

Primal Beauty Meals

Lunch Recipes

By
Neely Quinn

Primal Beauty Meals 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

Almond Fun Flounder Fillets.....	6
Almond Crusted Salmon.....	7
Baked Tuna and Mushrooms.....	8
Baked Salmon with Rosemary and Pecans.....	9
Baked Sea Bass and Lemon.....	10
Crazy Great Coconut Shrimp.....	11
CDL (Crab, Dill, and Lime) Heaven.....	12
Salmon Poppers.....	13
Green Curry in a Hurry.....	14
Creamy Mushroom Soup.....	15
Beef and Greens Chili.....	16
Vinny's Venison Chili.....	17
CYC Soup (Chicken, Yam, Chard).....	18
EGGtastic Soup.....	19
Gazpacho.....	20
Simple Woman Chili.....	21
Paleo Veggie Soup.....	22
Lumberjack Stew.....	23
Jenny's Stew.....	24
Simple Bone Broth.....	25
Grill 'Em Shrimp.....	26
Yellow Almond Meal.....	27
Southern State Fillet.....	28
Macadamia Halibut Mix.....	29
Red Curry Coconut Shrimp.....	30
HotRedSnapper.....	31
Mango Salsa Salmon Cakes.....	32
Coconut Cream Sauce with Salmon.....	33
Sardine Zesty Salad.....	34
Spicy Tuna Salad.....	35
Toad in the Hole Almond Lunch.....	36
Fish and Nutty Salsa.....	37
Happy It's Ham.....	38
Hotty MC Hot Sorrel Salad.....	39
Julius Caesar Salad.....	40
Lemon Poached Salmon.....	41
Krazy Kale and Okra Soup.....	42
Cream of Broccoli Soup.....	43
Luscious Lemon Tarragon Salmon.....	44
Amazin' African Curry.....	45
Mean Green Collard Greens.....	46
Kalua Pork.....	47

Almond Fun Flounder Fillets

1 lb flounder fillets
1 cup almond flour
freshly ground black pepper
1 egg, beaten
1 Tbs coconut oil

Step 1: Rinse flounder fillets and pat dry with a paper towel.

Step 2: Season almond flour with freshly ground black pepper; stir to combine.

Step 3: Dip each fillet in egg and then in almond flour mixture. Coat each fillet completely.

Step 4: Heat a medium skillet over medium heat. Add coconut oil when pan is hot.

Step 5: Fry fillets in coconut oil for 3 minutes per side. Remove and enjoy!

Almond Crusted Salmon

3/4 lb salmon fillets

1/2 cup almond meal

1/2 tsp ground coriander

1/2 tsp ground cumin

The juice of 1 lemon

Himalayan sea salt and freshly ground black pepper

Few sprigs of fresh cilantro

Coconut oil

Step 1: Preheat the oven to 350° F.

Step 2: Combine almond meal, coriander and cumin in a medium bowl.

Step 3: Sprinkle the salmon fillet with the lemon juice and season with the sea salt and pepper.

Step 4: Coat each fillet with the almond meal mixture on both sides.

Step 5: Place skin side down on a broiler pan, greased lightly with coconut oil.

Step 6: Bake for 15 minutes. Top with chopped cilantro then...feast.

Baked Tuna and Mushrooms

2 Portobello mushroom caps

2 cans Yellowfin tuna in oil

Chili flakes

1/4 tsp garlic powder

1/4 tsp ground black pepper

2 Tbs capers

Coconut oil to grease baking sheet

1 sliced avocado

Step 1: Preheat oven to 450° F.

Step 2: Mix tuna, chili flakes, garlic powder, black pepper, and capers together in a bowl, then stuff into Portobello caps.

Step 3: Place caps on a lightly greased sheet of aluminum foil and bake for 20 minutes.

Step 4: Top with sliced avocado and serve warm.

Baked Salmon with Rosemary and Pecans

Coconut oil

3/4 lb salmon fillet

2 Tbs chopped up pecans

1 Tbs chopped up rosemary

Step 1: Preheat oven to 350° F.

Step 2: Generously grease a baking pan with coconut oil.

Step 3: Lay salmon in the pan skin side facing down.

Step 4: Sprinkle fish with pecans, and rosemary.

Step 5: Bake for 15 minutes.

Step 6: Enjoy.

Baked Sea Bass and Lemon

1 lb sea bass fillets
1 thinly sliced lemon
2 Tbs capers
2 sprigs fresh dill
sea salt and ground black pepper for better taste

Step 1: Preheat oven to 350° F.

Step 2: Place sea bass fillets on a broiler pan.

Step 3: Add ingredients to top of fish: Sprinkle the fish with sea salt and freshly ground black pepper. Top with capers and dill sprigs. Cover with fresh lemon slices.

Step 4: Bake for 15 minutes.

Step 5: Feast!

Crazy Great Coconut Shrimp

1 lb raw shrimp
1 can coconut milk
2 cloves minced garlic
1 tsp minced ginger root
1/4 tsp Himalayan sea salt
1/4 tsp Ground black pepper

Step 1: Gently wash shrimp, but do NOT shell them!

Step 2: Place shrimp into a medium saucepan with coconut milk, garlic, ginger, salt, and pepper.

Step 3: Bring to a boil and stir occasionally.

Step 4: Reduce heat and simmer uncovered 15 minutes.

Step 5: Stir.

Step 6: Remove from shells and serve warm. Enjoy!

CDL (Crab, Dill, and Lime) Heaven

2 large Dungeness crabs

juice of 1 lime

1 tsp paprika

2 tsp fresh chopped dill

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 paprika and dill.

Step 7: Serve generously with lime wedges!

Salmon Poppers

2 heads endive

4 oz smoked salmon

1/2 yellow minced onion

1/2 sliced avocado

Ground black pepper

Olive oil

Step 1: Wash and separate endive leaves.

Step 2: Top with smoked salmon, yellow onion and avocado.

Step 3: Sprinkle with ground black pepper to taste, and drizzle with olive oil.

Step 4: Serve.

Green Curry in a Hurry

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

1 cup unsweetened almond milk

2 Tbs red curry paste

2 medium carrots cut in half

1/2 small thinly sliced red cabbage

handful chopped fresh cilantro

Step 1: Put almond milk and red curry paste in a large sauté pan over low heat. Cook for 5 minutes, stirring until combined.

Step 2: Add carrots and red cabbage to pan. Cover and simmer for 7 minutes.

Step 3: Add fish and simmer an additional 7 minutes

Step 4: Serve with fresh cilantro and a smile.

Creamy Mushroom Soup

2 avocados,
The juice of 1/2 a grapefruit
1 clove of garlic
2 cups hot water
1 Tbs olive oil
1 cup mushrooms, sliced
1 red sweet pepper, diced
1/4 small yellow onion, finely minced
2 tomatoes, diced

3-4 sprigs basil

Step 1: In a blender

Step 2: Blend avocado, grapefruit juice, garlic and hot water. Set aside.

Step 3: Heat a medium pan with tall sides over medium-high heat.

Step 4: Add coconut oil. Sauté mushrooms, sweet pepper, onion, tomato, and basil until they begin to soften.

Step 4: Add avocado mixture and heat through.

Beef and Greens Chili

2 Tbs olive oil
1 large red onion, diced
2 Tbs chili powder
1 tsp ground chipotle

1 tsp cumin
1 tsp garlic powder
2 lbs beef stew meat, cut into 1"x1" chunks

48 oz diced tomatoes
8 oz diced green chilis
2 oz diced jalapenos
1/2 tsp oregano
1/2 tsp thyme
1 bay leaf
8 medium sliced mushrooms
2 medium sliced carrots
2 medium diced zucchini
1 yellow diced zucchini
1 large diced red pepper
4-6 large kale leaves, shredded
Fresh cilantro for garnish
Green onions for garnish

1 small can full fat coconut milk

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

Step 2: When hot, add coconut oil and onion to pot and brown slightly.

Step 3: Meanwhile, combine chili powder, sea salt, cumin and garlic salt 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. Fill the empty can with water and add to the pot. Add green chilies, jalapeños, chipotle peppers, mushrooms, carrots, oregano, thyme and bay leaf. Turn heat down to medium and cook for about 40 minutes, stirring occasionally.

Step 6: Add zucchini and red pepper, and cook for another 20 minutes.

Step 7: Add kale and finish cooking for 10 more minutes. Season with sea salt if desired.

Step 8: Serve with sliced green onions, fresh cilantro and a dollop of thickened coconut milk from the top of the can.

Vinny's Venison Chili

1 Tbs coconut oil, tallow, bacon grease, or lard

1/2 medium yellow onion, diced

3 stalks celery, diced

2 cloves garlic, sliced

1-3/4 lb ground venison

2 tsp ground cumin

2 tsp chili powder

2 tsp thyme

1 (12 oz) jar salsa

1 (8 oz) can diced tomatoes

1 (7 oz) can mild green chilies

Step 1: Heat a heavy bottomed soup pot over medium-high heat.

Step 2: When the pan is hot, add coconut oil.

Step 3: Add onions, celery and garlic and sauté until onions are translucent, about 3 or 4 minutes.

Step 4: Next, add ground bison, cumin, thyme, and chili powder.

Step 5: Stir while this cooks, about 5 to 6 minutes.

Step 6: Pour in salsa, tomatoes, green chilies and salt.

Step 7: Simmer for at least 1 minute.

Step 8: Eat before Vinny gets his hands on it!

CYC Soup (Chicken, Yam, Chard)

2 Tbs olive oil
1 red onion, diced
2 cloves garlic, minced
1 medium carrot, chopped
1 tsp thyme
1/2 tsp oregano

1 tsp Himalayan salt
1/2 tsp freshly ground black pepper
2 lbs boneless, skinless chicken breasts
4 cups broth (chicken, vegetable, beef, or bone broth are all fine)
6 cups water
1 bay leaf
2 oz jalapenos, canned and diced
1 large yam, diced

1 bunch spinach chopped
1 bunch green onions, sliced (whites and greens)
The juice of 1 lemon

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

Step 2: When hot, add oil, onion, garlic, carrot, thyme, and oregano, and sauté until onion is softened and slightly translucent (about 10 minutes), stirring occasionally.

Step 3: Meanwhile, mix 1/4 teaspoon sea salt and 1/4 teaspoon black pepper in a medium bowl. Cut chicken thighs into 1" cubes and toss in sea salt and black pepper mixture.

Step 4: Add chicken to pot and continue to cook for another 10 minutes, stirring occasionally.

Step 5: Reduce heat to medium, add broth, water, bay leaf, jalapenos, yam, chard, and green onions and simmer for 20 minutes.

Step 6: Just before serving, season with remaining sea salt, black pepper, and fresh lemon juice.

EGGtastic Soup

1 medium yellow onion,

1 Tbs olive oil

8 cups of chicken broth

1/4 tsp fresh ginger root, grated

1 tsp coconut aminos

1/4 tsp sesame oil

3 Tbs arrowroot powder + 3 Tbs water

6 eggs

Step 1: Melt coconut oil in a large pot over medium heat.

Step 2: Add onions and celery, and sauté (stirring occasionally) until translucent (about 15 minutes). Stir in broth.

Step 3: Add ginger, coconut aminos, and sesame oil. Bring to a boil. Add sea salt to taste if desired.

Step 4: Mix arrowroot powder with water until smooth. Pour into soup and continue to cook until thickened (about 10 minutes).

Step 5: Meanwhile, whisk eggs together. After soup has thickened, pour eggs intermittently into soup.

Step 6: Serve hot.

Step 7: Eat up!

Gazpacho

4 ripe tomatoes, quartered

1 small red onion, coarsely chopped

1 medium cucumber, peeled and coarsely chopped

1 sprig fresh parsley

1 clove garlic, peeled

½ cup cold water

The juice of 1 lemon

Ground black pepper to taste

4 ice cubes

Step 1: Blend all ingredients in a blender or food processor until vegetables are chopped very small (not pureed).

Step 2: Serve cold.

Simple Woman Chili

2 pounds lean ground beef

1 green bell pepper, diced

6 cloves garlic, minced

2 Tbs olive oil

1/4 tsp freshly ground black pepper

3 Tbs cumin, or to taste

1-1/2 Tbs chili powder, or to taste

1 (28 oz) can diced tomatoes

Step 1: Light coals in grill. While coals are setting (30-45 minutes), form ground beef into large patties.

Step 2: Heat oil in a heavy bottomed soup pot, and add freshly ground black pepper.

Step 3: Add bell pepper and sauté 5-7 minutes. Turn heat off and stir in minced garlic.

Step 4: Grill patties over coals until medium rare, no more than 5 minutes on each side.

Step 5: Turn heat on high under soup pot, and place patties in with garlic, oil, and pepper mixture.

Step 6: Break up patties into small pieces with spatula and brown meat thoroughly. Add tomatoes.

Step 7: Mash and break up tomatoes with spatula.

Step 8: Add enough water to cover all ingredients, reduce heat to low, and let simmer 2 hours or more.

Paleo Veggie Soup

2 Tbs olive oil

1/2 red onion, diced

2 large carrots, thinly sliced

2 medium zucchinis, thinly sliced

4 sprigs fresh parsley, chopped

1/2 tsp dried or 2 sprigs fresh thyme

Himalayan salt and freshly ground black pepper, to taste

4 cups vegetable broth

Step 1: In a 4 quart saucepan (or larger), cook onion in coconut oil until translucent.

Step 2: Add all other ingredients except vegetable stock.

Step 3: Cover and cook over low heat, stirring occasionally, until vegetables are tender, about 10 minutes.

Step 4: Add stock, increase heat and bring to a boil.

Step 5: Reduce heat to medium and cook until vegetables are soft, about 15–20 minutes.

Step 6: Remove from heat and let cool slightly.

Step 7: Combine pureed and reserved soup mixtures in saucepan and cook, stirring constantly until hot.

Lumberjack Stew

1 large red onion
1 clove garlic
1 lb beef stew meat
2 medium carrots
6 fl oz beef stock
4 cups canned tomatoes
5 fl oz red wine
1 tsp leaves oregano
1 tsp leaves basil

Step 1: Soften onion and garlic in pot, add beef and allow to brown.

Step 2: Add diced carrots, allow to soften slightly.

Step 3: Add stock, canned tomatoes, red wine, oregano and basil. Put lid on and simmer on low heat for at least one hour.

Step 4: Serve.

Jenny's Stew

2 Tbs bacon grease
1 onion, diced
1 lb beef stew meat
2 cups water or broth

2 celery stalks, diced
6 Portobello mushrooms
4 medium carrots, sliced
1 14 oz bag of spinach
1/2 tsp freshly ground black pepper
1 Tbs parsley
1/2 tsp coriander
1/2 tsp garlic powder
1/4 tsp ground marjoram
1/2 tsp Himalayan salt

Step 1: Heat a heavy bottomed soup pot over medium-high heat.

Step 2: When pan is hot, add bacon grease and onion. Brown slightly (about 2-3 minutes).

Step 3: Add stew meat and brown (about 5 minutes), stirring occasionally.

Step 4: Turn heat down to medium-low, and add all other ingredients.

Step 5: Simmer for 35–45 minutes, or until beef is tender.

Simple Bone Broth

2 lbs chicken bones, or 2 lbs beef knuckle or long bones

1 red onion, peeled and roughly chopped

4 cups vegetables (use scraps from carrots, celery, kale, mushrooms, parsnips, fennel, peppers, parsley)

2 bay leaves

1 Tbs black peppercorns

1 Tbs oregano

1 Tbs fennel seed

1 tsp tyme

2 Tbs Himalayan salt

2 Tbs apple cider vinegar

fresh water

Step 1: Preheat oven to 350° F.

Step 2: Spread bones out on a baking sheet, and roast for 20 minutes.

Step 3: Remove bones from oven and add to a large soup pot.

Step 4: Add remaining ingredients, add water to fill the pot, cover with a lid, and simmer lightly on the stovetop for 7-24 hours.

Step 5: A film will develop on the surface, around the edges of the pot, as the broth simmers. Carefully skim this film off every few hours during cooking and discard.

Step 6: Strain broth

Step 7: Refrigerate leftovers and consume within 24 hours, or freeze remaining broth in individual portions for later use.

Grill ‘Em Shrimp

¼ cup extra virgin olive oil

3 garlic cloves, minced

The juice of 1 lemon

1/8 teaspoon paprika

A dash of chili pepper flakes

2 lbs large shrimp with tail left on

Some lime wedges

Chopped parsley

Step 1: Acquire wooden skewers and soak them in warm water.

Step 2: Mix olive oil, garlic, lemon and spices in a large bowl. Add shrimp and let sit in refrigerator for 40 minutes, stirring occasionally.

Step 3: Prepare the grill just before mealtime for you.

Step 4: Put marinated shrimp on skewers.

Step 5: Place on hot grill. Flip after a few minutes on each side and remove when bright pink.

Step 6: Serve with lime wedges and chopped parsley.

Step 7: Feast.

Yellow Almond Meal

Coconut oil

1 lb any type white fish

2 Tbs mustard

2 Tbs chopped almonds

Step 1: Preheat the oven to 350° F.

Step 2: Lightly grease an aluminum foil sheet with coconut oil.

Step 3: Lay fish in the pan skin side down.

Step 4: Spread mustard over fish and sprinkle with almonds.

Step 5: Bake for 20 minutes

Step 6: Let cool... in your mouth. Enjoy.

Southern State Fillet

2 Tbs coconut oil

juice of 1 lemon

2 firm white fish fillets (sole, trout, snapper, or catfish)

1/2 tsp lemon pepper

1/8 tsp crushed chili pepper flakes

1/8 tsp garlic salt

Step 1: Preheat oven to 350° F.

Step 2: In a medium skillet, heat coconut oil and lemon juice over high heat.

Step 3: Coat both sides of fillets, and lay side by side in the pan.

Step 4: Mix spices together and drizzle over fillets.

Step 5: Bake for 25 minutes

Step 6: Take out of oven and let cool. Enjoy.

Macadamia Halibut Mix

3/4 cup chopped Macadamia nuts
1 tsp coconut oil
1 brown egg
2 tsp almond milk
1 Tbs fresh chopped parsley
1/4 tsp ground black pepper
1 lb fresh halibut fillets
zest of 1/2 orange
1 sliced orange

Step 1: Preheat oven to 350° F.

Step 2: Toast Macadamia nuts in a small skillet over medium heat until slightly golden.

Step 3: Set aside and allow nuts to cool completely.

Step 4: Chop when cool.

Step 5: Meanwhile, lightly grease a shallow baking dish with coconut oil.

Step 6: In a medium bowl, beat egg with almond milk and set aside to wait its turn.

Step 7: Add parsley, ground pepper, and orange zest to a small bowl with the nuts.

Step 8: Dip each halibut fillet in egg mixture, and coat on both sides, then press halibut in nut mixture.

Step 9: Place fillets in the shallow baking pan, and bake for 15 minutes (or until fish flakes apart with a fork).

Step 10: Serve with orange slices and savor taste.

Red Curry Coconut Shrimp

1 lb peeled shrimp
2 Tbs red curry paste
1 minced garlic clove
1 tsp fresh grated ginger root
juice from 1 lime, divided
1 (14 oz) can organic coconut milk
1 Tbs coconut oil
11 fresh basil leaves

Step 1: In a small bowl, combine shrimp, red curry paste, garlic, ginger, and 1/2 of the lime juice.

Step 2: Refrigerate and let marinate for at very least 1 hour.

Step 3: Meanwhile, add the coconut milk to a blender and whip for 60 seconds. Remove to a container and refrigerate for later use.

Step 4: Shortly before your planned mealtime, heat a large skillet over medium heat. Add coconut oil when hot.

Step 5: Add shrimp, and sauté for 4 minutes.

Step 6: Remove shrimp from pan.

Step 7: Chop the basil and sprinkle over shrimp.

Step 8: Sprinkle with remaining lime juice and drizzle with whipped coconut milk.

Step 9: Serve hot and happy.

Hot Red Snapper

1 lb red snapper fillets
The juice of 1 lime
The juice of 1/2 lemon
1 tsp chili powder
1 plum tomato coarsely chopped
4 green onions, sliced in 1/2 inch sections
1 small Anaheim pepper, chopped
1/2 red bell pepper, chopped
A handful o' fresh cilantro, chopped

Step 1: Place red snapper in a small baking dish.

Step 2: Combine lime juice, lemon juice and chili powder in small bowl and sprinkle over snapper.

Step 3: Marinate 10 minutes while turning a few times.

Step 4: Preheat oven to 350° F.

Step 5: Sprinkle chopped onions, tomato and peppers over snapper.

Step 6: Cover and bake for 30 minutes.

Step 7: Let stand, covered, 6 minutes before serving.

Step 8: Garnish generously with fresh cilantro.

Mango Salsa Salmon Cakes

For Salmon Cakes:

1 lb boneless salmon fillet
2 brown eggs
1 minced jalapeno pepper
2 Tbs coconut flour
1/2 tsp Himalayan sea salt
1/4 tsp white pepper
coconut oil

For Mango and Cilantro Salsa:

1 large ripe mango
4 Tbs chopped cilantro
1/2 cup minced red onion
Olive oil
Himalayan sea salt

Step 1: Chop salmon into dices and set aside.

Step 2: Beat eggs in a large bowl. Mix in coconut flour, salt and pepper.

Step 3: Mince jalapeno and add to the egg mixture. Add the salmon and combine completely.

Step 4: Warm a skillet over medium-high heat, and add coconut oil when pan is hot.

Step 5: Add the salmon mixture to the coconut oil in small (3") cakes and fry until they are golden brown on the outside

Step 6: Let the cakes rest on paper towels when taken out of the pan to absorb any extra coconut oil.

Step 7: Meanwhile, prepare salsa by combining diced mango, red onion and cilantro in a bowl. Drizzle with olive oil and add sea salt to taste.

Step 8: Serve on top of salmon cakes.

Step 9: Now relax.

Coconut Cream Sauce with Salmon

1 lb salmon fillet
1/4 tsp Ground black pepper
2 tsp coconut oil
1 large diced shallot
3 cloves minced garlic
zest of one lemon
juice of one lemon
1/2 cup coconut milk
2 Tbs fresh basil, chopped

Step 1: Preheat oven to 350° F.

Step 2: Place salmon in a shallow baking dish and sprinkle both sides with sea salt and freshly ground black pepper.

Step 3: Heat a medium sauté pan over medium heat. When pan is hot, add coconut oil, garlic and shallots.

Step 4: Sauté until garlic and shallots soften, about 5 minutes.

Step 5: Add lemon zest, lemon juice, and coconut milk, and bring liquid to a low boil.

Step 6: Reduce heat and add basil.

Step 7: Pour over salmon and bake uncovered for 20 minutes.

Step 8: Feast.

Sardine Zesty Salad

3 medium diced tomatoes
1 medium yellow summer squash diced
1 large diced up celery stalk
1 head romaine lettuce
1/4 cup raw sauerkraut
1 cup shredded cabbage
2 small avocados diced
1 (4-6 oz) can of sardines in oil chopped
1 Tbs balsamic vinegar
The juice of 1/2 lime
1 tsp mustard

Step 1: Add all ingredients to a medium mixing bowl and toss to combine completely.

Step 2: Grab a fork and enjoy meal.

Spicy Tuna Salad

2 cans tuna

1 cup chopped olives

2 chopped green onions

1 jalapeno pepper, finely chopped

3 Tbs capers, rinsed

1/2 tsp red chili flakes

The juice of 2 lemons

A splash of olive oil

1 head butter lettuce

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 intensely delicious flavor.

Step 3: Enjoy with crackers or Paleo bread!

Toad in the Hole Almond Lunch

1 whole trout (about 2 lbs)
1 Tbs olive oil
1/3 cup sliced almonds
1 Tbs raisins
1 shallot, diced
A handful o' fresh basil
1/4 tsp freshly ground black pepper
¼ cup coconut oil

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

Step 2: Toss almonds, raisins, 1 tablespoon olive oil, shallots, basil and black pepper in a medium sized bowl.

Step 3: Stuff trout fish full with this mixture.

Step 4: Put ¼ cup olive oil in a large skillet over medium heat.

Step 5: When pan is hot, sauté trout for about 10 minutes on each side until fully cooked

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

Fish and Nutty Salsa

1 lb white fish fillets
¼ cup macadamia nuts, halved
1 medium cherry tomato
1 avocado, peeled, seeded and diced
3 Tbs fresh cilantro, chopped
3 Tbs fresh parsley, chopped
1 Tbs olive oil

Step 1: Preheat grill to medium heat.

Step 2: Season fish lightly with sea salt (if desired) and freshly ground black pepper.

Step 3: Cook fish on grill for about 4 minutes (turning only once), or until it flakes easily with a fork.

Step 4: To make salsa, toss macadamias, tomatoes, avocado, cilantro, and parsley together in a medium mixing bowl and add olive oil to coat.

Step 5: Serve salsa as a side to the fish.

Step 6: Enjoy the party of flavors in your mouth!

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!