



June 2018 Recipes, Paleo

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Week 1 Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices

Grilled Balsamic Pork Chops

Ingredients:

¼c olive oil
¼c balsamic vinegar
Pepper to taste
4-8 thin-cut pork chops

Instructions:

1. Preheat grill to med-high or 400 F.
2. Whisk together:
 - ¼c olive oil
 - ¼c balsamic vinegar
 - Pepper to taste
3. Marinate pork chops for 30 min up to 24 hours (in fridge).
4. Grill chops for 3-4 minutes per side or reaches internal temp of 145 F (option to bake at 400 F for ~10-12 minutes)

Grilled Asparagus

Ingredients:

1 bunch asparagus
1T olive oil
S&P

Instructions:

1. Preheat grill to med-high or 400 F.
2. Cut ends off 1 bunch of asparagus (bottom 2-3"), discard. Toss w/ 1T olive oil + S&P.
3. Grill asparagus directly on grill (perpendicular to grill grates), 5-7 minutes (or bake in oven for 10-12 min at 400 F).

Honeydew Slices

Ingredients:

1 honeydew melon

Instructions:

1. Cut 1 honeydew in half, scoop out seeds, then cut into wedges or slices.
2. Enjoy!



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Week 1 Meal 2: Southwestern Steak Salad w/ Salsa "Ranch"

Southwestern Steak Salad

Ingredients:

1-1½# grassfed ribeye steak
S&P
1½ red bell pepper
2 yellow bell peppers
1 bunch green onions
2 avocados
1 bunch cilantro
10oz spring mix

Instructions:

1. Preheat grill to medium heat (~375-400 F).
2. Season ribeye steak with S&P. Grill steak for ~4-5 mins/ side or internal temp reaches 140 F for medium rare. Adjust cook time based on thickness of steak. (Option to cook on stove top: Heat ½tsp oil in large sauté pan over high heat. Sear for ~4 min/ side).
3. Let steak cool. Then thinly slice.
4. Slice 1½ red + 2 yellow bell peppers into strips.
5. Slice green onions (whites and greens) into ¼" slices.
6. Slice 2 avocados.
7. Chop cilantro for ~¼c.
8. Place 10oz spring mix in bowl. Top with sliced bell peppers, green onions, warmed steak and sliced avocado.
9. Top with chopped cilantro and salsa "ranch".

Salsa "Ranch"

Ingredients:

¼c mayo
¼c lite coconut milk
¼c salsa
½tsp dried dill
¼tsp onion powder
¼tsp garlic powder
pinch of red pepper flakes
S&P

Instructions:

1. Blend the following in a blender until smooth: ¼c mayo + ¼c lite coconut milk + ¼c salsa + ½tsp dried dill + ¼tsp onion powder + ¼tsp garlic powder + pinch of red pepper flakes + S&P to taste.



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Week 1 Meal 3: Cod Picatta w/ Mashed Cauliflower

Cod Picatta

Ingredients:

Zest of 2 lemons (~1tsp)
2T lemon juice (~2-3 lemons)
5T olive oil
4T capers
4 cod fillets, 4-6oz each

Instructions:

1. For Picatta Sauce, stir together the following:
 - zest of 2 lemons (~1tsp)
 - 2T lemon juice (~2-3 lemons)
 - 4T olive oil
 - 4T capers
2. Set Picatta Sauce aside.
3. Heat a large sauté pan to med-high heat and add 1T oil.
4. Place 4 cod fillets in pan, cook 3-4 minutes.
5. Flip cod fillets and pour lemon-caper sauce over top, cover with lid & cook another 3-4 min or cooked through & flaky.

Mashed Cauliflower

Ingredients:

1 bunch parsley
1 head cauliflower
S&P

Instructions:

1. Finely chop parsley for ~2T.
2. Roughly chop 1 cauliflower and place in a large steamer or soup pot.
3. Boil or steam cauliflower in 3-4" of water for ~15-20 minutes or a knife inserts easily.
4. Drain and set aside to cool.
5. Place cooked, drained cauliflower in a food processor/blender, add ¼c water (or stock), blend until just smooth.
6. Season w/ S&P and top with 2T chopped parsley.



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Week 1 Meal 4: Chicken Spaghetti Squash Chow Mein

Ingredients:

1 large or 2 small spaghetti squash
6 cloves garlic
~2" knob ginger
¼c coconut aminos*
1T rice vinegar*
1T honey
2T toasted sesame oil*
1# boneless, skinless chicken thighs
1 small yellow onion
2 stalks celery
½ red bell pepper
2 carrot sticks
1 small cabbage (OR sub 2c shredded cabbage)
S&P
2T olive oil
1c bean sprouts, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 350 F.
2. Pierce spaghetti squash several times with a knife. Roast whole for ~1½ hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin).
3. Mince 6 cloves garlic for ~3T. Grate ginger for ~1T.
4. For Chow Mein Sauce, whisk together: ¼c coconut aminos + ~3T minced garlic + ~1T grated ginger + 1T rice vinegar + 1T honey + 1T toasted sesame oil.
5. Mix 1T Chow Mein sauce with 1# boneless, skinless chicken thighs. Set remainder of Chow Mein Sauce aside.
6. Line baking sheet with parchment paper and bake chicken w/ sauce for ~25-35 minutes until internal temp reaches 165 F.
7. Dice 1 yellow onion. Slice 2 stalks celery, ½ red bell pepper into strips & 2 carrots into thin matchsticks.
8. Shred 1 head cabbage for ~2c (best done w/ food processor).
9. When squash is done roasting, carefully slice squash in half, allowing heat to escape. Set aside and allow to cool.
10. Take halved spaghetti squash (cooked & cooled), remove seeds, then scoop out squash. Add 1T toasted sesame oil + S&P.
11. Heat 2T olive oil in a lg skillet over med heat. Add sliced celery & bell pepper, matchstick carrots, & chopped ½ yellow onion. Cook veggies until tender, ~3-5 minutes. Stir in 2c shredded cabbage and 1c bean sprouts, optional & cooked chicken. Cook 1-2 mins or heated through.
12. Stir in cooked spaghetti squash and remaining Chow Mein Sauce. Toss everything together until heated through.



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Week 1 Salad: Spinach, Raspberries, Sliced Almonds & Goat Cheese

Salad Components:

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

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Layer in container as follows:
 - ½ of spinach
 - ½ of raspberries
 - ¼c sliced almonds
 - ½ of goat cheese crumbles
2. Repeat layers.

For Balsamic Dressing:

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



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Week 1 Breakfast: Chocolate Cherry Decadence Smoothie Bowl

Ingredients:

½c lite coconut milk
20oz frozen dark sweet cherries
3-5oz frozen collard greens (OR sub greens of choice)
3T cocoa powder
¼c almond butter*
½tsp cinnamon

Optional toppings:

½c chopped hazelnuts (OR sub chopped nut of choice)
1T chia seeds
¼c mini chocolate chips*
½c unsweetened coconut flakes
½c frozen pomegranate arils

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

Instructions:

1. In a blender, add the following:
 - ½c lite coconut milk
 - 20oz frozen cherries
 - 3-5oz frozen greens
 - 3T cocoa powder
 - ¼c almond butter
 - ½tsp cinnamon
2. Blend on high until smooth. Add additional water as needed for desired consistency.
3. Pour into bowl & add optional toppings as desired.



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Week 1 Snack: Veggies w/ Salsa "Ranch"

Ingredients:

1/4c mayo
1/4c coconut milk
1/4c salsa
1/2tsp dried dill
1/4tsp onion powder
1/4tsp garlic powder
pinch of red pepper flakes
S&P
1/2 bunch celery
1/2# carrots

Instructions:

1. Blend the following in a blender until smooth:
 - 1/4c mayo
 - 1/4c coconut milk
 - 1/4c salsa
 - 1/2tsp dried dill
 - 1/4tsp onion powder
 - 1/4tsp garlic powder
 - pinch of red pepper flakes
 - S&P to taste
2. Slice celery & carrots into sticks for snacking.



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Week 1 Dessert: Paleo Cookie Dough Bites

Yields ~16

Ingredients:

¼c coconut oil (melted)

¼c maple syrup*

1tsp vanilla extract*

2c almond flour

¼c mini chocolate chips*

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

Instructions:

1. Whisk together:
 - ¼c coconut oil (melted)
 - ¼c maple syrup
 - 1tsp vanilla
2. Gently stir in: 2c almond flour + ¼c mini chocolate chips.
3. Roll into 1T sized balls. Store in fridge.
4. Option: Drizzle with melted chocolate.



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Week 2 Meal 1: Grilled Ginger-Lime Flank Steak w/ Onions, Bell Peppers & Plums

Grilled Ginger-Lime Flank Steak

Ingredients:

~3" knob ginger
½c olive oil
2-3T lime juice (~3 limes)
½T salt
fresh ground pepper
1-1½# grassfed flank steak

Instructions:

1. Preheat grill to medium heat.
2. Grate ginger to equal ~2-3T.
3. For the Steak Marinade, whisk together:
 - ½c olive oil
 - 2-3T fresh grated ginger
 - 2-3T lime juice (~3 limes)
 - ½T salt
 - fresh ground pepper
4. Add 1-1½# flank steak to marinate for 4-48 hours.
5. Remove steak from marinade and grill for 4-6 minutes per side for medium rare.
6. Allow steak to rest 5-10 minutes before cutting. Cut meat very thin against the grain.

Grilled Onions, Bell Peppers & Plums

Ingredients:

4 plums
4 bell peppers, mixed colors
1 red onion
Olive oil
S&P

Instructions:

1. Preheat grill to medium heat.
2. Cut red onion into thick circles (to grill) & brush w/ olive oil.
3. Quarter 4 bell peppers (removing stems/ seeds) brush skin side lightly w/ olive oil.
4. Halve 4 plums and remove seeds. Brush cut side lightly w/ olive oil.
5. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
6. Grill plums cut side down for ~5 minutes.
7. Season bell pepper & onion w/ S&P.



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Week 2 Meal 2: Zesty Lemon Shrimp w/ Mashed Potatoes & Broccoli

Zest Lemon Shrimp

Ingredients:

¼c olive oil
1 clove garlic
½ small bunch basil
1 lemon (juiced for ~2T)
S&P
1-1½# shrimp

Instructions:

1. Preheat oven to 425 F.
2. For Lemon Basil Sauce, add the following to a blender and blend: ¼c olive oil + 1 clove garlic + ½ small bunch basil + juice of 1 lemon (~2T) + S&P to taste.
3. Marinate 1-1½# shrimp for 30 minutes to 1 hour in Lemon Basil Sauce.
4. Place marinated shrimp on a sheet pan. Roast for ~8-10 minutes or until shrimp are cooked.

Mashed Potatoes

Ingredients:

4 russet potatoes (OR sub 1 head cauliflower)
S&P
1T grassfed butter

Instructions:

1. Peel 4 russet potatoes (or 1 head cauliflower) & cut into 1-2" cubes (rough cut is fine, these will be mashed).
2. Place cut potatoes in large pot & cover w/ water. Bring to a boil reduce heat to medium and cook for 30-35 min or until soft.
3. Drain and return to pan. Add S&P + ¼c water (use milk or broth if desired) + 1T butter (optional).
4. Mash until smooth (if using cauliflower, blend).

Broccoli

Ingredients:

1 large head broccoli
1-2T olive oil
S&P

Instructions:

1. Preheat oven to 425 F.
2. Cut broccoli into small ½" pieces. Toss w/ 1-2 T olive oil + S&P.
3. Place broccoli on sheet pan & roast for ~20-25 minutes.



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Week 2 Meal 3: Summer "Pasta" Salad

Ingredients:

3-4 large small zucchini (OR sub 1 container zoodles)
2 pints cherry tomatoes
16oz sliced mushrooms
5-6T olive oil
S&P
1 clove garlic
½ small bunch basil
1 lemon (juice for ~2T)
¼c sliced Kalamata olives
4oz feta crumbles, optional
½c pine nuts, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 375 F.
2. Use spiralizer or mandolin to make "spaghetti-like" zucchini noodles (can also cut by hand).
3. Toss together:
 - 2 pints cherry tomatoes
 - 16oz sliced mushrooms
 - 1-2T olive oil
 - S&P
4. Roast veggies at 375 F in single layer on 1-2 sheet pans for 20-25 minutes.
5. For Lemon Basil Sauce, add the following to a blender and blend:
 - ¼c olive oil
 - 1 clove garlic
 - ½ small bunch basil
 - juice of 1 lemon (~2T)
 - S&P to taste
5. Toss zucchini noodles + roasted veggies + Lemon Basil Sauce + ¼c sliced olives + 4oz feta cheese + ½c pine nuts, optional.



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Week 2 Meal 4: Garlic Butter Chicken w/ Spinach & Bacon

Garlic Butter Chicken

Ingredients:

4 slices bacon*

4 cloves garlic

2# bone-in, skin-on chicken thighs

S&P

1T grassfed butter

½c chicken broth*

1 lemon (juice for ~1tsp lemon juice)

10oz spinach

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

Instructions:

1. Preheat oven to 375 F.
2. Place 4 slices of bacon on foil-lined baking sheet. Bake for 15-20 minutes or until crispy.
3. Reserve 2T bacon fat.
4. Mince 4 cloves garlic.
5. Heat large skillet over medium heat. Add 2T bacon fat (or olive oil) and season chicken thighs with S&P.
6. Place chicken skin side down. Cook ~12 min, flip and repeat until both sides are crispy and brown. Remove chicken & set aside.
7. Add 1T butter and 4 cloves minced garlic to skillet. Cook ~1 min. Add ½c chicken broth and 1tsp lemon juice.
8. Reduce to medium-low and add chicken back to skillet. Cook 5-10 min until chicken reaches internal temp of 165 F.
9. Remove chicken from pan.
10. Add 10oz spinach to sauce in skillet, cook over medium until wilted. Add S&P to taste and top with bacon crumbles.



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Week 2 Salad: Arugula, Watermelon, & Feta Salad

Salad Components:

1c watermelon
2T red onion
5oz arugula
½c sliced almonds
4oz feta crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Cut 1c of watermelon into small ½" cubes.
2. Thinly slice red onion for ~2T.
3. Layer in contain as follows:
 - ½ of arugula
 - 1T sliced red onion
 - ½c chopped watermelon
 - ¼c sliced almonds
 - 2oz feta crumbles, optional
4. Repeat layers.

For Balsamic Dressing:

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



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Week 2 Breakfast: Mushroom & Kale Frittata Muffins

Yields ~12 muffins

Ingredients:

1 package bacon*
8oz chopped kale
8oz sliced mushrooms
S&P
12 eggs, omega-3
12 paper muffin liners (OR sub silicone muffin tin)

Instructions:

1. Preheat oven to 375 F.
2. Place bacon on foil-lined baking sheet. Bake for 15-20 mins until crispy.
3. In a large pot, place the following:
 - 8oz chopped kale
 - 8oz sliced mushrooms
 - 1½c water
4. Cover & cook over medium heat for 20 min, adding water if needed.
5. Season kale & mushrooms w/ S&P and set aside to cool.
6. Whisk 12 eggs. Stir in cooked & drained (if needed) kale & mushrooms. Season w/ S&P.
7. Pour into lined muffin pan.
8. Bake at 375 F for ~15-17 min or eggs are set and no longer jiggle.
9. Cool and store in fridge or freezer.
10. Serve with bacon on the side.



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Week 2 Snack: Chocolate Bliss Energy Bites

Ingredients:

1c roasted cashews
1c medjool dates, pitted (~8)
1T chia seeds
¼c cocoa/ cacao powder
½tsp vanilla extract
¼tsp almond or peppermint extract, optional
2T nut milk of choice (OR sub water)

Instructions:

1. Combine the following ingredients into a food processor (blender works okay but food processor is best) until well combined:
 - 1c roasted cashews
 - 1c medjool dates, pitted (~8)
 - 1T chia seeds
 - ¼c cocoa/ cacao powder
 - ½tsp vanilla extract
 - ¼tsp almond or peppermint extract, optional
 - 2T nut milk of choice (OR sub with water)
2. Form into 1 inch balls. If you wet your hands it makes it easier to form into balls.
3. If you do not have almond extract you can sub for peppermint extract and they taste like thin mints!

Week 2 Dessert: Watermelon

Ingredients:

1 watermelon

Instructions:

1. Cut into wedges for snacking.



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Week 3 Meal 1: Nicoise Salad

Ingredients:

2 eggs
1 large red potato
1c green beans
5oz mixed greens
1 pint cherry tomatoes
¼c sliced Kalamata olives
4 tuna steaks, 4-6oz each (OR sub with salmon)

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Place 2 eggs in a pot, fill with water to cover. Bring to a boil and cook eggs for 3-5 minutes. Shut off heat and cover pot. Let cool.
2. Fill an additional small pot with water & bring to a boil.
3. Chop red potato into ¼" cubes. Chop green beans into ½" pieces.
4. Boil chopped potatoes for ~15-20 minutes or until a knife is easily inserted. Drain and allow to cool.
5. Steam/ boil chopped green beans for 2-4 mins (option: place green beans in steamer basket in same pot as potatoes)
6. Add the following to 5oz mixed greens:
 - 1 pint cherry tomatoes
 - 1c cooked, cooled & chopped green beans
 - 2 hardboiled eggs (cooled, peeled & quartered)
 - chopped boiled potatoes
 - ¼c sliced Kalamata olives
7. Heat 1tsp oil in sauté pan over med-high to high heat. Sear tuna 2-3 minutes per side or reaches desired doneness. Season w/ S&P.
8. Divide salads among 4 bowls, top each with a piece of seared tuna.
9. Shake vinaigrette well and drizzle on top of salads.

For Balsamic Dressing:

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



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Week 3 Meal 2: Pork, Pineapple, & Veggie Kabobs

Ingredients:

Wooden or metal skewers

4 bell peppers (mixed colors)

1 pineapple (OR sub 2c pre-cut pineapple chunks)

1-1½# boneless pork loin chops (OR sub pork cubes)

1tsp turmeric

½tsp chipotle powder (OR sub chili powder*)

1T coconut aminos*

1T toasted sesame oil

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

Instructions:

1. If using wooden skewers, soak in water for ~30 minutes.
2. Preheat grill.
3. Cut 4 bell peppers + 1 pineapple into ~1" cubes
4. Cut pork into ~1" cubes.
5. Whisk together:
 - 1tsp turmeric
 - ½tsp chipotle powder
 - 1T coconut aminos
 - 1T toasted sesame oil
6. Toss pork cubes with marinade. Marinate for 2-48 hours.
7. Skewer pork, pineapple & bell pepper on skewers.
8. Grill for ~15 minutes, flipping kabobs every ~5 minutes. (Option to bake in oven at 350 F for 10-15 minutes).



June 2018 Recipes, Paleo

Week 3 Meal 3: Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw

Bison Burgers

Ingredients:

1# ground bison (OR sub ground beef)

S&P

Romaine or butter lettuce for wraps

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

Instructions:

1. Form ground bison into 4 patties. Season lightly w/ S&P.
2. Grill burgers 3-4 minutes per side or desired doneness (or in a sauté pan over medium-high heat).

Sweet Potato Wedges

Ingredients:

2 large sweet potatoes

2T olive oil

1T chili powder*

1T cumin

S&P

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

Instructions:

1. Preheat oven to 375 F.
2. Cut sweet potatoes into thin wedges.
3. Toss with 1-2T olive oil + 1T chili powder + 1T cumin + S&P.
4. Roast sweet potatoes for 35-45 minutes, removing and tossing halfway through cooking.

Green Apple Coleslaw

Ingredients:

2 granny smith apples

½c olive oil

2T apple cider vinegar

1tsp honey

Salt

8oz shredded cabbage

Instructions:

1. Thinly slice 2 green apples (should be ~size of a match- works well on a mandolin).
2. Whisk together: ½c olive oil + 2T apple cider vinegar + 1tsp honey + salt to taste.
3. Toss dressing with sliced apples.
4. Toss all together with 8oz bag shredded cabbage.



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Week 3 Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots

Walnut Crusted Chicken

Ingredients:

2c walnuts
2 eggs, omega-3
4 boneless, skinless chicken breasts, 4-6oz each
Salt

Instructions:

1. Preheat oven to 375 F.
2. In blender or food processor, blend 2c walnuts until they reach a breadcrumb-like texture. Place in a shallow bowl.
3. Whisk 2 eggs, place in a second shallow bowl.
4. Dredge each chicken breast in eggs & then walnut "crumbs". Salt lightly.
5. Bake chicken for 25 minutes for smaller breasts or up to 40 minutes for larger breasts (chicken should reach internal temp of 165 F).

Sautéed Spinach

Ingredients:

2-4 cloves garlic
1tsp olive oil
10oz spinach
S&P

Instructions:

1. Finely chop 2-4 cloves garlic.
2. Heat 1tsp oil in large sauté pan over high heat.
3. Add garlic & spinach to pan & cook 3-4 min or spinach just wilts. Season w/ S&P.

Honey-Glazed Carrots

Ingredients:

½# carrots
1T olive oil
1T honey
1tsp dried dill
S&P

Instructions:

1. Fill a small pot with water & bring to a boil.
2. Thinly slice carrots into bite-sized pieces.
3. Boil (or steam) sliced carrots for ~20 minutes or until a knife inserts easily.
4. Whisk together 1T olive oil + 1T honey. Toss carrots with oil & honey.
5. Season w/ 1tsp dried dill + S&P.



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Week 3 Salad: Mixed Greens w/ Grapes, Walnuts & Avocado

Salad Components:

1 small bunch seedless grapes
1-2 avocados
5oz mixed greens
½c walnuts

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Cut grapes in half, for a total of 1½c.
2. Slice 1-2 avocados.
3. Layer in container as follows:
 - 2.5oz mixed greens
 - ¼c walnuts
 - ¾c grapes
 - ½ of diced avocado
4. Repeat layers.

For Balsamic Dressing:

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



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Week 3 Breakfast: Hard Boiled Eggs w/ Oranges

Ingredients:

8 eggs
4 oranges

Instructions:

1. Place 8 eggs in a pot, fill with water to cover, bring to a boil.
2. Boil for 3-5 minutes. Shut off heat & cover pot. Let cool.
3. Option to cut oranges into wedges.
4. Peel eggs & serve with oranges.

Week 3 Snack: Curried Cashews & Raisins

Ingredients:

1T olive oil
1T yellow curry powder*
3c cashews
1c raisins
Salt

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

Instructions:

1. In a large sauté pan, heat 1T olive oil + 1T yellow curry powder over medium-high heat for ~3 min.
2. Add 3c cashews and cook 3-4 min or just toasted.
3. Remove from heat, toss w/ 1c raisins & salt to taste.
4. Allow to fully cool.
5. Store at room temperature in an airtight container.



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Week 3 Dessert: Chocolate Dipped Bananas

Ingredients:

¼c coconut oil

¼c cocoa powder

1/8tsp vanilla extract*

1/8tsp cinnamon

4 bananas

8 popsicle sticks, optional

Parchment paper or foil

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

Instructions:

1. Heat ¼c coconut oil in sauté pan over low (be careful, it can burn!). Once the coconut oil melts and is warm, turn off the heat and whisk in the following until combined:
 - ¼c cocoa powder
 - 1/8tsp vanilla
 - 1/8tsp cinnamon
2. Peel bananas and cut in half, horizontally, creating 2 "short/ stubby" pieces. Place a popsicle stick into the bottom of each half - note, this step is optional.
3. Dip bananas in chocolate mixture to coat evenly.
4. Lay bananas on a parchment or foil-lined baking sheet and put in freezer.
5. Once frozen, store in a container in the freezer, separating layers with parchment or foil.



June 2018 Recipes, Paleo

Week 4 Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts

Ingredients:

4 salmon fillets, 4-6oz each
1 cucumber
1/2# strawberries
5oz mixed greens
1/2c chopped walnuts
4oz feta crumbles, optional

Instructions:

1. Preheat oven to 425 F.
2. Season salmon with S&P and bake for 18-20 minutes (or option to grill).
3. Finely dice 1 cucumber into bite-sized pieces.
4. Slice 1/2# of strawberries.
5. To make salad, layer in container as follows:
 - 1/2 mixed greens
 - 1/4c chopped walnuts
 - 1/2 of sliced strawberries
 - 1/2 of chopped cucumber
 - 2oz crumbled feta, optional
6. Repeat layers.
7. Divide salad into 4 bowls and top each w/ 1 baked salmon fillet.
8. Drizzle each serving with 1-2T Balsamic Vinaigrette.

Dressing:

1/2c olive oil
1/4c balsamic vinegar
Pepper to taste

For Balsamic Dressing:

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



June 2018 Recipes, Paleo

Week 4 Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus & Pineapple

Grilled Lemon Tenders

Ingredients:

2 lemons
½c olive oil
1T salt
Fresh ground pepper
~1-1½# chicken tenders
1T dried herb of choice (tarragon, basil, oregano, etc.), optional

Instructions:

1. Preheat grill or oven to 400 F.
2. Whisk together:
 - juice & zest of 2 lemons
 - ½c olive oil
 - 1T salt
 - fresh ground pepper
 - optional: add 1T dried herb of choice: tarragon, basil, oregano, etc.
3. Marinate chicken 30 minutes to 24 hours.
4. Grill chicken for 2-3 minutes per side OR bake for 12-15 minutes. Internal temperature should be 165 F (time depends on size of tenders).

Grilled Asparagus

Ingredients:

1 bunch asparagus
1T olive oil
S&P

Instructions:

1. Preheat grill or oven to 400 F.
2. Remove, discard bottom 2" of asparagus.
3. Toss with 1T olive oil + S&P.
4. Grill asparagus for 5-6 minutes, flipping occasionally. (If baking, bake for 8-10 minutes).

Pineapple

Ingredients:

1 pineapple (OR sub pre-cut pineapple slices)

Instructions:

1. Preheat grill or oven to 400 F.
2. Peel, core & cut pineapple into ½" thick pineapple slices (if not already pre-sliced).
3. Grill pineapple for 5-6 minutes, flipping occasionally. (Option to eat fresh).



June 2018 Recipes, Paleo

Week 4 Meal 3: Steaks, Baked Sweet Potatoes & Sautéed Swiss Chard

Steak

Ingredients:

4 grassfed tenderloin steaks, 5-7oz each

4T steak seasoning*

1-2tsp olive oil

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

Instructions:

1. Preheat oven to 350 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).
6. Option to cook steaks on the grill.

Baked Sweet Potatoes

Ingredients:

4 sweet potatoes

Instructions:

1. Preheat oven to 350 F.
2. Pierce sweet potatoes with a fork.
3. Wrap in foil & bake at 350 F for ~60 minutes or until soft and cooked through.

Sautéed Swiss Chard

Ingredients:

1-2 bunches Swiss chard

2tsp olive oil

S&P

Instructions:

1. Remove leaves from stems of Swiss chard, discarding stems. Roughly chop leaves.
2. Heat 2tsp olive oil in a sauté pan. Cook chard ~5 min, season w/ S&P.
3. Option to cook Swiss chard in steak pan while steak rests.



June 2018 Recipes, Paleo

Week 4 Meal 4: Mexican Kabobs

Ingredients:

Wooden or metal skewers

1T olive oil

1½T chili powder*

2 limes, juiced

1½# top round lamb (OR sub thick-cut boneless pork chops)

1 red bell pepper

1 yellow bell pepper

8oz button mushrooms

1 pint cherry tomatoes

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

Instructions:

1. If using wooden skewers, soak in water for 30 minutes prior to using.
2. For marinade, mix together the following:
 - 1T olive oil
 - 1½T chili powder
 - juice of 2 limes
3. Cut lamb into ~1" cubes. Marinate lamb for 2-24 hours.
4. Slice 1 red & 1 yellow bell pepper in 1" squares.
5. Cut mushrooms in half.
6. Skewer mushrooms, bell peppers, cherry tomatoes and lamb.
7. Grill (or broil) for ~15 minutes, flipping kabobs every ~5 min.



June 2018 Recipes, Paleo

Week 4 Salad: Arugula w/ Peaches, Sliced Almonds & Goat Cheese

Salad Components:

2 peaches
5oz arugula
½c sliced almonds
4oz goat cheese crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Chop 2 peaches.
2. Layer in container as follows:
 - ½ of arugula
 - ½c chopped peaches
 - ¼c sliced almonds
 - 2oz goat cheese crumbles, optional
3. Repeat layers.

For Balsamic Dressing:

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



June 2018 Recipes, Paleo

Week 4 Breakfast: Strawberry Chia Jam w/ Paleo Pancakes

Paleo Pancakes

Ingredients:

4 bananas

6 eggs, omega-3

½tsp baking soda

3T coconut flour

1tsp vanilla extract (optional)*

½tsp cinnamon

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

Instructions:

1. Combine the following & blend until smooth:
 - 4 bananas
 - 6 eggs
 - ½tsp baking soda
 - 3T coconut flour
 - 1tsp vanilla (optional)
 - ½tsp cinnamon
2. Cook on pancake griddle (or sauté pan) on med heat, 2-3 min/ side.
3. Top with Strawberry Chia Jam.

Strawberry Chia Jam

Ingredients:

4c frozen strawberries

3T chia seeds

3T maple syrup*

½tsp vanilla extract, optional*

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

Instructions:

1. In a small pan over med-high heat, add 4c frozen strawberries. Cover and cook 10 minutes.
2. Mash strawberries with a fork, add 3T chia seeds + 3T maple syrup + ½tsp vanilla, optional.
3. Stir, cover and cook 2 more minutes. Put jam in fridge to cool for at least 30 minutes before using.



June 2018 Recipes, Paleo

Week 4 Snack: Seaweed Snacks

Ingredients:

1-2 packages dried seaweed snacks (Gimme, SeaSnax, Annie Chun's)*

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

Instructions:

1. Enjoy!

Week 4 Dessert: Berry Peachy Fruit Salad

Ingredients:

3 peaches

½# strawberries

2 pints blackberries

2T unsweetened coconut flakes

2T sliced almonds

Instructions:

1. Chop 3 peaches and slice ½# strawberries. Place in medium bowl.
2. Add 2 pints blackberries and gently combine fruit.
3. Top with 2T unsweetened coconut flakes and 2T sliced almonds.