



# May 2018 Recipes, Paleo

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## May 2018 Recipes, Paleo

### Week 1 Meal 1: Shrimp Cobb Salad

#### *Ingredients:*

1 head romaine lettuce  
1 pint cherry tomatoes  
1-1½# shrimp, peeled and deveined  
4 eggs (omega-3)  
4 slices thin-cut bacon\*  
2 avocados  
4oz blue cheese crumbles, optional  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Dressing:*

½c olive oil  
¼c red wine vinegar  
½T dried basil  
Pepper to taste

#### *Instructions:*

1. Preheat oven to 350 F.
2. Finely chop 1 head romaine lettuce.
3. Halve 1 pint cherry tomatoes.
4. Bring a medium pot of water to a boil. Add 1-1½# shrimp and cover. Remove from heat and let stand for 10 minutes or until just cooked.
5. Place 4 eggs in a separate pot & cover with water. Bring to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
6. Bake 4 slices of bacon in single layer on sheet pan, ~20 minutes or cooked/ crispy.
7. Slice 2 avocados.
8. Peel & quarter 4 hardboiled eggs.
9. Toss chopped romaine & tomatoes with avocado + shrimp + eggs + crumbled bacon + 4oz blue cheese crumbles. Top with red wine vinaigrette.

#### *For Red Wine Vinaigrette:*

1. Whisk together:
  - ½ cup oil
  - ¼c red wine vinegar
  - ½T dried basil
  - Pepper to taste



## May 2018 Recipes, Paleo

### Week 1 Meal 2: Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus

#### Honey Mustard Chicken

*Ingredients:*

¼c grainy mustard\*

2T honey

1T olive oil

4 boneless, skinless chicken breasts, 4-6oz each

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

*Instructions:*

1. Preheat oven to 375 F.
2. Whisk together:
  - ¼c grainy mustard
  - 2T honey
  - 1T olive oil
3. Pour over chicken breasts.
4. Place marinated chicken into a baking pan and bake for ~35 minutes or until cooked through until meat thermometer reaches 165F.

#### Tarragon Roasted Sweet Potatoes

*Ingredients:*

3 large Hannah sweet potatoes (OR sub with jewel)

1-2 T olive oil

1T tarragon

S&P

*Instructions:*

1. Preheat oven to 375 F.
2. Peel & cut 3 sweet potatoes into small, ½" cubes.
3. Toss with 1-2T olive oil + 1T tarragon + S&P.
4. Place sweet potatoes on a single layer on a sheet pan. Roast for 30-40 minutes or just browned and tender. Toss halfway through cooking.

#### Asparagus

*Ingredients:*

1 bunch asparagus

1T olive oil

S&P

*Instructions:*

1. Preheat oven to 375 F.
2. Cut ends off 1 bunch asparagus. & toss with 1T olive oil + S&P.
3. Place asparagus on baking sheet in single layer and roast for 10-12 minutes, tossing halfway through cook time.



## May 2018 Recipes, Paleo

### Week 1 Meal 3: Grassfed Steaks w/ Baked Potatoes & Broccoli

#### Grassfed Steaks

*Ingredients:*

4 grassfed tenderloin steaks 5-7oz each

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 with ~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 per 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).

#### Baked Potatoes

*Ingredients:*

4 russet potatoes (OR sub with sweet potatoes)

*Instructions:*

1. Preheat oven to 350 F.
2. Pierce 4 russet potatoes with a fork. Bake at 350 F for 55-65 minutes or until soft/ cooked through.

#### Broccoli

*Ingredients:*

1 large head broccoli

1-2T olive oil

S&P

*Instructions:*

1. Preheat oven to 400 F.
2. Cut 1 large broccoli head into bite-sized pieces. Toss w/ 1-2T olive oil, S&P.
3. Place broccoli in a single layer on sheet pan. Roast for ~20 minutes, tossing halfway through cook time.



## May 2018 Recipes, Paleo

### Week 1 Meal 4: Mediterranean Frittata

#### *Ingredients:*

1 red onion  
2 cloves garlic  
14oz can artichoke hearts in water  
1 pint cherry tomatoes  
1tsp olive oil  
1T herbes de Provence\* (OR sub w/ Italian seasoning)  
S&P  
5oz baby spinach  
½c sliced Kalamata olives  
8 eggs (omega-3)  
4oz feta crumbles, optional  
1 pint strawberries

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

#### *Instructions:*

1. Preheat oven to 350 F.
2. Finely chop 1 red onion + 2 cloves garlic + 1 can artichoke hearts, drained.
3. Cut 1 pint tomatoes in half.
4. Heat 1tsp oil in large sauté pan, over med-high heat. Add 1 chopped red onion + 1 pint halved cherry tomatoes + 2 chopped garlic cloves + 1T herbes de Provence + S&P. Cook 6-8 min.
5. Add 5oz baby spinach + chopped artichoke hearts + ½c sliced Kalamata olives, cook for 2 more min. Set aside to cool slightly.
6. In a large bowl, whisk together 8 eggs & stir in:
  - sautéed veggies (from above)
  - 4oz crumbled feta (optional)
  - S&P
7. Put into oiled 9x9" pan or pie pan and bake at 350F for 40-45 minutes or no longer jiggly (will vary depending on depth of dish).
8. Serve with fresh strawberries.



## May 2018 Recipes, Paleo

### **Week 1 Salad: Spinach Salad w/ Oranges, Fennel & Avocado**

#### *Salad Components:*

2 oranges  
1 small fennel bulb  
1-2 avocados  
5oz baby spinach

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper to taste

#### *Instructions:*

1. Peel & cut 2 oranges into small segments.
2. Thinly slice 1 fennel, bulb only (works well using a mandolin).
3. Dice 1-2 avocados.
4. In a large bowl layer salad components:
  - ~2.5oz of baby spinach
  - ½ of segments from 2 oranges
  - ½ chopped fennel bulb
  - ½ avocados
5. Repeat layers.

#### *For Balsamic Dressing:*

1. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - Pepper to taste
2. Add 1T dressing/ serving of salad.



## May 2018 Recipes, Paleo

### Week 1 Breakfast: Grain-Free Cranberry Pecan Granola

#### *Ingredients:*

1c medjool dates, ~8

2c pecans

1c walnuts

½c dried cranberries

¼c coconut oil

4 bananas or fruit of choice to serve with granola, optional

choice of milk or yogurt for granola

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

#### *Instructions:*

1. Preheat oven to 350 F.
2. Place the following in a food processor or blender:
  - 1c medjool dates, ~8 (pits removed)
  - 2c pecans
  - 1c walnuts
  - ½c dried cranberries
  - ¼c coconut oil (or butter)
3. Blend until chopped and combined.
4. Place in a single layer on a baking sheet. Bake at 350 F for 15-20 minutes or until just toasted. Allow to cool.
5. Store in air-tight container at room temperature for up to 1 week or in the fridge for up to 2 months.
6. Option to serve over yogurt or with milk of choice and/or serve with sliced bananas or berries of choice.



## May 2018 Recipes, Paleo

### **Week 1 Snack: Hard Boiled Eggs**

*Ingredients:*

8 eggs (omega-3)

*Instructions:*

1. Place 8 eggs in a pot & cover with water. Bring to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
2. Cool completely.
3. Peel & enjoy.
4. 1 serving = 2 eggs

### **Week 1 Dessert: Banana Cherry Nice Cream**

*Ingredients:*

8 bananas

2c frozen cherries

*Instructions:*

1. Cut 8 bananas into quarters and freeze in a single layer. Once frozen you can place in baggy or container.
2. In a food processor or blender, add 2 frozen bananas (8 quarter pieces) + 1/2c frozen cherries and blend on high until smooth.
3. Yields ~2 servings, repeat as desired for additional servings.
4. Note: it may help to allow fruit to defrost at room temp for 3-5 min before blending.



## May 2018 Recipes, Paleo

### **Week 2 Meal 1: Roasted Sea Bass w/ Mango Salsa, Cauliflower Rice & Cucumber**

#### **Roasted Sea Bass**

##### *Ingredients:*

4 Chilean sea bass fillets, 5-7oz each (OR sub tilapia, salmon, etc.)  
S&P

##### *Instructions:*

1. Preheat oven to 425 F.
2. Place sea bass on a baking sheet, season w/ S&P, and bake at 425 F for ~20min or until fish is flaking and cooked through.
3. Serve w/ cauliflower rice, mango salsa & sliced cucumber (below).

#### **Mango Salsa & Cucumber Slices**

##### *Ingredients:*

1 large cucumber  
1 mango  
¼ jalapeno  
1 bunch green onions  
¼ small red onion  
1 lime  
Salt to taste

##### *Instructions:*

1. Slice 1 cucumber into preferred shape to serve as a side with sea bass.
2. Peel and finely chop 1 mango.
3. Finely chop ½ jalapeno. Caution using seeds & ribs - they contain heat!
4. Finely chop green onion tops (green part).
5. Finely dice ¼ of a red onion.
6. Combine:
  - ½c chopped mango
  - ½ of a jalapeño, chopped (use seeds/ribs for heat, otherwise discard)
  - ¼ of a red onion, diced
  - chopped green onion tops
  - juice of 1 lime
  - salt to taste
7. Serve salsa & cucumber with roasted fish.



## May 2018 Recipes, Paleo

### **Cauliflower Rice**

*Ingredients:*

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

*Instructions:*

1. Finely dice ½ yellow onion.
2. Remove core, leaves, & any dark spots from 1 head cauliflower. Make sure cauliflower is dry, coarsely chop.
3. Place 1 cauliflower head, chopped, in food processor. (May have to do in multiple batches.) Pulse until it is a small rice-like texture. Careful not to go too far or it will become mushy.
4. Heat 1T coconut oil in large sauté pan, add chopped yellow onion & sauté ~10 min until translucent. Add the cauliflower rice.
5. Cover and cook ~ 5min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.



## May 2018 Recipes, Paleo

### Week 2 Meal 2: Cajun Turkey Burgers w/ Roasted Carrots & Parsnips

#### Cajun Turkey Burgers

*Ingredients:*

½ red onion  
3-4 cloves garlic  
1 bunch green onions  
½ jalapeno  
1T olive oil  
¼c Cajun seasoning\*  
1# ground turkey, 85% lean  
1 avocado  
Lettuce for burger wraps

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

*Instructions:*

1. Finely chop:
  - ½ red onion
  - 3-4 cloves garlic
  - white part of green onions
  - ½ jalapeno
2. Heat 1T olive oil in a large sauté pan, over med-high heat, add: ½ jalapeno + 1T garlic, ½ red onion + white parts of green onion + ¼c Cajun seasoning.
3. Sauté 3-5 minutes, stirring occasionally. Set aside to cool slightly.
4. In a bowl, mix sautéed Cajun veggies into 1# ground turkey (recommend using hands). Form in 4 patties.
5. Cook burgers on a grill (outdoor or indoor) for ~4-5 minutes per side. Or bake in 425 F oven ~20-25 minutes.
6. Slice 1 avocado.
7. Serve burgers in lettuce wraps topped w/ avocado slices.

#### Roasted Carrot & Parsnips

*Ingredients:*

2-4 carrots  
3 large parsnips  
1T olive oil  
1T thyme  
S&P

*Instructions:*

1. Preheat oven to 400 F.
2. Slice 2-4 carrots & 3 parsnips into ~1" slices.
3. Toss with 1T olive oil, 1T thyme, S&P.
4. Place carrots & parsnips in oven and roast for 25-30 minutes, tossing halfway through cook time.



## May 2018 Recipes, Paleo

### Week 2 Meal 3: Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Orange Slices

#### Moroccan Spice Blend

*Ingredients:*

2T cumin  
2T ginger  
2T coriander  
2T cinnamon  
2T paprika  
2T turmeric  
1T chili powder\*  
~1tsp fresh ground pepper  
¼tsp salt  
¼tsp ground nutmeg (optional)  
\*Note: read all ingredient lists; avoid added msg, gluten, salt, etc.

*Instructions:*

1. Combine the following: 2T cumin + 2T ground ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + ¼tsp salt + ¼tsp ground nutmeg, optional.
2. Note: if you have extra Moroccan seasoning mix, it's great to toss into popcorn, make spiced nuts, or use as a rub on chicken.

#### Moroccan Pork

*Ingredients:*

2tsp-4tsp Moroccan Spice Blend  
1-2tsp olive oil  
4-8 thin-cut, boneless pork chops

*Instructions:*

1. Rub ½tsp Moroccan seasoning mix on each pork chop.
2. Heat 1-2tsp olive oil a sauté pan over med-high heat. Sear each pork chop for 3-4 minutes per side for thin-cut, boneless chops. \*\*Note: Adjust cooking time as needed for larger chops.



## May 2018 Recipes, Paleo

### **Roasted Zucchini and Tomatoes**

*Ingredients:*

2 large zucchini  
1 pint cherry tomatoes  
8oz sliced mushrooms  
3T olive oil  
S&P

*Instructions:*

1. Preheat oven to 400 F.
2. Slice 2 zucchini in half lengthwise & then cut into ¼" thick half coins or moons.
3. Combine with 1 pint cherry tomatoes and 8oz sliced mushrooms. Toss all veggies with 3T olive oil and S&P to taste.
4. Place veggies in a single layer on a sheet pan, roast for 30-35 minutes. Toss halfway through cook time.

### **Oranges**

*Ingredients:*

4 oranges

*Instructions:*

1. Cut 4 oranges into wedges.
2. Serve as a side with Moroccan Pork Chops.



## May 2018 Recipes, Paleo

### Week 2 Meal 4: "Soy" Marinated Chicken Thighs w/ Cauliflower Rice & Sautéed Spinach

#### Soy Marinated Chicken Thighs

*Ingredients:*

1-2# boneless, skinless chicken thighs

½c coconut aminos

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

*Instructions:*

1. Preheat oven to 400 F.
2. Marinate chicken thighs in ½c coconut aminos.
3. Remove chicken from marinade and bake in a single layer for 35-40 minutes or cooked through to 165 F.

#### Sautéed Spinach

*Ingredients:*

3-4 cloves garlic

1tsp olive oil

10oz spinach

S&P

*Instructions:*

1. Finely chop 3-4 cloves garlic for ~1T.
2. Heat 1tsp olive oil in a lg sauté pan over med-high heat.
3. Add 1T chopped garlic & 10oz spinach.
4. Cook 5-7 min & season w/ S&P.

#### Cauliflower Rice

*Ingredients:*

½ yellow onion

1 head cauliflower

1T coconut oil

S&P

*Instructions:*

1. Finely dice ½ of a yellow onion.
2. Remove core, leaves, & any dark spots from 1 head cauliflower. Make sure cauliflower is dry, coarsely chop.
3. Place 1 cauliflower head, chopped, in food processor. (May have to do in multiple batches.) Pulse until it is a small rice-like texture. Careful not to go too far or it will become mushy.
4. Heat 1T coconut oil in large sauté pan, add 1/2 chopped yellow onion & sauté ~10 min until translucent. Add the cauliflower rice.
5. Cover and cook ~ 5min stirring frequently until cauliflower is crisp on the outside and tender on the inside. Season w/ S&P.



## May 2018 Recipes, Paleo

### Week 2 Salad: Mango, Avocado & Macadamia Nut Salad

#### *Salad Components:*

1 mango  
¼ red onion  
1 avocado  
5oz tub arugula  
½c macadamia nuts

#### *Dressing:*

¼c olive oil  
1 lemon  
1tsp honey  
S&P

#### *Instructions:*

1. Peel and finely chop mango.
2. Finely chop ¼ of red onion.
3. Cut 1 avocado.
4. In a large bowl layer salad components:
  - 2½oz arugula
  - ½ of chopped mango
  - ¼c macadamia nuts (option to chop before adding to salad, if desired)
  - half of chopped red onion
  - ½ of sliced avocado
5. Repeat layers.
6. Drizzle 1-2T of dressing for 1 serving of salad.

#### *For Dressing:*

1. Whisk together:
  - ¼c olive oil
  - juice 1 lemon (~1T)
  - 1tsp honey
  - S&P to taste



## May 2018 Recipes, Paleo

### Week 2 Breakfast: Moroccan Hash

#### Moroccan Spice Blend

*Ingredients:*

2T cumin  
2T ginger  
2T coriander  
2T cinnamon  
2T paprika  
2T turmeric  
1T chili powder\*  
~1tsp fresh ground pepper  
¼tsp salt  
¼tsp ground nutmeg (optional)  
\*Note: read all ingredient lists; avoid added msg, gluten, salt, etc.

*Instructions:*

1. Combine the following: 2T cumin + 2T ground ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + ¼tsp salt + ¼tsp ground nutmeg, optional.
2. Note: if you have extra Moroccan seasoning mix, it's great to toss into popcorn, make spiced nuts, or use as a rub on chicken.

#### Moroccan Hash

*Ingredients:*

1 large yellow onion  
2 medium sweet potatoes  
1 bunch swiss chard (OR sub 5oz spinach)  
1# ground lamb (OR sub ground beef)  
1-2T Moroccan Spice Blend  
4-8 eggs, omega-3

*Instructions:*

1. Finely dice 1 yellow onion. Peel & finely chop 2 sweet potatoes.
2. Remove stems from 1 bunch swiss chard and discard, then finely chop remaining leaves.
3. In a sauté pan over mid-high heat, add 1# ground lamb and 1 finely diced yellow onion, breaking apart lamb.
4. Season w/ 1-2T Moroccan spice blend.
5. Add 2 chopped sweet potatoes and chopped swiss chard leaves.
6. Turn heat to medium and cover with a lid. Cook ~10-15 minutes or until sweet potatoes are cooked through.
7. Remove lid and season to taste as needed.
8. Top with 1-2 poached/fried eggs per person.
  - To Poach Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5min or desired doneness.
  - To 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.



## May 2018 Recipes, Paleo

### Week 2 Snack: Carrot Sticks

*Ingredients:*

1# carrots

*Instructions:*

1. Slice carrots into sticks for snacking.

### Week 2 Dessert: Almond Butter Brownies

*Ingredients:*

~18oz jar almond butter\*

1c maple syrup

2 eggs (omega-3)

1tsp vanilla extract\*

½c cocoa powder

1tsp baking soda

1t cinnamon

½c chocolate chips, optional\*

Oil

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

*Instructions:*

1. Preheat oven to 325 F.
2. Combine wet ingredients:
  - 1 jar (~18oz) of almond butter
  - 1c maple syrup
  - 2 eggs
  - 1tsp vanilla extract
3. Separately, combine dry ingredients:
  - ½c cocoa powder
  - 1tsp baking soda
  - 1tsp cinnamon
4. Stir together wet & dry ingredients until combined. Option to mix in ½c chocolate chips.
5. Bake in an oiled 9x13" pan at 325 F for ~25-30 mins or until cooked through/ top bounces back when pressed gently. Cool.
6. Store leftovers in a refrigerator.



## May 2018 Recipes, Paleo

### Week 3 Meal 1: Asparagus "Risotto"

#### *Ingredients:*

1 head cauliflower  
1 bunch asparagus  
2-3 garlic cloves  
½ red onion  
1tsp olive oil  
4oz pancetta\* (OR sub with bacon)  
1 lemon  
S&P

2oz parmesan, optional

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

#### *Instructions:*

1. Remove core, leaves, & any dark spots from 1 cauliflower. Make sure it's completely dry and coarsely chop.
2. Place chopped cauliflower in food processor or blender, pulse until rice-sized (do in small batches). Be careful not to go too far or it will become mushy.
3. Remove & discard bottom 2" of asparagus. Finely chop remaining asparagus.
4. Mince 2-3 garlic cloves.
5. Finely dice red onion.
6. Heat 1tsp olive oil in a large sauté pan, over med-high heat. Add 2-3 minced garlic cloves, chopped red onion & 4oz chopped pancetta (or bacon), sauté 5 min, stirring.
7. Add chopped asparagus & chopped cauliflower rice. Cook another 3-5 minutes.
8. Season w/ zest of 1 lemon + juice from lemon (~1tsp, to taste) + S&P.
9. Option: top w/ fresh grated parmesan.



## May 2018 Recipes, Paleo

### **Week 3 Meal 2: Cilantro Citrus Chicken over Mixed Greens w/ Cucumber & Avocado**

#### **Cilantro Citrus Dressing**

*Ingredients:*

1c olive oil  
4 limes  
2 oranges  
1 bunch cilantro  
2tsp honey, optional  
1tsp salt

*Instructions:*

1. Place the following into a blender:
  - 1c olive oil
  - ¼c lime juice (~4 limes)
  - ¼c orange juice (~2 oranges)
  - 2 handfuls cilantro
  - 2tsp honey, optional
  - 1tsp salt
2. Blend until cilantro is finely chopped.

#### **Cilantro Citrus Chicken over Mixed Greens w/ Cucumber & Avocado**

*Ingredients:*

4 boneless, skinless chicken breasts, 5-7oz each  
1 cucumber  
1 pint cherry tomatoes  
2 avocados  
5oz tub mixed greens

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

*Instructions:*

1. Preheat oven to 375 F.
2. Marinate 4 chicken breasts in ½ of Cilantro Citrus Dressing for a minimum of 30 minutes. Save the other ½ for salad dressing.
3. Remove chicken from marinade and bake for 30-35 minutes or cooked through to 165 F. Set aside to cool.
4. Chop cucumber into bite-sized pieces. Cut 1 pint cherry tomatoes in half (or quarters for larger tomatoes).
5. Slice 2 avocados & cooked chicken.
6. Place 5oz mixed greens into a large bowl.
7. Top w/ sliced chicken, chopped cucumber & cherry tomatoes and chopped avocado.
8. Toss dressing into salad (or top each individual serving with ~1T dressing).



## May 2018 Recipes, Paleo

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

#### *Ingredients:*

1 large tomato  
1/2 red onion  
2-3 cloves garlic  
1 1/2# grassfed ground beef  
8oz sliced mushrooms  
2T chili powder\*  
2 avocados  
1 head romaine lettuce (OR other lettuce for wraps)  
4oz shredded cheddar, optional  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Instructions:*

1. Preheat oven to 400 F.
2. Finely chop the following:
  - 1 tomato
  - red onion
  - 2-3 cloves garlic
3. Place 1 1/2# ground beef in a large sauté pan over medium high heat, breaking apart meat.
4. Add in:
  - chopped onion
  - 2-3 minced garlic cloves
  - 8oz sliced mushrooms
  - 2T chili powder
5. Cook 8-10 mins more.
6. Slice 2 avocados.
7. Fill lettuce wraps w/ meat & shredded cheddar (optional).
8. Serve w/ tomato & sliced avocado.



## May 2018 Recipes, Paleo

### Week 3 Meal 4: Mexican Jicama Shrimp Sauté

#### *Ingredients:*

1-1½# frozen shrimp (peeled & deveined) or purchase thawed  
~1# jicama bulb (OR sub 1# red potatoes)  
1 red bell pepper  
1 medium red onion  
1 jalapeno  
3 cloves garlic  
1 bunch cilantro  
2½T grassfed butter (OR sub coconut oil)  
½tsp salt  
1tsp cumin  
½tsp pepper  
½tsp oregano  
1 lime

#### *Instructions:*

1. Defrost 1-1½# frozen shrimp in fridge for 12-48 hours before cooking.
2. Peel and dice jicama into ½" cubes.
3. Dice 1 red bell pepper & 1 medium red onion.
4. Mince jalapeño (with or without seeds depending on desired spice level) + 3 cloves garlic + cilantro for ~¼c.
5. Add 1½T butter (or coconut oil) to a large skillet over medium heat.
6. Add diced jicama and cook, covered, for ~10 minutes until slightly soft, stirring occasionally. If using potatoes, cook time may increase.
7. Remove lid and add:
  - ½tsp salt
  - 1tsp cumin
  - ½tsp pepper
  - ½tsp oregano
3. Stir to coat evenly.
8. Move jicama to one half of the skillet. Add 1T of butter (or coconut oil) to the empty side.
9. Add 1 diced red onion + 1 diced bell pepper + 1 minced jalapeno. Cook ~2 minutes or until softened.
10. Add 3 cloves minced garlic. Cook for another minute.
11. Move mixture to 1 side of pan. Add thawed shrimp and cook for 1-2 mins/ side until pink. Cooking time varies on size of shrimp - watch to not overcook shrimp.
12. Remove pan from heat.
13. Squeeze juice of 1 lime over top and mix in ¼c minced cilantro.



## May 2018 Recipes, Paleo

### **Week 3 Salad: Mixed Greens w/ Strawberries, Pecans & Feta**

#### *Salad Components:*

8oz strawberries  
5oz tub mixed greens  
½c chopped pecans  
4oz feta crumbles, optional

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper

#### *Instructions:*

1. Remove stems from 8oz of strawberries and slice into small, bite-sized pieces.
2. In a large bowl layer salad components:
  - 2½oz mixed greens
  - ½ of sliced strawberries
  - ¼c chopped pecans
  - 2oz feta crumbles
4. Repeat layers.
5. Drizzle 1-2T/ serving of salad.

#### *For Balsamic Dressing:*

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



## May 2018 Recipes, Paleo

### **Week 3 Breakfast: Strawberry-Mango Smoothies w/ Almond Butter**

*Ingredients:*

1½c lite coconut milk\*

2c frozen strawberries\*

2c frozen mangos\*

½c almond butter\*

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

*Instructions:*

1. Place the following in a blender:
  - 1½c water
  - 1½c coconut milk
  - 2c frozen strawberries
  - 2c frozen mango
  - ½c almond butter
2. Blend until smooth. Add liquid as needed. Yields 4 servings.
3. Note: May need to blend in 2 batches depending on blender size.

### **Week 3 Snack: Carrots & Sunflower Butter**

*Ingredients:*

1# carrots

½c sunflower butter\* (OR sub peanut butter)

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

*Instructions:*

1. Chop carrots into sticks for snacking, peeling optional.
2. Enjoy carrots + 2T sunflower butter per serving.



## May 2018 Recipes, Paleo

### Week 3 Dessert: Blueberry Crisp

*Ingredients:*

½c coconut oil

1c medjool dates, ~8

2c walnuts

1tsp vanilla extract\*

¼tsp salt

4c frozen blueberries

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

*Instructions:*

1. Preheat oven to 375 F.
2. Place in a blender:
  - ½c coconut oil
  - 1c medjool dates, pits removed (~8)
  - 2c walnuts
  - 1tsp vanilla extract
  - ¼tsp salt
3. Blend until roughly chopped.
4. Place 4c blueberries in a small baking dish and top with crisp.
5. Bake 375 F for ~30 minutes or warmed/ bubbly and crisp is beginning to brown.



## May 2018 Recipes, Paleo

### Week 4 Meal 1: Peppered Salmon w/ Garlic Asparagus & Fresh Cantaloupe

#### Peppered Salmon

*Ingredients:*

4 salmon fillets, 4-6oz each  
S&P

*Instructions:*

1. Preheat oven to 425 F.
2. Season salmon fillets w/ salt and generous amount of pepper (note: pepper can get spicy).
3. Place salmon in baking pan. Bake for 15-18 minutes, or until just cooked/ flaky.

#### Garlic Asparagus

*Ingredients:*

2-3 cloves garlic  
1 bunch asparagus  
1-2T olive oil  
S&P

*Instructions:*

1. Finely chop 2-3 cloves garlic.
2. Remove bottom 2-3" off asparagus & discard. Toss spears w/ 1-2T olive oil, chopped garlic and S&P to taste.
3. Place garlic asparagus spears in single layer on baking sheet. Roast for 12-15 minutes, tossing halfway through cook time.

#### Fresh Cantaloupe

*Ingredients:*

1 cantaloupe

*Instructions:*

1. Slice cantaloupe into 8 slices, removing outer skin.



## May 2018 Recipes, Paleo

### Week 4 Meal 2: Slow Cooker BBQ Pulled Pork w/ Almond Flour Biscuits & Coleslaw

#### BBQ Pulled Pork

##### *Ingredients:*

- ~15oz strained (or pureed) tomatoes
- 2-3T chili powder
- ¼c apple cider vinegar
- ½c honey
- S&P (~¼tsp salt)
- 1 red onion
- 4# boneless pork roast (OR sub with beef roast)

##### *Instructions:*

1. For BBQ sauce, whisk together (can also use a blender):
  - ~15oz strained (or pureed) tomatoes
  - 2-3T chili powder
  - ¼c apple cider vinegar
  - ½c honey
  - S&P (~¼tsp salt)
2. Thinly slice red onion.
3. In a slow cooker, place 1 sliced red onion. Top with 4# boneless pork roast + BBQ sauce (reserve 1/2-1c for dipping).
4. Cook on low for 7-8 hours or high for 4-6 hours.
5. Shred or "pull" pork with 2 forks. Serve w/ extra BBQ sauce.
6. Leftover BBQ Pulled Pork will be used with Meal 4.

#### Corn Muffins

##### *Ingredients:*

- 2 eggs, omega-3
- 2½c almond flour
- 1tsp baking soda
- ½tsp salt
- ¼c coconut oil

##### *Instructions:*

1. Preheat oven to 375 F.
2. In a large bowl, whisk 2 room temp eggs.
3. Stir in 2½c almond flour + 1tsp baking soda + ½tsp salt.
4. Stir in ¼c coconut oil until well combined. (Oil should be liquid, if it's not liquid, melt and cool as it shouldn't be "hot").
5. Drop by 1T onto baking sheet brushed with oil. Bake at 375 F for 13-15 minutes.
6. Yields ~20 biscuits.



## May 2018 Recipes, Paleo

### **Coleslaw**

#### *Ingredients:*

½c olive oil

2T apple cider vinegar

1tsp honey

salt

1 bag coleslaw mix (OR sub chopped cabbage)

#### *Instructions*

1. Whisk together:
  - ½c olive oil
  - 2T apple cider vinegar
  - 1tsp honey
  - salt to taste
2. Toss together with 1 bag of coleslaw mix or chopped cabbage.



## May 2018 Recipes, Paleo

### **Week 4 Meal 3: Bacon-Avocado Grassfed Burgers w/ Roasted Zucchini & Sweet Potatoes**

#### **Bacon-Avocado Grassfed Burgers**

*Ingredients:*

1 package thin-cut bacon\*

1# grassfed ground beef

S&P

Lettuce for burger wraps

2 avocados

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

*Instructions:*

1. Preheat oven to 375 F.
2. Place 1 package thin-sliced bacon in single layer on a baking sheet, bake 20-25 min or until cooked.
3. Form 1# ground beef into 4 patties. Season lightly with S&P.
4. Grill burgers for 3-4 minutes per side or to desired doneness (or cook in sauté pan over med-high).
5. Slice 2 avocados.
6. Serve in lettuce wraps with bacon & avocado.

#### **Roasted Zucchini & Sweet Potato**

*Ingredients:*

2-3 large sweet potatoes

2 medium zucchini

2T olive oil

2T dried basil

S&P

*Instructions:*

1. Preheat oven to 375 F.
2. Cut 2-3 sweet potatoes & 2 zucchini into ~1" cubes.
3. Toss with 2T olive oil + 2T basil + S&P.
4. Roast sweet potatoes & zucchini for 30-35 minutes, tossing halfway through cooking.



## May 2018 Recipes, Paleo

### **Week 4 Meal 4: BBQ Pork Stuffed Baked Sweet Potatoes w/ Steamed Broccoli**

*Ingredients:*

4 medium sweet potatoes  
Leftover BBQ Pulled Pork from Meal 2  
1 head broccoli  
S&P  
Leftover BBQ sauce from Meal 2

*Instructions:*

1. Preheat oven to 375 F.
2. Wrap 4 med sweet potatoes in foil. Bake at 375 F for 50-60 mins or until soft/ cooked through. Allow to cool.
3. Reheat pulled pork (from Meal 2) in skillet over med-high heat until heated through, ~5-7 minutes.
4. Chop broccoli into 1" pieces.
5. Steam or boil broccoli for 5-6 minutes. Season to taste w/ S&P.
6. Cut open potatoes and stuff with reheated pulled pork and steamed broccoli. Option to top w/ additional BBQ sauce.



## May 2018 Recipes, Paleo

### **Week 4 Salad: Mixed Greens w/ Raspberries, Mint & Cucumber**

*Salad Components:*

5oz mixed greens  
1 pint of raspberries  
1 cucumber  
1 bunch mint

*Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper

*Instructions:*

1. Dice cucumber and finely chop mint for ~2T.
2. In a large bowl layer salad components:
  - 2½oz mixed greens
  - ½ pint raspberries
  - ½ of chopped cucumber
  - 1T chopped mint
3. Repeat layers.

*For Balsamic Dressing:*

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



## May 2018 Recipes, Paleo

### **Week 4 Breakfast: Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata**

#### *Ingredients:*

1 red onion  
1T olive oil  
2 links (~1/2#) raw chicken sausage\*  
5oz baby spinach  
8 eggs (omega-3)  
4oz goat cheese crumbles, optional  
S&P

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

#### *Instructions:*

1. Preheat oven to 375 F.
2. Thinly slice 1 red onion.
3. Heat 1T olive oil in a lg sauté pan over medium, add 1 sliced red onion and a pinch of salt.
4. Sauté for ~20 mins, stirring occasionally.
5. Remove 2 sausage links from casings. Add to onions, cook 10 min, breaking meat apart.
6. Add 5oz baby spinach, cooking ~5 mins or wilted. Set aside to cool.
7. In a large bowl, whisk together 8 eggs & stir in:
  - cooked onions, sausage & spinach
  - 4oz goat cheese crumbles (optional)
  - S&P
8. Pour into well-oiled pie pan or 8x8" pan, bake at 375 F for 30-40 minutes or until no longer jiggly (will vary depending on depth of dish).



## May 2018 Recipes, Paleo

### Week 4 Snack: Cranberry Almond Energy Bites

*Ingredients:*

¼c medjool dates, ~2

¼c almonds

¼c dried cranberries\*

½c almond butter\*

¼c unsweetened coconut flakes\*

½tsp cinnamon

1/8tsp salt

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

*Instructions:*

1. Blend ¼c (~2) medjool dates, pitted + ¼c almonds in a blender or food processor until well chopped.
2. In a large bowl, stir the following together until well combined:
  - ¼c dried cranberries
  - ½c almond butter
  - ¼c unsweetened coconut flakes
  - ½tsp cinnamon
  - 1/8tsp salt
3. Add in blended dates & almonds. Form into 1T balls and store in air-tight container in fridge or freezer. Yields ~15.

### Week 4 Dessert: Minted Strawberry & Orange Fruit Salad

*Ingredients:*

1 bunch mint

5 oranges

1 pint strawberries

2T olive oil

1-2 limes

1T honey

*Instructions:*

1. Finely chop 1 bunch mint for ~2T.
2. Peel and slice 3 oranges into segments (option to chop if segments are large), removing white piths first.
3. Slice 1 pint of strawberries.
4. For Dressing, whisk together 2T olive oil + juice of 1-2 lime (~1T) + juice of 2 oranges (~1/4c) + 1T honey + 2T chopped mint.
5. Top each portion of oranges and strawberries with 1-2T of dressing.
6. \*\*Note: if you have extra mint, use it to flavor a glass of water or iced tea. It's delish!



## May 2018 Recipes, Paleo

### Week 5 Meal 1: Dilled Cod w/ Cauliflower Steaks

#### Dilled Cod

##### *Ingredients:*

2T mayo\* (recommend Primal Kitchens)

4 cod fillets, 4-6oz each

¼tsp dried dill

Salt

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

##### *Instructions:*

1. Preheat oven to 400 F.
2. Spread 2T mayo in thin layer over cod fillets. Sprinkle w/ ¼tsp dried dill & salt.
3. Bake ~12-16 mins or until flaky.

#### Cauliflower Steaks

##### *Ingredients:*

1 bunch Italian parsley

2 heads cauliflower

Olive oil

S&P

¼c pine nuts

½c golden raisins\*

2T grassfed butter (OR sub with olive oil)

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

##### *Instructions:*

1. Preheat oven to 400 F.
2. Finely chop parsley for ~½c.
3. Cut both cauliflower heads, vertically, into 1/2" thick steaks (~4-6 slices per head).
4. Place the cauliflower steaks on a baking sheet. Drizzle with olive oil and sprinkle with S&P on both sides.
5. Bake until golden brown, 20 to 25 minutes, flipping after the first 10 minutes.
6. In small bowl combine ¼c pine nuts + ½c golden raisins + ½c chopped parsley for cauliflower topping.
7. In small sauté pan over med-high add 2T butter or olive oil. Add cauliflower topping & sauté 3-5 mins or pine nuts begin to toast.
8. Top cauliflower steaks with pine nut/raisin mixture and serve with cod.



## May 2018 Recipes, Paleo

### Week 5 Meal 2: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini

#### Grilled Chicken

*Ingredients:*

2 limes  
1 lemon  
1 orange  
1 bunch cilantro  
¼c olive oil  
1T salt  
2 garlic cloves  
4 boneless, skinless chicken breasts, 4-6oz each

*Instructions:*

1. For marinade, blend the following until smooth:
  - zest and juice of 2 limes
  - zest and juice of 1 lemon
  - zest of 1 orange
  - handful of cilantro
  - 1/4c olive oil
  - 1/4c water
  - 1T salt
  - 2 garlic cloves
2. Marinate chicken in fridge for 2-12 hours prior to grilling, if not done overnight.
3. Preheat grill to med-high & remove chicken from marinade.
4. Grill for ~5 min/ side or cooked through to 165 F. (Note: Can also bake chicken in oven at 375 F for 30 minutes or reaches internal temp of 165 F. Cook longer if bone-in.)

#### Pineapple Salsa

*Ingredients:*

1 fresh pineapple (OR sub ~1c precut chunks)  
1 jalapeno  
1 bunch cilantro  
1/8 red onion  
1 limes  
1/8 tsp salt

*Instructions:*

1. Finely dice 1 pineapple for ~1c.
2. Remove seeds & ribs from 1 jalapeno & finely chop. Set aside. Note: seeds add heat, gradually add if desired.
3. Finely chop cilantro for ~1T & 1/8 red onion.
4. Toss together: diced pineapple + chopped jalapeno + chopped cilantro + red onion + lime juice to taste (1 lime) + 1/8tsp salt.



## May 2018 Recipes, Paleo

### **Grilled Zucchini**

*Ingredients:*

2 zucchini

Olive oil

S&P

*Instructions:*

1. Thinly slice 2 zucchini, lengthwise, ~1/2" thick (works well using a mandolin).
2. Brush zucchini lightly w/ olive oil and season w/ S&P.
3. Grill for 4-6 minutes, flipping halfway through.



## May 2018 Recipes, Paleo

### Week 5 Meal 3: Gingered Beef & Veggie Stir Fry

#### *Ingredients:*

2-3" knob ginger

2 garlic cloves

¼c coconut aminos\*

1T toasted sesame oil

1½# grassfed beef stir fry meat

3 bell peppers, mixed colors

1 red onion

1tsp olive oil (OR sub with coconut oil)

1T red chili flakes, optional

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

#### *Instructions:*

1. Peel and grate ginger for ~2T.
2. Finely chop 2 garlic cloves.
3. For Stir Fry Sauce, whisk together:
  - ¼c coconut aminos
  - 1T toasted sesame oil
  - 2T fresh grated ginger
  - 2 cloves chopped garlic
4. Marinate sliced beef in stir fry sauce for 30 minutes up to 12 hours in fridge, if not done overnight.
5. Slice 3 bell peppers + 1 red onion into long, thin strips.
6. Heat 1tsp olive oil (or coconut oil) in large sauté pan or wok over medium-high heat.
7. Cook onion & bell pepper for 10 mins. Scoot to side, add beef + marinade to pan & cook 3-5 min, or pink is just disappearing.
8. Option to top stir fry w/ red chili flakes as desired.
9. Serve immediately over Sesame Quinoa.



## May 2018 Recipes, Paleo

### Week 5 Meal 4: Mushroom Pork Roulades w/ Lemony Kale & Mashed Sweet Potatoes

#### Mushroom Pork Roulades

*Ingredients:*

8oz sliced baby bella mushrooms  
2 shallots  
1 garlic clove  
1 bunch fresh sage (OR sub with 1tsp dried sage)  
2T grassfed butter (OR sub olive oil)  
½tsp salt  
½tsp pepper  
½tsp onion powder  
Parchment paper  
1-1½# boneless pork loin chops (~½" thick)  
Toothpicks

*Instructions:*

1. Preheat oven to 375 F.
2. Dice 8oz sliced baby bella mushrooms.
3. Mince 2 shallots + 1 garlic clove + fresh sage for ~1T.
4. Over medium heat, melt 1½T butter (or olive oil) in large sauté pan.
5. Add 8oz diced baby bella mushrooms and 2 minced shallots. Cook until soft, ~5-10 minutes.
6. Add 1 minced garlic clove and cook ~1 minute until fragrant.
7. Add in ½tsp salt + ½tsp pepper + ½tsp onion powder. Remove from heat and add ~1T minced sage (or 1tsp dried sage). Cool.
8. Line a butcher block/cutting board with parchment paper and tear off an additional sheet of parchment paper.
9. Place 1 pork chop between parchment paper & flatten w/ mallet until ~¼" thick. Season both sides w/ S&P.
10. Repeat w/ all chops.
11. Take one flattened pork chop, place ~2T of mushroom filling towards one end. Roll up pork chop and secure with a toothpick. Repeat with remaining chops.
12. Brush roll-ups with ½T melted butter (or olive oil). Bake for 15-17 mins, remove toothpicks, then broil for 2-3 mins or golden brown.



## May 2018 Recipes, Paleo

### **Lemony Kale**

#### *Ingredients:*

2 garlic cloves  
1 bunch curly kale  
1T olive oil  
1 lemon  
S&P

#### *Instructions:*

1. Finely chop 2 cloves garlic.
2. Remove and discard middle stem from 1 bunch kale. Chop the leaves.
3. In sauté pan heat ~1T olive oil over medium. Add 2 chopped garlic cloves + 1 bunch chopped kale and cook for 8-10 min.
4. Add juice from ½-1 lemon + S&P and cook 2-3 minutes more.

### **Mashed Sweet Potatoes**

#### *Ingredients:*

2 large sweet potatoes  
S&P

#### *Instructions:*

1. Peel 2 lg sweet potatoes. Cut into eighths.
2. Place in a large pot, add water to just cover potatoes.
3. Boil 15 to 20 mins or until tender.
4. Drain, return to pot, and the mash potatoes.
5. Season w/ S&P.



## May 2018 Recipes, Paleo

### Week 5 Salad: Mixed Greens w/ Blueberry, Walnut & Goat Cheese

#### *Salad Components:*

5oz mixed greens

1c blueberries

½c walnuts

5oz goat cheese crumbles, optional

#### *Dressing:*

½c olive oil

¼c balsamic vinegar

Pepper

#### *Instructions:*

1. In a large bowl layer salad components:
  - ½ of mixed greens
  - ½c blueberries
  - ¼c walnuts
  - ½ of goat cheese crumbles, optional
2. Repeat layers.
3. Drizzle ~1T over each serving of salad.

#### *For Balsamic Dressing:*

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



## May 2018 Recipes, Paleo

### Week 5 Breakfast: Tropical Breakfast Smoothie

*Ingredients:*

1 can lite coconut milk  
8oz tropical frozen fruit (OR sub with fruit of choice)  
5oz baby spinach

*Instructions:*

1. For 4 servings, blend: ½ can coconut milk w/ 8oz frozen tropical fruit.
2. When smooth, add 5oz baby spinach and blend well.
3. Add water/ coconut milk as needed.
4. Option: freeze leftover coconut milk in ice cube tray to use later.

### Week 5 Snack: Plantain Chips w/ Pineapple Salsa

*Ingredients:*

1 fresh pineapple (OR sub ~1c precut chunks)  
1 jalapeno  
1 bunch cilantro  
1/8 red onion  
1 lime  
1/8 tsp salt  
1 bag plantain chips

*Instructions:*

1. Finely dice 1 pineapple for ~1c.
2. Remove seeds & ribs from 1 jalapeno & finely chop. Set aside. Note: seeds add heat, gradually add if desired.
3. Finely chop cilantro for ~1T & 1/8 red onion.
4. Toss together: diced pineapple + chopped jalapeno + chopped cilantro + red onion + lime juice to taste (1 lime) + 1/8tsp salt.
5. Serve salsa w/ plantain chips.



## May 2018 Recipes, Paleo

### Week 5 Dessert: Watermelon "Mojito" Popsicles

*Ingredients:*

1 watermelon (OR sub with ~5c precut)  
1 bunch fresh mint  
1 lime  
Salt  
~1T honey, optional  
1T chia seeds

*Instructions:*

1. Cube watermelon for ~5c.
2. In blender, blend the following until smooth:
  - ~5c cubed watermelon
  - small handful of mint leaves, torn
  - juice of 1 lime
  - pinch of salt
  - ~1T honey, optional (depending on sweetness of watermelon)
3. Add 1T chia seeds and mix with a spoon. Pour mixture into popsicle molds and freeze 5 hours or overnight.
4. Note: Use leftover mint leaves in your water or iced tea this week - delish!