<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Strawberry and Greek Yogurt Scrambled Eggs</td>
<td>Parmesan Turkey Burgers Over Zucchini Noodles</td>
<td>Chili Rubbed Filet with Roasted Broccoli and Cauliflower</td>
</tr>
<tr>
<td>2</td>
<td>Feta, Onion, and Mushroom Scrambled Eggs</td>
<td>Meatball and Mozzarella Wraps</td>
<td>Lemon Pepper Swordfish Steak and Asparagus</td>
</tr>
<tr>
<td>3</td>
<td>Smoked White Fish and Cabbage Salad with Poached Eggs</td>
<td>Lemon Artichoke Chicken Salad</td>
<td>Balsamic Apricot and Salmon Skewers Over Watercress</td>
</tr>
<tr>
<td>4</td>
<td>Leftovers from H34</td>
<td>Arugula Salad with Olives, Scallops and Bacon</td>
<td>Caramelized Eggplant and Onion Spinach Salad with Chicken</td>
</tr>
<tr>
<td>5</td>
<td>Three Meat Omelet with Mixed Berries</td>
<td>Southwest Crab Cakes with Avocado Salsa</td>
<td>Garlic and Herb Crusted Steak and Vegetable Bowl</td>
</tr>
<tr>
<td>6</td>
<td>Bacon, Apple, and Ricotta Omelet</td>
<td>Leftovers from N34</td>
<td>Leftovers from O34</td>
</tr>
</tbody>
</table>
### Shopping List

#### Week 34

#### PANTRY ITEMS
- Salt and Pepper
- 1 cup Extra virgin olive oil
- 2 tbsp Almonds
- 1 tsp Red pepper flakes
- 1 tsp Ground oregano
- 1/2 cup Marinara sauce
- 1/2 cup Paleo mayonnaise
- 2 tbsp Balsamic vinegar
- 2 tsp Chili powder
- 1 tsp Dried rosemary
- 1 tsp Dried basil
- 1 tsp Dried thyme
- 1 tsp Garlic powder
- 1 tbsp Red wine vinegar

#### MEALS
- All to taste

#### FRESH HERB AND PRODUCE
- 1/4 cup Strawberries
- 1 tsp Mint leaves
- 1 tbsp Basil leaves
- 1 cup Zucchini
- 1/2 cup Broccoli
- 1/2 cup Cauliflower
- 1 1/2 cup Onions
- 3/4 cup Mushrooms
- 1 clove Garlic
- 2 tbsp Parsley
- 6 large Lettuce leaves
- 2 tsp Lemon zest
- 6 spears Asparagus
- 1/4 cup Lemon juice
- 1 cup Cabbage
- 1/2 cup Carrots
- 1 Radish
- 1 cup Artichoke hearts
- 1 tsp Thyme leaves
- 2 Apricots
- 2 cups Watercress
- 1/4 cup Apple
- 3 cups Arugula
- 6 large Green olives
- 1/2 cup Eggplant
- 2 cups Baby spinach
- 1/4 cup Blueberries
- 1/4 cup Raspberries
- 1/4 cup Blackberries
- 1/2 cup Avocado
- 1/2 cup Cherry tomatoes
- 2 tbsp Cilantro
- 1/4 cup Red bell peppers
- 2 tbsp Green onions

#### MEATS, FISH, POULTRY
- 4 oz Ground turkey
- 1 (4 oz) Tenderloin steak
- 4 oz Ground beef
- 1 (4 oz) Swordfish steak
- 1/2 cup Smoked white fish
- 1 1/2 cups Chicken breast (cooked and chopped)
- 4 oz Salmon
- 6 strips Bacon
- 4 oz Bay scallops
- 1 Chicken breast (meat only)
- 2 Breakfast turkey sausage links
- 2 slices Ham
- 8 oz Crab meat
- 8 oz Sirloin steak

#### MEALS
- B34
- C34
- D34
- E34
- F34
- G34
- H34
- I34
- J34
- K34
- L34
- M34
- N34
- O34
- P34
### Shopping List (Cont.)

**REFRIGERATOR ITEMS**

<table>
<thead>
<tr>
<th>Item</th>
<th>MEALS</th>
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<tbody>
<tr>
<td>15 Eggs (organic, cage-free preferable)</td>
<td>A34, B34, D34, E34, G34, J34, M34, N34</td>
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<tr>
<td>1/4 cup Butter</td>
<td>A34, D34, J34, L34</td>
</tr>
<tr>
<td>1/2 (6 oz) Plain Greek yogurt</td>
<td>A34</td>
</tr>
<tr>
<td>1 tbsp Parmesan cheese</td>
<td>B34</td>
</tr>
<tr>
<td>2 tbsp Feta cheese</td>
<td>D34</td>
</tr>
<tr>
<td>1/4 cup Mozzarella cheese</td>
<td>E34</td>
</tr>
<tr>
<td>1/4 cup Goat cheese</td>
<td>G34, I34</td>
</tr>
<tr>
<td>2 tbsp Ricotta cheese</td>
<td>J34</td>
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Recipes
**STRAWBERRY AND GREEK YOGURT SCRAMBLED EGGS**

**WEEK 34 – DAY 1 – BREAKFAST**

<table>
<thead>
<tr>
<th>Serves</th>
<th>Prep time</th>
<th>Cook time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>10 minutes</td>
</tr>
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</table>

**INGREDIENTS**
- 1/2 tablespoon butter
- 3 eggs, beaten
- 1/2 6-ounce container plain Greek yogurt
- 2 tablespoons chopped almonds
- 1/4 cup sliced strawberries
- 1 teaspoon fresh chopped mint leaves
- Salt and pepper

**DIRECTIONS**
Heat the butter in a nonstick skillet over medium heat. Add the eggs and yogurt and scramble until cooked through. Season with salt and pepper. Stir in the strawberries and almonds. Top with the mint before serving.

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**PARMESAN TURKEY BURGERS OVER ZUCCHINI NOODLES**

**WEEK 34 – DAY 1 – LUNCH**

<table>
<thead>
<tr>
<th>Serves</th>
<th>Prep time</th>
<th>Cook time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>

**INGREDIENTS**
- 4 ounces ground turkey
- 1 tablespoon grated Parmesan cheese
- 1 tablespoon chopped basil leaves
- 1 egg, beaten
- 1 tablespoon olive oil
- 1 zucchini, cut into noodles on a spiral slicer
- Salt and pepper

**DIRECTIONS**
Combine the turkey, cheese, egg, and basil in a bowl. Season with salt and pepper and mix well. Form into a patty and set aside. Heat a skillet over medium heat and add half the olive oil. Add the zucchini noodles and cook until tender, about 1-2 minutes. Transfer to a plate. Add remaining oil, followed by the turkey burger. Cook until browned on both sides and cooked through. Serve on the zucchini noodles.
### Feta, Onion, and Mushroom Scrambled Eggs

**Week 34 – Day 2 – Breakfast D34**

<table>
<thead>
<tr>
<th>Serves</th>
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<th>Cook time</th>
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<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>

**INGREDIENTS**

- 1/2 tablespoon butter
- 1/4 cup chopped onions
- 1/4 cup sliced mushrooms
- 2 eggs, beaten
- 1/2 teaspoon ground oregano
- 2 tablespoons crumbled feta cheese
- Salt and pepper

**DIRECTIONS**

Heat the butter in a nonstick skillet over medium heat. Add the onions and mushrooms and cook until soft. Season with salt and pepper. Stir in the oregano and eggs and scramble until eggs are cooked through. Top with the feta cheese before serving.

### CHILI RUBBED FILET WITH ROASTED BROCCOLI AND CAULIFLOWER

**Week 34 – Day 1 – Dinner C34**

<table>
<thead>
<tr>
<th>Serves</th>
<th>Prep time</th>
<th>Cook time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>25 minutes</td>
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</tbody>
</table>

**INGREDIENTS**

- 1 1/2 tablespoons olive oil
- 1/2 cup chopped broccoli
- 1/2 cup chopped cauliflower
- 1 4-ounce tenderloin steak
- 1 teaspoon crushed red pepper flakes
- Salt and pepper

**DIRECTIONS**

Preheat oven to 400 degrees F. Toss the broccoli and cauliflower with 1/2 tablespoon olive oil and a pinch of salt and pepper. Lay on a baking sheet and roast until charred and tender, about 20 minutes. About halfway through the cooking time, heat a cast iron or stainless steel skillet to medium high heat and add remaining oil. Season the beef with the red pepper flakes and salt and pepper. Sear until browned on both sides and cooked to your liking. Let rest until vegetables are done and serve on the side.

### Stats (g)

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<thead>
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<th>Serving</th>
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<tr>
<td>Protein</td>
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<td>27.7</td>
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<tr>
<td>Calories</td>
<td>392.1</td>
<td>392.1</td>
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</tbody>
</table>

**Fats** 65%  
**Protein** 28%  
**Carbs** 7%

### Stats (g)

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<thead>
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<th>Recipe</th>
<th>Serving</th>
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<tbody>
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<tr>
<td>Fat</td>
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<tr>
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<td>19.5</td>
</tr>
<tr>
<td>Calories</td>
<td>313.5</td>
<td>313.5</td>
</tr>
</tbody>
</table>

**Fats** 65%  
**Protein** 24%  
**Carbs** 10%
**MEATBALL AND MOZZARELLA WRAPS**  
**WEEK 34 – DAY 2 – LUNCH** E34

Serves | Prep time | Cook time  
---|---|---  
1 | 10 minutes | 15 minutes  

**INGREDIENTS**  
- 1 tablespoon olive oil  
- 1 tablespoon chopped onions  
- 1 clove garlic, minced  
- 4 ounces ground beef  
- 1 egg  
- 1 tablespoon chopped parsley  
- 1/2 teaspoon ground oregano  
- 1/2 cup marinara sauce  
- 1/4 cup shredded mozzarella cheese  
- 2 large, in tact lettuce leaves  
- Salt and pepper  

**DIRECTIONS**  
Heat half the olive oil in a skillet. Add the onions and garlic and season with salt and pepper. Cook until soft and transfer to a small bowl. When cooled, add the beef, egg, parsley, and oregano. Form into 4-6 small meatballs. Add remaining olive oil to the same pan and sear the meatballs until cooked through. Add the tomato sauce to the pan and toss. Serve in the lettuce leaves, topped with the mozzarella cheese.

**LEMON PEPPER SWORDFISH STEAK AND ASPARAGUS**  
**WEEK 34 – DAY 2 – DINNER** E34

Serves | Prep time | Cook time  
---|---|---  
1 | 10 minutes | 20 minutes  

**INGREDIENTS**  
- 1 4-ounce swordfish steak  
- 1 teaspoon lemon zest  
- 1/2 teaspoon coarsely ground black pepper  
- 1 1/2 tablespoons olive oil  
- 6 asparagus spears, trimmed  
- 1 teaspoon lemon juice  
- Salt and pepper  

**DIRECTIONS**  
Season the swordfish with the lemon zest and pepper. Heat a skillet over medium high heat and add the olive oil. Add the fish and cook until nicely browned on both sides and flakes easily with a fork. Remove from pan and allow to rest. Toss the asparagus with the lemon juice and a pinch of salt and pepper. Cover and microwave for 3-4 minutes until tender. Serve with the swordfish.
LEMON ARTICHoke CHICKEN SALAD
WEEK 34 – DAY 3 – LUNCH

**INGREDIENTS**
- 1 1/2 cups cooked and chopped chicken breast
- 1 cup artichoke hearts, chopped
- 1/4 cup Paleo mayonnaise
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon lemon zest
- 1 teaspoon fresh thyme leaves
- 4 large, in tact lettuce leaves
- Salt and pepper

**DIRECTIONS**
Combine all ingredients except for the lettuce in a bowl and season with salt and pepper. Chill until ready to serve and serve wrapped in the lettuce leaves.

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**SMOKED WHITE FISH AND CABBAGE SALAD WITH POACHED EGGS**
WEEK 34 – DAY 3 – BREAKFAST

**INGREDIENTS**
- 1 cup finely shredded cabbage
- 1/2 cup grated carrots
- 1 radish, thinly sliced
- 1/2 cup smoked white fish, flaked
- 2 eggs

**DIRECTIONS**
Toss the cabbage with the radishes, carrots, olive oil, and white fish. Season with salt and pepper. Before serving, crack the eggs in a small bowl one at a time. Bring a pan of water to a simmer. Carefully add the eggs and turn off the heat. Cook for 4 minutes. Remove with a slotted spoon and serve on top of the vegetables. Top with the goat cheese and parsley before serving.
**BALSAMIC APRICOT AND SALMON SKEWERS OVER WATERCRESS**

**WEEK 34 – DAY 3 – DINNER**

<table>
<thead>
<tr>
<th>Serves</th>
<th>Prep time</th>
<th>Cook time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>20 minutes</td>
</tr>
</tbody>
</table>

**INGREDIENTS**
- 4 ounces salmon, cut into 1-inch chunks
- 2 apricots, pitted and quartered
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 2 cups watercress
- 2 tablespoons crumbled goat cheese
- Salt and pepper

**DIRECTIONS**
Preheat a gas or charcoal grill to medium high heat. Thread the salmon and apricot onto skewers. Season with salt and pepper. Combine the olive oil and vinegar in a bowl and brush over the skewers. Grill until salmon is cooked through and apricots are lightly charred. Serve over the watercress and top with the goat cheese.

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**ARUGULA SALAD WITH OLIVES, SCALLOPS AND BACON**

**WEEK 34 – DAY 4 – LUNCH**

<table>
<thead>
<tr>
<th>Serves</th>
<th>Prep time</th>
<th>Cook time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>

**INGREDIENTS**
- 2 tablespoons olive oil
- 4 ounces bay scallops
- 3 cups arugula
- 6 large green olives, pitted and sliced
- 2 tablespoons lemon juice
- 2 slices bacon, cooked and crumbled
- Salt and pepper

**DIRECTIONS**
Heat the olive oil in a skillet over medium high heat. Season the scallops with salt and pepper and sear on both sides until browned, about 5 minutes. Quickly remove from pan and toss with the remaining ingredients until arugula is slightly wilted, and serve.
### Caramelized Eggplant and Onion Spinach Salad with Chicken

**Week 34 – Day 4 – Dinner**

<table>
<thead>
<tr>
<th>Serves</th>
<th>Prep time</th>
<th>Cook time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>30 minutes</td>
</tr>
</tbody>
</table>

**INGREDIENTS**
- 1 tablespoon butter
- 1 1/2 tablespoons olive oil
- 1/2 cup sliced onions
- 1/2 cup cubed eggplant
- 1 tablespoon balsamic vinegar
- 1 chicken breast, pounded thin
- 2 cups baby spinach
- Salt and pepper

**DIRECTIONS**
Heat the butter and 1 tablespoon olive oil in a large skillet. Add the onions and eggplant and a pinch of salt. Cook on low heat, until vegetables are browned and caramelized. Add the vinegar, stir and remove from pan. Season chicken with salt and pepper. Add remaining olive oil to the pan and turn up to medium high heat. Sear the chicken until browned on both sides and cooked through. Let rest for 5 minutes and slice. Top the spinach with the vegetables and the sliced chicken before serving.

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### Three Meat Omelet with Mixed Berries

**Week 34 – Day 5 – Breakfast**

<table>
<thead>
<tr>
<th>Serves</th>
<th>Prep time</th>
<th>Cook time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>10 minutes</td>
<td>10 minutes</td>
</tr>
</tbody>
</table>

**INGREDIENTS**
- 3 strips bacon, chopped
- 2 breakfast turkey sausage links, chopped
- 2 eggs, beaten
- 2 slices ham, chopped
- 1/4 cup fresh blueberries
- 1/4 cup fresh raspberries
- 1/4 cup fresh blackberries
- Salt and pepper

**DIRECTIONS**
Heat a nonstick skillet over medium heat and add the bacon and sausage. Cook until crisp and remove from the pan with a slotted spoon. Add the eggs and cook for a minute until the edges are set. Lift the edges carefully and let the liquid flow underneath the edges. Season with salt and pepper. Add the meat and fold over. Continue cooking until eggs are done. Serve alongside the berries.
### SOUTHWEST CRAB CAKES WITH AVOCADO SALSA
#### WEEK 34 – DAY 5 – LUNCH

**INGREDIENTS**
- 1/2 cup diced avocado
- 1/2 cup halved cherry tomatoes
- 1/4 cup chopped red onions
- 2 tablespoons fresh chopped cilantro
- 1 tablespoon lime juice
- 8 ounces crab meat, drained
- 1/4 cup chopped red bell peppers
- 2 tablespoons chopped green onions
- 2 teaspoon chili powder
- 2 tablespoons Paleo mayonnaise
- 1 egg
- 1 tablespoon olive oil
- Salt and pepper

**DIRECTIONS**
Combine the avocados, tomatoes, onions, cilantro and lime juice in a bowl. Season with salt and pepper and set aside. In another bowl, combine the crab meat with the bell pepper, green onions, chili powder, and mayo. Season with salt and pepper, and form into 4-6 crab cakes. Heat the olive oil in a skillet and fry each cake until well browned on both sides. Top with the salsa before serving.

### GARLIC AND HERB CRUSTED STEAK AND VEGETABLE BOWL
#### WEEK 34 – DAY 5 – DINNER

**INGREDIENTS**
- 8 ounces sirloin steak, sliced
- 1 teaspoon dried rosemary
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 3 tablespoons olive oil
- 1/2 cup sliced onions
- 1/2 cup sliced mushrooms
- 1/2 cup sliced zucchini
- 1 tablespoon red wine vinegar
- Salt and pepper

**DIRECTIONS**
Combine the herbs in a small bowl with a pinch of salt and pepper. Toss with the steak slices until well coated. Heat a skillet over medium heat and add the olive oil, followed by the steak. Sear on all sides and remove from pan. Add the vegetables and cook until soft. Season with salt and pepper and add the vinegar. Add the steak back to the pan and cook until done to your liking, and then serve.
BACON, APPLE, AND RICOTTA OMELET
WEEK 34 – DAY 6 – BREAKFAST J34

Serves | Prep time | Cook time
1 | 10 minutes | 10 minutes

INGREDIENTS
- 1 teaspoon butter
- 3 eggs, beaten
- 1/4 cup grated apple
- 2 tablespoons ricotta cheese
- 1 slice bacon, cooked and crumbled
- Salt and pepper

DIRECTIONS
Heat the butter in a small skillet over medium low heat. Add the eggs and cook for a minute until the edges are set. Lift the edges carefully and let the liquid flow underneath the edges. Season with salt and pepper, and add the ricotta, apples, and bacon. Fold over carefully and continue cooking until eggs are done before serving.