

# Paleo Recipes

## Breakfast

### Homemade Breakfast Sausage

1 pound organic, free range ground chicken or turkey

1 teaspoon salt

1 teaspoon ground black pepper

2 teaspoons finely chopped fresh sage

1 teaspoon finely chopped fresh thyme

¼ teaspoon chopped fresh rosemary

¼ teaspoon ground nutmeg

1. Mix together ground meat, salt, black pepper, sage, thyme, rosemary, and nutmeg in a bowl. Knead with hands until thoroughly incorporated. Form into 8 patties.
2. Place patties into a skillet over medium heat; cook until browned, 8 to 10 minutes. Flip patties and continue to cook until fully cooked through, 5 to 8 more minutes.

### Crustless Quiche

1 dozen organic, cage-free eggs

1 cup diced onion

1 cup diced carrots

2 cups baby spinach or other leafy green vegetable

6 slices organic Wellshire Farms turkey bacon chopped (optional)

1 teaspoon ground black pepper

1. Preheat oven to 425 degrees
2. Grease a 9 ½" X 10" pan with coconut oil or olive oil
3. Place all vegetables and turkey bacon (if desired) into pan and spread evenly.
4. In a separate bowl crack and add eggs. Add in the ground pepper and whisk till combined.
5. Pour egg mixture over the vegetables into the pan.
6. Bake 20-25 minutes at 425 degrees
7. Turn oven down to 325 degrees
8. Cover dish lightly with foil and bake another 15 minutes
9. Uncover and bake for another 5 minutes if needed.
10. Done when light firmness and a "spring back" feel in middle.
11. Let cool slightly. Cut into squares.
12. Serves 6.

## **Sweet Potato Hash**

2 sweet potatoes or yams

1 large onion

1 tablespoon olive oil or coconut oil

1 teaspoon salt

1 teaspoon black pepper

1. Peel onion and dice finely.
2. In a large skillet pan add the oil and turn the stove on to medium.
3. Add onion into the pan and sauté till they are translucent.
4. While the onions are sautéing, wash the sweet potatoes and then dice into small pieces (you may leave the skin on for extra fiber and nutrients).
5. Add the sweet potatoes to the pan.
6. Add the salt and peppers to the onion and potato mixture and stir to incorporate.
7. Continue to cook the potatoes and onions for about 15 to 20 minutes over medium heat until they are soft and slightly browned stirring every few minutes.
8. Serves 4.

## **Spiced Eggs**

¼ cup onions, sliced

½ cup zucchini chopped

½ cup each spinach, bok choy, watercress, all torn into small pieces

2 organic, cage free eggs

1/8 teaspoon nutmeg

1-2 teaspoons olive oil

Salt and pepper to taste.

1. Place olive oil in a frying pan on medium heat.
2. Add onions to the pan and sauté until they start to become translucent.
3. Add the zucchini and cook 4 to 5 minutes.
4. Add spinach, bok choy, and watercress and cook until soft.
5. Beat eggs in a separate bowl and add nutmeg, salt and pepper.
6. Add eggs to the pan and scramble until the eggs are cooked.

## **Turkey Bacon and Kale**

1 bunch of kale

4 strips of turkey bacon

1. Slice turkey bacon into bite size pieces (kitchen scissors work best).
2. Place in pan and cook for a few minutes.
3. Chop kale, keeping the stems separate.
4. First add chopped stems to pan and cook for 1-2 minutes. Then add the rest of the kale, mix well with turkey bacon.
5. Add 1-2 tablespoons of water cover and allow cooking for 3-4 minutes.
6. Remove cover, allow water to evaporate and serve.

Variations: Serve 1/2 of a raw grated carrot on top.

## **Snacks**

### **Baked Kale Chips**

1 bunch (about 6 ounces) kale (any variety will work)

1 tablespoon olive oil

Sea salt, to taste

1. Preheat oven to 300°F.
2. Rinse and dry the kale, then remove the stems and tough center ribs.
3. Cut into large pieces, toss with olive oil in a bowl then sprinkle with salt.
4. Arrange leaves in a single layer on a large baking sheet lined with parchment paper for easy clean-up.
5. Bake for 20 minutes, or until crisp.
6. Place baking sheet on a rack to cool.
7. Serves 4

### **Parsnip or Carrot Chips**

1 pound parsnips

Olive oil

Sea salt to taste

Black pepper to taste

1. Preheat oven to 350 degrees.
2. Wash parsnips well.
3. Slice parsnips very thin, crosswise, creating circular pieces and place in a bowl.
4. Drizzle lightly with olive oil, salt and pepper and toss so each piece is coated.
5. Spread evenly over two baking sheets and place in the oven.
6. Remove after 30 minutes or until desired crispness.
7. Serves 10.

## **Coconut Chips**

16 ounces organic, unsweetened coconut shreds

1 tsp salt

3 tsp cinnamon (optional)

1. Preheat oven to 350 degrees Fahrenheit.
2. Place coconut on a cookie sheet.
3. Sprinkle with sea salt.
4. Bake for 9 minutes, stirring every three minutes to promote even browning.
5. Let coconut cool and then store in a closed container.
6. Serves 15

## **Lunch/Dinner Recipes**

### **Lettuce and Turkey Wrap-ups**

2 Tbsp olive oil

2 medium carrots, peeled and grated

1 medium zucchini, grated

4 green onions, thinly sliced

1 pound free range, organic ground turkey

3 Tbsp. Coconut aminos

Dash of garlic powder

Dash of ginger powder

Crispy lettuce leaves

1. Heat olive oil in skillet.
2. Add carrots, zucchini, and green onions and sauté for about 3 to 4 minutes until softened.
3. Add turkey and continue to cook, stirring, breaking up the chunks until the turkey is no longer pink (about 5 minutes).
4. Add coconut aminos, ginger and garlic powder and mix well.
5. Serve in a bowl with lettuce leaves on the side
6. Wrap filling in a lettuce leaf.
7. Serves 4.

### **Stir-fried Vegetables with Chicken**

1-3 teaspoons coconut oil

1 teaspoon ginger, peeled and grated

Cut-up pieces of cauliflower, cabbage (thinly sliced or shredded), celery (slant cut), bok choy (sliced), onion or scallions (diced), sliced water chestnuts, and bamboo shoots.

Chicken cut into cubes.

¼ cup chicken broth or coconut milk.

1. Preheat cast iron skillet or wok.

2. Add oil after preheating.
3. Quickly sauté the ginger for about 1 minute, then add all of the vegetables and sauté until they begin to soften, stirring continuously.
4. Add the chicken (already cooked) and sauté for 2 to 3 minutes. If using uncooked protein you will need to cook longer until no longer pink.
5. Then add broth or coconut milk and stir until all ingredients are warmed through.

### **Cauliflower Popcorn**

2 Tbsp. olive oil  
1 pound of cauliflower  
Salt to taste

1. Preheat oven to 425 degrees.
2. Brush 1 or 2 baking sheets with olive oil.
3. Cut or break cauliflower into 1 inch florets.
4. Toss with olive oil and spread evenly on the baking sheets.
5. Roast in preheated oven for about 10 minutes.
6. Shake around or toss with a spoon so that they brown evenly.
7. Roast for another 5 minutes.
8. Taste at this point to see if they are done to your liking.
9. Allow to cool for a few minutes before sprinkling with salt and serving.
10. Serves 6 to 8 people.

### **Citrus Chicken**

1/2 cup fresh lemon juice  
1 tablespoon olive oil  
1 tablespoon lime juice  
2 cloves minced garlic  
1 teaspoon dried basil  
1 teaspoon dried rosemary  
1/2 teaspoon sea salt  
4 chicken breast halves on the bone

1. Combine all ingredients, except chicken in a bowl.
2. Clean chicken and place in a zip-lock bag, add marinade.
3. Allow chicken to marinate in the fridge for at least 1 hour and up to 3 hours.
4. Preheat oven to 375 degrees.
5. Place chicken with juice in a baking dish.
6. Bake covered for 20 minutes.
7. Uncover and bake for 25 more minutes or until chicken is cooked through.
8. Serves 4.

### **Lemon Pepper Chicken**

4 boneless, skinless chicken breasts  
Coarse black pepper and coarse sea salt  
Juice and zest of 2 lemons  
4 tablespoons extra virgin olive

1. Coat chicken in coarse black pepper and season lightly with salt.
2. In a small bowl, combine lemon zest and juice with extra virgin olive oil.
3. Place sauté pan over medium-high heat. Fill the pan until 1/4 inch deep with marinade.
4. Cook chicken breasts 6-7 minutes on each side, adding marinade as needed to keep the chicken lightly covered while cooking. Make sure it is cooked all the way through.
5. Transfer to a serving platter and brush with the reserved marinade.
6. Serves 4.

### **Lamb Kofta**

1.5 lb ground lamb (you could substitute ground turkey)  
1/2 cup onion, minced  
3 garlic cloves, minced  
2 Tbsp mint leaves, chopped  
1 Tbsp flat-leaf parsley, chopped  
2 tsp ground cumin  
2 tsp coriander seeds (or 1 tsp ground coriander)  
1 tsp salt  
1 tsp black pepper  
1/2 tsp ground ginger

1. Soak 24 bamboo skewers in water for at least 6 hours.
2. Preheat the oven to 350 degrees. Line a rimmed baking sheet with foil or parchment paper.
3. Combine the ground beef with the onion, garlic, salt, herbs and spices in a large bowl. Mix well with your hands to distribute the ingredients.
4. Shape the meat into sausage-sized cylinders around two skewers (about 1/3 cup meat per skewer). Place in a single layer on the baking sheet.
5. Bake for 15-20 minutes or until the meat is cooked through but not overdone. You could also grill the skewers.
6. Serves 6.

### **Slow-Cooked Leg of Lamb with Garlic, Lemon & Rosemary**

1 leg of lamb (that will fit in your Crock Pot - if not, get the butcher to cut off the shank end) - with or without bone  
1 lemon  
4-5 garlic cloves, sliced or crushed  
1 Tbsp. fresh rosemary, chopped  
1 Tbsp. olive oil  
1/2 tsp. coarse salt  
1 tsp. freshly ground black pepper

Chicken stock or water

1. On a chopping board, pat your lamb dry with paper towels.
2. Finely grate half the zest off the lemon and grind into a paste with the garlic, rosemary, oil, salt and pepper using a mortar and pestle.
3. Rub the paste all over the lamb. If you like, let it sit on the countertop for half an hour or so, or refrigerate for a few hours or overnight.
4. Put it into the Crock Pot.
5. Add about half a cup of liquid.
6. Squeeze the juice of the lemon overtop too.
7. Cover and cook on low for 6-8 hours.

### **Irish Lamb Stew -- Crockpot Recipe**

1-2 pounds lamb, cut up  
3-4 yellow onions, cut into 1/2" pieces  
6-8 carrots, cut into 1/2" slices  
3-4 cloves garlic, chopped (omit if using garlicky leftovers from above)  
1-2 bay leaves  
1/2-1 t. dried tarragon  
1/2-1 t. ground black pepper

1. Combine the above ingredients in a crockpot with enough water to barely cover.
2. Cook overnight on low (slower cooking lets the veggies flavor through without getting mushy).
3. Allow to cool in order to easily remove the excess fat, the bones, and the bay leaves.
4. Reheat to serve

### **New England Beef Stew**

3 lb beef chuck roast  
1 Tbs sea salt (optional)  
1/2 tsp freshly ground black pepper  
2 onions, quartered  
4 carrots, quartered  
1 celery rib, sliced  
1 bay leaf  
5 cups water  
1 small cabbage, cut into wedges

1. Sprinkle meat with sea salt (optional) and black pepper.
2. Place onions, carrots, and celery into crockpot.
3. Top with meat.
4. Add bay leaf and water.
5. Cover pot and cook on low 5-7 hours, or until meat is tender.

6. Add cabbage wedges at any point during cooking (earlier if softer texture is desired, or add near the end if you prefer them to be less cooked).

### **Stir Fry Beef Salad**

1-1/2 lbs beef tip steak, sliced into thin strips  
2 tsp coconut oil  
1 Tbsp coconut aminos (tastes like soy sauce)  
1/2 sweet yellow onion, sliced  
2 carrots, sliced  
2 cups broccoli and/or cauliflower  
2 medium heads lettuce of choice or the equivalent amount of mixed greens  
Apple cider vinegar  
extra virgin olive oil  
sea salt  
freshly ground black pepper

1. Heat skillet over medium heat. Add the coconut oil as soon as the pan is hot.
2. Add sliced onions and sauté until they begin to soften and turn translucent. Stir often.
3. Turn the heat up slightly and wait about a minute for the pan to heat up.
4. Add the beef and the coconut aminos, and continue to stir often.
5. When beef is close to done (however you prefer it) add the carrots and broccoli/cauliflower.
6. Season with sea salt and freshly ground black pepper if needed.
7. Serve over chopped lettuce or mixed greens and drizzle with apple cider vinegar and olive oil to taste.

### **Egg Drop Soup**

1 medium yellow onion, diced  
2 celery stalks, diced (optional)  
1 Tbs coconut oil + 1/4 tsp coconut oil  
8 cups of chicken broth (or well-salted water)  
1/4 tsp fresh ginger root, grated  
1 tsp coconut aminos  
sea salt to taste (optional)  
3 Tbs arrowroot powder + 3 Tbs water  
6 eggs

1. Melt coconut oil in a large pot over medium heat.
2. Add onions and celery, and sauté (stirring occasionally) until translucent (about 15 minutes). Stir in broth.
3. Add ginger, coconut aminos, and 1/4 tsp coconut oil. Bring to a boil. Add sea salt to taste if desired.
4. Mix arrowroot powder with water until smooth. Pour into soup and continue to cook until thickened (about 10 minutes).
5. Meanwhile, whisk eggs together. After soup has thickened, pour eggs intermittently into soup. For beautiful, ribbony eggs be sure to do this step after soup is already thickened.
6. Serve hot.

### **Sautéed Fennel and Carrots**

2 fennel bulbs, sliced into 1/4-1/2" slices (about 2-3 cups)  
4 medium carrots, sliced into 1/4-1/2" slices  
2 Tbs coconut oil  
sea salt and freshly ground black pepper

1. Heat the coconut oil in a skillet over medium heat.
2. When the pan is hot, add the fennel and carrots. Cook until tender, stirring occasionally for about 12-15 minutes, or until desired tenderness is reached.
3. Season with sea salt and freshly ground black pepper to taste.

### **Mashed Cauliflower**

1-1/2 large heads cauliflower  
3/4 cup full fat canned coconut milk  
3 Tbs coconut oil  
2/3 cup fresh chives  
3 cloves garlic  
2 tsp dried rosemary or 1 sprig fresh rosemary  
sea salt, pepper to taste

1. Roughly chop the cauliflower, removing all leaves.
2. Place in steamer and cook until it's easy to stick a fork in it (about 20 minutes).
3. Mince the garlic and finely chop the chives. Sauté the garlic, chives and rosemary in coconut oil until the garlic is light golden brown.
4. Use a food processor or a masher to mash up the steamed cauliflower florets.
5. Put the mashed florets into a pot on the stove and add coconut milk, and the chive and garlic mixture. Cook on medium low heat and mash with a masher while they're in the pot. Or if you have a submersible blender, use that to blend mixture while it's in the pot.
6. Add sea salt and pepper to taste.

### **Butternut Squash with Garlic and Thyme**

1-1/2 lbs butternut squash, peeled, seeds removed, flesh diced into 1/2" pieces (about 4 cups)  
2 Tbs coconut oil (or bacon grease, tallow, or lard)  
1 Tbs fresh thyme leaves  
3 cloves garlic, minced  
1/2 tsp sea salt (optional)  
1/4 tsp freshly ground black pepper

1. Heat large sauté pan over medium heat. Add oil when pan is hot.
2. When oil has melted, add squash, thyme, and garlic, and stir to coat completely with oil.
3. Spread squash in an even layer in pan and allow cooking without stirring until lightly browned (about 3-5 minutes). Stir, and evenly spread out again, allowing to cook for an additional 3-5 minutes.
4. After browning, stir squash, reduce heat to medium, cover pan and continue to cook until squash is tender (about 10-15 minutes more).

### **Sweet Potato Fries**

2 large garnet yams  
2 tablespoons of coconut oil, melted (I just nuke it in the microwave for ~30 seconds)  
Kosher salt  
Freshly ground pepper  
Cinnamon (optional)

1. Preheated the oven to 400 degrees.
2. Peel the yams and cut them into even matchsticks.
3. Place them on a parchment paper-lined baking tray.
4. Toss the sweet potatoes with the coconut oil, salt, pepper, and cinnamon.
5. Bake for about 30 minutes flipping the fries halfway through.
6. Serves 2 to 3 people.

### **Coconut Chicken Soup**

3 cups chicken stock  
1 fresh thumb-sized piece of ginger, sliced into thin coins  
1 cup coconut milk  
1 tablespoon coconut aminos  
6 ounces leftover chicken  
1 cup celery sliced  
1 medium carrot julienned  
2 tablespoons lime juice  
¼ cup fresh cilantro, minced

1. In a pot, bring chicken stock and ginger to a boil, then reduce heat to low and simmer for 5 minutes
2. Stir in coconut milk, coconut aminos, chicken, celery, and carrot
3. Just before serving, stir in lime juice and cilantro
4. Serves 2.

### **Green Soup with Ginger**

2 tablespoons olive oil  
1 large onion, chopped  
1 teaspoon salt  
2 large leeks, white and green parts, sliced  
1 bunch collards  
2 tablespoons fresh ginger, minced (plus more to taste)  
2 quarts chicken stock  
1 tablespoon fresh lemon juice

1. Heat oil in a large pot and cook onion over low heat with salt until soft and golden, about 20 minutes
2. Add leeks to pot and cook for 10 minutes until soft, then add collards and ginger, sautéing for 5 more minutes
3. Add chicken stock, then cook for 10 minutes
4. Remove soup from heat and puree in batches until creamy and smooth
5. Pour back into pot, heat and add lemon juice

6. Serves 6.

### **Cucumber Salad**

2 cucumbers, peeled

½ cup apple cider vinegar

½ teaspoon sea salt

1. Cut the cucumber into ¼ inch slices
2. Place in a medium bowl
3. Cover with vinegar and sprinkle with salt
4. Serve

### **Beet Salad**

1 cup jicama, grated

1 cup carrots, grated

1 cup beets, grated

2 tablespoons lemon juice, freshly squeezed

1 tablespoon lime juice, freshly squeezed

¼ cup olive oil

¼ teaspoon sea salt

1. In a large bowl, combine jicama, carrots and beets
2. In a glass jar, combine lemon juice, lime juice, oil and salt; shake well
3. Toss dressing into salad
4. Serves 8.

### **Chicken with Cauliflower and Olives**

1 pound boneless, skinless chicken breast

1 bunch fresh thyme sprigs

1 head cauliflower, cut into florets

1 shallot, finely chopped

3 tablespoons olive oil

½ teaspoon sea salt

1 teaspoon ground black pepper

zest of 1 lemon

¼ cup fresh lemon juice

1 cup Kalamata olives, pitted

5 cloves garlic, thinly sliced

1. Rinse chicken breasts and pat dry with a paper towel
2. Spread thyme sprigs evenly in the bottom of a 7 X 11 inch baking pan
3. Place chicken over thyme sprigs and scatter cauliflower around chicken
4. In a small bowl, combine shallot, olive oil, salt, pepper, lemon zest and juice, olives and garlic
5. Pour lemon mixture over chicken and cauliflower
6. Refrigerate for at least one hour or overnight
7. Bake at 400° for 45-55 minutes, until chicken is cooked through and cauliflower is well browned

8. Serves 4.

### **Spicy Leek Meatballs**

1 pound lean ground turkey or ground chicken  
1 1/2 cups minced leeks (white and light green part only, about one bunch)  
1 tablespoon fresh ginger, minced  
2 tablespoons coconut flour  
2 tablespoons coconut oil  
salt and pepper to taste

1. Place all ingredients in a large mixing bowl. Knead well by hand until the ingredients are thoroughly combined, but do not over-mix.
2. Divide the mixture into 10-12 equal portions, about 1/4 cup each. Roll each portion into a ball.
3. Heat the cooking oil in a large non-stick pan over medium-high heat. Add meatballs and pan-fry, covered, turning occasionally, until browned on all sides and cooked through, about 10 minutes. Drain on a paper towel.
4. Serves 4.

### **Ginger Carrot Puree**

1 pound carrots, peeled and cut into large pieces  
2 tablespoons fresh ginger, grated  
1 teaspoon grated orange zest  
1 tablespoon coconut oil  
salt and pepper, to taste

1. Bring 2 quarts salted water to a boil; carefully drop in the carrots and cook until tender, about 10 minutes. Drain, reserving about 1/4 cup of the cooking water.
2. Place the carrots, ginger, orange zest and coconut oil in the bowl of a food processor. Puree until smooth, adding small amounts of the reserved cooking water if necessary. Season to taste with salt and pepper.