

THE PALEO DIET SOLUTION



THE MODERN CAVEMAN'S COOKBOOK

A guide to healthy weight loss on a gluten free diet plan

by JOHN CHATHAM - BESTSELLING AUTHOR OF THE MEDITERRANEAN DIET



The Paleo Diet Solution: The Modern Caveman's Cookbook

A Guide to Healthy Weight Loss on a Gluten Free Diet Plan

by John Chatham -
Bestselling Author Of The Mediterranean Diet



Rockridge University Press

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Table of Contents

Chapter 1 – Eggs and Breakfasts

Chapter 2 – Sandwiches and Wraps

Chapter 3 – Salads and Dressings

Chapter 4 – Soups and Stews

Main Dish:

Chapter 5 – Beef

Chapter 6 – Poultry

Chapter 7 – Lamb

Chapter 8 – Pork

Chapter 9 – Fish and Seafood

Chapter 10 – Offal

Chapter 11 – Wild Game

Chapter 12 – Casseroles

International Dishes:

Chapter 13 – Mexican

Chapter 14 – Asian

Chapter 15 – French

Chapter 16 – Italian

Chapter 17 – Regional American

Chapter 18 – Sides and Sauces

Chapter 19 – Vegetables and Vegan Dishes

Chapter 20 – Desserts

Chapter 21 – Snacks

Chapter 22 – Beverages

Chapter 1

Eggs and Breakfasts

Grain-Free Pancakes

Serves 4

Nut butter and eggs makes a fine substitute for flour in these pancakes. The pancakes cook up light, flavorful and slightly creamy, and with 9.5 grams of protein per serving, they'll keep you full for hours. Drizzle them with a bit of honey or agave nectar for a sweet taste if necessary, but remember to watch your sugar intake—especially for breakfast.

Ingredients:

- 4 ripe bananas
- 4 large, cage free, organic eggs
- 1/2 cup nut butter
- 2 teaspoons butter or olive oil
- Freshly ground black pepper, to taste

Directions:

Place the bananas in a large bowl and mash them with a fork until smooth.

Beat the eggs in a separate bowl until frothy. Add them to the bananas.

Add the nut butter and mix well until creamy and smooth. Season with freshly ground black pepper to taste.

Heat the butter or olive oil in a skillet or on a griddle. Pour 1/4 cup pancake batter for each pancake onto the griddle or skillet. Cook pancakes for 2 minutes and then flip with a spatula. Cook an additional 2 minutes, or until the pancakes are golden brown.



Mexican Veggie Scramble

Serves 2

Loaded with veggies and high protein eggs, this dish is filling and easy to make, but also delicious. Garnish with avocado and your favorite salsa for a south-of-the-border meal you won't forget. Think you'll miss the cheese? You may be surprised.

Ingredients:

- 1 tablespoon butter
- 4 large, cage free, organic eggs, beaten
- 1/2 small onion, chopped
- 1/2 green bell pepper, diced
- 1/2 pound chorizo sausage, cooked and crumbled
- Sliced avocado, for garnish
- Prepared salsa, for garnish
- Freshly ground black pepper, to taste

Directions:

In a medium non-stick skillet, heat the butter over medium heat. Add the onion and bell pepper and cook until soft. Add the sausage and eggs and stir continuously until eggs are cooked through. Season with freshly ground black pepper to taste.

To serve, divide between plates and top with avocado and salsa.

Zesty Breakfast Salad

Serves 2

Salad for breakfast? Sure! This fruit and nut salad has a citrus dressing that will wake up your taste buds and get you ready for the day. Hard-boiled eggs and bacon add protein to keep you full for hours. With no cooking, this is an ideal breakfast for a busy day.

Ingredients:

Salad:

- 2 cups washed and dried baby spinach
- 1 large, cage free, organic egg, hard-boiled and sliced into ½-inch chunks
- 1 strip bacon, cooked and crumbled
- 1 Clementine orange, peeled and quartered
- 1/2 cup dried cranberries or cherries
- 1/2 cup macadamia nuts, black walnuts or pecans
- Freshly ground black pepper, to taste

Dressing:

- 1 tablespoon honey
- 1 teaspoon dry mustard
- 1/4 cup red wine vinegar
- Juice of one orange
- 1 teaspoon finely minced onion
- 1 cup olive oil
- Zest of 1 orange

Directions:

Toss the spinach, eggs, bacon, orange quarters, dried cranberries and nuts together in a bowl. Season with freshly ground black pepper to taste.

Whisk the dressing ingredients together in a bowl for 30 seconds, or until the dressing becomes thick and creamy.

Paleo Breakfast Burrito

Serves 1

If you're craving a breakfast burrito, you'll love this Paleo adapted recipe. Instead of a tortilla filled with eggs and meat, the eggs become the tortilla, leaving you with the same flavors rolled up into a tasty, easy to eat breakfast that will leave you full for hours. For best results, use a medium-sized skillet so that your eggs are super thin and easy to wrap. You'll never miss out on the high carb tortilla!

Ingredients:

- 1/4 pound free-range, organic, grass fed ground beef
- 3 large, cage free, organic eggs, beaten
- 1 tablespoon butter
- 1/2 small red onion, finely chopped
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Freshly ground black pepper, to taste
- Chopped cilantro for garnish
- Prepared salsa for serving

Directions:

Heat butter in a medium skillet over medium-low heat. Add the eggs in an even layer and cook for about 6 minutes. Carefully flip the eggs over and continue cooking until done. Season with freshly ground black pepper to taste. Carefully slide the eggs onto a plate.

High Protein Frittata

Serves 4

This is an easy breakfast dish that is loaded with protein. You can customize it to your liking, so use whatever veggies you like or have in your fridge. This is a great way to use up leftovers.

Ingredients:

- 8 large, cage free, organic eggs
- 4 strips of bacon, cooked and crumbled
- 1/2 small onion, chopped
- 1/2 cup sliced mushrooms
- 2 cups baby spinach leaves
- 1 tablespoon butter
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees. Heat a large ovenproof skillet over medium heat and add the butter and vegetables. Sauté until tender, remove from skillet and set aside.

Beat eggs in a large bowl and add the cooked vegetables. Season with freshly ground black pepper to taste. Pour mixture into the skillet and put in the oven. Bake for 12-15 minutes until eggs are firm to the touch.

Top with crumbled bacon and serve immediately.

Eggs Benedict Paleo Style

Serves 1

While this might not be the traditional version of eggs Benedict, you'll love this grain-free version that is as good for you as it tastes. Once you try it, you'll never want to go back to the old version again!

Ingredients:

- 2 slices bacon, cooked and crumbled
- 1 tomato slice
- 1/2 medium avocado
- 2 tablespoons lemon juice
- 1 clove garlic
- 1 large, cage free, organic egg
- Freshly ground black pepper, to taste

Directions:

Put the avocado, lemon juice and garlic in a food processor and process until smooth and creamy.

Poach the egg in a pot of simmering water until done, about 4 minutes.

To serve, place the egg on top of the tomato slice and top with the avocado sauce and bacon. Season with freshly ground black pepper to taste.

Everything Omelet

Serves 1

An omelet is a fast and easy way to have a quick and filling breakfast that seems like a meal at your favorite breakfast spot. This version uses a variety of meats and veggies, but the beauty of this dish is that you can use whatever you have on hand for excellent results. If you have the time, you can leave it open for a frittata-like dish.

Ingredients:

- 1 tablespoon butter
- 3 large, cage free, organic eggs
- 1/2 small onion, chopped
- 1/2 cup steamed broccoli
- 2 slices bacon, cooked and crumbled
- 2 sausage links, cooked and chopped
- Freshly ground black pepper, to taste

Directions:

Beat the eggs in a small bowl. Heat a small nonstick skillet over medium heat and add the butter.

Pour the eggs into the pan and allow to cook for 1 minute. Add the veggies and meat to one side and carefully fold the other side over the top of it. Cook until eggs are cooked through. Season with freshly ground black pepper to taste.

Slide onto a plate and serve garnished with more bacon, if desired.

Egg Casserole for One

Serves 1

Sometimes you are in the mood for a delicious breakfast casserole filled with eggs, veggies and breakfast meats, but you don't have the time or need for a full-fledged kitchen marathon. If this is the case, this recipe fits the bill. It's fast, easy and doesn't leave you with leftovers you can't eat. For two, simply double the recipe and divide between two ramekins, or use a casserole dish if you're serving more than one. Either way, you'll love it!

Ingredients:

- 2 large, cage free, organic eggs
- 2 broccoli florets, finely chopped
- 1/4 small zucchini, chopped
- 1/4 small onion, chopped
- 5 spinach leaves, chopped
- 2 slices bacon, cooked and crumbled
- 1 tablespoon butter
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees. Beat eggs in a small bowl and mix in the veggies and bacon. Season with freshly ground black pepper to taste.

Grease a single serve ramekin with butter and pour the egg mixture in. Bake for 15-20 minutes until the top is lightly browned. Serve immediately.

Poached Eggs and Root Vegetable Hash

Serves 2

Root vegetables are high in fiber and flavor, and are a unique twist on the veggies you usually see with your morning eggs. Warm and crispy, they make a great substitute for potatoes, with less carbs and a lot more nutrients.

Ingredients:

- 1 large beet, peeled and chopped
- 1 medium turnip, peeled and chopped
- 1 small onion, chopped
- 1 tablespoons olive oil
- 2 tablespoons butter
- 1 garlic clove, minced
- 1 sprig fresh rosemary, finely chopped
- 4 large, cage free, organic eggs
- Freshly ground black pepper, to taste.

Directions:

Preheat oven to 400 degrees. Toss veggies in olive oil and lay on a single layer sheet pan. Sprinkle on chopped rosemary. Season with freshly ground black pepper to taste. Roast for about 15 minutes, remove from oven and add the garlic. Roast for 10 more minutes, or until crispy around the edges.

While the veggies are cooking, poach your eggs in a pot of simmering water, until just cooked.

To serve, divide the root vegetables between two plates and top with two eggs. Serve immediately.

Mini-Egg Casseroles

Serves 4

These mini-egg casseroles are quick to make and easy to take. They rely on sautéed veggies for their flavor, without the addition of cheese. Freeze them for later and microwave them on low for 30 seconds when you're ready to use them. That way, you can have a quick and filling breakfast (or snack) anytime you want!

Ingredients:

- 1/2 cup minced onion
- 1/2 cup red bell pepper, chopped
- 2 strips bacon, crumbled
- 8 large, cage free, organic eggs, beaten
- 1 teaspoon dill
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 350 degrees. Spray one muffin pan with cooking spray. Spray a skillet with cooking spray as well.

Sauté the onions and peppers in the skillet over medium heat. This extra step really makes the difference in flavor in this recipe.

Combine the onions and peppers in a bowl with the remaining ingredients. Season with freshly ground black pepper to taste. Pour 1/2 cup egg mixture in each muffin tin. Bake for 10 to 12 minutes, or until set and slightly golden.

Scrambled Eggs with Lox

Serves 1

Traditionally, lox is served with high carb bagels and cream cheese. While these may taste good, neither really fits in a Paleo lifestyle. This version uses high protein eggs and sliced tomatoes for a healthier version that you'll find just as tasty as the original. Smoked whitefish works well here too for a change of pace once in a while.

Ingredients:

- 1 tablespoon butter
- 1/2 small red onion, diced
- 3 large, cage free, organic eggs
- 2 ounces smoked salmon, chopped
- 1 large tomato, sliced
- 1 teaspoon capers
- 1 tablespoon chopped fresh parsley
- Freshly ground black pepper, to taste

Directions:

Heat butter in a medium skillet and add the onions. Cook until soft.

Beat the eggs in a small bowl and add the salmon. Season with freshly ground black pepper to taste. Pour egg mixture over veggies and scramble until cooked through.

To serve, top the tomato slices with the eggs and garnish with parsley and capers.

Chicken With Sweet Potato Hash Browns

Serves 4

It's hard to find a breakfast on the Paleo plan that doesn't include eggs, but this is one. You can serve it with eggs if you'd like, of course, but this dish stands on it's own pretty well. Dark meat chicken works nicely here, but use whatever you have on hand—it will still be delicious. The sweet potatoes make an excellent substitute to traditional greasy and high carb hash brown potatoes.

Ingredients:

- 2 sweet potatoes, peeled and diced into small pieces
- 2 tablespoons extra virgin olive oil
- 1/2 small onion, diced
- 1 teaspoon each, dried thyme and oregano
- 4 free-range, organic chicken thighs, cooked, meat pulled off bones and chopped or shredded
- Freshly ground black pepper, to taste

Directions:

Either in a microwave or steamer, steam sweet potatoes until tender and easily pierced with a fork, about 12 minutes. Divide in half and mash one half with a fork or potato masher.

In a large skillet, heat oil over medium-high heat. Add onion, cook until tender. Add chicken and spices and combine.

Add both sweet potato mixtures to the pan and combine the mixture thoroughly. Add freshly ground black pepper to taste.

Continue cooking until browned on the bottom, then flip to cook the other side until browned. Break up into small pieces and serve.

Paleo Muffins

Makes 1 dozen

There's a reason muffins are popular breakfast items: They're easy to grab and go. Unfortunately, what you gain in convenience, you usually give up in health content. Not so with these muffins. Loaded with veggies, they are easy to whip up and you can keep them around for those mornings when you just need something you can grab as you're headed out the door. No more worrying about indulging in high carb muffins when you've got this high protein version on hand.

Ingredients:

- 1 teaspoon butter
- 1/2 medium onion, chopped
- 1 cup broccoli, finely chopped
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 8 large, cage free, organic eggs
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees. Grease a muffin tin with butter. Mix veggies in a large bowl and divide equally among muffin tins.

Beat eggs in a large bowl or measuring cup. Season with freshly ground black pepper to taste. Pour mixture over veggies in the muffin pan.

Bake for 15-20 minutes, or until tops are browned. Loosen with a knife around the edges and cool before serving.

Paleo Huevos Rancheros

Serves 1

This popular egg dish is usually served with corn tortillas and beans, but once you try this version, you'll be surprised at how tasty it can be without those high carb additions. Once you try this, you'll see you don't need those energy-sucking carbs for breakfast! This makes a fabulous brunch option as well.

Ingredients:

- 1 tablespoon butter
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1/2 small onion, diced
- 1 jalapeño pepper, minced
- 2 large, cage free, organic eggs
- 1/2 cup prepared salsa
- 1/2 medium avocado, sliced
- Freshly ground black pepper, to taste

Directions:

Heat butter in a medium skillet over medium heat. Add the garlic, onion and peppers, and sauté until soft. Add the eggs and cook until the whites are cooked through. Season with freshly ground black pepper to taste.

To serve, top the eggs and veggies with salsa and avocado.

Serve immediately.

Classic French Omelet

Serves 1

Some dishes need to be adapted to fit the Paleo lifestyle, but a French omelet is one that fits perfectly. Well, almost perfectly. Most French omelets have cheese in them, which you can enjoy in moderation on the Paleo diet plan. If you try it without, however, you may find it's just as enjoyable. It may take practice to get the perfect visual effect, but the results are so delicious that you won't mind the practice it takes to get there.

Ingredients:

- 2 tablespoons chopped fresh herbs of your choice
- 3 large, cage free, organic eggs
- 1 tablespoon butter
- 2 slices ham
- Freshly ground black pepper, to taste

Directions:

Beat eggs in a bowl and set aside. Heat a non-stick skillet over medium heat and add butter.

Add eggs, followed by herbs. Season with freshly ground black pepper to taste. Cook for one minute and add the ham to the center. Once the eggs begin to cook, fold both sides toward the center.

Slide onto a plate and serve with extra ham slices and herbs for garnish.



Homemade Breakfast Patties

Serves 4

While sausage technically fits on the Paleo diet, it can be hard to find a variety that isn't laced with added chemicals and fillers. Since you want to avoid these types of ingredients, making your own sausage is the best route to take. It's also one that is not nearly as difficult as it may sound, and the results are worth it. Feel free to adjust your seasonings to suit your personal tastes.

Ingredients:

- 1 pound free-range, organic ground pork
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon ground sage
- 1 teaspoon fennel seeds
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon white pepper
- 2 tablespoons butter
- Freshly ground black pepper, to taste

Directions:

Using your hands, combine the pork with the seasonings in a large bowl until well combined.

Form into 8-10 patties. Heat a medium skillet over medium heat and add the butter. Fry the sausage patties until golden brown on both sides (about 4 minutes per side), making sure the inside is no longer pink. Season with freshly ground black pepper to taste. Serve immediately.

Paleo Western Omelet

Serves 1

Eggs are classics when it comes to Paleo diet recipes, and for good reason. High in protein, as well as vitamins and minerals, they are what some would call a “super food.” Even better, they are ridiculously easy to cook. This recipe has been modified just a bit to fit the Paleo diet, but you won’t notice the difference, as it’s super delicious.

Ingredients:

- 3 large, cage free, organic eggs
- 1 tablespoon extra virgin olive oil
- 2 ounces high quality, thick cut ham
- 1/4 cup chopped bell pepper
- 1/4 cup chopped onion
- 1/2 cup finely chopped spinach
- Freshly ground black pepper, to taste

Directions:

Beat the eggs until frothy.

Add oil to a nonstick omelet pan and heat over medium heat. When melted, add eggs. As they start to set, add ham and veggies, spreading evenly throughout.

Fold over and finish cooking. Season with freshly ground black pepper to taste. When eggs are thoroughly cooked, slide onto a plate and serve.

Caveman French Toast

Serves 2

While you might think the bread is the most important ingredient in French toast, you should try this recipe anyway. It's just eggs with French toast seasonings, and really is quite delicious. Once you try it, it will probably become one of your favorite Paleo diet recipes. Make sure you use only real maple syrup, and not too much! Serve this dish with some bacon or sausage on the side for a filling and hearty meal.

Ingredients:

- 4 large, cage free, organic eggs
- 1 tablespoon water
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- Pinch of nutmeg
- 1 tablespoon extra virgin coconut oil
- Pure maple syrup for drizzling

Directions:

In a small bowl, beat the eggs and water together until frothy. Add vanilla, cinnamon and nutmeg.

Heat a nonstick omelet pan on medium-high. When hot, add coconut oil and swirl pan to coat.

Add half the egg mixture to the pan and let it cook through before flipping. Cook until browned on both sides.

Italian Frittata

Serves 6

Casseroles are comfort foods, and this one is no exception. A delicious recipe for a brunch, or even a lazy Sunday breakfast, this is one of the best Paleo recipes you'll find. If you eat a little bit of dairy, a high quality Parmesan cheese grated on top makes this dish superb.

Ingredients:

- 12 large, cage free, organic eggs
- 2 tablespoons extra virgin olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 pound spinach, coarsely chopped
- 12 cherry tomatoes, quartered
- 1 zucchini, diced
- 1/2 cup black olives
- Freshly ground black pepper, to taste

Directions:

In a large sauté pan, heat the oil over medium-high heat. Add the onions and garlic and cook until soft. Add the zucchini and continue cooking for a couple minutes. Add spinach, combine and cook until wilted. Remove pan from heat and add the olives and tomatoes. Season with freshly ground black pepper to taste.

In a large bowl, whisk the eggs until frothy.

Lightly brush the bottom of an 8"x13" casserole dish with oil. Add the veggies to the dish. Pour over the egg mixture and stir to combine.

Bake in a 375-degree oven for an hour, until the top is browned and the center is cooked through. Slice into squares and serve.

Paleo Granola

Serves 8

Traditional granola doesn't work on the Paleo plan: It's loaded with oats, sugar and other processed or high carb ingredients. If you want something other than eggs for breakfast, this version fits the bill. It's got nuts, fruit and coconut, and is easy to prepare and store for a quick snack as well.

Ingredients:

- 1 cup raw pecans
- 1 cup raw sunflower seeds
- 1 cup raw walnuts
- 1 cup raw sliced almonds
- 1 cup raw pumpkin seeds
- 1 cup shredded, unsweetened coconut
- 1 cup chopped Medjool dates
- 1 cup raisins

Directions:

Soak nuts and seeds overnight in warm water, about 10 hours. Drain well.

Spread on a baking sheet in an even layer. Set your oven to the lowest temperature possible and put the baking sheet in the oven. Leaving oven door open, dehydrate nuts for 10 hours. Allow to cool completely.

Chop nuts and seeds and combine with the coconut, dates and raisins. Serve either as a snack or with unsweetened almond milk as a breakfast cereal.



Paleo Waffles

Serves 2

While this isn't something you want to eat everyday, the use of coconut flour in these waffles allows you to indulge once in a while, for a special occasion or just a weekend treat. Serve with fruit and bacon or sausage for a complete meal that is ultra satisfying.

Ingredients:

- 1/4 cup coconut flour
- 4 large, cage free, organic eggs
- 1 tablespoon coconut milk
- 1 tablespoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon baking soda
- Pure maple syrup for serving

Directions:

Preheat a waffle iron. Blend all ingredients in a blender, or by hand in a bowl.

Pour batter in the center of the waffle iron, covering the entire surface area.

Cook until waffles release from the pan. Serve immediately.

Earthy Crust-Free Quiche

Serves 8

This is a quiche the way it was meant to be. Well, almost. The reason it fits so well into the Paleo diet is because it's missing the high carb crust generally associated with quiche. Don't fret though—one bite of this dish and you'll immediately know you're not missing out. It's just as rich and flavorful as a traditional quiche, only it's actually good for you. You can add cheese to this if you must, but it's not necessary.

Ingredients:

- 1 pound spinach, coarsely chopped, stems removed
- 2 cups chopped mixed mushrooms
- 2 tablespoons extra virgin olive oil
- 1 clove garlic, minced
- 3 large, cage free, organic eggs
- 1 cup silken tofu
- 1/4 cup toasted pine nuts
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 375 degrees. Lightly oil a 9-inch pie plate and set aside.

In a large sauté pan, heat the oil and add the garlic, then the mushrooms. Cook until golden brown and soft. Add the spinach and stir until wilted.

In a large bowl, beat the eggs until frothy. Whisk in the tofu. Season with freshly ground black pepper to taste.

Spoon spinach mixture into the pie plate. Pour the egg mixture over top and sprinkle with the pine nuts.

Bake for 35-40 minutes, until the top is puffy and brown. Once cooled slightly, cut into 8 wedges. Serve warm or at room temperature.

Banana-Berry Pancakes

Serves 2

These pancakes get their natural sweetness from berries and bananas. The recipe calls for raspberries, but you can substitute any type of berry. Berries are a great choice for the Paleo diet. They're high in antioxidants and add intense flavor and sweetness to any dish.

Ingredients:

- 6 large, cage free, organic egg whites, lightly beaten
- 2 bananas, mashed
- 1/3 cup raspberries, mashed
- 2 tablespoons almond butter
- 1/4 teaspoon cinnamon

Directions:

Spray a skillet or griddle with cooking spray.

Pour the batter on the skillet, using 1/2 cup for each pancake. Wait 2-3 minutes before flipping the pancakes. Cook an additional 2-3 minutes, until golden brown. Serve with a sprinkling of cinnamon or agave nectar.

High Fiber Bacon and Eggs

Serves 2

You probably don't think of fiber when you think of this classic high protein breakfast, but the addition of shredded cabbage makes it just that. This is one breakfast that will fill you up and keep you full for hours, making it perfect for the busy day ahead of you. This makes a great quick lunch or dinner as well.

Ingredients:

- 6 slices of thick cut bacon
- 1 tablespoon butter
- 2 cups shredded cabbage
- 4 large, cage free, organic eggs
- Freshly ground black pepper, to taste

Directions:

Lay bacon on a sheet pan and preheat the broiler to high. Put bacon under the broiler and broil for 5-6 minutes per side, until desired crispness.

Heat the butter in large skillet and add the cabbage. Cook until soft, browned and lightly crisp. Season with pepper to taste. Remove from pan and place on two plates.

Crack the eggs in the pan and cook until desired doneness. Season with freshly ground black pepper to taste. To serve, place the eggs on top of the cabbage and serve with the broiled bacon.

Eggplant Holes

Serves 2

This is a Paleo take on the classic toast with a hole in it. Instead of bread, you use eggplant to get more nutrients, less carbs and, most importantly, an extremely delicious flavor. This is a dish you'll want to eat every morning for breakfast.

Ingredients:

- 1 medium eggplant
- 2 tablespoons butter
- 4 large, cage free, organic eggs
- Freshly ground black pepper, to taste
- Chopped green onions, for garnish

Directions:

Slice your eggplant into 1-inch thick slices and season with pepper. Using a small cookie cutter, cut a hole in the center of each slice.

Heat a large skillet over medium-high heat. Add the butter, followed by the eggplant. Crack one egg into the center of each slice. Cook for 2-3 minutes and then flip, being careful not to let the egg fall out of the hole. Cook for another 2 minutes and remove from pan. Season with freshly ground black pepper to taste. Garnish with the green onions and serve.

Chapter 2

Sandwiches and Wraps

Egg Salad Lettuce Wraps

Serves 2

When you first begin the Paleo diet, you'll find lunch is the most difficult meal to accommodate. It requires a bit of creativity, but you can still eat well—for example, with these lettuce wraps. Healthy, hearty and delicious, this is sure to become a staple.

Ingredients:

- 2 large lettuce leaves, such as iceberg or Romaine, intact and un-torn
- 2 large, cage free, organic hard-boiled eggs, peeled and chopped
- 2 tablespoons mayonnaise made with olive oil
- 2 tablespoons relish or chopped pickles
- Freshly ground black pepper, to taste
- Lemon juice, for seasoning

Directions:

Put your chopped eggs, mayo and relish in a bowl and mix thoroughly to combine. Season with freshly ground black pepper to taste.

Divide the egg salad mixture even between the lettuce leaves and wrap, but not too tightly, as you don't want your leaves to tear. Season with lemon juice if desired.

Serve immediately with baby carrots for a healthy and filling lunch.

Sloppy Joe Cabbage Wraps

Serves 4-6

Using ground beef with a high amount of fat makes this dish a very filling choice. This recipe doesn't take long to prepare, and is pretty satisfying. You might think the cabbage wraps don't fit, but with all the flavor from the sloppy Joe mixture, you probably won't even miss the bun!

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1/2 cup diced onion
- 1/2 cup diced green pepper
- 2 cups no sugar tomato sauce
- 1 pound free-range, organic, grass fed ground beef
- 1 tablespoon chili powder
- Freshly ground black pepper, to taste
- Head of cabbage, leaves left intact and un-torn

Directions:

In a large skillet, heat the oil over medium-high heat. Add onions and peppers and sauté until soft.

Add ground beef and stir until browned. Season with freshly ground black pepper to taste.

Add tomato sauce and chili powder. Simmer 5 minutes or until beef is cooked through.

To serve, spoon sloppy Joe mixture into lettuce wraps, being careful not to overfill.

Chicken BLT

Serves 2

If you're looking for sandwiches while on the Paleo diet, most of the time you are going to be out of luck. That's okay, though because you don't need the bread anyway. So what are you supposed to eat? Well, this pan-seared chicken breast with BLT fixings is a good substitute. Be sure to buy the best quality chicken you can find—and if you can get a good tomato, that just makes it better.

Ingredients:

- 2 free-range, organic chicken breasts
- 2 tablespoons extra virgin olive oil
- 1 tomato, seeded and diced
- 4 slices thick cut, crumbled bacon
- 4 large lettuce leaves, intact and un-torn
- Olive oil mayo, for serving
- Freshly ground black pepper, to taste
- Lemon juice, for seasoning

Directions:

In a large skillet, heat your oil on medium-high. Add your chicken breasts and sear until browned. Flip over and finish cooking, making sure your chicken is brown and crispy on both sides. Season with freshly ground black pepper to taste.

When cool, slice chicken into strips.

Spread each lettuce leaf with mayo, being careful not to rip. Add the chicken. Season with lemon juice if desired.

Top each with tomatoes and bacon and fold into wraps to serve.

High Protein Grain-Free Burgers

Serves 4

While burgers don't usually fit in with the Paleo diet, this one does. It's kind of messy, and definitely something you're going to want to eat with a fork and knife, but you will be glad you did. Serve this with sweet potato fries if you wish, although the burger is filling enough alone. With burgers this delicious, it's a wonder there are people who still want to eat them with a bun!

Ingredients:

- 1 pound high fat, free-range, organic, grass fed ground beef
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 8 large, cage free, organic eggs
- 8 slices thick cut bacon
- Freshly ground black pepper, to taste

Directions:

Heat a large skillet over medium-high heat. Add your bacon slices, cook until crisp. Remove from pan.

Crack eggs and add them to the skillet individually, as many as will fit, and fry on both sides until cooked, seasoning with pepper. Remove from pan.

Season your beef with garlic and onion powder and pepper. Divide into 4 patties. In separate pan, fry each patty until cooked through.

To serve, place burger on one egg, top with two slices bacon, and top with another egg. Eat with a knife and fork for best results.

Chinese Chicken Lettuce Wraps

Serves 4

You'll find these tasty morsels on the menu of most swank Chinese restaurants, but ours have been adapted for a Paleo diet. Soy sauce is a fermented food, high in sodium and not particularly healthy. We've substituted garlic and tahini paste for flavor.

Ingredients:

- 2 cups cooked, shredded free-range, organic chicken
- 1/2 cup sliced green onions
- 1/2 cup shredded carrots
- 1/2 cup slivered almonds
- 1/4 cup chopped cilantro
- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 2 tablespoons tahini paste
- 1/2 teaspoon ground ginger
- 1/2 teaspoon minced garlic
- 1 head Bibb lettuce
- Freshly ground black pepper, to taste
- Lemon juice, for seasoning

Directions:

Combine the shredded chicken, onion, carrots, almonds and cilantro in a mixing bowl. Season with freshly ground black pepper to taste. In a smaller bowl, mix the remaining ingredients to make a flavorful dressing.

Fold the dressing into the chicken mixture. Season with lemon juice if desired. Wrap the chicken mixture in lettuce leaves to serve.

Chicken Avocado Wraps

Serves 4

Avocado is high in fat, but it's the good, heart-healthy kind, so feel free to indulge. Choose avocados with firm skins that yield slightly to the touch. Store avocados at room temperature and allow them to ripen for up to 1 week. You can also peel avocados and store the flesh in the freezer to use later in guacamole.

Ingredients:

- 2 cups cooked, shredded free-range, organic chicken
- 1/2 cup avocado cubes
- 1/2 cup alfalfa sprouts
- 1/2 cup chopped green onions
- 1/2 cup chopped walnuts
- 1/2 cup chopped basil leaves
- 2 tablespoons lemon juice
- 1/2 teaspoon dill
- 1 teaspoon honey
- 4 tablespoons olive oil
- Bibb lettuce
- Freshly ground black pepper, to taste

Directions:

Combine the chicken, avocado, vegetables, walnuts and basil leaves in a mixing bowl. Season with freshly ground black pepper to taste.

In a smaller bowl, whisk the lemon juice, dill and honey together. Slowly add the olive oil, whisking until it emulsifies and becomes thick and creamy.

Pour the lemon-dill dressing over the chicken mixture and toss to mix. Scoop the chicken mixture into lettuce leaves to serve.

Chapter 3

Salads and Dressings

Sweet and Savory Chicken Salad

Serves 4

A great combination of chicken mixed with fruits and vegetables makes this chicken salad a unique and tasty treat. Unlike most chicken salads, the grouping of avocado and mayonnaise adds a flavorful side while the apples, grapes and cranberries add a distinctly sweet side. Top with walnuts and celery to add an extra crunchy texture.

Ingredients:

- 4 boneless, skinless, free-range, organic chicken breasts, cooked and shredded
- 1/2 cup dried cranberries
- 1 cup celery, chopped
- 3/4 cup green grapes, halved
- 1/2 cup walnuts, chopped
- 1 avocado, peeled, pitted and diced
- 1 apple, peeled, cored and chopped
- 1 cup mayonnaise
- Juice of 1 lemon
- Freshly ground black pepper, to taste

Directions:

Combine the chicken, cranberries, grapes, celery, walnuts, avocado and apple in a large bowl and mix well.

Combine the mayonnaise with the lemon juice and whisk.

Empty the dressing into the large bowl with the chicken, vegetables and fruit and add the rest of the ingredients, then mix until all are coated well in the dressing. Season with freshly ground black pepper to taste. Serve chilled.

Conch Salad

Serves 2

Conch has a sweet, smoky flavor similar to clams. The conch is “cooked” ceviche style in this dish by the acidity of the citrus. If you can’t find conch at the market, scallops make a respectable stand-in. This is a great light lunch or dinner when you don’t really feel like cooking a hot meal.

Ingredients:

- 4 conch, cleaned & skin removed
- 1 small onion, chopped
- 1 stalk celery, chopped
- 1/2 small sweet pepper, diced
- 1 large tomato, sliced
- Juice of 2 limes
- Juice of 1 orange
- Freshly ground black pepper, to taste

Directions:

Cut the conch into 1/4-inch strips.

In a small bowl, toss the conch with all of the ingredients. Season with freshly ground black pepper to taste.

Chill for 30 minutes before serving.

Tuna Salad With a Twist

Serves 2

Tuna is the perfect high protein food for those following the Paleo diet. Green onions, jalapenos, ginger and red chili flakes definitely give this salad a zesty bite. Served on a bed of lettuce, this dish makes for a satisfying meal.

Ingredients:

- 2 cans white albacore tuna
- 1 cup green olives, chopped
- 2 green onions, chopped
- 1 jalapeno pepper, finely chopped
- 3 tablespoons capers, rinsed
- 1 tablespoon pickled ginger, chopped
- 1/2 teaspoon red chili flakes
- Juice of 1 lemon
- Juice of 1 lime
- 1 tablespoon olive oil
- 1 head butter lettuce or mixed greens
- 1 avocado, pitted and sliced
- Freshly ground black pepper, to taste

Directions:

In a mixing bowl, combine all of the ingredients except the lettuce and avocado. Season with freshly ground black pepper to taste.

Divide the lettuce between two chilled plates and place half the tuna mixture onto each.

Arrange half of the avocado onto each salad and serve immediately.



Bacon and Spinach Salad

Serves 2

Bacon goes with everything, but is especially nice with spinach. The walnuts and hard-boiled eggs add a nice variety of flavors and textures to this dish, making this a great salad for a full meal. You can also add a protein such as grilled chicken breast or a piece of broiled fish for a nice flavor profile.

Ingredients:

- 1 pound fresh spinach, washed, drained and torn into bite-sized pieces
- 1 can sliced water chestnuts, drained
- 1 pound fresh mushrooms, sliced thinly
- 6 slices bacon, cooked and crumbled
- 1/2 cup walnuts, chopped and toasted
- 4 large, cage free, organic eggs, hard-boiled and sliced
- Freshly ground black pepper, to taste

Directions:

Combine the spinach with the water chestnuts and mushrooms. Season with freshly ground black pepper to taste.

Divide between two plates.

Top with crumbled bacon, walnuts and sliced eggs.

Serve immediately.

Yam and Kale Salad

Serves 2

Yam and kale are both power foods loaded with essential vitamins and other good stuff that you need. The flavors of this dish are deep and satisfying, and this recipe can be a meal in and of itself. If you're looking for a little more, you can always pair this salad with roasted pork or even a tenderloin steak.

Ingredients:

- 1 pound of kale, torn into pieces
- 2 large yams, peeled and cut into 1-inch cubes
- 3 tablespoons of extra-virgin olive oil
- 1 medium onion, cut in half and sliced.
- 3 cloves of garlic, minced
- 2 tablespoons apple cider vinegar
- 1 teaspoon of thyme
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Toss yams with 2 tablespoons of olive oil and season with pepper.

Bake yams for 25-30 minutes or until tender. Allow to cool.

In medium sauté pan, add the remaining tablespoon of olive oil.

Add the garlic and onion and cook to a golden brown, about 3 minutes.

Add the kale and cook for a few minutes until it wilts.

Combine the yams, kale, vinegar and thyme together in a bowl. Season with freshly ground black pepper to taste. Serve immediately.

Zucchini and Basil Salad

Serves 4

The flavors of this dish are very vibrant, like eating out of your garden. The hard-boiled eggs add a nice shot of protein for your diet, making this a great Paleo salad. It's filling, refreshing and an excellent summer meal when you have way too many vegetables that you can't seem to put to use otherwise.

Ingredients:

- 1 pound zucchini
- 1/2 cup basil
- 3/4 cup cherry tomatoes, halved
- 2 hard-boiled eggs, chopped
- 1 tablespoon olive oil
- 1 teaspoon thyme
- 1 teaspoon apple cider vinegar
- Freshly ground black pepper, to taste

Directions:

Shred the zucchini on a grater with the skin on.

Combine the zucchini with the remainder of ingredients and toss well. Season with freshly ground black pepper to taste.

Serve immediately.

Brussels Sprout and Beet Salad

Serves 4

Roasting the Brussels sprouts and beets really brings out the flavors of these satisfying vegetables. A touch of sweetness creates the perfect balance for the senses. If you are someone who thinks they don't like either of these somewhat controversial veggies, then you should try this salad. It just may change your mind!

Ingredients:

- 1/2 pound Brussels sprouts, ends trimmed, outer leaves removed, cut in half lengthwise
- 4 small red beets, tops trimmed to 1/2 inch, washed and cut in half lengthwise
- 4 tablespoons plus 1/3 cup extra virgin olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- Squeeze of lemon juice
- Coarse salt
- Freshly ground black pepper, to taste
- 1 small red onion thinly sliced into rings

Directions:

Preheat oven to 350 degrees.

Toss the Brussels sprouts in two tablespoons of olive oil and place in a baking dish. Add pepper if desired, then roast until tender, about 20 minutes.

Toss the beets in two tablespoons of olive oil. Place beets onto a foil-covered cookie sheet. Roast in oven until tender.

Peel beets with a knife and cut into 1/4-inch slices.

Make the dressing by whisking together 1/3 cup olive oil with mustard, honey and lemon juice. Season with freshly ground black pepper to taste.

Toss the Brussels sprouts and beets with the dressing. Arrange the Brussels sprouts, beets and sliced onion onto salad plates and serve warm.

Easy Greek Salad

Serves 2

Avocado, sundried tomatoes and artichoke, along with crunchy onion and bell peppers create a satisfying salad loaded with flavor—a nice variation on a classic Greek salad. For best results, use the freshest vegetables you can get your hands on.

Ingredients:

- 2 tablespoons balsamic vinegar
- 3 tablespoons extra-virgin olive oil
- 1 teaspoon Greek seasoning
- 1 ripe avocado
- 1 bell pepper, sliced
- 1/4 medium red onion, sliced
- 1 cup black olives, pitted and cut in half
- 2 tomatoes cut into bite-sized pieces
- 1/2 cucumber, halved and sliced
- 1/8 cup sundried tomatoes packed in olive oil
- 1/8 cup artichoke hearts
- Freshly ground black pepper, to taste

Directions:

Whisk together the balsamic vinegar, olive oil and seasonings.

Combine the rest of the ingredients with the dressing. Season with freshly ground black pepper to taste.

Let chill covered in the refrigerator for 30 minutes before serving.

Arugula, Prosciutto and Cantaloupe Salad

Serves 4

Prosciutto is the perfect match to melon, bringing out the salty, savory flavor of the ham and the sweetness of the cantaloupe. The arugula adds a nice spicy contrast and the walnuts add a bit of crunch. This salad is best in the summer, when you can get a fresh melon that is picked at the perfect time.

Ingredients:

- 4 cups arugula, loosely packed
- 6 slices prosciutto, cut into 1/2-inch strips
- 1/2 cantaloupe, seeds and rind removed, cut into 1/2-inch cubes
- 1 cup walnuts, roughly chopped
- Extra-virgin olive oil
- Freshly ground black pepper, to taste

Directions:

Divide the arugula between four plates.

Top the arugula with prosciutto, cantaloupe and walnuts. Season with freshly ground black pepper to taste.

Drizzle a little olive oil over each salad.

Crab and Mango Salad

Serves 2

Crab is a good source of protein and Omega-3 fat. The mango adds a nice sweet-and-sour component to the salad. One bite of this salad and you'll think you're on an island in the Caribbean—especially if you can eat it outside on a nice sunny day.

Ingredients:

- 4 cups mixed baby greens
- 1/4 cup fresh cooked crab meat, picked over for shells
- 1 mango, peeled and diced
- 1/2 cucumber, peeled and sliced thin
- Juice from 2 limes
- 1 tablespoon fresh mint, roughly chopped
- 2 teaspoons extra-virgin olive oil
- Freshly ground black pepper, to taste

Directions:

Divide the mixed lettuce between two plates.

Toss the remaining ingredients together in a bowl. Season with freshly ground black pepper to taste.

Divide the crab salad between the two plates, heaping it in the center of the lettuce.

Shrimp with Mango Salad

Serves 4

Seafood is an essential ingredient in most any diet because of the nutrient density it contains. This salad is a great introduction to seafood for those who have steered away from it in the past. The different flavors used in combination with the shrimp provide a very mild taste compared to other seafood dishes, such as mussels or oysters.

Ingredients:

- 3 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 2 large mangos, peeled, pitted and diced
- 2 avocados, peeled, pitted and diced
- 2/3 cup green onion, finely chopped
- 2/3 cup cilantro, finely chopped
- 1 pound peeled, cooked shrimp
- Freshly ground black pepper, to taste

Directions:

Prepare the vinaigrette by combining the lime juice with the olive oil in a small bowl. Season to taste with pepper and mix together, then set aside.

Mix the mangoes with the avocado, cilantro, green onion and shrimp in a large bowl.

Pour in the vinaigrette and mix well.

This salad is best served cold, so it is recommended that you keep it chilled if you are not serving it right away.

Mushroom Salad

Serves 4

This salad can be prepared with any type of mushroom. Portobello mushrooms will add a good meaty side to the taste, and they will also absorb the marinade, making them extremely flavorful. Wild mushrooms are another variety that will add a pleasant, yet distinct taste to your salad. Any fresh green may be used—arugula or baby spinach are two wonderful options.

Ingredients:

- 2 tablespoons shallots, finely chopped
- 3 tablespoons rice vinegar
- 9 tablespoons extra-virgin olive oil
- 2 pounds mushrooms
- 2 tablespoons butter or clarified butter
- 6 ounces fresh greens
- 1 teaspoon fresh thyme
- 1/4 cup shallots, finely chopped
- Freshly ground black pepper, to taste

Directions:

In a small bowl, combine the shallots and vinegar. Beat the mixture together and place aside for 5 minutes to permit the shallots to absorb the vinegar. Once they have absorbed the vinegar, mix in 7 tablespoons of olive oil and set aside.

In a large skillet over a medium-high heat, melt the butter and add the remaining 2 tablespoons olive oil. Add in the mushrooms and dash with the thyme and some pepper to taste. Depending on what type of mushrooms you use, the cooking time will vary. Add the remaining shallots in with the mushrooms and continue cooking until the shallots are soft. Season with freshly ground black pepper to taste.

Fill a large plate or bowl with the fresh greens. Place the mushrooms from the skillet on top of the greens and top with the vinaigrette.

Walnut and Beet Salad

Serves 4

Beets are a valuable root vegetable, low in saturated fat and cholesterol and a good source of dietary fiber and vitamin C. However, most people are not familiar enough with beets to use them regularly. This salad offers a quick and tasty way to incorporate beets into your diet.

Ingredients:

- 4 medium-sized red beets, stems and ends removed
- 1/3 cup walnuts, chopped
- 2 tablespoons balsamic vinegar
- 2 tablespoons extra virgin olive oil
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 400 degrees. Wrap each beet in foil and place on a baking sheet. Roast in the oven for just about an hour.

Remove beets from oven and allow to cool. Once cool enough to handle, remove from foil. While still warm, remove the skin of the beets. Plastic gloves are suggested so you do not stain your hands.

Slice beets into large chunks. Place in a medium bowl and mix in the remaining ingredients. Season with freshly ground black pepper to taste. Allow beets to saturate in the dressing prior to serving.

Sweet and Sour Sweet Potato Salad

Serves 4-6

Combining a unique combination of flavors—from the sweetness of the apples and sourness of the lemon juice to the saltiness of bacon—this salad is a great complement to any barbeque and will be the talk of the town at your next potluck dinner. The potatoes and eggs offer a soft consistency, while the apples add a nice crunchy surprise to create a great balance of texture.

Ingredients:

- 3 medium sweet potatoes, cubed
- 3 hard-boiled eggs, chopped
- 1 green apple, chopped with skin still on
- 5 strips of bacon, roughly chopped
- 4 tablespoons olive oil
- 1 tablespoon chopped chives
- 4 tablespoons mayonnaise
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon or homemade mustard
- Freshly ground black pepper, to taste

Directions:

Combine the sweet potato cubes with water in a large saucepan over a medium heat and bring to a boil. Cook until tender.

In a small skillet, fry bacon until crispy. Set aside.

Hard-boil the eggs, peel and chop.

In a small bowl, combine the olive oil, mayonnaise, lemon juice and mustard to create the dressing. Add fresh pepper as desired.

In a large bowl, combine the potatoes, eggs, bacon and apples, then top with the dressing.

Spicy Scallop Salad

Serves 4

Scallops can be a terrific option, and they are quick and easy to make. They are an excellent source of vitamin B12, zinc, magnesium, selenium and phosphorus, which many people lack in their diet. The cayenne pepper adds a little zing and the scallops blend very well with it, as well as the other ingredients.

Ingredients:

- 2 teaspoons cayenne pepper
- 1 pound small sea or bay scallops
- Juice of 1 lemon
- 1 tablespoon mayonnaise, optional
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced
- 1/2 cup olive oil
- 2 big handfuls of mixed greens
- 1 red bell pepper, seeded and cut into strips
- 1 avocado, cubed
- 3 tablespoons olive oil
- Freshly ground black pepper, to taste

Directions:

Combine all the mixed greens, peppers and avocado into a large bowl. Set aside.

Prepare the vinaigrette by stirring together the lemon juice, mayonnaise, mustard, cayenne and black pepper to taste. Once combined, gradually mix in the olive oil.

In a bowl large enough to add the scallops into, mix the cayenne and black pepper.

Rinse the scallops and delicately pat dry. Add the scallops to the cayenne mix and stir until you get an even coat.

Heat a skillet and melt the butter completely before adding the scallops.

Put the scallops in the pan and cook for approximately 2 minutes on each side, until they are an opaque white color and just cooked through.

Combine the scallops with the bowl of mixed greens and veggies, and top with dressing. Best served when the scallops are still warm.

Hot Chicken & Zucchini Salad

Serves 4

This is a hot salad featuring the unique combination of chicken and zucchini that is simple to prepare. Top with fresh almonds to complement the lemon and garlic mayonnaise.

Ingredients:

- 2 pounds free-range, organic chicken breasts, cut into cubes
- 5 zucchinis, cut into cubes
- 3 tablespoons coconut oil, butter, ghee or lard
- 1 tablespoon oregano
- 1 large onion, chopped
- 7 tablespoons homemade mayonnaise
- Juice of 2 lemons
- 2 cloves garlic, minced very finely
- 1 head romaine lettuce, washed and shredded
- Freshly ground black pepper, to taste

Directions:

Prepare the chicken cubes in a large pan over a medium-high heat until thoroughly cooked. Set aside.

Add the onion in the same pan and cook until soft, approximately 5 minutes.

Put in the zucchini cubes and oregano, and season with pepper to taste. Cook until the zucchini cubes are soft.

Mix the mayonnaise, lemon juice and garlic into a small bowl.

Add the hot and cooked chicken, onion and zucchini to the mayonnaise and stir well.

Add romaine lettuce, mix well and serve in bowls. This hot salad is delicious topped with some fresh almonds.

Canned Salmon Salad

Serves 2

Just because something comes from a can does not mean it can't be delicious. Salmon can be hard to come across, and even harder to keep fresh. Wild canned salmon can be a great addition to salad and is readily available as a cheap source year round. This recipe offers a complete meal with a distinctive taste and is very simple to prepare.

Ingredients:

- 2 cans wild salmon
- 2 diced cucumbers, peeled or not
- 1 chopped onion
- 1 large diced tomato
- 1 avocado, pitted and diced
- 5-6 tablespoon extra virgin olive oil
- Juice of 2 lemons
- 2 tablespoon chopped fresh dill, optional
- Lettuce leaves for serving
- Freshly ground black pepper, to taste

Directions:

Drain the liquid from the canned salmon, place in a bowl and squash well with a fork. Mix the lemon juice and olive oil into the salmon. Next, add the cucumbers, tomato, avocado, and onion and mix again. Add dill if desired. Season with freshly ground black pepper to taste. Serve over cold lettuce leaves.

Pumpkin Salad

Serves 6

When you are looking for a simple and light salad for autumn, this is a great choice. If you are not a big fan of pumpkin, you can also substitute butternut squash instead, or simply use it as a variation. Roasting the squash or pumpkin prior to making this salad will add a sweet flavor that is a great contrast with the arugula.

Ingredients:

- 5 cups of ½-inch cubes pumpkin flesh or butternut squash
- 2 tablespoons butter
- 2 tablespoons orange juice
- 1 ½ tablespoons walnut oil
- Juice of 1 lemon
- ½ cup toasted walnuts
- 1 pound fresh baby arugula
- ½ cup fresh berries
- Freshly ground black pepper, to taste

Directions:

Preheat your oven to 450 degrees.

Melt the butter and mix with the pumpkin or butternut squash cubes. Add pepper to taste.

Put on a baking sheet and roast for approximately 15 minutes. Turn the cubes over and roast for another 15 minutes until they are soft. Allow to cool at room temperature.

Mix the orange juice, walnut or macadamia oil and lemon juice in a bowl. Add the walnuts and arugula and stir to coat with the vinaigrette. Add pepper.

Add the roasted pumpkin or squash with berries and toss lightly.

Chicken Salad With Grapes

Serves 4

Shredded chicken is a staple on the Paleo diet. Full of protein, flavorful and easy to prepare, keep some on hand at all times. One easy way to cook chicken in quantity is to cook 4-5 boneless, skinless chicken breasts in the slow cooker with a small amount of liquid. Shred the chicken and refrigerate it for quick Paleo meals. This chicken salad is just one of the many uses for shredded chicken.

Ingredients:

- 2 cups shredded, free-range, organic chicken
- 1/2 cup chopped green onions
- 1/2 cup seedless grapes, halved
- 1/2 cup chopped celery
- 1/2 cup slivered almonds
- 2 large, cage free, organic eggs
- 2 tablespoons lemon juice
- 2 teaspoons dry mustard
- 1/2 teaspoon cardamom
- 1 1/2 cups grape seed oil
- Freshly ground black pepper, to taste

Directions:

Combine the shredded chicken, green onions, grapes, celery and almonds in a large mixing bowl.

In a blender, mix the eggs, lemon juice and seasonings. Slowly add the grape seed oil in a steady stream, blending until the mixture thickens and emulsifies.

Fold the homemade mayonnaise into the shredded chicken mixture. Season with freshly ground black pepper to taste.

Serve on a bed of greens.

Southwestern Shredded Chicken Salad

Serves 2

You might find a lot of salads when searching out Paleo diet recipes, especially if you're looking for lunchtime meals. You'll notice that these are loaded with protein and veggies instead of the usual croutons and cheese, resulting in a satisfying take on what some might consider rabbit food. You'll also see that, instead of a creamy dressing, this salad is just topped with salsa—but don't worry, it's still delicious.

Ingredients:

- 6 cups chopped iceberg and Romaine lettuce
- 2 free-range, organic chicken breasts, cooked and shredded with two forks
- 1/4 cup olive oil mayonnaise
- 1 cup salsa, divided
- 1/4 cup sliced black olives
- 1 small red onion, thinly sliced
- 1 avocado, pitted and sliced
- Freshly ground black pepper, to taste

Directions:

In a medium bowl, mix the shredded chicken with 1/2 cup salsa and the mayo until thoroughly combined.

Divide the lettuce between two plates or bowls. Top each with half the chicken mixture, half the olives, onion and avocado. Season with freshly ground black pepper to taste.

Top each with half the remaining salsa and serve immediately.

Crunchy High Protein Spinach Salad

Serves 2

Easy to put together, this salad travels well. Simply drizzle lemon juice over your apples to keep them from browning and hold off on dressing the salad until right before serving. If this doesn't prove that Paleo diet recipes can be easy and quick, nothing will. Use any variety of apples you have, or even use two different ones for a twist in flavor.

Ingredients:

- 6 cups tightly packed baby spinach, washed and dried thoroughly
- 1/2 cup toasted walnuts
- 2 apples of your choice, cored and chopped, skin left on
- Lemon juice, if necessary
- Extra virgin olive oil and red wine vinegar for drizzling
- Freshly ground black pepper, to taste

Directions:

Divide the spinach between two plates or bowls.

Top with the chopped apples and walnuts. Season with freshly ground black pepper to taste. Drizzle with oil and vinegar and serve immediately.

Chicken Fajita Salad

Serves 2

Who doesn't love fajitas? Unfortunately, they don't quite fit in with the Paleo diet, as the basic components include flour tortillas and lots of sour cream and cheese. That doesn't mean you can't satisfy your cravings for fajitas though—it just means you need to be a bit creative. This salad is just that—in addition to being delicious, flavorful and satisfying.

Ingredients:

- 2 boneless, skinless, free-range, organic chicken breasts
- 1 tablespoon extra virgin olive oil
- 1 onion, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 teaspoon chili powder
- 2 tablespoons lime juice
- 1 tomato, seeded and quartered
- 1/2 head each iceberg and Romaine lettuce
- 1 avocado, pitted and sliced
- 1 cup prepared salsa
- Freshly ground black pepper, to taste

Directions:

Heat a grill on high heat. Season with pepper and grill the chicken breasts until thoroughly cooked on the inside, and nicely charred on the outside. Place on a cutting board and let cool.

In a large, heavy skillet, heat the oil on medium-high heat. Add the onions and peppers and cook until softened. Add chili powder and lime juice and let simmer until liquid has evaporated. Add the tomato.

When chicken is cooled, slice.

To put salad together, divide the lettuce onto two plates, add half the pepper mixture and half the chicken. Season with freshly ground black pepper to taste. Top with avocado slices and salsa and serve at desired temperature.

Everything Chicken Salad

Serves 2

This salad is a great Paleo recipe that contains a variety of ingredients for a flavorful, filling meal. Think high protein and lots of veggies, and you're good to go.

Ingredients:

- 2 boneless, skinless, free-range, organic chicken breasts, cooked and cubed
- 3 large, cage free, organic hard-boiled eggs, peeled and diced
- 1/2 head each iceberg and Romaine lettuce
- 1/2 cup black olives
- 1/4 cup mayonnaise made with olive oil
- 1/2 cucumber, diced
- 1 tomato, seeded and chopped
- 1/2 cup sunflower seeds
- Freshly ground black pepper, to taste

Directions:

In a large bowl, combine all of the ingredients. Season with freshly ground black pepper to taste.

Put in the fridge and chill for 30 minutes. Serve with a small fruit salad for a complete meal.

Bright and Sunny Chicken Salad

Serves 4

Tired of plain old chicken salad? This version really ups the volume with a curry mayonnaise and tropical fruit. Commercial mayonnaise is full of sodium and preservatives, but on the Paleo diet, you'll learn to whip up homemade mayonnaise in less than 2 minutes for a healthful and flavorful alternative.

Ingredients:

- 2 cups shredded, free-range, organic chicken
- 1/2 cup chopped green onion
- 1/2 cup chopped celery
- 1/2 cup grapes
- 1/2 cup mango cubes
- 1/2 cup fresh pineapple cubes
- 2 large, cage free, organic eggs
- 2 teaspoons dry mustard
- 1 teaspoon curry powder
- 2 tablespoons lemon juice
- 1 1/2 cups grape seed oil
- Freshly ground black pepper, to taste

Directions:

Combine the shredded chicken, vegetables and fruit in a large mixing bowl.

In a blender, mix the eggs, dry mustard, curry powder and lemon juice. Slowly add the grape seed oil in a steady stream, blending until it emulsifies and forms a thick mayonnaise. Season with freshly ground black pepper to taste.

Fold the curry mayonnaise into the chicken salad and serve on a bed of lettuce.

Salmon Salad

Serves 4

Heart-healthy salmon provides a hefty helping of Omega-3 fatty acids for good brain and eye health. Use leftover grilled salmon in this tasty lunch salad.

Ingredients:

- 1 cup flaked salmon
- 1/2 cup green onions, chopped
- 1/2 cup macadamia nuts, chopped
- 1/2 cup dried cranberries
- 4 cups mixed baby greens
- 2 tablespoons tahini paste
- 2 tablespoons sesame oil
- 2 tablespoons olive oil
- 1 teaspoon garlic
- 1/2 teaspoon thyme
- Freshly ground black pepper, to taste

Directions:

Combine the salmon, onions, nuts, cranberries and baby greens in a large salad bowl. Season with freshly ground black pepper to taste.

In a smaller bowl, whisk the remaining ingredients together to make an Asian-inspired dressing. Toss the dressing with the salad and serve immediately.

Tomato-Basil Salad

Serves 4

Visit a farmer's market and you'll find hundreds of varieties of tomatoes in a rainbow of hues—and even zebra stripes. Most of these tomatoes are heirloom varieties, and are far more flavorful than grocery store varieties, which are bred for long-storage. Use a combination of tomatoes in this flavorful salad.

Ingredients:

- 4 large tomatoes, cut in wedges
- 1/2 cup red onion, cut in rings
- 1/4 cup packed basil leaves
- 1/2 cup fresh mozzarella, cubed (optional)
- 1/4 cup red wine vinegar
- 1 teaspoon minced garlic
- 1/2 teaspoon thyme
- 1/2 cup olive oil
- Freshly ground black pepper, to taste

Directions:

Toss the tomatoes, onions, basil leaves and cheese together in a salad bowl.

In a small bowl, mix the red wine vinegar, garlic, thyme and black pepper. Slowly whisk in the olive oil, until it is thick and emulsified.

Toss the dressing with the salad to serve. Season with freshly ground black pepper to taste.



Robust Steak Salad

Serves 4

If you've limited your consumption of red meat in the past, rejoice! Red meat is allowed, and even encouraged on the Paleo diet. Seek out grass fed beef from a reputable butcher. Grass fed beef is higher in protein and lower in saturated fats than conventionally grown beef.

Ingredients:

- 1 cup grilled or roasted free-range, organic, grass fed steak, cut in thin slices
- 1/2 cup red onion, sliced in rings
- 1/2 cup cherry or grape tomatoes
- 1/2 cup blue cheese (optional)
- 4 cups baby greens
- 1/4 cup red wine vinegar
- 1/2 teaspoon thyme
- 1 teaspoon dry mustard
- 1 teaspoon minced garlic
- 1/2 cup olive oil
- Freshly ground black pepper, to taste

Directions:

Combine the steak, blue cheese and vegetables in a salad bowl. Season with freshly ground black pepper to taste.

Whisk the vinegar, spices and garlic together in a smaller bowl. Add the olive oil in a slow drizzle, whisking until it becomes thick. Toss the dressing with the salad and serve immediately.



Savory Shrimp Salad

Serves 4

Shrimp, with its gently curving shape and delicate pink color, looks beautiful in salads and main dishes. It also pairs beautifully with bacon and avocado. Shrimp comes frozen in large bags labeled by the number of shrimp in each bag. The lower the number, the larger the shrimp. For this recipe, look for shrimp that has already been deveined and shelled.

Ingredients:

- 1 cup grilled or steamed shrimp
- 1 cup avocado, cubed
- 1/2 cup diced red onions
- 2 strips of bacon, cooked and crumbled
- 4 cups baby greens
- 1/4 cup fresh orange juice
- 1 teaspoon honey
- 1 teaspoon minced garlic
- 1 teaspoon ginger powder
- 1/2 cup grape seed oil
- Freshly ground black pepper, to taste.

Directions:

Combine the shrimp, avocado, red onions, bacon and baby greens in a salad bowl.

In a smaller bowl, whisk the orange juice, honey, garlic, ginger powder and black pepper together. Slowly add the grape seed oil, whisking vigorously until it emulsifies.

Toss the dressing with the salad and serve immediately.

Sweet Broccoli Salad

Serves 4

Broccoli belongs to the cruciferous vegetable family and is related to cauliflower and Brussels sprouts. It has a mild, fresh flavor that pairs well with bacon in this salad to make a hearty lunchtime meal. Choose broccoli with closed buds, which are actually the flowers of the plant. Once the buds begin to open, the broccoli turns bitter.

Ingredients:

- 2 cups broccoli florets
- 2 slices bacon, cooked and crumbled
- 1/2 cup chopped red onion
- 1/2 cup grapes, halved
- 1/2 cup raisins
- 1/2 cup chopped pecans
- 2 large, cage free, organic eggs
- 2 tablespoons red wine vinegar
- 2 tablespoons dry mustard
- 2 tablespoons honey
- 1 1/4 cups grape seed oil
- Freshly ground black pepper, to taste

Directions:

Combine the broccoli, bacon, onions, grapes, raisins and pecans in a mixing bowl. Season with freshly ground black pepper to taste.

Blend the eggs, vinegar, mustard, honey and black pepper in a blender. Slowly add the grape seed oil and blend until it emulsifies and becomes thick. Pour the mayonnaise over the salad and stir to mix. Refrigerate for at least 2 hours before serving for best flavor.

Spicy Tuna Salad

Serves 4

Think tuna salad is for kids? Think again. This grown-up version combines chilies, peppers and a chipotle mayonnaise for some kick. Natural tuna, canned in water, is high in protein and Omega-3 fatty acids, making it a great value for the Paleo dieter.

Ingredients:

- 2 cans water-packed tuna
- 1/4 cup finely minced onion
- 1/4 cup finely chopped red bell pepper
- 1/8 cup finely minced jalapeno pepper
- 2 large, cage free, organic eggs
- 2 tablespoons lemon juice
- 2 tablespoons dry mustard powder
- 1 teaspoon garlic
- 2 tablespoons canned chipotle peppers
- 1 1/2 cups grape seed oil
- Freshly ground black pepper, to taste

Directions:

Combine tuna, onions and peppers in a mixing bowl.

Blend the eggs, lemon juice, mustard powder, garlic black pepper and chipotle peppers together in another bowl. Slowly add the grape seed oil, a few drops at a time, blending until thick and emulsified. Season with freshly ground black pepper to taste.

Fold the mayonnaise into the tuna and serve on a bed of lettuce.

Tart Apple Coleslaw

Serves 4

This is a great side dish to bring to cookouts and is refreshingly sweet and tart from the addition of apples. Granny Smiths are the best choice for flavor and texture, but any apple will do in a pinch. If you use a sweet apple, you can omit the honey.

Ingredients:

- 1/2 head green or purple cabbage, or a combination
- 1 Granny Smith apple, grated
- 1 stalk celery, chopped
- 1 medium green pepper, diced
- 1/4 cup olive oil
- Juice of 1 lemon
- 2 tablespoons honey
- 1 teaspoon celery seed
- Freshly ground black pepper, to taste

Directions:

Combine all the ingredients in a bowl and toss well to mix. Season with freshly ground black pepper to taste. Chill for an hour or more before serving.

Classic Vinaigrette

Makes 1/2 cup

This vinaigrette is a great basic dressing for almost any salad. The easiest way to prepare it is to put all ingredients in a jar and shake. Store in the jar and then you can shake again when you're ready to use more.

Ingredients:

- 1/2 cup olive oil
- 3 tablespoons red wine vinegar
- 1 teaspoon Dijon mustard
- 1 garlic clove, minced
- 1 teaspoon honey
- Freshly ground black pepper, to taste

Directions:

Put all ingredients in a jar, close the lid and shake until emulsified. Alternately, you can put everything in a blender and blend. Season with freshly ground black pepper to taste. Use to dress any salad right before serving and store remaining in the refrigerator for up to 3 days.

Honey Lime Vinaigrette

Makes 1/2 cup

This is a great dressing for any southwestern style salad. It pairs beautifully with tomatoes and avocado, and is even delicious on melon or peaches. Store extra in the refrigerator.

Ingredients:

- 1/2 cup olive oil
- Juice of 1 lime
- 1 teaspoon honey
- 1/4 teaspoon ground cumin
- Pinch chili powder
- Freshly ground black pepper, to taste

Directions:

Put all ingredients in a jar or container with a lid and shake until combined. Season with freshly ground black pepper to taste. Use to dress your salad right before serving and store remaining dressing in the refrigerator.

Orange Balsamic Vinaigrette

Makes 1/2 cup

This sweet and tangy dressing gets its citrusy flavor from the addition of fresh squeezed orange juice and zest. The addition of mustard adds a little zip, but also helps to keep it from separating. Pairs beautifully over a spinach salad with fresh berries and red onions.

Ingredients:

- 1/2 cup olive oil
- 2 tablespoons balsamic vinaigrette
- Juice and zest of one large orange
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- Freshly ground black pepper, to taste

Directions:

Put all ingredients in a jar or closed container and shake vigorously until emulsified. Season with freshly ground black pepper to taste. Use to dress your salad right before serving and store any remaining dressing in the refrigerator for up to 3 days.

Lemon Vinaigrette

Makes 1/2 cup

This light and lemony dressing makes an excellent choice for a simple green salad without too many flavors and textures. It works beautifully on salads that have a grilled protein such as chicken or salmon as well, and you can easily customize it by adding herbs of your choice.

Ingredients:

- 1/2 cup olive oil
- Juice of 1 lemon
- 1 teaspoon Dijon mustard
- 1 small clove garlic, minced
- Freshly ground black pepper, to taste

Directions:

Put all ingredients in a jar or other container with a lid and shake until emulsified. Season with freshly ground black pepper to taste. Use to dress your salad immediately before serving and refrigerate any remaining dressing for up to 3 days.

Tomato Vinaigrette

Makes 1 cup

This is a quick and easy take on a classic French dressing. While this version is not nearly as sweet as the bottled kind, it has a fresh tomato flavor that shines when tossed with baby greens.

Ingredients:

- 1/2 cup olive oil
- Juice of 1 lemon
- 2 tablespoons Worcestershire sauce
- 10 cherry tomatoes
- 1 clove garlic, minced
- 1 teaspoon honey
- Freshly ground black pepper, to taste

Directions:

Put all ingredients in a blender or food processor and puree until smooth and creamy. Season with freshly ground black pepper to taste. Add a little water a few drops at a time to thin out if necessary. Serve with baby greens, dressing your salad immediately before serving.

Caesar Dressing

Makes 1/2 cup

While you can't have croutons with a Paleo Caesar salad, if the dressing is flavorful enough you don't really need them. This version fits the bill, and it's much healthier than most bottled dressings. This is delicious over a seared or grilled salmon filet and some fresh and crisp Romaine lettuce.

Ingredients:

- 1/2 cup olive oil
- 2 tablespoons olive oil based mayonnaise
- 4 garlic cloves, minced
- Juice of 1 lemon
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 3-4 anchovy filets if desired, minced
- Freshly ground black pepper, to taste

Directions:

Combine all ingredients in a blender or food processor and blend until smooth and creamy. Season with freshly ground black pepper to taste. Toss Romaine lettuce with the dressing, top with desired protein or vegetables and serve with freshly ground pepper.



Chapter 4

Soups and Stews

Classic Pumpkin Soup

Serves 4

Classic and simple, this recipe combines sweet potatoes and pumpkin to create a delicious and somewhat unusual soup. Don't let the simplicity of the ingredients fool you—it is bursting with flavor and makes a great soup for a lazy fall afternoon. Add a touch of cinnamon or nutmeg for a little extra spice.

Ingredients:

- 2 tablespoons butter
- 1 chopped onion
- 1 garlic clove, minced
- 1 1/2 pounds pumpkin flesh, chopped roughly
- 2 medium peeled and roughly chopped sweet potatoes
- 4 cups homemade chicken stock
- 1 cup canned coconut milk
- Freshly ground black pepper, to taste

Directions:

Melt the cooking oil in a large pot and simmer the onions in it until they are soft. Add garlic and simmer until you begin to smell the aroma.

Add chopped pumpkin and sweet potatoes, cook for a few minutes. Season with freshly ground black pepper to taste.

Add the stock. Bring to a boil and let simmer for approximately 25 minutes, or until the sweet potatoes and pumpkin flesh is tender.

Stir in the coconut milk or cream.

Serve with an extra dash of coconut milk or cream on top.



Beet Red Soup

Serves 4

Very different from most of the soups you might be use to. It is a great idea around Halloween because of the vibrant red color that boast a very close resemblance to blood. Extremely simple and easy to prepare, this would be a great soup for any Halloween party or cold October night.

Ingredients:

- 3 tablespoons butter
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 6 medium beets, scrubbed, peeled and chopped
- 2 cups homemade chicken broth
- Freshly ground black pepper, to taste

Directions:

In a large pan heat the fat and add the onion and garlic for approximately 5 minutes, or until soft. Add chopped beets and cook for another minute.

Stir in the chicken or beef stock and season to taste with fresh ground pepper. Bring to a boil and then reduce to a simmer for approximately 25 minutes, or until the beet cubes are tender.



Cold Green Soup

Serves 4

Leave your pots and pans under the cabinet. This soup can be prepared using nothing more than a blender or food processor. The avocado adds a nice touch of richness to this otherwise quite light soup. The ingredients read like a list of health and nutrients suggestions, and the ease of preparation will make this a welcome addition to your soup recipes.

Ingredients:

- 1/2 pounds asparagus, cut into 2-inch pieces
- 1/4 pounds spinach, stems removed
- 4 green onions, chopped
- 1 avocado, chopped
- 1 large cucumber, peeled and chopped
- 1/4 cup fresh mint leaves
- 2 tablespoons lemon juice
- 2 cups cold water
- Freshly ground black pepper, to taste.

Directions:

Put the asparagus into the blender with 1/2 cup of the water and puree until smooth.

Add the green onions, spinach, cucumber and another 1/2 cup of water. Blend again until smooth.

Add the avocado, lemon juice and mint and repeat blending with the remaining water. Season to taste with pepper. Serve immediately.

Creamy Mushroom Stew

Serves 4

This stew is exceptionally filling as well as tasty. The heavy cream or coconut milk adds a good weight to the stew, and the Portobello and white button mushrooms mixed with the butter and cream add a taste that you won't soon forget. Can be served as a meal in itself, or with a small side dish.

Ingredients:

- 1 pound of mixed mushrooms, chopped and stems removed
- 2 tablespoons butter
- 2 onions, chopped
- 4 cloves garlic, minced
- Handful of fresh thyme, leaves picked
- 1/4 cup red wine
- 1/2 cup coconut milk
- 2 green onions, chopped
- Freshly ground black pepper, to taste

Directions:

Rinse and pat dry all of the mushrooms.

Heat a sizeable skillet over a medium heat. Put in the butter or ghee.

Mix in the onions and garlic. Cook until they begin to brown, approximately 7 minutes.

Add in the mushrooms and season to taste with ground black pepper. After cooking for a few minutes you will see that they let off moisture. Continue to cook until this moisture evaporates completely.

Add the wine and the coconut milk and mix well to create an even distribution of flavor.

Let the stew simmer for a few minutes and then add in the thyme leaves and green onions. Allow to simmer on a low heat until it thickens, then serve.

Creamy Asparagus Soup

Serves 4

Soups are surprisingly satisfying, and are usually nutrient dense as well. Asparagus has a fresh, slightly acerbic taste that pairs well with the cream in this soup. Asparagus is available year-round, although it's at its best in the spring. Look for bright green stalks with closed tips. Open tips indicate the asparagus is old.

Ingredients:

- 2 tablespoons butter
- 1/4 cup finely chopped shallots
- 1 pound asparagus, steamed
- 2 cups chicken stock, preferably homemade
- 1 cup heavy cream
- 1 tablespoon white wine
- Freshly ground black pepper, to taste

Directions:

Melt the butter in a large saucepan. Sauté the shallots for 5 minutes, or until tender. Place the shallots and the steamed asparagus in a blender or food processor and puree until smooth. Season with freshly ground black pepper to taste.

Transfer the asparagus puree back to the saucepan. Add the remaining ingredients and heat to a simmer. Simmer for 20 minutes, but don't boil the soup, as this will curdle the cream.

Smoky Pumpkin Soup

Serves 4

Most pumpkin soups are somewhat sweet, but this one has a deep, smoky flavor and a bit of heat. Serve it on a cool autumn day for an instant warm-up.

Ingredients:

- 1 tablespoon butter
- 1/2 cup diced onion
- 2 strips bacon, diced
- 1 small can green chilies
- 1 cup pureed pumpkin
- 2 cups chicken broth
- 1/2 cup heavy cream
- 1/2 teaspoon chipotle chili powder
- Freshly ground black pepper, to taste

Directions:

Melt the butter in a large saucepan. Add the onions and bacon and cook until tender, stirring frequently. Transfer the onions and bacon to a blender, along with the canned chilies. Puree until smooth.

Combine the pureed onions and chilies with the remaining ingredients in the saucepan. Season with freshly ground black pepper to taste. Heat to simmering, but do not boil.

Serve piping hot.

Chicken and Sweet Potato Soup

Serves 6

This delectable soup is a unique twist on chicken soup. With lots of herbs and spices and savory sweet potatoes, you'll love this healthy chicken stew.

Ingredients:

- 2 tablespoons butter
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 medium carrot, finely diced
- 1 teaspoon thyme
- 1/2 teaspoon oregano
- 2 pounds boneless, skinless, free-range, organic chicken thighs
- 4 cups homemade chicken broth
- 1 bay leaf
- 1 jalapeño, diced
- 1 large sweet potato, peeled, diced
- 1 bunch Swiss chard, leaves shredded and stems sliced
- 1 bunch green onions, chopped
- Freshly ground black pepper, to taste
- Juice of 1 lemon

Directions:

Heat large Dutch oven over medium-high heat. When hot, add oil, onion, garlic, carrot, thyme and oregano, and cook until onion is softened and slightly translucent, about 8 minutes.

Cut chicken thighs into slices and season with pepper if desired.

Add chicken to pot and continue to cook for another 10 minutes, stirring occasionally.

Reduce heat to medium, add chicken broth, 6 cups water, bay leaf, jalapenos, yam, chard and green onions and simmer for 20 minutes. Season with freshly ground black pepper to taste.

Add the lemon juice and serve immediately.



Paleo Cream of Mushroom Soup

Serves 4

This delicious creamed soup gets its texture from avocado. It's a filling and flavorful soup that makes a great starter course to a Paleo dinner, but it can also make a light meal in itself when served with a green salad.

Ingredients:

- 2 ripe avocados
- Juice of 1 lemon
- 2 cloves garlic, minced
- 1 tablespoon butter
- 1 sliced mushroom
- 1 red bell pepper, diced
- 1/2 small onion, diced
- 2 tomatoes, seeded and diced
- Fresh chopped basil, for garnish
- Freshly ground black pepper, to taste

Directions:

In a food processor, blend avocado, lemon juice, garlic and 2 cups water. Set aside.

Meanwhile, heat a medium saucepan with tall sides over medium-high heat. Add butter.

Sauté mushrooms, bell pepper, onion and tomatoes until they begin to soften.

Add the blended avocado mixture and simmer until warmed through. Season with freshly ground black pepper to taste. Serve immediately.



Classic Gazpacho

Serves 4

If you've never had gazpacho, you don't know what you're missing. Essentially a cold soup, it's a refreshing starter in the heat of summer when you don't want something hot, but can't eat another salad. This classic tomato version is easy, refreshing and sure to become a staple in your house.

Ingredients:

- 4 large, ripe tomatoes, rough chopped
- 1 small onion, chopped
- 1 medium cucumber, peeled and chopped
- 1 small bunch fresh parsley
- 1 clove garlic, smashed
- Juice of 1 lemon
- 1 cup ice cold water
- Freshly ground black pepper, to taste

Directions:

Put all ingredients in a blender or food processor and process until vegetables are finely chopped. If you would like a pureed soup, continue blending until desired consistency. Season with freshly ground black pepper to taste. Chill for at least 1 hour and serve cold.

Vegetable Beef Soup

Serves 4-6

This is a classic beef vegetable soup with a few spices thrown in for added flavor. Feel free to use whatever vegetables you have on hand or whatever you like best to customize it to your personal tastes.

Ingredients:

- 2 tablespoons butter
- 1 onion, diced
- 1 pound free-range, organic, grass fed beef stew meat
- 2 cups homemade beef stock
- 2 stalks celery, chopped
- 4 medium carrots, sliced into rounds
- 1 pound fresh baby spinach
- 1 tablespoon fresh chopped parsley
- 1/2 teaspoon coriander
- 1/2 teaspoon garlic powder
- 1/4 teaspoon ground marjoram
- Freshly ground black pepper, to taste
- Lemon juice, for seasoning

Directions:

Heat a large Dutch oven over medium-high heat.

When pan is hot, add butter and onion. Cook for 3 minutes until onions are lightly browned.

Add beef and brown for 5-6 minutes, stirring occasionally.

Turn heat down to medium-low, and add the rest of the ingredients to the pot. Season with freshly ground black pepper to taste.

Simmer for 35-45 minutes, or until beef is tender and melt-in-your-mouth delicious. Season with lemon juice if desired. Serve immediately.



Cream of Broccoli Soup

Serves 4

Cream soups traditionally rely on flour and cheese to thicken them, but pureed vegetables are really all you need. A bit of heavy cream adds a luxurious texture to this soup, but don't boil it, as this will curdle the cream.

Ingredients:

- 2 tablespoons butter
- 1/2 cup chopped onions
- 2 cups steamed broccoli
- 2 cups homemade chicken stock
- 1/2 cup heavy cream
- 1 teaspoon thyme
- 1/2 teaspoon nutmeg
- Freshly ground black pepper, to taste
- Lemon juice, for seasoning

Directions:

Melt the butter in a skillet over medium heat. Add the onions and sauté them until they are tender.

Place the onions, broccoli and 1/2 cup chicken stock in a blender. Puree until smooth. Season with freshly ground black pepper to taste.

Transfer the broccoli puree to a large saucepan and add the remaining ingredients. Simmer for 20 minutes to heat through. Season with lemon juice if desired. Serve immediately.

Hearty Paleo Stew

Serves 4-6

Is there anything more satisfying than a big bowl of beef stew? This recipe is modified (although just slightly) to fit right in with the plan so you won't miss a beat. Remember, use homemade stock if you can, and if you don't have turnips you can just as easily substitute sweet potatoes.

Ingredients:

- 4-6 pounds free-range, organic, grass fed beef roast, cubed
- 4 slices bacon, diced
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 cup diced tomatoes
- 2 large carrots, diced
- 2 turnips, diced
- 1-2 cups beef or chicken stock, preferably homemade
- Freshly ground black pepper, to taste

Directions:

Heat a large stockpot and add bacon . Cook until almost crisp, and add the cubed beef. Sear on all sides until golden brown.

Add onion and garlic, cook until both are soft, add carrots, turnips, tomatoes and thyme. Simmer 5 minutes. Season with freshly ground black pepper to taste.

Add stock and bring to a boil. Reduce heat and simmer 4–5 hours on low heat, or until beef is melt-in-your-mouth tender and serve.

Spicy Southwestern Chicken Soup

Serves 4

Every culture has its version of chicken soup—all hearty and soul satisfying. And Grandma was right—chicken soup contains anti-inflammatory properties that can relieve cold symptoms, according to the University of Nebraska Medical Center. This chicken soup is perfect for the Paleo diet. It's chock-full of chicken (for protein) and tasty vegetables.

Ingredients:

- 2 tablespoons butter
- 1/2 cup chopped onion
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped zucchini
- 1 teaspoon minced garlic
- 1 (8-ounce) can roasted, chopped green chilies
- 1 (14-ounce) can diced tomatoes with chilies
- 4 cups chicken stock
- 2 cups shredded chicken
- 2 teaspoons cumin
- 2 teaspoons chili powder
- 1/2 teaspoon cayenne pepper
- Freshly ground black pepper, to taste

Directions:

Melt the butter in a large stockpot. Add the onions, peppers, zucchini and garlic and cook until tender.

Add the remaining ingredients and heat to simmering. Season with freshly ground black pepper to taste. Simmer for 30 minutes and serve.

Not Your Grandma's Minestrone

Serves 4

Traditional minestrone includes beans and pasta, but this version is a hearty vegetable soup. Choose high-quality cuts of beef stew meat, and use homemade beef stock if possible. Commercial varieties are loaded with sodium and MSG.

Ingredients:

- 2 tablespoons butter
- 1 pound free-range, organic, grass fed beef stew meat
- 1/4 cup chopped onions
- 1/4 cup chopped celery
- 1 teaspoon minced garlic
- 4 cups beef stock
- 1 (14-ounce) can diced tomatoes, with the juice
- 3 carrots, peeled and sliced in thin slices
- 1/4 cup chopped kale or spinach
- 1/4 cup broccoli florets
- 1/2 cup zucchini rounds
- Freshly ground black pepper, to taste

Directions:

Heat the butter in a stockpot over medium heat. Brown the stew meat and add the onions, celery and garlic, cooking until the vegetables become tender.

Add the remaining ingredients to the stockpot and raise the heat to simmering. Simmer for 20 to 30 minutes. Season with freshly ground black pepper to taste.

Serve hot.

Veggie Soup With a Kick

Serves 6

While this is not a vegetarian recipe, it is loaded with filling, high-fiber vegetables and lots of protein. Fresh vegetables work well here, and you can substitute whatever you have or like—just be sure to stay away from starchy vegetables like white potatoes and corn.

Ingredients:

- 4 slices thick cut bacon, diced
- 1 onion, diced
- 1 green pepper, diced
- 2 medium carrots, diced
- 2 zucchini, diced
- 1/2 head cabbage, shredded
- 1 cup canned tomatoes with juice
- 1 pound free-range, organic, grass fed ground beef
- 2 cups homemade chicken or beef stock
- 1 tablespoon chili powder
- 1/2 teaspoon cayenne pepper
- Freshly ground black pepper, to taste

Directions:

Heat a large pot or Dutch oven over medium-high heat. Add the bacon and cook until crisp.

Add the onion and pepper and cook until softened.

Add carrots, zucchini and cabbage, cooking until carrots are slightly tender, 5 minutes.

Add ground beef and cook until browned, and then add tomatoes and seasonings, followed by stock. Bring to a boil.

Reduce heat and simmer until carrots and beef are cooked through. Season with freshly ground black pepper to taste. Serve piping hot.

Velvety Squash Soup

Serves 6

Apples and butternut squash complement each other perfectly and are widely available in the fall. Try roasting the two together for a dinner side dish, and save enough to make this tasty soup. Butternut squash stores well in a cool pantry, but you can also freeze cubed butternut squash for later use.

Ingredients:

- 2 tablespoons butter
- 2 cups butternut squash, peeled and cubed
- 1 cup apples, peeled, cored and quartered
- 1/2 cup shallots
- 2 strips bacon, cooked and crumbled
- 4 cups chicken stock
- 1/2 cup heavy cream
- 1/2 teaspoon thyme
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 450 degrees. Melt the butter in the microwave. Spread the butternut squash, apples and shallots on a baking sheet. Add the butter and toss to coat. Roast for 15-25 minutes, or until tender, stirring frequently so the shallots don't burn.

Transfer the squash and apples to a blender or food processor and puree until smooth. Pour the mixture into a stockpot and add the remaining ingredients. Season with freshly ground black pepper to taste. Simmer for 20 minutes, but don't boil. Top with crumbled bacon.

Serve piping hot.

Chapter 5

Main Dish: Beef

Classic Diner Steak & Eggs

Serves 1

Two keystones of the Paleo diet, steak and eggs make a classic combination that has been served for ages. This is a simple recipe that can be enjoyed in the morning for breakfast, or in the evening for a quick dinner. The eggs can be prepared however you like, although traditional steak and eggs are prepared with sunny side up eggs.

Ingredients:

- 1 free-range, organic, grass fed steak filet of your choice
- 2 tablespoons butter
- 2 large, cage free, organic eggs
- Paprika to taste
- Freshly ground black pepper, to taste

Directions:

Heat a pan over a medium-high heat, add butter. Lightly season steak with freshly ground black pepper.

Cook the steak to your favorite temperature. Approximately 3 minutes on each side will usually give you a medium rare steak.

Take out the steak, set aside and lower the temperature to medium-low. Add the remaining butter.

Crack open the eggs in the hot pan, cover and cook them however you would like them prepared. Season with freshly ground black pepper to taste. Serve immediately.



Beef Rib Roast With a Green Peppercorn Sauce

Serves 8-10

The next time you are in charge of cooking for guest, a prime beef rib roast is a delicious, juicy dish that will have them raving about the meal for years to come. This cooking method will create an amazing juice that is then used to create an unforgettable peppercorn sauce.

Ingredients:

- 1(6-pound), free-range, organic, grass fed beef rib roast
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 medium carrot, sliced
- 1/2 cup red wine
- 1 cup beef stock
- 2 tablespoons green peppercorns
- Pinch dried thyme
- 2 tablespoons butter
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 400 degrees.

Trim some of the excess fat off the rib points and the roast itself. This fat will be used to help create the sauce.

Put the trimmed fat into a roasting pan and add the carrot, garlic, onion and thyme.

Add a generous amount of butter.

Place the pan in the oven and roast for approximately 20 minutes, or until golden.

Remove the pan from the oven, put the roast on top of the vegetables and fat parts and season with pepper and some more thyme. Add more butter.

Place the pan with the roast back into the oven and roast for 45 minutes.

Lower the oven temperature to 350 degrees and cook for another 45 minutes for a medium-rare roast.

Take the pan out of the oven and remove the roast. Set the roast aside, freely covered with a piece of parchment or aluminum paper, for approximately 15 minutes.

Place the roasting pan on the stovetop and deglaze it with red wine. Be sure to scrape the pan

considerably with a wooden spoon. Boil and reduce the liquid to 1/3. Add beef stock and boil for another 5 minutes.

Add the green peppercorns and squash them with a fork. Season with freshly ground black pepper to taste.

Serve immediately with slices of rib roast.

Wrapped Roast Beef With Mustard and Horseradish

Serves 4

The process of roasting meat can be intimidating to some, but this very simple recipe has few directions and contains ingredients you probably already have on hand. A visit to your butcher for a select cut of fresh beef will make a great deal of difference in the end, and the combination of horseradish and mustard are superb.

Ingredients:

- 3 1/2 pounds free-range, organic, grass fed top sirloin roast beef
- 6 slices bacon
- 1/4 cup softened butter
- 3 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1 tablespoon horseradish
- 3/4 cup red wine
- 1 3/4 cups homemade beef stock
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 400 degrees.

Mix the butter, garlic, mustard and horseradish in a small bowl. Blend until smooth. Season with freshly ground black pepper to taste.

Rub the roast completely with the mixture.

Arrange the bacon out flat so that the slices are somewhat overlapping. Place the roast on top of the bacon . Wrap the pieces around the roast. Use toothpicks to hold the bacon in place if needed.

Place the roast in roasting dish and cook at 400 degrees for 20 minutes. Add the wine and stock to the roasting dish and adjust the heat to 350 degrees.

Roast for an hour, remove from oven and allow to rest before serving.

Roast Beef with Thyme, Garlic and Red Wine

Serves 4-5

Although simple to prepare, this recipe does require a little cooking time, so make sure you start early. You should not take short cuts when it comes to purchasing the meat—top sirloin is used for the marbling fat that will add the main source of flavor, as well as provide a healthy source of energy.

Ingredients:

- 1 4-pound, free-range, organic, grass fed top sirloin roast
- 1/2 cup butter
- 3 tablespoon Worcestershire sauce
- 3 cloves garlic, minced
- 3 sprigs fresh thyme
- 3/4 cup red wine
- Freshly ground black pepper, to taste

Directions:

Melt 1 tablespoon of the butter in a large skillet. Sear the roast on all sides for just a few moments, or until the sides are a beautiful golden brown.

Place the roast in a large roasting dish, along with the butter used to sear it. Add generous amounts of butter on top of the roast, followed by the Worcestershire sauce and red wine. Sprinkle the garlic over the meat and season to taste with pepper. Top with the thyme sprigs.

Allow to cook for 50-60 minutes, or until the meat is just a little pink in the middle. Baste the meat with the cooking juices to keep the meat really moist.

Remove from the oven and set aside for approximately 10 minutes before serving, allowing the meat to cool before carving it.

Remove the thyme sprigs and use the liquid in the pan as a sauce for the roast.

Beanless Chili

Serves 8

A complete dish on its own, this chili doesn't need beans, which can be full of phytates and lectins. Unlike most chili, this is a very mild recipe and produces a thick and hearty result in the end. This chili is a quick stove top meal that is simple to prepare and is great for a snowy winter afternoon in front of the fireplace.

Ingredients:

- 3 (28-ounce) cans crushed tomatoes
- 5 pounds free-range, organic, grass fed ground beef
- 1 tablespoon olive oil
- 6 cloves garlic, minced
- 1 onion, finely chopped
- 5 celery stalks, chopped
- 5 carrots, chopped
- 4 cups button mushrooms, chopped
- 3 bay leaves
- 3 thyme sprigs
- 2 tablespoons fresh parsley, chopped
- Freshly ground black pepper, to taste

Directions:

In a large skillet, cook the ground beef. Add butter if needed.

Sauté the garlic in olive oil in a very large saucepan over a medium heat. Cook for approximately 2 minutes, or until the garlic is aromatic.

Add the onion, celery, carrots and mushrooms, stir well and cook for another 5-10 minutes, or until the vegetables are soft. Season with freshly ground black pepper to taste.

Add canned tomatoes, followed by cooked ground beef. Stir well.

Drop in the bay leaves, thyme and parsley.

Season to taste with pepper, reduce the heat to low and simmer, uncovered, for about 4 hours, or until thick, stirring intermittently.

Serve immediately.

Hearty Mushroom Meatloaf

Serves 6

The ingredients holding this meatloaf together are not what you would expect to find in a meatloaf recipe. Eggs and mushrooms are the main ingredients, and when topped with honey, Worcestershire sauce and ketchup the combination creates a subtly sweet and salty taste.

Ingredients:

- 2 pounds free-range, organic, grass fed ground beef
- 1 large, cage free, organic egg
- 1 medium onion, finely chopped
- 2 cups white button mushrooms, finely chopped
- 1 teaspoon chili pepper flakes
- 3 teaspoons fresh thyme, minced
- 1 teaspoon fresh oregano, minced
- 3 cloves garlic, minced
- 1/2 cup homemade ketchup
- 1 tablespoon honey, optional
- 1/2 tablespoon Worcestershire sauce, optional
- 1 tablespoon butter
- Freshly ground black pepper, to taste

Directions:

Preheat your oven to 350 degrees.

Melt the butter in a medium sized skillet, add the mushrooms and sauté for 2-3 minutes, or until the mushrooms are soft and browned.

Combine the meat, pepper, egg, onion, mushrooms, chili pepper, thyme, oregano and garlic in a large bowl. Mix well.

Add the cooked mushrooms as well, making sure they are evenly dispersed.

Lightly grease loaf pan and place in the oven to cook for approximately 15 minutes.

In a small bowl, combine ketchup, honey and Worcestershire sauce.

After cooking for 15 minutes, add sauce on the top of the loaf.

Continue cooking for another 40 minutes before serving.

Herb and Prosciutto Stuffed Steak

Serves 3

Prosciutto is a dry-cured ham of Italian origin and is very thinly sliced. It's very salty, with a nice meaty taste. This recipe combines the flavors of the Prosciutto, herbs and vegetables to create one of the most flavorful steaks you will ever have. Stuffed steak is simpler to prepare than you would think, and the effort is well worth the reward.

Ingredients:

- 1 free-range, organic, grass fed flank steak or other thick steak
- 6 slices good quality Prosciutto
- 1 red bell pepper, chopped
- 3 tablespoons fresh parsley, finely chopped
- 12 fresh basil leaves, finely chopped
- 1/4 cup extra-virgin olive oil
- 1/4 cup red wine
- 2 cloves garlic, minced
- Freshly ground black pepper, to taste.

Directions:

In a bowl large enough to hold the steak, combine the olive oil, wine, garlic and pepper. Mix together.

Butterfly the steak so that there is a seam along the middle.

Put the steak in the marinade and marinate for about 1-2 hours at room temperature.

Preheat your oven to 350 degrees.

Remove the steak from the marinade and keep the remaining marinade for later. Lay the steak open and stuff with Prosciutto, bell pepper cubes, 2 tablespoons parsley and 3/4 of the basil. Season with freshly ground black pepper to taste.

Have the steak vertically in front of you and roll firmly. You may need strings to keep the roll closed as it cooks.

Place on baking sheet, cover in remaining marinade and sprinkle with remaining herbs.

Put in the preheated oven and let cook for 30 minutes.

Allow to rest 10 minutes before serving.

Portobello Burgers

Serves 4 - 6

Pretty much anything goes when you are topping these burgers. Make sure to use a ground beef that is lean, but not too lean. You want a little bit of fat in the meat to add more flavor. Using the Portobello mushrooms as the bun offers a nice alternative to bread, as well as a unique taste. Add your favorite vegetables, just as you would with any burger. Avocados add a nice taste as well.

Ingredients:

- 3 pounds free-range, organic, grass fed ground beef
- 3 large, cage free, organic eggs
- 2 cloves garlic, minced
- 6-8 large Portobello mushrooms
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Freshly ground black pepper, to taste

Directions:

Place ground beef in a bowl and mix with the eggs. Add in the garlic and season lightly with pepper. Form 6-8 patties that are smaller than the mushroom caps.

Put on a preheated grill and cook each side for about 5-7 minutes.

Rinse mushrooms and pat dry. Remove the mushroom stems

Coat the caps in olive oil and then season with pepper. Do not let the oil penetrate for long to keep the mushrooms from getting soggy.

Place on preheated grill and cook on each side for about 5-7 minutes. Add your hamburger patty and top as desired.

Citrus Beef Stir-fry

Serves 2

Served on a bed of fresh citrus fruits, this beef recipe is a light combination of stir-fry and salad. The Citrus juice offers a nice tangy taste to the beef, and the preparation is simple and offers a beautiful presentation that will impress your family and friends.

Ingredients:

- 2 tablespoons vegetable oil
- 1 pound free-range, organic, grass fed tender beef cut into thin strips
- 1 onion, thinly sliced
- 2 garlic cloves, minced
- 1 teaspoon grated ginger
- 1 teaspoon lemon zest
- 1 teaspoon orange zest
- 1 tablespoon lemon juice
- 1 tablespoon orange juice
- A big bunch of spinach
- 1 lemon, sliced
- 1 orange, sliced
- Freshly ground black pepper, to taste

Directions:

Heat the oil in a large skillet or wok. Add the beef and stir-fry, turning constantly.

Remove the beef from wok, then make sure the wok regains its temperature before you add more butter and stir-fry the ginger, onion and garlic for approximately 3 minutes.

Place the beef back in the wok and then add the orange and lemon juice. Bring to a boil and add the spinach.

Cook until just wilted. Season with freshly ground black pepper to taste.

Serve on a bed of citrus with the sliced lemon and orange.

Flintstone Rib eye

Serves 2

The rib eye steak is one of the most extravagant steaks around—marbled with fat, and naturally juicy and tender. On the Paleo diet, you can enjoy steak, especially grass fed steak, once a week or more. Although rib eye needs little more than a dusting of black pepper, this marinade adds extra flavor.

Ingredients:

- 1/4 cup olive oil
- 2 teaspoons minced garlic
- 2 tablespoons tahini paste
- 2 free-range, organic, grass fed rib eye steaks
- Freshly ground black pepper, to taste

Directions:

Mix the olive oil, garlic and tahini paste in a bowl. Place the rib eye steaks in a shallow dish and cover them with the marinade. Lightly season with pepper. Refrigerate for at least 4 hours, or overnight.

Preheat the grill. Take the steaks from the marinade and place them on the grill. Cook them for 6-8 minutes on each side, depending on the thickness. A meat thermometer inserted into the thickest part of the steak should read 140 degrees for medium-rare and 160 degrees for well done.

Put the steaks on a plate and cover them with aluminum foil. Allow them to rest for 10 minutes.

Buffalo Kebabs

Serves 4

Kebabs are nothing more than grilled meat and veggies, and you could certainly cook them in a grill basket. But kebabs are so much more festive, and the food cooks evenly. Substitute any veggie or meat you wish, or even add fruit, such as pineapple and peaches.

Ingredients:

- 2 tablespoons olive oil
- Juice and zest of 1 lemon
- 2 teaspoons minced garlic
- 1/2 teaspoon thyme
- 1 pound free-range, organic, grass fed buffalo steak, cut in 2-inch cubes
- 1 cup sliced zucchini
- 1/2 cup red onion, sliced
- 1/2 cup grape or cherry tomatoes
- 1/2 cup red pepper, cut in 1-inch cubes
- Freshly ground black pepper, to taste.

Directions:

Mix the oil, lemon juice and zest, garlic, black pepper and thyme in a shallow dish. Place the steak in the dish and refrigerate it overnight.

Drain the marinade and thread the steak on the kebabs with the vegetables. Preheat the grill. Grill the kebabs for 7-12 minutes, or until meat is cooked through and the veggies are tender.

Paleo Beef and Broccoli

Serves 4

Restaurant-style beef and broccoli is full of MSG, sodium and preservatives, but this version is Paleo-approved. Heat the oil until it is almost smoking before you add the beef for a true stir-fry effect.

Ingredients:

- 2 tablespoons olive oil
- 1 pound free-range, organic, grass fed flank or round steak, cut in thin strips
- 1 onion, sliced
- 1 pound broccoli florets
- 1/2 cup beef stock
- 1/2 cup low-sodium tamari sauce
- 1 teaspoon minced garlic
- 1/2 teaspoon ginger powder
- 1/2 teaspoon red pepper flakes
- 1 tablespoon quick-cooking tapioca
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil in a large skillet over medium-high heat. Add the steak and cook it quickly, stirring constantly. Transfer the steak to a bowl and add a bit more oil if necessary. Pour the broccoli into the pan and cook it quickly, stirring constantly as well. Season with freshly ground black pepper to taste.

Mix the remaining ingredients in a small bowl. Pour the sauce in the pan and cook it until slightly thickened, stirring constantly. Add the beef to the sauce and serve.



Tangy Beef Brisket

Serves 6

Beef brisket comes from the chest of the cow, and is tough and stringy. However, it's reasonably priced and has a lot of flavor. The secret is long, slow cooking. The acid in the tomato paste helps to tenderize this beef brisket, while the molasses gives it some sweetness.

Ingredients:

- 1 (6-ounce) can tomato paste
- 2 tablespoons molasses
- 2 tablespoons cider vinegar
- 1 teaspoon dry mustard
- 1 teaspoon minced garlic
- 2 tablespoons olive oil
- 2 pounds free-range, organic, grass fed beef brisket
- 1/2 cup chopped onions
- Freshly ground black pepper, to taste

Directions:

Mix the tomato paste, molasses, vinegar, mustard and garlic in a bowl.

Heat the oil in a large skillet over medium heat. Add the beef brisket and brown it on all sides, about 10 minutes. Add the onions and cook until tender.

Transfer the brisket and onions to a slow cooker. Spoon the tomato mixture over the brisket. Season with freshly ground black pepper to taste. Cook on low, 6-8 hours, until tender.

Classic Swiss Steak

Serves 4

Swiss steak brings to mind images of June Cleaver in her apron, but it really deserves more attention. This clever dish uses braising to tenderize tough pieces of meat, making them flavorful and delicious. Serve it with braised cabbage or a green salad.

Ingredients:

- 2 tablespoons oil
- 2 pounds free-range, organic, grass fed beef chuck, cut into 3-inch chunks
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 tablespoon garlic
- 2 carrots, peeled and sliced
- 1 (14-ounce) can diced tomatoes with the juice
- 1 cup beef broth
- 1 teaspoon paprika
- 1 teaspoon thyme
- 2 tablespoons molasses
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil in a large skillet. Brown the meat and transfer it to a slow cooker. Sauté the onion, celery and garlic in the same pan until tender. Transfer to the slow cooker as well.

Add the remaining ingredients to the slow cooker and cook on low until tender, 6-8 hours.

Season with freshly ground black pepper to taste. Serve hot.

Buffalo Chili

Serves 6

Rich and meaty, this will be one of your go-to recipes when you want a hot bowl of comfort on a cold night. Even better the next day, you'll be sorry when this is gone. In fact, it's best to plan a day ahead, as the flavors only get better as they meld. Either way, it's still a fantastic and filling meal you'll make time and time again.

Ingredients:

- 3 slices thick cut bacon, diced
- 2 pounds free-range, organic, grass fed buffalo, cut into 1/2-inch chunks
- 1 onion, diced
- 1 green pepper, diced
- 2 tablespoons chili powder
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon paprika
- 2 bay leaves
- 1 (15-ounce) can diced tomatoes
- 1-2 cups homemade beef broth
- Freshly ground black pepper, to taste

Directions:

In a large Dutch oven or stockpot, cook the bacon until crisp. Add the sirloin and brown on all sides. Remove from pot and set aside.

In same pot add onion and pepper, cooking until soft. Add seasonings and bay leaf. Add the meat back in the pot.

Pour in the tomatoes and the broth. Season with freshly ground black pepper to taste. Bring to a boil. Simmer for 2-3 hours, or until the beef is tender. Simmer longer if you have the time for more flavor.

Serve piping hot. Garnish with avocado if desired.

Chimichurri Strip Steaks

Serves 4

If you're looking for an easy way to add a lot of flavor to steaks, chops or fish, chimichurri sauce is an excellent choice. It comes together in a flash and gives a flavor profile that is hard to find elsewhere. If you have leftover sauce, you can use it on eggs or fish, or even as a marinade.

Ingredients:

- 1 large bunch flat leaf parsley
- 4 garlic cloves, rough chopped
- Juice of two lemons
- 1/2 cup olive oil
- 1/4 teaspoon red pepper flakes
- 4 free-range, organic, grass fed New York strip steaks
- Freshly ground black pepper, to taste

Directions:

In a food processor, blend the parsley, garlic, lemon juice and olive oil until smooth. Stir in the red pepper flakes. Season with freshly ground black pepper to taste.

Preheat a gas or charcoal grill to high heat. Grill the steaks until desired doneness, or roughly 6 minutes per side.

When steaks are done, drizzle them with the chimichurri sauce and serve immediately, with chopped fresh parsley if desired.

Balsamic Buffalo Tenderloin Steaks

Serves 4

Tenderloin steaks are the most prized cuts of meat available, and buffalo tenderloin is no exception. It's usually served rare to medium rare, but you can cook it to your desired doneness. The tangy balsamic flavor of this tender steak will make you feel like you are in a 5-star restaurant, especially if you serve it with grilled or roasted asparagus.

Ingredients:

- 2 tablespoons olive oil
- 4 free-range, organic, grass fed buffalo tenderloin steaks
- 1 tablespoon Dijon mustard
- 1 teaspoon ground ginger
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1 tablespoon balsamic vinegar
- Fresh chopped parsley for garnish
- Freshly ground black pepper, to taste

Directions:

Combine all ingredients except olive oil in a small bowl and brush over the steaks. Season with freshly ground black pepper to taste. Heat a large skillet over medium-high heat and add the olive oil. Add the steaks and sear until browned on both sides, about 5-6 minutes per side for medium rare steaks.

Allow the steaks to rest for 10 minutes before serving. Garnish with parsley and serve.

Bison, Bacon, Lettuce and Tomato

Serves 4

If you love a classic BLT, then you'll love this easy twist that uses a buffalo burger instead of bread. In the summer, these work great on the grill, but you can cook them on a pan for a quick lunch or dinner.

Ingredients:

- 8 slices thick cut bacon
- 1 pound free-range, organic, grass fed ground bison
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 large tomato, sliced
- Butter lettuce
- Freshly ground black pepper, to taste

Directions:

Cook the bacon in a skillet until crispy. Set aside.

Preheat your grill if using. In a large bowl, mix the bison with the seasonings, being careful not to overwork. Season with freshly ground black pepper to taste. Shape into 4 patties.

Grill the burgers for about 5 minutes per side, until charred and cooked through.

To serve, top the burgers with the tomato slices, bacon and lettuce and eat with a knife and fork.



Slow Cooker Teriyaki Beef

Serves 4

The sugars in the soy sauce and honey become caramelized as this beef cooks, resulting in a sweet, tender and highly flavorful meat. Serve it with stir-fried vegetables for a quick meal after work.

Ingredients:

- 1 pound free-range, organic, grass fed flank steak or top sirloin, sliced thinly
- 1/4 cup soy sauce
- 1 tablespoon honey
- 1/2 teaspoon dried ginger
- 1 tablespoon tapioca
- 1 green onion, chopped
- Freshly ground black pepper, to taste

Directions:

Place the steak in the slow cooker and turn on low. Mix the soy sauce, honey, ginger and tapioca in a bowl. Season with freshly ground black pepper to taste. Pour this mixture over the steak and cover. Cook for 5-7 hours, or until very tender. Top with the green onions and serve.

Hungarian Beef Stew

Serves 4

Warm up a cold night with this hearty beef stew. It has more color and flavor than a traditional beef stew, thanks to the addition of bell peppers and tomato paste.

Ingredients:

- 2 tablespoons butter
- 1 pound free-range, organic, grass fed beef stew meat
- 1 onion, chopped
- 1 red or yellow bell pepper, seeded and chopped
- 2 cans diced tomatoes
- 1 cup water
- 1 small can tomato paste
- 1/2 teaspoon paprika
- 1/2 teaspoon thyme
- 1/4 teaspoon crushed red pepper
- Freshly ground black pepper, to taste

Directions:

Melt the butter in a large saucepan over medium heat. Add the stew meat and cook until browned, turning to brown all sides of the meat. Add the onion and pepper and continue cooking an additional 5-8 minutes, or until the vegetables are tender.

Stir in the remaining ingredients and bring to a boil. Lower the heat to medium-low, cover and simmer for 45 minutes, or until tender. Season with freshly ground black pepper to taste.

Serve hot.

Zesty Meatloaf

Serves 4

Traditional meatloaf recipes call for breadcrumbs or crackers to bind the meat. This delicious alternative uses potato starch instead.

Ingredients:

- 2 strips bacon, diced
- 1/2 cup diced onion
- 1/2 cup diced red bell pepper
- 1 pound free-range, organic, grass fed ground beef
- 1 large, cage free, organic egg
- 2 tablespoons potato starch
- 1/2 cup natural ketchup
- 1 teaspoon mustard
- 1 tablespoon maple syrup
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 375 degrees. Heat a skillet over medium heat. Add the bacon and cook for 4-5 minutes, or until brown and crisp. Transfer to a plate with a slotted spoon. Cook the diced onion and pepper in the bacon drippings until tender.

Combine the ground beef, egg, seasonings and potato starch in a medium bowl. Add the bacon, onions and vegetables and stir gently to mix. Season with freshly ground black pepper to taste. Pour the mixture into a loaf pan.

In another bowl, stir the ketchup, mustard and brown sugar together. Pour this mixture over the meatloaf. Bake for 40 minutes, or until cooked through and brown on top.

Tangy Marinated London Broil

Serves 4

By marinating these steaks in a flavorful balsamic dressing, you're getting something rich and zesty that's also easy to prepare. They can marinate up to 24 hours before cooking, so be sure to take advantage of that and plan in advance for best results.

Ingredients:

- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- 1/2 small red onion, minced
- 2 cloves garlic, minced
- 1 tablespoon Dijon or spicy brown mustard
- 1 pound free-range, organic, grass fed London broil
- Freshly ground black pepper, to taste

Directions:

Combine all ingredients except for the steaks in a gallon-size freezer bag. Put the London broil in the bag and chill for up to 24 hours, making sure the steak is nicely coated.

When you're ready to cook, preheat your gas or charcoal grill to high heat. Put the steaks on the grill and cook for about 5 minutes for the first side. Flip and cook another 6 minutes or so until steaks are done.

Allow to rest for 5-10 minutes before slicing and serving.

Broiled Lime Rib Steaks

Serves 2

With a variety of spices and seasonings, the smell of these mouthwatering steaks cooking will fill your kitchen and your taste buds with delight. If you have any leftover marinade, you can boil it down for a delicious sauce to use on chicken, pork or any cut of steak.

Ingredients:

- 2 cloves garlic, minced
- 1 shallot, minced
- Juice of 1 lime
- 1 tablespoon smoked paprika
- 1 tablespoon cumin
- 1/2 cup olive oil
- 2 free-range, organic, grass fed rib steaks
- Freshly ground black pepper, to taste

Directions:

Put the garlic, shallot, lime juice and seasonings in a food processor and puree until smooth. Slowly drizzle in the oil until you have a smooth and somewhat creamy looking marinade. Season with freshly ground black pepper to taste.

Pour the marinade over the steaks, either in a gallon freezer bag or casserole dish, and chill for 2-4 hours.

When ready to cook, preheat your broiler on high heat. Put a rack about 6 inches from the broiler.

Put the steaks on a broiler pan and pour any remaining sauce over top of the steaks. Broil for 8 minutes, flip the steaks and broil for 8 more minutes.

Allow to rest for about 5 minutes before serving.

Grilled Stuffed Banana Peppers

Serves 4

These spicy and flavorful peppers may look like an appetizer, but they make a delicious main course when served with some veggies or a salad. Full of flavor and easy to prepare, these make a unique and interesting meal when you are looking for something besides the same old chicken breasts or pork chops.

Ingredients:

- 8 large banana peppers, tops removed, seeds reserved
- 1 pound free-range, organic, grass fed ground beef
- 2 cloves garlic, minced
- 1/2 medium onion, minced
- Freshly ground black pepper, to taste

Directions:

In a medium skillet over medium heat, cook the ground beef until browned and cooked through. Add the onion, garlic and hot pepper seeds. Remove from heat and allow the beef to cool. Lightly season with freshly ground black pepper to taste.

Preheat a grill to high heat. While waiting for the grill to heat up, carefully stuff the peppers with the ground beef mixture. Don't overstuff.

Carefully lay the peppers on the grill (or alternately place foil on your grill grates to avoid meat spilling out of the peppers), and grill for about 10 minutes, turning twice throughout the cooking process.

Serve immediately.

Curried Steak Skewers

Serves 4

Warmly spiced, these steak kebabs have a flavor all their own. You can serve these with a vegetable or salad of your choice for a complete meal, or just lay them on a platter and have them as an appetizer for a barbecue. Either way, both you and anyone else you serve them to will think they are delicious.

Ingredients:

- 4 free-range, organic, grass fed steaks, cut into cubes
- Juice of 1 lemon
- 1 tablespoons olive oil
- 1 tablespoon cinnamon
- 1 teaspoon curry powder
- 1 teaspoon ground ginger
- Freshly ground black pepper, to taste

Directions:

If using wooden skewers, soak them for an hour before using.

Put the cubed steak along with the rest of the ingredients in a gallon freezer bag and shake to coat. Marinate and chill for at least 1 hour, and up to 12.

When ready to cook, preheat a grill to high heat. Thread the steaks onto skewers and grill for about 15 minutes, turning every few minutes until steaks are done. Serve with your choice of side.



Roasted Citrus Flank Steak

Serves 4

Flank steak can be mouthwateringly delicious when done well, and this recipe does just that. The citrus marinade tenderizes an otherwise tough cut of meat, turning it into a succulent and flavorful cut that pairs beautifully with simple grilled or steamed vegetables.

Ingredients:

- Juice of 1 orange
- Juice of 3 limes
- 2 cloves garlic, minced
- 1 tablespoon Dijon mustard
- 1 tablespoon raspberry vinegar
- 2 pounds free-range, organic, organic, grass fed flank steak
- Freshly ground black pepper, to taste

Directions:

Combine the orange juice, lime juice, garlic mustard and vinegar in a gallon-size freezer bag. Add the flank steak and toss to coat evenly. Chill in the refrigerator for 1 hour.

Preheat oven to 400 degrees. Lay the flank steak on a baking sheet or casserole dish and roast for 10-12 minutes. Remove from oven and allow to rest for 10 minutes before slicing and serving.

Flank Steak Salad With Sweet Pepper Salsa

Serves 2

This salad is a great example of how flavorsome a meal can be while staying true to Paleo principles. A variety of fresh vegetables and the lean protein from the tasty flank steak are a great combination, and although it is known as a tough cut, flank steak can be tender when sliced thinly across the grain.

Ingredients:

- 8 ounces free-range, organic, grass fed flank steak
- 1 red onion thinly sliced
- 1 large tomato, cut into 8 wedges
- 6 cups mixed baby greens
- Sweet Pepper Salsa:
- 2 sweet bell peppers, seeded and diced
- 2 tablespoons apple cider vinegar
- 1/2 small red onion, chopped
- 1 small bunch of cilantro, chopped
- Freshly ground black pepper, to taste

Directions:

Preheat a gas or charcoal grill over high heat.

Trim excess fat from steak.

Grill steak for approximately 4-5 minutes on each side.

It is recommended that flank steak never be cooked past medium rare or it will become tough.

Let steak rest for about 5 minutes. While it's resting, prepare the salsa by combining all the ingredients in a small bowl.

In a large bowl, add salad greens, tomato and onions.

Then mix in half the salsa mixture and toss well. Season with freshly ground black pepper to taste.

Add the steak to the completed mixtures.

Serve warm.

Stuffed Filet Mignon

Serves 2

There is not a more succulent meal on Earth than a melt-in-your-mouth, tender filet mignon topped with sautéed onions and mushrooms. This meal delivers, only with the surprise twist of the savory mushroom and onions stuffed inside the tender cuts of steak.

Ingredients:

- 1 tablespoon butter
- 2 cloves garlic, minced
- 1 small onion, thinly sliced
- 1 cup button mushrooms, thinly sliced
- 1 tablespoon balsamic vinegar
- 2 thick cut, free-range, organic, grass fed tenderloin filets
- Freshly ground black pepper, to taste

Directions:

Heat a skillet over medium heat. Add the butter, followed by the onions and mushrooms. Sauté for 10 minutes until onions are clear and mushrooms are softened and lightly browned. Add the garlic and cook for another 2 minutes. Add the balsamic vinegar and set aside. Season with freshly ground black pepper to taste.

Preheat a grill over medium-high heat. Cut a small pocket in the side of each filet, being careful to leave about a half inch between the outside of the steak and the pocket.

Stuff the steaks with the onion and mushroom mixture. Grill for about 5-6 minutes per side, or until desired doneness.

Let rest for 5 minutes and serve immediately.

Chapter 6

Main Dish: Poultry

Crunchy Pecan Chicken

Serves 4

Forget breaded chicken breasts! Pecan chicken is infinitely better, with a sweet and crunchy crust that the whole family will love. This recipe is easy enough for a weeknight, but elegant enough for a special dinner. Serve it with roasted asparagus or Brussels sprouts for a healthy meal that will become a regular in your menu rotation.

Ingredients:

- 4 tablespoons butter, melted
- 2 tablespoons honey
- 1 cup almond meal
- 1/2 cup finely chopped pecans
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary
- 4 boneless, skinless, free-range, organic chicken breasts
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Combine melted butter and honey in a shallow bowl and set aside. Combine almond meal, pecans, thyme and rosemary in another shallow bowl. Season the chicken with freshly ground black pepper to taste.

Dip the chicken in the butter and honey mixture, followed by the pecan mixture, coating each piece well.

Place the chicken on a baking dish and bake for 30 to 45 minutes, or until golden brown and cooked through.

Serve immediately.

Grilled Zesty Lime Chicken

Serves 4

This flavorful chicken is delicious on its own, or makes a great base for a taco salad. The lime marinade tenderizes the chicken and adds flavor, but be sure to allow at least 12 hours for the best effect.

Ingredients:

- 4 boneless, skinless, free-range, organic chicken breasts
- Juice and zest of 3 limes
- 1 tablespoon honey
- 1 teaspoon fresh minced ginger
- 1 jalapeno pepper, minced
- 1/4 cup finely chopped onion
- Freshly ground black pepper, to taste

Directions:

Place the chicken breasts in a shallow dish. Mix the remaining ingredients and pour over the chicken breasts. Cover and refrigerate for several hours, or overnight.

Preheat the grill. Drain the chicken breasts and grill them for 10 to 15 minutes, turning halfway through the cooking time, until the juices run clear.

Caveman Chicken Nuggets

Serves 4

Looking for a Paleo meal to entice your youngest cavemen? These tasty chicken nuggets are full of protein, but lack the sodium and preservatives found in commercial chicken nuggets. They're so good, in fact, you may have to fight your kids for them. Make a few extra and freeze them for easy lunch meals.

Ingredients:

- 1 pound boneless, skinless, free-range, organic chicken breast, cut in 1 1/2 inch cubes
- 2 large, cage free, organic egg whites
- 1/2 teaspoon garlic
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary
- 1 cup almond meal
- 1/2 cup finely chopped pecans
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 375 degrees.

Place the egg whites in a shallow dish. Mix the dry ingredients and spices in another shallow dish. Season with freshly ground black pepper to taste.

Lightly season the chicken pieces and dip the cubes in the egg whites and then the breading, coating them well. Place the chicken nuggets on a baking sheet and bake for 20 to 25 minutes. Serve immediately.

Slow Braised Chicken With Sweet Potatoes and Fennel

Serves 4

If you're serious about the Paleo diet, you'll want to learn the technique of braising, which is simply cooking meat in liquid to tenderize it. In this recipe, sweet potatoes are paired with fennel. Fennel has a harsh, licorice taste when raw, but becomes mellow and sweet through slow cooking.

Ingredients:

- 2 tablespoons butter
- 1 whole, free-range, organic chicken, cut into 8 pieces
- 1 teaspoon garlic
- 1/4 cup shallots
- 1 cup sweet potatoes, peeled and cubed
- 1 cup fennel bulb, peeled, cored and sliced
- 1 cup chicken stock
- 1/2 teaspoon thyme
- Freshly ground black pepper, to taste

Directions:

Heat the butter in a large saucepan. Place the chicken in the butter to brown it. Add the garlic and shallots and cook until tender.

Add the sweet potatoes and fennel and cook an additional 5 minutes in the butter.

Turn the heat to medium-low and add 1 cup white wine or chicken broth and the seasonings. Cover the pan with a lid and cook for 40 minutes to 1 hour. Take the lid off and simmer an additional 10 minutes to reduce the liquid. Season with freshly ground black pepper to taste.

Serve immediately.

Paleo Chicken Fajitas

Serves 5

A classic Tex-Mex cuisine loved by kids as well as adults, fajitas are easy to make in large batches and are a quick throw-together dinner. In this recipe, steak can be served over a corn or flour tortilla, but it is just as tempting without them.

Ingredients:

- 3 pounds free-range, organic chicken breasts, cut in thin strips
- 3 bell peppers, sliced
- 3 onions, sliced
- 2 tablespoons oregano, chili powder, cumin and coriander
- 6 cloves garlic, rough chopped
- Juice of 5 lemons
- 4 tablespoons butter
- Butter lettuce leaves, intact for serving
- You choice of toppings: diced tomatoes, fermented pickles, sauerkraut, sliced avocados, salsa, guacamole, mayonnaise and/or salsa verde
- Freshly ground black pepper, to taste

Directions:

Add the chicken, bell peppers, onions, spices, garlic and lemon juice in a bowl and combine. Season with freshly ground black pepper to taste.

When preparing ahead of time, marinate in the refrigerator for about 4 hours.

Heat a large skillet on medium heat and cook with the butter until the chicken is cooked through and the onion and bell pepper are soft.

Put the hot chicken in a large bowl and allow people to customize their own fajitas on top of lettuce leaves with their favorite toppings.



Green Chicken Masala

Serves 4

This recipe may have quite a few ingredients, but it is simple and quick, taking no more than 30 minutes to prepare. Similar to the traditional tikka masala, the combination of Indian spices gives a nice and spicy taste to this dish. You may substitute chicken thighs with pork or beef for equally great results

Ingredients:

- 2 pounds skinless, boneless, free-range, organic chicken thighs, cut into 1-inch pieces
- 1 cup full-fat coconut milk
- 1 onion, finely chopped
- 1/4 cup lemon juice
- 1/2 cup water or chicken stock
- 4 garlic cloves, minced
- 2 cups fresh cilantro leaves
- Small bunch fresh mint leaves
- 1 jalapeño pepper, chopped coarsely
- 1 1/2 teaspoon turmeric
- 1/2 teaspoon cinnamon
- 1/2 teaspoon ground cardamom
- 1/8 teaspoon ground cloves
- 3 tablespoons coconut oil or clarified butter
- Freshly ground black pepper, to taste

Directions:

In a large skillet over medium heat, add the onion with the butter. Cook, stirring occasionally for approximately 5 minutes or until the onion starts to soften.

Add chicken thighs and the turmeric to the skillet and continue cooking, stirring occasionally for approximately another 7 minutes.

Place the lemon juice, water or stock, mint, cilantro, jalapeño and garlic in a blender or food processor and blend until you obtain a smooth puree.

After the chicken has cooked for around 7 minutes, add the cloves, cardamom and cinnamon. Cook for just about a minute.

Add in the coconut milk, season to taste with freshly ground black pepper and add the herb puree.

Bring it all to a nice simmer and let it continue for approximately 15 minutes, or until the

chicken is well cooked and tender.

Serve immediately.

Spicy Chicken With Herb Sauce

Serves 4

This is a simple and scrumptious chicken recipe with chicken rubbed in an unbelievable blend of savory spices and crowned with a sauce of fresh parsley and mint. The key spice here is smoked paprika, made from dried bell peppers that add a touch color and flavor to dishes.

Ingredients:

- 4 boneless, free-range, organic chicken breasts
- 2 tablespoons smoked paprika
- 2 teaspoons ground cumin
- 2 teaspoons ground mustard
- 2 teaspoons ground fennel seeds
- 1 teaspoon freshly ground black pepper
- Coconut oil, butter, ghee or tallow to cook
- 1 cup extra-virgin olive oil
- 2 cups fresh mint leaves
- 1 cup fresh, flat-leaf parsley leaves
- 6 garlic cloves, roughly chopped
- 2 tablespoons Dijon mustard
- 1 green chili, seeded and chopped, optional
- Freshly ground black pepper, to taste

Directions:

Set up the sauce by placing the mint, parsley, garlic and chili in a food processor and chop roughly. Add mustard, season to taste with pepper and chop again.

Drizzle the olive oil in while the food processor is in a slow mode. Season with freshly ground black pepper to taste.

Create the spice rub by combining the paprika, mustard powder, cumin, fennel and pepper in a bowl.

Rub the chicken breasts with butter before rubbing them with the spice mixture.

Fry chicken breasts in additional butter for about 5 minutes per side, or until well cooked.

Serve the chicken topped with fresh herb sauce.

Minted Pesto Chicken Stir-fry

Serves 2

This pleasant blend of mint, pine nuts and elective Parmesan cheese, stir-fried with tender chicken and mushrooms, adds a very unique idea for your next dinner. Stir-fry is an easy alternative to a heavy meal and can be reheated for a quick lunch.

Ingredients:

- 2 tablespoons olive oil for cooking
- 2 cups mint leaves
- 1/4 cup toasted pine nuts
- 1/4 cup olive oil
- 1 pound tender, free-range, organic chicken, cut in thin strips
- 1 sliced onion
- 1 pound mushrooms of any kind, quartered
- Freshly ground black pepper, to taste

Directions:

Add the mint, pine nuts and Parmesan cheese in a food processor and then slowly add the olive oil. Heat the wok and stir-fry the chicken with your elected fat. Remove chicken from the wok, reheat and stir-fry the onion for 3-4 minutes. Add the mushrooms and stir-fry for another 2 minutes. Season with freshly ground black pepper to taste. Return the chicken to the wok and add in the mint pesto. Cook for another 3 minutes until everything is hot.

Olive, Garlic & Lemon Chicken

Serves 4

This is an extremely delicious chicken thigh recipe utilizing black olives, garlic and lemon juice. The merging of those three ingredients, along with the subtle hint of the thyme, makes for an excellent meal that looks sophisticated, but in all reality is easy to prepare and does not require any special, hard-to-find ingredients. Everything is prepared in a single pan, allowing for quick cleanup afterwards.

Ingredients:

- 1/4 cup butter
- 1/2 pound black olives, cut in half
- 8 free-range, organic chicken thighs, with bones and skin
- 3 small onions, sliced thin
- 3 cloves garlic, minced and smashed almost to a paste
- 1/2 cup lemon juice
- 2 lemons, sliced and seeds removed
- 1 1/2 cups chicken stock
- 2 tablespoons chopped fresh thyme
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Melt 1/4 cup butter in a large, hot pan and brown the chicken pieces. Set the chicken aside.

Cook the onions until soft—approximately 3 minutes—making sure to scrape all the delicious chicken bits off the pan while cooking them.

Add the garlic and cook for approximately a minute. Season with pepper to taste if desired.

Add chicken stock, thyme and lemon juice and return chicken thighs to the pan, skin side up.

Bring to a simmer and put the pan, covered, in the hot oven for about 20 minutes.

Remove lid and add halved olives and lemon slices. Bake for another 15-20 minutes, uncovered.

Serve the chicken with the garlic, olive, and lemon sauce, as well as with some of the lemon slices.

Baked Greek Chicken

Serves 4-6

Whole chickens are great to use when you are limited on time and need a quick yet healthy meal. The fresh oregano adds a nice authentic Greek taste when mixed with the minced garlic.

Ingredients:

- 1 whole, free-range, organic broiler chicken, about 5 pounds, cut into 6 pieces
- 2 lemons
- 3 cloves garlic, minced
- 1 tablespoon fresh oregano, chopped
- 1 tablespoon olive oil
- 1 fennel bulb, trimmed, cored and sliced
- 1/3 cup pitted Kalamata olives, halved
- Freshly ground black pepper, to taste

Directions:

Heat oven to 425 degrees. Add zest of 1 lemon, cut lemon in half and juice. In small bowl, mix together 2 teaspoon of the zest, 2 tablespoon of the lemon juice, the garlic, oregano and pepper. Tuck half of this mixture beneath skin of chicken. Cut peel off second lemon and chop fruit into pieces.

Add olive oil to herb mixture in the bowl. Toss with sliced fennel and chopped lemon. Place in a large baking dish. Top with chicken pieces and bake at 425 degrees for 40 minutes or till breast meat registers 160 degrees with an instant-read thermometer. Remove and top with olives.

Italian Chicken With Dried Oregano

Serves 2

Very simple, and created with ingredients that can be found in your pantry. This recipe has a nice citrus undertone, with a strong Italian taste added to the mix. For best results, prepare 8-12 hours before cooking to optimize the marinating process.

Ingredients:

- 4 pieces of free-range, organic chicken
- 2 tablespoon olive oil
- 2 tablespoon lemon juice
- 1 clove garlic, crushed
- 1/4 teaspoon dried oregano
- Freshly ground black pepper, to taste

Directions:

Mix all in a shallow dish. Add 4 pieces of chicken, turning to coat well.

Cover and refrigerate for 8-12 hours, remember to turn it over occasionally.

One hour before serving, heat oven to 450 degrees. Line a baking sheet with foil, and put chicken on. Put pan in oven, reduce heat to 325 degrees.

Bake 35-45 minutes.

Moroccan Chicken Thighs

Serves 4-6

A great combination of elements that you would not typically associate with chicken, but that come together nicely to create a wide array of tastes. Easy preparation and simple ingredients make this a great selection for any dinner, but that is just light enough for a Sunday brunch.

Ingredients:

- 4 tablespoons olive oil
- 1 small onion, minced
- 1 stalk celery, chopped
- 1 garlic clove, minced
- 1 large apple, peeled, cored and diced
- 1/4 cup raisins
- 1/4 cup toasted walnuts
- 1 large, cage free, organic egg, beaten
- 8 large, free-range, organic chicken thighs
- 1 teaspoon allspice
- Freshly ground black pepper, to taste

Directions:

Using a large skillet, heat 2 tablespoons oil. Add onion, celery and garlic and sauté approximately 3 minutes, or until onion and celery are soft. Season with freshly ground black pepper to taste.

Remove from heat to add apple, raisins, walnuts and eggs. Mix well. Preheat oven to 350F.

Pull the skin away from the chicken thighs, but do not remove. Stuff apple mixture between the skin and meat. Place chicken in a foil-lined 13" x 9" x 2" dish. In a small bowl, add the remaining 4 tablespoons olive oil with allspice and glaze chicken thighs.

Thai Curry-Braised Chicken

Serves 4

You can control the heat of this dish by the amount of curry paste used to set the spice just how you like it. The added flavor of coconut milk and ginger give it a sweet and spicy taste while creating a full-bodied flavor.

Ingredients:

- 4 free-range, organic chicken legs
- 1 tablespoon olive oil
- 1/2 small onion, chopped
- 1 tablespoon fresh ginger, minced
- 2 cloves garlic, minced
- 1 tablespoon prepared Thai Red Curry Paste, to taste
- 1 1/2 cups homemade chicken broth
- 4 each baby bok choy
- 1 cup coconut milk
- Juice of 1 lime
- Fresh chopped cilantro for garnish.
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 325 degrees. Remove the skin from the chicken. Heat the oil in an oven-proof skillet with a lid over low heat. Season the chicken with pepper. Add chicken to the pan and sear on all sides. Take out the chicken and keep warm.

Stir in onions, ginger and garlic and sauté until onions are soft, approximately 4 minutes. Stir in curry paste along with the broth. Season with freshly ground black pepper to taste.

Place the chicken back in the pan and bring to a simmer.

Transfer to oven and cook for 30 minutes.

Cut the bok choy stalks in half and put on a plate with a tiny amount of water, then cover with plastic wrap. Microwave on high for 2 minutes.

Remove pan from oven, remove chicken and reserve. Bring the liquid to a simmer and stir in the coconut milk. Add in lime juice and simmer for 2 minutes. Add the cilantro and return the chicken to the pan.

Place 2 bok choy halves onto each plate. Portion 1 drumstick and 1 thigh on each plate. Spoon sauce over chicken and garnish with cilantro.

Spicy Lemon-Turmeric Chicken and Vegetables

Serves 4

Cayenne pepper, ground cumin and lemon combine in this recipe to create an unforgettable zingy, spicy taste that is sure to become a favorite in any house. It does require a bit of cooking time, but you will find that it is worth every moment.

Ingredients:

- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 tablespoon turmeric
- 1 teaspoon cayenne pepper
- 1 whole lemon
- 3-pound, whole, free-range, organic chicken
- 1 large onion, diced
- 5 cloves garlic, minced
- 1/2 cup fresh chopped cilantro
- 3 large carrots, chopped
- 2 orange bell peppers, seeded and diced
- 1 (14-ounce) can fire-roasted tomatoes
- 1 tablespoon olive oil
- Freshly ground black pepper, to taste

Directions:

In a smaller bowl, mix together the cumin, paprika, turmeric and cayenne pepper. Add the juice from one whole lemon –keep lemon rind—and mix thoroughly.

Using your hands, rub the spice mixture all over the inside and outside of the chicken. Stuff the inside of the chicken with half of the onions, half of the garlic and half of the cilantro.

Place the remaining onions, garlic and cilantro in a 5 or 6-quart slow cooker. Add the carrots, bell pepper and crushed tomatoes.

Stir in extra virgin olive oil. Season with fresh ground pepper to taste. Place chicken on top of the vegetables. Cover and cook on low for approximately 7 hours.

Serve warm.

Slow Cooker Salsa Chicken

Serves 4

When you're pressed for time, the slow cooker can be your best friend. Put a meal in it in the morning, run to work or the store, and by lunchtime, the meal's done. This meal has two ingredients, making it about as simple as can be. Look for organic, natural salsa, which contains minimal amounts of vinegar.

Ingredients:

- 2 pounds boneless, skinless, free-range, organic chicken breasts
- 1 (16-ounce) jar natural-style salsa
- Sea freshly ground black pepper, to taste

Directions:

Lightly season the chicken with pepper and place in the slow cooker. Pour the salsa over the chicken.

Cook on low for 4-6 hours, or until the chicken is tender and cooked through. Serve with chopped cilantro if you like.

Fruited Stuffed Chicken Thighs

Serves 4

This sweet and savory chicken dish is rich and satisfying, and gets its flavor from apples and raisins, while the walnuts add extra protein and crunch. When served with some steamed veggies or a salad, this becomes a delicious and filling meal.

Ingredients:

- 4 large, skin-on, free-range, organic chicken thighs
- 4 tablespoons olive oil
- 1 medium onion, diced
- 1 stalk celery, diced
- 1 garlic clove, minced
- 2 medium apples, peeled, cored and chopped
- 1/4 cup golden raisins
- 1/4 cup chopped walnuts
- 1 large, cage free, organic egg, beaten
- 1 teaspoon dried tarragon
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Heat 2 tablespoons olive oil in a large skillet over medium heat.

Add the onion, celery and garlic. Cook for about 4 minutes or until vegetables are tender and translucent but not browned. Remove from heat and season with pepper to taste.

Add apple, raisins, walnuts and beaten egg. Stir until combined.

Gently pull the chicken thighs apart and stuff the fruit and nut mixture between the skin and meat.

Lay the chicken thighs on a parchment-lined baking pan. Brush the remaining oil over chicken and sprinkle with the dried tarragon.

Bake for 1 hour until chicken is cooked through. Serve immediately.

Garlic Chicken With Mushrooms and Red Peppers

Serves 4

With a spicy and creamy sauce thanks to the coconut milk, you'll be surprised at how flavorful this chicken dish is. Feel free to add whatever veggies you have on hand for variation, or to suit your own personal tastes.

Ingredients:

- 4 boneless, skinless, free-range, organic chicken breasts, cubed
- 2 tablespoons olive oil
- 1/2 teaspoon chili powder
- 1 clove garlic, minced
- 1 medium onion, diced
- 1 cup sliced button mushrooms
- 2 medium red bell peppers, sliced
- 1/2 cup coconut milk from a can
- Freshly ground black pepper, to taste

Directions:

Put the chicken in a gallon-size freezer bag with 1 tablespoon olive oil and seasonings. Refrigerate for one hour.

Heat a large skillet over medium heat and add the remaining oil. Add the chicken and cook until browned on all sides. Add the onion, peppers and mushrooms and cook until soft. Season with freshly ground black pepper to taste.

Add the coconut milk and simmer until chicken is cooked through and sauce is slightly thickened, about 10 minutes.



Lemon and Garlic Roasted Chicken

Serves 4

There is nothing much more elegant or delicious than a properly roasted chicken. While it can be intimidating the first time you do it, the truth is that it's much simpler than you think, and can be done for a regular weeknight meal. This lemon and garlic version is mouthwateringly flavorful and succulent. Once you try it, it will surely be in your regular dinner rotation.

Ingredients:

- 1 free-range, organic chicken
- 2 cloves garlic, minced
- 1 tablespoon fresh chopped rosemary
- 1 lemon
- 2 tablespoons olive oil
- Freshly ground black pepper, to taste

Directions:

Preheat your oven to 350 degrees.

Clean the chicken by removing the giblets and neck and rinsing the entire chicken. Dry thoroughly with paper towels. Put the chicken in a roasting pan, breast side up.

Zest the lemon. Combine the garlic, rosemary, lemon zest and olive oil in a small bowl and brush the mixture over the entire chicken, including inside the bird.

Slice the lemon and stuff the slices inside the cavity of the chicken.

Roast for 25 minutes per pound until the breast temperature reads 170 degrees on an instant-read thermometer.

Allow chicken to rest for 10 minutes before carving and serving.

Herbed Chicken Kebabs

Serves 4

Chicken is one of the most versatile proteins you can eat, as it takes on many flavors extremely well, including this simple herb mixture. Whether you are grilling these for a quick dinner or making them for a backyard get-together, we think you'll love the tender and juicy herbed chicken breast pieces.

Ingredients:

- 2 pounds free-range, organic chicken tenders
- 1/4 cup olive oil
- 1/4 cup herbs de Provence
- Zest of one lemon
- Freshly ground black pepper, to taste

Directions:

Cut the chicken tenders into large chunks, making sure to remove the tendons as you go.

Combine the herbs, oil and lemon zest in a medium bowl and add the chicken pieces to it. Season with freshly ground black pepper to taste. Allow to chill and marinate for 2 hours before removing to grill.

When you're ready to cook the chicken, preheat a gas or charcoal grill over medium-high heat.

Thread the chicken onto skewers and grill for 12-14 minutes, turning every couple minutes until chicken is browned and cooked through. Serve immediately.

Baked Chicken Thighs

Serves 2

When choosing pieces of chicken, many people automatically turn to the breast because it's lower in fat, but it's also lower in flavor. Luckily, on the Paleo diet you can enjoy any cut of meat you like, including deliciously flavorful chicken thighs like these. Remarkably simple, these chicken thighs come together beautifully and pair well with just about any vegetable you can think of. For best results, buy the highest quality chicken you can afford, such as free-range, organic meat.

Ingredients:

- 4 bone-in, skin-on, free-range, organic chicken thighs
- 1 shallot, minced
- 2 cloves garlic, minced
- Sea freshly ground black pepper, to taste

Directions:

Preheat oven to 425 degrees.

Carefully separate the skin from the chicken thighs and stuff the garlic and shallots under the skin. Lightly season the chicken with freshly ground black pepper to taste. Lay on a sheet pan and bake for about 45 minutes, until skin is crispy and the juices run clear. Serve immediately.

Super Garlicky Chicken

Serves 4

This is a variation of the popular “Chicken with 40 cloves of garlic” dish that makes many people say, “How many garlic cloves was that again?” While this version doesn’t call for any specific number of cloves, you should use 3 or 4 entire bulbs, not only to get the aromatic garlic flavor, but also so that you can enjoy the delicious steamed cloves themselves, as they are a treat in their own right.

Ingredients:

- 1 roasting, free-range, organic chicken
- 3 tablespoons butter
- 3-4 bulbs of garlic, cloves separated with the skin left on
- 2 stems fresh rosemary, needles pulled off
- 2 tablespoons fresh chopped thyme
- 1 shallot, minced
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Cut the chicken into 8 pieces. Heat a large skillet over medium heat and add the butter. Sear the chicken on all sides until browned and crisp, cooking in batches if necessary. Remove the chicken and add the garlic cloves. Cook until browned and remove from heat.

Put half of the garlic cloves in the bottom of a large Dutch oven or soup pot. Season with pepper. Add the chicken and the rest of the garlic on top, followed by the herbs and shallots.

Cover and bake for 90 minutes. Serve immediately.

Maui Chicken

Serves 4

Canned pineapple adds sweetness to this delicious but easy chicken dish. Serve it with roasted vegetables for a quick weeknight meal. Alternatively, place the ingredients in a slow cooker and cook on low for 5-6 hours.

Ingredients:

- 4 boneless, skinless, free-range, organic chicken breasts, cut into 1-inch pieces
- 1/2 teaspoon thyme
- 1 (8-ounce) can unsweetened pineapple chunks
- 2 tablespoons quick-cooking tapioca
- 1 teaspoon Worcestershire sauce
- 2 teaspoons Dijon mustard
- 1 green onion, chopped
- 1/2 cup slivered almonds
- Freshly ground black pepper, to taste

Directions:

Heat the butter in a large skillet. Add the chicken breasts and sauté for 10 minutes, or until tender. Sprinkle the pepper and thyme over the chicken breasts.

Drain the pineapple and set aside, reserving the pineapple juice. In a small bowl, mix together the pineapple juice, tapioca, Worcestershire sauce and mustard. Pour this mixture into the chicken and simmer over medium-low heat for 10 minutes, or until it thickens slightly. Top with the pineapple chunks, onions and almonds to serve.

Maple Walnut Chicken

Serves 2

Maple and walnut create perfect harmony in this classic comfort dish. While maple syrup isn't technically a Paleo staple, there's enough in this dish to give it the perfect amount of flavor, but not enough that it will ruin your diet. Serve with a large salad for a complete meal.

Ingredients:

- 4 boneless, skinless, free-range, organic chicken breasts
- 1 tablespoon olive oil
- 1 tablespoon fresh thyme
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup walnuts, chopped
- 1/3 cup apple cider vinegar
- 3 tablespoons pure maple syrup
- 1/2 cup water

Directions:

Combine the olive oil with the thyme and pepper.

Rub mixture all over the chicken and let stand for 30 minutes.

While waiting, toast walnuts in a non-stick skillet over medium-low heat for 4-6 minutes.

Remove walnuts, add chicken and turn up the heat to medium.

Cook until chicken is done, about 12 minutes, turning once.

Remove chicken to a serving plate.

Whisk the vinegar into the chicken drippings, then add the maple syrup and water.

Simmer for a few minutes until it thickens, add walnuts, then pour over chicken and serve.

Blackened Chicken

Serves 2

No, the chicken isn't burnt—the spices here just darken on the grill. The result is heavenly, with a barbecued chicken that has a deep, intense flavor. If you don't have a grill or want to cook inside, a cast iron skillet will give you a nice charred crust that will match or beat the flavor of the grill.

Ingredients:

- 5 pounds free-range, organic chicken thighs and drumsticks
- 1 tablespoon ground rosemary
- 2 tablespoons paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon black pepper
- 1 teaspoon cayenne pepper
- Freshly ground black pepper, to taste

Directions:

Mix all of the spices together and rub the chicken all over with it.

Heat up a gas or charcoal grill.

Place chicken in low heat spots and cook until done.

Spices will blacken but retain their rich flavors. Serve immediately.

Pesto Chicken Pasta With Pistachios

Serves 4

Pistachios are substituted for more traditional pine nuts in this pesto dish, resulting in a sweeter, nuttier flavor. Served with spaghetti squash and sundried tomatoes, there is a variety of flavors here, all of which match perfectly.

Ingredients:

- 1 medium spaghetti squash, halved, seeds and excess threads removed
- 1 pound boneless, free-range, organic chicken, sliced or cubed
- 1 cup pistachios, unsalted and shelled
- 1 cup basil leaves
- 2 garlic cloves
- 1/2 cup olive oil
- Juice of 1 lemon
- Handful of sundried tomatoes, sliced, to garnish
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Place spaghetti squash on a baking sheet, cut side down and bake in oven for 25 minutes or until soft.

Pulse pistachios in a food processor 3 or 4 times.

Add garlic and basil and pulse again until you have a chunky mixture.

Turn food processor on and drizzle in olive oil until you get the consistency you want.

Add the lemon juice. Add freshly ground black pepper to taste.

Add a couple tablespoons of olive oil to a sauté pan and heat over medium-high.

Add the chicken and season with pepper.

When the chicken is almost cooked through, add the pesto to the pan.

Coat the chicken in the pesto and turn heat down to low.

Use a fork to pull the threads out of the cooked spaghetti squash.

Add the squash to the pan and mix thoroughly.

Heat through and transfer to a serving bowl.

Top with sundried tomatoes and enjoy.

Tandoori Style Chicken

Serves 2

This Indian dish has a very appetizing aroma to it and tastes even better. Lots of flavor from spices, paprika and curry infuse the tomatoes and chicken. This is a highly flavorful dish that will satisfy your craving for a meal that's not bland or boring.

Ingredients:

- 4 free-range, organic chicken breasts
- 2 cloves garlic, crushed
- 2 finely crushed bay leaves
- 1 tablespoon tomato puree
- 1 cup coconut milk from a can
- 2 tablespoons ghee or butter
- 2 tablespoons paprika
- 1 teaspoon curry powder
- Juice of 1/2 lemon
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Score the chicken with a knife and place in a baking dish.

Mix together the garlic, bay leaf, tomato puree and coconut milk.

Whisk in the melted butter and pour mixture over chicken.

Bake for 45 minutes.

Pour off sauce into a serving bowl.

Sprinkle curry and paprika over chicken and return to oven for 10 minutes. Season with freshly ground black pepper to taste.

Serve chicken hot with sauce on the side.

Garnish with a slice of lemon, fresh peppers and chopped onion.

Buffalo Chicken Skewers

Serves 5-6

These will remind you of the wings at your favorite bar, but they are much healthier for you. If you can make your own hot sauce, they'll be even more out of this world, but in a pinch the bottled variety works well. These make great appetizers for a backyard barbecue.

Ingredients:

- 5 pounds boneless, free-range, organic chicken breasts
- 1/4 cup olive oil
- Zest of one lemon
- 1 cup hot sauce
- Freshly ground black pepper, to taste

Directions:

Soak wooden skewers in water.

Cut chicken into large 1-inch cubes.

Combine olive oil, lemon zest and hot sauce in a bowl. Season with pepper to taste.

Toss marinade with the chicken and chill for 3-4 hours.

Preheat a charcoal grill or gas grill to medium-high.

Skewer the chicken and grill until done, about 12 minutes, turning every few minutes to avoid burning.

Gingery Orange Chicken

Serves 4

Ginger and orange are perfect flavors for chicken. The taste of this dish has a complexity of flavor with just a hint of sweetness.

Ingredients:

- 3 pounds free-range, organic chicken legs and/or thighs
- 2 tablespoons olive oil
- 2 cloves garlic, finely chopped
- 1 cup orange juice
- 2 navel oranges, peeled and sectioned
- 2 tablespoons minced fresh ginger
- 1 teaspoon dried basil
- Juice of 1 lime
- Freshly ground black pepper, to taste

Directions:

Season chicken with pepper.

Add olive oil to a large sauté pan over medium heat.

Add chicken and brown thoroughly (10 to 15 minutes).

Add garlic and lightly brown for 1 minute.

Pour in orange juice.

Add orange sections, ginger, basil and lime juice.

Cover and simmer for about 30 minutes or until the chicken is cooked through.



Fresh Cherry and Herbs Chicken

Serves 4-5

A variety of herbs give this chicken dish it amazing flavor. Lots of fresh cherries and almonds push it over the top. This chicken dish is savory, sweet and crunchy all at the same time.

Ingredients:

- 2 tablespoons olive oil
- 2 shallots, thinly sliced
- 2 cups cherries, pitted and halved
- 1/8 cup red wine vinegar
- 1/4 cup balsamic vinegar
- 2 teaspoons cinnamon
- 2 tablespoons dried tarragon
- 1 teaspoon ground ginger
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme
- 1 pound free-range, organic chicken thighs
- 1 cup sliced almonds
- Freshly ground black pepper, to taste

Directions:

Add 1 tablespoon olive oil to a large sauté pan over medium heat.

Stirring occasionally, cook the shallots until translucent (3-4 minutes).

Add the cherries, vinegars, cinnamon, tarragon and pepper.

Turn heat down low and simmer for 10 minutes.

Meanwhile, heat another pan over medium-high heat with the remaining tablespoon of fat.

Add the chicken and cook until done (about 12 minutes), turning once.

Heat up a small sauté pan and add the almonds.

Cook the almonds, constantly shaking the pan, until they are lightly toasted and you can smell them.

Divide the chicken among dinner plates.

Pour the sauce over the chicken and garnish with the sliced almonds.

Duck Breasts With Peach Salsa

Serves 4

If you've never had duck breast, you may be surprised that it doesn't "taste like chicken." In fact, it's in a class all it's own. Rich and flavorful, duck has more fat than chicken, but you don't have to worry about that on the Paleo diet.

Ingredients:

- 4 duck breasts
- 2 tablespoons olive oil
- 1/2 teaspoon thyme
- 1/2 teaspoon rosemary
- 2 ripe peaches, peeled and chopped
- 1/2 cup minced red onion
- 1/2 cup chopped red pepper
- 1 jalapeno pepper, chopped
- 1/2 cup fresh mint, chopped
- 1/2 teaspoon minced garlic
- Freshly ground black pepper, to taste

Directions:

Preheat the grill. Place the chicken breasts on the grill and cook them for 8-15 minutes, turning halfway through the cooking time. Mix the olive oil, black pepper, thyme and rosemary together and brush on the duck breasts as they cook to keep them warm and add flavor.

Mix the remaining ingredients in a mixing bowl to make the peach salsa. Serve the duck breast with the salsa on the side.

Rosemary Roasted Turkey Breast

Serves 8

While many herbs will complement poultry such as turkey, rosemary adds an extra special distinct flair that is hard to get elsewhere. Serve this moist and tender turkey breast alongside sweet potatoes and a green vegetable for a healthy meal that is reminiscent of the holidays.

Ingredients:

- 2 tablespoons olive oil
- 1 6-pound free-range, organic turkey breast
- 2 tablespoons chopped fresh rosemary
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 325 degrees.

Brush the olive oil over the turkey breast and sprinkle with the fresh rosemary and pepper. Put the turkey breast in a roasting pan and place in the oven.

Roast for about 25 minutes per pound until an instant read thermometer reads 170 degrees.

Allow turkey to rest for 10 minutes prior to slicing and serving.

Turkey Breast With Apples and Sausage

Serves 4-6

Boneless turkey breasts are a boon to the busy cook. Just roast them in the oven or slow cooker for delicious, moist results.

Ingredients:

- 1 tablespoon butter
- 4 nitrate-free breakfast sausage links, cut in 1-inch pieces
- 2 baking apples, peeled and quartered
- 1/2 cup apple juice
- 1 boneless, free-range, organic turkey breast
- 1/2 teaspoon thyme
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 350 degrees. Melt the butter in a roasting pan. Add the sausage and cook 2-5 minutes, or until the sausage is browned. Add the apples and cook 3-5 minutes, or until the apples are tender. Place the turkey breast on top of the sausages and apples. Add the remaining ingredients.

Roast for 1-2 hours, or until the turkey's juices run clear. Alternatively, place the sausage and apples in a slow cooker and add the turkey, apple juice and seasonings. Cook on low for 6-8 hours.

Turkey Meatloaf

Serves 6

A nice variation on traditional meatloaf, this ground turkey alternative is tasty, flavorful and easy to put together. While it takes a full hour to bake, the prep is minimal, so a little bit of planning will allow you to have a delicious home dish any night of the week, not just Sunday!

Ingredients:

- 2 pounds ground, free-range, organic turkey breast
- 1 large, cage free, organic egg, beaten
- 1 teaspoon garlic powder
- 1/2 medium onion, chopped
- 1 small green pepper, diced
- 3 stalks celery, diced
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 375 degrees.

Using your hands, combine all of the ingredients in a large bowl, being careful not to over mix. Season with freshly ground black pepper to taste.

Lightly grease a loaf pan with olive or coconut oil and press the meat mixture into the pan.

Bake for one hour, remove from the oven and allow to rest for 15 minutes. Slice, serve and enjoy!

Chapter 7

Main Dish: Lamb

Lamb Chops With Mint Sauce

Serves 4

Lamb chops have a distinctive taste and rich, succulent texture unlike anything else. Consider lamb chops as a substitute for ham in the spring—or anytime of the year. You probably won't find them at your neighborhood grocery, but warehouse stores and butchers carry them, especially in the spring.

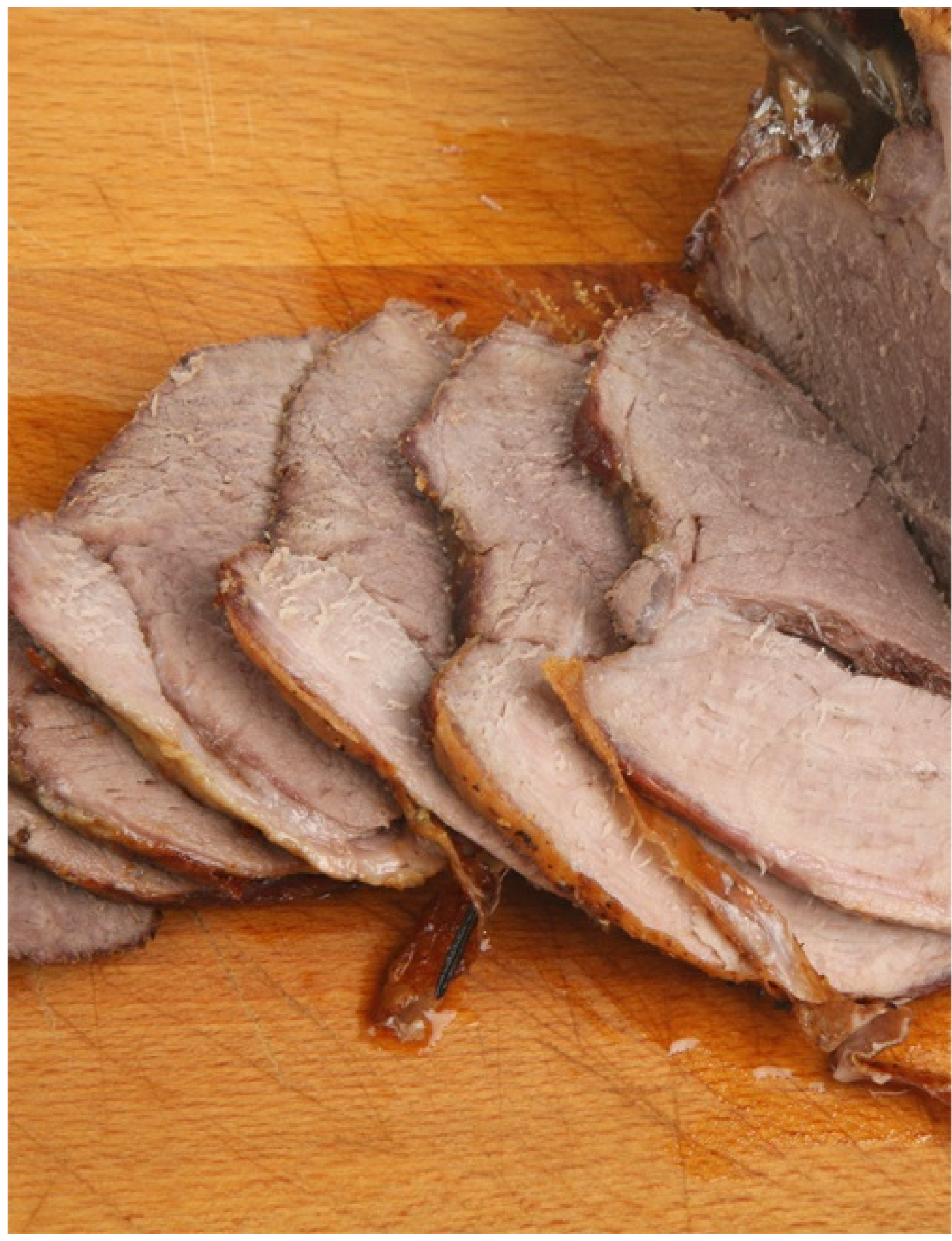
Ingredients:

- 4 free-range, organic lamb chops
- 1/2 cup chicken broth
- 1 teaspoon minced fresh ginger
- 1 teaspoon minced garlic
- 1/8 cup cider vinegar
- 1/2 cup finely chopped mint leaves
- Freshly ground black pepper, to taste

Directions:

Preheat the grill. Grill the lamb chops for 8-10 minutes, turning them halfway through the cooking time.

Mix the remaining ingredients in a saucepan until heated through. Season with freshly ground black pepper to taste. Serve on the side with the lamb chops.



Leg of Lamb

Serves 6-8

Lamb is something typically served in the spring around the Easter holiday, but it's actually a meal that doesn't have to wait for a holiday celebration to be enjoyed. With only a few ingredients, you can enjoy this delicious and flavorful dish any time you want and still stick to your diet!

Ingredients:

- 3-4 pounds free-range, organic, organic leg of lamb
- 1 bulb of garlic, separated and peeled
- 2 tablespoons fresh chopped thyme
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 325 degrees. After peeling your garlic cloves, push them into your lamb leg all over. Rub the thyme all over the lamb leg and lightly season with pepper.

Roast for about 25 minutes per pound for a medium rare roast, or longer if desired. Allow to rest for 10-15 minutes before serving.

Mediterranean Meatballs With Mint Pesto

Serves 4

This is a variation on traditional Italian meatballs, and one that you'll love. The zucchini "pasta" absorbs the flavors of the mint pesto nicely and complements the hearty flavor of the meatballs.

Ingredients:

Meatballs:

- 1 pound free-range, organic ground lamb
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 large, cage free, organic egg, beaten
- Pasta:
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 2 large zucchini
- Mint Pesto:
- 1 large bunch fresh mint leaves
- 1/4 cup walnuts
- 1/2 cup olive oil
- Juice and zest of one lemon
- Freshly ground black pepper, to taste

Directions:

To make the pesto, put all ingredients in a food processor and process until smooth. Season with pepper. Set aside.

Preheat oven to 350 degrees. To make the meatballs, combine the lamb with the spices and egg in a large bowl, being careful not to over mix. Season with pepper. Form mixture into meatballs about the size of a golf ball and place on a parchment-lined baking sheet. Bake for about 25 minutes.

While meatballs are baking, make the zucchini noodles by slicing the zucchini lengthwise into ultra thin noodles. Heat a skillet over medium heat and sauté the garlic for one minute in the oil. Add the zucchini and cook until soft and the same texture and consistency of noodles.

To serve, top the zucchini with the meatballs and pesto and garnish with fresh mint if desired.

Mediterranean Lamb Burgers

Serves 4

If you're looking for a delicious alternative to traditional beef burgers, you should try ground lamb. It's got a unique flavor all its own that goes nicely with the mint in these burgers. If you want to splurge a little bit, you can top these with a little crumbled feta cheese, but they're delicious without. Serve with a Greek salad for a full meal.

Ingredients:

- 1 pound free-range, organic ground lamb
- 2 cloves garlic, minced
- 1 shallot, minced
- 1 small bunch fresh mint, chopped
- Lettuce, sliced tomato, sliced cucumber for serving
- Freshly ground black pepper, to taste

Directions:

Preheat a gas or charcoal grill to medium-high heat. Using your hands, mix the ground lamb with the garlic, shallot and mint. Season with freshly ground black pepper to taste. Form into 4 equal sized patties.

Grill the burgers for about 4-5 minutes per side until done.

Serve with sliced veggies and a Greek salad for a perfect summer meal.

Lemon Thyme Rubbed Lamb Chops

Serves 2

Lemon and thyme complement the rich flavor of lamb very well, which is why you often see these three ingredients together. These chops are simple, full of flavor and form a dish that will liven up any summertime barbecue.

Ingredients:

- 2 tablespoons chopped fresh thyme
- Juice and zest of one lemon
- 1/2 cup olive oil
- 6 free-range, organic lamb chops
- Freshly ground black pepper, to taste

Directions:

Put all ingredients in a gallon-size freezer bag and toss to coat the lamb chops evenly with the marinade. Chill and marinate for at least 1 hour up to 24.

When ready to cook, preheat grill over medium-high heat. Grill on both sides until chops are cooked to your desired temperatures.

Allow to rest for 10-15 minutes before serving.

Grilled Lamb Chops

Serves 2

If you're looking for something different to throw on the grill on a hot summer's night, why not try lamb chops? They've got a great flavor, and are a great alternative to the usual chicken breasts or steaks. This version, with a simple garlic and lemon flavoring, is easy to make and super delicious.

Ingredients:

- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 3 cloves garlic, minced
- 1 small shallot, minced
- 1 teaspoon dried oregano
- 6 free-range, organic lamb chops
- Freshly ground black pepper, to taste

Directions:

In a small bowl, combine the olive oil, lemon juice, garlic, shallot and oregano. Season with freshly ground black pepper to taste. Stir to combine well.

Put the lamb chops and the marinade in a gallon freezer bag and shake. Chill for at least 1 hour, and up to 24.

When ready to cook, preheat grill to high heat. Grill the chops for about 5 minutes per side. Allow to rest for 10 minutes and serve.

Chapter 8

Main Dish: Pork

Pork Medallions With Dried Cherries

Serves 4

Pork medallions are simply pork tenderloins that have been cut into 3-inch slices. They cook quickly, have a lot of flavor and make a great addition to the Paleo diet. For this recipe, you'll brown the medallions and then make a quick reduction, or sauce. A delicious dinner in less than 25 minutes.

Ingredients:

- 2 tablespoons olive oil
- 2 pounds free-range, organic pork loin, cut into medallions
- 1 teaspoon minced garlic
- 1/2 cup chicken stock
- 1/2 cup white wine
- 1 teaspoon thyme
- 1/2 cup dried cherries
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil in a large skillet over medium-high heat. When it is quite hot, but not smoking, add the pork medallions. Cook them for 6-10 minutes, turning halfway through the cooking time, until they are well browned. Sprinkle the medallions with pepper and add the minced garlic.

Pour the chicken stock and white wine in the pan. Scrape the bits of meat off the bottom of the pan. Turn the heat to medium-low and simmer for 10 to 20 minutes, until the meat is cooked through and the sauce is reduced slightly and thickened.

Add the dried cherries and cook an additional 2 minutes.

Sausages With Parsnip Mash & Mushrooms

Serves 6

Bangers and mash are a characteristic English dish, but you don't have to over-indulge in potatoes to take pleasure in some appetizing mash. Sweet potatoes, or parsnips, are a perfect substitution. This meal is higher in carbs than most Paleo recipes, but from a natural source and in a reasonable quantity, so it won't be a problem. This meal is particularly good as an after-workout meal, or when you need some fast energy to get you through the day.

Ingredients:

- 12 large, good quality beef or pork sausages
- 2 garlic cloves, minced
- 2 pounds parsnip, coarsely chopped
- 5 tablespoons butter
- 1 pound button mushrooms
- 1/2 cup coconut milk
- 2 tablespoon chopped fresh oregano
- Pinch of nutmeg
- Freshly ground black pepper, to taste

Directions:

Boil the parsnips for approximately 15 minutes or until soft.

Drain the water and add half the butter, the coconut milk or cream, a touch of nutmeg and pepper to taste. Mash well with a potato masher. Reserve in the covered pot so they stay warm.

Heat a large skillet over medium heat and cook the sausages with butter for about 15 minutes, flipping occasionally.

Set sausages aside and add the mushrooms to the already hot skillet with the other half of the butter. Cook until well browned, approximately 5 minutes, then add the chopped oregano.

Serve the mashed parsnips smothered with the sausages, mushrooms and all the drippings.

Pork Chops With Caramelized Apples and Onions

Serves 4

Apples have always been a good match for pork, particularly around the time of year when they are on hand, local and fresh. When plain pork chops served with a side of vegetables don't do it for you anymore, this recipe will remind you of the scrumptiousness of savory pork and sweet apples.

Ingredients:

- 4 bone-in, free-range, organic pork chops
- 3 tablespoons butter
- 2 large onions, thinly sliced
- 4 sliced and cored apples
- Freshly ground black pepper, to taste

Directions:

Season the pork chops with pepper to taste. Heat a large pan over a medium-high heat, melt 2 tablespoons of the butter and fry the chops, about 5 minutes on each side or until well cooked and browned.

Set the pork chops aside and reduce the heat to medium-low, then add the other tablespoon of butter, as well as the onion and apple slices.

Cook for about 4 minutes, or until the onions have caramelized and the apple slices are softened.

Serve the chops with the topping of apple and onions.

Nectarine & Onion Pork Chops

Serves 6

Apples are frequently coupled with pork, but other fruits can do a noble job too, as the nectarines do in this recipe. Try out a variation of different fruits with the recipe, such as grapes or berries.

Ingredients:

- 6 free-range, organic pork chops, bone-in
- 3 nectarines, pitted and chopped
- 1 large onion, cut into quarters
- 1 tablespoon Dijon mustard
- Juice of 1 lemon
- 1 small bunch fresh mint, chopped
- 2 tablespoons butter
- Freshly ground black pepper, to taste

Directions:

Combine the nectarine and onion in a bowl with the 2 tablespoons of butter and season the mixture to taste with freshly ground black pepper.

Heat a large skillet over medium heat, put in the nectarine and onion mixture and cook, stirring frequently or until the nectarine pieces have softened, approximately 8 minutes.

Set aside to cool. Wipe the skillet clean to cook the pork chops.

Rub additional butter on the pork chops on both sides and season them to taste with pepper. Reheat skillet to a medium heat. Add the chops to the hot skillet and cook for about 3 minutes per side or until well cooked.

When the pork chops are cooking, cut the cooked nectarine and onion quarters into 1/4-inch thick slices. Place the slices back to the bowl with their juices.

Mix the lemon juice, mustard and chopped mint into the nectarine and onion.

Serve the cooked pork chops topped with the nectarines.

Spicy Pulled Pork

Serves 8-10

Pulled pork is a beloved dinner across America and is created from a slow cooked pork shoulder or butt roast, with the tender cooked meat pulled apart in shreds. Both pork shoulder or butt roasts are cheap cuts of meat and are a great way to enjoy appetizing meat when on a budget—especially when feeding large groups of people.

Ingredients:

- 1 free-range, organic pork shoulder or butt roast, about 5-6 pounds
- 3 tablespoons smoked paprika
- 1 tablespoon garlic powder
- 1 tablespoon dry mustard
- 1 1/2 cups apple cider vinegar
- 1/2 cup ketchup
- 1 cup Dijon mustard
- 2 garlic cloves, minced
- 1 teaspoon cayenne pepper
- 1/2 teaspoon freshly ground black pepper

Directions:

Prepare dry rub by combining the paprika, garlic powder and dry mustard in a bowl.

Rub the pork roast with the spice rub and put in the refrigerator for the flavors to penetrate the meat for a minimum of 1 hour, or overnight for best results. If marinating only for 1 or 2 hours, leave the roast at room temperature.

Preheat your oven to 300 degrees.

Put the marinated pork shoulder or butt in the oven on a baking pan for approximately 6 hours, until the meat is falling off the fork.

Prepare the sauce by mixing the apple cider vinegar, ketchup, mustard, garlic, cayenne pepper and black pepper in a small pot or saucepan.

Smoothly bring to a simmer, stirring occasionally, and simmer for approximately 10 minutes.

When the pork roast is ready, remove from the oven and let cool for 10 minutes.

Pull the meat apart from the roast with two forks.

Combine the spicy sauce with the pulled pork and serve with your favorite side of salad.

Cilantro Pork Stir-fry

Serves 2

Cilantro and pork go extremely well together. We tend to forget about that herb, but it's given the head position here. The lime juice added near the end also support the taste of the cilantro and adds a very unique taste to this stir-fry.

Ingredients:

- 2 tablespoons peanut oil
- 1 pound tender, free-range, organic pork, thinly sliced
- 4 finally chopped garlic cloves
- 1 tablespoon finely chopped ginger
- 1 bunch of cilantro, chopped
- 1/4 cup olive oil
- 2 medium onions, thinly sliced
- 1 red bell pepper, thinly sliced
- Juice of 1 lime
- Freshly ground black pepper, to taste

Directions:

Combine the garlic, ginger, olive oil and half the cilantro in a bowl. Add the pork and place in the refrigerator to marinate for an hour or 2. Heat your wok and stir-fry the pork.

Remove the pork, add more butter and stir-fry the onions for approximately 3 minutes. Season with freshly ground black pepper to taste.

Add bell pepper and stir-fry for approximately 3 more minutes or until soft. Place the pork back in the wok with the lime juice and the other half of the cilantro leaves and allow to cook for another minute while mixing to blend the flavors.

Serve warm.



Slow Roasted Pork Roast

Serves 4-6

One of the best things about the Paleo diet is that it includes a lot of your favorite comfort foods (okay, not all of them, but who needs mac 'n cheese when you can eat this pork roast?). Let's face it—most diets do not. Serve this with a green salad drizzled with olive oil for a complete and satisfying meal you'll make again and again.

Ingredients:

- 1 4-pound, high quality, free-range, organic pork roast
- 2 tablespoons extra virgin olive oil
- 1 small onion, sliced
- 2 smashed garlic cloves
- 2 sweet potatoes, diced
- 1 cup diced tomatoes
- 1 bay leaf
- 2 cups homemade chicken or beef stock
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 325 degrees. In a large Dutch oven, melt the oil and add your pork roast. Sear until deeply browned on all sides. Remove and set aside.

Add onions and garlic to the pot and cook until softened. Add sweet potatoes, tomatoes, bay leaf and stock. Bring to a boil and reduce heat to a simmer. Season with freshly ground black pepper to taste.

Simmer for 2 hours and then turn oven down to 250 degrees and continue cooking until roast is tender, about 2-3 more hours. Serve immediately.

Maple-Glazed Pork Roast With Sweet Potatoes

Serves 4

Natural maple syrup still contains a lot of sugar, but it's permissible as an occasional treat on the Paleo diet. In this recipe, it creates a delicious glaze for the pork and sweet potatoes, enhanced by orange juice and ginger.

Ingredients:

- 2 tablespoons butter
- 1 boneless, free-range, organic pork loin roast
- 2 sweet potatoes, peeled and cubed
- 1/2 cup pure maple syrup
- Zest and juice of 1 orange
- 1/2 teaspoon ginger
- Freshly ground black pepper, to taste

Directions:

Heat the butter in a large skillet. Brown the pork roast evenly, 7-10 minutes. Transfer the roast to a slow cooker. Add the sweet potato cubes.

Mix the maple syrup, orange juice and zest and ginger in a bowl. Season with freshly ground black pepper to taste. Pour this mixture over the roast. Set the slow cooker on low and cook for 6-8 hours.

Serve the pork with the sweet potatoes on the side.

Savory Sausage

Makes 18 rounds

Commercial sausage is full of nitrates, sodium and preservatives—all no-no's on the Paleo diet. Old-time recipes called for fresh herbs and garlic instead, making a healthy and flavorful alternative. This recipe makes a large batch, enough to freeze for later use. You'll find a million uses for it—from dinner casseroles to savory fruit and meat dishes.

Ingredients:

- 3 pounds free-range, organic ground pork
- 1/2 cup finely minced onion
- 1/2 cup finely minced Italian parsley
- 2 teaspoons minced garlic
- 2 teaspoons ground ginger
- 2 teaspoons red pepper flakes
- 1 teaspoon cloves
- Freshly ground black pepper, to taste.

Directions:

Combine all the ingredients in a large mixing bowl. Use your hands to mix the sausage until well combined. Season with freshly ground black pepper to taste. Form the sausage into 3-inch rounds.

Cook the sausage in a skillet over medium heat for 15-17 minutes, or until cooked through and browned. Turn halfway through cooking time.

Sunday Pork Roast

Serves 4

When buying pork roast, opt for a boneless roast with firm, pink flesh and uniform marbling. Serve this tasty pork roast with steamed vegetables and a salad for a complete meal.

Ingredients:

- 2 tablespoons butter
- 1 3-pound, free-range, organic pork roast
- 1/2 teaspoon thyme
- 1/2 cup apple juice
- Freshly ground black pepper, to taste

Directions:

Heat the butter in a medium skillet. Add the pork roast and brown the meat on each side to form a savory crust. Transfer the roast to a slow cooker and season it with the seasonings. Add the apple juice and cook on low for 6-8 hours, or until very tender. Season with freshly ground black pepper to taste.

Serve hot.

Slow Cooker Pork Tenderloin and Apples

Serves 4

Pork tenderloin is a delicious protein choice for the Paleo diet. Succulent and sweet, it pairs well with a variety of ingredients. When buying pork tenderloin, look for pork that is light pink with a firm texture. Avoid those that have liquid pooling in the tray or seem spongy. Serve this dish with roasted sweet potatoes and Brussels sprouts.

Ingredients:

- 2 tablespoons butter
- 2 pounds free-range, organic pork tenderloin
- 1/2 cup white wine or chicken stock
- 3 tart apples, peeled and quartered
- 2 tablespoons softened butter
- 2 tablespoons honey
- 1 teaspoon cinnamon
- Freshly ground black pepper, to taste

Directions:

Melt the butter in a large skillet over medium heat. Add the pork tenderloin and brown on all sides.

Transfer the pork tenderloin to a slow cooker. Season with black pepper. Pour the white wine or chicken stock over the roast and cook on low for 6-8 hours.

Add the apples to the slow cooker. Mix the remaining ingredients in a small bowl and pour over the apples. Cook an additional hour.

Chapter 9

Main Dish: Fish and Seafood

Baked White Fish and Mediterranean Salad

Serves 2

You'll find a lot of fish on the Paleo diet—it's good for you, and with a mild white fish there are lots of ways you can cook it. Any mild white fish, such as cod or tilapia, works well here, but feel free to use what you have.

Ingredients:

- 2 (6-8 ounce) wild caught white fish filets of your choice
- Juice from 1 lemon
- 1 cucumber, diced
- 1/2 cup black olives
- 1 tomato, seeded and diced
- 1 red onion, sliced
- Extra virgin olive oil and red wine vinegar
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees. Lightly spray a baking sheet with cooking spray. Place fish on baking sheet and drizzle with lemon juice. Bake for 10-12 minutes until fish flakes easily with a fork.

Combine cucumber, tomato, onion and olives in a large bowl. Drizzle with olive oil and vinegar, season with pepper. Divide salad between two plates.

To serve, place the baked fish filets on top of the salad.

Pan-fried Trout With Kale

Serves 2

You'll find trout in most good fish markets these days, although if you can catch it yourself, so much the better! Trout is a fairly lean fish. Nitrate-free bacon adds fat and flavor to this dish and pairs nicely with the kale.

Ingredients:

- 2 strips of bacon
- 2 trout fillets
- 1/2 teaspoon dill
- 2 cups washed and chopped kale
- Juice and zest from 1 lemon
- Freshly ground black pepper, to taste

Directions:

Cook the bacon in a large skillet over medium heat. Transfer it to a plate and crumble it.

Sauté the trout in the bacon drippings until golden brown, firm and opaque, about 7-10 minutes.

Transfer the fish to a plate and keep warm. Sauté the kale in the same pan for 4-6 minutes, until limp. Season with freshly ground black pepper to taste. Don't overcook, as this will cause it to become tough and bitter.

Place the kale on two plates and serve the fish over it. Sprinkle all with lemon juice and zest.

Grilled Salmon With Grilled Veggies

Serves 4

Salmon is a meaty fish that performs beautifully on the grill. Just make sure to spray the grill first with a non-stick spray and don't try to turn the fish until it's done. Salmon is cooked when it's firm to the touch and opaque. Don't overcook it, though, which will dry it out.

Ingredients:

- 4 salmon fillets
- Juice and zest from 1 lemon
- 1 cup zucchini, cut in rounds
- 1/2 cup red bell pepper, chopped
- 1/2 cup red onion, sliced
- 1/2 cup carrots, sliced
- Freshly ground black pepper, to taste

Directions:

Preheat the grill. Place the salmon fillets on the grill and dust them with pepper, lemon juice and zest. Cook for 5-8 minutes, turning halfway through. Transfer to a plate.

Place the remaining ingredients in a grill basket and spray with cooking spray. Cook 12-15 minutes, or until tender. Stir frequently so the onion doesn't burn. Allow to rest for 5 minutes before serving.

Cod With Sautéed Mushrooms

Serves 4

Fresh cod fillets have a slightly firm texture and mild, sweet flavor that pairs perfectly with sautéed mushrooms. Serve this delicious dish with roasted potatoes and steamed vegetables for a quick weeknight meal.

Ingredients:

- 4 cod fillets
- 1 tablespoon lemon juice
- 1/4 teaspoon dill
- 2 tablespoons butter
- 1/2 cup chopped mushrooms
- 3 tablespoons heavy cream
- 1 tablespoon dried or fresh parsley
- Freshly ground black pepper, to taste.

Directions:

Preheat the oven to 400 degrees. Spray a 9"x13" baking pan with non-stick cooking spray. Place the fish in the pan. Bake 8-10 minutes, or until firm and white.

Melt the butter in a small skillet. Add the mushrooms and sauté 5 minutes, or until tender. Add the heavy cream and heat to warm, but do not boil. Season with freshly ground black pepper to taste.

To serve, place a fillet on each plate and drizzle the mushrooms and cream over the fish. Top with dried parsley.



Slow Roasted Salmon With Hollandaise

Serves 4

Want to know the difference between Hollandaise sauce and mayonnaise? Butter. Such a simple thing, but it makes all the difference. Hollandaise sauce needs to be served warm, and should be made right before serving it—but it goes together in a snap to give this salmon a creamy finish.

Ingredients:

- 14 tablespoons butter
- 4 salmon fillets
- 4 large, cage free, organic egg yolks
- Juice of 1 lemon
- 1/4 teaspoon cayenne pepper
- Freshly ground black pepper, to taste

Directions:

Melt 2 tablespoons of the butter in a large frying pan, reserving the remaining butter. Place the salmon in the hot frying pan and cook it for 8-12 minutes, turning halfway through the cooking time.

Melt the remaining butter in the microwave. Blend the egg yolks, lemon juice and peppers in a blender. Slowly add the melted butter, a few drops at a time, and continue blending until the mixture emulsifies and becomes thick.

To serve, position the salmon over roasted asparagus or steamed bok choy. Drizzle the fish with the Hollandaise sauce.

Roasted Lemon Pepper Salmon Filet With Spinach

Serves 2

Salmon is one of the healthiest foods you can eat, as well as being pretty easy and fast to cook. It's high in protein and Omega 3 fatty acids, essential to heart health. You'll definitely find it on top of most Paleo favorites lists—and for good reason. Not only is it super healthy, it's also delicious. Since you're not loading up on carbs like rice here, it's okay to buy a bigger piece of fish. Along with the wilted spinach, you'll feel full for the rest of the evening.

Ingredients:

- 2 (6-8 ounce) wild caught salmon filets
- 2 teaspoons lemon pepper seasoning
- 1 tablespoon extra virgin olive oil
- 1 clove garlic, minced
- 4 cups tightly packed baby spinach
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees. Coat your salmon filets on both sides with the lemon pepper seasoning. Lightly spray a baking sheet with cooking spray and place your filets on top. Roast your salmon for about 15 minutes, flipping halfway through, or until fish flakes easily with a fork.

While salmon is cooking, heat your oil in a large sauté pan. Add garlic and cook for 30 seconds or so, being careful not to burn. Add spinach and cook until it begins to wilt.

Divide spinach evenly between two plates. Top with the salmon filets and serve immediately.

Steakhouse Crab Cakes

Serves 4

When you're craving something deep-fried, try these instead. Egg whites give them crunch without a lot of oil, so you can indulge with no guilt. Find flaked crab at your butcher's fish counter.

Ingredients:

- 2 tablespoons olive oil
- 1/2 cup chopped onion
- 1/2 cup finely minced celery
- 1/2 cup finely minced red pepper
- 1 teaspoon minced garlic
- 2 egg whites
- 1/2 cup almond meal
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon cumin
- 1/2 teaspoon red pepper flakes
- 1 pound flaked crab
- 1 strip bacon, cooked and crumbled
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 375 degrees. Heat the oil in a skillet over medium heat. Add the vegetables and cook until tender. Season with freshly ground black pepper to taste.

Transfer the cooked vegetables to a bowl, and combine them the remaining ingredients. Shape them into 3-inch rounds and bake for 15-20 minutes, or until golden brown.

Chapter 10

Main Dish: Offal

Oxtail Stew

Serves 4-6

If you've never had this hearty and rich dish, you are missing out on a deliciously flavorful alternative to beef stew. Oxtails are just what they sound like—meat from the tail of a steer—and they can be found in upscale butcher shops, some Asian markets or sometimes warehouse stores like Costco. It's a very tough cut of meat and needs to be slow cooked for hours, so make sure you plan ahead before attempting this dish.

Ingredients:

- 2 tablespoons olive oil
- 3 pounds oxtails with separated joints
- 1 medium onion, chopped
- 1 celery stalk, chopped
- 1 large carrot, chopped
- 2 cups homemade chicken or beef stock
- 2 cups of red wine if desired, otherwise use more stock
- 3 cloves garlic, peeled
- 1 bay leaf
- Pinch of dried thyme
- 2 carrots, cut into bite-sized pieces
- 2 parsnips, cut into bite-sized pieces
- 2 turnips, cut into bite-sized pieces
- Freshly ground black pepper, to taste

Directions:

Heat a large Dutch oven over medium heat and add the olive oil. Add the oxtails to the pan and brown on all sides. Remove from pan and set aside.

Add the onions, celery and chopped carrot to the pan and cook until vegetables are tender, about 10 minutes. Add the oxtails and garlic to the pan, along with the stock and wine if using. Add the bay leaf and thyme and bring to a boil. Season with freshly ground black pepper to taste.

Reduce heat to low and simmer for about 3 hours, or until the meat is tender.

After the stew has been simmering for 2 hours, preheat oven to 350 degrees.

Toss the carrots, parsnips and turnips with a little olive oil and roast on a single layer on a sheet pan for 45 minutes to an hour.

When the oxtail meat is tender, skim the fat from the stew. Add in the roasted vegetables and heat for 15-20 minutes before serving.

Calf's Liver With Sage

Serves 4

Calf's liver is the most tender of all organ meats. It doesn't take long to cook, and has a velvety texture that's hard to find in other cuts of meat. You can use lamb's liver to save money if necessary, but you'll find it's not quite as tender. If you don't love the strong flavor of liver, you can tone it down by soaking it in milk for a few minutes.

Ingredients:

- 2 tablespoons virgin olive oil
- 12 fresh sage leaves
- 8 thin slices calf's liver
- Juice of 1 lemon
- Freshly ground black pepper, to taste

Directions:

Heat the oil in a medium skillet over medium-high heat. Add the sage leaves and cook until browned. Remove from pan.

Add the liver slices and cook until browned on all sides. Season with freshly ground black pepper to taste.

Add the sage leaves to the pan, followed by the lemon juice. Cook for 1 minute and serve immediately.

Pan Fried Veal Sweetbreads

Serves 2

Sweetbreads are something that many people are hesitant to taste, but once they do, they can't get enough. Not what the name implies, sweetbreads are actually the thymus gland of the animal, in this case veal. They are very mild in flavor, but have a rich and velvety texture that makes them a delicacy in foodie circles. If you've never tried them, this simple recipe is a great starter.

Ingredients:

- 6 ounces veal sweetbreads
- 1 cup milk
- Juice of 1 lemon
- 2 tablespoons butter
- 1 teaspoon capers
- Fresh chopped parsley for garnish
- Freshly ground black pepper, to taste

Directions:

Soak the sweetbreads in the milk overnight.

Before cooking, discard the milk and rinse the sweetbreads with cold water. Put in a pot, cover with water and add the lemon juice. Bring to a boil and blanch for about 5 minutes. Drain, and dry well.

Heat a large skillet over medium heat and add the butter. Add the sweetbreads and cook until golden brown. Add the capers to the pan, season with pepper, cook for 1 minute and plate the sweetbreads.

Serve immediately.

Chapter 11

Main Dishes: Wild Game

Venison Medallions With Quick Mustard Sauce

Serves 4

If you haven't been around hunters or hunted your own meat, you may have never tried venison, which is deer meat. While it does taste similar to beef in dishes like sauces or tacos, it does have a unique flavor that stands out in this dish. If you know a hunter and can get fresh venison, do so; otherwise, meat from a butcher will do.

Ingredients:

- 1-2 pounds venison tenderloin, cut into medallions 1/2 inch thick
- 1 tablespoon olive oil
- 3 tablespoons Dijon mustard
- 1 tablespoon butter
- 1 shallot, minced
- 1 1/2 cups homemade beef stock
- Freshly ground black pepper, to taste

Directions:

Rub 1 tablespoon of the mustard into the medallions. Heat a large skillet over medium-high heat and add the olive oil. When the pan is very hot, add the venison to the pan, cooking in batches if necessary. Sear for 4 minutes per side and remove from the pan.

Add the butter and shallots to the same pan and reduce the heat, scraping up any browned bits. Season with freshly ground black pepper to taste.

Add the stock and remaining mustard and whisk to create a smooth sauce.

To serve, drizzle the sauce over the venison medallions.

Venison and Pork Stuffed Peppers

Serves 6

This unique take on traditional stuffed peppers is an excellent choice for a dinner party, as the brightly colored peppers have great visual appeal, and the recipe gives guests who have never tried venison a chance to ease into it. Serve these with a big green salad for a complete and healthy meal that is also super filling.

Ingredients:

- 6 bell peppers, whatever color you prefer
- 4 slices bacon, chopped
- 1/2 pound free-range, organic ground pork
- 1/2 pound ground venison
- 2 stalks celery, diced
- 1 small onion, chopped
- 4 cloves garlic, minced
- 5 green onions, chopped
- 1 small bunch fresh parsley, finely chopped
- 2 large, cage free, organic eggs, beaten
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Cut off the tops of the peppers and remove the seeds and membrane with a pairing knife. Chop the tops and set aside.

Bring a large pot of water to a boil and turn off the heat. Add the peppers and soak for about 5 minutes, no longer.

Heat a large skillet over medium heat and add the bacon. Cook until crispy and remove from the pan. Add the pork and venison and cook until browned, about 10 minutes. Add the onions, celery, garlic and reserved chopped peppers. Cook for another 10 minutes and add the green onions and parsley. Transfer mixture to a pan and allow to cool and mix in the eggs. Season with freshly ground black pepper to taste.

Stuff the peppers with the mixture, pressing the meat down into the peppers to assure you have none left over.

Bake in a casserole dish until the tops are browned, about 30 minutes.

Serve immediately.

Roast Loin of Venison

Serves 8

If you enjoy the unique flavor of venison, you'll love this simple roast that doesn't have any competing ingredients. Serve with any vegetable of your choice for a complete meal.

Ingredients:

- 4 pounds boneless loin of venison
- 2 tablespoons olive oil
- Sea salt and freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees. Lightly season the venison loin with salt and pepper.

Set the meat in a roasting pan and roast for about 30 minutes for medium rare, longer if you like it more well done.

Allow venison to rest for 10 minutes before slicing and serving.

Braised Rabbit

Serves 4

Rabbit is a white meat that is very mild, although it does have a flavor all its own. This recipe is an easy way to get the most out of your rabbit and is great for those who have never tried it before. Your butcher will cut your rabbit however you like; in this recipe, it's cut in quarters and braised until tender.

Ingredients:

- 1 (3-pound) rabbit, cut into quarters
- 1/4 cup olive oil
- 1 large onion, sliced
- 3 cloves garlic, minced
- 2 cups homemade chicken stock
- 1 tablespoon fresh chopped thyme
- 1 bay leaf
- 1 tablespoon cornstarch mixed with 1 tablespoon cold water
- Juice of 1 lemon
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil in a large skillet over medium heat and add the rabbit pieces. Brown on all sides, remove from pan and set aside.

Add the onions and garlic and cook until tender, about 3 minutes.

Add the stock, thyme and bay leaf. Put the rabbit back in the pan and bring to a boil. Season with freshly ground black pepper to taste.

Reduce heat and simmer for 35-40 minutes until tender. Remove rabbit from pan and add cornstarch mixture. Simmer for 5 minutes while whisking. Stir in the lemon juice.

To serve, plate the rabbit and pour the pan sauce over top.

Filet of Ostrich With Mixed Mushrooms

Serves 6

Ostrich is very similar to beef in texture, but is leaner so it's lower in fat. You can get it at a local butcher, but it might be a bit more expensive than beef. While it may not be something you'll eat everyday, it's definitely worth trying, especially in this flavorful recipe with mushrooms.

Ingredients:

- 1/2 pound mixed mushrooms of your choice, sliced
- 6 ostrich filets
- 1/2 tablespoon butter, melted
- 1 tablespoon olive oil
- 1/2 shallot, minced
- 2 cloves garlic, minced
- 1/4 cup beef stock
- 1 tablespoon tomato paste
- Fresh chopped parsley for garnish
- Freshly ground black pepper, to taste

Directions:

Heat a large skillet over medium heat and add the butter. Add the mushrooms and cook until lightly browned and tender. Add the shallots and garlic and continue cooking about 2 minutes. Season with freshly ground black pepper to taste. Remove from pan.

Add the olive oil to the pan and add the ostrich steaks. Cook until nicely browned on both sides.

Add the stock and tomato paste, scraping up any browned bits as you cook. Add the mushroom mixture back to the skillet and heat through.

Serve the ostrich filets topped with the mushrooms and garnished with parsley.

Chapter 12

Main Dishes: Casseroles

Paleo Lasagna

Serves 8

If you find that you crave pasta on the Paleo diet, you'll be surprised to find that you do have some options. One of them is this delicious lasagna that will satisfy your craving for the comforting casserole. You could add a little bit of cheese to the top if desired, but you should try it without first, as you might be surprised at how much you enjoy it as is. A mandolin will yield the best results as far as the zucchini slices go, but you can slice it with a sharp knife if necessary.

Ingredients:

- 1 pound free-range, organic, grass fed ground beef
- 3 cloves garlic, minced
- 1 small onion, chopped
- 1 small green pepper, diced
- 6 ounces tomato paste
- 1 (15-ounce) can tomato sauce
- 1 tablespoon chopped fresh parsley
- 2 tablespoons Italian seasoning
- 1 large zucchini, thinly sliced lengthwise
- 1 cup sliced mushrooms
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees. In a large pot over medium heat, brown the beef while continuously stirring.

Add the garlic, onion and pepper and continue cooking for about 5 more minutes.

Stir in the tomato sauce and paste, followed by the herbs. Season with freshly ground black pepper to taste.

Bring to a boil and remove from heat.

In a 9"x13" casserole dish, place a thin layer of the sauce. Layer the mushrooms and zucchini

over the sauce and alternate layers until they reach the top or you run out of ingredients.

Cover with foil and bake for 25-30 minutes. Remove foil and bake for an additional 5 minutes. Allow to rest for 5 minutes before serving.

Pork and Leek Casserole

Serves 2

This casserole is easy to throw together but makes for a very filling meal. Leeks are a mild member of the onion family, and if you've never had them before, they look like giant green onions. The white parts are the only parts that are edible, so it may seem like a waste, but they are so tender and delicious they are well worth the trouble.

Ingredients:

- 2 medium onions, finely chopped
- 3 leeks, cleaned thoroughly and white parts sliced thin.
- 1 cup mushrooms, roughly chopped
- 1 tablespoon dried oregano
- 6 free-range, organic pork tenderloin medallions
- 1 cup homemade chicken stock
- 1 (15-ounce) can diced tomatoes
- 1 tablespoon tomato paste
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Place all of the ingredients into a casserole dish. Season with freshly ground black pepper to taste.

Cover with the lid or foil.

Bake for 3-4 hours or until pork is cooked through.

Place one to two tenderloins on each serving plate and spoon vegetables over the top before serving.

Spanish Lamb Casserole

Serves 5-6

This rich and flavorful casserole dish uses fatty lamb meat with lots of complementing vegetables. Fresh herbs and red wine give this casserole its intense flavor. This is a great alternative to a roast on a spring holiday, or a fitting meal any other time of the year.

Ingredients:

- 2 pounds free-range, organic lamb meat, legs or chops, whichever you prefer
- 1 head of garlic
- 2 tomatoes, chopped into 6-8 pieces each
- 1 green pepper, seeded and chopped
- 1 carrot, chopped into small pieces
- 1 large parsnip, chopped into small pieces
- 1 onion, chopped into small pieces
- 2 sprigs of rosemary
- 1 bay leaf
- 1 cup red wine
- 1 cup homemade chicken stock
- Freshly ground black pepper, to taste

Directions:

Cut the lamb meat into 1-inch chunks.

Heat the olive oil in a large sauté pan.

Add the lamb meat, season with pepper and brown on all sides, about 5 minutes.

Add the vegetables to the pan and fry until they begin to brown.

Transfer the meat and vegetables to a large casserole dish.

Add the rosemary and bay leaf, then pour in the red wine and stock. Season with freshly ground black pepper to taste.

Cover and put in oven for 2 hours.

Remove the rosemary sprigs.

If the sauce is too thin, return to the oven and let some of the liquid evaporate.

Ladle the meat and vegetables into bowls to serve.

Chipotle Chicken and Sweet Potato Casserole

Serves 6

This spicy chicken and sweet potato casserole is easy to prepare, full of flavor and sure to be a crowd pleaser. Loaded with veggies, salty bacon and hearty chicken, it's also filling enough to be a meal on its own. Bonus: It tastes even better the next day!

Ingredients:

- 2 pounds of sweet potatoes
- 2 tablespoons olive oil
- 1 red bell pepper, chopped
- 1 cup green onions, chopped
- 3 cloves of garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon chipotle powder
- 1/2 teaspoon ground cumin
- 2 free-range, organic chicken breasts, grilled and chopped
- 6 strips of bacon, cooked and crumbled
- 1 cup cherry tomatoes, chopped
- 3 tablespoon fresh cilantro, chopped

Directions:

Cook the sweet potatoes in boiling water until tender.

Let cool slightly, then peel the sweet potatoes and cut into 1-inch chunks.

Preheat oven to 375 degrees.

Add fat to a large pan over medium heat and add the bell pepper and green onion.

Cook for 2 minutes, then add the garlic and sauté for another minute.

In a large bowl, mix together the bell pepper, green onions, sweet potatoes, chili powder, chipotle powder, cumin, chicken, bacon, tomatoes and cilantro. Season with freshly ground black pepper to taste.

Transfer the mixture to a large casserole dish.

Bake for 20 minutes or until everything is heated through. Serve immediately.

Chicken Cauliflower Alfredo Casserole

Serves 4-5

Casseroles can be hard to come by on the Paleo diet, since most of them are loaded with rice, pasta or potatoes. This dish is a powerhouse for protein and fat, leaving you feeling extremely full without all those unwanted carbs. Chicken, bacon, eggs and vegetables give you everything you need for the day, and in a way that is mouthwateringly delicious.

Ingredients:

- 1/2 cup butter, melted
- 1 cup coconut milk
- 1 teaspoon garlic powder
- 3/4 cup heavy cream
- 1/2 medium onion, chopped
- 3 large eggs
- 3 boneless, skinless, free-range, organic chicken breasts, cooked and cubed
- 4 cups cauliflower, steamed and chopped
- 2 cups broccoli crowns, chopped
- 6 strips of bacon, cut into quarters
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 375 degrees.

Whisk the melted butter together with the cream, coconut milk, garlic powder, onion and eggs. Season with freshly ground black pepper to taste.

Add in the chicken, broccoli and cauliflower and mix. Pour into casserole or cake pan.

Place bacon in a single layer across the top.

Bake for 1 hour. Then put on broil for 5-6 minutes until bacon is crispy. Allow to rest for 10 minutes before serving.

Chapter 13

International Dishes: Mexican

Caveman Fajitas

Serves 4

The secret to tasty fajitas lies in marinating the meat in a spicy marinade, resulting in a tender, juicy meat that stands well all on its own. Grilling gives the meat and veggies a smoky flavor, although you can prepare them in a skillet, as well.

Ingredients:

- 2 tablespoons olive oil
- Zest and juice of 4 limes
- 1/2 teaspoon cayenne pepper
- 1 teaspoon minced garlic
- 2 jalapenos chopped
- 1 (8-ounce) can chipotle chilies
- 1/2 teaspoon crushed red pepper
- 1 pound free-range, organic, grass fed steak, chicken or fish, cut into 1-inch strips
- 1 onion, cut in small slices
- 1 green bell pepper, cut in rings
- 1 red bell pepper, cut in rings
- Freshly ground black pepper, to taste

Directions:

Mix the olive oil, lime juice and zest, chilies and seasonings together in a shallow dish. Add the meat and marinate overnight for best flavor. Drain the meat.

Preheat the grill. Place the meat in a grill basket, sprayed with cooking spray, and cook for 5-12 minutes, or until tender. Do not overcook. Transfer to a plate. Cook the vegetables for 8-12 minutes, until tender, stirring frequently so you don't burn the onions. Season with freshly ground black pepper to taste.

Serve the steak alongside the veggies.

Mexican Chicken Salad

Serves 4

Shredded chicken makes easy work of lunch on the Paleo diet. To make a quick salad, simply add a few vegetables, a protein and a savory dressing. Switch it up for variety. The basic formula for any salad dressing is simply one part acid to two parts oil. Add seasonings, such as ginger, chilies, garlic or juice to change the flavor.

Ingredients:

- 1 cup shredded, free-range, organic chicken breast
- 1/2 cup chopped red onion
- 1/2 cup chopped red bell pepper
- 1/2 cup avocado cubes
- 1/2 cup julienned jicama
- 4 cups baby salad greens
- 1/2 cup fresh lime juice, with the zest
- 1 teaspoon minced garlic
- 1 teaspoon cumin
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon cayenne pepper
- 1/2 cup chopped cilantro
- 1 tablespoon honey
- 1 cup grape seed oil
- Freshly ground black pepper, to taste

Directions:

Combine the shredded chicken and vegetables in a salad bowl.

Whisk the lime juice, lime zest, garlic, spices, cilantro and honey together in a bowl. Slowly add the grape seed oil in a steady stream, whisking vigorously until it emulsifies. Season with freshly ground black pepper to taste. Toss the salad with the dressing and serve immediately.

Chapter 14

International Dishes: Asian

Curried Shrimp

Serves 4

This curried shrimp tastes authentically Indian, but requires only a few ingredients and takes less than 25 minutes to prepare. Unless you live in a coastal area, most shrimp in the store has been frozen, including the shrimp labeled “fresh.” In most cases, you’re better off buying frozen shrimp.

Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons green curry powder
- 1 pound large shrimp, deveined and shelled
- 1 pound broccoli florets
- 3-4 carrots, peeled and sliced
- 1 (8-ounce) can coconut milk
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil over medium heat. Stir in the green curry powder and cook for one minute. Add the broccoli, carrots and coconut milk. Cook for 10 to 15 minutes, or until the veggies are tender and the coconut milk becomes thick. Stir the shrimp in during the last 5 minutes. Overcooking it will cause it to become tough and rubbery. Season with freshly ground black pepper to taste.

Serve immediately.

Garlic Ginger Chicken

Serves 3-4

This dish has a delicious Asian twist to it with ginger, garlic, fish sauce and coconut aminos, which is a healthy alternative to traditional soy sauce. You can find them either in a health food store or Asian grocery store.

Ingredients:

- 2 tablespoons unsalted butter
- 4 free-range, organic chicken legs
- 1 tablespoon minced ginger
- 5 cloves garlic, smashed and minced
- 1/4 teaspoon fish sauce
- 1/4 cup coconut aminos
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 425 degrees.

Melt the butter in a small saucepan.

Add the ginger, garlic, fish sauce and coconut aminos and bring to a simmer for 3 minutes.

Put the chicken in a baking dish and pour the sauce over the top.

Sprinkle with pepper.

Bake for 45 minutes.

Remove and let stand for 10 minutes before serving.

Green Curry Chicken

Serves 3-4

This wonderfully flavorful chicken dish is packed with spices, as well as a large variety of vegetables—onions, eggplant, carrots, cauliflower, zucchini and mushrooms.

Ingredients:

- 2 pounds of free-range, organic chicken thighs
- 3 cloves garlic, minced
- 1 (1-inch) piece fresh ginger, peeled and minced
- 3 small yellow onions, medium diced
- 1 eggplant, medium diced
- 3 large carrots, medium diced
- 1/2 head cauliflower, cut into 1-inch pieces
- 1 zucchini, medium diced
- 8 ounces mushrooms, sliced
- 2 cans coconut milk
- 3 tablespoons green curry powder
- Freshly ground black pepper, to taste

Directions:

In a large pot, heat the olive oil over medium-high heat.

Add the onions, garlic and ginger.

When the onions begin to soften, add the chicken.

Cook for 10 minutes, then add the eggplant and carrots.

Cover the pot, and when the eggplant begins to soften add the rest of the vegetables.

After 10 minutes, add the coconut milk and green curry powder. Season with freshly ground black pepper to taste.

Simmer the mixture until the vegetables are soft but not mushy.

Serve chicken in a bowl with lots of sauce over the top.

Chinese Five Spice Ribs

Serves 6

With the exotic flavor profile from the Chinese five-spice powder and the delicious sesame glaze, these melt-in-your-mouth tender ribs will have you swearing off Chinese take-out for good.

Ingredients:

- 6 pounds free-range, organic pork baby back ribs
- 1 tablespoon Chinese five-spice powder
- 1 teaspoon curry powder
- 1/2 teaspoon coriander
- 3 tablespoons sesame oil
- 1/2 teaspoon fish sauce
- 2 cloves garlic, minced
- 1 tablespoons fresh chopped ginger
- Freshly ground black pepper, to taste

Directions:

Cut the ribs into 6 portions. Bring two large pots of water to boil and boil the ribs for about 30 minutes. Drain and lay on a baking sheet to cool.

Season the ribs with the seasonings and cover with foil. Chill for 1 hour.

Heat a charcoal or gas grill to medium-low heat. Combine the remaining ingredients in a small bowl.

Put the ribs on the grill and grill for about 20 minutes. Baste with the sesame glaze and continue cooking for 20 more minutes, basting with any remaining glaze.

Serve immediately.



Beef Stir Fry

Serves 4

You'll have to eat this stir-fry without rice if you're trying to stick to the diet, but with the flavor from high quality beef, it's unlikely you'll miss it. As with all cooking, you want to buy the highest quality beef you can find, not only for flavor, but for health reasons as well.

Ingredients:

- 1 pound free-range, organic, grass fed beef round, sliced into thin strips
- 2 tablespoons extra virgin olive oil
- 1 garlic clove, minced
- 1 cup broccoli florets
- 1 cup carrots, sliced
- 1 cup pea pods
- 1/2 head cabbage, finely shredded
- 1 teaspoon apple cider vinegar
- Sesame seeds for garnish, if desired
- Freshly ground black pepper, to taste

Directions:

Heat a large, non-stick skillet or wok over medium-high heat. Add sliced beef and cook until browned on all sides, almost cooked through. Remove from pan and set aside.

Add oil to pan, add garlic, followed by vegetables. Stir-fry until crisp and tender. Season with freshly ground black pepper to taste.

Add beef back to pan and finish cooking. Divide into bowls, top with sesame seeds if desired and serve immediately.



Chapter 15

International Dishes: French

Beef Burgundy

Serves 4

Beef burgundy is traditionally served with mashed potatoes or noodles, but you won't miss them. This flavorful French stew is teeming with veggies and savory meat. Best of all, it cooks in the slow cooker, making it suitable for even a weeknight meal. Combine the ingredients the night before and refrigerate. In the morning, just turn the slow cooker on and dinner is made.

Ingredients:

- 2 slices bacon
- 1/2 cup chopped onion
- 1 teaspoon minced garlic
- 1 pound free-range, organic, grass fed beef stew meat
- 5 carrots, peeled and diced
- 2 cups beef broth
- 1 cup red wine
- 3 tablespoons quick-cooking tapioca
- 3 tablespoons tomato paste
- 1/2 teaspoon thyme
- 2 tablespoons butter
- 1/2 cup chopped mushrooms
- Freshly ground black pepper, to taste

Directions:

Cook the bacon in a large skillet over medium heat. Crumble and transfer to the slow cooker. Add the onion and garlic to the bacon drippings and cook until tender. Brown the stew meat in the bacon drippings and transfer it as well.

Add the carrots, broth, wine, tapioca, tomato paste, pepper and thyme to the slow cooker. Cook on low for 6-8 hours.

Melt the butter in a small skillet and sauté the mushrooms for 5-7 minutes, or until tender. Stir the mushrooms into the stew and serve.

Roasted Chicken With Root Vegetables

Serves 4

Roasted chicken is a classic dish that, when prepared correctly, is amazingly delicious. When served with the root vegetables in this recipe, this is a great meal to serve when entertaining. To get perfectly crisp skin on your chicken, allow it to come to room temperature before roasting.

Ingredients:

- 1 (4-pound) free-range, organic chicken
- 6 cloves garlic, smashed
- 2 medium rutabagas, peeled and cut into wedges
- 2 medium turnips, peeled and cut into wedges
- 4 large carrots, peeled and cut into 2-inch pieces
- 1 medium onion, cut into quarters
- 8 new potatoes
- 1/4 cup olive oil
- 4 tablespoons butter
- Sea salt and fresh ground pepper, to taste

Directions:

Preheat oven to 475 degrees.

Lightly season the chicken with salt and pepper. Rub the garlic cloves all over the inside and outside of the chicken and stuff them inside the chicken. Truss the chicken legs together with kitchen string.

Put the vegetables in a bowl and toss with the olive oil. Lay in a roasting pan and put the chicken on the bed of vegetables.

Rub the butter over the outside of the chicken and put the pan in the oven. Roast at 475 degrees for 25 minutes, reduce heat and roast for 45 more minutes until the thickest part of the thigh registers 160 degrees on an instant read thermometer.

Allow the chicken to rest for 20 minutes before carving and serving.

Salmon en Papillote

Serves 4

Don't be fooled by the name. En Papillote simply means "in parchment," and it's one of the simplest methods around for cooking fish and other foods. The food is tucked in a paper pocket and baked in a hot oven. The paper creates a hothouse effect, quickly steaming the food, while keeping it moist. Place one pocket on each plate and snip it open with kitchen shears for a simple, but elegant, presentation.

Ingredients:

- 4 salmon fillets
- 1 cup julienned carrots
- 1 cup chopped asparagus spears
- 1 cup broccoli florets
- 6 tablespoons butter
- 1 teaspoon dill
- 1/2 teaspoon minced garlic
- 1/2 teaspoon thyme
- Juice and zest of 1 lemon
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 375 degrees. Place four 12-inch squares of parchment paper on two baking sheets. Fold the sheets of parchment paper in half and unfold.

Place a salmon fillet on each sheet of parchment paper, positioning it on one side, so you can fold the paper over. Mound the vegetables on top of the fish.

Mix the remaining ingredients in a small bowl. Place 3 tablespoons of the mixture on top of each pile of vegetables. Season with freshly ground black pepper to taste.

Fold the paper over the top of the vegetables. Starting in one corner, fold the paper down to make a tightly sealed packet. Bake the fish for 12-15 minutes.

Chapter 16

International Dishes: Italian

Paleo Spaghetti and Meat Sauce

Serves 6

If you haven't tried spaghetti squash, you're in for a treat. The squash has a sweet, mellow flavor and forms spaghetti-like strands when cooked. Serve it with this hearty, slow cooker meat sauce for a filling lunch or dinner.

Ingredients:

- 1 pound free-range, organic, grass fed ground beef
- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 1/2 cup chopped carrots
- 2 teaspoons minced garlic
- 3 (14-ounce) cans tomato puree
- 1 (8-ounce) can tomato paste
- 1/2 cup red wine
- 1 teaspoon thyme
- 1 teaspoon marjoram
- 1 Spaghetti squash
- Freshly ground black pepper, to taste

Directions:

Brown the ground beef in a large skillet. Add the vegetables and cook them until they are tender. Transfer the ground beef and vegetables to a slow cooker, and add the remaining ingredients except the spaghetti squash.

Preheat the oven to 350 degrees. Cut the squash in half and remove the seeds. Place the squash in a baking pan, cut side down. Fill the pan with 2 inches of hot water. Cover with aluminum foil and bake for 40 minutes, or until tender. Scoop the squash out and place it in a serving dish. Serve with the meat sauce.

Note: Alcohol isn't allowed on the Paleolithic diet, although many chefs feel it is permissible in cooking because it burns off. Feel free to omit it if you prefer.

Chicken Cacciatore

Serves 4

Here's another slow cooker recipe for chicken cacciatore, the classic Italian chicken stew. Forgo the breading, and simply brown the chicken, which brings out its flavor admirably. This chicken tastes even better the next day, so make enough for leftovers.

Ingredients:

- 2 tablespoons olive oil
- 4 free-range, organic chicken breasts or 1 whole chicken, cut in pieces
- 1 teaspoon minced garlic
- 1 small onion, cut in rings
- 1 cup green bell pepper, cut in rings
- 2 (14-ounce) cans diced tomatoes, drained
- 1 (8-ounce) can tomato paste
- 1 teaspoon marjoram
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil in a large skillet. Add the chicken and brown it on all sides, about 10 minutes. Add the garlic, onions and peppers, and cook an additional 5 minutes. Transfer the chicken and vegetables to a slow cooker. Season with freshly ground black pepper to taste.

Add the remaining ingredients and cook on low for 6-8 hours. Serve with steamed spaghetti squash for a more traditional Italian meal.

Chapter 17

International: Regional American

Louisiana Gumbo, Paleo-Style

Serves 6

Enjoy the authentic flavors of Louisiana cuisine with this rice-less gumbo. Okra and tapioca thicken it slightly, and sautéed onions, peppers and celery—the Holy Trinity of cooking—add flavor. Chances are, you'll never miss the rice!

Ingredients:

- 2 tablespoons olive oil
- 1/2 cup chopped onions
- 1/2 cup chopped green bell peppers
- 1/2 cup chopped celery
- 1 cup sliced, chopped okra
- 4 cups chicken stock
- 1 (14-ounce) can diced tomatoes, drained
- 2 tablespoons molasses
- 2 tablespoons Tabasco sauce
- 2 cups cooked and shredded free-range, organic chicken
- 1 pound cooked shrimp
- 1/2 pound homemade sausage, browned and crumbled
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil in a large stockpot over medium heat. Add the onions, green bell peppers and celery and cook until tender, stirring frequently. Season with freshly ground black pepper to taste.

Add the okra and cook an additional 2 minutes. Stir in the remaining ingredients and simmer for 40 minutes.

Serve immediately.

Southern-Style Shrimp

Serves 4

If you've ever been to a crawfish boil, you know how much fun it is. Crawfish, corn on the cob and red potatoes are boiled in a spicy broth. Once cooked, the mess is thrown on a table covered with newspaper. Crawfish are a bit hard to come by in most parts, but shrimp is just as tasty. You'll love this Paleo-adapted version of a crawfish boil.

Ingredients:

- 1 pound shrimp, shells intact
- 2 medium onions, quartered
- 1 cup chopped tomatoes
- 1/2 cup minced fresh cilantro
- 2 teaspoons ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon crushed red pepper flakes
- Freshly ground black pepper, to taste

Directions:

Bring 4 cups of water to a boil in a large pot. Combine all the ingredients in a large bowl, stirring to coat the shrimp well. Season with freshly ground black pepper to taste.

Pour the shrimp into a steamer basket and place the steamer basket over the boiling water. If you don't have a steamer, improvise with a metal colander. Place the lid on the pot and steam for 5 minutes.

Pulled Pork With Homemade Barbecue Sauce

Serves 4

Pork roast is delicious cooked in the slow cooker. It becomes moist, savory and delicious. Commercial barbecue sauce is laden with high fructose corn syrup, sugar and vinegar, but this homemade version is much more healthy—and just as delicious.

Ingredients:

- 1 (2-pound) boneless, free-range, organic pork roast
- 1 teaspoon garlic
- 1/2 cup chicken broth
- 1 (28-ounce) can tomato puree
- 1/2 cup chopped onion
- 1/2 cup cider vinegar
- 1/4 cup molasses
- 1 teaspoon dry mustard
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground allspice
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground red pepper flakes
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil in a skillet. Add the pork roast and brown slightly. Browning caramelizes the meat and improves its flavor. Place the pork roast in a slow cooker and add the garlic. Season with freshly ground black pepper to taste. Cook on low for 3-4 hours, or until tender. Remove and shred.

Puree the tomato puree and onions in a food processor or blender.

Add the pureed tomato, onions and remaining ingredients to the slow cooker, mixing well. Cook an additional 2 hours to meld the flavors.

Chapter 18

Sides and Sauces

Roasted Broccoli

Serves 4

If you only eat steamed broccoli, then this roasted variety will be a real treat. It doesn't take much more effort, but it takes on a whole new dimension of flavor thanks to a hot oven that caramelizes the tender green stems. Serve this alongside any meat or seafood for a delicious and healthy side you'll love.

Ingredients:

- 1 pound broccoli florets, trimmed into bite-sized pieces
- 2 tablespoons olive oil
- Juice of 1 lemon
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Lay your broccoli on a parchment-lined sheet tray and drizzle with olive oil and lemon juice. Season with freshly ground black pepper to taste.

Bake for 30 minutes, stirring half way through, until the broccoli is slightly browned and crispy. Serve immediately.

Balsamic Roasted Onions

Serves 4

You may not think of onions as being a side dish, but once you've tried these sweet, delicate morsels, you'll quickly change your mind. Slice the onions with a mandolin to make sure the slices are all equal, ensuring that they'll cook evenly. Use these to top steaks and chops, or even to garnish soups or salads. Once you get creative, you'll find endless uses for them.

Ingredients:

- 1 large red onion, sliced thin
- 1 tablespoon olive oil
- 1 tablespoon balsamic vinegar
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Lay the sliced onions in a baking dish in a single layer. Drizzle with olive oil. Season with freshly ground black pepper to taste.

Roast for 30 minutes until onions start crisping and browning.

Toss cooked onions with the balsamic vinegar and serve.

Paleo Cranberry Sauce

Serves 6

If you're looking for a delicious cranberry sauce to serve alongside your roasted turkey or pork, then look no further than this deliciously tart version. Orange juice and a bit of maple syrup take the place of refined white sugar for a side dish you can enjoy without feeling guilty. Make sure to buy whole oranges and squeeze or juice them yourself for best results.

Ingredients:

- 1 pound fresh cranberries
- 1 cup freshly squeezed orange juice
- 1 tablespoon pure maple syrup

Directions:

Put the cranberries and juice in a saucepan and bring to a boil. Stir every few minutes until the cranberries begin to pop open.

Stir in the maple syrup and cook for a few more minutes.

Cool before serving.

Cauliflower Rice

Serves 2

Cauliflower is an amazing vegetable that can take many shapes and forms, and makes an excellent substitute for potatoes, rice and other starches that are off limits on the Paleo plan. You can use this anywhere you would serve rice. It makes a great addition to stir-fries or alongside fish or chicken. This is a basic version, but like rice, the mild flavor of cauliflower makes it a blank canvas for taking on other flavors. Feel free to experiment until you find something you love.

Ingredients:

- 1/2 head cauliflower
- 1 tablespoon butter
- 2 cloves garlic, minced
- Freshly ground black pepper, to taste

Directions:

Using a food processor or cheese grater, grate the cauliflower into pieces that are similar to the size of rice granules.

Heat the butter in a medium saucepan over medium heat. Add the garlic and sauté for 1 minute.

Add the cauliflower and cook for 3-4 minutes, until cooked through. Season with freshly ground black pepper to taste.

Serve immediately and use anywhere you would use plain rice.

Baked Spaghetti Squash

Serves 4

One ingredient is all it takes for a side dish that will make you swoon. Unlike other winter squash, this variety has a stringy texture that mimics spaghetti. It's amazing when baked and when covered in your favorite pasta sauce—you'll never know you're not eating all those carbs. Eat anywhere you would eat pasta, or just eat as a side dish. Either way, we think you'll love it.

Ingredients:

- 1 spaghetti squash
- Freshly ground black pepper, to taste
- Directions:
- Preheat oven to 400 degrees.

Directions:

Remove the stem from the squash and cut in half. Using a very sharp knife will make the process easier.

Put the squash on a baking sheet, season with pepper to taste and bake for 40 minutes.

Scoop the flesh out, separate it with a fork if necessary and serve.

Garlicky Wilted Spinach

Serves 2

If you have reservations about eating cooked spinach, they will end with this dish. It's so simple, yet so flavorful, and makes a great, fast and easy side dish to use for practically anything. The best part? It's amazingly good for you as well. While it may seem like this recipe calls for a lot of spinach, it does cook down quite a bit, so don't skimp thinking you have too much.

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 4 cups baby spinach leaves
- Freshly ground black pepper, to taste

Directions:

In a large skillet, heat the olive oil over medium heat. Add the garlic and cook for 2 minutes.

Add the spinach a handful at a time, trying to get it in the pan as quickly as possible. Season with freshly ground black pepper to taste. When spinach is just wilted, remove from heat and be ready to serve, as it is best served as soon as possible.

Quick Cooked Cabbage

Serves 2

Cabbage is a powerhouse vegetable that is highly underrated and often used as an accent. This quick side dish allows the pungent natural flavors of the cabbage to shine while providing a good dose of fiber, vitamins and antioxidants. While many cabbage dishes use apples or vinegar to add flavor, this dish is just cabbage, in all its glory—and it's quite tasty.

Ingredients:

- 1/4 head of green cabbage, thinly sliced or grated
- 1 tablespoon olive oil
- Freshly ground black pepper, to taste

Directions:

Heat a large skillet over medium-high heat. Add the olive oil to the skillet, followed by the cabbage. Stir to evenly coat all of the shredded cabbage with the oil. Season with freshly ground black pepper to taste.

Stir and continue cooking for 5 minutes. Serve immediately.

Roasted Baby Carrots

Serves 4

If you've ever been to a 5-star restaurant, you may have encountered glazed carrots on the menu, as it is a frequent star side dish. While these may be nice, the truth is that carrots have a lot of natural sugar in them, so if you cook them just right, you'll find they are super sweet on their own without any sugary sweet glazes. This recipe proves that, as crunchy baby carrots are roasted to perfection, leaving you with sweet and tender carrots that don't have any added sugar.

Ingredients:

- 1 pound baby carrots, preferably organic
- 2 tablespoons olive oil
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Lay the carrots on a parchment-lined baking sheet in a single layer. Drizzle with olive oil. Season with freshly ground black pepper to taste.

Roast for 30 minutes, or until carrots are lightly browned and fork tender.

Serve immediately.



Simple Grilled Asparagus

Serves 4

Depending on the dish you are serving, sometimes you want a side dish with a lot of competing flavors and textures. Other times, though, you just want something that is good, but that won't outshine your main course. That's the case with this simple grilled asparagus recipe. It's one vegetable, and it's amazing when grilled, but when you serve it alongside a tender steak, it complements rather than taking center stage. It's also easy to make, and will make any meal feel like a special occasion.

Ingredients:

- 1 pound asparagus stalks, tough ends trimmed
- 1 tablespoon olive oil
- Freshly ground black pepper, to taste
- Lemon juice, for seasoning

Directions:

Preheat a gas or charcoal grill to medium-high heat. Toss the asparagus with olive oil and season with freshly ground black pepper and lemon juice.

Lay the asparagus on the grill grates diagonally so that they don't fall through. Cook for 5-6 minutes, turning consistently, until they are tender.

Remove from grill and serve immediately.

Stuffed Paleo Zucchini

Serves 4

If you've got a garden, you know that the zucchini patch is a feast or famine situation. The first fruits take their time to appear, but then—watch out! Before long, you'll be overrun with the stuff, and your neighbors will turn the other way when they see you coming. Here's one flavorful way to use excess zucchini. Loaded with garden veggies and homemade sausage, this is Paleo at its best!

Ingredients:

- 2 tablespoons olive oil
- 1/2 cup chopped onions
- 1/2 cup chopped red pepper
- 1/2 cup chopped carrots
- 1/2 cup chopped kale
- 2 tablespoons garlic
- 1/2 pound homemade sausage, cooked and crumbled
- 1/2 cup almond meal
- 1 large, cage free, organic egg
- 1/4 cup chopped fresh basil
- 4 small zucchinis
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 400 degrees. Heat the oil in a large skillet and add the onions, celery, carrots and garlic. Sauté for 5 minutes, or until tender. Season with freshly ground black pepper to taste.

In a large mixing bowl, combine the sautéed vegetables and the remaining ingredients, except the zucchini. Cut the zucchini lengthwise and scoop out the seeds. Fill the zucchini with the sausage mixture. Cover with aluminum foil and bake for 20-30 minutes.

Beef, Celery, Walnut & Apple Stuffing

Serves 4

Who says stuffing has to be made out of just bread? This version is made with lean ground beef, celery, apples and walnuts, making it amazing and much healthier to boot. The ground beef needs to be very lean so the fat does not change the taste and texture you are looking to create. With the celery, apples and spices used, the aroma and texture will remain similar to that of traditional stuffing. The result will be much better if you chop your own fresh herbs.

Ingredients:

- 1 pound extra lean, free-range, organic, grass fed ground beef
- 1 tablespoon olive oil
- 4 stalks celery, diced
- 1 medium onion, diced
- 1 apple, diced
- 2 cups walnuts, chopped and toasted
- 1 clove garlic, minced
- 2 tablespoons poultry seasoning
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 375 degrees.

Sauté the ground beef and celery with the butter for approximately 3 minutes in a large pan. Be sure to crumble the ground beef into small pieces.

Add all the diced apple and onion, continue to sauté for an additional 2 minutes.

Add all your fresh herbs or mix, minced garlic and walnuts, and season with pepper to taste. Mix well. The meat should remain somewhat pink, and will finish cooking in the oven.

Place the mixture in a baking dish and cook uncovered for approximately 30 minutes in the preheated oven.

Garlic and Herb Mashed Cauliflower

Serves 3-4

A beautiful substitute for mashed potatoes, this mashed cauliflower side dish is full of flavor as well as loads of vitamins and other good stuff for you. This goes well with meatloaf, Swiss steak or anything else that you would serve mashed potatoes with—and we bet you won't be able to tell the difference!

Ingredients:

- 1 head of cauliflower, washed and cut into florets
- 2 tablespoons unsalted butter
- 1 medium sweet onion, chopped
- 3 cloves of garlic, minced
- 1 tablespoon fresh thyme, chopped fine
- 1 tablespoon fresh rosemary, chopped fine
- Freshly ground black pepper, to taste

Directions:

Steam or boil the cauliflower until soft (about 10 minutes).

Add 1 tablespoon of butter to a large sauté pan over medium heat.

Sauté onion, garlic and herbs until onion softens and becomes translucent.

Add cauliflower and onion mixture to blender or food processor along with remaining butter. Season with freshly ground black pepper to taste.

Pulse until desired consistency is reached.

Serve warm.

Grilled Tropical Fruit Skewers

Serves 4

If you think fruit can't be a delicious side dish for a savory meal, think again. These easy kebabs go with pork, chicken and fish, and they even make a nice dessert, especially when sprinkled with a little cinnamon. While the fruit choices in this recipe are delicious, you can use any combination you like. Mangoes, strawberries and kiwis are all delicious additions depending on what you are serving them with.

Ingredients:

- 2 bananas, sliced into bite-sized pieces
- 1/2 cantaloupe, seeded and cut into bite-sized pieces
- 1/2 pineapple, cut into bite-sized pieces
- 1 tablespoon coconut oil

Directions:

Heat a gas or charcoal grill to medium-high. If you're using wooden skewers, soak them for 10 minutes before using.

Skewer the fruit, alternating between types, until you run out of fruit.

Brush the fruit with the coconut oil.

Lay the skewers on the grill and cook, turning often for about 8 minutes or until edges are lightly charred and fruit is soft.

Serve immediately.



Deviled Eggs With Bacon Bits

Makes 2 dozen

Deviled eggs are a classic appetizer, but can also be used as a nice side dish for lighter lunches and dinners. They are easy to prepare and universally enjoyed, especially with this recipe that adds bacon bits for a nice, unexpected flavor.

Ingredients:

- 12 large, cage free, organic eggs
- 1/2 cup mayonnaise
- 1 tablespoon mustard
- 1 tablespoon ground cumin
- 6 slices bacon
- Paprika for garnish
- Freshly ground black pepper, to taste

Directions:

Cook bacon slices in a pan over medium heat until crispy. Let cool and crumble into small bits.

Place eggs in a pot filled with cold water.

Bring to a boil for 12 minutes.

Remove from the heat, drain and add cold water immediately to the eggs.

Once the eggs are cool enough to handle, peel and cut in half.

Scoop out the yolks and mash in a bowl with mayonnaise, mustard, bacon bits, cumin and pepper to taste.

Fill in the cavity of the egg white halves with the yolk, mayonnaise and bacon filling.

Garnish with paprika or any of your favorite fresh herbs.

Mango Slaw With Carrots and Red Onion

Serves 4

Coleslaw doesn't need to be boring. This delicious slaw includes bright, tart mangoes and crisp veggies. It goes great with seafood, such as crab cakes, and even lends an interesting twist to a barbecue.

Ingredients:

- Half a head of green cabbage, finely shredded
- 1 large carrot, finely grated
- 1 orange or yellow bell pepper, cut into 1/8-inch confetti
- 1 small red onion, sliced thin
- 1 mango, flesh removed into 1/8-inch wide matchsticks
- 1 stalk of scallion, finely chopped
- 2 tablespoons mayonnaise
- 3 tablespoons white vinegar
- 1/4 cup extra-virgin olive oil
- Freshly ground black pepper, to taste

Directions:

In a large bowl, toss together the cabbage, carrot, bell pepper, onion, mango and scallions.

In another bowl, mix together the mayonnaise and vinegar.

While slowly drizzling in the olive oil, whisk everything together.

Season with pepper.

Add the dressing to the vegetables and toss to coat.

Refrigerate for at least an hour to allow the flavors to meld.

Cabbage Braised in Duck Fat

Serves 4

Duck fat adds wonderful flavor to everything. In this dish, the savory duck fat braised cabbage is balanced with the sweet tartness of sherry vinegar and apples. If you can't find duck fat, bacon grease is a good alternative.

Ingredients:

- 3 tablespoons of duck fat
- 1 medium onion, thinly sliced
- 1 red cabbage, outer wilted leaves and core removed, sliced very thin
- 1 tablespoon sherry vinegar
- 1 bay leaf
- 1/2 cup water
- 1 apple, peeled and grated
- Fresh ground black pepper, to taste

Directions:

Add the duck fat to a large sauté pan over medium-high heat. When the duck fat has melted, add the onion. Sauté the onion until soft and translucent.

Add the cabbage, vinegar, bay leaf and water to the hot pan. Season with freshly ground black pepper to taste.

Bring the water to a boil and cover.

Cook for about 20 minutes.

Stir in the grated apple and serve.



Crab Stuffed Mushrooms

Serves 2-4

Mushrooms can often be forgotten on a Paleo diet, but they are certainly a healthy and tasty addition to any recipe. Mushrooms are often stuffed with cheeses, but these crab stuffed ones are just as delectable. Simple white button mushrooms are perfect here, but feel free to use any mushroom you have handy that are big enough to stuff.

Ingredients:

- 20 button mushrooms, stems and gills removed
- 2 cups cooked crab meat, canned or fresh and finely chopped
- 3 tablespoon chives, minced
- 3 cloves garlic, minced
- 1/4 teaspoon dried oregano
- 1/4 teaspoon dried thyme
- 1/4 teaspoon mustard
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Mix all the ingredients together in a bowl. Spoon a generous portion of the stuffing into each mushroom and bake in a preheated oven on a baking sheet for about 15 minutes.

Let cool slightly, but serve when still warm.



Roasted Sweet Potatoes With Rosemary

Serves 2-4

To make things a little unusual while keeping with the bulkier and orange autumn vegetables, this roasted, cubed sweet potato dish with a touch of rosemary is perfect for any occasion. Rosemary features strong anti-oxidant assets, but feel free to use any woody herb such as thyme or sage in place of the rosemary in this recipe.

Ingredients:

- 2 large sweet potatoes, peeled and cut into 1-inch cubes
- 1 large sprig of picked rosemary leaves
- 3 tablespoons butter
- 4 cloves garlic, crushed
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 425 degrees.

Fill a pot with cold water, place in the sweet potato cubes and bring to a rapid boil. Drain the potatoes in a colander and let steam and dry.

Using a mortar and pestle, grind the rosemary leaves.

Heat a roasting pan on the stove with medium-low heat, add the fat, rosemary and sweet potato cubes and season with pepper to taste. Without cooking, blend everything together.

Place the roasting pan in the oven and roast for approximately 20 to 25 minutes or until crispy and tender. Be sure to stir the potatoes occasionally for an even texture.

Serve warm.

Tender and Flavorful Herb-Laced Carrots

Serves 2

Orange vegetables are always a hit around Thanksgiving and fall. Despite the simplicity of this side dish, it is delicious and extremely easy to prepare, and will add a nice touch to any dinner.

Ingredients:

- 1 tablespoon butter
- 3 cloves garlic, minced
- Juice and zest of one orange
- Handful of chopped fresh parsley leaves
- 2 large carrots, sliced thinly
- About 1/2 cup olive oil
- 1 cup homemade chicken stock
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

Combine the garlic, orange zest and parsley. Chop together until fine.

Rub the baking dish with butter and dust with some of the garlic, zest and parsley mixture.

Line the bottom of the dish with carrot slices, brush with olive oil or butter and season lightly with pepper.

Sprinkle some more of the garlic, zest and parsley mixture.

Repeat while layering carrot slices.

Top with orange juice and just enough chicken stock to cover.

Line with wax paper on top of the carrots to prevent them from drying out.

Place in the hot oven and bake for approximately 20 to 25 minutes or until carrots are very tender.

Sweet Potato Salad

Serves 4

Sweet potatoes, pineapple and toasted pecans create this delightful side dish that is sweet and flavorful. The pecans, celery and bell pepper add a nice crunch to the dish, as well as some good nutrition.

Ingredients:

- 2 pounds sweet potatoes
- 1/4 cup mayonnaise
- 1 tablespoon mustard
- 4 celery stalks, chopped
- 1 small red bell pepper, diced
- 1 cup diced fresh pineapple
- 2 scallions, finely chopped
- 1/2 cup coarsely chopped toasted pecans
- Chopped fresh chives
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees. Roast sweet potatoes on oven rack for one hour. Remove and let stand until cool enough to handle. Peel sweet potatoes and cut into 3/4-inch cubes.

Whisk together the mayonnaise and mustard in a large bowl.

Add the sweet potatoes, celery, bell pepper, pineapple and scallions.

Mix well and season with pepper.

Cover and chill for 1 hour.

Stir in the pecans just before serving and garnish with the chives.

Whipped Carrot Soufflé

Serves 4

This dish is reminiscent of sweet potato casserole at Thanksgiving time, only without the marshmallows. A bit of spice, a bit of sweetness—this carrot dish makes a nice accompaniment to almost any meat.

Ingredients:

- 2 pounds baby carrots
- 1 quart chicken broth
- 3 large, cage free, organic eggs
- 2 tablespoons minced onion
- 1/2 cup coconut oil (melted)
- 1 tablespoon coconut flour
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon cinnamon
- 1/4 cup pure maple syrup
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 350 degrees.

Add the chicken broth to a pot and bring to a simmer. Add the carrots and cook until tender.

Put the carrots into a mixing bowl and beat until smooth.

Mix in the eggs, onion, coconut oil, coconut flour, lemon juice, cinnamon and maple syrup. Beat the mixture until very smooth. Season with freshly ground black pepper to taste.

Scoop the mix into a large casserole dish and place in oven.

Bake in oven for 45 minutes until top is lightly browned.

Serve warm.

Crispy Lemon Green Beans

Serves 4

Lemon adds a touch of acidity that brings out the great flavor of fresh green beans. Roasting the beans in the oven makes them crispy and gives them an unexpected crunch you'll love.

Ingredients:

- 1 pound of fresh green beans
- 2 tablespoons butter, melted
- 2 teaspoons of dried rosemary
- 2 teaspoons of dried sage
- 1 lemon, thinly sliced, seeds removed
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Add washed and trimmed green beans to a casserole dish. Pour butter over top of beans.

Sprinkle rosemary and sage and mix ingredients until well coated. Season with freshly ground black pepper to taste.

Place the lemon slices in an even layer over the beans.

Bake for 30 to 35 minutes until the green beans are crispy.

Brussels Sprouts With Hazelnuts

Serves 4

This is a very simple way to roast Brussels sprouts, leaving them tender and full of flavor. Watch the hazelnuts carefully in the oven so they don't burn.

Ingredients:

- 3 tablespoons butter, unsalted, melted
- 1 pound Brussels sprouts, trimmed and halved or quartered, depending on size
- 1/4 cup chopped hazelnuts
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 450 degrees.

Toss the Brussels sprouts and hazelnuts with the butter and put onto a cookie sheet.

Sprinkle with pepper and place sheet into oven.

Bake for 15 minutes, occasionally turning the Brussels sprouts with a wooden spoon.

Kale With Walnuts and Cranberries

Serves 2

Kale is a good source of protein and vitamins. Cranberries and walnuts add excellent flavor to this side dish that goes great with beef or chicken. If you can find cranberries that have no added sugar, you should get those; otherwise, use dried tart cherries.

Ingredients:

- 1 pound bunch of kale with tough stems removed, washed and torn into large pieces
- 1 tablespoon unsalted butter
- 1 tablespoon olive oil
- 1/2 medium red onion, finely chopped
- 3 cloves garlic, minced
- 1/2 cup chopped walnuts
- 1/4 cup dried cranberries, preferably with no added sugar
- Fresh ground black pepper, to taste

Directions:

Bring a large of pot of water to a boil. Add the kale and cook until tender and bright green, about 4 or 5 minutes.

Remove the kale and run under cold water to cool.

In a large sauté pan, add the butter and olive oil over medium heat. Add the onion and sauté until soft.

Stir in the garlic and walnuts and cook until the nuts are golden, about 2 minutes. Mix the cranberries in, then add the kale.

Toss gently with the onion/cranberry mixture.

Season with pepper and serve warm.

Acorn Squash and Yams Cooked in Duck Fat

Serves 4

Duck fat is a great way to roast squash and root vegetables. The fat when heated creates a nice crispy texture and also adds some amazing flavor to the dish.

Ingredients:

- 1 small acorn squash, thinly sliced
- 1 large yam, peeled and thinly sliced into coins
- 2 large parsnips, peeled and cut into batons
- 5 whole garlic cloves
- 2 tablespoons duck fat, melted
- 1 tablespoon dried thyme
- 1 tablespoon dried rosemary, crushed
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Add all of the ingredients in a large bowl and toss well to coat evenly. Spread the mixture out onto a baking sheet.

Roast in oven 30-40 minutes until vegetables are soft.

Transfer to a large platter and serve warm.

Roasted Baby Artichokes

Serves 2

Baby artichokes are a treat because almost the entire thing is edible. The flavor of artichoke is subtle and delicious and doesn't need much improvement. This is a simple way of roasting the artichokes that brings out the best flavor.

Ingredients:

- 10 baby artichokes
- 1 lemon, halved
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Fill a bowl with cold water and add the lemon juice.

Cut about a quarter off the end of each artichoke (opposite the stem). Remove all the hard outer leaves. Use a paring knife to remove the remaining hard skin near the base of the artichoke.

Cut each baby artichoke in half lengthwise and toss in the lemon water. When done cutting all of the artichokes, drain the water and pat dry with a paper towel.

Toss the artichokes with a few tablespoons of olive oil, minced garlic and a little pepper.

Spread the artichokes out in an even layer onto a baking sheet. Roast for 25-30 minutes until soft.

Serve warm with sliced lemon.

Roast Turnips With Bacon and Apples

Serves 3-4

Bacon is loaded with protein and fat, pairs beautifully with roasted root vegetables like turnips and is a classic with apples. The paprika in this dish adds a bit of smokiness that is very pleasant.

Ingredients:

- 4 turnips, ends removed and chopped into bite-sized pieces
- 2 granny smith apples, peeled, cored, seeded and sliced 1/2-inch thick
- 2 tablespoons bacon grease, melted
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- Freshly ground black pepper, to taste
- 2 strips of thick cut bacon, cooked and crumbled, to garnish

Directions:

Preheat oven to 400 degrees.

In a large bowl, toss the turnips and apples with the bacon grease, paprika, garlic powder and pepper.

Transfer mixture to a large casserole dish.

Bake uncovered for 20 minutes, stirring occasionally.

Turn oven down to 350°F and continue to bake for another 20 minutes or until the turnips are soft.

Remove from oven and sprinkle the bacon over the top.

Braised Cabbage & Bacon

Serves 2-4

This is a straightforward and luscious side to any turkey or beef entrée, and the bacon adds a flavorful element to the braised cabbage. This recipe can replace any of your usual green vegetable sides. The key to fast preparation is to have a very finely chopped cabbage to allow for a faster cooking time.

Ingredients:

- 2 cups chicken stock
- 6 slices bacon, chopped
- Small handful of thyme leaves
- 1 medium green cabbage, finely sliced
- 4 tablespoons butter
- Freshly ground black pepper, to taste

Directions:

Bring the stock, bacon and thyme leaves to a boil in a large pot. Add the cabbage, boil for 5 minutes and then reduce to a simmer.

Simmer the cabbage until just tender to your taste. Season with freshly ground black pepper to taste.

Add some stock during the simmering process if you feel it has reduced too much.

Add the butter, season to taste and serve immediately.

Sweet Potato Mash With Pecans

Serves 4

Mashed sweet potatoes are very easy to prepare, and do not require ingredients that you probably don't already have, which is always a plus. When eaten by themselves sweet potatoes can be quite sweet. However, the green onions add a bite, and the pecans give a terrific nutty taste and add a nice, crunchy texture.

Ingredients:

- 3 large sweet potatoes, peeled and cubed
- 1/2 cup butter, softened
- 2 green onions, chopped
- 1/8 teaspoon ground cinnamon
- 1/4 cup toasted, chopped pecans
- Freshly ground black pepper, to taste

Directions:

Bring water to a boil and cook potatoes until soft enough to mash in a large pot.

Strain the potatoes and put them back in the pot. Add the butter and mash until butter is melted completely and potatoes are smooth and silky. Season with freshly ground black pepper to taste.

Add onions with the cinnamon and mix completely to ensure the cinnamon is dispersed consistently.

In a small skillet over medium heat, toast the pecans. When finished, add to the potatoes.

Serve warm.

Creamy Tomato Baked Scallops

Serves 4

Scallops can be prepared in a variety of ways, though they are typically pan-fried. When the weather permits, they can also easily be grilled. However you decide to cook them, they are easy to prepare and require very minimal time. Scallops, as nutritious as they are, can be bland tasting, so adding flavors to them is a good idea. This recipe accomplishes this with the help of a delectable and rich tomato sauce, added coconut milk and fresh oregano.

Ingredients:

- 12 medium scallops
- 1/4 cup coconut milk
- 1/4 cup tomato sauce
- 2 medium tomatoes, seeded and diced
- 1 tablespoon coconut oil
- 1 cup red onion, chopped
- 3 cloves garlic, minced
- Fresh oregano, finely chopped, to taste
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 475 degrees.

Over medium-high heat, sauté the onions and the coconut oil in a medium skillet. Cook for several minutes, or until the onion becomes slightly softened

Add the minced garlic and cook on medium-low heat.

Sauté for a few minutes before adding the coconut milk and tomato sauce, and follow up with the oregano. Season to taste with pepper. Mix well and cook for approximately 2-3 more minutes.

Place the scallops on the bottom of a baking dish that is large enough to keep them from overlapping each other. Distribute the coconut milk and tomato mixture on top of the scallops and make sure they are all well coated. Finish by sprinkling the diced tomatoes over the scallops and bake uncovered for approximately 15-20 minutes. Serve warm.



Paleo Fries With Herbs

Serves 4

Great with chicken drumsticks or thighs, nothing can beat these fries. The natural flavors from the herbs offer a mouthwatering combination, and the fries act as a great way to soak up any sauces on your plate from your chicken.

Ingredients:

- 4 large sweet potatoes, peeled and cut into evenly sized strips
- 2 tablespoon coconut oil, melted
- 1 1/2 teaspoons ground pepper
- 1 1/2 teaspoons oregano, finely chopped
- 1 1/2 teaspoons parsley, finely chopped
- 1/2 teaspoon thyme, finely chopped
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 425 degrees.

Place the oven rack in the middle position.

Combine all of the herbs, pepper and sweet potatoes in a gallon-size freezer bag. Toss well to disperse the herbs evenly and add the coconut oil.

On a larger baking sheet, lay potatoes on a baking sheet in an even layer. Sprinkle the herb mixture on top.

Bake for 25 minutes, and then flip the potatoes around to cook for approximately another 15-20 minutes.

Serve hot and crispy.

Stove Top Spiced Nuts

Serves 4-6

Nuts as a side dish? The nutrients—especially protein—contained in this mixture of nuts make it the perfect side to any lunch or light dinner entrée. The mixture of herbs will add a nice touch of flavor, and you can make these in bulk to have them readily available for your lunch box. These are also a great addition to salads to add a nice crunch.

Ingredients:

- 2/3 cup almonds
- 2/3 cup pecans
- 2/3 cup hazelnuts
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 tablespoon coconut oil, melted

Directions:

Toast the combination of all the nuts in a large skillet over medium-high heat. This will only take a few minutes and will not require any butter.

Combine all the spices in a small bowl. Mix well to ensure an even consistency.

When the nuts have completely toasted and taken on a golden brown tone, remove from heat and drizzle them slightly with the oil. Make sure the nuts are coated well. Sprinkle with the spice mixture.

Bacon and Kale

Serves 4

Roasted kale becomes thin, crisp and smoky, making it a wonderful accompaniment for bacon. It only takes 2-3 minutes to cook, though, so watch it closely.

Ingredients:

- 1 tablespoon olive oil
- 1 pound kale
- 6 slices bacon, cooked and crumbled
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 375 degrees. Wash the kale carefully and cut it into 2-inch pieces, discarding the stems. Toss the kale with the olive oil on a large cookie sheet.

Roast the kale for 2-3 minutes, or until it starts to become crisp. Transfer it to a serving bowl and toss it with the bacon and pepper.

Tex Mex Coleslaw

Serves 4

This light salad is the perfect meal for a warm summer night. Crisp, flavorful and refreshing, it provides a healthy dose of protein and just the right crunch! Serve with a barbecue for a classic flavor combination that will never fail you!

Ingredients:

- 1 cup shredded chicken
- 1 cup shredded cabbage
- 1/2 cup diced red pepper
- 1 green onion, chopped
- 1 small tomato, diced
- 1/2 cup chopped fresh cilantro
- 1/4 cup olive oil
- 3 tablespoons lime juice
- 1/2 teaspoon cumin
- Freshly ground black pepper, to taste

Directions:

Combine the chicken, cabbage, red pepper, onion and tomato in a medium bowl. In another bowl, whisk together the remaining ingredients to make a dressing. Season with freshly ground black pepper to taste. Pour the dressing over the salad and toss gently. Refrigerate for up to 4 hours before serving to meld flavors.

Paleo Barbecue Sauce

Makes 2 cups

Most store-bought barbecue sauces are going to be loaded with sugar, even if they don't taste particularly sweet. This homemade version is spicy and complex—perfect for slow cooked meats, grilled chicken or anywhere else you would use barbecue sauce.

Ingredients:

- 1 tablespoon butter
- 2 cloves garlic, minced
- 2 shallots, minced
- 1 teaspoon spicy brown mustard
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 cup chicken stock
- Juice of 1 lime
- 1 (6-ounce) can tomato paste
- Freshly ground black pepper, to taste

Directions:

In a medium saucepan, heat the butter over medium heat. Add the shallots and garlic. Cook until soft, about 3 minutes.

Add the mustard and spices and continue to cook, stirring, for 1 more minute.

Add the broth, lime juice and tomato paste and bring to a boil. Season with freshly ground black pepper to taste.

Reduce to a simmer and cook for about 45 minutes. Allow to cool. For a smooth sauce, puree in a blender or food processor.

Dill Seafood Sauce

Makes 1 cup

This easy-to-use sauce is a delicious addition to crab cakes, shrimp or just about any kind of fish. It's also a great dip for veggies at a party, and it goes great with hot wings too.

Ingredients:

- 1 large, cage free, organic egg
- Juice of 1 lemon
- 1 cup olive oil
- 1 tablespoon dried dill
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Freshly ground black pepper, to taste

Directions:

Put the egg and lemon juice in a food processor or blender. Turn it on and slowly stream in the oil. Add the spices and continue blending until smooth and creamy. Season with freshly ground black pepper to taste. Chill before serving.

Easy Garlic Butter Sauce

Makes 1/4 cup

Garlic makes everything taste better, and what could go better with garlic than rich and creamy butter? Not much, and this sauce proves it. This is easy to make, and makes plain chicken breasts or vegetables perk up instantly. Store leftovers in the refrigerator and melt a little in the microwave if necessary.

Ingredients:

- 1/4 cup butter
- 2 cloves garlic, minced
- 1 tablespoon finely chopped fresh parsley
- Freshly ground black pepper, to taste

Directions:

Heat a small saucepan over medium heat. Add the butter and melt.

Add the garlic and cook for about 2 minutes, until it starts to turn brown. Remove from heat. Season with freshly ground black pepper to taste.

Stir in the parsley and serve.

Rosemary Aioli

Makes 1 cup

Aioli is just a fancy name for mayonnaise with garlic added to it. While it's a rich and delicious combination on it's own, this version gets a bright kick from the addition of fresh chopped rosemary. In this recipe, you'll make the mayo from scratch, but if you're in a hurry you can just blend the garlic and rosemary with a prepared version. This is delicious with baked chicken or roasted vegetables.

Ingredients:

- 1 large, cage free, organic egg
- Juice of 1 lemon
- 1/4 teaspoon ground mustard powder
- 1 cup olive oil
- 2 cloves garlic, minced
- 1 tablespoon chopped fresh rosemary

Directions:

Put the egg and mustard powder in a blender or food processor. Slowly drizzle in the oil and blend until creamy. Add the garlic and rosemary and continue blending until smooth. Chill before serving.

Cocktail Sauce

Makes 1/2 cup

Cocktail sauce is one of those things most people buy in a jar, but it's actually pretty easy to make at home—no cooking necessary! The end result is much less expensive and better for you than any bottled version. Use this for shrimp cocktail or anywhere else you have the need for this spicy tomato-based dipping sauce.

Ingredients:

- 1 (6-ounce) can tomato paste
- 4 tablespoons horseradish
- Juice of one small lemon

Directions:

Combine all ingredients in a small bowl and mix thoroughly.

Chill before serving if desired.

Homemade Buffalo Sauce

Makes 1 1/2 cups

While this is more effort than simply grabbing a bottle at the store, once you taste a bite of this spicy sauce on your wings, eggs or appetizers, you'll immediately notice the difference. While many bottled versions are simply just hot, this homemade version has some heat, but with a much more complex and interesting flavor.

Ingredients:

- 10 Fresno chilies
- 1/2 small onion, chopped
- 3 cloves garlic, minced
- 1/2 teaspoon butter
- 1 cup apple cider vinegar
- Freshly ground black pepper, to taste

Directions:

Stem and seed the peppers. Slice and set aside.

Heat a small saucepan over medium heat and add the butter. When melted, add the onion, garlic and peppers. Season with freshly ground black pepper to taste.

Add 2 cups water and bring to a boil. Boil for about 10 minutes, stirring occasionally.

Add 1 more cup water and turn the heat down to medium. Cook until the water is evaporated and the peppers are soft.

In a blender or food processor, add the peppers, onions and garlic and blend until smooth. Slowly add in the vinegar while continuing to blend until smooth.

Mango Chutney

Makes 3 cups

This is a yummy dish that works well with grilled fish or chicken, and it goes wonderfully with crab cakes as well. Sweet and savory, you'll enjoy this with a variety of dishes. Make sure your mangoes are ripe before trying this recipe, otherwise you won't get the full flavor.

Ingredients:

- 1 tablespoon coconut oil
- 1 garlic clove, minced
- 1 tablespoon fresh chopped ginger
- 1/2 small red onion, minced
- 1 red bell pepper, chopped
- 2 ripe mangoes, pitted and chopped
- Juice of 1 lime
- 1 tablespoon curry powder
- 1 teaspoon red pepper flakes
- Freshly ground black pepper, to taste

Directions:

In a small saucepan, heat the coconut oil over medium heat. Add the garlic and ginger and sauté for 2 minutes.

Add the onion and pepper and cook for 2 more minutes.

Add the rest of the ingredients and continue cooking until softened, about 5 more minutes. Season with freshly ground black pepper to taste.

Simmer until soft, about 10 minutes. Serve.

Homemade Nut Butter

Makes about 2 cups

You can use whatever nuts you want here—almonds, pecans, cashews and walnuts all work well. This is a great alternative to store-bought versions that contain added oils, refined sugar and other ingredients you just don't need in your diet. Enjoy this with celery or apples for a crunchy and healthy snack.

Ingredients:

- 2 cups raw nuts of your choice
- 1/4 cup macadamia nut oil

Directions:

Put the nuts in a food processor and process until finely ground. Stream in the oil and continue pureeing until you have a butter-like texture. Refrigerate any leftovers.



Paleo Pesto

Makes 2 cups

Pesto is a popular Italian sauce that uses basil for the base. While it traditionally includes cheese, this version skips it. We don't think you'll miss it though. Try using other herbs for a variety of flavors. Mint and cilantro work especially well.

Ingredients:

- 2 cups packed fresh basil leaves
- 1/2 cup walnuts
- 1/2 cup olive oil
- Juice of 1 lemon
- Freshly ground black pepper, to taste

Directions:

Put the basil in a food processor and pulse until well chopped.

Add the walnuts and continue chopping.

Slowly stream in the olive oil and lemon juice and puree until you have a smooth sauce. Season with freshly ground black pepper to taste.

Refrigerate any leftover sauce.

Chapter 19

Vegetables and Vegan Dishes

Paleo Stuffed Tomatoes

Serves 4

Vegan Recipe Tomatoes are the glory of the summer garden—robust, sweet and fragrant. Grow tomatoes yourself or buy locally grown tomatoes at a farmer’s market. Store them at room temperature for up to 5 days, and don’t refrigerate them, as this destroys their delicate taste. Make this quick and easy dish for a light Paleo lunch, or serve it with tuna salad.

Ingredients:

- 4 large beefsteak tomatoes, cored
- 2 tablespoons butter
- 1/2 cup chopped mushrooms
- 1/2 cup chopped shallots or leeks
- 1/2 cup chopped baby spinach
- 1/2 cup chopped walnuts
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 400 degrees. Melt the butter in a saucepan. Add the vegetables and sauté them for 5 minutes, or until tender. Season with freshly ground black pepper to taste. Add the walnuts.

Fill the tomatoes with the mushroom mixture and place them on a baking sheet. Bake for 15-25 minutes, or until tender and the skins are beginning to crack.

Sweet Potato Salad

Serves 4

Vegan Recipe This vegetarian dish contains sweet potatoes, pecans and dried fruit, and will leave you feeling full without the addition of meat. Serve this dish with steamed greens or a salad for a complete meal.

Ingredients:

- 1/4 cup olive oil
- Juice and zest of 2 limes
- 2 tablespoons pure maple syrup
- 1 teaspoon grated, fresh ginger
- 1 teaspoon curry powder
- 2 large sweet potatoes, peeled, cubed and steamed until tender
- 1/2 cup chopped pecans
- 1/4 cup chopped cilantro
- 1/4 cup chopped onions
- 1/4 cup dried cherries
- Freshly ground black pepper, to taste

Directions:

Combine the oil, lime juice and zest, ginger and curry powder in a bowl.

Toss the sweet potatoes, pecans, cilantro, onions and cherries lightly together in a mixing bowl. Add the dressing and toss again. Season with freshly ground black pepper to taste.

Serve at room temperature.

Paleo Ratatouille

Serves 4

Vegan Recipe Ratatouille is the perfect vegetarian dinner for a warm, summer evening. Roast the season's bounty to bring out the flavors of the vegetables. Eggplant has a meaty texture and will fill you up without the addition of meat. Choose the freshest vegetables you can find—preferably from your own garden.

Ingredients:

- 2 cups cubed eggplant
- 1 red onion, peeled and slivered
- 3 carrots, peeled and sliced
- 1 cup zucchini rounds
- 1 large green bell pepper, sliced in rounds
- 1 large red bell pepper, cut in rounds
- 1 cup summer squash rounds
- 2 fresh plum tomatoes, seeded and quartered
- 2 tablespoons olive oil
- 1 teaspoon thyme
- 1 teaspoon minced garlic
- 1/2 teaspoon marjoram
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 425 degrees. Spread the vegetables out on a large baking sheet. Season with freshly ground black pepper to taste.

Mix the olive oil, garlic and herbs in a bowl. Drizzle over the vegetables and stir to coat them.

Roast for 15-20 minutes, until the vegetables are tender and glistening.

Grilled Pineapple and Sweet Potatoes

Serves 4

Vegan Recipe When you're craving potatoes, try sweet potatoes instead. They're high in carotene and fiber, and lower in sugar and starch than white potatoes. They pair beautifully with pineapple on the grill for a sweet and smoky dish.

Ingredients:

- 2 large sweet potatoes, peeled and cut in cubes
- 1 pineapple, cored and cut in cubes
- 2 tablespoons butter
- 1 tablespoon honey
- 1 teaspoon cinnamon
- Freshly ground black pepper, to taste

Directions:

Preheat the grill. Place the sweet potatoes on a microwave-safe dish. Cover them and microwave for 8 minutes. Sweet potatoes take a long time to cook, but microwaving them first accelerates the process.

Spray a grill basket with cooking spray. Place the sweet potatoes in the grill basket and grill them for 8-10 minutes, stirring frequently, until tender. Add the pineapple and grill an additional 3-5 minutes.

Mix the butter, honey and cinnamon in a bowl and pour over the pineapple and sweet potatoes. Stir to combine, cook for one more minute and remove from the heat.

Winter Veggie Stew

Serves 4

Vegan Recipe This hearty stew is vegan, but it's also very filling. Many people are surprised to find that a lot of vegan dishes fit on the Paleo plan, and that it is quite possible to not eat meat and get a lot protein. Leafy greens, such as the kale and spinach in this dish, are loaded with fiber and protein, as well as vitamins and minerals that will keep your body going all day long.

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, minced
- 2 cloves garlic, minced
- 2 carrots, sliced
- 1 cup sliced mushrooms
- 1 stalk celery
- 1 tablespoon Italian seasoning
- 4 cups packed baby spinach
- 1 large bunch Tuscan kale, chopped
- 6 cups vegetable broth
- 1 (15-ounce) can of chopped tomatoes
- Freshly ground black pepper, to taste

Directions:

Heat the oil in a large soup pot or Dutch oven over medium heat. Add the onions, garlic, carrots, mushrooms and celery and cook for 10 minutes until veggies are soft.

Add the Italian season, spinach and kale and stir until everything is combined. Season with freshly ground black pepper to taste.

Add the vegetable broth and tomatoes with juices. Bring to a boil.

Reduce heat and simmer for 20 minutes until carrots are soft.

Serve immediately.

Baked Southwestern Sweet Potato

Serves 1

Vegan Recipe Sweet potatoes are a great alternative to white potatoes on the Paleo diet, as they are loaded with fiber, vitamins and minerals and have significantly less starch. While you don't want to eat unlimited amounts, they are perfectly fine and even healthy when eaten once in a while, as with this easy and flavorful dish that can be a meal in itself.

Ingredients:

- 1 medium sweet potato
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 2 tablespoons prepared tomato salsa
- Fresh chopped cilantro for garnish
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees. Put sweet potato directly on the rack in the oven.

Bake for 30 minutes, remove from the oven and prick all over with a fork.

Return to the oven and bake for 30 more minutes.

Remove from the oven and allow to cool for 5 minutes.

Cut open the top and remove the flesh from the skin. Put in a bowl and mash with the cumin and chili powder. Season with freshly ground black pepper to taste.

Top with the salsa and cilantro and serve.

Italian Spiced “Pasta”

Serves 4

Vegan Recipe This dish is loaded with vegetables. In fact, it is pretty much nothing but! The zucchini, when sliced with a mandolin, makes an excellent substitute for pasta that is filling and high in fiber, but without all those pesky carbs. Serve this with a green salad for a delicious plant-based meal you’ll return to again and again.

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, diced
- 1 red bell pepper, diced
- 1 cup broccoli florets
- 1/2 small eggplant, peeled and diced
- 2 large zucchini
- 1 tablespoon Italian seasoning
- 2 tablespoons toasted pine nuts
- Fresh sliced basil, for garnish
- Freshly ground black pepper, to taste

Directions:

Heat the olive oil in a large skillet over medium-high heat. Add all of the vegetables but the zucchini and cook until soft, about 12 minutes. Season with freshly ground black pepper to taste.

Bring a large pot of water to a boil. Slice the zucchini into thin slices of pasta using a mandolin or sharp knife.

Add the zucchini to the boiling water and cook for 3 minutes or until soft and noodle-like.

To serve, put a mound of zucchini on a plate and top with the cooked vegetable mixture. Garnish with the pine nuts and basil.

Peanut and Sweet Potato Stew

Serves 4

Vegan Recipe Adapted for the Paleo diet, this flavorful dish is still as filling as possible thanks to the addition of extra veggies, along with the hearty sweet potatoes. This warmly spiced dish is best served on a chilly winter night when you're looking for something comforting, but also healthy.

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 fresh jalapenos, seeded and minced
- 2 teaspoons minced fresh ginger
- 2 cloves garlic, minced
- 2 teaspoons ground cumin
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon crushed red pepper
- 1/4 teaspoon ground coriander
- 2 large sweet potatoes, peeled and cubed
- 1 (28-ounce) can diced tomatoes
- 1 pound fresh green beans, trimmed and cut into bite-sized pieces
- 2 cups vegetable broth
- 1/4 cup natural peanut butter
- Freshly ground black pepper, to taste

Directions:

In a large Dutch oven or soup pot, heat the oil over medium heat. Add the onions, peppers, ginger, garlic and spices and cook for 5 minutes. Season with freshly ground black pepper to taste.

Add the sweet potatoes and cook for 5 minutes more.

Add the tomatoes, green beans and vegetable broth and bring to a boil. Reduce heat and simmer for 20 minutes, or until sweet potatoes are tender when pierced with a fork.

Stir in the peanut butter and simmer until heated through. Serve immediately.

Baked Eggplant Steaks With Quick Tomato Sauce

Serves 4

Vegan Recipe Eggplant is a great vegetarian alternative to meat as it has a hearty firm texture that holds up well to many cooking methods. This version has thick cut slices topped with a zesty tomato sauce. The addition of fennel seed will give a spicy flavor reminiscent of Italian cooking.

Ingredients:

- 1 (28-ounce) can crushed tomatoes
- 1 tablespoon fennel seeds
- 1 tablespoon Italian seasoning
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil
- 1 large eggplant, peeled and cut into 1-inch thick slices
- Fresh sliced basil for garnish
- Freshly ground black pepper, to taste

Directions:

In a large saucepan, add the crushed tomatoes, fennel and Italian seasoning. Season with freshly ground black pepper to taste. Bring to a simmer and cook on low while you cook the eggplant.

Heat a large skillet over medium-high heat and add the olive oil. Add the eggplant slices and cook until browned on both sides and eggplant is tender when pierced with a fork.

Stir the balsamic vinegar into the sauce.

To serve, put the eggplant steaks on plates and top with the tomato sauce. Garnish with fresh chopped basil.

Sweet Potato and Leek Casserole

Serves 4

Vegan Recipe This easy vegetarian dish gets its mild and sweet flavor from sautéed leeks and thinly sliced sweet potatoes that are baked in harmony until tender. This dish works well as either a side dish or a main course if served with a salad, and is an impressive take on what is normally a sugary sweet Thanksgiving side dish.

Ingredients:

- 2 tablespoons olive oil
- 2 leeks, white parts only, sliced
- 2 cloves garlic, minced
- 1 tablespoon fresh chopped rosemary
- 2 large sweet potatoes, peeled and thinly sliced
- 1/4 cup vegetable broth
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees.

Heat the oil in a large skillet. Add the leeks, garlic and rosemary and sauté until leeks are soft, about 8 minutes. Season with freshly ground black pepper to taste.

In an 8"x8" casserole dish, cover the bottom with an even layer of sweet potatoes. Top with some of the leeks, and continue layering the leeks and potatoes until you reach the top of the pan or both are gone.

Drizzle with the vegetable broth.

Cover with foil and bake for 45 minutes.

Serve immediately.

Steamed Artichokes and Tomatoes Over Cauliflower “Rice”

Serves 4

Vegan Recipe As you probably know by now, rice is strictly forbidden on the Paleo diet, which can make it difficult to find vegetarian dishes that fit the bill. This dish is simply a mixture of steamed vegetables, but the way the cauliflower is chopped makes it seem like you are eating rice. It’s a unique twist that is also a healthy option.

Ingredients:

- 1 head of cauliflower
- 2 tablespoons olive oil
- 1 package frozen artichoke hearts, thawed
- 1 pint cherry tomatoes
- 1/2 cup sundried tomatoes, chopped
- 1 tablespoon Italian seasoning
- 2 tablespoons toasted pine nuts
- Fresh sliced basil for garnish
- Freshly ground black pepper, to taste

Directions:

Cut the cauliflower into florets. Using a food processor, chop the cauliflower into pieces that resemble rice. Chop in batches if necessary, being careful not to puree. It’s okay if they are slightly larger than raw rice, but try to get them as small as possible.

Heat the olive oil in a medium saucepan and add the cauliflower. Stir to coat.

Add the Italian seasoning and 1/2 cup water and stir.

Put the artichoke hearts, cherry tomatoes and sundried tomatoes directly on top of the cauliflower and cover without stirring. Season with pepper.

Cover and steam vegetables for 10 minutes.

Remove cover and serve the vegetables with the pine nuts and basil on top.

Grilled Romaine Salad

Serves 4

Vegan Recipe This knife and fork salad makes an impressive and quick light meal, or a great starter to a more elegant gathering. While you may never have thought to cook a salad, once you try this, you may be dreaming up other greens that can be cooked. This technique is also great for a unique twist on Caesar salad.

Ingredients:

- 4 heads Romaine lettuce
- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 1 teaspoon balsamic vinegar
- 4 tablespoons raw sunflower seeds
- Freshly ground black pepper, to taste

Directions:

Preheat a gas or charcoal grill to medium heat.

In a small bowl, combine the olive oil, mustard and vinegar. Brush the heads of lettuce with the oil mixture.

Lay on the heated grill and cook until lettuce starts to wilt and you can see grill marks.

Serve warm, topped with the sunflower seeds. Season with freshly ground black pepper and eat with a knife and fork.

Tomato Stuffed Portobello Mushrooms

Serves 2

Vegan Recipe Grilling Portobello mushrooms is nothing new, especially in the vegetarian world, but grilling and stuffing them? Now that's something you've got to try. With a flavorful filling of tomatoes and fresh herbs, this makes an impressive vegetarian dish that tastes as good as it looks.

Ingredients:

- 2 Portobello mushroom caps, gills and stems removed
- 2 medium tomatoes, seeded and chopped
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1/4 cup fresh chopped basil
- 2 tablespoons fresh chopped rosemary
- 1 tablespoon balsamic vinegar
- Freshly ground black pepper, to taste

Directions:

Heat a gas or charcoal grill over medium heat. Brush the mushrooms with half the olive oil and grill for 5 minutes per side.

In a medium bowl, combine the tomatoes, garlic, herbs and vinegar. Season with freshly ground black pepper to taste.

Making sure the mushrooms are top side down on the grill, carefully spoon the tomato mixture into the caps. Cover and cook for another minute.

Remove from grill and serve.

Spinach and Mushroom Soufflé

Serves 4

You may think of a soufflé as something fancy that is hard to make, but it's really not that difficult, and it makes an impressive dinner. This one has savory spinach and mushrooms, but feel free to customize it to your liking with whatever you have on hand. Even if your soufflé deflates after it comes out of the oven, it will still be delicious.

Ingredients:

- 2 tablespoons olive oil
- 1 cup sliced mushrooms
- 3 tablespoons almond flour
- 1 onion, chopped
- 1 teaspoon arrowroot powder
- 2 cups almond milk
- 6 large, cage free, organic eggs, separated
- 2 cups baby spinach leaves
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 425 degrees.

Grease the inside of a soufflé dish with butter or oil and coat with the almond flour.

Heat olive oil over medium heat in a large skillet and add the mushrooms and onions. Season with freshly ground black pepper to taste. Cook until soft and lightly browned, set aside.

Heat the almond milk in a small saucepan, but don't boil. Add the arrowroot powder and whisk.

Pour the milk mixture over the mushrooms. Allow to cool, then add the egg yolks.

Put the egg whites in a mixer and beat until stiff.

Carefully fold the egg whites and spinach into the milk mixture.

Pour into soufflé dish.

Bake for 40 minutes. Do not open the oven at all.

Allow to rest for 5 minutes before serving.

Chapter 20

Desserts

Autumn Morning Muffins

Serves 4

These muffins are filled with the foods of the harvest—crisp, tart apples, cinnamon and pumpkin. Almond meal and flaxseed flour replace white flour for a gluten-free baked good with a hearty, delicious flavor. Store flaxseed flour, which becomes rancid quickly, in a covered container in the refrigerator.

Ingredients:

- 2 large, cage free, organic eggs
- 1 cup pumpkin puree
- 1/2 cup applesauce
- 1/2 teaspoon vanilla
- 1 1/4 cups almond meal
- 1/4 cup flaxseed flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/2 teaspoon cloves
- 1/2 cup chopped walnuts
- 1 cup peeled and chopped tart apples, such as Granny Smith or McIntosh

Directions:

Preheat the oven to 350 degrees. Combine the eggs, pumpkin puree, applesauce and vanilla in a large mixing bowl. Sift the dry ingredients and add to the egg mixture. Fold gently to mix. Stir in the walnuts and the chopped apples.

Bake for 20 to 30 minutes, or until browned and set. These muffins freeze beautifully for later use.

Caveman Custard

Serves 4

Custard is an old-fashioned sort of dish, made from eggs and milk. This version is reinvented for the Paleo diet and uses almond milk and honey for flavor. Serve it with fresh fruit for a warm, comforting dessert on a cold winter day.

Ingredients:

- 2 cups almond milk
- 6 large, cage free, organic egg yolks
- 3 tablespoons honey
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 teaspoon vanilla extract

Directions:

Preheat the oven to 350 degrees. Warm the almond milk in a saucepan until just simmering. Beat the egg yolks in a small mixing bowl. Slowly ladle half the almond milk into the eggs, a few drops at a time, vigorously whisking so the eggs don't cook.

Transfer the eggs and milk mixture to the saucepan and return to the heat. Add the remaining ingredients and cook over medium heat for 8 minutes, stirring constantly, until the custard thickens slightly.

Pour the custard into an ovenproof casserole dish. Set it in a baking pan and fill the pan with 2 inches of hot water. Slide the pan with the casserole dish carefully into the oven and cook for 30 minutes, or until the custard is set.

Baked Peaches

Serves 4

Peaches are high in sugar, making them an infrequent indulgence on the Paleo diet, but when they're in season, it's hard to resist. Select peaches that give slightly to the touch and have a fresh, peach aroma. The base color of the peach should be cream, not green. Green peaches were picked too early and will never be sweet.

Ingredients:

- 4 ripe peaches, cut in half
- 3 tablespoons butter
- 2 tablespoons honey
- 1 teaspoon cinnamon
- 1/2 teaspoon almond extract

Directions:

Preheat the oven to 350 degrees. Place the peaches on a baking sheet. Mix the remaining ingredients in a small bowl.

Fill the peach cavities with the butter mixture. Bake for 15-20 minutes, or until tender and juicy.

Berry Blitz

Serves 4

Berries are among the healthiest foods you can eat, and should be included several times each week on the Paleo diet. Use fresh berries when they are in season, or try frozen berries during the winter. Simply thaw them for 10-15 minutes on the counter.

Ingredients:

- 1 cup strawberries, sliced
- 1 cup blueberries
- 1 cup raspberries
- 1 cup blackberries
- Juice and zest of 2 limes
- 2 tablespoons honey
- 1/4 cup fresh mint leaves, chopped

Directions:

Combine the fruit gently in a serving bowl. In a smaller bowl, mix the lime juice, zest, honey and mint.

Pour the lime juice mixture over the fruit and mix gently to serve.



Baked Apples

Serves 4

You can treat these baked apples as either a dessert or a breakfast treat. You'll find the best cooking apples in mid to late fall. Choose tart, but sweet, varieties that have a firm texture. Try Winesap, Gravenstein, Jonagold, Fuji or Pink Lady apples.

Ingredients:

- 4 large baking apples
- Juice and zest of 1 lemon
- 3 tablespoons butter
- 3 tablespoons honey
- 1 teaspoon cinnamon
- 1/2 cup raisins
- 1/2 cup chopped walnuts

Directions:

Preheat the oven to 350 degrees. Wash and core the apples.

Mix the remaining ingredients in a small bowl. Stuff the apples with the butter mixture.

Place the apples on a baking sheet and bake for 30 minutes, or until tender.

Melon Cooler

Serves 4

Honeydew melon is one of the sweetest melons and is delicious in smoothies and slushes. Buy several when it is in season, in mid to late summer, and freeze extra melon cubes for later. Honeydew melon is ripe when it exudes a sweet aroma and has a slightly fuzzy texture.

Ingredients:

- 2 cups honeydew melon cubes
- 1/2 cup lime juice
- 1 cup coconut water
- 1/2 cup ice cubes
- 1 teaspoon honey
- 1/4 cup fresh mint leaves

Directions:

Puree the melon cubes and the lime juice in a blender until smooth.

Add the remaining ingredients and puree again.

Paleo Chocolate Chip Cookies

Makes 2 dozen

What kind of dessert section would this be without chocolate chip cookies? Not a very good one, if we do say so ourselves. This recipe does not adhere to super strict Paleo standards, but it is grain free and does not contain any refined sugar. Because of this, it may not be as sweet as you might be used to, but we think that once you try it you'll realize that it's sweet enough for a satisfying treat on a special occasion—just the way a dessert should be.

Ingredients:

- 3 cups almond flour
- 1 teaspoon baking soda
- 2 large, cage free, organic eggs
- 1/4 cup pure maple syrup
- 1 teaspoon pure vanilla extract
- 1/2 cup coconut oil
- 1 cup bittersweet chocolate chips

Directions:

Preheat oven to 375 degrees.

Sift together the dry ingredients in a medium mixing bowl. Beat the eggs, maple syrup, vanilla and coconut oil with a hand mixer until well combined.

Fold in the chocolate chips.

On a parchment-lined baking sheet, drop tablespoon-sized balls of cookie dough about 2 inches apart. Bake for 15 minutes. Remove from oven, cool and serve.

Gingerbread Cookies

Makes 1 dozen

In this Paleo version of the classic spiced cookie, you're getting no refined sugar and no grains while enjoying a heavily spiced cookie that makes a perfect treat all year round. Molasses is the key to getting part of the classic flavor in these treats, but if you wish to skip it, you can use maple syrup instead.

Ingredients:

- 2 tablespoons pure maple syrup
- 1/4 cup molasses
- 3 tablespoons palm shortening
- 1 tablespoon coconut milk
- 3 cups almond flour
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon baking soda

Directions:

Preheat oven to 350 degrees.

Bring molasses to a boil in a small saucepan. Add the maple syrup, palm shortening and coconut milk. Stir and remove from heat.

Combine the dry ingredients in a small bowl and pour the molasses mixture on top. Stir well.

Chill the dough for 20 minutes.

Roll the dough out to about a 1/4-inch thickness. Using cookie cutters of your choice, cut out cookies and lay on a parchment-lined baking sheet.

Bake for 10 minutes, remove from oven and cool.

Decorate if you would like, or just serve and enjoy!

High Fiber Primal Cookies

Makes 1 dozen

These deliciously nutty cookies will remind you of your favorite oatmeal cookies, but to your surprise, there are no oats! Loaded with nuts, spices and coconut, we are sure you'll enjoy the taste of these lightly sweetened cookies, but you won't miss any of the junk that is in packaged or high sugar varieties.

Ingredients:

- 2 cups almond meal
- 1/2 cup ground flax seed
- 1/2 cup unsweetened, shredded coconut
- 1/2 cup raw sunflower seeds
- 1/2 cup raw pumpkin seeds
- 1 tablespoon cinnamon
- 1 teaspoon baking soda
- 2 large, cage free, organic eggs
- 1/4 cup pure maple syrup
- 1 tablespoon pure vanilla extract
- 1/2 cup coconut oil

Directions:

Preheat oven to 325 degrees.

In a large mixing bowl, sift the dry ingredients, including the seeds. In a separate bowl, combine the eggs, vanilla, maple syrup and coconut oil.

Fold the wet ingredients into the dry and stir until well mixed.

Drop the batter by the tablespoonful onto a parchment-lined baking sheet, approximately 2 inches apart.

Bake for 15 minutes, remove from oven and cool completely before serving.

Raspberry Muffins

Serves 6

Raspberries add tart flavor and a chewy texture to these hearty muffins. Raspberries are in season in early summer, and again in fall. They are highly perishable, though, and should be refrigerated and stored within a day. Substitute frozen raspberries if you like, but don't thaw them before stirring them into the batter.

Ingredients:

- 2 large, cage free, organic eggs
- 3 ripe bananas, mashed
- 1/2 cup applesauce
- 1 teaspoon vanilla extract
- 1 1/4 cups almond meal
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon cinnamon
- 1/4 cup flaxseed flour
- 1 cup raspberries

Directions:

Preheat the oven to 350 degrees. Spray a muffin pan with cooking spray.

Combine the eggs, banana, applesauce and vanilla extract in a large mixing bowl. Add the dry ingredients and mix gently.

Fold in the raspberries gently. Pour 1/2 cup batter in each muffin cup.

Bake 20 to 30 minutes, or until browned.

Peach Slushy

Serves 4

Nothing says summer like peaches. Peach ice cream, peach cobbler, peaches and cream all are sweet treats that bring out the glorious flavor of in season peaches. This peach slushy makes a delicious summer breakfast and tastes like peach ice cream. Make several bags and keep them in your freezer for a quick breakfast.

Ingredients:

- 8 ripe peaches, peeled, pitted and cubed
- 1 cup almond milk
- 1 cup heavy cream
- 1/2 teaspoon vanilla
- 3 tablespoons honey

Directions:

Combine all the ingredients in a large mixing bowl. Ladle the mixture into plastic quart freezer bags or small freezer safe containers.

Freeze the mixture overnight, or until firm. To serve, thaw the mixture on the counter for 30 minutes. Scoop the mixture into glasses and enjoy.



Banana Bread

Serves 8-10

Believe it or not, this loaf is baked without grains or wheat, and without sugar. Instead, the sweetness comes from very ripe bananas. When your banana skins are almost entirely black, that's when you know they'll be good in this recipe. While this is still not something you want to eat every single day, you can indulge in this tasty treat once in awhile without guilt.

Ingredients:

- 3 cups almond flour
- 2 teaspoons baking soda
- 1 tablespoon cinnamon
- 1/4 cup coconut oil
- 4 large, cage free, organic eggs
- 2 large, very ripe bananas
- 1 tablespoon pure vanilla extract
- 1/2 cup chopped and toasted walnuts

Directions:

Preheat oven to 350 degrees.

Sift the almond flour, baking soda and cinnamon in a bowl.

Add the rest of the ingredients and stir well to combine.

Pour the batter into a loaf pan greased with coconut oil. Bake for 25-28 minutes, until toothpick inserted in the center comes out clean. Cool completely, remove from pan and slice.

Flourless Chocolate Cake

Serves 8

This is a deep and rich chocolate cake that will satisfy even the most intense cravings. There's no sugar besides what's in the chocolate, so it's got a deep chocolate flavor that's not super sweet like many desserts you may be used to. Use the best quality chocolate you can afford and stick to one that is 72-85% cocoa for the best results—not to mention the least sugar!

Ingredients:

- 7 large, cage free, organic, cold eggs
- 14 ounces bittersweet chocolate, chopped
- 14 tablespoons butter
- 1/4 cup strong brewed coffee
- 1 teaspoon pure vanilla extract

Directions:

Preheat oven to 325 degrees.

Grease a 9" springform pan with butter. Wrap the bottom of the pan in foil.

Beat the eggs with a mixer for about 7 minutes, until frothy and doubled in volume.

Melt the chocolate and butter in either a double boiler or the microwave, stirring frequently to avoid burning. Add the coffee and vanilla.

Carefully fold the chocolate into the eggs and spread the batter in the prepared pan.

Put the pan in a large casserole or roasting pan and pour boiling water in the pan, filling halfway up the sides of the springform pan.

Bake for 18 minutes and insert an instant read thermometer in the center. When it reaches 140 degrees, the cake is done.

Allow the cake to cool completely before removing the sides of the pan.

Cut into slices and serve.

Berry Tart

Serves 6

When making a dish that relies extensively on the flavor of berries—as this one does—it is best to wait until you can get the freshest and ripest berries possible. Not only will they be sweet enough that you won't need to add any sugar, but their flavor will be fresh and pronounced, and unlike any berry you're going to get in a supermarket out of season. If you must use out-of-season berries, you can add a tablespoon or so of honey to the berry mixture.

Ingredients:

Filing:

- 4 cups fresh mixed berries of your choice
- 1 cup water
- Juice of 1 lemon

Crust:

- 1 1/2 cups almond flour
- 1/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 cup coconut oil
- 1 teaspoon pure vanilla extract

Directions:

Preheat oven to 350 degrees.

Heat berries, water and lemon juice in medium saucepan. Simmer for 15 minutes, stirring and mashing berries periodically.

While fruit is simmering, combine all ingredients for the crust together in a large bowl. When you have a stiff dough, press into a pie pan and bake for 10 minutes. Remove from oven and allow to cool for 5 minutes.

Add the berry mixture to the crust and refrigerate for 1 hour before serving.



Poached Pears

Serves 4

Fruit makes a perfect dessert for the Paleo diet. It's sweet, but its natural sugar isn't bad for you the way that added sugars are. It's also high in fiber and nutrients, making it an even better choice. These poached pears make an elegant dessert for a dinner party and are easy to put together.

Ingredients:

- Juice from 4 large oranges
- 1 small piece ginger, peeled
- 4 whole cloves
- 1 cinnamon stick
- 4 ripe but firm pears, such as Bosc, peeled and cored

Directions:

Put all ingredients in a small saucepan and add enough water to ensure that the pears are just covered. If any part of the pears are not covered in liquid, they will turn brown.

Bring to a boil and simmer on low for about 30 minutes. Remove pears.

Bring remaining liquid to a boil and reduce until it is thick and syrupy. Remove the cinnamon stick.

To serve, drizzle the warm pears with the syrup.



Coconut Macaroons

Makes 1 dozen

With only a few ingredients, these coconut treats are lightly sweet and surprisingly easy to whip up. Make sure to use unsweetened coconut so that you get the best flavor, and also no refined sugar. With hints of vanilla, these will bring a taste of the tropics to the end of your meal.

Ingredients:

- 6 large, cage free, organic egg whites
- 1/4 cup pure maple syrup
- 1 teaspoon pure vanilla extract
- 3 cups shredded, unsweetened coconut

Directions:

Preheat oven to 325 degrees.

Beat the egg whites in a stand mixer until they form stiff peaks.

Gently fold in the maple syrup, vanilla and coconut.

Form into 1-inch balls and put on a parchment-lined baking sheet.

Bake for 15-17 minutes, or until lightly browned.

Cool before serving.

Primal Brownies

Makes 1 dozen brownies

Like many of the dessert recipes you'll find here, these brownies are a better version of the classic dessert they're modeled after. They are more rich than sweet, and while they don't follow the Paleo principle strictly to the letter, they are close enough that we think they fit. As long as you don't eat the whole pan (it will be hard!), you should be able to enjoy one of these every now and then without the guilt and remorse that comes with eating the real thing.

Ingredients:

- 1 cup coconut oil
- 5 ounces bittersweet chocolate
- 1/2 cup pure maple syrup
- 1/4 cup unsweetened cocoa powder
- 4 large, cage free, organic eggs
- 1 teaspoon baking soda
- 1 tablespoon pure vanilla extract
- 1 cup raw, unsalted almond butter
- 1/4 cup coconut flour

Directions:

Preheat oven to 350 degrees.

Mix the coconut oil, baking chocolate and maple syrup in a small saucepan over low heat. When melted and combined, remove from heat.

Add in the cocoa powder, stir and set aside.

With a wooden spoon, blend the eggs, baking soda and vanilla. Add in the almond butter and stir until combined.

Slowly stir in the melted chocolate and stir until well blended.

Fold in the coconut flour.

Pour batter into a 9"x13" baking dish that has been lightly greased with coconut oil.

Bake for 30 minutes.

Cool completely before cutting and serving.

Chocolate Almond Butter Candies

Makes 10

If you are in the camp that loves those chocolate peanut butter cups (and who isn't?), then you'll love these delightful candies that adhere surprisingly well to the Paleo plan. While they aren't nearly as sweet as what they are modeled after, they are surprisingly satisfying and, with only two ingredients, don't have any of the bad stuff you get from the store-bought variety. Make sure that the almond butter you use for these contains almonds only for best results.

- **Ingredients:**
- 1 cup bittersweet chocolate chips
- 1/2 cup natural almond butter

Directions:

Melt the chocolate chips on low heat, either in the microwave or on the stove in a double boiler, being extra careful not to burn it.

Using a clean pastry brush, paint the chocolate into candy molds or ice cube trays. Put in the freezer for 10 minutes.

Remove tray from freezer and quickly fill each mold with almond butter. Using the pastry brush again, paint over the tops of the almond butter.

Return to the freezer for 10 more minutes. When the candies are completely hardened, pop out and serve.

Pecan Bark

Makes about 1 pound

Roasted and salted nuts go perfect with the deep, intense flavor of dark chocolate, and you're sure to love this easy-to-make bark. Use any variety of nuts you like, or even a mixture if the mood strikes. Either way, you'll love these sweet and salty treats.

Ingredients:

- 12 ounces dark chocolate, chopped
- 1 cup roasted pecans
- Coarse sea salt

Directions:

Melt the chocolate in a double boiler or in the microwave, being extra careful not to burn it.

Stir in the nuts and spread the mixture on a parchment-lined baking sheet. Sprinkle lightly with the coarse sea salt if desired.

Freeze until solid and break into chunks.

Chocolate Banana Milkshake

Serves 1

This can be a lot of things: an energizing breakfast, a quick snack to pick you up in the middle of the day or a filling lunch replacement when you're in a hurry. We like it as a dessert, however, as it is sweet and chocolaty, and a great after-dinner delight. With no added sugar, it comes together fast and satisfies any craving you may have for chocolate or ice cream.

Ingredients:

- 1 cup unsweetened almond milk
- 1 tablespoon natural peanut butter
- 3 tablespoons unsweetened cocoa powder
- 1 large banana
- 1 cup ice

Directions:

Put all ingredients in a blender in the order listed. Blend until smooth and creamy and serve with a straw.

Chapter 21

Snacks

Caveman Trail Mix

Serves 4

Trail mix is full of antioxidants and protein for energy, making it a great on-the-go breakfast for the Paleo dieter. Substitute your favorite combination of nuts and dried fruit, and pack it in individual bags to grab quickly on busy mornings. Trail mix makes a great post-workout or sports practice food, too.

Ingredients:

- 2 cups shredded coconut flakes
- 1/2 cup dried apricots, apples, blueberries, goji berries or cherries, or a combination
- 1/2 cup chopped pecans, walnuts or macadamia nuts
- 1/4 cup cacao

Directions:

Combine all ingredients in a large mixing bowl.

Store in an airtight container for up to one month.

Nutty Apple Snacks

Serves 4

Sometimes you don't have time for a sit-down lunch. This recipe is the perfect solution to a frenzied schedule. Nut butter and chopped nuts provide energy-boosting protein, while the fruit provides a satisfying crunch. Select tart, but sweet apples with a firm texture.

Ingredients:

- 2 apples, any variety
- 1/2 cup almond butter
- 1 tablespoon honey
- Juice and zest of 1 orange
- 1/2 teaspoon vanilla
- 1/2 teaspoon cinnamon
- 1/8 cup chopped walnuts or pecans
- 1/8 cup pumpkin seeds

Directions:

Cut the apples into quarters. Remove the seeds but leave the peels.

Mix the remaining ingredients together in a bowl. Spread the almond butter mixture on the apples for a quick, but satisfying lunch. This spread packs well to take on outings or for travel.



Chunky Applesauce

Serves 4

Apple season calls to mind crisp fall days, warm, wooly sweaters and the smell of cinnamon and cloves. This chunky applesauce is the epitome of fall and will warm you on a chilly day. Top it with dried fruit for a quick, but satisfying snack. Select several varieties of apples for an added depth of flavor.

Ingredients:

- 8 tart baking apples
- Juice and zest from 1 lemon
- Juice and zest from 1 orange
- 3 tablespoons honey
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 teaspoon cloves
- 4 tablespoons butter

Directions:

Peel, core and quarter the apples. Place them in a large saucepan with 1 inch of water. Cover the pan with the lid and simmer over medium-low heat for 30 minutes, or until tender.

Transfer the apples to a blender or food processor, and blend them until they are almost smooth, with a few chunks remaining.

Return the apple puree to the saucepan. Add the remaining ingredients and simmer for 20 minutes.

Homemade Fruit Rollups

Serves 6

These fruit rollups are not the chemical-laden ones you may be used to in the grocery store. Instead, they are made with real fruit, and while they take a while to make, they can satisfy a craving that a real piece of fruit may not be able to. Great for kids as well.

Ingredients:

- 2 apples, any type
- 1 pint strawberries, stemmed
- 1 teaspoon cinnamon
- 1/4 cup purified water

Directions:

Preheat oven to 200 degrees.

Peel, core and dice apples.

Add apples, strawberries, 1/4 cup of purified water and cinnamon in a blender and process about 30 seconds, or until smooth.

Pour mixture on a parchment-lined baking sheet and place in a dehydrator.

Dehydrate for 6-8 hours.

Remove sheet and flip fruit.

Continue drying another 4-6 hours.

Ants on a Log

Serves 1

This is a classic snack that is easy to make and totally nutritious. Almond butter replaces the peanut butter for a different take, and you can use raisins, currents or whatever dried fruit you like.

Ingredients:

- 2 celery stalks
- 4 tablespoons almond butter
- 1/4 cup dried raisins or cranberries

Directions:

Spread almond butter on each celery stalk.

Add the fruit to the top.

Serve and enjoy!

Dates Wrapped in Bacon

Serves 4

These easy-to-make snacks are a great combination of salty, sweet and crunchy, and they fit in the Paleo plan well because it's hard to get this combo elsewhere. These make a great anytime snack or an easy appetizer when you're looking for something quick.

Ingredients:

- 8 slices bacon
- 16 medium dates
- 16 raw almonds

Directions:

Cook bacon over medium-low heat until almost crisp, being careful not to make it too crispy. Remove from pan and allow to cool.

Stuff each date with an almond, and wrap with half of a bacon slice. Use a toothpick to secure if making for an appetizer.

Serve Warm.

Coconut Almond Butter Bananas

Serves 1

These are a fast and easy treat that anyone can make at any time. Between the banana and the almond butter, you're getting plenty of fiber and protein, while eating something that seems much more decadent than it really is.

Ingredients:

- 1 large banana
- 2 tablespoons almond butter
- 2 tablespoons coconut milk
- 1 tablespoon shredded unsweetened coconut
- 1 tablespoon sliced almonds

Directions:

Slice banana and put in a bowl.

Top with almond butter and coconut milk.

Garnish with the shredded coconut and sliced almonds.

Eat with a spoon and enjoy!

Paleo Spiced Nuts

Makes 2 cups

Nuts are a great snack on the Paleo diet, but sometimes you want something more interesting than plain old roasted nuts. These crunchy and toasty morsels fit the bill perfectly. Use any combination of nuts you like or have on hand—what's in the recipe is just a suggestion. Make sure that whatever you use is raw and unsalted.

Ingredients:

- 1/2 cup whole almonds
- 1/2 cup walnuts
- 1/4 cup sunflower seeds
- 1/4 cup pepitas
- 1/4 cup chopped pecans
- 1/4 cup pistachios
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 1/4 teaspoon cayenne pepper
- 1 tablespoon olive oil

Directions:

Preheat oven to 350 degrees.

Put everything in a gallon-size freezer bag. Shake to make sure all nuts are coated thoroughly with the oils and spices.

Lay on a parchment-lined baking sheet in an even layer and bake for 12-15 minutes, or until nuts are toasted. Cool completely before serving.

Brussels Sprout Chips

Makes 2 cups

Even if you don't like Brussels sprouts, you'll probably love these chips, for two reasons. First of all, roasted sprouts don't have that sulfurous odor and flavor that comes from steaming. Second, these are actually crunchy and chip-like, but they are healthier than anything you're going to get out of a bag. Use only the outer leaves from the Brussels sprouts and don't bother with any that are wilted.

Ingredients:

- 2 cups Brussels sprout leaves
- 2 tablespoons olive oil
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees. Toss the leaves with the olive oil and season with pepper if you'd like.

Lay in a single layer on a parchment-lined baking sheet, using two sheets or working in batches if necessary.

Bake for about 10 minutes, until the leaves are browned and crispy.

Allow to cool and serve.

Turkey Avocado Rollups

Serves 1

Finding healthy and easy snacks is difficult no matter what kind of diet you're on. While you have lots of options on the Paleo plan, sometime you need something that is similar to a meal, but not huge. These rollups fit the bill, as they are almost like eating a turkey and avocado sandwich. This is a quick and easy snack that is high in protein and good fat that will keep you full until your next meal. Use the best quality turkey breast you can get and stay away from the heavily processed, pre-packaged version.

Ingredients:

- 4 slices thick cut turkey breast
- 1 ripe avocado, peeled and pitted
- 1 tablespoon lemon juice
- 4 cherry tomatoes, rough chopped
- Freshly ground black pepper, to taste

Directions:

Put the avocado and lemon juice in a bowl and mash thoroughly with a fork. Gently add in the tomatoes. Season with freshly ground black pepper to taste.

Spread the avocado mixture on the turkey slices and roll up.

Serve and enjoy!

Herbed Crackers

Makes about 2 dozen

If you're craving something crunchy to eat, these easy herbed crackers will do the trick—and yes, they do fit on the Paleo diet. Made with ground nuts instead of wheat flour, they are great for anyone who is on a gluten free diet, but still misses crackers or chips. Serve these with Paleo hummus or chicken salad, or just eat them plain. You know the saying: Once you start, you won't be able to stop!

Ingredients:

- 2 cups almond meal
- 2 tablespoons Italian seasoning
- 2 tablespoons water
- 1 large, cage free, organic egg white
- 1 tablespoon olive oil
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees.

In a medium bowl, sift together the almond meal and spices. Stir in the water, egg white and olive oil. Using your hands, form into a stiff dough.

Roll out to about 1/8-inch thickness. Using a pairing knife, cut into 2-inch squares. Sprinkle lightly with fresh ground pepper if desired.

Transfer the squares to a parchment-lined baking sheet and bake for 10 minutes until golden.

Let cool completely and serve.

Crispy Pepperoni Bites

Makes 1 dozen

Once you try these, you'll realize that you can in fact live without pizza on the Paleo diet. Use any kind of toppings you want, and if you're feeling especially indulgent, you can even add a bit of cheese (although you can easily forgo it, I promise!) These are a quick and easy snack that will surely become one of your favorites.

Ingredients:

- 12 slices pepperoni
- 1/4 cup marinara sauce
- Pizza toppings of your choice, such as olives, onions, peppers or mushrooms

Directions:

Preheat your oven to 400 degrees.

Lay your pepperoni on a parchment-lined sheet tray and bake for 7-8 minutes, flipping them over halfway through.

While they are in the oven, take the time to make sure your toppings are minced into tiny pieces.

Remove the pan from the oven and add your desired toppings. Put it back in the oven and bake for 4 more minutes.

Serve warm and crispy, right from the oven.

Grill-Out Burgers

Serves 4

These burgers are so flavorful that you won't miss the buns. A smidgen of blue cheese adds smoke, while the green chilies add some heat. Serve these with sweet potato fries for a Paleo-style cookout.

Ingredients:

- 1 pound free-range, organic, grass fed ground beef
- 1/2 teaspoon minced garlic
- 1/8 cup very finely minced red onion
- 1 can roasted green chilies
- 2 strips bacon, cooked and crumbled
- 1 large, cage free, organic egg, beaten
- Freshly ground black pepper, to taste
- 8 Portobello mushroom caps, grilled

Directions:

Combine the ingredients in a large mixing bowl, using your fingers to thoroughly mix them. Season with freshly ground black pepper to taste.

Form the mixture into 4-inch rounds. Grill on a hot grill for 15-20 minutes, flipping halfway through the cooking time. The burgers are done when flecks of gray fat appear on the meat.

Serve the burgers using the mushroom caps as buns.



Teriyaki Chicken Drumsticks

Serves 4

Toss this simple dish in your slow cooker in the morning, and by dinner, you'll have tender, flavorful, Asian-inspired chicken that the whole family will love. Substitute whole, cut-up chicken for the drumsticks if you prefer.

Ingredients:

- 8 free-range, organic chicken drumsticks
- 1/2 cup orange juice
- 1/2 cup soy sauce
- 1/2 teaspoon ginger
- 1/2 teaspoon garlic
- Freshly ground black pepper, to taste

Directions:

Place the drumsticks in the slow cooker and turn the slow cooker to low. Combine the remaining ingredients in a small bowl. Season with freshly ground black pepper to taste. Pour this mixture over the drumsticks. Cover and cook for 5-6 hours, or until tender. Turn occasionally so the chicken is thoroughly coated with the sauce.



Fresh Guacamole

Serves 6-8

This easy, crowd-pleasing dip is one that is healthy as long as you don't eat it with a bunch of fried chips. Instead, try it with some veggies—peppers, celery, carrots and cucumbers work well. If you're going to store it, squeeze some more lime juice over top before putting in the refrigerator to keep it from browning.

Ingredients:

- 2 ripe avocados, peeled and pitted
- 1 medium tomato, seeded and chopped
- 1/2 small red onion, diced
- 2 tablespoons fresh chopped cilantro
- 1 clove garlic, minced
- Juice of 1 lime
- Freshly ground black pepper, to taste

Directions:

In a medium bowl, mash the avocados with a fork until creamy, leaving as few chunks as possible.

Add in the tomatoes, onions, garlic and cilantro. Season with freshly ground black pepper to taste. Stir gently to combine and add the lime juice. Serve immediately.

Caveman Hummus

Serves 6-8

While hummus is traditionally made with chickpeas—a strict no-no on the Paleo diet—this version is made from zucchini. It's still creamy and delicious, and it's likely your guests won't know they aren't getting all those extra carbs.

Ingredients:

- 2 medium zucchini
- 3/4 cup tahini
- 1/4 cup olive oil
- Juice of two lemons
- 2 garlic cloves, minced
- 1 tablespoon ground cumin
- Freshly ground black pepper, to taste
- Veggies, such as sliced bell peppers, tomatoes, carrots and cucumbers for serving

Directions:

Peel and chop the zucchini and put in a food processor. Process until smooth.

Add the tahini, olive oil, garlic, cumin and lemon juice and puree until creamy smooth. Season with freshly ground black pepper to taste. Serve with sliced veggies for dipping.

Herbed Grilled Olives

Serves 4

Olives are high in good-for-you fat, and are a salty and flavorful appetizer. While they are good on their own, we think tossing them with some herbs and garlic before throwing them on a hot grill makes them extra special—perfect for some quick finger-food before a Mediterranean-themed dinner.

Ingredients:

- 1 cup whole oil packed olives, mixed
- 1 tablespoon fresh chopped rosemary
- 1 tablespoon fresh chopped oregano
- 1 clove garlic, minced
- Freshly ground black pepper, to taste

Directions:

Toss the olives with the herbs and garlic. Season with freshly ground black pepper to taste.

Heat a gas or charcoal grill over medium heat. Put olives in a grill basket and heat for 6-8 minutes, turning to make sure they are evenly heated.

Put in a warmed dish and serve immediately.

Bacon Wrapped Scallops

Serves 6

This is a super fast and easy appetizer that many people love. Make sure to buy the larger sea scallops for best presentation, and if you can get them dry packed, you'll save yourself some sodium and they'll brown better.

Ingredients:

- 18 Bay scallops, rinsed
- 1 pound thick cut bacon strips
- Smoked paprika
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees. Cut bacon strips in half and wrap around the scallops. Secure with toothpicks. Season with freshly ground black pepper to taste.

Lay on a baking sheet and sprinkle with paprika. Bake for 15 minutes, flip and bake for 15 more minutes until browned. Serve immediately.



Prosciutto Wrapped Asparagus

Serves 8

This is an easy and flavorful appetizer that comes together fast. These work well for everything from casual gatherings to fancy dinner parties, and your guests are sure to love them. Get the highest quality Prosciutto you can afford for the best flavor.

Ingredients:

- 1/4 pound thinly sliced Prosciutto
- 1 pound asparagus spears
- 1/2 medium onion, thinly sliced
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees. Slice the asparagus into 4-inch pieces.

Lay the Prosciutto slices on a sheet pan and lay a few onion slices and asparagus pieces on each slice. Season with freshly ground black pepper to taste. Roll them up, tucking the flap down.



Chapter 22

Beverages

Energizing Green Juice

Serves 2

While fruit juice is prohibited on the Paleo diet, juicing your own fruits and vegetables is different than buying store-processed juice. This drink is refreshing, high in vitamins and minerals and easy to prepare if you have a juicer. While you still don't want to drink too much of it, it's a great drink when you're tired of drinking water.

Ingredients:

- 1 cucumber
- 1 Granny Smith Apple
- 1 celery stalk
- 1 kiwi
- Small bunch fresh mint

Directions:

Put all ingredients in a juicer, pour into glasses and serve chilled.

Homemade Almond Milk

Makes 2 cups

Almond milk is a great alternative to traditional dairy, and this easy homemade version is deliciously creamy and satisfying. This is a basic recipe, but you can customize it to your tastes by adding dates for sweetness or a little vanilla extract for flavor. This makes a great warm drink before bed at night.

Ingredients:

- 1 cup raw almonds
- 3 cups water, plus more for covering

Directions:

Cover the almonds in water and allow to soak for 6-8 hours or overnight.

Drain the water and put the almonds in a blender with 3 cups fresh water.

Blend until smooth.

Pour the liquid through a cheesecloth and store in the refrigerator. Will keep for 3-4 days.

Citrus Cooler

Serves 2

This bright and citrusy drink is easy to make and comes together fast. It's a great addition to breakfast instead of packaged orange juice or other juices that are loaded with artificial flavorings and chemicals. This also makes a great meal replacement in the morning or afternoon. For more fiber, add some ground flax seed before blending.

Ingredients:

- 1 ruby red grapefruit, peeled, white pith removed
- 1 large orange, peeled
- 1 cup frozen pineapple

Directions:

Put 1 cup cold water along with the ingredients in a blender and blend on high until smooth and creamy. Serve immediately.



Paleo Hot Chocolate

Serves 2

While you may think of dairy when you think of hot cocoa, it doesn't have to be made with cow's milk and white sugar to be good. This version is made with almond milk, cocoa powder and just enough honey to take away the bitterness of the cocoa. Serve this on a cold winter's day and no one—not even the youngest of the bunch—will complain, as it's just as rich and chocolaty as any dairy version you've ever had.

Ingredients:

- 2 cups unsweetened almond milk
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon honey

Directions:

Bring the cocoa powder and almond milk to a simmer, whisking constantly. Add the honey and pour into mugs.

Serve hot.

Chai Tea

Serves 2

This delicately spiced “tea” has a warm and comforting aroma that is perfect for a pick-me-up on a cold day. While there are many varieties of chai at the grocery store, we think you’ll agree that this homemade version has a more complex and interesting flavor profile. You can add almond milk for creaminess, but we urge you to try it without first.

Ingredients:

- 4 cups water
- 1 large piece fresh ginger, peeled and sliced
- 8 cardamom pods, cracked
- 1 bay leaf
- 4 whole peppercorns
- 1 tablespoon pure vanilla extract
- 1/2 teaspoon fennel seeds
- 4 whole cloves

Directions:

Put all ingredients in a pot and bring to a boil. Cover and simmer for at least 20 minutes—longer if you like a stronger flavor.

Strain the tea through a strainer or cheesecloth.

Pour into mugs and serve hot.

Cranberry Tea

Serves 2

Most people probably have images of white tea bags with the string on them when they think of hot tea, but the truth is that you can make your own tea by simply simmering your favorite herbs and spices in some hot water and then straining it. This version has a strong cranberry flavor along with spiciness that is perfect for a winter celebration.

Ingredients:

- 1/4 cup fresh cranberries
- 1 teaspoon honey
- 4 cups water
- 1 cinnamon stick
- 2 whole cloves
- 1/4 cup orange juice

Directions:

Put the cranberries, honey and water in a medium saucepan and bring to a boil. Reduce heat and simmer for 10 minutes or until cranberries pop.

Add the rest of the ingredients and simmer for 10 more minutes.

Strain through a strainer or cheesecloth and serve hot.

Paleo “Coffee”

Serves 2

While this may not be exactly the same as coffee, you may be surprised at how close it is. You may have to go to a health food store to get the ingredients, but if you're someone who relies on their daily java, this may be just the substitute you are looking for.

Ingredients:

- 2 cups water
- 1 tablespoon roasted chicory root
- 1 tablespoon dried dandelion root
- 2 cardamom pods, cracked

Directions:

Put all ingredients in a medium saucepan. Bring to a boil and reduce to a simmer.

Simmer for 10 minutes.

Strain through a strainer or cheesecloth.

Serve hot and enjoy!