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## “Sistas Peppas” by Tecia and Imelda

### Ingredients

Jalapenos  
Bacon  
Chicken  
Red onions  
Mushrooms  
Garlic  
Seasoning (be creative/work with what you got)  
Coconut Oil

### Method

Boil the chicken and strain. While boiling chicken, decore the jalapenos. For spicy sensitivities be sure to get out as many seeds and stems as possible. To decore jalapenos there are several variations: thumb size hole on the side, cut pepper in half, or cut off tops. Chop up veggies and slowly sautee in coconut oil over 250 degrees. Do the garlic first to a very light brown, then add onions to a soft translucent color, and finally add the mushrooms.

Pull chicken and season with desired flavors (this time we used cumin, lemon and herbs, red and green chili powder). Lightly sautee chicken to allow absorption of flavors. Then mix with veggies in a bowl.

Stuff peppers. Wrap bacon around being sure to tuck in the ends into itself. Broil and turn when the top side is ready. Be sure to keep an eye on yo sistas peppas as all ovens are different :)

## Mom's Paleo Meat Sauce by Casey

### Ingredients

2.5 pounds of lean grassfed ground beef  
1/2 chopped organic green bell pepper  
4 stalks chopped celery  
2 organic white/yellow chopped onions  
1/2 teaspoon salt  
1 teaspoon pepper  
a few dashes of Tobasco  
1 teaspoon of dried oregano  
2 mashed cloves of garlic  
1 bayleaf  
1/2 teaspoon of dried parsley  
2 cans of organic tomato sauce  
1 small can of organic tomato paste  
1 large can of organic whole tomatoes  
1 small jar of pimentos  
1 small jar of green olives, diced  
1 small can of tomato juice  
1/2 cup of chili sauce  
3/4 cup of burgundy wine  
1/2 teaspoon paprika

### Method

Brown the meat and add the vegetables in your pot. Let steam for 20 minutes. Add the liquids, spices, etc...add the burgundy wine last. Then let simmer for at least 2 hours. This is a very meaty sauce. If you want it more "saucy", just add some more tomato sauce.

## Mom's Paleo Spaghetti by Casey

### Ingredients

Spaghetti Squash

### Method

Take one large spaghetti squash (organic of course) and cut it in half lengthwise. Scrape out the seeds and pulp as you would with any squash or pumpkin. Place rind side up in a large clear glass baking dish with about 1/8 inch water. Bake rind side up about 30 to 40 minutes at 375 F. Remove from oven and flip the squash over. Take a fork and scrape the squash meat out of the rind. As you will see, it comes out in "noodle" strands. Take the strands and place in a sautee pan. Add a few large spoonfuls of your sauce to the squash and sautee for about 5 minutes on medium. Then serve with much more sauce!

# Coffee Chocolate Cake by Danielle

## Ingredients

100g chocolate  
¼ cup oil  
2tbs strongly brewed black coffee  
¼ cup cocoa powder  
3 eggs, separated  
2tbs honey  
½ cup almond meal

## Method

Pre-heat oven to 180 degrees Celsius, fan-forced. Melt chocolate in a pan over low heat then add to a medium sized mixing bowl along with oil and coffee, combine well. Add cocoa powder, egg yolks, honey and almond meal and combine well. Beat egg whites until stiff peaks form and then fold into the chocolate mixture. Line a cake tin with baking paper and oil, pour in chocolate mixture. Place in oven for 40-45min or until cooked. Test by inserting a knife into the middle of the cake, if it comes out clean it is cooked through. Leave to cool. Dust with cocoa powder to serve.

## Pakchoy and Peach by Ryan

### Ingredients

4 peaches  
1 pakchoy  
2 onions  
1 or 2 sweet red paprika's  
500 grams/15 ounce of lean beef  
Dried green herbs

### Method

Start by cutting everything into bite-sized pieces, except for the onions- they want to be sliced. Keep an eye on those pakchoy greens, as it's easy to accidentally cut them too big. When you're all prepared brown your meat in some coconut oil. Add the onions and paprika, give that 2 minutes. Then throw in your pakchoy, and last but not least- the peaches.

Now it's time for the herbs, I use a different mix every time. Take your pick of oregano, thyme, basil, dragon or chervil. Pick at least 2 or just use them all. Be generous. When you've sprinkled them on top, drown it all with a glass of water. Stir a couple times and then cover your pan. Leave it for 20 minutes, stirring occasionally. Then it's done. As an added bonus, this will make your kitchen smell extremely good

# Veggie Packed Paleo Spaghetti by Chip

## Ingredients

- 1 Large spaghetti squash
- 1.25 pounds of Ground Turkey breast
- 1 Large Red Pepper
- 1-2 clove of garlic
- 1 pack of sliced baby bellas shrooms
- 1 Zuchini
- 1 large sweet onion
- 1 large jar of Organic, Gluten Free all natural sauce (this is still probably cheating)
- 1-2 T olive oil
- Dash of cayenne pepper and oregano and parsley and whatever else

## Method

### Sauce

- 1) Dice all veggies or use the sweet veggie chopper off of TV like I have to get them down to small nugget size
- 2) Brown the meat in 1 T (or less) of the olive oil using a large skillet. Once the meat is cooked, remove and let drain on papertowel covered plate
- 3) Use other 1T olive oil to sautee veggies...start with shrooms and zukes, then onion then peppers, let it cook down for about 10-15 minutes or until desired firmness
- 4) Add marinara sauce to cooked veggies and stir bringing to a simmer.
- 5) Press garlic cloves on top and seasoning to taste
- 6) Stir in turkey, cover and let simmer for as long as you can, stirring occasionally

### Spaghetti

- 1) Preheat the oven to 375 degrees.
- 2) Split the squash lengthwise, then dig out the seeds.
- 3) Season each side with black pepper and a touch of olive oil (if desired).
- 4) Place both halves face down on a baking pan, add 1/4 cup of water.
- 5) Bake for 40 minutes. (+/- depending on oven and squash)
- 6) Dig out the squash with a fork and it should look like spaghetti
- 7) let quickly drain on papertowel covered plate, put n plate and cover with meat sauce....salut!

## Bacon Wrapped Almond Stuffed Dates by Lindsey

### Ingredients

1 8 oz packaged pitted dates  
whole raw almonds  
1 lb. bacon  
Toothpicks

### Method

Preheat broiler. Place one almond inside the date. Wrap 1/2 piece of bacon around date. Secure with a toothpick. Broil for about 8-10 minutes, until evenly brown and crisp. Serve and enjoy!

## Stuffed Avocados by Tiffany

### Ingredients

3 - 4 ripe avocados  
4 cans of Trader Joe's tuna packed in water  
3 green onions  
3 celery stalks  
1 palm full of dried dill  
1 tbsp garlic powder  
Fresh ground black pepper to taste  
Grape tomatoes halved  
1 cup of Olive Oil  
1 egg, 1 1/2 tbsp apple cider vinegar, pinch of sea salt, few shakes of cayenne pepper, 1 tsp yellow mustard, 1 cup olive oil

### Method

Cut avocados in half lengthwise and remove the stone – leave the peel on. In a large mixing bowl mix together the tuna, celery, onions, and spices. In a food processor process for 5 seconds the egg, vinegar, mustard, cayenne pepper, and sea salt. For another 5 seconds of blending slowly add the olive oil until it makes mayo.

Add the mayo mixture to the tuna, mix well, and scoop onto halved avocados and top with tomatoes.

## Thai-inspired Turkey with Vegetables by Joanna and Jason

### Ingredients

1 T oil  
2 red bell peppers cut into strips  
1/2 lb shiitake mushrooms, stems removed, caps cut into slices  
1 t salt  
1 lb ground turkey  
3/4 C chicken broth, add more if needed  
2 T fish sauce (3 T soy sauce if not strictly paleo)  
1 t cayenne  
4 scallions chopped  
10 radishes cut into thin slices  
5 T chopped cilantro  
2 limes

### Method

Heat the oil over moderately high heat. Add the bell peppers, shiitakes, and 1/2 teaspoon of the salt and cook, stirring occasionally, until beginning to brown, about 5 minutes.

Add the turkey to the pan and cook, stirring, until it is no longer pink, about 3 minutes. Stir in the broth, fish sauce, the remaining 1/2 teaspoon salt, and the cayenne. Bring to a simmer. Cover. Reduce the heat to low and simmer until cooked, should only take a few more minutes.

Remove the pot from the heat and let stand, covered, for 10 minutes. Stir in the scallions, radishes, cilantro, and lime juice.

## Carrot Banana Muffins by Amanda

### Ingredients

2 cups blanched almond flour  
2 teaspoons baking soda  
1 teaspoon celtic sea salt  
1 tablespoon cinnamon  
1 cup dates, pitted  
3 ripe bananas  
3 eggs  
1 teaspoon apple cider vinegar  
¼ cup coconut oil  
1 ½ cups carrots, shredded  
¾ cup walnuts, finely chopped

### Method

1. In a small bowl, combine almond flour, baking soda, salt, and cinnamon
2. In a food processor, combine dates, bananas, eggs, vinegar and oil
3. Transfer mixture to a large bowl
4. Blend dry mixture into wet until thoroughly combined
5. Fold in carrots and walnuts
6. Spoon mixture into paper lined muffin tins
7. Bake at 350° for 25 minutes

Makes 18 muffins

# Roasted Broccoli by Mel

## Ingredients

4 to 5 pounds broccoli  
4 garlic cloves, peeled and thinly sliced  
Good olive oil  
1/4 teaspoons kosher salt  
1/2 teaspoon freshly ground black pepper  
Crushed red pepper to taste  
2 teaspoons grated lemon zest  
2 tablespoons freshly squeezed lemon juice  
3 tablespoons pine nuts, toasted  
2 tablespoons julienned fresh basil leaves (about 12 leaves)  
A hand full of sundried tomatoes julienned  
1/3 cup freshly grated Parmesan cheese (omitted for the Paleo pot luck)

## Method

Preheat the oven to 450 degrees F.

Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalks. Cut the larger pieces through the base of the head with a small knife, pulling the florets apart. You should have about 8 cups of florets. Toss the broccoli florets with the garlic, about 5 table spoons of olive oil, pepper, salt, crushed red pepper and place them on a sheet pan large enough to hold them in a single layer. Roast for about 10 minutes, until crisp-tender and the tips of some of the florets are browned.

Remove the broccoli from the oven and immediately toss with a couple tablespoons olive oil, the lemon zest, lemon juice, pine nuts, sundried tomatoes, Parmesan, and basil. Serve hot.

## Caveman Candy by Pamela

### Ingredients

1 cup dried whole apricots  
1 cup walnuts  
1 tablespoon honey  
Shaved coconut to taste  
Cocoa Powder to taste

### Method

Combine apricots and walnuts and cocoa in blender/food processor until blended. Fold honey and coconut into apricot mixture, form into balls or squares (or press into shallow pan for bars)

## EAT Salad (Eggs, Avocado, Tomato) by Pamela

### **Ingredients**

1 avocado, cut into chunks  
2 boiled eggs, cut into chunks  
1 medium tomato, cut into chunks  
juice from lemon

### **Method**

Mix all ingredients

This is good with bacon sprinkled on top too!