



Paleo Diet Recipes

Here's a small collection of Paleo recipes which I really hope will get you started with this healthy way of eating and help you achieve your health & weight loss goals quickly & naturally.

Whilst these are just a few of the many Paleo approved recipes, they include some of the more popular dishes as well as some that provide the healthier Paleo option for a few of those favorite dishes that wouldn't previously have been Paleo approved.

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Scrambled Eggs With Mushrooms & Chives



Ingredients

- 3 eggs (free range, organic)
- ½ onion, diced
- 1 tbs chives, finely chopped
- 1 cup sliced small mushrooms (or whole)
- 1 tbs oil (olive or coconut)
- salt and pepper (to taste)
- 2 whole chives for presentation



Preparation

- Heat the olive oil or coconut oil (or melt cooking fat or beef tallow) in the frying pan (or a heavy nonstick skillet) over medium heat.
- Add the mushrooms & the diced onions to pan.
- Fry for 3 to 4min or until they start to brown (and the mushrooms are tender) and remove from pan.
- Whisk the eggs in a bowl then place them in the frying pan, stirring continuously but gently.
- When the eggs have almost cooked through, add the chopped chives and continue frying for a further minute or until cooked.
- Add salt and pepper to taste.
- Remove from heat and add mushroom & onion mixture.
- Lastly place a couple of chives over the top before serving.



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Paleo Oats



Ingredients

- 1 small handful of walnuts
- 1 small handful of pecans
- 2 tbs ground flax seed
- ½ to 1 tsp ground cinnamon
- 1 pinch of ground nutmeg
- 1 pinch ground ginger
- 1 tbs almond butter
- 1 banana, mashed
- 3 eggs
- ¼ cup unsweetened almond milk (add more if you prefer it a little runny)
- 2 tsp pumpkin seeds
- 1 handful of goji berries or fresh berries of your choice



Preparation

- Add walnuts, pecans, flax seed and spices to a food processor and pulse it down into a coarse grain mixture – ensure you don't grind it into powder though.
- Whisk the eggs and almond milk together until the consistency thickens into a custard like consistency.
- Blend the mashed banana and almond butter together and add it to the eggs & almond milk mixture whilst mixing well.
- Then stir in the dry coarse nut mixture.
- Gently heat the "oats" in a microwave oven or, whilst stirring, gently warm up in a pot on the stove until it gets to the consistency you like your oats to be.
- Lastly, sprinkle the pumpkin seeds and berries all over & add more almond milk if needed – enjoy!

Tasty Cauliflower Snack



Ingredients

- ½ medium-size cauliflower
- 4-5 tbs olive oil
- Salt and pepper to taste
- Ground cumin
- Ground paprika

Preparation

- Pre-heat oven to 180°C
- Spray the oven pan with non-stick spray or olive oil
- Break up the cauliflower into different sized florets and place them in the flat oven safe pan.
- Mix the olive oil, cumin, paprika, pepper as well as some salt (to taste) and mix well.
- Add the cauliflower florets and coat completely with mixture.
- Spread evenly on the oven pan and place in the oven, whilst stirring it every 5-10 minutes, for 20-30 minutes or until the cauliflower is cooked to a golden brown
- Serve & enjoy this healthy, tasty snack

Banana Bread



Ingredients

- 3 eggs, separated
- ¼ cup raw organic honey
- ¼ cup olive oil
- 2 small bananas or 1 large banana, mashed
- 1tsp 100% vanilla essence
- 1½ cups almond meal or almond flour



Preparation

- Pre-heat oven to 180°C.
- Cream egg yolks and honey in a large bowl until light and fluffy.
- Add oil, vanilla essence, mashed banana and almond meal and combine well.
- In a separate bowl, beat the egg whites until stiff peaks form and then fold into banana mixture.
- Line a loaf tin with baking paper and pour in banana mixture.
- Place in the pre-heated oven for 20-25min or until cooked which will be when a knife inserted into the middle of the loaf comes out clean.
- Place on a wire rack & allow to cool and then serve

For more Paleo, low-carb bread recipes just go to the following link:

<http://www.total-health-fitness.com/paleo-bread-recipe/>

Moroccan Chicken Casserole



Ingredients

- 1 head cauliflower
- 2-3 pounds (approx 1kg) of chicken
- 2 tbs butter (organic from grass-fed cows)
- 1 onion, finely chopped
- 2 tbs ginger root, finely chopped or grated
- 2 garlic cloves, finely chopped



- 3 carrots, peeled and sliced
- 2 tsp cumin
- 1 tsp paprika
- 1 tsp coriander
- ½ tsp turmeric
- ½ tsp cinnamon
- ¼ tsp cayenne (optional –the other spices will already add a bit of spiciness to the dish, so only add the cayenne if you want a really spicy dish)
- 1 red pepper, cut into thin strips
- 28-ounce (approx 1 std sized can) can of diced tomatoes (do not drain)
- ½ cup minced parsley or coriander (cilantro)
- 2 tsp salt
- 1 lemon

Preparation

- Preheat oven to 180°C (360°F)
- The cauliflower grated into a rice-like texture will form the base of the casserole. To achieve this chop the head of cauliflower into small pieces & then push the pieces through a food processor using the grating blade. Once this is done spread the grated cauliflower out into a rectangular baking pan.
- Sprinkle salt and pepper (to taste) on the chicken.
- Melt 1 tablespoon of butter in a deep pan over high heat and add the chicken until well browned for about 3-5 minutes on each side.
- Remove the chicken from the hot pan and set it aside.
- Turn the heat down to medium and add the onion, ginger, garlic and carrots. Cook until the onions are soft and transparent.
- Add the remaining tablespoon of butter as well as all the spices and stir well.
- Add the red pepper, the can of tomatoes, minced parsley or coriander (cilantro) and salt.
- Return the chicken to the pot and simmer for 3-5 minutes.
- Pour the chicken mixture over the cauliflower and mix really well, so the cauliflower is completely covered by the sauce.
- Slice the lemon into thin slices and lay on top of the casserole.
- Cover the pan with tin foil and bake for 35 minutes.
- Remove the tinfoil and cook for another 25 minutes or until brown.
- Remove from oven & serve

Paleo Spaghetti Bolognese



Ingredients

- 1 pound (500g) mince meat
- 1tbs oil (olive oil, avocado oil)
- 1 onion, diced
- 2 garlic cloves, finely chopped
- 15 oz (500ml/500g) tomato pasta sauce (preservative free)
- 2tsp sage, ground
- 2tsp mixed herbs
- 2 large zucchini, sliced into long noodles



Preparation

- Heat oil in medium sized frying pan
- Fry the onion and garlic until brown.
- Add mince meat, stirring constantly to remove lumps.
- When mince meat has browned, add sage and mixed herbs, cook for 2 minutes.
- Add tomato pasta sauce, cover and leave to simmer for 20-30 minutes.
- Steam zucchini noodles in water for 2 minutes then drain.
- To serve, spoon sauce over zucchini noodles.

Shepherd's Pie



Ingredients

- 1 head cauliflower
- 2 tbs butter (grass-fed) chopped into small squares
- 1-3 tbs cream (optional)
- Salt & pepper (to taste)
- 3 tbs olive oil
- 1 medium sized onion, chopped
- 1 cup frozen organic peas & carrots, thawed
- ¼ cup frozen organic green beans, thawed
- 1 pound (approx 500g) ground grass-fed beef or lamb (traditionally made with minced lamb)



- 1 tbs coconut flour or almond flour
- ¼ cup beef stock or broth
- 1 tbs chopped fresh thyme or 1 teaspoon dried
- 1 tbs chopped fresh rosemary or 1 teaspoon dried

Preparation

- Preheat oven to 200°C (390°F)
- Break the cauliflower up into chunky pieces and steam until just tender
- Place in food processor with 2 tablespoons butter and process until smooth.
- Add salt & pepper to taste
- Add 1 tablespoon of the cream (which is optional but gives it a rich creamy taste) at a time until smooth but still fairly thick & then set aside
- Heat oil in a skillet (or a heavy based pan) over medium-low heat
- Add the onion and sauté for several minutes until soft & then add beef (or lamb) and cook for about 5 minutes, stirring to break up the meat so it browns evenly.
- Add peas, carrots and green beans and cook another five minutes
- Stir in the coconut flour.
- Add broth (or beef stock) & herbs and reduce the heat to low and simmer, stirring occasionally, for about 5 minutes.
- Add salt and pepper to taste.
- Transfer from skillet to a 9-inch pie pan or oven proof dish.
- Spread the prepared cauliflower over the top.
- Scatter 2 tablespoons of butter cut into small pieces on top of the cauliflower.
- Bake 30-35 minutes until golden brown.
- Remove from oven & serve this all time popular dish

Raspberry and Lemon Tart



Ingredients

- 1 cup walnuts
- 1½ cups almonds
- 1½ cup dates
- 1 cup coconut milk
- ½ cup lemon juice
- 2 tsp grated lemon rind
- 1½ tbs raw honey (organic)
- 6 eggs, beaten
- ½ cup raspberries



Preparation

- Pre-heat oven to 180 °C.
- Combine the walnuts, almonds and dates in a food processor & process on high for 30-40 seconds for a coarse texture.
- Line a tart pan with baking paper & press the coarse mixture above (pastry) evenly along bottom and sides.
- Place in the refrigerator whilst making the filling.
- To make the filling, place the coconut milk, lemon juice, lemon rind and honey into a pan and simmer on low heat for 2 minutes.
- Beat eggs and slowly add to simmering mixture stirring vigorously to form a nice smooth texture.
- For extra sweetness add more (optional).
- Leave to cool slightly.
- Pour filling slowly into the pastry case.
- Bake in oven for 20-30 minutes or until a knife comes out clean.
- Top the tart with the raspberries and serve this delicious Paleo friendly dessert



Paleo & Banting Diet Resources

- **Paleo Guide**
<http://paleopower.co.za/paleoforbeginners/>
- **Banting Meal Plan**
<http://paleopower.co.za/banting-meal-plan/>
- **Paleo Food List**
<http://paleopower.co.za/paleo-diet-food-list/>
- **Paleo Recipe Book**
<http://paleopower.co.za/info/PaleoRecipes.php>