



Week Two

Paleo Recipes

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Banana Bread

Ingredients

- ½ cup coconut flour
- ½ cup almond flour
- 1 cup very ripe banana mashed well with a fork
- ½ cup butter melted + extra butter unmelted for greasing
- ¼ cup cacao nibs
- ½ teaspoon cinnamon
- ¾ teaspoon baking soda
- ¼ teaspoon no additive liquid stevia or ¼ cup honey
- 4 eggs
- ½ teaspoon vanilla extract
- pinch of salt

Directions

1. Preheat the oven to 350 degrees and grease a 8.5 x 4.5 loaf pan with butter and place parchment paper that fits in the bottom of the loaf pan inside flat on the bottom.
2. In a medium sized bowl combine the coconut flour, almond flour, cinnamon, baking soda, cacao nibs, and pinch of salt and mix with a fork to reduce any clumps until thoroughly combined.
3. In a small bowl add eggs, vanilla extract, stevia or honey and whisk then add mashed banana to the egg mixture and whisk more until well combined.
4. Pour the liquid ingredients into the dry and stir with a spoon until thoroughly combined then add melted butter and continue stirring until well incorporated.
5. Spoon all of the batter in your greased loaf pan and spread it out evenly with a scraper and shape it in any way you want (specifically in the shape of a loaf so that it rises like that)
6. Place in the oven for 40-45 minutes or until the center is pierced with a toothpick and the toothpick comes out clean.
7. Pull out of the oven and let it cool slightly (only for a minute or so) then carefully run a knife along the edges to make sure nothing is sticking and cautiously invert it onto your hand or a wire rack and flip it so the bottom is lying flat on the wire rack and let it cool for 20-30 minutes.

BREAKFAST

Portobello Sandwich

Ingredients

- 4 portobello mushroom caps
- 1/4 cup almond or cashew butter (or use Dijon mustard if preferred)
- 4 bacon slices, cooked and cut in half
- 1 large tomato, sliced
- handful of spinach or arugula
- 1 avocado, sliced
- 1/4 sweet yellow onion, sliced

Directions

1. Spread 1/4-inch of nut butter or Dijon mustard on the underside of each portobello cap.
2. Layer vegetables and bacon on 2 of the portobello caps.
3. Top the sandwiches with remaining portobello caps.
4. Optional: for a toasty meal, coat the top of each sandwich with coconut oil and broil for a minute or two.

LUNCH

Grilled Lemon Chicken

Ingredients

- 1/3 cup lemon juice, fresh squeezed
- 1/3 cup olive oil
- 1 teaspoon Celtic sea salt
- 1/2 teaspoon ground black pepper
- 1 1/2 teaspoons fresh thyme leaves, minced
- 1 pound boneless chicken breasts, halved
- 1 head Romaine lettuce
- 2 large carrots, grated

Peanut Sauce

- 1/2 cup creamy peanut butter
- 1/4 cup lime juice, fresh
- 2 teaspoons fish sauce
- 2 teaspoons toasted sesame oil
- 2 teaspoons ume plum vinegar
- 6 drops stevia
- 1/4 cup water
- 1/4 cup cilantro, minced
- 2 cloves garlic, pressed
- 2 teaspoons ginger, minced
- 1 teaspoon chili powder

Directions

1. In a medium bowl, whisk lemon juice, olive oil, salt, pepper, and thyme to make marinade
2. Place chicken breasts in 9x13 inch baking dish, then pour marinade over chicken and refrigerate for 6 hours or overnight
3. Heat grill and cook chicken breasts for 10 minutes on each side until cooked thoroughly
4. Cool chicken and cut diagonally into 1/2 inch slices
5. Place chiffonaded Romaine on a serving platter, then top with julienned carrots
6. Place chicken over vegetables and serve with peanut sauce

Peanut Sauce

1. In one quart jar, combine nut butter, lime juice, fish sauce, vinegar, stevia, and water, shake well
2. Add cilantro, garlic, ginger, and chili powder, shaking until well mixed

DINNER