

# Sample Weekly Meal Plan

## Cooking Instructions

### PART 1

**Primal Crunch Granola**  
**Southwestern Frittata**  
**Carnitas (Pork shoulder/butt)**  
**Raw Veggie Snack Bags**  
**Fajita Veggies**

1. We'll start by making the **Primal Crunch Granola**. Preheat the oven to 300F. In a large mixing bowl, combine almonds (1 cup, sliced), pumpkin seeds (1/3 cup), sunflower seeds (1/2 cup), pecan halves (1/2 cup), and coconut (1/2 cup, shredded & unsweetened).
2. In a separate, microwavable bowl, melt 2 tablespoons of coconut oil. Pour in 2 tablespoons each of honey and maple syrup, cinnamon (1 tbsp) and sea salt (1/3 tsp) and combine to reach even consistency. Pour this mixture over the nut/seed mixture and toss to coat evenly. Spread in a single layer on a parchment-lined baking sheet. Bake for 15-18 mins, stirring once around the 10-minute mark. Once cooled, add 1/2 cup of raisins and store in medium Ziploc bag.
3. While the granola is cooking, we're going to prepare the **Southwestern Frittata**. Melt ~1 tbsp of butter or coconut oil in an ovenproof or cast iron skillet over medium heat. Sauté onion (2 tbsp, diced) and diced sweet potato (1/2 cup) for 2-3 mins.
4. Prep the taco seasoning by combining chili powder (2-1/2 tbsp), ground cumin (1-1/2 tbsp), sea salt (1 tbsp) and dried oregano (1 tbsp).
5. Add ground beef (1/2 lb) into the skillet and sprinkle about half of the taco seasoning mixture on top while it cooks most of the way through (~6 minutes). *\*Save the remaining taco seasoning for the hamburgers.* Add the spinach (2 cups) and zucchini (1/2 cup) and cook for 4 more minutes.
6. Using a whisk beat 10 large eggs and pour them into the skillet. Once the granola has finished cooking, turn the oven up to 350F. Transfer skillet into the preheated oven for ~12 minutes or until the eggs have puffed up and are cooked through.

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7. While the frittata is cooking, we'll mix the spices for the **Carnitas** and let it marinate overnight. Take a small bowl and combine paprika (6 tbsp), garlic powder (6 tbsp), ground/dry mustard (2 tbsp) and sea salt (2 tbsp).
8. Now take the pork pieces (2 x 1-1/2-pounds) and put them into a large Ziploc bag. Sprinkle half of the dry rub evenly over both pieces of meat (*\*save the other half for the roasted chicken*) and shake the bag to make sure it is evenly coated. Store in the fridge for at least 24 hours, and on the day you want to eat this, cook on low in a slow cooker for 8 hours.
9. Next we'll **Roast Chicken Breasts (or thighs)**. Cover a baking sheet with parchment paper and place 3-pounds of chicken smooth side facing down. Take half of the remaining dry rub from the carnitas and season the chicken before flipping it over to finish the seasoning on the other side. Once the frittata has finished cooking, turn the oven up to 400F and bake the chicken for 30 minutes.
10. While the chicken is cooking, we will make the **Raw Veggie Snack Bags**. Peel five carrots and cut them into matchsticks. Peel a cucumber and cut into matchsticks. Divide the veggies evenly into 5 or 6 sandwich-sized Ziploc bags, adding some snap peas and a few cherry tomatoes into each one. Now you have your veggie bags for the week, which you'll eat with pre-made guacamole.
11. Next up are the **Fajita Veggies**. Peel and thinly slice 4 carrots into a large mixing bowl. Take 4 bell peppers and "julienne" them into long pieces after removing all the seeds and ribbing. Cut a red onion into large chunks (*\*finely chop about 1/4 cup and set aside for the hamburgers*) and finally slice 6 mushrooms. Use your hands to mix all the veggies together. Store in a large Ziploc bag and sauté one serving at a time when you're ready by heating up enough avocado oil to coat the bottom of a fry pan on high heat. Place 1-2 cups (or handfuls) of the veggies in the pan. Sauté for 5-7 minutes, or until the veggies are cooked as you like them.

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### PART 2

**Bacon-Wrapped Asparagus**

**Burgers Patties**

**Mason Jar Salads and Vinaigrette**

**Paleo Tuna Salad**

**Primal Crunch Granola Clusters**

1. Now for the **Bacon-Wrapped Asparagus**, line a baking sheet with parchment paper. Trim off the tough ends and wrap a bundle of 4 to 6 pieces of asparagus in one slice of uncooked bacon. Once lining your baking sheet, drizzle lightly with olive oil and brush to coat evenly. Once the chicken has finished cooking, cook the asparagus (still at 400F) for ~20 minutes. You are finished with the oven after this and can turn it off then.
2. Next up are the **Burger Patties**. Place 1-1/2 pounds of ground beef into a large mixing bowl. Add the remaining taco seasoning (set aside from the frittata), the finely chopped onion (set aside from the fajita veggies), ground flaxseed (1/4 cup), garlic powder (1 tbsp), 1 egg, pepper, Worcestershire and Tabasco sauce to taste. Using a wooden spoon – or with gloved hands – mix all the ingredients in with the meat. Form a full handful of meat into a ball, and then press down into circular patties about 1-inch thick. When you're ready for this meal, you can cook them on the barbecue or the stovetop for ~5 minutes per side.
3. Now we will make the **Mason Jar Salads**. This requires precutting vegetables and storing them in Mason Jars. You can choose any vegetables you like, but today we will be cutting carrots, cucumbers, onions and radishes.
4. Peel the carrots and slice them into thin discs. Chop the cucumbers into small pieces. Next take out your large Mason Jars and toss a handful of whole cherry tomatoes in the bottom of each jar. Tip: Set the jars up like an assembly line and distribute the veggies evenly between each jar.
5. Chopped cucumbers and toss them in. Chop the green onions and toss them in. Cut off both ends of your radishes and chop them into small pieces.

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6. To chop up the beets, I recommend laying down a piece of parchment paper first since they tend to bleed into the cutting board. Then peel the beet and chop it into small pieces.
7. I recommend adding the greens last to the Mason Jars so they don't get soggy. I generally use baby spinach or Romaine lettuce. Put the lids on the jars and store them in the fridge for the week. Tip: You can always add other ingredients like chicken/pork, avocado, or nuts/seeds when you are about to eat your salad.
8. Next we'll make a simple **Vinaigrette**. Using a small Mason Jar, start with  $\frac{1}{4}$  teaspoon sea salt,  $\frac{1}{4}$  teaspoon pepper, 3 tablespoons balsamic vinegar, 1 teaspoon of Dijon mustard, 1 teaspoon garlic powder, and  $\frac{1}{2}$  cup of extra virgin olive oil. With the lid firmly in place, shake it to mix all the ingredients and then store in the fridge. Apply to salads just before eating.
9. **Paleo Tuna Salad** is next. Open four cans of tuna, place in a large mixing bowl, and break it up with a fork. Add  $\sim\frac{1}{4}$  cup of avocado oil-based mayonnaise and 2 tablespoons of plain yellow mustard (Dijon works fine too) and 2 tablespoons of lemon juice.
10. Dice 2 tablespoons of onions as well as 1 to 2 pickles (to taste) and add to the tuna mixture. Blend it all together with a fork.
11. Last but not least are the **Primal Crunch Granola Clusters**. Melt 1 tablespoon of butter or coconut oil in a saucepan and add  $\frac{1}{4}$  cup of dark chocolate chips (Lily's is a good brand). Once melted, add 1 cup of granola and mix thoroughly with a spatula. Once combined, turn off stove and remove from heat. On a parchment-lined plate, spoon out bite-sized clusters and freeze immediately. Once frozen, divvy out into small storage containers for on-the-go snacks. Keep frozen until just before eating.