



Week One

Paleo Recipes

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# Banana-Nut Paleo Pancakes

## Ingredients

- 2 bananas
- 2 heaping tablespoons chunky almond butter
- 4 eggs
- dark chocolate chips, *optional*

## Directions

1. Mash bananas in a large mixing bowl.
2. Combine the bananas with 2 heaping scoops of chunky almond butter (any nut butter or use peanut butter if you prefer, just know that peanuts are legumes and technically not Paleo) and blend with eggs in the bowl.
3. Mix well and scoop a quarter of a cup of the mixture on to a hot griddle or flat pan over medium heat. Wait for bubbles to appear then flip and cook for another 1-2 minutes.
4. Top each pancake with a sprinkle of dark chocolate chips (the darker the better), if you prefer, and serve.
5. You'll notice that these won't need any maple syrup or added toppings but feel free to top with fresh fruit if you're looking for a little extra sweetness. And if you have a little extra time and want that savory, protein and fat boost, fry up some sugar-free bacon on the side.

# BREAKFAST

# Baked Eggs in a Bell (Pepper)

## Ingredients

- 4 red or yellow bell peppers cut in half lengthwise and seeds removed (leave the green stem intact if desired for a pretty finish)
- 1 cup diced zucchini
- 1 cup diced yellow onion
- 1 cup diced portobello mushrooms
- 2 garlic cloves, minced
- 6 oz cubed pancetta
- Cooking fat of your choice (we used about 2 tablespoons of duck fat)
- 8 eggs
- Sea salt and black pepper to taste
- Optional: cherry tomatoes cut in half and fresh basil for garnish

## Directions

1. Preheat oven to 375.
2. Place bell pepper halves on a baking sheet and roast in the oven for 15-20 minutes.
3. Meanwhile, sauté the pancetta and onions together in the duck fat over medium to medium high heat until the onions start to soften and the pancetta begins to crisp. Add the minced garlic, zucchini and mushrooms and sauté until the zucchini are al dente.
4. When the bell peppers are out of the oven, drain any moisture from the inside that appeared after roasting, and stuff each bell pepper half with a large scoop of the sautéed pancetta and veggie mixture.
5. If your bell peppers are BIG you can crack 2 eggs per bell pepper half on top of the stuffing. Our bells were small (homegrown babies) so we only used one egg per bell pepper half.
6. Place the stuffed bells in a large casserole dish, cover with foil and bake at 375 for 30-40 minutes or until the egg whites are set. Check after 20 minutes because the heat of your oven may be different than mine.
7. OPTIONAL – top with fresh torn basil leaves and cherry tomato halves.

# LUNCH

# Paleo Meatloaf

## Ingredients

- 1/4 teaspoon dried sage
- 1 teaspoon sea salt (optional)
- 1 teaspoon dry mustard
- 1/2 teaspoon fresh ground pepper
- 1 tsp granulated garlic
- 1 tsp chipotle chili powder
- 4 cloves garlic, minced
- 1 small yellow onion, finely chopped
- 1 cup red cabbage chopped
- 2 Tbs coconut milk (canned, full fat)
- 1/2 tsp hot pepper sauce
- 1/3 cup almond meal
- 1 egg, beaten
- 1-1/2 pounds lean ground beef
- 1/2 cup unsweetened barbecue sauce (optional)

## Directions

1. Preheat oven to 350° F.
2. Combine all ingredients except ground beef and BBQ sauce in a large bowl, and mix.
3. When well blended, add ground beef and combine together with a fork.
4. Place mixture into a non-greased loaf pan or shape into a loaf on a non-greased baking pan.
5. Pour sauce over the top of the meatloaf.
6. Bake, uncovered, for 75-85 minutes, or until an internal temperature of 160° F is reached (or until there is no pink in the center).
7. Let stand for 5 minutes, then slice and serve.

DINNER