



# March 2018 Recipes, PALEO

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## March 2018 Recipes, PALEO

### Week 1 Meal 1: Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower

#### Sesame Ginger Salmon

*Ingredients:*

¼c coconut aminos\*

1T toasted sesame oil

2" ginger knob

4 salmon fillets, 4-6oz each

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

*Instructions:*

1. Preheat oven to 400 F.
2. Grate ginger to equal ~2T.
3. For marinade, whisk together:
  - ¼c low-sodium tamari (or other gluten-free soy sauce)
  - 1T toasted sesame oil
  - 2T fresh grated ginger
4. Pour over 4 salmon fillets. Let marinate for at least 1 hour, but no longer than 24 hours.
5. Remove salmon from marinade and place on a parchment-lined baking sheet. Bake for 16-20 minutes or cooked through/ flaky.

#### Curried Eggplant & Cauliflower

*Ingredients:*

1 head cauliflower

1 eggplant

¼c olive oil

1-2T red curry paste\*

¾tsp salt

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

*Instructions:*

1. Preheat oven to 400 F.
2. Cut 1 head cauliflower & 1 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 seasoned cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.



## March 2018 Recipes, PALEO

### Week 1 Meal 2: Apricot-Glazed Chicken Thighs w/ Broccoli & Sweet Potatoes

#### Apricot-Glazed Chicken Thighs

*Ingredients:*

- 1/2c apricot preserves
- 1 bunch cilantro
- 1 small garlic clove
- 1/8tsp cayenne pepper
- 1-1½# chicken thighs (boneless, skinless)

*Instructions:*

1. Preheat oven to 425 F.
2. Place the following in a blender:
  - 1/2c apricot preserves
  - handful of cilantro
  - small garlic clove
  - 1/8tsp cayenne
3. Blend until smooth. Top 1-1½# chicken thighs evenly with apricot glaze.
4. Marinate for at least 1 hour.
5. Place chicken in a baking pan & bake for 35 minutes or cooked through to 165 F.

#### Broccoli

*Ingredients:*

- 1 head broccoli
- 1T olive oil
- S&P

*Instructions:*

1. Preheat oven to 425 F. Remove stem & cut florets into 1-2" pieces. Toss w/ 1T olive oil S&P.
2. Place broccoli on an oiled sheet tray, roast 35-40min, remove from oven and toss halfway through cooking.

#### Sweet Potatoes

*Ingredients:*

- 2 large sweet potatoes
- 1T olive oil
- 3T Italian seasoning\*
- S&P

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

*Instructions:*

1. Preheat oven to 425 F.
2. Cut 2 lg sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T Italian seasoning, S&P.
3. Place sweet potatoes on an oiled sheet tray, roast for 35-40min, tossing halfway through cooking.

Note: option to roast broccoli & sweet potatoes on the same sheet tray.



## March 2018 Recipes, PALEO

### Week 1 Meal 3: Grassfed Beef & Mushroom Marinara over Spaghetti Squash

#### Spaghetti Squash

##### *Ingredients*

1 large spaghetti squash

##### *Instructions:*

1. Preheat oven to 350 F.
2. Pierce the spaghetti squash with a knife.
3. Roast whole for ~2 hours (or until a knife easily pierces the skin).
4. Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool.
5. Remove seeds from cooked and cooled spaghetti squash and discard seeds. Scoop out squash.

#### Grassfed Beef & Mushroom Sauce

##### *Ingredients:*

1# grassfed ground beef

8oz sliced mushrooms

32oz tomato sauce\*

2-3T Italian seasoning\*

S&P

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

##### *Instructions:*

1. In lg sauté pan, add 1# ground beef (breaking apart) + sliced mushrooms & sauté 15 min, stirring occasionally.
2. Add 32oz tomato sauce, season w/ 2-3T Italian seasoning, S&P to taste.
3. Stir to combine, shut off heat.
4. Serve over spaghetti squash.



## March 2018 Recipes, PALEO

### Week 1 Meal 4: Sausage, Shrimp & Veggie Gumbo

#### *Ingredients:*

1 yellow onion  
2 green bell peppers  
3 cloves garlic  
1 link (~3oz) raw andouille sausage\*  
2tsp Creole seasoning  
~4c chicken broth\*  
12-16oz frozen cut okra  
12oz shrimp (peeled, deveined, fresh or frozen)  
S&P

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

#### *Instructions:*

1. Chop the following & set aside:
  - 1 yellow onion
  - 2 green bell peppers
  - 3 cloves garlic (for ~1T)
2. In a large stock pot over med-high heat, sauté sausage (removed from casing), for 2-3 minutes, breaking apart.
3. Add chopped bell peppers + chopped onion + ~1T chopped garlic + 2tsp Creole seasoning, sauté 7-8 minutes.
4. Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.
5. Add 12-16oz frozen cut okra + 12oz peeled shrimp. Increase heat to medium allowing to simmer.
6. Cook another 20-30 min on low simmer, add more water/ broth if needed for desired consistency.
7. Season to taste w/ additional Creole seasoning, S&P.



## March 2018 Recipes, PALEO

### **Week 1 Salad: Mixed Greens w/ Raspberry, Feta & Pistachios**

#### *Salad Components:*

5oz mixed greens  
1/2c pistachios  
1 pint raspberries  
4oz feta crumbles, optional

#### *Dressing:*

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

#### *Instructions:*

1. In a container layer the following:
  - 1/2 tub of mixed greens, ~2.5oz
  - 1/4c pistachios
  - 1/2 pint raspberries
  - 2oz feta cheese crumbles
2. Repeat layers.

#### *For Balsamic Vinaigrette:*

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



## March 2018 Recipes, PALEO

### Week 1 Breakfast: Asparagus, Mushroom & Goat Cheese Frittata

#### *Ingredients:*

1 bunch asparagus  
~1T olive oil  
8oz sliced mushrooms  
S&P  
8 eggs (omega 3)  
4oz goat cheese crumbles, optional  
1/8tsp salt

#### *Instructions:*

1. Preheat oven to 350 F.
2. Remove and discard lower 2-3" of asparagus bunch. Cut spears into 1/2" pieces and set aside.
3. Heat 1T oil over medium heat. Add 8oz sliced mushrooms, S&P and sauté ~10 min.
4. Add chopped asparagus and cook ~3-4 minutes more. Cool.
5. Whisk 8 eggs in a large bowl. Stir in the following:
  - cooked asparagus
  - mushrooms
  - 4oz goat cheese crumbles (optional)
6. Pour into oiled pie pan. Sprinkle w/ 1/8tsp salt.
7. Bake at 350 F for 25-30 min or until no longer jiggly.



## March 2018 Recipes, PALEO

### Week 1 Snack: Baba Ganoush w/ Carrots

#### *Ingredients:*

1 eggplant  
1# carrots  
3T tahini  
1 lemon  
3 cloves garlic  
1/8tsp cumin  
1/8tsp paprika

#### *Instructions:*

1. Preheat oven to 350 F.
2. Line baking sheet w/ parchment paper. Roast 1 whole eggplant for ~45 min - 1 hour or until tender. Allow to cool.
3. Cut 1# carrots into sticks.
4. Cut cooked & cooled eggplant in half and scoop out flesh. Add flesh to food processor (or blender) and add the following:
  - 3T tahini
  - juice of 1 lemon
  - 3 cloves garlic
  - 1/8tsp cumin
  - 1/8tsp paprika
5. Blend until pureed.
6. Serve with cut carrot sticks.

### Week 1 Dessert: Cherry Parfaits

#### *Ingredients:*

10oz frozen cherries  
32oz organic Greek yogurt (OR sub yogurt of choice)  
1/2c toppings of choice (sliced almonds, pecans, macadamia nuts, dried coconut flakes, etc.)

#### *Instructions:*

1. Thaw cherries in fridge overnight.
2. Place 1c Greek yogurt, or yogurt of choice, into serving dish.
3. Top yogurt w/ ~1/2c cherries.
4. Top cherries w/ 1-2T sliced almonds, macadamia nuts and/or dried coconut flakes.



## March 2018 Recipes, PALEO

### Week 2 Meal 1: Shrimp, Avocado, & Grapefruit Salad

*Ingredients:*

1½# shrimp, peeled, deveined, tails removed

1 grapefruit

2 avocados

5oz tub mixed greens

¾c sliced almonds

2T olive oil

1T honey

2T champagne vinegar

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

*Instructions:*

1. Boil shrimp for 4-5 minutes or until color has turned. Cool.
2. Cut 1 grapefruit over a bowl (to collect juice). Cut into ½" segments. Reserve 2T juice for vinaigrette.
3. Chop 2 avocados.
4. Toss mixed greens w/ cooked shrimp, cut grapefruit & chopped avocado, ¾c sliced almonds.
5. Top with champagne vinaigrette.

*For Champagne Vinaigrette:*

Whisk together:

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



## March 2018 Recipes, PALEO

### **Week 2 Meal 2: Whole Baked Chicken w/ Roasted Fennel & Fingerling Potatoes**

#### **Whole Baked Chicken**

*Ingredients:*

2 lemons  
1 whole chicken  
1 bunch fresh thyme (OR sub fresh poultry herb mix)  
Olive oil  
S&P

*Instructions:*

1. Preheat oven to 375 F.
2. Cut 2 lemons into quarters.
3. Pat 1 whole chicken dry and stuff bird with lemon wedges, 1 bunch fresh thyme, olive oil, and S&P.
4. Season outside with olive oil and S&P. Roast for 1-1¼ hrs or until chicken reaches temp of 165 F (~30 mins/ pound).

#### **Roasted Fennel & Fingerling Potatoes**

*Ingredients:*

2 fennel bulbs  
1½-2# fingerling potatoes  
1-2T olive oil  
S&P

*Instructions:*

1. Preheat oven to 375 F.
2. Toss potatoes w/ 1-2T olive oil + S&P. Roast for ~40-50 mins or knife inserts easily, tossing halfway through cook time.
3. Remove & discard green fronds from 2 fennel bulbs. Slice white part into ½"-1" wedges & toss w/ 1-2T olive oil + S&P.
4. Roast fennel on parchment lined baking sheet for ~35-40 mins.



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### Week 2 Meal 3: Beef Fajitas w/ Guacamole

#### Beef Fajitas

##### *Ingredients:*

- 1 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 1 red onion
- 2 garlic cloves
- 1# grass-fed stir fry beef
- 2T taco seasoning\*
- 1 head Bibb lettuce

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

##### *Instructions:*

1. Cut 3 bell peppers & 1 red onion into thin slices, finely chop 2 cloves garlic.
2. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onion, sauté for ~10 minutes.
3. Add 1# stir fry beef + 2T taco seasoning, cook ~5 minutes or until just cooked.
4. Serve fajitas in Bibb lettuce wraps with guacamole and lime slice on the side.

#### Guacamole

##### *Ingredients:*

- 1 tomato
- 1 jalapeno
- 1 bunch cilantro
- 2 avocados
- 1 lime
- S&P to taste

##### *Instructions:*

1. Finely chop 1 tomato, ½ jalapeño (removing seeds) & 1 bunch cilantro for ~1T.
2. Mash 2 avocados. Add in:
  - 1T cilantro
  - 1 chopped tomato
  - ½-1tsp jalapeno
  - juice of ½ lime (or more to taste)
  - S&P
3. Stir to combine.



## March 2018 Recipes, PALEO

### Week 2 Meal 4: Turkey Minestrone

#### *Ingredients:*

1 yellow onion  
1 large carrot  
2 garlic cloves  
1 med zucchini  
1tsp olive oil  
½# ground turkey, 93% lean  
1T thyme  
1T basil  
1T oregano  
~14oz crushed tomatoes\*  
4c beef broth\*  
S&P to taste  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Finely dice:
  - 1 yellow onion
  - 1 carrot
  - 2 cloves garlic
  - 1 zucchini
2. Heat 1tsp oil in a large soup pot over medium high, add ½# ground turkey. Break apart turkey, allowing to cook.
3. Add chopped veggies (1 diced yellow onion, chopped garlic & carrot), sauté 6-8 minutes or until turkey is cooked.
4. Season w/ 1T each:
  - thyme
  - basil
  - oregano
5. Add in:
  - 1 chopped zucchini
  - ~14oz crushed tomatoes
  - 4c beef broth
  - 4c water
6. Bring to boil, lower heat & simmer ~30 mins to 1 hr. Add additional water if needed.
7. Season w/ S&P to taste.



## March 2018 Recipes, PALEO

### Week 2 Salad: Italian Side Salad

#### *Salad Components:*

1 cucumber  
1 pint cherry tomatoes  
½c sliced Kalamata olives  
5oz chopped romaine

#### *Dressing:*

½c olive oil  
¼c apple cider vinegar  
1T dried basil  
S&P to taste

#### *Instructions:*

1. Chop 1 cucumber into small, ½" bite-sized pieces.
2. Halve cherry tomatoes.
3. Toss together with basil vinaigrette:
  - 1 cucumber, chopped
  - 1 pint cherry tomatoes, halved
  - ½c sliced Kalamata olives
4. Toss together with romaine lettuce.

#### *For Basil Vinaigrette:*

1. Whisk together:
  - ½c olive oil
  - ¼c apple cider vinegar
  - 1T dried basil
  - S&P to taste



## March 2018 Recipes, PALEO

### **Week 2 Breakfast: Homemade Sausage Patties w/ Poached Eggs over Mashed Sweet Potatoes**

#### **Sausage Patties**

*Ingredients:*

1tsp ground ginger  
1tsp garlic powder  
1tsp dried thyme  
2tsp dried sage  
1T dried tarragon  
½tsp sea salt  
1# ground pork

*Instructions:*

- 1.) Whisk together: 1tsp ground ginger + 1tsp garlic powder + 1tsp dried thyme + 2tsp dried sage + 1T dried tarragon + ½tsp sea salt.
- 2.) Add 1# ground pork and mix to combine (easiest done with hands). Form into ~8 patties.
- 3.) Heat large sauté pan over med-high heat and cook sausage patties ~3-4min/ side or until cooked through.

#### **Roasted Sweet Potatoes**

*Ingredients:*

2 large sweet potatoes

*Instructions:*

- 1.) Preheat oven to 350 F
- 2.) Cut 2 sweet potatoes in half, wrap in foil & bake for 50-55 minutes or until knife inserts easily. Cool. Mash with fork.

#### **Poached Eggs**

*Ingredients:*

1T apple cider vinegar  
4 eggs (omega 3)

*Instructions:*

1. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove eggs.
2. Serve eggs over mashed sweet potatoes w/ sausage on the side.



## March 2018 Recipes, PALEO

### Week 2 Snack: Apple "Nachos"

*Ingredients:*

3 apples

3T almond butter

¼c dried cherries, unsweetened coconut flakes, sliced almonds, cacao nibs, etc.

*Instructions:*

1. Core and thinly slice 3 apples
2. Melt ~3T almond butter and drizzle over top.
3. Top w/ ¼c toppings of choice (dried coconut flakes, sliced almonds, dried cherries, cacao nibs, etc. or any combination of these)

### Week 2 Dessert: Tropical Chia Pudding

*Ingredients:*

1 can full fat coconut milk

2½c water

1c chia seeds

½c maple syrup

1tsp vanilla

½c shredded coconut, unsweetened

~20oz frozen mango cubes (OR sub 3 fresh mangos, diced)

*Instructions:*

1. Whisk together the following:
  - 1 can full fat coconut milk
  - 2½c water
  - 1c chia seeds
  - ½c maple syrup
  - 1tsp vanilla
  - ½c shredded coconut, unsweetened
2. Stir in ~20oz frozen mango cubes (or 3 fresh mangos, diced)
3. Refrigerate for 12-24 hours or until chia is "hydrated," stirring occasionally.



## March 2018 Recipes, PALEO

### Week 3 Meal 1: Greek Chicken Salad

#### *Ingredients:*

¼c balsamic vinegar  
¾c olive oil, divided  
fresh ground pepper  
1T salt  
1# chicken breasts (boneless, skinless)  
1 head romaine lettuce  
1 pint cherry tomatoes  
1 cucumber  
~8½oz artichokes in water  
½c sliced Kalamata olives  
4oz feta crumbles, optional  
¼c red wine vinegar  
½T oregano  
S&P to taste

#### *Instructions:*

1. Preheat oven to 350 F.
2. Whisk together:
  - ¼c balsamic vinegar
  - ¼c olive oil
  - fresh ground pepper
  - 1T salt
3. Marinate chicken breasts ~30 minutes.
4. Finely chop lettuce for salad.
5. Cut cherry tomatoes in half.
6. Chop cucumber in ½" pieces.
7. Drain artichokes & chop into small pieces.
8. Remove chicken from marinade and bake for ~25-30 mins depending on thickness (or until cooked to 165 F). Cool & slice.
9. Toss together: chopped romaine + tomatoes + cucumber + artichokes + sliced Kalamata olives + feta crumbles (optional).
10. Top salad with sliced/cooked chicken. Drizzle with Greek Vinaigrette.

#### *For Greek Vinaigrette:*

1. Whisk together:
  - ½c olive oil
  - ¼c red wine vinegar
  - ½T dried oregano
  - S&P to taste



## March 2018 Recipes, PALEO

### Week 3 Meal 2: Salmon over Sautéed Spinach w/ Mushrooms & Feta

#### Salmon

##### *Ingredients:*

1 lemon  
2T olive oil  
S&P  
4 skin-on salmon fillets, 4-6oz ea

##### *Instructions:*

1. Preheat oven to 450 F.
2. Zest 1 lemon, combine w/ 2T olive oil + S&P.
3. Place salmon fillets in baking dish & rub w/ lemon and olive oil mixture.
4. Bake 8-10 mins, or until flaky.

#### Sautéed Spinach w/ Mushrooms & Feta

##### *Ingredients:*

3-4 cloves garlic  
2T olive oil  
16oz sliced mushrooms  
S&P  
8oz baby spinach  
4oz feta crumbles  
1 lemon, juiced

##### *Instructions:*

1. Thinly slice 3-4 cloves garlic.
2. Heat 2T olive oil in large pan over med-high heat.
3. Add 16oz sliced mushrooms. Cook ~15 mins, stir occasionally, until golden brown.
4. Add garlic cloves + S&P and cook for ~1min, until fragrant and tender.
5. Add baby spinach to mushrooms and cook for ~4 mins, stirring often, or until wilted.
6. Top spinach & mushrooms w/ ~4oz feta cheese + drizzle of lemon juice and serve with salmon.



## March 2018 Recipes, PALEO

### Week 3 Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce

#### Asian Turkey Lettuce Wraps

##### *Ingredients:*

1 head romaine lettuce  
1 bunch green onions  
~2-3" ginger knob  
2 garlic cloves  
1 red bell pepper  
1 yellow onion  
1 bunch cilantro  
1 can water chestnuts  
1¼# ground turkey, 85% lean  
1T toasted sesame oil  
1T coconut aminos  
1T rice vinegar

##### *Instructions:*

1. Remove leaves from romaine lettuce heads.
2. Chop 1 bunch green onions, keeping whites & greens separate.
3. Grate ginger to equal ~1T.
4. Finely chop:
  - 2 cloves garlic
  - 1 red bell pepper
  - 1 yellow onion
  - Cilantro for ~2T
  - 1 can water chestnuts (drained)
5. In lg sauté pan heat 1tsp olive oil, add 1¼# ground turkey + chopped veg (1 bell pepper, 1 onion, 2 garlic cloves) + 1T grated ginger.
6. Cook ~10-12 min, breaking apart meat.
7. Add chopped water chestnuts + cilantro + green onion tops + 1T toasted sesame oil + 1T tamari + 1T rice vinegar. Stir to combine, then remove from heat to cool.
8. Serve in large romaine lettuce leaves w/ dipping sauce.

#### Asian Dipping Sauce

##### *Ingredients:*

1T toasted sesame oil  
1T rice vinegar  
2T coconut aminos  
1tsp red chili flakes, optional

##### *Instructions:*

1. Whisk together all ingredients.



## March 2018 Recipes, PALEO

### Week 3 Meal 4: Garlic Roasted Pork Chops w/ Roasted Potatoes & Brussels Sprouts

#### Garlic Roasted Pork Chops

*Ingredients:*

4-8 thin cut, bone-in pork chops  
1-2T garlic salt

*Instructions:*

1. Preheat oven to 425 F.
2. Sprinkle ~¼tsp garlic salt (OR mix 2tsp garlic powder + ½tsp salt) over each pork chop.
3. Bake pork chops ~10-12 minutes, depending on thickness of chops. Internal temp should reach 145 F.

#### Roasted Potatoes & Brussels Sprouts

*Ingredients:*

1.5# mini red potatoes  
1# Brussels sprouts  
2-3T olive oil  
S&P to taste

*Instructions:*

1. Preheat oven to 425 F.
2. Cut potatoes in ½ if larger than ping pong ball.
3. Toss potatoes & Brussels w/ 2-3T olive oil + S&P and spread in a single layer on a baking sheet.
4. Bake for 35-45 minutes, tossing halfway through cook time.



## March 2018 Recipes, PALEO

### **Week 3 Salad: Spinach, Pine Nuts, Golden Raisins & Parmesan**

#### *Salad Components:*

5oz baby spinach

½c pine nuts

½c golden raisins

4oz shaved parmesan, optional

#### *Dressing:*

½c olive oil

¼c balsamic vinegar

S&P to taste

#### *Instructions:*

1. In a large bowl layer the following:
  - 2½oz baby spinach
  - ¼c pine nuts
  - ¼c golden raisins
  - 2oz parmesan, optional
2. Repeat layers

#### *For Balsamic Vinaigrette:*

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



## March 2018 Recipes, PALEO

### Week 3 Breakfast: Paleo Banana Bread Granola w/ Berries

#### *Ingredients:*

1½c walnuts  
1c pecans  
½c pumpkin or sunflower seeds  
2T flax or hemp seeds, optional  
4 medjool dates, pitted (~1/2c)  
1c coconut flakes  
1T cinnamon  
½tsp salt  
1 banana  
1/3c melted coconut oil  
1tsp vanilla

1 pint berries of choice  
Milk or yogurt of choice

#### *Instructions:*

1. Preheat oven to 350 F.
2. In a food processor add the following:
  - 1½c walnuts
  - 1c pecans
  - ½c pumpkin or sunflower seeds
  - 2T flax or hemp seeds, optional
  - 4 medjool dates, pitted (~1/2c)
  - 1c coconut flakes
  - 1T cinnamon
  - ½tsp salt
3. Pulse until nuts and dates are chopped and resemble "oats". Remove mixture from processor and set aside in a bowl.
4. Now add to the food processor and blend until smooth:
  - 1 banana
  - 1/3c melted coconut oil
  - 1tsp vanilla
5. Add the nut mixture (from above) back to the food processor and pulse until just combined.
6. Place mixture on large sheet pan lined with parchment paper and spread out into a thin layer (the mixture should be wet).
7. Bake at 350 F for 10 mins. Remove from oven & stir, breaking apart granola.
8. Bake 5-10 more mins (watch closely - it burns easily!). Remove from oven, cool, break apart as desired and store in an airtight container.
9. Serve granola topped with berries & milk or yogurt of choice.

Note: Yields ~5c or 10 servings



## March 2018 Recipes, PALEO

### **Week 3 Snack: Grapes & Cashews**

*Ingredients:*

1 bunch grapes  
1c cashews

*Instructions:*

1. 1 serving = 1c grapes + ¼c cashews.

### **Week 3 Dessert: Almond Butter Cups**

*Ingredients:*

1c coconut oil  
1c cacao/cocoa powder  
¼c honey  
pinch of salt  
4T almond butter

*Instructions:*

1. Place 12 muffin liners in a muffin pan.
2. In a saucepan over low heat, whisk together:
  - 1c coconut oil
  - 1c cacao/cocoa powder
  - ¼c honey
  - pinch of salt
3. Whisk until coconut oil is melted and ingredients are well combined. Remove from heat.
4. Place 1T of cocoa mixture into bottom of each liner & freeze ~10 min.
5. Once cocoa mixture hardens, place 1tsp almond butter in center of each cup and "flatten" slightly.
6. Top with additional 1-1½T cocoa mixture (enough to cover completely).
7. Place in freezer for 10 min or until hardened.
8. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer.



## March 2018 Recipes, PALEO

### **Week 4 Meal 1: Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, Olives, & Feta**

#### **Pecan-Crusted Chicken**

##### *Ingredients:*

- 1 can full fat coconut milk
  - 1T apple cider vinegar (OR sub vinegar of choice)
  - 1-2# chicken tenders
  - 1½c pecans
  - 1T chili powder
  - 1T smoked paprika
  - 1T cumin
  - 2 eggs (omega 3)
- \*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Preheat oven to 425 F.
2. Whisk 1 can full fat coconut milk w/ 1T apple cider vinegar. Add chicken and marinate 1-2 hours in refrigerator.
3. In a food processor, blend the following until pecans reach breadcrumb like texture and then set aside:
  - 1½c pecans
  - 1T chili powder
  - 1T smoked paprika
  - 1T cumin
  - S&P
4. Place chopped pecans in shallow bowl.
5. Whisk 2 eggs in a separate shallow bowl.
6. Dredge marinated chicken tenders in whisked eggs and then in pecan crust.
7. Repeat steps until all tenders are covered and placed in container.
8. Place pecan chicken on a sheet tray. Bake 12-15 minutes or cooked through (165 F).



## March 2018 Recipes, PALEO

### **Collard Green Salad w/ Tomato, Olives, & Feta**

#### *Salad Components:*

¼c sun-dried tomatoes (in oil)  
1 bunch collard greens  
¼c olive oil  
½tsp coarse sea salt  
4oz feta cheese, optional  
2T sliced Kalamata olives

#### *Dressing:*

¼c olive oil  
1 small bunch basil  
1 lemon  
½tsp honey  
1/16tsp salt

#### *Instructions:*

1. Roughly chop ¼c sun-dried tomatoes.
2. Remove leaves from collards (discarding stems). Roughly chop leaves. Place in a large bowl.
3. To the large bowl of chopped collards add:
  - ¼c olive oil
  - ½tsp sea salt (coarse sea salt preferred)
4. Use your hands to “massage” the salt and oil into the leaves for 2-3 minutes, add up to ¼c additional oil if needed.
5. To collards, add:
  - ¼c chopped sundried tomatoes
  - 1T of lemon-basil vinaigrette
  - 4oz crumbled feta (optional)
  - 2T sliced kalamata olives
6. Toss all together.

#### *For Lemon Basil Vinaigrette:*

1. Place in blender:
  - ¼c olive oil
  - ¼c basil leaves
  - 1 lemon
  - ½tsp honey
  - 1/16tsp salt
2. Blend on high until basil is finely chopped.



## March 2018 Recipes, PALEO

### **Week 4 Meal 2: Salmon, Cucumber, Almond, & Strawberry Salad w/ Lemon-Basil Vinaigrette**

#### **Salmon**

##### *Ingredients:*

4 salmon fillets, 4-6oz ea  
S&P to taste

##### *Instructions:*

1. Preheat oven to 425 F.
2. Season salmon with S&P and bake for 18-20 minutes (or option to grill).

#### **Almond, & Strawberry Salad w/ Lemon-Basil Vinaigrette**

##### *Ingredients:*

8oz strawberries  
1 English cucumber  
5oz mixed greens  
1/2c sliced almonds  
8oz feta cheese, optional

##### *Instructions:*

1. Thinly slice strawberries.
2. Cut English cucumber into 1" pieces.
3. Layer salad in container as follows:
  - 1/2 of mixed greens
  - 1/4c sliced almonds
  - 1/2c sliced strawberries
  - 1/2 chopped cucumbers
  - 2oz crumbled feta (optional)
4. Repeat layers.
5. Drizzle with Lemon Basil Vinaigrette.

##### *For Lemon Basil Vinaigrette:*

1. Place in blender:
  - 1/4c olive oil
  - 1/4c basil leaves
  - Zest & juice of 1/2 lemon
  - 1/2tsp honey
  - 1/16tsp salt (or to taste)
2. Blend on high until basil is finely chopped.



## March 2018 Recipes, PALEO

### Week 4 Meal 3: Grassfed Beef & Mushroom "Tacos"

*Ingredients:*

1 large tomato  
1 sm red onion  
2-3 garlic cloves  
1½# grassfed ground beef  
8oz sliced mushrooms  
2T chili powder  
2 avocados  
1 bunch romaine lettuce (OR sub other lettuce for wraps)  
4oz shredded cheddar cheese, optional

*Instructions:*

1. Finely dice 1 large tomato, 1 small red onion and 2-3 garlic cloves.
2. Place 1½# ground beef in a large sauté pan over medium high heat, breaking apart meat.
3. Add the following to sauté pan and cook for 8-10 min:
  - diced red onion
  - diced garlic cloves
  - 8oz sliced mushrooms
  - 2T chili powder
3. Slice 2 avocados.
4. Fill lettuce wraps w/ meat & shredded cheddar (optional) and serve w/ chopped tomato, lettuce & sliced avocado.



## March 2018 Recipes, PALEO

### Week 4 Meal 4: Spicy Sausage & Broccoli Soup

#### *Ingredients:*

3 garlic cloves  
1 large yellow onion  
1 bunch celery  
1 head broccoli  
2T olive oil, separated  
1 bunch Italian parsley  
1# spicy Italian sausage  
1 bunch fresh thyme  
½c white wine (OR sub chicken broth)  
½c coconut cream (OR sub full fat coconut milk)  
4c chicken broth  
S&P

#### *Instructions:*

1. Mince 3 garlic cloves. Dice 1 large yellow onion & 3 celery stalks.
2. Cut 1 head broccoli into small pieces.
3. Chop parsley for ~¼c.
4. Heat 1T oil in sauté pan over medium heat. Remove 1# spicy Italian sausage from casings and brown.
5. In lg pot over med heat add:
  - 1T oil
  - diced garlic
  - diced onion
  - diced celery
  - 3 sprigs fresh thyme.
6. Sauté until veggies have softened, ~4 mins.
7. Add ½c white wine (or chicken broth) to deglaze. Then add ½c coconut cream + 4c chicken broth and bring to a boil.
8. Add in broccoli & cooked Italian sausage; simmer until broccoli is bright green, ~3-4 mins.
9. Season w/ S&P and garnish with parsley.



## March 2018 Recipes, PALEO

### **Week 4 Salad: Romaine w/ Carrot, Radish, Avocado, & Sunflower Seeds**

#### *Salad Components:*

1# carrots  
1 pint cherry tomatoes  
1-2 avocados  
5oz chopped romaine  
½c sunflower seeds

#### *Dressing:*

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

#### *Instructions:*

1. Grate (using food processor or lg cheese grater) 2 carrots.
2. Chop 1-2 avocados and cut 1 pint of cherry tomatoes in half
3. In large bowl layer salad components:
  - ½ of chopped romaine lettuce
  - ½ shredded (or chopped) carrot
  - ½ of cherry tomato halves
  - ¼c sunflower seeds
  - Avocado
4. Repeat layers.

#### *For Balsamic Dressing:*

Whisk together:

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



## March 2018 Recipes, PALEO

### Week 4 Breakfast: Eggs over Zoodles with Sausage

*Ingredients:*

2 zucchini  
4 sausage links\*  
1 tsp olive oil  
4-6 eggs (omega-3)

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

*Instructions:*

1. Thinly slice 2 zucchini (or use pre-cut spirals) in long spaghetti-like strips (best on a mandolin or spiralizer).
2. Heat sausage links per package in a sauté pan.
3. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add zoodles and cook 2-3 minutes.
4. Fry 4 eggs in 1tsp oil for 4-5 minutes or white is cooked and yolk is cooked as desired (this also works well with poached eggs).

Note: option to cook all/ most of this in 1 very large sauté pan at the same time.

### Week 4 Snack: Tropical Green Smoothie

*Ingredients:*

2c frozen pineapple  
2c frozen mango  
4 kiwis  
1 English cucumber  
1 avocado  
5oz fresh baby spinach  
2 lemons

*Instructions:*

1. Peel and half 4 kiwi. Quarter the English cucumber.
2. Place the following in a blender:
  - 1c frozen pineapple
  - 1c frozen mango
  - 2 kiwis, peeled and halved
  - 1/2 English cucumber, quartered
  - 1/2 avocado
  - 2 handfuls fresh baby spinach
  - juice of 1 lemons
  - 1/2c (or more) water
3. Blend until smooth. Add water as needed for consistency.

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



## March 2018 Recipes, PALEO

### **Week 4 Dessert: Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries**

*Ingredients:*

¼c balsamic vinegar

1tsp vanilla extract\*

1tsp maple syrup, optional

8oz strawberries

1-2 pints vanilla coconut milk ice cream (OR subs with yogurt of choice)

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

*Instructions:*

1. Thinly slice 8oz of strawberries.
2. Whisk together:
  - ¼c balsamic vinegar
  - 1tsp vanilla
  - 1tsp maple syrup (optional)
3. Pour over sliced strawberries (allow to marinate for at least 1 hour).
4. Scoop of ice cream and top with ~¼c of marinated strawberries.



## March 2018 Recipes, PALEO

### Week 5 Meal 1: Slow Cooker Pork w/ Garlic Mojo & Mashed Sweet Potatoes

#### Mashed Sweet Potatoes

*Ingredients:*

4 large sweet potatoes

*Instructions:*

1. Cut 4 large sweet potatoes in half, wrap each half in foil & bake for 45-55 minutes or until knife inserts easily. Cool. Peel and mash until smooth.

#### Garlic Mojo Sauce

*Ingredients:*

2 oranges

2 limes

2 lemons

3 cloves garlic

¼c olive oil

1/3tsp salt

1/8tsp ground black pepper

*Instructions:*

1. Juice 2 oranges for ~½c juice, 2 limes for ~¼c juice, and 2 lemons for ~¼c juice.
2. Mince 3 cloves garlic.
3. Whisk together the following: ½c fresh orange juice (~2 oranges) + ¼c fresh lime juice (~2 limes) + ¼c fresh lemon juice (~2 lemons) + 3 cloves garlic, minced + ¼c olive oil + 1/3tsp salt + 1/8tsp ground black pepper.

#### Slow Cooker Pork

*Ingredients:*

1T olive oil

~2# boneless pork shoulder

S&P

½c chicken broth (OR sub water)

2 small yellow onions

*Instructions:*

1. Heat 1T olive oil in a large pan over med-high.
2. Season pork shoulder with S&P and brown on all sides.
3. After searing pork, place in slow cooker w/ ½c chicken broth or water & cook ~5 hours on high or ~8 hours on low, until meat is tender.
4. Cool, then using your fingers or two forks, shred the pork into bite-sized pieces.
5. Slice 1½ onions into ½" rounds.
6. Put 2T of mojo sauce in a large skillet. Warm over high heat.
7. Add 4 servings of the shredded pork to the pan and top with the sliced onion rounds.
8. Put lid on skillet and cook for a few minutes until the pork is warm and onions are crisp-tender.
9. Serve with sweet potatoes and more garlic mojo sauce.



## March 2018 Recipes, PALEO

### **Week 5 Meal 2: Marinated Flank Steak w/ Grilled Pineapple, Zucchini, Peppers & Onions**

#### **Marinated Flank Steak**

##### *Ingredients:*

½c olive oil

1 bunch cilantro

2 garlic cloves

1T coconut aminos

1T honey, optional

½T salt

2T apple cider vinegar

1-1½# grassfed flank steak

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

##### *Instructions:*

1. Place the following in a blender:
  - ½c olive oil
  - large handful cilantro
  - 2 cloves peeled garlic
  - 1T coconut aminos
  - 1T honey, optional
  - ½T salt
  - 2T apple cider vinegar
2. Blend until combined. Pour over flank steak and allow to marinate in the refrigerator for at least 1 hour up to 3 days.
3. Remove steak from marinade and grill for 4-6 minutes per side for medium rare, OR heat large sauté pan to med-high, sear for 3 minutes on each side and transfer to preheated 400 F oven for ~8 minutes for medium rare.
4. Allow steak to rest 5-10 minutes before cutting. Cut meat very thin against the grain like you would fajita meat.



## March 2018 Recipes, PALEO

### **Grilled Pineapple, Zucchini, Peppers & Onions**

#### *Ingredients:*

1 pineapple (OR sub fresh sliced)  
1-2 zucchini  
2 bell peppers, mixed colors  
1 red onion  
2T olive oil  
1T dried oregano  
S&P

#### *Instructions:*

1. Peel, core & cut pineapple into ½" thick slices.
2. Thinly slice 1-2 zucchini (¼" thick), cut 2 bell peppers into ~8 slices each, and slice 1 red onion into thick "rings."
3. Toss zucchini, onions & bell peppers w/ 2T olive oil, 1T dried oregano & S&P.
4. Grill pineapple for 5-6 minutes, flipping occasionally (option to eat pineapple fresh).
5. Grill veg (zucchini, peppers & onions) for 2-3 minutes & flip cooking another 2-3 min (onions may take longer). Option to bake in oven ~10-15 min at 450 F.



## March 2018 Recipes, PALEO

### Week 5 Meal 3: Mexican Pork Salad

#### *Ingredients:*

2T olive oil, separated

~2# boneless pork shoulder

½c chicken broth (OR sub water)

1 yellow onion

1 large beefsteak tomato

1 bunch green onions

1 small bunch cilantro

10oz chopped romaine

1 avocado

1 lime

1 jar salsa of choice\*

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

#### *Instructions:*

1. Heat 1T olive oil in a large pan over med-high.
2. Season pork shoulder with S&P and brown on all sides.
3. After searing pork, place in slow cooker w/ ½c chicken broth or water & cook ~5 hours on high or ~8 hours on low, until meat is tender.
4. Cool, then using your fingers or two forks, shred the pork into bite-sized pieces.
5. Finely chop:
  - ½ onion
  - 1 tomato
  - 3-4 green onions
  - cilantro for ~3T
6. Layer ingredients w/ 10oz chopped romaine.
7. Slice 1 avocado.
8. Top salad with avocado and pork. Drizzle with 1T olive oil, juice of 1 lime and salsa, if desired.



## March 2018 Recipes, PALEO

### Week 5 Meal 4: Trout w/ Cauliflower Rice & Spinach

#### Trout

##### *Ingredients:*

4 frozen trout fillets, 4-6oz each (OR sub fish of choice)  
1 small bunch cilantro  
2T mayo (like Primal Kitchens)  
1 lemon  
S&P

##### *Instructions:*

1. Preheat oven to 375 F.
2. Chop cilantro for ~1T.
3. Juice 1 lemon for ~½T.
4. Combine:
  - 2T mayo
  - ½T lemon juice
  - 1T fresh chopped cilantro
  - S&P
5. Spread over fish and bake 18-20 minutes.

#### Cauliflower Rice & Spinach

##### *Ingredients:*

2tsp olive oil  
~12oz bag frozen cauliflower rice (OR sub 1 head cauliflower, chopped into rice)  
10oz bag frozen spinach  
S&P

##### *Instructions:*

1. If not using frozen cauliflower rice, remove core, leaves, & any dark spots. Make sure cauli is completely dry, and coarse chop. 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.
2. Heat 2tsp oil in lg pan over med-high.
3. Add cauliflower rice + spinach & cook for 6-8min or until heated through.
4. Season w/ S&P



## March 2018 Recipes, PALEO

### **Week 5 Salad: Arugula w/ Tomatoes, Basil, & Mozzarella**

#### *Salad Components:*

- 1 pint cherry tomatoes
- 1 bunch fresh basil
- 5oz arugula
- 8oz mini mozzarella balls, optional
- ½c pine nuts (OR sub sliced almonds)

#### *Dressing:*

- ½c olive oil
- ¼c balsamic vinegar
- Pepper to taste

#### *Instructions:*

1. Cut cherry tomatoes into halves.
2. Roughly chop basil.
3. In large bowl layer salad components:
  - ½ tub of arugula
  - 4oz mozzarella balls (optional)
  - ½ cherry tomatoes
  - ¼c pine nuts (OR sliced almonds)
  - ½ chopped basil
4. Repeat layers.

#### *For Balsamic Dressing:*

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



## March 2018 Recipes, PALEO

### Week 5 Breakfast: Sweet Potato w/ Prosciutto & Pears

*Ingredients:*

2 large sweet potatoes  
4 pears  
16 slices prosciutto

*Instructions:*

1. Cut 2 large sweet potatoes in half, wrap each half in foil & bake for 45-55 minutes or until knife inserts easily. Cool.
2. Peel and mash until smooth.
3. Slice 1 pear/ person and serve w/ 4 slices prosciutto/ person

### Week 5 Snack: Peppers & Guac

*Ingredients:*

1-2 avocados  
1 jar salsa of choice  
2 bell peppers, mixed colors

*Instructions:*

1. Mash 1-2 avocados and mix w/  $\frac{1}{4}$ c salsa to make guac.
2. Slice 2 bell peppers into strips for snacking.

### Week 5 Dessert: Tropical Fruit Salad

*Ingredients:*

1 pineapple (OR sub fresh sliced)  
1 pint raspberries  
1 bag coconut chips\*  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. Combine:
  - ~1c chopped pineapple
  - 1 pint raspberries
  - 1 bag coconut chips