

Paleo Recipes Meal Planner

14 Days Of Paleo Diet Recipes

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Published by Ned Campbell at Smashwords
ISBN: 9781310926518

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About The Author

Publishers Notes

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Dedication

This book featuring a 14 Paleo meal plan is dedicated to helping you find your personalized approach to Paleo. This book should help you find a balance of feeling your best and being able to enjoy your life without becoming obsessed about following a particularly unique way of eating.

This book provides a two week plan for anyone following it to end up becoming more lean, fit and healthier with the Paleo diet. This simple 14 day Paleo diet plan can introduce you to a healthy lifestyle and therefore a much happier life.

This book is also for my dad, who taught me to cook and did so much to inspire me to be curious and to always ask the annoying questions.

I also wrote this book for runners, bikers, and climbers; walkers, swimmers, and dancers; in fact, this book is for anyone who wants the energy to go further and be more.

This book is for you.

Ned Campbell
March 2016

3 Reasons To Eat Paleo ...

Healthy Weight Management:

The modern American diet is so calorie-rich and nutrient poor. Therefore a diet high in protein-rich meats and eggs and fiber-rich fruits and vegetables helps to stabilize your blood sugar, since you will be craving sugar far less and be able to curb cravings with fewer calories. Carbohydrate intake is usually a decisive factor in weight loss success and prevention of serious health problems like obesity and type 2 diabetes.

Improve Fitness:

The paleo diet is a grain-free diet that helps you lose fat and gain lean muscle. This is why it is so popular among strength-training enthusiasts and high-intensity athletes. The Paleo diet is power-packed with protein, healthy fats and complex carbohydrates.

Lasting Energy:

Avoiding refined carbohydrates and caffeine can prevent "afternoon burnout" by keeping you energized and at peak performance throughout the day. The resultant absence of carbohydrates will cause our body to then take any stored fat and burn THAT for energy.

Notes On Menu Selection ...

- Choose fresh ingredients as much as possible. Frozen options can be used as needed, but be sure to choose options with no added ingredients.
- Be Flexible. If you see an ingredient you don't care for or are allergic to, simply replace it with a like ingredient. For example, if you can't have shrimp, just replace it with another lean protein and you'll be all set!
- When adding limited dairy to this plan (optional), be sure to choose organic, grass fed selections to maximize nutritional value and minimize chemical exposure.

Week 1- Day 1

Breakfast

FAST AND EASY PANCAKES. Pancakes CAN be paleo! For this healthy pancake all you need is one ripe banana, 1 egg, and 2 teaspoons of a paleo “flour” (almond meal, coconut flour etc). Mix all together in a bowl and fry on both sides in a skillet on medium high heat greased with coconut oil. Top with berries of choice.

Lunch

BLT WRAPPER. Make an easy and healthy BLT by filling a large leaf of lettuce with 2-3 slices of nitrate free bacon and diced tomato. Top with paleo approved mayo or make your own (here’s how: <http://paleoleap.com/paleo-mayonnaise/>). Serve with a side of red grapes.

Snack/ Dessert

“BETTER THAN ICE CREAM” Ice cream. You don’t need cream and sugar to make this ice cream, but you’ll never miss it. Just blend one frozen banana together with approx. 2 tablespoons of nut butter of choice. Try adding in unsweetened cocoa, fresh fruit, or cinnamon to mix things up!

Dinner

BURRITOS BOWLS. No need for the grain filled tortilla on this awesome burrito in a bowl! Fill a bowl with meat, diced sweet potato, avocado, onion and salsa. Need more instructions? Check out this recipe. May top with a dollop of Greek yogurt or shredded sharp cheddar if desired. <http://paleogrubs.com/burrito-recipe>

Week 1- Day 2

Breakfast

OMELET. Omelets look fancy, but are actually an easy and healthy way to use any leftover veggies and protein you may have laying around. All you have to do is dice veggies and protein and mix together with eggs.

<http://paleoaholic.com/paleo/paleo-omelette/>

Lunch

BENTO BOX. Want an easy lunch filled with flavor and variety? Take advantage of the bento trend by filling small containers with nuts, boiled egg, fruit, and chopped raw veggies. Include a square of 85% cacao dark chocolate for dessert.

Snack/ Dessert

COFFEE SMOOTHIE. Beat the afternoon slump by blending ½ frozen banana together with ¼ cup brewed coffee and ¼ c almond milk (may alter liquid quantities to adjust consistency to preference). Add an scoop of paleo approved protein powder if desired.

Dinner

SALMON AND VEGGIES IN FOIL. Make super food super easy by wrapping a salmon filet together with veggies such as squash or asparagus. A complete meal in an easy pouch! Use this recipe as a guide if needed:

<http://www.cookingclassy.com/2015/06/salmon-and-summer-veggies-in-foil/>

Week 1- Day 3

Breakfast

BREAKFAST HASH. Sautee 2 cups shredded Brussel sprouts, top with 2 slices of crumbled bacon, and a fried egg for a flavorful breakfast that starts your day with plenty of veggies.

Lunch

SALAD TO-GO. By layering your salad ingredients together in a jar with the dressing on the bottom you will have a salad that stays crisp till lunch. Try layering your favorite salad ingredients or try these tasty ideas:

<http://thepaleomama.com/2013/03/guest-post-mason-jar-salads/>

Snack/ Dessert

HOMEMADE TRAIL MIX. Trail mix in the store is loaded with sugar and refined oils. Make your own better version by mixing equal parts unsweetened coconut shreds, raisins, almond slivers, and pumpkin seeds together. Toss with ½ tbs melted coconut oil and roast on 200 F for 10 minutes.

Dinner

SPAGHETTI SQUASH AND MEAT SAUCE. Roast a spaghetti squash to use an antioxidant packed pasta alternative. Top you're your favorite paleo approved meat sauce or try this recipe:

<http://fastpaleo.com/recipe/spaghetti-squash-with-organic-meat-sauce/>

Week 1- Day 4

Breakfast

APPLE CINNAMON MUFFINS. You'll want to make plenty of these muffins to have for snacks or to freeze for leftovers later. Top with ghee or nut butter if desired. <http://paleomg.com/apple-cinnamon-muffins/>

Lunch

AVOCADO EGG SALAD. Improve the taste and nutrition of egg salad by mixing 2 tbs avocado/egg to make a terrific egg salad. Season with salt and pepper together with garlic powder to taste. Serve with raw veggies.

Snack/ Dessert

APPLE AND ALMOND BUTTER. Sometimes the simplest snacks are the best. Enjoy apple slices with almond (or cashew butter) for a snack that will keep you going!

Dinner

CHICKEN AND PINEAPPLE KEBOBS. Layer cubed chicken with diced pineapple on skewers. Toss on the grill till chicken is cooked throughout. Serve with a side of steamed broccoli topped with ghee. (not grilling weather? Here's how to do it in the oven: <http://yummyaddiction.com/chicken-pineapple-kabobs/>)

Week 1- Day 5

Breakfast

SMOOTHIE BOWL. Deconstruct your favorite smoothie by reducing the liquid and serving in a bowl. Top with chia seeds, chopped nuts, and kiwi for a smoothie with a spoon! Need inspiration?

<http://www.preppypaleo.com/2015/02/green-smoothie-bowl.html>

Lunch

TUNA STUFFED TOMATOES. Hollow out the inside of a tomato. Fill with wild caught canned tuna mixed with olive oil and Italian seasoning to taste. Easy and tasty. Make ahead if desired

Snack/ Dessert

PALEO PARFAIT. Layer your favorite berries with chopped nuts. Top with whipped coconut milk, or whipped cream (no sugar) if including small amounts of dairy.

Dinner

BEEF STEW. Want to have a hearty meal waiting for you when you get home? This is the meal for you!

<http://www.multiplydelicious.com/thefood/2014/02/slow-cooker-beef-stew/>

Week 1- Day 6

Breakfast

BREAKFAST SALAD. Why should lunch and dinner get all the goodness of salads? Start your day with a bowl of raw spinach topped with sautéed mushrooms and onions, all natural sausage, and a drizzle of olive oil for a salad that's perfect in the mornings!

Lunch

BEEF TOPPED SWEET POTATO. Get even more mileage out of last night's stew by using it for an easy lunch. Drain extra liquid and scoop on top of a baked sweet potato.

Snack/ Dessert

ALMOND BUTTER COOKIES. Make an easy and tasty cookie by mixing almond butter together with an egg and a bit of honey. It's that easy. Here's how: <http://fastpaleo.com/recipe/paleo-almond-butter-cookies/>

Dinner

CHICKEN AND ZOODLES. Turn zucchini into a fabulous noodle substitute by cutting them in spirals and sautéing lightly. Top with grilled or baked chicken, diced tomatoes, and basil. Check out more instructions here if desired: <http://everydaypaleo.com/bruschettachicken/>

Week 1- Day 7

Breakfast

EGG CUPS. Line muffin tins with a thin slice of ham or Canadian bacon. Fill with one egg per cup. Top with a sprinkle of scallions. Bake at 375 until firm (approximately 20 minutes) Serve with orange slices on the side.

Lunch

BOILED EGG SLIDER. Alternate slices of boiled eggs with slices of avocado and chopped cherry tomatoes for a slider that's hard to beat. Optional: sprinkle with nutritional yeast for a slightly salty twist or fresh herbs for a gourmet touch.

Snack/ Dessert

CHIA PUDDING. Non dairy milk and chia seeds make the perfect combo that give you plenty of omega 3s. Use 1/4- 1/3 cup of chia seeds mixed together with 1 cup plus non dairy milk. Sweeten with maple syrup to achieve desired level of sweetness. <http://www.healthylittlecooks.com/recipe/super-simple-vanilla-chia-pudding/>

Dinner

BURGERS WITH PORTABELLO MUSHROOM BUNS. Grill your favorite grass fed burger patty, but place in between two portabello mushrooms for extra protein and antioxidants. Top with lettuce, tomatoes, spinach and any other favorite veggies. This alone will be filling, but serve with a side of sweet potato fries if desired.

Week 2- Day 1

Breakfast

BETTER BANANA SPLITS. It's hard to find a breakfast that's easier and more certain to please both kids and adults as this one. Slice a banana in half horizontally, spread with 2 tbs of almond butter, top with raisins, and sprinkle with cinnamon. The balance of fat, protein, and healthy carbs will fuel a morning workout perfectly!

Lunch

SRIRACHA DEVILED EGGS. These are not your grandmother's deviled eggs. Use gluten free sriracha sauce and paleo approved mayo to make these deviled eggs with a kick! <http://www.budgetbytes.com/2015/03/sriracha-deviled-eggs/> use paleo mayo and gf sriracha (make your own mayo: <http://paleoleap.com/paleo-mayonnaise/>) Serve with kale chips on the side.

Snack/ Dessert

ORANGE SLICES AND DARK CHOCOLATE. Enjoy orange slices with dark chocolate (85% cacao content) together for a winning flavor combination.

Dinner

PRESSURE COOKER PORK ROAST. Serve this easy main course with steamed broccoli and a sweet potato. <http://www.primalpalate.com/paleo-recipe/pressure-cooker-pork-roast/> If you don't have a pressure cooker, you may use slow cooker, just allow more time for cooking.

Week 2- Day 2

Breakfast

PALEO BREAKFAST CEREAL. Missing that bowl of cereal on paleo? Don't make your own by using unsweetened coconut shreds as your cereal base. Top with crushed nuts of choice and sliced strawberries. Pour unsweetened almond or coconut milk on top and dig in! Sprinkle with cinnamon if desired.

Lunch

SWEET POTATO SLIDERS. Turn last night's pork and sweet potatoes into a fantastic lunch today. Slice firm cooked sweet potatoes into ¼ to ½ inch rounds. Place shredded pork, raw spinach, and a slice of avocado in between two rounds for tasty slider. 2-3 sliders will make a great lunch or use the same recipe to make an impressive appetizer!

Snack/ Dessert

POPCICLES. Enjoy a frozen treat that's good for you by blending together berries and coconut milk and freezing in popcicle molds. <http://fastpaleo.com/recipe/primal-popsicles/>

Dinner

FRIED CAULI-RICE. Add Asian flare to your dinner by using riced cauliflower as the base to your friend rice. Use coconut aminos in place of soy sauce. Add your favorite protein (try shrimp) and add in a fried egg and extra veggies. <http://www.paleocupboard.com/cauliflower-fried-rice.html>

Week 2- Day 3

Breakfast

SWEET POTATO BREAKFAST BAKE. Toss together diced sweet potato, nitrate free breakfast sausage, kale, mushrooms, and chopped onions for savory breakfast bake. Bake at 400 for approximately 45 minutes.

Lunch

ASIAN COLLARD WRAP. Repurpose last nights fried rice by rapping it inside a large collard leaf. Dip in extra coconut aminos if desired and serve with a side of red grapes.

Snack/ Dessert

THREE INGREDIENT BROWNIES. These fudgy brownies will make you glad to see bananas turning brown! You may add a scoop of paleo compliant protein powder to recipe if desired.

<http://thebigmansworld.com/2015/10/05/healthy-3-ingredient-flourless-brownies/>

Dinner

ALMOND CRUSTED TILAPIA. Add crunch to your fish without grains! Coat tilapia (or any white flaky fish) with olive oil and crushed almonds. Skillet fry till cooked through. Use this recipe for further instruction if desired. Serve with sautéed Brussel sprouts on the side. <http://www.fannetasticfood.com/recipes/almond-encrusted-tilapia/>

Week 2- Day 4

Breakfast

BREAKFAST BURRITO. Want a super easy protein packed breakfast? Fill a large slice of nitrate free deli meat of choice with scrambled egg, diced tomato, and

Lunch

SAVORY PROTEIN SLAW. Top shredded cabbage with grilled chicken, chopped green onions, grilled chicken, and a sprinkling of feta cheese. Drizzle with olive oil and red wine vinegar and toss together. The hearty nature of cabbage means you can mix this lunch ahead of time if preferred. If time allows, caramelized onions complete this dish.

Snack/ Dessert

SWEET POTATO CHIPS. Many commercial sweet potato chips use refined oils and added sugars, but it's easy to make your own by thinly slicing sweet potatoes, seasoning as desired, and baking till crispy.
<http://www.healthylittlecooks.com/recipe/sweet-potato-chive-chips/>

Dinner

CHICKEN NUGGETS. Turn chicken nuggets into a healthy choice by baking them coated in coconut flour. Serve with a side of green beans. <http://www.multiplydelicious.com/thefood/2011/09/coconut-chicken-nuggets-with-paleo-bbq-sauce/>

Week 2- Day 5

Breakfast

SHAMROCK SHAKE. A shake for breakfast? Yes, with this shamrock shake featuring avocado, coconut milk, spinach, honey and more. <http://hewontknowitpaleo.com/recipe-items/the-healthy-shamrock-shake/>

Lunch

“FRIED” CHICKEN SALAD. Make the most of last night’s chicken by slicing it and using it to top mix greens. Add diced tomatoes, onions, carrots, and any other raw veggies you like. Drizzle with olive oil to dress.

Snack/ Dessert

BAKED APPLES. Baked apples are warm and satisfying, while supplying a fiber and antioxidants. Impressive enough to serve as dessert for guests too. Bake in the oven topped with cinnamon, ghee, and crushed nuts on 350 until tender (about 35 minutes) or try them in the skillet http://www.joyfulabode.com/quick-easy-desserts-skillet-fried-apples-recipe-sugar/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed:+JoyfulAbode+%28Joyful+Abode%29&utm_content=FaceBook

Dinner

PLANTAIN NACHOS. Banana’s cousin plantains make the perfect base for nachos. Top baked plantain rounds (our purchase complaint plantain chips) with cooked ground beef, diced tomato, chopped onion, salsa (check for no added sugar), shredded lettuce and/or spinach, and guacamole and bake at 350 degrees for 10-15 minutes. Optional: sprinkle with grass fed cheddar or top with organic Greek yogurt in lieu of sour cream if including small amounts of dairy.

Week 2- Day 6

Breakfast

FRITTATA. Frittata is a perfect end of the week meal to revitalize your leftovers. Chop your favorite leftovers and bake a large frittata so you'll have plenty to reheat. Use this recipe as a guide, but don't be afraid to customize.

<http://nomnompaleo.com/post/1983505174/easy-paleo-frittata>

Lunch

SHRIMP SALSA. Mix chopped shrimp with diced tomato, onion, and cilantro to create a tasty and protein packed dip. Use Raw celery and baby carrots (or other raw veggies) for dipping. Serve with apple slices for dessert if desired.

<http://www.skinnytaste.com/2012/04/skinny-shrimp-salsa.html#more> paleo if use veggies for dipping

Snack/ Dessert

GUACAMOLE STUFFED MUSHROOM CAPS. Make use of last night's guacamole by filling mushroom caps with a dollop of mushrooms. Bake mushroom caps at 350 for approximately 20 minutes till mushrooms are tender. Fill with guacamole and place in oven till all ingredients are warm. Healthy fat and protein combine to make this a hard to beat snack!

Dinner

STUFFED BELL PEPPERS. Seed and stuff this super food with protein and veggies for an antioxidant loaded dinner. Serve with sliced pineapple for dessert. Here are the details on the pineapple.

<http://fastpaleo.com/recipe/stuffed-bell-peppers/>

Week 2- Day 7

Breakfast

SUNRISE BOWL. Combine simple ingredients to create a perfect breakfast. Hint: keep a bowlful of eggs in the fridge at all times to add to meals or use for a quick snack. <http://www.whole-sisters.com/#!/Sunrise-Bowl/c1v9p/5526df880cf21d84af8f35e2>

Lunch

SUPER SIMPLE TACO SALAD. Taco salad made of lettuce, meat, tomatoes, and salsa doesn't get much easier or much tastier. Feel free to chop last night's bell peppers to take your taco salad to the next level. <http://whole30.org/whole30-recipes-taco-salad/> meat, lettuce, condiments

Snack/ Dessert

FRUIT SLUSH. All you need for this refreshing dessert is equal parts frozen fruit and ice (adjust consistency one teaspoon of water at a time if desired). Blend fruit and ice together in blender and enjoy. Great choices include watermelon or mango.

Dinner

SHAKSHUCKA. This meat-free dinner will still fill you up and satisfy you as you nestle eggs in tomato sauce and red peppers. A complete meal in one pan! <http://www.theperfectpantry.com/2014/07/recipe-shakshuka-eggs-in-tomato-sauce-vegetarian-gluten-free.html>

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About the Author

As a professionally trained triathlete and anthropology major, Ned Campbell is a dedicated advocate of the healthy and sustainable Paleo lifestyle. A native of the Colorado Rockies, Campbell originally discovered the Paleo diet during his father's battle with Parkinson's, and continues to spread the good word in the fight against degenerative diseases of all kinds.

An active outdoorsman and athlete, Campbell participated in endurance sports and training from a very early age, participating in his first marathon at 16. Though he would not go on to become a renowned professional athlete, his early love for health and fitness would continue into his college career and throughout his life. Armed with an education focused on indigenous North American peoples, Campbell began to incorporate his extensive knowledge of human history with a growing passion for sustainable health.

Campbell's true passion to bring physical wellbeing to everyone began with his father's Parkinson's diagnosis in 2002. The family tragedy caused by this degenerative disease pushed Campbell to research the natural cure and prevention of Parkinson's and other degenerative conditions.

Ned Campbell's strong personal philosophy combines a deep understanding of natural human history with an advanced