



October 2017 Recipes, Paleo

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

Pumpkin Seed Crusted Chicken

Ingredients:

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

Crust:

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

Chicken:

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



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Broccoli Soup

Ingredients:

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

Instructions:

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



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

Lemon-Basil Marinade

Ingredients:

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

Instructions:

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

Lemon-Basil Shrimp

Ingredients:

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

Instructions:

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

Italian Side Salad

Ingredients:

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

Instructions:

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

Week 1 Meal 3: Beef & Butternut Squash Tagine



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Beef & Butternut Squash Tagine

Ingredients:

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

Instructions:

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



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Week 1 Meal 4: Turkey Taco Soup

Turkey Taco Soup

Ingredients:

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

Instructions:

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



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

Salad Components:

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

Dressing:

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

Instructions:

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

For Balsamic Dressing:

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



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

Ingredients:

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

Instructions:

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

Week 1 Snack: Grapes & Pistachios

Ingredients:

1 bunch grapes
2c in-shell pistachios

Instructions:

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



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Week 1 Dessert: Cranberry-Pecan Baked Pears

Ingredients:

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

Instructions:

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



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

Ingredients:

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

Instructions:

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



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

Carrot & Asparagus Stir Fry

Ingredients:

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

Instructions:

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

Almonds & Cauliflower Rice

Ingredients:

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

Instructions:

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



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

Parsley Roasted Chicken Legs

Ingredients:

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

Instructions:

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

Acorn Squash Halves

Ingredients:

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

Instructions:

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



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Sautéed Swiss Chard

Ingredients:

1T garlic, chopped

2 x Swiss chard

1tsp olive oil

S&P to taste

Instructions:

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



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Week 2 Meal 4: Shrimp & Veggie Gumbo

Ingredients:

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

Instructions:

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



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Week 2 Salad: Crunchy Chopped Salad

Salad Components:

2 bell peppers (mix of red, orange or yellow)
2 stalks celery
1 bulb fennel
5oz bag chopped romaine

Dressing:

1c olive oil
2 peeled garlic cloves
1 can full fat coconut milk
2T apple cider vinegar
1 bunch parsley
S&P to taste

Instructions:

1. Finely dice 2 bell peppers + 2 stalks celery.
2. Finely chop 1 bulb fennel (white part). Toss with 2 chopped peppers, 2 chopped celery stalks & 1 bag chopped romaine.
3. Top with ranch below.

For Ranch Dressing:

1. Blend the following in a blender until smooth:
 - 1c olive oil
 - 2 peeled garlic cloves
 - 1 can full fat coconut milk
 - 2T apple cider vinegar
 - ¼tsp each salt & pepper
2. Add 1 large 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.
3. Shake "Ranch" dressing well and drizzle over salad, ~1-2T/ serving.

**Note: Ranch dressing will be used for both the Chopped Salad and for dipping Brussels sprouts for snack.



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Week 2 Breakfast: Baked Acorn Squash w/ Poached Eggs

Ingredients:

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

Instructions:

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



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Week 2 Snack: Brussels Sprouts w/ Ranch Dressing

Ingredients:

2 pounds Brussels sprouts

1-2T olive oil

Instructions:

1. Preheat oven to 375 F.
2. Toss Brussels sprouts with 1-2 T olive oil and S&P, place on a baking sheet and bake for 45-55 min (removing from oven ½ way through cooking and toss).
3. Time will vary depending on size.
4. Shake "Ranch" dressing well (prepared earlier for salad) and serve along with the tossed Brussels sprouts.



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Week 2 Dessert: Sunflower Bites

Ingredients:

1c (~8-10) medjool dates

1c shredded coconut (unsweetened)

½c hemp seeds

1c sunflower seed butter*

1tsp cinnamon

¾c chocolate chips, optional

½c cacao nibs, optional

½ dried cranberries, optional

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

Instructions:

1. In food processor combine the following until smooth:
 - 1c dates (~8-10), pitted
 - 1c shredded, unsweetened coconut
 - ½c hemp seeds
 - 1c sunflower seed butter
 - 1tsp cinnamon
2. Option to fold in any combination of ¾c chocolate chips, ½c cacao nibs or ½c dried cranberries.
3. Drop by 1T onto parchment lined baking sheet and freeze in a single layer.
4. Once frozen, you can store in a container or baggy (these also work at room temp/ refrigerated, but my preference is frozen!). Yields ~28-30.



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

Italian Crusted Pork Chops

Ingredients:

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

Instructions:

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

Roasted Potatoes & Broccoli

Ingredients:

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

Instructions:

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



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Week 3 Meal 2: Slow Cooker Fiesta Bowls

Ingredients:

- 1 yellow onion
 - 1 bunch cilantro
 - 1 head cauliflower (OR 1 bag cauli rice)
 - 3# boneless, skinless chicken thighs
 - ~16oz salsa*
 - 1T coconut oil
 - 1 avocado
 - 1 lime
 - S&P to taste
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop ½ of yellow onion. Store for cauli rice. Chop remaining ½ onion for chicken.
2. Chop 1 bunch cilantro.
3. Remove core, leaves, & any dark spots from 1 cauliflower. Make sure it is completely dry, coarse chop & set aside.
4. Place chopped cauliflower in food processor. (May have to do in multiple batches.)
5. Pulse until it reaches a small rice-like texture. Be careful not to go too far or it will be mushy.*
6. Place the following in slow cooker:
 - ½ chopped yellow onion
 - 3# boneless, skinless chicken thighs
 - ~16oz salsa.
7. Cook on low ~6 hours.
8. Heat 1T coconut oil (or olive) in lg sauté pan, add chopped ½ onion, sauté ~10 min or translucent. Add the cauliflower rice.
9. Cover and cook cauli rice ~ 5 min stirring frequently until it's crisp on the outside and tender on the inside. Season w/ S&P.
10. Shred chicken and slice 1 avocado. Divide cauli rice into four bowls.
11. Serve chicken over cauli rice and top with sliced avocado, chopped cilantro and fresh lime (¼ lime/ serving).
12. Store remaining chicken for Day 3.



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Week 3 Meal 3: Fiesta Chicken Tacos w/ Sweet Potato Fries

Ingredients:

2 large Japanese sweet potatoes
1 yellow onion
1 head bibb lettuce
3# boneless, skinless chicken thighs
~16oz salsa
1 avocados
1 bunch cilantro
1 lime
S&P to taste

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

Instructions:

If not using chicken from meal 2:

1. Chop 1 bunch cilantro.
2. Dice 1 onion.
3. Place the following in slow cooker:
 - 1 chopped yellow onion
 - 3# boneless, skinless chicken thighs
 - ~16oz salsa.
4. Cook on low ~6 hours

If using leftover chicken, start here:

5. Preheat oven to 425 F.
6. Peel & cut 2 large potatoes into "fries". Toss w/ 2T olive oil + S&P. *
7. Place sweet potatoes on an oiled sheet tray and roast for 35-40min, tossing halfway through cook time.
8. Reheat chicken thighs on stove or microwave. While chicken reheats, slice 1 avocado.
9. Separate leaves from 1 head of Bibb lettuce and store wrapped in a damp paper towel. *
10. Serve in lettuce leaves, topped w/ 1 sliced avocado, chopped cilantro and fresh lime (1/4 lime/serving).



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

Ingredients:

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

Instructions:

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



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

Salad Components:

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

Dressing:

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

Instructions:

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

For Balsamic Dressing:

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



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Week 3 Breakfast: Banana Walnut Muffins

Ingredients:

4 bananas (the more ripe the better)

4 eggs

2T coconut oil

½c almond butter*

1tsp vanilla extract*

½c coconut flour

½c chopped walnut pieces

2tsp cinnamon

1tsp baking powder

1tsp baking soda

muffin liners

½tsp nutmeg, optional

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

Instructions:

1. Pre-heat oven to 350 F.
2. Place in food processor or blender and pulse until combined and has smooth consistency:
 - 4 bananas
 - 4 eggs
 - ½c almond butter
 - 2T coconut oil, melted
 - 1tsp vanilla extract
3. In a large bowl mix together:
 - ½c coconut flour
 - ½c chopped walnut pieces
 - 2tsp cinnamon
 - ½tsp nutmeg, optional
 - 1tsp baking powder
 - 1tsp baking soda
4. Add wet ingredients to dry ingredients & mix well. Line a muffin tin with cups. Fill ~2/3 full of batter.
5. Bake at 350 F or 20-25 minutes, until a toothpick comes out clean. Cool completely.

*Note: store in container, label & refrigerate for use later in week



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Week 3 Snack: Pears w/ Almond Butter

Ingredients:

4 pears

½c almond butter*

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

Instructions:

1. Slice pear and eat dipped in 1-2T almond butter. (I love slicing using my apple slicer!)



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Week 3 Dessert: Chocolate Cashew Milk

Ingredients:

1c cashews
9c water, divided
1c (~8-10) medjool dates
¼c cocoa powder
¼tsp cinnamon

Instructions:

1. Bring 1c water to a boil and pour over 1c cashews. Add 1tsp salt and set aside to soak for ~1hr.
2. Blend the following on high until smooth:
 - 1c rehydrated cashews (drained, you do not want the soaking water)
 - 1c dates, pitted
 - 8c water
 - ¼c cocoa powder
 - ¼tsp cinnamon

Note: for extra smooth texture, pass mixture through a sieve to strain out any solids.



October 2017 Recipes, Paleo

Week 4 Meal 1: Lemon Garlic Baked Salmon w/ Whole Roasted Carrots & Asparagus

Ingredients:

~1# carrots
2-3T olive oil
1 bunch asparagus
2 lemons
4 salmon fillets, 4-6oz ea
~1/4tsp garlic powder
S&P to taste

Instructions:

1. Pre-heat oven to 350 F.
2. Toss 1# whole carrots (peeling optional) in 1T olive oil + S&P.
3. Bake ~1-1½ hours until roasted & just browned.
4. Remove bottom 2-3" from 1 bunch asparagus. Toss remaining spears w/ 1-2T olive oil + S&P to taste.
5. Thinly slice 2 lemons for salmon.
6. Preheat oven to 400 F.
7. Place 4 salmon fillets on a lined baking sheet. Sprinkle with garlic powder (~¼ tsp total) + S&P & top with a layer of lemon slices.
8. Place asparagus on same baking sheet as salmon.
9. Roast salmon & asparagus for ~13-15 minutes or salmon is flaky and just cooked through. Toss asparagus halfway through cooking.



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

Maple Mustard Chicken Thighs

Ingredients:

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

Instructions:

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

Baked Potatoes

Ingredients:

- 4 baking potatoes

Instructions:

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

Swiss Chard

Ingredients:

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

Instructions:

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



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

Baked Pork Chops

Ingredients:

1/2c olive oil

1/4c chicken broth*

1c walnuts

2-4oz parmesan cheese (optional)

1sm garlic clove

1 bunch basil

1 lemon

S&P to taste

4 pork chops

1 pint cherry tomatoes

1 large bunch broccoli

16oz sliced mushrooms

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

Instructions:

1. Pre-heat oven to 400 F.
2. For the pesto, place the following in blender or food processor until smooth*:
 - 1/2c olive oil
 - 1/4c broth
 - 1c walnuts
 - 2oz parmesan cheese (optional)
 - 1tsp garlic clove, finely chopped
 - ~1c fresh basil leaves
 - 2-3T lemon juice (added to taste)
 - S&P
3. Brush 1-2T pesto on each pork chop and place pork chops in a single layer on a baking sheet.
4. Cut the broccoli in bite-sized pieces
5. Cut cherry tomatoes in half
6. Place veggies in single layer on a separate baking sheet, drizzle with olive oil & S&P.
7. Roast pork chops & veggies for 30-35 minutes or until pork is cooked through (145 F). Pork may take less time depending on cut of chops. If thin cut, roast for 10-15 mins.

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



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Week 4 Meal 4: Grass-fed Beef Chili

Beef Chili

Ingredients:

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

Instructions:

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

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



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

Salad Components:

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

Dressing:

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

Instructions:

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

For Balsamic Dressing:

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



October 2017 Recipes, Paleo

Week 4 Breakfast: Pumpkin Pie Smoothie Bowl

Ingredients:

4T chia seeds

1 avocado

1 can pumpkin puree*

1tsp cinnamon

½c sliced pecans, optional

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

Instructions:

1. In a blender, add 2T chia + ½c water + ½c ice + ½ avocado + ½ can pumpkin + ½tsp cinnamon
2. Blend on high until smooth, adding additional water, up to ½c, as needed.
3. Pour into bowl and top with 2T sliced pecans per serving.

Note: this recipe yields 2 servings. Repeat for additional 2 servings.



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Week 4 Snack: Carrots Dipped in Pesto

Ingredients:

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

Instructions:

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

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



October 2017 Recipes, Paleo

Week 4 Dessert: Dark Chocolate Apricots

Ingredients:

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

1c dried apricots

Instructions:

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