

BIG PALEO CLUB



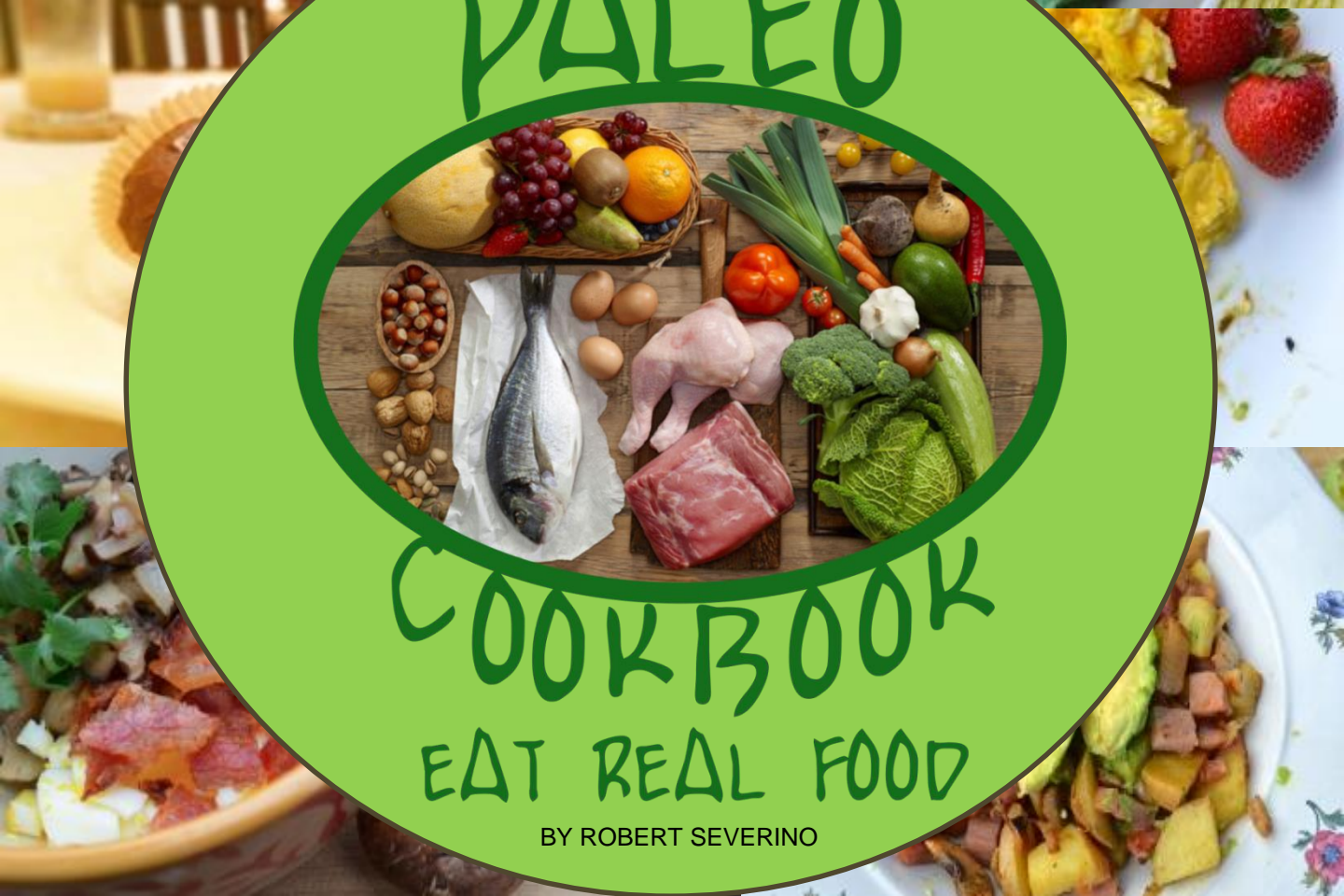
BREAKFAST
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PALEO

COOKBOOK
EAT REAL FOOD

BY ROBERT SEVERINO





You're here because you already know that the Paleo Diet is a great thing.

We both know that there's no other diet on earth that delivers so many across the board health benefits **WITHOUT** calorie counting, hype, gimmicks or anything like that.

In Fact, Paleo Is Not Really a "Diet" At All!

It's really a return to the type of eating your body naturally craves and was designed for. And that's why it works. It's based on how we humans evolved for literally millions of years.

And takes us back to our origins. A time when nobody got fat. When we were all strong, lean and had boundless energy. And when there were no degenerative diseases. **Virtually Every Health Benefit Under the Sun Can Now Be Yours!**

As I'm sure you've heard, countless individuals around the world have turned to the Paleo Diet and way of living in order to regain their health, energy, vitality and power.

Just a few of the benefits user report are:

- Leaner, Stronger Muscles
- Increased Energy
- Significantly More Stamina
- Clearer, Smoother Skin
- Weight Loss Results
- Better Performance and Recovery
- Stronger Immune System
- Enhanced Libido
- Greater Mental Clarity
- No More Hunger/Cravings
- Thicker, Fuller Hair
- Clear Eyes
- And So Much More!





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THE PALEO COOK BOOK BREAKFAST



ALMOND FLOUR PANCAKES

Ingredients

1	cup(s)	almond flour
1/2	cup(s)	applesauce, unsweetened
1	tablespoon(s)	coconut flour
2	large	egg(s)
1/4	cup(s)	water, (consider soda water for slightly fluffier pancakes)
1/4	teaspoon(s)	nutmeg, fresh
1/4	teaspoon(s)	sea salt
1	tablespoon(s)	coconut oil, divided
1/2	cup(s)	berries, fresh

Instructions

Combine almond flour, applesauce, coconut flour, eggs, water, nutmeg and sea salt in a bowl, and mix together

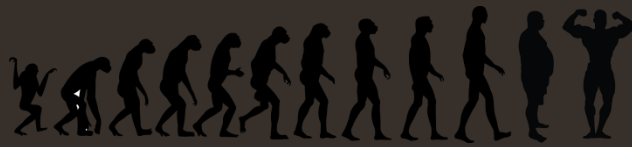
completely with a fork. The batter will appear a little thicker than normal mix.

Heat a non-stick frying pan over medium-low heat with coconut oil.

Drop 1/4 cup of batter onto the pan once it is fully heated. Spread out batter slightly if desired.

Flip like a normal pancake when the bubbles start showing up on the top, and cook for another minute or two.

Add more oil to the pan and repeat with remaining batter.



THE PALEO COOK BOOK BREAKFAST



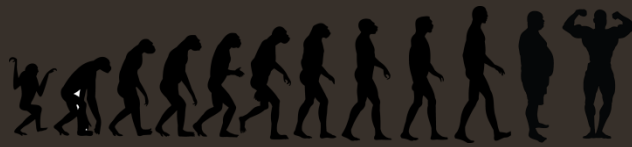
ALMOND MUFFINS

Ingredients

- 1 cup(s) almond butter
- 1 cup(s) almonds
- 1 cup(s) coconut milk, full fat
- 2 cup(s) coconut, unsweetened shredded
- 3 large egg(s)
- ¼ teaspoon(s) vanilla, (optional)
- 2 tablespoon(s) coconut sap, or raw honey (optional)
- paper muffin liners

Instructions

- Preheat oven to 400 F.
- Line a muffin tin with paper liners.
- Combine all ingredients and pour into muffin tin.
- Bake for 15 minutes.



THE PALEO COOK BOOK BREAKFAST



ALMOST OATMEAL

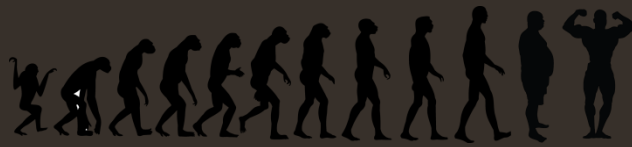
Ingredients

- | | |
|-----------------|--|
| 1 1/2 cup(s) | applesauce, unsweetened |
| 4 tablespoon(s) | almond butter, raw, chunky |
| 2 tablespoon(s) | coconut milk, full fat, unsweetened canned |
| 1 teaspoon(s) | cinnamon, to taste |
| 1 teaspoon(s) | nutmeg, fresh, grated (optional) |

Instructions

Combine all ingredients in a small pan over medium heat, stirring often until all is thoroughly combined and warm.

Add fresh or dried fruits and/or nuts for additional texture and flavor.



THE PALEO COOK BOOK BREAKFAST



BACON STIR-FRY BREAKFAST

Ingredients

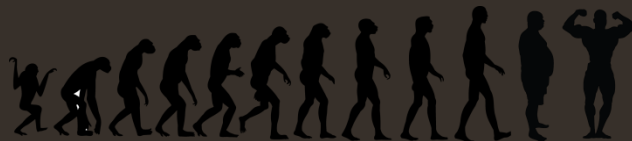
- 8 slice(s) bacon, diced
- 1/2 medium onion(s), yellow, diced
- 1 medium sweet potato(es), diced
- 1 medium zucchini, diced
- 1/3 pound(s) green beans, fresh, or about 8-10 beans
- 1 medium avocado(s)
- 1/8 teaspoon(s) black pepper, freshly ground, to taste

Instructions

Cook chopped bacon in a medium skillet over medium-low heat. Drain fat when done and set bacon aside. Meanwhile, heat a large saute pan over medium-high heat. Add 1 Tbs of drippings from the bacon pan, onion, and sweetpotato.

Stirring often, saute until onions begin to turn translucent and sweet potato softens slightly (about 10-15 minutes).

Add zucchini and green beans to the sweet potato mixture and cook just until they turn bright green. Combine bacon and vegetables. Season with freshly ground black pepper, and top with avocado to serve.



THE PALEO COOK BOOK BREAKFAST



BANANA ALMOND PANCAKES

Ingredients

- 2 medium banana(s)
- 2 large egg(s)
- 1 tablespoon(s) coconut flour
- 2 tablespoon(s) almond butter
- 1 cup(s) blueberries, fresh or frozen
- ¼ cup(s) nuts of choice, (walnuts, macadamia, almonds are good), chopped
- 1 teaspoon(s) coconut oil
- ¼ teaspoon(s) sea salt, (optional)

Instructions

Mash bananas in a bowl. Add the eggs, coconut flour, almond butter, blueberries, and nuts and salt, and whisk until well blended.

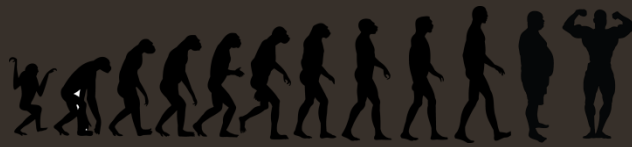
Heat a large non-stick skillet over medium heat along with a small pat of coconut oil.

Pour small discs of batter onto the hot pan (around 3-4 inches around). They'll be easier to flip if you keep them from the edges of the pan.

Flip when batter loses its "tackiness" around the edges.

Cook other side slowly over medium heat until fully cooked.

Reapply oil to the pan after each round of pancakes.



THE PALEO COOK BOOK BREAKFAST



BANANA TAPIOCA CREPES

Ingredients

7	large	egg(s)
5	large	banana(s)
1	can(s)	coconut milk, full fat (403 mL)
1	teaspoon(s)	sea salt
2 1/4	cup(s)	tapioca flour or starch, (about 10 oz)

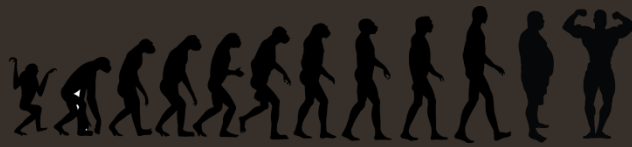
Instructions

Mix and mash all ingredients together to make a pretty soupy batter (a hand held mixer works well).
Meanwhile, heat a large, non-stick pan over medium low heat.

When the pan is hot, cover the bottom of the pan with a thin layer of batter (about 1 cup or so).

Flip when bottom is golden brown. Cook until both sides are lightly browned.

These crepes are great plain, or use them to wrap meat and veggies.



THE PALEO COOK BOOK BREAKFAST



BELGIAN WAFFLES WITH BLUEBERRIES

Ingredients

3	large	egg(s)
1	cup(s)	cashew meal
1/4	cup(s)	coconut milk, full fat
1/2	teaspoon(s)	baking soda
1/2	teaspoon(s)	vanilla
1/4	teaspoon(s)	sea salt, (optional)
1/2	cup(s)	blueberries, fresh or frozen
1	tablespoon(s)	coconut oil, melted for greasing the waffle iron

Instructions

Preheat waffle iron to the lowest setting.

Place the first five ingredients (eggs, cashew meal, coconut milk, baking soda, vanilla) and salt (if using), in the order listed into a blender and process until completely smooth.

Brush waffle iron with melted coconut oil and pour batter in, filling almost to the edges (about 3/4 cup per waffle).

Close the lid and cook for one to three minutes until waffles release easily.

Top each waffle with 1/4 cup blueberries and serve.

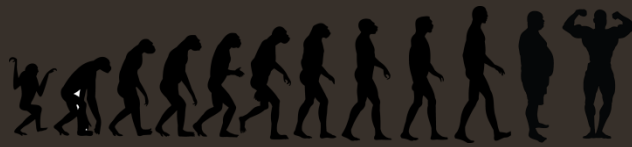


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THE PALEO COOK BOOK BREAKFAST



Berries with Coconut and Lime

Ingredients

1 cup(s) m berries, fresh
1/4 cup(s) coconut milk, full fat, (preferably the cream at the top of the can)
1/2 medium lime(s)

Instructions

Divide berries into small bowls.
Add coconut milk, and sprinkle with lime juice.

BREAKFAST SMOOTHIE

Ingredients

2 cup(s) berries, frozen
2/3 cup(s) coconut, unsweetened shredded
1 cup(s) almond milk, unsweetened, (canned coconut milk if you want more calories/fat)
2 large egg(s), (safest if from pastured chickens)

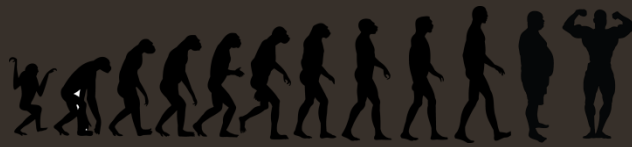
Instructions

Fill a blender (or magic bullet or whatever) with the frozen berries and quickly pulse with a little hot water to break them up.

Add shredded coconut, eggs, and almond milk.

Continue to blend until smooth, and divide into two glasses.





THE PALEO COOK BOOK BREAKFAST



BLT BREAKFAST

Ingredients

6 slice(s)	bacon, diced
2 cup(s)	spinach, baby
1 cup(s)	tomatoes, cherry or grape, halved (or use 1 medium tomato, chopped)
4 large	egg(s)
1 medium	avocado(s)
2 tablespoon(s)	almonds, slivered

Instructions

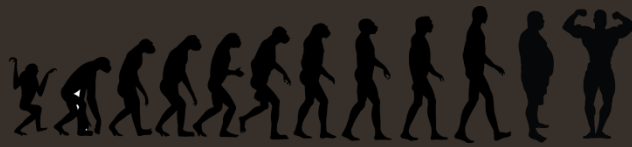
Cook bacon in a large skillet over medium-low heat, stirring frequently until fully cooked (about 15 minutes). Remove 1 tablespoon of bacon drippings and set aside.

Add baby spinach and tomatoes to the bacon and remaining drippings, and toss until spinach is wilted and tomatoes are warmed (a few minutes). Remove from heat.

Meanwhile, heat a non-stick pan over medium heat.

Add reserved bacon drippings when pan is hot. Fry eggs in bacon drippings.

To serve, place the eggs on top of the bacon, spinach and tomatoes, and top with avocado and slivered almonds. Season with freshly ground black pepper and sea salt, if desired.



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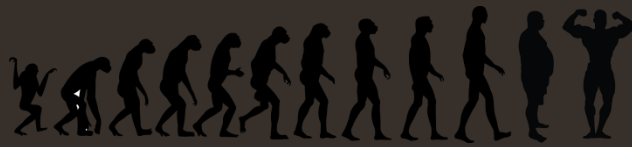
CARROT BANANA MUFFINS

Ingredients

2	cup(s)	almond flour
2	teaspoon(s)	baking soda
1/2	teaspoon(s)	sea salt
1	tablespoon(s)	cinnamon
1	cup(s)	dates, pitted
3	medium	banana(s)
3	large	egg(s)
1	teaspoon(s)	apple cider vinegar
1/4	cup(s)	coconut oil, melted
1 1/2	large	carrot(s), shredded (1.5 cups)
3/4	cup(s)	walnuts, (or nuts of choice), finely chopped
paper muffin liners		

Instructions

Preheat oven to 350 F. In a large bowl, combine flour, baking soda, salt and cinnamon. In a food processor, combine dates, bananas, eggs, vinegar and oil. Add mixture from food processor to dry mixture in the large bowl and combine thoroughly. Fold in carrots and nuts. Spoon mixture into paper lined muffin tins. Bake at 350 F for 25 minutes.



THE PALEO COOK BOOK BREAKFAST



CHICKEN STIR-FRY BREAKFAST

Ingredients

2	large	egg(s)
1	tablespoon(s)	water
1	teaspoon(s)	coconut oil, or lard, or tallow
1/4	pound(s)	asparagus, washed and cut into 1-2 inch pieces
1	medium	bell pepper(s), red, sliced
1	medium	garlic clove(s), minced
1/2	pound(s)	chicken breast(s), boneless, skinless, cooked, diced
1/2	cup(s)	olives, sliced; (optional, Castelveltrano recommended)
1/4	teaspoon(s)	sea salt, (optional)
1/4	cup(s)	almonds, slivered
1/2	medium	avocado(s), sliced

Instructions

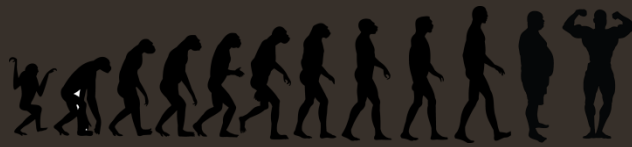
In a small bowl, beat eggs and water together. Set aside.

Heat a large skillet over medium-high heat. Add coconut oil when pan is hot.

Add asparagus, red pepper, and garlic, and sauté for 5 minutes, or until slightly tender.

Add chicken, eggs, and olives (if desired). Stirring constantly, cook until vegetables are slightly tender, eggs are cooked, and chicken is heated through.

Season with sea salt (if desired), and top with almonds and avocado to serve.



THE PALEO COOK BOOK BREAKFAST



CHOCOLATE COCONUT BANANA MUFFINS

Ingredients

3	medium	banana(s), mashed (1 cup)
3	tablespoon(s)	honey, raw
1/4	cup(s)	coconut oil, melted
1/2	teaspoon(s)	vanilla
3	large	egg(s)
1/4	cup(s)	coconut flour
1/4	cup(s)	cocoa powder, unsweetened
1/2	teaspoon(s)	baking soda
1/2	teaspoon(s)	sea salt
1/4	cup(s)	chocolate chips, semi-sweet, optional
paper muffin liners		

Instructions

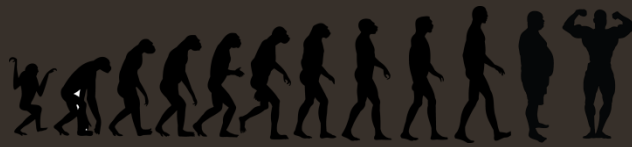
Preheat the oven to 350 F and line a muffin tin with paper baking cups.

Place the liquid ingredients (mashed bananas, honey, melted coconut oil, vanilla, and eggs) into a food processor or mixing bowl and mix or whisk together until combined.

Add the dry ingredients (coconut flour, cocoa powder, baking soda, and sea salt) to the wet ingredients, and mix together until thoroughly combined. Spoon batter into each cup, dividing evenly between the 12 cups. If desired, sprinkle the tops with chocolate chips.

Bake muffins for 15-20 minutes or until a toothpick inserted comes out mostly clean. They will still feel a little soft at the bottom when they're done, but will firm up as they cool.

Cool on a wire rack, and store in an airtight container in the fridge.



THE PALEO COOK BOOK BREAKFAST



Chorizo Rice with Fried Egg

Ingredients

1	pound(s)	chorizo, ground
1/2	head(s)	cauliflower, cut into florets
1/4	medium	onion(s), yellow, diced
1	medium	garlic clove(s), peeled and minced
1/2	small	bell pepper(s), diced
1/4	cup(s)	cilantro, fresh, chopped
2	medium	onion(s), green, diced (optional for garnish)
2	large	egg(s)
2	tablespoon(s)	lard
1/4	teaspoon(s)	sea salt
1/4	teaspoon(s)	black pepper, freshly ground

Instructions

To "rice" the cauliflower, put the cauliflower into a food processor fitted with a chopping blade and pulse until a rice-like consistency has formed. A cheese grater also works well for this task. Heat a large skillet over medium-high heat and add 1 tablespoon lard. Add chorizo and cook, stirring frequently, until lightly browned on all sides (about 7 minutes). Add the yellow onion, garlic, bell pepper, salt, and black pepper to the chorizo. Sauté for 1-2 minutes until aromatic. Reduce heat to medium and add the riced cauliflower to the pan. Cook for another 5 minutes, or until done, stirring frequently.

While chorizo 'rice' mixture is simmering, heat up 1 tablespoon of lard in a separate pan. When hot, fry eggs to desired doneness.

Pile chorizo mixture onto a plate, and top with a fried egg.

Garnish with cilantro and optional green onions. Enjoy!

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