

4-WEEK

A Full 30 Days of
Meal Plans & Grocery Lists
With Over 60 Recipes

RESET

by Kendra Benson
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Thank you so much for your support and purchase of this ebook.
I hope that this easy-to-view, printable format will help you on your journey to health
by making meal planning and preparation simple and fun.

**This ebook is dedicated to all of you who have lifted me up by your
immeasurable support, motivation, and personal stories of success.**

Thank you!

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Congratulations on your commitment to a better lifestyle

This is a big and important step in your health, but it can also be overwhelming and difficult at first. These meal plans are complete with grocery lists and tips to help make the journey easy and delicious.

You may notice that the following meal plans do not include any snacks. You should be getting enough quality food at each meal, if you're following this meal plan, that you won't feel the physical need to eat between meals. If you have an off-day and aren't able to eat complete meals, try to keep some cut-up veggies on hand so you've got something easy and quick nearby and aren't tempted to grab something that isn't healthy and wholesome.

All recipes for this meal plan can be found within this ebook, and most can also be found on our website at <https://www.ourpaleolife.com> (each recipe that is on the site is linked within the ebook and marked by an underline). This meal plan was created for our family of 5 (one of which is pretty small and doesn't eat much), and you could easily cut the recipes and grocery list in half to suit 2 adults.

You'll be cutting out a lot of food from your diet for 30 days to help you with, well, whatever your needs are at this time. That might be to lose weight, resolve gut issues, beat your sugar craving, or make this a long-term lifestyle change. Whatever your goal is, commit to the change and don't let society, peer pressure, or anything else get in your way. It is only 30 days. I promise you that if I can do this (and more than once at that!) then so can you.

Kendra♥



Meal Plan - Week 1

Week 1 is probably the hardest of all the weeks. You may be crabby from the lack of sugars and carbs that your body is so used to consuming (AKA: carb flu). You might also be tired, lack energy, and probably just won't want to be around people in general. This is the hardest hurdle to get over, but you can do it. By the end of week 1, you'll be close to normal and starting to feel better than ever.

	BREAKFAST	LUNCH	DINNER
Day 1	Fried Eggs, Sweet Potato Hashbrowns, and <u>Breakfast Sausage Patties</u>	<u>Chicken Bacon Salad</u> w/ Olive Oil and Balsamic Vinegar	<u>Taco Salad</u>
Day 2	Aidell's Sausage (or other sausage with no-added sugar), Sauerkraut, and Bell Peppers ¹	Leftover <u>Taco Salad</u>	<u>50/50 Bacon Bison Burgers² & Skillet Sweet Potatoes</u>
Day 3	<u>Egg Muffins</u>	Leftover <u>50/50 Bacon Bison Burgers</u>	<u>Coconut Curry Chicken</u> w/ Cauliflower Rice & <u>Egg Drop Soup</u>
Day 4	<u>All-Day Frittata</u>	Leftover <u>Coconut Curry Chicken</u>	<u>Beefy Ratatouille</u>
Day 5	Leftover <u>All-Day Frittata</u>	Leftover <u>Beefy Ratatouille</u>	<u>Slow Roasted Pork Shoulder & Bacon Balsamic Brussels Sprouts³</u>
Day 6	Pork Scramble	Leftover <u>Slow Roasted Pork Shoulder & Bacon Balsamic Brussels Sprouts³</u>	<u>Slow Cooker Rotisserie Chicken & Best Roasted Veggies</u>
Day 7	Fried Eggs, <u>Sweet Potato Souffle</u> , & <u>"Baked" Cinnamon Apples</u>	<u>Chicken Bacon Salad</u> w/ Olive Oil and Balsamic Vinegar	<u>Creamy Lemon Artichoke Chicken</u>

¹ & ² *NOTES* are on page 8.

Grocery List - Week 1

PRODUCE

7 Apples
Small bag of Grapes
4 Bell Peppers (not green)
1 Hot Pepper (your preference)
8 Yellow Onions
3 bulbs Garlic
7 Sweet Potatoes
3 Beets
1 bunch Bananas
Mixed Salad Greens
5 lb bag Carrots
3 Cucumbers
2-3 lb Brussels Sprouts
1 large Eggplant
2 Zucchini
10 Plum Tomatoes
2 Limes
1 Lemon
2 heads Cauliflower
2 heads Broccoli
1 head Iceberg Lettuce
Romaine Lettuce
3 Avocados
Chives
1 jar Sauerkraut (we prefer Bubbies brand)
Salsa (no added sugar)

REFRIGERATED

7 Dozen Eggs
Ghee

HERBS / SPICES

Sea Salt
Black Pepper
Ground Cinnamon
Ground Nutmeg
Ground Ginger
Dried Basil
Garlic Powder
Onion Powder
Smoked Paprika
Dried Parsley
Dried Mustard
Cayenne Pepper
Chili Powder
Cumin
Oregano
Red Pepper Flakes (optional)
Mild Yellow Curry Powder

MEAT

3 lb Bacon
2 lb Chorizo Sausage
1 lb Ground Pork
1 lb Ground Bison or Beef
6-7 lb Pork Shoulder
4 lb Ground Beef
3 lb Chicken Tenders
1 Whole Chicken
12 Chicken Thighs (boneless, and skinless)
1 pkg Aidell's Chicken Apple Sausage

GROCERY

3 cups Olive or Avocado Oil
Coconut Oil
3 cups Balsamic Vinegar (no added sugar)
1 can Black Olives
3 cans Full-Fat Coconut Milk
10 cups Chicken Stock (no added sugar)
2 (8 oz) cans Tomato Sauce
1 (6 oz) can Tomato Paste
1 (28 oz) can Diced Tomatoes
Arrowroot Starch
Pecans
Almonds
Sunflower Seeds, shelled
Flax Seeds
Unsweetened Shredded Coconut
32oz Artichoke Hearts

Week 1 Meal Plan Notes

¹ *Sausage, sauerkraut, and peppers* – Just chop up 1 sausage into bite-size pieces and slice a bell pepper. Cook all 3 ingredients in a hot skillet with a small bit of bacon grease until cooked through and hot.

² *50/50 Bacon Bison Burgers* – The ‘Additional Toppings’ listed in the recipe are not included in this week’s Grocery List. Review the recipe and add any toppings you want as additions to your list.

³ *Bacon Balsamic Brussels Sprouts* – Leave out the dried cranberries, because it can be fairly difficult to find any that are sweetened with just fruit juice. Use a balsamic that is just vinegar, not sweetened with added sugars.

Week 1 Prep Tips

- Wash and cut all produce at the beginning of the week:
 - Wash all produce in a water bath with a bit of vinegar and let dry before refrigerating them.
 - Peel/slice/dice all vegetables and store them in food storage containers in the refrigerator. Carrots, peppers, and potatoes should be stored in water to keep them from drying out and browning. Brussels sprouts should be stored in a dry container. This will drastically cut down on meal prep time each evening and will allow you to have fresh veggies on hand if you need a quick snack between meals.
 - Chop onions and peppers and store in food storage containers to quickly add them to eggs (for variety) or other dishes.
- Cook enough bacon at the beginning of the week to add to salads or eat with breakfast so you don’t have to cook it every day. Bacon reheats well. Be sure to reserve the bacon grease to use a cooking fat throughout the week.
- Prepare a large batch of CauliRice at the beginning of the week and store in the refrigerator until ready to use.
- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

Week 1 Recipe Index

BREAKFAST

- Sweet Potato Hashbrowns pg **83**
- Breakfast Sausage Patties pg **26**
- Egg Muffins pg **33**
- All-Day Frittata pg **24**
- Pork Scramble pg **31**
- Sweet Potato Souffle pg **78**
- “Baked” Cinnamon Apples pg **25**

LUNCH

- Chicken Bacon Salad pg **38**

DINNER

- Taco Salad pg **65**
- 50/50 Bacon Bison Burgers pg **44**
- Skillet Sweet Potatoes pg **82**
- Coconut Curry Chicken pg **52**
- Cauliflower Rice pg **73**
- Egg Drop Soup pg **76**
- Beefy Ratatouille pg **47**
- Slow Roasted Pork Shoulder pg **62**
- Bacon Balsamic Brussels Sprouts pg **71**
- Slow Cooker Rotisserie Chicken pg **61**
- Best Roasted Veggies pg **72**
- Creamy Lemon Artichoke Chicken pg **54**

Meal Plan - Week 2

You've made it past the hard part and are starting Week 2, congratulations! Things should start to move uphill from here on out. You'll likely see an increase in energy and focus, as well as having a greater desire to stick with it. You may also notice the side effect of wanting to tell everyone about what you're eating and how it's going, regardless of if they want to hear it or not. And you should, it's okay to be proud of your accomplishments.

	BREAKFAST	LUNCH	DINNER
Day 8	Scrambled Eggs, Bacon, 1/2 Bell Pepper	Leftover <u>Creamy Lemon Chicken</u>	<u>Stuffed Peppers</u>
Day 9	<u>Mini Sweet Potato Souffle</u> , Fried Eggs, Fresh Seasonal Fruit	Leftover <u>Stuffed Peppers</u>	<u>Chicken Nuggets</u> with <u>Balsamic Ketchup</u> & <u>Crispy Bacon Broccoli</u>
Day 10	Fried Eggs & <u>Jalapeño Poppers</u> (1/2 batch of Poppers)	<u>Crispy Chicken Salad</u> (using leftover <u>Chicken Nuggets</u>)	<u>Sloppy Joes</u> & Simple Green Beans
Day 11	<u>Spicy Scrambled Egg Hash</u>	Leftover <u>Sloppy Joes</u> & Green Beans	<u>Chicken Bacon Ranch Skillet</u> & <u>Asparagus Potato Hash</u>
Day 12	Fried Eggs & Leftover <u>Asparagus Potato Hash</u>	Leftover <u>Chicken Bacon Ranch</u> & Fresh Veggies	<u>Bacon Bison Chili</u>
Day 13	<u>Eggs in a Nest</u>	Leftover <u>Bacon Bison Chili</u>	<u>Chicken Broccoli Bake</u>
Day 14	<u>Fiesta Scrambled Eggs</u> & <u>Country Potatoes</u>	Leftover <u>Chicken Broccoli Bake</u>	<u>Minestrone Soup</u>

Grocery List - Week 2

PRODUCE

8 Bell Peppers
1 Yellow Onions
2 Shallots
5 Sweet Potatoes
4 lb White Potatoes
1 bunch Bananas
7 Jalapeño or Fresno Peppers
1 Lemon
2 Limes
White Mushrooms
Green Beans (as much as
your family will eat + some
for leftovers)
1 bunch Asparagus
2 Zucchini
Carrots (for snacks)
Celery (for snacks)
Cucumbers (for snacks)
4 heads Broccoli
Seasonal Fruit of choice
(enough for 1 breakfast)
Dill (fresh or freeze-dried)
1 bulb Garlic
Mixed Salad Greens
1 Apple
2 Plum Tomatoes

REFRIGERATED

6 Dozen Eggs

FROZEN

1 bag Frozen Spinach

HERBS / SPICES

Baking Soda
Bay Leaves
Cinnamon
Ground Nutmeg
Chili Powder
Chipotle Pepper
Cayenne Pepper
Salt
Cumin
Dried Parsley
Oregano
Basil
Smoked Paprika
Black Pepper
Garlic powder
Onion powder
Allspice

MEAT

4-1/2 lb Bacon
3 lb Ground Beef
1 lb Ground Bison (or an extra
lb of ground beef)
3 large Chicken Breasts
14 Chicken thighs (boneless,
skinless)
1-1/2 lb Chorizo

GROCERY

1/3 cup Pecans
1/2 cup raw cashews
1/3 cup Flax seeds
Coconut Oil
4 cups Olive Oil
Unsweetened Shredded
Coconut
Nutritional Yeast
Arrowroot Starch
(3) 4 oz can Diced Jalapeños
(5) 14 oz can Diced Tomatoes
(4) 6 oz cans Tomato Paste
1-1/3 cup Balsamic Vinegar
(no added sugar)
1 can Black Olives
Yellow Mustard
1 can Full-Fat Coconut Milk
28 oz carton Chicken or
Vegetable broth (no added
sugar)

Week 2 Prep Tips

- Wash and cut all produce at the beginning of the week:
 - Wash all produce in a water bath with a bit of vinegar and let dry before refrigerating them.
 - Peel/slice/dice all vegetables and store them in food storage containers in the refrigerator. For soup and chili ingredients, portion them out separately so they are ready to dump in the pot without any extra measuring or cutting.
 - Carrots, peppers, and potatoes should be stored in water to keep them from drying out and browning. Brussels sprouts should be stored in a dry container. This will drastically cut down on meal prep time each evening and will allow you to have fresh veggies on hand if you need a quick snack between meals.
 - Chop onions and peppers and store in food storage containers to quickly add them to eggs (for variety) or other dishes.
- Prepare bacon in advance and *save your grease*. Not only should you always be doing this, but you'll need it for the Crispy Bacon Broccoli.
- For Country Potatoes, bake and refrigerate the potatoes *at least* 1 day in advance. This is crucial to the recipe and will also save you time in the morning.
- Prepare Jalapeño Poppers at least a day in advance so you can just heat them up in the morning.
- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

Week 2 Recipe Index

BREAKFAST

- Mini Sweet Potato Souffles pg **78**
- Jalapeno Poppers pg **77**
- Spicy Scrambled Egg Hash pg **34**
- Asparagus Potato Hash pg **70**
- Eggs in a Nest pg **28**
- Fiesta Scrambled Eggs pg **29**
- Country Potatoes pg **74**

LUNCH

- Crispy Chicken Salad pg **39**

DINNER

- Stuffed Peppers pg **64**
- Chicken Nuggets pg **57**
- Balsamic Ketchup pg **86**
- Crispy Bacon Broccoli pg **75**
- Sloppy Joes pg **60**
- Simple Green Beans pg **81**
- Chicken Bacon Ranch Skillet pg **49**
- Asparagus Potato Hash pg **70**
- Bacon Bison Chili pg **46**
- Chicken Broccoli Bake pg **50**
- Minestrone Soup pg **58**

Meal Plan - Week 3

You're past the halfway point! I bet you're feeling pretty good right about now. This is the honeymoon phase. The point where you may think you could go way longer than 30 days. Things are getting easier, you're feeling confident, full of energy and life, so why stop now. Great, keep going. You've got this!

	BREAKFAST	LUNCH	DINNER
Day 15	Fried Eggs, Bell Pepper Sticks, Leftover <u>Country Potatoes</u>	Leftover <u>Minestrone Soup</u>	<u>50/50 Bacon Bison Burgers, Skillet Sweet Potatoes</u>
Day 16	<u>Spicy Egg Muffins</u> (1/2 batch), " <u>Baked</u> " Cinnamon Apples	Leftover <u>50/50 Bacon Bison Burgers</u> and <u>Skillet Sweet Potatoes</u>	<u>Taco Salad</u>
Day 17	Fried Eggs, <u>Mini Sweet Potato Souffle</u>	Leftover <u>Taco Salad</u>	<u>Paleo Spaghetti Sauce</u> and <u>Zoodles</u>
Day 18	<u>Eggs In A Nest</u> , <u>Instant Strawberry Yogurt</u>	Leftover <u>Paleo Spaghetti Sauce</u> and <u>Zoodles</u>	<u>Creamy Chicken Noodle Soup</u>
Day 19	<u>Fiesta Scrambled Eggs</u> and <u>Breakfast Sausage</u>	Leftover <u>Creamy Chicken Noodle Soup</u>	<u>Crockpot Beef Stew</u>
Day 20	<u>All-Day Frittata</u>	Leftover <u>Beef Stew</u>	<u>Artichoke Meatloaf</u> , <u>Roasted Asparagus</u> , Leftover <u>Mini Sweet Potato Souffle</u>
Day 21	Leftover <u>Artichoke Meatloaf</u>	<u>Easy Egg Salad</u>	<u>Easy Peasy Chicken Thighs</u> , <u>Best Roasted Veggies</u>
Day 22	Aidells Sausage, Sauerkraut, Bell Peppers	<u>Chicken Bacon Salad</u> with Hard-Boiled Eggs from the <u>Easy Egg Salad</u> and <u>Chicken Thighs</u> ; Olive Oil and Vinegar Dressing	<u>Smokey Bacon Chicken Thighs</u> , <u>Bacon Balsamic Brussels Sprouts</u>

Grocery List - Week 3

PRODUCE

6 Bell Peppers
1 Hot Pepper
8 Yellow Onions
7 Apples
10 Sweet Potatoes
1 Banana
1 Lemon
2 Limes
1 bulb Garlic
3-4 Avocados
Mixed Salad Greens
Romaine Lettuce
Iceberg Lettuce
3-4 Tomatoes
6-7 large Zucchini
5 lb bag of Carrots
2-3 Cucumbers
1 bunch Skinny Asparagus
1 head Cauliflower
2 small heads Broccoli
3-4 lb Brussels Sprouts
2-3 Beets
Grapes
Celery
Chives (freeze dried is fine)
Sauerkraut
Salsa (no added sugar)

REFRIGERATED

6 Dozen Eggs

MEAT

7 lb Grass-Fed Beef
1.5 lb Beef Stew Meat
2 lb Chorizo
1 lb Ground Pork
3.5 lb Uncured Bacon
1 pkg Aidells Chicken Apple Sausage
1 (3-4 lb) Whole Chicken (or chicken pieces)
14 Chicken Thighs (boneless, skinless)

HERBS / SPICES

Sea Salt
Ground Black Pepper
Ground Cinnamon
Ground Nutmeg
1 Vanilla Bean
Ground Mustard
Garlic Powder
Onion Powder
Italian Seasoning
Smoked Paprika
Parsley
Basil
Cayenne Pepper
Chipotle Powder
Red Pepper Flakes
Chili Powder
Cumin
Oregano
Baking Powder
Baking Soda

FROZEN

1 sm bag Frozen Strawberries

GROCERY

At least 3 cups Olive Oil
Coconut Oil
Pecans
Blanched Slivered Almonds
Sunflower Seed Kernels (raw)
Flax Seeds
Unsweetened Shredded Coconut
Balsamic Vinegar
4 cans Full-Fat Coconut Milk
1 can Black Olives
2 (8 oz) can Tomato Sauce
1 (6 oz) can Tomato Paste
1 (28 oz) can Diced Tomatoes
24 oz Beef Broth (no added sugar)
1 small can/carton Chicken or Vegetable broth (no added sugar)
14 oz can Artichoke Hearts (in water)
1 small jar Dill Pickles (no sugar added)
Arrowroot, Tapioca, or Potato Starch
Nutritional Yeast
Fruit-Juice Sweetened Dried Cranberries (you can leave them out if you can't find juice-sweetened)

Week 3 Prep Tips

- Wash and cut all produce at the beginning of the week:
 - Wash all produce in a water bath with a bit of vinegar and let dry before refrigerating them.
 - Peel/slice/dice all vegetables and store them in food storage containers in the refrigerator. For Chicken Noodle Soup, Beef Stew, and Taco Salad ingredients, portion them out separately so they are ready to dump in the pot without any extra measuring or cutting the night of.
 - Carrots, peppers, and potatoes should be stored in water to keep them from drying out and browning. Brussels sprouts should be stored in a dry container. This will drastically cut down on meal prep time each evening and will allow you to have fresh veggies on hand if you need a quick snack between meals.
 - Chop onions and peppers and store in food storage containers to quickly add them to eggs (for variety) or other dishes.
- **ALWAYS** save your bacon grease. It's a great cooking fat and is needed for the Easy Peasy Chicken Thighs.
- Prepare the Eggs In A Nest, Egg Muffins, and Mini Sweet Potato Souffles in advance. All will store well in the fridge and reheat in the microwave just fine. Or they taste just as good cold or at room temp, whatever your preference.
- Make a couple extra hard-boiled eggs so you can have some for the Chicken Bacon Salad.
- Separate meat portions into food storage bags so that you can just grab a bag of exactly what you need.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

Week 3 Recipe Index

BREAKFAST

- Country Potatoes pg 74
- Spicy Egg Muffins pg 33
- “Baked” Cinnamon Apples pg 25
- Mini Sweet Potato Souffles pg 78
- Eggs in a Nest pg 28
- Instant Strawberry Yogurt pg 30
- Fiesta Scrambled Eggs pg 29
- Breakfast Sausage pg 26
- All-Day Frittata pg 24
- Sausage, Sauerkraut, Bell Peppers pg 32

LUNCH

- Easy Egg Salad pg 40
- Chicken Bacon Salad pg 38

DINNER

- 50/50 Bacon Bison Burgers pg 44
- Skillet Sweet Potatoes pg 82
- Taco Salad pg 65
- Paleo Spaghetti Sauce pg 59
- Zoodles pg 66
- Creamy Chicken Noodle Soup pg 53
- Crockpot Beef Stew pg 55
- Artichoke Meatloaf pg 45
- Roasted Asparagus pg 79
- Mini Sweet Potato Souffles pg 78
- Easy Peasy Chicken Thighs pg 56
- Best Roasted Veggies pg 72
- Smokey Bacon Chicken Thighs pg 63
- Bacon Balsamic Brussels Sprouts pg 71

Meal Plan - Week 4

Week 4, you're here! Only 25% of your 4-week reset is left. Feels pretty good, doesn't it. But it's not over yet, you still have 8 days left. Don't forget that when you successfully complete your 30 days that any and all food is fair game. Reintroduce foods slowly so that you can see which ones have a negative effect on your body. And in addition to that pat on your back, maybe get yourself a little gift for doing so well (but not food, you're not a dog and don't need to be rewarded with treats).

	BREAKFAST	LUNCH	DINNER
Day 23	Fried Eggs & <u>Breakfast Sausage</u>	Leftover <u>Smoky Bacon Chicken Thighs</u> & Mixed Greens Salad	<u>Chicken Broccoli Bake</u>
Day 24	<u>Chicken Bacon Ranch Omelette</u>	Leftover <u>Chicken Broccoli Bake</u>	<u>Cashew Crusted Mahi Mahi & Asparagus Potato Hash</u>
Day 25	<u>Fiesta Scrambled Eggs & Country Potatoes</u>	<u>Turkey BLTA Roll-Ups</u>	<u>Salmon Cakes & Guacamole</u>
Day 26	Leftover <u>Salmon Cakes</u> with Fried Eggs	<u>Chicken Bacon Salad</u>	<u>Paleo Spaghetti Sauce & Zucchini Noodles</u>
Day 27	<u>Sweet Potato Souffle, Fried Eggs, & "Baked" Cinnamon Apples</u>	Leftover <u>Spaghetti</u> (make fresh <u>Zucchini Noodles</u>)	<u>Beefy Ratatouille</u>
Day 28	Scrambled Eggs, Bacon, & 1/2 Bell Pepper	Leftover <u>Beefy Ratatouille</u>	<u>Creamy Chicken "Noodle" Soup</u>
Day 29	<u>Spicy Egg Muffins</u>	Leftover <u>Creamy Chicken "Noodle" Soup</u>	<u>Pork Shoulder & Skillet Sweet Potatoes</u>
Day 30	<u>Fiesta Scrambled Eggs & Fresh Fruit</u>	Leftover <u>Pork Shoulder</u>	<u>Cinnamon Lemon Pepper Chicken & Best Roasted Veggies</u>

Grocery List - Week 4

PRODUCE

6 Red Peppers
2 Jalapeno Peppers
3 Yellow Onions
1 Red Onion
1 Shallot
1 small bunch Celery
7 Lemons
5 Avocados
1 head Iceberg Lettuce
8-10 Yukon Gold Potatoes
12 Sweet Potatoes
4-5 Red Potatoes
1 bundle Thin Asparagus
1 bunch Bananas
9 Sweet Apples
Grapes
Fresh Fruit of choice
Chives
12 Cherry Tomatoes
7 Plum Tomatoes
3 bulbs Garlic
Spring Mix Salad Greens
Small bag of Carrots
2 Cucumbers
4 heads Broccoli
1 head Cauliflower
12-15 medium Brussels
Sprouts
3 Beets (any color)
1 lb Tomatillos
2 large Peaches
8-10 large Zucchini
1 small Eggplant
Dill
Cilantro

MEAT

1 lb Ground Pork
3 lb Ground Beef
1 lb Chorizo
1 (6-7 lb) Pork Shoulder
2 lb Chicken Tenders
6 Chicken Breasts (boneless, skinless)
8 Chicken Thighs (boneless, skinless)
3-4 lb Whole Chicken
3 lb Uncured Bacon
16 slices Applegate Turkey
6 (6 oz) Wild Caught Mahi Mahi
8-10 oz Wild Caught Salmon

HERBS / SPICES

Garlic Powder
Onion Powder
Oregano
Basil
Italian Seasoning
Smoked Paprika
Black Pepper
Parsley
Cayenne Pepper
Sea Salt
Red Pepper Flakes
Baking Powder
Baking Soda
Cinnamon
Nutmeg
Ginger
1 Vanilla Bean

REFRIGERATED

7 Dozen Eggs
Ghee

GROCERY

Hot Sauce
White Vinegar
Apple Cider Vinegar
Olive Oil
Balsamic Vinegar
3 cans Full-Fat Coconut Milk
Pecans
Flax Seeds
Coconut Oil
Unsweetened Shredded Coconut
Roasted Cashews
Coconut Butter
Almond Flour
Potato Starch
Nutritional Yeast
3 (8 oz) can Tomato Sauce
1 (28 oz) can Diced Tomatoes
1 (6 oz) can Tomato Paste
1 can or carton Chicken Stock
(no added sugar)

Week 4 Prep Tips

- Wash and cut all produce at the beginning of the week:
 - Wash all produce in a water bath with a bit of vinegar and let dry before refrigerating them.
 - Chop onions and peppers and store in food storage containers to quickly add them to eggs (for variety) or other dishes.
- Egg Muffins and Mini Sweet Potato Souffles in advance. Both will store well in the fridge and reheat in the microwave just fine. Or they taste just as good cold or at room temp, whatever your preference.
- Make chicken for the Chicken Bacon Ranch in advance so you can just reheat and eat in the morning.
- Make a couple hard-boiled eggs in advance so you can have some for the Chicken Bacon Salad.
- Prepare lunches from leftovers the night before so you can just grab it and go the next day.

Week 4 Recipe Index

BREAKFAST

- Breakfast Sausage pg 26
- Chicken Bacon Ranch Omelette pg 27
- Fiesta Scrambled Eggs pg 29
- Country Potatoes pg 74
- Mini Sweet Potato Souffle pg 78
- “Baked” Cinnamon Apples pg 25
- Spicy Egg Muffins pg 33

LUNCH

- Turkey BLTA Roll-Ups pg 41
- Chicken Bacon Salad pg 38

DINNER

- Chicken Broccoli Bake pg 50
- Cashew Crusted Mahi Mahi pg 48
- Asparagus Potato Hash pg 70
- Salmon Cakes pg 80
- Guacamole pg 89
- Paleo Spaghetti Sauce pg 59
- Zoodles pg 66
- Beefy Ratatouille pg 47
- Creamy Chicken “Noodle” Soup pg 53
- Pork Shoulder pg 62
- Skillet Sweet Potatoes pg 82
- Cinnamon Lemon Pepper Chicken pg 51
- Best Roasted Veggies pg 72



RECIPES

Breakfast Recipes

All-Day Frittata

Yields 8 servings | Prep Time: 15 minutes | Cook Time: 45 minutes

INGREDIENTS

- 1 Sweet Potato, shredded
- 1 small Yellow Onion
- 1 Tbsp Avocado Oil
- 1 lb Breakfast Sausage (pg 26) or Chorizo
(make sure to read the label and get one that doesn't sneak sugar in it)
- 12 Eggs

DIRECTIONS

1. Preheat the oven to 350°F.
2. Lightly grease a 9x13 glass baking dish.
3. Place your shredded sweet potatoes in the bottom of the dish.
4. Heat the coconut oil in a large skillet over medium-high heat. Saute the onions until they are translucent.
5. Add the sausage to the pan with the onions and cook all the way through, breaking it up with the back of a wooden spoon as it browns.
6. Evenly pour the sausage mixture into the baking dish over the sweet potatoes.
7. Whisk the eggs and then evenly pour them on top of the sausage.
8. Cover the dish with foil and bake for 30 minutes. Remove the foil and bake for 15 minutes more.
9. Serve with your favorite salsa and guacamole (optional).

“Baked” Cinnamon Apples

Yields 1 serving | Prep Time: 2 minutes | Cook Time: 2 minutes

INGREDIENTS

- 1 Sweet Apple
- 1/2 Tbsp Coconut Oil, melted
- 1 tsp Ground Cinnamon
- Dash of Ground Nutmeg
- Small Glass Bowl
- Plastic Wrap or lid for the bowl

DIRECTIONS

1. Using an apple slicer (or a knife), cut your apple into wedges. You can either peel it before or after (I prefer after). Cut wedges in half, if you prefer, or if this is for little ones.
2. Put the coconut oil in your small bowl (a Pyrex dish is perfect for this) and microwave it for about 15-20 seconds until it's melted.
3. Place apples and all other ingredients into the glass bowl. Mix it around to get the oil and spices on all the apples. Don't stress too much about perfection here.
4. Place the lid or plastic wrap on the top of the bowl. Leave a small vent open for steam to escape.
5. Microwave on HIGH for 2:15.
6. Be very careful removing the bowl from the microwave. It will be extremely hot and there will be steam. Use potholders here, it really helps.
7. Give everything a quick little stir, let cool slightly, and eat warm.

Breakfast Sausage

Yields 1 lb | Prep Time: 5 minutes | Cook Time: 10 minutes

INGREDIENTS

- 1 lb Ground Pork
- 1 tsp Garlic Powder
- 1 tsp Smoked Paprika
- 1/2 tsp Ground Black Pepper
- 1 tsp Dried Parsley
- 1/4 tsp Cayenne Pepper
- 1/2 tsp Sea Salt
- 1 tsp Crushed Red Pepper Flakes
(optional, if you like it spicy)

DIRECTIONS

1. Combine all ingredients in a large bowl.
2. Get your hands in there and mix it all together until the spices are combined evenly throughout the pork.
3. Form the pork into small patties, about 3" wide and 1/2" thick. Alternately, form the pork into sausage links,
4. Heat a skillet over medium-high heat. Once hot, add the sausage patties and cook about 7-10 minutes, flipping once, until cooked through.
5. Alternately, you can cook all the pork at once, not forming patties, and using it as crumbled pork in other recipes.

Chicken Bacon Ranch Omelette

by The Primal Desire

Yields 2 servings | Prep Time: 5 minutes | Cook Time: 55 minutes

INGREDIENTS

- 2 Chicken Breasts
- 2 tbsp Lemon Juice
- 2 tbsp Hot Sauce
(paleo approved, like Frank's Red Hot Original sauce)
- 1 tsp Garlic Powder
- 4 Strips Bacon
- 4 Eggs
- 1 Avocado
- 1 cup Shredded Lettuce
- 1/2 tsp Salt
- 1/4 tsp Ground Black Pepper
- 4 tbsp Ranch Dressing (pg 91)
- 1 tbsp Diced Chives
- 12 Cherry Tomatoes

DIRECTIONS

1. Cut chicken breasts into strips and put into a bowl.
2. Add lemon juice, hot sauce and garlic powder, stir and let sit a few minutes.
3. Preheat oven to 350°F.
4. Place chicken breast strips on a baking sheet and cover with bacon strips.
5. Bake 35-45 min depending on how well you like your bacon cooked. Alternately you can pan fry chicken and bacon together if in a hurry.
6. Once cooked, chop the chicken and bacon into bite size chunks.
7. Break eggs into a bowl, season with salt and pepper and whisk until they are a uniform texture.
8. Pour half the mixture into a pan over medium to medium-high heat, cook 2-4 min (until mostly solid but before overcooked) and carefully flip, cooking until the second side is slightly browned. Repeat with the remainder of the mixture (for second omelette).
9. Spread half the bacon and chicken over one half of each of the omelette bases.
10. Top with 1/2 avocado, 1/2 cup shredded lettuce and drizzle 2 tbsp ranch over top.
11. Fold egg over and garnish with diced chives and cherry tomatoes.
12. Add additional hot sauce if you like it spicy!

Eggs in a Nest

Yields 5 nests | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 large Sweet Potato
- 1 Sweet Apple
- 2 Tbsp Coconut Oil
- 5 large Eggs
- Sea Salt, to taste
- Chives (optional)
- 3 slices Bacon, diced small
- Balsamic Vinegar (optional)

DIRECTIONS

1. Preheat the oven to 350°F. Lightly grease 5 cups of a jumbo muffin tin with the coconut oil. Set aside.
2. Peel the potato and apple and cut into large pieces (to fit into the food processor). In the bowl of a food processor with the shredder attachment, shred the apple and potato together.
3. In a large skillet (preferably non-stick or a well-seasoned cast iron), heat the 2 tablespoons coconut oil over medium heat. Add the shredded potato/apple and saute until softened, about 5 minutes, stirring occasionally. Salt to taste while cooking.
4. Using a 1/2 cup measuring cup, scoop the potatoes out of the skillet and into the greased jumbo muffin cups. Depending on the size of your potato, you may get slightly more or less than 5 cups. Using a small jar or cup, press an indentation into the potatoes, creating a well in the middle and pushing the potatoes up the sides of the muffin cup. This is your nest.
5. Crack one egg into the center of each potato nest. Sprinkle with chives (optional) and salt to taste.
6. Bake in the preheated oven for 15-20 minutes, or until eggs have reached your preferred doneness.
7. While the nests are baking, pan-fry the bacon over medium heat to desired crispness. Remove from pan with a slotted spoon and drain on a paper towel. Sprinkle bacon bits on top of cooked nests.

Fiesta Scrambled Eggs

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 5 minutes

INGREDIENTS

- 2 Tbsp Olive or Avocado Oil, divided
- 1/2 Red Bell Pepper, diced
- 1/2 Medium Yellow Onion, diced
- Chives, optional
- 8 Large Eggs
- Sea Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add diced peppers and onions and saute until soft and translucent. Remove from skillet and set aside.
2. Heat remaining tablespoon olive oil in the same skillet. Add the eggs and scramble while they cook. Add in the chives and sauteed peppers and onions before the eggs cook completely. Continue scrambling until the eggs are cooked through.
3. Salt and pepper to taste, serve right away.

Instant Strawberry Yogurt

Yields 2 servings | Prep Time: 5 minutes

INGREDIENTS

- 1 can Full-Fat Coconut Milk
- 1/2 Tbsp Lemon Juice
- 2 tsp Chia Seeds
- 1/2 Vanilla Bean, seeds scraped
- 1/2 Avocado
- 6-8 Large Frozen Strawberries
(1.5 cups when quartered)

DIRECTIONS

1. Add ingredients to a high-powered blender (like a Blendtec) in the order listed.
2. Cover and blend on high until smooth and there are no strawberry chunks. If using the Blendtec, run the Smoothie cycle.
3. Eat immediately or refrigerate for up to 5 days.
4. If you are preparing this in advance, store them in single-serving containers (tupperware or canning jars are great option) for an easy on-the-go snack.

Pork Scramble

Yields 2 servings | Prep Time: 5 minutes | Cook Time: 5 minutes

INGREDIENTS

- 2 Tbsp Avocado or Olive Oil, divided
- 1/4 Bell Pepper, diced
- 1/4 Medium Yellow Onion, diced
- 1/4 cup Pork Shoulder (pg 62), diced
- 4 Large Eggs, beaten
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. In a medium skillet over medium heat, add 1 tablespoon of oil. When hot, add the diced peppers and onions. Saute until soft and slightly translucent.
2. Add diced pork shoulder and saute just until warm.
3. Add the remaining tablespoon of oil. When hot, pour in the beaten eggs and salt and pepper to taste. Scramble up with the cooked veggies and pork until the eggs are done. Serve right away.

Sausage, Sauerkraut, & Peppers

Yields 1 serving | Prep Time: 5 minutes | Cook Time: 5 minutes

INGREDIENTS

- 1 Tbsp Bacon Fat
- 1 Aidell's Chicken Apple Sausage
(or other sausage with no added sugar)
- 2-3 slices Bell Pepper, diced
- 1/4 cup Sauerkraut
(no added sugar, like Bubbie's)

DIRECTIONS

1. In a skillet over medium heat, add the bacon fat.
2. While the bacon fat is getting hot, slice the sausage into bite-size pieces. Add the sausage, sauerkraut, and peppers to the skillet. Saute until the sausage is heated through and the peppers and sauerkraut are softened and slightly crispy.

Spicy Egg Muffins

Yields 24 muffins | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 18 Large Eggs
- 1 lb Breakfast Sausage (pg 26) or Chorizo
- 1/2 Medium Yellow Onion, diced
- 1 Medium Bell Pepper, diced
(omit if you can't handle spicy)
- 1 Hot Pepper (your choice), diced
- Sea Salt, to taste
- Ground Black Pepper, to taste
- Olive or Avocado Oil

DIRECTIONS

1. Preheat oven to 350°F. Place 24 silicone muffin liners on a rimmed baking sheet (or split up onto 2 baking sheets). If not using silicone muffins liners (and it is highly that you do), grease two 12-cup muffin tins with olive oil.
2. Cook the chorizo in a skillet until completely cooked through, breaking up into small pieces with a wooden spoon. Drain out any extra grease.
3. Add approximately 1 tsp each of the onion and bell pepper to the bottom of the muffin cups. If you have leftovers, divide them evenly in the cups.
4. Divide the chorizo evenly between the 24 muffin cups.
5. Beat all the eggs in a large bowl and add salt and pepper. Whisk until smooth, making sure to get all the yolks incorporated.
6. Scoop 1/4 of the whisked egg into each muffin cup. If there are any leftover eggs, divide evenly or fill up any smaller cups.
7. Sprinkle the hot pepper on top of all the muffin cups evenly.
8. Bake in the preheated oven for 20-25 minutes, or until a knife inserted in the egg comes out clean.
9. Serve hot. If storing these, refrigerate in an airtight container for up to 1 week, or store in the freezer for up to one month. If freezing, it's best to use a FoodSaver bag to prevent frost from accumulating.

Spicy Scrambled Egg Hash

Yields 3 servings | Prep Time: 5 minutes | Cook Time: 20 minutes

INGREDIENTS

- 4 slices Bacon
(cut into 1/2" pieces)
- 1/2 Red Bell Pepper, diced
- 1/2 Medium Yellow Onion, diced
- 2 White Mushrooms, roughly chopped
- 1/2 (4 oz) can Diced Jalapenos, drained
(use Diced Green *Chiles* for a mild dish)
- 6 Large Eggs

DIRECTIONS

1. Place bacon pieces in a cold skillet (I prefer cast iron). Turn on heat to medium-high and cook the bacon, stirring occasionally to keep them from burning.
2. When they are not quite done (about 10-ish minutes), add the bell peppers and onions to the skillet. Continue cooking until they are slightly translucent, about 3-4 minutes.
3. Next, add the mushrooms, and cook for about 2 minutes. Then add the diced jalapenos.
4. Push the veggie mixture to the side of the skillet, leaving room for the eggs. Add your eggs to the skillet on the empty side and scramble for a bit. While the eggs are still not fully cooked, mix the veggies into the scrambled eggs and continue scrambling until the eggs are thoroughly cooked through.
5. Remove from heat and serve immediately.

RECIPES



Lunch Recipes

Chicken Bacon Salad

Yields 2 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 5-6 Slices Uncooked Bacon
(cut into 1/2" pieces)
- 1 Chicken Breast or Thigh
(cut into 1/2" pieces)
- Spring Mix Salad Blend
- 1 Carrot, diced or shaved
- 1/2 Cucumber, sliced
- 1-2 Hard Boiled Eggs
- 1 Apple, chopped
- Handful of Grapes, halved
- Handful of Blanched Slivered Almonds
- Handful of Sunflower Seed Kernels

DIRECTIONS

1. Put the bacon pieces in a cold skillet and turn it on to Medium. Fry the bacon until it's crispy and remove with a slotted spoon and drain on paper towels. Leave the grease in the skillet.
2. Add your chicken to the hot pan and cook it in the bacon grease. Cook until the chicken is no longer pink. Remove with a slotted spoon and drain on paper towels.
3. Prepare the salad by mixing your greens with all the remaining ingredients.
4. Drizzle with olive (or avocado) oil and balsamic vinegar on.

Crispy Chicken Salad

Yields 1 serving | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- Leftover Grain-Free Chicken Nuggets (pg 57)
- Spring Mix Salad Greens
- Sweet Apple
- Cucumber
- Plum Tomato
- Apple-Juice Sweetened Cranberries
(omit if you can't find any without sugar)

DIRECTIONS

1. Heat a toaster oven to 400°F (or the big oven if you don't have a toaster oven). Reheat the Chicken Nuggets in the oven for about 5-10 minutes.
2. While the chicken is reheating, chop the cucumbers, apples, and tomato.
3. Toss the chopped produce and cranberries with the mixed salad greens.
4. Top your salad with your reheated crispy chicken pieces and salad dressing of your choice.

Easy Egg Salad

Yields 4-6 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 6 Hard-Boiled Eggs
- 1/4 cup Paleo Lime Mayo (pg 90)
- 1 heaping tsp Yellow Mustard
- 1/4 tsp Salt
- 3-4 Baby Dill Pickles
(no added sugar)
- Ground Black Pepper, to taste
- Smoked Paprika, for garnishing

DIRECTIONS

1. Peel the eggs and rinse them.
2. Using either an egg slicer or your awesome knife skills, slice and dice the eggs into little pieces. Add to a mixing bowl.
3. Using a chopper or more knife skills, chop up the pickles into a relish. Add to the eggs.
4. Add in the mayo, mustard, salt, and black pepper (if using). Take a fork and mash it all together, making sure to break up any large pieces of egg.
5. Refrigerate until ready to eat (up to 1 week) or eat right away. Garnish with a sprinkle of smoked paprika (not required but always a good flavor booster).

Turkey BLTA Roll-Ups

Yields 4-6 servings | Prep Time: 5 minutes

INGREDIENTS

- 4-6 slices Turkey Cold Cuts
(Applegate or Boar's Head)
- 1 Plum tomato, sliced lengthwise
- 2 slices Bacon, cooked
- 1 Avocado, pitted and sliced
- Baby Spinach Leaves

DIRECTIONS

1. Lay out a turkey slice on a plate or cutting board.
2. Layer 3-6 spinach leaves (depending on size or how much you like spinach) in the center of the cold cut, width-wise across the short side.
3. Layer a few strips of tomato, 1-2 strips of bacon, and 1 slice of avocado on top of that.
4. Starting at the left side, flip one end of the turkey slice to the right, over the layers you just added. Then roll that folded side over to the non-folded side on the right to create the roll.
5. Just pick it up and eat it. No toothpicks necessary to hold it together.

*Notes

- Be gentle with rolling so you don't rip the turkey slice or else food will start falling out.



RECIPES

Main Dish Recipes

50/50 Bacon Bison Burgers

Yields 5 servings | Prep Time: 5 minutes | Cook Time: 20 minutes

INGREDIENTS

- 1 lb Grass-Fed Beef or Bison
- 1 lb Uncured Bacon
(*check labels for added sugar*)
- 1/2 tsp Dried Parsley
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- Salt, to taste
- Ground Black Pepper, to taste

Recommended Toppings:

- Iceberg Lettuce
- Tomatoes
- Paleo Lime Mayo (pg 90)
- Dill Pickle Spears
- Sauteed Onions
- Sauteed Mushrooms
- Avocado or Guacamole (pg)

DIRECTIONS

1. Turn the oven broiler on to High. Line a broiler pan with foil.
2. Finely chop the bacon so it resembles the same texture as ground meat. Alternately, if you have a meat grinder, use that for a more even texture.
3. Combine all burger ingredients in a large bowl, using either your hands or a wooden spoon to evenly mix everything.
4. Once everything is combined, shape patties. You have a few options here:
 - a. Shape into 5" patties using your hands. Use the bottom of a glass to create an indentation in the middle of the patty.
 - b. Spoon meat mixture into a mini tart pan that has an indented bottom and press to compact it. Tap a few times and the patty will fall out. This is my preferred method, keeps the patties uniform in size and my hands stay clean.
5. Place patties on the foil-lined broiler pan. Place on the top rack, directly under the broiler, for 10 minutes.
6. Flip, and broil another 5-10 minutes, depending on your preferred doneness. Another 5-7 minutes will get you medium-done burgers, but use a thermometer to be sure.
7. Remove from the oven (don't forget to turn off the broiler) and place burgers on a paper towel-lined dish to soak up the extra grease from the bacon.
8. Serve hot with your preferred toppings.

Artichoke Meatloaf

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 35 minutes

INGREDIENTS

- 1 lb Ground Beef (or lamb or bison)
- 1/2 Medium Yellow Onion
- 14 oz can Artichoke Hearts, chopped
- 1 Tbsp Olive Oil, or fat of choice
- 1 Large Egg, beaten
- 1 tsp Dried Parsley
- 1 tsp Dried Basil
- 1/2 tsp Ground Mustard
- 1/2 tsp Salt
- Fresh Ground Black Pepper, to taste

DIRECTIONS

1. Preheat oven to 375F.
2. Heat olive oil in a large saucepan. When oil is hot, add onions and artichokes and saute a few minutes until slightly translucent.
3. Combine all ingredients, including sauteed onions and artichoke, in a large bowl, and mix until thoroughly combined.
4. Put mixture into a regular loaf pan, pressing mixture evenly into all corners and compacting it so it won't be crumbly.
5. Bake in the preheated oven for 35-40 minutes, or until an internal temp reads 160.
6. Remove from oven and let rest at least 10 minutes before cutting and serving.

Bacon Bison Chili

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 2 hour 30 minutes

INGREDIENTS

- 1 lb Ground Bison or Beef
- 6 oz Uncured Bacon, diced
- 1 Medium Yellow Onion, diced
- 2 Bell Peppers, diced
- 1 Jalapeno Pepper, seeded & diced
- 1 Large Carrot, diced
- 2 Cloves Garlic, minced
- 2 (14.5 oz) cans Diced Tomatoes
- 1 Tbsp Cumin
- 1 tsp Smoked Paprika
- 3/4 tsp Chipotle Pepper Powder
- Sea Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. In a large cast iron skillet (or nonstick skillet), add the bacon pieces. Turn the heat up to medium and cook the bacon for about 5 minutes, stirring frequently.
2. Add the onion, bell peppers, jalapeno, carrots, and garlic to the skillet with the bacon. Saute, stirring frequently, for about 10 minutes, until the veggies are crisp tender.
3. While the veggies are cooking, heat a large stockpot over medium heat and add the ground bison. Cook until it is browned all the way through, breaking it up with a wooden spoon as it cooks.
4. When the bison is completely cooked, add all the veggies to the stockpot.
5. Add the tomatoes and all the spices. Stir to combine everything in the pot.
6. Bring to a boil and then reduce heat to low. Cover and let simmer for 2 hours.
7. Serve hot.

Beefy Ratatouille

Yields 4 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1 lb Grass-Fed Beef
- 3 Tbsp Ghee
- 1 Medium Yellow Onion, halved and thinly sliced
- 4 Cloves Garlic, peeled and thinly sliced
- 1 small Eggplant, about 3 cups, cut into 1/2" pieces
- 1 small Zucchini, cut into small cubes
- 1 Red Bell Pepper, cut into thin lengthwise strips
- 4 Plum Tomatoes, coarsely chopped
- 1 tsp Salt
- 1 tsp Dried Basil
- 1 (8 oz) can Tomato Sauce
- Ground Black Pepper, to taste

DIRECTIONS

1. In a large skillet of medium heat, melt the ghee/butter. Add the ground beef, onion, and garlic and cook until the beef is browned and the onions have softened, about 8-10 minutes. Break up the beef with the back of a wooden spoon while cooking.
2. Add the eggplant and cook, stirring occasionally, for about 8 minutes or until the eggplant has softened.
3. Stir in the zucchini, bell pepper, tomatoes, salt, and basil and cook over medium heat, stirring occasionally, for 10-15 minutes or until the vegetables are tender. Stir in the tomato sauce and add black pepper to taste.
4. Serve hot. If primal or you can tolerate dairy, I highly recommend adding a little grass-fed mozzarella and/or Parmesan on top as well.

Cashew Crusted Mahi Mahi

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 15 minutes

INGREDIENTS

- 6 (6 oz) Wild-Caught Mahi Mahi Filets
- Salt, to taste
- Ground Black Pepper, to taste
- 3/4 cup Roasted Cashews, roughly chopped
- 1/2 cup Coconut Butter, softened
- 1 Tbsp Coconut Oil, softened
- 1/8 tsp Salt
- 1 Vanilla Bean, seeds scraped
- [Peach Tomatillo Salsa](#) (*click link for recipe*)

DIRECTIONS

1. Preheat the oven to 350F. Line a baking sheet with parchment paper.
2. Place the mahi filets on the parchment so they are not touching. Salt and pepper both sides.
3. Place in the oven and bake for 5 minutes.
4. While the mahi is cooking, combine the cashews, coconut butter, coconut oil, salt, and vanilla bean in a small bowl and stir until well combined.
5. Remove mahi from the oven and turn the filets over. Spoon the coconut butter mixture evenly over the 6 mahi filets, using your fingers, if necessary, to cover the top of the fish with the coconut butter.
6. Divide the chopped cashews evenly among the coconut butter coated fish, pressing them in lightly so they don't fall off.
7. Place the mahi back in the oven, and bake for an additional 5-10 minutes, depending on the thickness of your filets. Fish should be opaque and flaky.
8. Remove from oven and serve hot with a side of [Peach Tomatillo Salsa](#).

Chicken Bacon Ranch Skillet

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 15 minutes

INGREDIENTS

- 8 Chicken Thighs, boneless and skinless
- 12 slices Uncured Bacon
- Paleo Ranch Dressing (pg 91)
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Using kitchen shears (easiest method) or a knife, cut bacon into small pieces, about 1/2" pieces.
2. Place bacon in a large, cold cast iron skillet. Turn heat up to medium and let the bacon pieces cook while stirring occasionally. Cook until it's almost completely cooked, but not too crispy. Remove from the skillet with a slotted spoon and drain on a paper towel lined plate.
3. While the bacon is cooking, trim the fat from the chicken and cut into bite-size pieces. I love using kitchen shears for this too. Season with salt and pepper to taste. Go a little light on the salt since the bacon will likely be salty enough.
4. Add the chicken to the skillet after removing the bacon and cook in the bacon grease left in the pan. Cook until no longer pink. Remove from heat.
5. Add the bacon back to the skillet and gently stir to mix the bacon and chicken.
6. Drizzle ranch over the top and serve warm.

Chicken Broccoli Bake

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 45 minutes

INGREDIENTS

- 2 heads Broccoli, cut into bite-sized florets
- 1 large Sweet Potato, peeled and cut into bite-sized cubes
- 6 Chicken Thighs, boneless and skinless
- 1/2 cup Olive or Avocado Oil
- 1 1/2 tsp Garlic Powder
- 1/2 tsp Oregano
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Preheat oven to 375°F.
2. Place chicken, broccoli, and sweet potato cubes in a 9×13 glass baking dish.
3. Drizzle olive oil over them and stir to evenly coat.
4. Spread out the chicken evenly in the dish and spread the veggies around and on top of the chicken evenly.
5. Sprinkle the garlic powder, oregano, salt, and pepper on top.
6. Bake in preheated oven for 45 minutes, uncovered.
7. Remove from oven and let chicken rest a few minutes before serving to keep the juices inside.

Cinnamon Lemon Pepper Chicken

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 15 minutes

INGREDIENTS

- 1 lb Chicken Tenders
- 1 Medium Yellow Onion, thinly sliced
- 1 Apple, thinly sliced
- 2 Lemons, halved
- 1 tsp Ground Cinnamon
- 1 1/2 tsp Nutmeg
- 1 tsp Salt
- 1 tsp Ground Black Pepper
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 2-3 Tbsp Olive or Avocado Oil

DIRECTIONS

1. Heat a skillet over medium heat with 1 Tbsp olive oil. Add the onions and apples to the skillet.
2. Let the apples and onions cook down for a bit until they begin to become translucent. When they do, add juice of 1/2 lemon, 1/2 tsp cinnamon, 1 tsp nutmeg, salt, pepper, 1/2 tsp garlic powder, and 1/2 tsp onion powder and mix thoroughly to help combine and let caramelize. Turn the heat down a notch or two and continue to cook down, stirring occasionally.
3. While the onions and apples continue to cook, heat another large skillet over medium-high heat.
4. Add the remaining olive oil.
5. While the skillet heats up, salt and pepper your chicken and add them to the pan.
6. While the chicken begins to cook, add the rest of your spices and lemon juice on top of the chicken.
7. When the sides of the chicken begin to turn white, flip the chicken over.
8. Once the chicken has cooked through, layer some caramelized apples and onions on a plate, and top them off with some chicken

Coconut Curry Chicken

Yields 8 servings | Prep Time: 20 minutes | Cook Time: 1 hour

INGREDIENTS

- 3 lb Chicken Tenders
- 1 Medium Yellow Onion, thinly sliced
- 3 Cloves Garlic, minced
- 6 Tbsp Olive Oil, divided
- 4 Tbsp Yellow Curry Powder
- 28 oz can Diced Tomatoes, not drained
- 1 1/2 cans Full-Fat Coconut Milk
- 1 small can Tomato Paste
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Cut chicken tenders in half lengthwise then cut into small bite-size pieces. Season with salt and pepper to taste and set aside.
2. In a large skillet (I mean the biggest one you have), heat 4 tablespoons of the olive oil over MED-HIGH heat for 1 minute. Add the curry powder and stir to combine with the oil to make a thin paste. Cook for 3-5 minutes stirring occasionally.
3. Add the onions and minced garlic to the skillet, stir to evenly coat everything, and cook until the onions are soft and translucent, stirring often. Add 1 tablespoon of the olive oil while the onions are cooking.
4. Add the chicken pieces to the skillet, stir to evenly coat everything. Add the remaining 1 tablespoon olive oil, and cook the chicken until all pieces are cooked through and no longer pink, stirring occasionally.
5. While the chicken is cooking, combine the coconut milk, diced tomatoes (with liquid), and tomato paste in a large bowl, stirring to combine everything evenly. This makes it easier to add to the skillet later.
6. When the chicken is cooked, carefully pour the coconut/tomato mixture into the skillet and stir to combine everything. Reduce heat to MEDIUM and simmer for about 40 minutes, or until the sauce has thickened and reduced a bit, stirring occasionally.

Creamy Chicken “Noodle” Soup

Yields 6 servings | Prep Time: 1 hour | Cook Time: 45 minutes

INGREDIENTS

- 7 cups Water
- 3-4 lb Whole Chicken, cut into pieces
- 4 Stalks Celery, diced
- 1 Small Yellow Onion, diced
- 2 Tbsp Olive or Avocado Oil
- 3 Large Carrots
- 3/4 tsp Ground Black Pepper
- 1/2 tsp Salt, or more, to taste
- 2 Tbsp Bouillon Replacement (pg 87)
- 1/4 cup Arrowroot, Potato, or Tapioca Starch
- 2 cans Full-Fat Coconut Milk

DIRECTIONS

1. In a large stockpot over high heat, add the chicken pieces and water. Bring to a boil then reduce heat to low and simmer for 40 minutes.
2. While the broth is simmering, use a vegetable peeler to make paper thin "noodles". If the carrots are long, I usually do this in halves or thirds so I don't have crazy long noodles. Think "egg-noodle" length. Set aside.
3. When the broth is done, remove the chicken pieces from the pot and set aside to cool. When the chicken is cool enough to handle, separate the meat from the fat, skin, and bones. Shred or cut the chicken into bit-sized pieces and set aside. Discard the fat, skin, and bones.
4. Strain the broth through a fine-mesh sieve with a layer of cheesecloth to filter out any small chicken bits and set aside the broth in a large bowl while you prepare the veggies.
5. In that same stockpot, heat the oil over medium heat and add the diced onions and celery. Saute for about 5 minutes, then place the lid on the pot. Cook for an additional 10 minutes, stirring once.
6. Return broth to the stockpot and add the carrot noodles. Stir in the 2 tablespoons bouillon replacement, salt, and pepper. Simmer uncovered for 15 minutes.
7. Combine 1 can of coconut milk with the starch and whisk until combined and no lumps remain. Add all of the coconut milk to the soup, stirring constantly while adding it.
8. Add the reserved chicken meat to the soup and heat for an additional 15 minutes.

Creamy Lemon Artichoke Chicken

Yields 8 servings | Prep Time: 15 minutes | Cook Time: 4-6 hours

INGREDIENTS

- 8 Chicken Thighs, boneless and skinless
- Salt, to taste
- Ground Black Pepper, to taste
- 2 Tbsp Olive or Avocado Oil
- 1 Lemon
- 32 oz Artichoke Hearts, in water
- 1 cup Chicken Broth, no added sugar
- 1/2 cup Full-Fat Coconut Milk
- 3 Tbsp Arrowroot Starch, divided

DIRECTIONS

1. Trim chicken thighs of any excess fat. Sprinkle both sides of the chicken evenly with salt and pepper.
2. Heat the oil in a large skillet over medium-high heat and add the chicken. Cook a couple minutes per side, until browned. Set aside.
3. Drain the artichoke hearts and cut into quarters (if they didn't already come cut). Place the artichokes in the bottom of the slow cooker. Add browned chicken to the slow cooker on top of the artichokes.
4. With a whisk, mix 2 tablespoons of the starch into the chicken broth, then add in the coconut milk. Pour mixture evenly over the chicken in the slow cooker.
5. Slice the lemon (not too thin, not too thick). Remove and discard any seeds. Place one lemon slice on top of each chicken thigh.
6. Cover and cook on HIGH for 4-6 hours. Remove the lemons and discard. With a slotted spoon, remove the chicken. Using 2 forks, shred the chicken and set aside.
7. Mix the remaining 1 tablespoon of starch with 1 tablespoon of water. Add to the crockpot and stir to thicken. Add the chicken back to the crockpot and stir to combine. Serve hot.

Crockpot Beef Stew

Yields 6 servings | Prep Time: 10 minutes | Cook Time: 8 hours

INGREDIENTS

- 1 large Sweet Potato, peeled and cubed
- 1 medium Yellow Onion, chopped
- 5 Carrots, sliced
- 1 Bell Pepper, diced
- 1 1/2 lb Beef Stew Meat
- 3 cups Beef Broth, no added sugar
- 2 tsp Oregano
- 1/4 tsp Paprika
- 1 tsp Dried Parsley
- 1/2 tsp Salt
- 1/8 tsp Ground Black Pepper
- 1 Tbsp Paleo Worcestershire Sauce (pg 92)

DIRECTIONS

1. If the stew meat is not in small bite-sized pieces (which it usually isn't), cut it up.
2. Brown the stew meat in a skillet over medium-high heat. Don't cook it all the way through, just brown the outsides.
3. Place stew meat and all other ingredients in the slow cooker, mixing to combine.
4. Cover and cook on LOW for 8-10 hours.
5. Serve hot.

Easy Peasy Chicken Thighs

Yields 3-5 servings | Prep Time: 5 minutes | Cook Time: 15 minutes

INGREDIENTS

- 2 Tbsp Bacon Fat, or fat of your choice
- 4-6 Chicken Thighs, boneless and skinless
- Salt, to taste
- Ground Black Pepper, to taste
- Ground Cinnamon, to taste

DIRECTIONS

1. In a skillet (preferably cast iron), melt your fat over medium-high heat.
2. While the skillet is heating up, coat both sides of your chicken with the salt, pepper, and cinnamon.
3. When the skillet is hot, place the chicken in the skillet and don't move it, you want to form a nice crust. If you have one, place a splatter guard over the skillet to keep the grease from making a mess.
4. When the chicken is cooked about halfway through (time will vary depending on the size of your chicken thighs), turn them over and again, don't move them so it forms a crunchy crust.
5. The chicken is done when it has an internal temp of 160F. Remove from heat and do not cut into the chicken until it has rested at least 5 minutes. This will make sure it stays nice and juicy.

Grain-Free Chicken Nuggets

Yields 10+ servings | Prep Time: 30 minutes | Cook Time: 10 minutes

INGREDIENTS

- 3 Chicken Breasts, boneless and skinless
- 1/2 cup Unsweetened Shredded Coconut
- 1/4 cup Arrowroot Starch
- 1 tsp Sea Salt
- 1/2 tsp Ground Cinnamon
- 1/2 tsp Chili Powder
- Coconut Oil, for frying

DIRECTIONS

1. Place the shredded coconut, arrowroot starch, salt, cinnamon, and chile powder in a gallon-size zip-top bag or large storage container with a tight-fitting lid. The plastic bag method is the least messy, so I highly suggest that. Seal it and give it a good shake to mix everything together. Set aside.
2. Using kitchen shears, trim any fat off the chicken and cut into bite-sized pieces.
3. Place all chicken pieces in the plastic bag, seal, and start shaking until all chicken pieces are coated. Set aside.
4. Heat a large skillet over medium-high heat. Add enough coconut oil to have a thin layer on the bottom, about a tablespoon or two, depending on your skillet size.
5. Using a slotted spoon, take chicken out of the bag and place in the skillet. Don't cook it all at once, add just enough so the pieces aren't touching. It takes me about 3-4 batches to cook them all.
6. Cook about 2-3 minutes, when the chicken is turning opaque and white about halfway up the sides. This may take longer depending on how big you cut them.
7. Using a wooden spatula, gently scrape/scoop the chicken to flip them over and continue cooking until they are cooked all the way through.
8. Remove and drain on a paper towel-lined plate.
9. Repeat steps 5-8 until all chicken is cooked.

Minestrone Soup

Yields 8+ servings | Prep Time: 15 minutes | Cook Time: 1-8 hours

INGREDIENTS

- 2 Tbsp Olive or Avocado Oil
- 1 Sweet Potato (yellow or regular)
- 1 cup Carrots, diced
- 2 Celery Stalks, diced
- 2 Zucchini, diced
- 2 Shallots, diced
- 2 cloves Garlic, minced
- 28 oz can Chicken or Vegetable Broth
- 28 oz can Diced Tomatoes
- 1/2 cup Frozen Spinach or 1 cup Fresh
- 2 Bay Leaves
- 2 tsp Dried Oregano
- 1 tsp Dried Basil
- 1 tsp Dried Parsley
- 1/4 tsp Cayenne Pepper
- 1/4 tsp Salt
- 1 1/2 lb Ground Pork Sausage (cooked and crumbled)

SLOWCOOKER DIRECTIONS

1. Place the olive oil in the bottom of a crock pot. Add the prepared sweet potatoes, carrots, celery, zucchini, shallots, and garlic to the crock pot. Pour in the chicken/vegetable broth.
2. Add the entire can of diced tomatoes, oregano, basil, parsley, cayenne, salt, and crumbled pork.
3. Stir everything together, add the bay leaves, cover, and cook on low for 6-8 hours (we prefer 8 hours). Add the spinach to the hot soup and let it wilt. Remove bay leaves before serving.
4. Store leftovers in the fridge for up to a week or freeze in individual portions for up to 6 months.

INSTANT POT (ELECTRIC PRESSURE COOKER) DIRECTIONS

1. Follow steps 1 and 2 above.
2. Stir everything together and add the bay leaves. Put the lid on and turn to lock it in place, moving the vent to the "Sealing" position. Press the "Soup/Stew" button (it will start on its own). When the cycle is complete, manually release the pressure. When all the pressure is released, carefully open the lid away from your face.
3. Add the spinach to the hot soup and let it wilt. Remove bay leaves before serving.

Paleo Spaghetti Sauce

Prep Time: 10 minutes | Cook Time: 1 hour 30 minutes

INGREDIENTS

- 2 lb Ground Meat (Beef, Italian Sausage, etc)
- 1 Yellow Onion, diced
- 3 cloves Garlic, minced
- 1 (15 oz) can Tomato Sauce
- 2 (14 oz) can Diced Tomatoes, drained (reserve juice)
- 1 (6 oz) can Tomato Paste
- 1 Tbsp Dried Basil
- 1 tsp Dried Oregano
- 2 1/2 Tbsp Garlic Powder
- 2 Tbsp Onion Powder
- 1 Tbsp Italian Seasoning
- 1-2 tsp Salt (start with 1 tsp, add more to your liking)

DIRECTIONS

1. In a large saucepan over medium-high heat, brown the ground meat until cooked through. Drain excess fat.
2. Reduce heat to medium and add diced onion and garlic to the meat. Cook until onions are slightly translucent, about 5 minutes.
3. Add tomato sauce, diced tomatoes, and tomato paste and stir to mix well.
4. Add basil, oregano, garlic powder, onion powder, Italian seasoning, and salt. Stir well to combine.
5. Reduce heat to Low, cover, and let simmer for about 1 hour. If you can wait 2 hours, that's even better. The flavors will mix together even more.
6. If your sauce is too thick, you can add some of that reserved juice from the diced tomatoes. I found that I didn't need to but it's a personal preference.

Sloppy Joes

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 35 minutes

INGREDIENTS

- 2 lb Ground Beef
- 1/2 Medium Yellow Onion, chopped
- 1/2 Bell Pepper, chopped
- 1 tsp Garlic Powder
- 2 tsp Yellow Mustard
- 1 1/2 cup Paleo Balsamic Ketchup (pg 86)
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. In a large skillet over a medium flame, cook the ground beef, onion, and bell pepper until the beef is completely browned and the veggies have softened.
2. Stir in the garlic powder, mustard, and ketchup until evenly combined.
3. Reduce heat to medium-low and simmer for 10-20 minutes, or until thickened and spoonable. Season with salt and pepper to taste.

Slow Cooker Rotisserie Chicken

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 6-8 hours

INGREDIENTS

- 1 (4-5 lb) Whole Chicken
- 6-8 Garlic Cloves
- Olive or Avocado Oil
- Salt, to taste
- Ground Black Pepper, to taste
- Lemons, sliced (optional)

DIRECTIONS

1. If you have a wire rack that fits in the bottom of your slow cooker, place it in there now. If not, ball up about 4 pieces of tin foil and set them in the bottom of the slow cooker to keep the chicken up off the bottom.
2. Cut 6-8 slits in the skin on the chicken (in the breasts, legs, and thighs) and wedge 1 garlic clove in each slit.
3. Lightly drizzle with oil and season with salt and pepper. If using lemons, arrange the slices on top of the chicken.
4. Cover the slow cooker and cook on HIGH for 4-5 hours or on LOW for 6-8 hours (the preferred method).
5. If you want to crisp up the skin once it's done, set the chicken under the broiler for a few minutes (if you're able to get the entire chicken out of the slow cooker in one piece, it will be fall-apart tender).

Slow Roasted Pork Shoulder

Yields 8+ servings | Prep Time: 8+ hours | Cook Time: 4 hours 20 minutes

INGREDIENTS

- 1 (6-7 lb) Pork Shoulder
- 2 Medium Yellow Onions, quartered and sliced
- 6-8 Carrots, quartered and sliced into 2" sticks
- 10 cloves Garlic, peeled
- 3/4 cup Chicken Broth, no sugar added
- 1/4 cup Balsamic Vinegar, no sugar added
- Salt, to taste
- Ground Black Pepper, to taste
- Garlic Mayo Dip, for serving (pg 88)

DIRECTIONS

1. In a dish large enough to hold the pork shoulder, but small enough to fit in your fridge, season the pork with salt and pepper on all side, cover, and refrigerate for 24 hours, or at least overnight.
2. Remove from the refrigerator and let sit out for 1 hour. Preheat the oven to 300°F.
3. Place the pork shoulder in a large roasting pan, fatty side up. Place in the oven and cook for 4 hours.
4. Add the onion, carrots, garlic, red wine, water to the roasting pan and cook for an additional hour, occasionally stirring the veggies.
5. Remove the pan from the oven and turn up the heat to 375°F. Tear (or cut, if you have to) the meat into large chunks and place back in the roasting pan. If there is no more liquid in the pan with the veggies, add a little more water, just enough to keep them from burning or drying out.
6. Place back in the 375°F oven and cook for an additional 20 minutes.
7. Remove from oven and let the pork rest for 15-20 minutes before serving.

REHEATING

- Cut into bite-size chunks, place on foil-lined baking sheet, & cook at 375°F for 15 minutes.

Smoky Bacon Chicken Thighs

Yields 8 servings | Prep Time: 10 minutes | Cook Time: 45 minutes

INGREDIENTS

- 1 Tbsp Chipotle Pepper Powder
- 1 Tbsp Smoked Paprika
- 1 Tbsp + 1/2 tsp Onion Powder
- 1/2 Tbsp Ground Cinnamon
- 1 Tbsp Smoked Sea Salt
- 1/2 Tbsp Ground Black Pepper
- 1/2 tsp Ground Cumin
- 1/2 tsp Garlic Powder
- 8 Chicken Thighs, boneless and skinless
- 16 slices Uncured Bacon

DIRECTIONS

1. Preheat oven to 375°F. Line a rimmed baking sheet with foil and place a metal rack on it (like a cooling rack).
2. Combine all spices. You may only use about half for this recipe. Set aside.
3. Rinse the chicken thighs and pat dry.
4. Coat the chicken on all sides with the spice blend.
5. Wrap 2 slices of bacon tightly around each seasoned chicken thigh. Try to keep the ends on the bottom of the thighs.
6. Place bacon-wrapped thighs on the metal rack on the baking sheet. Bake in the preheated oven for 35-34 minutes, or until an internal temperature of 165°F is reached.
7. Serve hot.

Stuffed Peppers

Yields 6 servings | Prep Time: 20 minutes | Cook Time: 50 minutes

INGREDIENTS

- 1 medium Yellow Onion, diced
- 2 cloves Garlic, minced
- 1 tsp Avocado or Olive Oil + more for dish
- 1 lb Ground Beef or Bison
- 1 Tbsp Ground Cumin
- 2 tsp Dried Parsley
- 1/2 tsp Smoked Paprika
- 1/2 tsp Salt
- Ground Black Pepper, to taste
- 1 (14 oz) can Diced Tomatoes
- 1 (4 oz) can Diced Jalapenos or Mild Green Chiles
- 1/2 can Olives, drained and sliced
- 3 large Bell Peppers, halved and seeded

DIRECTIONS

1. Preheat the oven to 350°F. Lightly oil a 9x13 glass baking dish with oil. Set aside.
2. In a large skillet, heat the 1 tsp olive oil over medium heat. Add the onions and garlic to the skillet and saute until the onions are translucent.
3. Add the ground bison/beef, cumin, parsley, paprika, salt, and pepper to the skillet and cook until the bison/beef is completely browned, breaking up with the back of a wooden spoon.
4. Stir in the can of tomatoes, drained jalapenos/chiles, and 1/2 of the olives until evenly combined. Remove from heat.
5. Using a large cookie scoop (easiest) or a spoon, scoop the meat mixture into the hollowed out pepper halves. sprinkle the remaining half of black olives on top of the stuffed peppers.
6. Place the peppers, cut side up, in the oiled baking dish. Bake in the preheated oven for 30 minutes.
7. Serve hot with a side of Guacamole (pg 89) and Paleo Ranch Dressing (pg 91), optional.

Taco Salad

Yields 4-6 servings | Prep Time: 10 minutes | Cook Time: 10 minutes

INGREDIENTS

- 1 lb Ground Beef
- 1 batch Taco Seasoning (pg 93)
- 1 head Romaine Lettuce, chopped
- 1 Bell Pepper, diced
- 1-2 can Black Olives, drained and sliced
- 1-2 Tomatoes, seeded and diced
- 1 Cucumber, seeded and diced
- 1 Avocado, pitted and diced or sliced
- Salsa, no sugar added

DIRECTIONS

1. Brown the ground beef in a large skillet over med-high heat.
2. When the beef is no longer pink, add the taco seasoning and 1 Tbsp water to the skillet and stir until combined. Remove from heat.
3. While the beef is browning, prep all the vegetables.
4. Serve by layering the lettuce, beef, and all veggies on individual serving plates. Top with salsa.

Zoodles (Zucchini Noodles)

Yields 2-4 servings | Prep Time: 5 minutes | Cook Time: 5 minutes

INGREDIENTS

- 3-4 large Zucchini

DIRECTIONS

1. Take a julienne peeler and shred the zucchini into thin strips. If you don't have a julienne peeler, use a regular vegetable peeler to get long, wide strips and slice into thin strips with a sharp knife. Alternately, use a spiralizer (which is much easier).
2. Place the "noodles" in a microwave-safe dish with a lid. I have a steamer, but you could just cover the top with plastic wrap as well. No need to add water.
3. Microwave on High for 2-4 minutes (longer for softer noodles).
4. Eat plain or serve with anything you would normally serve with noodles.



RECIPES

Side Dish Recipes

Asparagus Potato Hash

Yields 6-8 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

INGREDIENTS

- 1/2 lb Uncured Bacon, cut into 1/4" pieces
- 2 cups Red or White Potatoes, diced into 1/4" - 1/2" cubes
- 1/2 bundle Skinny Asparagus (or as skinny as you can get it)
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Snap the ends off the asparagus and discard, then cut into 1" pieces. Set aside.
2. Heat a large skillet over medium-high heat.
3. Add the bacon pieces and cook until crispy, then remove with a slotted spoon to bowl and set aside. Leave the grease in the pan.
4. In the same skillet, add the diced potatoes. Reduce heat to medium. Stir to coat all the potatoes with the bacon fat. Let the potatoes sit for a few minutes, season with salt and pepper, and then stir. Continue cooking, stirring occasionally, until the potatoes are about 75% done.
5. Add the asparagus to the skillet and stir to combine with the potatoes. Continue cooking until potatoes are soft and asparagus is done (about 5-10 minutes).
6. Remove from heat and stir in the reserved bacon bits. Taste and add more salt and pepper, if desired. Serve hot.
7. This dish reheats great in a skillet and is actually best if you make it a day in advance (though it's not required).

Bacon Balsamic Brussels Sprouts

Yields 6-8 servings | Prep Time: 15 minutes | Cook Time: 25 minutes

INGREDIENTS

- 3/4 cup Balsamic Vinegar, no added sugar
- 8 oz Uncured Bacon
- 2-3 lb Brussels Sprouts
- Splash of Chicken Broth, no added sugar
- 3/4 cup Dried Cranberries, fruit-sweetened with no added sugar (omit if you can't find any)
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Add the balsamic vinegar to a small saucepan. Turn the heat up to medium and let simmer until reduced by about half. Do this first and it should be done by the time the sprouts are ready.
2. Using kitchen shears (or a knife, but using shears is much easier), cut the bacon into small pieces, about 1/2".
3. Place the bacon in a large, cold skillet. Turn heat up to medium-high and cook the bacon, stirring occasionally so it doesn't burn.
4. While the bacon is cooking, cut the bottom off each sprout (where it connected to the stem), remove the outer leaves, and cut in half (or quarter them if they're big). Set aside.
5. When the bacon is almost done (not all the way crispy, but close), remove with a slotted spoon and drain on paper towels. Keep as much bacon grease in the pan as possible.
6. Add the Brussels sprouts to the pan with the bacon grease, reduce heat to medium, and stir to coat all sprouts with the bacon fat. If your bacon didn't produce much fat, add more if you have any reserved from previously cooking bacon, or add a bit of olive oil. You just need enough to make sure the sprouts aren't cooking in a dry pan.
7. Place a lid on the pan, and let cook for 5 minutes. Remove lid, stir sprouts and add a splash of broth. Put the lid back on and cook for another 5 minutes.
8. Remove the lid again, stir and check to be sure the sprouts are fork-tender. If not, cook a bit longer until they are.
9. Add the cooked bacon bits, cranberries, salt, and pepper to the pan. Stir to combine everything.
10. Serve hot with the balsamic reduction poured over it.

Best Roasted Veggies

Yields 6-8 servings | Prep Time: 10 minutes | Cook Time: 1 hour

INGREDIENTS

- 2 heads Broccoli, cut into florets
- 1 head Cauliflower, cut into florets
- 2 Sweet Potatoes, peeled and cut into 1/2" cubes
- 12-15 Brussels Sprouts, cut in half
- 2-3 Beets (golden or red), peeled and diced
- 1 bulb of Garlic, separated and cloves peeled
- Olive or Avocado Oil
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Preheat the oven to 400°F.
2. Line a large baking pan with parchment paper (not foil).
3. Place all veggies on the prepared baking sheet/jelly roll pan. Pour some olive oil evenly over the veggies (don't drench them, just a light coating).
4. Salt and pepper to taste, then mix everything together to evenly coat everything with the oil, salt, and pepper.
5. Place pan in the oven on the middle rack and roast for 50-60 minutes, stirring veggies 2-3 times.
6. You'll know they're done when the edges are crispy and brown and it smells amazing!

Cauliflower Rice

Yields 4-6 servings | Prep Time: 10 minutes | Cook Time: 20 minutes

INGREDIENTS

- 1 head Cauliflower
- Olive or Avocado Oil
- Salt, to taste (optional)

DIRECTIONS

1. Preheat the oven to 400°F. Line a rimmed baking sheet with parchment paper and set aside.
2. Remove the core and leaves from the cauliflower head and cut the head into chunks small enough to fit into a blender or food processor bowl.
3. Rice the cauliflower by pulsing it a few times in the blender or food processor until it is in small pieces resembling rice.
4. Pour riced cauliflower onto the prepared baking pan, lightly drizzle with oil and salt (if desired), tossing to evenly coat everything
5. Roast in the preheated oven until lightly browned and fragrant, about 15-25 minutes (depending on oven temps and how large your pan is. Check periodically to be sure it's not overcooking or burning).

Country Potatoes

Yields 4-6 servings | Prep Time: 5 minutes | Cook Time: 1 hour 20 minutes

INGREDIENTS

- 4-6 medium Yukon Gold Potatoes, peeled
- 3 Tbsp Cooking fat of choice (bacon fat, ghee, and avocado oil are my favorites)
- Salt, to taste

DIRECTIONS

1. Preheat the oven to 400°F. Wrap peeled potatoes in tin foil and bake for 1-1/2 hours.
2. Alternately, if you have any leftover baked potatoes, this would be the time to use them and cut out step 1 from this recipe.
3. Once the potatoes are cooked, remove from foil, and refrigerate in a covered container for at least an hour to cool, or as long as one week.
4. Dice the cooled, cooked potatoes in bite-size cubes.
5. In a large skillet, heat cooking fat over medium-high flame. Add potatoes to the skillet and stir to coat with cooking fat. Cook, gently stirring occasionally, until crispy on the outsides, about 20 minutes.
6. Remove from heat, salt to taste, and serve right away. Can be made in advance and reheated in the toaster oven or in a warm skillet.

Crispy Bacon Broccoli

Yields 6 servings | Prep Time: 5 minutes | Cook Time: 10 minutes

INGREDIENTS

- 6 cups Broccoli Florets, cut down to bite-size
- 3 Tbsp Bacon Fat
- Salt, to taste

DIRECTIONS

1. In a large skillet (either non-stick or stainless is fine), melt the bacon fat over medium-high heat.
2. Add the broccoli and stir to coat all of it with the melted fat. Continue cooking, stirring occasionally to prevent burning and to cook evenly.
3. When some of the broccoli (not all) is crispy and browned, remove from heat and season with salt, to taste. Serve hot.

Egg Drop Soup

Yields 6-8 servings | Prep Time: 5 minutes | Cook Time: 10 minutes

INGREDIENTS

- 8 cups Chicken Broth
- 1/2 tsp Ground Ginger
- 1 tsp Salt (see notes)
- 2 Tbsp Arrowroot Starch, optional (see notes)
- 3-4 Large Eggs
- 3 Tbsp Chives or Scallions, fresh or freeze-dried

DIRECTIONS

1. Add the broth, ginger, salt, and arrowroot starch to a stockpot. Bring to a boil over high heat.
2. While the soup is coming to a boil, beat the eggs with a fork until they are well scrambled.
3. When the soup has come to a rolling boil, drizzle the scrambled eggs in a thin stream, with the fork, directly into the boiling broth. Continue drizzling until all the eggs have been added. If you started with 3 eggs and want to add that 4th one, do it now.
4. Serve the soup hot and top with chives as a garnish.

*Notes

- I prefer a homemade chicken broth, as it has a much better flavor than even the organic store-bought broth, plus I can control the salt added to the broth.
- If your chicken broth already has salt added, be careful how much you use in this recipe. Taste the broth before adding the eggs and if you want more salt, add it.
- I have made this both with and without the arrowroot as a thickener. If you prefer to leave it out, it won't negatively impact the flavor, it will just be a thinner broth instead of a thicker soup.

Jalapeno Poppers

By The Primal Desire

Yields 12 peppers | Prep Time: 15 minutes | Cook Time: 40 minutes

INGREDIENTS

- 12 Jalapeno or Fresno Peppers
- 1 cup Raw Cashews, soaked for 24 hours
- 1/2 cup Nutritional Yeast
- 1 tsp Salt
- 2 Tbsp Lemon Juice
- 12 strips Uncured Bacon
- 24 Toothpicks

DIRECTIONS

1. Cover cashews with water and pop in the fridge overnight.
2. Preheat the oven to 350°F. Line a baking sheet with parchment paper. Set aside.
3. Drain the cashews, saving 1/2 cup water.
4. In a food processor or blender, pour the cashew water, and drained cashews, and pulse.
5. Add nutritional yeast, lemon juice and salt. Pulse until smooth. Set aside.
6. To prepare the peppers, cut them lengthwise and scoop out the seeds. Leave the stems on if possible. Gloves may be a good idea, those seeds under a nail can wreak havoc if unnoticed.
7. Spoon cashew cheese into jalapeño halves, filling them to a slight heap.
8. Cut the bacon slices in half and wrap each pepper, securing with a skewer or toothpick.
9. Bake in the preheated oven for 30-40 min (until bacon is cooked to your liking).

Mini Sweet Potato Souffles (Muffins)

Yields 12 servings | Prep Time: 10 minutes | Cook Time: 30 minutes

INGREDIENTS

- 1 large Sweet Potato, peeled & diced
- 1 Banana, peeled
- 3 Eggs
- 1/3 cup Pecans, Walnuts, or Almonds
- 1/3 cup Flaxseed Meal
- 1/3 cup Coconut Oil, softened or melted
- 1 tsp Baking Powder
- 1/4 tsp Baking Soda
- 3/4 tsp Cinnamon
- 1/8 tsp Ground Nutmeg
- Pinch of Salt
- Unsweetened Shredded Coconut, to sprinkle on tops

DIRECTIONS

1. Preheat oven to 375°F.
2. Place sweet potato cubes in a microwave safe bowl, cover with water, and microwave until fork-tender (mine takes about 7-8 minutes). Drain the water.
3. If you have a Blendtec, Put all ingredients (except coconut) in the blender in the order listed. Press the Batter button.
4. If you don't have a Blendtec or have a regular blender, put the sweet potato and banana in a food processor or blender and puree. Then the nuts, flaxseed meal, baking soda, baking powder, cinnamon, nutmeg, and salt. Puree until completely broken down and smooth.
5. Then add the wet ingredients: coconut oil, and eggs. Puree until smooth.
6. Use silicone muffin liners for best results. If you don't have those, use 5" parchment paper squares pressed into the muffin liners. If you don't have parchment, use regular paper muffin liners (these stick a lot more).
7. Use an ice cream scoop to scoop out and pour ingredients into each cup. You're going for about 3/4 full here.
8. Sprinkle each souffle with the shredded coconut.
9. Bake souffles for 25-30 minutes or until the tops are a nice golden brown. The inside might still be a little soft.
10. Try to let them cool a bit before you eat them, it will help them firm up a bit more and be less mushy.

Roasted Asparagus

Prep Time: 5 minutes | Cook Time: 12 minutes

INGREDIENTS

- Asparagus, as much as will fit on your rimmed baking dish
- Sea Salt, to taste
- Fresh Ground Black Pepper, to taste
- Olive Oil
- Balsamic Vinegar, optional

DIRECTIONS

1. Preheat the oven to 425°F.
2. Line a rimmed baking dish with tin foil or parchment paper.
3. Snap the cut ends off all the asparagus and place on the baking dish in a relatively single layer (if a few overlap, it's not the end of the world).
4. Drizzle lightly with olive oil. I still haven't mastered the "light drizzle".
5. Sprinkle with salt and pepper. Toss with a spatula just to evenly coat all the asparagus.
6. Put in the preheated oven and roast for 12-15 minutes, depending on the thickness of your asparagus. I prefer the skinny stuff, so it only takes about 12 minutes.
7. Remove from pan and serve immediately. Lightly drizzle with balsamic vinegar, if desired.

Salmon Cakes

Yields 4 servings | Prep Time: 5 minutes | Cook Time: 15 minutes

INGREDIENTS

- 1 (8-10 oz) Salmon Filet, baked and cooled
- 1/2 cup Almond Flour
- 1 Tbsp small Onion or 1 Dried Minced Onion, minced
- 1 clove of Garlic, minced
- 2 Eggs
- 1/4 cup Sweet Potatoes, shredded
- Fresh Ground Black Pepper, to taste
- Coconut Oil, to fry

DIRECTIONS

1. In a medium bowl, flake the salmon with a fork. Mix in the eggs, garlic, almond flour, sweet potatoes, onion, garlic, and pepper.
2. Heat oil in a medium skillet over medium-low heat (I set my flame to 4). Scoop mixture into 3 inch patties, about 1/2 inch thick. In batches (whatever fits in your skillet), cook patties about 3-5 minutes on each side, until lightly browned. Watch carefully to make sure they don't burn. My first batch was a little crispy.

Simple Green Beans

Prep Time: 10 minutes | Cook Time: 3 minutes

INGREDIENTS

- 1 lb Fresh Green Beans
- Olive or Avocado Oil
- Salt, to taste

DIRECTIONS

1. If desired, snap the ends off the beans and break them in half. This step is optional, it depends on your personal preference.
2. Boil a large pot of salted water, add the green beans, and boil for 2-3 minutes
3. Remove from heat and strain the water
4. Drizzle a little olive oil on the green beans and sprinkle with a little salt. Serve hot.

Skillet Sweet Potatoes

Yields 2 servings | Prep Time: 5 minutes | Cook Time: 20 minutes

INGREDIENTS

- 1 Sweet Potato
- 1/2 tsp Sea Salt
- 1/2 tsp Dried Parsley
- Ground Cinnamon, to taste
- 2 tsp Coconut Oil

DIRECTIONS

1. Peel and dice the sweet potato into bite size pieces, about 1/2" cubes.
2. Heat a skillet over medium heat and add the coconut oil.
3. When the oil is hot, add the potatoes. Stir to coat all of the pieces with the coconut oil and add the salt, parsley, and cinnamon. Mix well.
4. Cook the potatoes, stirring occasionally, for about 15-20 minutes. Keep an eye on them so they don't burn, but make sure they get nice and crispy. You may need to cook them, longer, it just depends on the size of your skillet and the heat of your stove.
5. Remove from heat when they are soft on the inside and crispy on the outside.
6. Serve warm. Store leftovers in the fridge for a week. Can be reheated in a skillet to crisp them back up.

Sweet Potato Hashbrowns

Yields 2 servings | Prep Time: 5 minutes | Cook Time: 10 minutes

INGREDIENTS

- 1 Sweet Potato
- 1 Tbsp Coconut Oil
- Salt, to taste
- Ground Black Pepper, to taste

DIRECTIONS

1. Peel the potato and shred (this is easiest with a food processor but a mandoline or box grater works as well).
2. Heat the coconut oil in a skillet over medium-high heat. Add the shredded sweet potato and cook until they are soft with crispy edges, stirring occasionally in the beginning.
3. Serve hot with salt and pepper to taste.

RECIPES

Condiments, Dips, & Dressings



Balsamic Ketchup

Yields 3 cups | Cook Time: 15 minutes

INGREDIENTS

- 2 (6 oz) cans Tomato Paste
- 1 cup Water
- 2/3 cup Balsamic Vinegar, no added sugar
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/4 tsp Allspice
- 1/8 tsp Sea Salt

DIRECTIONS

1. Combine all ingredients in a medium saucepan over medium heat. Use a whisk to combine everything evenly and get rid of any lumps.
2. Bring to a simmer and continue cooking for 10 minutes, stirring occasionally.
3. Remove from heat and pour into a glass storage container of your choice (I love using recycled sauce/ketchup bottles).
4. Store in the refrigerator.

Bouillon Replacement

Yields Scant 1 cup | Prep Time: 2 minutes

INGREDIENTS

- 2/3 cup Nutritional Yeast
- 1-1/2 Tbsp Onion Powder
- 1-1/4 tsp Garlic Powder
- 1/2 Tbsp Salt
- 1 heaping Tbsp Italian Seasoning
- 1 Tbsp Dried Parsley

DIRECTIONS

1. Combine all ingredients in a half-pint jar with a tight-fitting lid (I use a canning jar) and shake or stir to evenly combine. Store in the airtight jar in a cool location for up to 2 years. Use tablespoon-per-tablespoon for bouillon cubes in any recipe.

Garlic Mayo Dip

Yields 1/2 cup | Prep Time: 30 minutes

INGREDIENTS

- 1/2 cup Paleo Lime Mayo (pg 90)
- 1/2 tsp Dried Parsley
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/8 tsp Cayenne Pepper

DIRECTIONS

1. Combine all ingredients in a small bowl.
2. Cover and refrigerate for 30 minutes before serving.

Guacamole

Yields 2-4 servings | Prep Time: 12 minutes

INGREDIENTS

- 2 ripe Avocados
- 1 Lime
- 1 small Shallot
- 1 clove Garlic
- Scant 1/2 tsp Salt
- Fresh Ground Black Pepper, to taste

DIRECTIONS

1. Juice the lime.
2. Chop up your shallot nice and tiny. Mince the garlic.
3. Add the shallot, garlic, and sea salt to the lime juice. Mix up and let sit for about 10 minutes.
4. Take one of your avocados and mash it up real good, hardly any chunks. Mix that into the lime juice mixture.
5. Add in your black pepper and mix well.
6. With the second avocado, dice it up and gently mix it into the lime/avocado mixture so that you keep the chunkiness of it all.
7. Eat right away or store in the fridge for up to a week. Press plastic wrap over the entire surface to keep it from browning (too much).

Paleo Lime Mayo

Yields Scant 4 cups | Prep Time: 35 minutes

INGREDIENTS

- 2 eggs, room temperature
- 4 Tbsp Fresh Lime Juice, room temperature
- 1 tsp Ground Dry Mustard
- 1 tsp Salt
- 1/2 cup plus 2 cup Light or Extra Light Olive Oil, room temperature
 - NOT extra virgin olive oil

DIRECTIONS

1. Place the eggs and lime juice in a blender or food processor (I use a Blendtec). Let them come to room temperature together, about 30-60 minutes.
2. Add the dry mustard, salt, and 1/2 cup of the olive oil. Mix until well mixed – about 20 to 30 seconds. If you're using a Blendtec, use the Speed 3 button for the entire process.
3. Start pouring the remaining 2 cups of olive oil VERY SLOWLY through the opening in your blender/processor lid. Seriously, very slowly!
4. Continue until all the oil is done. Never dump it, even at the end. Keep a SLOW, steady stream the whole time. This may take up to 5 or 6 minutes.
5. When all the oil is done, remove the lid and look at the glorious, mayo you just made. Then stick it in the fridge and wait about an hour before using it.

Paleo Ranch Dressing

Yields 1 cup | Prep Time: 1 hour

INGREDIENTS

- 1/2 cup Paleo Lime Mayo (pg 90)
- 1/2 cup canned Full-Fat Coconut Milk
- 1/2 tsp Apple Cider Vinegar
- 1 clove Garlic
- Salt, to taste
- Ground Black Pepper, to taste
- 2 Tbsp Fresh Dill

DIRECTIONS

1. Combine the mayo and coconut milk, whisk together.
2. Add apple cider vinegar and whisk to combine.
3. Crush the garlic clove with a little bit of salt to form a paste. Add to the mayo mixture with some pepper and whisk to combine.
4. Add in the dill and stir to combine.
5. Refrigerate for at least an hour before using to let thicken up.

Paleo Worcestershire Sauce

Yields 1 cup | Cook Time: 10 minutes

INGREDIENTS

- 1/2 cup Apple Cider Vinegar
- 2 Tbsp Blackstrap Molasses
- 2 Tbsp Coconut Aminos
- 3 Tbsp Water
- Juice of 1 Lime
- 1/2 tsp Dry Mustard
- 1/4 tsp Ground Ginger
- 1/4 tsp Onion Powder
- 1/4 tsp Garlic Powder
- 1/4 tsp Ground Cinnamon
- 1/8 tsp Black Pepper
- 1/8 tsp Cayenne Pepper

DIRECTIONS

1. Add all ingredients to a medium saucepan over medium-high heat and stir to combine.
2. Stirring constantly, bring to a boil. Let simmer 1 minute.
3. Remove from heat and cool. Store in a glass bottle in the refrigerator for up to 2 months.

Taco Seasoning

Yields enough for 1 lb of meat | Prep Time: 2 minutes

INGREDIENTS

- 1 Tbsp Chili Powder
- 2 tsp Cumin
- 1 tsp Salt
- 1/2 tsp Ground Black Pepper
- 1/2 tsp Oregano
- 1/2 tsp Smoked Paprika
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder

DIRECTIONS

1. Combine all ingredients and stir well. Store in an airtight container and use within 6 months.



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