



## Recipes for:

**shanes Watson**

### **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****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**

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.

## 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

1. Preheat oven to 350 degrees fahrenheit. Grease a 12 cup muffin tin with coconut oil and set aside until needed.
2. Place the diced pumpkin on a greased baking tray, sprinkle with salt and freshly ground black pepper, then drizzle with 1 teaspoon of coconut oil. Roast in the oven for about 12 minutes or until tender. Set aside and allow to cool.
3. Heat the frying pan with the remaining coconut oil over medium heat. Add the bacon and fry for two or three minutes until slightly golden, then add the garlic and scallions and cook for another minute.
4. Add the spinach and cook until just wilted.
5. Place in a bowl and allow the bacon, garlic scallions and spinach to cool completely before mixing through the mince mixture. Spoon the mixture evenly into the muffin tin.
6. In another bowl add the eggs, baking soda, salt and pepper, and whisk to combine.
7. Add the chicken mince, bacon, garlic, scallions and spinach and mix well with your hands or a wooden spoon until everything is well-combined.
8. Add the cooked pumpkin and gently fold this through the mince mixture. Spoon the mixture evenly into the muffin tin.
9. Bake for 25 minutes until the muffins are firm and cooked through.
10. Remove the tin and serve with some raw or cooked veggies.

**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**

1. Thaw acai packets under warm water. Combine acai, almond milk, blueberries and cherries in the blender and blend until creamy and smooth. top with almond slices and coconut flakes. Enjoy!

**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**

1. Thaw Pitaya packet under warm water. Add all ingredients into the blender and blend until creamy and smooth. Enjoy.

## 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              | As Replacement |
| 12  | replacement | 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!

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

Score: 100%

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

### Instructions

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.

## Apple Slices with Cashew Butter

Score: 100%

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

### Instructions

1. Slice apple length way and remove seeds. Smother with cashew butter and enjoy!

## 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

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!

## Celery with Almond Butter

Score: 100%

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

### Instructions

1. Scoop Almond Butter into celery stalks, and sprinkle cinnamon on top.
2. This can be made in advance and travels well! Enjoy!

## 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

1. Saute the veggies in a small amount of coconut oil over medium-low heat.
2. In a small bowl, whisk the eggs and pour them over the veggie mix.
3. Mix the scramble until it is cooked through. Take the eggs out of the pan.
4. Place some of the eggs onto the ham slices, roll and place them back into the skillet.
5. Next, saute each of these ham rolls for a few seconds each side until the ham is slightly brown.
6. Serves 2

## 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

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

## 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

1. In a mixing bowl, whisk together eggs, coconut oil, milk, coconut sugar, cinnamon, and salt. Once evenly mixed, whisk in coconut flour. Stir until evenly mixed, then let it sit for 5 minutes.
2. Heat a griddle or cast iron skillet to medium-low heat, and add coconut oil. Begin to prep your apples.
3. Dip an apple ring and dunk it into the batter, and then place it on the griddle/skillet. Repeat until the apple rings are all gone.
4. Once the batter has cooked firm around the edges and turned golden brown, flip once to cook the other side to golden brown.
5. Serves 4

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

Score: 100%

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

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

**Instructions**

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

**Strawberry Protein Bars Adapted from the website**

Score: 100%

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

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

## 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                      | To taste |
| 1  | teaspoon(s)   | Pepper/Peppercorns                  | To taste |

### Instructions

1. Preheat the oven to 350 degrees F.
2. In a large bowl, whisk the eggs and coconut milk together until they are thoroughly combined. Add the remaining ingredients.
3. Grease a 9 inch pie dish with coconut oil. Sprinkle almond meal evenly and tip the dish all around, tapping with your other hand to make sure it sticks to all sides. Pour in the egg mixture.
4. Bake the quiche for about 40 minutes, or until cooked thoroughly in the center. Make sure to cook it a little extra so that the sides are a little crisp.
5. Serves 6

**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**

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.

## Breakfast Casserole

Score: 100%

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

### Instructions

1. Saute' the sausage in the coconut (or avocado oil), breaking it up into small pieces with a spoon until it is almost cooked.
2. Mix the sausage with the rest of the ingredients.
3. Place the mixture into an 8x8 baking pan.
4. Bake for 45 minutes at 325 degrees F, then cover the pan and back for 25 minutes more.
5. Let it cool for 15-20 minutes so that the casserole can set.

## Delightful Ham Omlette

Score: 100%

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

### Instructions

1. Chop ham, shallots, and garlic and set aside.
2. Put coconut oil in a saucepan on medium heat.
3. Whisk egg whites and pour into heated saucepan. Cook eggs for 2-3 minutes and flip.
4. Add ham, shallots, and garlic to the egg mixture. Cook until everything is melted and eggs are golden brown.
5. Serve and enjoy!

## Pumpkin Pancakes (Adapted from the website <http://www.thepaleomom.com/2012/06/recipe-perfect-pumpkin-pancakes.html>) Score: 92.9%

|       |               |                                     |
|-------|---------------|-------------------------------------|
| 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

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

Score: 92.3%

|      |             |   |                      |
|------|-------------|---|----------------------|
| 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

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!

## Pumpkin Waffles or Pancakes

Score: 92.3%

|      |               |   |                             |
|------|---------------|---|-----------------------------|
| 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

1. In a medium bowl combine the almond flour, coconut flour, coconut sugar, baking powder, baking soda, sea salt, cinnamon, ginger and cloves.
2. In another bowl beat the eggs. Add the coconut milk, mashed pumpkin and melted coconut oil. Add the egg mixture all at once to the flour mixture. Stir just until moistened. Let the batter sit for 10 minutes.
3. Cook the batter in a preheated, greased waffle maker according to the manufacturer's directions. You can also use this as a batter for pancakes. Serve warm with chopped pecans and pure maple syrup. Enjoy!



4. Serves 12

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

Score: 92.3%

|       |               |                                      |               |
|-------|---------------|--------------------------------------|---------------|
| 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

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.

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

Score: 91.7%

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

### 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.

## Breakfast Bacon and Maple Meatballs

Score: 88.9%

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

### Instructions

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!

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

Score: 88.9%

|     |               |                                     |                    |
|-----|---------------|-------------------------------------|--------------------|
| 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

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!

## Eggs Benedict with Avocado Dressing

Score: 83.3%

|   |               |                                     |        |
|---|---------------|-------------------------------------|--------|
| 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

1. Cook the bacon over medium-low heat until the bacon is brown. Allow it to cool, then chop the bacon and set it aside.
2. Slice the tomato into 1/4 inch thick pieces.
3. Place the avocado "meat" in a food processor.
4. Add the lemon juice, 1 clove of garlic, and 4 tablespoons of water. Blend this mixture until the avocado is smooth and creamy.
5. Place and egg poach in a frying pan over medium-low heat.
6. Crack and egg into the poacher, pour 1/4 cup of water in the frying pan, and cook this for 4-6 minutes (covered.)
7. Stack the egg on top of the tomato and dress with the avocado dressing.

## Breakfast Burrito

Score: 77.8%

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

### Instructions

1. Cook meat in a cast iron skillet on medium-low heat. Remove and set it aside.

2. Slice and pit an avocado and mash in a bowl. Add a splash of lime juice and a pinch of sea salt and pepper. Mix well with a fork.
3. Heat the coconut oil in a well seasoned 10 inch cast iron pan. Beat the eggs and cook them on very low heat until they are cooked through. Then remove.
4. Place the eggs and meat mixture on top of a heated/warmed tortilla. Top with guacamole and wrap.

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

Score: 75%

|    |           |                            |   |
|----|-----------|----------------------------|---|
| 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

1. Preheat oven to 350 degrees F.
2. Dice all vegetables. You can add more or less of any of them, but keep the overall portion of vegetables the same for best results.
3. In a large mixing bowl, whisk together eggs, vegetables, salt, and pepper.
4. Pour mixture into a greased muffin pan, the mixture should evenly fill 8 muffin cups.
5. Bake 18-20 minutes, or until a toothpick inserted in the middle comes out clean.
6. Serve and enjoy! Leftovers can be saved in the refrigerator throughout the week.

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

Score: 75%

|   |          |                          |                             |
|---|----------|--------------------------|-----------------------------|
| 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

1. Cut bacon stripes in 1/2, cook to desired crispiness.
2. Remove the bacon and let it drain on napkin.
3. Pour off most of the bacon grease, and put the pan back on the heat to keep it hot.
4. Slice the stem of the Portobello mushroom caps off, so that the whole cap is flat and level. Cook the Portobello mushroom caps in the bacon pan for about 2 minutes on medium heat.
5. Put the caps on a plate, stack the lettuce, avocado, bacon, and the top cap on. In that order. Serve and enjoy!

**Grapefruit**

Score: 50%

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

***Instructions***

1. Cut in half, and sprinkle with a dash of salt. Best if served cold.

## 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

1. Saute beef in a pan with olive oil until cooked thoroughly.
2. In a large bowl combine rest of ingredients together and toss until well dispersed
3. Top the salad off with the steak and serve. Note: You can also grill a fresh peach slices.

### 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**

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!

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

Score: 100%

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

**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!

## 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

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

## 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

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

## 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

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

### **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**

1. Heat oil in a large saucepan over low-medium heat, add chopped leeks and garlic until softened, approximately 10
2. Pour in the broth and add thyme leaves. Season to taste with salt and simmer about 10 minutes.
3. Add the coconut milk to the pan, bring back to gentle simmer- don't boil, as the coconut milk will separate.
4. Add the salmon and cook until opaque and cooked all the way through.
5. Ladle into bowls, serve immediately, and enjoy

**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**

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

## 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

## Charred Vegetables with Bacon (adapted from ultimatopaleoguide)

Score: 100%

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

### Instructions

1. Heat a large skillet over medium high heat. Add the bacon and cook until crisp. Remove the bacon from the pan, leaving the fat behind.
2. Add the onion and cook until softened. Add the Brussel sprouts and cook until they begin to brown and add the radishes and broccoli. Continue cooking until vegetables are well charred and caramelized. Add the bacon pieces back to the pan before serving.

## 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

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!

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

Score: 100%

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

### 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!

## Paleo Chicken and Cauliflower Stew (adapted from [ultimatepaleoguide](#))

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

1. Heat the oil in a large stockpot or Dutch oven. Add the onions and cook until soft. Add the garlic and cook for another minute.
2. Stir in the spinach and cauliflower and add the broth. Bring to a boil and add the chicken breasts. Reduce to a simmer and simmer until chicken is cooked, about 20 minutes.
3. Remove chicken from the pot and shred. Add back to the pot and lightly mash the cauliflower.
4. Stir in the coconut milk and capers, and simmer until heated through before serving.



**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**

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!

## 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

1. Make Guacamole, set a side
2. Cut cucumber lengthwise and deseed
3. Scoop guacamole into each side of the cucumber
4. Place folded slice of turkey in top of one side the cucumber
5. Place one slice of bacon on top of the turkey
6. Place cucumbers together to create a "sandwich" and enjoy!

## 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

1. Melt some cooking fat in a large saucepan placed over a medium-high heat.
2. Add the chicken and garlic and cook for 4 to 5 minutes.
3. Add the broccoli , celery, and leek, and cook for another 4 minutes.
4. Incorporate all the remaining ingredients, season to taste, and give everything a good stir.
5. Cover the soup and cook for 15 to 20 minutes, or until the vegetables are soft.

**Swedish Meatballs (Adapted from the website**

Score: 92.3%

**<http://www.thepaleomom.com/2011/12/recipe-swedish-meatballs.html>)**

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

**Instructions**

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 )

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

Score: 90.9%

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

**Instructions**

1. Chop spinach, cabbage, cucumber, onion, and mushrooms. Toss into a large salad bowl.
2. Sprinkle salad with onion powder and garlic powder, salt and pepper, vinegar and oil. Toss thoroughly and gently.

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

Score: 90%

|   |             |   |                        |
|---|-------------|---|------------------------|
| 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**

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.

## Paleo Cauliflower Tabouli (adapted from ultimatepaleoguide)

Score: 88.9%

|     |               |   |                       |
|-----|---------------|---|-----------------------|
| .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

1. Put the cauliflower in a food processor with the garlic. Chop until cauliflower is finely chopped.
2. Transfer to a bowl and add the remaining ingredients. Mix until well combined. Chill until ready to serve.

## Lettuce Wrapped Burgers (Adapted from Barre 3)

Score: 87.5%

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

### Instructions

1. In a large pot or Dutch oven, heat the olive oil over medium heat. Add the onion, 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.

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

Score: 83.3%

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

**Instructions**

1. Slice the entire package of hot dogs evenly into bite-size pieces and add to a 10-inch skillet over medium heat. Toss periodically to brown
2. After 5 minutes add the sliced zucchini, chopped red onion and minced mushroom. Season to taste with garlic salt and dried oregano. Stir to combine everything and let cook until onions are to desired consistency and cabbage is still slightly firm
3. Split mixture between two bowls and serve for lunch as the main dish or serve smaller portions with a salad or more veggies.
4. Enjoy! :)

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

Score: 83.3%

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

**Instructions**

1. Lay the cucumbers out on a platter or baking sheet in a single layer. Whisk the coconut cream with the lemon juice and top each cucumber slice with a small dollop.
2. Top with smoked salmon, capers, and chives before serving.

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

Score: 83.3%

|   |               |   |  |
|---|---------------|---|--|
| 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

1. Heat oil in a large skillet over medium heat. Cook garlic, stirring occasionally, until golden brown, about 2 minutes. Add red pepper flakes and half of Swiss chard, season with salt and pepper, and cook, tossing often, until wilted, about 4 minutes. Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 1 minute; season with salt and pepper.

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

Score: 80%

|   |               |                                     |                |
|---|---------------|-------------------------------------|----------------|
| 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

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!



**Tuna Salad Salad**

Score: 77.8%

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

**Instructions**

1. Drain the tuna in a strainer in the sink. Chop the celery to measure 1/2 cup. Peel and chop the onion to measure 1/4 cup. Shred romaine lettuce.
2. In a medium bowl, mix the tuna, celery, onion, mayonnaise, lemon juice, salt and pepper.
3. Place tuna mixture on top of shredded lettuce and sprinkle Sprouts on top, and enjoy!

## Dinner

### Mashed Cauliflower (Adapted from Detoxinista)

Score: 100%

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

#### Instructions

1. Fill a large saucepan with about an inch of water, and insert a steamer basket. Bring the water to a boil, and add the cauliflower florets. Reduce the heat to a simmer and cover, allowing the cauliflower to steam for 6-8 minutes, or until fork tender.
2. Drain the steamed cauliflower, and transfer to the bowl of a large food processor. Add in the seasonings, and process to your desired texture.
3. If additional liquid is needed to facilitate blending, feel free to add a splash of almond milk or water, and adjust the seasonings to your taste. I ended up using about a teaspoon of fine sea salt for this particular batch, but each batch may vary, so be sure to start with less than you think you need, and add more as you go.
4. Serve warm and enjoy!

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

Score: 100%

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

#### Instructions

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.

## 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

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

## 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 minced

1 chopped Onion, Yellow

2 chopped Eggplant

2 chopped Bell Pepper, Red

2 cup(s) Chicken, free range (organic) cubed

1 can(s) Tomato, Red Crushed

3 tablespoon(s) Basil

0.25 cup(s) 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!

## 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

1. Place a large nonstick skillet over medium heat. When hot, add the sausage and cook, breaking up with a wooden spoon 6 to 8 minutes, until browned. Transfer to a plate.
2. Add the oil to the skillet, brussels sprouts, shallots and garlic and cook on medium-high until golden on the edges, 4-5 minutes. Set aside with the sausage.
3. Add the parsnip noodles to the skillet over medium heat with the broth and cook until the noodles are al dente, about 5 minutes.
4. Return the sausage and brussels to the skillet, and stir to combine.

## 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                              | Chopped |
| 3.5 | cup(s)        | Vegetable broth (Imagine® Low Sodium) |         |
| 1   | dash(es) of   | Kosher Salt                           |         |
| 1   | dash(es) of   | Pepper/Peppercorns                    |         |

### Instructions

1. Preheat oven to 450F.
2. Line a large large baking sheet with foil and spray with oil. Place the cauliflower and the brussels cut side down on the baking sheet, drizzle with oil and roast on the bottom third of the oven 25 minutes, tossing half way until slightly browned.
3. Meanwhile, melt the coconut oil in a large sauce pan over low heat and add shallots. Cook until translucent, about 5 minutes. Add the broth and simmer 5 minutes.
4. Shut the oven, reserve about 1 generous cup of the roasted vegetables and keep warm on the baking sheet.
5. Transfer the rest to the pot and simmer 2 minutes.
6. Transfer in two batches to the blender and blend until smooth.
7. Serve in 4 bowls topped with the roasted vegetables and fresh black pepper, to taste. Serve immediately.

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

Score: 100%

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

### Instructions

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)

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

Score: 100%

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

**Instructions**

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)

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

Score: 100%

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

### Instructions

1. Preheat the oven to 350F. Make sure the roast beef is room temperature and then rub with coconut oil, salt, pepper and rosemary liberally. Roast until the internal thermometer reads 140F for medium rare, 150F for medium. Remove and let rest for 10-15 minutes. Cut into thin slices and plate.



**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**

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."

## Worlds Best Crock Pot Roast

Score: 100%

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

### Instructions

1. Combine all ingredients into a Crock pot on Medium heat for 6-8 hours depending on size of the roast.
2. Serve over Cauliflower Rice or Sauteed Cabbage or with Roasted Asparagus! Enjoy

## 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

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.

**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**

1. Preheat the Oven to 425 degrees F.
2. Toss the apple slices with 1 Tablespoon of the olive oil in a bowl. Spread the apple slices in a single layer on a rimmed baking sheet.
3. Bake for 10 minutes.
4. Meanwhile, heat 1 Tablespoon of the oil in a medium sized skillet over medium heat. Pat the Pork Chops dry with paper towels, and sprinkle both sides with the salt and pepper.
5. Add the Pork Chops to the hot skillet. Cook until browned, about two minutes per side. Transfer the Chops to the baking sheet with the apples and roast for 10 -15 mins, until the internal temperature of the Chops is at least 145 F and the apples are tender.
6. Combine the remaining 1 Tablespoon of oil and the shallot in the same skillet used to brown the Pork Chops. Cook over medium heat until the shallot is translucent, 2-3 minutes.
7. Add the broth, apple cider, and mustard. Bring to a boil, stirring to scrape up any brown bits from the bottom of the skillet.
8. Reduce the heat and simmer, uncovered, until reduced by half, 3-4 minutes.
9. Stir in the spinach and cook, stirring, until wilted, about 30 seconds. Using a slotted spoon, to guide the wilted spinach between two plates. Top with the Pork Chops and apple. Serve with the remaining pan sauce if desired.

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

Score: 100%

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

### Instructions

## Hamburger Veggie Casserole (adapted from ultimatepaleoguide)

Score: 100%

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

### Instructions

1. Preheat oven to 350.
2. In a medium saucepan, brown hamburger and strain off fat. Set aside.
3. While hamburger is browning, chop pepper, cabbage, onions, garlic, and oregano. Set aside in a bowl.
4. Drizzle olive oil in a 9 x13 baking dish (or a tin foil-lined pie plate).
5. In the baking dish, layer the veggies and hamburger until no ingredients remain.
6. Place in the oven at 350 degrees for 20 minutes or until all veggies are warmed through but still a little crunchy.

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

Score: 93.8%

|      |               |   |                           |
|------|---------------|---|---------------------------|
| 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

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!

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

Score: 92.3%

|     |               |   |                                   |
|-----|---------------|---|-----------------------------------|
| 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**

1. In a large stockpot, melt the fat over medium heat. Add the chicken and a pinch of salt and pepper and cook for 10 minutes. Season the chicken with the saffron and cumin and continue to saute' for 2 minutes. Add the onion and garlic and saute' for another 2 minutes, or until the chicken is browned and the onions are translucent.
2. Add the broth to the pot and cover. Bring the mixture to a boil and reduce the heat to medium-low.
3. Remove the lid and simmer for 30 minutes.
4. While the chicken simmers, bring a saucepan of 4 cups of water to a boil. Put the olives in the water and boil for about 5 minutes, then drain.
5. Add the olives, carrots, and a half of the lemon cut into thin slices, if using, to the chicken and cook for another 20 minutes, or until the carrots are tender.
6. Squeeze the remaining half of the lemon, if using, over the finished dish before serving. Serve the chicken with the sauce and garnish with cilantro.

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

Score: 88.9%

|      |               |   |   |
|------|---------------|---|---|
| 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**

1. Using a spiral slicer, cut the zucchini into noodles. Lay on paper towels and sprinkle with salt. Let sit for 5 minutes.
2. Heat the oil in a large skillet and add the shrimp. Cook until pink and remove from pan. Add the garlic and mushrooms to the pan and cook until softened. Add the zucchini noodles and cook until just softened.
3. Season with salt and pepper and add the shrimp, tomatoes, and basil to the pan. Cook until heated through and serve.

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

Score: 88.9%

|      |               |                                       |              |
|------|---------------|---------------------------------------|--------------|
| 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                                  | <i>juice</i> |
| 2    | tablespoon(s) | Coconut Flour (gluten free)           |              |
| 0.25 | teaspoon(s)   | Cumin                                 |              |
| 0.25 | teaspoon(s)   | 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.

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

Score: 85.7%

|      |             |                             |
|------|-------------|-----------------------------|
| 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

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.



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

Score: 77.8%

|     |               |                                |                      |
|-----|---------------|--------------------------------|----------------------|
| 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**

1. Heat the oil in a large skillet or wok. Add the green onions, garlic, and ginger and cook for 1 minute. Add the steak, cook until browned and remove from pan.
2. Stir in the vegetables and cook quickly, stirring until veggies are tender. Add the steak back to the pan and add the lime juice.
3. Cook until heated through and serve.

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

Score: 75%

|      |               |                                     |                                      |
|------|---------------|-------------------------------------|--------------------------------------|
| 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***

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

Score: 33.3%

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

### ***Instructions***

1. Combine juice of orange and limes in a small bowl. Add the garlic, honey, sea salt, pepper and begin to whisk in the vinegar. Place flank steak in a Ziploc bag, add marinade and let sit for at least 30 minutes. Preheat grill on medium-high heat. Once grill is hot, place the flank steak on for 6-7 minutes per side, turning once. Let sit without cutting for 10 minutes so the steaks redistribute juices.

## 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

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

### 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 flat</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

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!

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

Score: 100%

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

### Instructions

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 refridgerator.(For Mustard)

## 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

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 Tablspoon 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 Tablspoon of Marcona Almonds until it is creamy.

## 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

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!

## 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

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.

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

Score: 87.5%

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

### Instructions

1. Put the cashews in a large bowl and cover with cold water.
2. Let soak for 4 to 6 hours, adding water if necessary to make sure they are covered. Drain.
3. Put the basil, garlic, and lemon juice in a blender or food processor and puree.
4. Add the soaked cashews and blend until creamy.
5. Slowly drizzle in the olive oil and continue processing until creamy.
6. Season with salt and pepper and serve with sliced veggies.

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

Score: 80%

|      |             |                 |       |
|------|-------------|-----------------|-------|
| 1    | whole       | Pomegranate     | arils |
| 0.25 | chopped     | Onion, Yellow   |       |
| 1    | teaspoon(s) | 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 Made Guacamole (From Elisabeth Cobb's College Recipes)**

Score: 80%

|      |             |   |              |
|------|-------------|---|--------------|
| 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**

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!

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

Score: 77.8%

|      |               |   |             |
|------|---------------|---|-------------|
| 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**

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: 75%

|      |             |                     |                     |
|------|-------------|---------------------|---------------------|
| 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***

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



## Snacks & Appetizers

### 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

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

### 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

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!

## 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

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!

## 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

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.

## 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

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.

## 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

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.

## 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) | full flat |
| 1    |             | Egg, Vital Farms® or Pasture Verde®           |           |
| 1    | replacement | Egg, Pasture-raised (from a farmer)           |           |
| 1    | replacement | Egg Whites, Pasture-raised                    |           |

### 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.

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

Score: 100%

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

### 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!

## Roasted Asparagus

Score: 100%

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

### Instructions

1. Preheat oven to 400 degrees. Wash and trim asparagus, and mince garlic. Toss both in grapeseed oil or coconut oil.
2. Spread out evenly on parchment paper and roast for 15-20 minutes till tender.
3. While asparagus is roasting, spread almond slivers on a cookie sheet with parchment paper and toast for 5-7 minutes.
4. Sprinkle toasted almonds on asparagus and serve!

## Roasted Peaches

Score: 100%

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

### Instructions

1. Preheat oven to 450°F.
2. Combine all ingredients into a bowl and toss together to evenly coat.
3. Spread fruit out evenly onto a baking sheet and place into the oven for 20-25 minutes, until fruit is tender.
4. Sprinkle with pecans and serve!

## Roasted Veggie Blend

Score: 100%

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

### Instructions

1. Preheat oven to 400 degrees F.
2. Toss the vegetables with the oil and seasoning and lay on a baking sheet.
3. Roast for 40-50 minutes, until caramelized and tender.
4. Serve and enjoy!

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

Score: 83.3%

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

### Instructions

1. Slice the baby bok choy in half.
2. Heat a skillet over medium heat. Add the coconut oil and then sauté the garlic for 30 seconds
3. Add in the baby bok choy, ginger and coconut aminos. Stir to combine.
4. Add 1 tbsp water and cover the skillet. Allow the bok choy to steam for 3-4 minutes or until softened.
5. Serve and enjoy!

## Olive Tapenade

Score: 80%

|     |               |                          |                           |
|-----|---------------|--------------------------|---------------------------|
| 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

1. Place all the ingredients into a food processor and blend well.

## Warm Olives (adapted from Food & Wine)

Score: 80%

|   |                |                          |  |
|---|----------------|--------------------------|--|
| 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

1. In a medium saucepan, combine the oil with the lemon zest, rosemary and garlic and cook over moderate heat until the garlic just begins to brown, about 6 minutes. Remove from the heat, stir in the olives and let stand for at least 10 minutes before serving.

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

Score: 77.8%

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

### Instructions

1. Put the kale and spinach in a food processor and pulse until rough chopped. Add the garlic and artichoke hearts, and pulse once or twice.
2. Add the oil, mayo, and lemon juice and pulse until just combined. Season with salt and pepper to taste and serve.

## Holiday Cauliflower Risotto

Score: 75%

|     |               |   |                  |
|-----|---------------|---|------------------|
| 1   | head(s)       | Cauliflower                                   | cut into florets |
| 3   | stalk(s)      | Celery  |                  |
| 1   | tablespoon(s) | Olive Oil, Virgin                             |                  |
| 1   | whole         | Onion, Yellow                                 | Chopped          |
| .25 | cup(s)        | Wine, White (Champagne)                       |                  |
| .25 | cup(s)        | Raisin (unsulfured, organic)                  | Chopped          |
| 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   | Zest             |
| 2   | tablespoon(s) | Parsley                                       | Minced           |

### Instructions



1. Bring a large pot of water to boil. Add the cauliflower for 4 minutes. Drain and cool the cauliflower.
2. Shred the cooled cauliflower in a food processor with the grating attachment. Set aside and wipe out the food processor. Shred the celery stalks and set aside.
3. Place the olive oil in a large skillet over medium high heat. Add the garlic and onion, cook for 5 minutes. Add cauliflower and cook for 2 minutes. Add the wine and reduce it down for 4 minutes. Add the shredded celery and crimson raisins, and mix well.
4. Add the coconut milk and cook for 8 minutes, stirring occasionally. Add the nutritional yeast, sea salt, black pepper and lemon zest, mix to combine, and cook another 5 minutes. Remove from heat and serve with parsley. Enjoy!

## Simple Roasted Green Beans

Score: 60%

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

### Instructions

1. Preheat oven to 400 degrees F.
2. Toss the beans with the oil, lemon juice, salt, and pepper. Lay on a baking sheet in a single layer.
3. Roast until browned and tender for 30 minutes, flipping once halfway through.
4. Serve hot with your favorite dish.