

# WEEKLY PALEO MENU #3



In each weekly menu, I suggest 5 dinners, 1-2 breakfasts and a snack, condiment or dessert for the week ahead. I also provide some tips for meal prep, side dishes and substitutions. Don't forget to tag #eatdrinkpaleo on social media, if you cook any of the dishes. Find me on Instagram at @eatdrinkpaleo.



**Dinner 1: Mexican Tuna Steak, Sweet Red Peppers & Avocado Salsa**



**Dinner 2: Sheet Pan Roasted Asparagus & Chicken With Chorizo**



**Dinner 3: Spicy Pumpkin Coconut Soup**



**Dinner 4: Chicken Livers With Thyme, Garlic & Leeks**



**Dinner 5: Beef Chilli With Chorizo & Chipotle**



**Breakfast 1: Spinach Mushroom & Tomato Fry Up With Eggs**



**Breakfast 2: Detox Green Smoothie**



**Snack: Lemon Drizzle Balls**

# Dinner 1: Mexican Tuna Steaks With Peppers & Avocado



- > You can use salmon, cod or any other fish fillets you prefer.
- > **Side dish:** No sides required but you could serve some green salad on the side.
- > **Meal prep tip:** The red peppers could be made ahead of time. Everything else should ideally be made fresh.
- > **Main grocery items:** tuna steaks or other fish, red peppers/bell peppers, onions, avocado, coriander, lime, coriander seeds/powder, cumin and paprika.

 Prep time **15 mins**  Cook time **15-20 mins**  Serves **2**

## Ingredients

- **For red peppers**
- 3 tablespoon coconut oil or ghee
- 1 medium red onion
- 1 medium red pepper, sliced
- 2/3 teaspoon sweet paprika
- 2/3 teaspoon cumin powder
- A good pinch of red chill flakes
- 1 large garlic clove, finely diced
- 1 tablespoon apple cider vinegar
- **For tuna steaks**
- 1 tablespoon olive oil or coconut oil
- 1 tablespoon butter or ghee
- 1 teaspoon coriander seeds (or powder)
- 2 tuna steaks (about 150 g each)
- A pinch of sea salt & black pepper
- **For avocado**
- 1 large, ripe avocado, chopped
- 2 tablespoon chopped fresh coriander
- Some lime juice, about half a lime
- A little pinch of sea salt

Sprinkle tuna steaks with sea salt, black pepper and drizzle with olive oil on both sides. Set aside.

Heat 3 tablespoons of coconut oil in a frying pan over medium-high heat. Add the onions and peppers, cover with a lid and cook for 5 minutes, stirring a couple of times. Add paprika, cumin, chilli, garlic, vinegar, a good pinch of salt, and about two tablespoons of water. Mix through and cook for 5-7 minutes until softened and slightly browned. Remove to a plate, or use a different frying pan for tuna steaks.

Grind the coriander seeds with a mortar and pestle or use coriander seed powder instead. Heat up a little oil and butter (or ghee) to sizzling hot in a frying pan. Add coriander seeds and the zest of one lime (about a teaspoon of zest). Stir through to infuse with the flavours. Add the tuna steaks and turn the heat down to medium. Drizzle with juice from half a lime and cook for 2 minutes on each side (more if you like it well done and less if you it's super fresh and you like it rare). Use a spoon to bathe the steaks in the buttery, lime sauce they're cooking in.

Combine avocado and fresh coriander and season with a little sea salt and the remaining lime juice, about one tablespoon.

Assemble red peppers on the serving plates. Place tuna steaks and top with avocado salsa and more red peppers. Squeeze extra lime juice and drizzle with a little extra virgin olive oil just before serving.

## Dinner 2: Roasted Asparagus & Chicken With Chorizo



 Prep time **15 mins**  Cook time **17 mins**  Serves **2**

### Ingredients

#### • For the onion & pepper mixture

- 1 large brown onion, diced
- 1 medium red pepper, diced
- 1 small chorizo sausage, peeled and diced (about 100-150 g / 4-5 oz.)
- ½ teaspoon paprika powder
- ½ teaspoon onion powder (optional)
- ½ teaspoon cumin powder
- Pinch of dried coriander or thyme
- Generous pinch of salt and pepper
- 3 tablespoons olive oil
- 2 tablespoons lemon juice

#### • For the chicken

- 4-5 chicken tenderloins, cut into 3 pieces each 1 teaspoon paprika
  - ¼ teaspoon cumin powder
  - Generous pinch of salt
  - 1 tablespoon olive oil
- #### • For asparagus
- 100 g / 3-4 oz. asparagus spears, ends trimmed
  - 2 cloves garlic, finely diced
  - 2 tablespoons lemon juice
  - 1 tablespoon olive oil
  - Generous pinch of salt

Preheat the oven to 210 C / 410 F. While the oven is heating up, prepare the ingredients.

In a mixing bowl, combine the onion and peppers with chorizo, spices, salt, pepper, olive oil and lemon juice. Spread the mixture on an ovenproof flat sheet pan.

Continue to next page for more instructions and step-by-step photos.

- > **Side dish:** A simple salad or you could roast some pumpkin at the same time (we're using pumpkin in a soup in Dinner 3, so buy enough for both meals).
- > Diced bacon or salami seasoned with paprika could be used instead of chorizo
- > **Chicken tenderloins** are the soft muscle on the side of the chicken breast. You can often buy just tenderloins, but chicken breast or chicken thighs are fine as well.
- > **Alternatives to asparagus:** fine green beans, sliced zucchini, halved broccoli florets, halved Brussels sprouts.
- > **Make ahead prep:** Dice and combine the onion, chorizo and peppers in an airtight container to store in the fridge for 2-3 days. Marinate the chicken with spices and store in the fridge for up to 2 days before cooking. You can also marinate and freeze the chicken in advance.
- > **Main grocery items:** chicken tenderloins or breasts/thighs, chorizo, asparagus, onion, red peppers, garlic, spices such as paprika and cumin.

Mix the chicken ingredients in the same bowl, using your hands to rub the chicken pieces evenly. Spread the chicken pieces on top of the onion and peppers. Place in the oven, middle shelf, for 10 minutes.

In the meantime, combine the asparagus with garlic, lemon juice, olive oil and salt and set aside. After 10 minutes, remove the sheet pan from the oven. Scatter the asparagus spears amongst the chicken and sprinkle with the remaining garlic and juices. Turn the heat down to 200 C / 400 F and place the tray back in for 7 minutes. Remove from the tray and serve while hot.



## Dinner 3: Spicy Pumpkin Coconut Soup



 Prep time **15 mins**  Cook time **20 mins**  Serves **3-4**

### Ingredients

- 1 brown onion, diced
- 1 lemongrass stalk, cut in thirds
- 1 long red chilli, diced and deseeded
- 2 tablespoon diced fresh coriander (cilantro) stalks/roots
- 2-cm (3/4") fresh galangal piece (or 1 teaspoon powder, but optional)
- 2-cm (3/4") turmeric root piece (or 1 teaspoon of turmeric powder)
- 4 kaffir lime leaves, optional
- 2 teaspoons coconut oil
- 4 cups peeled and cubed pumpkin (sweet kind like Kent/Jap is best)
- 2 garlic cloves, diced
- 2 tablespoons fish sauce (use coconut aminos or Tamari as an alternative)
- 1 litre (1 qt.) vegetable stock
- Peel from half of fresh lime
- ½ cup coconut cream (100ml or 3½ fl. oz.), plus extra to serve (see notes above)
- 2 tablespoons lime juice
- Coriander/cilantro leaves to serve

- > **Side:** For extra protein with this dish, add some diced cooked chicken (from the night before) or cooked prawns on top.
- > **Meal prep tip:** This will keep in the fridge for 3-4 days and longer in the freezer.
- > Fresh turmeric and galangal can be replaced with 1 teaspoon each of turmeric and galangal powder. You can use 1-2 teaspoons of curry powder instead. Kent or butternut pumpkin can be used; sweet potato and carrots would also work. Simple pumpkin puree out of a can is also okay.
- > **Coconut cream:** Full-fat coconut milk can be used. Simply put a can of coconut milk in a fridge for an hour or so to thicken up the top layer of the milk. Open the can without shaking and use the thickened coconut milk. Choose coconut milk with 50-60% coconut content, not the diluted coconut milk drink as that will not thicken.
- > **Main grocery items:** sweet pumpkin/winter squash, onion, lemongrass, red chilli, coriander, garlic, turmeric, coconut milk or cream, vegetable stock, lime. Kaffir lime leaf and galangal are optional.

Add the onion, lemongrass, chilli, coriander stalks, galangal, turmeric and kaffir lime leaves to a medium saucepan and sauté in coconut oil over medium heat for 2-3 minutes.

Add the pumpkin, garlic, lime peel, fish sauce and vegetable stock and bring to the boil. Turn the heat down and simmer for 15 minutes, covered, until pumpkin is soft when poked with a knife.

Remove the turmeric, galangal, lime peel and lemongrass from the soup and transfer the rest to a food processor or a blender, in batches if needed. Puree until smooth, then add the coconut cream and lime juice. Whiz a couple more times to incorporate.

Serve with a ripple of coconut cream and fresh coriander leaves on top.

## Dinner 4: Chicken Livers With Thyme, Garlic & Leeks



> If you really can't bring yourself to eating liver on its own, try making this dish with beef or lamb meat and add a few small pieces of liver to it. Alternatively, why not have some chicken liver pate as a snack on some days.

> **Side dish:** Mashed cauliflower or sweet potato puree would be nice or you can serve some grilled or steamed asparagus, broccoli and carrots.

> **Alternatives:** Grill some beef or lamb steak and slice it up, then top with fried thyme and garlic. If you can, throw in just a couple of slices of liver.

> When preparing the liver, you will sometimes find that they will still have the fat and sinew attached. You can ask the butcher to remove those, or you can easily do it yourself. Perfectly pan-fried chicken livers should be tender and buttery, and slightly pink on the inside (but not raw).

> **Main grocery items:** chicken livers, thyme, garlic, leek, Balsamic vinegar, vegetables for a side.



Prep time  
**15 mins**



Cook time  
**15 mins**



Serves  
**2**

### Ingredients

- 450g /1 lb of chicken livers, sliced in halves
- 2/3 teaspoon sea salt
- Generous pinch pepper
- 2 tablespoons coconut oil or olive oil
- 1 leek, white and pale green part sliced
- 1 tablespoon aged balsamic vinegar
- 2 1/2 tablespoons of ghee, or butter if you tolerate it well
- 8-10 sprigs of fresh thyme
- 3 garlic cloves, sliced
- 2-3 tablespoons dry cherry or port (optional but very nice)
- A few extra sprigs of thyme for garnish

Remove any connective tissue from the livers, cut in halves, rinse and pat dry with paper towel, or leave to air-dry. Bring the liver to room temperature to ensure even cooking (take out of the fridge for 15 minutes). Sprinkle with salt and some black pepper.

Heat the oil in a pan over medium-high heat. Add the leeks and sprinkle with a generous pinch of salt and some pepper. Sauté for 4-5 minutes, until softened. After 5 minutes, drizzle with balsamic vinegar, stir through and remove to a bowl.

In a clean frying pan, heat ghee until hot and fry the thyme sprigs and garlic until golden brown. Remove to a plate to prevent them from burning, but leave the infused ghee in the pan.

Add the livers and fry for two and half minutes on each side (medium-high heat). Finally, add the dry cherry (if using) to deglaze the pan together with the livers (basically swirl it around on high heat so it bubbles away a little) and then add the leeks, garlic and thyme back to the pan, and stir through. Serve while nice and hot!

## Dinner 5: Chili Con Carne with Beef, Chorizo & Chipotle



- > This recipe is best suited to the weekend and I provide instructions for the slow cooker, the stovetop and the oven.
- > **Sides:** Cauliflower rice or cooked diced sweet potato, diced avocado is also lovely on top. You can also serve these with lettuce cups to make mini tacos.
- > **Chorizo** is heavily spiced with paprika and garlic and it adds incredible flavour and colour to this beef stew. Alternatively, add some bacon and extra paprika spice.
- > **Chipotle chilli** adds both the spice and the smokiness to the chilli - a wonderful combination. You can get dried or canned chipotle peppers, either can be used in the recipe. Look for them in the Mexican section of your supermarket or order them online. Alternatively, use some smoked paprika powder or just regular paprika.
- > **Main grocery items:** ground beef mince, chorizo sausage, chipotle chilli (tinned or dried), tinned tomato puree, cumin, paprika, onion, garlic, fresh coriander, cauliflowerer for cauli rice.

 Prep time **15 mins**  Cook time **4 hours**  Serves **4**

### Ingredients

- 1 tablespoon olive or coconut oil
- 1 large brown onion, finely diced
- 2 medium chorizo sausages, skin off and diced roughly
- 600-700 grams / 1.5 lb grass-fed ground beef/ mince
- 2-3 cloves garlic, diced
- 2 chipotle chilli peppers (dried or tinned), diced
- 1 teaspoon sea salt
- 1 teaspoon coriander seed powder
- 1 1/2 teaspoon cumin powder
- 1 teaspoon paprika
- 1 1/2 cup diced tinned tomatoes
- 1 tablespoon aged balsamic vinegar
- **Garnish:** Greek or coconut yoghurt, fresh coriander, spring onion

**Slow cooker method:** Cook the onions in olive or coconut oil over medium-high heat for about 4 minutes. This can be done in a frying pan or directly in a slow cooker dish if it's heat-proof. Then add the diced chorizo, stir and cook for a further 2 minutes, until slightly browned.

Now add the beef and break it apart while stirring with the onion and chorizo. Cook for 3-4 minutes. Follow with the garlic and spices, and stir together for a minute to release the aromas.

Finally, add the tomatoes and vinegar, bring to a simmer and transfer to a slow cooker (unless already in the slow cooker dish, then simply place the vessel back onto the heat element). Cook covered for 2-3 hours on HIGH, 4 -5 hours on MEDIUM, 6-7 hours on LOW.

**Stove top method:** Repeat the same steps as above but cook everything in a large pot or a deep frying pan with a lid. Once all ingredients are added and brought to a simmer, cover with a lid and cook for 30-45 minutes, stirring a few times.

**Oven method:** Repeat the same steps as above and once all ingredients are added and brought to a simmer, transfer the mix to an oven-proof casserole dish or a Dutch oven, cover with foil and cook in a 200C / 395F oven for 30-45 minutes. Stir half way.



## Breaky 1: Spinach, Mushroom & Tomato Fry Up With Eggs



- > You can use regular white button, Swiss brown, cremini or Portobello mushrooms. If you can't do butter or ghee, simply use a little extra olive oil or coconut oil instead. For spinach, you can use baby leaves or torn English spinach or Swiss chard, as long as it's green and leafy.
- > **Side:** A couple of eggs cooked in any way you like; baked sliced sweet potato topped with this fry up is a great egg-free alternative.
- > **Meal prep:** This dish is best cooked fresh but you could easily make it the night before and reheat in the morning with some eggs.
- > **Main grocery items:** mushrooms, spinach, cherry tomatoes, onion, garlic, lemon.

 Prep time **10 mins**  Cook time **10 mins**  Serves **2**

### Ingredients

- 1 teaspoon butter or ghee (omit if can't tolerate dairy and add a little more oil)
- 2 tablespoons olive oil
- 5-6 button mushrooms, sliced
- 1/2 red or brown onion, sliced
- Handful of cherry tomatoes, cut in halves
- 1/2 teaspoons of diced lemon rind or grated lemon zest
- 1 garlic clove, finely diced
- 3 large handfuls of baby spinach leaves or torn English spinach leaves
- 1/2 teaspoon sea salt
- Pinch of ground black pepper
- Pinch of nutmeg (optional, but nice)
- Drizzle of lemon juice, right at the end

Heat butter or ghee and olive oil in a large frying pan over medium-high heat and add the mushrooms and onions. Sauté for 5-6 minutes, until lightly browned and cooked through.

Add the tomatoes, lemon rind and garlic, and season with salt, pepper and nutmeg. Cook for a further 2 minutes and press tomatoes down with a spatula until lightly smashed.

Finally, add the spinach and stir through. Cook until the spinach is just wilted (turned wet and reduced in size). Season with a little more salt, if you like, and drizzle with some lemon juice right at the end.

Serve with eggs or your choice of protein such as sausage, steak, chicken or fish. This is also nice over baked sweet potatoes.

## Breaky 2: Detox Green Smoothie



- > This smoothie is great for those busy mornings when you don't have the time to make a cooked breakfast or when you feel like something light and cleansing after a big dinner the night before. Since you're shopping for the ingredients for the smoothie, it might be an idea to have this twice during the week, unless you're making more than one serving.
- > To make this smoothie extra satiating, add a scoop of your favourite protein powder or some collagen powder.
- > **Prep ahead:** You can prepare most of the ingredients the night before and store them in a Ziploc bag or a container. Add fresh banana, though.
- > **Main grocery items:** kale, spinach, banana, cucumber, lemon, orange, apple, regular or coconut yoghurt (you will use some in the chilli con carne too).

 Prep time **10 mins**  Cook time **NA**  Serves **1**

### Ingredients

- 1 cup water
- 1 cup dinosaur kale/curly kale
- 1 cup spinach leaves
- 1 banana
- 2-3 thick slices of cucumbers
- ½ small lemon, squeezed
- 1 small apple
- ¼ cup yogurt (regular or coconut)
- ½ orange, squeezed
- Optional: A scoop of protein powder

Add all ingredients to a blender and process until smooth. You can add a few ice cubes, if you like the smoothie to be a little cooler, or store some of the ingredients in the fridge before using.

## Treat/Snack: Lemon Drizzle Bliss Balls



 Prep time  
**20 mins**  Makes  
**15 balls**

### Ingredients

- 15 Medjool dates (seeds out)
- 1 + 1/2 cups raw cashews
- 1 + 1/2 cup blanched almonds (skinless, regular will do as well)
- 1/2 cup desiccated coconut (unsweetened)
- 1 teaspoon lemon zest
- Juice of 1 lemon
- 3-4 drops lemon essential oil (see notes)
- To finish: 3 tablespoon desiccated coconut for coating

- > These paleo friendly bliss balls are perfect as a quick snack for energy boost, especially as a pre or post-workout. They are also delicious as a little treat.
- > Lemon essential oil is optional but I find it adds a really long-lasting aroma and a little extra lemon (yet not sour) flavour to the balls. You can, of course, omit it or use lime or orange oil for a slightly different citrus flavour.
- > I think a combination of cashews and almonds works really well with lemon but you can use a combination of other nuts and seeds. Tahini would go well with lemon and add an interesting dimension to the flavour.
- > **Meal prep:** You can definitely make these ahead of time on the weekend and store in an airtight container in the fridge for up to 7 days.
- > **Main grocery items:** dates, cashews, almonds (with or without skin), desiccated coconut, lemon, lemon essential oil (food grade).

Add all ingredients to a food processor fitted with an S-blade. Process and mix for 1-2 minutes, stopping and scraping the sides a few times, until everything has turned into ground up, sticky mixture (see pictures on next page).

Transfer the mixture to a bowl. Add a few tablespoons of extra desiccated coconut into a bowl. Wet your hands slightly and scoop about a tablespoon of the mixture into your palms. Roll into a ball and dip into the coconut, pressing on each side to coat all sides evenly. Place on a tray or plate and continue with the rest of the mixture.

You should get about 15 small balls. Store in an airtight container for up to weeks (in the fridge). Serving size is 1-2 balls.

