

Paleo: Paleo For Beginners Diet Recipes

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Smashwords Edition

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Chapter 1 – Paleo Lifestyle

Hi, thanks and first of all I would like to thank you for purchasing this book. Now, as a token of appreciation, you can download 10 books for free instantly.



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Many people ask me about paleo diet. I tell them that it is more of a paleo lifestyle rather than a diet. You need to follow 80/20 rule and you could see the changes in your body, good changes within you!!

So let's check out the recipes.

Cool Omelet Muffins

Now, this is one recipe that you can prepare to surprise your friends.

What you need

- ¼-1 teaspoon salt
- Two-three tablespoons water
- One cup diced red bell pepper
- Eight eggs
- One cup diced onion
- Eight-nine ounces cooked ham, crumbled
- One/8 tsp ground black pepper

Method of preparation

1. Assemble all items.
2. Preheat your oven to 352 F. Grease 8-9 muffin cups or may be use paper liners.
3. One thing remains to be done now.
4. Crush the eggs in a large bowl. Mix entire the other items within the eggs, and pour the mix within the muffin cups.
5. Bake for twenty two minutes, till muffins are set in the middle.
6. Enjoy!!

Serves: Eight-nine muffins

Preparation Time: Eighteen minutes

Cooking Time: Twenty two minutes

Amazing Kale or Spinach Chips

Just think about a superb, awesome and delicious recipe that it just a treat for your tongue. Congratz, your wait is over!! Have a perfect power start of the day with this recipe.

What you need

- Sea salt, to taste
- One-two serving of raw kale or use as much as you want.

How to prepare

1. Assemble entire items at one place.
2. Spread some kale (washed, dried and shredded within bite sized chunks) on to a baking sheet lined with parchment paper.
3. Now, put in the oven (preheated to 400 degrees Fahrenheit or so) and then start cooking till the kale pieces crisp up (this will only take a few minutes, so be careful otherwise it will burn)
4. Now comes the most important step.
5. Top with sea salt and then serve.
6. Now, you can also use spinach leaves instead of maybe kale.
7. Note: the nutrition facts are for 1 serving (85 g) of kale, but you can use as much as you like.
8. Enjoy!!

Preparation time: Twelve minutes

Cooking time: 5-9 minutes

Serves: One-two

Stunning Kale & Scallion Egg Muffins

Ingredients:

- 1-2 cup Kale, sliced
- Salt & Pepper
- Half Coconut Milk
- Six-seven medium Eggs
- ¼ cup of Scallions, sliced
- 8-9 pieces of Pancetta
- Olive Oil

Instructions:

1. Assemble all the ingredients at one place.
2. Preheat your oven to 402 °F.
3. Whisk the 6 eggs and then you should add the scallions and kale.
4. Add the salt, pepper and coconut milk.
5. Now comes the most important step.
6. Grease eight muffin cups with the olive oil and line up each cup with a slice of pancetta.
7. Divide the mixture of kale, scallions and eggs between the muffin cups. Fill ¾ of each cup.
8. Now, put the muffins in the oven & then bake for twenty two minutes.
9. One thing remains to be done now.
10. Let it cool down for 7 minutes.
11. Enjoy your Kale & Scallion Egg Muffins!

Servings: 6-7

Total time to prepare: Forty two minutes

Fantastic Paleo Egg Sardines

This one is interesting. Check it out!!

What you need:

- 127g can Sardines
- ¼ small Onion, sliced
- Salt & Pepper
- 4-5 large Eggs
- 2-3 tbsps fresh Parsley, finely shredded
- Two-three Garlic cloves, minced

Method of preparation:

1. Assemble all items.
2. Preheat your oven to 402 °F.
3. Mix the sardines together with the onion, garlic cloves and parsley. Season it with salt and pepper.
4. Now, put it in the oven for five minutes or so.
5. Now we can proceed to the next most important step.
6. Crack the eggs into a bowl.
7. Remove the sardines from the oven and pour the eggs on sprinkle.
8. Place it in the oven for 12 minutes.
9. One thing remains to be done now.
10. Let it cool down for around 7 minutes.
11. Enjoy your Paleo Egg Sardines!

Serves: Two-three

Total time to prepare: 32 minutes

Extra ordinary Paleo Hash w/ Sweet Potatoes

What you need:

- 1-2 eating spoon olive oil
- ½-one onion, chopped
- One garlic clove, minced
- Pepper and salt
- 1 pound. sweet potatoes, diced
- Four-five eggs

Instructions:

1. Assemble all items.
2. Heat the olive oil in the cooking pan.
3. Add the minced garlic, diced sweet potatoes and the chopped onions and stir occasionally on medium temperature.
4. When the sweet potatoes are crispy, crack the eggs above the other ingredients.
5. Stir till the eggs are done.
6. Now comes the most important step.
7. Add the spices.
8. Enjoy your Paleo Hash w/ Sweet Potatoes!
9. Smell the aroma and serve.

Serves: 2-3

Overall time to now prepare: Twelve minutes

Mind Blowing Paleo Seed Loaf

Ingredients:

- ½ cup Almond Butter, melted
- One-two tbsp dried Onions
- ¼ cup of seeds of your liking
- ¼ cup Almond Flour
- One-two cup Carrots, grated
- Salt & Pepper
- ¼-1 tsp Baking Powder
- One-two tablespoon dried Basil
- ¼ cup Flax meal
- Eight-nine Eggs

Method of preparation:

1. Assemble all items.
2. Preheat your oven to 352 °F.
3. Place the almond butter and eggs in a blender and blend it for around 6 minutes.
4. Now we can proceed to the subsequent most important step.
5. Add salt, pepper, flax meal, almond flour, baking powder, onion and basil and blend for four minutes.
6. Place the mixture into a bowl and add the seeds and carrot. Blend well.
7. Place the overall mixture into a loaf tin, spread out the sprinkle evenly and combine the seeds to the top.
8. Place it within the oven for around 42 minutes.
9. One thing remains to be done now.
10. Let it cool down for around twelve minutes.
11. Enjoy your Paleo Seed Loaf.

Serves: 4-5

Total time to prepare: 73 minutes

Mouth watering Primal Garlic Loaf

Ingredients:

- Salt
- Half-one tsp Garlic, sliced
- Half-one tsp Italian Herb Seasoning
- Half-one cup Almond Oil
- ¼ cup Almond Flour
- ¾ cup Tapioca Flour
- ½ cup of Regular Water
- 2 small Eggs

Directions:

1. Assemble entire items at one place.
2. Preheat your oven to 353 °F.
3. Add the almond oil, salt and water in a pan and place it on medium heat. Leave it for around 8 minutes.
4. Withdraw the mixture from the heat and now you should add the tapioca flour and garlic.
5. Now, mix it well & then let it cool down for around 6 minutes.
6. Add the eggs and Italian seasoning. Whisk well.
7. Add the almond flour and knead everything for around four minutes.
8. Make a big roll of the mixture and knead it within a oval shape.
9. Put in the oven.
10. Bake for forty two minutes
11. Enjoy your Primal Garlic Loaf!

Smell the aroma and serve.

Serves: 4-5

Total time to prepare: 74 minutes

Historic Salsa, meat and egg scramble

This is the most subtle and definitive recipe, I've ever known.

What to Use

- Onion (.five diced)
- Salsa (one-2 cup organic)
- Eggs (four-5)
- Bacon (3 strips crumbled, organic)
- Turkey Sausage (.5 lbs. organic)

What to Do

1. Assemble all the ingredients at one place.
2. Ensure one of the burners on your stove is turned to a medium heat.
3. Blend all items and save the chili and eggs in a frying pan.
4. Now we can proceed to the following most important step.
5. Place the frying pan on the burner and let the contents begin to cook.
6. One thing remains to be done now.
7. Let the contents cook before adding the eggs and let it all finish cooking after adding.
8. Combine salsa to taste and then you can serve hot.
9. Enjoy!

Legendary Crepes

What you need

- Salt
- Two-three teaspoon coconut oil for greasing
- Two-three eggs
- Half cup water
- ¼-one cup arrowroot powder

Preparation

1. Assemble all the ingredients at one place.
2. Now, in a large or medium bowl blend everything except the oil to create a loose batter.
3. Heat a pan and then grease it.
4. One thing remains to be done now.
5. Pour one half tbsps of the batter on the pan and spread it evenly with a ladle.
6. Cook for 34 seconds on both sides. Use spatula to toss. Yummy, golden brown crepes are ready to serve.
7. Enjoy!!

Tasty Cucumber and Dill Salad

I learned this recipe from one of my dear friends. It is simply amazing.

What you need

- One-two cup finely chopped dill
- Black pepper (ground)
- One-two English cucumber, rinsed and sliced
- Three-four teaspoon white vinegar
- Salt (as per taste)
- Extra virgin coconut oil to drizzle

Preparation

1. Assemble all items.
2. Flip the cucumber slices with salt and blend them well so that the salt is coated uniformly on the slices of cucumber. Let it settle for 10-14 minutes.
3. One thing remains to be done now.
4. Pour in the white vinegar. Now you should add the chopped dill, drizzle the coconut oil and sprinkle with pepper. Mix well and then serve instantly.
5. Enjoy!!

Out of the world Eggs with Salsa

You are gonna love this one.

Ingredients

- Two avocados, diced
- 5-6 tablespoon salsa
- 4-5 eggs, stir
- Two-three tablespoon coconut oil
- Salt and pepper to taste

Preparation

1. Assemble all items.
2. In a bowl add the whisked eggs with pepper and salt.
3. One thing remains to be done now.
4. Grease a skillet with the oil.
5. Now, when the oil becomes hot, please pour in the mixture. Keep cooking till done.
6. Sprinkle with avocado and salsa.
7. Enjoy!

Extra ordinary Guacamole-stuffed Poblano Peppers

I won a local competition with this recipe. It's that good!!

What you need

- 1/3 cup fresh cilantro
- Two-three ripe avocados, halved and pitted
- One-two onion, sliced
- Pinch of salt (as per taste)
- Six-seven poblano peppers
- Two-three hearts of romaine, shredded

Preparation

1. Assemble all the ingredients at one place.
2. Preheat broiler to high.
3. Set the poblano peppers on a baking sheet and allow them to broil till the skin is brown (this should take about one-three minutes).
4. Shift the peppers to a bowl and allow them to cool.
5. Meanwhile, mash the avocado coarsely in another bowl and toss in the cilantro, salt and onion. Whisk to blend.
6. One thing remains to be done now.
7. Halve the peppers, keeping the stem intact, Scoop out the seeds – you can either discard them or maybe you should add them to the guacamole. Scoop the avocado mixture within each of the pepper halves and then serve on bed of shredded romaine.
8. Smell the aroma and serve.

Strong Honeyed Almonds and Hazelnuts

It is one of the most sought after recipes. I bet that you'll love it.

What you need

- Pinch of cinnamon
- 1 cup almonds
- One-two tbsp raw honey
- One-two tbsp coconut oil
- One-two cup hazelnuts

Preparation

1. Assemble all items.
2. Put a skillet above medium heat and heat the coconut oil.
3. Now combine the hazelnuts and almonds in the skillet and keep tossing till they get toasted.
4. Sprinkle cinnamon and pour in the honey.
5. Only one more thing needs to be done now.
6. Start cooking for 3-6 minutes or until the honey caramelizes. (Make sure the honey doesn't burn.)
7. Withdraw from heat and let it cool.
8. Now you can serve.
9. Smell the aroma and serve.

Stunning Mango Ginger Ice Cream

Ingredients

- ½ cup unsweetened shredded coconut
- One-two tbsp lime juice
- Two-three teaspoon ginger, grated
- Two-three cups frozen mango chunks
- Four-five tablespoon honey
- Half cup coconut cream

Preparation

1. Assemble all the items at one place.
2. Defrost the mango chunks.
3. One more thing is necessary.
4. Now, mix all of the ingredients except ginger in a bowl.
5. Now you can serve in cups and garnish with ginger.
6. Enjoy!!

Delicious Mashed Sweet Potatoes

I used to go to my neighbor's house sometimes. One day my neighbor prepared this recipe and I was hooked because it was so good. I learned this recipe from him.

Ingredients

- Salt (as per taste)
- Freshly ground black pepper
- 4-6 sweet potatoes, peeled and cubed
- One-two tablespoon grass-fed butter

Preparation

1. Assemble all items.
2. Steam the sweet potatoes.
3. When the potatoes become tender, withdraw them from heat.
4. One thing remains to be done now.
5. Mix the potatoes with the butter; season with salt and black pepper.
6. Mash this mixture until you reach a consistency that you love.
7. Smell the aroma and then serve.

Magical Orange-Poppy Seed Bread

Ingredients

- ½ cup sunflower butter
- Three and half- four tbsp orange jam (sugar free)
- ¾ cup tapioca flour
- Three-four tbsp ground chia seeds
- Six eggs
- Half cup tahini butter
- Two-three tsp orange essence
- One half-two teaspoon cider vinegar
- ¾-1 teaspoon salt
- One half-two tsp baking soda
- ½ cup almond butter
- One half tsp ground vanilla
- Three-four tbsp poppy seeds

Preparation

1. Assemble all items.
2. Preheat the oven at 352°F.
3. In a bowl mix eggs, jam and essence.
4. In another bowl blend butters and vinegar. Add salt, flour, vanilla, baking soda and the seeds. Blend well. Following that, slowly fold mixture into the first bowl.
5. Now comes the most important part.
6. Grease a baking tray and then pour mixture in it.
7. Place within the preheated oven and bake for 30-43 minutes.
8. Smell the aroma and then serve.

Interesting Paleo Banana Bread

This is most subtle and definitive recipe, I've ever known. Now why are you waiting? The supreme recipe is just below!! Learn it by heart.

What you need

- Pinch of sea salt
- 4 eggs
- One-two tsp baking powder
- One-two tsp cinnamon
- Three-four tablespoon coconut oil
- Four ripe bananas, mashed
- Half cup coconut flour
- One-two tsp vanilla extract
- One-two teaspoon raw honey

Preparation

1. Assemble all the ingredients at one place.
2. Preheat oven to 352°F.
3. Grease a loaf pan.
4. Now comes the most important step.
5. Blend entire items in a high-power blender until well added.
6. Now pour the batter in the prepared loaf pan and bake for 35-42 minutes.
7. Cool on a cooling rack before serving.
8. Smell the aroma and serve.

Easy Paleo French Toast

Ingredients

- ¼ cup milk (almond or coconut)
- One-two loaf of Paleo coconut bread or banana bread, sliced into half-inch thick pieces
- One-two tsp cinnamon
- 1-2 tsp coconut oil
- Pinch of sea salt
- 4 eggs, beaten

Preparation

1. Assemble entire ingredients at one place.
2. Preheat a skillet and then grease with coconut oil.
3. Meanwhile, blend the whisked eggs with the cinnamon, salt and milk.
4. Now comes the most important part.
5. Now, please dip the bread pieces in the egg mixture you have, making sure that the slices are completely covered with the egg.
6. Cook for 3 minute on 1 side, flip and cook for another minute. Make sure egg mix is well cooked before serving.
7. Enjoy!!

Extra ordinary Easy Chicken and Egg Salad

Ingredients:

- 2-3 tablespoon lemon juice
- 2-3 hard boiled eggs, diced
- salt and pepper, to taste
- 1 large apple, diced
- Two cups cooked chicken, chopped
- One/two cup walnuts, roasted
- A bunch of arugula leaves
- Two-three tbsp extra virgin olive oil

Instructions:

1. Assemble all items.
2. Roast walnuts in a preheated to 452 F oven for 2-4 minutes or until toasted.
3. In a deep salad bowl, mix chicken, apple, eggs and arugula. In a smaller bowl, whisk lemon juice, olive oil, salt and black pepper. Now pour above the chicken mixture. Sprinkle with walnuts and now you can serve.
4. Smell the aroma and then you can serve.

Serves: 4-5

Prep time: 6 min

Insane Mashed Avocado and Chicken Salad

Have a perfect start of the day with the most subtle and definitive recipe, I've ever known.

Ingredients:

- 1-2 tbsp extra virgin olive oil
- Salt and pepper, to taste
- Two ripe avocados, mashed with a fork
- Two-three cooked chicken breasts, diced
- Three-four tablespoon lemon juice
- One small red onion, finely sliced
- One-two tbsp fresh taragon leaves, finely now cut

Method of preparation:

1. Assemble all items.
2. Place the chicken in a medium sized salad bowl. In a plate, mash the avocados using either a fork or a potato masher and combine them to the chicken. Combine in the taragon, onion, lemon juice and olive oil.
3. With salt and black pepper to taste, stir to add and serve.
4. Enjoy!!

Serves: Four-six

Preparation time: Seven minute

Beautiful Walnut Pesto Chicken Salad

What you need:

- 1 large avocado, peeled and diced
- 1 large apple, peeled and diced
- Two cups cooked chicken, diced

For the walnut pesto

- One-two tbsp lemon juice
- 10-11 fresh basil leaves
- Salt and black pepper, to taste
- 2-3 green olives
- One-two-one cup walnuts, chopped
- 2-4 tbsps extra virgin olive oil
- One-two garlic clove

Method of preparation:

1. Assemble all the ingredients at one place.
2. In a food processor, blend together walnuts, olives, basil, olive oil, garlic and lemon juice until wholly smooth.
3. Blend diced chicken, apple, and avocado. Now pour above the walnut pesto, stir to blend and then serve.
4. Smell the aroma and serve.

Serves: Four-six

Preparation time: Twelve min

Mystical Egg Casserole

This recipe is surely gonna sizzle your taste buds.

Ingredients

- Two pieces uncured, nitrate-free bacon, cooked and crumbled
- Two-three broccoli florets, finely sliced
- Freshly ground black pepper, to taste
- 1/4 small onion, sliced
- Two-three large eggs
- Five-six spinach leaves, sliced
- 1/4 small zucchini, sliced
- One-two tablespoon olive or may be coconut oil

Method of preparation

1. Assemble all items.
2. Preheat oven to 350 degrees F. Beat eggs in a small bowl and blend in the veggies and bacon. Season with freshly ground black pepper.
3. Now comes the last step.
4. Grease a single-serve ramekin with oil and now pour the egg mixture in. Bake for 15 to 20 minutes until the top is lightly browned. Serve immediately.
5. Enjoy!!

Servings- One-three

Awesome Eggplant Holes

What you need

- Green onions, chopped, for garnish
- Freshly ground black pepper, to taste
- 1-2 medium eggplant
- Four-five large eggs
- Two-three tablespoons olive or coconut oil

Instructions

1. Assemble all items.
2. Slice eggplant into one-inch thick slices and season with pepper.
3. Using a small cookie cutter, cut a hole in the middle of each slice.
4. Heat a large skillet above medium-high heat. Add the oil, followed by the eggplant.
5. Now we can proceed to the subsequent most important step.
6. Crack one egg into the center of every slice.
7. Start cooking for two to four minutes and then toss, being careful not to let the egg fall out of the hole.
8. Cook for another 3 minutes and withdraw from pan.
9. One thing remains to be done now.
10. Season with freshly ground black pepper.
11. Garnish with the green onions and now serve.
12. Smell the aroma and serve.

Servings- Two-four

Yummy Eggs Benedict Paleo Style

Ingredients

- 1/2-1 medium avocado
- 2-3 tablespoons lemon juice
- 1-2 clove garlic
- 1 large egg
- 1-2 tomato slice
- 2-3 slices uncured, nitrate-free bacon, cooked and crumbled
- Freshly ground black pepper, to taste

Instructions

1. Put the avocado, lemon juice, and garlic in a food processor and process until smooth and creamy.
2. Now, please poach the egg in a pot of simmering water until it is done, about 4 minutes.
3. To serve, place the egg on top of the tomato slice and top with the avocado sauce and bacon. Season with freshly ground black pepper.

Serves-1

Amazing Everything Omelet

Ingredients

- 2 slices uncured, nitrate-free bacon, cooked and crumbled
- One-two tbsp olive or coconut oil
- Freshly ground black pepper, to taste
- Three-four large eggs
- One/two-one cup broccoli, steamed
- One/two small onion, chopped
- Two-three minimally processed sausage links, cooked and shredded

Directions

1. Assemble all items.
2. Crush the eggs in a small bowl. Heat a small non-stick skillet above medium heat and add the oil.
3. Pour the eggs within the pan and allow it to cook for three minute.
4. Now we can proceed to the next most important step.
5. Then you should add the veggies and meat to one side and carefully fold the other side over the top of it.
6. Cook till eggs are cooked through.
7. One thing remains to be done now.
8. Season with freshly ground black pepper.
9. Slide onto a plate and then you can serve garnished with more bacon, if desired.
10. Enjoy!!

Servings-1-3

Superb Grain-Free Pancakes

Ingredients

- 4-5 ripe bananas
- Four-five large eggs
- One/two-one cup nut butter
- Freshly ground black pepper, to taste
- Two-three teaspoons olive or coconut oil

Directions

1. Assemble all items.
2. Now, put the bananas in a large or medium bowl and then mash them with a fork till smooth.
3. Beat the eggs in a different bowl until frothy.
4. Now you should add them to the bananas.
5. Now comes the most important step.
6. Combine the nut butter and mix well until creamy and smooth.
7. Season with freshly ground black pepper.
8. Heaten up the olive oil in a skillet or may be on a griddle. Now pour 1/4 cup pancake batter for each pancake onto the griddle or skillet. After that cook pancakes for 2 minutes and then flip with a spatula.
9. One more thing remains to be done now.
10. Cook for an additional four minutes or till the pancakes are golden brown.
11. Enjoy!!

Serves- Four-five

Supreme High-Fiber Bacon and Eggs

What you need

- Freshly ground black pepper, to taste
- Four-five large eggs
- Six-seven pieces of uncured, nitrate-free, thick-cut bacon
- 2-3 cups cabbage, shredded
- 1-2 tablespoons olive or may be coconut oil

Directions

1. Assemble all items.
2. Lay bacon on a sheet pan and preheat the broiler to high.
3. Put bacon under the broiler and broil for seven minutes per side, till desired crispness.
4. Heaten up the oil in a large skillet and combine the cabbage.
5. Now we can proceed to the next most important step.
6. Cook until soft, browned, and lightly crisp.
7. Season with pepper.
8. Remove from pan and place on two plates.
9. Crack the eggs in the pan and cook till it looks good.
10. One thing remains to be done now.
11. Season with freshly ground black pepper.

To serve, put the eggs on top of the cabbage and serve with the broiled bacon.

Servings- Two-four

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