

# Recipe and Meal Planning Guide

For Fat Loss

## Hello again!

Alright, with all these new eating guidelines, you're going to want some help with recipes and meal planning. You're in luck because you'll be eating a Paleo diet, and when you search google for "Paleo recipes", you get 10,300,000 results! When you search Paleo meal plan, you get 3,900,000 results! So there are a lot of resources out there.

But which ones should you use?

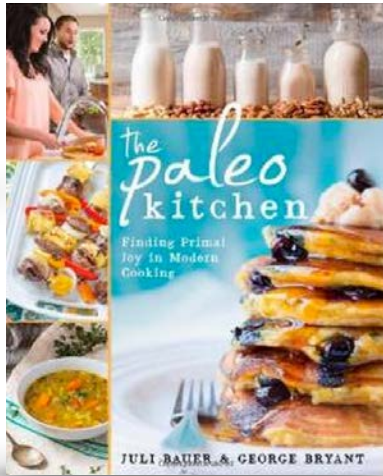
## BEST RECIPE SOURCES FOR FAT LOSS

The following is a list of my favorite cookbooks and their associated websites. Many of these books and websites also provide meal plans, so see which one resonates with you the best and give it a try.

## We're Not All Julia Childs

There are millions (ok, not millions, but a LOT) of cookbooks out there these days, and it's hard to know which ones will help you get from point A to point B on your fat loss journey in the most delicious way possible. I've used many of the best cookbooks out there--mostly scouring them for good brownie recipes ☺. So I'm going to let you in on the ones I've found that have the most delectable recipes and that don't require me to be in the kitchen for days at a time. All of the recipes in these cookbooks are gluten, grain, and sugar free, so your waistline (and overall health) will thank you.

1



## The Paleo Kitchen

by George Bryant and Juli Bauer

These guys are not only my friends, they're also 2 of the most creative Paleo chefs around. They love comfort foods, rich flavors, and beautiful food, and this book is a collection of the best of their best.

[Get one for yourself...](#)

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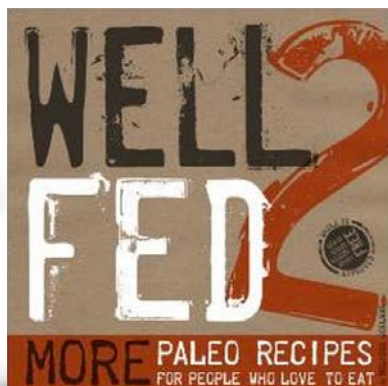
## Well Fed

by Melissa Joulwan

If you've never seen this book, you're missing out. By far, the most popular cookbook among my old readers on Paleo Plan is this one. It's full of ethnic comfort foods, sugar-less desserts, and hearty meals. She knows what's up. I've eaten her food before – I know!

[Get one for yourself...](#)

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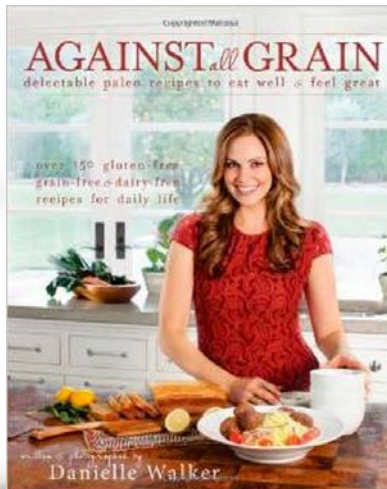
## Well Fed 2

by Melissa Joulwan

I know, I know. It's the same person on this list twice, but she's JUST THAT GOOD! Once again, she created hundreds of gluten and grain-free recipes—and truly Paleo in that they're dairy free, which I appreciate—that satisfy your need for diversity, deliciousness, and heart-meltingly good food. Highly recommended.

[Get one for yourself...](#)

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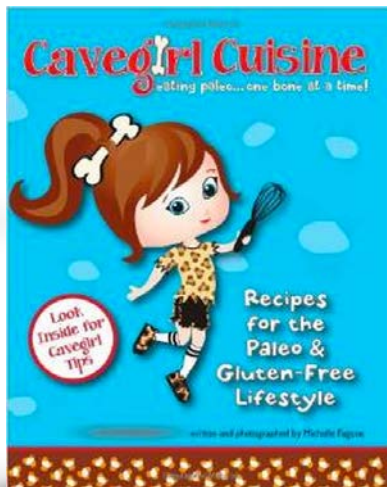
## Against All Grain

by Danielle Walker

Danielle cured her own autoimmune disease by choosing to eat Paleo – grain free, dairy free, and legume free – and she shows everyone how she did it in this absolutely beautifully photographed cookbook. The food’s good, too ;)

[Get one for yourself...](#)

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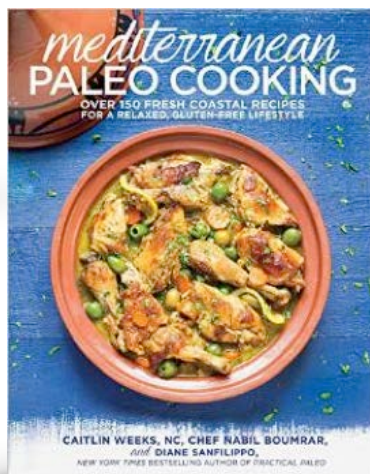
## Cavegirl Cuisine

by Michelle Fagone

With recipes like Chunky Chocolate Cookies, Tangerine Chicken, and Sweet Potato Pancakes with Blueberry Maple Butter, how can you really say no to this book? Plus, it has mouthwatering photos and her own sweet, playful style all throughout. I love her site, and I love this book.

[Get one for yourself...](#)

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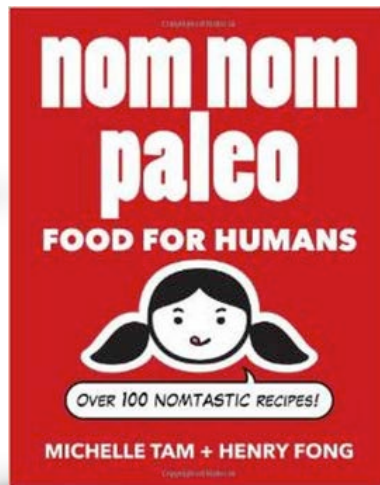
## Mediterranean Paleo Cooking

by Caitlin Weeks, Nabil Boumrar, & Diane Sanfilippo

Want the comfort of a home-cooked Italian or Greek meal without all the grains and carbs? Here’s your answer. Think meatballs, pizza, falafel, and much more.

[Get one for yourself...](#)

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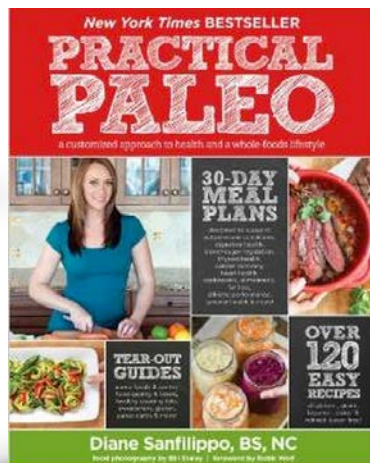
## Nom Nom Paleo

by Michelle Tam and Henry Fong

These are all recipes from one of the most popular food bloggers out there. These parents turned their health and their kids' health around with these recipes! Spicy Tuna Cakes and Strawberry Banana Ice Cream are included.

[Get one for yourself...](#)

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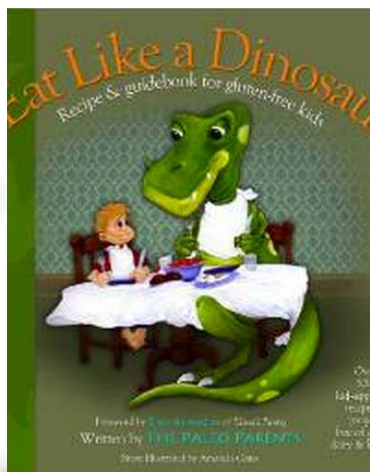
## Practical Paleo

by Diane Sanfilippo

Diane has helped hundreds of thousands of people get to their optimal body composition and health by guiding them through the process step-by-step. In this book, there are meal plans and over 120 recipes, including Butternut Sage Soup and No Moo Chocolate Mousse.

[Get one for yourself...](#)

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## Eat Like A Dinosaur

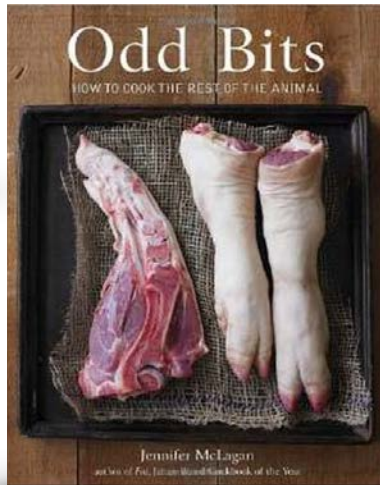
by the Paleo Parents

This book is for families who want guidance on how to get their kids involved in their new health pursuits. With recipes like Pork Roast With Squishy Squashy Apples and Curried Mussels, Not Muscles, kids will love these healthy delicious meals!

[Get one for yourself...](#)



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## Odd Bits

by Jennifer McLagan

The “odd bits” of animals - the liver, tongue, bones, hearts, and tails - are some of the most nutrient dense foods in the world. Because of that, they’ll help you lose fat and heal. This cookbook shows you how to make them delicious

[Get one for yourself...](#)

# BEST MEAL PLANNING RESOURCES

The key to a sustainable healthy weight loss plan is a meal plan. I didn’t create my own because I didn’t think I needed to re-invent the wheel. There are plenty of free and paid programs out there. Here they are.

## THE 2 BEST **FREE** MEAL PLANNING PROGRAMS

**My Kitchen from [PrimalPalate.com](http://PrimalPalate.com):**  
[www.primalpalate.com/paleo-products/mykitchen-app/](http://www.primalpalate.com/paleo-products/mykitchen-app/)

**2 Week Meal Plan from [PaleoGrubs.com](http://PaleoGrubs.com):**  
<http://paleogrubs.com/paleo-diet-meal-plan>

## THE 2 BEST **PAID** MEAL PLANNING PROGRAMS

**PaleoPlan’s Meal Plan Subscription service:**  
[www.paleoplan.com/paleo-meal-plans](http://www.paleoplan.com/paleo-meal-plans)

**Saving Dinner’s Paleo Club:**  
<http://savingdinner.com/store/paleo-meal-club/>

## **Paleo Plan:**

It's affordable and the meals are delicious! I know because I managed that meal plan and website for 3 years. You get shopping lists, recipes, and menus every week, plus prep tips to make your time in the kitchen as efficient as possible. This will help you save food waste and save money.

## **Saving Dinner's Paleo Club:**

Also very affordable! You get weekly meal plans and shopping lists, PLUS you get recipes for bulk meals that you can freeze and have on days you just don't have time to cook.

# **DIY MEAL PLANNING AND RECIPE CREATION**

**If you're a do-it-yourself kind of person, here are some guidelines for you:**

## **MEAL CREATION**

Create your meals around 4-6 ounces of meat or 6-8 ounces of fish, depending on how large of a person you are and how active you are.

Add copious amounts of veggies, probably more than you've eaten in the past, so don't be shy about it! Remember that veggies contain a lot of water, so when you cook them, their bulk decreases. You end up with a lot less than you chopped up on your cutting board.

You can do stir fries, salads (cook some meat, slice it up, put it on a salad), crock pot meals, soups, marinaras (meat, veggie tomato sauce served over spaghetti squash), or lettuce wraps (meat and other veggies wrapped in romaine lettuce). You can do curries (substitute cauliflower rice for regular rice), Mexican fajitas with guacamole (skip the tortillas and sour cream), or whatever your heart desires.

Using different spices and oils will help you create dishes of different ethnicities and keep things interesting.

High quality deli meat and raw veggies with a side of guacamole or plain avocado make for a delicious and quick meal.

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## MEAL PLANNING TIPS AND TRICKS

Here are the best practices I've seen in my time helping to run a meal planning site.

- Figure out which recipes and snack foods you'll be using for the week.
- Tally up the ingredients you'll need for those meals in a list, taking into consideration the number of people you'll be feeding.
- Go to the grocery store/farmers market/local farms/online and buy those ingredients so you have them in your fridge all week.
- Spend a few hours on Sunday (or any day) chopping veggies, roasting meat, hard-boiling eggs, mixing up trail mixes, and pre-cooking bulk recipes (soups, roasts, etc.) so you always have something in your freezer to take out on days when you won't have time to cook.
- Make dinners for yourself most days, but cook double the amount you need. Eat the leftovers for lunch the next day, or put the leftover meat on a salad for lunch the next day.
- Pre-cook bacon on your big prep day so you can just heat it up for breakfast every morning. A great quick breakfast is pre-cooked bacon and hard boiled eggs.
- Create or buy trail mixes made of nuts, seeds, and dried fruit, and take small portions of them to work with you every day (if you take the whole bag, you'll be tempted to eat the whole bag and that's a dangerous thing to do for weight loss!)
- Eat half your breakfast for breakfast and half as a mid-morning snack if you need one.



A solid breakfast is veggies, eggs, and bacon/sausage scrambled up in one pan with some coconut oil or some of the bacon grease from the bacon. It's easy, relatively quick, and really satiating. It starts your day off well.

## HOW MUCH TO EAT

How much you eat really depends on how big you are, if you're a man or a woman, if you're active, and your personal appetite and metabolism.

### DIY

Ideally, you would figure out how much to eat by listening to your body's hunger and satiety cues. When your stomach is grumbling, eat something. When you've had enough to eat - not too much and not too little - stop eating. Push the plate away and save the leftovers. You're going for a level 7 or 8 out of 10 on the satiety scale, with 0 being absolutely starving and 10 being Thanksgiving dinner stuffed.

Listen to your body, pay attention to yourself while you eat, and check in regularly throughout your meal. This will take some practice, but eventually you'll figure out the perfect amount of food to keep you satisfied for at least a few hours and help you reach your weight loss goals.

### CALORIE COUNTING

If you don't quite trust yourself to figure out how much you should be eating on your own, I suggest you go to [myfitnesspal.com](https://myfitnesspal.com) and create a free account. Then go in and enter all of your information - age, weight, weight goals, activity level, height, etc. They'll pop out a number for you for calories. They will not tell you the proper amount of carbohydrates, protein, and fat to eat, so ignore their parameters or make your own guidelines in the program, which are roughly 25% carbs, 25% protein, and 50% fat.

Then record what you're eating every day for a week or so. It'll help you get to know your needs, your food's content, and when enough is enough.



CAVEAT: [myfitnesspal.com](http://myfitnesspal.com) is great, but sometimes it tells you to eat too few calories when you tell it you're trying to lose weight. If you're following their guidelines on calories, make sure you're getting enough food. If you start to feel light-headed, dizzy, tired, low blood sugar, really hungry, or grumpy, eat more food (carbs, protein, and fat - not just one) and manually change the parameters in the program to reflect that increase.

I hope this helps guide you in your eating habits a bit! All of this may seem a little daunting at first, but you will get the hang of it - I promise. Just stick with it for a while and it'll become second nature to cook, eat, and plan this way.

Enjoy!

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