THE
PALEO
RECIPE
BOOK.
The following is a 12-recipe preview to the 372 recipes you will find in the full Paleo Recipe Book. Bon Appétit!

**CONTENTS**

2 \ Stuffed Bell Peppers with Tomato Sauce  
3 \ Paleo Pizza: The Meatza  
4 \ Braised Beef Chuck Roast  
5 \ Coconut breaded chicken  
6 \ Zucchini noodles with simple pesto  
7 \ Bacon, grape and broccoli salad  
8 \ Shrimp salad with avocado and orange  
9 \ Spicy plantain chips  
10 \ Thai chicken soup  
11 \ Baba Ghanoush  
12 \ Almond banana pancakes  
13 \ Grain-free oatmeal
STUFFED BELL PEPPERS WITH TOMATO SAUCE

1. Preheat your oven to 350 F.
2. Place the bell peppers in a pot of salted boiling water for about 4 minutes. Drain.
3. In a bowl, combine the ground beef, onion, garlic, egg, almond flour, oregano, basil and season to taste with sea salt and freshly ground black pepper.
4. Fill the bell peppers with the ground meat mixture.

5. In a bowl, prepare the sauce by mixing together the tomato sauce, water, vinegar, mustard, oregano, basil and garlic powder. Season with salt and pepper to taste.
6. Spread a layer of tomato sauce in a baking dish, then place the stuffed peppers on top and cover them with the remaining of the sauce.
7. Place in the oven to cook for 50 to 60 minutes.

SERVES: 6   PREP: 20 min   COOK: 1 hr
PROTEIN: 18g (23%)   CARB: 25g (32%)   FAT: 16g (46%)

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PALEO PIZZA: THE MEATZA

The is a special version of the usual pizza that been developed by Paleo dieters where ground meat is used to make a crust instead of wheat flour. The meat crust is pre-baked before the topping ingredients are added. You can use whatever toppings you usually like on your pizza like bacon, olives, sausage, bell peppers, mushrooms, anchovies, etc.

1. Preheat your oven to 450 F.
2. In a bowl, mix the ground meat with the onion and garlic.
3. Spread the mixture on a 16-inch pizza pan and bake for 10 minutes.
4. While the crust cooks, heat a frying pan over a medium heat and cook the bacon for about 5 minutes so it’s still a bit soft.
5. Add the mushrooms and continue cooking until they are almost cooked.
6. Add the bell peppers and cook for another 2-3 minutes.
7. Remove the crust from the oven and pour out the juices which can be reserved for other recipes. At this point the crust will have shrunk a bit.
8. Preheat your oven broiler.
9. Spread the tomato sauce evenly over the crust and spread the bacon, mushrooms and bell peppers on top of the sauce. Sprinkle with the oregano.
10. Put the pizza back under the broiler and broil until the top starts to brown.

Crust
- 1 lb lean ground beef;
- 1 lb ground pork;
- ¼ cup onion, finely chopped;
- 1 clove garlic, minced;
- 1 egg;
- Sea salt and freshly ground black pepper to taste;

Topping
- 6 slices bacon, cut in 1-inch pieces;
- ¾ lb button mushrooms, sliced;
- 1 cup bell peppers, thinly sliced;
- 1 cup no sugar added tomato sauce;
- 1 tsp dried oregano;
- Sea salt and freshly ground black pepper to taste;

8 good slices   PREP: 30 min   COOK: 13 min
PROTEIN: 37g (35%)  CARB: 5g (5%)  FAT: 29g (60%)

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BRAISED BEEF CHUCK ROAST

1. Preheat your oven to 325 F.
2. Heat a large skillet over a medium heat and brown the roast on all sides in some cooking fat.
3. Set the roast aside and deglaze the skillet with the red wine, carefully scraping off the bottom.
4. Pour in the stock and water in the skillet and bring everything to a boil.
5. Transfer the liquid to a roasting pan and also place the chuck roast, onion, garlic, carrots, fennel and bay leaf in it.
6. Place in the preheated oven to cook for about 1 hour, until the fennel is tender.
7. Remove the fennel from the roasting pan, set aside and return the roast in the oven for another hour. Refer to the roasting time chart if the weight of your roast differs.
8. Once cooked, set the roast aside to rest, discard the onion halves and strain the juices into a pot or saucepan.
9. Bring the juices to a boil and let boil for about 20 minutes, until reduced to the desired thickness.
10. Season the sauce with sea salt and freshly ground black pepper, carve the roast and serve with the carrots and fennel.

SERVES: 4 PREP: 30 min COOK: 2 hr 30 min

PROTEIN: 73g (52%) CARB: 15g (12%) FAT: 21g (35%)

1 (3 lb) beef chuck roast; 
1 cup red wine; 
2 cups beef stock; 
3 cups water; 
1 onion, halved; 
6 cloves garlic, minced; 
4 carrots garlic, minced; 
2 fennel bulbs, quartered; 
1 bay leaf; 
Cooking fat; 
Sea salt and freshly ground black pepper to taste;
COCONUT BREADED CHICKEN

These are great with a garlic and herb flavored mayonnaise or with mustard.

1. Combine the coconut flakes with the coconut flour in a bowl and season to taste with salt and pepper.
2. Whisk the eggs in another bowl.
3. Now coat the chicken strips in the egg mixture and then in the coconut mixture before frying them in a frying pan with some cooking fat until golden brown on the exterior and well cooked inside.

SERVES: 4  PREP: 10 min.  COOK: 8 min.
ZUCCHINI NOODLES WITH SIMPLE PESTO

You can add leftover cooked chicken or pork to those noodles for a more substantial meal.

1. Using a mandoline or your best knife skills, cut the zucchinis into thin ribbon-like strips and then cut those strips into ¼-inch wide noodles.

2. Place the garlic and basil in a food processor and process while slowly drizzling the olive oil until you obtain a smooth consistency. You may need more or less olive oil. Season the mixture to taste with salt and pepper and pulse again.

3. Toss the zucchini noodles with the chopped tomatoes and combine with the pesto.

SERVES: 2  PREP: 15 min.

PROTEIN: 5g  (10%)
CARB: 12g  (25%)
FAT: 15g  (65%)
BACON, GRAPE AND BROCCOLI SALAD

1. Place the bacon slices in a large pan on a medium heat and cook for about 8 minutes on each side, until crispy.

2. While the bacon cooks, cut the broccoli in small florets. You can use the stalks as well, making sure to cut it in pieces about the same size as the florets.

3. Mix the florets with the almonds, chopped onion and halved grapes.

4. Once the bacon is cooked and crispy, crumble it and add it to the salad.

5. In a separate bowl, mix the mayonnaise with the lemon juice.

6. Combine the dressing with the salad, mix well and serve.

SERVES: 6-8  PREP: 15 min.  COOK: 16 min.

PROTEIN: 7g (6%)  CARB: 9g (7%)  FAT: 50g (90%)
SHRIMP SALAD WITH AVOCADO AND ORANGE

1. Combine together 1 tablespoon of the lime juice in a bowl with 1 tablespoon olive oil and 1 teaspoon hot sauce.
2. Add the mint and the shrimps and mix everything well.
3. In another bowl combine the remaining 3 tablespoons lime juice with the remaining ¼ cup olive oil and 1 teaspoon hot sauce.
4. Stir in the cherry tomatoes as well as the avocados, onion, cilantro, oregano and orange segments.
5. Heat your BBQ grill or a grill pan over high heat and cook the shrimps until just cooked through, about 2 minutes per side.
6. Serve the hot shrimps over the salad in bowls.
SPICY PLANTAIN CHIPS

These are good when just out of the oven, but they will keep for about a day.

1. Preheat your oven to 400 F.
2. Remove the skin from the plantains with a knife and slice them thinly.
3. Mix the plantain slices in a bowl with the melted coconut oil, chili powder, cumin, cayenne pepper and sea salt to taste.
4. Place the slices on a baking sheet and place in the preheated oven to cook for about 15 minutes, turning them after 8 minutes. Make sure that you keep an eye on them near the end as they can burn rapidly.

SERVES: 4 PREP: 5 min. COOK: 15 min.

PROTEIN: 1g (2%) CARB: 29g (60%) FAT: 7g (37%)
THAI CHICKEN SOUP

This recipe calls for lemon-grass and lime leaves, two items that you should be able to find quite easily in a well-stocked grocery store or an Asian market.

4 stalks lemon-grass, cut into ½-inch strips and bruised with a knife;
1/2 lb diced fresh ginger;
5 lime leaves, bruised with the side of a knife;
1 chicken leg;
2 cups water;
2 small chilies;
4 cups coconut milk;
3 scallions, minced;
2 tbsp chopped cilantro;
Juice of 3 limes;
Sea salt and freshly ground black pepper to taste;

1 In a sauce pan, bring the water to a simmer and cook the chicken with the lemon-grass and lime leaves until just cooked, about 30 minutes.
2 Remove the chicken, add the chilies to the liquid and dice the cooked chicken meat.
3 Bring the water back to a simmering state and pour in the coconut milk.
4 Heat the soup, but make sure it doesn’t reach the boil.
5 Strain the soup in a new pot, add the cilantro, lime juice, cooked chicken and scallions. Season with sea salt and freshly ground black pepper to taste.

SERVES: 4 PREP: 15 min.
COOK: 30 min.

PROTEIN: 19g (12%)
CARB: 25g (15%)
FAT: 54g (75%)

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BABA GHANOUSH

Baba ghanoush is an Arabic dip similar to hummus. It differs in that it uses eggplants instead of chickpeas which makes it a great paleo alternative to hummus. A similar hummus recipe can also be made with cucumbers instead of eggplants or chickpeas. The basic ingredients used in traditional hummus are the same: lemon juice, garlic, olive oil, cumin and tahini.

Tahini is a sesame butter made with ground sesame seeds and is available in grocery stores in the ethnic section.

The traditional baba ghanoush usually calls for roasted eggplants. The roasting of the eggplants gives a soft and smoky flavor to the eggplant flesh. You can play with ingredients and add diced onions, tomatoes and olives to vary the recipe. You can also add chili powder for extra spiciness.

1 To roast the eggplants, either use your grill, the open flame of a gas stove or your oven. If using an open flame, keep the eggplant near the flame and turn them often to darken the skin evenly. If using your stove, prick the skin with a fork and roast for about 35 minutes in a 400 F oven.
2 Place the roasted eggplants in a bowl of cold water, wait a bit and then peel off the skin.
3 Place the roasted eggplant, garlic, lemon juice, tahini, olive oil, cumin in a blender and blend until smooth. Season to taste with salt and pepper to taste.
4 Cool in the refrigerator and serve with extra olive oil on top and fresh parsley.

SERVES: 8  PREP: 15 min.  COOK: 35 min.

PROTEIN: 2g (8%)  CARB: 10g (50%)  FAT: 4g (43%)
ALMOND BANANA PANCAKES

These are delicious even though they are heavy in fruits and nuts, two elements which should be kept to a minimum on the diet for most, especially those trying to lose weight. Think of this breakfast or dessert recipe as an occasional treat and keep in mind that the ingredients are far from being as nasty as any grain or legume. This is also a nice fall-back when you start missing the taste of pancakes so bad that you start thinking about indulging with the regular kind of pancakes. Serve this with fresh berries or with a generous amount of butter or ghee. You can even indulge a little bit more with some raw honey for a complete treat.

1 Combine the mashed bananas in a bowl with the eggs and mix well. Add the almond butter and combine well.

2 Put a pan over a medium heat and melt in some butter or coconut oil. When hot, pour in a ladle-ful of the banana and almond butter mixture and cook until brown on each side. Repeat for all the batter, reserving the prepared pancakes in a 200 F oven so they stay hot.
GRAIN-FREE OATMEAL

This hot mixture of nuts, nut butter and spices will remind you of oatmeal or hot cereals, without the nasty health effects. A meal full of protein and calories, perfect to pack on energy to start off the day.

1. Place the walnuts, pecans, flax seeds and spices in a food processor and process until still coarse.
2. In a bowl, combine the eggs and coconut milk with a whisk until it thickens a bit. Add the mashed banana and nut butter to the egg mixture and combine well.
3. Pour the nut mixture in the egg mixture and combine again.
4. Pour in a saucepan over a low heat to heat the mixture. Stir often and remove from heat as soon as it’s warm.
5. Serve in a bowl, topped with the berries and extra cinnamon to garnish. Extra cold coconut milk on top is also excellent to contrast with the hot nut mixture.

SERVES: 2 PREP: 10 COOK: 5

PROTEIN: 20g (11%)
CARB: 32g (19%)
FAT: 50g (70%)

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1 handful pecans;
1 handful walnuts;
2 tbsp ground flax seeds;
1 tsp ground cinnamon;
1 pinch nutmeg;
1 pinch ground ginger;
1 tbsp almond or macadamia butter;
1 banana, mashed;
3 eggs;
¼ cup coconut milk;
1 handful of your favorite berries;
Extra cinnamon to garnish;