

GO PALEO!



**50 MOUTH-WATERING PALEO
RECIPES FOR WEIGHT LOSS**

SAM HILL

50 MOST DELICIOUS low Carb Recipes

Sam Hill

Including your 7 Days juice cleanse Body Detoxification BONUS!



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Introduction

Paleo Diet

Are you familiar with *Occam's razor*? This scientific principle states that, whenever we are faced with a problem, we should always try the **simplest** solution first. When the problem is poor health, *Occam's Razors* suggests that we ought to consider simplifying our diet and replacing all industrial food products with healthy and natural foodstuffs. This primal way of eating is called "Paleo diet". Now, I want you to hear me out here okay! I am not saying we can NEVER eat bread, rice, pasta *etc.* All I am saying is, if you want to lose some weight you got to force your body to use the fats instead of carbs as the energy source hence paleo low carb recipes will do WONDERS to your body I promise you!

PALEO DIET



Landmines on your plate

Reverting back to the way people used to eat during the Paleolithic era means dropping all processed foods from your diet. Though this may sound extreme, cereals are incompatible with the Paleo diet as well. Of course, there is a difference between whole grain bread and processed sugary cereal, but you should ideally drop all of them from your diet.

Now that's what the paleo gods say. But remember, all we have to do is take the good from the paleo diet and implement it in our daily lives. See, most people do rituals with foods. Just because you have low carb paleo diet doesn't mean you got to follow paleo dieting for the rest of your life. And it shouldn't restrict you from all those delicious carbs. The key is **“control on your macros”** and I know that you damn well know that right now you want to lose the extra weight and eating paleo delicious low carb recipes (they really are delicious!) will do wonders for you!



Wheat, rice, corn, rye, oats – all of these grains are spiking your insulin levels and causing you to store fat. Once you're no longer consuming high amounts of grain, you will notice the hunger spikes have disappeared as your blood sugar normalizes.

What about dairy?

Dairy is extremely good for one's health and should be consumed daily. That is, if it's the non-processed, non-pasteurized, grass-fed kind of dairy. The problem is that the dairy available on the supermarket shelves is stripped of all its nutrients and useful enzymes. Ideally, try to get in touch with trustworthy suppliers of dairy and buy it first-hand, while it's still fresh. You will notice the difference immediately.

Don't gorge on eggs

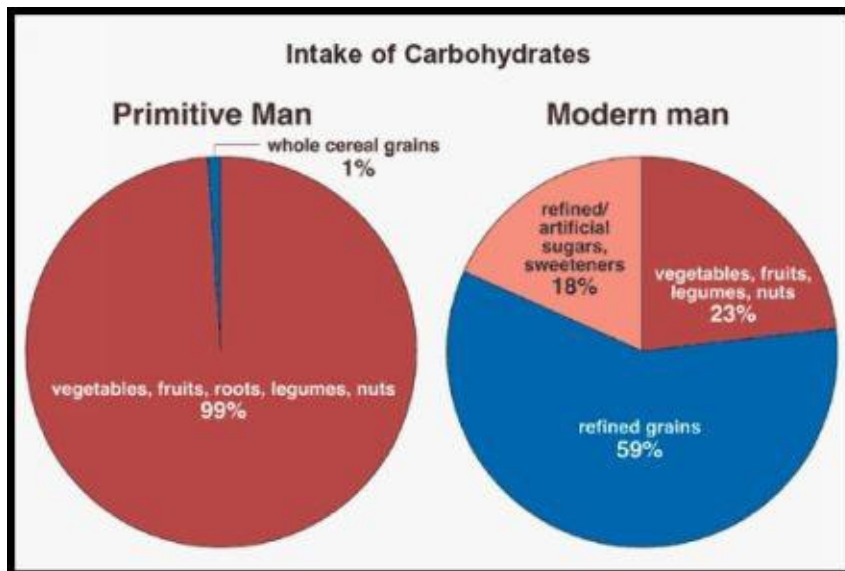
Bodybuilders swear by them. Moms and dads love making them as a speedy breakfast for kids. They are the almighty eggs. Though eggs are overall a great foodstuff, you should eat them in moderation and again try to contact a reliable supplier of organic, non-processed eggs.

To legume or not to legume?

Paleo diet considers legumes to be in the same category as grains, therefore you should probably avoid them until you have shed some weight. This includes anything that has “bean” in its name, including soy, peanuts and kidney beans.

Satiating your sweet tooth

Sugars are a big (I dare say the BIGGEST) problem in modern diet, since they cause cavities, weight gain, inflammation and diabetes. You must stay clear of all refined sugars and switch over to fruits and vegetables. If you absolutely can't live without a sweetener, use Stevia or honey.



Best sources of fat

Processed food by design contains massive amounts of highly addictive fats. If you're hooked on Doritos and Cheetos, going Paleo means you will definitely have fat cravings for a while. Replace sunflower cooking oil with olive, coconut or lard and you will kick the ugly "orange finger" habit once and for all. Any other oil derived from seeds is also good for cooking and as salad dressing.

Savor your meals

Going Paleo doesn't mean you will eat until you're full; you're advised to eat until you're no longer hungry. The simple truth is that obesity is a sign of overeating. If you're struggling with excess body weight, don't eat a lot – eat well. I've listed what you shouldn't be eating so now let's move on to what is good for you according to the almighty Paleo diet.

Meat is love, meat is life

All types of meat are strongly encouraged in Paleo diet. It is ideal if you can choose the leanest grass fed cuts (chicken and turkey). If you can't, any type of fresh, non-processed meat will do wonders for your health.



Fruits and veggies

All fruits and all vegetables are welcome on your plate if you're following the Paleo diet. Leafy green vegetables are especially good for you, as they will supply your digestive tract with fibers. However, some vegetables that contain a lot of starch (potato) should be eaten in moderation or avoided altogether.

Meal equilibrium

The above guidelines form the basis for Paleo diet. They are fairly simple and easy to remember. At first, having only meat, fruit, vegetables and eggs will probably not sound too enthralling to you but that's the way cavemen used to eat. As a result, they suffered from almost no diseases that we now consider commonplace – heart disease, cancer, allergies, and autoimmune diseases. Just keep in mind, our digestive tracts have evolved so we can actually eat those delicious carbs (I know you are glad to hear that), problem once again is “**moderation**”.



Balancing your meals so you can get the optimal amount of nutrients is what Paleo diet is all about. Naturally, this means you will have to do some research and find out what it is that your diets lack the most and then consume the corresponding fruit or vegetable on a daily basis.

The ultimate proof Paleo works is that many athletes follow it while still having top competitive performance. These athletes proudly call themselves “Paleo athletes”.

Paleoathletic

Following the Paleo diet and still engaging in athletic activities can only result in one thing: supreme success. Eating nuts, lean meat, healthy cooking oil, fish, vegetables and fruits creates a sturdy immune system and a lot of energy. To sum it up, Paleoathletic diet includes:

- Fresh meat and fresh produce grown organically
- Avoiding fried, baked, high-fat, sugar-laden food
- Drinking a lot of water rather than soda or processed juice

Paleo is quickly gaining traction in the mainstream awareness. Medical professionals and athletes alike praise Paleo diet as being the only proper way to achieve and maintain long-term health and competitive athletic results. But, switching to Paleo isn't as easy as you might think.

Dietary habits form early on in life and are extremely difficult to break. If you grew up chewing slices of bread with each meal, you will find yourself in a withdrawal-like crisis when you actually try to drop bread from your diet. Athletes can find themselves in a similar problem with regards to sugar. It provides a major and immediate energy boost upon consumption, which makes it highly appealing to athletes, but it is ultimately harmful to one's health. Sodas and candy bars, no matter how "nutritious" they may be, also tend to create a physiological and emotional addiction. Once you gain some control of yourself and begin paleo journey you can start including more carbs in your diet but make sure you have control over them!



This makes Paleoathletic diet a big challenge (but you can do it!), taking a lot of perseverance to implement successfully. But, the payoff is immense. You will find that Paleoathletic diet makes you tough and ready to run, jump and fight all day long. This is not a coincidence, as our ancestors used to eat this same diet and their bodies were optimized around that lifestyle. They could hunt their prey for 12 miles, tracking it barefoot through heat and rain. For them, it was a normal occurrence; for us, that's top athletic performance.



The initial response by skeptics to Paleo diet is that cavemen lived for 30 or 40 years at best. Their short lifespan meant they couldn't possibly develop any degenerative diseases that afflict us today. Taken to its extreme, this argument implies that it doesn't matter what you eat, since you'll die anyway, so you might as well devour processed industrial food.

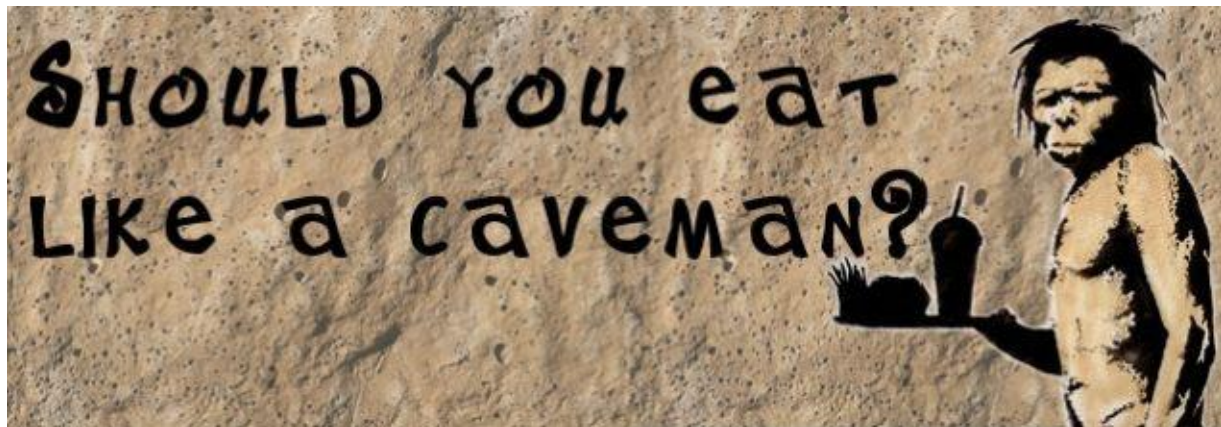
Anyone can go down the Paleo path and start changing their diet for the better right now. Drop the sweets and sodas with high-fructose corn syrup, toss the Oreos in the trash where they belong and grab some carrots, apples and oranges. A fresh fruit smoothie early in the morning will jolt you into life; a fruit salad with kiwis, pears, bananas and lemon juice will be the best dessert you've ever tried. Being vibrantly healthy is extremely easy and you can do it too – one bite at a time. Start implementing this and see how your overall life improves! (I promise) **Exercise healthy**

We encourage any type of physical exercise; walking, exercise, movement, dance, yoga, or light push-ups and sit-ups. All this exercise are very welcome. But, you should not overdo with exercises and to be exhausted.

Exercise plays a principal role in keeping a healthy organism. It helps and make it possible to create a lose weight without starving your body and slowing your metabolism.

Paleo Recipes Cookbook

I've created for you 50 healthy and the most DELICIOUS low carb recipes! And I have kept in mind how hard it is for some of us to stay away from carbs so I hope you will enjoy them. Remember, it won't be easy but it damn well will be worth it and anything worth doing is worth doing well!



Eggs in Pepper Squash

Ingredients	2	
1	Tbsp	olive
pepper squash	oil	
4		sea
eggs	salt	
2	hot sauce for serving	
slices bacon		



Procedure Preheat the oven to 425 degrees F.

Cut the pepper squash into four 3/4"-thick rounds. Scoop the seeds and innards out of each round and discard. Lightly coat both sides of each round with olive oil and place on a lightly-oiled baking sheet. Sprinkle with salt and pepper and bake for 15 minutes, or until tender when poked with a fork.

Remove squash from oven and lower the oven temperature to 350 degrees F.

Crack one egg into one of the squash rounds. Repeat with the remaining 3 eggs.

Place in the oven and bake for 15 minutes.

Serve with cooked crumbled bacon, hot sauce, and any additional toppings you desire.


Servings: 4

Total Time: 40 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (6,2 ounces).	Amount Per Serving	
	Calories	201,62
	Calories From Fat (60%)	120,87
	% Daily Value	
	Total Fat 13,42g	21%
	Saturated Fat 4,43g	22%
	Cholesterol 198,92mg	66%
	Sodium 232,5mg	10%
	Potassium 482,41mg	14%
	Total Carbohydrates 11,71g	4%
	Fiber 1,62g	6%
	Sugar 0,19g	
	Protein 9,35g	19%

Coconut and Chia Seeds Cream

Ingredients 1 can coconut milk 2 Tbsp Lucuma powder	2 sheets of unflavored gelatin 3 Tbsp chia seeds	

Procedure In a saucepan over low heat add the coconut milk and dissolve the lucuma powder. Cut the gelatin into pieces and add it to the milk. Stir until dissolved completely. Add chia seeds and stir occasionally until mixture thickens, about 15 minutes. Pour the mixture into individual containers and allow cool before putting them in the refrigerator for at least 2 hours before serving. This breakfast is much more delicious after 24 hours in the refrigerator. Enjoy!

Servings: 4

Total Time: 20 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (2,3 ounces).	Amount Per Serving	
	Calories	151.83
	Calories From Fat (79%)	120.34
		% Daily Value
	Total Fat 14,4g	22%
	Saturated Fat 11,27g	56%
	Cholesterol 0mg	0%
	Sodium 8,39mg	<1%
	Potassium 149,2mg	4%
	Total Carbohydrates 6,09g	2%
	Fiber 2,36g	9%
	Protein 1,94g	4%

Paleo Dried Fruit Energy Bars

Ingredients		1	
1		cup	dried
cup	dried	apricots	
fruit		3	
1		Tbsp	lemon
cup	pitted	juice	
raisins		1	
		handful of chia	
		seeds	



Procedure In a mixer, add the dried fruit and blend until minced well. After checking that it has been minced into tiny pieces (not completely ground), add the raisins and apricots along with two tablespoons of lemon juice. When a batter is formed with all ingredients, remove the mixture from the blender. Format the mass and cut into bars.


Servings: 2

Total Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (7,8 ounces).	Amount Per Serving	
	Calories	529,86
	Calories From Fat (2%)	8,46
	% Daily Value	
	Total Fat 1,01g	2%
	Saturated Fat 0,09g	<1%
	Cholesterol 0mg	0%
	Sodium 24,8mg	1%
	Potassium 1794,79mg	51%
	Total Carbohydrates 139,65g	47%
	Fiber 11,77g	47%
	Sugar 84,14g	
	Protein 6,05g	12%

Paleo Pumpkin Pie Smoothie

Ingredients 1 ½ cup milk 2/3 cup pumpkin puree 1/8 cup preferred yogurt 1 banana, peeled	1 cup carrots 2 Tbsp coconut butter 1 Tbsp gelatin 2 tsp vanilla extract ¼ tsp cinnamon Ice cubes (optional)	

Procedure Place all ingredients in a high powered blender and blend until smooth. Just drink and enjoy!!

Servings: 2


Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (12,9 ounces).

Amount Per Serving	
Calories	233,92
Calories From Fat (28%)	65,03
% Daily Value	
Total Fat 7,31g	11%
Saturated Fat 3,15g	16%
Cholesterol 0mg	0%
Sodium 197,16mg	8%
Potassium 745,08mg	21%
Total Carbohydrates 34,45g	11%
Fiber 5,17g	21%
Sugar 19,12g	
Protein 7,53g	15%

Paleostyle Protein Shake

Ingredients	1 banana	
1 cup coconut milk	2 Tbsp	
½ cup almond milk	gelatin powder	
2 Tbsp almond butter	4 ice cubes (optional)	
1 ½ Tbsp cocoa powder	1 tsp maple syrup	

Procedure Place all ingredients in a high-powered blender. Blend it for 30 seconds to 1 minute (depending on the power of the blender), or until blended smooth. Serve.

Servings: 2


Total Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (9,3 ounces).

Amount Per Serving	
Calories	444.53
Calories From Fat (68%)	300.07
% Daily Value	
Total Fat 35,81g	55%
Saturated Fat 23,96g	120%
Cholesterol 4,88mg	2%
Sodium 79,13mg	3%
Potassium 763,56mg	22%
Total Carbohydrates 31,6g	11%
Fiber 4,63g	19%
Sugar 13,96g	
Protein 8,79g	18%

Paleostyle Salted Cupcakes

Ingredients		
6 Tbsp buckwheat flour	2 dried red peppers	
1 Tbsp olive oil	4	
3 eggs	leaves basil	
½ tsp salt	2 tsp	
	baking powder	
	2 Tbsp	
	coconut milk	

Procedure Preheat oven to 380° F.

In a deep bowl, add the eggs, coconut milk or cream, basil and peppers and beat. In another bowl add the buckwheat flour with yeast and salt, mix a couple of times to mix well. Add the contents of the second bowl to the first bowl, stirring constantly to air the batter. The texture should be sponge-like. Then, put the paper molds into the individual foil or silicone molds so that they don't break with the weight of the dough. Do not fill the molds to the top - leave a centimeter for it to rise. Bake for 15 minutes. Finally take them out of the pan and let stand on a tray.


Servings: 6

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (3,7 ounces).	Amount Per Serving	
	Calories	155,54
	Calories From Fat (37%)	57,52
		% Daily Value
	Total Fat 6,55g	10%
	Saturated Fat 2,23g	11%
	Cholesterol 93mg	31%
	Sodium 398,88mg	17%
	Potassium 342,84mg	10%
	Total Carbohydrates 19,35g	6%
	Fiber 4,15g	17%
	Sugar 2,7g	
	Protein 6,91g	14%

PaleoStyle Zucchini Bread

Ingredients 1 cup grated zucchini 1 ½ cups almond flour 1 tsp baking soda ⅓ cup maple syrup or honey 1 Tbsp cinnamon	2 eggs ½ tsp vanilla extract 1 pinch of salt 2 Tbsp coconut oil ¼ cup walnuts, chopped	

Procedure Preheat oven to 360F degrees.

Place the eggs, vanilla, coconut oil and maple syrup in a blender and mix until combined well. Add the almond flour, baking soda, salt and ground cinnamon and mix again. Add in the zucchini and walnuts and mix again until smooth. Grease a loaf pan with coconut oil and place the mixture in it. Bake for 35 minutes. Let cool and then remove the bread from the pan.


Servings: 8

Total Time: 45 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (2,6 ounces).	Amount Per Serving	
	Calories	196,33
	Calories From Fat (32%)	62,47
		% Daily Value
	Total Fat 7,27g	11%
	Saturated Fat 3,61g	18%
	Cholesterol 46,5mg	16%
	Sodium 214,88mg	9%
	Potassium 131,33mg	4%
	Total Carbohydrates 28,58g	10%
	Fiber 1,55g	6%
	Sugar 8,58g	
	Protein 4,78g	10%

Petite Paleo Eggplant Pizzas

Ingredients For Pizzas 2 eggplants 6 slices prosciutto 3 Tbsp olive oil 1 cup mushrooms	Ground black pepper oregano For tomato sauce 2 ripe tomatoes 1 shallot 1 dried tomato (optional)	

Procedure Preheat oven to 360 ° F.

Cut the eggplant into slices. Line the baking pan with foil. Put the eggplant slices on the pan, season with pepper and soak with olive oil. Put the pan in the oven until the eggplant begins to brown. Take the baking pan and to each slice of eggplant, add a tablespoon of tomato sauce, prosciutto slices and the mushrooms. Put the pan back in the oven for about 20-30 minutes.

Tomato sauce

Cut the tomatoes into cubes and chop the shallot. Place in a pan over low heat and cover. Stir occasionally with a spatula, until the tomato is soft enough to cut through with the spatula. Add the dried tomatoes and cover the pan for about 5 minutes, until softened. Remove the pan from heat and in a suitable container, beat until a smooth sauce is achieved.

Servings: 3

Total Time: 55 minutes

Nutrition Facts

Serving size: 1/3 of a recipe (26,4 ounces).	
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Amount Per Serving	
Calories	266,33
Calories From Fat (11%)	29,45
	% Daily Value
Total Fat 3,28g	5%
Saturated Fat 0,89g	4%
Cholesterol 17,5mg	6%
Sodium 918,23mg	38%
Potassium 1874,43mg	54%
Total Carbohydrates 50,29g	17%
Fiber 13,31g	53%
Sugar 13,8g	
Protein 16,34g	33%

Snowwhite Egg Omelette

Ingredients

3 egg whites	1 cup mushrooms, chopped
1 onion, chopped	grated tofu cheese
1 yellow pepper	1 tsp olive oil



Procedure Chop the onion and green pepper. In a nonstick skillet, sauté the yellow pepper, onion and mushrooms in olive oil until tender. In a meanwhile, in a bowl whisk the egg whites. Add the egg whites to the sautéed vegetables and cook until set. Flip and cook until they have completely set. Add cheese, fold the omelet and place on a plate. Serve hot.

Servings: 2

Total Time: 15 minutes

Nutrition Facts

Serving size: 1/2 of a
recipe (8,8 ounces).

Amount Per Serving	
Calories	114,19
Calories From Fat (27%)	31,11
% Daily Value	
Total Fat 3,59g	6%
Saturated Fat 0,46g	2%
Cholesterol 0mg	0%
Sodium 90,71mg	4%
Potassium 497,2mg	14%
Total Carbohydrates 12,53g	4%
Fiber 2,23g	9%
Sugar 3,97g	
Protein 9,83g	20%

Vegetable Soufflé

Ingredients	
2	sausages
¼	
cup	sweet
	pepper, green
	pepper, red
	pepper, paprika
¼	
cup	grated
	carrot
½	
cup	fresh
	spinach

1	medium onion
3	Tbsp
	fresh basil
½	tsp
	sea salt
¼	tsp
	ground pepper
8	eggs

Procedure Preheat oven to 380F.

Remove the skin from the sausages and cook them in a pan with onions and a little bit of coconut oil. Undo the sausages with a spoon in order to reduce its size to small crumbs. Remove from heat, place in a container, and let cool. Once the sausages have cooled sufficiently, add the pepper, carrots, spinach and basil. In another bowl, beat the eggs manually with salt and pepper. Combine eggs with sausage and vegetable mixture. You can place the mixture into a rectangular pan but, you could also put ¼ cup of the mixture into individual cupcakes pans. Bake 20 minutes. Serve hot.

Servings: 8


Total Time: 30 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (3,4 ounces).	
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Amount Per Serving	
Calories	132,9
Calories From Fat (54%)	71,68
	% Daily Value
Total Fat 7,95g	12%
Saturated Fat 2,62g	13%
Cholesterol 211,2mg	70%
Sodium 1660,9mg	69%
Potassium 209,69mg	6%
Total Carbohydrates 5,33g	2%
Fiber 1,14g	5%
Sugar 1,43g	
Protein 9,87g	20%

Avocado and Tuna Tapas

Ingredients 12 ounces in water, drained 1 Tbsp applesauce 3 green onions, sliced 1 red bell pepper, chopped	1 Tbsp balsamic vinegar black pepper to taste 1 pinch garlic salt, or to taste 2 ripe avocados	
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Procedure Stir together tuna, mayonnaise, green onions, red pepper, and balsamic vinegar in a bowl. Season with pepper and garlic salt, then pack the avocado halves with the tuna mixture. Garnish with reserved green onions and a dash of black pepper before serving.


Servings: 4

Total Time: 20 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (14 ounces).	Amount Per Serving	
	Calories	504,33
	Calories From Fat (38%)	192,37
		% Daily Value
	Total Fat 22,27g	34%
	Saturated Fat 4,05g	20%
	Cholesterol 108,06mg	36%
	Sodium 1062,76mg	44%
	Potassium 1159,27mg	33%
	Total Carbohydrates 12,24g	4%
	Fiber 7,03g	28%
	Sugar 2,89g	
	Protein 62,57g	125%

Bacon Caprese Salad

Ingredients 4 slices bacon, diced ½ cup chopped celery ½ cup honey ½ cup apple vinegar ½ cup sliced shallots ¼ cup roasted garlic 2 Tbsp lemon juice	½ Tbsp applesauce 4 Tbsp canola oil Kosher salt ground black pepper For salad: ¾ lb tofu cheese, thinly sliced 2 tomatoes 1 Tbsp marjoram leaves	
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Procedure Make the vinaigrette: In a large food processor, process ½ lb. bacon (reserve fat), celery, honey, vinegar, shallots, garlic, lemon juice, and applesauce until smooth. With the processor running, slowly add oil and the reserved bacon fat; season with salt and pepper.

Make the salad: Combine tofu cheese, tomatoes, and marjoram; season with salt and pepper and drizzle with vinaigrette. Garnish with some bacon.

Servings: 6

Degree of Difficulty: Easy


Total Time: 15 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (6,7 ounces).	
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Amount Per Serving	
Calories	352,24
Calories From Fat (60%)	209,73
	% Daily Value
Total Fat 23,67g	36%
Saturated Fat 4,91g	25%
Cholesterol 17,61mg	6%
Sodium 277,09mg	12%
Potassium 367,45mg	10%
Total Carbohydrates 37,03g	12%
Fiber 1,19g	5%
Sugar 23,68g	
Protein 9,07g	18%

Ground Beef with Swiss Chard

Ingredients ¾ lbs chopped beef 2 cups Swiss chard ¼ cup cashews 1 Tbsp coconut oil	½ tsp garlic powder 1 tsp ground pepper ½ tsp ground cumin 1 tsp oregano Himalayan salt	

Procedure In a saucepan, melt the coconut oil and cook the meat over medium heat. Add the cumin, oregano, garlic powder, ground pepper and salt. Mix well. Add the chopped Swiss chard leaves and cook for 5 minutes more. Remove from heat and add the cashews. Serve.

Servings: 4


Total Time: 40 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (3,9 ounces).

Amount Per Serving	
Calories	269,68
Calories From Fat (74%)	198,26
% Daily Value	
Total Fat 21,73g	33%
Saturated Fat 10,14g	51%
Cholesterol 63,79mg	21%
Sodium 98,07mg	4%
Potassium 320,57mg	9%
Total Carbohydrates 2,09g	<1%
Fiber 0,69g	3%
Sugar 0,32g	
Protein 15,83g	32%

Grilled Salmon with Saffron & Olives

<p>Ingredients</p> <p>1 cup plum tomatoes</p> <p>½ cup black olives</p> <p>4 Tbsp virgin olive oil</p> <p>4 cloves fresh garlic</p> <p>½ tsp fresh thyme</p>	<p>½ tsp kosher salt</p> <p>Saffron, (15 to 20 threads)</p> <p>ground black pepper</p> <p>4 salmon fillets</p>	

Procedure Heat a gas grill or charcoal grill.

In a medium bowl, combine the tomatoes, olives, olive oil, garlic, thyme, salt, saffron, and pepper to taste.

Set one piece of salmon and sprinkle lightly with salt and pepper. Spoon a quarter of the tomato mixture over the fish and seal tightly. Repeat to make four packets.

Place on the grill and cook with the grill covered about 8-10 minutes. Let the salmon rest for a few minutes before serving.

Servings: 4

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (8.7 ounces).

Amount Per Serving	
Calories	332,52
Calories From Fat (58%)	193,27
% Daily Value	
Total Fat 21,75g	33%
Saturated Fat 3,56g	18%
Cholesterol 39,12mg	13%
Sodium 3475,89mg	145%
Potassium 312,27mg	9%
Total Carbohydrates 1,53g	<1%
Fiber 0,39g	2%
Sugar 0,03g	
Protein 31,34g	63%

Mottled Pomegranate & Orange Salad

Ingredients For the salad: 2 cup lettuce, chopped 1 avocado ½ mango, diced	1 orange ¾ cup almonds For the vinaigrette: 4 Tbsp olive oil 2 Tbsp balsamic vinegar 3 Tbsp pomegranate juice Salt and black pepper	

Procedure In a deep salad bowl, chop the lettuce, and add the chopped, avocado, orange, the pomegranate and whole almonds.

For the vinaigrette: In a bowl, mix olive oil, vinegar, pomegranate juice, salt and black pepper. Mix to combine well. Pour the vinaigrette over the salad and serve.


Servings: 6

Total Time: 20 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (9.2 ounces).	Amount Per Serving	
	Calories	270.4
	Calories From Fat (36%)	97.81
		% Daily Value
	Total Fat 11.42g	18%
	Saturated Fat 1.49g	7%
	Cholesterol 0mg	0%
	Sodium 15.14mg	<1%
	Potassium 675.61mg	19%
	Total Carbohydrates 43.48g	14%
	Fiber 10.38g	42%
	Sugar 30.26g	
	Protein 4.11g	8%

Mussels with Tarragon & Apple Vinaigrette

Ingredients 2 lb mussels 1/3 cup applesauce 2 hard-boiled eggs 2 Tbsp apple vinegar 1/4 tsp salt	1/4 tsp black pepper 1/4 cup olive oil 1/2 cup celery, chopped 1/2 cup sour onions 1/4 cup fresh tarragon	

Procedure Cook mussels with water and applesauce in a pot over moderately high heat, covered, until mussels just open wide, checking frequently after 4 minutes and transferring opened mussels to a large bowl using a slotted spoon. (Discard any unopened mussels after 10 minutes.) Pour cooking liquid through a fine-mesh sieve into a 1-to 2-quart heavy saucepan and boil until reduced to about 3 tablespoons, about 5 minutes. Transfer to a bowl.

Finely chop eggs, then add to reduced liquid along with vinegar, salt, and pepper. Add oil in a slow stream, whisking, then whisk in celery, onions, and tarragon. Season the vinaigrette with salt and pepper.

Remove mussels from shells and reserve 1 half shell from each mussel. Stir mussels into vinaigrette and marinate, covered and chilled, at least 1 hour. Rinse and dry reserved mussel shells, then chill in a sealed plastic bag until ready to use.

Arrange shells on a large platter lined with seaweed and spoon a mussel with some vinaigrette into each.

Servings: 8


Total Time: 1 hour and 45 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (6 ounces).	

Amount Per Serving	
Calories	192,29
Calories From Fat (50%)	96,5
	% Daily Value
Total Fat 10,84g	17%
Saturated Fat 1,89g	9%
Cholesterol 84,79mg	28%
Sodium 473,34mg	20%
Potassium 432,05mg	12%
Total Carbohydrates 5,72g	2%
Fiber 0,32g	1%
Sugar 0,7g	
Protein 15,5g	31%

Purslane with Pork & Green Tomatoes

Ingredients ¾ lb pork, chopped 1 onion 4 cloves garlic 1 bay leaf Salt to taste	4,5 lbs purslane ½ kg green tomatoes 6 serrano chilies green 2 Tbsp oil ½ cup cilantro leaves Vegetable bouillon powdered, to taste	

Procedure Place the pork, onion, clove garlic and 1 bay leaf in a pot, cover with water and add salt to taste. Let boil over high heat, reduce the flame, cover and simmer until tender. Meanwhile, wash the purslane and separate the leaves from the stems. Steam the leaves in a large pot with water and salt. Then drain well. On the side, boil the tomatoes together with serrano peppers in a pan with water until tender, but before falling apart. Heat the oil in a saucepan over low heat. Mix the cooked tomatoes and peppers with 2 cloves of garlic, cilantro and 2 cups of meat broth. Pour into the pan with the hot oil, cover and cook for 10 minutes. Add the meat, purslane and bouillon powder; let everything simmer together for a few minutes. Serve warm.

Servings: 6

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (15.9 ounces).	
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Amount Per Serving	
Calories	369,51
Calories From Fat (72%)	267,02
	% Daily Value
Total Fat 29,75g	46%
Saturated Fat 8,88g	44%
Cholesterol 37,28mg	12%
Sodium 726,54mg	30%
Potassium 1895,65mg	54%
Total Carbohydrates 17,04g	6%
Fiber 0,81g	3%
Sugar 1,22g	
Protein 11,7g	23%

Spanish Paleo Lobster Stew

Ingredients		
3		1 liter water
Tbsp		1 white
coconut butter		pepper
2	onions	¼ cup pine
5	garlic	nuts
cloves		salt
1	ripe	
tomato		
2	lobsters	



Procedure In an earthenware dish, gently fry the finely-chopped onions with 3 of the garlic cloves, also finely chopped, and the peeled and chopped tomato. Cut the lobster into thick slices. Set aside the coral and roe, if any. Add the lobster flesh to the vegetable mixture, brown and add most of the stock. Bring to the boil and season with salt and pepper.

In a mortar (or blender), crush the remaining garlic clove, the coral and roe from the lobster and the pine nuts. Dilute with a little stock and add to the lobster and vegetables. Cook for a further 10 minutes.

Servings: 4

Total Time: 1 hour and 30 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (23.5 ounces).	Amount Per Serving
	Calories 375,35
	Calories From Fat (37%) 138,44
	% Daily Value
	Total Fat 15,8g 24%
	Saturated Fat 2,26g 11%
	Cholesterol 290,5mg 97%
	Sodium 1581,53mg 66%
	Potassium 1167,59mg 33%
	Total Carbohydrates 12,34g 4%
	Fiber 2,56g 10%
	Sugar 5,59g
	Protein 45,82g 92%

Tenderloin with Fine Herbs Stew

Ingredients

1 ½ lbs pork
loin
2 cups
vegetable broth
4 cloves garlic

½ cup applesauce
4 Tbsp olive oil
Herbs: bay leaf
thyme, rosemary



Procedure In a large pot, on medium high heat, pour enough oil to cover the bottom with a thin film. Add the garlic cloves, halved and enough herbs enough to cover the bottom of the pot. When the oil is hot cook the tenderloin about 5 minutes per side. Place it on top of the garlic and herbs.

After that time has elapsed, remove the meat and add the applesauce while scraping any herbs that may have stuck to the bottom of the pan. Boil everything about 2-3 minutes. Add the vegetable broth. Lower the heat to medium / low and put the meat back in the pot. Boil for an hour and a half. After time has elapsed, careful not to burn yourself, cut into slices and put it back in the pan, heating over low heat another 20 minutes.

Servings: 6


Total Time: 1 hour and 5 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (8 ounces).

Amount Per Serving	
Calories	289.22
Calories From Fat (44%)	126.33
% Daily Value	
Total Fat 14.19g	22%
Saturated Fat 2.91g	15%
Cholesterol 75.66mg	25%
Sodium 598.51mg	25%
Potassium 590.75mg	17%
Total Carbohydrates 11.73g	4%
Fiber 1.33g	5%
Sugar 1.93g	
Protein 27.56g	55%

Watermelon Raw Vegetables Soup

Ingredients 14 oz tomatoes 1 ½ cup watermelon 1 can tomato juice 1 tsp parsley, fresh 3 Tbsp lime juice	¼ tsp salt Garnish: pepper lime, cilantro	

Procedure Combine all ingredients in a food processor and blend until smooth. If you prefer gazpacho chunky, pulse the mixture into smaller chunks.

Sprinkle with the salt and the pepper to a taste. Garnish with cilantro and lime wedges.


Servings: 2

Total Time: 10 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (15.8 ounces).	Amount Per Serving	
	Calories	112,13
	Calories From Fat (6%)	6,27
		% Daily Value
	Total Fat 0,77g	1%
	Saturated Fat 0,11g	<1%
	Cholesterol 0mg	0%
	Sodium 585,26mg	24%
	Potassium 933,12mg	27%
	Total Carbohydrates 28,47g	9%
	Fiber 5,66g	23%
	Sugar 15,98g	
	Protein 3,46g	7%

Broiled Chicken with Tomato Sauce

Ingredients Cooking spray 3 lbs chicken, cut 1 Tbsp olive oil 1 onion, chopped 2 Tbsp tapioca flour or buckwheat	1 ½ cups broth 3 Tbsp tomato paste 1 tsp maple syrup 1 tsp dry mustard	

Procedure Heat broiler or grill. Spray rack. Spray chicken pieces. Broil 30 minutes, turning often, and spraying again at each turn.

Heat butter in saucepan. Add onion and sauté until limp. Sprinkle with flour and cook, stirring, 2 to 3 minutes. Remove from heat and add boiling broth, beating vigorously with wire whisk to prevent lumping. Return to heat and cook, stirring, until smooth and thick.

Stir in tomato paste, maple sauce, and mustard. Serve over broiled chicken.


Servings: 4

Total Time: 50 minutes

Nutrition Facts

Serving size: 1/4 of a recipe.	Amount Per Serving	
	Calories	311
	Calories From Fat (38%)	119,3
		% Daily Value
	Total Fat 13g	20%
	Saturated Fat 4g	20%
	Cholesterol 116mg	39%
	Sodium 189mg	8%
	Total Carbohydrates 10g	3%
	Fiber 1g	4%
	Protein 37g	74%

Grilled Sour Goat with Garlic

Ingredients 4,4 lbs goat 8 garlic cloves 2 tsp ground cumin 2 tsp sweet paprika	1 tsp ground chili ¼ cup white vinegar ¼ cup olive oil 1 lemon, juiced 3 tsp dried oregano	

Procedure In a mortar with the pestle, beat garlic with 2 tablespoon salt. Place in a large bowl with remaining ingredients and toss goat to coat in marinade. Cover with plastic wrap and refrigerate for 2 hours or preferably overnight. Remove from fridge 1 hour before cooking.

Cook goat, basting occasionally with remaining marinade, over a medium fire or coals for 45 minutes for medium or until cooked to your liking.


Servings: 6

Total Time: 1 hour and 50 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (13 ounces).	Amount Per Serving	
	Calories	458.2
	Calories From Fat (33%)	152.23
		% Daily Value
	Total Fat 17.06g	26%
	Saturated Fat 3.66g	18%
	Cholesterol 190mg	63%
	Sodium 275.76mg	11%
	Potassium 1341.72mg	38%
	Total Carbohydrates 3.43g	1%
	Fiber 0.51g	2%
	Sugar 0.33g	
	Protein 69.15g	138%

Jalapeño Tuna with Tomato Burgers

Ingredients 1 cup of tuna 1 Jalapeño pepper 3 Tbsp tomato paste 1 egg 1 red onion, chopped 2 clove garlic	1 Tbsp coconut flour Salt and pepper to taste Decoration Lettuce, Basil	

Procedure Preheat oven to 350°F.

In a medium bowl, place all burger ingredients and stir until well combined. Using your hands, carefully roll and flatten your tuna mixture into 6, even sized burger patties. Line a baking tray with baking/parchment paper and set aside. Place burger patties in a baking tray and cook for 5-10 minutes, until set and cooked through. Serve hot.

You can decorate the plate with lettuce leaves, put the tuna burger and then sprinkle over some fresh basil and a few extra slices of chili.

Servings: 6


Total Time: 20 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (2.2 ounces).	
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Amount Per Serving	
Calories	106,13
Calories From Fat (41%)	43,1
	% Daily Value
Total Fat 4,86g	7%
Saturated Fat 1,52g	8%
Cholesterol 43,04mg	14%
Sodium 231,83mg	10%
Potassium 193,77mg	6%
Total Carbohydrates 6,7g	2%
Fiber 0,6g	2%
Sugar 1,2g	
Protein 8,91g	18%

Lemony Grilled Chicken Liver

Ingredients 1 lb chicken livers, trimmed 2 Tbsp olive oil Salt Pepper	4 Tbsp coconut oil 2 lemon juice 4 sprigs Italian parsley, minced	

Procedure Light the grill and let the coals or wood get very hot. Soak four 6-to 8-inch/15-to 20-centimeter wooden skewers in water for 30 minutes.

Divide the livers equally among the 4 skewers, then brush them with the oil and season them generously with salt and pepper.

Grill the livers, until well browned and cooked through, 2 to 3 minutes per side.

Meanwhile, in a saucepan melt the butter and mix in the lemon juice and parsley. When the livers are cooked, brush the lemon sauce over them thoroughly. Serve hot.


Servings: 4

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (5.3 ounces).	Amount Per Serving	
	Calories	300,18
	Calories From Fat (70%)	210,84
		% Daily Value
	Total Fat 23,79g	37%
	Saturated Fat 10,01g	50%
	Cholesterol 421,76mg	141%
	Sodium 155,07mg	6%
	Potassium 282,19mg	8%
	Total Carbohydrates 1,98g	<1%
	Fiber 0,09g	<1%
	Sugar 0,38g	
	Protein 19,38g	39%

Marinated White Fish with Mango

<p>Ingredients</p> <p>2,20 lbs white fish 2 mangoes, cubed 4 tomatoes, chopped 1 avocado, cubed 1 Tbsp olive oil</p>	<p>2/3 cup lemon juice ½ orange juice 1 serrano pepper, chopped 1 cup spring onions, thinly sliced ¼ cup cilantro Salt and pepper, to taste</p>	

Procedure Place fish, lemon juice, orange juice, olive oil and pepper in a glass or plastic container. Mix well, cover and refrigerate for 2 hours. When the fish is ready, add the onion and mango. Set aside for 15 minutes. Remove fish from refrigerator; carefully wrap the tomatoes and cilantro and season with salt and pepper.

Servings: 6

Total Time: 1 hour and 20 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (13.7 ounces).	Amount Per Serving	
	Calories	134,76
	Calories From Fat (46%)	61,43
	% Daily Value	
	Total Fat 7,21g	11%
	Saturated Fat 1g	5%
	Cholesterol 0mg	0%
	Sodium 438,93mg	18%
	Potassium 815,85mg	23%
	Total Carbohydrates 18,58g	6%
	Fiber 5,61g	22%
	Sugar 9g	
	Protein 3,43g	7%

Orange, Watercress and Fennel Salad

Ingredients		1 cup
1	orange,	watercress
	grated	1 Tbsp apple
1	fennel	cider
bulb		3 Tbsp virgin
1	pear	olive oil
		¼ tsp
		salt
		tofu cheese
		(optional)



Procedure In a salad bowl place the orange juice, zest, apple cider vinegar, oil and salt. Beat with a whisk or fork until all ingredients are fully combined. Make sure it is seasoned to taste.

Chop the fennel bulb. Set aside. Remove the pear core, divide it into quarters, and slice into thin slices, again with the help of a mandolin or knife. Add the fennel and pear slices to the bowl with the dressing and mix well. Let marinate for at least 20 minutes. Just before serving the salad, add the watercress, the set aside fennel leaves and tofu cheese (if desired) and mix. Serve.


Servings: 4

Total Time: 35 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (5.5 ounces).	Amount Per Serving	
	Calories	149.34
	Calories From Fat (61%)	91.45
	% Daily Value	
	Total Fat 10.36g	16%
	Saturated Fat 1.41g	7%
	Cholesterol 0mg	0%
	Sodium 180.37mg	8%
	Potassium 378.24mg	11%
	Total Carbohydrates 14.72g	5%
	Fiber 3.52g	14%
	Sugar 6.96g	
	Protein 1.27g	3%

Paleo Butternut Squash Soup

Ingredients 3 lbs squash, cut into ½-inch chunks 1 cup red onion, sliced 2 cup vegetable broth	1 cup coconut milk 2 tsp olive oil 4 cloves garlic, minced 1 bay leaf ½ tsp salt	

Procedure Preheat oven to 450° F.

Place the squash and onion with half oil and salt on a rimmed baking sheet. Roast in a single layer until browned and soft, about 25-30 minutes.

Transfer the vegetables to a large saucepan with the remaining 1 teaspoon oil and cook over medium-low heat, stirring often, for 3-5 minutes. Add garlic and cook for another 30 seconds. Add the broths, bay leaf and coconut milk; bring to a boil. Reduce heat to medium-low, cover and simmer for 10 minutes more.

At the end, remove bay leaf and transfer squash mixture to a blender. Puree until smooth. Serve.


Servings: 6

Total Time: 55 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (12.7 ounces).	Amount Per Serving	
	Calories	285,85
	Calories From Fat (40%)	114,95
		% Daily Value
	Total Fat 13,47g	21%
	Saturated Fat 8,62g	43%
	Cholesterol 0,82mg	<1%
	Sodium 780,06mg	33%
	Potassium 1038,38mg	30%
	Total Carbohydrates 41,25g	14%
	Fiber 5,75g	23%
	Sugar 5,01g	
	Protein 5,45g	11%

Paleo Glazed Salmon Fillets

Ingredients 2 lbs salmon filets 1 Tbsp oregano, chopped 1/3 cup apple vinegar 5 cloves garlic, chopped	1 Tbsp white wine 1 Tbsp honey 4 tsp mustard Salt and pepper	

Procedure Preheat oven to 400 °F.

Spray a small saucepan with cooking spray. Add the garlic and sauté over medium heat, stirring constantly, until smooth, about 3 minutes. Stir in the white wine, honey, balsamic vinegar, mustard, salt and pepper. Cook, uncovered, for 3 minutes or until slightly thickened.

Line a baking pan with foil and spray with cooking spray. Arrange the salmon filets in the baking pan. Glaze with balsamic vinegar mixture and sprinkle with oregano. Bake 10 to 15 minutes or until fish flakes easily with a fork. Use a spatula to move the steaks to a platter, leaving the skin on the tray. Serve hot.

Servings: 4


Total Time: 30 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (9 ounces).

Amount Per Serving	
Calories	832,46
Calories From Fat (28%)	235,4
% Daily Value	
Total Fat 26,21g	40%
Saturated Fat 5,91g	30%
Cholesterol 351,54mg	117%
Sodium 184,47mg	8%
Potassium 2242,14mg	64%
Total Carbohydrates 10,38g	3%
Fiber 0,7g	3%
Sugar 7,61g	
Protein 138,18g	276%

Paleo Shrimp Stuffed Avocados

Ingredients 1 ½ cups shrimps, boiled 1 Tbsp lemon juice 4 avocados, cut in halves	1 Tbsp onion powder 1 tsp black pepper 1 Tbsp paprika 1 tomato	

Procedure

With the knife, peel and cut avocado in halves. Place avocados on a plate with the cut sides facing up. In a medium bowl, mix the shrimp, lemon juice, onion powder and pepper. Place shrimp mixture on each avocado, covering them generously. Chop the tomato. Sprinkle the top of each stuffed avocado with paprika and top with tomato before serving.


Servings: 6

Total Time: 15 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (5 ounces).	Amount Per Serving	
	Calories	205,4
	Calories From Fat (73%)	150,94
		% Daily Value
	Total Fat 18g	28%
	Saturated Fat 2,49g	12%
	Cholesterol 1,89mg	<1%
	Sodium 20,48mg	<1%
	Potassium 679,59mg	19%
	Total Carbohydrates 12,55g	4%
	Fiber 8,69g	35%
	Sugar 1,2g	
	Protein 2,95g	6%

Paleo Turkey Breast with Garlic Sauce

Ingredients 1/3 cup parsley 6 garlic cloves, minced 1/2 cup lemon juice 3 Tbsp olive oil 1 tsp paprika	1 tsp cumin 1/4 tsp cayenne pepper 1 1/2 lbs turkey breast 1 Tbsp olive oil, for brushing	

Procedure In a blender, mix all sauce ingredients together. Set aside.

Broil or grill the turkey breasts brushing with olive oil to keep moist. Grill on each side about 4 minutes.

Top each slice with some of the sauce (to taste). Serve hot.


Servings: 6

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/6 of a recipe.	Amount Per Serving	
	Calories	229
	Calories From Fat (47%)	108,47
		% Daily Value
	Total Fat 12g	18%
	Saturated Fat 2g	10%
	Cholesterol 75mg	25%
	Sodium 52mg	2%
	Total Carbohydrates 2g	<1%
	Fiber 0g	0%
	Protein 28g	56%

Baked Garlicky Carrots with Lemon

Ingredients 3 ½ cups carrots, sliced 2 onions, cut 5 cloves garlic, pressed	1 lemon juice 1 lemon zest 4 Tbsp olive oil 2 tsp cumin Ground black pepper	

Procedure Preheat oven to 390F.


In a bowl mix the lemon juice with the cumin, oil and pepper. Pour over sliced carrots, onions and garlic. Mix well and arrange on a tray lined with parchment paper. Bake for 20-25 minutes, occasionally stirring. Serve immediately.

Servings: 4

Nutrition Facts

Serving size: 1/4 of a recipe (3.1 ounces).	Amount Per Serving	
	Calories	122
	Calories From Fat (76%)	92.31
	% Daily Value	
	Total Fat 10.46g	16%
	Saturated Fat 1.45g	7%
	Cholesterol 0mg	0%
	Sodium 4.91mg	<1%
	Potassium 126.94mg	4%
	Total Carbohydrates 7.47g	2%
	Fiber 1.36g	5%
	Sugar 3.07g	
	Protein 0.94g	2%

Eggplant Goofy Snack

Ingredients 1 lb eggplant ¾ tsp paprika 4 Tbsp vine vinegar	2 Tbsp maple syrup ½ cup olive oil sea salt	

Procedure Slice eggplant into thin strips, half crosswise.

In a bowl, whisk together oil, maple syrup, paprika and vinegar. Place eggplant strips in the mixture a few at a time, turning to make sure each is completely coated. Marinate about 2 hours. Then, place strips on baking sheets or dehydrator trays or in the oven or, you can dry in a food dehydrator If you use an oven; sprinkle on a little salt. Place in oven on lowest setting for 10 to 12 hours (ovens' lowest setting varies, thus drying time will vary) or until dry and fairly crisp, turning strips partway through. Check occasionally, and if any oil pools on the sheets, blot with a paper towel.

If you use a food dehydrator, act according to the manufacturer's instruction.

When ready, store strips in an airtight container or plastic bag. Place a paper towel under or around strips to absorb any excess.

Servings: 30

Preparation Time: 30 minutes


Total Time: 24 hours

Nutrition Facts

Serving size: 1/30 of a
recipe (0,8 ounces).

Amount Per Serving	
Calories	40.96
Calories From Fat (78%)	32.13
% Daily Value	
Total Fat 3.64g	6%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 1.06mg	<1%
Potassium 41.34mg	1%
Total Carbohydrates 2.15g	<1%
Fiber 0.53g	2%
Sugar 1.49g	
Protein 0.17g	<1%

Ginger Spiced Butternut Chips

Ingredients		
1 ½ cups	½ tsp	
butternut	cinnamon	
squash	1/8 tsp cloves	
2 Tbsp	Pinch salt	
coconut oil, melted	Stevia to taste (optional)	
1 tsp ginger		
¼ tsp nutmeg		

Procedure Preheat the oven to 250 F.

Clean and peel the butternut squash, and slice thinly on a mandolin. Place the butternut squash in a bowl.

In another bowl, mix melted coconut oil, and add in ginger, nutmeg, cinnamon and cloves. If you like more sweet (butternut squash is naturally sweet) sprinkle in a few drops Stevia. Pour the oil mixture over the butternut squash and mix well to allow it everywhere.

Place the slices close to each other on a baking tray lined with parchment paper. Place the baking tray in the oven and cook for about 1.5 hour or until crispy.

Although the chips shouldn't burn at low temperature, you should keep an eye on them. When done, let them cool down and store in an airtight container for up to a week.

Servings: 4


Total Time: 1 hour and 40 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (2,1 ounces).

Amount Per Serving	
Calories	84,38
Calories From Fat (71%)	59,65
	% Daily Value
Total Fat 6,92g	11%
Saturated Fat 5,93g	30%
Cholesterol 0mg	0%
Sodium 2,38mg	<1%
Potassium 189,48mg	5%
Total Carbohydrates 6,6g	2%
Fiber 1,28g	5%
Sugar 1,21g	
Protein 0,56g	1%

Paleo Citrus Broccoli

Ingredients		
4 cups broccoli	2 Tbsp Sesame (optional)	
2 Tbsp olive oil	salt & pepper	
1 lemon	½ orange	

Procedure Preheat oven to 475 degrees F.

Spread the broccoli florets on a baking sheet and drizzle with olive oil. Gently toss the florets in the oil to coat. Sprinkle with sesame if desired.

Cook in oven for 20 minutes.

Remove from oven and squeeze the lemon and orange juice on top of the broccoli. Place the broccoli back into the oven for 15 more minutes.

Remove the broccoli from the oven and season with salt and pepper.

Serve immediately.

Servings: 6


Total Time: 30 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (9,3 ounces).

Amount Per Serving	
Calories	122,41
Calories From Fat (42%)	50,93
% Daily Value	
Total Fat 5,86g	9%
Saturated Fat 1,04g	5%
Cholesterol 1,47mg	<1%
Sodium 87,61mg	4%
Potassium 791,3mg	23%
Total Carbohydrates 15,93g	5%
Fiber 1,44g	6%
Sugar 0,02g	
Protein 7,79g	16%

Paleo Flourless Chocolate Cake

Ingredients	1 cup cocoa	
4 eggs	4 Tbsp	
1	coconut	
cup	butter	
almonds, ground	¾ cup	
	maple syrup	

Procedure Preheat oven to 350 degrees F.

In a bowl beat eggs yolks until get creamy. In another bowl beat with mixer egg whites well. Unite the yolks mixture with the egg whites mixture. Stir. Add in cocoa, butter and the ground almonds. Stir well for 2-3 minutes. Grease a round baking pan and pour in the batter.

Bake for 30-35 minutes. When ready cool a cake on a wire rack. Before serving pour maple syrup over the top.

Servings: 6


Total Time: 35 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (3,1 ounces).

Amount Per Serving	
Calories	315,54
Calories From Fat (49%)	155,27
% Daily Value	
Total Fat 18,14g	28%
Saturated Fat 4,56g	23%
Cholesterol 124mg	41%
Sodium 55,87mg	2%
Potassium 246,4mg	7%
Total Carbohydrates 32,09g	11%
Fiber 2,51g	10%
Sugar 27,94g	
Protein 9,06g	18%

Paleo Hot Peppers Cups

Ingredients 4 eggs 2 tsp baking powder 3 Tbsp coconut milk ½ tsp salt 3 dried red peppers	4 basil leaves fresh 1 Tbsp olive oil 8 Tbsp buckwheat flour	

Procedure Preheat oven to 380F.

In a bowl beat the eggs, coconut milk or cream, basil and hot peppers.

In another bowl mix the buckwheat flour with the baking powder and salt.

Unite the egg mixture with the flour mixture and stir well. The texture should be like a sponge.

Pour the batter in cups (3/4 cup full).

Bake in a oven for 15-20 minutes.

When ready leave to cool on the rack and then unmold. Serve.

Servings: 4


Total Time: 25 minutes

Nutrition Facts

Serving size: 1/4 of a
recipe (7,6 ounces).

Amount Per Serving	
Calories	289.23
Calories From Fat (35%)	102.29
% Daily Value	
Total Fat 11,65g	18%
Saturated Fat 4,06g	20%
Cholesterol 186mg	62%
Sodium 615,43mg	26%
Potassium 551,76mg	16%
Total Carbohydrates 36,32g	12%
Fiber 6,29g	25%
Sugar 5,8g	
Protein 12,56g	25%

Paleo Peppermint Green Tea Shake

Ingredients ½ banana (frozen) ¾ cup spinach 4 mint leaves	1 tangerine ¼ stick of celery ½ cup Green tea	

Procedure In a blender infuse the tea, and put all ingredients. Blend well several seconds and your shake is ready! It's great, super sweet, creamy and refreshing. You can add a few drops of Stevia to taste.


Servings: 2

Total Time: 8 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (6,9 ounces).	Amount Per Serving	
	Calories	66,34
	Calories From Fat (6%)	3,91
		% Daily Value
	Total Fat 0,47g	<1%
	Saturated Fat 0,09g	<1%
	Cholesterol 0mg	0%
	Sodium 46,36mg	2%
	Potassium 495,01mg	14%
	Total Carbohydrates 15,61g	5%
	Fiber 2,97g	12%
	Sugar 9,1g	
Protein 2,25g	5%	

Paleo Quick Crackers

Ingredients		
1	cup	
almond meal		
2	tsp	
coconut butter		
		1 egg
		Sesame (optional)
		pinch of
		salt

Procedure Preheat your oven to 350 degrees Fahrenheit.

In a blender or food processor add all ingredients (except sesame). Combine well at medium speed. Do not allow the mixture to become sticky.

Roll the mixture into a ball and place between two sheets of baking paper, roll out to your desired thickness.

Remove the top layer of baking paper and place on an oven tray. Sprinkle with sesame if desired. Bake for 20 minutes. Remove from the oven and allow cool prior to cutting into crackers. Enjoy.

Servings: 6

Total Time: 30 minutes

Nutrition Facts

Serving size: 1/6 of a recipe (1,1 ounces).	Amount Per Serving	
	Calories	112,12
	Calories From Fat (30%)	34,01
	% Daily Value	
	Total Fat 3,89g	6%
	Saturated Fat 1,27g	6%
	Cholesterol 34,39mg	11%
	Sodium 58,01mg	2%
	Potassium 84,55mg	2%
	Total Carbohydrates 17,23g	6%
	Fiber 1,67g	7%
	Sugar 6,5g	
	Protein 3,08g	6%

Simple Paleo Pancakes

Ingredients		2	tsp almond
1	egg		flour
(large)			Cinnamon
1	banana	2 Tbsp	coconut oil
			(or olive oil)



Procedure In a bowl, beat the egg. Mash the banana with a fork to reach a puree consistency and add the egg. Keep whipping. Add the cinnamon and a teaspoon of the almond flour (ground almonds).

Pour the mixture into a small skillet greased with oil (not too much oil, just enough to prevent sticking). Leave it a few seconds over high heat and then lower to the lowest setting. In a few minutes, when the batter begins to set, turn the heat back up for a couple of seconds, then lower the heat again and leave it for a couple of minutes over low heat.

Serve with maple syrup, honey or your favorite fruits.

Servings: 3

Nutrition Facts

Serving size: 1/3 of a recipe (2,4 ounces).

Amount Per Serving	
Calories	143,31
Calories From Fat (65%)	93,66
% Daily Value	
Total Fat 10,8g	17%
Saturated Fat 8,41g	42%
Cholesterol 62mg	21%
Sodium 24,09mg	1%
Potassium 165,67mg	5%
Total Carbohydrates 10,43g	3%
Fiber 1,07g	4%
Sugar 4,88g	
Protein 2,7g	5%

Sultana Carrot Paleo Cake

Ingredients

1 cup coconut
flour
4 eggs
½ cup hazelnut
flour
2 cups carrot
grated
½ cup sultana,
seedless

½ cup coconut
oil
½ cup honey
2 tsp cinnamon
1 tsp vinegar
½ tsp baking
soda
½ tsp salt



Procedure Preheat oven to 350F.

In a bowl, whisk together eggs, vinegar, coconut oil and honey. In separate bowl mix together coconut flour, almond flour, baking soda, cinnamon and salt. Unite the egg mixture with the flour mixture. Mix well. Add in the shredded carrots and sultana. Fill the muffin cups or cases. Bake for 30 minutes. Serve.

Servings: 12


Total Time: 45 minutes

Nutrition Facts

Serving size: 1/12 of a
recipe (2,9 ounces).

Amount Per Serving	
Calories	231,15
Calories From Fat (42%)	96
% Daily Value	
Total Fat 11,06g	17%
Saturated Fat 8,43g	42%
Cholesterol 62mg	21%
Sodium 187,75mg	8%
Potassium 166,21mg	5%
Total Carbohydrates 30,99g	10%
Fiber 1,49g	6%
Sugar 16,8g	
Protein 4,15g	8%

Almond Inspiration Paleo Cookies

Ingredients 2 cups almond flour 2 eggs 4 Tbsp maple syrup ½ cup almonds, chopped	3 Tbsp coconut flour 1 cup cocoa powder 2 tsp vanilla extract ½ tsp baking soda ¼ tsp sea salt	

Procedure Preheat oven to 340F degrees.

In a bowl, whisk the eggs, coconut oil, maple syrup and vanilla extract. In a separate bowl, mix together the baking soda, almond flour, coconut flour, cocoa powder and salt. Unite the eggs mixture with the flour mixture. Pour dough in a greased baking pan. Sprinkle dough with chopped almond over top. Bake for 15-18 minutes. Let cool and cut into chunks. Serve.


Servings: 8

Total Time: 25 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (5,7 ounces).	Amount Per Serving	
	Calories	110,9
	Calories From Fat (45%)	50
		% Daily Value
	Total Fat 5,87g	9%
	Saturated Fat 0,76g	4%
	Cholesterol 46,5mg	16%
	Sodium 781,6mg	33%
	Potassium 109,56mg	3%
	Total Carbohydrates 11,16g	4%
	Fiber 1,12g	4%
	Sugar 6,7g	
	Protein 3,76g	8%

Classical Paleo Coconut Brownies

Ingredients 2 cup cocoa powder, ½ cup raw honey 1white sweet potato, grated ½ cup virgin olive oil 2 Tbsp coconut flour	2 eggs 2 tsp vanilla extract ½ Tbsp baking soda 1 Tbsp baking powder ¼ cup almonds, chopped	

Procedure Preheat oven to 360F degrees.

In a deep bowl, combine eggs, olive, grated potato, vanilla and honey. Stir until combined well. Add in baking soda and baking powder. Stir well. Finally, add in cocoa powder, coconut flour and chopped almonds. Stir well until combined well.

Pour the batter mixture in a greased (olive oil) baking pan. Bake for 30 minutes. When ready, leave on a wire rack to cool. You can melt down some cocoa powder in coconut milk and spread evenly over the top of brownies. Also, you can top brownies with your desired fruits. Cut into squares and serve.

Servings: 10


Total Time: 50 minutes

Nutrition Facts

Serving size: 1/10 of a recipe (2,1 ounces).	
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Amount Per Serving	
Calories	81,02
Calories From Fat (51%)	41,56
	% Daily Value
Total Fat 4,88g	8%
Saturated Fat 1,68g	8%
Cholesterol 37,2mg	12%
Sodium 354,26mg	15%
Potassium 292,75mg	8%
Total Carbohydrates 11,9g	4%
Fiber 5,5g	22%
Sugar 1,32g	
Protein 5,14g	10%

Halloween Paleo Pumpkin Pie

Ingredients 2 ½ cup pumpkin puree 1 Paleo Pie Crust ½ cup coconut milk ½ cup honey	3 eggs 1 ¼ Tbsp cinnamon 1 Tbsp nutmeg ⅛ tsp sea salt	

Procedure Preheat oven to 360F degrees.

In a deep bowl, combine pumpkin puree and eggs. Pour in coconut milk, honey, nutmeg, cinnamon and salt. Stir it until combine well. Pour the batter in a pie crust. Bake for 45 minutes. When ready, let cool and put in refrigerator at least 3 hours before serving.

Servings: 8

Cooking Time: 55 minutes

Total Time: 3 hours and 55 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (4,8 ounces).	Amount Per Serving	
	Calories	168,68
	Calories From Fat (32%)	53,76
		% Daily Value
	Total Fat 6,23g	10%
	Saturated Fat 3,89g	19%
	Cholesterol 69,75mg	23%
	Sodium 574,02mg	24%
	Potassium 239,28mg	7%
	Total Carbohydrates 27,45g	9%
	Fiber 3,16g	13%
	Sugar 20,27g	
Protein 3,79g	8%	

Honey Apricot Paleo Muffins

Ingredients	
1 cup	2 Tbsp honey
apricots, diced	1 ½
2	Tbsp
Tbsp	lemon juice
coconut butter,	½ tsp
melted	baking soda
1 cup	¼ tsp sea
almond flour	salt
3 eggs	

Procedure Preheat oven to 340 degrees.

In a medium bowl, mix together flour, salt and baking soda. In a separate bowl, combine eggs, coconut butter, lemon juice and honey. Unit the both mixtures and fold in apricots.

Fill the muffin cups evenly. Bake for 30 minutes. Cool and serve.

Servings: 9


Total Time: 45 minutes

Nutrition Facts

Serving size: 1/9 of a recipe (2 ounces).

Amount Per Serving	
Calories	189,02
Calories From Fat (55%)	104,65
	% Daily Value
Total Fat 12.25g	19%
Saturated Fat 2.76g	14%
Cholesterol 68,78mg	23%
Sodium 703,61mg	29%
Potassium 305,82mg	9%
Total Carbohydrates 16,71g	6%
Fiber 2,78g	11%
Sugar 12,43g	
Protein 5,9g	12%

Orange Amaranth Paleo Cake

Ingredients ¾ cup buckwheat flour 4 eggs ½ cup puffed amaranth 4 Tbsp ghee 1 tsp orange essence	1 tsp nutmeg 2 tsp sweetener (optional) ½ cup cocoa powder 1 Tbsp cinnamon Pinch of salt	

Procedure Preheat oven to 300 ° F.

In a bowl, beat the eggs, ghee, salt, orange essence, spices while slowly adding the sifted flour. Add the amaranth and sweetener; continue mixing until you achieve the desired texture. Prepare a mold with wax or baking paper or grease with butter. Put the mixture into the mold. Cut up the cocoa powder and decorate the top.

Bake for 40 minutes. Once done, remove from oven and let cool on a rack. Serve and enjoy!

Servings: 8

Total Time: 55 minutes

Nutrition Facts

Serving size: 1/8 of a recipe (2,1 ounces).

Amount Per Serving	
Calories	89,82
Calories From Fat (36%)	32,14
% Daily Value	
Total Fat 3,86g	6%
Saturated Fat 1,43g	7%
Cholesterol 93mg	31%
Sodium 39,24mg	2%
Potassium 227,23mg	6%
Total Carbohydrates 12,35g	4%
Fiber 3,59g	14%
Sugar 1,24g	
Protein 5,78g	12%

Paleo Banana and Guava Biscuits

Ingredients

1 ½ cup
bananas
½ cup guava,
mashed
2 Tbsp
coconut oil
½ cup
coconut flour

2 tsp
cinnamon
1 ½ tsp vanilla
extract
1 tsp
baking soda
¾ cup grated
coconut
2 Tbsp dried
plums or dried
fruit (optional)



Procedure Preheat oven to 360F. In a bowl, mix the bananas, mashed guava and vegetable shortening until it is fully combined.

In a bowl mix stir the flour, coconut, cinnamon, vanilla and baking soda. Add this mixture to the food processor to puree. Mix for 15 seconds.

At last, add the nuts and blend 1 minute more.

Make cookies with your hands. Place the cookies in a baking pan and bake 10-15 minutes. Turn biscuits on the other side and bake 15 minutes more. When ready, let cool on a wire rack. Serve.

Servings: 8


Total Time: 55 minutes

Nutrition Facts

Serving size: 1/8 of a
recipe (2,8 ounces).

Amount Per Serving	
Calories	121,44
Calories From Fat (42%)	51,37
% Daily Value	
Total Fat 6,07g	9%
Saturated Fat 4,9g	25%
Cholesterol 0mg	0%
Sodium 171,97mg	7%
Potassium 193,84mg	6%
Total Carbohydrates 16,67g	6%
Fiber 1,76g	7%
Sugar 5,81g	
Protein 1,55g	3%

Paleo Orange and Hazelnuts Biscotti

Ingredients 2 cups almond flour 1/3 cup hazelnuts 1/2 cup orange juice 1 orange peel 2 Tbsp arrowroot tea 1 egg	6 dates 1 tsp ginger 1/2 tsp baking soda 3 Tbsp coconut oil 1 Tbsp cocoa powder 1 pinch of salt	

Procedure Preheat oven to 360 ° C.

In a food processor, blend the dates together with hazelnuts until hazelnuts are chopped. Add the remaining ingredients and continue blending until mixed well. Form a ball with the batter. As it sticks a lot to your hands, just applied olive oil to mold it easier.

Put the dough on baking parchment paper, and extend it with your hands over the baking pan evenly. Bake for 20-25 minutes. When ready, remove tray from the oven and let batter cool. Once cooled, cut it. Put back in the oven and bake for about 10 minutes more. Cool and serve.

Servings: 14


Total Time: 50 minutes

Nutrition Facts

Serving size: 1/14 of a recipe (1,7 ounces).

Amount Per Serving	
Calories	184,55
Calories From Fat (71%)	131,64
% Daily Value	
Total Fat 15,61g	24%
Saturated Fat 3,6g	18%
Cholesterol 13,29mg	4%
Sodium 71,62mg	3%
Potassium 227,16mg	6%
Total Carbohydrates 9,08g	3%
Fiber 2,82g	11%
Sugar 4,64g	
Protein 5,13g	10%

Paleo Style Lime Cheesecake

Ingredients For the crust 2 cups almonds 2 Tbsp coconut flakes ¼ cup date paste ¼ tsp vanilla extract ¼ tsp sea salt	For the filling ¾ cup coconut oil, melted 1 cup lime juice 1 cup almond milk 2 cups raw nuts ¾ cup agave nectar 1 tsp vanilla powder	

Procedure In a bowl, blend coconut flakes and almonds. Blend it well. Add in vanilla, salt and date paste. Blend until well combined. Place mixture into the pan and put in the fridge for 2 hours.

In a blender, mix the almond milk, agave nectar, lime juice, vanilla and row nuts about 30 seconds. Pour mixture into the pan with the cake crust. Freeze a cheesecake in the freezer about 3 hours. Before serving, decorate with lime zest and chopped almonds.

Servings: 14

Cooking Time: 15 minutes


Total Time: 5 hours

Nutrition Facts

Serving size: 1/14 of a recipe (3,7 ounces).	
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Amount Per Serving	
Calories	345,32
Calories From Fat (68%)	234,21
	% Daily Value
Total Fat 27,52g	42%
Saturated Fat 12,87g	64%
Cholesterol 1,39mg	<1%
Sodium 405,17mg	17%
Potassium 334,48mg	10%
Total Carbohydrates 22,08g	7%
Fiber 4,65g	19%
Sugar 13,56g	
Protein 7,2g	14%

Paleo Tempting Chocolate Cake

Ingredients 6 eggs ½ cup cocoa powder ¼ cup coconut milk ½ cup coconut flour ¾ cup coconut oil	½ cup honey 2 tsp vanilla 1 tsp baking soda ½ tsp white vinegar ½ tsp salt	
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Procedure Preheat oven to 360 degrees F.

In a pot over low heat, mix the cocoa powder in coconut oil. Set aside to cool. In a deep bowl, blend eggs, vanilla, rice vinegar, honey and coconut milk. Add cooled cocoa mixture. In a separate bowl, mix the baking soda, coconut flour and salt. Unite the cocoa mixture with the egg mixture. Mix well.

Pour the batter blend in a greased baking pan. Bake for 30-35 minutes. When ready, leave to cool and serve.

Servings: 12


Total Time: 55 minutes

Nutrition Facts

Serving size: 1/12 of a recipe (2,2 ounces).	Amount Per Serving	
	Calories	190,66
	Calories From Fat (57%)	108,62
		% Daily Value
	Total Fat 12,53g	19%
	Saturated Fat 9,27g	46%
	Cholesterol 93mg	31%
	Sodium 239,59mg	10%
	Potassium 130,6mg	4%
	Total Carbohydrates 18,31g	6%
	Fiber 1,59g	6%
	Sugar 11,94g	
	Protein 4,61g	9%

Strawberries Tart with Dried Cranberries

Ingredients		
Tart - Base		
1 cup coconut, desiccated		½ tsp cinnamon
2 cup hazelnuts, roasted		1 tsp vanilla extracts
2 Tbsp cocoa		pinch of salt
2 Tbsp coconut oil	Topping	
1 cup raisins		2 ¼ cup strawberries
		fresh basil leaves
		1/3 cup cranberries, dried



Procedure In a pot boil the raisins. In a food processor put hazelnuts, coconut, cocoa, oil, cinnamon, vanilla and salt. Blend until crumbly. Add drain dates and continue to blend. Press mixture into a tart tin and put in the fridge for 1-2 hours. Slice the strawberries. Cover the tart with strawberries slices on top and sprinkle the dried cranberries over. Decorate with fresh basil leaves. Keep refrigerated.

Servings: 12

Cooking Time: 10 minutes

Total Time: 3 hours and 10 minutes

Nutrition Facts

Serving size: 1/12 of a recipe (3,1 ounces).	Amount Per Serving	
	Calories	260,75
	Calories From Fat (50%)	129,89
	% Daily Value	
	Total Fat 15,43g	24%
	Saturated Fat 4,78g	24%
	Cholesterol 0mg	0%
	Sodium 3,97mg	<1%
	Potassium 318,5mg	9%
	Total Carbohydrates 31,19g	10%
	Fiber 4,67g	19%
	Sugar 10,82g	
	Protein 3,52g	7%

Bonus – 7 days Body cleanse & Detox

If you feel that you are constantly tired, sleepy and that you do not have enough energy, it is a time for an awesome body cleanse! Green leaves used in green smoothies are full of indissoluble fibers that are essential to eliminate the toxins and waste accumulated in the body. It will help your digestive system, make you feel fresh and verve, improve mental clarity and prevent many diseases. Seriously, I remember the first time I did 7 days of this and boy did I feel good. Keep in mind most of your weight loss will be water weight which you will put back on once you start eating solids but this is all about detox and feeling the fresh energy. This will maximise your productivity as you will be very energised!

Doing a juice cleanse has been said to help unleash the natural healing power of your body by getting rid of all those yucky built up toxins. Juicing floods your system with powerful nutrients and antioxidants. It may be the first step towards a long-lasting lifestyle change, or jumpstarting a weight-loss regimen by helping to retrain your taste buds as well as psychological connection to food. Use colorful juice cleanses packed with so much delicious goodness and you'll never believe something so healthy can be so satisfying.



Green smoothies for cleanse and detoxification are a tasty blended beverages made from fruit and leafy greens. The essential ingredients of a green smoothie are mangos, water, bananas, leafy greens, and other ripe fruit that you have available. The cucumber, berries and ginger are a great addition to your green

smoothie with high antioxidants and other vital nutrients. There are many wild edible plants such as plantain, dandelion leaves, chickweed, yellow dock and purslane, where we have to try to find the young leaves because they'll be the best tasting.

The green smoothies are a meal in the full meaning. They are packed with nutrition and the fact that they include lots of vitamins and fiber make them very filling. All green smoothies are great as a meal substitute for 1-2 meals a day. They are so easy to digest in comparison with a heavy meal and because of that, your body doesn't have to expend a lot of energy in digestion.

I recommend a 100% juice cleanse because eating slows down the juice cleansing process. If you need to eat during your juice cleanse, choose organic fruits, vegetables or soaked nuts and seeds.

Tips for Cleanse and Detoxification

- Start your day with a glass of water with lemon
- Drink 8 glasses of water per day
- Drink your 2-3 juices per day in 4 hour increments
- Eliminate the bad ingredients

Activity and Exercise

Limit yourself to light exercises, such as walks, yoga, and stretching. Your energy levels will change when you're on a juice cleanse, so pay attention to what your body needs before exercising. Avoid places with loud noise and a lot of activity; you might be more sensitive during your juice cleanse than usual. Make sure you have a lot of free time to take care of yourself. Take a walk, listen to the music, make some meditation exercises, relax and smile, smile and smile some more!

I have prepared a set of 21 fresh fruits and vegetable smoothies for detox. I hope you will enjoy it. Note; this stuff is not set in stone so don't hesitate to experiment and make your own healthy smoothie once in a while. You may be astonished by your excellent results!

Detoxify & Cleanse



All Citrus Green Smoothie

Ingredients		
1	1	
cup	cup	kiwi
spinach, fresh	1	
1 banana	cup	lime
1	juice	
grapefruit	1	lime
1 orange	1	
	cup	
	organic plain	
	yogurt	
	1	
	cup	
	coconut water	



Procedure Mix all fruits with yogurt and milk in a blender until it is smooth well. Add the sycamore honey to taste.

Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (30,8 ounces).

Amount Per Serving	
Calories	392,28
Calories From Fat (10%)	38,42
% Daily Value	
Total Fat 4,45g	7%
Saturated Fat 1,64g	8%
Cholesterol 7,47mg	2%
Sodium 622,47mg	26%
Potassium 1953,54mg	56%
Total Carbohydrates 84,9g	28%
Fiber 17,15g	69%
Sugar 30,16g	
Protein 16,7g	33%

Avocado Grapefruit Smoothie

Ingredients

1 avocado,
chopped
½
grapefruit
1 cup of
spinach

1 frozen
banana,
sliced
1cup of cold
water
1
cup
of almond
milk
5-6 ice cubes
(optional)



Procedure Mix all ingredients in blender and blend until smooth. Add maple syrup to taste and ice cubes.

Servings: 2


Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a
recipe (11,7 ounces).

Amount Per Serving	
Calories	265,3
Calories From Fat (46%)	123,19
% Daily Value	
Total Fat 14,7g	23%
Saturated Fat 1,96g	10%
Cholesterol 0mg	0%
Sodium 410,01mg	17%
Potassium 1110,3mg	32%
Total Carbohydrates 33,51g	11%
Fiber 13,03g	52%
Sugar 12,35g	
Protein 7,82g	16%

Beetroot Berries Green Smoothie

Ingredients 1 ½ cup beetroot ½ cup strawberries 2 cups spinach 2 cups cherries	1 red grapefruit 1 red apples 1 ½ cups of cold water 1 knob of fresh ginger Honey (optional)	

Procedure Blend the beetroot, apples and ginger. Add raspberries and grapefruit and blend until smooth well. Add honey to taste (optional).

Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (29,8 ounces).	Amount Per Serving	
	Calories	878,64
	Calories From Fat (3%)	24,48
		% Daily Value
	Total Fat 2,9g	4%
	Saturated Fat 0,13g	<1%
	Cholesterol 0mg	0%
	Sodium 176,8mg	7%
	Potassium 1163,54mg	33%
	Total Carbohydrates 217,99g	73%
	Fiber 21,53g	86%
	Sugar 25,83g	
	Protein 9,17g	18%

Chinese Cabbage Green Smoothie

Ingredients	2	cup
2 cups Bok choy, fresh	water	
1 cup almond milk, unsweetened	1	banana
1 cup strawberries	2	cups
	peaches	



Procedure Blend Bok choy, water and almond milk until smooth. Add the remaining fruits and blend again.

Servings: 2


Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (22,5 ounces).

Amount Per Serving	
Calories	283,73
Calories From Fat (29%)	82,18
% Daily Value	
Total Fat 9,59g	15%
Saturated Fat 4,55g	23%
Cholesterol 4,75mg	2%
Sodium 72,46mg	3%
Potassium 940,27mg	27%
Total Carbohydrates 50,41g	17%
Fiber 7,85g	31%
Sugar 37g	
Protein 6g	12%

Coriander and Ginger Smoothie

Ingredients ½ cup coriander, fresh 2 inch ginger, fresh 2 bananas	½ cup spinach, fresh 1 lemon 2 cups water 1 cucumber	

Procedure Blend spinach, coriander and water until smooth. Add the remaining fruits and blend again.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (26,4 ounces).	Amount Per Serving	
	Calories	538,16
	Calories From Fat (37%)	201,79
		% Daily Value
	Total Fat 24,16g	37%
	Saturated Fat 1,47g	7%
	Cholesterol 0mg	0%
	Sodium 235,41mg	10%
	Potassium 2518,71mg	72%
	Total Carbohydrates 109,83g	37%
	Fiber 62,68g	251%
	Sugar 16,89g	
	Protein 21,01g	42%

Cranberry Pear Green Smoothie

Ingredients 2 cups kale, fresh 2 cup cranberry juice, unsweetened 1 cup pears ½ cup water	2 bananas 2 blood oranges, peeled 1 grapefruit, pink 1 lime, peeled	

Procedure Blend cranberry juice, kale and water until smooth. Add the remaining fruits and blend again.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (29,8 ounces).	Amount Per Serving	
	Calories	411,71
	Calories From Fat (4%)	15,22
		% Daily Value
	Total Fat 1,82g	3%
	Saturated Fat 0,29g	1%
	Cholesterol 0mg	0%
	Sodium 51,39mg	2%
	Potassium 1575,16mg	45%
	Total Carbohydrates 103,26g	34%
	Fiber 11,75g	47%
	Sugar 53,65g	
	Protein 8,3g	17%

Cucumber Kale & Mint Smoothie

Ingredients 1 ½ cup cucumber, chopped ¾ cup apple juice 2 cups kale	1 cup mango 1 cup water 1 Tbsp fresh lemon juice 3 Tbsp mint leaves (fresh)	

Procedure In a blender, puree cucumber, mango, apple juice, mint, spinach and lemon juice until smooth, about 1 minute.


Servings: 1

Total Time: 5 minutes

Nutrition Facts

Serving size: Entire recipe (33,2 ounces).	Amount Per Serving	
	Calories	282,22
	Calories From Fat (7%)	18,66
	% Daily Value	
	Total Fat 2,21g	3%
	Saturated Fat 0,36g	2%
	Cholesterol 0mg	0%
	Sodium 79,45mg	3%
	Potassium 1380,75mg	39%
	Total Carbohydrates 65,22g	22%
	Fiber 7,52g	30%
	Sugar 43,57g	
	Protein 7,37g	15%

Dandelion Total Detox Smoothie

Ingredients 3 cups dandelion greens 2 Tbsp protein powder 1 ½ cup peaches, frozen ½ cups apricot	1 mango, cubed 1 banana 2 cups cold water 1 cucumber	

Procedure Mix all components in a blender and blend until smooth.

Servings: 2

Total Time: 5 minutes


Nutrition Facts

Serving size: 1/2 of a
recipe (30,5 ounces).

Amount Per Serving	
Calories	365,2
Calories From Fat (4%)	15,2
% Daily Value	
Total Fat 1,81g	3%
Saturated Fat 0,36g	2%
Cholesterol 0mg	0%
Sodium 86,18mg	4%
Potassium 1270,13mg	36%
Total Carbohydrates 89,19g	30%
Fiber 11,31g	45%
Sugar 69,25g	
Protein 6,36g	13%

Dulce Carrot Green Smoothie

Ingredients	2	
3 carrots, include leafy tops	cups	water
2 cup spinach, fresh	1 cup	
1 cup mango	pineapple	
	1 banana	



Procedure Blend carrot top leaves, spinach and water until smooth. Add the remaining fruits and blend again. You can grate carrots or steam them to soften before blending.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (25,1 ounces).	Amount Per Serving	
	Calories	228,26
	Calories From Fat (10%)	23,19
	% Daily Value	
	Total Fat 2,78g	4%
	Saturated Fat 0,24g	1%
	Cholesterol 0mg	0%
	Sodium 814,35mg	34%
	Potassium 1197,12mg	34%
	Total Carbohydrates 48,66g	16%
	Fiber 13,26g	53%
	Sugar 27,89g	
	Protein 11,79g	24%

Dill and Green Onions Smoothie

Ingredients ¾ Tbsp fresh dill 2 cucumber 2 green onion 1 cup coconut milk	½ cup of water ½ tsp seasoning salt fresh dill (for garnish)	

Procedure Mix all ingredients in blender. Pour in a glasses and garnish with fresh dill. You can use this smoothie as a dip too.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (17,7 ounces).	Amount Per Serving	
	Calories	111,77
	Calories From Fat (21%)	23,99
		% Daily Value
	Total Fat 2,72g	4%
	Saturated Fat 1,42g	7%
	Cholesterol 8,56mg	3%
	Sodium 83,2mg	3%
	Potassium 711,39mg	20%
	Total Carbohydrates 15,17g	5%
	Fiber 2,53g	10%
	Sugar 11,86g	
	Protein 7,43g	15%

Far Island Grapefruit Smoothie

Ingredients 2 cups baby spinach 1 yellow apple, chop 2 cups of grapefruit ½ cup kale	½ cup apple juice 1 banana 2 cup cold water Ice cubes	

Procedure Put all components a blender except ice cubes. Blend it until smooth. Add ice cubes and puree until smooth.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (23,9 ounces).	Amount Per Serving	
	Calories	310.69
	Calories From Fat (11%)	32.86
		% Daily Value
	Total Fat 3,95g	6%
	Saturated Fat 1,85g	9%
	Cholesterol 12mg	4%
	Sodium 128,56mg	5%
	Potassium 1191,44mg	34%
	Total Carbohydrates 69,89g	23%
	Fiber 11,65g	47%
	Sugar 41,79g	
	Protein 9,21g	18%

Ginger Celery Green Smoothie

Ingredients 4 Tbsp grated ginger 2 cups cucumber 1 cup celery leaves	2 cups of spinach 3 leaves of cabbage ½ cup cold water 1 banana	

Procedure Combine all components except ice cubes in a blender; blend until smooth. Add ice cubes; blend until smooth.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (23,4 ounces).	Amount Per Serving	
	Calories	194,17
	Calories From Fat (11%)	22,01
		% Daily Value
	Total Fat 2,62g	4%
	Saturated Fat 0,26g	1%
	Cholesterol 0mg	0%
	Sodium 786,74mg	33%
	Potassium 1470,8mg	42%
	Total Carbohydrates 38,26g	13%
	Fiber 15,04g	60%
	Sugar 15,56g	
	Protein 12,51g	25%

Green Apples Dynamo Smoothie

Ingredients 2 green apples, chopped 1 cup baby spinach ½ cups fresh lime juice 1 cup fresh apple juice	1 banana 1 cup cold water 1 cup of mango, chopped fresh mint leaves	

Procedure Combine all ingredients in a blender. Blend until smooth. Garnish with fresh mint leaves.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (24,8 ounces).	Amount Per Serving	
	Calories	308
	Calories From Fat (7%)	20,36
	% Daily Value	
	Total Fat 2,44g	4%
	Saturated Fat 1,04g	5%
	Cholesterol 6mg	2%
	Sodium 67,61mg	3%
	Potassium 950,54mg	27%
	Total Carbohydrates 76,37g	25%
	Fiber 9,56g	38%
	Sugar 54,63g	
	Protein 5,46g	11%

Mango Punch Green Smoothie

Ingredients		
2 cups mango	1 cup parsley, fresh	
1 cucumber, peeled	2 cups water	
1 cup spinach	1 inch ginger, fresh	
1 banana	1 lemon, peeled	

Procedure Blend celery, water and parsley until smooth. Add the remaining ingredients and blend again.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (24,4 ounces).	Amount Per Serving	
	Calories	191,68
	Calories From Fat (6%)	12,16
	% Daily Value	
	Total Fat 1,44g	2%
	Saturated Fat 0,3g	2%
	Cholesterol 0mg	0%
	Sodium 41,53mg	2%
	Potassium 986,32mg	28%
	Total Carbohydrates 46,21g	15%
	Fiber 6,69g	27%
	Sugar 32,98g	
	Protein 4,35g	9%

Nettle Berries Green Smoothie

Ingredients 3 cups nettle, chopped 1 large banana 1 cup almond milk ½ cup cold water	1 ½ cups mixed frozen berries ½ tsp pure vanilla 10 drops Stevia 1 lime, zest & juice	

Procedure Rinse and chop the nettles and add it to the blender with all other ingredients. Blend about 2-3 minutes until smooth well.

Servings: 2


Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (13,8 ounces).

Amount Per Serving	
Calories	276,56
Calories From Fat (29%)	79,78
% Daily Value	
Total Fat 9,28g	14%
Saturated Fat 4,51g	23%
Cholesterol 4,75mg	2%
Sodium 27,35mg	1%
Potassium 943,12mg	27%
Total Carbohydrates 45,58g	15%
Fiber 14,58g	58%
Sugar 24,1g	
Protein 7,27g	15%

Parsley and Celery Fierce Smoothie

Ingredients	1	
1 cup celery	cucumber, peeled	
1 inch	1	
cup parsley	ginger, fresh	
3 cups mango	1 lemon, peeled	
	2 cups water	

Procedure Blend celery, water and parsley until smooth. Add the remaining ingredients and blend again.

Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (26,8 ounces).	Amount Per Serving	
	Calories	194,82
	Calories From Fat (7%)	13,57
	% Daily Value	
	Total Fat 1,81g	2%
	Saturated Fat 0,33g	2%
	Cholesterol 0mg	0%
	Sodium 77,91mg	3%
	Potassium 986mg	28%
	Total Carbohydrates 46,33g	15%
	Fiber 7,1g	28%
	Sugar 38,06g	
	Protein 4,37g	9%

Ruddy Cabbage & Blackberries Smoothie

Ingredients

6 leaves of red
cabbage
1 cup blackberries
 $\frac{1}{4}$
cup
hazelnuts, minced
1 banana

1 carrot
2 Tbsp
acacia honey
1 cup
water
Ice as needed



Procedure Blend in your blender until smooth. Add ice to taste.

Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a
recipe (108,1 ounces).

Amount Per Serving	
Calories	1000,79
Calories From Fat (19%)	195,1
% Daily Value	
Total Fat 23,24g	36%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 523,93mg	22%
Potassium 7384,45mg	211%
Total Carbohydrates 192,84g	64%
Fiber 71,84g	287%
Sugar 31,28g	
Protein 39,3g	79%

Spinach Blueberry Smoothie

Ingredients		
2 cups spinach, fresh	2 cups water	
1 cup mixed berries	1 kiwi	
1 cup blueberries	1 banana	
½ cucumber	1 avocado	



Procedure In a blender blend spinach and water until smooth. Add the remaining fruits and blend again. If you use at least one frozen fruit, it will make the green smoothie cold and creamy.


Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (30,8 ounces).	Amount Per Serving	
	Calories	374,47
	Calories From Fat (36%)	136,28
	% Daily Value	
	Total Fat 16,27g	25%
	Saturated Fat 2,04g	10%
	Cholesterol 0mg	0%
	Sodium 727,42mg	30%
	Potassium 1736,12mg	50%
	Total Carbohydrates 56,2g	19%
	Fiber 20,72g	83%
	Sugar 24,7g	
	Protein 13,18g	26%

Squash and Pineapple Smoothie

Ingredients 1 glass cold water ½ cup spinach, chopped ½ cup pineapple ½ cup butternut squash	½ cup summer squash ½ cup cucumber ¼ cup banana, frozen Stevia (optional) 4 ice cubes	

Procedure Mix all ingredients (except Stevia and ice) into a blender and puree until smooth. In the end add Stevia and ice cubes.

Servings: 5


Total Time: 2 minutes

Nutrition Facts

Serving size: 1/5 of a recipe (3,2 ounces).

Amount Per Serving	
Calories	30,62
Calories From Fat (10%)	2,91
% Daily Value	
Total Fat 0,35g	<1%
Saturated Fat 0,04g	<1%
Cholesterol 0mg	0%
Sodium 85,04mg	4%
Potassium 244,83mg	7%
Total Carbohydrates 6,53g	2%
Fiber 1,76g	7%
Sugar 3,1g	
Protein 1,59g	3%

Tomato and Carrots force Smoothie

Ingredients	½ pomegranate juice 1 cup of water 1 cucumber 1 cup of kale ½ cup fresh lemon juice	
2 tomatoes 2 carrots 1 red apple, chopped 1 banana		

Procedure Mix all the ingredients in a blender and blend until smooth.

Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (28,5 ounces).	Amount Per Serving	
	Calories	288,48
	Calories From Fat (4%)	12,38
	% Daily Value	
	Total Fat 1,46g	2%
	Saturated Fat 0,24g	1%
	Cholesterol 0mg	0%
	Sodium 113,67mg	5%
	Potassium 1405,75mg	40%
	Total Carbohydrates 69,7g	23%
	Fiber 10,04g	40%
	Sugar 21,44g	
	Protein 5,14g	10%

Zucchini Green Apple Smoothie

Ingredients	1	
4	cup	of
zucchini (medium)	spinach	
2	1	
green apples	cup	of water
2	1	banana
cucumbers	½	lemon



Procedure Mix all ingredients in a blender. Blend it until become slick.

Servings: 2

Total Time: 5 minutes

Nutrition Facts

Serving size: 1/2 of a recipe (37,1 ounces).	Amount Per Serving	
	Calories	207,8
	Calories From Fat (13%)	26,51
	% Daily Value	
	Total Fat 3,18g	5%
	Saturated Fat 0,51g	3%
	Cholesterol 0mg	0%
	Sodium 446,67mg	19%
	Potassium 2128,17mg	61%
	Total Carbohydrates 41,9g	14%
	Fiber 13,73g	55%
	Sugar 22,45g	
	Protein 12,8g	26%

Conclusion

I hope you enjoy making these recipes and they bring you closer to your dream goals. I know that you will always stay in top shape inside out once you follow these recipes consistently and listen to your body. Your taste buds should start appreciating the natural foods once you are consistently on the healthy regimen. So stay fit and most importantly stay **consistent**.