



PALEO COMFORT

Grain & Dairy-Free Recipes for Your Soul



By Neely Quinn

ABOUT THIS BOOK

What you have in your hands... er... on your computer is both a Paleo cookbook and an Intro to Paleo all wrapped up in one book. The first 30 pages will explain exactly what "Paleo" means, why so many people are crazy about this way of eating, and how it scientifically makes sense. If you're at the point where you're just dipping your foot in the Paleo pool, I've also provided you with a definitive guide to going Paleo, complete with a list of foods to eat, avoid, and eat in moderation.

Then comes the delicious part!

I put together 60 of the most comforting recipes I could conjure to help you start - and continue - to eat this way for a very long time. After talking to hundreds of Paleo eaters, I found that what kept them from staying on Paleo was a lack of "normal" foods... comfort foods. They'd fall off the Paleo wagon because they couldn't resist the temptation for bready foods and desserts! But also comfort foods like spaghetti & meatballs, pot pie meals, and casseroles. If they'd had a Paleo version of those foods, it's likely they wouldn't have ever fallen off that wagon!

So those are exactly the types of recipes I included in this cookbook, only they're free of grains, dairy (not one speck of it in here), vegetable oils, refined sugar, and weird chemicals.

So hopefully these recipes will allow you to eat the things you really want to eat while still feeling amazing on Paleo. That's what they've done for me!

Published by Neely Quinn
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ABOUT THE AUTHOR



My name is Neely Quinn, and I'm a Certified Integrative Clinical Nutrition Therapist specializing in Paleo and Primal nutrition.

I'm the author of *The Complete Idiot's Guide to Eating Paleo*, and other ebooks on Paleo nutrition. My writing and recipes can be found at www.neelyquinn.com and www.paleoplan.com, where I blogged for 3 years.

Besides being a nutritionist, I'm a writer, a rock climber, an entrepreneur, a wife, and a traveler. I love my job as a nutritionist because it allows me to take what I've learned from my own storied history with health and help other people find their own path to wellness.

When I found Paleo in 2009, I had already been gluten-free for about 5 years, but I still had bloating, stomach pains, acne, eczema, and I couldn't lose those last few pounds. Taking all

grains, dairy, legumes, refined sugar, and vegetable oils out of my diet profoundly changed my health, and subsequently the health of my clients and readers. No more eczema, my joint pain greatly decreased, I had less fatigue, no more acne, and I lost some extra weight!

However, even though I loved the diet, I missed those comfort foods. I missed my breads, my granola, my sweet treats, Shepard's Pie, and my other un-Paleo favorites. So I began experimenting and creating recipes that allowed me to continue eating Paleo and feeling good, while still eating things that were reminiscent of my old life.

In truth, these comfort food recipes have helped me stay true to Paleo all these years. Otherwise it would've been too boring! I hope they do the same for you, so you can enjoy the health and weight loss I've enjoyed with this way of eating.

Yours,
Neely

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WHAT IS PALEO?

An Ancestral Approach to Food

We didn't start using agriculture as our main source of food until about 30,000 years ago. Before that, people hunted wild animals, fished, and collected tubers, fruits, vegetables, herbs, nuts, seeds, and other foods wherever they were.

When we started growing grains and beans as a mainstay of our diets, we started to see more obesity and cancer, even in the early Egyptians.

And now, with the addition of all the extra sugar in our diets over the last 100 years, things have gotten exponentially worse. With 2/3 of America overweight or obese, 30 million with type 2 diabetes, and heart disease being the #1 killer in many Western countries, there's obviously an issue with the way we're eating.

But not for you. Not anymore!

Why Our Ancestors Were Healthier and Leaner Than We Are Today:

- Year-round overeating wasn't an issue
- Their food wasn't inflammatory, causing obesity, diabetes, heart disease, etc. Gluten grains, other grains, soy, corn, and pasteurized dairy all contain extremely inflammatory components for humans, and they make up the majority of the Western diet. That, and sugar...
- They didn't eat 130 pounds of sugar per year. That's 22 tsp per day for an average adult and a shocking 32 tsp per day for the average child. Excess sugar gets stored as fat, and it can cause type 2 diabetes, as well as contribute to lowered immunity, anxiety, blood sugar issues, and cancer.
- They were eating a healthy ratio of omega 6: omega 3 fatty acids, so their inflammation levels were lower in general. Omega 6's are abundant in grains and vegetable oils, while omega 3s are abundant in wild-caught fish and other animal foods.
- They weren't overeating grains and beans, which are not only inflammatory, but they're a large source of carbohydrates, so when you eat too many of them they get stored as fat, just like sugar does. Hunter gatherer people probably did eat grains and legumes, but only when they could find them.
- They didn't have a cocktail of chemicals added to their foods, like preservatives, artificial colorings, artificial flavorings, binders, artificial sweeteners, and pesticides, and antibiotics. Those things can contribute to everything from neurological issues to cancer.

THE SCIENCE OF PALEO

Our Natural Way of Eating

We spent millions of years evolving to be the humans we are today, and during almost that entire time (besides a small blip on the radar over the last 30,000 years),

And we did pretty well on that.

With the exception of a couple things, our bodies genetically haven't changed much in that evolutionarily short amount of time since we started eating all these grains, beans, vegetable oils, added sugar, and chemicals. That means our bodies aren't really designed for those things. In my experience, and as the research says, when we stop eating those foods and go back to our roots, we lose fat, build muscle, gain energy, feel happier, and literally reverse diseases like type 2 diabetes and heart disease.

Our Natural Human Diet:

- Animal meat, organs, bones, etc
- Fish and seafood
- Eggs
- Vegetables
- Fruits
- Nuts
- Seeds

We're Not Designed to Eat These:

- Grains
- Gluten
- Legumes/Beans
- Pasteurized Dairy
- Excessive Sugar
- Vegetable Oils
- Additives, Chemicals, and Antibiotics

Today we have the best of both worlds

We don't have to start hunting our meat and gathering berries to eat this way - don't worry! But we do want to emulate our hunter gatherer counterparts. Why? Who's to say they were actually healthy? I'm sure you've heard that they died really young and were haggard sickly people. Well, not so much. You can look up current day thriving cultures who live primal lifestyles without agriculture, like the Kitavans, the Maasai, the African Pymies, and many more. Trust me - you want their bodies :)

And archaeologists regularly uncover remains of our hunter gatherer ancestors, who had robust bones that framed muscular bodies, and who often lived well into their 80's and 90's if they could survive high child-birth, infections, cold winters, and spear wounds, among other hazards of primal living.

Today we have no spears to thwart, we have hospitals to set our broken bones, and drugs to fight off infection. AND we have grocery stores full of foods that are quite similar to what we evolved eating. So now we just have to take advantage of it all!

What's wrong with agricultural foods?

NOTE: When I say "agricultural" foods, I'm not talking about the fruits, vegetables, nuts, and seeds we buy from grocery stores, which came from agricultural farms. I'm talking about the foods we farm now, like the grains, legumes, corn, dairy, vegetable oils, and refined sugar, that are completely different from the foods we evolved eating,.

One argument against Paleo is that our hunter gatherer ancestors weren't eating the giant tomatoes, super sweet fruits, and other produce that we've changed over the years. And if we're trying to mimic our ancestors, why would we eat THOSE things if they weren't eating them? Well, that's kind of splitting hairs in my opinion. There are and always have been many super sweet wild fruits all over the world. And those giant tomatoes and bell peppers and whatever else are still quite similar to the veggies they would've found in the wild.

Again, what we're trying to stay away from within those "agricultural foods" are the foods that are toxic to our human bodies. The things that cause inflammation and disease: not the wonderful fruits and veggies we have access to now.

Now that that's out of the way, below are the specific reasons we want to stay away from those foods.

Symptoms of a Gluten Sensitivity:

- weight gain
- water retention
- diarrhea
- constipation
- bloating
- acid reflux
- intestinal cramping
- fatigue
- eczema
- acne
- joint pain
- infertility
- abnormal menstrual symptoms

GLUTEN

I know, I know. Everyone is going "gluten-free" and you probably think it's just some fleeting fad. But it's really not a fad at all. People are going gluten free left and right because they're realizing they feel so much better without it. I lost 15 pounds when I stopped eating gluten. My eczema subsided, my brain felt better, and my digestion normalized. Many people report similar improvements in their own lives.

Gluten is a protein that's found in certain grains, including wheat, spelt, barley, rye, and

oats (but only because oats are usually contaminated with gluten during processing). Because it's found in wheat, gluten is in most baked foods in Western countries. Also, white flour is just refined wheat flour, so when the ingredient list on a package says just "flour," that means it's wheat. It's also added to foods in the form of hydrolyzed protein, starch, modified starch, malt, natural flavorings, and binders.

Gluten's issue is that it wreaks havoc on the lining of your digestive tract. It causes "leaky gut" or "intestinal permeability" by making the tight junctions in your gut lining not so tight anymore. Nutrients are supposed to flow through your digestive lining into your body, but when those holes are too big, large particles of food, bacteria, and other toxins can enter your blood stream, causing an immune reaction. That immune reaction can turn into an autoimmune disease, such as celiac, multiple sclerosis, or rheumatoid arthritis, or Hashimoto's thyroiditis.

It's thought that between 30–80 percent of people in the United States have some sort of immune response, or sensitivity, to gluten. In any case, that's a lot of people and it's worth figuring out if you're one of them. Taking it out of your diet for a month is the best form of testing available on the market, and it's free, so no blood tests necessary!

ALL OTHER GRAINS

Foods that are made from grains include bread, cereal, pasta, pastries, cookies, beer, crackers, bagels, tortillas, oatmeal, and corn chips, to name a few. Grains make up about 50 percent of most people's diets, so I realize I need to have a good reason to tell you not to eat them.

First of all, most grains are overly processed properly, which make them void of nutrients (read: empty calories), and full of carbs that most people don't need every day. Cereal or a bagel at breakfast, two pieces of bread for lunch, grain-based snacks throughout the day, dinner rolls or pizza crusts for dinner, and a grain-based dessert at night really add up. They add up to too many carbohydrates, unless you're an Olympic athlete who's training twice a day.

They're also not processed correctly. In the past, before heart disease and obesity and all these things were quite so common, people would soak their grains, then maybe sprout them, and then even ferment them (like sourdough bread), which makes them much more digestible. As it is, they're just nutrient-less packages of inflammatory carbs that will likely give you a food baby after you eat them (you know, when your stomach sticks out like you're pregnant after a meal?).

Grains include the following:

- wheat (white flour, wheat flour, all-purpose flour)
- rice
- quinoa
- rye
- barley
- corn
- millet
- oats
- buckwheat
- kamut
- teff
- spelt
- amaranth

Besides that, I already told you about gluten, and it turns out that grains (even the pseudo-grain, quinoa) have certain proteins in them that act like gluten. Or they contain FODMAPS (Fermentable Oligo-Di-Monosaccharides and Polyols), which are difficult to digest and cause digestive issues for a lot of people.

Grains contain enzyme inhibitors, which make them difficult to digest, as well as the following “anti-nutrients”. If you can’t tolerate glutenous grains, there’s a good chance you can’t tolerate grains at all, and now’s the time to find out.

CERTAIN LECTINS

Lectins are proteins that help protect animals and plants from diseases or invaders (like humans). Wheat contains a lectin called wheat germ agglutinin (WGA), and other grains, beans, and even nuts and seeds contain lectins similar to WGA.

What happens is the WGA goes into your small intestine and sticks itself onto the lining of it. It then tricks your body into transporting it across the lining of your intestine intact, where your immune system attacks it because it is seen as a foreign invader. This is where the term “inflammation” comes into play. When your immune system is activated in this way, your body has unnecessary inflammation in it, and it can affect every other system in your body, since they all work symbiotically.

Speaking of your immune system, antibodies are created in response to the lectins, and unfortunately lectins often look a lot like other parts of your body. They may look like brain cells, pancreatic cells, thyroid cells, etc., so the same antibodies that were created to attack the lectin will actually go attack your own body.

This is where autoimmune diseases come into play, like type 1 diabetes, celiac disease, rheumatoid arthritis, lupus, and multiple sclerosis. But even if you don’t develop an autoimmune disease from eating these things, it can make your immune system overactive and confused, as well as give you digestive issues.

PHYTIC ACID

Phytic acid is in grains, beans, nuts, and seeds, and we don’t have the enzyme phytase to digest it. Phytic acid actually binds to the magnesium, calcium, zinc, and iron in the food you eat, and takes them out of your body unabsorbed. Dr. Loren Cordain believes that this alone is contributing to iron-deficiency anemia in people around the world.

LEGUMES

Legumes, or beans, include lentils, black beans, soy, peanuts, etc, and they're also unnecessary packages of extra carbs that will probably make you fart a lot. They contain enzyme inhibitors and lectins, and phytic acid, and they're rarely processed correctly, just like those darn grains.

Legumes are a mediocre source of protein (contrary to popular belief). One cup of black beans contains a measly 15 grams of protein (and a whopping 40 grams of carbohydrates). Compared with even 3.5 ounces of roasted chicken breast at 31 grams of protein (and 0 grams of carbs), beans just don't compare.

Soy, also a legume, isn't processed well enough in this country to remove most of those toxins (it should be fermented). Plus, it's a major source of plant-based estrogens, which can wreak havoc on your hormonal balance. Your hormones have SO much to do with fat loss!

Soy is also one of the biggest genetically modified (GM) crops out there, and more and more studies are coming out proving what we've always believed about GM crops.

To sum it up, beans are mostly a waste of calories and carbs.

SUGAR

I'm not talking about the sugar that comes in the delicious package of fruit. I love fruit and it's full of nutrients, fiber, and satiating sweetness. I'm talking about the refined sugars like white sugar, cane sugar, confectioners sugar, brown sugar, syrup (the kind that you put on pancakes that doesn't have any maple syrup in it at all), corn syrup, high fructose corn syrup, refined maple syrup, refined honey (as opposed to raw honey), dextrose, maltodextrin, and many others.

As you know, white sugar and corn syrup are in everything from Coke to candy bars to marinara sauce and bacon. Honestly, it wouldn't be such a big deal if we didn't eat so much of the stuff.

When you eat sugary foods that spike your blood glucose, your body releases the hormone insulin so the sugar can enter your cells and be stored for later. Glucose gets stored as glycogen in your muscles and liver, which you can use as energy, and if that's not used up, it turns into fat. Like the kind of fat you're trying so hard to get rid of on your belly. You can usually tell when a person is eating too much sugar and on their way to being diabetic because they have an inordinate amount of belly fat.

Anyway, if you're constantly eating sugar, and thus constantly shooting out insulin, your cells become less and less receptive to the insulin, so it takes more and more insulin to get the glucose into your

cells. After a while, you can become “insulin resistant”, and eventually develop type 2 diabetes. Basically, the sugar you eat stays in your blood stream because the insulin can’t open up your cells to let the sugar in there. That’s bad news - very bad. And that’s why many diabetics need to be on insulin, since their own insulin isn’t enough to handle all that sugar.

So, when you eat sugar, your blood sugar spikes up, and then it plummets as the glucose is taken up into your cells. So while you may feel energized after that cookie for a bit, you might crash and feel tired and hungry as quickly as an hour afterward (or less). Whereas if you got your carbs in the form of veggies, fruits, sweet potatoes, which have tons of fiber in them, and then added some healthy fat to the mix, your blood sugar would never spike like that.

Your energy would be even Steven.

When your blood sugar plummets, though, that’s about the time when you reach for the candy, the cookie, the pretzels or your simple carb source of choice, and the cycle continues.

The answer is simply to stop eating the foods that spike your blood sugar in the first place. It’s fine to have a little fun with sugar on occasion - I certainly do - but when you’re spiking glucose and insulin levels over and over every day with cookies, cereals, granola bars, sodas, juices, pastries, and even bread, you’re just promoting weight gain, insulin resistance, diabetes, chronic inflammation, a sick immune system, fatigue, and moodiness. Not to mention rotten teeth!

“VEGETABLE” OILS

The oils we know as “vegetable” oils are not actually made from vegetables. They’re usually made from seeds, which create canola oil, corn oil, soybean oil, safflower oil, sunflower oil, cottonseed oil, peanut oil, or some sort of conglomeration of those in margarine form.

They’re often hydrogenated or partially hydrogenated, which creates heart disease-inducing trans fats. And they’re almost always highly heated during processing, chemically refined, and deodorized.

In other words, they’re usually on their way to becoming rancid - or already are rancid - by the time they hit the shelves. Why? Because all those oils are high in polyunsaturated omega 6 fatty acids, which are highly susceptible to becoming oxidized, or rancid, by heat, air, chemical exposure, and light. Oxidized fats create inflammation and contribute to heart disease and all other chronic inflammatory conditions.

Due to some pretty shoddy research, and possibly the heavy hand of big agriculture (corn, soy, and canola farmers), it was touted that these oils were better for heart health. Recent and more accurate research has shown what seems obvious now - that these oils are very high in omega 6 fatty acids, which are super inflammatory.

Instead of these vegetable oils, you should eat healthier fats and oils that don't contribute to inflammation or heart disease. Saturated fat is extremely stable and does not promote inflammation when eaten with other anti-inflammatory foods (like the ones I'm suggesting you eat). Saturated fat and dietary cholesterol are essential to our basic bodily functions and are good for us, despite what we've all been told. Monounsaturated fat is much more stable than the omega 6 or omega 3 fatty acids, so cooking with those and saturated fats is the safest and healthiest way to go. Coconut oil, palm oil, lard, tallow, bacon grease, avocado oil, macadamia oil, and olive oil are now your friends. Yep, I said that lard is good for your health, and I meant it!

PASTEURIZED & HOMOGENIZED DAIRY

Dairy is one of those things that people get pretty attached to. I LOVE dairy, but after 3 years of chronic yeast infections, I finally realized that dairy was the cause of the problem, and I had to stop eating it. Beyond that, it can make your skin itch, cause asthma, create major digestive issues, and make you gain weight.

Dairy is a pretty muddled topic in the Paleo and Primal world of books and blogs. Die-hard Paleo people would say that dairy is out because nobody was milking wild mastodons back in the day. And most of us don't have the enzymes to digest it after we're weaned from our moms. That's just science, and it's why you might be constipated, bloated, gassy, and phlegmy after you eat it.

However, in the Primal world of eating, started by Mark Sisson of marksdailyapple.com, dairy is encouraged in moderation for people who can tolerate it. This month we'll figure out if you can tolerate it. Once you stop eating it for a couple weeks, and then you go back to eating it, it will be blatantly obvious if it makes you feel bad.

Some people may do better with dairy than others, but I think that everyone should avoid eating pasteurized and homogenized dairy. The heat during the pasteurization process destroys enzymes that are used for digestion and assimilation of the nutrients in the milk.

The homogenization process not only heats the milk further, but it wrecks the fat globules. Many people have an immune response of some kind to the protein, casein, in milk. And when milk is homogenized, the fat globules end up having protein, including casein, stuck in and around them, increasing the allergenic potential of all homogenized milk products.

Fermenting the milk—making yogurt, buttermilk, kefir, and other foods— helps to get rid of that lactose that's so difficult to digest. That's why eating fermented dairy is best.

Full-fat milk products are a much better choice than non-fat or low fat because of the higher nutrient content in the fat of milk. Additionally, vitamin A and CLA (conjugated linoleic acid, an anti-cancer nutrient) are found in way higher concentrations in milk from grass-fed cows than milk from

conventional, factory-farmed cows.

Also, because of the way factory-farmed dairy cows are treated and what they eat, they secrete an abnormal amount of estrogen into their milk. There's always estrogen and other hormones in milk—even human breast milk—and infants can use those hormones. But grown adults don't need any hormones other than the ones they are producing on their own. That's one reason that even unpasteurized, homogenized milk isn't good for everyone.

Obviously dairy has some issues, but when you break it down, almost every food out there has something harmful in it that our bodies can often tolerate. You have to figure out for yourself whether or not dairy is good for your own body. For the duration of this program, though, I highly suggest you not eat dairy so that you can see for yourself whether or not it's affecting you.

UNNECESSARY ADDITIVES & CHEMICALS

It's kind of ridiculous for Gatorade and other companies to create a sports drinks or soda that has 12 to 14 teaspoons of added sugar. But it's absolutely unnecessary to make those sugary drinks fluorescent green.

Yellow 5 and other synthetic food colorings fall into this "unnecessary additives" category. There are entire diets now based solely on removing additives from people to improve their health. And there are plenty of published articles about the reasons they're so bad for us. Aspartame and other synthetic sweeteners, nitrates and nitrites, potassium sorbate, and BHA are among the preservatives and sweeteners that have research showing they have either cancerous effects or negative impacts on nervous system health.

Stay away from ingredients you can't pronounce, and read this book, [A Consumer's Dictionary of Food Additives](#), if you're interested in reading more about all the additives out there. Here's a [website](#) that has some great information about some of the most common harmful additives.

Pesticides also fall into this category, and that's what you're consuming every time you eat anything conventional (non-organic). It turns out that organic foods, especially local organic foods, are more nutritious AND they don't contain those synthetic, potentially cancerous pesticides.

Antibiotics are in almost all conventional meats because factory farmed animals need to take them in order to survive their polluted environments, close quarters, and terrible diets. You get the brunt of that when you eat their meat, unfortunately. Stick with organic, pasture-raised, grass-fed, wild, or pastured meats and eggs to avoid antibiotics. All of those labels are safe.

If you stick with the dietary suggestions in this program, you'll never have to worry about those additives or chemicals.

SUMMARY

So that's the "Paleo" or "Primal" diet in a nutshell. These are the reasons we should be eating more like our hunter gatherer ancestors - clean, fresh meats, fish, eggs, veggies, fruits, nuts, and seeds that you can find at farmers markets, local farms, online, and on the outer edges of your grocery store.

The recipes in this cookbook are made from ingredients we thrive on:

- meats
- fish
- eggs
- veggies
- fruits
- nuts
- seeds
- natural sweeteners
- healthy fats

There are absolutely none of the following ingredients in these recipes:

- grains (not even gluten free grains)
- dairy
- legumes, including soy
- vegetable oils
- refined sugar
- additives or other harmful chemicals

HOW TO GO PALEO

For Optimal Health and Weight Loss

If you're wanting to go Paleo, which seems like an easy assumption since you're reading this cookbook, this section explains exactly how to do that. Having clear cut guidelines about what you should be eating and what you should be avoiding will help you lose fat and gain your health back. In this cookbook, you'll find recipes that contain only ingredients that are health promoting, which will help you:

- lose weight
- clear up your skin
- control autoimmunity
- have more energy
- and so much more!

In order to do that, you just have to make a few changes to your diet - easy peasy! Unfortunately, there are some gray areas, as there are with everything, so I'll explain those in this section and try to make them as easy to navigate as possible. Let's get started!

EVERYONE IS DIFFERENT

Before we actually get started, please understand that everyone's Paleo diet ends up being a little different - nothing is set in stone. For instance, some people don't eat nuts or seeds because they're sensitive to them, even though those foods are technically "Paleo". Other people can't tolerate coconut, so they don't eat that, even though it's Paleo. Some people tolerate certain grains really well and they don't gain weight when they eat them... so they eat them.

Below are guidelines for what to eat, but you'll figure out over time what works best for you within and beyond those guidelines. The best way to figure out what works for you is to give yourself an entire month to detox and let your body heal a bit by taking out the inflammatory foods I'm going to tell you about below. Take them out for 30 days (you can do anything for 30 days!), and then if you want to, you can experiment with some of these foods after the month is over.

KEEP THAT WEIGHT OFF

After all, this isn't meant to be just some crash diet where you'll lose a bunch of weight and then go right back to what made you gain the weight in the first place, right? Now, having said that, you don't have to think about the change as being life-long right away, but keep it in the back of your head that that's a possibility. I know that big changes can be overwhelming and lead to you giving up. So take this day by day right now.

COLD TURKEY OR SMALL CHANGES?

If you're committed to going Paleo, it's totally up to you to decide whether you want to make this change all at once or step-by-step. You know you much better than I ever will, so tell me: are you an all or nothing kind of person, or are you a little by little person? When you go swimming, do you get in that cold water inch by inch or do you jump in the deep end off the diving board?

Here are some guidelines for how you'd go about going either route.

HOW TO GO PALEO COLD TURKEY

If you wanted to just go all in and start tomorrow (or today), you'd do the following:

- Clean out the old foods in your house that will tempt you. You can donate them to a food shelter, give them to a friend, or even sell them.
- If you don't want to get rid of those foods quite yet, you could put them somewhere you won't be tempted by them (like in your attic or basement, or at a friend's house).
- Then you'll replenish your fridge and pantry by going to the store with a list of some of ingredients for some of the recipes in this cookbook.
- Then you'd start cookin'!

HOW TO MAKE SMALL CHANGES

There are many ways of going about making small changes to your diet instead of doing things all at once.

I've had clients who, for the first week, take out most of the soda they're drinking every day. That's hard enough for them, and they're in no rush, so that's their main goal.

Other people just take gluten or dairy out of their diets for a week or so.

Other people will go a little bigger and take out all the grains. You could also start by just adding more vegetables to your diet.

My suggestion here is to take it slowly (if that's what you want to do), but don't baby yourself. Make one change for 3-7 days, and then add another change to your diet. By the end of a month, you could be fully transitioned onto this way of eating.

Below is a comprehensive list of foods to eat, foods to avoid, and foods to eat in moderation.

THE DEFINITIVE FOOD GUIDE

WHAT TO EAT

- **Animal meat, organs, bones, etc**
- **Fish and seafood**
- **Eggs**
- **Vegetables**
- **Fruits**
- **Nuts**
- **Seeds**

WHAT NOT TO EAT

- **Grains**
- **Gluten**
- **Legumes/Beans**
- **Pasteurized Dairy**
- **Excessive Sugar**
- **Vegetable Oils**
- **Additives, Chemicals, and Antibiotics**

For all of the foods listed, it's best to choose those that are free of pesticides, antibiotics, hormones, animal abuse and that the food the animals were fed was appropriate for their species. In other words, look for "organic", "pastured", "pasture raised", "grass-fed", and/or "humanely raised" products.

FOODS TO EAT

MEATS

Red meat, white meat, the other white meat - they're all great. An awesome source of protein, iron, B-vitamins, and healthy fats, you'll base your meals around a solid source of animal protein.

NOTE ON QUALITY: Eat these foods from animals that were grass fed or pasture raised. At the least, get organic meats and eggs. Stay away from meats with preservatives and color or flavor enhancers, particularly added nitrites.

Organ meat, bone marrow, and the fat from these animals is all fantastic for you, too. It's nutrient dense and satiating.

- **Game Meats**
- **Organ Meats**
- **Bone Marrow**
- **Pork**
- **Turkey**
- **Beef**
- **Chicken**
- **Goat**
- **Lamb**

EGGS

You can eat eggs from any kind of bird you want.

NOTE ON QUALITY: As with meat, it's best to buy locally raised eggs that are from chickens, ducks, or any other birds that were not given GMO corn, that weren't factory farmed, and that were not given antibiotics. They have more nutrients in them, as can be witnessed by the rich-colored yolks and the tough shell.

NOTE ON CHOLESTEROL: New research has shown that consuming eggs (or any dietary cholesterol sources) does NOT increase your cholesterol levels. And even if it did, your blood cholesterol markers are often not a good indicator of whether or not you will have a heart attack or stroke. The research there is pretty bad, too, and if you want true, real information on cholesterol, saturated fat, heart disease, and health overall, please check out Chris Masterjohn, PhD's website, cholesterol-and-health.com. You will be pleasantly surprised by what you find there.

FISH, SHELL FISH, FISH EGGS

All species of fish, shell fish, and fish eggs are great – just be conscious of mercury levels and ecological practices. Smaller fish like anchovies and sardines have less bio-accumulation of heavy metals and toxins, and high levels of omega 3 fatty acids.

NOTE ON QUALITY: You'll want to buy wild-caught or sustainably-raised fish as often as you can, as they contain the fewest toxins the most omega 3's, and those fishing practices are best for the environment.

You can find out which fish have the highest levels of mercury at www.nrdc.org/health/effects/mercury/guide.asp

- Salmon
- Herring
- Cod
- Catfish
- Tilapia
- Sardines
- Tuna
- Shrimp
- Mussels
- Oysters
- Crab
- Lobster
- Scallops
- Bass
- Any seafood

VEGETABLES & HERBS

Veggies and herbs are highly encouraged, including sweet potatoes and potatoes. Organic veggies are more nutritious than conventional veggies with pesticides on them.

NOTE ON QUALITY: Local veggies are even better because the transit time from the farm to your mouth is much less, meaning they retain more nutrients. You can join a Community Supported Agriculture (CSA) where you'll receive in-season produce from a local farm every week. To find a CSA in your area go to localharvest.org.

- Artichoke
- Arugula
- Asparagus
- Bok choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Collard greens
- Endive
- Frisee
- Basil
- Caraway
- Cilantro seeds are Coriander
- Chamomile
- Dill
- Fennel
- Lavender
- Lemon Grass
- Margoram
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme
- Kale
- Kohlrabi
- Lettuce
- Mushrooms (actually a fungus, not a plant)
- Mustard greens
- Nettle
- Okra
- Onions
- Chives
- Garlic
- Leeks
- Shallot
- Parsley
- Peppers (actually fruits, but treated as vegetables)
- Radicchio
- Rhubarb
- Beets
- Carrots
- Celeriac
- Daikon
- Ginger
- Parsnip
- Rutabaga
- Turnip

- Radish
- Sweet potato
- Wasabi
- Horseradish
- Spinach
- Squash (actually fruits, but treated as vegetables)
- Cucumber (actually fruits, but treated as vegetables)
- Potatoes
- Tomato (actually fruit, but treated as vegetables)
- Jicama
- Jerusalem artichoke
- Taro
- Yams

FRUITS

The guidelines for fruits are the same as the guidelines for veggies, except you'll want to eat fewer of them every day than veggies. Fruits can be pretty dense sources of carbs, so if you're not active at all, limit your fruit intake to one or two pieces a day. For some people, that's even too much, so you'll have to see how your body does with them.

NOTE ON QUALITY: Organic and local are best.

- Apple
- Apricot
- Avocado (yep, it's a fruit)
- Banana
- Berries
- Blood Orange
- Cantaloupe
- Clementine (type of orange)
- Currant
- Cherry
- Coconut
- Cranberry
- Date
- Dragonfruit
- Elderberry
- Fig
- Goji berry
- Gooseberry
- Grape
- Grapefruit
- Guava
- Huckleberry
- Honeydew
- Jujube
- Kiwi fruit
- Kumquat
- Lemon
- Lime
- Loquat
- Lychee
- Mandarin
- Mango
- Mulberry
- Nectarine
- Olive
- Orange
- Papaya
- Passionfruit
- Peach
- Pear
- Persimmon
- Plume/prune (dried plum)
- Pineapple
- Pomegranate
- Raisin
- Raspberry
- Star fruit
- Strawberry
- Tangerine
- Ugli fruit
- Watermelon

NUTS & SEEDS

All nuts and seeds are great, as well as the butters that are made from them. Just remember that **peanuts are not nuts** – they're legumes, and thus are not on the list. Because you're trying to lose weight, let's limit nuts and seeds to about 1 or 2 ounces per day (1 or 2 small handfuls), as the calories add up quickly!

NOTE ABOUT QUALITY: Go for organic, raw nuts and seeds. Stay away from the ones that are roasted in vegetable oils. The truth is that it's always better to soak or sprout your nuts and seeds. Soaking and sprouting helps to get rid of the phytic acid, lectins, and enzyme inhibitors, and makes them more digestible.

SEA VEGETABLES

Seaweeds are incredibly high in minerals, having come from the ocean. Eat them as snacks, or roll meat up in them - they're delicious!

- **Kombu**
- **Wakame**
- **Nori**
- **all other seaweeds, algae, etc.**

FATS & OILS

This list of fats is different than what you've seen as "healthy" in the past, but these are the kinds of fats and oils we've evolved eating, and they're very stable for cooking, especially on medium or medium low heat.

NOTE ABOUT QUALITY: Get organic, grass-fed, and pastured animal fat sources from vendors only. The toxins are stored in the fat of the animal, so you don't want to be eating conventionally raised animal fats that are full of antibiotics, pesticides, hormones, and GMO corn residues. Get your oils organic, extra virgin, and cold-pressed if applicable.

- **avocado oil**
- **extra virgin olive oil**
- **lard (rendered pork fat)**
- **tallow (rendered beef fat)**
- **coconut oil/milk/manna**
- **hazelnut oil**
- **macadamia oil**
- **walnut oil**

Note: Unrefined palm oil would be on this list, but because its production is directly associated with destroying the habitats of orangutans, I removed it from the list.

BEVERAGES

Filtered or spring water is best! Drink it to your heart's content. The others are great, too. Just no sodas or other drinks sweetened with sugar or artificial sweeteners.

- **Coconut water**
- **Freshly juiced fruits and vegetables**
- **Herbal tea**
- **Filtered or spring water**
- **Sparkling water**

COCONUT PRODUCTS

Coconut contains medium chain fatty acids that actually help you burn fat. Coconut is anti-viral and anti-fungal, and a really fun source of dietary fat. Some of these foods may be foreign to you, so there's a great website that describes what all of these products are and how to use them at thecandidadiet.com/ultimate-guide-to-coconut-products/.

- Coconut oil
- Coconut milk
- Coconut nectar
- Coconut manna/butter
- Coconut vinegar
- Coconut aminos
- Coconut sugar

EAT IN MODERATION

- Coffee
- Chocolate
- Fruit
- Alcohol (all kinds)
- Caffeinated teas

Sweeteners

- Raw honey
- Stevia
- Coconut sap
- Grade B maple syrup

These foods are in the gray area, and should be eaten or consumed as you see fit for yourself. For more guidance on that, I wrote extensively on each food and drink over at PaleoPlan.com when I was the blogger there. Please click on the links above to find out more.

FOODS TO AVOID

For a thorough explanation of why you'd take out the following foods, please see the "What Is Paleo?" section of this book.

GRAINS

If you were to only do one thing differently for your health and weight loss goals, it would be cutting out all grains. I've seen everything from drastic weight loss to psoriasis clearing up when you get wheat, rice, oats, and corn (among others) out of your diet. They're inflammatory and difficult to digest.

- **Corn**
- **Kamut**
- **Amaranth**
- **Quinoa**
- **White flour**
- **Wheat flour**
- **"Flour"**
- **Graham flour**
- **All purpose flour**
- **Rice cakes**
- **Cereals**
- **Granola bars**
- **Clif bars**
- **Cookies**
- **Wheat**
- **Rice (white rice, brown rice, red rice, black rice, wild rice)**
- **Spelt**
- **Crackers**
- **Tortilla Chips**
- **Tortillas**
- **Taco wraps**
- **Bread**
- **Pasta**
- **Pastries**
- **Oatmeal**
- **Roux or any soups thickened with flour**
- **Rye**
- **Barley**
- **Millet**
- **Oats**
- **Corn flour**
- **Corn meal**
- **Beer**
- **Corn syrup**
- **Maltodextrin**
- **Dextrose**
- **Wheat gum**
- **Starch**
- **Soy sauce (contains wheat)**

This includes everything that's made out of these grains, too. Make sure if you buy any pre-packaged food that you look closely at all of the ingredients. Watch out for the following:

SUBSTITUTION: Grains are mostly just a source of carbs, and you'll be getting your carbs from veggies, fruits, and occasionally natural sweeteners like raw honey (see below). The nutrients in most grain products you eat are synthetic - they're added in, which is why they call them "fortified". You want the real stuff that's naturally in foods, and there are copious amounts of nutrients in veggies and fruits. Way more than you'd find in grains.

DAIRY

Dairy can be directly or indirectly related to weight gain and many other health problems. Check out the “What Is Paleo?” section for more information on dairy.

CLARIFICATION: Eggs are not dairy - you can eat them all you want on this program. They’re just lumped in with the dairy in grocery stores, but dairy is defined as the milk from an animal’s teat, and eggs are definitely not that!

- **Milk**
- **Cheese**
- **Clarified Butter**
- **Butter milk**
- **Cream**
- **Butter**
- **Ghee**
- **Yogurt**
- **Kefir**
- **Whey protein powder**
- **Cottage cheese**
- **Sour cream**
- **Anything else containing the milk from any animal**

SUBSTITUTIONS: Coconut milk, coconut oil, coconut butter, olive oil, and all the other fats I’ve listed are great substitutions for dairy products.

BEAN & LEGUMES

Beans are difficult to digest and full of carbohydrates that you probably don’t need. They can contribute to inflammation of all kinds. Check out the “What Is Paleo?” section for more information on beans. You’ll want to avoid them to give your body a break, and find out if you feel better without eating them as so many people do.

EXCEPTION TO THE RULE: Snap peas, green beans, and other fresh green legumes are fine to eat. We’re trying to avoid the old, dried out beans only. They contain the most anti-nutrients and are the hardest to digest.

- **Soy**
- **Tofu**
- **Tempeh**
- **Miso**
- **Soy sauce**
- **Tamari**
- **Lentils**
- **Black beans**
- **White beans**
- **Garbonzo beans**
- **Pinto beans**
- **Red beans**
- **All other beans**
- **Peanuts (sub out your peanut butter with almond butter)**

SUBSTITUTIONS: Fruits and veggies are chock full of soluble fiber, just like beans are, and they’re much more nutrient dense. And you’ll get plenty of protein from animal sources.

HIGH OMEGA-6 “VEGETABLE” OILS

I’m not really sure why vegetable oils are called “vegetable oils” since they’re made from seeds. They sound so healthy! But they’re not. They’re high in pro-inflammatory omega 6 fatty acids (as opposed to omega 3 fatty acids, which are anti-inflammatory). They are debatably one of the major causes of heart disease, and contribute to obesity, diabetes, and all other inflammatory conditions. If you were to go Paleo, you’d avoid the following oils:

SPECIAL WARNING: Definitely stay away from anything that says “hydrogenated” on it, as hydrogenated oils unequivocally contribute to heart disease!

- **Soy oil**
- **Cottonseed oil**
- **Corn oil**
- **Sunflower oil**
- **Safflower oil**
- **Sesame oil**
- **Mazola oil**
- **Canola oil**
- **“Vegetable” oil**

MORE INFO: If you want more research and information on the topics of vegetable oils, saturated fat, cholesterol, and heart disease/inflammation, please google “Chris Masterjohn” and you’ll find about 1000 articles that he’s written on the subject that are highly cited and well-researched.

SUBSTITUTIONS: You’ll be eating the fats and oils I listed in the first section of this guide.

REFINED & ARTIFICIAL SWEETENERS

I’m not talking about fruit here! In fact, you’re encouraged to eat fruit on this program, in moderation. Refined sugars are what we’re trying to avoid on this program, and for the rest of your life as much as possible. Too much sugar makes you fat - it’s as simple as that!

- **White sugar**
- **Powdered sugar**
- **Brown sugar**
- **Corn syrup**
- **Splenda**
- **Aspartame**
- **Equal**
- **Sucralose**
- **All artificial sweeteners**
- **Refined honey**
- **Refined syrup**
- **Acesulfame potassium**
- **Saccharin**
- **High fructose corn syrup**
- **Dextrose**
- **Maltodextrin**

It might be challenging to take these things out of your diet in the beginning. Sugar acts like a drug in your body and brain, and you’ll likely go through some detox, but you’ll be much better off in the long run! Just know that the longer you eat this way, the fewer sugar cravings you’ll have. I promise!

SUBSTITUTIONS: Fruit, dark chocolate (60% and above, even though it has a nominal amount of sugar in it), raw honey, grade B maple syrup, molasses, coconut nectar, coconut crystals.

FACTORY FARMED ANIMAL PRODUCTS

It's kind of ridiculous for Gatorade and other companies to create a sports drinks or soda that has 12 to 14 teaspoons of added sugar. But it's absolutely unnecessary to make those sugary drinks fluorescent green.

Yellow 5 and other synthetic food colorings fall into this "unnecessary additives" category. There are entire diets now based solely on removing additives from people to improve their health. And there are plenty of published articles about the reasons they're so bad for us.

Aspartame and other synthetic sweeteners, nitrates and nitrites, potassium sorbate, and BHA are among the preservatives and sweeteners that have research showing they have either cancerous effects or negative impacts on nervous system health.

Stay away from ingredients you can't pronounce, and read this book, **A Consumer's Dictionary of Food Additives, if you're interested in reading more about all the additives out there. Here's a website** that has some great information about some of the most common harmful additives.

Pesticides also fall into this category, and that's what you're consuming every time you eat anything conventional (non-organic). It turns out that organic foods, especially local organic foods, are more nutritious AND they don't contain those synthetic, potentially cancerous pesticides.

KITCHEN TOOLS YOU'LL NEED

Beyond a stove, oven, pots, pans, and all the other normal stuff you'd find in a kitchen, some of these recipes are much easier to make if you have a few more things. The items below are linked to products I like and use myself:

- [Food Processor](#) (hand chopping is an alternative, though)
- [Slow Cooker](#)
- [The Best Blender Ever](#) OR [A Good Blender](#)

A close-up photograph of a stack of five golden-brown pancakes. The top pancake is topped with a dollop of bright red jam and several fresh blueberries. A single blueberry is also visible on the white surface to the left of the stack. The background is a soft, out-of-focus white with some faint red speckles in the upper left corner. A semi-transparent purple horizontal band is overlaid across the middle of the image, containing the word 'BREAKFASTS' in a bold, white, sans-serif font.

BREAKFASTS

BREAKFASTS

APPLE CINNAMON SCONES

CINNAMON PUMPKIN PANCAKES

CURRIED LEEKS & APPLES with SUNNY SIDE UP EGGS

PALEO PANCAKES WITH BERRY COMPOTE

SLOW COOKER BREAKFAST CASSEROLE

SPINACH & MUSHROOM QUICHE

VANILLA NUT GRANOLA



APPLE CINNAMON SCONES

Prep Time: 10 minutes **Cook Time:** 20 minutes **Serves:** 6

Full of apple and cinnamon flavor, these grain free scones are perfect for a brunch or late afternoon snack.

Ingredients:

- | | |
|-------------------------|-----------------------|
| 1 1/2 cups almond flour | 1/4 cup coconut oil |
| 1/4 cup coconut flour | 1/4 cup maple syrup |
| 1 tsp baking powder | 1 egg |
| 2 tsp cinnamon | 1 tsp vanilla extract |
| 1/4 tsp sea salt | 1 large apple, grated |

Directions:

1. Preheat oven to 400 degrees F.
2. Combine the dry ingredients in large bowl and mix well. Whisk the coconut oil, maple syrup, egg, and vanilla together and add it to the dry ingredients.
3. Mix well until you have a dough and add the apples.
4. Transfer the dough to a clean surface and cut into circles using a cookie cutter (or simply cut into triangles.)
5. Lay on a baking sheet and bake until browned and firm. Cool before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 171 | 13.1g | 12.1g | 2.6g | 7.7g | 3.6g |



CINNAMON PUMPKIN PANCAKES

Prep Time: 10 minutes **Cook Time:** 15 minutes **Serves:** 4

Pureed pumpkin with a hint of cinnamon make these grain free pancakes a decadent breakfast option. Serve with real maple syrup, or just eat plain as a snack; either way, you are sure to love them!

Ingredients:

| | |
|-----------------------------|-------------------|
| 2 very ripe bananas, peeled | 1 tsp cinnamon |
| 3 eggs | 1/4 tsp sea salt |
| 1/2 cup pumpkin puree | 2 Tbs coconut oil |

Directions:

1. Beat the bananas, eggs, pumpkin, cinnamon and salt in a mixing bowl until well combined.
2. Heat a cast iron skillet or griddle over medium high heat, and add the coconut oil. Drop the batter by the spoonful onto the skillet and cook until browned on both sides.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 170 | 10.4g | 16.7g | 2.7g | 8.5g | 5.1g |



CURRIED LEEKS & APPLES with SUNNY SIDE UP EGGS

Prep Time: 10 minutes

Cook Time: 15 minutes

Serves: 8

This easy to prepare breakfast is a twist on your usual eggs. With a combination of sweetness and spice, it's a combination you'll come back to again and again!

Ingredients:

2 Tbs butter

1 leek, trimmed and sliced

1 small apple, cored and chopped

1 tsp curry powder

2 eggs

Sea salt and fresh ground pepper, to taste

Directions:

1. Melt the butter in a heavy skillet. Add the leek and apples and cook until soft. Add the curry powder and cook for about a minute.
2. Move the vegetables to the side and crack the eggs in the pan. Cook until the whites are set and the yolks are firm. Serve the eggs over the apples and leeks and season with salt and pepper.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 468 | 32.6g | 35g | 5.9g | 19.7g | 13.3g |



PALEO PANCAKES with BERRY COMPOTE

Prep Time: 10 minutes **Cook Time:** 10 minutes **Serves:** 2

With three simple ingredients, these pancakes are easy and nutritious. A simple compote made with fresh berries takes them to a new level. Perfect for a healthy weekend brunch, these pancakes are sure to be a big hit.

Ingredients:

- | | |
|----------------------------------|----------------------|
| 1 cup fresh blueberries | 2 eggs |
| 1 cup fresh strawberries, sliced | 1/4 cup almond flour |
| Juice of 1 lemon | 1/4 tsp sea salt |
| 1/2 cup water | 1 Tbs coconut oil |
| 1 ripe banana | |

Directions:

1. First make the compote by putting the berries and lemon juice in a saucepan with about a half cup of water. Bring to a boil and reduce heat to a medium simmer. Simmer while you make the pancakes.
2. Put the bananas and eggs into a blender and blend until smooth. Add the almond flour and blend until just blended.
3. Heat the coconut oil in a heavy bottomed skillet. Pour the batter into the skillet to form 2-3 inch pancakes. Cook until puffed up, flip and continue cooking until done.
4. To serve, spoon the berries over the pancakes.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 239 | 11.8g | 29.9g | 4.7g | 18.3g | 7.2g |



SLOW COOKER BREAKFAST CASSEROLE

Prep Time: 15 minutes **Cook Time:** 6-8 hours **Serves:** 6

This easy to put together casserole is a great breakfast when you know you have a busy day ahead but also want to get off to the right start. It's also nice for brunch, since you can get it started the night before and have it ready when you are.

Ingredients:

1 Tbs olive oil
 1 onion, diced
 1 green bell pepper, diced
 1 red bell pepper, diced
 1 clove garlic, minced

1 pound nitrate free breakfast sausage,
 cut into pieces
 12 eggs, beaten
 Sea salt and fresh ground pepper, to taste

Directions:

1. Heat the oil in a large skillet and add the onions and peppers. Cook until soft, season with salt and pepper and add the garlic. Cook for 1 more minute and add the sausage. Cook until the sausage is browned and transfer the mixture to your slow cooker. Pour the eggs over top and turn the cooker onto low heat. Cook for 6-8 hours, and serve immediately.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 423 | 32.7g | 5.0g | 1.2g | 3.1g | 26.4g |



SPINACH & MUSHROOM QUICHE

Prep Time: 10 minutes **Cook Time:** 30 minutes **Serves:** 6

This lightened up version of this classic French brunch dish is easy to prepare, while also being good for you. Loaded with mushrooms and spinach, it's a meal that will keep you going all day long.

Ingredients:

| | |
|------------------------|--|
| 12 eggs | 2 cups sliced mushrooms |
| 1/4 cup coconut milk | 2 cups chopped spinach |
| 3 Tbs coconut oil | Sea salt and fresh ground pepper, to taste |
| 1 clove garlic, minced | |

Directions:

1. Preheat oven to 350 degrees F.
2. Beat the eggs with the coconut milk and a pinch of salt.
3. Heat the coconut oil in a cast iron skillet over medium heat. Add the garlic, cook for 1 minute, and add the mushrooms. Cook until soft, and turn off the heat.
4. Add the egg mixture to the pan, and spread the spinach on top. Bake for 20-25 minutes, until eggs are set. Season with fresh ground pepper. Slice into wedges and serve.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 294 | 23.7g | 3.8g | 1.0g | 2.2g | 18.5g |



VANILLA NUT GRANOLA

Prep Time: 10 minutes **Cook Time:** 30 minutes **Serves:** 12

Granola doesn't have to have starchy oats and loads of sugar to be good. This version is made of coconut and nuts, and with a hint of vanilla, it's the perfect snack.

Ingredients:

| | |
|--------------------------|----------------------------|
| 1 cup raw pecans | 2 Tbs honey |
| 1 cup raw almonds | 1 Tbs pure vanilla extract |
| 1/4 cup shredded coconut | 1/2 cup raw pumpkin seeds |
| 1/4 cup coconut oil | 1/2 tsp sea salt |

Directions:

1. Put the pecans, almonds, coconut, oil, and honey in a food processor. Pulse until you have a finely ground meal. Transfer to a large bowl and stir in the vanilla, pumpkin seeds and salt.
2. Line a baking sheet with parchment paper and spread the mixture on the tray. Bake for 20-30 minutes, until lightly browned, stirring about halfway through. Allow to cool completely before serving, and store in an airtight container.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 224 | 21.3g | 7.0g | 2.9g | 3.3g | 4.2g |



DRINKS & SMOOTHIES

DRINKS & SMOOTHIES

BLACKBERRY BEET SMOOTHIE

CREAMY CHAI TEA

DAIRY FREE HOT COCOA

HOMEMADE ALMOND MILK

TROPICAL KALE SMOOTHIE



BLACKBERRY BEET SMOOTHIE

Prep Time: 5 minutes **Serves: 2**

This antioxidant rich smoothie makes a great breakfast when you need something nutritious fast. If you have a powerful blender, you can skip grating the beets to make it even faster.

Ingredients:

1 cup fresh blackberries
1 small beet, peeled and grated
Juice of 1 lemon

1 frozen banana
1 tsp coconut oil
1/2 cup water

Directions:

1. Put all of the ingredients in your blender and blend until smooth and creamy. Drink immediately.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 125 | 2.9g | 25.4g | 6.4g | 14.7g | 2.5g |



CREAMY CHAI TEA

Prep Time: 5 minutes **Cook Time:** 20 minutes **Serves:** 2

This delicious caffeine-free tea is creamy, fragrant, and totally delicious. Perfect for a rainy day when you just want to curl up with your favorite book.

Ingredients:

- | | |
|--------------------------|--|
| 2 cups water | 1 vanilla bean (or 1 teaspoon vanilla extract) |
| 1 bay leaf | 1 cinnamon stick |
| 2 whole peppercorns | 1 tsp dried ginger pieces |
| 4 cardamom pods, crushed | 1/2 cup coconut milk |
| 1 clove | Honey, optional, to taste |

Directions:

- Put all of the ingredients except the coconut milk in a saucepan and bring to a boil. Turn heat down to low and simmer for 10-15 minutes, until very fragrant.
- Stir in the coconut milk and sweeten with honey if desired.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 93 | 9.5g | 2.5g | 0.9g | 1.6g | 0.9g |



DAIRY FREE HOT COCOA

Prep Time: 10 minutes **Serves:** 4

Is there anything better on a cold winter night than thick and rich hot cocoa? With this version, you can still enjoy your favorite hot drink even if you're dairy free.

Ingredients:

1 can full fat coconut milk
1/2 cup water

1 cinnamon stick
2 oz dairy free bittersweet chocolate, finely chopped

Directions:

1. Put the coconut milk, water, and cinnamon stick in a medium saucepan and bring to a simmer over medium heat. Add the chocolate and whisk until melted. Simmer until hot and serve immediately.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 235 | 21.9g | 10.0g | 2.1g | 7.5g | 2.5g |



HOMEMADE ALMOND MILK

Soak Time: 12 hrs **Prep Time:** 5 minutes **Serves:** 4

Most almond milk you buy at the store is loaded with sugar, as well as other fillers. If you want to skip the processing, try making your own. This recipe proves that it's super easy, and worth the effort. You can flavor it however you like, such as vanilla or cinnamon, and even add some honey to sweeten.

Ingredients:

1 cup raw almonds
4 cups water

Flavorings of your choice, such as a tea-spoon vanilla extract, a pinch of cinnamon, nutmeg, or honey

Directions:

1. Put the almonds in a bowl and cover with cold water. Allow to soak overnight, then rinse and drain.
2. Transfer the almonds to a blender and add 4 cups fresh water, as well as any flavorings. Blend for several minutes, until smooth.
3. Put a fine mesh strainer over a large bowl and line with either a nut milk bag or cheesecloth (if you only have a strainer, that's fine, but you'll have to strain it several times.)
4. Pour the almond milk through the strainer until all traces of the almonds are gone. Continue straining until you've reached your desired consistency. Chill until ready to serve.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 137 | 11.9g | 5.1g | 3.0g | 1.0g | 5.0g |



TROPICAL KALE SMOOTHIE

Prep Time: 5 minutes **Serves: 2**

Pineapple, coconut milk, and kale come together in this delicious smoothie. The pineapple does a great job of masking the greens, but you can use baby kale for an even milder version.

Ingredients:

1 banana
2 cups chopped kale leaves
1 cup diced pineapple
Juice of 1 lime

1/2 cup coconut milk
1 Tbs coconut flakes
1 cup ice

Directions:

1. Put all of the ingredients in a blender and blend until smooth and creamy. Sprinkle with additional coconut flakes if desired. Serve immediately.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 273 | 15.4g | 35.0g | 5.2g | 17.5g | 4.5g |



BREADY THINGS



BREADY THINGS

BACON AND CHIVE SCONES

BANANA CRÊPES

HERBED BISCUITS

SAVORY PUMPKIN MUFFINS

SOFT TORTILLAS



BACON & CHIVE SCONES

Prep Time: 10 minutes **Cook Time:** 15 minutes **Serves:** 6

Crispy bacon and fresh chives are blended into an almond meal and coconut oil base for a savory scone that is delicious with a meal or just for an afternoon snack.

Ingredients:

| | |
|-----------------------|-------------------------------------|
| 2 cups almond flour | 2 Tbs finely chopped chives |
| 1/4 cup coconut flour | 4 slices bacon, cooked and crumbled |
| 1 tsp baking soda | 1 egg |
| 1/2 tsp sea salt | 2 Tbs coconut milk |

Directions:

1. Preheat oven to 375 degrees F.
2. Combine the almond flour, coconut flour, baking soda, salt, chives, and bacon in a bowl and mix well. Beat the egg with the coconut milk and add it to the ingredients. Mix until you have a dough.
3. Form the dough into a rectangle about 1 inch thick. Cut into squares or triangles and lay on a parchment lined baking sheet.
4. Bake for 10-15 minutes, until tops are browned and scones are firm.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 295 | 23.6g | 10.0g | 5.8g | 1.9g | 13.1g |



BANANA CRÉPES

Prep Time: 30 minutes

Cook Time: 60 minutes

Makes: 15-20

Wrap up some meat and veggies for a sandwich (the sweetness of the bananas is very subtle) or a couple spoonfuls of almond butter and honey for dessert. Or just eat them plain.

Ingredients:

10 over ripe bananas
8 eggs
1 cup tapioca flour

1/2 tsp salt
1 tsp oil

Directions:

1. Coat the pan with a thin layer of oil. Wipe off excess with a paper towel. Preheat a pan on medium heat.
2. Mash the bananas until they are a thin paste. Mix in the eggs and blend thoroughly.
3. Slowly add the tapioca flour and salt and mix into the batter. Avoid folding the batter over the flour as it will create large pockets of unmixed flour.
4. When the pan is hot add some batter and use a spatula to spread it evenly over the surface of the pan.
5. Cook until slightly brown on each side. Experiment with the thickness of the crepes and repeat.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 143 | 3 | 26 | 2 | 10 | 4 |

BANANA CRÉPES

continued

Prep Time: 30 minutes

Cook Time: 60 minutes

Makes: 5-7

Alternative Plain Tapioca Crepes (no bananas)

Ingredients:

1 cup Tapioca flour (or tapioca
"starch" - same thing)
1 egg

1 cup organic coconut milk (Native Forest
cans are BPA free)

Directions:

1. Mix all the ingredients well in a bowl.
2. Heat up coconut or olive oil in a pan on medium low until a drop of water sizzles in it.
3. Pour in about 1/4 cup of the mixture and tilt the pan in all directions to spread out batter to desired thickness.
4. Cook both sides until very lightly brown.
5. Add salt and any other herbs (sweet or savory).
6. Enjoy!

Allergen Note: If you can not eat eggs, you can substitute the egg for 2 tablespoons of water and it turns out just as well.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 183 | 11 | 22 | 0 | 0 | 2 |



HERBED BISCUITS

Prep Time: 10 minutes **Cook Time:** 15 minutes **Serves:** 8

You don't have to give up your favorite breads to eat right; you just have to rethink the way they are made. These easy to prepare biscuits are full of herb flavor, but without the carbs you'll find in traditional biscuits.

Ingredients:

| | |
|-----------------------------|--|
| 4 eggs | 1 Tbs lemon juice |
| 1 cup blanched almond flour | 1 tsp Italian seasoning (or dried herbs of your choice) |
| 1/4 cup coconut flour | 1/4 tsp sea salt |
| 1/4 cup coconut oil, melted | |

Directions:

1. Preheat oven to 400 degrees F.
2. Blend all of the ingredients in a large bowl until well combined. Line a baking sheet with parchment paper. Using an ice cream scoop, drop the batter about 2 inches apart on the pan.
3. Bake for 12-15 minutes, until lightly browned.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 161 | 15.1g | 2.8g | 1.5g | 0.8g | 5.3g |



SAVORY PUMPKIN MUFFINS

Prep Time: 10 minutes **Cook Time:** 20 minutes **Serves:** 12

If you like bread with your meal, you'll love these grain free pumpkin muffins. Moist, tender, and fragrant, they are perfect with your favorite soup or stew on a cold night.

Ingredients:

| | |
|---------------------|-----------------------|
| 2 cups pecan meal | 3 eggs |
| 1 tsp baking powder | 1/2 cup pumpkin puree |
| 1 tsp dried thyme | 1 Tbs olive oil |
| 1/2 tsp sea salt | 12 pecan halves |

Directions:

1. Preheat oven to 350 degrees F.
2. Combine the pecan meal, baking powder, thyme, and salt in a bowl and mix well.
3. Whisk the eggs, pumpkin puree, and olive oil, and add it to the dry mixture. Stir until just combined.
4. Line a muffin tin with paper liners, and fill each one about 2/3 full. Top each muffin with a pecan half.
5. Bake for 15-20 minutes, until tops are browned and muffins are firm. Cool completely before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 161 | 15.8g | 3.9g | 2.4g | 1.1g | 3.5g |



SOFT TORTILLAS

Prep Time: 20 minutes

Cook Time: 10 minutes

Serves: 8

These super easy grain free tortillas are an excellent substitute to starchy flour or corn based versions you find in the grocery store. They're easy to prepare as well, and if you didn't know better, you'd swear they were the real thing!

Ingredients:

1 cup tapioca flour
1 cup blanched almond flour

1/4 cup coconut oil, solid
2 Tbs water

Directions:

1. Put the tapioca, almond flour, and coconut oil in a bowl. Using your fingers, massage the coconut oil into the flour until you have a grainy, mealy mixture.
2. Add the water and mix until you have a firm dough. Wrap in plastic and chill for about 15 minutes.
3. Remove from the fridge and cut into 6-8 pieces. Using additional tapioca if necessary, roll each piece into a thin, even circle.
4. Heat a cast iron skillet until very hot. Cook each tortilla on both sides until browned and cooked through. Cool completely before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 127 | 12.8g | 2.5g | 1.5g | 0.5g | 2.5g |



BEEF & LAMB

BEEF & LAMB

BEEF FAJITA SALAD

PALEO STYLE SPAGHETTI & MEATBALLS

SHEPHERD'S PIE

STEAK & CARMELIZED BRUSSELS SPROUT SKILLET

SLOW COOKER LAMB COCONUT CURRY



BEEF FAJITA SALAD

Prep Time: 10 minutes

Cook Time: 20 minutes

Serves: 4

Onions and peppers cooked in a homemade fajita seasoning are served over mixed greens with juicy, flavorful steak in this easy salad. Sliced avocado adds creaminess and good for you fat.

Ingredients:

6 cups mixed baby greens
 3 Tbs olive oil, divided
 Juice of 1 lime
 1 onion, sliced
 1 red bell pepper, sliced
 1 green bell pepper, sliced
 1 tsp cumin

1 tsp chili powder
 1 tsp Mexican oregano
 1/2 tsp garlic powder
 2 Tbs water
 1 pound sirloin steak, thinly sliced
 1 avocado, pitted and sliced

Directions:

1. Put the mixed greens in a large bowl. Whisk together two tablespoons olive oil and the lime juice and toss with the salad. Set aside.
2. Heat the remaining oil in a skillet over medium high heat. Add the onions and peppers and cook until slightly soft. Add the seasonings and 2 tablespoons water and stir. Continue cooking until liquid is gone and remove the vegetables from the pan and transfer to the salad. Add the steak to the pan and cook until done to your liking.
3. Top the salad with the steak and sliced avocado before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 439 | 27.8g | 11.6g | 5.7g | 4.1g | 36.5g |



PALEO STYLE SPAGHETTI & MEATBALLS

Prep Time: 10 minutes **Cook Time:** 20 minutes **Serves:** 4

Grass-fed beef is paired with just the right seasonings for healthy, delicious meatballs that you don't have to feel bad about. When paired with a simple three ingredient tomato sauce and zucchini noodles, it's a delicious Italian inspired meal!

Ingredients:

Meatballs:

- 1 pound grass-fed ground beef
- 1/2 onion, finely chopped
- 1 clove garlic, minced
- 1 egg, beaten

- 1 tsp Italian seasoning
- 1/2 tsp sea salt
- 1/2 tsp fresh ground black pepper
- 1 Tbs olive oil

Noodles:

- 1 large zucchini
- 1 Tbs olive oil

Directions:

1. Preheat oven to 400 degrees F.
2. Make the meatballs by combining the beef, onion, garlic, egg, and seasonings in a large bowl. Mix with your hands until ingredients are just combined, but don't over mix.
3. Line a baking sheet with parchment paper. Form the meatballs into 2-inch balls and lay on the baking sheet (use a cookie scoop to make uniform meatballs if desired.) Brush them lightly with the olive oil and bake until browned and cooked through, about 20 minutes.
4. Make the zucchini noodles by slicing the zucchini either using a spiral slicer or a julienne peeler to make noodles. Heat the oil in a skillet and very lightly sauté the noodles, being careful not to overcook (you can skip this step if you'd like a firmer noodle.)
5. Serve the noodles topped with the meatballs, the sauce, and a sprinkling of fresh chopped basil.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 335 | 15.8g | 10.1g | 2.8g | 6.8g | 38.2g |



SHEPHERD'S PIE

Prep Time: 15 minutes **Cook Time:** 45 minutes **Serves:** 4

Mashed cauliflower makes an excellent substitute for traditional potatoes in this recipe, although you can sub sweet potatoes if you like as well. Made with rich, grass-fed beef and vegetables, this is an easy and healthy alternative to a classic comfort food.

Ingredients:

- | | | |
|---|-----------------------------|--------------------------------------|
| 1 lb grass-fed ground beef | 1 tsp fresh thyme leaves | 1 head cauliflower, cut into florets |
| 1 onion, diced | 1 Tbs tomato paste | 1 Tbs olive oil |
| 1 medium carrot, peeled & cut into small cubes | 1 cup chicken or beef stock | 1/4 cup coconut milk |
| 1 clove garlic, minced | 1/2 cup frozen peas | Sea salt & fresh ground pepper |

Directions:

1. Preheat oven to 375 degrees F.
2. Heat a large skillet over medium high heat and add the beef, onion, carrot, and garlic.
3. Cook until the beef is no longer pink and drain the fat from the pan. Transfer back to the stove and add the thyme, tomato paste, and stock. Bring to a boil, and simmer until liquid is reduced by about half. Add the peas and transfer the mixture to a casserole dish.
4. Put the cauliflower florets in a large microwave safe bowl and add a few tablespoons water or broth. Cover and cook for 4-5 minutes until very tender. Remove and add the coconut milk. Season with salt and pepper and mash until very smooth, using a food processor if necessary.
5. Spread the cauliflower mixture over the beef and bake for 25-30 minutes until top is browned. You can broil the top for a minute or two if you like it to be very browned.
6. Serve hot.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 383 | 15.4g | 12.4g | 4.3g | 5.4g | 47.9g |



STEAK & CARAMELIZED BRUSSELS SPROUT SKILLET

Prep Time: 10 minutes **Cook Time:** 10 minutes **Serves:** 4

This easy meal has a delicious combination of flavors and textures. It comes together super fast, and makes a quick and healthy weeknight meal that's different and tasty.

Ingredients:

2 Tbs olive oil
 1 lb stir-fry beef, thinly sliced
 2 cups shredded Brussels sprouts
 1 Tbs lemon juice

1/4 cup dried cranberries
 1/2 cup chopped walnuts
 Sea salt and fresh ground pepper, to taste

Directions:

1. Heat the oil in a large skillet and add the beef. Cook until browned and remove from the pan. Add the sprouts and cook until well browned and caramelized. Add the cranberries and walnuts to the pan and stir.
2. Season with salt and pepper and add the beef back to the pan. Cook until heated through and serve.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 391 | 23.5g | 6.3g | 3.0g | 1.4g | 39.7g |



SLOW COOKER LAMB COCONUT CURRY

Prep Time: 20 minutes **Cook Time:** 8-10 hours **Serves:** 4

Tender chunks of lamb are simmered in a delicious slow cooked curry sauce with vegetables for a flavorful and comforting meal. Serve this with cauliflower rice or zucchini noodles for a full meal.

Ingredients:

- | | |
|---|---|
| <ul style="list-style-type: none"> 2 Tbs coconut oil 1 onion, diced 1 red pepper, diced 1 large carrot, peeled and diced 1 clove garlic, minced 1 tsp curry powder 1 lb boneless lamb loin, cubed 2 cups coconut milk | <ul style="list-style-type: none"> 3 cup chicken broth 1 cup tomato sauce Juice of 1 lime Sea salt and fresh ground pepper, to taste Cauliflower rice or zucchini noodles, for serving, optional Fresh chopped cilantro for garnish |
|---|---|

Directions:

1. Heat the coconut oil in a large skillet over medium heat. Add the onion, pepper, carrot, and garlic and cook until soft. Stir in the curry powder and cook for 1 minute. Transfer to slow cooker pot.
2. Add the lamb to the slow cooker pot, and pour the coconut milk, chicken broth, and tomato sauce over top. Stir well and cover. Cook on low heat for 8-10 hours, until lamb is tender.
3. Before serving, add the lime juice. Serve over cauliflower rice or zucchini noodles and sprinkle with cilantro before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 496 | 36.0g | 13.9g | 4.3g | 8.4g | 31.9g |

POULTRY & SEAFOOD



POULTRY & SEAFOOD

CAJUN SHRIMP SKILLET
with Cauliflower Rice

CHICKEN & VEGETABLE SOUP

CHICKEN POT PIE

CURRIED CHICKEN STUFFED SWEET POTATOES

GARLIC TAHINI CHICKEN SALAD

HONEY MUSTARD TURKEY TENDERLOINS
with Roasted Asparagus

SOUTHWEST CAULIFLOWER CASSEROLE

HOMEMADE CHICKEN BROTH



CAJUN SHRIMP with CAULIFLOWER RICE

Prep Time: 10 minutes **Cook Time:** 20 minutes **Serves:** 4

If you're a fan of Cajun cooking, you'll love this easy and healthy substitute for shrimp with dirty rice. Full of flavor, it's easy to prepare, and comes together fast!

Ingredients:

- | | |
|-------------------------|---|
| 1 head cauliflower | 1 pound shrimp, peeled & deveined |
| 2 Tbs olive oil | 1 large tomato, diced |
| 1 onion, diced | Juice of 1 lemon |
| 1 clove garlic, minced | 1/4 cup fresh chopped parsley |
| 1 tsp oregano | Sea salt and fresh ground pepper to taste |
| 1/2 tsp Cajun seasoning | |

Directions:

1. Put the cauliflower in a food processor and pulse until the size of rice. Set aside.
2. Heat the oil in a skillet and add the onion and garlic. Cook until soft and add the seasonings. Cook for another minute and add the shrimp. Cook until the shrimp is pink and remove from the pan and set aside.
3. Add the tomatoes to the pan, stir, and add the cauliflower. Cook until the cauliflower is well coated and slightly tender. Stir in the lemon juice and parsley. Season with salt and pepper and add the shrimp back to the pan just long enough to heat through before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 262 | 28.8g | 3.9g | 1.5g | 1.2g | 0.5g |



CHICKEN & VEGETABLE SOUP

Prep Time: 10 minutes **Cook Time:** 30 minutes **Serves:** 4

This classic chicken soup recipe is easy, comforting, and super delicious. It makes a great use of leftover chicken; simply add it at the end before serving. This makes delicious leftovers so be sure to make a large batch so you'll have lunch the next day.

Ingredients:

- | | |
|-------------------------|--|
| 2 Tbs olive oil | 1 tsp Italian seasoning |
| 1 onion, sliced | 4 cups chicken broth |
| 2 stalks celery, diced | 1 lb boneless, skinless chicken breasts |
| 1 medium carrot, sliced | Sea salt and fresh ground pepper, to taste |
| 1 bell pepper, diced | |

Directions:

1. Heat the oil in a large saucepan over medium heat. Add the onions, celery, carrot, and bell pepper and cook until soft. Add the Italian seasoning and a pinch of salt and pepper. Cook for about a minute and add the broth and 2 cups water. Bring to a boil and add the chicken breasts to the pot.
2. Reduce heat to low and simmer the soup until the chicken is cooked through. Remove the chicken and shred with two forks. Add it back to the pot, and heat through.
3. Serve hot.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 345 | 17.2g | 7.2g | 1.7g | 4.1g | 38.4g |



CHICKEN POT PIE

Prep Time: 20 minutes **Cook Time:** 40 minutes **Serves:** 6

Comfort food is the hardest thing for many people to give up when making a transition to a healthier diet, but it's easy when you find healthy substitutes for your favorites, like this super delicious chicken pot pie recipe.

Note: You can bake this in a pie dish, but the crust is difficult to work with so it's easier to bake smaller pieces and top individual bowls with the crust.

Ingredients:

Crust:

- 1 1/2 cups blanched almond flour
- 1/2 cup tapioca flour
- 1/2 tsp sea salt
- 2/3 cup coconut oil, chilled
- 5-6 Tbs ice water

Filling:

- 2 Tbs olive oil
- 1 onion, diced
- 1 medium carrot, peeled and diced
- 2 Tbs tapioca flour
- 3 cups chicken broth
- 1 lb boneless skinless chicken breasts, sliced
- 1 cup coconut milk
- 1/2 cup frozen peas
- Sea salt and fresh ground pepper, to taste

Continued on next page...

CHICKEN POT PIE

continued

Prep Time: 20 minutes

Cook Time: 40 minutes

Serves: 6

Directions:

1. For the crust:
2. Combine the flours in a large bowl. Add the coconut oil. Using your fingers, cut the oil into the flour until you have a sandy mixture. Add the water a little at a time and stir with a fork until you have a ball of dough. Chill the dough for 10 minutes.
3. Preheat oven to 350 degrees F.
4. To bake the crust separately, press the dough onto a clean surface into a thin layer. Using a cookie cutter or glass, cut circles out of the dough and lay them on a parchment lined baking sheet. Bake for 10-15 minutes, until firm and lightly browned. (Alternatively, you can fill a pie pan with the filling and lay the crust over top before baking.)
5. To make the filling, heat the olive oil in a saucepan and add the onions and carrots. Cook until soft and stir in the tapioca flour. Cook for another minute and add the broth and chicken breasts. Bring the mixture to a lower simmer and simmer for 10-15 minutes, until chicken is done. When chicken is done, stir in the coconut milk and peas. Simmer on low until heated through.
6. To serve, scoop the filling into bowls and top with a piece of the pie crust.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 497 | 42.5g | 9.3g | 3.9g | 3.4g | 23.4g |



CURRIED CHICKEN STUFFED SWEET POTATOES

Prep Time: 1 hour **Cook Time:** 30 minutes **Serves:** 4

Tender chicken breast simmered in a curry sauce are perfect stuffed into baked sweet potatoes. It's a delicious combination of sweet, spicy, and savory, and makes an easy weeknight meal. If you don't want to take the time to bake the sweet potatoes in the oven, you can just pop them in the microwave, where they'll take a fraction of the time to cook.

Ingredients:

| | | |
|--------------------------|---------------------------|--|
| 4 medium sweet potatoes | 1/4 tsp ground cloves | 1 lb boneless skinless chicken breasts |
| 1 28-oz can tomato puree | 1/4 tsp sea salt | 1 15-oz can coconut milk |
| 1 Tbs curry powder | 1 clove garlic, minced | Juice of 1 lime |
| 1 tsp ground cumin | 1 Tbs fresh grated ginger | Chopped fresh cilantro, for garnish |
| 1 tsp ground cardamom | | |

Directions:

1. Preheat oven to 375 degrees F. Pierce the potatoes with a fork and place on a baking sheet. Bake for 1 hour, or until potatoes are tender.
2. While the potatoes are baking, put the tomato puree, spices, garlic, ginger, and chicken breasts in a saucepan. Add enough water to cover the chicken. Bring the mixture to a boil and reduce heat to a simmer. Simmer until chicken is tender and cooked through, about 20 minutes. Remove the chicken and shred with a fork. Add the shredded chicken back to the pot and add the coconut milk and lime juice. Simmer until sauce is thickened, and potatoes are done baking.
3. When potatoes are done, split with a knife and spoon the chicken mixture into each potato. Sprinkle with cilantro and serve.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 511 | 27.8g | 37.9g | 8.1g | 10.9g | 32.2g |



GARLIC TAHINI CHICKEN SALAD

Prep Time: 10 minutes **Serves:** 2

This easy chicken gets its amazing flavor from a combination of tahini, lemon, and garlic. It makes an easy lunch option that travels well.

Ingredients:

2 cups cooked & finely shredded chicken breast
 1/4 cup diced onion
 1/4 cup diced celery
 1 clove garlic, minced
 1 Tbs diced green onions

2 sundried tomatoes, finely chopped
 2 Tbs tahini
 1 Tbs lemon juice
 1 Tbs olive oil
 Sea salt and fresh ground pepper, to taste

Directions:

1. Put the chicken, onion, celery, garlic, green onions, and tomatoes in a bowl and mix well.
2. Whisk the tahini, lemon juice, and olive oil until well combined and toss it with the salad. Season with salt and pepper and serve.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 408 | 20.5g | 5.8g | 2.0g | 1.1g | 51.2g |



HONEY MUSTARD TURKEY TENDERLOINS

with ROASTED ASPARAGUS

Prep Time: 10 minutes **Cook Time:** 25 minutes **Serves:** 4

Turkey tenderloins are coated with a honey mustard glaze and roasted to perfection and served with asparagus in this simple recipe. Perfect for a weeknight dinner, and the kids will love it too!

Ingredients:

- | | |
|---------------------------------|--|
| 1/4 cup Dijon mustard | 2 Tbs olive oil |
| 1 Tbs honey | 1 Tbs lemon juice |
| 1 lb turkey tenderloins, sliced | Sea salt and fresh ground pepper, to taste |
| 1 lb asparagus, trimmed | |

Directions:

1. Preheat oven to 400 degrees F.
2. Whisk the mustard and honey until smooth. Lay the turkey on a baking sheet and brush with the mixture. Put in the oven and bake for 18-20 minutes until well browned and cooked through, flipping after about 10 minutes.
3. After flipping the turkey, coat the asparagus with the olive oil and lemon juice and a pinch of salt and pepper. Lay on a baking pan and roast for about 10 minutes, or until tender. Serve with the turkey.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 361 | 18.5g | 19.3g | 5.8g | 13.3g | 62.7g |



SOUTHWEST CAULIFLOWER CASSEROLE

Prep Time: 10 minutes **Cook Time:** 30 minutes **Serves:** 6

Ground turkey and charred vegetables are combined in this spicy, vegetable casserole. It's easy to put together, filling, and perfect for a weeknight meal when you're looking for something a little different.

Ingredients:

- | | |
|--------------------------|---|
| 1 1/2 lbs ground turkey | 1 onion, sliced |
| 1 tsp ground cumin | 1 red bell pepper sliced |
| 1 tsp smoked paprika | 1/2 cup chicken stock |
| 1/2 tsp garlic powder | 1 head cauliflower, cored and thinly sliced |
| 1 Tbs tomato paste | Sea salt and fresh ground pepper, to taste |
| 2 Tbs olive oil, divided | |

Directions:

1. Preheat oven to 400 degrees F.
2. Heat a skillet over medium high heat and add the turkey and seasonings. Cook until no longer pink, stir in the tomato paste, and transfer to a casserole dish.
3. Add 1 tablespoon olive oil to the pan and add the peppers and onions. Cook until soft, and season with salt and pepper. Spread these evenly over the turkey in the casserole dish. Drizzle the stock over top and layer the thinly sliced cauliflower evenly over top.
4. Brush the cauliflower with remaining oil and season with salt and pepper. Cover and bake for 15 minutes; uncover and continue baking for 10-15 more minutes until cauliflower is well browned.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 318 | 19.8g | 7.7g | 2.7g | 3.5g | 33.1g |



HOMEMADE CHICKEN BROTH

Prep Time: 4-6 hours **Serves:** 12

Homemade broth is something that is so much better than anything you'll find in the store. It's also the perfect use of leftover veggie scraps, as well as bones from whole chickens. Simply save all of your leftovers until you have enough, then make a big batch or make a batch from fresh ingredients.

Ingredients:

- | | |
|--------------------------------|-------------------------|
| 1-2 lbs leftover chicken bones | 1 small bunch parsley |
| 1 large onion | 6-8 sprigs thyme |
| 2 large carrots, rough chopped | 1 head garlic |
| 3-4 celery stalks | 1 Tbs salt |
| | 1 tsp whole peppercorns |

Directions:

- Put all of the ingredients in a large stockpot and cover with water. Bring to a boil and reduce to a low simmer. Simmer for 4-6 hours over low heat.
- Turn off heat and allow to cool enough to handle. Strain the stock through a colander lined with cheesecloth. Chill and remove the fat from the surface. Store in the refrigerator if you're going to use it within a few days; otherwise freeze.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 64 | 0.1g | 14.8g | 3.8g | 7.1g | 1.6g |

PORK

PORK

SPICY PORK & NOODLE BOWL

WINTER SQUASH & BACON CASSEROLE



SPICY PORK & NOODLE BOWL

Prep Time: 15 minutes **Cook Time:** 20 minutes **Serves:** 4

Full of flavor and spice, this easy soup is a perfect substitute for your favorite Asian noodle dish. If you don't have a spiral slicer, a julienne peeler makes noodles as well.

Ingredients:

- | | |
|--|--|
| <ul style="list-style-type: none"> 2 Tbs coconut oil 1 onion, thinly sliced 1 clove garlic, minced 2 green onions, sliced 1 red bell pepper, sliced 1 Tbs grated ginger 1 tsp crushed red pepper flakes | <ul style="list-style-type: none"> 1 lb pork tenderloin, sliced 4 cups chicken stock 2 cups water 1 large zucchini, cut into noodles on a spiral slicer Sea salt and fresh ground pepper, to taste Fresh chopped cilantro, for garnish |
|--|--|

Directions:

1. Heat the coconut oil in a large saucepan over medium heat. Add the onion, garlic, green onions, bell pepper, and ginger. Stir and cook until vegetables are soft.
2. Add the chili flakes and pork and stir. Add the stock and 2 cups water and bring to a boil. Reduce heat and simmer until pork is cooked through.
3. Just before serving, add the zucchini noodles and simmer for 2-3 minutes until softened. Serve topped with the cilantro.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 364 | 15.7g | 13.1g | 3.5g | 6.4g | 43.0g |



WINTER SQUASH & BACON CASSEROLE

Prep Time: 20 minutes **Cook Time:** 30 minutes **Serves:** 4

Sweet winter squash, salty bacon, and ground beef make a delicious, comforting casserole that's easy to put together for a weeknight. Feel free to sub sweet potatoes for the squash if that's your preference.

Ingredients:

- | | |
|--|--|
| 1 butternut or acorn squash, peeled, seeded and diced | 1 clove garlic |
| 6 strips bacon, sliced | 1 lb ground beef |
| 1 onion, diced | 1 cup diced tomatoes, with juice |
| | Sea salt and fresh ground pepper, to taste |

Directions:

1. Preheat oven to 350 degrees F.
2. Bring a large pot of salted water to a boil and add the squash. Simmer for 5-6 minutes, until tender. Drain and set aside.
3. Heat a large skillet over medium heat and add the bacon. Cook until crisp and remove with a slotted spoon, reserving for later.
4. Add the onion and garlic to the pan and cook until soft. Add the beef and cook until no longer pink. Stir in the tomatoes. Transfer this mixture to a casserole dish.
5. Mash the squash lightly and cover the beef. Bake for 25-30 minutes, until lightly browned.
6. Serve the casserole topped with the reserved bacon.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 428 | 19.2g | 16.2g | 2.8g | 2.4g | 46.6g |

SIDES & SNACKS

SIDE DISHES & SNACKS

CAULIFLOWER TABOULI with CRUDITES

GRAIN FREE GRANOLA BARS

HONEY ROASTED CARROT FRIES

MAPLE & SPICE APPLESAUCE

SPICY CITRUS MARINATED OLIVES

SWEET & SALTY ROASTED NUTS

SWEET & SPICY SWEET POTATO CHIPS

SWEET POTATO TOTS
with Maple Mustard Dipping Sauce



CAULIFLOWER TABOULI with CRUDITES

Prep Time: 10 minutes

Cook Time: 5 minutes

Serves: 4

Crisp and refreshing, this updated version of a popular Mediterranean dish is sure to be a favorite. Serve with plenty of fresh cut veggies for a healthy party platter.

Ingredients:

1 head cauliflower
 1 bunch parsley
 1 small bunch mint
 1 large tomato, diced
 2 Tbs olive oil

Juice of 1 lemon
 Sliced veggies for serving, such as carrots, celery, peppers, or cucumbers
 Sea salt and fresh ground pepper, to taste

Directions:

1. Put the cauliflower in food processor and process until the size of couscous or rice. Transfer to a microwave safe bowl, cover and cook for 3-4 minutes, until slightly tender. Allow to cool.
2. Put the parsley and mint in the food processor and process until finely chopped. Add it to the cauliflower, and mix well. Add the tomatoes and stir.
3. Whisk the olive oil and lemon juice and toss it with the tabouli. Serve with the fresh veggies on the side.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 85 | 7.2g | 5.3g | 2.2g | 2.8g | 1.7g |



GRAIN FREE GRANOLA BARS

Prep Time: 60 minutes

Chill Time: ????

Serves: 12

These easy, no bake bars make a perfect snack when you're on the go, or just want something easy to grab. Best of all, they're made with simple, nutritious ingredients you can feel good about.

Ingredients:

2 cups raw almonds, finely chopped
1 cup finely grated coconut
1/4 cup honey

1/4 cup coconut oil, melted
1 tsp vanilla
1/4 tsp sea salt

Directions:

1. Combine the almonds and honey in a large bowl and mix well.
2. Whisk the honey, coconut oil, vanilla, and salt until smooth and pour over the nut mixture.
3. Line a baking dish with parchment paper and press the mixture in an even layer.
4. Refrigerate for about an hour, until firm, before slicing into bars.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 177 | 14.7g | 10.3g | 2.6g | 6.9g | 3.6g |



HONEY ROASTED CARROT FRIES

Prep Time: 15 minutes **Cook Time:** 30 minutes **Serves:** 2

If you're looking for a unique side dish, these honey roasted carrot fries are the answer. Easy to prepare, they are sweet and savory, and perfect with a bunless burger or lettuce wraps.

Ingredients:

2 large carrots, peeled and cut into sticks
2 tablespoons olive oil

1 teaspoon honey
Sea salt and fresh ground pepper, to taste

Directions:

1. Preheat oven to 400 degrees F.
2. Toss the carrot sticks with the olive oil and honey. Lay on a baking sheet in an even layer, making sure that they are not touching. Sprinkle with salt and pepper.
3. Bake for 25-30 minutes, flipping about halfway through. Serve immediately.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 107 | 9.3g | 6.6g | 1.2g | 4.3g | 0.4g |



MAPLE & SPICE APPLESAUCE

Prep Time: 10 minutes **Cook Time:** 45 minutes **Serves:** 6

Once you taste the difference between homemade and store-bought applesauce, you'll never go back to the jarred stuff again. This version is so simple, and best of all, you know exactly what's in it, making it much more nutritionally sound.

Ingredients:

2 lbs apples, cored and chopped
1 tsp cinnamon
1/4 tsp fresh nutmeg

1/4 cup pure maple syrup
Pinch of salt

Directions:

1. Put the apples in a large saucepan with the spices. Cover about halfway with water, and bring to a boil. Reduce heat and simmer until apples are completely broken down and soft.
2. Stir in the maple syrup and add a pinch of salt. Allow to cool completely before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 172 | 0.5g | 45.1g | 5.8g | 35.4g | 0.6g |



SPICY CITRUS MARINATED OLIVES

Prep Time: 60 minutes

Cook Time: 15 minutes

Serves: 8

Olives are a flavorful snack that make an excellent appetizer, but they're easy to make even better by marinating in a mix of chili and orange flavors. Stored in the fridge, these will last for several months, and the flavor just gets better over time.

Ingredients:

1 cup extra-virgin olive oil
1 bay leaf
2 garlic cloves, smashed

1 tsp red pepper flakes
1 small orange, sliced
2 cups good quality mixed olives

Directions:

1. Put all of the ingredients in a saucepan and turn the heat to low. Heat for 15 minutes and turn off heat. Cover and let the olives marinate for about an hour.
2. Serve at room temperature.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 262 | 28.8g | 3.9g | 1.5g | 1.2g | 0.5g |



SWEET & SALTY ROASTED NUTS

Prep Time: 5 minutes **Cook Time:** 20 minutes **Serves:** 10

Honey roasted nuts sprinkled with coarse sea salt are the ultimate combination of sweet, crunchy, and salty. Make these before your next party, and watch them disappear before your eyes!

Ingredients:

| | |
|---------------------------------|-----------------------------|
| 1 cup raw walnuts | 1/2 cup raw hazelnuts |
| 1 cup raw pecans | 1/4 cup coconut oil, melted |
| 1 cup raw almonds | 2 Tbs honey |
| 1/2 cup raw, shelled pistachios | 1 tsp coarse sea salt |

Directions:

1. Preheat oven to 400 degrees F.
2. Toss the nuts with the coconut oil and honey, making sure to coat well. Lay in a single layer on a baking sheet and bake for 15-20 minutes, stirring halfway through.
3. Remove from oven, and immediately sprinkle with the sea salt. Let cool before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 269 | 24.8g | 9.2g | 3.0g | 5.2g | 7.0g |



SWEET & SPICY SWEET POTATO CHIPS

Prep Time: 10 minutes

Cook Time: 10 minutes

Serves: 4

If you're looking for a crunchy snack with a lot of flavor, these homemade chips fit the bill. Dusted with coconut sugar and cayenne, they are the perfect combination of sweet and spicy. Use a mandolin slicer to get thin, evenly sliced chips.

Ingredients:

1 sweet potato
1/4 cup coconut oil
1 Tbs coconut sugar

1/2 tsp cayenne pepper
Sea salt

Directions:

1. Slice the sweet potatoes as thinly as possible using a mandolin slicer.
2. Heat the coconut oil in a heavy bottomed skillet until shimmering.
3. Add the sweet potato slices to the skillet and cook until lightly browned, flipping to cook both sides. Immediately remove from pan and drain on paper towels.
4. Sprinkle with the sugar, cayenne, and a pinch of salt. Let cool before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 144 | 13.7g | 6.0g | 1.0g | 1.9g | 0.6g |



SWEET POTATO TOTS

with MAPLE MUSTARD DIPPING SAUCE

Prep Time: 20 minutes **Cook Time:** 10 minutes **Serves:** 4

Instead of frozen white potato tater tots served with ketchup, this easy version is made with nutritious sweet potatoes and served with a sweet and spicy mustard sauce. They're easy to whip up, and make a delicious snack or side dish that you can feel good about.

Ingredients:

Tots:

2 medium sweet potatoes, peeled and cubed
 1/2 tsp sea salt
 1/4 cup almond flour
 2 Tbs olive oil

Maple Mustard Dipping Sauce:

1/4 cup spicy brown mustard
 1 tablespoon pure dark maple syrup

Directions:

1. Put the potatoes in a saucepan and cover with cold water. Bring to a boil and reduce heat to a simmer. Simmer for 15-20 minutes, until potatoes are tender. Drain and allow to cool slightly.
2. Mash the potatoes and add the salt and almond flour. Mix until well combined.
3. Heat the oil in a skillet over medium high heat. Add the tots and fry on all sides until well browned.
4. Make the dipping sauce by whisking the mustard and maple syrup in a small bowl.
5. Serve the tots with the dipping sauce.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 219 | 8.9g | 34.9g | 3.5g | 13.8g | 1.9g |

SALAD DRESSINGS & DIPS

SALAD DRESSINGS & DIPS

CLASSIC HERB VINAIGRETTE

RAW KALE & ARTICHOKE DIP



CLASSIC HERB VINAIGRETTE

Prep Time: 5 minutes

Serves: 8

Instead of buying bottled salad dressings, try your hand at making your own. You'll be surprised at how easy it is, and the results are simply amazing. Not only does homemade dressing taste better, but it is much better for you. This easy herb vinaigrette is a great start.

Ingredients:

1/2 cup olive oil
1 Tbs chopped shallot
1 Tbs chopped red pepper
1 clove garlic
1 Tbs lemon juice
3 Tbs white wine vinegar

3-4 parsley sprigs
1 tsp fresh thyme leaves
1 tsp fresh chives
1/4 tsp sea salt
1/4 tsp fresh ground black pepper

Directions:

1. Put all of the ingredients in a blender and blend until smooth and well combined. Use immediately for best results.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 112 | 12.6g | 0.7g | 0 | 0 | 0.1g |



RAW KALE & ARTICHOKE DIP

Prep Time: 10 minutes **Serves:** 4

This super easy raw dip is fresh and flavorful, and makes an excellent alternative to unhealthy alternatives. Serve with fresh veggies for a healthy, nutritious snack.

Ingredients:

| | |
|--------------------------|--|
| 1 lb kale, trimmed | 2 Tbs tahini |
| 1/2 cup artichoke hearts | 1 Tbs olive oil |
| 1/2 small onion, chopped | Juice of 1 lemon |
| 1 clove garlic | Sea salt and fresh ground pepper, to taste |

Directions:

1. Put the kale, artichokes, onions, and garlic in a food processor and pulse until well chopped. Add the tahini, olive oil and lemon juice, and continue pulsing until you have the desired texture. Season with salt and pepper before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 68 | 3.8g | 7.2g | 1.3g | 0g | 2.4g |

SAUCES & MARINADES

SAUCES & MARINADES

CILANTRO & AVOCADO PESTO

GO-TO STIR-FRY SAUCE

THREE INGREDIENT TOMATO SAUCE



CILANTRO & AVOCADO PESTO

Prep Time: 10 minutes **Serves:** 6

An unusual twist on basil pesto, this amazing sauce is perfect over roasted vegetables, drizzled over grilled meats, or even used as a salad dressing.

Ingredients:

| | |
|------------------|----------------------------|
| 1 bunch cilantro | 1/4 cup sunflower seeds |
| 1 clove garlic | 1/2 ripened avocado, diced |
| Juice of 1 lime | 1/4 cup olive oil |

Directions:

1. Put the cilantro, garlic, lime juice, sunflower seeds and avocado in a food processor and process until combined. Drizzle in the olive oil and continue blending until smooth. Store in the refrigerator until ready to serve.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 118 | 12.7g | 2.0g | 1.3g | 0 | 0.8g |



GO TO STIR-FRY SAUCE

Prep Time: 5 minutes **Serves:** 8

This easy stir-fry sauce can be stored in the refrigerator for up to 10 days and then used in a quick stir-fry whenever you need it. It's perfect for veggie, meat, and seafood stir-fries.

Ingredients:

| | |
|-----------------------------------|----------------------|
| 1/2 cup toasted sesame oil | Juice of 1 lime |
| 1 Tbs fresh ginger | 1 tsp cider vinegar |
| 1/2 tsp crushed red pepper flakes | 2 Tbs coconut aminos |

Directions:

1. Put all of the ingredients in a jar and shake until well combined. Use immediately or store in the fridge for up to 10 days.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 164 | 18.3g | 0.7g | 0 | 0 | 0.1g |



THREE INGREDIENT TOMATO SAUCE

Prep Time: 5 minutes **Cook Time:** 40 minutes **Serves:** 6

Steer clear of jarred sauces that are full of sugar, and try this super easy, super delicious tomato sauce that doesn't take all day to cook. Eat it on zucchini noodles or spaghetti squash for a healthy spaghetti dinner.

Ingredients:

2 28-oz cans whole tomatoes
1 Tbs olive oil

1/2 small onion, left whole

Directions:

1. Put all of the ingredients in a large saucepan and bring to a boil.
2. Reduce heat and simmer for 30-40 minutes, until tomatoes break down. Remove the onion pieces if desired.
3. For a smoother sauce, puree in a blender to desired texture.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 70 | 2.9g | 10.8g | 3.3g | 7.2g | 2.4g |

DESSERTS

DESSERTS

BANANA BREAD

BANANA CREAM PIE

CAKE BATTER ICE CREAM

CHOCOLATE ALMOND BUTTER CUPS

CHOCOLATE AVOCADO PUDDING

CHOCOLATE TURTLES

COCOA BANANA BITES

LEMON BARS

MINI STRAWBERRY CHEESECAKES

NO BAKE CHOCOLATE CHIP COOKIES

SALTED CARAMEL APPLES

STRAWBERRY ORANGE SORBET

SWEET POTATO PIE

VANILLA CARAMELS

ZUCCHINI BLONDIES



BANANA BREAD

Prep Time: 10 minutes **Cook Time:** 40 minutes **Serves:** 8

This super easy banana bread is easy to prepare, and a delicious snack or dessert. Grain free, it's also healthy and filling as well!

Ingredients:

| | |
|-----------------------|-----------------------------|
| 2 large ripe bananas | 2 tsp baking powder |
| 2 eggs | 1/2 tsp sea salt |
| 1 Tbs coconut oil | 1 tsp cinnamon |
| 1 Tbs vanilla extract | 1/2 tsp fresh grated nutmeg |
| 3 Tbs honey | 1/2 cup walnuts |
| 2 cups almond flour | |

Directions:

1. Preheat oven to 350 degrees F.
2. Put the bananas, eggs, coconut oil, vanilla, and honey in a blender and blend until combined.
3. Add the almond flour, baking powder, salt, cinnamon, and nutmeg and blend on low until just combined.
4. Brush a loaf pan with coconut oil and pour the batter in evenly. Sprinkle the walnuts on top.
5. Bake for 30-40 minutes, until top is well browned and a toothpick inserted in the center comes out clean.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 140 | 7.6g | 16.2g | 1.6g | 11.1g | 3.7g |



BANANA CREAM PIE

Prep Time: 20 minutes

Cook Time: 10 minutes

Serves: 8

You'd never know this banana cream pie is dairy free, but it is. Creamy and delicious, it's full of vanilla and banana flavor and topped with a coconut whipped cream that is just to die for.

Ingredients:

Crust:

- 1 1/2 cups almond meal
- 1 tsp cinnamon
- 1/4 cup coconut oil, melted

Pie Filling:

- 1 can full fat coconut milk
- 2 eggs
- 1/3 cup honey
- 3 Tbs arrowroot
- 1 tsp vanilla extract
- 2 bananas, sliced

Topping:

- 1 can full fat coconut milk, refrigerated overnight (unopened)
- 1 tsp vanilla extract

Continued on next page...

BANANA CREAM PIE

continued

Prep Time: 20 minutes

Cook Time: 10 minutes

Serves: 8

Directions:

1. Preheat oven to 350 degrees F.
2. Mix the almond meal, cinnamon and coconut oil in a bowl with a fork. Press the mixture into a pie plate and bake for 10 minutes, until lightly browned.
3. To make the filling, put the coconut milk, eggs, honey, and arrowroot in a saucepan. Whisk well and turn the heat to medium low. Heat slowly until the mixture thickens and add the vanilla.
4. When the crust is done baking, layer the bananas on the bottom. Pour the filling mixture over top, and cover with plastic wrap. Chill for several hours.
5. Before serving, make the whipped cream. Open the coconut milk and carefully spoon out the coconut cream on top, leaving the liquid in the can. Transfer this to a mixing bowl and beat with the vanilla until thick, creamy, and fluffy. Spread on the pie and top with additional banana slices if desired. Serve immediately.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 321 | 24.1g | 24.7g | 3.9g | 17.2g | 6.3g |



CAKE BATTER ICE CREAM

Prep Time: 10 minutes **Freeze Time:** 4 hours **Serves:** 2

Ice cream is hard to give up when you change your diet, but this recipe proves that you don't have to. You don't need an ice cream maker or special salts to make this, only a few bananas, and some flavorings. Instead of sugary sprinkles, sliced almonds add a nice, healthy crunch.

Ingredients:

2 large ripe bananas 1/2 tsp pure almond extract
1/2 tsp pure vanilla extract 1/2 cup sliced almonds

Directions:

1. Peel and slice the bananas. Lay them in a single layer on a sheet pan and freeze until frozen solid, at least 4 hours.
2. When bananas are frozen, transfer to a food processor and add the extracts. Puree until smooth and creamy. Transfer the ice cream to serving bowls and sprinkle with the almonds.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 261 | 12.3g | 36.3g | 6.5g | 17.8g | 6.5g |



CHOCOLATE ALMOND BUTTER CUPS

Prep Time: 10 minutes **Freeze Time:** ??? **Serves:** 12

If you love peanut butter cups, this easy and healthy version will hit the spot. Sweet and chocolaty, these will curb your cravings in a healthy way.

Ingredients:

1 cup dairy free, high quality
chocolate chips

1/2 cup coconut oil
1/2 cup smooth almond butter

Directions:

1. Put the chocolate in a microwave safe bowl with half of the coconut oil and microwave until chocolate is melted, stirring every 30 seconds or so.
2. Put the remaining oil in a bowl with the almond butter and whisk well.
3. Line a mini muffin tin with paper liners. Fill each about halfway with the almond butter mixture and top off with the chocolate. Freeze until firm. Store in the freezer.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 146 | 12.8g | 6.8g | 0.6g | 4.8g | 2.2g |



CHOCOLATE AVOCADO PUDDING

Prep Time: 10 minutes **Chill Time:** ?? **Serves:** 6

This easy chocolate pudding recipe gets rich creaminess from a combination of avocado, coconut milk, and bananas. Some rich cocoa and a hint of vanilla make it decadent and delicious.

Ingredients:

| | |
|----------------------|-------------------------------|
| 2 ripe avocados | 2 Tbs honey |
| 1 ripe banana | 1/4 cup full fat coconut milk |
| 1/2 cup cocoa powder | 1 tsp vanilla extract |

Directions:

1. Put all of the ingredients in a food processor or blender and blend until smooth and creamy. Chill for several hours before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 216 | 16.4g | 20.6g | 7.4g | 9.0g | 3.0g |



CHOCOLATE TURTLES

Prep Time: 10 minutes **Freeze Time:** ??? **Serves:** 12

There's nothing more decadent than chocolate turtles, but they are definitely less than good for you nutritionally. This version is made with a few easy ingredients that are healthy, tasty, and guilt free.

Ingredients:

1 cup dairy free, high quality
chocolate chips
1/4 cup coconut oil

1/2 cup pitted dates
1/2 cup chopped pecans

Directions:

1. Put the chocolate in a microwave safe bowl with half the coconut oil and microwave until chocolate is melted, stirring every 30 seconds or so.
2. Put the dates in a food processor with the remaining oil and process until completely smooth. Add this to the chocolate mixture.
3. Line a mini muffin tin with paper liners and sprinkle pecans in each. Pour the chocolate mixture over the pecans and freeze until firm. Store in the freezer.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 166 | 11.6g | 14.8g | 1.0g | 12.8g | 1.5g |



COCOA BANANA BITES

Prep Time: 40 minutes **Freeze Time:** ????

Serves: 16

Semi frozen bananas are blended with a bit of honey and cocoa powder and then spread on a pecan crust. When cut into bite-sized servings, they are the perfect healthy treat.

Ingredients:

| | |
|-------------------|---------------------------------------|
| 2 large bananas | 1/4 cup unsweetened cocoa powder |
| 1/2 cup pecans | 1 tsp pure vanilla extract |
| 1 Tbs coconut oil | 2 Tbs honey |
| 1/4 tsp sea salt | Fresh berries, for garnish if desired |

Directions:

1. Peel the bananas, slice them into 1/2 inch pieces and lay on a parchment lined baking sheet in a single layer. Freeze for 25-30 minutes, until bananas are firm, but not frozen solid.
2. While bananas are in the freezer, put the pecans and coconut oil in a food processor and pulse until nuts are moist and finely chopped; don't over process. Press the mixture into a square baking dish.
3. Rinse and dry the food processor and add the semi frozen bananas, cocoa, vanilla, and honey. Puree until thick and airy. Spread the mixture over the crust. Freeze for 10 minutes; cut into bite sized cubes and serve. Store in the refrigerator or freezer for best results.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 154 | 13.6g | 8.8g | 2.7g | 4.6g | 2.3g |



LEMON BARS

Prep Time: 10 minutes **Cook Time:** 40 minutes **Serves:** 12

Sweet and tart, these lemon bars are refreshing and delicious. Serve them as a dessert for a dinner party and no one will even know they are good for you!

Ingredients:

Crust:

- 1 cup blanched almond flour
- 1 tsp honey
- 2 Tbs coconut oil, melted

Filling:

- 6 eggs
- 1/2 cup lemon juice (about 2-3 lemons)
- 1 tsp lemon zest
- 1 Tbs coconut flour
- 1/2 cup honey

Directions:

1. Preheat oven to 350 degrees F.
2. Combine the almond flour, honey, and coconut flour in a bowl and mix well. Press into a baking pan and bake for 10 minutes.
3. Make the filling by whisking all of the ingredients in a large bowl until well combined.
4. Pour the mixture into the crust and bake for 25 minutes, until top is just starting to brown. Allow to cool completely, and chill before cutting and serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 144 | 8.5g | 14.2g | 1.1g | 12.8g | 4.6g |



MINI STRAWBERRY CHEESECAKES

Prep Time: 8-10 hours **Serves:** 12

These luscious lemon cheesecakes have a secret ingredient that makes them super creamy, yet still dairy free: raw cashews. When soaked and blended they take on super creamy consistency that makes them the perfect dessert. Topped with fresh strawberries, they are simply amazing!

Note: You must use RAW cashews for this recipe. They are pale white with no salt added.

Ingredients:

1 cup raw cashews
1/4 cup coconut milk
2 lemons, zested and juiced
1/4 cup honey

1/4 cup coconut oil
1/2 cup finely chopped walnuts
1 pint strawberries, sliced

Directions:

1. Put the cashews in a bowl and cover with water. Soak for 6-8 hours and drain well.
2. Transfer to a food processor and add the coconut milk, lemon juice and zest, honey, and coconut oil. Blend until smooth and creamy.
3. Line a mini muffin tin with paper liners. Sprinkle each with walnuts, and add a dollop of the cheesecake filling. Chill for several hours. Top each cheesecake with a strawberry slice before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 179 | 14.2g | 12.6g | 1.4g | 8.1g | 3.3g |



NO BAKE CHOCOLATE CHIP COOKIES

Prep Time: 10 minutes **Freeze Time:** ????

Serves: 12

With only a few ingredients, these grain free cookies are a delicious sweet treat that will help keep cravings at bay. Store in the freezer and grab one whenever the urge strikes.

Ingredients:

1 ripe banana, mashed well
 1 cup almond flour
 1/2 cup finely shredded coconut

1 tsp vanilla extract
 1/2 cup dairy free chocolate chips
 1/4 tsp sea salt

Directions:

1. Put all of the ingredients in a bowl and mix well. Using a cookie scoop, drop the batter onto a parchment lined baking pan and freeze until firm.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 105 | 7.2g | 8.7g | 1.8g | 5.4g | 2.4g |



SALTED CARAMEL APPLES

Prep Time: 10 minutes **Cook Time:** 40 minutes **Serves:** 6

For a sweet and salty snack you can feel good about, these Paleo approved caramel apple slices are seriously good. Instead of coating the outside of the apple like traditional caramel apples, we just sliced the apple and spread the slices on for easy eating. A sprinkling of coarse salt and some chopped nuts make it extra indulgent.

Ingredients:

| | |
|-------------------------------------|----------------------------------|
| 1 14.5 oz can full fat coconut milk | 1 tsp vanilla extract |
| 1/2 cup coconut sugar | 3 large apples, cored and sliced |
| 1/2 cup pure maple syrup | 1/2 cup chopped pecans |
| 1 Tbs coconut oil | Coarse sea salt |

Directions:

1. Put the coconut milk, coconut sugar, and maple syrup in a saucepan and bring to boil. Immediately reduce heat to medium low, and simmer for about 30 minutes. Add coconut oil and vanilla, and stir. Turn off heat and allow to cool.
2. Spread the caramel sauce on the apple slices, and sprinkle with the chopped pecans and sea salt.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 324 | 15.1g | 48.4g | 2.2g | 42.2g | 1.3g |



STRAWBERRY ORANGE SORBET

Prep Time: 5 minutes **Freeze Time:** ???? **Serves:** 4

This easy sorbet is made of nothing but fruit, but tastes like a decadent dessert. This is a perfect guilt free treat for a hot summer day. Make right before you are ready to serve for best results.

Ingredients:

1 orange, zested and peeled | 1 frozen banana, sliced
2 cups frozen strawberries

Directions:

1. Put all of the ingredients in a powerful food processor or blender and blend until thick and creamy. Scoop into bowls and serve immediately.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 73 | 0.2g | 18.7g | 3.4g | 12.4g | 0.8g |



SWEET POTATO PIE

Prep Time: 20 minutes

Cook Time: 60 minutes

Serves: 8

Rich and spicy, this sweet potato pie is sure to satisfy cravings, holiday or not. With a grain free crust, and creamy filling free of refined sugar, it's a healthy way to indulge without guilt.

Ingredients:

Crust:

3 cups almond flour
1 egg, beaten
2 Tbs coconut oil
1 tsp honey

Filling:

2 large sweet potatoes, baked and mashed
1/2 cup coconut oil
1/2 cup maple syrup
1/2 cup coconut milk
2 eggs
1 tsp cinnamon
1/4 tsp nutmeg
1/2 tsp sea salt
1 Tbs vanilla extract

Directions:

1. Preheat oven to 350 degrees F.
2. Mix the crust ingredients in a bowl until well combined. Transfer to a pie plate and press into plate, using your fingers. Bake for 10 minutes.
3. Put all of the ingredients for the filling into a blender and blend until smooth. Pour into the pie plate and bake until well browned, about 45 minutes. Let cool completely before serving.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 314 | 26.8g | 15.3g | 3.3g | 9.9g | 6.6g |



VANILLA CARAMELS

Prep Time: 20 minutes **Chill Time:** ??? **Serves:** 16

These bite sized caramels are perfect when you just want something to take the edge off your sweet tooth. Stored in the freezer, they'll last quite a while.

Ingredients:

| | |
|----------------------|-------------------------------|
| 1 cup pitted dates | 1 tsp vanilla extract |
| 1/4 cup coconut milk | 1/4 tsp sea salt |
| 1/4 cup coconut oil | Pecans, optional, for garnish |

Directions:

1. Soak the dates in hot water for 15 minutes. Drain well and transfer to a food processor. Add the coconut milk, oil, vanilla and salt and process until smooth.
2. Line a baking pan with parchment paper and spread the mixture in an even layer. Freeze for several hours until solid and cut into squares, garnishing with pecans if desired.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 70 | 4.3g | 8.6g | 1.0g | 7.2g | 0.4g |



ZUCCHINI BLONDIES

Prep Time: 10 minutes **Cook Time:** 25 minutes **Serves:** 9

Coconut oil and coconut sugar take the place of butter and brown sugar in these easy to put together zucchini blondies. They're delicious as a snack or light dessert that you don't have to feel guilty about.

Ingredients:

- | | |
|-------------------------|-----------------------------|
| 1 2/3 cups almond flour | 2 eggs |
| 1/2 cup coconut sugar | 1/2 cup coconut oil, melted |
| 1 tsp baking powder | 1/3 cup coconut milk |
| 1/2 tsp cinnamon | 1 tsp vanilla |
| 1/4 tsp sea salt | 1 small zucchini, shredded |

Directions:

1. Preheat oven to 350 degrees F.
2. Combine the almond flour, coconut sugar, baking powder, cinnamon, and sea salt in a bowl and whisk well. Beat the eggs, coconut oil, coconut milk, and vanilla together and add to the dry ingredients. Fold in the zucchini.
3. Line a square baking pan with parchment. Spread mixture in the pan and bake for 20-25 minutes, until a toothpick inserted in the center comes out clean. Allow to cool completely before cutting into squares.

| CALORIES | TOTAL FAT | TOTAL CARBS | DIETARY FIBER | SUGARS | PROTEIN |
|----------|-----------|-------------|---------------|--------|---------|
| 143 | 15.2g | 1.4g | ?? | 0.7g | 1.6g |

DEDICATION

Many thanks go to my husband, Seth Lytton, for joining me on this Paleo journey, and making cooking time much more fun and productive. Your perfectionism counterbalances my whimsy in the kitchen (and in life) perfectly, and I couldn't imagine a better partner than you.

Also, thank you to my friend, Jason Grubb, who casually nudged me in the direction of Paleo and changed my life forever.

MORE OF MY WORK

You can find my writing, classes, and programs at www.neelyquinn.com, where I talk about Paleo living, weight loss, improving your health, and my own health journey. I'd love to see you over there! And if you ever need to contact me, just email neely@neelyquinn.com.