



Recipes for:

sundas malik

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

Garlic-Roasted Mackerel (adapted from the book Nourish)

Score: 11.1%

3/4	cup	Cilantro/Coriander	<i>packed cup</i>
3/4	cup	Onion, Green	<i>chopped</i>
1/4	cup	Parsley	
1/4	can	Olive Oil, Virgin	
1	teaspoon	Capers	
4	clove	Garlic	
1	tablespoon	Avocado Oil	
8	Fresh	Mackerel	<i>Fresh Fillets w/ skin</i>
1	tablespoon	Water	

Instructions

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

Breakfast Bacon and Maple Meatballs

Score: 0%

1	pound	Applegate® organic sausage sweet italian	<i>Not Feta</i>
1	whole	Sweet Potatoes, White	
4	ounce	Mushrooms, Button	
1/2	peeled	Onion, Sweet	
2	tablespoon	Maple Syrup (Grade A Dark Amber Organic)	
5-6	slice	Applegate® organic bacon	
1	clove	Garlic	
0	to_taste	Himalayan Salt	
0	to_taste	Pepper, Black (see Garlic/Lemon Pepper)	

Instructions

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

Pumpkin Pancakes (Adapted from the website <http://www.thepaleomom.com/2012/06/recipe-perfect-pumpkin-pancakes.html>) Score: 0%

1/2	cup	Pumpkin Powder
2	tablespoon	Honey, (Organic)
1/2	teaspoon	Ginger
1/2	teaspoon	Nutmeg
1/8	teaspoon	Cinnamon
1/8	teaspoon	Cloves
1	cup	Allspice
1/2	teaspoon	Baking Soda (Arm & Hammer®)
1	teaspoon	Cream of Tartar

Instructions

1. Mix all ingredients together in a blender for about 30 seconds.
2. Heat a non-stick or very well-seasoned cast iron skillet or griddle on medium-high heat (or slightly cooler than medium-high).
3. Add about 2 Tbsp of coconut oil into the pan. Pour batter into the pan, about 3 Tbsp per pancake, and with spacing far enough.
4. Cook for 6-8 minutes on the first side, until starting the batter is starting to look a little dry around the edges and more solid on top.

5. If you use your flipper to get a sneak peak at the underneath side of the pancake, it should be nicely browned but not too dark.
6. Carefully, flip the pancake. Cook for 2-4 minutes on the other side, until done
7. Repeat until all the batter is used. Enjoy warm or cooled.

Veggie Frittata (Adapted from the website

Score: 0%

<http://www.thepaleomom.com/2011/11/recipe-veggie-frittata.html>)

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

Instructions

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

Sweet Potato Egg Cups (Adapted from the website

Score: 0%

<http://realhealthyrecipes.com/2015/05/21/sweet-potato-egg-cups/>)

3	whole	Sweet Potato, Red	
1/2	cup	Coconut Oil	
0	to_taste	Himalayan Salt	
12	whole	Egg, Vital Farms® or Pasture Verde®	
12	whole	Egg, Whites, Pasture-raised	<i>As Replacement</i>

12	whole	Egg, Pasture-raised (from a farmer)	<i>As Replacement</i>
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: 0%

1	pound	Applegate® organic sausage sweet italian	<i>not feta</i>
7	whole	Egg, Pasture-raised (from a farmer)	
7	replacement	Egg, Vital Farms® or Pasture Verde®	
7	replacement	Egg, Whites, Pasture-raised	
6-8	slice	Applegate® organic bacon	
1/2	diced	Sweet Potato, Red	
1/2	diced	Onion, Yellow	
1	clove	Cloves	

*Minced***Instructions**

1. Preheat your oven to 350 degrees.
2. Place your breakfast sausage in a medium bowl and crack an egg directly in.
3. Mix with your hands until the egg is broken up and you have a big ball of goo.
4. Pour your meat mixture into a 8x8 glass baking dish and press down until you have an even surface through the entire dish.
5. Put in the oven for 8-10 minutes or until you see the fat rise up to the top.
6. It won't have to be completely cooked through since you will be cooking it a second time.
7. Once you pull it out of the oven, discard of any excess fat.

8. While your meatza is cooking, cut up your bacon and throw in a large pan over medium heat.
9. Cook until a bit crispy & thoroughly. Then remove with a slotted spoon and place on a plate with a paper towel to soak up excess fat.
10. Pour the remaining excess bacon fat in the pan into a jar, leaving about 2-3 tablespoons in the pan.
11. Add your garlic clove, then add your sweet potato and yellow onion to the pan.
12. Let the onion and sweet potato cook down for about 8-10 minutes, stirring frequently to keep from burning.
13. Once your sweet potatoes are soft and your meatza has cooked, start making layers.
14. Add your sweet potato/onion mixture to the top of your meatza, evenly distributed.
15. Then crack 6 eggs on top, you pick where you'd like them to go. And finally top with bacon through the eggs.
16. Place back in the oven to cook for 8-10 minutes or until eggs are cooked to your preference.
17. If you don't like eggs over-easy or over-medium, you could make scrambled eggs instead to top it off with!
18. Let cool. Top with hot sauce because hot sauce is delightful.

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

Score: 0%

1	pound	Beef, Grass-fed only (organic)	
10-12	ounce	Applegate® organic sausage sweet italian	Not feta
1	cup	Coconut Oil	
2	clove	Garlic	minced
1	diced	Onion, Yellow	
1	diced	Zucchini	
4	ounce	Mushrooms, Button	
2	tablespoon	Parsley	
2	tablespoon	Basil	
1	teaspoon	Garlic	powder
0	to_taste	Himalayan Salt	
0	to_taste	Pepper, Black (see Garlic/Lemon Pepper)	

Instructions

1. Preheat oven to 400 degrees.

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

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

Score: 0%

1	pound	Beef, Grass-fed only (organic)
1	teaspoon	Fennel
3/4	teaspoon	Anise
1/2	teaspoon	Paprika
1/4	teaspoon	Himalayan Salt
1-2	tablespoon	Avocado Oil

Instructions

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

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

Score: 0%

1/2	slice	Sweet Potatoes, White	<i>thinly sliced</i>
1	pound	Applegate® organic sausage sweet italian	
1	pound	Mushrooms, Button	
1	slice	Onion, Yellow	<i>thinly sliced</i>
1/3	can	Coconut Milk(Native Forest or Natural Value)	
1	Organic	Garlic	
1	teaspoon	Onion Powder	
0	to_taste	Himalayan Salt	
0	to_taste	Pepper, Black (see Garlic/Lemon Pepper)	
6		Egg, Pasture-raised (from a farmer)	
6	replacement	Egg, Vital Farms® or Pasture Verde®	
6	replacement	Egg, Whites, Pasture-raised	

Instructions

1. Preheat oven to 375 degrees.
2. Place a large skillet over medium heat and add your chorizo or breakfast sausage to cook down.
3. Add a medium skillet or saucepan over medium heat on a different burner, and add a tablespoon of fat.
4. Place onions in to begin to caramelize. Salt and pepper the onions while they cook.
5. Once your onions have cooked for about 8-10 minutes, add your mushrooms and cover to help cook your mushrooms.
6. Now, while your meat and onions/mushrooms cook down, thinly slice your sweet potato/yam lengthwise so you have even strips.
7. Pull out your 8x8 glass baking dish and layer the bottom of your dish with thinly sliced sweet potato/yam.
8. In a bowl, mix your coconut milk with garlic powder, onion powder, and a bit of salt and pepper. Whisk to mix.
9. Once your meat is done cooking and your onions are beautifully caramelized, beginning your lasagna layering.
10. Place a scoop full of mushrooms and onions on top of your first sweet potato layer, spreading it out.
11. then place a spoonful of your meat across that first layer.

12. Then layer another layer of sweet potatoes on top of your onions and meat, and keep on layering.
13. Once your layers are finished, pour your coconut milk mixture over your lasagna
14. Salt and pepper the top of your lasagna then place aluminum foil on top to create a seal around your baking dish.
15. Bake for 30-35 minutes or until your sweet potatoes are completely cooked through.
16. When your lasagna is done baking, let cool for about 10 minutes.
17. While the lasagna is baking, whisk the eggs and scramble in a pan, then once cooked place on top of lasagna. Enjoy!

Avocado, Chicken, and Spinach Omelet

Score: 0%

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

Instructions

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

Paleo Granola Adapted from the website

Score: 0%

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

2	cup	Almond	<i>sliced</i>
2	cup	Coconut, shredded (raw, unsweetened)	
1	cup	Sunflower Seeds	
1	cup	Pumpkin Seeds	
1/4	cup	Honey, (Organic)	
1/3	cup	Olive Oil, Virgin	
1	pound	Sweet Potato, Red	
2	teaspoon	Vanilla (gluten and corn-free)	
1	teaspoon	Cinnamon	
1	teaspoon	Nutmeg	

Instructions

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

Pumpkin Granola Adapted from the website

Score: 0%

<http://paleomg.com/pumpkin-granola/>

1/2	cup	Almond	<i>sliced</i>
1/2	cup	Pumpkin Seed Oil	
1/2	cup	Pecans	
8-10	chopped	Dates	
1/2	cup	Pumpkin	
1/3	cup	Coconut Oil	
1/3	cup	Coconut, shredded (raw, unsweetened)	

1/3	cup	Maple Sugar
2	tablespoon	Cinnamon
1	tablespoon	Nutmeg
1/8	teaspoon	Cloves
1/8	teaspoon	Ginger
0	pinch	Himalayan Salt

Instructions

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

Dairy-Free Strawberry Yogurt Adapted from the website

Score: 0%

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

1	cup	Strawberry	dried
1	cup	Coconut Milk(Native Forest or Natural Value)	
1	teaspoon	Vanilla (gluten and corn-free)	
2	tablespoon	Arrowroot Flour/powder	
1/4	teaspoon	Almond	

Instructions

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

Morning Sausages (adapted from comfybelly.com)

Score: 0%

1	pound	Beef, Grass-fed only (organic)
1/2	teaspoon	Himalayan Salt

1/2	teaspoon	Fennel
1/2	teaspoon	Thyme
1/4	teaspoon	Garlic
1/4	teaspoon	Allspice
1/4	teaspoon	Cloves
1/4	teaspoon	Nutmeg
1	teaspoon	Yacon Syrup

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.

Cinnamon-Scented Butternut Squash

(Adapted from the book The

Score: 0%

Autoimmune Paleo Cookbook)

3	pound	Squash, Butternut
2	tablespoon	Olive Oil, Virgin
1/4	teaspoon	Cinnamon
1/8	teaspoon	Nutmeg
1/4	teaspoon	Himalayan Salt

Instructions

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

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

Score: 0%

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

Instructions

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

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

Score: 0%

1	large	Onion, Yellow	
1	cup	Almond Meal (gluten free)	
0	dash_of	Himalayan Salt	
1/4	teaspoon	Garlic Powder	
1	cup	Coconut Milk(Native Forest or Natural Value)	
1	whole	Egg, Vital Farms® or Pasture Verde®	
1	whole	Egg, Pasture-raised (from a farmer)	As Replacement

Instructions

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

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

Score: 0%

1	large	Sweet Potato, Red
1	tablespoon	Olive Oil, Virgin
1	teaspoon	Garlic Powder
1/4	teaspoon	Paprika (smoked)
1/8	teaspoon	Onion Powder
1/8	teaspoon	Pepper, Cayenne
1/8	teaspoon	Oregano
1/8	teaspoon	Thyme

Instructions

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

Lunch

Lamb & Leek Burgers

Score: 20%

1	cup	Leeks
1	tablespoon	Avocado Oil
1	pound	Lamb
1/2	teaspoon	Garlic Powder
1/2	teaspoon	Himalayan Salt

Instructions

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

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

Score: 11.1%

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

Instructions

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

Score: 0%

1/2	pound	Cauliflower
1/2	replacement	Cauliflower, Purple
2	cup	Water
1/4	cup	Coconut Cream
1/3	teaspoon	Garlic Powder
1/3	teaspoon	Himalayan Salt
1 1/2	pound	Asparagus

Instructions

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

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

Score: 0%

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

2 replacement

Egg, Whites, Pasture-raised

2 teaspoon

Olive Oil, Virgin

Instructions

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

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

Score: 0%

1/4 pound

Applegate® organic bacon

1/4 pound

Applegate® organic turkey bacon

As Replacement

1 pound

Chicken, free range (organic)

grounded

1 pound

Sage

1/2 teaspoon

Garlic Powder

Instructions

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

Sliced Roast Beef (Adapted from the book Nourish)

Score: 0%

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

Instructions

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

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

Score: 0%

1	pound	Parsnip	
1	tablespoon	Coconut Oil	
1	tablespoon	Avocado Oil	As Replacement

1 teaspoon

Himalayan Salt

1/2 teaspoon

Garlic Powder

Instructions

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

Pork Belly Carnitas (adapted from the book Nourish)

Score: 0%

2 cup

Water

2 cup

Apple (all types)

2 tablespoon

Garlic Powder

2 tablespoon

Oregano

1 tablespoon

Himalayan Salt

2 teaspoon

Cinnamon

1 teaspoon

Sage

4 Fresh

Bay Leaf

2 1/2 teaspoon

Pork, (organic)

2 cup

Chicken Broth (Imagine® gf/low sodium)

Instructions

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

Beef Brisket (Adapted from the book The Recipe Hacker)

Score: 0%

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

Instructions

1. Combine all ingredients, except the brisket, in a bowl. Mix well
2. Place the brisket in a large roasting pan, fat side up. Cover with marinade. Cover the roasting pan tightly with foil. Marinate in the fridge for 24-48 hours, the longer it marinates the better the flavor in the meat.
3. Marinate in the fridge for 24-48 hours, the longer it marinates the better the flavor in the meat.
4. Preheat oven to 300 and roast for 4 hours or 40 min per pound.
5. Remove foil carefully after 4 hours, and turn oven to high broil, place roasting pan back in for a few minutes to char a bit
6. Transfer to a cutting board and slice. Put the slices back in the juices. Serve hot. Enjoy!

Cauliflower Rice (Adapted from the book The Recipe Hacker)

Score: 0%

1	head	Cauliflower
1	head	Cauliflower, Purple
1	tablespoon	Olive Oil, Virgin
1/2	teaspoon	Himalayan Salt
1/2	teaspoon	Pepper, Black (see Garlic/Lemon Pepper)

As Replacement

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: 0%

1/2	cup	Almond	raw
1/4	teaspoon	Himalayan Salt	
1/4	teaspoon	Paprika	
1	whole	Egg, Pasture-raised (from a farmer)	
1	replacement	Egg, Vital Farms® or Pasture Verde®	
1	replacement	Egg, Whites, Pasture-raised	
1	pound	Chicken, free range (organic)	

Instructions

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

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

Score: 0%

2	breast	Chicken, free range (organic)	As Replacement
2	cup	Almond Flour (gluten free)	
2	cup	Pecan Flour	
2	whole	Egg, Pasture-raised (from a farmer)	As Replacement
2	whole	Egg, Vital Farms® or Pasture Verde®	

1	teaspoon	Garlic Powder
1	teaspoon	Parsley
1	Organic	Lemon
0	to_taste	Himalayan Salt
0	to_taste	Pepper, Black (see Garlic/Lemon Pepper)

Instructions

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

Steak Salad with Fresh Fruit (From Elisabeth Cobb's College Recipes)
Score: 0%

1	Fresh	Peach	
1	Fresh	Pear	As Replacement
1	Fresh	Golden Berry	As Replacement
1/2	cup	Beef, Grass-fed only (organic)	
1	tablespoon	Olive Oil, Virgin	
1/4	cup	Kale, all types	
1/3	cup	Spinach	
1/4	cup	Rainbow Chard	
1/3	cup	Pecans	
1/4	cup	Broccoli	
1/	chopped	Bell Pepper, Red	
1	Fresh	Apple (all types)	As Replacement

Instructions
Swedish Meatballs (Adapted from the website <http://www.thepaleomom.com/2011/12/recipe-swedish-meatballs.html>)
Score: 0%

1	pound	Beef, Grass-fed only (organic)	for meatballs
---	-------	--------------------------------	---------------

1	chopped	Onion, Yellow	for meatballs
1	tablespoon	Coconut Oil	for meatballs
2	replacement	Egg, Pasture-raised (from a farmer)	for meatballs
2	replacement	Egg, Vital Farms® or Pasture Verde®	for meatballs
2	replacement	Egg, Whites, Pasture-raised	for meatballs
1/8	teaspoon	Himalayan Salt	for meatballs
1/4	teaspoon	Pepper, Black (see Garlic/Lemon Pepper)	for meatballs
1/2	teaspoon	Nutmeg	for meatballs
1/4	teaspoon	Allspice	for meatballs
1	cup	Beef broth (Imagine® low sodium/GF)	Gravy Ingredients
1/2	tablespoon	Coconut Oil	Gravy Ingredients
1	tablespoon	Arrowroot Flour/powder	Gravy Ingredients

Instructions

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

Dinner

Plantain Tortillas (From Elisabeth Cobb's College Recipes)

Score: 14.3%

1	peeled	Plantain	<i>As Replacement</i>
2	peeled	Banana	
1/3	cup	Avocado Oil	
1	teaspoon	Himalayan Salt	
1	teaspoon	Baking Soda (Arm & Hammer®)	
1	Fresh	Lime Juice	
1/3	cup	Water	

Instructions

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

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

Score: 0%

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

Instructions

1. Preheat oven to 400
2. Rinse chicken with water then pat dry thoroughly. Rub salt and place herbs all over the chicken inside, out, & under skin.

3. Drizzle a little of the oil over the skin of the chicken. Then place it breast side up on a rack in a roasting pan.
4. Cook each side for approximately 20 minutes, then flip one last time for an additional 20 minutes breast side up.
5. Check the internal temperature and should be higher than 165. Remove from the oven and let it rest.
6. After resting for 15 minutes serve and enjoy.

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

Score: 0%

1	tablespoon	Avocado Oil	
2	whole	Trout	
1/2	teaspoon	Himalayan Salt	
4	sprig	Rosemary	whole sprigs
4	sprig	Thyme	whole sprigs

Instructions

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

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

Score: 0%

2	pound	Beef, Grass-fed only (organic)
1	tablespoon	Coconut Oil
1 1/2	tablespoon	Himalayan Salt
3/4	tablespoon	Sage
3/4	teaspoon	Cinnamon

Instructions

1. Combine the spices, herbs, and salt together in a small bowl

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

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

Score: 0%

2	teaspoon	Olive Oil, Virgin	
2	clove	Garlic	minced
1	chopped	Onion, Yellow	
2	chopped	Eggplant	
2	chopped	Bell Pepper, Red	
2	cup	Chicken, free range (organic)	
1	can	Tomato, Red	Crushed
3	tablespoon	Basil	
1/4	cup	Water	

Instructions

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

BodyPro Soft Tortillas (Adapted from Comfybelly.com)

Score: 0%

2/3	cup	Egg, Pasture-raised (from a farmer)	
2/3	cup	Egg, Vital Farms® or Pasture Verde®	As Replacement
2/3	cup	Egg, Whites, Pasture-raised	As Replacement
2	teaspoon	Coconut Oil	

1/4	cup	Almond Milk, unsweetened (no tapioca)
1	cup	Lime
2	teaspoon	Coconut Flour (gluten free)
1/4	teaspoon	Cumin
1/4	teaspoon	Himalayan Salt

Instructions

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

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

Score: 0%

5	whole	Egg, Vital Farms® or Pasture Verde®	Separate Egg
1	cup	Cashew Butter	
1/4	cup	Almond Milk, unsweetened (no tapioca)	
1/4	cup	Coconut Flour (gluten free)	
1/2	tablespoon	Maple Syrup (Grade A Dark Amber Organic)	
2 1/2	teaspoon	Apple Cider	
1	teaspoon	Baking Soda (Arm & Hammer®)	
1/2	teaspoon	Himalayan Salt	
0	Organic	Coconut Oil	

Instructions

1. Preheat the oven to 300 degrees, Fahrenheit. Place a small dish of water on the bottom rack to create a white colored loaf.(Prep)

2. Line the bottom of an 8.5 inch x 4.5 inch glass loaf pan with parchment paper. (Prep)
3. Then spread a thin coating of Coconut oil on the sides of the parchment paper." (Prep)
4. Beat the Cashew butter with the Egg yolks, then add the Maple syrup, Apple cider vinegar, Almond milk, Important Step!(Mix)
5. Using a mixer, beat the Egg whites in a separate bowl until peaks form. Again, this is best done with a mixer."(Mix)
6. Combine the dry ingredients in another small bowl(Mix)
7. Make sure oven is completely preheated before adding the Egg whites and dry ingredients to the Cashew butter mixture.(Mix)
8. You don't want the Egg whites to fall, and the Baking soda will activate once it hits the Eggs and the Apple cider vinegar.(Mix)
9. Pour the dry ingredients into the wet ingredients and beat until the combine well.(Mix)
10. This will result in more of a wet batter than a dough.(Mix)
11. .Make sure to get all of the sticky Cashew butter off of the bottom of the bowl so that you don't end up with clumps. (Mix)
12. Pour the beaten Egg whites into the Cashew butter mixture, beating again until they are perfectly combined.(Mix)
13. You don't have to be gentle with this. Just don't over-mix.(Mix)
14. Pour the batter into the prepared loaf pan, then immediately put it in the oven. (Mix)
15. Bake for 45-50 minutes until the top is golden brown and a toothpick comes out clean.(Bake)
16. DON'T open the oven door anytime before 40 minutes, the steam WILL escape, and you will NOT get a properly risen loaf."(Bake)
17. Remove the loaf from the oven, and let it cool for 15-20 minutes.(Bake)
18. Use a knife to free the sides from the loaf pan, then flip it upside down. Release the loaf unto a cooling rack.(Bake)
19. Cool right side up for an hour before serving.(Bake)
20. Wrap the loaf up tightly in parchment paper, and then put it in a zip-lock bag to store it up to a week.(Bake)

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

Score: 0%

1/4	teaspoon	Garlic Powder	For the Sauce
3/4	cup	Cashews	For the Sauce
2	teaspoon	Himalayan Salt	For the Sauce
1/4	teaspoon	Garlic Powder	For the Sauce
1/4	teaspoon	Pepper, Poblano	For the Sauce

1	teaspoon	Olive Oil, Virgin	For the Sauce
1/4	cup	Water	For the Sauce
1	teaspoon	Olive Oil, Virgin	For the Taco Skillet
1	chopped	Onion, Yellow	For the Taco Skillet
1	pound	Beef, Grass-fed only (organic)	For the Taco Skillet
1	tablespoon	Chili Powder	For the Taco Skillet
1	teaspoon	Cumin	For the Taco Skillet

Instructions

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

Mexican Chicken Tacos (using the BodyPro Soft Tortillas)

Score: 0%

3	beaten	Chicken, free range (organic)	
1	tablespoon	Chili Powder	For Taco Seasoning
2	tablespoon	Onion, Sweet	For Taco Seasoning
2	tablespoon	Olive Oil, Virgin	For Taco Seasoning
1	teaspoon	Garlic Powder	For Taco Seasoning
1/2	teaspoon	Paprika	For Taco Seasoning
1/4	teaspoon	Himalayan Salt	For Taco Seasoning
1	teaspoon	Pepper, Black (see Garlic/Lemon Pepper)	For Taco Seasoning

1/4	tablespoon	Oregano	For Taco Seasoning
3	peeled	Avocado	Guacamole
1	teaspoon	Cumin	Guacamole
1	Seeded	Tomato, Red	Guacamole
2	Juice	Lime	Guacamole
1	teaspoon	Garlic	Guacamole
1	teaspoon	Pepper, Black (see Garlic/Lemon Pepper)	Guacamole
1	teaspoon	Himalayan Salt	Guacamole

Instructions

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

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

Score: 0%

2 1/2	cup	Almond Flour (gluten free)
1	teaspoon	Baking Soda (Arm & Hammer®)
1	cup	Coconut Milk(Native Forest or Natural Value)
1/4	cup	Coconut Oil
3	large	Egg, Pasture-raised (from a farmer)
3	replacement	Egg, Vital Farms® or Pasture Verde®
2	tablespoon	Yacon Syrup
1	tablespoon	Poppy seeds

Instructions

1. Preheat your oven to 350 Degrees, Fahrenheit
2. Line 2 baking sheets with parchment paper.
3. Place all the ingredients, except the Poppy seeds, into a food processor or Vitamix® blender.
Blend until creamy."
4. Pour 2 Tablespoons of batter into circles onto the baking sheets, leaving about 2 inches between rounds.

5. Sprinkle the Poppy seeds
6. Bake for 15 minutes (allowing the Rounds to become brown). They should be firm at the edges."
7. Slide a knife or spatula under each roll and remove them onto a cooling rack.
8. Let cool. Makes bout 12 small rounds or 6 large rounds."

Dressings & Dips

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

Score: 0%

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

Instructions

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

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

Score: 0%

2	cup	Coconut, shredded (raw, unsweetened)
1	tablespoon	Coconut Oil
1/4	teaspoon	Himalayan Salt

Instructions

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

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

Score: 0%

1/2	cup	Coconut Concentrate
1/2	cup	Water
1/4	cup	Olive Oil, Virgin
3-4	clove	Garlic Pepper
1/4	teaspoon	Himalayan Salt

Instructions

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

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

Score: 0%

1/2	cup	Vinegar, White Wine
1/4	cup	Olive Oil, Virgin
1/4	cup	Raspberry
2	teaspoon	Honey, (Organic)

Instructions

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

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

Score: 0%

1/4	cup	Olive Oil, Virgin
1	teaspoon	Lemon Juice
01	teaspoon	Lime Juice
1/2	teaspoon	Garlic Powder
1	teaspoon	Himalayan Salt
1	tablespoon	Mustard, Brown (Eden® gf mustard)

As Replacement

1/2 teaspoon

Pepper, Black (see Garlic/Lemon Pepper)

Instructions

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

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

Score: 0%

1	cup	Blueberry	<i>Fresh</i>
1	cup	Strawberry	<i>As Replacement</i>
1	cup	Blackberry	<i>As Replacement</i>
1/4	cup	Olive Oil, Virgin	
1	tablespoon	Honey, (Organic)	
1/2	teaspoon	Himalayan Salt	
2/3	cup	Balsamic Vinegar MiaBella (No Caramel No Wine Vinegar)	

Instructions

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

Fresh Homemade Cashew Nut Butter

Score: 0%

1 1/2	pound	Cashews	
1 1/2	pound	Macadamia Nuts	<i>As Replacement</i>
1/2	teaspoon	Himalayan Salt	
0		Water	<i>Enough to cover</i>
1	tablespoon	Avocado	
1	chopped	Paprika	
1	teaspoon	Himalayan Salt	
1	teaspoon	Avocado	

Instructions

1. Be sure to soak the nuts and/or seeds in water first in a bowl, overnight works great for good results
2. Place the nuts or seeds into a high power blender or similar, then add in the salt.

3. Turn on high until the consistency desired. Then enjoy!

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

Score: 0%

1/2	cup	Olive Oil, Virgin
1/4	cup	Apple Cider Vinegar (Bragg's®)
2-4	teaspoon	Almond, Marcona
1	teaspoon	Maple Syrup (Grade A Dark Amber Organic)

Instructions

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

Pomegranate Salsa (From Elisabeth Cobb's College Recipes)

Score: 0%

1	whole	Pomegranate	
1/4	chopped	Onion, Yellow	
1	teaspoon	Himalayan Salt	
1	whole	Pepper, Serrano	Fresh
1	whole	Lime	Fresh

Instructions

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

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

Score: 0%

2	Fresh	Avocado	fresh
1	whole	Lime	
1/4	chopped	Onion, Yellow	
1	teaspoon	Himalayan Salt	
1	teaspoon	Pepper, Black (see Garlic/Lemon Pepper)	

Instructions

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

Snacks & Appetizers

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

Score: 0%

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

Instructions

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

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

Score: 0%

1 1/2	pound	Brussels Sprout	As Replacement
6	slice	Applegate® organic bacon	
6	slice	Applegate® organic turkey bacon	
0	as_needed	Himalayan Salt	
1	teaspoon	Paprika (smoked)	
1	teaspoon	Garlic Powder	
1	teaspoon	Himalayan Salt	
1	tablespoon	Olive Oil, Virgin	

Instructions

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

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

Score: 0%

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

Instructions

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

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

Score: 0%

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

Instructions

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

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

Score: 0%

1	bunch	Kale, all types
---	-------	-----------------

2 tablespoon

Coconut Oil

melted

0 to_taste

Himalayan Salt

Instructions

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