

# Sugar-Free Paleo Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Kale & Red Pepper Frittata	Kale & Red Pepper Frittata	Kale & Red Pepper Frittata	Apple Turkey Sausage Patties with Sauteed Greens	Apple Turkey Sausage Patties with Sauteed Greens	Grain-Free Coconut Almond Porridge	Grain-Free Coconut Almond Porridge
	Crispy Roasted Sweet Potato	Crispy Roasted Sweet Potato	Crispy Roasted Sweet Potato	Fried Plantains	Fried Plantains	Banana	Banana
Snack 1	Dried Mango & Brazil Nuts	Dried Mango & Brazil Nuts	Dried Mango & Brazil Nuts	Banana with Almond Butter	Banana with Almond Butter	Apple with Almond Butter	Apple with Almond Butter
Lunch	Chicken, Carrots & Broccolini	Chicken, Carrots & Broccolini	Chicken, Carrots & Broccolini	Beef Burrito Bowl with Cauliflower Rice	BLT Salad Bowls	BLT Salad Bowls	BLT Salad Bowls
Snack 2	Banana with Almond Butter	Banana with Almond Butter	Carrots & Guacamole	Carrots & Guacamole	Baba Ganoush	Baba Ganoush	Baba Ganoush
					Chopped Bell Peppers	Chopped Bell Peppers	Chopped Bell Peppers
Dinner	Parchment Baked Haddock with Veggies	Parchment Baked Haddock with Veggies	Beef Burrito Bowl with Cauliflower Rice	Pan Fried Turmeric Ginger Tilapia	Pan Fried Turmeric Ginger Tilapia	One Pan Crispy Chicken with Potatoes & Greens	One Pan Crispy Chicken with Potatoes & Greens
	Oven Baked Potato Wedges	Oven Baked Potato Wedges		Roasted Veggies	Roasted Veggies		

# Sugar-Free Paleo Diet

62 items

## Fruits

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- ☐ 5 Apple
- ☐ 5 1/2 Avocado
- ☐ 12 Banana
- ☐ 4 Lemon
- ☐ 4 Lime
- ☐ 2 Plantain

## Breakfast

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- ☐ 1 1/2 cups Almond Butter
- ☐ 30 pieces Dried Unsweetened Mango

## Seeds, Nuts & Spices

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- ☐ 1 3/4 tsps Black Pepper
- ☐ 1 1/2 cups Brazil Nuts
- ☐ 1 tsp Chili Powder
- ☐ 2 1/2 tsps Cinnamon
- ☐ 1 tbsp Coriander
- ☐ 1 1/3 tsps Cumin
- ☐ 1/4 cup Ground Flax Seed
- ☐ 1 1/3 tsps Italian Seasoning
- ☐ 1 1/3 tsps Oregano
- ☐ 2 1/16 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Turmeric

## Vegetables

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- ☐ 12 cups Arugula
- ☐ 8 cups Baby Spinach
- ☐ 3 bunches Broccolini
- ☐ 16 Carrot
- ☐ 4 cups Cauliflower Rice
- ☐ 4 1/2 cups Cherry Tomatoes
- ☐ 2 Eggplant
- ☐ 2 tbsps Fresh Dill
- ☐ 6 Garlic
- ☐ 2 tbsps Ginger
- ☐ 6 cups Green Beans
- ☐ 1 1/2 Green Bell Pepper
- ☐ 6 stalks Green Onion
- ☐ 7 cups Kale Leaves
- ☐ 4 cups Mini Potatoes
- ☐ 2 cups Mushrooms
- ☐ 1/4 cup Parsley
- ☐ 5 Red Bell Pepper
- ☐ 2 tbsps Rosemary
- ☐ 4 Russet Potato
- ☐ 4 1/2 Sweet Potato
- ☐ 1 1/2 Yellow Bell Pepper
- ☐ 1 Yellow Onion
- ☐ 2 Zucchini

## Baking

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- ☐ 1 cup Almond Flour
- ☐ 1 cup Unsweetened Shredded Coconut

## Bread, Fish, Meat & Cheese

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- ☐ 1 1/2 lbs Chicken Breast
- ☐ 1 lb Chicken Thighs With Skin
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 1 lb Extra Lean Ground Turkey
- ☐ 4 Haddock Fillet
- ☐ 12 slices Organic Bacon
- ☐ 4 Tilapia Fillet

## Condiments & Oils

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- ☐ 1 tsp Apple Cider Vinegar
- ☐ 1/3 cup Avocado Oil
- ☐ 2 tbsps Balsamic Vinegar
- ☐ 1/3 cup Coconut Oil
- ☐ 1 1/3 cups Extra Virgin Olive Oil
- ☐ 1/4 cup Tahini

## Cold

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- ☐ 18 Egg
- ☐ 3 3/4 cups Unsweetened Almond Milk

## Other

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- ☐ 1 tbsp Water

# Kale & Red Pepper Frittata

8 ingredients · 30 minutes · 6 servings



## Directions

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1. Preheat oven to 400°F (204°C).
2. Whisk the eggs, almond milk, salt and pepper together in a mixing bowl. Set aside.
3. Heat the oil in a cast iron skillet over medium heat. Add the kale, pepper, and tomatoes. Cook for 5 to 7 minutes, or until the kale is wilted and peppers are tender.
4. Pour the whisked eggs into the pan with the vegetables and let the eggs begin to set for about 30 seconds, before gently stirring with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
5. Remove the skillet from the oven and let sit for about 5 minutes before cutting into wedges. Serve and enjoy!

## Notes

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### No Kale

Use spinach instead.

### No Red Bell Pepper

Use a bell pepper of another color instead.

### Leftovers

Keep in the fridge for up to 3 days.

## Ingredients

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- 12 Egg
- 3/4 cup Unsweetened Almond Milk
- 3/4 tsp Sea Salt
- 3/4 tsp Black Pepper
- 1 1/2 tbsps Extra Virgin Olive Oil
- 3 cups Kale Leaves (chopped)
- 1 1/2 Red Bell Pepper (chopped)
- 1 1/2 cups Cherry Tomatoes (halved)

# Crispy Roasted Sweet Potato

3 ingredients · 35 minutes · 6 servings



## Directions

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1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
2. Toss diced sweet potato in olive oil and spread across the baking sheet. Bake in the oven for 30 minutes, tossing at the halfway mark.
3. Remove from oven and season with sea salt. Enjoy!

## Notes

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### Likes it Spicy

Toss in our Cajun Spice or chili powder after baking.

## Ingredients

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**4 1/2** Sweet Potato (medium, diced into 1/2 inch pieces)

**2 1/4 tps** Extra Virgin Olive Oil

**1/3 tsp** Sea Salt (or more to taste)



# Apple Turkey Sausage Patties with Sauteed Greens

9 ingredients · 30 minutes · 4 servings



## Directions

1. Place the ground turkey in a large mixing bowl. Pat it with a paper towel to remove any excess moisture.
2. Peel, core and grate the apple using a box grater. Squeeze out the excess juice from the apple and discard. Add the apple to the turkey along with the ginger, Italian seasoning, apple cider vinegar and salt. Gently mix to combine then form the meat mixture into thin patties, approximately 4 inches in diameter.
3. In a large skillet or frying pan, heat half of the oil over medium-high heat. In batches, cook the sausage patties for about 2 to 3 minutes per side or until golden brown and cooked through. Wipe the pan out and add more oil in between batches.
4. When you are finished cooking the patties, use the same skillet to wilt the spinach with water.
5. To serve, divide spinach and sausage patties between plates and season with additional salt if needed. Enjoy!

## Notes

### Serving Size

There are approximately three thin patties per serving.

### Leftovers

Refrigerate in an airtight container for up to three days. The patties can be frozen for up to three months.

### Best Flavor

A tart apple like a Granny Smith or Honeycrisp works best for this recipe.

### No Spinach

Use another leafy green like kale, Swiss chard or collard greens.

### No Ground Turkey

Use ground chicken, lamb, beef, pork or bison instead.

## Ingredients

- 1 lb Extra Lean Ground Turkey
- 1 Apple
- 1 **tbsp** Ginger (peeled and grated)
- 1 **tbsp** Italian Seasoning
- 1 **tsp** Apple Cider Vinegar
- 1/2 **tsp** Sea Salt
- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 8 **cups** Baby Spinach
- 1 **tbsp** Water

# Fried Plantains

4 ingredients · 15 minutes · 4 servings



## Directions

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1. Using a knife, peel the plantain and cut it into thick slices. Using a fork, gently smash them to slightly increase surface area, while keeping the slices whole.
2. Heat the coconut oil in a large skillet and add the plantains, cooking 2-3 minutes per side or until caramelized.
3. Sprinkle with cinnamon and sea salt before serving. Enjoy!

## Notes

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### Likes it Spicy

Add chili flakes instead of cinnamon.

### Plantain Tip

The plantain should have some black spots on it to indicate that it is ripe. Green plantains are almost impossible to peel.

## Ingredients

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- 2 Plantain (large)
- 1/4 cup Coconut Oil
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt (or to taste)



# Grain-Free Coconut Almond Porridge

5 ingredients · 10 minutes · 2 servings



## Directions

1. Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Divide into bowls and enjoy!

## Notes

### No Rice Milk

Use an alternative milk of your choice.

### Likes it Sweet

Add raisins, dates, maple syrup, honey or your sweetener of choice.

### Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

### Serving Size

One serving is equal to approximately 1 1/4 cup of porridge.

## Ingredients

- 1 1/2 cups Unsweetened Almond Milk
- 1/2 cup Almond Flour
- 1/2 cup Unsweetened Shredded Coconut
- 2 tbsps Ground Flax Seed
- 1 tsp Cinnamon

# Banana

1 ingredient · 1 minute · 2 servings



## Directions

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1. Peel and enjoy!

## Notes

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### More protein

Dip in almond butter.

## Ingredients

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2 Banana



# Dried Mango & Brazil Nuts

2 ingredients · 3 minutes · 6 servings



## Directions

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1. Divide dried mango and brazil nuts between bowls. Enjoy!

## Ingredients

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- 30 pieces** Dried Unsweetened Mango (large)  
**1 1/2 cups** Brazil Nuts

# Banana with Almond Butter

2 ingredients · 2 minutes · 2 servings



## Directions

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1. Slice banana.
2. Dip in almond butter.
3. Bam.

## Ingredients

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- 2 Banana
- 1/4 cup Almond Butter

# Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

## Ingredients

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2 Apple  
1/4 cup Almond Butter



# Chicken, Carrots & Broccolini

4 ingredients · 30 minutes · 6 servings



## Directions

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1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the broccolini and carrots on the baking sheet and drizzle with olive oil. Toss well to coat. Place in the oven, and bake for 15 to 20 minutes, or until veggies are tender.
3. Meanwhile, bring a pot of salted water to a boil, then reduce to a gentle simmer. Add the chicken breasts and cover. Let simmer for 15 to 20 minutes, or until chicken is cooked through.
4. Remove the chicken and shred into pieces using two forks.
5. Remove the pan from the oven, and divide the shredded chicken and veggies between plates. Add your seasonings of choice, and enjoy!

## Notes

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### No Broccolini

Use regular broccoli or cauliflower instead.

## Ingredients

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- 3 bunches** Broccolini (trimmed)
- 6** Carrot (large, sliced into rounds)
- 3 tbsps** Extra Virgin Olive Oil
- 1 1/2 lbs** Chicken Breast (boneless, skinless)

# BLT Salad Bowls

7 ingredients · 15 minutes · 6 servings



## Directions

1. Hard boil your eggs by placing them in a small pot and fill with enough cold water to cover them by 1-inch. Bring to a boil over medium-high heat. Once boiling, cover the pot and remove it from the heat. Let stand for 12 minutes then drain. Place eggs in a bowl of ice-cold water for 10 minutes.
2. While the eggs are cooling, cook your bacon in a pan over medium heat until crispy. Remove from pan and pat excess oil away with paper towel. Once cool, chop it up.
3. To assemble the salads: divide arugula between bowls and top with cherry tomatoes, avocado, chopped bacon and hard-boiled egg. Drizzle with olive oil and season with salt and pepper, to taste. Enjoy!

## Notes

### Leftovers

These salads make great meal prep and last for 3 to 4 days in the fridge. Add the avocado and olive oil before serving.

### Vegan

Use smokey tempeh slices instead of bacon and omit the egg.

### More Carbs

Serve with toast or quinoa.

## Ingredients

6 Egg  
12 slices Organic Bacon  
12 cups Arugula  
3 cups Cherry Tomatoes (halved)  
1 1/2 Avocado (sliced)  
1/3 cup Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

# Carrots & Guacamole

4 ingredients · 5 minutes · 4 servings



## Directions

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1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

## Notes

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### Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

### Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

## Ingredients

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- 8 Carrot (medium)
- 2 Avocado
- 2 Lime (juiced)
- 1/2 tsp Sea Salt (or more to taste)



# Baba Ganoush

6 ingredients · 20 minutes · 8 servings



## Directions

1. Adjust oven rack closest to the broiler. Set oven to high broil. Place eggplant on a foil-lined baking sheet and toss in oil. Roast for 10 minutes or until tender and golden brown. Remove from oven.
2. Wrap the eggplant in the foil and let rest for 5 minutes.
3. Remove the skin from the eggplant and discard. Then add the flesh of the eggplant to a food processor or blender. Add the remaining ingredients and blend until creamy. Adjust seasoning as needed.
4. Transfer to a bowl and enjoy!

## Notes

### No Parsley

Use cilantro or basil instead. Can also omit completely.

### No Avocado Oil

Use olive oil instead.

### No Lemon

Use apple cider vinegar to taste.

### Leftovers

Refrigerate in an airtight container up to 3 days.

### Serve it With

Crackers, veggie sticks, with burgers or on salad.

## Ingredients

**2** Eggplant (medium, trimmed, sliced into 1/4 inch strips)

**1/3 cup** Avocado Oil

**1/4 cup** Tahini

**1/4 cup** Parsley (fresh, chopped)

**2** Lemon (juiced)

**1/2 tsp** Sea Salt

# Chopped Bell Peppers

3 ingredients · 5 minutes · 6 servings



## Directions

1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

## Notes

### Storage

Refrigerate in an airtight container up to 3 to 4 days.

## Ingredients

1 1/2 Yellow Bell Pepper

1 1/2 Green Bell Pepper

1 1/2 Red Bell Pepper

# Parchment Baked Haddock with Veggies

9 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat your oven to 400°F (204°C). Cut pieces of parchment paper, about 18-inches long. You'll need one per fillet of fish. Fold each piece of parchment in half then unfold.
2. Divide the green beans, peppers and green onion equally between parchment pieces, placing the vegetables neatly on the right side of the parchment paper. Place one haddock fillet on top of each portion of vegetables.
3. Drizzle the olive oil, lemon juice and lemon zest over top of each fillet. Season each portion equally with salt, pepper and dill.
4. Fold the other side of the parchment paper over the fish and the veggies. Starting at one side, crimp and fold the edges of the parchment together to tightly seal the packets. Carefully transfer the parchment packets to a baking sheet.
5. Bake for 16 to 19 minutes, or until haddock flakes easily and is cooked through. (To check doneness, very carefully unfold one side of the parchment packet and check to see if the fish flakes with a fork. If it isn't done yet, fold it back up and continue baking.)
6. To serve, transfer the parchment to a plate and very carefully cut into the top of the packet. Enjoy!

## Notes

### No Haddock

Use cod fillets instead.

### Safety First

The parchment packets will puff up with steam as they bake. Be very careful of escaping steam when cutting into the packets.

### Leftovers

Keeps well in the fridge for 2 to 3 days.

## Ingredients

- 4 cups** Green Beans (trimmed)
- 2** Red Bell Pepper (thinly sliced)
- 6 stalks** Green Onion (green parts only, chopped)
- 4** Haddock Fillet (5 ounces each)
- 2 tbsps** Extra Virgin Olive Oil
- 2** Lemon (zested and juiced)
- 1/2 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 2 tbsps** Fresh Dill



# Oven Baked Potato Wedges

5 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 400°F (204°C) and line a large baking sheet with parchment paper.
2. Add the potato wedges to a mixing bowl and season with oil, Italian seasoning, salt and pepper.
3. Arrange the seasoned potato wedges on the prepared baking sheet in a single layer. Bake for 20 to 25 minutes until the bottom side is crisp and golden brown then flip each potato wedge over and continue to bake for an additional 10 to 15 minutes.
4. Serve immediately and enjoy!

## Notes

### More Flavor

Add cayenne pepper, chili powder, cumin, paprika or nutritional yeast to the seasoning.

### No Olive Oil

Use avocado oil instead.

### Leftovers

Extra potato wedges will keep in the fridge for up to 3 days. Reheat in the oven to maintain crispiness.

## Ingredients

- 4 Russet Potato (medium, cut into wedges)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tsp** Italian Seasoning
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper

# Beef Burrito Bowl with Cauliflower Rice

11 ingredients · 30 minutes · 4 servings



## Directions

1. In a large skillet heat half of the oil over medium. Add garlic and onions and cook for two minutes, or until onions become translucent.
2. Add ground beef to the skillet. With a wooden spoon or spatula, break the beef into small pieces as it cooks, stirring occasionally, until no longer pink.
3. When meat is cooked through, drain the grease. Place back over medium heat and add the cumin, coriander, oregano, half of the salt and lime juice to the pan. Stir to coat the beef with the spice and continue to cook for another minute until very fragrant. Transfer the meat to a dish and cover to keep warm.
4. Place the pan back over heat and add the remaining olive oil. Add the cauliflower rice and season with remaining sea salt. Cook the cauliflower rice, stirring occasionally, until cauliflower is warmed through and just tender.
5. Divide the cauliflower rice between bowls and top with seasoned beef and diced avocado. Enjoy!

## Notes

### Optional Toppings

Chopped cilantro, green onion, extra lime juice, cheese, sour cream or Greek yogurt.

### Leftovers

Store in an airtight container in the fridge up to 3 days.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 4 Garlic (cloves, minced)
- 1 Yellow Onion (small, finely diced)
- 1 **lb** Extra Lean Ground Beef
- 1 **tbsp** Cumin (ground)
- 1 **tbsp** Coriander (ground)
- 1 **tbsp** Oregano (dried)
- 1 **1/2 tps** Sea Salt (divided)
- 1 Lime (juiced)
- 4 **cups** Cauliflower Rice
- 2 Avocado (diced)



# Pan Fried Turmeric Ginger Tilapia

10 ingredients · 45 minutes · 4 servings



## Directions

1. In a small mixing bowl whisk together olive oil, lime juice, ginger, garlic, turmeric, cumin, chili powder and sea salt. Transfer the mixture to a zipper-lock bag.
2. Place fish fillets in the bag, press out the extra air and seal the bag. Using your hands massage the turmeric-ginger sauce onto each fillet. Let fish marinate for at least 15 minutes or for up to one hour.
3. Heat the coconut oil in a large skillet or frying pan over medium-high heat. Transfer the fillets from the bag to the pan and cook for 3 to 4 minutes per side until golden brown and crisp. (Note: You may need to cook the fillets in batches depending on the size of your pan.)
4. Transfer the fillets to a plate and season with additional salt if needed. Enjoy!

## Notes

### Extra Flavour

Serve with lemon, lime or orange wedges.

### Likes it Spicy

Add cayenne pepper to the marinade to taste.

### No Tilapia

Use any type of white fish fillet instead like cod, haddock, pickerel or orange roughy. Cooking times may vary depending on the thickness of the fillet.

### Meal Prep

Combine the marinade and fish together in a bag and freeze for up to three months. Thaw before cooking.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1 Lime (juiced)
- 1 **tbsp** Ginger (peeled and grated)
- 2 Garlic (cloves, minced)
- 2 **tsp**s Turmeric (ground)
- 1 **tsp** Cumin (ground)
- 1 **tsp** Chili Powder
- 1/4 **tsp** Sea Salt
- 4 Tilapia Fillet (about 6 oz. each)
- 1 **tbsp** Coconut Oil



# Roasted Veggies

9 ingredients · 40 minutes · 4 servings



## Directions

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1. Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
3. Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
4. Remove from oven and transfer to a bowl. Enjoy!

## Notes

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### Leftovers

Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

### No Mushrooms

Swap in bell peppers or broccoli instead.

### Even Cooking

Chop your vegetables to be approximately the same size to ensure even cooking.

## Ingredients

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- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

# One Pan Crispy Chicken with Potatoes & Greens

5 ingredients · 35 minutes · 4 servings



## Directions

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1. Preheat the oven to 425°F (218°C).
2. Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
3. After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
4. Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, potatoes and kale onto plates and enjoy!

## Notes

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### No Rosemary

Use thyme or another herb instead.

### No Kale

Use another green such as Swiss chard or spinach.

### Leftovers

Store in an airtight container in the fridge up to 3 days.

## Ingredients

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- 1 lb Chicken Thighs with Skin
- 4 cups Mini Potatoes (halved)
- 1/4 tsp Sea Salt
- 2 tbsps Rosemary (chopped)
- 4 cups Kale Leaves (chopped)