

Primal Beauty Meals

Snack Recipes

By
Neely Quinn

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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.

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Fruit Invasion

2 massive apples

2 cups full of strawberries (remove small green leaves)

1 tsp cinnamon

¼ cup fresh water

Step 1: Chop up apples

Step 2: Add chopped apples, strawberries, fresh water and cinnamon in a blender and blend until smooth.

Step 3: Pour mixture on the shiny side of a sheet of aluminum foil and place in a plastic dehydrator.

Step 4: Dehydrate for 7 full hours.

Step 5: Remove aluminum foil and flip fruit.

Step 6: Continue drying another 5 hours.

Step 7: Place in mouth and indulge.

Ants on a Log

2 stalks of celery

4 Tbs almond butter

2 Tbs dried currants

Step 1: Wash celery.

Step 2: Spread cashew or almond butter on each stalk.

Step 3: Top with raisins or dried currants.

Step 4: Enjoy. ☺

Wrapped Up in Bacon

8 pieces of sliced bacon cut in half

16 large pitted dates

16 whole almonds

Step 1: Preheat oven to 350° F.

Step 2: Cut open dates with a sharp knife.

Step 3: Pack each date with a whole almond and wrap with half of a bacon slice.

Step 4: Place on a sheet of aluminum foil and bake, for 10 minutes.

Step 5: Flip each stuffed date and bake for another 10 minutes or until bacon is irresistibly crispy.

Step 6: Serve happily warm or cold.

Bananas with Almond Butter and Coconut

1 huge banana

2 Tbs almond butter

2 Tbs unsweetened coconut milk

1 tsp cinnamon

Step 1: Slice banana and divide pieces between two small bowls.

Step 2: Cover each banana half with half of the almond butter and coconut milk.

Step 3: Add cinnamon for taste!

Step 4: Eat, and repeat.

Flavorful Balsamic Berries

5 oz fresh cleaned berries

4 tsp balsamic vinegar

1/3 cup slivered almonds

Step 1: Evenly disperse the berries between two small bowls.

Step 2: Pour 2 tsp of vinegar over each serving.

Step 3: Top with slivered almonds.

Step 4: Grab you spoon and feast.

Zesty Berries with a Kick

1 cup washed berries

1/4 cup creamy canned coconut milk

1/2 of a fresh lime

Step 1: Disperse berries between two small bowls.

Step 2: Add coconut milk, and drizzle with lime juice.

Step 3: Allow your taste buds to experience zesty and flavorful berries.

Crispy Apple Chips

2 cups unsweetened apple juice

1 cinnamon stick

2 huge apples

Ground cinnamon

Step 1: Preheat oven to 250° F.

Step 2: In a medium sized pot over high heat, mix in the apple juice and cinnamon stick and bring to a boil.

Step 3: Remove top and bottom of apple and slice crosswise to make 1/8 thick “chips.” (Please discard any seeds)

Step 4: Drop apple slices into boiling juice and cook for 5 minutes.

Step 5: Use a spoon or other utensil to remove apple slices from juice and place on a clean cloth towel to pat dry.

Step 6: Bake for 40 minutes until apple slices turn golden brown and are almost dry to the touch.

Step 7: Pour in bowl and begin eating.

Chard and Cashew Sauté

1 bunch Swiss chard

1/2 cup cashews

1 Tbs olive oil

Himalayan sea salt

Ground black pepper

Step 1: Wash chard and remove tough stems.

Step 2: Heat up a large skillet over medium heat, and add olive oil when hot.

Step 3: Cut chard into thin strips then add to skillet, along with the cashews.

Step 4: Sauté until the leaves begin to wilt.

Step 5: Season with salt and ground black pepper to taste.

Step 6: Serve warm.

Endive Salmon Poppers

2 heads of endive

4 oz smoked salmon

1/2 minced white onion

1/2 sliced avocado

Olive oil

Step 1: Clean and separate endive leaves.

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

Step 3: Sprinkle with sea salt and freshly ground black pepper for a taste, and drizzle with olive oil.

Step: Enjoy this healthy snack.

Fruit Salad with Cinnamon

1 peeled orange

1 diced apple

1/2 cup walnuts

1/2 tsp cinnamon

Step 1: Place the fruit into bowls.

Step 2: Drizzle with chopped nuts and cinnamon.

Step 3: Grab a fork and begin enjoying your seasoned fruit.

Chocolate Cookies

3 cups coconut flour

1/2 cup melted coconut oil

1/2 cup raw honey

2 large brown eggs

1 tsp baking soda

1 tsp Himalayan sea salt

1 tsp vanilla extract

1 1/2 cups Chocolate Chips

Step 1: Preheat oven to 375° F.

Step 2: Have a sheet of aluminum foil ready for use.

Step 3: In a small bowl, combine dry ingredients and let sit.

Step 4: In a medium bowl, beat the brown eggs, raw honey, and vanilla extract with a whisk.

Step 5: Pour wet ingredients into the dry ingredients bowl and beat with a whisk until the mixture is smooth.

Step 6: Add the melted coconut oil and continue to blend until smooth

Step 7: Stir in the hard chocolate chips.

Step 8: Drop tablespoon size balls of the dough mixture onto a sheet of aluminum foil.

Step 9: Bake for approximately 10 minutes.

Step 10: Allow cookies to cool down then begin biting into them and chewing. Repeat.

Green Smoothie

1 green apple

1 small pear

1/2 tsp grated ginger

2 Tbs flax seeds

2 handfuls of spinach

Juice of 1 small lemon

1 cup water

Step 1: Chop up the apple and pear into small pieces then add to blender.

Step 2: Add remaining ingredients to blender and puree. Use more water if needed.

Step 3: For an even healthier smoothie, feel free to add fresh fruit, cucumbers, coconut, or different dark leafy greens for taste.

Step 4: Pour smoothie into cup and gulp.

Deviled Eggs with a Twist

4 hard-boiled eggs

1 large avocado

2 tsp hot sauce

1 tsp lemon juice

Himalayan sea salt

Ground black pepper

Step 1: Peel hard-boiled eggs and cut in half.

Step 2: Spoon out yolks into a small bowl.

Step 3: Mash the yolks with avocado, hot sauce and lemon juice.

Step 3: Season with Himalayan sea salt and ground black pepper for taste.

Step 4: Refill the egg whites with the yolk mixture. Repeat until you're full!

Kale Chips

1 bunch of large kale leaves

1 tsp olive oil

1/4 tsp Himalayan sea salt

Step 1: Preheat oven to 350° F.

Step 2: Wash kale leaves and remove hard stems.

Step 3: Cut kale into 3" sections and place on sheet of aluminum foil.

Step 4: Drizzle with olive oil and sprinkle the Himalayan sea salt. Toss kale so it fully coats with oil.

Step 5: Bake for 15 minutes, or until kale is crispy.

Step 6: The kale chips taste better when served hot.

Paleo “Bread”

3 cups almond flour

3 tablespoons coconut flour

6 tablespoons flaxseed

1/2 tsp Himalayan sea salt

1 1/2 teaspoons baking soda

7 brown eggs

1 1/2 tablespoons melted coconut oil

1 1/2 tablespoons raw honey

1 1/2 tablespoons apple cider vinegar

Step 1: Preheat oven to 350° F.

Step 2: Combining ingredients. In large bowl, combine the flours, flax, salt and baking soda. Mix until well combined. Add the brown eggs and beat until combined. Add the coconut oil, honey and vinegar and mix until well combined.

Step 3: Lightly coat a standard sized bread pan with coconut oil. Pour the combined batter in.

Step 4: Bake for 40 minutes until the top is browned and a knife inserted in the center comes out clean.

Step 5: Allow bread to cool before serving.

Paleo Candy Bars

3 Tbs coconut oil

1/4 cup cocoa powder

1/2 cup ground almonds

3/4 cup unsweetened shredded coconut

1 Tbs raw honey

Step 1: Melt the honey and coconut oil in a large saucepan over low heat. Take off heat as soon as coconut oil is completely melted.

Step 2: Add cocoa powder, ground nuts, and shredded coconut into saucepan, and then mix together.

Step 3: Pour mixture onto a small baking sheet covered in parchment paper. Form into a square (or shape of your choice) when cool enough to touch.

Step 4: Freeze until hardened.

Step 5: Snack and enjoy.

Healthy Hummus

2 Tbs melted coconut oil

2 tsp ground cumin

1 head cauliflower, cored and cut into 1-1/2" florets

1/4 tsp Himalayan sea salt

1/8 tsp ground black pepper

1/2 cup tahini (purchase in any middle eastern market or at Whole Foods)

3 cloves garlic, smashed and minced into a paste

juice of 1 lemon

1/8 tsp paprika

Step 1: Preheat oven to 500° F.

Step 2: Toss cauliflower, olive oil, cumin, Himalayan sea salt and black pepper in a large bowl.

Step 3: Transfer mixture to sheet of aluminum foil and spread out evenly.

Step 4: Bake 30 minutes, stirring occasionally.

Step 4: Combine tahini, garlic, lemon juice and roasted cauliflower in a blender. Blend until smooth.

Step 5: Season with sea salt or just sprinkle paprika on top.

Step 6: Serve with fruits, vegetables, or alone.

Pumpkin “Bread”

1/2 cup coconut flour

1 Tbs cinnamon

1/4 tsp nutmeg

1/4 tsp ground ginger

1 1/2 tsp baking powder

1/2 tsp baking soda

1/4 tsp Himalayan sea salt

3/4 cup almond butter

2 large brown eggs

1/2 cup pure maple syrup

3 Tbs coconut oil

1/2 cup canned or freshly baked pumpkin

1 Tbs fresh lemon juice

1 Tbs pure vanilla extract

Step 1: Preheat oven to 350° F then coat a loaf pan generously with coconut oil.

Step 2: Combine the flour, cinnamon, nutmeg, ginger, baking powder, baking soda, and salt in a medium bowl.

Step 3: Stir.

Step 4: In a bowl, combine the almond butter, eggs, maple syrup, coconut oil, pumpkin, lemon juice and vanilla.

Step 5: Stir. Then add in the dry ingredients and mix well.

Step 6: Pour the batter into your pan and bake for 1 full hour, or until top is browned

Step 7: Allow to cool before slicing.

Step 8: Enjoy. ☺

Trail Mix

1 cup whole almonds

1/2 cup whole cashews

1/2 cup raw sunflower seeds

1/2 cup raisins

1/2 cup dried blueberries

Step 1: Combine all ingredients and store in a container.

Step 2: Use fingers to eat.

Almond Butter and Jelly (AB&J)

1 cup fresh berries

4 Tbs almond butter

Step 1: Divide the berries between two bowls.

Step 2: Add 2 Tbs almond butter to each bowl and mash.

Step 3: Serve with Paleo bread. Enjoy!

Salami Stacker Crackers

¼ lb hard sliced salami

Yellow mustard

1 cup halved cherry tomatoes

Step 1: Spread mustard on salami slices.

Step 2: Top with half of a cherry tomato.

Step 3: Open mouth wide and chew.

Sautéed Seasoned Shrimp

2 Tbs olive oil

1/2 lb raw peeled shrimp

2 Tbs cayenne pepper powder

1 Tbs garlic powder

1/2 Tbs parsley

Ground black pepper

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

Step 2: Add shrimp and cook for 60 seconds.

Step 3: Stir in cayenne pepper powder, garlic powder, parsley, and sauté for 5 minutes.

Step 4: Eat alone or with a friend.

Sautéed Sweet and Kind Potatoes

1 tbs coconut oil

1 large grated sweet potato

1/4 tsp cinnamon

Step 1: Heat a large skillet over medium heat then add coconut oil.

Step 2: Once skillet is hot, sauté grated sweet potatoes for 5 minutes.

Step 3: Sprinkle with cinnamon and mix well.

Step 4: Serve with your favorite fruit or vegetables.

Super Shrimp Cocktail

1 pound shelled shrimp

6 Tbs sugar free chili sauce

2 Tbs lemon juice

1 tsp grated red onion

1 chopped celery stalk

3 spinach leaves

Step 1: Bring two quarts of water to a boil.

Step 2: Add shrimp then turn off heat.

Step 3: Let shrimp sit in the hot water for 5 minutes.

Step4: Remove cooked shrimp and rinse with cold water to chill immediately.

Step 5: Whisk chili sauce, lemon juice, and red onion together to make the cocktail sauce.

Step 6: Mix chilled shrimp with chopped celery.

Step 7: Line cups with spinach greens.

Step 8: Spoon in shrimp mixture, top with sauce, and serve cold. Enjoy! ☺

Perfect Pizza Bites

20 pieces of large pepperoni

Pizza sauce

Grated swiss cheese

black olives

green bell peppers

mushrooms

Step 1: Preheat oven to 400° F.

Step 2: Lay the slices of pepperoni on a sheet of aluminum foil and put them in the oven for 8 minutes, flipping them over once.

Step 3: Start prepping your toppings while the pepperoni is baking in the oven

Step 4: Once they come out of the oven, place a spoonful of pizza sauce on each pepperoni slice.

Step 5: Top each pepperoni slice with your fresh ingredients.

Step 6: Place the aluminum sheet back in the oven for 10 minutes so that the toppings melt.

Step 7: Allow small pizza bites to cool down before placing in mouth as fun snack. Enjoy.

Hunky Chunky Protein Bars

1 ½ cups slivered almonds

1 cup pecans

1/3 cup flax seed

¾ teaspoon powdered cinnamon

1/3 cup dried cranberries

7 large medjool dates (pits removed)

1/3 cup dried blueberries

½ teaspoon vanilla extract

½ tablespoon raw honey

5 tablespoons fresh water

1/3 cup chocolate chips

Step 1: Place almonds, pecans, flax seeds, cinnamon, cranberries, dates, blueberries, vanilla in a blender and blend until completely smooth.

Step 2: Pulse in honey and 3 tablespoons of water.

Step 3: Make sure the mixture can form into a ball. Continue adding tablespoons of water until it can form.

Step 4: Remove from blender and stir in chocolate chips.

Step 5: Press into a 9×9 inch baking dish.

Step 6: Place bars in refrigerator for 60 minutes.

Step 7: Slice into bars and serve generously.

Crispy Chicken Nuggets

1 pound ground chicken

1 egg yolk

1 teaspoon onion powder

¼ teaspoon garlic powder

1/4 teaspoon paprika

1/4 teaspoon Himalayan sea salt

1/4 teaspoon ground black pepper

1/2 cup almond flour

½ cup shredded coconut

½cup coconut oil

Step 1: Preheat oven to 375° F.

Step 2: In a bowl combine ¼ cup almond flour, ½ cup coconut and salt & pepper.

Step 3: Mix.

Step 4: In a separate medium sized bowl, combine the ground chicken, 1/3 cup almond flour, onion powder, garlic powder, paprika, sea salt, pepper, and egg yolk.

Step 5: Mix.

Step 6: In a sauté pan, melt coconut oil on medium heat.

Step 7: Take 2 tablespoons of the chicken mixture and roll into a ball and then coat with the coconut and almond mixture.

Step 8: Repeat with the remaining chicken.

Step 9: In small batches place nuggets into heated coconut oil and then cook on each side for 4 minutes.

Step 10: Transfer balls onto a sheet of aluminum foil and place in oven for 6 minutes to allow the chicken to cook through.

Step 11: Repeat with the remaining chicken nuggets.

Step 12: Allow nuggets to cool and serve with Dijon mustard or Ketchup!

Baked Brussels Sprouted Chips

2 cups of Brussels sprout leaves

2 tablespoons of melted butter

Himalayan sea salt to taste

Step 1: Preheat oven to 350° F.

Step 2: Mix the leaves, butter, and sea salt together in a large bowl.

Step 3: Divide the leaves evenly in a single layer on each a sheet of aluminum foil.

Step 4: Bake for 10 full minutes.

Step 5: Eat immediately!

Burrr-ilicious Fruit Cups

16 ounces frozen strawberries (thawed)

12 ounces pineapple-orange juice concentrate (thawed)

2 (20 oz.) cans crushed pineapple

2 (11 oz.) cans mandarin oranges

6 ripe bananas

1/3 cup lemon juice

16 oz. frozen blueberries

Step 1: Combine all ingredients in a massively large bowl.

Step 2: Freeze (in your freezer) in 1-cup increments.

Step 3: Thaw slightly before serving, to a slushy texture.

Step 4: Best to eat when you're hot!

Paleo Egg Salad

4 Hard Boiled Eggs

1 Hass Avocado

1 Heaping tbsp. of yellow Mustard

Pinch of Garlic powder and Chili Pepper flakes

Step 1: Throw all ingredients in a small bowl and mash it together!

Step 2: Perhaps eat with Paleo bread or eat alone... happily :)

Big Game Hunter Stew

1 big onion

1 big red bell pepper

4 medium size carrots

1 lb of cubed pork

6 cloves of garlic minced

Coconut oil

4 chicken bullion cubes

1 cup of red wine

Paprika and chicken spices for a better taste

Step 1: Finely chop the vegetables and sauté in coconut oil until tender.

Step 2: Add the meat and red wine.

Step 3: Add the chicken bullion cubes and spices.

Step 4: Simmer on low for 120 minutes.

Step 5: Take the cubes of meat out and blend until smooth.

Step 6: Add the meat back in and simmer low for another 20 minutes.

Step 7: Taste and adjust seasonings.

Step 8: Serve with a side of Paleo egg salad or alone. Enjoy!