

AMAZING

Alternatives

TO RICE, PASTA & BREAD

**Exclusive
Recipes**





AMAZING ALTERNATIVES TO RICE, PASTA, AND BREAD

In this book, we'll show you over 50 easy to prepare and easy to follow recipes you can eat as an alternative to rice, pasta and bread.

As you may already know, commercially prepared rice, pasta and bread have several harmful effects on our body but it's challenging to live without them.

So this book is for you to enjoy how it feels to eat them without the harmful effects and have a healthier, more nutritious meals instead!

Divided by 3 sections—each section begins with explanation on how some nutrients present in each recipe will work for you.

100% of the recipes in this book are paleo, and we've indicated if it's vegan and keto or both, so you'll be guided.

We also recommend using pasture-raised or grass-fed meat, and wild fish if possible.

Lastly, if possible, keep everything organic.

Your healthier and more nutritious lifestyle begins on the next page!

TABLE OF CONTENTS

..... *Rice Alternatives*

Types of Rice.....	7
Cauliflower Rice	7
Swede Rice	8
Parsnip Rice.....	9
Sweet Potato Rice	10
Squash Rice.....	11
Zucchini Rice	12
Paleo Lamb Korma	13
Sweet Chili Chicken Stir-Fry with Cauliflower Rice.....	14
Combination Fried Rice.....	15
Mushroom & Spinach Cauliflower Rice Risotto	16
Paleo Fried Rice.....	17
Sticky Pork with Cauliflower Rice & Green Vegetables.....	18
Slow Cooked Cashew Chicken on Cauliflower Rice	19
Sweet & Sour Pork with Cauliflower Rice	20
Swede Rice & Chicken Curry	21
Spiced Chicken Casserole with Cauliflower Rice.....	22
Pork & Ginger Stir-Fry with Cauliflower Rice.....	23
Persian Chicken Casserole with Cauliflower Rice	24
Creamy Chicken Stir-Fry on Zucchini Rice.....	25
Pumpkin, Beef & Cashew Nut Curry with Cauliflower Rice.....	26
Chicken Tikka Masala with Paleo Rice	27

Butter Chicken with Cauliflower Rice	28
Paleo Chicken Sushi	29
Paleo Salmon Sushi.....	30
Paleo Beef & Vegetable Stir-Fry on Cauliflower Rice	31
Tapioca & Coconut Pudding.....	32

..... *Pasta Alternatives*

Paleo Chicken Fettucine	34
Paleo Seafood Pasta	35
Pesto Meatballs on Zucchini Noodles	36
Paleo Beef Bolognese with Carrot & Zucchini Noodles.....	37
Salmon Zucchini Noodles	38
Paleo Chicken Pasta.....	39
Creamy Chicken & Mushroom Noodles.....	40
Poached Chicken & Pesto Zucchini Noodles.....	41
Paleo Beef Bolognese.....	42
Paleo Pad Thai.....	43
Paleo Scampi	44
Paleo Chicken Zucchini Noodle Dish.....	45
Chicken & Squash Carbonara	46
Paleo Moussaka	47
Salmon & Avocado Zucchini Noodles.....	48
Sweet Potato Gnocchi.....	49
Lemon Garlic Shrimp with Zucchini Noodles	50
Lamb Spaghetti	51
Carrot, Spaghetti Bolognese	52
Parsnip Carbonara	53

..... *Bread Alternatives*

Paleo Breakfast Burrito	55
Paleo Pumpkin Bread	56
Banana Pancakes.....	57
Paleo Banana & Blueberry Pancakes	58
Salmon and Spinach Frittata	59
Prosciutto Ham Wrapped Muffins	60
Salmon Breakfast with Peach and Mango Salsa.....	61
Zucchini Pie with Scrambled Eggs	62
Sweet Potato Pie with Coddled Eggs	63
Paleo Granola Breakfast	64
Sweet Potato Hash Brown	65
Berry Muffins.....	66
Fruit Salad.....	67
Pumpkin, Cilantro & Ham Muffins.....	68
Nut Bar.....	69

RICE ALTERNATIVES

Unlike the traditional white rice that has been devoid of nutrients, the recipes in this book contain ingredients that will surely brighten up your day.

The following nutrients are included but are not limited to:

Dietary Fiber – Maintains bowel health, lowers cholesterol, controls blood sugar, and aids in achieving healthy weight.

Protein – Great for muscle growth and development, supports healthy body weight and aids in weight loss.

Thiamine (Vitamin B1) – Helps to correct metabolic disorders related to genetic diseases. Possibly effective in reducing risk of starting cataracts.

Niacin (Vitamin B3) – Improves appetite and digestion, beneficial in treating diabetes.

Riboflavin (Vitamin B2) – Aids in energy production, helps in maintaining healthy skin and eyes, boosts mineral absorption, and more.

Pyridoxine (Vitamin B6) – Boosts immune system, helps improve the rate of metabolism, helps in maintaining the regulation of hormones, protects against kidney and heart diseases.

Phosphorus – Eliminates muscle weakness and fatigue, improves the functions of the brain, improves digestive system.

Iron – Carrier of oxygen, strengthens immune system, regulates body temperature, helps in energy regulation, and increases brain development.

TYPES OF RICE

CAULIFLOWER RICE

VEGAN, KETO FRIENDLY

Dietary Fiber	14.6g
Protein	11.6g
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	3.1mg
Riboflavin (Vitamin B2)	0.4mg
Pyridoxine (Vitamin B6)	1.3mg
Phosphorus	256.7mg
Iron	2.6mg

Ingredients

- 1 cauliflower, grated
- 1 small piece of ginger, grated
- 1 tablespoon coconut or olive oil

Method

1. Heat oil in a frying pan and add the cauliflower and ginger.
2. Cook for about 5-8 minutes until lightly browned. Stir so it doesn't burn.

TYPES OF RICE

SWEDE RICE KETO FRIENDLY

Dietary Fiber	19.5g
Protein	20.5g
Thiamin (Vitamin B1)	0.7mg
Niacin (Vitamin B3)	5.5mg
Riboflavin (Vitamin B2)	1.1mg
Pyridoxine (Vitamin B6)	0.8mg
Phosphorus	172.54mg
Iron	5.7mg

Ingredients

- 1 large swede, peeled and grated
- 1 small piece of ginger, peeled and grated
- 2 eggs (optional)
- 2 tablespoons olive oil

Method

1. Heat the pan and add some olive oil.
2. Add the swede and let it cook for about 8-10 minutes.
3. Add the ginger and cook for 2 minutes more. Keep stirring so it doesn't burn.
4. If you're adding eggs, whisk them and spread it over the rice. Stir and cook for a few minutes more.
5. Serve hot and enjoy!

TYPES OF RICE

PARSNIP RICE

VEGAN, KETO FRIENDLY

Dietary Fiber	32.7g
Protein	8.2g
Thiamin (Vitamin B1)	0.5mg
Niacin (Vitamin B3)	4.6mg
Riboflavin (Vitamin B2)	0.5mg
Pyridoxine (Vitamin B6)	0.5mg
Phosphorus	475.7mg
Iron	4.1mg

Ingredients

- 5 parsnips, peeled and grated
- 1 small piece of ginger
- 2 tablespoons olive oil

Method

1. Heat a pan and add some olive oil.
2. Add the parsnips and heat it through.
3. Add the ginger. Keep stirring so it doesn't burn.
4. Remove from heat after about 10-12 minutes or until soft.

TYPES OF RICE

SWEET POTATO RICE KETO FRIENDLY

Dietary Fiber	3.12g
Protein	3.8g
Thiamin (Vitamin B1)	0.08mg
Niacin (Vitamin B3)	0.56mg
Riboflavin (Vitamin B2)	0.16mg
Pyridoxine (Vitamin B6)	0.28mg
Phosphorus	82.48mg
Iron	0.96mg

Ingredients

- 3 large sweet potatoes, peeled and grated into rice
- 2 eggs
- 3 tablespoons extra virgin olive oil
- Salt & pepper (to taste)
- Optional: Fresh parsley

Method

1. On medium heat, put the olive oil in a frying pan.
2. Add the sweet potatoes and cook for 12-15 minutes or until lightly browned. Stir often so it doesn't stick to the bottom of the pan.
3. Crack the eggs over the sweet potato rice and mix. Season with salt and pepper.
4. Garnish with fresh parsley if desired.

TYPES OF RICE

SQUASH RICE

VEGAN, KETO

Dietary Fiber	11g
Protein	4.1g
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	1.7mg
Riboflavin (Vitamin B2)	0.5mg
Pyridoxine (Vitamin B6)	0.7mg
Phosphorus	126.7mg
Iron	1.2mg

Ingredients

- 1 large Squash, peeled and grated
- 1 small piece of ginger, grated
- 2 tablespoons olive oil

Method

1. Heat a pan and add some olive oil.
2. Add the squash and heat it through.
3. Add the ginger and keep stirring so it doesn't burn.
4. Cook for about 10 minutes

TYPES OF RICE

ZUCCHINI RICE

VEGAN, KETO

Dietary Fiber	5.4g
Protein	5.9g
Thiamin (Vitamin B1)	0.2mg
Niacin (Vitamin B3)	2.4mg
Riboflavin (Vitamin B2)	0.7mg
Pyridoxine (Vitamin B6)	1.1mg
Phosphorus	186mg
Iron	1.7mg

Ingredients

- 10 zucchinis, grated
- 1 tablespoon coconut oil
- Salt & Pepper (to taste)

Method

1. On medium-high heat, put the coconut oil in the pan.
2. Add the grated zucchini and cook for 5-10 minutes.
3. Season with salt and pepper.



PALEO LAMB KORMA

 Serves 5  Prep 10 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	4.74g
Protein	46.94g
Thiamin (Vitamin B1)	0.32mg
Niacin (Vitamin B3)	10.44mg
Riboflavin (Vitamin B2)	0.62mg
Pyridoxine (Vitamin B6)	1.08mg
Phosphorus	519.68mg
Iron	5.24mg

Ingredients

- 800g diced lamb (if you can't get diced lamb, lamb steaks are fine, just remove the fat if any, and dice into small chunks)
- 1 cauliflower
- 2 teaspoons curry powder
- 2 teaspoons cumin
- 2 teaspoons paprika
- 2 teaspoons ground coriander
- 4 teaspoons garam masala
- 1 cup coconut milk
- 1 cup beef, pasture-raised stock
- 1 cup raw cashew nuts, ground up
- 4 tomatoes

- Ginger, skinned and sliced
- Olive oil

Cauliflower Rice (see the different types of rice)

- 1 cauliflower, grated
- Olive oil

Method

1. Preheat the frying pan with a tablespoon of olive oil. Add the lamb and let it cook for about 4 - 5 minutes or until brown. Add to the coconut milk, beef stock and spices. Stir gently.
2. Add to the coconut milk, beef stock and spices. Stir gently.
3. Turn the heat down to a simmer. Place the lid on and let it cook for 20 minutes.
4. Add the tomatoes, ginger, and ground cashew nuts. Mix well and let it simmer for a few minutes.
5. Make the cauliflower rice (see the cauliflower rice recipe in the intro)
6. Once the cauliflower rice is cooked, put it in a bowl and add the Lamb Korma over the top.
7. Garnish with fresh coriander.

SWEET CHILI CHICKEN STIR-FRY WITH CAULIFLOWER RICE

 Serves 4  Prep 10 mins

 Cook 15 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	4.58g
Protein	36.75g
Thiamin (Vitamin B1)	0.35mg
Niacin (Vitamin B3)	12.53mg
Riboflavin (Vitamin B2)	0.53mg
Pyridoxine (Vitamin B6)	0.9mg
Phosphorus	340.95mg
Iron	2.93mg

Ingredients

- 800g boneless pasture-raised chicken thighs, diced
- 2 large diced mangoes
- 2 large diced tomatoes
- 2 broccolis, chopped into florets
- 1 bunch fresh coriander (to garnish)

Sauce

- 4 tablespoons raw honey
- 3 finely chopped long red chillies (you can remove the seeds to make it less spicy)
- 2 teaspoons freshly minced ginger
- ½ teaspoon Himalayan rock salt
- 1 teaspoon chili flakes

- ¼ cup apple cider vinegar
- 2 teaspoons tapioca flour
- ¼ cup water

Cauliflower Rice (see the different types of rice)

- 2 cauliflowers, grated
- Olive oil
- Freshly ground black pepper

Method

1. Bring sauce ingredients (except for the tapioca flour and water) to the boil in a saucepan.
2. Reduce sauce to a simmer and allow it to reduce.
3. Combine tapioca flour with 1 tablespoon of water in a small bowl. Slowly whisk into the sauce and cook for 1-2 minutes, stirring continuously. Turn off heat.
4. Heat olive oil in a fry pan over a medium heat. Add in diced chicken.
5. Once broccoli is cooked, add in broccoli, tomatoes and mangoes.
6. Fry, stirring often, for 5-6 minutes.
7. Turn heat down to low and add sauce into the fry pan. Mix in well, and then simmer for 5 minutes.
8. Cook cauliflower rice in a separate fry pan.
9. Serve the stir-fry over a bed of cauliflower rice.
10. Garnish with fresh coriander. Enjoy!



COMBINATION FRIED RICE

KETO FRIENDLY

 Serves 6  Prep 20 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	6.82g
Protein	46.48g
Thiamin (Vitamin B1)	0.54mg
Niacin (Vitamin B3)	11.34mg
Riboflavin (Vitamin B2)	0.61mg
Pyridoxine (Vitamin B6)	1.24mg
Phosphorus	638.2mg
Iron	5.26mg

Ingredients

- 2 cauliflowers, grated
- $\frac{3}{4}$ pound (350 grams) cooked shrimp, shells and tails removed and peeled
- 4 zucchinis, sliced and halved
- 10 button mushrooms, diced
- 1 $\frac{1}{2}$ red pepper, diced
- $\frac{3}{4}$ pound (350 grams) streaky bacon
- 8 chicken thighs, skinless and boneless, pasture-raised
- $\frac{1}{2}$ teaspoon cracked pepper
- Pinch rock salt - (optional)
- 4 tablespoons sesame oil
- 4 cloves garlic, finely diced
- 2 free range eggs
- $\frac{1}{2}$ cup raw cashew nuts
- 2 green onions

Method

1. Heat a large frying pan on a medium-high heat and drizzle in 1 tablespoon of sesame oil. Once the pan is heated add in the diced chicken, crack in black pepper and stir.
2. Cut the streaky bacon into small pieces and add that to the chicken in the pan, to cook off for 5 minutes.
3. In a food processor grate up the cauliflower.
4. Heat a second fry pan on a medium heat and add 1 tablespoon of sesame oil.
5. Once the pan is ready, add in the cauliflower, crack in some blacker pepper and sea salt.
6. To the rice mix crack in 2 eggs and stir. If it's looking quite dry add in some more sesame oil.
7. Add the cooked prawns and garlic to the chicken and bacon mix. Stir to combine.
8. Remove the chicken, bacon, and shrimps from the pan and place aside while we cook the vegetables.
9. Add the zucchinis, red peppers and mushrooms to the pan to fry with a tablespoon of sesame oil, toss regularly and cook for 5-7 minutes.
10. Once the vegetables are cooked add the chicken, bacon and shrimps back into the pan with the vegetables for 2-3 minutes.
11. Add the cauliflower rice and chicken/bacon/shrimp mix to the vegetable pan and mix everything together.
12. Sprinkle in the raw cashew nuts.
13. Serve the rice in a bowl and garnish with green onion.

MUSHROOM & SPINACH CAULIFLOWER RICE RISOTTO

 Serves 4  15 mins

 Cook 10 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	9.38g
Protein	13.25g
Thiamin (Vitamin B1)	0.48mg
Niacin (Vitamin B3)	15.85mg
Riboflavin (Vitamin B2)	1.7mg
Pyridoxine (Vitamin B6)	0.78mg
Phosphorus	528.45mg
Iron	3.63mg

Ingredients

- 1 cauliflower, grated
- 15 white button mushrooms, sliced
- 1 cup beef stock
- 200ml coconut cream
- 2 cups roughly chopped spinach
- 1 tablespoon tapioca flour
- Pinch of salt and pepper
- Coconut oil (for cooking)
- Optional: Add onion

Method

1. Heat coconut oil in a saucepan and add in the sliced mushrooms. Season with salt and pepper, and fry until lightly browned.
2. Transfer half of the cooked mushrooms into a blender and blend with $\frac{3}{4}$ cup of the beef stock and 200ml coconut cream, to make a smooth sauce.
3. Add the sauce back into the pan with the mushrooms and turn the heat back on to low.
4. Mix tapioca flour up with the remaining $\frac{1}{4}$ cup of beef stock (make sure there are no lumps).
5. Pour the tapioca and beef mix into the saucepan and mix well. Simmer, stirring often, for 3-4 minutes.
6. Fry the cauliflower rice in a frypan with coconut oil (approx. 5 minutes).
7. Mix the mushroom sauce mix in with the cauliflower rice.
8. Add in the chopped spinach and stir until the spinach is wilted, then remove from heat.
9. Serve warm and enjoy!



PALEO FRIED RICE

 Serves 5  Prep 10 mins

 Cook 15 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	4.56g
Protein	6.24g
Thiamin (Vitamin B1)	0.12mg
Niacin (Vitamin B3)	1.02mg
Riboflavin (Vitamin B2)	0.2mg
Pyridoxine (Vitamin B6)	0.38mg
Phosphorus	116.2mg
Iron	1.34mg

Ingredients

- 1 cauliflower, grated
- 4 slices of champagne ham, cut in small pieces
- 1 red pepper, diced
- 3 eggs, whisked
- ½ pound (250 grams) pineapple, cut into chunks
- 1 teaspoon fresh grated ginger (optional)
- 2 limes
- 1 punnet cherry tomatoes, halved

- 1 cup fresh cilantro, finely chopped
- 2 teaspoons basil pesto
- 2 tablespoons extra virgin olive oil

Method

1. Add some olive oil in a pan on medium-high heat.
2. Spoon in the basil pesto (see the condiments tab for the recipe).
3. Add the champagne ham, red pepper, pineapple, ginger, cherry tomatoes, and juice of one lime. Mix well and cook for a few minutes. Set aside.
4. Heat a second large fry pan and cook the cauliflower rice.
5. Add the juice of the second lime, and toss again.
6. Add the eggs and mix well.
7. Sprinkle with finely chopped cilantro.
8. Serve hot and enjoy!

STICKY PORK WITH CAULIFLOWER RICE & GREEN VEGETABLES

KETO FRIENDLY

 Serves 5  Prep 1 hr 30 mins

 Cook 40 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	8.59g
Protein	40.5g
Thiamin (Vitamin B1)	1.86mg
Niacin (Vitamin B3)	11.29mg
Riboflavin (Vitamin B2)	0.82mg
Pyridoxine (Vitamin B6)	1.53mg
Phosphorus	615.22mg
Iron	3.67mg

Ingredients

- 2 pounds pork, pastured, diced
- 1 cauliflower, grated
- 2 broccoli, chopped
- 4 zucchinis, sliced
- ½ cabbage, sliced
- 2 teaspoon almond butter
- 1 teaspoon apple cider vinegar
- 1 teaspoon sesame oil
- 1/3 cup raw honey
- 1 teaspoon ginger, grated
- 3 cloves garlic, crushed
- 1 teaspoon Chinese five spice

- 2 teaspoons sesame seeds
- Cracked black pepper (to taste)

Method

Marinade

1. In a mixing bowl, combine the honey, almond butter, Chinese five spice, sesame oil, ginger, garlic, and apple cider vinegar. Mix well.
2. Add cracked black pepper and sesame seeds. Mix again. Set aside some of it for the vegetables.
3. Pour that mixture of the top of the diced pork. Coat well.
4. Cover the pork with cling wrap and place in the fridge to marinate for at least 3 hours.

Stir Fry

1. Preheat the oven on fan bake at 190C/375F.
2. Line a oven tray with tin foil place the marinated pork on the tray and cook for 30 minutes.

3. Heat the frying pan. Add a dash of olive oil, zucchini and cracked black pepper. Stir well.
4. Add the remaining marinade to the pan and stir to coat the veggies.
5. Add the broccoli into the pan with the zucchini's and place the lid on
6. Add cabbage and the remaining green vegetables. Stir well.
7. Remove the pork from the oven and serve it with cauliflower rice and green vegetables.

Cauliflower Rice

1. Heat a pan and add in some olive oil.
2. Add the grated cauliflower and stir-fry for 6-8 minutes.



SLOW COOKED CASHEW CHICKEN ON CAULIFLOWER RICE

 Serves 6  Prep 20 mins

 Cook 2 hrs 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	0.83g
Protein	36.95g
Thiamin (Vitamin B1)	0.3mg
Niacin (Vitamin B3)	10.48mg
Riboflavin (Vitamin B2)	0.23mg
Pyridoxine (Vitamin B6)	0.5mg
Phosphorus	420.25mg
Iron	3.48mg

Ingredients

- 8 chicken thighs, pastured, diced
- 4 tablespoons tapioca flour
- Cracked black pepper, to taste
- Himalayan rock salt, to taste
- 2 tablespoons sesame oil
- 1 tablespoon Apple Cider Vinegar
- $\frac{3}{4}$ cup coconut cream
- 1 cup cashew nuts
- 3 tablespoons tomato paste
- 2 tablespoons coconut oil
- 1 tablespoon ginger, grated
- 2 cloves garlic, crushed

Method

1. In a clean plastic bag, place the chicken and 2 tablespoons tapioca flour. Seal the bag and toss the chicken to coat. Add 2 more tablespoons of tapioca flour, seal, and toss again until fully coated.
2. Heat the frying pan and add 1 tablespoon of sesame oil.
3. Add the coated chicken and cook for 5-7 minutes or until slightly brown. Set aside.
4. In a large mixing bowl add tomato paste, 1 tablespoon sesame oil, apple cider vinegar, coconut oil, and coconut cream. Mix well.
5. Add the ginger and garlic.
6. Into the slow cooker dish, add the chicken and pour the sauce. Mix well.
7. Add the cashew nuts. Place the lid and set to cook for 2 $\frac{1}{2}$ hours on high.
8. Serve the slow cooked chicken and cashew nut dish on a bed of cauliflower rice. (This dish may also be paired with swede or parsnip rice.)

SWEET & SOUR PORK WITH CAULIFLOWER RICE

 Serves 4  Prep 15 mins

 Cook 20 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	5.19g
Protein	30.46g
Thiamin (Vitamin B1)	1.16mg
Niacin (Vitamin B3)	9.89mg
Riboflavin (Vitamin B2)	0.59mg
Pyridoxine (Vitamin B6)	1.45mg
Phosphorus	456.3mg
Iron	2.18mg

Ingredients

- 500g pork tenderloins, pastured, diced
- 1 red pepper, sliced
- 1 green pepper, sliced
- 1/2 pineapple, cut into chunks
- 3 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 3 tablespoons raw honey
- 1/3 cup water
- 2 cloves of garlic
- Cauliflower Rice (see recipe in intro)

For the Paleo Tomato Sauce

- 1/2 cup organic tomato paste

- 1/3 cup apple cider vinegar
- 1/3 cup water
- 1/4 cup raw honey
- 2 teaspoons cinnamon
- 2 teaspoons all spice
- 1/2 teaspoon cayenne pepper

Method

1. To make the paleo tomato sauce, mix all ingredients together in a saucepan and gently simmer, stirring often, for 10 minutes. Remove from heat and set aside.
2. Heat olive oil in pan. Add the pork and cook for a few minutes or until slightly brown. Set aside.
3. In the same pan, heat the peppers and pineapple chunks.
4. Add in the tomato sauce, water, honey, and apple cider vinegar. Mix well and season with salt and pepper.
5. Add the cooked pork and let it cook for 5 - 8 minutes or until tender.
6. Remove from the heat and serve with cauliflower rice. (See the cauliflower rice recipe in the intro)



SWEDE RICE & CHICKEN CURRY

 Serves 6  Prep 20 mins

 Cook 25 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	9.17g
Protein	33.83g
Thiamin (Vitamin B1)	0.49mg
Niacin (Vitamin B3)	32.78mg
Riboflavin (Vitamin B2)	0.073mg
Pyridoxine (Vitamin B6)	1.54mg
Phosphorus	852.98mg
Iron	6.27mg

Ingredients

- 2 swedes, peeled and grated
- 4 skinless chicken breasts, pastured, diced
- 2 cloves garlic
- 2 red peppers, sliced
- $\frac{3}{4}$ pound button mushrooms, quartered
- 1 teaspoon turmeric
- 1 teaspoon curry powder

- 400ml coconut cream
- 4 spring onions, sliced
- Extra virgin olive oil (or other paleo cooking oil)

Method

1. Heat the pan and add 3 tablespoons of oil.
2. Add garlic, chicken, and stir-fry until the meat is no longer pink.
3. Add turmeric, curry powder, and coconut cream. Turn the heat to low, cover and let it simmer for a few minutes.
4. Add mushrooms, red peppers and simmer for another 5-7 minutes, until vegetables are tender. Remove from heat.
5. Serve on a bed of Swede Rice (See the Swede rice recipe in the intro)
6. Garnish with sliced spring onion.
7. Enjoy!

SPICED CHICKEN CASSEROLE WITH CAULIFLOWER RICE

 Serves 5  Prep 20 mins

 Cook 25 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	4.49g
Protein	29.72g
Thiamin (Vitamin B1)	0.21mg
Niacin (Vitamin B3)	9.78mg
Riboflavin (Vitamin B2)	0.49mg
Pyridoxine (Vitamin B6)	0.36mg
Phosphorus	289.76mg
Iron	2.79mg

Ingredients

- 6 skinless, boneless chicken thighs, pastured
- 2 red onions, diced
- 4 apricots, chopped into quarters
- ½ cup dates, sliced
- 1 cup almonds, sliced
- 1 teaspoon ground chili
- 2 teaspoons cumin
- Fresh coriander, chopped
- 1 teaspoon dried coriander flakes
- ½ teaspoon cinnamon
- 3 cups chicken stock

Method

1. Heat the pan and add a bit of olive oil. Add the chicken thighs, season with pepper and cook until slightly brown. Set aside.
2. On the same pan, cook the onions until transparent. Add the spices: chili, cumin, cinnamon, and dried coriander.
3. Get a casserole dish and combine the cooked chicken, onions, apricots, and dates.
4. Pour the chicken stock in the casserole dish.
5. Place the lid on pop in the oven to cook for 20 minutes.
6. Remove the casserole from the oven and sprinkle with fresh coriander.
7. Serve with your favorite Paleo Rice.
8. Enjoy!



PORK & GINGER STIR-FRY WITH CAULIFLOWER RICE

KETO FRIENDLY

 Serves 6  Prep 10 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	0.85g
Protein	33.97g
Thiamin (Vitamin B1)	1.17mg
Niacin (Vitamin B3)	0.8mg
Riboflavin (Vitamin B2)	10.67mg
Pyridoxine (Vitamin B6)	1.22mg
Phosphorus	58.37mg
Iron	86.6mg

Ingredients

- 1 kilogram/2 pounds pork tenderloins, pastured, thinly sliced
- 3 tablespoons paleo fish sauce
- 3 tablespoons sesame oil
- 7-8cms fresh ginger, peeled and sliced thinly
- 1 ½ tablespoons honey
- 2 tablespoons sesame seeds, toasted

- Black pepper
- 1 bunch bok choy, washed
- 3 carrots, sliced thinly

Method

1. In a large bowl, mix together sesame oil, honey, fish sauce, black pepper and sliced ginger. Add the pork. Cover and set aside for a few minutes to marinate.
2. In a frying pan, heat the sesame oil and add the marinated pork. Cook until slightly brown.
3. Add the sliced carrot and stir-fry for 3 minutes.
4. Add in the bok choy and cook for another 2 minutes. Remove from heat.
5. Sprinkle with toasted sesame seeds.
6. Best served on a bed of cauliflower rice.

PERSIAN CHICKEN CASSEROLE WITH CAULIFLOWER RICE

 Serves 5  Prep 20 mins

 Cook 30 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	11.68g
Protein	39.38g
Thiamin (Vitamin B1)	0.62mg
Niacin (Vitamin B3)	28.8mg
Riboflavin (Vitamin B2)	1.94mg
Pyridoxine (Vitamin B6)	1.58mg
Phosphorus	988.12mg
Iron	5.56mg

Ingredients

- 2 cooked chickens, pastured
- 1 cauliflower
- 5 tomatoes
- 1 cup red wine
- 2 eggs, free range
- 20 button mushrooms
- 1 cup apricot
- 2 cups green seedless grapes
- 2 cups pineapple pieces - fresh
- 3 teaspoons curry powder
- 1 cup Paleo mayo (look under recipes to find out how to make)

- Olive Oil
- Handful fresh parsley

If you need to use canned fruit for any reason - make sure you buy in juice not syrup that's extra sugar that is not needed - Use fresh where possible.

Method

1. Turn the Wok on to heat up.
2. Grate the cauliflower in the food processor and sheared the chicken up into small pieces.
3. Dice the tomatoes up.
4. Place the diced tomatoes into the heated pan.
5. Add the red wine to the pan on high heat for 15 minutes, keep stirring regularly.
6. Chop the mushrooms into quarters.
7. Remove the wok off the heat and the red wine and tomato sauce, should be nice and thick.
8. Heat a fry pan with olive oil.
9. Add the sheared chicken to the fry pan and add curry powder and pour the red wine and tomato sauce over the chicken and mix thoroughly.
10. Add the pineapples to the pan and the mushrooms and mix.
11. Chop the apricots into smaller slices and then add them to the pan, and mix and turn heat to low, place the lid on.
12. Grab a handful of fresh parsley and chop finely.
13. Remove the lid from the pan and stir, add in the green grapes and parsley.
14. Turn the pan off.
15. Spoon in the paleo mayo, and mix that in, place the lid on the pan.
16. It's now time to serve this amazing dish, plate up cauliflower rice with the Persian chicken topping, YUM YUM.



CREAMY CHICKEN STIR-FRY ON ZUCCHINI RICE

KETO FRIENDLY

 Serves 5  Prep 10 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	7.14g
Protein	36.18g
Thiamin (Vitamin B1)	0.49mg
Niacin (Vitamin B3)	9.78mg
Riboflavin (Vitamin B2)	2.43mg
Pyridoxine (Vitamin B6)	1.52mg
Phosphorus	536.96mg
Iron	4.82mg

Ingredients

Stir Fry

- 1.7 pounds pastured chicken thighs, diced
- 1 red pepper, thinly sliced
- 2 broccoli, chopped into small florets
- ½ cup cashew nuts
- 2 tablespoons coconut oil

Sauce

- 2 tablespoons cashew butter
- 2 tablespoons grated ginger
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 2 cups coconut milk

Zucchini Rice

- 10 zucchinis
- 1 tablespoon coconut oil
- Salt & pepper (to taste)

Method

To Make the Sauce

1. Add cashew butter into a saucepan over a low-medium heat so the butter can soften.
2. Once softened, pour in the coconut milk, grated ginger, paprika, and chili powder.
3. Stir on a low heat until the ingredients are mixed together into a runny sauce.

Stir Fry

1. Add 2 Tbsp of coconut oil into your pan (medium-high heat), once it has melted add the diced chicken and cook until chicken is white all the way through.

2. Once chicken is cooked then add the red pepper and broccoli.
3. Add in the stir-fry sauce and cashew nuts, and season with salt and pepper. Stir and then leave to simmer on a low heat for 5-10 minutes.

Zucchini Rice

1. Chop the ends off the zucchinis and then grate them using either a food processor or manual grater.
2. Add coconut oil to a separate fry-pan over a medium-high heat.
3. Once the pan is hot, add in the grated zucchini and season with salt & pepper.
4. Stir-fry for a further 5-10 minutes.

To Serve

1. Place a portion of zucchini rice into a bowl or onto a plate, and then add the delicious creamy chicken stir-fry on top. Enjoy!

PUMPKIN, BEEF & CASHEW NUT CURRY WITH CAULIFLOWER RICE

KETO FRIENDLY

 Serves 4  Prep 20 mins

 Cook 30 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	3.35g
Protein	38.63g
Thiamin (Vitamin B1)	0.45mg
Niacin (Vitamin B3)	10.08mg
Riboflavin (Vitamin B2)	0.3mg
Pyridoxine (Vitamin B6)	1.1mg
Phosphorus	668.05mg
Iron	8.43mg

Ingredients

- 500g beef, pasture-raised, cut into strips
- 1/2 pumpkin, diced
- 1/2 cup water
- Fresh ginger
- Fresh coriander, chopped
- 2 limes
- Chili flakes
- 1 teaspoon almond butter
- 2 teaspoons cumin
- 1/2 teaspoon cayenne pepper
- 1 teaspoon garam masala
- 2 handfuls cashew nuts

- 1 can coconut milk
- 1 tablespoon lemon grass (optional)
- 1/2 teaspoon sea salt (optional)
- Cracked black pepper

Method

1. Pre heat the fry pan on a medium heat with some olive oil.
2. Place the beef strips into the pan and fry until lightly browned.
3. Add the almond butter, pumpkin and half a cup of water to the beef. Mix well.
4. Remove some of the skin off the ginger and grate into the pan.
5. Add in the cayenne pepper, cumin, garam masala, coriander, chili flakes and lemon grass (optional). Mix well.
6. Squeeze in the juice of 2 limes and crack in black pepper and sea salt (optional).
7. Lastly, add in the can of coconut milk and the cashew nuts. Mix everything together and cook on a low heat for a further 20 minutes.
8. Remove from heat and serve alone or with Paleo Rice.
9. Enjoy!



CHICKEN TIKKA MASALA WITH PALEO RICE

KETO FRIENDLY

 Serves 5  Prep 12 hrs
 Cook 40 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	1g
Protein	43.36g
Thiamin (Vitamin B1)	0.26mg
Niacin (Vitamin B3)	13.2mg
Riboflavin (Vitamin B2)	0.44mg
Pyridoxine (Vitamin B6)	0.7mg
Phosphorus	469.2mg
Iron	3.12mg

Ingredients

Chicken and Marinade

- 1 cup Paleo coconut yoghurt
- Juice of ½ small lemon
- 1 tablespoon minced ginger
- 2 teaspoons ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground cinnamon
- 1 teaspoon ground black pepper
- 1 teaspoon Himalayan rock salt
- 1 teaspoon cayenne pepper
- 2 pounds (1 kg) boneless, skinless chicken thighs, pastured, chopped into chunks

Tikka masala sauce

- 1 tablespoon extra-virgin olive oil (or ghee if you have it)
- 1 small onion, diced
- 2 teaspoons minced ginger
- 1 tablespoon garam masala
- 1 teaspoon ground cumin
- 2 teaspoons paprika
- ½ teaspoon ground coriander
- Pinch of nutmeg

- 1 teaspoon Himalayan rock salt
- ½ teaspoon ground black pepper
- 3 cups tomato puree
- 2 tomatoes, chopped
- ½ cup coconut milk
- ½ cup cashew butter

Method

The Night Before

1. Mix the marinade ingredients together in a bowl. Pour into a large plastic resealable bag.
2. Add the diced chicken into the bag with the marinade and seal the top of the bag. Using your fingers, gently mix from the outside until the chicken is completely coated in the marinade.
3. Place the bag of chicken in the fridge to marinate overnight.

The Day of Cooking

1. Heat extra virgin olive oil in a large skillet over medium heat.
2. Mix together the garam masala, cumin, paprika, ground coriander, nutmeg, salt and pepper, then add this mixture to the pan.
3. Cook for 30–60 seconds, stirring constantly.
4. Add in the diced onion and ginger and sauté for 3 minutes, stirring.
5. Add in the chopped tomatoes and tomato puree. Leave to cook for 8-10 minutes, stirring occasionally.
6. Turn your oven broiler or grill onto a high heat (it's important that you are using a direct heat source at the top of your oven). The temperature should be roughly 500F/260C.
7. Grease your broiling pan with olive oil.
8. Take the chicken pieces out of the plastic bag, leaving behind excess marinade. Place the chicken directly onto the greased broiling pan, with a catch tray underneath. Make sure the chicken is spread out as much as possible, rather than being layered. You may choose to do this in two batches.
9. Once the oven is hot, carefully place the broiling pan with the chicken in the highest position in the oven.
10. Broil the chicken for 8-10 minutes total, turning the chicken pieces over halfway through cook time. The chicken should be browned and just cooked through, but not burnt.
11. During this time, turn the skillet on the stove down to low and add the coconut milk and cashew butter to the sauce. Stir and simmer for another 8-10 minutes.
12. Remove the chicken from the oven.
13. Add the chicken pieces into the skillet and mix in with the tikka masala sauce. Simmer, stirring occasionally, for another 5 minutes.
14. Serve the tikka masala over paleo rice, with fresh coriander leaves sprinkled over top.

BUTTER CHICKEN WITH CAULIFLOWER RICE

KETO FRIENDLY

 Serves 4  Prep 20 mins

 Cook 15 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	8g
Protein	43.03g
Thiamin (Vitamin B1)	0.4mg
Niacin (Vitamin B3)	14.1mg
Riboflavin (Vitamin B2)	0.43mg
Pyridoxine (Vitamin B6)	0.98mg
Phosphorus	535mg
Iron	6.4mg

Ingredients

- 10 skinless, boneless pastured chicken thighs, diced
- 1 tablespoon olive oil
- 150g tomato paste
- 800ml coconut cream
- 1/2 tablespoon cardamom

- 1/2 tablespoon ground chili powder
- 1/2 tablespoon dried coriander
- 4 tablespoons almond butter
- Cracked black pepper

Method

1. In a large bowl, mix together the coconut cream, cardamom, chili, coriander and tomato paste. Set aside.
2. Heat the olive oil in a frying pan. Add the chicken and cook until browned.
3. Add the sauce mix and continue cooking in low heat for 5-7 minutes. Stir often.
4. Serve alone or on a bed of cauliflower rice (See the Cauliflower rice recipe in intro).



PALEO CHICKEN SUSHI

KETO FRIENDLY

 Serves 4  Prep 30 mins

 Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	16.13g
Protein	39.7g
Thiamin (Vitamin B1)	0.23mg
Niacin (Vitamin B3)	17.05mg
Riboflavin (Vitamin B2)	0.8mg
Pyridoxine (Vitamin B6)	1.6mg
Phosphorus	406.75mg
Iron	18.33mg

Ingredients

Sushi Ingredients

- 1 whole cauliflower
- 1 packet dried seaweed (Nori)
- 2 pasture-raised, chicken breasts, sliced into thin strips
- 1 small cucumber, sliced into thin strips
- 1 red pepper, sliced into thin strips
- 2 avocados, thinly sliced
- Olive oil

Chicken Sauce

- 1 tablespoon raw honey
- 2 teaspoons fish sauce
- 2 tablespoons grated ginger
- 1 teaspoon sea salt
- 1 teaspoon balsamic vinegar

Method

1. Grate your cauliflower into a large bowl.
2. Place frying pan onto medium heat with 2 tablespoons of olive oil and add in the grated cauliflower. Fry the cauliflower, stirring frequently for 3-5 minutes. Remove from heat and set aside.
3. Heat another frying pan and add in 2 tablespoons of olive oil. Once the pan is hot, add in the sliced chicken and fry it until it's cooked all the way through.
4. Add the chicken sauce ingredients to the frying pan and mix in with the chicken until it is completely coated.
5. Turn the heat down to low, put the lid on and let the chicken cook for another 5 minutes in the sauce.
6. Remove the chicken from the pan and set it aside in a bowl or on a plate.
7. Find a flat surface to use (e.g. a chopping board) and place all of your ingredients beside you (in separate bowls).
8. Place a sushi mat (bamboo) down on the board or surface you are using. Place one piece of Nori down on the sushi mat. Lightly brush a bit of water along one edge (about 2cm wide).
9. In the center of the piece of Nori, parallel to the moist strip you made, lay down a shallow strip of cauliflower rice (about 5cm wide). Continue this strip to each side of the seaweed.
10. Down the middle of the strip of cauliflower, lay 2 or three pieces of chicken in a line. Add 1-2 strips of cucumber, pepper and avocado. Note: you should be able to see cauliflower rice on both sides of the filling.
11. Carefully lift up the bamboo sushi roll at the end of the Nori that isn't moistened. Roll it over until that side of the Nori is completely covering the filling in the middle. Press down firmly.
12. Roll in the other end of the Nori (the wet end) until it's wrapped as tightly as possible. Press down on the sushi roll so that the wet end of the sushi sticks to the layer underneath. Brush some more water over the part where the Nori joins if you need to.
13. Lay the sushi roll onto a board and slice it into 2cm-wide pieces, so the filling is in the middle. Arrange these pieces of sushi onto a serving plate.
14. Repeat this process until you have used up your sushi ingredients.
15. Serve and enjoy

PALEO SALMON SUSHI

KETO FRIENDLY

 Serves 4  Prep 30 mins
 Cook 10 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	16.13g
Protein	48.8g
Thiamin (Vitamin B1)	0.53mg
Niacin (Vitamin B3)	18.25mg
Riboflavin (Vitamin B2)	1.2mg
Pyridoxine (Vitamin B6)	2.4mg
Phosphorus	550.75mg
Iron	18.83mg

Ingredients

- 1 whole cauliflower
- 1 packet dried seaweed (Nori)
- 2 salmon steaks, wild
- 1 small cucumber, sliced into thin strips
- 1 red pepper, sliced into thin strips
- 2 avocados, thinly sliced

Method

1. Grate your cauliflower into a large bowl.
2. Place your frying pan onto medium heat with 2 tablespoons of olive oil and add in the grated cauliflower. Fry the cauliflower, stirring frequently for 3-5 minutes. Remove from heat and set aside.
3. Slice up your deboned salmon steaks into long, thin strips.
4. Find a flat surface to use (e.g. a chopping board) and place all of your ingredients beside you (in separate bowls/plates).
5. Place a sushi mat (bamboo) down on the board or surface you are using. Place one piece of Nori down on the sushi mat. Lightly brush a bit of water along one edge (about 2cm wide).
6. In the center of the piece of Nori, parallel to the moist strip you made, lay down a shallow strip of cauliflower rice (about 5cm wide). Continue this strip to each side of the seaweed.
7. Down the middle of the strip of cauliflower, lay 1-2 pieces of salmon in a line. Add 1-2 slices of cucumber, pepper and avocado. Note: you should be able to see cauliflower rice on both sides of the filling.
8. Carefully lift up the bamboo sushi roll at the end Nori that isn't moistened. Roll it over until that side of the Nori is completely covering the filling in the middle. Press down firmly.
9. Roll in the other end of the Nori (the wet end), until the Nori is wrapped as tightly as possible. Press down on the sushi roll so that the wet end of the sushi sticks to the layer underneath. Brush some more water over the part where the Nori joins if you need to.
10. Lay the sushi roll onto a board and slice it into 2cm-wide pieces, so the filling is in the middle. Arrange these pieces of sushi onto a serving plate. Note: Make sure you use a sharp knife!
11. Repeat this process until you have used up your ingredients.
12. Serve and enjoy!



PALEO BEEF & VEGETABLE STIR-FRY ON CAULIFLOWER RICE

KETO FRIENDLY

 Serves 5  Prep 15 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	3.54g
Protein	41.76g
Thiamin (Vitamin B1)	0.04mg
Niacin (Vitamin B3)	12.64mg
Riboflavin (Vitamin B2)	0.56mg
Pyridoxine (Vitamin B6)	1.12mg
Phosphorus	451.92mg
Iron	4.94mg

Ingredients

- 1 kilogram/2 pounds prime beef mince, pasture-raised
- 3-4 tablespoons olive oil
- 2 large carrots, finely chopped
- 1 orange pepper, cubed
- 2 cups white button mushrooms, sliced
- 6 tomatoes, chopped into small cubes
- 2 long red chilies, deseeded and finely sliced
- 1 handful fresh oregano, finely chopped
- 1 handful fresh basil, finely chopped

Method

1. Bring a small pot of water to a boil. Once boiling, add in the sliced carrots, then place the lid on and cook for 10 minutes.
2. While the carrots are cooking, heat a tablespoon of olive oil in a frying pan and then add in the beef mince. Fry while stirring often until the mince is all broken up and lightly browned. Turn off heat and set the browned mince aside in a bowl.
3. Once the carrots have cooked for 10 minutes, remove from heat and drain the water from the pot.
4. Put your empty frying pan back onto heat and add in another tablespoon of olive oil. Add ginger, basil, oregano, paprika, sliced chilies and cubed tomatoes to the pan (plus onion and garlic if you desire). Stir together and cook for about 2 minutes, allowing the herbs to release their aroma and the tomatoes to soften.
5. Add carrots, pepper and mushrooms to the pan. In you need to, you can add in a little more olive oil at this stage. Fry for 5-6 minutes until the vegetables are softened. Stir often.
6. Once the vegetables are cooked, turn the heat down to medium-low and gradually add the beef mince back into the pan. Make sure it is well mixed in with the vegetables and herbs.
7. Once all of the beef is mixed in, cover the pan and cook for another 5 minutes, stirring often and making sure the mix isn't sticking to the bottom of the pan.
8. During this time, heat another frying pan or wok with 1 tablespoon of olive oil and add in your grated cauliflower. Crack black pepper into the pan and mix in with the cauliflower.
9. Cook cauliflower for 5 minutes, stirring often. Once very lightly browned, remove from heat.
10. Serve your beef and vegetable stir-fry over a bed of cauliflower rice. Enjoy!

TAPIOCA & COCONUT PUDDING

 Serves 5  Prep 15 mins

 Cook 25 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Dietary Fiber	2.94g
Protein	5.7g
Thiamin (Vitamin B1)	0.99mg
Niacin (Vitamin B3)	0.11mg
Riboflavin (Vitamin B2)	0.08mg
Pyridoxine (Vitamin B6)	166.42mg
Phosphorus	2.5mg
Iron	3.12mg

Ingredients

- 1 cup small tapioca pearls
- 800ml coconut milk (full-fat)
- ¼ teaspoon Himalayan rock salt
- 1/3 cup honey
- 2 free-range eggs
- 2 teaspoons vanilla bean paste
- 1/3 cup shredded coconut
- Coconut oil (for greasing)

Method

1. Bring the tapioca, coconut milk, and rock salt to a boil in a saucepan over medium-high heat, stirring constantly – otherwise the tapioca will stick to the bottom of the pan!
2. Once boiling, reduce the heat to medium-low and then stir in the honey. Simmer for 5 minutes, stirring constantly.
3. Pre heat your oven to 180C/360F on fan grill.
4. Whisk the eggs in a bowl until smooth.
5. Pour in about ½ cup of the hot tapioca mixture in with the whisked eggs very slowly, while continuing to whisk the entire time. Make sure to take your time with this step, otherwise you'll end up with scrambled eggs!
6. Gradually pour the egg mixture into the saucepan with the tapioca mix, stirring.
7. Stir in the vanilla bean paste, then return the pudding to the stove and continue to gently simmer until thickened (about 3 minutes).
8. Grease an oven dish with coconut oil.
9. Remove the pudding from the stove, and slowly pour it into the oven dish.
10. Sprinkle coconut evenly over the pudding.
11. Put the pudding in the oven and grill for 4-6 minutes, until the coconut is toasted and golden.
12. Remove from heat and allow cooling for 5-10 minutes before serving. Enjoy hot or cold!

PASTA ALTERNATIVES

These alternative to pasta recipes includes—but are not limited to—the following nutrients:

Protein – Great for muscle growth and development, supports healthy body weight and aids in weight loss.

Niacin (Vitamin B3) – Improves appetite and digestion, beneficial in treating diabetes.

Selenium – Involved in the production of prostaglandins and may reduce inflammation related to arthritis. And it lowers the risk of prostate cancer.

Pyridoxine (Vitamin B6) – Boosts immune system, helps improve the rate of metabolism, helps in maintaining the regulation of hormones, protects against kidney and heart diseases.

Phosphorus – Eliminates muscle weakness and fatigue, improves brain function and promotes a healthy digestive system.

Choline – Increases endurance, is useful for body-building. Helps in preventing memory-loss and depression.

Vitamin B12 – Helps the nervous system and the maintenance of a healthy digestive system. Promotes healthy skin.

Omega-3 – Boosts brain and heart health.

PALEO CHICKEN FETTUCINE

KETO FRIENDLY

 Serves 6  Prep 20 mins
 Cook 15 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	29.8g
Niacin (Vitamin B3)	9.67mg
Selenium	20.63mcg
Vitamin B6	0.8mg
Phosphorus	313.58mg
Choline	106.03mg
Vitamin B12	0.5mcg
Omega-3	19.5mg

Ingredients

- 10 pastured chicken thighs, skinless & boneless
- 7 zucchinis, sliced into noodles
- ½ pound streaky bacon (optional)
- 20 white button mushrooms
- 2 cups chicken stock
- 1 cup coconut cream
- 2 tablespoons apple cider vinegar
- 2 tablespoons cashew butter
- 1 tablespoon oregano
- 1 tablespoon dried basil leaves
- 2 teaspoons sesame oil
- Black pepper & Himalayan pink salt, to taste

Method

1. Heat an electric fry pan to a medium-high heat and add ½ of the sesame oil.
2. Add the chicken, black pepper, salt and oregano and toss.
3. Turn on a second pan or wok to heat.
4. Drizzle in the remaining sesame oil and add the zucchinis, cook until softened. Season with black pepper and salt to taste.
5. Add dried basil leaves and stir, cook for 3 – 5 minutes.
6. Remove the chicken from the pan and place into a bowl and set aside, place the bacon into the pan to cook for about 4-5 minutes.
7. Remove the bacon from the pan and add to the bowl with chicken, now add the mushrooms to the pan and fry for 4-5 minutes.
8. Remove the mushrooms from the pan and add to the chicken and bacon.
9. Take the zucchini noodles off the heat.
10. To make the sauce, add chicken stock, coconut cream, apple cider vinegar and the cashew butter to the pan and stir until mix is smooth.
11. Now add the chicken, bacon and mushrooms into the pan with the sauce and simmer for 2-3 minutes.
12. Now it's all ready to serve, place the zucchini noodles in a bowl and top with the chicken sauce.
13. Enjoy!



PALEO SEAFOOD PASTA

KETO FRIENDLY

 Serves 5  Prep 20 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	33.92g
Niacin (Vitamin B3)	11.28mg
Selenium	42.96mcg
Vitamin B6	1.48mg
Phosphorus	491.8mg
Choline	155.64mg
Vitamin B12	3.56mcg
Omega-3	2529.44mg

Ingredients

- 12 zucchinis, sliced into noodles
- 2 red pepper, sliced & deseeded
- 1 yellow pepper, sliced without seeds
- 50 shrimps, shells & tails removed
- 1 large wild salmon fillet, deboned & diced
- ½ pound streaky bacon, chopped
- 1 ¾ cup coconut milk
- 2 tablespoons lemon juice
- 4 cloves garlic, chopped
- 1/2 tablespoon dried oregano
- 1 bunch fresh coriander, chopped
- 2 tablespoons coconut oil
- Black pepper to taste

Method

1. Preheat a fry pan to a medium heat and drizzle in a tablespoon of coconut oil. Once the oil is hot, add in the chopped bacon and cook, stirring often, for 3-4 minutes.
2. Add the shrimps, chopped garlic, oregano and black pepper to the pan. Mix well and let that cook for 3 minutes, stirring occasionally.
3. Move the bacon and shrimp mix to one end of the pan, and add the diced salmon in at the other end to cook (about 4 minutes, stirring often).
4. Remove the pan from heat and set aside.
5. Heat the remaining coconut oil in a new pan, and then add in the red & yellow peppers to cook for 4-5 minutes. Once cooked and browned remove from the pan.
6. Drizzle in a little bit more coconut oil if required, and then fry the zucchini noodles in the pan for 5 minutes. Remove from pan once they have softened.
7. Put the bacon, shrimp and salmon back pan back onto heat and add in the peppers. Stir.
8. Slowly add in the coconut milk and then the lemon juice. Mix well and cook for 2-3 mins.
9. Chop up the fresh coriander leaves and add them to the pan. Mix and cook for a further 2 minutes.
10. Add the cooked zucchini noodles into a serving bowl and then spoon over a generous helping of the seafood mix.
11. Enjoy this tasty paleo seafood dish!

PESTO MEATBALLS ON ZUCCHINI NOODLES

KETO

 Serves 5  Prep 20 mins
 Cook 25 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	39.24g
Niacin (Vitamin B3)	10.44mg
Selenium	26.28mcg
Vitamin B6	1.44mg
Phosphorus	449.1mg
Choline	154.68mg
Vitamin B12	3.6mcg
Omega-3	324.18mg

Ingredients

- 2 pounds ground beef, pasture-raised
- 1 free-range egg
- Paleo Pesto – ½ cup fresh basil, ½ cup cashew nuts, 2 tablespoons coconut oil, 2 tablespoons lemon juice
- 9 zucchinis, sliced into noodles
- ¼ cup coconut cream
- 1 tablespoon cashew butter
- 1 tablespoon coconut oil

Method

1. Preheat the oven on fan bake at 400F.
2. Start by making the pesto; in a small food processor add basil, cashew nuts, coconut oil, lemon juice and mix.
3. Line an oven tray with baking paper.
4. In a large mixing bowl, break up the ground beef and crack in 1 egg and add the pesto, and mix well with the meat (best way is to use your hands), season with salt and pepper to taste.
5. Still using your hands roll the meat mixture into bite size meatballs and place on the lined oven tray.
6. Bake the meatballs for 25 minutes until golden.
7. Heat a fry pan on a medium-high heat and add coconut oil, now add in the zucchini noodles, pepper and toss, these only take 5 minutes to soften.
8. After 5 minutes push the zucchini to the side of the pan and spoon in the cashew butter to melt.
9. Pour in the coconut cream, mix all together with the noodles, and let that simmer for another 3-4 minutes.
10. Take the noodles off the heat and remove the meatballs from the oven.
11. Serve the meatballs on a nest of zucchini noodles.
12. Enjoy!



PALEO BEEF BOLOGNESE WITH CARROT & ZUCCHINI NOODLES

KETO FRIENDLY

 Serves 6  Prep 20 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	18.9g
Niacin (Vitamin B3)	5.98mg
Selenium	11.83mcg
Vitamin B6	0.88mg
Phosphorus	258.13mg
Choline	83.45mg
Vitamin B12	1.7mcg
Omega-3	164.4mg

Ingredients

- 17 ounces of ground beef, pasture-raised
- 6 zucchinis, sliced into noodles
- 6 carrots, peeled & sliced
- 3 cups tomatoes, crushed
- 1 1/2 cups coconut milk
- 6 large portabello mushrooms, diced
- 1 eggplant, sliced & cubed
- 1 red peppers, cubed & deseeded
- 1 yellow peppers, cubed & deseeded
- 10 cherry tomatoes
- 1 large handful of fresh basil leaves
- 3 tablespoons coconut oil
- 1 teaspoon dried thyme

Method

1. Preheat the pan and drizzle in 1 tablespoon of the coconut oil.
2. Once the pan is at the right heat, add in half the mushrooms and half the eggplant, dried thyme, season with salt and pepper and stir until combined.
3. Add the rest of the mushrooms and eggplant to the pan once the first batch has softened.
4. In a separate wok or fry pan add 1 tablespoon of coconut oil and add the ground beef. Cook on a medium high heat for 5-10 minutes.
5. Once ground beef is cooked, add it to the mushroom and eggplant mix, and reduce the heat.
6. Add the crushed tomatoes to the pan, (crush the tomatoes in the food processor) and mix.
7. Add half of the coconut milk to the pan, season with cracked black pepper, sea salt and dried basil.
8. Place a pot of water on the heat, once it's boiling add the carrots in to cook for 5 minutes.
9. Take the carrots off the heat and drain.
10. In the wok add the remaining coconut oil and fry the zucchini and carrots with some dried basil, and toss.
11. Remove the carrot and zucchini from the heat, and turn off the pan with the beef mix in.
12. Serve the carrots and zucchini in a bowl, and spoon the Beef Bolognese over the top.
13. Enjoy with as a great lunch or family dinner meal.

SALMON ZUCCHINI NOODLES

KETO FRIENDLY

 Serves 4  Prep 15 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	39.66g	
Niacin (Vitamin B3)	15.93mg	
Selenium	63.05mcg	
Vitamin B6	2.36mg	
Phosphorus	526.25mg	
Choline	46.5mg	
Vitamin B12	5.44mcg	
Omega-3	3660.85mg	

Ingredients

- 10 zucchinis, sliced into noodles
- 1 ½ pounds of fresh wild salmon steak, deboned
- ½ cup ground almonds
- 3 tablespoons fresh Paleo basil pesto – ½ cup fresh basil, ½ cup cashew nuts, 2 tablespoons coconut oil, 2 tablespoons lemon juice
- 3 tablespoons lime juice
- 1 punnet cherry tomatoes, halved
- 2 tablespoons fresh coriander, chopped
- 2 tablespoons coconut oil
- 4 cloves garlic, crushed

Method

1. Start by making the pesto; in a small food processor add a bunch of basil, cashew nuts, coconut oil and the lemon juice and mix.
2. Preheat a fry pan on medium high heat with half of the coconut oil.
3. Add the salmon steaks into the pan, skin side down. Cook for 3 minutes on each side (turn halfway), then turn off the pan.
4. Heat another fry pan with the remaining coconut oil. Add in the crushed garlic, zucchini noodles, pesto and mix together.
5. Add the lime juice into the zucchini pan and mix again. After a few minutes, remove pan from heat.
6. Remove the skin from the salmon steaks and break up into chunks. Return to the fry pan and turn heat back on.
7. Add the zucchini noodle mix to the salmon pan.
8. Sprinkle the ground almonds into the pan and add in the cherry tomatoes, cracked black pepper and coriander. Once it is all combined cover and simmer for 2-3 minutes.
9. Serve up your tasty noodle dish and enjoy!



PALEO CHICKEN PASTA

KETO FRIENDLY

 Serves 5  Prep 15 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	49.08g
Niacin (Vitamin B3)	23.6mg
Selenium	36.08mcg
Vitamin B6	1.48mg
Phosphorus	481.4mg
Choline	169.12mg
Vitamin B12	0.8mcg
Omega-3	190.52mg

Ingredients

- 2.2 pounds skinless pasture-raised chicken breast, diced
- 1 squash, peeled and diced
- 6 zucchinis, sliced into noodles
- 6 tomatoes
- ½ cup water
- 1 tablespoon dried basil
- ½ cup coconut cream
- 1 tablespoon coconut oil

Method

1. Add diced squash to a medium sized microwave-proof bowl with water, and put in the microwave to cook for 3-4 minutes on high.
2. Heat a fry pan on a low heat with coconut oil and add the chicken. Cook the chicken until it is cooked all the way through (check the middle of the chicken is white).
3. Add dried basil and black pepper into the fry pan and stir in with the chicken.
4. Remove the squash from the microwave and drain out the water.
5. Add the softened squash into the pan with the chicken and mix. Cook for another 5 minutes, stirring occasionally.
6. Add the zucchini to the pan and mix it in.
7. Blend tomatoes with 1/2 cup of water.
8. Lastly, add in the coconut cream and the blended tomato mix. Give it a good stir and then let it simmer for another 5 minutes.
9. Turn off the pan and serve up your delicious chicken zucchini pasta!

CREAMY CHICKEN & MUSHROOM NOODLES

KETO FRIENDLY

 Serves 5  Prep 15 mins

 Cook 15 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	52.16g
Niacin (Vitamin B3)	24.64mg
Selenium	39.2mcg
Vitamin B6	1.92mg
Phosphorus	522.4mg
Choline	185.44mg
Vitamin B12	0.8mcg
Omega-3	425.76mg

Ingredients

- 15 white button mushroom, quartered
- 8 medium zucchinis
- 4 pastured chicken breasts, diced
- 1 $\frac{3}{4}$ cups coconut cream
- 1 cup beef stock
- 1 tablespoon tapioca flour
- 2 tablespoons coconut oil
- Black pepper, to taste

Method

1. Slice the zucchinis into long, thin noodles using a Julienne peeler.
2. Heat about half of the coconut oil in a fry pan and then fry the chicken over a medium-heat until cooked right through (check the middle of the chicken is white).
3. Add the mushrooms into the pan with the chicken and fry for another 2 minutes, stirring often.
4. Sprinkle the tapioca flour into the pan and mix in immediately with the chicken and mushrooms.
5. Gradually pour in the beef stock and the coconut cream, stirring constantly. Bring to the boil, and then simmer for 5 minutes.
6. Heat the zucchini noodles in a separate fry pan on a medium high heat with the remaining coconut oil. Add black pepper to taste over top and mix in with the noodles. Fry for approximately 3 minutes, stirring often.
7. Mix the zucchini noodles in with the chicken & mushroom sauce mix, and cook for another 2 minutes.
8. Serve and enjoy!



POACHED CHICKEN & PESTO ZUCCHINI NOODLES

KETO FRIENDLY

 Serves 4  Prep 20 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	62.8g
Niacin (Vitamin B3)	29.8mg
Selenium	48.6mcg
Vitamin B6	2mg
Phosphorus	578.5mg
Choline	213.2mg
Vitamin B12	1mcg
Omega-3	440.1mg

Ingredients

- 4 skinless pastured, chicken breasts
- 2 cups fresh basil
- 4 zucchinis, sliced into noodles
- 1/3 cup ground walnuts
- 3 cloves garlic, finely chopped
- ½ teaspoon thyme
- ½ teaspoon tarragon
- 3 dried bay leaves
- ½ cup coconut oil
- 15 cherry tomatoes, cut in half
- 1 tablespoon coconut oil
- Himalayan rock salt and black pepper, to taste

Method

1. Heat a large fry pan to a medium heat.
2. Add the chicken breasts to the pan and pour water over them so it covers the chicken. Bring water to the boil.
3. Once the water starts to boil, add in the bay leaves.
4. Add the basil leaves and garlic into a food processor and blend.
5. Add in 1/2 cup coconut oil and blend again.
6. Add sea salt and pepper to the chicken (optional), as well as dried thyme and tarragon.
7. Turn over the chicken and cook for another 10 minutes, then remove from heat and drain the water from the pan.
8. In another pan or wok, heat 1 tablespoon of coconut oil. Once heated, add the zucchini noodles and give them a toss.
9. Once tender, remove from heat and put noodles in a mixing bowl. Add in the pesto and cherry tomatoes and mix it all together.
10. Serve the poached chicken and zucchini noodles together and enjoy!

PALEO BEEF BOLOGNESE

KETO FRIENDLY

 Serves 4  Prep 15 mins

 Cook 20 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	42.4g
Niacin (Vitamin B3)	11.1mg
Selenium	29mcg
Vitamin B6	1.4mg
Phosphorus	461.75mg
Choline	162.7mg
Vitamin B12	4mcg
Omega-3	314.15mg

Ingredients

Paleo Beef Bolognese

- 1.7 pounds ground beef, pasture-raised
- 1 eggplant, cubed
- Himalayan rock salt & black pepper, to taste
- 3 tomatoes, chopped
- 1 ½ cups pureed tomatoes
- 1 tablespoon fresh basil or 1 teaspoon of dried basil
- 2 tablespoons coconut oil

Zucchini Noodles

- 6 small zucchinis, sliced into noodles
- 1 tablespoon coconut oil
- Sea salt & black pepper, to taste

Method

Paleo Beef Bolognese

1. Turn a fry pan onto medium heat and add 1 tablespoon of coconut oil.
2. Add in the eggplant. As eggplant absorbs a lot of oil, add more coconut oil if you need to. Cook the eggplant until it is lightly browned.
3. Add in some sea salt and pepper and stir this through.
4. Remove the eggplant from the pan and place to the side for now.
5. Add the ground beef to the pan with a 1 tablespoon of

coconut oil. Break it up with a wooden spoon and stir until the mince is browned.

6. Add the eggplant back into the pan along with the chopped tomatoes.
7. Mix basil into the pureed tomato and add this to the pan. Mix well.
8. Cook Bolognese mix for a further 10 minutes
9. Remove from heat and serve with your zucchini noodles (below).

Zucchini Noodles

1. Heat up a separate fry pan on a medium – high heat and add a 1 tablespoon of coconut oil.
2. Add in the zucchini noodles, as well as some sea salt and pepper (optional).
3. Cook the zucchini noodles for about 5 minutes, stirring often.
4. Remove from heat and serve.



PALEO PAD THAI

 Serves 5  Prep 20 mins

 Cook 15 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	29.8g
Niacin (Vitamin B3)	9.67mg
Selenium	20.63mcg
Vitamin B6	0.8mg
Phosphorus	313.58mg
Choline	106.03mg
Vitamin B12	0.5mcg
Omega-3	19.5mg

Ingredients

- 3 large pastured chicken breasts, diced into cubes
- 2 tablespoons of coconut oil
- 5 cloves of garlic, peeled & crushed
- 1 teaspoon chili powder
- ¼ teaspoon cinnamon
- 2 cm fresh ginger, peeled & grated
- 3 tablespoons tamarind paste (optional)
- 2 teaspoons fish sauce
- 1 teaspoon lime juice
- 2 tablespoons of honey

- 7 carrots, sliced into noodles
- 4 zucchinis, sliced into noodles
- 5 ounces of mung bean sprouts
- 2 ½ ounces grams of cashew nuts (to garnish)
- 2 spring onions (to garnish)
- A handful of coriander (to garnish)
- 1 lemon, lime, or orange (to garnish)

Note: While mung beans aren't strictly Paleo, they are generally accepted as a Paleo-friendly food.

Method

1. In a small blender, add the tamarind, fish sauce, lime juice, 2 tablespoons of honey, and 3 tablespoons of hot water. Blend to combine. (Note: watch out for tamarind stones. Remove if you see any. Note 2: if you don't have a small blender, you can skip this step. Blending just makes the sauce more consistent.)
2. Use a julienne slicer to slice the carrots and zucchini into noodles. Set them aside on a paper towel to absorb some of the moisture.
3. Heat an electric frypan or wok on low, adding 1 tablespoon of coconut oil, ½ teaspoon of chili, ¼ teaspoon of cinnamon (optional), and the crushed garlic. After a few minutes, turn up the heat to medium and add another tablespoon of coconut oil and the diced chicken. Keep turning the chicken until just cooked.
4. Add the tamarind sauce and the grated fresh ginger to the chicken.
5. With the pan on a high heat, add the julienned carrots and zucchini and cook for 2-3 minutes or until the noodles have softened slightly and mixed with the sauce.
6. Add the mung beans, and mix. Serve while the mung beans are still crunchy.
7. Garnish with your choice of spring onions, coriander, chopped cashews, and a squeeze of lime.

PALEO SCAMPI

KETO FRIENDLY

 Serves 6  Prep 10 mins

 Cook 10 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	30.05g
Niacin (Vitamin B3)	5mg
Selenium	49.43mcg
Vitamin B6	0.8mg
Phosphorus	387.25mg
Choline	134.82mg
Vitamin B12	1.54mcg
Omega-3	846.5mg

Ingredients

- 10 zucchinis, sliced into noodles
- 6 rashers of bacon, diced
- 1.7 pounds precooked shrimp
- 20 cherry tomatoes, halved
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 table spoon dried parsley
- 1 tablespoon paprika
- 2 tablespoons coconut oil
- Himalayan rock salt & cracked pepper, to taste

Method

1. Heat a large fry pan on a medium-high heat, add half the coconut oil and cook the zucchini noodles until softened, crack in black pepper and salt (optional) and toss.
2. Heat an electric pan drizzle with the remaining coconut oil and cook the bacon for approximately 5 minutes.
3. While the bacon is cooking add the shrimp to a medium sized bowl and dried parsley, paprika, black pepper, salt and mix until the shrimp is covered.
4. Once the bacon is cooked remove it and place aside now add the shrimp to the pan for about 3 minutes to heat.
5. To serve place the zucchini noodles into a bowl, add the shrimp on top, followed by the bacon and cherry tomatoes. Finally add the lemon juice and zest.
6. Enjoy!

PALEO CHICKEN ZUCCHINI NOODLE DISH

KETO FRIENDLY

 Serves 4  Prep 10 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	16.2g
Niacin (Vitamin B3)	1.28mg
Selenium	12.1mcg
Vitamin B6	0.2mg
Phosphorus	136mg
Choline	50.6mg
Vitamin B12	0.3mcg
Omega-3	2906mg

Ingredients

Sauce

- 1 $\frac{3}{4}$ cups of coconut milk
- 1 teaspoon cumin
- $\frac{1}{2}$ teaspoon turmeric
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground chili
- 8 sundried tomatoes
- $\frac{1}{4}$ - $\frac{1}{2}$ cup of almond meal (ground almonds)

Noodles

- 5 zucchinis, sliced into noodles
- 4 boneless pastured chicken thighs, diced

- 1 onion, diced
- 4-6 cloves of garlic, crushed
- 15 cherry tomatoes
- 15 olives
- 2 teaspoons coconut oil

Method

1. Roughly blend the sundried tomatoes in a small blender. If you don't have a blender, dice them using a knife.
2. Combine coconut milk, cumin, turmeric, cinnamon and ground chili in a saucepan. Heat the sauce on low, stirring occasionally.
3. In a fry pan, fry the onion, garlic and chicken with a 1 teaspoon of coconut oil for 5-10 minutes.
4. Coat the cherry tomatoes in a 1 teaspoon of coconut oil and place in the oven to grill (optional).
5. Add the sundried tomatoes and almond meal to the fry pan to thicken the sauce slightly.
6. Once the chicken is cooked, add the zucchini noodles to the fry pan for 4-7 minutes. Toss occasionally.
7. Combine the noodles, cooked tomatoes, sauce, and raw olives.
8. Serve and enjoy. Take care not to burn your mouth on the cooked cherry tomatoes!

CHICKEN & SQUASH CARBONARA

KETO FRIENDLY

 Serves 4  Prep 10 mins

 Cook 20 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	32.45g
Niacin (Vitamin B3)	10.85mg
Selenium	29.8mcg
Vitamin B6	0.65mg
Phosphorus	334.6mg
Choline	104mg
Vitamin B12	0.8mcg
Omega-3	433.7mg

Ingredients

- 1.3 pounds chicken thighs, diced, pasture-raised (skinless & boneless)
- 7 ounces middle or shoulder bacon, finely diced
- 3 cloves minced garlic
- 1 large broccoli, chopped
- 1 ½ tablespoons coconut oil
- 1 ¾ cups coconut cream
- 1 ½ cups chopped parsley
- Himalayan rock salt & black pepper (to taste)

Method

1. Slice the skin from the squash and dice it into medium-sized chunks. Scoop away the seeds using a knife or spoon. Using the grater function on your food processor, add the diced squash into the food processor until the squash is fully grated. Set aside.
2. Heat the coconut oil in a large pan over a medium heat and add in the cubed chicken and minced garlic. Cook until chicken is just cooked through and then add in the finely diced bacon. Continue stirring until bacon is cooked (3-4 minutes).
3. Add in the chopped broccoli and stir-fry for another 2 minutes before adding in all of the grated squash. Cook, stirring well, for another 4-5 minutes.
4. Add in the chopped parsley, coconut cream, and salt and pepper (to taste). Continue to stir on a low-medium heat until the squash is fully cooked and it is well heated through (about 4 mins).
5. Serve while hot and enjoy!



PALEO MOUSSAKA

KETO FRIENDLY

 Serves 6  Prep 30 mins

 Cook 40 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	29.8g
Niacin (Vitamin B3)	9.67mg
Selenium	20.63mcg
Vitamin B6	.8mg
Phosphorus	313.58mg
Choline	106.03mg
Vitamin B12	.5mcg
Omega-3	19.5mg

Ingredients

- 2 pounds ground beef, pasture-raised
- 1 eggplant, cut into 1 cm thick rings
- 2 parsnips
- 10 white button mushrooms, diced
- ½ cup red wine
- ½ cup coconut cream
- 1 teaspoon dried basil leaves
- ½ teaspoon paprika
- 3 zucchini, sliced
- 1 tablespoon tomato paste
- 3 tablespoons coconut oil
- ½ cup water
- Himalayan rock salt & cracked black pepper to taste

Method

1. Preheat the oven on fan bake at 360F.
2. Add 1 tablespoon of coconut oil to a fry pan on a medium-high heat, add in the ground beef and use the back of a wooden spoon to break up the beef until fully cooked through.
3. To make the sauce add the tomato paste, red wine, coconut cream, basil leaves and paprika to a medium sized bowl and stir, season with some black pepper to taste.
4. Peel and slice the parsnips into rings and coat in 1 tablespoon of coconut oil (you may need to heat the coconut oil for 25 seconds in the microwave) and place on a lined baking tray and into the oven to cook for 10 minutes.
5. Remove the cooked mince from the pan and set aside in a dish.
6. Place the pan back on the heat and add the remaining coconut oil, shallow fry the eggplant for about 3 minutes each side.
7. Remove all the eggplant from the pan and set aside.
8. Add the cooked mince, sauce and ½ cup of water to the pan combine thoroughly for 3-5 minutes until the sauce is heated through.
9. To the sauce add ½ cup water.
10. Remove the parsnips from the oven.
11. Now it's time to start layering, start with parsnips on the bottom, then add a mince layer, on top of the mince place the fried eggplant and add another layer of mince, then add the chopped mushrooms (optional), and finally add a layer of sliced zucchini.
12. Season with pepper and place in the oven to cook for 40 minutes.
13. Remove from the oven let sit for 5-10 minutes, serve and enjoy!

SALMON & AVOCADO ZUCCHINI NOODLES

KETO FRIENDLY

 Serves 5  Prep 10 mins

 Cook 15 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	50g
Niacin (Vitamin B3)	22.6mg
Selenium	49.7mcg
Vitamin B6	2.7mg
Phosphorus	753mg
Choline	227mg
Vitamin B12	6.4mcg
Omega-3	5540mg

Ingredients

- 5 wild salmon fillets, deboned
- 10-15 cherry tomatoes
- 4 avocados
- 12 zucchini, sliced into noodles
- 4 tablespoons lemon juice
- 1 cup fresh basil leaves
- ½ cup extra virgin olive oil
- 1 tablespoon coconut oil
- 1 tablespoon fresh dill, chopped
- Himalayan rock salt & black pepper, to taste

Method

1. Line an oven tray with baking paper and preheat the oven at 360F.
2. On the lined tray place the salmon skin side down, season with pepper and salt (optional), and sprinkle over fresh dill and 2 tablespoons of lemon juice.
3. Place the salmon into the oven to bake for 15 minutes.
4. Now to make the avocado sauce, in a small bowl place the avocado's (remove the skin and core and spoon out) the basil leaves, the olive oil and lemon juice; and blend with a hand blender until smooth.
5. Heat the wok to a medium-high heat and add the coconut oil. Add in the zucchini noodles and cook for 3-5 minutes. Keep stirring the noodles and add salt & pepper to taste.
6. Add in the avocado sauce to the zucchini noodles and stir.
7. Remove the baked salmon from the oven.
8. Place the salmon on top of the zucchini noodles and sprinkle cherry tomatoes in on top.
9. Enjoy!

A close-up photograph of golden-brown, fried sweet potato gnocchi served in a creamy tomato sauce with mushrooms and basil. The gnocchi are irregular in shape, typical of hand-rolled pasta.

SWEET POTATO GNOCCHI



Serves 4



Prep 1 hr 20 mins



Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	8.9g
Niacin (Vitamin B3)	5.2mg
Selenium	12.3mcg
Vitamin B6	0.5mg
Phosphorus	242mg
Choline	49.2mg
Omega-3	45.7mg

Ingredients

- 3 large sweet potatoes
- 2 ½ cups almond meal
- 2 cups arrowroot flour
- 1 teaspoon baking soda
- 1 egg white
- 6 large tomatoes, diced
- 15 button mushrooms, diced
- 1 cup spinach, diced
- 1 cup fresh basil leaves, diced
- ½ - 1 cup coconut milk
- 1 tablespoon coconut oil


Method

1. Preheat the oven at 400F on fan bake.
2. Put the sweet potatoes on an oven tray and pierce each one with a fork, then bake for 35-40 minutes.
3. Add the tomatoes, mushrooms, spinach and the basil, into a medium-high heated fry pan with 1 tablespoon of coconut oil. Once softened add the coconut milk and reduce the heat to a simmer.
4. Remove the sweet potatoes from the oven onto a board, once cool enough to touch, cut and spoon out the inside of the sweet potatoes and put into a bowl ready to mash.
5. Whisk the egg white in a clean, dry bowl until foamy and put aside.
6. In a medium sized bowl mix the almond meal and arrowroot flour.
7. Mash the sweet potatoes and then add 1/3 of the arrowroot flour/ almond meal mix and mix well.
8. Then add another 1/3 of the flour/ meal mix, stir until combined and then add the last 1/3 of the flour/meal mix and stir until fully combined.
9. Add the egg white and the baking soda to the sweet potato mash and mix together.
10. Now place the dough into the fridge for about 30 minutes to cool down.
11. On a chopping board lined with baking paper sprinkle arrowroot flour over the paper just to help it not stick, grab some of dough and using your hands roll into strips, place on the board and cut into sizes of about 1 inch.
12. Place a large pot of water on to boil, and pre heat a pan with coconut oil.
13. When that water is boiling add in the dough to cook will be go to the bottom and after about 30 seconds they will rise to the top once this happens spoon them out and place into a medium-high heat fry pan to cook for approximately 2 minutes on each side.
14. Once all that gnocchi is cooked it's time to plate up with the tomato sauce.
15. Place the gnocchi in a bowl and spoon over the tomato, mushroom, basil sauce and ENJOY!

LEMON GARLIC SHRIMP WITH ZUCCHINI NOODLES

KETO FRIENDLY

 Serves 4  Prep 10 mins

 Cook 20 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:


Protein	42.3g
Niacin (Vitamin B3)	7.5mg
Selenium	66.1mcg
Vitamin B6	1.5mg
Phosphorus	587mg
Choline	198mg
Vitamin B12	2mg
Omega-3	1206mg

Ingredients

- 12 zucchinis, sliced into noodles
- 1.5 pounds shrimps, cooked and peeled
- 1 tablespoon coconut oil
- 2 cloves crushed garlic
- 2 tablespoons lemon juice
- 1 cup baby spinach
- 1 punnet cherry tomatoes
- Himalayan rock salt & black pepper, to taste

Method

1. Add coconut oil to a fry pan on a medium heat, add the zucchinis and cook until softened - approximately 10 minutes.
2. Remove the zucchini from the pan and place to one side, add the crushed garlic and shrimps, cook for 5-7 minutes.
3. Add the lemon juice and season with salt and pepper to taste.
4. Add the zucchini's back into the pan with the shrimp and mix until combined.
5. Add the cherry tomatoes and the baby spinach for about 2 minutes and toss.
6. Serve the shrimps on the zucchini noodle mix.



LAMB SPAGHETTI

KETO

 Serves 5  Prep 15 mins

 Cook 25 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	28.4g
Niacin (Vitamin B3)	10.5mg
Selenium	23.6mcg
Vitamin B6	1.1mg
Phosphorus	440mg
Choline	128mg
Vitamin B12	2.8mcg
Omega-3	1272mg

Ingredients

- 1 ½ pounds ground lamb
- 2 teaspoon ground chili powder
- 10 medium zucchinis
- 1 tablespoon coconut oil

Mint Pesto

- 2 cups fresh mint leaves
- 1 cup fresh basil leaves
- ½ cup extra virgin olive oil
- 1/3 cup walnuts
- 1/3 cup pine nuts
- 1 tablespoon lemon juice
- 1 tablespoon coconut oil
- 1 teaspoon lemon zest
- Himalayan rock salt & black pepper, to taste

Method

1. Pulse mint and basil leaves in a food processor or high-speed blender.
2. Add walnuts and pine nuts, and continue to pulse.
3. Add olive oil, lemon juice, lemon zest, salt & pepper, and blend until smooth.
4. Set pesto aside.
5. Peel the zucchinis into long, thin noodles using a Julienne peeler.
6. Heat 1 tablespoon of coconut oil in a fry pan on a medium-high heat.
7. Add in the zucchini noodles and season with salt & pepper.
8. Fry, stirring, for 4-5 minutes (until noodles are lightly browned and softened without being overdone).
9. Set the noodles aside in a bowl and return the pan to heat.
10. Add 1 teaspoon of coconut oil into the pan (as lamb is already an oily meat), along with the chili powder.
11. Break the lamb up into chunks and mix in with the chili powder.
12. Fry the lamb until browned, stirring often.
13. If there is a lot of oil remaining in the pan after cooking, drain the oil by putting the lamb mince in a colander.
14. Serve the zucchini noodles onto plates, followed by the cooked lamb in the middle.
15. Serve a generous amount of pesto over top of the lamb.
16. Garnish with fresh mint leaves (optional).
17. Enjoy!

CARROT, SPAGHETTI BOLOGNESE

KETO FRIENDLY

 Serves 5  Prep 15 mins

 Cook 20 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	23.6g
Niacin (Vitamin B3)	9.2mg
Selenium	14.5mcg
Vitamin B6	1.1mg
Phosphorus	337mg
Choline	115mg
Vitamin B12	1.8mcg
Omega-3	149mg

Ingredients

- 13 carrots, peeled & thinly sliced
- 1 pound ground beef, pasture-raised
- 10 cherry tomatoes, halved
- 1 yellow pepper, diced
- 3 zucchinis, diced
- 2 garlic cloves, minced
- 3 cups of blended tomatoes
- 1 teaspoon of dried basil

- 1 tablespoon coconut oil
- Handful of fresh basil leaves, chopped

Method

Carrot Spaghetti

1. Use a mandolin slicer to cut the carrots into thin spaghetti like strips.
2. Bring a pot of water to the boil & add the carrot spaghetti.
3. Boil for 5 minutes until soft.
4. Drain the water out and set aside

Bolognese

5. Melt 1 tablespoon of coconut oil in a large fry pan on medium-high heat.
6. Add the minced garlic and zucchini, cook for a few minutes or until slightly brown.

7. Add the yellow pepper and let it cook for a few minutes.
8. Mix in the cherry tomatoes as well as 1 teaspoon of dried basil leaves, mix well for a few minutes.
9. Add the beef mince and mix until all the ingredients are combined.
10. Once the mince has browned off add in the blended tomatoes, then season with salt & pepper.
11. Mix well and leave to simmer on low heat for 5-10 minutes.
12. Just before serving, mix in a handful of chopped fresh basil leaves.
13. Serve a bed of the carrot spaghetti into a bowl/plate and top it off with the delicious Bolognese sauce.



PARSNIP CARBONARA

KETO FRIENDLY

 Serves 5  Prep 15 mins

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	8.6g
Niacin (Vitamin B3)	1.9mg
Selenium	19.5mcg
Vitamin B6	0.2mg
Phosphorus	225mg
Choline	84.3mg
Vitamin B12	0.5mcg
Omega-3	83.7mg

Ingredients

- 8 parsnips, peeled and trimmed
- 2 tablespoons coconut oil
- 14 ounces streaky bacon rashers
- 2 cloves garlic, crushed & diced
- 2 cups full-fat coconut milk
- 3 eggs, free-range
- 2 teaspoons dried basil
- 2 teaspoons dried oregano
- Himalayan rock salt & black pepper,
- Fresh parsley, chopped

Method

1. Use a regular peeler to carefully peel the parsnips into long, thin, flat ribbons.
2. Add coconut oil to a pan over a medium heat. Place the lid on and sauté the noodles for 5-6 minutes, stirring, until they are softened and golden on the outside.
3. Remove parsnip ribbons from the pan and set aside in a bowl.
4. Return pan to stove on a medium heat. Add bacon rashers to the pan and slowly cook, letting the fat render from the rashers. Once browned, flip to brown the other side.
5. Turn off heat and set browned bacon rashers aside on paper towels and allow to cool and crisp.
6. Whisk together eggs, coconut milk, basil, oregano, salt and pepper in a mixing bowl.
7. Add garlic into the pan with the remaining bacon grease and stir-fry for 2-3 minutes until lightly browned, over a medium heat.
8. Crumble or finely dice up the crisped bacon and add into the pan, along with the coconut-egg mixture. Turn the heat to low and mix well.
9. Add in the parsnip ribbons, stir and cook on low for a further 4-5 minutes until the sauce thickens.
10. Serve carbonara immediately, topped with fresh parsley.

BREAD ALTERNATIVES

These recipes are generally to be considered as breakfast recipes, but we can acknowledge these as a healthier alternative to bread.

These recipes may include—but are not limited to—the following nutrients:

Protein – Great for muscle growth and development, supports healthy body weight and aids in weight loss.

Niacin (Vitamin B3) – Improves appetite and digestion, beneficial in treating diabetes.

Selenium – Involved in the production of prostaglandins and may reduce inflammation related to arthritis. And it lowers the risk of prostate cancer.

Pyridoxine (Vitamin B6) – Boosts immune system, helps improve the rate of metabolism, helps in maintaining the regulation of hormones, protects against kidney and heart diseases.

Omega-3 – Boosts brain health and heart health.

Iron – Carrier of oxygen, strengthens immune system, regulates body temperature, helps in energy regulation, and increases brain development.

Zinc – Improves vision, helps in weight loss, essential nutrient while in pregnancy, plays a role in controlling diabetes, protects against several kinds of cancer.



PALEO BREAKFAST BURRITO



Serves 6



Prep 15 mins



Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	7.68g
Niacin (Vitamin B3)	3.42mg
Selenium	10.37mcg
Pyridoxine (Vitamin B6)	0.32mg
Omega-3	182.02mg
Iron	0.77mg
Zinc	1.13mg

Ingredients

Burrito Fillings

- Streaky bacon (1 piece per burrito)
- 2 avocados, mashed
- 2-3 tomatoes, thinly sliced
- 10-12 mushrooms, sliced
- Salad greens

Burrito Wraps

- 16 egg whites
- 6 tablespoons coconut flour
- 6 tablespoons arrowroot flour
- ½ teaspoon baking powder
- 1 teaspoon sea salt (optional)
- 1 cup water
- 6 teaspoons coconut oil

Method

1. Mix the arrowroot flour, coconut flour, baking powder and sea salt (optional) together in a bowl.
2. Separate the egg whites from the egg yolks and then add the egg whites to the flour mix.
3. Add 1 cup of water to the bowl, and use a whisk or a hand-held blender to whisk the ingredients together until smooth, light and fluffy.
4. Heat 1 teaspoon of coconut oil in a fry pan.
5. Spoon 4 tablespoons of the wrap mixture into the pan and evenly spread it out into a round shape.
6. Cook for 3 minutes on each side (flipping halfway), and then repeat with the remaining mix.
7. To prepare your burrito fillings, mash the avocados, thinly slice tomatoes and slice mushrooms.
8. In another fry pan, cook the streaky bacon in a little bit of coconut oil for about 5-7 minutes until nice and crispy. Add in the sliced mushrooms for the last 2 minutes of cook time.
9. Now it's time to fill the wraps. Start by spreading the avocado over the middle of the burrito wraps, then top with tomato, mushroom, bacon and salad greens.
10. Fold together and eat while warm!

PALEO PUMPKIN BREAD

 Serves 5  Prep 12 hrs

 Cook 45 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	8.2g
Niacin (Vitamin B3)	0.96mg
Selenium	17.16mcg
Pyridoxine (Vitamin B6)	0.28mg
Omega-3	43.92mg
Iron	2.24mg
Zinc	1.08mg

Ingredients

- Half a pumpkin - around 28 ounces or 800 grams
- 6 free-range eggs
- 2 tablespoons honey
- 3 ½ tablespoons apple cider vinegar
- 1/3 cup almond milk
- ½ cup coconut flour
- 1 ½ teaspoons baking soda
- 1 teaspoon cinnamon
- 2 ½ tablespoons coconut oil

Method

Preparation - Day Before Cooking

1. If possible, prepare your pumpkin the day before baking your bread. To do this, de-seed and peel half a pumpkin, then chop it into large chunks (approx. 1 inch X 1 inch), and bake for 30 minutes on 300

degrees Fahrenheit (150 Celsius). Once cooked, add 2 ½ tablespoons of olive oil, and mash. This will give your pumpkin a smooth, slightly oily texture, ideal for making bread. Cover your pumpkin mixture and cool. You will use 1 ½ cups of cooked, mashed pumpkin in your bread ingredients.

Day of Cooking

1. Preheat your oven on bake, 300 degrees Fahrenheit.
2. Place your oven rack in the middle-bottom of the oven.
3. Line an 8.5 inch X 4.5 inch glass loaf dish with baking paper. Coat the ends of the tray with a little oil.
4. Separate your eggs into whites and yolks. Whites go in a large bowl to be beaten. Yolks go in a deep bowl, ideally glass. Tip: Using a glass bowl here will make it easy later to check that all your ingredients are well mixed.
5. Combine your egg yolks and pumpkin mixture in a large, deep bowl, and mix with a stick blender. Disclaimer: use a deep bowl as this part can splash.
6. To the pumpkin and egg-yolk mixture, add your apple cider vinegar, almond milk, and honey, and mix. Tip: Soak your tablespoon in boiling water to make the honey slide easily off your spoon. Your mixture will have a batter-like consistency rather than a traditional dough-style bread recipe.
7. In a separate bowl, beat your egg whites until they form a peak.
8. Combine your dry ingredients; coconut flour, baking soda, and cinnamon in a small bowl.
9. Add dry ingredients to the pumpkin mixture and mix with the stick blender.
10. Check that your oven is fully preheated, with the rack in the middle-bottom of the oven.
11. Add your pumpkin mixture to the egg whites. Fold together, then mix with the stick blender until it has a slightly marbled consistency. This marble look indicates that your mixture is well mixed but not over-mixed.
12. Pour the mixture into your paper-lined glass loaf dish.
13. Place your bread in the oven for 45 minutes. Do not open the door while the bread is cooking.
14. After 45 minutes, check the bread by sticking a knife into it. If the knife comes out clean, your bread is finished. If the knife has batter stuck to it, switch the oven onto fan bake and turn it up to 400 degrees Fahrenheit for another 5 minutes.
15. Allow 10 minutes for your bread to cool inside the loaf tray, and then pull it out, peel off the baking paper, and allow cooling on a chopping board for another 10-15 minutes. Slice, and enjoy.



BANANA PANCAKES

 Serves 4  Prep 3 hrs

 Cook 20 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	9.23g
Niacin (Vitamin B3)	0.6mg
Selenium	21.75mcg
Pyridoxine (Vitamin B6)	0.45mg
Omega-3	72.83mg
Iron	1.43mg
Zinc	0.9mg

Ingredients

- 3 ripe bananas
- 6 free-range eggs
- 1 teaspoon vanilla bean paste
- 1 teaspoon cinnamon
- 4 tablespoons ground linseed
- 1 tablespoon coconut oil
- 1 tablespoon pure maple syrup (optional topping)
- Your favorite fresh fruit toppings - we used strawberries, kiwifruit & pineapple, but any fresh fruit would be great!

Method

1. Peel the bananas and mash them with a fork.
2. Crack eggs into a mixing bowl and whisk them.
3. Once the eggs are lightly beaten, add the vanilla bean paste and cinnamon to the bowl and mix in with the eggs.
4. Add the bananas and ground linseed to the bowl and mix well.
5. Heat coconut oil in a fry pan on low, then carefully spoon the pancake mix into the pan to cook. Make sure each pancake is spread evenly and in a thin layer (you will need to do the pancakes in batches - it is up to you how big you would like to make them).
6. With a spatula, flip each pancake after 1-2 minutes (when you can see it bubbling over most of the surface), and cook the other side for another 1-2 minutes.
7. Continue until you have used up all of your pancake mix.
8. Wash and chop up your selection of fresh fruit, and serve on top of your pancakes. We also recommend adding a dash of pure maple syrup!
9. Enjoy this wonderful breakfast treat!

PALEO BANANA & BLUEBERRY PANCAKES

 Serves 4  Prep 20 mins

 Cook 2 hrs 30 mins



The following nutrients are contained in this recipe, here are the approximate amounts
PER SERVING:

Protein	15.33g
Niacin (Vitamin B3)	.95mg
Selenium	35.98mcg
Pyridoxine (Vitamin B6)	.68mg
Omega-3	134.85mg
Iron	2.4mg
Zinc	1.5mg

Ingredients

- 1/2 cup coconut flour
- 1 teaspoon baking soda
- 10 free-range eggs
- 4 ripe bananas
- 1 punnet blueberries
- 3 teaspoons pure vanilla extract/paste
- 1 1/2 teaspoons cinnamon
- 1 teaspoon nutmeg
- 1/2 cup coconut milk
- 1 tablespoon pure maple syrup (optional)
- 1 tablespoon coconut oil (for cooking)

Method

1. Mash bananas with a fork in a bowl.
2. In a separate large mixing bowl, mix together all your dry ingredients (coconut flour, baking soda, cinnamon, vanilla extract and nutmeg).
3. Add the coconut milk, blueberries and banana in with the dry ingredients and mix well.
4. Heat a small amount of coconut oil in a fry pan, over a medium heat.
5. Carefully pour a small amount of the pancake batter into the frypan, and allow it to spread out until you have your desired pancake size. You can have multiple pancakes in the fry pan at once if it is big enough.
6. Fry the pancakes for 2 minutes on each side, then remove from the pan.
7. Repeat this process until all of your pancake mix has been used up (note: you will probably need to add in more coconut oil between batches).
8. Serve your delicious pancakes either alone or with your favorite paleo toppings - we highly recommend drizzling a small amount of pure maple syrup over top!



SALMON AND SPINACH FRITTATA

KETO FRIENDLY

 Serves 4  Prep 10 mins

 Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	31.3g
Niacin (Vitamin B3)	8.33mg
Selenium	61.18mcg
Pyridoxine (Vitamin B6)	1.13mg
Omega-3	2153.05mg
Iron	4.1mg
Zinc	1.9mg

Ingredients

- 7 free range eggs
- 2 wild salmon steaks, skins removed
- 1 bag spinach leaves
- Black pepper, to taste
- 1 cup coconut milk
- 2 tomatoes (thinly sliced)
- 1 tablespoon coconut oil

Method

1. Preheat your oven to 180C /360F.
2. Debone your salmon steaks (if the bones have not already been removed).
3. Break the salmon up into small chunks using your hands (or slice if preferred).
4. Crack the eggs into a mixing bowl and add in the coconut milk and some black pepper. Whisk together.
5. Brush an oven dish with coconut oil. Add half of the spinach to the bottom of the dish and place half of the salmon pieces on top. Repeat this process, so you have two layers of each.
6. Pour the egg mixture over the salmon and spinach. Use a spatula to push the spinach and salmon down from the sides of the dish and to make sure that the egg mixture has made its way through the whole dish.
7. Place the tomato slices carefully on top of the frittata and place the tray in the oven to cook for 30 minutes.
8. Remove from the oven, slice and enjoy!

PROSCIUTTO HAM WRAPPED MUFFINS

KETO FRIENDLY

 Serves 4  Prep 15 mins

 Cook 30 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	13.03g
Niacin (Vitamin B3)	0.53mg
Selenium	28.5mcg
Pyridoxine (Vitamin B6)	0.35mg
Omega-3	163.2mg
Iron	3.53mg
Zinc	1.38mg

Ingredients

- 8 free range eggs
- Handful of spinach, chopped
- 2 tablespoons coconut flour
- 1 onion, diced
- 4 cloves of garlic, crushed
- 9 strips of prosciutto ham
- ½ cup dried shiitake mushrooms
- ¼ cup coconut milk
- 1 ½ tablespoons coconut oil
- Optional extra: Handful of cherry tomatoes, halved

Method

1. Preheat the oven to 190C / 380F on fan bake.
2. Place dried shiitake mushrooms in a bowl of warm water and leave to soak for 5 minutes.
3. Heat a fry pan with some coconut oil. Add the onion and garlic to the pan and stir.
4. Once lightly browned, remove from the pan.
5. In a mixing bowl, whisk together the eggs, coconut flour and coconut milk.
6. Add the chopped spinach, onion and garlic to the bowl and mix.
7. Slice the soaked shiitake mushrooms and then mix these into the bowl.
8. Lightly grease a muffin tray with coconut oil.
9. Line the muffin cups with the strips of prosciutto ham.
10. Spoon the egg mix into each ham-lined muffin cup and fill up to about half way (as the egg mixture will rise). Optional: Add a few halved cherry tomatoes over the top of the egg muffins to add flavor and color.
11. Place muffins in the oven to cook for 20 minutes. Once cooked, allow to cool for 5-10 minutes before removing them from the muffin tray.
12. Serve and enjoy these tasty treats!



SALMON BREAKFAST WITH PEACH AND MANGO SALSA



Serves 4



Prep 15 mins



Cook 30 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	40g
Niacin (Vitamin B3)	32.23mg
Selenium	154.98mcg
Pyridoxine (Vitamin B6)	3.28mg
Omega-3	3996mg
Iron	4.05mg
Zinc	2.9mg

Ingredients

- 4 wild salmon fillets, deboned
- 3 lemons
- 2 bunches of asparagus, ends sliced off
- 3 limes
- 2 peaches, skinned & diced
- 1 mango, skinned & diced
- Cracked black pepper, to taste
- 2 avocados, skinned & diced
- 1 red onion, finely diced
- 4 free range eggs (1 per person)

Method

1. Preheat oven to 200C / 400F on fan bake.
2. Line an oven tray with tin foil and lay the salmon fillets over the foil.
3. Crack black pepper and squeeze the juice of 1 lemon over the fillets. Place them in the oven to bake for 10 minutes.
4. Boil a pot of water, and then add in the asparagus.
5. In a mixing bowl, mix together the avocado, peaches, mango and red onion.
6. Squeeze the juice of 2 limes into the bowl and mix in.
7. Boil water in a pan and crack in the eggs to poach. Once poached, remove from heat.
8. Remove the salmon from the oven and serve each fillet alongside the peach & mango salsa, asparagus and a poached egg.
9. Season with cracked black pepper if desired, and enjoy this delicious breakfast!

ZUCCHINI PIE WITH SCRAMBLED EGGS

 Serves 5  Prep 15 mins

 Cook 30 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	12.78g
Niacin (Vitamin B3)	1.2mg
Selenium	25.5mcg
Pyridoxine (Vitamin B6)	0.66mg
Omega-3	169.2mg
Iron	2.28mg
Zinc	1.62mg

Ingredients

Zucchini Pie

- 3 pasture-raised chicken breast
- 1 mango
- 3 oranges
- Prosciutto Ham
- 100ml lime juice
- 3 tablespoons raw honey
- ½ bunch silver beet
- 1 clove garlic

Scrambled Egg & Vege Side

- 8 rashers of bacon, chopped
- 6 free range eggs

- 14 white button mushrooms, sliced
- 1 punnet cherry tomatoes
- 1 red pepper, sliced
- 1 brown onion, finely chopped
- 1 tablespoon olive oil

Method


Zucchini Pie

1. Crack 3 eggs into a bowl and add in the grated zucchini, almond flour, black pepper and a pinch of sea salt.
2. Mix ingredients together until well combined using a fork. You can also use your hands to make sure it is all mixed together.
3. Grease an oven dish with coconut oil and add in the zucchini mixture. Flatten the mixture out in the dish.
4. Place the dish in the oven to cook for 20-30 minutes.
5. Remove pie from the oven and serve on its own or with the delicious scrambled egg & vege mix below!

6. Take the silver beet out of the pot and drain the water.
7. Pull the tenders out of the oven and serve with the silver beet.

Scrambled Egg & Vege Side

1. Heat a fry pan with some coconut oil.
2. Place the onions in the pan and fry until clear.
3. Add the bacon, red pepper and mushrooms to the pan and fry, stirring often. Add in some more coconut oil if you need to.
4. Add the cherry tomatoes to the pan and mix everything together.
5. Beat the 6 eggs with a fork and add these to the fry pan. Cook for a further 5 minutes, mixing the eggs in with the vegetables.
6. Serve and enjoy this wonderful breakfast dish.



SWEET POTATO PIE WITH CODDLED EGGS

KETO FRIENDLY

 Serves 5  Prep 15 mins

 Cook 40 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	9.9g
Niacin (Vitamin B3)	4.05mg
Selenium	9.61mcg
Pyridoxine (Vitamin B6)	0.71mg
Omega-3	191.84mg
Iron	1.74mg
Zinc	1.59mg

Ingredients

- 1/2 pound streaky bacon, finely chopped
- 2 sweet potatoes, peeled and grated
- 5 zucchinis, grated
- 5 large tomatoes, chopped into chunks
- 1 can coconut milk
- 8 free range eggs
- ½ bag spinach leaves (one small bunch per person)
- 3 tablespoons coconut oil
- 1 teaspoon curry powder
- Optional: Fresh parsley (to garnish)

Method

1. Preheat the oven to 200C / 400F on fan bake.
2. Turn on the fry pan and heat 3 tablespoons of coconut oil.
3. Add the chopped bacon to the pan, crack in some black pepper and fry the bacon until lightly browned.
4. Add in the grated sweet potato and zucchini. Mix in with the bacon and fry, stirring often.
5. Once the sweet potato and zucchini has softened, stir curry powder through the mix, followed by the coconut milk.
6. Add the chopped tomatoes to the pan and stir.
7. Whisk 3 eggs in a bowl, then add these to the fry pan. Mix in well and cook the mixture for 5 -10 mins, before removing from heat.
8. Ladle the mixture into 5 separate oven-safe bowls (lightly greased with olive oil).
9. Pat down the mixture and then using a spoon, make a shallow well in the middle of each bowl. Crack one egg into each well.
10. Place the bowls into the oven for 20 minutes to finish cooking the pies.
11. Remove bowls from the oven and enjoy! Note: Bowls will be hot!
12. Optional: Sprinkle with parsley to garnish.

PALEO GRANOLA BREAKFAST

VEGAN AND KETO

 Serves 5  Prep 15 mins

 Cook 40 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	11.66g
Niacin (Vitamin B3)	2.14mg
Selenium	2.3mcg
Pyridoxine (Vitamin B6)	0.24mg
Omega-3	75.2mg
Iron	3.3mg
Zinc	1.88mg

Ingredients

- $\frac{3}{4}$ cup macadamia nuts
- $\frac{3}{4}$ cup brazil nuts
- $\frac{3}{4}$ cup almonds
- $\frac{3}{4}$ cup hazelnuts
- 1 $\frac{1}{2}$ cups desiccated coconut
- $\frac{1}{2}$ cup pumpkin seeds
- $\frac{1}{2}$ cup raw honey
- 1 tablespoon vanilla extract
- $\frac{1}{4}$ cup coconut oil
- 2 tablespoons chia seeds

Method

1. Preheat oven to 150C / 300F on fan bake.
2. In a food processor, blend up the nuts until they are broken into smaller chunks.
3. Microwave together the coconut oil, raw honey and vanilla extract in a mixing bowl for 30 seconds on high.
4. Stir until well blended, and then stir in the chopped nuts, pumpkin seeds and desiccated coconut. Leave the chia seeds aside for now. Mix well.
5. Line a baking tray with baking paper and spoon the mix onto the tray. Spread out and flatten.
6. Bake for 20-25 minutes (until lightly browned). Stir the mix once or twice during this time.
7. Remove from heat and allow cooling for about 20 minutes (until hardened).
8. Break the mix up into chunks by wrapping the cooled granola in the baking paper and forcing it into a ball-like shape. Press the wrapped granola down firmly on a hard surface using your hands, until it is all broken up.
9. Add the granola to a bowl or container and stir in the chia seeds.
10. Serve with almond or coconut milk. You can also add fresh fruit on top – berries and bananas are great!
11. Store the left-over granola mix in an airtight container. You can keep it for up to two weeks. Enjoy!

SWEET POTATO HASH BROWN

VEGAN AND KETO



Serves 6



Prep 10 mins



Cook 10 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	3.17g
Niacin (Vitamin B3)	0.47mg
Selenium	5.17mcg
Pyridoxine (Vitamin B6)	0.23mg
Omega-3	11.73mg
Iron	0.8mg
Zinc	0.73mg

Ingredients

- 4 medium-sized sweet potatoes
- 2 free-range eggs
- ½ cup almond flour
- 1 teaspoon Himalayan rock salt
- 1 teaspoon freshly cracked black pepper
- ¼ cup coconut oil for cooking

Method

1. Peel the sweet potatoes.
2. Chop ONE of the sweet potatoes into large chunks.
3. Add the chopped sweet potato into a saucepan and cover potatoes with water. Bring to the boil and then cook over a medium heat, with the lid on, for about 8 minutes.
4. Grate the remaining 3 sweet potatoes using the large holes of your grater.
5. Drain all of the water from the saucepan, then mash the cooked sweet potato using a masher or fork.
6. Crack the eggs into in a large mixing bowl and whisk together.
7. Add into the bowl the almond flour, mashed sweet potato, grated sweet potato, rock salt, and pepper. Mix together with a spoon until well combined.
8. Heat coconut oil in a flat fry pan, over a medium-high heat.
9. Once hot, drop in the sweet potato mixture in batches of about 2-3 tablespoons. Flatten them with a spatula, and then cook for about 5 minutes on each side. They should turn golden brown.
10. Once each batch is finished, place the hash browns onto a plate covered with paper towels, to drain excess oil.
11. Repeat until you have used up all of your mixture.
12. Serve while hot and enjoy!

BERRY MUFFINS

 Serves 12  Prep 15 mins

 Cook 30 mins



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	3.78g
Niacin (Vitamin B3)	0.05mg
Selenium	0.14mcg
Pyridoxine (Vitamin B6)	0.14mg
Omega-3	31.77mg
Iron	0.58mg
Zinc	0.36mg

Ingredients

- 1/2 cup blueberries
- 1/2 cup raspberries
- 2/3 cup almond flour
- 1/4 teaspoon cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt (optional)
- 8 free range eggs
- 1/2 cup coconut oil
- 1/2 cup coconut milk
- 1/2 cup maple syrup
- 1 teaspoon vanilla extract
- Ground almonds (optional)

Method

1. Preheat the oven to 350F (175C) on bake.
2. Place 12 paper muffin holders into a muffin tray (you may need two muffin trays).
3. Add almond flour, cinnamon, baking soda and sea salt (optional) to a large mixing bowl. Mix together.
4. Crack the eggs into the bowl with the dry ingredients, then add in the maple syrup, coconut milk and vanilla extract.
5. Using a hand blender, blend everything in the mixing bowl together.
6. Once blended, add in the blueberries and raspberries and stir into the mixture.
7. Spoon the muffin mixture into the muffin holders. Fill them until they are about half-full (as they will rise).
8. If you would like to, you can sprinkle ground almonds over the top of the muffins.
9. Place muffin trays in the oven and cook for about 30 minutes.
10. Once cooked, remove from oven and allow to cool for 15-20 minutes.
11. Enjoy this delicious treat!



FRUIT SALAD

VEGAN



Serves 5



Prep 20 mins



Cook 15 mins

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	3.7g
Niacin (Vitamin B3)	2.3mg
Selenium	0.8mcg
Pyridoxine (Vitamin B6)	0.3mg
Omega-3	152mg
Iron	1.9mg
Zinc	0.6mg

Ingredients

Fresh Fruit

- 3 slices fresh pineapple
- 1/2 rockmelon
- 1/2 pawpaw
- 4 kiwifruit
- 1 1/2 cups blueberries
- 1 1/2 cups grapes
- 1 punnet (1/2 pound) strawberries

Fruit Salad Drizzle

- 2 tablespoons honey
- 2 teaspoons orange zest

- 1 teaspoon lime zest
- Juice of 1 orange
- Juice of 1 lime
- 4 sprigs of mint, finely chopped

Method

1. Slice and cube the pineapple, rockmelon, pawpaw, and kiwifruit and add to a large bowl.
2. Add blueberries, grapes, and quartered strawberries.
3. For the drizzle, add honey to a mixing jug and microwave for 30 seconds to make it runny. Add zest of orange and lime juice, and mint.
4. Stir briskly until well mixed and pour over fruit salad.
5. Mix drizzle through fruit salad lightly and serve immediately.
6. Enjoy!

PUMPKIN, CILANTRO & HAM MUFFINS

KETO FRIENDLY

 Serves 6  Prep 15 mins

 Cook 1 hr



The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	15.1g
Niacin (Vitamin B3)	2.8mg
Selenium	29.7mg
Pyridoxine (Vitamin B6)	0.3mg
Omega-3	47.2mg
Iron	3.9mg
Zinc	1.8mg

Ingredients

- 7 free range eggs
- 4 cups raw diced pumpkin
- ½ cup almond meal
- ½ cup coconut flour
- 6 1/2 ounces (200 grams) sliced ham off the bone
- 1 bunch fresh cilantro, leaves picked
- ¼ cup melted coconut oil
- 4 cup water
- 1 teaspoon baking powder
- Himalayan rock salt, to taste
- Cracked black pepper, to taste
- Olive or coconut oil for greasing muffin trays

Method

1. Preheat oven to 360F (180C) on fan bake.
2. Dice pumpkin into 2cm cubes.
3. Line or grease an oven tray and evenly spread the diced pumpkin out over the tray.
4. Place into the oven and bake for 25 minutes, then remove from oven (keep oven on).
5. Chop up ham into small cubes.
6. Lightly beat the eggs in a large mixing bowl. Combine all ingredients except for the cooked pumpkin in the bowl with the eggs. Season with salt and pepper, to taste. Mix until well combined.
7. Stir the pumpkin carefully into the mixture so that it does not break up in the batter.
8. Grease or line a 12-hole muffin tray (or two 6-hole trays).
9. Spoon the muffin mix evenly into the muffin trays, and then place trays into the oven.
10. Bake for 25-30 mins until golden and lightly firm to the touch.
11. Allow muffins to cool for 5-10 minutes before removing from trays.
12. Serve alone, or alongside a fresh green side salad.



NUT BAR

VEGAN AND KETO



Serves 6



Prep 20 mins



Cook 1 hr

The following nutrients are contained in this recipe, here are the approximate amounts PER SERVING:

Protein	7.8g
Niacin (Vitamin B3)	1.2mg
Selenium	2.5mcg
Pyridoxine (Vitamin B6)	0.5mg
Omega-3	605mg
Iron	1.9mg
Zinc	1.9mg

Ingredients

- 1 cup walnuts
- 1 cup pecan nuts
- 1 cup of almonds
- ½ cup coconut oil
- ½ cup almond butter
- ½ cup raw honey
- ½ cup shredded coconut
- ½ cup almond meal
- ½ cup dried cranberries
- ½ cup goji berries

Method

1. Preheat the oven on bake at 160C/320F.
2. Line an oven tray with baking paper.
3. Place the walnuts, pecan nuts and the almonds all on the tray and spread them out.
4. Place them in the oven to roast for 5 minutes.
5. Take the nuts out of the oven and place them in a food processor and whiz.
6. Place the whizzed nut mix in a mixing bowl and set to the side.
7. Place a pot on the heat and melt the coconut oil.
8. Once the oil has melted add in the almond butter and the honey, stir that for a few minutes until smooth and runny.
9. To the mixing bowl add the shredded coconut and the almond meal, and the melted mixture from the pot and mix together.
10. Now add the berries to the mixing bowl and mix them in.
11. Line a plate with baking paper and place the mix evenly on to it and press down to smooth out, and flatten.
12. Set in the fridge for at least 2 hours.
13. Cut into bars and enjoy with amazing paleo snack.