



## Recipes for:

### Nanny Mai

#### **Please Read:**

This is a GENERIC recipe list. Some of our members will be restricted from some of the items below. They will be color coded for you. Refer to your Shopping List Key to know if an ingredient should be substituted for within a recipe.

All recipes should be made from:

**Organic Ingredients**

**Grass-fed/Pasture-Raised Meats**

**Organic, Pasture-Raised Eggs**

**Gluten-free and Dairy-free items**

#### Some Definitions

**Baking:** A technique of cooking by way of an oven and utilizing its dry heat.

**Steaming:** Cooking foods using moist heat under varying degrees of pressure.

**Broiling or Grilling:** Involves direct heat via a barbecue grill, gridiron or griddle under a flame.

**Poached:** A technique where the food is cooked in liquid with a temperature from 140 degrees Fahrenheit and 180 degrees Fahrenheit to preserve delicate items.

**Salute:** Lightly cooking or browning in a pan with a small amount of oil or fat.

**Dredge:** Where you use an egg mixture to dip food into to allow dry ingredients to stick to it for cooking.

## Breakfast

### Portobello Bacon Avocado Sandwich, (by Urban Paleo Chef )

Score: 100%

2	whole	Mushrooms	Portobello Mushrooms
3	slice(s)	Applegate® organic bacon	
2	medium	Avocado	Thick Slices
2	chopped	Lettuce, all types	Leaves

#### Instructions

### Morning Sausages (adapted from comfybelly.com)

Score: 100%

1	pound	Beef, Grass-fed only (organic)
0.5	teaspoon(s)	Himalayan Salt
0.5	teaspoon(s)	Fennel
0.5	teaspoon(s)	Thyme
0.25	teaspoon(s)	Garlic
0.25	teaspoon(s)	Allspice
0.25	teaspoon(s)	Clove Powder
0.25	teaspoon(s)	Nutmeg
1	teaspoon(s)	Yacon Syrup
0	dash(es) of	Pepper, Black (see Garlic/Lemon Pepper)
0	as needed	Grapeseed Oil, Organic

#### Instructions

**Acai Bowl**

Score: 100%

2	package	Acai	<i>frozen unsweetened (Amazon Planet)</i>
4	ounce(s)	Almond Milk, unsweetened (no tapioca)	
1	cup(s)	Blueberry	
.50	cup(s)	Cherry	<i>frozen or freshed unpitted</i>
2	tablespoon(s)	Almond	<i>slices</i>
2	tablespoon(s)	Coconut (raw and unsweetened)	<i>shredded</i>

**Instructions****Pitaya Power Smoothie**

Score: 100%

1	package	Dragon Fruit (Pitaya)	<i>frozen</i>
3	fluid ounce(s)	Almond Milk, unsweetened (no tapioca)	
.50	medium	Avocado	
1	cup(s)	Blueberry	<i>frozen</i>
.50	cup(s)	Spinach	

**Instructions**

## Apple Slices with Cashew Butter

Score: 100%

- |   |               |                   |                   |
|---|---------------|-------------------|-------------------|
| 1 | large         | Apple (all types) | Washed and sliced |
| 2 | tablespoon(s) | Cashew Butter     |                   |

### Instructions

## Grapefruit

Score: 100%

- |   |           |                |  |
|---|-----------|----------------|--|
| 1 | whole     | Grapefruit     |  |
| 1 | as needed | Himalayan Salt |  |

### Instructions

## Celery with Almond Butter

Score: 100%

- |   |               |                           |                                     |
|---|---------------|---------------------------|-------------------------------------|
| 3 | stalk(s)      | Celery                    | Washed, and cut into 3 inch pieces. |
| 3 | tablespoon(s) | Almond Butter (Artisana®) |                                     |
| 1 | teaspoon(s)   | Cinnamon                  |                                     |

### Instructions

## Italian Fennel Beef Sausage(Adapted from the website <http://www.thepaleomom.com/2012/05/recipe-italian-fennel-beef-sausage.html>)

Score: 100%

1	pound	Beef, Grass-fed only (organic)	
1	teaspoon(s)	Fennel	Seeds
0.75	teaspoon(s)	Anise	Seeds
0.5	teaspoon(s)	Paprika	
0.25	teaspoon(s)	Himalayan Salt	
1	tablespoon(s)	Avocado Oil	

### Instructions

## Breakfast Casserole

Score: 100%

1	pound	Applegate® organic sausage sweet italian	
6	Extra large	Egg Whites, Pasture-raised	Or use 4 whole eggs
3	peeled	Turnips	Grated
3	chopped	Scallions	
2	teaspoon(s)	Himalayan Salt	
1	teaspoon(s)	Pepper/Peppercorns	
1	teaspoon(s)	Coconut Oil	

### Instructions

## Delightful Ham Omlette

Score: 100%

3	large	Egg Whites, Pasture-raised	If you can have the yolk, you can use the entire egg.
1	slice(s)	Applegate® organic black forest ham	
1	clove(s)	Garlic	You can use powder if fresh is not available.
1	bunch(es)	Kale, all types	Wash and chop one leaf
1	tablespoon(s)	Coconut Oil	
1	bunch(es)	Shallots	

### Instructions

## Healthy Egg Breakfast Muffins (adapted from Grubs Paleo)

Score: 100%

10	large	Egg Whites, Pasture-raised	If you can have egg yolk, feel free to use the entire egg.
1	Crown(s)	Broccoli	Diced
1	medium	Onion	Diced
1	bunch(es)	Mushrooms	Diced

### Instructions

## Summer Breakfast Meatloaf (Adapted from the website <http://paleomg.com/summer-breakfast-meatloaf/>)

Score: 91.7%

1	pound	Beef, Grass-fed only (organic)	
11	ounce(s)	Applegate® organic sausage sweet italian	<i>Not feta</i>
1	tablespoon(s)	Coconut Oil	
2	clove(s)	Garlic	<i>minced</i>
1	diced	Onion, Yellow	
1	diced	Zucchini	<i>medium</i>
4	ounce(s)	Mushrooms, Button	
2	tablespoon(s)	Parsley	
2	tablespoon(s)	Basil	
1	teaspoon(s)	Garlic	<i>powder</i>
0	to taste	Himalayan Salt	
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

### Instructions

**Breakfast Bacon and Maple Meatballs**

Score: 88.9%

1	pound	Applegate® organic sausage sweet italian	Not Feta
1	whole	Sweet Potatoes, White	
4	ounce(s)	Mushrooms, Button	
0.5	peeled	Onion, Yellow	
2	tablespoon(s)	Maple Syrup (Grade A Dark Amber Organic)	
5	slice(s)	Applegate® organic bacon	
1	clove(s)	Garlic	minced
0	to taste	Himalayan Salt	
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

**Instructions**



## Mini Breakfast Quiches

Score: 87.5%

12	large	Egg, Pasture-raised (from a farmer)	
1	head(s)	Broccoli	
6	Strip(s)	Applegate® organic bacon	
2	tablespoon(s)	Water	
3	cup(s)	Almond Meal (gluten free)	
1	teaspoon(s)	Coconut Oil	
1	teaspoon(s)	Himalayan Salt	To taste
1	teaspoon(s)	Pepper/Peppercorns	To taste

### Instructions

## Apple Pancake Rings

Score: 87.5%

3	Extra large	Egg, Vital Farms® or Pasture Verde®	
3	medium	Apple (all types)	Sliced thin and cored
1	teaspoon(s)	Coconut Sugar	
3	tablespoon(s)	Coconut Milk (Native Forest or Natural Value)	Full fat Coconut milk
3	tablespoon(s)	Coconut Flour (gluten free)	
1	teaspoon(s)	Cinnamon	
2	tablespoon(s)	Coconut Oil	
.5	teaspoon(s)	Himalayan Salt	

### Instructions

## Pumpkin Waffles or Pancakes

Score: 84.6%

2	cup(s)	Almond Flour (gluten free)	
2	tablespoon(s)	Coconut Flour (gluten free)	
0.33	cup(s)	Coconut Sugar	
2	teaspoon(s)	Baking Soda (Arm & Hammer®)	
1	teaspoon(s)	Cream of Tartar	
0.5	teaspoon(s)	Himalayan Salt	
2	teaspoon(s)	Cinnamon	ground cinnamon
1	teaspoon(s)	Ginger Powder	ground ginger
0.25	teaspoon(s)	Clove Powder	ground cloves
8	Extra large	Egg, Vital Farms® or Pasture Verde®	large, pastured eggs
1	can(s)	Coconut Milk (Native Forest or Natural Value)	full fat, not skim
1.5	cup(s)	Pumpkin	baked and mashed
6	tablespoon(s)	Coconut Oil	melted

### Instructions

## Savory Chicken and Veggie Muffins (adapted from Dr. Mercola)

Score: 81.8%

1.5	pound	Chicken, free range (organic)	<i>minced chicken thighs</i>
5	whole	Egg, Vital Farms® or Pasture Verde®	
1.5	tablespoon(s)	Coconut Oil	<i>plus extra for greasing</i>
.33	pound	Applegate® organic bacon	<i>rindless bacon diced</i>
1	handful(s)	Spinach	
2	whole	Scallions	<i>finely chopped</i>
.50	pound	Pumpkin	<i>diced into 1/2 inch cubes</i>
2	clove(s)	Garlic	<i>minced</i>
.50	teaspoon(s)	Himalayan Salt	
1	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)	<i>1/2-1 tspn freshly ground</i>
.50	teaspoon(s)	Baking Soda (Arm & Hammer®)	

### Instructions

**Avocado, Chicken, and Spinach Omelette**

Score: 80%

0.5	pound	Chicken, free range (organic)
2	cup(s)	Spinach
3		Egg, Vital Farms® or Pasture Verde®
3	replacement	Egg, Pasture-raised (from a farmer)
3	replacement	Egg Whites, Pasture-raised
1	teaspoon(s)	Coconut Oil
1	replacement	Palm Kernel Oil
0	to taste	Himalayan Salt
0	to taste	Pepper/Peppercorns
1	as needed	BodyPro Almond Mayo Grade A Maple Syrup

**Instructions****Pumpkin Pancakes (Adapted from the website <http://www.thepaleomom.com/2012/06/recipe-perfect-pumpkin-pancakes.html>)**

Score: 78.6%

0.5	cup(s)	Pumpkin Powder
2	tablespoon(s)	Honey, (Organic)
0.5	teaspoon(s)	Ginger Powder
0.5	teaspoon(s)	Nutmeg
0.125	teaspoon(s)	Cinnamon
0.125	teaspoon(s)	Clove Powder
1	teaspoon(s)	Allspice
0.5	teaspoon(s)	Baking Soda (Arm & Hammer®)
1	teaspoon(s)	Cream of Tartar

1	teaspoon(s)	Olive Oil, Virgin
5	whole	Egg, Vital Farms® or Pasture Verde®
5	replacement	Egg, Pasture-raised (from a farmer)
5	replacement	Egg Whites, Pasture-raised
5	replacement	Apple Sauce

**Instructions****Breakfast Burrito**

Score: 77.8%

.5	pound	Beef, Grass-fed only (organic)	Ground beef
4	Extra large	Egg Yolks, Pasture-raised	
1	whole	Avocado	Ripe
3	tablespoon(s)	Lime Juice	
1	tablespoon(s)	Cilantro/Coriander	
1	teaspoon(s)	Coconut Oil	
.25	teaspoon(s)	Himalayan Salt	To taste
.25	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)	
2	whole	Tortilla, Siete Almond	You can use Bibb lettuce instead

**Instructions**

## Veggie Frittata (Adapted from the website <http://www.thepaleomom.com/2011/11/recipe-veggie-frittata.html>)

Score: 77.8%

0.5	chopped	Onion, Yellow	
0.5	chopped	Bell Pepper, Red	
1.5	cup(s)	Mushrooms, Button	<i>thin sliced</i>
2	cup(s)	Kale, all types	<i>chopped</i>
2	cup(s)	Spinach	<i>chopped</i>
8	beaten	Egg, Vital Farms® or Pasture Verde®	
8	replacement	Egg Whites, Pasture-raised	
8	replacement	Egg, Pasture-raised (from a farmer)	
1	tablespoon(s)	Coconut Oil	

### Instructions

## Paleo Granola Adapted from the website <http://www.thepaleomom.com/2012/03/recipe-paleo-granola.html>

Score: 77.8%

2	cup(s)	Almond	<i>sliced</i>
2	cup(s)	Coconut, shredded (raw, unsweetened)	<i>flakes</i>
1	cup(s)	Sunflower Seeds	
1	cup(s)	Pumpkin Seeds	
0.25	cup(s)	Honey, (Organic)	
0.33	cup(s)	Olive Oil, Virgin	
2	teaspoon(s)	Vanilla (gluten and corn-free)	
1	teaspoon(s)	Cinnamon	
1	teaspoon(s)	Nutmeg	

### Instructions

**Pumpkin Granola Adapted from the website**  
**<http://paleomg.com/pumpkin-granola/>**

Score: 76.9%

0.5	cup(s)	Almond	<i>sliced</i>
0.5	cup(s)	Pumpkin Seed Oil	
0.5	cup(s)	Pecans	
9	chopped	Dates	<i>dried</i>
0.5	cup(s)	Pumpkin	<i>puree</i>
0.33	cup(s)	Coconut Oil	<i>melted</i>
0.33	cup(s)	Coconut, shredded (raw, unsweetened)	
0.33	cup(s)	Maple Sugar	
2	tablespoon(s)	Cinnamon	
1	tablespoon(s)	Nutmeg	
0.125	teaspoon(s)	Clove Powder	<i>ground</i>
0.125	teaspoon(s)	Ginger Powder	<i>ground</i>
0	pinch(es)	Himalayan Salt	

***Instructions***

## Breakfast Lasagna Adapted from the recipe <http://paleomg.com/breakfast-lasagna/>

Score: 69.2%

0.5	slice(s)	Sweet Potatoes, White	thinly sliced
1	pound	Applegate® organic sausage sweet italian	
1	pound	Mushrooms, Button	
1	slice(s)	Onion, Yellow	thinly sliced
0.33	can(s)	Coconut Milk (Native Forest or Natural Value)	
1	teaspoon(s)	Garlic	
1	teaspoon(s)	Onion Powder	
0	to taste	Himalayan Salt	
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	
6	Whisked	Egg, Pasture-raised (from a farmer)	
6	replacement	Egg, Vital Farms® or Pasture Verde®	
6	replacement	Egg Whites, Pasture-raised	
6	replacement	Egg, Pasture-raised (from a farmer)	

### Instructions



## Eggs in a Ham Blanket

Score: 66.7%

4	slice(s)	Applegate® organic ham	
4	Extra large	Egg Yolks, Pasture-raised	
.3	cup(s)	Spinach	
.3	cup(s)	Olives (without vinegar)	
.3	cup(s)	Tomato	Chopped
.3	cup(s)	Onion	Diced

### Instructions

## Eggs Benedict with Avocado Dressing

Score: 66.7%

4	slice(s)	Applegate® organic bacon	
1	large	Tomato	
1	clove(s)	Garlic	
4	tablespoon(s)	Water	
2	Extra large	Egg, Pasture-raised (from a farmer)	
1	large	Lemon	juiced

### Instructions

## Strawberry Protein Bars Adapted from the website <http://paleomg.com/strawberry-protein-bars/>

Score: 66.7%

1	package	Strawberry	dried
3	tablespoon(s)	Coconut Cream	
3	tablespoon(s)	Honey, (Organic)	
2	tablespoon(s)	Sunflower Seed Butter	
1	teaspoon(s)	Vanilla (gluten and corn-free)	
0	pinch(es)	Himalayan Salt	

### Instructions

## Breakfast Meatza (Adapted from the website <http://paleomg.com/breakfast-meatza/>)

Score: 62.5%

1	pound	Applegate® organic sausage sweet italian	not feta
7		Egg, Vital Farms® or Pasture Verde®	
7	replacement	Egg, Pasture-raised (from a farmer)	
7	replacement	Egg Whites, Pasture-raised	
7	slice(s)	Applegate® organic bacon	
0.5	diced	Sweet Potato, Red	
0.5	diced	Onion, Yellow	
1	clove(s)	Garlic	minced

### Instructions

**Sweet Potato Egg Cups (Adapted from the website  
<http://realhealthyrecipes.com/2015/05/21/sweet-potato-egg-cups/>)**

Score: 57.1%

3		Sweet Potato, Red	
0.5	cup(s)	Coconut Oil	
0	to taste	Himalayan Salt	
12		Egg, Vital Farms® or Pasture Verde®	
12	replacement	Egg Whites, Pasture-raised	<i>As Replacement</i>
12	replacement	Egg, Pasture-raised (from a farmer)	<i>As Replacement</i>
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

***Instructions***

**Dairy-Free Strawberry Yogurt Adapted from the website**  
**<http://realhealthyrecipes.com/2014/05/20/dairy-free-strawberry-yogurt/>**

Score: 50%

1	cup(s)	Strawberry	dried
1	can(s)	Coconut Milk (Native Forest or Natural Value)	full fat
1	teaspoon(s)	Vanilla (gluten and corn-free)	
1	tablespoon(s)	Arrowroot Flour/powder	
0.25	teaspoon(s)	Almond	extract
2		Banana	

**Instructions**

## Lunch

### Asparagus with Creamy Garlic Sauce (Adapted from the book Delightfully Free 2 edition)

Score: 100%

0.5 pound	Cauliflower	chunks
0.5 replacement	Cauliflower, Purple	
2 cup(s)	Water	
0.25 cup(s)	Coconut Cream	Also add 2 tablespoons as well
0.33 teaspoon(s)	Garlic Powder	
0.33 teaspoon(s)	Himalayan Salt	
1.5 pound	Asparagus	

#### Instructions

### Old Fashioned Cabbage Soup Recipe ( Adapted by PaleoLeap)

Score: 100%

2 breast(s)	Chicken, free range (organic)	Cut into chunks
1 stalk(s)	Leeks	Sliced
1 Crown(s)	Broccoli	Chopped
2 stalk(s)	Celery	Diced
3 cup(s)	Cabbage, Green	Shredded
1 cup(s)	Rutabaga	Diced
8 cup(s)	Chicken Broth (Imagine® gf/low sodium)	
2 clove(s)	Garlic	minced
2 tablespoon(s)	Coconut Oil	

#### Instructions

## Lamb & Leek Burgers

Score: 100%

1	cup(s)	Leeks	<i>chopped</i>
1	tablespoon(s)	Avocado Oil	
1	replacement	Olive Oil, Virgin	
1	pound	Lamb	<i>ground</i>
0.5	tablespoon(s)	Garlic Powder	
0.5	teaspoon(s)	Himalayan Salt	

### Instructions

## Chicken & Bacon Bites with Green Onion and Sage (adapted from the book Nourish)

Score: 100%

0.25	pound	Applegate® organic bacon	
0.25	replacement	Applegate® organic turkey bacon	
1	pound	Chicken, free range (organic)	<i>grounded</i>
1	teaspoon(s)	Sage	
0.5	teaspoon(s)	Garlic Powder	
0.5	cup(s)	Onion, Green	<i>chopped</i>

### Instructions

**Garlic-Roasted Mackerel (adapted from the book Nourish)**

Score: 100%

0.75	Packed Cup(s)	Cilantro/Coriander	<i>packed cup</i>
0.75	cup(s)	Onion, Green	<i>chopped</i>
0.25	cup(s)	Parsley	
0.25	cup(s)	Olive Oil, Virgin	
1	teaspoon(s)	Capers	
4	clove(s)	Garlic	
1	tablespoon(s)	Avocado Oil	
1	tablespoon(s)	Water	
8		Mackerel	<i>Fresh Fillets w/ skin</i>

**Instructions****Creamy Leek Chowder with Salmon (adapted from the book Nourish)**

Score: 100%

2	tablespoon(s)	Coconut Oil	
2	replacement	Avocado Oil	
3	clove(s)	Garlic	<i>minced</i>
4	slice(s)	Leeks	<i>trimmed</i>
4	cup(s)	Chicken Broth (Imagine® gf/low sodium)	
1	teaspoon(s)	Thyme	<i>leaves</i>
0.75	cup(s)	Coconut Milk (Native Forest or Natural Value)	
1	pound	Salmon, wild (fresh)	<i>Bite Size</i>
0	pinch(es)	Himalayan Salt	

**Instructions**

## Sautéed Swiss Chard With Garlic And Lemon (adapted from bon appetit)

Score: 100%

2	bunch(es)	Swiss Chard	<i>ribs and stems removed and reserved, leaves torn into 2</i>
4	clove(s)	Garlic	<i>thinly sliced</i>
2	tablespoon(s)	Olive Oil, Virgin	
2	tablespoon(s)	Lemon Juice	
1	to taste	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

### Instructions

## Sliced Roast Beef (Adapted from the book Nourish)

Score: 100%

2	pound	Beef, Grass-fed only (organic)	<i>of lean</i>
0.33	cup(s)	Himalayan Salt	
1	cup(s)	Water	<i>Hot water</i>
4		Garlic	
3		Bay Leaf	
1.5	teaspoon(s)	Rosemary	
1	teaspoon(s)	Thyme	
0.5	teaspoon(s)	Oregano	
0.5	teaspoon(s)	Mace Spice	
3	cup(s)	Water	<i>Cold water</i>

### Instructions



**Beef Brisket (Adapted from the book The Recipe Hacker)**

Score: 100%

5	clove(s)	Garlic	
4	cup(s)	Beef broth (Imagine® low sodium/GF)	
1	cup(s)	Coconut Aminos®	
1	tablespoon(s)	Liquid Smoke gluten free (natural)	
5	pound	Beef, Grass-fed only (organic)	brisket

**Instructions**

**Cauliflower Rice (Adapted from the book The Recipe Hacker)**

Score: 100%

1	head(s)	Cauliflower
1	replacement	Cauliflower, Purple
1	tablespoon(s)	Olive Oil, Virgin
0.5	teaspoon(s)	Himalayan Salt
0.5	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)

**Instructions****Charred Vegetables with Bacon (adapted from ultimatopaleoguide)**

Score: 100%

1	pound	Brussels Sprout	<i>halved</i>
.50	head(s)	Broccoli	<i>cut into florets</i>
4	slice(s)	Applegate® organic bacon	<i>chopped</i>
1	whole	Onion	<i>sliced</i>
.50	pound	Radish	<i>halved</i>
1	to taste	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

**Instructions**

## Paleo Chicken and Cauliflower Stew (adapted from ultimatpaleoguide)

Score: 100%

3	breast(s)	Chicken, free range (organic)	
6	cup(s)	Chicken Broth (Imagine® gf/low sodium)	
2	cup(s)	Spinach	chopped
2	cup(s)	Cauliflower	chopped
6		Coconut Milk (Native Forest or Natural Value)	
1	whole	Onion, Yellow	diced
2	tablespoon(s)	Capers	
2	tablespoon(s)	Olive Oil, Virgin	
1	to taste	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

### Instructions

## Pork Belly Carnitas (adapted from the book Nourish)

Score: 100%

2	cup(s)	Water	
2	cup(s)	Apple (all types)	
2	tablespoon(s)	Garlic Powder	
2	tablespoon(s)	Oregano	
1	tablespoon(s)	Himalayan Salt	
2	teaspoon(s)	Cinnamon	
1	teaspoon(s)	Sage	
4		Bay Leaf	
2.5	pound	Pork, (organic)	
2	cup(s)	Chicken Broth (Imagine® gf/low sodium)	

### Instructions

## Super Spinach Salad (adapted from ultimatopaleoguide)

Score: 90.9%

3	cup(s)	Spinach	<i>chopped</i>
2	cup(s)	Cabbage, Purple	<i>shredded</i>
1	cup(s)	Cucumber	<i>sliced</i>
.50	whole	Onion	<i>sliced</i>
.50	cup(s)	Mushrooms, Button	<i>sliced</i>
1	teaspoon(s)	Onion Powder	
1	teaspoon(s)	Garlic Powder	
1	tablespoon(s)	Olive Oil, Virgin	
1	tablespoon(s)	Apple Cider Vinegar (Bragg's®)	
1	to taste	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

### Instructions

**Steak Salad with Fresh Fruit (From Elisabeth Cobb's College Recipes)**

Score: 90.9%

1	Fresh	Peach	sliced
1	replacement	Pear	
1	replacement	Golden Berry	
0.5	cup(s)	Beef, Grass-fed only (organic)	chopped
1	tablespoon(s)	Olive Oil, Virgin	
0.25	cup(s)	Kale, all types	chopped
0.33	cup(s)	Spinach	
0.25	cup(s)	Rainbow Chard	
0.25	cup(s)	Pecans	
0.25	cup(s)	Broccoli	
1	chopped	Bell Pepper, Red	

**Instructions****Paleo Cauliflower Tabouli (adapted from ultimatopaleoguide)**

Score: 88.9%

.50	head(s)	Cauliflower	
1	bunch(es)	Parsley	small, chopped
1	clove(s)	Garlic	
1	tablespoon(s)	Mint	chopped
2	tablespoon(s)	Olive Oil, Virgin	
1		Tomato	diced
1	large	Lemon	juiced
1	to taste	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

**Instructions**

**Paleo Hot Dog Hash adapted recipe by Marla Sarris**

Score: 83.3%

1	package	Applegate® organic hot dogs	Sliced into bite size pieces
1	cup(s)	Cabbage, Green	Chopped
2	teaspoon(s)	Onion, Red	Chopped
1	whole	Mushrooms	1/2 Portobello Mushroom minced
1	dash(es) of	Garlic Salt	
1	dash(es) of	Oregano	

**Instructions****Smoked Salmon Cucumber Bites with Lemon Coconut Cream, The Ultimate Paleo Guide**

Score: 83.3%

4	ounce(s)	Salmon, wild (fresh)	
.5	cup(s)	Coconut Cream	(thickened cream on top of a can of coconut)
1	medium	Lemon	juiced
2	whole	Cucumber	Sliced
2	tablespoon(s)	Capers	
1	tablespoon(s)	Chives	Minced

**Instructions**

**Paleo Almond Chicken Fingers (From <http://generationyfoodie.com>)**

Score: 83.3%

1	pound	Chicken, free range (organic)
1	cup(s)	Almond Meal (gluten free)
1	tablespoon(s)	Paprika
0.5	teaspoon(s)	Garlic Powder
1	teaspoon(s)	Cumin
1	teaspoon(s)	Pepper, Cayenne
1	teaspoon(s)	Himalayan Salt
1	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)
2	lightly beaten	Egg, Vital Farms® or Pasture Verde®
2	replacement	Egg, Pasture-raised (from a farmer)
2	replacement	Egg Whites, Pasture-raised
2		Olive Oil, Virgin

***Instructions***

**Parsnip Wedges (Adapted from the book Nourish) (adapted from the book Nourish)**

Score: 80%

1	pound	Parsnip
1	tablespoon(s)	Coconut Oil
1	replacement	Avocado Oil
1	teaspoon(s)	Himalayan Salt
0.5	teaspoon(s)	Garlic Powder

***Instructions***



**Swedish Meatballs (Adapted from the website  
<http://www.thepaleomom.com/2011/12/recipe-swedish-meatballs.html>)**

Score: 76.9%

1	pound	Beef, Grass-fed only (organic)	for meatballs
1	chopped	Onion, Yellow	for meatballs
1	tablespoon(s)	Coconut Oil	for meatballs
2		Egg, Vital Farms® or Pasture Verde®	for meatballs
2	replacement	Egg, Pasture-raised (from a farmer)	for meatballs
2	replacement	Egg Whites, Pasture-raised	for meatballs
0.125	teaspoon(s)	Himalayan Salt	for meatballs
0.25	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)	for meatballs
0.5	teaspoon(s)	Nutmeg	for meatballs
0.25	teaspoon(s)	Allspice	for meatballs
1	cup(s)	Beef broth (Imagine® low sodium/GF)	Gravy Ingredients
0.5	tablespoon(s)	Coconut Oil	Gravy Ingredients
1	tablespoon(s)	Arrowroot Flour/powder	Gravy Ingredients

**Instructions**

## Lettuce Wrapped Burgers (Adapted from Barre 3)

Score: 75%

1	pound	Beef, Grass-fed only (organic)	divide into 4 patties
4	stalk(s)	Lettuce, all types	bibb
1	large	Onion	very thinly sliced
1	pound	Mushrooms, Cremini/Crimini	
1	sprig(s)	Rosemary	Chopped
1	tablespoon(s)	Olive Oil, Virgin	
.25	teaspoon(s)	Kosher Salt	Divided
1	tablespoon(s)	Tamari (Wheat Free)	

### Instructions

1. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the onion, salt, and pepper. Cook for 5 minutes, stirring occasionally, until the onions begin to wilt.
2. Remove the lid, and add the mushrooms and an additional 1/4 teaspoon salt. Cook over medium-high heat for an additional 10 minutes, stirring occasionally, until the mushrooms have released their liquid and the pan is nearly dry.
3. Turn off the heat, and add in the tamari and rosemary, stirring to combine. Set aside.
4. Meanwhile, make the burgers by forming the beef into 4 patties. Sprinkle both sides with 1/4 teaspoon salt.
5. Heat an outdoor grill, indoor grill pan, or cast iron skillet to medium heat. Grill the burgers for 3 minutes, then flip and cook an additional 4-5 minutes, until they're golden and cooked to your desired doneness.
6. Serve the burgers wrapped in two lettuce leaves and topped with caramelized onions and mushrooms, and red onions.
7. Note: Store any leftover caramelized onions and mushrooms for a later use, such as stirred into scrambled eggs, on top of salads, or in quinoa bowls.

## Easy Chicken Nuggets Adapted from the website <http://realhealthyrecipes.com/2015/02/23/easy-chicken-nuggets/>

Score: 75%

0.5	cup(s)	Almond	<i>raw</i>
0.25	teaspoon(s)	Himalayan Salt	
0.25	teaspoon(s)	Paprika	
1		Egg, Vital Farms® or Pasture Verde®	
1	replacement	Egg, Pasture-raised (from a farmer)	
1	replacement	Egg Whites, Pasture-raised	
1	pound	Chicken, free range (organic)	
0	dash(es) of	Pepper, Black (see Garlic/Lemon Pepper)	

### Instructions

## Lemon Battered Chicken (adapted from <http://www.offthegrain.com>)

Score: 70%

2	breast(s)	Chicken, free range (organic)	
2	cup(s)	Almond Flour (gluten free)	
2	replacement	Pecan Flour	
2	whole	Egg, Pasture-raised (from a farmer)	
2	replacement	Egg, Vital Farms® or Pasture Verde®	
1	teaspoon(s)	Garlic Powder	
1	teaspoon(s)	Parsley	
1		Lemon	<i>rind of organic</i>
0	to taste	Himalayan Salt	
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

### Instructions

**Tuna Salad Salad**

Score: 55.6%

1	can(s)	Tuna	
2	tablespoon(s)	BodyPro Avocado Oil Mayonnaise	
1	handful(s)	Celery	Chopped
1	teaspoon(s)	Lemon Juice	
1	dash(es) of	Kosher Salt	
1	dash(es) of	Pepper/Peppercorns	
1	cup(s)	Lettuce, all types	Shredded
1	handful(s)	Alfalfa Sprouts	
1	handful(s)	Onion	Chopped

**Instructions****Turkey, Bacon Cucumber "Sandwich"**

Score: 50%

1	slice(s)	Applegate® organic herb roasted turkey	
1	slice(s)	Applegate® organic bacon	
1	whole	Avocado	Make into Guacamole
1	whole	Cucumber	Sliced lengthwise and deseeded

**Instructions**



## Dinner

### Mashed Cauliflower (Adapted from Detoxinista)

Score: 100%

1	Cauliflower	Medium sized, chopped into florets
3	Garlic	Roasted
1	Thyme	Fresh
1	Chives	Chopped
1	Cream of Tartar	Season to taste

#### Instructions

### Herbed Roast Chicken (Adapted from the book The Recipe Hacker)

Score: 100%

1	pound	Chicken, free range (organic)	3-4 pound
4	clove(s)	Garlic	
0	Fresh	Sage	
0	Fresh	Rosemary	
0	Fresh	Thyme	
0	Fresh	Parsley	
0	to taste	Himalayan Salt	
0	to taste	Olive Oil, Virgin	

#### Instructions

**Dry-Rubbed Steak (Adapted from the book The Recipe Hacker)**

Score: 100%

2 pound Beef, Grass-fed only (organic)

1 tablespoon(s) Coconut Oil

1.5 tablespoon(s) Himalayan Salt

0.75 tablespoon(s) Sage

0.75 teaspoon(s) Cinnamon

**Instructions****Chicken and line Tajine (adapted from Mediterranean Paleo Cooking)**

Score: 100%

1 tablespoon(s) Coconut Oil

5 pound Chicken, free range (organic) *whole cut into 8-10 pieces*

1 to taste Himalayan Salt

1 to taste Pepper, Black (see Garlic/Lemon Pepper)

1 pinch(es) Saffron

1 tablespoon(s) Cumin *ground*1 Onion *diced white*1 teaspoon(s) Garlic *minced*

4 cup(s) Chicken Broth (Imagine® gf/low sodium)

2 cup(s) Olives (without vinegar) *green*3 medium Carrot, Orange *cut into 1/4 in circles*

1 whole Lemon

.25 cup(s) Cilantro/Coriander *garnish***Instructions**

**Plantain Tortillas (From Elisabeth Cobb's College Recipes)**

Score: 100%

1	peeled	Plantain
2	replacement	Banana
0.33	cup(s)	Avocado Oil
1	teaspoon(s)	Himalayan Salt
1	teaspoon(s)	Baking Soda (Arm & Hammer®)
1	Fresh	Lime Juice
0.33	cup(s)	Water

**Instructions****Flank Steak with Citrus Marinade (adapted from paleo valley)**

Score: 100%

2		Beef, Grass-fed only (organic)	flank steak
1	Juice	Orange	juiced
3	Juice	Lime	juiced

**Instructions**



## Rosemary Rubbed Roast Beef (adapted from paleo valley)

Score: 100%

2	pound	Beef, Grass-fed only (organic)	<i>roast beef round</i>
2	tablespoon(s)	Rosemary	<i>dried</i>
2	tablespoon(s)	Coconut Oil	
1	to taste	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

### Instructions

## Taco Salad with Creamy Avocado dressing (adapted from Paleo Grubs)

Score: 100%

1	pound	Turkey (organic)	<i>Ground</i>
3	cup(s)	Lettuce, all types	<i>Romaine</i>
1	Small	Onion, Red	<i>Chopped</i>
1	cup(s)	Olives (without vinegar)	<i>Black olives, Sliced</i>
3	stalk(s)	Onion, Green	<i>Chopped</i>
1	as needed	Cumin	
2	as needed	Garlic Powder	
1		Himalayan Salt	

### Instructions

**Pork Chops with Apples and Greens from The Whole 30 cookbook**

Score: 100%

16	ounce(s)	Pork, (organic)	<i>bone-in chops</i>
4	cup(s)	Spinach	<i>packed fresh</i>
2	large	Apple (all types)	<i>tart red</i>
3	tablespoon(s)	Olive Oil, Virgin	<i>extra virgin</i>
.25	teaspoon(s)	Himalayan Salt	
.25	as needed	Pepper, Black (see Garlic/Lemon Pepper)	
2	stalk(s)	Shallots	<i>finely chopped</i>
1	cup(s)	Chicken Broth (Imagine® gf/low sodium)	<i>bone broth</i>
.25	cup(s)	Apple Cider	
1	tablespoon(s)	Mustard, Brown (Eden® gf mustard)	

**Instructions**

**Herb-Stuffed Trout (Adapted from the book The Recipe Hacker)**

Score: 100%

1	tablespoon(s)	Avocado Oil
2	whole	Trout
0.5	teaspoon(s)	Himalayan Salt
4	sprig(s)	Rosemary
4	sprig(s)	Thyme

**Instructions****Braised Beef Short Ribs with Porcini Mushroom Sauce (adapted from The Whole 30 cookbook)**

Score: 100%

4	pound	Beef, Grass-fed only (organic)	large bone in beef short ribs
1	cup(s)	Beef broth (Imagine® low sodium/GF)	Beef bone broth
1	large	Carrot, Orange	chopped
1	handful(s)	Mushrooms, Cremini/Crimini	sliced
1	stalk(s)	Celery	1/2 cup thinly sliced
3	tablespoon(s)	Olive Oil, Virgin	
1	Small	Onion, Yellow	small
0.25	cup(s)	Mushrooms	porcini
2	tablespoon(s)	Coconut Aminos®	
1	teaspoon(s)	Mustard, Brown (Eden® gf mustard)	
1	clove(s)	Garlic	minced
0.75	as needed	Himalayan Salt	

**Instructions**

## Hamburger Veggie Casserole (adapted from ultimatepaleoguide)

Score: 100%

1	pound	Beef, Grass-fed only (organic)	ground
1	whole	Pepper, Red	chopped
1	cup(s)	Cabbage, Purple	chopped
.50	cup(s)	Oregano	fresh, chopped
.50	cup(s)	Onion	diced
3	tablespoon(s)	Garlic	minced
1	tablespoon(s)	Olive Oil, Virgin	
1	to taste	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

### Instructions

## Taco Skillet (Adapted from the website <http://realhealthyrecipes.com/2015/04/14/taco-skillet/>)

Score: 94.1%

0.75	cup(s)	Cashews	For the Sauce
2	teaspoon(s)	Himalayan Salt	For the Sauce
0.25	teaspoon(s)	Garlic Powder	For the Sauce
0.25	teaspoon(s)	Pepper, Poblano	For the Sauce
1	teaspoon(s)	Olive Oil, Virgin	For the Sauce
0.25	cup(s)	Water	(hot water) - For the Sauce
1	teaspoon(s)	Olive Oil, Virgin	For the Taco Skillet
1	chopped	Onion, Yellow	For the Taco Skillet
1	pound	Beef, Grass-fed only (organic)	For the Taco Skillet
1	tablespoon(s)	Chili Powder	For the Taco Skillet

1	teaspoon(s)	Cumin	For the Taco Skillet
1	head(s)	Cauliflower	For the Taco Skillet
1	head(s)	Lettuce, all types	For the Taco Skillet
0.5	cup(s)	Cilantro/Coriander	For the Taco Skillet
3	chopped	Onion, Green	For the Taco Skillet
3	chopped	Tomato, Red	For the Taco Skillet
1	chopped	Avocado	For the Taco Skillet

### Instructions

## Mexican Chicken Tacos (using the BodyPro Soft Tortillas)

Score: 93.8%

3	breast(s)	Chicken, free range (organic)	
1		Chili Powder	For Taco Seasoning
2	tablespoon(s)	Onion, Sweet	For Taco Seasoning
2	tablespoon(s)	Olive Oil, Virgin	For Taco Seasoning
1	tablespoon(s)	Garlic Powder	For Taco Seasoning
0.5	teaspoon(s)	Paprika	For Taco Seasoning
0.25	teaspoon(s)	Himalayan Salt	For Taco Seasoning
1	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)	For Taco Seasoning
0.25	teaspoon(s)	Oregano	For Taco Seasoning
3	peeled	Avocado	Guacamole
1	teaspoon(s)	Cumin	Guacamole
1	Seeded	Tomato, Red	Guacamole
2	Juice	Lime	Guacamole

1	teaspoon(s)	Garlic	Guacamole
1	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)	Guacamole
1	teaspoon(s)	Himalayan Salt	Guacamole

**Instructions****Worlds Best Crock Pot Roast**

Score: 90%

3	pound	Beef, Grass-fed only (organic)	3-5 pound chuck roast
5	cup(s)	Bone Broth Protein, Beef	24 oz package
4	clove(s)	Garlic	Minced
1	Small	Onion, Yellow	Chopped into large pieces
3	dash(es) of	Cumin	
3	dash(es) of	Pepper/Peppercorns	
3	dash(es) of	Allspice	
3	dash(es) of	Garlic Salt	
3	dash(es) of	Garlic Pepper	
3	as needed	Kosher Salt	

**Instructions**

**Paleo Steak and Vegetable Stir Fry (adapted from ultimatopaleoguide)**

Score: 88.9%

1	pound	Beef, Grass-fed only (organic)	steak, sliced
2	cup(s)	Cabbage, Green	shredded
2	cup(s)	Broccoli	florets
.50	cup(s)	Carrot, Orange	shredded
2	sprig(s)	Onion, Green	sliced
1	whole	Lime	juiced
1	clove(s)	Garlic	minced
1	teaspoon(s)	Ginger	minced
2	tablespoon(s)	Sesame Seed Oil	

**Instructions****Grain-free Sandwich Bread (Adapted from <http://www.againstallgrain.com>)**

Score: 80%

5		Egg, Pasture-raised (from a farmer)	Separate Egg
5	replacement	Egg, Vital Farms® or Pasture Verde®	
0.25	cup(s)	Almond Milk, unsweetened (no tapioca)	
0.25	cup(s)	Coconut Flour (gluten free)	
0.5	tablespoon(s)	Maple Syrup (Grade A Dark Amber Organic)	
2.5	teaspoon(s)	Apple Cider	
1	teaspoon(s)	Baking Soda (Arm & Hammer®)	
0.5	teaspoon(s)	Himalayan Salt	
0	Organic	Coconut Oil	
1	cup(s)	Cashew Butter	

**Instructions**

## Hearty Chicken Casserole (Adapted from the website <http://realhealthyrecipes.com/2013/10/10/hearty-chicken-casserole/>)

Score: 77.8%

2	teaspoon(s)	Olive Oil, Virgin	
2	clove(s)	Garlic	<i>minced</i>
1	chopped	Onion, Yellow	
2	chopped	Eggplant	
2	chopped	Bell Pepper, Red	
2	cup(s)	Chicken, free range (organic)	<i>cubed</i>
1	can(s)	Tomato, Red	<i>Crushed</i>
3	tablespoon(s)	Basil	
0.25	cup(s)	Water	

### ***Instructions***



## Brussels Sprouts & Sausage Parsnip Spiralized Pasta from Skinny Taste

Score: 77.8%

1	package	Applegate® organic chicken/apple sausage	
2	cup(s)	Brussels Sprout	
2	teaspoon(s)	Olive Oil, Virgin	
1	whole	Parsnip	<i>Peeled, Spiralized</i>
.25	cup(s)	Shallots	<i>Chopped</i>
2	clove(s)	Garlic	<i>minced</i>
1	dash(es) of	Kosher Salt	
1	dash(es) of	Pepper/Peppercorns	
.5	cup(s)	Chicken Broth (Imagine® gf/low sodium)	

### Instructions

**BodyPro Soft Tortillas (Adapted from Comfybelly.com)**

Score: 77.8%

0.66 cup(s)	Egg, Vital Farms® or Pasture Verde®	
0.66 replacement	Egg, Pasture-raised (from a farmer)	
0.66 replacement	Egg Whites, Pasture-raised	
2 tablespoon(s)	Coconut Oil	
0.25 cup(s)	Almond Milk, unsweetened (no tapioca)	
1 tablespoon(s)	Lime	juice
2 tablespoon(s)	Coconut Flour (gluten free)	
0.25 teaspoon(s)	Cumin	
0.25 teaspoon(s)	Himalayan Salt	

**Instructions****Roasted Brussels Sprouts & Cauliflower Soup adapted from Skinning Taste**

Score: 77.8%

1 pound	Brussels Sprout	
1 Crown(s)	Cauliflower	
1 teaspoon(s)	Grapeseed Oil, Organic	
2 tablespoon(s)	Olive Oil, Virgin	
1 teaspoon(s)	Coconut Oil	
.5 cup(s)	Shallots	Chopped
3.5 cup(s)	Vegetable broth (Imagine® Low Sodium)	
1 dash(es) of	Kosher Salt	
1 dash(es) of	Pepper/Peppercorns	

**Instructions**

**Sandwich Rounds (Adapted from <http://www.comfybelly.com>)**

Score: 75%

2.5	cup(s)	Almond Flour (gluten free)
1	teaspoon(s)	Baking Soda (Arm & Hammer®)
1	cup(s)	Coconut Milk (Native Forest or Natural Value)
0.25	cup(s)	Coconut Oil
3	large	Egg, Pasture-raised (from a farmer)
3	replacement	Egg, Vital Farms® or Pasture Verde®
2	tablespoon(s)	Yacon Syrup
1	tablespoon(s)	Poppy seeds

***Instructions***

**Shrimp Zoodles with Basil (adapted from theultimatepaleoguide)**

Score: 66.7%

1	pound	Shrimp	Raw shrimp peeled, shelled, deveined
2	large	Zucchini	whole
1	cup(s)	Mushrooms	sliced
1	Pint(s)	Tomato	cherry , halved
1	bunch(es)	Basil	small, slivered
1	clove(s)	Garlic	minced
2	tablespoon(s)	Olive Oil, Virgin	
1.25	teaspoon(s)	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

**Instructions**

## Dressings & Dips

### Lazy Man's Ranch (Adapted from the book The Recipe Hacker)

Score: 100%

2	can(s)	Coconut Milk (Native Forest or Natural Value)	full flat
1	tablespoon(s)	Parsley	
2	teaspoon(s)	Dill	
2	teaspoon(s)	Shallots	minced
1	teaspoon(s)	Garlic Salt	
0	pinch(es)	Himalayan Salt	
0	pinch(es)	Pepper, Black (see Garlic/Lemon Pepper)	
0.5	teaspoon(s)	Apple Cider Vinegar (Bragg's®)	

#### Instructions

### Garlic "Mayo" (Adapted from the book The Autoimmune Paleo Cookbook)

Score: 100%

0.5	cup(s)	Coconut Concentrate	See recipe of coconut concentrate
0.5	cup(s)	Water	
0.25	cup(s)	Olive Oil, Virgin	
3	clove(s)	Garlic	
0.25	teaspoon(s)	Himalayan Salt	
2	tablespoon(s)	Mustard (as a Powder)	For mustard
1	tablespoon(s)	Water	For mustard
0	to taste	Apple Cider Vinegar (Bragg's®)	For mustard

#### Instructions

**Fresh Made Guacamole (From Elisabeth Cobb's College Recipes)**

Score: 100%

2	Fresh	Avocado	
1	whole	Lime	fresh
0.25	chopped	Onion, Yellow	
1	teaspoon(s)	Himalayan Salt	
1	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)	

**Instructions****Egg Free Avocado Mayo (Adapted from the website  
<http://wellnessmama.com/23441/egg-free-mayo-avocado-recipe/>)**

Score: 100%

0.25	cup(s)	Olive Oil, Virgin	
1	teaspoon(s)	Lemon Juice	
1	replacement	Lime Juice	
1	replacement	Apple Cider Vinegar (Bragg's®)	
1	teaspoon(s)	Himalayan Salt	
1	tablespoon(s)	Mustard, Brown (Eden® gf mustard)	
0.5	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)	
2		Avocado	ripe
0.5	teaspoon(s)	Garlic Powder	

**Instructions**

## Coconut Concentrate (Adapted from the book The Autoimmune Paleo Cookbook)

Score: 100%

4	cup(s)	Coconut, shredded (raw, unsweetened)	dried
1	tablespoon(s)	Coconut Oil	
0.25	teaspoon(s)	Himalayan Salt	

### Instructions

## Fresh Homemade Cashew Nut Butter

Score: 100%

1.5	pound	Cashews	
1.5	pound	Macadamia Nuts	As Replacement
0.5	teaspoon(s)	Himalayan Salt	
0		Water	Enough to cover

### Instructions

**BodyPro Marcona Almond Mayonnaise (adapted from Elana's Pantry)**

Score: 100%

0.5 cup(s)

Olive Oil, Virgin

0.25 cup(s)

Apple Cider Vinegar (Bragg's®)

3 tablespoon(s)

Almond, Marcona

1 tablespoon(s)

Maple Syrup (Grade A Dark Amber Organic)

**Instructions****Pomegranate Salsa (From Elisabeth Cobb's College Recipes)**

Score: 100%

1 whole

Pomegranate

arils

0.25 chopped

Onion, Yellow

1 teaspoon(s)

Himalayan Salt

1 whole

Pepper, Serrano

Fresh

1 whole

Lime

Fresh

**Instructions**



## Paleo Creamy Pesto Cashew Dip, adapted from The Ultimate Paleo Guide

Score: 87.5%

2	cup(s)	Cashews	Raw
.25	cup(s)	Olive Oil, Virgin	
1	bunch(es)	Basil	
1	as needed	Himalayan Salt	
1	as needed	Pepper/Peppercorns	
1	clove(s)	Garlic	
1	large	Lemon	Juiced
1	whole	Cucumber	Sliced

### Instructions

## Berry Vinaigrette Dressing (From Elisabeth Cobb's College Recipes)

Score: 85.7%

1	cup(s)	Blueberry	Fresh
1	replacement	Strawberry	
1	replacement	Blackberry	
0.25	cup(s)	Olive Oil, Virgin	
1	tablespoon(s)	Honey, (Organic)	
0.5	teaspoon(s)	Himalayan Salt	
0.66	cup(s)	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	

### Instructions

**Raspberry Vinaigrette Dressing (Adapted from the website  
<http://wellnessmama.com/8128/raspberry-vinaigrette/>)**

Score: 75%

0.5 cup(s)	Vinegar, White Wine	
0.25 cup(s)	Olive Oil, Virgin	
0.25 cup(s)	Raspberry	fresh/frozen
2 teaspoon(s)	Honey, (Organic)	

***Instructions***

## Snacks & Appetizers

### Warm Olives (adapted from Food & Wine)

Score: 100%

1	Heaping Cup(s)	Olives (without vinegar)	
1	sprig(s)	Rosemary	<i>Sprig</i>
1	Small	Lemon	<i>Strips of zest from 1 small lemon</i>
2	clove(s)	Garlic	<i>sliced</i>
2	tablespoon(s)	Coconut Oil	

#### Instructions

### Holiday Cauliflower Risotto

Score: 100%

1	head(s)	Cauliflower	<i>cut into florets</i>
3	stalk(s)	Celery	
1	tablespoon(s)	Olive Oil, Virgin	
1	whole	Onion, Yellow	<i>Chopped</i>
.25	cup(s)	Wine, White (Champagne)	
.25	cup(s)	Raisin (unsulfured, organic)	<i>Chopped</i>
1	can(s)	Coconut Milk (Native Forest or Natural Value)	
.25	cup(s)	Yeast, Nutritional	
1	dash(es) of	Himalayan Salt	
1	dash(es) of	Pepper/Peppercorns	
1	whole	Lemon	<i>Zest</i>
2	tablespoon(s)	Parsley	<i>Minced</i>

#### Instructions

## Olive Tapenade

Score: 100%

1	cup(s)	Olives (without vinegar)	<i>Pitted and chopped</i>
.25	cup(s)	Parsley	
1	tablespoon(s)	Lemon Juice	
2	tablespoon(s)	Olive Oil, Virgin	
1	as needed	Himalayan Salt	

### Instructions

## Roasted Veggie Blend

Score: 100%

1	pound	Brussels Sprout	<i>washed and halved</i>
1	bunch(es)	Asparagus	<i>Washed and trimmed</i>
1	medium	Onion, Yellow	<i>Chopped into large pieces</i>
2	Crown(s)	Broccoli	<i>Chopped into large pieces</i>
1	cup(s)	Cauliflower	<i>Chopped</i>
2	tablespoon(s)	Grapeseed Oil, Organic	
1	clove(s)	Garlic	<i>minced</i>
1	as needed	Garlic Salt	
1	as needed	Pepper/Peppercorns	

### Instructions

**Brussels Sprouts w/ Crispy Bacon (Adapted from the book The Autoimmune Paleo Cookbook)**

Score: 100%

1.5	pound	Brussels Sprout
6	slice(s)	Applegate® organic bacon
6	replacement	Applegate® organic turkey bacon
0	to taste	Himalayan Salt

**Instructions****Sauteed Market Greens (Adapted from the book The Autoimmune Paleo Cookbook)**

Score: 100%

2	bunch(es)	Kale, all types	large bunches
2	replacement	Chard	
2	replacement	Collard Greens	
1	teaspoon(s)	Himalayan Salt	
2	tablespoon(s)	Olive Oil, Virgin	

**Instructions**

**Bacon-Wrapped Pears (Adapted from the book The Autoimmune Paleo Cookbook)**

Score: 100%

3	slice(s)	Applegate® organic bacon	
3	replacement	Applegate® organic turkey bacon	
2	slice(s)	Pear	Cored
0		Cinnamon	

**Instructions****Crispy Kale Chips (Adapted from the book The Autoimmune Paleo Cookbook)**

Score: 100%

1	bunch(es)	Kale, all types	
2	tablespoon(s)	Coconut Oil	melted
0	to taste	Himalayan Salt	

**Instructions**

## Nectarine, Arugula, and Ham (Adapted from the book The Autoimmune Paleo Cookbook)

Score: 100%

2		Nectarines	<i>cut into eighths</i>
4	pound	Applegate® organic ham	
1	cup(s)	Arugula	

### Instructions

## Roasted Asparagus

Score: 100%

1	bunch(es)	Asparagus	
3	clove(s)	Garlic	<i>minced</i>
2	tablespoon(s)	Almond	<i>Sliced</i>
1	teaspoon(s)	Grapeseed Oil, Organic	

### Instructions

## Garlic-Ginger Baby Bok Choy, From Stupid Easy Paleo

Score: 100%

1	pound	Bok Choy	Cut in half
1	whole	Ginger	peeled and shredded
1	clove(s)	Garlic	Minced
1	tablespoon(s)	Coconut Aminos®	
1	Rounded table	Coconut Oil	
1	tablespoon(s)	Water	

### Instructions

## Cajun Sweet Potato Fries (Adapted from the website

<http://realhealthyrecipes.com/2015/05/21/cajun-sweet-potato-fries/>)

Score: 88.9%

1	large	Sweet Potato, Red	peeled and sliced into 1/4 inch long slices
1	tablespoon(s)	Olive Oil, Virgin	
1	teaspoon(s)	Garlic Powder	
0.25	teaspoon(s)	Paprika (smoked)	
0.125	teaspoon(s)	Onion Powder	
0.125	teaspoon(s)	Pepper, Cayenne	
0.125	teaspoon(s)	Oregano	dried
0.125	teaspoon(s)	Thyme	dried
0.25	teaspoon(s)	Himalayan Salt	

### Instructions



**Spinach, Kale, and Artichoke Dip, from The Ultimate Paleo Guide**

Score: 88.9%

1	cup(s)	Artichoke, Jerusalem (not pickled)	<i>hearts</i>
1	bunch(es)	Kale, all types	<i>Stems removed</i>
1	bunch(es)	Spinach	<i>Stems removed</i>
2	clove(s)	Garlic	<i>minced</i>
2	tablespoon(s)	Olive Oil, Virgin	
2	tablespoon(s)	BodyPro Avocado Oil Mayonnaise	
1	medium	Lime	<i>juiced</i>
1	as needed	Himalayan Salt	
1	as needed	Pepper/Peppercorns	

**Instructions****Cinnamon-Scented Butternut Squash (Adapted from the book The Autoimmune Paleo Cookbook)**

Score: 80%

3	pound	Squash, Butternut
2	tablespoon(s)	Olive Oil, Virgin
0.25	teaspoon(s)	Cinnamon
0.125	teaspoon(s)	Nutmeg
0.25	teaspoon(s)	Himalayan Salt

**Instructions**

## Roasted Peaches

Score: 75%

1	pound	Peach	Sliced and pitted
3	dash(es) of	Cinnamon	Add till desired taste
2	tablespoon(s)	Coconut Oil	
1	handful(s)	Pecans	Chopped

### Instructions

## Real Healthy Onion Rings (Adapted from the website <http://realhealthyrecipes.com/2012/11/08/real-healthy-onion-rings/>)

Score: 75%

1	large	Onion, Yellow	
1	cup(s)	Almond Meal (gluten free)	
0	dash(es) of	Himalayan Salt	
0.25	teaspoon(s)	Garlic Powder	
1	cup(s)	Coconut Milk (Native Forest or Natural Value)	full flat
1		Egg, Vital Farms® or Pasture Verde®	
1	replacement	Egg, Pasture-raised (from a farmer)	
1	replacement	Egg Whites, Pasture-raised	

### Instructions

Simple Roasted Green Beans

Score: 60%

1	pound	Bean, Green	<i>trimmed</i>
1	tablespoon(s)	Olive Oil, Virgin	
2	tablespoon(s)	Lemon Juice	
1	as needed	Kosher Salt	
1	as needed	Pepper/Peppercorns	

Instructions