

# Five (5) Ingredients or Less Paleo Recipes

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*Eating cleaner means more preparation in the kitchen and planning your shopping lists. The desire for convenience doesn't have to be a detrimental factor when making positive changes. It may take less time than you think to make a tasty, Paleo meal or snack. Here are a few ideas from some of the current and past challengers!*

## **Shrimp Spinach Salad**

### *Ingredients:*

- Spinach
- Shrimp (cooked w coconut oil)
- Cherry tomatoes
- Avocado
- Sea salt & black pepper (for flavor)

### *Directions:*

1. Pile all ingredients into a bowl and add dressing! (ex: balsamic vinegar)

## **Paleo Pancakes**

### *Ingredients:*

- 1 egg
- 1 ripe banana
- Strawberries (or any berries for the topping)
- Coconut oil
- Pinch of salt
- Cinnamon

### *Directions:*

1. Blend banana and egg
2. Add cinnamon and salt
3. Cook on skillet in coconut oil until slightly brown on each side
4. Garnish with berries and enjoy!!

## **Roasted Carrot Fries with Garlic Aioli**

### **Carrot fries**

### *Ingredients:*

- Peeled and cut carrots
- Coconut oil
- Salt/pepper

### *Directions:*

1. Heat oven to 425 degrees
2. In a bowl, toss carrots with coconut oil, salt, and pepper
3. Place on baking sheet and cook for 30 min, flipping them over halfway through

## **Garlic Aioli**

### *Ingredients:*

- 2 garlic cloves
- 2 egg yolks
- $\frac{1}{2}$  -  $\frac{3}{4}$  cup olive oil (depending on desired thickness)
- Juice of  $\frac{1}{2}$  lemon
- Pinch of salt

### *Directions:*

1. Combine all ingredients except olive oil in a food processor or blender.
2. Slowly add olive oil until the sauce is fairly thick.
3. Enjoy with carrot fries!

## **Pan Fried Mahi Mahi**

### *Ingredients:*

- Mahi Mahi (preferably Wild!)
- Seasoning of choice
- Coconut oil

### *Directions:*

1. Heat olive oil in skillet
2. Pan fry Mahi Mahi about 4 min. each side

## **Okinawa Sweet Potato Balls**

### *Ingredients:*

- 5-6 Medium sized Okinawa Sweet Potato
- $\frac{1}{2}$  -  $\frac{3}{4}$  cup coconut milk
- $\frac{1}{8}$  cup unsweetened shredded coconut

### *Directions:*

1. Boil potatoes until you can stick a chopstick all the way through
2. Peel potatoes
3. Mash potatoes in a bowl or food processor until softened
4. Mix in coconut milk and shredded coconut
5. Use a melon scooper to scoop and roll into balls. Enjoy!

## **Ground Meat Spinach Salad**

### *Ingredients:*

- Peppers
- Onions
- 1 lb. ground meat
- Spinach
- Cooking oil of choice
- Seasonings of choice

### *Directions:*

1. Cook the meat, onions, and peppers in skillet with oil and seasonings
2. Pile spinach on plate or bowl
3. Add meat, peppers and onions on top of spinach and let the heat cook the leaves a little bit. Enjoy!

## Crockpot Roast

### *Ingredients:*

- 1-2lbs. Chuck Roast (grass fed!)
- Ground pepper
- Coconut oil
- Rosemary Sprig
- \*Optional- thick cut carrots and onions

### *Directions:*

1. Heat coconut oil in skillet and sear roast on all sides to lock in juices
2. Place in crockpot on low for at least 8 hours with rosemary and veggies

## Zoodles & Meatballs

### *Ingredients:*

- 1 zucchini
- ½ lb. ground beef (grass fed!)
- 1 bottle marinara sauce
- 1 tbsp. Italian seasoning
- 5 cloves of garlic

### *Directions:*

1. Make small balls with beef
2. Heat skillet onto medium high and place meatballs on skillet
3. Move around until the balls are brown on all sides
4. Add 5 cloves of garlic and sauté until fragrant
5. Add marinara sauce and Italian seasonings to skillet and bring to a boil
6. Reduce heat and let simmer- adjust seasonings to taste.
7. Meanwhile, wash zucchini and use a julienne peeler to make “zoodles”
8. Place in a microwave safe bowl and cover. Cook for 3-4 min or until tender
9. Place zoodles in bowl and top with sauce. Enjoy!

## Basic Ceviche

### *Ingredients:*

- 1 lb. fresh, wild caught white fish, scallops, or shrimp
- Juice of lime, lemon, and orange
- Bunch of cilantro
- 1 red onion
- 2 tomatoes

### *Directions:*

1. Chop fish into small blocks, and place in a bowl
2. Add citrus juice
3. Chop red onion and tomatoes and add to bowl
4. Chop cilantro and add to bowl
5. \*Optional- add additional seasonings of choice: salt, avocado, jalepeno, mangos, peppers...
6. Mix well and set in fridge for about 1 hr.
7. Enjoy over lettuce or veggie of choice

## Paleo Poke

### *Ingredients:*

- 1 lb. fresh, wild Ahi, cubed
- ½ cup chopped sweet onion
- 1 tsp. grated ginger
- 2 tsp. sesame oil
- ¼ cup coconut aminos

### *Directions:*

1. Mix sesame oil, aminos, onion, and ginger in a bowl and add Ahi.
2. \*Optional extra ingredients: hot peppers, sesame seeds, avocado, and anything you have to add!
3. Evenly coat the Ahi and set in fridge for 1 hr. before eating

## Veggie Soup

### *Ingredients:*

- 1 Roma tomato
- 1 celery stick
- 1 carrot
- 1 large slice of onion
- 3 cups of hot water
- Salt and pepper to taste
- \*You can use any veggie for this!

### *Directions:*

1. Mix all ingredients in blender and enjoy! Reheat in microwave after blending if desired.

## Crispy Pork Belly

### *Ingredients:*

- 3lbs. Pork Belly
- 4 Rosemary Sprigs – finely chopped
- 1 tsp. fennel
- 1 zest of lemon
- 1 tbsp. coconut oil
- Salt and pepper

### *Directions:*

1. Heat oven to 425 degrees
2. Carefully pat dry, and score pork belly skin
3. Mix fennel, lemon zest, coconut oil, and salt/pepper (use a spice grinder if available)
4. Rub coconut oil on pork belly and add spices
5. Place a small pan of water on lower shelf of oven
6. Place pork belly on a pan and cook for 35 min.
7. Reduce heat to 300 degrees and cook for another 30 min.
8. Check crispiness of skin- if not at desired crispiness raise temp. back to 400 and monitor for about 20 more min or until crispy.

## Paleo Hollandaise Sauce

### *Ingredients:*

- 3 egg yolks
- 3 tbsp. olive oil/coconut oil or fat of choice
- 2 tbsp. hot water
- 1 tbsp. lemon juice
- Pinch of cayenne pepper
- Pinch of sea salt to taste

### *Directions:*

1. In a medium bowl, gently whisk the egg yolks.
2. Continue whisking the yolks while adding the hot water, olive oil, lemon juice, salt and cayenne pepper to the bowl.
3. Place the bowl over boiling water and whisk constantly until the sauce begins to thicken (about 30 seconds – 1 minute) Serve immediately over eggs, veggies, or both!

## Cauliflower Casserole

### *Ingredients:*

- 1-2 heads of cauliflower (depending on size)
- ¼ cup butter or coconut oil
- ¼ cup macadamia oil
- 2 cloves minced garlic
- ¼ cup Paleo bread crumbs (or almond flour)

### *Directions:*

1. Preheat oven to 400 degrees
2. Chop cauliflower into bite size pieces and layer into baking pan (9x9)
3. Melt butter and combine with oil and garlic over low heat to infuse oil and butter with garlic flavor
4. Drizzle oil mixture over cauliflower
5. Sprinkle bread crumbs over top and season with salt and pepper to taste
6. Bake for 25-30 min. or until cauliflower is tender.

**\*\*Parmesan cheese is a good topping if you can have it.**

## Baked Chicken & Vegetables

### *Ingredients:*

- 1 Chicken breast
- 1 Bell pepper
- 1 Onion
- 1 Mushroom
- 2 Slice of bacon
- Salt/Pepper
- Foil

### *Directions:*

1. Heat oven to 350 degrees
2. Season chicken breast with salt and pepper
3. Cut the veggies and bacon and place on top of chicken
4. Wrap with foil and bake about 30 min or until fully cooked

## **Lettuce Wraps**

### *Ingredients:*

- Beef or chicken (grass-fed!)
- Veggies of choice
- Salt/pepper/olive oil
- Big lettuce leaves

### *Directions:*

1. Saute meat and veggies in olive oil and season with salt and pepper
2. Wrap mixture in lettuce and enjoy!

## **Italian Delight**

### *Ingredients:*

- Italian sausage
- Tomato
- Spinach
- Italian seasonings of choice

### *Directions:*

1. Throw all ingredients in a pot and cook for 45 min. Enjoy!

## **Crockpot Brisket**

### *Ingredients:*

- Grass-fed brisket
- Salt
- Onions
- Carrots

### *Directions:*

1. Throw all ingredients in a crockpot and cook on low for 8 hours

## **Crustless Quiche**

### *Ingredients:*

- 1 large zucchini shredded
- 2 large carrots shredded
- 12 eggs beaten
- 1 tablespoon coconut oil

### *Directions:*

1. Heat oven to 375 degrees
2. Mix together carrots, zucchini, and eggs
3. Grease 9x13in. pan with coconut oil and add egg mixture
4. Bake for 45 min.

## Paleo Mug Cake

### *Ingredients:*

- 1 medium banana
- 1 egg
- 1 1/2 tablespoons almond butter
- 2 tablespoons cocoa powder (unsweetened)
- \*Optional- small scoop of coconut cream

### *Directions:*

1. Mix ingredients in bowl or blender
2. Coat mug with coconut oil, and pour in batter
3. Cook for 2-2 ½ min
4. Add coconut cream on top if desired!

## Paleo Pesto

### *Ingredients:*

- 2-4 cups local basil leaves
- 1/4 - 1/2 cup raw almonds or mac nuts (bonus if toasted)
- 1-2 cloves of garlic
- 1-2 Tablespoons of nutritional yeast (totally optional - some people like cheese - Marc says its Primal!)
- 1/3 - 2/3 cup extra virgin olive oil

### *Directions:*

1. Mix all ingredients on low in blender or food processor until fairly thick. Enjoy on chicken or meat/veggie of choice!

## Salmon Salad

### *Ingredients:*

- Paleo mayo (1C olive oil, 3Tbsp. lemon juice, 1 egg, salt-blended)
- Canned whole wild salmon or tuna
- Kale
- Sliced red onion
- Cherry tomatoes

### *Directions:*

1. Mix fish with desired amount of mayo
2. Place kale, onion, and tomatoes in a bowl and top with salmon salad. Enjoy!

## Tuna Salad

### *Ingredients:*

- Romaine Lettuce or any Mix salad
- Veggies of choice: tomatoes, spinach, cucumbers, etc.
- Half a can of Tuna in Water
- Furikake (make sure no msg!)

### *Directions:*

1. Place salad in a bowl and add the tuna on top.
2. Sprinkle Furikake on the salad.
3. Then add your dressing as desired. Enjoy!

## Tuna Salad Dressing

### *Ingredients:*

- Lemon Juice
- Dijon Mustard
- Black Pepper
- Salt
- Olive oil

### *Directions:*

1. Mix together and drizzle on salad.

## Crockpot Citrus Pulled Pork

### *Ingredients:*

- 5 lbs bone-in pastured Boston butt
- 2 Tbsp Celtic sea salt
- 1 orange, lemon, and lime zest and juice
- 2-4 strips thick cut pastured bacon

### *Instructions*

1. Rub the Boston butt with the sea salt and place into a slow cooker.
  2. Add the citrus juice, zest, and bacon
  3. Pour about a cup of water into the slow cooker. Cover and cook on low for 12 hours
  4. Remove the pork from the slow cooker and shred with a fork into a bowl.
  5. Pour about 2-3 cups of cooking liquid over the shredded pork. Serve in lettuce cups.
- \*\*Would also be tasty topped with some avocado or guac, or more citrus juice!**

## Basic Omelet

### *Ingredients:*

- 2 eggs
- Diced onion
- Kale
- ½ avocado- sliced
- Salsa
- 1 tsp. Coconut oil

### *Directions:*

1. In a small bowl, mix eggs, kale, and onion
2. Heat olive oil in skillet on medium-high heat
3. Add egg mixture and turn heat to medium, Cook all the way through and top with avocado!



## Quick & Easy Salad

### *Ingredients:*

- Mixed greens/spinach/or kale
- Sliced mushrooms
- Grape tomatoes
- Avocado
- Mini bell peppers
- Cooked meat of choice
- Olive oil and Balsamic vinegar

### *Directions:*

1. Throw all ingredients in a bowl and top with olive oil and balsamic vinegar. Enjoy!

## Baked Veggies

### *Ingredients:*

- Broccoli Florets
- Brussel sprouts- halved
- Coconut oil
- Garlic, salt, & pepper

### *Directions:*

1. Heat oven to 375 degrees
2. Toss veggies in oil and season to taste
3. Place on baking sheet and cook for 30 min.

## Rockin' Moroccan Chicken

### *Ingredients:*

- Shredded chicken
- Splash of chicken broth
- Broccoli
- Carrots
- Spices (Cinnamon, red pepper, cumin, salt and pepper)
- Hand full of raisins

### *Directions:*

1. Sauté broccoli and carrots until crisp
2. Add chicken and cover with cinnamon (plenty)
3. Add spices and chicken broth, and raisins. Enjoy!

## **Paleo Energy Balls**

### *Ingredients:*

- Dates
- Macadamia nuts (or nuts of choice)
- Almonds
- Pine nuts
- Coconut shavings

### *Directions:*

1. Mix nuts and dates in food processor
2. Roll mixture into golf sized balls
3. Roll over coconut shavings
4. Store in fridge, tastes like candy!

## **Egg Casserole**

### *Ingredients:*

- 1 lb. breakfast pork, turkey, or sausage
- 2 cups cooked veggies
- 8-12 eggs
- Salt/pepper
- Splash of coconut milk
- \*Optional: garlic, onion, sweet potato, bacon fat, etc.

### *Directions:*

1. Pre-heat oven to 375 degrees
2. Cook meat until light brown, and place in casserole pan with veggies
3. Add whisked eggs, splash of coconut milk, and salt/pepper
4. Place pan in oven and bake for about 25 min.
5. Serve with avocado!

## **Veggie-Beef-Egg Fry**

### *Ingredients:*

- 1 carrot-sliced
- 1 red onion- sliced
- Grass fed beef
- Oil of choice
- 1 egg

### *Directions:*

1. Brown beef and veggies in oil in skillet
2. Fry egg on top
3. Enjoy!

## Crockpot Chicken Taco Soup

### *Ingredients:*

- 2 cans ro-tel
- 1 can (15oz.) tomato sauce
- 1 cup salsa
- 1 ½ cup chopped veggies of choice
- 2-4 boneless, skinless chicken breasts (frozen or thawed)

### *Directions:*

1. Dump all ingredients in crockpot and cook on low for about 6 hrs. (8hrs. if meat is frozen) enjoy!

## Almond Butter Banana Mini-Muffins

### **Yield: 18-24 mini muffins**

### *Ingredients:*

- ½ cup almond butter
- ½ tsp. baking soda
- 1 egg
- 1 (or 2) dates
- 1 ripe banana- mashed

### *Directions:*

1. Heat oven to 375 degrees
2. Mix almond butter in personal blender until creamy
3. Add date, egg and baking soda and mix for a minute.
4. Add in the mashed banana and mix until thoroughly distributed.
5. Grease a mini muffin pan and add mix about ¾ full in each.
6. Bake for 15 to 18 minutes - until toothpick comes out clean when inserted into the middle of muffin.

\*Optional additions: blueberries, unsweetened chocolate chips, coconut flakes, almonds, vanilla extract, or cinnamon.

## Crockpot Green Curry Beef

### *Ingredients:*

- A whole lot of chopped carrots
- An onion, chopped in large pieces
- A couple pounds of grass-fed beef stew meat
- A can of coconut milk
- About 3tbsp. green curry paste

### *Directions:*

1. Place carrots and onions in crockpot
2. Mix together beef, coconut milk, and curry paste- pour into crockpot
3. Cook on low all day

\*Optional additions: lime juice, garlic, and ginger

## Chicken Salad

### *Ingredients:*

- 1 chicken breast- cooked and chopped into pieces
- 1 ½ tbsp. coconut oil
- Mustard- to taste
- Sliced almonds
- 1 date- chopped

### *Directions:*

1. Mix together all ingredients, enjoy!

## Crispy Baked Veggies

### *Ingredients:*

- 3 cups veggie of choice or a mixture of several (eggplant, bell peppers, red onions, asparagus, Brussels sprouts etc) cut into similar sized pieces
- 2tsp-1Tbsp olive oil
- Sea salt/pepper to taste
- Garlic powder or fresh minced garlic

### *Directions:*

1. Heat oven to 450 degrees
2. Place veggies in one-gallon zip-loc type bag (or large glass bowl) and add other ingredients.
3. Shake or stir until evenly seasoned and place on large cookie sheet in center of oven for about 20 minutes. If you want them crispier, turn the oven on broil for the last minute or two. Be sure to spread them out so they cook more evenly. Enjoy!!

## Mashed Sweet Potatoes

### *Ingredients:*

- Sweet Potatoes
- Coconut Milk
- Vanilla Extract
- Optional, desert spices like cinnamon, or nutmeg.

### *Directions:*

1. Peel Potatoes
2. Boil Potatoes until soft
3. Add Coconut milk, sugar free Vanilla Extract and spices to taste
4. Mash with a fork or hand mixer until creamy. Enjoy!

## Crockpot Kalua Pork

### *Ingredients:*

- 4-5lbs pork shoulder roast, or Boston butt
- ½ tbsp. sea salt for each side of roast
- 1 tsp. pepper for each side of roast
- 3 tbsp. liquid smoke
- 1-1 ½ cup chicken broth
- Small head of cabbage

### *Directions:*

1. Throw meat, liquid, and seasoning in crockpot
2. Place roast fat side up and cook on low for 8 hrs.
3. Last half-hour: Shred meat with a fork and add cabbage
4. Cook until cabbage is tender and enjoy!

## Homemade Almond Milk

### *Ingredients:*

- 1 Cup of raw almonds
- 3 cups of water

### *Flavors:*

2 Dates softened and pitted (Optional)  
1/2 Tsp. Pure Vanilla extract (Optional)  
1/2 Tsp. Cinnamon (Optional)

### *Directions:*

1. Soak cleaned almonds in purified water over night (at least 6 hrs)
2. Drain water and add 3 cups of purified water to almonds in a blender.
3. Throw in your dates, vanilla, and/or cinnamon if you want it to be sweeter or flavored.
4. Blend until somewhat smooth
5. Strain through some cheesecloth or a strainer
6. Let it chill a little in the fridge
7. WHABAM! Yumilicious Almond Milk.

## Baked Egg Avocado

### *Ingredients:*

- 1-2 large, ripe avocados
- 2-4 large, raw eggs
- Bacon, cooked and crumbled
- Salt and pepper to taste

### *Directions:*

1. Preheat oven to 425 degrees.
2. Cut avocados in half and remove pits. Scoop out a little of the flesh to leave a crater.
3. Crack one egg into each avocado half, and sprinkle lightly with salt and pepper. Sprinkle bacon over the top.
4. Place on a baking sheet with a lip, and bake 20 minutes, until eggs are set.

\*You could top sprinkle with some hot sauce before eating as well. If you wanted to save some fat and calories, you could use turkey bacon, but the real stuff is amazing!

## Collard-wrapped Opah (Moonfish)

### *Ingredients:*

- 4 collard green leaves
- 4 Opah filets
- Sea salt
- 2 tablespoons coconut oil

### *Directions:*

1. Preheat oven to 375 degrees
2. Blanch greens for a few seconds and lay flat.
3. Cut off tough end piece of collard greens and place filet in the center of each collard green.
4. Season fish with coconut oil and salt and finish by wrapping the fish firmly.
5. Place in baking dish and bake for 20 minutes.

\* You can substitute for your favorite fish, but I like Opah because it finishes really moist. Bon appetit!!

## Easy Chicken Curry

### *Ingredients:*

- Coconut milk (I used two cans)
- Red curry paste (I used Mae Ploy)
- Mixed vegetables (broccoli, eggplant, bell peppers, bamboo shoots, onion)
- Chicken (if you have free range, go for it!) or other protein such as shrimp, pork or beef.
- Extra seasonings (lemongrass, fish sauce, red pepper flakes, Thai basil, cilantro)

### *Directions:*

1. Pre-slice the chicken.
2. Pre-cut the vegetables.
3. Heat skillet to high heat and open the coconut milk. The coconut milk will seem to be thicker consistency on top. Add the top portion to the heated pan and save the thinner coconut milk for later.
4. Add a tablespoon or two of the red Thai curry paste. Stir and blend in with the coconut milk.
5. Add the sliced chicken into the curry sauce. Stir for several minutes until completely cooked.
6. Add in pre-cut vegetables and add in the remaining coconut milk. Simmer until vegetables are tender.

\*Optional- To give an extra kick, add red pepper flakes and I love Thai basil (You can buy a bundle at most farmers markets for \$1-\$2.) Another good idea is to pair with cauliflower rice.

## Cauliflower Rice

### *Ingredients:*

- 1 head of cauliflower
- \*Optional oil of choice

### *Directions:*

1. Cut the cauliflower into florets and clean them.
2. Add into food processor a little at a time until they are small pieces.
3. Either keep raw, or cook in skillet in oil of choice until hot.

\*You can add different flavors to this, and also freeze for later use!

## Anytime Egg Muffins

### *Ingredients:*

- 6 eggs
- ¼ Cup cooked ground meat or sausage
- 1 red pepper finely chopped
- Salt and pepper to taste
- \*Optional- ¼ cup grated cheese

### *Directions:*

1. Preheat oven to 350°.
2. Generously grease 6 muffin tins with coconut oil.
3. In a bowl, beat the eggs. Add meat, red pepper, cheese, and seasoning.
4. Spoon into muffin tins.
5. Bake 18-20 minutes or until a knife stuck into the muffin comes out clean.

## Oven Roasted Brussels Sprouts

### *Ingredients*

- 1.5 lbs. Brussels sprouts
- 3 tbsp. olive oil
- ¾ tsp. sea salt
- ½ tsp. freshly ground black pepper

### *Instructions*

1. Preheat oven to 400 degrees F.
2. Cut off the brown ends of the Brussels sprouts, pull off any yellow outer leaves, cut the Brussels sprouts in half.
3. Mix the Brussels sprouts in a bowl with the olive oil, salt, and pepper.
4. Pour them into a 3 qt glass baking dish or a large metal baking sheet and roast in the oven for 35-40 minutes. Brussels sprouts should be brown and crisp on the outside and tender on the inside.
5. Flavor with more sea salt as desired. Serve and enjoy!

## Sweet potato French toast

### *Ingredients:*

- Sweet potato
- 1 Egg
- Vanilla
- Cinnamon
- Coconut oil

### *Directions:*

1. Peel and slice sweet potato.
2. In a warm skillet put a little coconut oil. Place slices of potato and brown on both sides until tender.
3. Remove and drain on paper towel.
4. Mix two eggs with dash of vanilla and cinnamon.
5. Dip potatoes in egg mixture and cook again.
6. For the mixture that does not stick to potato, you could just scramble and eat all together.
7. Enjoy!! So yummy!!

## Mashed Cauliflower

### *Ingredients:*

- Medium-sized head of cauliflower, chopped into florets (about 1 1/2 lbs.)
- 3 roasted garlic cloves
- 1 teaspoon fresh thyme leaves
- 1 teaspoon fresh chives, chopped
- Salt and pepper, to taste

### *Directions:*

1. Fill a large saucepan with about an inch of water, and insert a steamer basket.
2. Bring the water to a boil, and add the cauliflower florets.
3. Reduce the heat to a simmer and cover, allowing the cauliflower to steam for 6-8 minutes, or until fork tender.
4. Drain the steamed cauliflower, and transfer to the bowl of a large food processor.
5. Add in the roasted garlic cloves and seasonings, and process to your desired texture.

**\*\*Note:** You can usually find roasted garlic cloves available at the olive bar in your local natural grocery store. Sometimes I'll just use a 1/2 teaspoon of garlic powder instead, too!

## Crockpot Chicken Soup

### *Ingredients:*

- 1lb chicken, thighs
- Chopped onions
- Chopped celery
- 2 cups chicken broth

### *Directions:*

1. Put in crock pot, turn on low, ready in 5 hours, So great that it takes 10 minutes to prepare, and you get to eat delicious chicken soup for 2 days!



## Poached Eggs on Roasted Veggies

### *Ingredients:*

- 2 large eggs (Omega-3 would be nice)
- 1 teaspoon freshly squeezed lemon juice
- Leftover roasted veggies of your choice

### *Directions:*

1. Fill a 9-inch saucepan with 1 inch of water. Add lemon juice and bring to a boil.
2. Crack eggs into a small dish. Lower the dish right next to surface of boiling water and let egg slide in. Cook eggs three to four minutes and remove with a slotted spoon.
3. Place the eggs on top of the roasted vegetables. Enjoy!!

## Paleo Salsa

### *Ingredients:*

- 2 Tomatoes (baseball size)
- ½ Onion
- Parsley (about 8 stems)
- Sea Asparagus (amount added to taste)

### *Directions:*

1. Place ingredients in food processor and blend to desired texture. Amount of ingredients used can be changed around to preference.

## Poached Fish in coconut milk

### *Ingredients:*

- Any white fish
- Coconut milk
- Salt & pepper to taste

### *Directions:*

1. Bring one can coconut milk to a slow rolling boil
2. Season fish to taste
3. Put fish in pan of coconut milk and cook until the flesh is opaque and flaky

## Tuna Stuffed Pepper

### *Ingredients:*

- Tuna
- Ripe avocado
- Raw red pepper
- Salt/pepper

### *Directions:*

1. Mix tuna and avocado together, throw in salt/pepper
2. Stuff into the pepper and it makes a quick and yummy lunch!

## Avocado Dressing

### *Ingredients:*

- 1 avocado
- 1/4 Cup lemon juice
- 1/4 Cup water (start with less first, then add more if needed)

### *Directions:*

1. Place ingredients into blender to puree.
2. Add salt and pepper to taste.
3. Enjoy on top of salads, use as a dip, or mix into kale and spinach and add veggies/protein on top.

## Paleo Carrot Cake Balls

### *Ingredients:*

- 3/4 Cup Almonds
- 7-8 Pitted Dates
- 1/3 Cup Unsweetened Shredded Coconut
- 2 Carrots Shredded
- 1/2 Tbsp. Cinnamon

### *Directions:*

1. Put almonds in food processor. Blend into small pieces. Remove.
2. Put dates and coconut in food processor. Blend until a smooth paste is formed.
3. Return nuts, add carrots and cinnamon and mix well.
4. Form mixture into balls. (To make these "prettier" roll finished balls in shredded coconut)
5. Store in refrigerator.

## Grilled Vegetables

### *Ingredients:*

- 2 Zucchini
- 2 Red Onions
- Salt and Pepper
- Animal fat (or whatever you want to use)

### *Directions:*

1. Slice the veg into 1/4 thick slices. Use skewers for the onion so they don't fall apart.
2. Light the grill (gas or charcoal works).
3. Season the veggies with the animal fat, salt and pepper to taste.
4. Place on the grill on direct heat for 7-10 minutes per side (until they reach the amount of char you prefer).

## Banana Pancakes

### *Ingredients:*

- 2 bananas
- 3 eggs
- 3 Tbsp. coconut flour
- 1 tsp. vanilla
- 1/4 tsp. baking soda

### *Directions:*

1. In a food processor blend bananas, until smooth.
2. In a mixing bowl beat eggs, then add bananas to the bowl and beat well, until fluffy.
3. Add the remaining ingredients, and mix together.
4. Heat a non-stick pan, pour batter in pan and fry.

## Balsamic Braised Short Ribs

### *Ingredients:*

- 2 to 4 lbs short ribs
- 1/4c balsamic vinegar
- 2 to 4 whole dates
- 14oz can tomato sauce
- Rosemary

### *Directions:*

1. Brown the short ribs in a skillet.
2. Place the short ribs in crock-pot with the rest of the ingredients. Cook for 4-6 hours.

## Savory Baked Chicken Legs

### *Ingredients:*

- 6 chicken legs
- 1-2 tablespoons melted butter, ghee, bacon fat or coconut oil
- 2 tablespoons of savory spice blend

### *Directions:*

1. Preheat oven to 375.
2. Place the chicken legs onto a baking sheet or into an oven-safe dish, and brush them with melted coconut oil. Sprinkle the spice blend evenly over the chicken legs.
3. Bake for 45-60 minutes or until a thermometer reads 165F when inserted into the center of one of the chicken legs.

### **Savory Spice Blend:**

2 tbsp. Rosemary-Sage Salt  
1 tbsp. garlic powder  
1 tbsp. onion powder  
½ tbsp. paprika  
1 tsp. black pepper

## Paleo Coffee Creamer

### *Ingredients:*

- 1 can full fat coconut milk or coconut cream
- 1 Tablespoon of vanilla
- 3-4 dates

### *Directions:*

1. Put the can of coconut milk in the refrigerator overnight.
2. The next day, take 3-4 dates and remove the pits.
3. Place the dates in a small bowl with a 1 Tablespoon of water.
4. Microwave the dates for 15-20 seconds then mash with a fork to make a Paste.
5. Put the cold coconut milk, date paste and vanilla in a blender. Depending on the coconut milk, it may whip up to the consistency of whip cream. This also is great over fresh fruit.

\*Optional add ins:

- Cinnamon
- Nutmeg
- Orange zest
- Pumpkin pie spice
- Unsweetened cocoa
- Mint extract

## Paleo Muffins Anyway

### *Ingredients:*

- 6 eggs
- 1/4 cup melted grass-fed butter or coconut oil
- 1/2 cup coconut milk
- 1/2 cup coconut flour
- 1/4 tsp. baking powder

### *Directions:*

- This recipe makes 12 conservatively sized muffins.
1. Preheat oven to 350 degrees. Grease 6 large muffin tins (or use muffin liners)
  2. Whisk eggs and mix in melted coconut oil or butter.
  3. Sift in coconut flour, baking powder until blended.
  4. Fill the lined muffin tins about halfway. The batter will be thick so just eyeball it.
  5. Bake for approximately 30 minutes or until the muffins are set and edges begin to become golden brown.

**\*\*Variations:** To make an almond muffin stir in 1/2 tsp vanilla extract, 1/2 tsp almond extract and 2 Tbsp sliced almonds \*To make these even more “coconutty,” add 2 Tbsp shredded coconut. \*To make these more of a sweet muffin, add a dash of vanilla and 1/4c of raw honey or organic, grade b pure maple syrup if you’d like. \*To make these more of a savory muffin, add another dash of salt and 1Tbsp of dried (2 Tbsp if fresh) rosemary.

## Broccoli Mushroom Chicken Casserole

### *Ingredients:*

- Broccoli
- Mushrooms
- Chicken
- Coconut milk
- Curry powder

*Directions:*

1. Cook up the Broccoli and chicken. Toss it together in a name safe dish.
2. Sauté the mushrooms with the coconut milk.
3. Pour that over the broccoli chicken mix. Sprinkle with curry to taste, bake, and enjoy!

## **Greek Burger/Meatballs**

*Ingredients:*

- 1.5 lbs ground beef
- 1/4 cup chopped fresh basil
- 1/4 cup sun-dried tomatoes
- 1 tablespoon garlic salt
- 2 eggs
- Pinch of black pepper

*Directions:*

1. Combine all ingredients and mix well
2. Form into 6 hamburger patties or roll into meatballs
3. Grill or pan fry

## **Salmon burgers**

*Ingredients:*

- 2 cans of wild red salmon, drained
- 2 tbsp. coconut flour
- 3 eggs
- Shredded coconut

*Directions:*

1. Mix the salmon well with 2 eggs and the coconut flour, and add any spice you like.
2. Form into 4 patties.
3. Grab 2 shallow bowls, place shredded coconut in 1 bowl, and whisked egg in the other.
4. First cover the patties in egg, then cover in shredded coconut. Cook in coconut oil until brown on both sides

## **Simple Italian Beef**

*Ingredients:*

- Grass-fed Ground beef (about a pound)
- Rao's spaghetti sauce (your choice) - look for it on sale at R.Fields's in Foodland - never pay

full price for this!

- Bell Peppers (green, yellow, red)
- Mushrooms
- Spinach

*Directions:*

1. Add as much of sauce, peppers, mushrooms and spinach that you like. You can mix it up and substitute with onions, asparagus, tomatoes, or whatever you have. Some fresh basil on top makes it really good, but I know, that's 6 ingredients.
2. Serve with cauliflower rice.

## **Broccoflower with Spicy Italian Sausage**

*Ingredients:*

- 1 lb hot Italian sausage
- 1 broccoflower floret (you can substitute with 3/4 cauliflower floret and 1/4 broccoli)
- 1 cup diced red bell pepper (about 1/2 a large pepper)
- 1/2 cup chopped fresh parsley

*Instructions:*

1. Begin heating a large pot or Dutch oven over medium heat.
2. Remove the casing from the spicy Italian sausage.
3. Brown the sausage in the pan, using a fork or spatula to break up into pieces.
4. While the sausage is cooking, cut up the broccoflower into smaller florets, place in a 8×8 glass dish, cover with plastic wrap and heat for 4 minutes on high in the microwave. (Alternatively, you can steam the broccoflower for a few minutes making sure not to overcook.)
5. Place the broccoflower in a food processor and pulse until approximately the size of rice. (in multiple batches if necessary.)
6. Once the sausage is completely browned, add the “riced” broccoflower to the pan and stir while cooking for about 5-10 minutes.
7. Remove the pan from the heat and stir in the red bell pepper and parsley.
8. Serve warm.

## **Chocolate Mousse**

*Ingredients:*

- 1 can (400 ml) creamy coconut milk
- 5 Tb (1/3 cup) cocoa powder
- 1 cup (tightly packed) soft dried dates
- A few drops of vanilla extract
- 4 small ramekins, glasses or cups to serve

*Directions:*

1. Refrigerate 1 can of creamy coconut milk for a few days.
2. Blend all ingredients together until smooth and refrigerate for an hour.
3. I make this without chocolate and add a couple spoons full into my coffee as a creamer. And the chocolate mousse makes a great dessert.

## **Crock Pot Pork Roast**

*Ingredients:*

- 3-4 lbs. pork butt/shoulder
- Juice of 1 lemon
- Juice of 1 lime
- 1 cup salsa (check for sugar, corn or beans in your salsa if you need to) (I've been using a chipotle salsa that's pretty good)
- Spices (salt, pepper, garlic powder, 1 Tbsp. cumin, 1 tsp. cayenne, 1 tsp. coriander)

*Directions:*

1. Trim the big chunks of fat off the pork
2. Cut the pork into 4-6 chunks roughly 3-4 inches across.
3. Liberally coat the chunks with salt, pepper and garlic powder.
4. Place chunks in a slow cooker and cover with the salsa, lemon juice and lime juice.
5. Add the other spices (1 teaspoon coriander, 1 teaspoon cayenne (or more or less depending on your spice preference), and 1 heaping tablespoon of cumin)
6. Cook on low for 6 hours
7. Shred the pork with two forks

\*Optional part, but highly recommended as it adds some caramelization and crispiness

8. Turn oven broiler on high and move the rack close to the top
9. Place shredded carnitas in a foil-lined baking dish or cookie sheet
10. Cover the pork with the remaining juice from the slow cooker
11. Broil for 5 minutes, removing once and tossing, then broiling for 5 more minutes

\*I eat it with steamed cabbage and sliced bell peppers, and avocado if I've got it. The wife tells me it's excellent with cheese, rolled in a corn tortilla if your level allows that.

## **Paleo Ants on a Log**

*Ingredients:*

- Celery
- Almond Butter
- Dates

*Directions:*

1. Wash as many celery sticks as you think you want to eat.
2. Cut the celery into thin easy to pick up and eat sections.
3. Spread as much almond butter onto celery sticks.
4. Cut dates into small sections and put on top of the almond butter. Enjoy! :)

## **Avocado Chicken Salad:**

*Ingredients:*

- 2 or 3 boneless, skinless chicken breasts (or you can use a whole oven roasted chicken)
- 1 avocado
- 1/4 chopped onion
- Juice of 1 lime
- 2 Tbsp fresh cilantro

*Directions:*

1. Cook chicken breast until done (anyway you want: grill, bake, pan fry....), shred.
2. Mix with all other ingredients, add salt and pepper, to taste.

\*I like to use the juice from 2 limes, gives it a little more tang!!!

## Eggs and Veggie Scramble

### *Ingredients:*

- Eggs
- Spinach
- Mushrooms
- Garlic
- Coconut oil

### *Directions:*

1. Sauté the spinach and mushrooms in pan with coconut oil until spinach is dark green
2. Throw in finely chopped garlic and let cook until light brown, crack eggs over the sautéed veggies let whites cook (about 4-5 min on medium high heat)
3. Flip and let sit for a second and put it on the plate if you're not a fan of eggs over easy you can scramble the eggs in with the veggies as well.

## Avocado Chicken Salad:

### *Ingredients:*

- 2 or 3 boneless, skinless chicken breasts (or you can use a whole oven roasted chicken)
- 1 avocado
- 1/4 chopped onion
- Juice of 1 lime
- 2 Tbsp fresh cilantro

### *Directions:*

3. Cook chicken breast until done (anyway you want: grill, bake, pan fry....), let cool, and then shred.
4. Mix with all other ingredients, add salt and pepper, to taste.

\*I like to use the juice from 2 limes, gives it a little more tang!!! The whole family loves it even my 12 year old and 10 month old!!!!

## Paleo Smoothie

### *Ingredients:*

- 8 oz. coconut milk
- 2 eggs
- 1 cup of berries
- 2 Tbsp. of almond butter

### *Directions:*

1. Blend all together! Enjoy!

## Banana Split Shake

### *Ingredients:*

- One small apple banana
- 3-4 Strawberries
- 1/3 cup Coconut milk
- 1 Tbsp Cocoa powder (to taste)

### *Directions:*

1. Put everything in a blender. The sugar in the fruit sweetens the cocoa powder. For added sweetness add some blueberries as well :)



## Stuffed Bell Peppers

### *Ingredients:*

- 5 or 6 Bell peppers
- One onion
- 1-1.5 lbs Ground beef

### *Directions:*

1. Chop onions into small pieces and "caramelize."
2. Brown ground beef and mix with onions.
3. Chop tops off of the bell peppers, clean them out and boil them for approximately 5 minutes.
4. Stuff the bell peppers full of the onions and ground beef.
5. Place the stuffed peppers into a glass dish and bake them at 350 degrees F for 25-30 minutes. Let cool and enjoy!

## Easy Kale Salad

### *Ingredients:*

- Chopped kale
- Lemon juice
- Olive oil
- Black pepper

### *Directions:*

1. Mix all together and enjoy!

## Spicy Crockpot Beef

### *Ingredients:*

- 1 grass fed tri-tip roast
- 1 white onion
- 2 cans Organic no salt added Muir Glen fire roasted tomatoes
- Maybe some extra peppers (cause) I like it spicy

### *Directions:*

2. Cook all day on low and serve in lettuce wraps. Great for left-overs too!

## Mushroom and Bacon Risotto

### *Ingredients:*

- 1 cauliflower
- 5 pieces of bacon
- 1/4-/12 pound of mushrooms
- Chicken broth
- Garlic (2 cloves)

### *Directions:*

1. Prepare the cauliflower (I used 3/4 of it) into "cauliflower rice" by a food processor or cutting it by knife.
2. Cut the 5 pieces of bacon into bacon bits and begin cooking on a skillet or pot for a few minutes to get the bacon fat going.
3. Cut up mushrooms and garlic and add to bacon and sauté for about 7 min 4.
4. Add the rice cauliflower with 1/2 cup of chicken broth, and cover the pot to steam for another 7-9min.
5. After it is complete. Stir and mix then serve!