

# LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

## 19 PALEO DIET RECIPES THAT ARE SURPRISINGLY DELICIOUS



Whether you're into the Paleo diet or not, Paleo recipes are going to be your friend.

Sure, there are flaws in its dogmas, but even us flexible dieters know the importance of nutritious carbs, heaps of fruits and veggies, and plenty of protein and healthy fats, and that's what Paleo is all about.

The bottom line is you don't have to eat like a caveman all the time to reap the benefits of a paleo-style diet.

## PALEO BREAKFAST RECIPES

### 01. Paleo Cereal

Serves 8

One thing you might miss when you're following a Paleo meal plan is cereal. By baking together seeds, nuts, dried fruit, and a touch of honey – basically everything you'd enjoy in a handful of healthy trail mix – then you can replace boxed cereal. This one tastes a lot like Honey Bunches of Oats, even though there are no oats to be seen, and you can swap out the exact ingredients to customize.

Nutrition Facts (Per Serving) 308 CALORIES | 6 g PROTEIN | 20 g CARBS | 24 g FAT

#### INGREDIENTS

- |                                    |  |
|------------------------------------|--|
| ✓ 1 cup unsalted sunflower seeds   | ✓ ¼ cup coconut flour  |
| ✓ 1 cup unsweetened coconut flakes | ✓ ¼ cup dried unsweetened cherries, chopped (or dried fruit of choice) |
| ✓ 1 cup unsalted walnut pieces     | ✓ 2 Tbsp. raw almond butter (or nut butter of choice)                  |
| ✓ ¼ cup pure honey                 |  |

#### DIRECTIONS

Preheat oven to 350 degrees F. Grease a 9x13 pan with coconut oil.

Place ingredients in a bowl and mix until blended well. Press mixture evenly into pan. Bake for 15-20 minutes until browned. Let cool for 30 minutes. Crumble into an

airtight container until ready to serve. I pour unsweetened coconut milk over the cereal but feel free to use whatever fits with your dietary needs or taste preference.

## 02. Baked Breakfast Casserole with Apples & Raisins

Serves 6

Since the squash gets its name from resemblance to spaghetti, it's clearly a good substitute for pasta. But that's not the only clever way to use spaghetti squash for gluten-free eats.

In this hearty casserole, it's used as an oatmeal replacement. Once baked with mashed plantains, applesauce, and a thickener like gelatin or arrowroot (or both), this becomes a sweet breakfast prepared with no added sugar.

Nutrition Facts (Per Serving) 141 CALORIES | 3 g PROTEIN | 31 g CARBS | 2 g FAT

### INGREDIENTS

- |  |   |
|--|---|
| ✓ 4 cups cooked spaghetti squash, drained and flaked | ✓ ¼ cup avocado oil                       |
| ✓ 1 very ripe plantain, mashed (about 1 cup)         | ✓ 1 apple, peeled and diced (about 1 cup) |
| ✓ 1 ½ tsp. ground cinnamon                           | ✓ ½ cup raisins                           |
| ✓ ¼ tsp. ground mace                                 | ✓ 2 Tbsp. gelatin powder                  |
| ✓ ½ cup unsweetened applesauce                       | ✓ 2 Tsp. tapioca starch (or arrowroot)    |
| ✓ ½ tsp. sea salt                                    | ✓ ½ tsp. baking soda                      |
| ✓ 1 tsp. vanilla extract                             | ✓ 1 tsp. cream of tartar                  |

### DIRECTIONS

The night before: In a large bowl, combine the spaghetti squash flesh, mashed plantain, ground cinnamon, ground mace, applesauce, sea salt, vanilla extract,

avocado oil, diced apple and raisins. Cover and refrigerate the spaghetti squash mixture overnight (until ready to bake).

In another smaller bowl, combine the gelatin powder, tapioca starch/ arrowroot starch, baking soda and cream of tartar. Cover and keep on the countertop.

The next morning: Preheat the oven to 350 degrees F. Remove the spaghetti squash mixture from the refrigerator. Grease a 2.2qt/ 2L glass casserole dish lightly. Add the dry ingredients to the spaghetti squash mixture and stir to combine. Scoop into the prepared glass casserole dish and spread evenly, forming patterns with the tines of a fork.

Place a sheet of foil beneath the casserole dish to catch any drips while baking and bake for 1 hour, or until lightly browned and bubbly around the edges. Great eaten warm or cold.

### 03. Baked Breakfast Quinoa with Dates & Banana

Serves 6

Miss having pastries for breakfast? This special brunch dish is like eating a slice of cinnamon cake, but it's made without flour of any kind. Instead there's quinoa, date filling, and a banana-almond streusel.

Nutrition Facts (Per Serving) 358 CALORIES | 9 g PROTEIN | 58 g CARBS | 12 g FAT

#### INGREDIENTS

##### Quinoa:

- |                                     |                                |
|-------------------------------------|--------------------------------|
| ✓ 1 cup uncooked quinoa             | ✓ 2 Tbsp. pure honey (or more  |
| ✓ ½ cup water                       | to taste)                      |
| ✓ 1 cup unsweet vanilla almond milk | ✓ ½ tsp. ground cinnamon       |
|                                     | ✓ ¼ tsp. salt                  |
| ✓ 1 cup unsweet almond milk         | ✓ 2 large eggs, lightly beaten |

##### Streusel:

- |                              |                         |
|------------------------------|-------------------------|
| ✓ 4 tsp. coconut oil, melted | ✓ 2 Tbsp. coconut sugar |
|------------------------------|-------------------------|

✓ 1/4 cup almonds, ground

✓ 1/4 tsp. ground cinnamon

✓ 1/4 cup slivered almonds

✓ 1 banana, sliced thick

## DIRECTIONS

Preheat your oven to 350 degrees F and spray a pie plate with cooking spray, and line the bottom with parchment paper. Set aside.

To prepare the quinoa: Combine the almond milks into a large pot over high heat and bring to a boil.

Stir in the raw quinoa, honey, cinnamon and salt. Cover and turn the heat down to low. Cook the quinoa until all the milk is absorbed and the quinoa is creamy, 25-30 minutes.

While the quinoa cooks, it's time to prepare the date filling.

Heat a medium saucepan over high heat and add in the chopped dates, water and 1 Tbsp coconut sugar.

Bring the mixture a boil and then turn down the heat to low and simmer until all the water is absorbed and the mixture is thick and broken down, about 15 minutes.

Mash the date mixture with a fork until it is smooth. Set aside.

To make the topping: Combine the coconut sugar, almond flour, slivered almonds and cinnamon in a small bowl. Stir in the coconut oil and stir until it is evenly distributed and the mixture is crumble. Set aside.

Once the quinoa is fully cooked, transfer it into a large bowl. Add in the 2 eggs and remaining 1/2 cup of water. Mix well. Your quinoa should be a little bit soupy.

Pour half the quinoa into the prepared pie plate. Drop the date filling over top of the quinoa in spoon fulls, gently swirling around with the back of the spoon until it is evenly distributed. Pour the remaining quinoa over top of the date mixture.

Cover the top with the slices of the banana, gently pressing each slice down slightly into the quinoa. Sprinkle all the streusel topping over the bananas until they are all covered up.

Bake until the eggs feel set and not jiggly, about 35 minutes.

Let the mixture cool so that it can set completely before slicing.

## 04. Ham & Egg Cups

Serves 6

Need to eat a bigger breakfast with plenty of protein? Make creative use a muffin tin by lining the cups with sliced ham, and you'll end up with this Paleo egg breakfast. These are awesome to serve alongside another dish (or two) for an extra boost, and unlike the other morning meals on this list, it's low in carbs.

Nutrition Facts (Per Serving) 150 CALORIES | 10 g PROTEIN | 3 g CARBS | 11 g FAT

### INGREDIENTS

- ✓ 6 slices ham
- ✓ 5 large eggs
- ✓ ¼ cup full-fat coconut milk
- ✓ ¼ cup diced orange bell peppers
- ✓ ¼ cup diced red bell peppers
- ✓ ¼ cup diced yellow onion
- ✓ Salt and freshly ground black pepper to taste
- ✓ 1 Tbsp. extra-virgin olive oil

### DIRECTIONS

Preheat oven to 350° F.

In a saucepan, first sauté chopped onions 3-4 minutes. Add chopped peppers, sauté for another 2 minutes. Remove from heat. Whisk eggs and coconut milk together. Salt & pepper to taste.

Grease muffin tin wells with coconut oil. Line each with a slice of ham. Next add a spoonful of the onions and peppers. Top with egg mixture.

Bake at 350° F for about 20 minutes.

## 05. Paleo Buttermilk Pancakes

Serves 4

To make Paleo pancakes, you have a number of options. The easiest are three-ingredient pancakes with protein powder, a banana, and an egg.

And while those are delicious, they aren't a lot like traditional flapjacks. For that, you'll need a wheat flour alternative like coconut flour, almond flour – or both! And a splash of buttermilk (or a non-dairy version) adds another classic element.

Nutrition Facts (Per Serving) 170 CALORIES | 6 g PROTEIN | 10 g CARBS | 12 g FAT

### INGREDIENTS

- |  |  |
|--|--|
| ✓ 1/3 cup coconut flour  | ✓ 1 tsp. vanilla extract                     |
| ✓ 1/3 cup almond flour   | ✓ ¼ tsp. baking soda                         |
| ✓ 3 large eggs   | ✓ 2 tsp. pure maple syrup                    |
| ✓ ½ cup almond milk + ½ tsp.<br>apple cider vinegar (or<br>buttermilk) | ✓ 1 Tbsp. butter (or coconut<br>oil), melted |
|  | ✓ 1/8 tsp. sea salt                          |

### DIRECTIONS

In a large mixing bowl combine all the pancake ingredients: 1/3 cup coconut flour, 1/3 cup almond flour, 3 eggs, the 1/2 cup almond milk and 1/2 tsp vinegar mixture, 1 tsp vanilla extract, ¼ tsp baking soda, sweetener of choice, 1 tbsp melted butter or coconut oil, 1/8 tsp sea salt. Mix together until thoroughly combined.

Heat a large lightly greased griddle or skillet on stove top to medium high heat. Make sure griddle is heated before pouring batter.

Spoon or pour pancake batter onto griddle, and wait a couple minutes or until batter starts to bubble. Turn pancakes with spatula turner and cook other side until middle is done. May need to adjust heat at this point, depending on if pancakes are burning or taking too long to cook.

Once each pancake is done, I put them on an oven safe plate in the oven on warm (185 F) to keep them warm while making the others, and to get the any slightly underdone pancake centers completely done as well.

## PALEO LUNCH RECIPES

### 06. Shrimp Tacos with Paleo Tortillas

Serves 5

How do you make Paleo tacos without corn or other grains? Make homemade tortillas, which have an awesome coconut flavor that pairs well with this sweet chili shrimp. The succulent shrimp is pan-fried to perfection, tossed in Sriracha, folded into tacos on a bed of cabbage and fresh cilantro, and finally drizzled with a sweet and spicy sauce.

Nutrition Facts (Per Serving) 555 CALORIES | 25 g PROTEIN | 46 g CARBS | 30 g FAT

#### INGREDIENTS

##### Sweet Chili Sauce:

- |                                |                       |
|--------------------------------|-----------------------|
| ✓ 3 ½ Tbsp. white wine vinegar | ✓ 1 ½ Tbsp. honey     |
| ✓ 1/8 cup water                | ✓ 1/8 tsp. cayenne    |
| ✓ 1 clove garlic, minced       | ✓ 1 tsp. chili flakes |
| ✓ ½ tsp. minced ginger         | ✓ Pinch of salt       |

##### Bang Bang Sauce:

- |                             |                    |
|-----------------------------|--------------------|
| ✓ 1/3 cup mayonnaise        | ✓ 2 Tbsp. Sriracha |
| ✓ 2 Tbsp. sweet chili sauce |                    |

##### Paleo Tortillas:

- ✓ 2 large eggs
- ✓ 2/3 cup water
- ✓ 1 cup tapioca flour

- ✓ 1/4 cup coconut flour
- ✓ 1/4 tsp. salt

### Tacos:

- ✓ 1 lb. shrimp, peeled
- ✓ 2 Tbsp. tapioca starch
- ✓ 1/3 cup coconut oil, for frying
- ✓ 1 cup shredded Napa cabbage
- ✓ 1/2 cup shredded red cabbage
- ✓ 1/2 cup minced cilantro
- ✓ 2 green onions, sliced
- ✓ 2 Tbsp. extra-virgin olive oil
- ✓ 1 Tbsp. white wine vinegar
- ✓ 1/2 Tbsp. pure honey
- ✓ Pinch of salt

### DIRECTIONS

To make the sweet chili sauce combine all ingredients in a small saucepan over medium heat. Bring to a boil and reduce to a simmer until thickened. Let cool then mix with the mayonnaise and Sriracha.

In a large bowl combine the shredded Napa cabbage, shredded red cabbage, minced cilantro, and green onions. Toss with the 2 tablespoons olive oil, 1 tablespoon white wine vinegar, 1/2 tablespoon honey and a pinch of salt. Set aside.

To make the tortillas combine all ingredients in a medium mixing bowl and whisk until smooth. Heat a cast iron skillet over high heat and add a bit of coconut oil or butter to the pan. Pour in 1/5 of the batter at a time and spread out into about a 6" circle. Allow to cook 1-2 minutes then flip and cook another 1-2 minutes. The tortillas should be soft and foldable but golden brown. Repeat until you have 5 tortillas and set aside.

Heat a large skillet over high heat and melt the coconut oil. Toss shrimp with tapioca until covered and place in skillet. Fry 2 minutes until golden, flip and fry another 2-3 minutes until cooked through and crispy. Toss with Bang Bang sauce.

To assemble place slaw in tortilla and top with shrimp and a drizzle of Sriracha if desired.

## 07. Cranberry Avocado Salad

Serves 4

A Paleo salad doesn't need to be piled with sliced chicken or flaky fish. Instead, enjoy a big bowl of leafy greens, creamy avocado, tart cranberries, and roasted almonds. This includes a poppy seed dressing with mustard, balsamic vinegar, and honey, but you can serve this with anything on hand, like blue cheese dressing or orange vinaigrette.

Nutrition Facts (Per Serving) 461 CALORIES | 7 g PROTEIN | 24 g CARBS | 40 g FAT

### INGREDIENTS

#### Salad:

- ✓ 12 oz. baby mixed greens (or baby spinach)
- ✓ 2 medium avocados, sliced
- ✓ ¾ cup dried cranberries
- ✓ ¾ cup roasted almonds

#### Dressing:

- ✓ 2/3 cup extra-virgin olive oil
- ✓ 1 Tbsp. poppy seeds
- ✓ ½ tsp. paprika
- ✓ 2 tsp. dried mustard
- ✓ 1 Tbsp. minced sweet onion
- ✓ ¼ cup white balsamic vinegar
- ✓ ¼ cup raw honey (optional)
- ✓ Sea salt and freshly ground black pepper to taste

### DIRECTIONS

In a bowl, combine all the ingredients for the dressing, season to taste, and stir well. Place the greens in a large bowl. Add the avocado and dried cranberries.

Pour ¼ cup of the dressing over the salad and toss gently. Scatter the almonds over the salad. Serve with some extra dressing.

## 08. Cuban Pork Lettuce Wraps

Serves 6

These wraps have all the flavor you love from a Cuban sandwich, only without the white bread. And slaw aside, the pork is prepared with hardly any effort using a slow cooker.

Nutrition Facts (Per Serving) 436 CALORIES | 29 g PROTEIN | 14 g CARBS | 30 g FAT

### INGREDIENTS

#### Pork:

- |                              |                                 |
|------------------------------|---------------------------------|
| ✓ 2 lb. pork shoulder roast  | ✓ ½ cup vegetable broth         |
| ✓ 1 yellow onion, sliced     | ✓ 1 Tbsp. oregano               |
| ✓ 6 cloves garlic            | ✓ ½ tsp. cumin                  |
| ✓ Juice of 1 lime            | ✓ Salt and freshly ground black |
| ✓ Juice and zest of 1 orange | pepper to taste                 |

#### Slaw:

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| ✓ 1 head purple cabbage, sliced     | ✓ 2 Tbsp. extra-virgin olive oil |
| ✓ 6 dill pickles, sliced lengthwise | ✓ 1 tsp. white wine vinegar      |
| ✓ 6 Tbsp. yellow mustard            | ✓ Salt and freshly ground black  |
|                                     | pepper to taste                  |

### DIRECTIONS

Crockpot time!! Add your pork ingredients to the crockpot, No perfect way to do this, I just recommend topping your pork off with the zest and spices, but whatevs!

Cook on low for 6-8 hours.

If you are making the pork overnight, put together your slaw so it can sit in the refrigerator overnight and all the flavors can meld together. If not, just make it right before and it will still be delish!

Add all your slaw ingredients into a large bowl, using as much mustard as suits your fancy.

Once pork is done cooking, use tongs to shred that guy!! Place shredded pork and slaw in a leaf of butter lettuce and eat it up!

## 09. Sweet & Sour Stir Fry

Serves 3

As long as you stick to meat and veggies, it's easy to toss together a Paleo stir fry. This one has chicken breast, but you can just as easily use pork, beef, or mushrooms as the main part of the dish. However, you should probably skip the tofu. Since it's a form of soybeans, which is a legume, tofu isn't included in Paleo meal plans.

Nutrition Facts (Per Serving) 609 CALORIES | 51 g PROTEIN | 46 g CARBS | 25 g FAT

### INGREDIENTS

#### Stir Fry:

- |   |   |
|---|---|
| ✓ ½ Tbsp. coconut oil                               | ✓ 1 can (15 oz.) diced pineapple, drained |
| ✓ 1 lb. chicken breasts, cut into bite-sized pieces | ✓ ½ cup raw cashews                       |
| ✓ 2 cups broccoli, cut into bite-sized pieces       | ✓ 1 Tbsp. tapioca starch + 1 Tbsp. water  |
| ✓ 1 bell pepper, seeded and diced                   | ✓ 2 green onions, diced                   |

### Sweet and Sour Sauce:

- ✓ ¼ cup pineapple juice
- ✓ ¼ cup coconut aminos
- ✓ 2 Tbsp. rice wine vinegar
- ✓ 2 Tbsp. tomato paste
- ✓ 1 Tbsp. fresh ginger

### DIRECTIONS

In a large skillet melt coconut oil. Add chicken and cook until all sides aren't pink.

Mix together all sauce ingredients. Add veggies, pineapple, cashews and sauce to the skillet. Toss until everything is thoroughly coated. Bring to a boil, cover and cook for 5 minutes.

Stir in dissolved tapioca starch to help thicken the sauce. Serve with a sprinkle of green onions!

## PALEO DINNER RECIPES

### 10. Paleo Beef Enchiladas

Serves 4

There are a number of ways to make gluten-free tortillas, including finely ground almonds, cauliflower, and tapioca flour – as in the shrimp taco recipe included in this list. Once you have those on hand, you'll be ready to make Mexican dishes like these enchiladas. And even if you don't eat Paleo, you'll want to try this recipe for the from-scratch enchilada sauce.

Nutrition Facts (Per Serving) 762 CALORIES | 48 g PROTEIN | 71 g CARBS | 32 g FAT

### INGREDIENTS

- ✓ 1 lb. ground beef
- ✓ 2 Tbsp. extra-virgin olive oil, divided

- ✓ ½ onion, finely diced
- ✓ 1 jalapeno, minced
- ✓ 1 avocado, diced
- ✓ 3 Tbsp. fresh cilantro, chopped
- ✓ 9 Paleo tortillas
- ✓ 1 small onion, diced
- ✓ 4 cloves garlic, minced
- ✓ 2 cups tomato sauce
- ✓ 2 cups chicken broth
- ✓ 2 Tbsp. chili powder
- ✓ ½ tsp. cumin
- ✓ ¼ tsp. dried oregano
- ✓ Salt to taste

## DIRECTIONS

To make the enchilada sauce, heat one tablespoon of olive oil in a heavy saucepan over medium-low heat. Sauté the onion and garlic for 4-5 minutes until soft. Add in the remaining ingredients except the salt and bring to a boil. Reduce the heat and simmer for 15-20 minutes, until the sauce has thickened. Season to taste with salt. If desired, use an immersion blender to puree the onion and garlic into the sauce.

Meanwhile, heat a tablespoon of olive oil in a large skillet over medium heat. Add the onion and sauté for 4-5 minutes until soft. Stir in the ground beef and jalapeno and season with salt and pepper. Cook until the meat is browned, then remove from heat. Stir in a few spoonfuls of the enchilada sauce to coat the meat.

Preheat the oven to 350 degrees F. Coat the bottom of a 9x13-inch baking dish with a very thin layer of the enchilada sauce. Fill each tortilla with the meat mixture and roll over. Place the tortillas in the baking dish side by side. Cover with the remaining sauce and bake for 12-15 minutes. Serve immediately, topped with avocado and cilantro.

## 11. Paleo Sushi with Salmon & Avocado

Serves 4

If you want to make Paleo sushi, you'll have to go without the rice. You can use nori as an outside wrap, but if you aren't into the sharp, salty flavor of seaweed, try these hollowed-out cucumbers instead. Then these are filled with seared, flaked salmon along with a chunk of avocado. Serve with tamari soy sauce and wasabi.

Nutrition Facts (Per Serving) 233 CALORIES | 10 g PROTEIN | 10 g CARBS | 18 g FAT

## INGREDIENTS

- ✓ 2 Tbsp. ghee (or coconut oil)
- ✓ 1 medium (about 5 oz.) salmon steak
- ✓ Sea salt and freshly ground black pepper to taste
- ✓ ½ red onion, finely diced
- ✓ 2 long continental cucumbers
- ✓ 1 avocado, roughly chopped

## DIRECTIONS

To make the enchilada sauce, heat one tablespoon of olive oil in a heavy saucepan over medium-low heat. Sauté the onion and garlic for 4-5 minutes until soft. Add in the remaining ingredients except the salt and bring to a boil. Reduce the heat and simmer for 15-20 minutes, until the sauce has thickened. Season to taste with salt. If desired, use an immersion blender to puree the onion and garlic into the sauce.

Meanwhile, heat a tablespoon of olive oil in a large skillet over medium heat. Add the onion and sauté for 4-5 minutes until soft. Stir in the ground beef and jalapeno and season with salt and pepper. Cook until the meat is browned, then remove from heat. Stir in a few spoonfuls of the enchilada sauce to coat the meat.

Preheat the oven to 350 degrees F. Coat the bottom of a 9x13-inch baking dish with a very thin layer of the enchilada sauce. Fill each tortilla with the meat mixture and roll over. Place the tortillas in the baking dish side by side. Cover with the remaining sauce and bake for 12-15 minutes. Serve immediately, topped with avocado and cilantro.

## 12. Paleo Chicken Fingers

Serves 6

The most popular way to make crispy chicken fingers that appear to be “breaded” without bread crumbs is a coconut. This recipe takes a different route by first dipping the chicken breast in egg, and then coating with almond flour. With a mix of Italian

herb and garlic salt, these have flavor to serve like chicken parmesan. Or for a quick snack, you can just dip them in marinara.

Nutrition Facts (Per Serving) 243 CALORIES | 34 g PROTEIN | 6 g CARBS | 10 g FAT

## INGREDIENTS

- |                              |  |
|------------------------------|--|
| ✓ 2 lbs. chicken tenderloins | ✓ 1/4 tsp. freshly ground black pepper |
| ✓ 1 cup almond flour         |  |
| ✓ 3 Tbsp. tapioca starch     | ✓ 2 large eggs, whisked                |
| ✓ 1 1/2 tsp. garlic salt     | ✓ 1/4 cup coconut oil, for frying      |
| ✓ 1 tsp. salt                | ✓ 1/2 tsp. paprika                     |
| ✓ 2 tsp. Italian seasoning   |  |

## DIRECTIONS

Heat 1/4 cup coconut oil in a skillet over medium-high heat for 5 minutes.

While the oil is heating, prepare the chicken. Place almond flour, tapioca starch, garlic salt, salt, Italian seasoning and pepper in a bowl and mix.

Put the whisked eggs in a separate bowl.

Dip each chicken tenderloin into the egg and then coat each with the almond flour mixture.

Place the prepared chicken into the hot oil and fry it for 5 minutes. Once the first side is browned, turn the chicken and fry the other side for another 5 minutes, or until the chicken is golden brown and shows no pink in the middle.

During the last minute of frying, sprinkle paprika over the chicken.

Serve with your favorite dipping sauce or with spaghetti sauce over spaghetti squash.

## 13. Paleo Shrimp Scampi

Serves 6

Scampi is a simple seafood dish, often served with pasta. And if you want a Paleo pasta, you can serve these tasty shrimp with zucchini noodles. But this recipe is all about the shrimp, so they're just as good on top of a bed of slightly wilted spinach. No matter how you choose to serve this scampi, be sure not to forget the fresh lemon wedges.

Nutrition Facts (Per Serving) 350 CALORIES | 35 g PROTEIN | 4 g CARBS | 20 g FAT

### INGREDIENTS

- |   |   |
|---|---|
| ✓ ¼ cup arrowroot flour                                       | ✓ 5 cloves garlic, minced                           |
| ✓ ½ tsp. sea salt   | ✓ 1 shallot, finely minced                          |
| ✓ ½ tsp. freshly ground black pepper                          | ✓ ½ tsp. fresh chopped parsley                      |
| ✓ ¼ tsp. paprika  | ✓ ½ tsp. dried oregano                              |
| ✓ ¼ tsp. cayenne pepper (optional)                            | ✓ 1/3 cup chicken broth                             |
| ✓ ½ cup bacon fat   | ✓ 1/3 cup fresh lemon juice                         |
| ✓ 2 lb. fresh shrimp, shelled and deveined with tails removed | ✓ ½ tsp. lemon zest                                 |
|   | ✓ Sea salt and freshly ground black pepper to taste |
|   | ✓ Fresh lemon wedges, for garnish                   |

### DIRECTIONS

Rinse the shrimp and pat dry with paper towels (make sure they are very dry!). Set aside.

Add the arrowroot flour, sea salt, ground black pepper, paprika and cayenne pepper (optional) in a large mixing bowl and stir with a fork to combine and break apart any

clumps. Dip each shrimp in the mixture to lightly coat (do not coat too much or your sauce will not turn out right). Discard any excess mixture and set shrimp aside.

Place a large skillet over medium-high heat and add allow the lard/bacon fat or tallow to get hot. Add the shrimp and saute for about 4-5 minutes, turning often. Transfer the shrimp to a serving plate with tongs or a slotted spoon, leaving the oil in the pan. Add the garlic, shallots, oregano and parsley to the pan and stir constantly for about 2 minutes.

Add the chicken broth and lemon juice and boil for about 1 minute, scraping the bottom of the pan to remove any browned bits. Add the lemon zest and stir to combine. Season the sauce with sea salt and ground black pepper.

Remove the pan from the heat and add the shrimp to the pan, tossing to combine with the sauce. Return the shrimp to the plate and top with some additional chopped parsley (optional) and some lemon wedges.

## 14. Korean-Style Short Ribs

Serves 10

One of the best things about a caveman diet is getting to indulge in any kind of meat you love. That means ribs can be the main part of dinner, not just a small appetizer. And if you want easy braised ribs, it's best to pull out the slow cooker. You can leave these short ribs to cook all day, and the sauce will come together just right. To keep things Paleo, serve with cauliflower rice.

Nutrition Facts (Per Serving) 354 CALORIES | 42 g PROTEIN | 18 g CARBS | 12 g FAT

### INGREDIENTS

#### Ribs:

- |                           |                                  |
|---------------------------|----------------------------------|
| ✓ ½ cup coconut aminos    | ✓ 2 Tbsp. rice vinegar (or apple |
| ✓ ½ cup coconut sugar (or | cider vinegar)                   |
| honey)                    | ✓ 1 Tbsp. minced fresh ginger    |
| ✓ 2 Tbsp. sesame oil      | ✓ 4 cloves garlic, minced        |

✓ ½ tsp. crushed red pepper  
flakes

✓ 3 lbs. boneless beef short ribs

### Glazed Carrots:

✓ 3 Tbsp. tapioca starch

✓ 3 green onions, sliced

✓ 1 ½ cups shredded carrots

✓ 1 Tbsp. sesame seeds

### DIRECTIONS

In a small bowl, whisk together the coconut aminos, coconut sugar, sesame oil, vinegar, ginger, garlic and red pepper.

Place the ribs in the bottom of your crock pot and pour sauce over the ribs. Cover and cook on low 4-6 hours, until meat is tender. Remove ribs from crock pot and set aside.

Take excess liquid and place in a saucepan.

Combine the tapioca starch with 3 TBSP water, then add to saucepan. Bring to a boil, and cook for a couple minutes, until thickened. Stir in carrots, then pour over ribs and top with green onions and sesame seeds, if desired.

## PALEO DESSERT RECIPES

### 15. Paleo Salted Chocolate Caramel Bars

Serves 12

Craving caramel brownies? You'll love to sink your teeth into this chocolately Paleo dessert instead. These raw, gluten-free chocolate bars will knock your socks off with how decadent they are.

Nutrition Facts (Per Serving) 221 CALORIES | 3 g PROTEIN | 16 g CARBS | 17 g FAT

### INGREDIENTS

#### Chocolate layers:

- ✓ ½ cup + 2 tablespoons raw cacao powder
- ✓ ½ cup virgin coconut oil
- ✓ 4 tablespoons pure maple syrup

### Caramel Layer:

- |                            |                            |
|----------------------------|----------------------------|
| ✓ ½ cup almond butter      | ✓ 2 teaspoons pure vanilla |
| ✓ ½ cup pure maple syrup   | extract                    |
| ✓ ⅓ cup virgin coconut oil | ✓ ¼ teaspoon sea salt      |

### Garnishing:

- ✓ Large flake sea salt

## DIRECTIONS

Grease an 8x8 square pan with coconut oil.

To make the chocolate layers, add the cacao, coconut oil, and maple syrup to a small pan over low heat. If possible, it's best to use a double boiler to avoid burning the chocolate. Stir constantly until the mixture is completely melted and smooth.

Pour approximately 2/3's of the chocolate mixture into the bottom of the greased pan and reserve the other 1/3. Pop the pan into the freezer for 15 minutes to set.

While the first layer of chocolate is setting, make the caramel by adding the almond butter, maple syrup, coconut oil, vanilla extract, and sea salt to a small sauce pan over medium-low heat. Whisk together constantly for 3-5 minutes or until melted. Let the mixture cool slightly.

Pour about 2/3's of the caramel over the chocolate and carefully spread across (ensure the caramel isn't hot when you pour it over or it will melt the chocolate). You can pour the entire batch of caramel over the chocolate if you want thicker squares, but I usually opt to refrigerate the leftover caramel for later.

Return the pan to the freezer to set the caramel layer for 15-20 minutes.

Pour the remaining chocolate mixture over top, carefully smooth out, and sprinkle with large-flake sea salt (optional).

Return the pan to the freezer to set for 30 minutes.

Carefully turn the pan over to release the chocolate-caramel bar onto a cutting board. Slice into squares and store in refrigerator or freezer.

## 16. Paleo Apple Pie Cheesecake

Serves 12

When you need to satisfy a craving for comfort food in the form of dessert, it's hard to say no to apple pie and cheesecake. This recipe delivers all the flavor while keeping everything gluten-free and dairy-free. Instead of cheese, it relies on nuts like almonds and walnuts to create a rich, creamy texture. And there's a lot of real caramel made with coconut milk to seal the deal.

Nutrition Facts (Per Serving) 430 CALORIES | 6 g PROTEIN | 54 g CARBS | 24 g FAT

### INGREDIENTS

#### Crust:

- |                          |                           |
|--------------------------|---------------------------|
| ✓ 1 cup almond flour     | ✓ ½ cup coconut sugar     |
| ✓ 1 tsp. vanilla extract | ✓ 1/3 cup palm shortening |

#### Cheesecake:

- |  |                        |
|--|------------------------|
| ✓ 2 ½ cups cashews, soaked<br>for a couple hours | ✓ 1 tsp. lemon juice   |
| ✓ 1 tsp. vanilla extract                         | ✓ 3 Tbsp. coconut milk |

#### Caramel:

- |                          |                        |
|--------------------------|------------------------|
| ✓ 1 cup pure honey       | ✓ 1/3 cup coconut milk |
| ✓ ¼ cup coconut sugar    | ✓ Pecan Apple Topping: |
| ✓ 1 tsp. vanilla extract | ✓ 4 apples, peeled     |

✓ 2 tsp. ground cinnamon

✓ 1/3 cup pecan pieces

✓ 2 Tbsp. water

## **DIRECTIONS**

Preheat the oven to 345 degrees. Mix the crust ingredients in a stand-up mixer until the palm shortening is blended into the sugar and flour and it looks crumbly. Pour the mixture into a 9x9 spring form pan.

Pat down the crust mixture until flat and the bottom of the pan is covered. Cook for 15-20 minutes or until slightly brown. Take the crust out of the oven to cool.

Keep the oven on and slice the peeled apples into quarters (I used an apple slicer) place the apples in a dish with the cinnamon and water. Mix them up with a spoon and place in oven for 15 minutes until the apples are soft.

In the meantime, make the cheesecake filling. Drain and rinse the cashews and pour them into a blender with the vanilla, lemon and coconut milk. I recommend using a spoon to mix it up a bit because you don't want the mixture runny. Blend the ingredients until they are mixed, and the cashews are fully ground. Pour the cashew mixture onto the crust and spread evenly. Place in the freezer while you make the apples and caramel.

Once the apples are cooked, drain the left-over water and set the apples aside.

To make the caramel, pour the ingredients into a saucepan and bring to a medium boil. Boil for seven minutes until you start to see a thick texture. Simmer for ten minutes. Take the caramel off the heat to cool for five minutes.

Take the springform pan out of the freezer and spoon the apples onto the cashew mix in a circle design and then pour the caramel on top in a drizzle design. Sprinkle the pecan pieces on top.

Place in the freezer for two hours to set. When you are ready to serve, slice with a flat knife and store in the fridge for up to two days. Enjoy!

## 17. Paleo Strawberry Ginger Crisp

Serves 4

When it's summertime and the strawberries are ripe, it's hard not to think of shortbread and cream. Instead of making a biscuit dough or buying pound cake, though, you can make this Paleo dessert. It has lots of delicious crumbs to enjoy – made from a mix of cashew, almond, and coconut flours – and roasting the strawberries will bring out the best in their ripe, juicy flavor.

Nutrition Facts (Per Serving) 247 CALORIES | 7 g PROTEIN | 25 g CARBS | 15 g FAT

### INGREDIENTS

#### Filling:

- |  |  |
|--|--|
| ✓ 3 cups chopped strawberries          | ✓ 1 Tbsp. chia seeds                   |
| ✓ 1 Tbsp. freshly grated ginger        | ✓ 2 Tbsp. pure maple syrup             |
| ✓ Zest of 1 lemon                      | ✓ 2 Tbsp. tapioca flour (or arrowroot) |
| ✓ 1 Tbsp. freshly squeezed lemon juice | ✓ ½ tsp. salt                          |

#### Topping:

- |                           |                            |
|---------------------------|----------------------------|
| ✓ ½ cup almond flour      | ✓ ½ tsp. ground cinnamon   |
| ✓ 1 Tbsp. cashew flour    | ✓ ¼ tsp. salt              |
| ✓ 1 Tbsp. coconut flour   | ✓ ½ Tbsp. pure maple syrup |
| ✓ 1/3 cup chopped walnuts | ✓ 1 Tbsp. coconut oil      |

### DIRECTIONS

Preheat oven to 350 degrees. Grease an 8" skillet or 8x8 baking dish.

Combine all the filling ingredients in medium bowl and toss together.

Combine all the topping ingredients except the coconut oil in another bowl and mix together. Add the coconut oil and cut into the mixture using a fork or your fingers until it becomes a crumbly texture.

Pour the filling into the skillet or baking dish.

Sprinkle the topping over the filling and bake for 20 minutes. The top should just have started to turn golden brown and the fruit bubbling.

Remove from oven, let cool a few minutes and serve warm.

## 18. Pumpkin Chocolate Chip Cookies

Serves 24

It's possible to have soft, slightly cakey chocolate chip cookies without oats or wheat flour. And since these are Paleo, they aren't just gluten-free but also use no refined flour. If you don't have maple syrup in your pantry, you can use honey instead.

But don't go for the other all-natural liquid sweetener – agave syrup – because it's processed. With that in mind, also check what's in those chocolate chips.

Nutrition Facts (Per Serving) 57 CALORIES | 1 g PROTEIN | 6 g CARBS | 4 g FAT

### INGREDIENTS

- |  |                                |
|--|--------------------------------|
| ✓ 1/3 cup butter, melted               | ✓ 1/3 cup coconut flour        |
| ✓ 1/3 cup pumpkin puree                | ✓ 1 tsp. pumpkin pie spice     |
| ✓ 1/3 cup pure maple syrup             | ✓ 1/2 tsp. baking soda         |
| ✓ 1 large egg                          | ✓ Pinch of sea salt            |
| ✓ 1 tsp. vanilla extract               | ✓ 1/3 cup dark chocolate chips |
| ✓ 2/3 cup tapioca flour (or arrowroot) |                                |

### DIRECTIONS

Mix together the butter, pumpkin puree, maple syrup, egg and vanilla extract.

Add in the tapioca flour, coconut flour, pumpkin pie spice, baking soda and salt and stir until combined. Add in the chocolate chips.

Refrigerate batter for 30 minutes or longer (the batter will stiffen up in the fridge).

Preheat oven to 375 degrees F. Drop batter by spoonfuls onto a parchment lined cookie sheet. Flatten the cookies with your fingers or the back of a spoon.

Bake for 12-15 minutes or until lightly golden brown. Enjoy!

## 19. Paleo Banana Pudding

Serves 4

This creamy, healthy pudding uses coconut milk instead of dairy. But aside from that, this is like a classic banana custard with egg yolks, honey, and vanilla extract.

The mixture is whisked over the stove so it can thicken, and the cooked bananas take on a natural caramel note. Since it's heated, be careful if you want to add protein powder. Slowly stir it in after the pudding has completely chilled.

Nutrition Facts (Per Serving) 471 CALORIES | 6 g PROTEIN | 50 g CARBS | 29 g FAT

### INGREDIENTS

- |                          |                                |
|--------------------------|--------------------------------|
| ✓ 4 egg yolks            | ✓ ½ tsp. salt                  |
| ✓ ¼ cup pure honey       | ✓ 2 cups full-fat coconut milk |
| ✓ ¼ cup arrowroot powder | ✓ 1 tsp. vanilla extract       |
| ✓ 2 ripe bananas, mashed | ✓ 1 ripe banana, sliced        |

### DIRECTIONS

Whisk together the egg yolks, honey, and arrowroot powder in a medium glass bowl. Set aside.

Heat the coconut milk in a small saucepan over medium heat, stirring occasionally, for 5 minutes. Slowly pour the coconut milk into the egg mix, whisking constantly. Transfer the entire mixture back into the saucepan and cook for another 2-3 minutes. Stir regularly until thickened, making sure it does not boil.

Transfer the mixture into a large bowl and whisk in the vanilla and the mashed bananas. Chill for one hour.

To serve, spoon the pudding into a glass. Top with sliced banana and walnuts if desired. Serve immediately.

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