



## Recipes for:

### Nanny Mai

#### **Please Read:**

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

All recipes should be made from:

**Organic Ingredients**

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

**Organic, Pasture-Raised Eggs**

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

#### Some Definitions

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

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

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

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

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

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

## Breakfast

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

Score: 100%

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

#### Instructions

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

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

**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****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**

## Apple Slices with Cashew Butter

Score: 100%

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

### Instructions

## Grapefruit

Score: 100%

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

### Instructions

## Celery with Almond Butter

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions

## Breakfast 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

## 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

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

Score: 100%

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

### Instructions

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

### Instructions

**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**



## Mini Breakfast Quiches

Score: 87.5%

|    |               |                                     |          |
|----|---------------|-------------------------------------|----------|
| 12 | large         | Egg, Pasture-raised (from a farmer) |          |
| 1  | head(s)       | Broccoli                            |          |
| 6  | Strip(s)      | Applegate® organic bacon            |          |
| 2  | tablespoon(s) | Water                               |          |
| 3  | cup(s)        | Almond Meal (gluten free)           |          |
| 1  | teaspoon(s)   | Coconut Oil                         |          |
| 1  | teaspoon(s)   | Himalayan Salt                      | To taste |
| 1  | teaspoon(s)   | Pepper/Peppercorns                  | To taste |

### Instructions

## Apple Pancake Rings

Score: 87.5%

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

### Instructions

## Pumpkin Waffles or Pancakes

Score: 84.6%

|      |               |   |                      |
|------|---------------|---|----------------------|
| 2    | cup(s)        | Almond Flour (gluten free)                    |                      |
| 2    | tablespoon(s) | Coconut Flour (gluten free)                   |                      |
| 0.33 | cup(s)        | Coconut Sugar                                 |                      |
| 2    | teaspoon(s)   | Baking Soda (Arm & Hammer®)                   |                      |
| 1    | teaspoon(s)   | Cream of Tartar                               |                      |
| 0.5  | teaspoon(s)   | Himalayan Salt                                |                      |
| 2    | teaspoon(s)   | Cinnamon                                      | ground cinnamon      |
| 1    | teaspoon(s)   | Ginger Powder                                 | ground ginger        |
| 0.25 | teaspoon(s)   | Clove Powder                                  | ground cloves        |
| 8    | Extra large   | Egg, Vital Farms® or Pasture Verde®           | large, pastured eggs |
| 1    | can(s)        | Coconut Milk (Native Forest or Natural Value) | full fat, not skim   |
| 1.5  | cup(s)        | Pumpkin                                       | baked and mashed     |
| 6    | tablespoon(s) | Coconut Oil                                   | melted               |

### Instructions

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

Score: 81.8%

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

**Avocado, Chicken, and Spinach Omelette**

Score: 80%

|     |             |   |
|-----|-------------|---|
| 0.5 | pound       | Chicken, free range (organic)           |
| 2   | cup(s)      | Spinach                                 |
| 3   |             | Egg, Vital Farms® or Pasture Verde®     |
| 3   | replacement | Egg, Pasture-raised (from a farmer)     |
| 3   | replacement | Egg Whites, Pasture-raised              |
| 1   | teaspoon(s) | Coconut Oil                             |
| 1   | replacement | Palm Kernel Oil                         |
| 0   | to taste    | Himalayan Salt                          |
| 0   | to taste    | Pepper/Peppercorns                      |
| 1   | as needed   | BodyPro Almond Mayo Grade A Maple Syrup |

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

Score: 78.6%

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

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

Score: 77.8%

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

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

Score: 77.8%

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

### Instructions

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

Score: 76.9%

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

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

Score: 69.2%

|      |             |   |               |
|------|-------------|---|---------------|
| 0.5  | slice(s)    | Sweet Potatoes, White                         | thinly sliced |
| 1    | pound       | Applegate® organic sausage sweet italian      |               |
| 1    | pound       | Mushrooms, Button                             |               |
| 1    | slice(s)    | Onion, Yellow                                 | thinly sliced |
| 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



## Eggs in a Ham Blanket

Score: 66.7%

|    |             |                           |         |
|----|-------------|---------------------------|---------|
| 4  | slice(s)    | Applegate® organic ham    |         |
| 4  | Extra large | Egg Yolks, Pasture-raised |         |
| .3 | cup(s)      | Spinach                   |         |
| .3 | cup(s)      | Olives (without vinegar)  |         |
| .3 | cup(s)      | Tomato                    | Chopped |
| .3 | cup(s)      | Onion                     | Diced   |

### Instructions

## Eggs Benedict with Avocado Dressing

Score: 66.7%

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

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

Score: 66.7%

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

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

Score: 62.5%

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

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

Score: 57.1%

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

***Instructions***

**Dairy-Free Strawberry Yogurt Adapted from the website**  
**<http://realhealthyrecipes.com/2014/05/20/dairy-free-strawberry-yogurt/>**

Score: 50%

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

**Instructions**

## Lunch

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

Score: 100%

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

#### Instructions

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

Score: 100%

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

#### Instructions

## Lamb & Leek Burgers

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

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

Score: 100%

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

**Instructions**



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

Score: 100%

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

***Instructions***

## 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

## 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

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

Score: 100%

|   |               |   |         |
|---|---------------|---|---------|
| 3 | breast(s)     | Chicken, free range (organic)                 |         |
| 6 | cup(s)        | Chicken Broth (Imagine® gf/low sodium)        |         |
| 2 | cup(s)        | Spinach                                       | chopped |
| 2 | cup(s)        | Cauliflower                                   | chopped |
| 6 |               | Coconut Milk (Native Forest or Natural Value) |         |
| 1 | whole         | Onion, Yellow                                 | diced   |
| 2 | tablespoon(s) | Capers  |         |
| 2 | tablespoon(s) | Olive Oil, Virgin                             |         |
| 1 | to taste      | Himalayan Salt                                |         |
| 1 | to taste      | Pepper, Black (see Garlic/Lemon Pepper)       |         |

### Instructions

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

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

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

Score: 100%

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

### Instructions

## 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

**Steak Salad with Fresh Fruit (From Elisabeth Cobb's College Recipes)** Score: 90.9%

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

**Instructions**

**Paleo 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****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        | <i>(thickened cream on top of a can of coconut)</i> |
| 1  | medium        | Lemon                | <i>juiced</i>                                       |
| 2  | whole         | Cucumber             | <i>Sliced</i>                                       |
| 2  | tablespoon(s) | Capers               |   |
| 1  | tablespoon(s) | Chives               | <i>Minced</i>                                       |

**Instructions**

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

Score: 83.3%

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

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

Score: 80%

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

***Instructions***



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

Score: 76.9%

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

## Lettuce Wrapped Burgers (Adapted from Barre 3)

Score: 75%

|     |               |                                |                       |
|-----|---------------|--------------------------------|-----------------------|
| 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, 1/4 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 1/4 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.

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

Score: 75%

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

### Instructions

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

Score: 70%

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

### Instructions

**Tuna Salad Salad**

Score: 55.6%

|   |               |                                |          |
|---|---------------|--------------------------------|----------|
| 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****Turkey, Bacon Cucumber "Sandwich"**

Score: 50%

|   |          |  |                                |
|---|----------|--|--------------------------------|
| 1 | slice(s) | Applegate® organic herb roasted turkey |                                |
| 1 | slice(s) | Applegate® organic bacon               |                                |
| 1 | whole    | Avocado                                | Make into Guacamole            |
| 1 | whole    | Cucumber                               | Sliced lengthwise and deseeded |

**Instructions**



## 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

### 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

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

Score: 100%

1 tablespoon(s) Coconut Oil

5 pound Chicken, free range (organic) *whole cut into 8-10 pieces*

1 to taste Himalayan Salt

1 to taste Pepper, Black (see Garlic/Lemon Pepper)

1 pinch(es) Saffron

1 tablespoon(s) Cumin *ground*1 Onion *diced white*1 teaspoon(s) Garlic *minced*

4 cup(s) Chicken Broth (Imagine® gf/low sodium)

2 cup(s) Olives (without vinegar) *green*3 medium Carrot, Orange *cut into 1/4 in circles*

1 whole Lemon

.25 cup(s) Cilantro/Coriander *garnish***Instructions**

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

Score: 100%

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

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

Score: 100%

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

**Instructions**



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

Score: 100%

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

### Instructions

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

Score: 100%

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

### Instructions

**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**

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

Score: 100%

|      |               |                                     |                               |
|------|---------------|-------------------------------------|-------------------------------|
| 4    | pound         | Beef, Grass-fed only (organic)      | large bone in beef short ribs |
| 1    | cup(s)        | Beef broth (Imagine® low sodium/GF) | Beef bone broth               |
| 1    | large         | Carrot, Orange                      | chopped                       |
| 1    | handful(s)    | Mushrooms, Cremini/Crimini          | sliced                        |
| 1    | stalk(s)      | Celery                              | 1/2 cup thinly sliced         |
| 3    | tablespoon(s) | Olive Oil, Virgin                   |                               |
| 1    | Small         | Onion, Yellow                       | small                         |
| 0.25 | cup(s)        | Mushrooms                           | porcini                       |
| 2    | tablespoon(s) | Coconut Aminos®                     |                               |
| 1    | teaspoon(s)   | Mustard, Brown (Eden® gf mustard)   |                               |
| 1    | clove(s)      | Garlic                              | minced                        |
| 0.75 | as needed     | Himalayan Salt                      |                               |

**Instructions**

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

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

Score: 94.1%

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

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

Score: 93.8%

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

|   |             |   |           |
|---|-------------|---|-----------|
| 1 | teaspoon(s) | Garlic                                  | Guacamole |
| 1 | teaspoon(s) | Pepper, Black (see Garlic/Lemon Pepper) | Guacamole |
| 1 | teaspoon(s) | Himalayan Salt                          | Guacamole |

**Instructions****Worlds Best Crock Pot Roast**

Score: 90%

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

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

Score: 88.9%

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

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

Score: 80%

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

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

Score: 77.8%

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

***Instructions***



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

Score: 77.8%

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

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

Score: 77.8%

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

**Instructions****Roasted Brussels Sprouts & Cauliflower Soup adapted from Skinning Taste**

Score: 77.8%

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

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

Score: 75%

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

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

Score: 66.7%

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

**Instructions**

## Dressings & Dips

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

Score: 100%

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

#### Instructions

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

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

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

|      |               |                                      |       |
|------|---------------|--------------------------------------|-------|
| 4    | cup(s)        | Coconut, shredded (raw, unsweetened) | dried |
| 1    | tablespoon(s) | Coconut Oil                          |       |
| 0.25 | teaspoon(s)   | Himalayan Salt                       |       |

### Instructions

## Fresh Homemade Cashew Nut Butter

Score: 100%

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

### Instructions

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

Score: 100%

0.5 cup(s)

Olive Oil, Virgin

0.25 cup(s)

Apple Cider Vinegar (Bragg's®)

3 tablespoon(s)

Almond, Marcona

1 tablespoon(s)

Maple Syrup (Grade A Dark Amber Organic)

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

Score: 100%

1 whole

Pomegranate

arils

0.25 chopped

Onion, Yellow

1 teaspoon(s)

Himalayan Salt

1 whole

Pepper, Serrano

Fresh

1 whole

Lime

Fresh

**Instructions**



## 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

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

Score: 85.7%

|      |               |  |       |
|------|---------------|--|-------|
| 1    | cup(s)        | Blueberry  | Fresh |
| 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

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

Score: 75%

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

***Instructions***

## Snacks & Appetizers

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

Score: 100%

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

#### Instructions

### Holiday Cauliflower Risotto

Score: 100%

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

#### Instructions

## Olive Tapenade

Score: 100%

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

### Instructions

## Roasted Veggie Blend

Score: 100%

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

### Instructions

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

Score: 100%

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

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

Score: 100%

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

**Instructions**

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

Score: 100%

|   |             |                                 |       |
|---|-------------|---------------------------------|-------|
| 3 | slice(s)    | Applegate® organic bacon        |       |
| 3 | replacement | Applegate® organic turkey bacon |       |
| 2 | slice(s)    | Pear                            | Cored |
| 0 |             | Cinnamon                        |       |

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

Score: 100%

|   |               |                 |        |
|---|---------------|-----------------|--------|
| 1 | bunch(es)     | Kale, all types |        |
| 2 | tablespoon(s) | Coconut Oil     | melted |
| 0 | to taste      | Himalayan Salt  |        |

**Instructions**

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

Score: 100%

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

### Instructions

## Roasted Asparagus

Score: 100%

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

### Instructions

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

Score: 100%

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

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

Score: 88.9%

|       |               |                   |   |
|-------|---------------|-------------------|---|
| 1     | large         | Sweet Potato, Red | peeled and sliced into 1/4 inch long slices |
| 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           | dried                                       |
| 0.125 | teaspoon(s)   | Thyme             | dried                                       |
| 0.25  | teaspoon(s)   | Himalayan Salt    |   |

### Instructions



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

Score: 88.9%

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

### Instructions

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

Score: 80%

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

## Roasted Peaches

Score: 75%

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

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

Score: 75%

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

# Simple Roasted Green Beans

Score: 60%

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

## Instructions