

Primal Beauty Meals

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), 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

Stir Fry Salad.....	6
Lost Bun Burgers.....	7
Plain Jane Chili.....	8
Beef It Up Stew.....	9
Sloppy No-Joe's.....	10
Squashetti.....	11
No Work Pork Loin.....	12
Zesty Pork Tacos.....	13
Sausage-in-a-Boat Stuffed Tomatoes.....	14
Crazy Chipotle Lime Salmon.....	15
Coconut Craving Shrimp.....	16
Fishie Veggie Curry.....	17
Simple Sardine Salad.....	18
Bombastic Shrimp.....	19
Spiced-Up Tuna Salad.....	20
Ted's Turkey Burgers.....	21
Tom's Thai Chicken Wrappers.....	22
Coconut Chicken Craze.....	23
Krusty Chicken.....	24
Green Caped Dawg.....	25
Almonds Attack! Chicken Salad.....	26
DJ Mustard Lime Chicken.....	27
ABC Sesame Salmon Burgers.....	28
May-NO-Yase Avocado Slaw.....	29
Lazy Daisy's Creamy Tomato Soup.....	30
Blasting Balsamic Pork Chops.....	31
Paleo Parm Chicken.....	32
Baked Chicken with a Tang.....	33
Pick-A-Chicken.....	34
Oriental Chicken Salad.....	35
Mango Tango Chicken.....	36
Bang Bang Chicken.....	37
Hurry Curry Shrimp.....	38
Paleo Turkey Club.....	39
Turkey Hash.....	40
Grilled Salmon.....	41

Stir Fry Salad

1-1/2 lbs. beef tip steak (sliced strips)

2 tsp. coconut oil, lard, or tallow

1 tbsp. coconut aminos (tastes like soy sauce)

1/2 sweet yellow onion (sliced)

2 bell peppers (sliced)

Handful of sugar snaps peas

2 cups of mixed greens

Balsamic vinegar (YUUUUUUUM)

Finishing touches with: extra virgin olive oil, sea salt, black pepper

Step 1: Heat skillet over medium heat. Add the coconut oil, lard, or tallow as soon as the pan is hot.

Step 2: Add sliced onions. Sauté until they're tender. Stir baby stir!

Step 3: Pump the heat up!

Step 4: Add the beef and the coconut aminos. Keep STIRRING!

Step 5: Have your beef cooked the way you like? Add the bell peppers and peas!

Step 6: Add those finishing touches!

Step 7: Serve over mixed greens and drizzle with balsamic vinegar and olive oil. FANCY!

Lost Bun Burgers

1 lb. lean ground beef or turkey

1/2 tsp. sea salt

1/4 tsp. freshly ground black pepper

1 tsp. coconut oil or any oil of your choice

Step 1: Smash up the meat with the seasonings. Form into 4 patties.

Step 2: Pump up the heat add the oil when hot.

Step 3: Cook the burgers until desired wellness is reached.

Step 4: ENJOY!

Plain Jane Chili

2 pounds lean ground beef
1 green bell pepper (diced)
6 cloves garlic (minced)
2 Tbs olive or coconut oil
1/4 tsp. black pepper
Cumin to taste
Chili powder to taste
1 can diced tomatoes (28 oz.)

Step 1: Heat oil in a heavy bottomed soup pot, and add freshly ground black pepper.

Step 2: Add bell pepper and sauté 5-7 minutes. Turn heat off and stir in minced garlic.

Step 3: Grill patties over coals until medium rare, no more than 5 minutes on each side.

Step 4: Turn heat on high under soup pot, and place patties in with garlic, oil, and pepper mixture.

Step 5: Break up patties into small pieces with spatula and brown meat thoroughly. Add tomatoes.

Step 6: Mash and break up tomatoes with spatula.

Step 7: Add enough water to cover all ingredients, reduce heat to low, and let simmer 2 hours or more.

Beef It Up Stew

1 large onion
1 clove garlic
1 lb. beef stew meat
2 medium carrots (diced)
6 fl oz. beef stock
4 cups canned tomatoes
5 fl oz. red wine (Pour some up and enjoy making this meal)
1 tsp. leaves oregano
1 tsp. leaves basil

Step 1: Soften onion and garlic in pot.

Step 2: Add beef until it browns.

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

Step 4: Pour in stock, canned tomatoes, red wine, oregano and basil.

Step 5: Put lid on and pump it down on low heat for an hour or more. (If needed.)

Step 6: Shove in face.

Sloppy No-Joe's

2 Tbs olive oil
1 lettuce head
1 medium onion (chopped)
1 medium green pepper (chopped)
2 cloves garlic (minced)
1 lb. ground beef
1 (15 oz.) can tomato sauce
1 Tbs chili powder
1/2 tsp. ground cumin

Step 1: Heat skillet to medium-high. Add oil when hot.

Step 2: Add onion, green pepper, and garlic, and sauté until soft (about 10 minutes).

Step 3: Add ground beef, and continue to cook until beef starts to brown. Stir every now & then.

Step 4: Stir in tomato sauce, chili powder and ground cumin.

Step 5: Serve on lettuce when beef is cooked through and tomato sauce is hot.

Squashetti

1 Tbs olive oil
2 cloves garlic (crushed)
1 lb. ground beef, turkey or sausage
15 oz. marinara sauce (no sugar added)
One spaghetti squash

Step 1: Pump up the heat to medium-high in large skillet. Add oil.

Step 2: Add meat and garlic, and cook completely.

Step 3: Prep the squash.

Step 4: Preheat the oven to 375° F.

Step 5: Split the squash lengthwise, and then dig out the seeds.

Step 6: Place both halves face down on a baking pan, with 1/4" of water.

Step 7: Bake for 45 minutes.

Step 8: Dig out squash with a fork (cross-wise) and add to the skillet with the meat and marinara.

Step 9: Take mixture and plate.

Step 10: Eat!

No Work Pork Loin

1-1/2 lb. pork loin
1 (16 oz.) can tomato sauce
2 medium zucchini, (sliced)
1 head cauliflower, separated into medium florets
1-2 Tbs dried basil
1/4 tsp. black pepper
1/2 tsp. sea salt (optional)

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 Pork Tacos

2 tsp. coconut oil
1 lb. pork tenderloin (cut into 1/4" - 1/2" strips)
1/4 tsp. sea salt
1/8 tsp. black pepper
1 red onion (diced)
1 small jalapeno (minced)
1/2 cup chicken broth
2 medium tomatoes (diced)
3 Tbs lime juice or freshly squeezed lime
3 Tbs cilantro (chopped)
8 butter lettuce leaves (about 1 large head)
2 avocados (sliced)

Step 0: Wash and chop onion, jalapeno, cilantro and tomatoes.

Step 1: Season both sides of pork with sea salt and freshly ground black pepper.

Step 2: Heat a large nonstick skillet over medium-high heat. Add coconut oil to pan.

Step 3: Sauté pork until lightly browned (about 4 minutes). Remove pork from pan and place in a bowl.

Step 4: Add onion and jalapeno to hot pan, and sauté until tender.

Step 5: Add broth and tomatoes, and reduce heat to low. Simmer two more minutes, scraping pan sides and bottom to loosen any browned bits.

Step 6: Return pork and juices to pan. Stir in lime juice and simmer until pork is fully cooked.

Step 7: Top with fresh cilantro and avocado, and wrap with butter lettuce leaves to serve.

Sausage-in-a-Boat Stuffed Tomatoes

6 large firm tomatoes (hard as a rock)

1 lb. sausage (nitrite/nitrate-free)

6 mushrooms (sliced)

1 medium yellow onion (chopped)

Fresh cilantro

Step 0: Preheat oven to 350° F.

Step 1: Over medium-high heat, brown onions, sausage and mushrooms together in a skillet.

Step 2: Cut the tops off the tomatoes. Spoon out the middle and add to the skillet.

Step 3: Once onions, sausage and mushrooms are cooked, drain fat.

Step 4: Spoon mixture into tomato cups.

Step 5: Bake for 10-15 minutes.

Step 6: Top if off with a dash of fresh cilantro.

Step 7: ENJOY!

Crazy Chipotle Lime Salmon

1 lb salmon fillets, skinless

1-2 Tbs olive oil or coconut oil

2-3 limes (1 per salmon fillet), cut in half

1/4 tsp sea salt (your choice!)

1/2 tsp ground chipotle

Step 0: Preheat oven to 350° F.

Step 1: Rinse salmon, pat dry, and place on a metal baking sheet. (METAL)

Step 2: Rub each fillet with olive oil, and squeeze the juice from one-half lime onto each fillet.

Step 3: Sprinkle fillets with sea salt (if desired) and chipotle, and put the lime halve on top!

Step 4: Cook salmon for 12-15 minutes or so. Delish!

Coconut Craving Shrimp

1 lb. raw prawns/shrimps in shell
1 can of coconut milk
1-2 cloves garlic (minced)
1 tsp ginger root (peeled and minced)
1/4 tsp sea salt
1/4 tsp black pepper

Step 0: Wash prawns or shrimp. DO NOT SHELL THEM.

Step 1: Place prawns into a medium saucepan with coconut milk, garlic, ginger, salt, and pepper.

Step 2: Bring to a boil. Get that arm working, and keep stirring!

Step 3: Reduce heat and simmer uncovered 15 minutes. Don't stop stirring.

Step 4: Remove from shells and serve warm. Sizzling goodness!

Fishie Veggie Curry

1 lb white fish fillets, cut crosswise into 1" slices

1 (403 mL) can unsweetened coconut milk

2 Tbs red curry paste

2 medium carrots cut into thin matchsticks

1/2 small red cabbage (thinly sliced)

Handful of fresh cilantro (chopped)

Step 1: Put coconut milk and red curry paste in a large sauté pan over medium heat. Cook for 3 minutes, stirring until combined.

Step 2: Add carrots and red cabbage to pan. Cover and simmer for 4-5 minutes.

Step 3: Add fish and simmer an additional 4-5 minutes, or until fish is fully cooked.

Step 4: Play some relaxing music and serve with fresh cilantro.

Simple Sardine Salad

3 medium tomatoes (diced)
1 medium yellow summer squash (diced)
1 large celery stalk (diced)
1 head romaine lettuce (chopped,)
1/4 cup raw sauerkraut. STINKS, but you'll be fine!
1 cup shredded cabbage
2 small avocados (diced)
1 (4-6 oz) can of sardines in oil (add 1 Tbs olive oil if sardines are in water)
1 Tbs balsamic vinegar
Juice of 1/2 lime
1 tsp Dijon mustard
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. EASY!

Bombastic Shrimp

2 Tbs coconut oil

1/2 lb raw shrimp (peeled)

2 Tbs chili powder

1 Tbs garlic powder

1/2 Tbs parsley

Cayenne pepper (to taste)

Freshly ground black pepper (to taste)

Step 1: Heat olive oil in a medium sauté pan over medium-high heat.

Step 2: When pan is hot, add shrimp and cook for 1 minute.

Step 3: Stir in chili powder, garlic powder, parsley, and cayenne pepper, and sauté for an additional 3-5 minutes or until shrimp are pink and fully cooked.

Step 4: Put on a plate. Admire. Eat.

Spiced-Up Tuna Salad

2 cans tuna (oil-packed recommended)

20 (about 1 cup) green or black olives, chopped

2 green onions (chopped)

1 jalapeno pepper, finely chopped (no seeds and/or less jalapeno if you want less spice)

3 Tbs capers, rinsed

1/2 tsp red chili flakes

Juice of 2 lemons

Splash of olive oil

1 head butter lettuce or mixed greens (optional)

1 avocado, sliced

Step 1: Combine all the ingredients and serve over lettuce, with sliced avocado on top.

Step 2: Serve immediately, or store it in the fridge for a day for more flavor.

Ted's Turkey Burgers

1 lb ground turkey
1 cup cilantro (chopped)
1/4 cup red onion (finely chopped)
2 tsp garlic (minced)
1 tsp sea salt
1/4 tsp black pepper

Step 0: Prepare the grill, or turn the broiler on low.

Step 1: Combine all ingredients in a bowl. Use a fork and mix it up!

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

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

Tom's Thai Chicken Wrappers

1 lb boneless, skinless chicken breasts
12 Bibb or Romaine lettuce leaves
4 Napa cabbage leaves (thinly chopped)
1 cup raw broccoli (finely chopped)
1 large carrot (shredded)
3 green onions (thinly sliced)
Cilantro

Thai Sauce:

1/4 cup almond butter
1/4 cup water
2 Tbs coconut aminos (taste like soy sauce)
2 Tbs lime juice (or the juice of 1 lime)
2 cloves garlic (minced)

Step 1: Grill chicken breasts and dice into 1/2" cubes.

Step 2: Wash lettuce leaves and spread out on a plate (reserve half the leaves for leftovers). Fill with chicken, broccoli, napa cabbage, carrots, green onions and cilantro.

Step 3: Drizzle with Thai Sauce.

Coconut Chicken Craze

1 lb boneless, skinless chicken breasts
1/4 cup almond flour
1/4 cup unsweetened shredded coconut
1/8 tsp sea salt
1 egg
2 Tbs coconut oil

Step 1: Mix almond flour, shredded coconut and sea salt together in a bowl.

Step 2: Beat up the egg in separate bowl.

Step 3: Dip chicken breast in egg and roll in dry mixture.

Step 4: Heat a frying pan over medium heat and add coconut oil when hot.

Step 5: Pan fry chicken until fully cooked. If the crust starts to brown and your chicken isn't fully cooked yet (this will depend on the size of the chicken breast), take it out of the pan and place it in the oven on a baking sheet at 350° F for 5-10 minutes covered with foil.

Step 6: Play some reggae.

Step 7: Eat with friends.

Krusty Chicken

2–3 eggs, beaten

6 Tbs water

1/2 tsp sea salt (optional)

1/4 tsp black pepper

1 cup almond flour

1 lb boneless, skinless chicken breasts, cut into 3 strips each

Step 0: Preheat oven to 350° F.

Step 1: Combine egg and water in a shallow bowl. Set aside.

Step 2: Place nut flour on a plate, and mix in sea salt (optional) and black pepper.

Step 3: Dip chicken in egg mixture, then pat chicken in nut flour.

Step 4: Coat chicken with flour on both sides. For thicker coating, repeat above procedure.

Step 5: Place coated chicken on a metal baking sheet and bake for 35 minutes.

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!