week 4

RECIPES & PHOTOS BY REBECCA BOHL
### Veggies
- Asparagus: 1 lb
- Broccoli: 1 lb
- Carrots: 8 large carrots
- Cauliflower: 2 heads
- Celery: 1 bunch
- Cherry Tomatoes: 2 pints
- Chipotle Peppers: 3
- Cucumbers (Persian): 4
- Endive: 3 heads
- Garlic: 4 heads
- Green Bell Pepper: 1
- Green Onions: 1 bunch
- Jalapeno: 2
- Kale: 64oz
- Lettuce: 1 head
- Mushrooms: 8oz
- Pearl Onions: 8oz
- Red Bell Pepper: 4
- Red Cabbage: 1
- Red Onion: 3
- Spaghetti Squash: 1
- Spinach: 48oz
- Sweet Potato: 1
- Tomatoes: 4
- Yellow Bell Pepper: 1
- Yellow Onions: 2 large, 1 medium, 2 small
- Yellow Squash: 1
- Zucchini: 3 medium

### Meat & Eggs
- Andouille Sausage: 2
- Bacon: 2 slices
- Beef Brisket: 3 lbs
- Center Cut Pork Chops: 1
- Chicken Breast: 2 lbs
- Eggs: 2 dozen
- Ground Beef: 2 lbs
- Lump Crab Meat: 1 16oz can
- Shrimp: 15
- Smoked Salmon: 2 oz
- Whole Chicken: 1

### Nuts & Seeds
- Almonds: 6oz
- Cashews: 20oz
- Chia Seeds: 2oz
- Pumpkin Seeds: 2oz
- Sunflower Seeds: 2oz

### Oil & Vinegar
- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Oil
- Extra Virgin Olive Oil
- White Vinegar
- White Wine Vinegar

### Fruits
- Avocado: 2
- Banana: 1
- Blueberries: 1 pint
- Lemons: 3
- Limes: 2

### Fresh Herbs
- Chives: 1 oz
- Cilantro: 1 bunch
- Ginger: 1 small knob
- Oregano
- Parsley: 1 bunch
- Thyme: 4 sprigs

### Spices & Baking
- Almond Flour
- Baking Powder
- Basil
- Bay Leaves
- Cayenne Pepper
- Chili Powder
- Chili Powder
- Cinnamon
- Coconut Flour
- Coriander
- Cumin
- Curry powder
- Oregano
- Peppermint Extract
- Red Pepper Flakes
- Salt
- Vanilla
- Whole Peppercorns

### Nuts & Seeds
- Almonds: 6oz
- Cashews: 20oz
- Chia Seeds: 2oz
- Pumpkin Seeds: 2oz
- Sunflower Seeds: 2oz

### Other
- Adobo Sauce: 2 cans
- Almond Butter
- Almond Milk: 16oz
- Beef Broth: 24oz
- Capers
- Chicken Broth: 32oz
- Coconut Flakes: 4oz
- Coconut Milk: 18oz
- Crushed Tomatoes: 28oz
- Dried Cranberries: 8oz
- Ghee
- Green Chilis: 1 can
- Honey
- Maple Syrup
- Tomato Sauce: 1 15oz can
- Unsweetened Dark Chocolate: 2oz
Day #22

Breakfast
Immune-Boosting Blueberry Smoothie

Lunch
Chicken No-Noodle Soup

Dinner
Beef Brisket Tostados
Immune-Boosting Blueberry Smoothie

This deliciously healthy smoothie is made with blueberries, walnuts, almond milk, and chia seeds, guaranteeing a nutritional boost to your day.

ingredients

1 cup blueberries
2 tbsp walnuts
1 cup almond milk
1 tsp maple syrup
1 tsp cinnamon
2 tsp chia seeds
1/2 cup ice cubes

directions

1. In a large cup (if using an immersion blender) or a blender, combine ingredients and blend until smooth. Add more almond milk if necessary to reach desired consistency. Serve immediately.
Chicken No-Noodle Soup

If you have caught that flu bug that has been going around, or just feel under the weather today, you cannot go wrong with some simple, straightforward chicken soup. It is easy to make, and I highly recommend preparing some to freeze for when the time calls. Or for eating tomorrow.

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**ingredients**

- 1 whole chicken
- 1/4 cup white vinegar
- 1 large yellow onion, peeled and chopped
- 2 large carrots, washed and chopped
- 2 celery stalks, chopped
- 1/2 tsp whole peppercorns
- 2 bay leaves
- 5 cloves garlic, peeled
- 2 tsp salt, divided
- 1/2 cup fresh parsley, chopped
- 2 spring onion bulbs

**directions**

1. Cut the chicken into 4 pieces, cutting first in half along one side of the spine and then cutting off the thighs. Place the pieces in a large pot and cover with cold water. Turn the heat to high.

2. Add one carrot, one celery stalk, the onion, peppercorns, bay leaves, and garlic to the pot, along with one teaspoon of salt. Once the water boils, turn the heat to simmer and cover. Cook for 90 minutes.

3. Remove the pieces of chicken to a cutting board and allow to cool enough to handle. Strain the liquid from the pot into a large bowl using a cheesecloth or fine mesh strainer.

4. Place the strained stock back into the pot and add the remaining celery, carrot, and green onion. Add the remaining teaspoon of salt and bring to a boil. Turn the heat down to simmer for 12-15 minutes until the carrots are tender.

5. While the strained broth is simmering, remove the chicken skin and shred the meat. Return the shredded meat to the pot. Remove the pot from heat and add parsley. Cover and let rest for 5 minutes before serving.
Beef Brisket Tostadas

Since brisket is usually made in large quantities, this recipe suggests a way to use up any leftovers. Combined with lightly fried tortillas, brisket makes a great base for tostadas. Use the toppings of your choice, such as tomatoes, avocado, and cilantro, to create a delicious and healthy lunch.

Ingredients
- 3 cups cooked beef brisket
- 4 small Paleo tortillas (pg. 74)
- Extra virgin olive oil
- 1 tsp chili powder
- 1/2 cup red cabbage, shredded
- 1 Roma tomato, diced
- 1 avocado, diced
- 1 tbsp fresh cilantro, chopped
- 1 lime, for serving

Directions
1. Warm about 2 tablespoons of olive oil in a small skillet. Once the oil is hot and shimmering, slide in a tortilla. After half a minute, carefully flip the tortilla over and cook another half minute. When golden, remove from the skillet to a paper towel-lined plate to drain. Repeat with remaining tortillas.

2. In a separate skillet, heat a teaspoon of olive oil over medium heat. Add the brisket to the pan to reheat. Sprinkle with chili powder and stir.

3. To assemble, layer the tortillas with the cabbage, followed by the brisket, tomato, avocado, and cilantro. Serve with lime wedges.
Day #23

Breakfast
Eggs Benedict with Crab Cakes

Lunch
Grilled Veggie Salad Platter

Dinner
Chili
Eggs Benedict with Crab Cakes

Eggs Benedict are a luscious and fancy breakfast for any occasion. This Paleo-friendly version is served over crab cakes and spinach, drizzled with hollandaise sauce. Be careful not to let the hollandaise get too warm while it is being whisked, or it could scramble the eggs. When assembled together, the eggs benedict and crab make an impressive and tasty dish.

Ingredients

- 4 crab cakes (pg. 362)
- 3 cups spinach
- 4 eggs
- 1 tbsp apple cider vinegar, for poaching

Hollandaise sauce:
- 3 egg yolks
- 3 tbsp extra virgin olive oil
- 1 tbsp hot water
- 1 tbsp lemon juice
- 1/4 tsp salt
- Pinch of cayenne

Directions

1. Sauté the spinach in some coconut oil until wilted. Set aside.

2. For the hollandaise sauce, whisk the egg yolks in a medium metal bowl. Add in the olive oil, water, lemon juice, salt and cayenne and continue whisking. Place the bowl over a pot of boiling water so the bottom of the bowl is steamed. Whisk constantly until the sauce thickens, about 1-2 minutes.

3. To poach the eggs, fill a large skillet with water and add apple cider vinegar. Heat to barely a simmer. Crack one egg into a small bowl and use the bowl to slowly slide the egg into the water. Cook for 3-4 minutes or until the whites are set and eggs reach preferred level of doneness. Use a slotted spoon to transfer the eggs to a paper towel-lined plate. Repeat with remaining eggs.

4. To assemble, divide the spinach between plates, top with a crab cake, and place a poached egg over each. Spoon the hollandaise over the top, with another pinch of cayenne if desired. Serve warm.
Grilled Veggie Salad Platter

A simple summer salad can be instantly elevated when the vegetables are cooked on the grill, achieving the perfect hint of smokiness. The vegetables make up a colorful and nutritious platter to add to your dinner table. Serve with a side of cumin lime dipping sauce for extra zest as well.

**servings** 4-6  
**difficulty** EASY

### ingredients

- 4 medium zucchini
- 1 medium yellow squash
- 1 red bell pepper
- 1 yellow bell pepper
- 1 red onion, thinly sliced
- 1 lb. asparagus, ends trimmed
- Extra virgin olive oil, for drizzling

For the sauce:
- 1/4 cup Paleo mayonnaise (pg. 134)
- Juice of 1 lime
- 2 cloves garlic, crushed
- 1 tsp cumin
- Salt & pepper, to taste

### directions

1. Slice the zucchini and squash in half lengthwise and then into 1/2-inch thick slices. In a medium bowl, whisk together all of the ingredients for the sauce. Season to taste with salt and pepper. Set aside.

2. Preheat the grill to low heat. Lightly drizzle the vegetables with olive oil and toss to coat. Working in batches, place the vegetables onto the grill in a single layer. Close the lid and cook for 10-12 minutes, turning once. Transfer to a serving plate and serve alongside the cumin sauce.
Chili

Chili is the perfect option for a hearty, home-cooked meal during the cold weather season. With record-breaking low temperatures this winter, it has definitely made regular appearances in our kitchen. In fact one of the first meals I made in my new crock pot was chili. It is filling and at the same time extremely tasty.

<table>
<thead>
<tr>
<th>ingredients</th>
<th>directions</th>
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<tbody>
<tr>
<td>2 lbs. ground beef</td>
<td>1. In a large skillet, sauté the onions and garlic over medium heat. Add in the ground beef and cook until browned. Drain the excess fat and then transfer the meat mixture to the crock pot.</td>
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<tr>
<td>1 medium onion, diced</td>
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<td>4 cloves garlic, minced</td>
<td>2. Add in the bell peppers, celery, and diced tomato. Top with remaining ingredients and spices and stir everything together. Cook on low for 6-7 hours. Serve warm.</td>
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<tr>
<td>1 red bell pepper, diced</td>
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<td>1 green bell pepper, diced</td>
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<td>3 stalks celery, diced</td>
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<td>1 tomato, diced</td>
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<td>1/4 cup diced green chilies</td>
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<td>28 oz. can crushed tomatoes</td>
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<td>15 oz. can tomato sauce</td>
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<td>2 tbsp chili powder</td>
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<td>1 tbsp oregano</td>
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Day #24

Breakfast
Sweet and Salty Paleo Granola

Lunch
Chipotle Chicken Wraps

Dinner
Stuffed Sweet Potato
Sweet and Salty Paleo Granola

I am the newest advocate for homemade granola. What better way to know what is going into your food than to make it at home yourself? And the best part is that granola is fairly easy to make. And admittedly kind of fun when it gets all stuck to your fingers and you get to lick it off.

servings 6
difficulty EASY

ingredients

- 1 cup cashews
- 3/4 cup almonds
- 1/4 cup pumpkin seeds, shelled
- 1/4 cup sunflower seeds, shelled
- 1/2 cup unsweetened coconut flakes
- 1/4 cup coconut oil
- 1/4 cup honey
- 1 tsp vanilla
- 1 cup dried cranberries
- 1 tsp salt

directions

1. Preheat oven to 300 degrees F. Line a baking sheet with parchment paper. Place the cashews, almonds, coconut flakes and pumpkin seeds into a blender and pulse to break the mixture into smaller pieces.

2. In a large microwave-safe bowl, melt the coconut oil, vanilla, and honey together for 40-50 seconds. Add in the mixture from the blender and the sunflower seeds, and stir to coat.

3. Spread the mixture out onto the baking sheet and cook for 20-25 minutes, stirring once, until the mixture is lightly browned. Remove from heat. Stir in the dried cranberries and salt.

4. Press the granola mixture together to form a flat, even surface. Cool for about 15 minutes, and then break into chunks. Store in an airtight container or resealable bag.
Chipotle Chicken Wraps

Lettuce wraps are an easy and favorite way of mine to serve many Paleo proteins such as chicken, egg salad, and taco meat. Lettuce has mainly replaced tortillas in my everyday meals. To keep things interesting, I decided to add some smokiness and spice to the usual lettuce wrap in the form of this chipotle chicken recipe.

**ingredients**

- 2 tbsp extra virgin olive oil
- 1 lb. boneless skinless chicken breast
- 3 chipotle peppers
- 4 tbsp adobo sauce
- 1/3 cup cilantro, chopped
- Juice of 1 lime
- 1/2 red bell pepper, diced
- 2 scallions, thinly sliced
- 1 head lettuce, rinsed
- Salt and freshly ground pepper

**directions**

1. Heat the olive oil in a large pan over medium heat. Sprinkle the chicken with salt and pepper on both sides and place in the pan. Cook for 5-6 minutes per side until the chicken is cooked through. Set aside and rest for 5 minutes, then shred.

2. In a food processor or blender, combine the chipotle peppers, adobo, cilantro, and lime juice. Blend until smooth.

3. Add the bell pepper, adobo mixture, and chicken to the sauté pan on low heat. Stir well to combine and cook for 3-4 minutes. Add the scallions to the pan. Spoon the mixture into lettuce wraps and serve.
Stuffed Sweet Potato

This recipe is perfect for using up any leftovers in the refrigerator, including onions, kale, or you could even add mushrooms and sausages. The sweet potato is simply baked and then loaded with the kale mixture, making it an easy weeknight dinner or breakfast, if topped with a fried egg.

**servings** 1  
**difficulty** EASY

**ingredients**

- 1 large sweet potato
- Extra virgin olive oil, for drizzling
- 1 tbsp coconut oil
- 1/2 onion, chopped
- 2 cups kale, roughly chopped
- Pinch of red pepper flakes
- Salt and pepper, to taste
- Fried egg, optional

**directions**

1. Preheat oven to 400 degrees F. Rinse the sweet potato and poke holes in it for baking using a fork. Wrap the potato with aluminum foil and sprinkle with salt and pepper, and then bake for 45-50 minutes until soft.

2. To make the topping, heat the coconut oil in a pan over medium heat. Add the onions and sauté for 4-5 minutes. Add the kale and cook until it starts to wilt, about 5 more minutes, covering with a lid if necessary. Sprinkle with red pepper flakes.

3. Remove the sweet potato from the oven and cut in half. Top with onion and kale mixture. Serve warm, with a fried egg if desired.
Day #25

Breakfast
Biscuits

Lunch
Israeli Vegetable Salad

Dinner
Seared Pork Chop with Balsamic Onions
Biscuits

Biscuits are not only a great accompaniment to your dinner, they are the perfect vessel for mopping up a bowl of hearty stew. They also taste good all on their own drizzled with a little bit of honey. These biscuits are superb when eaten warm, right out of the oven.

**ingredients**

- 5 egg whites
- 2/3 cup almond flour
- 1/3 cup coconut flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup almond milk
- 2 tbsp coconut oil, softened

**directions**

1. Preheat the oven to 400 degrees F. In a large bowl mix together the almond flour, coconut flour, baking powder, and salt. Stir in the coconut oil and almond milk.

2. In a separate bowl, beat the egg whites until stiff peaks form. Fold into the flour mixture until combined.

3. Line a baking sheet with parchment paper. Scoop about 1/4 cup of dough onto the baking sheet to form approximately 9 biscuits. Bake for 12-15 minutes, or until golden. Serve warm with a drizzle of honey.
Israeli Vegetable Salad

This extremely simple salad focuses on fresh vegetables rather than leafy greens for powerful flavors and bold colors. The recipe makes an excellent side dish or lunch, and fresh herbs such as parsley or basil can also be added. Though the preparation takes a little time, a large batch of the salad keeps well in the refrigerator for enjoying throughout the week.

**servings** 4  
**difficulty** EASY

### ingredients
- 2 bell peppers, thinly sliced
- 4 Persian cucumbers, sliced
- 1/2 red onion, thinly sliced
- 1 pint cherry tomatoes, quartered
- 2-3 tbsp balsamic vinegar
- 2 tbsp extra virgin olive oil
- Salt and pepper, to taste

### directions
1. Add the bell peppers, cucumbers, onion, and tomatoes together in a medium bowl. Drizzle in the balsamic and olive oil and toss to coat. Add salt and pepper to taste. Place in the refrigerator for one hour before serving.
Seared Pork Chop with Balsamic Onions

This dinner for one is a perfect fall meal. It is also ready in less than thirty minutes. The seared pork chop is slathered in chives and served alongside sweet balsamic roasted onions and tomatoes. This is a great recipe to have on hand when you want a delicious meal without spending a lot of time in the kitchen.

ingredients

- 1 cup pearl onions
- 1 cup cherry tomatoes, halved
- 3 tbsp extra virgin olive oil, divided
- Balsamic vinegar, for drizzling
- 1 bone-in center-cut pork chop
- Salt and pepper
- 2 tbsp chives, chopped
- 1 clove garlic, minced
- 1/2 tbsp ghee

directions

1. Preheat the oven to 400 degrees F. Place the tomatoes and onions on separate halves of a baking sheet and drizzle with a tablespoon of olive oil. Sprinkle with salt and pepper. Drizzle the onions with the balsamic vinegar and stir to coat. Bake for 15-20 minutes until soft.

2. Meanwhile, heat the remaining olive oil in a skillet over medium-high heat, until the oil is hot but not smoking. Season the pork chop with salt and pepper on both sides and place in the skillet. Cook for 5-7 minutes per side, until caramelized. Set aside to rest.

3. In the same skillet, melt the ghee along with the chives and garlic. Sauté for 1-2 minutes. Drizzle over the pork chop. Serve alongside the roasted tomatoes and onions.
Day #26

Breakfast
Huevos Rancheros

Lunch
Spicy Sausage and Kale with Squash

Dinner
Creamy Broccoli Soup
Huevos Rancheros

Huevos Rancheros are a traditional Mexican breakfast and a great way to get some spice into your morning meal. There are three steps to the preparation: cook the salsa, prepare the tortillas, and then quickly fry a few eggs. Everything is then assembled together for a spicy and savory breakfast.

ingredients

1/2 medium onion, diced
1 tsp extra virgin olive oil
1 large ripe tomato, chopped
1 jalapeno, seeded and finely diced
1 tsp chili powder, or more to taste
4 Paleo tortillas (pg. 74)
4 eggs
2 tbsp fresh cilantro, chopped

directions

1. Heat the olive oil in a large skillet over medium heat. Cook the onions for 3-4 minutes to soften. Add the tomatoes to the pan and stir. Sprinkle with chili powder and salt and stir in the jalapeno. Bring the mixture to a simmer and then reduce the heat to low, simmering for 8-10 minutes.

2. At this point, warm the tortillas in the oven or microwave. Fry the eggs in a separate skillet over medium-high heat. Cook for 3-4 minutes for a runny yolk.

3. To assemble, top the tortilla with the fried eggs and tomato salsa. Sprinkle with cilantro and serve warm.
Spicy Sausage and Kale with Squash

This recipe is a great way to make use of leftover spaghetti squash. The Andouille sausage and red pepper flakes give this savory dish a nice touch of heat. The recipe appears simple but packs a punch to make a tasty weeknight dinner.

**ingredients**

- 2 cups cooked and shredded spaghetti squash (about half a squash)
- 1 tbsp extra virgin olive oil
- 1/2 small onion, diced
- 2 Andouille sausages, casings removed and crumbled
- 4 cloves garlic, minced
- 1/4 cup chicken broth
- 5-6 cups kale, roughly chopped
- 1/3-1/2 cup water
- Pinch of red pepper flakes
- Salt and freshly ground pepper, to taste

**directions**

1. In a large skillet, heat the olive oil over medium heat and add the onions. Sauté for 4-5 minutes until they start to soften. Add in the crumbled sausage and cook another 5 minutes until browned. Add the garlic and sauté another minute.

2. Add the chicken broth and kale and stir. Sprinkle with red pepper flakes, salt, and pepper. Cook until the kale is wilted and bright green.

3. Add the spaghetti squash to the pan and toss to combine. Add water to make a thin sauce. Drizzle with a little additional olive oil and serve.
Creamy Broccoli Soup

This flavorful soup is hearty and very satisfying on a cold day. The recipe, slightly adapted from JoytheBaker.com, uses soaked cashews to make the soup thick and creamy. But its nutrient-rich broccoli provides the main base, helping you to reach your daily recommended serving of vegetables.

ingredients

- 1 1/2 cups raw cashews
- 1 lb. broccoli, cut into florets
- 1 tbsp extra virgin olive oil
- 1 small yellow onion, diced
- 3 cloves garlic, minced
- 1 tsp salt
- 1/2 tsp cumin
- 1/4 tsp ground coriander
- Freshly ground pepper, to taste
- 3 cups chicken broth
- Juice of 1/2 lemon

directions

1. Place the cashews in a bowl and cover with water. Soak for 1-2 hours. Drain and rinse thoroughly.

2. Place a couple inches of water into a large pot. Once the water is boiling, place a steamer insert and then the broccoli florets into the pot and cover. Steam for 12-14 minutes, until completely tender. Drain and set aside.

3. Heat the olive oil in a large saucepan over medium heat. Add the onions and sauté for 4-5 minutes until softened. Add the garlic and cook for one minute more. Stir in the salt, cumin, coriander, and pepper. Add the broccoli and remove from heat.

4. Add the soaked cashews to the pot along with the vegetable broth. Use an immersion blender to puree until smooth. Alternatively, transfer everything to a blender or food processor and blend until smooth. Reheat the blended soup in the pot over low heat. Stir in the lemon juice and adjust salt and pepper to taste. If desired, add more chicken broth for a thinner soup. Serve warm.
Day #27

Breakfast
Smoked Salmon Egg Scramble

Lunch
Crab Salad Bites

Dinner
Slow Cooker Beef Brisket
Smoked Salmon Egg Scramble

In this egg scramble, flavors that are typically found together on a bagel are cooked together for a delicious meal without the carbs. Capers, red onion, and salmon are added to eggs for a savory breakfast served over sliced tomatoes. The scramble is cooked on low heat for creamier eggs.

ingredients

- 1 tsp coconut oil
- 1/4 cup red onion, finely diced
- 2 oz. smoked salmon, chopped
- 3 eggs
- 1 tsp capers
- 1 tsp fresh parsley, chopped
- 1/2 tomato, sliced
- Salt and freshly ground black pepper, to taste

directions

1. Heat the coconut oil in a skillet over medium heat. Add the red onions and sauté for 3-4 minutes. Turn the heat down to low.

2. Meanwhile, whisk the eggs with salt and pepper in a small bowl. Add in the chopped salmon and stir. Pour the egg mixture over the sautéed onion in the pan. Stir gently to scramble.

3. To assemble, place the tomato slices on the plate. Top with the cooked egg scramble and garnish with capers and parsley.
Crab Salad Bites

These crab salad bites are a delicious and classy appetizer. Bitter endive leaves are an excellent vessel for transforming crab salad into a finger-food. The best part of this recipe is that it is very easy to make while still appearing elegant. Place in the refrigerator for 30 minutes before serving to chill.

servings 4 difficulty EASY

ingredients
directions

1 16-oz. can lump crab meat, drained
2 scallions, thinly sliced
2 stalks celery, finely diced
1 tbsp lemon juice
2 tbsp Paleo mayonnaise (pg. 134)
Salt and freshly ground pepper, to taste
3 heads endives, separated into spears

1. Mix the crab meat with diced celery, scallions, lemon juice, and mayonnaise. Season with salt and pepper to taste. Spoon onto the endive spears. Serve chilled.
Slow Cooker Beef Brisket

With a bit of quick preparation in the morning, this hearty beef brisket recipe will be ready to enjoy by suppertime. Made in the slow cooker, you simply add the ingredients to the crock pot and walk away until dinner. The flavorful, tender meat falls apart and can be enjoyed on its own, in sandwiches, or even on tacos.

ingredients

2 lbs. beef brisket
1 large onion, chopped
6 carrots, diced
8 oz. mushrooms, sliced
6 cloves garlic, peeled and sliced
3 cups beef broth
4 fresh thyme sprigs
1/2 tsp salt
Freshly ground pepper

directions

1. Add the onion, carrots, mushrooms, and garlic to the slow cooker. Pour in the beef broth and then add the brisket. Sprinkle with salt and pepper and add the thyme. Cover and cook on low heat for 8-16 hours, until the meat is tender.
Day #28

Breakfast
Mint Chocolate Chip Smoothie

Lunch
Shrimp & Grits

Dinner
Coconut Curry Basil Chicken
Mint Chocolate Chip Smoothie

Smoothies can make a great healthy breakfast or snack during the day, as is the case with this mint chocolate chip smoothie. This vibrant drink is made of natural, wholesome ingredients without any added sugars. The smoothie gets its green color from some chlorophyll-rich spinach, adding a ton of nutrients without overpowering the taste.

ingredients

- 1/2 cup coconut milk
- 1 tbsp almond butter
- 2-3 cups fresh spinach
- 1/2 tsp peppermint extract
- 1 banana, frozen
- 1/2 ripe avocado, optional
- 2 oz. unsweetened dark chocolate

directions

1. In a large cup (if using an immersion blender) or a blender, combine all of the ingredients except the chocolate and blend until smooth. Add more coconut milk if necessary to reach desired consistency. Crumble the chocolate into small pieces and stir in with a spoon. Serve immediately.
**Shrimp & Grits**

This Paleo adaptation of spicy shrimp and grits is packed full of flavor and makes a hearty, satisfying meal. The grits are made with cauliflower and garlic so that it’s Paleo-approved. On top of the grits are spicy marinated shrimp and salty bacon. Although there are quite a few steps to this recipe, none of them are difficult, and the final result is definitely worth the effort.

### ingredients

- 15 pieces raw shrimp, shelled and de-veined
- 3 tbsp extra virgin olive oil
- 6 garlic cloves minced, divided
- Zest from one lemon
- 2 tsp dried oregano, divided
- 2 slices bacon
- 1/2 large onion, diced
- 2 tbsp butter
- 1 tbsp white wine vinegar
- 1 tsp red pepper flakes
- 1 tbsp lemon juice
- 1 tbsp chopped fresh oregano
- Salt and freshly ground black pepper, to taste

For the grits:
- 1 large head of cauliflower, cut into florets
- 1/4 cup almond milk
- 4 garlic cloves, minced
- 1 tbsp ghee
- 1/4 tsp cayenne pepper
- Salt and pepper, to taste

### directions

1. In a medium bowl mix together the olive oil, 2 cloves of garlic, lemon zest, and 1 teaspoon dried oregano. Place shrimp in the bowl and marinate for 1-3 hours.

2. Place a couple inches of water in a large pot. Once water is boiling, place steamer insert and then cauliflower florets into the pot and cover. Steam for 12-14 minutes, until completely tender. Drain and return cauliflower to pot.

3. Add the milk, ghee, and garlic to the cauliflower. Using an immersion blender, combine ingredients. The cauliflower should be fairly thick to resemble the consistency of grits. Season with salt and pepper to taste.

4. Cook the bacon in a large skillet over medium heat until crispy. Reserving the bacon fat in the pan, set the bacon aside to cool and break into pieces.

5. Add the butter to the bacon fat in the pan and melt. Add the onion and sauté for 4-5 minutes until softened. Add in the remaining 4 garlic cloves, dried oregano, and the red pepper flakes. Sauté for 1-2 minutes, stirring frequently.

6. Stir in the white wine vinegar, and then add the shrimp. Cook, stirring frequently, until the shrimp are cooked through, 3-4 minutes. Remove from heat and stir in the lemon juice. Season with salt and pepper. Serve shrimp and onions over grits, with bacon and fresh oregano for garnish.
Coconut Curry Basil Chicken

This recipe blends subtle flavors to make one very delicious dish. The cooked chicken turns out tender and full of flavor, after first marinating in the refrigerator for 1-2 hours. After the meat is done marinating, this dish is ready to enjoy in less than twenty minutes. Serve over cauliflower rice.

ingredients

1 lb. boneless skinless chicken breasts
1/2 red onion, thinly sliced
5 cloves garlic, minced
1 jalapeno pepper, seeded and minced
1 tbsp extra virgin olive oil
1 14-oz. can coconut milk
1 tbsp dried basil
1 tsp fresh ginger, grated
3 cups cooked cauliflower rice, for serving (pg. 386)

For the marinade:
1 tbsp curry powder
1 tsp salt
1/2 tsp pepper
1/4 tsp chili powder

directions

1. In a small bowl, mix together the curry powder, salt, pepper, and chili powder. Place the marinade and chicken into a large Ziploc bag and toss to coat. Marinate in the refrigerator for 1-2 hours.

2. Melt the coconut oil in a large skillet over medium heat. Add the onion and sauté for 4-5 minutes. Add the garlic, jalapeno, and basil and cook for an additional 1-2 minutes. Add the chicken, sprinkle with salt, and cook for 5-6 minutes until no longer pink.

3. Turn the heat down to medium and add the coconut milk, stirring frequently. Cook for 6-8 minutes until slightly thickened. Stir in the fresh ginger and cook for an additional minute. Serve with cauliflower rice.
Week #4 Snacks

Snacks
Bacon-Wrapped Squash Bites

Snacks
Cinnamon Pumpkin Dip

Snacks
Coconut Lime Energy Bites

Snacks
Zucchini Chips
Bacon-Wrapped Squash Bites

Cubed squash is wrapped in bacon and baked to make a simple and delectable finger food. The naturally sweet butternut squash complements the crispy, salty bacon. Use slightly longer bacon strips because they will downsize in the oven. These bites make a great appetizer for any type of large gathering.

**ingredients**

- 1 small butternut squash, peeled, seeded, and cubed
- 8 oz. bacon
- 1 tbsp extra virgin olive oil
- 1 tsp salt
- 1/4 tsp chili powder

**directions**

1. Preheat the oven to 350 degrees F. Line a rimmed baking sheet with foil. Toss the cubed butternut squash with the olive oil, salt, and chili powder in a bowl. Stir well to coat.

2. Cut the slices of bacon in half width-wise. Wrap each butternut squash cube with a half slice of bacon and place onto the prepared baking sheet with the sealed side down. Repeat for the remaining squash. Bake for 20 minutes, and then carefully flip over. Bake another 15-20 minutes until the bacon is crispy and the squash is tender. Serve with toothpicks.
Cinnamon Pumpkin Dip

Pumpkin dip is an incredibly easy fall appetizer or snack, great for large gatherings. Pumpkin puree is simply blended with almond butter and a few spices to make a thick, sweet dip. It can be served with veggies, Paleo crackers, or with plantain chips. Use homemade pumpkin puree for the best results.

**ingredients**

1/4 cup pumpkin puree  
2 tbsp almond butter  
1 tbsp maple syrup  
1 tbsp almond milk  
1 tsp cinnamon  
Pinch of nutmeg  
Pinch of ground ginger

**directions**

1. Mix together all of the ingredients in a small bowl until fully combined. Adjust sweetness to taste.
Coconut Lime Energy Bites

Bursting with flavor is what comes to mind to describe these energy bites. Small but mighty, they are packed with flavor in every bite. These healthy snacks are easy to make and great for grab-and-go situations. You get all the taste of key lime pie without all the work put into making a pie, and without the calories. Easier than pie.

**ingredients**

- 3/4 cup almonds
- 1/4 cup cashews
- 1 1/2 cups pitted Medjool dates
- Zest of 3 limes
- Juice of 3 limes
- Pinch of salt
- 1/3 cup unsweetened coconut flakes

**directions**

1. Place the almonds and cashews into a blender or food processor and pulse to finely chop. Add the dates, salt, lime zest and juice and blend until the mixture starts to clump together.

2. Transfer to a bowl and scrape down the sides with a spatula. Use your hands to form small round balls, rolling in your palm. Roll each ball in the coconut flakes to coat. Store in an airtight container in the refrigerator for up to a week.
Zucchini Chips

These zucchini chips are a perfect afternoon or late night snack. They are cooked at a low temperature until crispy, shrinking to almost half their original size in the oven. The more thinly the zucchini are sliced, the crispier they will be. Keep an eye on the pan towards the end of the cooking time, removing any chips that are done.

Ingredients

- 2 large zucchini
- 1 tbsp extra virgin olive oil
- 1 tsp salt, or to taste

Directions

1. Preheat oven to 225 degrees F. Line a baking sheet with parchment paper or aluminum foil and set aside. Slice the zucchini into thin pieces with either a knife or mandolin. Toss in a bowl with olive oil and seasoning.

2. Place the zucchini in a single layer on the prepared baking sheet. Bake for 1-1.5 hours, until the chips reach desired level of doneness. Serve immediately.