



PALEO 4 WEEK MEAL PLAN

WEEK 1	Breakfast	Snack	Lunch	Snack	Dinner
Mon	Bacon & eggs	Dark chocolate and pistachio brownie	Chicken & pepper enchiladas	Chive & cayenne stuffed egg	Meatballs & ribbon vegetables
Tues	Granola	Cauliflower & macadamia humous	Chicken, leek & watercress	Apple & 6 almonds	Sweet & sour pork
Wed	Tomato, bacon and rocket frittata	Trail mix	Paleo fish & chips	Chicken nuggets	Lemon and thyme chicken
Thurs	Baked avocado poached egg	Coconut pineapple pot	Butternut squash & almond nut roast	Pear & 3 walnuts	Beef, butternut & rosemary stew
Fri	Bacon, spinach & red pepper omelette				
Sat	Smoked haddock Florentine	Sesame and cranberry flapjack	Chicken and chorizo salad	Chocolate chip cookies	Braised lamb shank and roast figs
Sun	Date & honey pancakes	2 plums & 6 almonds	Spiced butternut squash	Coconut & pineapple pot	Beef, spinach chilli & Mexican rice

References:

Team Bootcamp cook book

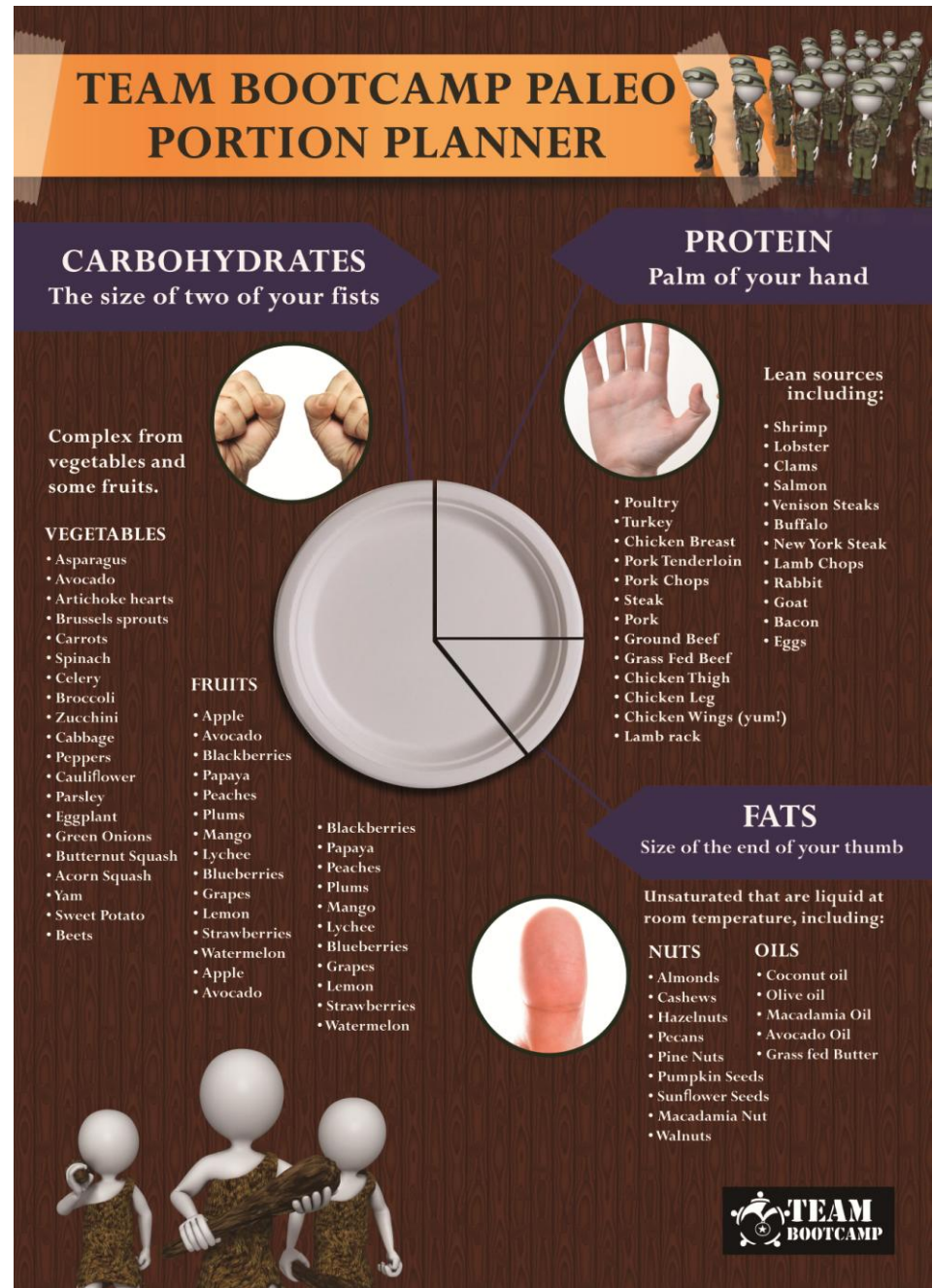
PALEO

4 WEEK MEAL PLAN

The following meal plan is a small collection of some of the very best Paleo meals from your time TEAM Bootcamp.

The recipes are designed to be quick and easy to follow.

NB even Paleo food can be eaten to excess. Use the portion planner opposite as a quick guide to the best Paleo food types as well as a visual guide for controlling the amount you consume.



1. Mix the chopped walnuts, macadamias, chopped almonds honey and cinnamon in a baking tray.
2. Bake in an oven for 12 mins at 160°C. Remove and leave to cool.
3. Place the flaked almonds and pumpkin seeds in another baking tray and bake in an oven for 10 mins at 160°C. Remove and leave to cool.
4. Once all the ingredients have cooled, place into an airtight container, add the coconut and cranberries.
5. Serve with unsweetened almond milk.

Prep time: 20 mins

Cooking time: 45 mins

Serves: 4-6

Ingredients:

200g Flaked Almonds
200g Chopped walnuts
100g pumpkin seeds
200g Chopped macadamia nut
200g Chopped almonds
100g dries cranberries
100g sultanas
200g Desiccated coconut
100g Honey
2 tsp Cinnamon



Breakfast – Tomato, bacon and rocket fritatta

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4 WEEK MEAL PLAN

1. Quarter the tomatoes and bake for 10 mins at 180°C
2. Slice the bacon into thin strips
3. Finely dice the onion
4. Heat the olive oil in a frying pan before adding the onions. Add the bacon after a couple of minutes and cook for 5 mins before transferring to an oven dish.
5. Beat the eggs and milk in a mixing bowl along with pinch of black pepper.
6. Add the tomatoes, rocket to the oven dish before pouring the egg mix in and stirring.
7. Place in a warm oven at 180°C for 15 mins.
8. Slice into portions and serve with a small leafy salad.

Prep time: 10 mins

Cooking time: 15 mins

Serves: 4

Ingredients:

1 small onion
4 plum tomatoes
4 slices of lean, un-smoked bacon
40g rocket
6 free range eggs
150 ml of unsweetened almond milk
1 tsp olive oil
Black pepper



Breakfast – Avocado poached egg

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1. Half the avocado and remove the stones.
2. Place open face down on a baking tray and bake for 15 mins at 200°C.
3. To make the sauce – Add the yolks of two eggs, vinegar, lemon juice and bay leaf together in a glass bowl on a Bain Marie and whisk for 30-60 seconds.
4. Pour in the oil whilst whisking until you have a good consistency, remove bay leaf and put sauce to one side.
5. Poach the 4 eggs in a pan of hot (not boiling) water with a splash of vinegar for 45 mins.
6. To serve place the egg on top of the avocado, flesh side up and drizzle with a little sauce.

Prep time: 15 mins

Cooking time: 15 mins

Serves: 4

Ingredients:

1 Bay leaf
2 Avocados
6 Free range eggs
50ml extra virgin olive oil
1 lemon
1 tsp white wine vinegar
Pinch of sea salt



Breakfast – Bacon, spinach and red pepper omelette

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1. Finely chop the onion, bacon and red pepper.
2. Beat the eggs and the black pepper together in a bowl.
3. Heat an omelette pan or small non-stick frying pan and sweat the onions.
4. Add the bacon and red pepper and cook, stirring occasionally for 45 mins.
5. Place the ingredients in a bowl and wipe the pan.
6. Add a small drizzle of oil to the pan and heat. Add $\frac{1}{4}$ of the bacon and pepper mix. Cook for 30 secs and then add $\frac{1}{4}$ of the egg mix.
7. Ensure the egg mix cooks evenly and after 30-40 secs, season with a pinch of salt and add 10g of spinach.
8. Fold the omelette. The heat of the omelette will continue to cook the egg and spinach slightly.
9. Plate and serve with a small leafy green salad.
10. Repeat with a further 3 omelettes

Prep time: 10 mins

Cooking time: 6 mins

Serves: 4

Ingredients:

1 onion
4 slices of lean uns-moked bacon
40g of spinach
1 red pepper
8 free range eggs
Cracked black pepper
Pinch of sea salt
1 tsp olive oil



Breakfast – Date & honey pancakes

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1. Add almond milk, eggs and arrow root to a mixing bowl and whisk to an even consistency with no lumps or bumps.
2. In a hot non stick frying pan, add a small ladle of the batter mix. Sprinkle with chopped dates and cook for 1 minute.
3. Flip and cook for a further 1 minute and serve.
4. Repeat for additional pancakes

Prep time: 10 mins

Cooking time: 10 mins

Serves: 4

Ingredients:

250g of arrow root – not Paleo, but worth it for pancakes
2 small free range eggs
150ml of unsweetened almond milk
60g of chopped dates
30g of Manuka honey
Pinch of sea salt
1 tsp olive oil



Breakfast – Smoked haddock Florentine on wilted baby spinach

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4 WEEK MEAL PLAN

Prep time: 20 mins

Cooking time: 20 mins

Serves: 4

Ingredients:

4 Smoked haddock fillets
1 bay leaf
80g of baby spinach
6 eggs
50ml of extra virgin olive oil
1 tsp of white wine vinegar
1 lemon
Cracked black pepper
Pinch of sea salt
1 tsp olive oil

1. To make the sauce – Add the yolks of two eggs, vinegar, lemon juice and bay leaf together in a glass bowl on a Bain Marie and whisk for 30-60 seconds.
2. Pour in the extra virgin olive oil while whisking and stir until you have an even consistency. Remove the bay leaf and place the bowl to one side.
3. Place the haddock on an oven tray, season with a pinch of salt and pepper and bake at 180°C for 10 mins.
4. In a hot pan, add the olive oil and spinach and stir for 2 -4 mins until wilted. Season with salt and pepper to taste and remove from the heat.
5. Poach the eggs in a hot (not boiling) water with a splash of white wine vinegar for 4-5 mins.
6. To serve place the haddock onto the spinach with the eggs on top of the fish.
7. Finish with a drizzle of sauce over the egg and a pinch of black pepper.



Lunch – Spiced butternut squash & spinach

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4 WEEK MEAL PLAN

1. Peel, deseed and roughly chop the butternut squash, onion, garlic and celery.
2. Heat a large pan and add onions, garlic, celery and butternut squash and sweat for 5 mins.
3. Add nutmeg and cumin and stir for 2 mins.
4. Add stock and simmer for 40 mins.
5. Add the spinach and remove from the heat. Stand for 5 mins.
6. Using a stick blender, blend the soup until smooth. (You will not need to sieve it).
7. Season to taste with salt and black pepper and serve.

Prep time: 30 mins

Cooking time: 60 mins

Serves: 6

Ingredients:

2 butternut squash
1 large onion
2 cloves of garlic
600ml vegetable stock
60g spinach
½ tsp nutmeg
1 tsp cumin
2 sticks of celery
Pinch of salt
Cracked black pepper



Lunch – Chicken, leek & water cress

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4 WEEK MEAL PLAN

1. Place the chicken breasts in an oven proof dish and pour 200 ml of stock over them. Place into and oven at 190°C for 25 mins. Remove and allow to cool before finely chopping.
2. Finely chop the leeks , wash and place to one side.
3. Roughly chop the onion and garlic and place in a pan on a medium heat and sweat for 5 mins.
4. Add two sprigs of thyme and the rest of the stock and simmer for 30 mins.
5. Remove from the heat and blend using a stick blender before passing the mixture through a sieve.
6. Add the water cress and blend once again.
7. Return to the heat for a further 5 minutes and add season with the salt and pepper.
8. Pan fry the leeks until crispy but not dark in colour.
9. Season to taste and serve the soup with crispy leeks as a topping.

Prep time: 30 mins

Cooking time: 60 mins

Serves: 6

Ingredients:

2 chicken breasts
2 leeks
50g watercress
2 onions
1 clove of garlic
1 litre of chicken stock
½ tsp cracked black pepper
Small bunch of thyme
Pinch of salt



Lunch – Chicken & chorizo salad

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4 WEEK MEAL PLAN

1. Slice the chicken into thin strips.
2. Finely strip the carrot, cucumber and spring onions.
3. ¼ the tomatoes and remove the seeds before cutting into fine strips.
4. Using a very hot non-stick pan, brown the chicken before adding the chorizo. Cook for 5-8 minutes and then allow to rest for 3-4 minutes.
5. Place the leaves, tomato, carrot, cucumber, spring onion and olive oil in a large bowl and toss.
6. Serve the salad in bowls and to with the chicken and chorizo mix.
7. Add a squeeze of lime and serve.

Prep time: 30 mins

Cooking time: 20 mins

Serves: 6

Ingredients:

2 chicken breasts
250g chopped chorizo
1 lime
Basil
200g mixed leaf salad
3 tomatoes
1 carrot
½ cucumber
3 spring onions
1 tbsp of extra virgin olive oil



Lunch – Chicken & pepper enchiladas

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4 WEEK MEAL PLAN

1. For the wrap – Mix all the ingredients together and eat a drizzle of olive oil in a non stick pan.
2. Add one ladle full of batter to the pan and rotate the pan to even out the mixture. Once bubbles appear, turn (...or flip!!) and cook the other side for 30-60 seconds.
3. Finally allow the wraps to cool.
4. For the filling – Slice the chicken, onion, peppers. Quarter the tomatoes and chop the chilli.
5. Using a hot pan, brown off the chicken breast before adding the onion, peppers and chilli and cooking for 2 mins.
6. Turn down the heat to a medium setting and add the cumin and paprika.
7. Cook the mix for a further 1-2 mins.
8. Split the mix evenly onto the pancakes and wrap.
9. Place the enchiladas in the oven for 5-8 mins then serve.

Prep time: 60 mins

Cooking time: 30 mins

Serves: 4

Ingredients:

Wrap

125g arrowroot
1 egg
1 tsp cold water
Pinch of salt

Filling

2 chicken breasts
1 onion
3 mixed peppers
3 tomatoes
1 tsp honey
1 medium chilli
1 tsp ground cumin
1 tsp paprika



Lunch – Paleo fish & chips with tartar sauce

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1. First cut the sweet potatoes into chips, toss in a little oil, season well and put on a baking tray and place in the oven at 180°C for 35 mins.
2. Place the arrowroot, 2 eggs (beaten) and ground almonds into 3 separate dishes ready for coating the fish.
3. Season the arrowroot with a pinch of salt & pepper. Dip the fish fillet into the arrowroot followed by the eggs and finally the almonds ensuring they are evenly coated and chill in the fridge for 10-15 mins.
4. For the sauce – Blend the yolk of 3 eggs, Dijon, juice of 2 lemons, capers, gherkin, 65ml of olive oil with a pinch of salt and pepper.
5. Finish the sauce with some chopped parsley and chill.
6. Heat the last of the oil and fry the fish for 3 mins each side before placing on a baking tray and baking for 10 mins.
7. Serve with the chips and a spoonful of tartar sauce.

Prep time: 40 mins

Cooking time: 45 mins

Serves: 4

Ingredients:

4 small haddock, cod or pollock fillets
5 eggs
75g arrowroot
250g ground almonds
75ml olive oil
2 large sweet potatoes
1 gherkin
1 tsp baby or chopped capers
1 lemon
1 tsp Dijon mustard
50ml white wine
Cracked black pepper
Sea salt
Parsley



Lunch – Butternut and almond nut roast

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4 WEEK MEAL PLAN

1. Peel, deseed and finely chop the butternut squash.
2. Finely chop the onion, carrot, garlic and finely slice and wash the leek.
3. Chop the parsley and strip the leaves from the thyme stalks.
4. Using a hot pan, sweat the onion, carrots, garlic, leek and squash for 10 min and place in a mixing bowl to cool for 10 mins.
5. Add the almonds, egg, thyme, parsley, cumin, celery salt, pepper and a pinch of salt and mix.
6. Place on a sheet of cling film and roll out in the cling film to a thick sausage shape.
7. Using a Bain Marie, put in the oven, covered in foil at 180°C for 25 mins.
8. Remove from the cling film, slice and serve.

Can also be served as a larger meal with roast vegetables.

Prep time: 25 mins

Cooking time: 30 mins

Serves: 4

Ingredients:

1 butternut squash
1 red onion
1 carrot
1 clove of garlic
1 leek
200g ground almonds
1 egg
3 sprigs of thyme
Small bunch of parsley
½ tsp cumin
½ tsp celery salt
½ tsp cracked black pepper
Pinch of sea salt



Dinner – Meatballs & ribbon veg

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4 WEEK MEAL PLAN

1. For the meatballs – Finely chop the onions and sweat of in a pan till soft then allow to cool.
2. Finely chop the garlic and sage.
3. In a bowl, mix the mince, onions, sage, garlic, tomato puree ad nutmeg and roll into bite sized balls. Place on a baking tray and bake cook in an oven at 200°C for 20 mins.
4. For the sauce – Roughly chop the onion , celery and garlic and sweat for 10 mins in a large pan.
5. Add the chopped tomatoes, puree and a pinch of black pepper and simmer for 20 mins.
6. After simmering add the honey, stir and then blend until smooth in consistency.
7. Chop the basil finely and add to the sauce with a little salt to taste.
8. For the vegetables – Peel the butternut squash. Using a vegetable peeler slice the vegetables into thin ribbons.
9. Add the vegetables to a large pan of boiling water for no longer than 90 seconds.
10. To serve – Place a serving of vegetables on a plate. Add 3-4 meatballs and drizzle with a good helping of the sauce.

Prep time: 60 mins

Cooking time: 45 mins

Serves: 4

Ingredients:

Meatballs

660g lean steak mince

2 onions

Sage

2 cloves of garlic

1 tbsp of tomato puree

½ tsp ground nutmeg

Ribbon veg

2 courgettes

2 carrots

1 butternut squash

Sauce

10 tomatoes or 2 tins of chopped tomatoes

150g tomato puree

1 onion

1 celery stick

2 cloves of garlic

1 tsp honey

Bunch of basil

Pinch of sea salt

Pinch of black pepper



Dinner – Beef, butternut & rosemary stew

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4 WEEK MEAL PLAN

1. Peel and dice the butternut squash into 1cm pieces.
2. Chop the onion and carrot into 1cm pieces.
3. Slice the leek and finely chop the garlic.
4. In a large hot pan, brown off the beef in a little olive oil.
5. Add the onion, garlic, carrots, leeks and butternut and mix.
6. Add the puree, stock and 3 sprigs of rosemary and simmer for 80 minutes.
7. Once ready, season with black pepper and serve.

Prep time: 20 mins

Cooking time: 90 mins

Serves: 4

Ingredients:

500g diced beef
1 butternut squash
3 onions
1 leek
Bunch of rosemary
750ml beef stock
2 carrots
1 tsp olive oil
1 tbsp tomato puree
3 cloves of garlic



Dinner – Beef & spinach chilli with Mexican rice.

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4 WEEK MEAL PLAN

1. For the chilli - finely chop the onion and chillies.
2. In a large hot pan, brown the diced beef and steak mince.
3. Add the onion and chillies and cook for 10 mins.
4. Add the cumin, paprika, chilli powder and puree and cook for a further 5 mins.
5. Add the passata and jalapenos and simmer for 60-70 mins.
6. Add the honey and allow to simmer for a further 10 mins.
7. For the rice – Finely chop or grate the cauliflower.
8. Dice the peppers and chillies and shred the coriander.
9. Place the cauliflower, pepper, chilli and turmeric into an oven dish and drizzle with the olive oil.
10. Foil the dish and place in a pre-heated oven at 180°C for 25 mins.
11. Remove from the oven and sprinkle on the coriander and stir.
12. To serve, plate the rice and spoon the chilli on top. Finish with a little chopped coriander.

Prep time: 50 mins

Cooking time: 90 mins

Serves: 4

Ingredients:

Chilli

300g lean steak mince
300g diced beef
2 onions
50g chopped jalapenos
3 medium chillies
1 tbsp cumin
1 tbsp paprika
1 tsp mild chilli powder
1 tsp tomato puree
400ml passata

Rice

2 cauliflower
150g finely diced peppers
Coriander
2 medium chillies
½ teaspoon turmeric
1 tsp olive oil



Dinner – Sweet & sour pork with stir fried pak choi

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4 WEEK MEAL PLAN

1. For the sauce – finely chop the garlic and sweat in a hot pan for 5 mins.
2. Add the fennel seeds, cinnamon, star anise, black pepper and vinegar and simmer for 5 mins.
3. Add the puree and honey and cook for a further 3 mins.
4. Add the stock and simmer for 10 mins.
5. Mix a tsp of cold water to the arrowroot and mix before adding into the sauce mixture. Cook for a further 5 mins before passing it through a sieve and placing to one side.
6. For the pork and pak choy – Strip the pork loin.
7. Finely slice the onion, red pepper, green pepper and garlic.
8. Brown the pork in a large non-stick wok or frying pan before adding the garlic and onion. Cook for a further 10 mins whilst stirring constantly.
9. Add the green and red peppers and the pak choi and cook for an additional 5 mins, again stirring constantly.
10. Finish the dish by pouring the suace over and simmering for 3-5 mins.
11. Serve with either cauliflower rice or squash noodles.

Prep time: 40 mins

Cooking time: 30 mins

Serves: 4

Ingredients:

400g pork loin
1 red onion
1 red pepper
1 green pepper
2 cloves of garlic
4 pak choi

Sauce

100g honey
100g tomato puree
50ml white wine vinegar
50ml chicken or vegetable stock
¼ tsp ground black pepper
¼ tsp fennel seeds
1/8 tsp cinnamon
1 star anise
1 clove of garlic
1 tbsp of arrowroot



Dinner – Braised lamb shank on roasted butternut squash and leek with honey roasted figs

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4 WEEK MEAL PLAN

1. Brown the lamb in a large hot pan and transfer to a deep oven dish.
2. Roughly chop the garlic, carrots and half the lemon.
3. Place into the oven dish with the lamb and add the stock. Place it in the oven at 180°C for 120 mins.
4. Peel and dice the butternut squash into 1cm pieces.
5. Slice and wash the leeks.
6. ¼ the figs and cover with the honey on an oven tray.
7. Place the squash and leek on another tray and season with salt and pepper. Drizzle with olive oil and place it in the oven for 45 mins.
8. Place the figs in the oven and cook for 20 mins.
9. Serve the vegetables as a base and place the pork and figs on top.

Prep time: 40 mins

Cooking time: 120 mins

Serves: 4

Ingredients:

4 lamb shanks
2 litres of lamb or vegetable stock
Bunch of rosemary
1 bulb of garlic
1 onion
2 carrots
1 lemon
Olive oil
2 butternut squash
3-4 leeks
4 figs
35g honey
Cracked black pepper
Pinch of sea salt



Dinner – Lemon & Thyme chicken with roasted vegetables

PALEO

4 WEEK MEAL PLAN

1. Marinate the chicken in the zest of 1 lemon 2-4 sprigs of thyme, chopped garlic and a pinch of black pepper.
2. Chop the courgettes, red & yellow peppers and red onion into 2cm sized pieces and place in an oven proof dish.
3. Heat a drizzle of olive oil in a large pan and seal the chicken until golden brown. Place the chicken in the oven at 170°C for 20 mins.
4. Pan fry the veg in the remaining oil and place in the oven for 12 mins.
5. Remove the chicken and veg. Add some thyme leaves to the veg and stir.
6. Place the veg on a plate and top with a chicken breast. Squeeze a little lemon juice over to finish.

Prep time: 20 mins

Cooking time: 40 mins

Serves: 4

Ingredients:

2 tbsp olive oil

1 lemon

Small bunch of thyme

1 clove of garlic

4 small chicken breasts

2 courgettes

1 red pepper

1 yellow pepper

1 red onion

Cracked black pepper

Pinch of sea salt



Snacks – Dark chocolate and pistachio brownie

PALEO

4 WEEK MEAL PLAN

1. Put the cocoa powder, arrowroot, honey, baking powder and live oil in a bowl and mix.
2. In a separate bowl, beat the eggs.
3. Add the eggs and pistachios and mix.
4. Line a cake tin with greaseproof paper.
5. Bake at 170° for 25 mins.
6. Allow to rest for 30 minutes uncovered before cutting into equal portions and serving.

Prep time: 40 mins

Cooking time: 120 mins

Serves: 4

Ingredients:

250g of cocoa powder
125g arrowroot
75g honey
40g unsalted pistachio nuts
1 tsp baking powder
3 eggs
1 tsp olive oil



Snacks – Sesame & cranberry flapjack

PALEO

4 WEEK MEAL PLAN

1. Put the honey, sesame seeds, walnuts, chopped and flaked almonds, sunflower seeds and cashew nuts in a pan place on the stove on a low heat until honey has melted.
2. Fold the cinnamon and cranberries into the mixture.
3. Place in a shallow tray lined with greaseproof paper
4. Bake at 150°C for 45 mins
5. Remove from the oven and press with a similar sized tray and allow to cool.
6. Portion and serve.

Prep time: 40 mins

Cooking time: 120 mins

Serves: 4

Ingredients:

75g set honey
50g sesame seeds
Dried cranberries
125g chopped walnuts
125g flaked almonds
75g sunflower seeds
100g chopped cashew nuts
100g chopped almonds
1 tsp cinnamon



Snacks – Chive & cayenne stuffed egg.

PALEO

4 WEEK MEAL PLAN

1. Hard boil the eggs
2. Place under running cold water until fully cooled and peel.
3. Remove the yolk and place in a small bowl.
4. Add the chives, cayenne pepper, olive oil and black pepper to the yolks and mix until smooth.
5. With a piping bag or teaspoon, work the yolk mix back into the cooked egg white.
6. Serve with rocket or salad (no dressing).

Prep time: 15 mins

Cooking time: 10 mins

Serves: 1

Ingredients:

20-30g of rocket

4 eggs

Fresh chives or 1 tsp dried chives

¼ tsp cayenne pepper

½ tsp extra virgin olive oil

Pinch of cracked black pepper



Snacks – Cauliflower and macadamia humous

PALEO

4 WEEK MEAL PLAN

1. Boil or steam the cauliflower until soft and cool for 5 mins.
2. Add the cauliflower and all the other ingredients to a food processor and blend until smooth.
3. Allow to rest in the fridge for 1 hour.
4. Serve with carrot and celery sticks.

Prep time: 30 mins

Resting time: 60 mins

Serves: 6

Ingredients:

1 large cauliflower
100g macadamia nuts
2 cloves of garlic
1 tbsp extra virgin olive oil
1 tsp cumin
1 lemon
½ tsp ground white pepper
¼ tsp paprika



Snacks – Chicken nuggets

PALEO

4 WEEK MEAL PLAN

1. Cut the breasts into bite size chunks.
2. Place the eggs (beaten), arrowroot and ground almonds into 3 different dishes ready for the coating.
3. Zest $\frac{1}{4}$ of the lemon and add to the almonds
4. Add chopped sage and a pinch of cracked pepper to the almonds.
5. Coat the chicken by dipping the nuggets into the arrowroot, then egg mix and finally the almond mix and place on a baking tray and leave in a fridge for 30 mins.
6. Heat the oil in a frying pan and fry the nuggets, turning them occasionally until they are a golden brown colour.
7. Place in the oven at 180°C for 12 mins.

Prep time: 20 mins

Resting time: 25 mins

Serves: 4

Ingredients:

1 tsp olive oil
2 chicken breasts
3 tbsp arrowroot
200g ground almonds
2 eggs
Cracked black pepper
1 lemon
Sage



1. Mix all the ingredients together.
2. Store in a container in a cool dry place.

Prep time: 20 mins

Resting time: 25 mins

Serves: 4

Ingredients:

75g whole almonds
30g chopped walnuts
30g chopped cashew nuts
30g pumpkin seeds
30g sunflower seeds
30g sultanas
30g chopped dates



Snacks – Coconut & pineapple pot

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4 WEEK MEAL PLAN

1. Warm the milk, coconut cream and honey in a pan on a low heat, do not allow the mixture to boil.
2. While the hot mix cools for ten mins, soak the gelatine in co water to soften.
3. Remove the gelatine from the water and squeeze out any excess water.
4. Stir the gelatine into the milk mixture until it is fully dissolved.
5. Pour the mixture into ramekins or small cups and place in the fridge for 7-8 hours to set.
6. Garnish with pineapple pieces and serve.

Prep time: 20 mins

Resting time: 7-8 hours

Serves: 4

Ingredients:

600ml unsweetened almond milk

160ml tin of coconut cream

70g honey

5 gelatine leaves

100g pineapple pieces



Snacks – Chocolate chip cookies

PALEO

4 WEEK MEAL PLAN

1. Mix all the ingredients together thoroughly.
2. Roll the mix into 6 balls and flatten to roughly 7-8mm thick.
3. Line a tray with greaseproof paper.
4. Bake at 170°C for 20 mins.
5. Allow to cool slightly so they firm up.

Prep time: 15 mins

Cooking time: 20 mins

Serves: 6

Ingredients:

125g Arrowroot

250g ground almonds

50g honey

2 eggs

50g of 80% or over dark chocolate (chopped)

