

2 DAY SAMPLE MEAL PLAN

| DAY 1 | DAY 2 |
|---|---|
| POWER SMOOTHIE | POWER SMOOTHIE |
| CHILI | PALEO PASTA WITH CHILI MARANARA |
| HEARTY CHICKEN SALAD | CHICKEN LETTUCE CUPS + ACORN SQUASH |
| RECOMMENDED SNACK: 2 HARD-BOILED EGG WITH SEA SALT + PEPPER | RECOMMENDED SNACK: ½ AVOCADO WITH SEA SALT + DRIZZLE OF OLIVE OIL |

MEAL PREPARATION

My recommendation is to prepare a few things on a night that you can make free time to organize and prepare your food for the week.

SUNDAY: Make **Chili**. Make **Pulled Chicken** and **Roasted Acorn Squash**

MONDAY: Assemble **Hearty Chicken Salad**. Before going to bed, cut spaghetti squash in half and remove seeds so all you have to do is rub with olive oil and put it in the oven tomorrow (**Paleo Pasta**).

TUESDAY: Bake spaghetti squash and heat chili to assemble **Paleo Pasta**. Chop, and sauté veggies with chicken to assemble **Chicken Lettuce Wraps**

CHILI RECIPE

INGREDIENTS

2 tablespoons ghee or coconut oil
1 onion, chopped
8 cloves garlic, minced
1 tablespoon fresh or dry thyme
4 carrots, peeled and cut into large chunks
3 sweet potatoes peeled, cut into large chunks
4 cups water or chicken broth
1 teaspoon sea salt
2 pounds grass-fed ground turkey or beef
1 avocado, sliced
optional: parsley or cilantro for garnish

DIRECTIONS

1. Heat ghee or coconut oil in heavy bottomed pot. Add onion and cook for a few minutes—onion should be translucent. Add garlic and thyme and cook for another couple of minutes. Stir frequently.
2. Add carrots and sweet potatoes. Cook until slightly browned-- for about 5 minutes. Add water or chicken broth and sea salt. Bring to a boil.
3. Cover and lower heat to medium-low for 20 minutes, until the vegetables are tender.
4. Separately, cook ground beef/turkey in a skillet until browned and completely cooked through.
5. Add ground meat to veggies and stir. Cook for another 15 minutes covered at a simmer. Serve each bowl garnished with avocado slices and fresh parsley or cilantro.

ROASTED ACORN SQUASH

INGREDIENTS

1 acorn squash
2 tablespoons of olive oil
salt to taste

DIRECTIONS

1. Pre-heat oven to 400 degrees.
2. Cut acorn squash in half and scoop out seeds.
3. Cut squash into bite size pieces. Leave the skin on—it is good for you!
4. Place squash on parchment lined baking sheet or in a glass baking dish. Toss in olive oil salt.
5. Bake for 30-35 minutes or until squash is tender.

PULLED CHICKEN

INGREDIENTS

3 organic chicken breasts
2 cups water

DIRECTIONS

1. In a large pot (large enough for your chicken breasts to lay flat in one layer), add 2 cups of water and bring to a boil.
2. Once boiling, add chicken breasts and reduce heat to a simmer.
3. Cover and let chicken cook for 15 minutes.
4. Remove chicken from water and place on a cutting board to cool. Discard water.
5. Pull chicken apart with a fork or your hands.

DAILY POWER SMOOTHIE

INGREDIENTS

1 cup frozen blueberries
½ cup organic full fat coconut milk (unsweetened)
½ zucchini, chopped roughly (leave skin on)
3 large handfuls of spinach (or more)
1 cup ice

DIRECTIONS

Blend zucchini, spinach, blueberries, and coconut milk. Blend these ingredients first, then add ice. Add more water or ice depending on the thickness you like most.

HEARTY CHICKEN SALAD

INGREDIENTS

1 bunch of kale (any kind), remove stems or buy packaged to make it easier
1-2 cups of roasted acorn squash
1 cup of pulled chicken (equivalent of about 1 breast)
½ avocado, cubed

DRESSING INGREDIENTS

2 tablespoons tahini
2 tablespoons olive oil
1 tablespoon lemon juice or apple cider vinegar
1 teaspoon honey
½ teaspoon salt

DIRECTIONS

1. Mix dressing ingredients. I recommend blending ingredients for a creamier dressing.
2. Heat a skillet with olive oil or ghee and add pulled chicken to slightly brown and crisp. Cook for about two minutes on high heat.
3. Add kale to chicken and cook until the kale starts to wilt just slightly.
4. Divide kale and chicken into bowls. Add acorn squash and avocado. Toss in dressing and serve.

PALEO PASTA WITH CHILI “MARANERA”

INGREDIENTS

1 spaghetti squash
“marinara” sauce: chili recipe (above)
2 tablespoons of olive oil
salt and pepper

DIRECTIONS

1. Preheat oven to 400°F.
2. If you haven't already, cut off the top of each squash just below the stem. Cut each squash in half lengthwise. Use a spoon to scoop out seeds.
3. Rub squash with oil, sprinkle with salt and pepper.
4. Place squash, cut sides down, on a rimmed baking sheet.
5. Bake until tender, about 45 minutes. Let cool.
6. Scrape inside of squash with a fork to remove flesh in long strands. Place in a large bowl or on individual plates and scoop chili on top.

CHICKEN LETTUCE CUPS

INGREDIENTS

2 cups shredded chicken (about two chicken breasts)
1 yellow onion, finely diced
3 cloves of garlic, finely minced
1 tablespoon finely minced fresh ginger
1 carrot, finely diced
½ teaspoon of salt
1 head of iceberg or Bibb lettuce
optional: hot sauce

Optional toppings:

Cacao nibs for topping (optional)
Shredded Coconut
Himalayan Salt

DIRECTIONS

1. Heat 2 tablespoons of ghee or olive oil in a skillet over medium heat. Add onion and cook for about 5 minutes, stirring frequently. Add garlic and ginger and cook for another 3 minutes, stirring every so often.
2. Add carrot and salt and cook for about 5 more minutes. Add water if needed.
3. Add shredded chicken to vegetable sauté and cook for a minute or so to combine mixture.
4. Scoop spoonful's chicken and vegetable mixture into lettuce leaves. Add hot sauce for an extra kick.
5. Serve with remainder of **Roasted Acorn Squash**.

BONUS DESSERT: MACAROONS

INGREDIENTS

2-1/2 cups unsweetened shredded coconut
1/3 cup brown rice flour
1/4 teaspoon salt
1/4 cup brown rice syrup
1/4 cup maple syrup
1 teaspoon almond extract
1/3 to 1/2 cup water

PREPARATION

1. Preheat oven to 350F.
2. Line a baking sheet with parchment.
3. Mix dry ingredients.
4. In another bowl, whisk wet ingredients together.
5. Add wet to dry and mix well.
6. With moistened fingers, squeeze 1-1/2 inch balls of “dough”. I often use a medium sized ice cream scooper, with a squeeze-release handle.
7. Transfer the mounds to a baking sheet and bake until golden, about 15 minutes. Watch carefully, checking every 5 minutes, to make sure they don't burn.

Yields 12 macaroons.

Recipe by Andrea Nakayama