

# **Primal Beauty Meals**

## **Breakfast 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](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).

## TABLE OF CONTENTS

Amazing Almond Pancakes.....	6
Pumpkin Pancakes.....	7
Deliciously-Off Oatmeal.....	8
Friend Breakfast Bacon.....	9
Baked Rings of Egg and Bacon.....	10
Banana-cakes.....	11
Tapioca-nana Crepes.....	12
BLT Time.....	13
Filling Breakfast Smoothie.....	14
Banana Carrot Muffins.....	15
Chicken Stir Fry.....	16
Chorizo Eggs.....	17
Zucchini Muffins.....	18
Eggs 'N' Friends.....	19
Sweet Potato Eggs.....	20
Fruit Salad with a Twist.....	21
Awesome Almond Applesauce.....	22
Stir Fried Ham.....	23
Meat Lovers' Egg Salad.....	24
Where'd-the-Oats-Go? Oatmeal.....	25
Fiesta Muffins.....	26
Paleo Pumpkin Muffins.....	27
Alanna's Pumpkin Flat "Bread".....	28
Almond Berry Muffins.....	29
Spice It Up Omelet.....	30
Breakfast Stir-Fry.....	31
Sautéed Sweet Potaters.....	32
Yummy Tummy Zucchini Weenies.....	33
Paleo Scramble.....	34
Sea-Bottom Omelet.....	35
Handsome Joe's Steak and Eggs.....	36
Veggie Frittata.....	37
Craaazy Egg Salad.....	38
Tapioca Crepes.....	39
Tomato in Onion Casserole.....	40
Berry Hemp Granola.....	41
Baked Banana Mania!.....	42
Nutty Brown Donuts.....	43
Freshly Fried Plantains.....	44
Wake and Bake Biscuits.....	45
Yummy in My Tummy Breakfast Bars.....	46

## **Amazing Almond Pancakes**

1 cup almond flour

1/2 cup applesauce

1 Tbs coconut flour

2 brown eggs

1/4 cup fresh water

1/4 tsp grated nutmeg

1/4 tsp Himalayan sea salt

Coconut oil

Fresh berries

Step 1: Combine flour, applesauce, eggs, water, nut meg and Himalayan sea salt in a bowl, and mix together.

Step 2: Heat a non-stick frying pan over medium heat with 1 tsp coconut oil.

Step 3: Drop 1/4 cup of batter onto the pan once it is fully heated, but not too hot or else it will burn.

Step 4: Flip like a normal pancake when the bubbles start showing up on the top, and cook for another minute or two.

Step 5: Add more oil to the pan and repeat with remaining batter.

Step 6: Top with amazing tasting berries for your liking.

## **Pumpkin Pancakes**

1/4 cup coconut flour

3 brown eggs

1/4 tsp baking soda

1/2 tsp ground cinnamon

1/4 tsp Himalayan sea salt

1/4 cup pumpkin puree

1/2 tsp apple cider vinegar

1 tbsp melted coconut oil

1/4 tsp pumpkin pie spice

1/4 cup almond milk (optional)

Step 1: Whip together the dry ingredients (coconut flour, baking soda, salt, and cinnamon).

Step 2: Then whip the wet ingredients in a separate bowl (eggs, coconut oil, apple cider vinegar and pumpkin puree).

Step 3: Carefully add the dry mix to the wet mix until the ingredients are well mixed into each other.

Step 4: Heat up the coconut oil in a pan on medium to low. Spoon the batter into the pan. You can make them into any size or shape that you desire, just as long as it's flattened out to about 1/3 inch. Flip them over when the bottom is golden brown. Check the edges to determine if they are ready.

Step 5: Happily serve with pure maple syrup or just eat the pancakes by themselves.

## **Deliciously-Off Oatmeal**

1-1/2 cups unsweetened applesauce

4 Tbs raw almond butter

3 Tbs raw almond milk

Cinnamon to taste

Step 1: Combine all ingredients in a small pan over medium heat.

Step 2: Add fresh or dried fruits and nuts for greater texture and even better flavor!

Step 3: Feast!



## **Fried Breakfast Bacon**

8 bacon slices chopped up

½ diced red onion

1 medium diced sweet potato

1 medium diced zucchini

8 green beans

1 avocado

Ground black pepper

Step 1: Cook chopped bacon in a large skillet over medium heat.

Step 2: Drain liquid fat when done and set bacon aside to wait.

Step 3: Heat another large pan over medium heat. Add 1 Tbs of drippings from the bacon pan, diced onion, and diced sweet potato.

Step 4: Sauté for 13 minutes or until onions begin to turn translucent and sweet potato softens slightly.

Step 5: Add the diced zucchini and green beans to the sweet potato mixture and cook just until they turn glowing bright green.

Step 6: Combine bacon with vegetables. Season with ground black pepper or Himalayan sea salt, and top with avocado.

Step 7: Serve generously.

## **Baked Rings of Egg and Bacon**

6 strips bacon

Melted bacon fat

4 brown eggs

1 small to medium tomato cut into 4 (1/2 inch) slices

1/3 cup chopped yellow onions

4 chopped mushrooms

1/2 tsp ground black pepper

Step 1: Preheat oven to 325° F.

Step 2: Cook bacon in a skillet over medium heat until it begins to shrivel (about 3 minutes).

Step 3: Remove bacon from pan and set aside.

Step 4: Discard the majority of bacon fat in the bottom of the skillet.

Step 5: Brush 4 cups in a muffin tin with bacon fat from pan.

Step 6: Add chopped onions and mushrooms to hot pan with remaining bacon drippings in the skillet and cook over medium heat until softened.

Step 7: Meanwhile, place a tomato slice in the bottom of each cup. Circle the inside of each cup with 1 strip of bacon.

Step 8: Break an egg into each muffin cup and season with ground black pepper.

Step 9: Add sauteed mushrooms and onions over the egg.

Step 10: It is very important to fill any unused tins with water to protect from burning.

Step 11: Bake for 20 minutes.

Step 12: To serve, loosen the edges of the eggs with spatula and transfer the eggs to plates or bowls.

Step 13: Enjoy this tasty start to your day!

## **Banana-cakes**

2 ripe bananas

2 round brown eggs

1 Tbs coconut flour

2 Tbs almond butter

Fresh blueberries

1/4 cup nuts of choice (chopped)

1 tsp. coconut oil

Step 1: Acquire bowl.

Step 2: Mash bananas in bowl.

Step 3: Add the eggs, coconut flour, almond butter, blueberries, and nuts to the bowl.

Step 4: Whisk until well blended.

Step 5: Heat a large skillet over medium heat along with the coconut oil.

Step 6: Pour small 3-inch discs of batter onto the hot pan.

Step 7: Flip when batter becomes less sticky around the edges.

Step 8: Cook other side slowly over medium heat until fully cooked.

Step 9: Feast :)

## **Tapioca-nana Crepes**

7 brown eggs

5 ripe bananas

1 can of coconut milk

1 tsp Himalayan sea salt

2-1/4 cups tapioca flour (about 10 oz)

Step 1: Mix and mash all ingredients together to make a lovely soupy batter.

Step 2: Heat a large pan over medium heat.

Step 3: When the pan is hot, cover the bottom of the pan with a thin layer of 1 cup of batter.

Step 4: Flip when bottom is golden brown. Cook until both sides are brown.

Step 5: Wrap around your favorite vegetable and eat.

## **BLT Time**

6 bacon slices

2 cups lettuce

1 cup chopped medium tomato

4 brown eggs

1 diced avocado

2 Tbs slivered almonds

Step 1: Cook bacon in a large skillet over medium heat, stirring frequently until fully cooked.

Step 2: Remove 1 Tbs of bacon drippings and set aside to wait.

Step 3: Add lettuce and tomatoes to the bacon and remaining drippings, and toss until lettuce is wilted and tomatoes are warmed.

Step 4: Remove from heat.

Step 5: Heat a pan over medium heat.

Step 6: Add reserved bacon drippings when pan is hot. Fry eggs in bacon drippings.

Step 7: To serve, place the eggs on top of the bacon, lettuce and tomatoes, and top with avocado and slivered almonds.

## **Filling Breakfast Smoothie**

2 cups frozen berries

2/3 cup shredded coconut

1 cup almond milk

1 brown eggs

Step 1: Fill a blender with the frozen berries and hot water to break them up.

Step 2: Pulse what's inside the blender.

Step 3: Add shredded coconut, eggs, and almond milk.

Step 4: Continue to blend until smooth, and pour into a glass.

Step 5: Drink.

## **Banana Carrot Muffins**

2 cups almond flour

2 tsp baking soda

1 tsp Himalayan sea salt

1 Tbs cinnamon

1 cup pitted dates

3 ripe bananas

3 brown eggs

1 tsp apple cider vinegar

1/4 cup melted coconut oil

1 ½ cups shredded carrots

¾ cup chopped nuts of your choice

Step 1: Preheat oven to 350° F.

Step 2: In a large bowl, combine flour, baking soda, salt and cinnamon.

Step 3: In a blender, combine dates, bananas, eggs, vinegar and oil.

Step 4: Blend.

Step 5: Add mixture from blender to dry mixture in the large bowl and combine thoroughly.

Step 6: Add in carrots and nuts.

Step 7: Spoon mixture into paper lined muffin tins.

Step 8: Bake for 30 minutes.

Step 9: Feast.

## **Chicken Stir Fry**

2 brown eggs

1 Tbs fresh water

1 tsp coconut oil

1/4 lb 2" pieces of asparagus

1 sliced red bell pepper

1 clove garlic

1/2 lb cooked and diced chicken breast

1/2 cup sliced olives

1/4 cup slivered almonds

1/2 sliced avocado

Step 1: In a small bowl, beat eggs and water together. Set aside.

Step 2: Heat a large skillet over medium heat. Add coconut oil when pan is hot.

Step 3: Add asparagus, red pepper, and garlic, and sauté for 6 minutes.

Step 4: Add chicken, eggs, and olives stirring constantly.

Step 5: Cook until vegetables are tender, eggs are cooked, and chicken is heated through.

Step 6: Season with Himalayan sea salt, and top with almonds and avocado to serve.

Step 7: Feast.



## **Chorizo Eggo**

1 Tbs coconut oil

1/2 diced red onion

1 diced red pepper

1/2 lb sliced chorizo

4 brown eggs

Dash of Himalayan sea salt

1/4 tsp ground black pepper

Step 1: Heat a medium sauté pan over medium heat. When hot, add coconut oil and saute onions for 6 minutes.

Step 2: Add diced red pepper and chorizo until the chorizo gets crispy around the edges.

Step 3: Beat the eggs in a small bowl and add Himalayan sea salt and grounded black pepper.

Step 4: Pour the eggs into the pan with the onions, peppers and chorizo.

Step 5: Scramble the eggs until cooked.

Step 6: Drizzle some hot sauce on your finished meal and enjoy.

## **Zucchini Muffins**

2 Tbs flax seed

6 Tbs fresh water

1 cup almond flour

½ cup coconut flour

2 tsp baking soda

1 Tbs cinnamon

1 cup pitted dates

2 cups canned pumpkin

1 tsp apple cider vinegar

¼ cup coconut oil

½ cup frozen berries

¾ cup grated zucchini

¾ cup sliced walnuts

paper muffin liners

Step 1: Preheat oven to 350° F.

Step 2: Combine flax seeds and fresh water and let sit for 7 minutes.

Step 3: Combine almond flour, coconut flour, baking soda, and cinnamon in large bowl. Set aside.

Step 4: Combine dates, pumpkin, flax seed mixture, apple cider vinegar and coconut oil in blender until dates are roughly chopped. Fold into dry ingredients.

Step 5: Fold berries, zucchini and nuts into batter.

Step 6: Spoon onto paper lined muffin tins.

Step 7: Bake for 30 minutes.

Step 8: Indulge.

## **Eggs N' Friends**

4 brown eggs

1/2 sliced avocado

1/2 cup sliced almonds

4 Tbs fresh salsa

Step 1: Heat skillet over medium heat.

Step 2: Beat eggs in a small bowl, and pour into skillet.

Step 3: Cook for 60 seconds and turn heat to low. Finish cooking for 3 minutes longer.

Step 4: Top the eggs with almonds, avocado and salsa.

Step 5: Enjoy.

## **Sweet Potato Eggs**

1 Tbs coconut oil

1 medium diced sweet potato

1/2 diced red onion

2 sliced sausages

1 medium diced bell pepper

4 brown eggs

Ground black pepper

Step 1: In a large skillet, heat 2 teaspoons coconut oil over medium heat.

Step 2: Add the onions and sweet potatoes, and sauté for 7 minutes.

Step 3: Add the sausages and continue to cook until sausages are browned and sweet potatoes are soft.

Step 4: Add bell peppers and 1 Tbs of fresh water.

Step 5: Cover and cook for 20 minutes while stirring frequently.

Step 6: Fried eggs in 1 teaspoon coconut oil.

Step 7: Season with freshly ground black pepper and serve over sweet potato hash.

## **Fruit Salad with a Twist**

1 orange peeled and diced

1 diced apple

1/2 cup pecans

1/2 tsp cinnamon

Step 1: Place the fruit into bowls.

Step 2: Sprinkle with chopped nuts and cinnamon.

Step 3: Place juicy mix into mouth and smile.

## **Awesome Almond Applesauce**

12 oz ham

2 cups applesauce

3/4 cup almonds

Step 1: Acquire skillet.

Step 2: Slice the ham and warm in a skillet on the stove. Serve with applesauce and almonds.

Step 3: Snack happily.

## **Stir Fried Ham**

1 Tbs coconut oil

1/4 diced red onion

4 mushrooms

1 small diced sweet potato

1/8 tsp thyme

1/2 lb diced ham

1 diced avocado

Step 1: Heat a large sauté pan over medium heat. When pan is hot, add coconut oil.

Step 2: Add onions, mushrooms, sweet potatoes, and thyme.

Step 3: Stirring frequently, cook for 15 minutes.

Step 4: Add small drops of water to the pan and cover for a few minutes at a time in order to hasten the sweet potatoes' cooking time.

Step 5: Toss in ham until heated through.

Step 6: Season with freshly ground black pepper, Himalayan sea salt, and top with avocado to serve.

## **Meat Lovers' Egg Salad**

2oz chopped ham

8 slices of bacon (save drippings)

8 hard-boiled eggs, peeled and chopped

1 medium yellow onion, finely diced

10-12 medium white mushrooms, finely chopped

freshly ground black pepper, to taste

Step 1: Cook bacon fully and remove from pan. Reserve a light coating of bacon fat in the pan. Crumble bacon pieces when cool and set aside.

Step 2: Meanwhile, hard-boil the eggs.

Step 3: Cool cooked eggs in water and shell immediately. Chop into bite-size pieces.

Step 4: Over medium heat, sauté the onion in the remaining bacon drippings until translucent and golden brown.

Step 5: Add the mushrooms and sauté another 5-6 minutes, stirring frequently, until softened.

Step 6: Mix sauté, eggs, and bacon together, and season with black pepper.

Serve warm or cold.



## **Where'd-the-Oats-Go? Oatmeal**

1/4 cup walnuts

1/4 cup pecans

2 Tbs ground flax seed

1 tsp ground cinnamon

Dash of freshly ground nutmeg

1/4 tsp ground ginger

1 Tbs almond butter

1 banana, mashed

3 eggs

1/4 cup unsweetened almond milk (add more if desired)

2 tsp pumpkin seeds

Step 1: Add walnuts, pecans, flax seed and spices to a food processor and pulse mixture to a coarse grain (make sure to stop before it is ground into a powder). Set aside.

Step 2: Whisk together eggs and almond milk until the consistency thickens and becomes a loose custard.

Step 3: Thoroughly blend the mashed banana and almond butter together and add it to the custard, mixing well.

Step 4: Stir in the coarse nut mixture.

Step 5: In a medium saucepan, warm the mixture on the stove until the “no-oatmeal” reaches the desired consistency and the whisked eggs look firm as though cooked; this should only take about 5 minutes. Stir frequently.

Step 6: Sprinkle pumpkin seeds and berries on top. Add more almond milk if desired.

## **Fiesta Muffins**

Coconut oil

8 eggs

1/8 cup water

1/2 lb bacon, ham, or sausage, cooked and cut or crumbled into small pieces

2 cups diced vegetables (1 red bell pepper, 1/4 lb asparagus or broccoli and 1/2 yellow onion recommended, but use whatever is on hand)

1/4 tsp Himalayan salt

1/8 tsp ground pepper

Step 1: Preheat oven to 350° F.

Step 2: Grease 8 muffin cups with coconut oil. Fill any remaining muffin cups with 1" of water, so they do not scorch while baking.

Step 3: Beat the eggs in a medium bowl and add meat, vegetables, salt, ground pepper, and any other ingredients you wish to add.

Step 4: Pour mixture into the muffin cups.

Step 5: Bake for 18-20 minutes.

## **Paleo Pumpkin Muffins**

1½ cups almond flour

¾ cup canned pumpkin

3 large eggs

1 tsp baking powder

1 tsp baking soda

½ tsp ground cinnamon

1½ tsp pumpkin pie spice

1/8 tsp Himalayan salt

1/4 cup raw honey

2 tsp almond butter

1 Tbs chopped pecans

Step 1: Preheat oven to 350° F.

Step 2: Coat muffin tins with coconut oil (or use paper muffin cups and add 1/2 tsp melted coconut oil to batter).

Step 3: Mix all ingredients and pour evenly into tins.

Step 4: Bake for 25 minutes on the middle rack.

Sprinkle pecans on top immediately after taking them out of the oven.

## **Alanna's Pumpkin Flat “Bread”**

2 Tbs organic coconut oil

1-1/2 cups tapioca flour

5 large brown eggs

8-oz can organic pumpkin purée

1/2 tsp Himalayan salt

Step 1: Combine all ingredients in a deep mixing bowl. The batter should be about the same consistency as pancake batter, and as smooth as you can make it.

Step 2: In the meantime, heat up a quarter of the oil (1/2 tablespoon) in a pan on medium low heat for a couple minutes until it's hot.

Step 3: Pour a 5th or so of the batter into the pan and spread it around with a spatula, or by picking up the pan and tipping it every which way, letting the batter even itself out. You want the batter it to be as thin as the pan will allow.

Step 4: Let it cook until the bottom side is slightly browned (about 5 minutes), then flip it with a large, flat spatula. Let the other side cook until it's slightly browned as well (about 3 to 5 minutes).

Step 5: The longer you cook them, the crispier they'll be on the outside. You can flip them a few times while they cook so that they don't get too hot and burn.

## **Almond Berry Muffins**

1 cup almond flour  
½ teaspoon baking soda  
½ teaspoon baking powder  
¼ teaspoon Himalayan salt  
1/2 tsp pure almond extract  
3 eggs, whisked  
1 cup almond butter  
⅓ cup raw honey  
⅓ cup slivered almonds  
⅓ cup coconut oil, melted  
1 cup fresh berries

Step 1: Preheat your oven to 350° F.

Step 2: Mix all dry ingredients together in a large bowl. Set aside.

Step 3: Mix eggs, almond butter, honey, almonds, almond extract and coconut oil together in another medium bowl. Combine with dry ingredients and mix together.

Step 4: Fold in fresh berries.

Step 5: Scoop batter evenly into 8-10 muffins cups (lightly greased with coconut oil, or lined with paper muffin liners).

Step 6: Bake for 15-20 minutes. Watch muffins to be sure they do not overcook.

## **Spice It Up Omelet**

Poblano, green chili or bell pepper

4 eggs

1 tsp freshly ground black pepper

2 tsp coconut oil

1/2 lb nitrite/nitrate free beef or pork sausage links, cooked and sliced

2 Tbs fresh parsley, chopped

Step 1: Put pepper in a heavy bottomed pan over high heat. Turn pepper as skin begins to blacken and blister on each side. When blistered on all sides, remove from pan and put in a plastic bag with a few drops of water; seal the bag immediately with plenty of air trapped inside. Wait 5 minutes. Remove from bag, cut out seeds, remove skin and dice.

Step 2: Meanwhile, beat eggs in a small bowl and add freshly ground black pepper.

Step 3: Heat medium non-stick skillet over medium heat. Add 1 tsp coconut oil when hot.

Step 4: Add half of the egg mixture to hot pan. As the egg starts to set, add half of the remaining ingredients to one half of the pan.

Step 5: When fully set, fold half of the egg over the filling, and cook a minute more.

Step 6: Repeat with second omelet.

## **Breakfast Stir-fry**

1 tsp olive oil

1/2 yellow onion, diced

1/2 lb sausage, sliced

4 cups of spinach

Step 1: Heat a skillet over medium heat, and add coconut oil when hot.

Step 2: Add diced onions and sauté until slightly translucent.

Step 3: Add sausage and cook until browned, tossing frequently.

Step 4: Add greens, reduce heat to medium-low, and cover.

Step 5: Serve when the greens are wilted and soft (about 5 minutes).

## **Sautéed Sweet Potatoes**

1 tbs olive oil

1 large sweet potato, grated

1/4 tsp cinnamon

1 pinch of sugar

Step 1: Heat a skillet over medium heat. Add coconut oil.

Step 2: Once skillet is heated, sauté grated sweet potatoes until tender (a few minutes or so).

Step 3: Sprinkle with cinnamon and mix well.



## **Yummy Tummy Zucchini Weenies**

2 cups shredded zucchini (2 medium zucchini)

3 eggs

1 Tbs coconut flour

1/2 tsp Himalayan salt

1/4 tsp freshly ground black pepper

Olive oil

Step 1: Shred zucchini by hand or in a food processor (rough chop) and set aside (if it is very wet, lightly blot it dry with a paper towel).

Step 2: In a large bowl, beat eggs together.

Step 3: Sift coconut flour into eggs and beat together. Note: coconut flour often has clumps, which is why sifting is important.

Step 4: Mix shredded zucchini, Himalayan salt and freshly ground black pepper together, and combine with egg mixture.

Step 5: set a large cast iron skillet over medium-low heat. When hot, add olive oil to coat the bottom of the pan.

Step 6: Spoon the mixture into the pan in desired sized fritters.

Step 7: Serve warm.

## **Paleo Scramble**

4 bacon slices

4 eggs

1 medium zucchini, diced

1 clove garlic, minced

1 medium tomato, diced

1 handful spinach

Step 1: Cook bacon, remove from pan and reserve 1 Tbs of the bacon drippings in the pan.

Step 2: Wash and chop the vegetables.

Step 3: Over medium-high heat, add the zucchini, garlic and tomato to the pan with the remaining bacon drippings. Sauté until just before tender.

Step 4: While cooking, beat eggs in a small bowl. Set aside.

Step 5: Crumble cooked bacon and set aside.

Step 6: When the vegetables are almost done, add the beaten eggs and crumbled bacon to the pan, along with the fresh spinach. Turn heat to medium-low and cook until the eggs are fluffy and firm.

## **Sea-Bottom Omelet**

1/4 lb shrimp, peeled and de-veined

1 medium tomato, diced

1/2 avocado, diced

Himalayan salt

freshly ground black pepper

1 tsp olive oil

4 eggs, beaten

Step 1: Cook shrimp over medium heat until pink. Chop and set aside.

Step 2: Mix tomato, and avocado together in a small bowl. Season to taste with Himalayan salt and freshly ground black pepper. Set aside.

Step 3: Beat eggs in a separate small bowl.

Step 4: Heat a non-stick skillet over medium-high heat. Add olive oil when hot.

Step 5: Pour half of the eggs into the hot skillet, tilting the pan gently to cover the bottom with egg. Tilt pan and lift edges of omelet to allow uncooked egg to spread to the hot part of the pan.

Step 6: When eggs are almost fully firm, add shrimp pieces onto one half of the egg.

Step 7: Fold omelet in half and cook for another minute.

Step 8: Top with tomato and avocado.

Step 9: Repeat for second omelet.

## **Handsome Joe's Steak and Eggs**

1/2 lb boneless beef steak, sliced into 1/4-1/2" pieces

1/4 tsp freshly ground black pepper

1/4 tsp Himalayan salt

2 tsp olive oil

1/4 yellow onion, diced

4 mushrooms, sliced

1 red bell pepper, diced

1 handful spinach

2 eggs

Step 1: Season sliced steak with Himalayan salt and black pepper.

Step 2: Heat a large sauté pan over medium-high heat.

Step 3: Add 1 tsp olive oil, onions, mushrooms, and steak when pan is hot, and sauté until steak is slightly cooked.

Step 4: Add red bell pepper and spinach, and cook until steak is done to your liking.

Step 5: Meanwhile, heat a small fry pan over medium heat. Add remaining olive oil, and fry two eggs.

Step 6: Divide steak and vegetables on two plates. Top each with a fried egg to serve.

## **Veggie Frittata**

1 1/2 Tbs olive

1 medium zucchini, diced

1/2 red bell pepper, diced

1/2 red onion, diced

1 Tbs fresh thyme

1/2 tsp Himalayan salt

1/4 tsp freshly ground black pepper

2 garlic cloves, minced

1 medium tomato, seeded and chopped

9 large eggs

Step 1: Heat olive oil in a 10" ovenproof skillet over medium heat. When hot, add zucchini, pepper, onion, thyme, 1/4 tsp sea salt, 1/8 tsp pepper and garlic.

Step 2: Cover and cook until vegetables are tender (about 5-7 minutes), stirring occasionally.

Step 3: Stir in tomato. Cook, uncovered, for 5 minutes more or until liquid evaporates.

Step 4: Combine eggs and remaining salt and pepper and whisk until frothy.

Step 5: Pour eggs over vegetable mixture and stir gently. Cover, reduce heat and cook 15 minutes.

Step 6: Meanwhile, preheat broiler to low. Finish frittata with 3 minutes under the broiler (until fully set).

Step 7: Pour onto a plate, slice and serve warm or cold.

## **Craaazy Egg Salad**

1 small to medium sweet potato, diced

2 eggs

8 slices of bacon, diced

4 Tbs dill, finely chopped

2 Tbs mayonnaise

2 Tbs lemon juice

Step 1: Place eggs in small sauce pan, cover with cold water, cover pan and place over high heat until just before boiling.

Step 2: Remove from heat and let sit, covered, for 13 minutes.

Step 3: Immediately rinse in cold water, peel eggs, dice and set aside.

Step 4: Meanwhile, dice sweet potato.

Step 5: Heat skillet over medium-high. When hot, add bacon and cook for 5 minutes. Add diced sweet potato and continue to cook until potato is tender and bacon is fully cooked.

Step 6: In a small bowl, mix dill, mayo, and lemon juice.

Step 7: Add eggs, sweet potato and bacon, and mix.

Step 8: Serve warm or cold.

## **Tapioca Crepes**

1 cup tapioca flour (or tapioca starch)

1 cup full fat canned coconut milk

1 egg

A pinch o' Himalayan salt

Toppings of choice (fresh berries, almond butter...)

Step 1: Combine all the ingredients in a medium bowl and mix completely.

Step 2: Heat a non-stick skillet over medium heat.

Step 3: When hot, pour in about 1/3 cup of the mixture and tilt the pan in all directions to spread out batter to desired thickness.

Step 4: Cook both sides until very lightly browned

Step 5: Feast.

## Tomato in Onion Casserole

4 large red tomatoes cut crosswise into 1/2-inch slices

2 medium red onions cut crosswise into 1/4-inch rounds

2 tablespoons olive oil

Dash of Himalayan pink sea salt

Ground pepper

Step 1: Preheat oven to 450° F.

Step 2: In a sizeable baking dish, arrange tomatoes and onions in rows, overlapping *slightly*.

Step 3: Drizzle generously with oil and season with Himalayan pink sea salt and pepper.

Step 4: Bake for 50 minutes. Tomatoes should be lightly browned and onions tender.

Step 5: Serve warm and enjoy!



## **Berry Hemp Granola**

1 cup almonds, sliced

½ cup hemp seeds

¼ cup raw honey

2 tablespoon sunflower oil

3 tablespoon no pulp orange juice

1 teaspoon vanilla extract

¾ cup dried strawberries

Step 1: Preheat oven to 300 F.

Step 2: In a large bowl combine the almonds and hemp seeds.

Step 3: In a separate bowl, combine all the wet ingredients and whisk together.

Step 4: Pour wet mixture over almond mixture and stir so that every piece is coated.

Step 5: On a parchment covered tray, spread mixture so that it is a think layer.

Step 6: Bake for 60 minutes, stirring every 15 minutes so that the edges do not burn.

Step 7: Let cool for 10 minutes.

Step 8: Pour granola into a bowl and toss with dried strawberries.

Step 9: Enjoy with a glass of almond milk!

## **Baked Banana Mania!**

1 medium ripe banana, cut in half lengthwise

2 tsp raw honey

Ground cinnamon

Step 1: Preheat oven to 400° F.

Step 2: Peel and cut bananas in half.

Step 3: Arrange banana on a sheet of aluminum foil. Sprinkle with cinnamon and honey.

Step 4: Cover and bake for 15 minutes.

Step 5: Chew and smile.

## **Nutty Brown Donuts**

1/2 cup coconut flour

1/2 tsp cinnamon

1/2 tsp baking soda

1/8 tsp Himalayan pink sea salt

2 brown eggs

2 TBS raw honey

2 TBS melted coconut oil

1/2 cup warm apple cider

2 tablespoons butter

1/2 cup sugar

Step 1: Acquire mini-donut maker and preheat.

Step 2: In a small bowl whisk together flour, baking soda, cinnamon and salt.

Step 3: In a medium bowl whisk together the eggs, oil and honey.

Step 4: Add the dry ingredients to the wet ingredients and stir until combined.

Step 5: Add the warm apple cider to the bowl and mix until fully blended.

Step 6: Scoop the donut batter into the pre-heated donut maker.

Step 7: Cook for 3 minutes.

Step 8: Remove cooked donuts from the pan.

Step 9: Brush donuts with melted butter.

Step 10: Toss donuts with the cinnamon and sugar until coated.

Step 11: Enjoy with your morning tea!

## **Freshly Fried Plantains**

2 VERY ripe plantains

3 tablespoons coconut oil

1/4 cup fresh water

1 tsp ground cinnamon

Step 1: Peel the plantains, cut them in half and then half again lengthwise.

Step 2: Heat the coconut oil in a skillet on medium heat for 60 minutes.

Step 3: Gently place the plantains in the pan and sauté on medium heat for 8 minutes.

Step 4: Turn the plantains over, add the water and simmer on low for 8 minutes.

Step 5: Once the plantains have cooked down and the water has been absorbed, sprinkle with cinnamon on all sides.

Step 6: Serve Happily.

## Wake and Bake Biscuits

2 ½ cups almond flour, plus about 1 cup for dusting the dough

½ teaspoon Himalayan pink sea salt

½ teaspoon baking soda

¼ cup ghee

2 brown eggs

1 Tbs raw honey

Step 1: In a mixing bowl, combine almond flour, salt and baking soda.

Step 2: In a larger bowl, blend together buttery spread, eggs and honey.

Step 3: Stir the dry ingredients into the wet until a nice dough forms.

Step 4: Roll out dough between 2 pieces of parchment paper to 1 ½ inches thick.

Step 5: Dust dough with extra almond flour if it is too sticky.

Step 6: Cut the dough into biscuits using a jar with 3-inch wide mouth.

Step 7: Using a spatula, transfer biscuits to a parchment lined baking sheet.

Step 8: Bake at 350° for 15 minutes, until biscuits are browned on the bottom edges.

Step 9: Serve with gravy, jelly or whatever else your heart desires

## **Yummy in My Tummy Breakfast Bars**

1 cup almond flour

¼ teaspoon Himalayan pink sea salt

¼ cup olive oil

2 tbsp raw honey

1 Tbs water

1 tsp vanilla extract

½ cup unsweetened shredded coconut

½ cup pumpkin seeds

½ cup sunflower seeds

¼ cup sliced almonds

Step 1: In a blender combine almond flour and salt.

Step 2: Pulse in olive oil, honey, water and vanilla.

Step 3: Pulse in coconut, pumpkin seeds, sunflower seeds, and almonds.

Step 4: Press dough into a baking dish, wetting your hands with water to pat dough down.

Step 5: Bake at 350° F for 25 minutes.

Step 6: Cool bars in pan for 2 hours.

Step 7: Serve and start your day!