



# RECIPES PALEO DIET

Pesto Chicken Stuffed Sweet Potatoes

Paleo Blueberry Muffins

One Pan Italian Beef and Broccoli

Instant Pot Fried Cauliflower Rice

Crunchy Beef and Brussels Sprouts

**Pesto Chicken Stuffed Sweet Potatoes**

Let's be honest – pesto is downright delicious. It's fresh, satisfyingly fatty, and oh-so-garlicky. Traditional pesto recipes call for cheese. Fortunately, for all of us reading this blog, we don't \*need\* cheese to make a delicious pesto.

### **INGREDIENTS**

- 2 medium sweet potatoes
- 1/2 cup packed basil leaves
- 1 clove garlic
- 1/4 cup walnuts
- 1/4 cup olive oil
- 2 cups cooked and shredded chicken
- sea salt to taste
- fresh ground pepper to taste

### **INSTRUCTIONS**

1. Preheat oven to 400 degrees F.
2. Put the potatoes on a sheet pan and bake for 30 minutes. Remove from oven, prick with a fork and continue baking another 30 minutes or so, until a knife slides into the potatoes with no resistance. Remove and let cool slightly.
3. While potatoes are baking, combine the basil, garlic, walnuts, and oil in a blender or food processor and pulse until blended.
4. Transfer to a bowl and add a pinch of salt and pepper, and add the chicken. Mix well.
5. Split the potatoes open and stuff with the chicken mixture.
6. Serve immediately.

## **Paleo Blueberry Muffins**

These paleo-friendly blueberry muffins will do the trick. They come together easily with almond flour, coconut sugar, coconut oil, and a whole lotta love.

### **INGREDIENTS**

- 2.5 cup almond flour
- 1/2 cup coconut sugar
- 2 tsp baking powder
- 1/2 tsp sea salt
- 1/3 cup melted coconut oil
- 1/3 cup non-dairy milk
- 3 eggs
- 1 tsp vanilla extract
- 1 cup blueberries

### **INSTRUCTIONS**

1. Preheat oven to 350 degrees F. Line a muffin pan with paper liners.
2. Combine the almond flour, coconut sugar, baking powder, and salt in a bowl and mix well.
3. Add the oil, milk, eggs, and vanilla and stir to combine. Fold in the blueberries.
4. Fill the muffin tin until about 2/3 full.
5. Bake for 20-23 minutes, until tops are golden brown and a toothpick inserted comes out clean. Let cool before serving.

## **One Pan Italian Beef and Broccoli**

This recipe calls for grated Parmesan cheese. If you are strict Paleo or can't tolerate dairy, please feel free to omit this ingredient. If dairy isn't something that gives you issues, and you can tolerate high-quality cheese, you can definitely top this beef with it to boost the flavour.

With garlic, basil, Italian seasoning, and a squeeze of lemon, there is no lack of flavour in this dish. It will surely make it into your dinner rotation!

### **INGREDIENTS**

- 2 tablespoons olive oil
- 1 clove garlic minced
- 2 basil leaves slivered
- 12 ounces sliced beef
- 2 cups broccoli florets
- 1 teaspoon Italian seasoning
- 1 tablespoon lemon juice
- Grated Parmesan optional, for serving
- Sea salt and fresh ground pepper to taste

### **INSTRUCTIONS**

1. Heat the oil in a heavy skillet. Add the garlic and basil and cook for about a minute. Add the beef, cook until browned, and add the broccoli. Continue cooking until softened.
2. Add the Italian seasoning and lemon juice, and remove from heat.
3. Sprinkle with the Parmesan if using.

## **Instant Pot Fried Cauliflower Rice**

You may not think cauliflower rice would work well in an Instant Pot, but it actually works nicely if you use the right technique. It's all laid out in the instructions below.

Of course, with this recipe, you can customize the vegetables that you use.

This recipe will satisfy your craving for your favourite starchy takeout food, but without the blood sugar crash or bloat that comes with it.

### **INGREDIENTS**

- 1 head cauliflower cut into 4 large pieces
- 1 cup chicken broth
- 2 tablespoons sesame oil
- 2 green onions sliced
- 1 clove garlic minced
- 1 teaspoon grated ginger
- 2 chicken breasts minced
- 1/2 cup frozen peas
- 1/2 cup diced carrots
- 1/2 teaspoon sea salt
- 1 egg beaten

### **INSTRUCTIONS**

1. Put the cauliflower pieces in your Instant Pot with the broth and close it. Set the timer to 10 minutes, and close the lid.
2. When it's done, remove the cauliflower pieces and set aside. Pour the broth out of the pot, and set it to the sauté setting. Add the sesame oil, green onions, ginger, and chicken. Cook until the chicken is browned.
3. Add the cauliflower back to the pot and mash until it breaks up into rice sized pieces. Stir in the peas, carrots, egg, and salt, and put the lid back on. Turn off the pot, cover, and let sit for 5 minutes.
4. Stir and serve.

## **Crunchy Beef and Brussels Sprouts**

The trick to this recipe is using shredded Brussels sprouts. You can usually find these pre-shredded in your refrigerated produce section at the grocery store. If your store doesn't carry them, you can most definitely shred them on your own. You can use a food processor or a grater and do it by hand.

Crunchy almonds, tangy cranberries, and savoury beef amp the flavour of shredded Brussels sprouts. This quick meal is super filling, extra delicious, and amazingly nutritious.

It makes 2 servings, so if you're making this for yourself, the leftovers will keep in the fridge for the next day!

### **INGREDIENTS**

- 2 tablespoons olive oil
- 12 ounces tenderloin sliced
- 2 cups shredded Brussels sprouts
- 1/4 cup dried cranberries
- 1/4 cup sliced almonds
- Sea salt and fresh ground pepper to taste

### **INSTRUCTIONS**

1. Heat the oil in a heavy skillet. Cook the beef until browned and remove from pan. Add the sprouts and cook until softened.
2. Add the beef back to the pan and continue cooking until done to your liking. Turn off heat and add the cranberries and almonds. Serve immediately.