

### **Chicken and Zucchini Poppers (4 servings)**

- 1 pound Ground Chicken
- 2 cups grated Zucchini
- 1/4 cups sliced Green Onion (Scallion)
- 3 tablespoons chopped Cilantro, Fresh
- 1 tablespoon minced Garlic Cloves
- 1 teaspoon Salt
- 1/2 teaspoon Black Pepper
- 1 Tablespoon Coconut Oil, melted

Combine all ingredients in a mixing bowl. Form meatballs. Place on a cookie sheet lined with parchment paper. Bake at 350F 12-15 minutes or until lightly browned.

### **Acorn Squash Tostada Bowls (4 servings)** Recipe from [www.healingandeating.com](http://www.healingandeating.com)

- 2 individual Acorn squash
- 1 ½ cups cooked Ground Beef
- 1 cup diced White onion
- 2 Tbsp butter
- 12 tsp Homemade Taco Seasoning (or store brand that has no MSG)
- Garnish with avocado slices

Place whole acorn squash in slow cooker. Cook on high for 3 hours. Heat browned ground beef, taco seasoning, onion and butter in a skillet over medium heat for 5 minutes. Once cool enough to handle, cut squash in half and remove seeds. Divide ground beef mixture in the hollow squash and top with avocado slices.

### **Homemade Taco Seasoning**

- 7 tsp Chili powder
- 6 tsp Paprika
- 5 tsp Cumin
- 3 tsp Onion powder
- 1/2 tsp Garlic powder
- 1 tsp Salt
- Dash of cayenne pepper

### **Paleo Bacon Alfredo**

- 1 Spaghetti squash (medium)
- 1 Butternut squash (small)
- ½ pound chicken tenders
- 4 slices bacon, diced
- ½ cup canned coconut milk
- 1 tsp basil
- 1 tsp parsley
- ½ tsp garlic powder
- ½ tsp oregano
- ¼ tsp thyme
- salt and pepper to taste

Preheat oven to 425F.

Cut spaghetti and butternut squash in half and use a spoon to scoop out the seeds and excess threads. Place cut side down on a baking sheet lined with foil and cook for 25-30 minutes. They are done when you can poke the outside skin with ease. Scoop out each squash and set aside in separate bowls.

Cook chicken in a skillet with olive oil just until done (don't overcook so they stay moist!).

Cook the bacon in a separate skillet until done. Use a slotted spoon to pull out the cooked bacon, but leave the bacon grease. In the skillet with the bacon grease, add the cooked butternut squash, and the coconut milk. As you stir, break up any remaining squash, this should be nice and smooth. Add the seasonings to the mix and salt and pepper as needed. Mix thoroughly and cook on low about 5 minutes to simmer.

Dice up cooked chicken.

Pour sauce over spaghetti squash, add chicken and top with crispy bacon pieces.

### **Flank Steak (6 servings)** Recipe from Once a Month meals

- ¼ cup coconut aminos (substitute for soy sauce if you have soy allergy)
- ¼ cup honey
- 2 Tbsp Balsamic vinegar
- 2 Tbsp Olive oil
- 2 tsp minced garlic
- 1 tsp pepper
- 1 tsp salt
- 3 pounds Flank Steak

Mix all ingredients except meat in a bowl. Divide and place meat and marinade into ziplock bag to marinate overnight. Grill steak on medium high for about 5-7 minutes a side. Cook the marinade in a saucepan, let it boil away for a few minutes and thicken slightly. Pour marinade over steak and enjoy! Serve with grilled vegetables, cauliflower mashers or slice and use on top of a salad.

**Cauliflower Mashers** Recipe from [www.paleoplan.com](http://www.paleoplan.com)

- 1 large head of cauliflower
- 2 Tbsp olive oil
- $\frac{3}{4}$  cup canned coconut milk
- 3 Tbsp coconut oil
- $\frac{2}{3}$  cup fresh chives
- 3 cloves garlic, minced
- 2 tsp dried rosemary
- salt and pepper to taste

Roughly chop cauliflower and place on parchment covered cookie sheet. Drizzle olive oil over the cauliflower and roast in the oven at 400F until nicely browned. Saute the minced garlic, chives and rosemary in coconut oil until the garlic is light golden brown. Use a food processor to mash up the roasted cauliflower. Put the mashed cauliflower into a pot and add the coconut milk and the garlic mixture. Cook on medium heat and mix together. Add salt and pepper to taste.

**Chicken Marabella (8 servings)** Recipe from [www.tessadomesticdiva.com](http://www.tessadomesticdiva.com)

- $\frac{1}{3}$  cup Red wine vinegar
- $\frac{1}{3}$  cup Olive oil
- 9 garlic cloves, diced
- 1 Tbsp Dried oregano
- 2 tsp salt
- $\frac{1}{2}$  cup Dried prunes
- $\frac{1}{3}$  cup Capers
- $\frac{1}{3}$  cup Sliced Green olives
- 2 Bay leaves
- 6 pounds Chicken thighs

Puree red wine vinegar, olive oil, garlic, oregano and salt in a blender until smooth. Divide into two gallon freezer bags and add prunes, capers, olives and bay leaves. Add chicken to bags and make sure chicken is covered with the marinade. Marinate overnight.

Place chicken in a large roasting dish. Bake at 400F for 45-60 minutes until the skin is golden and crispy.

## Sausage and Kale Soup

Recipe from Lisa at Once a Month Meals

- 2 Tbsp Coconut oil
- 1 cup diced carrot
- 1 cup diced celery
- 1 cup diced red onion
- 4 tsp minced garlic
- 4 cups Chicken broth/stock
- 1 Tbsp Italian Seasoning
- 1 tsp salt
- ½ tsp black pepper
- 14 fluid ounces canned coconut milk
- 1 cup chopped kale
- 5 cups cooked, ground sausage

In a large stock pot over medium heat, melt coconut oil. Add carrots, celery, and red onion. Saute until onions are translucent. Add garlic and continue to saute an additional minute. Add chicken stock, Italian seasoning, salt, pepper and coconut milk to the stock pot. Increase to medium high heat until it begins to simmer. Reduce heat to medium and stir in kale and sausage. Cover and simmer for 20 minutes.

## Guacamole-Stuffed Southwest Burgers

Recipe from Mark's Daily Apple.com

- Juice from 1/2 a lime
- 2 avocados
- 1 shallot, finely chopped
- 2 pounds ground beef
- 2 garlic cloves, finely chopped
- 1/2 cup finely chopped cilantro
- 1 jalapeno pepper or small green bell pepper, seeded and finely chopped
- 3 teaspoons chili powder
- 1 teaspoon cumin
- 1 1/4 teaspoon salt

Heat the grill to medium-high.

In a small bowl, mash the avocados with the lime juice, shallot and a pinch of salt. Set aside.

In a large bowl, mix together the meat with the garlic, cilantro, jalapeno or bell pepper, chili powder, cumin and salt.

Divide the ground meat into 6 even mounds. Split each mound in two and form two thin burger patties, one patty slightly bigger than the other.

Dollop a spoonful of avocado in the middle of the smaller patty, spreading it out slightly but making sure to leave a little rim around the edge of the meat.

Set the larger patty on top and fold/pinch the edges together and shape the burger in your hands to form a tight seal around the guacamole.

Repeat with the remaining five burgers.  
Grill the burgers 5 to 7 minutes a side or until cooked to your liking.  
Serve with hot sauce or salsa on top.

### **Easy Salmon Patties**

- 1 salmon filet (cooked)
- 1 egg
- 1 tsp olive oil
- Spices to taste

In a bowl, whisk egg and mix in salmon and stir. Heat olive oil in a skillet on medium heat. Add “patties” of salmon and egg mixture. Spice lightly with salt, pepper, paprika and garlic powder.

### **Slow Cooker Chicken with Macadamia Pesto** Recipe from The Paleo Slow Cooker

- 1 cup Fresh Parsley Leaves
- 2 cups Fresh Basil
- 4 cloves Garlic
- ½ cup Olive Oil
- ¼ cup Macadamia Nuts
- 2 tbsp Lemon Juice
- 2 tsp Fresh Oregano
- 1/ tsp Sea Salt
- 1/ tsp Pepper
  
- 1 tbsp Ghee
- 2 lbs Chicken Thighs
- ¼ tsp Sea Salt (added just before the end of cooking)

To make the pesto, combine all the ingredients (except the chicken and ghee) in a food processor and blend.

Melt the ghee in a pan over medium heat and brown the chicken on all sides for about 5 minutes. If you are cooking for immediate use, transfer the chicken to the crock pot and pour the pesto over it.

If you are cooking for later use, transfer the chicken to a bowl, pour pesto over it, cover and refrigerate. When you are ready, place in the slow cooker.

Cook on low for 5 ½ hours.

Sprinkle the additional sea salt over the chicken and cook for another 30 minutes.

### **Sweet Potato Sliders**

- 1-2 large Sweet Potatoes
- 1 tbsp Coconut Oil
- 1 lb Ground Beef or Turkey
- 1 medium Avocado
- 1 cup Salsa

Heat oven to 375 degrees. Line two baking sheets with foil. Put coconut oil on one and place in the oven to melt. Slice sweet potatoes into ½ to 1" rounds. Take baking sheet out of oven and place sliced sweet potatoes on the melted coconut oil. Flip each one to ensure it's covered with oil. Place in oven. At 15 minutes, flip each one and continue to check and flip every 3-5 minutes to ensure they don't burn. Cook until done ~30 to 40 minutes total.

Form small patties out of the meat (about the size of your sweet potato rounds). Place on the second baking sheet and bake for 30 minutes at 375.

Top the sweet potatoes with meat, salsa (if desired) and avocado.