



February 2018 Recipes, PALEO

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Week 1

Week 1 Meal 1: Ginger-Lime Salmon Pouches w/ Red Pepper & Sweet Potato Soup

Ginger-Lime Salmon Pouches

Ingredients:

2 limes
2" knob ginger
4 salmon fillets (OR sub w/ seabass or tilapia)
4 x 8" squares of parchment paper
Salt to taste

Instructions:

1. Preheat oven to 400 F.
2. Thinly slice 2 limes and grate a 2" knob of ginger for ~1T.
3. Place each salmon fillet on a separate ~8" square parchment paper.
4. Spread 1T grated ginger & sprinkle salt evenly over all 4 fillets.
5. Top each fillet with a single layer of thinly sliced limes (~3 slices/ salmon). Fold over parchment to make "pouches". See how-to photos at PrepDish.com/salmonpouch.
6. Bake for 16-18 minute or just cooked through/ flaky. Note: remove lime slices, do not eat.

Red Pepper & Sweet Potato Soup

Ingredients:

2 sweet potatoes, ~1#
2 red bell peppers
1 large yellow onion
3 cloves garlic
4c vegetable broth*
¼tsp chipotle or ancho chili powder* (OR sub 1T chili powder)
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Roughly chop 2 sweet potatoes, 2 red bell peppers, 3 garlic cloves & yellow onion. (This will eventually be pureed, so the chop can be rough and fairly large, ~2-3").
2. In a large soup pot heat 1tsp olive oil + 1 chopped onion + 3 chopped garlic cloves + 2 chopped red bell peppers, cook over medium-high heat for 10 minutes.
3. Add 2 chopped sweet potato and cook 5 more minutes.
4. Add 4c vegetable broth, lower to a simmer and cook for 30 minutes or sweet potato is cooked through (a knife slides easily in/out). Option: Allow to cool to make handling easier.
5. Place cooked and cooled veggies into blender w/ ¼tsp salt. Blend until smooth adding water as needed. Note: Blend in 2-3 batches as necessary.
6. Add salt & ¼tsp chipotle powder to taste (chipotle adds spice, adjust accordingly, for less spice replace w/ 1T chili powder).



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Week 1 Meal 2: Oriental Cashew Chicken w/ Zoodles

Oriental Sauce

Ingredients:

3 cloves garlic
1½" knob ginger
1 bunch green onions
1T olive oil
3T coconut aminos
1T rice vinegar
½c toasted cashews

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

Instructions:

1. Mince 3 cloves garlic and grate 1tsp ginger.
2. Slice 2 green onions, separating white and green sections. Set aside green sections.
3. Heat 1T olive oil in a sauce pan over low heat.
4. Add 3 cloves minced garlic + 1tsp grated ginger + sliced white part of green onions.
5. Cook over low heat for 3-5 min.
6. Add 3T coconut aminos + 1T rice vinegar + ½c toasted cashews.
7. Cook for 2-3 more minutes.

Zoodles

Ingredients:

2 large zucchini (OR sub pre-cut zoodles)
½T olive oil
S&P

Instructions:

1. Thinly slice 2 zucchini into long spaghetti-like stripes (best on a mandolin/ spiralizer).
2. Heat a sauté pan over med-high heat, add ½T olive oil & zoodles, cooking for 3-4 min, Season w/ S&P.



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Oriental Cashew Chicken

Ingredients:

6 boneless, skinless chicken thighs, ~1#

1T sesame seeds

1T toasted sesame oil

Pinch of red pepper flakes, optional

Instructions:

1. Cut the chicken thighs into strips, ~1" thick.
2. In a large sauté pan, combine oriental sauce & sliced chicken thighs.
3. Cook over med-high heat until chicken is cooked, ~5-8 mins.
4. Divide chicken mixture over zoodles and sprinkle w/ sesame seeds and sliced green onion (green part).
5. Top w/ 1T toasted sesame oil and pinch of red pepper flakes, optional.



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Week 1 Meal 3: Roasted Pork w/ Apples & Rutabaga

Ingredients:

1 large rutabaga, ~2# (OR sub radishes)
2 medium apples (like gala or granny smith)
1 lemon
3T grass-fed butter
1# boneless pork chops, ~¾" thick
S&P
2T apple cider vinegar
½tsp dried rosemary

Instructions:

1. Preheat oven to 375F.
2. Peel & cut rutabaga into 1" cubes. Cut 2 apples into 1" slices. Sprinkle both w/ lemon juice so no oxidation.
3. In an oven safe skillet or Dutch oven, melt 3T butter or olive oil over high heat.
4. Season pork chops with S&P and cook for 1-2 mins/ side.
5. Add 2T apple cider vinegar to pan & place cubed rutabaga on top of pork. Season w/ S&P.
6. Top w/ sliced apples & ½tsp rosemary.
7. Cook covered for 30 mins. Remove cover and cook for an additional 15 mins.



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Week 1 Meal 4: Slow Cooker Classic Beef & Root Veggie Stew

Ingredients:

4 large carrots
3 stalks celery
4 parsnips
1 large yellow onion
2 garlic cloves
1½# grassfed beef stew meat
14.5oz can diced tomatoes*
1c red wine (OR sub beef broth OR water)
3T Italian seasoning*
S&P
4-6c beef broth*

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

Instructions:

1. Chop 4 carrots, 3 stalks celery, 4 parsnips & 1 yellow onion. Finely chop 2 garlic cloves.
2. Cut 1½# beef stew meat into 1" cubes if not pre-cut. Set aside.
3. In a large bowl, combine:
 - 1 can diced tomatoes
 - 1c red wine (can sub beef broth or water)
 - 1c water (can sub beef broth)
 - 3T Italian seasoning
4. Toss combination all together with 1½# beef stew meat + S&P.
5. Place chopped veggies + seasoned stew meat + 4c beef broth in a slow cooker.
6. Cook on low for ~8-10 hours or high for 4-6 hours.

Note: Extra carrots & parsnips? Dice into 1" coins, toss w/ 1T olive oil, S&P & roast at 375 F for ~30 min.
Great for a side or snack!



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Week 1 Salad: Spinach w/ Blueberries, Sliced Almonds & Goat Cheese

Salad Components:

1 pint blueberries
5oz baby spinach
½c sliced almonds
4oz goat cheese crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. In a container layer the following (option to store in the salad tub):
 - ½ of spinach
 - ¼c sliced almonds
 - ½ pint blueberries
 - 2oz goat cheese crumbles (optional)
2. Repeat layers.

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - Pepper to taste



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Week 1 Breakfast: Almond Butter & Cherry Breakfast Cookies

Ingredients:

1 egg (omega-3)
1c medjool dates, ~8
1c almond butter*
½c dried cherries*

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

Instructions:

1. Preheat oven to 325 F.
2. Place 1 egg & 1c pitted medjool dates (~8) in a blender or food processor. Blend until smooth (3-4 minutes).
3. Add in 1c almond butter, blending until mixed through.
4. Stir in ½c dried cherries.
5. Drop by spoonful (best to use a 1.5T ice cream scoop) onto an oiled baking sheet.
6. Bake in 325 F oven for ~15 minutes.

Week 1 Snack: Plantain Chips w/Avocado

Ingredients:

2 avocados
1-2 limes
Salt to taste
1 bag plantain chips

Instructions:

1. Slice 2 avocados (½ avocado per serving), sprinkle with lime juice & salt. Serve w/ plantain chips

Week 1 Dessert: Paleo Cookie Dough Bites

Ingredients:

¼c coconut oil, melted
¼c maple syrup
1tsp vanilla
2c almond flour
¼c mini chocolate chips

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 or freezer.
4. Option to drizzle with melted chocolate.

Yields ~16



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Week 2

Week 2 Meal 1: Seared Tuna w/ Mashed Sweet Potato & Asparagus

Seared Tuna & Asparagus

Ingredients:

4 tuna fillets, 4-6oz each (OR sub halibut, salmon or pork chops)
1 bunch asparagus
2T coconut oil

Instructions:

1. Remove and discard lower 2-3" from asparagus bunch.
2. Heat 2T coconut (or olive) oil in a large sauté pan (or in 2 med pans).
3. Add asparagus spears & tuna steaks to pan.
4. Cook tuna ~3 minutes/side or until they reach desired doneness.
5. Stir asparagus occasionally as tuna cooks.
6. Season both with S&P to taste.

Mashed Sweet Potatoes

Ingredients:

4 medium sweet potatoes
2T lite coconut milk

Instructions:

1. Preheat oven to 350 F.
2. Cut 4 sweet potatoes in half, wrap each half in foil and bake for 40-50 minutes or until knife inserts easily.
3. Peel sweet potatoes and place in a small pot or sauté pan. Mash with a fork until smooth.
4. Add 2T lite coconut milk (or 2T water) to potatoes. Heat over medium heat for 10-15 minutes, stirring occasionally.
5. Season with salt.



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Week 2 Meal 2: Slow Baked Brisket w/ Braised Cabbage & Carrots

**** Requires 4-5 hours cook time in oven****

Slow Baked Brisket

Ingredients:

3# grass-fed beef brisket

½tsp turmeric

2T cumin powder

2T Italian seasoning*

1T garlic powder

2tsp salt

~1tsp fresh ground pepper

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

Instructions:

1. Preheat oven to 325F.
2. Whisk together the following and then rub evenly into brisket: ½tsp turmeric + 2T cumin powder + 2T Italian seasoning + 1T garlic powder + 2tsp salt + ~1tsp ground pepper.
3. Place seasoned brisket in a 9x13 baking pan and cover with foil. Bake at 325 F for 4-5 hours.
4. Allow brisket to rest, covered, for 10 mins.
5. Slice very thinly against the grain. Serve w/ cabbage wedge & veggies.
6. Save leftover brisket for Breakfast.

Braised Cabbage & Carrots

Ingredients:

1 head green cabbage

1# carrots

1 red onion

3T olive oil

½ tsp salt

Pepper to taste

Instructions:

1. Preheat oven to 325F.
2. Chop 1 cabbage into 8 wedges, 1# carrots into 1" pieces and 1 red onion in half and then into slices.
3. In a 9x13" pan, add ½c water, then add in this order: cabbage, carrots, onion.
4. Top veggies with 3T olive oil, ½tsp salt and pepper to taste.
5. Cover tightly with foil and place in 325 F oven for 3 hours (yes, 3 hours!)
6. Cool for 10 mins after removing from the oven.



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Week 2 Meal 3: Chicken w/ Almond Butter Dipping Sauce, Sesame Broccoli & Cauliflower Rice

Almond Butter Dipping Sauce

Ingredients:

14oz can lite coconut milk*

½c almond butter*

2" knob ginger

1tsp 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 until smooth:
 - ¾c lite coconut milk
 - ½c almond butter
 - 2" 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. Refrigerate half of sauce for later use.

Chicken

Ingredients:

4 boneless, skinless chicken breasts

2T olive oil

Instructions:

1. Preheat oven to 425 F.
2. Brush 4 chicken breasts with olive oil.
3. Roast 30-40 mins until cooked to 165F (option to cook on same sheet pan as broccoli).
4. Serve with peanut dipping sauce.



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Sesame Broccoli

Ingredients:

1 head broccoli
2T toasted sesame oil
1-2T chili flakes, optional
S&P to taste

Instructions:

1. Preheat oven to 425 F.
2. Chop broccoli into bite-sized pieces.
3. Toss w/ 2T toasted sesame oil + 1-2T red chili flakes (optional), S&P.
4. Place broccoli on sheet pan in a single layer.
5. Roast for ~30-35 minutes, tossing halfway through.

Cauliflower Rice

Ingredients:

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

Instructions:

1. Remove core, leaves, & any dark spots of cauliflower. Coarsely chop, make sure it is completely dry.
2. Place chopped cauliflower in food processor. May have to do in multiple batches. Pulse until it is small rice-like texture. Be careful not to go too far or it will be mushy.
3. Finely chop ½ of a yellow onion.
4. Heat 1T coconut (or olive) oil in large sauté pan. Add onion & sauté ~10 mins until translucent.
5. Add the cauliflower rice. Cover and cook ~5 mins stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season with S&P.



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Week 2 Meal 4: Turkey & Zucchini Lasagna

Ingredients:

- 1 small yellow onion
 - 1-2 cloves garlic
 - 3-4 zucchini (~1#)
 - 1 bunch basil
 - 1# ground turkey, ~85% lean
 - 1T Italian seasoning*
 - ~24oz tomato sauce
 - 32oz organic Greek yogurt, optional (OR sub 1c cashews for dairy-free)
 - 5oz shredded parmesan, optional
 - 3 egg yolks (optional)
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 400 F.
 2. Finely chop yellow onion.
 3. Finely chop 1-2 cloves of garlic (~1tsp).
 4. Thinly slice zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin.
 5. Finely chop basil.
 6. In a large sauté pan over med-high heat, cook 1# ground turkey + chopped onion + 1T Italian seasoning + 1tsp chopped garlic for ~12 minutes.
 7. Stir in 24oz tomato sauce, remove from heat, allowing to cool.
 8. Stir together the following for the "white layer":
 - 32oz yogurt
 - ½ bunch basil, chopped
 - 1c shredded parmesan
 - 3 egg yolks, optional
- *Note: make dairy-free "white layer" by soaking 1c cashews in 1c hot water for ~20 mins. Blend cashews + water until smooth.
9. Assemble lasagna by layering in a 9x13" pan:
 - ½ of turkey-tomato sauce
 - ½ zucchini "noodles"
 - ¾ white layer
 - Remaining ½ zucchini "noodles"
 - Remaining ½ tomato sauce
 10. Dot w/ remaining white mix & top w/ ½c parmesan & remaining chopped basil (optional).
 11. Cover with aluminum foil & bake for 50min – 1 hr or until bubbly/ heated through.
 12. Allow to cool ~10 minutes.



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Week 2 Salad: Grapefruit & Avocado Salad

Salad Components:

2 large grapefruit
1 avocado
5oz mixed greens
½c sliced almonds

Dressing:

2T olive oil
2T grapefruit juice
1T honey
2T champagne vinegar

Instructions:

1. Remove peel (and white outer membrane) from grapefruit.
2. Cut in bite-sized pieces, reserve 2T grapefruit juice for dressing.
3. Dice avocado.
4. Layer in container as follows:
 - ½ mixed greens
 - ½ chopped grapefruit
 - ¼c sliced almonds
5. Repeat layers.
6. Add avocado to top of salad.

For Champagne Vinaigrette:

1. Whisk together:
 - 2T olive oil
 - 2T reserved grapefruit juice
 - 1T honey
 - 2T champagne vinegar



February 2018 Recipes, PALEO

Week 2 Breakfast: Brisket w/ Eggs, Spinach & Avocado

Slow Baked Brisket

Ingredients:

3# grass-fed beef brisket

½tsp turmeric

2T cumin powder

2T Italian seasoning*

1T garlic powder

2tsp salt

~1tsp fresh ground pepper

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

Instructions:

1. Preheat oven to 325F.
2. Whisk together the following and then rub evenly into brisket: ½tsp turmeric + 2T cumin powder + 2T Italian seasoning + 1T garlic powder + 2tsp salt + ~1tsp ground pepper.
3. Place seasoned brisket in a 9x13 baking pan and cover with foil. Bake at 325 F for 4-5 hours.
4. Allow brisket to rest, covered, for 10 mins.
5. Slice very thinly against the grain.
6. Store & refrigerate ½ of sliced brisket.

Eggs, Spinach & Avocado

Ingredients:

5oz baby spinach

8 eggs

2 avocados

Instructions:

1. Heat a large sauté pan over med-high heat w/ 1-2 tsp oil.
2. Add ½ of sliced brisket, cook 2-3 min/ side,
3. Add 5oz baby spinach and cook an additional 3-5 minutes or until spinach wilts.
4. In a separate pan, fry 8 eggs (2 per person) sunny-side up for 3-4 minutes.
5. Top brisket & spinach with fried eggs.
6. Slice 2 avocados and serve on side of eggs & brisket.
7. Season w/ S&P.

Note: Poached or scrambled eggs also work.



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Week 2 Snack: Bell Pepper Slices w/ Almond Butter Dipping Sauce

Ingredients:

4 bell peppers (variety of colors)

14oz can lite coconut milk

½c almond butter*

2" knob ginger

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. Chop bell pepper into strips (for snacking).
2. In a blender combine:
 - ¾c lite coconut milk
 - ½c almond butter
 - 2" 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
3. Serve bell peppers strips with dipping sauce.



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Week 2 Dessert: Chewy Cocoa Cookies

Ingredients:

3 egg whites

¼c honey

2/3c cocoa powder

½tsp vanilla extract*

½tsp cinnamon

1/8tsp salt

¼c chopped walnuts

¼c dark chocolate chips* optional

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

Instructions:

1. Preheat oven to 350F.
2. Whisk together:
 - 3 egg whites
 - ¼c honey
 - 2/3c cocoa powder
 - ½tsp vanilla extract
 - ½tsp cinnamon
 - 1/8tsp salt
3. Stir in:
 - ¼c chopped walnuts
 - ¼c dark chocolate chips, optional
4. Drop onto a silicone or parchment lined baking sheet.
5. Bake at 350 F oven for 8-10 minutes.
6. Cool.



February 2018 Recipes, PALEO

Week 3

Week 3 Meal 1: Paprika Roasted Chicken w/ Trio of Roasted Veggies

Paprika Roasted Chicken

Ingredients:

- ¼c olive oil
- 2T smoked paprika
- 1tsp salt
- 4 chicken leg quarters (OR sub chicken breasts)

Instructions:

1. Preheat oven to 425 F.
2. Whisk together:
 - ¼c olive oil
 - 2T smoked paprika
 - 1tsp salt
3. Add 4 chicken legs, covering completely.
4. Roast for ~35-40 minutes or chicken is cooked through (165 F).

Trio of Roasted Veggies

Ingredients:

- 2 carrots
 - 2 parsnips
 - 1 bulb fennel
 - 1T olive oil
 - 1T Italian seasoning*
 - 1tsp salt
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 425 F.
2. Slice 2 carrots & 2 parsnips into bite-sized pieces (~1").
3. Cut white bulb of fennel into 1" slices, discard green fronds.
4. Toss all together with
 - 1T olive oil
 - 1T Italian seasoning
 - 1t salt
5. Place vegetables in a single layer on a baking sheet.
6. Roast for ~35-40 minutes.



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Week 3 Meal 2: Cauliflower Chowder

Ingredients:

1 yellow onion
2 stalks celery
2 carrots
1 red bell pepper
4 slices bacon*
3 cloves garlic
1 head cauliflower
1T sherry vinegar
2c vegetable broth*
1 can full fat coconut milk
S&P

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

Instructions:

1. Dice 1 onion, 2 stalks celery, 2 carrots, ½ red bell pepper & 4 slices bacon. Set aside separately.
2. Mince 3 cloves garlic.
3. Roughly chop 1 head cauliflower. Keep separate from other veggies.
4. In a large stock pot over medium heat, add 4 slices diced bacon and cook until brown and crispy.
5. Remove bacon and set aside for garnish.
6. To the same pot, add 1 diced onion + 2 diced carrots + 2 diced stalks celery + minced garlic to bacon fat.
7. Stir occasionally until tender.
8. Add in 1 head chopped cauliflower and cook until barely tender, ~3-4 mins.
9. Add 1T sherry vinegar and let cook off a bit.
10. Add 2c veggie broth, bring to a boil.
11. Add 1 can full fat coconut milk & simmer until cauliflower is tender.
12. Add S&P to taste.
13. Serve w/ garnish of bacon and diced red bell pepper.

*Option: for a smoother texture, puree some (or all) of the soup using an immersion blender.



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Week 3 Meal 3: Slow Cooker Curried Short Ribs w/ Mashed Sweet Potatoes

Curried Slow Cooker Ribs

Ingredients:

2 yellow onions

1 can lite coconut milk

3T red curry paste*

¼c coconut aminos

1T apple cider vinegar

2# grassfed beef short ribs

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

Instructions:

1. Roughly chop 2 yellow onions.
2. For curry mixture, whisk together:
 - 1 can lite coconut milk
 - 3T red curry paste
 - ¼c coconut aminos
 - 1T apple cider vinegar
3. In a slow cooker, place:
 - Chopped onion
 - 2# beef short ribs
 - Curry mixture
4. Cook over low for 10-12 hours (or high for 5-6 hours).
Note: To cook in oven, place sauce & ribs in a 9x13 pan topped with foil or in a Dutch oven at 325 F for 2-3 hours.

Mashed Sweet Potatoes

Ingredients:

2 sweet potatoes

Instructions:

1. Preheat oven to 350 F.
2. Bake 2 sweet potatoes in the oven for 1- 1½ hours or until knife inserts easily.
3. Remove from oven and cool.
4. Peel sweet potatoes and place in a bowl.
5. Mash with a fork until smooth.



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Week 3 Meal 4: Turkey Taco Soup

Ingredients:

1 yellow onion
2 red bell peppers
2 garlic cloves
1 jalapeño
1tsp olive oil
¾# ground turkey, ~93% lean
2T taco seasoning*
2c tomato puree*
4c chicken broth*
1 avocado, optional
Greek yogurt and/or shredded cheese, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop & set aside separately:
 - 1 yellow onion
 - 1½ red bell peppers
 - 2 cloves garlic
 - 1 jalapeño (discard seeds)
2. In a large soup pot over med-high heat, add: 1tsp olive oil + chopped veggies (1 yellow onion + 1½ bell pepper + 2 garlic cloves + 1 jalapeño).
3. Cook veggies for ~5 minutes.
4. Add ¾# ground turkey + 2T taco seasoning, crumbling meat & cooking additional 10 mins.
5. Add 2c tomato puree + 4c broth, turn to low, cook for 30 minutes.
6. Dice 1-2 avocados.
7. Top soup with diced avocado, Greek yogurt and/or shredded cheese as desired.



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Week 3 Salad: Classic Side Salad

Salad Components:

- 1 small cucumber
- 1 pint cherry tomatoes
- 1 avocado, optional
- 5oz mixed greens

Italian Vinaigrette:

- ½c olive oil
- ¼c red wine vinegar
- 1T honey, optional
- 1T Italian seasoning*
- S&P to taste

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

Instructions:

1. Chop cucumber into bite sized pieces.
2. Halve cherry tomatoes.
3. Dice avocado (optional).
4. Layer in container as follows:
 - ½ of mixed greens
 - ½ chopped cucumber
 - ½ pint cherry tomato halves
5. Repeat layers.
6. Optional: Add diced avocado to top of salad.

For Italian Vinaigrette:

1. Whisk together:
 - ½ c olive oil
 - ¼c red wine vinegar
 - 1T honey (optional)
 - 1T Italian seasoning
 - S&P to taste



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Week 3 Breakfast: Pear Muffins

Ingredients:

4 pears, soft
3c almond flour
1½tsp baking soda
1½tsp baking powder
1T pumpkin pie spice
4 eggs
1/3c maple syrup
1tsp vanilla extract
Muffin liners

Instructions:

1. Preheat oven to 350 F.
2. Finely dice 2 pears, set aside; roughly chop 2 pears (these 2 will be pureed), set aside.
3. Stir together in large bowl:
 - 3c almond flour
 - 1½tsp baking soda
 - 1½tsp baking powder
 - 1T pumpkin pie spice
4. In blender, puree together:
 - 4 eggs
 - 1/3c maple syrup (or brown sugar)
 - 1tsp vanilla extract
 - 2 pears, roughly chopped
5. Add wet ingredients to dry and stir in 2 diced pears.
6. Place muffin liners in muffin tin. Fill 2/3 full and bake at 350F for 32-38 minutes or until tops spring back when pressed.
(Yields 20-22 muffins)

Week 3 Snack: Tangelos & Brazil Nuts

Ingredients:

4 tangelos
1c Brazil nuts

Instructions:

1. Option to quarter into wedges and store in baggies for snacking.
2. 1 serving = 1 tangelo + ¼c Brazil nuts



February 2018 Recipes, PALEO

Week 3 Dessert: Cinnamon Honey Coconut "Ice Cream" w/ Walnuts

Ingredients:

3 cans full fat coconut milk

½ c honey

1T vanilla extract

2 tsp cinnamon

½c walnuts, optional

Instructions:

1. Place the following in a blender:
 - 3 cans full fat coconut milk
 - ½c honey
 - 1T vanilla extract
 - 2tsp cinnamon
 - ½c walnuts (optional)
2. Blend until combined and walnuts are chopped.
3. Place ice cream maker bowl in the freezer- it can take up to 24 hours to freeze.
4. Chill mixture completely through in the fridge until ice cream maker bowl is ready to make the ice cream.
5. Place ice cream mixture in ice cream maker according to machine instructions. Best to eat immediately. *

*If ice cream is frozen prior to eating, let it set on counter for 5-10 minutes before serving, allowing to soften.

Note: if you don't have an ice cream maker, freeze the above mixture into popsicle molds.



February 2018 Recipes, PALEO

Week 4

Week 4 Meal 1: Beef Stir Fry w/ Broccoli & Cauliflower Rice

Beef Stir Fry w/ Broccoli

Ingredients:

- 1 bunch broccoli
 - 2-3 cloves garlic
 - ~3" ginger knob
 - 6T coconut aminos*
 - 1T toasted sesame oil
 - 1# grass-fed beef stir-fry meat (cut into thin strips)
 - Red chili flakes, optional
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Chop broccoli into small bite-sized pieces.
2. Finely chop 2-3 cloves garlic.
3. Grate ginger to equal ~3T.
4. Whisk together:
 - 6T coconut aminos
 - 1½T sesame oil
 - 3T fresh grated ginger
 - 2-3 cloves chopped garlic
5. Pour 2/3 of mixture over 1# sliced stir fry beef to marinate. Store & refrigerate remaining sauce.
6. Heat 1tsp oil in large sauté pan or wok over medium-high heat.
7. Cook broccoli 10 minutes.
8. Scoot veggies to side & add beef to pan (including marinade). Cook for 3-5 minutes, or until the pink of the meat is just disappearing.
9. Serve immediately over cauliflower rice. Option to top stir-fry with red chili flakes.

Cauliflower Rice

Ingredients:

- 1 head cauliflower
- ½ yellow onion
- 1T coconut oil

Instructions:

1. Remove core, leaves, & any dark spots of cauliflower. Coarsely chop (make sure it is 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 4 Meal 2: Chili Roasted Sea Bass w/ Sautéed Bok Choy & Mushrooms

Chili Roasted Sea Bass

Ingredients:

2T olive oil
2 tsp chili powder*
1 tsp salt
4 Chilean sea bass fillets (OR sub salmon)
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 425 F.
2. In a bowl whisk together:
 - 2T olive oil
 - 2tsp chili powder
 - 1tsp salt
3. Evenly spread over sea bass.
4. Place fish in baking pan & roast for 20-22 minutes or until cooked through/ flaky.

Sautéed Bok Choy & Mushrooms

Ingredients:

8oz whole Portobello mushrooms
1-2 bunches bok choy
2-3 cloves garlic
~3" ginger knob
6T coconut aminos
1½T sesame oil
3T fresh grated ginger
2-3 cloves chopped garlic
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Slice mushroom & chop 1-2 bunches bok choy into ~1" pieces.
2. Finely chop 2-3 cloves garlic.
3. Grate ginger to equal ~3T.
4. For stir fry sauce whisk together:
 - 6T coconut aminos
 - 1½T sesame oil
 - 3T fresh grated ginger
 - 2-3 cloves chopped garlic
5. Add 1 tsp oil to large sauté pan. Add sliced mushrooms, cook 8-10 mins.
6. Add bok choy & 1/3 of stir fry sauce.
7. Stir to coat all ingredients w/ sauce. Cook 1-2 more mins.



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Week 4 Meal 3: Lemon-Parsley Pork Chops w/ Cabbage & Apples

Lemon Parsley Pork Chops (*marinate in fridge 1 hour up to 24 hours*)

Ingredients:

2 lemons
½c olive oil
1 bunch fresh parsley
1tsp salt
4-8 thin-cut, bone-in pork chops

Instructions:

1. Preheat oven to 425 F.
2. Blend the following until the parsley is chopped:
 - juice of 2 lemons
 - ½c olive oil
 - large handful fresh parsley
 - 1tsp salt
3. Place pork chops in marinade for at least 1 hour.
4. Remove pork chops from marinade.
5. Bake pork chops in single layer on a baking sheet for 12-15 minutes or until 150 F internal temp.

Cabbage & Apples

Ingredients:

1 head purple cabbage
2 granny smith apples
1tsp apple cider vinegar, optional
1tsp butter or ghee
S&P to taste

Instructions:

1. Chop cabbage into thin 2" strips (can also use a food processor attachment for this), set aside.
2. Chop 2 granny smith apples into bite-sized pieces, set aside.
3. Heat 1tsp butter (option: ghee or coconut oil) over med heat & place chopped apple and cabbage in pan.
4. Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.
5. Cover and cook over medium heat for ~30-40 minutes, stirring occasionally.
6. Remove lid during final 5-10 mins of cooking.



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Week 4 Meal 4: Sausage, Kale & Sweet Potato Soup

Ingredients:

3 cloves garlic
1 bunch kale
1 large sweet potato
1 small yellow onion
1tsp olive oil
~1/2# ground chicken sausage*
2T chili powder*
1T cumin
1tsp ancho chili powder, optional
4c vegetable broth*
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop garlic.
2. Remove kale leaves from stems and finely chop both stems and leaves separately.
3. Finely chop 1 sweet potato into small bite-sized pieces.
4. Finely chop 1 yellow onion.
5. In a large soup pot heat 1tsp oil over med-high heat. Add:
 - 1/2# ground sausage
 - 2T chili powder
 - 1T cumin
 - 1tsp ancho powder (adjust for heat preference)
 - Chopped garlic cloves
 - Chopped kale stems
 - Chopped sweet potatoes
 - Chopped onion
6. Sauté for 8-10 minutes.
7. Add 4c low sodium vegetable broth + 4c water.
8. Add finely chopped kale leaves. Bring to a boil, lower to a simmer and cook for 20 minutes.
9. Season to taste with S&P and additional ancho powder as desired.



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Week 4 Salad: Mixed Greens w/ Strawberries, Pecans & Goat Cheese

Salad Components:

1 pint strawberries
5oz mixed greens
½c chopped pecans
4oz goat cheese crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Slice strawberries into bite-sized pieces.
2. Layer in container as follows:
 - ½ of mixed greens
 - ½ of sliced strawberries
 - ¼c chopped pecans
 - 2oz goat cheese (optional)
3. Repeat layers.

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - Pepper to taste



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Week 4 Breakfast: Sweet Potato Bird's Nests

Ingredients:

- 8 muffin liners, optional
- 1 large sweet potato (OR sub 1 bag spiralized sweet potato)
- 1 small yellow onion
- 3 baby Portobello mushrooms
- 12oz ground breakfast sausage*
- 8 eggs (omega-3)
- S&P to taste
- * Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 350F.
2. Grease or line 8 cups of a muffin pan.
3. With a spiralizer, spiralize 1 large sweet potato. (*If not using a spiralizer, bake instead by wrapping in foil and baking in 350F oven for 1-1½ hr or until knife inserts easily. Remove from oven and cool).
4. Finely chop 1 small onion for ~2T and dice 3 mushrooms. Set aside together.
5. In a large skillet, brown 12oz ground breakfast sausage.
6. Place spiralized sweet potato, evenly, into muffin tins until they are about halfway full.
7. Crack 1 egg and place on top of spiralized sweet potato.
8. Top w/ ground sausage, 2T yellow onion & diced mushrooms.
9. Sprinkle w/ S&P, cover w/ foil and bake for 15 mins.
10. Remove foil & cook for ~5 mins to crisp sweet potato if desired.
*Note: If you do not have a spiralizer and chose to make mashed sweet potatoes, serve sweet potatoes on side. The egg cups will require less time to bake as well since they will not have sweet potato on the bottom.

Week 4 Snack: Pear w/ Sunflower Seed Butter

Ingredients:

- ½c sunflower seed butter*
- 4 pears
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Use an apple slicer (or knife) to slice pear.
2. 1 serving = 1 pear + 1-2T sunflower seed butter.



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Week 4 Dessert: Baked Apples w/ Cherries & Almonds

Ingredients:

¼c coconut oil

¼c Medjool dates, ~2

¼c dried cherries*

½c almonds

1tsp vanilla extract*

4 red apples

½T cinnamon

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

Instructions:

1. Preheat oven to 375 F.
2. Place in a blender:
 - ¼c coconut oil
 - ¼c dates, pits removed (~2)
 - ¼c dried cherries
 - ½c almonds
 - 1tsp vanilla
3. Blend until roughly chopped.
4. Cut 4 red apples in half and scoop out center seeds.
5. Place 1T (heaping) of filling in each apple; sprinkle w/ ½T cinnamon. Cover with foil.
6. Bake, covered, in pre-heated 375 F oven for 25-35 minutes. Remove cover for final 5-10 mins.