

PALEO SUPER BOWL MENU

| Breakfast | Lunch | Dinner |
|-----------|--|--------|
| Saturday | | |
| Sunday | Paleo Chick-fil-A Jalapeño Lime Chicken Wings with Ranch Dressing Sriracha Deviled Eggs Jalapeño Crab Dip Coconut Chili Lime Shrimp Baked Avocado Fries Spicy Yuca Fries with Garlic Sauce Loaded Carnitas Trash Can Lid Nachos Strawberry Amaze Balls | |
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TIMELINE

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|------------------------------------|------------------|---|
| Saturday | Morning | Hit your local farmer's markets and shops to pick up necessary ingredients for the week. |
| | Afternoon | Defrost the pork butt roast, if frozen. |
| | Night | Defrost the chicken breast, shrimp and chicken wing, if frozen. Prepare carnitas for Loaded Carnitas Trash Can Lid Nachos and place in the slow cooker. Soak the raw cashews. |
| Super Bowl Sunday | Morning | Prepare the Baked Avocado Fries |
| | | Prepare the Chick-fil-A |
| | | Prepare the Coconut Chili Lime Shrimp |
| | | Prepare the Jalapeño Crab Dip |
| | | Prepare the Jalapeño Lime Chicken Wings with Ranch Dressing |
| | | Prepare the Loaded Carnitas Trash Can Lid Nachos |
| | | Prepare the Spicy Yuca Fries with Garlic Sauce |
| | | Prepare the Sriracha Deviled Eggs |
| Prepare the Strawberry Amaze Balls | | |
| (Total: 16:20 Prep: 4:35) | | |

SHOPPING LIST

This shopping list reflects the default portion size that you have set in your personal settings. Using the Real Plans mobile app, you can override portions on individual recipes, check off ingredients that you already have, and add other kitchen staples not in your meal plan like dish soap or parchment paper.

A note about quality and sourcing: We highly recommend that all meat and dairy comes from healthy, pasture raised animals. Choose organic whenever possible. For canned items, see if you can find a glass alternative or shop for BPA-free. For more about the brands and products we recommend, [click here and go to the resources page on the Real Plans website](#).

Alternative Flours

- almond flour - 1 1/4 cups
- coconut flour - 6 tablespoons

Canned/Jarred Goods

- coconut aminos - 2 tablespoons
- coconut milk - 5 ounces
- mayonnaise - 1 cup
- hot sauce - 1 teaspoon
- coconut cream - 1/2 cup
- pickled jalapeno - 1/2 cup
- pickle juice - 2/3 cup

Produce

- avocados - 3
- chives - 2 bunches

- cilantro - 1 bunch
- garlic - 1 head
- green onions or scallions - 3
- lemons - 1 1/2
- limes - 6 1/2
- sweet potato - 1
- radishes - 5
- jalapeño peppers - 3
- yuca - 2 pounds
- Fresno peppers - 2

Meat/Seafood

- chicken wings - 2 pounds
- shrimp - 1 pound
- chicken breasts - 2 pounds

- crab meat - 16 ounces
- pork butt roast - 2 pounds
- pork rinds - 2 cups

Sweeteners & Baking Supplies

- honey - 2 tablespoons
- arrowroot - 1/2 cup
- freeze dried strawberries - 3/4 ounce
- vanilla extract - 1 teaspoon

Vinegar and Oils

- coconut oil - 1 1/4 cups
- worcestershire sauce - 1 teaspoon
- olive oil - 1/2 cup
- sriracha - 1/4 cup

Spices

- cayenne pepper
- chili powder
- dried dill
- garlic powder
- onion powder
- paprika
- red pepper flakes
- smoked paprika
- sea salt
- cumin seeds
- black sesame seeds
- ground cumin
- nutritional yeast flakes
- white sesame seeds
- ground black pepper
- ground mustard

Eggs & Dairy

- ghee - 1/4 cup
- eggs - 10

Drinks

- water - 1 tablespoon

Deli & Prepared Foods

- sweet potato chips - 4 cups
- pico de gallo - 1/2 cup

Bulk

- raw cashews - 1/4 cup
- coconut flakes - 1 cup
- shredded coconut - 1/2 cup
- Brazil nuts - 1/4 cup

Jalapeño Lime Chicken Wings with Ranch Dressing



Ingredients

For the wings:

2 jalapeño peppers
1 lime
4 cloves garlic
1/2 bunch cilantro
1/4 cup coconut oil
2 tablespoons coconut aminos
1 teaspoon ground cumin
2 pounds chicken wings

For the dressing:

1/4 cup raw cashews
1/2 lemon
1 tablespoon chives
4 ounces coconut milk
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1/2 teaspoon sea salt
1/2 teaspoon dried dill
1/4 teaspoon ground black pepper

How To Prepare

1. For the chicken: Deseed and cut jalapeños into chunks. Juice the lime. Peel garlic.
2. Add jalapenos, lime juice, garlic, cilantro, coconut oil, coconut aminos, and cumin to a blender and process until smooth. If the marinade is a little thick, add a splash of water and re-process.
3. Put chicken wings into a container or large freezer bag. Pour the marinade over the top and toss to evenly coat the wings. Marinate for at least 30 minutes, or up to overnight.
4. When ready to cook, preheat oven to 400F. Line a baking tray with foil, then place a cooking rack onto the tray.
5. Place wings onto the metal rack, and bake for 15 minutes.
6. Turn oven up to 425F. Turn chicken wings over and return them to the oven for another 15 minutes, or until browned.
7. For the ranch: Meanwhile, drain and soak the cashews. Juice the lemon. Chop chives.
8. In a small food processor or blender, process the cashews until you have a paste. You may need to scrape down the sides of your processor or blender a few times to do this.
9. Once your cashews are a spreadable texture, add coconut milk a little at a time and process until smooth.
10. Add lemon juice, chives, seasonings, and the the rest of the coconut milk. Process until combined and smooth. If it is still a little thick, add a splash of water and re-process.
11. Serve chicken wings with ranch dressing on the side.

Paleo Chick-fil-A



Ingredients

2 pounds chicken breasts
2/3 cup pickle juice
2 eggs
2 tablespoons coconut milk
2 tablespoons coconut flour
2 tablespoons arrowroot
1 tablespoon smoked paprika, or sweet paprika
1 teaspoon sea salt
1 teaspoon ground black pepper
1 teaspoon onion powder
1/2 teaspoon garlic powder
1/2 cup coconut oil, as needed

How To Prepare

1. Cut chicken breast into large chunks. Place in a zip-top plastic bag and pour in the pickle juice. Let marinate in refrigerator for at least 2 hours, or overnight.
2. When ready to cook, pour pickle juice out of the bag but leave the chicken inside.
3. In a bowl, beat the eggs then mix them with coconut milk. Pour the mixture into the bag and let sit for about 10 minutes.
4. Meanwhile, in a separate bowl, mix together the coconut flour, arrowroot, paprika, salt, pepper, onion powder, and garlic powder.
5. Open the bag and drain out as much egg and coconut milk as you can; it doesn't have to be completely dry.
6. Pour spice mix into the bag, close top, and really massage it into the chicken for a minute or two to evenly coat.
7. In a skillet over medium-high, heat a few tablespoons of coconut oil until very hot. Working in batches, add a single layer of chicken, being careful not to overcrowd. Fry on each side for about 3 minutes, or until completely cooked through.
8. Repeat with remaining chicken, adding more oil as needed.

Sriracha Deviled Eggs



Ingredients

For the eggs:

6 eggs
1/2 cup mayonnaise
1/4 cup sriracha
sea salt, to taste
ground black pepper, to taste

For the garnishes:

2 Fresno peppers
2 green onions
2 chives
1/2 teaspoon white sesame seeds
1/2 teaspoon black sesame seeds

How To Prepare

1. Place eggs in a saucepan and cover with cold water. Bring the water to a boil and immediately turn off the heat. Let the eggs sit in the pan for 15 minutes.
2. Remove the eggs to a bowl and allow to rest for at least 2 minutes. When cool enough to handle, crack the eggs on each side and then roll them back and forth with your hand, breaking up the shell. Remove and discard the shells.
3. Cut eggs in half lengthwise and remove the yolks to a bowl.
4. Smash yolks with a fork. Add mayo and sriracha and mix well until smooth. Add salt and pepper and mix once more to combine.
5. Place yolk mixture in a plastic bag. Cut off a corner and pipe the mixture into each egg white half.
6. For the garnishes: Slice peppers and green onions. Chop chives. Garnish some of the eggs with chives, and others with peppers, green onions, and sesame seeds.

Loaded Carnitas Trash Can Lid Nachos



Ingredients

For the carnitas:

1 lime
1 tablespoon sea salt, plus more to taste
2 teaspoons chili powder
1 teaspoon ground cumin
1/2 teaspoon ground black pepper
1/4 cup ghee or coconut oil
2 pounds pork butt roast

For the cheese:

1 large sweet potato
1 lemon
1/2 cup coconut cream
2/3 cup nutritional yeast flakes
1/2 teaspoon sea salt
1/4 teaspoon garlic powder
red pepper flakes, to taste - optional

For the nachos:

5 radishes
1 jalapeño pepper
1 avocado
1/4 bunch cilantro
4 cups sweet potato chips
1/2 cup pico de gallo

How To Prepare

1. For the carnitas: Juice the lime. Mix spices together.
2. Sprinkle all sides of the pork with the spice blend. Melt half of the ghee in a large frying pan over high heat. Sear pork on all sides for about 4 minutes, or until a brown crust starts to form.
3. Transfer the pork and all its juices to a slow cooker, and cook for 8 hours on low, or 4 hours on high.
4. When the pork is ready, remove it from the slow cooker and shred with two forks. Heat the remaining ghee in a large frying pan, add the pork, and cook until the moisture has mostly evaporated and the pork has started to crisp. Season with the lime juice and salt, to taste.
5. For the cheese: Peel and cut sweet potato into 1-2 inch chunks. Juice the lemon.
6. Place sweet potatoes in a small pot and cover with water. Cover the pot, and bring to a boil over medium heat. Reduce heat, and simmer for 5-10 minutes, or until sweet potatoes are easily pierced with a fork.
7. Drain sweet potatoes, and add them to a food processor or blender. Add half of the coconut cream and all the rest of the ingredients, and blend until completely smooth and creamy. Add more coconut cream, blending as you go, until you reach your preferred consistency. Return to the stove to keep covered and warm until serving. Or, if making ahead of time, refrigerate in an airtight container for up to 5 days.
8. For the nachos: Thinly slice radishes. Deseed and thinly slice jalapeño. Peel, pit, and thinly slice avocado. Finely chop cilantro.
9. To assemble the nachos, spread the chips out on a sheet pan. Top with the carnitas, paleo cheese, and all of the toppings. Enjoy!

Jalapeño Crab Dip



Ingredients

1/2 cup pickled jalapeno
3 cloves garlic
1/4 cup Brazil nuts, or
cashews
16 ounces crab meat
1/2 cup mayonnaise
1 teaspoon hot sauce
1 teaspoon worcestershire
sauce
sea salt, to taste
1 tablespoon coconut oil,
or ghee
1/3 cup almond flour

How To Prepare

1. Preheat oven to 350F. Chop jalapenos. Peel all of the garlic, and finely chop 2/3 of it.
2. Place brazil nuts and the unchopped garlic in a food processor and pulse until fluffly, fine bits form. Place mixture in an oven-proof glass bowl or casserole dish.
3. Add the crab, jalapeño, mayo, hot sauce, Worcestershire sauce, and chopped garlic to the dish. Stir until well combined. Add sea salt, to taste.
4. Heat a skillet over medium heat. Add coconut oil and almond meal and stir constantly until almond meal turns golden brown and toasty. Do not leave the stove unattended.
5. Top crab mixture with almond meal crumbs. Bake for 30 minutes, until bubbly and hot.

Coconut Chili Lime Shrimp



Ingredients

1 pound shrimp
3 limes
1 cup coconut flakes
1/4 cup coconut flour
1 1/2 tablespoons chili powder
1 egg
2 tablespoons coconut oil
sea salt, to taste

How To Prepare

1. Clean, shell, and devein shrimp. Juice 1/3 of the limes and zest all of them.
2. In a bowl, combine coconut flakes, coconut flour, lime zest, and chili powder.
3. In a separate bowl, beat the egg.
4. Dredge shrimp in the egg, allow the excess to drip off, then gently dredge in the dry coating mixture.
5. In a skillet over medium-high heat, melt coconut oil until very hot (but not smoking). Working in batches as needed, fry the shrimp for 2-3 minutes on each side without overcrowding the pan. Remove to a paper towel-lined plate.
6. Sprinkle the shrimp with a pinch of salt. Drizzle lime juice over the top if you'd like even more lime flavor. Serve and enjoy!

Baked Avocado Fries



Ingredients

2 cups pork rinds
2 avocados
1/3 cup arrowroot
2 teaspoons garlic powder
1 teaspoon onion powder
1 teaspoon paprika
1/2 teaspoon sea salt
1/2 teaspoon ground black pepper
1 egg
1 tablespoon filtered water
1 teaspoon ground mustard

How To Prepare

1. Preheat oven to 425F. Line a baking sheet with foil. Crush the pork rinds. Slice avocados in half. Carefully remove the pit by gently but firmly thwacking the pit with a knife, then twisting. Cut each half into three or four slices, and set them aside.
2. Combine arrowroot and half of the seasonings in a small bowl. In a separate small bowl, beat the egg, then combine it with water and mustard.
3. In a third small bowl, combine the pork rinds and the other half of the seasonings.
4. Dip avocado slices into the arrowroot, then the egg, then the pork rinds. Lay them on the baking sheet.
5. Place in the oven and bake for 10-12 minutes, then flip and bake another 2-4 minutes.
6. Remove from oven and serve. Avocado fries are best enjoyed while they are fresh.

Spicy Yuca Fries with Garlic Sauce



Ingredients

For the fries:

1 lime
2 pounds yuca
1 tablespoon sea salt
2 tablespoons olive oil, or
lard
1/4 teaspoon paprika
1/4 teaspoon cayenne
pepper
1/2 teaspoon sea salt

For the garlic sauce:

1/2 lime
2 cloves garlic
1/3 cup olive oil, or
avocado oil
1 scallion
1/4 teaspoon cumin seeds
1/4 teaspoon red pepper
flakes
1/4 teaspoon sea salt

How To Prepare

1. For the fries: Preheat oven to 450F. Line a baking sheet with parchment paper. Zest the lime. Remove waxy skin from yuca with a vegetable peeler. Cut yuca in half crosswise, then slice in half lengthwise. Cut into 1/4 inch thick strips.
2. Place fries in a large pot, cover with cold water, and add the salt. Bring to a boil and cook for 10-15 minutes, or until tender.
3. Drain fries and place in a large bowl. Toss with olive oil until coated, then spread in a single layer on the baking sheet.
4. Roast for 10-15 minutes, until beginning to brown, then flip and roast an additional 10-15 minutes.
5. Remove from oven and sprinkle with paprika, cayenne, salt, and lime zest.
6. For the garlic sauce: While the fries are roasting, juice the lime. Peel garlic.
7. Place all the ingredients in a food processor and purée, or place in a jar and whirl with a stick blender.
8. Serve fries with garlic sauce on the side.
9. Garlic sauce is best served at room temperature, but any extra garlic sauce can be stored in the refrigerator in an airtight container.

Strawberry Amaze Balls



Ingredients

3 tablespoons coconut oil
3/4 ounce freeze dried strawberries
3/4 cup almond flour
1/2 cup shredded coconut
1/8 teaspoon sea salt
2 tablespoons honey, or maple syrup
1 teaspoon vanilla extract

How To Prepare

1. Melt coconut oil.
2. Place freeze-dried strawberries in a food processor and run until the strawberries become a powder.
3. Add almond flour, shredded coconut, and salt to the food processor. Pulse about 5 times until dry ingredients are well mixed.
4. If you don't have a food processor, you can mix everything in a large bowl by hand.
5. Add coconut oil, honey, and vanilla extract. Pulse about 15 times until wet ingredients are evenly distributed. Mixture will look a bit crumbly, but should hold together when you try to form it into a ball. If it is too dry, add an additional tablespoon of coconut oil and mix again.
6. Form final mixture into balls using about 2 teaspoons per ball.
7. Store, covered, in the refrigerator.