



# April 2018 Recipes, PALEO

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## April 2018 Recipes, PALEO

### **Week 1 Meal 1: Slow Cooker Spring Lamb Roast w/ Roasted Potatoes & Brussels' Sprouts**

#### **Slow Cooker Spring Lamb Roast**

##### *Ingredients:*

1 yellow onion  
2 large carrots  
3-4 stalks celery  
~4# lamb shoulder roast (OR sub pork or beef roast)

S&P

3T Italian seasoning\*

28oz can diced tomatoes\*

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

##### *Instructions:*

1. Chop 1 yellow onion, 2 large carrots (peeling optional) and 3-4 stalks celery into ~1-2" pieces.
2. Season ~4# lamb roast on all sides with ~3T Italian seasoning and a generous amount of salt & pepper.
3. Place chopped veggies, seasoned lamb and 28oz diced tomatoes in a slow cooker.
4. Cook on low for 6-8 hours or high for 4-6 hours.
5. Remove roast from slow cooker and slice thinly, against the grain. Serve with veggies and roasted vegetables below.

\*Note: recipe was designed to have left overs for Week 1, Meal 3 on page 4.

#### **Roasted Potatoes & Brussels' Sprouts**

##### *Ingredients:*

1# russet potatoes (OR sub sweet potatoes)

1# Brussels' sprouts

2T olive oil

S&P to taste

##### *Instructions:*

1. Preheat oven to 375 F.
2. Cut 1# potatoes into 1/2" pieces.
3. Cut 1# Brussels' sprouts in half.
4. Toss potatoes and Brussels' sprouts with 2T olive oil + S&P.
5. Roast potatoes & Brussels' sprouts for 45-55 minutes, or desired doneness. Toss halfway through cooking.



## April 2018 Recipes, PALEO

### Week 1 Meal 2: Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies

#### Ginger-Sesame Roasted Pork Chops

*Ingredients:*

~1" ginger knob  
1c toasted sesame oil  
4-8 thin-cut pork chops

*Instructions:*

1. Preheat oven to 375 F.
2. Peel & grate 1T fresh ginger.
3. For Sesame Pork Marinade whisk together:
  - 1c toasted sesame oil
  - 1T fresh grated ginger
4. Marinate pork chops for at least ½ an hour (or overnight for more flavorful results).
5. Remove pork chops from marinade and bake for 12-15 minutes (depending on thickness) or 145 F internal temp.

#### Stir Fried Veggies

*Ingredients:*

2 bell peppers (mix of colors)  
2 carrots  
1 head broccoli  
3 cloves garlic  
~1" ginger knob  
¼c coconut aminos  
1T toasted sesame oil  
2tsp coconut oil  
8oz sliced mushrooms  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. Slice 2 bell peppers & 2 carrots into long, thin strips.
2. Chop 1 head broccoli into bite-sized pieces.
3. Finely chop 3 cloves garlic.
4. Peel & grate 1T fresh ginger.
5. For Stir Fry Sauce whisk together the following:
  - ¼c coconut aminos
  - 1T toasted sesame oil
  - 1T fresh grated ginger
  - 3 cloves chopped garlic
6. Heat 2tsp coconut oil (or olive) in a large sauté pan or wok over medium-high heat.
7. Add 8oz sliced mushrooms & sauté for ~3 min.
8. Add bell pepper, carrots & broccoli to pan, sauté 5-7min, stir occasionally.
9. Add stir-fry sauce, cook 3-4 minutes.



## April 2018 Recipes, PALEO

### **Week 1 Meal 3: Leftover Lamb Roast w/ Mashed Sweet Potato & Sautéed Kale**

\*\*Note: This recipe was designed to utilize leftovers from Meal 1 on page 2, but we are including the full recipe here.

#### **Slow Cooker Spring Lamb Roast**

*Ingredients:*

1 yellow onion  
2 large carrots  
3-4 stalks celery  
~4# large lamb shoulder roast (OR sub pork or beef roast)  
S&P

3T Italian seasoning\*  
28oz can diced tomatoes\*

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

*Instructions:*

1. Chop 1 yellow onion, 2 large carrots (peeling optional) and 3-4 stalks celery into ~1-2" pieces.
2. Season ~4# lamb roast on all sides with ~3T Italian seasoning and a generous amount of salt & pepper.
3. Place chopped veggies, seasoned lamb and 28oz diced tomatoes in a slow cooker.
4. Cook on low for 6-8 hours or high for 4-6 hours.
5. Remove roast from slow cooker and slice thinly, against the grain. Serve with veggies and Mashed Sweet Potatoes & Sautéed Kale below.

#### **Mashed Sweet Potatoes & Sautéed Kale**

*Ingredients:*

12oz bag pre-chopped kale (OR sub 2 bunches whole kale)  
3 garlic cloves  
2 large sweet potatoes, ~2#  
1T olive oil  
S&P  
1-2T red wine vinegar

*Instructions:*

1. If not using pre-chopped kale, remove leaves from stems. Discard stems and rough chop leaves.
2. Finely chop 3 garlic cloves.
3. Peel and cut 2 sweet potatoes into 2" cubes. Place in pot, cover with water, and boil for 15-20 min until tender.
4. Drain potatoes, cool, and mash with a fork until smooth.
5. In a large sauté pan, place 3 cloves chopped garlic + chopped kale + 1T olive oil and sauté over med-high heat for 2-3 minutes.
6. Add 1c water, cover & cook ~8-10 min, stirring kale occasionally.
7. Season with S&P and 1-2T red wine vinegar to taste.



## April 2018 Recipes, PALEO

### **Week 1 Meal 4: Carrot & Zucchini Frittata w/ Strawberries**

#### *Ingredients:*

1 medium zucchini  
2 large carrots  
1T fennel seed, optional  
10 eggs (omega-3)  
1tsp garlic powder  
1/8 tsp salt & 1/2tsp pepper or to taste  
Olive oil  
4oz shredded parmesan, optional  
1 pint strawberries  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Preheat oven to 375 F.
2. Grate 1 zucchini + 2 large carrots & set aside (works best in a food processor). Option to chop fennel seeds, too.
3. In a large bowl, whisk 10 eggs.
4. Stir in:
  - 1 zucchini + 2 carrots, grated
  - 1tsp garlic powder
  - 1T fennel seeds (optional)
  - 1/2tsp black pepper
  - 1/8tsp salt
5. Pour into well-oiled casserole dish and top with 4oz shredded parmesan (optional).
6. Bake for ~20 minutes or until no longer jiggly (will vary depending on depth of dish).
7. Serve w/ fresh strawberries.



## April 2018 Recipes, PALEO

### **Week 1 Salad: Mixed Greens, Grapes, Avocado & Sunflower Seeds**

#### *Salad Components:*

~1c seedless grapes  
2 stalks celery  
1 avocado  
5oz mixed greens  
¼c sunflower seeds

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper to taste

#### *Instructions:*

1. Cut 1c grapes in half if preferred (option to leave whole).
2. Finely chop 2 stalks of celery.
3. Dice 1 avocado.
4. In a container layer the following:
  - ½ of mixed greens
  - ½ of diced celery
  - ½c grapes
  - ½ diced avocado
  - 1/8c sunflower seeds
5. Repeat layers.

#### *For Balsamic Dressing:*

1. Whisk together:  
½c olive oil + ¼c balsamic vinegar + pepper to taste



## April 2018 Recipes, PALEO

### Week 1 Breakfast: Lemon Raspberry Muffins

#### *Ingredients:*

¾c coconut flour  
½tsp salt  
½tsp baking soda  
5 eggs (omega-3)  
½c honey  
½c coconut oil  
~2 lemons  
½ pint raspberries  
12 parchment muffin liners

#### *Instructions:*

1. Preheat oven to 375 F.
2. In a large bowl, whisk the following until smooth (or pulse together in a food processor):
  - ¾c coconut flour
  - ½tsp salt
  - ½tsp baking soda
  - 5 eggs
  - ½c honey
  - ½c coconut oil
  - 1T lemon zest (~2 lemons)
3. Gently stir in ½ pint raspberries.
4. Pour into a lined muffin tin, about ¾ full.
5. Bake for 20-25 mins or tops spring back when touched. Yields ~12 muffins.

\*Note: Recommend putting any remaining muffins into the freezer after 24-48 hrs (or immediately).  
Defrost 1-2 hrs before eating

### Week 1 Snack: Turkey + Mustard + Avocado Roll-Ups

#### *Ingredients:*

1 avocado  
6-8oz deli turkey\*  
1-2T mustard of choice\*

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

#### *Instructions:*

1. Slice an avocado into 4-8 slices
2. Place 1-2 slices of turkey on a plate, top with avocado slice and ~1tsp mustard
3. Roll up and enjoy!



## April 2018 Recipes, PALEO

### **Week 1 Dessert: Poached Pears**

4 bosc pears

1 lemon

3c organic apple cider (OR sub organic apple juice)

1tsp pumpkin pie spice

#### *Instructions:*

1. Peel 4 pears.
2. Peel 1 lemon and cut peel into strips.
3. In large saucepan over medium heat, combine 3c apple cider + 1c water + lemon zest strips + 1tsp pumpkin pie spice.
4. Add peeled pears, (easiest to cook just 2-3 at a time).
5. Cover and cook for ~15 minutes, turning occasionally so that pears cook evenly.
6. Pears are done when they can be easily punctured with a fork.



## April 2018 Recipes, PALEO

### Week 2 Meal 1: Mustard-Dill Salmon, Asparagus & Purple Potatoes

#### Mustard Dill Salmon

*Ingredients:*

1 bunch fresh dill

1c grainy mustard\*

4 salmon fillets, 4-6oz ea

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

*Instructions:*

1. Preheat oven to 425 F.
2. Tear off top half of dill (discarding the thicker stem portion) add to blender or food processor along with 1c grainy mustard. Blend until dill is chopped (OR option to chop dill and stir into 1c mustard).
3. Spread 1-2T mustard-dill sauce on each salmon fillet.
4. Bake salmon for 18-22 minutes, or just cooked through, flaky.

#### Asparagus

*Ingredients:*

1-2 cloves garlic

1 bunch asparagus

1T olive oil

S&P

*Instructions:*

1. Preheat oven to 425 F.
2. Finely chop 1-2 cloves of garlic.
3. Cut bottom 2-3" off of asparagus and discard. Toss remaining spears w/ 1T olive oil + ~1tsp chopped garlic + S&P.
4. Roast asparagus for 10-12 minutes.

#### Purple Potatoes

*Ingredients:*

1-2# purple potatoes (OR sub red potatoes)

1-2T olive oil

S&P

*Instructions:*

1. Preheat oven to 425 F.
2. Cut purple potatoes in half (~1" pieces).
3. Toss w/ 1-2T olive oil + S&P.
4. Place potatoes on baking sheet, place in oven, roast for 30-40 minutes, tossing halfway through.



## April 2018 Recipes, PALEO

### Week 2 Meal 2: Bison Strip Steaks w/ Sautéed Spinach & Mashed Cauliflower

#### **Bison Strip Steaks**

*Ingredients:*

4 bison strip steaks, 5-7oz ea (OR sub beef steaks)

¼c steak seasoning\*

1-2tsp olive oil

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

*Instructions:*

1. Preheat oven to 400 F.
2. Coat each steak w/ ~1T steak seasoning.
3. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat.
4. Cook steaks 2-3 minutes/ side or until color develops.
5. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

#### **Sautéed Spinach**

*Ingredients:*

10oz baby spinach

S&P

*Instructions:*

1. Heat 1-2tsp oil in large sauté pan & baby spinach, ~10oz, for 4-5 minutes.
2. Season to taste w/ S&P.

#### **Mashed Cauliflower**

*Ingredients:*

1 head cauliflower

S&P

*Instructions:*

1. Roughly chop 1 head of cauliflower.
2. Bring 4c water to a boil, add 1 head chopped cauliflower, lower to med, simmer 15 minutes, turn off heat, cover and allow to stand for 15 minutes.
3. Place cooked cauliflower in blender or food processor, reserving cooking liquid.
4. Add ¼c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.
5. Season to taste w/ S&P.



## April 2018 Recipes, PALEO

### Week 2 Meal 3: Chicken & Bell Pepper Lettuce Wrap 'Tacos' w/ Jicama & Guacamole

#### Chicken & Bell Pepper Lettuce Wrap 'Tacos'

##### *Ingredients:*

- 1 small yellow onion
- 1-2 cloves garlic
- 2 bell peppers, mixed colors
- 1-2# boneless, skinless chicken breasts (OR sub chicken tenders)
- 1tsp ancho chili powder\*, optional
- ¼c taco seasoning\*
- \*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

##### *Instructions:*

1. Thoroughly wash lettuce leaves.
2. Chop 1 yellow onion.
3. Finely chop 1-2 cloves of garlic.
4. Dice 2 bell peppers (½" dice).
5. Slice chicken breasts into 1-2" thin strips.
6. Heat ½tsp olive oil in a medium sauté pan, over med-high heat. Add onion and garlic and sauté 3-4 minutes.
7. Add 2 diced bell pepper + ~1tsp ancho chili powder (optional) & cook an additional 3-5 minutes, stirring occasionally.
8. Add sliced chicken & ¼c taco seasoning. Add ½c water and cook for 10-15 minutes or until chicken is cooked through.
9. Serve chicken tacos lettuce wraps.

#### Jicama

##### *Ingredients:*

- 1 small jicama root

##### *Instructions:*

1. Peel & cut jicama bulb in half. Cut into 1-2" strips.

#### Guacamole

##### *Ingredients:*

- 2 avocados
- ~¼c chopped tomato
- 1 lime, juiced
- ~1T chopped jalapeño, optional (seeds & ribs removed)
- S&P to taste

##### *Instructions:*

1. Mash avocados.
2. Stir in remaining ingredients. Season with S&P and lime juice to taste.
3. Store remaining guac w/ avo pit to help prevent browning.



## April 2018 Recipes, PALEO

### Week 2 Meal 4: Shrimp Stir Fry w/ Broccoli & Carrots Over Cauliflower Rice

#### Shrimp Stir Fry w/ Broccoli & Carrots

*Ingredients:*

1-1½# shrimp (peeled, deveined, no tails)

1-2 cloves garlic

~2" knob ginger

1 head broccoli

1# carrots

2T coconut aminos

1T toasted sesame oil

1tsp olive oil

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

*Instructions:*

1. Defrost shrimp in fridge or cold water, if frozen.
2. Finely chop 1-2 cloves garlic.
3. Peel & grate ~1T ginger.
4. Cut 1 head broccoli into bite-sized pieces & 4 carrots into thin coins.
5. For Stir Fry Sauce combine:
  - 2T coconut aminos
  - 1T toasted sesame oil
6. Heat 1tsp oil in lg sauté pan over high heat, add ~1T chopped garlic + ~1T grated ginger + 1-1½# shrimp, cook 1 minute.
7. Add chopped carrots & broccoli, continuing to stir, and cook for ~6-8 mins.
8. Add Stir Fry Sauce, stirring to coat all ingredients with sauce, cook another 3-4 min.

#### Cauliflower Rice

*Ingredients:*

1 head cauliflower (OR sub 1 bag cauli rice)

*Instructions:*

1. If not using pre-riced cauliflower, place 1 head chopped cauliflower in food processor. (May have to do in multiple batches.)
2. Pulse until it is small rice-like texture. Be careful not to go too far or it will be mushy.
3. Heat 1T coconut oil (or olive) in large sauté pan, add the riced cauliflower.
4. Cover and cook cauli rice ~5 min stirring frequently until it's is crisp on the outside and tender on the inside.
5. Season w/ S&P.



## April 2018 Recipes, PALEO

### Week 2 Salad: Arugula w/ Roasted Beets & Pumpkin Seeds

#### *Salad Components:*

4 large beets (2 red & 2 golden, if available)  
1-2T olive oil  
5oz chopped romaine  
½c pumpkin seeds

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper to taste

#### *Instructions:*

1. Preheat oven to 325 F.
2. Peel 4 beets and dice into ½" cubes. Toss w/ 1-2T olive oil + S&P.
3. Roast for 55-65 mins, tossing halfway through cook time. When cooked through (a knife slides through the beets) remove from oven and toss w/ 1T balsamic vinegar. Allow to cool.
4. In a large bowl layer salad components:
  - ½ of chopped romaine
  - ½ of roasted beets
  - ¼c pumpkin seeds
1. Repeat layers.

#### *For Balsamic Dressing:*

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



## April 2018 Recipes, PALEO

### Week 2 Breakfast: Veggie Breakfast Scramble

#### Veggie Breakfast Scramble

##### *Ingredients:*

1 bell peppers, color of choice  
1 tomato  
1-2 cloves garlic  
Olive oil  
8oz sliced mushrooms  
5oz spinach  
½tsp salt  
6 eggs (omega-3)  
Fresh ground pepper

##### *Instructions:*

1. Dice 1 bell pepper (~½" dice).
2. Finely chop tomato & 1-2 cloves of garlic.
3. Heat ½tsp olive oil in a medium sauté pan, over med-high heat.
4. Add in:
  - ~1tsp chopped garlic
  - 8oz sliced mushrooms
  - 1 chopped bell pepper
5. Cook for 10 minutes, stirring occasionally.
6. Add 1 chopped tomato and cook 5 more minutes.
7. Add 5oz spinach, cook 2 min or until wilting.
8. Season w/ ½tsp salt.
9. In a bowl, whisk together:
  - 6 eggs
  - fresh ground pepper
10. Add eggs to sauté pan and cook an additional 4-5 minutes, stirring occasionally, until eggs are just cooked/ firm.
11. Serve eggs with Guacamole (below).

#### Guacamole

##### *Ingredients:*

2 avocados  
~¼c chopped tomato  
1 lime, juiced  
~1T chopped jalapeño, optional (seeds & ribs removed)  
S&P to taste

##### *Instructions:*

1. Mash avocados.
2. Stir in remaining ingredients. Season with S&P and lime juice to taste.
3. Store remaining guac w/ avo pit to help prevent browning.



## April 2018 Recipes, PALEO

### Week 2 Snack: Kiwis w/ Brazil Nuts

*Ingredients:*

1c Brazil nuts  
8 kiwi

*Instructions:*

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + ¼c Brazil nuts.

### Week 2 Dessert: Chocolate Chip Cookies

*Ingredients:*

2 eggs (omega-3)  
1/3c maple syrup  
2/3c cashew butter\*  
1tsp vanilla extract\*  
2½c almond flour  
½tsp baking soda  
½c coconut oil, melted  
½c chocolate chips (option: ½ chunks & ½ chips)  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. Preheat oven to 325 F.
2. In a large bowl, mix the following together using a large fork:
  - 2 eggs
  - 1/3c maple syrup
  - 2/3c cashew butter
  - 1tsp vanilla extract
  - 2½c almond flour
  - ½tsp baking soda
  - ½c coconut oil, melted
  - ½c chocolate chips (option: ½ chunks & ½ chips)
3. Refrigerate for 10-15 minutes, then roll into 1T balls.
4. Place balls on parchment-lined baking sheet and bake for 12-14 minutes.
5. Makes ~15 cookies at ~1T/each



## April 2018 Recipes, PALEO

### Week 3 Meal 1: BBQ Shrimp w/ Mashed Sweet Potatoes

#### BBQ Shrimp

##### *Ingredients:*

~28oz can strained tomatoes (OR sub pureed tomatoes)

3-4T chili powder\*

¼c apple cider vinegar

½c honey

S&P (~¼tsp salt)

1-1½# shrimp, peeled, deveined, tails removed

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

##### *Instructions:*

1. Preheat oven to 425 F.
2. For Honey BBQ Sauce, whisk together (can also use a blender):
  - ~28oz can strained (or pureed) tomatoes
  - 3-4T chili powder
  - ¼c apple cider vinegar
  - ½c honey
  - S&P (~¼tsp salt)
3. Marinate shrimp in ~½c BBQ Sauce for 30mins – 1hr.
4. Remove shrimp from marinade and place in single layer on baking sheet. Roast ~10 min or until shrimp are cooked.
5. Serve shrimp with additional BBQ Sauce for dipping & Mashed Sweet Potatoes (below).

#### Mashed Sweet Potatoes

##### *Ingredients:*

2 large sweet potatoes

S&P

##### *Instructions:*

1. Preheat oven to 375 F.
2. Pierce 2 large sweet potatoes with a fork. Bake for 55-65 minutes or until soft & cooked through.
3. Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth.
4. Season w/ S&P to taste.



## April 2018 Recipes, PALEO

### Week 3 Meal 2: Italian Chicken w/ Roasted Carrots, Parsnips & Fennel

#### *Ingredients:*

½c olive oil

¼c red wine vinegar

½T dried oregano

S&P

4 chicken leg quarters (bone-in, skin-on)

2 large carrots

2 large parsnips

1 fennel bulb

1T olive oil

1T Italian seasoning\*

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

#### *Instructions:*

1. Preheat oven to 425 F.
2. For chicken marinade, whisk together:
  - ½c olive oil
  - ¼c red wine vinegar
  - ½T dried oregano
  - S&P
3. Add chicken, covering completely. Allow to stand for 30 minutes to 1 hour.
4. Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens. Toss together with 1T olive oil + 1T Italian seasoning + 1tsp salt.
5. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
6. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F).
7. Toss veggies halfway through cook time.



## April 2018 Recipes, PALEO

### Week 3 Meal 3: Slow Cooker BBQ Ribs w/ Potato Salad & Steamed Zucchini

#### BBQ Ribs

##### *Ingredients:*

28oz can strained tomatoes (OR sub pureed tomatoes)\*

3-4T chili powder\*

¼c apple cider vinegar

½c honey

S&P (~¼tsp salt)

3# baby back ribs

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

##### *Instructions:*

1. For Honey BBQ Sauce, whisk together (can also use a blender):
  - ~28oz can strained (or pureed) tomatoes
  - 3-4T chili powder
  - ¼c apple cider vinegar
  - ½c honey
  - S&P (~¼tsp salt)
2. Place ribs & ~1½c BBQ sauce in a slow cooker on high for 4-6 hours or low for 8-10 hours.

#### Potato Salad

##### *Ingredients:*

2# red potatoes

2 celery stalks

1 bunch green onions

¼c mayonnaise\*

1-2T grainy mustard\*

1T olive oil

S&P

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

##### *Instructions:*

1. Cut 2# red potatoes into 1-2" pieces. Place chopped potatoes, in a pot & cover with water. Bring to a boil & cook ~15-20 minutes or until fork tender. Remove from heat.
2. Finely dice 2 celery stalks & 1 bunch green onions.
3. For dressing, whisk together: ¼c mayo + 1-2T grainy mustard + 1T olive oil + S&P.
4. Drain and mash boiled potatoes using a fork, mix in dressing + chopped celery + green onions

#### Steamed Zucchini

##### *Ingredients:*

2 zucchini

S&P to taste

##### *Instructions:*

1. Cut 2 large zucchini into ¼" 'coins.'
2. Steam (or boil) for 5-6 minutes. Season to taste w/ S&P.



## April 2018 Recipes, PALEO

### Week 3 Meal 4: California Chicken & Veggie Salad

#### *Salad Components:*

4 eggs (omega-3)

1# boneless, skinless chicken breast

S&P

5oz mixed greens

1 pint cherry tomatoes

1/2c sunflower seeds

2 avocados

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

#### *Italian Dressing Ingredients:*

1/2c olive oil

1/4c red wine vinegar

1/2T dried oregano

S&P, to taste

#### *For Italian Dressing:*

1. Whisk together:
  - 1/2c olive oil
  - 1/4c red wine vinegar
  - 1/2T dried oregano
  - S&P

#### *Instructions:*

1. Preheat oven to 350 F.
2. Place 4 eggs in a pot & cover w/ water. Bring water to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
3. Season 1# chicken breast with S&P. Grill chicken ~10 minutes/ side or bake at 350 F for 20-30 minutes. Allow to cool then slice into strips.
4. In a large bowl mix salad components:
  - 1/2 of mixed greens
  - 1/2 pint cherry tomatoes
  - 1/4c sunflower seeds
  - 1/2 of cooked chicken breasts
5. Repeat layers.
6. Slice 2 avocados.
7. Peel & slice hard boiled eggs.
8. Add sliced avocados and sliced eggs to top of salad.
9. Drizzle 1-2T Italian dressing over each serving.



## April 2018 Recipes, PALEO

### **Week 3 Salad: Spinach w/ Mango, Avocado & Walnuts**

#### *Salad Components:*

1 ripe mango  
5oz spinach  
½c walnuts  
2 avocados

#### *Dressing:*

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

#### *Instructions:*

1. Dice 1 mango and 2 avocados into bite-sized pieces.
2. In a large bowl layer salad components:
  - ½ of spinach
  - ¼c chopped walnuts
  - ½ of diced mango
  - ½ of diced avocados
3. Repeat layers.

#### *For Balsamic Dressing:*

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



## April 2018 Recipes, PALEO

### Week 3 Breakfast: Eggs Baked in Avocado w/ Oranges

*Ingredients:*

2-4 avocados

4-8 eggs (omega-3)

S&P

4 oranges

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

*Instructions:*

1. Preheat oven to 425 F.
2. Cut 2-4 avocados in half.
3. Crack 1 egg into each avocado and bake for 18-24 minutes or desired egg doneness.
4. Season eggs w/ S&P.
5. Cut 4 oranges into quarters.
6. Enjoy eggs in avocados with fresh orange slices.

### Week 3 Snack: Celery w/ Olive Dip

*Ingredients:*

1c sliced Kalamata olives

1 garlic clove

1 bunch celery

1c full fat Greek yogurt

¼c mayo\*

S&P

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

*Instructions:*

1. Chop 1c sliced Kalamata olives and finely chop or grate 1 clove garlic.
2. Cut celery into 2-3" pieces.
3. In a bowl, combine the following until smooth:
  - 1c full fat Greek yogurt
  - ¼c mayo
  - 1c sliced Kalamata olives
  - 1 finely chopped or grated garlic clove
  - S&P

Note: To make dairy-free, omit yogurt and increase mayo to 1c.



## April 2018 Recipes, PALEO

### Week 3 Dessert: Cherry Cobbler

#### *Ingredients:*

20oz frozen dark cherries\*

1¼c almond flour

1tsp almond extract\*

½c butter, unsalted (OR sub ½c coconut oil)

1c medjool dates

1c pecans

½c shredded coconut (unsweetened)\*

1T cinnamon

1tsp ground ginger

½tsp salt

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

#### *Instructions:*

1. Preheat oven to 375 F.
2. To make the cobbler topping, place in food processor or blender:
  - ½c butter or coconut oil
  - 1c dates (pits removed)
  - 1c pecans
  - 1c almond flour
  - ½c unsweetened shredded coconut
  - 1T cinnamon
  - 1tsp ground ginger
  - ½tsp salt
3. Pulse until combined and it begins to form a ball. Set topping aside.
4. Toss together 20oz frozen dark cherries w/ ¼c almond flour + 1tsp almond extract. Place on the bottom of 9x9" pan.
5. Top with cobbler topping from above (does not have to cover completely). Cover with foil.
6. Bake in preheated 375 F oven for ~30 minutes.



## April 2018 Recipes, PALEO

### Week 4 Meal 1: Lemon Baked Cod w/ Dill Roasted Carrots & Broccoli

#### Lemon Baked Cod

*Ingredients:*

2 lemons  
4 cod fillets (OR sub salmon or Chilean sea bass)  
1-2T olive oil  
S&P

*Instructions:*

1. Preheat oven to 400 F.
2. Cut 2 lemons into thin circular slices.
3. Place cod on a baking sheet, drizzle with olive oil (~1tsp/ fillet), season w/ S&P and spread lemon slices on top.
4. Bake cod for 18-20 min or until fish is flaky.

#### Dill Roasted Carrots & Broccoli

*Ingredients:*

4 carrots  
1 head broccoli  
1 bunch fresh dill  
1-2T olive oil  
S&P

*Instructions:*

1. Preheat oven to 400 F.
2. Cut 4 carrots & 1 head broccoli into bite-sized pieces.
3. Finely chop dill for 1-2tsp.
4. Toss carrots & broccoli w/ 1-2T olive oil + chopped dill + S&P.
5. Place veggies in a single layer on baking sheet & roast ~35 minutes.



## April 2018 Recipes, PALEO

### Week 4 Meal 2: Lamb Burgers w/ Greek Salad

#### Lamb Burgers

*Ingredients:*

1-1½# ground lamb  
S&P

*Instructions:*

1. Season 1-1½# ground lamb w/ S&P & form into 4 patties.
2. Heat grill or large sauté pan to medium-high for burgers.
3. Cook 3-4 min on each side or until desired doneness.

#### Greek Salad

*Ingredients:*

1 pint cherry tomatoes  
1 cucumber  
1 can (~14oz) quartered artichoke hearts in water\*  
½c Kalamata olives  
1T olive oil  
1T red wine vinegar  
1T dried basil  
1 bunch fresh chopped dill, optional

*Instructions:*

1. Halve 1 pint cherry tomatoes.
2. Dice 1 cucumber & 1 can artichoke heart (drained) in bite-sized pieces.
3. Chop dill for ~1-2T, optional.
4. Toss together the following:
  - 1 pint cherry tomatoes, halved
  - 1 cucumber, diced
  - 14oz artichoke hearts, drained & diced
  - ½c sliced Kalamata olives
  - 1T olive oil
  - 1T red wine vinegar
  - 1T dried basil
  - 1-2T fresh chopped dill, optional
  - S&P to taste
5. Serve salad on side.



## April 2018 Recipes, PALEO

### Week 4 Meal 3: Slow Cooker Beef Ragu over Spaghetti Squash

#### Slow Cooker Beef Ragu

*Ingredients:*

1½# beef stew meat (grassfed preferred)

15-18oz crushed tomatoes\*

1½T Italian seasoning\*

3-4 carrots

S&P

1 small wedge parmesan, optional

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

*Instructions:*

1. Roughly chop 3-4 carrots into 1/2"-1" pieces.
2. In slow cooker place:
  - 1½# stew meat
  - 15-18oz crushed tomatoes
  - 1½T Italian seasoning
  - 3-4 chopped carrots
  - S&P
3. Cook on low 8-10 hours or high for 4-6 hours.
4. Serve over Spaghetti Squash (below) and optional shredded parmesan cheese.

#### Spaghetti Squash

*Ingredients:*

1 large spaghetti squash (OR sub 2 small)

*Instructions:*

1. Preheat oven to 350 F.
2. Pierce spaghetti squash with a knife.
3. Roast whole for ~2 hrs (or ~1½ hrs for 2 small) 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.



## April 2018 Recipes, PALEO

### Week 4 Meal 4: Thai Coconut Chicken & Veggie Soup

#### *Ingredients:*

1 small yellow onion  
2 bok choy  
1 red bell pepper  
1 bunch fresh cilantro  
2c shiitake mushrooms  
~2" knob ginger  
2 limes  
1 large bone-in, skin on chicken breast, ¾-1#  
1T Thai curry paste\*  
4c chicken broth\*  
1 can lite coconut milk\*  
1tsp cayenne pepper, optional  
S&P  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Finely chop:
  - 1 yellow onion
  - 2 bok choy
  - 1 red bell pepper
  - 1 large handful cilantro
2. Slice 2c shiitake mushrooms.
3. Peel & grate ginger to equal 1T.
4. Cut 2 limes in wedges.
5. Heat large soup pot over med-high.
6. Add 1 large, bone-in, skin-on chicken breast, skin side down.
7. Add the following to soup pot:
  - chopped onion
  - chopped bok choy
  - chopped bell pepper
  - sliced shiitake mushroom
  - 1T grated ginger
  - 1T Thai curry paste
8. Sauté for ~5 minutes, stirring.
9. Add 4c chicken broth + 1 can lite coconut milk + 2c water (add more water if needed), bring to a low boil & cook for 15 minutes.
10. Remove chicken & cool. Cut meat from bone and chop. Return meat to soup and cook 10-15 minutes.
11. Optional: Season w/ up to 1tsp cayenne pepper (add gradually as this adds heat!).
12. Serve w/ chopped cilantro & lime wedges.



## April 2018 Recipes, PALEO

### **Week 4 Salad: Spinach, Blueberry, Pecans & White Cheddar**

#### *Salad Components:*

4oz white grassfed white cheddar, optional  
5oz spinach  
½c chopped pecans  
1 pint blueberries

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper to taste

#### *Instructions:*

1. If using, chop 4oz white cheddar into small cubes, enough for ~1/4c.
2. In a large bowl layer salad components:
  - 2½oz spinach
  - ¼c chopped pecans
  - ½ pint blueberries
  - 2oz white cheddar cubes (~1/8 c)
3. Repeat layers.

#### *For Balsamic Dressing:*

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



## April 2018 Recipes, PALEO

### Week 4 Breakfast: Bison, Sweet Potato, Spinach & Mushroom Hash

#### *Ingredients:*

- 1 sweet potato
  - 1 small yellow onion
  - 2 cloves garlic
  - 1# ground bison (Or sub ground beef/turkey)
  - 5oz sliced mushrooms
  - 5oz tub spinach
  - 1T cumin
  - 1T chili powder\*
  - S&P to taste
  - 8 eggs, optional
  - 2T grassfed butter, optional
  - 4T white vinegar, optional
- \*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Cut 1 sweet potato into small, bite-sized cubes (peeling optional).
2. Finely chop 1 yellow onion + 2 cloves garlic + 1 handful fresh cilantro (optional).
3. In a large sauté pan, add the following:
  - 1# ground bison
  - diced sweet potato
  - diced onion
  - chopped garlic
  - 8oz sliced mushroom
  - 5oz spinach
4. Break apart bison meat & season w/ 1T chili powder + 1T cumin + S&P.
5. Sauté 15 minutes, stirring occasionally.
6. Stir in chopped cilantro, optional.
7. Top with 1-2 poached or fried eggs per person.

Poached Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5 minutes or desired doneness.

OR

Pan Fried Egg: heat 1-2tsp oil or butter in a sauté pan over med, add eggs, cover with a lid & cook until desired doneness.



## April 2018 Recipes, PALEO

### **Week 4 Snack: Blueberries & Pistachios**

*Ingredients:*

2c pistachios, in shells  
2 pints blueberries

*Instructions:*

1. 1 serving =  $\sim 1/2$ c blueberries +  $\sim 1/4$ - $1/2$ c pistachios (in shell).

### **Week 4 Dessert: Chocolate Dipped Strawberries**

*Ingredients:*

1c dark chocolate discs or chips  
1 pint strawberries

*Instructions:*

1. Place 1c dark chocolate discs or chips in a small pan over low heat, stirring constantly until just melted.
2. Remove chocolate from heat & dip 1 pint whole strawberries into dark chocolate.
3. Place on parchment paper or foil. Cool.