



30-DAY TRANSFORMATION — MEAL PLAN —



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contents.

Week 1

Calendar 5

Week 2

Calendar 7

Week 3

Calendar 9

Week 4

Calendar 11

MEAL PLAN KEY

= Recipe page number in Cookbook

Week 1

CALENDAR - WEEK 1

	BREAKFAST	LUNCH	DINNER
MON DAY 1	Breakfast Burrito with Bacon and Avocado (15 mins) 9	Simple Tuna Salad (10 mins) 10	Beef Short Ribs (4 hrs 5 mins); mixed greens with Simple Salad Dressing (15 mins) 11 12
TUE DAY 2	Asparagus and Eggs (15 mins) 13	<i>leftovers</i> Beef Short Ribs; mixed greens with Simple Salad Dressing	Garlic "Parmesan" Wings (3 hrs 15 mins); Coconut Creamed Greens (double the recipe) (10 mins) 14 15
WED DAY 3	"Cheesy" Broccoli Breakfast Muffins (35 mins) 16	<i>leftovers</i> Garlic "Parmesan" Wings; Coconut Creamed Greens	Danish Meatloaf (6-7 hrs 15 mins); arugula with <i>leftover</i> Simple Salad Dressing 17
THU DAY 4	Roasted Pepper and Sausage Omelet (30 mins) 18	<i>leftovers</i> Danish Meatloaf (freeze any leftovers); arugula with <i>leftover</i> Simple Salad Dressing	Chicken Fritters with Creamy Guacamole (40 mins) 19
FRI DAY 5	Kale and Mushroom Sausage Patties (30 mins) 20	<i>leftovers</i> Chicken Fritters with Creamy Guacamole	Braised Lamb Shanks with Pine Nuts (4 hrs 30 mins); Cauliflower Rice (15 mins) 21 22
SAT DAY 6	<i>leftovers</i> Kale and Mushroom Sausage Patties	<i>leftovers</i> Braised Lamb Shanks with Pine Nuts; Cauliflower Rice	Baked Salmon with Rosemary and Pecans (25 mins); Sautéed Vegetables with Lemon and Basil (25 mins) 23 24
SUN DAY 7	Low-Carb "Oatmeal" (20 mins) 25	<i>graze the fridge for leftovers</i>	Grilled Chicken with Rosemary and Bacon (45 mins); Spinach Salad (15 mins) 26 27

Optional Snack: Coconut Fat Bombs, (35 mins) makes 19 fat bombs **8**

Week 2

CALENDAR - WEEK 2

	BREAKFAST	LUNCH	DINNER
MON DAY 8	Keto Bagels (45 mins); ghee or other keto-friendly topping 30	Italian Tuna Salad (20 mins) 31	Ropa Vieja (7-8 hrs 25 mins); Cauliflower rice (15 mins) 32 22
TUE DAY 9	<i>leftovers</i> Keto Bagels; ghee or other keto-friendly topping	<i>leftovers</i> Ropa Vieja	Pan-Seared Salmon with Garlic Ghee Sauce (40 mins) 33
WED DAY 10	Breakfast Sausage Casserole (3 hrs 20 mins); Tomatoes with Basil (double the recipe) (10 mins) 34 35	<i>leftovers</i> Ropa Vieja	Crispy "Fried" Chicken (40 mins); Sautéed Vegetables with Lemon and Basil (double the recipe) (25 mins) 36 24
THU DAY 11	<i>leftovers</i> Breakfast Sausage Casserole; Tomatoes with Basil	<i>leftovers</i> Crispy Fried Chicken; <i>leftover</i> Sautéed Vegetables with Lemon and Basil	Lamb Patties (20 mins); Celeriac Fries (30 mins) 38 39
FRI DAY 12	Bacon and Spinach Frittata (35 mins) 40	<i>leftovers</i> Lamb Patties; Celeriac Fries	Chicken Tortilla Soup (6-7 hrs 10 mins) 41
SAT DAY 13	<i>leftovers</i> Bacon and Spinach Frittata	<i>leftovers</i> Chicken Tortilla Soup	Skirt Steak with Chimichurri Sauce (18 mins); 43
SUN DAY 14	Berries with Coconut and Lime (5 mins) 44	<i>graze the fridge for leftovers</i>	Seared Scallops with Creamy Broccoli Mash (40 mins) 45

Optional Snack: Strawberry Cashew Fat Bombs, (35 mins) makes 12 fat bombs **29**

Week 3

CALENDAR - WEEK 3

	BREAKFAST	LUNCH	DINNER
MON DAY 15	Shakshuka (2 hr 30 mins) 47	Salmon Salad (5 mins) 49	Bunless Burgers (25 mins); Grain-Free Burger Buns (20 mins) 50 51
TUE DAY 16	<i>leftovers</i> Cauliflower Breakfast Bake	<i>leftovers</i> Bunless Burgers; Paleo Burger Buns	Pork Chops (6 hrs 17 mins); Roasted Cabbage (45 mins) 52 53
WED DAY 17	Avocado Breakfast Salad (25 mins) 54	<i>leftovers</i> Pork Chops; Roasted Cabbage	Chicken with Rosemary and Mushroom Glaze (40 mins) 55
THU DAY 18	Maple Breakfast Sausage Patties (35 mins); Roasted Radishes (45 mins) 56 57	<i>leftovers</i> Chicken with Rosemary and Mushroom Glaze	Tortilla-Free Steak Wraps (+/- 2 hrs 45 mins) 58
FRI DAY 19	<i>leftovers</i> Maple Breakfast Sausage Patties; Roasted Radishes	<i>leftovers</i> Tortilla-Free Steak Wraps	Fiery Shrimp Tacos (2-3 hrs 10 mins) 59
SAT DAY 20	Green Veggie Eggs (20 mins) 60	<i>leftovers</i> Fiery Shrimp Tacos	Caveman Steak (20 mins); Easy Side Salad with Lemon (5 mins) 61 62
SUN DAY 21	Scrambled Eggs with Bacon and Vegetables (20 mins) 63	<i>graze the fridge for leftovers</i>	Jalapeño Lime Chicken (2 hrs 15 mins); Roasted Turmeric Cauliflower (35 mins) 64 65

Optional Snack: Cookie Dough Fat Bombs, (40 mins) makes 12 fat bombs **47**

Week 4

CALENDAR - WEEK 4

	BREAKFAST	LUNCH	DINNER
MON DAY 22	Omelet Muffins (45 mins) 68	Stuffed Cucumber Bites (30 mins) 69	Pork and Mushroom Stew (8 hrs 25 mins); with Keto Buns (30 mins) 70 71
TUE DAY 23	leftovers Omelet Muffins	leftovers Pork and Mushroom Stew; with Keto Buns	Guac-Stuffed Kali Burgers (20 mins); Four-Ingredient Avocado Chips (30 mins) 72 73
WED DAY 24	Turkey Egg Breakfast Skillet (double the recipe) (25 mins) 74	leftovers Guac-Stuffed Kali Burgers; Avocado Chips	Chicken Cacciatore (25 mins); with Keto Buns (30 mins); mixed greens; Spicy Herb Dressing (5 mins) 75 71 76
THU DAY 25	leftovers Turkey Egg Breakfast Skillet	leftovers Chicken Cacciatore; mixed greens; Spicy Herb Dressing	Lamb Chops with Arugula and Pistachios (20 mins) 77
FRI DAY 26	Tex Mex Casserole (35 mins) 78	leftovers Lamb Chops with Wilted Arugula and Pistachios	Chili-Lime Steak Bites with Grilled Avocado (24 mins) 79
SAT DAY 27	leftovers Tex Mex Casserole	leftovers Chili-Lime Steak Bites with Grilled Avocado	Baked Salmon with Rosemary and Pecans (25 mins); arugula; leftover Spicy Herb Dressing 23
SUN DAY 28	leftovers Tex Mex Casserole	graze the fridge for leftovers	Spicy Lemon-Garlic Shrimp Skewers (20 mins); Warm Watercress and Pine Nut Salad (25 mins) 81 82

Optional Snack: Green Smoothie Fat Bombs, (2 hrs 10 mins) makes 24 fat bombs **67**

	BREAKFAST	LUNCH	DINNER
MON DAY 29	Roasted Broccoli (20 mins); 4 Eggs 85	Avocado-Stuffed Chicken Meatballs (30 mins) 84	Shredded Chicken Tacos (6-8 hrs 10 mins) 86
TUE DAY 30	Smoked Salmon Scrambled Eggs (15 mins) 87	<i>leftovers</i> Shredded Chicken Tacos	Zucchini Noodles with Coconut Lime Shrimps (11 mins) 88

Optional Snack: Keto "PB&J" Cups, (1 hr 10 mins) makes 6 cups **83**