



LINKS TO RECIPES AND NOTES

RECIPE LINK	SOURCE	METHOD	NOTES
<u>Coconut Nutty Flax Granola and Blueberry Pear Compote</u>			
	Thefivejourneys.com	oven	Adapted from The Plan
<u>Mongolian Beef Stir Fry*</u>			
	Thedefineddish.com	stovetop	
<u>Instant Pot Chicken Pho*</u>			
	Nomnompaleo.com	stovetop	
<u>Paleo Cabbage Rolls</u>			
	Stupideaspaleo.com	oven	Can also use crockpot
<u>Mom's Spiralized Peppers, Onions, and Potatoes with Sausage</u>			
	Inspiralized.com	oven	

\* FREEZES WELL

If you are looking for additional non-egg breakfast ideas, here are some favorites: [Fiesta Breakfast Bowl](#) (from Meatified), [Breakfast Sausage Chicken Poppers](#) (from Unbound Wellness), and [Three Ingredient Banana Pudding](#) (from Stupid Easy Paleo [omit vanilla])



**COCONUT NUTTY FLAX GRANOLA**

- 1 package Bob's Red Mill Whole Golden Flaxseed 24 oz. package
- Coconut oil
- Cinnamon
- Unsweetened coconut flakes
- Slivered almonds

**BLUEBERRY PEAR COMPOTE**

- 1 cup blueberries
- 1 ripe pear
- 1-1/4 cups unsweetened coconut milk
- 1/2 cup chia seeds
- 1/8 cup almond slivers
- Cinnamon (to taste)

**EGGS & HASH BROWNS & BACON**

- 1 Dozen organic eggs
- Hash brown patties
- Ghee
- Bacon

**MONGOLIAN BEEF STIR FRY**

- 1.5 lbs. flank steak
- salt and pepper, to taste
- 1 tbsp. arrowroot starch
- 2 tbsp. avocado oil
- 1 bunch of sliced green onions
- 1 tsp. sesame oil
- 3 cloves garlic, thinly sliced
- 1 inch piece of ginger, peeled and minced
- 1/2 tsp. crushed red pepper (optional)
- 1/2 cup beef broth
- 1/2 cup coconut aminos
- 2 tsp. fish sauce
- toasted sesame seeds, for garnish

**For serving:**

- 2 cups of Riced Cauliflower
- olive oil
- 2 heads of baby bok choy
- 1 tbsp. fish sauce
- salt and pepper

**INSTANT POT CHICKEN PHO**

**For the broth:**

- 1 tablespoon coriander seeds
- 3 whole cloves
- Chubby 2-inch section ginger, peeled, thickly sliced, and bruised
- 1 large yellow onion, halved and thickly sliced
- 7 cups water
- One 4 lb whole chicken (no bigger!)
- 1 small Fuji apple, peeled, cored, and cut into thumbnail-size chunks
- 3/4 cup coarsely chopped cilantro sprigs
- 1 tablespoon kosher salt
- About 1 1/2 tablespoons fish sauce

**For the bowls:**

- 4 medium zucchini, spiralized and blotted dry with paper towels
- About half the cooked chicken from the broth
- 1/2 small yellow or red onion, thinly sliced against the grain and soaked in water for 10 minutes
- 2 thinly sliced green onions, green parts only
- 1/4 cup chopped fresh cilantro, leafy tops only
- Thai basil leaves (optional)
- Pepper (optional)
- Sriracha (optional)
- Lime wedges (optional)

**PALEO CABBAGE ROLLS**

- 1 lb grass-fed ground beef
- 1 lb ground pork
- 1 tbsp coconut oil
- 1/2 white onion, diced finely
- 1-1/2 cups of riced or grated cauliflower
- 1/2 tsp garlic powder
- 1/2 tsp sea salt
- 1 tsp black pepper
- 8 oz crushed tomatoes
- 4 oz tomato sauce (not pasta sauce)



**MOM'S SPIRALIZED PEPPERS, ONIONS, AND POTATOES WITH SAUSAGE**

- 4 sweet Italian sausage links
- 2 tablespoons extra virgin olive oil
- 2 red bell peppers, Blade A, noodles trimmed
- 1 large white or red onion, Blade A, noodles trimmed
- 2 large russet potatoes, Blade D, noodles trimmed
- 1/4 teaspoon red pepper flakes (or more, if you like spice)
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 3 garlic cloves, minced
- salt and pepper

**SIDE SALAD**

- Salad greens of your choice
- Vegetable toppings of your choice
- Salad dressing (see [this post](#))



*Enjoy a Healthy &  
Happy Week!*