

Vitalize
-WITH-
VITACOST

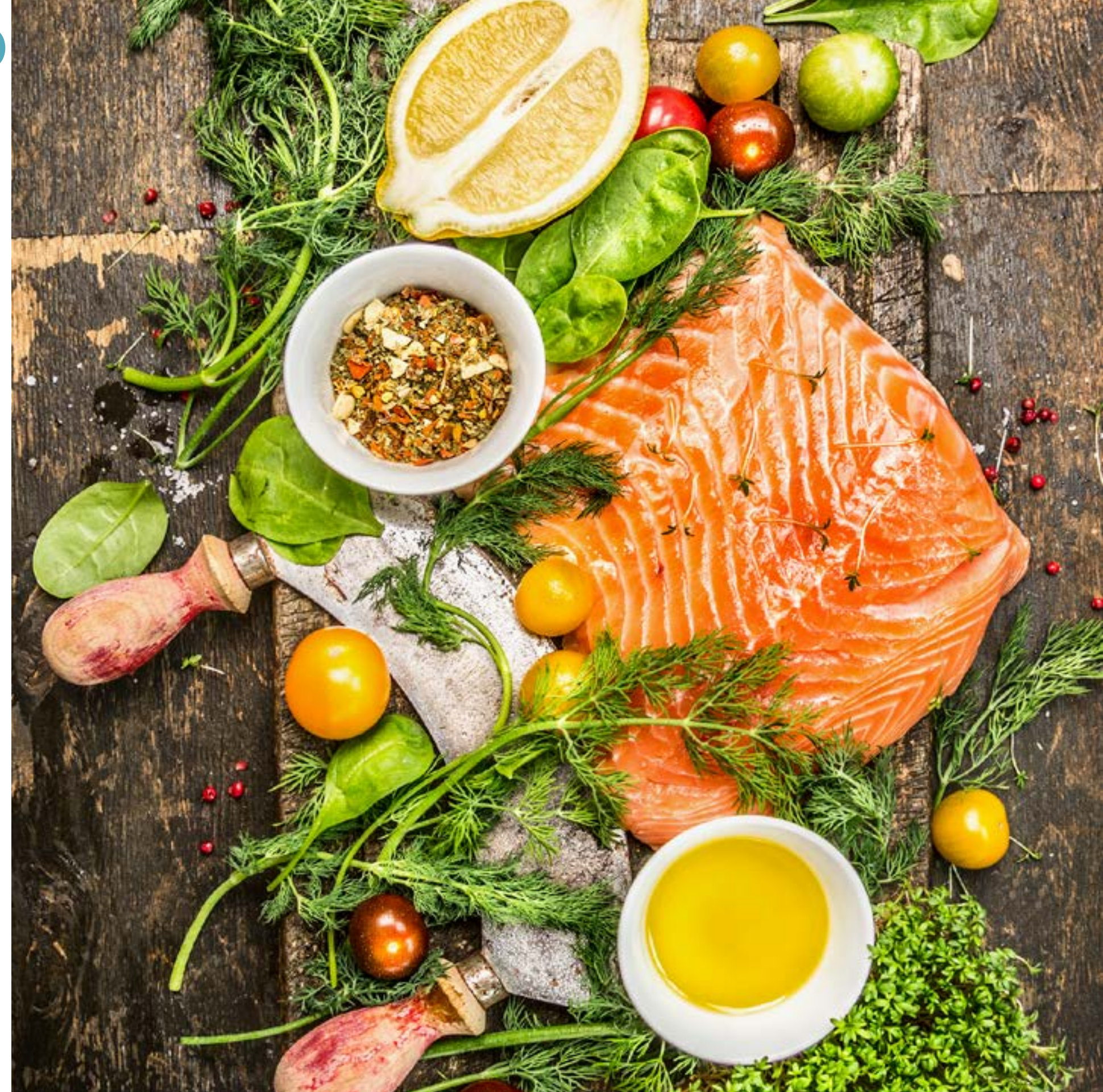
PALEO KITCHEN

20 RECIPES TO GET STARTED

BREAKFAST • LUNCH • SNACKS
DINNER • DESSERTS

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..... BREAKFAST BITES



MADE WITH
ITALIAN
BACON

PANCETTA AND SWEET POTATO • BREAKFAST HASH •

INGREDIENTS

- 3 large sweet potatoes, cubed
- 8 oz. pancetta, finely chopped
- 1 yellow onion, diced
- 4 large eggs
- 3 Tbsp. melted **coconut oil**
- 2 Fuji apples, cored/diced
- **Coarse sea salt**, to taste
- **Cinnamon**, to taste

Add to cart

DIRECTIONS

1. Preheat oven to 400 degrees F. Line baking sheet with parchment paper.
2. In large bowl or zipper-lock bag, combine sweet potatoes and melted coconut oil; toss. Arrange potatoes on baking sheet and bake for 30 minutes or until potatoes are tender.
3. In large skillet, brown pancetta over medium-high heat. Add onions and apples; stir until onions have softened. Stir in sweet potatoes, cinnamon and salt.
4. Use wooden spoon to create four “wells” in mixture. Crack eggs into wells, cover skillet and cook mixture for about four minutes or until eggs are finished to your preference.



courtesy of

**Kyra
Williams**

TURKEY, SWEET POTATO AND SPINACH

• BREAKFAST MUFFINS •

INGREDIENTS

- 1 lb. 99% lean ground turkey breast
- 1 large sweet potato, quartered and cooked
- 2 cups spinach
- 1 Tbsp. **dried rosemary**
- 3 cloves garlic, crushed or minced
- 1 egg, beaten
- ½ cup **dried cranberries**
- ¼ tsp. sea salt

Add to cart

DIRECTIONS

1. Preheat oven to 375 degrees F. Spray 12-cup muffin tray with cooking spray or insert paper liners.
2. In food processor, combine all ingredients and pulse until mixture is well blended. (Note: If you don't have a food processor, mash sweet potatoes and mix in remaining ingredients by hand.)
3. Evenly divide mixture among muffin cups. Bake for 30 minutes.



courtesy of
Kyra Williams

FILLED
WITH
SUPER-
FOODS



courtesy of
**Nell
Stephenson**
Paleoista

GREENS-TO-GO • SMOOTHIE •

INGREDIENTS

- 8 oz. brewed **green tea**, chilled
- 1 cup raw, organic baby kale, spinach or greens of choice
- ½ small, ripe organic avocado
- 2 large farm-fresh eggs (from pastured hens)
- 1 cup frozen organic blueberries
- 1 Tbsp. **maca powder**
- 1 Tbsp. **chia seeds**
- **Ground turmeric**, to taste
- **Ground ginger**, to taste
- **Cinnamon**, to taste
- **Ground nutmeg**, to taste

Add to cart

DIRECTIONS

1. In high-speed blender or food processor, combine all ingredients and whiz until smooth and frothy.

(Note: If you are concerned about consuming raw eggs, they may also be soft boiled and chilled before adding to your smoothie. Alternatively, there are several good **egg protein powder** options that can be used.)

BLUEBERRY

• PANCAKES •

INGREDIENTS

- 1 cup **almond meal flour**
- 1 Tbsp. **coconut flour**
- ½ cup **unsweetened applesauce**
- ½ tsp. **cinnamon**
- ½ cup **unsweetened coconut milk**
- ½ tsp. **nutmeg**
- ½ cup **egg white protein powder**
- ½ tsp. **vanilla extract**
- 2 eggs
- ¼ tsp. **baking powder**
- ¼ to ½ cup blueberries
- **Coconut oil** (for greasing pan)

Add to cart

DIRECTIONS

1. In large bowl, combine all ingredients except blueberries and mix well. Fold in blueberries.
2. In small frying pan, heat small amount of coconut oil over medium heat. When hot, pour in ¼ batter per pancake.
3. Cook pancakes until bubbling, then flip and continue cooking until done.

HIGH
PROTEIN



courtesy of

**Kyra
Williams**



MIDDAY MEALS





**SERVE
CHILLED**

CHILLED BLUEBERRY • SOUP •

INGREDIENTS

- 2 cups fresh blueberries
- ½ cup loosely packed fresh basil leaves
- 1 Meyer lemon; half juiced/half reserved for garnish
- 1 cup **coconut water**
- 1 small avocado
- **Freshly ground nutmeg**, for garnish

Add to cart

DIRECTIONS

- 1.** In blender, combine berries, basil, lemon juice, coconut water and avocado; whiz until well blended.
- 2.** Pour soup into four ramekins and refrigerate until ready to serve.
- 3.** Garnish with nutmeg and lemon wedges.



courtesy of
**Nell
Stephenson**
Paleoista

SPICY BAKED BUFFALO

• TENDERS •

INGREDIENTS

- 4 chicken breasts, boneless and skinless
- 1 cup **almond meal flour**
- 1 to 2 cups **organic hot wing sauce**

Add to cart

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Cut chicken breasts into “tender” size.
3. Smother tenders in hot sauce then coat with almond flour and place on baking sheet.
4. Bake for 20 minutes or until cooked through.



BETTER
"FAST"
FOOD



courtesy of
**Kyra
Williams**



LEARN
TO LOVE
LEFTOVERS

LEFTOVER MEAT AND VEGGIE

• BOWL •

INGREDIENTS

- Rendered duck fat, lard from pasture-raised meat or other healthy fat
- 1 onion, chopped
- 4 cloves garlic (or more), minced
- Leftover cooked meat, chicken or fish, any kind (including bones and skin)
- Leftover cooked veggies, any kind
- **Free-range chicken broth** or grass-fed beef broth
- Fresh or dried herbs and spices of your choosing
- Ripe avocado, sliced
- **Olive oil**

Add to cart

DIRECTIONS

1. In a Dutch oven over medium heat, add a dollop of duck fat or other healthy fat of your choosing.
2. Add onion and sauté for 3-5 minutes until browned, stirring occasionally. Add garlic and cook for an additional minute.
3. Add meat (including carcass, skin or bones, if using), then stir in veggies. Pour in broth to almost cover meat and veggies and bring to a simmer. If using bones and/or a carcass, cook until all meat falls off the bones, then discard.
4. Let mixture sit until cool enough to eat. Serve with fresh or dried herbs or spices on top, followed by a sliced avocado and a drizzle of oil.
5. Optional: Purée remainder and freeze to use later as a base for soup or sauce.



courtesy of
**Nell
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Paleoista

EASY SLAW • WITH SALMON •

INGREDIENTS

- 1 small head red cabbage, cored and shredded
- 1 small head green cabbage, cored and shredded
- 1 lb. wild salmon fillet, sashimi grade, cut into 1" pieces
- 1 large Granny Smith apple, cored, peeled and grated
- 1 large carrot, grated
- 1 Tbsp. **olive oil**
- 1 oz. **raw walnuts**

Add to cart

DIRECTIONS

1. In a sieve, combine shredded cabbages and rinse. Set sieve over a pot and allow to drain and wilt for about one hour.
2. In a large bowl, combine the wilted cabbages; stir in apple and carrot. Toss with olive oil and mix well.
3. Cover tightly and refrigerate for at least an hour.
4. Divide the slaw into 4 plated portions. Top each plate with 1/4 of the salmon.
5. Top with nuts and freshly ground pepper, to taste.



courtesy of
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Stephenson**
Paleoista

..... EVENING FEAST



SUB
GREENS
FOR RICE



courtesy of

**Kyra
Williams**

BEEF AND BELL PEPPER • STIR-FRY SALAD •

INGREDIENTS

- 1 lb. beef tip steak, sliced into thin strips
- 2 bell peppers, sliced
- 1 cup pea pods or sugar snap peas
- 2 medium-sized heads lettuce or mixed greens
- ½ sweet yellow onion, sliced
- 1 Tbsp. **low-sodium soy sauce**
- 2 tsp. **coconut oil**
- **Balsamic vinegar**, to taste
- **Olive oil**, to taste
- **Sea salt**, to taste
- **Freshly ground black pepper**, to taste

Add to cart

DIRECTIONS

- 1.** In skillet over medium heat, add coconut oil. Add sliced onions; sauté until onions begin to soften and turn translucent, stirring often.
- 2.** Turn up flame slightly and wait about a minute for pan to reach higher heat. Add beef and soy sauce, and continue to stir often. When beef is close to done (however you prefer), add bell peppers and peas.
- 3.** Season mixture with sea salt and freshly ground black pepper, if needed.
- 4.** Serve over chopped lettuce or mixed greens, and drizzle with balsamic vinegar and olive oil to taste.

COCONUT • SALMON •

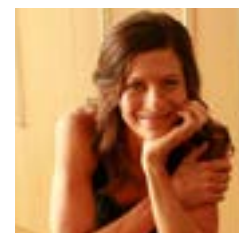
INGREDIENTS

- 1 pound fresh wild salmon fillet, skin on
- 2 Tbsp. **coconut oil**
- 1 tsp. **whole black peppercorns**
- 1 bunch organic asparagus
- 4 cups baby wild greens, such as arugula or mache

Add to cart

DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Spread some of the coconut oil on a glass or ceramic baking dish. Place salmon skin side up in dish. Add remaining coconut oil to top of skin. Scatter peppercorns on top.
3. Cook 15 minutes or until cooked to your preferences.
4. When 5 minutes remain, quickly blanch asparagus in pot of simmering water.
5. Serve together on a bed of greens.



courtesy of
**Nell
Stephenson**
Paleoista



**SERVES
4-6**

STUFFED ROAST PORK TENDERLOIN

• WITH SHALLOTS AND ROSEMARY •

INGREDIENTS

- 2 1-lb. pasture-raised pork tenderloins
- 2 cups baby spinach
- 3 Tbsp. **avocado oil**
- 2 Tbsp. **coconut oil**
- 1 Tbsp. fresh rosemary, minced
- 4 large shallots, minced
- 1-2 fresh garlic cloves, minced
- Two bunches organic baby asparagus
- **Freshly ground black pepper**, to taste

Add to cart

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Slice open tenderloins lengthwise nearly all the way through, leaving the very edge intact. Open loins (like a book) and use a tenderizer tool to pound to ½” thickness.
3. Thoroughly rub inside and outside of both tenderloins with 2 Tbsp. avocado oil, rosemary and garlic, then grind black pepper on top. Arrange spinach down outer third of each loin. Roll the edge near spinach section first toward the opposite side until a neat, uniform roll forms. Use five even lengths of kitchen twine to tie together.
4. In a cast-iron skillet over medium heat, warm remaining avocado oil and sear loins for 1-2 minutes on each side until browned.
5. In glass baking dish, arrange loins and bake for about 20 minutes, or until the internal temperature reaches 150 degrees F.
6. Meanwhile, in a skillet, combine 1 Tbsp. coconut oil and shallots; sauté until browned. Turn off heat.
7. Once pork is finished in oven, remove and tent under foil to rest 10 minutes.
8. Heat skillet and 1 Tbsp. of coconut oil; add baby asparagus to briefly sauté until bright green.
9. Serve all together on platter, garnished with fresh rosemary.



courtesy of
**Nell
Stephenson**
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SAVORY WILD MUSHROOM

• SAUTÉ •

INGREDIENTS

- 4 oz. shiitake mushrooms
- 4 oz. portobello mushrooms
- 4 oz. enoki mushrooms
- 4 oz. oyster mushrooms
- 2 Tbsp. duck fat, pasture-raised lard or **coconut oil**
- 3 to 4 shallots, minced
- 4 stalks celery, minced
- ½ tsp. **ground sage**
- 2 sprigs fresh thyme
- 1 cup **pasture-raised chicken broth**
- 2 Tbsp. minced parsley
- **Freshly ground black pepper**, to taste

Add to cart

DIRECTIONS

1. Use brush to clean mushrooms thoroughly, then chop.
2. In large cast-iron skillet over medium-high heat, heat duck fat, lard or coconut oil.
3. Add shallots and celery and sauté until browned. Add mushrooms and continue to sauté, stirring frequently, until browned.
4. Pour in broth and add sage and thyme; reduce heat and simmer mixture until reduced, about 8 to 10 minutes.
5. Sprinkle on parsley and season with pepper, to taste.

MAIN
COURSE OR
SIDE DISH



courtesy of
**Nell
Stephenson**
Paleoista



..... PRIMAL MUNCHIES





ONLY SIX
INGREDIENTS

COCONUT • GUACAMOLE •

INGREDIENTS

- 1 ripe avocado, halved; pit reserved
- ½ cup **extra virgin olive oil**
- 1 lime or Meyer lemon
- 2 cloves garlic, smashed
- Pinch **Himalyan sea salt**
- ¼ cup **flaked coconut**

Add to cart

DIRECTIONS

- 1.** In large bowl, mash together first five ingredients.
- 2.** Place avocado pit (for decor) in center of guacamole, then sprinkle on coconut flakes.
- 3.** Serve guacamole with your favorite fresh veggies, such as blanched asparagus, broccolini and sliced bell peppers.



courtesy of
**Nell
Stephenson**
Paleoista

GARLIC-LIME

• JERKY •

INGREDIENTS

- 2 lbs. grass-fed flank steak or pasture-raised chicken breast
- 1 tsp. salt-free **garlic powder**
- 1 tsp. salt-free **onion powder**
- 1-½ cups **lime juice**
- **Cayenne pepper**, to taste (optional)

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DIRECTIONS

1. Cut meat into ¼-inch strips.
2. In mini food processor, add remaining ingredients and whiz to combine. Pour into glass bowl and add meat, making sure it's completely submerged. Cover tightly with plastic wrap and marinate overnight.
3. The next day, preheat oven to 170 degrees F. Line a large baking sheet with foil.
4. Remove meat from bowl and place on wire rack over sink to drain.
5. Once drained, place rack on baking sheet. Place in oven and bake, keeping oven door propped slightly open to allow moisture to escape. Flip after about three hours. Cook about three more hours. Jerky is done when it breaks in half easily.
6. Let cool and store in airtight container.



courtesy of
**Nell
Stephenson**
Paleoista

PERFECT
PARTY
FARE



courtesy of

**Kyra
Williams**

SMOKED SALMON

• DIP •

INGREDIENTS

- 8 oz. smoked salmon
- ½ cup **mayonnaise**
- ½ can **coconut milk**
- ½ Tbsp. **Old Bay Seasoning**
- 2 Tbsp. minced red onion
- 1 Tbsp. **yellow mustard**
- ¼ tsp. salt
- ¼ tsp. pepper

Add to cart

DIRECTIONS

1. In food processor, combine all ingredients and blend until smooth.
2. Serve with your favorite sliced veggies such as zucchini, carrots, celery or cucumber.

BANANA-CHOCOLATE CHIP

• MUFFINS •

INGREDIENTS

- 1 large egg
- ½ cup **unsweetened applesauce**
- 1 cup bananas, mashed
(about 2-½ medium bananas)
- 2 Tbsp. **honey**
- ½ cup **coconut flour**
- 1-½ cups **almond flour**
- ¼ cup **unsweetened almond milk**
- ¼ tsp. **vanilla extract**
- 2 tsp. baking powder
- 3 Tbsp. **dark chocolate chips**

Add to cart

DIRECTIONS

1. Preheat oven to 350 degrees F. Place paper liners in muffin tin wells.
2. In large bowl, combine all ingredients and mix until smooth.
3. Pour batter into liners and bake muffins for 20 minutes.

GLUTEN-
& DAIRY-
FREE



courtesy of
**Kyra
Williams**



.....STONE-AGE SWEETS.....





WITH
SUNFLOWER
CRUST



courtesy of
**Pamela
Higgins**
Total Health Counseling

CHOCOLATE PUDDING

• PIE •

INGREDIENTS

Crust

- 4 pitted **Medjool dates**, soaked in water
- 1-½ cups **roasted and salted sunflower seeds**
- 3 Tbsp. **coconut oil**, melted

Pudding

- 2 medium avocados
- Organic strawberries cut in half for garnish
- ¼ cup **maple syrup**
- ¼ cup **cacao powder**
- ¼ cup **cacao nibs**

Whipped Cream Topping (optional)

- 1 Tbsp. maple syrup
- 1 can **full-fat coconut milk**, refrigerated overnight
- Splash vanilla

Add to cart

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. In food processor, pulse crust ingredients until crumbly consistency. Press into pie pan. Bake for 10-12 minutes until golden brown, taking care not to burn edges.
3. In food processor, combine pudding ingredients (minus the strawberries). Cacao nibs will be broken into smaller pieces but not completely smooth.
4. Pour pudding into crust once cooled. Top with strawberries.
5. Chill in fridge 2 hours before serving.
6. To make whipped cream, whisk coconut milk solids, maple syrup and vanilla.

CRAN-COCONUT

• COOKIES •

INGREDIENTS

- 1 large egg
- 2 Tbsp. **melted coconut oil**
- ⅓ cup **honey**
- 1 tsp. vanilla extract
- 1-½ cups **almond flour**
- ⅔ cup **shredded unsweetened coconut**
- ¼ tsp. baking soda
- ⅓ cup **dried cranberries**

Add to cart

DIRECTIONS

1. Preheat oven to 350 degrees F. Line a baking sheet with parchment paper.
2. In mixing bowl, combine egg, coconut oil, honey and vanilla. Beat well until mixture becomes light and frothy.
3. Stir in almond flour, shredded coconut and baking soda. Fold in cranberries.
4. Form dough into 1-inch balls and arrange on prepared baking sheet. Flatten each ball into a small cookie.
5. Bake for 10-12 minutes, until golden.

**NO-FAIL
RECIPE**



courtesy of
**Kyra
Williams**



VEGAN

PEACH

• COBBLER •

INGREDIENTS

- 3-4 fresh or frozen peaches
- 1-½ cups **almond flour**
- 4 Tbsp. **raw coconut butter**
- 2 Tbsp. **maple syrup** or honey
- 1-½ tsp. **vanilla extract**

Add to cart

DIRECTIONS

- 1.** Preheat oven to 375 degrees F.
- 2.** In small saucepan, heat coconut butter until liquefied; grease 8 x 8 or larger baking dish with 1 tablespoon of melted coconut butter.
- 3.** If using fresh peaches, skin and slice to make about 2 to 2-½ cups; arrange fresh or frozen slices in baking dish.
- 4.** In large bowl, combine almond flour, 3 remaining melted tablespoons of coconut butter, maple syrup or honey and vanilla; mix with hands until crumbly and moist.
- 5.** Use hands to sprinkle topping evenly over peaches.
- 6.** Bake cobbler for 20 minutes or until topping is brown and crisp. (Note: For frozen peaches, increase baking time to 30-40 minutes.)



courtesy of

**Kyra
Williams**

TIGERNUT BROWNIES

• WITH CACAO AVOCADO ICING •

INGREDIENTS

Brownies

- 1 cup **dates**, seeded
- $\frac{3}{4}$ cup **TigerNut flour**
- $\frac{3}{4}$ cup **walnuts**
- $\frac{1}{4}$ cup **cacao powder**

Icing

- 2 avocados
- $\frac{1}{2}$ cup **maple syrup** (or honey)
- $\frac{1}{4}$ cup cacao powder
- 2 Tbsp. **coconut oil**
- 1 tsp. vanilla extract
- $\frac{1}{8}$ tsp. salt

Add to cart

DIRECTIONS

1. In a food processor or high-speed blender, combine all brownie ingredients until moist and sticky.
2. Transfer mixture to a baking dish and chill in fridge to set.
3. Meanwhile, prepare icing. In blender, combine all ingredients until smooth and creamy.
4. Top chilled brownies with icing and cut into 12 pieces.

OVER 10 g
PROTEIN
PER
SERVING



courtesy of
**Liana
Werner-Gray**
The Earth Diet

