

Paleo Diet Recipes

Chicken Spinach Stir-Fry

🕒 30 min 🍽️ 2 servings

Per serving: 464 Kcal 52g Protein 19g Fat 20g Carbs

Ingredients

- Turmeric powder, 1/2 teaspoons (1.1 g)
- Cilantro, 2 servings (0.2 g)
- Ginger, 1 tsp (2 g)
- Garlic, 2 clove (6 g)
- Sweet potato, 1 cup, cubes (133 g)
- Coconut oil, 2 tablespoon (26.1 g)
- Chicken breasts, 2 small breast (450 g)
- Spinach leaves, 2 cups (60 g)
- Cauliflower rice, 1 cup (160 g)



Instructions

Heat coconut oil in a large skillet over medium heat.

Add minced garlic and grated ginger, sauté for 1 minute until fragrant.

Add chicken strips to the skillet and cook until browned and cooked through, about 5-6 minutes.

Sprinkle turmeric over the chicken. Stir well to coat.

Add cooked sweet potato cubes and cauliflower rice to the skillet. Cook for another 2-3 minutes, stirring occasionally.

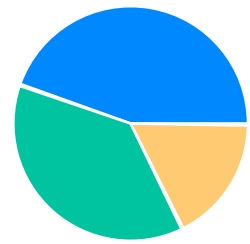
Add fresh spinach leaves and cook until wilted, about 1-2 minutes.

Remove from heat and garnish with fresh cilantro.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	928.5	110.7	464.3
Protein [g]	102.9	12.3	51.5
Fat [g]	38.4	4.6	19.2
Carbs [g]	40	4.8	20
Fiber [g]	8.9	1.1	4.5
Net Carbs [g]	31.1	3.7	15.6



45 % Protein 38 % Fat 17 %
Carbs

Paleo Salmon Salad

🕒 30 min 🍽️ 2 servings

Per serving: 677 Kcal 42g Protein 50g Fat 21g Carbs

Ingredients

- **Avocado**, 1 avocado, ns as to florida or california (201 g)
- **Lemon juice**, 1 tablespoons (15 g)
- **Cucumber**, 1/2 large (145.8 g)
- **Olive oil**, 2 tablespoon (30 g)
- **Salmon**, 2 fillet (340 g)
- **Salad greens**, 4 cups (160 g)
- **Onion**, 1/2 medium (52.9 g)
- **Cherry tomatoes**, 1/4 cup (37.3 g)
- **Almonds**, 1/4 cup (35.8 g)
- **Dijon mustard**, 1 teaspoon (5 g)
- **Salt and pepper**, 1 pinch (0.1 g)



Instructions

Preheat the oven to 400°F (200°C).

Season the salmon fillets with salt and pepper, then place them on a baking sheet lined with parchment paper.

Bake the salmon for 12-15 minutes or until cooked through. Set aside to cool.

In a large salad bowl, combine the mixed greens, cucumber, red onion, avocado, cherry tomatoes, and sliced almonds.

In a small bowl, whisk together the olive oil, lemon juice, Dijon mustard, salt, and pepper to make the dressing.

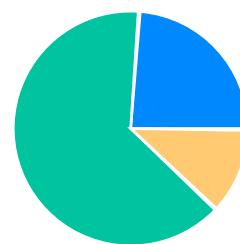
Flake the cooled salmon into bite-sized pieces and add it to the salad bowl.

Drizzle the dressing over the salad and toss gently to combine.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1353.9	132.4	677
Protein [g]	83.1	8.1	41.6
Fat [g]	99.5	9.7	49.8
Carbs [g]	40.9	4	20.5
Fiber [g]	20.4	2	10.2
Net Carbs [g]	20.5	2	10.3



24 % Protein 64 % Fat 12 %
Carbs

Roasted Fish with Onion and Sweet Potato

🕒 55 min 🍽️ 2 servings

Per serving: 443 Kcal 36g Protein 18g Fat 37g Carbs

Ingredients

- **Paprika**, 1 teaspoon (2 g)
- **Thyme**, 1 tsp, leaves (1 g)
- **Olive oil**, 2 tablespoon (30 g)
- **Sweet potatoes**, 2 sweetpotato, 5" long (260 g)
- **Salt and pepper**, 1 pinch (0.1 g)
- **Lemon**, 1 fruit (2-1/8" dia) (58 g)
- **Onions, raw**, 1 large (148 g)
- **Fish, white flesh**, 2 fillet, large (248 g)



Instructions

Preheat the oven to 400°F (200°C).

In a large baking dish, toss the Onion halves and sweet potato cubes, sliced lemon with olive oil, dried thyme, paprika, salt, and pepper.

Spread the vegetables evenly in the baking dish and roast in the preheated oven for 20 minutes.

Meanwhile, season the fish fillets with salt and pepper.

After 20 minutes, remove the baking dish from the oven and place the seasoned fish fillets on top of the roasted vegetables.

Return the dish to the oven and continue roasting for another 10-15 minutes, or until the fish is cooked through and flakes easily with a fork.

Serve the roasted fish with fennel and sweet potato immediately.

Enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	885.7	118.6	442.9
Protein [g]	71.9	9.6	36
Fat [g]	36.2	4.8	18.1
Carbs [g]	73.3	9.8	36.7
Fiber [g]	13	1.7	6.5
Net Carbs [g]	60.3	8.1	30.2



32 % Protein 36 % Fat 32 %
Carbs

Loaded Sweet Potato Fries with Ground Beef

🕒 40 min 🍽️ 4 servings

Per serving: 398 Kcal 28g Protein 15g Fat 39g Carbs

Ingredients

- **Avocado**, 1 cup (148 g)
- **Salt**, 2 teaspoon (10 g)
- **Parsley**, 1/4 cup (15.6 g)
- **Onion**, 1 small (74 g)
- **Sweet potatoes**, 2 large (680 g)
- **Coconut oil**, 1 tablespoons (13.1 g)
- **Ground beef**, 1 pound (451.3 g)



Instructions

Preheat the oven to 425°F (220°C).

Wash and scrub the sweet potatoes, then cut them into fries-like shape.

Place the sweet potato fries on a baking sheet lined with parchment paper. Drizzle with coconut oil and season with salt. Toss to coat evenly.

Bake the sweet potato fries in the preheated oven for 20-25 minutes, or until they are crispy and golden brown.

While the sweet potato fries are baking, heat a skillet over medium heat. Add the lean ground beef and diced onion. Cook until the beef is browned and the onions are tender.

Once the sweet potato fries are done, remove them from the oven and transfer them to a serving dish.

Top the sweet potato fries with the cooked ground beef and onion mixture.

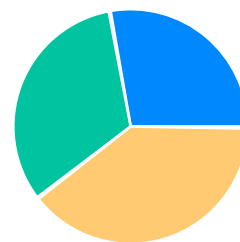
Add sliced avocado on top of the ground beef.

Sprinkle with chopped parsley for garnish.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	1591.8	114.4	398
Protein [g]	111.5	8	27.9
Fat [g]	57.8	4.2	14.5
Carbs [g]	157.3	11.3	39.3
Fiber [g]	32.1	2.3	8
Net Carbs [g]	125.2	9	31.3



28 % Protein 33 % Fat 39 %
Carbs

Mango and Grilled Chicken Salad

🕒 15 min 🍽️ 2 servings

Per serving: 275 Kcal 26g Protein 9g Fat 23g Carbs

Ingredients

- **Mango**, 1 1/2 cups (247.5 g)
- **Onion**, 1/2 medium (52.9 g)
- **Chicken breasts**, 2 portion (226 g)
- **Salad greens**, 2 cup (80 g)
- **Balsamic vinaigrette**, 2 tablespoons (30 g)



Instructions

Preheat grill to medium-high heat.

Season the chicken breasts with salt and pepper.

Grill the chicken for 6-8 minutes per side, or until cooked through.

Remove the chicken from the grill and let it rest for a few minutes.

Slice the chicken into thin strips.

In a large bowl, combine the mango, red onion, and mixed salad greens.

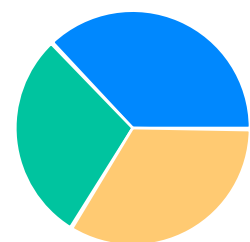
Drizzle the balsamic vinaigrette over the salad and toss to coat.

Divide the salad onto plates and top with the sliced grilled chicken.

Serve immediately and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	550.1	86.4	275.1
Protein [g]	51.6	8.1	25.8
Fat [g]	17.9	2.8	9
Carbs [g]	46.6	7.3	23.3
Fiber [g]	4.9	0.8	2.5
Net Carbs [g]	41.7	6.6	20.9



37% Protein 29% Fat 34% Carbs

Baked Garlic Salmon and Zucchini

🕒 20 min 🍽️ 2 servings

Per serving: 386 Kcal 35g Protein 25g Fat 5g Carbs

Ingredients

- Olive oil, 2 tablespoon (27 g)
- Salmon, 2 fillet (340 g)
- Salt and pepper, 1 pinch (0.1 g)
- Garlic powder, 1 teaspoon (3 g)
- Zucchini, 2 small (236 g)



Instructions

Preheat the oven to 400°F (200°C).

Place the salmon fillets on a baking sheet lined with foil or parchment paper.

Drizzle the salmon with 1 tablespoon of olive oil and sprinkle with garlic powder, salt, and pepper.

Slice the zucchini and arrange them around the salmon on the baking sheet.

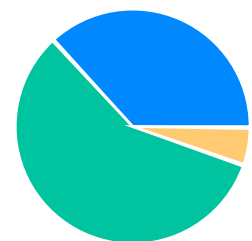
Drizzle the zucchini with the remaining tablespoon of olive oil and season with salt and pepper.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and the zucchini is tender.

Serve hot and enjoy!

Macronutrient summary

	TOTAL	/100 G	/SERVING
Energy [kcal]	771.5	127.3	385.8
Protein [g]	70.8	11.7	35.4
Fat [g]	49.3	8.1	24.7
Carbs [g]	9.5	1.6	4.8
Fiber [g]	2.6	0.4	1.3
Net Carbs [g]	6.9	1.1	3.5



37 % Protein 58 % Fat 5 % Carbs