



Ultimate Paleo Guide

The Ultimate Guide To The Paleo Diet

FAVORITE PALEO DIET RECIPES



Paleo Pancakes

Breakfast foods do not get more classic than pancakes. If you're eating Paleo, but are missing the old days when you would put away a tall stack of pancakes at breakfast, let this perfect recipe bring you back.

INGREDIENTS

- Bananas – 3
- Eggs – 3
- Cooking oil of your choice
- Almond butter – 1/4 cup
- Whatever toppings you want

PREPERATION

- 1) Place bananas and eggs in bowl and mash until smooth
- 2) Add almond butter to mixture and mix again
- 3) Heat coconut oil in pan on low and place batter in pan in whatever shape you like
- 4) Cook until the pancakes are browned to your liking
- 5) Add toppings and enjoy!





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Avocado Deviled Eggs

INGREDIENTS

- Eggs
- Avocado
- Garlic
- Pepper
- Sea Salt
- Honey
- Mustard
- Cayenne Pepper
- Paprika

PREPERATION

- 1) Boil Eggs
- 2) Slide the eggs in half and remove the yolk.
- 3) Cut the avocados open and scoop them out into a bowl
- 4) Mash the avocado up so it's broken up.
- 5) Add the garlic, pepper, sea salt, honey, mustard and the rest of the ingredients and mix it up together. Mix the flavors to your liking and taste.
- 6) Use your spoon to add the filling back to the egg whites.
- 7) Top with paprika



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Eggs Over Easy Salad

This recipe is from our friend & expert paleo chef [Marla Sarris](#).

PREPERATION

- 1) Melt some grass-fed butter or coconut oil in a small frying pan over medium high heat.
- 2) Crack two eggs and cover then prepare your salad on a plate.
- 3) Combine fresh baby spinach, peppers, onion, carrots, tomato, celery, avocado, broccoli or any of your favorite vegetables.
- 4) Cook the eggs to your preferred doneness; I like mine over easy (the juices from the egg create a delicious dressing as you eat and run over the veggies).
- 5) Season your salad with some sea salt and pepper, maybe a touch of avocado or olive oil and any other seasonings. Top it off with your two eggs and enjoy.



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Paleo Chili

INGREDIENTS

- 2lbs lean ground beef (good) or grass-fed ground beef (best)
- 2 medium onions, chopped
- 1 large green bell pepper, chopped
- 1 large yellow bell pepper, chopped
- 3-5 cloves garlic, minced
- 1 – 28oz can tomato pureé
- 1 – 14oz can tomato sauce
- 1 1/2 cups coffee
(substitute with broth if you prefer)
- 3T chili powder
- 2T cumin
- 1T oregano
- 1 tsp garlic powder
- 1 tsp onion powder
- 2 tsp pumpkin pie seasoning (substitute with 1tsp cinnamon + 1tsp nutmeg)
- 1/2 tsp cayenne (optional)
- 1 tsp sea salt + sprinkle
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- 1 tsp pepper + sprinkle
- 1T coconut oil

PREPERATION

- 1) Sauté onions and bell peppers in coconut oil over med-high heat in a large dutch oven or soup pot. Sprinkle with salt and pepper. About 5 minutes.
- 2) Add beef and garlic and cook until brown. About 7 minutes.
- 3) Add tomato pureé, tomato sauce, coffee and spices. Bring to a bowl, then reduce heat and simmer 1-2 hours.



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Easy Omelet

Omelets are great because they are so versatile. Whip up some eggs, throw anything Paleo in there and you're good to go. Check out our list of 101 Paleo foods to get some ideas at <http://ultimatepaleoguide.com/101-paleo-diet-foods/>

INGREDIENTS

- Eggs – 3 typically works best
- Fillings – whatever you would like

PREPERATION

- 1) Make sure you have your fillings prepared and ready to go, along with your eggs beaten
- 2) Heat a non-stick pan over medium heat, add the Paleo oil of your choice
- 3) Once pan and oil are heated, pour beaten eggs into the pan
- 4) As the edges around the pan begin to harden first, use your spatula to flatten them out. While doing this, also turn the pan to make the runny center part of the eggs move outward to the corners to cook as well.
- 5) After a few minutes, most of the egg should be cooked evenly, with perhaps a bit of slightly runny egg left in the middle of the pan
- 6) Add your fillings of choice to the center of the omelet
- 7) Using your spatula and tilting your pan to help the process, fold one half of the omelet over the other
- 8) Use your spatula to remove the folded omelet from the pan and place it onto your plate
- 9) Eat and enjoy!