

Paleo Diet for Beginners

Exploring Over 20 Enticing Recipes to Energise Your Day and
Excite Your Palate

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Smashwords Edition

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Introduction

Having read the introduction, you must be wondering what is Paleo? A Paleo diet is the abbreviated form of Paleolithic diet. Yes, you got it right. It belongs to the food from the Stone Age. It is also known as the Stone Age diet or the Caveman Diet. Do you remember the Flintstones? Fred used to slog in the jungles the whole day to take care of his family.

But, you do not have to ride a stone-and-wood car to fetch food from the grocery store. What do we have online shopping for? Sounds easy right? It is actually not very difficult to change your diet plan.

To explain it in the simplest of terms, the Paleo diet plan consists of only those foods which were available to our ancient ancestors such as berries, nuts and meat. It does not include foods that they were not yet familiar with, like dairy products. The period ended about 10,000 years ago with the advent of farming. But, our ancestors have given us some very valuable food lessons that we can follow for a healthy life. You do not have to go back to that age and use bone tools, stone and flint. Neither do you have to go fishing, hunting and gathering plant foods. Thank god we have supermarkets that can do this tough job for us.

Why should we follow Paleo now?

Well, the experts have the answer to this question. They say that the modern humans have maladapted themselves to eat foods like legumes, dairy and grains after the advent of agriculture. And the brownie points have been added by highly processed fast foods! The human body is not able to metabolize these foods properly, which leads to diseases such as obesity, diabetes and heart diseases. The proponents of Paleo claim that the followers of this diet may enjoy a healthier, longer and more energetic life. It is a convincing argument I guess!

What to eat in a Paleo diet?

Following a Paleo diet needs you to make a few changes in your regular diet, i.e. add a few things and remove a few things forever. Here is a list of eatables that you should welcome to your routine:

Fish/seafood

Grass-produced meats

Veggies

Fresh fruits

Seeds and nuts

Eggs

Healthy oils (Walnut, Olive, Macadamia, Flaxseed, Coconut, Avocado)

Grass-fed butter

You should exclude these things from your routine diet:

Legumes (including peanuts)

Cereal grains

Refined sugar

Dairy

Processed foods

Potatoes

Refined vegetable oils

Salt

Fruit juices

Processed meats

Starchy vegetables

How can you adapt to the Paleo diet without crashing?

You must have noticed that you do not have to follow a deprived diet plan to make the transition to a Paleo diet. We will not let you crash by giving you an unrealistic diet plan. When you start shifting from a routine of processed grains to a Paleo diet, do not get intimidated. Do not deprive yourself. You will want to shift back to your normal diet if you feel hungrier. Now when you have made the good decision to shift to a Paleo diet, you should not curse yourself and instead be grateful. Follow the tips and tricks mentioned below to make your Paleo diet sustainable forever.

Be optimistic

You should focus on the good side of this diet. Instead of thinking that you cannot have chocolates any more, you should focus on the delicacies of the Paleo diet. There are abundant vegetables and animal proteins waiting for you.

Do not cheat yourself

When people start following a new diet, they generally keep a “cheat day”, to cheat on the diet once a week. Don’t you think that the word “cheat” itself suggests something wrong? When you keep such a day in your weekly calendar, you tend to wait for that day and that makes you feel even more deprived. The idea here is to love your Paleo food, not despise it.

Find out your favorite animal protein

Grass fed meat means that those animals that the meat comes from eat grass. Their meat is much healthier than carnivorous animals, i.e. which eat the flesh of other animals. Grass fed meat can get a little pricey, but still you can look for alternatives that you can afford.

Fat does not make people fat

It is a misconception that fat in animal meat makes you fat. Instead, an excess of sugars and carbohydrates along with fats in your diet make you fat. If you start loving fat in various forms like avocado, animal protein, nuts, seeds and coconut, you will find that you feel more energetic. Moreover, natural fat is more satiating in your meals.

Bring a healthy snack to the workplace

You may feel hungry after a hard day’s work and thus you cannot help but stop at MacDonalds' for “just a burger”. If this happens to you as well, you will end up crashing on your new diet.

The healthy Paleo option is to bring a healthy snack to the workplace for evening munching so that you do not crave for “just a burger”

Do not include too many Paleo baked foods

Though it is fine to indulge in a few baked Paleo items once in a while, we do not recommend it that you make it a routine. Think over it logically- baking was never a principle of the Paleo diet. But since it is a need of modern-day cooking, we will teach you some baked Paleo dishes which are gluten free. If you indulge in too many Paleo muffins and ice-creams, you are missing the point. The point here is to reprogram the body to adapt to whole foods and make your body stable.

Do not throw away the leftovers

Our ancestors never cooked different foods for all three meals. They ate whatever they hunted and kept the leftover food for the next meal. Thus, you can eat the leftovers of morning breakfast in your lunch. And guess what! You have a refrigerator too which your Stone Age fellows never had. Wink!

Get support

Find some friends in your neighborhood or online who follow the Paleo diet. There are hundreds of websites, Facebook pages and blogs, where people post their experiences and Paleo diet recipes. You will enjoy having the support of some fellows who are also going through the same journey.

Paleo Gluten Free Breakfast Recipes

So now it's time to start with recipes. We will begin the healthy diet with Paleo breakfast recipes. You must have heard your mother saying that you should never skip your breakfast.

And mothers are always right. Many health freaks think that skipping meals will control their weight. They jump straightaway to lunch without having any breakfast. And that's where they are wrong.

Why should you have breakfast?

Having a sumptuous breakfast is the key to good health and balanced body weight. Your efficiency at your workplace is doubled when your mind is not thinking about the lunch in your Tiffin. Leaving home without breakfast is like igniting a car without a drop of petrol.

How can your body function properly after the long night hours of empty stomach?

Think of a situation when you did not have your breakfast one day and felt badly hungry till the lunch time. You must have felt like eating double your normal diet at lunch. That's the point we are making. People who skip breakfast tend to eat more at meals and throughout the day as well. Thus, they weigh more than normal.

You must have your morning meal within two hours of your waking. It will give you an edge over your friends. Here, we are talking about the Paleo breakfast. You might miss the breads and tacos you used to have. But, we will give you some amazingly delicious breakfast substitutes which will not let you miss your earlier routine.

You will be happier, healthier and more energetic than ever before once you habitually use the Paleo diet plan. This diet makes you feel lighter and more active. So let us start with the amazing delicacies of a Paleo breakfast.

Paleo Friendly Apricot Bar for a Morning Power Boost

When you are feeling lazy on a Monday morning, you just want to go back to bed. And a heavy breakfast will make you feel even heavier. But, an apricot bar won't. Just grab it on the go and you will feel energized for hours.



SERVES: 2

PREPARATION TIME: 15 min

INGREDIENTS:

Dried apricots	1 cup
Pecans	2 cups
Large eggs	2
Celtic sea salt	1 teaspoon
Vanilla extract	1 tablespoon
Chocolate chips	½ cup (optional)

METHOD:

Take a food processor and put pecans and apricots in it. Run the food processor and pulse until a coarse texture is obtained.

Put in salt, vanilla and eggs and pulse until a ball of the mixture is formed.

Put the mixture in a baking dish, measuring approximately 8x8 inch.

Set the temperature of the oven at 350 degrees and bake the mixture for 25 minutes.

Let it cool and cut it into 3x3 inches square pieces. Serve.

Casserole For a Healthy Heart

This deliciously baked casserole is ideal for a healthy and quick breakfast. The goodness of vegetables and the flavor of breakfast sausage is all you need for a sumptuous breakfast.



SERVES: 8-10

PREPARATION TIME: 30 min

INGREDIENTS:

Sugar free pork breakfast sausage	1 pound
Large sweet potato	1
Chopped baby spinach	2-3 cups
Diced green onion	1
Large eggs	10-12
Sea salt	as per taste
Freshly ground pepper	as per taste
Coconut oil or grass-fed butter	for greasing

METHOD:

Preheat your oven to 375 degrees. Take a baking dish, approximately 9x13 inches, and grease it with the coconut oil or grass fed butter.

Chop the spinach and dice the potato and green onions. Keep them aside separately.

Take a skillet and heat it to medium or high. Put breakfast sausage into it. Cook it well until it gets brown. Take the sausage out from the skillet and let the grease of the sausage remain in the skillet.

Add diced potatoes to the skillet and cook for about 10-15 minutes or till they become tender. Take them out into a bowl after cooking.

Toss the sweet potatoes with green onion, spinach, sausage, pepper and salt. Combine them well.

Spread the mixture evenly in the baking dish.

Whisk eggs in a separate bowl and pour the whisked eggs over the mixture in the baking dish.

Bake the mixture in the preheated oven until set or for 25-30 minutes.

Let it cool slightly. Cut it into square pieces and serve.

A Quick Breakfast with a Frozen Waffle

Let go back to the dinosaur age once again, but with a twist. These waffles are made with all the ancient ingredients but modern techniques. We know that you love to gobble down your food like a kid. And we are sure you will do the same with these waffles.



SERVES: 2

PREPARATION TIME: 15 min

INGREDIENTS:

Medium banana	1
Cored and peeled medium apple	1
Almond butter	1 cup or 8 ounces
Medium eggs	2
Arrowroot powder	1 tablespoon
Vanilla extract	1 tablespoon
Baking soda	½ teaspoon

Coconut oil

1 tablespoon (for greasing)

METHOD:

Make a puree of banana and apple in the food processor.

Attach a whisk attachment on the mixer. Whip the almond butter until fluffy and smooth, for 2-3 minutes.

Add all the ingredients and the puree to the almond butter. Whip all the ingredients to combine them.

Heat the waffle maker and grease it. Grease it every time for each waffle.

Take about 1 ladle of the batter for an 8x4 inch waffle. Put it into the waffle maker and cook for 3-5 minutes or until browned. Do not fill the waffle maker completely. Leave 40% space empty for the batter to spread.

If you feel that the waffle is soft, cook it for an extra minute.

You can serve it right away or store them flat in a freezer. Reheat them before eating again.

Benefits of Nuts and Coconut in the Porridge

Healthy nuts with this recipe will keep you full for quite a while. When you have a craving for a nourishing and warm breakfast, this porridge is the absolute hit in the Paleo diet plan. You will find that it is not very chewy, but it is a delicious substitute.



SERVES: 1

PREPARATION TIME: 10 min

INGREDIENTS:

Coconut flour 3 tablespoons

Coconut (finely shredded) 2 tablespoons

Coconut milk (canned) 1 cup

Water ¼ cup

Pasteurized egg 1 or ½ banana if you want an eggless option

Nuts toppings according to choice

METHOD:

Take a saucepan. Put coconut milk, shredded coconut and coconut flour into the saucepan over medium heat.

Mix the ingredients well and bring them to boil. When it thickens, lower the heat and cover the saucepan with a lid. Cook for 3 minutes. Stir in between.

Take off the saucepan and crack the egg into it. Whisk the egg quickly so that it does not get scrambled with the heat.

Place the saucepan over the heat again and cook for 2 more minutes.

If you want an eggless porridge, follow the same procedure. But, instead of adding egg, whisk in the mashed banana.

Serve with your favorite toppings.

Stir-Fried Power Punch Bacon

Bored with having eggs for breakfast? You are going to love this bacon recipe. This tasty bacon breakfast will give you a much needed kick start for a wonderful day. The lutein and vitamin C in bacon is very healthy for the eyes. You can also control your blood sugar with this delicious breakfast.

SERVES: 2

PREPARATION TIME: 20 min

INGREDIENTS:

Diced bacon slices	7-8
Yellow onion (diced)	half
Potato (diced)	1
Zucchini (diced)	1
Beans	7
Avocado	1
Freshly ground black pepper	as per taste

METHOD:

Take a medium sized skillet and cook the diced bacon over medium heat till the fat is drained.

Take out the bacon and place in a bowl.

Take a sauté pan and heat it over medium heat.

Take out 1 tablespoon bacon fat from the skillet and put it into the sauté pan.

Put sweet potato and onion into the sauté pan. Cook until the onions and potato become tender. It may take 12-15 minutes.

Add diced zucchini and the beans to the mixture. Cook for 2 minutes.

Combine the bacon with the vegetables.

Put some freshly ground pepper and stir. Add sea salt if you wish. Serve hot.

Paleo Coconut Curry

This is one recipe you cannot go wrong with. There are so many interesting ingredients like ginger, garlic and basil. When you combine the beautiful ingredients of this recipe even in more or less proportion, you do not have to worry. You will not mess it up. At last, you will definitely make something delicious. It is an amazing treat for lunch with your family.

If you want to make a quick lunch, you can speed up the process. Use 2 frying pans-one for cooking the potatoes and the other for preparing the remaining ingredients. Plus, you would also need a spiralizer for making noodles of sweet potato. Smallest blade of the spiralizer is best.

Just go ahead and quickly cook it. Your kids must be screaming for lunch!



PREPARATION TIME: 30 min

INGREDIENTS:

Coconut oil	1 tablespoon
Chicken thighs	3-4 (chopped)
Sliced onion	1 small
Chopped red pepper	1
Salt	as per taste
Pepper	as per taste

SAUCE:

Coconut oil	1 tablespoon
Minced garlic cloves	2-3
Freshly grated ginger	2 teaspoons
Salt	half or $\frac{3}{4}$ teaspoon
Curry powder	1 tablespoon
Heavy coconut cream	1 can
Starch (arrowroot, potato or tapioca)	$\frac{1}{2}$ teaspoon
Spiralized sweet potato	3
Lime juice	1 teaspoon
Cashews (optional)	

METHOD:

Step 1:

For making sauce, put coconut oil in a pan and heat over low-medium heat.
Add minced garlic, chopped ginger, curry powder and salt. Cook for a few seconds.
Add coconut cream and mix well. You can also take any other cream if you want.
Lower the heat and add starch. The sauce will begin to thicken gradually.
Add spiralized potato to the sauce when the sauce is ready.

Step 2:

Season the chopped chicken thighs with pepper and salt. The chicken should be chopped into Small bite-sized pieces.
Take a separate pan while the potato cooks. Add coconut oil (1 tablespoon) to this pan and heat over medium low heat.
Add chicken and cook it well.
Add the sliced onions and cook for a few seconds.
Add pepper and cook for 2 minutes.

Put the chicken into the other pan of sauce. Pour in lime juice and stir well.

The coconut chicken curry is ready. Serve hot.

Paleo Gluten Free Lunch Recipes

Lunch is the most awaited meal at schools as well as in offices. Since breakfast is normally light on the diet chart, having a sumptuous lunch attains even more importance. Still, some people complain that they cannot “waste” time on a lunch break. Their claim of being too busy takes its toll on them in the long term. Lunch skippers either work during the lunch break or they meet with the HR department to discuss their performance. How can your performance improve when all you do is work? Even your computer needs a break. When a machine cannot function without rest, how can you?

Benefits of lunch

Of course you know that you need food to live. But, what kind of food? Have you felt that your regular lunch makes you feel drowsy and that is why you do not feel like having it? Or you might give lame excuse about being too busy to have lunch. Well, the Paleo diet will fade away all your excuses.

Research has found out that taking a lunch break, even if it is short, improves your overall performance throughout the rest of the day and your decision-making process as well. When we are at the workplace, we need to manage a lot of things. We need to have self control over emotions, thoughts, behavior and urges. Besides adequate sleep and regular vacations, our meals have a very important role to play in our resource recovery. Experts say that people have a better thought process and concentration to process information given to them after lunch.

Having a good lunch break also fights fatigue throughout the day. We can give you a thousand more benefits of having a satisfactory lunch break. But, the best way is to observe it yourself.

Here, we are listing a few Paleo lunch recipes for you which will keep you even more energized than the regular grainy lunch. The previous meals you had might have made you feel sleepy after lunch. It is a common practice among office workers to keep their stomach half empty just to stay “awake” at the office and “survive” the afternoon.

But, now you do not have to worry so much if you have a Paleo lunch. The recipes are proven to keep you awake and active for the rest of the day. So let us start with the Paleo lunch.

The Nutrients of Cilantro Packed in Baked Lime Chicken

After reading the vegan recipes of the breakfast section, you might have been missing some meat. So here is the one recipe you were looking for. The yummy flavors of cilantro and lime in the chicken breast are mouthwatering. Baking the chicken gives the flavors a chance to infuse through the dish. You can also grill it if you prefer it like that. Lunch could not be healthier and tastier!



SERVES: 2

PREPARATION TIME: 30 minutes for cooking, 4-6 hours for marinating.

INGREDIENTS:

Chicken breast (boneless and skinless) 1 pound

Fresh lime juice ½ cup

Chopped fresh cilantro	½ cup
Dijon mustard	¼ cup
Olive oil	1 tablespoon
Chilli powder	1 tablespoon
Celtic sea salt	½ teaspoon
Pepper	½ teaspoon

METHOD:

Put cilantro, lime juice, olive oil, mustard, chilli powder, pepper and salt in a food processor and run to combine the ingredients well.

Rinse the boneless chicken breasts. Pat them dry.

Place them in a baking dish, approx. 7x11 inches.

Pour the mixture from the food processor over the chicken breasts. Cover the dish and marinate it for 4-6 hours. If you are in a hurry, give it at least half an hour.

Preheat the oven at 350 degrees. Put in the baking dish and cook for 22 minutes.

Take out and pour any extra sauce if you like.

Serve hot.

The Tangy Flavor of Spices in a Tomato and Tuna Burger

What else can be better for lunch than tuna when it is cheap, healthy and full of protein? The recipe mentioned below is so versatile that you can eat with some salad, or stir it together with some rice, mix it through pasta or just simply make a burger out of it. Whatever you do, the flavor is going to be awesome. Go to your backyard and grab the natural ingredients mentioned below.



SERVES: 1

PREPARATION TIME: 25 minutes

INGREDIENTS:

Tuna	1 cup (4 cans of tuna drained, rinsed)
Chopped Spanish onion	1
Small chopped red chilli	1
Crushed garlic clove	1
Egg	1
Tomato paste	2 tablespoons
Coconut flour	1 tablespoon

Salt	as per taste
Pepper	as per taste

SERVING (optional):

Sliced Avocado

Lettuce

Onion rings

Extra chilli

Fresh coriander (cilantro)

METHOD:

Preheat the oven to 175 degrees.

Line a baking tray using parchment paper or baking paper.

Put onion, red chilli, tuna, egg, garlic, tomato paste, coconut flour, salt and pepper into a bowl and combine them properly.

Divide the mixture into 6 and flatten into 6 evenly sized burger patties.

Place the patties on the baking tray.

Place the tray into the oven and cook for 10 minutes.

While the burgers are cooking, take a serving bowl and place 2 lettuce leaves on it. Top with some sliced avocado. You can also use some cream or yoghurt if you are not a strict Paleo.

Sprinkle some fresh cilantro, ringed onions and some chopped chilli.

Place the burgers over the serving ingredients. Serve hot.

Tasty Tostones for a Wholesome Meal

If you like to indulge in a lot of flavors with some tangy tastes and lots of ingredients, this recipe is the right one for you. The tasty tostones or nachos are made with a unique recipe for you to enjoy. It is easy to prepare and will completely satiate your taste buds. Indulge in the marvelous taste and you will want to have more every time.



SERVES: 3

PREPARATION TIME: 30-40 minutes

INGREDIENTS:

Nachos or Tostones:

Coconut oil ¼ cup

Plantains or bananas (ripe and yellow) 2

Beef:

Ground beef 140 grams

Chopped onion 1

Minced garlic 4 cloves

Coconut oil	2 teaspoons
Sea salt	¼ teaspoon

Guacamole or avocado dip:

Avocado	½
Small onion	¼
Garlic powder	¼ teaspoon
Lime juice (optional)	1 teaspoon
Sea salt	1/8 teaspoon

Sour cream:

Coconut cream	¼ cup
Lemon juice	2 teaspoons
Raw honey	2 teaspoons
Sea salt	only a pinch

METHOD:

First fry:

Cut the plantains or bananas into slices about ½ inch thick.

Take a large shallow frying pan and pour ¼ cup coconut oil in it. Heat the oil over a medium flame and fry the bananas for about 3 minutes.

Flip them over and fry for 3 minutes again on the other side.

When the bananas turn yellow, you can take them out.

Let them cool on a wire rack.

Second fry:

When you find that the bananas are cool enough that you can handle them, you need to flatten them. You do not have to mash them. Just flatten them.

Toss the flattened bananas in the same fry pan and fry them for the second time. Add some more oil if you feel the need to.

Fry them until golden brown.

Take them out and place them on the wire rack. Season them with salt.

Cooking the meat:

Heat coconut oil in a frying pan and put onions and garlic into it. Sauté over medium heat.

When the onions turn brown, add beef and fry. Stir at intervals until you see that there are no pink spots.

Leave the meat to turn brown for 2 minutes on low-medium heat. Keep it aside.

Guacamole or avocado dip:

Combine all the ingredients in a food processor.

Sour cream

Combine all the ingredients in a food processor.

Serve:

Place the bananas on a round plate. Layer the beef mixture over the plantains or bananas. Spread some avocado dip or guacamole over the beef. Pour some sour cream over the beef. When the ingredients are loaded in the plate, serve.

Enjoy the beef with each bite of plantain.

Joyful Jalapeno Burgers with Chicken

The amazing flavor of chicken and jalapeno along with Asian ingredients makes this burger a standalone contender in this Paleo cookbook. You can gobble it down alone or with guacamole. You are going to love this smooth burger anyhow.

You can make some variations with the chicken if you want. You can use beef or turkey as well. Grill it carefully and your family is going to love it forever.



SERVES: 4

PREPARATION TIME: 25 min

INGREDIENTS:

Burger patties:

Ground chicken	1.5 pounds
Diced white onion	2/3 cup
Chopped fresh cilantro or coriander	¼ cup
Minced garlic cloves	2 teaspoons
Seeded and diced jalapeno	2 teaspoons

Cumin	1 teaspoon
Paprika	1 teaspoon
Red pepper flakes	1 teaspoon

Guacamole or avocado dip:

Avocado	½
Small onion	¼
Garlic powder	¼ teaspoon
Lime juice (optional)	1 teaspoon
Sea salt	1/8 teaspoon

Sour cream:

Coconut cream	¼ cup
Lemon juice	2 teaspoons
Raw honey	2 teaspoons
Sea salt	only a pinch

METHOD:

Burger patties:

Clean your hands and mix the following ingredients in a large bowl with your hands: ground chicken, cilantro, onion, garlic, ground cumin, jalapeño, red pepper flakes and paprika.

Divide the mixture into 4 equal parts and make burger patties.

Grill the patties over medium-low heat.

Flip over when the patty stops sticking to the grates of the grill.

Cook the other side until well cooked.

Guacamole or avocado dip:

You have made this before in the previous recipe. It tastes equally good with this burger patty as well.

You just have to combine all the ingredients in a food processor.

Sour cream:

Combine all the ingredients in a food processor.

Serving directions:

Prepare the guacamole and sour cream beforehand. Serve the burgers hot with these add-ons.
You can also gobble them down alone if you want to.

Storage directions:

If you want to freeze them, do it without cooking them, using parchment paper. Freeze them in a freezer bag. On the day of serving, you can take them out and grill as per cooking directions.

Paleo Chicken Wraps

Wraps are one of the favorite lunch dishes in America. Besides the fact that they are easy to make, they taste amazing too. You can have them at your leisure or when you are in a hurry.

Fill the wrap with your favorite stuffing and quickly wrap it up. It is such a quick food that even your 10-year-old-baby girl can also try her hand at it.

Here, we are going to make a delicious wrap minus the refined flour tortilla. We will use lettuce instead. Make sure you use an extra layer of lettuce than you think will be needed so that if one layer tears, the other one saves the stuffing from bursting out.



SERVES: 4

PREPARATION TIME: 25 min

INGREDIENTS:

Chicken breasts (skinless, boneless)	1 pound
Olive oil (extra virgin)	2 tablespoons
Sliced tomato	1 medium
Chopped avocado	1
Cooked and crumbled bacon	6 strips
Homemade Paleo mayonnaise	4 tablespoon
(Refer to next recipe for homemade Paleo mayonnaise)	
Butter lettuce leaves/ Iceberg lettuce	8 large

Paprika ½ teaspoon

Cooking fat

Sea salt as per taste

Freshly ground pepper as per taste

METHOD:

Preheat a skillet or grill to medium or high heat.

Season the boneless and skinless chicken on both sides with sea salt, paprika, and black pepper.

Grill the chicken on a grill or cook in a skillet using cooking fat.

Flip over when it is cooked on one side. Cook until there is no pink visible.

Keep it aside for cooling for 5 minutes.

Break the chicken into small bite-sized pieces.

To make wraps:

Take two lettuce leaves and spread them with some mayonnaise. Top them with bacon, chicken, tomato and avocado.

Roll the lettuce leaves and secure them in place using a toothpick or kitchen dart.

Cut the wraps in half before serving.

Homemade Paleo Mayonnaise

If you thought that you would never be able to devour mayonnaise because you turned Paleo, here is good news for you. We have brought you a delicious recipe for homemade Paleo mayonnaise. You won't have to shell out dollars for that expensive mayonnaise available in the supermarket. So, now you can indulge in your favorite burgers and chicken wraps with this purely Paleo mayonnaise. You have two options of mayo here: Baconnaise and the mayo made of coconut oil.



Coconut Oil Paleo Mayonnaise

YOU WILL MAKE: 1.25 cup

PREPARATION TIME: 15 min

INGREDIENTS:

Egg yolks	2
Mustard	1 teaspoon
Lemon juice	3 teaspoons
Olive oil	½ cup
Coconut oil	½ cup

Baconnaise:

Bacon fat 1 cup

(In place of olive oil and coconut oil)

METHOD:

Mix mustard, egg yolks and lemon juice (1 teaspoon) in a bowl or blender.

Drip oil drop by drop into the mixture and blend at the lowest speed. Do not hurry it too much.

Pour more oil in only when the earlier ingredients are mixed properly. Else, the oil will separate and it will become difficult to handle.

As you keep adding oil, the mayonnaise will become thick. You can add larger amounts of oil at this point.

When you have blended in all the olive oil and coconut oil, pour in the remaining lemon juice and blend.

Add pepper and salt.

Serve as it is or cold, as you like it. Indulge without guilt.

(Use bacon fat in place of oils if you want to make Baconnaise)

Paleo Gluten Free Dinner Recipes

So after you have read about the importance of breakfast and lunch, you must be thinking now I am here again to bore you with the benefits of dinner. But, I cannot resist telling you a few pleasing facts about a Paleo dinner.

The whole world talks about the kick-start to the day that a healthy breakfast gives, and the re-fueling of the body that happens through a sumptuous lunch. But, there are hardly any debates on the quality and timing of dinner. Even Paleo followers tend to have a non-Paleo dinner because they are tired of having a Paleo diet throughout the day.

Here, we will talk in brief about the importance of a healthy and timely dinner.

When should you have dinner?

Say goodbye to late night meals and try to have your dinner around 7pm-8pm. This will not only keep you healthy but also give you a slimmer waist. Resist the temptation of eating late at night. Instead, you can sleep early and wake up earlier. Nobody feels hungry when they're sleeping! Do this for a week and you will definitely feel better. You should also avoid taking heavy meals at night. Loads of food at night takes longer to digest and hence you might face problems in having a deep sleep.

Owing to the modern lifestyle, avoiding late night parties and dinners is not always possible. Thus, you can do one thing to maintain your biological cycle. Have some light Paleo snacks after sunset. Do not stay hungry to eat at the party. In fact, when you eat early, you will not feel hungry late at night. Thus, your health can remain as good as you want it to be.

What should you have for dinner?

When you reach your fridge at dinner time, sometimes you feel that the fridge is exploding with options. At other times, you might feel that you just need an escape route to come out of the daily dilemma of cooking and just order from the local restaurant. But, just because you are on a slimming regime does not mean that you have to survive on a skimpy salad bowl.

The Paleo diet recipes we have mentioned in the following chapters will make you take wise decisions daily to cook a sumptuous and healthy dinner for your family. You can have the food in generous amounts but at a good time as I have already mentioned above. Feel free to savour the delicious Paleo recipes and still get a good night's sleep.

A Great Gravy for Paleo Lovers

Every day is a day of dilemma for busy moms, who wonder at 5pm, what to cook for dinner?

Here, we have listed a delicious gravy recipe for you. Since you are on a Paleo diet, you might feel sometimes that the main course is incomplete. You can compliment any burger, grilled chicken or nachos with this gravy. You can even serve it as a soup.



SERVES: 4

PREPARATION TIME: 25-30 min

INGREDIENTS:

Green-fed butter	2 tablespoons
Finely chopped onion	1
Black pepper	¼ teaspoon
Starch from arrowroot, potato or tapioca	1.5 tablespoons
Almond flour (blanched)	5-6 tablespoon
Chicken broth	1.25 cup
Garlic powder	1/2 teaspoon

Heavy cream/ coconut milk (heavy)

1 tablespoon (optional)

Salt

as per taste

METHOD:

Preheat a saucepan and add onion and butter. Cook for 20 minutes over low medium heat or until the onions are brown.

Add almond flour, starch and black pepper. Stir continuously for a minute.

Add rest of the ingredients.

Stir at intervals until the gravy is thickened.

If you want to make it thicker, you can add 2-3 tablespoons of almond flour.

Add salt as per taste.

Let it cool for a while.

You can pulse it in a food processor to grind the onions and attain a smooth texture. But this is completely up to you. If you like it as it is, just go ahead and serve.

The gravy will thicken even more as it settles.

Frittata to Freshen You Up

Now we come to a recipe which does not need many ingredients from the market. You can put in whatever you have in your refrigerator and a Paleo delicacy is ready. Have it for breakfast, lunch or dinner, this frittata with sausage will energize you.

If you like to experiment with the given recipes, just make sure whatever you include in the recipe, is packed with flavor.



SERVES: 3-4

PREPARATION TIME: 30-40 min

INGREDIENTS:

Sausage:

Ground pork	1 pound
Rubbed sage	1 teaspoon
Sweet paprika (smoked)	½ teaspoon
Hot paprika (smoked)	½ teaspoon

Sea salt	1 teaspoon
Freshly ground pepper	$\frac{3}{4}$ teaspoon

Frittata:

Bacon fat	1 tablespoon
Sausage (crumbled and chopped)	3 ounces
Diced onion	$\frac{1}{4}$ cup
Diced red pepper	$\frac{1}{4}$ cup
Roasted and cubed butternut squash	$\frac{1}{2}$ cup
Eggs	3 (large)
Fresh herbs (mixed)	2 teaspoons/ or dried herbs (1/2 teaspoon)
Sea salt	as per taste
Pepper	as per taste

METHOD:

For sausages:

Mix all the spices in a large bowl.

Add them to the ground pork. Combine them well.

Divide the mixture into 8 equal portions and make patties.

Cook the patties in a skillet in extra virgin olive oil.

Cook well until they are brown.

For frittata:

Preheat your oven.

Beat the eggs, pepper, herbs and salt until they are combined well.

Pour the bacon fat into an ovenproof skillet.

Sauté onions with pepper until soft.

Add sausages, squash them and cook well.

Pour the egg mixture into the skillet and cook until the edges begin to set.

Put the skillet in the oven.

Broil it until you see the frittata gets brown and puffed. It takes approximately 3-5 minutes.

Serve hot.

Piccata with Chunky Chicken

Here we are again with another delicious chicken recipe. The amazing blend of flavors in this chicken with sauce is just heavenly. The capers earn the brownie points in taste. This is a satisfying, filling dish for dinner. Just forget everything else and devour this gratifying dish.



SERVES:

3-4

PREPARATION TIME:

30-40 min

INGREDIENTS:

Chicken breasts (skinless, boneless)	1.5 pounds
Almond flour (blanched)	½ cup
Sea salt (Celtic)	½ teaspoon
Spices and herbs mix (readymade)	½ teaspoon
Grapeseed oil	5 tablespoons
Olive oil	5 tablespoons
Lemon juice	¼ cup
Chicken stock	1 cup

Brined capers	¼ cup
Freshly chopped parsley	¼ cup

METHOD:

Place the chicken breasts horizontally and cut them into half. If the chicken breasts are too large, cut them into two pieces each after you have halved them.

Put the chicken between two sheets of parchment paper.

Beat them with a heavy object such as a skillet, until they are ¼ inch thick.

Combine the herb mix, salt and almond flour.

Rinse the chicken in water and toss them through the mixture of almond flour.

Take them out when they are coated with the flour mixture.

Put grape seed oil (2 tablespoons) and olive oil in a skillet and heat on a medium to high heat.

Put 3-4 chicken pieces into the skillet and cook for 3 minutes on each side or until brown.

Repeat the cooking process with all the pieces of chicken and take them out onto a plate.

Keep warm the plate in a preheated oven.

Add capers, chicken stock and lemon juice to the skillet. Soften the browned bits with a metal spatula so that they get incorporated into the sauce.

Cook the sauce until it is reduced by half. Pour in the remaining grape seed oil (3 tablespoons) and whisk.

Take the chicken from the oven, and pour some sauce over it. You can also sprinkle on some parsley before serving.

Chicken with Honey Glaze

Delicious chicken glazed with honey tastes as delicious as it looks. The sesame seeds to coat the chicken are tasty plus they are healthy too. Serve it with the sriracha sauce and your family is going to kiss your hands for cooking such a beautiful dinner!



SERVES: 3-4

PREPARATION TIME: 50 min

INGREDIENTS:

Chicken:

Chicken breast	1 pound
Chinese five spice	2 teaspoons
Cayenne pepper	¼ teaspoon
Sea salt	1 teaspoon
Freshly ground black pepper	¼ teaspoon
Organic honey	1 tablespoon
Lime juice	1 tablespoon
Sesame seeds	1 tablespoon

Chopped cilantro	3 tablespoons
Lime wedges	2 tablespoons
Sliced fresh chilli	as per taste

Sriracha:

Jalapeno peppers (seeded, stemmed and chopped)	1.5 pound
Peeled and minced garlic	3 cloves
Vinegar (white wine)	1/3 cup
Tomato paste	3 tablespoons
Organic honey	3 tablespoons
Fish sauce	2 tablespoons
Sea salt	1.5 teaspoons

Mayonnaise mixture:

Homemade Paleo mayonnaise (recipe given)	3 tablespoons
Greek yoghurt	3 tablespoons
Lemon juice	1 teaspoon
Freshly ground black pepper	as per taste

METHOD:

Sriracha:

Put all the ingredients into a blender and pulse until it becomes a smooth puree.

Pour the blended mixture into a saucepan.

Bring the mixture to boil at medium to high heat.

When it comes to boil, simmer the heat and cook for half an hour. Stir at frequent intervals.

Pour the sauce into a medium-sized jar and let it cool.

Refrigerate for storage.

Sriracha Mayonnaise Mixture

Take a bowl and mix Greek yoghurt, sriracha, mayonnaise, lime juice, pepper and stir well to combine.

Taste it and add more seasoning if needed.

Chicken:

Cut the chicken breasts into strips.

Mix cayenne pepper, five-spice, pepper and salt in a small bowl. Spread the mixture over a parchment paper sheet.

Coat the chicken with this spice mixture.

Fold over the parchment paper and slightly flatten the chicken using a rolling pin.

Mix honey, lime juice and olive oil in a small bowl.

Put the chicken into a large bag (ziplock) and pour the honey marinade mixture.

Marinate chicken for at least 30 minutes or 6 hours for maximum flavor.

After the marinating is done, heat a grill pan at medium high.

Cook the chicken for 4-5 minutes at each side.

Toss the chicken in some sesame seeds to coat well.

To serve, arrange the chicken on a serving platter with some lime wedges, and freshly sliced chilli. Sprinkle with cilantro.

Serve with some sriracha mayonnaise.

Zucchini Zoom Zoodles

Is it possible to eat pasta when you are on a Paleo diet? Sounds strange, right? It is possible! We will show you a recipe for zucchini noodles. They are also called zoodles. Wow! You can still have spaghetti with meatballs.

There are two easy methods for making zoodles. Firstly, you can use a julienne peeler to make noodles out of zucchini. Do not forget to remove the stem off the zucchini first.

Secondly, you can make zoodles with the same method listed above and then sauté them in a saucepan using olive oil.

We will use the second method for this recipe. These are healthier than traditional pasta, and tasty too. You can also use a spiralizer to make zucchini noodles, if you have one.



SERVES: 3-4

PREPARATION TIME: 30 min

INGREDIENTS:

Seasoning:

The fresh vegetables and herbs mentioned in the seasoning have to be dried and ground first. Then you can mix them in the spices.

Alternatively, you can also buy a readymade chef's shake from the supermarket, which contains all these ingredients. They are easily available.

To make a homemade seasoning, create a mixture of the following ingredients: onion, black pepper, celery seeds, red pepper, basil, marjoram, garlic, orange peel, carrots, tomato, parsley, lemon oil, bay leaf, lemon juice powder, thyme, oregano, savory, citric acid, cumin, rosemary, mustard, coriander.

Zoodles:

Olive oil	1 tablespoon
Zucchini	1 pound
Seasoning	1 teaspoon

METHOD:

Take a large sauté pan and heat olive oil on a medium flame.

Add seasoning and zoodles to the pan.

Stir the zoodles until they become tender (3-5 minutes).

Serve them with meatballs.

Paleo Mushroom Caps

This is a perfect dish for a birthday party. This recipe is so easy to make and likewise so easy to handle that you can keep it on the center table at your kid's birthday party. The guests and the kids can help themselves and pick a taco or two while they enjoy the party. You can keep it for the starters or as a substitute for salad. However you do it, you, your family and your guests are going to love it.

And if someone says that he did not like it, then he must be allergic to mushrooms. You do not have to bother about it. Wink! Let's get started.



SERVES:

PREPARATION TIME:

INGREDIENTS:

Portobello mushrooms	4
Chopped onions	¼ large
Ground beef	0.7-1 pound
Diced red chilli	1
Garlic	1 clove
Clarified butter	½ tablespoon
Taco seasoning (Paleo)	2 tablespoon

Salt as per taste

TOPPINGS:

Cilantro	½ cup
Finely chopped green onions	2 medium
Sliced cherry tomatoes	½ cup
Sliced kalamata olives	½ cup
Guacamole	½ cup

METHOD:

Preheat your oven to 205 degrees Celsius.

Take a large frying pan and pour in the clarified butter.

Add onions and cook over medium heat.

Take out the stems of mushrooms while the onion cooks and dice them finely.

When the onions become soft, add the mushroom stems to the pan.

Add chilli pepper and ground beef and let it brown.

Add salt and taco seasoning.

Position the mushroom tacos in a baking dish and bake them for 10 minute (top down). Flip over after they are cooked from one side and then bake the other side for 10 minutes.

Fill up the baked mushrooms with the cooked beef. Top them with olives, green onions, tomatoes and finally with cilantro.

Serve it to your little kids.

Paleo Gluten Free Desserts

Finally, we are at the favorite part of our mealtime- the desserts. This is my favorite part too.

You must be thinking what kind of desserts we can have in a Paleo diet, when we cannot include dairy products, breads, etc in our meals. But, I do have a solution for you. You will discover in the following chapter that the delicious desserts of the Paleo diet plan are actually made for freshening up your mood.

Being purely Paleo, we also do not recommend deviating from the wise path you have chosen.

But, what should we do with our cravings that occur every week? We know that sometimes you really feel like eating something sweet and you cannot help it. Therefore, here we are, with some delicious purely Paleo desserts.

You do not need to have any guilt factor while having these desserts. I will tell you why:

How desserts can be healthy?

Paleo does not eliminate carbohydrate from your meals. Your body needs a limited amount of carbohydrates to maintain the nutrition level. The desserts mentioned in the coming chapters are custom-made to give you a restricted but ample supply of carbohydrates. They actually fuel your mind and body.

You must have jumped at the thought of having a chocolate pie. Haven't you? It is not just psychological, but physical too. Desserts are proven to lift up your mood. The nutrients in desserts boost the supply of happy hormones in your body which make you joyful while you eat your dessert.

Good news! Paleo desserts can help you lose and maintain your weight as well. Yes, that's correct! Whenever you have a craving of your sweet tooth, do not suppress it. When you eat desserts while maintaining your rest of the diet, you 'can' control your weight rather than completely eliminating sweets from your diet.

Combine your desserts with lots of fruits and you can be healthy as well as happy while you indulge in the "crime". Americans are already known to have less fruits than required. So you can compensate your fruit diet by combining as many fruits as possible in your sweets.

Paleo desserts

Now you have a number of beautiful healthy Paleo dessert options. Allow your sweet tooth a day off and gobble down these delicacies guilt free. But, how do you decide what kind of ingredients to put in your Paleo desserts? Don't worry. We are here to help you. Just go through the soothing sweets mentioned in the coming chapters. Once you get the hang of it, you can experiment with your own dessert recipes. Let us continue.

Paleo Vanilla Coconut Ice-Cream

Being a Paleo follower, you might not get everything ready-to-eat in the supermarkets, but there are ingredients available in abundance. These raw materials can be utilized in various forms to make something as tasty as a non-Paleo food.

Here, we are giving you a recipe for a Paleo ice-cream, which you would have thought that you cannot eat anymore. Ice-creams just need a little effort from you to make it of the same quality that you see in the market.

You do not need to buy an expensive ice-cream machine. Here is a simple trick to make a professional ice-cream. Cool the custard in a bowl in the fridge before you freeze it in the freezer. Whisk the custard every half an hour for 2-3 hours when freezing it. Putting in just this much effort will give you the same results that you'd get from a machine.



SERVES: 2

PREPARATION TIME: 15-20 min

COOLING TIME: 2-3 hours

INGREDIENTS:

Full fat coconut milk 1 can

Egg yolks 4

Vanilla extract (real) 4 tablespoons

Flavoring options:

Berries of your choice (chopped and blended)	½ cup
Coconut flakes	½ cup
Mint (finely chopped)	¼ cup
Orange, lemon or lime zest	
Raw honey	3 tablespoons
Chocolate flakes or chips (dark chocolate)	¼ cup

METHOD:

Put some water in a large pot. Boil it and then reduce the heat to low.

Take a heat-proof bowl and place it over the pot so that a double boiler is formed.

Pour coconut milk in the bowl.

Put vanilla extract in the coconut milk.

Let the milk heat but do not let it boil. If you are using any other flavors, you can put them in this step only. If you want a chewy texture of dark chocolate, you can put the bits of it in later.

Put the eggs yolks in a bowl and whisk them.

Put a ladle of hot coconut milk into the egg mixture and whisk vigorously. Make sure that the eggs do not get cooked.

Gradually, add 2-3 ladles of hot milk into the egg mixture and keep whisking.

The egg mix has to be slowly poured into the double boiler in this step. Whisk the mixture again.

Keep whisking for a few minutes so that thick custard is formed.

Take care that the mixture does not get heated up too much and it does not come into contact with the water underneath.

Remove the custard from the heat once it is ready.

Once the custard is cool enough to handle, you can add more flavors if you want.

FREEZING:

Put the mixture in a bowl to cool in the refrigerator before freezing.

Put the mixture in a baking dish and place it in the freezer.

As mentioned above, you need to stir the custard every half an hour for 2-3 hours till it has frozen properly.

Serve with mint, berries, coconut flakes, coconut milk or any of your favorite flavors.

Filling Apple Fritters

Now you already know that you do not have to say goodbye to your favorite desserts because of your Paleo diet. You just have to experiment with a few things. Mix and match some ingredients here and there and yaayyy!! There you go with some mouth watering desserts.

In this recipe also, we have made a dessert out of apples. It is easy to make, delicious, as well as healthy. You can make it for any occasion. Think of incorporating them into your Christmas dinners. Think of some unique things that you can combine with these apple fritters. You never know, you might be the next chef writing a Paleo recipe book!



SERVES: 2

PREPARATION TIME: 15 min

INGREDIENTS:

Coconut flour $\frac{1}{4}$ cup

Arrowroot powder	¼ cup
Sea salt	¼ teaspoon
Whisked eggs	3 large
Maple syrup	¼ cup
Apple (cored, sliced and peeled)	1
Olive oil	3 cups (or less, for frying)

METHOD:

Take a medium sized bowl, and mix arrowroot powder, salt and coconut flour.

Mix maple syrup and eggs separately.

Combine the flour and eggs mixtures properly.

Cut ¼ inch apple rings. Dip into the batter.

Pour 2 inches of oil into a frying pan and heat.

Fry the battered apple rings for about 2 minutes on each side.

When the rings are fried well, take them out on a paper towel kept on a tray.

Serve with cinnamon sugar and ice-cream.

No-Bake Coconut Bars

Yes, it's true. You can make a dessert bar without baking. These coconut bars are absolutely addictive. Let's not forget to mention the fact that these can be prepared in just 10 minutes! And you do not have to be a robot to accomplish that!

Try these yummy coconut bars once and you would not be able to resist serving them to your guests again next time. Actually, they are best for those buddies who don't call before coming over, but just knock on the door at lunch time and say; "Hi!" You can prepare something for dessert in no time. While you have lunch, your dessert will be ready in your fridge.

SERVES: 2

PREPARATION TIME: 10 min

COOLING TIME: 2 hours

INGREDIENTS:

Unsweetened coconut (shredded) 1 cup

Agave nectar or maple syrup ¼ cup

Coconut oil (virgin) 1 tablespoon

Vanilla extract (pure) ½ teaspoon

Salt 1/8 teaspoon

Chocolate chips (optional) as much as you want

METHOD:

Put all the ingredients in a blender or food processor and pulse until they are combined well. You can keep a coarse texture.

Take out the mixture and press it in a small square container.

Chill in fridge.

When they have cooled properly, cut it into square pieces.

Serve with the chocolate chips topping.

See, we told you. It's ready in 10 minutes!

Paleo Bites of Brownie

Brownies are everyone's favorite. From kids to elders, everyone wants to grab the biggest portion of a brownie. And what more do you want when you have a healthy option for sweets? This brownie recipe is not just for Paleo lovers. Anybody can enjoy these sweet balls. Extremely easy and a real time-saver, these brownies with coconut coating are just so addictive.



MAKES: 12 balls (1 inch)

PREPARATION TIME: 20 min

INGREDIENTS:

Walnut halves/pieces 2/3 cup

Cocoa powder (unsweetened) 1/3 cup

Pitted Mejdool dates	15-20
Vanilla extract	1 tablespoon
Coconut milk	2 tablespoons
Sweetener (agave, honey, maple syrup)	(optional)
Unsweetened coconut (shredded)	2/3 cup

METHOD:

Put coconut in a food processor and pulse for about 30 seconds. Stop when you see that coconut has turned into crumbs.

Take the coconut crumbs out of the food processor and keep them covered.

Take a bowl of warm water and put pitted dates in it to soften for a minute or two.

Put cocoa powder (unsweetened) and walnuts in the food processor. Pulse to form coarse crumbs. Do not overdo the pulse otherwise you will end up making butter.

Drain the dates. Put them in the food processor along with walnut cocoa crumbs. Add vanilla extract.

Pulse the food processor to combine the ingredients.

If you find that the mixture does not combine well, it is because it needs a liquid to bind it. Coconut milk acts as a binder in such recipes.

Add half a tablespoon of coconut milk to the mixture and pulse. Keep adding half tablespoons of coconut milk until you find that the mixture has reached the correct consistency to make balls.

The right consistency is when the mixture sticks to the center of the food processor in the form of a big ball.

If you have added more milk than required and the mixture has become runny, you can add a tablespoon or more of cocoa powder. It will come back to a dough.

Take out the dough into a bowl and cover it with plastic wrap.

Refrigerate the mixture for minimum of 2 hours. It is easier to work with cold dough.

MAKING BALLS:

Take the dough out of the refrigerator. Taking one tablespoon at a time, make balls of the dough using your hands. You can moisten your hands using water to prevent the dough sticking to your hands.

Put the coconut crumbs in a shallow bowl. Roll the cocoa balls in the crumbs and press gently so that the crumbs stick to the balls.

Serve chilled.

Truffles with Chocolate, Coconut and Coffee

By now, you must have got an idea that you do not have to wait for the non-Paleo products to savor the taste of delicious desserts. Here's another Paleo dessert that you can quickly make and enjoy with your loved ones. Make it, share it and enjoy it.

You can experiment with this recipe with as many flavors as you want. Since the base is coconut butter, it goes well with any kind of flavor.

An interesting experiment is to add a piece of fruit to each compartment of the tray before you pour the mixture in. The fruit bite adds a boost to the chocolate bite. Strawberry, mango or any fruit you can think of can be added to the tray. When it pops out and melts in your mouth, you are going to reach another world of heavenliness.



MAKES: 12 balls (1 inch)

PREPARATION TIME: 20 min

INGREDIENTS:

Coconut butter	½ cup
Dark cocoa powder	3 tablespoon
Ground coffee	1 tablespoon
Coconut flakes (unsweetened)	1 tablespoon
Raw honey	½ teaspoon

Coconut oil (virgin)

1 tablespoon

METHOD:

If you find that the coconut butter in the can is not soft, melt it in the microwave so that you can achieve a consistency that can be stirred with a fork.

Put all the ingredients in a bowl and mix using a fork.

Pick your favorite ice cube tray. Pour $\frac{1}{4}$ teaspoon of virgin coconut oil in the cups.

Spread the oil evenly. Basically, you have to grease the tray so that the chocolate chunks can pop out easily later.

Pour a spoonful of mixture into the cups (1 spoon for each cup).

Pat the mixture with a fork to flatten it.

Keep the tray in the freezer for a few hours. 4-5 hours are sufficient.

When you want to serve them, take them out 15-20 minutes beforehand.

Add any topping of your choice if you want.

Serve in a beautiful plate with a scoop of ice-cream.

Conclusion

How are you feeling now? After you have read some of the amazingly healthy and delicious recipes you can make while on the Paleo diet plan, you must be feeling positive about changing your diet. When I was writing this book, I just felt like rushing to the supermarket, grabbing the basic ingredients of Paleo recipes and making some of them. Being an expert at many of the Paleo recipes, I still feel new to this concept. There is so much to learn in this relatively new concept of lifestyle that you never get tired of cooking one thing or the other.

Paleo cooking does not require much expertise. Our old ancestors from the Stone Age weren't good cooks you see! Lol! If they could cook without any hi-tech cooking tools and instruments, why can't you? Forget the stigma attached to being an amateur to cooking. There is no such thing as a new cook. You can start cooking from anywhere you want. I would suggest beginning your Paleo journey with cooking desserts. Yes, start from the end of the book. It is the easiest part of this book. And when you think that you are at ease in the kitchen, you can try your hands at some of the other recipes too.

Now, for the expert cooks, I would say that you must have tried a lot of regular recipes. So it's a good time to bring a positive change in your eating habits and bring the wonderful Paleo cuisines to your platter. Since you already know how to cook, I would not suggest to you where to start from. Since you have read the book, you can pick up any recipe you want and just start cooking.

This is just a small book of Paleo cooking. There are a lot more recipes that I wanted to incorporate. But, I could not. I had to control myself. Anyway, you can still explore the world of Paleo. Keep experimenting with the recipes. You can add or subtract any ingredient you want. There are no hard and fast rules in cooking. While you are working in kitchen, you can accidentally discover many things that are never written in the books. Include them in your methods and share with others. That is the best way to learn while you teach. Happy cooking!