



PALEO RECIPES
FOR
NATURAL
Detox



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Paleo Recipes for Natural Detox

Detoxing doesn't have to be an insanely complex ordeal. In fact, it's so basic that your body is detoxing every single day. The food that we eat can either help the process, or add more work to it.

This cookbook is filled with delicious, real food recipes that naturally support the body's detox organs. Hand-selected by a nutritionist and easy to prep in your own kitchen, these Paleo-friendly recipes are filled with fiber, omega-3 fatty acids, protein, antioxidants, and vitamins.

RECIPE MEASUREMENTS KEY

tablespoon = tbsp

teaspoon = tsp

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TOAD IN THE HOLE

Almond Trout

 **Prep Time:** 10 minutes  **Cook Time:** 20 minutes  **Yield:** 3 servings

Ingredients:

- 2 lb(s) trout, whole
- 1 tbsp(s) olive oil
- ⅓ cup(s) almonds, slivered
- 1 tbsp(s) raisins (golden raisins suggested)
- 1 medium shallot(s) diced
- 1 cup(s) parsley, fresh chopped
- ¼ tsp(s) black pepper freshly ground
- ¼ cup(s) olive oil or coconut oil

Instructions:

- 1.** Rinse and dry trout. Rub skin of fish with a splash of olive oil.
- 2.** Toss almonds, raisins, 1 tbsp(s) olive oil, shallots, parsley and black pepper in a medium bowl. Stuff trout with this mixture.
- 3.** Put ¼ cup olive oil in a large skillet over medium heat.
- 4.** When pan is hot, sauté trout for about 8-10 minutes on each side until fully cooked (flesh will flake easily with a fork).
- 5.** Serve with a garnish of lemon, parsley and seedless red grapes (optional).



NO POTATO

Salad

 **Prep Time:** 10 minutes  **Cook Time:** 10 minutes  **Yield:** 4 servings

Ingredients:

- 1 head(s) cauliflower chopped into small florets
- 2 medium celery stalk(s) diced
- ¼ medium onion(s), yellow finely diced
- 1 tbsp(s) parsley, fresh finely chopped
- 2 large egg(s) hard boiled, shelled, and diced
- 2 tbsp(s) Paleo mayonnaise
- 1 tbsp(s) mustard, dijon
- ½ tsp(s) sea salt (optional)

Instructions:

- 1.** Add 1 inch of water to the bottom of a medium pot (with lid). Insert steamer basket and fill with chopped cauliflower. Cover.
- 2.** Steam cauliflower on the stove top over medium-high heat until slightly tender, about 10 minutes after water begins to simmer (overcooking will develop a stronger "cauliflower" smell, and a mushy texture).
- 3.** Drain cauliflower and rinse with cold water to cool immediately. Place in a large bowl
Add celery, onion, parsley, and egg.
- 4.** Stir in mayonnaise, dijon mustard, and sea salt (if desired).
- 5.** Serve immediately or store in refrigerator.



LETTUCE Wraps

 **Prep Time:** 15 minutes  **Cook Time:** 0 minutes  **Yield:** 4 servings

Ingredients:

- 2 medium avocado(s)
- 3 medium tomato(es) diced
- ½ medium jalapeno pepper(s) diced
- ¼ medium onion(s), yellow diced
- 3 medium garlic clove(s) minced
- ¼ cup(s) cilantro, fresh chopped
- 2 tsp(s) lime juice
- 8 large lettuce leaves Romaine

Instructions:

- 1.** In a medium sized bowl, mash the avocado. Add remaining ingredients and stir until well mixed.
- 2.** Spread 2 to 3 tbsp(s) of this mixture onto lettuce leaves and wrap.



PORK LOIN WITH PEPPERS

Mushrooms & Onions

 **Prep Time:** 15 minutes  **Cook Time:** 20 minutes  **Yield:** 4 servings

Ingredients:

- 1 tbsp(s) coconut oil
- 1 lb(s) pork loin
- 1 tbsp(s) caraway seeds
- ½ tsp(s) sea salt
- ¼ tsp(s) black pepper freshly ground
- 1 medium onion(s), red thinly sliced
- 3 medium mushroom(s), porcini sliced
- 2 medium bell pepper(s), red sliced
- 4 medium garlic clove(s) minced
- ⅓ cup(s) chicken broth

Instructions:

1. Wash and chop vegetables.
2. Slice pork loin thinly, and season with caraway seeds, sea salt and freshly ground black pepper.
3. Heat a large sauté pan over medium-high heat. Add coconut oil when hot.
4. Add pork loin and brown slightly.
5. Add onions and mushrooms, and continue to sauté until mushrooms are brown and onions are slightly translucent.
6. Add peppers, garlic and chicken broth. Simmer until vegetables are tender and pork is fully cooked.



ITALIAN Veal Chops

 **Prep Time:** 10 minutes  **Cook Time:** 2 hours  **Yield:** 4 servings

Ingredients:

- 4 piece(s) veal chops (4-6 oz)
- ½ tsp(s) sea salt (optional)
- 2 tsp(s) oregano, dried
- ¼ tsp(s) black pepper freshly ground
- 1 tbsp(s) coconut oil
- 2 tbsp(s) parsley, fresh chopped
- 2 medium garlic clove(s) minced
- 1 can(s) tomatoes, (28 oz)

Instructions:

- 1.** Season each veal chop with sea salt (optional), oregano and freshly ground black pepper.
- 2.** Heat a large skillet over high heat. Add coconut oil when hot.
- 3.** Add veal chops and brown on both sides. Reduce heat to medium-low and add garlic. Continue to cook until garlic begins to brown.
- 4.** Add tomatoes and parsley, cover, reduce heat to low and simmer until veal is tender (about 2 hours).



EASY Butternut Squash

 **Prep Time:** 15 minutes  **Cook Time:** 20 minutes  **Yield:** 4 servings

Ingredients:

- 1 medium butternut squash
- 1 tbsp(s) coconut oil
- ½ tsp(s) cinnamon to taste
- 1 tsp(s) 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.



CHEF Salad

 **Prep Time:** 10 minutes  **Cook Time:** 10 minutes  **Yield:** 4 servings

Ingredients:

- 4 large egg(s) hard-boiled, halved
- 1 head(s) lettuce, red leaf
- ½ lb(s) chicken breasts, boneless, skinless or ham, grilled and diced
- 2 slice(s) bacon cooked and crumbled
- ½ cup(s) tomatoes, cherry or grape halved
- 4 medium onion(s), green sliced thin
- 2 medium celery stalk(s) diced
- 1 medium avocado(s) diced
- 4 tbsp(s) Simple Salad Dressing (recipe) or favorite salad dressing

Instructions:

1. Hard-boil eggs, cool and remove shells.
2. Meanwhile, cook bacon and crumble, grill chicken and dice (or dice ham).
3. Wash and chop vegetables.
4. Divide lettuce between two plates, top with vegetables, eggs, avocado and meats.
5. Top with Simple Salad Dressing.



VEGETABLE *Kebabs*

L **Prep Time:** 12 hours

L **Cook Time:** 30 minutes

🍴 **Yield:** 4 servings

Ingredients:

- 4 large mushroom(s), white button or cremini quartered
- 1 large zucchini sliced thick
- ½ head(s) cauliflower pulled apart into large florets
- 1 medium bell pepper(s), red cut into large pieces
- 1 medium onion(s) cut into large pieces
- 1 package(s) wooden skewers (soaked for at least 15 minutes)
- 2 tbsp(s) ginger, fresh peeled
- 2 medium garlic clove(s)
- ½ cup(s) olive oil
- ½ tsp(s) cayenne pepper
- 1 tsp(s) basil, fresh
- 1 tsp(s) oregano, dried

Instructions:

- 1.** Wash and prepare the vegetables. Put in large bowl.
- 2.** Blend marinade ingredients together in a blender or food processor and pour over vegetables in the bowl.
- 3.** Cover, and marinate overnight in the refrigerator. Also soak the wooden skewers in water overnight.
- 4.** Shortly before mealtime, put the vegetables onto the soaked skewers.
- 5.** Place kebabs on grill for about 10 minutes until tender, turning frequently.



SPINACH *Salad*

 **Prep Time:** 15 minutes  **Cook Time:** 0 minutes  **Yield:** 2 servings

Ingredients:

- 2 cup(s) spinach
- 4 medium onion(s), green chopped
- 1 medium lemon(s), juiced
- 2 tbsp(s) olive oil
- ¼ tsp(s) black pepper freshly ground

Instructions:

1. Wash spinach well, drain and chop.
2. Let leaves sit for a few minutes and then squeeze out excess water.
3. Put spinach in a medium bowl and add green onions, lemon juice, oil and pepper.
4. Toss and serve.



ROSEMARY *Green Beans*

 **Prep Time:** 15 minutes  **Cook Time:** 15 minutes  **Yield:** 2 servings

Ingredients:

- 1 lb(s) green beans, fresh trimmed
- ½ tsp(s) sea salt divided
- 1 tsp(s) coconut oil
- 2 medium onion(s), green sliced
- 2 tsp(s) rosemary, fresh chopped
- ¼ cup(s) pecans chopped and toasted
- 2 tsp(s) lemon zest grated

Instructions:

1. Heat 1.5 inches water in a medium pot with a steamer basket insert to a boil.
2. Sprinkle green beans evenly with ¼ tsp(s) sea salt (if desired) and place in the basket.
3. Cover and steam 10 minutes or until crisp-tender. Immediately plunge green beans into ice water to stop cooking. Drain.
4. Meanwhile, heat a nonstick skillet over medium-high. Add oil when hot.
5. Add green onions and rosemary, and saute 2-3 minutes or until softened.
6. Add green beans, pecans, lemon rind and remaining sea salt (if desired), stirring until thoroughly heated.



CHICKEN & SWEET POTATOES WITH Shallots

 **Prep Time:** 20 minutes  **Cook Time:** 25 minutes  **Yield:** 2 servings

Ingredients:

- 3 medium sweet potato(es) peeled and cut in 2 inch pieces
- 1½ tsp(s) sea salt to taste, divided
- ¼ tsp(s) black pepper freshly ground, to taste
- 4 tbsp(s) coconut oil
- 4 piece(s) chicken breast(s), boneless skinless (4-6 oz)
- 4 medium shallot(s) sliced into thick rings
- 2 tbsp(s) rosemary, fresh chopped

Instructions:

1. Wash and chop sweet potatoes. Place in a large pot and cover with cold water.
 2. Bring pot to a boil. Once boiling, add 1 tsp(s) sea salt and reduce heat to medium-low. Simmer until tender (about 14-16 minutes).
 3. Reserve ¼ cup of cooking water. Drain remaining liquid and return sweet potatoes to pot. Mash with reserved cooking water.
 4. Meanwhile, season chicken with ½ tsp(s) salt and ¼ tsp(s) freshly ground black pepper.
 5. Heat coconut oil in large skillet over medium-high heat.
 6. When pan is hot, add sliced shallots and rosemary and cook for a minute.
 7. Add chicken breasts to pan and pan-fry until golden brown and fully cooked (7-8 min per side).
- Serve with mashed sweet potatoes on the side.



BRUSSELS SPROUTS WITH *Ginger & Almonds*

 **Prep Time:** 8 minutes

 **Cook Time:** 12 minutes

 **Yield:** 4 servings

Ingredients:

- 4 cup(s) brussels sprouts (about 1 pound for 4 servings)
- ½ cup(s) almonds, slivered (or nuts of choice)
- 4 tbsp(s) olive oil
- 1 tsp(s) ginger, fresh grated
- 2 tsp(s) lemon juice
- 2 tsp(s) coconut aminos (tastes like soy sauce)

Instructions:

- 1.** Add 1 inch of water to the bottom of a medium pot with a steamer insert or basket. Add brussels to steamer, cover, and cook over medium-high heat for 10-12 minutes, or until just tender and bright green.
- 2.** Meanwhile, dry roast the almonds in a small skillet over low heat. Stir constantly and remove from heat when they begin to brown. NOTE: watch and stir constantly, as they can burn easily.
- 3.** Combine the olive oil, ginger root, lemon juice and coconut aminos in a small bowl. When brussels are fully cooked, toss with dressing and top with toasted almonds.



GINGERY *Broccoli & Beef*

L Prep Time: 15 minutes **L** Cook Time: 30 minutes **🍴** Yield: 4 servings

Ingredients:

- 2 tbsp(s) coconut oil
- 2 medium garlic clove(s) minced
- 1 lb(s) beef - petite sirloin steak(s) cut into very thin strips
- ½ tsp(s) sea salt
- 2 tbsp(s) lemon juice
- 1 tbsp(s) flax seeds, ground
- 2 tsp(s) ginger, fresh grated
- ¼ tsp(s) black pepper freshly ground
- ½ tsp(s) red pepper flakes
- ¼ cup(s) chicken broth
- 2 head(s) broccoli cut into florets (about 2 cups)
- 2 large carrot(s) thinly sliced
- 1 medium onion(s), green thinly sliced

Instructions:

1. Heat the 1 tbsp(s) coconut oil and garlic in a large skillet over medium-high heat.
2. Add the sliced beef and ¼ tsp(s) sea salt, and brown. Remove beef from pan to a side dish, and get rid of excess juice left in pan.
3. In a small bowl mix lemon juice, flax meal, grated ginger, freshly ground black pepper and red pepper flakes with ¼ cup broth.
4. Heat pan again over medium heat. Add 1 tbsp(s) coconut oil when pan is hot.
5. Add broccoli and carrots to pan. Pour liquid ingredients on top and toss to coat.
6. Cook over medium heat until broccoli is tender.
7. Return the beef to the pan and add the green onions. Add the extra chicken broth if preferred.
8. Stir beef in until it's coated with sauce, and let simmer for a few minutes until beef warmed through.



CHICKEN YAM & CHARD Soup

 **Prep Time:** 8 minutes

 **Cook Time:** 12 minutes

 **Yield:** 4 servings

Ingredients:

- 2 tbsp(s) coconut oil or olive oil
- 1 medium onion(s), yellow diced
- 2 medium garlic clove(s) minced
- 1 medium carrot(s) chopped
- 1 tsp(s) thyme, dried
- ½ tsp(s) oregano, dried
- 1 tsp(s) sea salt divided
- ½ tsp(s) black pepper freshly ground, divided
- 2 lb(s) chicken thighs, boneless, skinless
- 4 cup(s) broth (chicken, vegetable, beef, or bone broth are all fine)
- 6 cup(s) water
- 1 whole bay leaf(s)
- ½ can(s) jalapeños (4 oz) diced
- 1 large yam(s) diced
- 1 bunch(es) chard chopped (or kale or any green you love)
- 7 medium onion(s), green sliced (whites and greens)
- 1 medium lemon(s), 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 tsp(s) sea salt and ¼ tsp(s) 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, jalapeños, 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.



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BEEF AND VEGETABLE *Chili*

L Prep Time: 5 minutes

L Cook Time: 10 minutes

🍴 Yield: 4 servings

Ingredients:

- 2 tbsp(s) coconut oil
- 1 large onion(s), yellow diced
- 2 tbsp(s) chili powder
- 1 tsp(s) chipotle, ground
- 2 tsp(s) sea salt (optional)
- 1 tsp(s) cumin
- 1 tsp(s) garlic salt
- 2 lb(s) beef - stew meat cut into 1 inch x 1 inch cubes
- 2 can(s) tomatoes, diced (28 oz)
- 2 can(s) green chilies (4 oz) diced
- ½ can(s) jalapeños (4 oz) diced (may add more if desired)
- ½ tsp(s) oregano, dried
- ½ tsp(s) thyme, dried
- 1 whole bay leaf(s)
- 8 medium mushroom(s), white button sliced
- 2 medium carrot(s) sliced
- 2 medium zucchini diced
- 1 medium zucchini, yellow diced
- 1 large bell pepper(s), red diced
- 5 large kale leaves shredded
- 1 tbsp(s) cilantro, fresh for garnish
- 1 medium onion(s), green for garnish
- 1 can(s) coconut milk, full fat (403 ml) (placed in the fridge for a few hours)

Instructions:

1. Heat large soup pot over medium-high heat.
2. When hot, add coconut oil and onion to pot and brown slightly.
3. Meanwhile, combine chili powder, sea salt, cumin and garlic salt in a large dish. Roll raw beef stew meat in the mixture to coat on all sides.
4. When onions have browned slightly, add beef and brown on all sides.
5. Add the diced tomatoes. Fill the empty can with water and add to the pot. Add green chilies, jalapeños, chipotle peppers, mushrooms, carrots, oregano, thyme and bay leaf. Turn heat down to medium and cook for about 40 minutes, stirring occasionally.
6. Add zucchini and red pepper, and cook for another 20 minutes.
7. Add kale and finish cooking for 10 more minutes. Season with sea salt if desired.
8. Serve with sliced green onions, fresh cilantro and a dollop of thickened coconut milk from the top of the can.



CREAMY Chard

L Prep Time: 5 minutes

L Cook Time: 10 minutes

🍴 Yield: 4 servings

Ingredients:

- 1 bunch(es) chard
- ½ can(s) coconut milk, full fat (403 ml) (*preferably Native Forest - it has no BPA's in the can liner*)
- 1 tbsp(s) coconut oil
- ½ medium lemon(s), juiced
- ¼ tsp(s) 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. Add an optional protein if desired.



BAKED SEA BASS WITH *Capers & Lemon*

 **Prep Time:** 10 minutes  **Cook Time:** 15 minutes  **Yield:** 2 servings

Ingredients:

- 1 lb(s) sea bass fillet(s) (or any firm white fish available)
- 1 medium lemon(s)
- 2 tbsp(s) capers rinsed
- 2 tbsp(s) dill, fresh (dried may be used if fresh dill is unavailable)
- ¼ tsp(s) sea salt
- ⅓ tsp(s) black pepper freshly ground 1 whole bay leaf(s)
- ½ can(s) jalapeños (4 oz) diced
- 1 large yam(s) diced
- 1 bunch(es) chard chopped (or kale or any green you love)
- 7 medium onion(s), green sliced (whites and greens)
- 1 medium lemon(s), juiced

Instructions:

1. Preheat oven to 350°F.
2. Place sea bass fillets on a broiler pan.
3. Thinly slice lemon (⅛ inch slices).
4. Sprinkle the fish with sea salt and freshly ground black pepper. Top with capers and dill sprigs. Cover with fresh lemon slices.
5. Bake for 10-15 minutes, until fish flakes easily with a fork.



KALE SALAD

WITH *Ham*

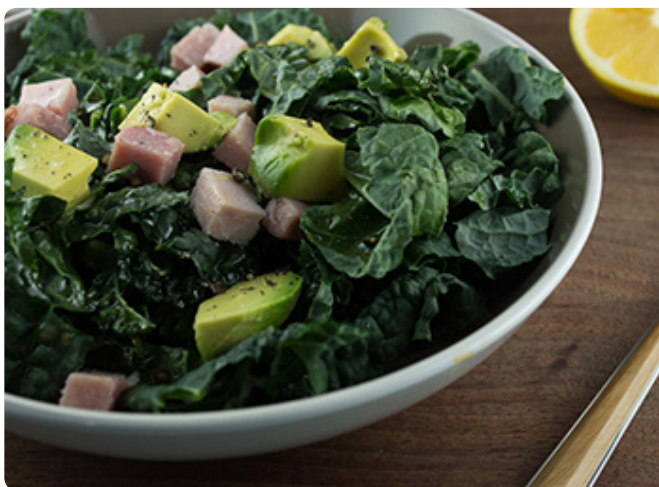
 **Prep Time:** 15 minutes  **Cook Time:** 0 minutes  **Yield:** 2 servings

Ingredients:

- 1 bunch(es) kale, lacinato
- 2 tbsp(s) olive oil, extra virgin
- 1 small lemon(s), juiced
- ½ tsp(s) sea salt
- ¼ tsp(s) black pepper freshly ground
- ¾ lb(s) ham diced
- 1 medium avocado(s) diced

Instructions:

- 1.** Wash kale and remove leaves from woody stems. Slice leaves thinly.
- 2.** In a large bowl, combine kale, olive oil, lemon juice, sea salt, and freshly ground black pepper. Toss to coat leaves completely.
- 3.** Divide kale into two bowls. Top each salad with ham and avocado to serve.



LAMB & SPAGHETTI Squash

L Prep Time: 10 minutes

L Cook Time: 0 minutes

L Yield: 2 servings

Ingredients:

- 1 medium spaghetti squash
- 1 lb(s) lamb, ground elk, or bison
- ½ lb(s) liver, ground (optional, or just puree it yourself in a food processor)
- ½ medium onion(s), yellow diced
- ½ tsp(s) sea salt (optional)
- ½ tsp(s) garlic, granulated
- ¼ tsp(s) oregano, dried
- 8 medium mushroom(s), white button or cremini sliced
- 2 tbsp(s) coconut oil

Instructions:

1. Preheat oven to 375°F.
2. Cut the spaghetti squash in half length-wise with a large knife or cleaver.
3. Place cut side down in a shallow baking dish. Add ¾" of water to the dish.
4. Bake for 45 minutes or so, until the squash is soft to the touch.
5. After about 30 minutes of baking, heat a large saute pan over medium-high heat.
6. Add lamb, liver, onions, sea salt, granulated garlic, and oregano, and cook 5 minutes, stirring frequently.
7. Add mushrooms and continue to cook until lamb is fully done (10-12 minutes). Set aside.
8. When squash is done cooking, remove it from the oven and cool until it can be comfortably handled.
9. Turn the cut side up, and remove from the rind with a fork. This should be done cross-wise, so the strands of squash fall out like spaghetti.
10. Spoon lamb mixture over spaghetti squash to serve. We strongly recommend adding Paleo Pesto or Mojo Verde.




HAM STIR-FRY

Breakfast

 **Prep Time:** 5 minutes

 **Cook Time:** 15 minutes

 **Yield:** 2 servings

Ingredients:

- 1 tsp(s) coconut oil
- ¼ medium onion(s), yellow diced
- 4 medium mushroom(s), white button sliced
- 1 small sweet potato(es) diced into ¼ inch cubes
- ⅓ tsp(s) thyme, dried
- ½ lb(s) ham diced
- ¼ tsp(s) black pepper freshly ground to taste
- 1 medium avocado(s) diced

Instructions:

1. Heat a large saute pan over medium heat. When pan is hot, add coconut oil.
2. Add onions, mushrooms, sweet potatoes, and thyme.
3. Stirring frequently, cook until sweet potatoes are tender but firm (about 12-15 minutes).
4. Add small amounts of water (a few drops) to the pan and cover for a few minutes at a time in order to hasten the sweet potatoes' cooking time.
5. Toss in ham until heated through.
6. Season with freshly ground black pepper, if desired, and top with avocado to serve.



CHICKEN STIR-FRY

Breakfast

 **Prep Time:** 5 minutes  **Cook Time:** 15 minutes  **Yield:** 2 servings

Ingredients:

- 2 large egg(s)
- 1 tbsp(s) water
- 1 tsp(s) coconut oil or lard, or tallow
- ¼ lb(s) asparagus washed and cut into 1-2 inch pieces
- 1 medium bell pepper(s), red sliced
- 1 medium garlic clove(s) minced
- ½ lb(s) chicken breasts, boneless, skinless
- ½ cup(s) olives sliced; (optional, Castelveltrano recommended)
- ¼ tsp(s) sea salt (optional)
- ¼ cup(s) almonds, slivered
- ½ medium avocado(s) sliced
- 1 tsp(s) coconut oil for cooking chicken

Instructions:

1. Heat a large sauté pan over medium-high heat and add 1 tbsp(s) coconut oil or other cooking oil when hot. Season chicken with salt and pepper, if desired. Saute for 10-15 minutes turning once or twice until fully cooked. Dice chicken and set aside.
2. In a small bowl, beat eggs and water together. Set aside.
3. Heat a large skillet over medium-high heat. Add coconut oil when pan is hot.
4. Add asparagus, red pepper, and garlic, and sauté for 5 minutes, or until slightly tender.
5. Add chicken, eggs, and olives (if desired). Stirring constantly, cook until vegetables are slightly tender, eggs are cooked, and chicken is heated through.
6. Season with sea salt (if desired), and top with almonds and avocado to serve.



GREEN Smoothie

 **Prep Time:** 10 minutes  **Cook Time:** 0 minutes  **Yield:** 2 servings

Ingredients:

- 1 medium apple(s)
- 1 medium pear(s)
- ½ tsp(s) ginger, fresh grated
- 2 tsp(s) flax seeds, ground
- 6 large kale leaves (take out woody stems), or 2 handfuls of spinach for 2 servings
- 1 medium lemon(s), juiced
- 1 cup(s) water

Instructions:

- 1.** Quarter apple and pear, remove stems and seeds and put in blender.
- 2.** Add remaining ingredients to blender and puree. Add more water if needed.



ASIAN CABBAGE

Salad

 **Prep Time:** 10 minutes  **Cook Time:** 0 minutes  **Yield:** 4 servings

Ingredients:

- 1 head(s) cabbage(s), green red or green (or ½ of each), thinly sliced/shredded
- 1 small bell pepper(s) chopped
- 1 medium carrot(s) julienned or shredded
- 3 medium onion(s), green thinly sliced
- ¼ cup(s) cilantro, fresh finely chopped
- ¼ cup(s) coconut aminos
- 3 tsp(s) sesame oil
- 3 tsp(s) apple cider vinegar
- 3 tsp(s) almond butter
- 1 medium garlic clove(s) minced
- 1 tsp(s) ginger, fresh grated
- ¼ tsp(s) sea salt

Instructions:

- 1.** Toss the cabbage, bell pepper, carrots, green onions, and cilantro together in a large bowl.
- 2.** In a smaller bowl, whisk together the remaining ingredients to make the dressing. A Magic Bullet or blender also works really well for this task.
- 3.** Drizzle dressing over the salad and toss to coat.
- 4.** If desired, sprinkle toasted sesame seeds or slivered almonds on top as a garnish.



STRAWBERRY HAZELNUT *Salad*

 **Prep Time:** 15 minutes  **Cook Time:** 0 minutes  **Yield:** 6 servings

Ingredients:

- 2 cup(s) arugula
- 6 cup(s) spinach, baby (or chopped spinach)
- 1 medium avocado(s) diced
- 1 cup(s) strawberries, fresh sliced
- ¾ cup(s) hazelnuts chopped (or any kind of chopped nuts)
- 3 tsp(s) Simple Salad Dressing (recipe)

Instructions:

- 1.** Combine arugula and baby spinach in a large bowl. Drizzle with 0.5 tbsp(s) salad dressing per serving and pinch of sea salt (optional) and toss to coat the greens.
- 2.** Top with strawberries, avocado, and hazelnuts. Serve immediately or chill.



SAUSAGE AND ZUCCHINI *Breakfast Casserole*

 **Prep Time:** 20 minutes  **Cook Time:** 55 minutes  **Yield:** 4 servings

Ingredients:

- 3 medium zucchini trimmed
- 4 large mushroom(s), white button or cremini halved
- 1 large onion(s), yellow peeled and quartered
- 1 lb(s) sausage, ground breakfast
- ½ tsp(s) thyme, fresh (optional)
- 2 tsp(s) almond flour
- 6 large egg(s)
- ½ tsp(s) garlic, granulated
- ½ tsp(s) sea salt
- ¼ tsp(s) 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.



Recipe author
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ASIAN GROUND BEEF AND Veggie Lettuce Wraps

L Prep Time: 15 minutes **L** Cook Time: 0 minutes **P** Yield: 2 servings

Ingredients:

- 1 lb(s) beef, ground
- 1 small onion(s) chopped
- 2 medium garlic clove(s) minced
- 1 tsp(s) ginger, fresh chopped
- 4 medium mushroom(s), white button sliced
- ¼ head(s) cabbage(s), green shredded
- 1 tsp(s) apple cider vinegar
- 1 tsp(s) coconut aminos
- 1 tsp(s) fish sauce (use Red Boat Fish Sauce if you can find some)
- 1 head(s) lettuce, Iceberg or Bibb large leaves in tact
- ¼ head(s) cabbage(s), green shredded for garnish
- 1 medium carrot(s) shredded for garnish
- 2 medium onion(s), green chopped for garnish

Instructions:

- 1.** Heat a skillet over medium heat and add the ground beef and onions. Cook until the beef is no longer pink in the center (about 7 minutes) and add the garlic and ginger. Stir well for about a minute.
- 2.** Add the mushrooms and cabbage and cook until vegetables are soft. Stir in the vinegar, coconut aminos, and fish sauce and continue stirring until heated through.
- 3.** To serve, spoon the ground beef mixture into the lettuce leaves, being careful not to overfill. Top with additional cabbage, carrots, and green onions if desired.




FISHERMEN'S

Eggs

 **Prep Time:** 5 minutes

 **Cook Time:** 20 minutes

 **Yield:** 2 servings

Ingredients:

- 1 can(s) sardines (4-6 oz)
- 4 large egg(s)
- 2 tsp(s) parsley, fresh finely chopped
- ¼ lb(s) mushroom(s), white button or cremini
- 2 medium garlic clove(s)
- ½ tsp(s) black pepper to taste

Instructions:

- 1.** Preheat oven to 375°F place an ovenproof dish inside while you assemble the ingredients.
- 2.** Flake the sardines together with the parsley, garlic and onion. Season generously with black pepper and tip into the heated ovenproof dish. Put in oven for five minutes.
- 3.** Gently crack the eggs into a bowl. Remove the sardines from the oven and carefully pour the eggs on top. Season generously and return to oven for 15 minutes until the eggs are cooked but jiggly.
- 4.** Let sit for a few minutes before serving so they congeal further.



CROCK POT

Cuban Beef

 **Prep Time:** 20 minutes  **Cook Time:** 6-8 hours  **Yield:** 4 servings

Ingredients:

- 2 lb(s) beef - pot roast(s)
- 1 medium poblano pepper(s) chopped
- 1 medium onion(s), white half thinly sliced and half chopped
- 1 can(s) tomato paste (6 oz)
- 1 cup(s) beef stock
- 2 tsp(s) olive oil
- 2 tsp(s) cumin
- 1 tsp(s) oregano, dried
- 3 medium garlic clove(s) minced
- 1 tsp(s) paprika
- 1 head(s) cauliflower chopped into florets
- 1 tsp(s) coconut oil for cooking
- ½ cup(s) cilantro, fresh chopped
- 1 medium lime(s) cut into wedges

Instructions:


1. Heat olive oil in a large pan over medium-high heat. Once olive oil is shimmering hot, sear roast for 2 minutes on each side.
2. Place chuck roast (with oil and drippings from pan) in crock-pot. Add poblano pepper and sliced onion. Pour in beef broth and tomato paste. Add cumin, smoked paprika, oregano, and garlic. Stir ingredients.
3. Place lid on crock-pot, and heat on low 6-8 hours.
4. Once beef is fork-tender, shred on a large plate, using two forks. Return to crock-pot for 30 minutes.
5. To make Cauliflower rice: Place the raw cauliflower florets into a food processor and pulse several times, until it has a grainy, rice-like consistency. Season with sea salt and freshly ground black pepper, if desired.
6. Meanwhile, heat a large sauté pan over medium-high heat. When pan is hot, add coconut or olive oil.
7. Add riced cauliflower, onion and additional seasonings (if desired), and sauté, stirring frequently for 4 to 5 minutes, or until cauliflower is warmed through and slightly tender.
8. Serve over cauliflower rice. Garnish with cilantro, and a lime wedge.



ASPARAGUS & AVOCADO Salad

 **Prep Time:** 5 minutes

 **Cook Time:** 0 minutes

 **Yield:** 2 servings

Ingredients:

- ½ head(s) lettuce chopped
- ½ lb(s) asparagus cut in half
- ½ medium avocado(s) sliced
- ½ cup(s) chives, fresh chopped
- ½ medium lemon(s), juiced
- ⅛ tsp(s) sea salt to taste
- ⅛ tsp(s) black pepper to taste
- 1 tsp(s) balsamic vinegar optional

Instructions:

1. Add all the ingredients to a bowl.
2. Squeeze the lemon juice over the salad mix.
3. Season the salad with salt, pepper and balsamic.
4. Mix everything together and serve with preferred protein.



SALMON EGGS BENEDICT WITH *Sweet Potato 'Muffins'*

L Prep Time: 15 minutes **L** Cook Time: 30 minutes **🍴** Yield: 4 servings

Ingredients:

For Salmon Patties:

- 1 package Alaska Gold Easy Salmon
- 1 egg
- ½ tsp(s) turmeric
- ½ tsp(s) garlic powder
- Salt and pepper, to taste

For Sweet Potato "Muffins":

- 1 small sweet potato, peeled and sliced into 4 two-inch thick pieces
- Salt and pepper, to taste

For Egg:

- 1 egg
- Salt and pepper, to taste

For Sauce:

- 1 egg yolk
- 1 tbsp(s) butter
- 2 tbsp(s) lemon juice
- ½ tsp(s) turmeric
- Pinch of salt

For Topping (optional):

- Sliced avocado

Instructions:

1. Heat grill pan to medium heat and coat with coconut oil.
2. In a small bowl, whisk egg with Easy Salmon, turmeric, garlic powder, salt and pepper. Gently form into 4 patties. Note: they will be loose but they stick together fine after grilling.
3. Place salmon patties on grill pan and gently press down so they aren't too thick (otherwise they won't cook through otherwise).
4. Cook 7 minutes until salmon patties are firm on the bottom. Flip the patties and cook another 7 minutes.
5. Remove cooked salmon patties from pan and transfer to a plate.
6. Place sliced sweet potato on grill pan. Cook 5 minutes on each side until browned and slightly tender.
7. While the sweet potatoes are cooking, preheat a saucepan to low heat and another separate frying pan to medium-low heat.
8. In the frying pan, crack the egg. Once the edges of the egg are firm, cover and continue cooking another 1-2 minutes
9. While the egg is cooking, whisk together the ingredients for the sauce in the saucepan. Continue whisking 2-3 minutes, then turn off heat. Do not let the sauce sit on the heat without stirring, as the egg will cook
9. Assemble the eggs Benedict by placing cooked sweet potatoes on a plate. Top with a salmon patty, fried egg, and a healthy drizzle of sauce.



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ITALIAN SAUSAGE

Stew

 **Prep Time:** 12 minutes  **Cook Time:** 38 minutes  **Yield:** 2 servings

Ingredients:

- 1½ lb(s) Italian sausage mild
- 4 cup(s) chicken broth or beef broth
- ½ cup(s) water
- 1 small butternut squash cut into 1-inch cubes (1 small squash=2 cups cubed)
- 4 small garlic clove(s) diced
- 1 tsp(s) thyme, fresh or dried thyme
- 2 whole bay leaf(s)
- 1 tsp(s) black pepper
- 1 tsp(s) sea salt
- ¼ tsp(s) cumin
- ⅛ tsp(s) cayenne pepper
- 1 medium onion(s), yellow chopped
- 4 medium carrot(s) peeled and chopped
- 3 medium celery stalk(s) chopped
- 2 cup(s) spinach chopped
- 1 can(s) tomatoes, fire roasted diced (15 oz)
- 2 tsp(s) coconut oil

Instructions:

1. Prep ingredients and remove sausage casings (if present).
2. In a dutch oven (or using a large skillet on your stovetop) - warm the coconut oil over medium heat.
3. When hot (not smoking) add the Italian sausage and cook until browned, about 6-8 minutes. You can leave the sausage kind of chunky if you want bigger pieces of meat in your stew, or break it down into smaller pieces.
4. Add the onion, garlic, carrots, squash, celery, and thyme. Continue to saute for another 8 minutes over medium heat.
5. Transfer to a large soup pot. Add the broth, water, canned tomatoes, bay leaves, salt, pepper, cumin, and cayenne. Increase heat and bring to a light boil, then reduce heat to low, cover, and continue cooking for 20-30 minutes (until squash and carrots are soft).
6. Stir in spinach at the end, and serve immediately. Tastes wonderful on its own, or atop a plop of our creamy cauliflower mashers.



SLOW COOKER SALMON WITH *Cranberry Squash*

 **Prep Time:** 30 minutes  **Cook Time:** 5 hr 30 min  **Yield:** 4 servings

Ingredients:

- 1 medium butternut squash peeled, seeded and cubed
- ½ cup(s) cranberries, dried
- 1 cup(s) chicken broth or vegetable broth
- 4 piece(s) salmon fillet(s) about 6oz each
- 2 tsp(s) olive oil
- 1 tsp(s) thyme, dried
- ¼ tsp(s) sea salt to taste
- ¼ tsp(s) black pepper to taste

Instructions:

- 1.** Put the squash, cranberries, and broth in your slow cooker. Add a pinch of salt and pepper, and cover.
- 2.** Cook on low heat for 4-5 hours, until tender. Remove lid, and mash lightly.
- 3.** Spread the squash in an even layer. Season with salmon filets with salt and pepper and the thyme, and lay them on top of the squash.
- 4.** Brush with the olive oil and cover. Cook on low for 25 minutes, until salmon is cooked through. Serve.



SWISS CHARD MUSHROOM & PEPPER *Frittata*

L Prep Time: 10 minutes **L Cook Time:** 25 minutes **Yield:** 4 servings

Ingredients:

- 12 large egg(s)
- ½ cup(s) coconut milk, full fat
- 2 tsp(s) coconut oil
- ½ medium bell pepper(s), red sliced
- ½ medium bell pepper(s), yellow sliced
- ¼ lb(s) mushrooms sliced
- ½ bunch(es) chard
- ⅛ tsp(s) sea salt to taste
- ⅛ tsp(s) 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 mushrooms and peppers. Cook until lightly soft and turn off the heat. Pour the eggs in the pan and sprinkle with the chard. 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 before slicing and serving.



PALEO Spaghetti

 **Prep Time:** 10 minutes  **Cook Time:** 45 minutes  **Yield:** 4 servings

Ingredients:

- 1 tsp(s) olive oil
- 2 medium garlic clove(s)
crushed
- 1 lb(s) beef, ground or ground
turkey or sausage
- 3 cup(s) 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
 $\frac{1}{4}$ 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.



GUT-HEALING *Bone Broth*

 **Prep Time:** 10 minutes  **Cook Time:** 48 hours  **Yield:** 1 jar

Ingredients:

- 4 lbs beef bones
- 12 cups water
- 2 tbsp(s) apple cider vinegar
- 1 medium onion, roughly diced
- 1 ½ cups chopped carrots
- 1 ½ cups chopped leeks
- 3 bay leaves
- 3-5 sprigs fresh rosemary
- 6 cloves garlic
- 1 tsp(s) black peppercorns

Instructions:

1. Preheat oven to 450°F and line a baking sheet with aluminum foil. Place the bones on the baking sheet and roast for 40 minutes, flipping halfway through.
2. Once the bones are cooked place bones in a large stockpot and cover with water. Add the vinegar and allow to sit at room temperature for about 30 minutes.
3. Roughly chop the vegetables and add to the stockpot. Bring to a rolling boil and then lower to a simmer.
4. For the first 2-3 hours, skim any foamy layer that develops on the top and discard.
5. For beef bone broth, simmer for 48 hours, for chicken bone broth, simmer for 24 hours, for fish broth, simmer for 8 hours.
6. Allow to cool slightly and strain. Transfer the broth to an airtight container and refrigerate for 4-6 hours or overnight. This will allow the fat to rise to the top and solidify.
7. Scrape the fat off the top with a spoon. This will leave you with a gelatinous bone broth when cold.
8. Store in an airtight mason jar or freeze until ready to use. When ready to use, slowly warm the broth over a low heat to bring it back to a liquid consistency.




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BEEF BACON Wonton Soup

 **Prep Time:** 5 minutes

 **Cook Time:** 35 minutes

 **Yield:** 2 servings

Ingredients:

- 32 oz chicken broth
- ¼ cup carrots, chopped
- ¼ cup mushrooms, sliced
- 1 cup spinach
- 1 tsp(s) garlic powder
- ½ cup almond flour
- ½ cup arrowroot powder
- ½ tsp(s) salt
- 1 egg white
- 1 cup full fat coconut milk
- 2 cup organic palm shortening
- ¼ cup ground beef, cooked
- 2 slices bacon, cooked

Instructions:

1. In a large saucepan, combine broth, carrots, mushrooms, and spinach over low heat.
2. While soup is heating up, prepare the wontons.
3. Combine almond flour, arrowroot and salt together; stir in egg white and coconut milk until thoroughly mixed.
4. Heat shortening in a large skillet over low heat. Spoon out 2 tbsp(s) of wonton mixture and place in skillet. Heat for approximately one minute on each side and then remove; repeat this process until you run out of the wonton mixture.
5. Have your cooked ground beef and bacon nearby. Place them in a food processor or blender and blend until combined.
6. Place a small amount of beef bacon filling into the center of each wonton wrapper. Fold up edges to form the shape of a wonton and then place back in the skillet with the shortening and cook for one minute on each side again, allowing wonton to get crispy. Repeat this process for all wontons.
7. Add wontons to soup and enjoy!



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NEW ENGLAND Clam Chowder

 **Prep Time:** 10 minutes  **Cook Time:** 30 minutes  **Yield:** 4 servings

Ingredients:

- 2 medium heads of cauliflower, chopped into florets
- 3 pieces of bacon
- 2 large turnips, diced into ½ inch cubes
- 2 small carrots, diced
- 1 small onion, diced
- 1 rib of celery, diced
- 2 cloves of garlic, minced
- 2 cans of good quality clams not drained (chop clams if whole)
- 2 cups chicken or vegetable broth
- 2 tbsp(s) olive oil or coconut oil
- ½ tsp(s) sage
- ½ tsp(s) thyme
- salt & pepper to taste

Instructions:

1. Place your cauliflower florets in a stockpot and cover with water. Bring the pot to a boil and boil about 10-15 minutes or until the cauliflower is fork tender.
2. While the cauliflower is cooking, heat a large stockpot over a medium high and brown your bacon for about 10-15 minutes. Once the bacon is crispy and browned spoon the bacon to a paper towel-lined plate, reserving the bacon grease in the pot.
3. In the bacon grease, sauté the turnips and carrots for about five minutes, and then add the onion and celery. Cook for another five minutes until all the vegetables are softened and the onions are translucent. Add the garlic and cook an additional minute.
4. Add your broth and clams (juice and all) and simmer on medium low while you make your cauliflower sauce.
5. Drain the cauliflower and transfer to a food processor. Add the sage, thyme, and salt and pepper to taste, purée on high speed and blend until smooth.
6. Carefully pour the cauliflower sauce into the clam chowder and mix well. Cook for about three minutes to warm everything through and remove from heat.
7. Crumble the cooked bacon, ladle the clam chowder to soup bowls and sprinkle with bacon for garnish..



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BUTTERNUT SQUASH

Soup

L Prep Time: 15 minutes **L** Cook Time: 30 minutes **🍴** Yield: 4 servings

Ingredients:

For the Soup:

- 1 medium to large butternut squash
- 1 shallot
- 1 carrot
- 2 sweet potatoes
- 4 cups vegetable broth
- ½ cup coconut milk
- 1 tsp(s) salt
- ¼ tsp(s) ground black pepper
- 1 t ground cumin
- 1 t smoked paprika

For the Garnish:

- ⅓ cup large coconut flakes
- 2 tbsp(s) chopped parsley
- 2 tbsp(s) pomegranate seeds
- ¼ cup full-fat coconut milk

Instructions:

1. Peel the outer skin of the squash, scrape out the seeds, and cut into small cubes.
2. Chop the shallot, carrot and potato into similar-sized cubes.
3. Heat the oil in a large pot over medium heat and add squash, shallot, carrot and potato. Saute for 5 minutes, or until lightly browned and the shallot is translucent.
4. Add the vegetable broth, coconut milk, salt, pepper, cumin and smoked paprika. Bring the pot to boil, cover and reduce the heat. Simmer for 25-30 minutes or until the squash and vegetables are tender.
5. While the soup is cooking, toast the coconut flakes over low heat, until fragrant and golden at the edges, then transfer to a bowl and set aside.
6. Remove the soup from heat, and let cool slightly. Working in batches, transfer the contents of the pan to a blender. Be careful to avoid splatters (soup will be hot!).
7. Blend until smooth. Pour into a large serving bowl.
8. Ladle soup into individual serving bowls. Use a spoon to drizzle coconut milk over each bowl, then lightly swirl a toothpick through the topmost layer.
9. Top with toasted coconut flakes, chopped fresh parsley and pomegranate seeds.



Recipe author
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SLOW COOKER CHIPOTLE CHICKEN Soup

 **Prep Time:** 10 minutes  **Cook Time:** 6 hr 20 min  **Yield:** 8 servings

Ingredients:

- 1 lb. boneless chicken breasts
- 4 cups chicken stock
- 1 15 oz. can full-fat coconut milk
- 2 cups ripe tomatoes, diced
- 1 cup white onion, chopped
- 3 tbsp(s) chipotle peppers in adobo sauce (sauce only)
- 2 tbsp(s) ground cumin
- 1 t smoked paprika
- 2 t sea salt
- Optional Toppings: chopped cilantro, diced avocado, lime wedges

Instructions:

- 1.** Turn slow cooker to low heat setting and add chicken breasts, tomatoes, onion, chicken stock, chipotle sauce, cumin, smoked paprika and sea salt. Cover and cook 5-6 hours.
- 2.** Remove chicken breasts and shred with 2 forks. Add chicken back to slow cooker and stir in coconut milk. Cook an additional 20 minutes, uncovered, to reduce slightly.
- 3.** Ladle soup into bowls and serve with chopped cilantro, avocado and lime wedge..



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BLT Avocado Stack

 **Prep Time:** 10 minutes  **Cook Time:** 0 minutes  **Yield:** 1 serving

Ingredients:

For the BLTA Stack:

- 4 large butter or iceberg lettuce leaves
- 3 red onions rings, thinly sliced
- 2 tomato slices
- 2-3 pieces of bacon, cooked and crispy
- 2 thick avocado slices

For the Paleo Mayo:

- 2 egg yolks
- ½ cup extra virgin olive oil
- 1 tsp(s) lemon juice
- ½ tsp(s) Dijon mustard

Instructions:

1. Assemble BLT Avocado Stack in the following order: lettuce leaves, red onions, tomatoes, bacon, and avocado. Optional: Drizzle with Paleo mayo (see how to make it below).
2. Optional Paleo mayo: Add the egg yolks, lemon juice and Dijon mustard to a blender. Blend on high for 2 minutes, then very slowly add the extra virgin olive oil in a thin stream to emulsify. The mixture should be thick and creamy. Chill in the refrigerator until ready to use.



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CUCUMBER CARROT & HEMP SEED *Salad*

 **Prep Time:** 10 minutes  **Cook Time:** 0 minutes  **Yield:** 2 servings

Ingredients:

- 5 dill cucumbers, thinly sliced
- 1 medium sized carrot, grated
- $\frac{2}{3}$ cup hemp seeds / hemp hearts
- large handful mixed green lettuce leaves
- 8 pitted olives
- 1 tbsp(s) olive oil

Instructions:

1. Place all of the ingredients into a medium sized mixing bowl and combine well.



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RAINBOW VEGGIE

Pesto Salad

 **Prep Time:** 15 minutes  **Cook Time:** 0 minutes  **Yield:** 1 serving

Ingredients:

- ½ lb carrots
- 2 green zucchini (outside only)
- 2 yellow zucchini (outside only)
- 1 handful parsley
- Almonds
- 1 ½ - 2 tbsp(s) olive oil or avocado oil
- 1 clove garlic
- ½ lemon

Instructions:

1. Start off by peeling the carrots as well as the green and yellow zucchinis (you could also use yellow summer squash instead). Whether you're using a peeler or a mandolin, use the "Julienne" setting so you end up with beautiful, long, thin strips.

Set the strips aside and toss the parsley, almonds, olive or avocado oil, garlic, lemon and salt into a food processor.

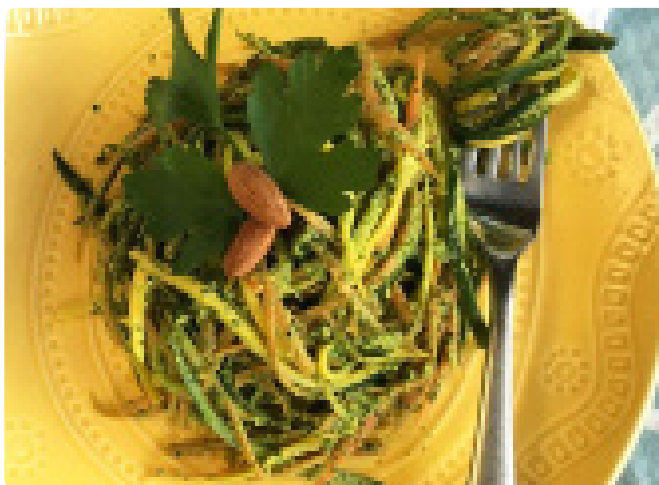
2. Process until it becomes a thick, pesto-like paste.

3. Transfer the pesto and the rainbow veggie strips into a large bowl and mix everything together. Because you're mixing a thick, pesto-like paste into veggies strips, I recommend using both hands instead of tongs to really spread everything evenly and avoid clumps.

Once the pesto is evenly distributed, serve as is. In my opinion, this would go nicely alongside some grilled shrimp or poached fish, but it is quite hearty and can certainly hold its own as a standalone meal.



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CARROT NOODLES

WITH

Turmeric Pesto

 **Prep Time:** 15 minutes  **Cook Time:** 10 minutes  **Yield:** 2 servings

Ingredients:

- 5 large rainbow carrots
- 1 handful of fresh basil
- 1 lemon, juiced
- ½ cup extra virgin olive oil
- ½ cup pine nuts
- 1 tbsp(s) minced garlic
- 1 tsp(s) salt
- 1 tsp(s) turmeric
- 1 t ground ginger
- ½ tsp(s) cayenne pepper

Instructions:

- 1.** Spiralize 3 carrots. Set carrot "noodles" aside. Give the other 2 carrots a rough chop.
- 2.** In a blender, add the roughly chopped carrots, basil, lemon juice, olive oil, pine nuts, minced garlic, salt, turmeric, ginger and cayenne. Blend until smooth and creamy.
- 3.** In a pan, sauté the carrot "noodles" and pesto together until carrot "noodles" are tender, about 5 to 7 minutes. Garnish with fresh basil.



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CHICKEN LETTUCE WRAPS

WITH

Almond Butter Sauce

L Prep Time: 10 minutes **L** Cook Time: 15 minutes **🍴** Yield: 4 servings

Ingredients:

For the Wraps:

- 1 lb. chicken breast, sliced into 1-inch pieces
- 1 head Bibb lettuce
- ¼ cup sliced unsalted almonds
- 1 cup shredded carrots
- 1 cup red bell pepper, julienned
- ¼ cup chopped cilantro
- 1 tbsp(s) coconut oil for cooking

For the Sauce:

- ½ cup creamy almond butter
- ½ cup full-fat unsweetened coconut milk
- 2 tbsp(s) apple cider vinegar
- ½ tsp(s) turmeric
- ¼ tsp(s) sea salt
- ⅛ tsp(s) chili flakes

Instructions:

- 1.** Heat coconut oil in a medium pan over low heat. Add chicken breast and cook 10 minutes, stirring occasionally.
- 2.** While chicken cooks, use a fork to stir together ingredients for sauce in a mixing bowl. Reserve ⅓ cup of sauce.
- 3.** Pour remaining sauce over chicken and stir well to coat. Cook 5 minutes longer. Serve chicken in lettuce cups topped with bell pepper, carrots, sliced almonds, cilantro and reserved sauce for dipping.



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SPAGHETTI SQUASH WITH MUSHROOMS AND *Grass-Fed Beef*

L Prep Time: 10 minutes **L** Cook Time: 15 minutes **🍴** Yield: 4 servings

Ingredients:

- 1 large spaghetti squash
- 1 lb 90% lean grass-fed ground beef
- 1 small white onion, sliced into strips
- 8 oz package sliced portobello mushrooms
- 1 tsp(s) fennel seed
- 1 tsp(s) minced garlic
- 4 tbsp(s) chopped fresh basil, divided
- 1 tbsp(s) dried oregano
- ½ tsp(s) red pepper flakes
- 1 tsp(s) sea salt
- 2 tbsp(s) olive oil

Instructions:

1. Preheat oven to 400°F. Slice spaghetti squash in half lengthwise and scoop out seeds with a large spoon.
2. Place spaghetti squash in a pan with enough water to cover the bottom of the pan. Transfer to oven. Bake 35-45 minutes depending on size of squash. Most squash will be ready around 40 minutes.
3. In the meantime, in a large pan begin to brown the beef over medium heat, breaking it up in the pan.
4. Once beef starts to brown, add in mushrooms and onions. Continue to break up any large pieces of beef. Cook 10 minutes.
5. Stir in oregano, ½ of the basil, fennel seed, red pepper flakes, sea salt and garlic. Allow to cook until mushrooms and onions are tender and beef is cooked through, about 10 minutes.
6. Carefully remove from the oven and set squash on a separate plate using tongs.
7. Use tongs to hold squash and a fork to scrape out squash into a bowl forming the "spaghetti" noodles. Stir in olive oil to coat. Season with sea salt to taste.
8. Serve beef mixture over the top of noodles or stir to incorporate. Top with the rest of the fresh basil.



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MEDITERRANEAN

Baked Halibut

 **Prep Time:** 5 minutes

 **Cook Time:** 15 minutes

 **Yield:** 1 serving

Ingredients:

- 12 ounces halibut
- 2 tbsp(s) olive oil
- ½ cup fresh salsa or pico de galo
- ½ cup artichoke hearts
- 1 shallot, sliced thin
- 2 tbsp(s) capers
- 4 slices lemon
- Salt and pepper to taste

Instructions:

- 1.** Preheat oven to 400°F and lightly grease a baking dish with olive oil or coconut oil.
- 2.** Season both sides of the halibut with salt and pepper to taste and place in the baking dish.
- 3.** Spoon fresh salsa on top of the halibut fillet and place the lemon slices over the salsa.
- 4.** Arrange the artichoke hearts and sliced shallots around the fillet, and sprinkle capers over everything.
- 5.** Cover the baking dish with aluminum foil and bake for 14-16 minutes or until the fish flakes easily with a fork.



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ASIAN-STYLE Cabbage Wraps

 **Prep Time:** 15 minutes  **Cook Time:** 50 minutes  **Yield:** 8 servings

Ingredients:

- 12-14 savoy cabbage leaves
- ½ lb. ground turkey
- 1 C water chestnuts, chopped
- ½ c green onion, thinly sliced
- 1 C shredded carrots
- 1 tbsp(s) olive oil, for brushing

For Sauce

- 3 tbsp(s) coconut aminos
- 2 tbsp(s) sesame oil
- ⅓ C cilantro, chopped
- 1 garlic clove, minced
- 1 inch piece of ginger, peeled and grated

Instructions:

1. In a medium pan, begin to brown ground turkey.
2. While turkey cooks, bring a large pot of water to boil and place cabbage leaves in water to tenderize, for about 5 minutes. Remove from pot and set aside on paper towel.
3. Once turkey is browned, pour into a mixing bowl. Add carrots, onion, and water chestnuts. Mix.
4. In a separate small bowl, whisk together sauce ingredients. Pour over vegetable and turkey mixture. Stir to coat.
5. Preheat oven to 350°F. Line a 9x13 baking pan with 6 cabbage leaves.
6. Place ⅓ cup filling in the center of cabbage leaves. Fold in the sides and roll up from the bottom.
7. Place in pan seam side-down. Brush cabbage with olive oil. Bake 35-40 minutes. Cabbage rolls should be lightly browned on top.



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CREAM OF BROCCOLI SOUP WITH *Coconut Milk*

 **Prep Time:** 10 minutes  **Cook Time:** 15 minutes  **Yield:** 4 servings

Ingredients:

- 1 tbsp(s) ghee or grass-fed butter
- ½ white onion (diced)
- 2 cloves garlic (minced)
- 3 cups chicken or bone broth
- 1 pound broccoli florets
- 1 leek (slice the whites only)
- 1 cup full-fat coconut milk (shaken)
- Salt & pepper to taste

Instructions:

- 1.** Heat the ghee over a medium-high heat. Add the onion, and saute for 1-2 minutes until it starts to turn translucent. Add the garlic, and cook for one minute (until fragrant).
- 2.** Pour in the broth, and add in the broccoli florets and leek. Salt and pepper to taste. Bring to a boil, then lower heat to a simmer for 20 minutes (or until the broccoli is fork-tender).
- 3.** Add the coconut milk, and allow it to fully warm (about 2 minutes).
- 4.** Transfer the ingredients to a food processor, and puree until smooth.



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ZUCCHINI NOODLES DRIZZLED IN *Tahini Bacon Sauce*

 **Prep Time:** 5 minutes  **Cook Time:** 10 minutes  **Yield:** 2 servings

Ingredients:

For the Tahini Bacon Sauce

- 4 slices cooked bacon
- 5 tbsp(s) tahini
- 1 tbsp(s) extra virgin olive oil
- 2 tbsp(s) lemon juice
- 3 t coconut aminos
- 1 clove of garlic
- ½ tsp(s) dried turmeric
- Salt and pepper to taste
- ¼ cup water (start with less and then gradually add more to thin the sauce as needed)

For the Zucchini Noodles

- 4 medium zucchini
- Red pepper flakes for topping
- Fresh marjoram or basil for topping

Instructions:

1. Add cooked bacon and other ingredients for the tahini bacon sauce to a blender or food processor.
2. Blend together until combined. If the sauce is too thick, add another ¼ cup of water to thin.
3. Next, spiralize the zucchini. Any size blade works.
4. Bring a skillet to medium-low heat, add zucchini noodles and tahini bacon sauce. Using tongs, coat the zucchini noodles completely with the sauce.
5. Transfer to a bowl, top with red chili peppers and fresh marjoram or basil.



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ONE-PAN SHRIMP AND *Veggie Dinner*

 **Prep Time:** 20 minutes  **Cook Time:** 20 minutes  **Yield:** 2 servings

Ingredients:

- 1 sweet potato, peeled and cubed
- 3-4 cloves garlic, crushed
- 3 T avocado oil or coconut oil
- Salt and pepper, to taste
- ½ lb Brussels sprouts, halved
- ½ red onion, sliced
- 1 small bunch asparagus, ends trimmed
- 1 pound jumbo shrimp, peeled and deveined

Instructions:

1. Preheat oven to 400°F.
2. Place the cut sweet potatoes and crushed garlic on the baking sheet, drizzle with half of the oil, and season with salt and pepper to taste.
3. Place the pan in the oven and allow the sweet potatoes to cook about 20-25 minutes.
4. While the sweet potatoes are cooking, prepare the remaining veggies, and peel and devein your shrimp.
5. In a bowl, combine the remaining chopped veggies and shrimp, and drizzle with the remaining oil.
6. Remove the pan from the oven, place the remaining ingredients on the baking sheet, and season with more salt and pepper, if desired. Bake for 15-20 minutes until shrimp is fully cooked through and pink.



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GUAC-STUFFED *Kali Burgers*

 **Prep Time:** 10 minutes  **Cook Time:** 10 minutes  **Yield:** 4 servings

Ingredients:

- 1 lb. grass-fed ground beef
- 1 large, ripe avocado
- ¼ cup chopped sundried tomatoes
- 1 tbsp(s) freshly squeezed lemon juice
- Salt and pepper to taste

Instructions:

1. Preheat a grill pan to medium heat.
2. In a small bowl or ramekin, mash the avocado. Add the chopped sundried tomatoes with lemon juice and mix until combined. Set aside.
3. Divide the meat into fours and form into patties by pressing them thin between your hands.
4. Place a heaping spoonful of the guacamole in the center of each patty. Fold the edges of the meat around the guacamole until it forms into a ball.
5. Gently pat the meat between your hands to flatten into a patty again. If some guacamole comes out of the edges, that is fine.
6. Place the patties on the preheated grill pan. Cook 4-5 minutes, then flip the burgers and cook another 4-5 minutes on the other side until the burgers are browned on both sides.
7. Remove the burgers from the skillet. Serve immediately and top with any leftover guacamole.



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MUSHROOM-ONION *Hasselback Chicken*

 **Prep Time:** 10 minutes  **Cook Time:** 52 minutes  **Yield:** 4 servings

Ingredients:

- 1 lb. grass-fed ground beef
- 1 large, ripe avocado
- ¼ cup chopped sundried tomatoes
- 1 tbsp(s) freshly squeezed lemon juice
- Salt and pepper to taste

Instructions:

- 1.** Preheat oven to 400°F. Melt grass-fed butter in an oven-safe pan over medium heat. Add mushrooms, onions and garlic. Cook until onions soften, about 7 minutes.
- 2.** Add ½ cup chicken broth, basil, thyme, sea salt and black pepper. Simmer for 5 minutes, stirring occasionally. Remove from heat and set pan aside.
- 3.** Slice chicken breasts across about 1 inch apart, without cutting all the way through. Spoon mushroom and onion filling into each slice.
- 4.** Place chicken breasts back into pan with any leftover mushroom and onion mixture. Add ½ cup chicken broth.
- 5.** Place pan in oven on center rack. Bake 40 minutes. Garnish with additional chopped basil.



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CRISPY-SKIN FISH

MASHED CAULIFLOWER AND

Oregano Butter

 **Prep Time:** 10 minutes  **Cook Time:** 40 minutes  **Yield:** 4 servings

Ingredients:

For the Cauliflower Puree:

- 1 medium cauliflower head
- 1 tbsp(s) grass-fed butter
- ¼ cup coconut milk
- ¼ cup chicken stock
- 1 garlic clove, minced
- Salt and pepper, to taste

For the Crispy-Skin Fish:

- ½ tbsp(s) extra virgin olive oil
- 4 7-oz hake fillets
- Salt and pepper, to taste
- For the Oregano Butter:
 - 3 oz grass-fed butter
 - 2 t dried oregano (or 1 tbsp(s) fresh oregano)
 - 1 garlic clove, minced

Instructions:

- 1.** For the mashed cauliflower: In a saucepan over medium heat, add the grass-fed butter, coconut milk, chicken stock and minced garlic.
- 2.** Bring to a boil, then reduce the heat to low. Simmer for 7-8 minutes or until the garlic is completely soft. Set aside.
- 3.** Next, heat water in a large stock pot until it is boiling. Cut cauliflower head in half and remove the stem, chop into florets, and add them to the boiling water. Cook for 15-20 minutes or until the cauliflower is soft when pierced with a fork. Remove from heat and strain.
- 4.** Place cauliflower in blender. Add the butter and stock mixture. Blend on high until smooth. Set aside and keep warm.
- 5.** For the fish: Season the hake fillet with salt and freshly ground black pepper.
- 6.** Heat the extra virgin olive oil in a large skillet over medium-high heat and add the seasoned fillets, skin-side down. Cook for 4-5 minutes or until golden and crisp. Flip fillets and cook for another 3-4 minutes. Remove from the pan, keep warm and set aside.
- 7.** Add the grass-fed butter and oregano to the same skillet and allow the butter to gently melt over medium-low heat. Once melted, remove from heat and stir in the minced garlic.
- 8.** Spoon the oregano butter over the fillets and serve with mashed cauliflower.



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TACO-STUFFED Zucchini Boats

 **Prep Time:** 15 minutes  **Cook Time:** 45 minutes  **Yield:** 4 servings

Ingredients:

- 4 large zucchini (halved and flesh scraped out)
- 1 tbsp(s) extra-virgin olive oil
- ½ lb minced beef
- 1 yellow onion (diced)
- 1 large red bell pepper (diced)
- 3 large garlic cloves (minced)
- 2 cups tomato sauce (divided)
- Salt to taste
- ½ cup fresh parsley (chopped)

Instructions:

1. Bring a large pot of water to a boil.
2. When water is boiling, blanch the zucchini halves for 1 minute in the hot water to cook them slightly. Remove and set aside.
3. Heat extra virgin olive oil in a large skillet over medium heat.
4. Sauté the onions, bell pepper, and garlic until onions are tender (about 10 minutes).
5. Add the beef and sauté until beef is browned.
6. Stir in ¾ cup of tomato sauce.
7. Add salt to taste, and turn off heat.
8. Preheat the oven to 350°F.
9. Cover the bottom of a rimmed baking sheet with remaining tomato sauce.
10. Fill blanched zucchini halves with beef mixture.
11. Place stuffed zucchini on the prepared baking sheet, and bake for 20 minutes.
12. Garnish with fresh parsley and serve.



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ONE-PAN ZUCCHINI

Pasta Puttanesca

 **Prep Time:** 15 minutes  **Cook Time:** 15 minutes  **Yield:** 2 servings

Ingredients:

- 2 large zucchini, spiralized or julienned into thin noodles
- 6 tbsp(s) extra virgin olive oil
- 4 large garlic cloves, minced
- 6 anchovy fillets, finely chopped
- 1 tsp(s) red pepper flakes
- ¼ cup capers, drained
- ¼ cup pitted black olives, sliced
- 1 cup whole peeled roma tomatoes, roughly chopped
- Fresh parsley, for garnish

Instructions:

- 1.** Heat up the olive oil in a large skillet over medium heat and sauté the garlic, chopped anchovies, and red pepper flakes. Cook for a few minutes until the garlic is lightly golden and fragrant (about 2 to 3 minutes).
- 2.** Add the capers and sliced olives, and stir to combine.
- 3.** Add in the chopped roma tomatoes and their juices and stir to combine. Bring heat down to low, and bring to a bare simmer for 10 minutes.
- 4.** Add the zucchini noodles and mix well to combine, until zucchini noodles are tender.
- 5.** Divide the zucchini spaghetti puttanesca evenly into two bowls, and then garnish with fresh parsley.



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4-INGREDIENT

Tuna Patties

 **Prep Time:** 10 minutes  **Cook Time:** 15 minutes  **Yield:** 6 servings

Ingredients:

- 1 ripe, medium-sized avocado
- 8 oz wild-caught tuna
- ⅓ cup Paleo mayo + more for topping
- ½ cup coconut flour
- Salt and pepper, to taste

Instructions:

1. Place all ingredients in a bowl. Mash the avocado with a spoon then stir the ingredients together to combine.
2. Refrigerate the ingredients for 20 minutes.
3. Heat a medium skillet over medium heat. Lightly grease the skillet with extra virgin olive oil.
4. Remove the ingredients from the refrigerator. Scoop two tbsp(s) of the batter and form into a ball. Then press gently into a patty.
5. Place patties in the skillet. Cook 5 minutes, then carefully flip and cook another 5 minutes until lightly browned.
6. Serve immediately on a bed of greens topped with Paleo mayo.



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EASY SHRIMP PAELLA WITH TURMERIC *Cauliflower Rice*

 **Prep Time:** 10 minutes  **Cook Time:** 30 minutes  **Yield:** 4 servings

Ingredients:

- 1 lb. medium shrimp, peeled
- 4 cups cauliflower rice
- ½ cup sweet onion, finely chopped
- 1 cup bell pepper, chopped
- ¾ cup chicken stock or bone broth
- 2 tbsp(s) organic tomato paste
- 2 tbsp(s) ghee
- 2 tbsp(s) parsley, finely chopped
- 1 tsp(s) smoked paprika
- ¼ tsp(s) saffron threads
- ¼ tsp(s) ground turmeric
- ¼ tsp(s) pepper
- ½ tsp(s) sea salt
- ¼ tsp(s) red pepper flakes

Instructions:

- 1.** Blot shrimp dry with paper towel to remove any excess liquid. In a large skillet, melt 1 tbsp(s) of ghee over medium heat. Add shrimp and sauté 5-7 minutes, turning once. Place cooked shrimp in a bowl and set aside.
- 2.** Melt down the remaining tbsp(s) of ghee and stir in onion and bell pepper. Sauté until onion starts to soften, about 5 minutes.
- 3.** Stir in tomato paste and chicken stock. Add cauliflower rice, saffron threads, turmeric, smoked paprika, red pepper flakes and sea salt. Stir well. Cook for 5 minutes.
- 4.** Stir in cooked shrimp and garnish with fresh parsley.



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SEARED SCALLOPS WITH *Lemon Garlic Butter*

L Prep Time: 2 minutes

L Cook Time: 5 minutes

P Yield: 4 servings

Ingredients:

- 1 lb bay scallops
- 3 tbsp(s) grass-fed butter
- 2 garlic cloves
- 1 tbsp(s) lemon juice
- ¼ tsp(s) red pepper flakes
- ¼ tsp(s) paprika
- Salt and pepper, to taste
- Chopped fresh parsley

Instructions:

1. Rinse scallops with cold water and pat dry.
Remove the small side muscle (the little flap of tissue along the sides of the scallops) with your fingers.
Season with salt and pepper.
2. Melt 1 tbsp(s) grass-fed butter in a large skillet over medium heat. Once the skillet is hot, add the scallops and sear for 1-2 minutes per side, until the edges are golden brown and translucent in the center.
3. Remove the scallops from the skillet, set aside and keep warm.
4. To make the lemon garlic butter, add the remaining tbsp(s) of butter to the same skillet along with the garlic and stir occasionally until fragrant. Stir in lemon juice and season with paprika, chili flakes, salt and pepper.
5. Return the scallops to the skillet and heat for a few seconds per side. Serve immediately and top with chopped fresh parsley..



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ZUCCHINI AND Ground Beef

L Prep Time: 10 minutes **L** Cook Time: 20 minutes **L** Yield: 4 servings

Ingredients:

- 3 tsp(s) coconut oil
- ½ medium onion(s), yellow diced
- 1½ lb(s) beef, lean ground
- 2 medium garlic clove(s) minced
- 2 tsp(s) oregano, dried
- 4 medium zucchini diced
- 3 medium tomato(es) diced
- ½ tsp(s) sea salt (optional)

Instructions:

1. Wash and prepare vegetables.
2. Heat a large skillet over medium-high heat. Add coconut oil when hot.
3. Add onions to skillet and sauté until slightly translucent.
4. Quickly roll the ground beef into balls and add them to the pan next, along with the garlic and oregano.
5. Cook 5 minutes, stirring occasionally.
6. Add zucchini and tomatoes and cook until tender.
7. Season with sea salt if desired.



CUBAN-STYLE SLOW COOKER Flank Steak

 **Prep Time:** 20 minutes  **Cook Time:** 5-7 hours  **Yield:** 4 servings

Ingredients:

- ½ cup(s) chicken broth
- 2 tsp(s) cumin
- 1½ tsp(s) oregano, dried
- 1 tsp(s) sea salt to taste (optional)
- 1 tsp(s) black pepper to taste (optional)
- 1 can(s) tomatoes, diced (14 oz)
- 1 medium onion(s) sliced
- 2 medium bell pepper(s), green sliced
- 2 medium garlic clove(s) chopped
- 1 tsp(s) capers chopped
- 1½ lb(s) beef - flank steak(s) cut crosswise into three pieces
- ¼ cup(s) olives, pimento-stuffed sliced

Instructions:

1. In a 5-6 quart slow cooker, mix together the chicken stock, cumin, oregano, and salt and pepper (if using).
2. Add the tomatoes and their juices, onions, peppers, garlic and capers and stir to combine.
3. Place the flank steak on top of the mixture, partially covering with a few tbsp(s) of the vegetables and liquid.
4. Cook on high for 4-5 hours or on low 6-7 hours.
5. Shred steak with two forks, add olives and mix all contents together.



SLOW COOKER

Chicken & Greens

L Prep Time: 10 minutes **L** Cook Time: 6-8 hours **🍴** Yield: 4 servings

Ingredients:

- 3 tsp(s) olive oil
- 1 piece(s) chicken, whole (2 lbs) cut into pieces
- 2 bunch(es) collard greens cut into bite size pieces
- 2 medium garlic clove(s) minced
- 1 medium onion(s) diced
- 1 medium lemon(s), juiced
- ½ tsp(s) red pepper flakes crushed
- 3 cup(s) chicken broth
- ⅛ tsp(s) sea salt to taste
- ⅛ tsp(s) black pepper to taste

Instructions:

1. Heat the olive oil in a heavy skillet until hot. Season the chicken with salt and pepper and add it to the skillet. Cook until well browned on all sides, and skin crisps up nicely, cooking in batches if necessary.
2. While the chicken is cooking, add the chopped greens, onions, lemon juice, and red pepper flakes to your slow cooker pot. Cover with the broth and add a pinch of salt and pepper.
3. Add the seared chicken pieces to the slow cooker pot, and nestle them into the greens. Add enough broth or water to ensure that the chicken is covered at least halfway.
4. Cover and cook on low heat for 6-8 hours, until chicken is cooked through and greens are tender.



HERB CRUSTED BEEF AND OFFAL *Meatballs with Greens*

L Prep Time: 10 minutes **L** Cook Time: 40 minutes **🍴** Yield: 4 servings

Ingredients:

Meatballs

- 1 lb(s) beef, ground
- ½ lb(s) liver, ground or you can process in a food processor
- 1 medium onion(s) finely chopped
- 2 medium garlic clove(s) minced
- ¼ cup(s) almond flour
- 1 tsp(s) paprika
- ½ tsp(s) sea salt
- 2 tsp(s) olive oil
- 2 tsp(s) Italian seasoning

Greens

- 4 slice(s) bacon diced
- 1 medium apple(s) peeled, cored, and diced
- 1 bunch(es) collard greens stems removed and chopped
- 1 bunch(es) chard stems removed and chopped
- 1 cup(s) chicken broth or water
- 1 medium grapefruit(s), juiced
- ⅓ tsp(s) sea salt to taste
- ⅓ tsp(s) black pepper to taste

Instructions:

1. Preheat oven to 400°F.
 2. Combine the beef, liver, onion, garlic, almond flour, paprika, and salt in a large bowl. Using your hands, mix until just combined, being careful not to over mix.
 3. Form into 2-inch meatballs and lay on a baking sheet. Brush with the olive oil and coat with the Italian seasoning.
 4. Bake for 20-30 minutes, until cooked through.
 5. To make the greens, cook the bacon in a large, deep skillet until it starts to brown. Add the apple and greens and stir to coat in the fat.
 6. Add the broth or water along with the grapefruit juice and to cover the greens and turn down to low. Let the greens simmer for about 10 minutes over low heat until greens are tender
- Serve the meatballs over the greens.



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PALEO RAMEN

Noodle Bowl

 **Prep Time:** 5 minutes

 **Cook Time:** 20 minutes

 **Yield:** 1 serving

Ingredients:

- 1 package (12 oz) kelp noodles
- 2-4 cups chicken broth*
- 3 garlic cloves
- 2 carrot sticks, chopped
- ½ cup mushrooms, sliced
- ½ tsp chili powder
- Juice from 1 lime
- 1-2 tbsp(s) honey
- 2 soft boiled eggs
- 1 tbsp(s) cilantro for garnish

Instructions:

1. Combine garlic, chicken broth and kelp noodles together in a large saucepan and cook on medium-high heat.
2. Add in sliced carrots, mushrooms, chili powder, and lime juice. Stir. Cook until noodles have softened.
3. Add honey and top with soft boiled eggs and cilantro.
4. Enjoy!



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