

Paleo Leap 14-Day Meal Plan: Recipes for Week 2

This PDF has printer-friendly instructions for all the meals that use specific recipes. Meals based on leftovers or meals without a "recipe" (e.g. "hard-boiled eggs") are not included.

DAY 1

Breakfast: Apple and Onion Scrambled Eggs

SERVES: 4 PREP: 10 min. COOK: 6 min

Ingredients

- 8 eggs, beaten;
- 1/2 red onion, chopped;
- 1 celery rib, chopped;
- 1 granny smith apple, chopped;
- Fresh chives, minced;
- [Cooking fat](#);
- Sea salt and freshly ground black pepper;

Preparation

1. Melt some cooking fat in a skillet over medium heat.
2. Add red onion and celery to the skillet and cook 2 to 3 minutes, stirring constantly.
3. Add the apple and continue cooking for another minute or two.
4. Pour the beaten eggs over the apple mixture in the skillet.
5. Stir slowly with a wooden spoon or a spatula until the eggs are slightly underdone.
6. Remove from heat, season to taste with salt and pepper, and rest 1 to 2 minutes in the skillet.
7. Serve topped with fresh chives.

Dinner: Simple Sausage Casserole

SERVES: 4 to 6 PREP: 20 min. COOK: 45 min.

Ingredients

- 4 to 6 sausages
- 1 pint grape tomatoes
- 2 to 3 sweet potatoes
- 2 large bell peppers, chopped
- 1 large red onion, chopped
- 2 [garlic](#) cloves, minced

- A few sprigs of fresh thyme
- Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 400°F.
2. Combine the grape tomatoes, sweet potatoes, bell peppers, red onion, and minced garlic in a large baking dish.
3. Brown the sausages on all sides in a skillet placed over high heat, about 1 to 2 minutes per side.
4. Place the sausages on top of the vegetables, toss in the thyme, and season everything to taste.
5. Place in the oven and bake for 40 to 45 minutes.

DAY 2

Dinner: Beef and Winter Vegetable Soup

SERVES: 4 PREP: 15 min. COOK: 1 h.

Ingredients

- 2 lbs. boneless beef chuck roast, cut into 1-inch pieces;
- ½ cup onion, chopped;
- 1 small rutabaga, cut into cubes;
- 2 sweet potatoes, cut into cubes;
- 2 carrots, cut into chunks;
- 2 parsnips, cut into chunks;
- 2 cups riced cauliflower;
- 2 cloves garlic, minced;
- 6 cups [beef stock](#);
- ½ tsp. dried thyme;
- 1 tbsp. fresh parsley, minced;
- [Cooking fat](#);
- Sea salt and freshly ground black pepper;

Preparation

1. Melt some cooking fat in a large saucepan placed over a medium-high heat.
2. Brown the beef on each side, and set aside.
3. Add the onion and garlic and cook until fragrant, about 5 minutes.
4. Add about ½ of the stock to deglaze the bottom of the pan.
5. Add all the vegetables to the saucepan and cook, stirring frequently, until the vegetables are soft (about 10 minutes).
6. Return the beef to the saucepan, add the remaining stock, and cover.

7. Let everything simmer over a medium-low heat for 40 to 45 minutes, or until the meat is cooked through.
8. Adjust the seasoning, sprinkle with the fresh parsley, and serve.

DAY 3

Breakfast: Breakfast Stuffed Peppers

SERVES: 4 PREP: 15 min. COOK: 50 min.

Ingredient

- 4 bell peppers, sliced in half, core and seeds removed
- 8 eggs, beaten
- 1 cup mushrooms, sliced
- 1 onions, diced
- 3 cups baby spinach
- 1 tomato, diced
- ½ tsp. garlic powder
- Bacon, ham, and/or sausages, pre-cooked (optional)
- 1 tbsp. [cooking fat](#)
- Sea salt and freshly ground black pepper

Preparation

1. Preheat your oven to 375 F.
2. Melt some cooking fat in a skillet placed over a medium-heat.
3. Sauté the onion until soft, about 4 minutes, then add the mushrooms and tomatoes and cook about 2 minutes.
4. Add the spinach and cook until wilted, about 1 or 2 minutes.
5. Season to taste with salt, pepper, and garlic powder.
6. Divide the vegetable mixture equally among the bell pepper halves
7. Top off each bell pepper half with some of the beaten eggs, and add the meat of your choice, if using.
8. Place the stuffed peppers in the oven, on a baking sheet, and bake for 40 minutes.

Dinner: Grilled Chicken Breast with Zucchini

SERVES: 4 PREP: 15 min. COOK: 35 min.

Ingredients

- 4 chicken breasts, bone in and skin on;
- 2 tbsp. cumin seeds;
- 2 garlic cloves, minced;

- 1 tbsp. paprika;
- 1 tsp. dried oregano;
- 1 tsp. dried parsley;
- Sea salt and freshly ground black pepper;

Ingredients for the grilled zucchini

- 4 zucchini, sliced into quarters;
- Zest of 1 lemon;
- ½ tsp. dried oregano;
- ¼ tsp. garlic powder;
- [Olive oil](#);
- Sea salt and freshly ground black pepper;

Preparation

1. Preheat your grill to medium high.
2. In a bowl, combine the cumin seeds, garlic cloves, paprika, oregano, parsley, and season with salt and pepper to taste.
3. Rub the chicken with the cumin seed mixture.
4. Place the chicken on the grill over direct heat, skin side down. cook for 30 to 35 minutes, flipping every 5 minutes.
5. Combine the zucchini with all the remaining ingredients, and grill for 2 to 3 minutes per side.
6. Serve the chicken with the grilled zucchini.

DAY 4

Dinner: Spicy Pork Chili

SERVES: 4 PREP: 25 min. COOK: 3 hrs.

Ingredients

- 4 1/4 lb. boneless pork shoulder, fat removed;
- 2 onions, finely sliced;
- 2 red chilies, seeded and finely chopped;
- 2 bell peppers, sliced;
- 4 garlic cloves, minced;
- 28 oz. can diced tomatoes;
- ¼ cup chili powder;
- 2 tbsp. smoked paprika;
- 1 tbsp. ground cumin;
- ¼ tsp. ground cayenne pepper;
- Small bunch fresh oregano leaves, minced;
- 3 tablespoons red wine vinegar;

- ¼ cup extra-virgin olive oil;
- Sea salt and freshly ground black pepper to taste;

Preparation

1. Preheat your oven to 350 F.
2. Warm the olive oil in an ovenproof stew pot over a medium heat; then add the garlic, onions, and red chilies, and cook for 3 to 5 minutes or until the onions are soft.
3. Lower the heat and add the bell peppers, diced tomatoes, chili powder, smoked paprika, cumin, cayenne pepper, oregano leaves, and salt and pepper to taste.
4. Place the pork shoulder in the pot, give everything a little shake, then add the red wine vinegar, and pour in enough water to just cover the meat.
5. Bring to a boil, cover, and place in the oven for 3 hours.
6. The chili is done when you can easily break the meat apart with a fork.

DAY 5

Dinner: Pistachio-Crusted Salmon

SERVES: 4 PREP: 15 min. COOK: 20 min.

Ingredients

- 4 wild salmon fillets;
- 1 cup raw pistachios, roughly chopped;
- ¼ cup lemon juice;
- 1 tbsp. Dijon or [homemade coarse grain mustard](#);
- 2 tbsp. raw [honey](#);
- 1 tsp. fresh dill weed;
- Sea salt and freshly ground black pepper;

Preparation

1. Preheat oven to 375 F.
2. In a bowl, combine the pistachio, lemon juice, mustard, honey, dill, and season with salt and pepper to taste.
3. Spread the pistachio mixture on top of each salmon filet, pressing lightly to make it stick.
4. Place the salmon in the oven and bake, uncovered, for 15 to 20 minutes, or until cooked through.
5. Let the salmon rest for 2 to 4 minutes before serving.

DAY 6

Dinner: Spicy Indian Stir-Fry

SERVES: 4 PREP: 20 min. + 2 h. COOK: 25 min.

Ingredients

- 4 chicken breasts, cut into strips
- 4 carrots, sliced
- 1 small red onion, minced
- 2 bell peppers, chopped
- 2 green chilies, sliced
- 1 tbsp. garlic paste
- 1 tbsp. ginger paste
- 1 tsp. chili powder
- ½ tsp. cumin
- 2 tbsp. red chili paste

Ingredients for the marinade

- 2 tsp. ginger, minced
- 2 garlic cloves, minced
- 2 tsp. turmeric powder
- 1 tsp. red chili powder
- 1 tsp. coriander powder
- 1 1/2 tsp. cumin powder
- 2 tbsp. tapioca starch
- 1 egg, beaten

Preparation

1. In a bowl, combine all the ingredients for the marinade and stir well.
2. Add the chicken and stir until well coated; then place in the refrigerator and marinate for at least 2 hours.
3. Melt some cooking fat in a large skillet placed over a medium-high heat and brown the chicken slices on all sides.
4. Remove the chicken and set aside.
5. Add the onion, garlic paste, ginger paste, cumin, and chili powder to the pan, and cook for 2 to 3 minutes.
6. Add the remaining vegetables and cook until they start to soften (about 5 minutes).
7. Return the chicken to the pan. Stir until everything is well coated, cover, and cook for another 5 to 10 minutes or until the chicken is cooked through.

DAY 7

Breakfast: Cherry Tomato and Basil Quiche

SERVES: 2 PREP: 15 min. COOK: 20 min.

Ingredients

- 4 eggs;
- 1 garlic clove, minced;
- 1 bunch fresh basil, minced;
- ½ cup cherry tomatoes, halved;
- ¼ cup almond cheese; (optional)
- Sea salt and freshly ground black pepper;

Preparation

1. Preheat your oven to 350 F.
2. In a bowl, beat the eggs, almond cheese, fresh basil until well combined. Season with salt and pepper to taste.
3. Pour the liquid in a small baking dish.
4. Place the cherry tomatoes, cut side up, in the egg mixture.
5. Bake in preheated oven for 20 min.
6. Serve with extra basil.

Dinner: Ground Beef and Cabbage Skillet

SERVES: 4 PREP: 15 min. COOK: 30 min.

Ingredients

- 1 lb. ground beef;
- 1 onion, chopped;
- ½ head cabbage, chopped;
- 2 garlic cloves, minced;
- 1, 15 oz. can diced tomatoes;
- 10 oz. (1 ¼ cups) tomato sauce;
- [Cooking fat](#);
- Sea salt and freshly ground black pepper;

Preparation

1. Melt some cooking fat in a large skillet placed over a medium-high heat.
2. Cook the garlic and onion until fragrant and soft.
3. Brown the ground beef in the skillet until no longer pink.
4. Add the cabbage, tomatoes, tomato sauce, and season with salt and pepper to taste.
5. Cover and let simmer for about 25 minutes or until the cabbage is soft.