



LOW IMPACT & DARIY FREE MEAL IDEAS

BREAKFAST

- Vegetable omelet (red/yellow/orange peppers, tomato, garlic, onion) cooked in lots of organic coconut oil, serve with handful of sautéed greens (spinach, kale, Swiss chard, beet greens)
- 3-4 eggs (soft boiled, poached, gently fried, scrambled, or hard boiled) with ½ avocado
- 3-4 eggs scrambled with organic coconut oil, cooked on low heat in coconut oil with large handful of spinach.
- Superfood Smoothie**
- Egg sandwich: two soft-boiled eggs, sautéed spinach, avocado, red onion, layered on tomato slices. Drizzle with extra virgin olive oil.
- Huevos Rancheros: 2-3 organic eggs scrambled in coconut oil, vegetables, avocado and salsa.
- Soft-boiled eggs with organic Chicken or Turkey Sausage
- Poached eggs and smoked Wild Salmon
- Two soft-boiled eggs on Paleo bread**, with avocado slices, tomato, and sautéed greens
- Chia Seed Hot Breakfast Cereal**
- Nut butter smoothie: combine 1 avocado, 1½ Tbsp raw nut butter, dried unsweetened coconut (or fresh if available), organic full fat coconut milk, and a few drops of liquid stevia
- Paleo Breakfast Bar** topped with raw nut butter and coconut oil
- (Chia Seed) Raw Tapioca Pudding** with added protein powder
- Grain-Free Granola** with warm coconut milk or homemade nut milk
- Almond Flour Pancakes** topped with lots of coconut oil and your favorite raw nut butter
- Coconut Flour Pancakes** topped with lots of coconut oil and your favorite raw nut butter
- Grain-Free Breakfast Porridge** with unsweetened coconut milk
- Dinner leftovers!

*** see included recipes*

LUNCH AND DINNER

Try to purchase organic fruits and vegetables; wild fish; organic, pastured chicken and eggs; and grass-fed meats as often as possible. Aim to eat a large green salad with either lunch or dinner. Slice up an avocado, add raw nuts or seeds and top with a homemade olive oil, raw apple cider vinegar, Coconut Secret liquid aminos, and sea salt dressing. Or you can choose to roast or sauté veggies in clean animal fat or coconut oil.

- Large green salad: add pasture-raised Chicken, wild Fish or grass-fed Meat along with avocado, and/or raw nuts & seeds. Drizzle extra virgin olive oil, Bragg's raw apple cider vinegar, a touch of Dijon mustard, fresh lemon juice, and sea salt.
- Grass-fed Meatloaf** and Roasted Brussel Sprouts and Oregano Drizzle**
- Thai Curried Chicken with Coconut** and Butternut Squash Latkes**
- Perfect Roast Chicken** with roasted Sweet Potatoes and sautéed Swiss chard
- Homemade Chicken Soup: use homemade stock made from leftover whole chicken carcass
- Paleo Shepherds Pie**
- Grass-fed Buffalo, Turkey, or ground Lamb burger with Baby Greens Salad
- Wild Alaskan Salmon (grilled or baked) with Roasted Root Vegetables**
- Grilled grass-fed flank Steak or Beef Tenderloin topped with sautéed mushrooms & Oven Roasted Kale**
- Variations of Asian Dishes using Cauliflower Rice, Meat of choice, Fresh Ginger, Coconut Milk and Thai Kitchens Green Curry Paste. Coconut Amino's are a great sub for soy sauce.
- Bison Stew**
- Turkey Chili**
- Satay Chicken Skewers with Thai Almond Dipping Sauce**
- Stir Fried Cabbage & Onions with Meat of Choice: seasoned with Cumin, Ginger and Garlic and Coconut Cauliflower Mash**
- Paleo Dirty "Rice"*** or Mexican Chicken and "Rice"***
- Grass-fed Filet Mignon with Mashed Cauliflower**, sautéed kale & Swiss chard with olive oil and garlic**
- Lemon Ginger marinated Chicken** with Cauliflower & Kale Soup**
- Almond flour Pizza Crust** with all your favorite toppings
- Wild Salmon with Cucumber Chile Relish**

- Lime Chicken Taco Bowls with Guaca-Salsa-Mole**
- Chicken Parmesan (using blanched almond flour to replace bread crumbs)
- Moroccan-Spiced Roast Chicken** with Roasted Turnips tossed in coconut oil
- Crockpot Coconut Curry**

*** see included recipes*