



## Recipes for:

### Nanny Mai

#### Please Read:

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

All recipes should be made from:

**Organic Ingredients**

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

**Organic, Pasture-Raised Eggs**

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

#### Some Definitions

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

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

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

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

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

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

## Breakfast

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

Score: 100%

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

#### Instructions

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

Score: 100%

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

#### Instructions

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

0.5	cup(s)	Pumpkin Powder
2	tablespoon(s)	Honey, (Organic)
0.5	teaspoon(s)	Ginger Powder
0.5	teaspoon(s)	Nutmeg
0.125	teaspoon(s)	Cinnamon
0.125	teaspoon(s)	Clove Powder
1	teaspoon(s)	Allspice
0.5	teaspoon(s)	Baking Soda (Arm & Hammer®)
1	teaspoon(s)	Cream of Tartar
1	teaspoon(s)	Olive Oil, Virgin
5	whole	Egg, Vital Farms® or Pasture Verde®
5	replacement	Egg, Pasture-raised (from a farmer)
5	replacement	Egg Whites, Pasture-raised
5	replacement	Apple Sauce

***Instructions***

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

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions

**Breakfast Bacon and Maple Meatballs**

Score: 100%

1	pound	Applegate® organic sausage sweet italian	<i>Not Feta</i>
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	<i>minced</i>
0	to taste	Himalayan Salt	
0	to taste	Pepper, Black (see Garlic/Lemon Pepper)	

***Instructions***



**Paleo Granola Adapted from the website**

Score: 100%

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

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

***Instructions***

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

Score: 100%

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

***Instructions***

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

Score: 100%

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

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

***Instructions*****Strawberry Protein Bars Adapted from the website**

Score: 100%

**<http://paleomg.com/strawberry-protein-bars/>**

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

***Instructions***

**Pumpkin Waffles or Pancakes**

Score: 100%

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	<i>ground cinnamon</i>
1	teaspoon(s)	Ginger Powder	<i>ground ginger</i>
0.25	teaspoon(s)	Clove Powder	<i>ground cloves</i>
8	Extra large	Egg, Vital Farms® or Pasture Verde®	<i>large, pastured eggs</i>
1	can(s)	Coconut Milk (Native Forest or Natural Value)	<i>full fat, not skim</i>
1.5	cup(s)	Pumpkin	<i>baked and mashed</i>
6	tablespoon(s)	Coconut Oil	<i>melted</i>

***Instructions***

**Avocado, Chicken, and Spinach Omelette**

Score: 100%

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

Score: 100%

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

**Instructions**

## Delightful Ham Omlette

Score: 100%

3	large	Egg Whites, Pasture-raised
1	slice(s)	Applegate® organic black forest ham
1	clove(s)	Garlic
1	bunch(es)	Kale, all types
1	tablespoon(s)	Coconut Oil
1	bunch(es)	Shallots

*If you can have the yolk, you can use the entire egg.**You can use powder if fresh is not available.**Wash and chop one leaf*

### Instructions

## Eggs Benedict with Avocado Dressing

Score: 100%

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

*juiced*

### Instructions

## Breakfast Casserole

Score: 100%

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

### Instructions

## Mini Breakfast Quiches

Score: 100%

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	<i>To taste</i>
1	teaspoon(s)	Pepper/Peppercorns	<i>To taste</i>

### Instructions

## Apple Pancake Rings

Score: 100%

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

### Instructions

## Eggs in a Ham Blanket

Score: 100%

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	<i>Chopped</i>
.3	cup(s)	Onion	<i>Diced</i>

### Instructions



**Breakfast Burrito**

Score: 100%

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

**Instructions****Celery with Almond Butter**

Score: 100%

3	stalk(s)	Celery	<i>Washed, and cut into 3 inch pieces.</i>
3	tablespoon(s)	Almond Butter (Artisana®)	
1	teaspoon(s)	Cinnamon	

**Instructions**

**Grapefruit**

Score: 100%

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

**Instructions****Apple Slices with Cashew Butter**

Score: 100%

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

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

Score: 100%

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

**Instructions**

**Acai Bowl**

Score: 100%

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

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

Score: 100%

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

**Instructions**



## Lunch

### Steak Salad with Fresh Fruit (From Elisabeth Cobb's College Recipes) Score: 100%

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

#### Instructions

### Paleo Almond Chicken Fingers (From <http://generationyfoodie.com>) Score: 100%

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

2 Olive Oil, Virgin

### ***Instructions***

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

Score: 100%

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

### ***Instructions***

**Lamb & Leek Burgers**

Score: 100%

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

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

Score: 100%

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

***Instructions***

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

Score: 100%

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

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

Score: 100%

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

**Instructions**



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

Score: 100%

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

***Instructions***

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

### Instructions

## Lettuce Wrapped Burgers (Adapted from Barre 3)

Score: 100%

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

### Instructions

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

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

Score: 100%

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

### Instructions

## Tuna Salad Salad

Score: 100%

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

### Instructions

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

Score: 100%

1	package	Applegate® organic hot dogs	<i>Sliced into bite size pieces</i>
1	cup(s)	Cabbage, Green	<i>Chopped</i>
2	teaspoon(s)	Onion, Red	<i>Chopped</i>
1	whole	Mushrooms	<i>1/2 Portobello Mushroom minced</i>
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: 100%

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

***Instructions***



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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

3	breast(s)	Chicken, free range (organic)	
6	cup(s)	Chicken Broth (Imagine® gf/low sodium)	
2	cup(s)	Spinach	<i>chopped</i>
2	cup(s)	Cauliflower	<i>chopped</i>
6		Coconut Milk (Native Forest or Natural Value)	
1	whole	Onion, Yellow	<i>diced</i>
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

## Charred Vegetables with Bacon (adapted from ultimatpaleoguide)

Score: 100%

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

### Instructions

**Super Spinach Salad (adapted from ultimatepaleoguide)**

Score: 100%

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

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

Score: 100%

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

**Instructions**

## Dinner

### Mashed Cauliflower (Adapted from Detoxinista)

Score: 100%

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

#### Instructions

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

Score: 100%

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

#### Instructions

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

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

Score: 100%

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**

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

Score: 100%

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

***Instructions***

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

Score: 100%

0.75	cup(s)	Cashews	<i>For the Sauce</i>
2	teaspoon(s)	Himalayan Salt	<i>For the Sauce</i>
0.25	teaspoon(s)	Garlic Powder	<i>For the Sauce</i>
0.25	teaspoon(s)	Pepper, Poblano	<i>For the Sauce</i>
1	teaspoon(s)	Olive Oil, Virgin	<i>For the Sauce</i>
0.25	cup(s)	Water	<i>(hot water) - For the Sauce</i>
1	teaspoon(s)	Olive Oil, Virgin	<i>For the Taco Skillet</i>
1	chopped	Onion, Yellow	<i>For the Taco Skillet</i>
1	pound	Beef, Grass-fed only (organic)	<i>For the Taco Skillet</i>
1	tablespoon(s)	Chili Powder	<i>For the Taco Skillet</i>
1	teaspoon(s)	Cumin	<i>For the Taco Skillet</i>
1	head(s)	Cauliflower	<i>For the Taco Skillet</i>
1	head(s)	Lettuce, all types	<i>For the Taco Skillet</i>
0.5	cup(s)	Cilantro/Coriander	<i>For the Taco Skillet</i>
3	chopped	Onion, Green	<i>For the Taco Skillet</i>
3	chopped	Tomato, Red	<i>For the Taco Skillet</i>
1	chopped	Avocado	<i>For the Taco Skillet</i>

***Instructions***



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

Score: 100%

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

***Instructions***

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

Score: 100%

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

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

Score: 100%

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

1	clove(s)	Garlic	<i>minced</i>
0.75	as needed	Himalayan Salt	

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

***Instructions***

**Worlds Best Crock Pot Roast**

Score: 100%

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

**Instructions****Rosemary Rubbed Roast Beef (adapted from paleo valley)**

Score: 100%

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

**Instructions**

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

Score: 100%

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

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

Score: 100%

1	tablespoon(s)	Coconut Oil	
5	pound	Chicken, free range (organic)	<i>whole cut into 8-10 pieces</i>
1	to taste	Himalayan Salt	
1	to taste	Pepper, Black (see Garlic/Lemon Pepper)	
1	pinch(es)	Saffron	
1	tablespoon(s)	Cumin	<i>ground</i>
1		Onion	<i>diced white</i>
1	teaspoon(s)	Garlic	<i>minced</i>
4	cup(s)	Chicken Broth (Imagine® gf/low sodium)	
2	cup(s)	Olives (without vinegar)	<i>green</i>
3	medium	Carrot, Orange	<i>cut into 1/4 in circles</i>
1	whole	Lemon	
.25	cup(s)	Cilantro/Coriander	<i>garnish</i>

**Instructions**

**Shrimp Zoodles with Basil (adapted from theultimatepaleoguide)****Score: 100%**

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

**Instructions****Paleo Steak and Vegetable Stir Fry (adapted from ultimatepaleoguide)****Score: 100%**

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

**Instructions**

## Roasted Brussels Sprouts & Cauliflower Soup adapted from Skinning Taste

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions



**Hamburger Veggie Casserole (adapted from ultimatepaleoguide)**

Score: 100%

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

***Instructions***

## Dressings & Dips

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

Score: 100%

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

#### Instructions

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

Score: 100%

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

#### Instructions

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions

**Fresh Homemade Cashew Nut Butter**

Score: 100%

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

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

Score: 100%

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

***Instructions***

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

Score: 100%

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

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

Score: 100%

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

***Instructions***

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

Score: 100%

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

### ***Instructions***

## Snacks & Appetizers

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

Score: 100%

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

#### ***Instructions***

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

Score: 100%

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

#### ***Instructions***



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

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions

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

Score: 100%

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

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

Score: 100%

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

***Instructions***

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

Score: 100%

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

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

Score: 100%

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

***Instructions***

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

Score: 100%

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

### Instructions

## Roasted Asparagus

Score: 100%

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

### Instructions

**Roasted Peaches**

Score: 100%

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

**Instructions****Garlic-Ginger Baby Bok Choy, From Stupid Easy Paleo**

Score: 100%

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

**Instructions**

## Simple Roasted Green Beans

Score: 100%

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

### Instructions

## Roasted Veggie Blend

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions

## Olive Tapenade

Score: 100%

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

### Instructions

# Holiday Cauliflower Risotto

Score: 100%

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

## Instructions