

The Caveman Chef

**Bonus
Chapter :
8 Extra
Recipes**

**42 recipes of breakfast, lunch, snacks,
dinners, desserts & smoothies.**

DISCLAIMER

The Recipes that are contained in this eBook were acquired from sources who either gave me permission (which I have and can show you if you really want to see it), free blogs on the internet that give similar recipes away for free (I changed them because they weren't Paleo Friendly). I give credit in my Reference Section at the end of the eBook to the people who are due it. I take no credit for the invention of any of these recipes, unless stated, if your own recipe is the same or similar then you have just experience coincidence.

The reason I source you to different References, Success Stories and Scientific Reports:

Is so you can make up your own mind about what's about the different health benefits from this style of life and these types of foods. I in no way encourage you to drop any medication and switch straight to the Paleo Diet. You must take it easy and wean yourself off anything you are consuming great amounts of (yes this goes for grains and sugar, you may feel fatigued after a few days of no consumption but this is normal, your body is basically addicted to this stuff). So please consult your physician or doctor before making any serious life and or diet changed that may or could have a great impact on your health and wellbeing. The Paleo Diet has helped me in different ways to other people. So these are my own personal experiences that I talk about, although I do reference to other peoples experiences, so you can get an understand that this does actually work and it does work all the time for lots of different types of people, big or small, all around our world.

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Welcome To The Caveman Chef!

This eBook came about simply because of my love for the Paleo Diet – I thought I'd share lots of my favorite recipes with you. Some I have found that have been given away for free through blogs, others were loaned to me by other Paleo diet websites. Or by people that own their own Paleo Diet eBook and some are created by me, or were even suggested by friends that are involved within Paleo. Respect and ownership can be found in the 'Reference' section at the end of this book. Some recipes are also adaptations of ones I found given for free on other Paleo Websites, although by my standards they weren't Paleo Friendly so I changed them :P

Throughout the book I talk about certain health benefits about different types of foods, vitamins and minerals – nothing comes without a reference and I always try to include them; we need hard evidence if we are going to believe something. I've looked at the results of the Paleo Diet and so have 100,000's of other people and they agree with me that reverting back to the way our Caveman Ancestors lived their lives and eat their foods; without the use of processed foods, refined grains & sugars, legumes and all the others - is how we will achieve optimum health.

If you are interested in some Paleo Success Stories that comes with scientific evidence then please read this Blog Post: [Paleo Success Stories & Why We Need Hard Evidence!](#)

These are the chapters you can expect:

- Chapter I: Breakfast
- Chapter II: Lunch
- Chapter III: Snacks & Appetizers
- Chapter IV: Dinner
- Chapter V: Smoothies!
- Chapter VI: Desserts
- Chapter VII: Bonus Recipes

Each chapter comes with 7 different recipes. So you won't be stuck without a recipe for any day of the week. The great thing about Paleo is once you learn a few recipes - it's a case of joining them together to create new ones. Adding bits from one recipe to the other, mixing something with this instead of that, or just realizing how easy it is to create a dish with a just handful of raw foods that you end up coming up with your own recipes. That's kind of the point. To give you one week of recipes which starts you off so you can then get creative, or go seeking for more and more recipes because you've enjoyed them so much!

A little note about going Paleo – That Nobody informed me about...

I thought I better add this in here as it may take you by surprise just like it took me by surprise - as nobody told me about this when I started the Paleo Diet. Going Cold turkey with not eating grains and sugars and whatever else may make you feel greatly fatigued for a couple of weeks (I was about 2 – 3). But this can be normal for some people (it depends on the person) as your body is basically addicted to all the crap food you are consuming. Here is a question and answers post on this subject to help you understand more about when you switch or are currently switching to the Paleo Diet and the possible fatigue you may experience when transforming. [Click Here](#)

A good way to overcome the fatigue is to try the 80/20 rule. 80% Paleo 20% Non Paleo – Then slowly

work your way over the weeks to 100% Paleo. But read that post it will help you understand better about what I'm rambling about...

So in total I am giving you 42 recipes with a bonus of 8 to make a nice rounded 50. That's more than enough to get you started!

If you are after other eBooks to do with the Paleo Diet then I would highly recommend these which are available on Amazon.com – they are cheap and perfect if you have a Kindle or Smart Phone!

- [The Paleo Diet Revised: Lose Weight and Get Healthy by Eating the Foods You Were Designed to Eat](#)
- [Paleo for Beginners: Essentials to Get Started](#)
- [The Paleo Diet Cookbook: More than 150 recipes for Paleo breakfast, lunches, dinners, snacks, and beverages.](#)
- [The Paleo Solution: The Original Human Diet](#)
- [Well Fed: Paleo Recipes for People Who Love to Eat](#)

Chapter I - Breakfast

Have you been through your kitchen and realized that maybe ¾ of your food is not part of the Paleo Diet plan? I had the same problem! The first thing I thought was – shit, how will I keep cooking interesting. Can I really just have Spaghetti bolognese without the Spaghetti? If you want, sure – although that's not very interesting and surely wouldn't impress any friends or family you may be feeding who might be interested in your healthy breakfast recipes.

Let's start our day with a Paleo Diet Breakfast

Healthy breakfast ideas may seem like the most challenging as your morning habits will include everything we say No to in a Paleo Diet Breakfast. No oat meal, boxed cereal and milk, buttered toast, pancakes, waffles, bagels, rolls, bacon, sausages, ham, hash brown potatoes. There seems to be no hope for any healthy breakfast ideas, shall we just skip it and move on? Chances are most of these are what you consume for breakfast every morning. I was the same, it was usually toast, sometimes with eggs or bacon or sausages, perhaps a combination of all 3 if I felt particularly peckish in the morning...

A Little Note on Sausages and Bacon and Ham:

These are off our check list because they are usually filled with gluten and lots of other nasty ingredients. For example I believe that the regulations on the percentage of how much meat contained in a sausage can be as little as 42% - you can find more information here with [what's in your sausages](#).

So unfortunately you may have to go hunting for high quality sausages if you want to make them part of your breakfast.

Where I am currently living as I write this eBook is an Eco Farm in Australia. So I am in Paleo Diet Heaven; organic fruit and veg with grass fed meat. Perfect, couldn't have hoped for anything better. So I can get away with having sausages as they are made with the farmers' cows – use a gluten free organic filler, which only amounts to 10% as the meat content is 90%. He knows the best mobile butcher and he knows how to make a sausage!

Bacon and Ham are mostly not allowed in these healthy breakfast recipes because of what's added in them - nitrates, preservatives, corn syrup, along with loads of other crap. That's fair enough, but I'm sure if you can find good quality bacon (like my good quality sausages) - include them in these healthy breakfast ideas!

Our culture is what defines what we eat for breakfast. You'd never think to include chicken, steak or salmon in any Breakfast? I had a porterhouse steak the other week, with a few fried veg! That kept me going all morning working on the farm. It doesn't matter what your breakfast recipes are, it's entirely up to you. A good way to start the day may be leftovers from your previous day's main meal. That's something I like to do, cook a bit extra, and then your healthy breakfast is ready for you when you wake up the next morning. No preparation involved I eat it straight from the fridge. Yummy! All these breakfast ideas accommodate for 1 person.

Steak and Eggs!

I mean how awesome does eating steak for a breakfast sound? This is why I love these healthy breakfast recipes!

What You Need-

- Your Steak of Choice cut into strips
- Red or green peppers
- ½ small onion
- Some fresh basil
- Fresh dried Rosemary
- 2 Eggs

Instructions-

You don't need to follow my way of making this, be inventive! That's what I love about cooking. One way to prepare this could be – Add your chopped veg, diced or stripped – up to you, with your fresh basil and rosemary and sauté for five minutes. Add your strips of beef and continue to sauté until it is cooked to your desired level (rare, medium rare, whatever). Stir in your beaten eggs and continue to lightly cook and stir for a further 2 minutes. Add some black pepper to taste.

How easy was that? That's what I love about cooking a Paleo Diet breakfast, its mega easy, maybe you'd like to have a fully cooked steak with vegetables and a whole egg layered on top. That will work too, as I said – it's entirely up to you - they are your healthy breakfast ideas!

PaleOmelette

Eggs will also help keep a more traditional feel to your breakfast ideas. So a great Paleo Diet Breakfast to try is the Green and White Omelette–

What You Will Need-

- 6 Egg Whites
- 4 Florets of Broccoli
- 1 Cup of Spinach
- 4 Green/Spring Onions
- 2 Gloves of Garlic
- 1 Cup of Mushrooms
- 1 Ripe Avocado

Instructions-

Make sure you pre-heat your grill or oven; start by semi cooking the broccoli in a pan of boiling water. Chop up the garlic and the green onions, I love to keep my garlic slices chunky for more flavour – a good tip for garlic is if you want a light flavour add garlic at the beginning of cooking, if you want a stronger flavour add towards the end – Sauté these in a frying pan, then add some chopped mushrooms which you will fry until soft. Whisk up your egg whites in a bowl to get them ready; add your spinach and broccoli to the pan that is still lightly cooking your onions and mushrooms. Cover with the egg whites and keep cooking for a further minute on the stove, after you are satisfied that the bottom is nicely cooked – transfer the pan to the grill or over to help finish the omelette. Add some sliced Avocado.

Fish!

Trout is delicious and here is how we can use it in our Paleo Diet Breakfast!

What You Need-

- Rainbow Trout or other trout
- Extra Virgin Olive Oil
- ½ diced onion
- 2 Tablespoons of Chardonnay
- 1 Teaspoon of Fresh Dill
- 1 Teaspoon of Paprika
- ½ Squeezed Lemon

Instructions-

Set the oven to 350 degrees and preheat it. Clean up your trout and place it on tin foil with extra to be able to cover the entire fish. Cook your onion, sauté or fry, up to you. Cook for about 5 minutes. Remove the onions and add them to a bowl – mixing them with the Dill, Paprika, Chardonnay and Lemon juice. Stuff your trout, wrap it up, and cook for about 20 minutes. Easy!

Next onto something really easy...

The Fruit Salad

These are fantastic; use any fruit you desire, a very healthy breakfast!

What You Need-

- 1 Orange
- Handful of Strawberries along with Blueberries, Grapes - Red and White
- 2 Vanilla Beans (vanilla extract will also work, 2 teaspoons)

Instructions-

Optional - Hot Orange Sauce - Grate your Orange up and add the zest to a pan, next cut up your orange and squeeze its juice in there, crushing up the vanilla beans to scrape out the caviar inside and add to the saucepan and simmer until warm.

Cut your strawberries and add them in a bowl along with the blueberries and grapes. Pour on the hot or cold sauce and serve adding some mint if you have it, or just cut up the orange like the berries if you prefer it without a sauce :)

Next My Favourite - Sausage & Eggs

Now for an awesome healthy breakfast idea! A nice traditional one for breakfast, bear in mind that you need some lean sausages for this one. Ask your local butcher, he will know more!

What You Need-

- 2 Sausages
- 2 Eggs
- Extra Virgin Olive Oil
- Pepper
- Optional Vegetables – Onion, Peppers, Tomatoes. Whatever you desire.

Instructions-

Fry the Sausages in a pan with the oil - then add the eggs. That's it! If you want; scramble your eggs and add some pepper. Or keep whole so you can dip your sausages in their yokes. A tip when scrambling is to use a saucepan instead of a frying pan - keep stirring on a medium heat - takes a bit longer but makes them fluffier! Adding vegetables will bulk it up nicely.

That was maybe a bit too simple... Moving on...

Pancakes: Paleo Style

It wouldn't be breakfast without some Pancakes and these are ridiculously easy to make, not to mention tasty as well!

What You Need-

- 2 Banana's
- 2 Eggs (depending on you and any other extra people add more, goes with any ingredient)
- 2 Generous Tablespoons of Almond butter
- Additional Fruit if you prefer for topping, Maybe some banana slices

Instructions-

Mash the bananas up and add in your almond butter along with the eggs. Grease your pan with the butter - cook each side for approx. 1 - 2 minutes on a medium heat, or until it looks yummy. Serve with banana slices or other fruit slices.

The Paleo Cereal

Of course you can still eat cereals! Here's how...

What You Need-

- Nuts: Almonds, Granola, Pecan Halves and chopped Walnuts (however many you need or want, depending on your taste for them)
- Fruit of your Choice - I go for berry fruit (strawberries, blueberries, blackberries...)
- Coconut (optional)
- Coconut or Almond milk (depends on your taste and what you use)

Instructions-

The easiest way to break up the nuts is to blend them, but you don't have to. Next chop up your fruit and add them, also with your coconut as a topping as well works nice - Adding your milk. Now I've been a bit scarce with this one as it will be mostly up to you, for example - if you use fresh coconut, maybe not a good idea to use coconut milk (too much coconut flavour). You get it. You can play about with this one as much as you want!

So there are 7 great healthy breakfast ideas to get your teeth sunk into, the beauty of these are you can get inventive, challenge yourself with what food you have and see if you can make things spontaneously. It's fun. Be inventive with your healthy breakfast recipes.

Chapter II - Lunch

Let's have a look at some Healthy Lunch Ideas!

When I used to work as a builder, lunch to me would usually consist of everything The Caveman doesn't want you eating. Processed Supermarket deli ham (or canned tuna, which I can't eat anymore due to experiencing the fresh stuff), couple of slices of cheese, margarine - between 2 slices of whole meal bread - Quick and easy lunch! Although...

Paleo Diet lunches are just as easy. Usually for lunch I have a salad, there are a few people who suggest that you should eat a salad every day and I agree with them. I love the taste of raw veg especially if you get inventive and mix it with some fruit and nuts and seeds, meats.

But who says that salads just have to consist of greens? Be inventive, these healthy lunch recipes are all about your creative side; feel free to add meat and fish, or fruit. Chicken, apple and celery salads are awesome! Hard boiled eggs are also a nice edition to any salad!

I never used to be a salad person, now I love them and I'll share with you another 7 (one for each day) of my favourite Paleo recipes –

Chicken and Apple Celery Salad

This is a little something that I invented just with what I had in my fridge. I love this little creation and that's what's so feel good about the Paleo Diet; your own little inventions -

What You Need-

- Chicken Breast (I usually go with half for 1 person, full for 2/3)
- 1 Apple
- 1 Stick of Celery
- Iceberg Lettuce
- 1 Tomato
- Any colour of Pepper you desire (half is fine for 1 person)
- Fresh Basil, Rosemary, Mixed Herbs and Pepper (add to taste)
- Extra Virgin Olive Oil

Instructions-

Chop the chicken and add in a frying pan to lightly cook with the selected herbs of your choice. While the chicken is cooking, keep an eye on it and stir while you are preparing your main salad – chopping the lettuce, tomato, peppers, apple and celery - fine or chunky, whatever you desire. Mix them all up and add to a plate. Go look after the chicken and finish cooking to a nice golden skin colour (or however you prefer

your chicken- constant stirring keeps it white). Then we just add the chicken and mix in to our salad. How easy was that? It also tastes great!

Next – The Strawberry and Spinach Salad

This is a fantastic salad that will make your taste buds explode with delight! Lots of vitamins and iron for a nice boost in health!

What You Need-

- Torn Spinach Leaves (1 cup per person)
- 1 cup of quartered strawberries
- 2 tablespoons of extra virgin olive oil
- ½ teaspoon of freshly chopped basil
- 1 Teaspoon of Lemon Juice (or half depending on how much you like lemon)
- Black Pepper - I use 1 Teaspoon, but some people may only prefer to take ½
- Chopped and Toasted Cashew Nuts, (half ounce for 1 person)

Instructions-

Add the Strawberries and Spinach to a bowl. Mix the Olive Oil, Basil, Lemon Juice and Black Pepper in a jar to shake well. Add the mix into the bowl of strawberries and spinach, sprinkle with cashew nuts.

You Don't Just Have to Have Salad for Lunch:

You can have anything you want really. It's all down to you. Another great idea for a lunch is soup and the great thing with soup is you can make a giant pot that will last you the whole week! Just give it another quick heat up on the stove and you're ready.

Broccoli Soup!

This healthy lunch recipe will serve 4.

What You Need-

- 2 Tablespoons of Extra Virgin Olive Oil
- 1 medium onion, diced
- 2 cups of broccoli florets
- 1 Cup of Chicken Broth*
- 1 teaspoon of Fresh Lemon Juice
- 1 tablespoon of Lemon Zest
- 4 tablespoons of roasted walnuts

Instructions-

Preheat the oven to broil. Heat your oil in a pan and add your onions, for best results sauté for about 6/7 minutes. Add the broccoli and stir until well coated – place the pan in the oven and broil for about 10 minutes, only stirring once. Remove, cover and let it settle for a couple of minutes. Add your onion and broccoli mixture to the chicken broth and lemon juice – puree in a blender until smooth. Add the soup to your bowls and top off with the lemon zest and walnuts.

****Paleo Diet Chicken Broth Recipe****

Here is a quick Paleo recipe to make sure your chicken broth is pure Paleo Diet friendly unlike the stuff from the supermarkets. This healthy lunch recipe makes 2 quarts.

What You Need-

- *1 stewing chicken – 4/5 pounds*
- *2 chopped celery sticks*
- *2 large chopped carrots*
- *1 small onion, chopped*
- *1 bay leaf*

Instructions-

Place the chicken in a 3-quart stockpot and add enough water so you cover it. Add all your chopped veg including the bay leaf - Heat with a high flame to bring to the boil, and then reduce the heat to low so you can simmer. Cover the pot and let it simmer for about 2 - 3 hours, while occasionally stirring. Remove from heat and skim off the foam that will be on top of the water. Drain your broth through a colander into a suitably sized container. When the chicken is cool enough to handle, remove your meat and use how you please – Perhaps adding it to another Paleo recipe. You can use this broth for sauces, stews and soups; you will be able to freeze for use later on.

Moving On - Sweetheart Salad

Here we have the great taste combination of strawberries and asparagus.

What You Need-

- 1 Generous handfuls of Arugula
- 1/2 chicken breast (serves 1)
- 4 Sliced Strawberries
- Depending on your taste for Red Onion, maybe a 1/4 of one, (too much distorts the taste) - chopped finely
- Handful of Pecans

Instructions-

Chop what you need to chop and then mix it up. Preparing salads are easy...Maybe a drizzle of some dressing or balsamic vinegar (check to see how Paleo it is) wouldn't go a miss. If you don't know any Paleo Salad Dressing Recipes then continue reading...

The Colorado Spinach Salad Dressing

If you want you can multiply all of these ingredients and create a bottle to keep for a while!

- Freshly Squeezed Orange Juice
- Freshly Squeezed Lemon Juice
- fresh ground pepper to taste
- Fresh Tarragon - 1 Tablespoon minced
- Splash of Extra Virgin Olive Oil
- Splash of Flaxseed Oil (more Virgin if you don't enjoy or own)
- Pepper to taste

Instructions-

Mix the juices of both the lemon and the orange while adding the pepper and the tarragon. Pour your mixture into a sealable container and shake to blend.

Black Lemon Berry Lunch

Here is some little concoction I found on the internet that I helped become Paleo Friendly :)

- 2 Handfuls of Spinach, generous if you love Spinach!
- 1/2 KG of Pork or Chick works well with this recipe
- 1/2 Avocado cut into nice big chunks!
- Handful of Blackberries
- Mushrooms - Raw or Cooked, 2 or 3 depending on how you like them. I always use button.
- Splash of Flaxseed Oil (more Virgin if you don't enjoy or own)
- Pumpkin Seeds are a nice optional
- Extra Virgin Olive Oil

Instructions-

Cook up the Pork/Chicken along with the mushrooms if you want to cook them. Chop up the rest of the veg along with the Spinach and mix everything together in a bowl of your choice.

Let's Have a Favourite of Mine - Garlic Prawns

Mmmmmmmmm... Yummy...

- The amount of Prawns is up to you - I have heaps, I love them!
- Tablespoon of Extra Virgin Olive Oil
- 4 Cloves of Garlic
- 1 Onion
- Handful of Broccoli, Chopped up
- Iceberg Lettuce, chopped, as much as you want
- Optional - Spring Onion or Shallots. Depends how much Onion you can handle!

Instructions-

Start by cooking the onion and garlic in a pan with the Oil - as they are cooking continue by adding the prawns and cook them until their ready (2-3 minutes on each side). Add in the broccoli and cook until it's soft with a little crunch (that's how I like them) - place in a bowl with your chopped Iceberg lettuce.

Number 7?

Ok - so now we have 8 recipes, 6 of which you can actually eat. Now for the 7th day why don't you make something up? With these recipes I try to give you a choice of how much you want to add of one thing, or if you want to or don't want to add a certain thing. The great thing about the Paleo Diet is you can simply create by mixing recipes. So why don't you have a try...

Your Very Own Healthy Lunch Recipe

- Get some meat
- Maybe get some vegetables or some fruit?
- How about some Herbs? Thyme or Basil?
- A Salad Dressing You have created
- Pepper

Instructions-

Mix everything up. Cook. Eat. Enjoy...

Chapter III - Snack Ideas and Appetizers

Let's look at the Caveman Diet alternative to Healthy Snack Ideas!

So we've had a look at alternative healthy breakfasts and some healthy lunch recipes! Let us move on to healthy snack ideas. Snacks are great to keep you going through the day, between meals or even as an appetizer to support your meals. It's really up to you, maybe a light supper before bed time? There is no structure as to what you must eat and with The Caveman Diet, that's what can make it so great!

Let your imagination flourish with the Caveman Diet! Having high protein healthy snacks are great to keep you going through that hard day of work; they will be perfect to pack up and bring along with you. These Paleo Diet Recipes have not much preparation time and will be a successful candidate to satisfy your appetite with these delicious healthy snacks will boost your metabolism and help you lose weight!

Snacks and appetizers will be great to nibble on if you have guests over for a drink to socialize with. Impress them with your inventive Paleo Diet Recipes of various appetizer & healthy snack ideas! Let us take a look at a few of my favourite recipes!!

You read right - Cauliflower Popcorn!

Since corn is a big No in the caveman diet, we must get our creative juices flowing with these Paleo Diet Recipes and this is a personal favourite of mine that I must share with you!

What You Need-

- 1 Cauliflower Head
- 4 Tablespoons of Olive Oil

Instructions-

Preheat your oven to 425 degrees. Cut your cauliflower and discard the big stems and stalk – cutting your florets to the size of golf balls. Combine the olive oil and cauliflower – toss to mix. Then it is just a case of adding your cauliflower piece to a baking tray with some olive oil and roasting for about 1 hour – turning them 3 or 4 times – until golden brown. The browner the cauliflower, the sweeter then will taste. Serve immediately!

Let's Try Stuffing Some Tomatoes!

I love these - be sure to make lots as it won't take long for these little things to disappear! This Paleo recipe accommodates to 4 people.

What You Need-

- 12 Cherry Tomato's
- ¼ cup of minced scallions
- 1 teaspoon of dried basil
- 1 teaspoon of dried oregano
- 1 teaspoon of minced garlic
- 1 tablespoon of extra virgin olive oil
- ½ of chopping spinach, fine
- ½ of chopped fresh cilantro

Instructions-

Slice off the tops and stems of each tomato. Hollow the tomato by removing the seeds with a small melon ball scoop. In a small bowl combine, basil, oregano, scallions, spinach and garlic – heat oil in a pan or skillet on a medium flame. Sauté the mixture while stirring constantly. After removing from the heat let the mixture cool for about ten minutes – spoon into the tomatoes – garnish with the fresh cilantro.

Spicy Mixed Nuts

Make your own Caveman Diet friendly roasted nut mix with this really simple to follow Paleo Diet Recipe!

What You Need-

- ½ of Raw Walnuts
- ½ of Raw Macadamia Nuts
- ½ of Raw Brazil Nuts
- 1 Teaspoon of Cayenne Pepper
- ½ Teaspoon of Nutmeg
- 2 Tablespoons of Extra Virgin Olive Oil

Instructions-

Set the oven for preheat at 400 degrees. Combine all the ingredient and mix well, place on a single layer on a rimmed baking tray. Roast your nuts for about 15 minutes only stirring once – half way. Remove and let cool.

Sweet Fries

We're allowed to eat sweet potato, so we can still have fries!!

What You Need-

- For 1 person 1 potato. Large
- Almond Butter or your choice of Healthy Oils

Instructions-

There are 2 ways to create these, oven or frying pan - Cut your Potato into rounds or fries, if you are pan frying then simply cook them on to the frying pan with the butter or oil until crispy and golden brown. If you are baking them in the oven then cover them in the butter or oil and bake on 400F for 20 - 30 minutes. To give them a crisp texture, leave the door open for the last 5 - 10 minute.

Raw Mixed Anything...

As I mentioned - I want you to get creative and since these are snacks then they don't need much work or much thought to keep you going to a main meal. It's as simple as mixing-

What You Need-

- Nuts - Almonds, Macadamia, Pecans - you choose what you want.
- The 'Berry' Fruits - Strawberries, blueberries, blackberries...
- Seeds - I think you get the idea

Instructions-

Have a play, mixed fruit and nut. Nut and Seeds - maybe just the nuts, perhaps just the fruit? Maybe not just the seeds - but this is a simple little snack idea. Chop anything if need be and then added them to a bowl. Mix. Eat.

Dipping Frenzy

A great way to snack Paleo Style is to have something to dip some vegetables in - Paleo Hummus:

What You Need-

- 1 Cauliflower that you can chop into florets
- 2 Teaspoons of Cumin
- 1 Teaspoon of Paprika
- 1/2 Cup of Tahini
- 4 Tablespoons Extra Virgin Olive Oil
- 1 Lemons worth of Juice
- 4 Garlic Cloves that will be minced

Instructions-

Make sure you preheat the oven to 500F. Get a bowl and add your cauliflower, tossing it with 2 tablespoons of the Olive Oil along with the paprika and cumin. Cook in the oven for 30 minutes on a baking sheet. Throw the cauliflower into a blender (notice I use a blender a lot of the time - buy one - you won't regret it) and blend. Then we add the rest of the 2 Tablespoons worth of Oil along with the tahini

garlic and lemon juice. Blend to get a smooth texture. Serve with any vegetable you want - my favourites for this dip is either carrot or celery.

Lastly we have The Paleo Scotch Egg...

I'm Scottish - I still need to be able to eat my Scotch Egg! Just no breadcrumbs and acceptable meat please!

What You Need-

- Enough Minced Grass Fed Beef to cover 1 egg
- 1 Egg
- 2 Cloves of Garlic
- Dash of Paprika
- Finely chopped onion (optional - only use a small amount)

Instructions-

Start by hard boiling your egg. Finely chop and crush your garlic and mix in with the beef adding the Paprika and onion if you used it - adding the mix to your egg, roll gently to try and shape. Bake or Grill up to you until your beef is cooked, about 10 minutes should do the trick depending on how much beef you use.

So we've entertained our guests with some light Caveman Diet appetizers and healthy snacks to get them salivating for more great food! Or maybe we've just been enjoying these Paleo diet recipes at work all day and now are ready for a full meal! These healthy snack ideas and are so easy to create and will help keep you full until you next eat!

Chapter IV - Dinner Meals

Time for Dinner!

This is where we might start to look at using more main meats such as chicken, steak, fish and lamb. Although all are perfect for breakfast, lunch or dinner! Chicken is such a great meat to work with; it won't overpower the other additions in your meal. You can have a selection of white and dark meats along with their high in protein to keep you fuller for longer. But we can also explore the other birds as well – Turkey, Geese and Duck are also other great poultry dishes to look at! We also have Wild Game which is encouraged in Paleo – Boar, Kangaroo, and Venison – to name a few.

Cashew – Coconut Chicken

A personal favourite which I would love to share with you all! This recipe will serve 4.

What You Need-

- 4 boneless/skinless chickens, pounded thin with a meat tenderizer
- 1 Cup of Coconut Curry*
- ¼ cup of roasted Cashew Nuts

Instructions-

Combine your chicken and curry so you can marinate in the refrigerator for 2 hours. Make sure you remove 30 from the fridge, 30 minutes before cooking. Preheat the oven so you can broil – Put your chicken on a wire rack and cook for 20 minutes – turning the chicken half way through the process. Remove from the oven and scatter with your roasted cashews.

Creamy Coconut Curry Recipe

Make 1 cup of this sweet and spicy coconut curry to help compliment your desired meat dishes.

What You Need-

- 2 Tablespoons of Extra Virgin Olive Oil
- 1 chopped medium sized onion
- 1 small tomato, chopped
- 4 crushed garlic cloves
- 1, 1 inch piece of ginger root, fresh
- 8 ounces of fresh coconut milk
- 1 tea spoon of salt-free garam masala spice blend

Instructions-

Get your skillet or frying pan and add your oil heating on a medium flame. Add the onion and tomato to cook for about 5 minutes – stir in your ginger and garlic and continue cooking for around 1 minute. Reduce your heat and simmer for 10 minutes whilst stirring occasionally. Add the garam masala and keep on simmer for a further 5 minutes. Remove from the heat and let cool for another 10 minutes. Pour into a blender so you can puree

until smooth. Return your mixture to your pan of choice and add your coconut milk – keep on simmer with a low heat – stirring occasionally for around 10 minutes. Serve hot or cold.

You Seafood – You Eatfood!

Maybe you prefer fish and would be more interested in the sea food diet. You see food you eat it! Fish is great because of its Omega 3 content – as it's really good for our overall health and is claimed to help with most inflammatory diseases that usually end in "itis", as well showing a reduction in heartbeat irregularity known as arrthmias, a decrease in blood clotting, inflammation reduction with help against artery clogging and help against heart disease. Another great source of Omega 3 and I hear it has even more than some Fish are Chia Seeds. Read about them here – [Chia Seeds](#)

The list continues; there is evidence that Omega 3 also contributes help towards acne, asthma, many types of cancers, sunlight damage to skin, psoriasis, insulin resistance, type 1 and type 2 - diabetes, multiple sclerosis and migraine headaches are also responding positively to Omega 3! The list continues, I only just scratched the surface. If you would like to read up more on Omega 3 and its amazing health benefits then please look at these posts – *(I am not one for sharing information and not linking you to at least a little proof...)*

Here are some [Benefits of Omega 3](#)

And here are some [more](#) – This one contains a nice big list!

Now that you can read about these great benefits in your own time, let's get onto the best part. The consumption of our fish! The recipe I will share with you is ridiculously fast and easy to cook! This recipe is designed to serve 3 – 4 people.

Skewered Shrimp

What You Need-

- Lime Juice, 2 Tablespoons
- ¼ teaspoon of black pepper
- 3 Garlic cloves, mince or finely chopped
- 2 inch piece of grated ginger
- 2 Tablespoons of minced Cilantro leave (makes about 1 spoon)
- 1 Tablespoon of Extra Virgin Olive Oil
- 1 – 2 pounds of large Shrimp

Instructions-

In a bowl add your Lime juice, black pepper, garlic, ginger and cilantro. Mix everything together and then add in your oil, stirring constantly. With a sharp, small knife, pierce the head of the shrimp and carefully cut along towards its tail so you can remove the dark vein. Give them a quick rinse with cold water. Then all we have to do is mix our shrimp in our marinade. Cover and place in the refrigerator for about 20 minutes. Make sure the grill has been set to pre heat on a high setting for about 10 minutes. Use skewers to attach your shrimp, leaving some room between each one. Grill each side for 2 – 3 minutes, keeping the lid on your grill closed.

Next we have a great Chicken Wing Recipe that was provided to me by Ruth from – <http://paleodietbasics.com> – she has some great free recipes so be sure to check out her website!

Eastern Chicken Wings

What You Need-

- 10 chicken wings (get your butcher to cut them in half if you like)
- 2 tbsp. olive oil
- 1 tsp. turmeric powder
- 1 tsp. ground cumin
- 1 tsp. ground curry
- ½ tsp. salt
- Cayenne pepper to taste (optional, add to make it spicy)

Instructions

Pour the olive oil into a large bowl. Add all the spices and mix to make a paste. Don't make it too thick, though. It'll have to coat all the wings. Add olive oil if needed. Add the wings to the bowl and mix. Spread the wings out on a baking sheet lined with aluminium foil for easy clean-up. Place in the oven on a high shelf and roast on high heat (heat coming from the top of the oven) for about 15 minutes on one side until crispy, then turn and do the other side for another 10 minutes. I like my wings really well done. Ok, I like them borderline burnt. Basically, roast them to the crispiness you prefer. I find that some wings are ready before the others, so I remove the ones that are done and leave the rest a bit longer.

These chicken wings are awesome. But what if you are after an easier dinner? Maybe something light as you had a big lunch, or too many delicious Paleo Snacks! Then Ruth was kind enough to provide us with another great recipe, this time it is for Tomato Soup!

Paleo Tomato Soup

What You Need-

- 2 Tbsp. Virgin Coconut Oil
- 5 Garlic cloves, sliced
- 1½ Kilos (about 3 pounds) Organic Tomatoes
- ½ Cup Fresh Basil leaves
- 1 Cup Homemade Chicken Bone Broth (preferably from pastured chickens)
- 2/3 Cup Coconut Milk
- Garnish with sliced sun-dried tomatoes and sliced, fresh basil. (optional)

Instructions-

Slice the garlic and let it rest for 10 minutes so its natural Allicin can develop. Heat coconut oil over low heat and add the crushed garlic. Cook for about a minute to soften and infuse the oil with garlic. Cut the tomatoes in large pieces (quarters or sixths, depending on tomato size). Remove the hard

stem base, and add to the pot. Add a handful of whole basil leaves. Cook over a low flame for about 30 minutes. Remove from heat. If you have the time, let the tomato combination cool down. It's more pleasant to use blend when the soup has cooled down. Puree the tomato mixture with an immersion blender until there are no more chunks of tomato.

I was talking recently with Stephanie over at Stupid Easy Paleo (<http://stupideasypaleo.com>) and she was kind enough to let me use two of her recipes in this chapter of the Book. So without further a due let us finish off our main meals. Starting with:

Italian Sausage Ragout

Ingredients-

- 2 Italian sausages (read labels carefully, if no clean options available, sub lean ground pork)
- 1lb (500 g) lean ground turkey breast (or beef)
- 2 small zucchini, sliced into quarters
- 1 large onion, sliced
- 1 large tomato, diced
- 15oz can fire-roasted diced tomatoes
- 1 cup prepared pasta sauce (I find that mincing tomatoes together makes a fine sauce without a can or glass jar)
- 1/2 cup sliced green or black olives
- 1 sweet potato, peeled and diced (optional)
- Coconut oil or fat of choice

Instructions-

In a large pot over medium-high heat, sauté the turkey breast and Italian sausage which has been removed from the casing until cooked through. Drain any excess fat and move the meat to a separate bowl for the time being. Prepare the veggies: quarter and slice the zucchini slice the onion and dice the tomato. Slice the olives and peel / dice the sweet potato. In the same pot over medium-high heat, add a spoonful of your fat of choice. Add the onion and zucchini and sauté until softened but not browned, about 5 minutes. Add the remaining ingredients – tomato, fire-roasted diced tomatoes, pasta sauce, olives, sweet potato and spices. Bring to a boil then reduce to a simmer, partially covered for about 20 minutes or until the sweet potato is tender. Tasty over roasted spaghetti squash or just on its own!

One Skillet Paleo Dinner

Ingredients-

- 1 lb. (500 g) ground beef
- 1 head of cauliflower, riced
- 16oz jar pasta sauce (check labels for weird ingredients, or make your own with blended tomato's)
- 1-2 Tablespoons capers or sliced olives for garnish

Instructions-

Brown the meat in a large skillet over medium-high heat. You may want to drain the fat if the meat's not grass fed. Add the riced cauliflower and pasta sauce. Simmer for 5 minutes or until the cauliflower is tender. Garnish with capers or olives.

What next? Should we look at some beef? Beef is a great source for iron and zinc and if it is grass fed it will contain a nice high content of Omega 3. The problem with grain fed cattle is it just makes them fat, when we eat beef we do want some fat as it does give us energy, but not that much - We also want loads of great tasting lean meat! Grain just bulks out the cattle faster so they are able to slaughter them quicker for mass production. It takes a cow roughly 4 years to gain full size on a grass diet, and I'm lead to believe it takes about 18 months for a cow on a grain fed diet. You are what you eat; if the cows you are eating eat the grain; then you are eating the grain.

Another great reason to eat red meat is that it has a high source of Vitamin B6 and B12. If you would like to learn more about how these vitamins are healthy for you then here are a couple of posts –

- [Vitamin B6](#)
- [Vitamin B12](#)

Although save all that technical mumbo jumbo till later. First we must feast!

Homemade Burgers

So how do we keep our favourites? Burgers have always been a favourite of mine, but without the bread then it's pretty hopeless. Why go to the bother of making the burger in the first place? Are you going to suggest gluten free bread? No! I'm not really partial to that; here is how I do it. This will serve 1 person.

What You Need-

- 200g of high quality Minced Meat
- ¼ onion
- 1 Ice Berg Lettuce Leaf (biggest you can find, easily found on a new head)
- 1 Egg
- ¼ of Pepper (any colour you desire)
- Black Pepper, Nutmeg and Paprika (all to taste, up to you how much you use)
- Some tomato slices

Instructions-

Chop the onion and pepper, diced. Take you mincemeat and add into a bowl with the chopped veg, adding the black pepper, nutmeg and paprika – you don't need much, just a little sprinkle of each would suffice for flavour (but you can choose, maybe your nutmeg mad!). Mix everything up, and then add your egg. Continue mixing well until everything becomes a big sticky mess. The egg will help hold your burger together. Fry your burger on a pan with some Oil and also fry any left-over onion and pepper if it was making your burger to bulky (you can also chop extra).After the burger is cooked

to your liking, scoop it into your big lettuce leaf, add the extra onion and pepper with your slices of tomato. Wrap up the burger in the lettuce and secure with a tooth pick.

Simple! Who needs bread to make a Burger? The lettuce technique is great if you want to make foods that would have used flour based wraps or bread to encase the filling. Maybe try a Paleo taco wrap but with lettuce, this will also work!

That's it for the main course. Next we are heading over to Paleo Style Desserts. Not only are these so inventive when keeping with the Paleo Lifestyle – they are some of the tastiest and healthiest desserts I've ever eaten...

Chapter V - Desserts

What are the Rules for Desserts?

They are nice and simple to follow; no refined sugars, grains or honey. That's all you need to remember if you ever want to know that a Dessert is Paleo friendly.

Buuuuut... Honey is my problem – I love honey. Especially the honey we have on the Eco Farm! All natural with nothing added. See this is my problem with the 'no honey' - as honey is natural, I can only imagine our ancestors loved it. I used to have the biggest sweetest tooth ever! So you can imagine I have given up a lot of things I enjoy to eat. Honey is so deviously sweet and tasty! Great to have in tea or coffee! But if it's top quality and natural then it's ok for me! I like to bend the rules every now and then... Raw Honey is Okay in my (e)books...

So I never take out honey as I have too much love for it, maybe the same way as why I can't give up beer. So yes by all means use honey – but use it in moderation, as honey contains a lot of natural sugars and will surely provide you with a nice little belly if you are not careful!

So our main focus here will be on fresh fruits, nuts, dried fruits, herbs and spices and also some vegetables may be used, but that will depend. Desserts should be nice and simple, aesthetically pleasing and also light on our stomach. You may be in the process of digesting two other main courses. Spices are a great addition which will help with flavouring your desserts – cinnamon, cloves, nutmeg and mint will serve as a great addition to a fruit salad. There are many herbs and spices to choose from, all though be careful with how many you use and the quantity of what you use as you may spoil your dessert.

This is why I have hand-picked some of my favourite desserts to share with you! Some fruits will be able to replace that sweet tooth opposed to those Sugary desserts that will only send your blood sugar levels plummeting!

Coco(a) Nut Balls

Excuse the strange title but I think it fits. I love this little recipe, these things are so tasty! I love Cocoa as well (this is basically raw chocolate, gorgeous, although the raw stuff is quite an acquired taste. Let you friends try a handful of Cocoa Seeds and watch their reaction :D)

What You Need-

- 3 Cups of Unsweetened Shredded Coconut
- $\frac{3}{4}$ cup of Coconut Oil
- $\frac{1}{2}$ Cup of Raw Cocoa Powder
- $\frac{1}{3}$ Cup of Raw Honey
- 1 Teaspoon of Vanilla Extract

Instructions-

Mix all of your ingredients well for several minutes; making sure you coconut is well coated. Place in the refrigerator for about 15 minutes – be careful as any longer the coconut oil will start to solidify and become hard to form. Remove from your fridge and form the mixture into spherical shapes. No bigger than a golf ball. Re-refrigerate for 30 minutes before experiencing this delightful little chocolate balls!

How do you enjoy the Cocoa? It's lovely, also it's really good for you, why don't you have a look at this post – ['Cocoa: The Health Miracle'](#). You want more raw chocolate don't you? Well a dessert isn't a dessert without chocolate! Here's an old favourite-

Paleo Chocolate Pudding (dairy free)

What You Need-

- 1 Avocado
- 1 Banana
- 2 Tablespoons of Coconut, or Almond Milk
- 3 - 4 Table Spoons of Raw Cocoa powder
- Cocoa nibs for garnishing
- Pinch of Cinnamon

Instructions-

Blend the avocado, banana, coconut milk and the cocoa powder. Then add the rest of your ingredients and continue to blend until everything is completely combined. Pour into a dish and garnish with your cocoa nibs.

So how about some cookies, as it would be unfair to completely cut them out of your diet (I love cookies). Can you see how I used to be so fat? So it's great that even though I have changed my lifestyle and diet - I can still eat the foods that I used to love and not do any damage to my health :)

Cookeeee! Nom, Nom, Nom.

Ingredients-

- 1 Cup of Almond meal
- ¼ Cup of Coconut Flakes
- 1/3 Cup of Honey
- 2 Tablespoons of melted Roasted Almond Butter (or coconut oil will work)
- 1 Tablespoon of Orange Zest

Instructions-

Make sure you preheat the oven to 350F or 175C. Combine the almond meal, orange zest and coconut flakes – add the butter and honey - mix well. Take your mixture and place on a parchment paper-lined cookie sheet. Quash each spoonful a little to give the desired cookie shape. Bake for 10 – 12 minutes. Move to a rack and let them cool for 10 minutes. Or 5 if you like them warm ;)

Almond Pancakes?

That's right I eat pancakes for Dessert sometimes...

Ingredients-

- 1 cup of almond flour;=
- 2 eggs
- ¼ cup water
- 1 Tablespoon of Raw Honey;
- 1 Tablespoon of vanilla extract;
- A pinch of ground cinnamon;
- Coconut oil

Instructions-

Mix the eggs, vanilla extract and honey in a bowl, whisking everything together. Add the almond flour and cinnamon, continuing to whisk well. Then we heat our mixture in a large pan over a medium heat, adding the coconut oil so it won't stick to your pan. Pour in the amount of batter you prefer and cook just like you would a normal pancake. 1 minute each side until brown before you flip.

Pancakes are so good for a dessert option; maybe you can add some fruit such as strawberries or blueberries to heighten your flavours. Moving on...

Banana & Coconut Whip

Ingredients-

- 2 Large Bananas
- 1/2 Egg Whites
- 4 Teaspoons of Natural Coconut Flakes
- Ground Nutmeg to taste

Instructions-

Add your bananas to a food processor and puree them until smooth. Add your egg white in stages through the puree process, maybe adding half at one time. Once all the ingredients are pureed until smooth, serve and add your coconut flakes and nutmeg to taste.

Cocoa Fruit and Nut Bars

Ingredients-

- 1/4 cup dates
- 1/4 cup raw almonds or even almond meal
- 1 Tablespoon of sultanas
- 1 Tablespoon of cocoa
- Zest of 1/2 orange, or full if you love the taste of orange

Instructions-

Add all the ingredients to a food processor and blend until they are mixed well together and finely ground. Split your mix into 3 equal portions and shape them any way you desire. Wrap in cling film and store in an air tight container until you want to feast!

There are so good. Let's keep going – 1 more until Smoothies - A Desserts option wouldn't be complete without...

Brownies!!

Ingredients-

- 4 eggs (large)
- A cup of unsweetened cocoa powder
- ¼ cup of maple syrup (best quality you can find)
- 1/3 cup of extra virgin coconut oil
- 2 teaspoons of vanilla extract

Instructions-

Preheat you oven to 350 – get a large bowl and mix all your ingredients together, well. Pour in a loaf pan of your size, Bake for 20/15 minutes, roughly. After they have finished cooking add them to a wire tray to let cool - Easily stored in your Fridge for storage.

These are some great tasting desserts to help finish any satisfying meal! Although who says desserts have to be at the end of a meal? You may use these at any time of the day, soup and dessert for lunch sounds pretty good to me!

In the next chapter is a great way to satisfy your thirst - Smoothies.

Chapter VI - Smoothies

So we've had a look at some great foods - But what about our drinks? If we can't drink milk or fruit juices; yes fruit juices bought from the shops are incredibly bad for you, unless you make your own, some are even worse than fizzy drinks – Information on that [here!](#)

Then there is alcohol, which is a big no for you from Paleo as obviously it contains sugar and with beer you get loads of carbs - although I drink in moderation now.

So is it just water for us Palaeolithic dieters? No, may I suggest investing in a blender. You can find a good one [here at Amazon](#). Smoothies are awesome; they are so full of nutrients and minerals from all the different types of fruit and veg you can mix. Why not also add in some egg whites if you are in an exercise regime and need to bulk up some muscle.

Although be Warned...

Although watch out with smoothies, don't overdo it, as if you are after weight loss then you will struggle with the natural sugars that come with your fruits. If you are also a current sufferer of high blood pressure, type 2 - diabetes or heart disease maybe enforce some restricted use and come up with an acceptable level as to not hurt yourself or impose any health issues as you are trying to overcome these diseases.

So let's have a look at some of my favorite smoothie recipes!

The Green Lantern

What You Need-

- A couple of handfuls of organic spinach
- A handful of kale
- A cup of frozen mango
- 1 ripe fresh banana
- 3 pitted dates
- 1 basil leaf
- Dash of cinnamon
- A cup of ice

Instructions-

Take your spinach, kale and basil leaf and blend with 1 cup of water. Then add your banana, mango, dates and dash of cinnamon along with the ice. Blend until it is smooth - Easy.

Next we have one of my all-time favorite smoothies. Your mouth will start to salivate just thinking about this one!

Blueberry and Avocado Smoothie

What You Need-

- 2 cups of coconut water (or just water if you don't like coconut)
- ½ to 1 whole avocado, chopped, again depend on you
- A cup of fresh blueberries
- 1-2 tablespoons raw honey (go for the purest honey)

Instructions-

Blend. That's it.

You will soon come to love smoothies – not only are they so good for you, but so easy to make and so filling! Some are like a meal in themselves. Next I will show you some smoothies you can make with vegetables so you are not over doing in on the fruit! Let's start off with a Smoothie I found while browsing aimlessly online one rainy day...

Veggie Smoothie

What You Need-

- Handful of Cilantro
- Generous Handful of Spinach
- Half a cucumber
- 1 Teaspoon of Lime Juice, add more to taste
- 1 Small Avocado
- 1 Glass of Water
- A dash of Chipotle

Instructions-

Blend.

How is that for a salad in a glass? Don't be afraid to mix the fruit and veg also! Here is another personal favorite of mine. It can also get quite messy so be warned!

Mixed Up

What You Need-

- 1 Beet
- 1 Granny Smith Apple
- Half a Carrot
- 2 inch ginger

Instructions-

Blend. Enjoy a messy clean up!

Smoothies are just too easy to create...

Fruit & Spinach Smoothie

Ingredients-

- ½ cup of Coconut Milk
- ¾ of Almond Cream
- ¼ Cup of Flax Seed
- 1 Whole Banana, chopped
- A handful of Fresh Strawberries
- Another handful of Raspberries
- 1 teaspoon of Raw honey
- Handful of Spinach, to taste.

Instructions-

Blend the ingredients. Slowly adding as you blend until smooth. This will serve 2 people.

Too easy. Here look at this one.

The Banana Bomb

Ingredients-

- A large banana
- Nutmeg to taste (everyone is different on their levels of use, you know best)

Instructions-

Blend. Enjoy!

Paleo Life is Peachy

Ingredients-

- ½ of Fresh Peaches and/or Nectarines
- ½ cup of apricots
- Nutmeg and Cinnamon to taste (I prefer a couple pinches of each)

Instructions-

You know... Blend...

There we have it, here are a nice little collection of Smoothies for you to get started, trust me you will be after more and more. There we have it, now onto the bonus chapter where I have posted a selection of 8 random Paleo Diet Recipes; rounding all these recipes up to a nice number – 50.

Chapter VII - Bonus

Okay, 42 recipes kind of annoyed me - so I decided to throw in another 8 and now it can be rounded up to a clean 50! It will also help you when wanting to get inventive with more recipes, if you ever get stuck for ideas.

I'll leave it at that, enjoy :)

Scrambled Egg Surprise

Ingredients-

- 2/3 eggs, however many you prefer
- Surprise!! Whatever you want...

Instructions-

I've stated before that I want you guys to become inventive and think for yourself, so here we have the start of a recipe – eggs. Then the rest is up to your create mind. I normally have something like this for breakfast a couple of times a week. Where I just see what veg I have in stock and add it to my scrambled eggs – onion, zucchini, peppers, tomato, pepper, herbs. Whatever you want, close your eyes and point. See what comes up; maybe even add some meat...

Broiled Eggplant in Tomato Basil Sauce

Ingredients-

- 1 large or 2 small eggplants
- 3 cloves of garlic, sliced thinly
- 8 ripe tomatoes
- 15 basil leaves
- Olive oil

Instructions-

Cut the eggplant into slices – about a centimeter thick (a little less than ½ an inch). Sometimes I cut each slice into 2 or 3 strips, especially if the eggplant is large. Brush lightly with olive oil. Then place on a baking tray. Put the tray one of the higher levels in the oven to broil (don't bake) for about 14 – 18 minutes, watching carefully to see that the slices don't burn. Turn when they're done on the first side.

Preparing the sauce

Sauté sliced garlic in olive oil for about 45 seconds. Add quartered tomatoes and whole basil leaves.

Cook for about 25 minutes on low heat in a covered pot, stirring occasionally until the tomatoes are completely soft. Blend and then pop the eggplant into the sauce and heat through.

Invent Your Own Smoothie

Ingredients-

- Whatever Fruit You Have

Instructions-

I hope you remember how easy the Smoothies were, and they are exceptionally easy to create. Just get some of your favorite fruit, cut them up and blend together. Apple and Raspberry is a great combination for a Smoothie drink!

Honey & Lemon Tea

Ingredients-

- A Teaspoon of Raw Honey
- Juice of half a Lemon
- Hot Water

Instructions-

I feel I'm cheating with this one as a filler recipe but it's a tasty little drink that I'm sure a lot of you may already consume. I'm using it in any ways - Add the Honey and Lemon Juice to the Hot Water and stir well.

Paleo Waffles

Ingredients-

- Separate 3 egg yolks and egg whites
- 1/4 cup of coconut milk
- 1 cup of almond flour
- 1 teaspoon vanilla
- 2 tablespoons coconut oil, melted

Instructions-

Preheat your waffle iron and in a bowl whisk the egg yolks and coconut milk, then adding in your almond flour. Whisk until smooth. Add your coconut oil and whisk the egg whites until form stiff moist peaks in a separate bowl. Fold a ¼ of the egg whites into the batter and then folder the batter with the remaining egg whites, usually in ¾ parts. Add your vanilla and mix well. Add the mix to your waffle iron, cook until golden brown.

Hemp Oil and Chive Salad Dressing

Ingredients-

- 1 Tablespoon of hemp oil
- 1/2 Teaspoon of Raw Honey
- 1 Teaspoon of Red Wine Vinegar (optional, not technically Paleo, but adds a nice favor)
- 1 Tablespoon of chives, finely chopped
- 1 Tablespoon of extra virgin olive oil
- 1 minced Garlic clove

Instructions-

Mix everything together and serve with your favorite salad.

Meatballs

Ingredients-

- 200g of ground Lamb
- 1/2 cup of minced fresh parsley leaves
- 2 Teaspoons of ground Cumin
- 1 Tablespoon of Paprika
- Ground black pepper to taste

Instructions-

In a bowl, combine your parsley, cumin, paprika and black pepper. Add the ground lamb and knead until everything is mixed well, use your hands. Take out what size of meatball you would like and shape by rolling the mixture together between your palms. Add all the meatballs to a baking sheet, and then onto the Sauce, our final recipe.

Meatball Sauce

Ingredients-

- 1 tablespoon coconut oil
- 1 onion, diced
- 3 or 4 diced medium tomatoes (depends on how heavy you want your sauce)
- Ground black pepper to taste
- 1/2 cup minced fresh parsley
- 1 & 1/2 cups of water
- 2 crushed garlic cloves
- 2 teaspoons paprika
- 2 teaspoons ground cumin

Instructions-

Heat your oil in a large pot and add the onion, sauté until they are soft or to how you like your onions, crispy? Then proceed to add your cumin, paprika, garlic and pepper, stir well. Add all your

chopped tomatoes and continue to stir. Then after a minute or so add your water and parsley – bring your sauce to the boil.

The Finishing Touches

Carefully place your meatballs in the sauce, reduce your heat to simmer and cook for 40 minutes. Covering the pan, after 40 minutes remove your lid and continue to cook for a further 15/20 minutes.

There you have it. Thanks for reading!

The End..?

References

Here is a list of references that were used to create this eBook. Some of these websites provided me with recipes on their behalf and some I used purely for reference when writing the filler content between the recipes. Others are where we found some free recipes that were not Paleo Friendly. Which were changed to accommodate – If you discover this eBook and feel you need to be credited for a specific recipe then please contact us through the website and we will honor your request. But please be aware - We scouted the internet for free recipes which were modified by us to be more Paleo Friendly. It may be coincidence that our recipes look or feels the same; a lot of recipes are repeated constantly by different Chefs and Writers who incorporate their own styles uniquely. It happens; the same idea can be rehashed within many different minds. We also have a collection of recipes we found online that we have no reference for but were changed to be more Paleo Friendly. So in case one of these may be yours, email us and we'll provide you with honors. It was never our intention to steal anyone's ideas :)

Others are websites that may be of benefit to you when looking into The Paleo Lifestyle: