

# Primal Beauty Dinner Recipes

By Neely Quinn

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By Neely Quinn, <http://NeelyQuinn.com>

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# About Neely Quinn



My name is Neely Quinn (of [NeelyQuinn.com](http://NeelyQuinn.com)), and I'm a Certified Integrative Clinical Nutrition Therapist living in Boulder, Colorado. In 2009, after many years of weird health issues and weight struggles, I realized my body didn't tolerate grains, legumes,

or dairy very well, so I cut them out of my diet. I immediately started seeing my health issues disappear one by one. I realized after the fact that I was what was being called "Paleo", and soon implemented it with a lot of success into my nutrition practice.

I teamed up with [Paleohacks.com](http://Paleohacks.com) to create Primal Beauty because I've found that most of the people taking an active role in changing their health and transforming their bodies are women. But in my opinion, women aren't given enough guidance on how to take care of their special health needs (and we do have special needs, as I've learned personally over and over again).

I wanted to help get that information to you, so here in this program, I put everything together to make sure you are taken care of in your weight loss journey. I really hope the gems in here help you start feeling better and getting the body you want - starting right now :)

Before setting up shop at NeelyQuinn.com, I was with PaleoPlan.com, starting in 2011 until July of 2014, as the blogger and nutritionist there. I wrote over 400 blog posts about the hows, whys, and whats of Paleo, weight loss, and optimal health. I watched as thousands of people's bodies and lives were changed just by making simple changes to their diet - something that will never stop inspiring me.

I'm a no-nonsense kind of girl, and I generally cut to the heart of the matter, whether it's in my writing, my teaching, my interviews, or in my sessions with clients. I like to see people get better as quickly as possible because I know what it's like to feel awful. While I'm definitely interested in the science of nutrition and the nitty gritty details of how things work, I'm more interested in how to best put that science into practice in real people's lives.

I've dealt with parasites, bacterial infections, asthma, constant dizziness, temporary blindness in one eye, being overweight, eczema, endometriosis, and terrible digestive problems, among other things. I know what it's like to be uncomfortable, and my mission is to use my personal experience and my education to help you get out of discomfort quickly and live a life you love.

This program, Primal Beauty - is just that. It's me providing all the information from my brain (and the experts I've worked with over the years), trying to get you the most useful, practical information so that you can, indeed, lose that extra fat, and be a healthier, more vibrant version of yourself.

If you have questions about the program or anything at all, please email me at [Neely@neelyquinn.com](mailto:Neely@neelyquinn.com) - I'd love to hear from you! However, please do not send tech support or product support questions to that address – please send them directly to the customer service team at Paleohacks – the e-mail address for that is [support@paleohacks.com](mailto:support@paleohacks.com).

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## Moroccan Braised Chicken with Dates

1 whole chicken precut  
1 tbsp. extra-virgin olive oil  
2 lbs. shallots peeled  
3 cinnamon sticks  
1 ½ tsp. ground ginger  
1 tsp. ground cumin  
½ tsp. turmeric  
1/3 tsp. cayenne pepper  
3 cups chicken broth  
5 tbsp. fresh lemon juice  
12 dates, pitted, halved  
¼ cup almonds, toasted and chopped  
¼ cup chopped fresh cilantro

Step 1: Heat olive oil in heavy large pot over medium-high heat.

Step 2: Add chicken pieces to pot and cook until browned on all sides, turning occasionally, about 15 minutes.

Step 3: Set chicken aside and reduce heat to medium.

Step 4: Add shallots to pot and sauté until golden, about 6 minutes.

Step 5: Add cinnamon, ginger, cumin, turmeric, and cayenne. Stir until fragrant, about 1 minutes.

Step 6: Increase heat to high, add broth and 3 tbsp. lemon juice. Bring to a boil then cover and reduce heat to low. Let simmer until shallots begin to soften, about 18 minutes.

Step 7: Return chicken to pot and return to medium heat. After about 25 minutes when chicken is tender transfer chicken and shallots to platter.

Step 8: Increase heat and boil juices in pot until slightly thickened. Stir in dates and remaining lemon juice. Reduce heat and simmer gently for about 2 minutes.

Step 9: Pour sauce and dates over chicken. Sprinkle with almonds and cilantro, and serve.

## **Spicy Italian Pork Roast**

5 lbs. pork roast

5 cloves garlic minced

1 Tbsp. salt

1 tsp. oregano

1 tsp. rosemary

1 tsp. red peppers crushed

¼ cup fresh basil

Step 1: Combine salt, oregano, rosemary, red peppers, and basil in a small bowl then rub all over the pork roast.

Step 2: Place the pork roast in a slow cooker and cook on low for 14 to 16 hours.

Step 3: When the meat is finished it will fall apart with a fork. Either shred it or break it into chunks and serve.

## **Porchetta with Sweet Fingerlings**

1 pork shoulder with skin, bone removed  
1 Tbsp. crushed red pepper flakes  
20 garlic cloves  
1 bunch fresh sage, finely chopped  
1 bunch fresh rosemary, finely chopped  
2 yellow onions diced  
1 lbs. sweet potatoes cut lengthwise  
2 pints Brussels sprouts, halved  
2 carrots cut into ½ inch dice  
1 bundle fresh thyme  
1 Tbsp. ghee  
2 quarts chicken stock  
1 Tbsp. olive oil  
Salt and pepper  
Butchers twine

Step 1: Preheat oven to 450° F.

Step 2: Combine the rosemary, sage, garlic, and red pepper into a bowl. Mix with olive oil until it becomes a paste.

Step 3: Gently cut the sides of the pork to it opens up like a book and lies out flat. Rub the oil spice mixture all over the inside of the pork shoulder. Sprinkle with salt and pepper then roll the pork and tie it tightly with twine.

Step 4: In a large roasting pan combine all of the vegetables including the sweet potatoes and thyme then set the pork on the vegetables and bake in the oven for 30-40 minutes until the skin starts to brown.

Step 5: Brush the skin with the pan juices and add some of the chicken stock. Roast for another 3-4 hours occasionally adding more chicken stock to keep things moist.

Step 6: Remove the pork from the pan and remove the string. Let it rest for 15 minutes then serve with the vegetables and enjoy.

## **Beefy Mushroom Stew**

1 large onion  
1 clove garlic  
1 lb. beef stew meat  
1-cup mushrooms sliced  
2 medium carrots diced  
6 fl. oz. beef stock  
2 tomatoes diced  
1 tsp. leaves oregano  
¼ cup fresh basil diced

Step 1: Soften onion and garlic in pot over medium-high heat.

Step 2: Add beef until it browns.

Step 3: Add carrots and mushrooms (allow to soften slightly).

Step 4: Pour in stock, diced tomatoes, oregano and basil.

Step 5: Put lid on and turn down to a low heat for an hour or more.

Step 6: Spoon into bowls and enjoy

## **Zesty Jalapeno Steak**

8 oz. sirloin steak  
4 jalapeno peppers stemmed  
4 cloves garlic peeled  
1 tsp. black pepper  
1 Tbsp. salt  
¼ cup lime juice  
¼ cup cilantro diced

Step 1: Combine jalapenos, garlic, pepper, salt, lime juice and basil in a blender until smooth.

Step 2: Place steak in a bag and pour jalapeno marinade over the steak. Refrigerate overnight for 8 hours.

Step 3: On a skillet or grill cook steak for 5 minutes per side or until done as desired.

## **Alabama Turkey and Greens**

1 bunch of collard greens  
3 cloves of garlic diced  
½ yellow onion diced  
5 cups of water  
1 turkey leg  
1 tsp. red pepper flakes  
1 tsp. vinegar  
Salt and pepper

Step 1: Put collard greens in a large pot then fill with water and bring to a boil. Reduce heat, cover and simmer for 15 minutes.

Step 2: Add the turkey leg, red pepper, vinegar, onion, garlic, salt and pepper and continue to simmer 45 to 60 minutes.

Step 3: When done the greens will be soft and the meat will fall off the bone. Separate meat from bone and drain then serve.

## **Pork Loin Medley**

1-1/2 lb. pork loin  
1 tomato diced  
2 medium zucchini sliced  
2 carrots sliced  
1 head broccoli, separated into medium florets  
¼ cup fresh parsley  
1/4 tsp. black pepper  
1/2 tsp. sea salt (optional)  
2 cups water

Step 1: Add all of the ingredients to a large crockpot.

Step 2: Cook on high for 6-7 hours.

Step 3: Slice up and serve up!

## **Zesty Fish Tacos**

2 tsp. coconut oil  
1 lb. halibut fillets  
1/4 tsp. sea salt  
1 red onion (diced)  
1 small jalapeno (minced)  
2 medium tomatoes (diced)  
1/4 head of cabbage shredded  
3 Tbs lime juice or freshly squeezed lime  
3 Tbs cilantro (chopped)  
8 leaves of cabbage intact  
2 avocados (sliced)

Step 1: Heat a large nonstick skillet over medium-high heat. Add coconut oil to pan.

Step 2: In greased skillet sauté halibut. Squirt with lime juice to keep moist and zesty, about 5 minutes.

Step 3: Add onion and jalapeno to hot pan, and sauté until tender, about 5 minutes.

Step 4: Remove contents from skillet and add them to the cabbage leaves as taco shells.

Step 5: Top with fresh cilantro, shredded cabbage and avocado to serve.

## **Rosemary Zest Cornish Game Hens**

2 Cornish game hens

1 lemon sliced

¼ cup chicken broth

1 yellow onion chopped

4 cloves garlic chopped

2 Tbsp. ghee

1 tsp rosemary

1 tsp black pepper

½ tsp salt

½ tsp paprika

Step 1: Preheat oven to 450° F.

Step 2: Place onions, garlic and lemon slices inside and around the hens set in a baking dish.

Step 3: Mix salt, pepper, paprika, and rosemary with melted ghee in a bowl then rub onto the game hen.

Step 4: Zest some of the lemon peel onto the outside of the hen and drizzle with chicken broth then bake in the oven for 25 minutes. Cook until golden on the outside and drippings run clear.

## **Apple Horseradish Glazed Salmon**

1 lb salmon fillets, skinless  
1-2 Tbs olive oil or coconut oil  
1 apple mashed  
1 Tbsp. chives finely chopped  
1 Tbsp. champagne vinegar  
2 Tbsp. horseradish  
¼ tsp salt  
¼ tsp black pepper

Step 1: Preheat oven to 350° F.

Step 2: Rinse salmon, pat dry, and place on a metal baking sheet.

Step 3: Put apple, horseradish, vinegar, and salt in a blender or food processor then mix well.

Step 4: Sprinkle Salmon with salt and pepper then cook with oil in a skillet over medium-high heat. Cook each side for about 3 minutes.

Step 5: Spread apple mixture on top and put in oven for 5 minutes or until fish flakes easily when tested with a fork.

Step 6: Remove from oven, sprinkle with chives, then serve and enjoy!

## **Herb and Garlic Roasted Lamb Chops**

6 lamb loin chops  
4 garlic cloves minced  
1 Tbsp. fresh thyme crushed  
1 Tbsp. fresh rosemary crushed  
1 tsp oregano  
2 tsp salt  
2 Tbsp. olive oil

Step 1: Preheat oven to 400° F.

Step 2: Mix garlic, thyme, rosemary, oregano, salt and olive oil in a bowl.

Step 3: Rub and marinade the lamb in this mixture for 30 minutes.

Step 4: Cook lamb in a skillet over medium-high heat for about 3 minutes per side then transfer to oven and roast for about 10 minutes or until cooked as desired.

Step 5: Remove from oven and let rest for 5 minutes then serve.

## **South West Pulled Pork**

4 lbs. pork shoulder  
4 Tbsp. paprika  
2 Tbsp. salt  
2 Tbsp. chili powder  
2 Tbsp. cumin  
1 Tbsp. black pepper  
2 tsp cayenne pepper  
1 Tbsp. lime juice  
1 handful of cilantro diced  
1 Tbsp. olive oil

Step 1: Mix all ingredients into a bowl and rub onto the pork. Be sure to get into all the cracks and crevices.

Step 2: Wrap the pork tightly with plastic wrap and refrigerate overnight for 8 hours.

Step 3: Unwrap the roast and cook it in a crock pot with  $\frac{1}{4}$  cup of water for 8-10 hours.

Step 4: Once the meat is tender enough to fall apart with a fork discard all liquid and serve.

## **Spinach & Sardine Salad**

3 medium tomatoes (diced)

2 cups spinach

1/4 cup raw sauerkraut.

1 cup shredded cabbage

2 small avocados diced

½ cup green olives

1 (4-6 oz) can of sardines in oil (add 1 Tbs olive oil if sardines are in water)

1 Tbsp. balsamic vinegar

1 Tbsp. lime juice

1/4 tsp sea salt, if desired

Step 1: Add all ingredients to a medium-sized mixing bowl. Toss the salad. Adjust salt if desired.

Step 2: Divide into two bowls to serve.

## **Rosemary Chicken Onion Sauté**

1 lbs. chicken breast  
1 yellow onion sliced  
2 cloves garlic  
1 tsp rosemary  
1 Tbsp. balsamic vinegar  
½ tsp salt  
1 Tbsp. olive oil

Step 1: Sauté chicken in a skillet with oil over medium-high heat for 3 minutes per side.

Step 2: Add onions, garlic, rosemary, salt and vinegar then cover and lower heat. Let simmer for 10 minutes.

Step 3: Once chicken is cooked through remove from heat and serve.

## **Lamb Kebabs**

2 lbs. to round lamb  
1 red onion sliced  
1 bell pepper sliced  
2 cloves garlic minced  
¼ cup olive oil  
1 tsp lemon zest  
¼ cup lemon juice  
5 Tbsp. rosemary  
1 tsp salt  
1 tsp black pepper  
Skewers

Step 1: Combine lemon zest, juice, olive oil, rosemary, salt and pepper into a bowl and mix.

Step 2: Cover the lamb in the marinade and let it soak overnight for 8 hours.

Step 3: Cut the lamb into 1 inch cubes and put on skewers with onions and bell peppers.

Step 4: Grill for 10-15 minutes until the lamb is cooked as desired.

## **Rosemary Turkey Burgers**

1 lb ground turkey  
1 Tbsp. rosemary  
1/4 cup red onion chopped  
1 clove garlic minced  
1 tsp salt  
1/4 tsp black pepper  
1 Tbsp. lime juice

Step 1: Combine all ingredients in a bowl.

Step 2: Divide into 4 portions and shape into patties.

Step 3: Grill or broil until cooked to desired temperature.

## **Bacon Wrapped Quail**

8 quail dressed

8 strips bacon

2 cloves garlic minced

1 onion chopped

1 tsp salt

1 Tbsp. balsamic vinegar

1 tsp oregano

Step 1: Preheat oven to 375° F.

Step 2: Stuff quail with onions and garlic then drizzle with balsamic and oregano.

Step 3: Wrap quail with bacon and place in a baking dish then set in the oven.

Step 4: Bake for 20-30 minutes until the flesh is cooked on all sides and bacon is crispy.

Step 5: Serves approximately 2 quail per person.

## **Radish Mango Shrimp**

12 large shrimp

¼ cup olive oil

1 Tbsp. lemon juice

2 mangos diced

4 radishes diced

1 red onion diced

1 tsp chili powder

½ cup cilantro chopped

Step 1: Spritz shrimp with lemon juice, olive oil, and salt then grill until they turn pink, about 5 minutes.

Step 2: Mix mangos, onions, radishes and some lemon juice into a bowl then add the cooked shrimp and sprinkle with chili powder. Top with cilantro and serve.

## **Grilled Peaches and Pork**

4 boneless pork loin chops  
¼ cup balsamic vinegar  
2 Tbsp. lime juice  
3 tsp thyme  
½ tsp salt  
½ tsp black pepper  
4 large peaches, peeled and pitted  
1 Tbsp. coconut butter  
1 cup basil

Step 1: Combine 2 Tbsp. vinegar, lemon juice, thyme, salt and pepper into a bowl or zip lock bag and marinate the pork in it for at least an hour.

Step 2: In a skillet at medium-high heat grill pork for 3-5 minutes on each side until the pork is done.

Step 3: Drizzle peaches with 2 Tbsp. vinegar and set on the grill for 4 minutes or until soft and slightly browned.

Step 4: Arrange basil on a plate then serve pork and peaches over the basil.

## **Green Caped Dawg**

Grass-fed chicken sausages

Romaine lettuce

Ketchup

Dijon mustard

Sauerkraut

Step 1: Cook the chicken sausages as suggested.

Step 2: Place a cooked sausage in a piece of romaine lettuce.

Step 3: Smother with your favorite condiments.

Step 4: Dig in! Or shall I say...chew in!

## **Almonds Attack! Chicken Salad**

2 cups chicken (shredded)  
1 cup blanched slivered almonds (toasted)  
1 cup dried cranberries  
3 apples (“chopped and screwed”)  
4 cups greens  
½ cup olive oil  
¼ cup balsamic vinegar  
¼ teaspoon Celtic sea salt

Step 1: Place the almonds in a pan over low heat and toast them, while you core, slice and chop the apples.

Step 2: Remove almonds from heat when they are lightly browned.

Step 3: In a large salad bowl, toss everything together.

Step 4: Drizzle with olive oil and vinegar, toss, then sprinkle with salt

Step 5: Stop staring. Take a picture & eat it already!

## **DJ Mustard Lime Chicken**

1 lb skinless, boneless chicken breasts

½ cup fresh lime juice

½ cup fresh cilantro, chopped

¼ cup dijon mustard

1 Tbs olive oil

1 Tbs chili powder

½ tsp Celtic sea salt

½ tsp pepper

Step 1: Combine lime juice, cilantro, mustard, olive oil, chili, salt and pepper in a food processor.

Step 2: Pulse until ingredients are well combined.

Step 3: Rinse chicken breasts, pat dry and place in baking dish.

Step 4: Pour marinade over chicken, cover and refrigerate for at least 15 minutes or more.

Step 5: Heat grill and cook chicken for 5–7 minutes per side until browned and cooked in the center.

Step 6: Serve.

## **ABC Sesame Salmon Burgers**

1 pound salmon, skin removed  
1 Tbs toasted sesame oil  
1 Tbs UME plum vinegar  
1 clove garlic (pressed)  
1 tsp peeled and minced fresh ginger  
¼ cup chopped scallions (white and green parts)  
¼ cup toasted sesame seeds  
2 large eggs  
1 Tbs coconut flour  
Coconut oil

Step 1: Rinse the salmon, pat dry and cut into ¼-inch cubes.

Step 2: In a large bowl, combine salmon, oil, ume, garlic, ginger, scallions, sesame seeds and eggs.

Step 3: Stir coconut flour into mixture.

Step 4: Use a ¼ cup measuring cup to form mixture into patties.

Step 5: Heat the coconut oil in a 9 inch skillet over medium-high heat.

Step 6: Cook the patties for 4 to 6 minutes per side, until golden brown.

Step 7: Transfer patties plate. Get that oil out and serve hot!

## **May-NO-Yase Avocado Slaw**

2 ripe avocados

2 garlic cloves

¼ cup of rice vinegar or white vinegar

1/4 cup of full fat coconut milk

1 tbs Dijon mustard

1/2 tbs salt

1/2 tbs pepper

4 cups of shredded cabbage

2-3 cups of packaged broccoli slaw

Step 1: Place the avocado flesh in a food processor with the garlic, mustard, salt and pepper.

Pulse until mashed up. Mash it up!

Step 2: Add the vinegar and coconut milk a little at a time, pulsing until smooth. In a large mixing bowl, combine the cabbage and broccoli slaw with the avocado mixture. Stir to coat.

Step 3: Serve immediately or store in the fridge.

## **Lazy Daisy's Creamy Tomato Soup**

1 cup of coconut milk, full fat

6 oz. organic tomato paste

6 oz. water

4 tsp. crushed garlic

1/2 tsp sea salt

Step 1: In a medium pot combine all ingredients and whisk together.

Step 2: Bring to a boil.

Step 3: Pour in a bowl and enjoy!

## **Blasting Balsamic Pork Chops**

2 large bone-in pork chops

1/2 cup of balsamic vinegar

2 garlic cloves, (chopped)

2 tbs. olive oil

Himalayan sea salt (to taste)

Step 1: Place pork chops in a dish. Pour vinegar on the chops and add oil and seasoning.

Step 2: Cover and marinate at least an hour.

Step 3: Heat a heavy skillet over medium high heat with a little olive oil.

Step 4: Cook on each side for about 4-6 minutes, until juices run clear.

Step 5: Steam some veggies on the side. Enjoy your creation!

## **Paleo Parm Chicken**

4 chicken breasts, boneless, skinless (1 to 1½ lbs. total)

2 cups almond flour

2 brown eggs

6 tablespoons salted butter

2 (7 ounce) bottle Organic Tomato Paste

2 cups water

1 tsp oregano

6 cloves garlic, sliced

16 ounces Parmesan cheese

Step 1: Cut chicken breasts in half for thinner cutlets; pat dry.

Step 2: Dip cutlets in egg, let excess run off then coat with almond flour.

Step 3: Melt butter over medium heat; then sauté chicken cutlets until deep golden brown on both sides.

Step 4: Remove chicken and drain on paper towel.

Step 5: Combine tomato paste, water, oregano and garlic in a pan; simmer for 15 minutes.

Step 6: Place ½ cup tomato sauce on bottom of a 7 x 11 inch baking dish

Step 7: Spread cutlets out in a single layer; cover with remaining tomato sauce, then layer with Parmesan.

Step 7: Bake at 400° F.

## **Baked Chicken with a Tang**

1 lb boneless skinless chicken breast

½ cup fresh lime juice

½ cup fresh cilantro, chopped

¼ cup mustard

1 tbsp. olive oil

1 tbsp. chili powder

½ tsp Himalayan pink sea salt

½ tsp ground pepper

Step 1: Combine lime juice, cilantro, mustard, olive oil, chili, salt and pepper in a food processor

Step 2: Pulse until ingredients are well combined

Step 3: Rinse chicken breasts, pat dry and place in a 7 x 11 inch baking dish

Step 4: Pour marinade over chicken, cover and refrigerate for at least 15 minutes or up to 6 hours max

Step 5: Bake at 350° F for 20 minutes.

## **Pick - A - Chicken**

2–4 boneless, skinless chicken breast halves (1½ pounds total)

½ cup almond flour

½ teaspoon Himalayan pink sea salt

½ teaspoon all purpose chef's shake

5 tablespoons grape seed oil

5 tablespoons olive oil

¼ cup lemon juice

1 cup chicken stock

¼ cup brined capers

¼ cup fresh chopped parsley

Step 1: Cut the chicken breasts in half horizontally, butterflying them open.

Step 2: Put chicken pieces between two pieces of parchment paper and pound them with a heavy skillet until ¼ inch thick.

Step 3: Mix together flour, salt and chef's shake.

Step 4: Rinse the chicken pieces in water, then dredge thoroughly in flour mixture, until well coated.

Step 5: Heat olive oil and 2 Tbs of grape seed oil in a large skillet on medium high heat. Add half of the chicken pieces and brown well on each side, about 3 minutes per side.

Step 6: Transfer from skillet to a plate, add the other breasts and cook, then remove from skillet. Place plate of chicken breasts in the a warm oven while preparing the sauce.

Step 7: Add lemon juice, chicken stock and capers to the skillet and use a metal spatula to loosen the browned bits and incorporate them into the sauce.

Step 8: Reduce the sauce by half then whisk in the remaining 3 Tbs of grape seed oil.

Step 9: Plate the chicken, pour the sauce over it and sprinkle with parsley.

Step 10: Serve warm and happy.

## **Oriental Chicken Salad**

Leftover chicken, cut into pieces (great way to use your leftovers!)

1 head romaine lettuce

¼ cup sesame seeds, toasted

½ shallot, minced

Asian Salad Dressing, to taste

Step 1: In a large bowl, combine chicken, lettuce, sesame seeds and shallot.

Step 2: Drizzle with Asian Salad Dressing.

Step 3: Serve immediately!

## **Mango Tango Chicken**

1 ¼ pounds chicken breast, cut into 1-inch cubes

¼ cup or olive oil

1 large yellow onion

1 red bell pepper, diced

2 garlic cloves, sliced

1 tablespoon fresh ginger, minced

1 tsp curry powder

1 teaspoon Himalayan salt

1 tsp apple cider vinegar

1 cup fresh water

½ cup coconut milk

1 mango, peeled and diced

Step 1: In a large sauté pan, warm oil over medium heat.

Step 2: Add onions, stirring occasionally, cooking until soft, 5-10 minutes.

Step 3: Add red pepper, ginger, garlic, curry and salt, cook for 5 minutes.

Step 4: Add vinegar, water, coconut milk and mango to pan, and bring to a boil briefly, then reduce heat.

Step 5: Add chicken pieces, and return to a low simmer.

Step 6: Cook for 8-10 minutes until chicken is cooked through –cut open largest piece to check

Step 7: Serve now.

## **Bang Bang Chicken**

1 lb skinless, boneless chicken breasts

½ cup fresh lemon juice

½ cup fresh parsley, chopped

¼ cup yellow mustard

1 Tbs olive oil

½ tsp Himalayan pink sea salt

½ tsp pepper

Step 1: Combine lemon juice, parsley, mustard, olive oil, salt and pepper in a food processor.

Step 2: Pulse until ingredients are well combined.

Step 3: Rinse chicken breasts, pat dry and place in a baking dish.

Step 4: Pour marinade over chicken, cover and refrigerate for at least 15 minutes or up to 6 hours.

Step 5: Heat grill and cook chicken for 7 minutes per side until browned and cooked in the center.

Step 6: Enjoy meal!

## **Hurry Curry Shrimp**

4 Tbs olive oil  
4 minced garlic cloves  
1 medium yellow onion, chopped  
½ cup tomatoes, pureed  
2 teaspoons fresh ginger, minced  
½ teaspoon cumin  
½ teaspoon coriander  
1 bunch cilantro, finely chopped  
1 lb large shrimp, peeled  
3 Tbs lemon juice, freshly squeezed

Step 1: In a large saucepan, heat oil.

Step 2: Sauté garlic and onion over low heat until tender, about 10–15 minutes.

Step 3: Add tomatoes, ginger, cumin, coriander and simmer for 5 minutes.

Step 4: Place shrimp in simmering sauce and cook for 10 minutes until cooked through.

Step 5: Stir in cilantro.

Step 6: Remove from heat, and then quickly add lemon juice.

Step 7: Enjoy!

## **Paleo Turkey Club**

2 thin slices Nutty Bread or Paleo Bread

Smear of mustard

2 slices avocado

2 pieces Romaine lettuce

2 slices roasted turkey

Step 1: Toast bread.

Step 2: Slather bread with mustard and avocado.

Step 3: Place lettuce on bread, and turkey slices.

Step 4: Serve.

## **Turkey Hash**

2 Tbs olive oil

1 large yellow onion, diced

3 cups squash or pumpkin, peeled and cut into 1-inch cubes

1 cup fresh water

2 cups turkey, diced

½ tsp Himalayan pink sea salt

¼ tsp fresh ground black pepper

Step 1: Heat olive oil in a large skillet.

Step 2: Sauté onion for 10-15 minutes, until caramelized.

Step 3: Add squash or pumpkin, cover skillet and cook 10 minutes.

Step 4: Add water, then cover and cook an additional 10 minutes.

Step 5: Add turkey, salt and pepper to taste, and cook 10 minutes.

Step 6: Enjoy!

## **Grilled Salmon**

1 ½ pound salmon fillet, cut into (6) 4 ounce pieces (leave skin on)

¼ cup agave nectar

1 tablespoon smoked paprika

½ teaspoon ground cumin

1 teaspoon Himalayan pink sea salt

Step 1: Rinse salmon, pat dry and place in a baking dish.

Step 2: In a small bowl, combine paprika, cumin and salt.

Step 3: Drizzle agave over salmon, then sprinkle with paprika mixture.

Step 4: Marinate for 30 minutes to 5 hours.

Step 5: Grill salmon (skin side down) for 4-5 minutes, then turn over.

Step 6: Grill on other side for 3 minutes, or until salmon is cooked through.

Step 7: Feast!