

Paleo Recipes: 50 Delicious All-time Favorite Paleo recipes

A SIMPLE A WAY TO MAKE DELICIOUS PALEO MEALS

George Davis

PALEO RECIPES:
50 TOP RATED RECIPES FOR YOUR SOUL

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MINI MUFFULETTA KABOBS

Prep Time: 30 mins

Total Time: 1 hr

Servings: 24



INGREDIENTS

6 slices smoked ham

6 slices provolone cheese

6 slices genoa salami

24 pepperoncini peppers

24 black olives

24 Spanish olives, filled with pimiento

24 pieces roasted red peppers

Olive oil and vinegar dressing

DIRECTIONS

1. Layer the following ingredients in order; 1 slice of ham, followed by 1 slice of cheese and topped with a layer of Genoa salami.

- 2.Roll the layers together tightly and cut into 4 equivalent portions.
- 3.Repeat the process for the remaining cheese, salami and ham.
- 4.Pass each sliced meat and cheese roll into a wooden skewer then followed by pepperoncini pepper, next is the meat and cheese roll again, and then the roasted red bell pepper and lastly the pimienta filled Spanish olives.
- 5.Arrange the kabobs in a 9x13 inch pan.
- 6.Pour the salad dressing around the kabobs and cover.
- 7.Chill in the fridge for about 30 minutes before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (100 g)		Total Fat 4.4g	6%
Servings Per Recipe: 24		Saturated Fat 1.9g	9%
Amount Per Serving	% Daily Value	Cholesterol 14.9mg	4%
Calories 76.9		Sugars 2.4 g	
Calories from Fat 40	52%	Sodium 1187.8mg	49%
		Total Carbohydrate 4.3g	1%
		Dietary Fiber 1.0g	4%
		Sugars 2.4 g	9%
		Protein 5.5g	11%

Variations:

- Use Green bell pepper or Yellow instead of red, use Italian dressing instead of vinegar dressing.
- Use mozzarella cheese instead of Provolone.

LARABAR COPYCAT (RAW FOOD)

Prep Time: 10 mins

Total Time: 10 mins

Servings: 6



INGREDIENTS

1 cup dates

3 cups cashews

DIRECTIONS

- Place the dates in a food processor and process until smooth.
- Chop up the cashews and then swirl the cashews and dates simultaneously until the cashews are equally dispersed
- Shape the dough like a rope figure.
- Place fine cutting board at the top of the rope dough and push until the rope dough forms into bars.
- Cut into desired sizes.
- Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (93 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 462.2

Calories from Fat 286

62%

Amount Per Serving

% Daily Value

Total Fat 31.8g

49%

Saturated Fat 6.2g

31%

Cholesterol 0.0mg

0%

Sugars 18.9 g

Sodium 438.8mg

18%

Total Carbohydrate 40.7g

13%

Dietary Fiber 4.0g

16%

Sugars 18.9 g

75%

Protein 11.0g

22%

Variations:

- Cut down ingredients into 1/3 cup dates and 1 cup cashews, add up 1 cup almonds, 1 cup dried apricots and 1 cup dried cherries. Combine all the ingredients and follow the procedures.
- Add up cinnamon powder and 1/8 tsp. of kosher salt to the mixture.

TAHINI AND HONEY SPREAD

Prep Time: 2 mins

Total Time: 2 mins

Servings: 1



INGREDIENTS

3 tbsp. tahini

2-4 tsp. honey

DIRECTIONS

1. Combine all ingredients together in a bowl. Blend well.
2. Spread on loaves and buns or any bread of choice.

NUTRITION FACTS

Serving Size: 1 (44 g)

Servings Per Recipe: 1

Amount Per Serving

Calories 213.1

Calories from Fat 129

% Daily Value

60%

Amount Per Serving

% Daily Value

Total Fat 14.4g

22%

Saturated Fat 2.0g

10%

Cholesterol 0.0mg

0%

Sugars 11.3 g

Sodium 22.7mg

0%

Total Carbohydrate 19.2g

6%

Dietary Fiber 2.8g

11%

Sugars 11.3 g

45%

Protein 5.3g

10%

Variations:

- Use local honey and organic tahini, serve as dip to bananas and spread to any bread
- Add up some coconut or carob powder or choc chips or fruit to the mixture.

PALEO CARROT BANANA MUFFINS

Prep Time: 10 mins

Total Time: 35 mins

Serves: 18, Yield: 18 muffins



INGREDIENTS

2 cups almond meal

2 teaspoons baking soda

1 teaspoon Celtic sea salt

1 tablespoon cinnamon

1 cup dates, pitted

3 ripe bananas

3 eggs

1 teaspoon apple cider vinegar

1/4 cup coconut oil

1 1/2 cups carrots, shredded

DIRECTIONS

- 1.Preheat oven at 350 degrees F. lightly grease muffin tins or line with muffin papers. Set aside.
- 2.Incorporate all the dry ingredients together in a bowl. Set aside
- 3.Place the bananas, eggs, dates, coconut oil and vinegar in a food processor or blender and beat until mixture is smooth.
- 4.Pour wet mixture into the dry mixture and mix. Gently fold in the shredded carrots.
- 5.Ladle mixture into prepared muffin tins and bake in the preheated oven for 25 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (61 g)		Total Fat 9.1g	14%
Servings Per Recipe: 18		Saturated Fat 3.3g	16%
Amount Per Serving	% Daily Value	Cholesterol 31.0mg	10%
Calories 144.7		Sugars 8.5 g	
Calories from Fat 82	56%	Sodium 288.7mg	12%
		Total Carbohydrate 14.3g	4%
		Dietary Fiber 2.9g	11%
		Sugars 8.5 g	34%
		Protein 3.8g	7%

Variations:

- Use Bob's Red Mill almond flour.
- Add up ½ cup semi-sweet chocolate chips to the mixture before baking.

MEXICAN STUFFED PEPPERS (PALEO)

Prep Time: 30 mins

Total Time: 1 hr

Serves: 4, Yield: 7 pepper halves



INGREDIENTS

- 1 lb. lean ground beef
- 1 (1 1/4 ounce) packets low-sodium taco seasoning
- 1 large onion, chopped
- 1 (10 ounce) cans tomatoes and green chilies
- 6 ounces tomato paste
- 1/2 cup chopped cilantro
- 4 ounces black olives, sliced
- 4 yellow bell peppers
- Fresh salsa
- 3 avocados
- 1 teaspoon garlic powder

DIRECTIONS

- 1.Heat up your oven at 350 degrees F. lightly oil or butter a baking pan.
- 2.Sauté the beef in a skillet at medium-high heat. Add in taco seasoning
- 3.Meanwhile, chop up the cilantro and onions. Add up chopped cilantro and onions to the beef and sauté further for 5 minutes.
- 4.Divide the peppers and then remove the seeds. Finely chop one of the peppers.
- 5.Add up the chopped peppers into the beef mixture. Stir in the canned tomatoes, olives, and tomato paste.
6. Arrange the sliced bell peppers in the prepared pan with the sliced portion facing up.
- 7.Spoon beef mixture and stuff into the peppers
- 8.Bake in the preheated oven for 30 minutes or until done.
- 9.For the topping: mash the avocados and then mix with 1 tsp. garlic powder.
- 10.Once the peppers are ready, place a spoonful of the guacamole topping and finish up with some salsa of your choice. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (632 g)		Total Fat 37.1g	57%
Servings Per Recipe: 4		Saturated Fat 8.3g	41%
Amount Per Serving	% Daily Value	Cholesterol 73.7mg	24%
Calories 587.4		Sugars 7.8 g	
Calories from Fat 334	56%	Sodium 923.0mg	38%
		Total Carbohydrate 41.2g	13%
		Dietary Fiber 15.2 g	60%
		Sugars 7.8 g	31%
		Protein 30.7g	61%

Variations:

- Use ground beef and a little amount of chorizo, use rotel tomatoes, and omit the olives.
- Omit the salt and use tomatoes, olives and plain avocado. Add up some cheddar and pepper flakes.

PALEO BANANA BREAD

Prep Time: 5 mins

Total Time: 1 hr 5 mins

Serves: 12, Yield: 1 loaf



INGREDIENTS

3 bananas, mashed

3 eggs

1 tablespoon vanilla

1 tablespoon honey

1/4 cup vegan palm oil shortening

2 cups blanched almond flour

1/2 teaspoon sea salt

1 teaspoon baking soda

1 cup chocolate chips

DIRECTIONS

1. Grease or butter a 3.5 x 7.5 inch loaf baking pan. Preheat oven at 350 degrees F.

2. Combine bananas, vanilla, honey, eggs and palm oil in a blender or food processor.
Pulse until smooth.
3. Add in the flour, baking soda and salt. Pulse further until fully blended.
4. Add in chocolate chips and then pour batter mixture into prepared baking pan.
5. Bake in the preheated oven for 55-60 minutes or until cooked through.
6. Take out from the oven and let cool.
7. Remove from the pan and slice into desired sizes.
8. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (64 g)		Total Fat 5.8g	8%
Servings Per Recipe: 12		Saturated Fat 3.4g	17%
Amount Per Serving	% Daily Value	Cholesterol 48.5mg	15%
Calories 92.7		Sugars 5.2 g	
Calories from Fat 52	56%	Sodium 219.9mg	9%
		Total Carbohydrate 8.4g	2%
		Dietary Fiber 0.7g	3%
		Sugars 5.2 g	20%
		Protein 1.9g	3%

Variations:

- Replace palm oil shortening with coconut oil. And use 4 bananas, omit chocolate and add up chopped walnuts instead.
- Divide the batter into two and bake in mini loaf pans, bake in the oven for 40-45 minutes and use butter instead of palm oil.

PALEO BREAKFAST VEGGIE HASH WITH EGGS

Prep Time: 15 mins

Total Time: 30 mins

Servings: 2



INGREDIENTS

- 1 tablespoon extra-virgin olive oil
- 2 tablespoons butter
- 2 garlic cloves, minced
- 1/4 cup sweet white onion, chopped
- 1 cup yellow squash, chopped
- 1/2 cup mushroom, sliced
- Salt and pepper
- 1 cup cherry tomatoes, halved
- 1 cup fresh spinach, chopped
- 4 eggs, poached or cooked any style

DIRECTIONS

- 1.Place olive oil in a non-stick skillet and heat at moderate setting, add in the butter. Sauté onion and garlic for at least 2 minutes and then stir in the squash and sauté further for about 2 minutes.
- 2.Add in mushrooms and cook for another 5 minutes or until nearly cooked.
- 3.Season up with pepper and salt according to desired taste.
- 4.Add in the spinach and tomatoes until the spinach is wilted.
- 5.Meanwhile, fry the eggs in a separate skillet until your preferred doneness.
- 6.Drain excess liquid and place in a serving plate.
- 7.Top vegetables with the egg and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (313 g)		Total Fat 28.2g	43%
Servings Per Recipe: 2		Saturated Fat 11.4 g	57%
Amount Per Serving	% Daily Value	Cholesterol 402.5mg	134%
Calories 348.2		Sugars 5.1 g	
Calories from Fat 254	73%	Sodium 266.2mg	11%
		Total Carbohydrate 9.5g	3%
		Dietary Fiber 2.4g	9%
		Sugars 5.1 g	20%
		Protein 15.4 g	30%

Variations:

- Use sweet potatoes instead of squash, and add up bacon bits before serving.

- Use twice the amount of veggies and use 1 egg.

BAKED TURKEY PALEO MEATBALLS

Prep Time: 10 mins

Total Time: 35 mins

Serves: 4, Yield: 15 meatballs



INGREDIENTS

1 lb. ground turkey

1 egg

1 1/2 teaspoons dried oregano

1 1/2 teaspoons dried parsley

1 teaspoon garlic powder

1 teaspoon onion powder

1/2 teaspoon red pepper flakes

1/4 cup almond meal

1 pinch sea salt

Meatball Topping

1/4 cup almond meal

2 teaspoons dried parsley

1 teaspoon black pepper

DIRECTIONS

- 1.Heat up the oven at 400 degrees F.
- 2.Mix all the ingredients in a bowl, knead and shape into meatballs having 2 ½ inch span.
- 3.Place almond meal in a bowl, add in the meatballs and toss to coat.
- 4.Arrange coated meatballs in a cookie sheet and bake in the preheated oven for 20-25 minutes or until cooked through.

NUTRITION FACTS

Serving Size: 1 (141 g)

Servings Per Recipe: 4

Amount Per Serving

Calories 263.1

Calories from Fat 142

% Daily Value

54%

Amount Per Serving

Total Fat 15.8g

Saturated Fat 3.1g

Cholesterol 124.8mg

Sugars 0.6 g

Sodium 232.2mg

Total Carbohydrate 4.6g

Dietary Fiber 2.0g

Sugars 0.6 g

Protein 26.8g

% Daily Value

24%

15%

41%

9%

1%

8%

2%

53%

Variations:

- Add in two Italian turkey sausage links with casings removed and make the meatballs smaller to make 25 meatballs.

- Add up almond flour into almond meal and add up some pepper flakes for a little kick.

PALEO BREAD

Prep Time: 10 mins

Total Time: 40 mins

Serves: 6, Yield: 1 loaf



INGREDIENTS

1 1/2 cups almond flour

2 tablespoons coconut flour

1/4 cup flax seed meal

1/4 teaspoon salt

1 1/2 teaspoons baking soda

4 eggs

1/4 cup coconut oil

1 tablespoon honey

1 tablespoon apple cider vinegar

DIRECTIONS

1. Preheat oven at 350 degrees F. lightly grease loaf pan and set aside.

- 2.Combine almond flour with the coconut flour, salt, baking soda and flax in a food processor. Process until mixture is well combined.
- 3.Add in honey, oil, eggs, and vinegar and pulse further until well blended.
- 4.Spoon batter into prepared pan and bake in the preheated oven for at least 30 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (54 g)		Total Fat 14.2g	21%
Servings Per Recipe: 6		Saturated Fat 9.0g	45%
Amount Per Serving	% Daily Value	Cholesterol 124.0mg	41%
Calories 162.0		Sugars 3.0 g	
Calories from Fat 127	78%	Sodium 460.5mg	19%
		Total Carbohydrate 4.4g	1%
		Dietary Fiber 1.2g	5%
		Sugars 3.0 g	12%
		Protein 5.0g	10%

Variations:

- Use blanched almond flour and replace coconut oil with olive oil.
- Use almond meal instead of flour

ALMOND JOY CHOCOLATE BARK

Prep Time: 10 mins

Total Time: 2 hrs 10 mins

Serves: 4-6, Yield: 1.0 batch



INGREDIENTS

1 1/2 cups dark chocolate, 73%

1/2 cup almonds, toasted

1/4 cup shredded coconut, unsweetened and toasted

DIRECTIONS

1. Place chocolate in a saucepan and heat at a very low setting to melt.
2. Pour the melted chocolate in a 8x8 square pan lined with parchment paper
3. Evenly spread chocolate and then sprinkle the almonds and the 3 tbsp. toasted coconut.
4. Flatten the mixture using a flat spatula and then scatter the rest of toasted coconuts over the mixture.
5. Place the chocolate mixture in the fridge and chill for at least 2 hours.
6. Once ready, cut into squares and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (48 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 379.7

Calories from Fat 332

87%

Amount Per Serving

% Daily Value

Total Fat 36.9g

56%

Saturated Fat 18.5g

92%

Cholesterol 0.0mg

0%

Sugars 3.8 g

Sodium 85.5mg

3%

Total Carbohydrate 21.2g

7%

Dietary Fiber 10.3g

41%

Sugars 3.8 g

15%

Protein 10.1g

20%

Variations:

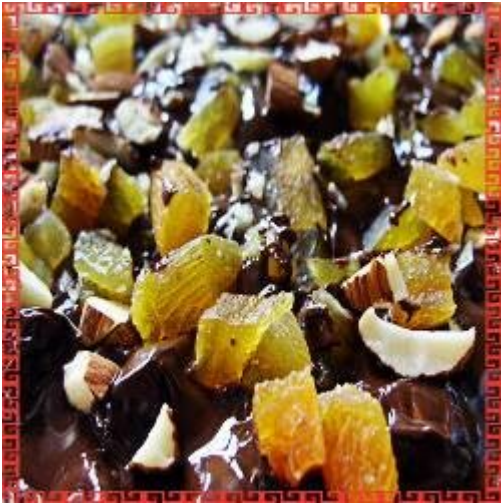
- Use semi-sweet chocolate in place of the dark chocolate.
- Use milk chocolate and add up more almonds, omit coconuts

APRICOT ALMOND CHOCOLATE BARK

Prep Time: 10 mins

Total Time: 10 mins

Servings: 20



INGREDIENTS

12 ounces semisweet chocolate, chopped

1 1/2 cups dried apricots, chopped

1 1/3 cups almonds, toasted, chopped, divided

DIRECTIONS

1. Line 9x13 inch baking dish with aluminum foil.
2. Heat saucepan at very low setting and then place the chocolate let chocolate melt slowly.
3. Remove from heat and then stir in chopped almonds.
4. Spoon chocolate mixture into the foil lined baking dish and evenly flatten using a spatula.
5. Scatter rest of almonds and the apricots over the chocolate and gently push the almonds and apricots to set in.
6. Put the chocolate mixture in the fridge and chill for about 10 minutes to harden.

7.Once ready, cut into desired sizes and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (36 g)		Total Fat 13.8g	21%
Servings Per Recipe: 20		Saturated Fat 5.8g	29%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 163.6		Sugars 5.8 g	
Calories from Fat 124	75%	Sodium 36.2mg	1%
		Total Carbohydrate 12.9g	4%
		Dietary Fiber 4.6g	18%
		Sugars 5.8 g	23%
		Protein 4.5g	9%

Variations:

- Add up some dried cranberries and green pumpkin seeds.
- Use dark chocolate, use walnuts instead of almonds.

CARROT BITES

Prep Time: 15 mins

Total Time: 15 mins

Yield: 15-18 small balls



INGREDIENTS

2 carrots, peeled and roughly chopped

1/2 cup walnuts

1/2 cup raw cashews

5 -6 dates, pitted and roughly chopped

1 teaspoon fresh ginger, grated

1/2 teaspoon cinnamon

1 orange, zest of

Sesame seeds, for rolling in

Unsweetened dried shredded coconut, for rolling in

DIRECTIONS

1. Place the carrots in a food processor and pulse until carrots are fully ground. Transfer to

- a plate or bowl and reserve.
2. In the same food processor, pulse in the cashews and walnuts until fully chopped.
 3. Add in the dates and process further to chop the dates and fully blend with the nuts.
 4. Add in the carrots, cinnamon, ginger, and orange zest. Continue to process until the mixture forms into dough.
 5. Transfer the dough in a bowl and shape into tiny carrot balls.
 6. Coat with shredded coconuts or sesame seeds and chill until set.
 7. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (295 g)		Total Fat 4.6g	7%
Servings Per Recipe: 1		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 62.0		Sugars 2.2 g	
Calories from Fat 42	68%	Sodium 6.4mg	0%
		Total Carbohydrate 4.6g	1%
		Dietary Fiber 0.8g	3%
		Sugars 2.2 g	8%
		Protein 1.4g	2%

- Variations:
- Hand grate carrots into fine shreds and use immersion blender in mixing the ingredients before shaping into carrot balls.
 - Replace ginger with cinnamon and coat with chocolate or cocoa powder.

BAKED GRAPEFRUIT

Prep Time: 10 mins

Total Time: 25 mins

Servings: 4



INGREDIENTS

2 grapefruits

4 teaspoons clear honey or 4 teaspoons maple syrup

1 teaspoon ground cinnamon

DIRECTIONS

1. Cut grapefruit crossways and take off the core using a knife.
2. Loosen grapefruit segments, and then place some honey in the middle of every grapefruit.
3. Dust with some cinnamon and then bake in the oven for at least 15 minutes at 375 degrees F.
4. Remove from the oven and let cool before serving.

NUTRITION FACTS

Serving Size: 1 (125 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
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Calories 60.6

Calories from Fat 1	92%
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Amount Per Serving	% Daily Value
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Total Fat 0.1g	0%
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Saturated Fat 0.0g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 5.7 g	
--------------	--

Sodium 0.3mg	0%
--------------	----

Total Carbohydrate 15.9g	5%
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Dietary Fiber 0.3g	1%
--------------------	----

Sugars 5.7 g	23%
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Protein 0.7g	1%
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Variations:

- Use both honey and maple, drizzle all over the grapefruit.
- Use maple and place over the grapefruit not just in the middle of the fruit.

HONEY HAZELNUT SPREAD

Prep Time: 15 mins

Total Time: 15 mins

Serves: 8, Yield: 1 cup



INGREDIENTS

1 cup hazelnuts

1/2 cup honey

DIRECTIONS

- 1.Heat up the oven at 350 degrees F.
- 2.Scatter the nuts in a cookie sheet and roast for at least 10-12 minutes.
- 3.Take nuts out form the oven and then transfer into a clean towel
- 4.Buff the hazelnuts to separate the skin from the nuts.
- 5.Transfer skinned hazelnuts in a food processor and pulse until pureed.
- 6.Once the hazelnut puree is fluffy and more or less greasy, add in the honey and process until mixture is well incorporated.
- 7.Pour mixture into an airtight container with lid or bowl.

8.Serve with some bread or loaf.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (38 g)		Total Fat 10.2g	15%
Servings Per Recipe: 8		Saturated Fat 0.7g	3%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 170.3		Sugars 18.1 g	
Calories from Fat 92	54%	Sodium 0.8mg	0%
		Total Carbohydrate 20.2g	6%
		Dietary Fiber 1.6g	6%
		Sugars 18.1 g	72%
		Protein 2.5g	5%

Variations:

- Puree the hazelnuts in the blender omit honey.
- Decrease the honey by a few tbsp. and serve on fresh apples or toasted bread.

CHOCOLATE FRUIT KEBABS

Prep Time: 10 mins

Total Time: 15 mins

Serves: 4, Yield: 4 kebabs



INGREDIENTS

100 g seedless grapes

1 banana thickly sliced

100 g strawberries, halved

1 mango cut into chunks

25 g dark chocolate, chopped

DIRECTIONS

1. Pass the following fruits in order into the bamboo skewer.

Grapes

Banana

Strawberries

Mango

- 2.Repeat process until all ingredients are used up making approximately 4 kebabs. Place the kebabs in a tray lined with wax paper. Set aside.
- 3.Place chocolate in a microwave safe bowl and place over boiling water, stirring often until the chocolate completely melts.
- 4.Drizzle melted chocolate over the kebabs using a fork.
- 5. Put the tray in the fridge and chill until set.
- 6.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (169 g)		Total Fat 3.8g	5%
Servings Per Recipe: 4		Saturated Fat 2.1g	10%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 133.2		Sugars 20.2 g	
Calories from Fat 34	25%	Sodium 3.3mg	0%
		Total Carbohydrate 27.6g	9%
		Dietary Fiber 3.8g	15%
		Sugars 20.2 g	80%
		Protein 2.1g	4%

Variations:

- Use banana, mandarin orange and apple for the fruit and lightly drizzle with organic milk chocolate
- Use red grapes instead of green.

LEMON KALE CHIPS

Prep Time: 5 mins

Total Time: 17 mins

Serves: 4, Yield: 1 batch



INGREDIENTS

1 bunch kale

2 tablespoons olive oil

2 tablespoons lemon juice

1/4 teaspoon Celtic sea salt

DIRECTIONS

- 1.Heat up the oven at 350 degrees F.
- 2.Cut the kale into 1/2 inch bits. And then put them in a large mixing bowl.
- 3.Add in salt, lemon juice, and oil to the kale and knead to blend.
- 4.Transfer the kale in a baking pan lined with parchment paper and bake in the preheated oven for at least 10-15 minutes or until the kale is crisp and dark green in color.
- 5.Remove from the oven and let cool before serving.

NUTRITION FACTS

Serving Size: 1 (65 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 86.4

Calories from Fat 64

74%

Amount Per Serving

% Daily Value

Total Fat 7.1g

10%

Saturated Fat 0.9g

4%

Cholesterol 0.0mg

0%

Sugars 0.1 g

Sodium 167.1mg

6%

Total Carbohydrate 5.5g

1%

Dietary Fiber 1.0g

4%

Sugars 0.1 g

0%

Protein 1.6 g

3%

Variations:

- Sprinkle pumpkin seeds or sunflower seeds on the kale before baking to add even more flavor.
- Add up some spices like curry or cayenne to the lemon juice and salt mixture just before baking.

GLUTEN FREE CINNAMON BUN MUFFINS

Prep Time: 10 mins

Total Time: 18 mins

Serves: 6-8, Yield: 1.0 batch



INGREDIENTS

2 tablespoons agave nectar

1 tablespoon cinnamon

1 tablespoon grape seed oil

1 cup blanched almond flour

2 tablespoons coconut flour

1/2 teaspoon baking soda

1/4 teaspoon Celtic sea salt

1/4 cup grape seed oil

1/4 cup agave nectar

3 eggs

1 tablespoon vanilla extract

DIRECTIONS

- 1.For the cinnamon topping: mix agave with oil and cinnamon in a tiny bowl. Reserve.
- 2.For the muffin: incorporate coconut flour, almond flour, salt and baking soda in a bowl.
- 3.Using a separate bowl, whisk eggs with agave, vanilla and oil.
- 4.Meanwhile, preheat oven at 350 degrees F, and line muffin tins with muffin paper or lightly grease the muffin tins.
- 5.Incorporate dry mixture to egg mixture to form the batter. Spoon mixture into greased or paper lined muffin tin and then top with the cinnamon glaze.
- 6.Bake in the preheated oven for 8-12 minutes or until cooked through.
- 7.Remove from the oven and let cool for few minutes. Frost with creamy cream cheese frosting if favored.

NUTRITION FACTS

Serving Size: 1 (30 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 145.5

Calories from Fat 123

84%

Amount Per Serving

% Daily Value

Total Fat 13.7g

21%

Saturated Fat 1.8 g

9%

Cholesterol 93.0mg

31%

Sugars 0.3 g

Sodium 237.6mg

9%

Total Carbohydrate 1.5g

0%

Dietary Fiber 0.6g

2%

Sugars 0.3 g

1%

Protein 3.1g

6%

Variations:

- Use Yukon syrup in place of the agave and use olive oil

MANGOCADO PUDDING (RAW RECIPE)

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2



INGREDIENTS

1 mango, peeled and seeded

1/2 avocado, peeled and seeded

Raw flaked coconut

DIRECTIONS

1. Combine the mango and avocado in a food processor and pulse until mixture is smooth and fluffy.
2. Transfer into a bowl and top with some coconut flakes.
3. Chill until ready to use.

NUTRITION FACTS

Serving Size: 1 (218 g)

Servings Per Recipe: 2

Amount Per Serving

% Daily Value

Calories 147.6

Calories from Fat 68

46%

Amount Per Serving

% Daily Value

Total Fat 7.6g

11%

Saturated Fat 1.1g

5%

Cholesterol 0.0mg

0%

Sugars 15.6 g

Sodium 5.5mg

0%

Total Carbohydrate 21.8g

7%

Dietary Fiber 5.2g

20%

Sugars 15.6 g

62%

Protein 1.5g

3%

Variations:

- Add up tiny squeeze of honey.
- Puree mango first before adding up the avocado. Chill for about 15 minutes before serving.

BANANAS WITH CAROB SAUCE (RAW VEGAN)

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1



INGREDIENTS

3 ripe bananas

3 dates, soaked

3 tablespoons raw carob powder

Water

DIRECTIONS

1. Cut the bananas and place in a bowl leaving the half of one banana behind.
2. Combine reserved banana slices with carob powder and dates in a blender or food process. And pulse while adding up water. Pulse until mixture is fully blended and smooth.
3. Pour mixture into the bowl over the sliced bananas and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (375 g)		Total Fat 1.2g	1%
Servings Per Recipe: 1		Saturated Fat 0.4g	2%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 385.2		Sugars 59.0 g	
Calories from Fat 11	96%	Sodium 4.0mg	0%
		Total Carbohydrate 99.5g	33%
		Dietary Fiber 11.2 g	44%
		Sugars 59.0 g	236%
		Protein 4.4g	8%

- Variations:
- Use date molasses or syrup in place of dates.

FLAX SEED BALLS

Prep Time: 20 mins

Total Time: 20 mins

Serves: 12, Yield: 1 batch



INGREDIENTS

1/2 cup ground flax seed, brown or golden

3 tablespoons sunflower seeds, ground

3 tablespoons sesame seeds, ground

2 tablespoons carob powder

1 tablespoon coconut, ground

1 pinch salt

3 tablespoons honey

DIRECTIONS

1. Combine all ingredients in a bowl and knead well or combine all the ingredients in a food processor and process until well mixed.
2. Form dough into balls.

3.Chill for few hours and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (17 g)		Total Fat 5.6g	8%
Servings Per Recipe: 12		Saturated Fat 0.9g	4%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 83.5		Sugars 4.5 g	
Calories from Fat 50	60%	Sodium 3.0mg	0%
		Total Carbohydrate 7.4g	2%
		Dietary Fiber 2.4g	9%
		Sugars 4.5 g	18%
		Protein 2.2g	4%

Variations:

- Use molasses instead of honey.
- Use brown rice syrup instead of honey and add up some maple syrup.

BACON-WRAPPED OLIVES

Prep Time: 10 mins

Total Time: 45 mins

Yield: 36 Bacon-Wrapped Olives



INGREDIENTS

12 slices bacon

36 oil-packed almond-stuffed green olives

DIRECTIONS

- 1.Heat up the oven at 400 degrees F and place the wire rack in the center of the oven. Line baking dish with parchment. Set aside.
- 2.Slice bacons crossways in a cutting board.
- 3.Enfold bacon into the olives and seal with a toothpick and then place them in the lined baking dish.
- 4.Bake in the preheated oven for at least 30-35 minutes or until done.
- 5.Remove from the oven and drain excess fat using paper towels.
- 6.Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (96 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 12.2

Calories from Fat 10

88%

Amount Per Serving

% Daily Value

Total Fat 1.2g

1%

Saturated Fat 0.4g

2%

Cholesterol 1.8mg

0%

Sugars 0.0 g

Sodium 22.2mg

0%

Total Carbohydrate 0.0g

0%

Dietary Fiber 0.0g

0%

Sugars 0.0 g

0%

Protein 0.3g

0%

Variations:

- Use garlic-stuffed olives instead of almond stuffed.
- Use regular pimienta stuffed olives and sprinkle with some parmesan and oregano before baking.

RAW FOOD: BROWNIES OR CHOCOLATE BARS

Prep Time: 10 mins

Total Time: 10 mins

Yield: 5 small bars



INGREDIENTS

1/2 cup walnuts, raw

1/2 cup dates, pitted and chopped

2 tablespoons carob powder

3 tablespoons cocoa powder

2 tablespoons unsweetened coconut

1 tablespoon honey

DIRECTIONS

1. Place nuts in a food processor and pulse until nuts are finely chopped up.
2. Add in the dates and continue processing.
3. Add in remaining ingredients until well incorporated.
4. The mixture will be flaky and dark brown in color.

- Spoon mixture into a tiny pan and flatten. Or you can form it into balls.
- Chill brownies until set.
- Refrigerate left overs.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (197 g)		Total Fat 11.7g	18%
Servings Per Recipe: 1		Saturated Fat 4.1g	20%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 174.8		Sugars 13.5 g	
Calories from Fat 105	60%	Sodium 3.4mg	0%
		Total Carbohydrate 19.2g	6%
		Dietary Fiber 3.9g	15%
		Sugars 13.5 g	54%
		Protein 3.1g	6%

- Variations:
- Sprinkle chopped walnuts on top, use raw cashews) and prunes instead of dates and instead of carob, use 5 tbsp. of cocoa powder
 - Use a mixture of different nuts and add up more vanilla. Shape into balsa and coat with chocolate powder.

ALMOND TAHINI DATE BALLS

Prep Time: 20 mins

Total Time: 20 mins

Serves: 15, Yield: 15 balls



INGREDIENTS

2 cups sliced almonds

1 teaspoon cinnamon

2 teaspoons tahini

18 medium dried and pitted dates

DIRECTIONS

1. Place almonds in the food processor together with the cinnamon and process until thoroughly chopped. Add up tahini and pulse further until well blended.
2. Add in the dates.
3. Shape the dough into small balls and chill.
4. Serve once ready.

NUTRITION FACTS

Serving Size: 1 (21 g)

Servings Per Recipe: 15

Amount Per Serving

% Daily Value

Calories 98.7

Calories from Fat 57

58%

Amount Per Serving

% Daily Value

Total Fat 6.4g

9%

Saturated Fat 0.5g

2%

Cholesterol 0.0mg

0%

Sugars 5.8 g

Sodium 0.8mg

0%

Total Carbohydrate 9.3g

3%

Dietary Fiber 2.3g

9%

Sugars 5.8 g

23%

Protein 2.9g

5%

Variations:

- Coat tahini balls with chocolate and use soft dates and very liquid tahini.
- Use whole raw almonds and soft Iranian Parnoosh brand dates plus poor thin tahini.

MANGO-BERRY DELIGHT

Prep Time: 15 mins

Total Time: 15 mins

Servings: 4



INGREDIENTS

1 ripe mango, peeled and cut into chunks

2 teaspoons orange juice

1 teaspoon honey

2 cups fresh blueberries

DIRECTIONS

1. Blend honey with mango chunks, and orange juice in a blender and beat until fluffy.
2. Equally divide the berries into the 4 dish up bowls.
3. Pour mango puree in every bowl.
4. Serve immediately!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (162 g)		Total Fat 0.5g	0%
Servings Per Recipe: 4		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 98.9		Sugars 20.4 g	
Calories from Fat 5	18%	Sodium 1.6mg	0%
		Total Carbohydrate 24.9g	8%
		Dietary Fiber 3.1g	12%
		Sugars 20.4 g	81%
		Protein 1.2g	2%

Variations:

- Use strawberries and some blueberries. Serve with fish sandwiches and chips
- Used 2 cups frozen mango and used the combo of blueberries, blackberries and strawberries.

SIMPLE CHOCOLATE CHIA PUDDING (VEGAN)

Prep Time: 2 mins

Total Time: 4 hrs 2 mins

Serves: 1, Yield: 1 cup of pudding



INGREDIENTS

1 cup almond milk

2 tablespoons chia seeds

1 teaspoon cocoa powder

1/4 teaspoon cinnamon

1/2 tablespoon maple syrup

DIRECTIONS

1. Combine all the ingredients in a bowl and refrigerate for about 4 hours or overnight.
2. Once ready, stir and serve. Enjoy!

NUTRITION FACTS

Serving Size: 1 (13 g)

Servings Per Recipe: 1

Amount Per Serving

% Daily Value

Calories 31.6

Calories from Fat 2

38%

Amount Per Serving

% Daily Value

Total Fat 0.2g

0%

Saturated Fat 0.1g

0%

Cholesterol 0.0mg

0%

Sugars 6.0 g

Sodium 1.6mg

0%

Total Carbohydrate 8.2g

2%

Dietary Fiber 0.9g

3%

Sugars 6.0 g

24%

Protein 0.3g

0%

Variations:

- Add up a tad of cloves, ginger and nutmeg, use soy milk and cane sugar instead of maple syrup
- Use dark cocoa powder, home-made almond milk and add up more chia seeds use organic, raw, local honey to taste instead of maple syrup.

STEAK SPINACH SESAME SALAD

Prep Time: 10 mins

Total Time: 15 mins

Servings: 6



INGREDIENTS

1/2 cup beef broth

3 steaks, chopped,

1 teaspoon sesame oil,

1 tablespoon lemon juice

1 tablespoon tahini

1 1/2 tablespoons soy sauce

1 teaspoon ginger, fresh grated

1 lb. spinach

1/4 cup red onion, chopped

1/4 lb. mushroom, sliced

1 tomato cut in thin wedges

1 teaspoon pepper, coarse cracked

1 tablespoon sesame seeds, toasted

DIRECTIONS

- 1.Place steak and broth in a stockpot and boil until cooked through and water is decreased to ¼ cup. Remove from heat, and transfer in a serving bowl. “When utilizing roast beef there’s no need for you to cook the roast just chop up and combine with the broth”.
- 2.Combine sesame oil with tahini, soy sauce and lemon juice in a bowl. Set aside
- 3.Add in ginger to the roast. Stir in tomatoes, red onions, mushrooms and spinach.
- 4.Place prepared dressing on top. Sprinkle with ground pepper.
- 5.Mix and garnish with sesame seeds.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (204 g)		Total Fat 6.1g	9%
Servings Per Recipe: 6		Saturated Fat 1.5 g	7%
Amount Per Serving	% Daily Value	Cholesterol 39.5mg	13%
Calories 153.0		Sugars 1.6 g	
Calories from Fat 54	35%	Sodium 420.5mg	17%
		Total Carbohydrate 6.6g	2%
		Dietary Fiber 2.8g	11%
		Sugars 1.6 g	6%
		Protein 19.2 g	38%

Variations:

- Squeeze some honey into the dressing.
- use 1/2 sesame oil, 1/2 regular oil for the dressing,

SALMON AND ASPARAGUS IN FOIL

Prep Time: 15 mins

Total Time: 35 mins

Servings: 4



INGREDIENTS

4 sheets aluminum foil, wrap

4 (5 ounce) salmon fillets

1 lb. asparagus

1 fresh lemon

Fresh ground black pepper

Seasoning salt

Lemon wedge

DIRECTIONS

- 1.Heat up the oven at 450 degrees F.
- 2.Break the edges of the asparagus spikes and cut into 4 even portions.
- 3.Lightly spray the foil's center with cooking spray and then put the salmon fillets.

- 4.Place asparagus on top of the salmon and shower with lemon juice.
- 5.Dust with salt, ground pepper and some seasoning mix according to desired taste.
- 6.Fold up the foil’s edges to cover the salmon. Sealing the edges and leaving enough space for the circulation of air while cooking.
- 7.Place foil packets into the preheated oven and bake for about 15-18 minutes or until cooked through.
- 8.Transfer into serving plates and garnish with lemon slices on the side.
- 9.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (269 g)		Total Fat 6.4g	9%
Servings Per Recipe: 4		Saturated Fat 1.2g	6%
Amount Per Serving	% Daily Value	Cholesterol 64.5mg	21%
Calories 207.2		Sugars 1.8 g	
Calories from Fat 58	28%	Sodium 121.3mg	5%
		Total Carbohydrate 6.0g	2%
		Dietary Fiber 2.6g	10%
		Sugars 1.8 g	7%
		Protein 31.6g	63%

Variations:

- Use broccoli instead of asparagus and sprinkle with some garlic and onion powder before baking.
- Use fresh asparagus, fresh copper salmon and sprinkle Old bay seasoning on top and drizzle some olive oil together with salt and pepper before baking.

GRILLED VEGGIE AND STEAK APPETIZER

Prep Time: 20 mins

Total Time: 50 mins

Servings: 8



INGREDIENTS

6 ounces baby portabella mushrooms, fresh

1/2 lb. boneless beef top sirloin steak, trimmed of fat and cut into 3/4 inch cubes

1 cup white pearl onion

1/2 cup balsamic vinaigrette

1/2 cup cherry tomatoes, halved

2 tablespoons balsamic vinaigrette

2 tablespoons fresh parsley, chopped

DIRECTIONS

1. Preheat charcoal grill or gas.

2. Combine beef with 1/2 cup vinaigrette, mushrooms, and onions. Mix to blend and let rest for about 10 minutes. And then drain.

3. Arrange the mixture in a grilling basket and grill.
4. Cover the grill and grill for 7-9 minutes at moderate-extreme heat, or until cooked through and stirring while grilling.
5. Add in tomatoes and then ladle beef into dish up bowls.
6. Pour remaining vinaigrette and dish up with toothpicks.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (79 g)		Total Fat 1.2g	1%
Servings Per Recipe: 8		Saturated Fat 0.4g	2%
Amount Per Serving	% Daily Value	Cholesterol 17.0mg	5%
Calories 51.8		Sugars 1.6 g	
Calories from Fat 11	22%	Sodium 19.5mg	0%
		Total Carbohydrate 3.1g	1%
		Dietary Fiber 0.7g	3%
		Sugars 1.6 g	6%
		Protein 7.0g	14%

Variations:

- Omit cherry tomatoes and add up green peppers.
- Add up some squash and zucchini to the mixture.

ELEGANT CHICKEN ZUCCHINI SKEWERS

Prep Time: 15 mins

Total Time: 1 hr

Serves: 2, Yield: 4 skewers



INGREDIENTS

2 chicken breasts

1 large zucchini

1/4 teaspoon cayenne pepper

1/2 teaspoon ground cumin

1/2 teaspoon smoked paprika

1/2 teaspoon chili powder

1 tablespoon olive oil

4 skewers

DIRECTIONS

1. Cut the chicken finely into strips approximately 5 inches in length.
2. Combine chicken slices with cayenne, cumin, chili powder, and paprika.

3. Toss and cover. Place in the fridge and chill for 30 minutes.
4. For the meantime, heat up your grills. Unpeel the zucchinis and slice into very thin strips just about the actual size of zucchini.
5. Pass zucchini strips in skewers alternately with the chicken strips.
6. Shower skewers with olive oil and grill for at least 15 minutes flipping regularly to cook both sides.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (317 g)		Total Fat 20.7g	31%
Servings Per Recipe: 2		Saturated Fat 4.9g	24%
Amount Per Serving	% Daily Value	Cholesterol 92.8mg	30%
Calories 341.3		Sugars 2.9 g	
Calories from Fat 187	54%	Sodium 115.3mg	4%
		Total Carbohydrate 6.4g	2%
		Dietary Fiber 2.3g	9%
		Sugars 2.9 g	11%
		Protein 32.4g	64%

Variations:

- Use zucchini chunks instead of ribbons in the skewer, thread into skewers alternately with chicken.
- Add up some blanched broccoli to the skewers, and grill as usual.

PORK ROAST OVER SWEET POTATOES FOR THE CROCK POT

Prep Time: 30 mins

Total Time: 8 hrs 30 mins

Servings: 9



INGREDIENTS

- 2 teaspoons fennel seeds, crushed
- 1 teaspoon dried oregano
- 1 teaspoon paprika
- 1 1/2 teaspoons chopped garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 lbs. pork loin roast, boneless
- 4 medium sweet potatoes, peeled and cubed
- 1 cup chicken broth

DIRECTIONS

1. Mix the fennel seeds with the spices in a bowl and coat the meat with the mixture.

- 2.Place the potatoes in the crockpot and top with the meat.
- 3.Dispense the broth over the meat and cover.
- 4.Heat at moderate-extreme heat and cook for at least 8-19 hours or until cooked through.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (187 g)		Total Fat 10.0g	15%
Servings Per Recipe: 9		Saturated Fat 3.6g	18%
Amount Per Serving	% Daily Value	Cholesterol 81.7mg	27%
Calories 268.2		Sugars 2.5 g	
Calories from Fat 90	33%	Sodium 303.1mg	12%
		Total Carbohydrate 12.3g	4%
		Dietary Fiber 2.0g	8%
		Sugars 2.5 g	10%
		Protein 30.4g	60%

Variations:

- Use apple cider in place of the broth, double the sweet potatoes and use 3 pounds of beef brisket.
- Use smoky paprika chipotle seasoning and omit the cumin, chili pepper and oregano. Use Herb's de province blend instead of plain oregano. Sauté the meat before placing in the crock pot.

ASPARAGUS WITH MAPLE-MUSTARD SAUCE

Prep Time: 5 mins

Total Time: 15 mins

Servings: 4



INGREDIENTS

- 2 lbs. asparagus
- 2 tablespoons real maple syrup
- 2 tablespoons Dijon mustard
- 2 tablespoons olive oil or 2 tablespoons vegetable oil

DIRECTIONS

- 1.Remove hard edges of the asparagus spikes.
- 2.Using a 12 inch skillet, heat water about 1 inch of the skillet bottom, add in the asparagus and bring to boil. Once boiling turn down heat and simmer covered for at least 4-5 minutes. Drain water.
- 3.Combine mustard, maple and oil in a small bowl.
- 4.Transfer asparagus into serving plates and shower with the maple mixture.
- 5.Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (251 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 140.6

Calories from Fat 67

47%

Amount Per Serving

% Daily Value

Total Fat 7.5g

11%

Saturated Fat 1.1g

5%

Cholesterol 0.0mg

0%

Sugars 9.1 g

Sodium 116.8mg

4%

Total Carbohydrate 16.6g

5%

Dietary Fiber 4.7g

19%

Sugars 9.1 g

36%

Protein 5.7g

11%

Variations:

- Bake the asparagus in the oven instead of boiling, and toss in little salt, pepper and oil. Before drizzling with the maple syrup.
- Steam the asparagus and add up 1 tbsp. of lemon into the maple syrup mixture.

FRUIT ICE CREAM (DAIRY-FREE & RAW FOOD)

Prep Time: 5 mins

Total Time: 5 mins

Servings: 6



INGREDIENTS

2 large bananas, ripe, peeled

1 medium avocado, ripe, peeled, pitted

2 cups frozen strawberries

DIRECTIONS

1. Combine all the ingredients in a food processor or blender and process until mixture is smooth and frothy.
2. Add up some sweetener if desired.
3. Transfer mixture into freezer mates and freeze until firm.
4. Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (152 g)

Servings Per Recipe: 6

Amount Per Serving

% Daily Value

Calories 119.7

Calories from Fat 46

38%

Amount Per Serving

% Daily Value

Total Fat 5.1g

7%

Saturated Fat 0.7g

3%

Cholesterol 0.0mg

0%

Sugars 9.1 g

Sodium 4.2mg

0%

Total Carbohydrate 19.9g

6%

Dietary Fiber 4.9g

19%

Sugars 9.1 g

36%

Protein 1.4g

2%

Variations:

- Use 1 cup of frozen strawberries and 1 cup of frozen cherries.
- Add up 2-3 tbsp. agave nectar. Use fr5esh strawberries and blueberries. Add up a little honey and serve with raw chocolate fig tart and raw caramel nut sauce.

BROCCOMOLE

Prep Time: 5 mins

Total Time: 5 mins

Serves: 12, Yield: 1.5 cups



INGREDIENTS

1 1/2 cups broccoli stems, well cooked

1 1/2 tablespoons fresh lemon juice

1/4 teaspoon cumin

1/8 teaspoon garlic powder

1/2 large tomato, seeded & diced

1 scallion, sliced

2 tablespoons green chilies, chopped

DIRECTIONS

- 1.Place broccoli stems, lemon juice, cumin & garlic powder in a blender or food processor & puree until smooth, then transfer to a bowl.
- 2.Add remaining ingredients & mix well.

3.Before serving, chill well for the best flavor.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (23 g)		Total Fat 0.0g	0%
Servings Per Recipe: 12		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 6.9		Sugars 0.5 g	
Calories from Fat 0	10%	Sodium 4.5mg	0%
		Total Carbohydrate 1.4g	0%
		Dietary Fiber 0.4g	1%
		Sugars 0.5 g	2%
		Protein 0.4g	0%

Variations:

- Omit the onions and add up generous amount of cayenne.

EASY, HEALTHY BAKED CHICKEN BREASTS

Prep Time: 5 mins

Total Time: 25 mins

Servings: 2



INGREDIENTS

2 (4 ounce) boneless skinless chicken breasts

1/2 cup chicken broth

1/4 teaspoon onion powder

1/4 teaspoon garlic salt

Fresh ground black pepper

DIRECTIONS

- 1.Heat up your oven at 350 degrees F.
- 2.Wash and dry chicken. Set aside.
- 3.Spray baking pan with nonstick cooking spray. Dust chicken with garlic powder, onion powder, pepper and salt.
- 4.Arrange in the baking pan and pour broth over the chicken.

5.Bake in the oven for at least 20 minutes or until cooked through.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (175 g)		Total Fat 3.2g	5%
Servings Per Recipe: 2		Saturated Fat 0.7g	3%
Amount Per Serving	% Daily Value	Cholesterol 72.5mg	24%
Calories 141.3		Sugars 0.2 g	
Calories from Fat 29	20%	Sodium 318.6mg	13%
		Total Carbohydrate 0.7g	0%
		Dietary Fiber 0.0g	0%
		Sugars 0.2 g	0%
		Protein 25.4g	50%

Variations:

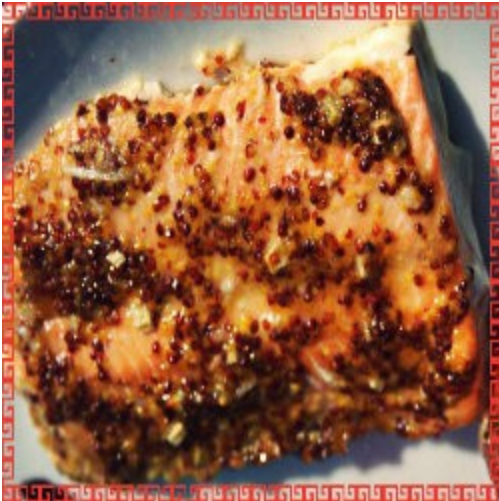
- Sprinkle some paprika to the chicken before baking. And bake for 25 minutes.
- Pound chicken breast and use reduced sodium chicken broth and McCormick garlic and herb salt free seasoning.

MAPLE & MUSTARD GLAZED SALMON (3 INGREDIENTS)

Prep Time: 5 mins

Total Time: 15 mins

Servings: 4



INGREDIENTS

4 salmon fillets, with skin on

2 tablespoons coarse grain mustard

1 tablespoon maple syrup

DIRECTIONS

- 1.Heat up the grill to high setting.
- 2.Combine the mustard with maple syrup. Set aside.
- 3.Arrange salmon fillets in a shallow baking dish lined with foil.
- 4.Pour maple mixture over the salmon and spread equally into the salmon.
- 5.Roast or grill for at least 10 minutes or until fully cooked.
- 6.Serve up with some vegetables and salads on the side.

NUTRITION FACTS

Serving Size: 1 (323 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 416.8

Calories from Fat 125

30%

Amount Per Serving

% Daily Value

Total Fat 13.9g

21%

Saturated Fat 2.5g

12%

Cholesterol 146.2mg

48%

Sugars 3.0 g

Sodium 239.1mg

9%

Total Carbohydrate 3.3g

1%

Dietary Fiber 0.0g

0%

Sugars 3.0 g

12%

Protein 65.1g

130%

Variations:

- Use a Dijon seeded mustard and a sugar free maple syrup. Serve with a medley of green steamed vegetables and crushed red skin potatoes.
- Add up one clove of fresh, minced garlic to the mix, substitute Dijon for coarse grain mustard and use Atlantic salmon.

VEGAN PALEO VEGETABLE PANCAKES

Prep Time: 10 mins

Total Time: 20 mins

Serves: 4, Yield: 8 patties



INGREDIENTS

1 small zucchini

1 medium yellow squash

1 medium carrot

1/2 onion

1 cup almond flour

4 tablespoons arrowroot

2 crushed garlic cloves

1 teaspoon dried basil

1 teaspoon dried parsley

Salt & pepper

2 tablespoons coconut oil

Diced avocado & green onion

DIRECTIONS

1. Grate the vegetables and combine them in a bowl
2. Stir in almond flour, seasonings and starch.
3. Knead dough and form into 8 equal patties.
4. Heat up a large skillet at moderate-extreme heat. Pour olive oil.
5. Once oil is hot, cook patties until both sides are cooked through.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (124 g)		Total Fat 7.1g	10%
Servings Per Recipe: 4		Saturated Fat 5.9g	29%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 115.2		Sugars 3.3 g	
Calories from Fat 64	55%	Sodium 18.4mg	0%
		Total Carbohydrate 12.8g	4%
		Dietary Fiber 1.8g	7%
		Sugars 3.3 g	13%
		Protein 1.4g	2%

Variations:

- Use potato starch and add up some vegetable broth to the mixture.
- Use grey zucchini and green zucchini.

PALEO OR RAW "GRANOLA" CEREAL

Prep Time: 3 mins

Total Time: 3 mins

Servings: 1



INGREDIENTS

- 1/2 apple, chopped
- 1 stalk celery, chopped
- 1/4 cup walnuts, chopped
- 1/4 cup dried cranberries
- 1/2 cup blueberries
- 1/4 teaspoon cinnamon, to taste
- 1 tablespoon Agave
- 1 cup almond milk

DIRECTIONS

1. Chop up all ingredients and incorporate in a cereal bowl.
2. Add in agave and almond milk.

3.Serve and enjoy.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (260 g)		Total Fat 19.5g	30%
Servings Per Recipe: 1		Saturated Fat 1.8g	9%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 300.3		Sugars 19.3 g	
Calories from Fat 176	58%	Sodium 34.8mg	1%
		Total Carbohydrate 32.0g	10%
		Dietary Fiber 8.0g	32%
		Sugars 19.3 g	77%
		Protein 5.6g	11%

Variations:

- Use almond nuts instead of walnuts and use honey in place of agave.
- Add up some fresh raspberries or strawberries into the cereal mixture.

PALEO MOROCCAN CARROT SALAD WITH DATES

Prep Time: 5 mins

Total Time: 25 mins

Servings: 4



INGREDIENTS

4 organic carrots, peeled and shredded

1/4 cup dried dates

2 tablespoons olive oil

1 large lemon, juice of

2 tablespoons chopped fresh cilantro

1 teaspoon paprika

Coriander

DIRECTIONS

1. Combine all ingredients in a bowl.
2. Place in the fridge and chill for at least 15-20 minutes.
3. Serve and enjoy!

NUTRITION FACTS

Serving Size: 1 (34 g)

Servings Per Recipe: 4

Amount Per Serving

Calories 89.9

Calories from Fat 62

% Daily Value

68%

Amount Per Serving

% Daily Value

Total Fat 6.8g

10%

Saturated Fat 0.9g

4%

Cholesterol 0.0mg

0%

Sugars 6.1 g

Sodium 1.0mg

0%

Total Carbohydrate 8.0g

2%

Dietary Fiber 0.9g

3%

Sugars 6.1 g

24%

Protein 0.3g

0%

Variations:

- Add some chopped nuts or raisins to the mixture before chilling.

GINGER-ORANGE CHICKEN, CROCKPOT AND PALEO

Prep Time: 15 mins

Total Time: 2 hrs 45 mins

Servings: 4



INGREDIENTS

2 lbs. whole chickens, any size will do as long as it fits in your crockpot

1/2 inch ginger, peeled and cut into chunks

1 garlic clove, peeled and smashed

2 large oranges, one juiced and one peeled and sliced

1 tomato, quartered

1 chili

1 teaspoon sea salt

DIRECTIONS

- 1.Put the chicken in the crockpot. And then layer the rest of ingredients over the chicken.
- 2.Cover and cook over high setting for at least 2 ½ hours.
- 3.Once ready, transfer chicken into serving platter.

- 4.Transfer liquid into immersion blender and pulse until mixture is smooth
- 5.Serve sauce with the chicken, rice and some steamed vegetables on the side.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (271 g)		Total Fat 23.4g	36%
Servings Per Recipe: 4		Saturated Fat 6.6g	33%
Amount Per Serving	% Daily Value	Cholesterol 106.9mg	35%
Calories 366.3		Sugars 9.4 g	
Calories from Fat 210	57%	Sodium 682.6mg	28%
		Total Carbohydrate 12.2g	4%
		Dietary Fiber 2.5g	10%
		Sugars 9.4 g	37%
		Protein 26.2g	52%

- Variations:
- Use grated ginger and use canned tomatoes. Add up more garlic.
 - Replace orange with lemon and add up some fresh ground pepper.

EGG CUPCAKES (PALEO & LOW CARB FRIENDLY)

Prep Time: 20 mins

Total Time: 40 mins

Serves: 18-20, Yield: 18 cupcakes



INGREDIENTS

10 -12 eggs, whisked well

1 green onion

2 zucchini

2 cups spinach

1/2 a jar roasted red and yellow peppers

6 -8 slices cooked bacon

Sea salt and black pepper

DIRECTIONS

- 1.Heat up oven at 350 degrees and lightly grease two muffin tins with olive oil.
- 2.Beat eggs in a bowl. Set aside
- 3.Place green onions, bacon, zucchini, and peppers in a food processor and pulse until

chopped up.

4.Add up the mixture into the beaten eggs and beat until blended.

5.Fill greased muffin tins with the egg mixture and bake for about 20-25 minutes or until cooked through.

NUTRITION FACTS

Serving Size: 1 (51 g)

Servings Per Recipe: 18

Amount Per Serving	% Daily Value
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Calories 59.7

Calories from Fat 35 59%

Amount Per Serving	% Daily Value
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Total Fat 3.9g

6%

Saturated Fat 1.2 g

6%

Cholesterol 120.4mg

40%

Sugars 0.6 g

Sodium 105.4mg

4%

Total Carbohydrate 1.1g

0%

Dietary Fiber 0.3g

1%

Sugars 0.6 g

2%

Protein 4.8g

9%

Variations:

- Replace zucchini with yellow squash, and add up some freshly grated parmesan to the mixture.
- Use regular white onion instead of green onions, replace bacon with ham.

PALEO PECAN ICE CREAM

Prep Time: 5 mins

Total Time: 5 mins

Serves: 2, Yield: 2 cups



INGREDIENTS

2 bananas, cut up & frozen

1 tablespoon agave syrup

1 teaspoon vanilla

1 pinch sea salt

1/2 cup pecans

DIRECTIONS

1. Partly defrost the freeze up bananas and place in the food processor.
2. Add in the rest of ingredients aside from the pecans until smooth and fluffy.
3. Add up pecans and process further until pecans are chopped up.
4. Serve immediately and enjoy!

NUTRITION FACTS

Serving Size: 1 (148 g)

Servings Per Recipe: 2

Amount Per Serving

Calories 299.3

Calories from Fat 180

% Daily Value

60%

Amount Per Serving

% Daily Value

Total Fat 20.0g

30%

Saturated Fat 1.8g

9%

Cholesterol 0.0mg

0%

Sugars 15.7 g

Sodium 292.0mg

12%

Total Carbohydrate 30.9g

10%

Dietary Fiber 5.6g

22%

Sugars 15.7 g

63%

Protein 3.7g

7%

Variations:

- Add up more bananas and use honey in place of Agave.
- Replace pecans with walnuts or almonds.

EASY SHRIMP AND DIJON VINNAIGRETTE SALAD

Prep Time: 10 mins

Total Time: 10 mins

Servings: 2



INGREDIENTS

6 ounces cooked shrimp

2 tablespoons red wine vinegar

2 teaspoons Dijon mustard

1 1/2 teaspoons Splenda sugar substitute

2 tablespoons extra virgin olive oil

4 cups lettuce

1 cup of your favorite salad vegetables

DIRECTIONS

1. Incorporate the red wine with splenda and Dijon mustard.
2. Gently pour olive oil while mixing and blend until fully blended.
3. Toss dressing with your favorite vegetable.

4.Place cooked shrimps on top and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (191 g)		Total Fat 14.6g	22%
Servings Per Recipe: 2		Saturated Fat 2.1g	10%
Amount Per Serving	% Daily Value	Cholesterol 165.7mg	55%
Calories 217.5		Sugars 0.7 g	
Calories from Fat 132	60%	Sodium 266.8mg	11%
		Total Carbohydrate 2.4g	0%
		Dietary Fiber 1.1g	4%
		Sugars 0.7 g	2%
		Protein 18.9g	37%

Variations:

- Use diced red onions, green peppers, tomatoes and cucumbers for the vegetables.
- Use spinach, carrots, and cucumber for the vegetables. Add up some salt and pepper to the dressing.

LEMON PEPPER FISH GREEK STYLE

Prep Time: 5 mins

Total Time: 35 mins

Servings: 2



INGREDIENTS

- 2 garlic cloves, crushed
- 1/4 cup olive oil
- 1 tablespoon lemon juice
- 1/2 teaspoon lemon zest, finely zested
- 1/2 teaspoon freshly cracked black pepper
- 1/2 teaspoon sea salt
- 1 teaspoon dried oregano leaves
- 2 fish fillets

DIRECTIONS

1. Mix garlic, with oil, lemon zest, lemon juice, dried oregano, sea salt and cracked bell pepper in a mixing bowl.

2. Add up the fish into the marinade and coat. Place bowl cover and chill for 15 -20 minutes.
3. Place aluminum foil in the griller and arrange the marinated fish into the foil. Grill for at least 10 minutes per side or until both sides are cooked through.
4. Serve with some vegetables or salads on the side.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (221 g)		Total Fat 28.6g	44%
Servings Per Recipe: 2		Saturated Fat 4.0g	20%
Amount Per Serving	% Daily Value	Cholesterol 99.0mg	33%
Calories 437.8		Sugars 0.2 g	
Calories from Fat 257	58%	Sodium 723.2mg	30%
		Total Carbohydrate 2.5g	0%
		Dietary Fiber 0.6g	2%
		Sugars 0.2 g	1%
		Protein 41.4g	82%

Variations:

- Use swordfish fillets and use fresh oregano, less oil, and sprinkle with some salt and pepper.
- Use tilapia fillets and bake in the oven instead for about 15 minutes at 400 degrees F.

FRAGRANT COCONUT LIME & GINGER FISH BAKE

Prep Time: 30 mins

Total Time: 40 mins

Servings: 8



INGREDIENTS

- 3 garlic cloves, chopped
- 1 bunch fresh coriander
- 2 tablespoons of grated fresh ginger
- 2 hot chili peppers
- 1 large red onion
- 2 teaspoons cumin
- 1 teaspoon ground coriander
- 1 teaspoon cumin seed
- 2 teaspoons garam masala
- 1 teaspoon ground turmeric
- 4 large white fish fillets

16 tablespoons coconut cream

1 lime, juice of, only

DIRECTIONS

- 1.Sauté onions, garlic, chilies and ginger in a skillet until tender. Add in spices and some oil if needed.
- 2.Incorporate the sautéed mixture with lime juice and the coriander. Let mixture set overnight.
- 3.Once ready, slice the fish fillets into 8, coat with the marinade. And let marinate for at least 4 hours or more.
- 4.Using a heavy duty aluminum foil, cut up 8 equal portions just enough to hold each fish.
- 5.Place the coconut cream on the foil about 2-3 tbsp. on each portion and layer one fish on each. Fold up the foils and seal leaving enough space for the expansion while cooking.
- 6.Grill or bake in the oven until fully cooked.
- 7.Serve with plain white rice and with some mango salsa.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (125 g)		Total Fat 6.8g	10%
Servings Per Recipe: 8		Saturated Fat 5.7g	28%
Amount Per Serving	% Daily Value	Cholesterol 50.6mg	10%
Calories 191.7		Sugars 20.2 g	
Calories from Fat 61	32%	Sodium 49.7mg	2%
		Total Carbohydrate 23.8g	7%
		Dietary Fiber 0.8g	3%
		Sugars 20.2 g	40%
		Protein 9.5g	19%

Variations:

- Use a can of light coconut milk instead of cream and skip the cilantro. Add up the spices into the skillet, and the coconut milk and then add up the fish. Transfer into baking dish and bake in the oven for 10-15 minutes.
- Use only one chili pepper and 1 tbsp. of graham masala.

GLUTEN FREE BREAD (WITH ALMOND FLOUR)

Prep Time: 10 mins

Total Time: 40 mins

Serves: 8-10, Yield: 1.0 loaf



INGREDIENTS

1 1/2 cups blanched almond flour

3/4 cup arrowroot

1/4 cup flax seed meal

1/2 teaspoon Celtic sea salt

1/2 teaspoon baking soda

4 eggs

1 teaspoon agave nectar

1 teaspoon apple cider vinegar

DIRECTIONS

1. Mix almond flour, flax meal, arrow root, baking soda and salt in a mixing bowl. Set aside.
2. In a separate bowl, blend eggs until bubbly.

- 3.Add in the vinegar and agave.
- 4.Incorporate dry ingredients with egg mixture. Blend well.
- 5.Transfer the batter into lightly greased loaf pan and bake for 30-35 minutes over 350 degrees F. or until done.
- 6.Remove from the oven and let cool. Take loaf out from the pan and cut into desired sizes.
- 7.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (33 g)		Total Fat 3.8g	5%
Servings Per Recipe: 8		Saturated Fat 0.9g	4%
Amount Per Serving	% Daily Value	Cholesterol 93.0mg	31%
Calories 97.4		Sugars 0.1 g	
Calories from Fat 34	35%	Sodium 260.8mg	10%
		Total Carbohydrate 11.7g	3%
		Dietary Fiber 1.3g	5%
		Sugars 0.1 g	0%
		Protein 3.8g	7%

- Variations:
- Add in ½ tsp. minced garlic and ½ tsp. of Italian Herb blend.
 - Add up some shredded parmesan and cracked black pepper to the batter.

ROASTED CHICKEN WITH OLIVES AND PRUNES

Prep Time: 10 mins

Total Time: 1 hr 10 mins

Serves: 4-6, Yield: 1.0 entrée



INGREDIENTS

1 whole chicken

1 teaspoon Celtic sea salt

1 cup pitted green olives

1 cup pitted prunes

1 tablespoon dried oregano

1 tablespoon capers

2 bay leaves

1 clove pressed garlic

1/4 cup olive oil

1/4 tablespoon agave nectar

1/4 cup apple cider vinegar

1/4 cup water

DIRECTIONS

- 1.Wash chicken with cold water and drain.
- 2.Arrange chicken in a Pyrex pan with the breast part facing upwards. Rub with salt. Set aside.
- 3.Mix olives with prune, capers, oregano, bay leaf, olive oil, garlic, water, apple cider vinegar and agave in a large mixing bowl
- 4.Place mixture over the chicken and bake in the oven for 20 minutes over 425 degrees F. reduce heat to 375 and roast further for about 40 minutes or until chicken is fully cooked.
- 5.Take chicken out from the oven and let cool before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (286 g)		Total Fat 71.7g	110%
Servings Per Recipe: 4		Saturated Fat 17.7g	88%
Amount Per Serving	% Daily Value	Cholesterol 243.8mg	81%
Calories 917.8		Sugars 0.4 g	
Calories from Fat 645	70%	Sodium 1399.0mg	58%
		Total Carbohydrate 7.0g	2%
		Dietary Fiber 1.8g	7%
		Sugars 0.4 g	1%
		Protein 58.6g	117%

Variations:

- Use Cornish hen instead of chicken and use balsamic in place of apple cider. Marinate the chicken with the mixture for at least 1 hour before baking.
- Omit agave and replace with honey.

CUCUMBER AVOCADO GAZPACHO

Prep Time: 5 mins

Total Time: 5 mins

Serves: 2-4, Yield: 1.0 batch



INGREDIENTS

- 1 small avocado
- 1 cucumber, peeled and de-seeded,
- 1 tablespoon onion, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1/4 teaspoon Celtic sea salt
- 1/4 teaspoon chili powder
- 1 cup water
- Smoked paprika, to garnish

DIRECTIONS

- 1.Combine the avocado, onion, lemon juice, cucumber, water and vinegar in a vita mix.
- 2.Puree at high setting until fluffy.
- 3.Add in chili powder and salt.
- 4.Pour into serving bowls and garnish with cubed cucumbers and some paprika.
- 5.Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (194 g)		Total Fat 20.2g	31%
Servings Per Recipe: 2		Saturated Fat 2.9g	14%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 233.1		Sugars 3.5 g	
Calories from Fat 182	78%	Sodium 309.9mg	12%
		Total Carbohydrate 14.4g	4%
		Dietary Fiber 7.0g	28%
		Sugars 3.5 g	14%
		Protein 2.9g	5%

- Variations:
- Skip oil and add up a little sugar.

CROCK POT APPLE AND SAUERKRAUT KIELBASA (LOW FAT)

Prep Time: 5 mins

Total Time: 4 hrs 5 mins

Servings: 4



INGREDIENTS

- 1 lb. low-fat kielbasa, cut into chunks
- 2 medium apples, peeled and cut into small cubes
- 1 (14 ounces) can of sauerkraut
- 1 medium onion, chopped
- 2 tablespoons spicy mustard

DIRECTIONS

1. Combine all the ingredients in a crockpot and cook at high setting for about 4-6 hours.

NUTRITION FACTS

Serving Size: 1 (230 g)
Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 83.1	
Calories from Fat 5	81%

Amount Per Serving	% Daily Value
Total Fat 0.6g	0%
Saturated Fat 0.0g	0%
Cholesterol 0.0mg	0%
Sugars 12.5 g	
Sodium 777.0mg	32%
Total Carbohydrate 20.0g	6%
Dietary Fiber 5.9g	23%
Sugars 12.5 g	50%
Protein 1.8g	3%

Variations:

- Double the recipe and add up some potatoes to the mixture.
- Add in ½ cup apple cider vinegar, ½ cup water, 1 tbsp. caraway seeds and few parts of butter.

GRAPEFRUIT, ONION AND BASIL SALAD

Prep Time: 15 mins

Total Time: 15 mins

Servings: 4



INGREDIENTS

- 2 grapefruits, peeled and sliced
- 1/2 red onion, peeled and thinly sliced
- 1/3 cup black olives, pitted and chopped
- 1 cup fresh basil, thinly sliced
- 2 tablespoons chives, chopped
- 3 tablespoons aged balsamic vinegar
- 3 tablespoons extra virgin olive oil

DIRECTIONS

1. Arrange the grapefruit slices in a serving platter with the edges touching each other.
2. Layer with olives and onions.
3. Scatter chives and basil on top

4.Shower with vinegar and oil then serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (177 g)		Total Fat 11.5g	17%
Servings Per Recipe: 4		Saturated Fat 1.5g	7%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 159.1		Sugars 2.4 g	
Calories from Fat 103	65%	Sodium 86.2mg	3%
		Total Carbohydrate 14.0g	4%
		Dietary Fiber 0.8g	3%
		Sugars 2.4 g	9%
		Protein 1.4g	2%

Variations:

- Add up some avocado slices to the layers.
- Use some more olives and lesser onions.

HAPPY ORANGE MAPLE CHICKEN

Prep Time: 10 mins

Total Time: 45 mins

Servings: 3-6



INGREDIENTS

6 boneless chicken breasts

1/2 cup fresh orange juice

1/2 cup real maple syrup

DIRECTIONS

1. Wash chicken and drain.
2. Combine $\frac{1}{2}$ cup orange juice with the real maple syrup in a bowl.
3. Place chicken in Ziploc and pour the mixture to marinate the chicken for at least 1 hour.
4. Once ready heat up your oven at 350 degrees F.
5. Place chicken and marinade in a baking pan.
6. Place the cover and bake in the preheated oven for at least 35 minutes.
7. Remove cover and bake further for 5-10 minutes or until done.

8.Remove from the oven and transfer into serving plates.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (192 g)		Total Fat 26.9g	41%
Servings Per Recipe: 3		Saturated Fat 7.7g	38%
Amount Per Serving	% Daily Value	Cholesterol 185.6mg	61%
Calories 653.9		Sugars 35.2 g	
Calories from Fat 242	37%	Sodium 189.4mg	7%
		Total Carbohydrate 39.4g	13%
		Dietary Fiber 0.0g	0%
		Sugars 35.2 g	140%
		Protein 60.7g	121%

Variations:

- Place the breasts or thighs in a zip lock bag with the orange juice and maple syrup. Shake a few times and leave in the fridge all day. Drain the chicken, and save marinade. Cover the chicken with panko crumbs by rolling in a crumb filled pan, bake as stated. Slice 2 sweet potatoes or yams with skin on and place in the reserved marinate. Place in a greased baking pan so the vegies are laid in one layer with the marinade. Dot with butter and cover and bake the same time as the chicken.