



June 2017 Recipes, PALEO

June Week 1

Week 1 Meal 1: Baked Halibut w/ Cauliflower Steaks.....	2
Week 1 Meal 2: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini	3
Week 1 Meal 3: Gingered Beef & Veggie Stir-fry	5
Week 1 Meal 4: Frittata w/ Arugula, Tomato, Mushrooms, Olives, & Feta w/ Dilled Cucumbers.	6
Week 1 Salad: Blueberry, Walnut, & Goat Cheese Salad	7
Week 1 Breakfast: Tropical Breakfast Smoothie	8
Week 1 Snack: Carrots Dipped in Dilled Yogurt	8
Week 1 Dessert: Pineapple & Raspberry Popsicles (<i>SERVES 8</i>).....	8

June Week 2

Week 2 Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Honeydew	9
Week 2 Meal 2: BLTA Salad w/ "Ranch" Dressing	10
Week 2 Meal 3: Cod Picatta w/ Mashed Cauliflower.....	11
Week 2 Meal 4: Grilled Chicken w/ AB Dipping Sauce & Thai Roasted Eggplant & Cauliflower .	12
Week 2 Salad: Arugula, Raspberries, Sliced Almonds, & Goat Cheese.....	14
Week 2 Breakfast: Chocolate Cherry Decadence Smoothie Bowl.....	15
Week 2 Snack: Broccoli w/ "Ranch" Dressing	16
Week 2 Dessert: Paleo Cookie Dough Bites.....	17

June Week 3

Week 3 Meal 1: Grilled Ginger-Lime Flank Steak, Bell Peppers, & Plums	18
Week 3 Meal 2: BBQ Shrimp w/ Mashed Potatoes, & Broccoli	19
Week 3 Meal 3: Summer "Pasta" Salad.....	21
Week 3 Meal 4: Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes.....	22
Week 3 Salad: Arugula, Watermelon, & Feta Salad.....	24
Week 3 Breakfast: Mushroom & Kale Frittata Muffins	25
Week 3 Snack: Watermelon.....	25
Week 3 Dessert: Dark Chocolate & Macadamia Nuts	25

June Week 4

Week 4 Meal 1: Nicoise Salad	26
Week 4 Meal 2: Pork, Pineapple, & Veggie Kabobs.....	27
Week 4 Meal 3: Bison Burgers w/ Sweet Potato Wedges, & Green Apple Coleslaw	28
Week 4 Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach, & Honey-Glazed Carrots.....	29
Week 4 Salad: Mixed Greens w/ Grapes, Walnuts, & Avocado.....	30
Week 4 Breakfast: Hard Boiled Eggs & Oranges	31
Week 4 Snack: Curried Cashews & Raisins.....	31
Week 4 Dessert: Chocolate Dipped Bananas	32

June Week 5

Week 5 Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumber, & Walnuts.....	33
Week 5 Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus, & Pineapple.....	34
Week 5 Meal 3: Steaks, Baked Sweet Potatoes, & Swiss Chard	35
Week 5 Meal 4: Mexican Kabobs.....	36
Week 5 Salad: Arugula w/ Peach, Sliced Almond, & Goat Cheese	37
Week 5 Breakfast: Strawberry Chia Jam w/ Paleo Pancakes.....	38
Week 5 Snack: Seaweed Snacks	38
Week 5 Dessert: Berry Peachy Fruit Salad	39



June 2017 Recipes, PALEO

Week 1 Meal 1: Baked Halibut w/ Cauliflower Steaks

Baked Halibut

Ingredients:

4 halibut fillets
s&p, to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Season 4 halibut fillets with s&p.
3. Bake halibut for 12-15 minutes or until cooked & flaky.

Cauliflower Steaks

Ingredients:

2 heads cauliflower
¼c pine nuts
½c golden raisins
1 bunch fresh parsley
2T butter (or olive oil)
s&p, to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Cut both cauliflower heads, vertically, into ½" steaks (~4-6 slices per head).
3. Drizzle cauli steaks w/ olive oil and sprinkle with s&p on both sides. Bake until golden brown, ~20-25 mins, flipping after first 10 minutes.
4. While cauli steaks cook, chop parsley to equal ~½c. Place in small bowl and add ¼c pine nuts + ½c golden raisins.
5. In a small saute pan, over med-high heat, heat 2T butter or olive oil. Add topping and saute 3-5 mins or until pinenuts begin to toast.
6. Top cauli steaks w/ topping mixture.



June 2017 Recipes, PALEO

Week 1 Meal 2: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini

Grilled Chicken

Ingredients:

- 2 limes
- 1 lemon
- 1 orange
- 1 bunch cilantro
- ¼c olive oil
- 1T salt
- 2 garlic cloves
- 4 chicken breasts, bone-in, skin-on

Instructions:

1. Marinade: Blend the following until smooth:
 - Zest and juice of 2 limes
 - Zest and juice of 1 lemon
 - Zest of 1 orange
 - handful of cilantro
 - ¼c olive oil
 - ¼c water
 - 1T salt
 - 2 cloves garlic
2. Add chicken to marinade for 2-12 hours prior to grilling. Marinate in fridge.
3. Pre-heat grill to med-high & grill chicken for ~7-9 min per side or until cooked through to 165F.

Pineapple Salsa

Ingredients:

- 1 fresh pineapple
- 1 red onion
- 1 jalapeño
- 1T chopped cilantro
- 1 lime
- 1/8 tsp salt

Instructions:

1. Chop 1c pineapple into a fine dice.
2. Finely chop 1T red onion.
3. Remove jalapeño seeds & finely chop.
4. Cilantro: Finely chop 1T of cilantro for salsa.
5. Toss together 1c chopped pineapple, ½ jalapeño + 1T cilantro + 1T red onion + lime juice to taste (1-2t) + 1/8tsp salt.



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Grilled Zucchini

Ingredients:

2 zucchini
1 tsp. olive oil
S&P to taste

Instructions:

1. Thinly slice zucchini, lengthwise, (works well using a mandolin) ~1/2" thick.
2. Pre-heat grill to med-high.
3. Spray (or brush) zucchini lightly w/ oil and season w/ S&P. Grill for 4-6 minutes, flipping halfway through.



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Week 1 Meal 3: Gingered Beef & Veggie Stir-fry

Ingredients:

4 bell pepper, mixed colors

1 red onion (small)

garlic

2-3" knob ginger

¼c coconut aminos*

1T toasted sesame oil

1.5# grass-fed beef flap meat (Option: ask butcher to slice very thin "against the grain" or buy stir fry meat)

1 tsp oil

1T red chili flakes, optional

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

Instructions:

1. Slice 4 bell peppers into long, thin strips.
2. Finely slice 1 red onion.
3. Finely chop 3 cloves garlic.
4. Peel & grate 2T fresh ginger.
5. For Stir Fry Sauce whisk together:
 - ¼c coconut aminos
 - 1T toasted sesame oil
 - 1T fresh grated ginger (save half for pork marinade)
 - 2 cloves chopped garlic
6. Thinly slice beef, cutting against the direction of the meat "grain". You should have super-thin, 2-3" strips.
7. Place sliced beef into stir fry sauce, marinate in refrigerator for at least 30 minutes (or up to 12 hours).
8. Heat 1 tsp oil (coconut or olive) in large sauté pan or wok over medium-high heat.
9. Cook onion & bell pepper 10 minutes. Scoot to side, add beef + marinade to pan & cook 3-5 minutes, or until pink is just disappearing.
10. Option to top stir-fry with red chili flakes as desired.



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Week 1 Meal 4: Frittata w/ Arugula, Tomato, Mushrooms, Olives, & Feta w/ Dilled Cucumbers

Frittata with Arugula, Tomato, Mushrooms, Olives, & Feta

Ingredients:

1 red onion (small)
½T olive oil
1 tub sliced mushrooms
1 pint cherry tomatoes
2T dried parsley
5oz arugula
4oz feta cheese, optional
¼c sliced Kalamata olives
10 eggs
S&P to taste

Instructions:

1. Pre-heat oven to 375 F.
2. Finely slice red onion.
3. Finely dice 2 cloves of garlic.
4. Sauté the following with ½T olive oil in large sauté pan over med-high heat for 8-10 minutes:
 - sliced red onion & garlic
 - 1 tub sliced mushrooms
 - 1 pint cherry tomatoes
 - 2T dried parsley
 - S&P to taste
5. Add 5oz arugula & top with a lid for 1-2 minutes (may need to do in 2 batches).
6. Remove from heat and stir in 4oz feta (optional) + ¼c sliced Kalamata olives. Allow to cool.
7. In a large bowl, whisk together 10 eggs, season with S&P.
8. Stir in cooked & cooled veggies.
9. Put into well-oiled casserole dish and bake at 375 F for 25-40 minutes or until no longer jiggly.

Dilled Cucumbers

Ingredients:

1 bunch fresh dill
1 cucumber, English preferred
1T honey
¼c rice vinegar

Instructions:

1. Finely chop 1T dill. Thinly slice 1 cucumber (this works well using a food processor or mandolin).
2. In a large bowl, whisk: 1T salt + 1T honey + ¼c rice or white wine vinegar + 1T chopped dill
3. Toss together with sliced cucumbers.



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Week 1 Salad: Blueberry, Walnut, & Goat Cheese Salad

Salad Components:

1/2c walnuts
1 tub mixed greens
1/4c balsamic vinegar
1c fresh blueberries
5oz goat cheese crumbles, optional

Dressing:

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

Instructions:

1. Roughly chop 1/2c walnuts.
2. In a large bowl layer salad components:
 - 1/2 mixed greens
 - 1/2c blueberries
 - 1/4c walnuts
 - 1/2 goat cheese crumbles (optional)

Repeat layers

For Balsamic Dressing:

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



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Week 1 Breakfast: Tropical Breakfast Smoothie

Ingredients:

7 fl. oz. lite coconut milk
8oz bag tropical frozen fruit (or mixed fruit of choice)
1 bag spinach

Instructions:

1. Blend: coconut milk with 8oz bag frozen tropical fruit.
2. When smooth, add spinach and blend well.
3. Add water if needed for desired consistency.
4. Yields: 4 servings.

Week 1 Snack: Carrots Dipped in Dilled Yogurt

Ingredients:

4-6 large carrots
1 bunch fresh dill
8oz plain Greek yogurt
½tsp garlic powder
S&P to taste

Instructions:

1. Cut 4-6 carrots into 3" sticks.
2. Finely chop 1T fresh dill.
3. Combine 8oz full fat plain Greek yogurt + ½ tsp garlic powder + 1T chopped dill.
4. Stir until smooth. Season to taste with fresh ground pepper & salt.

Week 1 Dessert: Pineapple & Raspberry Popsicles (*SERVES 8*)

Ingredients:

1 fresh pineapple
13.5oz can lite coconut milk*
2c fresh raspberries

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

Instructions:

1. Cut the pineapple into large chunks.
2. Blend ~4 cups pineapple chunks + coconut milk until smooth, pour into Popsicle molds, filling $\frac{3}{4}$ full.
3. Gently add 4 raspberries to each Popsicle pushing them into Popsicle.
4. Place stick into Popsicle and freeze.



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Week 2 Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Honeydew

Grilled Balsamic Pork Chops

Ingredients:

¼c balsamic vinegar

¼c oil

Pepper to taste

4 thin cut pork chops

Instructions:

1. Balsamic Marinade
 - ¼c oil
 - ¼c balsamic
 - pepper to taste
2. Marinate pork chops for 30 min up to 24 hours (in fridge).
3. Pre-heat grill to med-high or 400F.
4. Grill chops for 3-4 minutes per side or 145 F. (option to bake at 400 F for ~30 minutes)

Grilled Asparagus

Ingredients:

1 bunch asparagus

1T olive oil

S&P to taste

Instructions:

1. Cut ends off 1 bunch of asparagus (bottom 2-3"), discard. Toss with 1T olive oil, S&P.
2. Pre-heat grill to med-high or 400F.
3. Grill asparagus directly on grill (perpendicular to grill grates), 5-7 minutes (or bake in oven for 10-12 min at 400F).

Honeydew Slices

Ingredients:

1 honeydew melon

Instructions:

1. Cut into wedges (removing seeds).



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Week 2 Meal 2: BLTA Salad w/ “Ranch” Dressing

Ingredients:

- 4 eggs, omega 3
 - 4 thin slices bacon*
 - 1 head romaine lettuce
 - 1 pint cherry tomatoes
 - 2 avocados
 - 4oz blue cheese crumbles, optional
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Place 4 eggs in a pot & cover with water. Bring to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes. Cool in ice bath.
2. Cook 4 bacon slices in a large saute pan over med-high heat, cook slices 2-3 minutes or until cooked on both sides. Cool and crumble.
3. Finely chop romaine lettuce and cut cherry tomatoes in half (or quarter for larger tomatoes).
4. Slice 2 avocados.
5. Peel & quarter 4 hardboiled eggs.
6. Toss chopped romaine & tomatoes with avocado, eggs, and crumbled bacon. Drizzle with “Ranch” dressing below.

“Ranch” Dressing

Ingredients:

- 1c olive oil
- 1 peeled garlic clove
- 1 can full fat coconut milk
- 2T apple cider vinegar
- ½tsp salt + ¼tsp pepper
- 1 bunch parsley

Instructions:

Blend the following in a blender until smooth:

1c olive oil + 1 peeled garlic clove + 1 can full fat coconut milk + 2T apple cider vinegar + ½tsp salt + ¼tsp pepper

Add 1 handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped.

*Note: Don’t over-blend the parsley or it may become bitter. Dressing recipe makes enough to use as a veggie dip for snacking.



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Week 2 Meal 3: Cod Picatta w/ Mashed Cauliflower

Cod Picatta

Ingredients:

Zest of 2 lemons (~1tsp)
2T lemon juice (~2-3 lemons)
4T olive oil
4T capers
1T olive oil
4 cod fillets

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

Instructions:

1. Stir together lemon zest through capers to form picatta sauce. Set aside.
2. Heat a large sauté pan to medium-high heat and add 1T oil.
3. Place 4 cod fillets in pan, cook 3-4 minutes.
4. Flip cod fillets and pour lemon-caper sauce over top, cover with lid & cook another 3-4 min or cooked through.

Mashed Cauliflower

Ingredients:

1 head cauliflower
2T chopped parsley
S&P, to taste

Instructions:

1. Roughly chop 1 cauliflower and place in a large steamer or soup pot.
2. Boil or steam cauliflower in 3-4" of water for ~15-20 minutes or a knife inserts easily. Drain and set aside to cool.
3. When cooled, place cauliflower in a food processor or blender and add ¼ c water (or stock) and blend until just smooth. Season w/ S&P and top with 2T chopped parsley.



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Week 2 Meal 4: Grilled Chicken w/ AB Dipping Sauce & Thai Roasted Eggplant & Cauliflower

Grilled Chicken

Ingredients:

4 boneless, skinless chicken breasts, 5-7oz each
1T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 400F.
2. Drizzle chicken with 1-2T olive oil. Pre-heat indoor grill, cook chicken ~10 minutes or until cooked to 165F.
3. OR roast chicken at 400F for 30-40 minutes until cooked to 165F. Serve with almond butter dipping sauce.

Almond Butter Dipping Sauce

Ingredients:

¾c coconut milk*
½c almond butter*
1" ginger knob
2tsp red curry paste*
1tsp honey
1 lime
1tsp coconut aminos*
S&P to taste

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

Instructions:

1. In a blender combine:
 - ¾c lite coconut milk
 - ½c almond butter
 - 1" fresh ginger, peeled, roughly chopped
 - 2tsp red curry paste (adjust according to desired heat)
 - 1tsp honey
 - 2tsp lime juice (~juice of 1 lime)
 - 1tsp coconut aminos
2. Blend until smooth.



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Thai Roasted Eggplant & Cauliflower

Ingredients:

1 head cauliflower

1 large eggplant

¼c olive oil

1-2T red curry paste*

S&P to taste

*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", set aside.
3. Whisk together:
 - ¼c olive oil
 - ¾c water
 - 1-2T red curry paste
 - ¾tsp salt
4. Toss above with chopped eggplant & cauliflower.
5. Place cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.



June 2017 Recipes, PALEO

Week 2 Salad: Arugula, Raspberries, Sliced Almonds, & Goat Cheese

Salad Components:

5oz tub arugula
1c raspberries
½c sliced almonds
4oz goat cheese crumbles, optional

Dressing:

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

Instructions:

3. In a large bowl layer salad components:
 - ½ tub arugula
 - ¼c sliced almonds
 - ½ raspberries
 - 2-3oz goat cheese crumbles (optional)Repeat layers

For Balsamic Dressing:

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



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Week 2 Breakfast: Chocolate Cherry Decadence Smoothie Bowl

Ingredients:

½c lite coconut milk
20oz frozen dark sweet cherries
~3-5oz frozen collard greens (or sub greens of choice)
3T cocoa powder
¼c almond butter
½ tsp cinnamon

Optional toppings:

½c chopped hazelnuts (OR chopped nut of choice)
1T chia seeds
¼c mini chocolate chips*
¼c unsweetened coconut flakes
½c frozen pomegranate airts

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

Instructions:

1. Place ½c lite coconut milk in a blender and cherries + greens + 3T cocoa powder + ¼c almond butter + cinnamon.
2. Blend on high until smooth. Add additional water as needed for desired consistency.
3. Pour into bowl & add optional toppings as desired.



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Week 2 Snack: Broccoli w/ “Ranch” Dressing

Ingredients:

1 head broccoli
1c olive oil
1 peeled garlic clove
1 can full fat coconut milk
2T apple cider vinegar
½tsp salt + ¼tsp pepper
1 bunch parsley

Instructions:

1. Chop 1 head broccoli into bite-sized pieces.
2. Blend the following in a blender until smooth:
1c olive oil + 1 peeled garlic clove + 1 can full fat coconut milk + 2T apple cider vinegar + ½tsp salt + ¼tsp pepper
3. Add 1 handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped.

*Note: Don't over-blend the parsley or it may become bitter. Dressing recipe makes enough to use as a dressing for BLTA Salad.



June 2017 Recipes, PALEO

Week 2 Dessert: Paleo Cookie Dough Bites

Yields ~16

Ingredients:

¼c coconut oil (melted)

¼c maple syrup*

1tsp vanilla extract*

2c almond flour

¼c mini chocolate chips*

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

Instructions:

1. Whisk together: ¼c coconut oil (melted) + ¼c maple syrup + 1tsp vanilla
2. Gently stir in: 2c almond flour + ¼c mini chocolate chips
3. Roll into 1T sized balls. Store in fridge.
4. Option: Drizzle with melted chocolate.



June 2017 Recipes, PALEO

Week 3 Meal 1: Grilled Ginger-Lime Flank Steak, Bell Peppers, & Plums

Grilled Ginger-Lime Flank Steak

Ingredients:

½c olive oil
1 knob ginger
6 limes
½ T salt
fresh ground pepper
1-1.5# grass-fed flank steak

Instructions:

1. Steak Marinade: Whisk together:
 - ½c olive oil
 - 2-3T fresh grated ginger
 - 2-3T lime juice (~6 limes)
 - ½T salt
 - fresh ground pepper
2. Add flank steak to marinade for **4-48 hours**.
3. Remove steak from marinade and grill for 4-6 minutes per side for med-rare.
4. Allow steak to rest 5-10 minutes before cutting. Cut meat very thinly against the grain.

Grilled Bell Peppers & Plums

Ingredients:

4 plums
4 bell peppers (mixed colors)
1 red onion
olive oil to coat
S&P to taste

Instructions:

1. Cut red onion into thick circles (to grill) & brush with olive oil.
2. Quarter bell peppers (removing stems/ seeds) brush skin side lightly with olive oil.
3. Halve 4 plums and remove seeds. Brush cut side lightly with olive oil.
4. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
5. Grill plums cut side down for ~5 minutes.
6. Season bell pepper & onion w/ S&P.



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Week 3 Meal 2: BBQ Shrimp w/ Mashed Potatoes, & Broccoli

BBQ Shrimp

Ingredients:

1 dried ancho chili OR chipotle
3T apple cider vinegar
28oz can crushed tomatoes
¼c Medjool dates
garlic
¼t cayenne
2T chili powder
S&P to taste
1-1.5# shrimp, peeled, deveined, tails removed

Instructions:

1. Pre-heat oven to 425 F.
2. Bring 1c water to boil. Place 1 ancho in pot, top w/ lid, remove from heat, allow to re-hydrate.
3. BBQ Sauce: Puree all in blender or food processor until smooth.
 - 3T apple cider vinegar
 - 28oz can crushed tomatoes
 - ¼ cup dates, pitted (4 large)
 - 1 clove garlic
 - 1 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)
 - ¼ tsp cayenne + 2 T chili powder + S&P to taste
4. Marinate shrimp in ½c BBQ sauce for 30 minutes up to 1 hour.
5. Place shrimp on sheet pan. Roast ~12 minutes or until shrimp are cooked.
6. Serve shrimp with remaining BBQ sauce.

Mashed Potatoes

Ingredients:

4 russet (baking) potato
1T grass-fed butter
½ tsp salt

Instructions:

1. Peel 4 baking potatoes & cut into 1-2" cubes.
2. Place cut potatoes in large pot & cover with water. Bring to a boil reduce heat to medium and cook for 30-35 minutes or until soft.
3. Drain.
4. Add S&P + ¼ c water (use milk or broth if desired) + 1T butter (optional).
5. Mash until smooth.



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Broccoli

Ingredients:

1 large broccoli

1T olive oil

S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut into 1-2" pieces.
3. Toss with 1T olive oil + S&P.
4. Place on sheet pan. Roast ~12 minutes.



June 2017 Recipes, PALEO

Week 3 Meal 3: Summer “Pasta” Salad

Ingredients:

2 pints cherry tomatoes

16oz. sliced mushrooms

1 small zucchini

~2/3c olive oil

2-4 large zucchini

garlic

fresh basil

1 lemon

¼c sliced Kalamata olives

4oz feta crumbles, optional

½c pine nuts, optional

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

Instructions:

1. Pre-heat oven to 375 F.
2. Toss together:
 - 2 pints cherry tomatoes
 - 2 tubs sliced mushrooms
 - 1-2T olive oil + S&P
3. Roast at 375 F in single layer on 1-2 sheet pans for 20-25 minutes.
4. Use spiralizer or mandolin to make “spaghetti-like” zucchini noodles (can also cut by hand).
5. Lemon Basil Sauce: In blender blend:
 - ¼c olive oil
 - 1 clove garlic
 - large handful fresh basil
 - juice of 1 lemon (~2T)
 - S&P
6. Toss Roasted Veggies + Lemon Basil Sauce + ¼c sliced olives + 4oz feta cheese + ½c pine nuts.
7. Heat 1-2tsp olive oil to large sauté pan over med-high. Add zucchini noodles, and cook 2-3 minutes.
8. Add veggie mixture and sauté until heated through, 5-6 minutes.



June 2017 Recipes, PALEO

Week 3 Meal 4: Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes

Turkey & Carrot BBQ Meatballs

Ingredients:

- 1 dried ancho chili OR chipotle
 - 3T apple cider vinegar
 - 28oz can crushed tomatoes*
 - ¼c Medjool dates
 - garlic
 - ¼t cayenne
 - 3T chili powder*
 - S&P to taste
 - 1 large carrot
 - 1c almond flour
 - 2 eggs, omega 3
 - 1# ground turkey thigh
 - 1t turmeric
 - 1tsp pepper
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 375 F.
2. Bring 1c water to boil. Place 1 dried ancho in water, top with lid, remove from heat and allow pepper to re-hydrate.
3. BBQ Sauce: Puree the following in blender or food processor until smooth.
 - 3T apple cider vinegar
 - 28oz can crushed tomatoes
 - ¼ cup dates, pitted (4 large)
 - 1 clove garlic
 - 1 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)
 - ¼ tsp cayenne + 2 T chili powder + S&P to taste
1. Finely grate 1 large carrot & squeeze out any excess liquid.
2. In a large bowl combine:
 - 1c almond flour
 - 2 eggs
 - 1# ground turkey
 - 1 grated carrot
 - 1T chili powder + 1tsp turmeric powder + 1 tsp pepper
 - ¼ cup BBQ sauce
3. Mix together all of the above (works best using hands). Form into 12 balls and top with 1c BBQ sauce.
4. Bake meatballs for 45 minutes or cooked through.



June 2017 Recipes, PALEO

Roasted Japanese Sweet Potatoes

Ingredients:

2-3 large Japanese sweet potatoes

1T olive oil

1T tarragon

S&P to taste

Instructions:

1. Pre-heat oven to 375 F.
2. Peel & chop into 1" cubes.
3. Toss with 1T olive oil + 1T tarragon.
4. Roast for 40-50 minutes, removing and tossing halfway through cooking.



June 2017 Recipes, PALEO

Week 3 Salad: Arugula, Watermelon, & Feta Salad

Salad Components:

1 personal watermelon
1 red onion
5oz arugula
½c sliced almonds
4oz feta crumbles, optional

Dressing:

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

Instructions:

1. Cut 1c of watermelon into small ½" cubes.
2. Thinly slice ~2T of red onion.
3. In a large bowl layer salad components:
 - ½ arugula tub
 - 1T sliced red onion
 - ½c chopped watermelon
 - ¼c sliced almonds
 - 2oz feta crumbles (optional)Repeat layers

For Balsamic Dressing:

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



June 2017 Recipes, PALEO

Week 3 Breakfast: Mushroom & Kale Frittata Muffins

Yields ~12

Ingredients:

8oz (1/2 bag) chopped kale
8oz sliced mushrooms
12 eggs
S&P, to taste
12 muffin liners

Instructions:

1. Pre-heat oven to 375 F.
2. In a large pot, place 8oz (1/2 bag) chopped kale + 8oz sliced mushrooms + 1.5c water.
3. Cover & cook over medium heat for 20 min, adding water if needed. Season w/ S&P and set aside to cool.
4. In a large bowl, whisk 12 eggs. Season w/ S&P. Stir in cooked and drained (if needed) kale & mushrooms.
5. Pour into lined muffin pan.
6. Bake at 375 F for ~15-17 min or eggs are set. Cool and store in fridge or freezer.

Week 3 Snack: Watermelon

Ingredients:

1 watermelon

Instructions:

1. Cut into wedges for snacking.

Week 3 Dessert: Dark Chocolate & Macadamia Nuts

Ingredients:

4oz dark chocolate (bar or individually wrapped)
1c macadamia nuts

Instructions:

1. 1 serving = 1oz chocolate + 1/4c macadamia nuts.



June 2017 Recipes, PALEO

Week 4 Meal 1: Nicoise Salad

Ingredients:

2 eggs
1 large red potato
1c green beans, optional
5oz tub mixed greens
½ pint cherry tomatoes
¼c sliced Kalamata olives
4 tuna steaks

Dressing:

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

Instructions:

1. Place 2 eggs in a pot and fill with water to cover. Bring to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
2. Fill an additional small pot with water, bringing to a boil.
3. Chop potato into ½" cubes. Chop green beans into ½" pieces.
4. Boil chopped potatoes for ~15-20 minutes or until a knife is easily inserted. Drain and allow to cool.
5. Steam chopped green beans (option to steam above potatoes) or boil for 2-4 minutes.
6. Add the following to the tub of mixed greens:
 - ½ pint cherry tomatoes
 - 1c steamed green bean pieces (cooled)
 - 2 hardboiled eggs (cooled, peeled & quartered)
 - chopped boiled potatoes
 - ¼c sliced Kalamata olives
7. Heat 1tsp oil in saute pan over med-high to high heat. Sear tuna 2-3 minutes per side or desired doneness. Season w/ S&P.
8. Divide salads among 4 bowls, top each with a piece of seared tuna.
9. Shake vinaigrette well and drizzle on top of salads.

For Balsamic Dressing:

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



June 2017 Recipes, PALEO

Week 4 Meal 2: Pork, Pineapple, & Veggie Kabobs

Ingredients:

1-1.5# butterflied pork loin chops (OR boneless pork chops)
1tsp turmeric
½tsp chipotle powder
1T coconut aminos
1T toasted sesame oil
4 bell peppers (mixed colors)
1 pineapple (OR 2c fresh, pre-cut pineapple chunks)

Instructions:

1. If using wooden skewers, soak in water for ~30 minutes.
2. Pre-heat grill.
3. Cut pork into ~1" cubes.
4. Whisk together: 1tsp turmeric + ½tsp chipotle + 1T coconut aminos + 1T toasted sesame oil.
5. Toss pork cubes with marinade. **Marinate for at least 2 hours**, up to 48 hours.
6. Cut 4 bell peppers & pineapple into ~1" cubes.
7. Skewer pork, pineapple & bell pepper on skewers.
8. Grill for ~15 minutes, flipping kabobs ~ every 5 minutes.



June 2017 Recipes, PALEO

Week 4 Meal 3: Bison Burgers w/ Sweet Potato Wedges, & Green Apple Coleslaw

Bison Burgers

Ingredients:

1# ground bison

S&P to taste

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

Instructions:

1. Form ground bison into 4 patties. Season lightly w/ S&P.
2. Grill burgers 3-4 minutes per side or desired doneness (or in a saute pan over medium-high heat).

Sweet Potato Wedges

Ingredients:

2 large sweet potatoes

2T olive oil

1T chili powder*

1T cumin

S&P to taste

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

Instructions:

1. Pre-heat oven to 375 F.
2. Cut sweet potatoes into thin wedges.
3. Toss with 1-2T olive oil + 1T chili powder + 1T cumin + S&P.
4. Roast sweet potatoes for 35-45 minutes, removing and tossing halfway through cooking.

Green Apple Coleslaw

Ingredients:

2 Granny Smith apples

½c olive oil

2T apple cider vinegar

1 tsp honey

salt to taste

8oz bag shredded cabbage (for coleslaw)

Instructions:

1. Thinly slice green apple into matchsticks (should be ~size of a match- works well on a mandolin).
2. Whisk together: ½c olive oil + 2T apple cider vinegar + 1tsp honey & salt to taste
3. Toss dressing with sliced apples.
4. Toss all together with 8oz bag of coleslaw (shredded cabbage).



June 2017 Recipes, PALEO

Week 4 Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach, & Honey-Glazed Carrots

Walnut Crusted Chicken

Ingredients:

2c walnuts
2 eggs
4 chicken breast, boneless, skinless, 5-7oz each
S&P to taste

Instructions:

1. In blender or food processor, blend 2c walnuts until finely chopped. Place in a shallow bowl.
2. Whisk 2 eggs, place in a second shallow bowl.
3. Dredge each chicken breast in eggs & then walnuts. Salt lightly.
4. Pre-heat oven to 375 F.
5. Bake chicken for 25 min up to 40 min (depending on size) or cooked to 165.

Sautéed Spinach

Ingredients:

garlic
16oz tub spinach
1 tsp oil
S&P to taste

Instructions:

1. Finely chop 2-4 cloves garlic.
2. Heat 1tsp oil in large saute pan over high heat.
3. Add garlic & spinach to pan & cook 3-4 min or spinach just wilts.
4. Season w/ S&P.

Honey-Glazed Carrots

Ingredients:

1/2# carrots
1 T olive oil
1T honey
1tsp dried dill
S&P to taste

Instructions:

1. Thinly slice carrots into bite-sized pieces.
2. Boil (or steam) sliced carrots for ~20 minutes or until a knife inserts easily.
3. Whisk together 1T olive oil + 1T honey. Toss carrots with oil & honey.
4. Season w/ 1tsp dried dill + S&P.



June 2017 Recipes, PALEO

Week 4 Salad: Mixed Greens w/ Grapes, Walnuts, & Avocado

Salad Components:

- 1 small bunch seedless grapes
- 5oz tub mixed greens
- ½c walnuts
- 2 avocados

Dressing:

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

Instructions:

1. Cut grapes in half, for a total of 1½c.
2. Slice 2 avocados.
3. In a large bowl layer salad components:
 - ½ tub mixed greens
 - ¼c walnuts
 - ¾c grapes
 - sliced avocadoRepeat layers

For Balsamic Dressing:

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



June 2017 Recipes, PALEO

Week 4 Breakfast: Hard Boiled Eggs & Oranges

Ingredients:

8 eggs
4 oranges

Instructions:

1. Place 8 eggs in a pot, fill with water to cover, bring to a boil.
2. Boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
3. Peel & serve with oranges. (option to quarter oranges)

Week 4 Snack: Curried Cashews & Raisins

Ingredients:

1T olive oil
1T yellow curry powder*
3c cashews
1c raisins
salt, to taste

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

Instructions:

1. In a large saute pan, heat 1T olive oil + 1T yellow curry powder over med-high heat for ~3 min.
2. Add 3c cashews and cook 3-4 mins or just toasted.
3. Remove from heat, toss w/ 1c raisins & salt to taste. Allow to fully cool.
4. Store at room temperature in an airtight container.



June 2017 Recipes, PALEO

Week 4 Dessert: Chocolate Dipped Bananas

Ingredients:

¼c coconut oil

¼c cocoa powder

1/8 tsp vanilla extract*

1/8 tsp cinnamon

4 bananas

8 popsicle sticks, optional

parchment paper or foil

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

Instructions:

1. Heat ¼c coconut oil in a saute pan over low heat (be careful, it can burn!).
2. Once coconut oil melts and is warm, turn off heat and whisk in ¼c cocoa powder + 1/8 tsp vanilla + 1/8 tsp cinnamon until combined.
3. Peel bananas and cut in half, horizontally.
4. Place a popsicle stick into the bottom half of each banana (note: this step is optional).
5. Dip bananas in chocolate mixture to coat evenly.
6. Lay bananas on a parchment or foil-lined baking sheet and put in freezer.
7. Once frozen, store in a container in freezer, separating layers w/ parchment or foil.



June 2017 Recipes, PALEO

Week 5 Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumber, & Walnuts

Ingredients:

1 cucumber

½ pint strawberries

4 salmon fillets, 4-6oz each

5oz tub mixed greens

½c chopped walnuts

4oz feta crumbles, optional

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

Instructions:

1. Pre-heat oven to 425 F.
2. Finely dice 1 cucumber.
3. Slice ½ pint of strawberries into bite-sized pieces.
4. Season salmon with S&P and bake for 18-20 minutes (or option to grill).
5. Divide mixed greens into 4 bowls and divide the following evenly:
 - chopped walnuts
 - sliced strawberries
 - chopped cucumber
 - crumbled feta (optional)
 - 1 baked salmon fillet
6. Drizzle with 1-2 T vinaigrette (below)

Dressing:

½c olive oil

¼c balsamic vinegar

S&P to taste

For Balsamic Dressing:

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



June 2017 Recipes, PALEO

Week 5 Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus, & Pineapple

Grilled Lemon Tenders

Ingredients:

2 lemons
½c olive oil
~1-1.5# chicken tenders
S&P to taste

Instructions:

1. Whisk together:
 - juice & zest of 2 lemons
 - ½c olive oil
 - 1T salt
 - fresh ground pepper
 - optional: add 1T dried herb of choice: tarragon, basil, oregano, etc .
2. Pre-heat grill or oven to 400 F. **Marinate chicken for at least 30 minutes.**
3. Grill chicken for 2-3 minutes per side OR bake for 12-15 minutes. Internal temperature should be 165 F (time depends on size of tenders).

Grilled Asparagus

Ingredients:

1 bunch asparagus
1T olive oil
S&P to taste

Instructions:

1. Remove, discard bottom 2" of asparagus.
2. Toss with 1T olive oil, S&P.
3. Pre-heat grill or oven to 400 F.
4. Grill asparagus for 5-6 minutes, flipping occasionally. (if baking, bake asparagus 8-10 minutes)

Grilled Pineapple

Ingredients:

1 pineapple (or fresh pineapple slices)

Instructions:

1. Pre-heat grill or oven to 400 F.
2. Peel, core & cut pineapple into ½" thick pineapple slices (if not already pre-sliced).
3. Grill for 5-6 minutes, flipping occasionally.



June 2017 Recipes, PALEO

Week 5 Meal 3: Steaks, Baked Sweet Potatoes, & Swiss Chard

Steak

Ingredients:

4 grass-fed tenderloin steaks, 5-7oz each
4T steak seasoning*

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

Instructions:

1. Coat each steak with ~1T steak seasoning.
2. Heat 1-2t olive oil in large, oven-safe saute pan over med-high heat.
3. Cook steaks 2-3 minutes per side or until color develops.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).
Option: Cook steaks on the grill.

Baked Sweet Potatoes

Ingredients:

4 sweet potatoes

Instructions:

1. Pierce potatoes with a fork.
2. Bake at 350F for ~60 minutes or until soft and cooked through.

Swiss Chard

Ingredients:

1-2 bunches Swiss chard
2 tsp olive oil
S&P to taste

Instructions:

1. Remove leaves from stems discarding stems. Roughly chop leaves.
2. Heat 2 tsp oil in a sauté pan.
3. Cook chard ~5 minutes and season with S&P.



June 2017 Recipes, PALEO

Week 5 Meal 4: Mexican Kabobs

Ingredients:

1 red bell pepper
1 yellow bell pepper
8oz button mushrooms
1 pint cherry tomatoes
1.5# top round lamb (OR sub thick-cut boneless pork chops)
1T olive oil
1½ T chili powder
2 limes

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

Instructions:

1. Slice both bell peppers into 1" squares and mushrooms in half.
2. Slice lamb (or pork) into 1½" cubes.
3. Mix together 1T olive oil w/ 1½ T chili powder and juice of 2 limes. Toss with lamb (or pork) cubes and marinate meat for 2-48 hours.
4. If using wooden skewers, soak in water for 30 minutes prior to using.
5. Skewer mushrooms, bell peppers, cherry tomatoes and lamb (pork).
6. Grill (or broil) for ~15 mins, flipping kabobs every 5 minutes.



June 2017 Recipes, PALEO

Week 5 Salad: Arugula w/ Peach, Sliced Almond, & Goat Cheese

Salad Components:

2 peaches
5oz tub arugula
½c sliced almonds
4oz goat cheese crumbles, optional

Dressing:

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

Instructions:

1. Chop 2 peaches.
2. In a large bowl layer salad components:
 - ½ tub arugula
 - ½c diced peaches
 - ¼c sliced almonds
 - 2-3oz goat cheese crumbles (optional)Repeat layers

For Balsamic Dressing:

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



June 2017 Recipes, PALEO

Week 5 Breakfast: Strawberry Chia Jam w/ Paleo Pancakes

Strawberry Chia Jam

Ingredients:

4c frozen strawberries
3T chia seeds
3T maple syrup*
½ tsp vanilla, optional
1 package rice cakes

Instructions:

- 1 In a small pan over med-high heat, add 4c frozen strawberries. Cover and cook 10 minutes.
- 2 Mash strawberries with a fork, then add 3T chia seeds, 3T maple syrup & 1/2tsp vanilla (optional).
- 3 Stir, cover and cook 2 more mins.
- 4 Put jam in fridge to cool for at least 30 minutes before using.
- 5 Serve with pancakes.

Paleo Banana Pancakes

Ingredients:

4 bananas
6 eggs
½ tsp baking soda
3T coconut flour
1tsp vanilla (optional)
½ tsp cinnamon

Instructions:

- 1 In a blender, add bananas through cinnamon. Blend until smooth.
- 2 Pre-heat a griddle over medium heat.
- 3 Ladle mixture onto griddle and cook 2-3 minutes per side.

Week 5 Snack: Seaweed Snacks

Ingredients:

1-2 packages dried seaweed snacks (Gimme, SeaSnax, Annie Chun's)

Instructions:

1. Enjoy!



June 2017 Recipes, PALEO

Week 5 Dessert: Berry Peachy Fruit Salad

Ingredients:

2-3 peaches

½ pint strawberries

2 pints blackberries

2T unsweetened coconut flakes

2T sliced almonds

Instructions:

1. Chop 2-3 peaches and slice ½ pint strawberries. Place in medium bowl.
2. Add 2 pints blackberries and gently combine fruit.
3. Top with 2T unsweetened coconut flakes and 2T sliced almonds.