

Paleo Quick and Easy Recipes:
Brunches, Lunches and Dinners

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About the Book:

Find out why everyone is talking about the Paleo diet! This book contains a collection of 21 delicious recipes for brunch, lunch and dinner that all follow the Paleo guidelines.

1. Mouth-watering brunch items, like maple pumpkin pancakes, great for sharing with friends and family!
2. Light and nutritious lunches, say good bye to the drive-thru lunch!
3. Savory and delicious dinner entrees like Spicy Shrimp Stir-fry.

This diet has been sweeping across the nation and producing amazing results for people's health including:

1. Long lasting weight loss
2. Stabilized blood sugar levels
3. Lower cholesterol
4. Increased energy
5. Vitamins and nutrients to repair any damaged cells
6. Delicious food all along!

The Paleo diet is a great way to get healthy without having to sacrifice flavor in your meals. By only eating all natural foods that our caveman ancestors could have hunted or gathered, you will be providing your body with the nutrients, vitamins and minerals it needs to be lean and strong. From lemon pastries, to a pear and pecan salad, to honey mustard chicken, you will be loving your new Paleo diet and wonder what took you so long to jump on the bandwagon! Start your delicious journey to better health today by clicking the "buy now" button and receiving these 21 delicious recipes!

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Introduction:

With the hustle and bustle of today's economy, it is often hard to keep up with healthy eating habits. The refined grains, sugars and processed foods that are stocked on the grocery store shelves only make the problem worse. Eating unhealthy has become much more convenient. Unfortunately, all of these foods will eventually begin to deteriorate the immune system and can even lead to cancer. By switching to the Paleo diet, you can bring your whole system back to a balanced state, boosting your metabolism as well as your immune system!

So, one might ask, what is this "Paleo diet"? The diet is based on the same foods our ancestors would have prepared up until 10,000 years ago. The theory is that our bodies are much more accustomed to eating a diet of natural foods that do not include agricultural or processed options. Paleo foods include meat cavemen would have hunted, or the fruits, vegetables and spices found in the wilderness. This is why it is often referred to as "the cave man diet" or "the hunter gatherer diet".

The main foods consumed on the Paleo diet include meat, fish, seafood, poultry, fruits, vegetables and nuts. In our modern day world, we must forage through the grocery stores to find foods that are as close to their natural state as possible. It can actually be quite difficult as we must look out for preservatives, hormones, additives, chemicals, refined sugars, refined flours and many more odd ingredients we can't even pronounce. These recipes keep it simple with ingredients that are easy to find and combine to make delicious, nutritious dishes.

It has been proven that by simply following the guidelines of the diet, we can reduce the risk of obesity, type 2 diabetes, autoimmune disease, cardiovascular disease and acne, just to name a few. Here are twenty-one simple yet delicious recipes for brunch, lunch and dinner time to start you on your way to better health. Or if you have already been using the diet for some time, they will be a great addition to your collection. Enjoy!

Brunches

Savory Mushroom and Bell Pepper Omelet Cups

Nutritional info: Calories 188, Fat 12.5 g, Protein 16.7 g, Carbohydrates 6.8 g
Servings: 8

Ingredients:

8 eggs
8 ounces sliced mushrooms
1 cup diced red bell pepper
1 cup diced onion
1/4 teaspoon salt
1/8 teaspoon ground black pepper
2 tablespoons water

Directions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Grease a 12 cup muffin pan (or use paper liners).
3. Whisk the eggs together in a large bowl.
4. Mix in the mushrooms, bell pepper, onion, salt, pepper and water.
5. Divide the mix between 8 muffin cups and fill the remaining 4 with water.
6. Bake for 20 minutes.
7. Allow to cool and serve.

Maple Pumpkin Pancakes

Nutritional info: Calorie 332, Fat 16.5 g, Protein 20.1 g, Carbohydrates 25.2 g.

Servings: 2

Ingredients:

1/4 c. pumpkin puree
2 tbsp. unsweetened almond milk
2 eggs
1 tsp. maple syrup
1 tbsp. pure vanilla extract
2 tbsp. coconut flour
1/2 tsp. baking soda
1/4 tsp. salt
1/2 c. almond meal
1/2 tsp. ground cinnamon, or to taste
1/4 tsp. ground ginger, or to taste
1/8 tsp. ground cloves, or to taste
2 tsp. coconut oil, or as needed

Directions:

1. In a large mixing bowl, stir the puree, milk, eggs, syrup and vanilla until it has become smooth.
2. In a separate bowl, stir together the flour, baking soda, salt, almond meal, cloves, cinnamon and ginger.
3. Whisk the flour and pumpkin mixtures together until lumps are gone.
4. Let it sit for 3 minutes while heating the coconut oil in a skillet over low heat.
5. Drop in the batter to make 5 inch pancakes. Brown on one side, flip and brown the other side.
6. Enjoy!

Flavorful Crab Cakes

Nutritional info: Calories 177, Fat 5g, Protein 22.4g, Carbohydrate 4.8g
Servings: 6

Ingredients:

1 large egg
2 tbsp. Paleo mayonnaise (see bonus recipe below)
1 tsp. Dijon mustard
1/2 tsp. Worcestershire sauce (see bonus recipe below)
1/4 tsp. hot sauce
1/4 tsp. lemon juice
1 1/2 tsp. seafood seasoning (see recipe below)
Ground black pepper to taste
1lb. fresh lump crabmeat
1/4 c. almond flour
1 tbsp. red pepper (finely diced)
2 tsp. green onion (sliced)
1 tbsp. fresh parsley (chopped)
1/3 c. almond flour

Directions:

1. In a large bowl, whisk together the egg, mayonnaise, mustard, Worcestershire sauce, hot sauce, lemon juice, seafood seasoning and black pepper.
2. Gently mix in the crab meat, 1/4 c. almond flour, peppers, onions and parsley.
3. Form into 6 patties.
4. Place the remaining 1/3 cup of almond flour in a shallow bowl.
5. Coat either side of the cakes with almond flour.
6. Place on a greased cooking sheet and let them chill for an hour in the fridge.
7. Preheat the oven to 400 degrees.
8. Place the cakes in the oven for 15-20 minutes or until they are golden brown.
9. Serve!

****Bonus Recipes!**

Paleo Mayonnaise:

1 c. olive oil
1 egg
1 tbsp. lemon juice
Salt and Pepper

Mix the egg, lemon juice, salt and pepper until well combined. Slowly stir in the oil, allowing it to emulsify. That's it!

Paleo Worcestershire Sauce:

1/2 c. apple cider vinegar

2 tbsp. water
2 tbsp. coconut aminos
1/4 tsp. ginger (ground)
1/4 tsp. mustard powder
1/4 tsp. onion powder
1/4 tsp. garlic powder
1/8 tsp. cinnamon (ground)
1/8 tsp. black pepper (ground)

In a small saucepan over low heat, add all the ingredients and stir until heated through. Let simmer for 5 minutes then cool and store in the fridge.

Paleo Seafood Seasoning

1 tsp. salt
1 tsp. freshly ground black pepper
1 tbsp. lemon zest (about 1 tablespoon)
2 tbsp. dill weed

Combine all ingredients and mix well. Use immediately

Carrot Souffle

Nutrition: Calories 258, Fat 6 g, Protein 19 g, Carbohydrates 20 g

Servings: 8

Ingredients:

1 tsp. coconut oil
2 lbs. baby carrots
1/2 c. melted coconut oil
1/4 c. sifted coconut flour
2 tbsp. lemon juice
1 tbsp. pure vanilla extract
1 tbsp. raw honey
1 tbsp. nutmeg (ground)
1 tsp. cinnamon (ground)
1 tsp. baking soda
1/2 tsp. sea salt
4 large eggs

Directions:

1. Heat up the oven to 350 degrees Fahrenheit.
2. Grease a casserole dish (1 1/2 quarts) with coconut oil.
3. Bring a large pot to a boil and add the carrots. Lower the heat to a simmer and cover for 45 minutes.
4. Drain the water from the carrots and transfer the carrots to a food processor.
5. Combine the melted coconut oil, flour, lemon juice, vanilla, nutmeg, cinnamon, honey, baking soda and salt with the carrots. Pulse until smooth.
6. Add in the eggs one at a time.
7. Spoon the mixture into the dish and bake for about 45 minutes.

Savory Chicken Patties

Nutritional info: Calories 105, Fat 5.2 g, Protein 12.1 g, Carbohydrates 0.3 g.

Servings: 8

Ingredients:

1lb. ground chicken
1 tsp. salt
3/4 tsp. ground black pepper
2 tsp. fresh sage leaves (finely chopped)
1 tsp. fresh thyme (finely chopped)
1/4 tsp. fresh rosemary (chopped)
1/4 tsp. ground nutmeg
1/4 tsp. cayenne pepper
1/4 tsp. red pepper flakes

Directions:

1. In a medium-sized bowl, mix together the chicken, salt, pepper, sage, thyme, rosemary, nutmeg, cayenne pepper and red pepper flakes.
2. Mix together using your hands until well combined.
3. Form into 8 equal sized patties.
4. Heat a skillet over medium-high heat and add the patties in batches. Brown one side, flip and brown the other. Be sure they are cooked through.
5. Serve!

Lemon Pastries

Nutritional info: Calories 244, Fat 16.5 g, Protein 9.5 g, Carbohydrates 19.9 g.

Servings: 4

Ingredients:

Pastry

1 c. almond meal

3 tbsp. lemon juice

4 dates (pits removed)

Filling:

6 tbsp. lemon juice

1 lemon (zest)

1 tbsp. honey

2 eggs

Directions:

Pastry:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Grease 4 cups of a muffin pan (or line with 4 paper liners).
3. Place the almond meal, lemon juice and dates in a food processor and blend thoroughly.
4. Press the mixture into the bottom of the muffin cups to form a layer of crust.
5. Place the pan in the oven and bake for 10-12 minutes.

Filling:

1. In a sauce pan over low heat, mix the lemon juice, lemon zest and honey.
2. Let it simmer for 2 minutes.
3. Meanwhile, beat the eggs together in a bowl.
4. Carefully pour the eggs into the mixture while whisking.
5. Remove from the heat and let it cool for 5 minutes.
6. Pour the filling into the crust you made earlier and refrigerate.
7. Allow the filling to set before you serve.

Cinnamon Banana Bread

Nutritional Info: Calories 355, Fat 22.7 g, Protein 8.9 g, Carbohydrates 35.6 g.

Servings: 8

Ingredients:

2 tbsp. ground cinnamon
1 c. ripe bananas (mashed)
½ c. coconut flour
1 tsp. baking soda
⅛ tsp. sea salt
½ c. almond butter
4 eggs (beaten)
1 tsp. coconut oil

Directions:

1. Preheat the oven to 350 degrees Fahrenheit.
2. Coat the bottom of a 9x5 inch loaf pan with 1 tsp. coconut oil.
3. Sift the baking soda, coconut flour and salt in a bowl, mix well ensuring there are no lumps.
4. Combine the mashed bananas, almond butter and eggs in a separate bowl.
5. Add the banana mixture into the flour and mix thoroughly.
6. Put the mixture into the loaf pan.
7. Place in the oven for 50 minutes.
8. Stick a tooth pick in the middle to ensure it is cooked through.
9. Let it cool and serve.

Lunches

Tahini Kale Salad

Nutritional info: Calories 100, Fat 4 g, Protein 4 g, Carbohydrates 15 g.
Servings: 2

Ingredients:

1 bunch of kale (chopped)
1-2 tbsp. tahini
1 tsp. lemon juice
1 tbsp. apple cider vinegar
1 tbsp. rice wine vinegar
1 clove of garlic (pressed)
Sea Salt to taste
Pepper to taste
1 tsp. raw honey to taste

Directions:

1. In a small bowl, whisk together the tahini, lemon juice, rice vinegar, apple cider vinegar, garlic, salt, pepper and honey.
2. Use your hands and firmly squeeze the kale to bruise it (this makes it easier to chew).
3. Place it in a large bowl and pour the dressing over the top.
4. Toss together until the kale is completely covered in dressing.
5. Serve!

Walnut and Artichoke Salad

Nutritional info: Calories 175, Fat 10 g, Protein 7 g, Carbohydrates 20 g.

Servings: 4

Ingredients:

1½ tbsp. walnuts (chopped)

8 oz. spinach leaves

1 avocado, (peeled, pitted and sliced)

1 lemon (juiced)

Directions:

1. Over medium-high, toast the walnuts for 3-4 minutes, shifting the pan often so the walnuts do not burn. Let cool for 15 minutes.
2. Toss the spinach, walnuts and avocado in a bowl and drizzle the lemon juice over the top.
3. Salt and pepper to taste.
4. Serve and Enjoy!

Taco Salad

Nutritional info: Calories 385, Fat 24.7 g, Protein 25 g, Carbohydrates 18.5 g.

Servings: 4

Ingredients:

- 2 tbsp. chili powder
- 2 tsp. cumin (ground)
- 2 tsp. garlic powder
- ½ tsp. cayenne pepper
- Salt and black pepper to taste
- 1 lb. grass-fed ground beef
- 1 onion (diced)
- 2 garlic cloves (minced)
- 1 tbsp. lime juice
- 2 romaine hearts (shredded)
- 3 c. cherry tomatoes (halved)
- ⅓ c. cilantro (chopped)
- 1 avocado (cubed)
- 1 tbsp. coconut oil

Directions:

1. In a small bowl, mix together the chili powder, cumin, garlic powder, cayenne pepper, salt and black pepper.
2. Melt the coconut oil in a large skillet over medium-high heat.
3. Add the onions and allow them to become translucent. After 5 minutes, add and brown the garlic.
4. After 1 minute more, add the ground beef. Break it up and brown it thoroughly.
5. Once browned, add in the spice mix and cook for an additional 2-3 minutes. Be sure to cover all the beef.
6. Add in the lime juice.
7. Lay the romaine lettuce on the serving plates and top with the meat, cherry tomatoes, avocados and cilantro. Serve and enjoy!

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