



# October 2016 Recipes, Paleo

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## October 2016 Recipes, Paleo

### Week 1 Meal 1: Pumpkin Seed Crusted Chicken w/ Vegan Broccoli Soup

#### Pumpkin Seed Crusted Chicken

##### *Ingredients:*

1c pumpkin seeds  
1/4tsp salt  
1/4tsp cayenne  
1/2T cumin  
1/2T paprika  
2 eggs  
4 boneless, skinless chicken breasts

##### *Crust:*

1. Blend until sand-like consistency:
  - 1c pumpkin seeds
  - 1/4tsp salt
  - 1/4tsp cayenne
  - 1T cumin
  - 1T paprika

##### *Chicken:*

2. Pre-heat oven to 375 F.
3. Whisk 2 eggs, place in shallow bowl.
4. Place crust in separate bowl.
5. Dredge chicken in eggs & then pumpkin seed crust.
6. Bake chicken for 25 minutes for smaller breasts, up to 40 minutes for larger breasts, or until cooked to 165.



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### Broccoli Soup

#### *Ingredients:*

1tsp oil  
1 yellow onion  
1 head broccoli  
2 garlic cloves  
1c veggie broth  
4c water  
1c cashews  
S&P to taste

#### *Instructions:*

1. Roughly chop broccoli & 1 yellow onion (these will eventually be pureed).
2. Heat 1tsp oil in large pot over med-high heat.
3. Add roughly chopped onion + broccoli + 2 peeled garlic cloves.
4. Sauté for 2-3 min.
5. Add 1c veg broth + 3c water (or water to just cover veggies).
6. Bring to a low simmer, cook for 30 min, then set aside to cool.
7. In a separate small pot, bring 1c water to boil.
8. Remove from heat and add 1c cashews.
9. Allow to soak, set aside.
10. Blend the following on high until smooth:
  - Soaked cashews
  - Soaking water
  - Cooked broccoli & onions
  - Add water if needed for consistency
  - Season with S&P



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### Week 1 Meal 2: Lemon-Basil Shrimp w/ Italian Side Salad

#### Lemon-Basil Marinade

##### *Ingredients:*

1 lemon  
1T olive oil  
1/2c veggie broth  
1 bunch basil  
1 clove garlic

##### *Instructions:*

1. Blend the following on high until smooth:
  - 1T lemon zest
  - 1T lemon juice
  - 1T olive oil
  - 1/2c veggie broth
  - 2-3 large handfuls of basil leaves
  - 1 clove garlic
2. Set aside 1/4c marinade for side salad. Store the remaining for shrimp marinade.

#### Lemon-Basil Shrimp

##### *Ingredients:*

1# shrimp (peeled & deveined)  
1/4c lemon-basil marinade

##### *Instructions:*

1. Pre-heat oven to 425 F. Marinate the shrimp with 1/4c lemon-basil marinade for ~1 hour.
2. Bake shrimp for 12 minutes or cooked through.

#### Italian Side Salad

##### *Ingredients:*

1 head romaine lettuce  
1 cucumber  
1 pint cherry tomatoes  
1/4c lemon-basil marinade

##### *Instructions:*

1. Chop romaine lettuce in bite-sized pieces. Dice cucumber & cut cherry tomatoes in half.
2. In large bowl, mix:
  - Romaine lettuce
  - Chopped tomatoes
  - 2c chopped cucumber
3. Toss the salad and lemon-basil marinade together.



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## Week 1 Meal 3: Beef & Butternut Squash Tagine

### Beef & Butternut Squash Tagine

#### *Ingredients:*

1 yellow onion  
1/4c dried apricots  
3-4# butternut squash (1 bag pre-cut if available)  
1T cumin  
1T turmeric  
1T paprika  
1T cinnamon  
1# beef sirloin (grass-fed, cut into 1" cubes)  
1c tomato puree

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Slice 1 yellow onion into long strips.
3. Chop 1/4c dried apricots.
4. Peel butternut squash, remove seeds, and cube into 1" cubes.
5. Whisk together:
  - 1T cumin
  - 1T turmeric
  - 1T paprika
  - 1T cinnamon
6. Rub whisked spices into beef cuts.
7. Heat 1t oil over med-high heat in a large stockpot.
8. Add yellow onion slices & spiced beef cubes; sauté for 3-4 minutes.
9. Add 1/4c chopped apricots + 1c tomato puree + 1c water. Cover and place in oven for ~1.5 hours.
10. Add butternut squash, cover and bake another 1-2 hours, covered.



## October 2016 Recipes, Paleo

### Week 1 Meal 4: Turkey Taco Soup

#### Turkey Taco Soup

##### *Ingredients:*

- 1 yellow onion
  - 2 x carrots
  - 1 red bell pepper
  - 1 yellow bell pepper
  - 1 green bell pepper
  - 2 garlic cloves
  - 1 jalapeno
  - 4oz sliced mushrooms
  - 3/4# ground turkey breast
  - 2T taco seasoning\*
  - 2c tomato puree
  - 2 1/2c veggie broth
  - 2 avocados (optional)
  - 1c cheddar cheese (optional)
  - 1c soup cream/Greek yogurt (optional)
- \* Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Finely chop:
  - 1 yellow onion
  - 2 carrots
  - 3 bell pepper
  - 2 garlic cloves
  - 1 jalapeno (discard seeds)
2. In a large soup pot over med-high heat, add:
  - 1tsp olive oil
  - Chopped veggies (onion, bell pepper, garlic, jalapeno)
  - 1 tub mushrooms
  - Ground turkey
3. Cook for ~10 minutes, breaking meat apart.
4. Add 2T taco seasoning.
5. Add 2c tomato puree + 2 1/2c broth.
6. Turn to low, cook for 30 min.
7. Option to top with:
  - Sliced avocado
  - Cheddar cheese
  - Sour cream
  - Greek Yogurt



## October 2016 Recipes, Paleo

### **Week 1 Salad: Mixed Greens w/ Pomegranate, Walnuts & Blue Cheese w/ Balsamic Vinaigrette**

#### *Salad Components:*

½c walnuts  
5oz tub mixed greens  
1 pomegranate (OR 1 bag fresh pom kernels)  
4oz blue cheese crumbles (optional)

#### *Dressing:*

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

#### *Instructions:*

1. Roughly chop ½c walnuts.
2. Cut pomegranate in half, place first half in a bowl of water in sink, remove kernels from white pith & strain. Repeat with second half.
3. Layer in container as follows:
  - ½ tub mixed greens
  - ½ pomegranate kernels
  - 2oz blue cheese crumbles (optional)
  - ¼c chopped walnuts
  - Any remaining chopped cucumber from side saladRepeat layers

#### *For Balsamic Dressing:*

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



## October 2016 Recipes, Paleo

### Week 1 Breakfast: Swiss Chard, Mushroom, Onion & Goat Cheese Frittata

#### *Ingredients:*

1 bunch swiss chard leaves  
1 red onion  
4 garlic cloves  
10 eggs  
4oz sliced mushrooms  
4oz goat cheese crumbles (optional)

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Remove chard leaves from stem. Finely chop stem and set aside.
3. Roughly chop leaves and set aside.
4. Thinly slice red onion and chop 4 cloves garlic, set aside.
5. In a large sauté pan, over medium heat, add 1T olive oil + sliced red onion + 1/4tsp salt.
6. Sauté for 15 min, stirring occasionally.
7. Add chard leaves and cook a final 10 minutes, set aside.
8. In a large bowl, whisk together 10 eggs + pepper + 1/8tsp salt.
9. Stir in cooled veggies.
10. Spray a 9x13" pan w/ olive oil.
11. Pour egg mixture in pan.
12. Bake in oven for 25 min.
13. Top w/ goat cheese, return to oven 2-3 min or until cheese is melty. (optional)

### Week 1 Snack: Grapes & Pistachios

#### *Ingredients:*

1 bunch grapes  
2c in-shell pistachios

#### *Instructions:*

1. Serve 1c grapes w/ 1/2c pistachios.





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### Week 1 Dessert: Cranberry-Pecan Baked Pears

#### *Ingredients:*

1/4c coconut oil  
~1T cinnamon  
1tsp vanilla  
4 just soft pears  
1/2c pecans  
1/4c medjool dates  
1/4c dried cranberries

#### *Instructions:*

1. Pre-heat oven to 375 F.
2. Place in blender until roughly chopped, set aside:
  - 1/4c coconut oil
  - 1/4c dates, pits removed (5 large)
  - 1/4c dried cranberries
  - 1/2c pecans
  - 1tsp vanilla
3. Core pears in half and scoop out center seeds.
4. Place 1T (heaping) of filling into each pear.
5. Sprinkle pears w/ 1T cinnamon.
6. Bake in oven for 30 minutes or until soft (less ripe/firmer pears require longer baking time, but cover to avoid burning).



## October 2016 Recipes, Paleo

### Week 2 Meal 1: Spaghetti Squash w/ Grass-fed Beef & Mushroom Marinara

#### *Ingredients:*

1-2 spaghetti squash (~4#)  
1# grass-fed, organic ground beef, 95% lean  
1T garlic, chopped  
3/4 yellow onion, diced  
8oz sliced mushrooms  
25.5oz tomato sauce\*  
3T herbs de Provence (OR Italian herb blend)  
S&P to taste  
4oz Parmesan cheese (optional)  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Pre-heat oven to 375 F.
2. Pierce the spaghetti squash with a knife and roast for ~1.5 hours for 2 small or ~2 hours for 1 large squash (or until a knife easily pierces the skin).
3. While squash is cooking, in a large sauté pan, add and sauté for 15 min, continuing to break apart meat and stirring occasionally:
  - Beef
  - 1T garlic
  - Yellow onion
  - 8oz sliced mushrooms
4. Add 25.5oz jar of tomato sauce, 3T herbs de Provence, S&P to taste. Stir to combine.
5. Once squash is cooked, carefully slice squash in half, allowing heat to escape.
6. Set aside and allow to cool, remove seeds, then scoop out squash.
7. Serve spaghetti squash topped w/ tomato sauce.
8. Option to grate Parmesan overtop.



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### Week 2 Meal 2: Carrot & Asparagus Stir Fry w/ Almonds & Cauliflower Rice

#### Carrot & Asparagus Stir Fry

##### *Ingredients:*

1 knob fresh ginger root  
2 bunches asparagus  
4 x carrots  
1/4c coconut aminos  
1/4c rice vinegar  
1T toasted sesame oil  
1/2T coconut oil  
1T garlic, chopped  
1/2c almonds

##### *Instructions:*

1. Peel and grate ginger root (~1-1.5T)
2. Cut and discard asparagus ends.
3. Chop carrots and asparagus into bite-sized pieces, store w/ ginger & 1T garlic.
4. Mix together to make stir fry sauce:
  - 1/4c coconut aminos
  - 1/4c rice vinegar
  - 1T sesame oil
5. Add 1/2T coconut oil to a sauté pan over medium-high heat.
6. Add garlic, ginger, carrots, & asparagus. Sauté for 10 minutes.
7. Add stir-fry sauce and cook another 2-3 minutes.
8. Top with almonds

#### Almonds & Cauliflower Rice

##### *Ingredients:*

1 x cauliflower  
1T coconut oil  
3/4 yellow onion, diced  
cauliflower

##### *Instructions:*

1. Remove core, leaves, and any dark spots of cauliflower. Coarsely chop, make sure it is completely dry and set aside.
2. Place chopped cauliflower in food processor (May have to do in multiple batches). Pulse until it is small rice like texture. Careful not to go to far or it will be mushy.
3. Heat 1T coconut oil in large sauté pan, add chopped onion & sauté ~10 min until translucent.
4. Add cauliflower rice.
5. Cover and cook ~5 min, stirring frequently until cauliflower is crisp on the outside and tender on the inside.
6. Season w/ S&P.



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### Week 2 Meal 3: Parsley Roasted Chicken Legs w/ Acorn Squash Halves & Sautéed Swiss Chard

#### Parsley Roasted Chicken Legs

##### *Ingredients:*

1/2c olive oil  
1 bunch fresh parsley  
2 garlic cloves, peeled  
2 lemons  
1T salt & fresh ground pepper  
4 x bone-in, skin-on chicken legs

##### *Instructions:*

1. For the parsley marinade, place the following in blender and blend until just smooth:
  - 1/2c olive oil
  - large handful fresh parsley
  - 2 whole garlic cloves
  - Juice of 2 lemons (~2T)
  - 1T salt & fresh ground pepper
2. Marinate chicken for 1 hour up to 24 hours (in fridge).
3. Pre-heat oven to 400 F.
4. Remove from marinade and place in single layer in baking pan.
5. Roast uncovered for 45-55 min.

#### Acorn Squash Halves

##### *Ingredients:*

2 x acorn squash  
4tsp coconut oil  
S&P to taste

##### *Instructions:*

1. Pre-heat oven to 400 F.
2. Cut all acorn squash in half, remove & discard seeds.
3. Rub the inside of all squash half w/ ~1tsp coconut oil each.
4. Season w/ S&P.
5. Roast uncovered for 45-55 min.



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### **Sautéed Swiss Chard**

#### *Ingredients:*

1T garlic, chopped  
2 x Swiss chard  
1tsp olive oil  
S&P to taste

#### *Instructions:*

1. Remove leaves from stem of Swiss chard. Discard stems.
2. Roughly chop leaves.
3. Heat 1tsp olive oil in large sauté pan.
4. Sauté chard and garlic for 3-5 min.
5. Season with S&P.



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### Week 2 Meal 4: Shrimp & Veggie Gumbo

#### *Ingredients:*

1 link (3oz) raw andouelle pork sausage  
1 red bell pepper  
1 green bell pepper  
1# baking potatoes  
3/4 yellow onion, diced  
1T garlic, chopped  
~2tsp Creole seasoning  
2c water  
4c chicken broth  
12-16oz cut okra (frozen)  
1# shrimp, peeled and deveined (fresh or frozen)  
S&P to taste

#### *Instructions:*

1. Peel & cut baking potatoes into 1/2" pieces.
2. Finely dice both bell peppers.
3. In a large stock pan over high heat, sauté sausage for 2-3 minutes, breaking apart.
4. Add bell peppers, 1/2 onion, 1T garlic and 2tsp Creole seasoning. Saute for 7-8 minutes.
5. Add 2c water, 4c broth. Bring to a boil & then lower to simmer for 15-20 minutes.
6. Add chopped okra, potatoes & 1# peeled/deveined shrimp.
7. Increase heat to medium, allowing to simmer.
8. Cook another 20-30 minutes on low simmer. Add more water/broth if needed for desired consistency.
9. Season to taste w/ additional Creole seasoning and S&P.



## October 2016 Recipes, Paleo

### **Week 2 Salad: Mixed Greens w/ Orange Segments, Pistachios & Champagne Vinaigrette**

#### *Salad Components:*

5oz tub mixed greens

2 oranges

½c pistachios

4oz goat cheese crumbles (optional)

#### *Dressing:*

¼c olive oil

1T honey

3T champagne vinegar

#### *Instructions:*

4. In a large bowl layer salad components:
  - ½ tub mixed greens
  - ¼c pistachios
  - ½ orange, peeled and cut into segments
  - 2oz crumbled goat cheese (optional)Repeat layers

#### *For Balsamic Dressing:*

1. Combine together:
  - ¼c olive oil
  - 1T honey
  - 3T champagne vinegar



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### Week 2 Breakfast: Baked Acorn Squash w/ Poached Eggs

#### *Ingredients:*

2 x acorn squash  
4tsp coconut oil  
S&P to taste  
1T apple cider vinegar  
4 eggs

#### *Instructions:*

1. Pre-heat oven to 400 F.
2. Cut all acorn squash in half, remove & discard seeds.
3. Rub the inside of all squash half w/ ~1tsp coconut oil each.
4. Season w/ S&P.
5. Roast uncovered for 45-55 min.
6. Bring a pot of water to a very low simmer.
7. Add 1T apple cider vinegar.
8. Slowly add 4 cracked eggs and cook 5 min. Remove.
9. Serve eggs over baked squash halves.
10. Season with S&P.

### Week 2 Snack: Brussels Sprouts

#### *Ingredients:*

2# Brussels sprouts

#### *Instructions:*

1. Pre-heat oven to 375 F.
2. Toss with 1-2T olive oil.
3. Place on a baking sheet and bake for 45-55 minutes. Time will vary depending on size.
4. Remove from oven ½ way through cooking and toss.





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### Week 2 Dessert: Sweet Potato Pie

#### *Crust Ingredients:*

1/4c coconut oil

1/3c medjool dates\*

1c pecans

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

#### *Pie Ingredients:*

1# sweet potatoes

1/4c maple syrup

3 eggs

1T pumpkin pie spice

#### *Crust Instructions*

1. Pre-heat oven to 350 F.
2. In a food processor or blender, combine the following until well combined:
  - 1/4c coconut oil
  - 1/3c medjool dates, pitted
  - 1c pecans
3. Press into an oiled pie pan.
4. Bake for 10 min.

#### *Filling Instructions:*

5. Pre-heat oven to 375 F.
6. Set up large pot with 4-6" of water for steaming. Bring water to a boil, then lower heat to simmer.
7. Pierce unpeeled sweet potatoes with a knife.
8. Place sweet potatoes in a steamer over the large pot of water (or directly in large pot if no steamer is available).
9. Cover with a tight-fitting lid and steam for 1-1.5 hours or until a knife easily pierces potatoes.
10. Check occasionally, adding water as needed.
11. In a blender, combine the following:
  - 1/4c maple syrup
  - 3 eggs
  - cooked sweet potatoes (skin removed)
  - 1T pumpkin pie spice
12. Add filling to crust.
13. Bake for an additional 20-25 min or until set and no longer jiggle.



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### Week 3 Meal 1: Italian Almond Crusted Pork Chops w/ Roasted Potatoes & Broccoli

#### Italian Crusted Pork Chops

##### *Ingredients:*

2 eggs  
1c almond flour  
1T dried basil  
1T dried oregano  
2T grated parmesan cheese (optional)  
4 bone-in pork chops, 4-6oz each

##### *Instructions:*

1. Pre-heat oven to 375 F.
2. In 2 shallow bowls or containers, place the following separately:
  - 2 eggs, whisked
  - Whisk together 1c almond flour, 1T dried basil, 1T dried oregano, 2T grated parmesan (optional)
3. Dredge each pork chop in the following order:
  - Whisked eggs
  - Seasoned almond flour
4. Repeat steps until all pork chops are covered.
5. Bake for 35-45 minutes or cooked through (145 F).

#### Roasted Potatoes & Broccoli

##### *Ingredients:*

4-6 red potatoes  
2T olive oil  
1T oregano  
2T parmesan cheese (optional)  
S&P to taste  
1 x broccoli

##### *Instructions:*

1. Pre-heat oven to 375 F.
2. Chop potatoes into bite-sized pieces. Toss with 1T olive oil, 1T oregano, 1T grated parmesan (optional), S&P.
3. Chop broccoli into bite-sized pieces. Toss with 1T olive oil, 1T parmesan (optional), S&P.
4. Place chopped potatoes on a sheet pan and roast for 35-40 minutes or until browned/cooked through, removing halfway to toss.
5. Place broccoli on a sheet pan and roast for 30-40 minutes, removing halfway to toss.



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### Week 3 Meal 2: Turkey & Zucchini Chipotle Meatballs w/ Asparagus

#### **BBQ mix\***

##### *Ingredients:*

4 dried chipotles  
2T apple cider vinegar (or red wine vinegar, rice vinegar, etc.)  
2.5c tomato sauce, strained tomatoes  
4-6 large dates, pitted (or ¼ cup maple syrup or honey)  
1T cumin powder  
2T chili powder  
S&P to taste

##### *Instructions:*

1. Boil 2c water in a small pan, remove from heat, add 4 dried chipotles and cover w/ lid. Allow to re-hydrate.
2. Puree following ingredients in a blender or food processor until smooth and set aside:
  - 2T apple cider vinegar
  - 2.5c tomato sauce
  - 1/4c dates, pitted
  - 2-4 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired, but do so gradually, they add heat!)
  - 1T cumin powder
  - 2T chili powder
  - S&P

\*Note: BBQ mix will make more than actually needed for the meatballs.

#### **Turkey & Zucchini Chipotle Meatballs**

##### *Ingredients:*

2 small or 1 large zucchini  
1# ground turkey thigh  
1c almond flour  
1 egg  
BBQ mix

##### *Instructions:*

1. Pre-heat oven to 375 F.
2. Grate zucchini using a cheese grater or small food processor.
3. Mix the following ingredients together (works best with hands):
  - 1# ground turkey thigh
  - 1c grated zucchini (squeeze gently and discard excess liquid)
  - 1c almond flour
  - 1 egg



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- 1/4c BBQ mix
- 4. Form into 12 balls and top with remaining BBQ sauce.
- 5. Bake meatballs for 45 minutes or until heated through.

### **Asparagus**

#### *Ingredients:*

1 x asparagus  
1-2 tsp olive oil  
S&P to taste

#### *Instructions:*

1. Pre-heat oven to 375 F.
2. Remove ends of asparagus.
3. Toss with 1-2tsp olive oil and S&P.
4. Bake for 12-15 minutes.



## October 2016 Recipes, Paleo

### Week 3 Meal 3: Chipotle Chicken w/ Tarragon Baked Japanese Sweet Potato Fries

#### **BBQ mix\***

##### *Ingredients:*

4 dried chipotles  
2T apple cider vinegar (or red wine vinegar, rice vinegar, etc.)  
2.5c tomato sauce, strained tomatoes  
4-6 large dates, pitted (or ¼ cup maple syrup or honey)  
1T cumin powder  
2T chili powder  
S&P to taste

##### *Instructions:*

1. Boil 2c water in a small pan, remove from heat, add 4 dried chipotles and cover w/ lid. Allow to re-hydrate.
2. Puree following ingredients in a blender or food processor until smooth and set aside:
  - 2T apple cider vinegar
  - 2.5c tomato sauce
  - 1/4c dates, pitted
  - 2-4 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired, but do so gradually, they add heat!)
  - 1T cumin powder
  - 2T chili powder
  - S&P

\* Note: BBQ mix will make more than actually needed for the meatballs.

#### **Chipotle Chicken**

##### *Ingredients:*

1-1.5# boneless, skinless chicken thigh  
1.5c BBQ mix

##### *Instructions:*

1. Marinate chicken in BBQ sauce for 1 hr up to 48 hrs.
2. Pre-heat oven to 425 F.
3. Remove chicken from marinade.
4. Bake for 35-45 minutes or cooked through



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### **Tarragon Baked Sweet Potato Fries**

#### *Ingredients:*

2 large Japanese sweet potatoes  
2T olive oil  
1T dried tarragon  
S&P to taste

#### *Instructions:*

1. Pre-heat oven to 425 F.
2. Peel & cut sweet potatoes into "fries".
3. Toss with 2T olive oil, dried tarragon, and S&P.
4. Place sweet potatoes on oiled sheet tray.
5. Roast for 35-40 minutes, removing from oven and tossing half way through cooking.



## October 2016 Recipes, Paleo

### Week 3 Meal 4: Kale & Caramelized Onion Frittata w/ Grapes

#### *Ingredients:*

1 x kale  
2 x red onion  
8 eggs  
4-6oz feta cheese crumbles (optional)  
1/2tsp fresh ground black pepper  
1/8tsp salt  
1 bag of grapes

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Remove kale leaves from the stems and finely chop both.
3. Cut red onions into long, thin strips.
4. Heat 1T oil in a large sauté pan over medium heat.
5. Add the sliced onions and a pinch of salt. Sauté for 5-10 minutes.
6. Add chopped kale leaves and stems. Cook for 20-25 minutes. Add more oil/lower heat as needed.
7. Whisk 8 eggs in a large bowl.
8. Stir in sautéed onions & kale, feta crumbles (optional), and season with 1/2tsp fresh ground black pepper.
9. Pour into an oiled 8x8" or 9x9" pan.
10. Sprinkle with 1/8tsp salt.
11. Bake for 34-38 minutes or until no longer jiggly.
12. Serve with grapes.



## October 2016 Recipes, Paleo

### Week 3 Salad: Salad Greens w/ Shredded Carrot, Radish & Sunflower Seeds

#### *Salad Components:*

2 x carrots  
1 x radish  
5oz mixed greens  
½c sunflower seeds

#### *Dressing:*

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

#### *Instructions:*

1. Grate the carrots and radish (using large grater) or chop into ½" cubes.
2. In a large bowl layer salad components:
  - ½ tub mixed salad greens
  - 1/4c sunflower seeds
  - 1/4c shredded carrot & radishRepeat layers

#### *For Balsamic Dressing:*

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





## October 2016 Recipes, Paleo

### Week 3 Breakfast: Butternut Squash Muffins

#### *Ingredients:*

2c almond flour  
1tsp baking soda  
1T pumpkin pie spice  
1.5c canned butternut squash (OR pumpkin)  
1/4c maple syrup  
1 egg  
Paper lined muffin liners

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Stir together dry ingredients:
  - 2c almond flour
  - 1tsp baking soda
  - 1T pumpkin pie spice
3. Whisk together wet ingredients:
  - 1.5c cooked/pureed butternut squash
  - 1/4c maple syrup
  - 1 egg
4. Mix wet into dry ingredients.
5. Pour into muffin tins.
6. Bake for 25-30 minutes.

### Week 3 Snack: Pears w/ Almond Butter

#### *Ingredients:*

4 pear  
1-2T almond butter\*

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

#### *Instructions:*

1. Slice pear and eat dipped in almond butter. (I love slicing using my apple slicer!)

### Week 3 Dessert: Dark Chocolate & Hazelnuts

#### *Ingredients:*

4oz high quality dark chocolate bar or squares  
1c hazelnuts

#### *Instructions:*

1. 1 serving = 1oz chocolate + 1/4c hazelnuts.



## October 2016 Recipes, Paleo

### Week 4 Meal 1: Almond Dusted Catfish & Roasted Sweet Potato Coins w/ Fennel

#### Almond Dusted Catfish

##### *Ingredients:*

1c almond flour  
1.5-2# fresh catfish fillets (option to sub tilapia or salmon)  
1-2 eggs, whisked (optional)  
S&P to taste

##### *Instructions:*

1. Pre-heat oven to 425.
2. Place 1c almond flour in a bowl and dredge catfish to coat.
  - Option: for thicker coat of almond flour, first dip fish in 1-2 whisked eggs before coating in almond flour.
3. Season with S&P.
4. Bake fish for 10-12 minutes (for thinner, smaller fish) up to 16-18 minutes (for thicker, larger fish).

#### Roasted Sweet Potato Coins w/ Fennel

##### *Ingredients:*

1T garlic  
2 large sweet potatoes  
1 bulb fennel  
2T olive oil  
S&P to taste

##### *Instructions:*

1. Pre-heat oven to 425 F.
2. Finely chop 1T garlic.
3. Peel and cut sweet potato into thin "coins".
4. Finely chop 1 fennel bulb (white part only).
5. Toss together chopped sweet potato, fennel, garlic, olive oil, S&P.
6. Place in roasting pan and cover with foil.
7. Roast for 45-55 minutes or until sweet potatoes are cooked (knife easily inserts).



## October 2016 Recipes, Paleo

### Week 4 Meal 2: Maple Mustard Chicken Thighs w/ Baked Potatoes & Swiss Chard

#### Maple Mustard Chicken Thighs

##### *Ingredients:*

1/2c grainy mustard  
1/4c maple syrup (optional)  
1/4c olive oil  
1T salt  
8 thin cut, boneless, chicken thighs

##### *Instructions:*

1. Pre-heat oven to 375 F.
2. Mix the following ingredients:
  - 1/2c grainy mustard
  - 1/4c maple syrup (optional)
  - 1/4c olive oil
  - 1T salt
3. Marinate chicken with maple mustard marinade for 1hr up to 24 hrs.
4. Remove from marinade and bake for 30-40 minutes or until cooked through.

#### Baked Potatoes

##### *Ingredients:*

4 baking potatoes

##### *Instructions:*

1. Pre-heat oven to 375 F.
2. Poke 6-10 holes in each potato.
3. Bake in covered dish for ~1 hour or until soft/cooked through.

#### Swiss Chard

##### *Ingredients:*

1 small clove garlic (1tsp)  
1 bunch Swiss chard  
S&P to taste

##### *Instructions:*

1. Finely chop garlic.
2. Finely chop chard leaves.
3. Heat 1t oil in large sauté pan over med-high heat.
4. Add garlic and chard leaves.
5. Sauté for 5-10 minutes.
6. Season with S&P.



## October 2016 Recipes, Paleo

### Week 4 Meal 3: Baked Pork Chops w/ Pesto & Roasted Mushrooms, Broccoli & Tomatoes

#### Baked Pork Chops

##### *Ingredients:*

1/2c olive oil

1/4c chicken broth\*

1c walnuts

2-4oz parmesan cheese (optional)

1sm garlic clove

1 bunch basil

1 lemon

S&P to taste

4 pork chops

1 pint cherry tomatoes

1 large bunch broccoli

16oz sliced mushrooms

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

##### *Instructions:*

1. Pre-heat oven to 400 F.
2. For the pesto, place the following in blender or food processor until smooth\*:
  - 1/2c olive oil
  - 1/4c broth
  - 1c walnuts
  - 2oz parmesan cheese (optional)
  - 1tsp garlic clove, finely chopped
  - ~1c fresh basil leaves
  - 2-3T lemon juice (added to taste)
  - S&P
3. Brush 1-2T pesto on each pork chop.
4. Cut the broccoli in bite-sized pieces
5. Cut cherry tomatoes in half
6. Place veggies in single layer on baking sheet, drizzle with olive oil & S&P.
7. Roast pork chops & veggies for 30-35 minutes or until pork is cooked through (145 F).

\* Note: pesto will make more than actually needed for this recipe.



## October 2016 Recipes, Paleo

### Week 4 Meal 4: Grass-fed Beef Chili

#### Beef Chili

##### *Ingredients:*

1 dried chipotle pepper (OR sub ancho/other dried pepper)  
1T garlic  
1 yellow onion  
1 red bell pepper  
1 bunch Swiss chard  
1# grass-fed, organic ground beef, 95%  
28oz fire roasted diced tomatoes  
2T chili powder  
3c chicken broth\*  
S&P to taste  
4oz shredded jack cheese (optional)  
Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Boil 1c water in a small pan, remove from heat, add 1 dried chipotle and cover with lid. Allow to re-hydrate
2. Finely chop garlic.
3. Dice 1 onion & red bell pepper.
4. Remove leaves from chard stem and finely chop chard stems.
5. In a large soup pot, sauté ground beef, crumbling.
6. Add bell pepper, onion, chard stems, 1T garlic. Sauté for 10 minutes.
7. Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
8. Place chipotle in a blender with 2-3c of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding chili).
9. Add pureed chili with water to sautéed veggies.
10. Add 28oz fire roasted diced tomatoes, 2T chili powder & 3c broth.
11. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or broth as needed.
12. Continue to cook for 30min-1hr.
13. Season to taste w/ chili powder, S&P.
14. Option to serve topped with jack cheese.

Note: the chili yields up to 8 servings, option to freeze 1/2 to use at later date.



## October 2016 Recipes, Paleo

### Week 4 Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds

#### *Salad Components:*

2 x apples  
5oz tub mixed greens  
1/2c sliced almonds  
1/2c dried cherries  
4-6oz cheddar cubes (optional)

#### *Dressing:*

1/2c olive oil  
1/4c balsamic vinegar  
S&P to taste

#### *Instructions:*

1. Chop 1-2 apples.
2. In a large bowl layer salad components:
  - 1/2 tub mixed greens
  - 1/4c sliced almonds
  - 1/4c dried cherries
  - 2oz cheddar cubes (optional)Repeat layers

#### *For Balsamic Dressing:*

1. Whisk together:
  - 1/2c olive oil
  - 1/4c balsamic vinegar
  - S&P to taste



## October 2016 Recipes, Paleo

### Week 4 Breakfast: Lemon Blackberry Muffins

#### *Ingredients:*

1/2c coconut flour  
1/2tsp salt  
1/2tsp baking soda  
5 eggs  
1/2c honey  
1/2c coconut oil  
1tsp lemon zest\*  
1T lemon juice  
1 pint blackberries (OR sub blueberries or raspberries)  
6 muffin liners

\*Note: zest the lemons before juice

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. In a large bowl, whisk together:
  - 1/2c coconut flour
  - 1/2tsp salt
  - 1/2tsp baking soda
  - 5 eggs
  - 1/2c honey
  - 1/2c coconut oil
  - 1tsp lemon zest (loosely packed)\*
  - 1T lemon juice
3. Stir in 1 pint of blackberries (Note: can use whole or rough chop if betters are really large).
4. Spoon batter into paper lined muffin cups, filling ~2/3 full.
5. Bake for 16-20 minutes or tops spring back slightly when pressed.



## October 2016 Recipes, Paleo

### Week 4 Snack: Carrots Dipped in Pesto

#### *Ingredients:*

2 large carrots  
1/2c olive oil  
1/4c chicken broth\*  
1c walnuts  
2-4oz parmesan cheese (optional)  
1sm garlic clove  
1 bunch basil  
1 lemon  
S&P to taste

#### *Instructions:*

1. Cut 2 large carrots into 2-3" sticks for snacking
2. For the pesto, place the following in blender or food processor until smooth\*:
  - 1/2c olive oil
  - 1/4c broth
  - 1c walnuts
  - 2oz parmesan cheese (optional)
  - 1tsp garlic clove, finely chopped
  - ~1c fresh basil leaves
  - 2-3T lemon juice (added to taste)
  - S&P

\* Note: pesto will make more than actually needed for this recipe.





## October 2016 Recipes, Paleo

### Week 4 Dessert: Dark Chocolate Apricots

#### *Ingredients:*

1c dark chocolate chips or discs (70%+% preferred)

1c dried apricots

#### *Instructions:*

1. Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
2. Dip apricot halves into chocolate and drop onto parchment or foil.