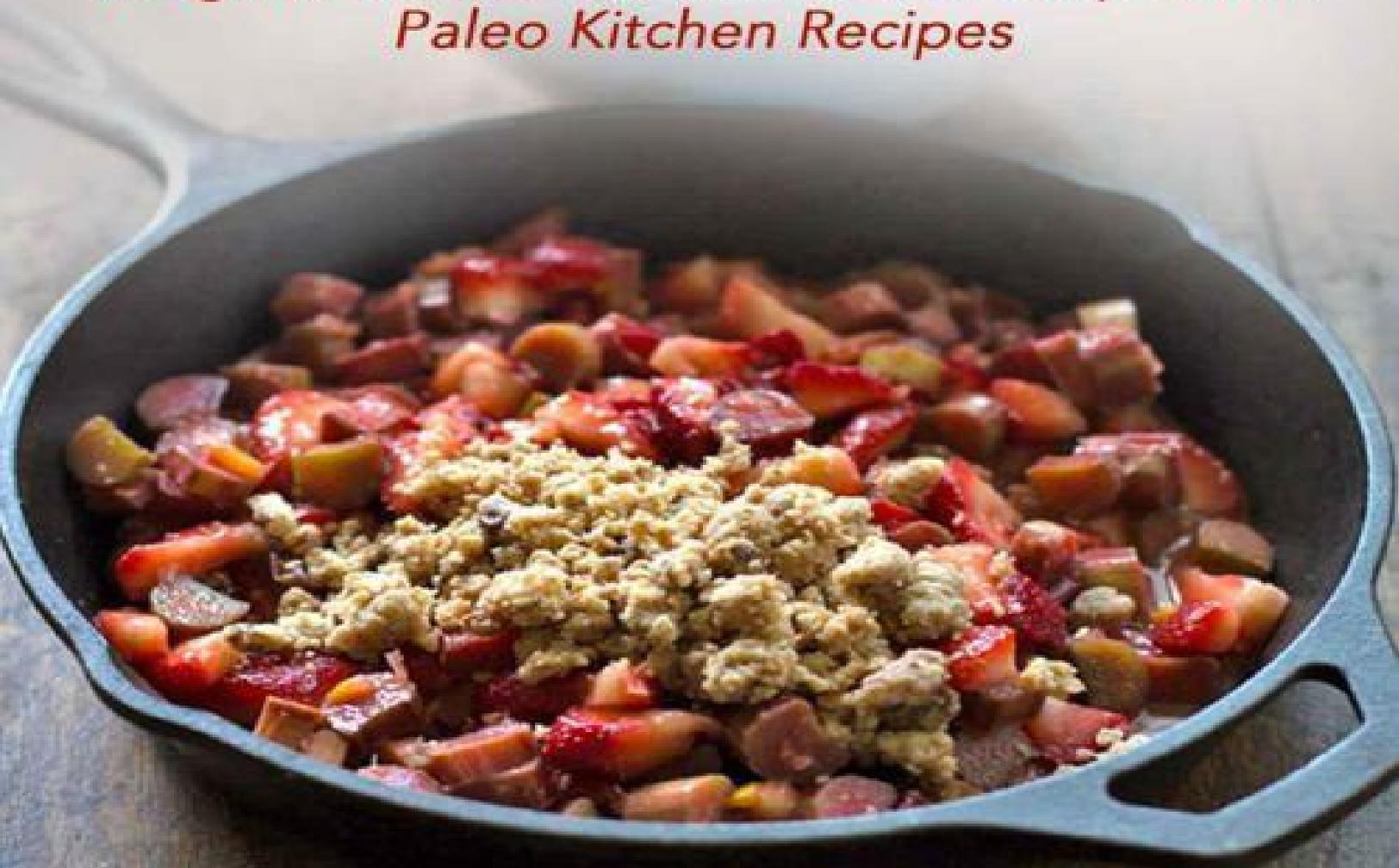


PALEO KITCHEN

What To Eat On The Paleo Diet? 49 Paleo Diet Meals For Every Occasion-Lose Weight, Feel Better, And Get in Shape With Paleo Kitchen Recipes



Paleo Kitchen

What To Eat On The Paleo Diet?

**49 Paleo Diet Meals For Every Occasion
Lose Weight, Feel Better, And Get in
Shape With Paleo Kitchen Recipes**

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Introduction

Learn how to prepare quick and easy Paleo dishes within the comforts of your own home with “Paleo Kitchen.” Prepare delicious low carb foods using healthy ingredients that will provide you with energy and nourishment everyday!

Find out how you can follow the Paleo diet with whatever available budget you have, and discover 49 delicious recipes to follow and help you get started on a healthier lifestyle.

The recipes included in this book are breakfast, soups, meat, poultry, seafood, and hot vegetable dishes. You will also find side dishes and desserts to make each meal complete and special.

With the variety of dishes that are so easy to make, you will certainly find it effortless to create a Paleo meal plan that you can easily follow. Incorporate the Paleo diet with an active lifestyle and you will definitely be on your way to losing weight, getting in shape, and feeling great!

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 - The Paleo Diet Basics

The Paleo diet is all about going back to the basics, and by basics, that means eating the way our ancestors from the Paleolithic era did, which was millions of years ago.

But why on earth should you start eating like a caveman?

Well, there is the fact that cavemen and women were hunters and gatherers. This means that they had to rely on muscle and sharp instincts to survive. The only meals that they had consisted of whole foods that were gathered fresh from the wild and meat that they had to chase or capture. The nutrients that they got from these food sources alone were able to provide them with enough energy to tackle the challenges of life before the Agricultural Revolution. They were able to enjoy the full benefits of healthy and preservative-free foods. They also learned to eat just enough portions for them to get by.

Say goodbye to unhealthy foods that promote inflammation

Until now we still need that “caveman” kind of energy in the modern world, but sadly, many people have the tendency to feed their bodies with so-called “convenient” fast foods that actually do more harm than good.

These foods promote inflammation that can trigger allergies and further lead to more dangerous health conditions such as obesity, heart disease, and cancer. Furthermore, the foods that dominate the traditional Western dieter’s plate contain too much calories. The excess calories get stored as fat in the body because of lack of exercise. However the body would start to crave for more foods after only a few hours because of the lack of micro-nutrients and fiber; the

calories alone are not enough to give the stomach that feeling of satisfaction.

To help combat this escalating problem, the Paleo diet is meant to wean your body from eating too much processed foods.

Here is a list of foods that you can start minimizing (and eventually remove) from your diet:

- Wheat and all grains
- Dairy products
- Soy
- Legumes
- Foods with concentrated sugars and/or sweeteners
- Processed foods (canned, packaged, dehydrated, etc)
- Vegetable oils

On the other hand, there is a vast range of foods that you can eat under the Paleo diet. Basically, these are foods that become easily spoiled: fresh fruits and vegetables, beef, poultry, veal, pork, lamb, seafood, and nuts and seeds. Healthy fats are also a part of the Paleo diet, so expect to see some coconut oils, olive oils, and animal fats in the recipes. With the help of recipe books such as this, you will be surprised to learn that there is a whole lot more to life than gluten!

Prepare to be a lean, mean, fighting machine in the urban jungle!

Keep in mind that the Paleo diet alone is not enough to instantly transform a person from pudgy and sedentary to someone who can do sprints that can outrun a cheetah. The nourishment from a Paleo diet should be maximized by engaging in regular exercise.

Nevertheless, by transitioning to the Paleo diet, you are already taking steps towards reducing your risk for obesity, diabetes, auto-immune diseases and heart problems. Furthermore, by sticking to a primarily Paleo meal plan, you will be able to stabilize your blood sugar levels, help maximize your weight loss

program, experience fewer allergies, feel more energetic, increase your mind's sharpness, and improve your blood lipid profiles! People who are suffering from acne and skin problems are also noticing improvements because of the anti-inflammatory nature of the Paleo diet.

Setting up your Paleo Kitchen

If you are a Paleo newbie, fret not! This section will help you get started on your Paleo diet journey through these easy cooking and kitchen tips.

Tip 1: Whole foods are actually cheap

You might think that sticking to a predominantly whole food diet will cost you a lot, but on the contrary, you will get to save more money. The key is to find great sources of affordable whole foods in your area and to decide on which types of whole foods are healthy and would fit your budget.

In purchasing meats such as beef, lamb, pork, eggs, and poultry, the most affordable ones would be those that are antibiotic-free and with no added hormones. If you can afford organic, then that would be even better. The best kind is the 100 percent grass-fed and finished (in the case of beef and lamb) and pasture-raised (in the case of poultry and pork).

Affordable seafood that you can add to your Paleo kitchen should be sustainable farmed, but if you want to amp it up a bit then go for wild caught. The best would be seafood that are wild-caught and sustainable.

Purchase fruits and vegetables that are low pesticide, in-season, and locally available as possible. If your budget allows it, opt for organic.

When shopping for oils, it is best to purchase the unrefined, organic variety. The best kind should be raw and cold or expeller pressed.

Tip 2: Buy in bulk straight from the rancher

Grass-fed beef is usually considered as expensive, but if you purchase directly from a Community Supported Agriculture (CSA) program or from the rancher, you will be able to save a lot of money because you no longer have to pay for the premium.

You should also purchase herbs and spices in bulk, since these tend to be cheaper. If possible, start growing your own herb garden. Most herbs are extremely low maintenance and do not require much space.

Tip 3: Become a CSA member

When you are a CSA member, you will pay (at an affordable price) at the start of the growing season and then during harvest time, you will be able to acquire your share of fresh produce each week.

Tip 3: Buy from the local farmers' market

Foods that are not in season and imported tend to be less nutritious yet more expensive. Buy your ingredients from the farmers' market and match your recipes to suit what is available. Shopping from the farmers' market is cheaper since there is no need to pay the middleman.

Tip 4: Stock up your Paleo pantry

Aside from fresh whole foods, herbs, and spices, it would be a good idea to fill your kitchen with these essential Paleo ingredients. That way, you can easily whip up a delicious and healthy meal even with only a few key ingredients at hand.

Here is a list of the basics:

Broth: you can make your own at home or you can purchase the ones that are low in sodium and sugar-free. As much as possible, choose organic.

Gluten-free flour: almond flour and coconut flour are the top two, but you

do not have to limit yourself to them. You can whip up a lot of yummy meals, including gluten-free bread and desserts, once you have this in store.

Coconut or almond milk: this is basically your go-to when it comes to substituting for dairy milk. Coconut and almond milk taste just as good, and can also be used as part of smoothies and coffees.

Mustard: organic brown, dry, or Dijon mustard is frequently asked for in Paleo recipes, so make sure to have some in your pantry as well. It definitely adds flavor to any meal.

Canned goods: not all canned goods are bad, especially if they contain whole and/or organic foodstuff. Oftentimes you will have to purchase diced tomatoes, artichoke hearts, chilies, and coconut milk from cans, because the real thing can sometimes be painstaking to prepare yourself.

Sea salt: you cannot go wrong with adding salt to your dishes. Although some Paleo fanatics do not like to use salt, you have the choice to add some more flavor to your dishes with a sprinkle of sea salt.

Vinegar: another way to add flavor to your dishes is by adding some vinegar. The most commonly used ones are balsamic and apple cider.

Coconut aminos: this is a good alternative to soy sauce, although gluten-free soy sauce and fish sauce are also acceptable.

Ghee: this clarified butter is a healthier Paleo alternative to traditional butter.

Olive oil: the best way to use olive oil is by adding it to salads and other dishes that require minimum exposure to heat. Extra virgin olive oil should not be exposed to heat, if possible.

Coconut oil: this is a popular choice for Paleo dieters, especially when it comes to cooking and greasing baking sheets and pans.

Tip 5: When in doubt, simplify!

If you are not up for cooking, you can still stick to the Paleo diet by making these really easy fixes at home:

Smoothies: combine your favorite medley of fruits and/or vegetables, then pour some almond or coconut milk. Blend away, and you are done!

Eggs and bacon: cook them separately or make an omelet. Either way, they are a tasty combination! Add some spinach to the mixture, if you like.

Pancakes: gluten-free flour, nut milk, and some fruit mashed together and cooked on a pan. Easy!

Soup: get creative with whatever you have in store: broth, vegetables, meats, and a few herbs and spices.

Grilled meat: season a pork chop, chicken thigh, or fish fillet with some salt and pepper and maybe even a few spices and herbs. Grill it and serve!

Vegetable salad: if you are still hungry after a meal, then you can gobble down a heaping bowl full of chopped leafy greens, tomatoes, cucumber, carrots, or any other vegetables you may have. Drizzle some extra virgin olive oil and squeeze half a lemon on top of everything, toss to coat, and dig in!

Chapter 2 - Breakfast

Banana Pancakes

Makes: 1 to 2 servings **Ingredients:** ● 2 small bananas ● 1/2 Tbsp honey ● 1 Tbsp melted coconut oil ● 1/6 cup coconut flour ● 1/4 tsp apple cider vinegar ● 1/2 tsp baking soda ● 1/2 Tbsp arrowroot flour ● 1/8 tsp fine sea salt ● 1/2 tsp ground cinnamon ● Honey or maple syrup

Instructions:

1. Line a baking sheet using parchment paper. Preheat the oven to 350 degrees F.
2. Combine all of the ingredients in a blender or food processor and blend until smooth.
3. Spoon some of the batter on the lined baking sheet to create several 3 inch pancakes. You can also use a ring mold to make the pancakes more even.
4. Bake for 12 to 15 minutes, then flip the pancakes and bake for an additional 8 to 10 minutes. Take them out of the oven and set them aside to cool before you serve.
5. Serve with a drizzle of maple syrup or honey on top.

Orange Blossom Pancakes

Makes: 1 serving **Ingredients:** ● 1 tbsp coconut flour ● 1/8 tsp ground nutmeg ● 1/4 tsp baking soda ● 1 Tbsp cashew meal or blanched almond flour ● 2 large eggs ● 1/3 cup full fat coconut milk ● 1 tsp orange blossom water or grated orange zest ● 1/4 tsp apple cider vinegar ● 1 Tbsp coconut oil ● 1 tsp honey or maple syrup ● Sliced fruit

Instructions:

1. Sift the baking soda, nutmeg, and coconut flour into a mixing bowl and add cashew meal. Mix well.
2. In a separate bowl, beat together the eggs, orange blossom water, coconut milk, vinegar, and honey or maple syrup. Combine the wet and dry ingredients together and mix until smooth.
3. Heat the coconut oil in a nonstick skillet over medium flame. Ladle some batter into the skillet and let it spread. Cook for a minute or until bubbles start to form, then flip and cook until done. Stack the pancakes on a plate and cover with a clean cloth to keep warm as you continue to cook.
4. Serve with sliced fruit.

Hash Egg Bake

Makes: 2 to 3 servings **Ingredients:** ● 1/2 sugarless chorizo ● 7 oz
canned diced fire-roasted tomatoes ● 1/2 sweet potato or yam, diced ● 1
small yellow onion, diced ● 4 eggs ● 1 clove garlic, minced ● 1/2
Tbsp bacon fat ● 1/2 tsp smoked paprika ● 1/2 tsp garlic powder ● 1/4
tsp chili powder ● 1/4 tsp dried oregano ● Fine sea salt ● Freshly
ground black pepper **Instructions:**

1. Preheat the oven to 350 degrees F.
2. Place a cast iron skillet over medium flame and grease with bacon fat. Saute minced garlic until fragrant, then add the onions, chorizo, and diced sweet potato or yam. Break up chorizo with a spatula and mix everything until cooked.
3. Cover the skillet and cook for 5 minutes or until sweet potato or yam becomes tender. Pour in the spices and tomatoes. Mix well.
4. Press the hash into the cast iron skillet or transfer it into a glass baking dish if you do not have a cast iron skillet. Crack the eggs on top of the hash and bake for 5 minutes or more, depending on how you want your eggs. Set aside to cool for 5 minutes, then serve.

Eggs Florentine

Makes: 2 servings **Ingredients:** ● 1 large tomato, cut into 8 rounds ● 4 large eggs ● 1 Tbsp apple cider vinegar ● 1 Tbsp coconut oil or ghee ● 4 cups tightly packed fresh spinach ● 1/8 cup chopped fresh basil ● 1/2 tsp paprika ● Fine sea salt ● Freshly ground black pepper **For the Hollandaise Sauce:** ● 3 large egg yolks ● 1/4 cup melted ghee ● 1/2 tsp lemon juice ● 1/2 tsp paprika ● Fine sea salt ● Ground white pepper **Instructions:**

1. To make the hollandaise sauce, simmer some water in a saucepan over medium heat.
2. Combine the egg yolks and a teaspoon of water in a heatproof glass bowl and put this over the simmering water, but make sure that the water does not touch the bowl. Whisk the eggs until stiff and then gradually add the melted ghee. Whisk until thick, then season with salt and white pepper, paprika, and lemon juice. Keep whisking, and if it starts to become too thick, just add a bit more water.
3. Keep the bowl of sauce warm before serving by covering it and placing it in a pan filled with hot water.
4. In a saucepan, mix together 1 1/2 cups water with the vinegar and place over medium heat. Let simmer.
5. In a skillet, heat the oil over medium flame and add the spinach and basil. Season with salt and pepper and saute until spinach becomes wilted. Put the spinach mixture into a bowl and cover.
6. Put the pan back over medium flame and add the tomato slices. Season with salt and pepper and cook for a minute per side, or until lightly browned. Set aside.
7. In a small bowl, add one egg at a time into the the simmering water and vinegar mix in the saucepan. Cook for about a minute or until yolks become firm yet still moist, and whites become opaque and firm.
8. Put divide the tomato slices, followed by the spinach between two plates. With a slotted spoon, take the eggs out from the saucepan one at a time and gently tap over some heavy-duty paper towels to drain. Put two eggs over each plate of spinach and tomato.

9. Lightly sprinkle paprika over the eggs and add the hollandaise sauce, then serve.

Stuffed Acorn Squash

Makes: 3 to 4 servings **Ingredients:** ● 1 1/2 lb bulk breakfast sausage, sugarless ● 2 acorn squashes, halved and seeds removed ● 4 eggs ● 1 yellow onion, diced ● 2 cloves garlic, minced ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Preheat the oven to 375 degrees F.
2. Put the acorn squash on the baking sheet, exposed sides down. Bake for 25 minutes or until soft.
3. Remove the baked squash from the oven and set aside to cool. Carefully scoop out squash flesh. Be careful not to tear the skin as you will be filling them with your sausage mixture later.
4. Place a pan over medium flame and grease with bacon fat or coconut oil. Sauté garlic and onion until onion becomes translucent.
5. Add the breakfast sausage and break up. Cook until done, then add the squash flesh. Mix well and then spoon the mixture into the squash skins. Press them in and create a shallow hole at the center of each in which to place your egg.
6. Crack an egg on top of each stuffed acorn squash and arrange on a baking sheet. Bake for 12 minutes or more, depending on how you want your eggs. Serve immediately.

Chapter 3 - Snacks and Appetizers

Cilantro Crackers

Makes: 2 servings **Ingredients:** ● 1 cup blanched almond flour ● 1 Tbsp chopped fresh cilantro ● 1/2 Tbsp tapioca flour ● 1 large egg, beaten ● 1 Tbsp sesame seed paste ● 1/2 Tbsp extra virgin olive oil ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Preheat the oven to 350 degrees F.
2. In a bowl, combine that tapioca flour, almond flour, and season with salt and pepper. Mix well.
3. In a mixing bowl, combine the egg, cilantro, olive oil, and sesame seed paste. Combine this mixture with the flour mixture and mix well.
4. With clean hands, form the mixture into a ball and place it on top of a sheet of parchment paper. Place another sheet on top and roll it out to about 1/8 inch thick.
5. Remove the upper parchment paper and cut into 1 inch squares with a sharp pizza cutter or knife.
6. Place the prepared dough with the lower parchment paper on top of a baking sheet. Bake for 15 minutes or until golden brown.
7. Set aside to cool before you break the squares apart. Serve or store in an airtight container for up to 4 days.

Arugula and Artichoke Salad with Citrus

Makes: 2 servings **Ingredients:** ● 4 cups arugula ● 1/4 red onion, cut into small pieces ● 1/2 cup cherry tomatoes, cut in half ● 3/4 cup canned and quartered artichoke hearts, drained ● 1/4 cup pomegranate seeds **For the Citrus Dressing:** ● 1 tsp lemon juice ● 1 tsp lime juice ● 1 Tbsp orange juice ● 3 Tbsp extra virgin olive oil ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. In a salad bowl, arrange the arugula and combine the onion, tomatoes, artichoke hearts, and pomegranate seeds.
2. In a smaller bowl, mix together the citrus dressing ingredients until thoroughly combined.
3. Pour the dressing on top of the salad and toss to coat, then serve.

Paleo Falafel

Makes: 2 servings **Ingredients:** ● 1 small head cauliflower, cored and cut into florets ● 1/4 cup blanched almond flour ● 1 large egg, beaten ● 1 Tbsp chopped fresh parsley ● 1 cup coconut oil ● 1 tsp ground cumin ● Fine sea salt ● Freshly ground black pepper **For the Tahini Dipping Sauce:** ● 1/2 cup sesame seed paste (tahini) ● 1/8 cup lemon juice ● 1/2 Tbsp garlic powder ● 1/8 cup chopped fresh cilantro ● 1/4 cup water ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Process the cauliflower florets in a blender or food processor until shredded.
2. Put the shredded cauliflower into a steamer pot and add some water. Place over medium heat and steam for 3 to 5 minutes, or until tender but not mushed.
3. Squeeze excess water out of the cauliflower using a clean towel and place into a mixing bowl. Add the eggs, parsley, flour, and season with salt, pepper, and cumin. Mix well.
4. Put a skillet over medium-high flame and add the coconut oil. Let it heat up as you shape the cauliflower mixture into 2-inch balls and put them on a plate. Once the coconut oil is hot enough, cook the Falafel balls for 2 minutes or until golden brown. Turn over and cook for another minute or until golden brown.
5. Remove the cooked Falafel balls with a slotted spoon and drain them on paper towels.
6. To make the tahini dipping sauce, combine all of its ingredients in a bowl and whisk until well-combined. Refrigerate excess sauce for up to 3 days.
7. Serve the Falafel balls with the tahini dipping sauce.

Garlic and Herb Mini Pitas

Makes: 3 servings **Ingredients:** ● 1 medium egg ● 1/2 Tbsp extra virgin olive oil ● 1/8 tsp apple cider vinegar ● 1/8 cup water ● 1/2 Tbsp coconut flour ● 1/8 cup and 1 Tbsp blanched almond flour ● 1 Tbsp ground golden flax seeds ● 1/4 tsp baking soda ● 1/2 tsp garlic powder ● 1/8 tsp fine sea salt ● 1/8 tsp freshly ground black pepper ● 1/2 tsp garlic powder ● 1/2 Tbsp chopped fresh cilantro **Instructions:**

1. Preheat the oven to 350⁰F and line a baking sheet using parchment paper.
2. In a small bowl, combine the olive oil, vinegar, egg, and 1/8 cup water.
3. In a bigger bowl, mix together the almond flour, coconut flour, baking soda, salt, pepper, garlic powder, fresh cilantro, and golden flax seeds. Pour the egg mixture into this and stir well.
4. Scoop about a spoonful of the mixture onto the lined baking sheet and spread until it gets to about half an inch thick. Make up to 3 or 4 pitas.
5. Bake for 15 minutes or until firm. Set aside to cool, then serve.

Cucumber and Tomato Salad with Mint

Makes: 2 servings **Ingredients:** • 1 medium cucumber, peeled, cut in half lengthwise, and seeded • 1 Roma tomato, cut in half and seeded • 1 Tbsp extra virgin olive oil • 1/2 tsp minced garlic • 1 Tbsp chopped fresh mint • 1 Tbsp lemon juice • Fine sea salt • Freshly ground black pepper

Instructions:

1. Dice up the tomatoes and cucumber and put them into a salad bowl.
2. In a smaller bowl, combine the rest of the ingredients well and then pour this over the salad bowl and toss to coat. Chill for an hour, then serve.

Chapter 4 - Soups

Cabbage and Meatball Soup

Makes: 2 servings **Ingredients:** ● 1 small head cabbage, cut into thin strips
● 1 1/2 Tbsp coconut oil ● 1 tsp minced garlic ● 1 medium white onion, diced ● 1 tsp chili powder ● 1/2 Tbsp ground cumin ● 1/2 tsp paprika ● 2 cups beef broth ● Fine sea salt ● Freshly ground black pepper ● 1/8 cup chopped fresh cilantro, for garnish **For the Meatballs:**
● 1 lb grass-fed ground beef ● 1/2 Tbsp garlic powder ● 1 tsp ground cumin ● 1 Tbsp chopped fresh cilantro ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Make the meatballs by mixing together all of its ingredients in a bowl with your hands. Shape into 1 inch balls and set aside.
2. To start making the soup, put a stockpot over medium flame and heat the coconut oil. Sauté the garlic and onion for about 2 minutes, then add the cumin, chili powder, and paprika. Season with salt and pepper. Sauté for an additional 2 minutes, then add the sliced cabbage. Cook for 5 minutes or until cabbage becomes soft.
3. Pour in the broth and add the meatballs. Cook over medium flame, uncovered, for half an hour and add more seasoning to taste.
4. Serve in soup bowls and garnished with fresh cilantro.

Basil Minestrone Soup

Makes: 3 servings **Ingredients:** ● 1/2 Tbsp coconut oil ● 1 small white onion, diced ● 1 stalk celery, chopped ● 2 small zucchini, sliced ● 2 small carrots, diced ● 1 cup cubed butternut squash ● 2 cloves garlic, minced ● 3 cups chicken broth ● 1/2 Tbsp dried oregano leaves ● 1 1/2 cups cauliflower florets ● 1/2 cup tightly packed basil ● 1/4 cup extra virgin olive oil **Instructions:**

1. Place a stockpot over medium flame and heat the coconut oil. Saute the onion, garlic, celery, and carrots. Season with salt and pepper and cook for 5 minutes or until soft.
2. Pour in the broth and add the oregano. Bring to a simmer and add the squash, zucchini, and cauliflower. Cook for 15 minutes, uncovered, or until vegetables are tender. Set aside.
3. Put the basil into a food processor and add olive oil. Season with salt and pepper. Pulse until you get a smooth consistency.
4. Add the basil mixture into the soup and stir. Serve immediately.

Chunky Gazpacho

Makes: 4 servings **Ingredients:** ● 1/4 cup chopped red bell pepper ● 1/4 cup chopped green bell pepper ● 2 cloves garlic, finely chopped ● 1/4 cup peeled and finely chopped cucumbers ● 1 Tbsp finely chopped scallions ● 3 tomatoes, peeled, seeded, and diced ● 1 1/2 cups tomato juice ● 1/8 cup red wine vinegar ● 1 Tbsp extra virgin olive oil ● 1 Tbsp chopped fresh dill ● 3/4 Tbsp balsamic vinegar ● 1/2 tsp sea salt

Instructions:

1. In a bowl, mix the bell peppers together with the garlic, cucumbers, scallions, tomatoes, tomato juice, olive oil, dill, and red wine vinegar.
2. Cover and refrigerate for 8 hours.
3. Add balsamic vinegar and salt, then serve.

Caramelized Onion Soup

Makes: 2 servings **Ingredients:** ● 5 medium white onions, sliced into rings
● 1 Tbsp coconut oil ● 1/4 tsp dried thyme leaves ● 2 cups beef broth
● 1 bay leaf ● 1/8 cup apple cider vinegar ● Fine sea salt ●
Freshly ground black pepper **Instructions:**

1. Place a stockpot over medium flame and heat the coconut oil. Saute the onions and season with salt and pepper. Add the thyme and saute for 20 minutes or until onions become golden brown.
2. Pour the beef broth and add the bay leaf to the mixture and bring to a simmer. Make sure to scrape the bottom of the stockpot to prevent onion bits from sticking. Cook, uncovered, for 20 minutes.
3. Pour in the vinegar and season to taste with a bit more salt and pepper. Let simmer for 8 minutes or until flavors are completely melded. Ladle into soup bowls and serve.

Green Bean Stew

Makes: 2 servings **Ingredients:** ● 1 Tbsp coconut oil or ghee ● 2 cloves garlic, minced ● 1/8 tsp turmeric ● 1/2 lb beef or lamb stew meat, cut into 1-inch cubes ● 1/4 tsp sea salt ● 1/8 tsp freshly ground black pepper ● 1 Tbsp tomato paste ● 1/8 cup sun-dried tomatoes, packed in olive oil, chopped ● 1 cup beef broth ● 1/2 lb green beans, stems cut off, sliced into 1 1/2 inch pieces ● 1 Tbsp fresh lemon juice **Instructions:**

1. Place a skillet over medium-high flame and add the oil or ghee. Cook the onion for 10 minutes or until translucent, then add the turmeric and garlic. Stir to combine.
2. Season the stew meat with salt and pepper, then place it on the skillet. Brown on all sides, then add the sun-dried tomatoes and tomato paste. Mix well, then add the broth.
3. Cover the skillet, set the heat on low, and let simmer for 45 minutes. After that, add the lemon juice and green beans. Simmer, uncovered, for another 30 minutes or until the green beans become fork-tender. Serve.

Chapter 5 - Meat

Lamb Kebabs

Makes: 2 servings **Ingredients:** • 3/4 lb lamb stew meat, cubed • 1 Tbsp coconut oil • 1 small red onion, cut into 1-inch pieces • 1/2 red bell pepper, cut into 1-inch pieces • 1/2 yellow bell pepper, cut into 1-inch pieces
For the marinade: • 1 1/2 Tbsp extra virgin olive oil • 1/2 tsp minced garlic • 1/2 tsp paprika • 1/2 tsp dried oregano • 1 Tbsp lemon juice • Saffron • Fine sea salt • Freshly ground black pepper **Instructions:**

1. In a nonreactive bowl, mix together the marinade ingredients very well.
2. Put the lamb cubes, red onion, and bell peppers into the marinade. Cover and refrigerate for 7 to 8 hours.
3. Prepare the skewers. Wooden skewers should be soaked in water for 10 minutes before use. Skewer the meat and vegetables together.
4. Preheat the grill pan to medium heat. Grease the grill with the coconut oil, then grill the kebabs for 5 minutes per side. Turn over and grill for an additional 5 minutes or more depending on how well-done you want it. Serve.

Pork Satay

Makes: 2 servings **Ingredients:** ● 1/2 lb boneless pork tenderloin ● 1/2 small onion, finely diced ● 2 Tbsp coconut aminos ● 1/8 cup almond butter ● 1 Tbsp raw honey ● 1/8 cup water ● 1 1/2 Tbsp coconut oil ● 1 clove garlic, minced ● 1/8 tsp ground ginger ● Red pepper flakes ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Preheat grill to medium-high heat.
2. Place a saucepan over medium flame and grease with a tablespoon of coconut oil. Saute the onion and garlic until onion becomes translucent. Add the almond butter, 1/2 tablespoon of coconut oil, honey, water, ginger, and coconut aminos, and season with salt, pepper, and red pepper flakes. Mix thoroughly.
3. Let simmer, uncovered, for 5 minutes or until sauce thickens. Set aside 1/3 cup of the sauce.
4. Cut pork loin in half width-wise and slice each half into thin strips. Skewer pork in soaked wooden or in metal skewers. Brush some of the sauce on the pork and grill, uncovered. Cook for 4 minutes per side, or until well-done.
5. Place on a dish and pour the reserved sauce on top. Serve.

Spicy Stuffed Poblanos

Makes: 2 to 3 servings **Ingredients:** • 3 poblano peppers, tops cut off, seeds removed • 1/2 lb ground beef or pork • 1/2 small yellow onion, diced • 2 cloves garlic, minced • 3 oz diced green chilies • 3 oz canned tomato paste • 1 Tbsp hot sauce • 1/8 tsp ground red pepper • 1/4 Tbsp garlic powder • 1/16 tsp paprika • Fine sea salt • Freshly ground black pepper • 1 Tbsp bacon fat **Instructions:**

1. Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Place a skillet over medium-high flame and grease with bacon fat. Saute the garlic until fragrant, then add the onions. Cook until translucent, then add the ground beef. Cook until browned.
3. Add the other ingredients into the skillet, except the poblano peppers. Cook until flavors are well combined.
4. Rinse the insides of the poblano peppers. Cut a slide down one side and stuff with the beef mixture. Put them on the prepared baking sheet. Bake for 20 minutes or until poblano skins become blistered and soft.
5. Serve immediately.

Rosemary Leg of Lamb

Makes: 3 servings **Ingredients:** ● 2 1/2 lb leg of lamb, bone in ● 1/4 cup dried rosemary ● 1/2 cup gluten-free Dijon mustard ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Pulse dried rosemary in a coffee or spice grinder until powdered. Pour into a bowl and season with salt and pepper.
2. Put the leg of lamb in a baking dish and brush marinade on all sides of the lamb. Refrigerate for 7 to 8 hours.
3. Preheat broiler and sear the lamb in the oven for 5 minutes. Flip and sear for an additional 5 minutes. Set temperature to 350 degrees F and cook lamb for 60 minutes, or until internal temperature reads 160 degrees F.
4. Set aside for 10 minutes before carving.

Mediterranean Burgers

Makes: 2 servings **Ingredients:** ● 1/2 lb ground beef or lamb ● 1/2 small white onion, minced ● 1/2 tsp ground cinnamon ● 1/2 tsp ground cumin ● 1/4 tsp ground nutmeg ● 1/2 tsp paprika ● 1/8 cup chopped fresh parsley ● 1/2 Tbsp chopped fresh mint ● 1/2 Tbsp chopped fresh cilantro ● 1/4 tsp fine sea salt ● 1/8 tsp ground black pepper **For the Tzatziki Sauce:** ● 3/4 cup coconut cream ● 1/2 cucumber, peeled, seeded, and quartered ● 1 tsp lemon juice ● 1/8 cup fresh dill ● 1/8 cup tightly packed fresh mint leaves ● 2 cloves garlic, peeled **Instructions:**

1. To make the tzatziki sauce, combine all of the ingredients for it in a blender or food processor. Pulse until you get a smooth consistency. Store excess in the refrigerator for up to 3 days.
2. In a mixing bowl, combine all of the ingredients, the sauce, with clean hands. Form into 2 or 4 patties.
3. Heat the grill to medium-high and cook the burgers for 3 minutes per side. Set aside and cover to keep warm.
4. Serve the burgers with the tzatziki sauce and vegetable toppings of your choice.

Beef and Artichokes

Makes: 2 to 3 servings **Ingredients:** ● 1/2 Tbsp coconut oil ● 1/2 lb beef stew meat ● 1 small white onion, diced ● 1 stick cinnamon ● 1 bay leaf ● 2 cups beef broth ● 1/2 lb ground beef ● 1/8 cup chopped fresh parsley ● 2 cups frozen artichoke hearts, thawed and drained ● 1 Tbsp chopped fresh cilantro, for garnish ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Place a stockpot over medium flame and heat the oil.
2. Season the beef stew meat with salt and pepper. Sear in the stockpot for 3 minutes per side. Add the diced onion and sauté for 2 minutes. Add the cinnamon stick and bay leaf and saute for another minute.
3. Pour in the broth and cover. Bring to a simmer, and remove the lid. Continue to simmer, uncovered for 30 minutes.
4. In a bowl, combine the ground beef and parsley. Season generously with salt and pepper and mix well with clean hands. Shape into 1-inch sized balls and put them into the pot. Cook for 5 minutes.
5. Pour in the artichoke hearts and let simmer for 20 minutes. Take out the cinnamon stick and bay leaf. Top with cilantro and serve.

Cinnamon Braised Beef Tajine

Makes: 2 servings **Ingredients:** • 1/2 Tbsp coconut oil • 1 small white onion, diced • 1 lb beef stew meat • 2 sticks cinnamon • 2 cups beef broth • Fine sea salt • Freshly ground black pepper • 1/8 cup chopped fresh cilantro, for garnish **Instructions:**

1. Place a stockpot over medium flame and heat the coconut oil. Saute the diced onion for 3 minutes, then add the beef stew meat and saute for 5 minutes or until browned all over. Season with salt and pepper, then add the cinnamon sticks. Cook for an additional 2 minutes.
2. Pour the broth into the stockpot and cover. Bring to a simmer, then remove the lid and let simmer, uncovered, for 40 minutes or until meat becomes tender. Season with more salt and pepper, if preferred.
3. Take out the cinnamon sticks and garnish with cilantro, then serve.

Chapter 6 - Poultry

Saffron Braised Chicken

Makes: 2 servings **Ingredients:** ● 1/2 Tbsp coconut oil ● 2 1/2 lb chicken pieces ● 1/2 Tbsp paprika ● 1 tsp ground ginger ● 1 tsp ground cumin ● 1 small white onion, diced ● 1 tsp minced garlic ● 2 cups chicken broth ● 1 Tbsp chopped fresh parsley ● 1 Tbsp chopped fresh cilantro ● A pinch of saffron ● Fine sea salt ● Freshly ground black pepper

Instructions:

1. Place a stockpot over medium flame and heat the coconut oil.
2. Season the chicken pieces generously with salt and pepper. Fry the pieces in the stockpot until browned on all sides, then sprinkle with saffron, paprika, cumin, and ginger.
3. Add the garlic and onion and saute until onion becomes translucent. Pour the broth in, put the lid on, and bring to a boil. Once boiling, take off the lid and reduce the heat. Let simmer for 30 minutes.
4. Set your broiler on high and attach the rack in the topmost section. With tongs, take the chicken pieces out of the stockpot and arrange them in a baking dish. Place the baking dish into the oven and broil for 5 minutes to make the skin crispy.
5. Add the parsley and cilantro to the sauce and stir to combine.
6. Arrange the chicken pieces in a serving dish and pour the sauce on top. Serve.

Buffalo Chicken and Sweet Potato Meatza

Makes: 2 to 3 servings **Ingredients:** ● 1/2 lb ground chicken ● 1 lb ground turkey or beef ● 1 medium sweet potato or yam, skin on, diced ● 1/8 cup hot sauce ● 1/2 Tbsp dried parsley ● 1/2 Tbsp dried basil ● 1/2 Tbsp dried oregano ● 1 tsp onion powder ● 1 tsp garlic powder ● 1 Tbsp coconut oil ● Fine sea salt ● Freshly ground black pepper

Instructions:

1. Preheat the oven to 350 degrees F.
2. Combine the ground turkey or beef and the herbs in a bowl. Season with salt and pepper and mix with clean hands.
3. Transfer the mixture into a glass baking dish and spread out, pressing out any air bubbles. Bake for 12 minutes.
4. In the meantime, place a skillet over medium flame and heat the coconut oil. Cook the diced sweet potato or yam for 5 minutes or until soft.
5. Add the ground chicken and season with salt, pepper, and onion and garlic powders. Break up the ground chicken with a wooden spoon. Cook until well-done. Pour the hot sauce in and mix well.
6. Once the beef is finished, take it out of the oven and spread the chicken and sweet potato mixture on top. Bake for 5 minutes, cut and serve with hot sauce.

Lemon Ginger Chicken Tajine

Makes: 2 servings **Ingredients:** ● 1/2 Tbsp coconut oil ● 2 1/2 lb chicken pieces ● 1 small white onion, diced ● 1 tsp minced garlic ● 1/4 cup chopped fresh parsley ● 1 Tbsp chopped fresh cilantro ● 1 lemon, thinly sliced ● 1 1/2 oz fresh ginger root, thinly sliced ● 2 cups chicken broth ● 1/8 cup chopped fresh cilantro, for garnish **Instructions:**

1. Place a stockpot over medium flame and heat the coconut oil.
7. Season the chicken pieces generously with salt and pepper. Fry the pieces in the stockpot until browned on all sides, then add the onion, garlic, cilantro, and parsley. sprinkle with saffron, salt, and pepper and cook for 5 minutes or until onion becomes translucent.
2. Pour the chicken broth into the pot and cover. Bring to a boil, then remove the lid and turn down the heat. Let simmer for 20 minutes, then add the ginger and lemons. Cook, uncovered, for an additional 20 minutes.
3. Ladle into soup bowls, garnish with cilantro, and serve.

Pistachio Pesto Chicken Pasta

Makes: 2 to 3 servings **Ingredients:** ● 1 small spaghetti squash, halved and seeded ● 1/4 lb chicken, cubed ● 1/2 cup unsalted and shelled pistachios ● 1/4 cup fresh basil leaves ● 1 clove garlic ● 1/2 lemon, juiced ● 1/2 cup olive oil ● 1 cup sun dried tomatoes, sliced ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Preheat the oven to 425 degrees F.
2. Put the spaghetti squash, exposed side down, on a baking sheet. Bake for 20 minutes or until squash becomes soft.
3. Process the pistachios in a blender or food processor until crumbled. Add the basil and garlic, and pulse. As you pulse, gradually pour in the olive oil and lemon juice. Pulse until smooth with chunks.
4. Place a skillet over medium flame and grease with olive oil. Saute the chicken and season with salt and pepper. Cook on both sides until well done, then pour in the pesto. Toss to coat chicken in the pesto.
5. Pull the threads out of the spaghetti squash and place the threads into the skillet with the chicken pesto. Mix well.
6. Serve topped with sun dried tomatoes.

Crispy Fried Chicken

Makes: 2 servings **Ingredients:** • 1 cup blanched almond flour • 1/2 Tbsp paprika • 1/4 cup minced fresh cilantro • 2 boneless, skinless chicken breasts • 2 small eggs • 1/2 cup coconut oil • Fine sea salt • Freshly ground black pepper **Instructions:**

1. Mix together the almond flour, paprika, cilantro, and season with salt and pepper in a deep dish.
2. Slice the chicken breasts lengthwise to create 2-inch wide strips. Season with salt and pepper on both sides.
3. In another shallow dish, beat the eggs well. Coat each strip with the egg and then coat with the almond flour mixture on all sides. Shake off excess coating. Pile up the coated chicken strips on a plate.
4. Place a heavy-duty skillet over high flame and heat the coconut oil. Make sure it is hot before using by dipping a wooden toothpick in. If it starts to sizzle, it is ready.
5. Fry the chicken strips for 5 minutes, then turn over and fry on the other side for an addition 5 minutes or until golden brown. Drain the chicken strips on paper towels, then serve.

Coconut Ginger Mushroom Chicken

Makes: 2 servings **Ingredients:** ● 1/2 lb chicken thighs ● 7 oz canned coconut milk ● 1 1/2 Tbsp freshly grated ginger ● 1 clove garlic, minced ● 1/4 sweet onion, chopped thinly ● 1/2 tsp garlic powder ● 1/2 tsp onion powder ● 1/4 cup shiitake mushrooms, sliced ● 1/4 cup package cremini mushrooms, sliced ● 1 Tbsp coconut oil ● Fine sea salt ●

Freshly ground black pepper **Instructions:**

1. Place big skillet over medium flame and add coconut oil. Saute onion and garlic until onion becomes translucent. Add coconut milk and mushrooms. Reduce heat and let simmer until mushrooms become tender.
2. Add ginger and mix well. Season with salt and pepper and cover.
3. Put medium-sized skillet over medium-high flame and grease with coconut oil. Let it heat up as you season the chicken thighs with salt and pepper, and onion and garlic powders.
4. Cook chicken thighs in the medium-sized skillet for 6 minutes per side or more. Once they are cooked, put them in the simmering coconut milk mixture and cover. Cook for 3 minutes, then serve.

Turkey Sliders with Avocado Slaw

Makes: 2 servings **Ingredients:** ● 1/2 lb ground turkey ● 1/8 red onion, minced ● 1/8 red onion, thinly sliced ● 1/4 poblano pepper, diced ● 1/4 red bell pepper, diced ● 1/4 tsp ground red pepper ● 1/2 tsp ground cumin ● 1/2 Tbsp bacon fat ● Fine sea salt ● Freshly ground black pepper **For the Avocado Slaw:** ● 1/2 small head cabbage, chopped ● 1 avocado ● 1/2 Tbsp olive oil ● 1/2 tsp lime juice ● 1/4 tsp lemon juice ● 1/2 tsp ground cumin ● 1/4 tsp crushed red pepper ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Make the sliders by combining all of the ingredients in a mixing bowl with clean hands. Form into burger patties.
2. Place a skillet over medium flame and grease with bacon fat. Cook the sliders for 5 minutes per side or until white and cooked through. Set aside.
3. To make the avocado slaw, processes all of the ingredients, except the cabbage, in a blender or food processor until smooth. Arrange the cabbage in a platter and drizzle the dressing on top. Season with salt and pepper.
4. Place the turkey sliders on top of the avocado slaw and serve.

Chapter 7 - Seafood

Creamy Cilantro Salmon

Makes: 2 servings **Ingredients:** ● 2 wild salmon fillets, skin on, 5 oz each
● 1/2 Tbsp coconut oil or ghee ● Fine sea salt ● Freshly ground black pepper **For the Sauce:** ● 2 cups fresh cilantro leaves, loosely packed ● 2 cups fresh parsley leaves, loosely packed ● 1/2 Tbsp minced garlic ● 1 1/2 Tbsp lemon juice ● 1/2 cup full fat coconut milk **Instructions:**

1. Preheat the oven to 350 degrees F.
2. Make the sauce by combining the cilantro, parsley, lemon juice, and garlic in a food processor. Pulse as you gradually pour in the coconut milk. Process to a creamy consistency. Set aside.
3. Season the salmon with salt and pepper on both sides. Place a heavy-duty skillet over medium-high flame and heat the coconut oil or ghee in it for about a minute. Sear the salmon, skin side down, for a minute.
4. Put the skillet into the oven and bake for 3 minutes, then flip the salmon and bake for an additional 2 minutes. There should still be a hint of pink in the center of the salmon.
5. Take the salmon out of the oven and carefully place it onto the serving plate. Drizzle the creamy sauce on top and serve immediately.

Pistachio-coated Sole

Makes: 2 servings **Ingredients:** ● 2 sole fillets, 5 oz each ● 1 large egg, beaten ● 1 tsp finely grated lemon zest ● 1/2 Tbsp garlic powder ● 1 cup shelled, raw pistachios ● 1/8 cup coconut oil ● 1/8 cup chopped fresh parsley ● Paprika ● Fine sea salt ● Freshly ground black pepper

Instructions:

1. Season the sole fillets with salt, pepper, and paprika on both sides.
2. In a deep dish, beat the egg and season with lemon zest, garlic powder, salt, pepper, and paprika.
3. Pour the pistachios into a food processor and pulse to roughly chop. Spread this onto a plate. Dip each sole fillet into the egg and then coat it with the chopped pistachios on both sides.
4. Place a large skillet over medium-high flame and pour the coconut oil into it. After 1 minute, dip a toothpick into it and if bubbles start to form, then it is ready. Pan fry the sole fillet for 3 minutes per side. Be careful not to move the fillet until after the lower side is completely cooked or it will break it up.
5. Transfer the cooked sole fillets onto a serving plate and serve with lemon wedges and parsley.

Thai Lime Coconut Shrimp

Makes: 1 to 2 servings **Ingredients:** ● 1/2 lb raw shrimp, peeled and deveined ● 2 egg whites, whisked ● 3 oz canned coconut milk ● 1/6 cup coconut flour ● 1/2 cup unsweetened shredded coconut ● 1/4 tsp Sriracha ● 1/4 tsp fine sea salt ● 1/4 tsp freshly ground black pepper ● 1 1/2 Tbsp curry powder ● 1 clove garlic, minced ● 1/2 Tbsp coconut oil ● 1/2 lime, juiced **Instructions:**

1. Whisk the egg whites in a bowl until foamy.
2. In a separate bowl, combine a tablespoon of curry powder with coconut flour, salt, pepper, and cayenne.
3. In another bowl, pour the shredded coconut in.
4. Dip the shrimp into the egg white, then into the coconut flour, and finally the shredded coconut. Pile them up on a plate.
5. Place a large skillet over medium heat and grease with coconut oil. Sauté the minced garlic until fragrant, then add the Sriracha, coconut milk, and half a tablespoon of curry powder. Mix well until bubbly.
6. Add the shrimp and cook for 3 minutes on both sides or until pink. Squeeze lime on top and serve.

Sardine Salad with Olives and Capers

Makes: 4 servings **Ingredients:** • 16 oz canned sardines packed in water or oil, drained • 4 Tbsp capers, rinsed and drained • 1/2 cup sliced green olives • 1/2 cup diced red onion • 4 Tbsp extra virgin olive oil • 1 cup lemon juice • 8 cups sliced romaine lettuce • 2 cups cherry tomatoes, cut in half • Fine sea salt • Freshly ground black pepper **Instructions:**

1. In a large bowl, mash the sardines using a fork and season with salt and pepper. Add the onion, capers, olives, olive oil, and lemon juice. Stir well.
2. Divide the lettuce and tomatoes between four serving plates and spoon the sardine salad on top. Serve immediately.

Red Curry Scallop Soup

Makes: 2 servings **Ingredients:** • 1/2 lb bay or sea scallops • 7 oz
canned coconut milk • 2 oz red curry paste • 1/2 red bell pepper, sliced
• 1 1/2 Tbsp coconut oil • 1 clove garlic, minced • Chopped green
onions, as garnish • Fine sea salt • Freshly ground black pepper

Instructions:

1. Put a skillet over medium flame and grease with some coconut oil. Saute the garlic until fragrant, then add the scallops and season with salt. Cook scallops for 3 minutes per side or until golden brown. Set aside on a plate.
2. In the same skillet, add the red bell peppers and cook until wilted, then pour in the coconut milk and add the red curry paste. Combine well then season with salt and pepper.
3. Ladle the soup into a serving bowl and add the scallops into it. Sprinkle chopped green onions on top and serve.

Chapter 8 - Hot Vegetables

Charmoula Roasted Vegetables

Makes: 2 servings **Ingredients:** ● 1/2 Tbsp coconut oil ● 2 small turnips, peeled and sliced into bite-sized pieces ● 1 stalk celery, diced ● 2 small carrots, peeled and sliced into bite-sized pieces ● 1 small fennel bulb, diced ● 1 tsp minced garlic ● 1/2 tsp cayenne pepper ● 1/2 tsp paprika ● 1/2 Tbsp ground cumin ● 1 1/2 cups tightly packed fresh cilantro leaves ● 1 Tbsp lemon juice ● 1/4 cup extra virgin olive oil ● Fine sea salt ● Freshly ground black pepper **Instructions:**

1. Preheat the oven to 350 degrees F. Lightly grease a glass baking dish or rimmed sheet pan.
2. In a mixing bowl, mix together the celery, carrots, fennel, and turnips.
3. In a food processor or blender, combine the cayenne pepper, cumin, paprika, cilantro, garlic, lemon juice, and olive oil. Season with salt and pepper and pulse until you get a smooth consistency.
4. Drizzle the sauce all over the vegetables and toss to coat. Set aside at room temperature to let the flavors meld for about 10 to 15 minutes.
5. Scrape the vegetable mixture into the prepared baking dish or pan, then bake for 20 to 25 minutes or until tender. Serve.

Honey and Citrus Glazed Parsnips

Makes: 2 servings **Ingredients:** • 3 parsnips, peeled, trimmed and cut into 1/2 inch wide strips • 1/4 tsp fresh thyme leaves • 1 1/2 Tbsp coconut oil • Fine sea salt • Freshly ground black pepper **For the Honey and Citrus Glaze:** • 2 Tbsp orange juice • 2 Tbsp lime juice • 1 Tbsp raw honey

Instructions:

1. Preheat the oven to 350 degrees F.
2. In a bowl, combine the lime juice, orange juice, and honey.
3. Arrange the parsnips in a baking sheet or glass baking dish and season with salt and pepper. Sprinkle the thyme leaves on top and drizzle about 2/3 of the glaze. Drizzle coconut oil on top and toss to coat. Bake for 15 minutes.
4. Pour the remaining glaze on top and toss again to coat well. Bake for another 10 minutes or until parsnips are light brown and soft.

Brussels Sprouts with Browned Butter and Hazelnuts

Makes: 2 servings **Ingredients:** • 1 1/2 Tbsp coconut oil • 1/2 lb Brussels sprouts, trimmed and quartered • 1/8 cup chopped hazelnuts • 1 1/2 Tbsp water **Instructions:**

1. Attach the rack to the bottom third of the oven and preheat to 450 degrees F.
2. Grease a rimmed baking pan or glass baking dish with the coconut oil and arrange the Brussels sprouts in a single layer. Roast for 3 to 4 minutes, or until fragrant and lightly browned.
3. Take the Brussels sprouts out of the oven and add the hazelnuts and season with salt and pepper. Toss to mix, then put it back into the oven and roast for 4 to 5 minutes.
4. Take the pan or dish out and sprinkle a bit of water on the sprouts. Toss, then roast for one last time for about 5 to 6 minutes or until Brussels sprouts are light brown and tender. Serve.

Zucchini Casserole

Makes: 3 servings **Ingredients:** ● 1 Tbsp ghee or coconut oil, more for greasing ● 3/4 lb zucchini, unpeeled, washed, and sliced ● 1 egg, beaten ● 1/4 tsp ground nutmeg ● 1/4 tsp dry mustard ● 1/4 tsp fine sea salt ● Freshly ground black pepper ● 1/2 Tbsp almond or coconut flour ● 1/2 cup coconut cream ● 1/4 tsp raw honey ● Optional: 3 oz vegan Cheddar, shredded **Instructions:**

1. Preheat the oven to 325 degrees F. Prepare a small casserole by lightly greasing it with a bit of coconut oil
2. Place a heavy-duty skillet over medium-high flame and heat the coconut oil. Saute the sliced zucchini until tender, then take the skillet off the heat and set aside. Let cool for 15 minutes, then scrape into the prepared casserole.
3. In a mixing bowl, beat the egg with the dry mustard, nutmeg, salt, and flour. Add a bit of black pepper to taste, then add the honey and mix well. Pour in the coconut cream and the vegan Cheddar, if using, and mix to combine.
4. Pour the egg mixture on top of the cooled zucchini and stir to mix. Bake in the oven for 20 to 25 minutes or until set. Set aside to cool for a bit, then serve.

Persian Herb Frittata

Makes: 3 servings **Ingredients:** ● 1 1/2 bunches parsley ● 1/2 bunch dill
● 1 bunch cilantro ● 3/4 cup leeks (white parts only), sliced ● 3 eggs
● 1/2 tsp fine sea salt ● 1/4 tsp freshly ground black pepper ● 1 1/2
Tbsp coconut oil or ghee **Instructions:**

1. Wash and dry the cilantro, dill, and parsley very well, then put them into a food processor and add the leeks. Pulse to chop, but do not over-blend.
2. In a bowl, crack open the eggs and season with salt and pepper. Whisk to combine. Gradually pour in the herb mixture as you whisk.
3. Place a cast-iron skillet over medium-low flame and add the coconut oil or ghee. Pour in the herb and egg mixture. Tilt to distribute the mixture evenly across the pan. Cook until browned. Make sure to run your spatula along the edges and loosen it from the pan so that it will not burn.
4. Cut the frittata in half and serve.

Chapter 9 - Side Dishes

Sweet Potato Fries

Makes: 2 servings **Ingredients:** ● 2 large sweet potatoes ● 1 cup coconut oil or beef tallow ● Fine sea salt ● Paprika **Instructions:**

1. Peel and cut the sweet potatoes into thin strips.
2. Place a deep, heavy-duty skillet over medium-high flame and pour the oil or tallow into it. Dip a toothpick into the fat and if it starts to bubble, then you can start cooking your sweet potatoes.
3. Cook the sweet potato strips for 5 minutes, or until golden brown, then transfer them onto a tray lined with paper towels to drain. Season with a bit of salt and paprika, then serve.

Mocktato Salad

Makes: 2 servings **Ingredients:** ● 4 medium-sized turnips, peeled and cut into bite-sized cubes ● 1/8 cup Aioli ● 1/2 tsp dry mustard ● 1 Tbsp apple cider vinegar ● 1/4 cup fresh cilantro leaves, chopped ● Fine sea salt ● Freshly ground black pepper **For the Aioli:** ● 3 large egg yolks, room temperature ● 1/2 Tbsp minced garlic ● 1/2 Tbsp lemon juice ● 1/8 tsp ground white pepper ● 1/4 tsp fine sea salt ● 1 cup extra virgin olive oil **Instructions:**

1. To make the aioli, combine the egg yolks, garlic, lemon juice, salt, and white pepper in a food processor and pulse. As you continue to pulse, gradually add the olive oil. Process until well combined.
2. Put the turnip pieces into a stockpot, cover with water, and place over medium-high heat. Boil for 15 minutes or until turnips become a bit tender.
3. Put the turnips into a bowl and set aside to cool. In the meantime, whip up the dressing by combining the aioli, vinegar, dry mustard, and cilantro in a bowl. Season with salt and pepper and stir.
4. Drizzle the dressing over the turnips and toss to coat. Serve immediately or chill before serving.

Broccoli Fritters

Makes: 1 to 2 servings **Ingredients:** ● 3/4 cup shredded broccoli stems ●
1 egg, whisked ● 1/4 sweet onion, finely chopped ● 3/4 cup almond meal
● 1/2 Tbsp garlic powder ● 1/2 tsp minced garlic ● 1 Tbsp bacon fat
or coconut oil ● Fine sea salt ● Freshly ground black pepper

Instructions:

1. Combine the shredded broccoli stems with the other ingredients in a mixing bowl. Mix well until thoroughly combined.
2. Place a skillet over medium-high flame and add a bit of fat or oil.
3. Heat it up while you shape a ball of the broccoli mixture and place it on the skillet. Flatten it a spatula and cook for 3 minutes. Turn over and cook the other side for an additional 3 minutes, or until crisp on both sides. Serve.

Cauliflower Couscous

Makes: 2 servings **Ingredients:** ● 1 small head cauliflower, cored ● 1/8 cup chopped fresh cilantro ● Fine sea salt ● Freshly ground black pepper

Instructions:

1. Wash and rinse the cauliflower. Drain well, then cut up into florets.
2. Put the cauliflower florets into a food processor and shred.
3. Transfer shredded cauliflower into a steamer pot and add 2 cups of water. Place over medium flame and season with salt and pepper. Steam for 5 minutes, or until tender.
4. Put the cauliflower into a serving bowl and toss in the cilantro. Serve immediately.

Eggplant and Tomato Salad with Mint

Makes: 2 servings **Ingredients:** • 1/2 Tbsp coconut oil or ghee • 1/2 Tbsp minced garlic • 1 small white onion, diced • 2 tomatoes, chopped • 1 medium-sized eggplant • 1 medium-sized zucchini • 1/2 tsp ground cumin • 1/2 tsp chili powder • 1/2 Tbsp apple cider vinegar • 1/4 cup chopped fresh parsley • 1/8 cup extra virgin olive oil • 1/8 cup chopped fresh mint leaves • Fine sea salt • Freshly ground black pepper

Instructions:

1. Place a skillet over medium flame and heat the oil or ghee. Sauté the garlic, onion, and tomatoes and season with salt and pepper. Cook for 6 minutes or until onion becomes translucent.
2. Cut the eggplant and zucchini into bite-sized pieces and add them into the skillet. Add the parsley, cumin, and chili powder and sauté for 10 minutes or until all the vegetables are cooked. Add the vinegar and stir to mix.
3. Drizzle with olive oil and sprinkle with mint leaves, then serve.

Chapter 10 - Desserts

Apricot Ice Cream

Makes: 2 servings **Ingredients:** ● 3 fresh apricots, pitted ● 1/2 tsp lemon juice ● 1/4 cup honey ● 1 cup full fat coconut milk ● 1/4 tsp sea salt ● 1/2 tsp ground cardamom ● 1/2 tsp gluten-free vanilla extract ● 1 1/2 Tbsp gelatin ● 1/8 cup boiling water ● 2 sprigs fresh mint, for garnish

Instructions:

1. Freeze the ice cream maker canister for 2 days or more before starting.
2. In a blender, combine the apricots, lemon juice, honey, coconut milk, cardamom, sea salt, and vanilla extract. Process to a smooth consistency.
3. Combine the gelatin and boiling water, stirring well until completely dissolved. Add this mixture into the apricot smoothie and blend for 10 seconds.
4. Transfer the mixture into the ice cream machine and churn based on the manufacturer's directions. Freeze or serve immediately. If you do not have an ice cream maker, put the mixture into a bowl and put the bowl in the freezer. Freeze for 2 hours, stirring every 30 minutes.

Paleo Chocolate Cake

Makes: 4 to 5 servings **Ingredients:** ● 1/2 Tbsp cocoa powder ● 1/2 Tbsp coconut oil or ghee ● 5 1/2 oz dark chocolate (at least 80 percent cacao) chopped ● 1/2 cup coconut oil ● 1/4 tsp gluten-free vanilla extract ● 1/4 tsp orange blossom water ● 1/3 cup maple syrup ● 1/2 tsp orange zest ● 1/8 tsp fine sea salt ● 3 large eggs ● 1 5 x 2-inch loaf pan

Instructions:

1. Preheat the oven to 275 degrees F. Grease the loaf pan with coconut oil and dust with the coconut powder.
2. In a double broiler, melt the chocolate and stir in the coconut oil. You can also melt them together in a heatproof glass bowl placed over a saucepan with water, with the water not touching the bowl.
3. Remove the melted chocolate mixture from the flame and add the vanilla, orange blossom water, maple syrup, orange zest, salt, and a tablespoon of water. Gradually whisk in the eggs until completely combined. Transfer the batter into the prepared pan.
4. Pour water up to about half an inch in a baking dish and put the cake pan into it. Put them in the oven and bake for 35 to 40 minutes, or until the cake is set.
5. Take the cake pan out of the baking dish and set aside to cool for about an hour at room temperature. Then run a knife along the edges of the cake and invert it onto a plate. Serve with sliced fruit, if preferred.

Pumpkin Squares

Makes: 3 to 4 servings **Ingredients:** ● 1 lb fresh pie pumpkin ● 2 eggs
● 1/4 cup raw honey ● 1 cup almond flour ● 1/8 cup coconut oil ●
1 3/4 tsp pumpkin pie spice ● 1/4 tsp baking soda combined w/ 1 1/2 tsp
lemon juice ● 1/2 tsp of baking soda ● 1/4 tsp unrefined sea salt

Instructions:

1. Slice the pumpkin and remove the seeds.
2. Fill a large pot with water and place over medium flame. Put the pumpkin in the steamer basket and place it into the pot. Cover and steam for 15 minutes or until soft.
3. Scoop out the pumpkin flesh and put it into a blender. Puree until you get a smooth consistency.
4. Preheat the oven to 350 degrees F. Rub coconut oil on a baking pan.
5. In a bowl, combine the honey, coconut oil, pumpkin puree, and eggs. Beat until smooth.
6. In a separate bowl, sift the almond flour, baking soda, pumpkin pie spice, salt, and add the baking soda and lemon juice mixture. Add the pumpkin puree mixture. Mix well, then pour into the prepared baking pan.
7. Bake for 25 minutes, then set aside to cool before you cut into squares and serve.

Ginger Brownies

Makes: 4 servings **Ingredients:** ● 1/4 cup cocoa, sifted ● 1/6 cup coconut oil, melted ● 3 eggs ● 1/4 cup raw honey ● 1/2 tsp gluten-free vanilla extract ● 50 g dark chocolate (80% cocoa), chopped ● 1/5 cup coconut flour ● 1/2 tsp freshly grated nutmeg ● 1/2 Tbsp fresh ginger root, minced **Instructions:**

1. Preheat the oven to 356 degrees F. Grease a baking pan using coconut oil.
2. Put a saucepan over low flame and heat the coconut oil. Add the cocoa and stir well. Set aside.
3. In a bowl, beat the eggs with the vanilla extract and honey. Add the cocoa mixture, coconut flour, dark chocolate, nutmeg, and ginger. Mix well.
4. Bake for 30 minutes or until firm. Poke the center with a toothpick and if it comes out clean then it is ready. Set aside to cool before cutting into squares and serving.

Almond Tea Cookies

Makes: 36 cookies **Ingredients:** ● 7 cups blanched almond flour ● 2 tsp gluten-free vanilla extract ● 2 tsp finely grated lemon zest or rose water ● 4 large egg, beaten ● 2 cups honey ● 2 cups slivered almonds ● 1 cup dried apricots **Instructions:**

1. Preheat the oven to 300 degrees F. Place parchment paper onto a baking sheet.
2. In a big mixing bowl, combine the almond flour, vanilla, lemon zest or rose water, and honey. Add the egg and mix well. With clean hands, knead the mixture until you get a paste, then form them into 1-inch sized balls and put them on a plate dusted with a bit of almond flour
3. Chop the slivered almonds and roll the cookie balls to coat, then place them on the baking sheet.
4. Chop up the dried apricot into small slivers. Lightly press the center of each ball and push a piece of apricot on each. Bake the cookies for 15 minutes or until golden brown. Set aside to cool on a rack for at least 10 minutes before you serve. Store the excess in an airtight container in the fridge.

Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to easily prepare delicious and affordable Paleo meals at home.

The next step is to continue on your journey to wellness by making it a habit to create healthy meal plans and to exercise regularly.

Finally, if you enjoyed this book, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!