



August 2018 Recipes, Paleo

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Week 1 Meal 1: Italian Foil Packets w/ Roasted Cauliflower & Broccoli

Italian Foil Packets

Ingredients:

- 8oz cherry tomatoes
 - 1 shallot
 - 2 garlic cloves
 - 1 whole fennel
 - 1 lemon
 - 4T white wine* (OR sub veg/chicken broth)
 - 4 salmon fillets, 4-6oz each (skinless preferred)
 - Olive oil
 - 4tsp Italian seasoning*
 - S&P
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 400 F. Lay out 4 large pieces of foil (big enough to fold over fish/veggies) and brush lightly with olive oil.
2. Halve 8oz cherry tomatoes. Dice 1 shallot and mince 2 garlic cloves. Slice 1 fennel bulb and mince fronds for ~1T.
3. Divide 1 pint sliced cherry tomatoes + 1 diced shallot + 2 minced garlic cloves + 1 sliced fennel bulb amongst the 4 pieces of foil.
4. Fold foil edges up to keep in juices and drizzle each foil packet with 1tsp lemon juice and 1T white wine/ broth.
5. Option to remove skin from salmon fillets and then place one piece on top of each veggie packet.
6. Lightly brush salmon w/ olive oil & season each foil packet with 1tsp fennel fronds, ½tsp Italian seasoning, and S&P.
7. Seal foil edges around fish & veggies to make a "packet" (see tutorial here: <http://prepdish.com/salmonpouch/>).
8. Place on sheet pan and bake for ~18-20 mins or until fish is opaque & flaky.

Roasted Cauliflower & Broccoli

Ingredients:

- 1 head cauliflower
- 1 head broccoli
- 1T olive oil
- 1tsp paprika
- S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Slice broccoli and cauliflower into florets.



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3. Toss w/ 1T olive oil, 1tsp paprika, and S&P to taste.
4. On parchment lined sheet pan, place broccoli & cauliflower in single layer.
5. Roast for ~18-20 min, tossing halfway through.



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Week 1 Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Cucumber, Walnuts & Goat Cheese

Balsamic Chicken

Ingredients:

¼c balsamic vinegar

¼c olive oil

1T Italian seasoning*

S&P

4 boneless, skinless chicken breasts, 5-7oz each

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

Instructions:

1. Preheat oven to 400 F.
2. Prepare Balsamic Chicken Marinade by whisking together in a large bowl or container:
 - ¼c olive oil
 - ¼c balsamic vinegar
 - 1T Italian seasoning
 - S&P
3. Add 4 chicken breasts and allow to marinate in the refrigerator for at least 30 min up to 4 hours.
4. Remove chicken from marinade and place in a lightly oiled baking pan.
5. Roast for 30min or until cooked to 165 F. Allow to cool.

Balsamic Salad Dressing

Ingredients:

½c olive oil

¼c balsamic vinegar

pepper to taste

Instructions:

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



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Balsamic Spinach Chicken Salad

Ingredients:

1 cucumber
5oz spinach
¼ pint raspberries
½c chopped walnuts
5oz goat cheese crumbles, optional
4 Balsamic Roasted Chicken Breasts (recipe above)
Balsamic Dressing (recipe above)

Instructions:

1. Chop 1 cucumber into ½" pieces for ~1c.
2. Layer in container as follows:
 - ½ of spinach
 - ¼ pint raspberries
 - ½ of chopped cucumber
 - ¼c chopped walnuts
 - ½ of goat cheese crumbles, optional
3. Repeat layers.
4. Slice balsamic roasted chicken and add 1 breast to each salad.
5. Top with dressing as desired.



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Week 1 Meal 3: Bison & Mushroom Lettuce Wraps w/ Avocado-Tomatillo Salsa

Avocado-Tomatillo Salsa

Ingredients:

½# tomatillos
½ jalapeño
1 clove garlic
¼ yellow onion
½-1T olive oil
1 handful cilantro
½ avocado
salt to taste

Instructions:

1. Preheat oven to 400 F.
2. Remove husks from ½# tomatillos & cut in half. Cut jalapeño in half, lengthwise, removing ½ to all seeds (depending on how spicy you prefer your salsa). Remove skin off 1 garlic clove, leaving whole. Separate each layer of ¼ of yellow onion.
3. Place husked tomatillo, ½ of jalapeño, ¼ onion & 1 clove garlic on a baking pan. Drizzle w/ ½-1T olive oil. Roast for ~30 min.
4. Place the following in a blender: roasted veg (tomatillo + yellow onion + jalapeño + garlic) & 1 handful of cilantro. Blend until just turning smooth.
5. Add ½ avocado to blender & blend until just combined. Add salt to taste.

Bison & Mushroom Lettuce Wraps

Ingredients:

2 garlic cloves
2 portobello mushrooms
1 red onion
1tsp olive oil
1# ground bison (OR sub w/ ground beef)
1T taco seasoning*
5oz baby spinach
½tsp salt
1 head bib lettuce

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

Instructions:

1. Finely chop 2 cloves garlic. Slice portobello mushrooms & red onion into thin strips.
2. Heat 1 tsp oil in large sauté pan over med-high heat. Add 1# ground bison, onion & garlic. Cook for ~3-4 min, breaking apart meat. Add portobello mushrooms & cook 8-10 min.
3. Add 1T taco seasoning + 3 large handfuls baby spinach, stir well & cook down for 2-4 more min (on low to med heat).
4. Season to taste w/ salt (~½ tsp). Serve in bib lettuce w/ avocado-tomatillo salsa.



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Week 1 Meal 4: Beef Kabobs w/ Zucchini & Tomatoes

Note: 1 hour - 24 hours marinating time

Ingredients:

wooden or metal skewers
2 zucchini
1# grassfed beef sirloin steak
2T cumin
1T paprika
1T oregano
½T turmeric
freshly ground pepper
¼c olive oil
¼c red wine vinegar
8oz cherry tomatoes

Instructions:

1. Preheat grill. If using wooden skewers, soak for ~30 mins.
2. Cut zucchini into ~1" bite-sized pieces.
3. Cut 1# beef sirloin into 1-2" cubes.
4. For the spice mix, combine the following, then rub on beef cubes:
 - 2T cumin
 - 1T paprika
 - 1T oregano
 - ½T turmeric
 - fresh ground black pepper
5. For the red wine kabob marinade, whisk together the following:
 - ¼c olive oil
 - ¼c red wine vinegar
6. Marinate seasoned beef for at least 1 hour or up to 24 hours.
7. Skewer beef, zucchini & 8oz cherry tomatoes.
8. Grill kabobs for ~10-12 minutes, or until beef is just cooked through/desired doneness, flipping halfway through cooking.
*Note: skewers may also be cooked on an indoor grill (like a George Foreman) or broiler, but reduce time by ~3-4 minutes.



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Week 1 Salad: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds

Salad Components:

1 bunch curly kale
1 just soft, large avocado
1 lemon
1 orange
~1/3c olive oil
1tsp coarse sea salt
1c blueberries
1/4c pumpkin seeds

Instructions:

1. Remove leaves from stems off 1 bunch kale, discarding stems.
2. Roughly chop kale leaves into bite-sized pieces.
3. Dice 1 large avocado.
4. Zest 1 lemon & 1 orange (about 1tsp of each). Set zest aside for salad and save the citrus for the citrus marinade.
5. In a mixing bowl, combine:
 - chopped 1 bunch kale leaves
 - 1-2T olive oil
 - 1tsp coarse sea salt
6. Using your hands, massage the oil and salt into the kale leaves for 2-3 minutes. The leaves should decrease in size by at least half.
7. Toss the diced avocado with the citrus vinaigrette (recipe below).
8. Toss together all salad ingredients:
 - kale
 - citrus zest
 - avocado
 - citrus vinaigrette (recipe below)
 - 1c blueberries
 - 1/4c pumpkin seeds

For Citrus Vinaigrette:

1. Whisk together:
 - 1/4c olive oil
 - Juice of 1 orange
 - Juice of 1 lemon



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Week 1 Breakfast: Veggie Breakfast Scramble w/ Avocado-Tomatillo Salsa

Avocado-Tomatillo Salsa

Ingredients:

½# tomatillos
½ jalapeño
1 clove garlic
¼ yellow onion
½-1T olive oil
1 handful cilantro
½ avocado
salt to taste

Instructions:

1. Preheat oven to 400 F.
2. Remove husks from ½# tomatillos & cut in half. Cut jalapeño in half, lengthwise, removing ½ to all seeds (depending on how spicy you prefer your salsa). Remove skin off 1 garlic clove, leaving whole. Separate each layer of ¼ of yellow onion.
3. Place husked tomatillo, ½ of jalapeño, ¼ onion & 1 clove garlic on a baking pan. Drizzle w/ ½-1T olive oil. Roast for ~30 min.
4. Place the following in a blender: roasted veg (tomatillo + yellow onion + jalapeño + garlic) & 1 handful of cilantro. Blend until just turning smooth.
5. Add ½ avocado to blender & blend until just combined. Add salt to taste.

Veggie Breakfast Scramble

Ingredients:

2 cloves garlic
2 bell peppers, mixed colors
½ yellow onion
1tsp olive oil
8oz sliced mushrooms
6 eggs, omega-3
5 oz baby spinach
S&P to taste

Instructions:

1. Finely chop 2 cloves garlic. Finely dice 2 bell peppers & ½ of yellow onion.
2. Heat 1tsp oil in large sauté pan over medium-high heat. Add 8oz sliced mushrooms, chopped bell pepper, yellow onion & garlic.
3. Cook for ~6-8 minutes, lower heat if needed. Meanwhile, crack 6 eggs into a bowl & whisk well.
4. Add 2-3 large handfuls of baby spinach to the pan, allowing to cook down.
5. Pour eggs into pan with cooked veggies, moving around (scrambling) w/ spatula and cooking until no longer runny, ~3-4 mins.
6. Season to taste w/ salt (~½ tsp) & pepper. Serve w/ avocado-tomatillo salsa.



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Week 1 Snack: Strawberries & Walnuts

Ingredients:

1# strawberries
1c chopped walnuts

Instructions:

1. 1 serving = 1c strawberries + ¼c walnuts

Week 1 Dessert: Mango & Blueberry Popsicles

Ingredients:

1c fresh blueberries
10oz frozen mango

Instructions:

1. Place frozen mango chunks at room temperature to defrost, 30-45 minutes.
2. Blend 10oz thawed mango chunks, pour into popsicle molds, filling $\frac{3}{4}$ full.
3. Gently add 6-8 blueberries to each popsicle, pushing into popsicle.
4. Place stick in popsicle.
5. Freeze.



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Week 2 Meal 1: Chimichurri Scallops w/ Mashed Cauliflower

Chimichurri Scallops

Ingredients:

½c olive oil
¼c red wine vinegar
2 cloves garlic
½c loosely packed fresh Italian parsley
½c loosely packed fresh cilantro
½tsp salt
¼tsp crushed red pepper
1# scallops
S&P to taste
1tsp coconut oil

Instructions:

1. For the Chimichurri, blend the following on high until garlic and herbs are chopped:
 - ½c olive oil
 - ¼c red wine vinegar
 - 2 cloves garlic
 - ½c loosely packed fresh Italian parsley
 - ½c loosely packed fresh cilantro
 - ½tsp salt
 - ¼tsp crushed red pepper
2. Remove 1# scallops from fridge and pat very dry. Season with S&P.
3. Heat 1tsp coconut oil in sauté pan over high. Add scallops, being sure not to crowd the pan. (May need to do in a few batches.)
4. Cook 1-2 mins, flip, cook 1-2 mins more until both sides are golden. Transfer to plate (don't overcook scallops they get rubbery!)
5. Serve scallops over mashed cauliflower (recipe below) with chimichurri sauce drizzled on top.

Mashed Cauliflower

Ingredients:

1 head cauliflower
S&P

Instructions:

1. Roughly chop 1 cauliflower and place in a large steamer or soup pot.
 2. Boil or steam cauliflower in 3-4" of water for ~20 minutes or a knife inserts easily. Drain.
 3. Place cooked cauliflower in food processor, add ¼c water (or stock), blend until just smooth. Season w/ S&P.
- *Note: can be done in blender or mashed by hand.



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Week 2 Meal 2: Balsamic Roasted Pork Tenderloin w/ Zucchini Tian

Pork needs to marinate for 24-48hrs.

Balsamic Roasted Pork Tenderloin

Ingredients:

½c olive oil
¼c balsamic vinegar
pepper to taste
~1-1½# pork tenderloin

Instructions:

1. For the marinade, whisk together ¼c olive oil + 2T balsamic vinegar + pepper to taste.
2. Marinade 1-1½# pork tenderloin for 24-48 hours.
3. Preheat oven to 400 F.
4. Remove pork from marinade and bake for 20-30 min or reaches internal temp of 145 F.

Zucchini Tian

Ingredients:

½ red onion
3 garlic cloves
1 zucchini
1 yellow summer squash
4tsp olive oil
1 lemon
½tsp salt
freshly ground pepper, to taste
2oz parmesan, optional

Instructions:

1. Preheat oven to 400 F.
2. Finely dice ½ red onion & chop 3 garlic cloves for ~1T.
3. Thinly slice zucchini & summer squash into 1/8" thick rounds.
4. Place zucchini & summer squash coins in a large bowl and toss with the following:
 - 1T olive oil
 - zest & juice of 1 lemon
 - ½tsp salt
 - fresh ground pepper
5. Heat 1tsp olive oil in large sauté pan & cook red onion + 1T garlic for 5-7min or until translucent.
6. In a pie pan or small dish, layer in the following order:
 - Cooked red onion/garlic.
 - Zucchini & summer squash coins
 - 2T fresh grated parmesan, optional
7. Bake for 30-35 mins.



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Week 2 Meal 3: Cajun Turkey Burgers w/ Sweet Potato Fries

Cajun Turkey Burgers

Ingredients:

½ red onion
3 cloves garlic
1 jalapeno
1T olive oil
¼c Cajun seasoning*
1# ground turkey, 85% lean
1 avocado
1 head butter lettuce

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

Instructions:

1. Finely dice ½ red onion & chop 3 cloves garlic for ~1T.
2. Finely chop 1 jalapeño (remove seeds & white membrane), for ~1T.
3. Heat 1T olive oil in a large sauté pan, over med-high heat. Add the following:
 - 1T jalapeño
 - 1T garlic
 - ½ red onion
 - ¼c Cajun seasoning (use less seasoning to control heat).
4. Sauté 5-7 minutes, stirring occasionally. Set aside to cool.
5. Mix 1# ground turkey with sautéed, cooled veggies/ spices. Form into 4 patties.
6. Cook burgers on a grill (outdoor or indoor) for ~4-5 mins/ side. Or bake in 425 F oven ~20-25 mins.
7. Slice 1 avocado for topping. Serve in lettuce wraps.

Sweet Potato Fries

Ingredients:

2 large sweet potatoes
1-2T coconut oil
1T paprika
S&P to taste

Instructions:

1. Preheat oven to 425 F.
2. Cut 2 large sweet potatoes into thin "fries". Toss w/ 1-2T coconut oil, 1T paprika, S&P.
3. Place sweet potato fries in oven and roast for 45-55 mins, tossing halfway through cook time.



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Week 2 Meal 4: Chimichurri Flank Steak w/ Roasted Carrots

Steaks needs to marinate for 24-48hrs.

Chimichurri Flank Steaks

Ingredients:

½c olive oil
¼c red wine vinegar
2 cloves garlic
½c loosely packed fresh Italian parsley
½c loosely packed fresh cilantro
½tsp salt
¼tsp crushed red pepper
1½# grassfed flank steak

Instructions:

1. For the Chimichurri, blend the following on high until garlic and herbs are chopped:
 - ½c olive oil
 - ¼c red wine vinegar
 - 2 cloves garlic
 - ½c loosely packed fresh Italian parsley
 - ½c loosely packed fresh cilantro
 - ½tsp salt
 - ¼tsp crushed red pepper
2. Marinate flank steaks for 24 – 48 hours.
3. Preheat grill to medium & remove steaks from marinade.
4. Grill flank steak for 4-6 mins/ side for medium rare. Allow steak to rest 5-10 mins before cutting. Cut very thin against the grain.

Roasted Carrots

Ingredients:

1# carrots
1-2T olive oil
1tsp thyme
S&P to taste
4oz crumbled goat cheese, optional
~1-2T red wine vinegar, optional

Instructions:

1. Preheat oven to 400 F.
2. Cut 1# carrots in half, and then into long, thick sticks. Toss with 1-2T olive oil, 1tsp thyme, S&P.
3. Place carrots in single layer on baking sheet. Roast for 30-40 mins, tossing halfway through.
4. Toss carrots with 4oz crumbled goat cheese, optional & a splash of red wine vinegar, optional and serve with steak.



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Week 2 Salad: Mixed Greens, Apples, Celery, Pecans & Cheddar

Salad Components:

1 bunch celery
4oz cheddar cheese, optional
1-2 apples
5oz mixed greens
½c chopped pecans

Dressing:

½c olive oil
¼c balsamic vinegar
pepper to taste

Instructions:

1. Finely chop celery for salad (enough for ¾c).
2. Cut cheddar cheese into small cubes.
3. Chop or slice 1-2 apples.
4. Layer in container as follows:
 - ½ of mixed greens
 - 2oz chopped cheddar (if using)
 - ¼c chopped pecans
 - ~1/3 – ½c chopped celery
 - ~1 sliced/ chopped apple
5. Repeat layers.

For Balsamic Dressing:

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



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Week 2 Breakfast: Purple Haze Smoothie

Ingredients:

½c chia seeds

1 can full fat coconut milk*

4 bananas

32oz frozen blueberries

32oz frozen cauliflower

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

Instructions:

1. Add 1c water + ¼c chia seeds to blender and allow to “hydrate” for ~1 min.
2. Add ½c full fat coconut milk + 2 bananas + 2c frozen blueberries + 2c frozen cauliflower.
3. Blend on high until smooth, adding additional water as needed.

*Note: Yields 2 servings. Repeat for additional 2 servings.

Week 2 Snack: Celery w/ Almond Butter

Ingredients:

1 bunch celery

½c almond butter*

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

Instructions:

1. Cut celery into sticks.
2. Use 2T almond butter for each portion of celery sticks.
3. Enjoy!



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Week 2 Dessert: Chocolate Brownie Brittle

Ingredients:

½c almond flour

½tsp baking powder

¼tsp salt

2 eggs

3T cocoa powder

½c honey

¼c melted coconut oil

1tsp vanilla extract*

½c chocolate chips*

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

Instructions:

1. Preheat oven to 375 F.
2. Line a sheet tray with parchment paper.
3. In one bowl combine: ½c almond flour + ½tsp baking powder + ¼tsp salt.
4. In 2nd bowl: whisk 2 egg whites until frothy (~1 min). Add 3T cocoa powder + ½c honey + ¼c melted coconut oil + 1tsp vanilla.
5. Add almond flour mixture to liquid mixture and whisk until smooth. Add ½c chocolate chips and stir to combine.
6. Pour onto sheet pan and spread out in pan.
7. Bake for 15 minutes then cut into squares and bake another 5-8 minutes. Remove from oven and let cool.
8. Take parchment + brittle off sheet pan and spread squares apart from each other. Let completely cool and place pieces into an airtight container and store at room temperature.



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Week 3 Meal 1: Pesto Salmon w/ Purple Potatoes & Asparagus

Pesto Salmon

Ingredients:

¼c olive oil
½c walnuts
1oz parmesan (optional)
1 small garlic clove
~1c fresh basil leaves
1 lemon
salt
4 salmon fillets, 4-6oz each

Instructions:

1. Preheat oven to 425 F.
2. To make the pesto, place the following in a blender or food processor and blend until smooth:
 - ¼c olive oil
 - 2T water
 - ½c walnuts
 - 1oz parmesan (optional)
 - 1 small garlic clove
 - ~½-1c fresh basil leaves
 - ¼tsp lemon zest + ~1T lemon juice (1 lemon; add to taste)
3. Blend until smooth, taste and season as needed w/ salt and/or lemon juice.
4. Spread 2-3T pesto onto each salmon fillet. Salmon can marinate for up to 24 hours.
5. Place pesto-covered salmon on an oiled baking sheet and bake for ~20min or until fish is cooked and flaky.

Purple Potatoes & Asparagus

Ingredients:

1½# purple potatoes
1 bunch asparagus
~3T olive oil
S&P to taste

Instructions:

1. Preheat oven to 425 F.
2. Cut 1½# potatoes into ½" pieces, toss with 1-2T olive oil + S&P.
3. Remove ends from 1 bunch asparagus and discard. Toss remaining tips with 2tsp olive oil + S&P.
4. Place potatoes (optional: toss with 1-2T grated parmesan) on parchment-lined baking sheet.
5. Roast potatoes ~35-40min, tossing halfway through.
6. Place asparagus on a separate oiled baking sheet & roast for 10-12mins.



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Week 3 Meal 2: Mustard Rosemary Lamb Chops w/ Summer Vegetable Ribbon Salad

Mustard Rosemary Lamb Chops

Ingredients:

1 bunch fresh rosemary
2 garlic cloves
2T Dijon mustard
½tsp salt
¼tsp black pepper
4-8 lamb chops, bone-in, ~¾" thick

Instructions:

1. Preheat grill to med-high.
2. Finely chop rosemary for ~2T & 2 cloves garlic. Mix with 2T Dijon mustard + ½tsp salt + ¼tsp pepper. Rub onto lamb chops.
3. Grill chops 4-5min/side for medium rare. Adjust cook time for desired doneness.

Summer Vegetable Ribbon Salad

Ingredients:

¼c pine nuts
1 bunch green onions
½c basil
1/3c olive oil
2 lemons
¼tsp red pepper flakes
S&P
2 zucchini
1 carrot
1 yellow squash
~1oz parmesan cheese, optional

Instructions:

1. Preheat oven to 350 F.
2. Toast ¼c pine nuts on a sheet pan for ~5 mins (watch closely, nuts burn easily).
3. Chop both white and green parts to make ¼c & chop ½c fresh basil.
4. To make the dressing, whisk together the following: 1/3c olive oil + 2T lemon juice (~2 lemons) + ¼tsp red pepper flakes + S&P to taste.
5. Make large ribbons w/ a peeler from 2 zucchini, 1 carrot & 1 yellow squash. Place in bowl and mix veggie ribbon salad dressing.
6. Add chopped green onions + chopped basil + toasted pine nuts.
7. Toss to combine and top with ¼c parmesan cheese (~1 oz), if desired.



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Week 3 Meal 3: Balsamic Marinated Chicken w/ Grilled Eggplant & Tomato Mozzarella Stacks

Requires that chicken be marinated for minimum of 30 minutes and up to 12 hours

Balsamic Marinated Chicken

Ingredients:

½c olive oil
¼c balsamic vinegar
pepper to taste
4 boneless, skinless chicken breasts, 5-8oz each

Instructions:

1. For the Balsamic Marinade, whisk together ½c olive oil + ¼c balsamic vinegar + pepper to taste.
2. Marinate for minimum of 30min up to 12hrs.
3. Preheat grill to med-high heat.
4. Remove chicken from marinade & grill 5-8min/side or cooked through to internal temp of 165 F.

Grilled Eggplant & Tomato Mozzarella Stacks

Ingredients:

2 beefsteak tomatoes
4oz fresh mozzarella ball
1 large eggplant
¼c olive oil
½c walnuts
1oz parmesan (optional)
1 small garlic clove
~1c fresh basil leaves
1 lemon

Instructions:

1. Thinly slice 2 beefsteak tomatoes & 4oz mozzarella.
2. Slice 1 eggplant into ½" thick rounds.
3. To make the pesto, place the following in a blender or food processor and blend until smooth:
 - ¼c olive oil
 - 2T water
 - ½c walnuts
 - 1oz parmesan (optional)
 - 1 small garlic clove
 - ~½-1c fresh basil leaves
 - ¼tsp lemon zest + ~1T lemon juice (1 lemon; add to taste)
4. Blend until smooth, taste and season as needed w/ salt and/or lemon juice.
5. Brush eggplant with olive oil + S&P.
6. Grill eggplant ~5min/side.
7. Layer eggplant + mozzarella + tomato + pesto.



August 2018 Recipes, Paleo

Week 3 Meal 4: B.L.T.A. Burgers w/ Roasted Carrots & Parsnips

B.L.T.A. Burgers

Ingredients:

½ package bacon
2 beefsteak tomatoes
1-1½# ground bison
S&P to taste
1-2 avocado
1 head romaine lettuce

Instructions:

1. Preheat oven to 350 F for bacon & preheat grill or large sauté pan for burgers.
2. Bake ½ of the packaged bacon in a single layer for 20-25min or until cooked through and just crispy.
3. Thinly slice 2 beefsteak tomatoes & 1-2 avocados.
4. Season 1-1½# ground bison with S&P. Form into 4 patties.
5. Grill (or cook in sauté pan) for 4-6 min/side or desired doneness.
6. Serve burgers in lettuce wrap with bacon, sliced avocado & tomatoes.

Roasted Carrots & Parsnips

Ingredients:

4 carrots
4 parsnips (~1#)
1-2T olive oil
S&P to taste

Instructions:

1. Preheat oven to 450 F.
2. Cut 4 carrots and 4 parsnips into 1" slices.
3. Toss with 1-2T olive oil. Season to taste with S&P.
4. Place veggies in a single layer on a baking sheet.
5. Roast veggies for ~30-35 minutes, tossing halfway through cook time.



August 2018 Recipes, Paleo

Week 3 Salad: Mixed Greens w/ Pears, Dried Cherries, Cucumbers, Pecans & Bacon

Salad Components:

- 1/2 package of bacon
- 1 cucumber
- 1-2 pears
- 5oz mixed greens
- 1/2c dried cherries*
- 1/2c pecans

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

Dressing:

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

Instructions:

1. Preheat oven to 350 F.
2. Bake 1/2 of the packaged bacon in a single layer for 20-25min or until cooked through and just crispy. Once cooled, crumble bacon.
3. Cut cucumber into small, 1/4" pieces (option to peel and de-seed if preferred).
4. Chop 1-2 pears.
5. Layer in container as follows:
 - 1/2 of mixed greens
 - 1/2 chopped cucumber
 - 1/4c dried cherries
 - 1/4c pecans (chop if desired)
 - 1/2 of crumbled bacon
 - ~1 chopped pear
6. Repeat layers.

For Balsamic Dressing:

1. Whisk together:
 - 1/2c olive oil
 - 1/4c balsamic vinegar
 - pepper to taste
2. Drizzle each serving w/ 1-2T.



August 2018 Recipes, Paleo

Week 3 Breakfast: Paleo Banana Bread Granola

Ingredients:

1½c walnuts

1c pecans

½c pumpkin or sunflower seeds

2T flax or hemp seeds, optional

4 medjool dates, pitted (~½c)

1c coconut flakes

1T cinnamon

½tsp salt

1 banana

1/3c melted coconut oil

1tsp vanilla extract*

milk/ yogurt of choice, optional

1 pint berries of choice, optional

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

Instructions:

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

*Yields ~5c or 10 servings



August 2018 Recipes, Paleo

Week 3 Snack: Plums

Ingredients:

8 plums

Instructions:

1. Enjoy!

Week 3 Dessert: Peach Cobbler

Ingredients:

2# peaches

½c (1 stick) grassfed butter (OR sub w/ coconut oil)

1c medjool dates (~8), pits removed

1c pecans

1c almond flour

½c unsweetened coconut flakes*

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. Remove pits from 2# peaches and dice.
3. Place in food processor or blender:
 - ½c (1 stick) butter or coconut oil (if using blender & butter, cut butter into quarters before pulsing)
 - 1c dates (~8), pits removed
 - 1c pecans
 - 1c almond flour
 - ½c unsweetened coconut flakes
 - 1T cinnamon
 - 1tsp ground ginger
 - ½tsp salt
4. Pulse until combined and mixture begins to form a ball.
5. Place diced peaches in a small baking dish (~9x9" pan) and cover w/ cobbler (does not need to cover completely). Cover with foil.
6. Bake for ~30 minutes or filling is warmed & bubbly and topping is beginning to brown.



August 2018 Recipes, Paleo

Week 4 Meal 1: Maple Mustard Pork w/ Roasted Butternut Squash & Brussels' Sprouts

Marinate pork for 24-48 hours

Maple Mustard Pork

Ingredients:

¼c grainy mustard*

2T maple syrup*

1-1½# pork tenderloin

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

Instructions:

1. Whisk together ¼c grainy mustard + 2T maple syrup. Evenly coat a 1-1½# pork tenderloin.
2. Marinate pork for 24-48 hours.
3. Preheat oven to 400 F.
4. Remove pork from marinade and place in baking pan; roast 20-25 min or until internal temperature is 145 F.

Roasted Butternut Squash & Brussels' Sprouts

Ingredients:

2-3# butternut squash (OR sub w/ 1 bag pre-cut)

1# Brussels' sprouts

2T olive oil

S&P

Instructions:

1. Preheat oven to 400 F.
2. Peel & remove seeds from squash & cut into small, 1" pieces.
3. Halve 1# Brussels' sprouts. Toss w/ 2T olive oil + S&P.
4. Place butternut squash and Brussels' sprouts on baking sheet and roast for 30-35 min.



August 2018 Recipes, Paleo

Week 4 Meal 2: Cilantro-Citrus Shrimp w/ Cauli Rice & Cucumber Slices

Cilantro-Citrus Shrimp

Ingredients:

1-1½# shrimp, peeled, deveined, tails removed
2 limes
1 orange
1 lemon
1 bunch cilantro
½c olive oil
2tsp salt
2 garlic cloves

Instructions:

1. If using frozen shrimp, remove from freezer & place in fridge the night before or in the morning.
2. Preheat oven to 400 F.
3. For the shrimp marinade, blend the following until smooth:
 - zest and juice of 2 limes + 1 orange + 1 lemon
 - large handful cilantro
 - ½c olive oil
 - ½c water
 - 2tsp salt
 - 2 garlic cloves, peeled
4. Place shrimp in marinade for at least 30 minutes (or up to 2 hours) prior cooking.
5. Bake shrimp for ~10 minutes or until just pink/cooked through.

Cauliflower Rice:

Ingredients:

1 head cauliflower (OR sub w/ 1 bag cauli rice)
½ yellow onion
2T coconut oil

Instructions:

1. Remove core, leaves, & dark spots from cauliflower. Make sure cauli is completely dry, course chop. Finely chop 1 yellow onion.
2. Place chopped cauliflower in food processor (may have to do in multiple batches). Pulse until it reaches small rice like texture. Careful not to go too far or it will be mushy.
3. Heat chopped onion & cauli rice in lg sauté pan w/ 2T coconut oil over med-high heat for 6-8 min

Cucumber Slices

Ingredients:

1 cucumber

Instructions:

1. Cut cucumber into slices.



August 2018 Recipes, Paleo

Week 4 Meal 3: Summer "Pasta" w/ Chicken Sausage

Ingredients:

2-4 zucchini
2 pints cherry tomatoes
16oz sliced mushrooms
~6T olive oil
S&P to taste
1# raw chicken sausage* (Italian style or similar)
1 garlic clove
1 bunch basil
1 lemon
S&P
¼c sliced Kalamata olives
4oz feta cheese, optional
½c pine nuts, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 350 F.
2. From 2-4 zucchini, use spiralizer or mandolin to make "spaghetti-like" zoodles (can also cut by hand).
3. Toss 2 pints cherry tomatoes + 16oz sliced mushrooms + 1-2T olive oil + S&P.
4. Roast in single layer on 1-2 sheet pans for 30-35 minutes or until tender. Toss halfway through cook time. Once cooked, set aside.
5. Remove sausage from casing & sauté 8-12 min, breaking apart, until cooked through. Once cooked, set aside.
6. For the lemon basil sauce, in a blender, blend:
 - ¼c olive oil
 - 1 garlic clove
 - large handful fresh basil
 - juice of 1 lemon (~2T)
 - S&P
7. Toss together: roasted veg + lemon basil sauce + ¼c sliced kalamata olives + optional 4oz feta crumbles & ½c pine nuts.
8. Heat 1-2tsp olive oil to large sauté pan over med-high. Add zucchini noodles and cook 2-3 minutes.
9. Add veggie & chicken sausage mixture and sauté until heated through, 5-6 minutes.



August 2018 Recipes, Paleo

Week 4 Meal 4: Chicken & Veggie Stir Fry w/ Cauliflower Rice

Chicken & Veggie Stir Fry

Ingredients:

- 1 red onion
 - 1 head broccoli
 - 4 portobello mushrooms
 - ~3" knob ginger
 - 2-3 cloves garlic
 - 1# boneless, skinless chicken breasts (OR sub w/ chicken tenders)
 - ¼c coconut aminos*
 - ¼c rice vinegar
 - 1T toasted sesame oil
 - 1T coconut oil
 - 1tsp red chili flakes, optional
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Thinly slice 1 red onion. Cut 1 head broccoli into 2-3" pieces. Slice 4 portobello mushrooms. Peel and grate ginger for ~1T. Chop garlic for ~1T.
2. Thinly slice 1# boneless, skinless chicken breast into strips.
3. For the stir fry sauce, combine the following:
 - ¼c coconut aminos
 - ¼c rice vinegar
 - 1T toasted sesame oil
4. Add 1T coconut oil to a sauté pan over med-high heat. Add chicken + garlic + ginger + onions. Sauté 3-4 minutes.
5. Add broccoli & mushrooms, sauté for 6-8 minutes.
6. Add stir fry sauce and cook another 2-3 minutes.
7. Option to season w/ red chili flakes.
8. Serve over cauliflower rice.

Cauliflower Rice:

Ingredients:

- 1 head cauliflower (OR sub w/ 1 bag cauli rice)
- ½ yellow onion
- 2T coconut oil

Instructions:

1. Remove core, leaves, & dark spots from cauliflower. Make sure cauli is completely dry, course chop. Finely chop 1 yellow onion.
2. Place chopped cauliflower in food processor (may have to do in multiple batches.) Pulse until it reaches small rice like texture. Careful not to go too far or it will be mushy.
3. Heat chopped onion & cauli rice in lg sauté pan w/ 2T coconut oil over med-high heat for 6-8 min



August 2018 Recipes, Paleo

Week 4 Salad: Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio

Salad Components:

1c watermelon
5oz arugula
1 bunch fresh mint
½c chopped pistachios
4oz feta crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
pepper to taste

Instructions:

1. Cut 1c watermelon into small ½" cubes.
2. Layer in container as follows:
 - ½ of arugula
 - small handful mint leaves (gently tear into small pieces)
 - ½c cubed watermelon
 - ¼c chopped pistachios
 - 2oz feta crumbles, optional
3. Repeat layers.

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - pepper to taste
2. Drizzle 1-2T over each serving of salad.



August 2018 Recipes, Paleo

Week 4 Breakfast: Farmer's Market Tart

Ingredients:

1 bunch Swiss chard
1 red onion
1 bunch asparagus
3c almond flour
5T grassfed butter (OR sub olive oil)
S&P to taste
1 egg, omega-3
16oz sliced mushrooms
4oz goat cheese crumbles, optional

Instructions:

1. Preheat oven to 350 F.
2. Separate swiss chard stems from chard leaves.
3. Chop the chard stems & 1 red onion.
4. Finely chop chard leaves & 1 bunch asparagus.
5. In a food processor (or blender) pulse the following until dough comes together (or use a fork to combine in a bowl):
 - 3c almond flour
 - 4T butter or olive oil
 - 1/8tsp salt
 - 1 egg
6. Press dough ("crust") onto bottom of 9x13" pan and bake for 10-15 min. Remove from oven & cool.
7. Melt 1T butter or olive oil over med-low heat. Add 1 chopped red onion + chopped chard stems. Season w/ salt and cook 15 min.
8. Add 16oz sliced mushrooms and cook 10 min (add 2-3T water as needed to prevent burning). Season w/ salt.
9. Add 1 bunch finely chopped asparagus, cook 5 min.
10. Add 1 bunch finely chopped swiss chard leaves, cook 5 min. Season w/ S&P to taste.
11. Top crust w/ cooked veggies + 4oz goat cheese crumbles, optional.
12. Return to oven for ~10 mins until cheese melts.



August 2018 Recipes, Paleo

Week 4 Snack: Figgy Energy Bites

Ingredients:

1c dried figs*

1c medjool dates, ~8

½c dried cranberries*

½c almond butter*

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

Instructions:

1. In blender or food processor add:
 - 1c dried figs (no stems)
 - 1c medjool dates (pitted)
 - ½c dried cranberries
2. Pulse until combined.
3. Stir in ½c almond butter. Roll mixture into 1T balls. Place in single layer on baking sheet and freeze.
*Note: you can later transfer frozen bites into a container or baggy and freeze.
4. Yields ~24.
5. Remove 3-4 bites per person from freezer, defrost, and enjoy!

Week 4 Dessert: Watermelon

Ingredients:

1 watermelon

Instructions:

1. Cut watermelon into wedges for dessert.



August 2018 Recipes, Paleo

Week 5 Meal 1: Smoky Paprika Chicken & Herb Roasted Trio Fall Veggies

Smoky Paprika Chicken

Ingredients:

- ¼c olive oil
- 2T smoked paprika
- 1tsp salt
- 4 bone-in, skinless chicken leg quarters (OR sub w/ breasts if preferred)

Instructions:

1. Preheat oven to 425 F.
2. For chicken marinade, whisk together:
 - ¼c olive oil
 - 2T smoked paprika
 - 1tsp salt
3. Marinate chicken, covering completely. Marinate chicken for up to 48 hours.
4. Remove chicken from marinade and place in baking pan. Roast for ~35-40 minutes or until cooked through to an internal temp of 165 F.

Herb Roasted Trio of Fall Veggies

Ingredients:

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

Instructions:

1. Preheat oven to 425 F.
2. Slice 2-3 carrots & ~1# parsnips into bite-sized pieces (~1").
3. Cut white bulb of fennel into 1" slices, discard greens.
4. Toss together veggies w/ 1T olive oil + 1T Italian seasoning + 1tsp salt.
5. Place vegetables in a single layer on a baking sheet.
6. Roast for ~35-40 minutes, tossing halfway through cook time.



August 2018 Recipes, Paleo

Week 5 Meal 2: Bruschetta Salsa Topped Cod w/ Swiss Chard & Shiitakes

Bruschetta Salsa Topped Cod

Ingredients:

2 large tomatoes (to yield ~2c chopped)
1 bunch basil
2oz sliced Kalamata olives
2 cloves garlic
¼c olive oil
1T balsamic vinegar
1tsp dried oregano
S&P to taste
4 cod fillets, 4-6oz each

Instructions:

1. Preheat oven to 400 F.
2. Chop 2 large tomatoes (for ~2c) + basil (for ~¼c) + 2oz Kalamata olives. Mince 2 garlic cloves. Set aside in a bowl.
3. Whisk together the following:
 - ¼c olive oil
 - 1T balsamic vinegar
 - 1tsp dried oregano
 - S&P to taste
4. Pour over chopped tomatoes and stir to combine.
5. Line a sheet pan with parchment paper and lightly brush with olive oil.
6. Place 4 cod fillets on sheet pan and sprinkle with S&P.
7. Top each fillet with ½c bruschetta salsa and bake for ~15-18 minutes or until fish is opaque and flaky.

Swiss Chard & Shiitakes

Ingredients:

2 bunches Swiss chard
8oz shiitake mushrooms
2 cloves garlic
2tsp olive oil
S&P to taste

Instructions:

1. Remove stems from 2 bunches Swiss chard, discard.
2. Finely chop remaining leaves + 8oz shiitake mushrooms + 2 cloves garlic.
3. Heat lg sauté pan w/ 1-2tsp olive oil. Add chard, garlic & mushrooms. Cook 8-10 mins until tender, stirring often. Season w/ S&P.



August 2018 Recipes, Paleo

Week 5 Meal 3: Pizza Soup

Ingredients:

- 1 garlic clove
 - 1 red onion
 - 2 green bell peppers
 - 4oz pepperoni*
 - 1tsp olive oil
 - 8oz sliced mushrooms
 - 1T dried basil
 - 1T dried oregano
 - 4c beef broth*
 - 28oz can diced tomatoes
 - ~2oz sliced Kalamata olives
 - S&P to taste
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop 1 clove garlic +1 red onion + 2 green bell peppers + 4oz pepperoni.
2. In a large soup pot heat 1tsp olive oil over med-high heat.
3. Add the follow to the pot:
 - 8oz sliced mushrooms
 - chopped garlic clove
 - chopped red onion
 - chopped green bell peppers
 - 1T dried basil
 - 1T dried oregano
4. Sauté for 8-10 minutes then add the following:
 - 4c beef broth
 - 2c water
 - 4oz chopped pepperoni
 - 28oz diced tomatoes
 - ~2oz sliced Kalamata olives, drained.
5. Bring to a low boil and then lower to a simmer.
6. Cook ~30 minutes. Add liquid as needed.
7. Season to taste w/ S&P.



August 2018 Recipes, Paleo

Week 5 Meal 4: Bison Burgers w/ Avocado & Paprika Roasted Cauliflower

Bison Burgers w/ Avocado

Ingredients:

1¼# ground bison (OR sub w/ ground beef)

1T chili powder*

1/8t salt

Oil

4 avocados

romaine or bibb lettuce, optional

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

Instructions:

1. Preheat oven to 450 F.
2. Gently combine 1¼# ground bison + 1T chili powder + 1/8tsp salt. Form into 4 patties.
3. Place burgers on a well-oiled baking sheet.
4. Cook for ~30-35 minutes.
5. Top burgers w/ avocado slices. Option to serve in lettuce wrap.
Note: burgers can also be cooked by sautéing in a pan for 3-4 min/side over med-high heat or grilling.

Paprika Roasted Cauliflower

Ingredients:

1 head cauliflower

1T olive oil

1T smoked paprika

1tsp salt

Instructions:

1. Preheat oven to 450 F.
2. Cut 1 head cauliflower into 1-2" bite-sized pieces.
3. Toss with 1T olive oil + 1T smoked paprika + 1tsp salt.
4. Place cauliflower in a single layer on a parchment lined baking sheet.
5. Roast for ~25-35 minutes, tossing halfway through.



August 2018 Recipes, Paleo

Week 5 Salad: Italian Side Salad

Salad Components:

1 cucumber
1 carrot
5oz mixed greens
1 pint cherry tomatoes
¼c sliced almonds

Instructions:

1. Dice 1 cucumber into bite-sized pieces to equal ~1c.
2. Cut 1 carrot into small pieces (or grate).
3. Layer the following in a large bowl (or into mixed greens tub):
 - ½ of mixed greens
 - ½c chopped cucumber
 - ½ chopped/grated carrot
 - ½ pint cherry tomatoes
 - 1/8c sliced almonds
4. Repeat layers.

For Italian Vinaigrette:

1. Whisk together:
 - ½c olive oil
 - ¼c red wine vinegar
 - 1T Italian seasoning
 - S&P to taste
2. Top each salad portion with 1-2T vinaigrette.

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



August 2018 Recipes, Paleo

Week 5 Breakfast: Lumberjack Muffins

Ingredients:

1 yellow onion
1 red bell pepper
1 russet potato
1# country sausage*
12 eggs, omega-3
1tsp smoked paprika
S&P

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

Instructions:

1. Dice 1 yellow onion, 1 red bell pepper & 1 russet potato in small pieces.
2. Cook 1# country sausage + 1 chopped onion for 5 mins over med-high heat, breaking up meat.
3. Add 1 chopped red bell peppers and 1 chopped russet potato. Cook 5 mins, stirring often.
4. Cover and cook 5 more mins or until potatoes are tender. Cool.
5. Whisk together 12 eggs + 1tsp smoked paprika + S&P to taste.
6. Use ¼c to scoop meat mixture into parchment-lined muffin tins. Cover meat mixture w/ whisked eggs & bake 17-19 min.

*Yields ~26 muffins

Week 5 Snack: Apples w/ Pecan Butter

Ingredients:

4 apples
¼c pecan butter*

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

Instructions:

1. Slice apple w/ apple slicer or knife.
2. Use a tablespoon to scoop out pecan butter.
3. 1 serving = 1 apple + 1T pecan butter



August 2018 Recipes, Paleo

Week 5 Dessert: Cranberry-Walnut Dark Chocolate Drops

Ingredients:

1c dark chocolate chips or discs (70%+ preferred)

½tsp cinnamon

1c walnuts

¼c cranberries, dried*

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

Instructions:

1. Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
2. Remove chocolate from heat and stir in ½tsp cinnamon + 1c walnuts + ¼c dried cranberries.
3. Use a tablespoon and drop onto parchment or foil. Allow to cool in the refrigerator.
4. Can store in the freezer.