

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%

Score: 100%

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

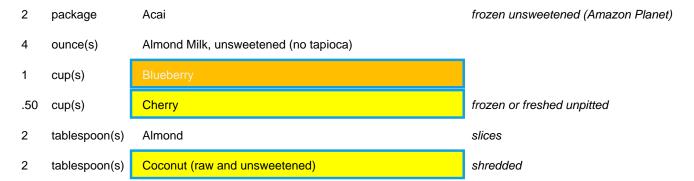
Instructions

Morning Sausages (adapted from comfybelly.com)

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

Acai Bowl Score: 100%

Score: 100%



Instructions

Pitaya Power Smoothie

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

Score: 100%

Score: 100%

Apple Slices with Cashew Butter

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

3 stalk(s) Celery Washed, and cut into 3 inch pieces.

3 tablespoon(s) Almond Butter (Artisana®)

1 teaspoon(s) Cinnamon

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

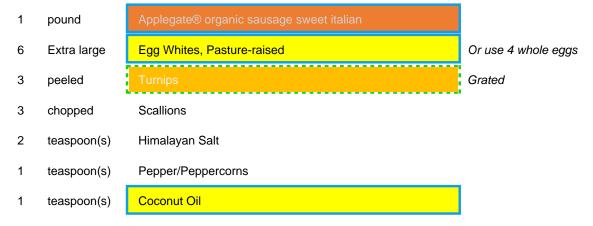
Score: 100%

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



Delightful Ham Omlette

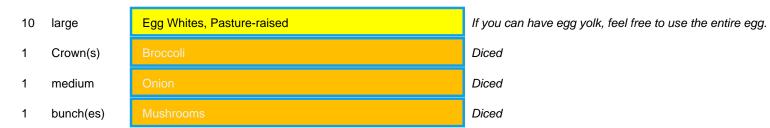


Score: 100%

Score: 100%

Instructions

Healthy Egg Breakfast Muffins (adapted from Grubs Paleo)



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	Not feta
1	tablespoon(s)	Coconut Oil	
2	clove(s)	Garlic	minced
1	diced	Onion, Yellow	
1	diced	Zucchini	medium
4	ounce(s)	Mushrooms, Button	
2	tablespoon(s)	Parsley	
2	tablespoon(s)	Basil	
1	teaspoon(s)	Garlic	powder
0	to taste	Himalayan Salt	
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

Score: 88.9%

Breakfast Bacon and Maple Meatballs

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)	

Score: 87.5%

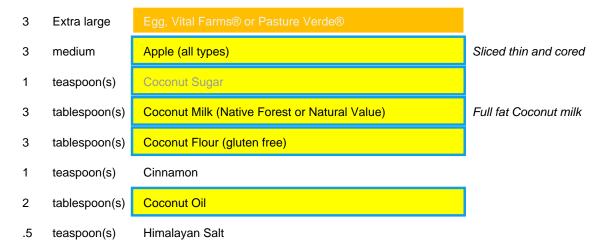
Score: 87.5%

Mini Breakfast Quiches

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: 84.6%

Pumpkin Waffles or Pancakes

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

Score: 81.8%

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

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

Score: 80%

Avocado, Chicken, and Spinach Omelette

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.thepaleomo Score: 78.6% m.com/2012/06/recipe-perfect-pumpkin-pancakes.html)

0.5	cup(s)	Pumpkin Powder
2	tablespoon(s)	Honey, (Organic)
0.5	teaspoon(s)	Ginger Powder
0.5	teaspoon(s)	Nutmeg
0.125teaspoon(s)		Cinnamon
0.125teaspoon(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%

Score: 77.8%

Score: 77.8%

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

chopped 0.5 Bell Pepper, Red 0.5 chopped 1.5 cup(s) thin sliced 2 cup(s) Kale, all types chopped 2 cup(s) Spinach chopped 8 beaten 8 replacement Egg Whites, Pasture-raised 8 replacement tablespoon(s) Coconut Oil

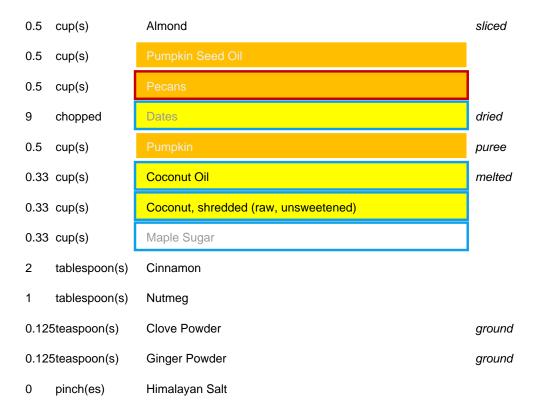
Instructions

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

2	cup(s)	Almond	sliced
2	cup(s)	Coconut, shredded (raw, unsweetened)	flakes
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	

Score: 76.9%

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



Score: 69.2%

Breakfast Lasagna Adapted from the recipie http://paleomg.com/breakfast-lasagna/

Sweet Potatoes, White slice(s) thinly sliced pound pound slice(s) thinly sliced 0.33 can(s) Coconut Milk (Native Forest or Natural Value) teaspoon(s) Garlic 1 teaspoon(s) to taste Himalayan Salt 0 to taste Pepper, Black (see Garlic/Lemon Pepper) 6 Whisked 6 replacement Egg Whites, Pasture-raised 6 replacement 6 replacement

Score: 66.7%

Score: 66.7%

Eggs in a Ham Blanket

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



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

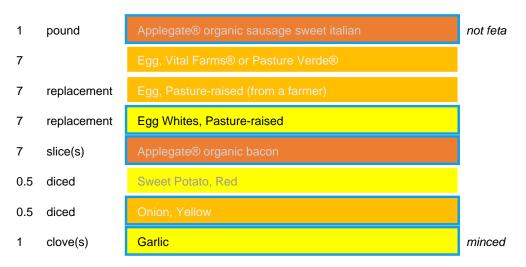
1 package Strawberry dried
3 tablespoon(s) Coconut Cream
3 tablespoon(s) Honey, (Organic)
2 tablespoon(s) Sunflower Seed Butter
1 teaspoon(s) Vanilla (gluten and corn-free)

Instructions

pinch(es)

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

Himalayan Salt



Instructions

Score: 62.5%

Score: 66.7%

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	As Replacement
12	replacement	Egg, Pasture-raised (from a farmer)	As Replacement
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

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	

Lunch

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

Score: 100%

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	

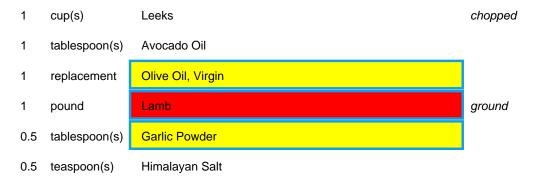
Instructions

Old Fashioned Cabbage Soup Recipe (Adapted by PaleoLeap)



Score: 100%

Lamb & Leek Burgers



Instructions

Chicken & Bacon Bites with Green Onion and Sage (adapted from the Score: 100% book Nourish)



Score: 100%

Garlic-Roasted Mackerel (adapted from the book Nourish)

0.75	Packed Cup(s)	Cilantro/Coriander	packed cup
0.75	cup(s)	Onion, Green	chopped
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	Fresh Fillets w/ skin

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	minced
4	slice(s)	Leeks	trimmed
4	cup(s)	Chicken Broth (Imagine® gf/low sodium)	
1	teaspoon(s)	Thyme	leaves
0.75	cup(s)	Coconut Milk (Native Forest or Natural Value)	
1	pound	Salmon, wild (fresh)	Bite Size
0	pinch(es)	Himalayan Salt	

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



Score: 100%

Score: 100%

Instructions

to taste

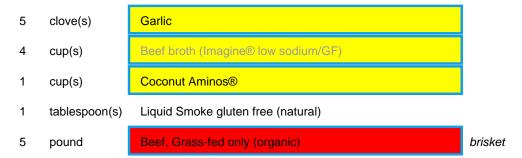
Sliced Roast Beef (Adapted from the book Nourish)

Pepper, Black (see Garlic/Lemon Pepper)

2	pound	Beef, Grass-fed only (organic)	of lean
0.33	cup(s)	Himalayan Salt	
1	cup(s)	Water	Hot water
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	Cold water

Score: 100%

Beef Brisket (Adapted from the book The Recipe Hacker)



Score: 100%

Cauliflower Rice (Adapted from the book The Recipe Hacker)

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 ultimatepaleoguide) Score: 100%

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

Score: 100%

Score: 100%

Paleo Chicken and Cauliflower Stew (adapted from ultimatepaleoguide)

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)

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)

Score: 90.9%

Super Spinach Salad (adapted from ultimatepaleoguide)

3	cup(s)	Spinach	chopped
2	cup(s)	Cabbage, Purple	shredded
1	cup(s)	Cucumber	sliced
.50	whole	Onion	sliced
.50	cup(s)	Mushrooms, Button	sliced
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)	

Score: 90.9%

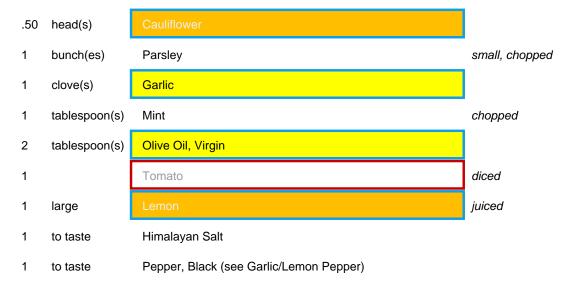
Score: 88.9%

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



Instructions

Paleo Cauliflower Tabouli (adapted from ultimatepaleoguide)



Score: 83.3%

Score: 83.3%

Paleo Hot Dog Hash adapted recipe by Marla Sarris

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%

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

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)	Himalayan Salt Pepper, Black (see Garlic/Lemon Pepper)
•		
1	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper)
1	teaspoon(s)	Pepper, Black (see Garlic/Lemon Pepper) Egg, Vital Farms® or Pasture Verde®

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

Score: 76.9%

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

	_		
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
0.12	5teaspoon(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	Gravv Ingredients

Score: 75%

Lettuce Wrapped Burgers (Adapted from Barre 3)



- 1. In a large pot or Dutch oven, heat the olive oil over medium he teaspoon salt, stirring to combine. Partially cover and cook, stirring occasionally for 5 minutes, until the onions begin to wilt
- 2. Remove the lid, and add the mushrooms and an additional! [tea 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 ½ 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	raw
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)	
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	rind of organic
0	to taste	Himalayan Salt	
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

Chopped

Score: 55.6%

Score: 50%

Tuna Salad Salad

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	

Instructions

handful(s)

Turkey, Bacon Cucumber "Sandwich"

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

Score: 100%

Dinner

Mashed Cauliflower (Adapted from Detoxinista)

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	

Score: 100%

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

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%



Plantain Tortillas (From Elisabeth Cobb's College Recipes)

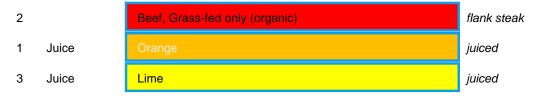
Score: 100%

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%

Score: 100%

Rosemary Rubbed Roast Beef (adapted from paleo valley)

2	pound	Beef, Grass-fed only (organic)	roast beef round
2	tablespoon(s)	Rosemary	dried
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%

Pork Chops with Apples and Greens from The Whole 30 cookbook

ounce(s)	Pork, (organic)	bone-in chops
cup(s)	Spinach	packed fresh
large	Apple (all types)	tart red
tablespoon(s)	Olive Oil, Virgin	extra virgin
teaspoon(s)	Himalayan Salt	
as needed	Pepper, Black (see Garlic/Lemon Pepper)	
stalk(s)	Shallots	finely chopped
cup(s)	Chicken Broth (Imagine® gf/low sodium)	bone broth
cup(s)	Apple Cider	
o a.p (o)	11 - a	
	cup(s) large tablespoon(s) teaspoon(s) as needed stalk(s) cup(s)	cup(s) Spinach large Apple (all types) tablespoon(s) Olive Oil, Virgin teaspoon(s) Himalayan Salt as needed Pepper, Black (see Garlic/Lemon Pepper) stalk(s) Shallots cup(s) Chicken Broth (Imagine® gf/low sodium)

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

Score: 100%

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)



Hamburger Veggie Casserole (adapted from ultimatepaleoguide)

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/)

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
0.25	cup(s) teaspoon(s)	Water Olive Oil, Virgin	(hot water) - For the Sauce For the Taco Skillet
	,		
1	teaspoon(s)	Olive Oil, Virgin	For the Taco Skillet

Score: 100%

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%

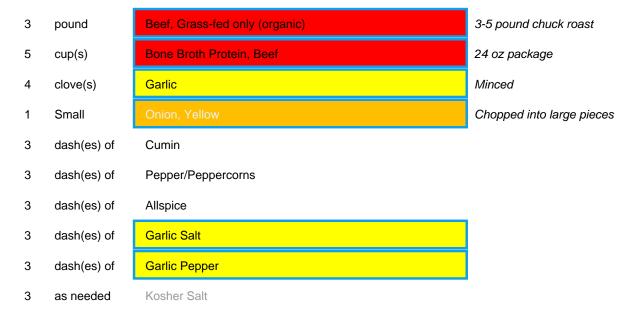
3	breast(s)	Chicken, free range (organic)	
1		Chili Powder	For Taco Seasoning
2	tablespoon(s)	Onion, Sweet	For Taco Seasoning
2	tablespoon(s)	Olive Oil, Virgin	For Taco Seasoning
1	tablespoon(s)	Garlic Powder	For Taco Seasoning
0.5	teaspoon(s)	Paprika	For Taco Seasoning
0.25	teaspoon(s)	Himalayan Salt	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

Score: 90%

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: 88.9%

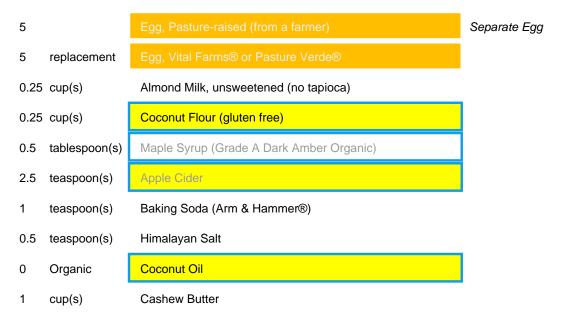
Score: 80%

Paleo Steak and Vegetable Stir Fry (adapted from ultimatepaleoguide)

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	

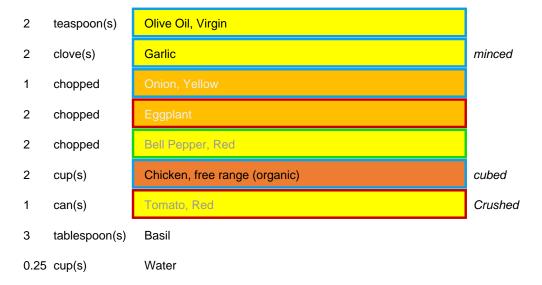
Instructions

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



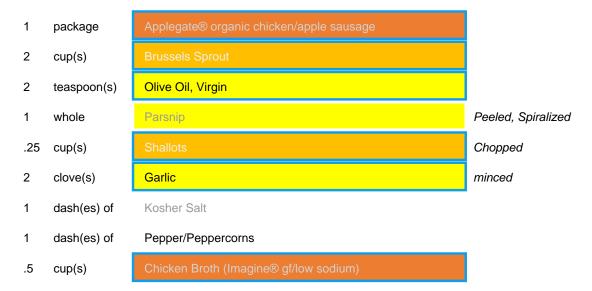
Hearty Chicken Casserole (Adapted from the website http://realhealthyrecipes.com/2013/10/10/hearty-chicken-casserole/)

Score: 77.8%



Score: 77.8%

Brussels Sprouts & Sausage Parsnip Spiralized Pasta from Skinny Taste



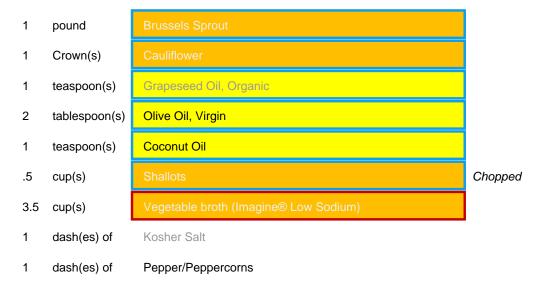
Score: 77.8%

BodyPro Soft Tortillas (Adapted from Comfybelly.com)

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 Score: 77.8% Taste



Score: 75%

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

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

Score: 66.7%

Shrimp Zoodles with Basil (adapted from theultimatepaleoguide)

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)	

Score: 100%

Score: 100%

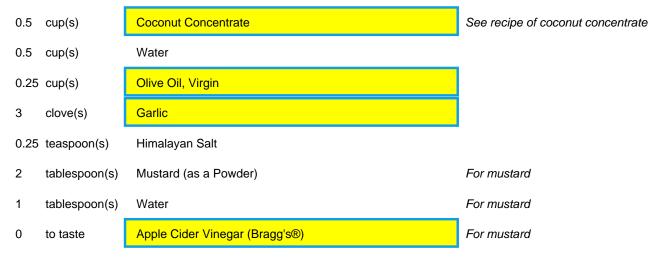
Dressings & Dips

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

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)



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

Score: 100%

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/)



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Coconut Concentrate (Adapted from the book The Autoimmune Paleo Score: 100% 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

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

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BodyPro Marcona Almond Mayonnaise (adapted from Elana's Pantry) Score: 100%

Score: 100%

0.5 cup(s)	Olive Oil, Virgin
0.25 cup(s)	Apple Cider Vinegar (Bragg's®)
3 tablespoon(s)	Almond, Marcona

Instructions

Pomegranate Salsa (From Elisabeth Cobb's College Recipes)

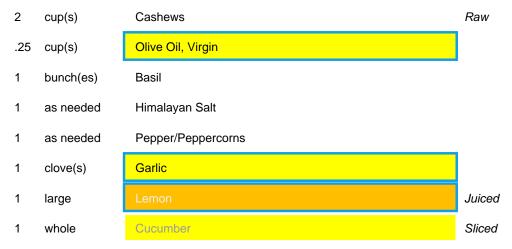
orilo

1	whole	Pomegranate	arils
0.25	chopped	Onion, Yellow	
1	teaspoon(s)	Himalayan Salt	
1	whole	Pepper, Serrano	Fresh
1	whole	Lime	Fresh

Score: 87.5%

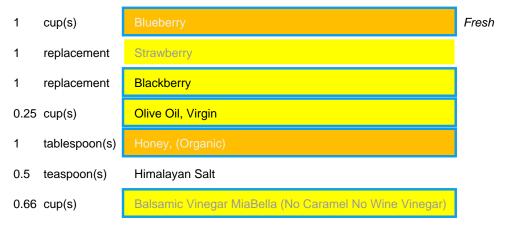
Score: 85.7%

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



Instructions

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



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

Score: 75%

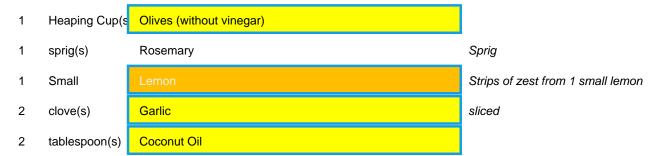
0.5 cup(s)	Vinegar, White Wine	
0.25 cup(s)	Olive Oil, Virgin	
0.25 cup(s)	Raspberry	fresh/frozen

Score: 100%

Score: 100%

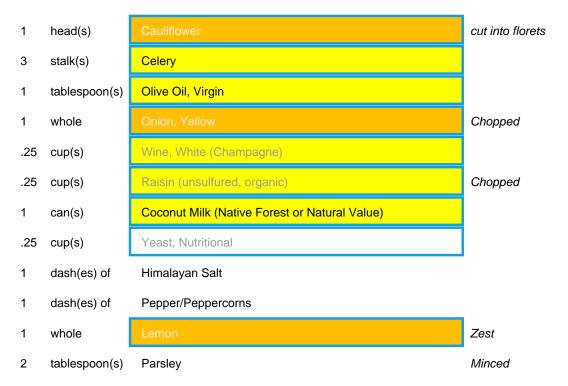
Snacks & Appetizers

Warm Olives (adapted from Food & Wine)



Instructions

Holiday Cauliflower Risotto



Score: 100%

Score: 100%

Olive Tapenade

1 cup(s) Olives (without vinegar)

Pltted and chopped

2 cup(s) Parsley

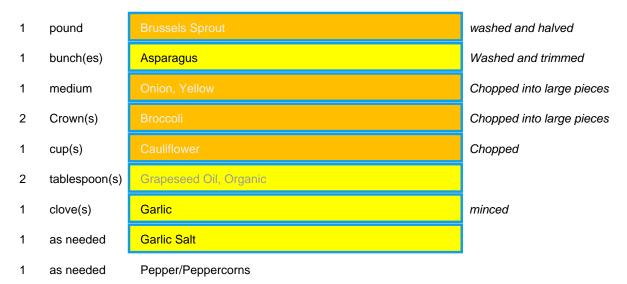
Lemon Juice

tablespoon(s) Olive Oil, Virgin

as needed Himalayan Salt

Instructions

Roasted Veggie Blend



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

Score: 100%

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)



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

Score: 100%

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)



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

Score: 100%

Score: 100%

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

Instructions

Roasted Asparagus

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

Score: 100%

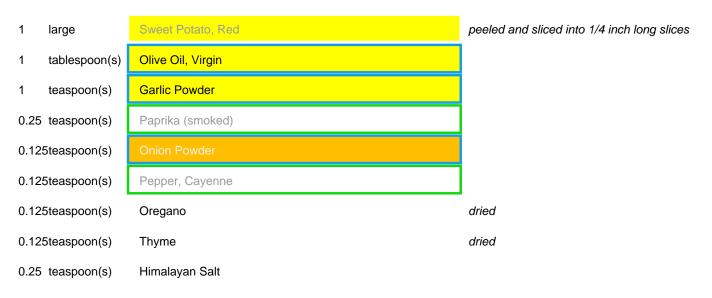
Score: 88.9%

Garlic-Ginger Baby Bok Choy, From Stupid Easy Paleo



Instructions

Cajun Sweet Potato Fries (Adapted from the website http://realhealthyrecipes.com/2015/05/21/cajun-sweet-potato-fries/)



Score: 88.9%

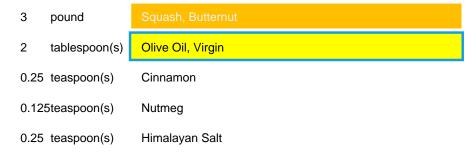
Score: 80%

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

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

Instructions

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



Score: 75%

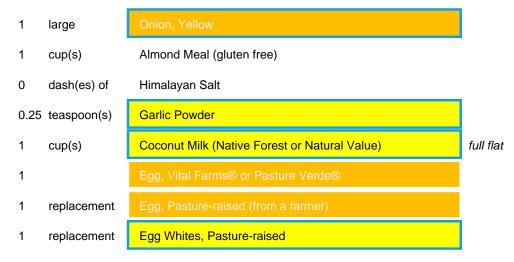
Score: 75%

Roasted Peaches



Instructions

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



Simple Roasted Green Beans

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

Score: 60%