

Paleo Diet for Weight Loss

The Ultimate Paleo Diet Cookbook for Rapid Weight Loss, Healthy Living and Instant Energy

Andrew Ross



Smashwords Edition

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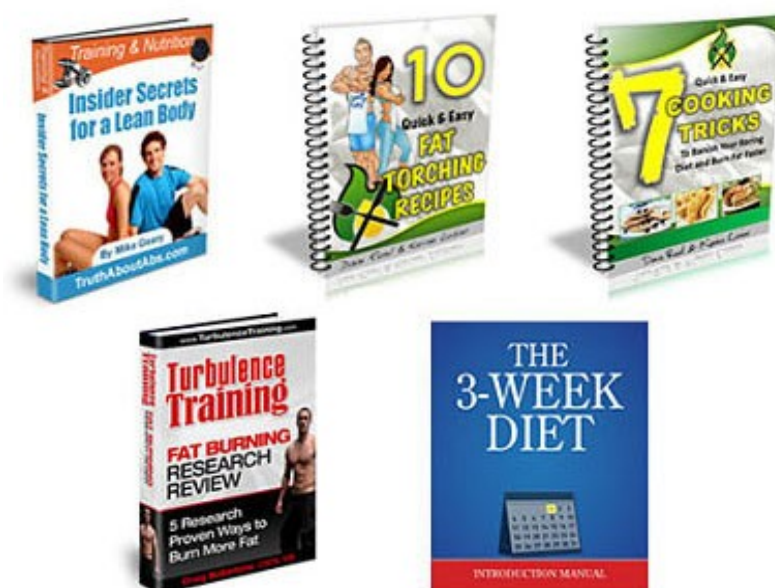
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Introduction

Shaping up and becoming accountable for our eating habits and health is certainly no walk in the park.

Dieting articles, advertisements and celebrity endorsements have a knack for over simplifying the truth and making weight loss seem like a no brainer.

But, anyone who's tried out a dieting regime knows for sure that losing weight and gaining long term results takes solid commitment, time, patience and a decent set of guidelines to follow in the first place.

Fashionable trends for dieting and weight loss may give us a brief glimpse at a more slender figure, but those results never last long.

Why is that the case?

Why do these diets work for a while and then fade away?

The truth is that true and substantial change can't happen overnight.

Alternating between bingeing and starving yourself will never grant you the dream body that you're longing for.

It's simply not possible.

But that doesn't mean that your goals are unattainable.

It simply means that you have to come at the problem of weight control and healthier eating from a completely different angle.

Address your personal habits with true conviction and make new dieting and lifestyle choices that are permanent, not temporary trends.

People often forget that achieving their dream body doesn't just come down to cutting down on carbs.

Gaining and maintaining a toned and lean body takes a great amount of effort.

It takes a solid, healthy and balanced diet.

It takes a regular and thorough exercise routine.

It takes a positive mindset.

And it takes time.

Anything worth fighting for will take you time, effort and true dedication.

Achieving your goals in terms of weight loss is just the same.

You have to come at this problem with the mindset that your diet is just one piece in the puzzle.

However, it is a piece that is a perfect starting point.

If your body is your temple, then your diet makes up the bricks that your temple is built from.

You need to lay down solid foundations in terms of eating habits.

You need to be eating foods that provide sustenance, strength and balance.

You need to be eating wholesome foods that work with your body, not against it.

One of the most common problems that people face when trying to lose weight is the problem of feeling so down and fatigued all the time.

Being drained and lacking motivation is not a sign of a healthier body.

And yet we try to continue depriving our body's and believe that we're doing it a favor.

Your body knows what it needs.

Listen to your body.

If you're feeling tired and low in energy all the time then the chances are that you're not eating the right kinds of foods or enough of a certain vitamin or nutrient.

These problems are easy to come by if you're on a highly restrictive diet that prevents you from eating a lot of foods.

Although these strict diets may work, if you're unsure of what you can and cannot eat, it can cause you to be unhappy and be unsuccessful in the long run.

That's where this book can help you.

The paleo diet is a pretty specific nutritional regime.

It has many different criteria and allowances.

However, if you're unsure or uncertain about what these are then it can be pretty daunting and leave you feeling a little low.

This book will walk you through the entire basics of what the paleo diet is, from its origins to the criteria of foods that you can enjoy as well as the foods that you should avoid.

This prior information will set you up with the basics in understanding how paleo can be beneficial for you and to make things easier when it comes to cooking meals and preparing food.

The bulk of this book is of course based upon Paleo recipes that complement a weight loss program.

The recipes have been sectioned off for quick reference and ease of use.

You'll find a complete range of foods to keep your taste buds active and enticed.

Keeping yourself in a positive state of mind and enjoying your food is essential to making any weight loss plan work.

If you're motivated to cook and motivated to buy in the produce that you need, then the chances are that you'll be eating healthier foods.

It all comes down to you.

This journey of weight loss and healthier living is in your control alone.

There's only so much a book can tell you, so once you've read these words, remember that you have to act upon them and use them as your guide.

Weight loss is possible.

That dream body is achievable.

Paleo is the perfect way to reach those goals and this book will set you straight on that path for success and positive personal change.

Chapter 1: Paleo Basics

The Paleo diet is something of a hot topic within the dieting and weight loss community at the moment, and rightly so!

Whether you've come across the word in passing or you know a little bit about what Paleo can offer, this little introduction will cover the basics of what the Paleo Diet is all about, providing you with a perfect starting point before you dive into the cookbook itself.

The name of this diet actually originates from the word 'Paleolithic'. This word means 'old' or 'ancient' and refers to the Stone Age period in history.

Respectively, the paleo diet is a lifestyle choice that involves a diet based purely upon the diet of hunter-gatherers and early humans.

The Paleolithic diet would have consisted of nuts, fruits, berries, seeds, fresh, unprocessed vegetables and lean cuts of meat.

It does not incorporate any forms of processed foods (ready meals, refined sugars or artificial additives), dairy products or even processed grains.

On the surface, you may think that a diet following those strict guidelines would be pretty difficult to follow for a lengthy period of time.

However, as with all slightly more restrictive diets, you just have to know which foods are on the menu and which aren't.

The paleo diet format of dieting is very popular with people who want to lose weight and shape up because they promote a diet that is rich in nutrients, low in saturated fats and cram packed with whole foods and raw goodness.

As our current diets tend to be more lenient towards foods that contain additives, sugars and fats, the paleo diet can be a refreshing choice in terms of lightening up your eating habits and elevating your sense of wellbeing.

By cutting out these unnecessary substances, the paleo diet encourages the body to work at its most efficient and enables our digestive system to cope better with the foods that we feed into it.

The net result of these changes is a healthier, leaner body that is set up for the long-term, something hard to come by with many fad diet trends.

Before we take a look at the specific criteria and foods that can be incorporated into a paleo diet program, here are a number of health benefits that transitioning to this particular method of clean eating can offer you if you give it your full commitment:

1. Eating organically produced foods such as fruits and vegetables boosts your immune system and reduces any inflammation within your body.
2. Cutting down on saturated fats promotes a healthy heart and circulatory system.

3. Eating leaner and healthier cuts of meat and lighter portions of protein result in more muscle mass gain, rather than an increase in your body fat ratio.
4. People feel lighter when following a Paleo diet, with elevated mood levels due to the balanced nutrients and high raw food intake.
5. Just by following the guidelines outlined by the Paleo diet, your diet is more likely to be lower in fat and calories, allowing you to lose weight naturally if combined with a thorough exercise regime.

The Science behind Paleo:

Paleolithic diets have been praised by a wide range of psychologists, life coaches and nutritional doctors.

Most of the health benefits that these people are in support of are derived from the fact that paleo dieters are clean eaters.

Their diets are stripped of artificial sugars, chemical additives and foods concentrated in saturated fats.

All of these substances are major contributors to digestive and heart problems.

They also promote a slower metabolic rate and less efficient use of energy by the body.

Those who choose to follow paleo diet tend to be eating more naturally originating and raw foods, leading them to feel lighter and more focused within their minds.

This is because chemical additives, artificial sugars and saturated fats have a habit of increasing drowsiness and decreasing the rate of brain activity - due to less oxygen and decreased blood circulation efficiency.

Transitioning to a clean diet and clean eating program such as paleo, can shed that veil of laziness and lack luster motivation, cleansing your body from artificial additives and the mental negativity that procrastination carries.

Paleo diet can sharpen your state of mind and thinking, as your body is being fuelled by wholesome foods and nutritional goodness.

The well-known phrase 'you are what you eat' is important to remember here –

Why?

Well, the substitution of fat-dense and unhealthy foods for leaner, higher energy products correlates with the formation of a stronger, more active and resilient body and mind.

Chapter 2: Paleo Food Criteria

One of the greatest challenges when making a transition to paleo is the understanding of what's available on the menu and which foods you have to leave behind.

So, we've compiled a simple checklist of the foods that are suitable or unsuitable when following the paleo diet:

Foods that can be enjoyed:

- Fresh and Organic Fruits
- Fresh and Organic Vegetables
- Seafood and Fish, fresh, natural and locally sourced (No farmed fish)
- Organic and grass fed Meat (Lean)
- Seeds
- Berries (Fresh)
- Nuts
- Healthy Oils containing Omega-3 (Olive and Flaxseed)
- Organic and Free Range Eggs

Foods that must be avoided:

- Ready Meals and Processed Foods
- Dairy Products (Milk, Margarine, Cheese, Butter and products containing milk derivatives such as whey powder)
- Refined and Artificial Sugars
- Potatoes
- Grains (Such as cereals – Wheat and Oats)
- Legumes (Beans and Peanuts)
- High salt foods
- Refined vegetable oil
- Chocolates and Sweets
- High fat containing desserts (Cake)

- Animal fats (Lard)

General Shopping List:

- Plenty of fresh, organic fruits and veggies
- Fresh, lean cuts of meat and locally caught fish
- Berries – Fresh, fresh, fresh!
- Nuts and Seeds – Unprocessed, Raw and Wholesome!

Chapter 3: Veggie Feasts

1. Sautéed Shrooms and Rabe

If this is the first time that you've come across broccoli rabe, then you're in for a real treat! This particular variety of the common leafy green is perfect for a lightly sautéed meal – its thinner stems still pack the perfect crunch but don't take as long to cook as the conventional broccoli floret with. Combine them with mushrooms and voila – a veggie paleo meal from paradise!

Ingredients List:

- ½ Onion (Sliced Thinly)
- 1 Handful of Broccoli Rabe Stems (Trimmed)
- 4 Garlic Cloves (Chopped)
- 2 Cups of Shitake Mushrooms (Sliced)
- ¼ Cup of Vegetable Stock (White Wine can also be used)
- ½ Tablespoon of Butter (Or for lower calories, Olive Oil)
- Seasoning (Salt, Pepper, Preferred Herbs)

Equipment List:

- Saucepan
- Serrated Knife
- Frying Pan
- Wooden Spatula
- Colander

Method:

1. Boil up a saucepan of water and slice up your veggies in the meantime
2. Take a large frying pan and melt ¼ of your butter into it
3. Add the onions to the frying pan, season and cook until soft and brown (5minutes)
4. Throw in the garlic with the onion and further cook for 2-3 minutes
5. Melt another ¼ of the butter into the frying pan, followed by the mushrooms and stock.

- 6.** Season as preferred and increase the heat
- 7.** Sautee until brown
- 8.** Boil the broccoli in the pan of boiling water for 3 or 4 minutes
- 9.** Drain the broccoli with a colander and add them to the frying pan
- 10.** Cover the frying pan until the broccoli has fully softened
- 11.** Remove the cover once the broccoli is soft and allow the juices to simmer away
- 12.** Add slices of boiled egg to your meal if you wish to boost the protein content

2. Baked Sweet Potato and Carrot Fries

Now, the paleo diet forbids the consumption of potatoes. But, that doesn't mean that fries are off the menu! You just have to be a little creative! These fries are not only paleo friendly, but they are also much lower in fat and of course, carbs than their potato based cousins. Enjoy these fries with a guilt-free smile!

Ingredients List:

- 8 Carrots (Washed and Sliced Thickly)
- 1 Sweet Potato (Washed and Sliced Thickly)
- 2 Tablespoons of Herbs (Dried Rosemary and Paprika work beautifully)
- 2 Tablespoons of Olive Oil (Or flaxseed if you want more Omega-3)
- ½ Teaspoon Ground Black Pepper (Cracked)
- 1 Teaspoon of SeaSalt

Equipment List:

- Baking Tray
- Serrated Knife
- Large Food Bag

Method:

1. Pre-heat your oven to 400 degrees F
2. Slice up your veggies into fries
3. Throw your veggies, oil and seasoning into a food bag
4. Seal and tie the food bag tightly
5. Shake and toss the food bag carefully, allowing the herbs and veggies to mix evenly
6. Pour the contents of the food bag onto a baking tray
7. Bake for around 30 minutes, flipping the fries over occasionally for an even bake

3. Paleo Mc.Muffin

Another treat that you don't have to miss out on is the wonder of breakfast muffins! This delicious recipe combines veggies and organic, free range eggs to create a scrumptious muffin that will keep your energy levels sustained and your hunger sated. You can even try various filling combinations, such as kale and garlic, tomato and basil or green onion and cilantro – the possibilities are endless!

Ingredients List:

- 1 large egg (1 egg makes 1 muffin, so the quantity is up to you)
- Herbs and Seasoning
- Choice of Vegetables (See above for suggestions)
- Oil for tin greasing (Olive)

Equipment List:

- Muffin Tins
- Mixing Bowl
- Whisk

Method:

1. Pre-heat your oven to 350 Degrees F
2. Grease the muffin tin(s) with olive oil
3. Slice up your veggies
4. Whisk up the eggs in a mixing bowl
5. Season with herbs and pepper
6. Mix in the veggies
7. Pour the mixture into the muffin tins
8. Carefully place the muffin tins into the oven
9. Bake for around 20 minutes until muffins are cooked and eggs are no longer liquid

4. Cauli Rice

Cauliflowers are the queen foods in terms of substituting for rice on the paleo diet. They make for a tasty alternative that will keep you full and sustained throughout the afternoon. Combine them with a stir fry of veggies and you've got a beautifully colored dish that is packed with nutrients.

Ingredients List:

- 1 Red Onion (Sliced)
- 2 Cups of Cauliflower (1 head)
- 4 cloves of garlic (Chopped)
- 2 Tablespoons of Oil (Olive or Coconut)
- Sea Salt
- 2 Cups of Broccoli Florets
- ¼ Cup Vegetable Stock
- Juice of ½ Lemon
- 2 Tablespoons of Pumpkin Seeds
- 1 Carrot
- 1 Red Chili (Sliced)
- ½ Red Bell Pepper (Sliced and De-seeded)

Equipment List:

- Food Processor
- Saucepan

Method:

1. Throw the cauliflower into the food processor and select a chopping setting
2. Process until they've been finely chopped
3. Heat a tablespoon of oil to a medium heat in a saucepan
4. Add ½ of the onion and ½ of the garlic cloves
5. Stir and cook until they're tender (six minutes)

- 6.** Add in the cauliflower and season with the salt
- 7.** Gently stir in the vegetable stock and simmer until the stock is evaporated off
- 8.** Transfer the content of the pan into a bowl and cover it
- 9.** Wipe down the pan and heat another tablespoon of oil on a medium heat
- 10.** Add the rest of the onion, garlic and chili
- 11.** Cook until soft
- 12.** Add in the rest of the vegetables and cook until tender (5 minutes)
- 13.** Remove the pan from the heat and drizzle with lemon juice
- 14.** Serve the veggies on top of the cauliflower rice and enjoy hot

5. Kale and Roasted Squash

Spaghetti Squash gets its name from its spaghetti-like texture. This makes it perfect for combining with other veggies in the preparation of a light paleo meal. The fluffy texture goes hand in hand with kale – packing a meal that is both nutritious and satisfying. Kale is a great protein and iron power pack, incorporate this meal into your week and you'll be heightening your mental focus immediately.

Ingredients List:

- 1 Spaghetti Squash
- 2 Cups Kale (Fresh)
- Herbs and Seasoning
- Olive Oil
- 1 Onion (Sliced)

Equipment List:

- Serrated Knife
- Baking Tray

Method:

1. Prepare the squash by slicing it in half and scooping out the spaghetti innards
2. Place the halved squash onto a baking tray and drizzle with oil
3. Roast the squash in the oven for an hour on a medium heat
4. Prepare the kale by stripping the leaves from the stem
5. Heat a tablespoon of oil in a frying pan and fry the onion until brown
6. Add the kale to the pan
7. Season and cook for a couple of minutes
8. Allow the kale to partially wilt but don't overcook it
9. Remove the pan from the heat
10. Remove the spaghetti squash from the oven when cooked
11. Scrape out the flesh of the squash by using a fork
12. Scrape against the grain direction and you'll begin to see the spaghetti texture of the flesh

13. Combine the kale and squash into a bowl and season with oil and herbs

14. Serve and enjoy immediately

Chapter 4: Meaty Delights

1. No Fry Meatballs

Meatballs are a great source of protein and energy that will keep you going for hours. You can even prepare them a day ahead and they'll still be delicious after you've re-heated them. What's not to love? This recipe can be combined with vegetable based noodles and a simple marinara or tomato sauce for optimum enjoyment and flavor.

Ingredients List:

- 1 egg
- 1lb Beef (Ground)
- 2 Tablespoons of Mustard (Dijon)
- 2 Tablespoons of Tomato Paste
- ½ Teaspoon of Salt
- ¼ Teaspoon of Baking Soda
- 1 Tablespoon of Coconut Flour
- 1 shallot (diced)
- ½ Teaspoon of Ground Black Pepper

Equipment List:

- Large Bowl
- Baking Sheet
- Baking Tray

Method:

1. Combine and mix the egg, shallot and beef in a large bowl
2. Ensure that all of the ingredients are properly combined
3. Mix in the tomato paste, coconut flour, salt, pepper, mustard and the baking soda
4. Using ¼ cup scoops, form the meatballs and mold them with your palms
5. Transfer all of the meatballs on a baking sheet, this will absorb any oils, fats and natural juices

6. Place the baking sheet into a baking tray
7. Bake in the oven for approximately 25 minutes
8. Serve hot with a basic sauce or vegetable noodles (zucchini)

2. Wasabi and Salmon Burgers

Put a kick into your mealtimes with these strong and spicy salmon burgers. The wasabi combines perfectly to pack a punch of flavor and the salmon provides a wealth of nutrients such as Omega-3 and protein. Serve this up with a little side salad and you've got yourself a deliciously balanced meal!

Ingredients List:

- 2 eggs
- 1lb of Salmon (Fillet) (Skinned)
- ¼ Cup of Scallions (Finely Sliced)
- 1 Tablespoon of Fresh Lemon Juice
- 1 Tablespoon of Fresh Ginger (Peeled and Diced)
- 1 Tablespoon of Lime Juice (Fresh)
- 1 Tablespoon of Water
- ½ Cup of Almond Flour (Blanched)
- Coconut Oil (For frying with)
- ¼ Cup of Wasabi Powder
- 1 Teaspoon of Sea Salt

Equipment List:

- Large Bowl
- Small Bowl
- Frying Pan

Method:

1. Wash the salmon fillets and dry them before cutting them into cubes (1/4 inch in size)
2. Combine the lime juice, almond flour, eggs, salt, scallions, salmon and ginger within a large bowl
3. Combine the wasabi powder with the water in a small bowl, forming the wasabi paste
4. Mix the paste into the salmon bowl
5. Mold the mixture into patties that are 2 inches in size (Use your hands)

6. Heat a frying pan to a medium heat with a little coconut oil
7. Sauté the patties until they are golden brown in color (this should take around 7 minutes for each side)
8. Serve with a side salad

3. Quick Cook Stir-fry

Stir-fry dishes are wonderful. They can incorporate a wealth of different flavors and ingredients. In terms of a paleo stir-fry, just use veggies in place of noodles and ramp up the chicken content – it's a great meal to fry up if you're short for time and it's super easy to adapt depending on your preferred foods.

Ingredients List:

- 1 Onion (Chopped)
- 1lb Chicken Breast (Boneless and Skinless)
- 1 Zucchini (Chopped)
- 2 Tablespoons of Coconut Oil
- 4 Cups of Broccoli
- 2 Baby Pak Choy Heads
- 2 Carrots (Sliced)
- 1 Cup of Shitake Mushrooms (Stems removed)
- ½ Teaspoon of Sea Salt
- 2 Cups of Water
- Herbs and Spices for Flavor
- 1 Tablespoon of Honey

Equipment List:

- Wok
- Small Bowl

Method:

1. Wash the chicken breast and dry
2. Cut the chicken into cubes that are 1 inch in size, place them on a plate
3. Heat up the wok to a medium heat with a little coconut oil
4. Cook the onions for around 10 minutes until they are soft and see through
5. Throw in the carrots, chicken and broccoli

- 6.** Cook for a further 10 minutes until tender
- 7.** Throw in the pak choy, zucchini, mushrooms and salt
- 8.** Cook for a further 5 minutes
- 9.** Pour in a cup of water and allow the vegetables to soften
- 10.** Season with herbs and spices
- 11.** Stir in the honey and serve

4. Beefy Beefy Brisket

Beef is a great meat choice for a filling meal and this recipe is super easy – you just let the crockpot do the work for you.

Ingredients List:

- 1 Onion (Chopped)
- 1 1/2 lbs of Brisket (Stew Meat)
- 8 Cloves of Garlic (Sliced and Peeled)
- 2 Cups of Stock (Chicken)
- 8 Oz. of Mushrooms (Sliced)
- 1 Tablespoon of Garlic Powder
- 8 Carrots (Sliced and Peeled)
- ½ Teaspoon of Sea Salt

Equipment List:

- Crockpot

Method:

1. Pour the stock, mushrooms, garlic, onion and carrots into the crockpot
2. Sprinkle the garlic powder and salt over the ingredients
3. Carefully place the meat in the center of the crockpot
4. Select a low heat and cook slowly for 8-20 hours
5. Cooking time will depend on your preference for taste in terms of the beef

5. Onions and Liver

Caramelized onions make this paleo combination a treat indeed. High in protein and lacking in carbs, this meal is a great filler for those days when you're not feeling like cooking up an entire casserole.

Ingredients List:

- 5 onions (sliced)
- 4 Slices of Beef or Pork Liver
- 5 Tablespoons of Lard
- Salt and Pepper to season with

Equipment List:

- Saucepan

Method:

1. Heat oil in a saucepan and melt in the butter
2. Cook the onions for 25 minutes until they're really tender
3. Cook the liver with the cooking fat in a separate pan for around 6 minutes
4. Season as preferred
5. Serve the two pan contents together and voila – a simple and filling meal!

Chapter 5: Baked Paradise

1. Avocado Eggs

Avocados are a heaven in terms of their ‘good’ fat content. Combine them with eggs, and you get a double whopper worth of Omega-3. What a great way to start your day!

Ingredients List:

- 4 Eggs
- 2 Avocados (Ripe)
- ½ Teaspoon Pepper
- Herbs and Spices to Flavor

Equipment List:

- Baking Dish
- Serrated Knife

Method:

1. Pre-heat your oven to 435 degrees F
2. Chop the avocados into halves and remove the pit
3. Scoop out approximately 2 tablespoons worth of flesh from the avocado’s center, allowing space for the egg to sit
4. Put the avocados into a baking dish and try to ensure that they won’t roll over (or things could get messy...)
5. Crack a whole egg into each half of the avocados
6. Place the tray into the oven
7. Bake for 15-20 minutes
8. Check that the eggs have set before removing from the oven
9. When cooked, remove from the oven and season

2. Paleo Pie

This recipe will provide a paleo friendly version of the traditional and much loved Shepard's pie meal. Although it may take a little longer to prepare than other recipes in this book, the deep flavors and satisfying effect that this meal contains are well worth the extra effort.

Ingredients List:

- 4 Eggs (Whites Only)
- ½ Pound of Parsnips (Grated and Peeled)
- ½ Tablespoon of Olive Oil
- ½ Slice of Bacon
- ¼ lb. of Sliced Zucchini
- ½ Cup of Shitake Mushrooms (Stems Removed)
- 1 Stalk of Celery
- ½ Teaspoon of Coconut Oil
- ¼ Onion (Chopped)
- Herbs for Seasoning
- ½ lb. Turkey (Ground)

Equipment List:

- Grater
- Frying Pan
- Small Saucepan
- Serrated Knife
- Bowl

Method:

1. Preheat your oven to 450 degrees F
2. Peel the parsnip and grate using an ordinary grater
3. Mix the parsnips in a bowl with the olive oil and salt
4. Set the bowl aside

- 5.** Heat a frying pan with a little bit of oil and cook the bacon on a medium heat
- 6.** Set aside the bacon fat
- 7.** Allow the bacon slice to crumble and cool
- 8.** Remove the slice and add the mushrooms, zucchini and celery in with the bacon fat
- 9.** Sauté the ingredients until they are slightly softened
- 10.** In another pan, cook the onions, turkey, seasoning and celery until the meat is cooked fully.
- 11.** Combine the contents of both pans and mix them together
- 12.** Mix half of the egg whites with some herbs and stir them into the mix
- 13.** Add the other half of the egg whites in with the parsnips
- 14.** Grease up a baking dish with oil
- 15.** Layer the vegetable and meat mix with the parsnips on top
- 16.** Top with the crumbled bacon
- 17.** Bake in the oven for around 25 minutes until the top is browned off

3. Roasted Beets, Asparagus and Baked Salmon

Salmon goes hand in hand with the aromatic and delicious flavors of asparagus and beets. This baked recipe is also really quick and simple to prepare, so let's dive straight in!

Ingredients List:

- 2 Beets (Cubed)
- 8 Asparagus Sprigs (Remove the hard base)
- 2 Wild Salmon Fillets (No farmed fish!)
- 2 Tablespoons of Coconut Oil
- Herbs and Pepper to Season with

Equipment List:

- Baking Foil
- Baking Tray

Method:

1. Pre-heat the oven to 500 degrees F
2. Arrange a bed of veggies beneath the fish and top with the salmon fillets, do this on a some foil
3. Wrap up the foil around the salmon, folding the top to ensure that the steam stays inside
4. Place on a baking tray
5. Bake for around 10 minutes
6. Remove from oven and sprinkle with herbs when cooked

4. Baked Pork Ribs

More meaty rib goodness! This time it's pork time! Baking ribs is a great and healthier approach than eating fried foods and although it may take a little longer, the flavors are also a grade deeper.

Ingredients List:

- 2 lbs. of Pork Ribs
- 1 Teaspoon of Cayenne
- ½ Tablespoon of Sea Salt
- ½ Tablespoon of Paprika
- ½ Tablespoon of Chili Powder
- Lemon Juice (Fresh)

Equipment List:

- Small Bowl
- Baking Tray

Method:

1. Pre-heat the oven to 250 Degrees F
2. Combine the spices with a little bit of lemon juice in a bowl
3. Rub the ribs with the spice and herb coating
4. Place the ribs on a baking tray and bake in the oven for around 2 ½ hours
5. Turn the ribs over every 20 minutes or so, allowing an even bake
6. Allow the ribs to cool for at least 5 minutes before serving

5. Lamb Ribs – BBQ Style!

One of the best parts of paleo is embracing and enjoying your meat. Albeit, organic or grass-fed. This mouthwatering recipes combines the mighty fine flavors of BBQ sauce with the adored lamb ribs – a match made in paradise!

Ingredients List:

- 2-3 Cups of Paleo friendly BBQ Sauce
- 2 ½ lbs of Lamb Ribs (Grass Fed of course!)
- Salt and Pepper

Equipment List:

- Baking Tray

Method:

1. Pre-heat your oven to 275 degrees F
2. Season your lamb ribs with salt and pepper
3. Chuck the ribs onto a baking tray and bake them in the oven for an hour
4. Slather the ribs with the BBQ sauce and flip them over
5. Cook for a further hour in the oven
6. Take the ribs out once they're cooked and let them cool for 8 minutes
7. Slather with some more BBQ sauce and enjoy immediately!

Chapter 6: Time for Desserts!

1. Coconut and Key Lime Energy Bites

Just because you're keeping a closer tab on your weight does not mean that desserts are now out of the question. This holds just as true with the paleo diet. Desserts don't have to be chock full of fat and leave you feeling drowsy. This recipe in particular both satisfies your sweet tooth and provides you with a kick of energy at the same time.

Ingredients List:

- ½ Cup of Cashews (Raw, Unprocessed)
- ½ Cup of Almonds (Raw, Unprocessed)
- ½ Cup of Coconut (Raw, Unsweetened) (Shredded)
- 1 ½ Cups of Dates (Preferably Medjool for maximum sweetness) (Pitted)
- The Juice of 3 Limes (Keep the Zest too)

Equipment List:

- Food Processor
- Airtight Container

Method:

1. Throw the cashews and almonds into the food processor bowl
2. Process the nuts until they have been finely chopped (Be careful no to over process, you don't want to end up with a paste-like texture)
3. Throw in the lime juice, lime zest and the dates
4. Process again until the dates have been chopped up sufficiently and the mixture begins to clump together
5. Remove the bowl from the food processor
6. Mold the mixture into small balls (1 ½ inches in size)
7. Sprinkle the coconut over the balls and roll the balls until they're covered in coconut shredding
8. Store the balls in an airtight container

9. Store the container in the fridge

2. Avocado Fudgepops

The creamy texture that avocados provide makes them perfect for an ice-cream or milk substitute. Their flavor also combines beautifully with chocolate, making for a delicious fudgepop treat.

Ingredients List:

- ¼ Cup of Agave Syrup (Nectar)
- 2 Avocados (Pitted and Skinned)
- 2 Tablespoons of Vanilla Extract
- ¾ Cup of Coco Powder
- 1/3 Cup of Non-Dairy Milk (Almond works nicely)
- ¼ Teaspoon of Sea Salt

Equipment List:

- Food Processor
- Piping Bag
- Ice-pop Molds

Method:

1. Mix all of the ingredients in the food processor until the mixture is smooth
2. Transfer the mixture into a piping bag for precision
3. Fill the ice-pop molds with the processed mixture
4. Put the ice-pop tray in the freezer overnight
5. When removing the fudgepops from the mold, run a little hot water over the cover for easy removal, allowing the fudgepop to loosen up

3. White Chocolate, Cranberry and Nutty Bark

Chocolate bark recipes are incredibly versatile and allow you to let your imagination go crazy in terms of the possibilities. Here is a great combination that is also pretty nutritious – a mix of pistachio nuts, cranberries and of course, the white chocolate!

Ingredients List:

- ½ Cup of Cranberries (Dried)
- 1 lb. of White Chocolate (Paleo Friendly, Dairy-Free)
- ½ Cup of Pistachio Nuts (Shelled)

Equipment List:

- Bowl
- Baking Tray
- Baking Sheet
- Airtight Container
- Sharp Knife

Method:

1. Line your baking tray with a baking sheet
2. Melt the white chocolate in a bowl with the microwave
3. Once the chocolate has been melted, allow it to cool for a few minutes
4. Stir the chocolate occasionally as it cools to prevent it from solidifying completely.
5. Throw the pistachio nuts and cranberries into the chocolate melt
6. Spread out the chocolate mix on the baking sheet to your desired depth
7. Place the baking sheet into the fridge for at least a half hour, allowing it to set fully
8. Once the chocolate has set, remove the tray from the fridge
9. Cut the chocolate into large, bark pieces using a sharp knife
10. Store within an airtight container

4. Paleo Pancakes

These mouthwatering pancakes use a base of sweet potato instead of flour, the perfect paleo breakfast treat or a great option for a quick and easy dessert.

Ingredients List:

- 3 Eggs
- 1 Teaspoon of Ground Cinnamon
- 1 ½ lbs. of Sweet Potato (Peeled and Grated)
- 2 Tablespoons of coconut oil (Liquid)
- ½ Teaspoon of Ground Nutmeg
- Agave Syrup (Nectar) for Topping (Apple Sauce, Unsweetened also works)

Equipment List:

- Potato Peeler
- Grater
- Waffle Iron

Method:

1. Mix all of the ingredients together within a mixing bowl
2. Ensure that the ingredients are thoroughly combined together for the best, evenly flavored results
3. Cook the mixture on the waffle iron in small batches as preferred
4. Cook the waffle on their thinnest side for the best results
5. Once the waffles are golden brown and cooked, remove them from the heat and waffle iron
6. Serve hot with agave nectar syrup, unsweetened apple sauce and fresh berries

5. Honied Banana Bites

These fried little treats are made up of banana and honey – yes, it's that simple and yet it provides a beautiful conclusion to any meal. You could even work these little bites into your breakfast as a side option!

Ingredients List:

- Cinnamon (Powder)
- 1 Banana (Sliced and Under-ripe)
- Coconut Oil (or Olive Oil)
- 1 Tablespoon of Honey (or Agave Nectar)
- 1 Tablespoon of Water

Equipment List:

- Frying Pan
- Whisk
- Small Jug

Method:

1. Drizzle a little bit of oil onto the frying pan
2. Heat to a medium setting
3. Place the banana slices across the pan
4. Cook the banana slices for a couple of minutes
5. Flip the banana slices over
6. Further cook for another few minutes
7. In a small jug, combine the honey with the water and whisk together
8. Take the frying pan away from the heat
9. Pour the honey water mixture over the banana slices
10. Allow the slices to cool
11. Sprinkle with cinnamon for further flavor

Conclusion

So, there you go – a roundtrip into the world of the paleo diet and a good look at what delicious meals you can cook up while you shed those pounds!

Dieting successfully will no doubt be a challenge, especially when you have to give up on your favorite foods and meals; however you have to weight that against the long-term benefits that a healthier lifestyle can bring to you.

Following the paleo diet and incorporating the recipes within this book into your daily life will not only help you to cut down on your fat intake and calories, but it will also sharpen your mind and elevate your energy levels.

Our ancestors had much stronger, toned and leaner body's than us and by following the paleo diet, you encourage your body to embrace that history and become fitter.

I hope this book has successfully outlined what transitioning to a paleo diet includes, the benefits and the reasons behind eating in such a way.

I hope that you've gained some new ideas for the kitchen and that you feel ready to make a healthy and bold change in the next chapter of your life.

Choose fitness.

Choose health.

Choose happiness.

Choose paleo.

To your health,

Andrew Ross

Your Free Gift

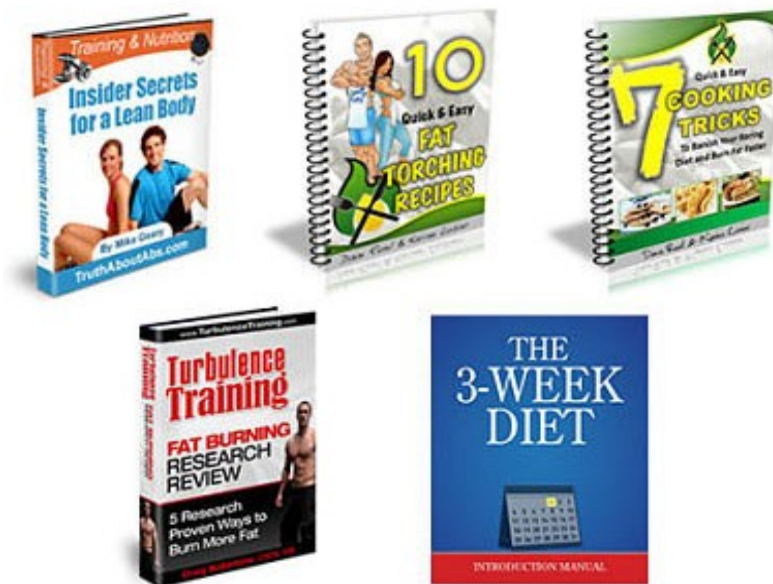
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