



What The Doctor Eats

60 Gluten-Free, Grain-Free, Dairy-Free, Sugar-Free, but not Flavor-Free Recipes

Janine Chambers



DISCLAIMER:

This recipe book does not constitute medical advice. You should consult a medical professional before modifying your diet. While the recipes contained in this book aim to be immune neutral, due to the wide array of allergies, not every recipe will be suitable for your diet.

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A top-down view of a roasted poultry bird, possibly a duck or chicken, served on a silver platter with a decorative border. The bird is golden-brown and garnished with fresh herbs. The platter is set on a wooden table. In the background, there are wine glasses, a white plate with a knife and fork, and some purple flowers. A semi-transparent red banner is overlaid across the middle of the image, containing the word "Poultry" in white serif font.

Poultry

Chicken Pizza

Ingredients

- Chicken breasts
- Pizza seasonings (Italian seasoning, oregano, parsley and garlic, etc.)
- Pizza sauce

Optional Ingredients:

- Turkey pepperoni
- Onions
- Peppers
- Olives
- Spinach
- Tomatoes or sun-dried tomatoes
- Bacon

Directions

1. Pound a chicken breast or I opted to fillet a chicken breast.
2. Sprinkle chicken with pizza seasonings.
3. Cook in the oven on a cookie sheet on broil.
4. Take chicken out when it is almost done and add a TBS of pizza sauce and desired toppings on each piece.
5. Put chicken back in the oven and broil until veggies are done.

Chicken Vegetable Soup

Ingredients

- 1 onion, chopped
- 2 TBS coconut or olive oil
- 2 TBS minced garlic
- 3 carrots, chopped
- 3 stalks of celery, chopped
- 1 red bell pepper, seeded and chopped
- 2 c sweet potato, chopped
- Salt and pepper to taste
- 4 cups chicken broth or water
- Basil, parsley, dill, thyme

Directions

1. Heat oil in a large pot. Add onion and cook until onion is soft.
2. Add the rest of the vegetables, herbs, salt and pepper and let cook for about 10 minutes.
3. Add chicken broth or water and turn the heat up to high.
4. Bring to a boil. Once boiling, cover with a lid and reduce heat to medium/low.
5. Stir occasionally. Let cook for about an hour.
6. Add cooked chicken if desired.
7. Serve and enjoy.

Adapted from cleaneatingmama.com

Saucy Tomato & Spinach Chicken

Ingredients

- 2 chicken breasts, cut into pieces
- 2 cloves garlic, minced
- 1 tsp. Coconut or olive oil
- 1 can diced tomatoes
- Few huge handfuls fresh spinach
- 2 cups cooked quinoa
- Cracked pepper and chili powder to taste

Optional Ingredients:

- 1/2 C black beans (rinsed and drained)

Directions

1. Cook chicken in oil and garlic.
2. Once chicken is cooked through mix in tomatoes.
3. Add spinach and stir until spinach wilts.
4. Add black beans if desired.
5. Stir in cooked quinoa or serve it on the side.

Adapted from fannetasticfood.com

Chicken Fajita Salad

Ingredients

- 12 oz. chicken breasts, cut into strips
- 1/2 onion, thinly sliced
- 1 zucchini, cut into strips or 1 green bell pepper, sliced
- 1 TBS oil
- 6 cups chopped romaine lettuce
- 1 tomato, cut into wedges
- 1/2 avocado, chopped
- 1/4 tsp cumin
- 1/4 tsp chili powder
- 1/2 jalapeño, seeded and minced
- 2 TBS chopped cilantro

For Cilantro-lime Vinaigrette

For Marinade

- Juice of 1/2 lime
- 1-1/2 TBS oil
- 1 garlic clove, crushed
- 1/2 tsp salt
- Juice of 1/2 lime
- 1/4 cup cilantro
- 2 TBS oil
- 1 TBS red wine vinegar
- 1 garlic clove
- Salt & pepper

Chicken Fajita Salad

Directions

1. Combine marinade ingredients in a large bowl then add chicken and toss to coat. Cover then let sit and marinate at room temperature for 30 minutes.
2. Combine ingredients for Cilantro-Lime Vinaigrette in a food processor or blender then process until smooth. Set aside.
3. Heat 1/2 TBS oil in a large skillet on high. Remove garlic clove from chicken then carefully add in one layer on the bottom and cook for 1 minute undisturbed. Stir then sauté until cooked through, about another minute or two. Remove chicken to a plate and set aside.
4. Heat remaining 1/2 Tablespoon oil in pot then add onions and zucchini (or bell pepper, if using.) Cook for 1 minute, undisturbed, then stir and sauté until tender, about another minute. Add chicken back into the pot then stir to combine.
5. Divide lettuce, tomatoes, and avocado between two plates then top with cooked chicken. Drizzle with Cilantro-Lime Vinaigrette.

Adapted from iowagirleats.com

Quinoa Chicken Soup

Ingredients

- 2 TBS coconut or olive oil
- ½ cup carrots, chopped
- ½ cup celery, chopped
- ½ cup onions chopped
- 2 cups water
- 3 cups chicken broth
- 1 cup quinoa
- 2 cups chicken, cooked and diced
- ¼ cup parsley, chopped
- ½ tsp garlic powder
- ½ tsp salt
- ½ tsp pepper

Directions

1. In a large saucepan, heat 2 tablespoons of oil over medium-high heat.
2. Add carrots, celery and onions to the heated oil and fry for about 5 minutes or until the vegetables just start to brown.
3. Stir in 2 cups of water and 3 cups of chicken stock or broth and bring to a boil.
4. Stir in quinoa, cooked and diced chicken, parsley, garlic powder, and salt and pepper.
5. Cover the pan, reduce the heat to low, and cook for 20 minutes.

Retrieved from bigoven.com

Garlic-Lime Chicken

Ingredients

- 1 $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- $\frac{1}{4}$ tsp cayenne pepper
- $\frac{1}{8}$ tsp paprika
- $\frac{1}{4}$ tsp garlic powder
- $\frac{1}{8}$ tsp onion powder
- $\frac{1}{4}$ tsp thyme
- $\frac{1}{4}$ tsp parsley
- 4 boneless-skinless chicken breasts
- 1 TBS coconut or olive oil
- 2 tsp garlic powder
- 3 TBS lime juice

Directions

1. Mix together all of the seasonings in a small bowl.
2. Heat oil in a large skillet over medium heat.
3. Sprinkle spice mixture on both sides of the chicken.
4. Sauté Chicken until golden brown, about 6 minutes each side.
5. Sprinkle chicken with the additional 2 tsp garlic powder and the lime juice.
6. Cook 5 minutes siring often to coat evenly with sauce.
7. Serve with spoonful of sauce on top of chicken.

Adapted from randomanderson.wordpress.com

Creamy Crockpot Chicken And Tomato Soup

Ingredients

- 4 frozen skinless boneless chicken breast
- 1 TBS Italian Seasoning
- ½ TBS dried basil
- 1 cloves garlic, minced
- 1 onion, chopped
- 1 can of coconut milk (full fat), shake before opening can to avoid separation
- 1 can diced tomatoes and juice
- 1 cup of chicken broth
- 1 small can of tomato paste
- 1/2 jar of your favorite tomato sauce
- Salt and pepper to taste

Directions

1. Add all ingredients to Crockpot and cook 5 hours on high or 9 hours on low.
2. Before eating take 2 forks and shred the chicken, while still in the Crockpot.
3. This is good served over a bowl of spinach as well.

Adapted from rivernorthpaleo.blogspot.com

Salsa Chicken

Ingredients

- Boneless-skinless chicken breasts
- Medium salsa

Optional Ingredients:

- Homemade Taco Seasoning (page 50)

Directions

1. Place chicken breasts in a crock-pot.
2. Top with salsa and taco seasoning if desired.
3. Cook on low 4-6 hours.
4. Serve with beans and quinoa.

This recipe also works well for the chicken in Chicken Taco Salad or Quinoa Bowls.

Chicken Avocado Soup

Ingredients

- 2 chicken breasts, cooked and shredded
- 2 tsp coconut or olive oil
- ½ cups green onions, chopped
- 1 tsp minced garlic
- 1 tomato, diced
- 3 cans chicken broth
- 1/8 tsp cumin
- 1 tsp salt
- 2 avocados, diced
- ½ cup cilantro, chopped
- Lime wedges

Directions

1. Heat oil in pot until hot and then add the green onions and minced garlic. Sauté 2 minutes.
2. Add tomato, sauté 1 minute.
3. Add chicken broth, cumin, and salt.
4. Bring to boil and then simmer on low for 15-20 minutes.
5. To layer bowls: Fill each bowl with shredded chicken, diced avocado, chopped green onions (the remaining ½ cup), and cilantro. Then ladle chicken broth on top.
6. Serve with a lime wedge.

Adapted from mamamiss.com

Cilantro Lime Chicken

Ingredients

- 3 cups medium salsa
- Juice from 1 lime
- ¼ cup fresh cilantro, chopped
- 3 TBS Homemade Taco Seasoning (page 50)
- 2 jalapeño peppers, finely chopped
- 4-6 chicken breasts

Directions

1. Mix salsa, lime juice, cilantro, taco seasoning, and peppers together in a small bowl.
2. Place chicken in the crock-pot and pour mixture on top.
3. Cook on low 6-8 hrs.
4. Spoon the sauce on top of chicken to serve.

Adapted from pipanderbby.com

Roasted Crockpot Whole Chicken

Ingredients

- Whole chicken
- Seasonings of Choice (Rosemary and Salt are a good starting point if you don't have a go-to poultry seasoning)

Directions

1. Put whole chicken in the crock-pot.
2. Season with desired seasonings.
3. Cook all day until chicken falls off bones.
4. Serve with beans, salad, or vegetables.

Roasted Crockpot Whole Chicken

Ingredients

- Whole chicken
- Seasonings of Choice (Rosemary and Salt are a good starting point if you don't have a go-to poultry seasoning)

Directions

1. Put whole chicken in the crock-pot.
2. Season with desired seasonings.
3. Cook all day until chicken falls off bones.
4. Serve with beans, salad, or vegetables.

Balsamic Vinegar Chicken

Ingredients

- 4 skinless, boneless chicken breasts
- 4 – 5 garlic cloves
- 1 cup fresh basil
- 1 TBS olive oil
- 1 tsp. Balsamic vinegar
- 1/4 cup water
- 1 cup sliced mushrooms (optional)
- 1 package of cherry or grape tomatoes
- 1/2 red onion sliced

Directions

1. Preheat oven at 375 degrees. Brown the chicken breasts in a pan.
2. In a blender place the garlic, basil, olive oil, vinegar, water and pulse until pureed.
3. Place the browned chicken breasts in a baking dish and cover with the basil, garlic mixture. Top with mushrooms, tomatoes and onion.
4. Bake for about 40 minutes or until chicken is fully cooked.
5. Serve with quinoa and a salad.

Retrieved from shellyheim.com

Southwestern Chicken

Ingredients

- 2 cans black beans, rinsed and drained
- 2 large frozen chicken breasts
- 16 oz. medium salsa

Optional Ingredients:

- Chopped cilantro
- Diced avocado
- Lime

Directions

1. Add chicken, black beans, and salsa in crock-pot.
2. Cook on high 4 hours or on low 6-8 hours.
3. Shred chicken with two forks.
4. If desired serve with cilantro, avocado, or lime juice on top.

Adapted from thesisterscafe.com

Chicken Taco Salad

Ingredients

- Romaine lettuce
- Shredded chicken (can use the Salsa Chicken recipe page 10)
- Refried beans

Optional Ingredients:

- Olives
- Grilled onions and peppers
- Salsa
- Guacamole

Directions

1. Make a chicken taco salad with lettuce, chicken, refried beans.
2. Add any other additional toppings.

Bacon Chicken

Ingredients

- Boneless, skinless chicken breasts
- Bacon: turkey bacon or regular bacon

Directions

1. Cut each chicken breast into 6 pieces.
2. Cut bacon slices into thirds.
3. Lay a slice of bacon on each piece of chicken.
4. Cook on a cookie sheet at 350 degrees until chicken is cooked through, about 40 minutes.

Chicken Vegetable Quinoa Pilaf

Ingredients

- 2 TBS coconut oil
- 1 Onion, diced
- 1 Stalk celery, diced
- 3 carrots, diced
- 1 cup dry quinoa
- 2 cups chicken broth
- 1 TBS Italian seasoning
- 1 tsp sage
- 1 cup shredded chicken
- Salt and pepper

Directions

1. Heat coconut oil in a pan over medium.
2. Sauté the onion, celery, and carrots in the coconut oil until tender.
3. Add the chicken broth, quinoa, sage, and Italian seasoning.
4. Bring to a boil over high heat then reduce heat to medium-low, cover, and simmer 20 minutes.
5. Stir in the cooked shredded chicken meat.
6. Season with salt and pepper.
7. You may substitute other vegetables such as zucchini or broccoli.

Adapted from allrecipes.com

Chicken Chili

Ingredients

- 1 can black beans
- 1 can kidney beans
- 2 cloves garlic, minced
- 1 onion chopped
- 1 jalapeño pepper, minced
- 1 bell pepper, chopped
- 1 (8oz) can tomato sauce
- 2 cans diced tomatoes
- 1 TBS cumin
- 1 TBS chili powder
- 1 tsp oregano
- 1 tsp salt
- ½ tsp pepper
- 2 boneless-skinless chicken breasts
- ¼ cup cilantro, chopped

Directions

1. Combine all ingredients into crock-pot.
2. Cook on low 6-8 hrs.
3. Shred chicken with 2 forks before eating.

Adapted from thecomfortofcooking.com

Grilled Chili-Lime Chicken

Ingredients

- 2 tsp grated lime or lemon peel
- ¼ cup lime or lemon juice
- ¼ cup olive oil
- 2 TBS cilantro, chopped
- ½ tsp salt
- 1 small jalapeño chili, seeded and finely chopped
- 1 clove garlic, finely chopped
- 4 boneless-skinless chicken breasts (filleted if desired)

Directions

1. Combine lime peel, lime juice, oil, cilantro, salt, jalapeno, and garlic into Ziploc bag.
2. Fillet chicken breasts if desired and add chicken to Ziploc bag.
3. Let chicken marinade at least 1 hr. no more than 24 hrs.
4. Grill chicken breasts.
5. Serve with Cowboy Caviar Coleslaw (page 51)
6. This recipe is also good for chicken kabobs. Cut chicken up before marinating and add to kabob with onion, peppers, cherry tomatoes, or other desired vegetables.

Adapted from Betty Crocker

Chicken Fajitas

Ingredients

- 1 red onion, sliced
- 1 red bell pepper, sliced
- 1 yellow or orange bell pepper, sliced
- 2 boneless-skinless chicken breasts, cut into thin strips
- 3 tsp paprika
- 2 tsp cumin
- Juice from 1 lime
- Salt and pepper to taste
- 1 ½ tsp chili powder
- Olive oil

Optional Ingredients:

- Fresh tomatoes
- Avocado or Guacamole

Directions

1. Heat pan over high-flame. Pan needs to be hot when you add the ingredients.
2. Put 2 tsp olive oil, lime juice, cumin, paprika, chili powder, and salt and pepper in a gallon Ziploc bag.
3. Add chicken and peppers into the bag.
4. Shake bag until everything is fully coated.
5. Using a pair of tongs put all ingredients into your preheated pan. While cooking move the ingredients around in the pan. Cook about 10 minutes or until chicken is cooked through.
6. Serve with beans or on a salad.

Adapted from glutenfree.wordpress.com

Chicken Zucchini Soup

Ingredients

- 1 onion
- 5 carrots
- 3 celery stalks
- 3-4 zucchini
- 2 boneless-skinless chicken breasts
- Chicken broth
- Coconut or olive oil

Optional Ingredients:

- Parsley
- Sage
- Rosemary
- Oregano
- Salt & Pepper

Directions

1. Heat oil in large pot.
2. While oil is heating up, chop the onions and then add them to the pot.
3. Chop the carrots and then add them to the pot.
4. Next chop the celery and then add and then the zucchini and add.
5. When the zucchini is added the onions should becoming caramelized.
6. Cut up chicken and add it to the pot.
7. Let chicken start to cook.
8. Add enough chicken broth to cover everything.
9. Add seasonings, I use the above seasonings.

Marinara Chicken

Ingredients

- ½ TBS coconut or olive oil
- 4 boneless-skinless chicken breasts
- ½ tsp ground pepper
- ½ tsp minced garlic
- ¼ cup minced onion
- ½ cup chicken broth
- 4 cups spaghetti sauce

Directions

1. Heat oil in a large skillet over medium high heat.
2. Sauté chicken breasts for 4-5 minutes on each side or until white.
3. Add pepper, garlic, onion, and broth.
4. Cover and simmer over medium heat until broth cooks off, 7-10 minutes.
5. Stir in spaghetti sauce.
6. Cover and simmer another 10 minutes until chicken is cooked through.

Quinoa Chicken Burrito Bowls

Ingredients

- 1 cup quinoa, dry
- 1 TBS coconut or olive oil
- ¼ cup onion, minced
- 1 clove garlic, minced
- 2 cans black beans, rinsed and drained
- ¼ cup fresh cilantro, chopped

- ¼ tsp chili powder
- Pinch of cayenne pepper
- ¼ cup lime juice
- Cooked shredded chicken (can use Salsa Chicken recipe page 10)
- Shredded lettuce
- Salt

Optional Ingredients:

- Guacamole
- Pico de Gallo or salsa
- Fresh tomatoes, diced
- Avocados, sliced

Quinoa Chicken Burrito Bowls

Directions

1. Add quinoa and 2 cups water in a pot and heat until boiling. Turn heat down to low, cover with a lid and simmer for 20 minutes.
2. While quinoa is cooking heat oil in a saucepan over medium heat. Add onion to oil and sauté a few minutes. Add the garlic and let sauté a few more minutes.
3. Add black beans, 2 TBS cilantro, chili powder, cayenne and a ½ cup water to the onions and garlic. Bring to boil, then reduce heat to medium low. Let the beans simmer for 15 minutes until the liquid is mostly evaporated. Stir in 2 tbsp. of fresh lime juice. Season with salt to taste.
4. Add 2 TBS cilantro and 2 TBS lime juice to cooked cilantro. Season with salt and pepper.
5. To serve divide quinoa between 4 bowls. Top with lettuce, black beans, and precooked chicken.
6. Add any optional ingredients.

Adapted from theshiksa.com

Chicken Drumsticks

Ingredients

- Chicken drumsticks
- 4 tsp salt
- 4 tsp. Paprika
- 1 tsp onion powder
- ½ tsp thyme
- 2 tsp pepper
- 1 tsp chili powder
- 1 tsp garlic powder

Directions

1. Mix together all seasonings in a bowl.
2. Take skin off drumsticks if desired and roll into seasoning.
3. Bake on cookie sheet at 375 degrees for about 45 minutes.

Chicken Salad

Ingredients

- Romaine lettuce
- Shredded chicken

Optional Ingredients:

- Carrots
- Olives
- Snap peas
- Fresh broccoli
- Hard boiled eggs, diced
- Desired dressing or salsa

Directions

1. Make a chicken salad with the desired above ingredients.
2. Enjoy!

Chicken Tortilla Soup

Ingredients

- 3 boneless-skinless chicken breasts
- 2 cans black beans, drained
- 2 cans diced tomatoes
- 1 cup medium salsa
- 1 4 oz. can chopped green chilies
- 1 14 ½ oz. can tomato sauce

Directions

1. Combine all ingredients into crock-pot.
2. Cook on low 8 hrs. or on high for 5 hours.
3. Before eating, shred the chicken with forks.

Adapted from thesisterscafe.com

Turkey Quinoa Meatloaf

Ingredients

- 1 lb. ground turkey
- 1/3 cup quinoa, dry
- 1 can (8 oz.) tomato sauce
- 1 TBS olive oil
- 1 egg
- 1 onion, chopped
- Salt and pepper

Directions

1. Cook dry quinoa in 2/3 cup water following directions on the package. Or use 1 cup already prepared quinoa.
2. Beat egg in a bowl.
3. Add onion, turkey, tomato sauce, olive oil, and cooked quinoa.
4. Add salt and pepper to taste and mix everything together well.
5. For mixture into a loaf or spread out in a baking pan.
6. Bake at 400 degrees for 50 minutes.

Turkey Bean Soup

Ingredients

- 1 lb. browned turkey burger or hamburger
- 1 TBS of minced garlic
- 1 onion, chopped
- 28 ounces diced or crushed tomatoes
- 1 can tomato sauce
- 6 carrots, diced
- 2 celery stalks, diced
- Parsley flakes
- 1 can black beans (un-drained)
- 1 can navy beans (un-drained)
- 1 can pinto beans (un-drained)
- 1 can garbanzo beans (un-drained)

Optional Ingredients:

- 1 can green beans

Directions

1. Throw all ingredients in a Crockpot.
2. Cook on low 4-6 hours.
3. You can also cook it on the stove in a pot.

Turkey Chili Taco Soup

Ingredients

- 1 lb. browned ground turkey burger
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 1 can diced tomatoes
- 1 can diced green chilies
- 2 cans kidney beans, drained
- 8 oz. can tomato sauce
- 1 can refried beans
- 3 TBS Homemade Taco Seasonings (page 50)
- 2 ½ cup chicken broth

Directions

1. Place all ingredients into crock-pot.
2. Cook on low 6 hrs.

Adapted from skinnytaste.com

Turkey & Zucchini Chili

Ingredients

- 3 TBS coconut or olive oil
- 1 ½ lb. browned ground turkey burger
- 3 TBS Homemade Taco Seasoning (page 50)
- 1 tsp coriander
- 1 tsp oregano
- 2 TBS tomato paste
- 1 (14.5 ounce) can beef broth
- 1 cup salsa
- 1 can diced or crushed tomatoes
- 1 (7 ounce) can chopped green chilies
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 3 medium zucchini, halved lengthwise and sliced

Directions

1. Warm 1 TBS oil in a pot and brown turkey burger. Season with taco seasoning, coriander, oregano, and tomato paste.
2. Pour in beef broth and simmer 5 minutes.
3. Add salsa, tomatoes, and green chilies. Simmer 10 minutes.
4. While chili is cooking warm a TBS oil in a separate pan and cook onions and peppers until onion is translucent.
5. Add onion and pepper to chili and continue to cook on low.
6. In the same pan heat a TBS oil and brown the zucchini.
7. Add zucchini and continue cooking for 15 minutes.

Adapted from allrecipes.com

Zucchini Spaghetti

Ingredients

- 1-2 lbs browned turkey burger
- 3-5 zucchinis, sliced
- Spaghetti sauce

Optional Ingredients:

- Olives

Directions

1. Layer zucchini in the bottom of a 9x13 pan.
2. Add half of your turkey burger on top.
3. Top meat with a layer of spaghetti sauce.
4. Add another layer of zucchini, meat, and sauce.
5. Add diced olives on top if desired.
6. Bake at 375 degrees for 40 minutes or until zucchini is soft.
7. I like to also cook this in the crock-pot.

Cabbage Enchiladas

Ingredients

- Cabbage
- Ground browned turkey burger or cooked diced chicken
- Can of diced tomatoes
- Salt, pepper, and other seasonings
- Salsa

Optional Ingredients:

- Black beans, drained and rinsed
- Cooked quinoa
- Green chilies, diced

Directions

1. Peel cabbage leaves off carefully, run cabbage under warm water to help.
2. Boil a large pot of salted water.
3. Put cabbage leaves into boiling water for a few minutes to soften.
4. Let cabbage leaves dry on paper towel.
5. Mix together cooked meat, diced tomatoes, and any of the additional ingredients.
6. Season with salt and pepper and any desired seasonings. I like to use a little chili powder, garlic powder, and cumin.
7. Spread meat mixture on each cabbage leaf.
8. Wrap the cabbage leaves around the mixture and place in a 9x13 baking dish.
9. Top with salsa.
10. Bake at 350 degrees for about 30 minutes.

Cabbage Turkey Burger Soup

Ingredients

- 1 head of cabbage, chopped
- 1 red pepper, diced
- 1 onion, diced
- 2 cans diced tomatoes
- 32 oz. chicken broth
- 1 lb. ground browned ground turkey burger

Optional Ingredients:

- Italian seasoning
- Garlic powder
- Basil
- Oregano
- Salt
- Pepper

Directions

1. Add ingredients to a crock-pot.
2. Season as desired, I use the above seasonings.
3. Cook on low 4-6 hrs.

Lettuce Wraps

Ingredients

- Romaine lettuce
- Turkey lunch meat (or meat you cook)

Optional Ingredients:

- Bacon
- Guacamole
- Refried beans
- Salsa
- Diced tomatoes
- Avocados
- Hummus

Directions

1. Wash leaves of romaine lettuce.
2. Take a leaf and add meat.
3. Top with any other of the additional ingredients.
4. Eat like a taco.



Eggs

Mexican Baked Eggs

Ingredients

- 1 TBS oil
- 1 small onion, diced
- 2 cloves garlic, chopped
- 1 tsp cumin
- 1 tsp chili powder
- 2 jalapeño peppers, diced
- 1 (28 ounce) can diced tomatoes or 4 cups diced fresh tomatoes
- 1 can black beans, rinsed and drained
- 1 tsp oregano
- Salt and pepper to taste
- 1 handful cilantro, chopped
- 4 eggs

Directions

1. Heat the oil in a pan and sauté the onions until soft, 5-7 minutes.
2. Add the garlic, cumin, chili powder, and jalapeño.
3. Sauté until fragrant, about a minute.
4. Add the tomatoes, black beans, oregano, salt and pepper and bring to a boil.
5. Reduce heat and simmer until the sauce thickens, about 20 minutes.
6. Remove from heat and stir in the cilantro.
7. Place half of the mixture into one or more baking dishes, top with the eggs and spoon the remaining mixture around the eggs.
8. Bake in a preheated 350 degrees oven until the eggs just start to set, about 5-8 minutes.

Retrieved from closetcooking.com

Bacon, Egg, Avocado, and Tomato Salad

Ingredients

- 1 ripe avocado, chopped into chunks
- 2 boiled eggs, chopped into chunks
- 1 medium-sized tomato, chopped into chunks
- Juice from one lemon wedge
- 2-4 cooked pieces of bacon, crumbled
- Salt and pepper to taste

Directions

1. Mix all ingredients together, stirring not too much, but just enough to make some of the avocado and egg into mush.
2. Serve on green salad (optional).

A close-up photograph of a pork loin roast, cooked to a golden-brown, slightly charred finish. The roast is topped with a generous amount of roasted, cubed potatoes and onions, which are also golden-brown and appear to be seasoned with herbs. The pork is served on a white plate, accompanied by a side of roasted broccoli and a portion of roasted potatoes. The background is a light, textured surface, possibly a tablecloth or countertop. A semi-transparent green banner is overlaid across the middle of the image, containing the word "Pork" in a white, serif font.

Pork

Green Chili Pork Taco Salad

Ingredients

- 3-4 lbs boneless pork roast
- ¼ cup water
- Homemade Taco Seasoning (page 50)
- 1 4.5 oz. can of chopped green chilies
- Romaine lettuce

Optional Ingredients:

- Salsa
- Fresh tomato, chopped
- Grilled onions and peppers
- Cilantro
- Lime
- Olives
- Guacamole or avocados

Directions

1. Cook roast in crock-pot with water all day.
2. Shred pork with 2 forks and add green chilies and desired amount of taco seasoning.
3. Turn crock-pot down to warm for at least 30 minutes for flavors to mix. (You could cook roast with seasonings and chilies if desired)
4. Serve pork over a green salad with desired toppings.

Grilled Balsamic-Garlic Pork

Ingredients

- 4-5 garlic cloves, finely crushed or ¼ cup minced garlic
- 2 TBS balsamic vinegar
- 2 ½ tsp pepper
- 2 TBS olive oil
- 4 pork tenderloins

Directions

1. Mix together garlic, vinegar, salt, pepper, and olive oil in a Ziploc bag.
2. Marinate pork in mixture for at least 1 hour.
3. Grill pork on grill.



Beef

Paleo Sweet Potato Sloppy Joes

Ingredients

- 4 pre-baked sweet potatoes
- 1 1/2 lbs turkey burger or ground beef
- 1/2 onion, chopped
- 1/2 green pepper, chopped
- 1/2 red pepper, chopped
- 1/4 cup of celery, chopped (optional)
- 1 clove of garlic, minced
- 1 TBS of chili powder
- 1 tsp of cumin
- 1 can diced tomatoes
- 1 can of tomato paste, 6 oz.

Directions

1. Sauté onions, garlic, celery together in a skillet until onions are tender.
2. Add turkey burger or ground beef in the same skillet and cook until browned.
3. Add the spices and peppers to the skillet
4. Pour in the can of diced tomatoes with liquids and the tomato paste
5. Simmer all together on low for about 15 minutes
6. Finish with salt and pepper to taste
7. Pour on top off cooked sweet potatoes

Adapted from paleonewbie.com

Crockpot Beef and Sweet Potato Stew

Ingredients

- 1-2 pounds beef stew meat, diced into 1-inch cubes
- 1 onion, diced
- 1 cup carrots, chopped
- 2 medium sweet potatoes, leave skin on and dice into 1/2-inch cubes
- 1 can of diced tomatoes (or 2 cups fresh)
- 4 cups beef broth
- 1 TBS tomato paste
- 1 tsp rosemary
- 1 tsp thyme
- 1 tsp paprika
- 1/2 cup frozen green peas
- Salt and pepper to taste

Directions

1. Add beef to slow cooker. Place vegetables in order as they appear above (onions through sweet potatoes).
2. Pour canned tomatoes with juice on top. Mix beef broth, tomato paste, and herbs together in a bowl. Pour on top of vegetables in crock pot.
3. Put lid on crock pot and cook on low for 10 to 12 hours or on high for 4 to 6 hours.
4. Add peas during last 15 minutes of cook time. Season with salt and pepper.

Adapted from bigeatstinykitchen.com

Taco Salad

Ingredients

- Romaine lettuce
- Ground hamburger or turkey burger
- Refried beans
- Homemade Taco Seasoning (page 50)

Optional Ingredients:

- Olives
- Grilled onions and peppers
- Salsa
- Guacamole

Directions

1. Make a taco salad with lettuce, turkey burger or hamburger, and refried beans.
2. Add any other additional toppings.

Chili

Ingredients

- 2 cans diced tomatoes
- 4 cans kidney beans (can substitute in other beans if desired)
- 1 lb. browned turkey burger or hamburger
- 1 chopped onion
- 2 sweet bell peppers (red, yellow, or orange)
- 3 TBS chili powder
- 2 tsp cumin

Optional Ingredients

- 2 TBS Homemade Taco Seasoning (see page 50)

Directions

1. Throw all ingredients in the crock-pot.
2. Cook on low 6 hours.
3. Can also cook on the stove.



Seasoning/Sides

Taco Seasoning

Ingredients

- 2 TBS chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp crushed red pepper flakes
- ½ tsp dried oregano
- 1 tsp paprika
- 1 TBS cumin
- 2 tsp salt
- 2 tsp pepper

Directions

1. Mix spices together thoroughly.

Adapted from allrecipes.com

Cowboy Caviar Coleslaw

Ingredients

- 1 can black or pinto beans
- 2 tomatoes, seeded and diced
- 3 green onions, chopped
- 1 avocado, diced
- 1 cup chopped cilantro
- ½ cup salsa
- ¾ tsp salt
- ½ tsp pepper
- ½ head of cabbage, chopped

Directions

1. Combine all ingredients into a large bowl and toss.
2. Chill at least 30 minutes before serving to let flavors blend

Sweet Potato Casserole

Ingredients

- 4 large sweet potatoes
- 1/2 cup canned coconut milk
- 1 TBS coconut oil
- 1 Tbsp. Maple syrup
- 1 tsp cinnamon
- 1/2 tsp nutmeg

For Pecan Topping

- 3/4 cup chopped raw pecans
- 1 tsp cinnamon
- 1 TBS grade b maple syrup
- 1 tsp melted coconut oil

Directions

1. Bring a large pot of water to a boil and preheat oven to 350 degrees F. While water comes to a boil, peel and dice sweet potatoes into large chunks.
2. Add sweet potato chunks to water. Boil until fork tender.
3. Drain potatoes, then dump them back in the large pot with all the other ingredients. Using a hand mixer, blend until potatoes reach desired consistency and flavor.
4. In a small bowl, combine all topping ingredients until pecans are well coated
5. Dump sweet potatoes into an oven safe dish and top with pecans.
6. Bake in preheated oven until topping is browned, about 15 minutes. Serve warm.

Adapted from cupcakesomg.blogspot.com

A close-up, high-angle shot of several strips of bacon cooking in a dark pan. The bacon is sizzling, with visible oil and steam rising from the surface. The strips are arranged in a somewhat overlapping pattern, showing the characteristic marbled texture of the meat and fat. The lighting is warm, highlighting the golden-brown edges and the pinkish-red of the meat. A semi-transparent horizontal band is overlaid across the middle of the image, containing the word "Breakfast" in a white, serif font.

Breakfast

Bacon N Egg Cups

Ingredients

- 12 slices bacon
- 8 eggs
- Salt and pepper

Directions

1. Preheat oven to 350 degrees.
2. Grease 12 muffin tins with oil.
3. Wrap 1 piece of bacon around the outside of each muffin cup.
4. Whisk eggs and salt and pepper in a bowl.
5. Pour egg mixture into each muffin cup, $\frac{3}{4}$ full.
6. Bake 30-35 minutes.

Adapted from fatgirltrappedinaskinnybody.com

Grain-Free Granola

Ingredients

- Pecans
- Walnuts
- Diced or slivered almonds
- Unsweetened coconut, large flakes

Optional Ingredients:

- Seeds

Directions

1. Mix together all ingredients.
2. Spread on cookie sheet.
3. Roast in the oven at 425 degrees until brown.
4. Cool and Serve in a bowl with cinnamon and almond milk.

Lemon Poppy Seed Pancakes

Ingredients

- 4 eggs
- 1 cup coconut or almond milk
- 1 tsp vanilla extract
- 2 TBS maple syrup b
- 1 TBS lemon juice
- Zest of one lemon
- ½ cup coconut flour
- 2 tsp baking powder (or substitute baking soda and cream of tartar (1:2 ratio))
- ½ tsp salt
- 1 TBS poppy seeds

Optional Ingredients:

- Berries

Directions

1. In a mixing bowl, whisk together the eggs, milk, vanilla extract, maple b and lemon juice.
2. Add the lemon zest, coconut flour, baking powder, salt and poppy seeds and mix until completely smooth.
3. Allow batter to sit for at least 10 minutes.
4. Heat a large skillet to medium-low and add just enough oil and/or butter to coat the surface.
5. Measure out 1/8 cup of coconut pancake batter and pour into the heated skillet.
6. Cook for about 6 to 8 minutes on one side or until the pancake is set up enough to flip.
7. Cook 1 to 2 minutes on the other side and repeat for the remaining batter.
8. Serve with fresh berries or make a berry reduction with frozen berries.

Grain-Free Breakfast Burrito

Ingredients

- 2 eggs
- 2 large slices pork ham
- Red peppers
- Onions
- Salt
- Pepper

Optional Ingredients:

- Mushrooms
- Olives
- Spinach
- Basil

Directions

1. Sauté the vegetables
2. Add the eggs and scramble them with the veggies.
3. Season as desired.
4. Divide the scramble in two, and roll it in a piece of ham.
5. Brown the outside of the ham.

Adapted from inspiredfitstrong.com

Breakfast Quinoa

Ingredients

- 1 cup quinoa
- 1 cup almond milk
- 1 cup water
- 1 tsp vanilla
- 2 tsp cinnamon
- ¼ cup chopped walnuts or pecans

Optional Ingredients:

- Berries
- Almond milk

Directions

1. Put quinoa, water, and almond milk in pan and heat until boiling.
2. Turn down to low, put a lid on pan and simmer for 20 minutes.
3. Remove from heat and set 5 minutes.
4. Stir nuts, vanilla, and cinnamon into quinoa.
5. Dish in bowls and top with berries if desired.
6. You can also add almond milk on top if desired.

Broccoli and Sausage Egg Muffins

Ingredients

- 1 pound sausage
- 1 cup broccoli florets
- 8 large eggs
- 1/4 cup almond or coconut milk
- 1/2 TBS olive oil
- 1/2 tsp baking powder
- Salt & pepper to taste

Directions

1. Preheat oven to 375 F.
2. Sauté sausage for about 5 minutes, or until the sausage is no longer pink. Remove from heat and stir in broccoli.
3. Whisk together eggs, milk, oil and baking powder. Season with salt and pepper.
4. Grease 12 cups in a cupcake pan. Spoon out the sausage and broccoli mixture evenly into each cupcake.
5. Ladle the egg mixture over sausage and broccoli.
6. Bake for 15-20 minutes.

Adapted from snackinginthekitchen.com

Pumpkin Apple Muffins

Ingredients

- 1 cup chopped apples (about 1 apple)
- 1 cup pumpkin puree
- 4 eggs
- 1/2 cup applesauce
- 1/2 Tbsp. Vanilla
- 1/3 cup maple syrup grade B
- 1 tsp. Cinnamon
- 1/4 tsp. Ginger
- 1/4 tsp. Cloves
- 1/8 tsp. Nutmeg
- 1/2 tsp. Salt
- 1/2 tsp. Baking powder, or substitute baking soda and cream of tartar (1:2 ratio)
- 1/2 cup coconut flour, sifted
- 1/3 cup walnuts, chopped (sprinkle on top)

Directions

1. Preheat oven to 350 degrees
2. Combine chopped apple, pumpkin puree, eggs, applesauce, vanilla and maple B.
3. Add dry ingredients and mix until incorporated.
4. Scoop batter into muffin cups. Sprinkle chopped walnuts on top.
5. Bake at 350 degrees for 30-35 minutes.

Adapted from unrefinedkitchen.com

Blueberry Quinoa Muffins

Ingredients

- 1 1/2 cups cooked quinoa
- Juice of 1/2 lemon
- Zest of 1/2 lemon
- 1 TBSP maple syrup grade b
- 1/2 tsp baking soda
- Dash of salt
- 5 egg whites
- 1 tsp vanilla extract
- 1 cup blueberries

Directions

1. Preheat oven to 350 F.
2. Spray regular muffin tin with a healthy, non-stick cooking spray.
3. Place all ingredients into a mixing bowl and mix completely.
4. Let set for a couple minutes in the bowl.
5. Using a 1/4 measuring cup, scoop mixture into muffin tin filling each cup half way.
6. Place in the oven and bake for 30-35 minutes.
7. Remove from oven and let cool for a few moments in the muffin tin before gently removing them from the muffin tin and placing them on a cooling rack.

Retrieved from damyhealth.com



Desserts

Paleo Lemon Bread With A Lemon Glaze

Ingredients

- Lemon Loaf
- 6 eggs
- ¼ cup coconut oil, melted
- Zest from 2 lemons
- Juice from 2 lemons plus enough milk of choice to equal 1 cup
- ⅓ cup grade b maple syrup
- ⅔ cup coconut flour
- 1 tsp baking soda
- ¼ tsp sea salt
- 2 TBS poppy seeds (optional)
- Lemon Glaze
- 2 TBS melted coconut oil
- 2 TBS grade b maple syrup
- 2 tablespoons milk (coconut or almond milk)
- Zest and juice from 1 lemon
- ½ teaspoon vanilla extract

Directions

1. Loaf Directions
2. Preheat oven to 350 degrees
3. Mix all of the lemon loaf ingredients and pour into a pan greased with coconut oil.
4. Bake 35-45 minutes until cooked through.
5. Glaze Directions
6. While loaf is cooking heat all of the glaze ingredients in a pot on the stove on low until simmering.
7. Turn off heat and let glaze cool.
8. Once cooled set glaze in the fridge.
9. When the loaf is cool pour glaze on top and refrigerate the loaf at least 30 minutes before eating.

Adapted from primallyinspired.com

Almond Butter Cake

Ingredients

- 1 cup creamy almond butter
- 2 large eggs
- 1/3 cup melted coconut oil
- ¼ cup maple syrup grade B
- ¼ cup cocoa powder
- 2 tsp vanilla
- ½ tsp almond flavoring
- ½ tsp baking soda
- ¼ tsp sea salt

Optional Ingredients:

- 1 can coconut milk, chilled
- Fresh blueberries

Directions

1. Preheat oven to 350 degrees.
2. Blend all ingredients with a mixer or food processor
3. Pour batter into an 8x8 pan greased with coconut oil.
4. Spread evenly.
5. Bake for 30 minutes or less to be gooey like a brownie.
6. Serve with coconut cream (blend thick top of coconut milk) and blueberries if desired.
7. You can double this recipe and bake in 9x13 pan.
8. Batter can also be used to make into cookies.

Adapted from nourshingmeals.com

No Bake Almond Joy Cookies

Ingredients

- 1/3 cup coconut oil
- 1/6 cup maple syrup grade B
- 1 ½ TBS cocoa
- 1/3 cup almond butter
- 1 tsp vanilla
- 2 cups unsweetened coconut flakes

Directions

1. Heat coconut oil, maple syrup, and cocoa in pan.
2. Boil 1 minute, stirring constantly.
3. Remove from heat.
4. Stir in almond butter and vanilla.
5. Stir in coconut flakes.
6. Put wax or parchment paper on cookie sheet.
7. Scoop spoonfuls of mixture onto cookie sheet.
8. Put in fridge to harden.

Adapted from crossfit.com

Almond Butter Cups

Ingredients

Bottom Layer

- 3/4 cup almond butter
- 1 TBS grade b maple syrup
- 2 TBS coconut oil, melted

Top Layer

- 1/4 cup cacao powder
- 1 TBS grade b maple syrup
- 1/4 cup organic coconut oil, melted

Directions

1. For the bottom layer mix together melted coconut oil, almond butter, and maple b.
2. Pour into muffin cups, fill up half way.
3. Put in freezer 15 minutes, or until hard.
4. For the top layer mix coconut oil, cacao, and maple b.
5. Drop of top of almond butter layer.
6. Freeze 15 minutes or until hard.
7. Keep in freezer until served or coconut oil will melt.

Adapted from thehealthyfamilyandhome.com

Blueberry Crisp

Ingredients

Filling

- Frozen blueberries, enough to fill the dish 1/3 full
- 1/4 cup freshly squeezed lemon juice

- 2 tablespoons arrowroot powder
- 1 TBS maple syrup grade b

Topping

- 1 cup almond flour
- 1/2 tsp salt

- 1/4 tsp baking soda
- 1 cup unsweetened shredded coconut
- 1 cup walnuts, chopped
- 1/2 cup coconut oil, melted
- 1/4 cup maple syrup grade b

Directions

1. Preheat the oven to 350 degrees. Grease an 8-inch square baking dish with coconut oil.
2. To make the filling, place the frozen berries in the baking dish. Sprinkle the lemon juice, maple b, and arrowroot powder, then gently toss the ingredients to combine.
3. Bake for 40 to 50 minutes, until the mixture is slightly thickened.
4. To make the topping, combine the almond flour, salt, baking soda, coconut, and walnuts in a large bowl.
5. In a medium bowl, whisk together the coconut oil and maple b.
6. Stir the wet ingredients into the almond flour mixture, until coarsely blended and crumbly. Sprinkle the topping over the fruit.
7. Bake for 20 to 25 minutes, until the topping is golden brown and the juices are bubbling. Let the crisp cool for 30 minutes, then serve warm.

Mounds/Almond Joy Bar

Ingredients

Bottom Layer

- 1 1/3 cup unsweetened coconut
- 1/2 cup of coconut oil
- 1/4 cup maple syrup b
- 1 teaspoon vanilla extract
- 36 almonds, left whole or chopped (use this for Almond Joys, not Mounds)

Top Layer

- 3/4 cup cocoa
- 1/4 cup of maple syrup b
- 1 cup coconut oil
- 1 tablespoon vanilla extract

Directions

1. For the bottom layer melt the coconut oil and maple b over low heat until soft. Add the vanilla and coconut flakes.
2. Pour into the bottom of 12 muffin cups.
3. Optional Step, for Almond Joy bars place almonds on top of each coconut layer.
4. Place in freezer for about 30 minutes
5. For top layer combine cocoa, maple b, coconut oil and vanilla in a small pot. Heat gently, and whisk until well blended.
6. Pour on top of the bottom layer.
7. Freeze 30 minutes.
8. Keep in freezer until served or coconut oil will melt.

Adapted from commonsensehome.com

Zucchini Brownies

Ingredients

- 1 cup of almond butter
- 1 1/2 cup of grated or chopped zucchini
- 1/3 cup maple B syrup
- 1 egg
- 1 tsp of vanilla
- 1 tsp of baking soda
- 1 tsp of cinnamon
- 1/2 tsp of nutmeg
- 1 cup chocolate chips (I found some cocoa chips with no sugar added)

Directions

1. Preheat oven to 350 degrees.
2. Combine all the ingredients into a large bowl and mix everything together.
3. Pour into a greased 9x9 baking pan.
4. Bake for 35-45 minutes, or until a toothpick comes out clean.

Adapted from delightedmomma.com