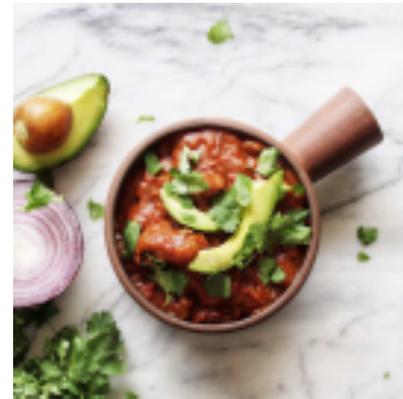


# Thrive

## One-Week Sample Meal Plan



**Terri Ward, MS, NTP, CGP**

# Weekly Meal Plan (February 5th - February 11th 2018)

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<b>Monday</b>	Breakfast	Paleo Raspberry Scones
	Lunch	Lemon Chicken Soup (Paleo) - Instant Pot
	Dinner	Broc-Cauli Fritters and Seared Flank Steak (DF) <i>Reserve half for lunch salad.</i>
<b>Tuesday</b>	Breakfast	Scrambled Eggs with Broccoli (DF)
	Lunch	Shrimp and Seaweed Wraps (Paleo)
	Dinner	Slow Cooker Chicken Tikka Masala (DF) and Bright Wilted Spinach (DF)
<b>Wednesday</b>	Breakfast	Tomato Kale Frittata Muffins (DF)
	Lunch	Arugula Salad with Citrus Vinaigrette <i>Leftover Steak from Monday</i>
	Dinner	Simple Salad (DF) and Coconut Clam Chowder
<b>Thursday</b>	Breakfast	Blueberry Muffins (DF & GF)
	Lunch	Spinach Salad and Ranch Dressing (DF) <i>Leftover Chicken Tikka Masala</i>
	Dinner	Lemon Garlic Chicken, Lemon Garlic Brussels Sprouts and Baked Sweet Potatoes (DF + GF)
<b>Friday</b>	Breakfast	<i>Leftover Scones or Muffins</i>
	Lunch	Simple Salad (DF) <i>Leftover Clam Chowder</i>
	Dinner	Creamy Dill Fish Packets with Broccolini (DF) and Honey Glazed Carrots (DF)
<b>Saturday</b>	Breakfast	Flourless Banana Pancakes
	Lunch	Simple Salad (DF) <i>Leftover Lemon Chicken Soup</i>
	Dinner	California Burgers (DF & GF) and Arugula, Avocado and Grapefruit Salad (DF & GF)
<b>Sunday</b>	Breakfast	Sausage, Sweet Potato, and Kale Scramble
	Lunch	Southwestern Chili (Paleo) and Super Simple Guacamole
	Dinner	Coconut Chicken Nuggets, Roasted Sweet Potato Spears and Roasted Broccoli <i>Leftover Ranch Dressing</i>

## Timeline

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<b>Saturday</b>	<b>Night</b>	Defrost the chicken thigh, if frozen.
<b>Sunday</b>	<b>Afternoon</b>	Make the Lemon Chicken Soup in advance. <b>Make the Ranch Dressing in advance.</b>
	<b>Evening</b>	Soak the cashews.
<b>Monday</b>	<b>Morning</b>	Defrost the flank steak, if frozen. Prepare the Paleo Raspberry Scones.
	<b>Afternoon</b>	Prepare the Lemon Chicken Soup <b>if not prepared in advance.</b>
	<b>Evening</b>	Defrost the chicken breast, if frozen. Prepare the Broc-Cauli Fritters and Seared Flank Steak.
<b>Tuesday</b>	<b>Morning</b>	Start Slow Cooker Chicken Tikka Masala in slow cooker. Prepare the Scrambled Eggs with Broccoli.
	<b>Afternoon</b>	Prepare the Shrimp and Seaweed Wraps.
	<b>Evening</b>	Prepare the Bright Wilted Spinach and Slow Cooker Chicken Tikka Masala.

<b>Wednesday</b>	<b>Morning</b>	Prepare the Tomato Kale Frittata Muffins.
	<b>Afternoon</b>	Prepare the Arugula Salad with Citrus Vinaigrette. Clean, core and slice Brussels Sprouts.
	<b>Evening</b>	Prepare the Coconut Clam Chowder and Simple Salad.
<b>Thursday</b>	<b>Morning</b>	Defrost the chicken breast, if frozen. Prepare the Blueberry Muffins.
	<b>Afternoon</b>	Prepare the Ranch Dressing and Spinach Salad. Peel and cut carrots in advance.
	<b>Evening</b>	Prepare the Baked Sweet Potatoes, Lemon Garlic Brussels Sprouts and Lemon Garlic Chicken.
<b>Friday</b>	<b>Morning</b>	Defrost the cod, if frozen.
	<b>Afternoon</b>	Prepare the Simple Salad.
	<b>Evening</b>	Prepare the Creamy Dill Fish Packets with Broccolini and Honey Glazed Carrots.
<b>Saturday</b>	<b>Morning</b>	Defrost the ground beef, if frozen. Prepare the Flourless Banana Pancakes Hit your local farmer's markets and shops to pick up necessary ingredients for the week.
		Prepare the Simple Salad.
	<b>Evening</b>	Defrost the ground chicken, if frozen. Cut the broccoli into florets; peel and dice the stems. Prepare the Arugula, Avocado and Grapefruit Salad and California Burgers. Defrost the ground beef, if frozen.
		<b>Night</b>
<b>Sunday</b>	<b>Morning</b>	Defrost the chicken breast, if frozen. Prepare the Sausage, Sweet Potato, and Kale Scramble.
	<b>Afternoon</b>	Prepare the Southwestern Chili and Super Simple Guacamole.
	<b>Evening</b>	Prepare the Coconut Chicken Nuggets, Roasted Broccoli and Roasted Sweet Potato Spears.

# Shopping List

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This shopping list and the recipes reflect standard serving sizes for two people. You will need to adjust the amounts accordingly if you are cooking for a different number of people.

A note about quality and sourcing: I highly recommend that all meat and dairy comes from healthy, pasture raised animals. Choose organic whenever possible, and any canned items should be BPA-free.

Feel free to contact me with any questions at (503) 332-2669.

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## Alternative Flours

- almond flour - 3 1/2 cups
- coconut flour - 3/4 cup

## Vinegar and Oils

- apple cider vinegar - 4 1/2 teaspoons
- champagne vinegar - 1/2 teaspoon
- coconut oil - 1 3/4 cups
- extra virgin olive oil - 2 cups
- red wine vinegar - 1 tablespoon
- sesame oil - 1/2 teaspoon

## Produce

- arugula - 4 ounces
- avocados - 6
- baby arugula - 2 handfuls
- baby salad greens - 12 ounces
- baby spinach - 4 ounces
- bananas - 2
- blackberries - 1/2 cup
- blueberries - 1 cup
- broccoli - 1 bunch
- broccolini - 1 bunch
- brussels sprouts - 1/2 pound
- carrots - 9
- cauliflower - 1 1/4 pounds
- celery ribs - 4
- cherry tomatoes - 12
- chives - 1/4 cup
- cilantro - 1 bunch
- fresh dill - 6 tablespoons
- fresh ginger - 1 inch
- fresh parsley - 5 tablespoons
- garlic - 2 heads
- jalapeño pepper - 1/2
- kale - 1 bunch
- leeks - 2 1/2
- lemons - 4 3/4
- limes - 1 1/2
- onions - 3 1/2
- orange - 1/2
- pink grapefruit - 1
- raspberries - 1 1/2 cups
- red onion - 1/2
- spinach - 1 pound
- sweet potatoes - 4 1/2
- tarragon - 1 bunch

## Sweeteners & Baking Supplies

- arrowroot - 1 cup
- baking powder - 1 teaspoon
- baking soda - 1/2 teaspoon
- honey - 3 tablespoons
- maple syrup - 1/2 cup
- vanilla - 2 tablespoons

## Spices

- bay leaves - 2
- cayenne pepper - 1/4 teaspoon
- cayenne pepper - 1/2 pinch coarse
- chili powder - 2 tablespoons
- cinnamon - 3 tablespoons
- sea salt - 10 1/2 teaspoons
- dried marjoram - 1/8 teaspoon
- dried sage - 3/4 teaspoon
- garam masala - 2 tablespoons
- garlic powder - 4 1/2 teaspoons
- ground black pepper - 3 1/3 teaspoons
- ground cloves - 1/2 pinch
- ground cumin - 2 tablespoons
- ground turmeric - 1 teaspoon
- onion powder - 2 teaspoons
- paprika - 2 1/2 teaspoons
- red pepper flakes
- sea salt - 1 3/4 teaspoons

## Meat/Seafood

- chicken breasts - 4 3/4 pounds
- chicken thighs - 1 1/2 pounds
- cod - 3/4 pound
- cooked shrimp - 1/2 pound
- flank steak - 1 pound
- grass-fed** ground beef - 1 1/2 pounds
- ground chicken - 1/2 pound

## Canned/Jarred Goods

- 2 cans clams (6.5 oz.)
- chicken broth - 9 3/4 cups
- coconut aminos - 1 teaspoon Dijon
- coconut milk - 3 1/4 cups
- diced tomatoes with green chiles - 14 ounces
- mustard - 6 teaspoons
- Primal Kitchen** Paleo mayonnaise - 2/3 cup
- tomato puree - 29 ounces
- tomato sauce - 14 ounces

## Eggs & Dairy

eggs - 18

ghee - 1 tablespoon

## Asian

roasted seaweed sheets - 4

## Bulk

**ra** cashews - 1 1/2 cups

unsweetened shredded coconut - 5 tablespoons

Monday, 5th February 2018

# Paleo Raspberry Scones

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## Ingredients

- 1 1/2 cups cashews
- 1/4 cup arrowroot
- 1/8 teaspoon sea salt
- 1 teaspoon baking powder
- 1 cup raspberries, fresh or frozen
- 1/4 cup coconut oil
- 3 tablespoons maple syrup
- 2 teaspoons vanilla
- 2 eggs

**Batch: 1 (8 Servings)**

**Active Time: 15m**

**Total Time: 45m**

**Note:**

Make this recipe ahead of time for quick grab-and-go breakfasts on busy mornings.

## How To Prepare

- 1 Preheat oven to 350F. Line a 9 inch pan with parchment paper.
- 2 Blend the cashews in a food processor until powdered, but not beyond or you will have cashew butter.
- 3 Whisk all the dry ingredients together then stir in the berries.
- 4 Reserving one egg, whisk the wet ingredients together in a separate bowl, then stir into the dry.
- 5 Pour into the baking pan.
- 6 In a small bowl, beat the remaining egg with a fork. Brush the top of the scones with the eggs. Bake at 350F for 30 minutes.
- 7 Let cool for at least 10 minutes, slice, and enjoy.

Monday, 5th February 2018

# Lemon Chicken Soup (Paleo) - Instant Pot



## Ingredients

- 9 cups chicken broth
- 1 1/2 pounds chicken thighs
- 6 large carrots
- 3 large celery ribs
- 1 1/2 large onions
- 1 1/2 large leeks
- 3 cloves garlic
- 3 tablespoons extra virgin olive oil
- 1 teaspoon coarse sea salt, plus more to taste
- 1 teaspoon ground black pepper
- 6 tablespoons arrowroot
- 12 tablespoons filtered water
- 1 1/2 medium lemons
- 1 bunch tarragon

**Cooked For: 4**

**Active Time: 10m**

**Total Time: 30m**

### Note:

Reserve half of the soup for another lunch.

If you don't have an Instant Pot or other pressure cooker, you can cook this in a stockpot on the stovetop.

## How To Prepare

- 1 Cut chicken into 1 inch pieces. Slice carrots into rounds; chop celery; dice onion and leek, and mince garlic.
- 2 Add olive oil and onion to pressure cooker on saute mode. Cook until the onions begin to soften. Add celery, leek, garlic, sea salt and pepper, and cook for about 2 minutes. Add chicken, carrots and chicken stock to pressure cooker. Close lid and cook for on high pressure for 15 minutes.
- 3 When done cooking, quick release pressure.
- 4 In a small cup, mix the arrowroot and filtered water together, and stir until uniform to make a slurry.
- 5 Juice and zest the lemon. Chop tarragon. Stir the lemon juice, zest, and arrowroot slurry into the soup. Allow to cook on saute mode for a few minutes while the soup thickens.
- 6 Season with salt and pepper to taste, and sprinkle with tarragon immediately before serving.

Monday, 5th February 2018

## Broc-Cauli Fritters

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### Ingredients

1/4 pound broccoli  
1/4 pound cauliflower  
1 egg  
1/4 onion  
1 cup almond flour  
1 1/2 teaspoons garlic powder  
1 tablespoon coconut oil, or fat of choice  
coarse sea salt, to taste  
ground black pepper, to taste

### How To Prepare

- 1 Use a food processor to shred the broccoli and cauliflower.
- 2 Whisk the egg. Finely chop the onion.
- 3 Add shredded mixture to all other ingredients in large bowl.
- 4 Heat fat of choice in a large pan over medium-high heat.
- 5 Use your hands to roll batter into a two inch ball. Place in pan and flatten slightly with a spatula.
- 6 Cook the fritter for about 3-4 minutes, flip and cook an equal amount on the other side.
- 7 Once the fritters are crisp on both sides, place on a paper towel-lined plate, season with salt and pepper to taste, and serve.

**Cooked For: 2**

**Active Time: 30m**

**Total Time: 30m**

Monday, 5th February 2018

## Seared Flank Steak (DF)

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### Ingredients

- 1 pound flank steak
- 1 1/2 teaspoons coarse sea salt, plus more to coat
- 1/4 teaspoon ground black pepper
- 1 1/2 tablespoons coconut oil

**Cooked For: 2**

**Active Time: 10m**

**Total Time: 20m**

### How To Prepare

- 1 Allow the flank steak to come to room temperature, then pat dry surface moisture with paper towels.
- 2 Coat both sides of the steak liberally with unrefined sea salt and coarse ground black pepper. Be generous. You are creating a crust.
- 3 While the meat comes to room temperature, heat a charcoal or gas grill to high heat. You should be able to hold your hand about an inch over the grill grate for only 1 second before it feels too hot.
- 4 If using the stove, add coconut oil to a cast iron skillet and get the skillet searing hot. Just as the oil seems it will begin to smoke, lay the steak in the pan and allow to sear on each side undisturbed for 3-7 minutes depending on the level of doneness you desire.
- 5 Otherwise, set the steaks on the grill and allow to sear on each side undisturbed for 3-7 minutes depending on the level of doneness you desire.
- 6 Use a meat thermometer to measure the center temperature: (Rare = 120F Medium Rare = 125F Medium = 130F).
- 7 NOTE: Do not take a flank steak past medium as it will continue to cook when taken off the heat source.
- 8 Place the flank steak on a wooden board or serving platter and leave undisturbed for 10 minutes. This will allow the juices to run back through the meat instead of escaping.
- 9 Slice in thin strips across the grain.

Tuesday, 6th February 2018

## Bright Wilted Spinach (DF)

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### Ingredients

1 pound spinach  
2 tablespoons extra virgin olive oil  
coarse sea salt, to taste

### How To Prepare

- 1 Clean and trim spinach. Rinse well.
- 2 Place rinsed spinach in a large pan over high heat and cook just until it is wilted.
- 3 Toss with olive oil and season with sea salt to taste.
- 4 Serve immediately.

**Cooked For: 2**

**Active Time: 5m**

**Total Time: 5m**

Tuesday, 6th February 2018

## Shrimp and Seaweed Wraps (Paleo)

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### Ingredients

- 1/2 pound cooked shrimp
- 1/4 medium lemon
- 1 1/2 large avocados, sliced
- 1 large carrot, grated
- 4 roasted seaweed sheets

### How To Prepare

- 1 Squeeze lemon over shrimp.
- 2 Assemble your roll by placing the nori sheet on your plate, adding shrimp, avocado, and carrots.
- 3 Garnish with salt and pepper, roll and enjoy!

**Cooked For: 2**

**Active Time: 10m**

**Total Time: 10m**

Tuesday, 6th February 2018

## Slow Cooker Chicken Tikka Masala (DF)



**Cooked For: 4**

**Active Time: 25m**

**Total Time: 7h 0m**

### Ingredients

3 pounds chicken breasts, (and or thighs - boneless and skinless)  
1 teaspoon coarse sea salt, plus more to taste  
2 tablespoons garam masala  
1 teaspoon ground turmeric  
1 tablespoon ground cumin  
1 1/2 teaspoons paprika  
3/4 teaspoon cinnamon  
3/4 teaspoon ground black pepper  
1/4 teaspoon cayenne pepper, or more for heat  
1 onion  
4 cloves garlic  
1 inch fresh ginger  
29 ounces tomato puree  
1 1/2 cups coconut milk  
2 tablespoons extra virgin olive oil  
2 bay leaves  
2 tablespoons arrowroot  
4 tablespoons filtered water  
1/2 lemon  
1/4 bunch cilantro

### How To Prepare

- 1 Preheat the slow cooker to high.
- 2 Cut chicken into 1.5 inch cubes.
- 3 Place chicken, sea salt and spices in the slow cooker. Stir to combine and completely coat the chicken.
- 4 Peel and dice the onion. Peel and mince the garlic and ginger.
- 5 Add onion, garlic, ginger, tomato puree, coconut milk, olive oil and bay leaves to the slow cooker. Stir to combine well.
- 6 Cover and cook for 6 hours on low.
- 7 When done, in a medium bowl, whisk together filtered water and arrowroot, then pour the mixture into the slow cooker and gently stir. Let cook an additional 20 minutes to thicken. Squeeze the lemon over the mixture and stir.
- 8 Chop cilantro.
- 9 Serve hot, garnished with chopped cilantro.

Tuesday, 6th February 2018

## Scrambled Eggs with Broccoli (DF)

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### Ingredients

1 tablespoon extra virgin olive oil  
1/2 head broccoli  
4 eggs  
1/4 cup filtered water  
1/2 teaspoon coarse sea salt  
ground black pepper, to taste

### How To Prepare

- 1 Finely mince the broccoli.
- 2 Heat the oil. Add the finely minced broccoli and sauté until bright green.
- 3 Whisk eggs, water, salt and pepper in bowl until uniform.
- 4 Pour in the egg mixture.
- 5 As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds.
- 6 Remove from heat while eggs are still slightly runny as they will continue to cook in the pan for another minute or two.

**Cooked For: 2**

**Active Time: 15m**

**Total Time: 15m**

Wednesday, 7th February 2018

## Simple Salad (DF)

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### Ingredients

1/4 cup extra virgin olive oil  
1 1/2 teaspoons Dijon mustard  
1 1/2 teaspoons apple cider vinegar  
coarse sea salt, to taste  
ground black pepper, to taste  
4 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.

**Cooked For: 2**

**Active Time: 5m**

**Total Time: 5m**

**Note:**

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

Wednesday, 7th February 2018

## Arugula Salad with Citrus Vinaigrette

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### Ingredients

1/2 orange  
1/2 lime  
1 teaspoon honey  
1 tablespoon red wine vinegar  
2 tablespoons extra virgin olive oil  
1/2 teaspoon coarse sea salt  
1/8 teaspoon ground black pepper  
4 ounces arugula

### How To Prepare

- 1 Juice the orange and lime.
- 2 In a small bowl, add the citrus juices, honey and vinegar; mix well.
- 3 Slowly pour in the olive oil while constantly whisking.
- 4 Add salt and pepper.
- 5 In a large serving bowl, toss the arugula and dressing and serve immediately.

**Cooked For: 2**

**Active Time: 5m**

**Total Time: 5m**

Wednesday, 7th February 2018

## Tomato Kale Frittata Muffins (DF)

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### Ingredients

1 tablespoon extra virgin olive oil, plus more for greasing  
1/2 bunch kale  
12 cherry tomatoes  
6 large eggs  
1/2 cup filtered water  
1 teaspoon coarse sea salt, plus more to taste  
1/2 teaspoon ground black pepper

### How To Prepare

- 1 Preheat oven to 375F. Grease 1 muffin tin with olive oil.
- 2 Destem and mince the kale. Cut tomatoes into quarters, discarding the seeds and juice.
- 3 In a small pan, heat the oil over medium heat. Add the kale and cook for 3-4 minutes, until tender and golden.
- 4 In a large bowl, whisk together the eggs, water, salt, and pepper. Set aside.
- 5 Place a pinch of the kale and 4 tomato pieces in the bottom of each muffin tin. Then, carefully pour the egg mixture into each tin, just to the top.
- 6 Bake for about 15 minutes. They will look puffed and golden when done.
- 7 Make ahead for quick breakfasts on busy days. Mini frittatas can be reheated in a toaster, oven, or even a microwave (in a pinch) - or enjoy them cold.

**Batch: 1 (12 Servings)**

**Active Time: 10m**

**Total Time: 45m**

Wednesday, 7th February 2018

# Coconut Clam Chowder

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## Ingredients

1 tablespoon extra virgin olive oil  
1 medium to large leek, thinly sliced  
1 celery rib, chopped  
1 large carrot, chopped  
2 cloves garlic, minced  
1 cup coconut milk  
2 cans canned clams, with liquid  
1 pound (0.50 head) cauliflower, cut into very small florets  
1 1/2 teaspoons arrowroot  
sea salt, to taste

**Cooked For: 4**

**Active Time: 10m**

**Total Time: 40m**

### Note:

\*If leeks aren't available, you can substitute 1 cup shallot or onion.

## How To Prepare

- 1 In a stockpot, heat the oil. Sauté the leek, celery, and carrot until the leek is translucent and tender about 10-12 minutes. Then add the garlic and cook about a minute.
- 2 Measure out 1 cup of coconut milk including all of the cream from the top of the can. Reserve the remaining coconut milk for another use.
- 3 Add the 1 cup of coconut milk, the clams with their liquid, and the cauliflower to the stockpot. Cover and simmer for 10-15 minutes, until the cauliflower is tender.
- 4 In a small bowl, thoroughly whisk together the arrowroot and 1 tablespoon of water. Whisk into the soup and cook until the soup thickens (1-2 minutes).
- 5 Blend with an immersion blender to desired consistency.
- 6 Season with salt and pepper.

Thursday, 8th February 2018

## Blueberry Muffins (DF & GF)

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### Ingredients

2 1/2 cups almond flour  
1 tablespoon coconut flour  
1/4 teaspoon coarse sea salt  
1/2 teaspoon baking soda  
1/4 cup coconut oil  
2 eggs  
1/4 cup maple syrup  
1/4 cup coconut milk  
1 tablespoon vanilla  
1 cup blueberries, fresh or frozen  
2 tablespoons cinnamon

### How To Prepare

- 1 Preheat oven to 350F.
- 2 Use coconut oil to grease a 12-count muffin pan, or line the pan with foil muffin cups.
- 3 Combine almond flour, coconut flour, salt, and baking soda in a bowl and mix well.
- 4 Add the coconut oil, eggs, maple syrup, coconut milk, and vanilla. Mix well to incorporate.
- 5 Finally, add in blueberries and cinnamon.
- 6 Spoon batter into muffin cups or pan.
- 7 Bake for 22-25 minutes.

**Batch: 1 (12 Servings)**

**Active Time: 10m**

**Total Time: 35m**

**Note:**

Make this recipe ahead of time for quick grab-and-go breakfasts on busy mornings.

Thursday, 8th February 2018

# Lemon Garlic Chicken



## Ingredients

1 1/2 cloves garlic  
1/2 medium lemon  
1/2 large red onion  
3/4 pound chicken breast  
sea salt, to taste  
ground black pepper, to taste  
3/4 cup chicken broth  
red pepper flakes, to taste  
1 1/2 teaspoons extra virgin olive oil  
1 tablespoon ghee, or butter  
1 tablespoon fresh parsley

**Cooked For: 2**

**Active Time: 11m**

**Total Time: 25m**

## How To Prepare

- 1 Preheat the oven to 375F. Mince garlic and juice lemon. Dice onion.
- 2 Using a mallet, pound down the chicken breasts into 1/2 inch thickness. Sprinkle each piece generously with salt and pepper on both sides.
- 3 In a bowl, combine chicken broth with the lemon juice, garlic, and red pepper flakes.
- 4 Heat the olive oil in a large oven-safe pan over medium high heat. Add the chicken and brown for 2-3 minutes on each side each. Remove the partially cooked chicken to a plate.
- 5 Reduce heat to medium, add the diced red onion to the skillet along with the chicken broth/lemon/red pepper mixture. Using a wooden spoon, scrape the bottom of the pan so all the brown bits are loosened. Let sauce reduce for about 8-10 minutes or until about a third of the sauce remains.
- 6 When the sauce has thickened, remove from the flame, add the ghee and whisk until it melts completely. Add the chicken back into the pan and drizzle the sauce over the chicken. Place the pan in the oven for 5-8 minutes or until the chicken is completely cooked through. Meanwhile, chop parsley.
- 7 Top with chopped parsley and serve.

Thursday, 8th February 2018

# Spinach Salad

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## Ingredients

4 ounces baby spinach

## How To Prepare

- 1 Trim and wash the baby spinach as necessary.
- 2 Place spinach on individual plates and serve with dressing on the side.

**Cooked For: 2**

**Active Time: 2m**

**Total Time: 2m**

Thursday, 8th February 2018

## Ranch Dressing (DF)

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### Ingredients

1/2 medium lemon  
1/4 cup fresh parsley  
1/4 cup fresh dill  
1/4 cup chives  
1/2 cup Paleo mayonnaise, (Primal Kitchen)  
1/2 cup coconut milk, full-fat  
1/2 teaspoon onion powder  
1/2 teaspoon garlic powder  
coarse sea salt, to taste  
ground black pepper, to taste

### How To Prepare

- 1 Juice the lemon and chop fresh herbs.
- 2 Combine all ingredients and mix well.
- 3 Refrigerate until salad is ready.

**Cooked For: 2**

**Active Time: 10m**

**Total Time: 10m**

**Note:**

Makes about 3 cups.

Thursday, 8th February 2018

# Lemon Garlic Brussels Sprouts

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**Cooked For: 2**

**Active Time: 20m**

**Total Time: 20m**

## Ingredients

1/2 pound brussels sprouts, cleaned and brown stumps removed  
1 1/2 teaspoons coconut oil, or olive oil  
1/2 clove garlic, minced  
1/2 medium lemon, zested  
1/2 teaspoon sea salt  
ground black pepper, (omit for AIP)  
red pepper flakes, to taste (optional - omit for AIP)  
1 teaspoon coconut aminos  
1/2 teaspoon champagne vinegar  
1/2 teaspoon sesame oil

## How To Prepare

- 1 Slice the Brussels sprouts in a food processor.
- 2 Heat a large skillet or wok over medium heat; add the olive oil, and garlic; cook on low heat just until the garlic is softened.
- 3 Increase the heat to medium high; Add the Brussels sprouts and lemon zest, stirring to thoroughly incorporate. Add the salt and peppers (if using) while continuing to stir.
- 4 To caramelize the Brussels sprouts, let them cook without stirring for about 2 minutes; then stir again; let sit 2 minutes; and stir again. When the sprouts are mostly softened and cooked through, add in the aminos, vinegar and sesame oil and stir for about a minute. Taste test and adjust as needed.
- 5 Remove from heat and serve.

Thursday, 8th February 2018

## Baked Sweet Potatoes (DF + GF)

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### Ingredients

2 large sweet potatoes  
8 tablespoons coconut oil, or olive oil  
coarse sea salt, to taste

### How To Prepare

- 1 Preheat oven to 400F.
- 2 Wash potatoes and puncture several times with a fork. Place the 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 4 T. of oil to each potato. Serve with sea salt on the side.

**Cooked For: 2**

**Active Time: 5m**

**Total Time: 1h 0m**

Friday, 9th February 2018

## Simple Salad (DF)

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### Ingredients

1/4 cup extra virgin olive oil  
1 1/2 teaspoons Dijon mustard  
1 1/2 teaspoons apple cider vinegar  
coarse sea salt, to taste  
ground black pepper, to taste  
4 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.

**Cooked For: 2**

**Active Time: 5m**

**Total Time: 5m**

**Note:**

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

Friday, 9th February 2018

## Honey Glazed Carrots (DF)

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### Ingredients

- 1 large carrot
- 1/2 teaspoon coarse sea salt
- 2 tablespoons coconut oil
- 2 tablespoons raw local honey

### How To Prepare

- 1 Peel and cut carrots on the diagonal into half inch slices.
- 2 Boil the carrots in water for approximately 15 minutes, or until tender. Drain and set aside.
- 3 In a large skillet over medium high heat, melt the oil. Add honey and stir until dissolved. Add the carrots. On medium heat cook for two minutes, stirring until carrots are glazed on all sides. Serve hot.

**Cooked For: 2**

**Active Time: 15m**

**Total Time: 25m**

Friday, 9th February 2018

## Creamy Dill Fish Packets with Broccoli (DF)

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### Ingredients

1 clove garlic  
1/2 bunch broccoli  
1/2 medium lemon  
2 tablespoons fresh dill, plus more for garnish  
3/4 pound cod  
1/8 cup Paleo mayonnaise, (Primal Kitchen)  
coarse sea salt, to season fish  
ground black pepper, to season fish

**Cooked For: 2**

**Active Time: 15m**

**Total Time: 25m**

### How To Prepare

- 1 Preheat the oven to 400F.
- 2 Mince the garlic and quarter the broccoli lengthwise. Juice the lemon. Chop dill. Cut fish into individual portions.
- 3 In a small bowl, combine the mayo, lemon juice, dill and garlic.
- 4 Cut large squares of parchment paper for each serving. Place broccoli in the center of each square and top with a piece of fish. Sprinkle fish generously with salt and pepper.
- 5 Top each packet with dollop of the dill sauce and spread evenly with the back of a spoon.
- 6 Fold up parchment paper to make a sealed parcel: With the square sheet in front of you, bring the top and bottom edges together and fold over several times. Then fold each remaining side up to make a neat, tight packet.
- 7 Bake for 20 minutes. Use a pair of kitchen scissors to cut open the packets, taking care to avoid burns from escaping steam.
- 8 Garnish with a pinch of fresh dill and serve immediately.

Saturday, 10th February 2018

## Simple Salad (DF)

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### Ingredients

1/4 cup extra virgin olive oil  
1 1/2 teaspoons Dijon mustard  
1 1/2 teaspoons apple cider vinegar  
coarse sea salt, to taste  
ground black pepper, to taste  
4 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.

**Cooked For: 2**

**Active Time: 5m**

**Total Time: 5m**

**Note:**

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

Saturday, 10th February 2018

## California Burgers (DF & GF)

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### Ingredients

1/2 large avocado  
1/2 pound ground beef  
1/2 teaspoon coarse sea salt  
1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
ground black pepper  
1 1/2 teaspoons coconut oil

### How To Prepare

- 1 Slice the avocado.
- 2 Add liver to food processor and blend until smooth, if using.
- 3 Place in a large bowl; add the ground beef, salt and spices.
- 4 Using clean hands, combine the ingredients well and form into patties.
- 5 Cook on the grill set to medium high heat or to cook stovetop, heat fat in skillet on high heat. For either method, cook 3 minutes on the first side. Flip and cook for 3 minutes on the other side until medium rare, longer if you prefer the burgers well done.
- 6 Top with avocado and serve.

**Cooked For: 2**

**Active Time: 20m**

**Total Time: 20m**

Saturday, 10th February 2018

# Flourless Banana Pancakes

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## Ingredients

- 2 large bananas
- 2 large eggs
- 1 tablespoon unsweetened shredded coconut
- 1/2 teaspoon cinnamon
- 1/2 teaspoon vanilla
- 1 tablespoon coconut oil, or ghee
- maple syrup
- 1/2 cup fresh blackberries, optional
- 1/2 cup fresh raspberries, optional

## How To Prepare

- 1 Beat the eggs with a wire whisk. Mash the bananas and stir into the eggs.
- 2 Stir in shredded coconut, cinnamon, and vanilla.
- 3 Heat some of the coconut oil in a pan over medium high heat until shimmering. Pour batter, a quarter cup at a time, into the pan and cook as you would a regular pancake.
- 4 Flip to brown on both sides and serve with a drizzle of maple syrup and optional fresh berries.

**Cooked For: 2**

**Active Time: 15m**

**Total Time: 30m**

Saturday, 10th February 2018

## Arugula, Avocado and Grapefruit Salad (DF & GF)

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### Ingredients

- 1/2 lemon
- 2 avocados
- 1 pink grapefruit
- 1/4 cup extra virgin olive oil
- 3/4 teaspoon coarse sea salt
- 1/4 teaspoon ground black pepper, optional
- 2 handfuls baby arugula

### How To Prepare

- 1 Wash baby arugula, juice the lemon, and peel and cut avocados into 3/4 chunks. Segment the grapefruits.
- 2 Place the olive oil, lemon juice, salt, and pepper into a small glass jar.
- 3 Secure the lid and shake well until dressing is well combined.
- 4 Toss the arugula in the dressing.
- 5 Top with the avocado chunks and grapefruit segments; serve.

**Cooked For: 2**

**Active Time: 15m**

**Total Time: 15m**

Sunday, 11th February 2018

# Super Simple Guacamole

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## Ingredients

1/2 jalapeño pepper  
2 avocados  
1/2 lime  
1/4 onion  
1/4 bunch cilantro  
1 teaspoon coarse sea salt, plus more to taste  
ground black pepper, to taste

## How To Prepare

- 1 Wearing gloves to prevent burning, seed optional jalapeno. Peel and mash avocados with a fork..
- 2 In a food processor, use the s-blade to chop the onion, cilantro, and jalapeno, and salt.
- 3 Combine mixture with mashed avocados.
- 4 Juice the lime into the guac, adding more or less to your taste preference. Season sea salt and pepper to taste and serve.

**Cooked For: 2**

**Active Time: 10m**

**Total Time: 10m**

Sunday, 11th February 2018

# Roasted Broccoli

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## Ingredients

1/2 bunch broccoli, (about 1.50 pounds)  
1 tablespoon extra virgin olive oil  
sea salt, to taste

## How To Prepare

- 1 Preheat oven to 450 degrees F.
- 2 Cut the broccoli into florets stems; peel and slice or dice the stems.
- 3 Toss the broccoli florets with the olive oil on a baking sheet. Spread them out in a single layer. Sprinkle with salt.
- 4 Roast, without stirring, until the edges are crispy and the stems are crisp tender, about 20 minutes.
- 5 Serve warm.

**Cooked For: 2**

**Active Time: 5m**

**Total Time: 25m**

Sunday, 11th February 2018

## Southwestern Chili (Paleo)

---



### Ingredients

1/2 onion  
1 pound ground beef  
14 ounces tomato sauce  
14 ounces diced tomatoes with green chiles  
1 tablespoon chili powder  
1 tablespoon ground cumin  
1 teaspoon paprika  
1 teaspoon garlic powder  
1/2 teaspoon sea salt, plus more to taste  
1/4 teaspoon ground black pepper, plus more to taste

### How To Prepare

- 1 Dice onion.
- 2 Brown ground beef and onions in a large pot over medium heat.
- 3 Once ground beef is cooked through, stir in remaining ingredients. Let cook for 15-20 minutes.
- 4 Season with extra salt and pepper, as needed. Serve and enjoy!

**Cooked For: 4**

**Active Time: 15m**

**Total Time: 35m**

**Note:**

This will make extra for lunch.

Sunday, 11th February 2018

# Coconut Chicken Nuggets

---



## Ingredients

1/2 cup coconut flour  
1/4 cup unsweetened shredded coconut  
1 teaspoon garlic powder  
1 teaspoon onion powder  
1 teaspoon coarse sea salt  
1/4 teaspoon ground black pepper  
1 pound chicken breast  
1 large egg  
1/4 cup coconut oil

**Cooked For: 2**

**Active Time: 35m**

**Total Time: 35m**

## How To Prepare

- 1 In a large mixing bowl, add all of the ingredients except for the chicken, eggs, coconut oil, and ranch dressing. Set aside.
- 2 Cut chicken into bite-sized pieces and mix in a bowl with the beaten eggs.
- 3 Add the eggy chicken to the large mixing bowl and stir to completely coat the chicken in the flour mixture.
- 4 In a large sauce pan on medium high heat add about 4 T. coconut oil. When the oil is hot and shimmering, add chicken in small batches.
- 5 Use tongs to turn the chicken pieces until all sides are brown. Remove chicken to a warm plate in the oven while you finish frying, adding more oil as needed.
- 6 Serve with ranch dressing for dipping.

Sunday, 11th February 2018

# Roasted Sweet Potato Spears

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## Ingredients

- 1 1/2 cloves garlic
- 1/2 lime
- 1 1/2 tablespoons coconut oil
- 2 large sweet potatoes
- 1/2 teaspoon chili powder
- 1 teaspoon coarse sea salt, plus more to taste
- 1 1/2 teaspoons Dijon mustard
- ground black pepper, to taste
- 1/2 pinch cayenne pepper, optional

## How To Prepare

- 1 Preheat oven to 400F.
- 2 Mince the garlic. Juice the lime. Melt the coconut oil. Wash sweet potatoes and cut into spears.
- 3 Mix all ingredients apart from sweet potatoes in a large bowl.
- 4 Toss sweet potatoes in mixture and combine well.
- 5 Place potatoes on baking sheet lined with parchment paper or silpat and bake for 20 minutes. Then turn over and cook for another 10 minutes.
- 6 Remove from oven. If necessary, reduce heat and return potatoes to the oven to keep warm.

**Cooked For: 2**

**Active Time: 10m**

**Total Time: 30m**

**Note:**

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

Sunday, 11th February 2018

## Sausage, Sweet Potato, and Kale Scramble

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### Ingredients

- 1/2 pound ground chicken
- 3/4 teaspoon dried sage, (or 1 fresh finely minced)
- 1/2 teaspoon sea salt
- 1/8 teaspoon dried marjoram
- 1/2 pinch ground cloves
- 1 tablespoon 100% pure maple syrup
- 1/2 large sweet potato, diced
- 1/4 bunch kale, finely chopped stems removed

### How To Prepare

- 1 Combine salt and seasonings in a bowl. Add chicken and syrup and blend well with your hands.
- 2 Heat a generous amount of olive oil in a skillet. Add sausage and cook thoroughly.
- 3 Meanwhile, steam sweet potatoes just until tender. Add to cooked sausage.
- 4 Steam kale until wilted and tender. Add to sausage and sweet potato.
- 5 Combine and serve.

**Cooked For: 2**

**Active Time: 15m**

**Total Time: 35m**



*Creating memories with meals...*

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