

**Paleo Perfect**

# Ground Rules

- All the lean meats, fish, and seafood you can eat
- All the fruits and nonstarchy vegetables you can eat
- No cereals
- No legumes
- No dairy products
- No processed foods

# The Seven Keys of the Paleo Diet

1. Eat a relatively high amount of animal protein compared to that in the typical American diet.
2. Eat fewer carbohydrates than most modern diets recommend, but eat lots of good carbohydrates-from fruits and vegetables, not from grains, starchy tubers, and refined sugars.
3. Eat a large amount of fiber from nonstarchy fruits and vegetables.
4. Eat a moderate amount of fat, with more good (monounsaturated and polyunsaturated) fats than bad (saturated) fats, and nearly equal amounts of omega 3 and omega 6 fats.
5. Eat foods with a high potassium content and a low sodium content.
6. Eat a diet with a net alkaline load.
7. Eat foods rich in plant phytochemicals, vitamins, minerals, and antioxidants.

# To Eat, or Not to Eat, That is the Question

Lean Beef	Lean Pork	Lean Poultry	Eggs (limit 6 per week)	Game Meat	Fish
Flank steak Top sirloin steak Extra-lean hamburger ( no more than 7% fat, extra fat drained off) London broil Chuck steak Lean veal Any other lean cut	Pork loin Pork chops Any other lean cut	Chicken breast Turkey breast Game hen breasts	Chicken (go for the enriched omega 3 variety) Duck Goose	Bear Bison Elk Goose Pheasant Quail Venison	Bass Herring Haddock Mackerel Red snapper Salmon Tilapia Trout

**Note: It is best to rotate the category of meats every day.**

# Foods You Should Avoid

## Dairy Foods

- All Processed foods made with any dairy products
- Butter, Cream, Nonfat dairy creamer
- Cheese, Milk, Yogurt
- Ice cream, Frozen yogurt

## Cereal Grains

- Barley, Corn, Millet, Oats, Rice, Rye, Sorghum, Wheat, Wild Rice

## Legumes

- All Beans, Black-eyed peas, Chickpeas, Lentils, Peas, Snowpeas, Sugar snap peas, Peanuts

## Starchy Vegetables

- Starchy tubers, Potatoes

## Salt-Containing Foods

- Salad dressings and condiments, bacon, deli meats, pickled foods

## Soft Drinks and Fruit Juices

# Stone Age Food Substitutions

## Salt

- Substitute powdered garlic, powdered onion, lemon juice, lemon pepper free of salt, cayenne pepper, black pepper, cumin, turmeric.

## Vinegar

- Substitute lemon or lime juice.

## Butter/Fat

- Replace butter, margarine, shortening, or lard with olive oil, flaxseed oil, walnut oil, canola oil, mustard seed oil, or avocado oil.

## Cereals

- Nut flours can be made in food processors or purchased

# Benefits of the Paleo Diet

## Weight Loss

- Protein has twice the “thermic effect” of fats and carbs, also highest satiating value
- High protein diet increases total energy expenditures by 12% compared to high carb diet
- Over 6 months with no increase in exercise or decrease in caloric intake – A high protein diet could cause you to lose 10 to 15 lbs
- Over those same 6 months – with increased exercise and a somewhat decreased caloric intake – A high protein diet could cause you to lose 30 to 75 lbs

## Decrease Heart Disease

- High protein diets have been shown to be more effective than low-fat, high carb diets at lowering bad LDL cholesterol and triglycerides while increasing good HDL cholesterol
- Lower level of homocysteine (predisposes to atherosclerosis) than vegan vegetarians
- Improve insulin metabolism, help lower blood pressure, and reduce risk of stroke.

## Other possible benefits

- More Energy, Clearing of sinuses, less stiffness of joints, normalization of bowel function. Indigestion, heartburn reduced may even vanish.

# Diet Modifications

## No Nightshades for people with Arthritis or autoimmune conditions

- Potatoes, tomatoes, green peppers, chili peppers, eggplants and tomatillos
- Chili Peppers include - bell peppers, jalapeno, wax, cayenne, habanero, Anaheim, Thai, Tabasco
- Chili peppers are commonly consumed as dried powders such as paprika, chili powder and cayenne, and are near universal ingredients in hot sauces, Tabasco sauces, and salsas
- Potatoes have high glycemic index, high saponin content (increasing intestinal permeability can cause hemolysis if in bloodstream in high quantities), contain  $\alpha$ -chaconine and  $\alpha$ -solanine which may adversely affect intestinal permeability and aggravate inflammatory bowel disease. Potato lectins
- Tomatoes have  $\alpha$ -tomatine which increases intestinal permeability, tomatoes contain another anti-nutrient called tomato lectin (TL) which rapidly crosses the gut barrier
- chili peppers contain a group of compounds called capsaicinoids which increase intestinal permeability

## Maker's Diet

- Avoid Pork, Bacon, Ham, Catfish, squid, all shellfish, including crab, clams, oyster, mussels, lobster, shrimp, scallops, and crawfish



# SHOPPER'S GUIDE TO PESTICIDES

## Dirty Dozen Buy These Organic

1. Peach
2. Apple
3. Bell Pepper
4. Celery
5. Nectarine
6. Strawberries
7. Cherries
8. Kale
9. Lettuce
10. Grapes (Imported)
11. Carrot
12. Pear

## Cleanest 15 Lowest in Pesticides

1. Onion
2. Avocado
3. Sweet Corn
4. Pineapple
5. Mango
6. Asparagus
7. Sweet Peas
8. Kiwi
9. Cabbage
10. Eggplant
11. Papaya
12. Watermelon
13. Broccoli
14. Tomato
15. Sweet Potato

# Mercury Content

LOWEST MERCURY		MODERATE MERCURY	HIGH MERCURY	HIGHEST MERCURY
Anchovies	Perch	Bass	Bluefish	Marlin
Catfish	Pollock	Carp	Grouper	Orange Roughy
Clam	Salmon	Cod	Sea Bass	Shark
Crab	Sardine	Halibut	Tuna (Canned	Swordfish
Crawfish	Scallop	Lobster	Albacore, Yellowfin)	Tilefish
Flounder	Shrimp	Mahi Mahi		Tuna (Ahi)
Haddock	Sole	Monkfish		
Herring	Squid	Perch		
Mackerel	Tilapia	Snapper		
Mullet	Trout	Tuna (Canned		
Oyster	Whitefish	Chunk light)		

**LOWEST MERCURY** - Eat 2-3 servings a week (pregnant women and small children should not eat more than 12 ounces (2 servings))

**MODERATE MERCURY** - Eat six servings or fewer per month (pregnant women and small children should avoid these)

**HIGH MERCURY** - Eat three servings or less per month (pregnant women and small children should avoid these)

**HIGHEST MERCURY** - Avoid eating (everyone)

# SCRAMBLED EGGS WITH MUSHROOM AND PINE NUTS

## Ingredients

- 3 eggs
- 2tbs chives, finely chopped
- 1cup sliced mushrooms
- 1tbs oil
- 1tbs pine nuts
- Salt and pepper

## Instructions

- Place oil in a frying pan on medium heat, fry onions for 3-4min or until slightly browned, remove from pan.
- Whisk eggs in a bowl then place in the frying pan, stirring continuously.
- When eggs have almost cooked through, add the chives and continue cooking for a further 1min, or until eggs are cooked through. Add salt and pepper to taste.
- Remove from heat and stir in mushrooms before serving.



# SCRAMBLES EGGS WITH CHIVES

## Ingredients

- 3 eggs
- 2tbs chopped chives
- Salt and pepper
- Oil

## Instructions

- Place oil in a frying pan on medium heat, fry onions for 3-4min or until slightly browned, remove from pan.
- Whisk eggs in a bowl then place in the frying pan, stirring continuously.
- When eggs have almost cooked through, add the chives and continue cooking for a further 1min, or until eggs are cooked through.
- Serve straight away.



# MUSHROOM AND BACON OMELET

## Ingredients

- 3 eggs
- 3 bacon eyes, diced
- $\frac{3}{4}$  cup mushrooms, chopped
- Salt and pepper
- 1tbs oil

## Instructions

- Place oil and bacon in a frying pan on medium heat and cook until bacon has started to brown. Add mushrooms and stir continuously for a further 1min, or until mushrooms have started to shrivel.
- Whisk eggs in a bowl, add bacon and mushrooms and combine well. Pour into a frying pan on medium heat, with baking paper on top.
- When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.
- Serve straight away.



# CHILI AND GARLIC MUSHROOMS

## Ingredients

- 1 cup button mushrooms
- 3 garlic cloves, chopped
- 2tbs olive oil
- ½ tsp ground paprika

## Instructions

- Place garlic, paprika and oil in a mixing bowl and combine well. Add mushrooms and coat well in olive oil mixture.
- Place mushrooms in a frying pan, or on a grill on medium-high heat. Cook for 5-8min, or until mushrooms have browned slightly and have started to shrivel.



# BANANA OMELET

## Ingredients

- 1 banana
- 3 eggs, separated
- Dash cayenne pepper
- Water
- Salt and pepper
- Sprinkle parsley (optional)

## Instructions

- Cut banana in half lengthways and then cut each half into 3 (6 pieces all up). Place on a baking ray lined with baking paper and bake in an oven pre-heated to 180 degrees Celsius (fan forced) until softened and brown. The riper the banana and longer it is left in the oven, the more it will dry out.
- In a bowl whisk together egg yolks, cayenne pepper, salt and pepper and a little water. In another bowl beat egg whites until light and fluffy and soft peaks form. Fold in the egg yolk mixture and pour into a frying pan on medium heat, with baking paper on top.
- When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.
- When omelet is cooked turn onto a plate and place banana pieces on top, sprinkling with some cinnamon and chopped parsley.





# RAISIN OMELET

## Ingredients

- 2tbs raisins
- 3 eggs
- Dash ground cinnamon
- Dash ground all spice
- Dash nutmeg

## Instructions

- Boil raisins in some water for 1 minute. Drain well.
- In a bowl, beat together eggs, cinnamon, all spice and nutmeg. Stir in raisins.
- Heat a frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping and eggs onto it, then transfer it onto the heated frying pan and cook for another 2-3 minutes, or until browned on the bottom.





# SCRAMBLED EGG CUCUMBER SANDWICH

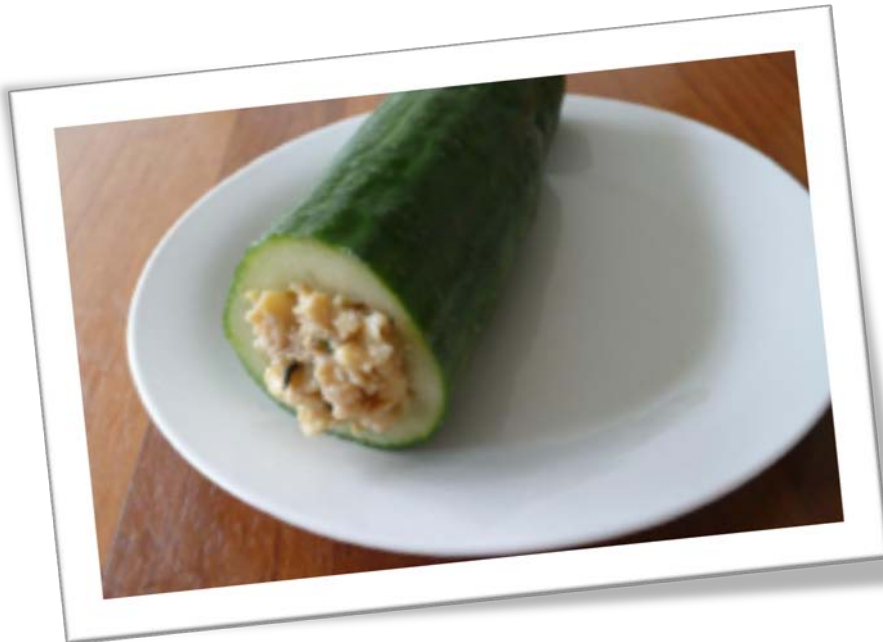
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## Ingredients

- 1 medium cucumber
- Scrambled eggs of choice

## Instructions

- Cut the end of one side of the cucumber then hollow it out using a butter knife, leaving the other end of the cucumber closed. Fill with scrambled eggs.



# BANANA AND FLAXSEED PANCAKES

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## Ingredients

- ½ cup mashed banana
- 2tbs almond butter
- 1 ½tbs ground flaxseeds
- 1 egg
- Coconut oil

## Instructions

- Place ingredients in a bowl except for the coconut oil and combine well.
- Place some coconut oil in a frying pan on low-medium heat, and then place a scoop of pancake mixture into the frying pan. Cook for 1min before flipping over and cooking for a further 1min on the other side.

# LEMON PANCAKES

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## Ingredients

- 1tbs apple sauce
- 2tbs lemon juice
- 1/3cup almond butter
- 2 eggs

## Instructions

- Place ingredients in a bowl except for the coconut oil and combine well.
- Place some coconut oil in a frying pan on low-medium heat, and then place a scoop of pancake mixture into the frying pan. Cook for 1min before flipping over and cooking for a further 1min on the other side.

# Quick Paleo Pancakes

## Ingredients

- *Time: 10 minutes*
  - 2 eggs
  - 1/2 C unsweetened applesauce
  - 1/2 C nut butter (not peanut butter! - cashew/macadamia nut butter works well)
  - 1/4 tsp cinnamon
  - 1/4 tsp vanilla extract
  - coconut oil

## Instructions

- Mix all of the ingredients except the coconut oil in a bowl. Stir well, until you have a uniform batter. Next, use a bit of coconut oil to grease a non stick skillet. Spread some of the batter into the skillet to form a pancake, then cook over low/medium heat. Flip after 1 to 2 minutes, being careful not to burn them!

Once you've cooked all of your pancakes, you can serve them with a variety of toppings. A few that I like: chopped apples and cinnamon; heated blueberries; real maple syrup; and unsweetened applesauce.

- **Zone info:** 3 servings at 1/2 carb block, ~1/2 protein block, 15 fat blocks



# FRUIT SALAD

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## Ingredients

- ½ cup pineapple, diced
- 1 kiwi fruit, diced
- 1 small banana chopped
- ½ cup mango, diced
- 4 lychees, seed removed
- ½ cup green grapes, seeds removed
- 1 passion fruit pulp

## Instructions

- Combine all ingredients into a medium sized mixing bowl.

# Zucchini Omelets

## Ingredients

- 3 cups zucchini, diced
- 5 eggs
- 1 small onion, finely chopped
- 1 tbs olive oil
- 1 tbs tarragon or oregano
- Salt and Pepper

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Line an oven proof dish with baking paper and layer zucchini across the bottom of the dish evenly. Sprinkle tarragon, salt and pepper over zucchini evenly.
- In a bowl, beat eggs with the olive oil. Pour over zucchini evenly.
- Bake in oven for 20-30 minutes, or until cooked through.
- Leave to cool for 2 minutes before serving.



# Sweet Potato and Spinach Omelet

## Ingredients

- 2 cups sweet potato, diced
- 1 medium onion, diced
- 2 tbs olive oil
- 3 cups baby spinach
- 5 eggs, beaten
- Salt and pepper

## Instructions

- Pre-heat oven to 200 degrees Celsius, fan-forced.
- In an oven proof dish, place sweet potato, diced onion, olive oil, salt and pepper. Bake in oven for 20-30 minutes, or until sweet potato is cooked.
- Place a pan on high heat with water and bring to the boil. Add spinach and cook for 1-2 minutes until soft. Drain well removing excess water.
- Spread sweet potato mixture along base of an oven proof dish. Layer with spinach and pour over beaten eggs.
- Bake in oven for 15-20 minutes or until eggs are cooked. Remove from oven and leave to cool for 5 minutes before serving



# Vege Fritters

## Ingredients

- 2/3 cup sweet potato, grated
- ½ cup carrot, grated
- ½ cup zucchini, grated and squeezed
- ½ cup green peas
- ½ cup almond meal
- 2 eggs
- Salt and Pepper
- Coconut oil

## Instructions

- Combine all ingredients except for the coconut oil together in a mixing bowl.
- Heat frying pan on medium heat and add some coconut oil. Make patties the size of your palm and place 2 or 3 patties in the frying pan, cook on each side for 3-4min, or until browned and cooked inside.





# Ham and Pineapple Fritter

## Ingredients

- 1 slice pineapple
- 2 slices finely sliced ham
- 1 egg
- Almond meal
- Cinnamon
- Nutmeg
- Allspice
- 1 tsp Oil
- Avocado (optional for serving)

## Instructions

- In a bowl, beat egg with some cinnamon, nutmeg and allspice to taste.
- Spread some almond meal on a plate.
- Place ham on one side of the pineapple piece and dip into the beaten egg to coat.
- Coat the pineapple/ham in the almond meal and place on a heated fry pan with oil and lightly cook until almond meal has browned.



# Beans Egg 'n' Bacon

## Ingredients

- 4 cups green beans
- 115g bacon meat (no or little fat)
- 8 egg whites
- Cracked pepper

## Instructions

- Steam beans in a pan with some water until cooked, drain and place to the side.
- In a frying pan fry until cooked. When the bacon is cooked, add egg whites and scramble together with the bacon and some cracked pepper until egg whites have cooked.
- Mix egg/bacon with beans.
- Serve with lettuce/salad.



# Almond Flour Waffles

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## Ingredients

- 1 cup almond flour (or any nut flour)
- 4 eggs
- 1/4 teaspoon of baking soda
- 1/4 cup honey
- 1 teaspoon vanilla extract
- 1/4 teaspoon of salt
- 1/4 teaspoon of cinnamon is optional (or, some cardamom or nutmeg)
- cooking spray

## Instructions

- Preheat waffle iron.
- Combine almond flour, salt, and baking soda in a large bowl. In a separate bowl, whisk together the eggs, honey, and vanilla. Stir the flour mixture into the egg mixture. Grease preheated waffle iron with cooking spray.
- Spoon batter onto hot waffle iron. Cook until golden; serve hot.

# Kyle's Apple Breakfast

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## Ingredients

- 1 large apple (any type), chopped into bite-sized pieces
- 1 medium carrot, grated
- Handful of raisins
- cinnamon

## Instructions

- Mix the apple, carrot, and raisins in a bowl and sprinkle cinnamon over the top. Serves 1

# No-atmeal

## Ingredients

- 1 small handful of walnuts
- 1 small handful of pecans
- 2 tablespoons ground flax seed
- 1/2 – 1 teaspoon ground cinnamon
- 1 pinch of ground nutmeg
- 1 pinch ground ginger
- 1 tablespoon almond butter
- 1 banana, mashed
- 3 eggs
- 1/4 cup unsweetened almond milk (add more if you prefer it a little runny)
- 2 teaspoons pumpkin seeds
- 1 handful of goji berries or fresh berries



## Instructions

- Add walnuts, pecans, flax seed and spices to a food processor and pulse it down to a course grain, making sure to stop before it's totally ground into a powder. Set aside.
- Whisk together eggs and almond milk (Doug uses a Blender Bottle) until the consistency thickens a little bit into a loose custard. Thoroughly blend together the mashed banana and almond butter and add it to the custard, mixing well.
- Stir in the nut mixture. Microwave or gently warm on the stove until the “no-atmeal” reaches your desired consistency; this should only take a few minutes. In both cases, stir the mixture frequently as it cooks.
- Sprinkle pumpkin seeds and berries on top. Add more almond milk if you want. Lick the bowl clean!

# Jicama Hashed Browns

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## Ingredients

- 1 cup shredded jicama  
2 tablespoons high heat fat (like bacon fat, tallow, or duck fat)  
Sea salt and pepper to taste

## Instructions

- Slice your jicama and soak it in hot water overnight to soften. In the morning, remove the skins and shred the jicama in a food processor. Use the pulse function – you don't want to pulverize it. Dry the shredded jicama (either using a colander or dehydrator) and heat your fat in a pan over medium heat. Form patties and pan fry. After about ten minutes, flip them and cook for another five. When they're golden brown and crispy, they're ready. Salt and pepper to taste. Delicious with bacon and eggs (fry the bacon first and use the fat for the browns). Jicama patties won't stay together like potatoes, but don't worry if they fall apart. Just add a few eggs and some cut up sausage and make it a scramble.

# Breakfast Sandwich

## Ingredients

- 1 cup finely ground unsweetened coconut. Easy to make by throwing shredded coconut in a food processor.
  - 1 egg
- Sandwich Fodder:
  - Bacon
  - Sausage patties
  - Eggs any way you want em.

## Instructions

- First you will need to make the Coconut griddle cakes. These can be eaten on their own like pancakes but warning: they tend to be a little dry (great with butter and fruit though!). Mix the fine coconut and the egg together in your bowl. This will give you a nice batter. Cook on the stove in a little bit of evoo like pancakes.
- Next, cook up your innards. Pretty self explanatory on the bacon and sausage. Cook the eggs however you like em.
- Stack it in a sandwich
- Enjoy your pile of deliciousness!



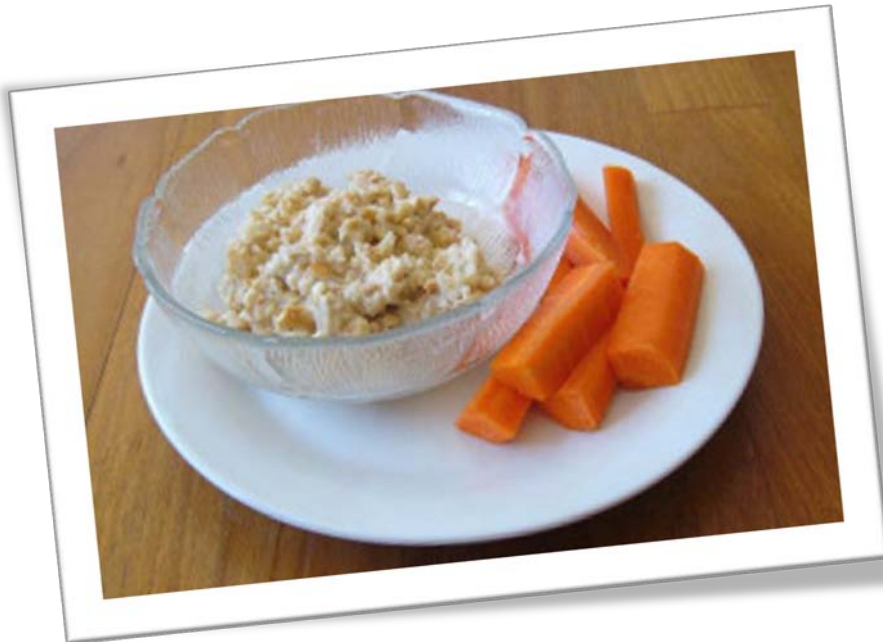
# CASHEW NUT 'HUMMUS'

## Ingredients

- 2/3 cup cashews, unsalted
- 1 tbs olive oil
- 3 garlic cloves
- 3 tbs lemon juice
- Dash salt and pepper

## Instructions

- Blend all ingredients together in an electric blender until a smooth paste has formed.
- Blend for a shorter period of time for a crunchy texture.





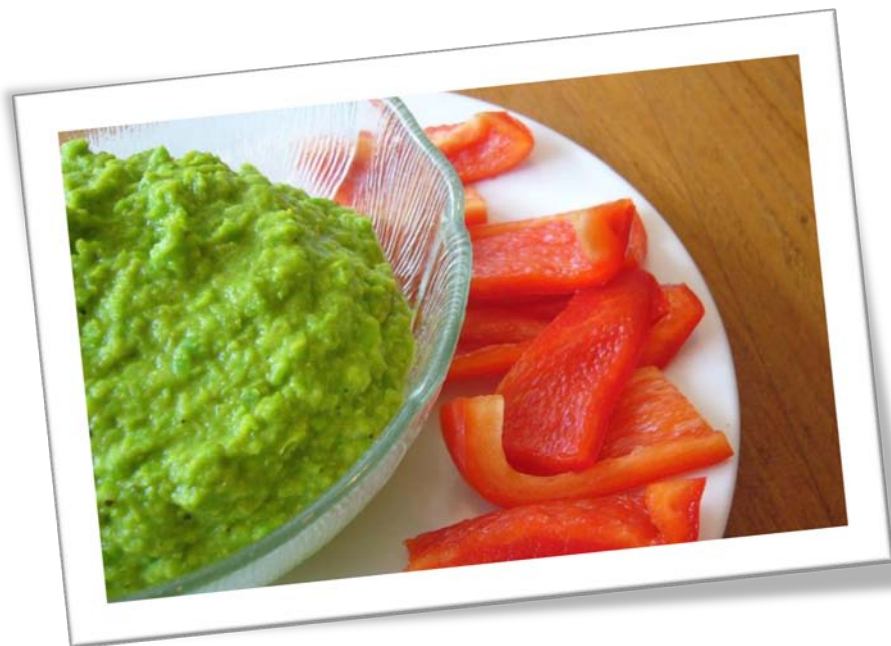
# GREEN PEA DIP

## Ingredients

- 1½ cups fresh or thawed frozen peas
- 1 tbs olive oil
- 1 small onion, finely chopped
- 1 large garlic clove, finely chopped
- ½ tsp ground turmeric
- 1/3 cup vegetable stock
- 1 tbs chopped shallots
- Dash pepper

## Instructions

- In a pan on medium heat, cook onion and garlic in oil for 5 minutes or until onion starts to soften. Add turmeric and shallots and stir for a further minute.
- Add stock, peas and pepper and leave on simmer for 4-5 minutes or until peas are slightly tender and still green.
- Leave to cool for 10 minutes.
- Place pea mixture in a food processor and blend on high speed until soft creamy texture has reached.



# BABA GHANOUSH

## Ingredients

- 1 large eggplant
- 1 clove garlic, crushed
- ½ tsp salt
- ½ cup tahini
- ½ tsp cumin
- 1 tsp lemon juice
- 1 tbs finely chopped parsley

## Instructions

- Place eggplant on a wire rack and bake in a 180 degrees
- Celsius preheated oven for 1 hour or until skin has wrinkled and eggplant feels soft to touch. Allow to cool.
- Peel eggplant. Mash to a pulp and add garlic, salt, tahini, cumin, lemon juice and parsley. Beat to a smooth puree.



# ROAST PUMPKIN 'HUMMUS'

## Ingredients

- 1 cup pumpkin, diced
- 1 tbs olive oil
- ½ cup cashews
- 1 garlic clove, crushed
- 1 tbs lemon juice
- 1 tbs olive oil
- 1 tsp cumin, ground
- Dash nutmeg
- Salt and Pepper

## Instructions

- Pre-heat oven to 200 degrees Celsius, fan-forced.
- In an oven proof dish, place diced pumpkin and 1tbs olive oil.
- Bake in oven for 40-60 minutes, or until cooked. Leave to cool.
- Place pumpkin in a food processor, along with remaining ingredients. Blend on high speed until a soft creamy texture is formed.



# ZUCCHINI MEAT BALLS

## Ingredients

- 285g grated zucchini, ends removed
- 285g minced beef
- 1 onion, finely chopped
- 2 eggs
- 1 tbs fresh dill, finely chopped
- 1 1/3 cup almond meal
- 1 tsp salt
- Dash pepper

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- In a bowl, mix all ingredients together until well combined.
- Roll zucchini mixture into 4cm balls and place on an oven proof tray lined with baking paper.
- Bake for 25-35 minutes, or until browned and cooked.



# TASTY CAULIFLOWER SNACKS

## Ingredients

- ½ medium-size cauliflower
- 4-5 tbs olive oil
- Salt and pepper
- Ground cumin
- Ground paprika

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Break or cut cauliflower into different size florets and place in an oven safe pan. Add oil, cumin, paprika, pepper, and a good dash of salt. Mix together well.
- Place in the oven, stirring every 5-10 minutes for 20-30 minutes or until cauliflower is cooked and golden brown.



# CELERY STICKS WITH NUT BUTTER

## Ingredients

- Celery Stalks
- Almond butter or favorite nut butter
- Raisins or sultanas (optional)

## Instructions

- Peel the back of the celery sticks, removing strings. Spread nut butter into the middle of the celery stick until level.
- Cut celery stalks into 2-3cm length pieces and place raisins on top to serve.





# SPICY ALMONDS

## Ingredients

- 1 cup almonds
- 1 tsp ground cumin
- 1 tsp ground coriander seeds
- 1 tsp sesame seeds
- ½ tsp salt
- 1 egg white

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Place egg white in a bowl and beat until slightly frothy.
- Add almonds, cumin, coriander, sesame seeds and salt and combine well.
- Spread mixture out onto an oven tray lined with baking paper.
- Place in oven for 10 minutes or until slightly browned and egg has set. Leave to cool.
- To serve, break mixture up so almonds are not stuck to each other.



# Almost Frozen Mashed Bananas

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## Ingredients

- 3-4 ripe bananas
- 1 sp natural vanilla extract

## Instructions

- Mash bananas with fork or potato masher in a bowl and thoroughly stir in vanilla. Put mixture in freezer for 20-30 minutes, until it is thick but not frozen solid. Serves 3-4.



# Fresh Cinnamon Applesauce

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## Ingredients

- 6 apples
- 2-3 T fresh lemon juice
- 1 tsp cinnamon

## Instructions

- Core, peel, and slice apples. Combine with lemon juice in blender until smooth. Sprinkle with cinnamon and serve. Serves 2

# Emerald Bay Fruit and Nut Mix

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## Ingredients

- ½ c walnuts
- ½ c pecans
- ½ c almonds
- ½ c Medjool dates, chopped
- ½ c raisins
- ½ c fresh apples, cored and cut into small pieces
- 2 T lemon juice
- 1 tsp cinnamon

## Instructions

- Combine all nuts and fruits in a large serving bowl. Mix in lemon juice and cinnamon. Serve in small bowls. Serves 4.

# Baked Walnut-Cinnamon Apples

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## Ingredients

- 4 apples
- 1 c raisins
- ¼ c walnuts
- ¼ tsp cinnamon
- ½ tsp natural vanilla extract
- ½ c water

## Instructions

- Heat oven to 375 degrees. Core and pierce apples with a fork in several places around the center, to prevent them from bursting. Mix raisins, nuts, cinnamon, and vanilla in a small bowl. Fill center of each apple with this mixture. Place in a glass baking dish and pour water into pan. Cover with foil and bake for about 30 minutes or until tender. Serves 4

# Basic Beef Jerky

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## Ingredients

- 2 lb lean beef, trimmed of all visible fat, cut into 1 inch wide, 1/8 inch thick strips with the grain of the muscle when possible

## Instructions

- The easiest way to make jerky is to buy your own food dryer. Place beef strips on the racks of a home food dryer and dry the meat until it is tough and chewy (usually overnight). Alternatively, dry in you oven on ungreased cookie sheets. Set oven at lowest baking temperature and keep the door propped open. Maintain the temperature between 140 and 150 degrees. Drying time varies among ovens but typically takes from 4-12 hours. The jerky is done when it is chewy and tough

# Krispy Kale Chips

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## Ingredients

- 1 bunch kale
- 2 TBS extra virgin olive oil
- Sea salt
- Chili powder

## Instructions

- Preheat oven to 200 degrees.
- Take bunch of kale (should be as dry as possible to prevent burning) and tear it up into chip sized pieces and put into bowl.
- Take olive oil with salt and chili powder mixed in and drizzle over kale.
- Massage the oil into the kale.
- Add additional sea salt and chili powder to taste.
- Spread kale out evenly without
- Put kale in oven for 12 minutes, check to make sure kale is nice and crisp they should not have any soft spots. Put kale back in oven for 5 minutes if not crisp.
- Give kale about 15 minutes to cool off.

# Zucchini Chips with Spicy Salsa

## Ingredients

- 1 or more large zucchini and/or yellow squash
- 1 dehydrator (or your kitchen oven)
- salt (optional)
- onion powder (optional)
- **Salsa Ingredients:**
- 6 roma tomatoes
- 2 bell peppers
- 3 jalapenos (more or less for hotness)
- 1/2 onion

## Instructions

- Cut squashes into 1/2 inch slices. Season lightly with salt, onion powder or any other spices you like. Dehydrate in the dehydrator. If you're using an oven, set oven to low, place squash directly on the racks and let them dry. It may happen over night, or may take a couple of days.

### Salsa

- Chop veggies into medium to large chunks, coat with olive oil and roast in oven at 400 degrees until lightly roasted.
- Add:
- 4 cloves garlic
- 1 tbsp olive oil
- 1 lime, juiced
- cayenne pepper sauce to taste
- Lightly pulse in food processor until chopped.
- OR: Chop veggies into small pieces by hand, mince garlic, place in a bowl and mix in olive oil, lime juice and cayenne pepper sauce.



# Primal Energy Bar Recipe

## Ingredients

- 1/2 cup slivered almonds
- 1/2 cup pecans
- 1/4 cup unsweetened shredded coconut
- 1/4 cup almond butter (although cashew, hazelnut, walnut and even pumpkin butters will work well too!)
- 1/4 cup coconut oil (check your local health food store)
- 1/4 cup almond meal (simply pulse approximately 1/4 cup of almonds until it creates a coarse flour)
- 1 1/2 tsp pure vanilla extract
- 1/2 tsp of raw honey (although, this is really kind of optional because the egg will help hold the mixture together)
- 1/2 cup unsweetened whey protein powder (or 60g)
- 1 large egg
- 1/2 teaspoon sea salt
- 1/2 cup dried cranberries or blueberries
- 1/4 cup unsweetened coconut to sprinkle on top

## Instructions

- On a cookie sheet, toast nuts and shredded coconut until golden brown. In order for them to cook evenly, you need to shake up the tray at least once during cooking...trust us!
- Once toasted, pour mixture into a food processor and pulse until nuts are chopped and the mixture becomes coarsely ground (sort of the consistency of bread crumbs).
- In a mixing bowl, melt coconut oil and almond butter (about 30 seconds). Remove from microwave and stir until smooth.
- Add vanilla extract, honey and sea salt. Mix thoroughly.
- Fold in nut mixture, almond meal and protein powder until mixed thoroughly.
- Add whole egg and mix thoroughly.
- Fold in blueberries/cranberries.
- Press mixture into an 8 by 8 loaf pan (a modification that we made to keep everything crisper and help the bars to hold together).
- Cook in a preheated oven at 325 degrees for 10 minutes.
- Remove from oven, sprinkle a 1/4 cup of shredded coconut on top and place under broiler until top begins to brown.
- Let cool for 10-15 minutes. Cut into 12 pieces/bars.
- Enjoy or stack on wax paper/parchment and store in an airtight container.



# Blueberry “Candies”

## Ingredients

- 5 cups blueberries  
4 tsp cinnamon  
1 ½ tsp ginger  
2 egg whites  
1/4 cup raw honey (yes, we know that honey is pretty much pure sugar, but when it's spread out across 5 cups, it won't have too much of a glycemic impact)  
1 tsp vanilla extract

## Instructions

- In a large bowl, whisk egg whites until frothy. Add in honey and vanilla and stir until combined. With a slotted spoon, add blueberries to the egg mixture. Remove and roll in a small bowl filled with a mixture of cinnamon and ginger. Repeat until all blueberries are covered. Using the same slotted spoon, transfer the coated blueberries onto a plastic dehydrator tray. Dehydrate for 24 hours or until dry. After 8-12 hours, or when you see that one side is dry enough, turn them over to dry other side. Serve or store in an airtight container.





# All-Natural Fruit Roll-Ups

## Ingredients

- 2 large apples  
2 cups strawberries  
1 tsp cinnamon  
¼ cup purified water

## Instructions

- Clean, core and dice apples. Add diced apples and strawberries in a blender and add a ¼ cup of purified water and cinnamon and process about 30 seconds or until smooth. Pour mixture on a teflex sheet (a Teflon-coated sheet commonly used to dehydrate delicate foods) and place in a plastic dehydrator. Dehydrate for 6-8 hours, remove teflex and flip fruit. Continue drying another 4-6 hours or until desired consistency is achieved. Use a pizza cutter to slice into snack-size pieces.



# Primal Peach Patties

## Ingredients

- 1 cup dried peaches (the chewy kind... not freeze dried)  
1 cup roasted almonds  
1/2 cup shredded unsweetened coconut  
1 tablespoon olive oil  
1 egg

## Instructions

- 1. Put peaches, almonds and coconut in a food processor. Pulse until nicely broken down.  
2. Drizzle in olive oil while pulsing mixture.  
3. In a mixing bowl, combine mixture with egg and mix thoroughly.  
4. Make 10 “patties” by rolling and pressing this “dough” with your hands and place on a baking sheet  
5. Bake at 350 degrees for 20 to 25 minutes.  
6. Enjoy!



# SESAME SEED CRACKERS

## Ingredients

- ½ cup almond meal
- 1/3 cup sesame seeds
- 1 tsp olive oil
- 1 egg white
- Good dash salt and pepper

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan forced.
- Place all ingredients in a bowl and combine well.
- Place mixture on a sheet of baking paper, and place another sheet of baking paper over the top. Roll mixture out into a 3-4mm thickness using a rolling pin.
- Score pastry with the back of a knife into individual square pieces. Carefully remove baking paper from the top of pastry, then holding the baking paper on the bottom of the pastry mix, move onto an oven proof baking tray.
- Place in oven for 15-20 minutes, or until slightly browned. Leave to cool then break crackers into individual pieces.



# GARLIC CRACKERS

## Ingredients

- 1 cup almond meal
- 1 large garlic clove, finely chopped
- 1 tsp olive oil
- 1 egg white
- Good dash salt
- Dash ground hot paprika (optional)

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan forced.
- Place all ingredients in a bowl and combine well.
- Place mixture on a sheet of baking paper, and place another sheet of baking paper over the top. Roll mixture out into a 3-4mm thickness using a rolling pin.
- Score pastry with the back of a knife into individual square pieces. Carefully remove baking paper from the top of pastry, then holding the baking paper on the bottom of the pastry mix, move onto an oven proof baking tray.
- Place in oven for 15-20 minutes, or until slightly browned. Leave to cook then break crackers into individual pieces.



# POPPY SEED CRACKERS

## Ingredients

- 1/3 cup almond meal
- ¼ cup sesame seeds
- 1 tbs poppy seeds
- 1 tsp olive oil
- 1 egg white
- Good dash salt and pepper

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan forced.
- Place all ingredients in a bowl and combine well.
- Place mixture on a sheet of baking paper, and place another sheet of baking paper over the top. Roll mixture out into a 3-4mm thickness using a rolling pin.
- Score pastry with the back of a knife into individual square pieces. Carefully remove baking paper from the top of pastry, then holding the baking paper on the bottom of the pastry mix, move onto an oven proof baking tray.
- Place in oven for 15-20 minutes, or until slightly browned. Leave to cook then break crackers into individual pieces.



# Almond Flour Bread

## Ingredients

- DRY INGREDIENTS
  - 1 cup of brown rice flour (not paleo)
  - 1 cup almond flour
  - $\frac{3}{4}$  cup white rice flour (not paleo)
  - $\frac{1}{4}$  cup tapioca flour (not paleo)
  - 2  $\frac{1}{2}$  teaspoons guar gum or xanthan gum (not paleo)
  - 1 teaspoon salt
  - 2 teaspoons instant yeast (not paleo)
- WET INGREDIENTS
  - 2 eggs
  - 2 tablespoons honey
  - 2 tablespoons olive oil
  - 1 teaspoon vinegar or lemon juice
  - 1 - 1  $\frac{1}{4}$  cups warm water

## Instructions

- Preheat oven to 350°F.  
  
Mix dry ingredients in food processor. Add the wet ingredients. Process until it is thick like a cake mix. Add more water as needed. Pour into a loaf pan and let rise as high as  $\frac{3}{4}$  of the pan. Place in the oven and bake at 350°F for 30 minutes.
- **Other Options:**  
For Cinnamon raisin or Date Loaf - add  $\frac{1}{2}$  cup of soaked raisins - (5 min in boiling water) and 2 teaspoons of cinnamon.  
  
For Pizza - spread the dough onto a cookie sheet using lots of olive oil to press it down. Bake at 400°F for 10 minutes. Add toppings and cook another 10 minutes

# Almond Flour Pizza Crust

## Ingredients

- DRY INGREDIENTS
  - 1 cup of brown rice flour (not paleo)
  - 1 cup almond flour
  - $\frac{3}{4}$  cup white rice flour (not paleo)
  - $\frac{1}{4}$  cup tapioca flour (not paleo)
  - 2  $\frac{1}{2}$  teaspoons guar gum or xanthan gum (not paleo)
  - 1 teaspoon salt
  - 2 teaspoons instant yeast (not paleo)
- WET INGREDIENTS
  - 2 eggs
  - 2 tablespoons honey
  - 2 tablespoons olive oil
  - 1 teaspoon vinegar or lemon juice
  - 1 - 1  $\frac{1}{4}$  cups warm water

## Instructions

- Preheat oven to 400°F.

Mix dry ingredients in food processor. Add the wet ingredients. Process until it is thick like a cake mix. Add more water as needed. Spread the dough onto a cookie sheet using lots of olive oil to press it down. Bake at 400°F for 10 minutes. Add toppings and cook another 10 minutes

# Low-Carb Muffins

## Ingredients

- 2 cups almond flour (almond meal)
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup (1 stick) butter, melted
- 4 eggs
- 1/3 cup water
- Sweetener to taste -- about 1/3 cup usually works well -- liquid preferred

## Instructions

- 1) Preheat oven to 350 F.
- 2) Butter a muffin tin. You can really do it with any size, but I'm basing the recipe on a 12-muffin tin.
- 3) Mix dry ingredients together well.
- 4) Add wet ingredients and mix thoroughly (You don't want strings of egg white in there and you don't have to worry about "tunnels" when you are using almond meal).
- 5) Put in muffin tins (about 1/2 to 2/3 full) and bake for about 15 minutes.

**Variations:** Add 1 cup fresh or frozen blueberries for blueberry muffins. For apricot muffins, take a teaspoon of sugar-free apricot jam on each muffin and push it in slightly (it will sink more during baking).





# Flaxseed Foccacia

## Ingredients

- 2 cups ground flaxseeds
- 1tsp baking powder (not paleo)
- 4 eggs
- ½ cup water
- 1/3 cup olive oil
- Salt

## Instructions

- Pre-heat oven to 180degrees Celsius, fan-forced.
- Place dry ingredients in a large mixing bowl and combine well. Add water, olive oil and eggs and mix well.
- Line a baking tray with baking paper and pour in flaxseed mixture, run a spatula over the mixture to create an even layer with 1-1.5cm thickness.
- Place in oven for 20min, or until cooked through.



# Banana Bread

## Ingredients

- 3 eggs, separated
- ¼ cup honey
- ¼ cup olive oil
- 2 small bananas or 1 large banana, mashed
- 1tsp 100% vanilla essence
- 1½ cups almond meal

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Cream egg yolks and honey in a large bowl until light and fluffy. Add oil, vanilla essence, mashed banana and almond meal, combine well.
- In a separate bowl, beat egg whites until stiff peaks form. Fold into banana mixture.
- Line a loaf tin with baking paper and pour in banana mixture.
- Place in oven for 20-25min or until cooked. Test by inserting a knife into the middle of the loaf, if it comes out clean it is cooked through.



# Very Low-Carb Hamburger Bun!

## Ingredients

- 2 tablespoons of melted butter or 2 tbsp applesauce
- 1/2 pinch salt
- 1 extra large egg
- 4 tablespoons flax seed meal
- 1/2 teaspoon baking powder

## Instructions

- Mix all ingredients together in a microwave safe bowl or container.
- Put the bowl/container in the microwave and nuke for 1 minute or until center is set.
- It will billow up in the bowl.
- Leave it in the bowl for another minute then turn it out on a cooling rack and let it cool.
- Once it has cooled take a long bread knife and slice the bun in half and make your hamburger as usual.
- Also be aware of the bowl size you use: the width at the largest point of your bowl will likely be the size of your bun
- 6 min | 5 min prep | serves 1



# Zucchini Flax Wrap

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## Ingredients

- 2 large zucchini
- 1 ½ cups ground golden flaxseed
- 2 Tbsp dried Italian seasoning
- 2 cups water
- 1 clove garlic

## Instructions

- Blend all ingredients well in a high powered blender until thick and creamy. Flaxseed will cause the mixture to thicken, so be sure to transfer to covered dehydrator trays as soon as possible. Spread thin in 1/8 in thick layer over 4 trays, and dehydrate at 110 degrees for 4-6 hours. Make sure not to go over the time too long, as the mixture will eventually become crispy.
- This is a very versatile wrap that can be used up to 30 days after preparation. Be sure to store it in the refrigerator.

# Curry Wrap

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## Ingredients

- 4 cups young thai coconut flesh
- 2 cups water
- 2 tsp agave nectar
- 2 Tbsp psyllium husk
- 2 Tbsp yellow curry powder

## Instructions

- Blend coconut, water, curry, and agave in a high powered blender. After thick creamy mixture forms, add psyllium husk and blend until mixture begins to congeal. Spread over 4 covered dehydrator trays, and dehydrate at 110 degrees for 6 hours. Wrap will dry to the touch yet still pliable.

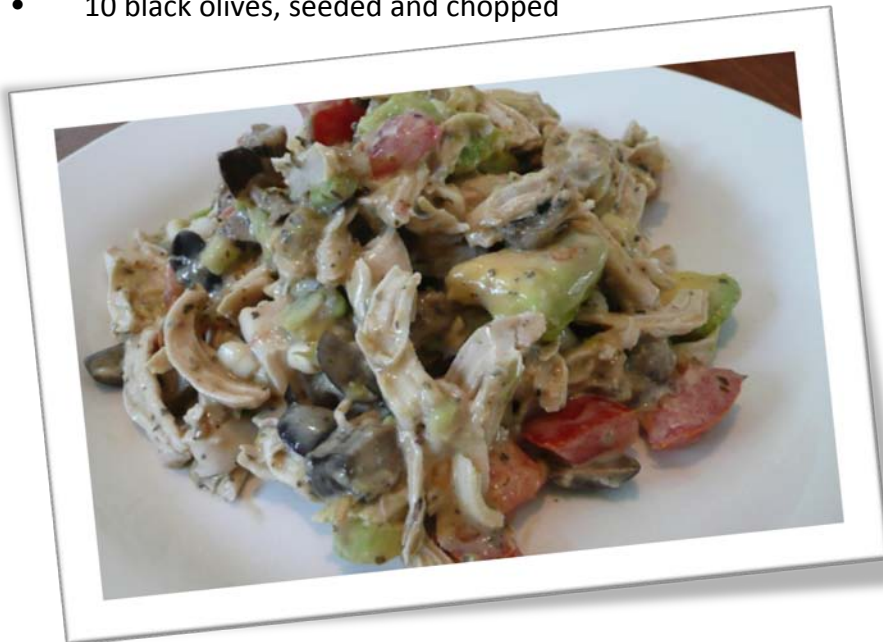
# RUSTIC CHICKEN SALAD

## Ingredients

- 2 chicken breasts
- 2/3 cup mayonnaise
- 1tbs pesto
- 2 garlic cloves, finely chopped
- 1tbs balsamic vinegar
- 8 spring onions, chopped
- 1/3 cup chopped basil
- 2/3 cup roast eggplant, chopped
- 2 tomatoes, chopped
- 1/2 avocado, diced
- 10 black olives, seeded and chopped

## Instructions

- Boil chicken breasts in water for 15-20 minutes or until cooked. Remove from pan and leave to cool.
- In a small bowl combine mayonnaise, pesto, garlic, vinegar, spring onions and basil.
- When chicken has cooled, shred into pieces and place in a large salad bowl. Add eggplant, tomatoes, avocado and black olives.
- Add mayonnaise dressing and combine well. Serve.



# Sweet Potato and Bacon Salad

## Ingredients

- 4 cups sweet potato, peeled and diced
- 1 onion, diced
- 4 rashers bacon, fat removed, diced
- Sliced almonds
- Oil

## Instructions

- Steam diced sweet potato for 5-6min, or until tender. Remove from heat and place into a medium sized mixing bowl.
- Meanwhile, place oil, onion and bacon in a frying pan on medium heat and cook until bacon and onion have browned.
- Add bacon and onion to sweet potato and combine well.
- Top with sliced almonds to serve.





# THAI GROUND CHICKEN SALAD

## Ingredients

- 2 Tbsp lime juice, Preferably fresh squeezed
- 2 tsp minced fresh ginger
- 1 tsp honey
- 1/8 tsp chili garlic sauce, or to taste
- 1/8 tsp salt
- 1 ½ tsp extra-virgin olive oil
- 1/4 pound extra-lean ground chicken
- 2 cups shredded romaine lettuce leaves
- ½ cup shredded carrot
- ¼ cup red onion slivers
- 2Tbsp chopped fresh mint leaves
- 1 Tbsp chopped fresh cilantro leaves
- 1 to 2 Tbsp chopped dry-roasted cashews

## Instructions

- In a small bowl, combine the lime juice, ginger, honey, chili garlic sauce, and salt. Whisk, gradually adding the oil, until blended.
- Set a small nonstick frying pan over medium-high heat until it is hot enough for a spritz of water to sizzle on it. With an oven mitt, briefly remove the pan from the heat to lightly mist with olive oil spray. Add the chicken to the pan. Cook, breaking up the meat into chunks with a spatula, for 3 to 5 minutes, or until no longer pink. Remove from the heat. Stir in 1 tablespoon of the reserved dressing.
- In a large serving bowl, combine the lettuce, carrot, onion, mint, and cilantro. Drizzle with the remaining dressing and toss. Top with reserved chicken and sprinkle with the nuts. Serve immediately.





# Chicken Apple Salad

## Ingredients

- *Time: 25 minutes*
  - 6 oz chicken
  - 6 cups shredded cabbage
  - 1/2 Grannysmith apple
  - 1/2 tsp allspice
  - 1/8 tsp cloves
  - olive oil
  - sea salt and pepper to taste

## Instructions

- Dice the chicken. Heat 1 tsp of olive oil in a skillet over medium heat. Add the chicken, allspice, and cloves. Sauté, tossing often, until the chicken is cooked thru.

Shred the cabbage into a large salad bowl. Slice half of an apple into very thin slices and set them aside.

Once the chicken is done, add it to the cabbage, then top with the apple. Add salt and pepper to taste, then drizzle with olive oil. Use an appropriate quantity of olive oil to meet your individual needs.

**Zone info:** one serving at 2.5 carb blocks, 6 protein blocks, 3 fat blocks (before adding olive oil. 1 Tbsp olive oil = 9 fat blocks)



# CARROT/APPLE SALAD

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## Ingredients

- carrots  
apple  
raisins  
lemon juice

## Instructions

- 1. Grate equal amounts of carrots and apple.
  2. Add raisins and a little bit of lemon juice.

# Almond Chicken Salad

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## Ingredients

- 1 c cooked, diced chicken breast meat
- 1 c romaine lettuce, chopped
- 1 c butter leaf lettuce, shredded
- ¼ c chopped red cabbage
- ½ c sliced almonds
- ¼ c chopped Medjool dates
- 1-2 T flaxseed oil
- 1-2 T freshly squeezed orange juice

## Instructions

- Combine all ingredients except liquids in a large serving bowl. Toss with flaxseed oil and freshly squeezed orange juice. Serves 2.

# Ambrosia Salad

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## Ingredients

- 6 carrots, shredded
- 2 c fresh pineapple
- ¼ c raisins
- ¼ c walnuts
- 1 T lemon juice

## Instructions

- In large bowl, mix all ingredients. Cover and chill before serving. Serves 4.

# Waldorf Salad

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## Ingredients

- 2 c diced, unpeeled red apples
- 2 T lemon juice mixed with 2 T flaxseed oil
- 1 c thinly sliced celery
- ½ c chopped walnuts
- ½ c raisins
- 2 c iceberg lettuce leaves, chopped

## Instructions

- Toss together first five ingredients. Serve on top of lettuce bed. Serves 2.

# Curried Chicken Salad

## Ingredients

- 1 pound organic, boneless skinless chicken breast
- 3-4 stalks of celery, sliced lengthwise then chopped
- 1 cup chopped apple
- ½ cup chopped walnuts
- 3-4 tablespoons blender homemade Mayonnaise (more if needed)
- Curry powder (lots!)
- Sea salt & pepper to taste
- Large fresh leaves of Bibb or other lettuce

## Instructions

- Slice uncooked chicken breast into long, thin strips, then cut down into 1-inch cubes. Add to skillet with a little bit of water, and cook until just tender and white all the way through. When done, drain and set aside. In a small bowl, mix together mayonnaise, curry powder, and salt and pepper, adding curry until it reaches your heat level of satisfaction.
- In a separate bowl, toss chicken with nuts, celery and apple. Finally, add chicken to wet ingredients and stir it all together. Spoon into lettuce leaves, wrap up, and enjoy.



# Jeff's Apple Fennel Salad

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## Ingredients

- 1 fennel bulb
- 2 granny smiths - both sliced thin
- some of the fennel fronds, not thick green bits-too chewy
- toasted sesame seeds
- sesame oil - just a wee
- 2 tbsp of brown sugar
- juice of one lime,
- pinch of salt

## Instructions

- Mix and serve

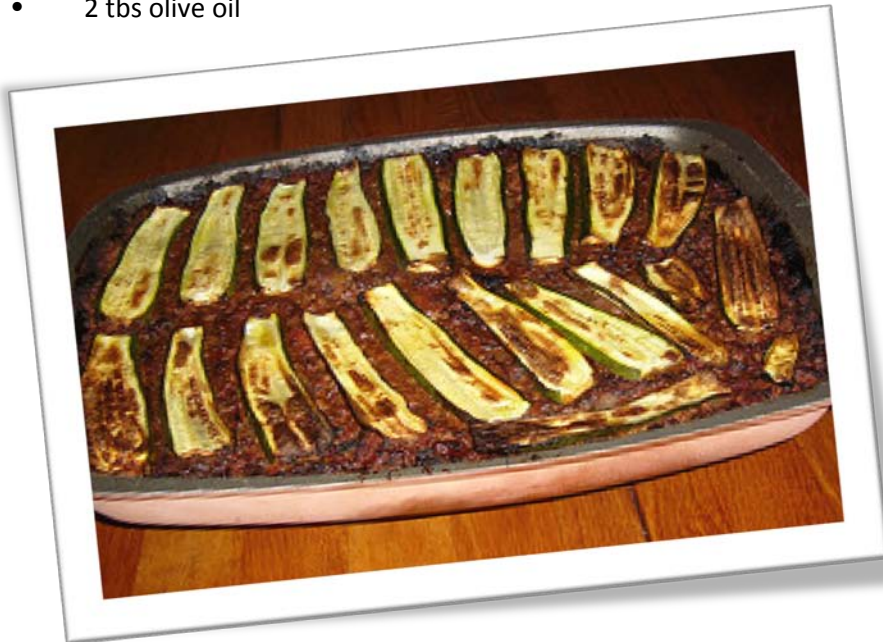
# VEGETABLE LASAGNA

## Ingredients

- 700g lean mince meat
- 1 onion, diced
- 3 garlic cloves (finely chopped)
- 4 tbs tomato paste
- 28 oz diced tomato
- Herbs – Sage, mixed Italian herbs, thyme, basil, cumin ground (small amount), cinnamon (small amount)
- 1 medium eggplant, sliced
- ¼ butternut pumpkin, sliced
- 5 small zucchini, sliced
- 2 tbs olive oil

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Make mince meat sauce by frying the onion and garlic in a pan until browned. Remove from the pan add and cook the mince meat, stirring so there are no big lumps. When the meat is cooked, return the onion and garlic to the pan along with herbs (to taste). Add tomato paste and cook for 2-3 minutes. Add the diced tomatoes and leave to simmer for 30-45 minutes.
- Layer eggplant slices along the bottom of a deep oven proof dish. Layer eggplant with ½ the mince meat sauce, then layer with pumpkin slices, spread the remaining mince meat sauce over the pumpkin and layer zucchini slices on-top to finish.
- Brush olive oil lightly over zucchini slices, then bake in the oven for 30-40 minutes, or until a knife easily goes through vegetables. Leave to cool for 5 minutes before serving.





# PAN-FRIED MOROCCAN CHICKEN

## Ingredients

- 2 chicken breasts, diced
- 2 tbs olive oil
- 2 garlic cloves, finely chopped
- 1½ tsp ground cinnamon
- 3 tsp ground cumin
- ½ tsp ground turmeric
- 3 tbs lemon juice
- ¼ cup sultanas
- 5 tbs pine nuts
- 1 small orange, halved and sliced
- 4 tbs fresh mint, finely chopped

## Instructions

- Fry chicken in a pan with olive oil for 5 minutes.
- Add garlic, cinnamon, cumin, turmeric, lemon juice and sultanas and cook covered for a further 15 minutes, adding more lemon juice if necessary.
- Stir in pine nuts, orange slices and fresh mint and cook for a further 1-2 minutes.



# HOT AND SPICY CHICKEN

## Ingredients

- 2 chicken breasts, diced
- 1 tbs oil
- ½ tsp red chilies, finely chopped
- 1tbs sweet paprika
- 2 tsp oregano, finely chopped
- ½ tsp honey
- ¼ cup lemon juice
- ¼ cup water
- Salt and pepper

## Instructions

- Fry chicken in a pan with olive oil for 5 minutes.
- Add chilies, paprika, oregano and honey and cook for a further 2 minutes, stirring constantly.
- Add lemon juice, water, salt and pepper and cook covered for a further 15 minutes, adding more liquid if necessary.



# COCONUT CHICKEN CURRY

## Ingredients

- 2 chicken breasts, sliced
- 2tbs olive oil
- 1 onion, diced
- 2 garlic cloves, finely chopped
- 2tbs red curry paste
- 1tsp turmeric, ground
- 400ml coconut milk
- 12 bay leaves

## Instructions

- Heat 1tbs of olive oil in a wok or fry pan, add chicken and cook for 4-5minutes or until golden brown. Remove from pan.
- Place remaining oil into the pan and fry onion and garlic until slightly browned, add red curry paste and turmeric and stir for 1minute.
- Add coconut milk and bay leaves and leave to simmer on low heat for 15minutes.
- Cool slightly before serving.



# MOROCCAN CHICKEN SKEWERS

## Ingredients

- 6 wooden skewers; soaked in cold water for 30 minutes.
- 2 chicken breasts, diced
- Marinade
  - 1 large garlic clove
  - 2 tsp honey
  - 2 tbs lemon juice
  - 1 tbs oil
  - 1 tsp ground cumin
  - 1 tsp salt
  - ½ teaspoon cayenne pepper
  - 1 tsp ground turmeric
  - ½ tsp ground cinnamon

## Instructions

- Make marinade by combining all ingredients into a small bowl, mixing well. Place diced chicken in a ceramic dish, pour marinade over the top and coat well. Cover and leave in the refrigerator overnight.
- Pre-heat oven to 180 degrees Celsius, fan-forced or pre-heat BBQ grill on high heat.
- Thread diced chicken onto skewers and place on an oven tray lined with baking paper, pour marinade over the top of chicken, coating well. Bake in oven for 35-40 minutes or until chicken is cooked through.
- If cooking on a BBQ grill, cook chicken for 5-6 minutes each side.



# CHILI AND GARLIC CHICKEN SKEWERS

## Ingredients

- 6 wooden skewers; soaked in cold water for 30 minutes.
- 2 chicken breasts, diced
- 2 tbs olive oil
- 1 tsp chopped red chilies
- 4 garlic cloves, finely chopped
- 6 tbs lemon juice

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Or, pre-heat BBQ grill on high heat.
- Make chili and garlic sauce by combining oil, chilies, garlic and lemon juice in a small bowl and mix well.
- Thread diced chicken on skewers and place on an oven tray lined with baking paper. Pour chili and garlic sauce over the top of chicken, coating well.
- Bake in oven for 35-40 minutes, or until chicken has cooked through.
- If cooking on a BBQ grill cook chicken for 5-6 minutes each side.



# Bombay Chicken Skewers

## Ingredients

- 6 wooden skewers; soaked in cold water for 30 minutes.
- 2 chicken breasts, diced
- 4 tbs oil
- 2 tbs sweet paprika
- 1 tbs ground coriander
- 1 tbs ground cumin
- 1 tbs ground turmeric
- 2 cloves garlic, finely chopped

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Or, pre-heat BBQ grill on high heat,
- Make Bombay sauce by heating oil and spices in a frying pan on medium heat for 2-3 minutes, or until fragrant.
- Thread diced chicken on skewers and place on an oven tray lined with baking paper. Coat chicken well with Bombay sauce.
- Bake in oven for 30-40 minutes, or until chicken has cooked through.
- If cooking on a BBQ grill, cook chicken for 5-6 minutes each side.





# HONEY AND SOY CHICKEN WITH SESAME SEEDS

## Ingredients

- 2 chicken breasts
- ½ cup honey
- 3tbs soy sauce (not paleo)
- 4tbs sesame seeds

## Instructions

- Pre-heat oven to 180 degrees celsius, fan-forced.
- In a bowl combine honey and soy sauce, add chicken and coat well.
- Place chicken and honey sauce on a baking tray lined with baking paper.
- Place chicken in oven and cook for 10minutes. Remove and add sesame seeds, coating well.
- Return to oven and cook for a further 10minutes or until chicken has cooked through.
- Cool slightly before serving.



# TURKEY LETTUCE WRAPS

## Ingredients

- 2 tablespoons olive oil
- 1 garlic clove, minced
- 1/2 small onion, finely chopped
- 1/2 lb ground turkey
- 1-2 tablespoon fresh cilantro
- 2 tablespoons lime juice
- 1/2 tablespoon fresh ginger, sliced
- 1 teaspoon cumin
- 1 teaspoon pepper
- 1 teaspoon salt
- 1 head lettuce

## Instructions

- heat onions and garlic in olive oil until translucent.
- add ground turkey and cook thoroughly.
- Add remaining ingredients and cook for 5 minutes.
- serve in a bowl and add a spoonful to the middle of a lettuce leaf.
- wrap, eat and enjoy.





# Chicken Satays with Coriander and Chili

## Ingredients

- 6 wooden skewers; soaked in cold water for 30 minutes.
- 1 pound chicken breast, cubed
- 1 tbs olive oil
- ¼ cup lemon juice
- 1 onion, chopped
- 2 garlic cloves
- 1 cup fresh coriander leaves
- 1 tbs ground turmeric
- 1 tbs chili flakes
- 1 tbs garam masala
- 1 tbs ground coriander seeds

## Instructions

- Place olive oil, lemon juice, onion, garlic cloves, coriander, turmeric, garam masala and ground coriander seeds in a food processor and blend on high speed until a smooth texture has formed.
- Thread chicken onto wooden skewers and place in a dish, pour marinade over chicken, turning until well coated. Cover dish and place in the fridge for 1-2 hours to marinate.
- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Place chicken skewers on an oven proof tray lined with baking paper, brush with marinade.
- Bake in oven for 20-30 minutes until chicken has cooked through.



# Chicken and Almond with Carrot Noodles

## Ingredients

- 1 onion, diced
- 2 chicken breasts, sliced
- 1/3 cup soy sauce
- ¼ cup water
- 250g blanched almonds
- 3 carrots, sliced into long noodles

## Instructions

- Fry onion and garlic in a medium sized pan until browned. Add chicken and fry until cooked through.
- Add soy sauce and water, cover and leave to simmer for 10-15 minutes.
- Stir in almonds and cover pan for a further 2 minutes.
- To serve, place carrot noodles in a bowl and top with chicken and almonds.



# Paleo Chicken Alfredo

## Ingredients

- *Time: 45 minutes*
  - 1 lb chicken breast
  - 1 12oz package of kelp noodles
  - 4 cloves of garlic, chopped
  - 2 tsp olive oil
  - 2 tsp tarragon
  - 1 cup cashews
  - 1/2 tsp onion powder
  - 1/4 tsp garlic powder
  - 1/4 tsp mustard powder
  - 1/4 tsp sea salt
  - 1/4 tsp pepper
  - 1/8 tsp paprika



## Instructions

- Add the olive oil to a large skillet. Sauté the garlic over medium heat for 3-4 minutes. Chop the chicken into 1 inch cubes, then add to the skillet and cook until browned on all sides. Rinse and chop the kelp noodles. Add them to the skillet along with the tarragon, cover and cook on low for 30 minutes. Then, pour the liquid from the skillet carefully into a small container for use in the sauce. Add the cashews, onion powder, garlic powder, mustard powder, salt, pepper, and paprika to a blender. Cover and blend into a powder. Add the reserved pan juices slowly, blending into a thick sauce. You'll have to use a spatula to scrape down the sides of the blender periodically. Add the juices until the mixture reaches the desired consistency. Add the sauce to the skillet, then mix well. Cover and continue to cook for 10 minutes longer, until the kelp noodles have become tender.

**Zone info:** 4 servings at 1 carb block, 4 protein blocks, 10 fat blocks. (9g carb, 28g prot, 15.5g fat)

# BREADED CHICKEN TENDERS

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## Ingredients

- 1 cup almond flour  
onion salt  
garlic salt  
1 egg  
boneless all white meat chicken breast tender strips

## Instructions

- 1. So simple! Just pour a cup of almond flour into a zip lock bag, and add garlic and onion powder seasonings until it smells good to you - we use A LOT.
  2. Dip all white meat chicken tender strips into a beaten egg, then lightly coat in flour/seasoning mixture.
  3. Broil on high for 10 minutes, then flip and broil for another 5-8 minutes.
  4. They are ready when the coating starts to turn brown on both sides.

# Kenny's Barbecued Spicy Chicken

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## Ingredients

- 2 T fresh lemon juice
- 1 T fresh orange juice
- 2 scallions, finely chopped
- 1 tsp finely chopped fresh tarragon
- 1 tsp finely chopped fresh thyme
- 1 tsp finely chopped fresh sage
- 1 tsp fennel seeds, toasted and crushed
- Freshly ground black pepper to taste
- 4 boneless, skinless chicken breast halves

## Instructions

- In a large bowl combine all ingredients except chicken. Mix well to produce marinade. Place the chicken in the bowl, coat thoroughly, and marinate for 1-2 hours. For grilling: Fire up the barbecue and grill the chicken on medium heat, turning constantly while basting with the marinade until the breasts are cooked. For Broiling: Cook under the broiler, turning constantly while basting with the marinade until done. Serves 4.

# Gingery Chicken and Veggies

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## Ingredients

- ¼ c olive/canola oil mixture
- 2 cloves garlic, minced
- ½ red onion, sliced
- 1 tsp powdered ginger
- 2 c cooked chicken breast meat, skinless and diced
- 1 c chicken broth (no salt)
- ½ c celery, chopped
- 1 c carrots, sliced thin
- ½ bell pepper, sliced

## Instructions

- Heat oil mixture in heavy skillet and sauté garlic and onion. Add remaining ingredients and simmer until vegetables are tender. Serves 4

# Chicken Cacciatore

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## Ingredients

- 2 wholes skinned chickens, cut up and trimmed of visible fat
- 1 tsp pepper
- 1 tsp oregano
- 1 red onion, sliced
- 1 c sliced mushrooms
- 4 celery stalks, cut in ½ in pieces
- ½ c water
- 8 tomatoes, diced
- 1 tsp basil
- 1 tsp parsley

## Instructions

- Place chicken pieces in large baking dish. Sprinkle with pepper and oregano. Lay onions, mushrooms, and celery on top of chicken pieces. Pour in ½ c water to cover bottom of dish. Spread tomatoes over chicken and top with sprinkles of basil and parsley. Bake at 325 degrees for 2 hours or until chicken is done. Serves 6.

# Moroccan Chicken Casserole

## Ingredients

- 1 head cauliflower  
2-3 pounds of chicken  
2 tablespoons butter  
1 onion, finely chopped  
2 tablespoons ginger root, finely chopped or grated  
2 garlic cloves, finely chopped  
3 carrots, peeled and sliced  
2 teaspoons cumin  
1 teaspoon paprika  
1 teaspoon coriander  
1/2 teaspoon turmeric  
1/2 teaspoon cinnamon  
1/4 tsp cayenne (optional – the other spices will already add a bit of spiciness to the dish, so only add the cayenne if you want a really spicy dish)  
1 red pepper, cut into thin strips  
28-ounce can of diced tomatoes (do not drain)  
1/2 cup minced parsley or cilantro  
2 tsp salt  
1 lemon

## Instructions

- Preheat oven to 375.
- The base of the casserole is cauliflower grated into a rice-like texture. Chop the head of cauliflower into small pieces. Push the pieces through a food processor using the grating blade. Spread the grated cauliflower out in a 9×13 rectangular baking pan.
- Salt and pepper the chicken. Melt 1 tablespoon of butter in a deep pan over high heat. Add the chicken, browning well, about 3-5 minutes a side.
- Remove the chicken from the hot pan and set aside. Turn heat down to medium and add onion, ginger, garlic and carrots. Cook until the onions are soft. Add remaining tablespoon of butter and all spices. Stir well.
- Add red pepper, the can of tomatoes, minced parsley or cilantro and salt. Return the chicken to the pot and simmer for 3-5 minutes.
- Pour the chicken mixture over the cauliflower and mix really well, so the cauliflower is completely covered by the sauce. Slice a lemon into thin slices and lay on top of the casserole. Cover the pan with tin foil and bake for 35 minutes. Remove the tinfoil and cook for 25 minutes more.





# BEEF AND MUSHROOM GOULASH

## Ingredients

- 1 pound diced beef
- 2tbs olive oil
- 1 onion, diced
- 8 oz button mushrooms, sliced
- 3tbs ground paprika
- 1 ½ 14.5 oz can diced tomatoes
- Parsley to serve
- Salt and pepper

## Instructions

- In a medium pan, fry half the beef in 1tbs oil for 4-5 minutes or until browned. Transfer beef to a plate and repeat process with remaining beef.
- Place remaining oil in pan and add onion and mushrooms, cook stirring for 3-4 minutes or until slightly tender. Add paprika, stir well to coat mushrooms and onions.
- Add tomatoes and beef. Cover and leave to simmer for 10-15 minutes.
- Season with salt and pepper before serving with chopped parsley.



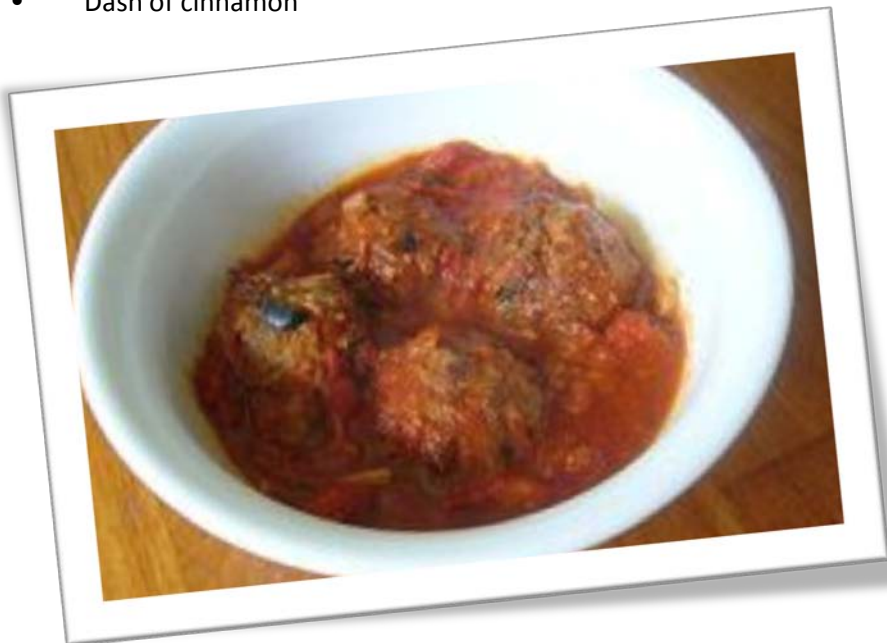
# MEATBALL PICCADILLO

## Ingredients

- **Meatballs**
- 1tbs oil
- 1 onion diced
- 1 pound lean mince meat
- 2 garlic clove finely diced
- 1 apple, peeled, cored and grated
- ¼ cup raisins
- 6 black olives chopped
- 3 tbs slivered almonds
- 1 egg
- Dash of cinnamon
- Dash of cloves
- 1 tsp chili powder
- salt and pepper
- **Sauce**
- 28 oz diced tomatoes (a can, or fresh peeled, seeded and chopped)
- Dash of cinnamon
- Dash of cloves
- Dash of paprika

## Instructions

- Pre-heat oven to 180 degrees Celsius fan forced.
- Heat the oil in a pan and fry onion until browned. Add to a mixing bowl along with the beef, garlic, apple, raisins, olives, almonds, egg, cinnamon, cloves, chili powder, salt, pepper. Combine well.
- Form the mixture into 13 balls, place on an oven proof dish and bake in the pre-heated oven for 15-20 minutes, or until cooked and browned.
- While the meat balls are cooking place the tomatoes, cinnamon, cloves and paprika in a pan and let simmer.
- When the meatballs are ready, place them in the tomato sauce and simmer for a further 15-20 minutes.



# Meatballs

## Ingredients

- 1 pound mince meat
- 1 small onion, finely chopped
- 1 garlic clove, finely chopped
- 1 egg
- 2 tbs tomato sauce
- 1 tsp sage
- 1 tsp basil
- ½ tsp chili powder
- Dash turmeric
- Salt and pepper

## Instructions

- Pre-heat oven to 200 degrees Celsius, fan-forced.
- In a bowl, mix all ingredients together until well combined.
- Roll mince meat into 2.5cm wide balls and place on an oven proof tray lined with baking paper.
- Bake for 20-30 minutes, or until cooked.
- To serve, have toothpicks available for individual serves, along with tomato sauce for dipping.



# KIDS MEAT-LOAF

## Ingredients

- 1 small zucchini
- 2 small carrots
- ½ cup peas
- 1 small onion, finely diced
- 1 pound mince meat
- 1 egg
- 1 tsp mixed Italian herbs
- ½ tsp salt

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Grate carrots and zucchini coarsely, and squeeze through hands to remove as much liquid as possible.
- Place in a large mixing bowl along with peas, onion, mince meat, egg, herbs and salt. Combine well.
- Using a muffin tray, line each individual muffin hole with baking paper. Tightly pack mince mixture into each muffin hole.
- Bake in the oven for 30-40 minutes, or until golden on top and cooked through.



# LAMB AND MUSHROOM SKEWERS

## Ingredients

- 6 wooden skewers; soaked in cold water for 30 minutes.
- 1 pound diced lamb
- 18 small button mushrooms
- 4 tbs olive oil
- 2 tsp honey
- ½ tsp rosemary leaves, finely chopped
- 1 garlic clove, finely chopped
- Salt and pepper

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Or, pre-heat BBQ grill on high heat,
- Place olive oil, honey, rosemary, garlic, salt and pepper in a small bowl and combine well.
- Thread diced lamb onto skewers alternately with mushrooms.
- Place on an oven tray lined with baking paper and coat with olive oil and honey sauce.
- Place in oven for 30-40 minutes, or until lamb has cooked through.
- If cooking on a BBQ grill, cook lamb for 5-6 minutes each side.



# SPICY MEATBALLS WITH FIERY CHILI SAUCE

## Ingredients

- ¼ pound 96% lean ground beef
- 2 tablespoons cooked brown rice (not paleo)
- ¼ teaspoon dried parsley
- ¼ teaspoon Italian seasoning
- ¼ teaspoon fennel seeds
- 1/8 teaspoon garlic powder
- 1/8 teaspoon red-pepper flakes
- 1/8 teaspoon dried minced onion
- Pinch of salt
- Pinch of black pepper
- 2 ½ tablespoons chili sauce
- 1/8 teaspoon hot-pepper sauce, or more to taste

## Instructions

- Preheat the oven to 400°F.
- In a medium bowl, combine the beef, rice, parsley, Italian seasoning, fennel, garlic powder, red-pepper flakes, onion, salt, and pepper. With clean hands or a fork, mix well. With a 1" cookie scoop or a spoon and your hands, form the mixture into eight 1" meatballs,
- Place the meatballs in a single layer on a small nonstick baking sheet. Bake for about 7 minutes, or until the meatballs are just barely pink inside. Transfer to a medium bowl and set aside.
- Meanwhile, in a small bowl, combine the chili sauce with the hot-pepper sauce. Pour the sauce over the meatballs. Toss to coat with sauce. Serve immediately.





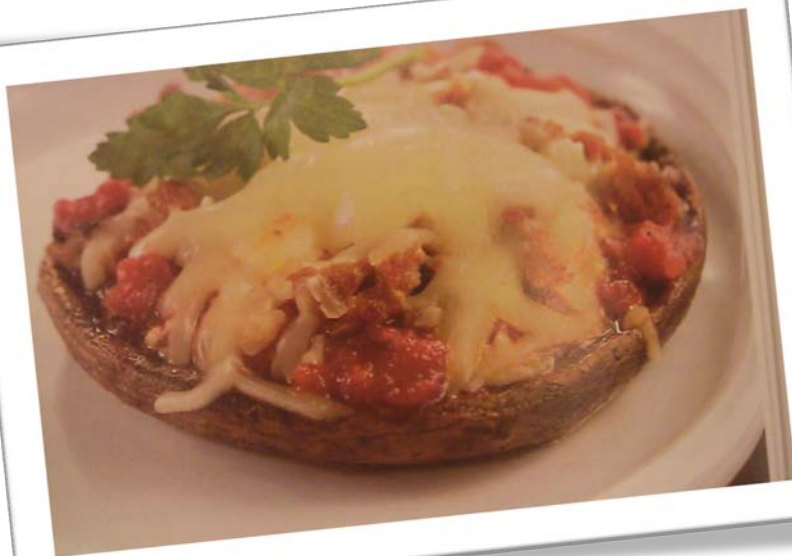
# PORTABELLA PIZZAS

## Ingredients

- 4 whole Portobello mushroom caps (about 5" diameter), stems removed
- ½ cup low-fat marinara sauce
- ½ cup lean turkey Italian sausage, cooked, drained, and crumbled
- 4 tablespoons shredded fat-free or low-fat mozzarella cheese (not paleo)
- 2 teaspoons freshly grated Parmesan cheese (not paleo)
- 1 tablespoon chopped fresh basil

## Instructions

- Preheat the oven to 350°F.
- Wipe the mushrooms clean of any dirt. Place them on a baking sheet gill side up. Spoon sauce over each cap, then sprinkle on the sauce, and cheeses. Place the mushrooms in the oven and bake for 6 minutes, or until the cheese is melted. Garnish with fresh basil parsley.



# Indian Mince Curry

## Ingredients

- 1 pound mince meat
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 tbs oil
- 14.5 oz can green peas or 1½ cup fresh
- 4 cups cabbage, thinly sliced
- 2 cups eggplant, diced
- 14.5 oz diced tomatoes
- 4 tbs Buriyani curry paste (coriander, garlic, ginger, oil, cardamoms, cloves, nutmeg, tomatoes, curry leaves, rampe, salt)

## Instructions

- Fry chopped onion and garlic in oil until golden brown.
- Remove from the pan and cook the mince meat, stirring so there are no big lumps.
- When the meat is cooked, return the onion and garlic to the pan along with the cabbage, eggplant, green peas and curry paste, stir consistently until well heated.
- Add diced tomatoes and leave to simmer for 30-45 minutes or until vegetables are soft and cooked.





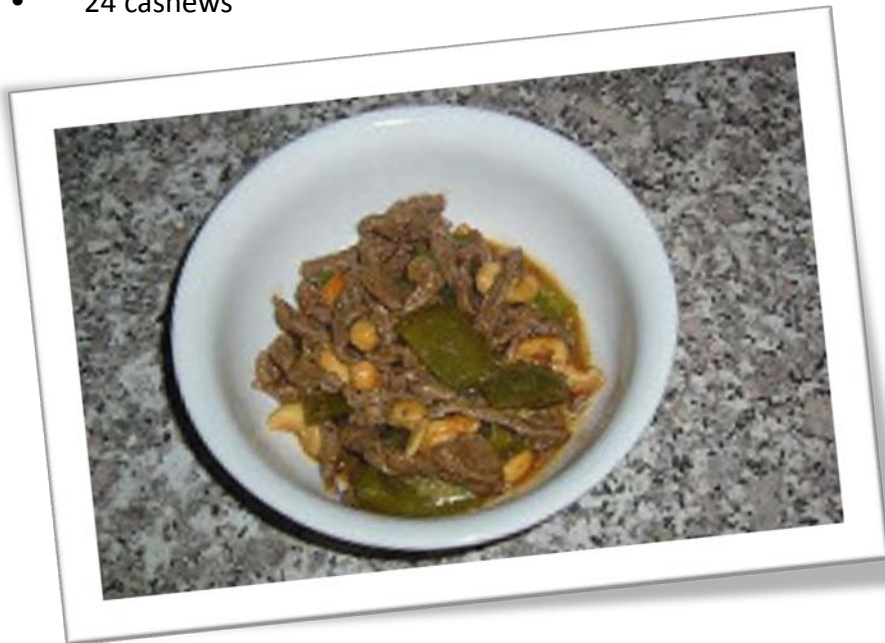
# Stir-Fried Chili Beef with Cashews

## Ingredients

- 1 pound lean beef, sliced thinly
- ½ tbs oil
- 2 tsp red curry paste
- 2 tsp fish sauce
- 2 tbs lime juice
- 1 tsp honey
- ½ cup water
- 1 cup green capsicum, diced
- 1 tsp arrowroot
- 24 cashews

## Instructions

- Heat oil in a pan and fry beef until it changes color. Add the red curry paste and fry for a few minutes longer.
- Add the fish sauce, lime juice, honey, water and capsicum and simmer for 10 minutes. Thicken the sauce with arrowroot mixed with a little cold water.
- Turn off the heat before adding the fried cashews.



# Lamb and Bacon Dumplings

## Ingredients

- **Meatballs**
- 6 pieces bacon meat, finely diced
- 1 small onion, finely chopped
- 1 tbs oil
- 2 tsp sage, finely chopped
- 1 tsp ground paprika
- Salt and pepper
- 1 pound minced lamb
- 1 egg
- **Sauce**
- 2 cans diced tomatoes or 3 cups freshly diced tomatoes
- 1 tsp basil, finely chopped
- Salt and pepper

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- In a medium sized pan, fry onion and bacon in oil for 5 minutes, or until onion becomes tender. Add the sage, paprika, salt and pepper, cook for a further 2 minutes, then remove from heat and allow to cool.
- In a large mixing bowl add cooled bacon mixture and egg to the minced lamb and combine well.
- Roll the lamb mixture into 12 balls and place on a baking tray lined with baking paper. Bake in the oven for 30-40 minutes, or until well cooked.
- To make the sauce, place diced tomatoes, basil, salt and pepper in a medium sized pan and simmer for 2-3 minutes before adding the cooked meatballs and simmer for a further 10 minutes.



# Lamb Balls with Tomato and Basil Sauce

## Ingredients

- **Meatballs**
- 1 pound minced lamb
- 1 egg
- 2 tsp oil
- 1 tbs oregano, finely chopped
- 2 tsp sage, finely chopped
- 1 tsp ground paprika
- **Sauce**
- 2/3 cup diced tomatoes
- 1/3 cup fresh basil, roughly chopped
- ½ tsp salt
- 1 tsp arrowroot



## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- To make the lamb balls, combine all ingredients well in a mixing bowl. Roll into 12 balls and place on a baking tray lined with baking paper. Bake in the oven for 30-40 minutes, or until well cooked.
- To make the sauce, place diced tomatoes, basil and salt in a medium sized pan and simmer for 2-3 minutes. In a cup, place arrowroot and a few tablespoons of water and mix together until there are no lumps. Slowly add into the simmering tomato and basil sauce until mixture has thickened slightly.
- To serve, place meatballs on a plate and pour tomato and basil sauce over the top.

# Moroccan Lamb with Squash

## Ingredients

- 1 pound diced lamb
- 1 tbs oil
- 3 cups chicken or vegetable stock
- 1 tbs ground cinnamon
- 3 cups diced pumpkin
- 1 onion, sliced
- 6 yellow button squash, cut into halves
- 1 lemon, juiced
- 1 tbs honey
- 2/3 cup pitted prunes
- Dash salt and pepper

## Instructions

- Heat oil in a pan and fry diced lamb until cooked through.
- Add the stock and cinnamon. Cover pan and simmer for one hour.
- Add pumpkin, squash, onion, lemon juice and honey, cover and simmer for another 30 minutes, or until vegetables are cooked. Add prunes, salt and pepper and cook for an additional 5 minutes.
- Cool slightly before serving.



# Beef with Zucchini

## Ingredients

- ½ lb beef, cut into strips
- 1tbs oil
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 4 tomatoes, chopped
- ½ tsp salt
- 1 tsp ground pepper
- 1/3 cup water
- 4 small zucchinis, cut crossways into pieces
- 1 red capsicum, diced

## Instructions

- Heat oil in a pan and fry beef strips until browned on all sides.
- Add the onions, garlic, tomatoes, water, salt and pepper and simmer for 1hour. Check from time to time to make sure mixture hasn't become too dry; add more water if necessary.
- Stir in zucchini and capsicum pieces and simmer for a further 20 minutes.



# Beef and Mushroom Dish

## Ingredients

- ½ lb sliced lean beef/steak
- 6 cups sliced mushrooms
- 1 diced onion
- 2 garlic cloves
- 1/3 cup balsamic vinegar
- 1½ tbs ground paprika (mild)
- 2 tsp Mexican chili powder
- Ground Pepper
- 1 serve
- 6 spears asparagus
- 1 head lettuce leaves
- ½ cup tomato

## Instructions

- In a bowl place the mushrooms and balsamic vinegar and leave to marinate while continuing with cooking the meal.
- Fry onion and garlic until browed, add chopped beef and cook until beef has cooked, mix in paprika, Mexican chili powder and pepper. Add the mushrooms and balsamic vinegar to the pan and stir, leave to simmer for 10-15min until mushrooms have shrunk and beef is tender.
- Serve with fresh asparagus and salad.





# Meat Filled Eggplant

## Ingredients

- 1/3 lb lean mince meat
- ½ cup diced onion
- 3 garlic cloves (finely chopped)
- 1 tbs tomato paste
- 14.5 oz diced tomato
- Herbs – Sage, mixed Italian herbs, thyme, basil, cumin ground (small amount), cinnamon (small amount)
- 1 eggplant cut in half
- 1 cup lettuce



## Instructions

- Place eggplant halves in a dish and bake in a pre-heated 180degree Celsius oven for 15-20 minutes, or until soft.
- While the eggplant is in the oven prepare the meat by frying the onion and garlic in a pan until browned. Remove from the pan and cook the mince meat, stirring so there are no big lumps.
- When the meat is cooked, return the onion and garlic to the pan along with herbs (to taste). Add tomato paste and cook for 2-3 minutes. Add the diced tomatoes and leave to simmer for 20-30 minutes.
- When the eggplant is ready, use a fork to scrape the inside of the eggplant until mushy, Place the meat on top of the eggplant half and serve with lettuce.

# Paprika Lamb

## Ingredients

- 2 tbs oil
- 1 pound diced lamb
- 1 large onion, thinly sliced
- 3 garlic cloves, finely chopped
- ½ tsp caraway seeds
- ¼ cup ground paprika
- 2 x 14.5 oz cans diced tomatoes or 3 cups fresh tomatoes, diced

## Instructions

- Place oil and veal in a pan, fry over medium heat until browned, setting pan juices aside as they form.
- Remove veal from pan and add remaining 1tbs oil along with onion and garlic. Cook on medium heat for 5 minutes or until onions are soft. Add caraway seeds and paprika and stir for 30 seconds.
- Add diced tomatoes and veal to the pan, cover and leave to simmer for 1hour or until meat is tender and sauce has thickened. Add a little water if sauce begins to dry.





# Honey Apple Baked Pork

## Ingredients

- 50g olive oil
- ¼ cup honey
- 6 x 1/2 lb pork fillet pieces
- 3 pink lady apples, washed and slices horizontally into approx 5mm thin slices
- Pinch of chopped sage
- 3 bunches English spinach
- 4 tbs pine nuts
- Squeeze lemon juice
- Salt and pepper

## Instructions

- Pre heat oven to 180 degrees Celsius.
- In a small pan, combine olive oil and honey over a low heat until honey has melted. Glaze the pork fillets in the honey mixture and cook both sides for around 2 minutes.
- Place baking paper on a baking tray and lay out 6 groups of 4 apple slices, brush with honey mixture, top with sage and pork fillets. Top with 2 more apple slices and another coat of honey mixture.
- Bake for around 15-20 minutes, or until the apples have caramelized and golden and pork is cooked.
- In a fry pan on low heat, place pine-nuts and stir until golden brown. Steam spinach until cooked, mix in a squeeze of lemon juice.
- To serve, place pine-nuts on top of spinach.



# Spaghetti Bolognaise

## Ingredients

- 1 pound mince meat
- 1tbs oil
- 1 onion, diced
- 2 garlic cloves, finely chopped
- 2x 14.5 oz tomato pasta sauce (preservative free)
- 2tsp sage, ground
- 2tsp mixed herbs
- 2 large zucchini, sliced into long noodles

## Instructions

- Fry onion and garlic in a medium sized pan until browned. Add mince meat, stirring constantly to remove lumps.
- When mince meat has browned, add sage and mixed herbs, cook for 2 minutes.
- Add tomato pasta sauce, cover and leave to simmer for 20-30 minutes.
- Steam zucchini noodles in water for 2 minutes then drain.
- To serve, spoon sauce over zucchini noodles.



# Paleo Pizza

## Ingredients

- -3 tsp olive oil, divided
- 1 cup ground almonds or other nuts
- 3 Tbs cashew butter
- 1/3 cup egg whites
- 1/2 cup chopped onion
- 2 cloves minced garlic
- 1 chopped red pepper
- 1/2 cup halved grape tomatoes
- 1 large Italian sausage, cut in 1/2" slices
- 1/2 cup marinara sauce
- 1/2 tsp oregano
- 1/2 tsp fennel seed

## Instructions

- Mix ground nuts, cashew butter, and egg whites in a small bowl. Grease a pizza baking sheet or similar with 2 tsp of olive oil, then spread the "dough" mixture over it, making a 1/4" thick crust. Preheat the oven to 250 F. In a skillet, add the remaining olive oil and the sliced sausage. Cook until browned, then remove the sausage to a small bowl. Add the garlic, onions, and red pepper to the skillet. Sauté the veggies lightly, making sure not to let them get too soft.

Cover the dough with the marinara sauce, then add the meat and vegetables, excluding the tomatoes. Add the oregano and fennel seed, then bake for 30 minutes. Remove from oven, add the halved tomatoes, and serve! Use a large spatula to carefully remove the slices from the pan, as the nutty "dough" won't be as crisp as traditional grain dough. Makes 4 servings.

**Zone info** (per serving): 1/2 carb block, 1 protein block, 10 fat blocks

- *25 minutes prep, 30 minutes cook time*



# ZUCCHINI BOATS

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## Ingredients

- 1-2 LARGE\* zucchini, washed, split lengthwise, and seeds discarded.  
\*Large being baseball diameter or bigger. The bigger the better. I have to buy it at the farmer's market.  
ground beef (may substitute any ground meat)  
garlic, parsley, and oregano to taste  
1 egg  
tomato sauce  
basil leaves

## Instructions

- 1. Stir together the ground beef, egg, garlic, parsley, and oregano.
  2. Mound the beef mixture into the zucchini and place in frying pan. Mound it high, the mixture will compact while baking.
  3. Pour tomato sauce over zucchini boats until mostly covered.
  4. Add fresh basil leaves.
  5. Cook on medium-low heat on the stove or in an electric frying pan until zucchini is soft and hamburger is cooked through, usually about an hour.
  6. Extra meat does really well as meatballs.

# Auroch Beef Cabbage Rolls

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## Ingredients

- 1 head cabbage
- 1 ½ lb very lean ground beef
- 1 medium red onion, chopped
- 2 omega 3-enriched eggs
- ¼ tsp black pepper
- 1 tsp oregano
- 1 clove garlic, minced
- 6-8 medium-sized tomatoes, peeled and pureed

## Instructions

- Wash cabbage and remove core. Steam for 5 minutes or until leaves are loose and slightly limp. Pull off leaves and set aside. Mix together all remaining ingredients, reserving 1/3 c tomato puree for later. Fill each cabbage leaf with meat mixture and roll. Place in 9x13 in glass baking dish. Cover rolls with remaining tomato puree and cover with foil. Bake at 350 degrees for 1 hour. Serves 4-6.

# Paleo Correct Meat Loaf

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## Ingredients

- 2 lb extra lean ground beef
- 2 red onions, finely chopped
- 4 garlic cloves, minced
- ½ red pepper, chopped
- ½ c fresh cilantro, chopped
- ½ c fresh parsley, chopped
- 2 tsp cumin
- 1 tsp pepper
- 3 omega 3-enriched eggs, beaten
- 2 T flaxseed oil

## Instructions

- Mix all ingredients in a large mixing bowl. Spread mixture evenly in an 8 ½ x 11 in baking dish. Bake at 400 degrees for 45 minutes or until well cooked. Serves 8.

# Burgundy Walnut Beef Roast

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## Ingredients

- 1 beef roast (2-3 lb)
- 6 large tomatoes, diced
- ¼ tsp black pepper
- 2 garlic cloves, minced
- 1 c burgundy wine
- 1 red onion, diced
- 2 T freshly squeezed lemon juice
- 3 T walnut oil
- 1 T dry mustard

## Instructions

- Place meat in covered deep roasting pan. Mix all other ingredients and pour over meat. Cover and bake at 350 degrees for 1- 1 ½ hours, and baste 2-3 times while baking. Serves 6.

# Stuffed Zucchini

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## Ingredients

- 1 T olive or canola oil
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 lb very lean ground beef
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 1 tsp cumin
- 6 medium tomatoes, diced
- ½ c sliced black olives soaked in tap water for 30 minutes and rinsed to remove salt
- 1 very large or 2 large zucchini squashes cut in half lengthwise
- 1 T flaxseed oil

## Instructions

- In heavy skillet, heat oil and sauté onion and garlic until browned. Add ground beef, black and cayenne peppers, and cumin. Cook on low heat, stirring constantly, until meat is thoroughly browned. Spoon meat, onions, and garlic into a bowl and mix with tomatoes and olives. Scrape seeds from zucchini halve to form a cavity and then rub with flaxseed oil. Fill cavity with meat mixture and bake in a covered dish coated with flaxseed oil and a little water at 350 degrees for 20-30 minutes or until the zucchini is tender. Serves 4.



# Broiled Tenderloin of Pork with Spicy Rub

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## Ingredients

- 1 minced garlic clove
- 1 T paprika
- 1 T dry mustard
- 1 T ground coriander
- 1 T canola oil
- 1 T flaxseed oil
- 1 T red wine
- 1 lb very lean pork tenderloin, trimmed of all visible fat and cut butterflied down the middle

## Instructions

- Mix garlic and dry spices in a mortar and pestle. Add in the oils and wine to make a paste. Rub the paste on the butterflied pork 1 hour before broiling. Broil pork 2-3 inches from heat source for about 6 minutes per side or until it is cooked to desired condition. Serves 4.

# Shepherd's Pie

## Ingredients

- 1 head cauliflower
- 2 tablespoons butter
- 1-3 tablespoons cream (optional)
- salt & pepper taste
- 3 tablespoons olive oil
- 1 medium onion, chopped
- 1 cup frozen organic peas & carrots, thawed
- 3/4 cup frozen organic green beans, thawed
- 1 pound ground grass-fed beef or bison
- 1 tablespoon coconut flour or almond flour
- 3/4 cup beef stock or broth
- 1 tablespoon chopped fresh thyme or 1 teaspoon dried
- 1 tablespoon chopped fresh rosemary or 1 teaspoon dried
- 2 tablespoons butter



## Instructions

- Preheat oven to 400 degrees Fahrenheit.
- Break the cauliflower into chunky pieces and steam until just tender.
- Put in the food processor with 2 tablespoons butter and process until smooth. Add salt & pepper to taste.
- Optional: Add cream 1 tablespoon at a time until smooth but still fairly thick. Set aside.
- Heat oil in a skillet over medium-low heat. Add onion and sauté several minutes until soft. Add beef and cook for about 5 minutes, stirring to break up the meat so it browns evenly. Add peas, carrots and green beans and cook another five minutes.
- Stir in the coconut flour. Add broth and herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes. Add salt and pepper to taste. Remove from skillet and put into a 9-inch pie pan. Spread the cauliflower over the top.
- Scatter 2 tablespoons of butter cut into small pieces on top of the cauliflower. Bake 30-35 minutes.

# Beef Burgundy

## Ingredients

- 1/4 pound bacon
- 4 tablespoons butter (or lard)
- 2 1/2 – 3 pounds of beef cut into 2-inch cubes. Rump roast, chuck roast, sirloin tip, and top or bottom round are all options.
- 1 1/2 teaspoons salt
- 1/4 teaspoon pepper
- 2 tablespoons almond flour
- 2 carrots, sliced
- 1 onion, sliced
- 1 tablespoon tomato paste
- 2 cloves garlic, finely chopped
- 1 tablespoon fresh thyme (or 1 teaspoon dried)
- 1 tablespoon fresh parsley, finely chopped
- 1 bay leaf
- 3 cups full-bodied red wine such Cotes du Rhone or Chianti
- 2 1/2 cups beef stock
- 1 pound white or brown crimini mushrooms



## Instructions

- Preheat oven to 425.
- Cut the bacon into short strips. In a deep saucepan, saute the bacon in 1 tablespoon of butter until bacon is cooked but not crispy.
- Pat beef dry with a paper towel and add it to the bacon in 3-4 batches. Brown each batch of meat then remove from pan.
- Set bacon and meat aside in the casserole baking dish you will use in the oven. Sprinkle salt, pepper and almond flour evenly over the meat. Bake meat in the oven without a cover for 10 minutes so the flour is absorbed into the meat and hopefully creates a slight crust on the outside. Remove from the oven and turn the heat down to 325.
- In the saucepan on the stove, add 1 tablespoon of butter to the remaining fat from the bacon and meat and sauté the carrots and onion until soft, about 8 minutes. Add the tomato paste, garlic, thyme, parsley and bay leaf. Stir in the wine and beef broth and bring to a gentle boil. Let simmer for 3-5 minutes, then pour over the meat in the casserole pan. Cover the dish and cook in the oven for about 2 1/2 hours. The liquid should be gently bubbling the whole time. You'll know it's done when the meat is so tender that it easily pulls apart with a fork.
- While the meat is cooking, slice the mushrooms and sauté in the remaining tablespoons of butter.
- Here is a tip directly from Julie Child: Don't crowd the mushrooms. If you cook too many at once the pan will fill with liquid and they won't brown. Saute them in 3-4 batches, adding butter as needed. Set the mushrooms aside.
- When the meat is done, remove the casserole pan from the oven.
- Put a bowl under a colander and pour the meat and liquid into the colander so the liquid drains out. Bring the liquid to a gentle boil and simmer for 8-10 minutes. Pour over meat and mushrooms. Garnish with parsley and serve.

# Spinach-Artichoke Steak Pinwheels

## Ingredients

- 1 cup fresh spinach leaves  
1/2 (14-ounce) can quartered artichokes, chopped  
1 tablespoon grated Parmesan cheese  
1 clove garlic, minced  
1 tablespoon chopped fresh parsley  
2 tablespoons Italian-style bread crumbs  
1 tablespoon olive oil, divided  
1 1/2 pound Laura's Lean Flank Steak



## Instructions

- 1. Combine spinach through breadcrumbs in a medium bowl; stir in 1 teaspoon oil.  
2. Pound flank steak to 1/2 inch to allow for easier rolling.  
3. Place the flank steak in a large baking dish. Sprinkle spinach mixture evenly over the steak to cover the top. Starting with the long edge, roll up steak, and tie tightly with twine to secure.  
4. Heat remaining oil in a large nonstick skillet over medium-high heat. Brown steak on both sides about 5 minutes. Place on a baking sheet and bake at 450°F for 15 minutes or until desired degree of doneness.  
5. Let rest for 3 to 4 minutes. Remove twine and slice evenly.
- Makes 4 to 6 servings.
- **Cooking Tip:** Be sure to roll the steak tightly so you don't lose your filling. Remember to remove the twine before serving.
- **Nutritional Analysis Based on 6 Servings**  
Using Laura's Lean Strip Steak  
CALORIES 194 (37% from fat); FAT 8.2g (sat 2.0g); PROTEIN 26.3g;  
CARB 4.6g; FIBER 0.6g; CHOL 57mg; IRON 2.5mg; SODIUM 266mg.

# White Fish with Mushroom and Turmeric

## Ingredients

- 2 serves fish fillets
- 2 tbs olive oil
- 1 tbs lime juice
- 1 tsp ground turmeric
- 1 cup mushrooms, diced
- Salt and pepper

## Instructions

- Pre-heat oven to 180 degrees Celsius.
- Place fish fillets on an oven tray lined with baking paper. Evenly drizzle olive oil and lime juice then top with turmeric, mushrooms, salt and pepper.
- Bake in the oven for 15-20 minutes, or until fish has cooked.



# White Fish with Mushroom Sauce

## Ingredients

- 2 serves fish fillets
- 2 tbs olive oil
- 1 small onion, thinly sliced
- 1 clove garlic, finely chopped
- 1 cup mushrooms, sliced
- 1 tsp thyme leaves, finely chopped
- ½ cup fresh parsley, roughly chopped
- 2 tsp arrow root
- ½ cup water
- Salt and pepper

## Instructions

- Pre-heat oven to 180 degrees Celsius.
- In a pan, fry the onion, garlic and mushrooms in oil for 3-4 minutes, or until mushrooms have become slightly tender. Add arrowroot, thyme, salt and pepper and stir well for one minute.
- Add water and stir constantly until thickened. Add parsley and cook for a further one minute.
- Place fish fillets on an oven tray lined with baking paper and cover with mushroom sauce.
- Bake in the oven for 15-20 minutes, or until fish has cooked.



# Tuna and Sweet Potato Patties

## Ingredients

- 2 cups diced sweet potato, peeled
- 180g can tuna in brine, drained
- ¼ cup almond meal
- 2 eggs
- 1tbs olive oil
- Salt and pepper

## Instructions

- Place diced sweet potato in a pan with water on medium-high heat and boil for 10-15 minutes or until tender and cooked through.
- Remove sweet potato from pan and place in a medium sized mixing bowl along with tuna, almond meal, eggs, olive oil, salt and pepper.
- Combine well.
- Shape mixture into patties and place on a pre-heated grill on medium heat, cook for 5-7 minutes, or until cooked through.
- Serve with salad.





# Cajun Catfish Bake

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## Ingredients

- 2 lb catfish
- 1 T flaxseed oil
- 3 T olive oil
- 1 clove garlic, minced
- 3 T freshly squeezed lemon juice
- 1 ½ tsp black pepper
- ½ tsp cayenne pepper
- ½ tsp turmeric

## Instructions

- Thoroughly wash catfish and place in 9x13 in baking dish greased with flaxseed oil. Heat olive oil in a saucepan and sauté garlic. Pour over catfish. Sprinkle lemon juice and remaining spices evenly over fish. Bake at 350 for 20-25 mins. Serves 3-4



# Grilled Cod with Spicy Citrus Marinade

## Ingredients

- ¼ c fresh orange juice
- 1 ½ t lemon juice
- 3 T lime juice
- 1/8 tsp cayenne pepper
- 2 minced garlic cloves
- 2 T olive oil
- 1/3 c water
- 1 lb cod filets
- 2 T finely chopped fresh chives
- 1 T finely chopped fresh thyme

## Instructions

- Combine orange, lemon, and lime juices in a bowl with cayenne pepper, garlic, olive oil, and water to make the marinade. Place fish in a flat dish. Pour in all but ¼ c of the marinade. Let stand in refrigerator for fifteen to thirty minutes. Grill or broil fish for 3-4 minutes per side, basting often with the marinade. After removing fish from the grill or broiler, pour on remaining marinade and sprinkle with chives and thyme. Serves two.

# Spicy Baked Flounder Filet

## Ingredients

- 2 lb flounder filets
- 4 garlic cloves, minced
- 4 T olive oil
- 2 tsp dill
- 1 tsp turmeric
- 2 carrots, sliced thin
- 2 tomatoes, diced
- 2 T fresh lemon juice
- ½ tsp black pepper

## Instructions

- Rinse flounder and place and place in a shallow baking dish. Over low heat, sauté garlic in oil. Pour over fish and sprinkle with dill and turmeric. Spread carrots and tomatoes over fish and sprinkle with fresh lemon juice and pepper. Cover and bake at 325 degrees for 15-20 minutes. Fish is done when it flakes easily with a fork. Serves four

# Salmon Steaks in Curry Sauce

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## Ingredients

- 2 8-ounce salmon steaks
- 2 tsp curry powder
- 1 tsp turmeric
- ½ tsp cayenne pepper
- 1 c chicken stock (salt free)
- 4 tsp white wine

## Instructions

- Wash salmon and place in shallow baking dish. Mix curry, turmeric, and pepper with chicken stock and pour over fish. Pour in white wine and cover with foil. Bake at 350 for 20-30 mins. Salmon should flake easily with fork. Serves 2

# North Shore Baked Salmon Filet

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## Ingredients

- 1 lb salmon filet
- ½ cup white wine
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp oregano
- 1 tsp minced garlic
- ½ yellow onion, sliced thin
- 1 lemon, sliced thin

## Instructions

- Wash salmon and place in a 9x13 in baking dish. Pour in white wine. Sprinkle spices evenly over entire fish. Place onions on and around fish and top with lemon slices. Cover with foil and bake at 375 for 45 mins or until fish flakes easily with a fork. Serves 4

# India Curried Shrimp

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## Ingredients

- 4 T olive oil
- 2 garlic cloves, minced
- 1 medium onion, finely chopped
- 4 fresh tomatoes, pureed
- 2 tsp fresh ginger, minced
- ½ tsp cumin
- ½ tsp coriander
- ½ tsp turmeric
- 8 oz medium or large shrimp, peeled
- 2 T lime juice

## Instructions

- In heavy saucepan, heat oil and sauté garlic and onion until tender. Add tomatoes and spices and simmer for 5 minutes. Place shrimp in simmering sauce and cook for 10 minutes until shrimp are cooked through. Remove from heat and sprinkle with lime juice. Serves 2

# Red Snapper in Snappy Sauce

## Ingredients

- ¼ c olive or canola oil
- 2 cloves garlic
- 2 lb red snapper filets
- ½ c freshly squeezed lime juice
- 2 T freshly squeezed lemon juice
- 1 tsp cayenne pepper
- 1 tsp black pepper
- 2 tomatoes, diced
- 4 scallions, sliced thin
- ½ green bell pepper, chopped
- ½ red bell pepper, chopped
- Cilantro for garnish

## Instructions

- Heat oil in skillet and sauté garlic until golden brown. Lay fish in oil and sprinkle with lime and lemon juice. Sprinkle cayenne and black peppers over all, then add tomatoes, scallions, and red and green bell peppers. Cover and simmer for 15 minutes or until fish flakes easily with a fork. Garnish with cilantro. Serves 4.

# IVORY KING SALMON WITH CHANTERELLE MUSHROOMS

## Ingredients

- - 4 pieces ivory king salmon steaks (request center cut, 8 to 10 ounces each)
- ½ pound chanterelle mushrooms, sliced (substitute porcini if chanterelles are not available)
- 4 ounces extra virgin olive oil, divided
- 6 ounces white wine
- 16 ounces unsalted organic chicken stock
- ½ tablespoon fresh thyme leaves, chopped
- 2 tablespoons minced shallots
- 1 tablespoon minced garlic
- 3 tablespoons whole butter, divided
- 1 tablespoon fresh lemon juice
- Kosher salt and freshly ground black pepper
- Lemon wedges and parsley sprigs to garnish

## Instructions

- 1. Preheat grill to medium-low heat. Brush salmon filets with 1 ounce olive oil and season well with kosher salt and freshly ground black pepper. Grill fish to preferred doneness depending on thickness of filets.
- 2. Meanwhile, preheat large, heavy sauté pan over high heat and add the remaining 3 ounces of olive oil to pan and allow to heat. When oil is very hot, carefully add the mushrooms and season with salt and freshly ground black pepper. Sauté without agitating the pan until one side begins to caramelize, approximately 2 minutes. Remove pan from heat. Carefully turn the mushrooms onto the second side and season with more salt and pepper. When slightly brown on the second side, empty the mushrooms into a strainer with a pan underneath to catch the extra oil.
- 3. Return the sauté pan to the heat and add 1 tablespoon of butter to the pan. Add shallots and garlic and render until blonde. Add thyme. Remove from heat and deglaze with white wine. Return to heat and reduce liquid by half. When reduced, add chicken stock and reduce to sauce consistency.
- 4. Return mushrooms to pan and add the remainder of the whole butter. Gently swirl the pan until butter is completely melted. Adjust seasonings with salt and pepper, and finish with lemon juice. Remove the salmon from the grill and place on a large serving platter. Top the salmon filets with the chanterelle mushroom mixture, garnish with lemons and parsley and serve.



# CURRY SOUP

## Ingredients

- 2 chicken breasts, diced
- 1 tbs oil
- ½ tsp red chillies, finely chopped
- 1tbs sweet paprika
- 2 tsp oregano, finely chopped
- ½ tsp honey
- ¼ cup lemon juice
- ¼ cup water
- Salt and pepper

## Instructions

- Fry chicken in a pan with olive oil for 5 minutes.
- Add chillies, paprika, oregano and honey and cook for a further 2 minutes, stirring constantly.
- Add lemon juice, water, salt and pepper and cook covered for a further 15 minutes, adding more liquid if necessary.





# Sweet Potato and Pear Soup

## Ingredients

- 1 small onion, diced
- 1 tbs oil
- 2½ cups sweet potato, diced
- 2 cups pear, diced
- 2 cups vegetable stock
- ½ cup coconut milk
- Salt and pepper
- Parsley to garnish

## Instructions

- In a large pan, fry onion in oil until soft.
- Add the sweet potato and pear and cook for 2 minutes.
- Add the stock and leave to simmer for 10 minutes or until sweet potato and pear is cooked and soft.
- Cool slightly. Purée soup in an electric blender or using an electric beat. Add salt and pepper to taste.
- Serve garnished with parsley.



# Carrot and Ginger Soup

## Ingredients

- 5 cups carrots, sliced
- 2 tbs olive oil
- 1 tbs ground ginger
- 1 tbs olive oil
- 1 onion, finely diced
- 2 garlic cloves, finely chopped
- 2 tsp ground turmeric
- 1 tsp ground ginger
- 1 cup vegetable stock
- 1 cup coconut milk

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Place carrots on an oven proof tray with 2tbs olive oil and 1tbs ground ginger. Combine well and bake in the oven for 30 minutes.
- In a large pan, fry onion and garlic in 1tbs olive oil for 5 minutes, or until onion has become tender. Add turmeric and ginger and cook for a further 2 minutes before adding stock, coconut milk and carrots.



# Leek and Asparagus Soup

## Ingredients

- 1½ cups leek, sliced
- 2 tbs olive oil
- 1 garlic clove, finely chopped
- 8 asparagus stems, trimmed into 1-inch pieces
- 1½ cup vegetable stock
- ½ cup coconut milk

## Instructions

- In a large pan fry leek and garlic in olive oil for 5 minutes, or until leek has softened.
- Add asparagus and stock and cook for a further 10 minutes or until asparagus has softened.
- Remove from heat and add coconut milk.
- Purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture.



# Spinach and Asparagus Soup

## Ingredients

- 4 chopped spring onions
- 4 cups spinach
- 6 thick asparagus stalks sliced in half or 12 thin asparagus
- oil
- spices (chose your favorites or your favorite curry paste)
- cumin, cinnamon, Mexican chilli powder, ground paprika,
- dried chilli, garlic, ground coriander, lime, cardamom, salt
- and pepper
- 400/600ml light coconut milk

## Instructions

- Fry the spring onions in the oil until slightly browned.
- Add spices, asparagus and spinach and stir until spices are heated and mixed through the asparagus and spinach.
- Add the coconut milk and simmer for around 10 minutes.



# Broccoli Soup

## Ingredients

- 4 tbs oil
- 4 tbs arrowroot
- 10 cups vegetable stock
- 7 cups broccoli (including stalk)

## Instructions

- In a large pan, make a roux by firstly heating the oil; continue by adding the arrowroot mixed with a little water, stirring vigorously to prevent lumps while continuing to add all the vegetable stock.
- Place broccoli florets and stalk into the pan and cook for 20-30 minutes or until cooked.
- Using an electric blender blend until smooth and thick.



# Meatball Minestrone

## Ingredients

- 1 tbs oil
- 1 onion, diced
- 3 garlic cloves, finely chopped
- ¼ white cabbage, thinly sliced
- 2 medium carrots, diced
- 3 small zucchini, diced
- 3 celery stalks, diced
- 14.5 oz can diced tomatoes or 1½ cups diced tomatoes
- 3 cups chicken or vegetable stock
- 1 tbs basil, finely chopped
- 1 tbs sage, finely chopped
- 1 tsp Mexican chili powder
- Dash pepper
- 2 cups mushroom, diced
- 15 meatballs (see recipe on Pg 75)

## Instructions

- In a large pan on medium heat fry onion and garlic in oil until browned. Add cabbage, carrots, zucchini, celery, tomatoes, stock, basil, sage, chili powder and pepper. Cover and boil for 30 minutes.
- Add mushrooms and meatballs and cook for a further 10 minutes
- Leave to cool for 5-10 minutes before serving.



# Cauliflower Soup

## Ingredients

- 4 tbs oil
- 4 tbs arrowroot
- 10 cups vegetable stock
- 1 whole cauliflower
- Handful parsley, freshly chopped

## Instructions

- In a large pan, make a roux by first heating the oil, continue by adding the arrowroot mixed with a little of water, stirring vigorously to prevent lumps while continuing to add all the vegetable stock.
- Place cabbage florets and stalk into the pan and cook for 20-30 minutes or until cooked.
- Mash the cauliflower up into smaller pieces and add parsley, cook for a further 5 minutes then serve.





# Pumpkin and Sweet Potato Soup

## Ingredients

- 1 large onion, diced
- 1 tsp olive oil
- Dash of; ground cumin, ground ginger, ground nutmeg, ground
- cloves and chilli powder
- 6 cups pumpkin, diced
- 4 cups sweet potato, diced
- 400ml light coconut milk
- 1 cup water

## Instructions

- In a large pan, fry onion in olive oil until cooked and slightly browned. Add spices and heat through quickly before adding pumpkin and sweet potato.
- Add the coconut milk and water and cook for 30-40 minutes or until pumpkin and sweet potato has cooked through.
- Using a hand blender or food processor blend up soup to form a thick and creamy texture.





# Roasted Pumpkin and Basil Soup

## Ingredients

- 2kg diced pumpkin
- 1 garlic bulb, un-peeled
- 2tbs olive oil
- 1 onion, diced
- 3tbs ground cumin
- 4 cups vegetable stock
- 1 bunch fresh basil, roughly chopped
- Salt and pepper to taste

## Instructions

- Pre-heat oven to 180 degrees celsius, fan-forced.
- Place garlic bulb top down on an oven tray, and drizzle 1tbs olive oil. Place diced pumpkin on the same tray around garlic.
- Place in oven and bake for 50minutes or until vegetables are tender. Remove from oven and cool slightly before peeling garlic cloves.
- Fry onion in a large pan with remaining oil on medium heat for 2minutes, add cumin and stir for a further minute until aromatic. Add stock, pumpkin and garlic cloves and simmer for 10minutes, stirring constantly to form a slightly thick stock texture with the soft pumpkin, while still leaving cubes of pumpkin in tact. Add basil and leave to simmer for a further 2minutes.
- Remove from heat; add salt and pepper to taste before serving.



# Curried Cauliflower Soup

## Ingredients

- 1 onion, diced
- 1tbs oil
- 1 garlic clove, finely chopped
- 1tsp ground turmeric
- 1tbs ground cummin
- 1tbs ground coriander
- 1tbs ground paprika
- ½ medium cauliflower
- 4 cups vegetable stock
- Salt and pepper to taste

## Instructions

- Fry onion and garlic in a large pan with oil on medium heat until slightly browned.
- Add cauliflower, turmeric, cummin and coriander and stir for 2minutes.
- Add stock and simmer for 10-15minutes or until cauliflower has softened.
- Place in a food processor or use an electric blender to form a smooth texture.
- Heat before serving.



# Carrot and Leek Soup

## Ingredients

- 1 medium size leek, finely sliced
- 5 carrots, diced
- 1tbs olive oil
- 1tbs ground ginger
- 3 cups vegetable stock

## Instructions

- Fry leek and carrots in a large pan with oil on medium heat until slightly tender.
- Add stock and simmer for 10-15minutes or until carrot is soft.
- Remove from heat and use a food processor or an electric blender to blend the soup into a smooth texture.
- Heat before serving.



# Leek Fennel and Broccoli Soup

## Ingredients

- 2 garlic cloves, chopped
- 1tbs olive oil
- 1 leek, ends removed and sliced
- 1 large fennel, stalks removed and diced
- 1 broccoli, chopped
- 4 cups vegetable stock
- 2 bay leaves
- ½ cup coconut milk

## Instructions

- In a medium sized pan, fry garlic, leek and fennel in oil for 5-8minuts until fennel is tender.
- Add broccoli, stock and bay leaves, cover and simmer for 10minutes or until broccoli is tender. Remove bay leaves.
- Stir in coconut milk then place in a food processor, or use an electric blender to form a smooth texture.
- Heat through before serving.



# Zucchini and Sweet Potato Soup

## Ingredients

- 2 cups sweet potato, peeled and diced
- 4 cups zucchini, diced
- 1 onion, diced
- 3 garlic cloves, finely chopped
- 1tbs coconut oil
- 2 cups chicken or vegetable stock
- 1 cup coconut milk

## Instructions

- Fry onion, garlic, sweet potato and zucchini in a large pan with oil on medium heat until onion is slightly browned and vegetables slightly tender.
- Add stock and simmer for 10-15minutes or until sweet potato has softened.
- Add coconut milk then use a food processor or an electric blender to blend the soup into a smooth texture.
- Heat before serving.



# Garlic and Leek Soup

## Ingredients

- 4 bulbs garlic
- 4 leek (white part only)
- 1 onion
- 4 cups chicken or vegetable stock
- ¾ cup coconut milk
- Olive oil

## Instructions

- Pre-heat oven to 180 degrees celsius, fan-forced.
- Place garlic bulb top down on an oven tray, and drizzle olive oil.
- Place in oven for 30-40minutes and bake until golden and soft. Remove from oven and leave to cool slightly.
- Fry onion and leek in a large pan with oil on medium heat for 10-12minutes, or until wilted. Add stock and simmer for a further 10minutes.
- Remove from heat and add garlic and coconut milk to the pan. Use a food processor or an electric blender to blend the soup into a smooth texture. Heat before serving.



# Sweet Potato Curry Soup

## Ingredients

- 1 onion, diced
- 1tbs oil
- 2 garlic cloves, finely chopped
- 4 cups diced sweet potato
- 4 cups chicken or vegetable stock
- 1tbs ground coriander
- 1tsp ground turmeric
- 1tbs ground cummin
- 2tsp ground cinnamon
- ½ tsp ground ginger
- 2tbs ground paprika
- 1 small chilli, finely chopped
- 1 cup coconut milk

## Instructions

- Fry onion and garlic in a pan with oil on medium heat until slightly browned.
- Add sweet potato and spices and cook for 5minutes or until sweet potato has become slightly tender.
- Add stock and simmer for 10-15minutes or until sweet potato has softened.
- Remove from heat and stir in coconut milk.
- Place in a food processor or use an electric blender to form a smooth texture.
- Heat before serving.





# Cooled Cucumber Soup

## Ingredients

- 1 1/2 cups cucumber, peeled, seeded and diced
- 1 avocado, peeled, seeded and diced
- 2 shallots, diced
- 3tbs lime juice
- 1/3 cup fresh coriander, chopped
- Dash of chilli
- 1cup water
- 1cup coconut milk
- Salt and Pepper

## Instructions

- Place all ingredients but the coconut milk and salt and pepper. Blend on high speed for 2-3minutes or until smooth.
- Add coconut milk, salt and pepper and blend for a further 30seconds.
- Transfer to a large bowl, cover and place in the fridge to cool for 30minutes before serving.





# Chicken Noodle Soup

## Ingredients

- 1 medium-large zucchini, sliced into long noodles
- 2 cups chicken stock
- 1 chicken breast

## Instructions

- Boil chicken breast in water for 15-20 minutes or until cooked. Remove from pan and leave to cool slightly before shredding into pieces.
- Place chicken stock in a pan on medium heat. Add zucchini noodles and leave to simmer for 1minute. Remove from heat.
- Add chicken pieces into pan and stir to combine.
- Serve.



# Chicken Vegetable Soup

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## Ingredients

- 6 c water
- Meat of 1 whole chicken, diced
- 2 cloves garlic, minced
- 1 yellow onion, diced
- 1 bay leaf
- 1 tsp black pepper
- 6 fresh tomatoes, diced
- 2 small zucchini, sliced thin
- 3 carrots, diced

## Instructions

- In a large pot, combine water, chicken, garlic, onion, bay leaf, and pepper. Bring to a boil. Reduce heat, cover, and simmer for about 2 hours or until chicken is tender. Remove bay leaf and discard. Add remaining ingredients and bring to a boil. Reduce heat and cover. Simmer for about 20 minutes or until vegetables are tender. Serves 6.

# Paleo Zucchini Soup

## Ingredients

- 2 T olive oil
- 1 red onion, chopped
- 5 cloves garlic, minced
- 2 qts water
- 2 c cooked, chopped beef, chicken, or pork
- 2 T dried basil
- 2 T dried parsley
- 2 T dried thyme
- 1 T black pepper
- 2 c carrots, chopped
- 2 c celery, chopped
- 2 c zucchini, chopped
- 2 c fresh tomatoes, chopped
- ½ c fresh parsley, chopped

## Instructions

- Heat olive oil and sauté onion and garlic. Bring water to a boil and add sautéed onion and garlic, meat, basil, parsley, thyme, and pepper. Lower heat and simmer for 1 hour. 1 hour before eating, add carrots and celery. ½ hour before eating, add zucchini. 10 minutes before eating, add chopped tomatoes and fresh parsley. Serves six.

# CAJUN "SQUASH YOUR WAISTLINE" FRIES

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## Ingredients

- 1 large butternut squash
- ½ teaspoon extra-virgin olive oil
- 1 teaspoon paprika
- 1/8 teaspoon cayenne, or to taste
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder
- 1/8 teaspoon salt

## Instructions

- Preheat the oven to 450°F.
- Carefully cut both ends off the squash. Using a vegetable peeler peel the rind from the squash until you've peeled away outside layers. Discard the rind. Cut the squash in half lengthwise. With a large spoon, scrape out the seeds and discard their 8 ounces (about 2 cups) of 4" x ½" sticks. (Refrigerate the remainder of the squash for another recipe.)
- Place the squash sticks in a medium mixing bowl. Add the oil, paprika, cayenne, garlic powder, onion powder, and salt. Toss to coat. Transfer the squash to a baking sheet so the sticks are in a single layer and do not touch.
- Bake, turning the squash about every 5 minutes, for 22 for 25 minutes, or until the outsides are crisp and the insides are tender tested with a fork. Serve immediately.

# SWEET POTATO FRIES

## Ingredients

- 1 lb sweet potato
- 1 egg white
- 2 teaspoons chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- Cinnamon (optional)

## Instructions

- Peel and cut potatoes into 1/4 inch x 1/2 inch strips.
- In a bowl, combine egg white and seasonings; beat well.
- Add potatoes; toss to coat.
- Spray two baking sheets with nonstick cooking spray.
- Place potatoes in a single layer on the two baking sheets.
- Bake, uncovered at 450 degrees for 20-25 minutes or until golden brown.



# spaghetti squash pasta

## Ingredients

- 1 Spaghetti Squash

## Instructions

- Cut a spaghetti squash in half; scoop out the seeds and discard them.
- Place the halves, cut side down, in a baking pan with water and cook for 45 minutes at 425 degrees, or until you can easily pierce the skin with a knife.
- Remove from the oven and let cool.
- Using a fork, scrape out the stringy squash (now you'll see how it looks like spaghetti!) into a bowl.
- Chop some fresh basil and add to the bowl.
- Dice some sun-dried tomato and add that as well.
- Finally, finish with a nice addition of cold-pressed olive oil and some freshly ground black pepper.
- Stir well and serve!



# Carrot-Mushroom Stir-Fry

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## Ingredients

- 6 carrots, sliced thin
- 4 T olive oil
- 5 scallions, sliced into 1 in pieces
- 10 medium mushrooms, sliced thin
- 1 T lemon juice
- ½ tsp black pepper

## Instructions

- Steam carrots until tender. Heat oil in large skillet. Add carrots, scallions, and mushrooms and stir-fry until all are cooked. Add lemon juice and pepper and mix well. Serves 4.

# South Shore Baked Carrot-Apple Compote

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## Ingredients

- 12 medium-sized carrots, cut into 1/8 inch slices
- 1 tsp grated lemon peel
- ¼ c flaxseed oil
- 2 large tart apples
- 3 thin lemon slices
- 2 T fresh parsley, chopped

## Instructions

- Put carrots in 9x13 inch baking dish. Sprinkle with lemon peel and oil. Cover and bake at 375 degrees for 30 minutes. Core and peel apples and cut into 1/3 inch slices. Stir apples in with baked carrots. Cover and bake for 10-20 minutes more. Apples should be tender. Arrange lemon slices and sprinkle with parsley before serving. Serves 6.



# Spicy Stuffed Squash

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## Ingredients

- 2 medium acorn squash
- ½ c water
- 2 medium carrots, cooked and chopped
- 2 small turnips, cooked and chopped
- 1 T olive oil
- ½ tsp ground cinnamon
- ¼ tsp nutmeg
- 1 c peeled apple, coarsely chopped

## Instructions

- Cut squash in half and remove seeds and strings. Place squash, cut side down, in a 9x13 in baking dish. Add water and cover with foil. Bake at 350 degrees for 30 minutes. Remove from oven and turn squash so that cut side is facing up. Cover with foil and bake for 20-30 minutes more until tender. Scoop the pulp out of each squash half, keeping shells intact. Place pulp in blender and add carrots and turnips. Blend until smooth. Stir in oil, cinnamon, and nutmeg, blending well. Fold in apple and spoon into squash shells. Return to baking dish and bake at 350 degrees for 15-20 minutes or until heated through. Serves 4.

# Walnut Broccoli with Carrots

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## Ingredients

- ½ c walnut oil
- 1 medium onion, sliced in rings
- 2 large carrots, sliced diagonally 1/8 inch thick
- 2 large stalks broccoli, sliced ¼ in thick
- ½ c raw, shelled walnuts

## Instructions

- Heat oil in heavy skillet and sauté onion until tender. Add carrots and broccoli and stir-fry until tender yet crispy. Add walnuts and cook 3-5 minutes longer. Serves 2

# Spice-Roasted Butternut Squash With Smoked Sweet Paprika

## Ingredients

- 1 large butternut squash
- 1 teaspoon smoked sweet paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion salt
- 1 teaspoon fresh ground black pepper
- 2 teaspoons balsamic vinegar
- 3 tablespoons extra virgin olive oil

## Instructions

- 1 hour | 15 min prep | Serves 6
- Preheat oven to 375.
- Cut ends off butternut squash, peel, and slice lengthwise.
- Remove seeds and chop into 1 inch cubes.
- In a medium bowl, combine spices, oil and vinegar into a paste.
- Add squash and toss until coated.
- Arrange the squash cubes in one layer in a roasting pan.
- Roast for 20 minutes, toss once, and cook for an additional 25 minutes or until the squash is browned and is tender throughout.



# Garlic Cauliflower

## Ingredients

- 2 teaspoons olive oil
- 1 1/4 lbs cauliflower florets
- 1 medium red bell pepper, seeded and cut into 1/2 inch strips
- 3 garlic cloves, minced
- 1/4 teaspoon red pepper, crushed
- 1/4 cup vegetable stock or water

## Instructions

- Heat oil in a heavy nonstick skillet over medium high heat.
- Sauté next 4 ingredients 2-3 minutes, stirring frequently.
- Add stock, cover skillet and cook another 3-4 minutes or until cauliflower is tender.



# Omega 3 Mayonnaise

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## Ingredients

- 1 whole egg
- 1 T lemon juice
- ¼ tsp dry mustard
- ½ c olive oil
- ½ c flaxseed oil

## Instructions

- Put egg, lemon juice, and mustard in blender and blend for 3-5 seconds. Continue blending and slowly add oils. Blend until the mayonnaise is thick. Scrape mayonnaise into a snap-lock plastic container and refrigerate. The mayonnaise should keep for 5-7 days. Makes 1 cup.

# Homemade Mayonnaise

## Ingredients

- 1 egg
- 1 1/4 cup olive oil
- 2 tablespoons fresh lemon juice, or, 1 tablespoon lemon juice, 1 tablespoon rice wine vinegar
- pinch of cayenne pepper
- 1 teaspoon dry mustard

## Instructions

- Blend egg, mustard, pepper and 1/4 cup oil in blender until smooth. Add the rest of the oil and blend again until well mixed. After blending, take off lid and add lemon juice, mixing well with a spatula. Put lid back on and blend again until mixed. Pour into bowl or Mason jar and refrigerate.



## Ray's Catsup

### Ingredients

- 3 ½ lb tomatoes, washed and sliced
- 2 medium onions, sliced
- 1/8 clove garlic
- ½ bay leaf
- ½ red pepper
- ¼ c unsweetened fruit juice (white grape, pear, or apple)
- 1 tsp whole allspice
- 1 tsp whole cloves
- 1 tsp whole mace
- 1 tsp celery seeds
- 1 tsp black peppercorns
- ½ inch cinnamon stick
- ½ c lemon juice
- Pinch of cayenne pepper

### Instructions

- Boil tomatoes, onions, garlic, bay leaf, and pepper until soft. Add fruit juice. Mix spices (allspice, cloves, mace, celery seeds, peppercorns, and cinnamon) and place into a small cloth spice bag. Add spice bag to mixture; bring to a boil and continue boiling, stirring frequently, until reduced by half. Remove the spice bag. Add lemon juice and cayenne pepper. Continue boiling for 10 minutes more. Bottle catsup in clean jars, with ¼ in of space at top of jar for expansion. Seal and freeze immediately. Always refrigerate container that is currently in use. Makes about 2 cups.

# Ketchup

## Ingredients

- 6 ounces tomato paste  
2/3 cup apple cider vinegar  
1/3 cup water  
2 tbsp of your preferred sugar substitute (optional)  
2 tbsp onions  
2 cloves garlic  
1 tsp salt  
1/8 tsp ground allspice  
1/8 tsp ground cloves  
1/8 tsp pepper

## Instructions

- Combine ingredients in food processor and blend until the onion disappears. Spoon mixture into an airtight container and store in the refrigerator.





# Mustard

## Ingredients

- 1/4 cup white or brown mustard seeds  
1/4 cup red wine vinegar  
1/4 cup dry red wine  
1/2 cup dry mustard  
2 tsp salt  
1/4 tsp ground allspice  
2 tbsp cold water

## Instructions

- Place mustard seeds, wine vinegar and wine in a small bowl and let sit for 3 hours. Pour the contents of the bowl and the water into a food processor with a steel blade. Blend until seeds are broken up and then add the dry mustard, salt, allspice, and water, and process until smooth. Scoop into glass container and refrigerate 12 hours before serving.



# Faux Honey Mustard

## Ingredients

- 1 cup mayonnaise (extra credit if you use your own homemade version!)  
1/3 cup mustard (again, there's no harm in using your own!)  
2 tbsp lemon juice  
1 packet sugar substitute or a bit of honey

## Instructions

- Combine all ingredients in bowl and mix thoroughly. To store, refrigerate in airtight container



# Colorado Spinach Salad Dressing

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## Ingredients

- 1/3 c freshly squeezed orange juice
- 1/3 c freshly squeezed lemon juice
- Fresh ground pepper to taste
- 1 tsp minced fresh tarragon
- 1/3 c olive oil
- 1/3 c flaxseed oil

## Instructions

- Combine orange juice with lemon juice and mix well. Add pepper and tarragon and stir. Pour mixture into a cruet, add the oils, and shake vigorously to blend. Makes 1 cup.

# Omega 3 Russian Salad Dressing

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## Ingredients

- 1 c fresh tomatoes
- ½ c flaxseed oil
- ½ c lemon juice
- 3 T freshly squeezed orange juice
- 1 tsp paprika
- 1 small scallion or 1 tsp onion powder
- 1 tsp horseradish powder (optional)
- 1 garlic clove (optional)

## Instructions

- Put all ingredients in a blender and blend until smooth.  
Makes 1 cup.

# Raspberry Barbecue Sauce

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## Ingredients

- 2 tsp canola oil
- ¼ c minced onion
- 1 T jalapeno chili, seeded and minced
- ¼ c Ray's Catsup (see recipe)
- ¼ tsp dry mustard
- ¼ tsp cayenne
- 2 c fresh or frozen raspberries

## Instructions

- Heat oil in a heavy skillet and sauté onion and chili for about 10 minutes. Add catsup, mustard, and cayenne and heat until simmering. Add raspberries and simmer for an additional 10 minutes. Remove from heat and let cool. Pour into blender and blend until smooth. Makes about 1 ½ cups.

# Kona Local Marinade

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## Ingredients

- ½ c unsweetened fresh pineapple juice
- ¼ c olive oil
- 3 T lime juice
- 2 T fresh gingerroot, finely grated

## Instructions

- Combine all ingredients in a small bowl and whisk until well blended. Use to marinate beef, chicken, pork, or fish when barbecuing. Makes about 1 cup

# Garlic and Herb Marinade

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## Ingredients

- 4 cloves garlic
- 4 T olive oil
- 1/3 c fresh basil, chopped
- 1/3 c fresh oregano, chopped
- 1/3 c fresh parsley, chopped
- 6 T lemon juice
- 1 tsp black pepper

## Instructions

- Mince garlic and place in blender. Add remaining ingredients and blend until well mixed. Use to brush on vegetables, chicken, or meat before and during grilling or broiling. Makes ½ cup.

# Almond 'feta Cheese' Spread With Herb Oil

## Ingredients

- 1 cup whole blanched almond
- 1/4 cup lemon juice
- 3 tablespoons olive oil
- 1/4 cup olive oil
- 1 garlic clove
- 1 1/4 teaspoons salt
- 1 tablespoon fresh thyme leave
- 1 teaspoon fresh rosemary leaf

## Instructions

- Place almonds in medium bowl and cover with 3 inches of water. Let soak 24 hours. Drain and rinse.
- Puree almonds, lemon juice, 3 T olive oil, garlic, salt and 1/2 cup water in blender or food processor for 6 minutes or until really creamy.
- Place a triple layer of cheesecloth in strainer and spoon almond mixture onto cheesecloth. Bring sides together twist into an orange-sized ball and secure with a twist tie. Chill for 12 hours.
- Line baking sheet with parchment and transfer almond ball from cheesecloth. Shape to look like a 6" round of brie (about 3/4" thick). (Note, I just put it into a pretty pottery bowl and baked it. Then I could pour the oil on top and serve it. No parchment needed.).
- Bake 40 minutes or until top is slightly firm. Cool. Then chill.
- Combine 1/4 cup olive oil with herbs and heat over medium low heat until heated through but not simmering. Cool to room temperature and drizzle over almond spread just before serving.
- Spread on crusty bread or crackers. You'll love it!
- 55 min | 15 min prep





# Sunflower Seed Cheese

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## Ingredients

- ½ cup fresh lemon juice
- ½ cup Nama Shoya
- 4-5 cloves garlic, peeled
- 2 ¾ cups raw sunflower seeds, very finely ground in a food processor

## Instructions

- In a high speed blender, combine all of the ingredients , adding the sunflower seeds last. Blend thoroughly until the resulting cheese is smooth and uniform.

# Lemon Soufflé

## Ingredients

- ½ cup lemon juice
- 1 grated lemon rind
- 2 tbs honey
- 3 eggs, separated
- ¾ cup light coconut milk

## Instructions

- Pre-heat oven to 180degrees Celsius (fan forced).
- In a bowl, mix together lemon juice, lemon rind, honey, egg yolks (placing egg whites in a separate bowl) and coconut milk.
- Beat the egg whites to form stiff peaks. Then fold into the lemon mixture.
- Place mixture into 2 separate oven proof dishes in an oven tray filled with water to reach half way on the dishes. To help the soufflé rise evenly, run your finger around the edge of each dish.
- Bake in oven for 20-30 minutes or until a knife can be placed into it come out clean.
- Serve immediately.



# Fruit and Nut Soufflé

## Ingredients

- ½ cup ground almond (almond meal)
- 1 cup pineapple, chopped
- 1 cup apple, chopped
- 4 egg whites

## Instructions

- Pre heat oven to 180 degrees Celsius (fan forced).
- Puree chopped pineapple until it is thick and has an airy creamy texture. Mix into ground almonds. Repeat the process with the apple.
- In a separate bowl, whip egg whites until soft peaks form. Fold gently into almond mixture.
- Place 4 oven proof dishes in a baking tray filled with water up to half way on the dishes.
- Divide mixture between the 4 dishes and bake in a pre-heated oven for 20-30 minutes.
- Serve immediately.



# Mango and Passionfruit Sorbet

## Ingredients

- 1 large mango
- 2 passionfruit
- 1 tbs honey
- 1 egg white, beaten until stiff peaks have formed

## Instructions

- Using an electric blender, blend together mango, passionfruit and honey until a creamy texture has formed.
- Fold mango mixture into the beaten egg white.
- Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.
- To serve, cut into slices.



# Blueberry Sorbet

## Ingredients

- 2 cups blueberries
- ½ medium banana
- 1/3 cup coconut milk
- 1½ tbs honey
- 1 egg white, beaten until stiff peaks have formed

## Instructions

- Using an electric blender, blend together blueberries, banana, coconut milk and honey until well combined.
- Fold blueberry mixture into the beaten egg white. Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set. To serve, cut into slices.



# Honeydew and Ginger Sorbet

## Ingredients

- 3 cups honeydew melon, diced
- 2 tbs lemon juice
- 2 tsp ground ginger
- 1½ tbs honey
- 1 egg white, beaten until stiff peaks have formed

## Instructions

- Using an electric blender, blend together honeydew, lemon juice, ground ginger and honey until a smooth texture has formed.
- Fold honeydew mixture into the beaten egg white.
- Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.
- To serve, cut into slices.



# Berries with Lemon Custard

## Ingredients

- 1 cup berries
- 2 whole eggs, beaten well
- ½ lemon, juiced
- 1 lemon, rind finely grated
- 1 tsp honey
- ½ cup light coconut milk

## Instructions

- To make the custard, heat the lemon juice, lemon rind, honey and coconut milk in a pan until it has reached the boil. Slowly add the beaten eggs stirring vigorously until custard has thickened.
- When custard has slightly cooled, serve along side with the berries.





# Lemon Tarts

## Ingredients

- Pastry
- 1 cup almond meal
- 3 tbs lemon juice
- 4 dates
- Filling
- 6 tbs lemon juice
- 1 lemon, rind finely grated
- 1 tbs honey
- 2 eggs

## Instructions

- Pre-heat oven to 180 degrees Celsius (fan-forced).
- To make the pastry, place ingredients into a blender and mix until well combined. In a muffin tray (or similar) line individual holes with baking paper, and firmly place pastry mixture on the bottom and sides. Bake in oven for 10-12 minutes, or until pastry has browned. Leave to cool.
- To make the filling. Place lemon juice, lemon rind and honey into a pan, and simmer on low heat for 2 minutes. In a bowl, beat eggs well. Slowly add the beaten eggs to simmering filling, stirring vigorously to form a nice smooth texture. Add more honey if desired. Leave to cool slightly.
- When pastry has cooled, and the filling has reduced to a warm temperature, spoon the filling into each individual tart.
- Place in the fridge until cooled and set. Makes around 4, depending on size.





# Cherry Balls

## Ingredients

- 20 fresh cherries, chopped
- 3 tbs almond butter, or peanut butter
- ½ cup chopped walnuts
- 1 cup shredded coconut
- 2 tbs honey

## Instructions

- Pre-heat oven to 180 degrees Celsius (fan-forced).
- In a bowl, mix all ingredients together.
- Shape into balls and place on a baking tray lined with baking paper.
- Bake in oven for 5-10 minutes, or until balls have browned. The balls will still be quite soft at this stage.
- Place them in the fridge until cooled. Makes around 7.



# Coconut Chocolate cake

## Ingredients

- 5 eggs, whole
- 3 eggs, separated
- ¼ cup oil
- 1/3 cup coconut milk
- ½ cup cocoa powder
- 1 cup honey
- ¾ cup coconut flour
- 1tsp vanilla bean pods

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan forced. Grease a deep 20cm round cake tin and line with baking paper.
- In a small bowl, place three egg whites and whisk until stiff peaks have formed.
- In a medium sized mixing bowl, combine all ingredients well, including egg yolks. Fold in beaten egg whites.
- Pour mixture into prepared cake tin.
- Bake in oven for 25-30 minutes, or until cooked through.
- Stand cake in the tin for 10 minutes to cool. Turn out onto a plate and serve warm or cold.



# Apple and Cinnamon Custard

## Ingredients

- 2 eggs
- ½ cup coconut milk
- 1 apple, peeled, core removed and sliced
- 1tsb cinnamon

## Instructions

- Pre-heat oven to 180 degrees celsius, fan-forced.
- In an individual serve oven proof bowl, lay the apple slices down evenly.
- In a separate bowl, whisk together eggs and coconut milk until well combined.
- Pour egg mixture over apples and place in the oven for 20-30minutes or until cooked through. Test by inserting a knife into the center of the custard, if the knife comes out clean the custard is cooked. Serve.



# Fried Bananas with Orange Syrup

## Ingredients

- 1 large banana
- 1 tbs coconut oil
- ½ orange, juiced
- 1 tsp honey

## Instructions

- Cut banana lengthways and then in half. Place in a heated frypan with coconut oil and fry for 3-4 minutes each side, or until golden brown on sides.
- Place orange juice and honey in a separate pan, simmer and stir for 3 minutes. Leave to cool slightly.
- To serve place bananas in a bowl and drizzle the orange syrup over the top.



# Cinnamon and Raisin Cookies

## Ingredients

- ½ cup almond meal
- 3 tbs freshly ground walnuts
- 1 tbs honey
- 1 tbs ground cinnamon
- Dash of all spice
- Dash of nutmeg
- 2 tbs currants
- 1/3 cup raisins
- 1 egg

## Instructions

- Pre-heat oven to 180 degrees Celsius (fan-forced).
- Place all ingredients in a bowl and mix well.
- On a baking tray lined with baking paper, firmly pack mixture down into a large square or rectangle shape.
- Bake in oven for 20-30 minutes, or until well browned and cooked.
- Leave to cool, then cut into individual servings.



# Nut Balls

## Ingredients

- 1 cup almond meal
- ½ cup hazelnut meal
- ½ cup almond butter
- 4 tbs honey
- 2 tbs cocoa powder
- ¼ cup shredded coconut (if desired)

## Instructions

- In a bowl, mix together almond meal, hazelnut meal, almond butter, honey and cocoa powder.
- Roll mixture into small balls.
- Roll balls in the shredded coconut if desired.
- Keep refrigerated.
- Makes 18-20 depending on size of balls.





# Raspberry and Lemon Tart

## Ingredients

- Pastry
- 1 cup chopped walnuts
- 1½ cups almonds
- 1½ cup dates
- Filling
- 1 cup coconut milk
- 1/3 cup lemon juice
- 2 tsp grated lemon rind
- 1½ tbs honey
- 6 eggs, beaten
- 2/3 cup raspberries

## Instructions

- Pre-heat oven to 180 degrees Celsius (fan-forced).
- Combine walnuts, almonds and dates in a food processor. Process on high for 30-40 seconds for a coarse texture. Line a 23cm tart pan with baking paper. Press pastry evenly along bottom and sides. Place in a refrigerator while making the filling.
- To make the filling, place coconut milk, lemon juice, lemon rind and honey into a pan, and simmer on low heat for 2 minutes. Slowly add the beaten eggs to simmering mixture stirring vigorously to form a nice smooth texture. Add more honey if desired. Leave to cool slightly.
- Pour filling slowly into the pastry case. Bake in oven for 20-30 minutes, or until a knife comes out clean.
- To serve, top with raspberries.



# Pumpkin Pie

## Ingredients

- 2 cups diced pumpkin
- 3 eggs
- 1 cup thick coconut cream
- 2tsp ground cinnamon
- 1tsp ground ginger
- 1tsp ground nutmeg
- ¼ tsp ground cloves
- ½ tsp all spice
- Maple syrup

## Instructions

- Pre-heat oven to 180 degrees celsius, fan-forced.
- Line a 20cm cake tin with baking paper.
- Place all ingredients into a food processor and blend until well combined.
- Pour mixture into the cake tin and place in the oven and bake for 40minutes, or until cooked through.
- Cool before serving.





# Chocolate Orange Cake

## Ingredients

- 3 eggs, separated
- 1/3 cup olive oil
- ½ cup honey
- 1½ cups almond meal
- ½ cup 85% cocoa powder
- Grated rind and juice from one large orange

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced
- Cream egg yolks, oil and honey in a large bowl until light and fluffy. Add almond meal cocoa powder orange rind and orange juice, combine well.
- In a separate mixing bowl beat the egg whites until stiff peaks form, fold well into chocolate orange mixture.
- Line a cake tin with baking paper and pour in chocolate orange mixture.
- Place in oven for 50-60min or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through.



# Banana Chocolate Cake

## Ingredients

- ¼ cup oil
- ¼ cup honey
- 2 eggs
- 1 cup almond meal
- ½ cup 85% cocoa powder
- 3 bananas, mashed

## Instructions

- Pre-heat oven to 180 degrees Celsius, fan-forced.
- Cream oil, honey and eggs in a large bowl until light and fluffy.
- Add almond meal cocoa powder and bananas and combine well.
- Line a cake tin with baking paper and pour in banana mixture.
- Place in oven for 50-60min or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through.



# Chocolate Banana Ice-Creams

## Ingredients

- 2 medium bananas
- 100g chocolate
- 2 paddle pop sticks

## Instructions

- Cut one end off the bananas to form a flat base. Insert a plastic or wooden paddle pop stick into each banana enough so it holds firm.
- Melt chocolate in a pan over low heat. When melted, pour chocolate onto a plate or flat surface. Roll bananas in the chocolate until well coated, using a knife to spread chocolate over bananas if needed.
- Place bananas on a plate lined with baking paper and freeze for 6-8hrs, or until bananas have frozen.



# Coconut Milk Ice Cream

## Ingredients

- 1 can coconut milk  
2 cups fresh fruit  
1 tsp vanilla (optional)

## Instructions

- This is an easy recipe that can be used to satisfy your hankering for a cool and refreshing dessert. We especially love using fresh strawberries, blueberries and peaches.

Simply place all ingredients in blender and puree. Pour into dessert cups (coffee cups work equally well) and put in the freezer for about 1 hour or until it has chilled to an ice cream-like consistency. Enjoy!

- Makes 4 cups Zone blocks: This is a fat intensive recipe, but hey it's ice cream! One can of coconut milk (13.5 oz) contains 45g or 30 blocks of fat. 2 Cups of berries is equal to 4 blocks of carbs. A one-cup serving of Coconut Milk ice cream yields 1 block carb, and about 7 blocks fat.

