



July 2017 Recipes, PALEO

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Week 1 Meal 1: Spiced Tuna Steaks w/ Sauteed Peppers & Avocado Salas

Spiced Tuna Steaks

Ingredients:

2tsp cumin
2T olive oil
4 tuna steaks
1 lime
S&P to taste

Instructions:

1. Pat tuna steaks dry and sprinkle with 2 tsp cumin, S&P.
2. Heat 2T olive oil in large sauté pan over medium-high heat.
3. Sear tuna 2-3 minutes per side or to desired doneness and drizzle with juice of 1 lime.
4. Spoon sauce (leftover lime juice from pan) over steaks and plate.

Sauteed Peppers

Ingredients:

2 garlic cloves
2 red onions
2 red peppers
2tsp paprika
2tsp cumin
2T apple cider vinegar
2T olive oil

Instructions:

1. Finely chop ~2 cloves of garlic and slice 2 red peppers and 2 red onions.
2. Toss with 2tsp paprika, 2tsp cumin and 2T apple cider vinegar.
3. Heat 2T oil in large sauté pan over med-high to high heat.
4. Cook veggies ~5-7min until softened and slightly brown.

Avocado Salsa

Ingredients:

2 avocados
4T cilantro
1 lime
S&P to taste

Instructions:

1. Chop 4T cilantro and cut up 1 avocado.
2. Mash to desired consistency with juice of 1 lime and S&P to taste.



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Week 1 Meal 2: Peachy Pork Tenderloin Medallions w/ Roasted Zucchini

Peachy Pork Tenderloin Medallions

Ingredients:

~3 garlic cloves
1" knob ginger
1 small red onion
4 small peaches
fresh cilantro
1# organic pork tenderloin
1tsp olive oil
½tsp salt
¼c apple cider vinegar

Instructions:

1. Pre-heat oven to 425 F.
2. Peel and finely grate ginger.
3. Finely chop ~3 cloves of garlic.
4. Finely chop 1 red onion.
5. Roughly chop 4 peaches.
6. Finely chop leaves 2-3 T of cilantro.
7. Thinly slice the pork tenderloin into medallions (~12 pieces).
8. Peach Sauce: Add the following to a large sauté pan over medium-high heat:
 - 1 tsp olive oil
 - ~3 cloves chopped garlic & grated ginger (up to 1T)
 - 1 red onion, finely chopped
 - ½ tsp salt
9. Sauté for 5 minutes.
10. Add 4 diced peaches and ¼c apple cider vinegar.
11. Cook on low for 30 minutes, stirring occasionally. Allow to cool. Stir in chopped cilantro.
12. Place pork on sheet pan.
13. Roast pork for ~15-20 minutes.
14. Serve pork with peach chutney on the side.

Roasted Zucchini

Ingredients:

2 large zucchini
1-2T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut zucchini into bite-sized pieces and toss w/ 1-2T olive oil + S&P.
3. Place in oven (single-layer on sheet pan). Roast for ~12-15 minutes.



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Week 1 Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce & Sesame Roasted Asparagus

Asian Turkey Lettuce Wraps w/ Dipping Sauce

Ingredients:

1 small yellow onion
2 large carrots
2 red bell peppers
1 garlic bulb
cilantro
2" knob ginger
1 can water chestnuts
1 bunch green onion
1tsp olive oil
1# ground turkey thigh
8oz tub sliced mushrooms
4T toasted sesame oil
3T coconut aminos*
2T rice vinegar*
1 head romaine lettuce
1tsp honey, optional
1tsp red chili flakes, optional

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

Instructions:

1. Finely chop:
1 yellow onion, 2 carrots, 2 bell peppers, ~3-4 cloves of garlic, 2-3T cilantro
2. Peel and finely grate ginger.
3. Drain 1 can water chestnuts, finely chop.
4. Chop green onions, keeping the whites & greens separate.
5. In large sauté pan heat 1 tsp olive oil,
6. Add: 1# ground turkey, yellow onion, garlic, ~1T grated ginger, carrots, 2 red bell pepper, white part of green onion, & sliced mushrooms.
7. Cook for ~10-12 minutes, breaking apart ground turkey.
8. Add 1 can chopped water chestnut, chopped cilantro, green onion tops, 1T sesame oil, 1T coconut aminos, 1T rice vinegar.
9. Remove 8-16 large leaves.
10. Dipping Sauce: Whisk together:
 - 1T toasted sesame oil
 - 1T rice vinegar
 - 2T coconut aminos
 - 1tsp red chili flakes (optional)
 - 1tsp honey (optional)
11. Serve ~¼c filling in a folded lettuce leaf with dipping sauce.



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Sesame Roasted Asparagus

Ingredients:

1x asparagus
1T toasted sesame oil
1T sesame seeds
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Chop off & discard lower 2-3".
3. Toss tops with 1T toasted sesame oil + 1T sesame seeds + S&P to taste.
4. Roast asparagus in single layer on baking sheet for 12-15 minutes.



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Week 1 Meal 4: Mexican Grass-fed Beef & Potato Hash

Ingredients:

- 1 small yellow onion
- 1# large red potatoes
- 1 bunch cilantro
- 2 green onions
- 1 beefsteak tomato
- 1 head romaine lettuce
- 2 avocados
- 1 # grass-fed ground beef
- 8oz sliced mushrooms
- 3T chili powder*

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

Instructions:

1. Finely chop yellow onion.
2. Peel & cut ~1# potatoes into 1" pieces.
3. Finely chop leaves 2-3 T of cilantro.
4. Chop 2 green onions.
5. Chop tomato.
6. Finely chop 2 cups lettuce.
7. Slice 2 avocados.
8. Place 1# ground beef in a large sauté pan over medium high heat, breaking apart meat.
9. Add to pan ½ chopped onion + ½ cut potatoes (uncooked) + sliced mushrooms + 3T chili powder, cook for 10-15 minutes.
10. Add ½ c water (use broth for more flavor), cover & cook until potatoes are soft.
11. Top with chopped tomato, lettuce, green onion, cilantro & avocado as desired.



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Week 1 Salad: Red, White & Blue Salad

Salad Components:

5oz mixed greens
1/2c sliced almonds
1 pint raspberries
1 pint blackberries
4-6oz feta crumbles, optional

Dressing:

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

Instructions:

1. In a large bowl layer salad components:
 - 1/2 of 5oz tub mixed greens
 - 1/2 pint blackberries
 - 1/2 pint raspberries
 - 2-3oz feta crumbles (optional)
 - 1/4c sliced almonds
2. Repeat layers.
3. Top with balsamic dressing below.

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: Stuffed Sweet Potatoes w/ Sausage & Eggs

Ingredients:

2 medium sweet potatoes
1# ground turkey (85-93% lean)
1tsp ginger powder
1tsp garlic powder
1tsp dried thyme
2tsp dried sage
4 eggs
½tsp minced rosemary, optional
S&P to taste

Instructions:

1. Preheat oven to 400 F. Wrap 4 sweet potatoes in foil and bake for 40-45 min until soft. Cool.
2. Place 1# ground turkey into a large saute pan over med-high heat.
3. Add:
 - 1 tsp ginger powder
 - 1tsp garlic powder
 - 1tsp dried thyme
 - 2tsp dried sage
 - ½ tsp salt
4. Cook the turkey sausage mixture for ~8-10 min until cooked through, breaking meat into pieces.
5. Once turkey is cooked through and sweet potatoes are cool, cut sweet potatoes lengthwise and scoop out middle without breaking the skin.
6. Mash sweet potato in bowl. Add cooked turkey, ½tsp minced rosemary and S&P.
7. Add mash back to sweet potato shell.
8. Place sweet potatoes on parchment lined tray. Create a divot for egg and break one egg into each divot. Cook for 15 min at 400 F until yoke is set.

Week 1 Snack: Rosemary Spiced Almonds

Ingredients:

1T olive oil
1T chopped rosemary
1tsp chili powder*
¾tsp sea salt
dash ground pepper
2 c raw, whole almonds

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

Instructions:

1. Preheat oven to 350 F.
2. Mix together all ingredients and bake on a foil lined tray for 15-20 minutes.



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Week 1 Dessert: Almond Butter-Banana “Ice Cream”

Ingredients:

4 large frozen bananas
2T almond butter*
½tsp vanilla
1tsp cinnamon

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

Instructions:

1. Blend the following until smooth:
 - 4 large frozen bananas
 - 2T almond butter
 - ½tsp vanilla
 - 1tsp cinnamon
2. Place in a container and freeze.



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Week 2 Meal 1: Cold Creamy Gazpacho w/ Grilled Shrimp Kabobs

Cold Creamy Gazpacho

Ingredients:

¼ small red onion
3# tomatoes
1 red pepper
1 cucumber
½ jalapeno pepper
3 cloves garlic
½c olive oil
2T sherry vinegar or red wine vinegar
S&P to taste

Instructions:

1. Roughly chop ¼ of onion.
2. Core and roughly chop 3# tomatoes. Set aside 1c and place remaining 2c into blender bowl.
3. Peel 1 cucumber & cut in half. Cut 1 red pepper & 1 jalapeno in half (removing seeds & stem from both).
4. Finely chop and set aside to add after gazpacho is blended:
 - ½ peeled cucumber
 - ½ red bell pepper
5. Place the following into blender bowl w/ 2c chopped tomatoes:
 - ½ of peeled cucumber
 - ½ of bell pepper
 - ¼ red onion
 - 3 cloves garlic
 - ½ jalapeno, stemmed and halved (note: add more jalapeno if you like spicy)
 - 1tsp salt
6. Blend veggies until smooth and soup-like texture is reached.
7. Add 1/4c water + ½c olive oil + 2T sherry vinegar. Pulse to combine.
8. Pour into large storage container.
9. Add chopped veggies to pureed veggies + S&P to taste.

Grilled Shrimp Kabobs

Ingredients:

1# shrimp, peeled and deveined
1tsp paprika
1tsp garlic powder
S&P to taste

Instructions:

1. Season shrimp with 1tsp paprika, 1 tsp garlic powder and S&P
2. Skewer shrimp. (If using wooden skewers, soak in water for 30 mins prior to skewering).
3. Preheat grill or grill pan to medium high.
4. Oil grill or brush shrimp with oil and grill 2-3 min/ side until cooked through and pink.



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Week 2 Meal 2: Grass-fed Beef Burgers w/ Baked Sweet Potato Wedges & Sautéed Spinach

Grass-fed Beef Burgers

Ingredients:

1# grass-fed ground beef
bib or butter lettuce for burgers
S&P to taste

Instructions:

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

Baked Sweet Potato Wedges

Ingredients:

2 large sweet potatoes
1-2T olive oil
1T paprika
1tsp garlic powder
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut potatoes into thin wedges. Toss w/ 1-2T olive oil + 1T paprika + 1 tsp garlic powder + S&P.
3. Roast wedges in single layer on parchment-lined sheet pan for 25-35 minutes. Remove and toss halfway.

Sautéed Spinach

Ingredients:

1 large tub baby spinach
S&P to taste

Instructions:

1. Bring a steamer or small pot of water to boil.
2. Heat 1-2tsp olive oil in large sauté pan.
3. Sauté spinach for 3-4 minutes, season to taste with S&P.



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Week 2 Meal 3: Coconut Chicken w/ Honey Orange Sauce & Watermelon Mint Salad

Coconut Chicken

Ingredients:

3 large boneless, skinless chicken breasts (~1.5#)
1c unsweetened shredded coconut, small shred*
½c coconut flour
1tsp salt
½tsp pepper
1tsp garlic powder
2 eggs
½c full fat coconut milk, optional for more coconut flavor*
1T Dijon mustard

Instructions:

1. Preheat oven to 400 F. Line a large baking sheet with parchment paper.
2. Pound out chicken breasts and cut into strips.
3. In one bowl add ½c coconut flour.
4. In another bowl whisk 2 eggs + 1T Dijon mustard and ½c coconut milk together (optional, for more coconut flavor).
5. In a third bowl add 1c unsweetened shredded coconut.
6. Dredge chicken into coconut flour then egg and then shredded coconut. Place on baking sheet.
7. Bake for 10 mins, flip and bake for another 8-10 mins depending on thickness. Option: broil for 1 min to brown & crisp coating.

Honey Orange Sauce

Ingredients:

½c orange or apricot preserves*
¼c honey
3T Dijon mustard*
1tsp crushed red pepper flakes (optional for more spice)
salt to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Whisk together ½c orange preserves + ¼c honey + 3T Dijon mustard + 1tsp crushed red pepper (optional more for spicier) + salt to taste.

Watermelon Mint Salad

Ingredients:

1 small to med watermelon
1 lime
1 small bunch mint

Instructions:

Chop watermelon to equal ~2c and mint to equal ~1T. Toss together with juice of 1 lime.



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Week 2 Meal 4: Sausage & Kale Frittata

Ingredients:

1 bunch kale

6oz raw Italian sausage, pork or chicken*

8 eggs, omega 3

2oz shredded parmesan, optional

S&P to taste

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

Instructions:

2. Preheat oven to 350F.
3. Remove kale stems from leaves. Finely chop stems; finely chop leaves.
4. Place raw sausage in sauté pan, over med-high heat, and cook for 3-4 minutes while breaking apart.
5. Add chopped kale (stems & leaves). Season with S&P. Continue to cook for 8 minutes or sausage is no longer pink.
6. Whisk 8 eggs in a large bowl & season w/ black pepper. Stir in cooked sausage & kale.
7. Pour into a prepared pie pan. Optional: Top w/ 2oz shredded parmesan.
8. Bake at 350 F for 20-30 minutes or until no longer jiggly.



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Week 2 Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds

Salad Components:

2 carrots
1 bunch radishes
2 avocados
5oz chopped romaine
½c sunflower seeds

Dressing:

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

Instructions:

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

For Balsamic Dressing:

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



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Week 2 Breakfast: Strawberry-Mango Smoothie

Ingredients:

- 1 can lite coconut milk*
- 10oz frozen mango*
- 10oz frozen strawberries*
- ½c walnuts
- 1 bag spinach

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

Instructions:

1. In a blender, combine:
 - ½ can coconut milk
 - ¾c frozen mango
 - ¾c strawberries
 - ½c walnuts
 - ½bag spinach
2. Blend on high until smooth.
3. Add water/ milk if needed for consistency.
Yields: 2 servings. Repeat for additional 2 servings.

Week 2 Snack: Cucumber Slices

Ingredients:

- 1 cucumber

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

Instructions:

1. Cut cucumber into slices for snacking.

Week 2 Dessert: Sliced Watermelon

Ingredients:

- 1 small watermelon

Instructions:

1. Slice 1 watermelon into wedges.



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Week 3 Meal 1: Superfood Salad w/ Chicken

Ingredients:

1# boneless, skinless chicken breast

¼c sliced almonds

1 bunch green kale

1 head romaine lettuce

1 bunch radishes

1 avocado

¼c dried cranberries*

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

Dressing:

½c raw cashews

1T parsley

1 lemon

1tsp apple cider vinegar

1T olive oil

S&P to taste

Instructions:

1. Preheat oven to 375. Season 1# chicken breasts with S&P.
2. Place chicken in pan and bake for 20-30 minutes (or grill) until cooked, 165 F. Cool & slice.
3. Toast ¼c sliced almonds on sheet pan for ~2-4 min until golden brown. Cool.
4. Cut 1 bunch kale and 1 head lettuce into bite-sized pieces. Thinly slice radishes to equal ~1c.
5. Dice 1 avocado.
6. Toss together chopped kale, chopped romaine, ¼c dried cranberries, ¼c toasted almonds, 1c sliced radishes, and baked chicken. Top with diced avocado and cashew dressing.

For Dressing:

1. Place ½c cashews in a medium bowl. Bring ½c water to a boil and pour over cashews. Add ½tsp salt and soak for ~1 hour.
2. In blender combine:
 - soaked cashews (drained, but keeping soaking water)
 - 1T fresh parsley
 - 1T lemon juice
 - 1tsp apple cider vinegar
 - 1T olive oil
 - S&P, to taste
3. Blend until smooth adding extra soaking water to thin out consistency, if needed.



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Week 3 Meal 2: Lemon-Parsley Salmon w/ Tomato, Cucumber, & Red Onion Salad

Lemon-Parsley Salmon

Ingredients:

½c olive oil
1 bunch parsley
1 clove garlic
2 lemons
1tsp salt
1-2tsp honey, optional
4 salmon fillets, 4-6oz each

Instructions:

1. Pre-heat oven to 425 F.
2. Lemon Parsley Sauce: Place in a blender:
 - ½ c olive oil
 - large handful of fresh parsley
 - 1 clove garlic
 - juice of 2 lemons
 - 1tsp salt
 - 1-2tsp honey (optional)
3. Blend until smooth.
4. Marinate salmon in lemon-parsley sauce while oven pre-heats (or up to 1 hour).
5. Remove salmon from marinade & bake ~18-20 minutes or cooked through (135 F).

Tomato, Cucumber, & Red Onion Salad

Ingredients:

1 cucumber
4 Roma tomatoes
1 very small red onion
3T olive oil
1T rice vinegar
1 bunch parsley

Instructions:

1. Thinly slice 4 Roma tomatoes, 1 cucumber & red onion.
2. Toss tomato, cucumber & red onion w/ 3T olive oil + 1T rice vinegar. Option to add fresh chopped parsley.



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Week 3 Meal 3: Chicken Stir-fry w/ Portabella Mushrooms & Bok Choy & Cauliflower Rice

Chicken Stir-fry w/ Portabella Mushrooms & Bok Choy

Ingredients:

4 portabella mushrooms
1 bunch bok choy
1-1.5# boneless, skinless chicken breast
garlic
2" ginger knob
¼c coconut aminos
¼c rice vinegar
1T toasted sesame oil
1tsp coconut oil
2c snow peas

Instructions:

1. Thinly slice 4 portabella mushrooms & chop bok choy into ~2" pieces.
2. Slice chicken into thin strips (~2" each).
3. Finely chop 1T garlic & grate ginger.
4. For Stir Fry Sauce whisk together the following:
 - ¼c coconut aminos
 - ¼c rice vinegar
 - 1T toasted sesame oil
5. Add 1t coconut oil to large saute pan over high heat,
6. Add ginger, garlic & chicken, and cook for 1 minute.
7. Add mushrooms & bok choy to pan with chicken, and continue to stir, cooking for 8-10 min.
8. Add stir-fry sauce, stirring to coat all ingredients.
9. Cook for 1 minute longer.

Cauliflower Rice

Ingredients:

1 head cauliflower
½ yellow onion
1T coconut oil
S&P to taste

Instructions:

1. Remove core, leaves, & any dark spots. 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 with S&P.



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Week 3 Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper

Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper

Ingredients:

4 bison strip steak, 5-7oz each

2T steak seasoning*

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

Instructions:

1. Pre-heat grill to med-high or 375 F.
2. Season each fillet well w/ steak seasoning (1-2tsp per fillet).
3. Grill steaks for ~4-6min/ side depending on size/ desired doneness.

Grilled Zucchini, Onion & Bell Pepper

Ingredients:

1-2 large zucchini

3 bell peppers

1 red onion

2T olive oil

1T oregano

S&P to taste

Instructions:

1. Pre-heat grill to med-high or 375 F.
2. Thinly slice 1-2 zucchini ($\frac{1}{2}$ " thick).
3. Cut bell peppers into ~8 slices each.
4. Slice 1 red onion into thick "rings."
5. Toss veg for grill with 2T olive oil, S&P & 1T dried oregano.
6. Grill veg for 2-3 minutes & flip (onions may take longer)



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Week 3 Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella

Salad Components:

2 heirloom tomatoes
1 bunch basil
5oz tub mixed greens
8oz tiny fresh mozzarella balls, optional

Dressing:

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

Instructions:

1. Slice heirloom tomatoes and chop basil leaves.
2. In a large bowl layer salad components:
 - ½ mixed greens
 - ½ mozzarella balls, drained (optional)
 - ¼c loosely packed basil leavesRepeat layers

For Balsamic Dressing:

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



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Week 3 Breakfast: Hard Boiled Eggs + Peaches

Ingredients:

8 eggs (omega-3)
4 peaches

Instructions:

1. Place 8 eggs in a pot & cover with water. Bring to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
2. Cool completely.
3. Peel & enjoy with peaches.

Week 3 Snack: Prosciutto w/ Melon

Ingredients:

1 cantaloupe
8 slices prosciutto*

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

Instructions:

1. Slice cantaloupe into 8 pieces and remove rind and seeds.
2. Wrap each piece of melon with a slice of prosciutto.

Week 3 Dessert: Fresh Cherries

Ingredients:

4c fresh cherries

Instructions:

1. Enjoy!



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Week 4 Meal 1: Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli

Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli

Ingredients:

1 jar sundried tomatoes, in olive oil*
1 clove garlic
1c walnuts
1oz parmesan, optional
1 bunch basil
4 chicken breasts, 4-6oz each

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

Instructions:

1. Pre-heat oven to 400 F.
2. Sundried Tomato Pesto: Blend the following until smooth:
 - 4T oil (from sundried tomatoes or use olive oil)
 - 1 garlic clove
 - 1c walnuts
 - 1oz parmesan (optional)
 - 1-2 large handfuls fresh basil
 - ¼c sundried tomatoes
3. Coat 4 chicken breasts in pesto (~2T/ breast).
4. Bake chicken for ~30-40 minutes or until cooked through to 165 F.

Roasted Mushrooms & Broccoli

Ingredients:

8oz baby bella mushrooms
1 head broccoli
1-2T olive oil
red chili flakes, optional
1oz parmesan, optional
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Quarter mushrooms & chop broccoli in 1" bite-sized pieces. Toss w/ 1-2T olive oil & season w/ S&P. Option: add a pinch of red chili flakes.
3. Roast mushroom & broccoli for ~25-35 minutes or until just browning. Option to top with shredded parmesan.



July 2017 Recipes, PALEO

Week 4 Meal 2: Mahi-Mahi w/ Pineapple Salsa & Asparagus

Mahi-Mahi w/ Pineapple Salsa

Ingredients:

- 1 fresh pineapple
- 1 jalapeno
- 1 red bell pepper
- 1 bunch chives (OR green onion or cilantro)
- 2 limes
- ¼tsp salt
- 4 mahi mahi fillets

Instructions:

1. Pre-heat oven to 400 F.
2. Finely dice 1c pineapple + 1 jalapeno (discard seeds) + 1 red bell pepper + chives (for ~1T).
3. Toss together:
 - 1c diced pineapple
 - 1 diced red bell pepper
 - 1 jalapeno, diced
 - 1T chopped chives (or green onion or cilantro)
 - lime juice to taste (1-2t)
 - 1/4t salt (or to taste)
4. Bake Mahi Mahi for 14-16 minutes or cooked and flaky OR option to grill, 4-6 minutes per side.
5. Season w/ S&P.
6. Serve fish topped with salsa.
7. Optional: serve with a lime wedge on side.

Asparagus

Ingredients:

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

Instructions:

1. Pre-heat oven to 400 F.
2. Remove and discard lower 2-3" of asparagus.
3. Toss spears w/ 1T olive oil + S&P.
4. Roast asparagus for 10-12 minutes.



July 2017 Recipes, PALEO

Week 4 Meal 3: Crockpot BBQ Ribs w/ Smoky Lime Carrots

Crockpot BBQ Ribs *Cooks All Day In Crockpot*

Ingredients:

2c strained or pureed tomatoes*

3T chili powder*

¼c apple cider vinegar

½c honey

~3# baby back ribs

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

Instructions:

1. Honey BBQ Sauce: Whisk together (can also use a blender):
 - 2c strained or pureed tomatoes
 - 3T chili powder
 - ¼c apple cider vinegar
 - ½c honeyS&P (~¼ tsp salt).
2. Place ribs & BBQ sauce in crockpot on high for 4-6 hours or low for 8-10 hours. (add water/broth if needed)

Smoky Lime Carrots

Ingredients:

1# carrots

2T olive oil

1 lime

1tsp honey

½tsp salt

½tsp cumin

½tsp smoked paprika

S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Cut 1# carrots into 1" pieces, peeling optional.
3. Whisk together
 - 2T olive oil
 - juice and zest of 1 lime
 - 1tsp honey
 - ½tsp salt
 - ½tsp cumin
 - ½tsp smoked paprika
 - S&P to taste
4. Toss with carrots and cook 20-25min until the carrots are just tender.



July 2017 Recipes, PALEO

Week 4 Meal 4: Mediterranean Stuffed Bell Peppers

Ingredients:

1# ground turkey thigh

2 cloves garlic

1 shallot or 1/2 small onion

~8oz artichokes, in water*

~8oz sundried tomatoes, in oil*

1c fresh parsley

8oz crumbled feta cheese, optional

8 red or orange bell peppers

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

Instructions:

1. Preheat oven to 450 F.
2. Chop 2 cloves garlic and 1 shallot or 1/2 small onion.
3. Chop 1c artichokes (reserving 2T water from can), 1c sun dried tomatoes and fresh parsley to equal ~1c.
4. Cut tops off 8 peppers and carefully cut seeds out. May need to trim bottoms so they can "stand"
5. Heat skillet with 1tsp olive oil over medium. Add 1# ground turkey + 1 shallot/onion, chopped + 2 garlic cloves, chopped, breaking apart meat. Cook 10-12 mins or until turkey is cooked through.
6. In a bowl, toss cooked turkey + 1c chopped artichokes + 2T liquid from artichoke jar + 1c chopped sun dried tomatoes + 1c parsley. Option to mix in 8oz feta crumbles.
7. Lightly oil baking dish and stand peppers. Fill each with the turkey/veggie mixture, making sure to press down to stuff the peppers.
8. Bake stuffed peppers covered w/ foil for 15 min. Remove foil & bake another 10-15 min until peppers are tender & meat reheated.



July 2017 Recipes, PALEO

Week 4 Salad: Broccoli & Apple Slaw

Salad Components:

- 1 bunch green onions
- 2 honey crisp apples (OR sub tart apple)
- ~10oz bag broccoli slaw (OR sub cabbage slaw)
- ¼c dried cherries*
- ¼c sunflower seeds

Dressing:

- 1 lemon
 - 1/3c mayo*
 - 1T apple cider vinegar
 - 1tsp horseradish*, optional
 - 1½tsp honey
 - S&P to taste
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

For Dressing:

1. Whisk together:
 - Zest and juice of 1 lemon
 - 1/3c mayo
 - 1T apple cider vinegar
 - 1tsp horseradish, optional
 - 1½tsp honey
 - S&P to taste

Instructions:

1. Thinly slice green onions to make ¼c.
2. Thinly slice apples into match sticks or bite-sized pieces.
3. In a large bowl add salad components:
 - ~10oz bag broccoli slaw
 - ¼c green onions, sliced
 - 2 sliced honey crisp apples
 - ¼c dried cherries
 - ¼c sunflower seeds.
4. Top salad with dressing.

**Note: can mix 1-2 hours before serving to soak in dressing.



July 2017 Recipes, PALEO

Week 4 Breakfast: Poached Eggs over Sweet Potatoes & Sliced Avocado

Ingredients:

2-4 sweet potatoes (small or medium)
1T apple cider vinegar
4 eggs, omega 3
2 avocados
S&P to taste

Instructions:

1. Pre-heat oven 375 F
2. Pierce 2-4 potatoes with a fork. Bake at 375F for 55-65 minutes or until soft/ cooked through.
3. Slice sweet potatoes in half and hold warm.
4. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 minutes. Remove.
5. Serve eggs over baked sweet potatoes & topped with avocado slices. Season with S&P.

Week 4 Snack: Apricots & Almonds

Ingredients:

8 apricots
1c almonds*
snack baggies, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Optional: put $\frac{1}{8}$ c almonds + 1 apricot in snack bag; repeat for 8 servings.
2. 1 serving = $\frac{1}{8}$ - $\frac{1}{4}$ c almonds + 1—2 apricots.



July 2017 Recipes, PALEO

Week 4 Dessert: Pineapple Nice Cream

Ingredients:

1 can full fat coconut milk
1 pineapple
~2" knob ginger, optional

Instructions:

1. Place 1 can full fat coconut milk in fridge for a few hours until cold.
2. Peel, core and cut pineapple into ~1" pieces (~6-7c).
3. Freeze in single layer on sheet tray for 1 hr.
Go to <http://prepdish.com/easily-cut-pineapple/> for a video on how to cut a pineapple.
4. Grate ginger for 2-3tsp (optional).
5. Place 1 can chilled, full fat coconut milk in food processor or blender.
**Note: Food processor works best.
6. Add frozen chopped pineapple (~6-7c) and blend on high until smooth (this may take 5-10min).
7. Pulse in 2-3tsp grated ginger, if desired, until well combined.
8. Serve immediately and store any remaining in freezer. Allow 1 hour to soften if frozen.