



Paleo Recipe Bundle

CLEAN EATING FOR GOOD
ENERGY, WEIGHT CONTROL,
AND HAPPY HORMONES.

Table of Contents

Breakfast

• Coconut Raspberry Chia Smoothie	4
• Green Scramble	5
• Nutty Strawberry Banana Smoothie	6
• Paleo Banana Muffins	7
• Paleo Pumpkin Pancakes	8
• Red Pepper Egg Boats w/ Avocado	9
• Sausage and Potatoes	10
• Simple Eggs and Fruit	11
• Sweet and Satisfying Paleo Porridge	12
• Sweet Potato, Broccoli, & Sage Frittata	13

Lunch

• Avocado Chicken Salad Lettuce Wraps	15
• BBQ Chicken and Potato	16
• Chopped Salad with Dijon Dressing	17
• Mandarin Chicken Salad	18
• Mediterranean Salmon Salad	19
• Pack and Go Lunch	20
• Roasted Garlic Veggies & Chicken	21
• Shrimp Salad	22
• Spicy Turkey Patties	23
• Steak Salad	24

Dinner

• Beef Tenderloin w/ Parsley Lime Rice	26
• Cashew Crusted Mahi- Mahi with Sweet Potato	27
• Healthy Stroganoff	28
• Hearty Vegetable Chili	29
• Orange Chicken & Broccoli	30
• Paleo Beef Stew	31
• Sauteed Salmon with Zucchini Ribbons	32
• Spaghetti Squash Turkey Bolognese	33
• Taco Stuffed Sweet Potato	35
• Weekday Beef Tacos	36



Paleo Breakfast

KICKSTART YOUR DAY



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Coconut Raspberry Chia Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [240 ml] Coconut Milk Unsweetened (not canned) (*not from a can*)
- 0.25 cup [30.75 g] Raspberries
- 1 date [8.3 g] Date (*pitted*)
- 1 tbsp [14 g] Chia Seeds
- 0.5 medium [59 g] Banana
- 1 scoop [30.3 g] Paleo Protein Powder
- 1 cup [250 g] Ice

DIRECTIONS

1. In a blender, combine coconut milk, raspberries, date, chia seeds, banana, and ice
2. Blend until smooth

NUTRITION INFO

Calories : 316.5

Fat : 10.93 g

Carbs : 30.38 g

Protein : 29.22 g

Fiber : 11.25 g

Green Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 0.5 tbsp [7 g] Avocado Oil
- 0.5 avocado [68 g] Avocado (*small*)
- 5 olives [75 g] Kalamata Olives (*halved*)
- 1 cup [30 g] Baby Spinach (*chopped*)
- 0.25 cup chopped [22.75 g] Broccoli
- 3 large [150 g] Egg (*beaten*)
- 1 dash [0.4 g] Sea Salt
- 1 dash [0.1 g] Black Pepper
- 1 medium [98 g] Peach

DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat. Add olives, baby spinach, broccoli, salt, and pepper.
2. Cook 2-3 minutes, turning occasionally.
3. Add eggs and cook 2-3 minutes, or until eggs are at desired consistency, scraping from the skillet occasionally with a soft spatula.
4. Top with avocado and serve with a peach or fruit of choice.

NUTRITION INFO

Calories : 506.75

Fat : 37.91 g

Carbs : 20.55 g

Protein : 22.77 g

Fiber : 7.85 g

Nutty Strawberry Banana Smoothie



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 cup [240 ml] Organic Unsweetened Almond Milk
- 1 medium [118 g] Banana
- 0.5 cup [76 g] Strawberries (*sliced*)
- 1 tbsp [16 g] Almond Butter
- 1 scoop [30.3 g] Paleo Protein Powder

DIRECTIONS

1. Combine all together in a blender and blend until smooth. Enjoy!

NUTRITION INFO

Calories : 395.5

Fat : 14.08 g

Carbs : 39.18 g

Protein : 31.21 g

Fiber : 6.2 g

Paleo Banana Muffins



SERVINGS: 4

PREP TIME: 8 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 medium [118 g] Banana *(ripe and mashed)*
- 2 large [100 g] Egg
- 0.5 tbsp [6.5 g] Vanilla Extract
- 1 tbsp [20 g] Maple Syrup
- 1.33 cup [148.96 g] Almond Flour
- 1 Dash [1 g] Himalayan Pink Salt
- 0.5 tsp [2.3 g] Baking Soda
- 1 cup [123 g] Raspberries *(on the side for 2 servings)*
- 1 cup [145 g] Blueberries *(on the side for 2 servings)*

DIRECTIONS

1. Preheat oven to 350 F degrees (175 C degrees).
2. Fill a muffin tin with muffin liners or grease the inside of the muffin tins with coconut oil.
3. Mix together all wet ingredients in a large bowl, until well blended.
4. Gradually add dry ingredients until smooth.
5. Fill muffin tins with batter (makes 8-10 muffins).
6. Bake for 15-20 minutes, until lightly browned on top.

NUTRITION INFO

Calories : 330.43

Fat : 18.87 g

Carbs : 27.39 g

Protein : 14.41 g

Fiber : 8.97 g

Paleo Pumpkin Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 0.25 cup [28 g] Almond Flour
- 0.25 cup [35 g] Organic Coconut Flour
- 0.5 tsp [0.85 g] Pumpkin Pie Spice
- 0.25 tsp [1.15 g] Baking Soda
- 1 Dash [1 g] Himalayan Pink Salt
- 2 large [100 g] Egg
- 3 tbsp [42 ml] Organic Unsweetened Almond Milk
- 0.25 cup [62.5 g] Pumpkin Puree
- 0.5 tbsp [10 g] Maple Syrup
- 0.25 tsp [1.2 g] Apple Cider Vinegar
- 1 tsp [4.2 g] Vanilla Extract
- 1 tbsp [13.6 g] Coconut Oil
- 3 tbsp [48 g] Almond Butter
- 0.5 cup [61.5 g] Raspberries

DIRECTIONS

1. Mix all ingredients together until well blended.
2. Heat oil in a large skillet over medium heat. Pour pancake batter into the skillet making 3 inch circles. When pancake lifts easily from the skillet using a spatula, flip the pancake and cook until center is no longer gooey.
3. Top pancakes with warm almond butter.

NUTRITION INFO

Calories : 501.13

Fat : 35.54 g

Carbs : 29.23 g

Protein : 14.6 g

Fiber : 12.35 g

Red Pepper Egg Boats w/ Avocado



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

INGREDIENTS

- 1 medium [114 g] Red Bell Pepper
- 1 tbsp [14 g] Olive Oil
- 4 large [200 g] Egg
- 1 avocado [136 g] Avocado
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 medium [166 g] Pear
- 1 test [130 g] Red Beans test

DIRECTIONS

1. Slice the red pepper into rings about 1cm in height.
2. Heat a sauté pan over medium heat
3. Once hot, add olive oil.
4. Place the red pepper rings in the hot olive oil
5. Sauté for 1-2 minutes and flip them over Crack an egg into the center of each red pepper ring.
6. Cover with a lid for 5-7 minutes, or until eggs are cooked to desired temperature.
7. Slice an avocado in half.
8. Peel the skin off the avocado and slice into thin pieces.
9. Season the eggs and avocado with salt and pepper (if desired).
10. Enjoy with a pear.

NUTRITION INFO

Calories : 446

Fat : 28.02 g

Carbs : 32.61 g

Protein : 17.99 g

Fiber : 12.6 g

Sausage and Potatoes



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 4.5 links [88.2 g] Savory Turkey Breakfast Sausage (*sliced*)
- 1 sweetpotato, [130 g] Sweet Potato (*diced*)
- 1 tbsp [14 g] Avocado Oil
- 1 medium [114 g] Red Bell Pepper
- 0.5 onion [55 g] Yellow Onions (*diced*)
- 1 tsp [2.8 g] Garlic Powder
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Warm avocado oil over medium heat in a large skillet. Add diced sweet potato and 1 tbsp water. Cook covered until sweet potato begins to soften.
2. Add sliced sausage, bell pepper, onion, garlic powder, salt, and pepper. Cook uncovered 8-10 minutes, mixing and flipping occasionally.
3. Serve warm.

NUTRITION INFO

Calories : 433

Fat : 21.69 g

Carbs : 42.08 g

Protein : 20.5 g

Fiber : 10.15 g

Simple Eggs and Fruit



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- 3 large [150 g] Egg (*hard boiled*)
- 0.5 cup [72.5 g] Blueberries
- 1 cup, chopped [177 g] Honeydew Melon
- 0.13 cup [3.75 g] Raw Almonds

DIRECTIONS

1. Boil the eggs for 12 minutes, then cool in ice water and peel off shell.
2. Serve all together and get on with your day!

NUTRITION INFO

Calories : 409.5

Fat : 22.89 g

Carbs : 29.1 g

Protein : 22.91 g

Fiber : 5.15 g

Sweet and Satisfying Paleo Porridge



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 0.75 cup [180 ml] Organic Unsweetened Almond Milk
- 4 tbsp [24 g] Unsweetened Shredded Coconut
- 3 tbsp [21 g] Almond Flour
- 1 tbsp [10 g] Flax Seed Meal
- 0.5 tsp [2.1 g] Vanilla Extract
- 1 tsp [2.3 g] Cinnamon
- 2 date [16.6 g] Date (*chopped*)
- 1 tbsp, chopped [8 g] Pecans
- 1 medium [166 g] Pear (*sliced*)

DIRECTIONS

1. Mix together milk, coconut shreds, almond flour, flax meal, vanilla extract, and cinnamon. Warm in the microwave for 1.5 - 2 minutes or heat over medium heat in a sauce pan for approximately 5 minutes (until creamy).
2. Top with chopped dates, pecans, and pear.

NUTRITION INFO

Calories : 534

Fat : 34.18 g

Carbs : 54.73 g

Protein : 12.09 g

Fiber : 17.9 g

Sweet Potato, Broccoli, & Sage Frittata



SERVINGS: 3

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 small [70 g] Onions (*chopped*)
- 1 sweetpotato, [130 g] Sweet Potato (*chopped*)
- 1 cup, florets [71 g] Broccoli (*chopped*)
- 1 tablespoon [13.5 g] Olive Oil
- 4 leaf [2 g] Sage
- 8 large [400 g] Egg
- 0.5 cup [121.5 g] Egg White
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup, cubes [320 g] Cantaloupe Melons
- 3 tsp [6 g] Matcha Tea Powder (*1 scoop per serving*)
- 3 cup [720 ml] Organic Unsweetened Almond Milk (*1 cup per serving*)

DIRECTIONS

1. Preheat the oven to 375 F
2. Chop the onion, sweet potato, and broccoli into small pieces
3. Heat a cast iron skillet or any oven-safe skillet on the stove to medium heat
4. Add olive oil to skillet and, once hot, add the onion, sweet potato, broccoli and sage leaves
5. Sauté the vegetables until about 50% cooked
6. While the vegetables are cooking, whisk the whole eggs and egg whites together
7. Remove the sage leaves from the skillet
8. Pour the egg mixture over the vegetables
9. Season with salt and pepper
10. Bake in the oven for 30-35 minutes
11. Remove from the oven
12. Serve warm with a side of cantaloupe, and a matcha latte (1 scoop matcha powder mixed with 1 cup warmed almond milk).

NUTRITION INFO

Calories : 395.33

Fat : 21.25 g

Carbs : 25.92 g

Protein : 24.77 g

Fiber : 4.47 g



Paleo Lunch

RE-FUEL AND RE-ENERGIZE



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Avocado Chicken Salad Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 8 oz [224 g] Skinless Chicken Breast
(cooked and shredded)
- 0.5 onion (small) [74 g] Red Onions
- 1 clove [3 g] Garlic
- 0.5 cup [30 g] Parsley
- 1 medium Lemon
- 2 avocado [272 g] Avocado
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 6 leaf [120 g] Romaine Lettuce
- 2 - Apples

DIRECTIONS

1. Chop the red onions, garlic, and parsley and place them in a large mixing bowl.
2. Squeeze the juice of the lemon into the mixing bowl.
3. Scoop the two avocados into the bowl and mash them to your desired texture.
4. Chop the cooked chicken breast into small pieces.
5. Add the chicken to the mixing bowl of ingredients.
6. Mix everything together until combined evenly.
7. Season with salt and pepper to your preference.
8. Scoop the avocado chicken salad evenly into the lettuce cups.
9. Top with parsley (optional).
10. Serve cold with a red apple.

NUTRITION INFO

Calories : 500.75

Fat : 24.24 g

Carbs : 43.96 g

Protein : 31.19 g

Fiber : 16.48 g

BBQ Chicken and Potato



SERVINGS: 1

PREP TIME: 37 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 sweetpotato, [130 g] Sweet Potato (*halved*)
- 4 oz [112 g] Skinless Chicken Breast (*shredded*)
- 1.5 tbsp [46.5 g] Paleo BBQ Sauce
- 1 medium [201 g] Cucumber (*sliced*)
- 1 - Apples

DIRECTIONS

1. Mix BBQ sauce with shredded chicken and serve over sweet potato.
2. Serve with a side of cucumbers and an apple.

NUTRITION INFO

Calories : 369

Fat : 2.28 g

Carbs : 58.6 g

Protein : 29.73 g

Fiber : 10.45 g

Chopped Salad with Dijon Dressing



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 large [100 g] Egg (*hard boiled and chopped*)
- 2 cup [94 g] Romaine Lettuce (*chopped*)
- 0.25 onion (small) [37 g] Red Onions (*chopped*)
- 1 medium [201 g] Cucumber (*chopped*)
- 0.5 avocado [68 g] Avocado (*diced*)
- 1 tbsp [10 g] Hemp Hearts
- 2 tbsp [7.6 g] Parsley (*fresh and chopped*)
- 1 tbsp [14 g] Olive Oil
- 0.5 tbsp [8.25 g] Dijon Mustard
- 1 tsp, ground [0.6 g] Oregano
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Toss together eggs, lettuce, red onion, cucumber, hemp hearts, and avocado.
2. In a small bowl mix together olive oil, dijon mustard, oregano, salt, and pepper.
3. Toss dressing with salad and enjoy!

NUTRITION INFO

Calories : 504.25

Fat : 40.25 g

Carbs : 16.37 g

Protein : 20.24 g

Fiber : 8.33 g

Mandarin Chicken Salad



SERVINGS: 1

PREP TIME: 50 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 5 oz, raw [140 g] Chicken Thighs, boneless with skin
- 1.5 cups [127.5 g] Classic Cole Slaw Mix (no dressing)
- 1 - [74 g] Mandarin Orange (*peeled*)
- 3 stalk [45 g] Green Onions
- 0.25 cup [4 g] Cilantro (Coriander) (*chopped*)
- 1 tbsp [1 8.5] Dry Roasted Cashew Nuts (*chopped*)
- 1 tbsp [14 g] Olive Oil
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper

DIRECTIONS

1. Slice chicken thighs into 1/2 inch slices.
2. Top coleslaw mix with oranges, green onion, cilantro, and cashews.
3. Mix together olive oil, apple cider vinegar, salt, and pepper. Drizzle over salad and enjoy.

NUTRITION INFO

Calories : 517.8

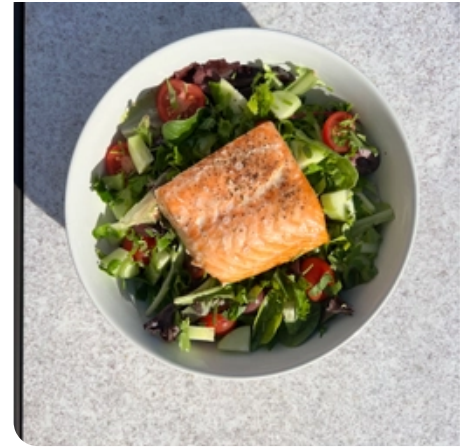
Fat : 38.55 g

Carbs : 18.97 g

Protein : 25.02 g

Fiber : 36.95 g

Mediterranean Salmon Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 4 oz, boneless [113.4 g] Smoked Salmon (Wild Caught)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup [110 g] Mixed Salad Greens
- 1 medium [201 g] Cucumber (*chopped*)
- 8 olives [120 g] Kalamata Olives (*halved*)
- 5 tomato [85 g] Cherry Tomatoes (*halved*)
- 0.25 cup [15 g] Parsley (*fresh and chopped*)
- 1 tbsp [14 g] Olive Oil
- 0.5 medium Lemon (*juice*)
- 0.25 tsp, ground [0.15 g] Oregano

DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place salmon in an oven safe dish and season with salt and pepper. Cook for 15 minutes or until internal temperature reaches 135 degrees F (57 degrees C).
3. In the meantime, add salad greens, cucumber, kalamata olives, and parsley to a salad bowl.
4. Mix together olive oil, lemon, and oregano in a small bowl, then toss this dressing with the salad. Top salad with cooked salmon and enjoy!

NUTRITION INFO

Calories : 396.5

Fat : 23.65 g

Carbs : 16.65 g

Protein : 33.72 g

Fiber : 5.9 g

Pack and Go Lunch



SERVINGS: 1

PREP TIME: 1 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 2 large [100 g] Egg (*hard boiled*)
- 0.5 cup [74.5 g] Baby Carrots
- 2 tbsp [17 g] Dry Roasted Mixed Nuts
- 1 individual serving (4 oz) [113 g] Plain Coconut Yogurt

DIRECTIONS

1. Pack in your lunch bag and go!

NUTRITION INFO

Calories : 470

Fat : 37.64 g

Carbs : 14.76 g

Protein : 17.08 g

Fiber : 6.4 g

Roasted Garlic Veggies & Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 2 cup, florets [142 g] Broccoli (<i>chopped</i>)• 1 onion (small) [148 g] Red Onions (<i>cut into 1/2 inch pieces</i>)• 8 clove [24 g] Garlic• 1 medium [196 g] Zucchini (<i>cut into 1/2 inch pieces</i>)• 2 sweetpotato, [260 g] Sweet Potato (<i>peeled and cut into 1/2 inch pieces</i>)• 12 oz [339 g] Boneless Skinless Chicken Thighs (raw)• 2 tbsp [28 g] Avocado Oil• 1 tbsp, ground [1.8 g] Oregano• 0.5 medium Lemon (<i>juice</i>)• 1 Dash [1 g] Himalayan Pink Salt• 1 dash [0.1 g] Black Pepper	<ol style="list-style-type: none">1. Preheat oven to 400 degrees F (205 degrees C).2. Mix together oil, dried oregano, lemon juice, salt, and pepper. Coat vegetables and chicken with oil mixture.3. Spread veggies and chicken evenly on a baking sheet. Bake for 25 minutes, until internal temperature of chicken reaches 165 degrees F (74 degrees C).4. Serve warm or cooled.

NUTRITION INFO				
Calories : 502.25	Fat : 21.31 g	Carbs : 41.32 g	Protein : 39.5 g	Fiber : 8.31 g

Shrimp Salad



SERVINGS: 1

PREP TIME: 40 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 4 oz [113.6 g] Shrimp (Prawns) (*cooked*)
- 1.5 tbsp [22.5 g] Mayonnaise (made with avocado oil)
- 0.5 tbsp [7.5 g] Apple Cider Vinegar
- 0.5 tbsp [7 g] Lemon Juice
- 0.25 tsp [1.38 g] Dijon Mustard
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 stalk [40 g] Celery (*diced*)
- 1.5 tbsp, chopped [7.5 g] Red Onions (*minced*)
- 0.5 avocado [68 g] Avocado (*chopped*)
- 2 cup [40 g] Arugula (Rocket)

DIRECTIONS

1. Mix together mayonnaise, apple cider vinegar, lemon juice, dijon mustard, salt, and pepper.
2. Toss dressing with shrimp, celery, and red onion.
3. Top arugula with shrimp mixture and avocado.

NUTRITION INFO

Calories : 396

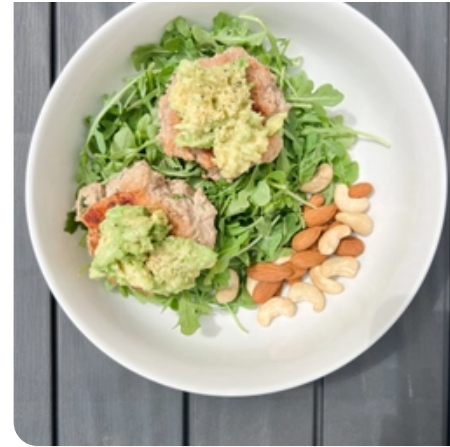
Fat : 31.32 g

Carbs : 13.9 g

Protein : 19.52 g

Fiber : 7.29 g

Spicy Turkey Patties



SERVINGS: 2

PREP TIME: 19 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 12 oz [336 g] Ground Turkey
- 0.25 cup [4 g] Cilantro (Coriander) *(fresh and chopped)*
- 0.25 tbsp [2.1 g] Garlic Powder
- 0.25 tbsp [1.73 g] Onion Powder
- 0.25 tsp [0.45 g] Red or Cayenne Pepper
- 1 Dash [1 g] Himalayan Pink Salt
- 0.5 tbsp [7 g] Avocado Oil
- 1 avocado [136 g] Avocado *(mashed)*
- 2 cup [40 g] Arugula (Rocket)
- 4 tbsp [34 g] Dry Roasted Mixed Nuts

DIRECTIONS

1. In a large bowl add ground chicken, cilantro, garlic powder, onion powder, cayenne pepper, salt, and pepper. Mix together well using your hands, and create 4-6 circular patties, approximately 2-3 inches in diameter.
2. Warm avocado oil in a large skillet over medium heat and add turkey patties. Cook 5-8 minutes per side, or until internal temperature reaches 165 degrees F (74 degrees C).
3. Serve turkey patties over arugula, topped with mashed avocado and with a side of mixed nuts.

NUTRITION INFO

Calories : 523.25

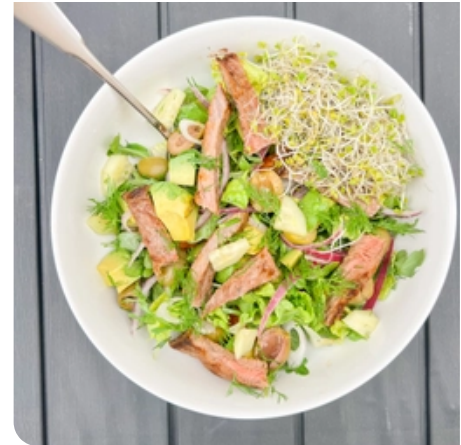
Fat : 36.55 g

Carbs : 12.16 g

Protein : 38.16 g

Fiber : 8.86 g

Steak Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

INGREDIENTS

- 4 oz [113.4 g] Beef Skirt Steak (Lean Only, Trimmed to 1/4" Fat)
- 2 cup [110 g] Mixed Salad Greens
- 10 Olive [40 g] Green Olives (*halved*)
- 5 tomato [85 g] Cherry Tomatoes (*halved*)
- 1 medium [201 g] Cucumber (*chopped*)
- 0.25 onion (small) [37 g] Red Onions (*thinly sliced*)
- 0.5 avocado [68 g] Avocado
- 1 tbsp [14 g] Olive Oil
- 0.5 medium Lemon (*juice*)
- 0.25 tsp [0.25 g] Dill (Dried)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 0.25 cup [5 g] Broccoli Sprouts

DIRECTIONS

1. Heat medium skillet over medium heat.
2. Add skirt steak and cook for 2-4 minutes per side, or until internal temperature of steak reaches 145 degrees F (62 degrees C)
3. Combine salad greens, olives, cucumber, cherry tomatoes, red onion, and avocado.
4. In a separate bowl mix together olive oil, lemon, dill, salt, and pepper. Then toss with the salad.
5. Top salad with cooked steak and broccoli sprouts.

NUTRITION INFO

Calories : 564.75

Fat : 40.89 g

Carbs : 24.18 g

Protein : 30.41 g

Fiber : 12.3 g



Paleo Dinner

FINISH STRONG



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Beef Tenderloin w/ Parsley Lime Rice



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 10 oz [283.5 g] Beef Tenderloin
- 2 tbsp [28 g] Olive Oil
- 1 tbsp, minced [8.5 g] Garlic (*minced*)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup [200 g] Riced Cauliflower
- 1 fruit [67 g] Lime
- 2 tbsp [7.6 g] Parsley

DIRECTIONS

1. In a cast iron skillet, heat 1 tbsp olive oil
2. Once hot, add the garlic
3. Season both sides of the beef tenderloin with salt and pepper
4. Place the beef tenderloin in the cast iron skillet and do not touch it for 3-4 minutes
5. Flip it over and cook for another 3-4 minutes and set aside once cooked
6. While the beef is cooking, in a medium size saute pan, heat 1 tbsp olive oil
7. Add cauliflower rice and cook to desired wellness
8. Juice the lime over the cooked cauliflower rice, add chopped parsley, and stir everything together
9. Season with salt and pepper to taste
Enjoy!

NUTRITION INFO

Calories : 516.5

Fat : 39.41 g

Carbs : 12.73 g

Protein : 30.63 g

Fiber : 5.05 g

Cashew Crusted Mahi- Mahi with Sweet Potato



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 12 oz, boneless, raw [340.2 g] Mahi Mahi
- 0.5 cup [68.5 g] Dry Roasted Cashew Nuts (*chopped*)
- 0.5 cup [30 g] Parsley
- 1 large [50 g] Egg
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 sweetpotato, [130 g] Sweet Potato

DIRECTIONS

1. Preheat the oven to 350 F. Alternative Cooking Method Air-fry for 10 minutes at 360 F
2. Finely chop the cashews and parsley and mix together in a bowl
3. In a separate bowl, whisk the egg, salt, and pepper together
4. Dip the mahi-mahi filet in the egg wash followed by the cashew/parsley mixture
5. Add extra parsley and cashews to the top if any fall off
6. Lay flat on a non-stick baking sheet
7. Bake for 10-12 minutes
8. Serve warm with a sweet potato

NUTRITION INFO

Calories : 439

Fat : 19.71 g

Carbs : 25.45 g

Protein : 41.3 g

Fiber : 3.47 g

Healthy Stroganoff



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

INGREDIENTS

- 8 oz [224 g] Sirloin Steak
- 1.5 tbsp [21 g] Avocado Oil
- 1 tbsp [19 g] Coconut Cream (Canned)
- 1 onion [110 g] Yellow Onions (*thinly sliced*)
- 2 cup, pieces or slices [140 g] Mushrooms (*sliced*)
- 1 tbsp [14 g] Coconut Aminos
- 1 tsp [5.5 g] Dijon Mustard
- 1 tsp [3 g] Arrowroot Starch
- 3 cup [255 g] Broccoli Slaw
- 3 stalk [45 g] Green Onions
- 0.75 cup [180 ml] Beef Broth

DIRECTIONS

1. Heat 1 tbsp (14 g) oil in a large skillet over medium heat. Add steak slices evenly across skillet and cook approximately 2 minutes on each side. Remove steak from heat.
2. To the skillet add 1/2 tbsp (7 g) oil, coconut cream, onion, and mushrooms. Cook 5 minutes.
3. Mix together coconut aminos, broth, dijon mustard, and arrowroot starch. Add this mixture to the skillet. Cook for an additional 5-6 minutes, until sauce begins to thicken. Remove from heat and allow to rest for 5 minutes.
4. Serve warm over broccoli slaw and top with green onions.

NUTRITION INFO

Calories : 412.88

Fat : 23.61 g

Carbs : 23.14 g

Protein : 31.35 g

Fiber : 5.4 g

Hearty Vegetable Chili



SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 1 tbsp [14 g] Olive Oil
- 1 onion [110 g] Yellow Onions (*chopped*)
- 1 - [10 g] Green Pepper (*chopped*)
- 2 medium [122 g] Carrot
- 3 tsp [7.8 g] Chili Powder
- 1 tsp [2.8 g] Garlic Powder
- 1 tsp [2.1 g] Paprika
- 0.25 tsp [0.45 g] Red or Cayenne Pepper
- 0.5 tsp [1.05 g] Cumin
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 tbsp [1 g] Cilantro (Coriander) (*optional garnish*)
- 16 ounce [448 g] Ground Beef (85% Lean / 15% Fat)
- 1 can (28oz) [794 g] Diced Canned Tomatoes

DIRECTIONS

1. Heat a large pot to medium heat
2. Add the olive oil
3. While the pot is heating up, chop the onion, pepper, and carrots into small pieces
4. Add the chopped vegetables to the hot oil and sauté until the vegetables begin to soften
5. Add the ground beef and stir everything together
6. Once the beef is cooked, scoop out any additional fat/oil leftover from the meat
7. Add the diced tomatoes, chili powder, garlic powder, smoked paprika, cayenne pepper, cumin, salt, and pepper
8. Combine all ingredients, cover the pot with a lid and simmer for 30 minutes
9. Remove from heat, and sprinkle with cilantro Enjoy!

NUTRITION INFO

Calories : 339.88

Fat : 21.04 g

Carbs : 15.61 g

Protein : 23.64 g

Fiber : 4.28 g

Orange Chicken & Broccoli



SERVINGS: 2

PREP TIME: 65 MINUTES

COOKING TIME: 25 MINUTES

INGREDIENTS

- 8 oz [226 g] Boneless Skinless Chicken Thighs (raw)
- 0.5 cup [124 g] Orange Juice
- 0.25 cup [56 g] Coconut Aminos
- 0.25 cup [56 g] Rice Vinegar
- 1 tbsp chopped [6 g] Scallions or Spring Onions
- 1 tbsp, minced [8.5 g] Garlic (*minced*)
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 2 cup, florets [142 g] Broccoli
- 2 avocado [272 g] Avocado

DIRECTIONS

1. Chop the chicken thighs into small pieces (about 1 inch)
2. In a large bowl, combine orange juice, coconut aminos, rice vinegar, scallions, garlic, salt and pepper
3. Place the chicken in the orange juice marinade, cover with a lid, and refrigerate for at least 60 minutes
4. Heat a sauté pan to medium heat
5. Add the marinated chicken to the pan
6. About halfway through cooking, add the broccoli and sesame seeds to the sauté pan and cover with a lid for 5-10 minutes or until the broccoli is steamed
7. Top with scallions (optional)
8. Serve warm with avocado on the side.

NUTRITION INFO

Calories : 533.5

Fat : 26.83 g

Carbs : 48.6 g

Protein : 27.85 g

Fiber : 12.88 g

Paleo Beef Stew



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS	DIRECTIONS
<ul style="list-style-type: none">• 8 oz [224 g] Beef Stew Meat (<i>cut into 1 inch pieces</i>)• 1 tbsp [14 g] Olive Oil• 8 oz [226.8 g] Baby Carrots• 1 onion [110 g] Yellow Onions (<i>chopped</i>)• 2 clove [6 g] Garlic• 1.5 cup, chopped [112.5 g] Russet Potatoes (<i>chopped into 1/2 inch pieces</i>)• 3 cup [720 ml] Beef Broth• 2 tbsp [28 g] Coconut Aminos• 1 leaf [0.6 g] Bay Leaf	<ol style="list-style-type: none">1. Heat oil in a large pot and add stew beef.2. Cook for 5-7 minutes, until browned on all sides.3. Remove beef from pot and set aside. Add carrots, onion, and garlic. Cook 5 minutes until vegetables begin to soften.4. Add beef back to the pot along with, potatoes, broth, coconut aminos, and bay leaf.5. Bring stew to a boil then reduce heat to a simmer and cook covered for 20 minutes.6. Enjoy warm.

NUTRITION INFO				
Calories : 442.5	Fat : 14.97 g	Carbs : 32.82 g	Protein : 46.63 g	Fiber : 3.65 g

Sauteed Salmon with Zucchini Ribbons



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

INGREDIENTS

- 1 medium [196 g] Zucchini
- 1 medium [196 g] Yellow Summer Squash
- 1 tbsp [12.8 g] Clarified Butter Ghee
- 1 clove [3 g] Garlic
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 12 oz, boneless [340.2 g] Smoked Salmon (Wild Caught)
- 0.5 tbsp [1.55 g] Dill (Dried)
- 0.5 medium Lemon (*juice*)
- 2 medium [426 g] Russet Potatoes

DIRECTIONS

1. Using a mandolin, slice the zucchini and yellow squash into 1/8" slices (OR use a peeler and peel the zucchini and squash into ribbons.)
2. In a large saucepan, heat the ghee over medium- high heat.
3. Once the ghee is hot, add the garlic.
4. Once the garlic begins to brown, add the zucchini and squash ribbons and sauté for 5-7 minutes or until the veggies begin to brown.
5. Season with salt and pepper, remove from heat, and set aside.
6. In a small dish, combine the lemon juice and the dill. Drizzle over the salmon.
7. In the same large saucepan, over medium heat, place the salmon face down for 2-3 minutes.
8. Flip over and lower the heat to low-medium and cook until desired temperature.
9. Serve with zucchini and squash ribbons and with a baked potato.

NUTRITION INFO

Calories : 465.25

Fat : 9.97 g

Carbs : 47.37 g

Protein : 51.35 g

Fiber : 5.51 g

Spaghetti Squash Turkey Bolognese



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 60 MINUTES

INGREDIENTS

- 1 small [719 g] Spaghetti Winter Squash
- 2 tbsp [28 g] Olive Oil
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 227 g Cherry Tomatoes
- 1 clove [3 g] Garlic
- 1 onion [110 g] Yellow Onions
- 8 oz [224 g] Ground Turkey
- 0.25 cup [34.25 g] Dry Roasted Cashew Nuts (*chopped*)
- 1 sprigs [1 g] Parsley (*optional*)

DIRECTIONS

1. Preheat the oven to 400 F.
2. Slice the spaghetti squash in half and scoop out the seeds.
3. Drizzle 1 tbsp olive oil onto both halves and season with salt and pepper.
4. Place face down onto a baking sheet or shallow oven- safe dish.
5. Bake for 30-40 minutes (it is ready once you can easily stab a fork through the skin.) Once cooked through, remove from the oven and set aside to cool.
6. In a sauté pan, heat 1 tbsp olive oil.
7. Chop the garlic, dice onions, and half the cherry tomatoes.
8. Add the garlic, onions and tomatoes to the pan and sauté until the onions begin to brown and the tomatoes roast.
9. Stir in ground turkey and cook through (165 F.)
10. Scoop the spaghetti squash out of both sides of the shell (save the shell) and stir into the ground turkey mixture.
11. Divide in half and add everything back into the spaghetti squash shells.
12. Sprinkle chopped cashews on top and broil on high for 2-3 minutes or until golden brown.
13. Garnish with parsley if desired!

NUTRITION INFO

Calories : 519.38

Fat : 30.67 g

Carbs : 39 g

Protein : 28.59 g

Fiber : 2.89 g

Taco Stuffed Sweet Potato



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 45 MINUTES

INGREDIENTS

- 2 sweetpotato, [260 g] Sweet Potato
- 1 tbsp [7.5 g] Chili Powder
- 0.25 tsp [0.45 g] Red or Cayenne Pepper
- 1 Dash [1 g] Himalayan Pink Salt
- 1 dash [0.1 g] Black Pepper
- 1 tsp [2.8 g] Garlic Powder
- 0.25 cup [60.5 g] Diced Canned Tomatoes
- 1 avocado [136 g] Avocado (*sliced*)
- 8 ounce [224 g] Ground Beef (85% Lean / 15% Fat)

DIRECTIONS

1. Preheat the oven to 400 F.
2. Wash and scrub the outside of the sweet potatoes and using a fork, poke holes around the whole potato.
3. Place in the oven for 25-30 minutes (or until a fork can easily pierce through it.)
4. Heat a sauté pan to medium heat.
5. Add ground beef and break it up into small pieces.
6. Once the beef is 75% cooked, add the chili powder, cayenne pepper, garlic powder, and salt and pepper and stir.
7. Once the potatoes are cooked, slice them in half while leaving ~0.5 inch on the bottom together.
8. Spoon ground beef over the middle of the potato.
9. Top with diced tomatoes and avocado
Serve and enjoy!

NUTRITION INFO

Calories : 499.25

Fat : 28.59 g

Carbs : 37.04 g

Protein : 25.36 g

Fiber : 10.71 g

Weekday Beef Tacos



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

INGREDIENTS

- 8 oz [226.8 g] Ground Beef (90% Lean / 10% Fat)
- 0.5 tsp [1.05 g] Cumin
- 0.5 tsp [0.9 g] Red or Cayenne Pepper
- 1 tsp, ground [0.6 g] Oregano
- 1 tbsp [16 g] Tomato Paste
- 1 tsp [4.79 g] Apple Cider Vinegar
- 0.5 onion [55 g] Yellow Onions (*chopped*)
- 1 cup [56.7 g] Shredded Green Cabbage
- 4 tbsp [64 g] Pico de Gallo
- 4 tortilla [100 g] Paleo Almond Flour Tortilla

DIRECTIONS

1. Add ground beef to a medium skillet and cook over medium heat for 2-3 minutes until starting to brown. Add cumin, cayenne pepper, oregano, tomato paste, and apple cider vinegar. Cook for an additional 5 minutes (or until beef is cooked through) crumbling and turning beef as it cooks.
2. Warm tortilla shells for 10 second in the microwave. Fill tortilla shells with cooked beef and top with onion, shredded cabbage, and pico de gallo.

NUTRITION INFO

Calories : 430

Fat : 22.66 g

Carbs : 28.98 g

Protein : 29.82 g

Fiber : 5.15 g