

Paleo Recipes: Paleo Recipes for Busy People

Easy Breakfast, Lunch, Dinner & Dessert Paleo Diet Recipe Book

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Table of Contents

[What Is The Paleo Diet?](#)

[What You Can Eat and What You Can't](#)

[Building a Healthy Paleo Diet](#)

[Proteins, Fats & the Paleo Lifestyle](#)

[The Paleo Diet Works Magic for Weight Loss](#)

[What's The Catch?](#)

[Paleo Recipes for Busy People](#)

[Paleo Breakfast Recipes](#)

[Paleo Omelette - Quick & Easy](#)

[Grilled Garlic, Mushrooms & Chopped Bacon](#)

[Paleo Almond Pancakes](#)

[Banana, Berry & Acai Smoothie](#)

[Stir Fried Kale & Pork Bacon Strips](#)

[Paleo Soup Recipes](#)

[Curried Cream of Broccoli Soup](#)

[Thai Chicken Curry Favorite](#)

[My Beef Goulash Soup](#)

[Roasted Pumpkin Soup](#)

[Quick and Easy Paleo Ground Beef and Vegetable Slow Cooker Soup](#)

[Chicken Paleo Recipes](#)

[Paleo Chicken Breast Teriyaki with Pineapple](#)

[Chicken Thighs with Bacon](#)

[Delicious Butter Chicken Recipe](#)

[Fish Paleo Dinner Recipes](#)

[Asian Pepper Shrimp](#)

[Crumbed Cashew Fish](#)

[Salmon with Mango Recipe](#)

[Beef Paleo Dinners](#)

[Beef Salsa Verde](#)

[Beef & Vegetable Stew](#)

[Favorite Prime Rib Roast](#)

[Paleo Chili Beef for Kids](#)

[Pork Paleo Dinners](#)

[Spicy Breaded Pork Chops](#)

[Roasted Garlic & Herb Crusted Pork Roast](#)

[Mum's Pork Chops](#)

[Paleo Smoothies](#)

[Quick & Easy Fruit Smoothie](#)

[Mango & Kale Smoothie](#)

[Strawberry Coconut Almond Smoothie](#)

[Paleo Dessert Recipes](#)

[Sweet Potato Icecream](#)

[Banana Coconut Paleo Muffins](#)

[Yummy Apple Pie Balls](#)

[Paleo Recipe Resources](#)

[My Free Gift to You](#)

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What Is The Paleo Diet?

Why Paleo?

The Paleo diet is the ONLY eating plan that works with you genetically as it assists you to become and remain energetic, lean and strong; in plain and simple English – really healthy!

Based on research in biochemistry, biology, dermatology, Ophthalmology and numerous other discipline; it's our modern diet consisting primarily of processed foods, harmful trans fats and enormous amounts of sugar that's at the root of recent degenerative disease epidemics like Alzheimer's, diabetes, cancer, depression, heart disease, infertility, obesity and such.

**What You Can Eat
and What You
Can't**

**What Can You And
Can't You Eat?**

**Reality and being
sensible is the Paleo
Diet.** The goal is to

remove preservatives

and additives from your diet and eat foods straight from nature. In it's basic form, this is it in a nutshell. Think healthy, unprocessed or "unadulterated" foods as a Naturopath once told me!

Think chemical free, natural, organic, home grown.

With only a few exceptions, this is the general rule.

- Fruits, veggies, lean meats, seafood, nuts & seeds and healthy fats are in –
- Whilst dairy, grains, processed foods & sugars, legumes, starches and alcohol are not allowed!

Now there are some grey areas in this diet and depending on how strict you are, some things are said to be allowed by some, while not others. A classic example of this is tomatoes and beans. Some say you can eat them and say say you can't. If in doubt, use some common sense. If we can eat a vegetable raw, then surely the harmful chemicals can't be bad for these "controversial" foods in moderation only. After all the Paleo diet was based around a "caveman diet" which didn't include many of our modern day foods anyway. Another thing is that we encourage eating lean meats for good health, and this surely wasn't the case in the caveman days.



This one always gets me. Olive oil is Paleo. And why not olives? So if you do some research, you can find some olives can be treated with Paleo friendly foods, which then leaves them perfectly Paleo! It really depends to what extent you are willing to take the most radical views. Make your own mind up.

If we take a sensible and realistic approach we won't beat ourselves up or lose faith in the diet because we ate some beans or oats 1 meal this week. **You are to be commended for making a positive change in your general eating habits.**

If you get stuck, grab my super quick [Paleo Food List](#) here for an easy guide as you shop at the supermarket.

Building a Healthy Paleo Diet

Fruits and vegetables, being rich in antioxidants, minerals, nutrients and vitamins can minimize the risk of developing several common degenerative diseases including cancer, diabetes and general neurological decline.

Some vegetables are on the edge of being Paleo but sometimes common sense should prevail if they are beneficial in your diet. For example - are peas allowed in a Paleo diet? Well although they aren't supposed to be, a guide for me if a food is Paleo or not is whether it can be eaten raw or whether it needs to be cooked. Peas including snow peas and sugar snap can certainly be eaten raw. In my case freshly picked off the pea vine in my front yard on many occasions throughout the year. For those of you looking for a crunchy Paleo snack, I suggest there is nothing wrong with eating them in moderation. Actually moderation is the key.

The Paleo diet suggests we don't eat legumes. This is because legumes contain certain anti-nutrients like phytic acid and lectins. Phytic acid binds to the minerals magnesium, calcium, zinc, and iron in your gut and removes them, unabsorbed, from your body. And lectins aren't good for our stomach. However, a little occasionally isn't going to do much harm unless there is a reason you want to strictly adhere to the diet. This is where it can get confusing because nuts and seeds also contain these things, but they are allowed for anyone following the Paleo diet. I think this gets back to the quantity thing. Another common example many of us use when eating Paleo food is green beans and snow peas. These things also contain anti-nutrients, but if you're not eating loads of them then it's okay.

If you are trying to add some liquid stock into your meals for the health benefits and flavor, then bone broth or stock is high in a very usable form of calcium, magnesium, silicon, sulphur and phosphorous plus many other trace nutrients. I often cook up chicken stock by adding the whole chicken (sometimes home grown) a few carrots, parsnip or swede, onion, celery and seasoning into a stock pot to boil. The taste is amazing in the soups, stews and casseroles. Very healthy indeed!

Proteins, Fats & the Paleo Lifestyle

Lean Proteins not only help keep you feeling full between meals but

also aid healthy bones, boost strong muscles and support optimal immune function.



Healthy Fats: Scientific studies reveal that illnesses like cancer, cognitive decline, diabetes, obesity and heart disease can be avoided through a diet rich in Monounsaturated and Omega-3 fats (healthy fats). These healthy type fats are found in avocados, grass fed meats, nuts, olive oil, fish oil and seeds.

Health Benefits of a Paleo Lifestyle: Typically these include anti-inflammatory, balanced energy throughout the day, burn off stored fat, clear skin & better teeth, improved sleep patterns, more efficient workouts, reduced allergies and stable blood sugar.

The Paleo Diet Works Magic for Weight Loss

The Paleo Diet for Weight Loss

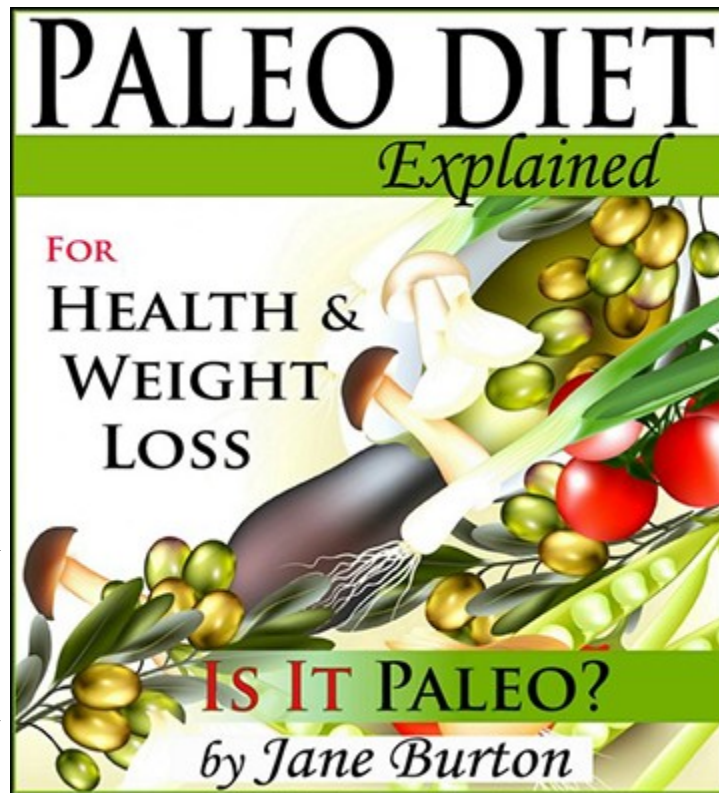
So many fad diets come and go over the years promising big results in weight loss but delivering very little. Most eventually crash or cause a barrage of shocking side effects including agonizing cravings, depleted energy levels and excruciating headaches just to name a few of the most common ones. Another common problem associated with excess weight...not to mention chemical build up in the body, is lack of drinking enough water. If you struggle to drink your 8 glasses a day which helps you feel full and detoxes your body generally, try these [Fruit Infused water recipes](#). **The Paleo Diet isn't really a diet as such since it's more of a 'as nature intended' healthy natural foods lifestyle choice.**

Men and women that have implemented and then followed the Paleo Lifestyle diet have all reported similar results; namely that it's a very simple concept once you get it and then it's easy to maintain. Perhaps it should be renamed 'Natural Human Diet' as it's really not rocket science but merely an approach in which unprocessed wholesome foods are consumed instead of unnatural refined or processed options that prevail nowadays.

What's The Catch?

Seriously there is none, although when first starting the Paleo Diet it's important not to go overboard and begin over eating. Sure the foods are natural and therefore 'healthy' but if you over do the calories even on healthy foods; you'll put on excess kilos instead of taking them off. You can [learn more about the Paleo Diet in my book here](#).

Like everything new, it's best to start slowly and to also do adequate research into the various Paleo diet foods, recipes and general rules. Relax though; as it's definitely very easy to understand basic Paleo concepts like eating when hungry and stopping when full with no need to



count calories or weigh food. These ideas are quite different to other diet plans that usually fail due to the fact that dieters often feel so bogged down with having to plan, weigh and stick to 4-6 balanced food pyramid meals. The Paleo diet lets you ditch both the tedious diet philosophy and time consuming process once and for all making life much more enjoyable! By eating natural unprocessed foods your overall health will improve, you'll reduce weight and generally feel better. If you are wanting to lose weight or you tend to get "snackish" between meals, this book [Green Juice Recipes](#) by Peggy Annear is one of my common sense favorites.

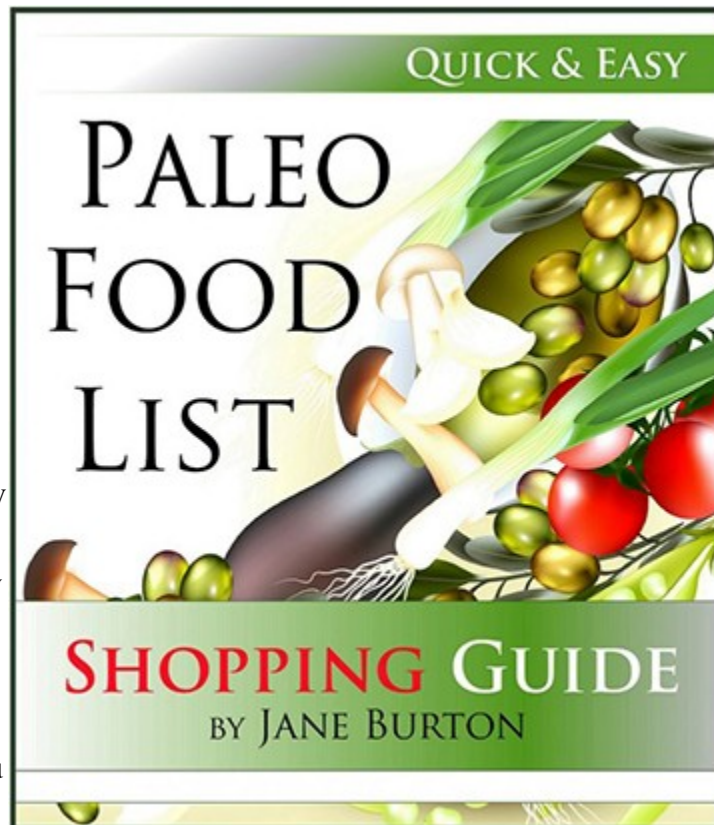
Paleo Recipes for Busy People

Check out these terrific Paleo ideas that make great for healthy snacking, breakfasts or even a quick nutritious brunch or lunch. No specific recipe directions for these; as most are very easy to create by adapting regular non-paleo recipe favorites or need no preparation at all!

If you are standing in the supermarket and don't know which foods are Paleo, my [Paleo Shopping List](#) will help guide you through the aisles more quickly!

This makes these ideas perfect for busy people who want some quick, flexible ideas for eating Paleo.

- Sliced lean beef, fresh apricots or other seasonal fruit
- Apple slices & raw walnuts
- Egg Muffins: Easy to make in a big batch using a few favourite veggies & lean meat. Ready to enjoy whenever you feel like it!



- How about a Paleo trail mix made up of your very favourite nuts & dried fruit?
- Easy avocado – Simply cut in half & add a spoon!
- Banana bread made with almond meal & bananas!
- A Paleo platter: Selection of fresh fruits, cold lean meats, pickles, olives, baked veggies & sundried tomatoes! Yum!!!
- Tasty sweet berry muffins – Combine & bake eggs, coconut flour, nuts & berries
- A nice easy fresh fruit salad (whipped coconut cream is optional!)
- What about warm fruit custard made with eggs & coconut milk, nutmeg, cinnamon, berries, nuts & a banana?
- A enjoy a banana or anti-oxidant berry smoothie made with icy-cold coconut milk!

If you want to play with recipe quantities, these web links will help you with [measurement conversion](#). This link here will help with [oven temperature conversion](#). Let's get cooking!

Paleo Breakfast Recipes

Paleo Breakfasts can be very traditional because eggs and bacon are in and so are healthy smoothies. My favorites!

With cereals off the morning menu exactly what do Paleo dieters usually eat for breakfast? If you're feeling particularly ravenous a serve of delicious chicken or turkey omelette should hit the spot. Or a quick nutritious breakfast smoothie may be ideal if you need something super easy to prepare and quick to guzzle down when you're on the go! Busy people with busy lives need to top up with super foods to keep those eberg levels buzzing along.

Here are some of my favorites!

Paleo Omelette - Quick & Easy

*All up it takes 15 minutes to have this lovely breakfast on the table.

Ingredients:

- 4 Free Range or Omega-3 eggs. Farm fresh even better!
- 1 Tbsp extra virgin olive oil
- 1 tsp fresh basil, finely chopped (optional) Use fresh herbs you like.
- 1/2 an avocado - sliced
- Fresh green salad (salad, sprouts, etc)
- Freshly ground black pepper
- Celery stick



Directions:

Whisk eggs till foamy in a small mixing bowl. Heat olive oil in a small frypan over medium heat adding eggs allowing them to cook for a few minutes. Sprinkle with basil and pepper. You can add chopped spinach to this recipe for some extra nutrition. Just fold in half way through continuing to cook until done). Garnish with sliced avocado and sliced celery. (I like celery in summer)

Grilled Garlic, Mushrooms & Chopped Bacon

If you like your bacon super crispy, just cook it and the onions for 5 minutes before adding the other ingredients.

Ingredients:

- 1/2 onion, diced
- 2 cups sliced mushrooms (sliced).
Add more if you like them lots!
- 1 cup of fresh, roughly chopped tomatoes (optional) If you are a strict Paleo then tomato may be out. I use it because I grow it in my back yard. It's organic and tastes amazing.
- 3 Tbsp English parsley finely chopped.
- 1/2 red capsicum finely chopped (optional)
- 3Tbsp extra virgin olive oil
- 3 garlic cloves (finely chopped or minced)
- Salt & Pepper to taste.

Directions:

Place all ingredients into a bowl and combine well. Fry over a medium-high heat, cooking for 5-8 minutes until bacon is crispy and the veggies are cooked through (even looking a little shrivelled up). Add salt & pepper to taste. Quick, tasty and easy for sure.

*You may like to serve this separately or on top of scrambled eggs.



Paleo Almond Pancakes

Ingredients:

- 2 eggs
- 1 Tbsp vanilla



extract

.½ cup unsweetened apple sauce or stewed apples, home made if you have them.

.1½ cups almond flour

.½ tsp sea salt

.½ tsp baking soda

.strawberries for garnish

Directions:

Beat the eggs; mix in remaining ingredients except the almond flour, mixing till smooth. Add flour; stirring to combine. Gently fry batter by the spoonful in greased frypan; flipping to cook other side when bubbles appear.

*Serve topped with fresh strawberries or whatever fresh fruits you like best!

See more delicious Paleo pancake & almond flour recipes here.

Banana, Berry & Acai Smoothie

Ingredients:

.1 - 2 large cold or frozen bananas

.1 cup coconut milk

.1 cup frozen or cold blueberries

.1 cup frozen or cold strawberries

.¾ cup acai juice
(optional) Can use favorite fruit juice if prefer.



Directions:

Place all in a blender and mix until smooth. Fruits are flexible; If you have more of one, that's okay. It will still taste yummy!

Stir Fried Kale & Pork Bacon Strips

Ingredients:

- 1 bunch of kale thinly chopped
- 3 slices of finely sliced bacon or pork strips
- splash of Banyuls vinegar
- Kosher salt
- Freshly ground black pepper
- Finely sliced red chilli (optional)



Directions:

Gently fry the bacon strips and stir in the chopped Kale. Can remove leaves if prefer. Add other ingredients and serve immediately. Very flexible with the greens you add.

You may also like to take a look at the recipes in my Kale Recipe Book [here](#). It's loaded full of sides and kale meals!

Paleo Soup Recipes

Paleo Soups are a wonderful way to fill up with hearty, filling food that is great for weight loss and general health. Paleo soup recipes can be flexible and easily adapted to include ingredients you have in the pantry or fridge. It's easy to throw in some fresh vegetables you have on hand. Slow cooking soups are great for busy people getting home from work tired and not wanting to cook. Preparation times and clean up can be minimal too for recipes during the week. Eating Paleo is all about good health and nutrition, so adding some of your favorite vegetables, especially if they are home grown gives an additional energy boost.

Curried Cream of Broccoli Soup

Ingredients:

- 750g (26oz) broccoli florettes
- 4 leeks
- 1 large brown onion
- 3 medium shallots or spring onions
- ¼ Jonathan apple (diced)
- 2 Tbsp olive oil
- 1L chicken stock
- 1 Tbsp curry powder (mild or hot)
- Salt to taste
- 1 cup coconut milk or cream

Directions:

Cut all the broccoli into medium sized pieces. Roughly chop leeks, onion & shallots or spring onions. Dice the apple.

Heat oil in large pot; add prepped onions and sauté till soft (approx. 5-10 mins)

Add the broccoli & apple – stir well. Add chicken stock. Add enough to cover vegetables. Bring to boil and then turn heat down and simmer for about 20 minutes.

Add curry powder and seasonings to taste. Cool slightly and then blend in food processor or with a hand-held stick blender.

Add the coconut milk or cream, stirring well to combine.

Turn the heat back up and bring to boil again. Serve immediately.

*The smell of this soup wafting through the kitchen is amazing. The green soup is packed with protein and vitamins too.



Thai Chicken Curry Favorite

Either green curry paste or red curry paste works well in this recipe. Buy the curry paste in your local supermarket.

Ingredients:

.1lb (500g) of meat, cubed into bite sized pieces. I use beef or chicken.

.1 Tbsp olive oil or coconut oil

.2 cloves of chopped garlic

.1 inch cube of fresh minced ginger (optional)

.2 Kaffir lime leaves. I add lime leaves picked straight from my tree on the patio.

.1 Tbsp Green Curry Paste (or less for milder curry)

.1lb (500g) of vegetables. Choose sturdy varieties such as broccoli, peppers, and squashes. even asparagus. .Bamboo shoots, canned (optional)

.1 cup of coconut milk

.1/2 cup of stock (optional)

.Basil leaves or coriander leaves for garnish



Directions:

Slice your vegetables into manageable sizes. Prepare the meat by cutting into cubes or strips. Heat the pan to medium, then throw in the olive oil all the veggies and cook for a few minutes. Now put in the curry paste, minced or chopped garlic, minced ginger and stir until aromatic, about 2 mins. Now throw in the lime leaves and the cubed meat tossing as you go. Add coconut milk and stock and simmer for about 20 minutes (more for beef) until done. I add fresh herbs from the garden. Basil or coriander depending on my mood! Top with a slither of chili. This is a favorite at our house. The ginger, garlic and lime leaves can be blended and added together if you prefer.

My Beef Goulash Soup

My husband is Hungarian. This is a slight variation on the traditional Hungarian Beef Goulash recipe which originated in that country. It is quite flexible because some ingredients are optional, but not compromising taste like potato, stock and chili. Mind you...I think it tastes nicer with all these added. Sometimes I use potato, sometimes not.

This is a hearty Hungarian delight, and surprisingly very easy to make! It's more like a stew really. You will need a heavy pot (cast iron is good) with a lid. A Crockpot works well for this also. See more [Paleo Crockpot recipes](#) here.



Ingredients:

- .1 Kg. (500g) lean cubed beef (I use gravy beef, chin beef or topside)
- .1Tbsp olive oil
- .1 large onion
- .1 heaped Tbsp Hungarian paprika
- .1 tspn caraway seed water
- .1/2 tspn marjoram or oregano
- .Salt and black pepper to taste
- .1 cup of water
- .1 cup of beef stock (optional)
- .1 seeded and cubed red pepper (capsicum)
- .1/2 chili seeded and finely sliced
- .1 small tin or a few fresh tomatoes
- .1 bay leaf
- .3 large potatoes, cubed (for strict paleos, use carrot or sweet potato)
- .Approx.1 cup additional water

Directions:

In a heavy pot, fry the onion gently in the oil until golden (about 5 mins.) Add the paprika and stir in quickly, but immediately add in the cubed beef still stirring, working quickly not to burn the paprika (this can make the soup taste bitter) Now add 1/2 cup of water while stirring. Put the lid on and simmer. Meanwhile place caraway seeds in about 1/2 cup of water and microwave on a medium heat for about 30 seconds to heat. Now strain and place the caraway water into the pot. Add herbs, bay leaf, seasoning, capsicum, tomatoes and chili. Cook over low simmering heat for about 1 hour. When meat is almost done, add cubed potatoes. Cook for further 30 - 40 mins until done. Serve with a sprinkle of herbs on top. Absolutely yummy! This Paleo recipe can be cooked in a slow cooker.

Roasted Pumpkin Soup

Ingredients:

- 2kg (4 1/2 pounds) approximately of pumpkin
- 2 Tbsp olive oil
- 4 cups home made chicken stock with bone
- 1 1/2 cups water
- Salt and ground black pepper
- 1/2 tsp onion or garlic flakes
- 1 tsp dried tarragon leaves
- pinch of curry powder (optional)

Directions:

Prepare pumpkin by cutting in half and removing the seeds. Brush with oil;



placing onto baking sheet in hot oven (350F); cut side facing down and bake for about 1 hour or until done.

When cooked, scoop out pumpkin flesh with a spoon and place into a large cooking pot. Add stock and water;. Add garlic flakes, tarragon leaves, curry powder and seasonings, mix well with hand held stick blender until smooth.

Place pot on a medium to high heat and bring to the boil. Reduce heat to very low and simmer for about 1 hour; stirring occasionally. *Serves 8-10. Swirl a small amount of coconut cream on top.

I often don't use the blender until the end of cooking, then serve immediately.

Quick and Easy Paleo Ground Beef and Vegetable Slow Cooker Soup

Ingredients:

- 500g (just over 1 pound) lean minced beef
- 1 medium brown onion (chopped)
- 2 cups fresh mixed vegetables such as snow peas and carrots. (Frozen okay too)
- 2 large tins of tomatoes, or 5 fresh home grown.
- 2 cups water
- Salt, garlic flakes and ground black pepper to taste



Directions:

Brown minced beef & onion in frypan; drain off any liquid and transfer to large pot or slow cooker. Add remaining ingredients; cover and cook for 4 hours on low setting or simmer on stove top for about an hour. This is a great recipe for kids learning to cook.

*Too easy but very tasty! Feel free to add a little heat with some hot peppers and warm spices or go more Italian with some oregano or basil. I did sneak some green beans in from the garden. The kids love them...I'm not going to argue!

- Inspired from my [Paleo Crockpot recipes](#) book.

Chicken Paleo Recipes

Chicken Paleo Dinners

Chicken is undoubtedly one of the most versatile meats, is quick to cook and also tastes great; so it makes good sense to include some delicious Paleo poultry main meals! Chicken is not only cheap, but also quick and easy for beginners starting out learning to cook. Be aware of clean knives and working surfaces to avoid cross contamination.

Let's take a look at some easy Paleo chicken dishes for when you are in a hurry to get food on the table.

Paleo Chicken Breast Teriyaki with Pineapple

*This is a chicken recipe with a Japanese twist.

Ingredients:

- 1 Tbsp coconut/olive oil
- 500g (just over 1 pound) chicken breasts (skinless)
- ¼ tsp sea salt
- ¼ tsp ground black pepper
- 1 onion (diced)
- 1 red capsicum (diced)
- Coconut aminos . This is a substitute for soy sauce
- 1 cup diced pineapple
- beans for non strict paleo (optional) I had my own fresh home grown beans. Broccoli or cauliflower is good too.



- 3 small cos lettuce hearts if you have them.

Directions:

Chop the chicken into small 1in pieces, seasoning with salt & pepper. Heat the oil in large frypan. Add chicken and onions; frying over med-high heat. Cook about 5 minutes.

Add about 2Tbsp coconut aminos (or use soy sauce); cooking for another 5 minutes. Add prepared pineapple and red capsicum. Cook until chicken is completely cooked through and veggies are tender. Serve over chopped cos lettuce.

Chicken Thighs with Bacon

Ingredients:

- 1kg chicken thigh fillets or breasts
- 125g (4 1/2oz) lean bacon strips (diced)
- 1 of home made chicken stock (on bone)



. Fresh herbs you prefer can be added.

Directions:

Fry diced bacon in hot frypan with a little olive oil. Remove from pan.

Now place chicken into the frypan and cook in the bacon fat / juices over medium heat for about 10 minutes until the chicken is browned well all over. Remove any excess fat from the pan with a spoon. Pour in the stock. Bring to boil; then reduce to low heat and cover with lid. Simmer for 30 minutes and add the bacon back into pan.

* This is one of the simplest chicken dinner recipes to prepare. Scrumptiously divine! Serve with salad and/or veggies.

Delicious Butter Chicken Recipe

Ingredients:

- 2 x 2 Tbsp of grass-fed butter or olive oil
- 1kg chicken thigh / breast fillets (cut into chunk sized pieces)
- 2 tsp garam masala (optional)
- 2 tsp Hungarian paprika
- 2 tsp ground coriander
- 1 1/2 tbsp finely grated fresh ginger (I use the small blender for this)
- 1/4 tsp chili powder (to your taste)
- a sprig of basil or coriander for garnish.
- 1 can of tomato puree (or use fresh)
- 1 - 1 1/2 cups coconut milk (or coconut cream)
- 1 Tbsp lemon juice

**Directions:**

Fry chopped chicken in melted butter or oil (olive oil) in a medium to hot frypan. This may need to be done in 2 batches using extra butter / oil as required. Remove chicken from pan when totally cooked.

Add the 2nd lot of butter / oil to pan, add spices and cook for 2-3 minutes or till you smell the aroma! Place chicken back into pan; coating and mixing in with the spiced butter. Add tomatoes and simmer about 15 minutes, stirring occasionally.

Add coconut milk & lemon juice; simmering for about more 5 minutes. Garnish with fresh herbs, I've used coriander. I grow it and absolutely adore it. Peppery basil is another of my favorites.

*Enjoy this tasty Indian delight known as Murg Makhani without feeling guilty! This recipe may seem to have a lot of ingredients for beginners, but it's actually very easy to make. Give it a try. We love it in our house.

Fish Paleo Dinner Recipes

As we know fish is a great source of Omega 3 and healthy oils for our body in general including our heart, cholesterol level, skin and hair. Many people the world over take Omega supplements and Fish oil vitamins daily to improve their health, including joint pain and arthritis.

The other benefit of course is that fish tastes wonderfully light and is a special treat, especially in the warmer months. We should try to include fish in our diets at least once a week. Here are a few recipes other than the delicious and simple grilled fish with herbs and lemon which is a good old stand by in our house when we are in a hurry.

Asian Pepper Shrimp

Ingredients:

- .3 Tbsp coconut oil
- .4 cloves garlic (minced)
- .750g (25oz) raw prawns (peeled with tails intact)
- .1 Tbsp Coconut aminos (soy sauce substitute)
- .1 Tbsp fish sauce
- .1 tsp black pepper (or to taste)
- .¼ cup chopped fresh cilantro



Directions:

1. Melt coconut oil over low heat in large frypan. Add minced garlic, stir for 2-3 minutes being careful not to brown it. Add prawns and sauté about 5 minutes till cooked through (pinkish). Add coconut aminos, fish sauce & pepper; sautéing for 1-2 minutes more.
2. Remove prawns and plate up. Quickly boil combined liquid and oil in frypan; then reduce and cook contents down. Pour over prawns to serve. Top each with sprinkling of chopped cilantro to serve. *Serves

Crumbed Cashew Fish

Ingredients:

- 400g (14oz) white fish (cut into palm sized pieces)
- 2 tsp coriander
- 2 tsp cumin
- 2 tsp black peppercorns
- 2 tsp black mustard seed
- 3 tbsp cashew nut flour
- A pinch cayenne pepper
- A handful of crushed cashews
- 1 onion peeled & finely chopped
- Olive oil
- A handful of fresh coriander or parsley

**Directions:**

Grind black peppercorns & mustard seed with mortar & pestle. Combine ground pepper, mustard, cumin, coriander & cayenne in a bowl. Add cashew flour.

Heat a frypan to high, dry fry crushed cashews till golden and then set aside. Add small amount of oil to pan; sauté onions for 5 minutes and then set aside with cashews.

Add enough oil to frypan to shallow fry fish which has been generously coated with cashew and spice mix. Fish should only need about 2-3 minutes each side. Fry till crisp and golden!

Return onions and cashews to frypan for 1- 2 minutes adding seasoning. Serve with fresh coriander.

*This dish is not only quick, easy and good for you- but it's also bursting with lots of flavour. It's perfect for the whole family!

Salmon with Mango Recipe

Salmon is absolutely delicious and although quite expensive, you need very little to fill the tummy! I've included this recipe because it's super quick, easy and super tasty! Small salmon steaks can be cooked on a high



heat with the skin on and cooked with a crispy grilled crust on the outside. Some prefer it just cooked through.

Ingredients:

- 500g (just over 1 pound) salmon fillet
- Salt & pepper to taste
- 1 medium lemon (sliced)
- 1 mango (peeled & chopped)
- 1 Tbsp olive oil

Directions:

Place salmon (skin side down) on baking sheet

Season salmon with salt & pepper to taste

Place sliced lemons & chopped mangoes over salmon

Dash lightly with olive oil

Cover; placing in fridge for 1- 2 hours

Bake salmon in medium oven for 12-15 minutes. *Serves 4

*Nice & easy marinated salmon with fresh mangoes and lemon. Serve with fresh steamed vegetables and/or a salad.

Beef Paleo Dinners

Although we know that caveman ate meat, they probably ate loads of fat with it for much needed energy. However march on through time and today most of us don't require those extra calories and fat in our diets. We understand that too much animal fat is not good for our cholesterol levels. For this reason it's best to eat lean meats when eating a Paleo diet. Following are some of our favorite quick beef dinner ideas.

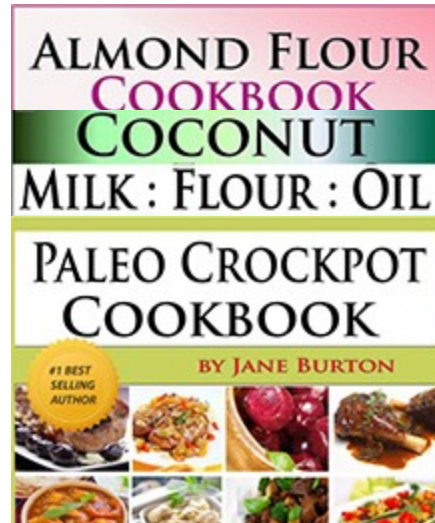
[Check out more of my Paleo Dinner & Other Recipes here.](#)

[Almond Flour Recipes](#)

[Coconut Milk Recipes](#)

[Crockpot Recipes](#)

Beef Salsa Verde



Ingredients:

- 1 sliced tomato
- ½ cup parsley leaves
- ½ cup basil leaves
- 2 cloves garlic
- 2 Tbsp capers (drained)
- 1 anchovy fillet (cut into pieces)
- 1 cup extra virgin olive oil
- 2 tablespoons fresh lime juice
- Salt & pepper (to taste)
- 750g (about 25oz) lean sirloin/ fillet steak or similar



piece of roasting beef

· 5 cups baby field greens

.Sprinkle with fresh rosemary

Directions:

Purée parsley, basil, garlic, capers, tomato & anchovy fillet in blender; slowly add olive oil until combined. Add lime juice, salt & pepper blending till well combined and smooth. Adjust seasonings to taste and set sauce aside.

Season and grill or panfry steak to your particular preference. When cooked; slice thinly and drizzle with salsa verde. Garnish with some rosemary sprigs or herbs of your choice. True caveman diet food!

Beef & Vegetable Stew

We love stews in the colder months. Great as a slow cooker recipe for busy people coming home from work or on the stove top.

Ingredients:

1 - 1 1/2 pounds
stewing or gravy
beef. Cut off excess
fat.

4 cups beef stock
(homemade if
possible)

1 1/2 tbsp olive oil

1 cup chopped brown onion

3 large carrots, peeled and chopped;

2 potatoes, peeled and cubed (optional)

1 celery stick, chopped

1 can diced tomatoes

1 bay leaf

1 small sprig of fresh rosemary, finely chopped

½ tsp fresh thyme, finely chopped



1/4 tspn chili powder (optional)

(I add Zucchini if it's in season)

Salt & black pepper to taste

Directions:

In a large heavy bottom pot or saucepan over a medium to high heat, combine the onions, celery, carrots, potatoes, if using, as well as the olive oil. Cook for about 4 minutes, stirring constantly.

Turn heat to high and add the beef to the saucepan, followed by the tomatoes, beef stock, rosemary and thyme. Add chili to taste with salt and pepper. Reduce heat once boiling. Cover the saucepan and cook for about 1 - 1 1/2 hours, allowing the stew to simmer and get that rich full flavor. Stir occasionally. Depending on how much liquid you want, you can remove the lid and cook uncovered for about 45 minutes to reduce. If the stew is too thick, then add a little more stock or water.

Favorite Prime Rib Roast

Ingredients:

- 3 tsp fresh ginger (grated)
- 1/2 cup orange marmalade (unprocessed)
- 8 cloves garlic (minced)
- 1 Tbsp mustard powder
- 2kg (4 1/2 pounds) roasting beef (Sirloin, Topside, Scotch)
- 1/4 cup olive oil
- Freshly ground black pepper (to taste)



Directions:

For the marinade: Mix together ginger, marmalade, mustard and ½ the garlic

Prick holes all over meat with a fork and place slithers of garlic (remaining 4 cloves) inside holes. Pour marinade over beef; cover and refrigerate for 2 hours or more. Baste occasionally.

Preheat oven to 200C. pour olive oil over beef, season with pepper and bake for and then cook it for 1 hour covered with aluminum foil. Remove foil after 1 hour, baste and reduce oven to 165C and continue roasting till cooked to your liking. Allow roast to rest for about 30 minutes before slicing. I added some fresh mashed potato and parsnip from the garden.

Paleo Chili Beef for Kids

When the kids need something hearty in their bellies; try some Paleo Chili as it's guaranteed to satisfy!

Ingredients:

- 2 Tbsp coconut oil
- 1 diced onion
- 6 stalks of celery (diced)
- 4 garlic cloves (minced)
- 3 1/2 pounds (about 1.3kg) ground beef
- 4 tsp cumin
- 4 tsp chilli powder
- 4 tsp oregano
- 2 x 12 oz jars of medium to hot salsa
- 2 x 8 oz cans of diced tomatoes
- 2 x 7 oz cans of green chillies
- 4 tsp sea salt



Directions:

Using a large pot; fry onions, celery & garlic in coconut oil over med-high heat. Cook for about 4 minutes adding beef and spices. Cook for further 5 minutes; stirring constantly. Add tomatoes, salsa green chillies & salt. Simmer for about 1 hour. *Serves a hungry family of 4 - 6 Great when you are in need of a quick and easy recipe. I like to add a small bunch of chopped parsley at the end of cooking.

*This beef recipe is a favorite with the younger generation; it's especially great for Paleo cave-kids!

More gourmet lunch box favorites for both kids and adults with varied allergies at [Lunch Box Recipes](#) here.

Pork Paleo Dinners

Pork is another popular meat for eating Paleo at it's best. As with beef and chicken, pork can be very flexible with what vegetables you cook to accompany it. Many different cuts of pork can be used, again try to keep it lean, or at least cut off excess fat before eating. It is scrumptious fried or grilled. I love it in stir fries. Bacon used in it's various methods for cooking is always a big hit.

Spicy Breaded Pork Chops

Ingredients:

- 2 tsp cayenne pepper(use less if too hot)
- 3 Tbsp coconut oil (divided)
- 1½ cups almond flour
- 4 lge lean pork chops



Directions:

Mix cayenne pepper & 2 Tbsp coconut oil in a bowl. Coat both sides of pork chops.

Cover both sides of pork chops with almond flour until fully enclosed.

Heat 1 Tbsp coconut oil in frypan over a medium heat. Add chops when pan is hot; cooking on both sides till cooked through.

*You may like to cut back on the cayenne and lower the cooking temperature also if kitchen is not well ventilated as things can get rather smoky! Or better still grill the pork chops on a bar-b-q! One thing for sure is that these chops are really tasty & filling!

Roasted Garlic & Herb Crusted Pork Roast

Ingredients:

- 2-3kg (about 4 1/2 pounds) Pork Loin Roast
- 2 Bulbs Roasted Garlic
- 1 Tbsp fresh sage (chopped)
- 1½ Tbsp fresh rosemary (chopped)
- 1½ Tbsp fresh thyme (chopped)
- Salt & Pepper (to taste)

**Directions:**

Preheat oven to 475 F

To make the rub – Place chopped sage, rosemary & thyme in bowl. Add salt & pepper.

Prepare pork loin – Trim fat from pork. Season with salt & pepper. Rub pork with mashed roasted garlic & mixed chopped herbs evenly over roast.

Place in prepared roasting pan with capsicum or favorite vegetables. Roast pork in a hot oven (475F) for 30 minutes; and then reduce to 425F roasting for an additional hour. Let it sit for around 20 minutes before carving as it will continue cooking while it rests. *Serves 6+

*Serve as a traditional roast with roasted pumpkin, potatoes, carrots & asparagus. Then re-

purpose for another delicious Paleo dinner by topping a fresh green salad with thinly sliced left over pork and roasted sweet potato chunks! Delicious!

Mum's Pork Chops

Ingredients:

- 4 lean pork chops
- Salt & pepper (to taste)
- ½ cup Dijon mustard
- 1 tsp mustard powder
- 1 tsp dried thyme
- 1 tsp garlic (minced)
- 1 Tbsp coconut oil



Directions:

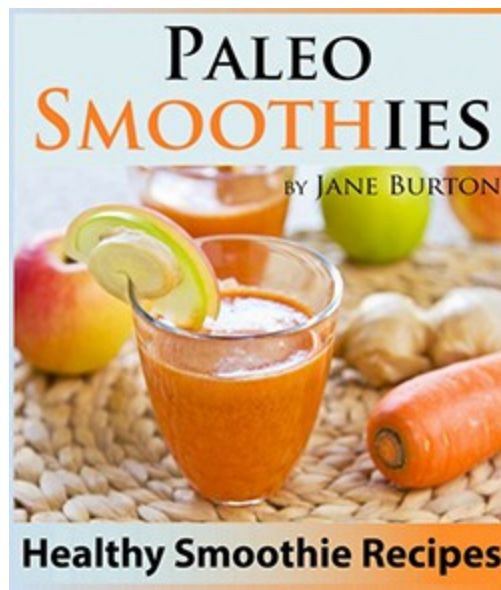
Preheat oven to 425°F. Season pork chops with salt & pepper. Combine mustard, mustard powder, thyme & garlic in a small bowl. Mix well. Spread evenly over both sides of pork chops.

Heat oil in a large frypan over medium-high, add chops and brown for about 2 minutes per side. Transfer chops to baking dish and cook in oven for another 5-8 minutes or until cooked through. Serve over sautéed baby spinach and/or a scrumptious fresh green salad. *Serves 4

Paleo Smoothies

Paleo Smoothies for Breakfast, Lunch or as a Healthy in between Snack.

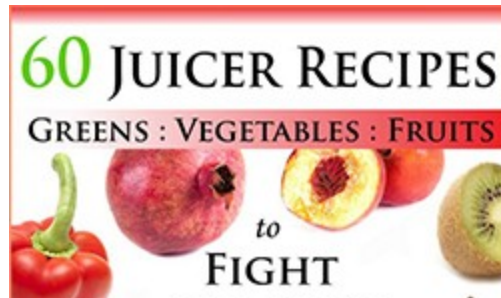
[Paleo Diet Smoothies](#) are perfect for those embracing a Paleo lifestyle because not



only do smoothies offer muscle-building, fat burning, mood-enhancing & brain boosting benefits but these blender shakes are so easy to prepare. They taste awesome too! These are great for busy moms, dads and kids going to work or school. We love making smoothies in our family. I am also into healthy, nutrient rich juicing.

Take a look at my [Juicer Recipe book](#) here.

Quick & Easy Fruit Smoothie



Ingredients:

- 1 cup apple juice (unsweetened)
- 1 frozen banana (peeled)
- ½ cup of frozen fruit (blueberries, blackberries, strawberries, melons, peaches, mango, etc)

Directions:



Pour apple juice into blender; add cut up banana and blend creamy. Add remaining fruit and blend. I love making smoothies...they are SO flexible. Almost any combination tastes amazing!

Inspired from my [Paleo Smoothies book](#) here.

Mango & Kale Smoothie

Ingredients:

- 2 cups fresh kale (washed & in chunks. (sometimes I use steamed spinach instead)
- 1 1/2 mangoes
- juice from 1/2 a lime
- 1 kiwifruit (peeled & chopped)
- 1 1/2 cups chilled coconut milk (or coconut cream)

Directions:

Process all ingredients in a blender until well mixed. Simple, healthy and delicious. serve & enjoy!

Find more of our [delicious Kale Recipes](#) here.

**Strawberry
Coconut
Almond
Smoothie****Ingredients:**

- about 6-8



strawberries (sometimes I use fresh pears)

- kiwi fruit & strawberry for garnish
- 250ml coconut milk or unsweetened almond milk
- 1 tsp almond butter
- 1 tsp organic honey

Directions:

Simply place all ingredients in a blender and mix until smooth. Garnish with strawberries, kiwifruit or coconut shavings. Add a swizzle stick for fun!

*Serves 1-2

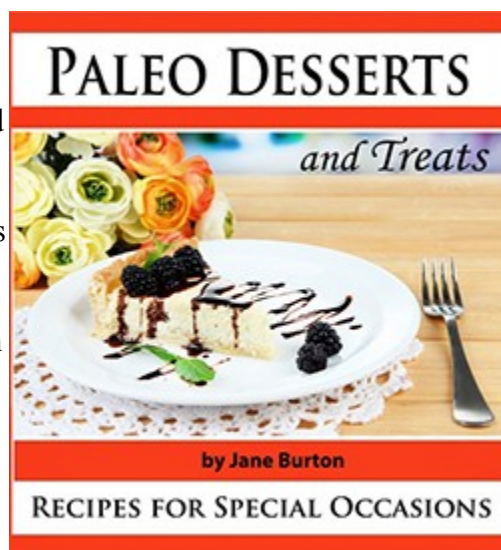
Paleo Dessert Recipes

Eating Paleo Desserts

Desserts are served after a meal or sometimes just as a morning or afternoon tea "snack". Desserts are yummy and fine in moderation. Remember balance in your diet is the key. Also stay away from packaged foods and anything artificial. We need to substitute sugar. Stevia, coconut oil and quality maple syrup being common. Raw honey is popular - that means as it exists more naturally in the beehive where it is extracted without adding heat. A bit like cold pressed oils. Many smoothies are good of course because of the natural sugars.

If you are wanting to entertain people, or just treat yourself, you can grab my free [Paleo Desserts](#) Book here. It's compiled by many Paleo enthusiasts.

Go back to the old rule of the [Paleo diet](#) - no processed food. Keep the ingredients fresh and simple. Here are just a handful of recipe ideas for eating Paleo desserts. If we are in a hurry, fruit salad with a dollop of coconut cream or a smoothie if a life saver!



Sweet Potato

Icecream

Ingredients:

- 1 baked or steamed medium sized Sweet Potato (remove skin)
- 1 can coconut milk or coconut cream
- 1 Tbsp maple syrup or honey
- 2 egg yolks
- 2 Tbsp cinnamon
- 1 tsp vanilla extract (essence is okay)
- Large pinch of nutmeg

**Directions:**

Put the ice cream mix in the ice cream machine in freezer overnight.

Place sweet potato & coconut milk in food processor; processing to a pureed consistency.

Add all remaining ingredients and mix until well. Add a pinch of salt (optional)

Place mixture into a bowl and chill in fridge for at least two hours.

Transfer mixture to ice cream maker and follow instructions, churning for about 25-30 minutes.

Pour into individual glasses is another option for a finished look and freeze.

Banana Coconut Paleo Muffins

Ingredients:

- 4 fresh eggs
- 4 bananas (must be very ripe)
- 1 tsp vanilla extract
- ¼ cup coconut butter or olive oil
- 5 Tbsp coconut flour
- ½ cup maple sugar (or raw honey)
- 1 tsp baking powder
- ¼ tsp cinnamon
- ¼ tsp salt
- Natural walnuts, almonds, pecans, macadamia or cashew nuts to garnish

**Directions:**

Heat the oven to 350 degrees and prepare a 12 muffin lined tin.

Mix dry ingredients in mixing bowl. Mash bananas in food processor. This doesn't need to be really smooth. Add coconut butter or olive oil and blend together briefly. Add eggs & vanilla again blending only for about 10 seconds.

Add wet mixture to dry ingredients; mix gently with a spatula till combined. Don't over mix!

Divide mixture evenly between muffin liners with a spoon.

Top each muffin with walnuts or nuts of choice. Bake in a medium to hot oven for about 30 minutes.

***YUM!!!!** The kids will absolutely love these! I find over mixing once the flour goes in can make muffins tough to eat.

Yummy Apple Pie Balls

These are perfect for kids lunch box treats or anytime treats for that matter! Can use stewed apple, but it must be a "dry" mix.



Ingredients:

- 1 cup cinnamon apple chips (store bought or homemade)
- 1 cup cinnamon apple rings
- 1 cup dried coconut flakes
- 1 cup soft dates
- $\frac{3}{4}$ cup raisins or sultanas

Directions:

Place everything except raisins in a food processor and process about 2 minutes or until mixture would form a ball if moulded in your hand. The apple chips should be 1/2 cm shards. Add raisins and blend (use pulse button) a few more times to get the correct consistency. If you prefer a smoother mix; simply process all ingredients together at start (including raisins).

Form into small sized balls. You may roll them in extra coconut flakes if dough is too sticky. (my kids were a little heavy on the coconut) These are nice served with a scoop of the Sweet Potato Ice cream recipe.

*To make your own apple chips simply sprinkle thinly sliced cored apple rings with cinnamon and pop into low heat oven to dehydrate and crisp up. Once they've cooled, they're ready. Store or enjoy! * For store bought cinnamon chips; find a brand that contains apple, coconut oil & cinnamon.

That ends this Paleo recipe book. Happy cooking and I hope you like these Paleo recipes as much as I do. You can check out some of my other [books here](#) or on the Paleo Recipe Resource Page. If you have enjoyed this book, or would like to share a recipe, write a review below. Thanks!

If you Have a Minute,
Please Leave a Review on
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Paleo Recipe Resources

*Google helps you [convert measurements to cups](#) here. Select from the drop down box what you want to convert.

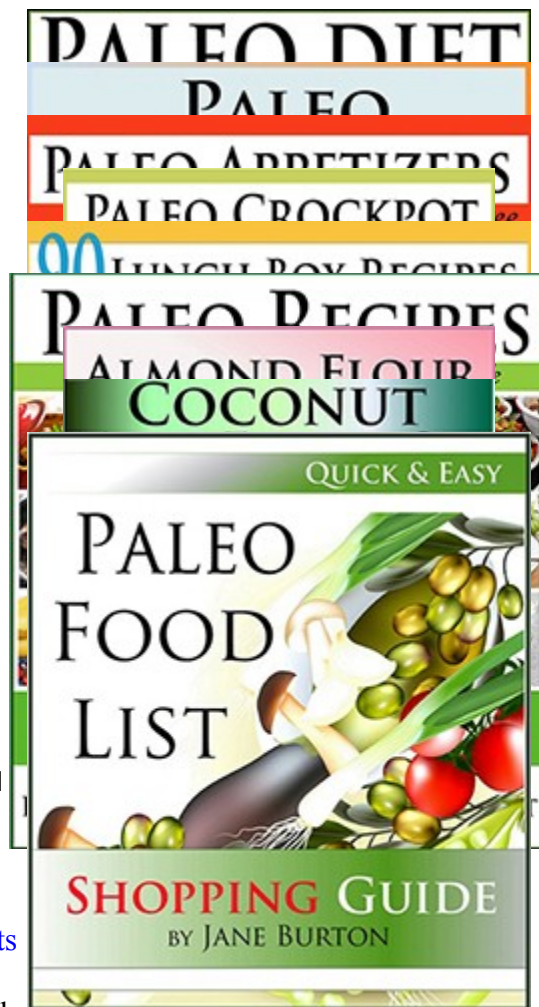
*Use this resource for converting measurements: [Convert Pounds to Grams here](#) & [Convert Grams to Ounces here](#).

*[The Paleo Diet](#) by Loren Cordain.

*[Grain Brain](#) by David Perlmutter

*[Low Sugar Diet](#) by Peggy Annear

*Check out [my other Paleo Recipe Books here](#). They are all illustrated like this book, often free and most are shown below.



[Jane Burton's Books](#)

The End

###

My Free Gift to You

As a valued customer I wanted to send you a free gift :) It's my [Paleo Desserts and Treats Recipe Book](#).

You can download the book at the address below. I hope you enjoy it!

I'd appreciate you hitting the "**share**" or "**like**" button with your friends if you think they may like it too. Thanks!

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Disclaimer:: This book is from my experiences eating and cooking using Paleo recipes. It has been prepared in good faith, with the goal being to share recipe favorites with others. I am not liable in any way how you choose to use this information as it is an account on my own experiences eating Paleo.

