

# Om Nom Nom

WHAT'S COOKING?

MONDAY

- B: sweet potato & sausage hash  
 L: knockoff chikfila nuggets & mustardy kale salad  
 S: coconut fired bananas & chia pudding  
 D: paleo pad thai

TUESDAY

- B: banana muffin & boiled egg  
 L: left over pad thai  
 S: apple and almond butter  
 D: slow cooker carnitas tacos

WEDNESDAY

- B: boiled egg & chia pudding  
 L: left-over tacos  
 S: seasnax & epic bar  
 D: creamy sausage soup w/ greens

THURSDAY

- B: sweet potato and sausage hash  
 L: turkey roll-ups & veggies w/ Ranch  
 S: apple & almond butter  
 D: left-over soup

FRIDAY

- B: banana muffin & boiled egg  
 L: Knock-off chikfila nuggets & Kale salad  
 S: coconut bites & chia pudding  
 D: thai coconut chicken

SATURDAY

- B: blt crust less quiche  
 L: leftover thai coconut chicken  
 S: apple & almond butter  
 D: paleo alfredo

SUNDAY

- B: banana pancakes  
 L: left-over paleo alfredo  
 S: boiled egg or chia pudding  
 D: paleo tacos

## SHOPPING list

### produce

- |                         |                        |
|-------------------------|------------------------|
| o spaghetti squash      | o red onion - 1        |
| o zucchini x 7          | o parsnips - 1/2 lb    |
| o limes - one bag       | o white mushrooms      |
| o fresh ginger          | o leeks x 2            |
| o cilantro x 2          | o cauliflower - 1      |
| o green onions x 2      | o spring greens        |
| o cucumber x 4          | o kale - 4 salads      |
| o tomatoes x 2          | o broccoli             |
| o jicama - 1            | o red chili pepper - 1 |
| o avocado - 1 bag       | o strawberries         |
| o sweet potatoes x 7    | o onion x 2            |
| o fuji apple x 4        |                        |
| o bananas - two bunches |                        |

### protein

- o 4 lb skinless, boneless chicken
- o sliced turkey - whole 30
- o 2. 1/2 lb boneless pork shoulder
- o bacon - wh30 x 2
- o sausage - wh30
- o lean ground beef
- o eggs x 2

### other

- |                        |                               |
|------------------------|-------------------------------|
| o coconut milk x 3     | o tapioca starch              |
| o sesame oil - check   | o smoked chipotle powder      |
| o almond butter        | o unsweet coconut             |
| o ranch dres- w30      | o dijon mustard - w30         |
| o chicken broth x 3    | o green curry paste           |
| o unsalted cashews     | o cacao powder                |
| o almond flour - check | o chia seeds                  |
| o cacao nibs?          | o 1 can fire roasted tomatoes |
| o 1 can green chile    |                               |

# Let's Prep!

A FEW HOURS ON SUNDAY = A  
SMOOTH WEEK OF DINNERS

## MAKE:

- *Knock-off Chik-fil-A Chicken*
- *Chia Pudding*
- *Fried Bananas*
- *Sweet Potato and Sausage Hash*
- *Kale Salad*
  - *keep the sweet potato and apple separate*
  - *keep the bacon separate*
  - *keep the dressing separate*
- *Banana Muffins*

## PREP ELEMENTS:

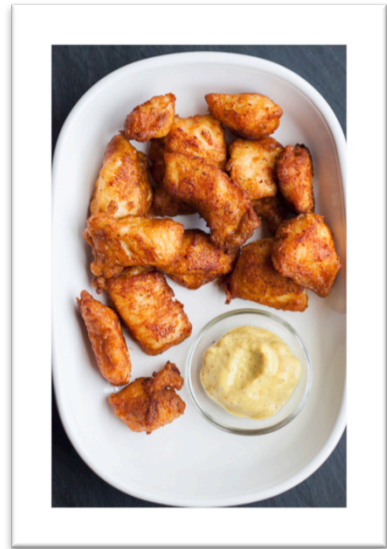
- *Paleo Pad Thai*
  - *cook and create spaghetti squash noodles*
- *Creamy Sausage Soup*
  - *cut veggies*
- *Turkey Roll-Ups & Veggies with Ranch*
  - *cut veggies*
- *Thai Coconut Chicken*
  - *cut veggies*
  - *cube chicken*
  - *rice cauliflower*

# Recipe

## KNOCK-OFF CHIKFILA NUGGETS

### Ingredients

2 lbs boneless, skinless chicken breasts  
1/4 cup dill pickle juice  
1 egg, beaten  
2 tbsp coconut milk  
1/4 cup tapioca starch  
1 tbsp paprika  
1 tsp each salt and black pepper  
1/2 tsp garlic powder  
1 dash ground cayenne pepper  
1/2 cup coconut oil for frying



### Instructions

1. Cut your chicken into 1" chunks. Place the chicken chunks in a re-sealable plastic bag and add the pickle juice; marinate in the fridge for an hour.
2. After an hour, open the bag and pour out any excess pickle juice. It doesn't have to be perfectly drained, just not totally juicy. Add the beaten egg and the coconut milk, and mix together, then let sit for five minutes. Again, open the bag and pour out the excess liquid, if there is any. Texture is important at this point – the pieces should be wet but not swimming in a soup of pickle/egg/coconutty goodness.
3. Prep your dry ingredients by stirring them all together.
4. Add the dry ingredients and mix them together in the bag, by a combination of shaking, rubbing, and pleading. It'll take a few minutes, so this is a good time to warm up your skillet of oil on medium heat.
5. Fry your chicken pieces, flipping every few minutes, until nice and golden brown. It should take about six to eight minutes per batch. Don't overcrowd the skillet; it took me four batches to cook all two pounds of chicken. Use a splatter screen if you have one. Drain the chicken pieces on paper towels as you cook the others, and keep them warm in the oven at 170 degrees.

### Notes

recipe courtesy of: [www.thedomesticman.com](http://www.thedomesticman.com)

# Recipe

## MUSTARDY KALE SALAD WITH SWEET POTATOES AND BACON

### Ingredients

3 sweet potatoes, cut into 1-inch pieces  
5 tablespoons olive oil, divided  
½ teaspoon sea salt, divided  
¼ teaspoon black pepper, divided  
3 tablespoons fresh lemon juice  
2 tablespoons Dijon mustard  
2 bunches Tuscan kale, stems removed, chopped  
2 Fuji apples, cored and sliced  
6 pieces of bacon

### Instructions

1. Place the bacon on a foil-lined baking sheet. Put the bacon in a cold oven, set the oven to 400 degrees and cook for 20 minutes. Remove the bacon from the oven.
2. In a large bowl, toss the sweet potatoes with 2 tablespoons of olive oil, ¼ teaspoon each salt and ¼ teaspoon pepper. Spread the sweet potatoes on two baking sheets. Roasted the sweet potatoes for 25 to 30 minutes or until browned.
3. Meanwhile, in the same large bowl you plan to use for serving the salad, whisk together the lemon juice, Dijon mustard, and the remaining 3 tablespoons of oil, ¼ teaspoon of salt, and ¼ teaspoon of pepper.
4. Add the kale and massage the dressing into the kale leaves. Add the apple, sweet potatoes and bacon.
5. Toss together and serve warm.

### Notes

recipe courtesy of: [www.threebeansonstring.com](http://www.threebeansonstring.com)





# Recipe

## COCONUT FRIED BANANAS

### Ingredients

two bananas (ripe but not mushy)  
1/2 cup shredded unsweetened coconut  
1/2 teaspoon ground cinnamon (optional)  
3-4 tablespoons coconut oil



### Instructions

1 Peel bananas and slice them into 1/2" thick medallions. In a small bowl mix coconut and cinnamon. Coat both sides of the banana slices in the coconut and cinnamon mixture by pressing the cut sides into the coconut lightly. The coconut flakes should stick to the banana.

2 In a skillet melt the coconut oil over medium-high heat. You may need more coconut oil than is listed because you want about a 1/4" of oil in the bottom of the pan.

3 Set the banana sliced that have been coated in the coconut in the hot oil and fry on one side until golden and then flip and do the same on the other side. Remove the fried bananas and place them on a paper towels to drain and cool. Continue until all the bananas have been fried.

### Notes

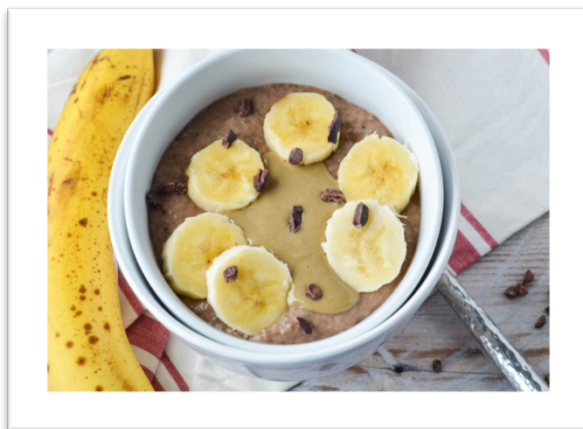
recipe courtesy of: [www.domestic360life.com](http://www.domestic360life.com)

# Recipe

## CHOCOLATE BANANA COCONUT-CHIA PUDDING

### Ingredients

1/3 cup of full-fat coconut milk  
2/3 cup of cold water  
1 ripe banana, cut in half  
1 TB of cacao powder  
a dash of cinnamon  
3 TB of whole chia seeds  
desired toppings  
(nut/seed butter, fruit, nuts, cacao nibs, etc.)



### Instructions

1. Combine coconut milk, water, half of the banana, cacao powder, and cinnamon in a blender.
2. Place chia seeds in a pint-sized mason jar. Pour chocolate banana coconut milk into the jar. Shake until well-combined.
3. Refrigerate overnight, or for at least four hours. I always make mine the night before I plan to eat it.
4. Leave the chia pudding in the jar or pour into a bowl.\* Top with your favorite toppings. I selected sunflower seed butter, the other half of the banana (sliced), and cacao nibs.

### Notes

*\*You can absolutely get creative with your toppings choices. Any nut or seed butter should work, and both berries and peaches/nectarines make for great additions. I would absolutely not be opposed to dark chocolate chips when not on the Whole 30, too!*

*\*If you cannot get past the texture of chia pudding, you can absolutely blend it into a smooth pudding using a high-powdered blender. Be sure to do this before you add your toppings.*

recipe courtesy of: [www.cleaneatingveggiegirl.com](http://www.cleaneatingveggiegirl.com)

# Recipe

## PALEO PAD THAI

### Ingredients

#### FOR NOODLES

½ medium spaghetti squash  
1 pound chicken, cut into 1 inch pieces  
2-3 cloves garlic, minced  
2 eggs, whisked  
3 cups chopped veggies  
(I used carrots, zucchini, and broccoli)

#### FOR SAUCE

½ cup coconut milk, homemade or canned  
½ cup homemade broth (chicken, beef, or veggie)  
½ cup almond butter  
juice from one large lime (or 2 small)  
1 TBS apple cider vinegar  
2 TBS coconut aminos (a healthy substitute for soy sauce)  
2 TBS toasted sesame oil  
1 TBS fresh ginger, grated fine  
¼ tsp celtic sea salt  
⅛ tsp cayenne pepper, powdered  
PLUS coconut oil, butter, or ghee for cooking

#### FOR GARNISH

¼ cup cilantro, chopped  
3 green onions, thinly sliced  
1 lime

### Instructions

1. Cook spaghetti squash until tender. I like to cut the squash in half and cook in crockpot on high for 2-2.5 hours with about an inch of water in the bottom. Comes out perfect. OR pierce the outside of squash SEVERAL times with a fork and then roast WHOLE squash in shallow baking dish for one hour in preheated 375°F oven.

2. When cool enough to handle, cut lengthwise (if you haven't already) and scoop the seeds and fibrous strings from the center of the cooked spaghetti squash. Gently scrape the tines of a kitchen fork around the edge of the spaghetti squash to shred the pulp into strands (this is your noodles) Set aside



## TO MAKE SAUCE:

1. Combine all sauce ingredients in a medium pot over low heat. Stir until well combined. Set aside.
2. Heat 1 TBS fat of your choice in a skillet on medium heat. Add chicken bits and cook until lightly browned. Add minced garlic in at the last minute and saute a minute or two. Remove from skillet and set aside.
3. Add a splash of oil to pan and pour in eggs and cook until eggs are thoroughly cooked. Remove from pan and set aside.
4. Add another splash of oil and saute veggies until beginning to soften (about 4-5 minutes)
5. Add chicken, eggs, and sauce to skillet and mix thoroughly.  
Add spaghetti squash and mix again  
Serve immediately  
Garnish with fresh cilantro and lime wedges

## Notes

recipe courtesy of: [www.savorylotus.com](http://www.savorylotus.com)

# Recipe

## GRAIN FREE BANANA MUFFINS

### Ingredients

- 3 Ripe Bananas (spotted like you'd use for banana bread)
- 1 1/2 Cups Roasted Unsalted Cashews
- 1 Cup Almond Flour
- 2 Tbs Coconut Oil
- 2 Eggs
- 1 tsp Baking Soda
- 1 tsp Baking Powder
- 1 tsp Vanilla
- 1/2 tsp Cinnamon
- 1/4 tsp Salt
- Coconut Oil (to grease your muffin tins)



### Instructions

1. Preheat oven to 375°.
2. Grind cashews in a food processor until you get a fine cashew meal.
3. Add walnut oil and blend until well combined (making cashew butter).
4. Next, add the bananas and blend until it forms a sticky paste.
5. In a medium bowl whisk eggs, then add cashew / banana mixture along with almond flour, baking soda, baking powder, vanilla, cinnamon, and salt. Mix until it forms a batter.
6. Pour batter into greased muffin tins and bake for 12 minutes or until muffins are cooked through.
7. Let muffins completely cool on a rack before storing.

### Notes

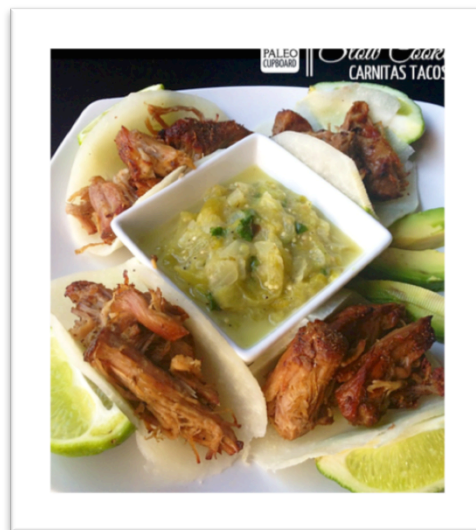
recipe courtesy of: [www.todaysletters.com](http://www.todaysletters.com)

# Recipe

## SLOW COOKER CARNITAS TACOS

### Ingredients

- 2 1/2 pound boneless pork shoulder
- 2 Tbsp. lard/bacon fat or tallow
- Sea Salt
- Ground black pepper
- 1/4 cup chicken broth
- 1 medium orange, juiced
- 1 lime, juiced
- 4 cloves garlic, chopped
- 2 tsp. dried cumin
- 2 tsp. dried oregano
- 1/2 tsp. cayenne pepper
- 1 small onion, sliced
- 1 large jicama, thinly sliced (or 2 small jicama if using a mandolin slicer)



### TOPPINGS:

- 2 ripe avocados, sliced
- 1 cup fresh cilantro, chopped
- 2 limes, quartered
- Salsa (optional)
- Hot sauce (optional)

### Instructions

1. Pat the pork shoulder dry with paper towels and season generously with sea salt and ground black pepper. Place a large skillet over medium-high heat and allow the lard/bacon fat or tallow to get hot. Brown the pork shoulder on all sides.

2. Pour the chicken broth into the bottom of the slow cooker. Place the pork in the slow cooker and pour the fresh squeezed orange and lime juice over the meat. Top with the garlic, cumin, oregano, cayenne pepper and sliced onions.

3. Cover and cook on low for 8 hours or on high for 4 hours, or until the meat is very tender

4. Remove the meat from the slow cooker and discard the onion slices. Reserve about 1/2 cup of the liquid from the pan and set aside. Shred the meat into bite sized chunks. Taste the meat and add additional sea salt and ground black pepper if desired
5. Turn the oven on to broil and place an oven rack on highest setting. Spread the shredded pork onto a baking sheet and broil for about 3-5 minutes or until the edges get a brown and crispy. Pour the reserved liquid back over the meat and toss to coat.
6. Place a helping of meat inside each jicama taco shell. Serve with sliced avocado, limes, fresh cilantro and your favorite salsa and/or hot sauce. Enjoy!

## Notes

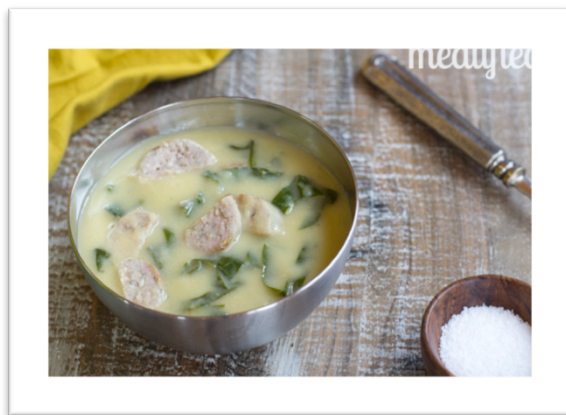
recipe courtesy of: [www.paleocupboard.com](http://www.paleocupboard.com)

# Recipe

## CREAMY SAUSAGE SOUP W/ GREENS

### Ingredients

1 tbsp (15 ml) [coconut oil or avocado oil](#)  
1 cup (140 g) diced onion  
2 cloves of garlic  
½ lb (225 g) cauliflower florets  
½ lb (225 g) parsnips  
5 cups (1.2 l) chicken or pork broth, divided  
1 lb (450 g) sausage links (see notes)  
½ lb (225 g) greens (we used kale)



### Instructions

#### SOFTEN:

Add the oil to a saucepan over low-medium heat, along with the diced onion. Peel and smash the garlic cloves with the back of your knife and add those to the pan, too. Cook until the onion is almost translucent, about 5 minutes, stirring once or twice. Chop the cauliflower into bite sized pieces and peel the parsnips. Trim the ends from the parsnips and slice them finely. Add the cauliflower and parsnips to the pan, as well as 3 cups (720 ml) of the broth. Cook until the cauliflower and parsnips are tender, about 20 minutes.

#### BROWN:

While the vegetables are cooking, heat a skillet over medium and cook your sausage links until nicely browned and just cooked through. Transfer them to a plate to cool slightly, then chop into bite size pieces and reserve them for later.

#### WHIZZ:

Carefully transfer the cooked vegetables and any cooking liquid to a blender. Add the remaining reserved broth - this will help cool the mixture down enough that your blender won't explode hot soup everywhere! Leave some room for air to escape the blender, just in case. Blend until you have a thick, smooth soup base.

#### WILT:

Add the soup back to the saucepan, along with the sliced sausage. Slice the greens finely and discard any super tough stems. Over medium heat, warm the soup and then add the sliced greens. Cook until the greens are just wilted and serve.

### Notes

*Make sure that the sausage you use is AIP compliant - no nightshades, seed spices or pepper!*

*This soup keeps nicely for a few days in the fridge.*

*This recipe is [Autoimmune Protocol and Whole30 compliant](#).*

*recipe courtesy of: [www.meatified.com](http://www.meatified.com)*



# Recipe

## SWEET POTATO AND SAUSAGE HASH

### Ingredients

4 sweet potatoes  
coconut oil  
1/2 tbsp cinnamon  
1/8 tbsp nutmeg  
salt and pepper to taste  
1 tbsp rosemary  
1 lb ground beef  
1 apple



### Instructions

1. Brown beef.
2. Add chopped sweet potato, apple, and spices with a bit of coconut oil if needed and sauté until apples and sweet potatoes are soft.

### Notes

recipe inspiration courtesy of: [www.thefreshlybrewed.com](http://www.thefreshlybrewed.com)

# Recipe

## PALEO TURKEY ROLL-UPS

### Ingredients

- 4 slices turkey
- 4 pieces romaine lettuce (or other greens)
- 2 tomato slices, cut into four pieces
- 4 slices cucumber, cut in half
- 2 slices bacon, cooked and crumbled



### Instructions

1. Place one slice of turkey on a cutting board. Put lettuce, tomato, cucumber, bacon crumbles and a dollop of dressing on top of turkey.
2. Roll turkey up over ingredients
3. Enjoy!

### Notes

recipe courtesy of: [www.ditchthewheat.com](http://www.ditchthewheat.com)

# Recipe

## EASY THAI COCONUT CHICKEN & CAULIFLOWER RICE

### Ingredients

#### FOR THE CHICKEN

- 1 pound (454 g) chicken breasts (boneless, skinless)
- 2 cloves garlic, minced
- 1 cup onion, diced
- ½ cup (40 g) sliced white mushrooms
- ½ cup (75 g) carrots, sliced into coins
- 1 cup (150 g) zucchini, sliced into half-moon shapes
- 1 (13.6oz/403 mL) can full fat organic coconut milk
- 3 tsp (45 mL) green curry paste
- ½ tsp, plus a pinch kosher salt
- 1 tbsp (45 g) red chile pepper slices
- 1 tbsp (45 g) coconut oil

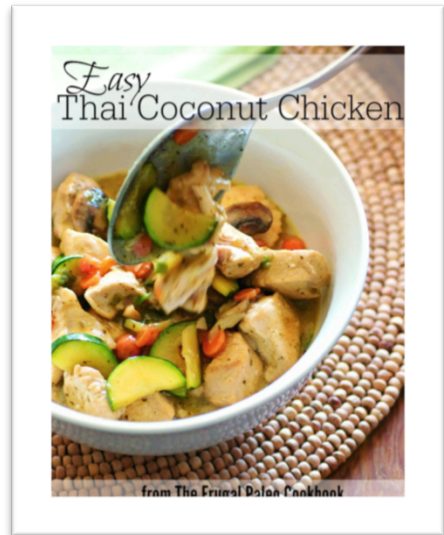
#### FOR THE RICE

- 1 small head cauliflower, cut into florets
- 1 tablespoon oil
- 1 clove of garlic, minced (optional)
- ½ teaspoon salt

### Instructions

#### FOR THE THAI COCONUT CHICKEN

- 1 In a small bowl combine the canned coconut milk with the green curry paste. Set aside.
- 2 Preheat a large, high-sided skillet with a lid, to medium-high and melt the coconut oil in the pan.  
Meanwhile, cut the chicken breasts into 2-inch (5-cm) cubes and season one side with a sprinkling of kosher salt.
- 3 When the coconut oil is hot, drop the cubed chicken into the pan. This is one time when you don't want to stir the meat while it cooks. Let the chicken sear, undisturbed, for about 5 minutes before flipping or turning the cubes to a second side to sear for about 3 minutes.



4. Reduce the heat to medium, then add the carrots, onion and garlic to the chicken. Cook and stir for about 4 minutes. Add the zucchini, mushrooms, chile pepper slices and the remaining ½ teaspoon salt.

Continue to cook and stir for another 5 minutes. If at any point the pan is getting too dark with what looks like burnt bits on the bottom, use about a ¼ cup (60 mL) of water to deglaze the pan. Deglazing means that liquid is used to loosen the browned bits stuck to the bottom of a hot pan during the cooking process. The liquid “lifts” them up and incorporates the browned bits as added flavor to the dish. If you need to do it while you prepare this portion of the recipe, do it. If the browned bits are not overwhelming the pan, don’t worry about it.

5. When the zucchini and mushrooms are golden brown, pour in the coconut milk mixture. Simmer for 8 to 10 minutes at this temperature to reduce the coconut milk slightly and concentrate the flavors.

6. Rice the cauliflower by grating it on the larger holes on a grater or in a food processor.

7. Heat the oil in a large pan or pot over medium-high heat; add garlic and stir for less than 1 minute then add the cauliflower and cook, stirring occasionally, until the cauliflower rice is tender and slightly golden brown, about 6-9 minutes.

8. Serve the chicken over cauliflower rice.

## Notes

thai chicken recipe courtesy of: [www.popularpaleo.com](http://www.popularpaleo.com)

cauliflower rice recipe courtesy of: [www.gimmedelicious.com](http://www.gimmedelicious.com)

# Recipe

## BLT CRUSTLESS QUICHE

### Ingredients

- |                                     |  |
|-------------------------------------|--|
| 1 cup Raw Cashews                   | 1 tablespoon Diced Green Chiles (optional) |
| 1/2 cup Water                       | 1/2 teaspoon Sea Salt                      |
| 4 cups loosely packed spring greens | 1/2 teaspoon black pepper                  |
| 1 tablespoon finely diced red onion | 1/8 teaspoon Garlic Powder                 |
| 1/2 a lime                          |  |
| 1 tablespoon Olive Oil              |  |
| 8 eggs                              |  |
| 8 slices of bacon                   |  |
| 1 cup diced fire roasted tomatoes   |  |

### Instructions

1. Soak cashews in 1/2 cup water at room temperature for 3 - 4 hours.
2. Then drain the cashews, add in 1/2 cup fresh water, and blend with an immersion stick blender or food processor until smooth.  
Preheat the oven to 350 degrees.
3. Cook the turkey bacon, then crumble and set aside.
4. Over medium heat in a medium skillet, heat up the olive oil. Then add in the spring greens, red onion, and lime juice and saute for approximately 5 minutes, until greens are wilted and onions are softened.
5. In a medium bowl whisk eggs, then add cashew / banana mixture along with almond flour, baking soda, baking powder, vanilla, cinnamon, and salt. Mix until it forms a batter.
6. Remove the greens from heat, and use a fork and knife to dice them into smaller pieces. Combine all the ingredients in a medium mixing bowl: cashew cream, bacon crumbles, diced wilted greens, eggs, tomatoes, green chiles, and spices.
7. Use non-stick spray on a 9" pie pan, then pour in the quiche batter. Bake for 45 minutes, or until eggs are set and not jiggly.  
Serve with cilantro, sliced avocado, and or greek yogurt (optional).

### Notes

recipe courtesy of: [www.noshandnourish.com](http://www.noshandnourish.com)



# Recipe

## PALEO ALFREDO

### Ingredients

#### TO COOK THE LEEKS

1 tbl [coconut oil](#)  
2 large leeks, washed and chopped (about 4 cups)  
⅓ cup chicken stock  
Juice of ½ a lemon

#### TO MAKE THE SAUCE

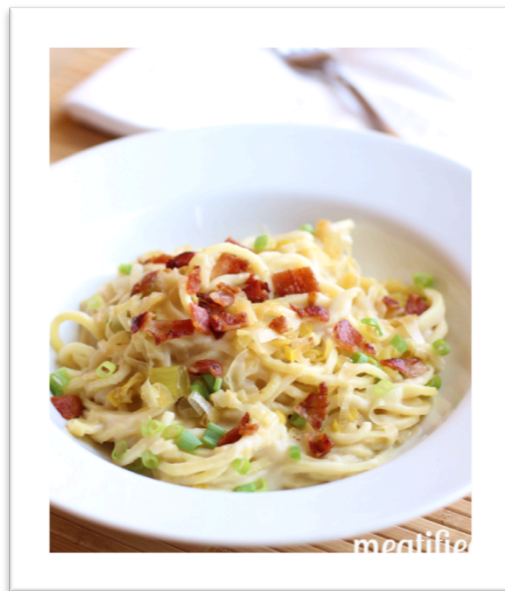
¾ lb cauliflower, chopped (4 cups)  
½ cup chicken stock  
1 cup coconut milk  
½ tsp sea salt  
2 tsp garlic powder

#### FOR THE NOODLES

2 large white sweet potatoes (or preferred vegetable)

#### TO GARNISH

6 slices sugar free bacon  
Handful green onions, chopped



### Instructions

#### TO COOK THE LEEKS

Over a low-medium heat, add the ghee or coconut oil to a large skillet. Add the leeks, stirring them through so that they are coated in the fat evenly. Then turn the heat down to low. Cook until softened and beginning to caramelize at the edges, about 20 minutes. Add the chicken stock and lemon juice and cover the pan, cooking until completely tender, about 5-10 minutes.

#### TO MAKE THE SAUCE

While the leeks are cooking, fill a saucepan ⅓ way full of water and bring to a boil. Add the chopped cauliflower and simmer until tender, about 10 minutes. Drain the cauliflower and add to a blender, along with the chicken stock, coconut milk, salt and garlic powder. Puree until smooth and liquid. Once the leeks are cooked, stir them into the cauliflower Alfredo sauce. Set aside.

## FOR THE NOODLES:

Use a spiralizer to make the sweet potatoes into noodles. Bring a pan of water to a boil. Add the spiralized sweet potato to the boiling water and cook until softened, but still al dente, about 4-5 minutes. Drain the sweet potato noodles.

## TO GARNISH AND ASSEMBLE:

Cook the bacon until crisp. Allow to cool slightly and chop into small pieces.

Slice the green onions.

Add the sweet potato noodles to a large skillet, pour over the Alfredo sauce and leeks. Use tongs to stir the sauce through the noodles and make sure everything is coated evenly. If the sauce is too thick, add a splash or two of water.

Simmer the noodles in the sauce until everything is warmed through.

Pile the noodles and Alfredo sauce onto plates. Sprinkle with bacon pieces and green onion before serving.

## Notes

recipe courtesy of: [www.meatified.com](http://www.meatified.com)

# Recipe

## BANANA PANCAKES WITH ROASTED STRAWBERRIES AND COCONUT CREAM

### Ingredients

- 2 eggs
- 1 banana
- 1 can full fat coconut milk  
(refrigerated upside-down for overnight)
- 2 pints strawberries  
(hulled and halved or quartered)
- 1 tablespoon coconut oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey, or to taste (optional)



### Instructions

1. Preheat the oven to 400 degrees F. Line a small rimmed baking sheet with parchment and set aside.
2. Set a bowl in the freezer for making the coconut cream.
3. Toss 1 cup of berries with coconut oil and vinegar (don't worry if the oil's clumpy), and arrange on baking sheet. Roast for 15 – 20 minutes, or just until the juices begin to release and the edges darken. Set aside to cool.
4. Toss roasted berries and any juices with the remaining fresh berries, and sugar or honey if using, and set aside.
5. To make coconut cream, remove can from fridge, leaving it upside-down and being careful not to jostle it. Use a can opener to open the bottom, pour off the translucent liquid, and reserve.
6. Scoop the thick white coconut cream into the chilled bowl. Whip on medium until mixture is smooth and creamy. Add a drizzle or two of the reserved coconut liquid to smooth things out.
7. Blend eggs and banana in bowl. Cook like a pancake on a hot, non-stick skillet.
8. Top with sliced fruit and coconut whipped cream.
9. Enjoy!

### Notes

banana pancakes recipe courtesy of: [www.loulougirls.com](http://www.loulougirls.com)

roasted strawberries and coconut cream recipe courtesy of: [www.brooklynssupper.net](http://www.brooklynssupper.net)



# Recipe

## PALEO TACOS

### Ingredients

#### THE GROUND BEEF

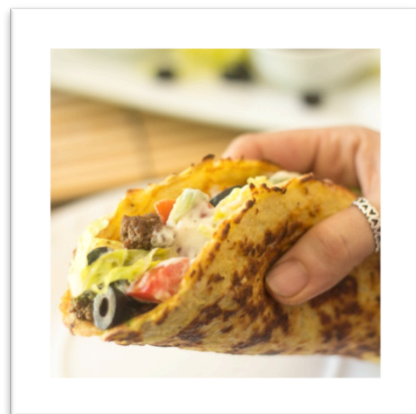
1 small onion, chopped  
2 cloves garlic, minced  
1/2 teaspoon salt  
454g (1lb) lean ground beef  
1/2 teaspoon black pepper  
1 teaspoon ground cumin  
1/2 teaspoon ground coriander  
1 teaspoon smoked chipotle powder  
1/2 teaspoon onion powder  
2 tablespoons water

#### THE TORTILLA SHELL

300g (10oz) cauliflower, grated  
2 tbsp coconut flour  
2 tbsp tapioca flour  
4 large eggs  
1/4 teaspoon salt  
1/4 teaspoon pepper

#### THE GARNISH STATION

1 avocado, diced  
1 tomato, diced  
1/2 cup black olives, sliced  
1 cup lettuce, shredded



### Instructions

1. In a large heavy skillet set over medium-high heat, melt some cooking fat and throw in the onion, garlic and salt. Cook for a few minutes until the onion turns translucent then add the the ground beef. Continue cooking until the ground beef is no longer pink, then add the black pepper, cumin, coriander, smoked chipotle, onion powder and water. Stir and continue cooking for one or two minutes until the meat is completely brown. Set aside.

2. Use a to grate the cauliflower.

3. Place the grated cauliflower in a microwave safe bowl and cover loosely; microwave for about 4 minutes on high. Let the cauliflower cool for a few minutes until it can be handled safely and then squeeze it to remove as much water as you possibly can.

4. Throw the cauliflower into a bowl, along with the rest of the ingredients for the tortilla shells". Mix with a large wooden spoon until well combined.

5. Melt some cooking fat in a small skillet set over medium heat. Drop 1/2 cup of the cauliflower mixture and spread it all the way to the edge with a spatula.

6. Cook for 2-3 minutes or until the top looks set and the underside took a nice golden coloration. Flip the tortilla and continue cooking for about a minute, until it's completely set.

7. Place everything on the table and let people build their own taco.

### Notes

recipe courtesy of: [www.thehealthyfoodie.com](http://www.thehealthyfoodie.com)