



30DC

PALEO RECIPE

COOKBOOK

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Introduction

Healthy eating doesn't need to be bland, boring, or terribly time-consuming. In fact, the recipes in this cookbook will show you quite the opposite: healing your body with simple Paleo foods is delicious, exciting, AND easy! The recipes in this book have been designed and hand-selected by our team of nutritionists, so you can rest assured knowing that all your nutrient bases will be covered.

The best part? These recipes are made from simple Paleo ingredients that your body can actually utilize for fuel. In stark contrast, the many "Frankenfoods" of today contain foreign chemicals and macronutrient ratios that are totally unnatural to the human body. Do you know what happens to stuff that your body deems as foreign? First, it wreaks havoc on the liver, and then it gets stored away as body fat!

Not only are the Paleo meals in this cookbook extremely tasty, but they also provide the energy and nutrients (in the correct ratios) that your body needs to thrive and heal damage at the cellular level. Simple food isn't difficult, nor is healthy living. I'm excited for you to see just how easy and delicious eating Paleo can be!

In good health,
Kinsey Jackson, MS, CNS®
PaleoPlan Nutritionist



RECIPE MEASUREMENTS KEY

tablespoon = tbsp
teaspoon = tsp

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BLUEBERRY Coconut Cereal

L Total Time: 30 minutes

Y Yield: 8 servings

Ingredients:

- 2 cups pecans chopped
- 1/3 cup coconut oil
- 6 medium dates pitted
- 1 cup pumpkin seeds
- 1 tbsp vanilla
- 2 tsps cinnamon
- 1/2 tsp sea salt
- 1/2 cup coconut flakes unsweetened
- 1/2 cup blueberries, dried no sugar added

Instructions:

1. Preheat oven to 325°F.
2. Put half the pecans, coconut oil, and dates in a food processor. Pulse until very finely ground, but not smooth.
3. Add the remaining pecans and pumpkin seeds and pulse just once or twice to rough chop.
4. Transfer to a bowl and add the vanilla, cinnamon and salt. Stir and spread on a baking sheet.
5. Bake for about 20 minutes, until browned. Remove, let cool, and stir in the coconut and blueberries.
6. Store in an airtight container until ready to serve.

CALORIES = 418

Carbohydrates = 19G


Protein = 9G

Fat = 35G



ALMOST Oatmeal

 **Total Time:** 10 minutes

 **Yield:** 2 servings

Ingredients:

- 1½ cups applesauce, unsweetened
- 4 tbsps almond butter raw, chunky
- 2 tbsps coconut milk, full fat unsweetened canned
- 1 tsp cinnamon to taste
- 1 tsp nutmeg, fresh grated (optional)

Instructions:

- 1.** Combine all ingredients in a small pan over medium heat, stirring often until all is thoroughly combined and warm.
- 2.** Add fresh or dried fruits and/or nuts for additional texture and flavor.

CALORIES = 335

Carbohydrates = 29G

Protein = 8G

Fat = 22G



GREEN Smoothie Bowls

🕒 Total Time: 10 minutes

🍴 Yield: 4 servings

Ingredients:

Smoothie

- 1 medium avocado
- 3 medium bananas frozen
- 1 cup pineapple diced
- 2 cups spinach or kale, chopped
- 2 tbsps almond butter
- ½ cup almond milk, unsweetened

Toppings

- ½ cup strawberries, fresh sliced
- ½ cup pecans chopped
- ¼ cup coconut, unsweetened shredded
- 1 tbsp sesame seeds, toasted
- ¼ tsp turmeric
- ¼ tsp cinnamon

Instructions:

- 1.** Put the smoothie ingredients in a blender and blend until thick and creamy, adding a little water if necessary. Be careful not to add too much liquid — you want it to be thicker than a smoothie. Divide the mixture between bowls.
- 2.** Top with the toppings and serve with a spoon.

CALORIES = 375

Carbohydrates = 39G

Protein = 8G

Fat = 22G



SMOKED SALMON AND *Fennel with Dill*

🕒 Total Time: 15 minutes

🍴 Yield: 2 servings

Ingredients:

- 2 bsps coconut oil
- 2 small fennel bulbs diced
- 4 ounces salmon, smoked
- 2 tbsps dill, fresh
- ½ tsp black pepper freshly ground, to taste

Instructions:

1. Heat a medium saute pan over medium-high heat. Add coconut oil when pan is hot.
2. Add fennel and saute until slightly tender (about 10 minutes)
3. Add smoked salmon to heat through.
4. Season with black pepper and top with fresh dill to serve.

CALORIES = 333

Carbohydrates = 21G

Protein = 29G

Fat = 18G



HIGH ENERGY Breakfast Bars

⌚ Total Time: 10 minutes

🍴 Yield: 4 servings

Ingredients:

- 1 cup almonds
- 1 cup cashews
- ½ cup coconut, unsweetened shredded
- ¼ tsp sea salt
- ¼ cup honey, raw

Instructions:

- 1.** Put the almonds and cashews in a food processor and pulse until rough chopped. Add the coconut and pulse a few more times, being careful not to over chop. Transfer to a bowl and add the salt and honey. Mix well.
- 2.** Line a square baking sheet with parchment paper. Press the mixture into the pan with your fingers and transfer the pan to the refrigerator. Chill for 2-3 hours until firm. Cut into bars and store in an airtight container.

CALORIES = 434

Carbohydrates = 35

Protein = 11G

Fat = 31G



ARUGULA AND LEEK *Frittata*

🕒 Total Time: 30 minutes

🍴 Yield: 4 servings

Ingredients:

- 12 large eggs
- ½ cup coconut milk, full fat
- 2 tbsps coconut oil
- ¾ medium leeks sliced
- 2 medium garlic cloves minced
- 4 cups arugula, baby
- ½ cups tomatoes, cherry or grape halved
- 2 tbsps olive oil
- 1 tsp balsamic vinegar
- ⅛ tsp sea salt to taste
- ⅛ tsp black pepper to taste

Instructions:

1. Preheat oven to 350°F.
2. Beat the eggs with the coconut milk and a pinch of salt until well combined.
3. Heat the coconut oil in a cast iron skillet and add the leeks. Cook until soft and add the garlic. Cook for 1 minute, stir, and turn off the heat. Pour the eggs in the pan. Season with salt and pepper and bake for 20-25 minutes, until the eggs are set, being careful not to overcook.
4. Let stand for 5 minutes. Top with the arugula and tomatoes. Whisk the olive oil and vinegar together and drizzle over the top before serving.

CALORIES = 390

Carbohydrates = 7G

Protein = 18G

Fat = 33G



SAUSAGE AND ZUCCHINI Breakfast Casserole

L Total Time: 75 minutes

🍴 Yield: 4 servings

Ingredients:

- 3 medium zucchini trimmed
- 4 large mushrooms white button or cremini halved
- 1 large onion, yellow peeled and quartered
- 1 pound sausage, ground breakfast
- ½ tsp thyme, fresh (optional)
- 2 tbsps almond flour
- 6 large eggs
- ½ tsp garlic, granulated
- ½ tsp sea salt
- ¼ tsp cayenne pepper (optional)

Instructions:

1. Preheat oven to 400°F.
2. Place a grater blade on a medium or large food processor (or just use a box grater to shred the veggies by hand). Grate the zucchini, mushrooms and onion. With a paper towel, squeeze excess moisture out of the zucchini.
3. Scrape the veggie mixture into the bottom of a 8x8 or 9x9 baking dish and lightly pat down to form an even surface.
4. Crumble the raw sausage on top of the veggies. Sprinkle with fresh thyme and almond flour.
5. In a medium mixing bowl, combine eggs, granulated garlic, sea salt, and cayenne (optional) and whisk until eggs are a pale yellow (about 30 seconds).
6. Pour egg mixture evenly over sausage and veggies in the baking dish. It should sink to the bottom of the pan.
7. Place in oven and bake for 45 to 55 minutes, or until browned on top and cooked through. There will be some residual water from the vegetables.
8. Cool at least 15 minutes. Slice into 4 servings and enjoy warm or cold.

CALORIES = 471

Carbohydrates = 11G

Protein = 41G

Fat = 30G



BLT Breakfast

⌚ Total Time: 20 minutes

🍴 Yield: 2 servings

Ingredients:

- 6 slices bacon diced
- 2 cups spinach, baby
- 1 cup tomatoes, cherry or grape halved (or use 1 medium tomato, chopped)
- 4 large eggs
- 1 medium avocado
- 2 tbsps almonds, slivered

Instructions:

- 1.** Cook bacon in a large skillet over medium-low heat, stirring frequently until fully cooked (about 15 minutes). Remove 1 tablespoon of bacon drippings and set aside.
- 2.** Add baby spinach and tomatoes to the bacon and remaining drippings, and toss until spinach is wilted and tomatoes are warmed (a few minutes). Remove from heat.
- 3.** Meanwhile, heat a non-stick pan over medium heat. Add reserved bacon drippings when pan is hot. Fry eggs in bacon drippings.
- 4.** To serve, place the eggs on top of the bacon, spinach and tomatoes, and top with avocado and slivered almonds. Season with freshly ground black pepper and sea salt, if desired.

CALORIES = 502

Carbohydrates = 14G

Protein = 24G

Fat = 40G



VEGGIES AND Eggies

🕒 Total Time: 30 minutes

🍴 Yield: 2 servings

Ingredients:

- 4 slices bacon reserve 1 tablespoon bacon grease
- ¼ medium onion, yellow diced
- 6 large kale leaves chopped
- 1 medium garlic clove minced
- 4 large eggs
- 1 medium avocado sliced

Instructions:

- 1.** Cook bacon. Remove from pan and put on paper towel to absorb extra oil. Crumble bacon when cool, and set aside.
- 2.** Drain pan of all but a coating of bacon grease.
- 3.** Sauté onion in bacon grease until slightly translucent. Add garlic and kale to pan, and continue to cook until tender. Remove to two plates.
- 4.** With the pan still hot, cook the eggs over easy in the leftover juices of the sauté.
- 5.** When the eggs are cooked, layer them on top of the vegetables.
- 6.** Top with the sliced avocado and crumbled bacon.

CALORIES = 584

Carbohydrates = 18G

Protein = 19G

Fat = 48G



BAKED EGGS IN Bacon Rings

L Total Time: 35 minutes

U Yield: 2 servings

Ingredients:

- 6 slices bacon
- 1 tbsp bacon drippings for brushing tins
- 4 large eggs
- 1 medium tomato cut into slices
- ½ medium onion chopped
- 4 medium mushrooms, white button
- ½ tsp black pepper freshly ground

Instructions:

1. Preheat oven to 325°F.
2. Cook bacon in a skillet over medium heat until it begins to shrivel (about 3 minutes). Remove bacon from pan and set aside.
3. Discard all but a shallow film of bacon fat in the bottom of the skillet.
4. Brush 4 cups in a muffin tin or 4 small ramekins with bacon fat from the pan.
5. Add chopped onions and mushrooms to hot pan with remaining bacon drippings in the skillet and cook over medium heat until softened.
6. Meanwhile, place a tomato slice in the bottom of each cup. Circle the inside of each cup with 1.5 strips of bacon.
7. Break an egg into each muffin cup and season with pepper.
8. Add sauteed mushrooms and onions over the egg.
9. Fill any unused tins with water to protect from burning.
10. Bake in the oven for 20 minutes.
11. To serve, loosen the edges of the eggs with spatula and transfer the eggs to plates.

CALORIES = 555

Carbohydrates = 13G

Protein = 22G

Fat = 47G



OMELET Muffins

L Total Time: 30 minutes

Y Yield: 4 servings

Ingredients:

- 8 large eggs
- ⅛ cup water
- ½ pound chicken, ham, or sausage cooked and cut or crumbled into small pieces
- 1 medium bell pepper, red diced
- ¼ pound asparagus diced (or broccoli)
- ½ medium onion, yellow diced
- ¼ tsp sea salt
- ⅓ tsp black pepper freshly ground
- 1 package paper muffin liners or coconut oil

Instructions:

1. Preheat oven to 350°F.
2. Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1 inch of water, so they do not scorch while baking.
3. Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add.
4. Pour mixture into the muffin cups.
5. Bake for 18-20 minutes.

CALORIES = 325

Carbohydrates = 7G

Protein = 26G

Fat = 21G



EGGS WITH AVOCADO AND *Salsa*

⌚ Total Time: 10 minutes

🍴 Yield: 2 servings

Ingredients:

- 4 large eggs
- ½ medium avocado sliced
- ½ cup almonds sliced or slivered
- 4 tbsps salsa

Instructions:

1. Heat non-stick skillet over medium-high heat.
2. Beat eggs in a small bowl, and pour into skillet.
3. Cook for 1 minute and turn heat to medium-low. Finish cooking (about 2-4 minutes longer).
4. Top with almonds, avocado and salsa. Season with freshly ground black pepper and sea salt, if desired.

CALORIES = 415

Carbohydrates = 13G

Protein = 21G

Fat = 32G



FRIED EGGS WITH Sweet Potato Hash

L Total Time: 35 minutes

U Yield: 2 servings

Ingredients:

- 1 tbsp coconut oil divided
- 1 medium sweet potato(es) diced into ½ inch cubes
- ½ medium onion, yellow diced
- 2 medium sausages nitrite/nitrate free, sliced
- 1 medium bell pepper diced
- 2 tbsps water
- 4 large eggs
- ¼ tsp black pepper freshly ground

Instructions:

1. In a large skillet, heat coconut oil over medium heat.
2. Add the onions and sweet potatoes, and saute for 5 minutes.
3. Add the sausages and continue to cook until sausages are browned and sweet potatoes are slightly softened.
4. Add bell peppers and water.
5. Cover and cook for 15 minutes or until the potatoes are completely soft, stirring frequently.
6. Meanwhile, fry eggs in coconut oil.
7. Season eggs with freshly ground black pepper and serve over sweet potato hash.

CALORIES = 692

Carbohydrates = 42G

Protein = 32G

Fat = 44G



BANANA ALMOND Pancakes

🕒 Total Time: 25 minutes

🍴 Yield: 2 servings

Ingredients:

- 2 medium banana(s)
- 2 large eggs
- 1 tbsp coconut flour
- 2 tbsps almond butter
- 1 cup blueberries, fresh or frozen
- ¼ cup nuts of choice (walnuts, macadamia, almonds are good), chopped
- 1 tsp coconut oil
- ¼ tsp sea salt (optional)

Instructions:

1. Mash bananas in a bowl.
2. Add the eggs, coconut flour, almond butter, blueberries, nuts and salt, and whisk until well blended.
3. Heat a large non-stick skillet over medium heat along with a small pat of coconut oil.
4. Pour small discs of batter onto the hot pan (around 3-4 inches around). They'll be easier to flip if you keep them from the edges of the pan.
5. Flip when batter loses its "tackiness" around the edges.
6. Cook other side slowly over medium heat until fully cooked.
7. Reapply oil to the pan after each round of pancakes.

CALORIES = 0

Protein = 0


Protein = 0

Carbohydrates = 0



PALEO PUMPKIN SPICE *Latte*

 **Total Time:** 5 minutes

 **Yield:** 1 serving

Ingredients:

- 12 ounces coffee
- 1 tbsp pumpkin puree, organic
- 1 tsp maple syrup to taste
- 1 tbsp coconut milk, full fat or more if you like it creamier
- 1/8 tsp cinnamon
- 1/8 tsp ginger, ground
- 1/8 tsp nutmeg, ground

Instructions:

1. Mix all ingredients together and enjoy any time of year. Add some [Paleo Whipped Cream](#) for something extra special.

CALORIES = 54

Carbohydrates = 7G

Protein = 1G

Fat = 3G



CAFÉ Mocha

 **Total Time:** 5 minutes

 **Yield:** 1 serving

Ingredients:

- 12 ounces coffee
- 1 tbsp coconut milk, full fat
- 1 tbsp coconut cream
- 2 tsps maple syrup
- 1 tsp honey, raw
- 2 tsps cacao powder or more to taste

Instructions:

1. Combine all ingredients and enjoy this special treat.

Note: Some like it to taste more milk chocolatey, while others will prefer more of a dark chocolate taste, so this is one of those recipes where you need to taste it as you make it to get the right balance. You can also add some vanilla extract, some stevia, or some cinnamon to take it up a notch.

CALORIES = 0

Protein = 0

Protein = 0

Carbohydrates = 0



CAPPUCCINO

Paleo-style

 **Total Time:** 5 minutes

 **Yield:** 1 serving

Ingredients:

- 12 ounces coffee strong, dark brewed
- 1 tbsp ghee or coconut oil
- 1 tbsp coconut oil
- 1 tbsp coconut cream
- 2 tsps honey, raw
- 2 tsps maple syrup
- 1 tsp coconut sugar
- 1 tsp vanilla to taste

Instructions:

1. Combine all ingredients and enjoy this special treat.

CALORIES = 388

Carbohydrates = 25G


Protein = 1G

Fat = 29G



GINGER TURMERIC Smoothie

 **Total Time:** 5 minutes

 **Yield:** 2 servings

Ingredients:

- 1 medium banana
- 1 cup pineapple diced
- 1 tsp ginger, fresh grated
- ½ tsp turmeric
- 1 medium lemon, juiced
- 1 tsp honey, raw
- 1 cup coconut milk, full fat
- 1 cup ice omit if using frozen fruit

Instructions:

1. Put all of the ingredients in a blender and blend until smooth. Drink immediately.

CALORIES = 349

Carbohydrates = 32G

Protein = 3G


Fat = 24G



BEETS AND BERRIES

Smoothie

 **Total Time:** 5 minutes

 **Yield:** 2 servings

Ingredients:

- 1 large banana frozen
- 2 cups strawberries, frozen
- ½ medium avocado
- 1 large beet peeled and grated on a box grater
- 1 cup almond milk, unsweetened

Instructions:

1. Put all of the ingredients in a blender and blend until smooth and creamy, adjusting consistency with cold water if necessary. Serve immediately.

CALORIES = 292

Carbohydrates = 42G


Protein = 8G

Fat = 13G



APPLE AND ALMOND BUTTER Green Smoothie

 **Total Time:** 10 minutes

 **Yield:** 2 servings

Ingredients:

- 2 cups spinach, baby
- 3 tbsps almond butter natural
- 1 medium apple, tart Granny Smith, cored and chopped
- 1 medium banana frozen
- 1 cup water, cold

Instructions:

1. Put all ingredients in a blender and blend until smooth and creamy. Serve immediately.

CALORIES = 259

Carbohydrates = 31G


Protein = 7G

Fat = 14G



BLACKBERRY THYME Smoothie

 **Total Time:** 10 minutes

 **Yield:** 2 servings

Ingredients:

- 1 medium banana
- ½ cup spinach, baby
- ½ tsp thyme, fresh
- 1 medium lime, juiced
- 2 cups blackberries, frozen
- ½ cup coconut milk, full fat

Instructions:

1. Put all of the ingredients in a blender and blend until smooth, adding a little bit of water to thin out if necessary. Serve immediately.

CALORIES = 255

Carbohydrates = 31G

Protein = 4G

Fat = 15G



GARLIC AND PEPPER Cashew Dip

🕒 Total Time: 4 hours

🍴 Yield: 4 servings

Ingredients:

- 1 cup cashews, raw
- 2 medium garlic cloves
- 4 tbsps olive oil
- 2 tbsps lemon juice
- ½ tsp black pepper
- ½ tsp sea salt
- 2 tbsps yeast, nutritional optional

Instructions:

- 1.** Put the cashews in a large bowl and cover with cold water. Allow to soak for 4 hours.
- 2.** Drain and put in a blender with the garlic, olive oil, salt, pepper, and nutritional yeast if using.
- 3.** Blend until smooth, adding a bit of water to help it along if necessary. Taste, adjust seasoning, and serve with veggies.
- 4.** Store leftovers in the refrigerator for up to 3 days.

CALORIES = 337

Carbohydrates = 14G

Protein = 8G

Fat = 30G



PIGS In a Blanket

L Total Time: 50 minutes

Yield: 6 servings

Ingredients:

- 1 package cocktail wieners, uncured, fully-cooked, nitrate-free, smoked (about 25 wieners for 6 servings)
- 1½ cups almond flour
- ¼ tsp sea salt
- ¼ tsp baking soda
- 1 large eggs
- 1 tbsp coconut oil melted

Instructions:

1. Preheat oven to 350°F and pull out a baking sheet.
2. Combine the dry ingredients (almond flour, sea salt, baking soda) in a medium-sized bowl.
3. In a separate small bowl, whip together the egg and melted coconut oil with a fork.
4. Pour the wet ingredients into the dry ingredients and mix together to form a ball of dough.
5. Place the dough ball on a cutting board, and cover with a piece of parchment paper cut to the size of the baking sheet you will be using.
6. Roll out the dough using a rolling pin (or something cylindrical), until you have a flat thin sheet approximately ⅓ inch thick.
7. Cut strips approximately 1-1 ½ inch wide to make the "blanket" for your piggies.
8. Remove cocktail wieners from package, and pat dry.
9. Carefully wrap the cocktail wieners in the strips of almond flour, forming the dough firmly around the sausages.
10. Place the same sheet of parchment paper on a baking sheet and then place the pigs in their blankets onto the lined baking sheet.
11. Bake at 350°F for 20 to 30 minutes, until dough is cooked through and lightly browned.
12. Let the piggies cool for a few moments on the baking sheet before removing them.
13. Serve with dijon mustard, ketchup, or another Paleo-friendly dipping sauce.

CALORIES = 360

Carbohydrates = 6G

Protein = 20G

Fat = 30G



BUFFALO CHICKEN WINGS

IN

“Peanut Sauce”

⌚ Total Time: 45 minutes

🍴 Yield: 4 servings

Ingredients:

- 1½ pounds chicken wings
- 2 tbsps almond butter
- ¼ cup hot pepper sauce (with no added sugar or preservatives; may use 2 tbsps tomato paste and an additional 2 tbsps of olive oil as a milder alternative)
- 4 tbsps coconut aminos (tastes like soy sauce)
- 2 tsps olive oil
- ¼ tsp sea salt (optional)

Instructions:

1. Preheat oven to 375°F.
2. Line a rimmed baking sheet with parchment paper and spread wings out evenly. Bake for 20 minutes.
3. Meanwhile, soften almond butter in a small saucepan over medium heat. Stir occasionally.
4. When soft, stir in hot pepper sauce, coconut aminos, olive oil, and sea salt (if desired). If sauce gets too thick, add a bit of hot water.
5. After 20 minutes of cooking, remove wings from oven. Turn and brush each wing with sauce. Return to oven for 10 more minutes.
6. Turn each wing, baste with sauce, and return to oven for 10 additional minutes (or until completely cooked).
7. Turn over and baste with sauce.

CALORIES = 400

Carbohydrates = 4G

Protein = 35G

Fat = 27G



CHILI LIME

Broiled Avocado

🕒 Total Time: 10 minutes

🍴 Yield: 2 servings

Ingredients:

- 2 medium avocados
- 1 medium lime, juiced
- 1 tsp honey, raw
- ¼ tsp chili powder
- ⅛ tsp sea salt, coarse to taste

Instructions:

1. Preheat broiler to high heat.
2. Cut the avocados in half and remove the pits. Lay the halves cut side up on a baking sheet and drizzle with the lime juice and honey.
3. Broil until flesh begins to blister, 3-4 minutes.
4. Remove from oven and sprinkle with the chili powder and sea salt. Eat with a spoon.

CALORIES = 320

Carbohydrates = 19G

Protein = 3G

Fat = 29G



FRUIT AND NUT Clusters

⌚ Total Time: 15 minutes

🍴 Yield: 4 servings

Ingredients:

- 1 cup cashews raw
- 1 cup almonds raw
- ½ cup raisins
- ¼ cup cranberries, dried
- ¼ cup goji berries or any dried fruit
- 2 tbsps hemp seeds or sunflower seeds
- ½ tsp sea salt, coarse
- 2 large egg whites

Instructions:

- 1.** Preheat oven to 350°F.
- 2.** Combine all of the ingredients in a large bowl. Line a baking sheet with parchment paper and drop the mixture onto the baking sheet in even spoonfuls, about 2 tablespoons each.
- 3.** Bake for 10 minutes, until nuts are lightly toasted. Cool completely before serving. Store in an airtight container.

CALORIES = 401

Carbohydrates = 31G

Protein = 13G

Fat = 28G



CHOCOLATE Coconut Drops

L Total Time: 10 minutes

Y Yield: 4 servings

Ingredients:

- 3 tbsps coconut oil
- ½ cup chocolate chips, dark
- ¼ cup cocoa powder, unsweetened
- 2 tbsps honey, raw
- ¼ cup almond butter
- 1 cup coconut flakes unsweetened

Instructions:

- 1.** Put the coconut oil and chocolate chips in a microwave safe bowl. Cook in 30 second intervals until chips are melted, stirring between each interval.
- 2.** Stir in the cocoa powder, honey, and almond butter into the warmed mixture. When smooth, add the coconut and stir until well coated.
- 3.** Line a baking sheet with parchment and drop the batter in scoops on the paper with an ice cream scoop. Refrigerate until cookies are firm; store in the refrigerator.

CALORIES = 372

Carbohydrates = 27G

Protein = 6G

Fat = 30G



COCONUT AND HAZELNUT Stuffed Dates

🕒 Total Time: 10 minutes

🍴 Yield: 4 servings

Ingredients:

- 16 large dates pitted
- ½ cup coconut butter
- ¼ cup hazelnuts, toasted finely chopped

Instructions:

- 1.** With a pairing knife, slice the dates lengthwise through the center, being careful not to cut it through.
- 2.** Stir the coconut butter until soft and creamy. Fill each date with 1-2 teaspoons of the butter. Sprinkle with the toasted hazelnuts and serve immediately.

CALORIES = 321

Carbohydrates = 31G

Protein = 8G

Fat = 21G



PROSCIUTTO Melon Wrap-Ups

⌚ Total Time: 10 minutes

🍴 Yield: 4 servings

Ingredients:

- ½ medium cantaloupe or honeydew melon, seeded
- 1 package ham, prosciutto, sliced (4 oz.)
- 2 tbsps)mint, fresh chopped
- 1 package toothpicks (optional)

Instructions:

- 1.** Carefully slice cantaloupe into 1 inch wedges. Remove and discard the rinds.
- 2.** Wrap each cantaloupe slice with prosciutto. Secure with a toothpick if needed.
- 3.** Garnish with fresh mint and serve chilled or at room temperature.

CALORIES = 79

Carbohydrates = 11G


Protein = 5G

Fat = 2G



OLIVE Tapenade

 **Total Time:** 20 minutes

 **Yield:** 6 servings

Ingredients:

- ¼ cup parsley, fresh
- ¼ cup basil, fresh
- 2 medium garlic cloves
- ½ cup tomatoes, sun-dried
- 1 cup olives, kalamata pitted
- 1 cup olives, green pitted
- 2 tbsps capers
- ½ medium lemon, juiced
- 3 tbsps olive oil, extra virgin

Instructions:

- 1.** Rough chop fresh herbs, sun-dried tomatoes and garlic.
- 2.** Add all ingredients to a food processor until rough chopped.

CALORIES = 148

Carbohydrates = 6G

Protein = 1G

Fat = 14G



BACON WRAPPED Dates

L Total Time: 20 minutes

U Yield: 4 servings

Ingredients:

- 8 slices bacon cut in half
- 16 medium dates Medjool
- 16 medium almonds, whole
- 1 package toothpicks (optional)

Instructions:

1. Preheat oven to 375°F
2. Open up dates gently with a knife.
3. Stuff each date with an almond, and wrap with half of a bacon slice. Secure with a toothpick if necessary.
4. Place on a shallow baking sheet and bake, bacon seam down, for about 7 minutes.
5. Flip and bake for another 7 minutes or until bacon is crispy.
6. Serve warm or cold, and store leftovers in the refrigerator.

CALORIES = 202

Carbohydrates = 25G

Protein = 7G

Fat = 9G



PALEO Hummus

L Total Time: 50 minutes

Y Yield: 4 servings

Ingredients:

- 2 tbsps olive oil
- 2 tsps cumin
- 1 head cauliflower cored and cut into 1-½ inch florets
- ¼ tsp sea salt (optional)
- ⅛ tsp black pepper freshly ground
- ½ cup tahini (may be found in many middle eastern markets or at Whole Foods)
- 3 medium garlic cloves smashes and minced into a paste
- 1 medium lemon, juiced
- ⅛ tsp paprika

Instructions:

1. Preheat oven to 500°F.
2. Toss cauliflower, olive oil, cumin, sea salt (if desired) and black pepper together in a large bowl.
3. Transfer mixture to rimmed baking sheet and spread out evenly.
4. Bake until cauliflower is browned and tender, 25 - 30 minutes, stirring occasionally.
5. Combine tahini, garlic, lemon juice and roasted cauliflower in a food processor. Blend until a smooth paste forms (add additional olive oil if desired).
6. Season with sea salt (if desired) and sprinkle paprika on top.
7. Serve warm or cold with assorted vegetables.

CALORIES = 209

Carbohydrates = 15G

Protein = 7G

Fat = 15G



ENDIVE SALMON Poppers

🕒 Total Time: 10 minutes

🍴 Yield: 2 servings

Ingredients:

- 1 head endive
- 4 ounces salmon, smoked
- ½ medium onion, red minced
- ½ medium avocado sliced
- ¼ tsp sea salt (optional)
- ⅛ tsp black pepper freshly ground
- 1 tbsp olive oil

Instructions:

1. Wash and separate endive leaves.
2. Top with smoked salmon, red onion and avocado.
3. Sprinkle with sea salt and freshly ground black pepper to taste, and drizzle with olive oil.

CALORIES = 312

Carbohydrates = 13G


Protein = 24G

Fat = 20G



PB&J Paleo Style

 **Total Time:** 5 minutes

 **Yield:** 2 servings

Ingredients:

- 1 cup berries, fresh or frozen
- 4 tbsps almond butter

Instructions:

1. Divide the berries into serving bowls.
2. Add 2 tablespoons almond butter to each bowl and mix.

CALORIES = 238

Carbohydrates = 7G

Protein = 5G

Fat = 18G



GARDEN FRESH Zucchini Bread

L Total Time: 60 minutes

Y Yield: 8 servings

Ingredients:

- 1 large zucchini grated, packed and drained (about 1 cup)
- ½ tsp kosher salt
- 1½ cups almond flour
- 1 tsp baking soda
- 2 tsps cinnamon
- ⅛ tsp nutmeg, ground
- 2 large eggs room temperature
- ¼ cup coconut oil melted
- 1 tbs vanilla
- ¼ cup honey, raw

Instructions:

1. Preheat oven to 350°F.
2. Using a box grater, shred the zucchini over a layer of paper towels. Sprinkle with the salt and let sit for 5 minutes. Squeeze excess water from the zucchini and set aside.
3. Combine the almond flour, baking soda, cinnamon, and nutmeg in a bowl and mix.
4. Whisk the coconut oil, eggs, vanilla, and honey in a separate bowl and add it to the dry ingredients. Stir and fold in the zucchini.
5. Brush a loaf pan with coconut oil, and spread the batter into the pan. Bake for 35-45 minutes, until a toothpick inserted in the center comes out clean. Allow to cool before slicing.

CALORIES = 244

Carbohydrates = 14G

Protein = 6G

Fat = 19G



PALEO

Dinner Rolls

⌚ Total Time: 65 minutes

🍴 Yield: 12 servings

Ingredients:

- 1½ cups cassava flour
- ½ cup hazelnut flour
- ¼ cup tapioca flour or starch
- 1 tbsp active dry yeast
- 2 tbsps maple sugar
- ½ tsp sea salt
- ½ cup coconut milk, full fat
- ¼ cup water
- 2 tbsps ghee or lard or Paleo shortening
- 1 large egg

Instructions:

1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine 1 cup cassava flour, the yeast, sugar, and sea salt with a whisk. Set aside.
3. In a medium saucepan, heat the milk, water, and ghee over medium heat until very warm. Do not boil. When warm, remove from heat and add to the flour yeast mixture.
4. Add the egg and mix with a whisk until fully combined. Add the remaining flour and use a spatula or your hands to combine the dough thoroughly.
5. Grease a round 8 inch pan with coconut oil or ghee. Divide the dough into 12 equal balls and place them close together in the center of the round pan. Cover with plastic and let rise on the stove top for 30 minutes.
6. When done rising, remove plastic and bake in the oven at 350F for 20 minutes or until lightly browned. Remove from oven and brush with ghee or olive oil, if desired. Serve warm or reheat before serving.

CALORIES = 200

Carbohydrates = 31G

Protein = 2G

Fat = 8G



PALEO Pumpkin Bread

🕒 Total Time: 60 minutes

🍴 Yield: 12 servings

Ingredients:

- ½ cup tapioca flour or starch
- 1 tbsp cinnamon
- ¼ tsp nutmeg, ground
- ¼ tsp ginger, ground
- 1½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp sea salt
- ¾ cup almond butter
- 2 large eggs
- ½ cup maple syrup
- 3 tbsps coconut oil melted
- ½ cup pumpkin puree, organic
- 1 tbsp lemon juice
- 1 tbsp vanilla

Instructions:

- 1.** Preheat oven to 350°F. Coat an 8.5x4.5 loaf pan lightly with coconut oil. Combine tapioca flour, cinnamon, nutmeg, ginger, baking powder, baking soda, and salt in a medium bowl. Stir until combined.
- 2.** In a large bowl, combine the almond butter, eggs, maple syrup, coconut oil, pumpkin, lemon juice and vanilla and stir with a wooden spoon or spatula until well combined. Add in the dry ingredients and mix well.
- 3.** Pour the batter into pan and bake for 50-60 minutes, until top is browned and a toothpick inserted in the center comes out clean. Allow to cool completely before slicing and serving

NOTE: use a high quality loaf pan or a silicone baking pan for best results

CALORIES = 186

Carbohydrates = 14G

Protein = 5G


Fat = 13G



RASPBERRY ALMOND

Muffins

 **Total Time:** 30 minutes

 **Yield:** 10 servings

Ingredients:

- 1 cup almond flour
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp sea salt
- ½ tsp almond extract
- 3 large eggs whisked
- 1 cup almond butter
- ⅓ cup honey, raw
- ⅓ cup almonds, slivered
- ⅓ cup coconut oil melted
- 1 cup raspberries, fresh
- 1 package paper muffin liners

Instructions:

1. Preheat your oven to 350°F.
2. Mix all dry ingredients together in a large bowl. Set aside.
3. Mix eggs, almond butter, honey, almonds, almond extract and coconut oil together in another medium bowl. Combine with dry ingredients and mix together.
4. Fold in fresh raspberries.
5. Scoop batter evenly into 8-10 muffins cups (lightly greased with coconut oil, or lined with paper muffin liners).
6. Bake for 15-20 minutes. Watch muffins to be sure they do not overcook.

CALORIES = 371

Carbohydrates = 23G

Protein = 19G

Fat = 31G



CARROT BANANA

Muffins

⌚ Total Time: 60 minutes

🍴 Yield: 12 servings

Ingredients:

- 2 cups almond flour
- 2 tsps baking soda
- ½ tsp sea salt
- 1 tbsps cinnamon
- 1 cup dates, pitted
- 3 medium bananas
- 3 large eggs
- 1 tsp apple cider vinegar
- ¼ cup coconut oil melted
- 1½ large carrots shredded (1.5 cups)
- ¾ cup walnuts (or nuts of choice), finely chopped
- 1 package paper muffin liners

Instructions:

1. Preheat oven to 350°F.
2. In a large bowl, combine flour, baking soda, salt and cinnamon.
3. In a food processor, combine dates, bananas, eggs, vinegar and oil.
4. Add mixture from food processor to dry mixture in the large bowl and combine thoroughly.
5. Fold in carrots and nuts.
6. Spoon mixture into paper lined muffin tins.
7. Bake at 350°F for 25 minutes.

CALORIES = 564

Carbohydrates = 43G

Protein = 15G

Fat = 40G



AUTUMN Spinach Salad

🕒 Total Time: 20 minutes

🍴 Yield: 4 servings

Ingredients:

Dressing

- ¼ cup olive oil
- 2 tbsps white wine vinegar
- 1 tbsp mustard, dijon
- 1 tsp maple syrup
- 1 medium garlic clove
- ¼ tsp sea salt, coarse

Salad

- 8 cups spinach, baby
- 3 pieces chicken breast(s), boneless skinless (4-6 oz)
- 1 tbsps coconut oil or bacon fat
- 6 slices bacon cooked and crumbled
- 2 medium apples, sweet thinly sliced

Instructions:

- 1.** Chop boneless, skinless chicken breasts for faster cooking. Heat a large sauté pan over medium-high heat and add coconut oil when hot. Sauté chicken breasts for 10-15 minutes, stirring often, until fully cooked; season with sea salt and freshly cracked black pepper if desired. Shred if desired.
- 2.** Put the ingredients for the dressing in a blender and blend until smooth.
- 3.** Toss the salad ingredients in a large bowl with the dressing until well coated. Serve immediately.

CALORIES = 502

Carbohydrates = 16G

Protein = 51G

Fat = 26G



STIR FRY BEEF

Beef Salad

🕒 Total Time: 20 minutes

🍴 Yield: 4 servings

Ingredients:

- 1½ pound beef - tip steak(s) sliced into thin strips
- 2 tsps coconut oil lard, or tallow
- 1 tbsp coconut aminos (tastes like soy sauce)
- ½ medium onion, yellow sliced
- 2 medium bell peppers sliced
- 1 cup pea pods or sugar snap peas
- 2 heads lettuce or the equivalent amount of mixed greens
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil, extra virgin
- ½ tsp sea salt
- ¼ tsp black pepper freshly ground

Instructions:

- 1.** Heat skillet over medium heat. Add the coconut oil, lard, or tallow as soon as the pan is hot.
- 2.** Add sliced onions and sauté until they begin to soften and turn translucent. Stir often.
- 3.** Turn the heat up slightly and wait about a minute for the pan to heat up.
- 4.** Add the beef and the coconut aminos, and continue to stir often.
- 5.** When beef is close to done (however you prefer it) add the bell peppers and peas.
- 6.** Season with sea salt and freshly ground black pepper if needed.
- 7.** Serve over chopped lettuce or mixed greens and drizzle with balsamic vinegar and olive oil to taste.

CALORIES = 520

Carbohydrates = 14G

Protein = 44G

Fat = 38G



PALEO

Niçoise Salad

L Total Time: 25 minutes

🍴 Yield: 2 servings

Ingredients:

- 4 large eggs
- 2 cans tuna (6 oz) drained (oil-packed works well)
- ½ pound green beans, fresh
- ½ cup olives, black pitted
- 1 cup tomatoes, cherry or grape
- 1 head lettuce, butter
- 2 tbsps capers rinsed
- 2 tbsps olive oil
- 2 tsps mustard, dijon
- 1 medium lemon, juiced
- ¼ tsp sea salt
- ⅛ tsp black pepper freshly ground

Instructions:

- 1.** Place 4 raw eggs (in their shells) in a small pan, and add cold water to cover the eggs. Cover the pan.
- 2.** Place over medium-high heat and bring water to a slight simmer. Once simmering (small bubbles), cover the pan and remove from heat. Let stand (covered) for 13 minutes.
- 3.** Drain the eggs, and immediately cool them in cold water after. Remove shells, quarter the eggs and set aside.
- 4.** While eggs are cooking, wash and chop butter lettuce, tomatoes and green beans.
- 5.** Whisk the lemon juice, mustard, olive oil, salt & pepper into a dressing.
- 6.** Combine all remaining ingredients into two salads and drizzle dressing on top.

CALORIES = 608

Carbohydrates = 18G

Protein = 41G

Fat = 40G



CANTALOUPE AND AVOCADO SALAD WITH *Honey-Lime Dressing*

L Total Time: 15 minutes

Y Yield: 4 servings

Ingredients:

- 3 tbsps lime juice
- 4 tsps honey, raw
- 2 tbsps olive oil
- ½ tsp sea salt, coarse
- 1 medium cantaloupe quartered and seeded
- 1 medium avocado
- 1 cup tomatoes, cherry or grape halved

Instructions:

1. In a large bowl, whisk together lime juice, honey, oil and sea salt; set aside.
2. Cut each cantaloupe quarter in half lengthwise. Run a knife between the flesh and the skin of the melon, discard skin. Slice each wedge lengthwise into ½ inch pieces.
3. Cut each avocado in quarters length-wise and then into ½ inch thick slices. Add cantaloupe, avocado, and grape tomatoes to bowl with dressing and toss to coat.

CALORIES = 192

Carbohydrates = 22G

Protein = 3G

Fat = 13G



ITALIAN TURKEY AND Vegetable Stew

L Total Time: 40 minutes

U Yield: 4 servings

Ingredients:

- 12 slices bacon diced
- 1 medium onion diced
- 2 medium celery stalks diced
- 2 medium garlic cloves minced
- 1 tbsp Italian seasoning
- 2 medium zucchini diced
- 4 cups spinach, baby
- 3 medium tomatoes diced
- 4 cups chicken broth or turkey broth, preferably homemade
- 2 cups water
- 1 piece turkey breast(s) (12oz)
- ½ tsp sea salt to taste
- ½ tsp black pepper to taste

Instructions:

- 1.** Heat a large pot over medium heat. Add the bacon, onion, and celery and cook until bacon is browned and vegetables are soft. Add the garlic, Italian seasoning, a pinch of salt and pepper, and the zucchini. Cook for another minute and add the spinach and tomatoes. Stir until spinach is wilted and add the broth and water.
- 2.** Bring to a boil and add the turkey breast to the pot. Reduce to a simmer and simmer for 20-25 minutes, until turkey is cooked through. Remove the turkey breast from the pot and shred with two forks. Add back to the soup. Simmer until heated through and serve.

CALORIES = 349

Carbohydrates = 13G

Protein = 46G

Fat = 24G



CHICKEN YAM AND CHARD Soup

L Total Time: 60 minutes

U Yield: 6 servings

Ingredients:

- 2 tbsps coconut oil or olive oil
- 1 medium onion, yellow diced
- 2 medium garlic cloves minced
- 1 medium carrot chopped
- 1 tsp thyme, dried
- ½ tsp oregano, dried
- 1 tsp sea salt divided
- ½ tsp black pepper freshly ground, divided
- 2 pounds chicken thighs, boneless, skinless
- 4 cups broth (chicken, vegetable, beef, or bone broth are all fine)
- 6 cups water
- 1 whole bay leaf
- ½ can jalapenos (4 oz) diced
- 1 large yam diced
- 1 bunch chard chopped (or kale or any green you love)
- 7 medium onions, green sliced (whites and greens)
- 1 medium lemon, juiced

Instructions:

1. Heat large pot over medium-high heat. When hot, add oil, onion, garlic, carrot, thyme, and oregano, and saute until onion is softened and slightly translucent (about 10 minutes), stirring occasionally.
2. Meanwhile, mix ¼ teaspoon sea salt and ¼ teaspoon black pepper in a medium bowl. Cut chicken thighs into 1" cubes and toss in sea salt and black pepper mixture.
3. Add chicken to pot and continue to cook for another 10 minutes, stirring occasionally.
4. Reduce heat to medium, add broth, water, bay leaf, jalapenos, yam, chard, and green onions and simmer for 20 minutes.
5. Just before serving, season with remaining sea salt, black pepper, and fresh lemon juice.

CALORIES = 343

Carbohydrates = 23G

Protein = 28G

Fat = 16G



BISON Chili

L Total Time: 2 hours

🍴 Yield: 4 servings

Ingredients:

- 1 tbsp coconut oil tallow, bacon grease, or lard
- ½ medium onion, yellow diced
- 3 medium celery stalks diced
- 2 medium garlic cloves sliced
- 1¾ pounds bison, ground (elk, venison, or beef may be substituted)
- 2 tsps cumin
- 2 tsps chili powder
- 2 tsps thyme, dried
- 1 jar salsa (12 oz)
- 1 can tomatoes, diced (8 oz)
- 1 can green chiles, mild (7 oz)
- 2 tsps sea salt (optional)

Instructions:

1. Heat a heavy bottomed soup pot over medium-high heat. When the pan is hot, add coconut oil.
2. Add onions, celery and garlic and saute until onions are translucent, about 3 or 4 minutes.
3. Next, add ground bison, cumin, thyme, and chili powder.
4. Stir while this cooks, about 5 to 6 minutes.
5. Pour in salsa, tomatoes, green chiles and salt.
6. Simmer for at least 1 hour.

CALORIES = 412

Carbohydrates = 10G

Protein = 45G

Fat = 9G



SIMPLE Bone Broth

🕒 Total Time: 7-24 hours

🍴 Yield: 6 servings

Ingredients:

- 2 pounds chicken bones, wings, necks, or feet or beef knuckle or long bones
- 1 medium onion, yellow peeled and roughly chopped
- 4 cups vegetables for bone broth (use scraps from carrots, celery, kale, mushrooms, parsnips, fennel, parsley)
- 2 whole bay leaves
- 1 tbsp peppercorns, whole
- 1 tbsp oregano, dried
- 1 tbsp fennel seed
- 1 tsp thyme, dried
- 2 tbsps sea salt
- 2 tbsps apple cider vinegar
- water

Instructions:

1. Preheat oven to 350°F.
2. Spread bones out on a baking sheet, and roast for 20 minutes.
3. Remove bones from oven and add to a large soup pot. Add remaining ingredients, add water to fill the pot, cover with a lid, and simmer lightly on the stove top for 7-24 hours. NOTE: a film will develop on the surface, around the edges of the pot, as the broth simmers. Carefully skim this film off every few hours during cooking and discard.
4. Season with sea salt (if desired), and strain to a clear broth.
5. Refrigerate leftovers and consume within 24 hours, or freeze remaining broth in individual portions for later use.

CALORIES = 245

Carbohydrates = 7G

Protein = 33G

Fat = 8G



OLD FASHIONED Slow Cooker Stew

 **Total Time:** 4 hours

 **Yield:** 4 servings

Ingredients:

- 1 pound beef - stew meat cut into 1 inch cubes
- 1 medium onion, yellow chopped
- 1 medium garlic clove diced
- 3 medium carrots peeled and chopped
- 2 medium celery stalks chopped
- 1 medium sweet potato peeled and chopped
- ½ head cabbage, green chopped
- 2 cups water or broth (beef, chicken, or vegetable)
- 1 cans tomatoes, diced (14 oz) with juice (optional)
- 1 whole bay leaf
- 1 tbsp Italian seasoning
- ¼ tsp paprika
- ¼ tsp allspice
- ½ tsp black pepper ground
- ½ tsp sea salt to taste
- 2 tbsps arrowroot powder (optional)

Instructions:

- 1.** Put all ingredients into crockpot/slow cooker and turn temperature to high. You can also pre-brown your meat to help lock in the flavor (see note below).
- 2.** Cover and cook until the meat and vegetables are tender, which takes about 2 - 6 hours on high heat. You can also leave this cooking on low heat all day (up to 10 hours), but make sure that the temperature is turned to low, that the lid is on tightly, and that there is adequate liquid to prevent the meat from drying out due to evaporation.
- 3.** If desired, the stew can be thickened towards the end of cooking by mixing in arrowroot powder.
- 4.** (Optional) To serve, garnish with a sprig of parsley and serve over cauliflower mashers.
- 5.** Notes: You may want to brown the meat in a separate pan before transferring to the crockpot. Pan-searing the meat before putting it in the slow cooker helps to lock in the moisture for a more flavorful meat. To do this, add 1-2 Tbsp. of Paleo-friendly fat (i.e. lard, tallow, olive oil, etc.) to a pan and turn up the heat to medium-high. Sprinkle and rub some extra salt and pepper on the meat before adding meat to the pan. Brown the meat (along with the garlic and onions) in the pan for several minutes on each side, being careful when rotating meat to not splash grease onto your skin. When the beef is uniformly browned and the garlic/onions are softened, transfer them to the slow cooker, and then follow all instructions above.

CALORIES = 282

Carbohydrates = 23G

Protein = 27G

Fat = 9G



SLOW COOKER MAPLE BACON *Chicken Legs*

L Total Time: 8 hours

U Yield: 4 servings

Ingredients:

- 2 slices bacon chopped
- 2 pounds chicken legs or thighs or combination
- ¼ cup maple syrup
- 1 medium orange zest and juice
- 1 tbsp apple cider vinegar
- 3 tbsps coconut aminos
- 2 tpsps ginger, fresh grated
- 2 medium garlic cloves

Instructions:

- 1.** In a large skillet, cook the bacon until crisp. Remove from pan with a slotted spoon.
- 2.** Add the chicken to the skillet in an even layer and cook until well browned, cooking in batches if necessary.
- 3.** Put the remaining ingredients in your slow cooker pot and mix well. Add the chicken and toss to coat.
- 4.** Cover and cook the chicken on low for 7-8 hours. When done, top with the reserved bacon and serve with your favorite sides.

CALORIES = 565

Carbohydrates = 15G

Protein = 71G

Fat = 23G



COCONUT Clam Chowder

L Total Time: 60 minutes

Yield: 6 servings

Ingredients:

- 2 medium sweet potatoes peeled and diced
- 2 medium carrots sliced
- 2 medium celery stalks chopped
- 6 slices bacon cooked and diced
- ½ medium onion, yellow diced
- 2 medium garlic cloves minced
- 1 cup clams chopped, drained (reserve liquid)
- 2 tbsps olive oil or lard
- 2 tbsps arrowroot powder
- 1 can coconut milk, full fat (403 mL)
- ½ tsp Italian seasoning
- ¼ tsp cayenne pepper
- 1 tbsp parsley, fresh chopped
- ½ tsp sea salt to taste
- ½ tsp black pepper freshly ground, to taste

Instructions:

1. In a large pot, boil sweet potatoes, carrots, and celery in enough water to cover.
2. Cook until tender, about 10 minutes. Do not drain. Set aside.
3. While the vegetables are boiling, saute bacon until crisp in a saucepan over medium heat. Remove bacon and drain on paper towels. Set bacon aside, but retain bacon grease in saucepan.
4. Add onion and garlic to the saucepan containing bacon grease and saute until soft. Push onion to the side of pan. Add clams and saute lightly, about 4 minutes, do not overcook. Remove clams and onion with a slotted spoon, and add to vegetables in pot.
5. Add reserved bacon to pot with vegetables and clams.
6. Discard excess bacon grease from saucepan. Over medium-low heat, combine olive oil/lard with arrowroot powder. Gradually whisk in coconut milk. Continue cooking, stirring constantly until mixture thickens. Do not boil.
7. Add the coconut cream sauce (from previous step), reserved clam nectar, and seasonings to cooking pot. Heat through but do not boil.
8. Ladle into bowls and serve.

CALORIES = 473

Carbohydrates = 24G

Protein = 23G

Fat = 32G



GREEN Garlic Soup

L Total Time: 40 minutes

U Yield: 4 servings

Ingredients:

- 6 tbsps olive oil
- 1 medium leek sliced
- 10 medium garlic cloves minced
- 1 tsp thyme, fresh
- 3 cups greens, mixed such as kale, chard, or spinach
- 4 cups chicken broth
- 1 large egg
- 2 large egg yolks
- 2 tbsps capers
- ½ tsp sea salt to taste
- ½ tsp black pepper to taste

Instructions:

- 1.** Heat 2 tablespoons oil in a saucepan over medium heat. Add the leeks, and cook until soft. Stir in the garlic and thyme, cook for a minute and add the greens. Stir to coat, and then add the broth. Bring to a boil, then reduce heat to a simmer. Simmer for 20 minutes and turn off heat.
- 2.** Add the egg and egg yolk to a bowl and whisk until foamy and pale in color. Drizzle the olive oil in and whisk until combined.
- 3.** Reserve about ¼ cup garlic broth from the pot and very slowly drizzle it into the egg mixture. When it is well combined, add it into the broth and whisk until the soup thickens.
- 4.** Add the capers before serving.

CALORIES = 324

Carbohydrates = 8G

Protein = 9G

Fat = 30G



RATATOUILLE

Chicken Casserole

L Total Time: 60 minutes

Y Yield: 4 servings

Ingredients:

- 1 medium eggplant
- 1 medium bell pepper, red
- 2 medium zucchini
- 1 tbsp Italian seasoning
- 2 cups tomato sauce no-sugar added
- 1½ pounds chicken breasts, boneless, skinless or use tenders
- 2 tbsps olive oil
- 2 tbsps basil, fresh
- ½ tsp sea salt to taste
- ½ tsp black pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Using either a mandolin slicer or very sharp knife, slice the vegetables as thinly as possible. In a medium casserole dish, layer the vegetables in any order until gone, seasoning with salt, pepper, and Italian seasoning between layers. It's okay if the vegetables are packed slightly over the top; they'll cook down considerably.
3. Lay the chicken over top the vegetables and pour the sauce over top. Drizzle with the olive oil. Cover the dish tightly with foil, and bake for 45 minutes. Remove from oven and allow to sit covered for 10 minutes before uncovering and serving. Top with the basil before serving.

CALORIES = 433

Carbohydrates = 19G

Protein = 59G

Fat = 15G



PALEO

Shepherd's Pie

L Total Time: 60 minutes

Y Yield: 4 servings

Ingredients:

- 3 medium parsnips peeled and grated, about $\frac{3}{4}$ lb
- 1 tbsp olive oil
- 1 tsp onion salt
- 1 slice bacon
- $1\frac{1}{2}$ medium zucchini sliced, about $\frac{1}{2}$ lb
- $\frac{1}{4}$ pound mushrooms, white button, cremini or shitaake sliced
- 1 medium celery stalk diced
- 1 tsp coconut oil
- $\frac{1}{2}$ medium onion, red finely diced
- $1\frac{1}{4}$ pounds turkey, ground
- 2 medium onions, green sliced
- 1 tbsp Italian seasoning
- 1 tsp celery salt
- $\frac{1}{2}$ tsp black pepper freshly ground
- 8 large egg white divided
- $\frac{1}{2}$ cup parsley, fresh chopped

Instructions:

1. Preheat oven to 450°F.
2. Peel parsnips and grate with a cheese grater. Mix with onion salt and olive oil, and set aside.
3. Cook bacon slice in a large saute pan over medium heat. Save bacon fat and leave it in the pan. Cool bacon slice, crumble, and set aside.
4. Add zucchini, mushrooms, and celery to the pan with the bacon fat and saute until slightly softened.
5. Heat a separate pan over medium-high heat, and add coconut oil when hot. Add onions, ground turkey, Italian seasoning, celery salt and black pepper to taste. Saute until turkey is fully cooked.
6. Combine meat and vegetables in one pan and mix thoroughly. Let cool 5 minutes.
7. Combine 4 egg whites with parsley and stir into the meat and vegetable mixture.
8. Combine the other 4 egg whites with parsnips.
9. Coat an 8x8 baking dish with olive oil.
10. Add meat and vegetable mixture, cover with parsnip mixture and top with crumbled bacon.
11. Bake for about 25 minutes or until the top begins to brown.

CALORIES = 333

Carbohydrates = 21G

Protein = 49G

Fat = 8G



PALEO

Spaghetti

L Total Time: 45 minutes

U Yield: 4 servings

Ingredients:

- 1 tbsp olive oil
- 2 medium garlic cloves crushed
- 1 pound beef, ground or ground turkey or sausage
- 3 cups marinara sauce (no sugar added)
- 1 medium spaghetti squash (or 6oz kelp noodles per serving)

Instructions:

1. Heat a large skillet over medium-high heat. Add oil.
2. Add meat and garlic, and cook completely.
3. Add noodles and marinara, stir and bring to a simmer.
4. Preheat the oven to 375°F.
5. Split the squash lengthwise, then dig out the seeds.
6. Place both halves face down on a baking pan, with ¼ inch of water.
7. Bake for 45 minutes.
8. Dig out squash with a fork (cross-wise) and add to the skillet with the meat and marinara.

CALORIES = 324

Carbohydrates = 19G

Protein = 22G

Fat = 17G



KICKIN

Steak Fajitas

L Total Time: 40 minutes

Y Yield: 4 servings

Ingredients:

- 1 pound beef - steak(s), boneless cut into 1½ inch x ¼ inch strips
- 1 large onion, yellow sliced
- 4 medium garlic cloves sliced
- 3 medium bell peppers any color, seeded and sliced
- 2 large jalapeno peppers or serrano peppers, seeded and sliced
- 1 medium avocado seeded and sliced
- 4 tbsps avocado oil or olive oil
- ¼ cup cilantro, fresh chopped, optional for garnish
- 1 medium lime quartered, optional for garnish
- ½ packet Trader Joe's Taco Seasoning Mix or mix together 2 tsps chili powder, 2 tsps cumin, 2 tsps garlic powder, 2 tsps onion powder, ½ tsp cayenne pepper, ½ tsp black pepper, ½ tsp sea salt

Instructions:

1. In a small bowl, mix together ½ package of Trader Joe's Taco Seasoning Mix (or custom spice blend) with ½ cup water. If you like things extra spicy, use the entire TJ's spice packet or add extra cayenne pepper to the mix!
2. In a large skillet or saucepan, heat up 2 tablespoons of avocado oil on medium-high heat (do not allow oil to smoke).
3. When hot, add onions and garlic. Saute until translucent (3-5 minutes), then add 2 more tablespoons of oil to the skillet along with the steak and jalapeno (or serrano) peppers.
4. Stir-fry until meat is browned (approximately 5-7 minutes), then add watered-down seasoning mix. Reduce heat to low-medium, and simmer uncovered for 10 minutes.
5. Increase heat to medium and add bell peppers. Stir-fry for an additional 3-5 minutes, until bell peppers are slightly soft and most of the liquid has absorbed/evaporated.
6. Serving recommendations - Serve Paleo Fajitas on large leafy greens such as lettuce, cabbage, chard, or napa cabbage leaves. This dish also works well as a salad on a bed of organic greens, or wrapped up in our Paleo plantain wraps. It is complemented deliciously by our Creamy Cilantro Avocado Dressing, or you can turn up the spice volume by adding more peppers or a splash of your favorite Paleo-friendly hot sauce. Spruce up leftovers by garnishing with fresh avocado, cilantro, and/or lime.

CALORIES = 367

Carbohydrates = 13G

Protein = 26G

Fat = 23G



WHITE FISH WITH *Macadamia Salsa*

L Total Time: 15 minutes

Y Yield: 2 servings

Ingredients:

- 1 pound fish fillets
- ¼ cup Macadamia nuts halved
- 1 medium tomato chopped
- 1 medium avocado peeled, seeded and diced
- 3 tbsps cilantro, fresh chopped
- 3 tbsps parsley, fresh chopped
- 1 tbsp olive oil

Instructions:

1. Preheat grill to medium heat.
2. Season fish lightly with sea salt (if desired) and freshly ground black pepper.
3. Cook fish on grill for about 3-4 minutes (turning once), or until it flakes easily with a fork.
4. To make salsa, toss macadamias, tomatoes, avocado, cilantro, and parsley together in a medium mixing bowl. Add olive oil to coat. Season with sea salt and freshly ground black pepper, if desired.
5. Serve salsa as a side to the fish.

NOTE: fish may be cooked on a broiler pan over high heat for 4-6 minutes (turn once) instead of grilling.

CALORIES = 496

Carbohydrates = 17G

Protein = 52G

Fat = 30G



SALMON WITH Coconut Cream Sauce

🕒 Total Time: 40 minutes

🍴 Yield: 2 servings

Ingredients:

- 1 pound salmon (wild caught)
- ¼ tsp sea salt (optional)
- ¼ tsp black pepper freshly ground
- 2 tsps coconut oil
- 1 large shallot diced
- 3 medium garlic cloves minced
- 1 medium lemon zest and juice
- ½ cup coconut milk, full fat
- 2 tbsps basil, fresh chopped

Instructions:

1. Preheat oven to 350°F.
2. Place salmon in a shallow baking dish and sprinkle both sides with sea salt and freshly ground black pepper.
3. Heat a medium sauté pan over medium heat. When pan is hot, add coconut oil, garlic and shallots. Sauté until garlic and shallots soften, about 3-5 minutes.
4. Add lemon zest, lemon juice, and coconut milk, and bring liquid to a low boil.
5. Reduce heat and add basil.
6. Pour over salmon and bake uncovered for about 10-20 minutes, or until salmon has reached desired temperature.

CALORIES = 400

Carbohydrates = 8G

Protein = 43G

Fat = 22G



GINGER AND GARLIC PORK TENDERLOIN WITH *Cauliflower Rice*

L Total Time: 2 hours

Y Yield: 4 servings

Ingredients:

- 1½ pounds pork tenderloin
- 1 cup coconut aminos
- 2 tbsps ginger, fresh sliced, about 2 inches
- 2 medium garlic cloves peeled and sliced
- 1 cup wine, white
- ½ tsp sea salt
- 1 tbsp coconut oil
- 1 head cauliflower cut in florets
- 6 medium onions, green trimmed and sliced

Instructions:

1. Slice pork tenderloin into 1 inch rounds.
2. Place meat in a covered shallow dish (non-metal) or re-sealable plastic bag. Add coconut aminos, white wine, ginger root slices and garlic. Make sure that the marinade surrounds most of the meat.
3. Cover and refrigerate 2 to 24 hours, turning the meat (or "squishing" the bag) several times to make sure the marinade covers the meat completely.
4. Shortly before mealtime, heat a large skillet over medium-high heat. Meanwhile, remove the tenderloin from the marinade. Do not discard the leftover marinade. Sprinkle both sides of each pork slice with sea salt.
5. When the pan is hot, add coconut oil and wait 15 seconds. (the pan should smoke slightly). Add tenderloin slices to the hot pan and cook 3 to 4 minutes on each side, (or until the internal temperature reaches 145 F). Remove from pan, and let pork rest 5 to 10 minutes.
6. While the meat is resting, reheat the same skillet over high heat. Remove the ginger slices from the leftover marinade and add the remaining liquid to the hot pan. Bring to a boil, uncovered, for 5 to 8 minutes to reduce into a thin sauce.
7. Meanwhile, prepare the cauliflower rice by placing the raw cauliflower florets into a food processor fitted with a chopping blade. Pulse until a rice-like consistency has formed.
8. Remove the cauliflower rice from the food processor and add to the boiling marinade. Stir with a wooden spoon and cook for an additional minute to heat through.
9. To serve, scoop cauliflower rice with coconut amino sauce onto a plate, top with tenderloin slices, and garnish with sliced green onions.

CALORIES = 360

Carbohydrates = 23G

Protein = 39G

Fat = 10G



EASY Pork Loin Chops

⌚ Total Time: 50 minutes

🍴 Yield: 4 servings

Ingredients:

- ½ tsp sea salt (optional)
- ¼ tsp black pepper freshly ground
- ¼ tsp paprika
- ¼ tsp sage, dried
- ¼ tsp thyme, dried
- 4 pieces pork loin chops (4-6 oz)
- 1 tbsps coconut oil
- 1 medium onion thinly sliced

Instructions:

1. Preheat oven to 425°F.
2. In a small bowl, mix the salt (optional), pepper, paprika, sage and thyme together.
3. Sprinkle both sides of each pork chop with the seasoning mixture.
4. Add coconut oil to a skillet over high heat.
5. When good and hot, brown both sides of each chop.
6. Place the browned chops on a large piece of heavy foil and layer with sliced onions.
7. Close the foil into a tight pouch and place on a baking sheet.
8. Bake for 30 minutes, or until pork reaches desired temperature.

CALORIES = 234

Carbohydrates = 4G

Protein = 34G

Fat = 8G



PALEO Pizza

L **Total Time:** 60 minutes

Y **Yield:** 2 servings

Ingredients:

- 1 cup almond flour
- 3 tbsps almond butter
- 2 large eggs beaten
- ½ tsp sea salt
- 3 tps olive oil divided
- ½ medium onion, yellow diced
- 4 medium mushrooms, white button sliced
- 1 large sausage cut in ½ inch slices
- 2 medium garlic cloves minced
- 1 medium bell pepper, red diced
- ½ cup marinara sauce or tomato sauce, with no sugar added
- ½ tsp oregano, dried
- ½ tsp fennel seed
- ½ cup tomatoes, cherry or grape sliced in half

Instructions:

1. Preheat the oven to 350°F.
2. Mix almond flour, almond butter, eggs and sea salt in a small bowl.
3. Cover a baking sheet with 2 teaspoons olive oil, then spread the mixture over it, making a ¼ inch thick crust. Bake for 10 minutes.
4. Meanwhile, add the remaining olive oil, onions, mushrooms, and sliced sausage to a large skillet over medium-high heat until the sausage is browned and the onions are slightly translucent. Remove from skillet and set aside.
5. Add garlic and red pepper to the skillet. Sauté the vegetables for a few minutes, or until slightly tender. Note: do not cook the vegetables entirely in the skillet or they will be too soft when cooked on the pizza.
6. Remove the crust from the oven and cover with marinara sauce. Add the sausage and sautéed vegetables. Sprinkle with oregano and fennel seed, then bake for 20-30 minutes.
7. Remove from oven when fully cooked and top with sliced tomatoes.
8. Carefully lift the slices out of the pan as the dough will still be soft.

CALORIES = 357

Carbohydrates = 19G

Protein = 16G

Fat = 27G



LAMB CHOPS WITH *Wilted Arugula* AND PISTACHIOS

🕒 Total Time: 20 minutes

🍴 Yield: 4 servings

Ingredients:

- 2 tbsps olive oil
- 2 medium celery stalks diced
- 4 pieces lamb chops
- 4 cups arugula, baby
- ½ cup pistachios shelled
- ⅛ tsp sea salt to taste
- ⅛ tsp black pepper to taste

Instructions:

- 1.** Heat the oil in a large heavy bottomed skillet. Add the celery and cook until softened.
- 2.** Season the lamb chops with salt and pepper and add them to the pan. Cook until well browned and internal temperature reaches at least 145 degrees. Remove the lamb chops from the pan and add the arugula. Cook quickly, stirring until just wilted. Top the lamb chops with the arugula and sprinkle with the pistachios before serving.

CALORIES = 532

Carbohydrates = 6G

Protein = 52G

Fat = 34G



SUNNY SIDE UP BURGER

WITH Cashew Cheese

🕒 Total Time: 30 minutes

🍴 Yield: 4 servings

Ingredients:

- 1 cup cashews raw
- 1 medium garlic clove
- 1 medium lemon, juiced
- 1½ pounds beef, ground
- 4 large eggs
- 4 large lettuce leaves for serving
- 2 tbsps chives, fresh for garnish
- ½ tsp sea salt to taste
- ½ tsp black pepper to taste

Instructions:

1. First make the cashew cheese. For soaking, put the cashews in a bowl and cover with cold water. Soak for 2 hours or up to 6 hours (no more or they will develop an off-taste). Drain, put in a food processor with the garlic, lemon juice and a pinch of salt and blend until smooth. To skip the soaking, put cashews in a saucepan and cover with water. Bring to a boil, reduce to a medium simmer and simmer for 15 minutes. Drain, allow to cool and blend as you would above.
2. Form the ground beef into evenly sized patties and season lightly with salt and pepper. Cook each burger in a heavy non-stick skillet, leaving the fat in the pan when done.
3. Crack the eggs into the beef fat until the whites are cooked.
4. To serve, lay a lettuce leaf on each plate and top with a burger. Spread a generous portion of cashew cheese on top and top with a fried egg. Top with minced chives if desired and enjoy with a knife and fork.

CALORIES = 0

Protein = 0

Protein = 0

Carbohydrates = 0



TURKEY VEGETABLE *Meatballs*

⌚ Total Time: 45 minutes

🍴 Yield: 4 servings

Ingredients:

- 1 pound turkey, ground or chicken
- 2 medium carrots (or equivalent of baby carrots)
- 1 medium bell pepper red or green
- 8 medium mushrooms, white button
- 1 cup parsley, fresh
- ½ medium onion, yellow
- 1 medium garlic clove
- 2 tsps garlic, granulated (garlic salt)
- 2 tbsps Italian seasoning
- ½ tsp black pepper freshly ground

Instructions:

1. Preheat oven to 350°F.
2. Combine carrots, bell pepper, mushrooms, onion, garlic and seasonings in a food processor and blend until well chopped.
3. Empty the food processor into a large bowl, add the ground turkey and mix together completely.
4. Form meatballs and place on a non-greased baking sheet (about 1.5-2 inches each). Bake for about 25 minutes, or until completely cooked.

CALORIES = 200

Carbohydrates = 12G

Protein = 25G

Fat = 8G



SIRLOIN STEAKS WITH *Creamy Mushrooms*

🕒 Total Time: 30 minutes

🍴 Yield: 4 servings

Ingredients:

- 2 pieces beef - sirloin steak, (8-12 oz) about 1 inch thick
- ½ tsp sea salt
- 2 tbsps coconut oil or olive oil
- 3 medium garlic cloves minced
- 1 pound mushrooms, white button, cremini or shitaake
- 2 tbsps rosemary, fresh chopped
- ¼ tsp black pepper freshly ground (optional)

Instructions:

1. Preheat broiler to high.
2. Place steaks on broiler pan and sprinkle both sides with sea salt.
3. Broil steaks 2-3 inches from heat source (usually the very top of the oven) for 7 minutes for medium-rare (8 minutes for medium). Remove from oven and turn steaks. Return to oven and broil the other side an additional 5 minutes for medium-rare (6 minutes for medium).
4. When desired internal temperature is reached, remove steaks from oven, cover with foil and let rest 5 minutes.
5. While steaks are cooking and resting, heat a large skillet over medium-high heat. When pan is hot, add coconut oil.
6. Add garlic, mushrooms and rosemary to the pan. Sauté stirring frequently for 10-15 minutes, or until mushrooms have softened. Season with salt and freshly ground black pepper if desired.
7. Spoon warm mushrooms over steak to serve.

CALORIES = 504

Carbohydrates = 4G


Protein = 31G

Fat = 48G



BAKED Sweet Potato Fries

 **Total Time:** 40 minutes

 **Yield:** 4 servings

Ingredients:

- 3 large sweet potatoes cut into ¼ inch thick fries, peeling optional
- 3 tbsps olive oil
- 1 tsp cumin
- ⅛ tsp sea salt to taste
- ⅛ tsp black pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Toss the sweet potatoes with the olive oil, cumin, and a pinch of salt and pepper until well coated. Lay on a parchment lined baking sheet in a single layer.
3. Bake for 25-30 minutes, until potatoes are crisp and lightly browned, flipping once. Serve hot.

CALORIES = 299

Carbohydrates = 42G

Protein = 2G

Fat = 14G



ROASTED Brassica

L Total Time: 45 minutes

U Yield: 4 servings

Ingredients:

- 2 heads broccoli cut into 1 inch florets
- ¼ head cauliflower cut into 1 inch florets
- 4 cups brussels sprouts halved, about 1 pound
- 6 medium radishes quartered
- 4 tbsps ghee or coconut oil
- 2 tbsps olive oil
- ½ tsp sea salt to taste
- ½ tsp black pepper to taste
- 4 medium garlic cloves quartered
- 2 medium onions chopped
- 8 slices bacon cooked and crumbled

Instructions:

- 1.** Preheat the oven to 400°F. In a skillet, add the ghee and heat on medium-high heat. Saute the broccoli, cauliflower, Brussels sprouts, radishes, and onion for 5-8 minutes or until they start to turn brown.
- 2.** Place the mixture on a baking sheet and drizzle with olive oil, sea salt, and black pepper. Add the garlic cloves and place in the oven. Bake for 25-30 minutes or until vegetables brown and become crispy.
- 3.** Remove from heat, top with bacon crumbles, and serve warm.

CALORIES = 255

Carbohydrates = 24G

Protein = 14G

Fat = 14G



CAULIFLOWER Fried Rice

L Total Time: 30 minutes

Y Yield: 4 servings

Ingredients:

- 1 head cauliflower cut into florets
- 1 pound ham diced into small cubes
- 2 medium garlic clove peeled and sliced
- 4 tsps ginger, fresh peeled and grated, about 1 inch
- 1 small bell pepper diced
- 6 medium mushrooms, white button sliced
- 1 medium jalapeno pepper diced (optional)
- ½ cup cilantro, fresh chopped
- 7 medium onions, green trimmed and sliced
- 2 tbsps coconut oil
- 2 tbsps coconut aminos
- ½ tsp coconut vinegar or white vinegar
- ½ tsp fish sauce
- 1 tbsp sesame seeds, toasted to garnish
- 1 tbsp sesame oil, toasted to garnish
- 1 tsp black pepper freshly ground to taste

Instructions:

1. Place cauliflower florets into a food processor fitted with a chopping blade. Pulse until a rice-like consistency has formed. A cheese grater also works well for this task.
2. Heat a large skillet over medium-high heat and add ½ of coconut oil. Add ham cubes and cook, stirring frequently, until browned lightly on all sides (about 7 minutes). Set aside.
3. In the same pan, heat the remaining coconut oil over medium-high heat and add garlic, ginger, jalapeno, mushrooms, onions and bell pepper. Saute, stirring frequently for about 3 minutes until lightly browned.
4. Add riced cauliflower to the pan and cook for another 7 minutes, stirring frequently.
5. In a small bowl, whisk together coconut aminos, vinegar, and fish sauce.
6. Turn heat to high and add liquid mixture and ham to cauliflower sauté. Stir frequently for about one minute until most of the liquid has been absorbed. Remove from heat.
7. Garnish with cilantro, fresh ground pepper, toasted sesame seeds and sesame oil to taste.

CALORIES = 321

Carbohydrates = 18G

Protein = 23G

Fat = 17G



CREAMY Chard

L Total Time: 15 minutes

U Yield: 2 servings

Ingredients:

- 1 bunch chard
- ½ can coconut milk, full fat (403 mL) (preferably Native Forest - it has no BPA's in the can liner)
- 1 tbsp coconut oil
- ½ medium lemon, juiced
- ¼ tsp sea salt (optional) to taste

Instructions:

1. Melt coconut oil in a large saute pan over medium heat.
2. Meanwhile, rinse and roughly chop chard (stalk included for more fiber).
3. Place the chard in the pan with coconut oil and cover. Cook for about 3-5 minutes, stirring occasionally.
4. Add coconut milk, lemon and sea salt (if desired). Stir in completely.
5. Cook for a few more minutes and serve hot.
6. Add an optional protein if desired.

CALORIES = 18g

Carbohydrates = 10G

Protein = 7G

Fat = 12G



ROASTED BEETS WITH *Balsamic Glaze*

🕒 Total Time: 60 minutes

🍴 Yield: 4 servings

Ingredients:

- 6 medium beets
- 2 tbsps olive oil
- ¼ tsp sea salt (optional)
- ¼ tsp black pepper freshly ground
- ½ cup balsamic vinegar
- 2 tsps maple syrup (Grade B recommended)
- 1 tsp orange zest

Instructions:

1. Preheat oven to 325°F.
2. Wash beets and slice into quarters. Cut each quarter into ¼ inch slices.
3. Put beets on baking sheet. Add olive oil, sea salt and pepper and mix together completely. Spread beets out again on baking sheet.
4. Roast for 25 to 45 minutes, checking often. Remove from oven when slightly tender.
5. Meanwhile, combine vinegar and maple syrup in a small pan over high heat. Cook until vinegar has reduced to a syrup-like consistency, stirring often. Remove from heat.
6. When beets are fully cooked, pour glaze over top and sprinkle with freshly grated orange zest.

CALORIES = 124

Carbohydrates = 27G

Protein = 3G

Fat = 7G



EASY Butternut Squash

 **Total Time:** 35 minutes

 **Yield:** 4 servings

Ingredients:

- 1 medium butternut squash
- 1 tbsp coconut oil
- ½ tsp cinnamon to taste
- 1 tsp honey, raw

Instructions:

- 1.** Cut the squash in half and scoop out the seeds. Carefully peel the squash, and cut it into 1 inch chunks.
- 2.** Meanwhile, heat a medium saute pan over medium-high heat. Add coconut oil.
- 3.** Add squash pieces and saute for 15-20 minutes. When they are almost soft, add cinnamon and raw honey, and continue to cook to desired tenderness.
- 4.** Remove from heat and serve warm.

CALORIES = 161

Carbohydrates = 34G

Protein = 3G

Fat = 4G



ASPARAGUS WITH *Mushrooms + Hazelnuts*

⌚ Total Time: 30 minutes

🍴 Yield: 4 servings

Ingredients:

- 2 tbsps red wine vinegar
- ¼ tsp sea salt to taste
- ½ tsp black pepper freshly ground, to taste
- 1 pound asparagus ends trimmed
- 2 tbsps coconut oil lard or tallow
- 1 pound mushrooms (about 6 cups)
- 8 medium onions, green sliced
- 2 tbsps hazelnuts toasted and finely chopped

Instructions:

1. Add the vinegar, half of the oil, salt, and pepper in a small bowl.
2. Add the asparagus in boiling water for just a few minutes until they are crisp.
3. Drain and pour ice water over them immediately.
4. Heat the remaining oil in a pan on medium high heat.
5. Add mushrooms and saute until they are soft.
6. Add green onions, saute 1 minute.
7. Add the asparagus, and cook another 3 mins.
8. Remove from the heat then slowly add in the vinegar mixture.
9. Toss the toasted hazelnuts over the top.

CALORIES = 133

Carbohydrates = 10G

Protein = 7G

Fat = 10G



SPAGHETTI SQUASH

Pasta Salad

⌚ Total Time: 55 minutes

🍴 Yield: 4 servings

Ingredients:

- 1 medium spaghetti squash
- 1 medium bell pepper, red diced
- 1 small cucumber sliced
- ½ medium onion, red sliced
- ½ cup olive, kalamata pitted and sliced
- ½ cup olive oil
- 4 tbsps lemon juice
- 1 tsp Italian seasoning
- ¼ cup parsley, fresh
- ⅛ tsp sea salt to taste
- ⅛ tsp black pepper freshly ground to taste

Instructions:

1. Preheat oven to 375°F.
2. Cut the squash in half, scoop out the seeds, and lay cut side up on a baking sheet. Brush lightly with olive oil or spray with cooking spray. Bake for about 40 minutes, remove from oven and cool.
3. When cool, scoop out the flesh and transfer to a bowl. Separate the strands with a fork and toss with the remaining ingredients. Chill until ready to serve.

CALORIES = 277

Carbohydrates = 9G

Protein = 1G

Fat = 28G



PALEO "Alfredo" Sauce

⌚ Total Time: 25 minutes

🍴 Yield: 6 servings

Ingredients:

- 1 cup cashews, raw
- 1½ cups water, boiling
- 2 tbsps yeast, nutritional
- ½ tsp garlic salt
- 2 tsps coconut oil
- ⅛ tsp white pepper
- 1 tsp sea salt to taste (optional)

Instructions:

- 1.** Add cashews to blender. Cover with boiling water and let sit for 15 minutes.
- 2.** Add remaining ingredients and puree. Add additional water or salt if needed.

CALORIES = 130

Carbohydrates = 7G


Protein = 5G

Fat = 9G



MOJO Verde

 **Total Time:** 10 minutes

 **Yield:** 4 servings

Ingredients:

- 1 cup cilantro, fresh
- ¼ cup olive oil
- 1 medium garlic clove or more to taste
- ½ tsp sea salt

Instructions:

1. Blend all ingredients in a food processor until desired consistency is reached.

CALORIES = 88

Carbohydrates = 2G

Protein = 1G

Fat = 9G



PALEO

Thai Marinade

L Total Time: 10 minutes

Yield: 8 servings

Ingredients:

- 5 medium garlic cloves peeled and chopped
- 4 tbsps ginger, fresh peeled and diced
- 2 cups basil, fresh loosely packed
- 1 large jalapeno pepper chopped, leave the seeds in if you desire more spice
- 2 tbsps lime juice
- 1 can coconut milk, full fat (403 mL) liquid only, about ½ cup, fat component removed
- ¼ cup avocado oil or melted coconut oil
- ¼ cup coconut aminos
- 1 tbsp coconut nectar or honey
- 1 tbsp fish sauce
- ½ tsp black pepper
- ¼ tsp sea salt

Instructions:

1. Combine all ingredients into a magic bullet, blender, food processor or the like.
2. Blend until well combined.
3. Place pre-cut meat of choice into a shallow and covered dish, or a re-sealable plastic bag.
4. Thoroughly coat the meat with the marinade.
5. Reserve and refrigerate any unused marinade for a salad dressing, stir-fry sauce, or freeze for future use.
6. Cover and refrigerate meat for 2 to 24 hours, turning the meat (or "squishing" the bag) several times to ensure the marinade covers the meat completely.
7. The meat is now ready to cook! Remove from the marinade and salt lightly before grilling, pan frying, or baking.

CALORIES = 94

Carbohydrates = 6G

Protein = 1G

Fat = 63G



SIMPLE Salad Dressing

L Total Time: 15 minutes

🍴 Yield: 8 servings

Ingredients:

- 1 cup olive oil, extra virgin
- ¼ cup balsamic vinegar
- 1 medium garlic clove finely minced
- 1 tsp mustard, dijon
- 1 tsp honey, raw
- 1 tbsp lemon juice
- 1 tsp sea salt
- ½ tsp black pepper freshly ground
- 1 tsp herbs of choice for Salad dressing (basil, thyme, chives, rosemary, oregano, tarragon)

Instructions:

1. Whisk (or put in blender) balsamic vinegar, dijon mustard, minced garlic, raw honey and lemon juice until blended.
2. Gradually add olive oil while whisking (or blending).
3. Mix salt, pepper and dried herbs in to taste.
4. Store in the refrigerator.

CALORIES = 254

Carbohydrates = 4G

Protein = 0G


Fat = 28G



BLUEBERRY SHALLOT

Balsamic Vinaigrette

 **Total Time:** 10 minutes

 **Yield:** 8 servings

Ingredients:

- 1 cup olive oil
- ½ cup balsamic vinegar
- 1 tsp mustard, dijon
- 1 medium garlic clove
- 1 medium shallot chopped
- ½ cup blueberries, fresh or frozen
- 1 tsp thyme, fresh
- ½ tsp sea salt
- ¼ tsp black pepper

Instructions:

1. Put all of the ingredients in a blender or food processor and puree until smooth. Taste, and adjust seasoning if desired. Store in an airtight container in the refrigerator for up to 3 days.

CALORIES = 226

Carbohydrates = 2G

Protein = 0G

Fat = 25G



DOUBLE DARK Chocolate Muffins

🕒 Total Time: 34 minutes

🍴 Yield: 12 servings

Ingredients:

- 1 cup almond flour
- 2 tbsps tapioca flour or starch
- ½ cup honey, raw
- ½ cup cacao powder
- ½ tsp vanilla
- 1 large egg
- ½ cup coconut milk, full fat chilled
- 2 tbsps almond milk, unsweetened
- ¼ cup applesauce, unsweetened
- 2 tbsps cacao nibs, raw
- 4 drops stevia, liquid
- 1 package paper muffin liners

Instructions:

1. Preheat the oven to 350°F.
2. Place all ingredients in a large mixing bowl. Using a whisk, mix thoroughly together until combined.
3. Place muffin liners in a muffin pan and spoon the mix into each cup, dividing evenly. Bake for 22-24 minutes or until a toothpick inserted comes out clean. They will still feel a little soft in the center when they're done. Don't overcook or they will get dry.
4. Top with strawberries and serve warm! Or place in a bowl and top with coconut whipped cream, coconut ice cream, almond butter, bananas, or eat them drenched in almond or coconut milk (Amish pudding, as my ancestors call it!). The topping options are endless!

CALORIES = 169

Carbohydrates = 20G

Protein = 4G

Fat = 9G



SWEET POTATO Brownies with Icing

L Total Time: 40 minutes

Y Yield: 12 servings

Ingredients:

For the Brownie

- 1 large sweet potato peeled and grated or baked and peeled
- 2 large eggs
- 1 tbsp vanilla
- ½ cup honey, raw
- ½ cup coconut oil melted
- 1 tbsp baking powder
- ½ tsp baking soda
- 1 cup cocoa powder, unsweetened
- 2 tbsps coconut flour

For the Icing

- 1 cup chocolate chips, dark
- ⅓ cup coconut oil
- 1 Tbsp vanilla

Instructions:

1. Preheat oven to 365°F.
2. Combine the sweet potato, eggs, vanilla, honey, and oil in a large bowl. In a smaller bowl, combine the baking powder, baking soda, cocoa powder and coconut flour and stir. Stir this into the wet mixture until well combined.
3. Line an 8x8 cake pan with parchment paper. Spread the batter in the pan, and bake for 25-30 minutes. Brownies are done when a toothpick inserted in the center comes out clean. Be careful not to over bake!
4. All the brownies to cool before removing from the pan.
5. To make the icing, combine the chocolate chips and coconut oil in a pan on the stove. Heat over low heat until melted and stir in the vanilla. Allow to cool completely (you can put it in the fridge for 15 minutes or so to speed up the process), and then whip with a hand mixer until fluffy. Spread over cooled brownies before slicing. Top with fresh berries for a nice touch!

CALORIES = 258

Carbohydrates = 25G

Protein = 3G

Fat = 19G



GRAIN FREE

Chocolate Chip Cookies

⌚ Total Time: 45 minutes

🍴 Yield: 24 servings

Ingredients:

- 3 cups almond flour
- ½ cup coconut oil melted
- ½ cup honey, raw
- 2 large eggs
- 1 tsp baking soda
- 1 tsp sea salt
- 1 tsp vanilla
- 1½ cups chocolate chips, semi-sweet

Instructions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper.
3. In a small mixing bowl, combine dry ingredients. Set aside.
4. In a medium mixing bowl, beat the eggs, honey, and vanilla extract with a hand mixer, or wire whisk.
5. Pour wet ingredients slowly into dry ingredients and beat with mixer or fork until combined.
6. Add the melted coconut oil and continue to blend until combined. Stir in chocolate chips.
7. Drop tablespoon size balls of cookie dough onto prepared baking sheet.
8. Bake for approximately 8-10 minutes.

CALORIES = 194

Carbohydrates = 23G

Protein = 5G

Fat = 11G



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