

**PALEO QUICK &
EASY RECIPES:
BRUNCHES,
LUNCHES &...**

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Paleo Quick and Easy Recipes:
Brunches, Lunches and Dinners

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About the Book:

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

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

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

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

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

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Introduction:

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

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

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

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

Brunches

Savory Mushroom and Bell Pepper Omelet Cups

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

Servings: 8

Ingredients:

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

Directions

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

Maple Pumpkin Pancakes

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

Servings: 2

Ingredients:

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

Directions:

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

Flavorful Crab Cakes

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

Servings: 6

Ingredients:

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

Directions:

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

9. Serve!

****Bonus Recipes!**

Paleo Mayonnaise:

1 c. olive oil

1 egg

1 tbsp. lemon juice

Salt and Pepper

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

Paleo Worcestershire Sauce:

1/2 c. apple cider vinegar

2 tbsp. water

2 tbsp. coconut aminos

1/4 tsp. ginger (ground)

1/4 tsp. mustard powder

1/4 tsp. onion powder

1/4 tsp. garlic powder

1/8 tsp. cinnamon (ground)

1/8 tsp. black pepper (ground)

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

Paleo Seafood Seasoning

1 tsp. salt

1 tsp. freshly ground black pepper

1 tbsp. lemon zest (about 1 tablespoon)

2 tbsp. dill weed

Combine all ingredients and mix well. Use immediately

Carrot Souffle

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

Servings: 8

Ingredients:

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

Directions:

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

Savory Chicken Patties

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

Servings: 8

Ingredients:

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

Directions:

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

Lemon Pastries

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

Servings: 4

Ingredients:

Pastry

- 1 c. almond meal
- 3 tbsp. lemon juice
- 4 dates (pits removed)

Filling:

- 6 tbsp. lemon juice
- 1 lemon (zest)
- 1 tbsp. honey
- 2 eggs

Directions:

Pastry:

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

Filling:

1. In a sauce pan over low heat, mix the lemon juice, lemon zest and honey.
2. Let it simmer for 2 minutes.
3. Meanwhile, beat the eggs together in a bowl.
4. Carefully pour the eggs into the mixture while whisking.
5. Remove from the heat and let it cool for 5 minutes.

6. Pour the filling into the crust you made earlier and refrigerate.
7. Allow the filling to set before you serve.

Cinnamon Banana Bread

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

Servings: 8

Ingredients:

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

Directions:

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

Lunches

Tahini Kale Salad

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

Servings: 2

Ingredients:

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

Directions:

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

Walnut and Artichoke Salad

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

Servings: 4

Ingredients:

- 1½ tbsp. walnuts (chopped)
- 8 oz. spinach leaves
- 1 avocado, (peeled, pitted and sliced)
- 1 lemon (juiced)

Directions:

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

Taco Salad

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

Servings: 4

Ingredients:

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

Directions:

1. In a small bowl, mix together the chili powder, cumin, garlic powder, cayenne pepper, salt and black pepper.
2. Melt the coconut oil in a large skillet over medium-high heat.
3. Add the onions and allow them to become translucent. After 5 minutes, add and brown the garlic.
4. After 1 minute more, add the ground beef. Break it up and brown it thoroughly.
5. Once browned, add in the spice mix and cook for an additional 2-3 minutes. Be sure to cover all the beef.
6. Add in the lime juice.

7. Lay the romaine lettuce on the serving plates and top with the meat, cherry tomatoes, avocados and cilantro. Serve and enjoy!

Vegetable and Quinoa Salad

Nutritional info: Calories 291, Fat 16 g, Protein 7.2 g, Carbohydrates 30 g.

Servings: 8

Ingredients:

1½ c. quinoa

3 c. water

6 tbsp. extra virgin olive oil

4 tbsp. balsamic vinegar

1 garlic clove (minced)

4 tsp. dill

1 ½ c. mixed broccoli, carrots and cauliflower (chopped)

1 c. peas

1 small red onion (chopped)

1/2 c. cherry tomatoes (halved)

Salt and pepper to taste

Directions:

1. Bring 3 cups of water to a boil over high heat.
2. Add in the quinoa.
3. Let it simmer uncovered for about 15 minutes until the water is absorbed. Drain any remaining water and transfer it into a large bowl.
4. Stir in 2 tbsp. of olive oil to keep the quinoa from sticking and allow it to cool down in the refrigerator.
5. In a small bowl, mix together the 4 tbsp. of remaining olive oil with the vinegar, dill and garlic.
6. When the quinoa has cooled, mix in the oil and vinegar bowl's contents. Mix thoroughly.
7. Mix in the broccoli, carrots, cauliflower, peas, onions, tomatoes, salt and pepper. Toss together and serve.

Fruit and Pecan Chicken Salad

Nutritional info: Calories 254, Fat 18 g, Protein 17 g, Carbohydrates 10 g.

Servings: 4

Ingredients:

1 ½ lb. chicken (cooked and cut into strips)

2 tbsp. Paleo mayo

¾ c. grapes (sliced)

½ c. apples (diced)

¼ c. celery (diced)

½ c. pecans (halved)

Directions:

1. Toss the ingredients in a serving bowl.
2. Serve and enjoy!

Fresh Spring Salad with Pears and Pecans

Nutritional info: Calories 564, Fat 51 g, Protein 6.8 g, Carbohydrates 28 g.

Servings: 2

Ingredients:

8 oz. spring mix greens

1 medium pear (diced)

½ c. pecans

½ red onion (chopped)

Black pepper to taste

2 tbsp. olive oil

1 tbsp. balsamic vinegar

Directions:

- 1: Mix the ingredients together in a serving bowl.
2. Serve and enjoy!

On-the-Go Fruit and Beef Jerky Mix

Nutritional info: Calories 429, Fat 16 g, Protein 18 g, Carbohydrates 55 g

Servings: 1

Ingredients:

1/4 c. dried cranberries

1/4 c. dry roasted almonds

1/8 c. dried blueberries

1/8 c. dried strawberries

1 serving original smoke house beef jerky

Directions:

1. Combine the ingredients in a re-sealable container.
2. Ready to go!

Dinners

Delectable Honey Mustard Chicken

Nutritional info: Calories 345, Fat 26 g, Protein 21 g, Carbohydrates 7 g.

Servings: 6

Ingredients:

6 free range chicken breast fillets

2 tbsp. melted ghee

2 tbsp. Dijon mustard

1 tbsp. raw honey

½ tsp. paprika

Sea salt to taste

Directions:

1. Preheat the oven to 375 degrees Fahrenheit and line a baking sheet with foil.
2. In a small bowl, mix together the melted ghee, mustard, honey, paprika and salt.
3. Completely coat the chicken fillets in the sauce.
4. Heat a skillet over medium-high heat, brown the chicken on both sides.
5. Place the fillets onto the cooking sheet and bake in the oven for 20 minutes.
6. Be sure they are cooked through. Serve.

Spicy Garlic Shrimp Stir Fry

Nutritional info: Calories 388, Fat 32 g, Protein 21 g, Carbohydrates 6 g.

Servings: 4

Ingredients:

- ½ c. lemon juice
- 1 small onion (finely chopped)
- ½ c. olive oil
- 3 garlic cloves (minced)
- 1 tbsp. lemon zest
- 1 tbsp. ginger (grated)
- 1 tsp. turmeric (ground)
- 24 large shrimp (peeled and deveined)

Directions:

1. In a medium bowl, mix the lemon juice, onion, olive oil, garlic, lemon zest, ginger and turmeric together.
2. Place the shrimp into the sauce and refrigerate overnight.
3. Remove the shrimp and set the sauce aside.
4. Heat a skillet over medium-high heat and melt the coconut oil.
5. Stir-fry the shrimp for 5-10 minutes until they turn pink.
6. Add in the sauce you set aside earlier and heat through.
7. Serve and enjoy!

Smoky Chicken Thighs

Nutritional info: Calories 195, Fat 12 g, Protein 19 g, Carbohydrates 0 g

Servings: 4

Ingredients:

Chicken:

4 bone-in chicken thighs

2 tsp. spice blend

Spice Blend:

1 tbsp. chipotle (powdered)

1 tbsp. paprika

1 tbsp. onion (powdered)

½ tbsp. ground cinnamon

1 tbsp. salt

½ tbsp. ground black pepper

Directions:

Spice blend;

Mix together all the ingredients in a small container

Chicken:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Sprinkle the spice blend over the chicken pieces.
3. Bake for 40 minutes.
4. Let cool for 5 minutes and serve!

Stuffed Bell Peppers

Nutritional info: Calories 296, Fat 18 g, Protein 24 g, Carbohydrates 10 g

Servings: 4

Ingredients:

- 2 bell peppers (halved)
- 1 tbsp. coconut oil
- ½ large onion (diced)
- 4 garlic cloves (chopped)
- 4 small tomatoes (diced)
- 1 lb. grass-fed ground beef
- 6 fresh basil leaves (finely chopped)
- 2 c. baby spinach (finely chopped)
- Sea salt to taste
- Black pepper to taste

Directions:

1. Preheat the oven to 375 degrees Fahrenheit.
2. Roast the bell peppers for 10-15 minutes.
3. As you wait, heat a sauté pan over medium-high heat and cook the onions in the coconut oil until they have turned translucent in color.
4. Season with salt and pepper to taste.
5. Add in the tomatoes and garlic and let them simmer for 3 minutes.
6. Toss in the ground beef and make sure to break it apart as it cooks.
7. Sample the mixture and add salt and pepper to taste, if necessary.
8. Mix in the basil and spinach until they barely start to wilt.
9. Take the peppers out of the oven, flip them over and add the stuffing.
10. Serve!

Tuna Burgers

Nutritional info: Calories 340, Fat 17 g, Protein 40 g, Carbohydrates 6 g

Servings: 4 patties

Ingredients:

2 (8 oz.) cans of tuna, drained

2 tbsp. coconut aminos

1/4 c. chopped cilantro

2 tbsp. olive oil

2 tbsp. lemon juice

1 tbsp. grated ginger root

3 eggs

Salt to taste

Ground black pepper to taste

1/2 cup almond meal

Directions:

1. Mix together all the ingredients in a food processor until well combined.
2. Form them into 4 patties
3. Heat a tablespoon of olive oil in a médium skillet over médium heat.
4. Add the patties and Brown them on both sides.

Potato & Chicken Sausage Soup

Nutritional info: Calories 222, Fat 9 g, Protein 14 g, Carbohydrates 19 g.

Servings: 8

Ingredients:

- 1 large onion (diced)
- 2 tbsp. olive oil
- 8 oz. preservative-free chicken sausages (sliced)
- 3 celery stalks (diced)
- 3 carrots (diced)
- 2 tsp. cumin (ground)
- 1 tbsp. paprika
- ½ tsp. turmeric (ground)
- 2 tsp. salt
- 1 tsp. black pepper (ground)
- 1 pinch saffron threads
- 5 garlic cloves (minced)
- 2 sweet potatoes (peeled and cut into bite-size pieces)
- 8 c. chicken broth
- 4 c. kale
- 1 lemon (juiced)
- Salt and pepper to taste
- 1 pinch harissa
- 1 tbsp. fresh parsley (chopped)

Directions:

1. Heat a soup pot over medium-high heat, add the olive oil and then the onions. Sauté for about 5 minutes.
2. Add the chicken sausage slices and cook through.

3. Add in the celery and carrots frequently stirring for another 3 minutes as they soften.
4. Then, mix in the cumin, paprika, turmeric, salt, black pepper, saffron and garlic; cook for 3 minutes.
5. Toss the sweet potatoes in and chicken broth into the mix and bring it to a boil.
6. Turn down the heat to medium-low and let the soup simmer for 20 minutes or until the sweet potatoes have softened.
7. Mix in the kale and let it cook for an additional 10 minutes or until the kale has wilted and is cooked through.
8. Stir in the lemon juice.
9. Season with salt and pepper as needed.
10. Garnish with the harissa and parsley and it's ready to serve.

Savory Rosemary Salmon

Nutritional info: Calories 239, Fat 13 g, Protein 28 g, Carbohydrates 1 g.

Servings: 4

Ingredients:

2 tbsp. olive oil

1 lb. salmon

1 lemon

1 tsp. rosemary salt blend

Rosemary Salt Blend

½ c. dried rosemary (ground)

¼ c. sea salt

Directions:

1. Preheat the oven to broil.
2. Oil a cooking sheet/baking dish.
3. Set the salmon on the sheet.
4. Season with rosemary salt.
5. Drizzle the top of the salmon.
6. Cut out lemon slices and set them on top of the salmon.
7. Put the sheet into the oven and broil for 10-15 minutes.
8. It should be flaky and aromatic!

To make the Rosemary Salt blend; add the ingredients into a food processor and blend until thoroughly mixed. Store in a jar or container for later use.

Conclusion:

By using these recipes and following the guidelines to the Paleo diet, you will be feeling healthier in a matter of weeks. Try to stay away from eating junk foods and allow your body to make the transition from burning simple sugars to whole proteins and nutrients. This process does take some time, so be patient. It is definitely worth it in the long run.

Switching to the Paleo diet will improve your blood lipids, reduce pain caused by autoimmunity, boost weight loss and provide you with a nice jump in energy levels. In using this diet, not only are we reducing the amount of non-beneficiary foods to our system but by doing so, we are also increasing our intake of vitamins, minerals and antioxidants.

So there you have it 21 simple and delicious meals to add to your collection. Thank you for purchasing this book. I hope you have enjoyed these recipes as much as I do and that they will become useful time and time again.