

# Slow Carb Meal Plan

## **Introducing the Slow-Carb Meal Planner**

Meal planning is critical to success on any type of diet, but it takes time. You have to sit down and actually think about what you're going to eat for an entire week, and then you have to write up a shopping list. For busy people like you, it's tough to take that time.

**There are two other things people often are concerned with when on the slow-carb diet:**

- They don't want to eat the same thing every day. It gets boring.
- They're afraid to branch out, and because the food list in the book is so small they think it's too restrictive.

And now you don't have to worry about the time it takes to plan either. Here it's all of those things wrapped together, just for you.

### **Keeping it simple goes a long way**

It's often said that one of the best ways to keep yourself on the plan you create is to make it as easy as possible to do so. The less you have to think about things like exercise and food, the more likely it is that you'll actually do what you say you will.

In following that precept, these plans don't have 28 different meals. It'll be far easier for you to do some extra preparing when you do cook (especially if you have a busy lifestyle) than it would to prepare a different meal every single time you eat. I've checked out several meal plans, and the fact is I found it hard to follow them because I was always having to make something new.

**The idea here was to create a plan you'd actually follow.**

That said, these meal plans aren't boring. I love to eat delicious food, so I always try to tantalize my taste buds. The plan also is right in line with Rule #2.

### **You can modify for your own lifeway**

If you follow paleo, you'll still be able to use most of these ideas. The basis for the majority of the meals are proteins and vegetables. You can omit the legumes if there are some in the meal.

Conversely, some of the meals don't have legumes in them. I've found that lowering legume intake helped more with fat loss, but from what I hear, your mileage may vary. Feel free to incorporate more legumes if you want to.

**And now, the meal plans:**

These plans will get you through 30 days, so feel free to adjust accordingly!

### **Day 1**

**Breakfast:** Slow-carb breakfast casserole

**Lunch:** Hamburgers wrapped in lettuce, raw veggie plate, 5 bean salad

**Dinner:** Slow-cooker pork loin, vegetables

### **Day 2**

**Breakfast:** Breakfast casserole

**Lunch:** Pork loin leftovers

**Dinner:** Grilled fish, steamed veggies, and lima beans

### **Day 3**

**Breakfast:** Breakfast casserole

**Lunch:** Fish and veggie leftovers

**Dinner:** Poached egg over chorizo, all over sauteed red peppers and onions.

### **Day 4**

**Breakfast:** Omelet of eggs, lentils, spinach, and bacon

**Lunch:** Tuna salad lettuce wraps with chimichurri

**Dinner:** Halibut macadamia with roasted asparagus

### **Day 5**

**Breakfast:** Omelet of eggs, lentils, spinach, and bacon

**Lunch:** "Burrito" bowl – grilled protein of choice, grilled onions & peppers, black beans, diced tomatoes, salsa, guacamole

**Dinner:** Slow-carb pizza

### **Day 6**

**Breakfast:** Breakfast burrito

**Lunch:** London broil (on the grill!), spinach-leaf salad

**Dinner:** Orange chicken stir fry with peppers, onions, carrots, and broccoli

### **Day 7**

**Breakfast:** Egg cupcakes

**Lunch:** Chipotle meatballs with guacamole, salad

**Dinner:** Slow carb shepherd's pie

## **Day 8**

**Breakfast:** Egg cupcakes

**Lunch:** Shepherd's pie leftover

**Dinner:** Baked salmon, lentils, and steamed broccoli

## **Day 9**

**Breakfast:** Ham and kale frittata

**Lunch:** Big salad: fajita steak salad (steak, peppers, onions, spinach leaves, and whatever else you want)

**Dinner:** Beef roast with onions, carrots, and parsnips. Side of lentils

## **Day 10**

**Breakfast:** Ham and kale frittata

**Lunch:** Roast leftovers

**Dinner:** Butter chicken with chickpeas and spinach

## **Day 11**

**Breakfast:** Quick omelette (eggs, bacon, lentils, spinach or kale)

**Lunch:** Tuna and spinach salad (load it up with veggies!)

**Dinner:** Pork chops, red beans and garlic, green beans

## **Day 12**

**Breakfast:** Coconut milk and curry fritata

**Lunch:** My Smokey, zesty, irresistible chili

**Dinner:** London broil, steamed broccoli, lentil stew

## **Day 13**

**Breakfast:** breakfast casserole

**Lunch:** London broil leftovers, spinach leaf salad (any veggies you want) with an oil/vinegar dressing

**Dinner:** Beef burgundy, asparagus, cauliflower mash

## **Day 14**

**Breakfast:** breakfast casserole

**Lunch:** Fajita salad w/ guac and black beans (cook up the peppers and onions)

**Dinner:** Fish, steamed veggies

**Day 15**

**Breakfast:** breakfast casserole

**Lunch:** Fish and veggie leftovers (wrap them in lettuce, like a taco!)

**Dinner:** Rotisserie Chicken, side of spiced cauliflower and carrots.

**Day 16**

**Breakfast:** breakfast casserole

**Lunch:** Leftover chicken, pulled, in a salad with red beans

**Dinner:** Slow-carb crab cake patties over wilted spinach leaves

**Day 17**

**Breakfast:** eggs, lentils, spinach, bacon omelet

**Lunch:** “Burrito” bowl

**Dinner:** Pork loin, broccoli, and lentils

**Day 18**

**Breakfast:** Sausage, kale, mushrooms, onions, peppers, in the form of a fritata

**Lunch:** Pork dinner leftovers

**Dinner:** Slow-carb Beef and Lentil Soup

**Day 19**

**Breakfast:** Eggs, lentils, bacon, spinach omelet

**Lunch:** Soup leftovers

**Dinner:** Thai chicken over shredded cauliflower

**Day 20**

**Breakfast:** Egg cupcakes

**Lunch:** Thai chicken leftovers

**Dinner:** Tilapia fillet with summer squash

**Day 21**

**Breakfast:** Eggs, lentils, bacon, spinach omelet

**Lunch:** Turkey, ham, olives, sauteed onions and peppers, in a lettuce wrap

**Dinner:** Ña Ever’s awesome Pan de carne (that means a really great meat loaf)

## **Day 22**

**Breakfast:** Egg cupcakes

**Lunch:** meat loaf leftovers

**Dinner:** Ginger pork stir fry (the recipe says beef, but you can use pork)

## **Day 23**

**Breakfast:** Eggs, lentils, bacon, spinach omelet

**Lunch:** stir fry leftover

**Dinner:** Crabcakes; roasted carrots, onions, and asparagus

## **Day 24**

**Breakfast:** Breakfast burrito

**Lunch:** Hamburgers – burger, ham, 1 egg, onion, tomato, homemade mayo, in a lettuce “bun”

**Dinner:** Chili

## **Day 25**

**Breakfast:** Breakfast burrito

**Lunch:** London broil (on the grill!), spinach-leaf salad

**Dinner:** Orange chicken stir fry with peppers, onions, carrots, and broccoli

## **Day 26**

**Breakfast:** Egg cupcakes

**Lunch:** Chipotle meatballs with guacamole, salad

**Dinner:** Slow carb shepherd’s pie

# Recipes

# Slow-Carb Breakfast Casserole

## Ingredients

- 2 cups white beans, mashed
- 8-10 eggs, beaten
- a few splashes of lite coconut milk
- 1/2 each: onion, green pepper, red pepper; sliced
- 5 or 6 portabellini mushrooms, sliced
- 1 cup cooked spinach
- 1/2 lb sausage, cooked and fat removed
- Some shakes of sage, thyme, garlic salt, pepper, oregano

## Directions

1. Preheat your oven to 375 F
2. Add about 1 tbsp EVOO to a hot pan and dump in the beans with some garlic salt and other spices (your taste). Cook for a minute, stirring, and mash well with a wooden spoon.
3. Spread the beans in a greased (cooking spray works well) 9x13in baking dish. Place uncovered in the oven while you prepare the rest (about 5-8 minutes).
4. Saute the peppers, onions, spinach, and mushrooms in a skillet until hot but still a bit crisp
5. Whisk your eggs in a bowl and add the coconut milk and some herbs and spices, blending well.
6. Throw the sausage and veggies into the baking dish, over the slightly-cooked beans. Pour the eggs on top of it all.
7. Cover with aluminum foil and bake for about 40 minutes.
8. Remove the aluminum foil and cook for another 10 minutes to crisp any bits of veggies that are not covered with eggs.
9. Let it sit for a couple minutes to give the casserole a chance to settle, cut up, and enjoy!



## Slow Cooker Pork Loin and Vegetables

### Ingredients

- 2 lb pork loin roast
- 1 8oz can of tomato sauce
- 1/2 Cup of beef broth
- 2 Cups of Normandy blend vegetables (frozen kind has carrots, cauliflower, zucchini, yellow squash, broccoli)
- salt/pepper (to taste)
- your favorite seasoning blend (I use adobo and a pork rub)
- olive oil

### Directions

This can be set up the night before – and turned on in the morning.

Drizzle olive oil on the pork loin roast and season. In a medium hot skillet brown the roast on all sides.

Once roast is browned transfer to crock pot and add tomato sauce, beef broth, vegetables. Mix up and turn on High for 4-5 hours or Low for 8-10 hours. (I cooked ours just over 4 hours)

When ready shred pork loin, season with a little salt/pepper (if needed) and vegetables. The broth/sauce is delicious – it reminds me of a fresh vegetable soup. Add a salad and your beans if going 4HB-style. Alternatively – you could add beans to the crock pot, this would help thicken the sauce up.

## Halibut macadamia with roasted asparagus

### Ingredients

- 1.5 lbs fresh Halibut filets
- 1 Cup Toasted & Chopped Macadamia Nuts
- 2 Tablespoons Fresh Parsley
- ¼ Teaspoon Fresh Ground Black Pepper
- ¼ Teaspoon Sea Salt (optional)
- Grated Orange Zest (from about ½ of an orange)
- 1 Teaspoon Olive Oil
- 1 Tablespoon unsweetened Almond or Coconut Milk
- 2 Egg Whites
- Orange slices, for garnish

### Instructions

Preheat oven to 350.

Toast Macadamia nuts for approximately 10 minutes on an ungreased baking sheet. Watch them to make sure they don't burn. When done, allow the nuts to cool completely before chopping them (food processors work great for this!)

Lightly grease a baking dish with Olive Oil.

In a medium, shallow bowl, beat egg whites with the almond or coconut milk (I used coconut milk).

Blend the cooled, toasted macadamia nuts in a food processor and then add the parsley, sea salt, pepper, and orange zest.

One at a time, place halibut filets in egg mixture, and coat on both sides, then press the halibut in the nut mixture, and cover all over.

Once the halibut filets are coated in the egg & nut mixture, place them in the baking pan.

Bake for 15+ minutes or longer until temp reaches 130-135. Test a piece with a fork to make sure the texture of the fish is flaky and pulls apart.

Serve with your favourite veggies, and garnish with the orange slices!

Roast some of your favourite veggies! I think asparagus is the most elegant-looking green

## **Breakfast Burrito**

### **Ingredients**

- 4 eggs, whites and yolks separated
- 1/2 onion, finely chopped
- 1 to 2 tomatoes, finely chopped
- 1/4 cup canned diced green chiles
- 1 red pepper, cut into strips
- 1/4 cup finely chopped cilantro
- 1/2 cup cooked meat (try sliced steak, ground beef, or shredded chicken)
- 1 avocado, cut into wedges or small chunks
- hot sauce or salsa on the side

### **Direction**

Whisk the egg whites

Warm a lightly oiled 10-inch skillet. Pour half of the egg whites in the pan, swirling the pan around so the whites spread thinly and evenly. After about 30 seconds, put a lid on the pan and cook 1 minute more. Use a rubber spatula to loosen and slide the egg white "tortilla" onto a plate. Repeat once more with the remaining egg whites.

In the same pan, sauté onions with oil for one minute then add tomato, green chiles, red pepper, cilantro, and meat.

Whisk egg yolks and pour into the pan, mixing into a scramble with the other ingredients.

Add avocado at the very end, then spoon half of filling onto each egg white. Roll the egg whites up into burritos and serve with hot sauce or salsa.

## **Chipotle meatballs with guacamole**

### **Ingredients**

- 1 lb ground meat (we used beef)
- 1/4 c almond flour
- 2 eggs
- 1 T chipotle adobo sauce
- 1 t dried oregano
- 1 t onion powder
- 1 t garlic powder
- salt

### **For the Sauce**

- 1 c chicken stock
- 15 oz can tomato sauce
- 1-2 finely diced chipotle peppers in adobo sauce or you could use just sauce
- 2 t dried oregano
- 2 t onion powder
- 1 t garlic powder
- salt

### **For the Guacamole**

- 2 avocados
- 1 lemon or lime, juiced
- 1 t chili garlic sauce
- salt

### **Method**

Preheat the oven to 400°F.

In a large bowl, whisk together the eggs, almond flour, and herbs/spices. Add the ground meat and mix with your hands until combined. Form the mixture into balls and place in an oven safe dish. Bake until browned, about 15 minutes.

### **For the sauce**

While the meatballs are browning, add the tomato sauce ingredients to a sauce pot. Let it simmer until the meatballs are done.

### **For the guacamole**

Place all the ingredients into a bowl and smash with a fork until a chunky/creamy consistency has developed

## **Ham and Kale Frittata**

### **Ingredients**

- 1/2 green pepper, chopped
- 1/4 onion, chopped
- 1/2 jalapeño pepper, chopped
- 1/4 c diced ham
- 1 c packed kale (you need a lot because it cooks down a lot)
- 3 eggs, beaten

### **Directions**

- Put your onions and peppers in your pan and saute until they start to soften. Then add the ham to heat (note: if you use sausage or bacon, cook them first in this pan and drain out most of the fat before adding the veg).
- Once that's all heating and happy, toss in your kale. Add garlic salt if you'd like some.
- When the kale cooks down, add the eggs and cover.
- Turn your broiler on high to get it going.
- Let the eggs cook until the edge is golden.
- Remove from the stove and put under the broiler until browning on top, or about a minute or two. You will need to keep an eye on it.

# Slow-carb Beef and Lentil Soup

## Ingredients

- 2 tablespoons olive oil
- 1 1/2 pounds boneless beef chuck, cut into 1-inch cubes
- Salt and freshly ground black pepper
- 3 large celery stalks, chopped
- 2 large carrots, peeled and chopped
- 1 large onion, chopped
- 6 garlic cloves, chopped
- 1 1/2 teaspoons chopped fresh rosemary leaves
- 1 1/2 teaspoons dried oregano
- 6 (14-ounce) cans beef broth
- 1 (28-ounce) can diced tomatoes in juice
- 2 cups (about 11 ounces) lentils, rinsed
- 1/3 cup chopped fresh Italian parsley leaves

## Directions

1. Heat the oil in heavy large pot over medium-high heat. Sprinkle the beef with salt and pepper. Add half of the beef and cook until brown, about 8 minutes. Using a slotted spoon, transfer the beef to a bowl. Repeat with the remaining beef.
2. Add the celery, carrots, onion, garlic, rosemary, and oregano to the pot. Saute until the onions are translucent, about 8 minutes.
3. Return the beef and any accumulated juices from the bowl to the pot. Add the broth and tomatoes with their juice. Bring the soup to a boil. Reduce the heat to medium-low. Cover and simmer until the meat is just tender, stirring occasionally, about 1 hour.
4. Add the lentils. Cover and continue simmering until the lentils are tender, about 60 minutes. Stir in the parsley. Season the soup, to taste, with salt and pepper. Ladle the soup into bowls and serve.

# Thai chicken over shredded cauliflower

## Ingredients

- 1 chicken breast, sliced
- 4 cloves garlic, finely chopped
- bit of olive oil
- 1/2 red onion, sliced thick
- 1/2 red pepper, sliced thick
- 1/4 c unsweetened coconut milk
- 1 tbsp Thai red chili sauce
- few sprigs of cilantro, chopped
- 1-2 c grated cauliflower

## Directions

In a skillet over med-high heat with oil, stir fry chicken and garlic until chicken is browned. Remove the chicken (leave the garlic)

Add onions and stir fry a bit, then add the peppers (you don't want either of them too raw nor too undercooked). On the side, combine the coconut milk with the chili sauce

At the very end, toss the cilantro into your vegetables to pull out that flavor and turn down the heat.

Add the chicken, stir fry for a few seconds, and then put all of that on a plate and pour over it the coconut chili sauce you made.

Now add your cauliflower "rice" to the pan with a \*little bit\* of water and cover. This will sort of steam it. It'll cook for about 2-3 minutes before its soft.

Once your "rice" is done, put that on your plate too and enjoy!

# Orange Chicken Stir Fry

## Ingredients

- 1 chicken breast
- half of each green and yellow summer squash, sliced (that's what I had in the house. You can use any veggies you want)
- one or two stalks of celery, chopped
- one to three green onions, chopped
- a cup or two of mung bean sprouts (optoinal – not paleo-friendly)
- one egg
- 1 tbsp minced garlic
- 1/2 tbsp minced ginger
- 1/2 tbsp crushed red pepper (adjust to your spice tolerance)
- 1/2 tsp orange zest
- enough EVOO to cook with
- 1 tbsp soy sauce

## Directions

In a tad of EVOO, cook the garlic, ginger, and red pepper until the oil is hot.

Stir fry chicken in the oil until cooked (not too done though).

Add the summer squash and celery and cook until they start to get tender.

Add green onions and orange zest to the mix.

Make a hole in the center of the pan and drop in the egg. With your spatula, begin to scramble the egg as it cooks. After it's mostly cooked, mix it in with the rest of the ingredients.

Put the chicken and veg in a bowl to the side, and squirt in some soy sauce to pick up the flavor in the empty pan.

Toss the bean sprouts and the soy sauce together. Cook until warm (don't want to let them get too tender).

Add your beans to a plate, and top with the chicken and veggies.

## Some tips

To mince my garlic and ginger, I use a food processor. I chop them up very roughly and then buzz them with the processor. It could just be in my head, but it seems to open up and blend the flavors more.

If you don't have an orange zester, it's easy enough to use a steak knife and sort of drag the blade across the orange. You'll see tiny pieces of zest sticking to the knife. That's what

goes into the pan. You'll notice that with the zest you still get the flavor of the orange without the sugar in the juice that's usually used in an already sugary sauce.

## **Ginger Pork Stir Fry**

### **Ingredients**

- 2 tablespoons cornstarch
- 1 cup beef broth
- 3 tablespoons soy sauce
- 1 tablespoon sugar
- 1-1/2 teaspoons ground ginger
- 1/2 teaspoon garlic powder
- 1/2 teaspoon crushed red pepper flakes
- 1 pork tenderloin (1 pound), cut into 2-inch strips
- 2 tablespoons canola oil, divided
- 1 package (16 ounces) frozen sugar snap stir-fry vegetable blend, thawed
- Hot cooked rice
- Minced fresh cilantro, optional

### **Directions**

In a small bowl, combine cornstarch and broth until smooth. Stir in the soy sauce, sugar, ginger, garlic powder and pepper flakes; set aside.

In a wok or large skillet, stir-fry pork in 1 tablespoon oil until juices run clear. Remove and keep warm. In the same pan, stir-fry vegetables in remaining oil until crisp-tender.

Stir broth mixture and add to the vegetables. Bring to a boil; cook and stir for 1 minute or until thickened. Return pork to the pan; heat through. Serve with rice and, if desired, sprinkle with cilantro. Yield: 4 servings.



# Ña Ever's awesome Pan de carne

## Ingredients

- 2 lbs ground beef (the leaner the better)
- 1 tbsp EVOO
- pinch or two of nutmeg
- 1/2 onion finely chopped
- 2 tbsp chopped parsley
- 3 cloves of garlic, minced (interesting: they say "teeth of garlic" in Spanish)
- 1 egg
- 4 or so slices of bacon cut up into small pieces
- salt and pepper

## **Optional:**

- 2 carrots, shredded
- 1 pepper, sliced
- 2 or 3 hard-boiled eggs

## Directions

Mix all of the ingredients except the optional ones in a bowl and mix well. Use your hands – it's fun!

On a sheet of aluminum foil, spread out the meat mixture (you're going to roll it in a second)

Lay out in the middle your shredded carrots, peppers, and hard-boiled eggs. Ña Ever leaves them whole, but you can also slice the eggs and lay that out.

Roll the meat up, joining the ends and the seam so it looks like a log. The foil will help you. Use the foil to keep it closed for cooking.

Cook at 350 for 45 mins to an hour. At 40 mins, open the foil a bit to check.

**Make time for it. Just get it done. Nobody ever got strong or got in shape by thinking about it. They did it.**

- **Jim Wendler**

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