

5 Quick & Easy Paleo Meals

Real food. Real easy. Real good.



My Well Balanced Life

Welcome!

Dear Friends,

I have a confession to make. I don't really like spending a ton of time in the kitchen.

I know, I know. Part of my blog is dedicated to food — creating recipes and encouraging people to prepare real food meals at home. But I'm here to assure you that this can be done with minimal time in the kitchen. Because seriously, who has time to spend all the live long day preparing food? We still have to do all the other stuff, too ... laundry, dishes, school pickup, kids activities, squeeze in some exercise, etc. And that's not even addressing the paid jobs many of us have as well.

So this little Ebook is to show you that YES, you can totally prepare quick and easy Paleo meals for your family. And not only that, we can apply all of our Joanna Gaines knowledge and repurpose those meals into leftovers that don't seem like leftovers.

Now we have time to watch an extra episode of Fixer Upper with all that free time.

Happy cooking, y'all!

Amanda



Your Meal Plan

Monday: Balsamic Rosemary Chicken with Honey Roasted Vegetables

Tuesday: Savory Shredded Beef Tacos

Wednesday: Honey Garlic Chicken with Cauliflower Rice

Thursday: Steak, Pepper, & Potato Hash

Friday: Roasted Rosemary Sausage & Potatoes



The Grocery List

Meats:

1.5 lbs chicken breast
2-3 lbs chicken breast
and/or thighs
2-3 lb chuck roast (or
similar cut)
1 flank or skirt steak (about
1.5 lbs)
6-8 chicken apple sausages
(I use Aidells)

Produce:

Fresh garlic (about 2 bulbs)
1 bunch of rosemary
1 bunch of cilantro
2-3 lbs root vegetables of
choice (sweet potatoes,
brussel sprouts, beets,
parsnips, carrots, etc.)
3-4 onions
2-3 bell peppers (the more
colorful, the better!)
1 large apple
Broccoli or snow peas
Lettuce
1-2 small tomatoes
Avocado
1 bunch of cauliflower

Grains:

Taco shells or tortillas

*Siete tortillas and/or chips
are my favorites for a grain
free option!

Spices:

Sea salt
Cracked pepper
Garlic powder
Paprika
Smoked paprika (can just
use paprika if desired)
Cumin
Chili powder

Oils & Condiments:

Coconut oil
Avocado oil (or olive oil)
Butter or ghee
Honey (I prefer raw)
Balsamic vinegar
Coconut aminos (or soy
sauce)
Bone broth (chicken or
beef broth can be
substituted)
Hot sauce (I typically use
sriracha)

Cooking Tools:

Large crockpot
Grill pan
Large skillet or frying pan
Baking dishes
(approximately 9x11)
Cutting boards
Knives for chopping

Balsamic Rosemary Chicken

Ingredients

- 1.5 pounds boneless chicken breast
- Fresh garlic, minced
- Fresh rosemary, minced
- Sea salt
- Cracked pepper
- Oil of choice (I prefer avocado oil!)
- 1/4 cup balsamic vinegar

Directions

1. Place chicken breasts in baking dish.
2. Drizzle with oil, rubbing it in to make sure chicken is evenly coated.
3. Grind sea salt and cracked pepper generously over chicken.
4. Sprinkle fresh garlic and rosemary over chicken breasts. (Amount based on preference)
5. Roast at 400 degrees for about 20-25 minutes.
6. Remove chicken from oven and slice into strips.
7. Pour 1/4 cup balsamic vinegar over fully cooked chicken breasts.
8. Let sit for 15 minutes before serving to allow balsamic vinegar to soak into chicken, or refrigerate for future use.



Roasted Rainbow Root Vegetables

Ingredients

Large roasting pan

Vegetables of choice (sweet potatoes, brussel sprouts, parsnips, beets, carrots, etc.)

Oil of choice (I use olive oil or avocado oil)

Raw honey

Sea salt

Cracked pepper

Directions

1. Chop up all your veggies and mix them around in the roasting pan.
2. Drizzle olive oil and raw honey generously over veggies and toss well.
3. Grind sea salt and pepper generously over coated veggies. Stir again.
4. Pop in the oven for 40-45 minutes at 400 degrees. Set your timer so you can mix well about halfway through cooking time.



Savory Shredded Beef Tacos

Ingredients

- 2-3 lb. chuck roast (Choose a cut that's on sale because they're all good!)
 - 1 teaspoon sea salt
 - 1 teaspoon cracked black pepper
 - 1 teaspoon garlic powder
 - 1 teaspoon smoked paprika (regular is fine, too!)
 - 1/4 teaspoon cumin
 - 1/4 teaspoon chili powder
 - 1/2 cup bone broth (chicken or beef broth work as well)
 - 1 large onion
 - Taco shells or tortillas (if using)
- Taco toppings of choice:
- Lettuce or spinach
 - Chopped tomatoes
 - Onions
 - Cheese
 - Avocado/Guacamole
 - Sour Cream
 - Salsa
 - Cilantro

Directions

1. Put meat in large crockpot.
2. Mix spices together and then rub over all sides of beef.
3. Roughly chop the onion and place it on top of the beef.
4. Pour bone broth on top.
5. Set crock pot on low for 8-10 hours. The longer, the better!
6. Beef will shred easily and pretty much melt in your mouth.
7. Serve up your tacos with all the fixings just like you like 'em!



Honey Garlic Chicken with Cauliflower Rice

Ingredients

- 2-3 pounds chicken thighs and/or breasts
- 1/2 cup honey (I prefer raw honey)
- 1/3 cup coconut aminos (this is a soy and gluten-free substitute for soy sauce)
- 1/3 cup water
- 1 tablespoon hot sauce (sriracha or Cholula)
- 1 1/2 teaspoons paprika
- 1/2 teaspoon sea salt
- 1/2 teaspoon cracked pepper
- 6-8 garlic cloves, mince

Directions

1. Place chicken in crockpot.
2. Mix all other ingredients in bowl. (If your raw honey is like mine up here in Alaska, you may need to heat it get it to a liquid consistency.)
3. Pour liquid over chicken, making sure all the pieces are coated with the mixture.
4. Cook on low for 7-8 hours.
5. Serve on top of cauliflower rice. Mixing in some steamed broccoli or sautéed snow peas is a nice touch, too!



Cauliflower Rice

Ingredients

1 head of cauliflower head, chopped in food processor or one 16 oz. bag of riced cauliflower (Trader Joe's is the best IMO!)
2-3 tablespoons ghee, butter, coconut oil, avocado oil, or olive oil
1 small onion, finely chopped
Sea Salt
Cracked pepper
Minced garlic, optional

Directions

1. Put cauliflower florets in a food processor and chop until course. Avoid using the cauliflower stalk (I think it has a funny taste). (You can totally skip the above step if your lucky self has access to Trader Joe's riced cauliflower.)
2. Heat your fat of choice over medium heat until shimmering, then add the onion (and minced garlic if using). Stir often until onion is soft and translucent.
3. Add riced cauliflower and stir until well mixed with onions and fat.
4. Season with sea salt and cracked pepper.
5. Cover and cook for about 5-10 minutes, stirring occasionally.
6. Don't overcook because then it's mushy!



Steak, Pepper, & Potato Hash

Ingredients

- 1 flank or skirt steak (about 1.5 lbs)
- 2-3 bell peppers (I love red, orange and yellow)
- 1 onion
- 2 to 2.5 lbs new potatoes (red and/or yellow)
- 3 tablespoons paprika
- 2 teaspoons garlic powder
- Sea salt
- Cracked pepper
- Coconut oil
- Avocado oil (olive oil can be substituted)
- Cilantro

Directions

1. Preheat oven to 400 degrees. While oven is heating, wash and halve/quarter new potatoes.
2. Place in baking dish. Drizzle with avocado oil, then toss with sea salt and cracked pepper.
3. Mix paprika and garlic powder. Pour 1/3 of spices over potatoes and toss.
4. Put potatoes in oven and bake for 40 minutes or until tender when pierced with fork. Stir halfway through.
5. While potatoes are baking, drizzle avocado oil on grill pan and heat for a minute or two on high heat.
6. Salt and pepper each side of the steak, then place on grill pan. Immediately turn heat down to medium and cook on each side for 6-8 minutes.
7. While steak is cooking, slice peppers and onions into thin slices.
8. Once steak is finished, put it on a plate and tent with foil to keep warm.
9. Heat coconut oil in a pan over medium heat. Add peppers and onions, then top with sea salt and pepper. Add another third of the paprika mixture. Stir and saute veggies to desired tenderness then move to a plate.
10. Slice steak into smaller pieces and put into the pan that just held the veggies. Add the rest of the paprika mixture and move around the pan until coated with spices and cooked to desired wellness.
11. Remove potatoes from oven.
12. Top with peppers and onions, then top with steak, then top with chopped cilantro.



Roasted Rosemary Sausage & Potatoes

Ingredients

- 2 to 2.5 lbs new potatoes (red and/or yellow)
- 6-8 chicken apple sausage links (I use Aidells)
- 1 medium onion
- 1 large apple
- 2 to 2.5 lbs new potatoes (red and/or yellow)
- 6-8 chicken apple sausage links (I use Aidells)
- 1 medium onion
- 1 large apple

Directions

1. Preheat oven to 400 degrees.
2. Wash and quarter potatoes, then place them in 9x11 baking dish.
3. Place onion pieces in dish with potatoes. Sprinkle rosemary and garlic on top of potatoes and onions.
4. Season generously with sea salt and pepper.
5. Drizzle oil over mixture, then toss until all pieces are coated with the oil.
6. Chop apple into large pieces and spread out on top.
7. Roast in oven for 25 minutes. During this time, cut sausage into rounds.
8. After 25 minutes of roasting, remove from oven and stir. Then place sausage rounds on top and put back in the oven.
9. Roast for another 30-35 minutes, or until potatoes and apples are tender.



Don't Forget to Repurpose!

Balsamic Rosemary Chicken: Serve on top of a big green salad or in a wrap with raw veggies. My favorite grain-free wraps are made by Siete ... while you're at it definitely grab some of their chips, too! OHMYGOODNESS, they are so delicious!

Rainbow Roasted Root Vegetables: Serve with a fried egg (or two!) on top. Great for breakfast or lunch. Or take some of the apple chicken sausages sliced up into rounds and mix with the veggies for a quick meal.

Savory Shredded Beef Tacos: Beef can be served on a big green salad, over nachos, with rice or cauliflower rice in a burrito bowl (think Chipotle), or add barbecue sauce and have a BBQ salad or sliders. So many possibilities with shredded beef!

Honey Garlic Chicken: Stir fry a few veggies in a healthy fat (ghee or coconut oil are great!) and serve the honey garlic chicken on top. This is so great for a quick and nutritious lunch!

Cauliflower Rice: Serve any of your meals over this rice! The shredded beef over cauliflower rice with avocado and salsa is a weekly lunch for me.

Steak, Pepper, & Potato Hash: Honestly, this one is so yummy as straight up leftovers. But my son loves to put it in a big wrap for lunch, and you can never go wrong with a fried egg on top or serve it on a fresh bed of spinach.

Roasted Rosemary Sausage & Potatoes: Well, you probably know what I'm going to suggest... a fried egg on top! But even better, chop up some of the leftovers and make some [Breakfast Scramble Muffins](#).

Well, guys, that's it.

I hope this makes living the real food life more realistic and doable for you! Crossing my fingers that these recipes work for your family and become what I like to call “regular rotation” meals ... the ones that you can make anytime and will always be crowd pleasers.

If you have any requests for future recipes or ways to make your real food life easier, please shoot me an [email](#)! I would love to hear from you all and want to provide resources for people like us – crazy busy women trying to do it all but also smart enough to know our lives are never going to look like a perfect Instagram feed. Because that's crazytown.

Let's connect again soon!

Amanda

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