

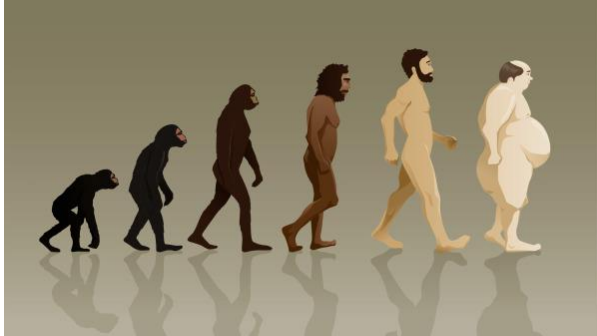
PALEO PRINCESSES



school



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What is Paleo?

“Paleo” refers to the way our human ancestors once ate. In today’s world, Paleo refers to the way our bodies were designed to eat. Our decedents lived off meat, seafood, seasonal fruits, vegetables, nuts and seeds. They did not have modern day agriculture as we do now, leading to overly processed foods with high sugar content and little nutritional value.

Paleo nutrition is all about REAL food, food that is nutrient dense and gives our body long lasting energy. There is research supporting that removing processed foods from our diets, including grains, can help to prevent the risk of modern day illnesses such as heart disease, diabetes, and cancer.

Something I want you to keep in mind that eating Paleo has shifted away from being a DIET to a LIFESTYLE. That’s because once you go Paleo, you really don’t want to go back!

WHAT CAN I EAT ON PALEO?



With this lifestyle there are guidelines, and the specific YES and NO foods will vary from source to source.

So think of the YES and NOs more as guidelines, more as ENJOY and AVOID. Remember, this is for your health. If eating dairy makes you feel crummy, then don’t eat dairy!!!

If eating grains makes you feel bloated and sluggish, don’t waste your time! The important thing is to give your body the time it needs to test out how you feel without sugar, processed foods, grains or dairy. We recommend a minimum commitment of 21 days to get the full effect of this new lifestyle. Then you can create a Paleo template that works for you in your real life; your personal Paleo based template, based on your personal preferences, goals and physiological response

The ENJOY List

When I explain Paleo to people, they look at me like I am crazy and almost always ask, “So what CAN you eat!?!?!” I respond, REAL food that is healthy, amazing; food that is going to help me live a long, healthy life! These are:

Meats include beef, bison, pork, and game meats. Try your hardest to *choose grass-fed*, pasture-raised organic meat if possible. If grain fed is your only option, choose leaner cuts of meat.

Poultry sources should be free range, meaning the animals are allowed to freely roam and munch on their natural foods like insects versus corn/grain mush.

Seafood should always be wild as it is the highest in Omega-3 fatty acids (naturally). According to my friends over at the Primal Palate, the top 10 choices are Alaskan Salmon, Yellow fin Tuna, Mahi Mahi, Shrimp, Scallops, Clams, Oysters, Mussels, Crab and Lobster.

Enjoy	Avoid
Meat and Poultry	Grains
Seafood	Dairy
Eggs	Legumes
Vegetables/Fruits	Soy
Nuts/Seeds	Processed Foods
Healthy Fats	Sugar

Eggs should be from sources that are pastured, free range, organic, or Omega-3 enriched.

Vegetables and Fruits should be enjoyed seasonally, which means the majority of the produce consumed should be what is in season. Now I’m not saying you can never enjoy a kiwi in the winter, but really try to focus on choosing local and organic sources. Shop farmers markets; get involved in a local CSA or a produce delivery service. Produce from these sources are grown with more care, less pesticides, and therefore are better for you. Try to buy the following organic or local instead of at the grocery store to avoid ingesting pesticides. These include apples, berries, celery, cherries, grapes, leafy greens, nectarines, peaches, pears, and peppers.

Nuts and Seeds can be used as a small part of a snack or garnish for food. Nut flours and nut butters are awesome choices for making things grain and legume free, but because of calorie density, should also be used in moderation.

Healthy Fats are essential to a healthy diet and body. Use fats and oils such as coconut oil, olive oil, sesame oil, avocado, and coconut for healthy options when cooking.



The AVOID List

Let's be honest, lots of your favorite foods are probably listed under the AVOID list; mine definitely were! But if you are truly concerned about your health and looking your best, stay clear of these NO foods. In simplest terms, all these foods cause inflammation in the body and unfavorable insulin spikes- leading to intestinal issues, aging, and disease.



Grains include corn, oats, rice, quinoa, and wheat. Therefore, foods such as bread, pasta, and cereal are prohibited.

Dairy may be one of the more controversial “non-Paleo” foods. The verdict is still out if certain dairy products can be consumed depending on what source you read. Once you are following the Paleo lifestyle, you may be able to add grass-fed butter and certain full-fat dairy products back into your diet if tolerated.

Legumes include beans, lentils, chickpeas, and peanuts.

Soy, although a legume, is a sneaky little guy, therefore needed to be singled out because it is found in more items than you realize. Soy is typically present in meat substitutes and food additives. Read labels.

Processed Foods ...enough said? Anything that can sit on a shelf for years before

expiring is almost always a processed food. This also includes vegetable and canola oils. Disclaimer: Some things minimally processed are okay AS LONG AS YOU CHECK THE INGREDIENTS! Certain sauces, canned seafood, oils, and milks can be included in your diet as long as the ingredients listed follow the Paleo guidelines.

Sugar is also sneaky, found in almost anything processed. Brown sugar, cane juice, agave nectar, and artificial sweeteners should be avoided. The natural sugars found in fruits and a few other items are okay, but should be consumed in moderation. Read labels- if it ends in ucrose- it's probably sugar.

This cookbook does contain some Paleo “treats” that may contain small amounts of natural sugars, like honey and maple syrup, but that is why they are called “treats” and should not be consumed in excess.

The Inflammation-Nutrition Connection

Much like a finely tuned car that requires fresh oil, gas in the tank, belts, spark plugs, and air in the tires in order to go, the human body also requires all of its working parts to remain healthy, otherwise it will break down.

Inflammation within the body can be the equivalent of pouring salt into the engine of your car--it will run, but not well, and maybe not for long.

When chronic inflammation occurs, free radicals take over and eventually damage DNA. Left untreated, chronic inflammation can lead to a plethora of diseases, including

cardiovascular disease, type 2 diabetes, arthritis and even osteoporosis.

The typical American diet is one of the main culprits of chronic inflammation.



Among the most common dietary culprits are sugar and refined flour, and American diets are chock full of these inflammation-causing foods. From cookies and cakes to soda and breakfast cereals, the typical American consumes more than 160 pounds of sugar per year, and roughly 200 pounds of white flour!

Foods that are over-processed, devoid of nutrients, and full of chemicals and sugars are to blame for many of our health problems today, including some cancers. In fact, it is believed that approximately 70,000 cases of breast cancer each year could be prevented through healthier lifestyle habits.

THE PALEO PLAN RATIO

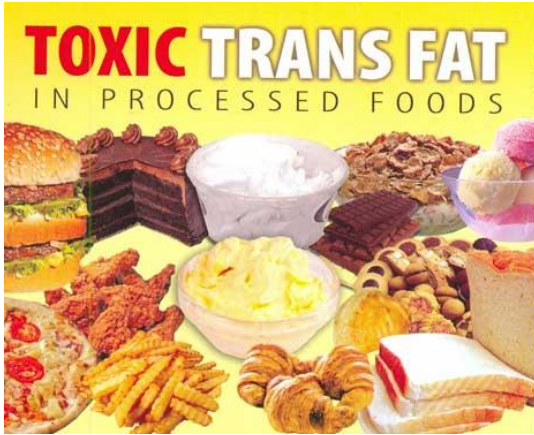


The T School Paleo Princess template focuses on a higher protein to carb ratio. If you are into math, here's the rough breakdown: **30-35% of energy from protein, 30% of energy from carbs, and a fat intake of around 35%.**

We know what you're thinking here: "I thought this was a fat flush!?! How come we're eating so much fat?"

Think good fats: olive oil, coconut oil, avocado, grass-fed meat, etc. These will give you the good fats you need to help raise satiety levels, making you feel full for a longer period of time. They are also a good source of energy for prolonged energy needs.

The only fats we really don't like are saturated fats—those from animal products and man-made trans-fats. When it comes to fat, trans-fat is considered by some doctors to be the worst type of fat.



Unlike other fats, trans-fat, (also called trans-fatty acids), raises your "bad" (LDL) cholesterol and lowers your "good" (HDL) cholesterol.

The Mayo Clinic says, "Trans-fat is made by adding hydrogen to vegetable oil through a process called hydrogenation, which makes the oil less likely to spoil. Using trans-fats in the manufacturing of foods helps foods stay fresher longer, have a longer shelf life and have a less greasy feel. "

Scientists aren't sure exactly why, but the addition of hydrogen to oil increases your cholesterol more than other types of fats. It's thought that adding hydrogen to oil makes the oil more difficult to digest, and your body recognizes trans-fats as saturated fats.

You will find trans-fats in commercial baked goods (crackers, cookies and cakes), many fried foods (doughnuts and French fries), as well as shortenings and some margarine.

BUT NOT TO WORRY! As a Paleo Princess, you won't be eating any of this junk anyway!

GETTING STARTED

The T School Jumpstart requires that you eat Paleo for 21 (consecutive) days. We've made this as painless as possible by providing you with easy to prepare recipes and one stop shopping lists.

Just do what we tell you to do, eat what we tell you to eat, and prepare to start feeling better, looking leaner and more toned. This age-defying eating plan is going to jumpstart your process to looking and feeling years younger!



Do not think of this as a diet or 21 days from hell where you are restricting the foods you love just so you can look better.

Join the 1901 Community in shifting our mindset: this program is FOR our health and well-being, NOT just to look good.

Making a dramatic change in your life, whether it is changing the way you eat, finding an exercise plan that you like, or learning to de-stress, takes time.

This 21 day T School Jumpstart is just that...a time for you to begin a huge transformation in your life.

Yes, this is **your opportunity** to jumpstart your healthier lifestyle, flush away some fat and rid yourself of negativity and excuses!

This is your chance to stand up and decide that **YOU ARE WORTH IT!** You're worth the time reading this book, the time planning how you will eat, and worth the time to shop and eat right.

YOU get to decide if **YOU CAN COMMIT** to looking and feeling amazing at any age!

GETTING STOCKED AND LOCKED



We've taken care of everything. You need to focus on your results and not stress over the process. We've provided you with specific shopping lists to match your daily recipes, making it simple and easy for you to stay on track.

It can be difficult to develop a full Paleo diet food list that has all the good things and not one of the bad if you're a newcomer to the Paleo plan, so we've got a great start for you here.

The thing that makes the Paleo food list completely different from various other food plans is that you are never going to feel deprived, physically weak or disheartened. These foods will help you feel more powerful and lean, without ever having compromise flavor or pleasure.

Your **21 Day Jumpstart** includes everything you need to prepare, execute and benefit from our Paleo plan. You'll get our Paleo

Pantry List, Paleo Fridge List, Paleo Food List, recipes and shopping lists...even resources to have your food prepared and delivered!

The Paleo Pantry

This section is designed to help you stock your kitchen, detail helpful kitchen tools, and provide cooking tips and tricks to set you up to be successful in your Paleo kitchen!



I first recommend getting rid of everything in your fridge and pantry that is processed and/or contains grains or dairy. Donate all those pantry items to a local food pantry, or give to a neighbor, but get it out of your house!

Next, stock your kitchen with mostly fresh ingredients and the few kitchen "staples" that are listed over the next few pages. This is not an exhaustive list, but a place to get started.

If there is something you don't like, don't buy it! There are some things I don't like (i.e. curry) that also may not be listed, but feel free to get it as long as it follows the Paleo guidelines.

Stocking the Shelves...

Staples

- ✓ Canned Tuna, Salmon, Crab
- ✓ Canned Tomatoes
- ✓ Chicken/Beef Broth/Stock
- ✓ Coconut Aminos
- ✓ Coconut Flakes
- ✓ Coconut Flour
- ✓ Almond Flour
- ✓ Curry Sauce
- ✓ Dijon Style Mustard
- ✓ Dried Fruits
- ✓ Flaxseed/Meal
- ✓ Tomato Paste
- ✓ Tomato Sauce
- ✓ Vinegars

Herbs and Spices

- ✓ Basil
- ✓ Cayenne Pepper
- ✓ Chili Powder
- ✓ Cinnamon
- ✓ Cocoa
- ✓ Crushed Red Pepper
- ✓ Cumin
- ✓ Garlic Powder
- ✓ Oregano
- ✓ Onion Powder
- ✓ Paprika
- ✓ Parsley
- ✓ Rosemary
- ✓ Black Pepper
- ✓ Sea Salt
- ✓ Thyme

Nuts and Seeds

- ✓ Almonds
- ✓ Cashews
- ✓ Flax Seeds
- ✓ Hazelnuts
- ✓ Macadamia Nuts
- ✓ Pecans
- ✓ Pistachios
- ✓ Nut butters

Healthy Fats

- ✓ Avocado
- ✓ Olives
- ✓ Coconut Butter
- ✓ Coconut Flakes

Healthy Oils

- ✓ Avocado Oil
- ✓ Coconut Oil
- ✓ Olive Oil
- ✓ Sesame Oil



Filling the Fridge...

Proteins

- ✓ Beef/Bison
- ✓ Chicken/Turkey
- ✓ Eggs
- ✓ Fish/Seafood/Shellfish
- ✓ Game Meat
- ✓ Lamb
- ✓ Pork



Vegetables

- ✓ Arugula
- ✓ Asparagus
- ✓ Bok Choy
- ✓ Broccoli
- ✓ Brussels Sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Cauliflower
- ✓ Cucumber
- ✓ Eggplant
- ✓ Jicama
- ✓ Kale
- ✓ Leafy Greens
- ✓ Leeks
- ✓ Onions
- ✓ Peppers
- ✓ Sweet Potatoes
- ✓ Shallots
- ✓ Summer Squash
- ✓ Tomatoes
- ✓ Winter Squash
- ✓ Zucchini

Fruits

- ✓ Apples
- ✓ Applesauce
- ✓ Apricots
- ✓ Bananas
- ✓ Berries
- ✓ Kiwi
- ✓ Lemon/Limes
- ✓ Mango
- ✓ Peaches
- ✓ Pineapple
- ✓ Pumpkin



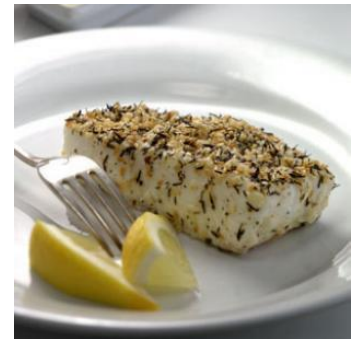
Milks

- ✓ Almond Milk
- ✓ Coconut Milk
- ✓ Hemp Milk



Fats

- ✓ Butter
- ✓ Ghee



For the Freezer

- ✓ Chopped Broccoli
- ✓ Chopped Spinach
- ✓ Fresh Green Beans
- ✓ Wild Caught Shrimp
- ✓ Wild Caught Scallops
- ✓ Frozen Berries
- ✓ Paleo Leftovers



ADD YOUR OWN FAVORITES TO THIS LIST! IT'S YOUR TEMPLATE



MEAL PLANNING

Prepping and Cooking

If I could only give one word of advice in this section, it would be to plan ahead. Think of what you want to eat for the week, write down the ingredients you will need, figure out what you will need to purchase, and what days you can cook. Something will always come up, so if you are prepared ahead of time, a surprise will not take you back to the carb crash, stomach ache, feel like crap recovery period.

Cooking should be fun, not a chore. On Sundays and one day during the week, I grab a glass of red wine and cook a few meals to get me through the next couple of days. By planning out your meals in advance, you can create shopping lists so you know exactly what to buy, how much you will need, and what days to incorporate leftovers. I use a dry erase board for the week. Write down Breakfast, Lunch, Dinner, Snack and every couple days leave a spot or two for leftovers.

The Meal Template

You should eat at least 3 times per day, more if you are active. Be sure to have protein, vegetables, and healthy fats at each meal. Dallas and Melissa at Whole9 recommend portions as follows:

Protein: The size of your palm

Vegetables: Fill the rest of your plate with vegetables

Healthy Fats: 1-2 servings of fats at each meal. Serving sizes for oils and butters should be thumb-sized portions; nuts and seeds should be the size of a closed

handful. Coconut flakes, olives, and avocados are sized at an open handful.

Not every meal will need a recipe. If you follow the basic protein, vegetable, and healthy fat template, you can come up with lots of combinations. This template can be cooked all sorts of ways: on the grill, in the oven, or on the stovetop:

1 pound of protein

2-3 vegetables, sliced or diced

Oil or butter

By using this template when you are at a loss for what to make, you can come up with a complete meal without much planning or prep time.

Snacking

Snacks should be limited to 1-2 times per day, possibly more if you are very active, pregnant, or nursing. Snacks should only be consumed if hungry or pre- or post-workout depending on when your next meal will occur. A healthy snack should definitely occur pre-workout. Snacks should look like a mini meal, containing protein, healthy fats, and vegetables or fruit; but in smaller portions compared to meals.

Pre-workout: Small amount of protein and small amounts of fat, about 30-60 minutes before your workout

Post-workout: Food or drink should be consumed within 30 minutes after working out. Post-workout snacks should be an easily digestible protein such as: egg whites or cooked chicken, and a carb-dense vegetable like sweet potatoes or squash.

COOKING TIPS

Internal temperatures

Cooking meats to an appropriate internal temperature will help keep you healthy. Here are the suggested temperatures for various meats:

145° - medium rare beef and lamb roasts and fish*

160° - medium beef and lamb roasts, pork, and eggs

165° - ground chicken and turkey

170° - well done beef and lamb roasts, whole chicken and turkeys

**The risk for foodborne illness increases with undercooked meats, fish, eggs, and poultry*

Oven time	Slow Cooker Time
15-30 minutes	4-6 hours on low 1-2 hours on high
35-45 minutes	6-8 hours on low 3-4 hours on high
50+ minutes	8-10 hours on low 4-6 hours on high

Slow Cooker Timing

I cannot recommend anything more in the kitchen besides knives and baking dishes than a slow cooker. It is almost foolproof for simple dishes. I've given you convention oven cooking times and transferred them into estimate slow cooker times so you can enjoy almost any meal in the oven or in the slow cooker.

Once you've mastered a few of the recipes, get creative and start experimenting and changing things. This is your food and if you want to change a recipe, then do it!

ESSENTIAL KITCHEN TOOLS

- ✓ Slow Cooker
- ✓ Cutting Board
- ✓ Assorted Kitchen Knives
- ✓ Rubber Spatulas
- ✓ Baking Dishes
- ✓ Baking Sheet
- ✓ Large Sauté Pan
- ✓ Large Pot
- ✓ Food Processor
- ✓ Blender/Immersion Blender
- ✓ Colander
- ✓ Glass storage containers
- ✓ Mixing Bowls
- ✓ Tongs
- ✓ Whisk
- ✓ Garlic Press
- ✓ Kitchen Shears
- ✓ Measuring Cups and Spoons
- ✓ Meat Thermometer
- ✓ Grater/Zester
- ✓ Hand Mixer
- ✓ Vegetable Peeler
- ✓ Aluminum Foil



SNACK IDEAS

*Remember the tips under Snacks for how to assemble snacks: protein, vegetables, fruits, and a healthy fat should all be components.

- Sliced Deli Meat, handful of sliced cucumbers, and avocado slices
- Hard-boiled eggs, jicama slices, olives

DINING OUT

Just like meal planning, planning ahead when eating out will help you make good decisions. If you are going someplace that you are worried about being tempted, eat a snack beforehand with a little bit extra protein to help you feel satisfied.

Skip the bread basket, appetizers, and drinks – Typically this is where the calories and poor nutritional choices really come into play. If choosing to drink, opt for white wine with soda water and lime.

Substitute! Ask for salads or vegetables in place of sides such as fries, chips, or rice that often come with a meal.

Be on the lookout for grilled or broiled versions of entrees. This will help you avoid fried or breaded versions of your favorite dish.

Ask for a gluten free menu. With the rise of gluten intolerances, many restaurants now have gluten free options or can get you a list. Even with gluten-free options, check the ingredients because gluten free can still

- Chicken breast, berries, coconut milk
- Jerky, carrots, and coconut flakes
- Coconut Milk smoothies with some type of meat for protein
- Chicken sausage, apples, and almond butter
- Roasted red peppers, tuna, and olive oil
- Shrimp and kale chips

include other grains, dairy, soy, or other additives.

Here are some menu ideas at various styles of restaurants...

Mexican: Fajitas are the best option: meat and veggies. Always ask for a side of guacamole. You can turn down the tortillas. Skip the chips, beans, rice, sour cream and cheese.

Italian: Broiled chicken, marinara sauce, vegetable sides. Skip the pasta and bread.

Japanese/Sushi: Sashimi is always going to be your best choice. If you choose to do sushi rolls, ask to omit the rice. Try a cucumber wrap over soy wrap. You will need to be careful with sauces that they put in some of the rolls. Skip the rice and the soy sauce.

Chinese: Typically not Paleo friendly. Steamed vegetables and chicken or beef are good options. Like Japanese food, watch the sauces they put with the dishes. Avoid the soy sauce, rice dishes, and heavily sauced dishes.

Bar Food: Salads or bunless burgers will be your best option. Say no to fries, chips buns, and dips unless is carrots and guacamole!

Thai: Opt for curry dishes. Skip out on the rice, noodles, and peanut sauces.

Pizza: Sorry folks, this is a no-no. Enjoy a salad, instead! Avoid the sandwiches and pizza. If they have gluten free pizza options, ask how they make their crust.

Unfortunately, most of the time it will be a rice based crust with lots of additives.



PALEO ON A BUDGET

One of the things I've heard about sticking to the Paleo lifestyle is that it is expensive. I can't argue that a Tostinos pizza and bottle of Coke is cheaper than an organic chicken breast and salad, but the long term health costs associated with eating frozen pizza and diet sodas will outweigh spending a few more dollars right now. But you will find that by eating healthier and cutting out Starbucks and ice cream, you will have more money to buy real food.

Each of us must make a budget for food. To start out, you may have to sacrifice in some areas but long term, you will feel better, look better, and have less medical costs. This truly is a long term investment in your health. Check out these suggestions from Whole9life.com, one of my favorite Paleo blogs.

#1. Pay more for meat, seafood, and eggs so you are getting higher quality animal protein sources.

Try to get grass-fed, pastured and organic meat as often as possible. If you have a few extra bucks, buy more meat and freeze it. If you really can't afford organic meat, follow these recommendations:

- * Beef - choose the leanest cuts available and trim and drain all fat before eating.
- * Chicken – only get pieces without skin.
- * Pork – avoid all pork products.

Commercially raised pork is poorly treated and filled with hormones and fillers.

For fish, choose wild caught but do your research and find out which seafood options are sustainable. Frozen is almost always just as good as fresh and is usually less expensive.

#2. Move to the produce section.

As previously mentioned, focus on what is fresh during the particular season. They are more nutritious and less expensive because they don't have to be shipped as far.

Go organic for the “Dirty Dozen” listed in the ENJOY section as they tend to have the highest pesticide levels commercially. You can then choose conventional produce for those items NOT on the “Dirty Dozen.”

If you are really pressed for cash, skip the organic and load up on dark, green leafy items. These tend to be more nutritionally dense so you get more bangs for your buck.

Frozen vegetables are also a good option if you need to further lower your grocery bill.

#3. Fats are the area where you can go cheaper compared to protein sources and produce. Although nuts and seeds are a nice little snack, they tend to be more expensive and should be consumed in moderation. If you are using them as a garnish only, you can spend less on them.

Sometimes if you just need a handful of nuts, go to the bulk section. A pre-packaged can of pine nuts can cost up to \$20 but a handful from the bulk section is around \$3.

Coconut milk (think cans with no additives) is very cheap as well as some other coconut sources. Tropical Traditions, (see resource list for more information), is always running sales on something coconut, and you can buy in bulk to make it more affordable.

Extra money left over? Buy the high bulk items like coconut oil, olive oil and like items that will last you a month or two.



MORE MONEY SAVING TIPS....

(from the blog leanmachinenyc.com)

*** Shop at farmers' markets**

The quality you will find at farmers' markets will impress you. The savings will amaze you. Shopping at farmers' markets is good for us AND the farmers, who need our support to continue supplying high-quality goods at affordable prices. You'll also have the opportunity to meet the people who grow your food.

You can ask them how your food was grown, even how it's best prepared. Learning about sustainable farming directly from farmers is food education at its best.

And it's free!





Buy the whole bird (and use it all)

Anytime you buy poultry that has been cut up and skinned, you're going to pay for it. Roasting a chicken is pretty simple and makes a great dinner. You can also make chicken broth when you're done.

When was the last time you popped a turkey in the oven? Thanksgiving? A turkey costs less than a dollar per pound (the price goes up during the holiday season) and makes a great dinner, lunch and snacks, too. Turkey breast is one of the best lean proteins out there, so eat it regularly.



Buy on sale

This sounds like an obvious suggestion, but I'll admit, I just started focusing on this. It's not that I didn't care about cost before; it's that I always went to the store with a list and tried not to deviate too much from the plan. I've learned that if I go to the store with a partial list and an open mind, I can find some great deals. When I walk into Whole Foods I look for the bright yellow signs in the fish and meat section to buy whatever is on sale. Grocery shopping has become more of an adventure and I'm creating more unique dishes based on what I bring home.

Buy in season

Again, this seems obvious, but our reliance on grocery lists limits us. If you see a giant pile of zucchini and big bunches of bright red tomatoes, buy them while they're hot and do something creative with them.

They'll taste amazing and you'll spend a lot less on them than the out-of-season vegetables that were shipped from far away.

Try pre-prepped instead of pre-made

I learned this trick recently. Food that is pre-made is always more expensive than making it yourself, but food that comes pre-prepped can be cheaper. Here's an example: the other night I bought (on sale) raw chicken kebabs that had already been marinated and were on skewers with red, yellow and green peppers.

I was spared from having to cut up the chicken, and I got to have three different kinds of peppers without buying them or cleaning them. I served it with a simple salad- and it was great!

Don't buy food you won't eat

Eating Paleo means eating great meals, and there are many ingredients to choose from. Hopefully you're in this for the long haul which means you can take your time experimenting with new things. If you load up on a bunch of new foods and discover you don't love all of them, you're likely to lose some enthusiasm for the hunter-gatherer way of doing things. Stick with foods you are familiar with and slowly begin to experiment. Don't load up your freezer just yet; you'll end up throwing food away. As you learn to navigate your new way of eating, you'll get a better feel for what and how much you'll be eating.

Buy in bulk (but only if you're going to use it)

We all seem to love buying things in bulk. There's something really relaxing about having twelve rolls of toilet paper in the house. Shopping in bulk can result in big savings, but only if you're buying food you're actually going to eat.

Eating a Paleo diet means eating mostly fresh foods. Buying in bulk doesn't usually work well for perishables, unless you have a lot of mouths to feed. Buying in bulk can be a good way to stock your freezer with things like chicken wings, shrimp, berries, and spinach. But if you tend not to use freezer items, they'll end up in the trash. Your Paleo eating style will determine how you shop.

Balance the cheap stuff with the expensive stuff

As I write this, I've just come from food shopping. My receipt is a blend of cheap and not-so-cheap. Avocados are never on sale. If they ever have been, I missed it. But

they're worth the money because they're delicious and nutritious (and very filling). I feel better if there's an avocado or two in my kitchen. Pine nuts are also expensive, but a bag of them will last for a while and they really elevate a dish in nutrition and flavor.

Lemons, which are always good to have on hand, are cheap, and today they were even on sale. The sale items today in the fish & meat department were swordfish and pork cutlets. I skipped the swordfish since it's not my favorite, and I already have salmon on deck. I went ahead and bought the pork cutlets (5 for \$3.47) and now I just have to figure out what to do with them. I predict some deglazing will take place. Making great sauce can be cheap!

Get creative with spices

Spices seem expensive at first because you get so little for the cost, but they'll go a long way and make your dishes unique and flavorful. If you have old spices sitting around, toss them and start fresh. Oh, and unless you really must have it, I would skip the saffron (it's pricey).

Use aromatics like onions, shallots and garlic

Onions, garlic and shallots are a good bang for your buck because they're inexpensive and add tons of flavor. Keep them around at all times.





Minimize waste

I've learned to be smarter about cooking for two, not overwhelming my refrigerator with stuff I'm never going to eat, and embracing the concept of having cooked food sitting in the refrigerator (also known as leftovers). Eating mostly Paleo foods requires a certain amount of planning and prepping. Having food ready and waiting will make life a lot easier. Cook extra to have on hand, and then every few days clear it out.

Use leftover vegetables in omelets and soups. Invent a new dish to use up whatever needs to be eaten. If you do end up tossing something (it happens to the best of us), make a mental note so that next time you'll be less likely to over-shop.

Drink filtered watered

We don't need to drink anything except water. If saving money is a priority, buy a

water filter and just drink water. It's possible to spend a lot of money on water filtration systems. I use a Brita. The replaceable filters cost less than \$9.00 and I always have cold water in the refrigerator. I also drink coffee, tea, and sparkling water.

Connect with like-minded people

Eating great food that is affordable and ethical is a priority for a lot of people. There are lots of like-minded people to hook up with. Community Supported Agriculture (CSA) and food co-ops are making it easier to find high-quality, affordable resources for Paleo eaters.

Check out Localharvest.org and Eatwild.com. If you find something worthwhile, share the news. If you're feeling ambitious, organize a potluck dinner, share recipes and eat well together.

And don't forget all the community events that T School has to offer- cooking classes, workshops, recipes, Paleo dinner parties and pot lucks!



THE RECIPES

There are some recipes in this cookbook that you may have to forgo as you participate in the first 21 days of T School! That is because of the fruit they contain, but all of them are Paleo and delicious! I have tried many of them myself and I assure you, you are in for a treat! Imagine cooking delicious, healthy, whole foods that will satisfy you, fortify you and help you melt off pounds in the process. Say goodbye to afternoon slumps, annoying cravings, mood shifts and tight jeans. You are about to embark on a new lifestyle – one that you will not only embrace, but love because of the way you look and feel. And, oh yeah, did I mention this isn't rabbit food? Let's eat!

BREAKFAST

By now you know you will never successfully lose weight or keep it off until you learn the tricks to stoking your metabolism. Eating breakfast every day is rule #1. Thankfully breakfast can be simple and fast- always important!

Breakfast is one of my favorite meals. Just because these are listed under the breakfast category, does not mean they are breakfast specific. Same goes for entrees, the beauty of eating Paleo is you are eating real food that you can eat at any time, not just a specific meal. The pancakes also make a good snack with a source of protein

Apple Almond Muffins

(Adapted from Everyday Paleo)

Ingredients

- 2 ¼ cups almond meal
- 4 eggs
- ¾ cup natural applesauce
- 1 banana
- ¼ cup coconut oil
- ⅓ cup water
- ½ tsp. baking soda
- 1 tbsp. cinnamon
- ½ cup slivered almonds

Directions

Preheat oven to 350 degrees. Mash banana in bottom of large mixing bowl. Add all over ingredients, mixing thoroughly. Grease a muffin tin with a little bit of coconut oil and fill spaces

with batter, approximately ¾ full. Bake for 15-20 minutes or until toothpick comes out clean.



Tip: Don't forget to add protein to make it a full meal!

Bacon, Tomato, and Spinach Scramble



Ingredients

2 slices of bacon
Handful of baby spinach
1 Roma tomato, diced
3 eggs
Spoonful of guacamole

Directions

Cook bacon until crispy and let cool. Scramble eggs in bowl and add to skillet with bacon grease. Let cook for a few minutes, top with spinach and tomatoes. Continue cooking, creating an omelet or scramble. Top with bacon pieces and guacamole.

Tip: You can cook up extra bacon and after cooled, place in bag or container to use throughout the rest of the week.

Blueberry Coconut Pancakes

(Adapted from Everyday Paleo)

Ingredients

1 cup almond flour
¼ cup shredded coconut
2 eggs
½ cup coconut milk
¼ cup natural unsweetened applesauce
½ to 1 cup fresh or frozen blueberries
2 tbsp. cinnamon
Coconut oil



Directions

Mix all ingredients together except oil. Heat griddle or pan over medium heat with oil, thinly coating surface
Use a ¼ measuring cup to spoon batter onto skillet, cooking about 4-5 minutes on each side until browned and slightly crispy. Top with extra blueberries and/or cinnamon to your liking.

Tip: This recipe makes about 6 medium pancakes, double or triple the recipe and freeze the extra pancakes for a quick breakfast.

Breakfast Burritos

(From Make It Paleo)

Ingredients

¼ pound ground beef or turkey
3 eggs
1 tsp. coconut oil
Diced onions, tomatoes, and avocado for toppings
Seasonings: cumin, onion powder, garlic powder, paprika, salt and pepper

Directions

Brown ground meat over medium heat. Season with listed spices to taste once cooked and then set aside. Whisk eggs in mixing bowl. Heat

coconut oil in skillet over medium low heat. Pour eggs into skillet, spreading out in a thin, even layer. Slow cook the eggs without flipping for 6 minutes. Slide eggs onto plate gently, top with seasoned meat and toppings.

Tip: *Make sure coconut oil is evenly spread out in skillet before adding eggs, this will help the eggs cook in an even layer and slide out of the pan easier.*

Peach and Pecan Scramble



Ingredients

1 tbsp. coconut oil
1 small peach, diced into small pieces
4 tbsp. pecans, chopped
2-3 eggs
1 tsp. cinnamon
2 tbsp. unsweetened applesauce

Directions

Heat the oil in a small skillet over medium heat and then add diced peaches and chopped pecans. Cook for approximately 3-5 minutes or until the peaches soften. Meanwhile, crack eggs into bowl and add applesauce and cinnamon, beating well. Add egg mixture to skillet; let the eggs set on bottom, then flip. Make sure the eggs are cooked through before enjoying.

Tip: *I typically double this recipe and save half for a second breakfast during the week.*

Pumpkin Pancakes



Ingredients

½ cup pumpkin
¼ cup almond butter
3 eggs
Coconut oil to grease pan
Fresh fruit for topping or to mix into batter

Directions

Mix pumpkin, almond butter, and eggs in dish. Add more if you want a more pancake-like consistency in the batter. Heat a large skillet or electric skillet over medium heat. Grease the cooking surface with coconut oil. Pour batter into circles on surface. Flip after a few minutes. Pancakes will be finished when browned on each side. Top with fresh fruit, nuts, or honey.

Tip: *Add more almond butter for pancake-like consistency in the batter.*

Sausage Scramble

Ingredients

½ onion, diced or minced
1 pound sausage
1 bag baby spinach, zucchini, or other green vegetable of your choice
Eggs as desired

Directions

Sauté onions in skillet until softened. Add sausage and cook through until no longer pink. Add baby spinach one handful at a time and stir until wilted and mixed well with the sausage. If desired, you can crack eggs into the scramble or top with an over easy egg.



Tip: I usually cook this up on a Sunday night and separate into 3-4 small containers. Then each morning I warm up the small container while I cook 1-2 eggs over easy and put on top the scramble.

Creamy Coconut Squash Cereal

(adapted from Primal Blueprint)



Ingredients

2 cups butternut squash cubes (Costco)
¼ teaspoon cinnamon
¼ cup pecans
1 cup coconut milk

Directions

Steam squash in microwave 6-8 minutes
Place steamed squash in food processor and blend with cinnamon and nuts. Add coconut milk to desired consistency. **Tina's Tip:** *Fabulous! Make it!*

Broccoli Quiche

(adapted from Primal Blueprint)

Ingredients

4 cups broccoli florets
½ cup sliced red onion
6 eggs
1 ½ cups coconut milk
1 tbsp. melted butter or ghee
¼ tsp. nutmeg
¼ tsp. pepper
¼ tsp. salt



Directions

Preheat oven to 425 degrees.
Butter a 10 inch round or 13 x 9 square baking pans. Sauté onion 3 minutes in butter but not until browned. Cook broccoli in the microwave or in boiling water 4 minutes. Whisk together eggs, coconut, butter, nutmeg, salt, and pepper. Stir in broccoli and onions. Pour into baking dish and bake 20 minutes or until the center is done.

Tina's tip: Use your imagination! Mix it up with ingredients- try spinach or peppers too!



My Breakfast Recipes and Notes

APPETIZERS & SAUCES

Bacon Wrapped Shrimp and Scallops



Ingredients

12 large shrimp or scallops, peeled and deveined
6 slices bacon, sliced in half
Garlic, salt, pepper, or other seasonings that you may like

Directions

Preheat oven to 425 degrees.

Rinse shrimp under cold water and pat dry. Sprinkle with seasonings of your choice. Wrap each piece of shrimp with half a slice of bacon, securing with toothpick or place multiple shrimp on skewers.

Bake for 15 minutes and rotate, continuing to cook additional 15-20 minutes until shrimp is cooked through and bacon crispy. Makes 12!

Easy BBQ Chicken Wings

Ingredients

2 ½ pounds chicken wings
2-3 tbsp. coconut oil
1 cup BBQ sauce

Directions

Preheat oven to 325 degrees. Melt coconut oil with BBQ sauce. Pour over wings to coat and bake for 50-60 minutes until slightly charred.

Crab Stuffed Peppers



Ingredients

1 can fresh crab meat
2 tbsp. Dijon mustard
1 egg
¼ cup almond flour
Old Bay seasoning
4-6 Poblano peppers

Directions

Preheat oven to 425 degrees. Prepare crab meat by mixing crab, mustard, egg, seasoning, and flour, adding more flour until able to form into balls. Slice tops off peppers as well as slice lengthwise.

Clean out inside of peppers and stuff with crab meat. Bake for 15-20 minutes until peppers are charred and crab meat is starting to brown.

Notes:

Holy Guacamole



Ingredients

2 avocados
4 cloves garlic, minced
1 Roma tomato, diced
½ red onion, diced
1-2 jalapeños, minced
Fresh cilantro, diced
Salt and pepper to taste

Directions

Mix all ingredients together, mashing parts of the avocado into a paste.

Tip: *Serve with jicama slices, baby carrots, or thinly sliced cucumbers. If you don't eat all the guacamole in one sitting, save the avocado pits and add to the guacamole. This helps to prevent browning when in a sealed container.*

Kale Chips



Ingredients

4 cups kale, rinsed and dried
Sesame oil
Salt and pepper
Lemon juice

Directions

Preheat oven to 350 degrees. Line baking sheet with aluminum foil. Break kale into bite sized pieces and place in single layer on foil. Drizzle oil over leaves, coating lightly. You may need to use your fingers to spread out oil. Lightly drizzle lemon juice over leaves and season with salt and pepper. Bake 12 minutes or until edges start turning brown.

Tips: *DO NOT let the whole leaf get brown or else the chips will be bitter. It is important that the kale is dry before baking. A salad spinner would work great!*

Paleo Crackers

(From Make It Paleo)



Ingredients

2 cups almond flour
1 cup flax meal
2 tsp. cumin, garlic, onion powder, oregano, salt and pepper
2 eggs
2 tbsp. olive oil

Directions

Preheat oven to 350 degrees. In a large bowl, combine flour, flax, and spices. Whisk eggs in separate container. Add olive oil and mix with dry flour mix until it becomes dough-like. Roll dough into large ball and place on parchment paper lined baking sheet. Cover dough with another piece of parchment paper and roll into

¼ inch thick layer. Score dough with knife to desired cracker size. Bake for 15 minutes or until golden but not brown.

Pineapple Avocado Salsa



Ingredients

- 1 pineapple, cored, and diced into small pieces
- 2 avocados, diced
- 3 cloves garlic
- ½ red onion, diced
- 1 jalapeno, seeded and minced
- 2 limes, juiced
- A handful fresh cilantro

Directions

Combine all ingredients and let chill for at least 30 minutes to mix flavors.

Strawberry Salsa

Ingredients

- 1 container strawberries, diced
- 1 cucumber, diced
- 2 kiwis, skin removed and diced
- ½ red onion, diced
- 1-2 jalapenos, seeds removed if desired, minced
- 2 cloves garlic, minced
- 2 limes
- 1 lemon
- Fresh basil and cilantro, thinly sliced

Directions

Add all berries, fruit, kiwi, onion, jalapenos, and garlic into bowl. Cut lemon and limes in half and squeeze juice over salsa, stirring through. Sprinkle with fresh cilantro and basil. Let marinade for at least 30 minutes to mix all flavors.



Dill Dip

(Make It Paleo)

Ingredients

- 1 egg
- Juice from ½ lemon
- 1 cup olive oil
- 2 tsp. dill
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. black pepper
- ½ tsp. salt

Directions

Place egg and lemon juice in blender. While blending, drizzle in oil until emulsified. Add seasonings until well blended.

Roasted Red Pepper “Hummus”

(Adapted from Everyday Paleo)



Ingredients

2 cups shelled walnuts
½ tsp. ground cumin
½ tsp. salt
1 jar roasted red peppers, drained
1 garlic clove, minced
2 tbsp. olive oil
2 tsp. lemon juice

Directions

Soak walnuts in water for at least 1 hour to make it easier to process. Drain and place into food processor. Pulse walnuts, cumin, and salt until walnuts are finely ground to the consistency of hummus. Add peppers, garlic, olive oil, and lemon juice. Continue to pulse process until smooth.

Crab Dip with Cucumber

(from Primal Blueprint Quick & Easy Meals)

Ingredients

1 tsp. tomato paste
¼ cup Paleo mayo
1 tbsp. chopped chives
1 tsp. lemon juice
1 tsp. horseradish, and a dash of tobasco or some other hot sauce
½ lb. crab meat (Costco has this)
1 large cucumber, sliced into rounds

Directions

This crab dip isn't anything fancy but it sure tasted fabulous piled on a crisp slice of cucumber. Put a bowl out at your next party and watch it disappear.

Whisk together tomato sauces, mayo, chives, lemon juice, horseradish and hot sauce.

Stir in the crab and serve with sliced cucumber. Simple and delicious!

Bacon and Mushroom Dip

(Adapted from Primal Blueprint Quick & Easy Meals)

Serve this creamy dip on veggies!

Ingredients

6 slices of bacon
2 cups sliced cremini or button mushrooms
3 scallion's
½ cup Paleo mayo
Juice of ½ lemon or more to taste.

Directions

Fry the bacon and sauté the mushrooms in the same pan until browned. Add extra oil to sauté them if necessary.

Blend the bacon and mushrooms in your food processor with remaining ingredients.



DRESSING AND SAUCES

Greek Salad Dressing

(Adapted from Make It Paleo)

Ingredients

1 lemon, juiced
½ cup olive oil
1 clove garlic, minced
1 tsp. oregano
Salt and pepper to taste

Directions

Whisk all ingredients together before serving over salad. This is also great as a marinade.

Jalapeno Lime Vinaigrette

Ingredients

¼ cup white vinegar
¼ cup olive oil
1 jalapenos, minced
2 garlic cloves, minced
1 lime, juiced
1 tbsp. Dijon mustard
A handful fresh cilantro
Salt and pepper to taste

Directions

Combine all ingredients together either whisking vigorously until emulsified or use an immersion blender.

Spicy Mustard Dressing

Ingredients

¼ cup white vinegar
¼ cup olive oil
2 tbsp. Dijon mustard
2 tsp. garlic powder

Directions

Mix all ingredients together by either whisking rapidly or with an immersion blender.

Spicy Vinaigrette

Ingredients

¼ cup olive oil
2 tbsp. apple cider vinegar
2 tsp. spicy brown mustard
Basil and cayenne pepper to taste

Directions

Mix all ingredients well or use an immersion blender to emulsify.

Asian Nut Sauce

Ingredients

2 tbsp. almond butter
1 lime, juiced
3 cloves garlic, minced
1 tsp. red pepper flakes
1 tsp. chili powder
1 tsp. coconut aminos
1 tbsp. sesame oil

Directions

Mix all sauce ingredients together and stir to mix evenly.

Balsamic Glaze

Ingredients

½ cup balsamic vinegar
2 tsp. ground thyme

Directions

Add balsamic vinegar and thyme to a small saucepan, cover, and bring to a boil. Uncover and simmer until vinegar is syrupy and reduced to approximately 1 tbsp., 5-7 minutes. Drizzle over chicken, salmon, or other protein of your choice.



BBQ sauce

Ingredients

¼ yellow onion, minced
3 garlic cloves, 3 minced
1 can tomato paste
1 orange, juiced
1 ½ cups chicken or beef stock
3 tbsp. Dijon mustard
2 tbsp. apple cider vinegar
2 tbsp. honey
2 tbsp. unsweetened applesauce
1 tbsp. coconut oil
2 tsp. chili powder
1 tsp. cumin

Directions

Mince onions and garlic as fine as possible (unless you want chunky sauce). Combine all ingredients in sauce pan, using more stock for thinner sauce and less stock for thicker sauce. Bring sauce to boil, stirring constantly as it nears boiling. Reduce to a simmer and stir occasionally, for about 30 minutes.

Tip-The longer you simmer, the more consistent of a flavor your sauce will have.

Spinach Pesto

Ingredients

1 cup fresh spinach
1 cup fresh basil
2-4 cloves garlic, minced
4 tablespoons olive oil
Salt and pepper to taste

Directions

In a food processor, add spinach, basil, garlic, salt and pepper. Blend until leaves are a finely ground up, then add in olive oil slowly or a few tablespoons at a time until you get the consistency you want.

Paleo Mayo

(From Well Fed)



Ingredients

1 large egg
2 tbsp. lemon juice or cider vinegar
½ cup plus 1 cup olive oil (not extra virgin)
½ tsp. dry mustard
½ tsp. salt

Directions

In blender or food processor, break the egg and add lemon juice. Allow eggs and lemon juice to come to room temperature, 30 minutes to 2 hours. When they reach room temperature, add mustard, salt, and ¼ cup oil to egg. Blend on medium until ingredients combined. Slowly drizzle in the rest of the olive oil while the mixture continues to blend.

Tip-If you are using a blender, you will hear a pitch change when liquid becomes emulsified. Keep mayo in fridge in airtight container for as long as the eggs are good (look for an expiration date).

Notes:

Sweet & Spicy Coconut Sauce

(Adapted from Primal Blueprint Quick & Easy Meals)

Ingredients

1 tsp sesame oil
1 shallot, finely chopped
1 tbsp rice wine vinegar
1 tbsp sweet chile sauce
1 cup coconut milk
1 tbsp fresh mint, finely chopped, or more to taste

Directions

Sweet Chile sauce is sold in the Asian section of grocery stores and adds a sweet spicy flavor to creamy coconut milk. This sauce is delicious poured over red mean and can be served as a dipping sauce for the Coconut Curry meatballs that come later under entrees)

Heat sesame oil in a pan and sauté shallot until soft. Stir in vinegar and sauté 20 seconds more, then, add hot Chile and coconut milk. Simmer until sauce is slightly thickened, about 10 minutes. Remove from heat. If desired, shallot can be strained out. Stir in fresh mint to taste. Enjoy!

Creamy Walnut Sauce

(from Primal Blueprint Quick & Easy Meals)

This rich and nutty sauce makes everything from roasted vegetables to chicken more interesting. For a Paleo take on chicken Alfredo, sauté thinly sliced zucchini with chicken and pour this sauce on top!

Ingredients

1 cup walnuts
1 shallot, finely chopped
2 tbsp. butter
1 ½ cups coconut milk (full fat)
Salt to taste

Directions

Sauté walnuts and shallots in butter until walnuts are slightly toasted- about 3 minutes.

Add 1 cup of coconut milk and bring to a gentle simmer for five minutes.

Pour the walnuts and cream into food process or blender and puree until as smooth as possible. Salt to taste.

Yields a fairly thick sauce- Add the additional ½ cup coconut milk as needed for desired consistency. If you want the sauce to be smooth, strain nuts through fine mesh sieve.

Fennel Pesto

(From Primal Blueprint Quick & Easy Meals)

Creamy and addictive, this cheese-less pesto will quickly become a favorite. Because this pesto is all about the delicate flavor of fennel, it only has a little bit of basil added. You could, however, add more basil and pine nuts to give it a more traditional pesto flavor. Serve as a dip or spoon over chicken or fish.

Ingredients

1 fennel bulb
½ cup fresh basil, roughly chopped
½ tsp. lemon zest
1 garlic clove
½ cup olive oil
¼ cup pine nuts

Directions

Cut the stems off the fennel bulb but keep the soft, feather fronds to add to the pesto. Cut the fennel bulb into half, peel off the outer layer and cut out the inner core. Roughly chop the fennel bulb and combine in the food processor with the fennel fronds, basil, lemon zest, garlic and olive oil. Blend until smooth. Add the pine nuts and pulse a few times until just blended. Salt to taste.



My Appetizers, Dressing and Sauces Recipes and Notes

SALADS

Avocado Chicken Salad



Ingredients

2 chicken breasts, cooked and shredded
2 avocados, pitted
1 bunch cilantro stems removed
6 baby carrots, diced or shredded
1 cucumber, julienne sliced
1 handful sliced almonds
1 lemon, juiced
1 lime, juiced
1 tsp. garlic powder

Directions

Cook chicken however you like. For this boiling chicken works well as long as not overcook. While chicken is cooking, prepare “dressing: by adding avocados, cilantro, lemon, lime, and garlic powder to food processor.

Mix until it becomes a creamy paste/dressing. To make it a little thinner, add some olive oil. Slice veggies to your liking and place in bowl. Once chicken is finished cooking, let cool and shred.

Combine chicken and diced vegetables. Stir in avocado dressing and mix thoroughly. Stir in sliced almonds for an added crunch.

Cucumber Salad

Ingredients

1 cucumber, sliced
1 tomato, diced
1 can of black olives, drained
¼ red onion, diced
2 cloves garlic, minced
Balsamic vinaigrette to coat
A handful of fresh basil, thinly sliced
Black pepper and sea salt to taste

Directions

Mix all ingredients together and let marinade in fridge to mix flavors for a few hours

Spicy Bacon and Sweet Potato Salad

(Adapted from Everyday Paleo)

Ingredients

1 large sweet potato, diced
1 tbsp. coconut oil
6 strips of bacon, diced
1 leek, thinly sliced
Bowl of baby arugula
Spicy vinaigrette or dressing of your choice

Directions

Preheat your oven to 400 degrees. Toss sweet potatoes in coconut oil, place on baking sheet, and bake for 20 minutes, or until soft. While the potatoes are baking, cook the bacon in a large skillet. Once the bacon is cooked, add the leeks and sauté for additional 5 minutes. Place arugula in bowl; add half of bacon/leek mixture and half of the sweet potatoes. Toss well so the warm bacon and sweet potatoes help to wilt the arugula a little bit. Pour spicy vinaigrette dressing over the salad to the amount of your liking. Add fresh black pepper to taste.

Stephanie's Taco Salad



Ingredients

½ tbsp. coconut oil
½ red onion, diced
1 zucchini, diced
2 cloves garlic, minced
1 lb. ground meat of your choice
Cayenne pepper, cumin, chili powder, cilantro,
salt and pepper to taste
Romaine lettuce, tomatoes, black olive, and
avocado for salad

Directions

Warm coconut oil in a skillet over medium heat.
Add garlic and onion and sauté for a few
minutes. Add zucchini, cooking until softened.

Add ground meat and cook until browned.
While meat is cooking, add seasonings. While
meat is cooking, chop romaine lettuce,
tomatoes, olives, and avocado for salad.

***Grill chicken, tilapia, lean beef or pork on
Sundays to throw onto mixed greens for
an anytime salad! Add a few chopped
veggies and fruit and you have a delicious
Paleo meal in minutes!
Plan ahead to plan your success!***

Chicken Fajita Salad

(Adapted from The Paleo Solution)



Ingredients

1 tbsp. olive oil
¼ cup sliced onions
1 lb. skinless chicken breast
½ tsp. cumin
2 tsp. oregano
1 cup chopped bell pepper
Red leaf lettuce
1-2 tomatoes
1 avocado

Directions

Wash and shred the lettuce. Then, cut the
chicken into strips.

Add olive oil to skillet. Heat over medium heat.
Add sliced onions, sauté until soft. Add
chicken, cumin, and oregano and sauté, tossing
often.

Add the bell peppers to the skillet after the
chicken has browned and continue to sauté to
desired crispness or softness.

Toss ingredients with shredded lettuce,
tomatoes and sliced avocado.

Tuna Salad



Ingredients

1 lemon, juiced,
2 tsp. lemon zest
2 tbsp. Dijon mustard
5 tbsp. olive oil, divided
1 (12 oz.) can wild caught tuna, packed in water
4 baby carrots, finely chopped
¼ red onion, diced
4 medium to large tomatoes, cored and partially cut into wedges
A handful baby arugula or spinach
½ avocado, sliced

Directions

Mix together lemon juice, lemon zest, Dijon mustard, and 3 tbsp. olive oil. Add to the tuna and mix thoroughly. Add in carrots and red onion until mixed evenly.

Spread out arugula on plate, and drizzle remaining olive oil (or dressing of your choice) over greens. Core tomato and place on top of arugula then fill with the tuna salad.

Add avocado to top.

Egg and Capsicum Salad

(Adapted from The Paleo Recipes Cookbook)



Ingredients

2 boiled eggs, diced
2 bacon eyes, diced
1tbs oil
½ green capsicum, diced
¼ cup parsley, chopped
1tbs Paleo mayo
1 cup mixed salad leaves

Directions

Place oil and bacon in a frying pan on medium heat and cook until bacon has started to crisp.

Remove excess oil and place bacon into a mixing bowl along with boiled eggs, capsicum, parsley and mayonnaise.

Combine well.

To serve, place salad leaves on a plate and top with egg and capsicum mixture.



My Salad Recipes and Notes

SOUPS

Stephanie's Chicken Soup

Ingredients

3-4 chicken breasts, fat trimmed
2 containers chicken stock
1 leek, thinly sliced
4 large carrots, peeled and sliced
½ yellow onion, diced
2 tbsp. minced garlic
1 bag baby spinach
1 avocado, diced
Salt, pepper, and parsley to taste

Directions

Pour chicken stock in large saucepan. Add leeks, carrots, garlic, onion, salt and pepper, and parsley and bring to a boil. Add chicken breasts, cooking for about 8-10 minutes until cooked through. Reduce heat to simmer. Remove chicken, let cool for a bit and shred. Place shredded chicken back into the pot and add spinach until wilted. Top with diced avocado.



Crab and Butternut Squash Bisque



Ingredients

6 cloves garlic, roasted in coconut oil
1 butternut squash, diced (skin removed)
1 small sweet potato (skin removed)
1 large yellow onion, diced
1 bunch carrots, diced
1 large container reduced sodium chicken broth
½ cup full fat coconut milk
16 oz. fresh crab claw meat
Salt and pepper to taste
1-2 tbsp. Old Bay seasoning

Directions

Remove outside of garlic, coat with coconut oil, and bake in aluminum foil for 10-15 minutes in oven at 350 degrees. While the garlic is cooking, dice up vegetables into one inch cubes, peeling carrots and squash. Pour chicken broth in slow cooker and fill with veggies, Cook on low heat for 8 hours. Once cooked, puree the vegetables using a blender or immersion blender. Add milk and continue to puree until you find the consistency you desire. Stir in crab meat and season to your liking. Let cook additional 30 minutes to mix flavors and warm the crab.

Pumpkin Chicken Chili



Ingredients

2 large chicken breasts, diced
1 tbsp. coconut oil
1 large can organic pumpkin puree
1 red bell pepper, diced
1 red onion, diced
2 jalapenos, minced
4 cloves garlic, minced
1 cup chicken stock
1 cup white cooking wine
1 large can organic diced tomatoes with juice
1 small can tomato paste
3 tbsp. chili powder
2 tbsp. pumpkin pie spice
1 tbsp. cocoa powder
1 tbsp. cinnamon
Salt and pepper to taste

Directions

Heat coconut oil in skillet over medium heat and add onions, peppers, jalapenos, and garlic for approximately 5 minutes. Add in diced chicken until browned. Meanwhile in a crock pot combine chicken stock, wine, diced tomatoes, tomato paste, pumpkin, cocoa powder, and seasonings over low heat. Add chicken and diced vegetables to crock pot and stir to mix through. Let chili come to a simmer in crock pot and warmed, 1-2 hours.

Seafood “Stew”



Ingredients

10-15 pieces shrimp
10-15 medium scallops
Handful of calamari rings
Coconut oil
1 jalapeno, minced
1 clove garlic, minced
1 tomato, diced
1 avocado, sliced
Salt and pepper to taste

Directions

Heat a small amount of coconut oil in pan. Cook garlic and jalapeno for a few minutes until fragrant. Add in shrimp and scallops and cook 1-2 minutes. Then add in calamari and cook for few more minutes. The seafood pieces will produce just enough liquid to make a “broth”. Before seafood gets finished cooking, throw in tomato, increasing liquid. Top with avocado and season with salt and pepper.

Tips: *I really did not intend for this to be a “stew” when I first started, it just kind of happened. If you would like more liquid you can always add in broth. Mashing the avocado will also make the “stew” appear and taste creamy!*

Tina's Roasted Butternut Squash Stew

Ingredients

2 butternut squash (about 2 packages from Costco)
2 tbsp. olive oil or butter
6 to 8 cups chicken stock or broth
2 small onions sliced or chopped
2 carrots- grated
2 stalks celery- chopped
3 to 4 apples (granny smith or Fuji)-chopped
2 tbsp. cinnamon
1 tbsp. nutmeg
1 tsp. cayenne pepper
1/2 tsp. onion powder
Salt and pepper to taste

Directions

Heat oil or butter in stew or soup pot. Sauté the onions but not until brown. Add the carrots, celery and apples. Sauté a few more minutes.

Add broth and squash and bring to boil. Lower heat to medium and cook about 30 minutes longer or until thick and stew like. If you want more of a soup consistency, add more broth.

When squash is tender, use hand mixer to blend until smooth. The soup will be thick due to the veggies but you can make it thinner by adding more broth at this stage.

Add the spices, salt and pepper to taste.

This has been a big hit when I have brought it to staff meetings. Of course, my staff is always hungry! 😊

Roasted Squash Soup with Pancetta & Sage

(From Paleofood.com)

This hearty soup recipe does take some extra time in the kitchen but it is sooo worth it!

Ingredients

1 pkg. Costco cubed squash
1 cup oil
20 whole fresh sage leaves plus 1 1/2 tsp. chopped fresh sage
1/4 lb. sliced pancetta, coarsely chopped
1 tablespoon olive oil
1 large onion, chopped
2 garlic cloves, minced
3 1/2 cups chicken broth
3 1/2 cups water
1 tablespoon lemon or lime juice

Directions

Preheat oven to 400 degrees. Roast squash, in an oiled roasting pan in middle of oven until tender, about 1 hour. When cool enough to handle, scrape flesh from skin. (You may also microwave for 6-8 minutes if in a hurry)

Fry sage leaves while squash roasts: Heat oil in a deep small saucepan until it registers 365°F on a deep-fat thermometer. Fry sage leaves in 3 batches until crisp, 3 to 5 seconds. Transfer leaves with a slotted spoon to paper towels to drain. Cook pancetta and make soup: Cook pancetta in a 4-quart heavy pot over moderate heat, stirring, until browned. Transfer pancetta with slotted spoon to paper towels to drain.

Add olive oil to pancetta fat remaining in pot, then cook onion, stirring, until softened. Stir in garlic and chopped sage and cook, stirring, until fragrant, about 1 minute.

Add squash, broth, and water and simmer 20 minutes to blend flavors.

Purée soup in batches in a blender, transferring to a bowl. (Use caution when blending hot liquids.) Return soup to pot and reheat. If necessary, thin to desired consistency with water. Stir in citrus juice and salt and pepper to taste. Serve sprinkled with pancetta and fried sage leaves.

Tip: You can make soup 3 days ahead and chill, covered.

Garden Tomato Soup

Ingredients

2 lbs. fresh, perfectly ripe tomatoes
2 stalks celery, finely chopped
1 small onion, finely chopped
1 large clove garlic, minced
1 carrot, grated
2 cups water
1 tsp. dried oregano
1 ½ tsp. dried basil
1 ½ tsp. salt (optional)
1 tbsp. olive oil
Freshly made pesto for garnish (*see in sauces*)

Directions

Working over a bowl to catch juices, peel the tomatoes using a gentle sawing action with a sharp vegetable peeler. Squeeze pulp into the bowl and finely chop the tomatoes. Reserve contents of bowl. Heat oil in a pot; add onions and celery, sauté 3 minutes. Add garlic, sauté 2 minutes longer. Add chopped tomatoes. Strain the tomato juice to remove seeds and add this to the pot. Bring to boil, add remaining ingredients. Return to a boil, turn heat to low. Cover and simmer 20 minutes.

This is a delicious soup hot or cold. If serving hot, place a dollop of pesto on top. If serving cold, you can add a swirl of coconut milk to each bowl.

Cream of Cauliflower Soup



Ingredients

1 large head of cauliflower
2-3 stalks celery
1 carrot
2 cloves garlic
1-2 onions
1-2 tsp. ground cumin
1/2 tsp. pepper
a few sprigs of parsley
1/4 tsp. sage (or your favorite blend of herbs; spices)

Directions

Chop head of cauliflower (save a handful of tiny flowerets for a raw garnish) and put in a soup pot. Chop; add stalks celery, carrot, garlic and onions.

Add spices. Barely cover with water, bring to boil and simmer until veggies are tender. Blend the contents of the pot and adjust seasonings to taste. Add a little hot water if the soup is too thick. Serve garnished with raw flowerets.

Serving suggestion: Serve with a steak, plus a spinach/lettuce and mushroom salad garnished with grated carrot and parsley. You can use the same basic recipe for Cream of Broccoli or Cream of Asparagus Soup. You won't miss the fact that is no actual cream in the soup, given the thick consistency and rich flavor of the main veggie. You can also add chopped, cooked meat for a quick lunch.



My Soup Recipes and Notes

DELICIOUS ENTRÉE'S

Beef and Broccoli

(Adapted from Make It Paleo)

Ingredients

2 tbsp. sesame oil
5 cloves garlic, minced
2 tbsp. ginger, minced
1 pound beef, cut into 1 inch cubes
4 cups broccoli florets
¼ cup green onion, thinly sliced
¼ cup coconut aminos
1 tsp. salt and pepper
1 tsp. red pepper flakes

Directions

Heat sesame oil in a skillet over high heat. Add garlic and ginger to skillet and sauté for 2 minutes. Add steak, stirring frequently, until browned on all sides. Once steak has seared, add in broccoli and continue to sauté over high heat. Add green onion and extra oil if needed. Pour in coconut aminos and season with salt pepper, and red pepper flakes. Continue to sauté for another 2-3 minutes until all flavors have combined. Garnish with a sprinkle of sesame seeds if desired.

Stuffed Peppers



Ingredients

Coconut oil
2 cloves garlic, minced
½ red onion, diced
1 lb. ground meat

1 cup cauliflower rice
4 bell peppers, tops and seeds removed
½ cup diced tomatoes
Oregano
Salt and Pepper

Directions

Preheat oven to 350 degrees. Heat a small amount of coconut oil over medium heat and add garlic and onion until softened. Add ground meat, cooking through. Mix in rice with meat mixture. Season with oregano, salt and pepper. Stuff mixture in peppers and bake for 40-50 minutes until warmed through.

Zucchini Lasagna

Ingredients

Ground meat (beef, pork, turkey, or chicken)
2 zucchini, thinly sliced lengthwise (A mandolin slicer works well)
½ tbsp. coconut oil
2 chicken breasts, ground
4 cloves garlic, minced
½ red onion, diced
1 cans all natural pasta sauce
Italian seasoning (or basil, oregano, parsley, etc.)

Directions

Thinly slice zucchini and eggplant. Lay on baking sheet, sprinkle with sea salt, and cover with paper towels. This will help to reduce the moisture. While zucchini is sweating, heat coconut oil in a skillet and then add garlic and onion, cooking until softened. Add ground meat to skillet and cook until browned. Add pasta sauce and let simmer, stirring occasionally.

After approximately 30 minutes, add a little bit of sauce to the bottom of a baking dish and then layer zucchini and meat sauce until to the top of the baking dish, ending with sauce. Place in oven at 350 degrees and cook 20-30 minutes so lasagna is warmed through but zucchini is still crisp.

Apple Shallot Pork Chops



Ingredients

2 boneless pork chops
2 tbsp. natural unsweetened applesauce
1 tbsp. Dijon mustard
½ shallot, minced
1 tbsp. apple cider vinegar
1-2 tsp. cinnamon
1-2 tsp. black pepper
1 tbsp. coconut oil

Directions

Heat oven to 325 degrees. Combine applesauce, mustard, shallot, vinegar, cinnamon, and black pepper in bowl. Add pork chops and marinade for at least 30 minutes.

After pork chops are finished marinating, heat skillet over medium high heat. Coat skillet with coconut oil. Sear chops on each side for 3-4 minutes or until browned.

Transfer pork chops to baking dish and cook until no longer pink in the middle, approximately 10 minutes depending on thickness of chops.

Tip: You might want to double this recipe- it is always a favorite at my house. You can store it in the freezer and pull out for a quick thaw some night after work when you're feeling tired and lazy. That's when you want to have good food on hand to keep on track.

Asian Pork Lettuce Wraps



Ingredients

3-4 lbs. pork shoulder (butt)
Salt and pepper for seasoning
6 cloves garlic, minced
4 tbsp. coconut aminos
2 tbsp. almond butter
1 tbsp. honey
2 tbsp. apple cider vinegar
2 tsp. sesame oil
2 tbsp. Sriracha sauce
Romaine/Bibb/ or any other lettuce that makes a good cup/wrap
Toppings (optional): diced cabbage, carrots, jicama, green onion

Directions

Lightly coat inside of slow cooker with coconut oil. Clean the pork shoulder (trim the fat and separate into a few various sized chunks) and then season with salt and pepper as desired. Throw into crock pot and add minced garlic. Prepare sauce with ingredients from coconut aminos to Sriracha sauce and mix well. Pour sauce over meat, set crock pot on low, and cook 6-8 hours or until meat is cooked. Let cool and shred meat. Place into lettuce wrap and top with desired veggies.

Tip-This makes quite a bit of meat. If only 1-2 people are eating this, transfer half of the meat to a freezer-friendly dish and freeze until ready to eat again.

BBQ Ribs

Ingredients

Baby Back ribs, cut into about 3-4 ribs per piece
Trader Joe's 21 season salute (or seasoning of your choice)
¾ yellow onion, sliced
3 garlic cloves, sliced into quarters

Directions

Prepare ribs by patting dry and seasoning both sides, let sit in fridge covered while sauce is cooking. Place a few onion and garlic slices at the bottom of the crock pot. Stack ribs on top and then cover with more onion and garlic slices. Cover ribs with BQ sauce. Cook on low heat setting for 6-8 hours or until ribs are cooked through and falling off ribs.

Serve Ribs with this Creamy Coleslaw

- ☞ 4 cups shredded green cabbage
- ☞ 2 cups shredded purple cabbage
- ☞ 2 large carrots, shredded
- ☞ 1 apple, shredded
- ☞ 1/4 cup apple cider vinegar
- ☞ 2/3 cup coconut milk
- ☞ 1/2 cup olive oil
- ☞ salt and pepper, to taste
- ☞ 1 tablespoon celery seed

In a large bowl, mix together green cabbage, purple cabbage, carrots, and apple. Set aside. In a medium bowl, whisk together apple cider vinegar. While whisking, pouring in olive oil in a steady stream and continue whisking until it's combined well.

Season with salt and pepper. Pour dressing over the cabbage and mix well. Top the coleslaw with the celery seed and refrigerate for at least 1 hour.

Chili Verde

Ingredients

Coconut oil
2-3 lbs. pork shoulder (butt)
2 heads garlic, minced and split
1 yellow onion, ½ minced and ½ sliced
½ cup chicken stock
2 pounds tomatillos, cleaned and quartered
4 jalapenos, diced (or other peppers, depending on your spicy level)
Cumin, red pepper flakes, and salt and pepper to taste
1 bunch cilantro, leaves trimmed and sliced
2 limes, juiced



Directions

Trim fat from pork shoulder and cut into 1-2 inch pieces. Coat bottom of crock pot with coconut oil. Toss diced pork with 1 head minced garlic and onion slices and salt and pepper to taste. Place coated pork in crock pot. Start slow cooker on low-heat setting while prepping salsa. Slice tomatillos in half (removing outer paper skin if necessary). Place quartered tomatillos and diced jalapenos on baking sheet lined with foil and broil until slightly browned on top. Place tomatillos, jalapenos, minced onion, other half of minced garlic, chicken stock, lime juice, and spices in large bowl. Use a blender or immersion blender to mix and create salsa. Top pork with salsa and cook 6-8 hours on low setting. Add cilantro about halfway through cooking time and stir.

Tip-This recipe also makes quite a bit, so if preparing for 1-2 people, transfer half of the meat into freezer-safe storage container and freeze until ready to enjoy again.

Apple Jalapeno Chicken



Ingredients

2 chicken breasts, diced into 1 inch pieces
1 tbsp. coconut oil
4 cloves garlic, minced
¼ red onion, minced
1-2 jalapenos, minced
1 Fuji apple, diced into ½ inch pieces
3 tbsp. natural, unsweetened applesauce
Chipotle seasoning
1 lime, juiced

Directions

Season chicken with desired spices. Heat oil over medium heat in skillet and add chicken, cooking until browned. While the chicken is cooking, mince garlic, onion, and jalapeno and dice up the apple.

In a separate pan, sauté garlic, onion, and jalapeno until fragrant. Add diced apples and onion mixture to chicken. Mix together applesauce, lime juice, chipotle seasoning. Add to chicken and cook for additional 5 minutes, stirring frequently until apples are softened and flavors mixed well.

TIP- This combination of sweet and spicy will surprise and thrill you. Serve over shredded lettuce with cherry tomatoes, guacamole, and fresh salsa!

Chicken Fried Rice



Ingredients

2 chicken breasts, diced
1 tbsp. sesame oil
Salt and pepper to taste
½ head cauliflower, riced
6 baby carrots, diced
2 cloves garlic, minced
½ red onion, diced
1 bunch green onions, thinly sliced
1 tbsp. coconut aminos
Crushed red pepper
2 eggs, scrambled

Directions

Cook chicken in oil until browned, seasoning with salt and pepper if desired. Meanwhile, rice the cauliflower, meaning, cut into small pieces and place in food processor. Use the pulse function on the food processor until the cauliflower forms into tiny rice-like pieces.

Sauté garlic and red onion in second pan until soft and then stir in cauliflower, carrots, and green onions. Add in chicken, aminos, crushed red pepper, and eggs and cook for about 5 minutes.

Chicken Lettuce Wraps



Ingredients

Chicken Filing:

- 1 tbsp. coconut oil
- 2 chicken breasts, diced into small pieces
- 6 baby carrots, minced in a food processor
- 1 can of water chestnuts, minced
- 1 handful of mushrooms, diced
- 1 bunch of green onions, diced
- 4 garlic cloves, minced
- 2 tsp. coconut aminos
- 2 tbsp. white vinegar
- 2 tsp. honey

Lettuce for wraps: Romaine and Bibb usually works best

Directions

Heat oil in pan over medium heat, add diced up seasoned chicken and cook until browned.

Meanwhile, stir aminos, vinegar, and honey together. Once chicken is cooked, add all minced/diced veggies and sauté 1-2 minutes, then add sauce above, stir and cook additional 1-2 minutes. Add Spicy Asian sauce if desired.

Chicken Veggie Meatballs

Ingredients

- 1 medium zucchini, chopped
- 6 baby carrots, chopped
- A handful fresh parsley, coarsely chopped
- 4 garlic cloves, minced
- 1 lb. chicken breast, chopped into small pieces
- ¼ cup almond flour
- 1 egg
- Chili powder, salt, and pepper to taste

Directions

Preheat oven to 350 degrees. In a food processor, pulse together the zucchini, carrots, parsley and garlic. Add almond flour, egg, and chicken; continue to pulse until chicken is ground up and vegetables are mixed well with meat. Season with salt, pepper, and chili powder. Form into meatballs with a 1 to 1 ½ inch diameter and place onto baking sheet. Bake approximately 25 minutes or until cooked through.

Tip: You could also use ground chicken or turkey and make meatballs much faster.



Honey Mustard Chicken Club “Sandwiches”



Ingredients

2 tbsp. Dijon mustard
2 tbsp. honey
Olive oil
1 tsp. crushed red pepper
2 tsp. chili powder
1 pkg. chicken tenders
Romaine lettuce for wraps

Optional toppings: diced tomato, onions, sprouts, avocado slices

Directions

Mix together all ingredients to make marinade, coat chicken tenders, and let marinade in fridge for a few hours. Grill chicken until cooked through. Place 1-2 tenders in lettuce wrap and top with favorite veggies.

Rosemary Garlic Chicken

(adapted from Make It Paleo)

Ingredients

3-4 chicken breasts
1 tbsp. Coconut oil
Salt and pepper for seasoning
6 cloves garlic, minced
A few sprigs of fresh rosemary
Balsamic vinegar to drizzle

Directions

Clean, rinse, and pat chicken breast until dry. Spread coconut oil over chicken. Season the chicken with salt and pepper if desired. Press rosemary and garlic into chicken. Bake chicken at 400 degrees for about 20 minutes or until chicken is just cooked through. Drizzle with balsamic vinegar and return to oven for a few more minutes to set.

Spinach Artichoke Chicken



Ingredients

1 tbsp. coconut oil
2-3 cloves garlic, minced
¼ red onion, diced
2 chicken breasts, diced into 1 inch cubes
2 tbsp. Dijon mustard
1 can quartered artichokes, drained, rinsed, and cut into small pieces
1 Roma tomato, diced
2 large handfuls of baby spinach

Directions

Add oil, garlic, and onion to pan, cooking over medium heat until softened. Add chicken and cook until just browned. Add mustard and finish cooking the chicken. Add artichokes and spinach, cover to let spinach wilt, stirring occasionally. Top with diced tomatoes.

Turkey Burgers

Ingredients

1 lb. lean ground turkey
6 garlic cloves, minced
¼ red onion, chopped
4 baby carrots, chopped
2 handfuls fresh baby spinach
Coconut oil
Cumin and chili powder to taste
Portobello mushrooms for “buns”
Optional toppings: tomato, lettuce, guacamole

Directions

Chop onion, garlic, and carrots. Place veggies in large pan over medium low heat with baby spinach with melted coconut oil, stirring frequently until veggies are soft and spinach is wilted. While the veggies are cooking, mix ground turkey (or other ground meat of your choice) with chili powder, cumin, and pepper. Let veggies cool briefly when finished cooking, then add to turkey, mixing well. Form into patties and then cook in skillet or on grill until browned on each side, making sure to cook through.

After patties are finished cooking, remove to a plate. Add Portobello mushrooms to pan, adding a little bit of oil if necessary, and cook a few minutes on each side until slight softened and browned. Add your own condiments. I used what I had on hand, tomatoes, guacamole, and lettuce.



Spaghetti Pesto



Ingredients

1 spaghetti squash, cooked
1 cup pesto sauce
½ tbsp. coconut oil
1 tbsp. minced garlic
2 fresh tomatoes, diced
A handful fresh basil, thinly sliced
¼ cup toasted pine nuts
3-4 chicken breasts

Directions

Preheat oven to 375 degrees and cook chicken marinated with olive oil and garlic for at least 30 minutes.. Heat a large skillet over medium heat to melt coconut oil and add garlic. When garlic begins to brown, add spaghetti squash and pesto, stirring until mixed well. Top with diced tomatoes, fresh basil strips, and toasted pine nuts, folding into mix. Top with chicken.

Crab Cakes

Ingredients

1 jar crab meat
3 green onions, minced
3 cloves garlic, minced
1 jalapeno, minced
½ lemon, juiced
1 lime, juiced
1 egg
2 tsp. dill weed
2 tsp. chipotle seasoning
Coconut flour
Coconut oil

Directions

Mix all ingredients together in bowl, adding coconut flour as needed until you are able to form into patties. Cover with plastic wrap and place in fridge for 30 minutes to help firm up the patties.

Lightly dust patties with more coconut flour when ready to cook. Heat coconut oil in a skillet over medium heat. There should be enough oil just to cover the bottom of the skillet. Place the patties in the oil, cooking until browned on each side and heated through.

Mahi Mahi Tacos



Ingredients

1 package frozen Mahi Mahi pieces
2 cloves garlic, minced
¼ red onion, minced
1 tbsp. coconut oil
Romaine lettuce leaves

Directions

Heat oil over medium heat and then add garlic and onion until softened. Add Mahi Mahi pieces and cook for 5-8 minutes or until fish cooked through. Place a few of the fish pieces on pieces of romaine lettuce (other big leaf lettuce works well too). Then top with salsa.

Tip: Dust with almond flour for a “fried” taste if desired. Also AMAZING with pineapple avocado salsa!

Pad Thai



Ingredients

Cooked spaghetti squash
2 zucchini, julienne sliced
3 large carrots, julienne sliced
1 bunch green onions, thinly sliced
1 lb. raw shrimp
2-3 cloves garlic
2 eggs scrambled
Spicy Asian sauce to taste

Directions

Cook the spaghetti squash in preheated oven to 350 degrees. Slice spaghetti squash in half lengthwise, clean out seeds, and place cut side down in baking dish.

Fill baking dish with about 1 inch of water, cover loosely with foil and bake until soft. While the squash is cooking, sauté shrimp in coconut oil until cooked through, remove from heat.

Sauté zucchini, carrots, green onions, and garlic in either coconut until cooked slightly. Add in spaghetti squash and shrimp and toss to cook together. Mix in the spicy Asian sauce for flavor.

Shrimp Diablo



Ingredients

1 zucchini, sliced and quartered
Olive oil for marinade
½ tbsp. coconut oil
½ onion, diced
4 cloves garlic, minced
3-4 jalapenos, minced
1 can all natural tomato sauce
Crushed red pepper, to taste
Dried basil and oregano

Directions

Set oven to broil. Marinade sliced zucchini with olive oil and season with your favorite seasoning (I used Trader Joe's 21 Seasoning Salute). In separate dish, prepare shrimp and marinade in olive oil and favorite seasoning. Let both marinade while preparing sauce. Heat coconut oil over medium heat and sauté onion and garlic until translucent. Add minced jalapenos and cook additional 2-3 minutes. Add tomato sauce, crushed red pepper, basil, and oregano.

Increase heat and stir rapidly to prevent burning for 5-10 minutes, then reduce to a simmer. While sauce is simmering, spread zucchini quarters on baking sheet and broil for about 5 minutes or until slightly charred. Cook the shrimp over medium heat in a separate skillet. Add shrimp and zucchini to tomato sauce.

Shrimp Scampi

(From Make It Paleo)

Ingredients

2 cloves garlic, minced
1 tbsp. fresh parsley, chopped
1 pound peeled, tail-on shrimp
3 tbsp. olive oil

Directions

Rinse shrimp under cold water and remove tails if desired. Mince garlic and parsley. Using a paring knife, slice shrimp along back side from head to tail making sure not to cut through the shrimp.

Place shrimp in large Ziploc bag. Pour olive oil over shrimp and cover with garlic and parsley and season with salt and pepper. Let marinade for an hour. Preheat oven to 350 degrees. Open up shrimp and lay flat on a parchment paper lined baking sheet. Bake for 15 minutes.

Lemon Dill Salmon

Ingredients

Coconut oil
2-4 salmon filets
2 lemons, 1 juiced, 1 sliced thinly
Salt, pepper, garlic powder, and dill to taste
Coconut oil

Directions

Preheat oven to 350 degrees. Lightly grease baking dish with coconut oil. Place salmon, skin side down in baking dish. Squeeze juice from one lemon over salmon filets. Add a very small amount of coconut oil to the top of the salmon and then sprinkle with salt, pepper, and garlic powder to taste. Add dill so that it covers the salmon fairly well. Top with thin lemon slices. Bake 15 minutes or until salmon can be flaked with a fork.

Coconut Curry Meatballs

(Adapted from Primal Blue Print Quick & Easy Meals)

Ingredients

1.5 lbs. chicken (or turkey)
1 carrot, grated
2 cloves garlic
½ cup shredded coconut
1 egg
2 tsp. Curry powder
½ tsp. Salt
A handful of cilantro

Directions

Put everything in food processor and blend until smooth. Using your hands, form 24 meatballs. The smaller size of these meatballs allows them to cook quicker.

Heat several tablespoons of oil in a large skillet over med-high heat. When the skillet is hot enough so that a meatball sizzles as soon as it hits the pan, put all the meatballs in.

Cook 2 minutes then roll over and cook 5 more minutes. Put lid on and finish with another 6 minutes.

These meatballs were such a huge hit at our last Potluck Party, I knew this cookbook would not be complete without this recipe.

I cooked them as directed and kept warm in my crockpot.

I also doubled this recipe for entertaining. I guarantee folks will eat them up and want more!

Skirt Steak with Turnip Risotto

(Adapted from the Primal Blueprint Quick & Easy Meals)

This Paleo version of risotto cooks a lot faster than the traditional rice version and eliminates a lot of the carbs by using grated turnip instead. The flavor has a mild earthiness, perfect for a chilly winter night.

Ingredients

2 cups chicken stock
3-4 large turnips (enough for 8 cups grated)
2 tbsp. unsalted butter
1 lb. skirt steak
1 shallot
¼ cup oil
¼ cup fresh herbs for garnish, finely chopped (or more to taste)

Directions

In a small pot, bring the stock to a boil. Peel turnips and grate in food processor. In a large pot, melt the butter over med-high heat. Add turnips and stir. Add the chicken stock and keep at rapid boil, stirring occasionally for 10-12 minutes.

While turnips are cooking, slice the steak into thin strips and lightly season with salt and pepper. Heat a few tablespoons of oil in a skillet over high heat. When the skillet is very hot, add the steak and cook until it reaches desired doneness.

Peel the shallot and slice thinly. Heat ¼ cup oil over high heat- it's hot enough when shallot sizzles when you drop in. Brown 1 minute until crispy, but not burnt.

Put steak and fresh herbs in with the turnip. Garnish with crispy shallot.

For additional creaminess, stir in more butter or ½ cup coconut milk into the risotto before serving.



My Entrée Recipes and Notes

SIDE DISHES

Broccoli Slaw



Ingredients

- 1 bag pre-cut broccoli slaw
- ¼ cup olive oil
- ¼ cup white vinegar
- 2 tbsp. Dijon mustard
- 2 tsp. garlic powder

Directions

Mix ingredients from olive oil to garlic powder for dressing. Place slaw on small plate and drizzle with dressing.

Broiled Asparagus



Ingredients

- 1 tbsp. coconut oil
- 1 bunch asparagus, ends trimmed
- 1 tbsp. dill weed

Directions

Set oven to broil. Heat up coconut oil and drizzle over asparagus. Sprinkle with dill. Broil for about 10 minutes, turning asparagus a few times until just browned.

Basic “Rice”



Ingredients

- 1 head cauliflower
- 1 tbsp. coconut oil
- Salt and pepper

Directions

Remove stems from cauliflower and break into florets. Place florets into a food processor and use the pulse setting to process cauliflower until it looks rice like, about 10-15 pulses.

Make sure that you do not over process and the cauliflower turns to mush. Heat a large skillet over medium heat and add coconut oil. Add “rice” and sauté for about 5 minutes or until cauliflower is tender.

Season with salt and pepper.

Tip-You can add in other minced sautéed vegetables or seasonings to make curried rice or confetti rice. Carrots, onion, and peppers make a great addition.

Mashed Cauliflower



Ingredients

1 bag frozen cauliflower
2 garlic cloves, minced
1 tbsp. coconut oil
½ cup coconut milk
Salt and pepper to taste
Handful fresh chives, chopped

Directions

Cook cauliflower until very soft. While cauliflower is cooking, heat olive oil in small pot and add garlic and cook for a few minutes. Add coconut milk and salt and pepper for a few minutes, making sure not to boil. Place cauliflower in food processor and puree. When well mixed, add coconut milk and chives. Process additional 10-15 seconds. Sprinkle with extra chives.

Coconut Broccoli

Ingredients

1 head broccoli
Coconut oil
Coconut flakes
Salt and pepper

Directions

Preheat oven to 425 degrees. Trim broccoli into either florets or break up into about 5

pieces with long stems. Coat with coconut oil. Sprinkle salt, pepper, and coconut flakes over broccoli florets. Bake for 15-20 minutes until coconut starts turning brown and broccoli is tender.

Honey Dijon Brussels Sprouts



Ingredients

¼ lb. brussel sprouts (about 2 handfuls)
1 tbsp. coconut oil
2 tbsp. Dijon mustard
2 garlic cloves, minced
Salt and pepper to taste
Small handful of dried cranberries and
Sliced almonds

Directions

Preheat oven to 425 degrees. Cut stems off Brussels sprouts and peel a few outer layers of leaves off. Rinse in cold water and drain. Combine oil, mustard, garlic, honey, and black pepper.

Combine mustard mixture with brussel sprouts in oven proof dish. Sprinkle cranberries and almonds on top. Bake approximately 20 minutes or until leaves start turning brown and crispy.

Serve immediately!

Roasted Baby Carrots



Ingredients

1 bag baby carrots
1-2 tbsp. coconut oil, slightly melted
Garlic powder
Paprika
Salt and pepper

Directions

Preheat oven to 350 degrees. Line baking sheet with aluminum foil. Spread carrots in even layer and coat with coconut oil. Sprinkle salt, pepper, paprika, and garlic powder over carrots and bake 15-20 minutes until tender-crisp, longer if you want more tender carrots.

Roasted Cabbage

Ingredients

1 small head cabbage
Coconut oil
Seasonings of your choice

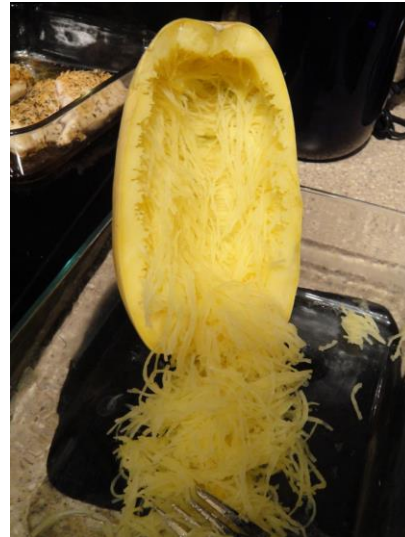
Directions

Preheat oven to 375 degrees. Slice cabbage into somewhat thin slices lengthwise. Line baking sheet with aluminum foil and coat

each side with a small amount of coconut oil. Sprinkle on your favorite seasonings. (Mine is Trader Joe's 21 Season Salute)

Bake for 15-20 minutes until cabbage is slightly browned and crispy on the outside and tender on the inside.

Roasted Spaghetti Squash



Ingredients

1 large spaghetti squash
Coconut oil
Salt and pepper

Directions

Preheat oven to 375 degrees. Cut squash in half lengthwise and scrap out seeds and pulp with large spoon. Place squash cut side down in large baking dish and add enough water to fill the baking dish approximately ¼ inches full. Roast squash in oven for 30-45 minutes or until tender.

Let cool and then scrap out the inside with a fork to create noodles.

Stir Fried Kale



Ingredients

4 slices bacon, thinly sliced
4 garlic cloves, minced
¼ red onion, diced
One bunch kale, stems removed and thinly sliced
Juice from 1-2 lemons
1-2 tbsp. balsamic vinegar

Directions

Add bacon to skillet and cook until crispy. Add onion and garlic and cook for additional 2-3 minutes, until soft. Add sliced kale, sautéing for a few minutes. Add lemon juice and vinegar and continue cooking until wilted. Take off heat immediately and serve warm.

Sweet Potato “Fries”



Ingredients

1-2 large sweet potatoes
Coconut oil
Seasonings: chili powder, garlic, cinnamon

Directions

Heat oven to 425 degrees. Peel the outsides of the sweet potatoes. If large potatoes, slice down the middle to make two equal halves. Thinly slice potatoes into long pieces resembling “fries.” You can also make wedges. Place pieces in Ziploc bag.

Melt a little bit of coconut oil, let cool 1-2 minutes (before it hardens again). Pour coconut oil into bag and add in seasonings to your liking and taste. Mix well and form a layer on an aluminum foil lined baking sheet. Bake for 30-45 minutes until tender on the inside and crispy on the outside.

Zucchini Noodles



Ingredients

2 large zucchini
1 tbsp. coconut oil
Salt and pepper to taste

Directions

Cut zucchini with a mandolin using a julienne blade into “noodles”. Heat oil and sauté zucchini, adding salt and pepper to taste until slightly soft and “noodle-like.” “Serve with home-made tomato sauce.

Roasted Butternut Squash

(Adapted from the Paleo Project)



Ingredients

1 large butternut squash (about 1 package of cubed squash from Costco)
1 1/2 cups of melted coconut oil
2 tsp. cinnamon

Directions

Peel butternut squash, scoop out insides and cut into 1x1 inch cubes. In a large bowl, pour melted coconut oil onto cubes, covering each piece. Lay squash cubes on a tinfoil-lined baking sheet in a single layer and sprinkle your cinnamon all over. Bake at 350 degrees until browned, about 30 minutes.

Grilled Avocado

(Adapted from the Paleo Project)



Ingredients

Avocados
Salt
Pepper
Lemon Juice
Salsa (optional)

Directions

Slice avocado in half, remove pit. Season with salt and pepper. Half a lemon is plenty of juice for two whole avocados. Grill open side up for five minutes!

Paleo Grits

(from Paleo Comfort Food Cookbook)



Ingredients

4 cups riced cauliflower
3 cups chicken, beef or vegetable broth
1 cup almond flour
Salt and pepper to taste

Directions

Clean a head of cauliflower and cut into chunks- put into food processor and pulse until "riced."

Combine almond flour, cauliflower and broth in pot and bring to a boil. Reduce heat and cook until fluid is soaked up. Add salt and pepper to taste.

Turnip Latkes

(From the Caveman Gourmet website)



Ingredients

1 turnip bulb
1 egg
Salt & pepper

Directions

With a knife – simply cut/peel off the turnip skin. Then using a large grater, take the turnip and grate it.

Once you have the grated turnip, take a paper towel and squeeze out the excess liquid. In a medium bowl, mix the grated turnip, egg and a pinch of salt and pepper. Mix thoroughly.

In a heated pan, add some olive oil and fry the latkes for 3-4 minutes or until golden brown on each side.

This recipe makes 2 latkes so spoon out half the bowl out and it makes one nice sized latke. I love how simple and easy this recipe is. You can serve with some apple butter and cinnamon or chives and sour cream (if you're Lacto-Paleo).

Best served immediately. Enjoy!

Roasted Escarole with Chestnuts

(From the Caveman Gourmet website)

Ingredients

1 large head escarole
5 oz. roasted chestnuts
1/2 tablespoon minced garlic
2 tablespoons olive oil
Salt and pepper

Directions

Clean your escarole and chop into 2-3 inch pieces.

In a large skillet, heat oil over medium. Add garlic and sauté for a couple of minutes. Stir in escarole and stir frequently. You will see the leaves wilt down quickly. After a few minutes, add in the roasted chestnuts. Add in salt and pepper to taste, stir frequently for another 5 minutes until tender. Best served immediately and hot. Enjoy!

Sautéed Spinach

Ingredients

4 oz. spinach
1 teaspoon sesame oil
Salt and pepper (to taste)

Directions

In a sauté pan, heat the sesame oil over high heat until very hot. Add the spinach and cook, stirring for a few minutes. The spinach should turn a deep green and dramatically wilt. Add a pinch of salt and pepper, stir a few more times and voila! This recipe is very versatile – add garlic or shallots if you'd like. Take out the sesame oil and use extra virgin olive oil instead. Just eat your spinach!

Leek Fritters

(From Caveman Gourmet website)



Ingredients

4 large leeks
1/2 cup almond flour
2 eggs
1/2 tablespoon minced garlic
Salt and pepper

Directions

Chop the leeks coarsely – I cut mine in 1/4 inch pieces. Place in a medium size bowl and rinse under cold water. I find that there's a lot of hidden dirt in the leeks after I cut them so a quick rinse is necessary unless you like eating mud.

Place the washed leeks in a pot of boiling water and cook for 5 minutes until tender. Drain and set aside. Once the leeks have cooled a bit, hand mix the leeks with almond flour, eggs, garlic, salt and pepper. Form small patties and arrange on a tray to fry.

In a large skillet, heat olive oil and pan fry until golden (usually 2-3 minutes on each side). Serve hot or at room temperature.

Zucchini Carbonara

(From Primal Blueprint Quick & Easy Meals)

Ingredients

6 large zucchini
2 egg yolks
¼ cup heavy cream or coconut milk
½ tsp. black pepper
¼ lb. pancetta (or bacon) cut into small pieces
Finely chopped parsley or basil for garnish
Olive oil for sautéing
Salt to taste

Directions

Slide zucchinis lengthwise to make wide noodles. The easiest way to do this is with a mandolin.

Whisk together egg yolks, cream/coconut milk and pepper and set aside. Heat two skillets over medium heat. In one, heat several tablespoons of olive oil and add zucchini. Sauté for about five minutes until just soft and lightly browned.

Simultaneously in the second pan, cook pancetta until crispy. Spoon the cooked pancetta into the bowl with the eggs then drizzle the mixture on top of the zucchini.

Stir while the heat gently warms and thickens the sauce. Make sure to remove from heat before eggs take on a scrambled look.

Garnish with parsley or basil and salt and pepper to taste.

My Side Dish Recipes and Notes

THE PALEO CROCK POT

This entire section came from a variety of sources- As someone who works a lot, I love the convenience of a slow cooker. What could be easier and nicer to come home to after a long day? Enjoy! Tina

Chocolate Chicken Mole

(From rubiesandrishes.com)



Ingredients

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 3 garlic cloves, crushed
- 1-2 spicy peppers, chopped
- 2 cups chopped tomatoes
- 3 tablespoons almond butter
- 2 cups chicken broth (I used beef broth cause that's all I had & it turned out fine)
- 2 teaspoons chili powder
- 1/2 teaspoon ground cinnamon
- 1 teaspoon freshly ground black pepper
- 2 tablespoons unsweetened cocoa powder
- 4 chicken breasts

For serving

- Fresh cilantro
- Lime wedges
- Tomatoes, sliced

- Cabbage, shredded
- 1 avocado, peeled, pitted, and sliced

Directions

Place a pan over medium heat, add the olive oil, onion and garlic, stirring to soften for 5 minutes. Add the spicy peppers and tomatoes, stirring to combine. Bring to a simmer and cook for 10 minutes.

Carefully pour the mixture into a blender. Add the almond butter, broth, chili powder, and cinnamon. Puree the mixture until smooth. Season with salt and pepper.

Return the mixture to the pot over medium heat. Cook for 15 minutes, stirring occasionally. Add the chocolate and stir until melted.

Place the chicken breasts in a crock pot and add mixture.

Cook on low for 8 hours. 5 hours into cooking, remove lid and use 2 forks to shred chicken the best you can. Do this again 1 hour before cooking time is over.

Transfer the mole to a serving dish and serve with cilantro, lime, avocado, tomatoes and cabbage.

Kuala Pig with Cabbage

(From mantesterecipes.com)



Ingredients

3 pounds pork shoulder or pork butt
1 tablespoon Hawaiian salt (sea salt)
1 tablespoon liquid smoke per pound
1 head cabbage

Directions

Place pork and salt into crockpot. Add enough water to cover pork. Add liquid smoke and cook for 8-10hrs.

When time is done pull pork out of water. Place pork in pan and shred meat with fork. Slice cabbage up and add to water. Put shredded pork back into water. Place crockpot on highest setting. Cook till cabbage is done.

Scrumptious Slow Cooker Chicken

(From Everyday Paleo)

Ingredients

2.5 lbs. boneless, skinless chicken thighs
3 parsnips
3 carrots
4 celery stalks
1 red onion
10-12 whole garlic cloves
¼ cup coconut oil
1 cup chicken broth
1 tablespoon dried thyme
1 tablespoon rubbed sage
Sea salt and black pepper to taste

Directions

Cut the parsnips, carrots, celery, and onion into large chunks making sure that the carrots and parsnips are cut roughly the same size for even cooking.

Place the chicken in the crockpot and sprinkle with sea salt and black pepper. On top of the chicken layer the onions and

whole garlic cloves followed by the parsnips, carrots, and celery. In a glass measuring cup mix together the chicken broth, coconut oil, thyme and sage (it helps to melt the coconut oil first in the microwave). Pour this mixture evenly over the chicken and veggies and cook on high for 5 hours or low for 7.

Crock Pot Pot Roast

(From ieatmostlymeat.com)

Very little preparation is needed to get this crock pot pot roast cooking. I generally prefer to sear the roast on all sides in some bacon grease. However, if you are limited on time, you will still end up with a delicious roast without the searing.

Place the (chuck or rump) roast in the slow cooker and pour in 1 cup of red wine and 1 cup of beef broth. On top of the roast, put a diced onion (dried chopped onion is acceptable too), salt, pepper, about 1 tablespoon of dried thyme and 1 tablespoon of diced garlic.

Peel and cut carrots and parsnips to be added later. You can use any root vegetables or cabbage if you don't have carrots and parsnips. Set the crock pot to low and let cook 8 to 10 hours.

Add the root vegetables about 2 hours before you plan to eat the roast. Or, you can remove the roast and turn the crock pot on high and cook the root vegetables until they are tender.

Apples and Pork

(From Paleo Mama's Cave Chick Cuisine)



Ingredients

Pork tenderloin
4 apples
1/2 tsp. salt
1 1/2 tsp. cumin
1/4 tsp. black pepper
1/2 tsp. garlic powder
1/2 tsp. cinnamon
White wine

Directions

Chop apple into chunks. Put in bottom of slow cooker and just cover with white wine.

Put pork on top and cover with all spices. Place a layer of aluminum foil over pork and then put lid on top. Cook on low for 8 hours or high for 4 hours. Pork should shred up and apples should cook down into a nice sauce to serve with the meat.

Paleo Mama's Cave Chick Chili

(From Paleo Mama's Cave Chick Cuisine)

I make a huge pot of chili and eat it for a few days (or freeze some in quart Ziplocs to thaw out as fast food. Chili is my favorite.

It's a great comfort food and this one is popular with the guys as it is very meaty.

Ingredients

2 lbs. lean ground beef (I look for 90/10)
1 large steak cut into chunks (or stew meat, whatever you prefer)
1 large can crushed tomatoes (look for the one where the only ingredient is tomatoes)
1 can diced tomatoes and chilies (again, look for natural here)
1 small can tomatillo salsa (in the Mexican food aisle)
Large onion diced
1/8 cup almond flour (this is optional for thickening, omit if you have a nut allergy)
About 2 cups of beef broth
3 cloves garlic minced or about
2 tsp. garlic powder 1 tsp. ground cinnamon
2 tsp. ground cumin
3-4 tsp. chili powder
Olive oil

Directions

Put about 2 tsp. olive oil in a pan and get it screaming hot. Sear the chunks of steak in batches (don't crowd or it won't brown). It doesn't have to be cooked at this point, just brown and pull it out. Add a little more oil if needed and add diced onion to kind of brown a bit. Add the beef stock and let it cook until it is reduced by half (this gives a really meaty base). Add in ground beef and almond flour. Stir until it browns a bit. Add garlic, spices, tomatoes, and steak chunks. Simmer on low heat for a couple of hours. It gets better the longer it cooks.

I serve with diced red onion on top. It's good without it, too.



Crock Pot Jambalaya

(From rubiesandrishes.com)



I know I have already said this ... But, I love how it makes so much food, so you don't have to cook for a couple of days. This time we made Jambalaya. We served it as a stew with a salad on the side.

Ingredients

- 1 pound skinless, boneless chicken breast halves - cut into 1 inch cubes
- 1 pound Andouille sausage, sliced
- 1 (28 ounce) can diced tomatoes with juice
- 1 large onion, chopped
- 1 to 2 large green bell pepper, chopped
- 1 to 2 jalapenos (optional)
- 1 to 2 Serrano peppers (optional)
- 2 cups chopped celery
- 3 cups chicken broth
- 2 tsp. dried oregano
- 2 tsp. dried parsley
- 2 tsp. Cajun seasoning
- 1 tsp. cayenne pepper
- ½ tsp. dried thyme
- 1 pound cooked shrimp without tails

Directions

In a slow cooker, mix the chicken, sausage, tomatoes with juice, onion, peppers, celery, and broth. Season with oregano, parsley, Cajun seasoning, cayenne pepper, and thyme.

Cover, and cook 7 to 8 hours on Low. Stir in the shrimp during the last 30 minutes of cook time. This makes about 10 servings.

Crockpot Chicken Dijon

(From 10lowcarbcookpotrecipes.com)



Ingredients

- 4 chicken breasts with or without skin
- 3 tbsp. olive oil (or any other)
- 2 cloves minced garlic
- 3 tbsp. white wine
- 2 tbsp. soy sauce
- 2 tbsp. Dijon mustard

Directions

Heat oil in a skillet. Add minced garlic and cook 3 minutes, stirring often. Add chicken breasts and brown. In a separate bowl, combine wine, soy sauce and mustard and mix well. Pour generously over chicken. Put all in crockpot and cook for 6 hours on high.

Asian Ribs

(From rubiesandradishes.com)



Ingredients

1 rack of pork ribs, about 12 ribs (my rack was about 1lb 8 ounces)
Salt and pepper

Marinade

2 tablespoons sesame oil
½ cup gluten-free soy sauce
¼ cup raw-honey
¼ cup mirin (Japanese rice wine)
*1 tsp. five-spice blend
1/2 tbsp. fresh ginger, grated
2-3 cloves garlic, crushed
Juice of 2 limes
Pinch of red pepper flakes

Directions

Chop the rack into individual ribs and season with salt and pepper. Place into slow-cooker. In a separate bowl, mix together all marinade ingredients. Add marinade to the slow cooker, and turn the ribs to ensure that they are fully coated. Cook on low for 5-6 hours.

****Five-spice blend is a mixture of spices used in Chinese cooking. It usually consists of star-anise, cloves, cinnamon and Sichuan pepper, and ground fennel. If you can't find it, you can probably make it yourself.***

Chicken Rollups with Prosciutto and Asparagus

(From Paleopot.com)

It is entirely possible to make things in your slow cooker that come out looking attractive. This recipe is a fine example.

Ingredients

3 or 4 boneless chicken breasts
6 to 8 slices of Prosciutto or spiced ham of choice. Usually about a ¼ lb. will do.
1 bunch of asparagus
Garlic cloves
Salt and pepper

Directions

Filet your chicken breasts in half. You should now have twice as many pieces of chicken! Smash your chicken flat with a meat mallet. Using a piece of saran wrap between the chicken and mallet helps. Do smash the chicken on both sides until the chicken is tenderized and ready to roll. Trim your asparagus spears to your desired length for your rolls. Cutting off about half the stalk usually works fine.

Place 3 to 4 pieces of asparagus , along with a chopped clove of garlic inside your chicken. Proceed to roll up the chicken around the asparagus. Roll a piece of prosciutto or ham around your chicken roll up and you are ready to go. Using a wooden tooth pick to hold your roll together is completely optional and is normally only necessary if you made a rather messy roll-up.

Everything will bind together nicely in the cooking stages. Line the bottom of your slow cooker with the roll-ups and cook on low for 4 hours. That's it!

Pine Nut Meatballs

(From Paleopot.com)



Ingredients

One pound of ground meat of choice. Beef, veal, lamb, and even turkey work just fine.
2 eggs, beaten
½ cup of pine nuts
1 to 2 cups of assorted grated or shredded veggies. I used a mixture of what I had in my veggie bin (cauliflower, zucchini, and red onion).
1 to 2 cups of crushed tomatoes.
About 4 heaping handfuls of fresh spinach

Directions

Shred or grate your assorted vegetable until you fill a small bowl with about 2 cups of a vegetable mixture. Hand toss well.

Add in your 2 beaten eggs to the vegetable mix and stir well. Make sure the veggies are completely coated by the egg. Press this mixture down into the bowl and let it sit for a minute or two.

Place ground meat of choice into a large mixing bowl and use a wooden spoon to break it apart evenly.

Add your egg and vegetable mixture to the ground meat. Use your hands to fully mix the ingredients. Roll the mixture over itself many times as if you were kneading dough. Press the mixture down into the bowl to form one large meat patty.

Time to roll your meatballs. Roll them to a size slightly larger than a golf ball. Make sure you cup your hands to make sure the meatballs are packed tightly.

Use just enough of your crushed tomatoes to cover the bottom of your crock pot / slow cooker. You should only see red at the bottom now. Cover the tomatoes with 2 handfuls of spinach, you should now see only green at the bottom.

Line your meatballs around the crock pot, they should be slightly touching the sides. Form a ring around the pot and place the extra meatballs inside to form a second ring.

Spoon just enough crushed tomatoes to fill the small gaps between the meatballs. Do not cover the meatballs.

Cover the meatballs with another 2 large handfuls of spinach, again you should only see green. Sprinkle any extra pine nuts on top of the spinach.

Place the cover on your crock pot / slow cooker and set the timer for 3 to 4 hours on high or 5 to 6 hours on low.

Chicken Curry with Cabbage

(From Paleopot.com)



Magical things happen when you add flavors such as curry paste to coconut milk and then cook meat in it. This recipe is rich and filling- and the cabbage makes it!:

Ingredients

1 to 1.5 pounds of boneless chicken thighs
1 or 2 cans of coconut milk – I used 2 cans because Trader Joe’s has them for 99 cents
Curry paste – Types and amounts obviously vary. Use the Paleo-friendly brand Thai House, and used about 3 tbsps. of their Red Curry.
1 small yellow onion
1 medium red bell pepper
1 medium green bell pepper
1/2 head of cabbage. You could use more if you wanted to.

Directions

Turn your crock pot on before you start your prep, and get a head start. Pour your coconut milk into your Crock Pot and add your curry paste. Make sure you stir until dissolved in the coconut milk.

Cut your chicken thighs into 1” cubes. Don’t be fancy. Just cut them up and dump them into the pot and stir.

Cut your red and green peppers into similar 1” cubes. Dump into pot and stir.

Cut your onion into similar chunks, you get the idea.

Cut your head of cabbage in half, and quarter the half you are going to use. Simply cut the wedges into thin strips and then break apart with your hands. This is much easier than using a grater, and you can always chop the cabbage to your desired shape.

Add the cabbage to your pot and again stir, trying to coat the cabbage with the coconut milk. It is fine if the cabbage is not submerged, it will cook down. Cover and let cook on low for 4 hours. This recipe should take about 10 minutes of combined prep and cleanup time, and is very cost effective. Like I said, this is quite likely the high point of my week, and I’m totally OK with that.

Tip-Garnish with some scallions and red chili sauce.

Notes:

Kielbasa & Super Kraut Recipe



Ingredients

1 large bag sauerkraut, about 2 lbs.
half of one medium head red cabbage,
shredded.
1 to 1 ½ pounds, Beef Kielbasa, sliced into
1/2" or 1" pieces.

Directions

Pour the sauerkraut into your crock pot /
slow cooker, including the juices. Add the
shredded red cabbage and mix evenly into
the sauerkraut.

Cut the kielbasa into ½ " to 1" lengths.
Place the kielbasa (cut sides up) around the
edges of the crock pot to form a ring. Use
the excess kielbasa slices to start a second
ring inside of the first.

Cover your crock pot / slow cooker and
cook on low for 4 to 5 hours.

Eat, enjoy, and package the leftovers for
tomorrow or the next day.

Cashew Chicken Soup with Kale

(From stuffimakemyshusband.com)



Ingredients

1-2 tbsp. fat of choice (I used coconut oil)
3 shallots, thinly sliced
1 tbsp. grated fresh ginger (or 1 tsp. dried)
1 tbsp. garlic, minced or pressed (about 3
cloves)
8 oz. chicken breast, sliced or cubed
¼ tsp. cayenne pepper
4 to 6 cups chicken broth
1 can fire-roasted diced tomatoes
2 chayote squashes, cut into chunks (or
another squash or veggie)
1 bunch kale, stemmed and torn into pieces
½ cup creamy cashew or almond butter, or
a combination of both (or you could try
sunflower seed butter)
Salt and pepper to taste
Crushed cashews or peanuts for garnish
(1-2 oz.)

Directions

Heat the oil over medium-high until quite
hot. Add the shallots and cook until
browned and crisp.

Turn down the heat to medium and add the
ginger, garlic, and cayenne. Cook for about
a minute. Add the chicken and cook until
starting to color.

Add 4 cups of broth, bring to a boil, then reduce to a simmer. Add the tomatoes, chayote, kale, and simmer, stirring occasionally, until vegetables are tender and chicken is cooked through. Add more broth if desired.

Mix some of the broth with the cashew or peanut butter, then stir it into the soup. Add salt and pepper to taste.

Serve, garnished with crushed cashews.

SLOW-COOKER BOEUF BOURGUIGNON



Ingredients

4 slices bacon, cut into 1" pieces
2 lbs. beef stew meat chunks
1-2 large carrots, peeled and cut into chunks
Half an onion, sliced OR 1 cup frozen pearl onions
½ tsp. dried marjoram leaves
2 cloves garlic, minced or pressed
½ cup dry red wine
½ cup reduced-sodium beef broth
1 tbsp. Worcestershire sauce (optional)

½ oz. (weight) dried porcini mushrooms, ground up in a spice grinder or food processor or mortar and pestle
8 oz. (weight) sliced mushrooms (any kind will do, I used crimini)
Salt and pepper

Directions

Cook bacon in a skillet until crisp. Remove with a slotted spoon and set on paper towels to drain. Pour off excess fat, leaving only about a teaspoon in the skillet.

Add the beef cubes and sear over high heat until the outside is brown. Remove the beef and deglaze the skillet with 1/4 cup water. Add the deglazed skillet juices, beef, and bacon to your slow cooker along with the carrot, onion, and garlic.

Stir together the wine, broth, Worcestershire, powdered porcinis, and marjoram. Pour the liquid over everything in the slow cooker.

Add salt and pepper to taste. Cook on low for 6-8 hours. Before serving, sauté the mushrooms in a little bit of olive oil until browned. Stir them into the beef mixture and serve over mashed cauliflower.

Notes:

Sweet and Savory Sage Stew with Pumpkin and Cherries

(From *lifeisaplate.com*)



Ingredients

1 to 2 lbs. of cubed grass-fed stew meat
4 cups cubed butternut squash
1 medium onion, chopped
1 cup dried cherries
1 tbsp. sage
1 tsp. thyme
1 bay leaf
3 ½ cups beef stock
1 tsp. allspice
½ tsp. nutmeg
1 cup pureed pumpkin
Salt to taste
1 tbsp. of butter

Directions

In a saucepan, melt the butter and sauté the onions, sage and thyme on medium until the onions are translucent.

In a high heat skillet, quickly sear the meat until a brown crust forms. You do not need to cook this through. (You can skip this step if pressed for time.)

Add meat and onion mixture to crockpot with beef stock, nutmeg, bay leaf and allspice. Set on low for 6 hours.

After 6 hours, add in the cubed butternut squash and dried cherries and cook for an additional 1-2 hours or until the squash is soft.

Right before serving stir in 1 cup pureed pumpkin (or more if needed depending on how much liquid has evaporated) Salt and pepper to taste.

Asian Beef and Fried Cauliflower Rice Bowls

Ingredients

1 ½ lbs. stew meat
¼ cup tamari or coconut aminos
¼ cup green onions
1 large orange, peeled and diced (or 1 can mandarin oranges in own juice)
1 cup beef stock
4 tsp. agave nectar
1 tbsp. garlic



For the “rice”

- 1 head cauliflower, “riced”
- 2 tbsp. fat (I used butter)
- 1 tbsp. garlic, minced
- ½ cup yellow chopped onions
- 2 tbsp. tamari or coconut aminos
- 1 tbsp. green onion, diced
- 2 eggs
- 1 tbsp. sesame seeds, optional

Directions

Quickly sear meat to brown on all sides. Add to pot with all other ingredients. Set crockpot to low for 6-8 hours or simmer on stove for 1-2 hours.

When meat is done, remove with a slotted spoon and set aside in the oven or covered with foil to keep hot. Strain off the juice the meat cooked in and bring to a boil on the stovetop. Add an additional 1 tbsp. tamari and 1 tbsp. honey and reduce to half.

To make the cauliflower rice, you can use your food processor and pulse coarsely chopped pieces until they are small, the size of rice. Melt butter on medium in large frying pan and add garlic yellow onion, cook until translucent. Add cauliflower rice and stir well, coating.

Drizzle the tamari over the “rice.” Stirring constantly, cook for 3-5 minutes. Make a small hole in the middle of the pan and crack your eggs. Break yolk with spatula and stir in the circle until it starts to cook. Gradually work the egg through the rice. Stir and cook until egg cooked and texture desired is reached. Put your “fried rice” into a bowl and top with your cooked beef. Drizzle with your reduction and top with green onions for garnish.

Chicken, Bacon and Leek Stew

(From Fastpaleo.com)



Ingredients

2 lbs. of chicken pieces, any will do
½ lb. bacon
2 leeks
2 carrots
1 sweet potato,
½ butternut squash
A couple sprigs fresh Rosemary
1 bulb of garlic
Several shallots
Turmeric
Cilantro,
½ cup beef broth

Directions

It works out best if you chop all of your vegetables first and get them into bowls ready to add to the crockpot. Dice your shallots and leave those to the side for now as they’re going into a pan first.

Slice bacon into bite sized pieces and add to a frying pan at med-high heat, after about 2 minutes add the shallots. When the bacon is getting crispy and the shallots are starting to caramelize, use a slotted spoon to remove them from the pan and throw them on top of the veg in the ‘pot. Leave the grease behind in the pan.

Add your chicken carefully to the pan (that grease is hot) and fry for 2-3 minutes on each side, just until some of the skin starts to get crispy. Remove it from the pan with tongs and place atop your vegetable mountain in the crockpot -then lay your rosemary stalks around. Pour the remaining cooking fat over the chicken. In your still hot pan, add the broth to deglaze and pour it into the crockpot.

Set your pot on low for 6-9 hours (I have cooked for 6 and it was good, but if you’re going out to work 9 would be fine).

My Slow Cooker Recipes and Notes

PALEO DESSERTS

Banana Ice Cream



Ingredients

1-2 bananas
1 tbsp. almond butter
½ cup coconut milk
Ice

Directions

Slice banana and place in freezer for 2-4 hours. When ready to make ice cream, add frozen banana slices, almond butter, and milk into blender. Top with ice. Blend until the consistency of ice cream and no ice chunks.

Berries and Coconut Cream

(From Well Fed)

Ingredients

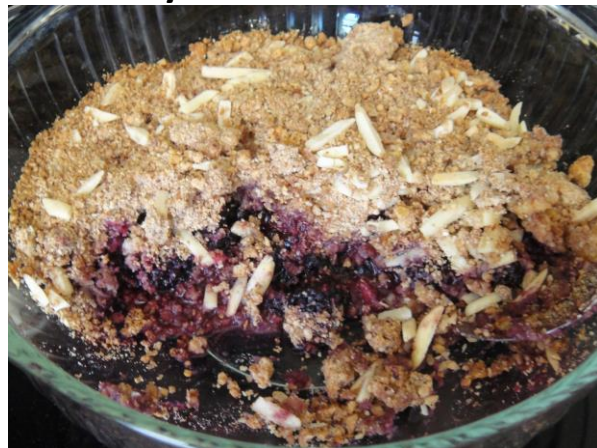
1 can coconut milk
2 cups fresh berries, your choice
1 tsp. vanilla extract
1 tbsp. sliced toasted almonds or caramelized coconut flakes

Directions

Place the can of coconut milk in the refrigerator for 3-4 hours if not overnight. When ready to prepare, place a metal mixing bowl and beaters

in freezer to chill for 15 minutes. Prepare the fruit to your liking. Pour coconut milk into chilled bowl with vanilla extract. Beat on highest setting, for 5-7 minutes until the texture of whipped cream. Divide fruit and cream into small bowls. Top with almond or coconut flakes.

Blueberry Cobbler



Ingredients

1 ½ cups frozen blueberries
1 ½ cups frozen blackberries
1 ½ cups almond meal
1 egg
2 tbsp. coconut oil
2 tbsp. cinnamon
1 package slivered almonds
Honey for drizzle

Directions

Preheat oven to 350 degrees. Mix blueberries and blackberries in bottom of oven safe baking dish. In another bowl, mix together the egg, almond meal, coconut oil, and cinnamon, stirring until mixture becomes crumbly.

Drizzle a small amount of honey over the berries and then crumble flour mixture over berries. Bake for 35 minutes.

Paleo Brownies



Ingredients

1 ¼ cup almond butter
1 egg
½-1 cup honey
½ cup baking cocoa
1 tbsp. pure vanilla extract
½ tsp. coarse sea salt
1 tsp. baking soda
2 oz. unsweetened dark chocolate chopped
1 tbsp. coconut oil

Directions

Preheat oven to 325 degrees. Grease an 8x8 baking dish with coconut oil. Mix together almond butter egg, honey, and vanilla. Add in cocoa powder, salt, and baking soda. Stir in the chopped chocolate. Pour batter into greased baking dish. Bake for 30 minutes or until toothpick comes out clean in the center. Let cool for at least 10 minutes to set.

Tips -Varying the amount of honey will also vary the sweetness.

Caramelized Coconut Chips

(From Well Fed)

Ingredients

¼ tsp. salt
¼ tsp. cinnamon
1 cup unsweetened coconut flakes

Directions

Mix the salt and cinnamon together in small dish. Heat a skillet over medium high heat. When the skillet is hot, place coconut flakes in a single layer. Stir frequently until crispy and brown, approximately 3 minutes. Remove from heat and sprinkle with cinnamon salt mixture.

Tip- Transfer to a plate to cool to allow for extra crispiness.

Pumpkin Bread

(adapted from Elana's Pantry)



Ingredients

1 cup almond flour
¼ tsp. sea salt
½ tsp. baking soda
1 tbsp. cinnamon
1 tbsp. nutmeg
½ cup organic pumpkin puree
2 tbsp. honey
3 eggs

Directions

Preheat oven to 350 degrees. Mix wet and dry ingredients in separate bowls, then combine until mixed well and it becomes into a batter-like consistency. Pour into small loaf pan and bake for 35-40 minutes or until knife comes out clean from center of bread. Let cool for about 30-40 minutes.

Bread Pudding



Ingredients

Pumpkin bread, (from previous recipe)
cut into cubes
1 can coconut milk
4 eggs
1 tbsp. pure maple syrup
2 tbsp. honey
1 tbsp. vanilla
Optional: Chopped pecans, raisins

Directions

In a bowl, mix together coconut milk, syrup, honey, and vanilla using a whisk. Set in fridge while bread cools. When ready to make, whisk in eggs. Place bread cubes in bottom of 9x9 baking dish and pour milk mixture over bread. Be sure that all bread pieces are soaked with milk mixture. Top with your favorite toppings and bake for 40 minutes or until pudding is set. Enjoy warm or cold!

Pumpkin Milkshake

Ingredients

½ cup coconut milk
¼ cup pumpkin puree
1 tbsp. cinnamon or pumpkin pie spice
Ice to fill glass

Directions

Blend together ice, coconut milk, and pumpkin, cinnamon. For an extra treat, top shake with some dark chocolate chips or cinnamon.



Chocolate Covered Nuts with Sea Salt



Ingredients

3.5 oz. unsweetened dark chocolate
1 cup orange juice
2/3 cup honey
Course sea salt
5 oz. nuts, of your choice

Directions

In a small sauce pan, heat the orange juice on medium heat. As it starts to simmer, reduce heat to low and add the chocolate. It should take a few minutes for the chocolate to completely melt, but once it has, slowly pour in the honey while stirring the melted chocolate.

Once the honey, chocolate and orange juice are mixed thoroughly, give it a taste. (My husband has been Paleo for a year and a half so I knew this combination would be good for him because he hasn't had sweet things outside of fruit in a really long time! For others, it may still be too bitter and you can add more honey or orange juice here.) Now the fun part!

Take the nuts of your choice (I used pecans and cashews because that's all we had at home but next time will add macadamia nuts and almonds) and drop them in the chocolate. Mix the nuts around until they are fully coated and then scoop each one out with a fork and place on parchment paper. Sprinkle a tiny bit of sea salt on each nut – trust me it's worth it. The salt is the best thing about this recipe and adds a surprising and savory aspect to make it feel like you're eating real (Paleo) candy!

Put in the refrigerator and let cool. Once the chocolate has hardened a bit in the refrigerator – gobble them up!

Apple Ice Cream

This light and refreshing dessert takes a simple apple and makes you feel like you are eating something positively sinful.

Ingredients

2 cups applesauce (home-made or store bought unsweetened)
2 cups apple juice
2 tbsp. pure maple syrup (or less if sweet apples)
2 tsp. lemon juice

Directions

Puree in blender or food processor. Place in shallow dish and freeze. Serve by scraping into curls with a soup spoon or ice cream scoop.

Variation: Add a scoop or two of apple ice cream to chilled sparkling apple cider or apple juice for a special drink.

Tip- Try this with peaches, strawberries, raspberries, blueberries, kiwi, oranges, tangerines, etc.

Coconut Sorbet

(From the Food Network)

Ingredients

8 ounces coconut milk
16 ounces water
1/4 cup toasted coconut

Directions

Combine the coconut milk and water and chill for several hours in the refrigerator.

Freeze the mixture in an ice cream freezer according to the manufacturers instructions. Add the toasted coconut to the frozen coconut sorbet by stirring in using a spoon.

Keep frozen until ready to serve.

Almond Pecan Pie Crust

Ingredients

1 cup almonds
1/2 cup pecans
1/3 cup chopped pitted soft dates, such as Medjool
3 tbsp. water

Directions

In separate bowls, cover almonds and pecans with water and let soak for 8 to 12 hours. Drain and rinse. In a food processor, grind almonds to consistency of moist meal.

Place in a medium-size bowl and set aside. In a food processor, grind pecans to consistency of moist meal and stir into almond meal. Set aside. In a food processor, blend dates and water until smooth. Stir into nut mixture until thoroughly mixed and dough-like in consistency.

Shape nut mixture into a ball and place on 12" length of waxed paper. Top with another 12" length of waxed paper. Flatten ball with palm of hand. Using rolling pin, roll out dough into a circle 11" in diameter. Carefully remove top sheet of paper. Invert pie crust into an oiled 9" pie plate, pressing gently. Trim excess crust and press gently to even edges of dough. Place crust in a food dehydrator set at 125 degrees for 2 hours.

Let crust sit in oven with door closed until it is dry and set, about 30 minutes.

Tip - it will not be very set, it is still sticky and very moist and will fall apart when cut, but who cares, it tastes good.

Paradise Peach Cake



Ingredients

1/2 cup pecans
5 peaches
1/2 cup chopped dried pineapple
3/4 cup chopped fresh pineapple
1/2 tsp. apple pie spice
1/2 tsp. cinnamon
2/3 cup pitted soft dates, such as Medjool
1 1/2 cup fresh berries for garnish
1 (9") Almond-Pecan Pie Crust (see previous recipe)

Directions

In a small bowl, cover pecans with water and soak for 8 to 12 hours. Drain and rinse. Set aside.

Peel and halve peaches, reserving skin. Remove pit and thinly slice flesh. Set aside. In a food processor or blender, blend peach skin with pecans, dried and fresh pineapple, spices and dates. In pie shell, layer 1/2 of peach slices in a fanned spiral (I throw in). Evenly spread 1/2 of pineapple mixture over peach slices. Repeat with remaining peach slices and pineapple mixture. (I came out with three layers ending with peaches.)

Garnish with fresh berries of your choice. Serve immediately or refrigerate and serve chilled. It sounds time consuming, but it really isn't.

Paleo Banana Bread

(From the Paleo Project)



Ingredients

4 eggs
3 small bananas
¾ cups of gluten-free coconut flour
½ tsp. gluten-free baking powder
3 tsp. honey
¼ cup melted coconut oil
½ tsp. vanilla extract
1 tbsp. cinnamon

Directions

Preheat oven to 350 degrees F.
Using a hand mixer or food processor, combine eggs, bananas, honey, vanilla and coconut oil.

In a bowl, mix flour, baking powder and cinnamon. Combine wet and dry ingredients. Mix until a thick batter forms.

Pour into a greased bread pan. Cook for 45 minutes at 350 degrees F. Place broiler on low, broil for 5 minutes, watching closely.

Let bread cool. Top with coconut butter, honey and cinnamon.

*For families without nut allergies, I'd recommend adding walnuts.

Carrot Cake Muffins

Ingredients

1 ½ cups packed carrots, shredded
¾ cups coconut flour
3 eggs
3 medjool dates, cut into raisin-sized pieces
1 tbsp. cinnamon
1/3 cup grape seed oil
1/4 cup honey
1/4 cup cacao nibs
1/2 tsp. gluten-free baking powder

Directions

Preheat oven to 350 degrees. Process carrots until finely shredded.

In food processor, process eggs, oil, honey, flour and baking powder. Pour into a large bowl, add carrots, cinnamon, dates, cacao nibs and stir until your batter is evenly mixed.

Pour into well-oiled muffin tins and bake at 350 degrees for 30 minutes, or until brown and toothpick comes out clean.



Variation: Use zucchini instead of carrots.

Almond Cookies

(From Paleofood.com)

These cookies keep almost forever in a sealed container. Over time, they become softer and chewier--perfect for dunking in your tea. Makes four dozen.

Ingredients

2 ½ cups honey or Agave nectar
2 cups ground walnuts
2 ½ cups almond flour (more or less depending on your grind)
½ teaspoon nutmeg
½ teaspoon ginger
½ cup chopped dried fruit *I mostly use apricots, but have also used mango, pineapple, cherries and dates, or a combination or some or all.

Directions

These treats can be eaten raw or baked. Preheat oven to 350 degrees. Lightly grease cookie sheets, or line with parchment paper.

Warm honey in a saucepan. Let mixture cool slightly. Sift together almond flour and spices. Place warm honey in mixing bowl; gradually add flour mixture and stir until well blended. Stir in dried fruit.

Roll dough about 1/4-inch thick on an almond floured board; (be sure to flour your rolling pin also) cut into squares and rectangles with a sharp knife. (If you prefer, you can also make drop cookies, dropping the dough by teaspoonful.) Bake ten minutes.

Chocolate Custard

(From Everyday Paleo)



Ingredients

1 can coconut milk
1 cup dark chocolate chips
1 tsp. cinnamon
A splash of rum (optional)

Directions

In a sauce pan, melt the chocolate chips into the coconut milk over medium low heat while stirring with a whisk.

Add the cinnamon and the splash of rum. Pour the custard into small serving dishes and place in the fridge for at least 2 hours.

Top with homemade whipped cream. If you do not want your kids to acquire a taste for liquor just yet, you can always pour half of the custard into serving dishes before you add the rum to the remaining half for grownups!

Makes seven 1/4 cup servings – less if you serve in larger serving dishes.

Blackberry Cobbler



Ingredients

1 bin of fresh blackberries
3 cups honey
1 ½ cup almond meal
1 egg
2 tbsp. melted coconut oil
Cinnamon

Directions

Preheat the oven to 350 degrees. Wash and Pat dry the blackberries. Add into a pie dish. Drizzle with honey. In another bowl mix together the Almond Meal, egg and coconut oil. Do not over mix...

Crumble the topping onto the blackberries. Sprinkle with cinnamon. Bake at 350 degrees for 35 minutes.

Super-Fast Apple Pie Stir-fry

Ingredients

¼ cup pecans
2 chopped apples
1 tsp. vanilla
1 tsp. cinnamon
1 tbsp. coconut oil

Directions

Toast pecans in skillet on high. Add coconut oil to skillet. Sauté apples and add vanilla. Sprinkle with cinnamon and eat hot!

Flourless Chocolate Cinnamon Banana Cake

(From Eat.Live.Paleo)



Ingredients

10 oz. bittersweet dark chocolate (I like to use 81% dark)
½ cup butter, room temperature and softened
3 very ripe bananas
4 eggs
3 tsp. cinnamon

Directions

Preheat oven to 350F. Grease a spring-form pan, or another kind of baking pan.

In a double boiler, melt the chocolate, set aside. Cream the butter. Use a hand mixer to cream the butter or have your husband do it by hand!

When the butter is creamed, add bananas, one at a time. We used the back of a wooden spoon to smash the bananas into the butter; blend well. Add eggs to the butter/banana mixture, one at a time. Mix well.

Add cinnamon. Pour in the melted chocolate, mix until blended. Pour the batter into the baking pan and bake for 25 minutes, until the cake sets.

Let the cake cool before serving. The cake keeps well refrigerated.



My Paleo Dessert Recipes and Notes



My Paleo Notes