



## 4 Week Meal Plan

### Calendar and Preparation Instructions

#### DAY ONE

##### Breakfast

Coffee/Tea (With unsweetened almond or coconut milk only)

**Eggs & Green Apple Sausage** – Eat two eggs and two sausages to your liking.

**\*\*\*Put Crockpot Enchilada Soup in crock pot per label instructions for tonight's dinner.\*\*\***

##### Lunch

##### **Baked Lemon Chicken**

Cook entire container as per label instructions, eat 1/3 of container, place container covered with lid back in your fridge.

##### **Herbed Squash Saute**

Fix entire recipe per label instructions, eat 1/3 of recipe, place remainder in a storage container and put back in fridge.

##### Dinner

##### **Crockpot Enchilada Soup**

Make entire recipe as per recipe instructions. Eat 1/3 of recipe, place remainder in a container and put back in fridge.

**\*\* If time is limited in the morning, cook tomorrow's breakfast (Sausage Quiche w/ Butternut Squash) tonight per cooking instructions.**

## DAY TWO

### Breakfast

**Coffee/Tea**(With unsweetened almond or coconut milk only)

**Sausage Quiche w/ Butternut Squash** – Cook per directions on label. Eat 1/3 of container; put the rest back in fridge.

### Lunch

**Bacon Wrapped Chicken Thighs** - Make entire recipe as per cooking instructions, eat 1/3 and place remainder back in fridge in original container with lid.

**Rosemary Garlic Potatoes** - Fix entire recipe per label instructions, eat 1/3 of recipe, place remainder in storage container in fridge.

### Dinner

**Butter Chicken with Cauliflower Rice** - Prepare per label instructions. Eat 1/3 of quantity made, place remainder in a storage container (do not reuse the bags it came in) and place back in fridge.

**Broccoli Steam** - Take out 1/3 of broccoli from container and steam. Add salt if you wish.

## DAY THREE

### Breakfast

**Coffee/Tea** (With unsweetened almond or coconut milk only)

**Sausage Quiche w/ Butternut Squash** – Warm 1/2 of remaining quiche, eat and put rest back in fridge.

### Lunch

**Italian Casserole** - Cook per cooking label. Eat 1/3 of quantity made, place remainder back in fridge.

**Bacon Braised Cabbage** - Fix entire recipe per cooking instructions, eat 1/3 of recipe; place remainder back in original baggie and back in fridge.

### Dinner

**Baked Lemon Chicken** - Take ½ of quantity of container out and place in an oven proof dish along with ½ of remaining Herbed Squash Saute. Heat at 350 for 20 minutes. Place the one remaining serving of Squash Saute along with the chicken back in the fridge.

**Herbed Squash Saute** - See instructions above.

## DAY FOUR

### Breakfast

**Coffee/Tea**(With unsweetened almond or coconut milk only)

**Eggs & Green Apple Sausage** – Eat two eggs and two sausages to your liking.

### Lunch

**Crockpot Enchilada Soup** - Heat ½ of remaining entree. Place remainder back in fridge.

### Dinner

**Bacon Wrapped Chicken Thighs** - Remove ½ of what's remaining of chicken and place in an ovenproof dish along with ½ of Rosemary Garlic Potatoes and bake at 350 for 20 minutes. Place remaining servings of potatoes and chicken back in fridge.

**Rosemary Garlic Potatoes** - See instructions above.

## DAY FIVE

### Breakfast

**Coffee/Tea**(With unsweetened almond or coconut milk only)

**Sausage Quiche w/ Butternut Squash** – Warm remaining quiche and enjoy.

### Lunch

**Butter Chicken with Cauliflower Rice** - Take out 1/2 of quantity in container and heat in pot on stove. Leave rest in container, (you will have one serving left) and place back in fridge.

**Broccoli Steam** - Take ½ of broccoli out of container and steam. May add salt.

### Dinner

**Italian Casserole** - Eat ½ of remaining casserole and ½ of remaining cabbage, put the last serving of cabbage in the casserole container and put back in fridge.

**Bacon Braised Cabbage** - See instructions above.

## DAY SIX

### Breakfast

**Coffee/Tea**(With unsweetened almond or coconut milk only)

**Eggs & Green Apple Breakfast Sausage** – Fix two eggs and two sausages to your liking.

### Lunch

**Baked Lemon Chicken** - Heat remaining chicken along with remaining Herbed Squash Saute and enjoy.

**Herbed Squash Saute** - See instructions above.

### Dinner

**Crockpot Enchilada Soup** - Heat remainder and enjoy.

## **DAY SEVEN**

### Breakfast

**Coffee/Tea**(With unsweetened almond or coconut milk only)

**Italian Casserole/Bacon Braised Cabbage** – Heat the remaining casserole and cabbage and enjoy.

### Lunch

**Bacon Wrapped Chicken Thighs** - Heat remaining portions of chicken and potatoes in container.

**Rosemary Garlic Potatoes** - See heating instructions above.

### Dinner

**Butter Chicken w/ Cauliflower Rice** - Heat rest of stew in pot on stove.

**Broccoli** - Steam remainder of broccoli.

## Week Two

### DAY EIGHT

#### Breakfast

**Coffee/Tea**(Unsweetened, almond or coconut milk only)  
Eggs & Link Sausage – Fix to your liking.

#### Lunch

**Bacon Meatloaf** - Follow cooking instructions on label, eat 1/3 of container, place remainder covered with lid back in fridge. This is a lot of food. You don't have to eat the whole thing if it is too much for you.

**Veggie Stir Fry** - Follow directions on label, eat 1/3 of recipe, put remainder back in container and back in fridge.

#### Dinner

**Meatballs with Tomato Sauce** - Prepare meatballs and sauce per the instructions on the label. Eat 1/3 and put the remainder in a container and put back in your fridge.

**Green Bean Almondine** - Fix entire recipe per cooking instructions, eat 1/3 of recipe; place remainder in a storage container and put in your fridge.

**\*\*If time is limited in the morning, cook tomorrow's breakfast (Sausage Veggie Bake) tonight per cooking instructions. You can also put West African Stew in Crockpot tonight for tomorrow night's dinner.**

### DAY NINE

#### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)  
**Sausage Veggie Bake** – Follow cooking instructions on label, eat 1/3 of container. Place remainder covered with lid back in your fridge.

#### Lunch

**Chicken with Mushroom Basil Cream Sauce** - Make entire recipe as per cooking instructions, (must prepare all three chicken breasts, as raw chicken breasts won't last in fridge) eat 1/3 of quantity made, place remainder in a storage container and place back in fridge.

**Cauliflower "Rice" Pilaf** - Fix entire bag as per label instructions, eat 1/3 of recipe, place remainder back in fridge.

#### Dinner

**Spiced Stuffed Eggplant** - Prepare per label instructions. Eat 1/3 of recipe, place remainder in a storage container and put back in fridge.

**Ginger Carrots** - Fix entire recipe per label instructions, eat 1/3 of recipe, put remainder in a storage container and put back in your fridge.

### **DAY TEN**

#### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Sausage Patties with Sweet Potato Mash** – Heat entire container per label instructions. Eat 1/3 of container, place remainder back in fridge with lid.

#### Lunch

**Chicken and Vegetable Soup** - Warm ½ of container in a pot on the stove. Place remainder in container and back in fridge.

#### Dinner

**Bacon Meatloaf** - Take ½ of remaining meatloaf and veggies and place in ovenproof dish. Heat at 350 for 20 minutes. You will have one serving left of each, put remaining veggies in container with meatloaf and place back in fridge.

**Veggie Stir Fry** - See instructions above.

## DAY ELEVEN

### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Sausage Veggie Bake** - Heat ½ of remaining and put the final portion back into your fridge.

### Lunch

**Meatballs with Tomato Sauce** - Heat ½ of container along with ½ of remaining Green Bean Almandine. Place remainder of each back in fridge.

**Green Bean Almondine** - See instructions above.

### Dinner

**Chicken with Mushroom Basil Cream Sauce** - Remove ½ of what's remaining of chicken and rice and place in an ovenproof dish at 350 for 20 minutes, place remaining one serving of each back in fridge.

**Cauliflower "Rice" Pilaf** - See instructions above.

## DAY TWELVE

### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Sausage Patties with Sweet Potato Mash** – Heat and eat ½ of container. Place remainder back in fridge.

### Lunch

**Spiced Stuffed Eggplant** - Heat ½ of recipe along with ½ of Ginger Carrots. Place remainder of each back in fridge.

**Ginger Carrots** - See instructions above.

### Dinner

**Chicken and Vegetable Soup** - Warm rest of container in a pot on the stove.

## **DAY THIRTEEN**

### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Sausage Veggie Bake** - Heat and eat remaining portion.

### Lunch

**Bacon Meatloaf** - Heat remaining meatloaf and veggies at 350 for 20 minutes.

**Veggie Stir Fry** - See instructions above.

### Dinner

**Meatballs with Tomato Sauce** - Heat remaining meatballs along with remaining Green Bean Almandine and enjoy.

**Green Bean Almandine** - See instructions above.

## **DAY FOURTEEN**

### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Sausage Patties with Sweet Potato Mash** – Heat and eat remainder.

### Lunch

**Chicken with Mushroom Basil Cream Sauce** - Heat last portion of chicken and rice in oven at 350 for 20 minutes.

**Cauliflower “Rice” Pilaf** - See instructions above.

### Dinner

**Spiced Stuffed Eggplant** - Heat rest of entree and the Ginger Carrots and enjoy.

**Ginger Carrots** - See instructions above.



## Week 3

### DAY FIFTEEN

#### Breakfast

**Coffee/Tea** - (With unsweetened almond or coconut milk only)

**Eggs & Link Sausage** – Fix to your liking.

#### Lunch

**Mediterranean Meatloaf** - Make entrée per cooking instruction label. Eat 1/3 of entrée and put lid back on container and place remainder in your fridge.

**Veggie Stir Fry** - Follow directions on label, eat 1/3 of recipe, put remainder back in container and back in fridge.

#### Dinner

**Chicken with Lemon and Capers** - Make entire recipe per cooking instruction label (must prepare all three chicken breasts as raw chicken breasts won't last in fridge). Eat 1/3 of quantity made, place remainder in a storage container and place back in fridge.

**Sugar Snap Peas** - Prepare 1/3 of recipe per label instructions. Put rest back in fridge in original baggie.

### DAY SIXTEEN

#### Breakfast

**Coffee/Tea** - (With unsweetened almond or coconut milk only)

**Sweet Potato Breakfast Hash** – Please Note: These instructions are different than instructions on the label. Please follow these instructions for the purposes of the Meal Plan; Take out 1/3 of hash from container and stir until heated. Cook one egg in the same skillet to your liking. Put remaining back in fridge.

#### Lunch

**Czech Meatballs** - Heat entire container per label instructions. Eat 1/3 of meatballs, put rest back in fridge.

**Sweet & Sour Cabbage** - Fix entire recipe per cooking instructions, eat 1/3 of recipe; place remainder in a container and back in your fridge.

## Dinner

**Chicken Cacciatore** - Fix entire entrée per label instructions. Eat 1/3 and place remainder in storage container in your fridge.

**Sauteed Brussels Sprouts** - Fix entire recipe per label instructions, eat 1/3 of recipe; place remainder in a container and back in your fridge.

## **DAY SEVENTEEN**

### Breakfast

**Coffee/Tea** - (With unsweetened almond or coconut milk only)

**Eggs and Bacon** – Make 2 eggs and 2 slices of bacon to your liking. Remember, one of the principles of Paleo is that good fats are good for you, although we've been conditioned to believe that they are not and cause one to be fat. Please google the brain and fat to get more info. But you don't have to eat all the bacon if you want to cut back on calories.

### Lunch

**Pop's Pulled Pork** - Make entire recipe per cooking instructions on label. Eat 1/3 of quantity made, place the remainder back in fridge with lid.

**Kale Salad** - Dice 1/3 of apple, slice thin one radish, combine with 1/3 of kale and 1/3 of dressing (or as little as you like). Massage well with hands.

### Dinner

**Mediterranean Meatloaf** - Heat 1/2 of remaining entrée along with 1/2 of remaining Veggie Stir Fry. Combine last serving of each and put back in your fridge.

**Veggie Stir Fry** - See instructions above.

## DAY EIGHTEEN

### Breakfast

**Coffee/Tea** - (With unsweetened almond or coconut milk only)

**Sweet Potato Breakfast Hash** – Take out 1/3 of hash from container and stir until heated. Cook one egg in the same skillet to your liking. Put remaining back in fridge.

### Lunch

**Chicken with Lemon and Capers** - Warm ½ of the chicken in the skillet at the same time you cook ½ of the Sugar Snap Peas. Put remainder of each back in fridge.

**Sugar Snap Peas** - See instructions above.

### Dinner

**Czech Meatballs** - Heat up ½ of remaining meatballs along with ½ of remaining Sweet & Sour Cabbage. Combine last serving of meatballs and cabbage in container and put back in fridge.

**Sweet & Sour Cabbage** - See instructions above.

## DAY NINETEEN

### Breakfast

**Coffee/Tea** - (With unsweetened almond or coconut milk only)

**Eggs and Bacon** – Fix 2 eggs and 2 slices of bacon to your liking.

### Lunch

**Chicken Cacciatore** - Heat ½ of remaining entree and ½ of remaining Brussels Sprouts and enjoy. Put rest back in fridge.

**Sauteed Brussels Sprouts** - See instructions above.

### Dinner

**Pop's Pulled Pork** - Heat 1/2 of pork and fix ½ of recipe of Kale Salad per instructions and enjoy. Put rest back in fridge.

**Kale Salad** - See instructions above.

Please note: There are not any chemicals on the apple to prevent oxidation once cut, so the edges will turn a little brown. Simply shave those parts off before preparing.

## **DAY TWENTY**

### Breakfast

**Coffee/Tea** - (With unsweetened almond or coconut milk only)

**Sweet Potato Breakfast Hash** – Cook rest of hash along with one egg in skillet.

### Lunch

**Chicken with Lemon and Capers** - Fix the remainder of chicken and peas.

**Sugar Snap Peas** - See instructions above.

### Dinner

**Czech Meatballs** - Heat and eat remaining serving of meatballs and cabbage.

**Sweet & Sour Cabbage** - See instructions above.

## **DAY TWENTY – ONE**

### Breakfast

**Coffee/Tea** - (With unsweetened almond or coconut milk only)

**Mediterranean Meatloaf & Veggie Stir Fry** – Heat remaining servings and enjoy.

### Lunch

**Chicken Cacciatore** - Heat remainder servings Chicken and Brussels sprouts and enjoy.

**Sauteed Brussels Sprouts** - See instructions above.

### Dinner

**Pop's Pulled Pork** - Heat rest of pork and fix rest of Kale Salad and enjoy.

**Kale Salad** - See instructions above.

## Week Three

### DAY TWENTY-TWO

#### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Eggs & Green Apple Breakfast Sausage** – Eat 2 eggs and 2 sausages to your liking.

#### Lunch

**Pork Tenderloin with Apricot BBQ Sauce** - Follow cooking instructions on package label. Put Butternut Squash w/ Walnut Cheese Sauce in oven during last 30 minutes of cooking. Eat 1/3 of quantity made, place remainder in a storage container (do not put back in bag it came in) and place in fridge.

**Butternut Squash with Walnut Cheese Sauce** - Make entire recipe as per cooking instruction label, eat 1/3, put leftovers in original container and back in fridge.

#### Dinner

**Italian Beef Stuffed Peppers** - Put this entrée in the oven with the nuggets during the last 20-25 minutes of cooking. Eat 1/3 of container, place leftovers with lid back in fridge.

**Sweet Potato Nuggets** - Fix entire bag per label instructions, eat 1/3 of recipe, put remainder back in original baggie back in fridge.

**\*\*\*Prep for tomorrow's lunch - Put Tikka Masala in Crockpot per cooking instruction label.**

### DAY TWENTY-THREE

#### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Salmon Cakes with Tartar Sauce** – Fix two salmon patties.

#### Lunch

**Slow Cooker Tikka Masala** - Eat 1/3 of quantity made (1 1/3 cup), place remainder in a storage container (do not reuse the bags it came in) and place back in fridge.

**Cauliflower Rice with Garlic** - Fix entire recipe as per cooking instructions, eat 1/3 of recipe; place leftovers back in original baggie and back in fridge.

## Dinner

**Kielbasa Meatloaf** - Fix entire recipe per cooking instructions, eat 1/3 of recipe, place remainder back in your fridge.

**Roasted Brussels Sprouts** - Fix entire recipe per label instructions. Eat 1/3 and place remainder back in original baggie and put back in your fridge.

**\*\*\*Prep for tomorrow's lunch - Put Chicken Stew in Crock pot per cooking instruction label.**

## **DAY TWENTY-FOUR**

### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)  
**Eggs & Link Sausage** – Fix to your liking.

### Lunch

**Chicken Stew** - Eat 1/3 of quantity made (2 cups), place remainder in a storage container (do not reuse the bags it came in) and place back in fridge.

**Kale Salad** - (The salad dressing is olive oil, lemon juice, Real Salt and some people find it quite tart. Use sparingly at first, add as much as you like to your taste.)

Dice 1/3 of apple, slice thin one radish, combine with 1/3 of kale and 1/3 of dressing. Make sure to massage the kale well.

### Dinner

**Pork Tenderloin with Apricot BBQ Sauce** - Heat 1/2 of what's left of pork tenderloin, 1/2 of Butternut Squash. Put remaining Butternut Squash back into container with pork and put back in fridge.

**Butternut Squash with Walnut Cheese Sauce** - Follow instructions above.

## DAY TWENTY-FIVE

### Breakfast

**Coffee/Tea** – (Unsweetened, almond or coconut milk only)

**Salmon Cakes with Tartar Sauce** – Fix two patties.

### Lunch

**Italian Beef Stuffed Peppers** - Heat ½ of container of peppers along with ½ of Sweet Potato Nuggets. Put remaining portion of sweet potatoes into remaining container of peppers and put back in fridge.

**Sweet Potato Nuggets** - See heating instructions above.

### Dinner

**Slow Cooker Tikka Masala** - Take ½ of quantity in container out and place in an oven proof dish along with ½ of Cauliflower Rice. Heat at 350 for 20 minutes. Place the one remaining serving of Cauli Rice along with chicken back in fridge.

**Cauliflower Rice with Garlic** - See instructions above.

## DAY TWENTY-SIX

### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Eggs & Green Apple Breakfast Sausage** – Eat 2 eggs and 2 sausages to your liking.

### Lunch

**Kielbasa Meatloaf** - Heat ½ of remaining meatloaf and put remaining serving along with remaining serving of Brussels Sprouts into the same container and back in your fridge.

**Roasted Brussels Sprouts** - Heat ½ of remaining Brussels Sprouts and put final serving into container with meatloaf and back in your fridge.

### Dinner

**Chicken Stew** - Take out 1/2 of quantity in container and heat in pot on stove. Leave rest in container, (you will have one serving left) and place back in fridge.

**Kale Salad** - Chop ½ of apple, slice one radish, mix ½ of dressing and ½ of kale together, massage with hands.

## **DAY TWENTY-SEVEN**

### Breakfast

**Coffee/Tea** – (Unsweetened, almond or coconut milk only)

**Salmon Cakes with Tartar Sauce** – Eat remaining 2 patties.

### Lunch

**Pork Tenderloin with Apricot BBQ Sauce** - Heat all of what's left of Pork Tenderloin along with remaining Butternut Squash and enjoy.

**Butternut Squash with Walnut Cheese Sauce** - Follow instructions above.

### Dinner

**Italian Beef Stuffed Peppers** - Heat remaining peppers and Sweet Potato Nuggets and enjoy.

**Sweet Potato Nuggets** - Follow instructions above.

## **DAY TWENTY-EIGHT**

### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)

**Kielbasa Meatloaf & Roasted Brussels Sprouts** - Heat final servings of Kielbasa Meatloaf and Brussels Sprouts and enjoy.

### Lunch

**Tikka Masala** - Heat remaining chicken along with Cauliflower Rice and enjoy.

**Cauliflower Rice with Garlic** - See instructions above.

### Dinner

**Chicken Stew** - Heat rest of stew in pot on stove.

**Kale Salad** - Prep and eat rest of salad.