

Weekly Paleo Meal Plan



Want to change some things around? Use the Real Plans app to drag and drop recipes, build your shopping list, filter out allergens, and tell your planner what you like best.



	Breakfast	Lunch	Dinner
Sunday		Beef Barbacoa Bowls (Paleo)	
Monday	Breakfast Fried Rice (Paleo)		Loaded Sweet Potatoes (DF) Caesar Salad (DF & GF) <i>Use leftover shredded beef from earlier in the week.</i>
Tuesday			Chicken Marbella Bright Wilted Spinach (DF)
Wednesday	Avocado Eggs		New England Clam Chowder (Paleo) Almond Bread
Thursday	Cherry Coconut Smoothies		Stuffed Acorn Squash with Sausage, Kale and Mushrooms (DF & GF) Arugula Salad with Mustard Vinaigrette (DF)
Friday	Scrambled Eggs with Broccoli (DF)		Salmon "Sushi" Bowl (Paleo)
Saturday	Coconut Flour Pancakes		
Extras	Basic Chicken Stock		

Where's lunch? Plan for leftovers (and lunch) the next day by doubling the recipe. When using the Real Plans app, your shopping list will automatically update to reflect extra eats.

Free Paleo Meal Plan



Weekly Timeline

Saturday	Morning	Hit your local farmer's markets and shops to pick up necessary ingredients for the week.
	Afternoon	Defrost the beef brisket, if frozen.
	Evening	Start Basic Chicken Stock in slow cooker.
	Night	Start Beef Barbacoa Bowls in slow cooker.
Sunday	Afternoon	Prepare the Beef Barbacoa Bowls
	Evening	Defrost the bacon, if frozen. Drain and store Basic Chicken Stock.
Monday	Morning	Prepare the Breakfast Fried Rice.
	Evening	Prepare the Caesar Salad and Loaded Sweet Potatoes.
Tuesday	Morning	Defrost the chicken thigh, if frozen.
	Evening	Prepare the Bright Wilted Spinach and Chicken Marbella.
Wednesday	Morning	Defrost the bacon, if frozen.
		Prepare the Avocado Eggs.
		Soak the raw cashews.
	Afternoon	Defrost the ground beef and liver, if frozen.
Evening	Prepare the Almond Bread and New England Clam Chowder.	
Night	Roast the acorn squash.	
Thursday	Morning	Prepare the Cherry Coconut Smoothies.
	Evening	Prepare the Arugula Salad with Mustard Vinaigrette and Stuffed Acorn Squash with Sausage, Kale and Mushrooms.
Friday	Morning	Defrost the salmon, if frozen.
	Evening	Prepare the Scrambled Eggs with Broccoli.
		Prepare the Salmon "Sushi" Bowl.
Saturday	Morning	Prepare the Coconut Flour Pancakes.

**Want a reminder to pull your ground beef out of deep freeze? Set it up through the Real Plans app.*

Shopping List

Using the Real Plans app, you can override portions on individual recipes, check off ingredients that you already have, and add other kitchen staples not in your meal plan like dish soap or parchment paper.

A note about quality and sourcing: We highly recommend that all meat and dairy comes from healthy, pasture raised animals. Choose organic whenever possible. For canned items, see if you can find a glass alternative or shop for BPA-free. For more about the brands and products we recommend, [click here and go to the resources page on the Real Plans website](#).

Alternative Flours

- almond flour - 1 3/4 cups
- coconut flour - 8 tablespoons
- golden flaxseed meal - 1/4 cup

Canned/Jarred Goods

- applesauce - 4 ounces
- coconut milk - 1 1/2 cups
- unsweetened applesauce - 2 tablespoons
- capers - 3 ounces
- Dijon mustard - 1 teaspoon
- whole grain mustard - 1 teaspoon
- chicken stock - 4 3/4 cups
- green olives - 6 ounces

Produce

- acorn squash - 3
- broccoli - 1 1/3 heads

- celery - 3 stalks
- garlic - 3 heads
- lemons - 2 1/2
- orange - 1
- red onion - 1
- scallions - 8
- tomatoes - 2
- arugula - 8 ounces
- carrots - 4
- cilantro - 1 bunch
- green onions - 12
- limes - 4
- portobello mushrooms - 2
- romaine lettuce - 1 head
- spinach - 3 pounds
- avocados - 7
- cauliflower - 1 1/2 heads
- fresh thyme - 2 tablespoons

- kale - 2 bunches
- onions - 4
- prunes - 1 cup
- sage - 1/4 teaspoon
- sweet potatoes - 6

Meat/Seafood

- anchovy fillets - 16
- bacon fat - 12 ounces
- chicken thighs - 8
- liver - 1/8 pound
- bacon - 8 ounces
- beef brisket - 4 pounds
- frozen clam meat - 16 ounces
- salmon - 1 pound
- bacon - 5 slices
- bones skin and giblets from 1 roast chicken
- ground beef - 1/3 pound

- shredded beef - 2 cups

Sweeteners & Baking Supplies

- arrowroot - 1 1/2 teaspoons
- raw honey - 1 tablespoon
- baking soda - 2 teaspoons
- coconut water - 1 cup

Vinegar and Oils

- apple cider vinegar - 3/4 cup
- extra virgin olive oil - 1 3/4 cups
- rice vinegar - 1 tablespoon
- balsamic vinegar - 1/4 cup
- red wine vinegar - 1/4 cup
- toasted sesame oil - 1/2 teaspoon
- coconut oil - 9 tablespoons
- refined coconut oil - 3/4 cup

Spices

- bay leaves - 4
- chipotle powder - 1 teaspoon
- dried marjoram - 1/8 teaspoon
- ground cloves - 1 teaspoon
- nutmeg - 1/8 teaspoon
- black sesame seeds - 3 tablespoons

- coarse sea salt - 5 tablespoons
- garlic powder - 2 teaspoons
- ground cumin - 1/8 teaspoon
- oregano - 2 tablespoons
- cayenne pepper - 1/8 teaspoon
- dried basil - 1/4 teaspoon
- ground black pepper - 4 1/4 teaspoons
- ground ginger - 1/8 teaspoon

Eggs & Dairy

- eggs - 34

Drinks

- filtered water - 3 1/2 quarts

Asian

- fish sauce - 6 tablespoons
- nori sheets - 3

Bulk

- raw cashews - 2 1/2 cups

Frozen Foods

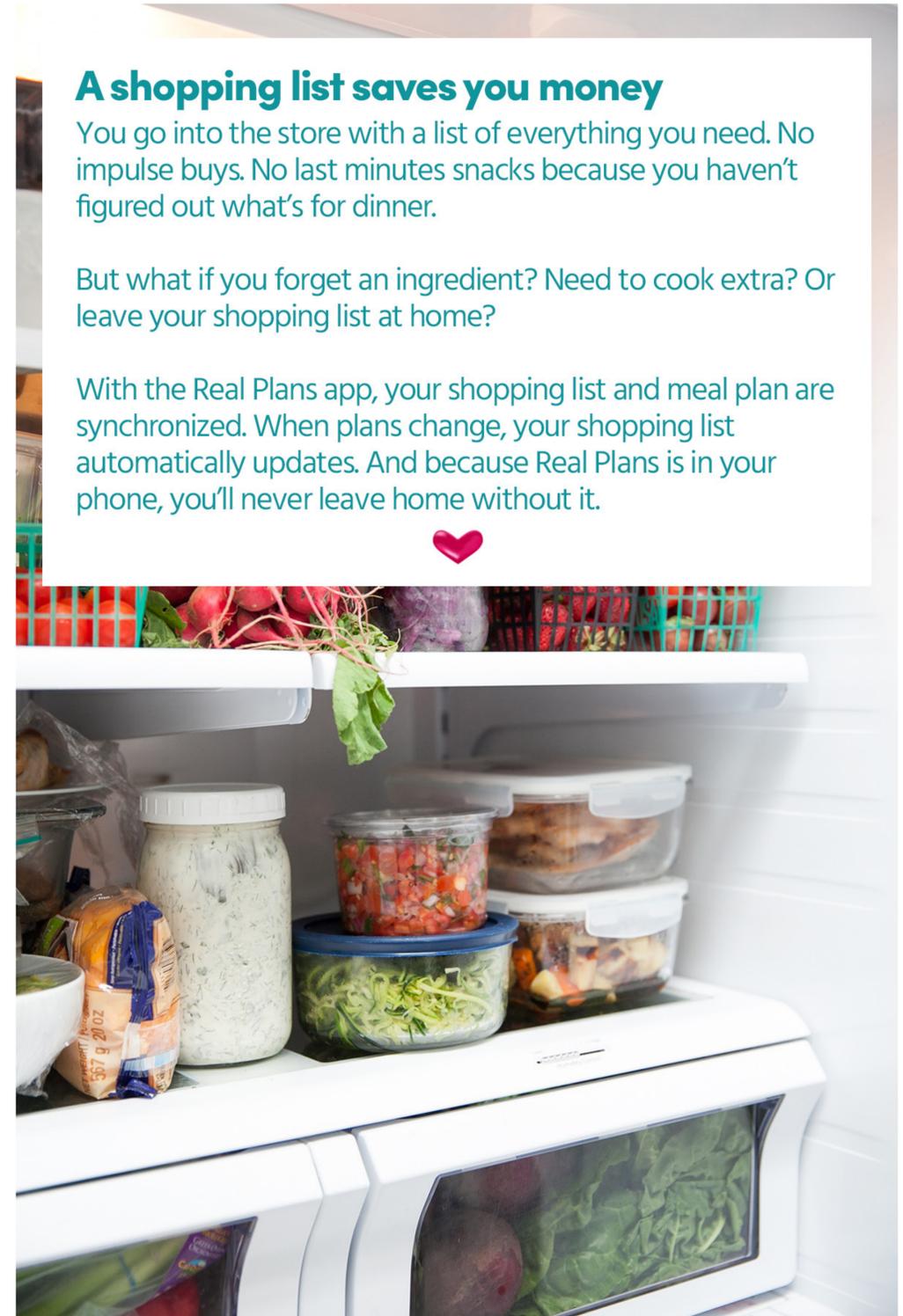
- frozen cherries - 4 cups

A shopping list saves you money

You go into the store with a list of everything you need. No impulse buys. No last minutes snacks because you haven't figured out what's for dinner.

But what if you forget an ingredient? Need to cook extra? Or leave your shopping list at home?

With the Real Plans app, your shopping list and meal plan are synchronized. When plans change, your shopping list automatically updates. And because Real Plans is in your phone, you'll never leave home without it.



Beef Barbacoa Bowls



Cooked For: 4
Active Time: 30m
Total Time: 6h 30m

Ingredients

1 bunch cilantro
1 red onion
1 head garlic
2 limes
1 teaspoon chipotle powder
1 teaspoon ground cloves
1 tablespoon coarse sea salt
1/2 cup apple cider vinegar
4 pounds beef brisket, or
chuck roast
2 bay leaves
4 green onions
2 avocados
2 tomatoes
1 pound spinach
For the cauliflower rice:
1/2 head cauliflower
1 small onion
1 clove garlic
1 tablespoon coconut oil, or
fat of your choice
2 teaspoons coarse sea salt
1 teaspoon ground black
pepper

How To Prepare

1. Divide the cilantro. Peel and cut the red onion into large chunks. Juice the limes.
2. Peel and smash the cloves of garlic.
3. In a food processor with the s-blade, pulse half the cilantro, red onion, garlic, chipotle powder, cloves, salt, lime juice, and apple cider vinegar until smooth.
4. Add sauce to the slow cooker and place the brisket on top of this mixture. Place bay leaves on top.
5. Cover and cook on low for 6 to 8 hours or until the meat pulls apart easily.
6. Dice the green onions. Peel and slice the avocado. Dice and seed the tomatoes. Steam the spinach.
7. Use two forks to shred the meat.
8. For the cauliflower rice: Break cauliflower into florets; chop the onion and mince the garlic. Use a food processor to pulse the cauliflower florets into a rice-like texture.
9. Heat the coconut oil in a skillet over medium heat. Sauté the onion and garlic for 3–4 minutes, or until the onion is translucent.
10. Add in the cauliflower rice and sauté for an additional 4–5 minutes. Season with salt and pepper.
11. Serve the beef on top of bowls of cauliflower rice with avocado, tomato, spinach, green onions and cilantro.

Loaded Sweet Potatoes



Cooked For: 4
Active Time: 25m
Total Time: 1h 30m

Ingredients

2 cups shredded beef, or shredded pork.
4 green onions
6 sweet potatoes, (one and a half per person)
1/3 head broccoli
12 ounces bacon fat, coconut or olive oil
3/4 cup chicken stock

How To Prepare

1. Preheat oven to 400°F.
2. Chop green onions. Wash potatoes and puncture several times with a fork. Mince the broccoli florets finely and set aside.
3. Place the potatoes in a non-reactive baking dish, and bake for about 1 hour. (The potatoes are fully cooked when they are soft when you gently squeeze them. Use an oven mitt – they're hot!).
4. When potatoes are almost ready, reheat shredded beef on stovetop.
5. Remove potatoes from oven. Using a clean towel to hold the hot potatoes, carefully slit open the potato lengthwise taking care to avoid burning yourself on the steam.
6. With a soup spoon, scoop out the flesh into a large bowl, taking care not to demolish the skins if possible. Set skins aside.
7. To the hot potatoes, add minced broccoli and fat of your choice. Mash together until fat is melted and the broccoli is steamed to bright green in the heat of the potatoes. Add stock and blend well.
8. Gently spoon potato mixture back into the skins.
9. Placed stuffed potatoes back into shallow baking dish. Top with shredded beef or pork.
10. Broil on high for 3-5 minutes.
11. Transfer to plates, and serve topped with chopped green onions.

Caesar Salad



Cooked For: 4
Active Time: 20m
Total Time: 20m

Ingredients

For the dressing:

2 eggs
4 cloves garlic
1 lemon
3/4 cup refined coconut oil
1 teaspoon whole grain mustard
1/4 teaspoon coarse sea salt
1/4 cup extra virgin olive oil
16 anchovy fillets

For the salad:

1 head romaine lettuce
1 teaspoon ground black pepper, to taste

How To Prepare

1. For the dressing: Allow eggs to come to room temperature. You can speed up the process by placing them in a small bowl of tepid water.
2. Crush the garlic. Juice the lemon. Melt the coconut oil so that it is liquid, but not hot. Separate 1/2 of the eggs, setting the white aside for another use.
3. In your food processor with s-blade attached, blend the egg/egg yolk, mustard, salt, garlic, and lemon juice until well combined.
4. Using the drizzle feature or pouring very slowly, add the olive and coconut oils drop by drop. You are making mayonnaise, and it will begin to emulsify into a thick sauce. If it doesn't, don't worry. It will still taste great.
5. When desired consistency is reached, add anchovy fillets and blend until smooth.
6. For the salad: Rinse lettuce well, and tear into bite-sized pieces.
7. Toss lettuce with dressing, to taste. Refrigerate any extra dressing for another use. Top with pepper to taste. Enjoy!

Breakfast Fried Rice



Cooked For: 4
Active Time: 45m
Total Time: 45m

Ingredients

1/2 head cauliflower
1 clove garlic
1 onion
1 bunch kale
4 scallions
1 tablespoon coconut oil
1 teaspoon coarse sea salt,
as needed
1 teaspoon ground black
pepper, as needed
8 ounces bacon
4 eggs
2 tablespoons fish sauce
1/2 teaspoon toasted
sesame oil

How To Prepare

1. Break cauliflower into florets. Mince garlic. Finely dice onion. Strip kale from stem and finely chop the leaves. Chop scallions.
2. Use a food processor to pulse cauliflower florets into a rice-like texture.
3. Heat coconut oil in a skillet over medium heat.
4. Sauté garlic for 1-2 minutes. Add in cauliflower rice and sauté for an additional 4–5 minutes. Season with salt and pepper, to taste.
5. Cook bacon slices in a large frying pan over medium heat.
6. While bacon is cooking, use a wire whisk to beat the eggs with fish sauce and toasted sesame oil in a bowl.
7. Remove cooked bacon with a slotted spoon and set aside. Drain all but 2 tablespoons of bacon fat from the pan and reserve for later use. Cut bacon into 1 inch pieces.
8. Add diced onion to the pan and cook until translucent. Add chopped kale and cook until wilted. Then add cooked cauliflower rice and bacon.
9. Pour beaten eggs over rice and cook until the eggs just begin to firm up. Use a wooden spoon to stir and break up any clumps.
10. To finish the dish, top with chopped scallions, season with salt and pepper to taste, and serve.

Bright Wilted Spinach



Cooked For: 4
Active Time: 5m
Total Time: 5m

Ingredients

2 pounds spinach
4 tablespoons extra virgin
olive oil
coarse sea salt, to taste

How To Prepare

1. Clean and trim spinach. Rinse well.
2. Place rinsed spinach in a large pan over high heat and cook just until it is wilted.
3. Toss with olive oil and season with sea salt to taste.
4. Serve immediately.

Chicken Marbella



Cooked For: 4
Active Time: 10m
Total Time: 35m

Ingredients

3 cloves garlic
8 chicken thighs, boneless
and skinless
2 tablespoons extra virgin
olive oil
1/4 cup balsamic vinegar
1/4 cup red wine vinegar
3 ounces capers
6 ounces green olives,
pitted
1 cup prunes, pitted
1 tablespoon oregano
2 bay leaves
1 teaspoon coarse sea salt,
to taste
ground black pepper, to
taste

How To Prepare

1. Preheat oven to 350F.
2. Peel and finely chop garlic.
3. Combine all ingredients in an oven safe baking dish. Season with sea salt and a few grinds of black pepper. Flip the chicken pieces over a few times to make sure they are coated in the mixture.
4. Bake for 25 minutes or until done, remove from oven and serve.

Avocado Eggs



Cooked For: 4
Active Time: 10m
Total Time: 45m

Ingredients

4 avocados
8 eggs
coarse sea salt, to taste
ground black pepper,
to taste
cayenne pepper, optional
to taste
4 scallions

How To Prepare

1. Preheat oven to 425F.
2. Remove the stones from the avocado. Scoop out a little more avocado to increase the size of the stone's crater.
3. Crack an egg into the crater.
4. Sprinkle with sea salt, fresh ground pepper, and optional cayenne pepper.
5. Bake for 15-30 minutes or until egg is cooked to your desired doneness.
6. Mince the scallions.
7. Garnish with scallions and serve.

New England Clam Chowder



Cooked For: 4
Active Time: 30m
Total Time: 45m

Ingredients

2 1/2 cups raw cashews
16 ounces frozen clam meat
5 slices bacon
1 onion
4 carrots
3 stalks celery
3 tablespoons extra virgin olive oil
2 teaspoons coarse sea salt
1/2 teaspoon fresh thyme
2 teaspoons garlic powder
2 cups chicken stock, or fish stock
5 cups filtered water
ground black pepper, to taste
1 teaspoon fish sauce, or to taste

How To Prepare

1. Soak cashews in a bowl of filtered water for a few hours before you plan to use them.
2. Coarsely chop clams.
3. Cook 5 slices of bacon until crisp, about 5 minutes on each side over medium heat. Chop into 1/2 inch pieces and set aside.
4. Finely chop onion, carrots, and celery ribs.
5. Heat olive oil in a pot over medium heat. When hot, add onions, celery, and half the salt. Sauté for 7 minutes, stirring often. Then add carrots and thyme, and sauté for 5 more minutes.
6. When veggies are tender, add in clams and a few tablespoons of their juice. Stir clams around with the veggies. Then add in the rest of the salt, garlic powder, and stock. Boil, then reduce to a simmer for 3 minutes.
7. While the soup is simmering, drain the cashews, rinse well, and add them to a blender or food processor with filtered water. Blend on high for 30 seconds.
8. Add blended cashews to the pot with the soup. Stir and allow everything to come to a light simmer (not a boil) again. Cook for 5 minutes.
9. Turn the soup down to very low and cover to allow soup to thicken for 30 minutes. Add pepper and fish sauce to taste, garnish with crumbled bacon, and serve hot.

Almond Bread



Cooked For: 4
Active Time: 10m
Total Time: 50m

Ingredients

1 1/2 cups almond flour
2 tablespoons coconut flour
1/4 cup golden flaxseed meal
1/4 teaspoon coarse sea salt
1 1/2 teaspoons baking soda
5 eggs
4 ounces applesauce
1 tablespoon raw honey
1 tablespoon apple cider vinegar

How To Prepare

1. Place almond flour, coconut flour, flaxseed meal, salt, and baking soda in a food processor and pulse the ingredients together.
2. Add in eggs, applesauce, honey and vinegar and pulse again.
3. Pour batter into a greased and floured non-stick loaf pan (or line with parchment paper.)
4. Bake at 350° F for 35-40 minutes.
5. Cool and serve.

Cherry Coconut Smoothies



Cooked For: 4
Active Time: 10 m
Total Time: 10 m

Ingredients

2 limes
4 cups frozen cherries,
pitted
1 cup coconut milk
1 cup coconut water, or
filtered water

How To Prepare

1. Juice the lime.
2. Put all the ingredients into a blender and blend until smooth.
3. Serve.

Arugula Salad with Mustard Vinaigrette



Cooked For: 4
Active Time: 5 m
Total Time: 5 m

Ingredients

1 clove of garlic
1 lemon
1 teaspoon Dijon mustard
6 tablespoons extra virgin olive oil
1 teaspoon coarse sea salt, plus more to taste
ground black pepper, to taste
8 ounces arugula

How To Prepare

1. Mash the garlic and juice the lemon.
2. In a small bowl, add the garlic, lemon juice, and mustard; mix well.
3. Slowly pour in the olive oil while constantly whisking.
4. Add salt and pepper to taste.
5. In a large serving bowl, toss the arugula and dressing and serve immediately.

Stuffed Acorn Squash with Sausage, Kale and Mushrooms



Cooked For: 4
Active Time: 30 m
Total Time: 1 hr 30 m

Ingredients

To make sausage:

1 egg
1/3 pound ground beef, or turkey
1/8 pound liver, (optional use beef or poultry)
1/8 teaspoon ground cumin
1/8 teaspoon dried marjoram
1/8 teaspoon ground black pepper
1/8 teaspoon nutmeg
1/8 teaspoon oregano
1/8 teaspoon cayenne pepper
1/8 teaspoon ground ginger
1/4 teaspoon dried basil
1/4 teaspoon fresh thyme
1/4 teaspoon sage
1 teaspoon coarse sea salt
1 tablespoon almond flour

For the stuffed squash:

3 acorn squash
1/4 cup extra virgin olive oil
coarse sea salt, to taste
2 portobello mushrooms
1 bunch kale
2 cloves garlic
2 cups chicken stock, or beef stock
1 1/2 teaspoons arrowroot
1 tablespoon filtered water
1 tablespoon fresh thyme

How To Prepare

1. For the sausage: Lightly beat the egg. In a large bowl, mix all ingredients together.
2. For the stuffed squash: Preheat oven to 425F.
3. If you didn't roast the squash the night before, slice acorn squash in half (making two identical halves) and remove the seeds. Rub 1/2 tablespoon of olive oil in each cavity. Season with salt and place in the oven for 45 minutes or until very tender.
4. Mince the portobellos. Remove stalks from kale and mince finely. Mince the garlic.
5. Over medium high heat, cook the sausage in half the remaining olive oil. Remove sausage from the pan and add the rest of the olive oil and mushrooms. Cook until most of the liquid is evaporated from the mushrooms.
6. Heat chicken or beef stock in a small saucepan until hot. Mix arrowroot powder with filtered water to form a paste and add it to the mushrooms, stirring thoroughly. Slowly pour hot stock over the mushroom/flour mixture, stirring constantly to remove lumps and make a gravy.
7. Add kale, garlic and thyme to pan with mushrooms and sauté until kale just turns bright green. Put sausage back into the pan, turn off heat, and combine well.
8. Remove squash from the oven and evenly fill cavities with the sausage mixture. Serve immediately.

Scrambled Eggs with Broccoli



Cooked For: 4
Active Time: 15 m
Total Time: 15 m

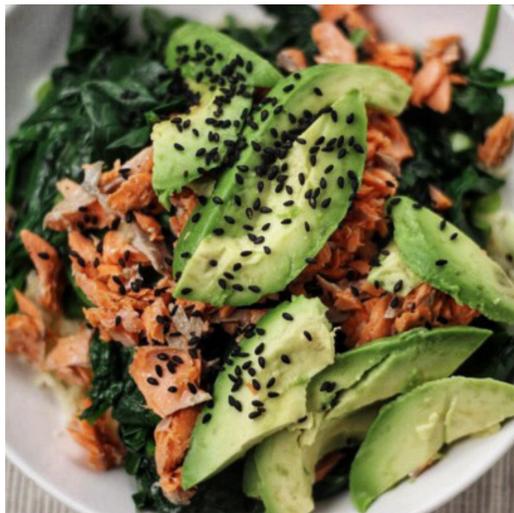
Ingredients

2 tablespoons extra virgin olive oil
1 head broccoli
8 eggs
1/2 cup filtered water
1 teaspoon coarse sea salt
ground black pepper, to taste

How To Prepare

1. Finely mince the broccoli.
2. Heat the oil. Add the finely minced broccoli and sauté until bright green.
3. Whisk eggs, water, salt and pepper in bowl until uniform.
4. Pour in the egg mixture.
5. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
6. Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

Salmon “Sushi” Bowl



Cooked For: 4
Active Time: 20 m
Total Time: 45 m

Ingredients

For the cauliflower rice:
1/2 head cauliflower
1 onion
1 clove garlic
1 tablespoon coconut oil
1 teaspoon coarse sea salt
1 teaspoon ground black pepper

For the salmon bowls:
3 nori sheets
3 tablespoons black sesame seeds
2 tablespoons coconut oil
1 pound salmon
coarse sea salt
ground black pepper
1 avocado
4 green onions
1 orange
1/2 lemon
3 tablespoons fish sauce
1 tablespoon rice vinegar

How To Prepare

1. For the cauliflower rice: Break cauliflower into florets; chop the onion and mince the garlic. Use a food processor to pulse the cauliflower florets into a rice-like texture.
2. Heat the coconut oil in a skillet over medium heat. Sauté the onion and garlic for 3–4 minutes, or until the onion is translucent.
3. Add in the cauliflower rice and sauté for an additional 4–5 minutes. Season with salt and pepper.
4. For the salmon bowls: If your nori did not come toasted (the package will say if so), toast the nori in a medium-hot skillet for a few minutes. Do the same with the sesame seeds. Set aside.
5. Melt the coconut oil in a skillet over medium high heat. Season the salmon with sea salt and pepper. Cook the salmon by pan searing for 3-4 minutes each side or until cooked to your desired level of doneness.
6. While the salmon is cooking, slice the avocado and chop green onions.
7. Flake salmon apart into pieces.
8. Zest and juice the orange and lemon. Combine the orange juice, lemon juice, fish sauce, vinegar, lemon and orange zests.
9. When the cauliflower rice is done, stir in 1/3 cup of the dressing and add more to taste. Scoop the cauliflower rice into individual bowls and top with the toasted nori, green onions, salmon, avocado slices, and a sprinkling of sesame seeds.

Coconut Flour Pancakes



Cooked For: 4
Active Time: 5 m
Total Time: 5 m

Ingredients

6 tablespoons coconut flour
6 eggs
2 tablespoons unsweetened applesauce
4 tablespoons coconut oil, plus extra for the pan
1/2 cup coconut milk
1/2 teaspoon baking soda
1/2 teaspoon apple cider vinegar

How To Prepare

1. If your coconut oil is hard, melt in a separate bowl.
2. Heat a skillet over medium high heat. Stir together the coconut flour and eggs until a smooth paste forms. Stir in the applesauce, oil, and coconut milk until smooth. Just before cooking, stir in the baking soda and vinegar.
3. Add about a tablespoon of oil into the hot pan. Pouring about 1/4 cup of batter at a time, cook the pancakes, flipping when the batter starts to bubble so that they are nice and browned on both sides.
4. For best results, make smallish pancakes so they are easier to flip.

Basic Chicken Stock



Cooked For: 4
Active Time: 15 m
Total Time: 12 hr

Ingredients

bones skin and giblets from
1 roast chicken
1 tablespoon apple cider
vinegar
2 quarts filtered water, more
or less depending on the
size of your crock pot

How To Prepare

1. Place the frame of the chicken (the bones, skin, and cartilaginous bits) into a crock pot or pot.
2. Cover the bones with water, adding a tablespoon of apple cider vinegar per chicken frame.
3. Cover and cook on low for a minimum of 6 hours up to 24 hours or until the bones crumble when pinched.
4. Carefully strain the broth through a fine metal sieve and discard the bones.
5. Use the broth immediately, store in the fridge for about a week or freeze for future use in ice cube trays for quick defrosting.