































Sun	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast  Asparagus Frittata	Breakfast  Asparagus Frittata (leftover)	Breakfast  Breakfast Hash	Breakfast  Breakfast Hash (leftover)	Breakfast  Fried Eggs (DF)  Avocado (Side)	Breakfast	Breakfast  Sweet Potato Berry Toasts
Lunch  BLTA Wraps (Paleo)	Lunch  Grilled Chicken (leftover)  Cauliflower Mash (DF) (leftover)  Steamed Green Beans (DF) (leftover)	Lunch  Deconstructed Egg Rolls (GF) (leftover)  Cauliflower Rice (leftover)	Lunch  Hawaiian Pork Chops (GF) (leftover)  Simple Salad (DF) (leftover)	Lunch  Grilled Salmon (leftover)  Sautéed Kale (leftover)  Baked Sweet Potatoes (DF) (leftover)	Lunch  Taco Salad with Avocado Dressing (DF) (leftover)	Lunch
Dinner  Grilled Chicken  Cauliflower Mash (DF)  Steamed Green Beans (DF)	Dinner  Deconstructed Egg Rolls (GF)  Cauliflower Rice	Dinner  Hawaiian Pork Chops (GF)  Simple Salad (DF)	Dinner  Grilled Salmon  Sautéed Kale  Baked Sweet Potatoes (DF)	Dinner  Taco Salad with Avocado Dressing (DF)	Dinner	Dinner

Meal Plan Summary

Sun

Breakfast

Asparagus Frittata (p.6)

Lunch

BLTA Wraps (Paleo) (p.6)

Dinner

Grilled Chicken (p.7) , Cauliflower Mash (DF) (p.8) , Steamed Green Beans (DF) (p.8)

Mon

Breakfast

Asparagus Frittata (leftover) (p.6)

Lunch

Grilled Chicken (leftover) (p.7) , Cauliflower Mash (DF) (leftover) (p.8) , Steamed Green Beans (DF) (leftover) (p.8)

Dinner

Deconstructed Egg Rolls (GF) (p.8) , Cauliflower Rice (p.9)

Tue

Breakfast

Breakfast Hash (p.9)

Lunch

Deconstructed Egg Rolls (GF) (leftover) (p.8) , Cauliflower Rice (leftover) (p.9)

Dinner

Hawaiian Pork Chops (GF) (p.10) , Simple Salad (DF) (p.10)

Wed

Breakfast

Breakfast Hash (leftover) (p.9)

Lunch

Hawaiian Pork Chops (GF) (leftover) (p.10) , Simple Salad (DF) (leftover) (p.10)

Dinner

Grilled Salmon (p.11) , Sautéed Kale (p.11) , Baked Sweet Potatoes (DF) (p.12)

Thu

Breakfast

Fried Eggs (DF) (p.12) , Avocado (Side) (p.13)

Lunch

Grilled Salmon (leftover) (p.11) , Sautéed Kale (leftover) (p.11) , Baked Sweet Potatoes (DF) (leftover) (p.12)

Dinner

Taco Salad with Avocado Dressing (DF) (p.13)

Fri

Lunch

Taco Salad with Avocado Dressing (DF) (leftover) (p.13)

Sat

Breakfast

Sweet Potato Berry Toasts (p.13)

Shopping List

Real Plans

Produce

Refrigerated

- 1/2 pound asparagus
- 3 cups berries
- 2 inches fresh ginger
- 4 green bell pepper
- 8 iceberg lettuce leaves
- 2 red bell pepper
- 2 cups shredded carrots
- 16 ounces spinach

Non-refrigerated

- 8 avocado
- 2 lemon
- 19 teaspoons minced garlic
- 1 shallot
- 4 tomato

Meat/Seafood

- 1 pound bacon
- 2 pounds chicken leg quarters
- 2 pounds ground pork
- 2 pounds salmon

Eggs & Dairy

- 18 egg

Spices

- 6 tablespoons coarse sea salt
- 1/2 cup dried parsley
- 4 teaspoons dried thyme
- 2 teaspoons ground black pepper
- 2 teaspoons onion powder
- 1/2 teaspoon sea salt

Sweeteners & Baking Supplies

- 2 teaspoons honey

Vinegar and Oils

- 4 tablespoons apple cider vinegar
- 3 cups extra virgin olive oil

Canned/Jarred Goods

- 1/2 cup almond butter

- 16 ounces baby salad greens
- 4 heads cauliflower
- 2 pounds green beans
- 8 green onion
- 2 bunches kale
- 2 romaine
- 16 cups shredded green cabbage
- 2 yellow bell pepper

- 20 ounces cherry tomatoes
- 1 tablespoon lemon juice
- 6 onion
- 12 sweet potato

- 2 pounds bone-in chicken breast
- 2 pounds ground beef
- 4 pounds pork chops
- 1 pound sausage

- 1/2 teaspoon dried dill
- 2 tablespoons dried sage
- 2 teaspoons garlic powder
- 4 teaspoons ground mustard
- 2 teaspoons paprika
- 4 tablespoons taco seasoning

- 2 tablespoons sucanat

- 10 tablespoons coconut oil
- 3 tablespoons sesame oil

- 1/2 cup avocado ranch salad dressing

- 1 1/2 cups coconut aminos
- 2 tablespoons mayonnaise
- 2 tablespoons tomato paste

- 2 tablespoons Dijon mustard
- 16 ounces pineapple chunks

Frozen Foods

- 3/4 cup peas

Deli & Prepared Foods

- 8 coconut flour tortillas
- 4 cups plantain chips

Drinks

- 1/4 cup water

Time Line

Sat	Morning	Hit your local farmer's markets and shops to pick up necessary ingredients for the week.
	Afternoon	Defrost the bacon, if frozen.
	Evening	Defrost the bone-in chicken breast and chicken leg quarters, if frozen.
Sun	Morning	Prepare the Asparagus Frittata.
	Afternoon	Prepare the BLTA Wraps (Paleo).
	Evening	Defrost the ground pork, if frozen. Prepare the Cauliflower Mash (DF), Grilled Chicken and Steamed Green Beans (DF).
Mon	Morning	Defrost the sausage, if frozen.
	Evening	Prepare the Cauliflower Rice and Deconstructed Egg Rolls (GF).
Tue	Morning	Prepare the Breakfast Hash.
	Evening	Defrost the salmon, if frozen. Prepare the Hawaiian Pork Chops (GF) and Simple Salad (DF).
Wed	Evening	Defrost the ground beef, if frozen. Prepare the Baked Sweet Potatoes (DF), Grilled Salmon and Sauteed Kale.
Thu	Morning	Prepare the Avocado (Side) and Fried Eggs (DF).
	Evening	Prepare the Taco Salad with Avocado Dressing (DF).
Sat	Morning	Prepare the Sweet Potato Berry Toasts.

Asparagus Frittata

Active time: 25 minutes Total time: 35 minutes Servings: 8



Ingredients

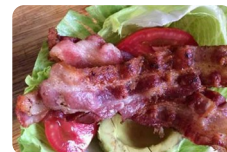
1/2 pound asparagus
1 shallot
10 eggs
1/4 cup water
1/2 teaspoon sea salt
1/2 teaspoon dried dill, optional
1 tablespoon lemon juice
2 tablespoons extra virgin olive oil
1 teaspoon minced garlic
3/4 cup peas, fresh or frozen

How to prepare

1. Preheat oven to 350F.
2. Remove woody stems of asparagus and discard. Chop asparagus into 1/4 inch pieces. Thinly slice shallot.
3. Crack eggs into a large bowl. Add water, salt, dill, and lemon juice. Whisk until incorporated. Set aside.
4. Heat olive oil in a large, oven-proof skillet over medium-high heat. Add shallots and cook until translucent, about 3 minutes.
5. Add minced garlic, asparagus, and peas. Cook until asparagus is tender, about 5 minutes.
6. Pour eggs into skillet. Cook for 3 minutes while frequently pulling a rubber spatula over the bottom of the pan to form large, soft curds.
7. After 3 minutes, push the eggs and veggies around to level the top of the frittata. Place skillet in the oven and cook for 10 minutes or until the top is set and a knife inserted into the center comes out clean.
8. Cut into wedges and serve.

BLTA Wraps (Paleo)

Active time: 20 minutes Total time: 20 minutes Servings: 4



Ingredients

1 pound bacon
2 tomatoes
2 avocados
8 coconut flour tortillas
8 iceberg lettuce leaves
2 tablespoons mayonnaise
coarse sea salt, to taste
ground black pepper, to taste

How to prepare

1. Cook the bacon and set aside to drain.
2. Slice heirloom tomatoes thinly. Slice avocados in half, remove the pit, peel off the skin, and slice thinly.
3. Take wraps and top with mayo, lettuce, bacon, tomatoes, and avocado.
4. Season with sea salt and fresh ground pepper.
5. Roll up and serve.

Grilled Chicken

Active time: 20 minutes Total time: 1 hour 20 minutes Servings: 8



Ingredients

4 teaspoons ground mustard
1/2 cup dried parsley
4 tablespoons coarse sea salt
2 tablespoons dried sage
2 teaspoons garlic powder
2 teaspoons onion powder
2 teaspoons paprika
4 teaspoons dried thyme
1 teaspoon ground black pepper
2 pounds bone-in chicken breasts
2 pounds chicken leg quarters
6 tablespoons coconut oil

How to prepare

1. Mix all dry ingredients in a large bowl.
2. Rinse the chicken well and pat dry.
3. Generously coat the chicken with the spice mixture, trying to get as much as possible directly on the meat, and then replacing the skin over-top.
4. On the grill: Preheat grill to high heat for about 15 minutes. Leave outer burners on, and turn off the burners in the middle.
5. Put chicken on center part of grill grate, skin side down, and cook with the lid closed. Turn skin side up after 20 minutes, or when the skin is browned. Grill times may vary. The chicken is fully cooked when the chicken breasts reach 160F at their thickest part, and the legs quarters reach 170F. This will probably take 40 minutes for the breasts and 50 minutes for the leg quarters.
6. Transfer chicken to a large plate to serve.
7. On the stovetop/oven: Preheat oven to 375F.
8. Heat oil in a large oven-safe pan over medium-high heat.
9. Place the spice-rubbed chicken in the pan and cook, skin side down, 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.

Cauliflower Mash (DF)

Active time: 15 minutes Total time: 30 minutes Servings: 8



Ingredients

2 heads cauliflower
4 tablespoons extra virgin olive oil, or more to taste
2 teaspoons coarse sea salt, plus more to taste
1 teaspoon ground black pepper, plus more to taste

How to prepare

1. Rinse and break cauliflower into florets.
2. Add cauliflower florets to a large sauce pan and fill halfway with filtered water. Cover and steam until florets are soft; strain and discard water.
3. Add cauliflower to your food processor and process in small batches until very smooth.
4. Add oil plus salt and pepper to taste.

Steamed Green Beans (DF)

Active time: 10 minutes Total time: 20 minutes Servings: 8



Ingredients

2 pounds green beans
coarse sea salt, to taste
4 tablespoons extra virgin olive oil

How to prepare

1. Trim the pointy ends off the green beans with a sharp knife.
2. Fill a sauce pan half-way with salted water and bring to a boil.
3. Add green beans and cook until tender, about 10 minutes. Turn off heat. Drain, and return to pan.
4. Toss with olive oil. Serve with sea salt to taste.

Deconstructed Egg Rolls (GF)

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
3 tablespoons sesame oil
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, ginger, and sesame oil; 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. Serve topped with sliced green onion.

Cauliflower Rice

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
ground black pepper, 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 and pepper.

Breakfast Hash

Active time: 35 minutes Total time: 35 minutes Servings: 8



Ingredients

2 large sweet potatoes
2 onions
4 green bell peppers
2 tomatoes
1 pound sausage
1 tablespoon extra virgin olive oil
4 teaspoons minced garlic
4 teaspoons coarse sea salt, plus more to taste
ground black pepper, to taste
16 ounces spinach

How to prepare

1. Peel and chop sweet potato and onion. Finely chop the green pepper and tomato. Remove sausage from casing.
2. In a skillet, sauté oil and garlic over medium heat for 1 minute.
3. Add in chopped sweet potato and stir.
4. After 4-5 minutes, add in peppers, onion, tomato, salt, and pepper.
5. Let sauté for about 5 minutes, stirring occasionally.
6. Mix in sausage, breaking it into small pieces as you stir. Cook until the sausage is no longer pink.
7. Mix in spinach and cook for 2-3 minutes, or until sautéed.
8. Remove skillet from heat and serve hot.

Hawaiian Pork Chops (GF)

Active time: 10 minutes Total time: 30 minutes Servings: 8



Ingredients

16 ounces pineapple chunks
2 tablespoons extra virgin olive oil
4 pounds pork chops
sea salt, to taste
ground black pepper, to taste
1/2 cup coconut aminos
2 tablespoons tomato paste
2 tablespoons apple cider vinegar
2 tablespoons sucanat

How to prepare

1. Preheat oven to 350F. Drain pineapples and reserve 1/4 cup of the juice (per every 4 servings).
2. Heat olive oil in an oven proof skillet over medium-high heat. Season pork chops with salt and pepper, then place in the skillet and brown for 2-3 minutes per side.
3. Meanwhile, mix together pineapple juice, coconut aminos, tomato paste, vinegar, and sucanat.
4. Remove pork chops from heat and pour the sauce over the top. Place pineapple chunks on top.
5. Place in oven and bake for 10-20 minutes, depending on thickness, until meat reaches an internal temperature of 145F.

Simple Salad (DF)

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



Ingredients

1 cup extra virgin olive oil
2 tablespoons Dijon mustard
2 tablespoons apple cider vinegar
coarse sea salt, to taste
ground black pepper, to taste
16 ounces baby salad greens

How to prepare

1. In a small jar with a lid, combine all ingredients except for the greens.
2. Shake well.
3. Place greens in a large bowl and add dressing to your taste.
4. Toss and serve.

Publisher's note

Real Plans Tip: If you are following a Whole30 diet, be sure to use mustard that is compliant with your food restrictions.

Grilled Salmon

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



Ingredients

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

How to prepare

1. On the Stove: Generously salt and pepper 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.

Sauteed Kale

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



Ingredients

2 bunches kale
sea salt, to taste
4 tablespoons extra virgin olive oil

How to prepare

1. Thoroughly wash kale. Remove and discard stems. Mince the kale.
2. Steam in a saucepan with a small amount of filtered water and salt until kale is tender and bright green. Pour off any liquid, toss kale with butter, and serve.

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.

Fried Eggs (DF)

Active time: 15 minutes Total time: 15 minutes Servings: 4



Ingredients

2 tablespoons coconut oil
8 eggs
coarse sea salt, to taste
ground black pepper, to taste

How to prepare

1. Add coconut oil to a pan over medium high heat until it's hot. Break eggs into a bowl and gently slide into pan, one at a time. Season the egg with salt and pepper to taste.
2. For Sunny Side Up: Reduce heat to medium-low heat. Cook eggs slowly until the tops of the whites are set and yolk is still runny, about 3 minutes.
3. For Over Easy and Over Medium: Reduce heat to low immediately. Allow the underside to set, about 2 minutes. Once the bottom has set, pour 1/2 tablespoon of water in the pan around the egg. Cover immediately. Keep covered for about 2 minutes, less if you like a runnier center, more if you like it more well done.
4. For Over Hard: Cook about 2 minutes. When the white is set and opaque, and the yolk is firm but not hard, flip the egg and continue cooking another 2-3 minutes or until desired doneness.

Avocado (Side)

Active time: 5 minutes Total time: 5 minutes Servings: 4



Ingredients

2 avocados

How to prepare

1. Peel, pit and slice avocados.
2. Serve as a side dish.

Taco Salad with Avocado Dressing (DF)

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



Ingredients

For the taco meat:

2 pounds ground beef
4 tablespoons taco seasoning

For the salad:

2 large romaine
4 avocados
2 red bell peppers
2 yellow bell pepper
20 ounces cherry tomatoes
4 cups plantain chips
1/2 cup avocado ranch salad dressing, or more to taste

How to prepare

1. For the taco meat: Heat a large pan over medium heat. Saute ground meat with taco seasoning until meat is cooked through. Remove from heat.
2. For the salad: Chop lettuce. Peel, pit, and slice avocados. Dice bell peppers. Combine all salad ingredients (except plantain chips) in bowl. Add cooked taco meat, toss with avocado ranch dressing, top with crushed plantain chips, and enjoy!

Sweet Potato Berry Toasts

Active time: 20 minutes Total time: 20 minutes Servings: 4



Ingredients

2 large sweet potatoes
3 cups berries, of choice
1/2 cup almond butter, or nut butter of choice
2 teaspoons honey

How to prepare

1. Cut each sweet potato into 4 slices, roughly 2 inches thick. Use a large kitchen knife to do this; you want each slice of sweet potato for "bread slices".
2. Place sliced potatoes into a pop-up toaster and cook on the longest setting. This will take approximately 6 minutes. The sweet potato is done when the edges are golden brown and the middle still has a bit of crunch.
3. Alternatively, roast sweet potato slices in 375F oven, for 20 minutes, flipping halfway through.
4. While the sweet potatoes are cooking, cut up the berries.
5. Once sweet potatoes have cooked, spread each slice with 1 tablespoon of almond butter and top with berries. Add a little drizzle of honey and serve immediately.

Publisher's note

Strawberries, blueberries, blackberries, or raspberries are a great choice for this recipe.