



## Paleo Recipes To Keep You In Shape

S.No	Table of Contents	Page No
1.	<a href="#">Paleo Pancake</a>	<a href="#">03</a>
2.	<a href="#">Paleo Chips</a>	<a href="#">04</a>
3.	<a href="#">Broccoli and Pine-Nut Soup</a>	<a href="#">05</a>
4.	<a href="#">Paleo Apple Recipe</a>	<a href="#">06</a>
5.	<a href="#">Italian-Style Roast Beef</a>	<a href="#">07</a>
6.	<a href="#">Kale Chips Recipe</a>	<a href="#">08</a>
7.	<a href="#">Paleo Egg Breakfast</a>	<a href="#">09</a>
8.	<a href="#">Roasted Acorn Squash Recipe</a>	<a href="#">10</a>
9.	<a href="#">Boiled Fish</a>	<a href="#">11</a>
10.	<a href="#">Cinnamon Chicken Recipe</a>	<a href="#">12</a>
11.	<a href="#">Carob Treat</a>	<a href="#">13</a>
12.	<a href="#">Shrimp Ceviche</a>	<a href="#">13</a>



## *Paleo Pancake*

### Ingredients

- ✓ 6 eggs
- ✓ 1 can coconut milk
- ✓ 2 Teaspoons vanilla
- ✓ 1/2 Tablespoon baking soda
- ✓ 1 Tablespoon honey
- ✓ 2 Teaspoons cinnamon
- ✓ 3/4 Cup coconut flour

### Instructions:

Preparing this pancake is simple. This is healthy and does not require much time. All you have to do is beat the eggs until they're frothy and mix the remaining ingredients together. Set the heat to medium and cook on the girdle. When you pour the batter, try to keep the cakes small.



## *Paleo Chips*

### Ingredients

- ✓ 1 large, ripe eggplant
- ✓ 2 Eggs
- ✓ 2 cups

### Instructions:

Shred the egg plant in a food processor. Mix it with egg and cheese. Bake (on both sides) the mixture at 450 degrees F in a pre-heated oven for 10 minutes. Loosen and flip the circles. Remove from oven and cut rounds into triangles with a pizza cutter. Allow it cool before being served.



## *Broccoli and Pine-Nut Soup*

### Ingredients

- ✓ 1 onion, diced
- ✓ 1tbs oil
- ✓ 3 cups broccoli
- ✓ 3 cups chicken or vegetable stock
- ✓ ¼ cup pine-nuts

### Instructions:

Start by frying the onion in a large pan with oil on medium heat until slightly browned. After the onion has been moderately browned, add the broccoli and the stock. Let the mixture simmer for 10-15 minutes or until broccoli has softened. Set it aside and let it cool down for a short time. Take your broccoli and stock mixture and place it in a food processor or use an electric blender. Process or blend until you have created a smooth texture. Remember to heat your soup before serving it to your guests or family.



## *Paleo Apple Recipe*

### 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.



## *Italian-Style Roast Beef*

### Ingredients

- ✓ 4-pound bottom round roast
- ✓ 2 large onions, sliced
- ✓ 3 cloves garlic, chopped
- ✓ 1 tablespoon garlic powder, plus more to taste
- ✓ 1 tablespoon oregano, plus more to taste
- ✓ 2 cups fresh baby carrots

### Instructions:

In Dutch oven, sear sides of roast over high heat until well browned. Brown in a few Tbs. of oil in the dutch oven on medium high heat, on all sides. Remove from pan and set aside. Lower heat to medium and add onion and garlic, cooking about 3 minutes until softened. Season meat with garlic powder and oregano and return to pan. Add one cup cold water to pan. Cover and cook on medium-low heat for about 3 1/2 hours. Add more water as needed to create a rich au jus. After the second hour, arrange baby carrots around the meat, seasoning with garlic powder and oregano to taste. When meat is tender, remove from meat, carrots and onions from pan. Put meat on a carving board and slice; place carrots in serving bowl with cooked onion.





## *Kale Chips Recipe*

### Ingredients

- ✓ 2 handfals kale leaves
- ✓ 1 teaspoon cayenne pepper
- ✓ Cooking spray
- ✓ Sea salt

### Instructions:

Preheat oven to 350°F. Arrange kale on a non stick baking sheet. Very lightly coat kale with cooking spray and a bit of sea salt. Sprinkle cayenne pepper on top of the kale and bake for 10 minutes or until crispy.





## *Paleo Egg Breakfast*

### Ingredients

- ✓ Two eggs
- ✓ 5 to 7 slices of bacon
- ✓ One handful of frozen spinach

### Instructions:

Boil the eggs. I like to boil mine for about 6 minutes and then immediately put them under cold water. Put the bacon slices in a frying pan. You won't need grease, the bacon is greasy enough. The frozen spinach (or fresh if you have that available) could be unfreezes in the microwave for 2 to 3 minutes. Add some salt on top of the eggs and you are good to go.



## *Roasted Acorn Squash Recipe*

### Ingredients

- ✓ 2 acorn/pepper squash;
- ✓ 3 tbsp clarified butter, tallow or coconut oil;
- ✓ 2 onions, thinly sliced;
- ✓ 3 cloves garlic, minced;
- ✓ 1 tsp ground coriander seed;
- ✓ ½ tsp nutmeg;
- ✓ Sea salt and freshly ground black pepper to taste;

### Instructions:

Preheat your oven to 375 F. Cut each squash in half, but leave the seeds in. Place cut end up on a baking sheet and roast them for about 50 minutes to an hour, long enough so that the flesh is fork tender. Remove once cooked and let cool for several minutes. Meanwhile, in a medium skillet over a medium heat, saute the onions in the cooking fat. Cook for close to 10 minutes, until the onions are translucent and begin to be golden brown. Add the garlic to the skillet, followed by the coriander, nutmeg, salt and pepper. Continue to cook for about 2 minutes. Remove the seeds from the squash and discard. Spoon out the tender flesh and discard the skin. Roughly mash up the squash and add it to the skillet. Mix well. Only leave on heat long enough to blend flavors.



## *Boiled Fish*

### Ingredients

- ✓ Fish filets (1-2 per serving)
- ✓ Salt
- ✓ Pepper
- ✓ Garlic salt
- ✓ Lime or lemon
- ✓ Fresh or frozen broccoli

### Instructions:

First you want to find fish filets with white flesh, they should be pretty firm and have no strong fishy smell. The best way is to ask in your grocery store which day they get fish delivery and time your shopping accordingly. Pre-heat the oven to 350 degrees F (175 degrees C). While the oven is heated you can prepare the fish by putting it in a greased broiling pan and squeeze the lime over it. Add some salt, pepper and maybe a touch of garlic salt to it.

The broiling time can vary quite a bit depending on how big the filets are. If we are using fresh filets u broil them about 10 to 12 minutes. The easiest way to tell if the fish is done is to use a fork. When it flakes easily it is ready to be served. It takes about 4-5 minutes in the microwave oven to unfreeze them. Add some light sea salt to it and your ready to go!



## *Cinnamon Chicken Recipe*

### Ingredients

- ✓ 1 3lbs chicken, cut into 8 pieces (breasts, drumsticks, thighs and wings);
- ✓ ½ tsp sea salt;
- ✓ ½ tsp black pepper;
- ✓ 2/3 tsp cinnamon;
- ✓ 2 cloves garlic, minced;
- ✓ ½ tsp paprika;
- ✓ 1 onion, sliced;
- ✓ 1 cup water or chicken stock;

### Instructions:

Preheat your oven to 400 F. In a small bowl, combine the salt, pepper, garlic and cinnamon. Rub the chicken pieces with this mixture and allow it to sit for about 30 minutes at room temperature. Place the chicken pieces in a large roasting pan, sprinkle the meat all over with the paprika and add the onion slices to the pan. Cook for 35 minutes and then reduce the heat to 350 F. Stir in a cup of water to the roasting pan and continue cooking for another 50 minutes. Serve and use the juices from the pan as a sauce.



## *Carob Treat*

### Ingredients

- ✓ 1 cup toasted unsweetened carob
- ✓ 1 ½ cups pecan meal
- ✓ ½ cup or less coconut oil

### Instructions:

In a large bowl, mix all ingredients together. Spread in a baking tin lined with parchment paper.



## *Shrimp Ceviche*

### Ingredients

- ✓ 1 lb. shrimp, peeled & deveined
- ✓ 4 limes
- ✓ 1 small shallot, diced
- ✓ 1 medium tomato, diced
- ✓ 1 jalapeno, seeded and minced
- ✓ 1/4 cup olive oil
- ✓ 1 tsp. kosher salt
- ✓ 1/2 tsp. fresh ground black pepper
- ✓ 1/4 cup fresh cilantro leaves, diced
- ✓ 1 avocado

**Instructions:**

Bring a pot of water to boil and cook shrimp for about 3 minutes, until just cooked. Cooked shrimp ready for the lime juice. Drain, cool, de-tail, and roughly chop shrimp.

Squeeze limes into a medium bowl. Add shrimp, shallot, tomato, jalapeno, olive oil, salt, and pepper to lime juice and combine well. Cover and let marinate in fridge for a minimum of one hour (can chill up to six). Stir cilantro into chilled mixture. Serve ceviche with a slotted spoon and top with 1/4 sliced avocado.