

THRIVE

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INTEGRATIVE NUTRITION COACH

HOW TO MAKE A WEEK OF PALEO MEALS FOR WORK in just one hour

If you're stuck in the pattern of buying unhealthy over-priced junk for breakfast and lunch during the work week, this cheat sheet will help you jump that ship for good! Spend just one hour on Sunday whipping up healthy packed meals - you'll never have an excuse again. Get ready for more variety, flavour & energy throughout your week!

the menu

BREAKFAST

- 1: banana chocolate protein muffins
- 2: salmon avocado & greens bowl
- 3: frittata muffins
- 4: banana chocolate protein muffins
- 5: frittata muffins

LUNCH

- 1: paleo spaghetti
- 2: baked chicken drums with roasted veg
- 3: fish avocado & greens bowl
- 4: paleo spaghetti
- 5: fish avocado & greens bowl

SNACKS

- 1: handful almonds, 1/2 green apple
- 2: 1/2 grapefruit, handful of walnuts
- 3: cucumber/celery sticks, cheese or greek yog
- 4: 1/2 avocado with salt, 4 squares dark choc
- 5: slices of deli ham, 1/2 cup blueberries

kitchen gear

- 2 roasting dishes, 2 baking sheets
- 1 frying pan (ideally cast iron)
- parchment paper or foil to bake on
- 12+ silicon muffin cups and muffin pan
- food processor (optional for efficiency)
- per person: 10 meal size glass or stainless steel containers and 5+ snack size
- knives, bowls, cutting boards, mixing spoons

the shopping list

(links go to my recommendations for the best most nourishing ingredients and/or relevant blog posts to help you along)

THIS IS ROUGHLY WHAT YOU'LL NEED PER PERSON; MULTIPLY AS NEEDED

- 8 free range eggs: 2 for muffins, 6 for frittatas
- can wild-caught salmon or sardines
- 2 wild-caught fish fillets (frozen is fine)
- 2 organic chicken drumsticks
- 1/2 lb grass fed ground beef
- 1/2 cup ham or bacon, plus ham for snack
- 2 handfuls organic mini tomatoes
- 2 large handfuls organic baby spinach
- 3 double handfuls mixed organic greens
- 2 avocados
- 1 small spaghetti squash
- 4 pieces root veg, ie 1 sweet potato, 1 parsnip, 1 carrot, 1 red potato
- 1 organic zucchini
- 1 organic red pepper
- 2 red onions
- 1 banana (per 6 muffins. ripe is ideal)
- 1/2 head of broccoli and/or cauliflower
- apple, cucumber, celery, grapefruit (snacks)
- gouda cheese or greek yogurt for snacks
- 1/2 cup each hemp and pumpkin seeds

PANTRY INGREDIENTS FOR MUFFINS

- coconut milk
- vanilla extract
- chia seeds
- rice flour
- ground flax meal
- raisins
- cocoa powder
- cinnamon

GENERAL ITEMS/STAPLES TO HAVE ON HAND:

- lemons
- bunches of fresh herbs ie parsley and dill
- several cloves garlic, or pre-peeled/ crushed garlic for efficiency
- bag frozen blueberries or raspberries for snacks
- other nuts - almonds, walnuts for snacks
- dark choc for snacks (70% +)
- extra virgin cold-pressed olive oil
- grass fed butter
- raw organic milk
- coconut oil
- red palm oil
- homemade sauerkraut and broth
- spices - ie cumin, chili powder, cayenne, turmeric, Dijon mustard, hot sauce
- dried herbs - ie italian mix, thyme, basil, sage, rosemary, caraway seeds, celery seeds, mustard seeds
- pink himalayan salt
- raw apple cider vinegar

all done in 60 minutes flat

all amounts below are per person

1. pre heat oven to 350F (180C)
 2. cut spaghetti squash in half lengthwise, drizzle with olive oil, put on a pan face up and put in oven
 3. chop up roast veg mix (ie potato/parsnip/carrot/sweet potato) and put in roasting dish, put 3-4 tbsp of butter/coconut oil or red palm oil on top, season with pink salt and pepper, some garlic, some dried italian mix herbs, put in oven
 4. smear the 2 chicken drums with dijon mustard or hot sauce (pick your favourite) and put in oven on small pan
 5. chop 1 red onion and 2 cloves garlic, put in a frying pan with 1/2 lb ground beef and 4 tbsp butter or broth, season with pink salt and rosemary, leave to simmer on low-medium heat
 6. mix up the banana muffins (recipe below), and pour 6 muffins ready in silicon cups in the muffin pan, set aside for now
 7. rough chop or food process 1 each of zucchini, red pepper and onion, plus 2 handfuls of ham/bacon for egg muffins, beat up veg and meat in a bowl with 6 eggs, season with S&P, pour into the other 6 muffin cups. Put the muffin pan in the oven and set the timer for 20 min.
 8. drizzle the frozen fish fillets with olive or red palm oil, sprinkle with some turmeric/cayenne/pink salt, and put to bake (if you've run short on room in the oven, you can pan fry the fish fillets in butter.)
 9. prep 3 salad bases in meal size containers (greens, pumpkin and hemp seeds, olive oil, apple cider vinegar or lemon, a little sauerkraut on the side)
 10. cut 2 avocados in half, scoop 3 of the halves on top of the 3 salad bases, and apply lemon so they don't go brown (keep the pits and put them in the snack #4 avocado, and the lunch #5 avocado, this keeps it fresh)
 11. open your can of salmon or sardines, scoop onto one of the salad bases, drizzle with lemon and pink salt/pepper, this is now breakfast #2, done!
 12. cut fresh broccoli, cauliflower, other veg sticks, fruit for snacks
 13. everything should be done by now - get your meal size containers all in a row and layer everything in. All the breakfasts are done, the banana muffins just need butter with them (if you wish) and put them in a container. Lunches 1 and 4 - scoop out some spaghetti squash, add a handful of baby spinach and mini tomatoes, scoop on some ground beef mixture. Lunch 2 - put the chicken drums in a container with roast veg and some fresh broc/cauli. Any leftover roast veg makes a tasty snack, or can go with the frittata muffins to make breakfast more hearty. Lunches 3 and 5 - put the fish fillets on top of your last 2 salad bases.
 14. Chuck your snacks into your snack size containers.
- YOU'RE DONE!!

banana chocolate protein muffins

makes at least 6 muffins - freeze any extras or eat as snacks

simply mix together in a bowl, pour into silicon muffin cups, bake for 20-25 mins at 350F (180C)

- 1 ripe banana, mashed
- 2 eggs
- a little more than 1 cup milk or coconut milk
- 1/2 tsp vanilla
- 2 tbsp melted coconut oil
- 3 tbsp chia seeds
- 30 g protein powder (add more if the mixture seems too wet)
- 1/4 cup rice flour
- 1/4 cup flax meal
- 1/4 cup desiccated coconut
- 1/4 cup raisins (sub walnuts or pecans for less sugar)
- 2 tbsp cocoa
- 1/2 tsp cinnamon
- 1/4 tsp allspice
- 1/8 tsp each of baking soda and baking powder
- pinch of pink salt

**make extra and freeze
them if you want to
save even more time
next week**