

Paleo Breakfast Recipes

Carla Madramootoo

**Fast and Fantastic
Paleo Cookbook Recipes
For The Whole Family
(Crazy For Paleo Series)**



Paleo Breakfast Recipes: Fast and Fantastic Paleo Cookbook Recipes For The Whole Family (Crazy For Paleo Series)

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Paleo Recipes for a Healthier You

The Paleo diet has been making the rounds and many people have found that it suits them. This is one thing that is very important when considering a diet. It should be easy enough for you to do, and should be enjoyable enough that you do not feel burdened by it.

The Paleolithic diet is based on the idea that our ancestors from that period were already highly similar to what we are now, physically. This means that their digestive systems were already very much like what we have today. With this premise, the paleo diet follows that we should have a diet that is similar to what they had before since this is what we have evolved from. Examples of these foods include, but are not limited to meats that were hunted, fished and gathered as well as other foods that can be gathered, like fruits, nuts, eggs and vegetables, during the end of the Paleolithic period.

The following are several breakfast recipes that can help you for several days. Start your Paleo journey today!

Healthy Breakfast Burrito Paleo Style

Cooking Time: 10 minutes

Servings: 2-3

Ingredients:

Sliced Ham

2 eggs (or egg whites)

1/4 cup chopped veggies

Directions:

1. Saute vegetables of choice in a bit of oil.
2. While the vegetables are cooking, whisk the eggs in a bowl and pour over the sautéed veggies.
3. Mix well until cooked through.
4. Spread the slice of ham and place some of the veggies in the middle.
5. Roll the ham around the veggie and egg mix; then lightly brown the ham on the skillet.

You can add some guacamole or salsa in the burrito before eating to spice up the taste.
You can also substitute a leaf of lettuce for the sliced ham.

Healthy Breakfast Burrito Paleo Style



Breakfast Paleo Casserole

Cooking Time: 40 minutes

Servings: 8-10

Ingredients:

1 pound sausage
1 large sweet potato ; diced
2 cups baby spinach, roughly chopped
2 large tomatoes, thinly sliced
1 green onion, diced
10 large eggs
salt and pepper to taste

Directions:

Preheat oven to around 375 degrees. Grease a glass baking dish (9x13).

1. Undo sausage from casing and prepare vegetables for sautéing.
2. Cook sausage thoroughly in a skillet and remove; set aside sausage grease.
3. Cook diced sweet potatoes in sausage grease (about 15 minutes) or until tender; remove from skillet
4. Mix the cooked sweet potatoes, green onions, baby spinach and sausage in a bowl.
5. Spread the mixture evenly on the bottom of the glass dish.
6. Whisk all the eggs in a large bowl and pour evenly over the sausage and veggie mixture.
7. Place thinly sliced tomatoes on top of mixture.
7. Bake in oven for about 25 minutes.

Be careful handling the baking dish when it is done. Serve as is or cut the casserole in serving squares.

Breakfast Paleo Casserole



Scrambled Eggs with Spring Onions, Mushroom and Tomato Breakfast

Cooking Time: 10 minutes

Servings: 2

Ingredients:

4 large eggs

3 spring onions, chopped

1/2 cup chopped mushrooms

1/2 cup chopped tomatoes

1 cup cubed ham

Directions:

1. Saute the chopped spring onions, mushrooms, tomatoes and ham and cook well until the ham is browned.
3. Break eggs over the mixture and scramble well.
4. Remove from pan and serve immediately.

You may add salt and pepper to taste.

Scrambled Eggs with Pepper, Mushroom and Tomato Breakfast



Baked Prosciutto Cups

Cooking Time: 25 minutes

Servings: 1

Ingredients:

1 slice of Prosciutto

1 egg

Pepper to taste

Directions:

1. Oven should be preheated to 375 degrees.
2. Use 1 slice of prosciutto to line a ramekin or a baking tin. The prosciutto should cover the sides and bottom of the container, especially for baking tins where the egg will stick.
3. Crack the egg into the prosciutto cup.
4. Sprinkle pepper to taste.
5. Place ramekin or baking tins on a tray and place in oven.
6. Bake for 15-20 minutes.
7. When done, allow to stand for a few minutes.

How cooked you like your egg can affect the length of baking. It should be noted, however, that the prosciutto will become brittle and burnt if baked for too long.

Baked Prosciutto Cups



Fruit Salad Breakfast

Preparation Time: 20 minutes

Servings: 4-5

Ingredients:

2 Kiwis, cubed

2 apples, cubed

1 cup grapes, halved

½ can sliced pineapples

1 cup blueberries

½ Tablespoon lime juice

Honey

Directions:

1. In a big bowl, mixed all the fruits together.
2. Add the lime juice.
3. Slowly add honey to suit your taste.
4. Refrigerate and serve chilled.

You can substitute some of the fruits with others which are in season if the ones on the list are unavailable. Make sure to use a serving spoon to scoop the fruits out since used spoons dipped into it can accelerate spoiling.

Fruit Salad Breakfast



Almond Pancakes

Cooking Time: 30 minutes

Servings: 2

Ingredients:

1 cup almond flour

½ cup applesauce (unsweetened)

2 large eggs

¼ cup water

¼ tsp coconut oil

fresh berries

Directions:

1. Mix together almond flour, applesauce, eggs, water and salt with a fork. When done, it should appear fluffier than ordinary pancake mix.
2. On a greased pan or skillet, drop about ¼ cup of the mixture.
3. When bubbles start to form, flip the pancake and cook for another 2 minutes.
4. You can add more coconut oil when necessary to prevent the mixture from sticking.
5. Serve with fresh berries on top.

If you want fluffier pancakes, you can substitute soda water with plain water.

Almond Flour Pancakes



Shrimp Omelette with Avocado

Cooking Time: 30 minutes

Servings: 2

Ingredients:

- ½ lb shrimp, peeled and de-veined
- 1 large tomato, diced
- 1 avocado, diced
- 1 tsp coconut oil
- 5 eggs

Directions:

1. Sautee shrimp until pink.
2. Mix the diced tomato and avocado; season with salt and pepper to taste
3. In a small bowl, beat eggs
4. Chop cooked shrimps.
5. Heat skillet and add coconut oil. Pour half of the beaten eggs. Make sure the egg covers the entire skillet bottom
6. When satisfied with firmness, place half of the chopped shrimps onto one side of the omelet. Fold other half of the omelet over the shrimps.
7. Serve with tomato and avocado topping.

Shrimp Omelet with Avocado



Almond Churros Waffles

Cooking Time: 20 minutes

Servings: 2-3

Ingredients:

1.5 cups almond flour

½ tsp baking soda

⅓ cup coconut milk

2 eggs, beaten

1 tbsp honey

1 tsp vanilla extract

3 tbsps coconut oil

1/3 cup coconut sugar

A pinch of salt

Directions:

1. Thoroughly mix or blend together the almond flour, baking soda, and salt in a bowl.
2. Add coconut milk, eggs, honey, and vanilla extract and mix well.
3. Preheat waffle iron and place some of the mixture in for cooking
4. Place coconut oil in a wide-mouth bowl. Place the coconut sugar in a separate wide mouth bowl.
5. After waffles are cooked, dip them into the melted butter first, making sure to soak them with oil, then place them into the coconut sugar to coat.
6. Serve them warm

Almond Churros Waffles



Vegetable Salad with Hardboiled Eggs and Ham

Cooking Time: 10 minutes

Servings: 2

Ingredients:

2 tbsps coconut oil

2 eggs

1 medium onion, sliced roughly

1 small carrot, sliced

1 large tomato, sliced

1-2 stalks of celery, chopped

1 small avocado, sliced

1 large broccoli, chopped

baby spinach, chopped roughly

8 slices of ham

Directions:

1. Boil water in a deep pot.
2. Gently drop eggs into boiling water and wait for six minutes before turning stove off. Do not remove from boiling water.
3. Combine veggies in a large plate with ham.
4. Peel eggs and place one in the middle of the veggies
5. Add salt and pepper to taste

Vegetable Salad with Sunny Side Up Eggs



Paleo Pumpkin Pancakes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

- 1 cup pumpkin puree
- 4 large organic eggs
- 2 tbsp. coconut oil
- ½ cup almond milk
- 1 tsp. apple cider vinegar
- 1 tsp. cinnamon
- 2 cups blanched almond flour
- ½ cup ground flax seed
- 1 tsp. pumpkin pie spice
- ½ tsp. baking soda
- ½ tsp. sea salt
- ¼ cup pure maple syrup

Directions:

1. Combine all the dry ingredients. Mix well together.
2. Blend the wet ingredients in a separate bowl with a wire whisk.
3. Slowly add the dry and wet mixtures together. Combine well.
4. Heat the coconut oil over medium-low heat.
5. Drop 1 large spoonful of batter into the pan.
6. Unlike regular pancakes, these will not have bubbles so it is best to check regularly for doneness. Flip when the bottom is golden brown.

Paleo Pumpkin Pancakes



Loaded Apricot Squares

Cooking Time: 30 minutes

Servings: 9

Ingredients:

1 cup dried apricots

2 cups walnuts

2 organic eggs

¼ teaspoon sea salt

1 tablespoon vanilla extract

1. Process walnuts and apricots in a food processor until well blended and coarse
2. Add the eggs, salt and vanilla and blend until the mixture forms a ball
3. Spread the apricot mixture in a greased 8 x 8 inch baking dish
5. Bake for 25 minutes at 350°. It is best to preheat oven.
6. Serve when done baking and cool.

Loaded Apricot Squares



Raisin Bread with Cinnamon

Cooking Time: 40 minutes

Servings: 10

Ingredients:

2 cups almond flour
2 tbsp. ground cinnamon
1 tsp. baking soda
¼ tsp. sea salt
5 eggs
¼ cup honey
¼ cup coconut oil
2 tsps. vanilla
½ cup raisins

Directions:

1. Preheat oven to 350.
2. Use parchment paper to line a bread pan.
3. Mix together the almond flour, baking soda, cinnamon and salt in a mixing bowl.
4. Combine eggs, honey, melted coconut oil and vanilla using an electric mixer.
5. Slowly add dry ingredients to the wet, and continue mixing.
6. Stir in the raisins when the mixture is ready for baking.
7. Pour batter into lined bread pan.
8. Bread should be done in 30 minutes or when a toothpick comes out clean.

Raisin Bread with Cinnamon



Eggplant with Egg

Cooking Time: 15 minutes

Servings: 2

Ingredients:

2 eggplant, sliced into discs

3 medium eggs

Coconut oil for frying

Salt and Pepper

Directions:

1. Preheat skillet with medium high heat.
2. Pour some coconut oil into the skillet.
3. Beat the eggs well, the fluffier the better
4. Dip each eggplant disc into the beaten eggs.
5. After dipping, immediately place the disc unto the heated skillet for frying.
6. Discs can be fried together in the skillet. They are done when some browning occurs in the eggs.
7. If there is some egg left, make an omelette from it and include it with the breakfast.
8. Add salt and pepper to taste.

Eggplant with Egg



14. Sausage and Veggie Stir Fry

Cooking Time: 20 minutes

Servings: 2

Ingredients

1 tsp. coconut oil

½ onion, roughly chopped

½ lb. sausages, with opened casings

3 cups of spinach or other greens

Directions:

1. Heat some coconut oil in a pan over medium heat.
2. Sautee onions until slightly translucent.
3. Place all sausages into pan and cook until browned.
4. Reduce heat to low after adding spinach and cover.
5. When the greens are wilted and soft serve immediately

Sausage Stir Fry with Greens



Breakfast Pork Steak and Eggs

Cooking Time: 20 minutes

Servings: 2

Ingredients:

½ lb pork steak, sliced into 1/4-1/2" pieces

2 tsps. coconut oil, divided

¼ onion, diced

4 mushrooms

1 red bell pepper

2 eggs

Instructions

1. Heat coconut oil in large skillet over medium-high heat.
2. Add onions, sliced mushrooms and steak when pan is hot
3. Move frequently until steak is almost cooked. Pork sometimes cooks faster than beef.
5. Cook eggs, sunny side up in another pan with remaining coconut oil.
6. Top steaks with a fried egg each. Serve warm.

Breakfast Pork Steak and Eggs



No Oats Breakfast

Cooking Time: 15 minutes

Servings: 2

Ingredients

¼ cup walnuts

¼ cup pecans

2 Tbsp. ground flax seed

1 tsp. ground cinnamon

¼ tsp. ground ginger

1 Tbsp. almond butter

1 banana, mashed

3 eggs

½ cup unsweetened almond milk

1 handful of fresh berries

Directions:

1. Mix walnuts, pecans, flax seed and spices in a blender or food processor until coarse. Set aside.
2. Whisk all the eggs and almond milk until as thick as custard.
3. Blend the mashed banana and almond butter well.
4. Add the banana mixture to the custard and mix it well.
5. Add the nut mixture.
6. Warm the mixture on the stove for about 5 minutes; stirring frequently until eggs are thick.
7. Garnish the berries on top.

No Oats Breakfast



Green Eyed Smoothie

Preparation Time: 10 minutes

Serving: 2

Ingredients:

1 apple

1 pear

½ tsp. freshly grated ginger

2 Tbsp. sliced almonds

2 handfuls of spinach

1 small lemon

1 cup water

Directions:

1. Slice and quarter apple and pear, while removing stems and seeds.
2. Pulse in blender for a few seconds before adding the remaining ingredients.
3. Puree.
4. You can add water as you see fit.

Green Eyed Smoothie



Omelet in a Cup

Cooking Time: 30 minutes

Servings: 4 (2 muffins per serving size)

Ingredients

8 eggs

½ lb. ham or sausage (or both)

2 cups diced mushrooms (substitute with celery or bell peppers, if you want)

Salt and pepper

Directions:

1. Preheat oven to 350°F.
2. Line muffin cups or trays with liners.
3. Fill any remaining muffin cups halfway with water, so they do not scorch while baking.
4. Whisk eggs in a bowl while adding the ham or sausage, mushrooms or veggies.
5. Pour mixture into the muffin cups.
6. Bake for 20 minutes.

Omelet in a Cup



Vegetable Frittata

Cooking Time: 30-40 minutes

Servings: 4

Ingredients

1 ½ Tbsp. coconut oil
1 zucchini
½ red bell pepper
½ onion
1 Tbsp. fresh thyme
2 garlic cloves, minced
1 medium tomato, without seeds, chopped
9 large eggs
Salt and pepper

Directions:

1. Put coconut oil in a skillet over medium heat.
2. When hot, add zucchini, pepper, onion, thyme and garlic. Add salt and pepper to taste.
3. Cover and cook until vegetables are tender (about 5-7 minutes), stirring occasionally.
4. Stir in tomato. Leave cover off until liquid evaporates.
5. Combine eggs and whisk until frothy. Add to vegetables, stir gently.
6. Cover, reduce heat and cook for 15 minutes more.
7. Preheat broiler to low. Finish frittata in broiler until set.
8. Invert onto serving dish.

Vegetable Frittata



Stir Fry Veggies and Bacon

Cooking Time: 20 minutes

Servings: 2

Ingredients:

8 bacon slices, roughly chopped

½ yellow onion, sliced well

1 medium potato, diced

½ cup mushroom, sliced

½ lb snow peas

1 avocado

Salt and pepper, to taste

Directions:

1. Cook chopped bacon in a pan over medium-low heat. When done, remove bacon from grease.
Set aside.
2. In the same pan, leave just a little of the bacon grease. Put the pan on medium –low heat and cook the onion and potato in it. .
3. Stir often for 15 minutes or until potato is cooked.
4. Add snow peas and mushrooms to the sweet potato mixture and cook just until they are done.
5. When done, toss bacon and vegetables in a shallow bowl. Season with pepper and salt.

Stir Fry Veggies with Bacon



Cinnamon and Coconut Pancakes

Cooking Time: 10 minutes

Servings: 6-8

Ingredients:

2 large eggs

3 tablespoons full fat coconut milk

2 tbsp. ripe banana, mashed

½ teaspoon apple cider vinegar

½ teaspoon vanilla extract

1½ tbsp. organic coconut flour

½ teaspoon cinnamon

¼ teaspoon baking soda

Coconut oil (for frying)

Directions:

1. Combine eggs, coconut milk, mashed banana, apple cider vinegar, and vanilla extract with a whisk. Mix well.
2. Mix the rest of the ingredients together in a separate bowl
3. Mix both wet and dry ingredients together, excluding the coconut oil
4. Pour 1 tbsp. of coconut oil into a heated pan. Spread the oil well.
5. When hot enough, pour about half a cup of batter into the pan. When it starts bubbling, flip it on its other side and wait for it to cook,
6. Serve warm with berries or pure maple syrup.

Cinnamon and Coconut Pancakes



Chocolate Chip Banana Pancake

Cooking Time: 10 minutes

Servings: 6 - 8

Ingredients:

2 bananas, medium size

2 eggs

5 tablespoons full fat coconut milk

1¼ cup almond flour

¼ teaspoon baking soda

1 tablespoon coconut palm sugar

⅓ cup ground almonds

chocolate chips, about half a cup

coconut oil for frying

Directions:

1. Smash the bananas in a small bowl and mix with the 2 eggs and coconut milk
2. Mix the almond flour, baking soda, salt, coconut sugar, ground almonds and chocolate chips in another bowl.
3. Combine the contents of both bowls in whichever has the bigger bowl. Mix well.
4. Heat the coconut oil in the skillet and pour about half a cup of batter.
5. Cook both sides well.

Chocolate Chip Banana Pancakes



Breakfast Sausage Patty

Cooking Time: 20 minutes

Servings: 10

Ingredients:

1 pound of ground pork

1 tsp. onion powder

¼ tsp. nutmeg

¼ tsp. cumin

¼ tsp. oregano

¼ tsp. black pepper

¼ tsp. red pepper flakes

¼ tsp. ground ginger

1 tsp. of salt

1 1/2 tsp poultry seasoning (or mix your own using 1/2 tsp each of sage, thyme, and basil)

1 egg, beaten

Directions:

1. Mix all of the ingredients together. Many people swear mixing by hand works very well.
2. After thoroughly mixing, put in a bowl and store in the refrigerator to allow flavors to blend.
3. After a few hours, remove from refrigerator and start forming patties.
4. Fry on medium high heat for about 2 minutes on one side, and then flip to cook the other side. The time needed to cook one side is dependent on how thick the patty is.

Breakfast Sausage Patty



Paleo Granola

Cooking Time: 30 minutes

Servings: 8-10

- 1/2 cup coconut oil
- 1.5 cups almond flour
- 1/4 cup of raw honey
- 2 tsp. ground cinnamon
- 2 tsp. vanilla extract
- 1 tsp. sea salt
- 1 cup raisins
- 1 cup other dried fruits of your choice

Directions

1. Preheat your oven to 275F and mix the first six ingredients together.
2. Mix in the add-in ingredients of your choice.
3. Line cookie sheet with parchment paper or a silicone mat
2. Spread the mixture on the lined cookie sheet.
3. Bake for 10 minutes, then stir once or twice before continuing to bake for another 10 minutes.
4. Remove from oven and let it cool.

Granola Paleo Style



Beef Patties with Fennel

Cooking Time: 20-30 minutes

Servings: 4

Ingredients:

- 1 lb. ground beef
- 1 tsp. fennel seed
- $\frac{3}{4}$ tsp. anise seed
- $\frac{1}{2}$ tsp. paprika
- 1-2 Tbsp. extra virgin coconut oil; for cooking

Directions:

1. Grind fennel seed and anise seed in a mortar and pestle, or any other way
2. In a large mixing bowl, mix the ground up fennel and anise seeds with the ground beef.
3. Form the meat into patties, no more than an inch thick.
4. Heat the coconut oil to medium high in a skillet
5. Cook the patties on the one side for around ten minutes and flip it to cook for another eight minutes on the other side. Do not overcook!

Beef Patties with Fennel



Salmon Fillets with Almond Meal

Cooking Time: 25 minutes

Servings: 3

Ingredients:

1 lb. salmon fillets with skin
¾ cup almond meal
½ tsp. ground coriander
½ tsp. ground cumin
1 large lemon
coconut oil

Directions:

1. Oven should be preheated to 350° F.
2. Mix the almond meal, coriander and cumin in a bowl.
3. Juice the lemon and shower the juice on the salmon fillets.
4. Lightly rub fillets with the almond meal mixture, to coat both sides.
5. Arrange the fillets with skin side down on a lightly greased baking tray.
6. Cook for 15 minutes, or try to flake a fillet to see if it is cooked.

Serve warm. Season with salt and pepper.

Salmon Fillets with Almond Meal



Chicken in a Blanket

Cooking Time: 25 minutes

Servings: 2

Ingredients:

4 chicken thighs, better without skin

4 tbsp. fresh cilantro, finely chopped

long strips of bacon

Salt and pepper

Directions:

1. Lay the chicken thighs open on a clean surface
2. Add a dash of pepper and some cilantro on it.
3. Fold the chicken thighs close and wrap with the long strips of bacon.
4. Place the thighs on a baking tray or dish.
5. Bake for 20 minutes at 200 Celsius. It is best to preheat the oven.

Chicken in a Blanket



Fruity Chicken

Cooking Time: 1.5 hour

Servings: 4

Ingredients:

8 large chicken thighs with skin
12 Tbsp. olive oil (divided)
2 medium white onions, diced
1 celery stalk, diced
2 small garlic cloves, minced
3 medium apples, cored
½ cup raisins
½ cup walnuts, chopped
2 eggs, beaten well
2 tsps. dried tarragon

Directions:

1. Preheat oven to 350°F.
2. Chop the onions, celery, garlic.
3. Dice apples
4. Heat some olive oil in a skillet over medium-high heat.
5. Put the onions, celery, and garlic into the skillet.
6. Sauté until onion is translucent and celery is tender.
7. Remove from heat and add the apples, raisins, walnuts, and eggs. Set aside.
8. Pull the skin away from the chicken thighs without actually removing it.
9. Place the apple mix in the space between the skin and meat.
10. Line a baking dish with foil and place the chicken thighs on it. Skin facing up.
11. Mix the remaining olive oil in a small bowl with the tarragon. With a brush, baste the olive oil on the chicken. You may need to baste the chicken every fifteen to twenty minutes while baking.
12. Bake for about an hour without any covering.

Fruity Chicken Thighs



Tuna in Mushroom Caps

Cooking Time: 30 minutes

Servings: 4 servings

Ingredients:

4 portobello mushroom caps
3 cans yellowfin tuna in oil, drained
½ tsp. garlic powder
½ tsp freshly ground black pepper
4 Tbsp. capers, rinsed
coconut oil to grease baking sheet
1 medium avocado

Directions:

1. Preheat oven to 450° F.
2. Mix tuna, garlic powder, black pepper and capers together in a bowl
3. Stuff the tuna mixture unto the portobello caps.
4. Arrange the portobello caps on a lightly greased baking tray and bake for 15-20 minutes.

You

can also wait for the caps to turn brown and become somewhat tender, as a sign that they are cooked.

5. Slice open the avocado, remove the seed. Slice the meat into thin slices and add them to the portobello caps as garnish.
6. You can change the avocado into raisins or dill for a different taste.

Tuna in Mushroom Caps



Salmon and Caper Salad with Lemon

Cooking time: 10-15 minutes

Servings: 3

Ingredients:

1 pound flaked salmon/ salmon fillets

1 medium size lemon

2 tbsps. capers

1 tsp. dill (chopped)

1 stalk of celery (chopped)

Extra virgin olive oil for drizzling

Salt and pepper

Directions:

1. Clean lemon and get some zest before juicing it. Set aside.
2. If you are using salmon fillets, season them with salt and pepper before baking them at 350 degrees in the oven for 10 minutes. Check if they are flaky for doneness.
3. Flake the salmon fillets; place flakes in a large bowl.
4. Add lemon juice and zest into the salmon flakes and mix well.
5. Add capers, celery and dill. Mix well
6. Drizzle some extra virgin olive oil and season with salt and pepper.

Salmon and Capers Salad with Lemon



Oyster Omelette

Cooking Time: 10 minutes

Servings: 2

Ingredients:

1 can oysters

2 medium eggs

2 tbsp. coconut oil

Pinch of ground black pepper

Directions:

1. Open can of oysters carefully, drain and set aside.
2. Heat oil in shallow frying pan in medium heat.
3. Beat the eggs with a wire whisk until frothy.
4. Stir in oysters into egg.
5. Pour oysters and egg mix into heated pan. Make sure the bottom of the pan is totally covered.
6. Fold omelette or flip to cook the other side.
7. Serve warm.

Oyster Omelette



Sausage, Bacon and Egg Breakfast

Cooking Time: 15- 25 minutes

Servings: 2

Ingredients:

4 pcs sausages

6 strips bacon

4 medium eggs

1 cup cherry tomatoes

4 pcs olives

4 leaves lettuce

Coconut oil for frying

Water

Directions:

1. Preheat pan in medium heat, pour two tbsps. of water into pan while heating.
2. Poke the sausages with a fork to break the skin
3. Place the sausages into the pan and cover.
4. Cook sausages for about ten to fifteen minutes or until some oil from the sausages come out.
Set aside.
5. In another shallow pan, place bacon on medium high heat.
6. Cook bacon according to your preferences. (crispy or browned). Set aside bacon grease.
7. Quarter half a cup of cherry tomatoes.
8. Halve the olives.
9. Heat bacon grease and crack the eggs into the pan. Stir in the quartered cherry tomatoes and scramble the eggs.
10. In a big plate, spread two lettuce leaves. Place remaining cherry tomatoes and olives on the
lettuce leaves. Arrange the bacon, sausages and eggs on the plate.

Sausage, Bacon and Egg Breakfast



Potato and Mushroom Medley

Cooking Time: 15 minutes

Servings: 2-3

Ingredients:

¼ lb. marble (or baby) potatoes, quartered or halved

½ cup champignons, halved

1 cup cherry tomatoes, halved

Salt and pepper to taste

Coconut oil

Directions:

1. Heat ½ cup coconut oil in a deep pot.
2. While waiting for the oil to heat up, add salt unto the quartered potatoes. Mix well.
3. When oil in pot is ready for deep frying, place the potatoes carefully into it.
4. Potatoes should be done in seven-ten minutes. Set aside.
5. In a skillet over medium heat, transfer some of the oil used for deep frying.
6. Place all the mushrooms and cherry tomatoes in the skillet.
7. When tomatoes start wilting, mix in the fried potatoes and stir frequently.
8. Serve warm. Add salt and pepper to taste.

Potato and Mushroom Medley



Nutty French Toast

Cooking Time: 10 minutes

Servings: 1

Ingredients:

2 medium sized slices of Paleo bread

2 medium eggs

½ cup chopped walnuts

1 tsp. cinnamon

1 tsp. nutmeg

½ cup Coconut oil

Directions:

1. Crack the eggs in a large bowl. Whisk well while adding the cinnamon and nutmeg.
2. Toast the bread, lightly.
3. Soak lightly toasted bread into large bowl with egg mixture.
4. While it is soaking, heat up the coconut oil in a shallow pan or skillet.
5. Cook the slices of bread until the egg mix browns.
6. Remove slice of bread from oil; sprinkle chopped walnuts and more cinnamon on the finished product. You can also sprinkle some coconut sugar for sweetness.

Best served warm.

Nutty French Toast



Minced Pork on Fried Egg

Cooking Time: 7-10 minutes

Servings: 1

Ingredients:

- 1 large egg
- 1 large tomato
- 1 spring onion leaf
- ¼ cup minced pork
- 2 tbsps coconut oil

Directions:

1. Brown minced pork in a pan over medium heat. Set aside.
2. Puree large tomato in a blender. Set aside.
3. Heat coconut oil in a small pan. Cook egg sunny side up; place in a plate when finished.
4. Place minced meat on egg.
5. Pour some tomato puree over minced meat and egg.
6. Roughly chop spring onion and use as garnish.

Minced Pork on Fried Egg



Ham and Eggs with Potato Wedges

Cooking Time: 15 minutes

Servings: 2

Ingredients:

4 medium eggs

2 large potatoes cut into small wedges

3 slices of ham

Coconut oil for frying

Dill for garnish

Salt and pepper to taste

Directions:

1. Slice the ham into small slices, about two inches long. Set aside.
2. Deep fry potato wedges and when they are done, mix them with the sliced ham.
3. Cook eggs sunny side up.
4. Arrange potato and ham mix on two plate. Top with two sunny side up eggs per plate.
5. Garnish with dill and sprinkle salt and pepper to taste.

Ham and Eggs with Potato Wedges



Potato Pancakes

Cooking Time: 40 minutes

Servings: 4-5

Ingredients:

5 potatoes

3 eggs

3 tbsps. almond flour

1 onion

4 tbsps. coconut oil

Directions:

1. Peel potatoes and shred them.
2. Beat eggs in a large bowl. Add all the ingredients together excluding coconut oil.
3. Heat the coconut oil in a pan in medium high heat. Drop a spoonful of potato batter and flatten.
4. Each side should be cooked at around 4 minutes.

Potato Pancakes



Stuffed Paleo Baguette

Cooking Time: 6-10 minutes

Servings: 4

Ingredients:

- 1 whole Paleo baguette
- 4 large eggs
- 3-4 spinach leaves, roughly chopped
- 1 large onion (white), diced

Directions:

1. Cut the baguette into smaller slices, about four parts. Make a deep hole in the middle of each.
You can also slice each part into half to make a sandwich.
2. Beat eggs in a medium size bowl. Add the rest of the ingredients together with the egg.
3. Cook egg on a medium size pan over medium high heat. Scramble.
4. Stuff the egg mixture into the holes of the baguette using a small spoon. Or if you sliced the parts into half, make a sandwich.
5. Serve warm.

Stuffed Paleo Baguette



Eggs Benedict

Cooking Time:

Servings: 8

Ingredients:

8 eggs

8 strips of bacon

4 Paleo biscuits

Salt and pepper to taste

Directions:

1. Split Paleo biscuits in half. Toast all of them slightly.
2. Heat a skillet over medium high heat and place bacon in it.
3. Cook bacon until just slightly smoked or browned. Set aside.
4. Use bacon grease to cook eggs sunny side up style.
5. Arrange a bacon strip on top of muffin. Bacon can be cut or chopped.
6. Place a sunny side up egg on top of the bacon and sprinkle with salt and pepper to taste.

Eggs Benedict



Breakfast Sausage with Mashed “Potato”

Cooking Time: 20 minutes

Servings: 2

Ingredients:

4 breakfast sausages

2 large cauliflowers

2 tbsps of grassfed butter

2 small cloves of garlic, sliced

Pinch of nutmeg

½ tsp. salt

More salt to taste

2 tbsps. coconut oil

Directions:

1. Heat some water in a steamer.
2. Wash and clean cauliflowers. Quarter them into manageable sizes for food processor.
3. When steamer is ready, dump cauliflowers and garlic in and cook until tender.
4. Drain cauliflowers and garlic into a colander.
5. Put cauliflowers in food processor; add the nutmeg and salt. Process until smooth.
6. You can store it in the refrigerator and reheat it when needed.
7. In a medium pan, heat the coconut oil over medium heat.
8. Cook sausages until done.
9. Serve sausages with a side of mashed “potatoes”.

Breakfast Sausage with Mashed “Potatoes”



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