



What to Cook	How to Use	How to Cook
Boil 1 Dozen Eggs	Great for a quick protein snack with salt and pepper or hot sauce sliced on top of salads or made into egg salad for lettuce wraps!	Perfect Hard Boiled Eggs- Nom Nom Paleo
Saute 2 Bunches Kale	A perfect side dish, fry up an egg and serve it on top for kale and eggs, add some ground beef and serve inside stuffed bell peppers.	In a large pan, heat up some EVOO, add garlic, S&P and lemon. Sauté for 10 minutes until tender.
Roast 2 Bunches Broccoli	Crunchy roasted broccoli is great as a side dish, you can also add it to salads or add it to a stir fry last minute!	Preheat oven to 400. Drizzle with EVOO or walnut oil, add salt and pepper and maybe some chili powder. Roast for 35-40 minutes. You'll start to see the broccoli brown and get crunchy!
Simmer 4-6 Chicken Breasts in the Crock Pot	Makes awesome shredded chicken, great for lettuce wraps, on top of salads or as a main dish.	Just toss them in the crock pot for 2-3 hours. Add a jar of red or green salsa, salt and pep and 1 cup of chicken broth.
Caramelize 3 Onions	Great for on top of salads, delicious on top of mashed sweet potatoes and great for good ol' bun-less burger.	Heat some EVOO in a large pan to low. Add the onions and cook for about 25 minutes. This takes a bit of time but you'll be glad you put in the effort! Salt and pepper at the end to taste.
Bake 4 Large Sweet Potatoes	You can cut them into chunks to bake them initially and turn them into mashed sweet potatoes later. I mix mine with grass-fed ground beef. They're the perfect dinner side dish and are even better as leftovers!	Preheat the oven to 400. Coat the cubed sweet potatoes in oil of your choice (no canola or vegetable) and bake for 40 minutes until fork tender.
Roast 1 Whole Chicken	The possibilities are endless when you roast a chicken. You can have the leftovers as is, turn it into a chicken stir fry or lettuce tacos for dinner, serve over a green salad or even make chicken salad,	My favorite recipe in the whole world! Don't forget to freeze the carcass to make broth!
Brown 2lbs Grass-fed Ground Beef	Ground beef is perfect for a main dish or for lunches. I stuff bell peppers, mix with roasted brussels sprouts, serve over sweet potatoes or pile on top of a salad.	Heat up a tbsp of EVOO to medium high heat. Add the beef and cook until the pink has just gone away. Season with fajita seasoning, garlic powder or whatever you fancy!

Wash and Store Your Greens	I usually get 2 or 3 different types of greens. My favorite mix is spinach, kale and arugula. Wash them all up and store them in a large tupperware or zip lock bag so you can grab a handful and be on your way to a great salad.	You can either soak your greens or rinse them in a colander. Make sure you've removed any stems and/or cut them into bite sized pieces.
Prep Salad Toppings	Chop up all of your salad toppings ahead of time and store together. Again, you can just grab a handful to top your salad greens. Make sure to leave tomatoes out!	I like to use radish, green onion, shredded carrots, red bell pepper, berries and celery. I store mine in a large mason jar.
Make-Ahead Salad Dressings	Put together a big batch of home-made dressing that you can shake up and serve over your salads.	3 parts oil to 1 part vinegar is the trick. Here are my 11 Amazing Paleo Salad Dressings .

A few notes:

- This is my go-to list of what to prep ahead so save time, money and always have Paleo friendly meals on hand!
- Choose your day to prep cook, give yourself 2-3 hours, turn up the music and get cooking! Weeknight meals will be a breeze!
- Try to think about what you'll have in the oven, on the stove and in the crock pot in terms of timing. That way you'll stay efficient and on track for a beautiful prep day.
- I treat my prep day like an appointment with a boss. No one can take my time slot because if I don't prep cook, I cheat!