



# Taylamade Paleo Plan 2022

## Week One

1. Curry roasted-chicken with roasted Cauliflower, and Sweet Potato Mash (Cal: 360 Fat: 13g Pro: 38g Carb: 25g)
2. Pumpkin Pot Roast (Cal: 430 Fat: 28g Pro: 29g Carbs: 16g)
3. Pulled Beef and Butternut Bake with stewed Tomatoes and Red Onion (Cal: 620 Fat: 38g Pro: 44g Carb: 25g)
4. Creole Chicken with Kale, roasted Pumpkin and Carrots (Cal: 300 Fat: 7g Pro: 44g Car: 20g)
5. Beef Burger Patties with sauteed Baby Spinach, Tomato Salsa, and Onions, and Sweet Potato Fries (Cal: 380 Fat: 19g Pro: 26g Carb: 27g)
6. Lemon Rosemary Chicken Breasts with sauteed Green Beans and roasted Pumpkin (Cal: 340 Fat: 13g Pro: 38g Carb: 16g)
7. Teriyaki Steak with Chili Brussel Sprouts and Buttered Garlic Courgettes (Cal: 300 Fat: 10g Pro: 43g Carb: 13g)
8. Dijon Beef Sausage Casserole with Swiss Chard and Mashed Butternut (Cal: 430 Fat: 22g Pro: 37 Carb: 17g)
9. Chimichurri Beef Fillet Steak, with sauteed Baby Spinach, and Herb-Infused Moroccan Cauliflower "Couscous" (Cal: 400 Fat: 18g Pro: 67g Carb: 28g)
10. Herbs De Provence Chicken with Garlic Broccoli and Spaghetti Squash (Cal: 370 Fat: 17g Pro: 38g Carb: 14g)

## **Week Two**

1. Sage and Cherry Chicken Meatballs with sauteed Kale and Delicata Squash (Cal: 410 Fat: 21g Pro: 31g Carb: 28g)
2. Smoked Brisket with Swiss Chard and Rosemary-Garlic Sweet Potato Wedges (Cal: 590 Fat: 37 Pro: 36g Carb: 28g)
3. Paprika crusted Chicken with Black Pepper Asparagus and roasted Sweet Potato Mash (Cal: 450 Fat: 23g Pro: 37g Carb: 25g)
4. Jerk Chicken with Garlic Spinach and Curried Cauliflower (Cal: 510 Fat: 32g Pro: 40g Carb: 16g)
5. Beefy Sweet Potato Cottage Pie with sauteed Baby Spinach (Cal: 420 Fat: 27g Pro: 36g Carb: 13g)
6. Baked Chicken and Oregano Meatballs with Mustard-Glazed Brussels Sprouts and Mashed Sweet Potato (Cal: 530 Fat: 36g Pro: 28g Carb: 27g)
7. Grilled Chipotle Steak with roasted Broccoli, Red Onion and Beetroot (Cal: 505 Fat: 29g Pro: 33g Carb: 28g)
8. Lemon and herb baked Hake Fillets with roasted Cauliflower and Butternut (Cal: 440 Fat: 24g Pro: 41g Carb: 17g)
9. Sumac and Garlic Chicken Kebabs with Crispy Kale Chips and roasted Sweet Potato (Cal: 460 Fat: 28g Pro: 38g Carb: 15g)
10. Grilled Chicken Over Arugula Cacio E Pepe (Cal: 390 Fat: 17g Pro: 35g Carb: 29g)

## **Week Three**

1. Mushroom and Sage Chicken Meatloaf with Curried Cabbage and Butternut (Cal: 370 Fat: 21 Pro: 31g Carb: 19g)
2. Marinara Beef Stew with Dates, Carrots and Sweet Potato (Cal: 480 Fat: 26g Pro: 31g Carb: 34g)

3. Citrus Cilantro and Cumin Chicken Meatballs with Spinach and roasted Sweet Potato (Cal: 630 Fat: 34 Pro: 44g Carb: 46)
4. Almond and Herb-cruste**d** baked Chicken Thighs with roasted Butternut and sauteed Green Beans (Cal: 450 Fat: 24g Pro: 42g Carb: 17g)
5. Hungarian Beef Goulash with Cauliflower 'rice' (Cal: 490 Fat: 34g Pro: 30 Carbs: 18g)
6. Lemon-garlic and Chili Prawns with Zoodles (zucchini noodles) (Cal: 224 Fat: 8g Pro: 26g Carb: 12g)
7. Carne Asada Skirt Steak with roasted Cauliflower and Coconut Cabbage Slaw (Cal: 440 Fat: 20g Pro: 35g Carb: 26g)
8. Beef Mince Pie Wrapped Around Tomato and Red Pepper Spinach Shakshuka with roasted Broccoli and Spaghetti Squash (Cal: 470 Fat: 30g Pro: 37g Carb: 16g)
9. Chicken Zoodle Stew (Cal: 380 Fat: 15g Pro: 35g Carb: 13g)
10. Lemon Pepper Chicken with Garlic Kale and Butternut Squash and Mushroom 'Risotto' (Cal: 440 Fat: 26g Pro: 35g Carb: 17g)

## **Week Four**

1. Salsa Chicken with sauteed Spinach and Cilantro Spaghetti Squash (Cal: 350 Fat: 17g Pro: 25g Carb: 15g)
2. Moroccan Chicken with Green Beans, grilled Onions and Mashed Sweet Potato (Cal: 410 Fat: 13g Pro: 44g Carb: 29g)
3. Curried Beef Mince with Paprika Potatoes and Mange Tout (Cal: 490 Fat: 28g Pro: 38g Carb: 22g)
4. Chili and lime baked Fish with roasted Peppers, Pumpkin and Onions (Cal: 320 Fat: 14g Pro: 44g Carb: 14g)
5. Beefy Sausage-Stuffed Butternut with Apples and Cranberries (Cal: 530 Fat: 37g Pro: 35g Carb: 14g)
6. Grilled Chicken with Spaghetti Squash Carbonara (Cal: 350 Fat: 13g Pro: 43 Carb: 16g)
7. Roasted Garlic Marinara Beef Meatballs with Mushroom Ragout and Spaghetti Squash (Cal: 430 Fat: 26g Pro: 35g Carb: 15g)

8. Rosemary-Dijon crusted Chicken breast with roasted Broccoli and baked Apples  
(Cal: 420 Fat: 3g Pro: 37g Carb: 23g)
9. Beanless Chicken Chili (Cal: 360 Fat: 14g Pro: 40g Carb: 18g)
10. Steak Stir-fry with Sweet Potato Noodles (Cal: 340 Fat: 15g Pro: 37g Carb: 14g)