

# The Paleo Diet Is Here to Stay

So what's the healthiest way to do it?

Considered a lower carbohydrate, higher protein diet, the Paleo or Primal diet encourages us to get back to the diet of our hunter-gatherer ancestors. If you could pick it, pull it, kill it, or it had a mother, then you can eat it. There's nothing from a box, a bag, a jar or a can.

- + What to Eat:** Fruit, vegetables, grass-fed/grass-finished meat, organic poultry, pastured eggs, wild caught fish, raw nuts and seeds, healthy fats (avocado, olive oil, coconut oil, ghee), gluten-free spirits, low-sugar wine, low-sugar hard cider.
- What to Avoid:** Sugar, grains, dairy, legumes, peanuts, beer, oats, corn, quinoa, potatoes, processed and refined foods, trans fats, most alcohol.
- ✓ Pros:** Cutting processed and refined food, sugar and junk food is good for overall health, helps control blood sugar, reduces your risk for heart disease, and is very satiating so you may eat less, which can help with weight loss. Lowered levels of systemic inflammation can be achieved on this "real food" diet of our Paleolithic ancestors.
- ✘ Cons:** People tend to go too heavy on meat and fruit and not consume enough vegetables. Highmeat diets are linked to increased risk for colon cancer. While fruit is healthy and filled with fiber and antioxidants, too much at one time can cause elevated blood sugar levels. Also, the lack of whole grains and legumes removes important sources of fiber and B vitamins.

**PRO TIP:** Consume twice the amount of vegetables as fruit. Soak or sprout nuts and seeds to improve digestibility and absorption of nutrients.

**SUPPLEMENTS:** Ubiquinol, Acacia Fiber. Paleo diets are often low in fiber as most people turn to copious amounts of animal protein for their meals. Acacia fiber is an excellent prebiotic, which feed the probiotics living inside the gut.\* This will help to contribute to a healthier gut microbiome, which ultimately helps to maintain healthy immune system balance in the body.\* Ubiquinol (the active form of CoQ10) is used for energy production by every cell in the body and helps to scavenge free radicals that can get produced from too much meat consumption.\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.



UBIQUINOL



ACACIA FIBER



What's Your  
Diet Style?



# Eat Paleo

For 7  
Days

We're showing you how easy it is to eliminate grains, legumes, dairy and refined sugar with this meal plan that's packed with mouthwatering recipes.

BY ERIN MACDONALD, RDN AND TIFFANI BACHUS, RDN  
PHOTOGRAPHY BY BEATA LUBAS

**Pecan-Crusted Chicken**  
with Sautéed Asparagus &  
Mushrooms



WHAT'S YOUR DIET STYLE?





## Pecan-Crusted Chicken

with Sautéed Asparagus & Mushrooms

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 40 MINUTES.

- 1 cup** raw unsalted pecans
- 1 tsp** ground coriander
- 1 tsp** ground black pepper, divided
- ½ tsp** each onion powder and garlic powder
- ¾ tsp** sea salt, divided
- 1 large** egg
- 2 tbsp** plain unsweetened almond milk
- 4 4-oz** boneless, skinless, chicken thighs, pounded to ½-inch thickness
- 2 tbsp** avocado oil, divided
  - 1** shallot, diced
  - 6** shiitake mushrooms, stemmed and sliced
- 1 bunch** asparagus, trimmed

**1.** Preheat oven to 350°F. To a food processor, add pecans; pulse to grind to the consistency of a coarse flour. Season pecans with coriander, ½ tsp pepper, onion powder, garlic powder and ⅛ tsp salt.

**2.** To a large, shallow dish, add egg and milk and whisk to combine. Transfer pecan flour to another large shallow plate. Dip each chicken piece in egg mixture and then in pecan mixture, coating both sides.

**3.** In a large nonstick skillet on medium-high, heat ½ tbsp oil. Add half of chicken and cook 3 minutes, flip and cook another 3 minutes. Transfer to a parchment-lined baking sheet. Heat ½ tbsp oil, add remaining

chicken and repeat; transfer to sheet. Bake for 5 to 7 minutes, until no longer pink inside.

**4.** Return skillet to heat and add remaining 1 tbsp oil. Add shallots, mushrooms and asparagus. Season with remaining ½ tsp pepper and ¼ tsp salt. Sauté for 5 minutes. Serve with chicken and Spicy Apricot BBQ Sauce (recipe below).

**PER SERVING** (1 thigh with ¼ of vegetables): Calories: 422, Fat: 31 g, Sat. Fat: 4 g, Monounsaturated Fat: 17 g, Polyunsaturated Fat: 8 g, Carbs: 10 g, Fiber: 5 g, Sugar: 3 g, Protein: 28.5 g, Sodium: 323 mg, Cholesterol: 153 mg

### SPICY APRICOT BBQ SAUCE

MAKES 1 CUP.

- ½ cup** unsweetened dried apricots
- 1** yellow heirloom tomato (or regular tomato), chopped
- ¼** jalapeño chile pepper, seeded and chopped, or to taste
- 2 tbsp** peeled and grated ginger
- 1 tbsp** raw honey
- 1 tbsp** apple cider vinegar
- 1 tbsp** avocado oil
- ½ tsp** sea salt

To a small saucepan, add apricots, tomatoes and ½ cup water; bring to a simmer. Add remaining ingredients and cook for 10 minutes, until apricots are soft. Transfer to a blender; blend until smooth.





## Green Frittata

with Avocado Cilantro Mash

SERVES 4. HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 40 MINUTES.

- 1 tbsp** avocado oil, divided
- 4 oz** (6 stalks) asparagus, trimmed and chopped
- 2** green onions, sliced thinly
- 3 cups** baby mixed greens (spinach, kale and chard)
- ½** jalapeño chile pepper, seeded and minced
- 8 large** eggs, whisked
- ¼ cup** plain unsweetened almond milk
- 1** lemon, zested and juiced
- ½ tsp** black pepper
- ¼ tsp** sea salt
- 2 tbsp** nutritional yeast

### MASH

- 1** avocado, peeled and pitted
- 1** lime, zested and juiced
- ½ cup** chopped fresh cilantro
- ¼ tsp** black pepper

**1.** Preheat oven to 350°F. Coat an 8 x 8-inch glass baking dish or a pie plate with ½ tbsp oil; set aside.

**2.** In a medium skillet on medium-high, heat remaining ½ tbsp oil. Add asparagus and sauté for 3 minutes. Add onions, baby greens and jalapeños and sauté 1 minute. Transfer to prepared baking dish.

**3.** In a medium bowl, whisk together eggs, milk, lemon zest and juice, ½ tsp pepper and salt. Pour over vegetables. Sprinkle yeast on top. Bake for 25 to 30 minutes, or until center of dish is firm. Turn oven to broil on high and cook for 2 minutes. Set aside to cool.

**4.** Meanwhile, prepare mash: Add all mash ingredients to a food processor and purée until smooth. (Alternatively, mash by hand in a bowl.) Serve with frittata.

**PER SERVING** (¼ of recipe):  
 Calories: 295, Fat: 21 g, Sat.  
 Fat: 5 g, Monounsaturated  
 Fat: 11 g, Polyunsaturated  
 Fat: 3 g, Carbs: 11 g, Fiber: 6 g,  
 Sugar: 2 g, Protein: 17.5 g,  
 Sodium: 284 mg, Cholesterol: 372 mg

YOU HAVE  
 THE POTENTIAL  
 TO MAKE  
 BEAUTIFUL THINGS.  
*yes, you.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BREAKFAST:</b> ½ cup coconut yogurt topped with 1 serving Grain-Free Nut &amp; Seed Granola (p. 13; save leftovers) and ¼ cup blueberries</p> <p><b>SNACK:</b> 1 hard-boiled egg; ½ cup blueberries</p> <p><b>LUNCH: <i>Shrimp &amp; Spinach Salad:</i></b> Toss 2 cups baby spinach and 4 strawberries, sliced; whisk 1 tbsp <i>Basil Mint Pesto</i> (p. 14; save leftovers) with ½ lemon, juiced, and ½ tbsp avocado oil and drizzle over top. Top with 1 tbsp sunflower seeds and 3 oz shrimp, grilled or sautéed with ½ tbsp avocado oil and pinch each salt and pepper.</p> <p><b>SNACK:</b> 1 recipe Cinnamon Collagen Milk (p. 14)</p> <p><b>DINNER:</b> 1 serving <i>Pecan-Crusted Chicken with Sautéed Asparagus &amp; Mushrooms</i> (p. 10; save leftovers) served with 2 tbsp Spicy Apricot BBQ Sauce (p. 10; save leftovers)</p>	<p><b>BREAKFAST: <i>Almond Butter, Banana &amp; Flax Smoothie:</i></b> Blend 1 cup almond milk, 2 scoops collagen protein, 1 tbsp almond butter, ½ banana, 1 tbsp ground flax and ice, as desired</p> <p><b>SNACK:</b> 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 13)</p> <p><b>LUNCH:</b> 1 serving Pecan-Crusted Chicken with Sautéed Asparagus &amp; Mushrooms (leftovers, p. 10) with 2 tbsp Spicy Apricot BBQ Sauce (leftovers, p. 10)</p> <p><b>SNACK:</b> ½ cup blueberries topped with 1 tbsp hemp seeds</p> <p><b>DINNER: <i>Zoodles with Lemon Shrimp:</i></b> Spiralize 2 zucchini and sauté in 1 tbsp avocado oil with 1 minced clove garlic. Sauté 6 oz shrimp in ½ tbsp avocado oil with pinch each salt and pepper and juice of 1 lemon. Serve over zoodles (eat ½; save leftovers).</p>	<p><b>BREAKFAST:</b> 1 serving Green Frittata with Avocado Cilantro Mash (p. 11; save leftovers)</p> <p><b>SNACK: <i>Green Ginger Smoothie:</i></b> Blend 1 cup unsweetened almond milk, 2 scoops collagen protein, 1 cup baby spinach, ½ tsp grated ginger, 1 frozen banana and ice, as desired</p> <p><b>LUNCH:</b> Zoodles with Lemon Shrimp (leftovers)</p> <p><b>SNACK:</b> 2 stalks celery with 1 tbsp almond butter</p> <p><b>DINNER:</b> 1 serving Turkey Zucchini Meatballs (p. 14; save leftovers) and 1 Artichoke in Garlic Oil (p. 14; save leftovers)</p>	<p><b>BREAKFAST: <i>Breakfast Hash:</i></b> Sauté 6 (small) chopped chicken breakfast sausages, 2 slices turkey bacon, ¼ cup chopped yellow onion and 1 cup chopped cremini mushrooms in 1 tbsp avocado oil. Season with pinch each pepper and red pepper flakes (eat ½; save leftovers).</p> <p>½ avocado, sliced</p> <p><b>SNACK:</b> 1 hard-boiled egg; 1 cup strawberries</p> <p><b>LUNCH:</b> 1 serving Green Frittata with Avocado Cilantro Mash (leftovers, p. 11)</p> <p><b>SNACK:</b> ½ cup almond milk with 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 13)</p> <p><b>DINNER:</b> 1 serving Pecan-Crusted Chicken with Sautéed Asparagus &amp; Mushrooms (leftovers, p. 10) with 2 tbsp Spicy Apricot BBQ Sauce (leftovers, p. 10)</p>
<p><b>NUTRIENTS:</b> Calories: 1,552, Fat: 153 g, Sat. Fat: 16 g, Carbs: 105 g, Fiber: 32 g, Sugar: 51 g, Protein: 85.5 g, Sodium: 1,225 mg, Cholesterol: 482 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,460, Fat: 81 g, Sat. Fat: 10 g, Carbs: 106 g, Fiber: 24 g, Sugar: 61 g, Protein: 86.5 g, Sodium: 1,011 mg, Cholesterol: 270 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,328, Fat: 79 g, Sat. Fat: 14 g, Carbs: 79 g, Fiber: 24 g, Sugar: 30 g, Protein: 91.5 g, Sodium: 1,446 mg, Cholesterol: 614 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,404, Fat: 74 g, Sat. Fat: 13 g, Carbs: 76 g, Fiber: 25 g, Sugar: 25 g, Protein: 103 g, Sodium: 1,324 mg, Cholesterol: 672 mg</p>

FRIDAY	SATURDAY	SUNDAY
<p><b>BREAKFAST:</b> 1 serving Green Frittata with Avocado Cilantro Mash (leftovers, p. 11)</p> <p><b>SNACK:</b> 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 13)</p> <p><b>LUNCH:</b> 1 serving Pecan-Crusted Chicken with Sautéed Asparagus &amp; Mushroom (leftovers, p. 10) with 2 tbsp BBQ sauce (leftovers, p. 10)</p> <p><b>SNACK:</b> 2 stalks celery with 1 tbsp almond butter</p> <p><b>DINNER: <i>Cauliflower Fried Rice:</i></b> Sauté 2 cups riced cauliflower, 1 chopped shallot and ½ cup chopped cremini mushrooms in ½ tsp sesame oil and 1 tsp avocado oil. Season with 1 tsp coconut aminos and top with 2 tbsp chopped cilantro (eat ½; save leftovers).</p> <p>1 (large) chicken sausage, chopped, cooked in ½ tsp avocado oil. Add chicken sausage to cauliflower rice.</p>	<p><b>BREAKFAST:</b> ½ cup coconut yogurt topped with 1 serving Grain-Free Nut &amp; Seed Granola (leftovers, p. 13)</p> <p><b>SNACK: <i>Green Ginger Smoothie:</i></b> Blend 1 cup unsweetened almond milk, 2 scoops collagen protein, 1 cup baby spinach, ½ tsp grated ginger, 1 frozen banana and ice, as desired</p> <p><b>LUNCH:</b> 1 serving Green Frittata with Avocado Cilantro Mash (leftovers, p. 11)</p> <p><b>SNACK:</b> 1 recipe Cinnamon Collagen Milk (p. 14)</p> <p><b>DINNER:</b> 1 serving Turkey Zucchini Meatballs (leftovers, p. 14)</p> <p>1 Artichoke in Garlic Oil (leftovers, p. 14)</p>	<p><b>BREAKFAST:</b> Breakfast Hash (leftovers) Cauliflower Fried Rice (leftovers)</p> <p><b>SNACK:</b> 1 hard-boiled egg; 1 cup blueberries</p> <p><b>LUNCH: <i>Shrimp &amp; Spinach Salad:</i></b> Toss 2 cups baby spinach and 4 strawberries, sliced; whisk 1 tbsp Basil Mint Pesto (leftovers, p. 14) with ½ lemon, juiced, and ½ tbsp avocado oil and drizzle over top. Top with 1 tbsp sunflower seeds and 3 oz shrimp, grilled or sautéed with ½ tbsp avocado oil and pinch each salt and pepper.</p> <p><b>SNACK:</b> 2 stalks celery with 1 tbsp almond butter</p> <p><b>DINNER:</b> 1 serving Turkey Zucchini Meatballs (leftovers, p. 14)</p> <p>1 Artichoke in Garlic Oil (leftovers, p. 14)</p>
<p><b>NUTRIENTS:</b> Calories: 1,473, Fat: 96 g, Sat. Fat: 17 g, Carbs: 83 g, Fiber: 23 g, Sugar: 43 g, Protein: 75 g, Sodium: 1,632 mg, Cholesterol: 591 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,522, Fat: 84 g, Sat. Fat: 21 g, Carbs: 105 g, Fiber: 33 g, Sugar: 41 g, Protein: 94 g, Sodium: 1,359 mg, Cholesterol: 535 mg</p>	<p><b>NUTRIENTS:</b> Calories: 1,237, Fat: 92 g, Sat. Fat: 14 g, Carbs: 75 g, Fiber: 25 g, Sugar: 29 g, Protein: 97 g, Sodium: 1,569 mg, Cholesterol: 631 mg</p>





## Grain-Free Nut & Seed Granola

SERVES **10**. HANDS-ON TIME: **10 MINUTES**. TOTAL TIME: **40 MINUTES**.

**½ cup** raw unsalted pecans  
**½ cup** raw unsalted pumpkin seeds  
**½ cup** raw unsalted sunflower seeds  
**¼ cup** hemp hearts  
**2 tbsp** chia seeds  
**2 tbsp** raw almond butter  
**2 tbsp** coconut oil  
**2 tbsp** raw honey  
**1 tsp** ground cinnamon  
**1 tsp** pure vanilla extract

**¼ tsp** sea salt  
**2 cups** dried unsweetened cherries or goji berries

**1.** Preheat oven to 250°F. In a food processor, pulse pecans, pumpkin seeds, sunflower seeds, hemp and chia until broken down into very small pieces. Reserve mixture in processor.  
**2.** To a small saucepan on low, add almond butter, coconut oil and honey; stir to melt and combine into a smooth mixture. Remove from heat and add cinnamon and vanilla.

**3.** Pour warm almond butter mixture over chopped nuts and seeds; pulse to combine.

**4.** Transfer mixture to a large rimmed parchment-lined baking sheet and sprinkle with salt. Bake for 15 minutes. Stir then turn off heat; leave baking sheet in oven for another 15 to 20 minutes. Let cool on sheet. Stir in berries and store in a jar at room temperature.

**(NOTE:** This recipe makes more than you need for the week; you can freeze it for longer storage.)

**PER SERVING** (⅓ cup): Calories: 274, Fat: 17 g, Sat. Fat: 4 g, Monounsaturated Fat: 6 g, Polyunsaturated Fat: 6 g, Carbs: 20 g, Fiber: 5 g, Sugar: 14 g, Protein: 6 g, Sodium: 65 mg, Cholesterol: 0 mg



### Artichokes with Garlic Oil:

Steam 2 artichokes until fork tender. In a small skillet on low, heat 2 cloves minced garlic in 3 tbsp avocado oil, just until fragrant. Serve as a dipping sauce for artichokes. (**NOTE:** Make sure to store garlic oil in the refrigerator.)

### Turkey Zucchini Meatballs:

Combine 1 lb ground turkey with 1 egg, ½ cup shredded zucchini, ¼ cup minced yellow onion, 1 tbsp each ground flaxseeds and nutritional yeast, 2 cloves minced garlic and ½ tsp each salt and pepper. Form into 15 balls and bake at 350°F for 20 to 22 minutes, or until cooked through. (Makes 3 servings.)

### BASIL MINT PESTO

MAKES ½ CUP.

<b>1 cup</b>	fresh basil	To a food processor, add basil, mint, pecans, lemon zest and juice, garlic and yeast; pulse until roughly chopped. With the machine running, slowly add oil and process another 15 seconds. Season with pepper and salt (if using). You'll need 2 tbsp pesto for the plan. Freeze the remaining pesto in 1 tbsp portions for future use.
<b>½ cup</b>	fresh mint	
<b>⅓ cup</b>	raw unsalted pecans	
<b>1</b>	lemon, zested and juiced	
<b>1 clove</b>	garlic, peeled	
<b>2 tbsp</b>	nutritional yeast	
<b>1 to 2 tbsp</b>	avocado oil	
	black pepper, to taste	
	sea salt, optional	

### CINNAMON COLLAGEN MILK

MAKES 1 SERVING.

<b>1 cup</b>	plain unsweetened almond milk	Place all ingredients in a Mason jar and seal; shake vigorously for 15 seconds. Serve cold or warm.
<b>1 tbsp</b>	collagen protein powder	
<b>1 tbsp</b>	ground flaxseed	
<b>½ tsp</b>	ground cinnamon	

## SHOPPING LIST

#### PROTEINS & DAIRY

- 1 dozen large eggs
- 32-oz carton plain unsweetened almond milk
- 1 container collagen protein powder
- 4 4-oz boneless, skinless chicken thighs
- 1 lb frozen shrimp (16 to 20 count)
- 1 pkg turkey bacon, no added nitrites or nitrates
- 1 lb ground turkey
- 1 pkg large chicken sausages (about 2 to 2½ oz each), no added nitrites or nitrates
- 1 8-oz container plain coconut yogurt

#### VEGGIES & FRUITS

- 2 green onions
- 2 bunches asparagus
- 3 oz baby mixed greens (kale, spinach and chard)
- 12 oz baby spinach
- 1 jalapeño chile pepper
- 1 lime
- 5 lemons
- 2 avocados
- 1 bunch fresh cilantro
- 1 bunch fresh basil
- 1 bunch fresh mint
- 2 shallots
- 1 head garlic
- 4 oz cremini or white mushrooms
- 6 shiitake mushrooms
- 3 bananas (freeze 2)
- 1 large sweet yellow onion
- 1 pint strawberries
- 2 pints blueberries
- 1 1-inch piece fresh ginger
- 1 bunch celery
- 3 zucchini
- 3 artichokes
- 1 yellow heirloom tomato

#### NUTS, SEEDS & OILS

- 6½ oz raw unsalted pecans
- 1 bag hemp hearts
- 1 bag chia seeds
- 1 bag raw unsalted sunflower seeds
- 1 bag raw unsalted pumpkin seeds
- 1 bag ground flaxseeds
- virgin coconut oil
- avocado oil
- toasted sesame oil
- raw almond butter

#### EXTRAS

- 1 bag dried apricots
- 1 bag riced cauliflower
- ground cinnamon
- sea salt (**NOTE:** Opt for a high-quality salt, such as a pink Himalayan salt.)
- black pepper
- pure vanilla extract
- ground coriander
- onion powder
- garlic powder
- red pepper flakes
- coconut aminos
- raw apple cider vinegar
- raw honey
- nutritional yeast
- 1 bag dried unsweetened cherries or goji berries 🍷