


























Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast  Turkey, Squash & Apple Hash	Breakfast <div>  Sausage Patties (AIP) </div> <div>  Side of Berries & Banana </div>	Breakfast <div>  Turkey, Squash & Apple Hash (leftover) </div>	Breakfast <div>  Sausage Patties (AIP) (leftover) </div> <div>  Side of Berries & Banana (leftover) </div>	Breakfast	Breakfast  Mushroom and Brussels Sprouts Hash	Breakfast <div>  Mushroom and Brussels Sprouts Hash (leftover) </div>
Lunch	Lunch <div>  Rosemary Grilled Chicken (leftover) </div> <div>  Roasted Sweet Potatoes (AIP) (leftover) </div>	Lunch <div>  Grilled Salmon (AIP) (leftover) </div> <div>  Steamed Asparagus (DF) (leftover) </div>	Lunch <div>  Chicken Zoodle Soup (AIP) (leftover) </div>	Lunch <div>  Deconstructed Egg Rolls (AIP) (leftover) </div> <div>  Cauliflower Rice (AIP) (leftover) </div>	Lunch <div>  Philly Steak Lettuce Cups (AIP) (leftover) </div> <div>  Baked Sweet Potatoes (DF) (leftover) </div>	Lunch
Dinner <div>  Rosemary Grilled Chicken </div> <div>  Roasted Sweet Potatoes (AIP) </div>	Dinner <div>  Grilled Salmon (AIP) </div> <div>  Steamed Asparagus (DF) </div>	Dinner <div>  Chicken Zoodle Soup (AIP) </div>	Dinner <div>  Deconstructed Egg Rolls (AIP) </div> <div>  Cauliflower Rice (AIP) </div>	Dinner <div>  Philly Steak Lettuce Cups (AIP) </div> <div>  Baked Sweet Potatoes (DF) </div>	Dinner	Dinner

Meal Plan Summary

Sun

Breakfast

Turkey, Squash & Apple Hash ([p.6](#))

Dinner

Rosemary Grilled Chicken ([p.7](#)) , Roasted Sweet Potatoes (AIP) ([p.8](#))

Mon

Breakfast

Sausage Patties (AIP) ([p.8](#)) , Side of Berries & Banana ([p.8](#))

Lunch

Rosemary Grilled Chicken (leftover) ([p.7](#)) , Roasted Sweet Potatoes (AIP) (leftover) ([p.8](#))

Dinner

Grilled Salmon (AIP) ([p.9](#)) , Steamed Asparagus (DF) ([p.9](#))

Tue

Breakfast

Turkey, Squash & Apple Hash (leftover) ([p.6](#))

Lunch

Grilled Salmon (AIP) (leftover) ([p.9](#)) , Steamed Asparagus (DF) (leftover) ([p.9](#))

Dinner

Chicken Zoodle Soup (AIP) ([p.10](#))

Wed

Breakfast

Sausage Patties (AIP) (leftover) ([p.8](#)) , Side of Berries & Banana (leftover) ([p.8](#))

Lunch

Chicken Zoodle Soup (AIP) (leftover) ([p.10](#))

Dinner

Deconstructed Egg Rolls (AIP) ([p.10](#)) , Cauliflower Rice (AIP) ([p.11](#))

Thu

Lunch

Deconstructed Egg Rolls (AIP) (leftover) ([p.10](#)) , Cauliflower Rice (AIP) (leftover) ([p.11](#))

Dinner

Philly Steak Lettuce Cups (AIP) ([p.11](#)) , Baked Sweet Potatoes (DF) ([p.12](#))

Fri

Breakfast

Mushroom and Brussels Sprouts Hash ([p.12](#))

Lunch

Philly Steak Lettuce Cups (AIP) (leftover) ([p.11](#)) , Baked Sweet Potatoes (DF) (leftover) ([p.12](#))

Sat

Breakfast

Mushroom and Brussels Sprouts Hash (leftover) [\(p.12\)](#)

Shopping List

Real Plans

Produce

Refrigerated

- | | |
|--|---|
| <input type="checkbox"/> 2 pounds asparagus | <input type="checkbox"/> 2 cups berries |
| <input type="checkbox"/> 2 pounds Brussels sprouts | <input type="checkbox"/> 6 carrot |
| <input type="checkbox"/> 2 heads cauliflower | <input type="checkbox"/> 1 pound cremini mushrooms |
| <input type="checkbox"/> 2 inches fresh ginger | <input type="checkbox"/> 6 tablespoons fresh rosemary |
| <input type="checkbox"/> 4 sprigs fresh rosemary | <input type="checkbox"/> 12 green onion |
| <input type="checkbox"/> 3 bunches kale | <input type="checkbox"/> 2 heads romaine |
| <input type="checkbox"/> 2 cups shredded carrots | <input type="checkbox"/> 16 cups shredded green cabbage |
| <input type="checkbox"/> 5 cups sliced mushrooms | <input type="checkbox"/> 32 ounces spinach |
| <input type="checkbox"/> 12 zucchini | |

Non-refrigerated

- | | |
|--|---|
| <input type="checkbox"/> 4 apple | <input type="checkbox"/> 2 banana |
| <input type="checkbox"/> 1 head garlic | <input type="checkbox"/> 4 lemon |
| <input type="checkbox"/> 4 tablespoons lemon juice | <input type="checkbox"/> 22 teaspoons minced garlic |
| <input type="checkbox"/> 11 onion | <input type="checkbox"/> 16 sweet potato |

Meat/Seafood

- | | |
|--|--|
| <input type="checkbox"/> 4 tablespoons bacon fat | <input type="checkbox"/> 3 pounds bone-in chicken breast |
| <input type="checkbox"/> 3 pounds chicken leg quarters | <input type="checkbox"/> 3 cups cooked chicken |
| <input type="checkbox"/> 4 pounds ground pork | <input type="checkbox"/> 4 pounds ground turkey |
| <input type="checkbox"/> 3 pounds rib eye steak | <input type="checkbox"/> 2 pounds salmon |

Spices

- | | |
|--|---|
| <input type="checkbox"/> 3 teaspoons cinnamon | <input type="checkbox"/> 3/4 cup coarse sea salt |
| <input type="checkbox"/> 4 teaspoons dried rosemary | <input type="checkbox"/> 4 teaspoons dried sage |
| <input type="checkbox"/> 2 teaspoons dried thyme | <input type="checkbox"/> 2 teaspoons garlic powder |
| <input type="checkbox"/> 2 1/2 teaspoons ground ginger | <input type="checkbox"/> 1 teaspoon ground turmeric |
| <input type="checkbox"/> sea salt | |

Sweeteners & Baking Supplies

- ☐ 2 tablespoons pure maple syrup

Vinegar and Oils

- | | |
|---|--|
| <input type="checkbox"/> 20 tablespoons coconut oil | <input type="checkbox"/> 1 3/4 cups extra virgin olive oil |
|---|--|

Canned/Jarred Goods

- | | |
|--|---|
| <input type="checkbox"/> 12 cups chicken broth | <input type="checkbox"/> 1 cup coconut aminos |
|--|---|

Frozen Foods

- ☐ 4 cups frozen butternut squash

Drinks

☐ 1 cup water

Time Line

Sat	Morning	Hit your local farmer's markets and shops to pick up necessary ingredients for the week. Defrost the ground turkey, if frozen.
	Afternoon	Defrost the bone-in chicken breast and chicken leg quarters, if frozen.
Sun	Morning	Defrost the ground pork, if frozen. Prepare the Turkey, Squash & Apple Hash.
	Afternoon	Mix marinade and place chicken in marinade for Rosemary Grilled Chicken
	Evening	Defrost the salmon, if frozen. Prepare the Roasted Sweet Potatoes (AIP) and Rosemary Grilled Chicken.
Mon	Morning	Prepare the Sausage Patties (AIP) and Side of Berries & Banana.
	Evening	Prepare the Grilled Salmon (AIP) and Steamed Asparagus (DF).
Tue	Evening	Defrost the ground pork, if frozen. Prepare the Chicken Zoodle Soup (AIP).
Wed	Evening	Defrost the rib eye steak, if frozen. Prepare the Cauliflower Rice (AIP) and Deconstructed Egg Rolls (AIP).
Thu	Morning	Defrost the ground turkey, if frozen.
	Evening	Prepare the Baked Sweet Potatoes (DF) and Philly Steak Lettuce Cups (AIP).
Fri	Morning	Prepare the Mushroom and Brussels Sprouts Hash.

Turkey, Squash & Apple Hash

Active time: 20 minutes Total time: 20 minutes Servings: 8



Ingredients

4 large apples
2 onions
4 cups frozen butternut squash
4 tablespoons coconut oil
2 pounds ground turkey, or chicken
2 teaspoons dried thyme
2 teaspoons cinnamon
2 teaspoons ground ginger
2 teaspoons garlic powder
1 teaspoon ground turmeric
2 teaspoons coarse sea salt
32 ounces spinach
sea salt, to taste

How to prepare

1. Peel, core, and chop apples. Chop onion. Thaw butternut squash and chop if needed.
2. Heat half of coconut oil in a skillet over medium/high heat. Add ground turkey, herbs, spices, and salt. Use a wooden spoon to break apart as it cooks through. Set aside.
3. Add remaining coconut oil for hash to the empty pan and sauté onion until softened.
4. Add apple pieces and squash. Cook for 4-5 minutes, or until they have softened. Add in spinach and stir until wilted. Add in cooked turkey and stir. Add more salt if desired.
5. Enjoy this hash immediately or cool and refrigerate to eat throughout the week.

Rosemary Grilled Chicken

Active time: 35 minutes Total time: 9 hours 20 minutes Servings: 8



Ingredients

3 pounds bone-in chicken breasts
3 pounds chicken leg quarters
6 tablespoons fresh rosemary
1 cup water
1/2 cup extra virgin olive oil
4 cloves garlic
2 tablespoons coarse sea salt
4 tablespoons lemon juice

How to prepare

1. Chop the rosemary.
2. In a small saucepan bring water and rosemary to a boil. Remove from heat, cover, and allow to steep for 5 minutes.
3. Transfer water and rosemary to a blender. Add the oil, garlic, and sea salt. Puree until smooth and then allow to cool.
4. Combine the chicken and rosemary liquid in a shallow dish and coat chicken well. Cover and allow to marinate for at least 15 minutes at room temperature or overnight in the fridge.
5. Heat the grill to medium.
6. Remove chicken from the marinade, place on the grill; discard the marinade. Cook and baste frequently with the lemon juice, turning as needed - about 20 -30 minutes. Grill times may vary. The chicken is fully cooked when the chicken breasts reach 160F at their thickest part, and the legs/thighs reach 170F.
7. On the stovetop/oven: Preheat oven to 375F.
8. Heat oil in a large oven-safe pan over medium-high heat.
9. Remove chicken from the marinade and discard the marinade. Place chicken in the pan skin side down, and cook until browned and crisp, about 20-30 minutes. Turn over, transfer pan to hot oven, and roast until cooked through, 40-60 minutes.
10. Check the internal temperature of the chicken with a meat thermometer, looking for a minimum reading of 165F. Test the poultry at the thickest part, making sure not to touch the thermometer to a bone. Continue cooking the chicken until it reaches the minimum temperature before removing from the pan.
11. Remove chicken from oven and transfer to a large plate to serve.

Roasted Sweet Potatoes (AIP)

Active time: 15 minutes Total time: 50 minutes Servings: 8



Ingredients

8 sweet potatoes
1 onion
4 tablespoons extra virgin olive oil
1 tablespoon coarse sea salt

How to prepare

1. Preheat oven to 425F. Peel potatoes and cut into 2 inch pieces. Peel onion and cut into 1 inch pieces.
2. Combine all ingredients in a baking dish and toss to coat evenly.
3. Bake for 35 minutes or until tender, stirring occasionally.

Sausage Patties (AIP)

Active time: 15 minutes Total time: 45 minutes Servings: 8



Ingredients

2 pounds ground pork
2 tablespoons pure maple syrup, optional
2 teaspoons dried sage
2 teaspoons dried rosemary
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger
4 teaspoons coarse sea salt
4 tablespoons coconut oil

How to prepare

1. Combine all ingredients using clean hands. If possible, allow to sit in refrigerator overnight or a few hours before cooking.
2. Shape into patties and pan fry in coconut oil over medium heat until cooked through and slightly browned (about 3-5 minutes per side).

Side of Berries & Banana

Active time: 5 minutes Total time: 5 minutes Servings: 8



Ingredients

2 cups berries
2 bananas

How to prepare

1. Wash berries, slicing if necessary.
2. Peel and slice banana.
3. Serve.

Grilled Salmon (AIP)

Active time: 20 minutes Total time: 20 minutes Servings: 8



Ingredients

2 pounds salmon
coarse sea salt
4 tablespoons extra virgin olive oil
2 lemons

How to prepare

1. On the Stove: Generously salt the skinless side of the salmon.
2. Heat skillet on medium-high. Add oil.
3. When oil is hot, place salmon filets in pan, skin side up.
4. Cook for 5 minutes, then flip. Cook 3-5 minutes to desired doneness.
5. Remove salmon from pan.
6. Cut lemon into wedges and serve alongside the salmon.
7. On the Grill: Heat a grill to medium-high (you can hold your hand about 1 inch above the grill grate).
8. Brush grill grate with oil. Place salmon, skin-side-down, on the grill and cover. Cook, undisturbed, until salmon just starts to release its fat and/or flesh flakes easily, 10-15 minutes for most 1 inch thick fillets.
9. Allow another 10 minutes for each extra inch of thickness. Use a spatula to remove fish from grill and serve.

Steamed Asparagus (DF)

Active time: 12 minutes Total time: 12 minutes Servings: 8



Ingredients

2 pounds asparagus
2 tablespoons extra virgin olive oil
4 teaspoons coarse sea salt
water

How to prepare

1. Trim the dry ends off of the asparagus. If the spears are thick, peel them lightly with a vegetable peeler.
2. Place them in a large pan and cover with a thin layer of filtered water. Add half of the salt.
3. Cook for 5 to 10 minutes depending on the thickness of the asparagus, or until asparagus is tender. Drain, toss with olive oil and remaining half of salt and serve.

Chicken Zoodle Soup (AIP)

Active time: 30 minutes Total time: 30 minutes Servings: 8



Ingredients

For the zoodles:

12 zucchinis

coarse sea salt

For the soup:

2 small onions

4 teaspoons minced garlic

6 carrots

3 bunches kale

2 small lemons

3 cups cooked chicken

4 tablespoons bacon fat, or olive oil

2 teaspoons coarse sea salt, plus more to taste

12 cups chicken broth

4 sprigs fresh rosemary

How to prepare

1. For the zoodles: To make zucchini noodles, either purchase a julienne peeler or a spiral cutter, OR simply use a sharp knife to cut the zucchini first lengthwise into strips, then slice those strips as finely as possible into spaghetti-like pieces.
2. Sprinkle some sea salt over the zoodles and let them sit for 25 minutes in the sink to sweat out excess water. After the 25 minutes, rinse and pat them dry with a paper towel.
3. For the soup: Peel and chop the onion. Dice the carrots. Remove stems from kale, and mince. Juice the lemon. Shred the chicken.
4. Heat fat over medium heat in a large soup pot.
5. Add onion, garlic, carrots, sea salt. Cook and stir until veggies are softened.
6. Pour in chicken broth and rosemary and bring to a boil.
7. Reduce heat to low, then add the zucchini noodles and kale.
8. Simmer 5 minutes then add chicken and lemon juice.
9. Remove rosemary sprigs and serve hot.

Deconstructed Egg Rolls (AIP)

Active time: 25 minutes Total time: 25 minutes Servings: 8



Ingredients

2 onions

2 inches fresh ginger

8 green onions

2 tablespoons coconut oil

2 pounds ground pork

10 teaspoons minced garlic

1 cup coconut aminos

16 cups shredded green cabbage

2 cups shredded carrots

coarse sea salt, to taste

How to prepare

1. Dice onion. Grate ginger and slice green onions.
2. Heat coconut oil in a skillet. Add onion and cook until it begins to soften. Add pork and break apart with a wooden spoon, cooking until it is no longer pink.
3. Meanwhile, in a small bowl combine garlic, coconut aminos, and ginger; set aside.
4. Once ground pork is cooked through, add cabbage and carrots to skillet and stir to combine.
5. Pour sauce mixture into the skillet and stir, continuing to cook over medium heat for about 5-15 minutes or until cabbage is wilted.
6. Season with salt, to taste. Top with sliced green onion and serve.

Cauliflower Rice (AIP)

Active time: 25 minutes Total time: 25 minutes Servings: 8



Ingredients

2 onions
4 teaspoons minced garlic
2 heads cauliflower
4 tablespoons extra virgin olive oil, or fat of choice
coarse sea salt, to taste

How to prepare

1. Chop onion. Break cauliflower into florets, then use a food processor to pulse the cauliflower florets into a rice-like texture.
2. Heat oil in a skillet over medium heat.
3. Sauté the onion and garlic for 3–4 minutes, or until the onion is translucent.
4. Add in the cauliflower rice and sauté for an additional 4–5 minutes.
5. Season with salt.

Philly Steak Lettuce Cups (AIP)

Active time: 30 minutes Total time: 30 minutes Servings: 8



Ingredients

3 pounds rib eye steaks
4 green onions
1 pound cremini mushrooms
6 tablespoons coconut oil
coarse sea salt, to taste
2 heads romaine

How to prepare

1. If your steak is not frozen, freeze it overnight so you can slice it thinly. Remove from freezer and using your sharpest knife, slice the steak as thinly as possible. Slice the onions.
2. In a skillet over medium-high heat, sauté the onions and mushrooms in coconut oil, just until tender. Remove to a plate.
3. Turn heat to high. Add the rib eye steak and season generously with sea salt. Cook for a couple of minutes until browned.
4. Replace veggies into the pan with the meat and reduce heat to low. Cover and cook for about 2 minutes.
5. Wash and separate the leaves of lettuce and serve the veggie and meat mix in the lettuce leaves.

Baked Sweet Potatoes (DF)

Active time: 10 minutes Total time: 1 hour 10 minutes Servings: 8



Ingredients

8 sweet potatoes
4 tablespoons extra virgin olive oil, or more to taste
coarse sea salt, to taste

How to prepare

1. Preheat oven to 400F. Wash potatoes and puncture several times with a fork.
2. Place 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!).
3. 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.
4. Use a fork to slightly mash the potato and add an even amount of oil to each potato. Serve with sea salt on the side.

Mushroom and Brussels Sprouts Hash

Active time: 20 minutes Total time: 30 minutes Servings: 8



Ingredients

2 onions
2 pounds Brussels sprouts
4 tablespoons coconut oil, or fat of choice
5 cups sliced mushrooms
4 teaspoons minced garlic
2 pounds ground turkey, or ground meat of choice
2 teaspoons dried sage
2 teaspoons dried rosemary
1/2 teaspoon cinnamon
1/4 teaspoon ground ginger
2 tablespoons coarse sea salt, plus more to taste

How to prepare

1. Finely dice onion. Trim and slice Brussels sprouts thin.
2. Heat half of the oil in a pan over medium high heat, add the onions, mushroom, and garlic. Cook until the mushrooms release their moisture, it evaporates and the mushrooms start to brown. Set aside.
3. Add ground meat, herbs, spices, and 2/3 of salt to the hot pan. Using a wooden spoon, break apart until meat is browned through. Set aside with the onion mixture.
4. Add the Brussels sprouts, sea salt, and remaining oil. Let the sprouts sit until the bottoms start to caramelize, about 5 minutes. Add the onion mixture and cooked meat to the pan, combine well and continue cooking until the Brussels sprouts are nice and tender.
5. Season with more sea salt to your preference and serve.