

FOOD PREP TIPS

Prep is a key component to your success, and the lack of it can often hinder one's journey. Here are 4 Food Prep Tips to help you have a successful + less stressful journey!

1

CHOP

Chop your fruits + veggies for the ease of fast snacks + quick meals. If you do not have the time or skills, utilize pre-chopped options at the local grocer, or finally use that food processor tucked behind your salad spinner.

2

CONSIDER

Consider adding some new kitchen tools to your arsenal, such as a crock-pot, Insta-pot, Ninja or food processor, or large baking sheet for ease and simplicity. These may be an excellent choice + worthy investment in your continued pursuit of healthy eating.

3

PURCHASE

Purchase packaged compliant snacks such as fresh or dried fruit, nut butters or plantain chips. You do not need to make everything! Thrive Market and Amazon are great online sources, but Sprouts, Whole Foods, Costco, and Trader Joe's have your back too!

4

FREEZE

Freeze 3, 5, or 10 (whichever suits your fancy) freezer meals to use when in a pinch. Go all out if that's your pleasure, but otherwise, keep it simple. We also recommend cooking + freezing your fave meats to have on hand for quick solutions.

BREAKFAST: PREP IT

Breakfast is my favorite meal of the day! Per our usual routine, I like to make a few special items for the week to alternate and warm up every other day or so like paleo muffins and a quiche. I have also learned that adding an egg to anything non-traditionally breakfast basically makes it gourmet, even leftovers. My favorite is to take said leftovers and wrap them up with an egg (you saw that coming) for breakfast tacos, or throw it all in a bowl topped with a (you guessed it) soft boiled egg. Voila. Might I also mention, one may have breakfast for any meal of the day! It's a fantastic way to keep it simple.



***Reminder, there are more recipes than you will likely need. I recommend picking 1-3 and making enough portions to use all week while being creative along the way. If you haven't already, I highly recommend you read our "Getting Started" and "Food Prep Tips" pages.

RECIPES:

1. Boiled or egg of choice, paleo bacon or sausage + sweet potato wedges, fresh fruit
2. Cinnamon Banana Paleo Muffins + sausage
3. Egg Salad lettuce wraps
4. Breakfast Bowl
5. Bacon Wrapped Chicken* and Paleo Waffles
6. Green Smoothie + Bacon (why not?)
7. Breakfast Tacos

NOTE:

Following the breakfast recipes, we transition to dinner recipes without the inclusion of lunch recipes. In an attempt to keep things simple, we encourage utilizing leftovers for lunch options. Warm them up, fuse them, and get creative, because using leftovers is one of the easiest tools in your pocket! (Reach out for tips via our blog at ahivehome.com or instagram [@hive_home](https://www.instagram.com/hive_home).)

— *Let the Sunshine In*

DINNER: PREP IT

DINNER RECIPES:

1. Chicken Verde Tacos w/ Easy Paleo Riced Cauliflower and Roasted Plantains
2. Baked Salmon w/ Honey Mustard, Roasted Broccoli + Sweet Potato Wedges
3. Perfectly seasoned Baked Chicken Legs w/ Roasted Cauliflower and savory sautéed greens
4. Paleo Freakin Fried Rice
5. Bison Burger Wraps w/ bacon and Sweet Potato Wedges
6. Turkey Chili Bowl w/ "Cornbread"
7. Stuffed Sweet Potatoes

RECOMMENDED PREP:

As with the breakfast prep, I recommend thinking ahead about what things you can prepare in advance. Think through questions such as... "What days to do I have little or no time to prepare dinner?" "What could I make in advance?" Get those veggies chopped ahead of time and consider putting together your seasoning blends + marinades & sauces so they are ready to go when the time comes!

▶▶ Also consider factoring in lunches. Leftovers, either repurposed or simply reheated, make for quick and delicious lunch options throughout the week!

1-WEEK PALEO SHOPPING LIST

PROTEIN

- Eggs* (2doz.)
- Ground pork, chicken, or turkey (2lb.)
- Ground Turkey (2lb.)
- Ground Bison (1lb.)
- Chicken breasts or thighs (3lb)
- Chicken Legs* (2-3lbs.)
- Pork Shoulder (4lb.)
- Salmon (12oz)
- Uncured bacon* (16 oz)

VEGETABLES

- Broccoli
- Sweet Potato*
- Avocados*
- Romaine and/or Butter lettuce
- Cauliflower Heads (3-4) or pre-riced frozen Cauliflower
- Spinach
- Cilantro*
- Onions (3-4)*
- Bell Pepper (any color)
- Green Onions
- Tomatillos*
- Shredded carrots
- Frozen green peas or fresh snap peas
- Fresh Garlic Heads* (3)
- Fresh (1 inch) or powdered ginger

FRUIT

- Limes*
- Plantains (4-5)
- Bananas (3-4)
- Lemon
- Diced or Stewed Tomatoes

PANTRY

- Ground Flax Seed
- Avocado oil*
- Olive oil
- Coconut Oil and/or Ghee*
- Almond Butter
- Coconut Flour
- Almond Flour
- Cassava Flour*
- Hemp Hulls
- Tapioca Flour
- Coconut Milk
- Almond Milk*
- Chicken Bone Broth
- Maple Syrup*
- Raw Honey
- Coconut Sugar*
- Collagen Peptides Powder*
- Paleo Mayo*
- Dijon Mustard* (no additives)
- Pure Vanilla Extract
- Coconut Aminos
- Non-Aluminum Baking Powder*
- Non Aluminum Baking Soda

SEASONING + SPICES

- Himalayan or sea salt*
- Black Peppercorns* (pepper mill)
- onion powder*
- garlic powder*
- Fresh sage or sage powder*
- Thyme* (dried)
- Cayenne Pepper/Red pepper
- Paprika
- Cumin
- Ancho Powder
- Mexican Oregano
- Mustard Powder
- Cinnamon*
- Sesame Seeds
- Nutmeg
- Allspice

DRINKS

- Coffee
- Tea (no additives)
- Matcha (no additives)
- MCT Oil (optional addition to lattes)

*Used for both breakfast and dinner.
Optional + suggested items are not included on this list.

MEAL PLAN

1-WEEK OF PALEO MEALS

Breakfast

Lunch

Dinner

day
ONE

day
TWO

day
THREE

day
FOUR

day
FIVE

day
SIX

day
SEVEN

SAMPLE

DAILY JOURNAL

REFLECT + CELEBRATE PROGRESS

TODAY'S FOOD:

BREAKFAST

LUNCH

DINNER

SNACKS

TODAY'S WINS:

NOTES:

TODAY'S WATER:



TODAY'S ENERGY:

TODAY'S MOOD:

YESTERDAY'S SLEEP:

SAMPLE

PALEO GROCERY STAPLES

PROTEIN
<p>BEEF BISON CHICKEN EGGS FISH LAMB PORK SHRIMP TURKEY VENISON</p>

VEGETABLES
<p>BEEETS BELL PEPPERS BROCCOLI BRUSSEL SPROUTS BUTTERNUT SQUASH CABBAGE CARROTS CAULIFLOWER CELERY CUCUMBER LEAFY GREENS MUSHROOMS ONIONS SPAGHETTI SQUASH SWEET POTATOES ZUCCHINI</p>

FRUIT
<p>APPLES AVOCADOS BANANAS BERRIES CANTALOUPE CHERRIES DATES GRAPES GRAPEFRUIT LEMONS LIMES MANGOS ORANGES PEACHES PEARS PINEAPPLES TOMATOES WATERMELON</p>

PANTRY
<p>ALMOND BUTTER* ALMOND FLOUR ALMOND MILK* ARROWROOT FLOUR AVOCADO OIL CASSAVA FLOUR COCONUT AMINOS COCONUT OIL COCONUT MILK* COCONUT SUGAR GHEE HONEY HOT SAUCE* MAPLE SYRUP</p>

NUTS + SEEDS
<p>ALMONDS BRAZIL NUTS CASHEWS CHIA SEEDS FLAX SEEDS HAZELNUT PINE NUTS PISTACHIOS PUMPKIN SEEDS SUNFLOWER SEEDS WALNUTS</p>

DRINKS
<p>COFFEE COCONUT WATER* CLUB SODA KOMBUCHA* TEA*</p>

*Read your labels to be sure of no added sugars or other non-compliant ingredients.