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

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Dinner 1: Cajun Salmon With Tomato Cauliflower Rice

You can use salmon, cod or any other fish fillets for this recipe.

Side dish: If you don’t want the cauliflower rice, you could serve it with a simple salad, roasted vegetables or stir-fried greens.

Meal prep tip: Pre-chop the cauliflower and carrots over the weekend and store those in a Ziploc bag. The spice rub can be mixed ahead of time and the salmon can be marinated the night before for an even bolder flavour.

Main grocery items: salmon fillets, lime, honey, cumin, paprika, dried oregano, cayenne pepper, onion, garlic, cauliflower, carrots, tomatoes, ghee or butter (optional).

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

Ingredients

- 2 salmon fillets
- Juice of 1 lime
- 1 + ½ tsps honey
- For the spice rub
  - 1 tsp onion powder
  - 1 tsp garlic powder
  - 1 tsp paprika
  - 1 tsp coriander (dried)
  - 1 tsp thyme (dried or fresh)
  - ½ tsp cayenne red pepper
  - ½ tsp smoked paprika or chipotle chill
  - ½ tsp salt + ½ tsp pepper
- Tomato Cauliflower Rice
  - 1 small red onion, finely diced
  - 2 tbsps olive oil

Mix honey and lime juice in a bowl and add the salmon. Coat on both sides and set aside while you prepare the cauliflower rice. Halfway through, turn the pieces over so that they marinate evenly on each side.

Mix the rub spices in a small bowl and set aside.

- 1 tsp paprika powder
- 1 tsp coriander seed powder
- Pinch of chili flakes or powder
- ½ tsp sea salt
- ½ small head of cauliflower, cut into florets and finely chopped
- 1 small carrot, finely chopped
- 1 Roma tomato (or medium round tomato, otherwise 3-4 cherry tomatoes)
- 2 cloves of garlic, finely diced
- 1 tsp of butter, ghee or extra olive oil
- 2 tbsps chopped coriander or parsley
- 1-2 tbsps chopped green onion/scallions (optional, for garnish)
Make the tomato cauliflower rice. Preheat a large frying pan over medium-high. Sauté the onions in olive oil for two minutes and add the spices. Stir through and add the chopped vegetables and butter (or ghee), and cook for 4-5 minutes over high heat, stirring a few times. Finish off by adding the fresh herbs and serve.

To cook the salmon, heat a tablespoon or two of oil in a skillet over medium-high heat. Remove the salmon fillets from the marinade and shake off slightly. Place on a plate and sprinkle evenly with the spice rub (it should cover the fillets quite well). Press down with your fingers. Turn over and cover the other side.

Place in a hot skillet and cook for 3+1/2 minutes on each side, until blackened and crispy. Towards the end of the cooking time, drizzle the remaining lime-honey marinade over the fillets. Serve over tomato cauliflower rice.
**Dinner 2: Meatballs With Georgian Salad or Veggies**

> **Side dish:** You have a choice of Georgian salad with walnut dressing or roasted veggies. You can choose based on what you feel like and the weather in your location.

> **Meal prep tip:** Meatballs can be made ahead of time. Store the raw meatballs on a large platter covered with some Cling wrap in the fridge for up to 2 days. You can also cook the meatballs on the weekend and just reheat them in the oven or in a frying pan before serving. They should keep for up to 3 days in the fridge and you can also freeze the cooked meatballs for up to 2 months. Salad is best made fresh but you can make the walnut garlic dressing ahead of time. Roasted veggies can be made over the weekend as well.

> **Main grocery items:** ground pork mince, ground beef mince, white potatoes, egg, parsley and garlic for the meatballs; cherry tomatoes, cucumbers, mixed salad greens, parsley, coriander/cilantro, lemon, garlic, walnuts, olive oil for the Georgian salad; or, selection of veggies for roasting such as carrots, Brussels sprouts and peppers.

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**Ingredients**

- 3 starchy potatoes, peeled and diced into large cubes (small to medium spuds)
- 400 g / 0.8 lb ground beef mince
- 400 g / 0.8 lb ground pork mince
- 1 tbsp finely chopped parsley
- 2 large cloves of garlic, finely diced or grated
- 1 + ½ tsps salt
- ½ tsp pepper
- 1 egg
- Coconut oil or olive oil for cooking (about 2 tbsps)

Place potatoes into a pot with cold water (just covered) and bring to a boil. Cover and cook over medium-high heat for 8-9 minutes, until soft (test with a knife or a fork). Strain, transfer to a plate and cool off slightly.

Add the meat mince, parsley, and garlic to a large mixing bowl. Season with salt and pepper and crack an egg in the middle. Set aside.

Once the potato has cooled off (it doesn't have to be completely cold), mash it with a fork or a potato masher, and add to the meat mixture.

Using your hands, combine the meatballs mixture really well, making sure the potato and the meat are well incorporated. You can use your fingers to squash any large piece of cooked potato.

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Heat 3 tablespoons of olive oil or coconut oil in very large frying pan over medium-high heat. Scoop heaped tablespoonfuls of meat mixture and roll into balls. Add them to the frying pan and cook for about 8-10 minutes. Turn the meatballs over and cook for 5 minutes on the other side. Finally, turn the meatballs on their sides (pick the largest uncooked side, as all meatballs will be slightly different) and cook for 2-3 more minutes, until golden brown. The total cooking time, with turning, will be about 18-20 minutes.

Turn the heat off and rest the meatballs for a few minutes before serving, sprinkle with some parsley.
Dinner 2: Georgian Salad With Walnut Dressing

Ingredients

- Punnet of cherry tomatoes, halved (as many as you want, really)
- 2-3 small cucumbers, sliced
- 1 spring onion, white and green parts sliced or chopped
- 6-8 walnuts, chopped
- Handful of fresh parsley and coriander/cilantro, chopped

**For the walnut sauce/dressing**

- ¼ cup of walnuts
- 2 tablespoons red wine vinegar (white wine vinegar or apple cider vinegar can also be used)
- 1 clove of garlic
- ¾ teaspoon coriander seed powder
- 3 tablespoons olive oil
- ¼ cup water
- Generous pinch of salt
- Extras to serve: olive oil and lemon juice

>Alternatively, you can roast a tray of veggies to serve with the meatballs. I love a mix of carrots, Brussels sprouts and onions.

Prepare the salad ingredients and set aside. Add the walnut dressing ingredients to a blender or a food processor. Puree and process until a smooth and thick sauce (it should turn a lovely light brown/beige colour, like a hot chocolate drink).

Now, there are two ways to serve the salad. You can layer and spread the sauce on the bottom of the bowl, which is what I did. Mix the salad ingredients and add over the sauce. This way, when you scoop the salad to serve, you will mix it with the dressing right at the table. Alternatively, mix the salad and serve the dressing on the side or and drizzle some over the top.

Finally, drizzle everything with a little olive oil and lemon juice, and sprinkle with a little sea salt and pepper.
Dinner 3: Zucchini Turmeric Soup With Leftover Meatballs

> **Side dish:** For a lighter meal, enjoy this soup as is. For something a little more substantial, add some protein such as leftover meatballs or some precooked chicken or fish.

> **Meal prep tip:** This soup is pretty quick and easy so you can make it on the night. However, it will also keep quite well in the fridge (not freezer!) so it can be made ahead of time and reheated.

> **Main grocery items:** zucchini (courgette), onion, garlic, turmeric powder, coconut milk (full-fat 50% coconut at least), curry powder, lime or lemon.

**Ingredients**
- 1 tbsp ghee or coconut oil
- 1 large brown onion, diced
- ½ tsp sea salt
- 2 medium zucchini (about 500 g / 1 lb), diced into small cubes
- 3 cloves garlic, diced
- 2 tps turmeric powder
- 1 tsp mild curry powder
- ¼ tsp white or black pepper
- 1 1/4 cup vegetable stock
- 1 cup coconut milk (shake the can of coconut milk well before using)
- 1 tsp fish sauce (optional)
- Juice of ½ small lime (about 2 tablespoons)
- Fresh coriander/cilantro for garnish

Heat the ghee in a medium saucepan over medium heat. Add the onion and sauté for 4-5 minutes, stirring a few times, until softened and golden.

Add salt, zucchini and garlic and stir through the onion. Then add the turmeric, curry powder and pepper and stir through a few times to release the aromas.

Then add the stock, coconut milk and fish sauce and stir through. Bring to boil, then turn the heat down to low. Cook for 10 minutes, simmering and covered with a lid.

Finally, add the juice of ½ lime and stir through. Serve with a few fresh coriander leaves on top.
**Dinner 4: Chicken Spinach & Sun-Dried Tomatoes Stew**

> Side dish: This stew has quite a few veggies inside so it can definitely been eaten on its own but I also like it with some cauliflower rice (you should have leftover cauliflower from Dinner #1) or over zucchini noodles.

> Meal prep tip: You can make this stew ahead of time. It should keep in the fridge for up to 3 days and longer in the freezer.

> Main grocery items: chicken meat, frozen spinach, sun-dried tomatoes, raisins, chopped tinned tomatoes, cinnamon, cumin, paprika, garlic, onion, olive oil

> Chicken breast or thigh meat can be used. Sweet potato or zucchini can be added instead of white potatoes in this recipe.

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**Ingredients**

- 2 tbsps olive oil
- 1 medium white onion, chopped
- ½ tsp salt
- 500 g / 1lb chicken meat, diced
- 1 large white potato, peeled and diced
- 1 medium carrot, diced
- 4 cloves of garlic, finely chopped
- 8 sun-dried tomatoes, chopped (about 1/3 to 1/2 cup chopped)
- 2 tbsps of raisins
- 2 tsps cinnamon powder
- 2 tsps cumin powder
- 2 tsps paprika powder
- ¼ tsp chilli powder or cayenne pepper
- 1 x 400 g tin of tinned tomato puree
- 400 ml of chicken stock (about 1 ½ to 2 cups, I just used the tomato tin to measure)
- 1 cup of defrosted spinach, roughly chopped (squeeze some of the liquid out first)
- Garnish: Handful of fresh coriander/cilantro

In a heavy medium saucepan, heat the olive oil and add the onions and salt. Sauté, over medium heat, for 3-4 minutes, until slightly soft.

Add the rest of the ingredients except for the tomatoes, chicken stock and spinach. Stir over medium-high heat for 30 seconds to allow the spices to release their aromas.

Add the rest of the ingredients and stir through. Cover with a lid and bring to a boil, then reduce the heat to low-medium and cook for 25 minutes. Remove the lid and cook for a further 5 minutes over slightly higher heat. Make sure to stir a few times during the cooking process.

I like to let the cooked stew sit off the heat for 5 minutes to set and to cool down slightly. Serve garnished with fresh coriander. Cauliflower rice makes for a lovely side dish.
Dinner 5: Spicy Beef & Cucumber Salad With Cashew Raita

> **Side dish:** This can be a standalone meal or you can easily have a side of roasted or baked sweet potatoes. I think they would work well with this salad and would make it a bit more satiating for those in need of more fuel.

> **Meal prep:** You can make the cooked spiced beef ahead of time and store it in the fridge for up to 3 days. It can be frozen too and you will need to defrost it overnight and give it a flash fry up in the pan to get a bit of crispiness back. The cashew raita dressing can also be made ahead of time.

> **Main grocery items:** grass-fed ground beef mince, cucumber, cashews, mint, long red chilli, spices. Sweet potatoes, if making a side dish.

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### Ingredients

**For the beef**
- 2 tbsps coconut oil
- ½ brown onion, finely diced
- ½ long red chill, finely diced
- 350 g (0.7 lb.) grass-fed beef mince
- 3 cloves garlic, finely diced
- 1 tsp tomato paste
- 1 tsp ground coriander seeds
- 1 tsp ground cumin powder
- ½ tsp paprika powder
- Pinch of black pepper
- Pinch of ground cinnamon
- Pinch of ground cloves (or use mortar & pestle to grind 1 clove or use some Allspice)
- 1 tsp sea salt

**For the cucumber salad**
- 2 cups diced cucumber (3-4 medium Lebanese cucumbers)
- 2 tbsps diced fresh coriander (cilantro)
- Pinch of pepper
- Pinch of sea salt
- 2 tbsps olive oil
- 1 tbsp lemon juice
- 10 fresh mint leaves
- Few whole raw cashews

**For the cashew raita dressing**
- ¾ cup raw cashews, soaked in warm water for 1 hour
- ½ clove of garlic, diced
- Juice of 1 lemon
- ¾ tsp tahini paste
- 2 tbsps water
- Pinch of sea salt

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Heat coconut oil in a frying pan and cook the onion and chilli over medium heat for 5 minutes, until golden brown and soft.

Bring the heat back to high and add the ground beef mince. Separate it with a wooden spoon, add garlic and cook for 2-3 minutes until the meat browns and the liquid starts to evaporate. Add the spices, salt, pepper and tomato paste. Mix through and cook for a further 5 minutes on high heat. The rest of the moisture will evaporate and the beef should brown and caramelise further.

Combine all salad ingredients, except for mint, in a bowl and set aside until the beef is ready. To make the cashew raita, place all ingredients in a food processor or an electric blender and process until smooth. Use a spatula to scrape down the sides half way through and add a little more water, if it's too thick.

Combine warm beef with cucumber salad and serve with dollops of cashew dressing, fresh chilli and mint on top.
Breaky 1: Breakfast Casserole

> Breakfast casserole is a great make-ahead dish that can be stored in the fridge for up to 3 days and enjoyed both hot and cold.

> Similarly to a regular casserole, you can use a variety of ingredients including pre-cooked sweet potato or pumpkin, diced zucchini or broccoli, Italian sausage, shredded chicken, mushrooms and lots of eggs to bind it all together. Think of it as a breakfast pie!

> Below is a sample recipe for a casserole that you can use as a template to create your own version. This blog post on the site features 20 breakfast casserole recipes for you to check out.

**Prep time** 15 mins  
**Cook time** 35 mins  
**Serves** 4-6

**Ingredients**

- 3 tbsps olive oil or coconut oil
- 4 cups diced sweet potatoes
- 4 Italian pork sausages (gluten-free), sliced
- 1 medium onion, roughly diced
- 1 tsp sea salt
- 1/2 tsp black pepper
- 2 cloves garlic, chopped
- 3 cups baby spinach leaves
- 10 eggs + 1/2 tsp salt more
- Garnish: spring onions/scallions

Grease a large casserole dish with a tablespoon of oil. Preheat the oven to 200 C / 400 F.

Add the sweet potatoes, sliced raw sausage and onions and sprinkle with salt and pepper. Drizzle with the remaining olive oil and toss through. Place in the oven for 20 minutes, stirring half way through.

After 20 minutes, add the garlic and spinach leaves and place back in the oven for 3-4 more minutes and in the meantime, whisk the eggs and extra salt in a bowl. Remove the casserole dish from the oven and pour the eggs over the top, stir through and spread the mixture evenly.

Pop back in the oven for 10 more minutes or so, until the eggs are cooked through and the casserole is set and firm.
Breaky 2: Curried Egg Scramble With Spinach

- Prep time: 10 mins
- Cook time: 8 mins
- Serves: 1

Ingredients

- 1 tbsp coconut oil
- 1 medium red onion, halved and sliced thinly
- ½ tsp sea salt
- 3 medium eggs
- 1 clove garlic, finely diced
- 1 tsp mild curry powder
- 1 tightly packed cup of baby spinach leaves
- 1 tbsp lemon juice
- A few thin slices of chilli or chilli flakes for garnish, optional

> You can also serve these scrambled eggs over sliced avocado for extra fats or with a side of sweet potato for extra carbs.

Heat coconut oil in a medium frying pan over medium-high heat. While the pan is heating up, prepare the rest of the ingredients.

Add the onion and salt and cook for 4 minutes, stirring a couple of times, until golden brown and soft. In the meantime, whisk the eggs on a bowl.

Add the garlic and curry powder to the onions and stir through. Pour in the eggs and gently stir continuously for about 30 seconds, until the eggs are just cooked through but still glossy. Use the spatula to scrape the cooked egg from the bottom of the pan and fold it into the rest of the mix.

Add the baby spinach leave to a serving bowl and drizzle with lemon juice. Top with the scrambled eggs and some chilli or other herbs of choice on top.
Lunch: Stuffed Avocado Salad

> Stuffed avocado is a satiating and nourishing meal that can take on many flavours and ingredients. The best part is that you can make the filling ahead of time and have it all assembled just before you eat to keep the avocado fresh.

> Check out this blog post for 15 stuffed avocado ideas or try the sample recipe for chicken BLT stuffed avocado below.

Prep time 20 mins  
Serves 2

Ingredients

- 2 large, ripe avocados, sliced and stone removed
- A little lemon juice

**For the stuffing**

- 3-4 rashers of bacon, fried and diced
- 150 g / 5 oz. cooked diced chicken
- 1 cup diced spinach or lettuce leaves
- 1 large tomato, diced
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 teaspoon Dijon or yellow mustard
- 1/2 garlic clove, finally chopped
- Pinch of salt and pepper

Combine the stuffing mixture in a bowl until well coated. Store the stuffing in a Tupperware until needed or use right away.

To assemble the dish, cut the avocados in halved and drizzle with a little lemon juice to prevent browning.

Stuff each half with a heaped amount of chicken and bacon mixture and enjoy.