

PALEOGENICS®

FITNESS COOKBOOK

& SNACK GUIDE

ENERGY-BOOSTING BREAKFASTS
LEAN BODY LUNCHES, GLUTEN-FREE SNACKS
DELICIOUS DINNERS, AND DAIRY-FREE DESSERTS





“ Our quality of life is quickly fading due to health-related conditions of epidemic proportion. As a society, we must begin to move in a new direction. ”

LOOK BACK TO SEE FORWARD™

—PALEOGENICS® CEO

Join the conversation! Share ideas on social media and get tips on diet, exercise, and more!



ISBN: 9781912317615
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Paleogenics® is dedicated to my grandmother who taught me about healthy eating and clean living. Now I teach my children what I learned. My kids know what foods are healthy and what foods are not. They live well and excel!



PALEOLITHIC PREPARATION

Fresh natural food can sometimes lack flavor and appeal. Follow the simple steps in this chapter to make delicious meats, creative vegetable dishes, and gluten-free baked goods.



PALEOLITHIC COOKING

Hunter-gatherer diets mainly consisted of meat, vegetables, fruit, nuts, roots, and seeds in varying proportions. Cooking was done on open fires, and most foods had to be eaten quickly. Early humans who lived near the coast, also supplemented their diet with seaweed and shellfish.

ROTISSERIE COOKING & GRILLING

Cooking rotisserie-style and grilling are great ways to prepare moist, succulent foods, and reduce excess fat and grease for clean eating. Primal humans may not have realized they were roasting the fat out of their meat when they cooked it over the fire, but that's what they were doing! Fortunately, we have modern equipment to replicate these methods such as air fryers, kamado stoves, and rotisserie cookers.

SMOKED & FLAVORED MEAT

Primitive humans smoked their meat, fish, poultry—and/or soaked them in herbal mixtures—to add flavors and soften tougher cuts. Create more satisfying dishes using natural ingredients such as cumin, paprika, thyme, rosemary, basil, cilantro, garlic, chili powder, tamari and wasabi. Smoke your rations to perfection by using certain kinds of wood (e.g., apple, alder, cherry, hickory, maple, mesquite, oak, and pecan).

MAKE YOUR OWN COLD CUTS

Grill the meat and slice it yourself instead of buying processed & prepackaged types! Enjoy the natural taste of your favorite sandwich meats without high levels of sodium, MSG, nitrates, and hormones.

SUSHI & RAW FOODS

Raw fish, shellfish, and uncooked vegetables contain a variety of nutrients and are extremely healthy. There are wonderful combinations and ways to present these foods that are fun, tasty, and low-calorie! Try freshly seared ahi tuna, sushi, sashimi, or hand rolls with zesty raw vegetables mixed in or on the side.

DRIED FOODS

Early humans dried foods and carried them while they traveled. Replicate this process the modern way by using a convection dryer, solar dryer, or silo dryer. You can dry beef, bison, venison, poultry, fruits, and vegetables for healthy snacks while you are on the go. Try peppered, jalapeño, and teriyaki flavors for extra zip.



*Consuming raw or undercooked meats, fish, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Cooking your food is a very effective way to reduce germs and bacteria.

CREATIVE VEGETABLES

Vegetables provide many essential nutrients, phytonutrients, vitamins, and fiber. Experiment with different combinations of your favorite kinds. Try different ways to prepare and cook them. There are endless varieties that can add color, texture, and flavor to your meals and snacks!

BREAKFAST

ADD: Fresh side of asparagus and water chestnuts to your eggs and bacon, or a side of plantain chips and guacamole to your veggie omelet

SNACK

TRY: Apple slices and almond butter, or celery sticks and cauliflower hummus, or sweet potato toast

LUNCH

ADD: Jicama fries to your bison burger with a portabella top bun, or assorted pepper strips, sliced avocado, and ground salmon to a bed of spinach

SNACK

TRY: Homemade dried fruits and veggie chips with natural beef jerky, or green eggs

APPETIZER

TRY: Homemade mango salsa and almond crackers, or veggie-stuffed mushrooms

DINNER

ADD: Zucchini spaghetti with chicken alfredo, or cauliflower mash to your tuna steak and bacon-wrapped water chestnuts

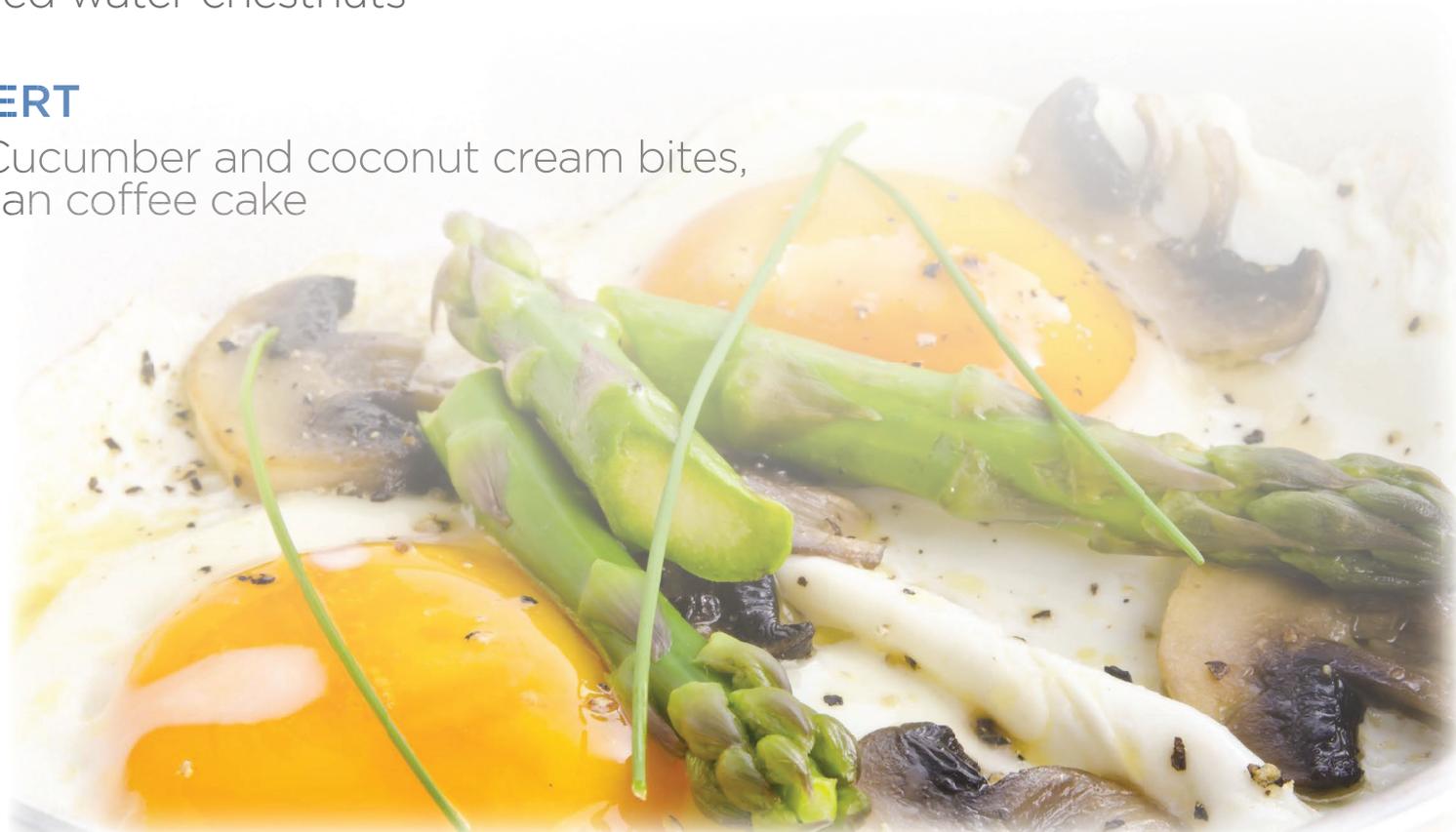
DESSERT

TRY: Cucumber and coconut cream bites, or vegan coffee cake

Make small bags or containers of veggies for meals and snacks to take on the go!

Slowly add larger portions of vegetables to your plate.

Reduce large servings of pasta, mashed potatoes, and other starchy sides.



GLUTEN-FREE BAKED GOODS

Eliminating gluten from your diet does not mean sacrificing great tasting breads and baked goods. There are a variety of gluten-free baking flours that you can use to make all your favorite choices. You can also use edible leaves and large vegetable pieces for sandwiches and wraps.



Pizza Dough = Cauliflower
Bread = Coconut Flour
Cookies = Taro Root
Cake = Tiger Nut
Brownies = Squash Flour
Bagels = Almond Flour
Muffins = Tapioca Flour
Biscuits = Arrowroot Flour



Pie Crusts = Hazelnut Flour
Tortillas = Plantain Flour
Flatbread = Cactus Flour
Rolls = Zucchini Flour
Doughnuts = Cassava Root
Pancakes = Chestnut Flour
Waffles = Banana Flour
Crepes = Walnut Flour

DOUGH PREPARATION TIPS

- ☑ Try **high-protein** paleo flours for bread recipes, pie crusts, and pizza dough.
- ☑ Use **low-protein** paleo flours for cakes, cookies, dumplings, pudding, and pasta.
- ☑ Include an **extra egg or egg white**. The protein will help build the batter consistency.
- ☑ Increase any **extract** called for, and slightly increase the amount of **spices** to improve flavor.



MAKE
gluten-free
wraps for cold cuts
and salad pitas.
Try portabella top
buns for your
burgers.



USE
lettuce leaves
for paleo pockets,
fruit wraps,
and stir-fry
to-go!



TRY
almond,
walnut flour
cereal.



COOKING TOOLS

SLOW COOKER: Make your own **Caveman Gumbo.** Just “throw” all of your favorite meats, vegetables and spices in a pot, and let it simmer all day while you are at work. They are also great for making pulled chicken or beef brisket.

MINI-GRILLER: One of the most **quick and healthy ways to cook meats and vegetables.** Make chicken cutlets, pork chops, small steaks, and brown your veggies. They are perfect for single people, elderly couples, and apartment dwellers. They can be cleaned fast and stored easily.

MEAT SMOKER: You can add **some prehistoric flavor to meat, fish, and poultry.** Invite friends over after a hike, bike, or kayak and make some food together, Paleogenics® style!

MICROPLANE GRATER: Finely **grate herbs & spices for sauces for freshly ground flavor.** Turn ginger & garlic into a paste that will melt in the pan, make garnishes, and create sprinkles for drinks & desserts.

ROTISSERIE COOKER: Having **trouble starting a fire to make your dinner?** Cook great tasting, juicy meat with indirect heat and minimal clean-up.

WOK: Make **delicious stir-fry fast and easy.** You can also brown your meats, make flavorful Asian toppings and sauces, and heat leftovers. Sauté your vegetables, and simmer tasty pastes and spreads.

IMMERSION BLENDER: Make **silky-smooth sauces right in the pan.** They are easier to clean and make less mess than a large blender. Make a great paleo mayo!

BLENDER: Mix **fruits, berries, veggies, and nut milk.** Take your smoothies on the go! They will give you something sweet and nutritious to drink, and they're loaded with vitamins and nutrients.

SPIRALIZER: Easily **transform fresh vegetables and fruits** for creative salads, or as healthy pasta alternatives to pair with your favorite sauces.



A close-up photograph of a person's arm and torso. The person is wearing a bright blue tank top. They are holding a clear plastic water bottle with a white spray nozzle. The bottle is partially filled with water. The background is a plain, light color.

PRE-WORKOUT FOOD OPTIONS

Fueling your body 15-20 minutes before a workout is vital for achieving optimal performance and results. Adequate protein, carbohydrates, and healthy fat will boost your energy level. Reduce glycogen depletion, cortisol levels, and protein breakdown.

CHOCOLATE ENERGY BITES

Makes about 36 balls

- 1 cup almond butter
- 5 tablespoons raw honey
- 1 teaspoon pure vanilla extract
- 1-1/2 cups unsweetened shredded coconut
- 1 cup dried cherries, finely chopped
- 1 cup dates, pitted and coarsely chopped
- 1/4 cup flaxseed meal
- 2 tablespoons unsweetened cocoa powder
- 1 cup dried egg whites, powdered
- 1/2 cup miniature chocolate chips

FOOD PREP:

1. Line a baking sheet with waxed paper.
2. In a food processor, blend together the almond butter, honey, and vanilla.
3. Add remaining ingredients (except chocolate chips) and mix well. Then, stir in the chocolate chips.
4. Scoop mixture and form into 1" balls, then place on a waxed paper-lined baking sheet.
5. Separate layers with waxed paper to prevent sticking. Store in an airtight container in the refrigerator.

GRILLED CHICKEN & FRUIT MEDLEY

- 4 ounces grilled chicken breast
- 1 handful blueberries
- 1 handful strawberries, sliced
- 1 kiwi, sliced
- 1 tablespoon raw honey

FOOD PREP:

1. Slice grilled chicken into strips and arrange on a plate.
2. Place fruit in a serving bowl, add honey and mix gently.
3. Serve fruit medley with chicken.

STUFFED APPLE

- 1 apple
- 3 tablespoons almond butter
- Handful of raisins

FOOD PREP:

1. Core the apple.
2. Fill the apple with almond butter and raisins.

GREEN EGGS

- 3 eggs
- 1 avocado

FOOD PREP:

1. Place eggs in a saucepan and cover with one inch of water.
2. Slowly bring the water to a boil over medium heat.
3. Once the water starts to boil, cover the pan, remove it from the heat, set aside, and let the eggs sit for 12 minutes.
4. Place eggs in a colander and run under cool water.
5. Peel eggs and cut them in half.
6. Replace the yolks with scoops of avocado.

CHICKEN SWEET POTATO

1 chicken breast, boneless & skinless
1 medium sweet potato

FOOD PREP:

1. Grill chicken breast until cooked, about 12 minutes.
2. Bake sweet potato in microwave for 7 minutes (or conventional oven at 400 degrees F for 45-50 minutes).
3. Slice the potato open and insert chicken.

FISH N' FRUIT

4 ounces salmon
1-2 tablespoons walnut oil
4 orange segments
Handful of grapes

FOOD PREP:

1. Preheat frying pan over medium-high heat.
2. Coat salmon with walnut oil.
3. Place salmon in hot pan and cook for 2-3 minutes on each side.
4. Place the fruit and cooked salmon on a plate.

YOGURT, NUT & FRUIT

1 cup coconut milk yogurt
1 ounce chopped nuts (your choice)
1 handful raspberries
1-2 dashes of cinnamon
1 tablespoon raw honey (optional)

FOOD PREP:

1. Combine yogurt, nuts, berries, and cinnamon in a bowl.
2. Drizzle with honey.

NUT BUTTER POPPERS

4 Medjool dates, pitted
2 tablespoons cashew butter

FOOD PREP:

1. Slice each date open.
2. Fill each date with a small portion of cashew butter.

QUICK FRUIT & HONEY MIX

6 ounces assorted fruit, chopped
1 kiwi, sliced
1 tablespoon raw honey
1 tablespoon flaxseed meal

FOOD PREP:

1. Scoop fruit into a bowl.
2. Add honey and flaxseed meal.
3. Mix and enjoy.

CHOCOLATE DIPPED FRUIT

Dark chocolate
Fruit of your choice

FOOD PREP:

1. Melt chocolate in a saucepan.
2. Peel, chop, and slice fruit.
3. Dip fruit pieces in the melted chocolate.
4. Place dipped pieces on a parchment-lined plate or baking sheet.
5. Chill and serve.

EGG WHITES & TURKEY ROLL

2 egg whites
1 tablespoon coconut oil
2 slices turkey breast, cooked

FOOD PREP:

1. Beat the egg whites in a bowl, set aside.
2. Heat coconut oil in a frying pan.
3. Cook the egg whites in the pan until set.
4. Roll each egg white with each piece of turkey.

CLASSIC BANANA & NUT BUTTER

1 slice paleo bread (made with almond or coconut flour)
1 tablespoon nut butter (your choice)
1/2 banana
Cinnamon

FOOD PREP:

1. Spread nut butter on the bread.
2. Slice banana and place on top.
3. Sprinkle with cinnamon.

POWER SCRAMBLE

2 whole eggs
1 tablespoon coconut oil
1/4 cup onion, chopped
1/2 bell pepper, chopped
Dash of cardamom

FOOD PREP:

1. Beat the eggs in a bowl, set aside.
2. Heat coconut oil in a frying pan.
3. Sauté onion and peppers approximately 1-2 minutes.
4. Pour in beaten eggs, stirring to scramble.
5. Cook until eggs are no longer runny.
6. Scoop the scramble onto a serving plate, and sprinkle with cardamom.

FAT BURNER WRAP

1 coconut wrap
1 tablespoon nut butter of choice
1 plum, pit removed, chopped

FOOD PREP:

1. Spread nut butter on the wrap.
2. Arrange the plum pieces evenly on top of the nut butter.
3. Roll together and eat.

GOJI BERRY SHAKE

1 cup dried goji berries
2 tablespoons chia seeds
1/2 banana
3 strawberries
1 cup water
1/2 cup ice

FOOD PREP:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy.



POST-WORKOUT RECOVERY

Fueling your body 15–20 minutes after a workout is essential for maximizing results. Muscles readily absorb nutrients to ensure you recover, adapt, and improve. Increase protein synthesis and reduce soreness and fatigue with the following choices.



SPICY CHICKEN STRIPS & SWEET KALE CHIPS

1 bundle of fresh kale leaves, stems removed

1 tablespoon extra virgin olive oil

1 tablespoon raw honey

Juice of one lemon wedge

4 ounces chicken breast

Crushed red pepper

FOOD PREP: KALE CHIPS

Preheat oven to 350 degrees F.

1. Wash and thoroughly dry kale, and chop leaves into bite size pieces.
2. Put chopped leaves into a large mixing bowl.
3. Add olive oil, honey, and lemon juice to bowl and mix.
4. Lay kale leaves onto a baking sheet.
5. Drizzle the rest of the remaining liquid onto the leaves for added flavor.
6. Put in oven, stir occasionally.
7. Bake approximately 15 minutes, until edges brown but are not burnt.

FOOD PREP: CHICKEN STRIPS

1. Heat grill according to manufacturer directions.
2. Slice chicken breast evenly into three strips.
3. Sprinkle with crushed red pepper.
4. Grill strips for 10-12 minutes, flip and rotate after 5-6 minutes.

COCONUT CHOCOLATE SHAKE & SALMON CHUNKS

4 ounces wild caught salmon

1 cup coconut milk

1/2 tablespoons pure maple syrup

3 large ice cubes

1-2 tablespoons 100% cocoa powder (to taste)

FOOD PREP:

1. Grill salmon and cut into small chunks. Set aside.
2. Place remaining ingredients into a blender.
3. Blend until smooth.
4. Pour into a glass.
5. Serve salmon pieces on the side.

SEARED AHI TUNA

4 ounces ahi tuna steak

2 tablespoons avocado oil

Freshly ground pepper

FOOD PREP:

1. Heat avocado oil in frying pan over medium heat.
2. Cook tuna for 3 minutes on each side (for medium-rare).
3. Sprinkle with pepper.

TURKEY, APPLE & CHEESE ROLLS

4 ounces cooked turkey breast, sliced

1 apple, sliced

2 tablespoons spreadable non-dairy cashew cheese

FOOD PREP:

1. Spread some cheese on an apple slice.
2. Wrap a turkey slice around the cheese and apple.
3. Repeat with remaining ingredients.

PALEO POCKET

1 medium yam, peeled
 1 garlic clove, finely minced
 10 red seedless grapes, halved
 1/3 cup dried cranberries or blueberries
 1/2 apple, diced
 2 tablespoons almond hummus

FOOD PREP:

1. Cut the yam open lengthwise. Place in a saucepan, cover with water, and bring to a boil. Cook until partially tender.
2. Drain and cool the cooked yam halves.
3. Mix the remaining ingredients in a bowl.
4. Fill the potato with the mixture and close.

ALMOND BUTTER BAR

Makes 6 bars

3/4 cup dried egg whites, powdered
 2/3 cup flaxseed & chia seed blend
 5 tablespoons almond butter
 2 tablespoons cocoa powder
 1 tablespoon raw honey

FOOD PREP:

1. Mix all ingredients in a bowl.
2. If additional moisture is needed, add one tablespoon of water at a time until mixture becomes consistency of firm dough.
3. Divide dough into six equal parts.
4. Roll and press each piece of dough into a bar shape.
5. Place each bar in plastic wrap and store in refrigerator.

VEGGIE SHAKE & BISON STRIPS:

4 ounces fresh bison steak
 1/2 cup spinach leaves
 1/2 cup blueberries
 1 tablespoon flaxseed meal
 1 cup kale

FOOD PREP:

1. Grill bison to desired doneness and slice into strips.
2. Place remaining ingredients into a blender.
3. Blend until smooth.
4. Pour mixture into a glass.
5. Serve bison strips on the side.

KICK'N CHICKEN SALAD

4 ounces cooked chicken or turkey breast
 1/2 cup strawberries, sliced
 1 ounce walnuts, chopped
 1 tablespoon Paleo Mayo
 Dash of turmeric

FOOD PREP:

1. Dice the cooked chicken into cubes.
2. Combine all ingredients in a medium bowl.
3. Lightly toss with Paleo Mayo to coat.

SUSHI HAND ROLL*

4 ounces sushi-grade fish, cut into wide, thin strips
1/2 avocado, pitted, peeled, and thinly sliced
Coconut aminos
Pure wasabi paste

FOOD PREP:

1. Roll strips of fish around slices of avocado.
2. Mix coconut aminos and wasabi together for dipping the sushi.

TUNA PICK UP

4 ounces chunk light tuna
1/2 tablespoon extra virgin olive oil
Lemon wedge
1/2 cucumber, sliced

FOOD PREP:

1. Place tuna in a small bowl.
2. Drizzle tuna with oil.
3. Squeeze fresh lemon over the top.
4. Mix together and serve on cucumber slices.

GREEN SMOOTHIE

8 ounces coconut water
2 cups fresh spinach or kale, chopped
1/2 apple, cored, peeled and chopped
1/4 avocado, scooped from the skin
2 tablespoons flaxseed meal
1 teaspoon chia seed (optional)

FOOD PREP:

1. Blend until smooth.
2. Add more water as needed to obtain desired consistency.
3. Pour in a glass and enjoy!

SCRAMBLED EGG ROLL

2 eggs
1/4 cup roasted red pepper, chopped
1 turmeric wrap

FOOD PREP:

1. Preheat a frying pan on medium heat.
2. In a medium bowl, whisk together the eggs with a fork.
3. Stir in the red pepper.
4. Pour the egg mixture into the pan.
5. Cook the eggs over medium heat, scraping the edge of the pan and stirring until no liquid remains.
6. Scoop the cooked eggs onto the wrap. Fold the edges of the wrap around the eggs.

POWER PACK

1 hardboiled egg
1 banana
1/2 cup blueberries

*Consuming raw or undercooked meats, fish, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness, especially if you have certain medical conditions. Cooking your food is a very effective way to reduce germs and bacteria.



ENERGY-BOOSTING BREAKFASTS

Breakfast is an important part of a healthy diet. Start your day with some of these tasty suggestions that you can make quickly and easily. Our recipes include some of the best paleo ingredients to fuel your workouts and keep you satisfied.



SPICY SMOKED SALMON & EGGS

1 smoked salmon fillet
 2 eggs
 2 tablespoons scallions, minced
 Crushed red pepper
 1 tablespoon coconut oil

FOOD PREP:

1. Chop smoked salmon, set aside.
2. In a bowl, beat eggs with a fork or whisk until frothy.
3. Add a pinch of crushed red pepper to eggs.
4. Melt 1 tablespoon coconut oil in pan over medium heat.
5. Pour all ingredients into the pan.
6. Mix, cook, and serve.

BANANA BERRY PANCAKES

1 ripe banana, peeled and mashed
 1 egg
 Dash of cinnamon
 Handful of berries (your choice)
 1 tablespoon ghee
 Coconut sugar

FOOD PREP:

1. In a medium bowl, whisk the mashed banana and the egg until frothy.
2. Stir in the cinnamon and berries.
3. Heat a skillet over medium heat, add ghee and melt to prevent batter from sticking.
4. Pour batter into the pan to form two small pancakes.
5. Flip the pancakes when the edges turn brown.
6. When fully cooked, sprinkle with coconut sugar and serve.

BREAKFAST PORRIDGE

Makes 2-3 servings

2 bananas, peeled and mashed
 2 cups coconut milk
 3/4 cup almond meal
 1/4 cup flaxseed meal
 1/2 teaspoon cinnamon
 1/2 teaspoon ginger
 1/8 teaspoon ground cloves
 1/8 teaspoon ground nutmeg
 1/8 teaspoon sea salt
 Pure maple syrup or raw honey (as desired)
 Assorted chopped fruit of choice

FOOD PREP:

1. Combine all ingredients (except fruit toppings) in a medium saucepan.
2. Heat to a slow simmer, stirring until thick and bubbly.
3. Let cool to liking, top with fruit, and enjoy!

6 PACK

3 hardboiled egg whites
 2 pieces of fruit
 1 handful of nuts (your choice)

BREAKFAST SALAD & POACHED EGG

1 slice uncured bacon
 2 cups mixed greens
 1 green onion, sliced
 1/2 red bell pepper, diced
 2 tablespoons extra virgin olive oil
 1 teaspoon balsamic vinegar
 1 tablespoon lemon juice
 Sea salt
 Freshly ground pepper
 1 egg
 2 teaspoons rice vinegar

FOOD PREP: SALAD

1. Cut bacon into small pieces, and cook to your liking.
2. In a serving bowl, mix the salad greens, onion, bell pepper, and cooked bacon.
3. In a small bowl combine the olive oil, balsamic vinegar, lemon juice, and salt & pepper (to taste). Pour over the salad and toss to combine.

FOOD PREP: POACHED EGG

1. Fill a small saucepan halfway with water and bring to a simmer over medium-high heat.
2. Add the rice vinegar.
3. Gently break the egg into the water.
4. Turn off the heat and cook for 4 minutes.
5. Carefully remove the egg from the water with a slotted spoon.
6. Place eggs on top of the dressed salad.

PROTEIN-PACKED SCRAMBLED CHICKEN

1 tablespoon ghee
 4 ounces grilled chicken, diced
 1 slice uncured bacon, chopped
 1/2 green bell pepper, chopped
 4 ounces mushrooms, sliced
 1/4 onion, chopped
 Fresh baby spinach
 2 eggs
 1-2 dashes cayenne pepper

FOOD PREP:

1. Melt ghee in a pan over medium heat.
2. Stir in the grilled chicken, bacon, green pepper, onion, mushrooms, and spinach. Cook 2-3 minutes until onions start to become translucent.
3. In a medium bowl, lightly beat the eggs with a fork or a whisk.
4. Pour beaten eggs into pan over the vegetables and chicken.
5. Stir to scramble, cooking until eggs are no longer runny.
6. Add cayenne and any other spices you choose.

SCRAMBLED PLANTAIN TACOS

1 tablespoon coconut oil
 4 ounces your choice of meat, fish, or poultry
 1 plantain, peeled & sliced
 Veggies of choice, chopped
 1 turmeric wrap

FOOD PREP:

1. Heat coconut oil in a frying pan over medium heat.
2. Cut meat into small cubes.
3. Place meat, plantain, and veggies into pan.
4. Stir and cook until meat is done.
5. Roll hot meat and veggie mixture in turmeric wrap and serve.

STRAWBERRY CHESTNUT WAFFLES

Coconut oil
 1 cup chestnut flour
 1 pinch sea salt
 1 teaspoon baking soda
 1/4 teaspoon cinnamon (optional)
 4 eggs
 1/4 cup raw honey or pure maple syrup
 1 teaspoon pure vanilla extract
 4 ounces sliced strawberries, warmed and mashed

FOOD PREP:

Preheat a waffle iron.

1. In a medium mixing bowl, combine the chestnut flour, salt, baking soda, and cinnamon.
2. In a large mixing bowl, whisk together the eggs, honey (or maple syrup), and vanilla.
3. Stir the flour mixture into the egg mixture.
4. Grease preheated waffle iron with coconut oil.
5. Follow the manufacturer's instructions to cook the waffle.
6. Top with pure maple syrup and strawberries.

STEAK & EGGS

1/4 pound steak
 1 tablespoon coconut oil
 2 eggs
 Spices (your choice)
 Broccoli, chopped

FOOD PREP:

1. Heat the mini-griller according to manufacturer directions.
2. Cook steak on the grill until done to your liking.
3. Melt coconut oil in a pan over medium heat.
4. Cook two eggs with your favorite spices (e.g. crushed red pepper).
5. Place the steak on a serving plate with eggs and raw broccoli.

SPICED & NUTTY CHOCOLATE BANANA SMOOTHIE

1 frozen banana
 1-1/2 tablespoons cocoa powder
 1 tablespoon almond butter
 1/2 cup unsweetened almond milk
 Dash cayenne
 1/4 tsp cinnamon

FOOD PREP:

1. Place all ingredients into a blender.
2. Blend until smooth.
3. Add cayenne and cinnamon to taste.

BACON ROLL

1 egg
 1/2 tablespoon coconut oil
 2 slices, uncured thick cut bacon

FOOD PREP:

1. In a medium bowl, whisk the egg.
2. Melt the coconut oil in a skillet over medium heat.
3. Pour in the egg. Cook until done, scraping edges of pan and stirring eggs.
4. Cook the bacon strips in the skillet. Then, remove from skillet and drain excess fat.
5. Spoon the eggs onto the bacon and roll tightly.



LEAN BODY LUNCHEES

Boost your performance and slim down your waist. These dishes are easy to prepare, and you can carry them while you're "on-the-go." Maintain your energy level, and help keep your mental focus sharp throughout the day.



SHRIMP MANGO SALAD

7 medium shrimp, peeled and deveined
 Handful of fresh spinach leaves
 2 tablespoons fresh basil, chopped
 1/2 mango, cubed
 1 avocado, peeled, pitted and sliced
 1/2 green pepper, sliced
 Red onion, chopped (to taste)

FOOD PREP:

1. Cook shrimp in a stove-top pan until opaque.
2. Place spinach leaves and cooked shrimp into a bowl.
3. Sprinkle basil on top.
4. Add mango, avocado, green pepper, and red onion to the salad.

HAWAIIAN LETTUCE WRAP

4 romaine lettuce leaves (place two together for each wrap)
 1 cup fresh cooked pork, cubed
 1/2 cup cabbage, shredded
 2 tablespoons black olives, sliced

FOOD PREP:

1. Place lettuce leaves on a serving plate. The number of wraps you make with this recipe will depend on how big you want each one to be.
2. Mix all other ingredients in a bowl and fill each wrap.

BISON BURGER & CINNAMON JICAMA FRIES

1/3 pound ground bison
 1 teaspoon paprika
 6 ounces jicama
 1 tablespoon ghee
 1-2 teaspoons cinnamon
 1 tablespoon Paleo Mayo (optional)

FOOD PREP: BURGER

1. Mix paprika into the ground bison and form into a burger patty.
2. Place burger on grill and flip every few minutes until done.

FOOD PREP: FRIES

Preheat oven to 375 degrees F.

1. Cut jicama into fry-shaped straws.
2. Melt ghee.
3. Toss jicama straws with ghee and sprinkle with cinnamon.
4. Line baking tray with foil, spread the fries in a single layer on the tray.
5. Cook for 25-30 minutes, flipping fries 2-3 times during baking.
6. Serve the burger patty with a spoonful of Paleo Mayo for dipping.

STRAWBERRY PECAN CHICKEN SALAD

2 cups fresh baby spinach
 Chicken breast, grilled and sliced
 Strawberries, hulled and sliced
 1/4 cup pecans
 1/2 avocado, peeled, pitted and sliced
 2 tablespoons Lemon Vinaigrette

FOOD PREP:

1. Add slices of grilled chicken to a bed of spinach on a serving plate.
2. Sprinkle with the strawberries and pecans, and add the slices of avocado.
3. Drizzle with the Lemon Vinaigrette.

ASIAN VEGETABLE STIR-FRY

Makes about 2 servings

1 tablespoon coconut oil
 1/2 white onion, sliced
 1 tablespoon fresh ginger, grated
 2 garlic cloves, minced
 2 cups broccoli florets
 1/2 red bell pepper, chopped
 1/4 cup water chestnuts, sliced
 Bok choy, chopped
 Scallions, chopped
 Enoki mushrooms
 Bamboo shoots
 Lemon or lime wedges
 Pinch of red chili pepper flakes

FOOD PREP:

1. Chop and slice vegetables before the next step.
2. Heat 1 tablespoon coconut oil in a wok or large skillet. Add sliced onions, ginger, garlic, and cook for about 1 minute.
3. Add in remaining vegetables and stir for 5 minutes over medium-high heat, stirring constantly.
4. Squeeze citrus wedge over top.
5. Sprinkle with chili pepper flakes.

KELP SOUP

Makes 2 servings

1 quart of water
 1 scallion stalk sliced into discs
 1 handful of dried Nori Kelp or Wakame
 2 large garlic cloves, crushed
 2 tablespoons onion powder

FOOD PREP:

1. Mix all ingredients in the soup pot.
2. Cook for 15–20 minutes, stirring frequently.

CHRISTMAS TUNA

1 can white tuna in water, drained
 1/3 cup pomegranate seeds
 1 tablespoon fresh mint, chopped coarsely
 1 sprig fresh thyme, chopped
 1 teaspoon celery seed

FOOD PREP:

1. In a bowl, add pomegranate seeds, fresh mint, thyme, and celery seed to the tuna fish.
2. Mix together and chill.

KIMCHI FISH TACOS

1 tablespoon coconut oil
 4 ounce cod fillet
 1/2 cup kimchi
 2 almond flour tortillas

FOOD PREP:

1. Melt coconut oil in a frying pan over medium-high heat.
2. Place fillet in pan, and cook evenly on both sides until done.
3. Cut fillet in half. Place a fillet half and some kimchi in each tortilla.

HOT PEPPER CHICKEN

Makes 2 servings

2 chicken breasts, boneless & skinless
 1 tablespoon avocado oil
 2 garlic cloves, minced
 1/2 red bell pepper, cubed
 1/4 onion, chopped
 2-4 chili peppers
 1 tablespoon fresh basil, chopped

FOOD PREP:

1. Slice the chicken breasts into strips.
2. In a pan, cook the chicken breasts in the avocado oil until done. Transfer to a serving dish, cover and set aside.
3. In the same pan, add in the garlic, pepper, onion, and chili peppers and cook 2-3 minutes.
4. In a large serving dish, combine the chicken and vegetables. Top with fresh basil.

STEAK & VEGETABLE SOUP

Makes 4-6 servings

1-1/2 pounds lean boneless beef round steak, cubed
 Olive oil
 1 onion, chopped
 1 zucchini, cubed
 3 celery stalks, chopped
 2 cups broccoli florets
 6 cups water
 Sea salt
 Freshly ground pepper
 1 teaspoon Italian seasoning
 2 teaspoons celery seed
 1 bay leaf
 1/2 head green cabbage, chopped
 Fresh kale, chopped

FOOD PREP:

1. In a large pot, heat the olive oil. Add in the cubed beef and chopped onions.
2. Cook until browned, approximately 10 minutes.
3. Add 1 cup water and stir thoroughly.
4. Add zucchini, celery, broccoli, remaining water, seasonings, and bay leaf.
5. Bring to a boil, cover and simmer over medium-low heat about 45 minutes.
6. Add in the cabbage and kale. Cook uncovered for 30 minutes, stirring occasionally.
7. Remove bay leaf and serve.

CHICKEN VEGGIE BOWL

Makes 4 servings

4 chicken breasts, boneless
 3 handfuls of broccoli florets
 2 handfuls of sweet bell peppers, sliced
 3 handfuls of mushrooms, sliced
 Paprika, cayenne pepper, basil and thyme

FOOD PREP:

1. Place all ingredients into slow cooker. Add spices to taste.
2. Cover with the lid. Turn on high for 4-4.5 hours.
3. Stir every 1/2 hour to avoid overcooking.



DELICIOUS DINNERS

Nothing beats ending the day with a delicious meal. Your evening meals should combine both lean meats to reduce fat calories, and low-glycemic carbohydrates to help reduce blood sugar spikes.



BLACKENED MAHI MAHI

Makes 4 servings

1 teaspoon paprika
 1/8 teaspoon thyme
 1/2 teaspoon cayenne
 1/4 teaspoon oregano
 1/4 teaspoon garlic powder
 1/4 teaspoon black pepper
 1/4 teaspoon sea salt
 2 tablespoons coconut oil
 4 Mahi Mahi fillets

FOOD PREP:

1. Preheat grill.
2. Mix all the spices in a bowl until well blended.
3. Brush each Mahi Mahi fillet with coconut oil.
4. Coat each side of the oiled fillets with the spice mixture.
5. Place coated fillets on the grill. Cook 4-5 minutes until lightly browned.
6. Gently turn each fillet over and cook another 4-5 minutes.

LIVER & ONION STIR FRY

Makes 4 servings

2 tablespoons avocado oil
 2 large onions, sliced thin
 1 garlic clove, minced
 1-1/2 to 2 pounds beef livers
 1 tablespoon fresh basil, chopped
 2 tablespoons fresh cilantro, chopped
 Pinch of turmeric

FOOD PREP:

1. Heat 1 tablespoon avocado oil in large skillet over medium-high heat.
2. Add onion and garlic. Cook until onions are soft. Transfer from skillet to a serving dish and set aside.
3. Add 1 tablespoon avocado oil to skillet.
4. Add livers to skillet and brown on both sides.
5. Add basil, cilantro, and turmeric. Cook about 1 minute.
6. Remove from heat and serve with the cooked onions.

TURKEY MEATBALLS

Makes about 16 pieces

2 pounds ground turkey
 1/2 onion, minced
 2 jalapeño peppers, seeded and minced
 Basil, minced
 Handful of fresh spinach, minced
 4 eggs
 Garlic, minced
 Black pepper

FOOD PREP:

- Preheat oven to 350 degrees F.
1. Place all ingredients into a large bowl and mix well.
 2. Roll mixture into golf size balls, or smaller.
 3. Lightly coat a baking sheet with oil. Place meatballs on baking sheet.
 4. Bake for 25 minutes, or until cooked.

CRUNCHY MUSHROOM CHICKEN

1 tablespoon coconut oil
 1/4 cup white onion, chopped
 1 chicken breast, cut into 1" pieces
 1 handful mushrooms, sliced
 1/4 cup water chestnuts
 1 tablespoon fresh basil, chopped

FOOD PREP:

1. Melt coconut oil in a pan over medium-heat. Add onions and cook for about 5 minutes.
2. When the onions start to caramelize, add the chicken pieces and the mushrooms.
3. Once the chicken pieces are cooked on both sides, add in the water chestnuts and some fresh chopped basil leaves.
4. Cook for a few more minutes to combine the flavors.

POMEGRANATE BEEF SALAD

3 ounces lean beef sirloin
 1/2 tablespoons walnut oil
 1 tablespoon fresh cilantro leaves, chopped
 1 handful pomegranate seeds

FOOD PREP:

1. Cut the beef into thin slices.
2. Heat the walnut oil in a skillet.
3. Brown the beef slices on both sides until desired doneness.
4. Chop the cilantro.
5. In a bowl, add the beef, top with the pomegranate seeds and cilantro and stir.
6. Chill before serving.

BACON SCALLOPS & VEGGIE PLATTER

2 slices uncured thick cut bacon
 1/3 red pepper, diced
 10 brussels sprouts, halved
 6 scallops
 Lemon

FOOD PREP:

1. In a skillet over medium-high heat, cook the bacon until chewy.
2. Add vegetables to the skillet. Cook until tender. Remove from skillet and place on plate.
3. Add the scallops to the skillet. Cook for 2 minutes then flip and cook for 2-3 minutes. The scallops should feel firm to the touch, but tender in the middle.
4. Wrap the scallops with bacon and place them on the plate with the veggies.
5. Squeeze fresh lemon on top.

SQUASH NOODLES & BUTTERY WINE SAUCE

Makes 8 servings

2 pounds butternut squash, peeled & spiralized (or julienne cut)
 1/2 pound celery root, peeled & spiralized (or julienne cut)
 4 tablespoons olive oil
 1/4 teaspoon poultry seasoning
 Salt, pepper & rosemary (to taste)
 4 tablespoons ghee
 3 tablespoons dry white wine

FOOD PREP:

- Preheat oven to 400 degrees F.
1. Spread vegetables on two baking sheets, drizzle with oil, and sprinkle with poultry spice, salt, pepper, and rosemary. Bake 10 minutes, stirring several times.
 2. In large skillet cook ghee about 1 minute. Stir in wine and cook about 5 minutes until the sauce thickens. Stir in the vegetables and cook about 3 minutes, or until soft.

BAKED SALMON

1 salmon fillet (1 inch thick)
 Fresh parsley, coarsely chopped
 Dried rosemary
 Fresh basil
 Dill
 Ground pepper
 Lemon wedge
 Extra virgin olive oil

FOOD PREP:

Preheat oven to 350 degrees F.

1. Coat both sides of the salmon fillet with the herbs and spices.
2. Squeeze fresh lemon juice over the salmon and place in a shallow dish.
3. Cover and marinate in the refrigerator for at least 15 minutes.
4. Place the marinated fillet in a baking dish that is lightly coated with olive oil.
5. Bake for 10-15 minutes being careful not to overbake.

VEGAN SAUSAGE & PEPPERS

Makes 4 servings

1 green bell pepper, sliced
 1 red bell pepper, sliced
 1 yellow onion, sliced
 4-6 fresh vegan sausages (organic)
 2 garlic cloves, minced
 Fresh thyme

FOOD PREP:

Preheat oven to 400 degrees F.

1. Slice all the vegetables and place into a large baking dish.
2. In a hot skillet, brown the sausages about 1-2 minutes per side.
3. Place the meat over the vegetables.
4. Place minced garlic and a few sprigs of fresh thyme on top.
5. Cover with aluminum foil and bake for 45 minutes.

JUMBO GUMBO

Makes 6-8 servings

3 tablespoons coconut oil
 2 tablespoons coconut flour
 2 pounds raw jumbo shrimp, peeled and deveined
 1 onion, chopped
 3 cups okra, chopped
 1 red bell pepper, chopped
 2 cloves garlic, minced
 2 tablespoons fresh parsley, chopped
 1 teaspoon dried thyme
 1 bay leaf
 8 cups water
 Sea salt & black pepper (to taste)

FOOD PREP:

1. In a skillet on high heat, add 2 tablespoons of oil and the flour, whisk together.
2. Add the shrimp. Stir and cook until the shrimp is cooked. Set aside.
3. In a large pan, heat 1 tablespoon oil then add onions and okra. Cook over medium heat until okra is tender.
4. Add the shrimp and remaining ingredients. Cover with 8 cups of water.
5. Cover with lid and cook over medium-low heat for 30 minutes.



TASTY APPETIZERS

Even though there probably weren't a lot of cocktail parties 10,000 years ago, today's paleo eaters can still enjoy finger foods and appetizers that would have made our ancestors ask for more!



COCONUT WALNUT SHRIMP

Makes about 15-20 pieces

2 tablespoons coconut oil
 2 cups shrimp, whole
 2-3 dashes cayenne pepper
 2-3 dashes turmeric
 2 handfuls walnuts, crushed

FOOD PREP:

1. Melt coconut oil in pan over medium heat.
2. Add in the shrimp and the spices to taste.
3. Stir to evenly disperse the spices.
4. Add walnuts to the mixture.
5. Cook shrimp 4-5 minutes each side, or until thoroughly cooked.

AVOCADO SEAFOOD SALSA

Makes about 3 cups

1 tablespoon coconut oil
 6-7 large shrimp, peeled and deveined
 1 handful scallops
 2 garlic cloves, minced
 1 avocado, peeled, pitted and cubed
 1/2 red bell pepper, chopped
 1 jalapeño pepper, sliced, with seeds removed
 1/4 cup green onions, sliced
 1/4 cup red onions, chopped
 2 dashes cayenne pepper
 Fresh parsley, finely chopped
 Lemon wedge

FOOD PREP:

1. Melt coconut oil in a large stove-top pan over medium-high heat.
2. Add shrimp, scallops, and garlic. Place the shrimp and scallops in a single layer.
3. Cook the seafood 2-3 minutes on each side until done.
4. Remove contents from pan. Dice the seafood into small pieces.
5. Combine all ingredients into a medium bowl.
6. Squeeze lemon juice into the bowl.
7. Stir to mix all ingredients.

SALMON BITES

Makes 16 pieces

8 teaspoons dairy-free coconut cream cheese
 16 almond flour crackers
 1 ounce smoked salmon, cut into 16 small pieces
 Fresh dill

FOOD PREP:

1. Spread 1/2 teaspoon of cream cheese on each cracker.
2. Arrange on a serving plate.
3. Top with smoked salmon and a small piece of fresh dill.

SMOKED OYSTER SPREAD

Makes about 1 cup

- 3-3/4 ounce can smoked oysters, drained
- 3 ounces dairy-free coconut cream cheese, softened
- 1 teaspoon Worcestershire sauce
- 1-2 dashes hot sauce (to taste)
- 1 pinch lemon pepper (optional)

FOOD PREP:

1. Chop the oysters into medium-sized pieces.
2. In a medium bowl mix the oysters with the cream cheese, Worcestershire sauce, hot sauce, and lemon pepper.
3. Chill at least one hour.

CRAB BALLS

Makes about 24 pieces

- 1 pound fresh lump crab meat
- 2 tablespoons Paleo Mayo
- 1/4 cup almond flour
- 1 teaspoon Dijon mustard
- 1/4 teaspoon lemon juice
- 1 large egg
- Freshly ground black pepper (to taste)
- Almond flour
- Avocado oil

FOOD PREP:

1. Add ingredients (except oil) to a large bowl. Mix lightly with your fingers.
2. Form 1 inch balls and roll each one in almond flour.
3. Heat the oil in a large skillet.
4. Place the coated balls in the pan and cook until golden brown.

VEGGIE-STUFFED MUSHROOMS

Makes 16 pieces

- 16 medium-size mushroom caps, stems and gills removed
- 4 slices uncured bacon
- 1/4 red onion, chopped
- 1/2 zucchini, peeled and chopped
- Spices (your choice)
- Extra virgin olive oil

FOOD PREP:

Preheat oven to 400 degrees F.

1. Bake mushroom caps for 15 minutes.
2. Cook bacon in stove-top pan over medium heat until crisp. Chop into small pieces.
3. Mash the zucchini in a medium bowl. Add the red onion and bacon.
4. Remove mushrooms from oven. Drain any juices that have formed in the caps.
5. Fill mushrooms with veggie and bacon mix.
6. Drizzle a small amount of olive oil on top of each stuffed mushroom.

ZUCCHINI BOWL

- 1 zucchini, peeled and spiralized
- 2 tablespoons white vinegar
- 2 tablespoons olive oil
- 2 lemon wedges

FOOD PREP:

1. In a bowl, add zucchini, vinegar, and olive oil.
2. Squeeze juice of lemon wedges over mixture.
3. Stir and chill!

BACON-WRAPPED OLIVE POPPERS

Makes 24 pieces

12 slices uncured bacon
24 olives stuffed with garlic
Toothpicks

FOOD PREP:

Preheat oven to 450 degrees F.

1. Line a baking sheet with aluminum foil or parchment paper.
2. Cut bacon pieces in half. Place bacon on baking sheet and bake until chewy.
3. Wrap each olive with a piece of bacon and insert a toothpick.

SPICY CHICKEN NIBBLERS

Makes 16 pieces

Coconut oil
3/4 cup almond flour
1/2 teaspoon cayenne pepper
1/2 teaspoon garlic powder
1/2 teaspoon sea salt
1 pound boneless & skinless chicken tenders
4 tablespoons ghee, melted
1/2 cup hot sauce

FOOD PREP:

Preheat oven to 400 degrees F.

1. Line a rimmed baking pan with foil, and grease with coconut oil. Set aside.
2. In a large resealable plastic bag, combine flour, cayenne pepper, garlic powder, and salt. Shake to blend.
3. Cut chicken into 2" pieces. Add to bag, close, and shake to coat chicken.
4. In a small bowl stir together ghee and hot sauce.
5. Dip chicken pieces into hot sauce mixture one at a time, coating evenly.
6. Place chicken pieces on baking sheet and bake for 20 minutes.
7. Raise heat of oven to broil and cook an additional 2-3 minutes.
8. Let cool and serve.

SMASH HIT DIP

Makes about 1.5 cups

1/2 cup assorted olives, chopped
1/4 cup garlic, minced
1/4 cup artichoke hearts, chopped
1/4 cup shitake mushrooms, chopped
2 teaspoons capers
1 tablespoon walnut oil

FOOD PREP:

1. Mix all ingredients, place in serving bowl, and chill.
2. Delicious on sea salt almond crackers and fresh zucchini slices.

BACON ASPARAGUS

Makes 10 pieces

10 strips of uncured bacon
10 asparagus spears
1/4 cup garlic, minced
Sea salt & black pepper (to taste)

FOOD PREP:

Preheat oven to 375 degrees F.

1. Wrap one piece of bacon around each asparagus spear.
2. Place on baking sheet, and sprinkle with salt, pepper, and garlic.
3. Bake for 15-20 minutes until bacon is cooked and asparagus is tender.



TOPPINGS & CONDIMENTS

Many times we eat more when our food is sweetened with sauces and glazes that contain artificial flavors. Use natural toppings and condiments with your foods, and you will taste the difference.



PALEO MAYO

Makes about 1 cup

- 1/2 cup avocado oil or macadamia nut oil
- 1 egg, at room temperature
- 1 tablespoon fresh lemon juice
- 1 teaspoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon sea salt
- 1/2 cup liquid coconut oil

FOOD PREP:

1. Preparing at room temperature is best. Use either a blender or immersion blender.
2. Use 1/4 cup avocado oil to start blending with all ingredients (except coconut oil).
3. As mixture emulsifies, slowly add remaining oils (1/4 cup avocado and 1/2 cup coconut).
4. Store in refrigerator in covered jar or squeeze bottle.

SPICY MARMALADE

Makes about 1 cup

- 1/2 cup orange marmalade
- 1/4 cup raw honey
- 1/4 cup Dijon mustard
- Hot sauce (to taste)

FOOD PREP:

1. Stir all ingredients together and chill.
2. Delicious as a glaze for pork or dipping sauce for chicken!

CHERRY MANGO SALSA

Makes about 2 cups

- Handful of bing cherries, pitted and halved
- 1 mango, diced
- 1/4 cucumber, cubed
- 1/2 cup fresh cilantro, chopped
- Juice of one lime wedge
- Pinch of sea salt

FOOD PREP:

1. Combine all ingredients into a bowl. Mix well and chill.
2. Try with grilled shrimp or plantain chips.

COCONUT CREAM DIP

Makes about 1 cup

- 1 cup coconut cream
- 1 tablespoon raw honey
- 1 teaspoon pure vanilla

FOOD PREP:

1. Place coconut cream in a mixing bowl.
2. Use a hand mixer to whip the cream.
3. Blend in the honey and vanilla.
4. Chill until ready to serve.
5. Delicious with fresh fruit.

LEMON VINAIGRETTE

Makes about 1 cup

- 3 tablespoons fresh lemon juice
- 1/2 teaspoon Dijon mustard
- 3/4 cup extra virgin olive oil
- Sea salt and freshly ground pepper (to taste)

FOOD PREP:

1. In a bowl, whisk together the lemon juice, mustard, salt, and pepper.
2. Slowly add in the olive oil as you whisk vigorously.

SWEET & SOUR BEEF GLAZE

Makes about 1/2 cup

2 teaspoons arrowroot powder
5 teaspoons water
1/3 cup apple cider vinegar
3 tablespoons pure maple syrup
2 1/2 tablespoons paleo ketchup
1 teaspoon coconut aminos
1 teaspoon ground ginger

FOOD PREP:

1. Mix arrowroot powder and water in a bowl. Set aside.
2. Bring remaining ingredients to a boil in a saucepan.
3. Remove from heat and stir in the arrowroot mixture.

LEMON CHICKEN GLAZE

Makes about 1/2 cup

1/2 cup chicken broth
1 teaspoon lemon juice
1 teaspoon lemon zest
1 tablespoon fresh parsley, chopped
1 tablespoon honey
2 teaspoons tapioca flour

FOOD PREP:

1. Stir together all ingredients in a microwave safe bowl.
2. Microwave on high 1-2 minutes.
3. Apply glaze to chicken before and during baking or grilling.

SPINACH STRAWBERRY MEZE

Makes about 2 cups

2 cups strawberries, chopped
1 tablespoon scallions, chopped
2 teaspoons lime zest
2 tablespoons fresh lime juice
1 teaspoon coconut sugar or 1 tablespoon raw honey
1 teaspoon balsamic vinegar
Fresh baby spinach leaves, finely chopped with stems removed

FOOD PREP:

1. In a large bowl, mix together all ingredients except spinach.
2. Add the finely chopped spinach and toss to combine.
3. Adjust sweetener and seasoning as needed.
4. Use as a topping for grilled chicken or lamb chops.

CAVEMAN MUSTARD

Makes about 1/2 cup

1/2 cup dry ground mustard
1/2 cup water
1/8 teaspoon turmeric (for color)
1-2 tablespoons vinegar
Lemon zest
Sea salt (to taste)

FOOD PREP:

1. In a bowl, combine mustard powder and water. Mix well.
2. Add turmeric, vinegar, and lemon zest. Mix well.
3. Add sea salt (to taste).

GARLIC BASIL MARINADE

Makes about 1 cup

- 1 cup garlic, minced
- 1 cup fresh basil, coarsely chopped
- 1/4 cup scallions, chopped
- 1/4 cup red wine vinegar
- 2 tablespoons balsamic vinegar
- 1 tablespoon Dijon mustard
- 2 teaspoons onion powder
- 1 cup olive oil

FOOD PREP:

1. Place all ingredients into blender.
2. Add 1/2 cup olive oil. Blend well.
3. With blender running, add in remaining olive oil. Blend well.
4. This is fantastic as a steak marinade, and can also be served as a salad dressing.

MANGO CUCUMBER DRESSING

Makes about 1 cup

- 1 mango, peeled and chopped
- 1/2 cucumber, peeled and chopped
- 1/4 cup freshly squeezed orange juice
- 2 tablespoons fresh lime juice
- 2 tablespoons apple cider vinegar
- 2 tablespoons honey
- 1 garlic clove, grated
- 1 teaspoon fresh ginger, grated
- 2 tablespoons fresh cilantro, finely chopped
- 1 tablespoon chili flakes (optional)

FOOD PREP:

1. Place mango, cucumber, juices, vinegar, honey, garlic, ginger, and salt in blender, and blend until smooth.
2. Pour dressing into another container. Stir in the cilantro and chili flakes.
3. Pour over a tossed salad with salmon or grilled chicken pieces.

HOMEMADE KETCHUP

Makes about 1 cup

- 12 ounces tomato paste
- 3/4 cup water
- 6 tablespoons apple cider vinegar
- 6 tablespoons raw honey
- 1 tablespoon coconut sugar
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon mustard powder
- 1/8 teaspoon freshly ground pepper
- 2 teaspoons sea salt

FOOD PREP:

1. In a saucepan, whisk the tomato paste and water together.
2. Stir in remaining ingredients.
3. Simmer 20 minutes. Stir often.
4. Remove from heat and let cool.



SNACKS & DESSERTS

As you replace junk food and sugary snacks, you will need tasty substitutes. Simplify this process by choosing Paleogenics[®] approved recipes and enjoy natural flavor!



CHOCOLATE BROWNIES

Makes 9-12 brownies

- 1 cup cashew butter
- 1/3 cup pure maple syrup
- 1 egg
- 2 tablespoons ghee, melted
- 1 teaspoon pure vanilla
- 1/3 cup cocoa powder
- 1/2 teaspoon baking soda

FOOD PREP:

Preheat oven to 325 degrees F.

1. Stir together the cashew butter, maple syrup, egg, ghee, and vanilla.
2. Stir in the cocoa powder and baking soda.
3. Spread batter into an 8 x 8 inch pan.
4. Bake for 18 minutes, until brownies are done but still soft in the middle.

CHERRY CHIA PUDDING

Makes 4 servings

- 1/2 cup chia seeds
- 2 teaspoons honey
- 2 cups unsweetened almond milk
- 2 cups frozen cherries
- 1/2 cup water

FOOD PREP:

1. Mix first three ingredients in a bowl. Cover and chill for 4-5 hours.
2. In a blender, puree cherries and water until a thick sauce forms.
3. In a parfait dish, layer chia pudding with spoonfuls of cherry sauce.

TROPICAL SMOOTHIE

- 8 ounces coconut milk
- Mango, chopped or sliced
- Peach, chopped or sliced
- 1 cup strawberries, chopped
- 1-2 tablespoons honey (optional)

FOOD PREP:

1. Pour coconut milk in blender.
2. Add mangos, peaches and strawberries.
3. Blend until smooth.

PALEO FRUIT POPS

Makes about 6

- 8 ounces coconut milk
- 12 strawberries, with stems and hulls removed
- 1 banana, peeled
- 1 mango, peeled and cubed
- 2 tablespoons honey (optional)

FOOD PREP:

1. Place all ingredients in a blender. Blend until smooth.
2. Pour into popsicle molds. Or, divide among small cups using toothpicks as sticks.
3. Freeze for a delicious treat!

CUCUMBER BITES

Makes about 16

2 large cucumbers
1 avocado, peeled, pitted and diced
1/4 cup red onion, finely diced
1 fresh peach, finely diced
Squeeze of fresh lime juice

FOOD PREP:

1. Cut 16 cucumber slices, about 1/8-1/4 inch thick.
2. In a bowl, mix together the avocado, red onion, peach, and lime juice.
3. Top the cucumber slices with teaspoonfuls of the avocado mixture.

ALMOND BUTTER NO-BAKE COOKIES

Makes about 12

1/4 cup almond butter
1/4 cup plus 3 tablespoons raisins
1/4 teaspoon sea salt
2 tablespoons almonds
1/8 teaspoon pure vanilla

FOOD PREP:

1. Blend all ingredients in a food processor.
2. Make teaspoon-sized balls.
3. Flatten each ball on waxed paper.
4. Store in an airtight container.

MANGO CHICKEN POPPERS

1 mango
1 chicken breast, cooked and sliced
1/2 cup fresh basil leaves
3 tapioca wraps

FOOD PREP:

1. Cut mango into long strips.
2. Slice chicken into thin strips.
3. Layer mango and chicken strips with basil leaves onto each wrap.
4. Roll or fold together in the wrap.

BLT BOWL

2 slices uncured bacon
Romaine lettuce, chopped
1/2 avocado, diced
1/4 cucumber, sliced
Fresh lime wedge

FOOD PREP:

1. Cut the bacon into pieces, cook in a stove-top pan until crispy.
2. Place cut vegetables in a serving bowl.
3. Place the cooked bacon pieces on top of lettuce mix.
4. Squeeze the juice of a lime wedge over the salad.

TUNA & GRAPES

Handful of grapes
4 ounces tuna
1 teaspoon sunflower seeds
1 tablespoon Paleo Mayo

FOOD PREP:

1. Cut the grapes in half.
2. Mix tuna, grape halves, seeds, and mayo.
3. Chill and serve.

COCONUT HONEY COOKIES

Makes 8 cookies

3 tablespoons coconut flour

2 tablespoons coconut oil

1 tablespoon raw honey

FOOD PREP:

Preheat oven to 350 degrees F.

1. Line a baking sheet with parchment paper.
2. In a medium bowl, mix all ingredients until a soft sticky dough forms.
3. Form 8 small balls and slightly flatten them on the baking sheet.
4. Bake 8–9 minutes until light brown.
5. Remove from oven, and cool before removing from the baking sheet.

CINNAMON BANANA

1 banana, peeled

1 tablespoon raw honey

Dash of cinnamon

FOOD PREP:

1. Slice banana into 1/2" pieces. Place in a microwave-safe bowl.
2. Drizzle honey over banana pieces.
3. Sprinkle with cinnamon.
4. Place bowl in microwave. Microwave on high for 20 seconds.
5. If desired, heat for additional 10 seconds.
6. Gently toss to slightly blend ingredients.

JICAMA FRIES

Makes 4 servings

1 pound jicama

1 tablespoon avocado oil

2 tablespoons ghee, melted

Sea salt (to taste)

FOOD PREP:

Preheat oven to 400 degrees F.

1. Slice jicama into fry-shaped straws.
2. Lightly coat a baking sheet with oil.
3. Place jicama straws in single layer on baking sheet.
4. Bake 20 minutes, or until tender.
5. Toss baked jicama fries with the melted ghee in a bowl.
6. Sprinkle with salt.

SNACKS:

Dipped Raisins. Melt some dark chocolate and dip your raisins.

Celery & Nut Butter. Cut up a few celery sticks and dip them in some walnut or hazelnut butter.

Pear & Nut Butter. Slice up some pears and dip them in fresh almond butter.

Spiced Nuts. Sprinkle some cayenne pepper, cumin, and over some walnuts, pecans, and almonds.

Hard Boiled Eggs. Boil a dozen, store in the refrigerator, and take them on-the-go!

DESSERTS:

Coconut Milk Yogurt. Add fresh fruit, and sprinkle with walnuts and crushed almond crackers. Add a tablespoon of organic honey for added sweetness.

Chocolate Dipped Banana. Melt some dark chocolate with no added sugar and roll or dip a banana in it. Freeze for a cold treat.

Apple & Nut Butter. Slice up an apple and use the pieces to scoop up freshly ground cashew butter for a healthy snack.

Cubed Mango & Raisins. Cut a mango into small cubes. Add some raisins and honey. Chill and serve.

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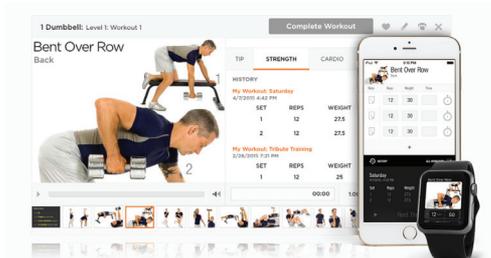
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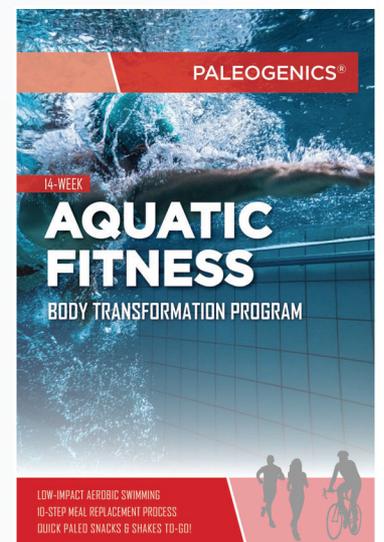
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