



THE  
PERRYMOUNT  
OSTEOPATHY & NATURAL HEALTH

*Paleo*

# Recipe Bundle

CLEAN EATING FOR GOOD  
ENERGY, WEIGHT CONTROL,  
AND HAPPY HORMONES.

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THE  
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*Paleo*  
Breakfast

START YOUR DAY RIGHT

# Coconut Raspberry Chia Smoothie



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 cup coconut milk (240 g), not from a can
- 1/4 cup (30 g) raspberries
- 1 date (pitted)
- 1 tbsp (12 g) chia seeds
- 1/2 a medium size banana
- 1 scoop paleo protein powder
- 1/2 cup ice

## DIRECTIONS

1. In a blender, combine coconut milk, raspberries, date, chia seeds, banana, and ice
2. Blend until smooth

### NUTRITION INFO

Calories: 388, Carbohydrate: 50 grams, Protein: 28 grams, Fat: 10 grams



# Green Scramble



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

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## INGREDIENTS

- 1/2 tbsp (7 g) avocado oil
- 5 kalamata olives, halved
- 1 cup (20 g) baby spinach, chopped
- 1/4 cup (22 g) broccoli, chopped
- Salt and pepper to taste
- 3 eggs, beaten
- 1/2 small avocado
- 1 peach

## DIRECTIONS

1. Heat avocado oil in a medium skillet over medium heat. Add olives, baby spinach, broccoli, salt, and pepper. Cook 2-3 minutes, turning occasionally.
2. Add eggs and cook 2-3 minutes, or until eggs are at desired consistency, scraping from the skillet occasionally with a soft spatula.
3. Top with avocado and serve with a peach or fruit of choice.

### NUTRITION INFO

Calories: 483, Carbohydrate: 23 grams, Protein: 21 grams, Fat: 36 grams

# Nutty Strawberry Banana Smoothie



SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 1 cup (240 g) almond milk
- 1 medium banana
- 1/2 cup (83 g) sliced strawberries
- 1 tbsp (16 g) almond butter
- 1 scoop paleo friendly protein powder

## DIRECTIONS

1. Combine all together in a blender and blend until smooth. Enjoy!

### NUTRITION INFO

Calories: 410, Carbohydrate: 47 grams, Protein: 30 grams, Fat: 13 grams





# Paleo Banana Muffins

SERVINGS: 4

PREP TIME: 8 MINIUTES

COOKING TIME: 15 - 20  
MINUTES

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## INGREDIENTS

### Muffins

- 2 ripe bananas, mashed
- 2 large eggs
- 1/2 tbsp vanilla extract
- 1 tbsp real maple syrup
- 1 1/3 cup almond flour
- 1/2 tablespoon ground cinnamon
- Dash of salt
- 1/2 teaspoon baking soda

### On the Side

- 1 cup raspberries (for two servings)
- 1 cup blueberries (for two servings)

## DIRECTIONS

1. Preheat oven to 350 F degrees (175 C degrees).
2. Fill a muffin tin with muffin liners or grease the inside of the muffin tins with coconut oil.
3. Mix together all wet ingredients in a large bowl, until well blended.
4. Gradually add dry ingredients until smooth.
5. Fill muffin tins with batter (makes 8-10 muffins).
6. Bake for 15-20 minutes, until lightly browned on top.

## NUTRITION INFO

Calories: 386, Carbohydrate: 34 grams, Protein: 14 grams, Fat: 23 grams

# Paleo Pumpkin Pancakes



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 10 MINUTES

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## INGREDIENTS

- 1/4 cup almond flour
- 1/4 cup coconut flour
- 1/2 tsp pumpkin spice
- 1/4 tsp baking soda
- Dash of salt
- 2 large eggs, beaten
- 3 tbsp almond milk
- 1/4 cup pumpkin puree
- 1/2 tbsp maple syrup
- 1/2 tsp apple cider vinegar
- 1 tsp vanilla extract
- 1 tbsp coconut oil
- 3 tbsp almond butter, warmed
- 1/2 cup raspberries

## DIRECTIONS

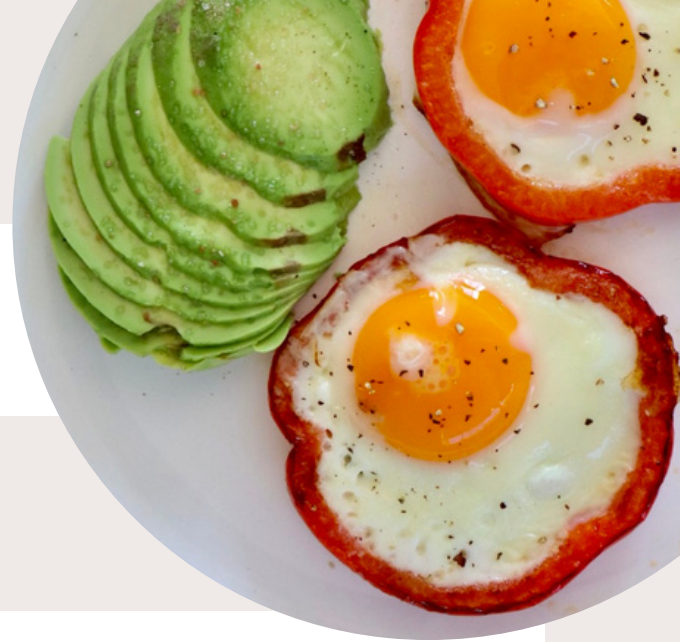
1. Mix all ingredients together until well blended.
2. Heat oil in a large skillet over medium heat. Pour pancake batter into the skillet making 3 inch circles. When pancake lifts easily from the skillet using a spatula, flip the pancake and cook until center is no longer gooey.
3. Top pancakes with warm almond butter.

### NUTRITION INFO

Calories: 516, Carbohydrate: 33 grams, Protein: 19 grams, Fat: 36 grams



# Red Pepper Egg Boats w/ Avocado



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

## INGREDIENTS

- 1 red pepper
- 1 tbsp (14 g) olive oil
- 4 eggs
- 1 avocado
- Salt and pepper to taste
- 2 pears

## DIRECTIONS

1. Slice the red pepper into rings about 1cm in height.
2. Heat a sauté pan over medium heat
3. Once hot, add olive oil.
4. Place the red pepper rings in the hot olive oil
5. Sauté for 1-2 minutes and flip them over
6. Crack an egg into the center of each red pepper ring.
7. Cover with a lid for 5-7 minutes, or until eggs are cooked to desired temperature.
8. Slice an avocado in half.
9. Peel the skin off the avocado and slice into thin pieces.
10. Season the eggs and avocado with salt and pepper (if desired).
11. Enjoy with a pear.

## NUTRITION INFO

Calories: 419, Carbohydrate: 37 grams, Protein: 14 grams, Fat: 26 grams

# Sausage and Potatoes



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 12 - 15  
MINUTES

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## INGREDIENTS

- 1 tbsp (14 g) avocado oil
- 1 medium sweet potato, diced
- 4 oz (113 g) organic, sugar free sausage links, sliced into 1/2 inch pieces
- 1 medium red bell pepper, diced
- 1/2 small yellow onion, diced
- Dash of garlic powder
- Salt and pepper to taste

## DIRECTIONS

1. Warm avocado oil over medium heat in a large skillet. Add diced sweet potato and 1 tbsp water. Cook covered until sweet potato begins to soften.
2. Add sliced sausage, bell pepper, onion, garlic powder, salt, and pepper. Cook uncovered 8-10 minutes, mixing and flipping occasionally.
3. Serve warm.

### NUTRITION INFO

Calories: 485, Carbohydrate: 49 grams, Protein: 20 grams, Fat: 24 grams





# Simple Eggs and Fruit

SERVINGS: 1

PREP TIME: 2 MINUTES

COOKING TIME: 12 MINUTES (OR  
COOK EGGS AHEAD OF TIME)

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## INGREDIENTS

- 3 eggs, hard boiled
- 1/2 cup (74 g) blueberries
- 1 cup (170 g) honeydew melon, chopped
- 1/8 cup (18 g) raw or dry roasted almonds

## DIRECTIONS

1. Boil the eggs for 12 minutes, then cool in ice water and peel off shell.
2. Serve all together and get on with your day!

### NUTRITION INFO

Calories: 421, Carbohydrate: 31 grams, Protein: 24 grams, Fat: 24 grams



# Sweet and Satisfying Paleo Porridge



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 5 MINUTES

## INGREDIENTS

- 3/4 cup (180 g) almond milk
- 1/4 cup (20 g) unsweetened coconut shreds
- 3 tbsp (21 g) almond flour
- 1 tbsp (7 g) flax meal
- 1/2 teaspoon (2 g) vanilla extract
- Dash of cinnamon
- 2 dates, chopped
- 1 tbsp (8 g) chopped pecans
- 1 pear, sliced

## DIRECTIONS

1. Mix together milk, coconut shreds, almond flour, flax meal, vanilla extract, and cinnamon. Warm in the microwave for 1.5 - 2 minutes or heat over medium heat in a sauce pan for approximately 5 minutes (until creamy).
2. Top with chopped dates, pecans, and pear.

### NUTRITION INFO

Calories: 516, Carbohydrate: 70 grams, Protein: 11 grams, Fat: 24 grams

# Sweet Potato, Broccoli, & Sage Frittata



SERVINGS: 3

PREP TIME: 15 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 1 small white onion
- 1 sweet potato
- 1 cup (90 g) broccoli
- 1 tbsp (14 g) olive oil
- 4 sage leaves
- 8 whole eggs
- 1/2 cup (122 g) egg whites
- Salt and pepper to taste
- 2 cups (312 g) cantaloupe, chopped
- 3 scoop matcha powder (1 scoop for each serving)
- 3 cups (720 g) almond milk (one cup for each serving)

## DIRECTIONS

1. Preheat the oven to 375 F
2. Chop the onion, sweet potato, and broccoli into small pieces
3. Heat a cast iron skillet or any oven-safe skillet on the stove to medium heat
4. Add olive oil to skillet and, once hot, add the onion, sweet potato, broccoli and sage leaves
5. Sauté the vegetables until about 50% cooked
6. While the vegetables are cooking, whisk the whole eggs and egg whites together
7. Remove the sage leaves from the skillet
8. Pour the egg mixture over the vegetables
9. Season with salt and pepper
10. Bake in the oven for 30-35 minutes
11. Remove from the oven
12. Serve warm with a side of cantaloupe, and a matcha latte (1 scoop matcha powder mixed with 1 cup warmed almond milk).

## NUTRITION INFO

Calories: 407, Carbohydrate: 31 grams, Protein: 26 grams, Fat: 20 grams





THE  
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*Paleo*  
Lunch

GET THE BOOST YOU NEED

# Avocado Chicken Salad Lettuce Wraps



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

---

## INGREDIENTS

- 1/2 lb (227 g) chicken breast (cooked, but weighted uncooked)
- 1/2 red onion
- 1 garlic clove
- 1/2 cup (30 g) parsley
- 1 lemon
- 2 small avocados
- Salt and pepper to taste
- 6 romaine lettuce leaves/cups
- 2 medium red apples

## DIRECTIONS

1. Chop the red onions, garlic, and parsley and place them in a large mixing bowl.
2. Squeeze the juice of the lemon into the mixing bowl.
3. Scoop the two avocados into the bowl and mash them to your desired texture.
4. Chop the cooked chicken breast into small pieces.
5. Add the chicken to the mixing bowl of ingredients.
6. Mix everything together until combined evenly.
7. Season with salt and pepper to your preference.
8. Scoop the avocado chicken salad evenly into the lettuce cups.
9. Top with parsley (optional).
10. Serve cold with a red apple.

### NUTRITION INFO

Calories: 418, Carbohydrate: 46 grams, Protein: 32 grams, Fat: 15 grams



# BBQ Chicken and Potato



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES (BAKE POTATO AHEAD OF TIME AND USE PRECOOKED ROTISSERIE CHICKEN)

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## INGREDIENTS

- 1 baked sweet potato, halved
- 4 oz (113 g) shredded chicken (option to boil and shred chicken breast or use a rotisserie chicken)
- 1 1/2 (23 g) tbsp Paleo BBQ sauce
  - Brand recommendation: Noble Made, Primal Kitchen
- 1 small cucumber, sliced
- 1 medium apple

## DIRECTIONS

1. Mix BBQ sauce with shredded chicken and serve over sweet potato.
2. Serve with a side of cucumbers and an apple.

### NUTRITION INFO

Calories: 416, Carbohydrate: 54 grams, Protein: 33 grams, Fat: 10 grams



# Chopped Salad with Dijon Dressing



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 2 hard boiled eggs, chopped
- 2 cups romain lettuce, chopped
- 1/4 small red onion, chopped
- 1 medium cucumber, chopped
- 1/2 avocado, diced
- 1 tbsp hemp hearts
- 2 tbsp fresh parsley, chopped
- 1 tbsp olive oil
- 1/2 tbsp dijon mustard
- 1 tsp oregano
- Salt and pepper to taste

## DIRECTIONS

1. Toss together eggs, lettuce, red onion, cucumber, hemp hearts, and avocado.
2. In a small bowl mix together olive oil, dijon mustard, oregano, salt, and pepper. Toss dressing with salad and enjoy!

### NUTRITION INFO

Calories: 476, Carbohydrate: 18 grams, Protein: 19 grams, Fat: 38 grams

# Mandarin Chicken Salad



SERVINGS: 1

PREP TIME: 5 MINUTES

COOKING TIME: 0 MINUTES  
(COOK CHICKEN AHEAD OF TIME)

## INGREDIENTS

- 5 oz measured raw (141 g) chicken thighs skinless and boneless, cooked with salt and pepper
- 1 1/2 cups (100 g) coleslaw mix (no dressing)
- 1/4 cup (70 g) mandarin oranges, drained if from a jar
- 3 stalks green onion
- 1/4 cup (4 g) fresh cilantro, chopped
- 1 tbsp (9 g) chopped cashews
- 1 tbsp (14 g) olive oil
- 1/2 tbsp (8 g) apple cider vinegar
- Salt and pepper to taste

## DIRECTIONS

1. Slice chicken thighs into 1/2 inch slices.
2. Top coleslaw mix with oranges, green onion, cilantro, and cashews.
3. Mix together olive oil, apple cider vinegar, salt, and pepper. Drizzle over salad and enjoy.

### NUTRITION INFO

Calories: 503, Carbohydrate: 42 grams, Protein: 36 grams, Fat: 24 grams

# Mediterranean Salmon Salad



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 4 oz (113 g) wild caught salmon
- Salt and pepper to taste
- 2 cups (114 g) mixed salad greens
- 1 cucumber, chopped
- 5 cherry tomatoes, halved
- 8 kalamata olives, halved
- 1/4 cup (15 g) fresh parsley, chopped
- 1 tbsp (14 g) olive oil
- Juice of 1/2 lemon
- 1/4 tsp (0.25 g) dried oregano

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Place salmon in an oven safe dish and season with salt and pepper. Cook for 15 minutes or until internal temperature reaches 135 degrees F (57 degrees C).
3. In the meantime, add salad greens, cucumber, kalamata olives, and parsley to a salad bowl.
4. Mix together olive oil, lemon, and oregano in a small bowl, then toss this dressing with the salad. Top salad with cooked salmon and enjoy!

## NUTRITION INFO

Calories: 501, Carbohydrate: 43 grams, Protein: 29 grams, Fat: 27 grams





# Pack and Go Lunch

SERVINGS: 1

PREP TIME: 0 MINUTES

COOKING TIME: 0 MINUTES  
(PRE-COOK EGGS)

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## INGREDIENTS

- 2 hard boiled eggs
- 1/2 cup (123 g) baby carrots
- 2 tbsp (17 g) dry roasted mixed nuts
- 1, 4 oz (114 g) plain coconut milk yogurt
  - Brand recommendation: Cocojune and Cocoyo

## DIRECTIONS

1. Pack in your lunch bag and go!

### NUTRITION INFO

Calories: 478, Carbohydrate: 21 grams, Protein: 18 grams, Fat: 36 grams

# Roasted Garlic Veggies & Chicken



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 25 MINUTES

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## INGREDIENTS

- 2 cups broccoli, chopped
- 1 small red onion, cut into 1/2 inch pieces
- 8 garlic cloves
- 1 zucchini, cut into 1/2 inch pieces
- 2 medium sweet potatoes, peeled and cut into 1/2 inch pieces
- 12 oz chicken thighs, skinless and boneless
- 2 tbsp avocado oil
- 1 tbsp dried oregano
- Juice of 1/2 lemon
- Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 400 degrees F (205 degrees C).
2. Mix together oil, dried oregano, lemon juice, salt, and pepper. Coat vegetables and chicken with oil mixture.
3. Spread veggies and chicken evenly on a baking sheet. Bake for 25 minutes, until internal temperature of chicken reaches 165 degrees F (74 degrees C).
4. Serve warm or cooled.

### NUTRITION INFO

Calories: 524, Carbohydrate: 46 grams, Protein: 40 grams, Fat: 22 grams



# Shrimp Salad

SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

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## INGREDIENTS

- 4 oz (113 g) cooked cocktail shrimp
- 1.5 tbsp (21 g) paleo mayonnaise (made with avocado oil or olive oil.)
  - Brand recommendations: Chosen Foods or Primal Kitchen
- 1/2 tbsp (7 g) apple cider vinegar
- 1/2 tbsp (7 g) lemon juice
- 1/4 tsp (1.5 g) paleo dijon mustard
  - Brand recommendations: Primal Kitchen and Organicville
- Salt and pepper to taste
- 1 stalk celery, diced
- 1.5 tbsp (20 g) minced red onion
- 1/2 avocado, chopped
- 2 cups (40 g) arugula

## DIRECTIONS

1. Mix together mayonnaise, apple cider vinegar, lemon juice, dijon mustard, salt, and pepper.
2. Toss dressing with shrimp, celery, and red onion.
3. Top arugula with shrimp mixture and avocado.

### NUTRITION INFO

Calories: 478, Carbohydrate: 18 grams, Protein: 30 grams, Fat: 34 grams



# Spicy Turkey Patties



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 3/4 lb (336 g) ground turkey
- 1/4 cup (10 g) fresh cilantro, chopped
- 1/4 tbsp (4.5 g) garlic powder
- 1/4 tbsp (3.5 g) onion powder
- 1/4 tsp (0.5 g) cayenne pepper
- Salt to taste
- 1/2 tbsp avocado oil
- 1 avocado, mashed
- 2 cups (40 g) arugula
- 4 tbsp (34 g) mixed dry roasted nuts

## DIRECTIONS

1. In a large bowl add ground chicken, cilantro, garlic powder, onion powder, cayenne pepper, salt, and pepper. Mix together well using your hands, and create 4-6 circular patties, approximately 2-3 inches in diameter.
2. Warm avocado oil in a large skillet over medium heat and add turkey patties. Cook 5-8 minutes per side, or until internal temperature reaches 165 degrees F (74 degrees C).
3. Serve turkey patties over arugula, topped with mashed avocado and with a side of mixed nuts.

## NUTRITION INFO

Calories: 530, Carbohydrate: 17 grams, Protein: 39 grams, Fat: 37 grams



# Steak Salad

SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 5 MINUTES

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## INGREDIENTS

- 4 oz (112 g) skirt steak, trimmed
- 2 cups (85 g) mixed salad greens
- 10 green olives, halved
- 5 cherry tomatoes, halved
- 1 small cucumber, chopped
- 1/4 red onion, thinly sliced
- 1/2 avocado
- 1 tbsp (14 g) olive oil
- Juice of 1/2 lemon
- 1/4 tsp (0.25 g) dried dill
- Salt and pepper to taste
- 1/4 cup (7 g) broccoli sprouts

## DIRECTIONS

1. Heat medium skillet over medium heat. Add skirt steak and cook for 2-4 minutes per side, or until internal temperature of steak reaches 145 degrees F (62 degrees C)
2. Combine salad greens, olives, cucumber, cherry tomatoes, red onion, and avocado.
3. In a separate bowl mix together olive oil, lemon, dill, salt, and pepper. Then toss with the salad.
4. Top salad with cooked steak and broccoli sprouts.

### NUTRITION INFO

Calories: 570, Carbohydrate: 26 grams, Protein: 29 grams, Fat: 43 grams



THE  
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*Paleo*  
Dinner

END THE DAY FEELING GOOD



# Beef Tenderloin w/ Parsley Lime Rice



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 15-20 MINUTES

## INGREDIENTS

- 2 5oz (284 g total) pieces of beef tenderloin
- 2 tbsp (27 g) olive oil
- 1 tbsp (8.5 g) minced garlic
- Salt and pepper to taste
- 2 cups (170 g) cauliflower rice
- 1 lime
- 2 tbsp (8 g) fresh chopped parsley

## DIRECTIONS

1. In a cast iron skillet, heat 1 tbsp olive oil
2. Once hot, add the garlic
3. Season both sides of the beef tenderloin with salt and pepper
4. Place the beef tenderloin in the cast iron skillet and do not touch it for 3-4 minutes
5. Flip it over and cook for another 3-4 minutes and set aside once cooked
6. While the beef is cooking, in a medium size saute pan, heat 1 tbsp olive oil
7. Add cauliflower rice and cook to desired wellness
8. Juice the lime over the cooked cauliflower rice, add chopped parsley, and stir everything together
9. Season with salt and pepper to taste
10. Enjoy!

## NUTRITION INFO

Calories: 507, Carbohydrate: 9 grams, Protein: 30 grams, Fat: 39 grams

# Cashew Crusted Mahi-Mahi with Sweet Potato



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 10 - 15  
MINUTES

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## INGREDIENTS

- 3/4 lb (454 g) mahi-mahi filets
- 1/2 (68 g) cup cashews
- 1/2 (30 g) cup parsley
- 1 whole egg
- Salt and pepper to taste
- 2 medium sweet potatoes

## DIRECTIONS

1. Preheat the oven to 350 F.
2. Finely chop the cashews and parsley and mix together in a bowl
3. In a separate bowl, whisk the egg, salt, and pepper together
4. Dip the mahi-mahi fillet in the egg wash followed by the cashew/parsley mixture
5. Add extra parsley and cashews to the top if any fall off
6. Lay flat on a non-stick baking sheet
7. Bake for 10-12 minutes
8. Serve warm with a sweet potato

### **Alternative Cooking Method**

Air-fry for 10 minutes at 360 F

## NUTRITION INFO

Calories: 491, Carbohydrate: 38 grams, Protein: 44 grams, Fat: 19 grams



# Healthy Stroganoff

SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 15 MINUTES

## INGREDIENTS

- 1/2 lb (227 g) sirloin steak, cut into 1/2 inch slices
- 1 1/2 tbsp (21 g) avocado oil, divided
- 1 tbsp (15 g) coconut cream
- 1 small onion, sliced thin
- 2 cups (140 g) button mushrooms, sliced
- 1 tbsp (15 g) coconut aminos
- 3/4 cup (186 g) beef broth
- 1 tsp (5 g) dijon mustard
- 1 tsp (2.5 g) arrowroot starch
- 3 cups (225 g) broccoli slaw (shredded broccoli and carrots)
- 3 stalks green onion

## DIRECTIONS

1. Heat 1 tbsp (14 g) oil in a large skillet over medium heat. Add steak slices evenly across skillet and cook approximately 2 minutes on each side. Remove steak from heat.
2. To the skillet add 1/2 tbsp (7 g) oil, coconut cream, onion, and mushrooms. Cook 5 minutes.
3. Mix together coconut aminos, broth, dijon mustard, and arrowroot starch. Add this mixture to the skillet. Cook for an additional 5-6 minutes, until sauce begins to thicken. Remove from heat and allow to rest for 5 minutes.
4. Serve warm over broccoli slaw and top with green onions.

### NUTRITION INFO

Calories: 493, Carbohydrate: 30 grams, Protein: 34 grams, Fat: 28 grams





# Hearty Vegetable Chili

SERVINGS: 4

PREP TIME: 10 MINUTES

COOKING TIME: 45 MINUTES

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## INGREDIENTS

- 1 tbsp olive oil
- 1 white onion
- 1 green pepper
- 2 carrots
- 1 lb (453 g) ground beef
- 1 28oz (794 g) canned diced tomatoes
- 3 tsp (8 g) chili powder
- 1 tsp garlic (3 g) powder
- 1 tsp (2 g) smoked paprika
- 1/4 tsp (0.5 g) cayenne pepper
- 1/2 tsp (1.5 g) ground cumin
- Salt and pepper to taste
- Cilantro to garnish (optional)

## DIRECTIONS

1. Heat a large pot to medium heat
2. Add the olive oil
3. While the pot is heating up, chop the onion, pepper, and carrots into small pieces
4. Add the chopped vegetables to the hot oil and sauté until the vegetables begin to soften
5. Add the ground beef and stir everything together
6. Once the beef is cooked, scoop out any additional fat/oil leftover from the meat
7. Add the diced tomatoes, chili powder, garlic powder, smoked paprika, cayenne pepper, cumin, salt, and pepper
8. Combine all ingredients, cover the pot with a lid and simmer for 30 minutes
9. Remove from heat, and sprinkle with cilantro
10. Enjoy!

### NUTRITION INFO

Calories: 481, Carbohydrate: 14 grams, Protein: 20 grams, Fat: 38 grams

# Orange Chicken & Broccoli



SERVINGS: 2

PREP TIME: 65 MINUTES

COOKING TIME: 20 - 25  
MINUTES

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## INGREDIENTS

- 1/2 lb (227) boneless, skinless chicken thighs
- 1/2 cup (125 g) orange juice
- 1/4 cup (54 g) coconut aminos
- 1/4 cup (59 g) rice vinegar
- 1 tbsp (15 g) scallions, chopped
- 1 tbsp (8 g) garlic, minced
- Salt and pepper to taste
- 2 cups (182 g) broccoli
- Scallions for garnish (optional)
- 2 small avocados, sliced

## DIRECTIONS

1. Chop the chicken thighs into small pieces (about 1 inch)
2. In a large bowl, combine orange juice, coconut aminos, rice vinegar, scallions, garlic, salt and pepper
3. Place the chicken in the orange juice marinade, cover with a lid, and refrigerate for at least 60 minutes
4. Heat a sauté pan to medium heat
5. Add the marinated chicken to the pan
6. About halfway through cooking, add the broccoli and sesame seeds to the sauté pan and cover with a lid for 5-10 minutes or until the broccoli is steamed
7. Top with scallions (optional)
8. Serve warm with avocado on the side.

### NUTRITION INFO

Calories: 494, Carbohydrate: 34 grams, Protein: 33 grams, Fat: 27 grams



# Paleo Beef Stew

SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 35 MINUTES

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## INGREDIENTS

- 1/2 lb (227 g) stew beef, cut into 1 inch pieces
- 1 tbsp (14 g) olive oil
- 1/2 lb (85 g) baby carrots
- 1 small onion, chopped small
- 2 cloves garlic, minced
- 1 1/2 cups (225 g) russet potatoes, chopped into 1/2 inch pieces
- 3 cups (744 g) beef broth
- 2 tbsp (30 g) coconut aminos
- 1 bay leaf

## DIRECTIONS

1. Heat oil in a large pot and add stew beef. Cook for 5-7 minutes, until browned on all sides.
2. Remove beef from pot and set aside. Add carrots, onion, and garlic. Cook 5 minutes until vegetables begin to soften.
3. Add beef back to the pot along with, potatoes, broth, coconut aminos, and bay leaf.
4. Bring stew to a boil then reduce heat to a simmer and cook covered for 20 minutes.
5. Enjoy warm.

### NUTRITION INFO

Calories: 587, Carbohydrate: 37 grams, Protein: 30 grams, Fat: 35 grams



# Sauteed Salmon with Zucchini Ribbons



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 20 MINUTES

(BAKE POTATOES AHEAD OF TIME)

## INGREDIENTS

- 1 zucchini
- 1 yellow squash
- 1 tbsp (14 g) ghee (or avocado oil)
- 1 clove garlic, chopped
- Salt and pepper to taste
- 2 6oz (340 g total) filets of salmon
- 1/2 tbsp (0.25) fresh or dried dill
- 1/2 lemon, juiced
- 2 medium russet potatoes, pre-baked

## DIRECTIONS

1. Using a mandolin, slice the zucchini and yellow squash into 1/8" slices (OR use a peeler and peel the zucchini and squash into ribbons.)
2. In a large saucepan, heat the ghee over medium-high heat.
3. Once the ghee is hot, add the garlic.
4. Once the garlic begins to brown, add the zucchini and squash ribbons and sauté for 5-7 minutes or until the veggies begin to brown.
5. Season with salt and pepper, remove from heat, and set aside.
6. In a small dish, combine the lemon juice and the dill. Drizzle over the salmon.
7. In the same large saucepan, over medium heat, place the salmon face down for 2-3 minutes.
8. Flip over and lower the heat to low-medium and cook until desired temperature.
9. Serve with zucchini and squash ribbons and with a baked potato.

## NUTRITION INFO

Calories: 410, Carbohydrate: 32 grams, Protein: 40 grams, Fat: 14 grams

# Spaghetti Squash Turkey Bolognese



SERVINGS: 2

PREP TIME: 10 MINUTES

COOKING TIME: 45-60  
MINUTES

## INGREDIENTS

- 1 medium size spaghetti squash
- 2 tbsp (27 g) olive oil
- Salt and pepper
- 1/2 lb (227 g) cherry tomatoes
- 1 garlic clove
- 1 small white onion
- 1/2 lb (227 g) ground turkey
- 1/4 cup (25 g) chopped cashews
- Parsley (if desired)

## DIRECTIONS

1. Preheat the oven to 400 F.
2. Slice the spaghetti squash in half and scoop out the seeds.
3. Drizzle 1 tbsp olive oil onto both halves and season with salt and pepper.
4. Place face down onto a baking sheet or shallow oven-safe dish.
5. Bake for 30-40 minutes (it is ready once you can easily stab a fork through the skin.) Once cooked through, remove from the oven and set aside to cool.
6. In a sauté pan, heat 1 tbsp olive oil.
7. Chop the garlic, dice onions, and half the cherry tomatoes.
8. Add the garlic, onions and tomatoes to the pan and sauté until the onions begin to brown and the tomatoes roast.
9. Stir in ground turkey and cook through (165 F.)
10. Scoop the spaghetti squash out of both sides of the shell (save the shell) and stir into the ground turkey mixture.
11. Divide in half and add everything back into the spaghetti squash shells.
12. Sprinkle chopped cashews on top and broil on high for 2-3 minutes or until golden brown.
13. Garnish with parsley if desired!

## NUTRITION INFO

Calories: 520, Carbohydrate: 37 grams, Protein: 30 grams, Fat: 31 grams

# Taco Stuffed Sweet Potato



SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 45 MINUTES

## INGREDIENTS

- 2 medium sized sweet potatoes
- 1/2 lb (227 g) ground beef
- 1 tbsp (7.5 g) chili powder
- 1/4 tsp (0.5 g) cayenne pepper
- salt and pepper to taste
- 1 tsp (3 g) garlic powder
- 1/4 cup (45 g) diced tomatoes
- 1 avocado, sliced

## DIRECTIONS

1. Preheat the oven to 400 F.
2. Wash and scrub the outside of the sweet potatoes and using a fork, poke holes around the whole potato.
3. Place in the oven for 25-30 minutes (or until a fork can easily pierce through it.)
4. Heat a sauté pan to medium heat.
5. Add ground beef and break it up into small pieces.
6. Once the beef is 75% cooked, add the chili powder, cayenne pepper, garlic powder, and salt and pepper and stir.
7. Once the potatoes are cooked, slice them in half while leaving ~0.5 inch on the bottom together.
8. Spoon ground beef over the middle of the potato.
9. Top with diced tomatoes and avocado
10. Serve and enjoy!

## NUTRITION INFO

Calories: 536, Carbohydrate: 37 grams, Protein: 34 grams, Fat: 24 grams





# Weekday Beef Tacos

SERVINGS: 2

PREP TIME: 5 MINUTES

COOKING TIME: 8 MINUTES

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## INGREDIENTS

- 1/2 lb (227 g) lean ground beef
- 1/2 tsp (1.5 g) cumin
- 1/2 tsp (1 g) cayenne pepper
- 1 tsp (1 g) oregano
- 1 tbsp (16 g) tomato paste
- 1 tsp (4 g) apple cider vinegar
- 1/2 small onion, chopped
- 1 cup shredded cabbage
- 4 tbsp (64 g) pico de gallo
- 4 paleo soft tortilla shells
  - Brand recommendations:  
Siete, Coyotas

## DIRECTIONS

1. Add ground beef to a medium skillet and cook over medium heat for 2-3 minutes until starting to brown. Add cumin, cayenne pepper, oregano, tomato paste, and apple cider vinegar. Cook for an additional 5 minutes (or until beef is cooked through) crumbling and turning beef as it cooks.
2. Warm tortilla shells for 10 second in the microwave. Fill tortilla shells with cooked beef and top with onion, shredded cabbage, and pico de gallo.

## NUTRITION INFO

Calories: 499, Carbohydrate: 33 grams, Protein: 29 grams, Fat: 29 grams