

PALEO DIET COOKBOOK

45 PALEO DIET RECIPES

STARTERS-SALADS-SIDES-BREAKFASTS-
LUNCHES-DINNERS-DESSERTS

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A Disclaimer

The recipes featured in this Cookbook include snacks, breakfasts, dinners, desserts, and other menu items. We recommend you take control of your diet and do your best to keep it balanced. This means eating breakfast, lunch, and dinner, with occasional snacking and even rarer indulgence in desserts.

Please be aware that these recipes have been created with only a very general audience in mind. No special care has been taken to meet the specific dietary needs of any individuals with pre-existing conditions, food allergies, or any other considerations. If you have food allergies, please pay special attention to the items included in the “Ingredients” section of each recipe.

If you have any pre-existing conditions (such as heart disease, diabetes, etc.), it is in your best interest to consult with your family doctor and/or nutritionist before beginning a new diet. Please consult with your physician before you start to incorporate any of the recipes in this Cookbook into your diet.

Also be advised that the general diet tips offered throughout this cookbook are not medical guidelines. If any of the advice in this cookbook conflicts with your doctor’s orders, always give preference to the word of your doctor. Your doctor will know your body’s specific needs better than this book, which is intended for use by a general audience, will.

What is the Paleo Diet?

Introduction:

Every year, exercise scientists and nutrition experts strive to find the most up to date understanding of the human body and what people should be eating to stay healthy. However, there are some people who believe that the way future for humanity will rely upon looking far back into the past to model the lifestyle habits of our ancient ancestors.

History:

In the 1970s, people seeking a solution to the problem of unhealthy eating stumbled upon an idea that formed the basis of what is now called the Paleo (or Paleolithic) Diet. Also called the Caveman Diet, this way of eating is based on eating a diet of plants and animals, much like what cavemen were believed to have eaten thousands of years ago.

In the years since this diet was first discovered, many people have had success using it to lose weight, improve their health, and get the better body they long desired. As a result, the Paleo Diet has caught on in America and elsewhere as one of the fastest-growing diet trends today.

What It Is:

In summary, believers in the diet contend that the human body evolved thousands of years ago, before the invention of agriculture and food processing. Consequently, we are programmed by nature to eat a diet like what our human ancestors would have eaten back in the days of our Paleolithic forebears.

The Paleo Diet has been described by some doctors as a “biologically appropriate” diet that caters to the nutritional needs of the human body. The diet’s supporters believe that eating a Paleo Diet gives humans the right balance of nutrients that will result in good lifelong health.

What Can You Eat on a Paleo Diet?

The Paleo Diet harkens back to a time even before the days of yore and human recorded history. As a result, it can be incredibly frustrating for someone who lives in today's modern world of fast food and soft drinks to follow a strictly natural food diet.

Here is a quick overview of what you can eat on the Paleo Diet, just to make things a tad bit easier:

1. Lean Protein

Much like our caveman ancestors, Paleo Diet eaters allow themselves to eat animal meat. Protein from a variety of lean animal sources should be a central component of your diet. I recommend all of the following: grass-fed beef (like steak and lean hamburger), chicken, turkey, eggs, and fish (especially tuna, salmon, tilapia, and halibut).

2. Fruit

Paleo Dieters should make sure to eat a lot of fruits. Fruits, especially when eaten in a variety of colors and varieties, contain many essential nutrients that make the body strong and healthy. Berries (like blackberries and blueberries) are ALWAYS a great decision. I also like tropical fruit like papaya, mango, kiwi, pineapple, and others. Just be sure to eat raw, natural fruits rather than derivatives and fruity soft drinks.

3. Vegetables

A diet rich in vegetables of many colors (the deeper the better) promotes lifelong good health. Some of the best Paleo vegetables include bell peppers, broccoli, carrots, asparagus, and squash. As long as the vegetables don't contain any additives, they can be eaten raw, cooked, or frozen.

4. Nuts and Seeds

Nuts and seeds are an incredible source of healthy fats, as well as nutrients. Almonds are rich in Vitamin E, while walnuts pack a powerful Omega-3 punch. The strictest forms of Paleo diets recommend unsalted nuts.

Foods to Avoid

The Paleo Diet is very firm in its belief in a diet modeled around foods available in the Paleolithic era, when agriculture and animal domestication had not yet been mastered. As a result, you should only be eating foods available to hunter-gatherers, such as wild fish, fruits, vegetables, nuts, honey, and other lean protein sources (see previous section).

Here are some foods to avoid:

1. Grains

Cereal grains like rice, corn, wheat, oats, and barley should all be cut out of your diet if you want to “Go Paleo.” Even if you don’t cut them out, you should definitely cut them down.

2. Dairy*

Most people get calcium from dairy, but in the Paleolithic era, plants were the key source of calcium. You should cut back on dairy significantly. *However, many women suffer from or are at risk of developing osteoporosis and other bone problems. Consult with a doctor regarding your options for calcium intake.

3. Legumes

Legumes like peanuts can be occasionally eaten.

4. Added Sugar

Added sugar has been linked to many health problems, including diabetes. Avoid it even if you aren’t on a Paleo Diet.

5. Processed Foods

There were no processed foods in Paleolithic times. Nor should there be any in your new Paleo Diet.

Getting Started on Your Paleo Diet

Now that you know more about what the Paleo Diet is and what kinds of foods you are allowed to eat, here are some helpful guidelines to get you started:

1. Plan Out Your Week's Meals in Advance

Before the week even begins, you should craft your menu. Crafting a menu in advance makes you more likely to follow it and less likely to slip up later in the week.

2. Create a Grocery List

Look at your menu and then write down what groceries you will need to get to make every item on the menu. Write down the list and take it to the grocery store with you so you don't forget anything.

3. Stick to the List

Only get the items on your grocery list. Deviating will only pull you further from your goal, which is to eat a healthy and balanced Paleo Diet.

4. Drink Lots of Water

While this wasn't mentioned above, it should go without saying that water is the essential ingredient to life. You have to drink plenty of water, no matter what diet you're on. Even so, water is particularly beneficial for people trying to lose weight, burn fat, and get fit because it keeps you fuller for longer.

5. Monitor Your Progress with a Food Log

The best way to make sure you're actually following through on your diet plans is to write down what you eat every day in a food journal. At the end of the week, you can go back and see if you actually followed your plans and reached your goals. From there, identify problem areas and work even harder to shore them up.

45 Paleo Diet Recipes

Starters

#1 Tuna Dip

Ingredients

1/2 yellow pepper, seeds removed and thickly sliced
1/2 red pepper, seeds removed and thickly sliced
2 baby carrots, ends trimmed
2 celery sticks
4 ounces of canned tuna in Olive oil
1/4 teaspoon of paprika
1/2 tablespoon of capers, rinsed and drained
1 tablespoon of lemon juice

Directions

Pulse lemon juice, tuna, capers, salt, pepper, and paprika in a blender until it turns into a paste. Transfer to platter arranged with vegetables.

Nutrition Facts (per serving)

2 servings

152 calories

18.0g protein

9.4g carbohydrate

2.0g fiber

5.0g fat

#2 Grilled Peach Appetizer

Ingredients

3 ripe peaches, halved and pitted
6-8 slices good quality prosciutto
1 cup balsamic vinegar
1 tbsp honey, optional
8-10 basil leaves
2 tbsp coconut oil
Sea salt and freshly ground black pepper to taste

Directions

Let vinegar simmer for a few minutes in a saucepan. When it begins to thicken, add the honey and season to taste with salt and pepper. Once thick and syrupy, let cool.

While waiting for the grill to heat up, brush some of the coconut oil over the open side of each peach. Place them on grill face down and allow to cook until golden brown. Cook on the other side for only a minute.

Place the peaches face up on a large flat dish. Drizzle them with the balsamic vinegar syrup and then stuff the area where the pit was with prosciutto. Top with a basil leaf and serve.

Nutrition Facts (per serving)

4 servings

298 calories

11.9g protein

27.4g carbohydrate

2.4g fiber
17.1g fat

#3 Cauliflower Broccoli Soup

Ingredients

1 chopped broccoli head
1/2 cup chopped cauliflower head
1 teaspoon crushed chili
6 cups chicken stock
1/2 teaspoon garlic powder

Directions

Place all ingredients in large pot. Cook for 40 minutes until vegetables are tender. Mash vegetables and serve.

Nutrition Facts (per serving)

4 servings

160 calories
11.4g protein
18.9g carbohydrate
3g fiber
4.7g fat

Salads

#4 Salmon Arugula Salad

Ingredients

1 large wild salmon fillet
2 tbsp coconut oil
A few sprigs fresh thyme
2 cloves garlic, minced
A few handfuls of fresh arugula
2 to 3 artichoke hearts, chopped
3/4 cup cherry tomatoes, halved
Sea salt and freshly ground black pepper to taste

Dressing:

4 tbsp extra-virgin olive oil
2 tbsp lemon juice
1 tbsp Dijon or homemade mustard
Sea salt and freshly ground black pepper to taste

Directions

After seasoning both sides of the salmon fillet with salt and pepper, place on a sheet of foil (enough to wrap around the whole piece of fish) and drizzle with coconut oil. Sprinkle garlic and thyme on top of the fillet. Seal the salmon in the foil and barbecue for 15 to 20 minutes, until soft pink and flaky.

Meanwhile, in a large salad bowl mix the arugula, cherry tomatoes and artichoke hearts. During this time you can also combine the ingredients for the dressing and set aside for later use.

Once the salmon has cooked, remove from the grill and allow it to cool for a few minutes. Using a fork, pull apart the salmon into smaller pieces. Toss in with the rest of the salad. Drizzle with the dressing and serve while the salmon is still a little warm.

Nutrition Facts (per serving)

4 servings

374 calories

22.4g protein

12.8g carbohydrate

4.1g fiber

26.8g fat

#5 Raw Kale Salad

Ingredients

3 bunches fresh kale

1 cup fresh blueberries

2 medium carrots, grated

1/2 cup pomegranate seed

1/3 cup sliced almonds

1/3 cup raw pumpkin seeds

1 tbsp fresh mint, chopped

.5 cup olive oil

Directions

Rinse the kale and pat it dry with paper towels. Toss with remaining ingredients in a salad bowl.

Use olive oil as dressing.

Nutrition Facts (per serving)

4 servings

381 calories

5.6g protein

22g carbohydrate

6.1g fiber

32.1g fat

#6 Mango Shrimp Salad

Ingredients

3 tbsp fresh lime juice

2 tbsp olive oil

2 large mangos, peeled, pitted and diced

2 avocados, peeled, pitted and diced

2/3 cup green onion, finely chopped

2/3 cup cilantro, finely chopped

1lb peeled cooked shrimp

Sea salt and freshly ground black pepper to taste;

Directions

In a small bowl prepare the vinaigrette by combining the lime juice with the olive oil. Season to taste with salt and pepper, whisk together, and then set aside.

In a large bowl, mix up the mangoes with the avocado, green onion, cilantro and shrimp. Pour in the vinaigrette and toss well. Eat immediately or let chill until you eat.

Nutrition Facts (per serving)

4 servings

396 calories

26.2g protein

28.3g carbohydrate

8.2g fiber

21.6g fat

#7 Tropical Fruit Salad

Ingredients

4 kiwis

1 mango

1 tablespoon of honey

1 lime juiced

Directions

Peel the fruit, then dice. Mix the fruit cubes thoroughly before adding lime juice. Drizzle with honey, then let chill in the fridge. Serve and enjoy.

Nutrition Facts (per serving)

2 servings

220 calories
2.6g protein
56.9g carbohydrate
9.0g fiber
1.1g fat

#8 Mexican “Ensalada”

Ingredients

1 onion, diced
2 teaspoons ground cumin
1/3 cup cilantro, chopped
2 teaspoons garlic powder
1/2 teaspoon cayenne pepper
salt and ground black pepper to taste
1 tablespoon lime juice
1 pound ground beef
2 cloves garlic, minced
1/2 cup salsa
1/4 cup sour cream
2 tablespoons chili powder
2 romaine hearts, shredded
3 cups cherry tomatoes, halved
1/4 cup shredded Cheddar cheese

Directions

Pour cumin, salt, chili powder, black pepper, and cayenne pepper into a bowl and mix together.

After heating a skillet over medium-high heat, cook the ground beef until evenly browned and no longer pink (approx. 10 minutes). Mixing in onion and garlic, stir until onion is translucent, then mix in spice mixture for 2-3 minutes.

Combine salsa, sour cream, and lime juice in a small bowl. To serve, spread shredded romaine lettuce onto a serving platter and top with meat mixture, salsa mixture, cherry tomatoes, Cheddar cheese, and chopped cilantro.

Nutrition Facts (per serving)

4 servings

385 calories

25g protein

18.5g carbohydrate

6.1g fiber

24.7g fat

Sides

#9 Mashed Potatoes

Ingredients

6-8 potatoes, peeled

2 tbsp coconut oil

2 cloves garlic, minced

A few splashes of heavy cream or coconut milk

4-6 tbsp pesto

Sea salt and freshly ground black pepper to taste

Directions

Boil potatoes until soft. Once soft, strain the potatoes. In the same saucepan over a low heat, melt the cooking fat and add the minced garlic. Allow it to sit for a few moments in order for the flavors of the garlic to diffuse into the cooking fat.

Place the potatoes back in the saucepan and begin to mash. Pour in coconut oil as needed.

Once finished mashing, add the pesto. Lastly, season with salt and pepper to taste.

Nutrition Facts (per serving)

8 servings

348 calories

7.7g protein

60.3g carbohydrate

9.2g fiber

9.0g fat

#10 Paleo French Fries

Ingredients

1 large butternut squash

1/4 cup of olive oil or coconut oil

2-3 tsp. fresh dried herbs of your choice

Sea Salt and freshly ground black pepper to taste;

Directions

Preheat your oven to 425 F.

Cut the butternut squash in half and take out the seeds. Wash the middle and cut away the peel. Cut the squash into French fry shape.

In a bowl, evenly coat the butternut squash fries with the oil and the spices.

On a baking plate, place the fries evenly on a single layer. You can place a piece of parchment paper between the cooking plate and the fries if you don't want them to stick to the plate.

Roast until golden and crisp (approx. 25 minutes).

Nutrition Facts (per serving)

4 servings

132 calories

1g protein

2.7g carbohydrate

.9g fiber

13.6g fat

#11 Guacamole

Ingredients

2 ripe avocados

1 lime, juiced

1 jalapeno pepper, diced

1 clove garlic, minced

1/2 small onion, minced

1 Roma tomato, seeded and diced

1 tablespoon chopped fresh cilantro
salt and ground black pepper to taste

Directions

Peel and pit avocados and place in bowl. Squeeze lime juice on top mash the avocados. Add jalapeno pepper, garlic, onion, tomato, cilantro, salt, and pepper; mixing with fork.

Nutrition Facts (per serving)

6 servings

118 calories

1.7g protein

8.2g carbohydrate

5g fiber

9.9g fat

#12 Grilled Zucchini

Ingredients

2 zucchinis, quartered lengthwise

2 teaspoons olive oil

1/2 teaspoon garlic powder

1 teaspoon Italian seasoning

1 pinch salt

2 tablespoons balsamic vinegar

Directions

Preheat grill for medium-low heat and lightly oil it.

After brushing zucchini with olive oil, sprinkle garlic powder, Italian seasoning, and salt over it.

Cook on preheated grill until lightly browning. Brush balsamic vinegar over the zucchini and continue cooking 1 minute more. Serve immediately.

Nutrition Facts (per serving)

4 servings

38 calories

.8g protein

3.6g carbohydrate

.8g fiber

2.5g fat

#13 Apple Chips

Ingredients

2 apples, cored and sliced paper thin

2 tablespoons of honey

1/2 teaspoon of ground cinnamon

Directions

Preheat oven to 375 degrees. Mix cinnamon with honey. Spread apples in single layer on top of parchment paper placed on a cookie sheet. Sprinkle cinnamon and honey mix on top. Cook in preheated oven for 55 minutes.

Turn the apple slices. Sprinkle cinnamon and honey mix on top once more. Bake for another 55 minutes, till apples are lightly browned.

Nutrition Facts (per serving)

2 servings

147 calories

.3g protein

38.9g carbohydrate

4.2g fiber

.2g fat

Breakfasts

#14 Protein Waffles

Ingredients

1/2 cup unsweetened shredded coconut

1/2 cup almond flour

1/4 cup whey protein powder

1/8 teaspoon baking powder

1/8 teaspoon baking soda

1/8 teaspoon salt

1 teaspoon ground cinnamon

1/2 cup mashed ripe banana

1/4 cup milk

2 teaspoons vanilla extract
2 tablespoons dark (grade B) maple syrup (optional)
2 eggs
1 egg white
1 very ripe banana, mashed

Directions

Grease and preheat a waffle iron.

Blend coconut until it becomes a fine powder. Mix coconut, almond flour, whey protein powder, baking powder, baking soda, salt, and cinnamon in a bowl.

Mix 1/2 cup mashed banana, milk, vanilla extract, and maple syrup together in another bowl.

Separate the whites from the yolks of the 2 eggs and put all 3 egg whites in a metal bowl. Mix 2 egg yolks into the banana mixture. Beat egg whites until foamy, beating until stiff peaks form. Lift your beater or whisk straight up: the egg whites will form sharp peaks.

Pour banana mixture into almond flour mixture and stir until combined. Mix in 1/3 of the egg white mixture until combined; gently fold in remaining 2/3 egg white mixture, preserving as much volume as possible.

Ladle batter into preheated waffle iron in the amount recommended by manufacturer. Close lid and cook waffle until golden and crisp, 3 to 4 minutes. Repeat with remaining batter. Top waffles with remaining 1 mashed banana.

Nutrition Facts (per serving)

4 servings

333 calories
10.5g protein
34.5g carbohydrate
5.4g fiber
18.4g fat

#15 Almond Porridge

Ingredients

2 cups shredded almonds
4 cups coconut milk
6 eggs

Directions

Combine coconut milk and eggs in saucepan. Cook on medium heat until it becomes crumbly. Add shredded almonds and mix until you get the desired consistency.

Nutrition Facts (per serving)

6 servings
307 calories
13.7g protein
11.9g carbohydrate
3.9g fiber
23.8g fat

#16 Paleo Muffins

Ingredients

2 ripe bananas
1 cup pitted dates (optional)
1/2 cup almond butter
1/2 cup coconut flour
1/4 cup coconut oil, melted
1/4 cup palm shortening
2 tablespoons cocoa powder
2 teaspoons baking soda
1 tablespoon vanilla extract
1/2 teaspoon salt
1/2 cup dark chocolate chips
1/2 cup chopped walnuts

Directions

Preheat oven to 350 degrees. Line 12 muffin cups with paper liners.

Puree bananas and dates until smooth. Add almond butter, coconut flour, coconut oil, palm shortening, cocoa powder, baking soda, vanilla extract, and salt. After pulsing to make a thick batter, scrape sides to fully incorporate ingredients.

Spoon batter into prepared muffin cups, filling them 2/3 full. Toss chocolate chips and walnuts together in a small bowl, then sprinkle on top of each muffin, pressing them gently into tops.

Bake in the preheated oven until a toothpick inserted into the center of a muffin comes out clean, 16 to 18 minutes.

Nutrition Facts (per serving)

12 servings

313 calories
4.4g protein
30.5g carbohydrate
7.2g fiber
21.4g fat

#17 Paleo Blueberry Pancakes

Ingredients

1/4 teaspoon baking powder
1 1/2 cups almond meal
2 eggs
1/2 teaspoon vanilla extract
1/2 teaspoon ground cinnamon
1/4 cup coconut milk, or more as needed
1/2 cup applesauce
1 teaspoon olive oil, for frying
1 cup blueberries (for topping)

Directions

Mix almond flour, eggs, vanilla extract, cinnamon, applesauce, baking powder, and coconut milk in a bowl.

Lightly oil a griddle and place over medium-high heat. Spoon batter onto the griddle and cook until bubbles form and the edges of pancake are dry. Flip and cook until browned on the other side. Repeat until you have no batter left.

Puree blueberries in a food processor until smooth. Top pancakes with pureed blueberries.

Nutrition Facts (per serving)

10 servings

112 calories

8.2g protein

8.4g carbohydrate

.7g fiber

5.9g fat

#18 Pork Sausage

Ingredients

1 pound ground pork

1 teaspoon kosher salt

3/4 teaspoon ground black pepper

2 teaspoons finely chopped fresh sage leaves

1 teaspoon finely chopped fresh thyme

1/4 teaspoon chopped fresh rosemary

1/4 teaspoon ground nutmeg

1/4 teaspoon cayenne pepper

1/4 teaspoon red pepper flakes

Directions

Mix together ground pork, kosher salt, black pepper, sage, thyme, rosemary, nutmeg, cayenne pepper, and red pepper flakes in a bowl. Knead until totally incorporated. Form into 8 patties.

Place sausage into a skillet over medium heat; cook until browned (approx. 10 minutes). Flip patties and continue to cook until fully cooked through (approx. 7 more minutes).

Nutrition Facts (per serving)

8 servings

118 calories

10.1g protein

.3g carbohydrate

.1g fiber

8.2g fat

Lunches/Dinners

#19 Egg Burgers

Ingredients

3 lbs ground grass-fed beef

3 large eggs

2 cloves garlic, minced

1 tbsp fresh herbs of your choice, finely chopped

6 eggs

2 avocados, sliced

Hollandaise sauce

Sea salt and freshly cracked black pepper to taste

Directions

Combine 3 eggs with ground beef in a bowl. Mix in garlic, then season with salt, pepper, and herbs.

Form 6 patties that are slightly smaller than the mushroom caps so they can fit on top once cooked.

Place on a preheated BBQ grill and cook on each side (I recommend until medium or medium-rare, but do what you prefer).

While the burgers are on the grill, poach the eggs.

Once the patties are cooked, put on a plate and place the poached eggs on each burger patty.

Pour Hollandaise sauce over the eggs and burgers. Serve with the avocados slices.

You can also add other toppings or condiments depending on your preferences. Lettuce and tomato slices are two good options.

Nutrition Facts (per serving)

6 servings

804 calories

50.8g protein

5.9g carbohydrate

3.9g fiber

63.0g fat

#20 Salmon Filets

Ingredients

2 cloves garlic, minced

6 tablespoons olive oil

1 teaspoon dried basil
1 teaspoon salt
1 teaspoon black pepper
1 tablespoon lemon juice
1 tablespoon parsley, chopped
2 6-ounce salmon filets

Directions

Preheat oven to 375 degrees.

In a medium glass bowl, prepare marinade by mixing garlic, light olive oil, basil, salt, pepper, lemon juice and parsley. Place salmon fillets in a medium glass baking dish, and cover with the marinade. Marinate in the refrigerator about 1 hour. Turn occasionally.

Place salmon in aluminum foil, cover with marinade, and seal. Place sealed salmon in the glass dish, and bake 35 to 45 minutes, until flaky.

Nutrition Facts (per serving)

2 servings

674 calories

43.6g protein

1.7g carbohydrate

.2g fiber

54.4g fat

#21 Paleo-talian Chicken Dinner

Ingredients

4 boneless, skinless chicken breast halves
salt and pepper to taste
2 teaspoons olive oil
1 can diced tomatoes with green peppers and onions
1/4 cup sun dried tomato pesto
1 can artichoke hearts

Directions

Season both sides of chicken breasts with salt and pepper. Heat oil in a large skillet over medium-high heat. Place chicken in skillet; cook, turning once to brown each side. Remove chicken from pan, and set aside.

Pour tomatoes into pan; cook for 1 minute, stirring constantly, and incorporating any brown bits from bottom of pan. Stir in pesto and artichokes, and return chicken to pan. Cover, and reduce heat to medium. Simmer for 5 to 10 minutes, or until chicken is cooked through.

Nutrition Facts (per serving)

4 servings

228 calories

30.5g protein

11.4g carbohydrate

3.4g fiber

6.5g fat

#22 Hawaiian Pork

Ingredients

5 pounds pork butt roast
1 tablespoon liquid smoke flavoring
2 1/2 tablespoons Hawaiian sea salt, divided

Directions

Preheat oven to 325 degrees. Rub liquid smoke and 1 1/2 tablespoons of the salt into the skin of the pork. Wrap in foil, and seal completely. Place in a roasting pan.

Bake in the preheated oven until an internal temperature of 145 degrees is reached, about 5 hours. Remove from oven and let cool before shredding. Sprinkle the shredded meat with the remaining 1 tablespoon of salt.

Nutrition Facts (per serving)

12 servings
251 calories
19.2g protein
0g carbohydrate
0g fiber
18.8g fat

#23 Tarragon Tuna

Ingredients

3 tablespoons olive oil
2 cloves garlic, peeled and minced
2 tablespoons tarragon vinegar

1/2 teaspoon dried tarragon
freshly ground black pepper to taste
1 1/2 pounds fresh tuna steaks

Directions

In a bowl, whisk together olive oil, garlic, tarragon vinegar, dried tarragon and pepper. Place tuna steaks into the mixture. Cover and marinate in the refrigerator at least 4 hours.

Preheat an outdoor grill, lightly greasing it with olive oil.

Grill tuna steaks 8 to 10 minutes per side, until the tuna flakes easily and is cooked thoroughly.

Nutrition Facts (per serving)

4 servings

337 calories

39.9g protein

.6g carbohydrate

0g fiber

18.5g fat

#24 Meatballs

Ingredients

1 pound lean ground beef
4 cloves garlic, minced, divided
1/4 cup finely chopped onion, divided
salt and pepper to taste

3 roma (plum) tomatoes, diced
1 teaspoon dried parsley
1/2 teaspoon ras el hanout (optional)
1/2 cup water

Directions

Combine the ground beef with half of the minced garlic and a tablespoon of chopped onion. Mix with your hands until fully incorporated. Shape the meat mixture into 1 1/2-inch oblong patties; you should have 12 meatballs.

Heat a skillet over medium-high heat. Brown the patties in batches until they are crispy on both sides and are no longer pink in the center, about 10 minutes. Set the meatballs aside in a rimmed serving dish and repeat with the remaining patties.

Reduce the heat to medium and stir in the remaining chopped onion. Add salt and pepper. Cook the onions in the drippings, stirring constantly, until the onion has softened and turned translucent, about 5 minutes. Stir in the remaining half of the garlic and cook for 30 seconds.

Stir in the roma tomatoes, dried parsley, ras el hanout, and water. Cook until the tomatoes are soft, about 5 minutes. Pour the tomato sauce over the meatballs and serve.

Nutrition Facts (per serving)

12 servings

424 calories

27.8g protein

5.3g carbohydrate

1.2g fiber

31.5g fat

#25 Broiled Chicken

Ingredients

3 tablespoons extra virgin olive oil
4 bone-in chicken breast halves with skin
2 teaspoons kosher salt
1 teaspoon freshly ground black pepper

Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Rub olive oil over each chicken breast, then season both sides with salt and black pepper. Put chicken on a broiling pan.

Broil for 10 minutes, then flip over. Continue broiling the chicken until no longer pink at the bone and the juices run clear, about 10 minutes more. It should have an internal temperature of 165 degrees. Remove from the oven and allow meat to rest for 5 minutes before serving.

Nutrition Facts (per serving)

4 servings

389 calories

45g protein

.3g carbohydrate

.1g fiber

21.9g fat

#26 Hearty Meatloaf

Ingredients

1 1/2 pounds ground beef
1 tablespoon Worcestershire sauce
1 (4 ounce) can tomato sauce
1/3 cup crushed fried pork skins
2 eggs
2 1/2 tablespoons chili powder
1 tablespoon garlic salt
1 tablespoon garlic pepper seasoning

Directions

Preheat the oven to 375 degrees.

Mix all ingredients together in a bowl until well blended. Mold into a loaf then place into a greased loaf pan.

Bake for 45 minutes in the preheated oven. Let stand for at least 5 minutes before serving.

Nutrition Facts (per serving)

8 servings

316 calories

18.5g protein

3g carbohydrate

1.1g fiber

25.4g fat

#27 Parthenon Chicken

Ingredients

4 skinless chicken thighs
4 cups water
3 tablespoons olive oil
3 large red onions, halved, then sliced lengthwise
20 pitted prunes
1 1/2 tablespoons sweet paprika
2 bay leaves
1 tablespoon salt, or to taste
ground black pepper to taste

Directions

Boil chicken thighs and water in a saucepan over high heat, then reduce heat to medium-low, and simmer for 15 minutes.

At the same time, heat the olive oil in a large skillet over low heat. Stir in the onions, and cook covered for 10 minutes. Do not let the onions brown.

Add the chicken to the onions along with 3 cups of the cooking liquid. Stir in the prunes, paprika, bay leaves, salt, and pepper. Return to a simmer, cover, and cook for around 20 minutes.

Nutrition Facts (per serving)

4 servings
393 calories
22g protein
38.5 carbohydrate

5.9g fiber
18.3g fat

#28 Pre-historic Pork Chops

Ingredients

1/2 teaspoon minced garlic
1/4 teaspoon ginger paste
1/2 teaspoon dried sage
1 teaspoon kosher salt
4 boneless pork chops
2 tablespoons olive oil

Directions

Whisk together the garlic, ginger, sage, and salt in a bowl, and pour into a resealable plastic bag. Add the pork chops, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for at least two hours.

Heat olive oil in a skillet on medium-high or preheat an outdoor grill for medium-high heat, and lightly oil the grate. Remove the pork chops from the marinade, and shake off excess. Discard the remaining marinade.

Cook until the pork is no longer pink in the center, about 7 minutes on each side. The center should be 145 degrees.

Nutrition Facts (per serving)

4 servings
188 calories
14.3g protein

.4g carbohydrate
.1g fiber
14.1g fat

#29 Bacon Wrapped Pork Loin

Ingredients

1 (5 pound) pork loin roast
1 tablespoon olive oil
1 pound sliced bacon
3 cups chicken stock
1 tablespoon dried rosemary
1 tablespoon dried thyme
6 fresh basil leaves
6 fresh sage leaves
4 cloves garlic, chopped
8 fresh pearl onions, peeled

Directions

Preheat the oven to 300 degrees.

Rub the pork loin with olive oil and place in a roasting pan. Drape slices of bacon over the top. Combine the chicken stock, rosemary, thyme, basil, sage and garlic. Pour over the roast. Place onions around the sides. Cover with a lid or aluminum foil.

Bake for an hour and a half. Remove the lid or foil, and continue to bake for 30 minutes, or until the bacon is browned. It should be 145 degrees at the center of the pork loin.

Nutrition Facts (per serving)

10 servings

437calories

42.4g protein

2g carbohydrate

.3g fiber

27.5g fat

#30 Grilled Shrimp

Ingredients

1/4 cup olive oil

1/4 cup lemon juice

3 tablespoons chopped fresh parsley

1 tablespoon minced garlic

ground black pepper to taste

crushed red pepper flakes to taste (optional)

1 1/2 pounds medium shrimp, peeled and deveined

Directions

Stir the lemon juice, garlic, olive oil, black pepper, parsley, and garlic in a large bowl, seasoning with crushed red pepper if desired. Add shrimp and then toss. Let marinate in the fridge for a half hour.

Preheat grill for high heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard any remaining marinade.

Lightly oil grill grate. Grill for 2 to 3 minutes per side, or until opaque.

Nutrition Facts (per serving)

6 servings

173calories

18.7g protein

1.6g carbohydrate

.2g fiber

10g fat

#31 Roasted White Fish

Ingredients

2 tablespoons olive oil

4 leeks, sliced

1 tablespoon chopped fresh thyme

2 ounces bacon, chopped

1/4 cup olive oil

1 1/2 pounds whitefish fillets

1 sprig fresh thyme

1/2 cup white wine

Directions

Preheat oven to 475 degrees.

Toss leeks with bacon and 1/4 cup olive oil, and then put into a pan for baking.

Roast until leeks soften (approx. 10 minutes). Add 1 tablespoon thyme and white wine, and then roast 10 more minutes.

Place whitefish on top and drizzle with 2 tablespoons olive oil; bake until the fish flakes easily with a fork. Garnish with thyme sprig.

Nutrition Facts (per serving)

2 servings

468 calories

42.9g protein

13.6g carbohydrate

1.7g fiber

24g fat

#32 Omega-3 Tuna Burgers

Ingredients

3 eggs

2 (8 ounce) cans tuna, drained

2 tablespoons soy sauce

2 tablespoons olive oil

1/4 cup chopped cilantro

2 tablespoons lemon juice

1 tablespoon grated ginger root

1 tablespoon olive oil, for frying

kosher salt and ground black pepper to taste

1/2 cup almond meal

Directions

Mix almond meal, 2 tablespoons olive oil, soy sauce, tuna, cilantro, lemon juice, eggs, black pepper ginger, and kosher salt until consistency is firm. Mold into 4 patties.

First heat 1 tablespoon olive oil in a grill pan or skillet over medium heat, and then cook tuna burgers in the hot oil until patties are set and and browned on both sides (approx. 5 minutes per side).

Nutrition Facts (per serving)

4 servings

340 calories

39.8g protein

6g carbohydrate

.2g fiber

17.4g fat

#33 Spaghetti Squash

Ingredients

1 spaghetti squash, halved lengthwise and seeded

1 1/2 pounds ground beef

1 zucchini, diced

1 white onion, diced

1 tablespoon red pepper flakes, or to taste

1 tablespoon extra-virgin olive oil

1 cup sliced mushrooms

1 green bell pepper, chopped

1 red bell pepper, chopped

1 clove garlic

1 (14.5 ounce) can crushed tomatoes
1 (8 ounce) can crushed tomatoes
chopped fresh basil, or to taste
1/4 cup chopped fresh oregano, or to taste
1/4 cup chopped fresh thyme, or to taste
1/2 cup extra-virgin olive oil, divided
1/4 cup water

Directions

Preheat oven to 400 degrees.

Pour water into a baking dish. Place squash halves with cut sides down in baking dish; roast for until tender, 30 to 40 minutes.

While squash is baking, cook and stir ground beef and onions in a skillet over medium-high heat until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Set beef aside.

Heat 1 tablespoon olive oil in a skillet over medium heat; cook and stir mushrooms, zucchini, green and red bell peppers, both amounts of crushed tomatoes, basil, oregano, garlic and thyme. Simmer over medium heat until vegetables are cooked through and tender, about 10 minutes. Add the ground beef and onions; stir to combine. Simmer on low heat, stirring occasionally, while you finish preparing spaghetti squash.

Scrape the inside of hot spaghetti squash halves with a fork to shred the squash into strands; divide onto 8 plates. Drizzle each serving of spaghetti squash with 1 tablespoon extra-virgin olive oil and top each serving with a generous amount of meat sauce.

Nutrition Facts (per serving)

8 servings

388 calories
17g protein
14.5g carbohydrate
3.2g fiber
29.9g fat

#34 Honey Chicken

Ingredients

1 cup peeled and cubed fresh pineapple
2 tablespoons olive oil
2 red bell peppers, chopped
2 large boneless, skinless chicken breasts, cubed
1/4 cup honey
1 large onion, cut into 8 wedges
1 large head broccoli, cut into florets
1/2 cup honey
2 tablespoons finely chopped ginger

Directions

Heat olive oil in a skillet over medium heat. Add chicken (in cube form), 1/4 cup honey, and ginger. Cook and stir until chicken is golden brown. Add bell peppers, onion, broccoli, pineapple, and remaining 1/2 cup honey. Cover over medium-high heat until vegetables are tender, stirring occasionally.

Nutrition Facts (per serving)

6 servings

309 calories
18.3g protein
47.3g carbohydrate
3.2g fiber
6.7g fat

#35 Stuffed Peppers

Ingredients

1 red bell pepper minced
2 red bell peppers
2 orange or yellow bell peppers
1 lb ground veal
3 tbsp extra-virgin olive oil
1 red onion minced
1 clove garlic minced
10 oz cherry tomatoes
1 oz raisins
Zest from one lemon
1 tbsp fresh cilantro, minced
1 tbsp fresh oregano, minced

1 tbsp fresh marjoram, minced
Sea salt and freshly ground black pepper to taste

Directions

Preheat oven to 350F.

After washing the peppers thoroughly, cut 2 red bell peppers and 2 orange or yellow bell peppers in half. Remove the seeds and the white membranes.

Then, place the bell peppers on a cooking dish and completely cover with 1 tbsp of olive oil. Next, place the bell peppers in the oven for 20 minutes while on a medium-high heat preheating 2 tbsps of olive oil.

Add the garlic, the onions and the minced peppers for 2 min or cook until they soften. Once the vegetables are soft, add the veal and season to taste with salt and pepper.

Add the cherry tomatoes, raisins, lemon zest and fresh herbs and cook for another few minutes once the meat is almost cooked through.

Stuff all the pre-cooked bell peppers with the veal mixture.

Cover the bell peppers with some aluminum foil and place in the oven for 25 minutes.

Remove the foil and cook again for another 5 to 10 minutes.

Nutrition Facts (per serving)

6 servings

271 calories

20.8g protein

19.7g carbohydrate

2.7g fiber

13g fat

#36 Pork Loin

Ingredients

2 pounds boneless pork loin, cut into 1-inch cubes

2 tablespoons potato starch

1 tablespoon curry powder

1 small onion, chopped
1 teaspoon chicken bouillon granules
1/2 teaspoon ground ginger
1/4 teaspoon ground cinnamon
1/2 teaspoon salt
1/2 cup orange juice
1 clove garlic, minced
1/4 cup raisins
1/4 cup flaked coconut
1 tart apple, peeled and diced
2 tablespoons cold water

Directions

Put orange juice, curry powder, chicken bouillon, ginger, cinnamon, and salt in a slow cooker. Add in the apple, onion, garlic, raisins, and coconut and stir. Drop pork cubes into the sauce.

Whisk together the water and potato starch in a small bowl, removing lumps then stir into slow cooker.

Cover the slow cooker and cook on low heat until pork is very tender (approx. 5-6 hours).

Nutrition Facts (per serving)

8 servings

216 calories

18.9g protein

12.5g carbohydrate

1.3g fiber
10g fat

#37 Squash Skillet

Ingredients

3 slices bacon, cut into 1/4-inch squares
1 butternut squash, peeled and cubed
1 teaspoon thyme
1 mango, peeled and cubed
salt and ground black pepper, to taste

Directions

Cook bacon in a large skillet over medium-high heat, turning occasionally, until evenly brown (approx. 5 minutes). Stir in squash and thyme, cooking until squash begins to brown (approx. 10 to 15 minutes). Stir in mango and heat for 5 minutes.

Nutrition Facts (per serving)

2 servings

424 calories
11.8g protein
91.3g carbohydrate
14.6g fiber
6.6g fat

#38 Basil Chicken

Ingredients

For the Chicken:

2 pounds chicken breasts (sliced into strips)

10 slices bacon

Basil

Pepper

Sea Salt

Thyme

For the Sauce:

15 oz organic tomatoes

1/2 cup canned coconut milk

1 teaspoon coconut oil

1 teaspoon garlic

Sea Salt

Pepper

Directions

Slice chicken into strips and season generously with pepper, sea salt, thyme, and basil.

Wrap a piece of bacon around each chicken strip, and then put into a greased dish. Bake until the chicken is cooked through.

Meanwhile, make the tomato cream sauce in a saucepan. Boil garlic, salt, coconut oil, pepper, and tomatoes, adding in the coconut milk after a minute. Let simmer until it thickens.

Once chicken is baked and the sauce is complete, either pour sauce over chicken while still in the baking dish or top individual chicken strips with sauce on serving plates.

Nutrition Facts (per serving)

4 servings

357 calories

47.6g protein

8.7g carbohydrate

0g fiber

12.9g fat

#39 Paleo Stew

Ingredients

1 pinch saffron threads

2 tablespoons olive oil

8 ounces Spanish chorizo, cut into 1/2 inch pieces

4 cups lacinato kale - washed, stemmed, and torn into pieces

3 stalks celery, diced

2 teaspoons ground cumin

1/2 teaspoon ground turmeric

2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

3 carrots, diced

5 garlic cloves, minced

2 sweet potatoes, peeled and cut into 1-inch pieces

8 cups chicken broth

1 large onion, diced
1 lemon, juiced
salt and pepper to taste
1 pinch harissa
1 tablespoon paprika
1 tablespoon chopped fresh flat-leaf parsley, or to taste

Directions

Cook and stir onion in olive oil in a soup pot over medium-high heat for 5 minutes. Add chorizo and continue cooking, stirring frequently, for another 3 minutes.

Add celery and carrots; continue stirring and cooking until vegetables have softened slightly, about 3 minutes. Add cumin, paprika, turmeric, kosher salt, ground black pepper, saffron threads, and garlic. Cook and stir until garlic is fragrant and slightly soft, 3 more minutes.

Add sweet potatoes and chicken broth. Bring to a boil, reduce heat to medium-low, and cook until sweet potatoes are tender, about 20 minutes. Add kale and cook until vegetables are soft and the kale is wilted and cooked through, about 10 more minutes.

Stir in lemon juice; adjust salt and ground black pepper to taste. Garnish with harissa and parsley.

Nutrition Facts (per serving)

8 servings

249 calories

10.4g protein

18.8g carbohydrate

4g fiber
15.4g fat

Desserts

#40 Apricot Cake

Ingredients

1 cup almond butter
1/2 cup honey
1/4 cup unsweetened cocoa powder
2 teaspoons vanilla extract
1/4 teaspoon sea salt
1/2 teaspoon baking soda
3 eggs
1/2 cup fresh diced apricots
olive oil

Directions

Preheat oven to 325 degrees.

Blend honey and almond butter until smooth. Mix in other ingredients, except apricots. Add apricots to blended mix. Grease a 8x8 dish with olive oil, and then pour in the batter. Bake for around 35minutes.

Nutrition Facts (per serving)

16 servings

152 calories

3.8g protein

13.9g carbohydrate

2.1g fiber

10.1g fat

#41 Banana and Blueberry Bread

Ingredients (per serving)

3 bananas, mashed

1 cup blueberries

1 teaspoon baking soda

1 teaspoon baking powder

1 teaspoon cinnamon

3 cups almond flour

2 tablespoons coconut flour

2 tablespoons ground flaxseeds

1/2 teaspoon salt

1/4 cup coconut milk

2 tablespoons honey

1 tablespoon vanilla extract

3 eggs

olive oil

Directions

Preheat oven to 375 degrees.

Whisk almond flour, coconut flour, baking powder, baking soda, flaxseeds, salt, and cinnamon in a large bowl. Mix in the other ingredients. Pour the final mixture into a pan greased with olive oil. Bake for 50 minutes.

Let cool and then serve.

Nutrition Facts

12 servings

242 calories

8.1g protein

20.6g carbohydrate

5.0g fiber

15.7g fat

#42 Blackberry Caveman Bars

Ingredients

1 cup coconut flour

1/2 cup shredded coconut

1 teaspoon cinnamon

1/2 teaspoon baking soda

1 teaspoon baking powder

1/2 teaspoon sea salt

1/4 cup honey

2 bananas

2 eggs

2 tablespoons melted coconut oil

1 teaspoon vanilla extract

1 cup almond milk

1 cup blackberries

Directions

Preheat oven to 350 degrees and grease a baking pan with olive oil.

Mix shredded coconut, coconut flour, cinnamon, salt, baking soda, and baking powder in bowl. Add honey, mixing again. Add in the rest of the ingredients except the berries, mixing thoroughly. Add in more almond milk if necessary.

Place in the berries and pour into the pan. Bake 40 minutes or until golden.

Let cool and cut 16 squares.

Nutrition Facts (per serving)

16 servings

142 calories

3.2g protein

18.7g carbohydrate

4.3g fiber

6.0g fat

#43 Banana Paleo Smoothie

Ingredients

1 banana

1/2 cup of coconut milk

1/4 cup of water

1 tablespoon of honey

12 ice cubes

Directions

Combine coconut milk and banana in a blender to pulse. Add in honey and water. Blend until smooth. Add ice cubes. Blend some more. Pour smoothie into 2 glasses. Serve immediately.

Nutrition Facts (per serving)

2 servings

115 calories

1.0g protein

26.4g carbohydrate

1.6g fiber

1.6g fat

#44 Nutty Nut Bars

Ingredients

1/2 cup of pecans

1/4 cup of unsweetened shredded coconut

1/2 teaspoon of sea salt

2 teaspoons of ground cinnamon

2 cups of whole almonds

1/2 cup of pumpkin seeds

1 tablespoon of vanilla extract

4 tablespoons of raw honey

2 tablespoons of coconut oil

Directions

Preheat oven to 350 degrees.

Line an 8x8 pan with parchment paper. Chop pecans and almonds and place in a large bowl. Add shredded coconut, pumpkin seeds, cinnamon and salt, mixing well.

Microwave coconut oil, vanilla and honey on high for about 15 seconds, until the coconut oil completely melts. Pour over the nut mix and combine. Put it into a pan. Press the mix against the pan to form an even layer of nuts.

Bake until the nut mix turns golden brown. Let cool and then cut into 16 pieces.

Nutrition Facts (per serving)

16 servings

139 calories

3.3g protein

8.9g carbohydrate

2.4g fiber

11.1g fat

#45 Lemon Tarts

Ingredients

1 cup almond meal

3 tablespoons lemon juice

4 dates, pitted

Filling:

6 tablespoons lemon juice

1 lemon, zested

1 tablespoon honey, or to taste
2 eggs

Directions

Preheat oven to 350 F and line 4 muffin cups with paper liners.

Blend almond meal, 3 tablespoons lemon juice, and dates together. Press mixture firmly into bottoms and up sides of muffin cups.

Bake muffins until crusts are lightly golden brown (approx. 10 to 12 minutes).

Heat 6 tablespoons lemon juice, lemon zest, and honey in a saucepan over low heat, and then let simmer for 2 minutes. After beating eggs in a bowl, slowly add them to the simmering mixture, whisking vigorously. Remove from heat and allow to cool for 5 minutes. Pour filling into shells, and place in refrigerator to cool.

Nutrition Facts (per serving)

4 servings

244 calories

9.5g protein

19.9g carbohydrates