



## Paleo Clean Eating 28 Day Diet for Couples

### Calendar and Preparation Instructions

## Day One & Fifteen

### Breakfast

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

**Eggs with Green Apple Sausage** – Each fix two eggs and 2 sausages to your liking. (Cook sausage from frozen)

**\*\*\*Put Crockpot Enchilada Soup in Crockpot – will still be frozen.**

### Lunch

**Spiced Stuffed Eggplant** - Cook per instruction label. Each eat 1/3 of entrée. Place remainder in a container and put back in fridge.

**Baby Carrots** - Each person eat one bag of carrots.

### Dinner

**Crockpot Enchilada Soup** - Cook per label instructions. Each eat 1/3 of entrée. Put remaining serving in a container and back in fridge.

**Ginger Carrots** - Fix entire recipe as per cooking instructions. Eat 1/3 of recipe each. Put remaining serving into a container and 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 & Sixteen

## Breakfast

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

**Sausage Quiche with Butternut Squash** - Cook per directions on label. Eat 1/3 of container each. Put the remaining serving back in the fridge with original lid.

**\*\*\*\*Prep for tonight's dinner – Put Chicken Stew in Crockpot per cooking instructions label.**

## Lunch

**Kielbasa Meatloaf** - Cook entire container as per label instructions. Eat one serving each, leave remaining serving in container along with peas below, replace lid and put back in fridge.

**Sugar Snap Peas** - Fix entire container as per label instructions, eat 1/3 each; place remaining serving in container with meatloaf above.

## Dinner

**Chicken Stew** - Cook entire recipe per label instructions. Each eat 1/3 each of quantity made. Place remainder in a storage container (do not reuse the bags it came in due to raw chicken) and place back in fridge.

**Kale Salad** - Dice 2/3 of apple, slice thin 2 radishes, combine with 2/3 of kale and 2/3 of dressing. Massage the dressing into the kale for about a minute. Leave the rest of the kale, dressing, apple and radish in bag and put back in fridge.

**\*\*\*Take Bone Broth and Bacon Meatloaf out of freezer and put in fridge.**

# **Day Three & Seventeen**

## Breakfast

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

Each person eats one of the choices below:

**Sausage Quiche with Butternut Squash** - Heat and serve.

**Eggs with Green Apple Sausage** – Fix two eggs and rest of sausage to your liking.

## Lunch

**Chicken with Lemon & Capers** - Fix entire recipe per label instructions. Each eat 1/3 of recipe. Put remaining serving in a container with the cabbage below.

**Bacon Braised Cabbage** - Fix entire recipe per label instructions. Each eat 1/3 of recipe. Put remaining serving in the container with the chicken above.

### Dinner

Each person eats one of the servings below:

**Spiced Stuffed Eggplant** – Heat remaining serving and eat with baggie of baby carrots.

**Crockpot Enchilada Soup** – Heat remaining serving with Ginger Carrots.

**\*\*\*Take Pop's Pulled Pork, Meatballs w/ Tomato Sauce and Sweet Potato Breakfast Hash from your freezer and put in fridge.**

## **Day Four & Eighteen**

### Breakfast

**Coffee/Tea** - (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  $\frac{2}{3}$  of contents of container and stir until heated. Cook two eggs in the same skillet to your liking. Put remaining back in fridge.

### Lunch

Each person eats one of the serving below:

**Kielbasa Meatloaf & Sugar Snap Peas** – Heat remaining serving.

**Chicken Stew and Kale Salad** – Heat and fix remaining serving.

### Dinner

**Bacon Meatloaf** - Cook entire container per label instructions. Each eat 1/3 of recipe. Put the last serving in a storage container with the squash and put back in fridge.

**Herbed Squash Saute** - Fix per heating instructions and each eat  $\frac{1}{3}$ . Put the remaining serving in the container with the meatloaf above.

**\*\*Please note: We have included this incredibly healthy (Google “Bone Broth” to see benefits) bone broth to improve your health and the effectiveness of the Meal Plan. Consider this**

medicine! It can be an acquired taste. If you are not on a restricted sodium intake, add sea salt to your liking.

## **Day Five & Nineteen**

### Breakfast

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

**Bone Broth** – Heat entire contents of container, each person eats ½ of container.\*\*

**Link Sausage & Eggs** – Each eat 2 eggs & a sausage link. Fix to your liking.

### Lunch

**Pop’s Pulled Pork** - Make entire recipe per cooking instructions on label. Eat 1/3 each of quantity made, leave remaining serving along with Brussels’ Sprouts enclosed with lid back in fridge.

**Sauteed Brussels’ Sprouts** - Make entire recipe per label instructions, eat 1/3 of quantity made each, put remainder in container with pork.

### Dinner

**Meatballs with Tomato Sauce** - Make entire entrée per label instructions. Each eat 1/3 of entree, place remainder with serving of Cauliflower “Rice” Pilaf below and put back in fridge.

**Cauliflower “Rice” with Garlic** - Fix entire recipe per label instructions, each eat 1/3 of recipe, place remainder in container above with meatballs.

**\*\*\*Take Chicken Vegetable Soup and Baked Lemon Chicken from your freezer and put in your fridge.**

## **Day Six & Twenty**

### Breakfast

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

Each person eats one of the choices below:

**Eggs with Bacon** – Fix two eggs and two slices of bacon to your liking. (You will have 4 slices of bacon left to enjoy at another time)

**Sweet Potato Breakfast Hash** – Heat remaining hash and one egg to your liking.

## Lunch

**Baked Lemon Chicken** - Cook entire container as per label instructions. Each eat 1/3 of container and place remaining back in fridge along with Green Bean Almandine below.

**Green Bean Almandine** - Fix entire recipe as per cooking instructions, each eat 1/3 of recipe, place remaining serving in container above with the chicken.

## Dinner

Each person eats one of the choices below:

**Bacon Meatloaf & Herbed Squash Saute** – Heat and serve.

**Pops Pulled Pork with Sauteed Brussels Sprouts** – Heat and serve.

## **Day Seven & Twenty-One**

### Breakfast

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

**Link Sausage & Eggs** – Each eat 2 eggs & a sausage link. Fix to your liking.

### Lunch

**Chicken & Vegetable Soup** - Heat soup per heating instructions on label. Makes two serving, each person eats one serving.

**Sweet Potato Nuggets** - Prepare and eat ½ or less of recipe each.

### Dinner

Each person eats one of the choices below:

**Meatballs with Tomato Sauce & Cauliflower “Rice” with Garlic** – Heat and serve.

**Baked Lemon Chicken & Green Bean Almandine**– Heat and serve.

## **Day Eight & Twenty-Two**

### Breakfast

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

**Eggs & Bacon** – Each eat two eggs and two pieces of bacon to your liking.

## Lunch

**Czech Meatballs** - Make entree as per cooking instructions. Each eat 1/3 of meatballs, put the remaining cabbage below along with the meatballs in the container and put it back in your fridge.

**Sweet & Sour Cabbage** - Cook per cooking instructions. Each eat 1/3 of container and follow directions above for remainder.

## Dinner

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

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

# Day Nine & Twenty-Three

## Breakfast

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

**Salmon Cakes w/ Tartar Sauce** - Cook per label, (don't overcook or they will become dry) each eat 2 salmon cakes with or without tartar sauce. Place remainder back in fridge with lid.

## Lunch

**Butter Chicken w/ Cauliflower Rice** - Prepare per label instructions. Each eat 1/3 of recipe, place remainder along with remaining broccoli in a container and put in fridge.

**Broccoli Steam** - Fix per label instructions. Each eat 1/3. Put remaining serving in container with stew above.

## Dinner

**Pork Tenderloin with Apricot BBQ Sauce** - Follow cooking instructions on package label. Each eat 1/3 of entree; put remainder in smaller container along with the squash below and place back in fridge.

**Butternut Squash with Walnut Cheese Sauce** - Heat per label instructions. Each eat 1/3 and place remaining serving in container above.

**\*\* Take Sausage Veggie Bake and Chicken Cacciatore from your freezer and put in your fridge.**

## **Day Ten & Twenty-Four**

### Breakfast

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

Each person eats one of the choices below:

**Salmon Cakes w/ Tartar Sauce** - Heat remaining serving.  
**Eggs and Bacon** – Fix two eggs and rest of bacon to your liking.

### Lunch

**Mulligatawny Stew** - Heat soup per heating instructions on label. Makes two servings, each person eats one serving.

### Dinner

Each person eats one of the choices below:

**Chicken with Mushroom Basil Cream & Cauliflower “Rice” Pilaf** - Heat and serve.  
**Czech Meatballs and Sweet & Sour Cabbage** - Heat and serve.

**\*\*If time is limited in the morning, cook tomorrow’s breakfast (Sausage Veggie Bake) tonight per cooking instructions.**

**\*\*\* Take Sausage Patties w/Sweet Potato Mash, Italian Stuffed Bell Peppers and Mediterranean Meatloaf from your freezer and put in your fridge.**

## **Day Eleven & Twenty-Five**

### Breakfast

**Coffee/Tea** - (Unsweetened, almond or coconut milk only)  
**Sausage Veggie Bake** – Prepare per label instructions. Each eat 1/3 of entrée. Put remaining serving back in fridge.

## Lunch

Each person eats one of the serving below:

**Butter Chicken w/ Cauliflower Rice and Broccoli Steam** - Heat and serve.

**Pork Tenderloin w/ Apricot BBQ Sauce and Butternut Squash w/ Walnut Cheese Sauce**  
- Heat and serve.

## Dinner

**Chicken Cacciatore** - Prepare per label instructions. Each eat 1/3 of recipe. Put remainder in a storage container along with serving of Roasted Brussels Sprouts below and place back in the fridge.

**Roasted Brussels' Sprouts** - Make entire recipe per label instructions, each eat 1/3 of quantity made. Put remainder in container with chicken.

**\*\*\*Take out Italian Casserole from your freezer and put in your fridge.**

## **Day Twelve & Twenty-Six**

### Breakfast

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

**Sausage Patties w/ Sweet Potato Mash** – Make recipe per cooking instructions and each eat 1/3. Put the remaining serving back in fridge with lid.

### Lunch

**Italian Stuffed Bell Peppers** - Make recipe per cooking instruction. Each eat 1/3 of quantity made, place remainder along with remaining Veggie Stir Fry below with lid back in fridge.

**Veggie Stir Fry** - Make entire recipe as per cooking instruction label, eat 1/3 each. Put remaining serving in container above with peppers.

### Dinner

**Mediterranean Meatloaf** - Heat per label instructions. Each eat 1/3. Leave remainder in original container and put back in fridge along with last serving of peas below.

**Sugar Snap Peas** - Make the entire recipe per the cooking instructions. Each eat 1/3 of recipe. Put remaining serving in container with entree above.



**\*\*\*Take out Chocolate Chili from your freezer and put in your fridge.**

## **Day Thirteen & Twenty-Seven**

### Breakfast

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

Each person eats one of the choices below:

**Sausage Veggie Bake** – Heat and serve.

**Sausage Patties w/ Sweet Potato Mash** – Heat and serve.

### Lunch

**Italian Casserole** - Cook entire recipe, can be cooked at temperature for potatoes below, just take out earlier. Each eat 1/3 of recipe, place remaining back in container with last serving of Rosemary Garlic Potatoes covered with lid.

**Rosemary Garlic Potatoes** - Fix entire recipe per label instructions, each eat 1/3 of recipe, place remainder in container above with meatloaf.

### Dinner

Each person eats one of the choices below:

**Chicken Cacciatore with Roasted Brussels Sprouts** – Heat and serve.

**Italian Stuffed Bell Peppers & Veggie Stir Fry** – Heat and serve.

## **Day Fourteen & Twenty-Eight**

### Breakfast

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

**Link Sausage & Eggs** - Each eat 2 eggs and a sausage. Fix to your liking.

### Lunch

**Chocolate Chili** - Heat per label. Each eat ½ of container.

**Baby Carrots** - Each person gets one bag of carrots.

## Dinner

Each person eats one of the choices below:

**Italian Casserole & Rosemary Garlic Potatoes** – Heat and serve.

**Mediterranean Meatloaf & Sugar Snap Peas** – Heat and serve.