

Week 1: Paleo Batch Preparing and Cooking the Meats:

Ground Turkey:

1. Season with sea salt and cracked black pepper. Mix in by hand.

Ground Turkey Breakfast Patties:

1. Patty (6 to 8 oz. of) ground turkey into two Breakfast Patties (3 to 4 oz. each).
2. Heat pan.
3. Brown breakfast patties in pan.
4. Add Neader-thAll Purpose Seasoning to both.
5. After both breakfast patties get some flavor from a good sear on both sides, remove and place on baking sheet.
6. Wipe out pan.

Notice: Use a rubber spatula with your non-stick pans (I had taken all of mine to the restaurant).

Ground Turkey Sliders:

1. Patty (4 oz. of) ground turkey into two Sliders (about 2 oz. each).
2. Place in pan to sear.

Ground Turkey Meatloaf:

1. 4 oz. of ground turkey.
2. Work the Meat Loaf Vegetables into the Ground Turkey.
3. Shape the meat into an oblong shape.
4. Put on baking sheet and season with the Neader-thAll Purpose Seasoning on both sides.
5. Spoon tomato sauce to the top of the meat loaf.

Back to Ground Turkey Sliders:

1. Remove and place on baking sheet.

Turkey Kabobs:

1. Take 6 oz. of Ground Turkey and work into two 3 ounce kabobs.
2. Season the kabobs with the Caveman Amore seasoning.

Ground Turkey for Scramble, Omelet, Zucchini Lasagna and White Turkey Chili:

1. Cook the rest of the Ground Turkey for the Scramble, Omelet, Zucchini Lasagna and the White Turkey Chili.
2. Add Neader-thAll Purpose Seasoning.
3. Stir/toss as needed.

Chicken Breast:

Stuffed Chicken Breast:

1. Butterfly one chicken breast for Stuffed Chicken Breast.

Diced Chicken:

1. Diced 8 ounces of chicken breast (two 4 ounce portions).

Back to Ground Turkey for Scramble, Omelet, Lasagna and Chili:

1. Set the Ground Turkey in the pan to the side.

Take the same pan that we used for the Cauliflower Rice, wipe out and heat. Then, drizzle with Olive Oil,

Blackened Chicken Breast:

1. Season one Chicken Breast with Black Fire Seasoning.
2. Place in pan.
3. Sear both sides. The Blackened Chicken will go longer as we want that to actually "blacken."

Jerk Chicken:

1. Season one Chicken Breast with Caribbean Caveman.
2. Place in pan.
3. Sear both sides.
4. Remove and place on baking sheet.

Back to Blacken Chicken Breast:

1. Remove and place on baking sheet.
2. Rinse out and clean pan.

Stuffed Chicken Breast:

1. Heat Pan.
2. Season with Neader-thAll Purpose Seasoning.
3. Place in hot pan.

White Turkey Chili:

1. Put the Chili Vegetables into same pot that we used for the Mashed Cauliflower.
2. Add 4 oz. of the browned Ground Turkey to the Chili Vegetables.

Back to the Stuffed Chicken Breast:

1. Remove and place on baking sheet.
2. "Stuff" green beans into the middle and fold over.

Chicken Enchilada:

1. Place the diced chicken into a pan.
2. Add Neader-thAll Purpose seasoning.
3. Stir and toss as needed.

Place the baking sheet of Proteins into the oven.

Back to White Turkey Chili:

1. Add 4 oz. of water to the Chili...the water will cook down.
2. Add 1 can of diced green chili.
3. Add Mayan Man seasoning.

Back to Chicken Enchilada:

1. Remove cooked diced chicken breast and place in mixing bowl on the side.

Zucchini Lasagna:

1. Heat the same pan that we just removed the diced chicken from.
2. Add Lasagna Vegetables.
3. Add 4 oz. of precooked Ground Turkey.
4. Add Caveman Amore and Neader-thAll Purpose seasonings.
5. Add 3 to 4 tablespoons of Tomato Sauce.
6. Mix together and sauté.
7. Assemble Lasagna
 - i. Layer the Zucchini (which takes the place of the pasta).
 - ii. Then the tomato sauce, ground turkey, vegetable mixture.
 - iii. Then the Ricotta (1 tablespoon)/Mozzarella cheese (sprinkle) (yes not pure Paleo)
 - iv. Repeat Zucchini; mixture, cheese.
 - v. Finish with Caveman Amore seasoning.

Pull out the baking sheet of Vegetables (time in oven about 20 minutes).

Put the Zucchini Lasagna into the oven.

Rinse and wipe out pan.

Ground Turkey Scramble with Sweet Potato Hash Browns:

1. Heat Pan; Drizzle Olive Oil
2. Add 3 oz. Ground Turkey
3. Two Eggs
4. Add Neader-thAll Season accordingly; remember the meat is already seasoned.
5. Stir and toss as needed.
6. Remove and plate with 3 to 4 oz. of Sweet Potato Hash Browns.

Ground Turkey Omelet with Turnip Hash Browns:

1. Put remaining Ground Turkey into same pan that we used for the Ground Turkey Scramble.
2. Whip two eggs with fork.
3. Put egg mixtures into the pan with the Ground Turkey.
4. Add Neader-ThAll All Purpose Seasoning
5. Let the mixture set so that the bottom side is no longer runny.
6. Flip to cook the other side.
7. Remove and plate with 3 to 4 ounces of Turnip Hash Browns.
8. Wipe pan.

Chicken Omelet with Turnip Hash Browns:

1. Add 3 oz. of Diced Chicken to same pan that we just cooked the omelet in.
2. Whip two eggs with a fork.
3. Put egg mixture into the pan with the Diced Chicken.
4. Add Neader-thAll All Purpose Seasoning.
5. Let the mixture set so that the bottom side is no longer runny.
6. Flip to cook the other side.
7. Remove and plate with 3 to 4 oz. of Turnip Hash Browns.
8. Wipe pan.

Fried Eggs for two breakfasts:

1. In the same pan that we used for the Omelets, warm the pan, drizzle Olive Oil.
2. Add two whole eggs into the pan...keeping them separate.

Chicken Stuffed Tomato w Fried Egg:

1. Stuff Tomato with 3 oz. of Diced Chicken.
2. Add cooked diced vegetable mixture.
3. Topped with one of the Fried Eggs (Make your own decision of whether it is safe to eat over easy eggs or sunny side eggs).
4. Remove and plate with 3 to 4 oz. of Turnip Hash Browns.
5. Or can substitute with ½ slice of gluten free toast (I said ½ of ½ on video...don't know why).

Turkey Breakfast Patty and Fried Egg w Sweet Potato Hash Browns:

1. Take out Turkey Patty from oven (should be 165 degrees internal temperature). Put the larger size proteins back into the oven to continue to cook.
2. Remove and plate with a Fried Egg and Sweet Potato Hash Browns.

Portabella and Turkey Lettuce Cups:

1. Using the same pan as we used to fry the two eggs, wipe, warm, drizzle with Olive Oil.
2. Add in 4 oz. raw Ground Turkey; Turkey was not cooked because we want to cook with Tamari.
3. Add dash or two of Tamari (Gluten Free Soy)
4. As the turkey finish cooking, add back in the diced portabellas.
5. Add dash of Peking Man Asian seasoning.
6. Remove and plate with Bib Lettuce.

Remove all protein from the oven.

Portabella Slider with Sweet Potato Fries:

1. Remove and plate two sliders.
2. Topped with sliced Portabella Mushrooms
3. Add a side of 3 to 4 oz. of Sweet Potato Fries.

White Turkey Chili:

1. Take off heat from the back burner and plate.

Chicken and Grape Salad:

1. Take four oz. of the cooked diced chicken.
2. Add diced celery.
3. Slice grapes and toss with about one teaspoon or so of Mayonnaise.
4. Plate on top of a bed of Bib lettuce.

Chicken Enchilada w Sweet Potato Hash Browns:

1. Whip one eggs to fry as a "shell"
2. In same pan that we've been using, wipe, warm and drizzle with Olive oil.
3. Add the egg; let it set and then flip.
4. Add 4 oz. of the cooked diced Chicken.
5. Add Green Chili Peppers.
6. Add Mayan Man Seasoning.
7. Wrap egg around the ingredients. Remove and plate with 3 to 4 oz. of Sweet Potato Hash Browns.

Zucchini Lasagna:

1. Pull Lasagna from oven. Let it sit and cool and tighten before dishing out.

Stuffed Chicken Breast with Cauliflower Rice and Side Salad

1. Remove Stuffed Chicken Breast from baking sheet and plate.
2. Add 4 to 6 oz. of Cauliflower rice
3. Add Bib Lettuce as a side salad.

Jerk Chicken Breast with Sautéed Green Beans:

1. Remove and plate the Jerk Chicken Breast.
2. Add 4 to 6 oz. of Green Beans.

Blackened Chicken Breast with Cauliflower Rice and Green Beans:

1. Remove and plate the Blackened Chicken Breast.
2. Add 4 oz. of Cauliflower Rice
3. Add 4 to 6 oz. of sauté Green Beans

Turkey Kabobs with Roast Cauliflower:

1. Remove and plate the Turkey Kabobs.
2. Add 4 to 6 oz. of Roast Cauliflower

Turkey Meatloaf with Cauliflower Rice and Green Beans:

1. Remove and plate the Turkey Meatloaf
2. Add 4 oz. of Cauliflower
3. Add 4 to 6 oz. of Green Beans

Hmm, we ended up with one extra Turkey Burger lol.

Congratulations!!! You have completed cooking your entire week's meals in just three hours of so. Now for the entire upcoming week, you have healthy meals at your fingertips. Not only will you have saved both time and money, but you will lose weight and get fit and stay healthy!