



7-DAY PALEO MEAL PLAN



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Ready to Try Paleo?

THIS 7-DAY MEAL PLAN IS HERE TO HELP!

The Paleo Diet® is simply about eating the foods our bodies were designed to eat. **We focus on nutrient-dense, whole foods like fruits, vegetables, meats, fish, eggs, nuts, and seeds.** These are the foods our Paleolithic ancestors ate for 2.5 million years, until the agricultural revolution started about 10,000 years ago.

As humans, we have not evolved to keep up with the rapid changes in our food supply. Our ancestors never ate grains, dairy, or processed foods, which are now common on the modern diet. These new, modern foods work against our genetic makeup. How do we know? Research shows that these foods are associated with obesity, inflammation, cancer, autoimmune diseases, and other chronic diseases.

It's impossible to eat exactly the way our hunter-gatherer ancestors did. **The Paleo Diet is an attainable, modern version of our ancestral diet, and it can work wonders for your health and vitality.** After just one week on The Paleo Diet, many people report weight loss, improved sleep, more energy, and better digestion. Research shows that sticking with it long-term can protect your body from chronic diseases and even increase longevity.

So, are you ready to take the first step to better health?

Our week-long Paleo meal plan will introduce you to just a handful of delicious, **healthy recipes that will help you feel your best!**

What to Eat (and Avoid!) on The Paleo Diet

On The Paleo Diet you don't have to count calories, track points, or calculate macronutrients. Instead, we encourage you to eat as much as you need! When you focus on nutrient-dense foods, it's nearly impossible to overeat.

Paleo-approved foods include:

- Vegetables
- Seafood
- Fruit
- Meat
- Eggs
- Nuts and seeds
- Healthy oils
- Herbs and sodium-free seasonings

Foods that are **not allowed** on The Paleo Diet include:

- Grains
- Dairy
- Legumes (including peanuts)
- Processed foods
- Alcohol
- Added salt and sugar
- White and yellow potatoes

Many of these off-limit foods contain anti-nutrients that cause inflammation, which can lead to more serious diseases and health problems.

For a helpful list of foods to eat, download the [Official Paleo Grocery List](#).

85/15 Guideline

If it sounds like we just took out all your main food groups, don't panic! This meal plan is here to show you that it is possible to make satisfying, tasty meals out of 100% Paleo-friendly foods.

If you're really missing your favorite non-Paleo foods on this meal plan, rest assured that The Paleo Diet is not all-or-nothing. We've discovered that you can still reap all the health benefits of The Paleo Diet if you stick to an 85-percent compliance rate. We call this the 85/15 Guideline. It allows you to indulge in your favorite non-Paleo foods up to 15% of the time—like a glass of wine at night! Many people transition gradually onto The Paleo Diet, ramping up their percentage of Paleo meals over time until they are meeting their personal health goals.

Making the Paleo Transition

Whether you take it slowly or jump right into Paleo, understand that your body might need time to adjust. Some people tell us they experience cravings, headaches, irritability, and other symptoms known as the “low-carb flu” for the first week or so. This is a completely normal sign that your body is detoxing from simple sugars. You can relieve symptoms by eating foods high in complex carbohydrates, like sweet potatoes and squash.

For more guidance and advice, visit us at the [Try The Paleo Diet](#) section of our site.



Your Paleo Checklist

Before you start your first week of The Paleo Diet, take the time to prepare your mind and your kitchen. Follow this checklist to ensure you're ready for a successful transition onto The Paleo Diet.

- Ask a friend to try Paleo with you!** It can be easier to take on a challenge, big or small, if you have a solid support system. You can also join our community by following @realpaleodiet on social media or joining our email [newsletter](#). We're always happy to answer any questions you might have! Send your questions to our team at help@thepaleodiet.com.
- Print out our grocery list.** And check your fridge and pantry before you head out. You might have some ingredients at home already!
- Make sure you have a good frying pan, saucepan, baking sheet, blender, and measuring cups.** These are the five basic kitchen items you'll need for most recipes in our meal plan.
- Grab a refillable water bottle.** You already know it's important to stay hydrated, but did you know that drinking plenty of water also helps with digestion? We recommend you drink half an ounce of water for each pound you weigh every day.
- Declare your goals!** Whether you want to improve a health condition, have clearer skin, maintain more energy, or lose weight, let the "why" carry you through the challenging moments. You've got this!



How to Follow This Meal Plan

This meal plan is for one person to make it simple to try for yourself. If others in your family want to join you, just double, triple, or quadruple the quantities in the recipes. (And don't forget to do the same with your grocery shopping list.)

This meal plan might seem like a lot of cooking, but guess what? We're going to utilize leftovers in smart ways to get the most out of your time in the kitchen. Except for breakfasts, almost every recipe in this meal plan will be eaten twice, but we're only cooking once. Pay close attention to the serving size of each recipe. If it serves two, make sure to pack up half for your second portion later in the week!



Your 7-Day Meal Plan

Day 1	Breakfast	Lunch	Dinner
	 <p>Paleo Start-Up Breakfast</p>	 <p>5-Ingredient Chicken & Broccoli</p>	 <p>Broiled Salmon with Scallions & Sesame</p>
Day 2	Breakfast	Lunch	Dinner
	 <p>Vegan Green Smoothie Bowl</p>	 <p>Chicken Cucumber Salad</p>	 <p>Sheet Pan Steak & Veggies</p>
Day 3	Breakfast	Lunch	Dinner
	 <p>Vegetarian Breakfast Buddha Bowl</p>	 <p>Roasted Cauliflower & Pomegranate Salad with Flank Steak</p>	 <p>Chicken Fajita Bowl with Cauliflower Rice</p>
Day 4	Breakfast	Lunch	Dinner
	 <p>Paleo Start-Up Breakfast</p>	 <p>5-Ingredient Chicken & Broccoli</p>	 <p>Zoodles with Turkey Meatballs</p>
Day 5	Breakfast	Lunch	Dinner
	 <p>Vegan Green Smoothie Bowl</p>	 <p>Chicken Cucumber Salad</p>	 <p>Sheet Pan Steak & Veggies</p>
Day 6	Breakfast	Lunch	Dinner
	 <p>Vegetarian Breakfast Buddha Bowl</p>	 <p>Roasted Cauliflower & Pomegranate Salad with Flank Steak</p>	 <p>Chicken Fajita Bowl with Cauliflower Rice</p>
Day 7	Breakfast	Lunch	Dinner
	 <p>Coconut Banana Pancakes</p>	 <p>Paleo Meatballs & Marinara</p>	 <p>Zoodles with Turkey Meatballs + Raspberry Chocolate Mousse</p>

One-Trip Grocery List

PRODUCE

- 1 bunch green onions
- 1 large red onion
- 1 yellow onion
- 2 shallots
- 1 head of garlic
- 3 sweet potatoes
- 1 large zucchini
- 4 bell peppers (2 red, 1 yellow, 1 orange)
- 1 Fresno chile pepper
- 8 oz mushrooms*
- 64 oz baby spinach*
- 24 oz baby kale*
- 1 bunch of kale
- 1 head of broccoli or 16 oz broccoli florets*
- 1 head of cauliflower or 16 oz cauliflower florets*
- 1 cucumber
- 5 avocados
- 3 bananas
- 2 lemons
- 2 limes
- 1 pomegranate
- 16 oz cherry tomatoes*
- 1 small container raspberries
- 1 container dates
- Fresh parsley
- Fresh rosemary

- Fresh thyme
- Fresh cilantro

MEAT

- 3 lbs. chicken breasts (6 total)
- 1.5 lb. flank steak
- 1 8-oz salmon fillet, skin-on, center-cut, wild-caught
- 1 lb. ground turkey

REFRIGERATED/ FROZEN

- 1 dozen eggs
- 1 can coconut milk
- 1 bag frozen mango chunks
- 1 bag frozen cauliflower rice

DRY FOODS

- Oils, Spices, Seasonings
 - Coconut oil
 - Olive oil
 - Cinnamon
 - Chile powder
 - Crushed red pepper
 - Cumin
 - Fennel seeds
 - Ground black pepper
 - Italian seasoning, salt-free
 - Oregano
 - Sesame seeds
 - Shredded coconut, unsweetened

- Smoked paprika
- Vanilla extract
- Cacao powder

● Nuts and Seeds

- Flaxseeds

● Canned and boxed goods

- Chicken broth, low-sodium
- Salt-free Dijon mustard**
- 1 can (14-oz) crushed tomatoes
- 1 can (14-oz) diced tomatoes

*8 oz = 1 cup

**If you can't find Paleo-friendly Dijon mustard, you can make your own using the recipe later in this meal plan!



A top-down view of a dining table with a salmon and vegetable dish, lime wedges, oil, and sesame seeds. The main dish is in a white bowl on a wooden tray, featuring a piece of salmon, green vegetables, and sesame seeds. To the right are lime wedges and a small bowl of sesame seeds. A glass of oil and a fork are also visible.

Recipes

Homemade Dijon Mustard

Prep this early in the week so you have it ready for the cauliflower salad on Days 3 and 6! This recipe will make about 1 $\frac{3}{4}$ cup and can be stored in the refrigerator for up to a month.

INGREDIENTS

- $\frac{3}{4}$ cup brown mustard seeds
- $\frac{3}{4}$ cup unsweetened apple juice
- $\frac{1}{4}$ cup white wine vinegar
- $\frac{1}{4}$ cup dry white wine
- $\frac{1}{2}$ tsp turmeric
- 1-2 tbsp water



INSTRUCTIONS

1. In a glass bowl, stir together the mustard seeds, apple juice, vinegar, wine, and turmeric. Cover tightly and let stand at room temperature for 48 hours.
2. Transfer mixture to a high-powered blender. Cover and blend until smooth, adding enough of the water to create the desired consistency. If air bubbles form, stop and stir, then continue to blend. For a smoother texture, press the finished mustard through a fine-mesh sieve.
3. Store in the refrigerator in a tightly covered container for up to 1 month. The flavor will mellow over time.



Paleo Start-Up Breakfast



SERVES
1



TOTAL TIME
15 MINUTES

INGREDIENTS

- 2 eggs
- 1 tsp olive oil
- 1 green onion, thinly sliced
- ½ red bell pepper, diced
- ½ cup mushrooms, sliced
- ½ tsp salt-free Italian seasoning
- 1 cup spinach leaves
- ½ avocado, thinly sliced



INSTRUCTIONS

1. Scramble eggs in a small bowl. Set aside.
2. In a medium frying pan, heat olive oil on medium-low heat. Add the onions and bell peppers and cook for 2-3 minutes, stirring constantly.
3. Add mushrooms and sprinkle with Italian seasoning. Cook until softened, then add the spinach and stir, cooking another two minutes.
4. Pour in the eggs and continue to stir until cooked through. Top with fresh avocado and serve hot.

PROTEIN	CARBOHYDRATES	FAT	FIBER	CALCIUM	IRON
23.6 g	26.4 g	35.6 g	14.4 g	370.4 mg	10.6 mg



5-Ingredient Chicken and Broccoli

When prepping this one, cook an extra pound of chicken to set aside in the fridge. You'll use it for the Chicken Cucumber Salad in the coming days.



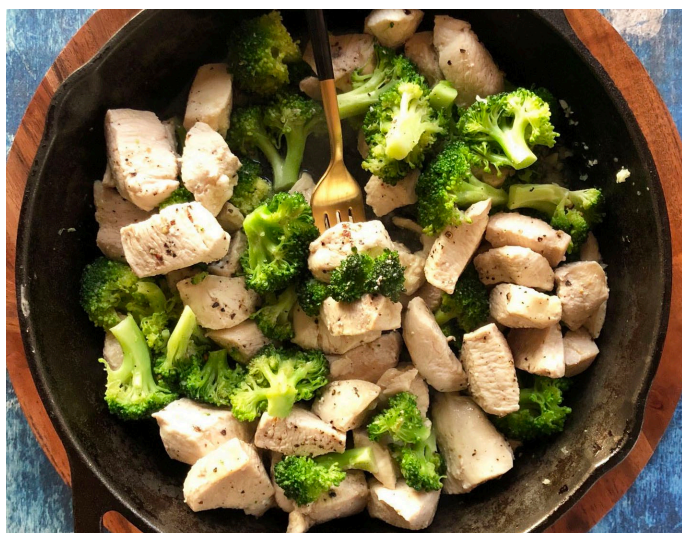
SERVES
2



TOTAL TIME
20 MINUTES

INGREDIENTS

- 1 tbsp olive oil, divided
- 2 chicken breasts (~1lb), sliced into bite sized pieces
- 2 garlic cloves
- 2 cups broccoli florets
- ½ cup low-sodium chicken broth
- Black pepper, to taste



INSTRUCTIONS

1. Warm ½ a tablespoon of olive oil in a wok or large pan over medium heat. Add chicken pieces and cook until browned, about 5-7 minutes. Remove the chicken to a plate and set aside.
2. Wipe out the pan and pour in the remaining olive oil. Add the garlic and cook for about 30 seconds, then stir in broccoli and chicken broth. Cover and simmer until broccoli is soft, about 5 minutes more.
3. Add chicken back into the pan and heat until cooked through, about 2 more minutes.
4. Remove from heat and sprinkle with black pepper. Serve half and save the rest for lunch on Day 4.

PROTEIN
74.3 g

CARBOHYDRATES
7.9 g

FAT
15.5 g

FIBER
2.5 g

CALCIUM
85.8 mg

IRON
3.2 mg



Broiled Salmon with Scallions & Sesame



SERVES
1



TOTAL TIME
45 MINUTES

INGREDIENTS

- 1 garlic clove, minced
- 1 tbsp fresh lime juice
- 2 tsp olive oil, divided
- ½ tsp sesame seeds, divided
- 8 oz salmon fillet
- ½ bunch green onions
- 1 Fresno chile, thinly sliced



INSTRUCTIONS

1. Whisk garlic, lime juice, 1 tsp oil, and ¼ tsp sesame seeds in a small bowl for the marinade.
2. Place salmon fillet in a plastic bag and add half of the marinade. Seal bag and let salmon sit 30 minutes. Set the remaining marinade aside.
3. Preheat the oven broiler. Toss the green onions with remaining 1 tsp oil on a sheet pan and broil until lightly charred; about 3 minutes.
4. Remove salmon from marinade and set on top of scallions. Spoon some reserved marinade over the top and broil until salmon is charred around edges; about 6 minutes (watch closely to keep it from burning).
5. Spoon more marinade over the fish and top with chile slices. Broil for 2 more minutes or until the salmon is medium-rare at its thickest part. Sprinkle with more sesame seeds and serve.

PROTEIN
59.7 g

CARBOHYDRATES
9.3 g

FAT
28.4 g

FIBER
1.9 g

CALCIUM
89.6 mg

IRON
3.6 mg



Vegan Green Smoothie Bowl



SERVES
1



TOTAL TIME
10 MINUTES

INGREDIENTS

1 large ripe banana, divided

½ cup frozen mango

½ ripe avocado

1 cup baby spinach

½ cup unsweetened coconut milk

Flaxseeds, for topping

Unsweetened shredded coconut, for topping

Fresh raspberries, for topping



INSTRUCTIONS

1. Place ¾ banana, frozen mango, avocado, spinach, and coconut milk in a blender and process on high speed for about one minute, until creamy and smooth.
2. Pour the smoothie evenly among two bowls. Top each with shredded coconut, flax seeds, fresh raspberries, and slices of the remaining ¼ banana.

PROTEIN

9.5 g

CARBOHYDRATES

63.5 g

FAT

46.7 g

FIBER

18.7 g

CALCIUM

88.2 mg

IRON

3.8 mg



Chicken Cucumber Salad



SERVES
2



TOTAL TIME
10 MINUTES

INGREDIENTS

2 chicken breasts (about 1lb),
cooked and sliced

½ cucumber, sliced and
quartered

1 cup cherry tomatoes, halved

1 avocado, diced

⅓ cup red onion, thinly sliced

⅓ cup fresh parsley, chopped

2 tbs olive oil

1 tbs lemon juice

Black pepper, to taste



INSTRUCTIONS

1. In a large bowl, mix the chicken, cucumbers, tomatoes, avocado, red onions, and parsley.
2. In a small bowl, mix the olive oil, lemon juice, and black pepper to make the dressing.
3. Drizzle the dressing over the salad and toss gently to combine.
4. Serve half, and save the rest for lunch on Day 5.

PROTEIN
75.6 g

CARBOHYDRATES
21.5 g

FAT
37.3 g

FIBER
10.8 g

CALCIUM
83.5 mg

IRON
3.5 mg



Sheet Pan Steak & Veggies

We're cooking the whole steak tonight, but only eating a quarter of it. Set aside the rest for leftovers on Day 5, and for your salad on Days 3 and 6.



SERVES
2



TOTAL TIME
1 HOUR 15 MINUTES

INGREDIENTS

- 1½ lb flank steak (enough for 4 servings)
- 2 garlic cloves, minced
- 2 tsp fresh rosemary
- 2 tsp chopped fresh thyme
- 1 tsp crushed red pepper
- ¾ tsp black pepper, divided
- 1 large sweet potato, cut into wedges
- ¼ cup + 1 tbsp olive oil, divided
- 1 bunch kale, stemmed and chopped



INSTRUCTIONS

1. Place the steak in a large sealable plastic freezer bag.
2. Stir together the garlic, rosemary, thyme, crushed red pepper, and ½ teaspoon of the black pepper in a small bowl. Whisk in ¼ cup of the olive oil, and pour over the steak. Seal bag and turn to coat. Chill at least 30 minutes or up to 24 hours.
3. Place the top oven rack 6 inches from the heat. Preheat oven to 450°F.
4. In a bowl, toss the sweet potatoes with the remaining 1 tablespoon oil and ¼ teaspoon black pepper. Spread in an even layer on a foil-lined baking sheet. Roast for 20 minutes.
5. Remove from the oven and set the sweet potatoes on outer edges of pan. Place kale in the center of the pan, and top with the steak. Return baking sheet to oven and broil for 12 minutes, flipping steak and veggies halfway through.
6. Remove from the oven, and let stand 5 minutes. Cut steak across the grain, and drizzle with pan drippings. Set aside three quarters of the steak for leftovers.
7. Serve the remaining steak with half of the kale and sweet potatoes. Save the rest for dinner on Day 5.

PROTEIN	CARBOHYDRATES	FAT	FIBER	CALCIUM	IRON
56.6 g	16.2 g	39.3 g	5.1 g	211.4 mg	5.3 mg



Vegetarian Breakfast Buddha Bowl



SERVES
1



TOTAL TIME
30 MINUTES

INGREDIENTS

- 1 sweet potato, peeled and cubed
- 2 tbsp olive oil, divided
- ½ tsp black pepper
- 1 egg
- 2 cups baby spinach
- ½ cup cherry tomatoes, halved
- ½ avocado, sliced



INSTRUCTIONS

1. Preheat the oven 425°F and line a baking sheet with parchment paper.
2. Toss the sweet potatoes with 1 tablespoon of olive oil and the black pepper in a bowl. Arrange evenly on the prepared baking sheet. Roast for 20 minutes, flipping halfway. Meanwhile, slice the tomatoes and avocado.
3. When the sweet potatoes are nearly done, heat the remaining tablespoon of olive oil in a skillet. Add the egg and fry until done to your liking, about five minutes.
4. Arrange the sweet potatoes in a serving bowl along with the spinach and tomatoes. Top with the fried egg and avocado. Season with more black pepper or drizzle with olive oil if desired and serve.

PROTEIN	CARBOHYDRATES	FAT	FIBER	CALCIUM	IRON
14.9 g	43.9 g	47.7 g	15.4 g	164.4 mg	4.1 mg



Roasted Cauliflower and Pomegranate Salad with Flank Steak



SERVES
2



TOTAL TIME
35 MINUTES

INGREDIENTS

- 2 cups cauliflower florets
- 2 shallots, thinly sliced
- 2 tbsp coconut oil, divided
- ¼ tsp black pepper
- 1 tbsp lemon juice
- 1 tsp Dijon mustard, salt-free (or see homemade recipe above)
- 4 cups baby kale
- ¼ cup pomegranate seeds
- 12 oz leftover flank steak slices



INSTRUCTIONS

1. Preheat the oven to 400°F.
2. In a bowl, toss the cauliflower and shallots with 1 tablespoon of the coconut oil. Season with black pepper. Pour evenly onto a cast-iron skillet and roast for 15-20 minutes, stirring halfway through cooking.
3. While the vegetables cook, whisk together the remaining coconut oil with the lemon juice and mustard to make the dressing. Set aside.
4. Remove the vegetables from the oven. Add the kale to the hot skillet to wilt.
5. Transfer half of the veggies to a plate and drizzle with half of the dressing. Sprinkle with half of the pomegranate seeds and top with the flank steak. Serve. Save the rest for lunch on Day 6.

PROTEIN
62.0 g

CARBOHYDRATES
32.2 g

FAT
34.7 g

FIBER
11.7 g

CALCIUM
409.5 mg

IRON
7.3 mg



Chicken Fajita Bowl with Cauliflower Rice

If you have time earlier in the day, start marinating the chicken early. Then you'll only need 30 minutes of hands-on time when you're ready to cook.



SERVES
2



TOTAL TIME
1 HOUR 30 MINUTES

INGREDIENTS

- 2 large skinless, boneless chicken breasts
- 3 tbsp olive oil, divided
- 1 tbsp lime juice
- 2 garlic cloves, minced
- ½ tsp ground cumin
- ½ tsp chile powder
- ½ tsp smoked paprika
- 1 red onion, thinly sliced*
- 3 bell peppers (1 yellow, 1 red, 1 orange), thinly sliced
- 1 cup cauliflower rice, cooked according to package directions
- 1 avocado, sliced
- ¼ cup chopped cilantro

* Use the remainder of the red onion from the Chicken Cucumber Salad



INSTRUCTIONS

1. Slice your chicken breasts horizontally so they will cook quickly. Set aside in a glass dish.
2. In a small bowl, whisk together 2 tablespoons of the olive oil with lime juice, garlic, cumin, chili powder, paprika, and cilantro. Pour over the chicken and marinate in the fridge for at least 1 hour.
3. Heat the remaining tablespoon of olive oil in a skillet over medium-high heat until it shimmers. Remove the chicken from the marinade and shake off the excess. Carefully add the chicken to the hot skillet and cook for about 5-7 minutes per side. You can use a meat thermometer and cook until the chicken registers at least 165°F and juices run clear.
4. Remove the chicken from the pan, cover with foil, and let rest. Add the red onion and bell peppers to the hot skillet and sauté until crisp-tender, about 5 minutes.
5. Assemble your bowl with half of the cooked cauliflower rice, sautéed veggies, chicken, tomatoes, avocado, and cilantro. Serve immediately. Save the rest for dinner on Day 6.

PROTEIN
61.9 g

CARBOHYDRATES
37.4 g

FAT
42.8 g

FIBER
13.9 g

CALCIUM
105.8 mg

IRON
4.2 mg



Zoodles with Turkey Meatballs

We're making lots of extra meatballs and sauce today, so we have leftovers for both lunch and dinner on Day 7.



SERVES
2



TOTAL TIME
1 HOUR

INGREDIENTS

- 1 lb ground turkey
- 1 egg
- 4 garlic cloves, minced, divided
- 1 yellow onion, chopped, divided
- 1 tsp crushed red pepper, divided
- 2 tsp fennel seeds, divided
- 1 tsp oregano, divided
- ¼ cup chopped fresh parsley
- 3 tbsp olive oil, divided
- 14 oz can salt-free crushed tomatoes
- 14 oz can salt-free diced tomatoes
- 1 large zucchini, spiralized
- 1 tsp black pepper



INSTRUCTIONS

1. Preheat the oven to 375°F. Line a baking sheet with aluminum foil or parchment paper.
2. In a large bowl, mix the turkey, egg, 1 garlic clove, ½ chopped onion, ½ teaspoon red pepper, 1 teaspoon fennel seeds, ½ teaspoon oregano, and parsley.
3. Use a heaping tablespoon to measure out your meatballs. Roll out each one and place on the prepared pan. Bake for 25 minutes, until golden and tender.
4. To make the marinara sauce, warm 2 tablespoons of the olive oil in a pan over medium heat. Add the remaining chopped onion and cook for five minutes.
5. Add the remaining garlic, red pepper, oregano, fennel seeds, and the crushed and diced tomatoes to the pan. Bring to a boil, then cook on low for 20–30 minutes.
6. Place the zoodles in a large mixing bowl. Toss with the remaining tablespoon of olive oil and season with black pepper, then pour two servings of hot marinara sauce over the top. The hot sauce will cook the noodles almost instantly. Store the remaining marinara sauce in the fridge to use for lunch on Day 7.
7. Serve your zoodles topped with a serving of turkey meatballs. Set the rest of the turkey meatballs aside for lunch and dinner on Day 7.

PROTEIN
35.7 g

CARBOHYDRATES
9.4 g

FAT
22.2 g

FIBER
2.9 g

CALCIUM
134.1 mg

IRON
5.0 mg



Coconut Banana Pancakes



SERVES
1



TOTAL TIME
15 MINUTES

INGREDIENTS

1 banana

1 egg

1 tsp unsweetened shredded
coconut

1 tsp cinnamon

Vanilla extract, dash



INSTRUCTIONS

1. Mash the banana and lightly beat in the egg.
2. Add coconut, vanilla, and cinnamon. Mix to combine.
3. Heat a bit of coconut oil on a skillet or frying pan. Pour the batter by the ladleful onto the hot skillet. Cook for 3-4 minutes per side, or until golden brown.
4. Serve your pancakes topped with sliced bananas and more shredded coconut, if you wish.

PROTEIN	CARBOHYDRATES	FAT	FIBER	CALCIUM	IRON
7.7 g	31.0 g	5.7 g	4.4 g	58.5 mg	1.4 mg



Paleo Meatballs and Marinara

Stop! Save this recipe for future reference, but you don't need to cook it fresh this week. You should have extra meatballs and marinara already in your fridge. Heat one serving for lunch on Day 7, and save the rest for dinner that night.



SERVES
2



TOTAL TIME
15 MINUTES

INGREDIENTS

- 1 lb ground turkey
- 1 egg
- 4 garlic cloves, divided
- 1 yellow onion, chopped
- 1 tsp red pepper, divided
- 2 tsp fennel seeds, divided
- 1 tsp oregano, divided
- ¼ cup chopped parsley
- 2 tbsp olive oil
- 14 oz can salt-free crushed tomatoes
- 14 oz can salt-free diced tomatoes



INSTRUCTIONS

1. Preheat the oven to 375°F. Line a baking sheet with aluminum foil or parchment paper.
2. In a large bowl, mix the turkey, egg, 1 garlic clove, half of the chopped onion, ½ teaspoon red pepper, 1 teaspoon fennel seeds, ½ teaspoon oregano, and parsley.
3. Use a heaping tablespoon to measure out your meatballs. Roll out each one and place on the prepared pan. Bake for 25 minutes, until golden and tender.
4. To make the marinara sauce, warm 2 tablespoons of the olive oil in a pan over medium heat. Add the remaining chopped onion and cook for five minutes.
5. Add the remaining garlic, red pepper, oregano, fennel seeds, and the crushed and diced tomatoes to the pan. Bring to a boil, then cook on low for 20-30 minutes.
6. Add the turkey meatballs to the saucepan and stir gently to cover with marinara. Serve hot.

PROTEIN	CARBOHYDRATES	FAT	FIBER	CALCIUM	IRON
34.4 g	5.7 g	15.1 g	1.7 g	113.7 mg	4.5 mg



Raspberry Chocolate Mousse



SERVES
1



TOTAL TIME
3 HOURS
45 MINUTES

INGREDIENTS

- 2 dates, pitted
- 1/3 cup coconut milk
- 1 egg
- 4 tsp cacao powder
- 1/4 cup raspberries
- Unsweetened shredded coconut, for garnish



INSTRUCTIONS

1. Preheat the oven to 350°F. Soak the dates in the coconut milk for about 20 minutes.
2. Process the dates and coconut milk in a food processor until smooth. Add the egg and cacao powder and process again.
3. Gently stir in the raspberries, keeping them whole. Pour the mixture into a ramekin.
4. Place the ramekin in a baking dish with about 2 inches of water. Bake for 15 minutes or until the mixture has firmed up.
5. Remove from oven and set in the fridge to chill for at least 3 hours.
6. Garnish with shredded coconut and serve.

PROTEIN	CARBOHYDRATES	FAT	FIBER	CALCIUM	IRON
10.2 g	23.7 g	27.1 g	7.8 g	68.4 mg	2.8 mg



Congratulations, You Did It!

Give yourself a round of applause, you just completed your first week on The Paleo Diet.

How do you feel? Happy? Accomplished? Energetic? Rejuvenated?

Did you accomplish your goals? Are you ready to keep going?

The Paleo Diet has helped millions of people live healthier lives. While you may already feel less bloated and more energetic, the longer you eat Paleo (and the closer you approach our 85/15 Guideline), the more benefits you will find.

So, what's next?

Download our 28-Day Meal Plan for another four weeks of guided Paleo eating—plus, 16 exclusive recipes!

You can also build your own meal plan using over 250 Paleo recipes available at thepaleodiet.com with new meals, snacks, and desserts added weekly.

And don't forget our FREE download, the [Official Paleo Grocery List](#) to help make shopping easier!

Remember, the long-term goal of The Paleo Diet is not 100% perfection. The goal is better health by eating Paleo 85% of the time. It's okay if it takes time to transition to The Paleo Diet; even eating Paleo 50 or 75 percent of the time will help you feel better, look better, and enjoy more energy.

Enjoy!

And let us know how we can help! Reach our team at help@thepaleodiet.com.

