



# March 2016 Recipes, PALEO

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## March 2016 Recipes, PALEO

### Week 1 Meal 1: Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower

#### Sesame-Ginger Salmon

##### *Ingredients:*

¼c coconut aminos  
1T toasted sesame oil  
2" ginger knob  
4 salmon fillets (4-6 oz)

##### *Instructions:*

1. Pre-heat oven to 400 F.
2. Marinade: Whisk together:
  - ¼c coconut aminos
  - 1T toasted sesame oil
  - 2T fresh grated ginger
3. Pour over salmon fillets & marinate for at least 30 minutes.
4. Remove salmon from marinade and place on a baking sheet.
5. Bake for 16-20 minutes or cooked through/ flaky.

#### Curried Eggplant & Cauliflower

##### *Ingredients:*

1 sm cauliflower  
1 lg eggplant  
¼c olive oil  
2T red curry paste\*  
¾tsp salt

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Pre-heat oven to 400 F.
2. Cut cauliflower & eggplant into small, bite-sized pieces, ~½."
3. Whisk together:
  - ¼c olive oil
  - ¾c water
  - 1-2T red curry paste
  - ¾tsp salt
4. Toss with chopped eggplant & cauliflower.
5. Place cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.



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### Week 1 Meal 2: Apricot-Glazed Chicken w/ Broccoli & Sweet Potatoes

#### Apricot-Glazed Chicken Thighs

##### *Ingredients:*

½c apricot preserves\*

1 bunch cilantro

1 garlic clove

1/8tsp cayenne pepper

1-1.5# chicken thighs (boneless, skinless)

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Pre-heat oven to 425 F.
2. Place the following in a blender:
  - ½c apricot preserves
  - handful of cilantro
  - small garlic clove, roughly chop
  - 1/8tsp cayenne
3. Blend until smooth.
4. Top chicken thighs with apricot glaze. Place chicken in a baking pan & bake for 35 minutes or cooked through to 165 F.

#### Broccoli

##### *Ingredients:*

1 bunch broccoli

1T olive oil

##### *Instructions:*

1. Pre-heat oven to 425 F.
2. Remove stem & cut florets into 1-2" pieces.
3. Toss with 1T olive oil S&P.
4. Place on a sheet tray, roast for 35-40 min, remove from oven and toss halfway through cooking.

#### Sweet Potatoes

##### *Ingredients:*

2 lg sweet potatoes

1T olive oil

3 T Italian seasoning

##### *Instructions:*

1. Pre-heat oven to 425 F.
2. Cut into 1" cubes. Toss with 1T olive oil, 3T Italian seasoning, S&P.
3. Place sweet potatoes on an oiled sheet tray, roast for 35-40 minutes, remove from oven and toss halfway through cooking.



## March 2016 Recipes, PALEO

### Week 1 Meal 3: Grass-fed Beef & Mushroom Marinara over Spaghetti Squash

#### Grass-fed Beef & Mushroom Marinara

##### *Ingredients:*

1# ground beef, grass-fed

5oz sliced mushrooms

32oz tomato sauce

2-3T Italian seasoning\*

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. In large sauté pan, add ground beef (breaking apart), 1 tub sliced mushrooms & sauté 15 minutes, stirring occasionally.
2. Add 32oz jar tomato sauce, season with 2-3T Italian seasoning, S&P to taste. Stir to combine. Simmer for 30 minutes.

#### Spaghetti Squash

##### *Ingredients:*

1-2 spaghetti squash (~4#)

##### *Instructions:*

1. Pre-heat oven to 375 F.
2. Pierce the spaghetti squash with a knife and roast whole for ~1.5 hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin).
3. Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool until able to handle without burning yourself.
4. Take halved spaghetti squash and remove seeds.
5. Scoop out squash.



## March 2016 Recipes, PALEO

### Week 1 Meal 4: Bison & Kale Chili

#### *Ingredients:*

1 dried chipotle chili (or ancho)  
2 bell peppers (red preferred)  
4 garlic cloves  
1 yellow onion  
1 bunch kale  
1# ground bison  
28oz fire roasted diced tomato\*  
2T chili powder\*  
shredded cheddar cheese, optional  
avocado, optional  
S&P to taste

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Bring 2c water to a boil. Turn off heat, add dried chipotle (or ancho), cover with lid and allow chili to rehydrate.
2. Finely dice 2 bell peppers, 4 cloves garlic & 1 yellow onion.
3. Remove leaves from stems & finely chop both.
4. In a large stock pan, add 1# ground bison cook ~5 minutes, breaking apart meat.
5. Add chopped bell peppers, onion, garlic, kale (stems & leaves) and cook for another 5-10 minutes.
6. Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
7. Place chipotle in a blender with remaining boiling water + 28oz can fire roasted tomatoes & blend until smooth.
8. Add pureed chili + tomatoes to sautéed veggies. Also add 2T chili powder.
9. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or stock as needed.
10. Cook 30 minutes-1hr. Season to taste with S&P and additional chili powder if needed.
11. Serve with option to top with cheddar cheese and/or avocado slices.



## March 2016 Recipes, PALEO

### Week 1 Salad: Mixed Greens w/ Raspberry, Feta, & Pistachios

#### *Salad Components:*

5oz mixed greens

½c pistachios

1 pint raspberries

4oz feta crumbles, optional

#### *Dressing:*

½c olive oil

¼c balsamic vinegar

S&P to taste

#### *Instructions:*

1. In a large bowl layer salad components:
  - ½ tub mixed greens
  - ¼c pistachios
  - ½ pint raspberries
  - 2 oz. feta crumbles (optional)Repeat layers

#### *For Balsamic Dressing:*

1. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - S&P to taste



## March 2016 Recipes, PALEO

### Week 1 Breakfast: Leek, Mushroom, & Goat Cheese Frittata

#### *Ingredients:*

2 leeks  
1T oil  
5oz sliced mushrooms  
8 eggs (omega 3)  
4oz goat cheese crumbles, optional  
1/8 tsp salt

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Cut leeks in half lengthwise & cut into 1/2" pieces. Place in bowl of water and separate layers, then lift leeks out of water, allowing sediment to fall to bottom.
3. Heat 1T oil over medium heat.
4. Add chopped leeks + 1 tub sliced mushrooms, S&P. Sauté ~15 minutes, stirring. Cool slightly.
5. Whisk 8 eggs in a large bowl. Stir in cooked leeks & mushrooms + goat cheese crumbles (optional).
6. Pour into oiled 9x9" pan. Sprinkle with 1/8 tsp salt.
7. Bake at 350 F for 34-38 minutes or until no longer jiggly.

### Week 1 Snack: Apples & Sunflower Seed Butter

#### *Ingredients:*

4 apples  
1/2c sunflower seed butter\*

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Cut apples into slices for snacking.



## March 2016 Recipes, PALEO

### Week 1 Dessert: Date & Pecan Chia Pudding

#### *Ingredients:*

11 oz lite coconut milk\*

4 Medjool dates

1 tsp cinnamon

1 tsp vanilla

½c pecans

¾c chia seeds

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. In a blender add:
  - 11oz lite coconut milk
  - 2c water
  - 4 Medjool dates (~1/2c), pits removed
  - 1 tsp cinnamon
  - 1 tsp vanilla
  - ½c pecans
2. Puree on medium, gradually increasing speed, blend all until dates & pecans are chopped, ~30 seconds.
3. Stir ¾c chia seeds with pureed mixture. Store in fridge.
4. Allow to soak overnight in fridge, stirring 1-2x before eating.





## March 2016 Recipes, PALEO

### Week 2 Meal 1: Shrimp, Avocado, & Grapefruit Salad

#### *Ingredients:*

1.5# shrimp, peeled, deveined, tails removed

1 grapefruit

2 avocados

5oz tub mixed greens

$\frac{3}{4}$  c sliced almonds

2T olive oil

1T honey

2T champagne vinegar

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Boil shrimp for 4-5 minutes or until color has turned. Cool.
2. Cut 1 grapefruit over a bowl (to collect juice). Cut into  $\frac{1}{2}$ " segments. Reserve 2T juice for vinaigrette.
3. Chop 2 avocados.
4. Toss mixed greens with cooked shrimp, cut grapefruit & avocado,  $\frac{3}{4}$  c sliced almonds.
5. Top with champagne vinaigrette. (below)

#### *For Champagne Vinaigrette:*

Whisk together:

- 2T olive oil
- 2T reserved grapefruit juice
- 1T honey
- 2T champagne vinegar
- S&P to taste



## March 2016 Recipes, PALEO

### Week 2 Meal 2: Macadamia Crusted Chicken w/ Napa Cabbage Slaw & Apricot Dipping Sauce

#### Macadamia Crusted Chicken

##### *Ingredients:*

1½ c macadamia nuts, unsalted  
1/3 c coconut flakes, unsweetened  
2 eggs (omega 3)  
1.5# chicken tenders

##### *Instructions:*

1. Pre-heat oven to 350 F.
2. Place in a blender or food processor:
  - 1.5c unsalted macadamia nuts
  - 1/3c coconut flakes, unsweetened
3. Blend until nuts are roughly to finely chopped. Place in a shallow bowl.
4. Whisk 2 eggs in a separate shallow bowl.
5. Dredge chicken tenders in beaten eggs and then in macadamia crust. Sprinkle lightly with salt.
6. Bake chicken tenders for 18-20 minutes.

#### Napa Cabbage Slaw

##### *Ingredients:*

1 Napa cabbage  
½ jalapeno  
½c olive oil  
2T apple cider vinegar  
1 bunch cilantro  
½ T honey  
¼ tsp salt to taste

##### *Instructions:*

1. Finely chop Napa cabbage.
2. Roughly chop ½ of jalapeno (removing seeds).
3. Place the following in a blender:
  - ½c olive oil
  - 2T apple cider vinegar
  - ½ jalapeno, seeds removed
  - small handful cilantro
  - ½ T honey
  - ¼ tsp salt or to taste
4. Blend on high until smooth.
5. Toss with 1 head chopped Napa cabbage with dressing.



## March 2016 Recipes, PALEO

### **Apricot Dipping Sauce**

#### *Ingredients:*

½ c apricot preserves\*

1 bunch cilantro

1 garlic clove

1/8 tsp cayenne

1" knob ginger

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Place the following in a blender:
  - ½ c apricot preserves
  - handful of cilantro
  - small garlic clove, roughly chop
  - 1/8tsp cayenne pepper
  - 1T fresh grated ginger
2. Blend until smooth.



## March 2016 Recipes, PALEO

### Week 2 Meal 3: Beef Fajitas w/ Guacamole

#### Beef Fajitas

##### *Ingredients:*

- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion
- 2 garlic cloves
- 1# grass-fed stir-fry beef
- 2T taco seasoning\*
- 1 Bibb lettuce

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Cut 2 bell peppers & 1 red onion into thin slices, finely chop 2 cloves garlic.
2. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onion, sauté for ~10 minutes.
3. Add beef + 2T taco seasoning, cook ~5 minutes or until just cooked.
4. Serve lettuce wraps with guacamole on the side.

#### Guacamole

##### *Ingredients:*

- 4 avocados
- 1T chopped cilantro
- ~¼c chopped tomato
- ~1T chopped jalapeño (seeds & ribs removed)
- 1 lime
- S&P to taste

##### *Instructions:*

1. Mash avocados.
2. Stir in remaining ingredients.
3. Season with S&P and lime juice to taste.



## March 2016 Recipes, PALEO

### Week 2 Meal 4: Turkey Minestrone

#### *Ingredients:*

1 yellow onion  
1 carrot  
2 garlic cloves  
1 zucchini  
½# ground turkey breast  
1T thyme  
1T basil  
1T oregano  
14oz crushed tomatoes\*  
4c beef broth\*  
S&P to taste

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Finely dice:
  - 1 yellow onion
  - 1 carrot
  - 2 cloves garlic
  - 1 zucchini
2. Heat 1tsp oil in a large soup pot over medium high, add ½ lbs. ground turkey. Break apart turkey, allowing to cook.
3. Add onion, carrots & garlic, and sauté 6-8 minutes or until turkey is cooked.
4. Season with 1T each: thyme, basil, oregano.
5. Add chopped zucchini, 14oz crushed tomatoes, 4c beef broth & 4-8c water.
6. Bring to boil, lower heat & simmer ~1hr.
7. Season with S&P to taste.



## March 2016 Recipes, PALEO

### Week 2 Salad: Italian Side Salad

#### *Salad Components:*

1 cucumber  
1 pint cherry tomatoes  
½c sliced Kalamata olives  
5oz chopped romaine

#### *Dressing:*

½c olive oil  
¼c apple cider vinegar  
1T dried basil  
S&P to taste

#### *Instructions:*

1. Chop 1 cucumber into small, ½" bite-sized pieces.
2. Halve cherry tomatoes.
3. Toss together with basil vinaigrette:
  - 1 cucumber, chopped
  - 1 pint cherry tomatoes, halved
  - ½ c sliced Kalamata olives
4. Serve on top of chopped romaine lettuce.

#### *For Basil Vinaigrette:*

1. Whisk together:
  - ½c olive oil
  - ¼c apple cider vinegar
  - 1T dried basil
  - S&P to taste



## March 2016 Recipes, PALEO

### Week 2 Breakfast: Hard Boiled Eggs & Grapes

#### *Ingredients:*

8 eggs (omega 3)

~4c grapes

#### *Instructions:*

1. Place 8 eggs in a small pot, add cold water, place on stovetop, turn heat to high and bring to a boil.
2. Lower the heat and simmer for 5 minutes.
3. Turn off heat and cover pan with a lid.
4. Let sit for 15-20 minutes, while eggs continue to cook
5. Cool, peel, & enjoy with grapes.

### Week 2 Snack: Carrots & Guacamole

#### **Carrots**

#### *Ingredients:*

1# carrots

#### *Instructions:*

1. Cut into sticks for snacking.

#### **Guacamole**

#### *Ingredients:*

4 avocados

1T chopped cilantro

~¼c chopped tomato

~1T chopped jalapeño (seeds & ribs removed)

1 lime

S&P to taste

#### *Instructions:*

1. Mash avocados.
2. Stir in remaining ingredients.
3. Season with S&P and lime juice to taste.



## March 2016 Recipes, PALEO

### **Week 2 Dessert: Fresh Mango**

*Ingredients:*

4 mangos

*Instructions:*

1. Remove fruit from stone & skin & enjoy.





## March 2016 Recipes, PALEO

### Week 3 Meal 1: Greek Chicken Salad

#### *Ingredients:*

¼c balsamic vinegar  
¾c olive oil  
fresh ground pepper  
1 T salt  
1# chicken breasts  
1 romaine head  
1 pint cherry tomatoes  
1 cucumber  
8.5oz. artichokes in water\*  
½c sliced Kalamata olives  
4oz feta crumbles, optional  
½c red wine vinegar  
½T oregano  
S&P to taste  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Whisk together:
  - ¼c balsamic vinegar
  - ¼c olive oil
  - fresh ground pepper
  - 1T salt
3. Marinate chicken in balsamic marinade for ~20-30 minutes.
4. Finely chop lettuce for salad.
5. Cut cherry tomatoes in half.
6. Chop cucumber in ½" pieces.
7. Drain artichokes & chop into small pieces.
8. Remove chicken from marinade and bake for ~40 minutes or until cooked through (165 F). Cool & slice.
9. Toss together: chopped romaine + tomatoes + cucumber + artichokes + sliced Kalamata olives + feta crumbles (optional).
10. Top salad with sliced/cooked chicken. Drizzle with vinaigrette. (below)

#### *For Greek Vinaigrette:*

1. Whisk together:
  - ½c olive oil
  - ¼c red wine vinegar
  - ½T dried oregano
  - S&P to taste



## March 2016 Recipes, PALEO

### Week 3 Meal 2: Lemon-Caper Salmon with Parmesan Roasted Cauliflower & Broccoli

#### Lemon-Caper Salmon

##### *Ingredients:*

2 lemons

4T olive oil

4T capers

4 salmon fillets (4-6 oz. each)

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Stir together:
  - Zest of 2 lemons (~1tsp)
  - 2T lemon juice (~2-3 lemons)
  - 4T olive oil
  - 4T capers
2. Heat a large sauté pan to medium-high heat and add 1T oil.
3. Place 4 salmon fillets in pan, flesh side down, and cook for 3-4 minutes.
4. Flip salmon and pour lemon-caper sauce over the top. Cover with lid & cook another 3-4 minutes or until cooked through.

#### Parmesan Roasted Cauliflower & Broccoli

##### *Ingredients:*

1 cauliflower

1 head broccoli

½c shredded parmesan, optional

1 lemon

1 T olive oil

S&P to taste

##### *Instructions:*

1. Pre-heat oven to 425 F.
2. Cut cauliflower & broccoli into 1" pieces.
3. Toss with:
  - ½c shredded parmesan
  - 1T lemon zest
  - 1T olive oil
  - S&P to taste
4. Roast cauliflower & broccoli in a single layer on a sheet tray and for 30-35 minutes.



## March 2016 Recipes, PALEO

### Week 3 Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce

#### Asian Turkey Lettuce Wraps

##### *Ingredients:*

1 romaine head  
2-3" ginger knob  
1 bunch green onion  
2 garlic cloves  
1 red bell pepper  
1 yellow onion  
1 bunch cilantro  
1 can water chestnuts  
1.25# ground turkey thigh  
1T toasted sesame oil  
1T coconut aminos  
1T rice vinegar

##### *Instructions:*

1. Remove leaves from romaine lettuce heads.
2. Chop 1 bunch green onions, keeping whites & greens separate.
3. Grate 1T ginger.
4. Finely chop:
  - 2 cloves garlic
  - 1 red bell pepper
  - 1 yellow onion
  - 2T cilantro
  - 1 can water chestnuts (drained)
5. In large sauté pan heat 1 tsp olive oil, add ground turkey, chopped bell pepper, onion, garlic, ginger, white part of green onion.
6. Cook for ~10-12 minutes, breaking apart ground turkey.
7. Add chopped water chestnuts, cilantro, green onion tops, 1T toasted sesame oil, 1T coconut aminos, 1T rice vinegar. Stir to combine.

#### Dipping Sauce

##### *Ingredients:*

1T toasted sesame oil  
1T rice vinegar  
2T coconut aminos\*

red chili flakes, optional

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Combine all ingredients.



## March 2016 Recipes, PALEO

### Week 3 Meal 4: Potato & Onion Frittata w/ Orange Wedges

#### *Ingredients:*

1 yellow onion  
1# baking potatoes  
3 garlic cloves  
8 eggs (omega 3)  
4 oranges  
S&P to taste

#### *Instructions:*

6. Pre-heat oven to 350 F.
7. Slice 1 yellow onion.
8. Thinly slice baking potatoes (works best on a mandolin).
9. Finely chop 3 cloves garlic.
10. In a large sauté pan heat 1T olive oil on high, add sliced onion and cook ~5 minutes. Season with ½ tsp salt.
11. Add sliced potatoes & chopped garlic, season with S&P.
12. Add 2c water, cover with lid turn heat to med and cook for 15 minutes or until knife easily slides through potatoes. Set aside to cool slightly.
13. Whisk 8 eggs in a large bowl, season with S&P. Stir in cooked onions & potatoes. Pour into an oiled pie pan.
14. Bake at 350 F for 40-45 minutes or until cooked through and no longer jiggly in the center.
15. Cut oranges into quarters (wedges). Serve on side.



## March 2016 Recipes, PALEO

### Week 3 Salad: Mixed Greens, Dried Figs, Walnuts, & Goat Cheese

#### *Salad Components:*

½c dried figs  
½c walnuts  
5oz mixed greens  
4oz goat cheese crumbles, optional

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
S&P to taste

#### *Instructions:*

1. Roughly chop dried figs & ½c walnuts.
2. In a large bowl layer salad components:
  - ½ tub of mixed greens
  - ¼c chopped walnuts
  - ¼c chopped dried figs
  - 2 oz goat cheese crumbles (optional)Repeat layers

#### *For Balsamic Dressing:*

1. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - S&P to taste



## March 2016 Recipes, PALEO

### Week 3 Breakfast: Almond Butter, Strawberry, & Banana Smoothie

#### *Ingredients:*

2 bananas

1 bag frozen strawberries (8-10oz)\*

1 bag frozen spinach (8-10oz)\*

½c almond butter

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. In a blender combine:
  - 3-4c water
  - 8oz frozen strawberries
  - 2 bananas
  - frozen spinach (~2c)
  - ½c almond butter
2. Blend until smooth.
3. This yields 4 smoothies. Depending on blender size it may be best to do in 2 batches.

### Week 3 Snack: Grapes & Cashews

#### *Ingredients:*

1 bunch grapes

1c cashews

#### *Instructions:*

1. 1 serving = 1c grapes + ¼c cashews.



## March 2016 Recipes, PALEO

### **Week 3 Dessert: Almond Butter Cups**

#### *Ingredients:*

1c coconut oil  
1c cacao/cocoa powder  
¼c honey  
pinch of salt  
4T almond butter

#### *Instructions:*

1. Place 12 muffin liners in a muffin pan.
2. In a saucepan over low heat, whisk together, until coconut oil is melted and ingredients are well combined. Remove from heat.
3. Place 1T of cocoa mixture into bottom of each liner & freeze ~10 minutes. Once cocoa mixture hardens, place 1tsp almond butter in the center of each cup and "flatten" slightly.
4. Top with additional 1-1.5T cocoa mixture (enough to cover completely). Place in freezer for 10 minutes or until hardened.



## March 2016 Recipes, PALEO

### Week 4 Meal 1: Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, Olives, & Feta

#### Pecan-Crusted Chicken

##### *Ingredients:*

1 can coconut milk\*

1T apple cider vinegar

1# chicken tenders

1½ c pecans

1T chili powder

1T smoked paprika

1T cumin

2 omega-3 eggs

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

2. Pre-heat oven to 425 F.
3. Whisk coconut milk with 1T apple cider vinegar. Add chicken and marinate 1-2 hours in refrigerator.
4. In a food processor add:
  - 1½ cup pecans
  - 1T chili powder
  - 1T smoked paprika
  - 1T cumin powder
5. Blend until pecans are roughly to finely chopped. Put chopped pecans in a bowl.
6. In a separate bowl whisk 2 eggs.
7. Remove chicken tenders from marinade. Dredge each in this order:
  - 1: eggs
  - 2: pecan crustRepeat steps until all fillets are covered.
8. Place pecan chicken on a sheet tray. Bake 12-15 minutes or cooked through (165 F).





## March 2016 Recipes, PALEO

### **Collard Green Salad w/ Tomato, Olives, & Feta**

#### *Salad Components:*

¼c sun-dried tomatoes (in oil)  
1 bunch collard greens  
¼ c olive oil  
½ tsp salt  
8oz Feta cheese, optional  
1/8c sliced Kalamata olives

#### *Dressing:*

½c olive oil  
½c basil leaves  
Zest & juice of 1 lemon  
1 tsp honey  
S&P to taste

#### *Instructions:*

1. Roughly chop ¼c sun-dried tomatoes.
2. Remove leaves from collards (discarding stems). Roughly chop leaves. Place in a large bowl.
3. Add ¼ c olive oil & ½ tsp sea salt (coarse sea salt preferred).
4. Use your hands to “massage” the salt and oil into the leaves for 2-3 minutes, add up to and additional ¼c oil if needed.
5. Add:
  - ¼c chopped sundried tomatoes
  - 1T of lemon-basil vinaigrette (below)
  - 4oz crumbled Feta (optional)
  - 1/8 cup sliced Kalamata olives
6. Toss all together.

#### *For Lemon Basil Vinaigrette:*

1. Place in blender:
  - ½c olive oil
  - ½c basil leaves
  - Zest & juice of 1 lemon
  - 1 tsp honey
  - 1/8 tsp salt or to taste
2. Blend on high until basil is finely chopped.



## March 2016 Recipes, PALEO

### **Week 4 Meal 2: Salmon, Cucumber, Almond, & Strawberry Salad w/ Lemon-Basil Vinaigrette**

#### **Salmon**

##### *Ingredients:*

4 salmon fillets (4-6 oz.)

S&P to taste

##### *Instructions:*

1. Pre-heat oven to 425 F.
2. Season salmon with S&P and bake for 18-20 minutes (or option to grill).

#### **Cucumber, Almond, & Strawberry Salad w/ Lemon-Basil Vinaigrette**

##### *Ingredients:*

1 cucumber

8 oz strawberries

1 small tub mixed greens

½ c sliced almonds

8oz Feta cheese, optional

##### *Instructions:*

1. Cut cucumber into 1" pieces.
2. Thinly slice 8 oz. of strawberries.
3. Toss together in a large bowl:
  - mixed greens
  - ½c sliced almonds
  - sliced strawberries
  - chopped cucumber
  - 4 oz crumbled feta (optional)
4. Drizzle with lemon basil vinaigrette (below)

##### *For Lemon Basil Vinaigrette:*

3. Place in blender:
  - ½c olive oil
  - ½c basil leaves
  - Zest & juice of 1 lemon
  - 1 tsp honey
  - 1/8 tsp salt or to taste
4. Blend on high until basil is finely chopped.



## March 2016 Recipes, PALEO

### Week 4 Meal 3: Bison, Broccoli & over Zucchini Pesto “Pasta”

#### *Ingredients:*

1 broccoli  
2 zucchini  
1/3c olive oil  
1 lemon  
1 garlic clove  
2 oz. parmesan, optional  
1/2c walnuts  
1 bunch basil  
1 small bag spinach  
1# ground bison  
optional: red chili flakes

#### *Instructions:*

1. Chop broccoli into bite-sized pieces, set aside.
2. Thinly slice 2 zucchini in long spaghetti-like strips (best on a mandolin or spiralizer).
3. For pesto, combine the following in a blender:
  - 1/3c olive oil
  - 1/4c water or broth (add more if needed for consistency)
  - 1T lemon juice (about 1/2 lemon)
  - 1 clove garlic
  - 2 oz parmesan (optional)
  - 1/2c walnuts
  - 1/2c basil
  - 1c large handful of spinachBlend until smooth.
4. Brown 1# ground bison in a large sauté pan on medium high for 10-12 minutes or cooked through.
5. Add chopped broccoli and sauté additional 3 minutes.
6. Add pesto & stir to combine.
7. In a separate sauté pan, heat 1tsp olive oil over med-high heat.
8. Add zucchini “spaghetti” and cook 2-3 minutes.
9. Add bison, broccoli, & pesto. Option to season with red chili flakes and/or parmesan.



## March 2016 Recipes, PALEO

### Week 4 Meal 4: Zucchini & Sausage Soup

#### *Ingredients:*

1 zucchini  
1 summer squash  
1 yellow onion  
2 garlic cloves  
1 russet potato  
4 celery stalks  
1# raw bulk sausage\*  
32oz vegetable broth\*  
1 lemon  
4-6oz parmesan, optional  
S&P to taste

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Roughly chop
  - 1 zucchini
  - 1 yellow summer squash
  - 1 yellow onion
  - 2 garlic cloves
  - 1 potato
  - 4 celery stalks
2. In large soup pot, cook 1# sausage (removed from casing). Break apart sausage with a spatula or spoon. Remove sausage, set aside.
3. Add roughly chopped veggies (zucchini, squash, onion, garlic, celery, & potato).
4. Sauté veggies for 10 minutes. Add 3c veggie broth + 3c water and cook for 30-45 minutes or until a knife easily slides through potatoes.
5. Turn heat off of soup and let cool slightly. Puree soup until smooth (may need to do this in batches).
6. Add sausage back to pureed soup.
7. Season soup with: 1T lemon juice, zest of 1 lemon (about 1tsp), 2oz parmesan (optional), S&P to taste.
8. Option to top with grated parmesan.



## March 2016 Recipes, PALEO

### Week 4 Salad: Romaine w/ Carrot, Radish, Avocado, & Sunflower Seeds

#### *Salad Components:*

- 1 large carrot
- 1 bunch radishes
- 2 avocados
- 1 sm bag chopped romaine
- ½c sunflower seeds

#### *Dressing:*

- ½c olive oil
- ¼c balsamic vinegar
- S&P to taste

#### *Instructions:*

7. Grate (using food processor or large cheese grater) 2 carrots & radishes (or thinly slice/ chop).
8. Chop 1-2 avocados.
9. In a large bowl layer salad components:
  - ½ bag chopped romaine lettuce
  - ½ shredded (or chopped) carrot & radish
  - avocado
  - ¼c sunflower seedsRepeat layers

#### *For Balsamic Dressing:*

9. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - S&P to taste



## March 2016 Recipes, PALEO

### Week 4 Breakfast: Eggs over Zoodles with Sausage

#### *Ingredients:*

2 zucchini

4 sausage links\*

1 tsp olive oil

4-6 eggs (omega-3)

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Thinly slice 2 zucchini in long spaghetti-like strips (best on a mandolin or spiralizer).
2. Heat sausage links per package in a sauté pan. (note: option to cook all/ most of this in 1 very large sauté pan at the same time)
3. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add ½ zucchini “spaghetti” and cook 2-3 minutes.
4. Fry eggs in 1tsp oil for 4-5 minutes or white is cooked and yolk is cooked as desired (this also works well with poached eggs).

### Week 4 Snack: Mango, Banana, & Spinach Smoothies

#### *Ingredients:*

10 oz bag mango chunks

1 bunch bananas

1 small bag spinach

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. In a blender add:
  - 3-4c water
  - 10oz frozen mangos (~3c)
  - 2 bananas
  - spinach (~4c)Blend on high until smooth.
2. This yields 4 smoothies. Depending on blender size it may be best to do in 2 batches.



## March 2016 Recipes, PALEO

### **Week 4 Dessert: Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries**

#### *Ingredients:*

½c balsamic vinegar

1tsp vanilla

1tsp maple syrup, optional

8 oz strawberries

1 pint vanilla coconut milk ice cream OR substitute with yogurt of choice

#### *Instructions:*

1. Thinly slice 8 oz. of strawberries.
2. Whisk together:
  - ¼c balsamic vinegar
  - 1tsp vanilla
  - 1tsp maple syrup (optional)
3. Pour over sliced strawberries (allow to marinate for at least 1 hour).
4. Scoop of ice cream and top with ~1/4c of marinated strawberries.



## March 2016 Recipes, PALEO

### Week 5 Meal 1: Mahi Mahi w/ Pineapple Salsa & Asparagus

#### Mahi Mahi

##### *Ingredients:*

4 mahi mahi fillets

1 lime

S&P to taste

##### *Instructions:*

1. Pre-heat oven to 400 F.
2. Bake Mahi Mahi for 14-16 minutes or cooked/ flaky OR option to grill, 4-6 minutes/ side.
3. Season with S&P.
4. Cut 1 lime into wedges & serve with fish.

#### Pineapple Salsa

##### *Ingredients:*

1 fresh pineapple

1 red bell pepper

1 jalapeno

1 bunch chives (or green onion or cilantro)

1 lime

Salt to taste

##### *Instructions:*

1. Finely dice:
  - 1c pineapple
  - 1 red bell pepper
  - 1 jalapeno
  - 1T chopped chives (or green onion or cilantro)
2. Toss all together with:
  - lime juice to taste (1-2t)
  - 1/4t salt (or to taste)

#### Asparagus

##### *Ingredients:*

1 bunch asparagus

1T olive oil

S&P to taste

##### *Instructions:*

1. Pre-heat oven to 400 F.
2. Remove & discard lower 2-3" of asparagus. Toss with 1T olive oil, S&P.
3. Roast asparagus for 10-12 minutes.





## March 2016 Recipes, PALEO

### Week 5 Meal 2: Turkey Meatloaf w/ Mashed Sweet Potatoes & Broccoli

#### Turkey Meatloaf

##### *Ingredients:*

1# ground turkey thigh

1T chili powder\*

1c almond flour

1 egg

½c tomato sauce\*

Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Pre-heat oven to 400 F.
2. Place the following in a large bowl:
  - 1# ground turkey thigh
  - 1c almond flour
  - 1T chili powder
  - 1 egg
  - ½c tomato sauce
3. Mix all ingredients to combine (works best using hands). Place in an oiled baking pan and cover.
4. Bake meatloaf for 45-50 minutes or cooked through.

#### Mashed Sweet Potatoes

##### *Ingredients:*

2 lg sweet potatoes (~2#)

##### *Instructions:*

1. Use knife to poke holes in 2 potatoes.
2. Place in a large pot, cover with water & boil for 1-1.5hr or until a knife inserts easily.
3. Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth.

#### Broccoli

##### *Ingredients:*

1 head broccoli

S&P to taste

##### *Instructions:*

1. Cut broccoli florets into 1" bite-sized pieces. Discard stem.
2. Steam (or boil) broccoli for 5-6 minutes.
3. Season lightly with S&P.



## March 2016 Recipes, PALEO

### Week 5 Meal 3: Marinated Flank Steak w/ Baked Potatoes & Sautéed Spinach

#### Marinated Flank Steak

##### *Ingredients:*

½c olive oil  
1 bunch cilantro  
2 garlic cloves  
1T balsamic vinegar  
1T honey, optional  
½T salt  
2T apple cider vinegar  
1-1.5# grass-fed flank steak

##### *Instructions:*

1. Place the following in a blender:
  - ½c olive oil
  - large handful cilantro
  - 2 cloves peeled garlic
  - 1T balsamic vinegar
  - 1T honey
  - ½T salt
  - 2T apple cider vinegar
2. Blend until combined. Pour over steak and allow to marinate in fridge for 1 hour up to 3 days.
3. Remove steak from marinade, grill for 4-6 min per side for medium rare OR heat large sauté pan to med-high, sear for 3 min on per side & transfer to 400 F oven for ~8 min for medium rare.
4. Allow steak to rest 5-10 min before cutting. Cut very thin against the grain (like fajita meat).

#### Baked Potatoes

##### *Ingredients:*

4 baking potatoes

##### *Instructions:*

1. Pre-heat oven to 350 F.
2. Use knife to poke holes in potatoes. Wrap in foil. Bake 45-60 minutes or until soft.

#### Sautéed Spinach

##### *Ingredients:*

1 tsp olive oil  
1 bag baby spinach

##### *Instructions:*

1. Heat 1-2 tsp oil in large sauté pan & cook spinach 4-5 minutes.
2. Season to taste with S&P.



## March 2016 Recipes, PALEO

### Week 5 Meal 4: Veggie Minestrone

#### *Ingredients:*

1 carrot  
1 zucchini  
1 yellow onion  
2-3 garlic cloves  
½# ground bison  
1T thyme  
1T basil  
1T oregano  
14oz diced tomatoes\*  
4c vegetable broth\*  
S&P to taste

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Finely chop:
  - 1 carrot
  - 1 zucchini
  - 1 yellow onion
  - 2-3 cloves garlic
2. Heat 1tsp oil in a large soup pot over medium high, add ½# ground bison, chopped garlic (~1T), chopped onion & chopped carrot, sauté for 6-8 minutes.
3. Season with 1T each: thyme, basil, oregano.
4. Add 1 chopped zucchini, 14oz diced tomatoes, 4c vegetable broth & 4-8c water.
5. Bring to boil, lower heat & simmer ~1hr.
6. Season with S&P to taste.



## March 2016 Recipes, PALEO

### Week 5 Salad: Arugula w/ Tomatoes, Basil, & Mozzarella

#### *Salad Components:*

1 pint cherry tomatoes  
1 bunch fresh basil  
5oz arugula tub  
1 tub mini mozzarella balls, optional  
½c pine nuts

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
S&P to taste

#### *Instructions:*

1. Cut cherry tomatoes into half.
2. Roughly chop basil.
3. In a large bowl layer salad components:
  - ½ tub of arugula
  - ½c mozzarella balls (optional)
  - ½ cherry tomatoes
  - ¼c pine nuts
  - ½ chopped basilRepeat layers

Note: could swap mozzarella with avocado and add slices on dish day.

#### *For Balsamic Dressing:*

1. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - S&P to taste



## March 2016 Recipes, PALEO

### Week 5 Breakfast: Asparagus & Bacon Frittata w/ Feta

#### *Ingredients:*

2-3 garlic cloves

4 slices thin, peppered bacon\*

1 bunch asparagus

8 eggs (omega-3)

black pepper to taste

4oz feta crumbles, optional

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Finely chop 2-3 cloves garlic.
3. Finely chop 4 slices bacon.
4. Remove & discard lower 2" of asparagus & cut into 1/2" pieces.
5. Place chopped bacon in sauté pan, cook 3-4 minutes, add chopped asparagus & garlic, and continue to cook for 3-4 minutes or until bacon is cooked/ crispy.
6. Whisk 8 eggs in a large bowl & season with black pepper. Stir in cooked bacon & asparagus.
7. Pour into a prepared pie pan. Top with 4oz crumbled feta.
8. Bake at 350 F for 20-30 minutes or until no longer jiggly.

### Week 5 Snack: Cucumber Slices & Sunflower Seed Butter

#### *Ingredients:*

1 cucumber

1/2c sunflower seed butter\*

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Cut cucumber into slices for snacking.

### Week 5 Dessert: Fresh Pineapple

#### *Ingredients:*

1 pineapple

#### *Instructions:*

1. Slice pineapple. Enjoy!