



30 MINUTE Clean Eats *on a Budget*

A community cookbook curated by Kelly Bejelly





**Eat Real Food,
Be Happy**

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Table of Contents

FOREWORD

6

MONEY SAVING TIPS

7

CONDIMENTS

- Ketchup 9
- Mayo 10

VEGETABLES

- 15 Minute Asian Noodles - Lo Mein Copycat 12
- Cauliflower Yam Cream Chowder 13
- Creamy Butternut Squash Soup 14
- Creamy Pumpkin Soup with Crispy Bacon Bits 15
- Italian Sub Salad 16
- Kitchen Stash Hash 17
- Sweet Potato Carbonara 18
- Sweet Potato Puree with Apples and Sage 19
- Tomato and Arugula Frittata 20
- Vegetable Frittata 21
- Zucchini Carrot Fritters with Sour "Cream" 22
- Zucchini Noodles with Marinated Tomato 23

POULTRY

- 5 Minute Mexican Chicken Salad 25
- Asian Style Lettuce Wraps 26

- Breakfast Nachos 27
- Broccoli Cashew Chicken 28
- Broccoli Slaw Stir-Fry 29
- Chicken Jap Chae (Korean Sweet Potato Noodles) Salad 30
- Chicken Marsala 31
- Chicken Piccata 32
- Chicken Teriyaki 33
- Chicken and Vegetable Soup 34
- Chinese Chicken Lettuce cups 35
- Coconut Turkey Stew 36
- Creamy Spinach and Lemon Chicken Thighs 37
- Creamy Tomato Soup with Chicken and Spinach 38
- Crustless Spring Quiche 39
- Easy Olive Chicken 40
- Easy Peasy Sweet and Sour Chicken 41
- Grilled Chicken and Kale Salad with Creamy Thai Dressing 42
- Grilled Chicken with Pineapple Salsa 43
- Grilled Chicken Salad Wraps 44
- Nutty Turkey Burger 45
- One-Skillet Mediterranean Chicken 46
- Southwestern Chicken Burgers 47
- Sweet and Sticky Chicken 48
- Thai Chicken Salad Stuffed Avocados 49
- Thai Curry Chicken 50
- White Turkey Chili 51

Table of Contents

BEEF

● Beef and Chorizo Sliders on Sweet Potato “Buns”	53
● Beef and Kale Soup	54
● Beef Sliders with Sweet Potato “Bun”	55
● BLAT Burger	56
● Chinese Lion’s Head Meatballs	57
● Cowboy Burgers	58
● Cubed Korean Kalbi	59
● Curry Meatball Soup	60
● Garlic Cilantro Baked Meatballs	61
● Greek Burgers with Special Sauce	62
● Kale and Herb Stuffed Meatballs	63
● Korean Sesame Ginger Beef Bowls	64
● Moroccan Meatballs with Creamy Dipping Sauce	65
● Pizza Burgers	66
● Tex-Mex Sloppy Joes	67

PORK

● Broccoli and Bacon Soup	69
● Cauliflower Pork Fried Rice	70
● Chop and Drop Roasted Veggie and Sausage	71
● “Grits” with Savory Sausage and Mushrooms	72
● Maple BBQ Pork Chops	73
● Plantain Crusted Pork Patties	74
● Pork Larb with Cucumber Salad	75

● Pork Sausage	76
----------------	----

SEAFOOD

● Asian Pan-Fried Fish	78
● Bacon-Wrapped Tuna Cakes	79
● Chipotle Tuna Salad Stuffed Avocados	80
● Cilantro Lime Shrimp	81
● Fish Sticks	82
● Lemon and Thyme Salmon	83
● Pesto Cod	84
● Salmon Croquettes with Creamy Avocado Sauce	85
● Shrimp Chow Mein	86
● Shrimp and Sausage Skillet Meal	87
● Shrimpeas	88
● Shrimp Scampi Zoodles	89
● Simple and Easy Tuna Patties	90
● Southern Style Salmon Patties	91
● Sweet Potato Fish Sticks	92
● Tuna Zoodle Casserole	93

RESOURCES	94
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CONTRIBUTORS	95
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Real Food is Magical

BY KELLY BEJELLY, AUTHOR OF PALEO EATS

Let's face it, even though eating clean is amazing for your health, it can be pretty shocking to your budget and take hours of never-ending food preparation.

When I first went Paleo 8 years ago, I was morbidly obese, pre-diabetic, and suffering from depression. After cutting out all processed foods and grains and changing to a real food diet I lost 65 lbs, reversed pre-diabetes, and finally said hello to a calm mind. It was a health revolution for me and I'm never going back. Every day I talk to people who are on this journey, and the two most common issues that I hear people have with this way of eating are the lack of fast--and by fast I mean 30 minutes from start to finish--recipes and the cost.

I get it. There was a time I was on food stamps and even then, I made it a point to eat real food. I have always been a budgetista but it was during that time period that I really honed my skill for making real food for my family for cheap.

There is no doubt that you have heard of the amazing (and true) benefits of eating organic and grass-fed pastured animals. However, it's not always in the cards for everyone to spend \$20 on a 1 lb steak.

I am a firm believer that this slogan should be everyone's goal when eating clean:

Eat Real Food that Fits Your Budget

You might get some static from the hardcore clean eaters and, if you do, I highly suggest you thank the person for paying for your grocery bills until your budget can allow for it. I promise you'll either be enjoying grass-fed steaks or never hear of the subject again from that person.

For two years I have been working on a book that would offer frugal 30 minute recipes and struggled. It's way harder than it looks which is why I am so excited to have 19 amazing real food bloggers contribute to this community eBook and make this dream come true. These women are geniuses in the kitchen and have cooked up recipes that you will fall in love with!

What are you waiting for? Put on that apron and make your first dish.

With love and gratitude,

Kelly Bejelly

LET'S EAT!

MONEY SAVING TIPS

- If organic produce is impossible for you to afford at first, try to stick to buying conventional for the Clean 15. The Clean 15 is a list published yearly by the Environmental Working Group, who analyzes produce for pesticide residues. The Clean 15 have the lowest levels of pesticide contamination, meaning you can feel confident with buying them grown conventionally. This is a great way to help slash your food costs. When buying produce grown conventionally and not on the Clean 15 list, you can wash it well to remove pesticide residue. According to the Centre for Science and Environment, when you wash your produce with 2% salt water and then soak for 10 minutes, 75% to 80% of the pesticide residues are removed. You can also use plain white vinegar in a 10% vinegar to water solution.

- You can also get great deals on organic frozen fruits and veggies. Food is usually cheaper around the holidays and this is a great time to stock up on frozen produce since it will last 8 to 10 months in your freezer. Also, buy fruits and vegetables in season when they are the least expensive and freeze that produce to use throughout the year. Here's a great post that explains how to do this.



- Food Buying Clubs are amazing. My food buying club saved my bacon, literally, when I first became a stay-at-home mom. Basically, a group of people make bulk food purchases together from companies like Azure Standard, Costco, and United Buying Club and split the foods up to save a chunk of change. Here is a great resource on starting a Buying Club.
- I also love shopping at farmers markets, discount grocery stores like Grocery Outlet (I have saved THOUSANDS here) and craigslist. Yes, craigslist. I once found a farmer who sold grass-fed beef for \$5/lb for any cut. Ground beef was \$2.50/lb He also had a house that looked like it had been transported from Tucson with murals of mountains cacti.
- Depending on where you live you might find honey, produce, eggs, raw milk, etc. on craigslist so stay open to finding a deal.

- For protein, if you can't afford pastured, grass-fed meats, then stick to lean cuts of conventional meat and supplement with healthy fats like coconut oil, butter, or ghee. Also, don't forget to stock up if you see marked down meat and freeze it. Uncooked steaks, roasts and chops will stay good frozen for 1 year. Uncooked ground meats are good for 3 months.
- Eat more eggs. Eggs are going to give you the best bang for your buck nutritionally and are so versatile.
- A whole chicken can go a long way if you make use of all it. Make stock with the bones and pâté with the liver.

- Another solution is to just eat less meat. Start a Meatless Monday tradition and enjoy more veggies with healthy fats. Make as much from scratch as possible. Coconut milk costs \$3.00 per can organic and yet you only need 1 cup of coconut shreds to make milk from scratch which costs roughly .65 cents. Make your own condiments and salad dressings with olive oil and spices. Seek out local farmers and learn more about how they grow their food. They might not be a certified organic farm but they might be following organic practices.

- Skip fresh fish and buy frozen, you'll get a better deal.
- Eat more carbs – sweet potatoes and carrots are a bargain compared to asparagus.
- Eat more broth. Not only is it extremely nutritious, it's so inexpensive to make.
- Search online for foods you eat a lot of. We pretty much only use maple syrup as our sugar. I found a farmer in Vermont who sells organic B-grade for \$65 a gallon, shipping included. This was cheaper than from my buying club. Online stores such as Thrive Market and Vitacost can save you considerable amounts of money over places like Amazon.
- Eat more seeds rather than nuts, since they're much cheaper.

CONDIMENTS



Ketchup



BY KELLY
BEJELLY

PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

MAKES 2 CUPS

- 1 (6-ounce) can tomato paste
- 1 (14-ounce) can diced tomatoes with no salt added, drained
- ½ cup water
- 2 tablespoons apple cider vinegar
- 3 tablespoons honey
- ½ teaspoon sea salt
- ½ teaspoon onion powder
- ½ teaspoon ground allspice

1. In a blender, combine the tomato paste, diced tomatoes, water, vinegar, honey, and honey and blend until completely smooth, approximately 1 minute. Add the salt, onion powder, allspice, and cayenne pepper and blend for 30 seconds.
2. Pour this mixture into a small saucepan and bring to a boil. Lower the temperature to medium-low and simmer for 20 minutes.
3. Let cool, then pour into a jar and store in your refrigerator. It will keep for about 3 weeks.

Mayo



PREP TIME: 5 MINUTES

COOK TIME: 0 MINUTES

MAKES 2 CUPS

- 2 large egg yolks
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- ½ teaspoon sea salt
- 1½ cups light olive oil

1. In a blender, combine the egg yolks, lemon juice, vinegar, and salt.
2. Turn the blender on low and slowly drizzle in the olive oil. Depending on the strength of your blender, you may want to pause a few times and let the oil emulsify for a few seconds before continuing.
3. Continue until all the oil is gone and then blend until the mayo has a thick, creamy consistency.
4. Transfer the mayo to a jar and refrigerate. It will last up to a week in the refrigerator.

VEGGIES



15 Minute Asian Noodles

BY RENEE
KOHLEY



PREP TIME: 7 MINUTES

COOK TIME: 7 MINUTES

SERVES 5

- ¼ cup coconut aminos
- 2 teaspoons raw honey (or organic pure cane sugar)
- 1 teaspoon sesame oil
- ½ teaspoon ground ginger
- ¼-½ teaspoon sriracha to taste
- ¼ cup sesame oil, divided (or butter, tallow, lard, or coconut oil)
- 5-6 medium zucchinis, spiralized or peeled with a julienne peeler
- 4 oz mushrooms, sliced
- 5 cloves of garlic, minced
- ½ lb broccoli florets sliced thin
- 2 large carrots, peeled with a julienne peeler
- 1 bunch of green onions, chopped
- Sea salt and black pepper to taste
- Extra green onion to garnish the top. Other garnish options we like are chopped nuts and/or hard boiled eggs

1. Whisk the coconut aminos, honey, the 1 teaspoon sesame oil, ginger, and sriracha in a bowl and set aside.
2. Warm a tablespoon of sesame oil in a large skillet over medium heat, add the spiralized zucchini with a small pinch of sea salt, and cook for 2 minutes (Don't overcook! They will get really soggy!) Put the cooked zucchini noodles in a strainer to drain the extra liquid while you cook the rest of the veggies.
3. Warm the rest of the sesame oil in your skillet over medium heat, and add the mushrooms and garlic with a small pinch of sea salt. Cook over medium heat for a few minutes.
4. Add the broccoli, carrot, green onions, and the prepared sauce and cook for 4-5 minutes over medium heat. This leaves the veggies with a little "bite" to them - if you prefer them softer you can go longer.
5. Add the cooked zucchini noodles (I usually give them a gentle squeeze in the strainer to be sure the extra liquid is out) to the skillet with the rest of the veggies and stir to combine. Warm through and sea salt/pepper to your taste. Garnish as you wish!

Cauliflower Yam Cream Chowder

BY CHIHU SMITH



PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

SERVES 4

- 1 ½ teaspoon ghee
- ½ yellow onion, chopped
- 2 small garlic cloves, finely chopped
- 2 cups peeled and diced (1 inch) Japanese (white fleshed) yam, peeled (May substitute 2 ½ cups Russet potatoes)
- 1 ½ cups roughly chopped cauliflower
- ¼ teaspoon turmeric powder
- ¼ teaspoon ground black pepper
- sea salt to taste
- 2 cups chicken stock / broth
- 1 cup full fat coconut milk
- Optional add-ons: Crispy bacon crumbles, avocado, shredded chicken, turkey, or ham

1. Heat ghee over medium-high in a medium size soup pot. When hot, lower the heat to medium, add chopped onion and garlic. Season with a small pinch of salt. Sauté until fragrant and the onion turns slightly translucent.
2. Add Japanese yam, cauliflower, turmeric powder, and black pepper. Sauté for another 3-4 mins. Season with a tad more salt.
3. Add chicken stock. Cover and bring the soup to boil then lower the heat to medium-low and simmer for about 10-15 mins, or until the yams are very soft. Taste and see if more salt or pepper is needed.
4. Add the coconut milk. Turn off the heat. Blend/puree the soup until creamy and smooth. If desired, serve with crispy bacon, avocado, and shredded chicken, turkey, or ham.

Creamy Butternut Squash Soup



PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES 4

- 1 onion, chopped
- 3 tablespoons cooking fat of choice (I use avocado oil)
- 32 ounces cubed and peeled butternut squash (2-3 pounds/1 squash)
- 32 ounces beef broth
- 1 teaspoon Himalayan salt (or to taste)
- 1 teaspoon black pepper
- Optional: ¼ cup coconut cream (if desired for creamy consistency)
- Optional: 2 tablespoons arrowroot flour or water chestnut flour (to thicken)
- Optional garnishes: chopped crispy bacon, minced chives

1. Sauté onions in 3 tablespoons oil over medium heat in stock pot for 10 minutes.
2. Add squash, beef broth, salt, and pepper and bring to a boil for 15 minutes or until squash is soft.
3. Add in coconut cream and/or arrowroot flour/water chestnut flour if desired.
4. Transfer contents to a blender or use an immersion blender until soup is a creamy consistency.
5. Garnish with bacon and chives or serve plain.

Creamy Pumpkin Soup with Crispy Bacon Bits



PREP TIME: 5 MINUTES
COOK TIME: 20 MINUTES
SERVES 6

- 2 tablespoons ghee
- 4 slices bacon, cut into pieces
- ½ cup fine-diced sweet onion
- 1 ½ cups chicken stock
- 2 (15oz) cans pumpkin puree
- 2 (14oz) cans coconut milk
- 1 tablespoon minced fresh sage, plus extra for topping soup
- ½ teaspoon ground ginger
- ½ teaspoon dried thyme
- 1 ½ teaspoons sea salt

- 1.** In a large stockpot over medium-high heat, add the ghee and bacon pieces. (Using kitchen shears is an easy way to cut bacon into bite-size pieces.) Sauté until bacon is crispy. Use a slotted spoon to remove the bacon bits; place on a paper towel and set aside.
- 2.** Reduce heat to medium, add the fine-diced onion to the stockpot and sauté until translucent and golden in color. Then add the chicken stock, pumpkin, coconut milk, sage, ginger, thyme and salt.
- 3.** Bring soup to a gentle simmer and cook uncovered for 15 minutes. Use an immersion blender to blend the onion into the soup. Or transfer the soup in batches to a blender and process until well blended.
- 4.** Ladle soup into bowls and top with crispy bacon bits and minced fresh sage. Yum!

Italian Sub Salad

BY LAUREN
LESTER



PREP TIME: 10 MINUTES

COOK TIME: 0 MINUTES

SERVES 4

**For the submarine
vinaigrette:**

- ½ cup + 2 tablespoons olive oil
- 1-2 tablespoons red wine vinegar (just enough to give it some tang)
- 1 tablespoon Italian seasoning
- Pinch of salt
- Freshly cracked black pepper

For the salad:

- 4 cups shredded iceberg lettuce or shredded romaine hearts (or a half/half blend)
- 2 roma tomatoes, diced
- 1 cup mixed Italian olives, pitted
- ¼ red onion, sliced
- ¼ cup sliced pickled banana peppers
- 6 ounces diced Italian meats (like pepperoni and salami)

1. Whisk the ingredients for the dressing together and set aside.
2. Toss all of the salad ingredients together and then toss with dressing.

Kitchen Stash Hash



PREP TIME: 5 MINUTES
COOK TIME: 10-20 MINUTES
SERVES 3

- 8-12 ounces bacon, cooked and chopped
- 2 zucchinis, diced
- 1 onion, diced
- 2-3 tablespoons ghee, avocado oil, or olive oil
- 1 large sweet potato, diced
- 3 garlic cloves, minced
- 1 teaspoon sea salt
- ¼-½ teaspoon pepper
- ¼-½ teaspoon paprika
- fresh chives, minced

1. Toss everything into a large, deep skillet with a lid and sauté over high heat, stirring occasionally, for about 10-15 minutes total.
2. Cover for at least 5-7 minutes of that time to help the sweet potatoes soften.

Sweet Potato Carbonara



PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

SERVES 4

- 2 pounds sweet potatoes, peeled and cut into noodles
- 3 slices bacon, chopped
- 8 oz crimini mushrooms, sliced
- 2 cloves garlic, minced
- 2 cups baby spinach
- 2 egg yolks and 1 whole egg, beaten
- ¼ teaspoon sea salt
- ¼ teaspoon ground pepper

1. Put a large pot of water on to boil.
2. Using a spiralizer or julienne peeler, make your sweet potato noodles.
3. Heat a skillet or cast iron pan over medium heat and add the bacon. After a minute, add the mushrooms and cook, stirring often, until the bacon has browned and the mushrooms no longer have any liquid, about 6 minutes. Add the garlic to the pan with the mushrooms and bacon and cook, stirring, for 1 minute. Add the spinach and stir until wilted, 1 to 2 minutes. Remove the pan from the heat.
4. Cook the sweet potatoes in the boiling water until they are just starting to soften - about 3 minutes. Reserve about ¼ cup of the cooking liquid and then drain the noodles.
5. Transfer the noodles to the pan. Mix the eggs, salt, pepper, and reserved water in a bowl and then pour over the noodles and gently toss until evenly coated.
6. Add the bacon mushroom mixture to the pasta and toss.

NOTE: If you need more protein, feel free to add some Italian sausage links or diced chicken thighs to bulk it up. Simply cook in a separate pan at the same time as everything else.

Sweet Potato Puree with Apples and Sage



PREP TIME: 10 MINUTES

COOK TIME: 15-20 MINUTES

SERVES 4

For the puree:

- 3 pounds sweet potatoes (about 3 medium), peeled and sliced in 1 inch thick rounds
- $\frac{3}{4}$ teaspoon sea salt
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{8}$ teaspoon cardamom
- $\frac{1}{4}$ cup butter, ghee, or fat of choice

For the apple topping:

- 1 tablespoon butter, ghee, or fat of choice
- 2 apples, preferably a firm variety, cut into $\frac{1}{2}$ inch dice
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon minced fresh sage (about 5-6 leaves), plus additional for garnish, optional
- $\frac{1}{8}$ teaspoon sea salt

1. In a medium stock pot, add enough water to cover the sweet potatoes and bring to a boil. Once very soft (after about 15-20 minutes), drain.
2. Transfer the sweet potatoes to a food processor along with the salt, nutmeg, cardamom, and butter and puree until smooth. You may have to scrape down the sides a few times to get it smoothly pureed. Alternately, you can use a food mill, or a hand held masher. (The masher won't get them as silky smooth, but does the trick.)
3. Meanwhile, make the apples. In a large skillet over medium-high heat, melt the butter.
4. Add the apples and sauté, stirring often until just softened but not mushy, about 8 minutes.
5. Add the cinnamon, sage, and salt and sauté another 30 seconds. If there is anything stuck to the bottom of the pan, add a tablespoon or so of water and scrape it up and mix it into the apples. There's good flavor in there!
6. Serve the apple mixture over the sweet potatoes and garnish with optional additional sage.

Tomato and Arugula Frittata



PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES
SERVES 4

- 1 tablespoon ghee or your preferred cooking fat
- 1 medium onion, diced
- 10 eggs
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 big handfuls baby arugula
- 1 pint cherry or grape tomatoes

1. Position an oven rack so it's just above center, about 6-8 inches from the broiler. Preheat the broiler on high.
2. Heat a large skillet over medium high heat and add the butter. Once melted and sizzling, add the onions. Cook until golden brown, about 6-8 minutes, stirring often.
3. While the onions are cooking, whisk the eggs with the salt and pepper.
4. Once the onions are golden brown, stir in the arugula. When it's just wilted, about 1 minute, add the tomatoes and arrange them somewhat evenly in the pan.
5. Pour in the eggs and cook for about 2 minutes, or until the sides begin to set.
6. Place the skillet in the oven and cook for 2 minutes. Rotate if necessary, and cook for another 1-2 minutes, or until the eggs are set and puffy. (This will depend a lot on the heat of your broiler and the distance the skillet is from it.) If they're browned and not quite set, you can turn off the broiler and let them finish cooking for a few minutes with the residual heat in the oven.

Vegetable Frittata



PREP TIME: 15 MINUTES
COOK TIME: 10-15 MINUTES
SERVES 4-6

- 2 tablespoons ghee or cooking oil
- 1 large onion, chopped
- 6 cloves garlic
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 10 eggs
- 1 cup plain tomato sauce
- ¼ cup lite coconut milk or other milk alternative
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1 tomato (optional)
- 1 green onions stalk (optional)
- 2 cups baby spinach

1. Pre-heat the oven to 415°. In a 12.5 inch cast iron skillet melt the oil on medium-high heat then cook the chopped onions and garlic. Add the thyme and oregano to the onions and cook until the onions are almost translucent (about 2-4 minutes).
2. In a separate large mixing bowl beat eggs, then add tomato sauce, milk alternative, salt and pepper and mix. Slice the tomatoes like you would for a sandwich and chop 1 stalk of green onion then set aside.
3. Add the spinach to the skillet, then stir and cook until slightly wilted (about 1 minute).
4. Turn the heat down to medium low then add the egg mixture to the pan and mix so everything is evenly distributed. Sprinkle the chopped green onions on top of the eggs and place about 4 sliced tomatoes on top evenly distributed.
5. Use a pot holder to transfer the pan to the oven and cook for about 10-15 minutes until firm.

Zucchini Carrot Fritters with Sour “Cream”

BY CHIHU
SMITH



PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

YIELDS ABOUT 7 FRITTERS

For the fritters:

- 2 cups shredded/grated zucchini
- 2 cups shredded/grated carrots
- $\frac{3}{4}$ cup almond meal
- 3 large eggs
- $\frac{1}{2}$ cup sliced scallions + extra for garnish
- avocado oil or coconut oil
- sea salt and black pepper to taste

For the sour “cream”:

- 1 can full-fat coconut milk
- 1 $\frac{1}{2}$ tablespoons lemon juice
- $\frac{1}{2}$ tablespoons apple cider vinegar
- sea salt to taste

1. For the fritters: Shred/grate zucchini and carrots with a box grater or food processor and place in a large bowl. Sprinkle lightly with salt. Set aside for 10 mins to allow the liquid to sweat out.
2. Use a cheesecloth or hand towel to squeeze out the liquid as much as you can.
3. Add almond meal, eggs, scallions, sea salt and black pepper to the shreds. Stir the mixture until it's combined well.
4. Scoop the mixture (about 3 tablespoons per fritter) into the pan. Gently press them into a round shape. Cook until they are golden brown. Transfer the fritters to a large plate lined with a paper towel.
5. Serve them with Paleo sour cream (recipe below) and sprinkle with scallions.
6. For the sour “cream”: Chill the coconut milk can in the fridge overnight until it thickens and the fat rises to the top.
7. Scrape out only the thick/top part of coconut cream and avoid the thin liquid.
8. Add lemon juice, apple cider vinegar, and sea salt to taste.
9. Whisk until smooth and serve.

Zucchini Noodles with Marinated Tomatoes



PREP TIME: 20 MINUTES

COOK TIME: 10 MINUTES

SERVES 4

- 6 cloves garlic, sliced thinly
- ½ cup extra virgin olive oil
- 2 lb tomatoes, sliced into small wedges
- ¼ cup capers
- ½ cup chopped or torn fresh basil
- zest of 1 lemon
- ¼ teaspoon crushed red pepper flakes
- 4 medium zucchini
- 1 lb sweet Italian sausage links
- sea salt and black pepper to taste

1. Put the garlic and olive oil in a small saucepan and cook over low heat for 10 minutes. Let cool.
2. Combine tomatoes, capers, basil, lemon zest, and red pepper flakes in a bowl. Pour the garlic mixture over the tomato mixture. Cover and leave at room temperature for 20 minutes.
3. Meanwhile, slice the Italian Sausage links into ¼ inch slices.
4. Heat a large pan over medium heat and cook the Italian Sausage slices until done.
5. While the sausages are cooking, using a spiral slicer or julienne peeler, create zucchini noodles. You can alternatively use a vegetable peeler to make thin slices.
6. Add the zucchini noodles to the pan with the sausages, stirring often, to heat them. (If at this point the zucchini noodles release any excess water, just pour it out of the pan.)
7. Remove the pan from the heat and add the tomato mixture. Stir to combine and season with salt and pepper.

NOTE: You can use chicken breasts or thighs instead of the Italian Sausage links if you prefer. Just cut them into bite sized chunks, generously sprinkle with salt and pepper, and cook in the pan until no longer pink.

POULTRY



5 Minute Mexican Chicken Salad



PREP TIME: 5 MINUTES

COOK TIME: 0 MINUTES

SERVES 4

- 2 cups cooked chicken
- 1 cup chopped green onion (red or Spanish onions work well too)
- ½ small or medium tomato, coarsely chopped
- ¼ - ½ cup homemade mayonnaise
- 2-4 teaspoons taco seasoning (if using store-bought check ingredients)

1. Add everything into your food processor and pulse to combine to a texture you like.
2. Serve Mexican chicken salad on avocado halves, bell pepper halves, as a dip for veggie sticks or crackers, in a wrap or as a sandwich, or mixed into a green salad!
3. Store in the fridge up to 5 days in an airtight container.

Asian Style Lettuce Wraps



PREP TIME: 15 MINUTES
COOK TIME: 10 MINUTES
SERVES 4-5

For the sauce:

- ¼ cup coconut aminos
- 3 tablespoons tomato paste
- 2 tablespoons toasted sesame oil
- 2 tablespoons rice vinegar
- 2 tablespoons minced fresh garlic
- 1 tablespoon grated fresh ginger (use a microplane grater)
- ½ teaspoon sea salt
- ¼ teaspoon red pepper flakes

For the meat:

- 2 tablespoons extra virgin olive oil
- ½ cup fine-diced sweet onion
- 2 lbs ground dark meat turkey (or chicken)
- 1 teaspoon sea salt
- 1 tablespoon arrowroot (optional, to thicken sauce)
- Bibb or butter leaf lettuce
- Optional garnishes: shredded carrot, sliced green onion, diced red pepper, and/or cashew pieces

- 1. For the sauce:** In a small bowl, whisk together the sauce ingredients. Set aside.
- 2. For the meat:** In a large skillet over medium-high heat, add the olive oil and the diced onion. Sauté 1-2 minutes until onion softens, then add the ground turkey (or chicken). Season well with sea salt.
- 3.** Sauté ground meat until cooked through (about 3-4 minutes). For perfectly crumbled meat, use a potato masher to stir and mash the meat.
- 4.** Reduce heat to medium. Add the sauce and arrowroot to the meat, stirring until well combined. Continue cooking and stirring the meat mixture until the sauce thickens (about 1-2 minutes).
- 5. To serve:** Spoon the tasty meat mixture onto soft lettuce leaves. Then, garnish with your favorite toppings, such as shredded carrot, sliced green onion, diced red pepper and cashew pieces. So delicious!

Breakfast Nachos



PREP TIME: 5 MINUTES
COOK TIME: 25 MINUTES
SERVES 1-2

- 2 slices bacon, chopped into ½-inch pieces
- 2 medium Yukon Gold potatoes
- Sea Salt and Black Pepper to taste
- 2 large eggs
- 1 radish, finely chopped
- 1 scallion, thinly sliced
- ½ ripe Hass avocado
- Handful of fresh cilantro leaves
- ½ lime
- ¼ cup salsa

1. Set the oven to 450°F. Spread the chopped bacon out on a large sheet pan and put it in the oven to cook while you prepare the potatoes.
2. Cut the potatoes in half lengthwise, and then slice them very thinly crosswise into half moons. When the bacon is crisp (this should take less than 10 minutes), use a slotted spatula to transfer it to a plate lined with paper towels.
3. Place the potato slices on the baking sheet, season with a pinch of salt and a few grinds of black pepper, and toss with a spatula to coat the slices with the bacon grease. Make sure the potatoes are arranged in as close to a single layer as possible. Roast for about 15 minutes, or until the potatoes are cooked through and browned around the edges.
4. While the potatoes are roasting, finely chop the radish and thinly slice the scallion. Chop the avocado. Cut the lime into 4 slices and squeeze some lime juice onto the avocado. Break the cilantro into small sprigs. Crack each egg into a small bowl, taking care not to break the yolks.
5. Once the potatoes are ready, remove them from the oven and reduce the heat to 325°F. Move the potatoes closer together and form two little nests amidst them for the eggs. Gently tip one egg into each nest. Bake for about 3-6 minutes, or until the eggs are cooked a little less than you like. They'll continue to cook a bit after you remove them from the oven.
6. Top the potatoes with the bacon, radish, scallion, avocado, and cilantro, and sprinkle a little salt and pepper on the eggs. Serve hot with salsa and lime slices.

Broccoli Cashew Chicken



PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVES 4

- 2 cups cooked chicken
- 1 cup chopped green onion (red or Spanish onions work well too)
- ½ small or medium tomato, coarsely chopped
- ¼ - ½ cup homemade mayonnaise
- 2-4 teaspoons taco seasoning (if using store-bought check ingredients)

1. Add everything into your food processor and pulse to combine to a texture you like.
2. Serve Mexican chicken salad on avocado halves, bell pepper halves, as a dip for veggie sticks or crackers, in a wrap or as a sandwich, or mixed into a green salad!
3. Store in the fridge up to 5 days in an airtight container.

Broccoli Slaw Stir-Fry



PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES
SERVES 4

- ½ cup coconut milk
- ¼ cup coconut aminos
- 2 tablespoons honey
- 1 teaspoon garlic powder
- ½ teaspoon dried ground ginger
- ½ teaspoon salt
- 2 tablespoons avocado oil
- ½ cup sliced onion
- 1 lb boneless, skinless chicken breast, cut into 1" cubes
- 3 cups broccoli slaw (find bagged in produce section)
- 2 cups summer squash, peeled and coarsely chopped

1. In a small bowl, combine coconut milk, coconut aminos, honey, garlic powder, ginger, and salt and stir (you can use an immersion blender if needed to get a smooth texture).
2. Heat avocado oil over medium heat in a large skillet.
3. Chop chicken into one inch cubes and add to the skillet, along with ½ cup of the coconut milk sauce. Cook chicken until cooked through and browning, about 5-7 min, stirring occasionally.
4. Move chicken to the outer surface of the skillet, add more avocado oil if needed, and add vegetables to center of skillet. Add remaining sauce and continue cooking, stirring occasionally, until vegetables are soft and liquid has mostly cooked out, about 8 min.
5. Allow to cool before serving.

Chicken Jap Chae (Korean Sweet Potato Noodles) Salad



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

- 4 cups cooked Korean Sweet Potato (Cellophane, Dang Myun, glass,) Noodles - found in Asian Market or Amazon
- 1 cup of cooked shredded chicken breast
- 1 cup of packed spinach
- 1 Med carrot – julienned
- 1 red or yellow peppers, sliced in strips (or both, ½ each)
- 1 Med onion - sliced
- ½ cups sliced mushrooms (I prefer shiitake mushrooms but white mushrooms will be fine too)
- 3 cloves of garlic - minced
- 2 scallion, chopped
- Avocado oil
- 2 tablespoon liquid aminos
- 1 teaspoon sesame oil,
- 1 teaspoon each Pink salt & pepper
- Pinch of sesame seeds

1. Grab 4 bunches (wrapped loosely around your thumb and forefinger) of dried cellophane noodles and soak in cold water.
2. While noodles are soaking, boil water in a large pot. When the water boils, cook the noodles for about 3-4 minutes. Cook until the noodles are soft but not mushy.
3. Take them out of the pot, and rinse under the COLD running water thoroughly. You should have about 4 cups of cooked noodles.
4. Drain well and put it in a large bowl. You will add all the ingredients to this bowl so make sure it is large enough to accommodate them.
5. Put shredded chicken breast in a small bowl and add a splash of liquid aminos, pinch of salt and pepper, sesame oil, sesame seeds and teaspoon of scallions. Mix well with your hands, squeezing in all the flavors into the meat and set aside.
6. In a large pan, sauté garlic and vegetables, individually, in avocado oil. Add them to the large bowl, one vegetable at a time, as you cook them.
7. Season the noodles with liquid aminos, sesame oil, salt, black pepper, and sesame seeds.
8. Add the seasoned chicken to the noodles and mix well. I usually use my hands so all the ingredients marry well. But you can toss with a large salad tongs.
9. Serve immediately.

Chicken Marsala



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

- 4 boneless, skinless chicken breasts
- 1 cup coconut flour
- 2 teaspoons sea salt
- 1 teaspoon black pepper
- ¼ cup cooking fat of choice (coconut oil, avocado oil, olive oil, etc.)
- 8 oz mushrooms, sliced
- 3 tablespoons butter (optional)
- ¾ cup marsala wine
- ½ cup chicken stock
- salt and pepper for seasoning
- chopped parsley for garnish

1. In a zip-top bag or between two sheets of plastic wrap, pound the chicken breasts with a meat mallet until they are about ¼ inch thick.
2. In a shallow pan or dish mix the coconut flour, salt, and pepper.
3. Heat a large skillet over medium-high and then add the cooking fat.
4. Once the fat has heated, dredge the chicken breasts in the flour mixture and then add to the pan. Cook for about 5 minutes on each side until golden brown. (Do this in batches if they don't fit in the pan easily). Transfer to a plate when done.
5. Reduce the heat to medium and add a tablespoon of butter (or more cooking oil) to the pan and once melted, add the mushrooms. Cook, stirring frequently, until most of the moisture is gone from the mushrooms. Season with salt and pepper.
6. Add the marsala wine and bring to a boil. Scrape any brown bits from the bottom of the pan.
7. Add the chicken stock and bring to a boil. Add the remaining butter if using and stir the mixture once it has melted.
8. Return the chicken back to the pan and simmer for a few minutes to heat the chicken back up. Season the chicken if necessary with more salt and pepper and garnish with parsley.

NOTE: If you don't buy pre-sliced mushrooms, use the slicing disc on your food processor to slice them in seconds.

Chicken Piccata

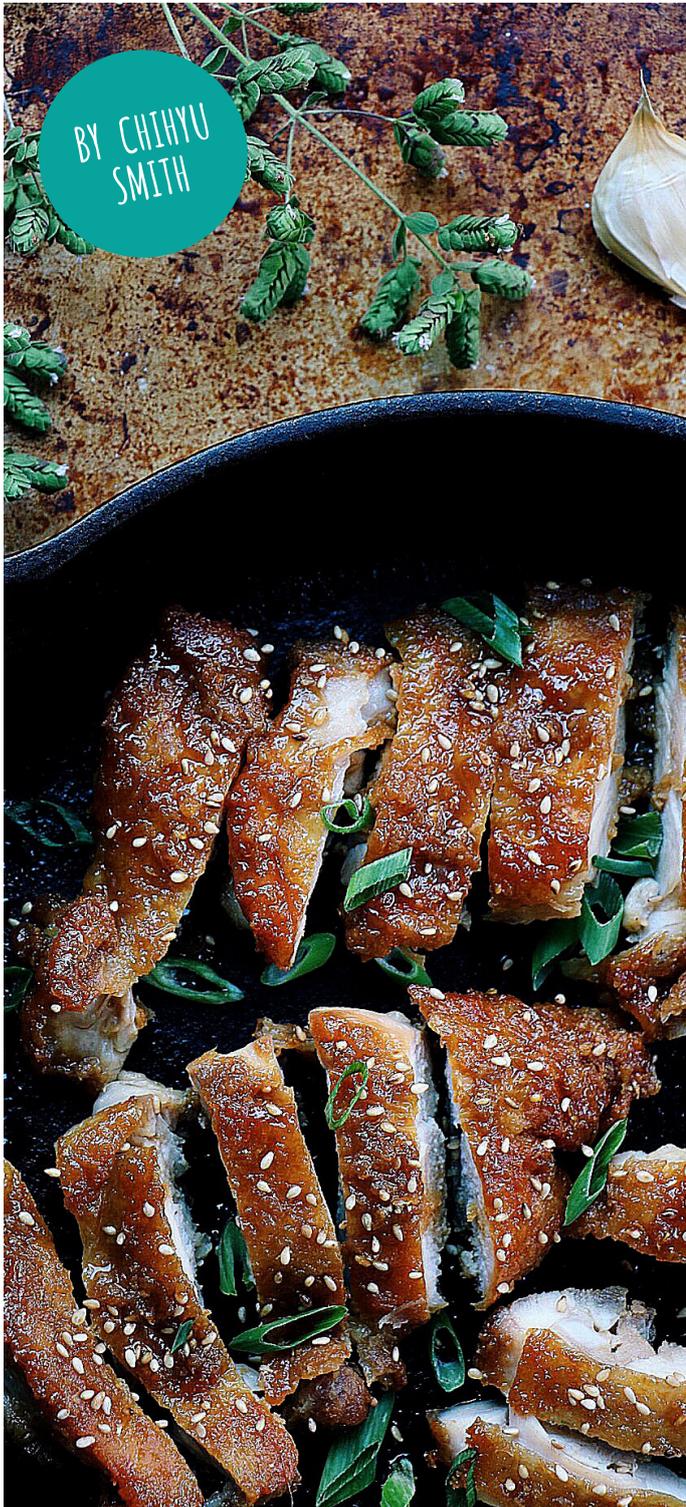


PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 3-4

- 3 large boneless, skinless chicken breasts (1.25-1.5 pounds total)
- 1 bunch skinny asparagus, trimmed and halved crosswise
- 1/3 cup tapioca flour
- 3/4 cup chicken stock, divided
- 1 teaspoon nutritional yeast (optional)
- Juice of 1 large lemon (about 1/2 cup), divided
- 1/4 teaspoon garlic powder
- 3 tablespoons capers
- 1/4 teaspoon sea salt or to taste
- Handful of minced fresh carrot tops or parsley
- black pepper to taste
- Lemon slices or wedges, for serving
- 2 tablespoons ghee or butter, divided
- 1 tablespoon extra virgin olive oil

1. Cut each chicken breast in half lengthwise so that you have six pieces. Place pieces between two pieces of parchment paper or plastic wrap and use a meat mallet to pound the chicken out to about 1/4 inch thick.
2. Preheat the oven to 225°F and place a cooling rack on top of a baking sheet. This is where you'll keep the chicken warm in the oven later.
3. Mix the tapioca flour, nutritional yeast, granulated garlic, salt, and a few grinds of black pepper on a plate.
4. Heat a large skillet over medium-high heat. When it's hot, add one tablespoon of the ghee and the olive oil, and swirl to coat the bottom of the pan. Dip each piece of chicken into the flour mixture to coat it on all sides, and then add as many pieces to the pan as will fit in a single layer. Cook for 3-4 minutes per side, until golden brown. Transfer the chicken to the rack and put the baking sheet and rack in the oven. Repeat the dredging and frying process with the remaining chicken, adding a little more oil to the pan if it looks dry. Put the second batch of chicken on the baking sheet in the oven with the others.
5. With the heat still on medium high, add the asparagus to the pan along with half the chicken stock and half the lemon juice. Stir with a spatula, scraping to dislodge any browned bits from the bottom of the pan. Cover the pan and let the asparagus cook for 2-3 minutes, until tender but still crisp (or done to your liking). Use tongs or a slotted spatula to transfer the asparagus to a plate.
6. Add the rest of the chicken stock and lemon juice to the pan along with the capers, and let the sauce bubble away for a few minutes. Stir in the remaining tablespoon of ghee or butter. Return the chicken and asparagus to the pan, remove from the heat, sprinkle with carrot tops or parsley, and serve hot with lemon slices.

Chicken Teriyaki



PREP TIME: 10-15 MINUTES

COOK TIME: 15 MINUTES

SERVES 2-3

For the chicken:

- 1 ½ lbs boneless skin-on chicken thighs (about 4 pieces)(or boneless skin-on chicken breast)
- Sea salt to taste
- ½ tablespoon ghee (to pan fry the chicken)
- Toasted white sesame seeds (optional)
- Chopped scallions (optional)

For the Teriyaki sauce:

- 3 ½ tablespoon coconut aminos
- ¾ to 1 tablespoon Red Boat fish sauce
- 2 tablespoon apple cider vinegar
- 1 teaspoon fresh grated ginger
- 1 teaspoon minced garlic

1. Pat dry the chicken and remove the bone. Lightly season the chicken with a bit salt on the skin.
2. Heat the ghee in a medium-large sauté pan over medium - high heat. When hot, add chicken skin side down. Fry about 10 mins until the skin is crispy. Use a splatter screen or lid to prevent splattering.
3. Flip and cook the other side until the chicken is completely cooked through. Drain the oil from the pan and set chicken aside.
4. **For the sauce:** Combine ingredients under “Teriyaki sauce”. Heat the sauce over medium to medium-low heat. When it starts to get thickened, add chicken pieces back to the pan. Coat the chicken with the sauce.
5. **To serve:** Wait for 5 mins before slicing the chicken. Sprinkle toasted white sesame seeds and chopped scallion (optional). Serve hot with steamed broccoli, mashed potato, or cauliflower rice.

Chicken and Vegetable Soup



PREP TIME: 5 MINUTES
COOK TIME: 25 MINUTES
SERVES 6

- olive oil
- 3 celery stalks, diced
- 3 carrots, diced small
- 1 medium onion, diced
- 2 garlic cloves, minced
- sea salt and black pepper to taste
- 2 quarts of chicken or vegetable broth
- 1 large yam or sweet potato, diced small
- 1 bay leaf
- 3 cups of pre-cooked and shredded chicken
- ¼ cup finely chopped flat-leaf parsley

1. Dice vegetables and sauté the celery, carrots, and onion in a stovetop soup pot or Dutch oven over medium heat with a little olive oil for about 4 minutes. Add garlic and cook about 1 minute more. Season with salt and pepper to taste.
2. Add broth, diced sweet potatoes, and bay leaf to the pot. Bring to boil, then reduce heat to simmer. Cover and continue simmering 15-20 minutes, or just until potatoes are tender. While soup is simmering, shred the pre-cooked chicken and chop the parsley.
3. Next add shredded chicken, chopped parsley, and any additional salt and pepper if needed to the pot. Stir and simmer 1-2 minutes until chicken is heated through.
4. Remove bay leaf and serve.

Chinese Chicken Lettuce cups



PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

SERVES 4

- 1 tablespoon coconut oil
- 1 lb ground chicken breast
- 2 cloves garlic, minced
- 2 teaspoons minced fresh ginger
- ½ cup diced white onion
- 4 ounces diced button mushrooms
- 1 (8oz) can water chestnuts, drained
- ¼ cup coconut aminos
- 2 teaspoons white vinegar
- A few dashes of fish sauce (about ¼ teaspoon)
- Lettuce variety of choice, large leaves removed for cups
- Toppings: shredded raw carrots and minced cilantro

1. Heat the coconut oil in a large skillet over high heat. Add in the chicken, garlic, and ginger. Brown the chicken for about 5 minutes or until it has started to crisp and is cooked through.
2. Add in the onion and mushrooms, cook 5 minutes, stirring occasionally, until softened.
3. Add in the water chestnuts and cook one minute longer. Pour in the coconut aminos, vinegar, and fish sauce. Cook 2-3 minutes until the sauce is thickened.
4. To serve, place a scoop of the chicken mixture inside a lettuce cup and top with cilantro and carrots.

Coconut Turkey Stew



PREP TIME: 5 MINUTES

COOK TIME: 15 MINUTES

SERVES 4

- 1 tablespoon coconut oil
- 1 medium onion, chopped
- 1 ½ lb ground turkey breast
- Sea salt and black pepper to taste
- Dash of cayenne pepper
- 5-6 cups chopped kale (spinach, chard or collard greens will also work)
- 1 cup full-fat coconut milk

1. Heat coconut oil in a skillet over medium heat. Add chopped onion and sauté a few minutes, until the onion starts to soften. Add the ground turkey, along with the sea salt and pepper to taste.
2. After several minutes, once the turkey is browned and cooked through, add the cayenne and kale. Stir well.
3. Reduce heat to medium-low and add the coconut milk. Mix well and cook until the kale softens and wilts down a bit, about 2-3 minutes. Add more sea salt and pepper to taste, if needed. Serve.

Creamy Spinach and Lemon Chicken Thighs



PREP TIME: 2 MINUTES
COOK TIME: 25 MINUTES
SERVES 2-4

- 1 lb bone-in, skin-on chicken thighs (about 3-4 thighs)
- 1 teaspoon sea salt, divided
- ½ teaspoon black pepper, divided
- 1 tablespoon coconut oil or ghee
- 3 cloves garlic, minced
- ¾ cup coconut milk
- Zest and juice of 1 lemon
- 1½ cup frozen spinach
- 1 teaspoon dijon mustard
- ½ teaspoon fresh thyme
- red pepper flakes (Optional)

1. Preheat oven to 425°F.
2. Season the chicken thighs all over with ½ teaspoon of the sea salt and ¼ teaspoon of the black pepper.
3. Heat the coconut oil or ghee in a large skillet over medium high heat.
4. Add chicken thighs to the pan skin side down. Cook for 5 minutes. Flip over and cook the other side for 4 minutes. Remove the chicken from pan, but leave the fat in the skillet.
5. Stir in garlic for 1 minute, until fragrant.
6. Add coconut milk, lemon zest, lemon juice, frozen spinach, dijon mustard, thyme, ½ teaspoon sea salt, and ¼ teaspoon black pepper. Stir while breaking up the spinach, and bring to boil.
7. Turn off heat, return chicken to pan and nestle them in the sauce, skin side up. Put the skillet in the preheated oven and bake for 15 minutes, or until the chicken is done.
8. Taste to adjust seasoning, sprinkle with red pepper flakes (if using), and serve.

Creamy Tomato Soup with Chicken and Spinach



PREP TIME: 5-7 MINUTES

COOK TIME: 15 MINUTES

SERVES 4-5

- 1 tablespoon extra-virgin olive oil
- 1 yellow onion, chopped
- 4 cloves garlic, minced
- 1 28 oz can diced tomatoes
- 1 13 ½ oz can coconut milk
- 3 cups chicken broth
- 2 tablespoons tomato paste
- Sea salt and black pepper to taste
- 3-4 cups leftover cooked chicken, shredded
- 3 cups fresh spinach
- 2-3 tablespoon fresh basil, chopped
- 1 tablespoon freshoregano, chopped

1. Heat oil in a large pot over medium heat. Add the onion and garlic. Sauté 2-3 minutes, until onion is softened.
2. Add all the remaining ingredients, except the chicken, spinach and fresh herbs. Stir well.
3. After the mixture has simmered for a few minutes, scoop about half of it into a blender, and blend until smooth. Then, add it back to the pot. Alternatively, you can use an immersion blender directly in the pot and blend until mixture is partly smooth, but still has some chunkiness to it.
4. Mix in the shredded chicken, spinach, and fresh herbs. Continue to cook about 5 minutes more or until spinach is wilted and chicken is heated through. Taste and add more sea salt, black pepper and/or fresh herbs, if desired.

Crustless Spring Quiche



BY KAREN LEE

PREP TIME: 15 MINUTES

COOK TIME: 30 MINUTES

SERVES 6

- Fat of choice to grease skillet or pie dish
- 10 eggs
- 1 cup cooked bacon bits
- 2 cups 1" pieces of asparagus
- 1 tablespoon finely chopped fresh tarragon (or 1 teaspoon dried tarragon)
- 1 tablespoon chopped fresh parsley (or 1 teaspoon dried parsley)
- Pinch of sea salt and black pepper
- 1 cup ½" cubed potato or sweet potato

1. Preheat the oven to 400 degrees.
2. Mix 6 eggs in a medium size bowl.
3. Add chopped cooked bacon bits.
4. Add asparagus, parsley and tarragon and mix gently.
5. Season with pinch of salt and pepper.
6. Heat the pan until very hot and add avocado oil.
7. Pour the egg mixture into the skillet.
8. Cover and continue to cook for 2 minutes.
9. Uncover the pan and carefully place the skillet on the middle oven rack.
10. Bake for 15 minutes or when the inserted toothpick comes out clean.
11. Serve immediately.

Easy Olive Chicken



PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

SERVES 4

- ½ teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 teaspoon garlic powder
- 2 tablespoons coconut oil
- 1 lb boneless, skinless, chicken breasts
- ½ cup sliced olives
- ½ cup chicken broth
- 1 teaspoon apple cider vinegar

1. Combine the seasonings in a small bowl and mix with a spoon. Shake the seasoning evenly over both sides of the chicken breasts.
2. Place the chicken in the large skillet over medium low heat and cook until browned, roughly 5 minutes per side.
3. Mix in the olives, broth, and apple cider vinegar and simmer until the chicken is no longer pink, roughly 5 minutes.
4. Remove from the stove and serve immediately.

Easy Peasy Sweet and Sour Chicken



PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES
SERVES 4-6

For the chicken:

- 2 lbs boneless skinless chicken, diced to ¼" cubes (can be breast, thigh, or a mix)
- 1 tablespoon cooking fat (any will do, I recommend sesame oil for this dish)
- 2 teaspoons sea salt

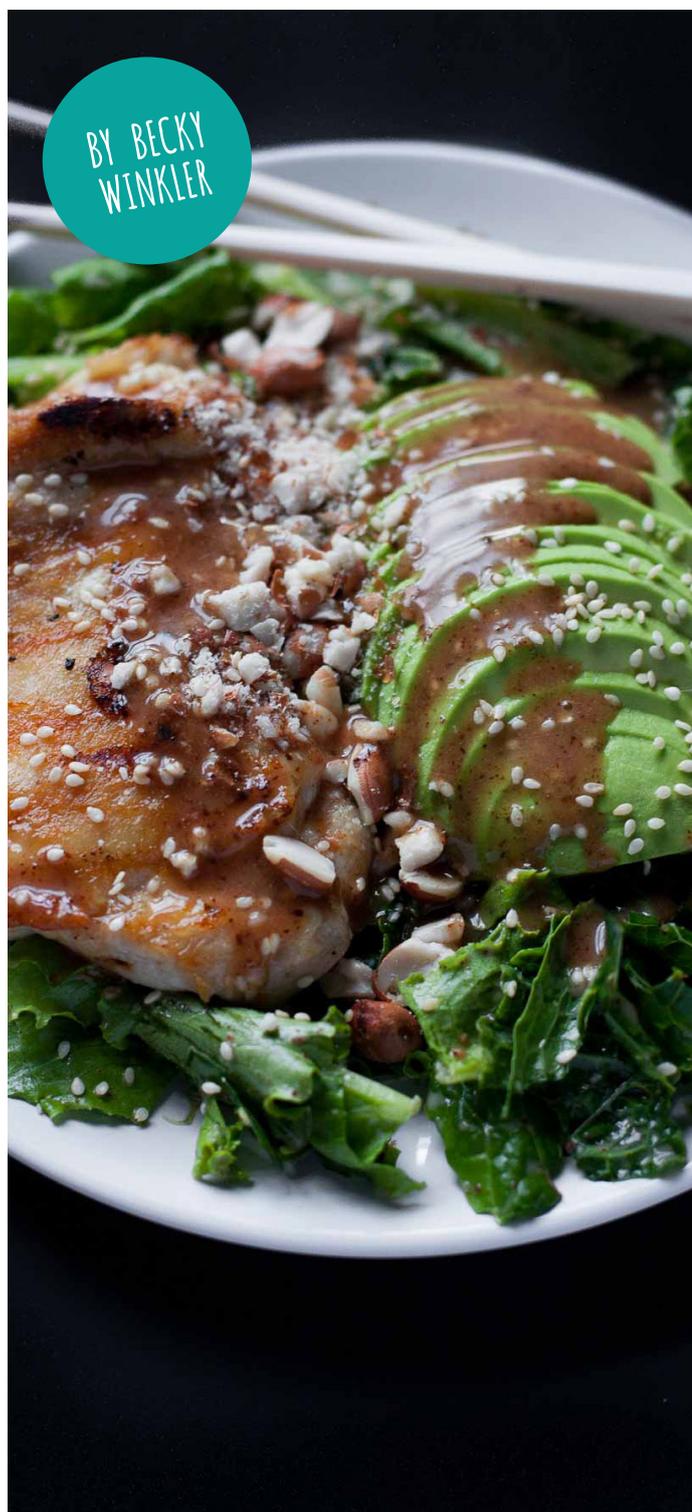
For the sauce:

- 2 tablespoons unsweetened nut butter of choice
- ¼ cup lemon juice (you may also use 3 tablespoons apple cider vinegar instead)
- ¼ cup honey or date syrup
- 2 tablespoons mustard (or mustard powder)
- sriracha or chili paste (Optional)

1. Dice all of the chicken into ¼ inch cubes.
2. Heat a large cast iron skillet (3 quarts or more) on high heat, and add oil once hot. Add in the chicken, sprinkle with salt, and mix well. Cook, stirring occasionally until browned on all sides, about 10 minutes.
3. While the chicken cooks, in a measuring cup or bowl mix all the sauce ingredients until smooth.
4. Stir chicken, if there is a lot of liquid in the skillet at this point, drain it. Add half of your sauce to the skillet and stir well. Let it simmer to reduce for 5 minutes.
5. To serve chicken, pour the remaining sauce over it. It is perfect over cauliflower rice!

Note: Really short on time? Grab a bag of cooked chicken breast strips from your grocer. Heat when you get home. Whip up the sauce and toss it all together. 20 minutes meal just turned into a 5 minute meal. Bonus tip: Use frozen riced cauliflower, costs about \$2 a bag. You've got a complete Paleo meal on the table in record time.

Grilled Chicken and Kale Salad with Creamy Thai Dressing



PREP TIME: 10 MINUTES
COOK TIME: 12 MINUTES
SERVES 4

For the dressing:

- ¼ cup almond butter
- 2 tablespoons honey
- ½ teaspoon fish sauce
- 1 teaspoon tamari sauce or coconut aminos
- 1 teaspoon unseasoned rice vinegar
- 2 tablespoons olive oil
- 1-2 tablespoons water

For the salad:

- 4 boneless, skinless chicken thighs
- Avocado or olive oil
- 2 cups torn kale leaves, tough stems removed
- 1 small head curly green lettuce, leaves torn into bite-size pieces
- 1 large Haas avocado, peeled and thinly sliced
- ¼ cup chopped almonds or cashews
- 2 tablespoons toasted sesame seeds

1. To make the dressing, whisk together all the ingredients except water in a bowl. Add the water bit by bit, stirring after each addition, until the dressing is thinned to a pourable consistency.
2. Heat a grill or grill pan to medium-high. Rub the chicken thighs with a little avocado oil and grill for about 6 minutes per side, or until fully cooked. Transfer the chicken to a plate.
3. Place the kale in a large bowl with about two tablespoons of the dressing. Massage the kale, rubbing the pieces between your fingers, for about 3 minutes, until the kale is slightly wilted and tender. Mix in the lettuce and additional dressing to taste.
4. Divide the dressed greens between four plates. Top each portion with a grilled chicken thigh and a quarter of the sliced avocado. Drizzle with additional dressing if desired. Sprinkle on some almonds or cashews and sesame seeds and serve right away.

Grilled Chicken with Pineapple Salsa



PREP TIME: 15 MINUTES

COOK TIME: 8 MINUTES

SERVES 4

For the marinade:

- 1 ¼ lbs boneless, skinless chicken breasts
- Juice of 1 lime
- 3 tablespoons olive oil
- ½ teaspoon sea salt
- ¼ teaspoon garlic powder
- ¼ teaspoon dried thyme
- ¼ teaspoon dried parsley

For the pineapple salsa:

- Zest of 1 lime
- 1 ½ cups diced fresh pineapple
- 1 ½ cups pico de gallo (see recipe note)

1. Preheat grill to medium-high heat. Cut chicken breasts into tenders (strips) and place in an 8x8-inch baking dish. Zest a lime; set aside the zest for use in the pineapple salsa.
2. **For the marinade:** Juice the lime and add the juice to a small bowl with the remaining marinade ingredients. Whisk together until well combined. Pour the marinade over the chicken; flip the chicken over a couple of times to ensure it's well coated. Set aside.
3. **For the salsa:** In a medium bowl, add the lime zest, diced pineapple and pico de gallo. Gently toss to combine; set aside.
4. Grill the chicken tenders about 2-3 minutes per side, until cooked through. Remove chicken from grill, place on plate and cover with foil. Allow to rest 3-5 minutes before serving. When ready to serve, top chicken with a heaping dollop of the pineapple salsa. Enjoy!

Note: Pico de Gallo is a delicious condiment made from diced fresh tomatoes, red onion, jalapeños, cilantro and lime juice. You can purchase fresh pico de gallo at most markets, or prepare it yourself ahead of time and keep in the fridge until ready to enjoy!

Grilled Chicken Salad Wraps



PREP TIME: 15 MINUTES

COOK TIME: 5 MINUTES

SERVES 2

- 3 tablespoons homemade mayonnaise
- ¼ teaspoon dried tarragon
- 2 cups diced grilled chicken
- ½ cup fine-diced apple (any variety)
- ½ cup fine-diced celery
- ½ cup fine-diced red grapes
- ¼ cup walnut pieces
- ¼ cup raisins (or dried cranberries)
- 4 large collard green leaves

- 1. For the chicken salad:** In a large bowl, whisk together the mayonnaise and tarragon. Add the diced chicken, apple, celery, grapes, walnuts and raisins. Toss well to incorporate all ingredients together. Set aside.
- 2. For the wraps:** Place some ice cubes in a large bowl filled with water. Set aside. In a large sauté pan, bring one-inch of water to a simmer. Use tongs to place the collard green leaves (one at a time) into the simmering water for 15-20 seconds, turning to blanch each side. Then, place each blanched leaf immediately into the ice bath for 10 seconds to cool. Remove and pat dry with a clean kitchen towel.
- 3.** Use a paring knife to remove the tough stem so the leaves lie flat. Place two collard green leaves together so that the top leaf is overlapping the bottom leaf at the center point (overlapping down the stem). Add half of the grilled chicken salad to the center of the leaves, perpendicular to the stem.
- 4.** Fold the short sides of the leaves over the filling first. Then bring the two long pieces up over the filling, and tightly roll forward. Tuck the fillings in and roll tight. Keep the wrap seam side down and cut in half, if desired. Repeat process to create a second wrap. Enjoy!

Nutty Turkey Burger



PREP TIME: 5 MINUTES
COOK TIME: 20-25 MINUTES
MAKES 9 PATTIES

- 2 lbs ground turkey
- 1 teaspoon apple cider vinegar
- 1 large egg
- ½ cup nut or seed butter (almond butter, sun butter etc. I like unsweetened and crunchy)
- 1 teaspoon sea salt
- ½ teaspoon garlic salt
- 1 teaspoon black pepper
- ½ cup shredded carrots (optional)
- Fat of choice to grease baking sheet

1. Pre-heat oven to 400F.
2. Mix everything in a large bowl until thoroughly and evenly combined.
3. Lightly grease a large baking sheet.
4. Divide mixture into 9 patties. Place on the baking sheet and bake for 20-25 minutes.

One-Skillet Mediterranean Chicken



PREP TIME: 10-12 MINUTES

COOK TIME: 15 MINUTES

SERVES 4

- 2-3 tablespoons of olive oil or ghee, divided
- ½ yellow onion, diced
- 2-3 cloves garlic, minced
- 8 ounces of mushrooms, sliced
- sea salt and black pepper to taste
- 1 tablespoon of balsamic vinegar
- 3 Roma tomatoes, diced
- 8 ounces jarred artichoke hearts, liquid drained
- ½ cup sun-dried tomatoes, chopped
- 1/3 cup Kalamata olives, chopped
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1 pound pre-cooked chicken, chopped
- 2 handfuls fresh spinach
- 2 tablespoons of fresh basil, chopped for garnish

1. In a large skillet over medium heat, add 1 tablespoon of olive oil and sauté the chopped onions for 3-4 minutes. Add the minced garlic in with the onions, and sauté together 1 more minute.
2. Add the sliced mushrooms to the sautéed onions and garlic. Cook 5-7 minutes until the mushrooms are golden. Add salt and pepper to taste while cooking.
3. Add 1 tablespoon of olive oil and 1 tablespoon of balsamic vinegar to the pan then toss in the Roma tomatoes, sun-dried tomatoes, artichoke hearts, and olives. Sprinkle in the parsley, oregano, and stir a few minutes.
4. Add the chopped pre-cooked chicken and spinach to the pan. Stir and cook 1-2 minutes, or until chicken is heated through.
5. Serve hot garnished with the fresh basil.

Southwestern Chicken Burgers



PREP TIME: 15 MINUTES

COOK TIME: 8 MINUTES

SERVES 4

- 1 lb ground chicken (preferably dark meat)
- ½ cup fine-diced mushrooms
- ¼ cup fine-diced yellow onion
- ¼ cup fine-diced red bell pepper
- 2 tablespoons minced fresh cilantro
- ½ teaspoon sea salt
- ½ teaspoon garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon freshly ground black pepper
- Toppings: sliced tomatoes, red onion, avocado, and/or spicy mayo (see note)

1. Preheat grill to medium-high heat. Add all of the ingredients to a large bowl. Use your hands (or a fork) to mix together the ingredients until well combined.
2. Shape into 4 patties. Place on hot grill and cook about 3 minutes per side, until cooked through. Serve with your favorite toppings such as sliced tomatoes, red onion, avocado and spicy mayo (see note below).

Note: To make spicy mayo, start with ½ cup of mayonnaise. Add 1 teaspoon of fresh-squeezed lemon juice, ½ teaspoon of hot sauce, and ¼ teaspoon garlic powder. Whisk together and refrigerate until ready to serve. Yum!

Sweet and Sticky Chicken



PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES 4

- 2 tablespoons coconut oil
- 1 lb boneless, skinless chicken breasts
- ½ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 tablespoon minced fresh ginger
- 4 garlic cloves, minced
- ¼ cup coconut aminos or gluten-free tamari
- ¼ cup honey

1. In a large skillet over medium high heat, melt the coconut oil. Add in chicken and spices and mix to coat, cooking for 3 minutes.
2. Add in the garlic and ginger and cook until the chicken is no longer pink, roughly 10 minutes.
3. Add in the coconut aminos and honey and mix until the chicken is coated. Lower the heat to medium and cook until most of the liquid is gone. Serve over salad and enjoy!

Thai Chicken Salad Stuffed Avocados



PREP TIME: 10 MINUTES

COOK TIME: 0 MINUTES

SERVES 4

- ¼ cup homemade mayonnaise
- 2 tablespoons raw honey
- 2 tablespoons coconut aminos
- ½ teaspoon salt
- ¼ teaspoon dried ground ginger
- ¼ teaspoon garlic powder
- 1 cup cooked, shredded chicken, cold (or 1 8 oz can additive-free chicken)
- ¼ cup shelled sunflower seeds
- 1 stalk chopped celery (about ½ cup)
- 1 tablespoon diced green onion
- 4-6 avocados

1. Combine mayonnaise, honey, coconut aminos, salt, ginger, and garlic and mix well (an immersion blender can be helpful for smoothing sauces that contain thick honey).
2. Add chicken, sunflower seeds, celery, and onions and stir until combined.
3. Cut each avocado in half and remove the seeds.
4. Scoop 2-3 tablespoon spoonfuls of chicken salad into each avocado half.
5. Serve immediately or refrigerate.

Thai Curry Chicken



PREP TIME: 12 MINUTES

COOK TIME: 18 MINUTES

SERVES 4-6

- 2 tablespoon ghee or oil
- 1 large onion, diced
- 8 garlic cloves, finely diced
- ½ teaspoon dried parsley
- 2 medium sweet potatoes, cut into 1-2" pieces
- 5 carrots, cut into 1-2" pieces
- 1 cup thick-cut broccoli
- 2 boneless skinless chicken breasts, cut into 1-2" pieces
- 1 ¼ cup chicken broth
- ½ teaspoon cumin
- ¼ teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 teaspoons yellow curry powder, divided
- 1 ¼ cups coconut milk

1. Heat the ghee or oil in a large pot. Add the onions and cook for a minute, then add the garlic and parsley and cook until the onions are almost translucent about 2-3 minutes.
2. Add the chopped sweet potatoes, carrots, broccoli and chicken breasts and cook for about a minute to brown a bit. Then add the chicken broth, cumin, paprika, salt, pepper and 1-½ teaspoons of curry powder and allow to simmer, covered, for about 10 minutes.
3. Uncover and add the coconut milk and the remaining ½ teaspoon of curry powder and stir. Let cook uncovered until the potatoes and carrots are soft about 5-10 more minutes. Let cool and serve.

White Turkey Chili



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

- 2 tablespoons olive oil
- 1 lb leftover roasted turkey breast, shredded (you can also use a rotisserie chicken)
- ½ white onion, diced
- ½ green bell pepper, diced
- ½ red bell pepper, diced
- 1 jalapeño, minced
- 1 teaspoon chili powder
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- ½ teaspoon black pepper
- ½ teaspoon cayenne pepper
- 2 (4 oz) cans diced green chiles
- 3 cups vegetable broth
- 1 cup almond milk
- 1 tablespoon potato starch
- Toppings: avocado, cilantro, lime, jalapeño

1. In a large soup pot heat the olive oil over medium high heat. Add in the diced onion and peppers. Sauté for 5 minutes until the start to soften. Add in the spices and cook 1 minute until fragrant.
2. Pour in the green chiles and vegetable broth. Bring to a simmer and cover for 10 minutes.
3. Pour in the almond milk and potato starch. Stir to combine.
4. Stir in the shredded turkey and cook 5 minutes.
5. Divide between bowls and top with your chosen toppings.

BEEF



Beef and Chorizo Sliders on Sweet Potato “Buns”



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

- Equal portions of grass-fed ground beef and bulk chorizo sausage, around 1-2 pounds total
- 1 large sweet potato, sliced unpeeled into ½-inch thick rounds
- sea salt and black pepper, if desired, to taste
- 1-2 avocados, mashed (or use pre-made guacamole)
- Sliced tomatoes
- Lettuce leaves
- Garnish options: chopped radishes, dried parsley, or whatever you like

1. Preheat grill to medium-high heat.

Combine the ground beef and ground chorizo in a mixing bowl and gently form smaller, slider-sized patties. Sprinkle with a little salt and pepper if desired, and set aside.

2. Slice raw sweet potato into ½-inch thick rounds for the sliders' bottom "buns." (Steam potato rounds 2-3 minutes before placing them on the grill for faster cooking)
3. Scoop out the flesh from the pitted avocados and mash together. Place in refrigerator until ready to serve.
4. Drizzle olive oil over the seasoned beef-chorizo patties and grill, turning once, until internal temperature reaches 165°F. At the same time, grill the sweet potato slices until cooked through and tender.
5. Place cooked patties on grilled sweet potato rounds. Serve stacked with sliced tomato and lettuce leaves. Top with mashed avocados or guacamole and any additional garnishes you desire.

Beef and Kale Soup



BY RENEE
KOHLEY

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES 5

- 1 lb ground beef
- 3 tablespoons cooking fat of choice (butter, coconut oil, tallow, lard, or avocado oil)
- 1 medium onion, chopped
- 3 large carrots, chopped
- 3-4 medium potatoes cubed
- ½ bunch kale, chopped
- 4 cloves of garlic, minced
- 2 cups cooked squash, pureed (leftover acorn, butternut, etc. OR a can of pumpkin or butternut squash)
- 1½ - 2 quarts bone broth
- 2-3 teaspoons Italian seasoning
- Sea salt and black pepper to taste

1. Brown the ground beef in a soup pot, strain from the pot and set aside.
2. Add some butter to the fat in the pot and add the onion, carrots, potatoes, and kale. Add a big pinch of sea salt and cook over medium/medium-high heat for about 10 minutes until everything softens. Add the garlic and cook for a minute.
3. Add the bone broth, squash puree, seasoning, and cooked beef, and stir to combine. Bring everything to a simmer for 10 minutes then serve.

Beef Sliders with Sweet Potato “Buns”



PREP TIME: 18 MINUTES
COOK TIME: 12 MINUTES
SERVES 4

For the slider:

- 1 lb ground beef
- 1 teaspoon sea salt
- 1 teaspoon pepper
- 1 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon garlic powder

For the sweet potato “bun”:

- 4 large thick sweet potatoes, sliced crosswise into 16 total thick slices.
- 1 tablespoon ghee or oil

1. Place the ground beef and all herbs and spices in a bowl and mix to combine well. Form 8 small patties from the mixture and set aside.
2. Heat a large skillet or grill over medium. Once the pan or grill is hot, cook the patties for about 2-5 minutes on each side until your desired doneness is achieved.
3. While the burgers are cooking, heat the ghee in a large skillet over medium heat. Once hot, add sweet potato slices and cook for about 3-4 minutes, then flip and cook for another 3 minutes or until you can pierce the potato through with a fork, but be careful not to let it get too mushy. It should still be firm.
4. Remove the sweet potato slices and let cool for a couple minutes.
5. Add desired toppings to burger and use the sweet potato slices as the buns.

BLAT Burger



PREP TIME: 10 MINUTES
COOK TIME: 12 MINUTES
SERVES 4

- ½ cup chopped bacon
- 1 lb grass-fed beef
- 2 garlic cloves, minced
- 1 teaspoon dijon mustard
- 1 teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon sea salt
- Freshly ground black pepper, to taste
- 1 head of butter lettuce
- Homemade mayonnaise
- 1 tomato, sliced
- 1 avocado, sliced thinly

1. Heat a skillet over medium heat and cook the chopped bacon until cooked through, about 5 minutes.
2. Use a slotted spoon to transfer the cooked bacon onto a paper towel. Leave the bacon grease in the pan.
3. In a large bowl, combine bacon, beef, garlic, dijon mustard, onion powder, dried oregano, salt and pepper. Mix together without overworking the meat.
4. Divide meat into 4 equal parts and shape into patties about ¾ inch thick, making a small indentation in the middle.
5. Heat the same skillet over medium high heat.
6. Place the burger patties on the pan and cook for 3-4 minutes until gold brown
7. Flip the burgers, cook for 4 more minutes for medium rare, or longer if desired.
8. Remove the burgers from the pan and let rest for 5 minutes.
9. Place each burger on a lettuce leaf, then top with mayonnaise, tomatoes, and avocado slices. Finish off with another lettuce leaf on the top of each burger, and serve!

Chinese Lion's Head Meatballs



PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES 3-4

- Baby bok choy, water blanched (as much as you like)
- 1lb ground pork (80% lean, 20% fat)
- 4 tablespoons chopped scallion
- ½ tablespoon grated ginger
- 2 teaspoons toasted sesame oil
- 1 tablespoon coconut aminos
- ½ teaspoon sea salt
- 1 egg
- 1 tablespoon olive oil

For the braising mix:

- About 1 cup of chicken stock
- 2 tablespoon coconut aminos
- 1 teaspoon toasted sesame oil

1. Water blanch baby bok choy in a pot of boiling water or microwave in a microwave safe container for 2 mins.
2. Mix the ground pork, scallions, ginger, sesame oil, coconut aminos, salt, and egg together in a large bowl, then form into 7-8 large meatballs.
3. In a large sauté pan heat the olive oil. Sear the surface of meatballs until golden brown.
4. Transfer the meatballs into a medium size saucepan and add the “braising mix” to just cover the part of meatballs. Cover with a lid and simmer until the meat is cooked through (about 8-10 mins per side) and the stock is thickened and reduced.
5. Serve with water blanched bok choy or your favorite vegetables.

Cowboy Burgers



PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

SERVES 4

- 4 slices uncooked bacon
- 1 lb ground beef
- 1 teaspoon sea salt
- ½ teaspoon ground black pepper
- 1 jalapeno, seeded and diced

1. Place the bacon in your food processor and process until you have a rough crumble. Scoop this into a bowl with the rest of the ingredients.
2. With your hands mix the ingredients together until well combined and form into 4 large patties, roughly 4" x ½" thick. Set aside. Place a skillet over medium high heat and add the burgers.
3. Cook for until browned on one side, roughly 5 minutes and flip and repeat. Serve on lettuce leaves with condiments of choice.

Cubed Korean Kalbi



PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES
SERVES 4

- 1 lb Sirloin or rib roast, cut into 1 inch cubes.
- ½ cup Coconut Amino
- 1 tablespoon Sesame oil
- 1 tablespoon Honey
- 2 Cloves of garlic, minced
- ¼ cup Rice Wine or White Wine
- 1 tablespoon Avocado Oil
- 1 teaspoon Sesame Seeds for garnish
- 1 Scallion, chopped for garnish

1. Mix all the ingredients except the meat and garnishes in a small bowl.
2. Mix the meat with the seasoning well in a glass bowl.
3. Cover the bowl and refrigerate for about 50 minutes, then remove from the fridge and set aside. If you are pressed for time you can skip this step or let it marinate for 10-15 minutes at room temp.
4. Heat a large cast iron pan over high until it starts to smoke. Add the avocado oil to the pan and then use tongs to place the pieces of meat in the pan without crowding them. Cook for 1-2 minutes per side until all sides are browned.
5. Garnish with sesame seeds and scallions.
6. Serve immediately with vegetables and hot rice.

Curry Meatball Soup



PREP TIME: 10 MINUTES

COOK TIME: 20-30 MINUTES

SERVES 5

For the meatballs:

- 1 lb grassfed ground beef
- 1 egg
- 2 tablespoons tapioca flour
- 2-3 teaspoons yellow curry powder
- ½ teaspoon sea salt
- ¼ teaspoon pepper

For the soup:

- 3 tablespoons cooking fat (butter, coconut oil, tallow, lard, or avocado oil)
- 1 medium onion, diced
- 2 medium carrots, peeled and diced
- 1 medium or large yellow or red bell pepper, diced
- 8 oz mushrooms, sliced
- 3 cloves of garlic, minced
- 1 tablespoons yellow curry powder
- 3 tablespoons tapioca flour
- 2 quarts beef bone broth
- 1 cup coconut milk (optional)
- ½ pound baby kale or spinach
- Sea salt and black pepper to taste

1. Preheat the oven to 375°F.
2. In a small mixing bowl combine all of the meatball ingredients using your hands. Form the meatballs, and line them up on a parchment paper lined baking sheet.
3. Bake the meatballs for 15-20 minutes depending on the size meatballs. While the meatballs are baking, make the soup.
4. Melt the butter in a large soup pot over medium heat. Add the onion, carrot, pepper, and mushrooms with a pinch of sea salt and cook over medium/medium-high heat for about 5-7 minutes until they soften.
5. Add the garlic, curry powder, and tapioca flour, stir to combine, and cook for 1 minute.
6. Turn the heat to high, add the bone broth and coconut milk, and bring to a simmer for a few minutes.
7. Turn the heat off, stir in the baby kale to wilt, add the cooked meatballs, and sea salt and pepper your soup to your taste.

NOTE: If you are really short on time you can just brown the curry seasoned beef before making the soup instead of making the meatballs the soup will end up taking about 15-20 minutes instead of closer to 30 minutes.

Garlic Cilantro Baked Meatballs

BY AMANDA TORRES



PREP TIME: 5 MINUTES

COOK TIME: 20 MINUTES

SERVES 4

- 1 lb lean ground beef
- ½ cup minced cilantro
- 4 large cloves of garlic, minced
- 1 teaspoon finely ground unrefined salt
- 1 teaspoon ground coriander seed
- ¼ teaspoon ground black pepper
- Juice of ½ lime
- Optional: 1-2 teaspoons gelatin

1. Preheat oven to 400°F.
2. Add all ingredients except the gelatin to a large bowl and combine. If the mixture does not hold together well as balls, sprinkle the gelatin on top and allow it to soak in for a minute. Work it into the mixture, then form into approximately 16 meatballs.
3. Place the meatballs on a baking sheet or dish and cook for 18-20 minutes, or until cooked through. Serve with your favorite sides, like zucchini noodles, spaghetti squash, or roasted sweet potatoes.
4. Store leftovers in an airtight container in the refrigerator.

Greek Burgers with Special Sauce



PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
SERVES 4

For the burgers:

- 1 tablespoon avocado oil
- 1 ½ lbs ground beef
- ¼ cup homemade mayonnaise
- ¼ cup diced green onions
- ½ tablespoon dried oregano
- 2 cloves garlic, minced
- 1 teaspoon dried rosemary
- ½ teaspoon sea salt
- ½ teaspoon dried thyme

Special Sauce:

- ½ cup homemade mayonnaise
- 1 tablespoon tomato paste
- 1 tablespoon prepared mustard
- 1 tablespoon diced pickles or relish
- 1 teaspoon apple cider vinegar
- 1 teaspoon raw honey
- ¼ teaspoon paprika
- ¼ teaspoon garlic powder
- ⅛ teaspoon black pepper

1. For the burgers: Preheat avocado oil in a large cast iron skillet over medium heat.
2. Combine remaining ingredients in a large mixing bowl and stir until well-combined, and form into 6 large patties.
3. Fry the patties for 4-6 minutes on one side, before flipping and frying another 3 or 4 minutes on the other side. Cook patties to your preferred doneness before moving to a plate to cool before serving.
4. Serve with special sauce and wrap in lettuce, if desired. For the special sauce: Combine ingredients in a blender and pulse until blended. Store in an airtight container in the refrigerator.

Kale and Herb Stuffed Meatballs with Red Wine and Mushroom Gravy



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 5

For the meatballs:

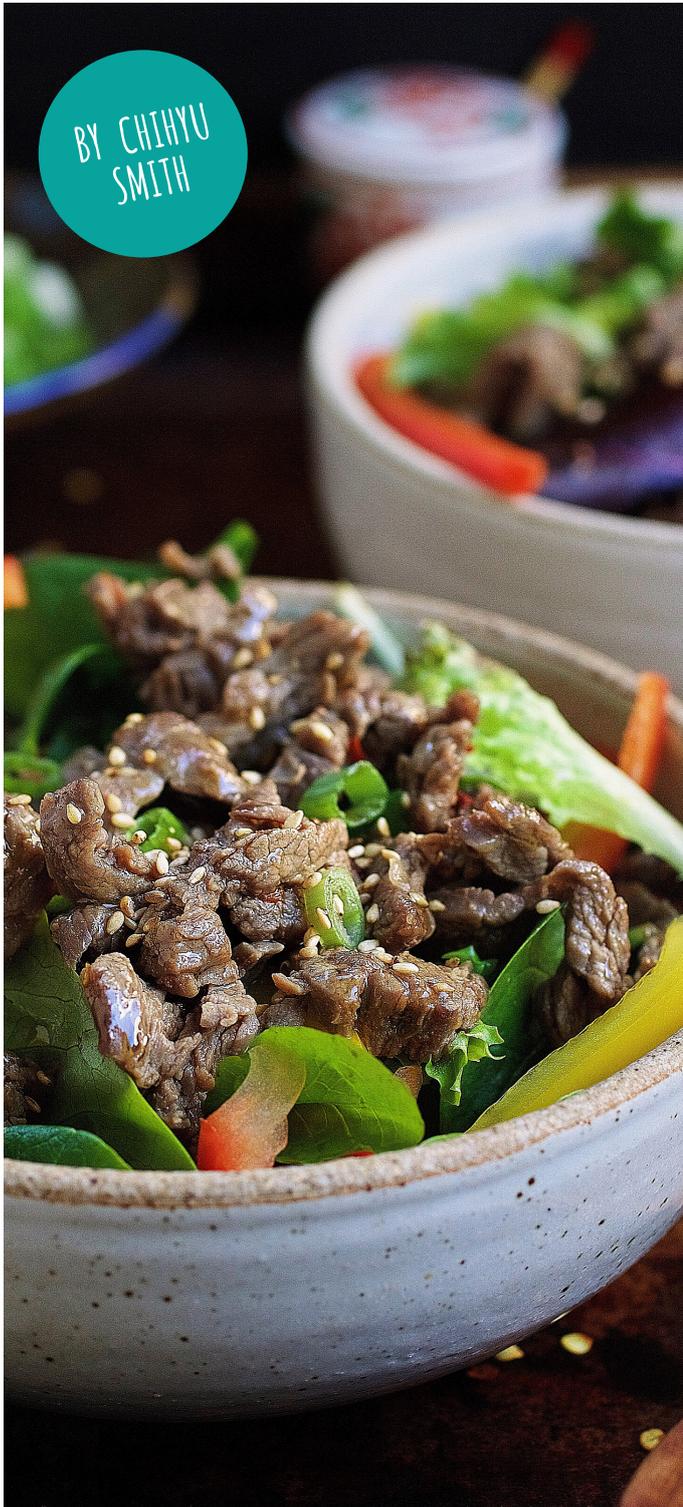
- 1 lb grassfed ground beef
- 3-4 tablespoons grated grassfed liver (optional if you don't have access)
- 1¼ teaspoon sea salt
- ¼ teaspoon pepper
- 1½ teaspoons onion powder
- 1½ teaspoons garlic powder
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 heaping handful baby kale, chopped
- 1 egg
- 2 tablespoons tapioca flour

For the gravy:

- 2-3 tablespoons butter or ghee
- 4 oz white mushrooms, sliced
- 3 cloves of garlic, minced
- 1 bunch green onions, chopped
- ½ cup red wine
- 2 cups bone broth
- 1-2 tablespoon tapioca flour
- Sea salt and black pepper to taste

1. Preheat the oven to 375°F.
2. In a small mixing bowl combine all of the meatball ingredients using your hands. Form the meatballs, and line them up on a parchment paper lined baking sheet.
3. Bake the meatballs for 15-20 minutes depending on the size you made the meatballs.
4. Meanwhile, make the gravy by melting the butter in a skillet, and add the mushrooms. Cook over medium heat for 5-7 minutes stirring occasionally until the mushrooms become fragrant and golden. Add the garlic and green onions and cook for a couple minutes more.
5. Deglaze the pan with the red wine, and then add the bone broth, sprinkle in the tapioca flour, and bring to a low simmer for 5 minutes, stirring occasionally.
6. Season the gravy with salt and pepper to your taste and add the cooked meatballs. Serve with veggie sides.

Korean Sesame Ginger Beef Bowls



PREP TIME: 15-20 MINUTES

COOK TIME: 10-15 MINUTES

SERVES 2-3

- 3 tablespoon coconut aminos
- ½ tablespoon fish sauce
- ⅔ tablespoon grated ginger
- ¼ or ½ teaspoon crushed red chili pepper flakes
- 2 teaspoon sesame oil
- 1 teaspoon honey
- 1 lb skirt or flank steak, thinly sliced against the grain
- 2 garlic cloves, minced
- 1 yellow and 1 red bell peppers, thinly sliced
- Cooking fat of choice
- Sea salt to taste
- Optional: sesame seeds (for serving)
- One small clamshell container of mixed salad greens

1. Add coconut aminos, fish sauce, ginger, red pepper flakes, sesame oil, and honey to a bowl and mix. Add the thinly sliced steak and marinate for 15-20 minutes.
2. In the meantime, prepare minced garlic and thin sliced bell peppers.
3. Heat 1 tablespoon cooking fat of your choice over medium-high heat in a large skillet/sauté pan. When hot, lower the heat to medium. Stir-fry the beef with the marinade until it's no longer pink. Set aside.
4. Add a bit more cooking oil, sauté the garlic and bell peppers over medium to medium-high heat until the bell peppers slightly soften but are still crisp. Season with a small pinch of salt.
5. Add beef back to the sauté pan. Toss everything to combine. Serve over mixed leafy greens of your choice.

Moroccan Meatballs with Creamy Dipping Sauce



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

For the dipping Sauce:

- ¼ cup homemade mayonnaise
- 3 tablespoons almond milk (or any dairy-free milk)
- Zest and juice from ½ lemon
- ½ teaspoon ground cumin
- ½ teaspoon garlic powder
- 2 teaspoon freshly chopped cilantro
- 2 teaspoon freshly chopped parsley
- Sea salt, to taste

For the meatballs:

- 1 lb ground bison or beef
- 1 egg
- ¼ cup packed parsley leaves, chopped
- 4 garlic cloves, minced
- 1 teaspoon sea salt
- 1 teaspoon ground cumin
- 1 teaspoon ground allspice
- ½ teaspoon ground coriander seed
- ½ teaspoon chili powder
- ¼ teaspoon ground cinnamon
- ¼ teaspoon freshly ground black pepper

1. Make the dipping sauce by combing all ingredients in a small bowl. Chill in a covered container in the refrigerator until ready to use.
2. For the meatballs, preheat oven to 400°F.
3. Mix together all ingredients in a large bowl, combining everything evenly with your hands, being careful not to overwork the meat.
4. Form into 1½ inch balls.
5. Place the meatballs on a baking sheet, then bake for 20 minutes until golden and cooked through.
6. Serve dipping sauce on the side, or drizzled on top of the meatballs.

Pizza Burgers

BY KELLY
BEJELLY



PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES
SERVES 4

- 1 lb 20% ground beef
- ½ teaspoon black pepper
- ½ teaspoon mustard seeds
- ½ teaspoon fennel seeds
- ½ teaspoon red pepper flakes
- ½ teaspoon anise seeds
- ½ teaspoon garlic powder
- ½ teaspoon salt

Suggested toppings:

- Sautéed mushrooms and onions
- Fresh basil
- Pizza sauce

1. Heat a cast iron skillet over medium low heat.
2. In a medium bowl combine the ground beef and all of the spices.
3. Mix well and shape into four 4" patties.
4. Place the patties in the skillet and cook until dark brown, roughly 4 minutes and then flip and repeat.
5. Wrap with lettuce with your selected toppings and enjoy!

Tex-Mex Sloppy Joes

BY KELLY
BEJELLY



PREP TIME: 15 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

- 2 tablespoons coconut oil
- 1 lb ground beef
- 1 small onion, peeled and diced
- 2 garlic cloves, peeled and minced
- 15 oz can tomato sauce
- 4 oz can chopped green chilies
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- 1 teaspoon sea salt
- ¼ teaspoon ground black pepper
- 2 tablespoons honey

1. In a large skillet melt the coconut oil over medium-high heat. Add in the onion and garlic and cook until browned, roughly 5 minutes. Add in the ground beef and cook for 6 to 8 minutes or until the beef is no longer pink, breaking up the beef into crumbles.
2. Stir in the rest of the ingredients and bring to a boil. Lower the heat and simmer uncovered for 10 minutes.
3. Remove from the stove and place on lettuce leaves or gluten-free bread of choice.

PORK



Broccoli and Bacon Soup



PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVES 4

- 6 pieces bacon, chopped
- ½ cup coarsely chopped onion
- 2 quarts chicken broth
- 2 cups broccoli florets, frozen
- 2-3 large potatoes, peeled and coarsely chopped
- ½ teaspoon salt

1. In a medium saucepan, cook bacon and onions over medium heat. Sauté for 2-3 minutes.
2. Add remaining ingredients and bring to a boil over high heat, then turn heat down to a low boil and cook until potatoes are tender, about 15 minutes.
3. Allow to cool before serving.

Cauliflower Pork Fried Rice



PREP TIME: 10 MINUTES

COOK TIME: 12 MINUTES

SERVES 3-4

- 1 head of cauliflower or 4 cups of pre-shredded cauliflower rice
- 3 tablespoons coconut aminos
- 1 tablespoon apple cider vinegar
- 2 teaspoons fish sauce
- 1 lb pork chops, cut into ½ inch cubes
- Salt and black pepper to taste
- 1 tablespoon coconut oil
- ½ small onion, diced
- 3 cloves garlic, minced
- 1 large carrot, shredded
- 1½ cups fresh green beans, chopped into 1 inch pieces
- ½ inch fresh ginger, grated
- Fresh cilantro, for garnish (optional)

1. If using a head of cauliflower, place the florets in the food processor and pulse until it becomes a rice-like texture and size. Set aside.
2. In a small bowl, whisk together coconut aminos, apple cider vinegar, and fish sauce and set aside.
3. Season the pork chop cubes generously with salt and pepper. Heat coconut oil in a large skillet over medium high heat.
4. Add onion, garlic, and pork chop cubes and cook while stirring for 3 minutes, until the pork is browned on all sides.
5. Add shredded carrot, green beans, and ginger and cook, stirring frequently, for 5 more minutes, or until the green beans are bright and tender.
6. Add cauliflower “rice” and the sauce. Stir once, lower the heat to low, then cover for 4-5 minutes until the cauliflower becomes tender.
7. Stir everything together and garnish with cilantro leaves, if using, before serving.

Chop and Drop Roasted Veggies and Sausage

BY TRINA
GRIFFIN-
BECK



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

- 1 package (about 1 pound) of your favorite pre-cooked sausage links cut into 1-inch long sections
- 2 sweet potatoes (or 1 yam and 1 white-flesh sweet potato) cut into 2-inch chunks
- 2 medium-size carrots, chopped into small rounds
- 1 red pepper, cut into large slices
- ½ red onion, cut into large slices
- 3 cloves of minced or pressed garlic
- 2 tablespoons of olive oil
- 1 ½ tablespoons of Italian seasoning
- pinch of red pepper flakes
- sea salt and black pepper to taste
- any additional seasonings you desire

1. Preheat oven to 425°F.
2. In a large mixing bowl, add all sliced veggies, garlic, and cut sausage links.
3. Add olive oil to bowl and toss to coat. Add seasonings and toss again.
4. Grease or line with aluminum foil a large, rimmed baking sheet.
5. Spread the veggies and sausage evenly spaced across the baking sheet.
6. Place uncovered in the oven and bake about 20 minutes, turning veggies and sausage twice during cooking. Dish is ready when the sweet potatoes are tender.

Grits” with Savory Sausage and Mushrooms



PREP TIME: 10 MINUTES
COOK TIME: 15-20 MINUTES
SERVES 3

For the “grits”:

- 1 ½ cups almond flour (use 1 ½ cups for thicker texture)
- 1 ½ cups water
- Sea salt to taste

For the sausage and mushrooms:

- 1 cup diced sausage links of choice
- 2 cups button mushrooms, quartered
- 2 tablespoon sliced scallions + more for garnish (separate green and white parts)
- ½ teaspoon sea salt
- ½ teaspoon fresh thyme leaves
- ½ teaspoon fresh marjoram or oregano
- ½ tablespoon of olive oil

1. Boil 1 ½ cups water seasoned with little salt. Slowly stream in the almond flour. Whisk constantly to prevent lumps. Bring to a simmer and cook for 10-15 mins. Turn off the heat, cover with a lid, and set aside.
2. In the meantime, in a medium sauté pan over medium-high heat, cook diced sausages. Sauté until the meat is cooked through to golden brown color. Set aside. Use the remaining fat in the sauté pan, sauté the white parts of the scallions until fragrant, about 5-10 seconds.
3. Add mushrooms and season with salt. Cook until the mushrooms are tender but not mushy. Remove with a slotted spoon to a bowl.
4. To Serve: Layer with grits, sausages, and mushrooms. Sprinkle with thyme leaves, oregano, and green part of the scallions. Drizzle ½ tablespoon of olive oil and enjoy!

Maple BBQ Pork Chops



PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVES 4

For the sauce:

- 2 tablespoons coconut aminos
- 2 tablespoons maple syrup
- 3 tablespoons tomato paste
- 1 tablespoon apple cider vinegar
- ¼ teaspoon mustard powder
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon chili powder
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 2 tablespoons water

For the pork chops:

- 4 boneless pork chops, about ¾ inch thick
- 1 tablespoon cooking oil (avocado, coconut, olive, lard, etc)
- ¼ teaspoon sea salt
- ¼ teaspoon pepper

1. Mix together everything for the sauce in a saucepan and heat over medium heat until boiling, reduce to a simmer, then continue to simmer until the pork chops are ready.
2. Heat a large frying pan or cast iron skillet over medium-high heat. Add the cooking oil and let it melt/warm.
3. Sprinkle the pork chops with the salt and pepper and then place in the pan. Cook for 4 min per side, or until an instant read thermometer registers 145°. (If you use thicker chops you can finish them in the oven at 425° until they reach 145°).
4. Remove from pan and cut into slices. Toss with the sauce and serve.

NOTES: You can make this with a pre-prepared BBQ sauce instead of making your own, just be sure to check the label for unwanted ingredients. Wellbee's makes a good clean BBQ sauce. BBQ Sauce also freezes really well, so if you do wind up buying some, freeze portions for a later meal!

Plantain Crusted Pork Patties



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
MAKES 12-14 PATTIES

- 3 lbs ground pork
- 2 teaspoons salt
- 2 teaspoons cumin
- 3 tablespoon minced garlic
- Juice of 1 lemon
- 1 egg
- 1 small bag plantain chips

1. Preheat your oven to 400°.
2. In a large bowl combine all ingredients except the plantain chips and mix to combine. In another bowl or with a large mortar and pestle, crush the plantain chips until you have small crumbs and pieces, and transfer the plantain crumbs into a medium bowl.
3. Place a cooling rack or broiling rack over a sheet pan and set it next to your plantain bowl. (You need a rack to let any liquid that may be released from the patties to drain so they stay crispy.)
4. Shape the meat into 12-14 patties, and coat with the plantain crumbs before placing on the cooling rack lined sheet pan. Bake for 20 minutes.

Pork Larb with Cucumber Salad



PREP TIME: 20 MINUTES

COOK TIME: 5 MINUTES

SERVES 4

For the cucumber salad:

- 1 tablespoon coconut aminos
- 1 tablespoon toasted sesame oil
- 1 tablespoon rice or white wine vinegar
- 1 teaspoon fish sauce
- 1 teaspoon coconut sugar
- 1 English cucumber, peeled and very thinly sliced (on a mandolin is ideal)
- 1 small shallot, very thinly sliced
- 1 tablespoon toasted sesame seeds, divided

For the pork:

- 1 pound pork
- ½ cup minced scallions (about 6-8)
- 1 tablespoon coconut aminos
- 1 teaspoon fish sauce
- 3 Thai bird eye chiles, crushed, or ½ teaspoon red pepper flakes
- 1 tablespoon coconut oil or other high heat oil
- ½ cup toasted cashews or macadamia nuts, minced
- small handful of mint leaves, minced
- juice of one lime, plus additional wedges for serving, if desired

1. Make the cucumber salad. In a medium bowl, whisk together the coconut aminos, sesame oil, vinegar, fish sauce and coconut sugar. Add the shallots, cucumber and half of the sesame seeds. Toss to combine. Set aside.
2. Sprinkle the cucumber salad with the remaining sesame seeds and serve either on the side or piled on top of the pork.
3. For the pork, combine the pork, scallions, coconut aminos, fish sauce and crushed chiles in a large bowl. Mix well to combine (wearing gloves if using your hands is recommended).
4. Heat a large skillet over high heat and add the oil. Once it's shimmering, add the pork and cook for 4-5 minutes, or until cooked through. Break it up and stir as it cooks, but don't stir more than you have to so it has a chance to brown a bit.
5. Once the pork is cooked, stir in half of the minced nuts and half of the mint. Squeeze in the juice of one lime over the pork.
6. Serve the pork over rice, cauliflower rice, in lettuce cups or over greens, sprinkled with the remaining nuts and mint. Serve with lime wedges, if desired.

Pork Sausage



PREP TIME: 5 MINUTES

COOK TIME: 10 MINUTES

SERVES 4

- 1 lb ground pork
- 1 teaspoon sea salt
- 2 teaspoons fresh sage, finely chopped
- 1 teaspoon fresh thyme, finely chopped
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ⅛ teaspoon ground nutmeg
- Pinch of ground cloves
- 1 tablespoon cooking oil, like ghee, butter, or coconut oil

1. Combine and mix together all ingredients in a bowl.
2. Divide and form into 8 mini patties.
3. Heat oil in a skillet over medium high heat.
4. Place the patties in skillet and cook 5 minutes per side, until browned and cooked through.
5. Serve immediately with your favorite sides.

SEAFOOD



Asian Pan-Fried Fish



PREP TIME: 10 MINUTES

COOK TIME: 15 MINUTES

SERVES 2

- 1 ½ lbs cod, cut into several large pieces
- ¾ cup coconut aminos
- 1 cup cassava flour
- 1 teaspoon sea salt
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- ¼ teaspoon ground black pepper
- Avocado oil for frying

1. Add coconut aminos to one plate and cassava flour and all spices to a second plate.
2. Soak the cod in the coconut aminos on each side for a few minutes, then dredge in the cassava flour blend. Repeat this process once more.
3. Heat the avocado oil in a skillet or wok for about 5 minutes over medium/high heat.
4. Fry the fish for about 2 minutes per side or until cooked through (thicker pieces may need longer).
5. If you are not serving them right away, they will become soggy if you let them sit. To prevent this, keep them heated on a wire rack at 300°F until ready to serve. This will keep the fish nice and crispy.
6. You can dip in additional coconut aminos if desired.

Bacon-Wrapped Tuna Cakes



PREP TIME: 8 MINUTES

COOK TIME: 20 MINUTES

MAKES A DOZEN BALLS

- 4 (5 oz) cans albacore tuna, drained
- 1 tablespoon homemade mayonnaise
- 1 tablespoon mustard
- Juice of 1 lemon
- 1 large egg
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ bunch cilantro
- 1 tablespoon fine ground almond meal (optional)
- 1 pack bacon, 10-12 slices

1. Preheat the oven to 400°. In a large bowl, add the tuna, mayo, mustard, salt, pepper, cilantro, and lemon juice and mix well to combine.
2. Shape 1 inch balls. If needed, add almond meal to help the balls hold together.
3. Wrap the balls in bacon slices. Use one slice of bacon per ball, wrapping it around once then folding and wrapping in the other direction.
4. Arrange bacon wrapped balls on a sheet pan and bake for 20 minutes.

Chipotle Tuna Salad Stuffed Avocados

BY LAUREN
LESTER



PREP TIME: 5 MINUTES

COOK TIME: 0 MINUTES

SERVES 4

- 2 (5 oz) cans tuna
- ¼ cup minced red onion
- ½ red bell pepper, diced
- 2 tablespoons minced cilantro
- 3 tablespoons homemade mayonnaise
- 3 tablespoons minced canned chipotle peppers in adobo
- 1 tablespoon lime juice
- Sea salt to taste
- 4 avocados, halved and pitted

1. Combine all of the ingredients except the avocado in a large bowl and mix until combined.
2. Slice the avocados in half and remove the pit. Stuff each half with the tuna salad and serve.

Cilantro Lime Shrimp



PREP TIME: 10 MINUTES

COOK TIME: 4 MINUTES

SERVES 4

- 1 ½ pounds extra-large or jumbo shrimp (about 20 per pound), peeled and deveined
- 1 tablespoon coconut oil, melted
- 1 tablespoon minced fresh cilantro
- 1 teaspoon ground coriander seed
- 1 tablespoon lime juice
- pinch of cayenne pepper
- pinch of garlic powder
- 1 tablespoon extra-virgin olive oil

1. Preheat the oven to 450°F and put a rimmed baking sheet in it to heat up.
2. While the oven preheats, make the dressing: In a large bowl, mix together the cilantro, coriander, lime juice, cayenne pepper, garlic powder and extra virgin olive oil. Set aside.
3. Toss the shrimp with the melted coconut oil.
4. Once the oven and sheet pan are hot, carefully place the shrimp onto the sheet pan in a single layer.
5. Roast for 2 minutes before carefully flipping the shrimp and roasting for another 2 minutes.
6. Toss the shrimp in the dressing and serve either hot or chilled.

Fish Sticks



PREP TIME: 15 MINUTES

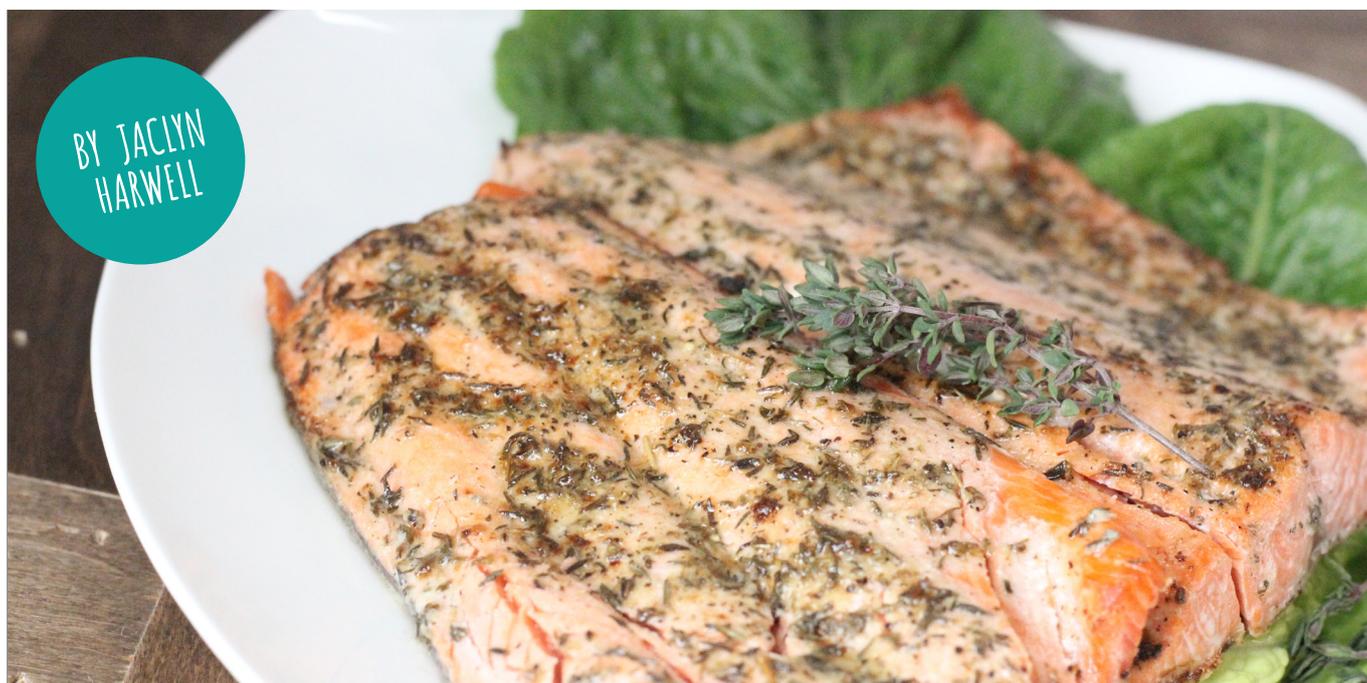
COOK TIME: 10 MINUTES

SERVES 4

- 4 3-4oz. fillets of mahi mahi or other flaky white fish (cod, sole, etc.)
- $\frac{3}{4}$ cup arrowroot or tapioca starch
- 3 teaspoons turmeric
- 1 $\frac{1}{2}$ teaspoons garlic powder
- 1 teaspoon paprika
- 1 $\frac{1}{2}$ teaspoons oregano
- 1 $\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ cup + 1 tablespoon avocado oil or liquid cooking oil

1. Pat the fish filets dry with a paper towel. Cut the fish fillets into strips that resemble the size of fish sticks, drizzle evenly with avocado oil and set aside. They should be very lightly coated in oil--not drenched.
2. On a plate or flat bowl, combine the arrowroot, turmeric, herbs and spices and mix everything evenly. Take the fish strips and put them in the flour and spice mixture and coat evenly with the flour mixture, then set the coated fish aside on a dry plate.
3. In a large skillet heat $\frac{1}{2}$ cup of avocado oil on medium-high heat. Once the oil is hot, place the flour-coated fish into the pan and cook for about a minute on each side. Flip each piece every minute until it's done--about 3-4 minutes.
4. Enjoy dipped in ketchup or mustard!

Lemon and Thyme Salmon



PREP TIME: 5 MINUTES
COOK TIME: 7 MINUTES
SERVES 4

- 2 tablespoons avocado oil
- 1 tablespoon mayonnaise
- 1 teaspoon fresh-squeezed lemon juice
- 1 teaspoon dried thyme
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 1 lb wild-caught salmon

1. Preheat oven broiler on high.
2. In a small bowl, combine mayonnaise, avocado oil, lemon juice, thyme, garlic powder, salt, and pepper and stir.
3. Place salmon skin-side down in a casserole dish and spread lemon thyme sauce over the top of the salmon, coating the top side evenly.
4. Place on the top rack under the broiler and cook for 5-7 minutes, until salmon flakes away from the skin.

Pesto Cod



PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
SERVES 4

- 1.5 lbs cod (fresh or thawed, if using frozen fish)
- 1 bunch fresh parsley
- 2 cloves garlic, peeled
- 1 cup slivered almonds
- Juice and zest of 1 lemon
- 1 teaspoon paprika
- 1 teaspoon sea salt
- ¼ cup olive oil

1. Preheat the broiler on high. Line a baking sheet with parchment paper and place the cod on it.
2. Combine the parsley, garlic, almonds, lemon juice and zest, paprika, and sea salt in a food processor or blender. Process until everything is approximately the same size.
3. With the machine running, gradually add the olive oil and puree until the pesto is just slightly chunky.
4. Using a spatula or your hands, apply the pesto to both sides of the fish and place back on baking sheet.
5. Broil the fish for 5-10 minutes (depending on the thickness of your fish) or until opaque and the fish flakes when cut with fork. Enjoy!

Salmon Croquettes with Creamy Avocado Sauce



PREP TIME: 15 MINUTES

COOK TIME: 12 MINUTES

MAKES ABOUT 6 PATTIES

For the croquettes:

- 1 6 oz can salmon, drained
- ¼ teaspoon turmeric
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- ½ teaspoon dried thyme
- ½ teaspoon dried oregano
- ½ teaspoon black pepper
- ½ teaspoon sea salt
- ½ medium onion, diced
- 1 green onion stalk
- 2 eggs
- ¼ cup arrowroot powder or tapioca starch
- 2 tablespoon ghee, lard or oil

For the sauce:

- 1 avocado
- Juice of half a lime
- 1/3 cup coconut milk
- 1 tablespoon chopped fresh cilantro
- ½ teaspoon garlic powder
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper

1. For the salmon croquettes, combine all ingredients except the ghee in a bowl and mix to combine. Heat the ghee in a large skillet over medium-high heat for about a minute. Form 6 palm-sized patties and cook for about 4-6 minutes on each side.
2. For the creamy avocado sauce, place all of the ingredients in a blender and blend on high for a minute or two until all ingredients are pureed and you have a creamy sauce texture.

Note: The amount of arrowroot needed may differ depending on the moisture level of the canned salmon that you are using. Be sure to drain any excess liquid from the can if your salmon is packed in water or oil. The batter should be wet, but you should be able to form a patty from it. If the batter seems too wet try adding more arrowroot, one tablespoon at a time, until you achieve the right texture.

Shrimp Chow Mein



PREP TIME: 10 MINUTES

COOK TIME: 10 MINUTES

SERVES 4

- 1 medium spaghetti squash, cooked and shredded
- 2 garlic cloves, minced
- ¼ teaspoon minced fresh ginger
- 2 green onions, sliced
- 2 thai dried red peppers
- 10 Sichuan peppercorns
- 1 tablespoon sesame oil
- ¾ lb shrimp, peeled and deveined
- 4 cups bagged shredded slaw mix
- 2-3 tablespoons coconut aminos
- Pinch of salt
- Pinch of coconut sugar (optional)

1. Preheat oven to 425°F. Cut the squash in half and bake for 30 minutes, or until tender. Remove from oven and use a fork to shred into “noodles”. You can also microwave on high for 12 minutes in a baking dish with 1” of water.
2. Combine the minced garlic, ginger, green onion, chile peppers, and peppercorns. Heat the sesame oil over medium high heat. Once the oil is hot stir fry the mix until fragrant, about 30 seconds. Add in the shrimp and cook just until pink on both sides. Stir frequently so the garlic mix doesn’t burn.
3. Add in the slaw mix and cook 1-2 minutes until slightly softened.
4. Add in spaghetti squash shreds and stir until combined. Pour the coconut aminos over and toss. Taste for salt and add a pinch or two if needed. You can also add a pinch of coconut sugar to bring out the sweetness of the shrimp if desired.

Shrimp and Sausage Skillet Meal



PREP TIME: 10-15 MINUTES

COOK TIME: 10 MINUTES

SERVES 4

- olive oil or coconut oil
- 1 pound of medium or large shrimp, peeled and deveined
- 2 teaspoons Old Bay seasoning
- ½ of a medium yellow onion, diced
- ¾ cup diced red bell peppers
- ¾ cup diced green bell peppers
- 6 ounces of your favorite pre-cooked smoked sausage, chopped
- 1 zucchini, chopped
- ¼ cup chicken stock
- 2 garlic cloves, diced
- sea salt and black pepper to taste
- pinch of red pepper flakes
- optional garnish: chopped parsley

1. Heat large skillet over medium-high heat with a little olive oil or coconut oil.
2. Season shrimp with Old Bay seasoning.
3. Cook shrimp about 3-4 minutes until opaque. Remove and set aside.
4. Cook onions and bell peppers in the skillet with 2 tablespoons of olive oil or coconut oil for about 2 minutes, then add sausage and zucchini to the skillet and cook another 2 minutes.
5. Place cooked shrimp back into skillet along with the garlic, and cook about 1 minute, then pour the chicken stock into pan and mix thoroughly to moisten everything. Season with salt, ground pepper, and red pepper flakes to taste.
6. Remove from heat, garnish with chopped parsley if desired, and serve.

Shrimpeas



PREP TIME: 3 MINUTES

COOK TIME: 5-10 MINUTES

SERVES 2

- 2 tablespoons olive oil, avocado oil, or ghee
- 1 pound frozen, peeled and deveined raw shrimp
- 1 cup frozen green peas
- 1 teaspoon (or more) sea salt
- ½ teaspoon (or more) garlic powder or 3 cloves fresh garlic, minced
- ¼ teaspoon ground black pepper
- ¼ teaspoon onion powder
- 1 teaspoon dried parsley
- Optional: lemon zest to taste

1. Add the oil, shrimp, and green peas in a wok or skillet over high heat.
2. Cook until the liquid begins to evaporate, stirring often. Once the water starts to cook off add in the remaining ingredients.
3. Once the shrimp are cooked through and the water has evaporated, serve hot!

Shrimp Scampi Zoodles



PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
SERVES 4

- ¼ cup olive oil
- 4 cloves garlic, minced
- ¼ teaspoon red pepper flakes
- 1 lb shrimp, peeled and deveined
- zest of 1 lemon
- 1 tablespoon lemon juice
- sea salt, to taste
- 4 medium zucchinis, spiralized

1. In a large skillet heat the olive oil over medium heat. Add in the garlic and red pepper flakes and stir for 30 seconds until fragrant. Add in the shrimp, lemon zest, and lemon juice.
2. Cook the shrimp 3-4 minutes per side until pink and opaque in the center. Season with salt to taste.
3. Toss the shrimp and garlic sauce with the spiralized zucchini and serve.

Simple and Easy Tuna Patties



PREP TIME: 5 MINUTES

COOK TIME: 8 MINUTES

SERVES 2

- 2 5-oz cans tuna, drained
- 1 egg
- ½ cup almond flour
- ¼ cup chopped green onions
- 2 teaspoons dijon mustard
- 1 teaspoon hot sauce
- Zest and juice of ½ lemon
- Salt and black pepper to taste
- 2-3 tablespoons coconut oil

1. In a large bowl, combine all ingredients except coconut oil and use your hands to combine evenly.
2. Shape the mixture into 4 patties, each about ½-1 inch thick.
3. Heat coconut oil in a skillet over medium high heat.
4. Gently lay the patties into the pan, and cook until browned, about 3-4 minutes on each side.

Southern Style Salmon Patties

BY AMANDA
TORRES



PREP TIME: 5 MINUTES

COOK TIME: 8 TO 12 MINUTES

SERVES 3-4

- one 14.75 oz can or two 7.5 oz cans of salmon, drained
- 2 tablespoons coconut flour
- ¼ cup cassava flour
- 2 eggs
- 1 teaspoon ground black pepper
- ½ teaspoon sea salt
- ½ cup diced onion (about ½ a small onion)
- 4 cloves of garlic, minced
- fat for frying (lard or ghee recommended)

1. Drain salmon and add all ingredients to a large mixing bowl and combine using your hands.
2. Form mixture into about 8 or 10 patties by rolling a piece into a ball then flattening into a disc shape between your palms.
3. Heat fat of choice in a large frying pan over medium heat until heated but not smoking. You want the mixture to sizzle when you place it in the oil.
4. Fry patties until golden brown on both sides and cooked through, about 8 to 12 minutes total depending on your stovetop.
5. Serve with your favorite condiment (ketchup is a personal favorite). Patties can be saved and reheated as leftovers. Warm them in the oven at 350° for about 10 minutes to reheat.

Sweet Potato Fish Sticks



PREP TIME: 5 MINUTES

COOK TIME: 25 MINUTES

SERVES 2

- 4 ounces crushed sweet potato chips (fried in avocado, olive, or coconut oil)
- ⅓ cup tapioca starch
- 1 teaspoon garlic sea salt
- ¼ cup avocado, olive, or coconut oil
- ¾ lb cod or other white flaky fish

1. Preheat the oven to 350° and preheat the frying oil in a large skillet over medium-high heat.
2. Combine the sweet potato chips, tapioca starch and garlic sea salt on a plate.
3. Slice your fish into sticks and dredge them in the breading mixture. If your breading isn't sticking well, mash the chips smaller and use your fingers to press the breading onto the fish. Fry the coated fish sticks in small batches, flipping them after a minute or so on each side. You'll want to crisp them before removing them from the oil.
4. Transfer the fish sticks to a baking rack placed on top of a baking sheet. This will help the excess oil drain off while your fish sticks continue to cook in the oven. Bake the fish sticks for around 20 minutes or until cook through. Remove and serve warm with your favorite dipping sauce.

Tuna Zoodle Casserole



PREP TIME: 10 MINUTES
COOK TIME: 20 MINUTES
SERVES 4

- 1 large zucchini
- 2 cans albacore tuna in water, drained
- ½ cup diced onion
- 1 garlic clove, minced
- 3 large cremini mushrooms (optional)
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon dried rosemary
- 1 tablespoon lemon juice
- 2-3 tablespoons homemade mayo
- 1 teaspoon mustard
- 1 broccoli crown
- ½ cup chopped pecans (or other tree nut)
- ⅔ cup cashew cream or other nut cream (see note)

1. Pre-heat your oven to 375F. Set out your ingredients, cutting board and 8x6 casserole dish.
2. Zoodle your zucchini. You may do this by using a potato peeler. Lay the zoodles flat on a clean kitchen towel and sprinkle with salt. Let them rest here so they release liquid while you prep the rest. Mince onion and garlic, add in to the casserole dish. Thinly slice mushrooms and add them to the dish too.
3. Open and drain tuna cans, flake the tuna into the casserole dish. Add in the salt, pepper, 1 tablespoon mayo, mustard, lemon juice and rosemary. Mix well.
4. Wrap the kitchen towel around the zucchini and squeeze the water out. Add the zoodles to the casserole dish and toss to combine. Pour in the cream. Gently Mix.
5. Cut your broccoli crown into florets and mince them into ¼ inch pieces.
6. Toss with chopped nuts in a bowl and mix with remaining mayo.
7. Spread this mix over the top of the casserole. Sprinkle lightly with salt. Place in the oven and bake for 15 minutes. Broil for 5 minutes to toast the top!

Note: While I recommend cashew cream, you can use any other nut cream. To make easy nut cream, blend 2 tablespoons nut butter with ½ cup water until smooth.

Resources

ONLINE RESOURCES

Eat Wild (www.eatwild.com):

Find farms in your area for purchasing grass-fed meats and other products.

Local Harvest (www.localharvest.org):

Locate CSAs, farmers markets, and small farms in your area.

Thrive Market (www.thrivemarket.com):

An online store that focuses on organic, healthy food and lifestyle products.

Craigslist (craigslist.org):

An American classified advertisements website where you may find listings from local farmers and growers selling natural meats and produce cheaper than anywhere else.

PANTRY

Bob's Red Mill (www.bobsredmill.com):

Tapioca flour, baking soda

Bragg (bragg.com):

Apple cider vinegar

Coconut Secret (www.coconutsecret.com):

Coconut aminos and coconut sugar

Fatworks Foods (www.fatworksfoods.com):

Lard, duck fat, and tallow

Great Lakes (www.greatlakesgelatin.com):

Grass-fed beef gelatin

Hidden Springs Maple (www.hiddenspringsmaple.com):

Grade B maple syrup

Inka Chips (www.inkacrops.com):

Plantain chips

JK Gourmet (www.jkgourmet.com):

Blanched, superfine almond flour

Natural Value (www.naturalvalue.com):

Coconut milk

Navitas Naturals (navitasnaturals.com):

Cacao powder, coconut palm sugar

Red Boat Fish Sauce (redboatfishsauce.com):

Fish sauce

Red Star (www.redstaryeast.com):

Yeast

The Spice Lab (shop.thespicelab.com):

Himalayan salt

Sunspire (www.sunspire.com):

100% cacao unsweetened baking chocolate

Tropical Traditions (www.tropicaltraditions.com):

Coconut flour, palm shortening, expeller-pressed coconut oil, raw honey

U.S. Wellness Meats (www.grasslandbeef.com):

Pastured meats, pork rinds, organ meat sausages

Wellbee's (www.wellbees.com):

Blanched, superfine almond flour

The Wizard's Organic Saucery (www.edwardandsons.com/thewizards_info.html):

Worcestershire sauce

TOOLS

Anchor Hocking (www.anchorhocking.com):

Loaf pans

Blendtec (www.blendtec.com):

High-speed professional blenders

Chicago Metallic (www.chicagometallicbakeware.com):

Bakeware

Cuisinart (www.cuisinart.com):

Food processors, ice cream makers, electric hand mixers

Hamilton Beach (www.hamiltonbeach.com):

Slow cookers

Le Creuset (www.lecreuset.com):

Enameled cast-iron pans

Lodge (www.lodgemfg.com):

Cast-iron pans

Paderno (paderno.com):

Spiral slicers

Silpat (silpat.com):

Nonstick silicone baking mats

Wilton (www.wilton.com):

6-inch cake pan

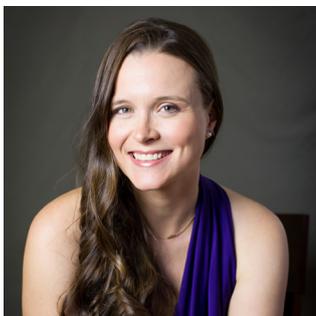
Contributors



ALISA FAIRBANKS

[PALEO IN PDX](#)

Alisa Fairbanks is a health and wellness enthusiast, personal trainer, and the blogger behind Paleo in PDX. She lives in Portland, Oregon with her husband and their two cats. Alisa is passionate about living, moving and eating well, and loves inspiring others to do so too. She is grateful for her own health journey and all the experiences, tools, and knowledge she has to share with others.



AMANDA TORRES

[THE CURIOUS COCONUT](#)

Amanda is a neuroscientist by training and she is passionate about sharing good food and natural health information to empower others to reclaim wellness. She is the owner of The Curious Coconut, where she shares her most delicious Paleo and Autoimmune Protocol (AIP) recipes and geeks out about Chinese medicine, acupuncture, and meditation. She used food as medicine to reverse a laundry list of scary health problems and reverse obesity.

When she is not developing recipes you can find her playing with her 3 cats and chihuahua, tending to her backyard garden, taking in the culture of her beloved city Memphis, and beating her husband at video games. Her print cookbook Latin

American Paleo Cooking releases on August 22, 2017. [Get a free eBook and keep in touch with her here!](#)



BECKY WINKLER

[A CALCULATED WHISK](#)

Becky is a food photographer, recipe developer, and cookbook author who shares creative Paleo and gluten-free recipes on her blog, A Calculated Whisk. Her first cookbook, Paleo Planet, includes internationally inspired Paleomeals, desserts, sauces, spice blends, and more. Becky enjoys searing short ribs, chopping chocolate, photographing citrus fruit, and salting desserts. She lives in Chattanooga with her fiancé and his cat. You can connect to get [delicious recipe updates from Becky here.](#)



CHIHYU SMITH

[I HEART UMAMI](#)

ChihYu [Chee-Yu] Smith is the founder of I Heart Umami Cooking School For Asian-Inspired Paleo Food Lovers. She teaches busy working professionals and families to prepare simple, quick, and delicious meals in less than 30 minutes.

She's also a contributing writer for the Huffpost. Her work has been published throughout the U.S., Europe, and Australia.



CHRISTINA CURP

[THE CASTAWAY KITCHEN](#)

Cristina, a Miami native with Cuban roots now lives all over the world, following her husband's military career. As a chef and mother on the move, she's accustomed to packing up their lives (and her knives) to start over every few years. This ongoing adventure birthed her blog, The Castaway Kitchen: Paleo for foodies. The blog is a collection of inventive, whole food recipes that have helped Cristina reverse autoimmune disease, lose weight and take control of her health and wellbeing. She's passionate about cooking, sharing her experiences and enjoying life to the last drop. You can usually find her in the kitchen or on a beach somewhere. [Grab more delicious recipe and updates here.](#)



EMILY SUNWELL-VIDAURRI

[RECIPES TO NOURISH](#)

Emily is a water kefir and chocolate loving, holistic-minded wife and mom. She's the founder and voice behind Recipes to Nourish, a gluten free blog focusing on Real Food and Holistic Health. Having her daughters changed her life. She became mindful of everything that went into her body and started eating real food, making home cooked meals from scratch and living a natural life. As a wife and mommy who is dedicated to making nourishing food

Contributors

and using safe products for her family, she works to empower her readers and show them that there is a healthier way of eating and living. Her passion and mission is to make healthy and natural living as uncomplicated and enjoyable as possible. Emily lives in California with her husband and two children. [You can sign up for her newsletter here.](#)



HANNAH HEALY
[HEALY EATS REAL](#)

Hannah Healy is the creator of the real food and natural living blog Healy Eats Real. She loves creating delicious, nutrient-dense recipes and sharing everything she learns about nutrition and holistic health. Hannah's passion for real food started after her immune system took a dive several years ago. Through independent research, she brought herself back to health with quality foods and holistic lifestyle changes. Healy Eats Real focuses on avoiding processed foods and integrating whole, natural foods so we can all nourish ourselves and live vibrant healthy lives! Get a FREE copy of Hannah's [6 Easy Tips to Quit Sugar guide here.](#)



JACLYN HARWELL
[THE FAMILY THAT HEALS TOGETHER](#)

When Jaclyn became a mom more than eight years ago, health food was the last

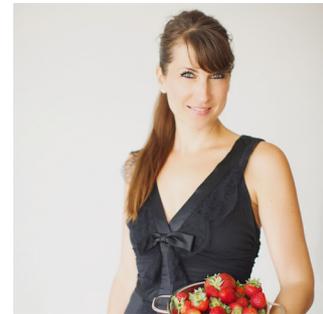
thing on her mind. But when her son began to struggle with behavioral disorders, she dove in headfirst to begin learning about how to live and eat naturally. Since switching to a Paleo diet and doing the GAPS diet, her children have been healed of behavioral disorders, eczema, and digestive problems, and her own thyroid disorder has been healed. Today, she blogs about raising her four boys to be happy and healthy at The Family That Heals Together.

To receive her collection of free e-books, which include topics on easy 30 minute paleo meals and ways to improve your child's behavior, sign up for [her newsletter.](#)



JEAN CHOI
[WHAT GREAT GRANDMA ATE](#)

Jean is a Nutritional Therapy Practitioner, sugar detox coach, and the Owner and Founder of What Great Grandma Ate. She lives in the San Francisco Bay Area with her fiancé and 2 dogs. As a former sugar addict who found true health by switching to real, whole foods, she is a strong believer that the food you love should love you back! She loves cooking, photography, and traveling, and her biggest passion is to help others discover that healthy home cooking can be fun and easy. [Follow her recipes and adventures in her weekly newsletter.](#)



JENNIFER ROBINS
[PREDOMINATELY PALEO](#)

Jennifer is a wife and mother of 3 in pursuit of better health for her family. After being gluten-free for 4 years and having a multitude of chronic health issues, she realized there was still too much processed "food" in her pantry and change was needed. Jennifer began feeding her family more meals from WHOLE foods and less from boxes. Her recipes are predominantly paleo, meaning they are free of grain, gluten, dairy, and refined sugar, but make allowances for a few treats and sweets. She believes food can be medicine when used appropriately and that a few changes now can equate to huge benefits later. Healthy food does not need to be flavorless and void of personality, which she aims to accomplish through her many recipes. [Get more fun, delicious recipes in her weekly newsletter.](#)



KAREN LEE
[DR. KAREN S. LEE](#)

Dr. Karen S. Lee is a holistic practitioner with a Doctor of Chiropractic degree and is an Acupuncture and Oriental Medicine Fellow. Dr. Lee practiced in NY and CT before retiring. Dr. Lee has treated patients with various ailments with standard Chiropractic care, Acupuncture, Nutrition Therapy and general wellness

Contributors

consultations. Now, she blogs about holistic health, real food, and non-toxic living on her website, drkarenslee.com. She published *Easy Paleo Instant Pot Recipes* and you can get a copy of her free healing food guide [here](#).



KELLY BEJELLY

[A GIRL WORTH SAVING](#)

When Kelly Bejelly was told that she was prediabetic in 2009, she tried the Paleo diet in a last-ditch effort to cure herself. Within six months, she lost sixty-five pounds, normalized her blood sugar levels, and won her battle with anxiety and depression. She then began experimenting with grain-free recipes in an attempt to convince her picky-eater husband that giving up gluten was not a life sentence to a tasteless existence. Now Kelly shares Paleo and Gluten-Free comfort food recipes on her website, A Girl Worth Saving, and proves that you can still enjoy your favorite recipes without grains, gluten, or dairy. You can get a [free copy of her Chocolate Mini Lover's cookbook here](#).



KELLY SMITH

[THE NOURISHING HOME](#)

Kelly loves sharing her passion for grain-free, whole food cooking and meal planning with others. She is a cookbook author and founder of TheNourishingHome.com – a

popular grain-free lifestyle blog dedicated to sharing delicious whole food recipes, meal plans, cooking tips, and encouragement. With a passion for masterfully transforming everyday comfort foods into delicious grain-free creations, Kelly is on a mission to help individuals and families live a healthier more nourished life. [Sign up for her Newsletter here](#).



LAUREN LESTER

[WICKED SPATULA](#)

Lauren is the food photographer, recipe developer, and author behind the healthy living website Wicked Spatula. With a focus on mindful and sustainable living she aspires to show her audience that healthy eating doesn't have to be boring, complicated, or tasteless and that healthy living is all about getting in touch with yourself and your surroundings. [Sign up for her newsletter](#) to get more fabulous recipes.



MICHELE SPRING

[THRIVING ON PALEO](#)

Michele is a mom of 2 young boys and an expert on using the Paleo diet to feel your absolute best. Through her blog posts and short how-to videos she's here to help teach and inspire you to live a Paleo lifestyle while having the time of your life doing it.

When she's not blogging you can find her sewing up a new outfit, reading a great book, or desperately trying to keep her kids from making her house look like a tornado hit it.

Find Michele at ThrivingOnPaleo.com and get [free weekly recipes and updates from her here](#).



RENEE KOHLEY

[RAISING GENERATION NOURISHED](#)

Renee Kohley is a wife and momma of 3, and is the vision behind the website Raising Generation Nourished. She grew up right in the middle of the low-fat, low calorie "Standard American Diet" era, and after years of healing her own health issues with whole foods and lifestyle changes, a passion grew in her to see the next generation of kids grow up healthier, to love real food, and know where it comes from.

She has spent years developing a real world, manageable method for starting solids with babies and toddlers that creates broad taste palates in children leading to great eaters and less pickiness. Her real world approach incorporates whole, traditional foods that nourish growing bodies without spending endless time in the kitchen fixing separate meals for kids and adults. Get her best recipes in her cookbook *Nourished Beginnings* which features nutrient-dense recipes for infants, toddlers, and beyond. [Sign up for her newsletter here](#).

Contributors



SIMONE MILLER

ZENBELLY

Simone Miller first set foot on the culinary scene two decades ago but her passion for extraordinary food stems back to early childhood, where she began to learn from one of the best kitchens in America – her mother's. Her website offers a chef's perspective to Paleo recipes on her blog, zenbelly.com. There, she shares her grain-free recipes that have made believers out of some of the most die-hard gluten eaters, and has encouraged countless people to roll up their sleeves and have fun creating simple, delicious, healthy food.

In 2014, she released her first and very successful cookbook, The Zenbelly Cookbook; shortly thereafter, she co-authored The New Yiddish Kitchen, which hit shelves in March of 2016. Her third book, Paleo Soups & Stews, released in October 2016 is available on Amazon and Barnes & Noble. [Get weekly updates and new recipes here.](#)



TRINA GRIFFIN-BECK

PALEO NEWBIE

Shortly after giving up gluten and dairy and switching to Paleo in 2012, Trina created the Paleo Newbie website to share her best recipes with other Paleo newbies. Since then, Paleo Newbie has grown into a popular resource featuring hundreds of original Paleo and gluten-free recipes, cooking tips, nutritional advice, and much more. Trina's goal is to help everyone – from beginners to pros – get the most out of the Paleo lifestyle starting with simple and delicious Paleo meals and treats. [Sign up for free recipes and updates here.](#)