

Paleo Recipes

Included in this packet are pantry and fridge essentials along with breakfast, lunch, dinner and dessert recipes.

This is merely meant to be a guide to getting you started in the big, wide world of Paleo Living. Once you get started and become used to using only paleo ingredients you will be able to create your own original recipes yourself. Most of these recipes were found on different Paleo blogs. Fitness Battalion is by no means taking claim to their origin. A few of the websites and blogs we used are listed below:

<http://everydaypaleo.com>

<http://paleogirls.com>

<http://mypaleokitchen.blogspot.com>

<http://www.marksdailyapple.com>

<http://www.health-bent.com>

<http://www.primal-palate.com>

Robb Wolf also has many recipes on his website:

<http://robbwolf.com/category/recipes>

Everyone should check these blogs out and search for more out there because these people who created the blogs have so much to share with everyone about how to eat paleo and the best part is... it's free!

Some pantry essentials:

- Coconut milk
- Canned organic diced tomatoes (no salt added)
- Organic tomato paste
- Organic Free Range Gluten Free Chicken Broth (Trader Joe's carries a great brand)
- Coconut Flakes (keep in the fridge after you open them)
- Coconut Flour
- Almond Meal
- Raw Almonds
- Raw Pecans
- Raw Walnuts (all nuts actually keep better in the freezer after you open the bag)
- Almond butter (again, in the fridge after you open)
- Beef Jerky (gluten and soy free from Paleo Brands or Trader Joe's is best)
- Canned Wild Caught Alaskan Salmon
- Canned Tuna
- Olives
- Artichoke Hearts
- Dried unsweetened Bing cherries
- Dried unsweetened figs
- Dried unsweetened apricots
- Olive oil
- Coconut oil
- El Pato hot sauce and enchilada sauce
- Jalapenos
- Canned diced green chilli's
- Sun dried tomatoes
- As many freaking spices as you can get your hands on!! With spices you NEVER have an excuse to eat a boring meal!!

Some refrigerator essentials:

- Eggs – preferably free range (not fed soy) or omega 3 enriched
- Grass fed Ground Beef
- Free range chicken
- Nitrate Free Deli Meat (great for on the go, kids lunches, and fast snacking)
- Bacon
- Mustard
- Salsa
- Hot Sauce
- Chili Oil
- Thai Fish Oil
- Thai Curry Paste
- Homemade Paleo Mayo
- So Delicious Brand unsweetened coconut milk
- Spinach
- Kale
- Carrots
- Cucumber
- Organic Lettuce Mix
- Romaine Lettuce
- Apples
- Blueberries
- Lemons
- Limes
- Any veggie and fruit that you can get your hands on that is as fresh as possible and in season!

Tips:

Ok, now that your pantry and fridge are stocked, let's talk about preparedness! Set aside an hour on the weekend to plan your meals. Think about your week ahead and start gathering your "go to" meals. For example, my Tuesday afternoons are consistently crazy thanks to kids activities and life in general so I know that Tuesday night is always lettuce taco night. I can make this meal with my eyes closed and I usually prepare it in the afternoon and have everything all ready to eat before dinner rolls around. Thursday's are usually my soup day or slow cooker day because I am usually away working on my book or my blog and I need to have dinner ready to go for the family. I always make enough on my slow cooker days for leftovers. Use your weekend to shop. Nothing sucks more than trying to shop on a weeknight when everyone else is doing the same thing, it's dark, rainy and cold, and all you really want is a glass of wine and a chicken pot pie. Don't let yourself go there. Instead, shop when you are clear headed and fresh with shopping list in hand. Being prepared gives you a sense of freedom, capability, and no excuses to eat crappy food!

If you have kids...

Now, get the kiddos ready. The night before have your kid or kids help you pack their lunches. If they are old enough, have them pack their own! Let them decide what paleo items they want – they'll be more excited about what you are sending and even more excited about the groovy lunch box they get to pack the fun food in! Think turkey slices wrapped round avocado, broccoli slaw, or purple cabbage. Carrot and celery sticks with almond butter, coconut flakes, dried fruit, and for fun a few dark chocolate covered almonds now and then. I even like to send chicken salad, beef jerky, and leftovers if I know they will be tasty cold. Keep the kids excited about food at home by letting them help you meal plan. Look at blogs together and let them choose a few meals that look good to them. Let them help you pick out new veggies or fruits at your local farmers market. Bring them with you in the kitchen and give them important jobs to do while you are preparing food. Praise them, make them super stars at cooking, let them make a mess, let them explore your spice cabinet, let them sample what's simmering and have them tell you "what's missing!" Have them choose a spice to add. Give them their own little drawer with their own kitchen utensils. Do not make a fuss when they do not like something or they don't eat as much as you think they should. Always know that the next day will be easier and that your kids will survive.

Winter Season Fruits/Veggies

When possible, buy local and organic. If you haven't already been, check out the Dekalb Farmer's Market, located at 3000 East Ponce De Leon Avenue Decatur GA 30030. It is definitely an experience you will never forget as it is unlike any Publix or Kroger in the city. Here fruits and veggies are super cheap. Also, Trader Joes is a great place to not only get cheap fruits and veggies but individually packaged meats.

Winter Fruits include:

Bananas
Pears
Blood oranges
Persimmons
Clementines
Pomegranates
Cranberries
Pummelos
Grapefruit
Rhubarb
Kiwi
Satsuma oranges
Kumquats
Passion fruit
Tangerines

Winter Vegetables include:

Artichokes
Lettuce
Bok choy
Broccoli
Brussels sprouts
Radishes
Rhubarb
Snow peas
Winter squash
Sweet potatoes
Celery root
Watercress
Kale
Rutabaga
Parsnips
Fennel

Breakfast

Mini-Quiche Egg Muffins

- A dozen eggs
- Chopped vegetables
- Chopped cooked meat
- Splash of water (for fluffiness)
- Salt & Pepper

You'll also need:

A pitcher

A non-stick muffin tin

Preheat oven to 350 degrees

Chop a variety of vegetables such as spinach, broccoli, asparagus, roasted red peppers, mushrooms, sundried tomatoes, etc. Anything you have on hand will work. (When I did mine I added tomato, asparagus, spinach and basil- DELISH! –Rachel)

If you choose to use meat, such as bacon, cook it first.

Break the eggs into a pitcher. Add a splash of water and season with salt and pepper. Mix well.

Pour a small amount of the egg mixture into the muffin tin (fill each about 1/3 full). Sprinkle the meat and vegetables of your choice into the tin and then cover with more egg mixture.

Cook for 15-20 minutes and then let them rest for 5 minutes before removing from the tin.

**This breakfast works great if you make it on a Sunday night so you can have the leftovers for your weekday mornings.

Scrambled Egg White Omelet:

- 2-3 Egg whites
- ¼ cup chopped tomato mix with chopped yellow onion
- Handful baby spinach, washed
- Salt and pepper

Buy a carton of egg whites so you don't waste the yolks of whole eggs. Mix together egg whites, tomato/onion mix and 1 tablespoon water in small bowl. Heat small sauté pan with 1 tablespoon olive oil over medium/low heat and pour egg mixture in pan. Add spinach and sprinkle with salt and pepper to taste. Stir frequently until egg mixture has hardened completely.

Enjoy scrambled egg white omelet with a navel orange (currently in season), green tea, and organic chicken sausage. My favorite brand: Applegate Farms Chicken and Apple Breakfast Sausage, or Chicken and Sage located in the organic frozen section of Kroger and Publix; also available at Whole Foods.

Banana Nut Muffins

- 1/2 cup coconut flour
- 1/2 tsp sea salt
- 1/2 tsp baking soda
- 6 eggs
- 1/4 cup raw honey
- 3 bananas
- 1/3 cup coconut oil
- 1 teaspoon vanilla extract
- 1 cup walnut pieces

Preheat oven to 350 degrees F. In a small bowl, combine coconut flour, salt and baking soda.

In a blender, puree the 3 bananas.

In a large bowl mix the eggs, honey, bananas, coconut oil and vanilla until well blended. Mix dry ingredients into the wet, blending with a hand mixer or by hand. Gently fold in walnut pieces.

Place batter in non-stick muffin tins OR oil small individual glass bowls and pour batter in about 1/2 – 3/4 full.

Bake in preheated oven for 12-14 minutes. I used the smaller muffins trays, so if you are using the standard muffin size you will definitely need to bake them for a longer period of time.

Breakfast Casserole

- 1 pound ground breakfast sausage or other ground meat
- 3 turnips, peeled and grated (a food processor works well for this)
- 4 eggs, beaten
- 3 scallions, chopped

Sauté sausage, breaking it up into small pieces with a spoon or spatula, until almost cooked through.

Mix the sausage with the rest of the ingredients.

Spoon into a 8×8 baking pan.

When ready to cook, heat oven to 400 degrees. Bake for 45 minutes then cover the pan and bake for 25 minutes more. Let cool 15-20 minutes so the casserole sets before cutting into it.

Sweet Potato Pancakes with Maple, Pecan Coconut Butter

- 3 eggs
- 1 ½ c sweet potato (about 1 large)
- ½ c almond butter
- ½ c carton unsweetened coconut milk (we used So Delicious brand)
- 1 t baking soda
- 1 t baking powder
- 2 t cinnamon
- ½ t nutmeg
- ½ t salt
- coconut oil

For the Maple, Pecan Coconut Butter

- 3 T coconut butter* (or use butter if you eat dairy)
- 3 T toasted pecans, chopped
- 2 T maple syrup
- 1 t cinnamon

Peel, chop into small pieces, and boil your sweet potato until it's fork tender.

Once the sweet potato is cooked and cooled, add all ingredients to blender and blend thoroughly.

Your batter should be pretty liquid-y thin. If it wouldn't run off a spoon, it's too thick...add a little more coconut milk until you get the right consistency.

Heat your griddle/cast iron/non-stick skillet over medium heat. Melt a generous bit of coconut oil and pour in the batter, in whatever shape or size you'd like. When the pancake begins to have surface bubbles near the center flip and cook other side (each side 2-3 minutes). Add more coconut oil to cook surface as needed between batches.

Getting your heat right is the key to cooking these babies. If it's too hot you'll burn your pancakes before they're cooked through. Try a small dollop of batter as a "tester" to see if the temp is just right before committing the entire batch. If your oil is smoking at any point it's probably too hot. So adjust your heat accordingly during cooking. It can be a little tricky, don't say we didn't warn you.

Let your pancakes rest in the oven on "warm" on a paper towel lined plate until all batches are complete.

For the butter

Mix all the ingredients together and spoon on top of the pancakes.

Huevos Rancheros

- 1 lb. link sausage (Breakfast sausage, Chorizo, Andouille, etc.)
- 6 eggs
- 1 green onion, chopped
- 1 avocado, chopped
- Salsa**

For the sausage, use a knife to split the link 3/4 of the way through and use your fingers to split it flat. Cook the sausages in a saute pan, that's on medium high heat, with the casing side down. Why? Because the casing needs to render out otherwise the sausage will curl up, won't crisp up and will taste oddly chewy.

While the sausage is browning, whisk together the eggs with a bit of salt. Remember, the salt helps keep the eggs tender. After the sausage is done, scramble the eggs in the sausage renderings, however you like—runny, slightly runny, hard and rubbery.

To serve, lay a few sausage links down on your plate, top with eggs, spoon with salsa and then sprinkle the green onions and avocado on top.

Paleo Granola

Ingredients:

- 1/4 cup unsweetened shredded coconut
- 1/4 cup unsalted sliced almonds
- 1/4 cup raisins
- 10 Hazelnuts halved
- 5 Macadamia Nuts halved (unsalted)
- 5 Cashews (unsalted)
- 1/4 cup berries (optional)
- 1 Banana sliced (optional)
- 1/2 cup almond milk

Instructions:

Place all ingredients in a bowl and enjoy!

Lunch and Dinner

Olive Oil Mayo

- 1 egg
- 1 1/2 tbsp apple cider vinegar
- pinch of sea salt
- few shakes of cayenne pepper,
- 1 tsp yellow mustard
- 1 cup olive oil

Everyday Paleo Chili Verde

- 2.5 lb pork shoulder roast, cut into ½ inch cubes
- 2 lbs tomatillos
- 2 cups chicken stock
- 2 tablespoons coconut oil
- 1 yellow onion, diced
- 4 garlic cloves, minced
- 1 bunch cilantro
- Juice from 1 lime
- 1 jalapeno
- 1 tablespoon cumin
- ½ teaspoon smoked paprika
- ½ teaspoon black pepper
- Sea salt to taste

Cut pork roast into ½ inch cubes. Heat the coconut oil over medium high in a large soup pot and add the pork once the oil is hot enough that it sizzles when you add a piece of meat. Brown the pork pieces for 4-5 minutes and remove the pork from the pan with a slotted spoon and set aside. Add the onions and garlic to the oil and pork drippings and sauté for 7-10 min or until the onions start to brown. Turn the heat down a bit and add the cumin, paprika and black pepper to the onions and garlic and mix well (it will be kind of pasty). Add the chicken broth to the onion mixture and mix well, making sure to scrape all the goodness off the bottom of the pan. Add the pork back to the soup pot into the liquid and bring to a boil. Turn down to low. While the meat simmers, peel and wash the tomatillos. Dry them well and in a large skillet over medium heat char them along with the jalapeno turning often, until the skins start to blacken (about 10 minutes). Place the charred tomatillos, jalapeno, cilantro, and lime juice into a food processor or blender and blend until smooth. Add to the pork in the soup pot and simmer for 2 to 2 ½ hours or until the pork is fall apart tender. The sauce will reduce down and become thicker over the course of the cooking process. Serve with sliced avocado and cilantro for garnish.

Stuffed Eggplant and Crispy Baked Okra

Crispy Baked Okra

- About 20 pieces of okra cut into bite sized pieces (makes about 3 cups after cut)
- 4 tbsp olive oil
- Sea salt and fresh cracked black pepper to taste

Put the cut okra into a large mixing bowl, cover with the olive oil, salt, and pepper and mix well. Spread the okra evenly on a cookie sheet and bake in a 450 degree oven for 25 minutes. Be sure to stir half way through the cooking time for even crispiness. Eat immediately!

Stuffed Eggplant

- 2-3 small eggplants (I used 2 small Italian and 1 giant Japanese eggplant)
- 1 red bell pepper diced
- 1 small red onion diced
- 6 garlic cloves minced
- 5 tbsp olive oil
- 3/4 C julienned sun dried tomatoes packed in olive oil
- 1 ½ C chopped fresh basil
- 2 tbsp balsamic vinegar
- Sea salt and black pepper to taste

Remove the green stems from the eggplants and cut in half lengthwise. Using a paring knife, gently cut out the insides of the eggplant, leaving an eggplant “shell”. Drizzle 2 tbsp of olive oil into the bottom of 9×13 glass baking dish and place the shells of the eggplant on top of the olive oil in the baking dish. Dice the insides of the eggplant that have been removed. In a large saute pan, add the 5 tbsp of olive oil, diced eggplant, bell peppers, and onions. Saute over medium heat for 7-10 minutes. Add the minced garlic, basil, sun-dried tomatoes, balsamic vinegar, salt and pepper. Mix well and cook for another minute. Pile the mixture into the eggplant shells and bake in a 350 degree oven for 30 minutes or until the shells are tender.

Meat n’ Veggies

- 2 lbs thinly sliced steak of your choice (we used sirloin – a quick tip for easily slicing the meat – let it defrost in your fridge for about 4-5 hours or until it’s still a bit frozen in the middle, it’s easier to get those thin slices when the meat is not too soft)
- 1 red onion thinly sliced
- 2 small Japanese eggplants diced
- 1 small red, yellow, and green bell pepper sliced
- 3 cups of fresh chopped basil
- 4 tbsp olive oil
- 2 – 3 tbsp dried oregano
- 1 tbsp red chili flakes
- 2 tbsp balsamic vinegar
- Sea salt and black pepper to taste.

In a large soup pan add the olive oil and all the veggies except for the basil. Stir fry until the onions and bell peppers begin to soften (about 5-7 minutes). While the veggies are cooking, add the thinly sliced steak to a separate large skillet over medium heat. Cook the steak for about 5 minutes or until almost cooked all the way through, the steak slices should still be a little bit pink in the middle. Add all the spices to the steak except for the balsamic vinegar. Stir the steak and spice mixture together and add the meat to the large soup pan with the veggies. Stir in the balsamic vinegar and the basil and cook together for another 2-3 minutes.

We served this dish with a huge green salad of organic lettuce, 1 diced avocado, 1 sliced cucumber, about 1/2 a cup of shredded purple cabbage and broccoli slaw, and dressed it with about 1/2 a cup of sun dried tomatoes packed in olive oil and a little bit of balsamic vinegar. We also made some Crispy Baked Okra.

Everyday Paleo's Spin on Mulligatawny Soup

- 1 ½ lbs grass fed ground beef
- 2 shallots, diced
- 3 carrots, chopped
- 2 apples, peeled, cored, and diced
- 1 leek, halved, and sliced (make sure you clean these guys really well)
- 1 parsnip, peeled and chopped
- ¼ cup fresh parsley, diced
- 1 tablespoon curry powder
- ¼ teaspoon nutmeg
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cloves
- 1 tablespoon cinnamon
- 4 cups chicken stock
- 1 cup coconut milk
- 2 tablespoons coconut oil
- Sea salt and black pepper to taste

In a large soup pot, heat the coconut oil over medium heat. Add the onions and leeks and saute for 4-5 minutes. Add the rest of the veggies except the parsley and saute for another 7-8 minutes. While the veggies are cooking, brown the ground beef in a separate skillet. Once the meat is browned, add to the soup pot and mix in with the veggies. Add the parsley and all the dry spices and mix well. Add the chicken stock and coconut milk, bring to a simmer and cook for 1 hour.

Bell Pepper Shrimp Boats

- 1 lb medium shrimp, cooked tails removed and finely diced

- 1 red, yellow, and orange bell pepper
- 1 cup celery, finely diced
- ½ cup mango, finely diced
- ¼ cup olive oil
- ¼ cup lemon juice
- Pinch or two of cayenne pepper
- Sea salt and black pepper to taste
- Parsley and Paprika for garnish

Preheat oven to 500. Cut each bell pepper into quarters and remove the seeds (see picture). Roast the bell pepper quarters on each side for 6 minutes. Remove and set aside to cool. In a large mixing bowl, stir together the finely chopped shrimp, celery, and mango. Add the olive oil, lemon juice, and spices and mix well. Fill each cooled bell pepper boat with the shrimp filling and garnish with a sprig of fresh parsley and sprinkle with paprika. Makes 16 shrimp boats.

Festive Squash Soup

- 1 butter nut squash, peeled and diced into 1 inch cubes
- ¼ cup diced yellow onion
- 1 Fuji apple, peeled, cored and diced
- 2 cups chicken stock
- 1 cup coconut milk
- ½ teaspoon cinnamon
- Pinch of nutmeg
- Pinch of black pepper

In a large soup pot add the squash, apple, onion, and chicken stock. Bring to a boil and cook for 20-25 minutes or until the squash is tender. Add this mixture to a food processor or blender and process until smooth. Add the soup mixture back to the pot and add the coconut milk and spices. Bring to a simmer and cook for another 10 minutes, stirring often. Serve garnished with apple slices and a sprinkle of cinnamon. Serves 4. This soup is AMAZING!!!

Joyful Curry Chicken Gifts

- 2 ½ cups finely diced cooked chicken breasts
- ½ cup finely diced cucumber
- ½ cup raisins
- ¼ cup slivered almonds
- 2 tablespoons minced onions
- 1 tablespoon curry powder
- ¼ cup paleo mayo
- 2 cucumbers, sliced or romaine lettuce leaves cut into 3" pieces

Mix all ingredients together except for the sliced cucumbers or lettuce leaves. Spoon small amounts of the chicken mixture onto the cucumber slices or lettuce leaves and serve! Delicious! Will make about 30 cucumber slices.

Stuffed Avocados

- 3 -4 ripe avocados
- 4 cans of Trader Joe's tuna packed in water
- 3 green onions
- 3 celery stalks
- 1 palm full of dried dill
- 1 tbsp garlic powder
- fresh ground black pepper to taste
- grape tomatoes halved
- about 1 cup of **Olive Oil Mayo**- 1egg, 1 1/2 tbsp apple cider vinegar, pinch of sea salt, few shakes of cayenne pepper, 1 tsp yellow mustard, 1 cup olive oil

Cut avocados in half lengthwise and remove the stone – leave the peel on. In a large mixing bowl mix together the tuna, celery, onions, and spices. In a food processor process for 5 seconds the egg, vinegar, mustard, cayenne pepper, and sea salt. For another 5 seconds of blending slowly add the olive oil until it makes mayo.

Add the mayo mixture to the tuna, mix well, and scoop onto halved avocados and top with tomatoes.

Paleo Pizza

Crust:

- 2 cups almond meal
- 2 eggs
- 3 tbsp olive oil
- ¼ tsp baking soda
- 1 tsp garlic powder
- 1 ½ tbsp fresh rosemary chopped

Toppings:

- 1 cup organic marinara sauce (Trader Joe's has a great one!)
- 1 lb Hot Italian turkey sausage nitrate free (I usually remove the casings, but you don't have to)
- ½ cup sun-dried tomatoes, chopped
- 3 green onions chopped
- Handful of torn basil leaves
- ½ cup mushrooms
- 1/2 cup roasted red peppers diced
- Handful of sliced black olives

Preheat your oven to 350. Using a spoon mix all crust ingredients together until it becomes very thick. Using your hands, form the dough into a ball. Lightly grease a pizza pan or a cookie sheet with olive oil. Place the ball of dough in the center of your cookie sheet or pizza pan and using your hands, push and pat the dough down into the shape of a circle (or an oval in my case...). You want to make the dough as thin as possible. Your pizza will be about 12 inches across. Bake JUST the crust in your pre-heated oven for 20 minutes. While your crust is cooking, prepare your toppings. If you use sausage like we did, this is when you should crumble it into a large sauté pan and brown. After the crust is done, remove from the oven and evenly spread the marinara sauce over the crust. Add the sausage and all remaining toppings evenly over the sauce and bake again for an additional 25-30 minutes.

Shredded Crockpot Chicken

- 2 pounds boneless, skinless chicken breasts
- 1 jar of salsa
- 1 can of diced tomatoes with green chilies

Place chicken in crock pot. Empty jar of salsa and can of tomatoes over top of chicken. Cook on low for 5 hours. Use fork to shred the deliciously tender chicken and mix well.

Once shredded, clean a few lettuce leaves and place the chicken in the middle of the leaves, wrap and enjoy!

Spicy Orange Chicken

- 1 pound chicken breast, cut into 1" cubes
- Zest and juice of 2 large oranges
- 1/4 olive oil
- 1 teaspoon finely minced garlic
- 1 teaspoon red pepper flakes
- Salt and pepper to taste
- 2 tablespoons chopped cilantro

Place the chicken in a large bowl, add all the ingredients and mix until chicken is coated. Refrigerate, covered, overnight.

Remove chicken 30 minutes before cooking. Preheat oven to 375°F. Arrange chicken in a shallow roasting pan with the marinade. Bake for 10 minutes, check chicken, and continue to bake in 5 minute increments, checking chicken so that it does not over cook!

Asian Turkey Meatballs

- 1 pound ground turkey
- 2 tablespoons soy sauce

- 1 tablespoon olive oil
- 1/4 teaspoon crushed dried red chili pepper flakes
- 1 teaspoon crushed garlic
- 1 tablespoon chopped fresh cilantro

Preheat oven to 350. Mix together ALL INGREDIENTS! Form into medium sized meatballs, approximately 8 of them. Coat oven safe dish with cooking spray. Put meatballs into dish. Cook for about 18-20 minutes, until meatballs are done.

This recipe is super easy and fast and the meatballs turn out deliciously moist!

Fish Sticks

- 1 pound white fish – I used cod
- 2 eggs, whisked
- 1 cup almond meal
- 1 teaspoon sea salt
- Olive oil

Set fish on a plate and cut into strips about 1 inch by 4 inch. Place whisked eggs in one dish and mix the almond meal and sea salt in another. First dip the fish sticks in egg and then in the almond meal mixture and set aside on a plate.

Heat a generous amount olive oil, about 2 tablespoons, in a skillet over medium high heat. Add about 1/3 of the breaded fish sticks to the pan and cook for a few minutes on each side until well browned. Remove from the pan and onto a plate lined with a paper towel. Add more oil to the pan and repeat the procedure two more times until all the fish sticks are cooked.

Salmon Cakes

- 2 eggs
- 1 1/2 cups almond meal
- 1/2 pound cooked salmon, thinly sliced
- 2 large zucchini, roughly grated
- 1 tablespoon chopped dill,
- 1 teaspoon thyme, 1/2 teaspoon cayenne pepper
- Olive oil

Combine eggs and almond meal in a bowl and whisk until smooth. Stir in salmon, zucchini, dill, thyme and cayenne pepper. Place a generous amount of olive oil in a frying pan and heat over medium heat. Spoon about 2 tablespoons of the salmon mixture into your hands and form into a ball. Place in the skillet and gently press the ball to slightly flatten it. Cook for 1-2 minutes each side or until golden underneath and cooked through. Remove and repeat with remaining salmon mixture.

These cakes can be a little tricky to flip without having them fall apart. The secret is to use ample amounts of oil in the skillet so that the cakes don't stick. Be sure to add more oil to the skillet between each batch!

Chicken and Vegetable “Lo Mein”

- Chicken or beef
- 1/4 cup almonds, chopped
- 1/2 cup water chestnuts
- 1/4 cup green onion, chopped
- 1/2 cup shiitake mushrooms, stems removed and cut in half
- 1/4 cup celery, chopped
- 1 tablespoon minced Ginger
- 1 tablespoon minced garlic
- 2 cups broccoli
- 2 cups shredded cabbage
- Toasted sesame oil
- Coconut aminos
- Sesame seeds to garnish

Clean all vegetables and trim fat from meat (if applicable).

Cut broccoli, chicken and mushrooms into bite sized pieces. Thinly slice 2 cups of cabbage (about half the head of cabbage). Chop almonds, green onion, celery; mince garlic and ginger.

Heat wok over high heat. Add sesame oil, swirl to coat bottom of wok, then add meat. Cook meat for 3-4 minutes, until mostly cooked.

Add in broccoli, water chestnuts, celery and shiitake mushrooms; cook for 2 minutes

Add in almonds, cabbage, ginger, green onion and garlic. Add a splash of coconut aminos (2-4 tbs). Cook 2-3 minutes, until cabbage softens a little.

Remove from heat, garnish with sesame seeds, and enjoy!

Desserts

Paleo Cookies

Paleo Cacao Nib Cookies

- 1 C Almond Flour (grind 1cup of almonds real fine into a blender to make 1 cup of almond flour)
- 2/3 C Shredded Coconut (Good Foods co-op has real cheap shredded coconut)
- 1 1/2 Tablespoons coconut oil (In the olive oil section of kroger, white container)
- 1/2 Cup Almond Butter
- 1 C Coco Nibs
- 1/3 Coconut Flour
- 1 Tablespoon vanilla
- 1 Egg
- 2 Tablespoon Cocoa Powder
- 1/2 Cup Honey or Agave

* Note – you may be tempted to skip the coconut flour. Don't. It really does something for them. U can buy it at Whole Foods. U can skip the cocoa powder for a less chocolately taste. Either way, the nibs give them a crunchy chocolately taste that's awesome.

Spoon more or less round blobs onto a cookie sheet – round is better than flat cuz the inside stays a little chewy.

Cook for about 9 minutes at 350. Makes about 24

Nutty Cookies

- 2 bananas smashed
- 1/3 cup coconut flour
- 3/4 cup almond butter
- 1/2 tsp baking soda
- 1/3 cup raw walnuts
- 1 apple finely chopped
- 1/3 cup coconut milk
- 1 tbs cinnamon (or more if your 2 year old is measuring...)

Preheat oven to 350 degrees. In a medium mixing bowl, use a fork to smash the bananas to baby food consistency. Add the coconut flour, almond butter, and baking soda and mix well. Using a hand held chopper or food processor, chop the walnuts and apples to a very fine dice. Add the walnuts, apples, coconut milk, and cinnamon to the bowl and mix in remaining ingredients. Cover two cookie sheets with parchment paper and spoon heaping tablespoons of the cookie mix onto the parchment paper, placing an inch or two apart. Back for 25 minutes. Makes approximately 20-22 cookies.

Bedtime Blueberries

- 2 cups frozen organic blueberries
- 1/2 cup unsweetened finely shredded coconut
- 1/2 cup sliced almonds
- 4 tbsp freshly squeezed orange juice

Preheat oven to 350. Layer the blueberries in a pie pan and sprinkle the shredded coconut evenly over the blueberries, followed by the sliced almonds. Drizzle the entire dish with the orange juice and bake for 15 minutes. Finish under the broiler on high for another minute or until the almonds start to brown.

Almond Macaroons

(Recipe from Paleodiet.com)

- 1-1/4 cups almonds
- 1/8 teaspoon cinnamon
- 2 tablespoons grated lemon peel
- 2 egg whites, beaten
- 1/4 cup raw honey
- 2 tablespoons lemon juice

Grind almonds coarsely. Combine cinnamon and lemon and add. Beat egg whites very stiff, fold in honey and continue beating. Fold in lemon juice with almond mixture and blend. Drop from a teaspoon onto ungreased parchment paper. Bake 30 minutes at 250 degrees F. Remove from paper while still slightly warm. Makes 4 macaroons.

Grapefruit mint Salad

Using a sharp chef's knife, cut away the peel and white parts from 3 grapefruits, then cut between the membranes to remove the segments. Squeeze the membranes over a bowl to extract the juice. Whisk 2 tablespoons raw honey and 2 tablespoons finely chopped fresh mint into the juice. Arrange the grapefruits on a platter and drizzle with the dressing.