

Paleo Diet Recipes

Amazingly Delicious Paleo Diet Recipes for Weight Loss

Sara Banks

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Stop...Before you start reading the book...

How To Melt Away Stubborn Belly Fat For Good

Sara Banks is a health and fitness expert that has helped thousands of people lose weight and stubborn body fat. Here are a few tips that she has learned along the way on losing belly fat quickly.

1. MSG filled foods. There are lots of food items that are filled with MSG which is harmful to the body and adds more fat. [Avoid](#) MSG as much as possible.

2. Eat slower. When you eat fast the you consume more food then you really need to. When you eat slower your stomach will have time to be able to signal to your brain that it has enough food in it.

3. No eating prior to bed. Don't eat anything within [3 hours](#) of going to bed. Your body will have a slower metabolic rate which leads to your body converting much of the food to stored fats.

4. Include a source of protein at every meal. Eat chicken, fish, or lean meat at every meal to give your body muscle building nutrients. Eating protein will also [slow down](#) your appetite which is helpful.

I have brand new report that will show you 101 quick ways to burn stubborn belly fat. These are just a sample. You can have the entire report [for free here](#).

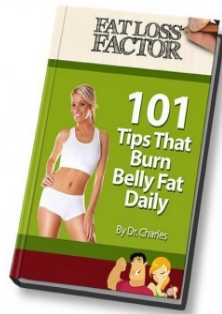


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Introduction

I want to thank you and congratulate you for purchasing *“Paleo Diet Recipes-Amazingly Delicious Paleo Diet Recipes for Weight Loss.”*

The Paleo Diet provides many amazing health benefits for your body including more energy, reduced risk of disease and of course weight loss and fat loss. Whatever your motivation is for better health you can be assured that following the Paleo Diet is a great way to address many of your health concerns.

In this recipe book I will discuss what you need to know about the Paleo Diet and uncover certain myths you may already believe about the diet. I will also give you tons of my personal favorite Paleo Diet recipes that you will just absolutely love.

So whether you are new to the Paleo Diet lifestyle or you have been experiencing the amazing health benefits for years now I am certain you will find my recipes to be easy to make and delicious.

Let's get started!

Sara Banks

The world is the fattest it's ever been. Curiously, the boom in the diet industry has done nothing to halt the modern world's expanding waistline; in fact, the popularity of low-fat, high-carb diets seems uncontested despite the fact that it more or less corresponds to one of the unhealthiest periods in human history.

The Paleo style of eating tries to find the best way for the human species to eat, from first principles: what were we *designed* for? By turning to our natural history, the idea is to find out what kind of diet our bodies have evolved over millennia to eat.

Many people have consequently found increased energy, vibrant health and spectacular weight loss by adopting these ideas. The human body has evolved at a slower pace than our agricultural and food technology has. The result is that our world is filled with "unnatural" foods.

By choosing only the kinds of foods that would have been comfortably and reasonably available to our ancestors, we work with our bodies and manage overweight, disease and stress.

The Paleo Diet – Myths and Realities

A lot of criticism leveled at the Paleo style of eating comes more or less from a misunderstanding of what it's actually all about. You may have seen people argue that since there are no mammoths roaming around anymore and since the chicken what you and I eat has nothing in common with the wild birds of the past, trying to “eat like a caveman” is silly.

This is exactly right. Those on the Paleo diet are not trying to recreate history (and ancient history is notoriously hard to pin down accurately anyway). Rather, it takes a historical look at what your body has evolved to do over the eons and then makes choices that are in accordance with that.

So, if we can see that almost every ancient group of people on the earth has evolved to eat some combination of animal protein and plants, we can assume that we are quite well adapted to eat that. On the other hand, if no creature on earth, humans included, ate something like synthetic colorants, high fructose corn syrup or ultra-refined white flour made from incredibly genetically modified wheat until very recently, then maybe our bodies have not had time to adapt to them.

Agriculture, it's argued, is a recent phenomenon in humankind's long history. For the most part, humans have been hunter-gatherers, and only recently have we settled, farmed grains and seeds and made that the basis of our diet.

Though many people do just fine on white rice and bread, the fact that gluten is one of the most highly irritating substances to the human gut suggests that we are not quite yet evolved to this new addition to our diets.

Here are some other myths about the Paleo style of eating – and the truth:

The Paleo diet is about eliminating carbs

Going along with the “caveman” image, many people mistakenly think that Paleo eating is all about tearing into endless plates of meat and nothing else. This is not true. On a Paleo eating plan, carbs are usually kept below 100 or 150 grams per day, which is actually ample. The *kind* of carbs is more important, and Paleo eaters get their carbohydrates from starchy vegetables, nuts and seeds instead of the empty calories from bread, rice or pasta. Paleo dieters will occasionally fast and put their bodies into

ketosis, but this is not automatically a very low carb plan and has very little in common with the infamous Atkins diet.

The Paleo diet is not practical

Many people reel in horror at the thought that you could stay alive without grains. The truth is grains, especially wheat, are nutrient poor and usually only serve to disrupt blood sugar and insulin levels, promote fat storage and increase over time allergies, obesity and even the initial stages of type II diabetes.

Grains contain phytates and other plant proteins that damage the intestinal lining and lead to leaky gut syndrome and a host of other complaints, not to mention overweight. A diet rich in empty carbohydrates is nutrient deficient, fattening and even addictive, if white sugar plays a big role.

You can eat as much fat as you like on the Paleo diet

Partly true. Again, it's not so much the quantity but the *quality* of the fat in question. While eating fat has been shown again and again not to make you fat, it's also important to choose the right kinds. Butter, good quality animal fats, avocado, coconut and olive oil as well as the fat found in eggs and good quality dairy are excellent for the health in every way.

Avoid refined, deodorized and hydrogenated oils such as sunflower, cottonseed or canola oil. These are incredibly toxic to the body and high in inflammation causing Omega 6 fatty acids.

Dairy is forbidden on the Paleo diet

Always a point of debate, whether to eat dairy or not comes down to a matter of personal choice. Some of us possess the enzymes to properly digest milk, other do not. The only way to test for your own sensitivity is to experiment and listen to your body. If lactose is a problem, eat cultured dairy like yogurt, kefir and cheese. If milk forms a good part of your diet, be sure that you're getting hormone free, grass fed milk from a quality source and don't binge on milk as it's also quite high in carbohydrates. If fat loss is your main goal, eliminate dairy until your goal weight is reached.

Essential Ingredients in the Paleo Kitchen

Transitioning to a Paleo lifestyle means that gradually you'll become familiar with previously unknown ingredients. Stock your pantry with some of the foods from below and you'll always have something quick and easy to whip up:

Frozen broth (for adding to meals in a pinch – see recipe below)

Plenty of dried herbs and spices (oregano, black pepper, turmeric and cinnamon are always needed and full of antioxidants)

Cans of coconut milk and cream (for soups and smoothies)

Coconut oil, olive oil, avocado oil (for cooking and dressings)

Fresh lemons

Fresh garlic and ginger

Fresh herbs such as coriander and parsley (grow some on your kitchen window sill)

Avocados

A jar of tahini (a great peanut butter substitute and salad dressing ingredient)

Dijon mustard (for any kind of meat)

Honey

Crushed tomatoes or tomato puree (avoid those brands in cans)

Eggs

Greek yogurt (for sauces)

A bar of 80% cacao dark chocolate (for when your cravings hit!)

Plenty of good quality butter

Paleo Salad Recipes

Salad is the ultimate Paleo food. You can make any salad you can think of using the ingredients you have on hand, but if you want something special, the following recipes really shine for a complete and nutritious midday meal.

Avocado and Fennel Salad

Ingredients:

1 avocado

1 very thinly sliced fennel bulb or 3 baby fennel bulbs

1/2 English cucumber, cut into wedges

1 tablespoon apple cider vinegar

Sprinkle of paprika

Salt and pepper

1 tablespoon olive oil

1 teaspoon sesame seeds

Instructions

Make sure the fennel bulb is sliced as thinly as possible – use a mandolin if possible. Only very tender pieces will work in this salad, so if you can get baby fennel bulbs all the better.

Combine fennel with chopped avocado and make a dressing with the oil, vinegar, salt, pepper and paprika. The salad can be left to “marinate” a while before serving.

Sprinkle sesame seeds over the top.

Spinach and Strawberry Salad

Ingredients

1 bunch young or baby spinach leaves

1 punnet of strawberries / 2 cups – very thinly sliced

2 cooked chicken breasts

1/2 cup very crispy and crumbled bacon

1 teaspoon honey

1 tablespoon olive oil

1 tablespoon lemon juice

Instructions

Combine all the ingredients. Serve immediately to avoid the salad getting soggy. Looks beautiful with fresh pansy flowers to garnish – ideal for a summer barbecue.

Papaya and Red Onion Salad

This salad is truly more than the sum of its parts. Choose only the best, freshest ingredients possible.

Ingredients

1 medium sized orange flesh papaya, seeds removed

3/4 thinly sliced red onion

1/2 cup crumbled feta cheese

Black pepper and salt

1 tablespoon freshly squeezed lime juice

1 tablespoon olive oil

Instructions

Chop the papaya into bite sized cubes, then add the very, very thinly sliced red onion. Crumble the feta over. Make a dressing with the lime juice and olive oil and add salt and pepper to taste. This salad can be left for a few moments to let the flavors blend before serving. Also beautiful served with a few sprigs of fresh mint.

Basil, Blueberry and Roast Beef Salad

Blueberries pair surprisingly well with red meat, and the addition of basil leaves here gives everything a lovely freshness and balance.

Ingredients

1 cup fresh blueberries

1 rare cooked sirloin steak, thinly cut

2 handfuls of whole basil leaves, approx. 15 to 30 leaves

3 cups finely chopped lettuce

1 finely diced apple

Salt and pepper

1/4 cup Greek Yogurt

1 tablespoon olive oil

1 tablespoon lemon juice

1/4 teaspoon grated lemon zest

1/4 cup chopped pecan nuts

Instructions

Cook and thinly slice the beef, then let it cool. Combine lettuce, basil and blueberries in a bowl and toss with the rest of the ingredients. Try to keep the ingredients chopped to roughly the same size for a uniform salad. Combine the dressing ingredients (olive oil, yogurt and lemon juice) and drizzle over the salad. Fan the sliced beef over the salad and serve immediately.

Paleo Honey Mustard Cobb Salad

Ingredients

3 hard boiled eggs, cut into quarters

3 cups of chopped lettuce leaves, mixed

1 cup cooked and diced chicken breast

1/2 cup crispy crumbled bacon bits

1/2 cup crumbled blue cheese

1 diced tomato

1/2 diced onion

1/2 diced cucumber

For the dressing:

2 teaspoons wholegrain Dijon mustard

2 teaspoons honey

1 minced garlic clove

Salt and pepper

1 tablespoon finely chopped parsley

Instructions

In a large, shallow bowl, first lay down the mixed lettuce leaves to make a base. Then, layer the other salad ingredients in stripes on top of the lettuce. To finish, combine the dressing ingredients together, whisk and drizzle over the salad in an opposite direction to the stripes, to make a pretty lattice pattern. You can optionally add a mix of chopped nuts over this for a little bit of crunch.

No Mayo Coleslaw

Ingredients

1 cup thinly sliced red cabbage

1 cup thinly slice white cabbage

1/2 diced onion

1/2 cup raw corn kernels

For the dressing

1/2 cup pure tahini

1/4 cup olive oil

1/4 cup lemon juice

1/2 cup finely minced fresh coriander

2 tablespoons minced fresh mint leaves

Sprinkle of cayenne pepper

Salt to taste

Instructions

Combine cabbage, corn and onion. Whisk together dressing ingredients and mix thoroughly into the salad. Goes particularly well with a handful of cooked pork strips to make a heartier meal.

Chicken, Pesto and Almond Salad

Ingredients

3 cooked and sliced chicken breasts

1/2 cup cooked bacon bits

1 chopped tomato

1/2 chopped cucumber

2 tablespoons freshly made basil pesto

Salt and pepper

3 cups of mixed lettuce leaves

1 tablespoon of roasted pine nuts

3 tablespoons of slivered almonds

1 teaspoon honey

1 tablespoon lemon juice

1 tablespoon olive oil

1 tablespoon diced onion

1 tablespoon diced parsley

Instructions

Make the salad by combining the chicken, bacon, lettuce leaves, tomato and cucumber. Make a dressing from the honey, olive oil, lemon juice, onion and parsley. Whisk together and combine with the salad. Lay the salad on a large serving platter and then spoon fresh basil pesto over, then sprinkle with slivered almonds. Serve immediately.

Asian Carrot Salad

Ingredients:

3 or 4 grated carrots

Spicy Asian dressing

1 tablespoon soy sauce

1 tablespoon minced coriander

1 tablespoon minced onion

1 tablespoon minced ginger

1 tablespoon Tabasco sauce

1 tablespoon sesame seeds

1 tablespoon rice vinegar

Salt and pepper optional

Instructions

Whisk together the salad dressing ingredients and then drizzle over the grated carrots. Simple but very, very delicious.

Grape and Tarragon Salad

Ingredients

1/2 cup fresh tarragon leaves

1 cup halved seedless grapes, red or green

2 cups mixed lettuce leaves

1/2 cup crumbled bacon

1/2 cup crumbled feta cheese

1/2 cup diced pecan nuts

For the dressing

1/2 teaspoon minced fresh ginger/ginger paste

Sprinkle of turmeric

2 tablespoons olive oil

2 tablespoons lemon juice

Instructions

Combine the lettuce, tarragon, grapes, feta, bacon and pecan nuts. Whisk together the dressing ingredients (the ginger should be incredibly finely cut or else made into a paste first) and drizzle over the salad. Serve immediately.

Paleo Main Dishes

Steak with Red Wine Sauce

Steak really is the quintessential Paleo meal, and for good reason. This dish is elegant, easy to make and very nutritious.

Ingredients

500g/1 pound sirloin, fillet or rump steak (fillet works well for this recipe)

Plenty of grass fed butter

1/2 cup good quality red wine

2 cloves of crushed garlic

1 teaspoon fresh chopped parsley

Salt and freshly ground black pepper

Instructions

Prepare the meat by seasoning on both sides. Melt the butter in a heavy skillet. Steak cooked slowly and gently will be more tender, but when put directly into a hot pan and seared, you create a “Maillard reaction” that browns the meat and makes everything delicious.

Sear the steak in the butter on all sides, but don't overdo it. The steak will continue to cook a little while after you cook it, so aim for slightly less cooked than you ultimately would like. Don't poke the steak too much with a fork or knife as this wastes the juices and can make things dry.

After you're satisfied with the meat, or after around 3 or 4 minutes, quickly remove and fold the steak away in foil while you do the next step. This is to prevent the meat becoming cold or tough, and to allow it to cook further.

In the same pan, you will now have browned butter and the juices from the steak. If you don't have much, add a spoon of extra butter and melt it. Throw in the garlic and cook till fragrant, but not browning.

Add the wine and then rapidly boil off the alcohol on high heat, stirring. After a few minutes you should end up with a sticky reduction that can be poured over the sliced steak – if not, keep heating and stirring until the sauce thickens.

Roast Chicken

Roast chicken is one of the easiest and economical dishes you can prepare – and the leftovers can be used to make a healthy and delicious broth.

Ingredients

1 free range chicken, giblets removed

2 tablespoons butter

4 or 5 cloves of fresh garlic

Dried herbs – thyme is particularly good

1/2 fresh lemon

Salt and pepper

Olive oil

Instructions

There are endless ways to prepare a roast chicken, but sometimes the simplest way is the best. Remember not to wash your chicken before roasting and be sure to pat the skin dry as you can – this makes it crispy.

Preheat the oven to 180 degrees Celsius.

Place the chicken in a roasting tray. With a sharp knife, make 6 to 8 small cuts in the skin around the breast meat. Into these cuts, press small knobs of butter, whole garlic cloves and dried herbs. Try to distribute them evenly – as the butter melts, it will moisten the chicken and fill the meat with flavor.

Next, place the half lemon into the cavity along with some herbs and spices.

Finally, rub the entire chicken with olive oil to baste and season liberally with salt and pepper.

Place the chicken breast side down in the pan and roast for 1 hour, or until the juices run clear when poked (slightly pink juice means the chicken is not done).

Once cooked, flip the chicken over and grill under a hot grill for around 10 minutes, to crisp the skin.

For a full meal, parboil some sweet potatoes and carrots and douse them with the same herbs and olive oil as the chicken. Nestle them around the bird and turn a few times during the roasting period.

Allow the chicken to rest for 10 minutes before carving, and then serve with the vegetables and a glass of white wine.

Chicken Broth

In the Paleo diet, it's important to eat varied meats to get a full profile of vitamins, minerals, collagen and fatty acids. Broth of any kind is always good to have in the kitchen any time you need to make a soup or stew, and can be made cheaply with the leftovers of any roast.

Ingredients

1 chicken carcass, most of the meat removed

1 halved carrot

1 halved celery rib

3 bay leaves

Black peppercorns (don't add any salt)

1 onion

1 tablespoon apple cider vinegar

10 juniper berries, allspice berries or any other spice you have on hand

Instructions

Find a large enough pot to completely submerge the chicken carcass in water.

Add water, all the vegetables, vinegar (to help extract the mineral content from the bones) and spices. Bring to the boil and then simmer gently for at least 2 hours, but no more than 4.

If necessary, add more water to the pot if too much evaporates.

When it's done and the broth is golden, strain out the vegetables and spices and discard the bones. They should be very fragile and basically falling apart.

The broth can now be used either directly in a soup of any kind (it will need to be salted first), frozen into ice cube trays for a quick dash of flavor or taken directly as a light, clear broth on winter days. Don't worry if your broth is not clear. Also don't be alarmed if your broth develops a gelatinous film on the top – this shows that you have successfully removed the nutrition and have a good quality stock.

Salmon Salad

Ingredients

A bunch of rocket leaves

1 tablespoon capers

Smoked salmon ribbons

1 tablespoon lemon juice

1/3 cup cream cheese

Salt and pepper

1 tablespoon fresh chopped parsley

3 or 4 chopped green onions

3 hard boiled eggs

1 cucumber cut into chunky wedges

Instructions

Combine the lemon juice, cream cheese, salt and pepper and whisk thoroughly to create a dressing.

Prepare the rocket leaves as a base and then layer on the salmon ribbons, cucumber, onions, parsley and hard boiled eggs.

Dress with the cream cheese dressing and sprinkle with the capers.

A variation can be made with tuna: mix the dressing in with the shredded tuna and serve over the rest of the salad.

Spinach and Pepper Soup

A great way to get a huge dose of vegetables into your day.

Ingredients

500g/1 pound pork fillet or bacon

3 or 4 red, yellow and orange bell peppers, sliced

A big bunch of fresh spinach or chard, shredded

3 cloves minced garlic

1 cup tomato puree

1 teaspoon Italian spices/oregano/thyme

1 finely diced onion

Olive oil

Handful of fresh basil leaves

Salt and pepper to taste

3 or 4 cups of stock or water

Instructions

In a large pot, sauté the onion and garlic on medium heat until soft.

Add diced pork or bacon and cook until browned.

Add the sliced peppers and stir quickly to sear and soften. Immediately add the shredded spinach and stir to mix. Close the lid of the pot tightly and allow the spinach to wilt down by about two thirds.

Add the seasoning, tomato puree and water/stock as well as salt and pepper to taste. Bring to the boil and then reduce heat and simmer for 20 minutes or so, until the peppers are very tender.

Serve hot with a few whole fresh basil leaves stirred into the soup.

Thai Coconut Soup

Filled to the brim with healthy fats and proteins and easy to whip up on a cold winter night. Also great for when you're trying to get over a cold.

Ingredients

4 sliced chicken breasts

1 can of coconut milk

1 onion cut in wedges

1 1/2 cups of chicken or vegetable stock

1 tablespoon minced ginger

1 cup of sprouted mug beans

1 cup of thinly sliced shiitake mushrooms

1 shaved carrot

1 tablespoon of turmeric

1 teaspoon fish sauce

1 teaspoon soy sauce

1 tablespoon lime juice

Fresh chopped coriander to serve

Olive oil or sesame seed oil

Optional fresh green chili

Instructions

In some oil, lightly sear some onion wedges. Add the chicken and brown on medium heat, adding more oil if necessary.

Add the carrots, sprouts and mushrooms and stir quickly, adding the fish sauce and soy sauce. Stir fry for a minute or two.

Add the coconut milk, stock, lime juice and spices and reduce the heat to simmer.

Simmer for 15 to 20 minutes, stirring occasionally.

Serve immediately with a sprinkle of fresh coriander over the top. For a non-Paleo option, can be spooned over basmati rice or rice noodles.

Buttery Brussels Sprouts with Bacon

Ingredients

3 or 4 cups of Brussels sprouts

2 tablespoons of grass fed butter

A drizzle of olive oil

1 tablespoon fresh chopped parsley

A small handful of pine nuts

1 tablespoon of lemon juice

1 packet of streaky bacon (approx. 10 slices)

3 cloves of garlic

Salt and pepper to taste

Instructions

Separately cook the bacon until very crisp, then cut into bits.

In a heavy bottomed skillet, melt the butter with the 3 minced cloves of garlic.

Prepare the sprouts by removing the tough bottoms and slicing in half. Once the butter is melted, add a drizzle of olive oil to prevent burning. Now, lay the sprouts cut, flat side down in the pan.

Cover the skillet with a lid completely. Turn the heat down to medium and let the sprouts steam in the butter and garlic for 5 to 10 minutes (keep checking on them).

Take the sprouts off the heat when the bottom of the sprouts are caramelized and brown – add more butter if they are burning.

Before serving, throw in the bacon and stir with the lemon juice, pine nuts, parsley and season well with salt and pepper. Mix well – some of the sprout leaves will come loose – this is great. Serve immediately as a main dish or as a side for roasted turkey or pork.

An alternative is to save the bacon fat after cooking and combine this with the butter to make everything extra delicious. Add more lemon juice if everything is too rich.

Lamb Kofta / Kebabs with Mint Yogurt Sauce

Ingredients

500g/1 pound minced/ground lamb

1 teaspoon salt

1/2 minced/grated onion

4 cloves of finely minced garlic

1 tablespoon ground coriander

1/2 teaspoon cinnamon

1 teaspoon ground cumin

3 tablespoons chopped fresh parsley

1/2 teaspoon ground allspice

1/4 teaspoon ground black pepper

1/4 teaspoon ground ginger

1/4 teaspoon cayenne pepper

About 6 – 8 wooden skewers

To make the mint sauce

2 cloves minced garlic

1/2 cup thick Greek yogurt

Small handful of finely minced fresh mint leaves

Salt and pepper to taste

2 teaspoons lemon juice

1/2 grated cucumber

Instructions

Combine all the ingredients in a bowl and mix by hand. Be careful not to overwork the mixture or this will make it tough.

Prepare the skewers by soaking in water for 30 minutes or so – this will prevent burning.

Take a small handful of the lamb mixture and form it around the skewers to make a sort of sausage. Finish the mixture.

The koftas can now be baked in a preheated oven at 180 degrees Celsius or else grilled on a barbecue.

Combine all the ingredients for the yogurt and mint sauce and serve with koftas.

Butternut Soup

Ingredients

1/2 finely diced onion

2 tablespoons butter

3 cups of pre-cooked butternut flesh – roasted or steamed

1 1/2 cups of vegetable or chicken stock

Black pepper

1/2 teaspoon cayenne pepper

Bay leaf

Cinnamon stick

1/2 tub grass fed cream cheese

Instructions

Sauté onions in butter till soft and translucent. Add cooked squash, stock and spices to the pan.

Bring to the boil and then simmer for 20 minutes until the squash is very tender.

Remove the bay leaf and cinnamon stick.

Puree the mix in a blender with the cream cheese. You can add a little water if the soup is too thick.

Great served alone with a swirl of cream or with crumbled bacon bits and fresh parsley on top.

Classic Beef Stew

Ingredients

500g/1 pound stewing beef

Olive oil

2 cups of beef stock or 1 cup stock and 1 cup red wine

1 tablespoon Worcestershire sauce

3 cloves of garlic

3 bay leaves

1 sliced onion

1 teaspoon sugar

1 teaspoon ground black pepper

1 teaspoon paprika

1 teaspoon cayenne pepper

1/2 teaspoon ground allspice

3 diced carrots

3 diced ribs of celery

1/3 cup of tomato puree

1/2 stick of cinnamon or 1/2 teaspoon ground cinnamon

5 or 6 juniper berries (optional)

Instructions

Brown the beef in the oil to seal and brown.

Add the vegetables and the garlic and stir for a few minutes to soften.

Add all the remaining ingredients.

Bring to a boil, then reduce heat to simmer for about 2 hours or so, till the meat and vegetables are tender. Serve with fresh parsley. If potatoes are not a problem for you, a few potatoes can be added together with the carrots and celery.

Cauliflower Pizza

Unlike the name suggests, this is not a pizza with cauliflower on it, but rather a pizza where the flour base is replaced with cheese and cauliflower – after you make this, you may find you prefer it to regular pizza!

Ingredients

1 head of cauliflower (300g approx.)

1 1/2 cups grated mozzarella (about 100g)

1 egg

Dried Italian herbs – oregano, thyme etc.

Garlic flakes

A few tablespoons of tomato paste

Pizza toppings of your choice

Instructions

Break the cauliflower into florets and then steam until tender when poked with a fork.

Now, the most important step is to make sure that as much water as possible is removed from the cauliflower. Drain it and place in clean tea towel and squeeze very hard until no more water comes out. You may have to wait for it to cool a little. Too much moisture in the cauliflower will result in a mushy pizza, so take your time. Don't be alarmed if the whole head reduces to a handful or two.

Combine this (it will start to resemble dough) with egg, cheese and spices.

Mix well. Prepare a large flat baking tray with parchment paper (do NOT use foil or anything else as the pizza will stick and be ruined).

Lay out the pizza dough in as thin a layer as you can. Don't worry about little holes as you lay it out – these will disappear as the cheese melts. Just make sure the mix is spread thinly and uniformly.

Blot the top surface with paper towel to absorb any excess moisture.

Cook at 230 degrees Celsius for 20 minutes – watch that it goes crispy and brown. Take out the oven, quickly turn over – the underside will be pale – and cook a further 5 minutes.

The pizza can be eaten just like this or you can now go ahead and add tomato puree, more cheese and any toppings of your choice. Pop back in the oven to melt and warm everything.

Cauliflower pizza also makes a great bread substitute when cooled, cut into strips and served with a platter of baba ganoush, various dips, cheese, pate or pesto.

Chicken Makhni

Ingredients

1 tablespoon ghee or peanut oil

1 finely diced onion, or half an onion and 1 shallot

2 tablespoons butter

2 teaspoons lemon juice

2 tablespoons minced ginger

2 tablespoons minced garlic

1 tablespoon garam masala

1 teaspoon dried chilli flakes

1 tablespoon ground cumin/seeds

1 bay leaf

1/2 stick cinnamon bark

1/4 cayenne pepper

1 tablespoon ground coriander/seeds

¼ cup plain Greek yogurt

1 cup full cream

1 cup tomato puree

Salt and pepper to taste

4 sliced chicken breasts

Chopped fresh coriander to serve

Instructions

Heat the oil in a skillet and sauté the onions and shallot till translucent.

In the meantime, make a curry paste in a mortar and pestle: grind the ginger, garlic, lemon juice and spices together to form a paste. Exclude the cinnamon and bay leaf.

Once the onions have been sautéed, add the spice mixture as well as bay leaf and cinnamon and stir to combine, about a minute.

Add the chicken and brown thoroughly.

Add the tomato and cook for a further minute or two.

Finally, add the cream and yogurt. Stir well, then reduce the heat.

Cook on medium low heat for 10 to 15 minutes, adding liquid if needed.

Serve hot and with chopped fresh coriander to garnish.

I hope you are enjoying the book so far. If you haven't yet received your free copy of "101 Tips That Burn Belly Fat Daily" please take a second to have it sent to your inbox. [CLICK HERE](#)

Paleo Snack Recipes

“Fat Bombs”

So called because they’re full of very healthy fats and incredibly satisfying when you’re craving something sweet.

Ingredients

About 2 tablespoons virgin coconut oil

Pinch of cinnamon

1 tablespoon cocoa powder

2 tablespoons mixed chopped nuts – almonds, hazelnuts etc.

A few drops of vanilla essence (real, not synthetic)

2 tablespoons finely chopped dried fruit for example dates and peaches

2 tablespoons desiccated coconut, plus extra for rolling

Optional macadamia nut butter or whole hazelnuts

Instructions

Melt the coconut oil in a double boiler (try to avoid using the microwave) and then mix in the rest of the ingredients. Combine to make a stiff sort of “dough” – since ingredients differ, add moisture or dry ingredients as you see fit to make something you can hold without your hands getting too sticky.

Now, roll some of the mixture (about a teaspoon or two) in some dried coconut to finish. For a variation, roll the dough around a whole hazelnut and then into the coconut.

The great thing about this recipe is that you can more or less do what you like with it. Change up what fruits you include. If you don’t have fruits, simply add a teaspoon or two of honey or some stevia. You could also add chips of dark chocolate or cacao nibs. Particularly nice with a few drops of peppermint oil to make a mint chocolate variety. Mashed banana can also be added for extra sweetness.

Liver and Bacon Bites

It's a shame that people don't eat more organ meat – it's very nutritious. Even people who usually don't enjoy liver will love these snacks.

Ingredients

300g of liver

1 packet of streaky bacon

Optional dipping sauce

1 tablespoon honey

1 tablespoon mustard

1 tablespoon cream

1 teaspoon paprika

1 teaspoon fresh chopped chives

Instructions

Preheat the oven to 200 degrees Celsius.

Cut the liver into bite sized chunks. Now, wrap each piece of liver in a strip of bacon. If needed, you can also hold everything together with a toothpick, or else thread a few bites onto a longer skewer.

Place on parchment paper on a baking tray and cook on high heat until the bacon crisps, around 15 minutes. If you can, use the grill for the last few minutes.

Combine the dipping sauce ingredients to make a delicious honey mustard dressing for the liver bites. These are great for a snack, can be added to a salad for a full meal or eaten as starters, hot or cold.

Kale Chips

Ingredients

A big bunch of kale or spinach leaves

Coarse sea salt

Instructions

Preheat the oven to 400 degrees F.

Line a sheet tray with parchment.

Wash, dry and cut the kale into bite sized chunks and then lay well spaced out onto the baking sheet. Cook for only a few minutes, watching closely to make sure the chips don't burn. The goal should be to get the kale chips completely dry and crispy. When they're done, sprinkle liberally in salt and eat. A great popcorn substitute.

Prosciutto and Asparagus

Ingredients

A few spears of fresh asparagus

Prosciutto ham

Instructions

Simply wrap the ham around the asparagus spears (steam for a few minutes first or eat directly). Can also be dipped into a homemade béarnaise or mayonnaise sauce.

Pumpkin Seed Balls

Ingredients

1/2 cup pumpkin seeds

1 tablespoon coconut sugar

1 tablespoon honey

1 teaspoon vanilla extract

Optional spices: cinnamon, ground cardamom

Instructions

Preheat the oven to 200 C.

Combine everything except the seeds together and add water to make a thin paste. Add pumpkin seeds and stir well so that they are all well coated. You can adjust the mixture if it's too dry or wet.

Line a baking tray with parchment paper, then put teaspoon-sized dollops of the mixture on the paper. Bake for around 15 or 20 minutes.

Cool the balls on a rack for a moment. Take the moment to reshape them a little if they've spread in the oven. Do this quickly because they will become quite brittle when dry. Eat when cooled.

Stevia Jellies

Ingredients

1.5 teaspoons of liquid stevia

8 tablespoons of gelatin (grass fed)

2 teaspoons vanilla extract

1/2 teaspoon of orange extract/flavor

1 can of full fat coconut milk

1 1/2 cups of water

A few drops of natural orange food coloring

Molds – in the shape of tiny orange slices is best!

Instructions

Put coconut milk and water in a pan and bring to a simmer. Gradually add the gelatin, whisking well to incorporate.

Next, slowly add the other ingredients, still whisking. Make sure there are no lumps in the mixture.

Remove from heat and pour the mixture into molds. Put in the fridge to solidify overnight then remove from the molds and serve. A great sugar free treat for children or a quick snack.

If you don't have any fancy shaped molds, an alternative is to pour the mix into an 8x8 inch baking pan lined with baking paper and then let it set. Once set, cut into little blocks.

A possible variation is "Paleo Turkish Delight" which is made the same way but with pink food coloring and rose water instead of orange extract.

Paleo Quiche

Ingredients

Drizzle of olive oil

2 finely chopped onions

3 small diced zucchini

5 chopped spinach or chard leaves

Salt and pepper to taste

3 beaten eggs

1 cup milk or cream

1 teaspoon paprika

1/4 cup grated cheese – mozzarella or cheddar

2 tablespoons chopped fresh parsley

Lemon juice

Instructions

Preheat oven to 180 degrees Celsius.

In a pan, fry the onions and zucchini in the oil until soft. Then add the shredded spinach until just wilted. Season with salt, pepper and a little lemon juice.

Add to the beaten eggs the milk, paprika and parsley.

Spoon the vegetables into an ovenproof baking dish and then pour the egg mixture over it, to fill in the gaps. Sprinkle the top with grated cheese and bake for 30 to 45 minutes, until set. Serve alone or with a salad.

Paleo Desserts

Simple Strawberries and Cream

Ingredients

A mixture of fresh berries

1 cup of fresh, full fat cream

1/8 teaspoon stevia or 1 teaspoon brown sugar

1/2 teaspoon vanilla essence

Instructions

Slice strawberries and mix with the other berries. Whip the cream with the sugar/stevia and the vanilla essence until stiff peaks form. Pile onto the berries. An option is to then sprinkle the top of the berries with some cocoa powder.

Paleo Chocolate Cheesecake

Ingredients

For the crust

2 cups of mixed chopped nuts

1 cup dried dates

For the filling

2 1/2 cups raw cashews (prepare by soaking in water overnight)

1/2 cup honey

1/4 cup virgin coconut oil

1/2 cup coconut milk

1/4 cup cocoa powder

1/2 cup orange juice

For the topping

1 can of chilled coconut cream

Instructions

To make the base, finely chop the nuts either by hand or in a food processor until they are very fine. Next take, the soaked dates and squeeze them thoroughly to get the moisture out. Combine with the nuts and mix well to make a dough.

Press this mixture into the bottom of a medium sized spring form cake pan. It helps to wet your hands first so that they don't stick to the mixture.

To make the filling, drain the cashews. Put the filling ingredients plus the cashews in a blender and blend till smooth. Pour the mix into the cake base. Cover with cling film and put in the freezer.

Defrost for 15 minutes before slicing and serving. With an electric mixer, beat the coconut cream (the upper most residue is the thickest and creamiest). Pile a few dollops on the top of the set cake and decorate with cocoa powder, fresh fruit or shavings of dark chocolate.

Banana Ice Cream

Ingredients

A few bananas (yes, that's all)

Instructions

You won't believe how delicious this recipe turns out and how simple it is to make. Take at least one banana per person and freeze for a few hours, overnight if possible. Peel the banana and mash vigorously with a fork. The more you squash the banana, the lighter and fluffier it becomes. You could even use a food processor to really whip it up. Then, simply serve in a pretty bowl.

Of course, this recipe can be endlessly tweaked for different variations. Here are a few:

- Add a few drops of peppermint oil or a few minced leaves of fresh peppermint, then mix in some chocolate chips for a mint-chocolate flavor
- Top with some crushed pineapple and shaved coconut for a tropical variation
- As you mash, add some cocoa powder and bit of honey to make chocolate ice cream
- Top with whipped cream and fresh berries

- Add a sprinkle of cinnamon or ginger for a spicy twist
- Alternatively, use banana ice cream to top Paleo style cakes, pancakes or smoothies

Avocado Chocolate Mousse

Another amazing and incredibly simple recipe for when you have a sweet tooth. Avocado has such a mild taste that it can be endlessly manipulated by stronger flavors – like chocolate. You get a good dose of healthy fats while feeling like you’re splurging.

Ingredients

2 avocados

1 tablespoon honey or sprinkle of stevia powder

2.5 tablespoons of cocoa powder

Instructions

Peel the avocados and chop into pieces. Put in a bowl and add the sweetener and cocoa powder, then mash together so that they are well combined.

Next, pass the mix through a very fine strainer to make sure that the lumps are out. This takes some time but ensures that the mousse is smooth. As you do this, the ingredients will combine further and become fluffier.

Once strained, stir some more, and serve. Most people can’t even tell that this is not “real” chocolate mousse!

To make it more fancy, place the mousse in a piping bag and create pretty swirls in a dessert bowl, then top with mint leaves, some dark chocolate curls and gluten free wafer. You can also add a spoon of vanilla essence for a deeper flavor.

Avocado Smoothie

The first time you taste an avocado smoothie can be a bit of a paradigm shift. Avocado is served as a sweet fruit in many countries, and when you taste this smoothie, you’ll understand why.

Ingredients

1 avocado

1 cup whole milk

1 teaspoon vanilla essence

1/2 cup Greek yogurt

1 teaspoon of lime juice

1 tablespoon of honey

Instructions

Combine all the ingredients in a blender and process until smooth and thick. Of course, you can add your own touch to the ingredients. A raw egg yolk can be added for extra protein before or after a workout, or you could add chopped nuts or other fruit to play around with the flavor. A fun variant is to use coconut milk and add a bit of fresh coconut to this mix.

Different kinds of avocados differ in their fat and water content, so you may find you need to adjust your ingredients to accommodate your kind of avocados. Taste and add more milk, water or honey to your preference.

Orange and Almond Cake

Ingredients

3 oranges

6 eggs, separated

2 cups of coconut sugar (or regular sugar if you're not too concerned about the carb count)

1 1/4 cups of ground almonds/almond flour

1 tablespoon baking powder

Instructions

Boil the three oranges in a big pot of water to completely cover them. Boil until soft, around 1 1/2 hours. Add more water if necessary.

Drain the oranges, discard the liquid and cool slightly. Cut them in half and remove the pips, then blend everything in a food processor until smooth (including the peel).

Let this orange puree cool completely.

Preheat the oven to 180 degrees Celsius.

Beat together the egg yolks and sugar until pale and creamy. Add to this the almonds, orange puree and baking powder.

Next, whisk the eggs whites to soft peaks and then fold very gently into the orange and almond mixture.

Pour this into a baking tray lined with parchment paper and butter.

Cook for around 1 hour, or until a toothpick comes out clean. If the surface of the cake browns too quickly, cover with foil.

Remove from heat and cool in the baking tray. Slice and serve with strong coffee.

Paleo Drinks and Beverages

Coconut Oil Cappuccino

Ingredients

1 pot freshly brewed black coffee

2 tablespoons virgin coconut oil

1/2 cup coconut milk or cream

1 teaspoon vanilla essence

Instructions

Blend all the ingredients in a food processor until thick and smooth. A gorgeous and very tasty alternative to dairy-laden coffee drinks and full of healthy fats. Add some cinnamon for an extra twist.

Easy Lemonade

Ingredients

1 teaspoon stevia powder

1 large jug mineral water

3 or 4 lemons

A few mint leaves

Instructions

In a jug, combine the ingredients and stir well. A great drink for hot summer days – top up the glass with crushed mint leave and plenty of ice.

Conclusion

Thank you again for your interest in my favorite Paleo Diet Recipes. I like many others have become a huge fan of the Paleo Diet. It has helped me transform my body and health into ways I could not even imagine. I know you will just love the renewed energy it will give your body in addition to some great weight loss results.

So dive in and start working with the Paleo Diet Recipes I have provided you. You are only a short time away from some really great tasting and amazingly healthy dishes that I know you will just love.

Thank you!

Sara Banks

PS...Follow me on Facebook and Twitter to receive some truly motivational and inspiring content on health and fitness that will give you an extra boost. Also check out the [free bonus](#) on the next page.

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ABOUT THE AUTHOR

I am an author, coach, and health and fitness enthusiast that loves to teach people about losing weight and feeling better about themselves. For many years I have been studying different diet techniques and approaches to transform the human body. One of my biggest passions is helping others achieve the body that they have always wanted. I receive great satisfaction from the success of other men and woman. I look forward to helping teach you how to be healthy and live a better life.

Check me out on social media!

To receive the latest news and tips on dieting, weight loss, and fitness please follow me on Twitter and Facebook. I hope to inspire you with amazing posts and content to get you motivated to be your best and get in shape!



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