



LINKS TO RECIPES AND NOTES

| RECIPE LINK  | SOURCE                | METHOD        | NOTES  |
|--|-----------------------|---------------|--|
| <u>Coconut Nutty Flax Granola and Blueberry Pear Compote</u> |                       |               |  |
|  | Thefivejourneys.com   | Oven/stovetop | Adapted from The Plan  |
| <u>Braised Pork Wings with Apple and Onion Gravy</u>         |                       |               |  |
|  | Meatified.com         | Stovetop      | “Wings” are pork shanks  |
| <u>Roasted Mediterranean Vegetables</u>                      |                       |               |  |
|  | Stupideasypaleo.com   | Stovetop      | Use vegetables of choice   |
| <u>Paleo Clam Chowder*</u>                                   |                       |               |  |
|  | Stupideasypaleo.com   | Stovetop      | Add bacon if you like  |
| <u>Chicken Pesto Paleo Spaghetti Squash*</u>                 |                       |               |  |
|  | Paleorunningmomma.com | Stovetop      | Can use zucchini noodles if preferred  |
| <u>The Perfect Burger (with parsnip fries)</u>               |                       |               |  |
|  | Stupideasypaleo.com   | Grill         | Can substitute potatoes or other veggie for parsnips; Broil if grill not available |

\* 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

**CHICKEN PESTO PALEO SPAGHETTI SQUASH**

- 1 med/med-large spaghetti squash
  - 1.5 lbs boneless skinless chicken breasts thin sliced or pounded to 1/2" thickness
  - 2 Tbsp coconut oil ghee, or other cooking fat
  - Sea salt pepper, and onion powder to season chicken
  - ¾ - 1 cup Pesto sauce (see below)
- Pesto Recipe
- 1 cup raw shelled walnuts
  - 3 cups fresh basil leaves
  - 2 cups fresh baby spinach leaves
  - 4 cloves garlic
  - 2/3 cup light flavored olive oil
  - 3/4 tsp salt you can adjust to your taste
  - 2 tbsp nutritional yeast

**BRAISED PORK WINGS WITH APPLE & ONION GRAVY**

- 2.5 lbs / 4 pork wings, bone in
- ¼ cup arrowroot starch
- 1 tbl garlic powder
- 1 tbl dried sage
- 1 tsp or more of mustard powder
- 2 tbl avocado oil
- 1 onion, halved then sliced finely
- 2 apples, peeled and cut into chunks
- 2 cups of chicken or pork broth

**PALEO CLAM CHOWDER**

- 2 tbsp ghee or fat of choice
- 1/2 small cauliflower, chopped into florets (about 3 cups florets)
- 1 medium onion, diced
- 2 cups chicken broth
- 2 small carrots, diced
- 1 celery rib, diced
- 2 medium white potatoes, diced
- 2-10 oz cans clams
- 1 tsp fish sauce
- 1 cup full-fat coconut milk
- Sea salt and black pepper, to taste

**ROASTED MEDITERRANEAN VEGGIES**

- 2 Roma tomatoes, quartered and seeded
- 2 small zucchini (8 to 12 oz), halved and sliced on a diagonal
- 1 medium eggplant (about 12 oz), halved and sliced into semicircles
- 1 yellow bell pepper, seeded and sliced into strips
- 1 medium red onion, halved and sliced
- 2 tbsp avocado oil
- 2 tsp dried Italian herbs
- Generous pinch sea salt and black pepper
- 6 fresh basil leaves, sliced into thin ribbons, optional



**THE PERFECT BURGER**

- 1 pound ground beef
- 1/4 medium red onion, minced
- 1 Tablespoon Dijon mustard
- 1 teaspoon granulated garlic
- Salt and pepper, to taste

For the Shoestring Parsnip Fries

- 2 medium parsnips, peeled
- 1/2 cup coconut oil, melted

Garnish With

- Sliced red onions
- Avocado
- Romaine hearts
- Shoestring parsnip fries (from above)

**SIDE SALAD**

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



*Enjoy a Healthy &  
Happy Week!*

