Dinner Recipes

Paleo Chicken Meatloaf Muffins

* 1 pound ground chicken
* 1 carrot finely chopped
* 1 celery stalk finely chopped
* 1 clove garlic finely chopped
* 4 tablespoons Frank’s Red Hot Sauce
* 1tbs salt 1tsp pepper
* 1 egg
* 1 onion chopped

-Saute onions, carrots and celery in 1 tsp coconut oil for 5 minutes. Then combined all ingredients and scoop into cupcake pan. Bake at 350 for 30 minutes. Top with Sugar Free ketchup or more Franks Hot Sauce

Paleo Fettuccine Alfredo with Blackend Chicken

1 cup cashews

1 ½ lbs chicken breast

1 tbs Cajun spice rub (against all grain)

4 large zucchinis (2lbs)

1 1.4 tsp sea salt

1 tbs evoo

½ lb asparagus trimmed into 1 inch pieces

1 leef, white part only, thinly sliced

½ cup chopped cremini mushrooms

2 ounches chopped prosciutto

2 cups water

1 tbs fresh lemon juice

1 clove Garlic minced

¼ tsp white pepper

1/8 tsp nutmeg

Place cashews in water that’s been heated to a bowl and soak for 30 minutes

Rub chicken wity Cajun spice rub and grill on medium high for about 15 minutes (until no longer pink)

Remove and slive into strips

Peel zucchini and slice off ends

Use spiral slicer to make noodles

Boil water and add zucchini to make noodles (boil for 5-7 minutes)

Remove and place on paper towls, top with sea salt

Place asparagus in the zucchini water and blanch until bright green (5 minutes or so)

Drain and wipe dry

Add asparagus, olive oil, leek, mushrooms and prosciutto. Saute for 5-7 minutes over med-hi

Drain Cashews and place in a blender with 2 cups water. Add lemon juice, garlic and nutmeg and blend until smooth

Add sauce to prosciutto mixture and simmer for 7-10 minutes

Combined with Noodles

General Tso’s Chicken

Ingredients

* 2 lbs boneless, skinless chicken thighs
* oil for the pan
* 1/2 cup chicken stock
* 3 tablespoons reduced-sodium, wheat-free soy sauce (or coconut aminos)
* 2 tablespoons rice vinegar (or apple cider)
* 1 tablespoon sunflower seed butter
* 1 tablespoon molasses
* juice of 1/2 lime
* 1/2 teaspoon red chili flakes (+ sriracha or chili garlic sauce for extra spiciness)
* 1/2 teaspoon dried onion flakes
* 1/4 teaspoon granulated garlic
* 1/4 teaspoon powdered ginger
* 2 green onions, chopped, for garnish
* nuts (cashews, macadamias), for garnish

Method

Get out a storage/serving container.

Slice chicken into thin strips. In a large saute pan, heat oil over medium-high heat. Saute chicken, in batches, until browned and cooked through. Place in storage/serving container.

Add stock to the saute pan and whisk to get up all the browned bits. Turn the heat down to medium. Add in the rest of the ingredients. Whisk, until thickened, about 2 minutes. Stir chicken back into the pan, making sure everything is coated in sauce.

Serve topped with chopped green onions and nuts.

Barbeque Burgers

* 1. 2 pounds grassfed [ground beef or bison](http://www.grasslandbeef.com/Detail.bok?no=816&affId=135896)
* 2 tablespoons tomato paste
* ¾ teaspoon apple cider vinegar
* ½ teaspoon [liquid smoke](http://astore.amazon.com/againstallgrain-20/detail/B002L808JW)
* 1 teaspoon dijon mustard
* ½ teaspoon sea salt ¼ teaspoon black pepper
* ½ teaspoon onion powder
* ¼ teaspoon paprika
* Preheat grill to medium-high.
* Combine all of the ingredients
* Gently form beef into six 1-inch-thick patties, about 4 inches in diameter. Make an indentation in the top of each patty.
* Grill burgers 3 minutes. Flip and grill 4 minutes for medium-rare or until they are cooked to your preference.

Grain Free Buns: 1 1/2 cup raw cashews

3 eggs, divided

3/4 teaspoon apple cider vinegar

1/4 cup almond milk (or other non-dairy milk)

4 tablespoons melted butter or ghee (coconut oil will work too, I just like the richness of the butter)

1/3 cup coconut flour

1/4 cup blanched almond flour

1 teaspoon salt 1 teaspoon baking soda

Preheat oven to 325 degrees.

Place the cashews, egg yolks, vinegar, milk, and butter in a food processor, and process until very smooth. Add the coconut flour, almond flour, and salt and process again until a smooth and a sticky dough has formed.

Beat the egg whites in a separate bowl until stiff peaks have formed.

Add the baking soda and egg whites to the food processor, then pulse 8-10 times until everything is incorporated.

Using very wet hands, shape the dough into 4 buns, almost like hamburger patties. Re-wet your hands in between each bun to ensure the dough doesn’t stick to your hands and to achieve the smooth exterior you see on mine.

Bake on a cookie sheet lined with parchment paper for 25 minutes.

Jamaican Jerk Chicken Bowls

**For the Bowl**

* -Coconut oil for the pan

-1 large red onion, thinly sliced

* -1/2 fresh pineapple, cut into bite-size chunks
* -2 bell peppers (any color), sliced into strips
* -1 lb chicken breast, cut into bite-size strips

**For the Jerk Seasoning**

-1 teaspoon ground allspice

-1 teaspoon ground cumin

* -1 teaspoon coconut sugar
* -1/2 teaspoon ground sage
* -1/2 teaspoon red pepper flakes (+ ¼ teaspoon cayenne pepper for extra heat)
* -1/2 teaspoon dried thyme
* -1/4 teaspoon ground cloves
* -1/4 teaspoon ground nutmeg
* salt and pepper, to taste
* juice of 1 lime
* **Method**: In a bowl or zip-top bag, combin the chicken with about 7/8 of the jerk seasoning and toss/shake to combine. Set aside to let the chicken marinate and come to room temperature. Meanwhile, we’ll makethe veg…In a large saute pan, heat a few tablespoons of fat over medium heat. Add in the onion and pineapple, plus the last little bit of the jerk seasoning you spared from the chicken. Occasionally stirring things around until the onions look soft and pineapple has started to develop a caramalized color. Add in the bell pepper strips and let them cook for a bit; not too long, as they’ll get mushy. Once all the roughage is cooked, remove from the pan and place in your serving dish Add a few more tablespoons of fat to the pan, and crank up the heat to medium-high. Plop in the chicken. Don’t touch it or move it around, we want to develop a nice brown crust on the outside of the chicken. Once that’s happened, then, you’re allowed to flip it over to cook on the other side.Add the chicken to the onions, peppers and pineapple. Stir to combine.

Paleo Chicken Pot Pie

**Ingredients**

2 carrots, peeled and diced

2 parsnips, peeled and diced

1  red onion, diced

1 small bunch fresh collards, any other green will work too (4-5 cups chopped, stems removed)

8 oz mushrooms, chopped

1-2 T fresh thyme

1 lb chicken breasts (or thighs or a mix)

4 T FOC (fat of choice)

3 c chicken stock

1 T potato starch\*\*

s&p

**For the Crust**

4 egg whites

1 c almond flour

1 t baking powder

1 t salt

⅓ c Coconut Oil

**Method**

In a large soup pot with a lid, heat your FOC over medium-high heat, then add your diced chicken. You want your pot to be pretty hot…you should hear a good sizzle when you add the chicken. Now…resist the urge to mess with it for a few minutes. You need to leave it down for a bit to get it a little brown. Test by peeking under a piece. When you’ve reached the desired brown-ness, go ahead and stir and finish cooking the chicken until done. This should take 4-6 minutes. Remove the chicken from your pot and set aside. Add the remaining 2 T FOC and all of your peeled, diced veg (carrot, parsnip, onion, collards, mushrooms, thyme) to your pot and cover. Trapping the steam will help cook down your vegetables. Stir occasionally until all vegetables are cooked through and collards are almost finished cooking. Your collards should be wilted down and soft with a slight bite still to them. This will take 10-15 minutes. Now add the stock. Bring this up to a simmer and let the veg and collards cook a little longer, about 5 minutes. Add your chicken back in. The potato starch is going to be your thickener. To prevent it from clumping, add  1 T of starch to a small bowl along with 1-2 T water. Whisk or stir with fork until all lumps are gone and then add to the pot. Stir this through and reduce the heat until the mixture reaches a thickness that looks right for pot pie filling.

Remove this from the heat and add to any oven save bakeware (pyrex, stoneware, etc.). You could use ramekins and make individual pot pies here. Try to choose a size that will be filled to the brim by your mixture. However, this is not essential. For your biscuit topping… Let the butter (or palm shortening/coconut oil) get slightly softened and add it to your mixer bowl with the almond flour, salt and baking powder. Mix until evenly distributed. If you don’t have a mixer, do this with a fork. Now add your egg whites to the mix and stir to combine. Keep this mixture in the fridge if you make it ahead. When you’re ready to bake just top your pot pie veggie mixture (ramekins or other) with the dough. Bake at 400 F for 12-15 minutes until the top(s) is/are golden brown

Hawaiian BBQ Bacon Burgers

Ingredients

1 lb ground beef

4 oz bacon, finely chopped

1/4 c barbecue sauce (something tangy, not too sweet)\*

s&p

1/2 pineapple, cored & sliced

Method

In a large bowl, combine beef, BBQ sauce and bacon. Mix together with your hands, making sure the bacon is evenly distributed–as it has a tendency to clump together.

Heat a grill, grill pan or cast iron skillet to medium high heat and while the cooking contraption of your choice is heating up, form the meat mixture into patties. I made six. Sprinkle some salt & pepper on the tops and bottoms of the burgers.

Paleo Meatloaf

Ingredients

1 lb ground pork

2 lb ground beef

1 c almond flour

2 eggs

1 c of tomato sauce (recipe below)

10 slices of bacon

s&p

Ingredients for Tomato Sauce

1 15 oz can of fire roasted tomatoes

1 1/2 c (about 1) roasted red pepper

1/2 onion, roughly chopped

4 cloves garlic

s&p

Method

Place your oven rack in the middle of the oven and preheat it to 350ºF.

In your food processor blend together all the ingredients for the tomato sauce.

In a large bowl use your hands to mix together the ground meats, eggs, almond flour, tomato sauce and salt & pepper. Separate the meatloaf mixture into two 9 inch cake pans. Fill the cake pans to the brim, as the meat loafs will shrink consdierably as they cook. Top with the slices of bacon.

Bake for 45 minutes. Turn the oven to broil and get the bacon crispy, about 10 minutes.

While the meatloaf is baking, pour the rest of the tomato sauce into a small saucepot and simmer over medium heat.

Once cool, remove the meatloaf from the pan and slice on the opposite direction you placed the bacon–against the grain, just like meat. Top with the tomato sauce and serve immediately.

Crockpot Italian Sausage with Peppers & Onions

Ingredients:

1lb. Italian Sausage Links

1 large green pepper

1 medium onion

2 cups diced tomatoes

2t. onion powder

2t. garlic powder

Directions:

Mix all ingredients in freezer bag and freeze.

1. When ready to cook, place all ingredients in a crock pot and cook on low for 6 hours or high for 4 hours.

***Paleo Chili Dogs***

Ingredients

Chili Ingredients

1 lb. ground meat\* (I used ground chicken, but anything would work)

1 package hot dogs, chopped (I used sugar-free beef franks from [U.S. Wellness Meats](http://www.grasslandbeef.com/StoreFront.bok?affId=104020))

1 can Rotel tomatoes, juice drained, chopped small

1 c tomato sauce

2 chipolte peppers in adobe sauce, chopped finely

1 t garlic powder

1 t cumin powder

Slaw Ingredients

1 red cabbage, sliced thinly (The cabbage should quite small–weighing about 1 lb., you won’t need more than that)

1/2 c mayo

1/2 red onion, sliced

3 T pickled jalapenos, finely chopped\*\*

5 T pickled jalapeno juice\*\*

1 T yellow mustard

Method

In a medium sauce pan, cook the ground meat all the way through and then add the cut up hot dogs. Throw the rest of the ingredients in the pot and let it simmer while you make the slaw.

For the slaw, get out a large bowl and add all the ingredients, except the cabbage, and whisk to combine. Add the cabbage to the slaw base and mix to combine.

To serve, place the chili on the bottom of the bowl, then add some slaw and top with whatever hot dog fixings you like. Yellow mustard is an absolute must!

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Paleo Fajitas

1.5 lbs Chicken cut into strips

3 green peppers, cut into strips

1 large onion, cut in to strips

1tsp paprika

1tbs cumin

½ tsp salt

½ tsp pepper

½ tsp red pepper flakes

1tbs coconut oil

½ tsp cayenne pepper

Combine Seasoning

Use half of the seasoning to coat chicken, let sit

Put peppers and onions in sauté dish with coconut oil, add remaining seasoning

Saute for about 6 minutes on med-high heat

Add chicken

Cook until chicken is no longer pink and veggies are soft

Serve with Guacamole and Homemade Salsa

Snacks, Breakfast and Such

***To Go Breakfast Casserole***

Ingredients

* 12 ounces andouille sausage
* 1/2 large green pepper
* 1/2 jalapeno
* 1/2 yellow onion
* 8 eggs
* 2 tablespoons hot sauce
* 2 tablespoons worcestershire sauce

Method

Preheat your oven to 350ºF. Get out an 8×8 oven-safe baking dish.

In a saute pan, brown the sausage, then add in the peppers and onion and saute until soft. Remove from the heat and let cool.

Straight in the baking dish, whisk together the eggs, hot sauce and worcestershire sauce.

Pour the sausage and pepper/onion mixture into the eggs and whisk to combine.

Bake until cooked through, about 30 minutes.

***Mexican Omlet***

Ingredients

1. lb fresh chorizo, casing removed 1 red onion, diced 2 poblano peppers, chopped 1 sweet potato, chopped 6 oz. mushrooms, chopped 8 eggs avocado slices

Method

In an oven safe saute pan, heat it up to medium high. Preheat your oven to 400ºF. Add the sausage to the pan and let it brown–making sure you crumble it into nice size pieces as it cooks. Toss in the rest of the ingredients (minus the eggs) and let them cook through and soften, about 10 minutes. Stir everything around every once in a while as to not let anybody burn.

In a medium bowl, thoroughly whisk the eggs together with about a ½ t of salt. Salt helps the egg proteins not bind too tightly together, so they won’t get too rubbery. Pour the eggs over the chorizo/veggie mixture and stir everything around to incorporate. The egg will start to cook a bit and that’s what you want to see.

Toss the pan into the oven and let it go until the eggs have set to your desired likeness. I like mine a tad underdone. Mine went for about 6 minutes, so start it checking then by pressing your hand onto the top of the omelette. It should feel firm.

Remove the pan from oven, slice and serve with some avocado slices.

***Paleo Breakfast Casserole Type 2***

Ingredients

* 1 lb fresh chorizo or breakfast sausage
* 8 eggs
* 1 medium sweet potato, cubed
* 1 small can diced green chilies
* 4 oz shredded raw cheese, optional

Method

Preheat your oven to 350ºF. Using a sharp knife, slit the backs of your sausages and remove the casing from the meat.  Put the meat in a skillet, over medium-high heat and break the sausage into crumble size. Cook until browned. Remove the sausage from the pan and reserve. Add the potatoes to the sausage grease (which you have meticulously left in the skillet and not with the reserved sausage). Let them cook until tender, stirring occasionally, about 15 minutes.

In a large bowl, beat together the eggs, sausage, potatoes, green chilies and cheese. Pour into an oven-safe glass or ceramic dish. I used a 9×9 Pyrex. Bake until the eggs are set, about 20 minutes.

***Guacamole Stuffed Peppers***

Ingredients

* 1 lb [sweet baby peppers](http://farm9.staticflickr.com/8426/7564961602_f7efe7ff5d_z.jpg)
* 2 ripe Haas avocados
* 1 lime, juiced
* 1/2 handful cilantro, chopped
* 1 t chili garlic or hot sauce
* salt, to taste
* 8 oz bacon, chopped & crisped up

Method

Preheat your oven to 350°F.

Prepare the peppers by cutting off the stems, then cut the peppers in half, lengthwise. Pull out the white membrane and seeds. Place the peppers on a baking sheet and bake until tender, about 10 minutes. Alternatively, you could leave the peppers raw.

Meanwhile, assemble the guacamole by mashing together (with a fork) the avocados, lime juice, cilantro, hot sauce and a good pinch of salt.

Use a small spoon to fill the peppers with guacamole. Top with bacon crumbles.

***Chocolate Salted Pears***

Ingredients

* 1/2 lemon
* 4 ripe pears
* 1 cup chocolate chips
* flake salt\*

Method

Get out a baking sheet and line it with parchment paper or a silicone pat. Cut, core and slice your pears. Squeeze the lemon over the pears and toss to coat–helps keep the pears from turning brown.

Place chocolate chips in a glass (or heat safe) bowl and place over a soup pot that you’ve filled halfway full of water. Place the pot over medium-high heat. Whisk the chocolate until completely melted and then turn the heat off. Dip the pears into the melted chocolate and lay them on your prepared baking sheet. Sprinkle with salt.

Place the baking sheet in the fridge until the chocolate has re-hardened, about 15 minutes should do it.

***Sweet Potato Post Workout Shake***

Ingredients

Sweet potato mash\* (steam 3 peeled sweet potatoes, mash and add a cup of coconut milk, three tablespoons honey and 1 tbs cinnamon. Add more or less to taste)

2 1/2 c carton vanilla coconut milk

1 scoop protein powder

1 t vanilla extract

Method

In a blender add all ingredients. Blend until smooth. Add more coconut milk if the mixture isn’t coming together.

***Paleo Pizza Bites***

Ingredients

5-7 oz. (about 20-30 pieces) large pepperoni

pizza sauce

grated cheese, optional

***For Supreme***

black olives bell peppers mushrooms green onions

***For Hawaiian*** deli ham fresh pineapple

Method

Get your oven to 400ºF. Lay the slices of pepperoni on a baking sheet and put them in the oven, on the middle rack, to get them crispy–about 8 minutes, flipping them over once. Start prepping your toppings while the peps are in the oven.

The pre-bake step of the pepperoni is super important if you want a crispy pepperoni “crust”. Once you top the pepperonis they just don’t crisp up much…

Once they come out of the oven, place a spoonful of pizza sauce on each pepperoni slice and top with your ingredients.

Place the baking sheet back in the oven and let the toppings get warm and melty, anywhere from 5-10 minutes.

***Cinnamon Sugar Pumpkin Muffins***

Ingredients

½ cup coconut flour ([Let’s Do Organic](http://bit.ly/HBcocoflour2))

½ cup tapioca flour ([Ener-g](http://www.amazon.com/gp/product/B00473TZY8/ref=as_li_ss_tl?ie=UTF8&amp;camp=1789&amp;creative=390957&amp;creativeASIN=B00473TZY8&amp;linkCode=as2&amp;tag=healtbent-20))

½ t baking soda

½ t baking powder

¼ t salt

1 ½ t ground cinnamon

½ t freshly grated nutmeg

½ t ground cloves

½ c melted butter (or coconut oil or palm shortening)

2/3 c sugar (I used plain old white sugar, ha)

3 eggs

1 c pumpkin puree (not quite a 15 ounce can)

1 t vanilla extract

extra cinnamon and sugar for sprinkling on top

Method

Preheat your oven to 350ºF and line a standard size muffin tin with liners.

In a medium bowl, whisk together the coconut flour, tapioca flour, baking soda, powder, spices and salt.

In a large bowl, whisk together the butter, sugar, eggs, pumpkin, and vanilla.

Pour the dry ingredients into the wet and whisk to combine. Portion into your muffin liners. Sprinkle the top of each muffin with more sugar and cinnamon and it’ll bake into a nice crunchy topping. Bake until puffed and cooked through, about 25-30 minutes.

Paleo Brownie Bites

Ingredients

1 (7 0z) package [Let’s Do Organic Creamed Coconut](http://bit.ly/HBcocobutter2)\*

3/4 cup chocolate chips or 6 ounces worth of chocolate bars

2 tablespoons cocoa powder

1 teaspoon vanilla extract

2 eggs

1/2 teaspoon baking soda

Method

Preheat your oven to 350ºF. Line a mini muffin pan with liners.

In a large bowl, melt the creamed coconut and chocolate chips together, whisking occasionally, until smooth.

Whisk in the rest of the ingredients. Note that there is no additional sugar used in this recipe, so if you like things quite sweet, you’ll want to add in some additional sweetener.

Portion out the batter into the muffin liners. Bake until cooked through, about 15 minutes.

Paleo Chocolate Cupcakes

For the Cupcakes

1/4 c cocoa powder

1/3 c coconut flour

1 t baking powder

1/2 t baking soda

2 eggs

2 egg yolks

1/2 c melted coconut oil

1/2 c carton coconut milk

1 t vanilla extract

2 brown, spotty bananas + any additional sweetener (I added 2 T sugar because my bananas weren’t that ripe)

For the Chocolate Ganache

roughly 1/3 c chocolate chips, we used 60% cocoa

2 T carton coconut milk

For the White Writing Glaze (Totally Frou-Frou and Optional)

1/4 c melted coconut oil

1 t powdered sugar

Method

For the Cupcakes

Preheat your oven to 350°F and place liners in a muffin tin.

In a mixing bowl, mash the bananas with a fork. Add the vanilla, coconut milk, coconut oil, eggs & yolks. Whisk everything to combine.

Sift the coconut flour, cocoa powder, and baking powder & soda over the mixing bowl…don’t bother dirtying any more dishes then what’s absolutely necessary. Stir to combine.

Portion out the batter into the muffin tins. Bake for approx. 20 minutes until the center of the cupcakes feel springy, not mushy.

Once the cupcakes are cool enough to handle, remove them from the muffin tin and let them chill in the refrigerator.

For the Ganache

In a small bowl, combine the chocolate and coconut milk. Microwave for about 30 seconds, until the chocolate starts to look sad and melty. Whisk well to combine.

Dunk the heads of the cupcakes into the ganache, twirling them around to get ‘em nicely coated. Eat right away or stick them in the fridge until the ganache firms up.

For the Frou-Frou White Writing Glaze

Whisk together the ingredients and shove into a pastry bag or zip-top bag that you snip the tip off of. This glaze gets pretty hard, so you need to work quickly, before it becomes impossible to squeeze out.

***Chocolate Chip Bakies***

Ingredients

1 1/4 c almond flour

2 small bananas, about 1 c\*

1/4 c dark chocolate chips

3 T almond butter

2 T brown sugar or coconut sugar, optional

2 t vanilla extract

1 t baking soda

pinch of salt

Method

In a mixer, mix the following ingredients together until smooth: bananas, almond butter, brown sugar, vanilla extract, salt and baking soda. Add the almond flour and chocolate chips.

Bake at 350ºF for about 11 minutes. As you can see from the picture, I used a 1 1/2 inch ice cream scoop to form the cookies. Use a spoon if you gotta, but if the cookie dough “ball” is larger than an inch and a half, you’re going to need to adjust the baking time. These bakies do stick a bit to the pan, so use gentle force to remove them–or try lightly greasing with baking sheet.

***Greek Meatballs***

Ingredients

1 lb ground beef

1 lb ground lamb

1 egg

zest of 1 lemon

2 teaspoons dried oregano

1 teaspoon granulated garlic

1 tablespoon dried onion flakes

2 tablespoons fresh mint, minced

1/4 cup feta cheese (optional)

salt & pepper

Method

Preheat your oven to 350ºF.

In a large bowl, use your hands to mix together all the ingredients until well incorporated.

Use a cookie scoop (or your hand) to shape the mixture into balls and place in a 9×13 oven-safe baking dish.

Bake until cooked through, about 30 minutes.

Once the meatballs are cool, remove (making sure to remove any goop) from the pan and place, uncovered, in the fridge. Once cool, cover and store until ready to re-heat and eat.

***Hawaiian BBQ Bacon Burgers***

Ingredients

1 lb ground beef

4 oz bacon, finely chopped

1/4 c barbecue sauce (something tangy, not too sweet)\*

s&p

1/2 pineapple, cored & sliced

Method

In a large bowl, combine beef, BBQ sauce and bacon. Mix together with your hands, making sure the bacon is evenly distributed–as it has a tendency to clump together.

Heat a grill, grill pan or cast iron skillet to medium high heat and while the cooking contraption of your choice is heating up, form the meat mixture into patties. I made six. Sprinkle some salt & pepper on the tops and bottoms of the burgers.