

# Om Nom Nom

WHAT'S COOKING?

MONDAY

- B: breakfast casserole  
L: left-over paleo pad thai  
S: larabar  
D: zucchini noodles with avocado sauce and pecan chicken

TUESDAY

- B: banana muffin & boiled egg  
L: leftover noodles and chicken  
S: apple  
D: pork carnitas tacos

WEDNESDAY

- B: breakfast casserole  
L: left over carnitas  
S: root chips  
D: spicy shrimp with pesto noodles

THURSDAY

- B: banana muffin and boiled egg  
L: leftover shrimp and noodles  
S: larabar  
D: sweet potato gratin and steaks

FRIDAY

- B: breakfast casserole  
L: left over steaks and gratin  
S: root veggie chips and grapes  
D: spicy sriracha lime chicken zoodle soup

SATURDAY

- B: bacon and asparagus egg cups  
L: paleo pad thai  
S: larabar  
D: deconstructed spaghetti squash carbonara

SUNDAY

- B: paleo waffles and eggs  
L: left-over paleo alfredo  
S: apple and almond butter  
D: tandoori chicken and rice

## SHOPPING list

### produce

- o spaghetti squash x 2
- o zucchini x 9
- o limes - 2
- o cilantro
- o cherry tomatoes
- o avocado - one bag
- o parsley
- o cauliflower x 4
- o kale
- o sweet potatoes 2lb
- o apples - for snack
- o canned pineapple
- o basil
- o banana - 1 bunch
- o spinach
- o scallions
- o leeks x 2
- o jicama

### protein

- o 6.5 lb skinless, boneless chicken
- o pork shoulder
- o bacon - wh30
- o 2 lb shrimp
- o 4 porterhouse steaks or equiv.
- o eggs x 2
- o 1 lb ground beef

### other

- o coconut milk x 3
- o chicken stock x 2
- o chili powder
- o almond butter
- o pecans finely chopped
- o white wine vinegar
- o pine nuts
- o larabars
- o root chips

# Recipe

## BREAKFAST CASSEROLE

### Ingredients

2 small Sweet Potatoes  
3 Tbsp Extra Virgin Olive Oil  
2 Chicken Apple Sausages  
½ Yellow Onion  
4 Eggs  
½ cup Coconut Milk  
Coarse sea salt/pepper to taste  
¼ tsp fresh Sage



### Instructions

1. Grease a glass 8x8 inch baking dish. Preheat the oven to 350 degrees Fahrenheit.
2. Grate the sweet potatoes (making hash browns) and then place them in the bottom of the greased dish.
3. Heat 2 Tbsp oil over medium-high (~6) heat. Dice the onion and break up the sausage. Add the onion to the oil. Season with coarse sea salt and black pepper and cook until the sausage is no longer pink and onions are translucent.
4. Layer the sausage and onion on top of the sweet potatoes.
5. Place the eggs, roughly-chopped sage, coconut milk, ½ tsp coarse sea salt and ½ tsp black pepper into a blender and pulse until incorporated. Pour the egg mixture on top of the sausage and onions.
6. Bake uncovered for 45 minutes or until a toothpick comes out clean.

### Notes

recipe courtesy of: [www.paleoeffect.com](http://www.paleoeffect.com)

# Recipe

## TANDOORI CHICKEN WITH PINEAPPLE "RICE"

### Ingredients

#### FOR THE CHICKEN

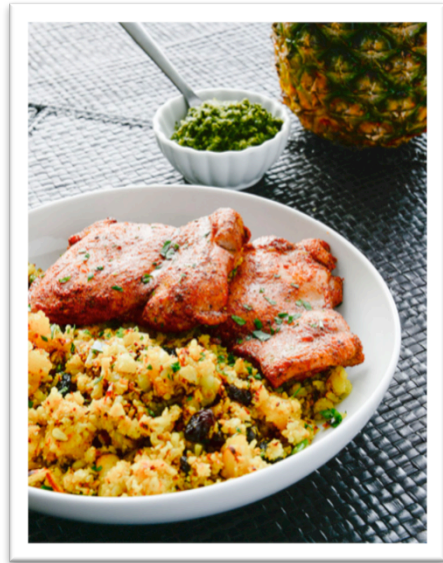
- 1/2 cup canned coconut milk
- juice of 1 lemon
- 2 cloves garlic, minced
- 1 1/2 teaspoons salt
- 1 1/2 teaspoons ground coriander
- 1 teaspoon powdered ginger
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon ground cayenne pepper
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground black pepper
- 2 pounds chicken
- 1/4 teaspoon ground cardamom

#### FOR THE RICE

- 1 head fresh cauliflower
- 1/2 cup canned pineapple chunks (sugar-free, packed in juice)
- 3 scallions, thinly sliced
- 1/4 cup sliced almonds
- 1/4 cup raisins
- 2 tablespoons coconut oil
- 1 teaspoon Indian curry powder
- 1 teaspoon salt
- 1-2 tablespoons ghee, melted

### Instructions

1. In a large bowl, mix everything except the chicken. Place the chicken in a large food storage bag and pour in the marinade. Seal and squish around so the chicken is coated. Marinate in the refrigerator for a minimum of 2 hours or up to overnight.
2. Break the cauliflower into florets, removing the stems. Place the florets in the food processor bowl and pulse until the cauliflower looks like rice, about 10 to 15 pulses.



3. Preheat oven to 425F. Cover a large baking sheet with aluminum foil and place a wire rack on top. Arrange the chicken in a single layer on the wire rack and roast 20-30 minutes until starting to brown and cooked through.
4. Cut the pineapple chunks in half. In a very large bowl, mix the riced cauliflower, pineapple chunks, scallions, almonds, and raisins. In a small bowl, place the coconut oil, curry powder, and salt. Microwave until the oil is melted, about 20 seconds, mix, and pour the oil over the cauliflower. Toss with a rubber spatula until the veggies are coated in the seasonings. Spread the rice evenly on two large, rimmed baking sheets. Roast 15 minutes, then stir the veggies, spread flat again, and return to oven for 10 minutes. Pour the melted ghee over the rice and stir to coat.

## Notes

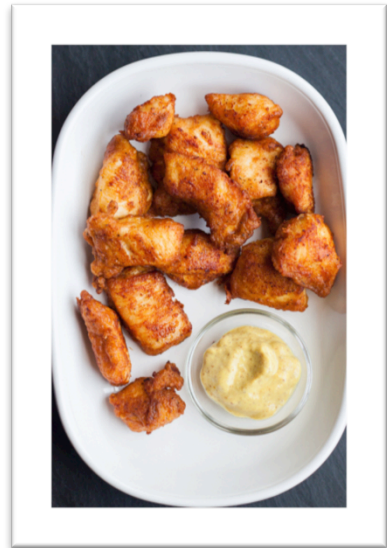
recipe courtesy of: [www. http://meljoulwan.com](http://meljoulwan.com)

# Recipe

## KNOCK-OFF CHIKFILA NUGGETS

### Ingredients

2 lbs boneless, skinless chicken breasts  
1/4 cup dill pickle juice  
1 egg, beaten  
2 tbsp coconut milk  
1/4 cup tapioca starch  
1 tbsp paprika  
1 tsp each salt and black pepper  
1/2 tsp garlic powder  
1 dash ground cayenne pepper  
1/2 cup coconut oil for frying



### Instructions

1. Cut your chicken into 1" chunks. Place the chicken chunks in a re-sealable plastic bag and add the pickle juice; marinate in the fridge for an hour.
2. After an hour, open the bag and pour out any excess pickle juice. It doesn't have to be perfectly drained, just not totally juicy. Add the beaten egg and the coconut milk, and mix together, then let sit for five minutes. Again, open the bag and pour out the excess liquid, if there is any. Texture is important at this point – the pieces should be wet but not swimming in a soup of pickle/egg/coconutty goodness.
3. Prep your dry ingredients by stirring them all together.
4. Add the dry ingredients and mix them together in the bag, by a combination of shaking, rubbing, and pleading. It'll take a few minutes, so this is a good time to warm up your skillet of oil on medium heat.
5. Fry your chicken pieces, flipping every few minutes, until nice and golden brown. It should take about six to eight minutes per batch. Don't overcrowd the skillet; it took me four batches to cook all two pounds of chicken. Use a splatter screen if you have one. Drain the chicken pieces on paper towels as you cook the others, and keep them warm in the oven at 170 degrees.

### Notes

recipe courtesy of: [www.thedomesticman.com](http://www.thedomesticman.com)

# Recipe

## DECONSTRUCTED SPAGHETTI SQUASH CARBONARA

### Ingredients

1 spaghetti squash, roasted  
1 cup chopped, cooked bacon or pancetta  
4 garlic cloves, sliced  
1 TBSP chopped flat-leaf parsley  
1/4 cup sliced scallions or shallots  
1 tsp white wine vinegar  
1/4 cup bacon (or pancetta) fat  
Salt and pepper, to taste  
4 to 6 poached eggs (one or two per person)  
Garnish with chia seeds, optional

### Instructions

1. Bring acidulated water to a simmer in a deep sauté pan or standard sauce pan. I used white vinegar in my water; one teaspoon of vinegar for every cup of water (thank you, Alton Brown). Working with one egg at a time, crack it into a small bowl or ramekin. Create a whirlpool in the simmering water and gently slide the egg into the center of it. Allow the egg to poach for 3 minutes, then remove with a slotted spoon. Place on a paper towel to drain the liquid from the egg.

2. In a clean sauté pan, heat the reserved quarter cup of bacon fat at medium-high heat. When it has come to temp, place the thinly sliced garlic into the fat and gently stir. Garlic burns very easy, so be attentive at this step. As soon as the garlic has some color, reduce the heat to medium and add the spaghetti squash, tossing together right away. Moving quickly will save your garlic and create unique flavor to your pasta.

3. Once the spaghetti squash is coated in fat and garlic, add in the teaspoon of white wine vinegar, chopped bacon, scallion or shallots and the parsley. Toss to combine and let simmer for just a few minutes more.

4. To serve, place desired amount of spaghetti squash on a plate. Top with any extra bacon bits, scallions, parsley and one (or two) of the reserved poached eggs.

### Notes

recipe courtesy of: [www.popularpaleo.com](http://www.popularpaleo.com)



# Recipe

## SWEET POTATO GRATIN

### Ingredients

2 lb sweet potatoes (about 2), peeled and sliced 1/8th inch thick  
1 shallot, sliced thinly  
1/4 cup almond flour  
2 tbl coconut butter  
1 1/2 cups coconut milk  
3/4 cup pumpkin puree  
1/2 tbl garlic powder  
1/2 tsp sea salt  
1 tbl fresh thyme or sage



### Instructions

1. Preheat oven to 400F. Slice sweet potatoes to approximately 1/8th inch thick.
2. Grease a 7x11 baking dish or use 6-8 ramekins.
3. Place an overlapping layer of sweet potato slices on the bottom of the dish; alternate with sliced shallots. Continue until all sweet potato and shallot slices are used up: this should make 4 layers of sweet potato & 3 of shallots in a 7 x 11 dish. Save the larger slices for the final layer.
4. Add coconut butter to a saucepan over very low heat; when melted, add almond flour. Whisk almond flour into coconut butter until large crumbs are formed.
5. Add coconut milk in half cup increments, whisking each time to combine. A few lumps are fine.
6. Add salt and fresh herbs; stir in.
7. Add pumpkin puree and whisk until smooth.
8. Turn up the heat to a low-medium and heat for a few minutes until sauce is warm and pourable.
9. Pour the sauce over the gratin dish or ramekins.  
Bake in the oven for 30 - 40 minutes, uncovered, until the potatoes are cooked through and the top is brown.

### Notes

recipe courtesy of: [www.meatified.com](http://www.meatified.com)

# Recipe

## PECAN CRUSTED CHICKEN

### Ingredients

4 chicken breasts or cutlets  
½ teaspoon table salt  
¼ teaspoon black pepper  
¾-1½ cups FINELY chopped pecans (cutlets use less than breasts)  
1 large egg, lightly beaten  
3 tablespoons olive oil or coconut oil

### Instructions

1. For chicken breasts: preheat oven to 350 degrees

2. Sprinkle chicken with salt and pepper.

3. Place pecans in a shallow bowl and egg in an additional shallow bowl.

4. Place pecans in a shallow bowl and egg in an additional shallow bowl.

Dip chicken in egg and then into pecans, pressing firmly to adhere. If pecans are too large they will not adhere properly.

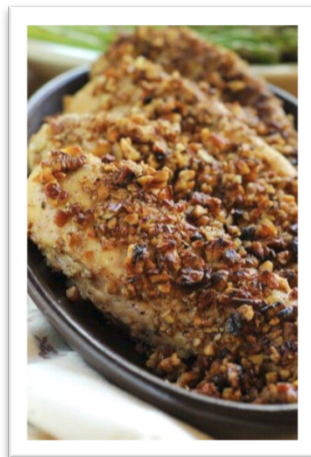
5. Cook chicken in hot oil in a large nonstick skillet over medium-high heat.

For chicken breasts: cook until exterior is nicely browned and then transfer to cookie sheet in oven. Cook until flesh is white and any juices run clear (165 internal temperature) this took 10 minutes for me.

For cutlets: cook until done, approximately 2-3 minutes per side.

### Notes

recipe courtesy of: [www.theadventurebite.com](http://www.theadventurebite.com)





# Recipe

## SPICY SRIRACHA LIME CHICKEN ZOODLE SOUP

### Ingredients

- 1 large chicken breast, 8-10oz
- 4 cups broth [chicken or veggie]
- ¼ tsp garlic powder
- ⅛ tsp cumin
- 1 large zucchini squash
- ½ TBSP fresh lime juice
- 1-2 tsp fresh chopped cilantro [optional]
- 1-2 tsp [Sriracha, plus extra to taste](#)
- 2 slices/wedges of lime



### Instructions

1. Cut your chicken into slices and add to a pot over medium-high heat.
2. Add broth, garlic powder [or fresh garlic!] and cumin and bring to a boil. Once boiling, reduce heat and simmer until chicken is cooked thoroughly, about 10 minutes.
3. While the chicken cooks, use a spiralizer to make the noodles. Once the chicken is ready, add zucchini noodles and lime juice to the soup and simmer for an additional 3 minutes until desired tenderness is reached. For softer noodles, feel free to cook them a tad longer.
4. Transfer soup to two large bowls and top each with fresh cilantro and a hearty drizzle of Sriracha chili sauce. Add a little, or a lot! I go nuts with mine, the garlic chili sauce flavor is fantastic with the tender chicken and savory broth. Serve with lime wedges for a burst of citrus flavor. Dive in while it's hot!

### Notes

recipe courtesy of: [www.peasandcrayons.com](http://www.peasandcrayons.com)

# Recipe

## ZUCCHINI NOODLES WITH AVOCADO SAUCE

### Ingredients

1 zucchini  
½ cup water (85 ml)  
2 tbsp lemon juice  
1 avocado  
4 tbsp pine nuts  
1¼ cup basil (30 g)  
12 cherry tomatoes



### Instructions

1. Make the zucchini noodles using a peeler or the spiralizer.
2. Blend the rest of the ingredients (except the cherry tomatoes) in a blender until smooth.
3. In a large bowl, combine noodles, avocado sauce and cherry tomatoes.

### Notes

recipe courtesy of: [www.simpleveganblog.com](http://www.simpleveganblog.com)

# Recipe

## 15 MINUTE SPICY SHRIMP WITH PESTO NOODLES

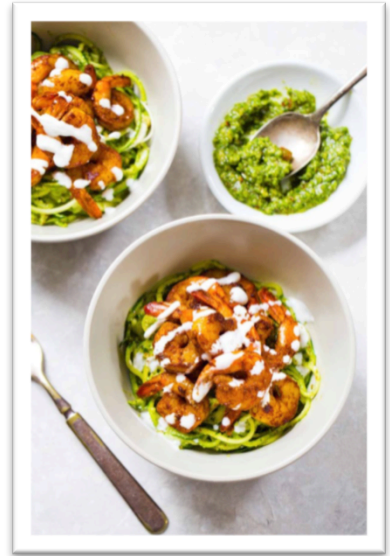
### Ingredients

#### For the Pesto:

1 cup kale  
1 cup spinach  
1 cup mixed basil and/or parsley (more basil is better, but sub parsley if you don't have enough)  
 $\frac{3}{4}$  cup almonds  
 $\frac{1}{2}$  cup olive oil  
 $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  teaspoon salt  
2 cloves garlic  
juice of one lemon (or 2 if your lemon isn't very juicy)

#### For the Shrimp and Noodles

1 tablespoon butter or oil  
1 lb. shrimp  
1-2 teaspoons each chili powder and cumin, plus any other spices you like  
salt and pepper  
4 medium zucchini



### Instructions

1. For the pesto, pulse all the ingredients in a food processor or blender until mostly smooth (or until you reach desired consistency). This will make about 2 cups of pesto. Set aside one cup for this recipe and save the other cup for something else later (you can freeze it, but we just keep it on hand in the fridge because it goes really well on just about anything).

2. Heat the butter or oil over medium high heat. Add the shrimp and toss with the spices - I usually just do this right in the pan to save myself a dish, and I don't really measure the spices - I just eyeball it until they get pretty well coated with spices. Sauté the shrimp until they evenly coated with spice and fully cooked (they will no longer be translucent).

3. Cut the zucchini into long noodle-like shapes - the best way to do this is with a spiralizer but you can also use a peeler. Toss the zucchini noodles with the reserved pesto and top with the shrimp.

### Notes

recipe courtesy of: [www.pinchofyum.com](http://www.pinchofyum.com)

# Recipe

## BAKED SWEET POTATO FRIES

### Ingredients

2 – 3 Sweet potatoes  
2 tsps Smoked Paprika  
2 tsps Oregano  
2 tsps Cayenne Pepper  
1 tsp Garlic Powder  
Sprinkle of coarse salt  
2 tbsp olive oil



### Instructions

1. Preheat your oven to 220°C/428°F.
2. Peel the sweet potato and cut into fries.
3. Mix the oil and the spices together in a bowl and then toss the fries in it.
4. Spread them out on a large baking sheet and sprinkle with the coarse salt before placing in the oven.
5. Bake in the oven for 10 minutes turn them over and return them to the oven for a further 10 minutes until golden, crispy and cooked through!

### Notes

recipe courtesy of: [www.thewonkyspatula.com](http://www.thewonkyspatula.com)

# Recipe

## GRAIN FREE WAFFLES

### Ingredients

3 egg yolks  
3 egg whites, room temperature  
1/4 cup coconut milk or milk  
1 cup almond flour  
1/4 teaspoon salt  
1 teaspoon vanilla if sweet  
2 tablespoons coconut oil, melted  
bacon grease or lard or coconut oil for iron



### Instructions

1. Preheat waffle iron.
2. Add almond flour and salt. Combine until smooth.
3. Add melted coconut oil or butter.
4. Whisk egg whites until they form moist, stiff peaks.
5. Fold about 1/4 of egg whites into batter. Fold batter into remaining egg whites in three parts.  
Add vanilla. Mix well.
6. Scoop 1/3 C. of batter onto a preheated and greased waffle iron. Do not smooth the top of the batter before closing the top of the iron. Close the lid gently!
7. Cook until golden brown.

### Notes

recipe courtesy of: [www.bravoforpaleo.com](http://www.bravoforpaleo.com)

# Recipe

## PALEO PAD THAI

### Ingredients

#### FOR NOODLES

½ medium spaghetti squash  
1 pound chicken, cut into 1 inch pieces  
2-3 cloves garlic, minced  
2 eggs, whisked  
3 cups chopped veggies  
(I used carrots, zucchini, and broccoli)

#### FOR SAUCE

½ cup coconut milk, homemade or canned  
½ cup homemade broth (chicken, beef, or veggie)  
½ cup almond butter  
juice from one large lime (or 2 small)  
1 TBS apple cider vinegar  
2 TBS coconut aminos (a healthy substitute for soy sauce)  
2 TBS toasted sesame oil  
1 TBS fresh ginger, grated fine  
¼ tsp celtic sea salt  
⅛ tsp cayenne pepper, powdered  
PLUS coconut oil, butter, or ghee for cooking

#### FOR GARNISH

¼ cup cilantro, chopped  
3 green onions, thinly sliced  
1 lime

### Instructions

1. Cook spaghetti squash until tender. I like to cut the squash in half and cook in crockpot on high for 2-2.5 hours with about an inch of water in the bottom. Comes out perfect. OR pierce the outside of squash SEVERAL times with a fork and then roast WHOLE squash in shallow baking dish for one hour in preheated 375°F oven.

2. When cool enough to handle, cut lengthwise (if you haven't already) and scoop the seeds and fibrous strings from the center of the cooked spaghetti squash. Gently scrape the tines of a kitchen fork around the edge of the spaghetti squash to shred the pulp into strands (this is your noodles) Set aside



## TO MAKE SAUCE:

1. Combine all sauce ingredients in a medium pot over low heat. Stir until well combined. Set aside.
2. Heat 1 TBS fat of your choice in a skillet on medium heat. Add chicken bits and cook until lightly browned. Add minced garlic in at the last minute and saute a minute or two. Remove from skillet and set aside.
3. Add a splash of oil to pan and pour in eggs and cook until eggs are thoroughly cooked. Remove from pan and set aside.
4. Add another splash of oil and saute veggies until beginning to soften (about 4-5 minutes)
5. Add chicken, eggs, and sauce to skillet and mix thoroughly.  
Add spaghetti squash and mix again  
Serve immediately  
Garnish with fresh cilantro and lime wedges

## Notes

recipe courtesy of: [www.savorylotus.com](http://www.savorylotus.com)

# Recipe

## SLOW COOKER CARNITAS TACOS

### Ingredients

- 2 1/2 pound boneless pork shoulder
- 2 Tbsp. lard/bacon fat or tallow
- Sea Salt
- Ground black pepper
- 1/4 cup chicken broth
- 1 medium orange, juiced
- 1 lime, juiced
- 4 cloves garlic, chopped
- 2 tsp. dried cumin
- 2 tsp. dried oregano
- 1/2 tsp. cayenne pepper
- 1 small onion, sliced
- 1 large jicama, thinly sliced (or 2 small jicama if using a mandolin slicer)



### TOPPINGS:

- 2 ripe avocados, sliced
- 1 cup fresh cilantro, chopped
- 2 limes, quartered
- Salsa (optional)
- Hot sauce (optional)

### Instructions

1. Pat the pork shoulder dry with paper towels and season generously with sea salt and ground black pepper. Place a large skillet over medium-high heat and allow the lard/bacon fat or tallow to get hot. Brown the pork shoulder on all sides.

2. Pour the chicken broth into the bottom of the slow cooker. Place the pork in the slow cooker and pour the fresh squeezed orange and lime juice over the meat. Top with the garlic, cumin, oregano, cayenne pepper and sliced onions.

3. Cover and cook on low for 8 hours or on high for 4 hours, or until the meat is very tender



4. Remove the meat from the slow cooker and discard the onion slices. Reserve about 1/2 cup of the liquid from the pan and set aside. Shred the meat into bite sized chunks. Taste the meat and add additional sea salt and ground black pepper if desired
5. Turn the oven on to broil and place an oven rack on highest setting. Spread the shredded pork onto a baking sheet and broil for about 3-5 minutes or until the edges get a brown and crispy. Pour the reserved liquid back over the meat and toss to coat.
6. Place a helping of meat inside each jicama taco shell. Serve with sliced avocado, limes, fresh cilantro and your favorite salsa and/or hot sauce. Enjoy!

## Notes

recipe courtesy of: [www.paleocupboard.com](http://www.paleocupboard.com)