

Primal Beauty Lunch Recipes

By Neely Quinn

Published by PaleoHacks, LLC

© 2014

Primal Beauty Lunch Recipes

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

© Paleohacks, LLC
2014, All Rights Reserved

DISCLAIMER: The information provided by this book and this company is not a substitute for a face-to-face consultation with your physician, and should not be construed as individual medical advice. If a condition persists, please contact your physician.

This book is provided for personal and informational purposes only. This book is not to be construed as any attempt to either prescribe or practice medicine. Neither is the book to be understood as putting forth any cure for any type of acute or chronic health problem. You should always consult with a competent, fully licensed medical professional when making any decisions regarding your health.

The authors of this book will use reasonable efforts to include up-to-date and accurate information on this book, but make no representations, warranties, or assurances as to the accuracy, currency, or completeness of the information provided. The authors of this book shall not be liable for any damages or injury resulting from your access to, or inability to access, this book, or from your reliance upon any information provided in this book.

All rights reserved. No part of this publication may be reproduced, transmitted, transcribed, stored in a retrieval system, or translated into any language, in any form, by any means, without the written permission of the author.

About Neely Quinn



My name is Neely Quinn (of 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 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 - 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.

TABLE OF CONTENTS

Greek Chicken Salad.....	6
Southern Shrimp Stuffed Avocados.....	7
Cilantro Lime Mega Burger.....	8
Vigoron.....	9
Thai Basil Crab.....	10
Salmon Brussels Sprout Sauté.....	11
Banh Mi Lettuce Wraps.....	12
Spicy Tuna Ceviche.....	13
Prosciutto Wrapped Pork Filet.....	14
Beef 3 Onion Chili.....	15
Coffee Rancher Steak.....	16
Bacon Wrapped Citrus Chicken Thighs.....	17
Bacon Basil Stuffed Chicken.....	18
BAT (Bacon Avocado Turkey) Wraps.....	19
Bacon Wrapped Pineapple Smoked Salmon.....	20
Sicilian Stuffed Spaghetti Squash.....	21
Baja Citrus Halibut.....	22
Sweet Chicken Bacon Lettuce Wraps.....	23
Basil Balsamic Orange Chicken.....	24
Mushroom Chicken with Onions.....	25
Lemon Basil Stuffed Chicken Breast.....	26
Oaxacan Red Cabbage Stew.....	27
Caribbean Chicken Kabob.....	28
Citrus Steak Con Tostones.....	29
Asparagus Trout.....	30
Grilled Prosciutto Diced Chicken Stir Fry.....	31
Beet Kale Chicken Salad.....	32
Mediterranean Spinach Salad.....	33
Crawdad Boil.....	34
Pine Trout Delight.....	35
Sweet and Spicy Grilled Salmon.....	36
Happy It's Ham.....	37
Hotty MC Hot Sorrel Salad.....	38
Julius Caesar Salad.....	39
Lemon Poached Salmon.....	40
Krazy Kale and Okra Soup.....	41
Cream of Broccoli Soup.....	42
Luscious Lemon Tarragon Salmon.....	43
Amazin' African Curry.....	44
Mean Gene Collard Greens.....	45
Kalua Pork.....	46

Greek Chicken Salad

1 cup diced cooked chicken

1/3 cup diced olives

½ cup diced red bell pepper

1 artichoke heart, cooked and chopped

1 Tbsp. minced parsley

1/3 cup Lemon-Balsamic Mayonnaise

Step 1: Cut everything up and put in a mixing bowl

Step 2: Make the mayo (blend 2 egg yolks, 1 Tbsp. balsamic vinegar, 1 Tbsp. lemon juice, ¼ cup extra-virgin olive oil. Add additional olive oil as it blends until it reaches desired consistency)

Step 3: Mix together.

Step 4: Dine!

Southern Shrimp Stuffed Avocados

4 large avocados, peeled and halved, pits removed

1 cup cocktail shrimp cooked and halved

1 Tbsp. lime juice

1 Tbsp. onion powder

½ cup cilantro, chopped

Step 1: Set avocado halves on serving place with cut side facing up

Step 2: Combine shrimp, onion powder, cilantro and lime juice in mixing bowl

Step 3: Add shrimp mixture to center of halved avocados

Step 4: Enjoy.

Cilantro Lime Mega Burger

1 lb ground beef

1 egg

¼ chopped yellow onion

½ tsp pepper

2 Tbsp. chopped cilantro

1 tsp paprika

1 Tbsp. lime

¼ Head of lettuce

Step 1: Add all ingredients except the lime into bowl and mix together

Step 2: Grill or fry on each side until golden brown

Step 3: Sprinkle with lime and serve in lettuce as a bun (add guacamole or hot sauce to take to the next level!)

Vigoron

1 small head of cabbage sliced thin

2 tomatoes diced

½ red onion chopped

1 Tbsp. lime juice

2 tsp salt

¼ cup cilantro chopped

1 jalapeno pepper chopped

2 lbs. yucca

1 cup pork rinds

Step 1: Peel and slice the yucca into tiny chunks. Place in boiling water and let cook for 3-4 minutes until soft. Set aside.

Step 2: Pile cabbage, onions, jalapenos cilantro and diced tomatoes on top.

Step 3: Top with pork rinds and spritz with lime. Add salt to taste.

Thai Basil Crab

2 large Dungeness crabs

juice of 1 lime

1 tsp crushed red pepper flakes

¼ cup fresh chopped basil

1 additional lime, cut into wedges

Step 1: Heat a pot full of water over high heat until boiling.

Step 2: Once boiling, carefully drop in crabs.

Step 3: Cover partially, and cook for 8 minutes.

Step 4: Carefully remove crabs from water.

Step 5: Crack and clean shells, so you can remove meat.

Step 6: Drizzle meat with lime juice and sprinkle with basil and crushed red pepper.

Step 7: Serve generously with lime wedges!

Salmon Brussels Sprout Sauté

2 cups Brussels sprouts halved

4 oz.. smoked salmon

1/2 yellow minced onion

Ground black pepper

Sea salt

Olive oil

Step 1: Wash Brussel sprouts and fry in olive oil on a skillet at medium-high heat

Step 2: Add onion and smoked salmon when Brussel sprouts begin to soften, about 5-10 minutes.

Step 3: Sprinkle with ground black pepper and salt to taste.

Step 4: Serve.

Banh Mi Lettuce Wraps

½ cup shredded carrots

½ cup shredded daikon radish

1 lbs. lean ground pork

2 green onions sliced thin

½ a jalapeno pepper

¼ cup fresh cilantro

1 tsp fish sauce

½ head of lettuce

1 tsp lime juice

Step 1: Mix ground pork, green onions and fish sauce together and shape into meat balls then grill until cooked through and lightly browned, about 10 minutes.

Step 2: Place meatballs on lettuce leaves along with some carrots, daikon, jalapeno, and cilantro.

Step 3: Spritz with lime and serve while meatballs are warm.

Spicy Tuna Ceviche

1 lbs. fresh tuna cut into pieces

1 cup fresh cilantro

1 clove garlic crushed

1 serrano or jalapeno pepper

1 Tbsp.. lime juice

1 Tbsp.. olive oil

Step 1: Chop everything up and put in a mixing bowl

Step 2: Add lime and mix thoroughly

Step 3: Drizzle with olive oil and serve

Prosciutto Wrapped Pork Filet

1 lbs. pork filet

1/3 cup fresh sage

1 tsp sea salt

1 tsp black pepper

2 cloves of garlic

1 tsp paprika

1/3 cup olive oil

5 slices of prosciutto

Step 1: Preheat oven to 400° F.

Step 2: Grind up the sage and mix it with salt, pepper, paprika and olive oil then rub it into the pork filet. Allow it to marinade in the refrigerator for 1-2 hours.

Step 3: Wrap the filet with the prosciutto slices then set on a baking sheet and pour any leftover marinade on top.

Step 4: Bake in the oven for 45 minutes or until the pork is cooked all the way though.

Step 5: Remove from oven and serve with your favorite side dishes.

Beef 3 Onion Chili

2 Tbsp.. olive oil

½ red onion, diced

1 large yellow onion diced

2 Tbsp.. chili powder

1 tsp ground chipotle

1 tsp cumin

2 cloves garlic minced

2 lbs. beef stew meat, cut into 1"x1" chunks

2 diced tomatoes

1 bell pepper diced

2 jalapenos diced

1/2 tsp oregano

2 cups water

Fresh cilantro for garnish

Green onions for garnish

Step 1: Heat large soup pot over medium-high heat.

Step 2: Add yellow onions and garlic then cook until they begin to brown.

Step 3: Meanwhile, combine chili powder, sea salt, and cumin in a large dish. Roll raw beef stew meat in the mixture to coat on all sides.

Step 4: When onions have browned slightly, add beef and brown on all sides.

Step 5: Add the diced tomatoes, bell peppers, jalapeños, and chipotle peppers. Pour in water and turn heat down to medium. Cook for about 60 minutes, stirring occasionally.

Step 8: Serve with sliced green onions, red onion and fresh cilantro.

Coffee Rancher Steak

1 8 oz.. rib eye steak

½ tsp olive oil

½ tsp ghee

¼ cup ground coffee

½ tsp sea salt

½ tsp black pepper

Step 1: Season steak with salt and pepper then rub in olive oil and ground coffee.

Step 2: Heat skillet over medium heat and add ghee then cook the steak for 3 minutes on each side.

Step 3: Let the steak rest on a plate covered with foil for 5-10 minutes before serving.

Bacon Wrapped Citrus Chicken Thighs

4 chicken thighs, skinless

1 orange peeled and segmented

4 Tbsp.. fresh cilantro, finely chopped

8 long strips of bacon

Pepper to taste

Step 1: Preheat oven to 200° F.

Step 2: Fold open chicken thighs and put some fresh ground pepper inside.

Step 3: Put cilantro in each thigh along with an orange slice.

Step 4: Fold the chicken thighs closed again and wrap them with 2 strips of bacon each locking in the fillings.

Step 5: Arrange the thighs into a shallow baking dish and bake them for 20-25 minutes until cooked through and crispy on the outside.

Step 6: Serve hot and enjoy!

Bacon Basil Stuffed Chicken

4 chicken breasts, butterflied and pounded flat

6 ounces of button mushrooms chopped

5 strips of bacon

4 cups of basil

2 garlic cloves minced

Sea salt

Black pepper

Toothpicks

Step 1: Preheat oven to 350° F.

Step 2: In a skillet over medium-high heat fry the bacon until crispy then take it out and dice it up.

Step 3: Toss the garlic cloves and mushrooms in the pan and fry them in the bacon grease. Sprinkle with salt and pepper.

Step 4: Once the mushrooms are soft add the basil and simmer until the leaves begin to wilt.

Step 5: Remove the pan from the heat and the bacon bits. Mix everything together.

Step 6: Place the mixture into the middle of the butterflied chicken. Fold the chicken over to make a pocket and use toothpicks to keep it closed while cooking.

Step 7: Place on cooking sheet and bake in over for 18-20 minutes until there is no longer pink in the chicken.

Step 8: Enjoy your deliciously moist chicken!

BAT (Bacon Avocado Turkey) Wraps

½ lbs. turkey breast sliced
1 avocado pitted and sliced
4 strips of bacon
1 tomato sliced
Toothpicks

Step 1: In skillet fry bacon on medium-hot heat until crispy

Step 2: Wrap sliced avocado, bacon and tomato inside turkey slices.

Step 3: Secure with toothpicks and serve.

Bacon Wrapped Pineapple Smoked Salmon

½ lbs. smoked salmon

4 strips of bacon cut in half

½ pineapple chunks

¼ cup basil

Toothpicks

Step 1: Preheat oven to 400° F.

Step 2: Cut salmon and pineapple into approximately 1 inch chunks.

Step 3: Stack 1 piece of salmon and pineapple together with basil in between them then wrap with bacon and secure with a toothpick.

Step 4: Place on cooking sheet and bake in oven for 10 minutes then flip and bake for another 5 minutes or until bacon is crispy.

Step 5: Remove from oven and serve.

Sicilian Stuffed Spaghetti Squash

1 large spaghetti squash

1 lbs. Italian sausage

½ lbs. ground beef

½ cup yellow onion chopped

2 garlic cloves minced

1 tsp salt

¼ cup fresh basil diced

½ tsp fennel seeds

¼ tsp ground pepper

2 tomatoes

½ cup water

Step 1: Preheat oven to 350° F.

Step 2: Poke holes in the squash with a fork and bake for 45-60 minutes until squash is easy to pierce with a fork.

Step 3: While squash is cooking, sauté sausage over medium-high heat in a sauce pan for about 3-4 minutes. Add beef, onion and garlic until brown.

Step 4: Drain the grease and add the salt, basil, fennel, and pepper.

Step 5: Place the tomatoes in a bowl and mash them up. Add the water and then combine the mixture with the meat.

Step 6: Remove squash from oven then cut in half and remove the seeds. Fill each side with the meat and serve hot. Scrape the squash while eating to make spaghetti and enjoy!

Baja Citrus Halibut

1 lbs. halibut

1 orange

¼ cup cilantro diced

1 tomato diced

1 cup cabbage shredded

1 tsp olive oil

Step 1: Preheat oven to 375° F.

Step 2: Cut orange in half. Peel and separate half of the orange.

Step 3: Place halibut on oiled cooking sheet and squirt with the unpeeled half of the orange.

Step 4: Bake for 10-15 minutes until halibut is golden then remove from oven.

Step 5: Set shredded cabbage on a plate then serve halibut over the cabbage.

Step 6: Sprinkle diced tomatoes and cilantro over the halibut and garnish with separated orange slices.

Sweet Chicken Bacon Lettuce Wraps

2 bacon slices chopped

2 cups chopped chicken

3 large lettuce leaves

1 yellow onion chopped

2 garlic cloves diced

1 tsp coconut oil

½ tsp black pepper

½ tsp chili powder

1 Tbsp.. lime juice

1 tsp honey

1 tsp coconut butter

Step 1: In skillet fry chicken with coconut butter. Add onions, garlic and bacon until all are fully cooked, about 10 minutes.

Step 2: Meanwhile combine honey, lime juice, chili powder, and pepper in a bowl to make a sauce. When everything is cooked pour sauce over everything and mix.

Step 3: Spoon mixture onto lettuce leaves and serve.

Basil Balsamic Orange Chicken

4 chicken thighs

½ tsp salt

1 tsp pepper

2 Tbsp.. coconut butter

2 Tbsp.. balsamic vinegar

1 unpeeled orange cut into wedges

¼ cup fresh basil

Step 1: Preheat oven to 450° F.

Step 2: Season chicken with salt and pepper.

Step 3: In a skillet cook chicken with 1 Tbsp.. coconut butter on medium-high heat until golden and crispy, about 7 minutes.

Step 4: Transfer chicken to oven and bake until cooked through, about 10 minutes then transfer chicken to a plate.

Step 5: In skillet over medium heat add vinegar, basil and orange wedges. Cook until oranges begin to soften, about 2 minutes. Remove from heat and stir in 1 Tbsp.. coconut butter. Once melted return chicken to skillet and toss with oranges and sauce.

Mushroom Chicken with Onions

1 whole chicken (3-4 lbs.)

1 lbs. white button mushrooms sliced

1 head of garlic

1 lemon sliced

½ yellow onion sliced

½ cup fresh parsley chopped

½ tsp salt

1 tsp black pepper

1 Tbsp.. coconut butter

Step 1: Preheat oven to 375° F.

Step 2: Flatten the chicken by removing the back and breast bone so it lays flat with both legs and breast facing upwards. Season on both sides with salt and pepper.

Step 3: Heat coconut butter in a skillet over medium-high heat and sear the chicken breast-side down for 3 minutes until the skin has browned then set aside.

Step 4: Add mushrooms, lemon, onion, and garlic to the skillet and drizzle with coconut butter.

Step 5: Lay the seared chicken, skin side up, over the mushroom mixture then place in the oven for 25-30 minutes until the juices run clear at the thigh.

Step 6: Remove the skillet from the oven and remove the chicken from the skillet and set aside.

Step 7: Place the skillet on the stove over medium-high heat and add lemon juice and parsley. Let simmer then remove from heat and return chicken to the pan.

Step 8: Serve straight out of the pan.

Lemon Basil Stuffed Chicken Breast

12 ounces boneless skinless chicken breasts

½ cup fresh basil chopped

1 large lemon

1 cup chicken broth

Toothpicks

Step 1: Cut a pocket into each chicken breast. Thinly slice the lemon and then cut the slices in half.

Step 2: Fill each chicken breast with basil and 2-3 lemon slices. Use toothpicks to hold the pockets closed.

Step 3: Season chicken with salt and pepper then sauté in a skillet on medium-high heat until it begins to brown, about 3 minutes per side.

Step 4: Add broth to the skillet and bring to a simmer. When the chicken is cooked through remove from the pan.

Step 5: Continue to simmer the chicken broth until it thickens then drizzle it over the chicken and serve.

Oaxacan Red Cabbage Stew

1 lbs beef stew meat

1 yellow onion sliced

1 head of garlic

1 carrot diced

1 bell pepper diced

½ head of purple cabbage chopped

2 tomatoes diced

Step 1: In a bowl smash up tomatoes.

Step 2: Add tomatoes and all other ingredients to a slow cooker and cook for 6-7 hours.

Step 3: Serve warm and enjoy.

Caribbean Chicken Kabob

1 lbs chicken breast chopped

1 bell pepper chopped

1 red onion chopped

1 pineapple chopped

1 mango chopped

1 tsp chili powder

½ tsp salt

Skewers

Step 1: Skewer chicken, onion, bell pepper, pineapple, and mango on a stick in alternating order.

Step 2: Dash with chili powder and salt then grill over flames until chicken is fully cooked and vegetables are slightly charred.

Step 3: Serve and enjoy.

Citrus Steak Con Tostones

8 oz. strip steak

1 orange chopped into wedges

1 ripe plantain

1 Tbsp. coconut butter

½ yellow onion sliced

½ tsp salt

Step 1: Cut plantain into coin shaped discs then gently smash them flat.

Step 2: In skillet fry plantains in coconut butter with onions and salt until they are crispy and golden then set aside.

Step 3: Squirt steak with an orange wedge then fry in the skillet until it is cooked as desired.

Step 4: Lightly grill orange wedges for about 2 minutes until they are soft.

Step 5: Arrange plantains, orange wedges, and steak onto a plate and serve.

Asparagus Trout

1 whole trout

4 asparagus stalks

1 Tbsp. coconut butter

½ tsp salt

1 tsp black pepper

1 lemon sliced

Step 1: Preheat oven to 375° F.

Step 2: Clean and prepare trout then place on a greased cooking dish.

Step 3: Season trout with salt and pepper then stuff with 2-4 lemon slices and as many stalks of asparagus as will fit.

Step 4: Arrange remaining as asparagus around the trout and bake in the oven for 10-15 minutes or until trout is golden and tender.

Step 5: Place on a plate and serve.

Grilled Prosciutto Diced Chicken Stir Fry

3 oz. prosciutto diced

4 cooked chicken breasts diced

½ yellow onion diced

1 bunch kale diced

1 Tbsp. coconut oil

½ Tbsp. balsamic vinegar

1 clove garlic diced

1 tsp black pepper

Step 1: In a skillet sauté onions in coconut oil until they begin to get brown, about 3 minutes.

Step 2: Add garlic, kale, chicken, and prosciutto then continue to cook until kale is wilted, about 5 minutes.

Step 3: Remove from skillet and add balsamic vinegar and pepper then serve.

Beet Kale Chicken Salad

1 lbs cooked chicken diced

8 small beets, peeled, sliced and cubed

5 garlic cloves sliced

1 Tbsp. coconut oil

2 bunches of kale diced

½ Tbsp. balsamic vinegar

½ tsp salt

1 tsp pepper

Step 1: Preheat oven to 450° F.

Step 2: In a baking dish combine beets, garlic, and coconut oil then bake for 35-40 minutes stirring occasionally until everything is soft.

Step 3: Remove from the oven and place kale on top then put back in the oven for 10 minutes.

Step 4: Once kale is wilted and ready remove from oven and pour over the chicken. Add balsamic vinegar, salt, and pepper to taste and stir.

Step 5: Serve warm and enjoy.

Mediterranean Spinach Salad

1 cup spinach

½ cup fresh basil

¼ cup diced olives

½ cup cherry tomatoes halved

1 Tbsp. balsamic vinegar

1 tsp olive oil

Step 1: In large bowl mix spinach, basil, diced olives and tomatoes.

Step 2: Drizzle balsamic vinegar and olive oil over salad then serve.

Crawdad Boil

12 lbs live crawdads

8 quarts of water

2 Tbsp. cayenne pepper

1 Tbsp. lemon juice

1 tsp cumin

1 head of garlic

1 red onion diced

1 cup mushrooms

Salt and pepper

Step 1: Fill a large pot $\frac{1}{2}$ full of water and drop the onions, garlic, lemon juice, cumin, and cayenne pepper then bring to a boil.

Step 2: Place live crawdads in a bucket full of fresh water and add $\frac{1}{4}$ cup of salt. Let them sit for 5-7 minutes so they can spit up all the mud in their system. Pour out the water and rinse them until the water is clear.

Step 3: Add the live crawdads to the boiling pot and let cook for 3-5 minutes then turn off the heat and add 2 cups of ice to cool the water.

Step 4: Let sit for 15 minutes and then the crawdads are ready to eat.

Pine Trout Delight

1 whole trout (about 2 lbs)

1 Tbs olive oil

1/3 pine nuts chopped

1 shallot, diced

1 small bunch of fresh parsley chopped

¼ tsp freshly ground black pepper

½ cup red grapes halved

Step 1: Rinse and dry trout. Gently rub skin of fish with a splash of olive oil.

Step 2: Toss pine nuts, 1 tablespoon olive oil, shallots, parsley and black pepper in a medium sized bowl.

Step 3: Stuff trout fish full with this mixture.

Step 4: In greased pan sauté trout for about 10 minutes on each side until fully cooked

Step 6: Serve with seedless red grapes and a glass of water!

Sweet and Spicy Grilled Salmon

5 oz. salmon fillet

¼ Tbsp. cayenne pepper

1 tsp paprika

1 tsp honey

1 Tbsp. coconut butter

½ yellow onion chopped

Salt and pepper

Step 1: Mix together the honey, paprika, and cayenne pepper.

Step 2: Drizzle and rub mixture onto the salmon filets then sprinkle with salt and pepper.

Step 3: In greased skillet grill salmon and onions for 2-3 minutes then flip and cook for about 15 minutes more until salmon is cooked through.

Step 4: Transfer to a plate and serve.

Happy It's Ham

7-8 lb. fresh ham

4 Tbsp.. dried rubbed sage

1 head garlic (peeled)

2 Tbsp.. fennel seed

2 Tbsp.. anise seed

1 tsp. dried thyme

1 Tbsp.. salt

1/3 cup maple syrup

Step 0: Preheat oven to 450° F.

Step 1: Combine sage, garlic, fennel, anise, thyme, salt and maple syrup in a small blender or food processor. Blend until a thick puree forms.

Step 2: Place ham on a roasting pan and cover with the seasoning.

Step 3: Place in the oven and set the timer for 15 minutes.

Step 4: When the timer goes off, turn the oven down to 300° F. Continue cooking for about 2 more hours, or until the internal temperature reaches 160° F.

Step 4: Don't just jump into it! Wait 5-10 minutes before you cut into it. Enjoy!

Hotty MC Hot Sorrel Salad

2 bunches fresh sorrel (about 8-10 cups chopped)

1 medium yellow onion (diced)

3 Tbsp.. unsalted butter

¼ cup full fat coconut milk

¼ cup white wine

Step 1: Peel and quarter onion and then cut into thin slices.

Step 2: Chop sorrel into 1-1½” pieces.

Step 3: Heat butter in a large skillet over medium-high heat.

Step 4: Add onions and cook until soft and starting to brown. Stir often.

Step 5: Add sorrel and wine. Stir. Cook until greens are completely wilted and stems are soft.

Step 6: Stir in coconut milk, remove from heat and serve immediately. Enjoy!

Julius Caesar Salad

1/3 cup Paleo mayo

2 Tbsp.. Fresh Lemon Juice

1 small garlic clove, crushed

1 tsp. Natural Anchovy Paste

1/8 tsp. cracked Pepper (to taste)

1 Small Head Romaine Lettuce

4-5 slices of uncured or natural, nitrite-free bacon

Step 1: Fry bacon in a frying pan until crisp. When cool, break into small pieces.

Step 2: Wisk Paleo mayo, lemon juice, crushed garlic, anchovy paste and pepper together.

Step 3: Tear or chop romaine lettuce into large bite-size pieces. Wash and dry (use a Salad Spinner or paper towels).

Step 4: Toss lettuce with dressing until evenly coated. Top with bacon and pepper.

Step 5: BAM!

Step 6: Eat.

Lemon Poached Salmon

½ Juiced lemon

2 Tbsp.. fresh dill, (chopped)

1/3 Cup water

2-3 Salmon fillets (6-7 oz.)

Step 1: Place lemon juice, grated lemon rind, dill and water into the bottom of a large saucepan or skillet.

Step 2: Add salmon fillets to the pan.

Step 3: Bring to a boil over high heat and then cover and reduce temperature to maintain a simmer.

Step 4: Simmer covered for 12-15 minutes, until salmon is fully cooked and opaque throughout. Enjoy!

Krazy Kale and Okra Soup

4 cups chicken broth

1 bunch green onions (chopped)

6 cups fresh kale (chopped)

4 cups okra (chopped)

3 garlic cloves (chopped)

6-8 sprigs thyme (or 1 tsp dried whole leaf thyme)

4 Tbsp.. creamed coconut

Step 1: Combine all ingredients except creamed coconut in a large pot. Boil then reduce heat to a simmer.

Step 2: Simmer uncovered for 20-25 minutes, until veggies are nice and soft.

Step 3: Puree soup using an immersion blender

Step 4: Add creamed coconut and stir to dissolve.

Step 5: Enjoy!

Cream of Broccoli Soup

2 cups bone broth

1-2 large “Heads” of Broccoli (about 4 cups)

1 Small Avocado

½ tsp Ground Nutmeg

Step 1: Wash and cut broccoli into florets. Peel and pit avocado and cut into medium-size chunks.

Step 2: Bring the bone broth to a simmer over medium-high heat in a pot.

Step 3: Add the broccoli and steam until dark green and tender, about 7-8 minutes.

Step 4: Reduce heat to low. Add the nutmeg and avocado chunks to the pot. Continue until avocado has warmed.

Step 5: Puree with a Blender or Food Processor

Step 6: Enjoy!

Luscious Lemon Tarragon Salmon

4 6–8oz. salmon steaks or fillets

2 Tbs fresh tarragon (finely chopped)

2 tsp lemon zest

1/8 tsp salt (to taste)

1/4 tsp cracked or ground pepper (to taste)

Step 0: Preheat oven to 375° F.

Step 1: Use parchment paper, or simply grease the baking sheet with avocado oil

Step 2: Combine your finely chopped tarragon, lemon zest, salt and pepper.

Step 3: Sprinkle over the top of your salmon

Step 4: Bake for 15 minutes, until opaque throughout and segments flake apart easily.

Step 5: Serve with fresh lemon to squeeze over the top if you like.

Step 6: Enjoy!

Amazin' African Curry

1 Tbs olive oil

1 onion, chopped

2 cloves garlic, peeled and chopped

1 bay leaf

1 (14.5 ounce) can whole peeled tomatoes, drained

2 tsp curry powder

1/8 tsp salt

1 (2 to 3 pound) whole chicken, bones and skin removed (cut into pieces)

1 (14 ounce) can unsweetened coconut milk

1 lemon (juiced)

Step 0: Heat olive oil in a large, heavy skillet over medium heat.

Step 1: Stir in the onion, garlic, and bay leaf, and sauté.

Step 2: Mix tomatoes, curry powder, and salt into the skillet

Step 3: Mix in the chicken, and cook 15 to 20 minutes.

Step 4: Reduce skillet heat to low. Stirring constantly, gradually blend in the coconut milk over a period of about 10 minutes.

Step 5: Mix in lemon juice just before serving.

Step 6: Dive in!

Mean Gene Collared Greens

1 Tbs olive oil

3 slices bacon

1 large onion, chopped

2 cloves garlic, minced

1 tsp salt

1 tsp pepper

3 cups chicken broth

1 pinch red pepper flakes

1 pound fresh collard greens (2-inch pieces)

Step 0: Heat oil in a large pot over medium-high heat.

Step 1: Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan.

Step 2: Add onion, and cook until tender, about 5 minutes.

Step 3: Add garlic, and cook until just fragrant. Add collard greens and fry

Step 4: Pour in chicken broth, and season with salt, pepper, and red pepper flakes.

Step 5: Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

Kalua Pork

5 pounds pork butt roast

1 Tbs liquid smoke flavoring

2 1/2 Tbs Hawaiian sea salt (divided)

Step 0: Preheat oven to 325° F.

Step 1: Rub liquid smoke and 1 1/2 Tbs of the salt into the skin of the pork.

Step 2: Wrap well in foil, and seal completely. Place in a roasting pan.

Step 3: Bake in the preheated oven until an internal temperature of 145° F is reached.

Step 4: Remove from oven and let cool before shredding. Sprinkle the shredded meat with the remaining 1 Tbs of salt.

Step: Plate and eat!