

**BIG PALEO CLUB**



**BREAKFAST**  
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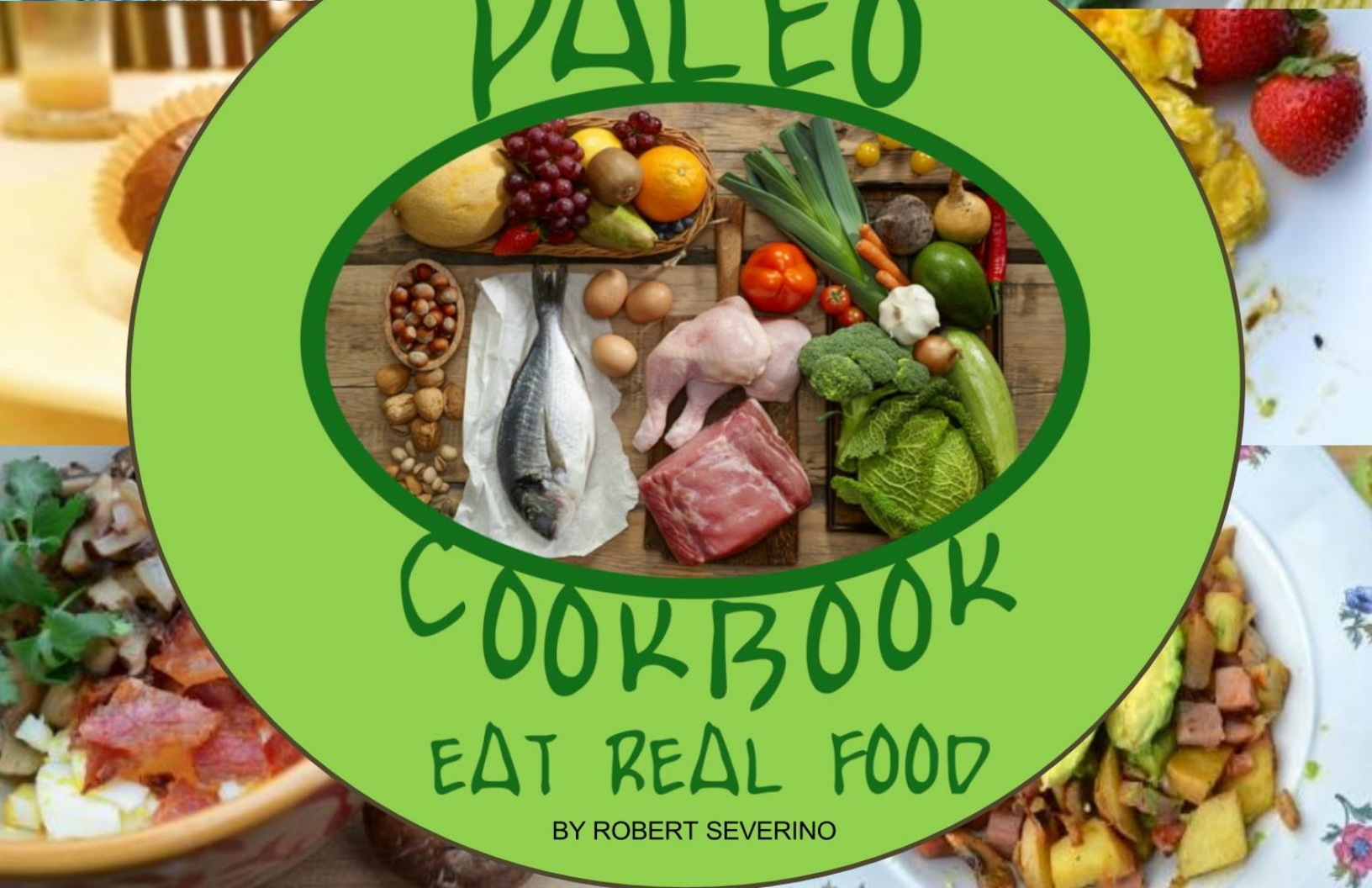
**PALEO**



**COOKBOOK**

**EAT REAL FOOD**

BY ROBERT SEVERINO





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

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

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

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

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

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

Just a few of the benefits user report are:

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





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THE PALEO COOK BOOK  
BREAKFAST



**ALMOND FLOUR PANCAKES**

**Ingredients**

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

**Instructions**

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

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

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

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

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

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



THE PALEO COOK BOOK  
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**ALMOND MUFFINS**

**Ingredients**

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

**Instructions**

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



THE PALEO COOK BOOK  
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**ALMOST OATMEAL**

**Ingredients**

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

**Instructions**

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

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



THE PALEO COOK BOOK  
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**BACON STIR-FRY BREAKFAST**

**Ingredients**

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

**Instructions**

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

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

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



THE PALEO COOK BOOK  
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**BANANA ALMOND PANCAKES**

**Ingredients**

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

**Instructions**

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

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

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

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

Cook other side slowly over medium heat until fully cooked.

Reapply oil to the pan after each round of pancakes.





THE PALEO COOK BOOK  
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**BANANA TAPIOCA CREPES**

**Ingredients**

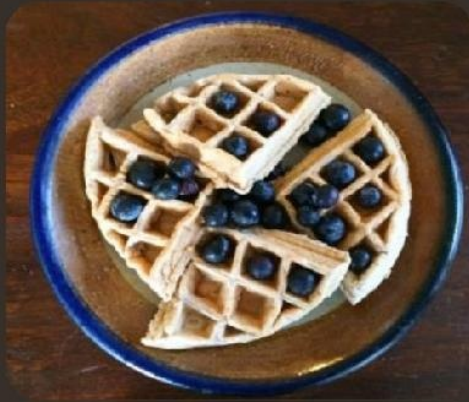
7	large	egg(s)
5	large	banana(s)
1	can(s)	coconut milk, full fat (403 mL)
1	teaspoon(s)	sea salt
2 1/4	cup(s)	tapioca flour or starch, (about 10 oz)

**Instructions**

Mix and mash all ingredients together to make a pretty soupy batter (a hand held mixer works well).  
Meanwhile, heat a large, non-stick pan over medium low heat.  
When the pan is hot, cover the bottom of the pan with a thin layer of batter (about 1 cup or so).  
Flip when bottom is golden brown. Cook until both sides are lightly browned.  
These crepes are great plain, or use them to wrap meat and veggies.



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### BELGIAN WAFFLES WITH BLUEBERRIES

#### Ingredients

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

#### Instructions

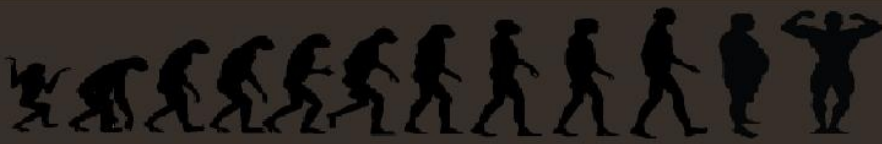
Preheat waffle iron to the lowest setting.

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

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

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

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



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### Berries with Coconut and Lime

#### Ingredients

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

#### Instructions

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

### BREAKFAST SMOOTHIE

#### Ingredients

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

#### Instructions

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

Add shredded coconut, eggs, and almond milk.

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





THE PALEO COOK BOOK  
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**BLT BREAKFAST**

**Ingredients**

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

**Instructions**

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

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

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

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

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



THE PALEO COOK BOOK  
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### CARROT BANANA MUFFINS

#### Ingredients

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

#### Instructions

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



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### CHICKEN STIR-FRY BREAKFAST

#### Ingredients

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

#### Instructions

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

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

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

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

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



THE PALEO COOK BOOK  
BREAKFAST



## CHOCOLATE COCONUT BANANA MUFFINS

### Ingredients

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

### Instructions

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

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

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

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

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





THE PALEO COOK BOOK  
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### Chorizo Rice with Fried Egg

#### Ingredients

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

#### Instructions

To "rice" the cauliflower, put the cauliflower into a food processor fitted with a chopping blade and pulse until a rice-like consistency has formed. A cheese grater also works well for this task.

Heat a large skillet over medium-high heat and add 1 tablespoon lard. Add chorizo and cook, stirring frequently, until lightly browned on all sides (about 7 minutes).

Add the yellow onion, garlic, bell pepper, salt, and black pepper to the chorizo. Sauté for 1-2 minutes until aromatic. Reduce heat to medium and add the riced cauliflower to the pan. Cook for another 5 minutes, or until done, stirring frequently.

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

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

Garnish with cilantro and optional green onions. Enjoy!



THE PALEO COOK BOOK  
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**CHORIZO SCRAMBLED EGGS**

**Ingredients**

1	tablespoon(s)	coconut oil
1/2	medium	onion(s), yellow, diced
1	medium	bell pepper(s), red, diced
1/2	pound(s)	chorizo, sliced (with no filler ingredients)
4	large	egg(s)
1/4	teaspoon(s)	sea salt
1/4	teaspoon(s)	black pepper, freshly ground
1/4	teaspoon(s)	hot pepper sauce

**Instructions**

Heat a medium saute pan over medium-high heat. When hot, add coconut oil and saute onions for 5 minutes.

Add red pepper and chorizo until the chorizo gets crispy around the edges and the onion turns slightly translucent.

Meanwhile, beat the eggs in a small bowl and add sea salt and black pepper.

Pour the eggs into the pan with the onions, peppers and chorizo.

Scramble the eggs softly until cooked. Top with hot sauce.



THE PALEO COOK BOOK  
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### EGG-FREE, COCONUT-FREE, NUT-FREE BANANA MUFFINS

#### Ingredients

3	medium	banana(s), about 1.5 cups mashed
1/2	cup(s)	sunflower seed butter
1/4	cup(s)	maple syrup
1	tablespoon(s)	vanilla
1/2	cup(s)	arrowroot powder
2	teaspoon(s)	cinnamon
1	teaspoon(s)	baking soda
1/4	teaspoon(s)	sea salt
		paper muffin liners

#### Instructions

Preheat the oven to 350 F. Place paper liners in 9 muffin cups or coat muffin cups with a fat of your choice. Add bananas, sunflower seed butter, maple syrup and vanilla to a blender and mix until ingredients are just combined. In a medium bowl, stir arrowroot powder, cinnamon, baking soda and salt together and add to the wet ingredients in the blender.

Blend everything together until smooth and pour into prepared muffin cups.

Bake for 35-40 minutes until the tops are slightly brown\* and a toothpick inserted in the center of a muffin comes out clean.

Allow to cool slightly before serving.

\*Muffin tops will continue to brown until they get dark and glossy during cooling.



THE PALEO COOK BOOK  
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### EGG-FREE, GRAIN-FREE PUMPKIN ZUCCHINI MUFFINS

#### Ingredients

2	tablespoon(s)	flax seeds, ground
6	tablespoon(s)	water
1	cup(s)	almond flour
1/2	cup(s)	coconut flour
1/2	cup(s)	tapioca flour or starch
2	teaspoon(s)	baking soda
1	teaspoon(s)	sea salt, (optional)
1	tablespoon(s)	cinnamon
1	tablespoon(s)	allspice
1	cup(s)	dates, pitted
2	cup(s)	pumpkin puree, organic
1	teaspoon(s)	apple cider vinegar
1/4	cup(s)	coconut oil
1/2	package(s)	berries, frozen (10 oz)
3/4	medium	zucchini, grated, 3/4 cup
3/4	cup(s)	almonds, or walnuts, sliced

paper muffin liners

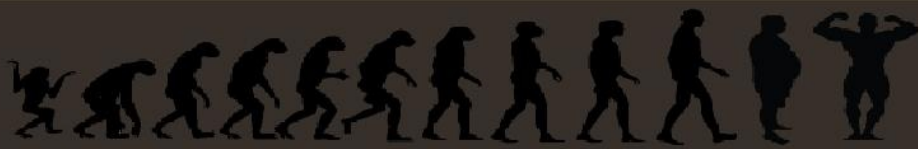
#### Instructions

Preheat oven to 350 F. Combine flax meal and water and let sit for 5 minutes, or until it forms a gooey, gel-like consistency. Combine almond flour, coconut flour, tapioca flour, baking soda, sea salt, cinnamon and allspice in large bowl.

Set aside. Combine dates, pumpkin, flax meal mixture, apple cider vinegar and coconut oil in food processor until dates are roughly chopped. Fold into dry ingredients.

Fold berries, zucchini and nuts into batter. Spoon into paper lined muffin tins. Bake for 30 minutes.

Muffins will still be very moist, even gooey on the inside. If muffins are too moist, turn off oven and continue to "bake" until oven has cooled. Cover with foil if tops of muffins are too brown.



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**EGGS WITH AVOCADO AND SALSA**

**Ingredients**

4	large	egg(s)
1/2	medium	avocado(s), sliced
1/2	cup(s)	almonds, sliced or slivered
4	tablespoon(s)	salsa

**Instructions**

Heat non-stick skillet over medium-high heat.

Beat eggs in a small bowl, and pour into skillet.

Cook for 1 minute and turn heat to medium-low. Finish cooking (about 2-4 minutes longer).

Top with almonds, avocado and salsa. Season with freshly ground black pepper and sea salt, if desired.



THE PALEO COOK BOOK  
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**FRIED EGGS WITH SWEET POTATO HASH**

**Ingredients**

1	tablespoon(s)	coconut oil, divided
1	medium	sweet potato(es), diced into 1/2 inch cubes
1/2	medium	onion(s), yellow, diced
2		sausage(s), nitrite/nitrate free , sliced
1	medium	bell pepper(s), diced
2	tablespoon(s)	water
4	large	egg(s)
1/4	teaspoon(s)	black pepper, freshly ground

**Instructions**

In a large skillet, heat coconut oil over medium heat.  
Add the onions and sweet potatoes, and saute for 5 minutes.

Add the sausages and continue to cook until sausages are browned and sweet potatoes are slightly softened. Add bell peppers and water.

Cover and cook for 15 minutes or until the potatoes are completely soft, stirring frequently.  
Meanwhile, fry eggs in coconut oil.

Season eggs with freshly ground black pepper and serve over sweet potato hash.



THE PALEO COOK BOOK  
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### FRUIT SALAD WITH CINNAMON

**Ingredients**

- 1 medium orange(s), peeled and diced
- 1 medium apple(s), diced
- ½ cup(s) pecans, or walnuts, chopped
- ½ teaspoon(s) cinnamon

**Instructions**

Place the fruit into bowls.  
Sprinkle with chopped nuts (optional) and/or cinnamon.

### GREEN SMOOTHIE

**Ingredients**

- 1 medium apple(s)
- 1 medium pear(s)
- ½ teaspoon(s) ginger, fresh, grated
- 2 tablespoon(s) flax seeds, ground
- 6 large kale leaves, (take out woody stems), or 2 handfuls of spinach
- 1 medium lemon(s), juiced
- 1 cup(s) water

**Instructions**

Quarter apple and pear, remove stems and seeds and put in blender.  
Add remaining ingredients to blender and puree. Add more water if needed.







THE PALEO COOK BOOK  
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### GUACAMOLE DEVILED EGGS

#### Ingredients

4	large	egg(s), hard-boiled
1	medium	avocado(s)
2	teaspoon(s)	hot pepper sauce
1	teaspoon(s)	lemon juice
1/4	teaspoon(s)	sea salt, (optional)
1/4	teaspoon(s)	black pepper, freshly ground

#### Instructions

Peel hard-boiled eggs and cut in half length-wise. Spoon out yolks into a small bowl.

Mash yolks with avocado, hot sauce and lemon juice. Season with sea salt and freshly ground black pepper to taste.

Refill egg whites with the yolk mixture.



THE PALEO COOK BOOK  
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## HAM & APPLESAUCE WITH ALMONDS

### Ingredients

- $\frac{3}{4}$  pound(s) ham, (nitrate/nitrite free, Boar's Head or Applegate Farms recommended)
- 2 cup(s) applesauce, unsweetened
- $\frac{3}{4}$  cup(s) almonds

### Instructions

Slice the ham and warm in a skillet on the stove. Serve alongside applesauce and almonds.



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### HAM STIR-FRY BREAKFAST

#### Ingredients

1	tablespoon(s)	coconut oil
1/4	medium	onion(s), yellow, diced
4	medium	mushrooms, sliced
1	small	sweet potato(es), diced into 1/4 inch cubes
1/8	teaspoon(s)	thyme
1/2	pound(s)	ham, diced
1/4	teaspoon(s)	black pepper, freshly ground to taste
1	medium	avocado(s), diced

#### Instructions

Heat a large saute pan over medium heat. When pan is hot, add coconut oil.

Add onions, mushrooms, sweet potatoes, and thyme.

Stirring frequently, cook until sweet potatoes are tender but firm (about 12-15 minutes).

Add small amounts of water (a few drops) to the pan and cover for a few minutes at a time in order to hasten the sweet potatoes' cooking time.

Toss in ham until heated through.

Season with freshly ground black pepper, if desired, and top with avocado to serve.



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### MYRA'S CHOPPED MUSHROOMS, EGGS AND ONION

#### Ingredients

8	slice(s)	bacon, (save drippings)
8	large	egg(s), hard-boiled, peeled and finely chopped
1	medium	onion(s), finely diced
10	medium	mushrooms, white button, finely chopped
1/4	teaspoon(s)	black pepper, freshly ground, to taste

#### Instructions

Cook bacon fully and remove from pan. Reserve a light coating of bacon fat in the pan. Crumble bacon pieces when cool and set aside.

Meanwhile, hard-boil the eggs.

Cool cooked eggs in water and shell immediately. Chop into bite-size pieces.

Over medium-high heat, Sauté the onion in the remaining bacon drippings until translucent and golden brown. Add the mushrooms and sauté another 5-6 minutes, stirring frequently, until softened.

Mix sauté, eggs, and bacon together, and season with black pepper.

Serve warm or cold.



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### NO OAT "OATMEAL"

#### Ingredients

1/4	cup(s)	walnuts, (really any nuts will work, though)
1/4	cup(s)	pecans
2	tablespoon(s)	flax seeds, ground
1/2	teaspoon(s)	cinnamon
1/4	teaspoon(s)	nutmeg, ground
1/4	teaspoon(s)	ginger, ground
1	tablespoon(s)	almond butter
1	medium	banana(s), mashed
3	large	egg(s)
1/4	cup(s)	almond milk, unsweetened, (add more if desired)
2	teaspoon(s)	pumpkin seeds
1/2	cup(s)	berries, fresh, (optional)

#### Instructions

Add walnuts, pecans, flax seed and spices to a food processor and pulse mixture to a coarse grain (make sure to stop before it is ground into a powder). Set aside.

Whisk together eggs and almond milk until the consistency thickens and becomes a loose custard.

Thoroughly blend the mashed banana and almond butter together and add it to the custard, mixing well. Stir in the coarse nut mixture.

In a medium saucepan, warm the mixture on the stove until the "no-oatmeal" reaches the desired consistency and the whisked eggs look firm as though cooked; this should only take about 5 minutes. Stir frequently.

Sprinkle pumpkin seeds and berries on top. Add more almond milk if desired.



THE PALEO COOK BOOK  
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**OMELET MUFFINS**

**Ingredients**

8	large	egg(s)
1/8	cup(s)	water
1/2	pound(s)	chicken, ham, or sausage, cooked and cut or crumbled into small pieces
1	medium	bell pepper(s), red, diced
1/4	pound(s)	asparagus, diced (or broccoli)
1/2	medium	onion(s), yellow, diced
1/4	teaspoon(s)	sea salt
1/8	teaspoon(s)	black pepper, freshly ground

paper muffin liners, or coconut oil

**Instructions**

Preheat oven to 350 F. Grease 8 muffin cups with coconut oil or line with paper baking cups. Fill any remaining muffin cups with 1 inch of water, so they do not scorch while baking.

Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add. Pour mixture into the muffin cups.

Bake for 18-20 minutes.



THE PALEO COOK BOOK  
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### PALEO APPLESAUCE

#### Ingredients

3	pound(s)	apple(s), (honeycrisp, gala, or fuji), peeled, cored, and sliced
1	teaspoon(s)	cinnamon
1/4	teaspoon(s)	cardamom, ground
1/4	teaspoon(s)	ginger, ground
1	medium	lemon(s), juiced, (about 2 tablespoons)

#### Instructions

Add all ingredients to a medium slow cooker. Using a wooden spoon, stir the apples until evenly coated with the spice mixture.

Cover, and cook 4 to 6 hours on low heat, or until apples are soft and fall apart when stirred.

Place cooked apples into a food processor (or use an immersion blender right in the slow cooker) and pulse or blend into a smooth sauce.

Serve warm or chilled.



THE PALEO COOK BOOK  
BREAKFAST



**Paleo Granola / Muesli**

**Ingredients**

1	cup(s)	almonds, whole or slivered
1	cup(s)	pecans, roughly chopped
1	cup(s)	walnuts, roughly chopped
1/2	cup(s)	sunflower seeds, raw
1/2	cup(s)	pumpkin seeds, raw
2	tablespoon(s)	chia seeds
2	tablespoon(s)	flax seeds, ground
2	tablespoon(s)	coconut oil, melted
1	tablespoon(s)	maple syrup, pure Grade B; (or use raw honey)
1/2	teaspoon(s)	cinnamon
1	cup(s)	raisins
1	cup(s)	goji berries

**Instructions**

Preheat oven to 275 F. In a large mixing bowl, combine almonds, pecans, walnuts, sunflower seeds, pumpkin seeds, chia, flax, coconut oil, maple syrup and cinnamon. Stir with a wooden spoon to coat.

Spread mixture evenly on a rimmed baking sheet. Bake, stirring twice, for 20 minutes. Remove from oven and cool 5 minutes. Add raisins and goji berries and stir to combine. Serve warm or room temperature with almond or coconut milk.

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To store, cool granola completely and keep in an airtight container at room temperature





THE PALEO COOK BOOK  
BREAKFAST



### PALEO PUMPKIN MUFFINS

#### Ingredients

1 1/2	cup(s)	almond flour
3/4	cup(s)	pumpkin puree, organic
3	large	egg(s)
1	teaspoon(s)	baking powder
1	teaspoon(s)	baking soda
1/2	teaspoon(s)	cinnamon
1 1/2	teaspoon(s)	pumpkin pie spice
1/8	teaspoon(s)	sea salt
1/4	cup(s)	honey, raw, (optional)
2	teaspoon(s)	almond butter
1	tablespoon(s)	almonds, sliced

paper muffin liners

#### Instructions

Preheat oven to 350 F. Coat muffin tins with coconut oil (or use paper muffin cups and add 1/2 teaspoon melted coconut oil to batter).

Mix all ingredients and pour evenly into tins.

Bake for 25 minutes on the middle rack.

Sprinkle almonds on top immediately after taking them out of the oven.



THE PALEO COOK BOOK  
BREAKFAST



### RASPBERRY ALMOND MUFFINS

#### Ingredients

1	cup(s)	almond flour
1/2	teaspoon(s)	baking soda
1/2	teaspoon(s)	baking powder
1/4	teaspoon(s)	sea salt
1/2	teaspoon(s)	almond extract
3	large	egg(s), whisked
1	cup(s)	almond butter
1/3	cup(s)	honey, raw
1/3	cup(s)	almonds, slivered
1/3	cup(s)	coconut oil, melted
1	cup(s)	raspberries, fresh

paper muffin liners

#### Instructions

Preheat your oven to 350 F. Mix all dry ingredients together in a large bowl. Set aside. Mix eggs, almond butter, honey, almonds, almond extract and coconut oil together in another medium bowl. Combine with dry ingredients and mix together. Fold in fresh raspberries.

Scoop batter evenly into 8-10 muffins cups (lightly greased with coconut oil, or lined with paper muffin liners).

Bake for 15-20 minutes. Watch muffins to be sure they do not overcook.



THE PALEO COOK BOOK  
BREAKFAST



**ROASTED PEPPER AND SAUSAGE OMELET**

**Ingredients**

1	medium	poblano pepper(s), green chili or bell pepper
4	large	egg(s)
1/4	teaspoon(s)	black pepper, freshly ground
2	teaspoon(s)	coconut oil
1/2	pound(s)	pork sausage(s), or beef, cooked and sliced
2	tablespoon(s)	parsley, fresh, chopped

**Instructions**

Put pepper in a heavy bottomed pan over high heat. Turn pepper as skin begins to blacken and blister on each side. When blistered on all sides, remove from pan and put in a plastic bag with a few drops of water; seal the bag immediately with plenty of air trapped inside. Wait 5 minutes. Remove from bag, cut out seeds, remove skin and dice.

Meanwhile, beat eggs in a small bowl and add freshly ground black pepper. Heat medium non-stick skillet over medium heat. Add 1 teaspoon coconut oil when hot. Add half of the egg mixture to hot pan. As the egg starts to set, add half of the remaining ingredients to one half of the pan.

When fully set, fold half of the egg over the filling, and cook a minute more. Repeat with second omelet.



THE PALEO COOK BOOK  
BREAKFAST



### SAUSAGE AND ZUCCHINI BREAKFAST CASSEROLE

#### Ingredients

3	medium	zucchini, trimmed
4	large	mushrooms, white button or cremini, halved
1	large	onion(s), yellow, peeled and quartered
1	pound(s)	sausage, ground breakfast
1/2	tablespoon(s)	thyme, fresh, (optional)
2	tablespoon(s)	almond flour
6	large	egg(s)
1/2	teaspoon(s)	garlic, granulated
1/2	teaspoon(s)	sea salt
1/4	teaspoon(s)	cayenne pepper, (optional)

#### Instructions

Preheat oven to 400 F. Place a grater blade on a medium or large food processor (or just use a box grater to shred the veggies by hand). Grate the zucchini, mushrooms and onion. Scrape the veggie mixture into the bottom of a 8x8 or 9x9 baking dish and lightly pat down to form an even surface.

Crumble the raw sausage on top of the veggies. Sprinkle with fresh thyme and almond flour. In a medium mixing bowl, combine eggs, granulated garlic, sea salt, and cayenne (optional) and whisk until eggs are a pale yellow (about 30 seconds).

Pour egg mixture evenly over sausage and veggies in the baking dish. It should sink to the bottom of the pan. Place in oven and bake for 45 to 55 minutes, or until browned on top and cooked through. There will be some residual water from the vegetables.

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Cool at least 15 minutes. Slice into 4 servings and enjoy warm or cold.



THE PALEO COOK BOOK  
BREAKFAST



**SAUSAGE STIR-FRY BREAKFAST**

**Ingredients**

- |     |             |                          |
|-----|-------------|--------------------------|
| 1   | teaspoon(s) | coconut oil              |
| 1/2 | medium      | onion(s), yellow, diced  |
| 1/2 | pound(s)    | sausage(s), sliced       |
| 4   | handful(s)  | spinach, or other greens |

**Instructions**

Heat a skillet over medium heat, and add coconut oil when hot.

Add diced onions and sauté until slightly translucent.

Add sausage and cook until browned, tossing frequently.

Add greens, reduce heat to medium-low, and cover.

Serve when the greens are wilted and soft (about 5 minutes).



THE PALEO COOK BOOK  
BREAKFAST



### SAVORY ZUCCHINI FRITTER

#### Ingredients

2	medium	zucchini, shredded (about 2 cups)
3	large	egg(s)
1	tablespoon(s)	coconut flour
1/2	teaspoon(s)	sea salt
1/4	teaspoon(s)	black pepper, freshly ground
2	tablespoon(s)	coconut oil, or bacon grease

#### Instructions

Shred zucchini by hand or in a food processor (rough chop) and set aside (if it is very wet, lightly blot it dry with a paper towel).

In a large bowl, beat eggs together.

Sift coconut flour into eggs and beat together. Note: coconut flour often has clumps, which is why sifting is important.

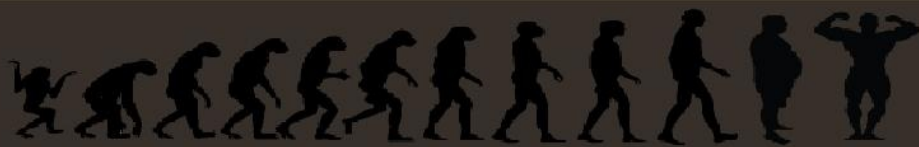
Mix shredded zucchini, sea salt and freshly ground black pepper together, and combine with egg mixture.

Meanwhile, set a large cast iron skillet over medium-low heat. When hot, add coconut oil or bacon grease to coat the bottom of the pan.

Spoon the mixture into the pan in desired sized fritters.

Serve warm or at room temperature.

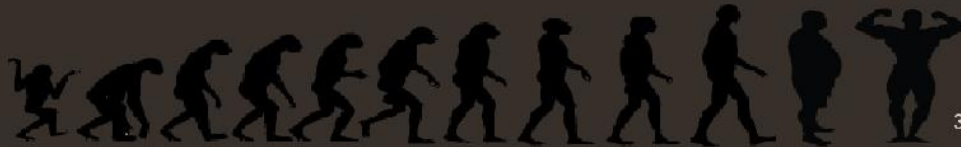
Optional: add other spices or fresh herbs to the recipe in step 4.



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THE PALEO COOK BOOK  
BREAKFAST



### SCRAMBLED EGGS WITH BACON AND VEGETABLES

#### Ingredients

4	slice(s)	bacon
4	large	egg(s)
1	medium	zucchini, diced
1	medium	garlic clove(s), minced
1	medium	tomato(es), diced
1	handful(s)	spinach

#### Instructions

Cook bacon, remove from pan and reserve 1 tablespoon of the bacon drippings in the pan. (Alternatively, cook bacon on baking sheet in oven for 20 minutes at 350 F while everything else cooks).

Meanwhile, wash and chop the vegetables.

Over medium-high heat, add the zucchini, garlic and tomato to the pan with the remaining bacon drippings. Sauté until just before tender.

While cooking, beat eggs in a small bowl. Set aside.

Crumble cooked bacon and set aside.

When the vegetables are almost done, add the beaten eggs and crumbled bacon to the pan, along with the fresh spinach.

Turn heat to medium-low and cook until the eggs are fluffy and firm.

Season with freshly ground black pepper and sea salt, if desired.





THE PALEO COOK BOOK  
BREAKFAST



**SHRIMP AND AVOCADO OMELET**

**Ingredients**

1/4	pound(s)	shrimp, peeled and de-veined
1	medium	tomato(es), diced
1/2	medium	avocado(s), diced
1	tablespoon(s)	cilantro, fresh, chopped (optional)
1/4	teaspoon(s)	sea salt, (optional)
1/8	teaspoon(s)	black pepper, freshly ground
1	teaspoon(s)	coconut oil
4	large	egg(s), beaten

**Instructions**

Cook shrimp over medium heat until pink. Chop and set aside.

Toss tomato, avocado, and cilantro together in a small bowl. Season to taste with sea salt and freshly ground black pepper. Set aside. Beat eggs in a separate small bowl.

Heat a non-stick skillet over medium-high heat. Add coconut oil when hot.

Pour half of the eggs into the hot skillet, tilting the pan gently to cover the bottom with egg. Tilt pan and lift edges of omelet to allow uncooked egg to spread to the hot part of the pan.

When eggs are almost fully firm, add shrimp pieces onto one half of the egg.

Fold omelet in half and cook for a minute more. Top with tomato and avocado mixture.

Repeat for second omelet.



THE PALEO COOK BOOK  
BREAKFAST



**SMOKED SALMON AND FENNEL WITH DILL**

**Ingredients**

- 2           tablespoon(s) coconut oil
- 2           small            fennel bulbs, diced
- 4           ounce(s)        salmon, smoked
- 2           tablespoon(s) dill, fresh
- 1/8         teaspoon(s)   black pepper, freshly ground, to taste

**Instructions**

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

Add fennel and saute until slightly tender (about 10 minutes)

Add smoked salmon to heat through.

Season with black pepper and top with fresh dill to serve.



THE PALEO COOK BOOK  
BREAKFAST



**STEAK AND EGGS**

**Ingredients**

1/2	pound(s)	beef - steak(s), boneless, sliced into 1/4-1/2 inch pieces
1/4	teaspoon(s)	black pepper, freshly ground
1/4	teaspoon(s)	sea salt, (optional)
2	teaspoon(s)	coconut oil, lard, or tallow, divided
1/4	medium	onion(s), yellow, diced
4	medium	mushrooms, sliced
1	medium	bell pepper(s), red, diced
1	handful(s)	spinach, or arugula
2	large	egg(s)

**Instructions**

Season sliced steak with sea salt (optional) and black pepper.

Heat a large saute pan over medium-high heat.

Add half of coconut oil, and all of onions, mushrooms, and steak when pan is hot, and saute until steak is slightly cooked.

Add red bell pepper and spinach, and cook until steak is done to your liking.

Meanwhile, heat a small fry pan over medium heat. Add remaining coconut oil, and fry eggs. Divide steak and vegetables on two plates.

Top each with a fried egg to serve.



THE PALEO COOK BOOK  
BREAKFAST



## STRAWBERRY KIWI SMOOTHIE

### Ingredients

1	large	kiwi(s), peeled and roughly chopped or sliced
1	cup(s)	strawberries, frozen
1	can(s)	coconut milk, full fat (403 mL)
2	tablespoon(s)	chia seeds
1	teaspoon(s)	honey, raw, (optional)

### Instructions

Combine kiwi, strawberries, coconut milk and honey (if desired) in a blender. Pulse for 60 seconds, or until fully blended.

Stir in chia seeds. Serve immediately. For a thicker smoothie, refrigerate for 4 to 24 hours to let chia seeds "gel."



THE PALEO COOK BOOK  
BREAKFAST



### SUMMER VEGETABLE FRITTATA

#### Ingredients

1 1/2	tablespoon(s)	coconut oil, or olive oil
1	medium	zucchini, diced
1/2	medium	bell pepper(s), red, diced
1/2	medium	onion(s), red, diced
1	tablespoon(s)	thyme, fresh
1/2	teaspoon(s)	sea salt, divided
1/4	teaspoon(s)	black pepper, freshly ground, divided
2	medium	garlic clove(s), minced
1	medium	tomato(es), seeded and chopped
9	large	egg(s)

#### Instructions

Heat coconut oil in a 10 inch oven-proof skillet over medium heat. When hot, add zucchini, pepper, onion, thyme, garlic and half of the sea salt and pepper.

Cover and cook until vegetables are tender (about 5-7 minutes), stirring occasionally. Stir in tomato. Cook, uncovered, for 5 minutes more or until liquid evaporates.

Combine eggs and remaining salt and pepper and whisk until frothy.

Pour eggs over vegetable mixture and stir gently. Cover, reduce heat and cook 15 minutes.

Meanwhile, preheat broiler to low. Finish frittata with 3 minutes under the broiler (until fully set).

Invert onto a plate, slice and serve warm or cold.



THE PALEO COOK BOOK  
BREAKFAST



### SWEET POTATO LATKES

#### Ingredients

2	medium	sweet potato(es), peeled and shredded (about 4 cups)
1/4	medium	onion(s), shredded (about 1/4 cup)
2	large	egg(s)
1	teaspoon(s)	sea salt, (optional)
2	tablespoon(s)	coconut oil, for frying

#### Instructions

Place all the ingredients (except the coconut oil) in a bowl and mix together.

Heat a large skillet over medium heat and add enough coconut oil to fully coat the bottom. (Potatoes easily soak up oil, so be generous here.)

When the oil is hot, drop rounded 1/4 cups or handfuls of the potato mixture into the pan and press down slightly with spatula to form pancakes.

Fry on each side until browned and crispy (about 2–4 minutes). Try not to disturb the pancakes while cooking.

Place finished pancakes on paper towels and cover to keep warm.

Repeat steps three, four, and five, adding oil to the pan as needed, until all of the mixture has been fried.



THE PALEO COOK BOOK  
BREAKFAST



**SWEET POTATO, BACON AND EGG SALAD**

**Ingredients**

1	medium	sweet potato(es), diced
2	large	egg(s)
8	slice(s)	bacon, diced
4	tablespoon(s)	dill, fresh, finely chopped
2	tablespoon(s)	mayonnaise, (you can make your own with this recipe)
2	tablespoon(s)	lemon juice

**Instructions**

Place eggs in small sauce pan, cover with cold water, cover pan and place over high heat until just before boiling.

Remove from heat and let sit, covered, for 13 minutes. Immediately rinse in cold water, peel eggs, dice and set aside.

Meanwhile, dice sweet potato. Heat skillet over medium-high. When hot, add bacon and cook for 5 minutes. Add diced sweet potato and continue to cook until potato is tender and bacon is fully cooked.

In a small bowl, mix dill, mayonnaise and lemon juice.

Add eggs, sweet potato and bacon, and mix. Serve warm or cold.



THE PALEO COOK BOOK  
BREAKFAST



**TAPIOCA CRÊPES**

**Ingredients**

1	cup(s)	tapioca flour or starch
1	cup(s)	coconut milk, full fat
1	large	egg(s)
1/4	teaspoon(s)	sea salt

toppings of choice- for crepes, (we use fresh berries and almond butter on the shopping list, but feel free to mix it up with sauteed vegetables, applesauce, cinnamon, crumbled bacon, etc.)

**Instructions**

Combine all the ingredients in a medium bowl and mix completely.  
Heat a non-stick skillet over medium heat.

When hot, pour in about 1/3 cup of the mixture and tilt the pan in all directions to spread out batter to desired thickness.

Cook both sides until very lightly browned (2-3 minutes on each side).  
Top with desired ingredients and serve warm or cold.





THE PALEO COOK BOOK  
BREAKFAST



### TEX-MEX BREAKFAST SCRAMBLE

#### Ingredients

1	teaspoon(s)	coconut oil, or tallow, lard, or bacon drippings
4	large	egg(s)
1/2	teaspoon(s)	cumin
1/2	teaspoon(s)	chili powder, (or ground chipotle)
1/4	teaspoon(s)	sea salt, (optional)
1	tablespoon(s)	water
1/4	medium	onion(s), red, diced
1	medium	bell pepper(s), green, diced
1	medium	jalapeno pepper(s), diced (optional)
3/4	pound(s)	chicken breast(s), boneless, skinless, chopped and cooked
1	medium	tomato(es), diced
1/4	cup(s)	cilantro, fresh, chopped

#### Instructions

Heat coconut oil in a medium skillet over medium-high heat.

Meanwhile, break eggs into a small bowl. Add cumin, chili powder, sea salt, and water.

Scramble with a fork until fully combined. Add onions, bell peppers, and jalapeno to the hot skillet. Saute 3-5 minutes, or until slightly softened.

Add eggs and pre-cooked chicken, and cook while continuously stirring until eggs are light and fluffy.

Remove from heat. Stir in tomatoes, and top with fresh cilantro to serve.



THE PALEO COOK BOOK  
BREAKFAST



### TURKEY CARROT QUICHE

#### Ingredients

8	large	egg(s)
1/2	pound(s)	turkey, ground
1	large	carrot(s), shredded (1 cup)
1	medium	onion(s), chopped (about 1 cup)
1	teaspoon(s)	mustard, dijon
1/4	teaspoon(s)	cumin
1/4	cup(s)	herbs, fresh, chopped such as basil and parsley or 4 teaspoons mixed dried herbs
1/4	cup(s)	water
1/2	teaspoon(s)	sea salt
1/2	teaspoon(s)	black pepper
1	tablespoon(s)	coconut oil, or bacon fat for baking dish and browning turkey

#### Instructions

Pre-heat oven to 350 F. Grease a 9 inch pie plate or 9 inch baking dish with coconut oil or bacon fat and set aside. Brown the ground turkey, onions, carrots, Dijon mustard and cumin together in a pan (Add butter if the turkey is too lean to release enough fat for cooking and the ingredients are sticking to the pan).

Set the turkey mixture aside to cool slightly and whisk eggs together in a bowl

Add fresh or dried herbs, salt, pepper, water and cooled turkey mixture to the eggs and whisk everything together.

Pour entire mixture into the prepared pie plate or baking dish and cook for 40 to 45 minutes until set.



THE PALEO COOK BOOK  
BREAKFAST



### VEGGIES & EGGIES

#### Ingredients

8	large	egg(s)
4	slice(s)	bacon, reserve 1 tablespoon bacon grease
1/4	medium	onion(s), yellow, dice
6	large	kale leaves, chopped
1	medium	garlic clove(s), minced
4	large	egg(s)
1	medium	avocado(s), sliced

#### Instructions

Cook bacon. Remove from pan and put on paper towel to absorb extra oil. Crumble bacon when cool, and set aside. Drain pan of all but a coating of bacon grease. Sauté onion in bacon grease until slightly translucent. Add garlic and kale to pan, and continue to cook until tender.

Remove to two plates.

With the pan still hot, cook the eggs over easy in the leftover juices of the sauté.

When the eggs are cooked, layer them on top of the vegetables.

Top with the sliced avocado and crumbled bacon.



THE PALEO COOK BOOK  
BREAKFAST



WESTERN OMELET

Ingredients

4	large	egg(s)
1	teaspoon(s)	coconut oil
1/2	medium	onion(s), yellow, diced
1	medium	bell pepper(s), diced
1	medium	tomato(es), diced
1	handful(s)	spinach
1/4	pound(s)	ham, cooked and diced
1/4	teaspoon(s)	sea salt, to taste
1/4	teaspoon(s)	black pepper, freshly ground, to taste

Instructions

Wash and chop vegetables. Set aside.

Crack eggs into small bowl and beat well. Set aside.

Heat non-stick skillet over medium heat. When hot, add coconut oil to pan.

Pour half of the beaten eggs into the skillet and coat the bottom of the pan. When the egg has partially set, scrape the edges and tip the pan so that the uncooked egg at the top can spread to the hot cooking surface of the skillet.

Immediately after, add half of the vegetables and ham to one half of the omelet and continue to cook until the egg is almost fully set.

Using a spatula, fold the empty half over top of the ham and veggies. Cook for 2 minutes longer, then serve.

Repeat the process with the remaining ingredients to make the second omelet.



THE PALEO COOK BOOK  
BREAKFAST



**ZUCCHINI BERRY MUFFINS**

**Ingredients**

1	cup(s)	almond flour
1/2	cup(s)	coconut flour
1/2	cup(s)	tapioca flour or starch
2	teaspoon(s)	baking soda
1	teaspoon(s)	sea salt
1	tablespoon(s)	cinnamon
1	tablespoon(s)	allspice
1	cup(s)	dates, pitted
3	medium	banana(s)
3	large	egg(s)
1	teaspoon(s)	apple cider vinegar
1/4	cup(s)	coconut oil
1/2	package(s)	berries, frozen (10 oz), blackberries, blueberries, raspberries) OR 1
1/4	cup	fresh berries
3/4	medium	zucchini, grated (about 3/4 cup)
3/4	cup(s)	almonds, finely chopped
		paper muffin liners

**Instructions**

Take berries out of freezer to thaw, if applicable. Preheat oven to 350 F. In a large bowl, combine almond flour, coconut flour, tapioca flour, baking soda, salt, cinnamon and allspice. In a food processor, combine dates, bananas, eggs, vinegar and oil.

Transfer mixture to a large bowl and blend until completely combined. Finely grate zucchini (or food process it). Fold in berries, zucchini and almonds. Spoon mixture into paper lined muffin tins. Bake at 350 F for 20 minutes.



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BREAKFAST

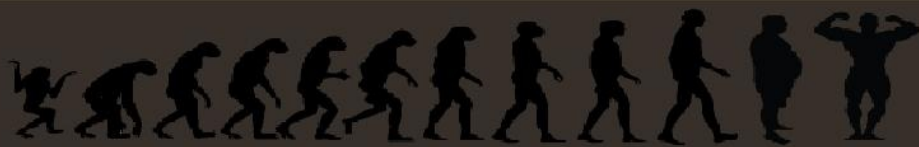


**FALL FLAVORS SMOOTHIE**

1	cup(s)	pumpkin puree, organic, fresh or canned
1	cup(s)	almond milk, unsweetened
1	cup(s)	ice
1	large	apple(s), sweet, unpeeled and cut into chunks
2	tablespoon(s)	collagen powder, grass-fed
1/2	inch(es)	ginger, fresh, peeled (or 1/4 teaspoon ground)
1/2	teaspoon(s)	vanilla
1/2	teaspoon(s)	cinnamon
1/4	teaspoon(s)	nutmeg, fresh
1/8	teaspoon(s)	cloves, ground
2	teaspoon(s)	honey, raw, (optional)

**Instructions**

Add everything to a blender and puree. Enjoy!



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