



## Recipes for:

### test patient

#### **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

### Pumpkin Pancakes (Adapted from the website <http://www.thepaleomom.com/2012/06/recipe-perfect-pumpkin-pancakes.html>) Score: 100%

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

#### Instructions

1. Mix all ingredients together in a blender for about 30 seconds.
2. Heat a non-stick or very well-seasoned cast iron skillet or griddle on medium-high heat (or slightly cooler than medium-high).
3. Add about 2 Tbsp of coconut oil into the pan. Pour batter into the pan, about 3 Tbsp per pancake, and with spacing far enough.
4. Cook for 6-8 minutes on the first side, until starting the batter is starting to look a little dry around the edges and more solid on top.
5. If you use your flipper to get a sneak peak at the underneath side of the pancake, it should be nicely browned but not too dark.
6. Carefully, flip the pancake. Cook for 2-4 minutes on the other side, until done
7. Repeat until all the batter is used. Enjoy warm or cooled.

## Breakfast Bacon and Maple Meatballs

Score: 88.9%

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

### Instructions

1. Preheat oven to 375 degrees.
2. Place your bacon slices in a pan over medium heat.
3. Cook on both sides until crispy, place on a paper towel to soak up the excess fat and cool, then dice up into small pieces
4. Place your sweet potato in a food processor with the shredding attachment.
5. Shred your sweet potato, remove contents, then shred it once more. You want it pretty fine.
6. Then shred your onion and mushrooms in the same container with the sweet potato that was shredded twice.
7. Add all of your ingredients, every last one to a bowl and mix, ideal tool is your hands.
8. Place parchment paper on a baking sheet then start making your meatballs.
9. What is helpful is an ice cream scoop so they are all the same size. Roll the scooped out balls in your hands & place on a baking sheet
10. Repeat until all your ingredients are gone. Bake for 30-35 minutes until meatballs are golden brown and completely cooked through.
11. Be sure to check one before you turn the oven off!

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

Score: 77.8%

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

**Instructions**

1. In a food processor or blender, pulse the cilantro, green onions, parsley, olive oil, capers, and water until almost smooth. Reserve mixture until just about ready to serve
2. Preheat oven to 425 and line a baking tray with parchment paper.
3. Mash the garlic cloves and avocado oil together with either mortar and pestle or fork and bowl until a paste is achieved.
4. Rub the fish with the paste and brush the baking tray with a little oil
5. Lay the mackerel skin-side up on the baking tray and roast until the fish flakes easily and the skin is crisp, about 10 min
6. Serve immediately with a generous spoonful of the salsa verde on each piece of the mackerel

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

Score: 72.7%

|      |   |
|------|---|
| 1    | Beef, Grass-fed only (organic)          |
| 0.5  | Himalayan Salt                          |
| 0.5  | Fennel                                  |
| 0.5  | Thyme                                   |
| 0.25 | Garlic                                  |
| 0.25 | Allspice                                |
| 0.25 | Cloves                                  |
| 0.25 | Nutmeg                                  |
| 1    | Yacon Syrup                             |
| 0    | Pepper, Black (see Garlic/Lemon Pepper) |
| 0    | Grapeseed Oil, Organic                  |

**Instructions**

1. Combine all ingredients in a bowl, and blend by hand until it is well-seasoned, throughout.
2. Preheat a saucepan over a stove on a low-to-medium heat.
3. Shape the sausage patties.
4. Cook each side for approximately 5 minutes. Brown them well.
5. Place a paper towel on a plate. Remove the patties, and place them on a prepared plate to absorb the grease.

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

Score: 66.7%

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

### Instructions

1. Preheat oven to 400 degrees.
2. Place a large skillet over medium-high heat. Add oil along with 2 garlic cloves and diced onion.
3. Once the onions begins to become translucent, add diced zucchini and cover to help steam the zucchini
4. After about 3-4 minutes, add the mushrooms on top and cover again for about 4-5 more minutes.
5. Once vegetables have softened, add in parsley, basil, garlic powder and salt and pepper. Mix well then remove from heat to cool.
6. Once vegetables are cool, add ground beef, breakfast sausage, and cooled vegetables to a large bowl and get dirty with your hands
7. Mix well to combine, trying not to squish the zucchini too much.
8. Line a large bread pan with foil or parchment paper and place the meat mixture into the dish.
9. Press firmly to make sure it all sticks together and to keep it from falling apart.
10. Place in oven and bake for 40-45 minutes until meat presses back at you when you poke it. Let sit after 10 min after baking.

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

Score: 66.7%

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

### Instructions

1. Grind fennel seed and anise seed in a coffee grinder, spice grinder, or a mortar and pestle
2. Mix spices and ground beef thoroughly (I find it easiest to just use my hands). Then form sausage into 3 or 4 patties
3. Heat oil in a skillet over medium-high heat.
4. Cook sausage patties for 8-10 minutes on the first side. Flip and cook for another 7-8 minute on the second side, until fully cooked.
5. Enjoy!

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

Score: 66.7%

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

### Instructions

1. Preheat oven to 375 degrees.
2. Place a large skillet over medium heat and add your chorizo or breakfast sausage to cook down.
3. Add a medium skillet or saucepan over medium heat on a different burner, and add a tablespoon of fat.
4. Place onions in to begin to caramelize. Salt and pepper the onions while they cook.
5. Once your onions have cooked for about 8-10 minutes, add your mushrooms and cover to help cook your mushrooms.
6. Now, while your meat and onions/mushrooms cook down, thinly slice your sweet potato/yam lengthwise so you have even strips.
7. Pull out your 8x8 glass baking dish and layer the bottom of your dish with thinly sliced sweet potato/yam.
8. In a bowl, mix your coconut milk with garlic powder, onion powder, and a bit of salt and pepper. Whisk to mix.
9. Once your meat is done cooking and your onions are beautifully caramelized, beginning your lasagna layering.
10. Place a scoop full of mushrooms and onions on top of your first sweet potato layer, spreading it out.
11. then place a spoonful of your meat across that first layer.
12. Then layer another layer of sweet potatoes on top of your onions and meat, and keep on layering.
13. Once your layers are finished, pour your coconut milk mixture over your lasagna
14. Salt and pepper the top of your lasagna then place aluminum foil on top to create a seal around your baking dish.
15. Bake for 30-35 minutes or until your sweet potatoes are completely cooked through.
16. When your lasagna is done baking, let cool for about 10 minutes.
17. While the lasagna is baking, whisk the eggs and scramble in a pan, then once cooked place on top of lasagna. Enjoy!



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

Score: 66.7%

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

**Instructions**

1. Add dried strawberries to a food processor and pulse until the strawberries begin to break down into small pieces.
2. Then add paleokrunch cereal to the food processor mix well until combined with the dried strawberries.
3. Add coconut cream concentrate, honey, sunflower seed butter, vanilla, & salt to the food processor & mix until completely combined
4. Line a glass 8x8 baking dish with parchment paper.
5. Add mixture from the food processor into the baking dish and press down evenly to flatten out throughout the dish.
6. Place in freezer to let set for an hour or longer.
7. Cut into 8-10 granola bars or whatever size suits you.
8. Keep refrigerated until serving.

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

Score: 62.5%

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

### Instructions

1. Preheat your oven to 350 degrees.
2. Place your breakfast sausage in a medium bowl and crack an egg directly in.
3. Mix with your hands until the egg is broken up and you have a big ball of goo.
4. Pour your meat mixture into a 8x8 glass baking dish and press down until you have an even surface through the entire dish.
5. Put in the oven for 8-10 minutes or until you see the fat rise up to the top.
6. It won't have to be completely cooked through since you will be cooking it a second time.
7. Once you pull it out of the oven, discard of any excess fat.
8. While your meatza is cooking, cut up your bacon and throw in a large pan over medium heat.
9. Cook until a bit crispy & thoroughly. Then remove with a slotted spoon and place on a plate with a paper towel to soak up excess fat.
10. Pour the remaining excess bacon fat in the pan into a jar, leaving about 2-3 tablespoons in the pan.
11. Add your garlic clove, then add your sweet potato and yellow onion to the pan.
12. Let the onion and sweet potato cook down for about 8-10 minutes, stirring frequently to keep from burning.
13. Once your sweet potatoes are soft and your meatza has cooked, start making layers.
14. Add your sweet potato/onion mixture to the top of your meatza, evenly distributed.
15. Then crack 6 eggs on top, you pick where you'd like them to go. And finally top with bacon through the eggs.
16. Place back in the oven to cook for 8-10 minutes or until eggs are cooked to your preference.
17. If you don't like eggs over-easy or over-medium, you could make scrambled eggs instead to top it off with!
18. Let cool. Top with hot sauce because hot sauce is delightful.

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

Score: 61.5%

|               |                                      |               |
|---------------|--------------------------------------|---------------|
| 0.5 cup       | Almond                               | <i>sliced</i> |
| 0.5 cup       | Pumpkin Seed Oil                     |               |
| 0.5 cup       | Pecans                               |               |
| 9 chopped     | Dates                                |               |
| 0.5 cup       | Pumpkin                              |               |
| 0.33 cup      | Coconut Oil                          |               |
| 0.33 cup      | Coconut, shredded (raw, unsweetened) |               |
| 0.33 cup      | Maple Sugar                          |               |
| 2 tablespoon  | Cinnamon                             |               |
| 1 tablespoon  | Nutmeg                               |               |
| 0.125teaspoon | Cloves                               |               |
| 0.125teaspoon | Ginger                               |               |
| 0 pinch       | Himalayan Salt                       |               |

### Instructions

1. Preheat oven to 325 degrees.
2. In a large mixing bowl, add your pumpkin puree, coconut oil, maple syrup, vanilla extract, and all spices. Mix well.
3. Then add your nuts, seeds, and dates and mix well with your wet ingredients.
4. Place parchment paper on a large baking sheet and pour your granola mixture on top.
5. Use a spoon to spread out the mixture evenly so everything will cook at the same time.
6. Place in oven and cook for 30-40 minutes, moving the granola around half way through to be sure it doesn't burn.
7. LET COOL. Letting the granola cool will help it harden up, and that's what you want from granola.

**Dairy-Free Strawberry Yogurt Adapted from the website**

Score: 60%

<http://realhealthyrecipes.com/2014/05/20/dairy-free-strawberry-yogurt/>

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

**Instructions**

1. Throw all of the ingredients into a food processor
2. Blend on high until creamy. Enjoy chilled.

**Cinnamon-Scented Butternut Squash**

(Adapted from the book The

Score: 60%

**Autoimmune Paleo Cookbook)**

|       |            |                   |
|-------|------------|-------------------|
| 3     | pound      | Squash, Butternut |
| 2     | tablespoon | Olive Oil, Virgin |
| 0.25  | teaspoon   | Cinnamon          |
| 0.125 | teaspoon   | Nutmeg            |
| 0.25  | teaspoon   | Himalayan Salt    |

**Instructions**

1. Preheat oven to 400
2. Peel, remove the seeds, and cut the butternut squash into cubes
3. Place the butternut squash in a large bowl and combine with the oil, cinnamon, nutmeg, and salt, stirring to coat evenly
4. Place in a baking dish and cook for 1 hour, or until completely tender, making sure to stir every 20 minutes or so.
5. Serve warm and Enjoy!

**Paleo Granola** Adapted from the website

Score: 50%

<http://www.thepaleomom.com/2012/03/recipe-paleo-granola.html>

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

**Instructions**

1. Preheat oven to 300F. Line a large baking pan with parchment paper.
2. Mix coconut, nuts and seeds in a big bowl. Add cinnamon and nutmeg and stir to coat.
3. Melt coconut oil and honey on low heat on the stovetop or in the microwave. Add vanilla.
4. Pour coconut oil mixture over nuts and seeds. Stir to coat. Pour out onto prepared baking sheet and spread out evenly.
5. Bake for 30 minutes, until golden brown.
6. Let cool completely in pan (for larger chunks), then pour into a plastic container or bag for storage

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

Score: 50%

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

### Instructions

1. Heat an oven proof skillet over medium high heat and turn on broiler (on high) to preheat oven.
2. Add oil to pan. Add onion, pepper and mushroom and sauté, stirring occasionally, until vegetables are starting to soften (3-4 min)
3. Add kale and continue to sauté, until all vegetables are cooked (8-10 minutes).
4. Add spinach, and stir until spinach is wilted.
5. Add beaten eggs. Let cook on stove top 1-2 minutes, stirring a couple of times
6. Place skillet in oven and broil until eggs are completely cooked, puffed up and starting to brown on top. Serve & enjoy!

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

Score: 50%

|       |            |                   |
|-------|------------|-------------------|
| 1     | large      | Sweet Potato, Red |
| 1     | tablespoon | Olive Oil, Virgin |
| 1     | teaspoon   | Garlic Powder     |
| 0.25  | teaspoon   | Paprika (smoked)  |
| 0.125 | teaspoon   | Onion Powder      |
| 0.125 | teaspoon   | Pepper, Cayenne   |
| 0.125 | teaspoon   | Oregano           |
| 0.125 | teaspoon   | Thyme             |

### Instructions

1. Preheat the oven to 450 degrees line a rimmed baking sheet with parchment paper.
2. Peel and thinly slice the sweet potato into French fries. Toss the fries with the olive oil and spices. Spread over the prepared baking sheet.
3. Bake for 20 minutes, turning twice. Continue to bake until golden. Cool before serving. Enjoy!

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

Score: 42.9%

|      |          |  |                |
|------|----------|--|----------------|
| 1    | large    | Onion, Yellow                                |                |
| 1    | cup      | Almond Meal (gluten free)                    |                |
| 0    | dash_of  | Himalayan Salt                               |                |
| 0.25 | teaspoon | Garlic Powder                                |                |
| 1    | cup      | Coconut Milk(Native Forest or Natural Value) |                |
| 1    | whole    | Egg, Vital Farms® or Pasture Verde®          |                |
| 1    | whole    | Egg, Pasture-raised (from a farmer)          | As Replacement |

**Instructions**

1. Preheat oven to 400 degrees F. Lightly grease a baking sheet with coconut oil.
2. In a shallow bowl combine the almond meal, salt & garlic powder & another shallow bowl whisk the coconut milk & egg.
3. Dip each onion ring in the milk mixture and then coat with the almond meal mixture. Place on prepared baking sheet.
4. Bake for 20 minutes. Remove from oven, flip each onion ring, then return to oven for an additional 10 minutes.
5. Remove from oven and serve immediately.

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

Score: 42.9%

|     |          |   |                |
|-----|----------|---|----------------|
| 3   | whole    | Sweet Potato, Red                       |                |
| 0.5 | cup      | Coconut Oil                             |                |
| 0   | to_taste | Himalayan Salt                          |                |
| 12  | whole    | Egg, Vital Farms® or Pasture Verde®     |                |
| 12  | whole    | Egg, Whites, Pasture-raised             | As Replacement |
| 12  | whole    | Egg, Pasture-raised (from a farmer)     | As Replacement |
| 0   | to_taste | Pepper, Black (see Garlic/Lemon Pepper) |                |

### Instructions

1. Preheat the oven to 400 degrees. Scrub the sweet potatoes and place in a baking pan.
2. Rub with coconut oil and season with salt and pepper. Bake for 25 minutes, until semi-tender.
3. Once the sweet potatoes are cool enough to handle, peel the skin, leaving just enough skin to grip one end.
4. Chop into pieces and run through a food processor with the grating attachment.
5. Lightly grease 12 muffin tins with coconut oil. Press the shredded sweet potato mixture into each of the 12 muffin tins.
6. Season with salt and pepper. Lightly brush with melted coconut oil.
7. Crack an egg into each sweet potato cup. Season with sea salt and black pepper. Bake for 10 to 20 minutes. Enjoy!

## Avocado, Chicken, and Spinach Omelet

Score: 37.5%

|     |             |   |  |
|-----|-------------|---|--|
| 0.5 | pound       | Chicken, free range (organic)           |  |
| 2   | cup         | Spinach                                 |  |
| 2   | teaspoon    | BodyPro Almond Mayo Grade A Maple Syrup |  |
| 3   | replacement | Egg, Vital Farms® or Pasture Verde®     |  |
| 3   | replacement | Egg, Pasture-raised (from a farmer)     |  |
| 3   | replacement | Egg, Whites, Pasture-raised             |  |
| 1   | teaspoon    | Coconut Oil                             |  |
| 1   | teaspoon    | Palm Kernel Oil                         |  |

### Instructions



1. In a covered pan, boil the Spinach in water at high heat for 1 to 2 minutes, or until wilted. Drain well, removing excess water.
2. Place the Spinach, the cooked Chicken and the Avocado in a bowl and mix. Heat 1 teaspoon of Coconut oil in a frying pan. Pour the beaten eggs into the pan well.
3. Heat 1 teaspoon of Coconut oil in a frying pan. Pour the beaten eggs into the pan.
4. When the bottom of the eggs have cooked, turn the mixture over, flipping the eggs onto their other side; then transfer to the heated frying pan and cook for another 2-3 minutes until the eggs are browned on the bottom.
5. To serve, place the Omelet on a plate and spoon the Chicken/Avocado mixture onto one half.
6. Drizzle with BodyPro Almond Mayo then fold over the other side of the omelet.

## Lunch

### new recipe

Score: 100%

1 bunch

alpha

2 bunch

bravo

3 diced

charlie

### Instructions

1. abc
2. def

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

Score: 85.7%

0.5 Cauliflower

0.5 Cauliflower, Purple

*As Replacement*

2 Water

0.25 Coconut Cream

0.33 Garlic Powder

0.33 Himalayan Salt

1.5 Asparagus

### Instructions

1. In a 2-qt pot, cook the cauliflower in the water 10 minutes, covered, until very soft. Remove from heat and drain well.
2. In a blender, put cauliflower, coconut milk, garlic powder, and salt and blend until smooth.
3. If sauce seems to thick, add 1-2 Tbsp and blend again.
4. Snap asparagus spears at the base to remove any tough, unwanted portion.
5. Steam, saute, or grill the asparagus until tender-crisp. Drain well and arrange on a platter.
6. Pour some Creamy Garlic Sauce over asparagus and serve remaining sauce in a small pitcher or sauce boat and Enjoy!

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

Score: 80%

|      |          |                                |            |
|------|----------|--------------------------------|------------|
| 2    | pound    | Beef, Grass-fed only (organic) |            |
| 0.33 | cup      | Himalayan Salt                 |            |
| 1    | cup      | Water                          | Hot water  |
| 4    | whole    | Garlic                         |            |
| 3    | Fresh    | Bay Leaf                       |            |
| 1.5  | teaspoon | Rosemary                       |            |
| 1    | teaspoon | Thyme                          |            |
| 0.5  | teaspoon | Oregano                        |            |
| 0.5  | teaspoon | Mace Spice                     |            |
| 3    | cup      | Water                          | Cold water |

**Instructions**

1. Preheat oven to 190
2. Line baking tray with foil-this is to catch any drips-and place an oven-safe rack onto the tray.
3. Put the frozen beef roast onto the rack and roast until it reaches an internal temperature of 140, about 5 hours
4. Remove the beef from the oven and rest it while you make the brine
5. Pour the salt and hot water into a freezer bag large enough to fit the cooked roast beef and set in bowl to prevent spills. When the salt has almost entirely dissolved , pour in cold water.
6. Place the cooked beef roast in the brine and twist the bag shut so the brine covers the whole roast.
7. Put the bag in a bowl, secure the twisted bag with a clip and seal it shut. Brine in refrigerator for 3 hours.
8. Remove the beef from the brine and pat it dry. Wrap the finished beef up and allow it to rest overnight in the refrigerator.
9. Once it has rested overnight, it is ready to be sliced and used however you wish!

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

Score: 80%

|              |                                 |                       |
|--------------|---------------------------------|-----------------------|
| 0.25 pound   | Applegate® organic bacon        |                       |
| 0.25 pound   | Applegate® organic turkey bacon | <i>As Replacement</i> |
| 1 pound      | Chicken, free range (organic)   | <i>grounded</i>       |
| 1 pound      | Sage                            |                       |
| 0.5 teaspoon | Garlic Powder                   |                       |

### Instructions

1. Roughly chop the bacon slices and put them into a food processor. Process until the bacon resembles ground meat, but not so long that it becomes a paste. 1. Roughly chop the bacon slices and put them into a food processor. Process until the bacon resembles ground meat, but not so long that it becomes a paste.
2. Add the ground chicken, green onion, sage and garlic powder to the food processor. Don't add salt the bacon has it
3. Pulse until the meat mixture is just combined and you can see that the green onions are evenly distributed throughout.
4. Preheat oven to 350 and line a baking tray with parchment paper.
5. Use 2 tablespoon scoop to measure out 16 equal sized portions the the meat mixture and drop them onto baking tray. Use your hands to roll each portion into a mini sized meatball shape
6. Cook the burger bites for 20 minutes and rest them for 5 minutes on the baking tray before serving. Great for dipping with the BodyPro Almond Mayo

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

Score: 80%

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

**Instructions**

1. Cut up apples into sizable chunks.
2. In a large container or freezer bag, combine water, apples, and spices together.
3. Add the pork pieces to the container and refrigerate while they marinate, for at least 2 hours to overnight.
4. After marinating place the whole contents of the container, juices and all, into a crock-pot and add the broth
5. Cook contents on low for 8 hours or on high for 5 hours.
6. After cooking use to forks to shred the pork before serving.
7. Enjoy!

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

Score: 80%

|     |            |   |                       |
|-----|------------|---|-----------------------|
| 1   | head       | Cauliflower                             |                       |
| 1   | head       | Cauliflower, Purple                     | <i>As Replacement</i> |
| 1   | tablespoon | Olive Oil, Virgin                       |                       |
| 0.5 | tablespoon | Himalayan Salt                          |                       |
| 0.5 | teaspoon   | Pepper, Black (see Garlic/Lemon Pepper) |                       |

### Instructions

1. Wash the cauliflower and discard the leaves. Chop into small florets.
2. Run the florets through the food processor with a grating attachment to create small, rice-like pieces.
3. Pour the olive oil into a large skillet over medium heat. Add the shredded cauliflower to the skillet.
4. Saute for 5 min or until tender, and then season with salt and pepper. Enjoy as a side to your favorite entree!

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

Score: 66.7%

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

### Instructions

## Lamb & Leek Burgers

Score: 60%

|     |            |                |
|-----|------------|----------------|
| 1   | cup        | Leeks          |
| 1   | tablespoon | Avocado Oil    |
| 1   | pound      | Lamb           |
| 0.5 | teaspoon   | Garlic Powder  |
| 0.5 | teaspoon   | Himalayan Salt |

### Instructions

1. Add the chopped leeks and half of the oil to a pan and cook over low-medium heat until softened, about 5 min
2. Transfer the leeks to a bowl and chill them in a refrigerator.
3. In a second bowl combine the ground lamb, garlic powder, and salt. Once the leeks aren't hot add to the second bowl.
4. Gently mix the bowl together until well combined. Then divide into 4 evenly-sized patties
5. Add the remaining oil to a skillet. Over medium heat, add patties and cook each side until browned, about 5 min a side
6. Make sure that the lamb patties are cooked all the way through. Then let them rest for a bit then enjoy!
7. Note: You can enjoy this with the BodyPro Almond Mayo

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

Score: 58.3%

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

1      Apple (all types)      *As Replacement*

### **Instructions**

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

Score: 50%

|   |          |   |                       |
|---|----------|---|-----------------------|
| 2 | breast   | Chicken, free range (organic)           |                       |
| 2 | cup      | Almond Flour (gluten free)              |                       |
| 2 | cup      | Pecan Flour                             | <i>As Replacement</i> |
| 2 | whole    | Egg, Pasture-raised (from a farmer)     |                       |
| 2 | whole    | Egg, Vital Farms® or Pasture Verde®     | <i>As Replacement</i> |
| 1 | teaspoon | Garlic Powder                           |                       |
| 1 | teaspoon | Parsley                                 |                       |
| 1 | Organic  | Lemon                                   |                       |
| 0 | to_taste | Himalayan Salt                          |                       |
| 0 | to_taste | Pepper, Black (see Garlic/Lemon Pepper) |                       |

### **Instructions**

1. Crack 2 Eggs into a bowl, and whisk with a fork.
2. Grind the Lemon rind into the Almond/Pecan Flour.
3. Add Garlic
4. Dip the Chicken breasts into the egg, and roll them into the Almond/Pecan flour."
5. Bake for 20-25 minutes at 425 degrees, Fahrenheit.



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

Score: 42.9%

|      |             |                                     |     |
|------|-------------|-------------------------------------|-----|
| 0.5  | cup         | Almond                              | raw |
| 0.25 | teaspoon    | Himalayan Salt                      |     |
| 0.25 | teaspoon    | Paprika                             |     |
| 1    | whole       | Egg, Pasture-raised (from a farmer) |     |
| 1    | replacement | Egg, Vital Farms® or Pasture Verde® |     |
| 1    | replacement | Egg, Whites, Pasture-raised         |     |
| 1    | pound       | Chicken, free range (organic)       |     |

### Instructions

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper.
2. Pulse the raw almonds in a food processor until fine. (If your child has an allergy to almonds, use sun flower seeds, or cashews)
3. Combine the ground almonds, salt, pepper and paprika in a shallow bowl. Whisk the egg in another shallow bowl.
4. Dip the chicken pieces in the egg mixture, and then coat in the almond mixture. Place on the prepared pan and bake for 15-20 minutes.
5. Once completed serve and enjoy!

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

Score: 40%

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

### Instructions

1. Combine all ingredients, except the brisket, in a bowl. Mix well
2. Place the brisket in a large roasting pan, fat side up. Cover with marinade. Cover the roasting pan tightly with foil. Marinate in the fridge for 24-48 hours, the longer it marinates the better the flavor in the meat.
3. Marinate in the fridge for 24-48 hours, the longer it marinates the better the flavor in the meat.
4. Preheat oven to 300 and roast for 4 hours or 40 min per pound.

5. Remove foil carefully after 4 hours, and turn oven to high broil, place roasting pan back in for a few minutes to char a bit
6. Transfer to a cutting board and slice. Put the slices back in the juices. Serve hot. Enjoy!

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

Score: 40%

|     |            |                |                |
|-----|------------|----------------|----------------|
| 1   | pound      | Parsnip        |                |
| 1   | tablespoon | Coconut Oil    |                |
| 1   | tablespoon | Avocado Oil    | As Replacement |
| 1   | teaspoon   | Himalayan Salt |                |
| 0.5 | teaspoon   | Garlic Powder  |                |

#### Instructions

1. Peel and trim the parsnips and discard the ends, cut each parsnip in half widthwise so you have one thick and thin piece
2. Slice the thicker pieces in half lengthways and each half into quarters so you have eight wedges.
3. Slice the thinner pieces lengthwise into 2-4 wedges.
4. Cover the the parsnips with water and bring the pan to a boil.
5. Reduce the heat to a simmer and cook until only just tender, about 8-10 minutes.
6. You want to be able to pierce the parsnips with a fork without them breaking into pieces, so don't overcook them!
7. Preheat oven to 425 and line a baking tray with parchment paper.
8. Drain parsnips and tip them out onto a clean dish towel.
9. Spread them out onto the baking tray and let the steam evaporate for a few minutes.
10. Mix together the oil, salt, and garlic powder in a large bowl.
11. When the parsnips are dry on the outside, add to the large bowl and carefully toss to coat.
12. Lay the parsnips back onto baking tray and roast for 15 minutes, then turn them over to roast for another 15 minutes.
13. Once the parsnips are brown, remove from the oven and serve immediately, best served with the BodyPro mayo

**Swedish Meatballs (Adapted from the website**

Score: 38.5%

**<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  | Coconut Oil                             | for meatballs     |
| 2    | replacement | Egg, Pasture-raised (from a farmer)     | for meatballs     |
| 2    | replacement | Egg, Vital Farms® or Pasture Verde®     | for meatballs     |
| 2    | replacement | Egg, Whites, Pasture-raised             | for meatballs     |
| 0.75 | teaspoon    | Himalayan Salt                          | for meatballs     |
| 0.25 | teaspoon    | Pepper, Black (see Garlic/Lemon Pepper) | for meatballs     |
| 0.5  | teaspoon    | Nutmeg                                  | for meatballs     |
| 0.25 | teaspoon    | Allspice                                | for meatballs     |
| 1    | cup         | Beef broth (Imagine® low sodium/GF)     | Gravy Ingredients |
| 0.5  | tablespoon  | Coconut Oil                             | Gravy Ingredients |
| 1    | tablespoon  | Arrowroot Flour/powder                  | Gravy Ingredients |

**Instructions**

1. Heat a skillet over medium heat. Add oil and onion and sauté until completely cooked, approximately 10 minutes.(for meatballs )
2. Preheat oven to 400F. Line a baking sheet with parchment paper. (for meatballs )
3. Mix all ingredients in a bowl (I find it easiest to use my hands). Form 1 ½" meatballs by hand and place on prepared baking sheet. (for meatballs )
4. Bake in the oven for 20 minutes, or until cooked through. ( for meatballs)
5. Place broth & oil in the skillet that the onions were cooked in. Stir in the arrowroot powder. Bring to a simmer over medium-high heat. (Gravy )
6. Stir frequently until thick, approximately 3-4 minutes. (Gravy )
7. Toss meatballs in gravy (including any juices from the baking sheet) and enjoy! (Gravy )

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

Score: 30.8%

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

**Instructions**

1. Preheat oven to 375
2. Slice chicken breasts into long strips, 1-2" wide
3. Mix together almond meal, paprika, garlic, cumin, cayenne, pepper, and salt
4. Dredge each piece of chicken in egg and then coat with almond spice mixture
5. Grease cookie sheet with oil
6. Place dredged chicken pieces on cookie sheet
7. Repeat with all chicken pieces
8. Bake for 20-25 minutes, until golden, then remove from oven before serving
9. Serve!

## Dinner

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

Score: 100%

|     |            |                |              |
|-----|------------|----------------|--------------|
| 1   | tablespoon | Avocado Oil    |              |
| 2   | whole      | Trout          |              |
| 0.5 | teaspoon   | Himalayan Salt |              |
| 4   | sprig      | Rosemary       | whole sprigs |
| 4   | sprig      | Thyme          | whole sprigs |

#### Instructions

1. Preheat oven to 450
2. Coat the bottom of a baking dish with the oil. Sprinkle salt all over the inside and outside of the fish, and place in the dish
3. Fill each cavity of each fish with a couple sprigs of the herbs.
4. Using twine, tie a loop around the middle of the fish so that the contents stay inside, & pin the thinnest part of the belly
5. Bake for 15 minutes, or until the fish flakes easily when tested with a fork.
6. Serve whole, eating around the bones and herbs in the cavity.

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

Score: 100%

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

#### Instructions

1. Preheat oven to 400F. Line a baking sheet with parchment paper.
2. Place all ingredients in a blender and blend on high for a minute or two until a smooth puree. If too thick add water.
3. Once blended, spoon the puree on to the parchment paper and spread to make a round tortilla shape
4. Place the baking sheet in the oven and bake for 20 min, carefully watch them periodically they're known to burn quick.

5. Once completed cool slightly and serve warm.

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

Score: 77.8%

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

### Instructions

1. Preheat the oven to 300 degrees, Fahrenheit. Place a small dish of water on the bottom rack to create a white colored loaf.(Prep)
2. Line the bottom of an 8.5 inch x 4.5 inch glass loaf pan with parchment paper. (Prep)
3. Then spread a thin coating of Coconut oil on the sides of the parchment paper." (Prep)
4. Beat the Cashew butter with the Egg yolks, then add the Maple syrup, Apple cider vinegar, Almond milk, Important Step!(Mix)
5. Using a mixer, beat the Egg whites in a separate bowl until peaks form. Again, this is best done with a mixer."(Mix)
6. Combine the dry ingredients in another small bowl(Mix)
7. Make sure oven is completely preheated before adding the Egg whites and dry ingredients to the Cashew butter mixture.(Mix)
8. You don't want the Egg whites to fall, and the Baking soda will activate once it hits the Eggs and the Apple cider vinegar.(Mix)
9. Pour the dry ingredients into the wet ingredients and beat until the combine well.(Mix)
10. This will result in more of a wet batter than a dough.(Mix)
11. .Make sure to get all of the sticky Cashew butter off of the bottom of the bowl so that you don't end up with clumps. (Mix)
12. Pour the beaten Egg whites into the Cashew butter mixture, beating again until they are perfectly combined.(Mix)
13. You don't have to be gentle with this. Just don't over-mix.(Mix)

14. Pour the batter into the prepared loaf pan, then immediately put it in the oven. (Mix)
15. Bake for 45-50 minutes until the top is golden brown and a toothpick comes out clean.(Bake)
16. DON'T open the oven door anytime before 40 minutes, the steam WILL escape, and you will NOT get a properly risen loaf."(Bake)
17. Remove the loaf from the oven, and let it cool for 15-20 minutes.(Bake)
18. Use a knife to free the sides from the loaf pan, then flip it upside down. Release the loaf unto a cooling rack.(Bake)
19. Cool right side up for an hour before serving.(Bake)
20. Wrap the loaf up tightly in parchment paper, and then put it in a zip-lock bag to store it up to a week.(Bake)

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

Score: 75%

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

### Instructions

1. Preheat oven to 400
2. Rinse chicken with water then pat dry thoroughly. Rub salt and place herbs all over the chicken inside, out, & under skin.
3. Drizzle a little of the oil over the skin of the chicken. Then place it breast side up on a rack in a roasting pan.
4. Cook each side for approximately 20 minutes, then flip one last time for an additional 20 minutes breast side up.
5. Check the internal temperature and should be higher than 165. Remove from the oven and let it rest.
6. After resting for 15 minutes serve and enjoy.

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

Score: 62.5%

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

### Instructions

1. Mix all Taco Seasoning Ingredients together in a Food Processor.
2. Chop the Chicken into stir-fry cutlets
3. Coat the Chicken with the Taco seasoning and fry at medium heat in a fry pan.
4. Mix all the guacamole ingredients together in a blender and blend
5. Place a desired amount of chicken with a heaping spoonful of guacamole into Body Pro Soft Tortillas. Enjoy!



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

Score: 60%

|      |            |                                |
|------|------------|--------------------------------|
| 2    | pound      | Beef, Grass-fed only (organic) |
| 1    | tablespoon | Coconut Oil                    |
| 1.5  | tablespoon | Himalayan Salt                 |
| 0.75 | tablespoon | Sage                           |
| 0.75 | teaspoon   | Cinnamon                       |

**Instructions**

1. Combine the spices, herbs, and salt together in a small bowl
2. Rub the mixture on both sides of the steaks
3. Heat the oil in a cast iron skillet on medium-high heat.
4. When the oil has melted and the pan is hot, cook the steaks 5-7 minutes per side, or until desired doneness is reached

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

Score: 55.6%

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

**Instructions**

1. In a bowl, whisk together the Egg whites, 2 Tablespoons of Coconut oil, Almond milk, and Lime juice.
2. Add the Coconut flour, Cumin, and Salt; whisk until well blended.
3. Let the batter sit for a few minutes so that the Coconut flour can absorb the moisture."
4. Heat the skillet over medium heat and add about 1 Tablespoon of Coconut oil."
5. Once the skillet is warm, pour in about 2 tablespoons of batter to make a 4 inch tortilla."
6. After a few minutes, when edges & bottom are starting to brown & can easily slip a spatula underneath, flip the tortilla to the other side.

7. Transfer the tortilla to a plate and repeat with the rest of the batter. Place a parchment paper between tortillas.
8. Serve or cover and store in the refrigerator for up to a week.

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

Score: 44.4%

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

**Instructions**

1. Preheat the oven to 350 degrees F. Lightly grease a casserole dish with coconut oil.
2. In a large skillet, place the olive oil over medium heat. Add the garlic and onions and cook for 5 minutes.
3. Add the pepper and eggplant and continue to cook for 5 minutes. Then quickly cook your chicken in a separate pan
4. Mix in the chicken, tomatoes, basil and wine. Bring to a boil, then simmer for 5 minutes.
5. Spread the chicken and veggie mixture into the prepared casserole pan.
6. Cover with foil and bake for 50 minutes. Remove the foil and bake for another 10 minutes. Enjoy!

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

Score: 41.7%

|               |                                |                      |
|---------------|--------------------------------|----------------------|
| 0.25 teaspoon | Garlic Powder                  | For the Sauce        |
| 0.75 cup      | Cashews                        | For the Sauce        |
| 2 teaspoon    | Himalayan Salt                 | For the Sauce        |
| 0.25 teaspoon | Garlic Powder                  | For the Sauce        |
| 0.25 teaspoon | Pepper, Poblano                | For the Sauce        |
| 1 teaspoon    | Olive Oil, Virgin              | For the Sauce        |
| 0.25 cup      | Water                          | For the Sauce        |
| 1 teaspoon    | 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  | Chili Powder                   | For the Taco Skillet |
| 1 teaspoon    | Cumin                          | For the Taco Skillet |

### Instructions

1. Place the cashews in a bowl and cover with hot water for 10 minutes. Discard the water and place the cashews in a food processor(For the Sauce)
2. Add the salt, garlic powder, chili, and olive oil. Blend until well combined. Scrape down the sides. (For the Sauce)
3. Add the hot water, one tablespoon at a time, until it is smooth and all the cashew pieces have blended in. Set aside (For the Sauce)
4. Place a large skillet over medium-high heat and add the olive oil. Add the chopped onion and sauté until soft. (For the Taco Skillet)
5. Add the ground beef and use a wooden spoon to break into small pieces (For the Taco Skillet)
6. Add the chili powder and cumin, and mix until fully incorporated into the ground beef. Mix in the Sauce (For the Taco Skillet)
7. Add the shredded cauliflower to the skillet, mix well, and continue to cook for 5 minutes. Remove from heat. (For the Taco Skillet)
8. Top the beef and rice mixture with the chopped lettuce, cilantro, tomatoes, green onions, and avocado. Enjoy! (For the Taco Skillet)

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

Score: 37.5%

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

**Instructions**

1. Preheat your oven to 350 Degrees, Fahrenheit
2. Line 2 baking sheets with parchment paper.
3. Place all the ingredients, except the Poppy seeds, into a food processor or Vitamix® blender.  
Blend until creamy."
4. Pour 2 Tablespoons of batter into circles onto the baking sheets, leaving about 2 inches between rounds.
5. Sprinkle the Poppy seeds
6. Bake for 15 minutes (allowing the Rounds to become brown). They should be firm at the edges."
7. Slide a knife or spatula under each roll and remove them onto a cooling rack.
8. Let cool. Makes bout 12 small rounds or 6 large rounds."

## Dressings & Dips

### 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 | Himalayan Salt                          |       |
| 1    | teaspoon | Pepper, Black (see Garlic/Lemon Pepper) |       |

#### Instructions

1. Cut the Avocados in half, remove the pit, scoop out the avocado into a bowl, and mash it with a fork.
2. Cut the lime in half, juice it directly into the avocado, and finely mince the cilantro then add it in with the avocado
3. Add the onion, salt, and pepper into the avocado mixture and then blend with the fork.
4. Enjoy!

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

Score: 87.5%

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

#### Instructions

1. IMPORTANT: Chill the 2 cans of coconut milk in the fridge overnight-DO NOT SHAKE.
2. Turn the cans of coconut milk upside down, and use a can opener to remove the bottom of the can.
3. Pour the liquid out, or save for another recipe, and then scoop the creamy white coconut cream into a bowl.
4. Combine all ingredients in a food processor. Pulse until smooth and well combined. Chill for 15 minutes. Enjoy!

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

Score: 85.7%

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

**Instructions**

1. Add all ingredients to a blender, blend until smooth, and refrigerate until ready to serve.

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

Score: 80%

|      |          |                     |
|------|----------|---------------------|
| 0.5  | cup      | Coconut Concentrate |
| 0.5  | cup      | Water               |
| 0.25 | cup      | Olive Oil, Virgin   |
| 3    | teaspoon | Garlic Pepper       |
| 0.25 | teaspoon | Himalayan Salt      |

**Instructions**

1. Place all ingredients in a blender and blend on high for a minute or two until a thick sauce forms.
2. If sauce seems to thick, thin with water until desired consistency is reached.
3. Note: When freshly made, it should resemble the consistency of conventional mayonnaise.
4. Mix all the ingredients, and store in a glass container in the refrigerator. (For Mustard)

## Pomegranate Salsa (From Elisabeth Cobb's College Recipes)

Score: 80%

|      |          |                 |       |
|------|----------|-----------------|-------|
| 1    | whole    | Pomegranate     |       |
| 0.25 | chopped  | Onion, Yellow   |       |
| 1    | teaspoon | Himalayan Salt  |       |
| 1    | whole    | Pepper, Serrano | Fresh |
| 1    | whole    | Lime            | Fresh |

### Instructions

1. Remove the seeds from the pomegranate into a bowl, careful it is know to be messy
2. Finely chop the cilantro, and Serrano chile, then add it in with the arils.
3. Then grate the lime rind into the salsa and then slice it in half and squeeze the juice in with the arils.
4. Add the onion, salt, and pepper in with the other ingredients and mix completely. Enjoy!
5. Note: The Serrano pepper is known to be hot, be sure to wear gloves so you don't accidentally burn your eyes.

## Fresh Homemade Cashew Nut Butter

Score: 75%

|     |            |                |                 |
|-----|------------|----------------|-----------------|
| 1.5 | pound      | Cashews        |                 |
| 1.5 | pound      | Macadamia Nuts | As Replacement  |
| 0.5 | teaspoon   | Himalayan Salt |                 |
| 0   |            | Water          | Enough to cover |
| 1   | tablespoon | Avocado        |                 |
| 1   | chopped    | Paprika        |                 |
| 1   | teaspoon   | Himalayan Salt |                 |
| 1   | teaspoon   | Avocado        |                 |

### Instructions

1. Be sure to soak the nuts and/or seeds in water first in a bowl, overnight works great for good results
2. Place the nuts or seeds into a high power blender or similar, then add in the salt.
3. Turn on high until the consistency desired. Then enjoy!

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

Score: 71.4%

|              |   |                |
|--------------|---|----------------|
| 0.25 cup     | Olive Oil, Virgin                       |                |
| 1 teaspoon   | Lemon Juice                             |                |
| 01 teaspoon  | Lime Juice                              | As Replacement |
| 0.5 teaspoon | Garlic Powder                           |                |
| 1 teaspoon   | Himalayan Salt                          |                |
| 1 tablespoon | Mustard, Brown (Eden® gf mustard)       |                |
| 0.5 teaspoon | Pepper, Black (see Garlic/Lemon Pepper) |                |

### Instructions

1. Put all ingredients in a blender or food processor and blend at medium speed until mixed and emulsified
2. Store in an air-tight container for up to 2 days (though it tastes best if used immediately).

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

Score: 50%

|            |                     |
|------------|---------------------|
| 0.5 cup    | Vinegar, White Wine |
| 0.25 cup   | Olive Oil, Virgin   |
| 0.25 cup   | Raspberry           |
| 2 teaspoon | Honey, (Organic)    |

### Instructions

1. Put all ingredients in blender or food processor and blend until smooth.



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

Score: 50%

|      |          |  |
|------|----------|--|
| 0.5  | cup      | Olive Oil, Virgin                        |
| 0.25 | cup      | Apple Cider Vinegar (Bragg's®)           |
| 3    | teaspoon | Almond, Marcona                          |
| 1    | teaspoon | Maple Syrup (Grade A Dark Amber Organic) |

**Instructions**

1. Pour the apple cider vinegar and maple syrup into a Vitamix or high powered blender. Puree at a high speed for 20 seconds With the motor running on medium or high, drizzle in the Olive Oil to create an emulsion Don't worry if it doesn't fully emulsify. The almonds will thicken up your mixture. Blend in 2 Tablespoons of Marcona Almonds, then check for thickness and texture. If necessary, blend in another Tablespoon of Marcona Almonds until it is creamy.
2. With the motor running on medium or high, drizzle in the Olive Oil to create an emulsion
3. Don't worry if it doesn't fully emulsify. The almonds will thicken up your mixture.
4. Blend in 2 Tablespoons of Marcona Almonds, then check for thickness and texture.
5. If necessary, blend in another Tablespoon of Marcona Almonds until it is creamy.

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

Score: 33.3%

|      |            |                                      |
|------|------------|--------------------------------------|
| 2    | cup        | Coconut, shredded (raw, unsweetened) |
| 1    | tablespoon | Coconut Oil                          |
| 0.25 | teaspoon   | Himalayan Salt                       |

**Instructions**

1. Place the coconut flakes, coconut oil, and salt into a blender
2. Process on high speed, while pushing down with a tamper (may have to do it manually if using food processor)
3. Process for about a minute at a time up to 5-10 mins, taking breaks so as to not overheat the motor. It should be creamy.

## Snacks & Appetizers

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

Score: 100%

|   |             |                                 |       |
|---|-------------|---------------------------------|-------|
| 3 | slice       | Applegate® organic bacon        |       |
| 3 | replacement | Applegate® organic turkey bacon |       |
| 2 | slice       | Pear                            | Cored |
| 0 | as_needed   | Cinnamon                        |       |

#### Instructions

1. Preheat oven to 350
2. Slice the bacon in half lengthwise to make a total of 6 slices and cut the pears into 6 slices.
3. Wrap each pear slice in bacon, making a figure eight and securing the loose ends of bacon with a toothpick.
4. Dust lightly with cinnamon and place on a rimmed baking sheet.
5. Bake for 35-40 minutes, or until the bacon browns and the pears are cooked throughout.
6. Let cool for 10 min and serve warm.

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

Score: 75%

|   |            |                   |                |
|---|------------|-------------------|----------------|
| 2 | bunch      | Kale, all types   | large bunches  |
| 2 | bunch      | Chard             | As Replacement |
| 2 | tablespoon | Olive Oil, Virgin |                |
| 1 | teaspoon   | Himalayan Salt    |                |

#### Instructions

1. Wash and dry the greens thoroughly, making sure they are not too wet before cooking.
2. Heat the oil in a large skillet on medium heat. When the pan is hot (DO NOT TOUCH THE PAN) add the greens
3. Stir the greens as they cook, and adding more as the greens cook down, if all the greens didn't fit
4. Add the salt and cook for about 15 min, turning, or until tender. Serve warm.

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

Score: 66.7%

|   |       |                        |                  |
|---|-------|------------------------|------------------|
| 2 | whole | Nectarines             | cut into eighths |
| 4 | ounce | Applegate® organic ham |                  |
| 3 | pound | Allspice               |                  |

### Instructions

1. Hold a slice of nectarine in your hand and place a few sprigs of arugula alongside it.
2. Use a partial slice of ham to hold them together by wrapping it around the nectarine, about halfway up.
3. The little tufts of arugula will stick out of the top. Then arrange on a serving platter and Enjoy!

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

Score: 66.7%

|   |            |                 |        |
|---|------------|-----------------|--------|
| 1 | bunch      | Kale, all types |        |
| 2 | tablespoon | Coconut Oil     | melted |
| 0 | to_taste   | Himalayan Salt  |        |

### Instructions

1. Preheat oven to 300
2. Place the kale in a large bowl and coat with coconut oil, stirring to cover all surfaces.
3. Arrange the kale pieces on two or three baking sheets, making sure to leave plenty of space between the pieces.
4. Bake for 20 minutes or until crispy. Remove from the sheet and add salt to taste. Let cool completely and serve. Note: the chips will crisp more as they cool once out of the oven

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

Score: 62.5%

|     |            |                                 |                |
|-----|------------|---------------------------------|----------------|
| 1.5 | pound      | Brussels Sprout                 |                |
| 6   | slice      | Applegate® organic bacon        |                |
| 6   | slice      | Applegate® organic turkey bacon | As Replacement |
| 0   | as_needed  | Himalayan Salt                  |                |
| 1   | teaspoon   | Paprika (smoked)                |                |
| 1   | teaspoon   | Garlic Powder                   |                |
| 1   | teaspoon   | Himalayan Salt                  |                |
| 1   | tablespoon | Olive Oil, Virgin               |                |

### Instructions

1. Wash brussels sprouts, cut the stem ends off, slice in half, and set aside
2. Cook bacon in a skillet over medium heat until crispy, turning as necessary.
3. Remove and set bacon aside to cool and leave the bacon fat in the pan.
4. Saute' brussels sprouts for about 15 minutes, or until browned on the outside and cooked through
5. When the bacon has cooled, chop into small bits. Combine with the brussels sprouts and serve warm.