



December 2016 Recipes, Paleo

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Week 1 Meal 1: Beef Braised in Red Wine w/ Carrots, Celery & Potatoes

Ingredients:

2T oregano
1T cumin
1T chili powder
1T pepper
~1.5-2 # grass-fed beef roast, rump, or shoulder
1T oil
2c red wine
2c beef broth
2 carrots
1# (3-4) red potatoes
3 celery stalks
1 yellow onion

Instructions:

1. Pre-heat oven to 325 F.
2. Place a large stockpot on stovetop over med-high.
3. Mix together: 2T oregano, 1T cumin & 1T chili powder, 1 T pepper. Rub onto all sides of roast.
4. Add 1T oil to pan and put roast into pan, searing 1-2 minutes per side (use large tongs to flip roast).
5. Add 2 cups wine (or broth) and 2 cups water (or broth).
6. Place lid securely on pot and transfer to 325 F oven.
7. Chop:
 - carrots into ~3" pieces
 - red potatoes into large, ~2" cubes
 - stalks celery into ~3"pieces
 - onion (peel & quarter)
8. Add veggies & additional water/broth to roast & bake, covered, in 325 F oven for 4-6 hours*. Remove from oven & serve.

Note: option to remove from oven a few times and add liquid as needed.

Option to cook in a crockpot instead of an oven.



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Week 1 Meal 2: Spinach-Pesto Salmon & Side Salad w/ Cranberries, Cucumber & Walnuts

Spinach-Pesto Salmon

Pesto Ingredients:

- 1/4 cup olive oil
 - 1/2c walnuts
 - ~1oz parmesan (optional)
 - 1 clove garlic
 - 1 bunch basil
 - 2c spinach
 - 1 x lemon
- 4 x salmon fillets (4-6oz/ portions)

Instructions:

1. Pre-heat oven to 425 F.
2. In a blender, add all pesto ingredients (everything except for the salmon).
3. Blend until smooth, season as needed w/ salt and/or lemon juice.
4. Spread 2-3T pesto onto each salmon fillet.
5. Bake salmon for 18-20 minutes or cooked through/ flaky.



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Side Salad w/ Cranberries, Cucumber & Walnuts

Ingredients:

1 cucumber
½c walnuts
basil (optional)
1 5oz tub mixed greens
½c dried cranberries
¼c balsamic vinegar
½ cup olive oil
S&P to taste

Instructions:

1. Finely chop:
 - cucumber
 - 1/2c walnuts
 - basil (optional)
2. Whisk together:
 - ¼c balsamic vinegar
 - ½c olive oil
3. Toss together:
 - mixed greens
 - 1 chopped cucumber (~2c)
 - ½ cup chopped walnuts
 - ½ c dried cranberries
 - 1-2T chopped basil (optional)
 - balsamic dressing
 - S&P to taste



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Week 1 Meal 3: Broccoli, Mushroom & Onion Stir Fry w/ Sesame Cauliflower Rice

Broccoli, Mushroom & Onion Stir Fry

Ingredients:

1 head broccoli
4 portabellos
1 yellow onion (small)
2" knob ginger
1-2 cloves garlic
1-2T coconut oil
¼c coconut aminos
¼c rice vinegar
1T toasted sesame oil
1-2tsp chili flakes (optional)

Instructions:

1. Cut broccoli into 2-3" pieces.
2. Thinly slice 4 portabella mushrooms.
3. Thinly slice yellow onion.
4. Peel & grate ginger (~1-1.5T).
5. Finely chop 1-2 cloves of garlic (1T).
6. Add ½T coconut oil to a sauté pan over med-high heat. Add garlic, ginger, onions, broccoli & mushrooms, sauté for 10 minutes.
7. Add:
 - ¼c coconut aminos
 - ¼c rice vinegar
 - 1T toasted sesame
8. Cook another 2-3 minutes. Option to season w/ red chili flakes



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Sesame Cauliflower Rice

Ingredients:

1 head cauliflower
1-2T toasted sesame seed oil
S&P to taste

Instructions:

1. Remove core, leaves, & any dark spots of cauliflower. Coarsely chop (make sure it is completely dry).
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 too far or it will be mushy.
3. Heat 1T toasted sesame seed oil in large sauté pan.
4. Add the cauliflower rice. Cover and cook ~ 5 minutes stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ additional toasted sesame seed oil & S&P to taste.



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Week 1 Meal 4: Beef & Roasted Pepper Fajitas w/ Guacamole

Beef & Roasted Pepper Fajitas

Ingredients:

- 1# grass-fed beef flap meat
- 2 bell peppers (variety of colors)
- 1 red onion (small)
- 1-2 cloves of garlic
- ½c beef broth (or water)
- ¼c taco seasoning
- 1 lime to taste
- 1x Bibb lettuce

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

Instructions:

1. Pre-heat oven to 350 F.
2. Cook steak in a large sauté pan on both sides, 2-3 min/ side.
3. Transfer to steak to oven for ~10 min or ~145 F. Allow to rest 5 minutes.
4. Cut 2 bell peppers into thin slices,
5. Slice red onion into thin slices.
6. Finely chop 1-2 cloves of garlic (1T).
7. Slice steak very thin "against the grain".
8. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onions, sautéing for ~10 minutes.
9. Add beef, ½c beef broth (or water) & ¼c taco seasoning, add more water/ broth as needed, cook ~5 minutes or until heated through.
10. Serve fajitas in Bibb lettuce leaves.

Guacamole

Ingredients:

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

Instructions:

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



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Week 1 Salad: Arugula w/ Butternut Squash, Pomegranate & Pumpkin Seeds

Salad Components:

1 butternut squash (small/tiny)
1T olive oil
S&P to taste
1 pomegranate or 1/2c arils
1 x 5oz. tub arugula
1/2c pumpkin seeds
4oz feta cheese (optional)
1 avocado, diced

Dressing:

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

Instructions:

1. Pre-heat oven to 400 F.
2. Peel & finely dice butternut squash. Toss w/ S&P & 1T olive oil.
3. Roast diced squash in single layer for ~35-40 minutes.
4. Remove arils from pomegranate.
5. In a large bowl layer salad components:
 - 1/2 tub arugula
 - 1/4c pumpkin seeds
 - 2-3oz feta cheese crumbles (optional)
 - 1/4c pomegranate arils
 - 1/2 roasted butternut squash
 - 1/2 diced avocado
 - Repeat layers

For Balsamic Dressing:

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



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Week 1 Breakfast: Bell Pepper & Mushroom Scramble w/ Guacamole

Bell Pepper & Mushroom Scramble

Ingredients:

- 1 red onion
- 2 bell peppers
- 1-2 cloves garlic
- 10oz sliced mushrooms
- 1 x 5oz. tub spinach
- 8 eggs (omega-3)
- 1-2c sharp cheddar, pepper-jack, or goat cheese (optional)

Instructions:

1. Chop:
 - red onion
 - bell peppers
 - chop garlic (1T)
2. Add 1t oil to a large sauté pan over med-high heat. Add bell pepper, onion, garlic, sliced mushrooms & spinach. Sauté 10-12 minutes.
3. In a large bowl, whisk together 8 eggs. Lower heat to medium, add eggs. Cook for 3-5 minutes or until just setting and not runny. Season w/ S&P.
4. Serve eggs with guacamole. Option to top w/ cheese.

Guacamole

Ingredients:

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

Instructions:

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



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Week 1 Snack: Kale Chips

Ingredients:

1 x bunch dinosaur or lacinto kale
2-4T olive oil
sea salt to taste
~1oz parmesan (optional)

Instructions:

1. Pre-heat oven to 325 F.
2. Wash kale and dry well (using a towel works best).
3. Using hands, tear off leaves into 2-3" "chips," removing the inner stem.
4. Place leaves in a large bowl, toss with 2-4T olive oil and sea salt. Rub oil into leaves, ensuring it's distributed evenly over all leaves.
5. Place in a single layer on an oiled baking sheet so leaves are not touching (may need to bake in a few batches).
6. Sprinkle lightly w/ sea salt. Option to sprinkle with fresh grated parmesan.
7. Bake at 325 for ~10-15 minutes or until leaves are completely crisp, being careful not to burn.
8. Remove from pan and place on a paper towel to drain excess oil. Add salt to taste if needed. Store uncovered at room temperature.

Week 1 Dessert: Clementine Oranges

Ingredients:

1 bag clementine oranges

Instructions:

1. Peel & enjoy!



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Week 2 Meal 1: Pecan Crusted Salmon w/ Asparagus & Roasted Butternut Squash

Pecan Crusted Salmon

Ingredients:

- 1.5c pecans
- 1T chili powder
- 1T paprika
- 1T cumin powder
- 2 eggs (omega 3)
- 4 salmon fillets, skin removed (4-6oz/ portions)

Instructions:

1. Place in blender & blend until pecans are roughly to finely chopped.
 - 1.5 cup pecans
 - 1T chili powder
 - 1T paprika
 - 1T cumin powder
2. Place pecans in a shallow bowl.
3. In a separate shallow bowl, place 2 eggs, whisked.
4. Dredge each salmon fillet in the following order:
 - 1: eggs
 - 2: pecan crust
5. Roast for 18-22 minutes or cooked through/ flaky.

Roasted Butternut Squash

Ingredients:

- 1-2# pre-cut butternut squash (or 1 whole)
- 1T olive oil
- 1T dried basil

Instructions:

1. Pre-heat oven to 400 F.
2. Peel & cut into 1" cubes. (if not pre-cut)
3. Toss w/ 1T olive oil, 1T dried basil, S&P.
4. Place on baking sheet, spreading evenly.
5. Roast for 30-35 minutes. (remove and toss halfway through)



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Asparagus

Ingredients:

1 bunch asparagus

1T olive oil

1 tsp lemon zest (optional)

Instructions:

1. Pre-heat oven to 400 F.
2. Trim & discard lower 2-3". Toss w/ 1T olive oil, S&P. Option to top w/ 1 tsp lemon zest
3. Place on baking sheet, spreading evenly.
4. Roast asparagus ~10 minutes.



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Week 2 Meal 2: Bacon & Chard Stuffed Chicken w/ Broccoli, Tomato & Mushrooms

Bacon & Chard Stuffed Chicken

Ingredients:

1 bunch Swiss chard

2 slices thick-cut bacon*

1 clove garlic

4oz soft goat cheese log (optional)

4 chicken breasts (thin, scaloppini cut)

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

Instructions:

1. Pre-heat oven to 400 F.
2. Remove leaves from chard, finely chop leaves (discard stems).
3. Finely chop 2 slices bacon & 1 clove garlic.
4. In a large sauté pan, cook chopped bacon, chard & garlic for ~8 minutes or until bacon is crispy.
5. Turn off heat and stir in 4oz goat cheese until melted and combined. Set aside to cool.
6. Pound chicken flat as necessary. Spread ¼ of chard/bacon/cheese mixture onto each chicken breast. Roll tightly.
7. Bake chicken ~40 minutes or cooked through to 165 F.

Broccoli, Tomatoes, & Mushrooms

Ingredients:

1 tub mushrooms

1 pint cherry tomatoes

1 head broccoli

2-3T olive oil

1T Italian seasoning

S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Cut mushrooms & tomatoes in half.
3. Cut broccoli into ½" cubes.
4. Toss w/ 2-3 olive oil, 1T Italian seasoning, S&P.
5. Roast broccoli, tomatoes & mushrooms in a single layer for ~30 minutes.



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Week 2 Meal 3: Potato & Onion Frittata w/ Grapes

Ingredients:

1 yellow onion
1# baking potatoes
3-4 cloves garlic
1T olive oil
8 eggs (omega 3)
1 bag grapes

Instructions:

1. Pre-heat oven to 350 F.
2. Slice 1 yellow onion.
3. Thinly slice potatoes. (works best using a food processor attachment or on a mandolin)
4. Finely chop 3-4 cloves garlic.
5. In a large sauté pan heat 1T olive oil on high, add sliced onions and cook ~5 minutes. Season w/ ½t salt.
6. Add sliced potatoes & chopped garlic, season w/ S&P.
7. Add 2c water, cover w/ lid turn heat to medium and cook 15 minutes or until knife easily slides through potatoes. Set aside to cool.
8. Whisk 8 eggs in a large bowl, season w/ S&P.
9. Stir in cooked onions & potatoes.
10. Pour into an oiled pie pan.
11. Bake for 40-45 minutes or until cooked through and no longer jiggly in the center.
12. Serve with grapes on side.



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Week 2 Meal 4: Beef Minestrone Soup

Ingredients:

1 carrot
1 zucchini
1 yellow onion
3-4 cloves garlic
1# grass-fed ground beef
1T Italian seasoning*
1-28oz can diced tomatoes
1 bunch basil
4c low-sodium beef broth*

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

Instructions:

1. Finely dice:
 - 1 carrot
 - 1 zucchini
 - 1 yellow onion
 - 3-4 garlic cloves
2. In a large soup pot, sauté veggies, ½# ground beef & 1T Italian seasoning for ~10 minutes, while breaking up beef.
3. In a blender add:
 - 1 large can diced tomatoes
 - large handful of fresh basil
4. Process until smooth.
5. Add blended diced tomatoes + 4c broth + 4c water to soup. Add more water as necessary for desired consistency.
6. Cook 15-20 minutes over low heat.
7. Season to taste w/ S&P.



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Week 2 Salad: Mixed Greens w/ Blueberries, Walnuts & Feta

Salad Components:

1x 5 oz. tub mixed greens
½c chopped walnuts
4oz feta cheese crumbles (optional)
1 pint blueberries

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 chopped walnuts
 - 2-3oz feta cheese crumbles
 - ½ pint blueberries
 - Repeat layers
2. Toss with dressing.

For Balsamic Dressing:

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



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Week 2 Breakfast: Almond Flour Pancakes

Ingredients:

1c milk
2c almond flour
4 eggs

Instructions:

1. Place the following in a bowl:
 - 2c almond flour
 - 4 eggs
 - 1c milk (almond or coconut works)
2. Use a whisk to blend until smooth.
3. Cook now on pancake griddle (or sauté pan), on med heat, 2-3 min/ side.

Snack: Broccoli & Tomatoes w/ Zucchini Hummus

Ingredients:

1 head broccoli
1 pint cherry tomatoes
2 zucchini
1tsp balsamic vinegar
1 garlic clove
1 bunch basil
3-4T olive oil
S&P to taste

Instructions:

1. Cut 1 broccoli head into bite-sized pieces for snacking, and mix with 1 pint cherry tomatoes.
2. Remove ends of zucchini & chop into quarters.
3. Blend the following until smooth:
 - 1 tsp balsamic vinegar
 - 1 garlic clove
 - 2 zucchini, chopped
 - ½c tahini
 - 1/3c lemon juice
 - large handful of basil
4. Add olive oil, 1T at a time as needed for a smooth consistency.
5. Season w/ fresh ground pepper, ¼ tsp sea salt.

Dessert: Dark Chocolate w/ Brazil Nuts



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1c Brazil nuts

4oz dark chocolate (bar or individually wrapped pieces)

Week 3 Meal 1: Orange-Basil Turkey Breast w/ Brussels Sprouts & Delicata Squash

Orange-Basil Turkey Breast

Marinade Ingredients:

½c olive oil

zest & juice of 3 oranges

1 large handful fresh basil

¼c salt

2-3 cloves garlic, peeled

2-3# bone-in turkey breast

Instructions:

1. Place all marinade ingredients in a blender (everything except for turkey).
2. Blend until combined and mostly smooth.
3. Add turkey to marinade and refrigerate. Marinade for 4 hours up to 48 hours.
4. Pre-heat oven to 450 F.
5. Remove turkey from marinade and place in baking pan. Put in oven at 450 for 5 minutes.
6. Lower temperature to 400 F and continue to roast for ~1-1.5 hours or until internal temperature of 165 F.

Delicata Squash

Ingredients:

2 Delicata squash

1-2T olive oil

S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Cut & remove ends of delicata, then cut in half lengthwise.
3. Scoop out & discard seeds.
4. Cut into ½" thick half rings.
5. Toss w/ 1-2T olive oil, S&P.
6. Roast in a single layer for 30-35 minutes or until browned/ cooked through.

Brussels Sprouts

Ingredients:

1# Brussels sprouts

1-2T olive oil

S&P to taste

Instructions:

1. Pre-heat oven to 400 F.



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2. Trim Brussels ends. Cut into 1", bite-sized pieces.
3. Toss w/ 1-2T olive oil and S&P.
4. Roast in a single layer for 30-35 minutes or until browned/ cooked through

Week 3 Meal 2: Slow Baked Brisket with Creamy Cauliflower and Leek Soup

Brisket

Ingredients:

- 1/2 tsp turmeric
- 2 T cumin powder
- 2 T Italian seasoning
- 1 T garlic powder
- 1 tsp salt
- 2 tsp pepper

3# beef brisket

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

Instructions:

1. Preheat oven to 325 F
2. Mix together brisket seasonings
3. Spread evenly over brisket
4. Place in a pan and cover with foil, bake at 325 F for 3-5 hours.

Cauliflower and Leek Soup

Ingredients:

- 2 cloves garlic
- 2 large leeks
- 1 head cauliflower
- 1 yellow onion
- 1 tsp olive oil
- 4 c chicken broth
- S&P to taste

Instructions:

1. Finely chop garlic. Set aside.
2. Cut & discard top green & bottom roots of leeks. Roughly chop & place in a bowl of water, allowing any dirt to settle to the bottom of the bowl. Set aside.
3. Roughly chop cauliflower and yellow onion. Set aside.
4. In a large soup pot, heat 1tsp olive oil over med-high heat.
5. Add chopped veggies. Season w/ S&P and sauté for 5-6 minutes.
6. Add 4c chicken broth and simmer for 30 min, adding more broth as needed to just cover veggies.
7. Remove from heat and allow to cool.
8. Place cooked & cooled ingredients in a blender or food processor (may need to do in 2 batches). Puree until smooth.
9. Season w/ additional S&P as needed.



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Week 3 Meal 3: Pizza Soup

Ingredients:

1 clove garlic
1 red onion
2 green bell peppers
4oz pepperoni
1, 8oz tub sliced mushrooms
2T dried oregano
1T dried basil
4 c beef broth
2 c water
28oz can diced tomatoes
2.25oz sliced black olives
S&P to taste

Instructions:

1. Finely chop:
 - 1 clove garlic
 - 1 red onion
 - 2 green bell peppers
 - 4oz pepperoni
2. In a large soup pot, heat 1tsp olive oil over med-high heat.
3. Add chopped veg (1 garlic clove + 1 red onion + 2 green bell pepper + 8oz sliced mushrooms).
4. Add 1T dried basil + 1T dried oregano. Sauté for 8-10 minutes.
5. Add 4c beef broth + 2c water + 4oz chopped pepperonis + 28oz diced tomatoes + 2.25oz sliced black olives, drained.
6. Bring to a low boil, then lower to a simmer. Cook ~30 min.
7. Add liquid as needed. Season to taste w/ S&P.



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Week 3 Meal 4: Leek & Mushroom Frittata & Blueberries

Ingredients:

2-3 cloves garlic
1 large leek
1x 5oz tub sliced mushrooms
8 eggs (omega-3)
4oz feta crumbles (optional)
½ tsp fresh ground black pepper
Oil for pan

2c blueberries

Instructions:

1. Pre-heat oven to 350 F.
2. Finely chop 2-3 cloves garlic (1T).
3. Cut & discard top green of leek and bottom roots. Cut remaining leek lengthwise then chop finely. Place in a bowl of water allowing any dirt to settle to bottom of bowl.
4. Heat 1T oil in a large sauté pan over medium heat, add chopped drained leeks + 1 tub sliced mushrooms + 1T chopped garlic + a pinch of salt. Sauté for 10-12 minutes. Turn off heat and allow to cool.
5. Whisk 8 eggs in a large bowl.
6. Stir in sautéed leeks & mushrooms, feta crumbles and season with ½ tsp fresh ground black pepper.
7. Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt.
8. Bake at 350 F for 34-38 minutes or until no longer jiggly.
9. Serve with blueberries.



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Week 3 Salad: Arugula w/ Apples, Cherries, Walnuts & Goat Cheese

Salad Components:

2 apples, chopped

5oz arugula

½c chopped walnuts

½c dried cherries*

4oz goat cheese crumbles (optional)

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

Dressing:

½c olive oil

¼c balsamic vinegar

S&P to taste

Instructions:

1. In a large bowl toss together all salad ingredients.
2. Toss with dressing or serve dressing on side.

For Balsamic Dressing:

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



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Week 3 Breakfast: Green Eggs & Avocado Slices

Ingredients:

1tsp oil
3c spinach
8 eggs (omega-3)
S&P to taste
2 avocados, sliced

Instructions:

1. Heat a large sauté pan w/ 1 tsp oil.
2. Add spinach and cook for 3-5 minutes or until wilted.
3. Whisk 4-8 eggs, & add to pan.
4. Cook until eggs are just done.
5. Season w/ S&P.
6. Top with sliced avocado.

Week 3 Snack: Celery + Almond Butter

Ingredients:

6-8 celery stalks
½c almond butter*

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

Instructions:

1. Cut celery into sticks.
2. 1 serving = celery sticks, spread w/ 1-2Tbsp almond butter.

Week 3 Dessert: Pumpkin Pie Pudding

Ingredients:

2 cans pumpkin puree* (NOT pumpkin pie filling)
11oz full fat coconut milk
½c maple syrup
1 tsp pumpkin pie spice

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

Instructions:

1. Place the following in a food processor or blender:
 - 2 cans pumpkin puree
 - 11oz (~1c) full fat coconut milk
 - ½ c maple syrup



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- 1 tsp pumpkin pie spice
- 2. Blend until smooth.
- 3. Store in refrigerator and serve chilled.

Week 4 Meal 1: Shrimp & Mushrooms Baked in Tomato Sauce

Ingredients:

- 1 bunch parsley (small)
 - 3-4 cloves garlic
 - 1 tsp olive oil
 - 1 tub sliced mushrooms
 - 1 x 25.5oz tomato sauce*
 - 1# shrimp (peeled, deveined, no tails)
 - 4 oz. feta cheese (optional)
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 450 F.
2. Finely chop parsley (~2T chopped). Finely chop 3-4 cloves garlic.
3. In a large sauté pan over med-high heat, add 1 tsp olive oil + sliced mushrooms + chopped garlic, sauté for 10 minutes, cool.
4. Add 1 jar tomato sauce, chopped parsley & 2oz crumbled feta.
5. Place in glass dish, top w/ shrimp, remaining 2oz feta, S&P.
6. Bake shrimp in tomato sauce, covered, for 50-55 minutes.
7. Remove cover & bake for an additional 5-10 minutes, until shrimp change from translucent to a white color. If excess liquid develops, remove & discard. (especially if using previously frozen shrimp)



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Week 4 Meal 2: Orange Chicken & Broccoli w/ Cauliflower Rice

Orange Chicken & Broccoli

Ingredients:

1 knob ginger, grated to yield 1T
2-3 cloves garlic, chopped
2 oranges
1T toasted sesame oil
1T coconut aminos
6oz tomato paste
4T honey
1 tsp rice wine vinegar
1.5# boneless, skinless chicken thighs
1 head broccoli, chopped into bite-sized pieces
¼c sesame seeds

Instructions:

1. Zest 1 orange (~1 tsp) & juice 2 oranges (~ ½c).
2. In a large pot, heat 1 tsp olive oil, add in 1T grated ginger, 1T chopped garlic & 1 tsp orange zest. Sauté for 2-3 minutes.
3. Whisk into pot:
 - ½c OJ
 - 1T toasted sesame oil
 - 1T coconut aminos
 - 6oz tomato paste
 - 4T honey
 - 1 tsp rice wine vinegar
4. Add 1.5# boneless, skinless chicken thighs and cook on medium, covered, for 45 minutes up to 1 hour, stirring occasionally.
5. Add in chopped broccoli and cook another 10 minutes.
6. Sprinkle w/ ¼c sesame seeds.



December 2016 Recipes, Paleo

Cauliflower Rice

Ingredients:

1 head cauliflower

½ yellow onion

1T coconut oil

S&P to taste

Instructions:

1. Remove core, leaves, & any dark spots of cauliflower. Coarsely chop (make sure it is completely dry).
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 too far or it will be mushy.
3. Finely chop ½ of a yellow onion.
4. Heat 1T coconut oil in large sauté pan. Add onion & sauté ~10 minutes until translucent.
5. Add the cauliflower rice. Cover and cook ~ 5 minutes stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.



December 2016 Recipes, Paleo

Week 4 Meal 3: Lamb Chops w/ Chimichurri & Mashed Winter Squash

Lamb Chops w/ Chimichurri

Ingredients:

½c olive oil
2 cloves garlic, or 1 large
1c fresh parsley
1c fresh cilantro
1/3c red wine vinegar
½ tsp crushed red pepper
½tsp salt
4-8 lamb chops
S&P to taste

Instructions:

1. For chimichurri add the following to the blender:
 - ½c olive oil
 - 2 cloves garlic, or 1 large
 - 1c parsley
 - 1c cilantro
 - 1/3c red wine vinegar
 - ½ tsp crushed red pepper
 - ½tsp salt
2. Blend until just combined
3. S&P lamb chops and grill 3-4 minutes/ side (can also do on stovetop).
4. Serve chops w/ chimichurri.

Mashed Winter Squash

Ingredients:

2 x red kuri squash or other winter squash like acorn or turban
S&P to taste

Instructions:

1. Pre-heat oven to 350 F.
2. Pierce squash several times. Place in baking pan and bake 1-1.5 hours or until a knife inserts easily.
3. Allow to cool to handling temperature. (Tip: wear double gloves to avoid burning your hands).
4. Cut in half, scoop out/ discard seeds.
5. Scoop out cooked flesh of squash and mash with a fork.
6. Season to taste w/ S&P.



December 2016 Recipes, Paleo

Week 4 Meal 4: Turkey Taco Soup

Ingredients:

1 red bell pepper

2 cloves garlic

1 jalapeño

1 yellow onion (small)

1tsp olive oil

¾# ground turkey thigh

2T taco seasoning*

2c tomato puree

4c low-sodium chicken broth*

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

Instructions:

1. Finely chop:
 - 1 red bell pepper
 - 2 cloves garlic
 - 1 jalapeño (discard seeds)
 - 1 yellow onion
2. In a large soup pot over med-high heat, add: 1 tsp olive oil + chopped veggies.
3. Cook veggies for ~5 minutes, Add ¾# ground turkey thigh + 2T taco seasoning, crumbling meat & cooking 10 more minutes.
4. Add 2c tomato puree + 4c broth, turn to low, cook 30 minutes.



December 2016 Recipes, Paleo

Week 4 Salad: Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese

Salad Components:

2 pears

1x 5oz tub arugula

½c dried cranberries*

½c sliced almonds

4-6 oz goat cheese crumbles (optional)

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

Dressing:

½c olive oil

¼c balsamic vinegar

S&P to taste

Instructions:

1. Dice pears.
2. In a large bowl layer salad components:
 - ½ arugula
 - 1 diced pear
 - ¼c dried cranberries
 - ¼c sliced almonds
 - 2-3oz goat cheese crumbles
 - Repeat layers.

For Balsamic Dressing:

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



December 2016 Recipes, Paleo

Week 4 Breakfast: Kale, Sausage & Feta Cheese Frittata

Ingredients:

1 yellow onion

1 bunch kale

½# breakfast sausage*

8 eggs

1x 6-8oz feta cheese (optional)

½tsp fresh ground black pepper

olive oil

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

Instructions:

1. Pre-heat oven to 350 F.
2. Separate kale stems and leaves, and finely chop both.
3. Finely chop 1 yellow onion.
4. Place ½# breakfast sausage in large sauté pan over med-high heat. Begin to brown, breaking apart meat w/ spatula.
5. Add chopped kale (stem & leaves) & onion. Cook for ~10 minutes or until veggies & sausage are cooked through. Set aside to cool.
6. Whisk 8 eggs in a large bowl.
7. Stir in cooked sausage, kale & onions.
8. Crumble in 6-8oz feta cheese and season with ½ tsp fresh ground black pepper.
9. Pour into an oiled pie pan.
10. Bake at 350 F for 30-40 minutes or until no longer jiggly.

Week 4 Snack: Tangelos & Almonds

Ingredients:

8 x tangelos

½c whole almonds

Instructions:

1. 1 serving = 1-2 tangelos + 1/8c whole almonds



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Week 4 Dessert: Kiwi & Pomegranate Parfait

Ingredients:

12 kiwi

2 pomegranates

Instructions:

1. Peel & cut each kiwi into 6-8 bite-sized pieces.
2. Remove arils from pomegranate.
3. Toss together.