

Paleo Diet: Paleo Diet For Beginners Book

John Maxwell

Smashwords Edition

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Chapter 1 – Paleo Diet For Beginners

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Paleo diet is awesome diet, it has got tons of benefits ranging from healthy cells, healthy heart, improved immune system and even helps in weight loss.

I guess these are enough to follow Paleo diet.

So lets check these awesome recipes.

Amazing Baked Eggs with Asparagus and Leeks Combo

Ingredients

- Three- Four Tbsps fresh chives, minced
- One-two leek, sliced
- Sea salt and black pepper to taste
- Four eggs
- 4-5 pieces bacon
- One clove garlic, minced
- 1 bunch asparagus

How to prepare

1. Assemble entire ingredients at one place.
2. Preheat oven to 402 F.
3. Fry the bacon in an oven-friendly skillet over medium-high heat for approximately 4 to 6 minutes per side, until tender.
4. Now comes the most important step.
5. Add the garlic and leek and cooking for separate 2 or maybe 4 minutes. You can optionally pour off few of the fat.
6. Add the asparagus and start cooking for another 6 minutes or till soft and tender.
7. One thing remains to be done now.
8. You should add the eggs and seasoning and put the skillet in the oven for three or six minutes.
9. Garnish with fresh chives and now serve.
10. Enjoy!!

Servings: Four-six

Preparation Time: 6 minutes

Cooking Time: 18 minutes

King sized Fruity Nutty Chocolate Balls

Just wonder about a superb, excellent and delicious recipe that is just a treat for your tongue and tummy. Your wait is over. This is one of the rarest recipes.

Ingredients

- Two-three Tbsps dried apricot shredded
- 1 pinch of cinnamon
- Whole hazelnuts or macadamia nut butter
- 1/8 cup mixed shredded nuts
- Two-three tablespoons virgin coconut oil
- Vanilla essence
- One-two tbsp cocoa powder
- 1/4 cup desiccated coconut

How to prepare

1. Assemble all items at one place.
2. Please melt coconut oil by placing it in a mixing bowl & then heat the bowl above hot water pot. You may also use a double boiler.
3. To the melted coconut oil, you should add all other ingredients and blend till it forms a doughy consistency. You can add more or maybe less of the dry and wet items if you think the dough is too stiff or may be too sticky.
4. One thing remains to be done now.
5. Roll the balls in desiccated coconut to finish. You can also put a whole macadamia nut inside some of the balls.
6. You can make these balls with your variations, depending upon which dried fruits and nuts you love. Few significant additions will be honey, peppermint, stevia, chocolate chips, or banana.
7. Smell the aroma and then serve.

Preparation time: 12 minutes

Cooking time: 12 minutes

Servings: One-two

Extraordinary Paleo Pizza

What you need

- One to one and a half teaspoon thyme
- 3-4 tablespoon tomato paste
- 1 egg
- 302 g cauliflower
- 1/2-one teaspoon oregano
- 103 g grated mozzarella
- One-two teaspoon garlic flakes

Directions

1. Assemble all items.
2. Cut the cauliflower into medium sized chunks and then steam it using a steamer. When it is cooked, mash it and drain the excess water.
3. Squeeze any leftover water out with the help of a clean tea towel.
4. Make sure that all the excess water is squeezed out. Otherwise your pizza might be mushy.
5. To this, you should add one egg, cheese, and whole spices. It will start to look like dough.
6. Now comes the most important step.
7. Prepare a baking tray by spreading parchment paper on it. Make sure that you do not use anything that the pizza might stick to.
8. Spread the dough on the tray. You might notice little holes in the dough, but they will be gone once the cheese starts to melt. Now spread the dough as thin and as uniform as possible.
9. Press a paper towel to the surface again to make sure that all extra moisture is absorbed.
10. One thing remains to be done now.
11. The oven temperature for this recipe is 233 degrees Celsius. Baking time is twenty-two minutes.
12. When the surface looks crispy and golden, take the pan out and toss the pizza, then bake for another five minutes.
13. This can be eaten right away, or maybe you can top it with tomatoes, cheese or any other toppings and pop back in the oven for a while.
14. It can also be used as bread and can be eaten with dips or sauces.

15. Enjoy!!

Preparation time: 32 minutes

Cooking time: Twenty-two minutes

Servings: 2-3

Fantasy Paleo Bread w/o Nuts

What you need:

- One-two tsp Baking Soda
- ½ cup Coconut Milk
- One-two tsp Sea Salt
- Two-three Tbsps finely Ground Golden Flaxseed
- One-two teaspoon Lemon Juice
- ¾ cup Almond Flour
- 4-5 tbsps Almond Butter, melted
- Six Eggs

Instructions:

1. Assemble all items.
2. Preheat your oven to 382°F.
3. Line a loaf pan with little parchment paper.
4. Mix the following ingredients in a large bowl: almond flour, golden flaxseed, baking soda, sea salt.
5. Add the six egg yolks to this mixture and place the leftover egg whites in a medium bowl.
6. Now comes the most important step.
7. Add the lemon juice, coconut milk and almond butter to the flour mixture. Blend them well.
8. Please whip the egg whites with a hand mixer or something.
8. Fold the egg whites into the batter.
9. Place the mixture in the loaf pan, make sure to smooth out the top.
9. Please place it in the oven and then bake for around 42 minutes. Then put foil over the bread for the 35th minute of baking.
10. One thing remains to be done now.
11. Let the bread cool down for around twelve minutes.
12. Enjoy your Paleo Bread w/o Nuts!
13. Servings: Four-five

14. Overall time to prepare: 63 minutes

Superb Primal McMuffins

Sizzle your taste buds and get the taste of this simple yet tantalizing recipe. This is most subtle and definitive recipe, I've ever known.

What you need:

- 1/4-1/2 teaspoon Nutmeg
- 12 to 13 Medium Eggs
- 12-13 tablespoons guacamole
- Salt & Pepper
- 502 gram of ground Beef
- 2-3 teaspoons Fennel Seeds
- 6 to 7 strips of Cooked Bacon
- Half to one tsp Allspice

Directions:

1. Assemble all the items at one place.
2. Blend the salt, pepper, nutmeg, fennel seeds, allspice and beef in a bowl.
3. Form the meat into six round patties.
4. Oil your skillet and heat it.
5. Now comes the most important step
6. Place a 9 cm biscuit cutter in the skillet.
7. Stir 1 egg and then pour it into the biscuit cutter.
8. Scrape up the bottom and let the raw egg hit the hot skillet.
9. When $\frac{3}{4}$ of your egg is done the cooking, flip the egg.
10. Now repeat this for the remaining eggs.
11. Use the same skillet and cooking all the burgers for around five minutes every side.
12. Make a sandwich by layering the egg, then the burger and bacon and sprinkle it off with distinct egg.
13. Place one tbsp guacamole on the burger.
14. Now repeat this until you are out of eggs, burgers, bacon, and guacamole.

15. Enjoy your Primal McMuffins!

16. Smell the aroma and serve.

17. Serves: 6-7

18. Total time to prepare: 22 minutes

Simple Sweet Potato Quiche

Ingredients:

- 2-3 tbsps fresh Chives
- Six medium Eggs, beaten
- 1/4 to 3/4 cup Coconut Milk
- 4 slices of Bacon, cooked
- One-two tbsp Grass-fed Butter
- Three-four Large Sweet Potatoes sliced into thin rounds
- 1 Garlic clove, minced
- 2 cups of fresh Spinach
- Two-three teaspoons Olive Oil
- 1-2 Onion, sliced
- Salt & Pepper

Instructions:

1. Assemble all items at one place.
2. Preheat your oven to 402 °F.
3. Place the sweet potato pieces in a pie dish so that it can form the crust of the quiche.
4. Pour the olive oil over the sweet potatoes and season it with salt and pepper.
5. Place it in the oven and bake it for 22 minutes.
6. Now comes the most important step.
7. Melt the grass-fed butter in a skillet over medium heat.
8. Add the garlic and onion
9. When the garlic and onion are soft, add the spinach and sauté for around 3 minutes.
10. Lower the oven to 352 °F when the sweet potatoes are done.
11. Blend the beaten eggs, coconut milk, spinach mixture, chives and bacon in a bowl.
12. Pour it over the sweet potato crust and place it in the oven.
13. One thing remains to be done now.

14. Bake for another 33 minutes.
15. Enjoy your Awesome Potato Quiche!
16. Smell the aroma and serve.
17. Serves: 6-8
18. Overall time to prepare: 73 minutes

Speedy Yeast Bread

Most subtle and definitive recipe, I've ever known. Now why are you waiting? The excellent recipe is just below!!

Ingredients:

- 2/3 cup Tapioca Flour
- Salt
- 8 cups of Regular Water
- three-four cups Coconut Meal
- ¼ cup Almond Oil
- two-three tsp of Dry Yeast
- 3-4 cup Coconut Flour
- 2-3 Tbsps Honey
- 2/3 cup Almond Flour
- 3 Eggs
- 2-three Tbsps Apple Cider Vinegar
- ¼ cup Olive Oil

Directions:

1. Assemble all the ingredients at one place.
2. Put water and yeast in the pan and warm it. Leave it for around 12 to 13 minutes.
3. Now you should add the salt, honey, eggs and apple cider vinegar to the pan. Stir very well.
4. Combine the olive oil, coconut flour, tapioca flour, almond flour, coconut meal to the previous ingredients. Stir very well.
5. Now comes the most important step
6. Please put the mixture into loaf pan & then spread the top evenly.
7. Let everything rise for around six0 minutes or so.
8. Now, in the meantime, please heat up your oven to 352 °F.
9. Now comes the baking part.

10. Bake for 53 minutes.

11. Enjoy your Super Yeast Bread!

12. Smell the aroma and now serve.

This is the king recipe out there. There are no words to express this recipe.

Servings: four-five

Total time to prepare: 126 minutes

Speedy Paleo Tomato Egg Cups

It is really tasty paleo recipe.

What you need:

- Salt & Pepper
- 4-five Large Tomatoes
- four Large Eggs
- two-three teaspoon Parsley

Instructions:

1. Assemble all ingredients at one place.
2. Preheat your oven to 403 °F.
3. Line your baking sheet with aluminum foil.
4. Cut the top of the large tomatoes.
5. Now we can proceed to the subsequent most important step.
6. Withdraw the tomato innards with a spoon.
7. Crack an egg in every tomato.
8. Bake at 403 °F for around 22 minutes.
9. Let it cool down 4 minutes.
10. One thing remains to be done now.
11. Place parsley, salt and pepper on each Tomato Egg Cup.
12. Enjoy your delicious Paleo Tomato Egg Cups!
13. Enjoy!!

Serves: 2-four

Total time to now prepare: 32 minutes

King sized Cherry Pie Bars

It is one of the best recipes.

What to Use

- Cherries (One and a half cups dried)
- Almonds (One and a half cups raw)
- Dates (9-13 no pits)

What to Do

1. Assemble entire ingredients at one place.
2. Now, a food processor is required for making this recipe properly.
3. Process all ingredients you need with the help of a food processor.
4. Blend water into the results until it starts to bind naturally.
5. Now comes the next most important step.
6. Smooth the results within a baking dish which have been lined with parchment paper.
7. Let cool in the refrigerator.
8. Smell the aroma and now you can serve.

This is the king recipe out there. You wanna know what so special about this recipe? Why should I tell? Check it out for yourself. Now, this is one of the best or perfect things you could possibly ask for. I used to go to my neighbor's house to eat this one.

Extraordinary Chicken Cacciatore

Sizzle your taste buds and get the taste of this simple yet tantalizing recipe. Now why are you waiting? The excellent recipe is just below!! Learn it by heart.

Ingredients

- One-two cup tomatoes, peeled
- 1/2-1 teaspoon dried thyme
- ½ cup green bell peppers, shredded
- four-five tablespoon olive oil
- One and a half cloves garlic, shredded
- 1-2 cup onion, shredded
- one cup mushrooms, sliced
- 1 lb chicken meat, cooked and cubed

Preparation

1. Assemble all the ingredients at one place.
2. Heaten up oil over medium flame in a skillet.
3. One thing remains to be done now.
4. Combine onions, bell peppers and garlic and stir until the onions become translucent.
5. Add tomatoes, mushrooms, chicken and dried thyme and sauté till the chicken is entirely done.
6. Enjoy!!

This is the ace recipe. The awesome smell used to fill my room as soon as used to uncover the plate.

Mystical Cornbread Muffins

Just wonder about a superb, excellent and delicious recipe that it just a treat for your tongue and tummy. The wait is over. sizzle your taste buds and get the taste of this simple yet tantalizing recipe. Now why are you waiting? The excellent recipe is just below!! Learn it by heart.

Ingredients

- 1- 2 tablespoon honey
- one-two tsp apple cider vinegar
- four eggs
- ½-one cup coconut oil
- half teaspoon baking soda
- One and a half cup coconut flour
- 2-3 tablespoon apple butter

Preparation

1. Assemble all the ingredients at one place.
2. The oven should be preheated to three5two°F.
3. In a bowl blend oil and flour.
4. One thing remains to be done now.
5. Now you should add eggs and whisk. Now you should add entire the other ingredients and blend.
6. Pour into a greased muffin tray and bake for 22 minutes.
7. Enjoy!!

Mystical Egg Muffins

Just wonder about a superb, excellent and delicious recipe that it just a treat for your tongue and tummy. The wait is over. I bet that you'll love it.

Ingredients

- Half to one cup tomatoes, chopped
- Coconut oil
- half-one cup fresh basil, sliced
- 8-9 eggs
- Salt and pepper to sprinkle

Preparation

1. Assemble all the ingredients at one place.
2. The oven should be preheated to 352°F.
3. In a bowl whisk the eggs along with salt and pepper.
4. Now we can proceed to the subsequent most important step.
5. Now you should add the sliced basil and tomatoes and mix.
6. Now comes the heating part.
7. Grease a muffin tin with coconut oil.
8. Now pour in the mixture. Bake for 20-twosix minutes.
9. Serve hot.

Smell the aroma and now serve.

Secret: I used to go to my granny's house to eat this one.

King sized Fruit and Chicken Salad

Just wonder about a superb, awesome and delicious recipe that it just a treat for your tongue and tummy. The wait is over.. Perfect start of the day now why are you waiting? The supreme recipe is just below!! Learn it by heart.

Ingredients

- 1/4 to 1/2 cup cranberries (Should be dried)
- 1/2-1 teaspoon lemon juice
- Half- one apple, peeled and diced
- Half pound chicken breast
- Salt and pepper to taste
- Half - One cup Paleo mayonnaise
- 1/2-1 cup green grapes, now cut in half
- 1/2 avocado peeled and cut

Preparation

1. Assemble all the ingredients at one place.
2. Cook the chicken as per taste and then shred it.
3. Take a bowl and mix the lemon juice and Paleo mayonnaise together.
4. Add salt and pepper.
5. Now comes the next most important step.
6. Take a different bowl and blend entirely.
7. Mix the contents of bowls, toss, and serve.
8. Enjoy!!

This is the awesome recipe out there. There are no words to express this recipe. This is one of the best things you could ask for. I used to go to my aunt's house to eat this one.

Duke Homemade Paleo Mayonnaise

Just wonder about a superb, awesome and delicious recipe that it just a treat for your tongue and tummy. Go for it!! Trust me.

What you need

- 1-2 teaspoon white vinegar
- ¼ tsp salt
- ¾-1 cup avocado oil
- 1-two large egg yolk
- 1½ tsp lemon juice
- One-two tablespoon Paleo mustard

Preparation

1. Assemble all the ingredients at one place.
2. Now in a bowl, please combine all the ingredients except oil. Whisk well.
3. One thing remains to be done now.
4. Slowly drizzle the oil into this mixture and continue mixing.
5. Your homemade mayonnaise is ready to be used.
6. Smell the aroma and serve.

This is the king recipe out there. There are no words to express this recipe's awesome smell used to fill my room as soon as used to uncover the plate.

Legendary La Piperade

Just wonder about a superb, excellent and delicious recipe that it just a treat for your tongue and tummy. Enter the legend!!

What you need

- Two -three cloves garlic, chopped
- Six green bell peppers, finely chopped
- Six -seven eggs, beaten
- One –two and a half cup bacon diced
- three-4 tbsp olive oil
- Six tomatoes, peeled
- Two-3 onions, shredded
- Salt and pepper to taste

Preparation

1. Assemble entire the ingredients at one place.
2. Heatenup oil in a skillet over medium heat.
3. Now one by one now you should add the bell peppers, onions and bacon to the skillet and cook till done.
4. Now we can proceed to the next most important step.
5. Now you should add tomatoes and crush them slightly.
6. Now you should add the garlic, salt, and pepper.
7. One thing remains to be done now.
8. When everything is cooked now, you should add the eggs.
9. Scramble the eggs and serve.

Smell the aroma and now you can serve.

This is the king recipe out there.

Supreme Meatballs

Just wonder about a superb, excellent and delicious recipe that it just a treat for your tongue and tummy. You're lucky. Wanna know why? I just showed you one of my classic recipes.

Ingredients

- One tsp dried oregano
- ½ lb pork, ground
- 3- 4 cups Italian sauce
- ¼ cup almond flour
- ¼ pound beef, ground
- Two eggs, stir
- ½ pound veal, ground
- Two-3 tsp dried basil and parsley
- One-two teaspoon each salt and pepper
- Two garlic cloves, minced

Preparation

1. Assemble entire the ingredients at one place.
2. The oven should be preheated to 350°F.
3. Take a bowl and mix ingredients except the sauce.
4. Knead the mixture and make small meatballs.
5. One thing remains to be done now.

Now please place these on a baking sheet & then bake for around twenty-two minutes.

Add the baked balls to the sauce in a pot and let it cook for an 55 minutes.

Smell the aroma and now you can serve.

Historic Oven Roasted Vegetables

It is one of the rarest recipes. Now why are you waiting? Perfect start of the day

Ingredients

- Two green onions
- 1-two fresh zucchini
- Pepper according to you taste
- One-two red bell pepper
- 1 to one and a half fresh summer squash
- 1 yellow bell pepper
- Two cups asparagus
- 3-4 tablespoon coconut oil
- Pinch of salt

Preparation

1. Assemble all the ingredients at one place.
2. Preheat the oven to 402°F.
3. Rinse entire the veggies, pat them dry and now cut into 1-inch thick pieces.
4. One thing remains to be done now.
5. Blend the veggies in a bowl and toss with coconut oil. Season with salt and pepper.
6. Arrange the vegetables on a roasting pan. Roast them for five-six minutes or till cooked.
7. Enjoy!!

Enjoy this fabulous recipe and eat it in one go. I used to go to my neighbor's house to eat this one.

King sized Paleo Egg Salad

Just wonder about a superb, excellent and delicious recipe that it just a treat for your tongue and tummy. The wait is over. It is one of the rarest recipes. Salads are just superb and refreshing as well.

What you need

- Freshly ground black pepper (as per taste)
- Four-6 hardboiled eggs sliced thickly
- 1-two garlic clove, minced
- One-2 avocado, pitted and mashed
- Salt according to your taste
- Paleo mustard according to your wish

Preparation

1. Assemble all the ingredients at one place.
2. Add the mashed avocado with the mustard, garlic, salt and pepper.
3. One thing remains to be done now.
4. Add in the sliced eggs and blend well.
5. Your easy and tasty egg salad is ready to go.
6. Enjoy!!

This is one of the best and perfect things you could ask for.

Supreme Pepper Chicken stir-fry

Sizzle your taste buds and get the taste of this simple yet really tantalizing recipe.

Ingredients

- ½-one tsp chili powder
- Salt and pepper to taste
- 2-3 tablespoon coconut oil for frying2-three tbsp coconut oil for frying
- four cooked chicken breasts
- 4-5 cut bell peppers
- Two-3 tbsp coconut aminos

Preparation

1. Assemble all the ingredients you need at one place.
2. Heat oil in a pan over medium heat.
3. Put in the bell pepper and cook.
4. Now you should add the cooked chicken, chili powder and coconut aminos; cook.
5. Now comes the next most important step.
6. Now you should add salt and pepper according to taste.
7. Whisk and fry for a few minutes before serving.
8. Enjoy!!

I used to go to my neighbor's house to eat this one.

Historic Chicken and Broccoli Salad

Now why are you waiting? Most subtle and definitive recipe, I've ever known. Learn it by heart.

Ingredients:

- 1-2 tsp dried basil
- one small head broccoli, cut into florets
- 1/2 to one teaspoon salt
- 2 cooked chicken breasts, diced
- 2 garlic cloves, crushed
- 1 cup cherry tomatoes, halved
- 2-3 tbsp extra virgin olive oil
- four-5 tbsp balsamic vinegar

Directions:

1. Assemble all the ingredients at one place.
2. Now heat about 2 tbsps of olive oil or so in a non-stick frying pan and lightly sauté broccoli for five-seven minutes or so till tender.
3. Add in garlic and basil and cook for one minute. put broccoli in a large salad bowl. stir in the
4. Now comes the next most important step.
5. Chicken and tomatoes. Season with salt and sprinkle with vinegar and leftover olive oil. toss to blend and serve.
6. Enjoy!!

This is the king recipe out there. I bet that you'll love it.

Servings: 4-five

Prep time: twelve min

Supreme Chicken, Lettuce and Avocado Salad

Most subtle and definitive recipe, I've ever known. i bet that you'll love it.

Ingredients:

- Three-4 tbsp lemon juice
- 1 avocado, peeled and diced
- Salt and black pepper, to taste
- 3-four green onions, finely shredded
- five radishes, sliced
- 2 grilled chicken breasts, diced
- 7-8 grape tomatoes, halved
- 5 green lettuce leaves, cut in stripes
- 3-four and a half tablespoon extra virgin olive oil
- 1-2 teaspoon dried mint

Directions:

1. Assemble all the ingredients at 1 put.
2. In a deep salad bowl, chicken, onions mix avocados, lettuce, radishes and grape tomatoes. Season with mint, salt and pepper to taste. Top with lemon juice and olive oil. Toss lightly and serve.
3. Enjoy!!

Enjoy this amazing recipe and eat it in one go.

Servings: 4-6

Preparation time: four to four minute thirty seconds.

Duke Caveman French Toast

I used to stand in kitchen, while my cook used to prepare this recipe. I once saw him making this recipe and I knew how he prepared it. Yeah, I made a few tweaks and made it better.

The wait is over. Now why are you waiting? The supreme recipe is just below!! Learn it by heart.

Ingredients

- Pinch of nutmeg
- one-2 tablespoon water
- Pure maple syrup for drizzling
- 4-five large eggs
- one-2 teaspoon cinnamon
- 1-2 tsp vanilla extract
- one-2 tbsp coconut oil

Instruction

1. Assemble all the ingredients at 1 place.
2. Now, in a small or medium bowl, please beat the eggs & water together until frothy. Combine vanilla, cinnamon, and nutmeg.
3. Heat up a non-stick omelet pan on medium-high heat. When hot, combine coconut oil and swirl pan to coat.
4. One thing remains to be done now.
5. Now you should add half the egg mixture to the pan and let it cooking through before flipping. Cook until browned on both sides.
6. Smell the aroma and now serve.

This is 1 of the best things you could ask for.

Serves 2-four

Duke Chicken with Sweet Potato Hash Browns

What you need:

- One-two teaspoon every, dried thyme and oregano
- Two-3 tablespoons olive oil
- Freshly ground black pepper, to taste
- Two to three and a half sweet potatoes, peeled and diced into small pieces
- 4-5 chicken thighs, cooked, meat pulled off bones and sliced or shredded
- 1/2 small onion, diced

Directions

1. Assemble all the ingredients at one place.
2. Either in a microwave or steamer steam sweet potatoes until tender and easily pierced with a fork.
3. Divide in half and mash 1 half with a fork or may be potato masher.
4. Now we can proceed to the adjacent most important step.
5. In a large skillet, heatenup oil over medium-high heatenup. now you should add onion and cook till tender. add chicken and spices, except pepper, and combine.
6. Add both sweet potato mixtures to the pan and combine the mixture thoroughly. Season with freshly ground black pepper.
7. One thing remains to be done now.
8. Continue cooking until browned on the bottom, then flip to cooking the other side till cooked.
9. Break up into small pieces and now you can serve.

Enjoy!!

I bet that you'll love it.

Servings 4-6

Historic Paleo Huevos Rancheros

Sizzle your tast buds and get the taste of this simple yet really tantalizing recipe. Now why are you waiting? The excellent recipe is just below!!

What you need

- Two large eggs
- Two-three cloves garlic, minced
- 1/2- 1 medium avocado, sliced
- One/2 small onion diced
- 1-two and a half tbsp olive or coconut oil
- One-two jalapeño pepper, minced
- One red bell pepper, shredded
- Freshly ground black pepper, to taste
- One/two cup prepared salsa

Instructions

1. Assemble all the ingredients at one place.
2. Heaten up oil in a medium skillet over medium heat.
3. Add the garlic, bell pepper, jalapeno pepper, onion, and saute till soft.
4. Now we can proceed to the following most important step.
5. Add the eggs and cook till the whites are cooked through.
6. Season with freshly ground black pepper.
7. One thing remains to be done now.
8. To serve, top the eggs and veggies with salsa and avocado.
9. Now you can serve instantly.
10. Enjoy!!

Secret: I used to go to my granny's house to eat this one.

Servings 1 - 2

Super Paleo Muffins

Just wonder about a superb, awesome and delicious recipe that it just a treat for your tongue and tummy. The wait is over!! Not hard on your pocket so cheers!!

Ingredients

- 1/2 red bell pepper, diced
- One/two medium onion, shredded
- Freshly ground black pepper, to taste
- One-two teaspoon olive or may be coconut oil
- 1/two-1 green bell pepper diced
- One-2 cup broccoli, finely shredded
- Eight-nine large eggs

How to prepare

1. Assemble entire the ingredients at one place.
2. Preheat oven to 40two degrees F.
3. Grease a muffin tin with oil.
4. Now we can proceed to the subsequent most important step.
5. Mix veggies in a large bowl and divide equally among muffin tins.
6. Crush eggs in a large bowl.
7. Season with freshly ground black pepper.
8. Now pour mixture over veggies in the muffin pan.
9. One thing remains to be done now.
10. Bake for 22 minutes or maybe until tops are browned.
11. Loosen with a knife around the edges and cool before serving.
12. Smell the aroma and now serve.

This is the king recipe out there. There are no words to express this recipe.

Makes 13 to 14 items.

Speedy Paleo Waffles

This one is one of my favorites. Go for it!! Trust me.

What you need

- 1/4-1 teaspoon nutmeg
- 4 large eggs
- Pure maple syrup
- 1/4 cup coconut flour
- 1 to two and a half tbsp cinnamon
- 1 to two and a half tbsp coconut milk
- 1/4-1 teaspoon baking soda

Instruction

1. Assemble entire ingredients at one place.
2. Preheat a waffle iron.
3. Blend entire items in a blender or by hand in a bowl. Now pour batter in the center of the waffle iron, covering the all surface area.
4. One thing remains to be done now.
5. Cooking till waffles release from the iron. Serve instantly with maple syrup.
6. Smell the aroma and serve.

It is awesome as well as super delicious.

Servings 2 to 4

Historic Paleo Western Omelet

This one is one of my favorites. What is better than an awesome omelet.

What you need

- 1/2-1 cup spinach, finely shredded
- 1-two tablespoon olive oil
- Freshly ground black pepper, to taste
- one/four-1 cup shredded bell pepper
- 3-4 large eggs
- 1/4 cup onion, sliced
- 2 ounces unprocessed thick-sliced ham

The method of preparation

1. Assemble all the ingredients at one place.
2. Crush the eggs until frothy.
3. Combine oil to a non-stick omelet pan and heat above medium heated up. Add eggs. As they start to set, combine the ham and veggies, spreading evenly throughout.
4. One thing remains to be done now.
5. Fold over and finish cooking. Season with freshly ground black pepper. When eggs are thoroughly cooked, slide onto a plate and now you can serve.
6. Enjoy!!

Most subtle and definitive recipe, i've ever known.

Servings one-two

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