- Lemon wedges
- Sea salt

Pan-sear cod, serve with eggs and vegetables sautéed in ghee.

Lunch: Pulled Pork Lettuce Wraps

A satisfying lunch using butter lettuce instead of tortillas.

- 4 oz pulled pork (slow-cooked)
- Butter lettuce leaves
- 1 cup purple cabbage slaw
- Pickled red onions
- Fresh cilantro
- Lime wedges
- 1/2 avocado
- Radishes

Warm pulled pork, serve in lettuce leaves with toppings.

Dinner: Lamb Chops with Root Vegetables

An elegant dinner featuring lamb and seasonal vegetables.

- 6 oz lamb chops
- 2 cups mashed cauliflower
- 1 cup roasted carrots
- 2 tbsp olive oil
- Fresh mint
- Garlic
- Lemon zest
- Sea salt

Pan-sear lamb chops, serve with cauliflower mash and roasted carrots.

Snack: Mediterranean Bowl

A light afternoon snack combining protein and healthy fats.

- 2 oz albacore tuna
- 1/4 cup olives
- Cucumber slices
- Cherry tomatoes
- Extra virgin olive oil
- Fresh basil
- Black pepper
- Sea salt

Combine ingredients in a bowl, drizzle with olive oil.

Day 15

Breakfast: Mediterranean Breakfast Skillet

A protein-rich breakfast with Mediterranean flavors and plenty of vegetables.

- 4 oz ground lamb
- 2 pastured eggs
- 1 cup kale
- 1/2 cup cherry tomatoes
- Fresh oregano
- 2 tbsp olive oil
- 2 garlic cloves
- Za'atar seasoning

Cook lamb with garlic and herbs, add vegetables, create wells for eggs and cook until set.

Lunch: Grilled Chicken and Peach Salad

A light, refreshing lunch combining protein with seasonal fruit.

- 5 oz grilled chicken breast
- 2 cups mixed greens
- 1 ripe peach, grilled
- 1/4 cup toasted almonds
- Fresh basil
- 2 tbsp olive oil
- Balsamic vinegar
- Black pepper

Grill chicken and peaches, arrange over greens with almonds and dressing.

Dinner: Pan-Seared Cod with Roasted Vegetables

A light yet satisfying dinner rich in protein and fiber.

- 6 oz wild-caught cod
- 2 cups roasted broccoli
- 1 cup roasted red pepper
- 2 tbsp ghee
- Fresh thyme
- Lemon zest
- Capers
- Sea salt

Pan-sear cod until flaky, serve over roasted vegetables with lemon-caper sauce.

Snack: Turkey Roll-Ups

A protein-rich snack perfect for afternoon energy.

- 4 oz sliced turkey breast
- 1/4 avocado
- Cucumber strips
- Fresh lettuce leaves
- Mustard (sugar-free)
- Black pepper
- Microgreens

Roll turkey with fillings, secure with toothpicks if needed.

Day 16

Breakfast: Beef and Sweet Potato Hash

A hearty breakfast bowl perfect for morning energy.

- 4 oz grass-fed ground beef
- 1 cup diced sweet potato
- 2 pastured eggs
- 1 cup spinach
- 2 tbsp coconut oil
- Fresh chives
- Red pepper flakes
- Sea salt

Cook sweet potatoes until crispy, add beef and spinach, top with fried eggs.

Lunch: Shrimp and Avocado Bowl

A light, refreshing lunch rich in healthy fats and protein.

- 6 oz wild-caught shrimp
- 2 cups cauliflower rice
- 1 avocado
- Cucumber slices
- Fresh cilantro
- Lime wedges
- 2 tbsp olive oil
- Ginger

Sauté shrimp with ginger, serve over cauliflower rice with avocado and cucumber.

Dinner: Pork Tenderloin with Apple Compote

A seasonal dinner combining lean protein with fruit.

- 6 oz pork tenderloin
- 1 apple, diced
- 2 cups roasted Brussels sprouts
- 2 tbsp avocado oil
- Fresh sage
- Cinnamon
- Black pepper
- Sea salt

Roast pork until just done, serve with apple compote and Brussels sprouts.

Snack: Salmon Cucumber Bites

A refreshing and protein-rich afternoon snack.

- 2 oz smoked salmon
- Cucumber rounds
- Fresh dill
- Capers
- Lemon zest
- Black pepper
- Red onion, minced

Top cucumber rounds with salmon, garnish with dill and capers.

Day 17

Breakfast: Chicken Apple Breakfast Patties

A protein-packed breakfast with natural sweetness from fruit.

- 4 oz ground chicken
- 1 small apple, grated
- 2 pastured eggs
- 1 cup sautéed greens
- Fresh sage
- 2 tbsp coconut oil
- Cinnamon
- Sea salt

Mix chicken with grated apple and seasonings, form patties, cook until golden. Serve with eggs and greens.

Lunch: Tuna Nicoise Bowl

A classic French-inspired lunch adapted for paleo eating.

- 5 oz wild-caught tuna
- 2 cups mixed greens
- 1 cup green beans
- 2 soft-boiled eggs
- Black olives
- 2 tbsp olive oil
- Fresh tarragon
- Lemon wedges

Steam green beans, arrange all ingredients in a bowl, drizzle with olive oil and lemon.

Dinner: Herb-Crusted Rack of Lamb

An elegant dinner featuring perfectly cooked lamb and seasonal vegetables.

- 6 oz lamb rack
- 2 cups roasted asparagus
- 1 cup mashed cauliflower
- 2 tbsp avocado oil
- Fresh rosemary
- Fresh mint
- Garlic
- Sea salt

Crust lamb with herbs, roast to medium-rare. Serve with vegetables.

Snack: Beef and Plantain Bites

A satisfying snack combining protein and starchy vegetables.

- 2 oz grass-fed beef jerky
- 1 green plantain, sliced
- Coconut oil
- Sea salt
- Black pepper
- Garlic powder

Fry plantain slices until crispy, serve with jerky.

Day 18

Breakfast: Salmon and Asparagus Frittata

A protein-rich breakfast perfect for any time of day.

- 4 oz wild-caught salmon
- 4 pastured eggs
- 1 cup asparagus
- 1/2 onion, diced
- 2 tbsp ghee
- Fresh dill
- Lemon zest
- Sea salt

Sauté vegetables, add beaten eggs and salmon, finish in oven until set.

Lunch: Thai-Inspired Beef Salad

A flavorful lunch combining protein with fresh herbs and vegetables.

- 5 oz sliced grass-fed steak
- 2 cups mixed greens
- 1 cup shredded cabbage
- Fresh mint
- Fresh cilantro
- Lime wedges
- 2 tbsp coconut aminos
- Ginger

Grill steak, slice thin, serve over salad with herbs and dressing.

Dinner: Roasted Chicken with Mediterranean Vegetables

A comforting dinner with bright flavors.

- 6 oz chicken thighs
- 2 cups roasted eggplant
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- Fresh oregano
- Garlic cloves
- Black olives
- Sea salt

Roast chicken with vegetables until golden and vegetables are tender.

Snack: Shrimp and Mango Lettuce Cups

A light, refreshing snack combining seafood and fruit.

- 3 oz cooked shrimp
- 1/2 mango, diced
- Butter lettuce leaves
- Fresh cilantro
- Lime juice
- Avocado
- Red pepper flakes

Combine shrimp and mango in lettuce cups, garnish with herbs.

Day 19

Breakfast: Pork and Apple Breakfast Bowl

A hearty breakfast combining savory and sweet flavors for sustained energy.

- 4 oz ground pork
- 1 sweet potato, diced
- 1 apple, diced
- 2 pastured eggs
- 2 tbsp coconut oil
- Fresh thyme
- Cinnamon
- Sea salt

Heat coconut oil in a large skillet over medium heat. Cook diced sweet potato for 8-10 minutes until starting to soften. Add ground pork and seasonings, cook until pork is browned. Add diced apple and cook for 2-3 minutes more. Push mixture to one side, crack eggs into the pan and cook to desired doneness.

Lunch: Mediterranean Fish Skillet

A light yet satisfying lunch rich in protein and healthy fats.

- 5 oz cod fillets
- 2 cups cherry tomatoes
- 1 cup zucchini, sliced
- Black olives
- 2 tbsp olive oil
- Fresh basil
- 3 garlic cloves
- Lemon

Heat olive oil in a large skillet. Add garlic and zucchini, cook for 3 minutes. Add tomatoes and olives, cook until tomatoes begin to burst. Place cod fillets on top, cover and cook for 8-10 minutes until fish flakes easily. Garnish with basil and lemon.

Dinner: Herb-Crusted Roasted Chicken

A classic dinner featuring perfectly seasoned chicken and roasted vegetables.

- 6 oz chicken breast
- 2 cups Brussels sprouts
- 1 cup butternut squash
- 2 tbsp avocado oil
- Fresh rosemary
- Fresh thyme
- 4 garlic cloves
- Sea salt

Preheat oven to 400° F. Coat chicken with herbs and seasonings. Toss vegetables with avocado oil and arrange on a baking sheet. Place chicken on top of vegetables. Roast for 25-30 minutes until chicken reaches 165° F and vegetables are tender.

Snack: Tuna Avocado Boats

A protein-rich snack perfect for afternoon energy.

- 3 oz wild-caught tuna
- 1 avocado
- Fresh cilantro
- Lime juice
- Red onion, minced
- Black pepper
- Sea salt

Halve and pit avocado. Mix tuna with minced onion, cilantro, lime juice, and seasonings. Fill avocado halves with tuna mixture.

Day 20

Breakfast: Beef and Mushroom Scramble

A protein-packed start to your day with savory mushrooms.

- 4 oz ground beef
- 2 cups mixed mushrooms
- 3 pastured eggs
- 1 cup spinach
- 2 tbsp ghee
- Fresh thyme
- 3 garlic cloves
- Sea salt

Heat ghee in a large skillet over medium heat. Sauté mushrooms until golden, about 5 minutes. Add ground beef and garlic, cook until beef is browned. Add beaten eggs and spinach, scramble until eggs are set. Season with thyme and salt.

Lunch: Grilled Chicken Caesar

A paleo twist on the classic Caesar salad.

- 5 oz chicken breast
- 2 cups romaine lettuce
- 1 cup cherry tomatoes
- Paleo Caesar dressing
- 2 tbsp olive oil
- Fresh parsley
- Black pepper
- Sea salt

Season chicken with salt and pepper. Grill for 6-7 minutes per side until cooked through. Let rest, then slice. Toss lettuce with olive oil and paleo Caesar dressing, top with sliced chicken and tomatoes.

Dinner: Pan-Seared Lamb Chops

An elegant dinner featuring perfectly cooked lamb and seasonal vegetables.

- 6 oz lamb chops
- 2 cups roasted carrots
- 1 cup mashed cauliflower
- 2 tbsp avocado oil
- Fresh mint
- Fresh rosemary
- Garlic powder
- Sea salt

Let lamb chops come to room temperature, season well. Heat avocado oil in a cast-iron skillet over high heat. Sear chops 3-4 minutes per side for medium-rare. Rest for 5 minutes before serving with vegetables.

Snack: Turkey and Vegetable Roll-Ups

A light afternoon snack combining protein and fresh vegetables.

- 4 oz sliced turkey breast
- Cucumber strips
- Bell pepper strips
- Avocado slices
- Fresh lettuce leaves
- Mustard (sugar-free)
- Black pepper

Lay turkey slices flat, add vegetable strips and avocado. Roll up tightly, secure with toothpicks if needed.

Day 21

Breakfast: Coconut Chicken Breakfast Patties

A tropical-inspired breakfast that's both satisfying and flavorful.

- 4 oz ground chicken
- 2 pastured eggs
- 1/4 cup unsweetened coconut flakes
- 1 cup shredded sweet potato
- 2 tbsp coconut oil
- Fresh basil
- Ginger, grated
- Sea salt

Mix ground chicken with coconut flakes, grated sweet potato, and seasonings. Form into patties. Heat coconut oil in a skillet over medium heat. Cook patties for 5-6 minutes per side until golden and cooked through. In the same pan, fry eggs to desired doneness.

Lunch: Seared Salmon with Citrus Salad

A light, refreshing lunch rich in omega-3s.

- 5 oz wild-caught salmon
- 2 cups mixed greens
- 1 orange, segmented
- 1/2 avocado
- 2 tbsp olive oil
- Fresh mint
- Red onion, thinly sliced
- Sea salt

Pat salmon dry and season well. Heat olive oil in a skillet over medium-high heat. Sear salmon skin-side up for 4 minutes, flip and cook 3-4 minutes more. Arrange salad ingredients, top with salmon and drizzle with olive oil.

Dinner: Beef Stir-Fry with Cauliflower Rice

A quick and satisfying dinner packed with vegetables.

- 6 oz grass-fed beef strips
- 2 cups cauliflower rice
- 1 cup broccoli florets
- 1 cup snap peas
- 2 tbsp coconut aminos
- 2 tbsp avocado oil
- Ginger, minced
- Garlic, minced

Heat avocado oil in a wok or large skillet over high heat. Stir-fry beef until browned, remove from pan. Add vegetables and stir-fry until crisp-tender. Return beef to pan with coconut aminos and seasonings, heat through. Serve over cauliflower rice.

Snack: Egg and Bacon Cups

A protein-rich snack perfect for any time of day.

- 3 pastured eggs
- 2 slices bacon
- Fresh chives
- Cherry tomatoes
- Black pepper
- Sea salt

Preheat oven to 375° F. Line muffin cups with bacon. Crack eggs into cups, season with salt and pepper. Bake 12-15 minutes until eggs are set. Garnish with chives.

Day 22

Breakfast: Mediterranean Frittata

A protein-rich breakfast filled with Mediterranean flavors.

- 4 pastured eggs
- 1 cup spinach
- 1/2 cup cherry tomatoes
- Black olives
- 2 tbsp olive oil
- Fresh basil
- Garlic, minced
- Sea salt

Preheat oven to 375° F. Sauté garlic and vegetables in olive oil in an oven-safe skillet. Pour beaten eggs over vegetables, cook until edges start to set. Transfer to oven and bake 10-12 minutes until fully set.

Lunch: Thai-Inspired Pork Lettuce Wraps

A light lunch with bold flavors.

- 5 oz ground pork
- Butter lettuce leaves
- 1 cup shredded carrots
- Fresh mint
- Fresh cilantro
- Lime wedges
- 2 tbsp coconut aminos
- Ginger, minced

Brown pork with ginger and seasonings. Let cool slightly. Serve in lettuce leaves topped with carrots, herbs, and a squeeze of lime.

Dinner: Herb-Roasted Turkey Breast

A classic dinner perfect for any night.

- 6 oz turkey breast
- 2 cups roasted Brussels sprouts
- 1 cup mashed parsnips
- 2 tbsp ghee
- Fresh thyme
- Fresh rosemary
- Garlic powder
- Sea salt

Preheat oven to 375° F. Season turkey with herbs and spices. Roast for 25-30 minutes until internal temperature reaches 165° F. Serve with roasted vegetables.

Snack: Shrimp and Cucumber Bites

A refreshing and light afternoon snack.

- 3 oz cooked shrimp
- Cucumber rounds
- Fresh dill
- Lemon juice
- Avocado mayo
- Black pepper
- Sea salt

Top cucumber rounds with a small dollop of avocado mayo, shrimp, and dill. Squeeze lemon juice over top.

Day 23

Breakfast: Cod and Sweet Potato Hash

A savory breakfast combining lean protein with complex carbohydrates.

- 4 oz cod fillet
- 1 large sweet potato, diced
- 2 pastured eggs
- 1 cup kale, chopped
- 2 tbsp coconut oil
- Fresh parsley
- Paprika
- Sea salt

Heat coconut oil in a large skillet over medium heat. Cook diced sweet potato for 10 minutes until tender. Add kale and cook until wilted. Push to the side, add seasoned cod and cook 3-4 minutes per side until flaky. Create wells in the hash, crack eggs into them, and cook until whites are set.

Lunch: Herb-Roasted Chicken Salad

A fresh and filling lunch packed with protein and vegetables.

- 5 oz shredded chicken breast
- 2 cups mixed greens
- 1 cup roasted butternut squash
- 1/4 cup pumpkin seeds
- 2 tbsp olive oil
- Fresh tarragon
- Lemon juice
- Black pepper

Roast butternut squash with olive oil at 400° F for 20 minutes. Combine warm chicken and squash with greens, toss with olive oil and lemon juice. Top with pumpkin seeds.

Dinner: Grass-Fed Beef Steak with Mushroom Sauce

A classic dinner featuring quality protein and savory mushrooms.

- 6 oz ribeye steak
- 2 cups mixed mushrooms
- 1 cup roasted asparagus
- 2 tbsp ghee
- Fresh thyme
- Bone broth
- Garlic cloves
- Sea salt

Bring steak to room temperature, season well. Heat ghee in cast-iron skillet over high heat. Sear steak 4-5 minutes per side for medium-rare. Rest while making mushroom sauce in same pan with broth and herbs.

Snack: Turkey and Avocado Boats

A protein-rich snack that satisfies afternoon hunger.

- 3 oz sliced turkey breast
- 1 avocado
- Cherry tomatoes
- Fresh basil
- Balsamic vinegar
- Black pepper
- Sea salt

Halve and pit avocado. Fill with rolled turkey slices, top with diced tomatoes and basil. Drizzle with balsamic.

Day 24

Breakfast: Lamb and Spinach Scramble

A protein-packed breakfast with Mediterranean flavors.

- 4 oz ground lamb
- 3 pastured eggs
- 2 cups spinach
- 1/2 onion, diced
- 2 tbsp ghee
- Fresh mint
- Cumin
- Sea salt

Brown lamb with onion and seasonings in ghee. Add spinach and cook until wilted. Pour in beaten eggs, scramble until just set. Garnish with fresh mint.

Lunch: Grilled Shrimp Skewers

A light and flavorful lunch perfect for any season.

- 6 oz wild-caught shrimp
- 2 cups grilled zucchini
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- Fresh oregano
- Lemon wedges
- Garlic powder
- Sea salt

Thread shrimp and tomatoes on skewers, brush with seasoned olive oil. Grill 2-3 minutes per side until shrimp are pink. Serve over grilled zucchini with lemon.

Dinner: Roasted Pork Tenderloin

A tender and juicy dinner option with seasonal vegetables.

- 6 oz pork tenderloin
- 2 cups roasted Brussels sprouts
- 1 cup mashed cauliflower
- 2 tbsp avocado oil
- Fresh rosemary
- Garlic cloves
- Apple cider vinegar
- Sea salt

Preheat oven to 400° F. Sear tenderloin on all sides, then roast 20-25 minutes until internal temperature reaches 145° F. Rest before slicing. Serve with vegetables.

Snack: Smoked Salmon Cucumber Rolls

A refreshing and omega-3 rich snack.

- 2 oz smoked salmon
- 1 cucumber, thinly sliced
- Fresh dill
- Capers
- Lemon zest
- Black pepper
- Avocado mayo

Spread cucumber slices with thin layer of avocado mayo, top with salmon, roll up. Garnish with dill and capers.

Day 25

Breakfast: Beef and Butternut Hash

A hearty breakfast combining protein with seasonal squash for sustained energy.

- 4 oz grass-fed ground beef
- 1 cup butternut squash, diced
- 2 pastured eggs
- 1 cup spinach
- 2 tbsp coconut oil
- Fresh sage
- Nutmeg
- Sea salt

Heat coconut oil in a large skillet over medium heat. Cook butternut squash for 8-10 minutes until tender. Add ground beef and seasonings, cook until browned. Stir in spinach until wilted. Make two wells in the hash, crack eggs into them, cover and cook until whites are set.

Lunch: Lemon Herb Chicken Bowl

A light, refreshing lunch packed with protein and vegetables.

- 5 oz chicken breast
- 2 cups mixed greens
- 1 cup roasted radishes
- 1/2 avocado
- 2 tbsp olive oil
- Fresh herbs (parsley, dill)
- Lemon juice
- Sea salt

Season chicken with herbs and salt. Cook in olive oil over medium heat for 6-7 minutes per side. Rest, then slice. Arrange over greens with roasted radishes and avocado, drizzle with lemon-olive oil dressing.

Dinner: Pan-Seared Cod with Root Vegetables

A light yet satisfying dinner rich in protein and fiber.

- 6 oz cod fillet
- 2 cups roasted carrots
- 1 cup mashed parsnips
- 2 tbsp ghee
- Fresh thyme
- Garlic cloves
- Lemon zest
- Sea salt

Preheat oven to 400° F. Season cod with salt and lemon zest. Heat ghee in an oven-safe skillet, sear cod 2-3 minutes, flip and transfer to oven for 5-7 minutes until flaky. Serve with roasted vegetables.

Snack: Italian-Style Meatballs

A protein-rich snack perfect for post-workout.

- 4 oz ground turkey
- 1 egg
- Fresh basil
- Fresh oregano
- Garlic powder
- Black pepper
- Sea salt

Mix ingredients, form into small meatballs. Bake at 375° F for 15-18 minutes until cooked through.

Day 26

Breakfast: Pork and Apple Breakfast Skillet

A satisfying breakfast combining savory and sweet flavors.

- 4 oz ground pork
- 1 apple, diced
- 2 pastured eggs
- 1 cup kale
- 2 tbsp ghee
- Cinnamon
- Fresh thyme
- Sea salt

Brown pork in ghee with seasonings. Add diced apple, cook until softened. Add kale and cook until wilted. Create wells for eggs, cook until desired doneness.

Lunch: Salmon and Sweet Potato Bowl

A nutrient-dense lunch rich in omega-3s and complex carbohydrates.

- 5 oz wild-caught salmon
- 2 cups roasted sweet potato
- 1 cup Brussels sprouts
- 2 tbsp avocado oil
- Fresh dill
- Lemon wedges
- Garlic powder
- Sea salt

Roast sweet potato and Brussels sprouts at 400° F for 20 minutes. Season salmon, cook in same pan for 10-12 minutes until flaky. Serve with lemon and fresh dill.

Dinner: Herb-Roasted Chicken Thighs

A flavorful dinner featuring crispy chicken and seasonal vegetables.

- 6 oz chicken thighs (bone-in, skin-on)
- 2 cups roasted broccoli
- 1 cup cauliflower rice
- 2 tbsp olive oil
- Fresh rosemary
- Fresh thyme
- Garlic cloves
- Sea salt

Preheat oven to 425° F. Season chicken well. Roast skin-side up for 30-35 minutes until golden and internal temperature reaches 165° F. Serve with vegetables.

Snack: Tuna Stuffed Peppers

A light, protein-rich afternoon snack.

- 3 oz wild-caught tuna
- Mini bell peppers, halved
- Fresh parsley
- Red onion, minced
- Olive oil
- Lemon juice
- Black pepper
- Sea salt

Mix tuna with seasonings and olive oil. Fill pepper halves with tuna mixture, garnish with parsley.

Day 27

Breakfast: Mediterranean Breakfast Bowl

A protein-rich start to the day with Mediterranean flavors.

- 4 oz ground lamb
- 2 pastured eggs
- 1 cup roasted zucchini
- 1/2 cup cherry tomatoes
- 2 tbsp olive oil
- Fresh oregano
- Za'atar seasoning
- Sea salt

Heat olive oil in a skillet over medium heat. Cook lamb with seasonings until browned, about 5–7 minutes. Add zucchini and tomatoes, cook until vegetables are tender. Make wells in the mixture, crack eggs into them, cover and cook until whites are set.

Lunch: Asian-Inspired Chicken Lettuce Wraps

A light, refreshing lunch with bold flavors.

- 5 oz ground chicken
- Butter lettuce leaves
- 1 cup shredded carrots
- Fresh cilantro
- Green onions
- 2 tbsp coconut aminos
- Ginger, minced
- Garlic, minced

Brown chicken with ginger and garlic. Add coconut aminos and simmer until liquid reduces. Serve in lettuce leaves topped with carrots, cilantro, and green onions.

Dinner: Pan-Seared Steak with Mushroom Medley

A classic dinner combining quality protein with savory mushrooms.

- 6 oz ribeye steak
- 2 cups mixed mushrooms
- 1 cup roasted asparagus
- 2 tbsp ghee
- Fresh thyme
- 3 garlic cloves
- Black pepper
- Sea salt

Bring steak to room temperature, season well. Heat ghee in cast-iron skillet over high heat. Sear steak 4-5 minutes per side for medium-rare. Rest while sautéing mushrooms with garlic and thyme in the same pan.

Snack: Prosciutto-Wrapped Asparagus

An elegant snack combining vegetables and protein.

- 4 slices prosciutto
- 8 asparagus spears
- 2 tbsp olive oil
- Black pepper
- Lemon zest

Blanch asparagus for 2 minutes, shock in ice water. Wrap spears in prosciutto, drizzle with olive oil. Can be served cold or quickly pan-seared.

Day 28

Breakfast: Seafood Morning Hash

A nutrient-dense breakfast rich in protein and healthy fats.

- 4 oz wild-caught cod
- 1 sweet potato, diced
- 2 pastured eggs
- 1 cup spinach
- 2 tbsp coconut oil
- Old Bay seasoning
- Fresh parsley
- Sea salt

Cook diced sweet potato in coconut oil until tender, about 10 minutes. Add seasoned cod pieces, cook until flaky. Add spinach, wilt. Create wells for eggs, cook to desired doneness.

Lunch: Turkey and Avocado Bowl

A satisfying lunch combining lean protein with healthy fats.

- 5 oz ground turkey
- 2 cups mixed greens
- 1 avocado
- 1/2 cup cherry tomatoes
- 2 tbsp olive oil
- Fresh basil
- Balsamic vinegar
- Sea salt

Brown turkey with seasonings. Arrange greens in bowl, top with warm turkey, sliced avocado, and tomatoes. Drizzle with olive oil and balsamic.

Dinner: Roasted Pork Chops with Apple Sauce

A comforting dinner with seasonal flavors.

- 6 oz bone-in pork chop
- 2 cups roasted Brussels sprouts
- 1 apple, diced
- 2 tbsp ghee
- Fresh sage
- Cinnamon
- Black pepper
- Sea salt

Preheat oven to 400° F. Season pork chops, sear in ghee. Transfer to oven for 12-15 minutes. Meanwhile, make apple sauce by cooking diced apple with cinnamon until soft. Serve with Brussels sprouts.

Snack: Chicken Liver Pâté with Vegetables

A nutrient-dense snack rich in vitamins and minerals.

- 3 oz chicken liver pâté
- Cucumber rounds
- Carrot sticks
- Fresh thyme
- Black pepper
- Sea salt

Serve pâté with fresh vegetables for dipping. Can be made ahead and stored in refrigerator.

Day 29

Breakfast: Ranch-Style Breakfast Bowl

A hearty breakfast combining protein with roasted vegetables.

- 4 oz grass-fed ground beef
- 1 cup roasted cauliflower
- 2 pastured eggs
- 1 cup arugula
- 2 tbsp avocado oil
- Ranch seasoning (dried herbs)
- Fresh chives
- Sea salt

Heat avocado oil in a large skillet over medium heat. Cook cauliflower until golden, about 8 minutes. Add seasoned ground beef, cook until browned. Add arugula to wilt. Make wells in the mixture, crack eggs into them, cover and cook until whites are set, about 3-4 minutes.

Lunch: Mediterranean Fish Bowl

A light, protein-rich lunch with bright flavors.

- 5 oz halibut fillet
- 2 cups mixed greens
- 1 cup roasted eggplant
- Kalamata olives
- 2 tbsp olive oil
- Fresh oregano
- Lemon wedges
- Sea salt

Preheat oven to 375° F. Season halibut, roast for 12-15 minutes until flaky. Arrange over greens with roasted eggplant and olives. Drizzle with olive oil and lemon juice.

Dinner: Honey-Less Garlic Chicken

A flavorful dinner featuring crispy chicken and roasted vegetables.

- 6 oz chicken thighs
- 2 cups roasted carrots
- 1 cup mashed parsnips
- 2 tbsp ghee
- 8 garlic cloves
- Fresh thyme
- Coconut aminos
- Black pepper

Preheat oven to 400° F. Season chicken well. Brown in ghee with garlic, then transfer to oven for 20-25 minutes until cooked through. Serve with roasted vegetables.

Snack: Beef and Vegetable Roll-Ups

A protein-rich snack perfect for afternoon energy.

- 3 oz roast beef slices
- Bell pepper strips
- Cucumber strips
- Fresh basil
- Mustard (sugar-free)
- Black pepper
- Sea salt

Layer vegetables and basil on beef slices, roll up tightly. Serve with mustard for dipping.

Day 30

Breakfast: Sunrise Protein Bowl

A colorful, nutrient-dense start to your day.

- 4 oz wild-caught salmon
- 2 pastured eggs
- 1 cup sweet potato hash
- Fresh dill
- 2 tbsp ghee
- Lemon wedges
- Green onions
- Sea salt

Cook sweet potato hash in ghee until crispy. Push to side, add salmon and cook until just done. Make wells for eggs, cook to desired doneness. Garnish with dill and green onions.

Lunch: Italian-Style Chicken Salad

A fresh and filling lunch combining protein and vegetables.

- 5 oz shredded chicken
- 2 cups mixed greens
- 1 cup cherry tomatoes
- Fresh basil
- 2 tbsp olive oil
- Balsamic vinegar
- Black pepper
- Sea salt

Combine warm shredded chicken with greens and tomatoes. Toss with olive oil and balsamic vinegar. Garnish with fresh basil.

Dinner: Celebratory Steak Dinner

A special dinner to conclude the 30-day plan.

- 6 oz filet mignon
- 2 cups roasted Brussels sprouts
- 1 cup mashed cauliflower
- 2 tbsp ghee
- Fresh rosemary
- Garlic cloves
- Black pepper
- Sea salt

Bring steak to room temperature, season well. Heat ghee in cast-iron skillet over high heat. Sear steak 4-5 minutes per side for medium-rare. Rest while finishing vegetables. Serve with roasted Brussels sprouts and cauliflower mash.

Snack: Tropical Protein Bites

A naturally sweet treat to end the day.

- 1/4 cup unsweetened coconut
- 2 oz mixed nuts
- 1/2 cup dried pineapple (unsweetened)
- Vanilla powder
- Pinch of sea salt

Process ingredients until they hold together. Form into small balls. Store in refrigerator.

Additional Resources

Below are additional resources we recommend to help you reach your goals.

[Java Burn](#) for coffee lovers.

[Nicoya Pura Tea](#)

[Purple Burn Pro](#)

[Sumatra Slim Belly Tonic](#) (recommended by Barbara O'Neil)

[BioVanish](#)

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