



Week Three

Paleo Recipes

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Banana Tapioca Crepes

Ingredients

- 7 large eggs
- 5 large, ripe bananas
- 1 (403 mL) can of full fat coconut milk
- 1 tsp salt
- 2-1/4 cups tapioca flour (about 10 oz)

Directions

- Mix and mash all ingredients together to make a pretty soupy batter (a hand held mixer works well).
- Meanwhile, heat a large, non-stick pan over medium low heat.
- When the pan is hot, cover the bottom of the pan with a thin layer of batter (about 1 cup or so).
- Flip when bottom is golden brown. Cook until both sides are lightly browned.
- These crepes are great plain, or use them to wrap meat and veggies.

BREAKFAST

Summer Squash Salad with Grilled Salmon

Ingredients

- 2 small yellow summer squash, thinly sliced
- 1 small zucchini, thinly sliced
- 2 tablespoons basil, sliced into strips
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1/4 teaspoon Celtic sea salt
- 1/4 cup Marcona almonds, chopped

Directions

1. In medium bowl, combine squash, zucchini, basil, olive oil, lemon juice and salt
2. Toss ingredients together
3. Allow to marinate for 20 minutes to 1 hour (time permitting, I have also served mine immediately and it was fine)
4. Sprinkle with almonds
5. Serve as a side to grilled salmon

LUNCH

Grilled Flank Steak with Pineapple Salsa

Ingredients

- 1 lb beef flank steak
- 1 Tbs olive oil
- 1 tsp chipotle powder
- 4 slices fresh pineapple (canned in juice may be used)
- 1 large red bell pepper, diced
- 1/2 red onion, diced
- 1/4 cup cilantro, chopped
- juice of 1 lime

Directions

1. Prepare grill, or turn the broiler on high.
2. Mix oil and chipotle powder together in a small dish.
3. Brush onto both sides of the steak.
4. Grill for around 5 minutes on one side, and 3 more minutes on the other. Or, broil 3 minutes on one side, and 2 minutes on the other.
5. Remove to a plate, cover and let rest for 10 minutes.
6. Grill the pineapple rings for 2-3 minutes per side (or broil for 45 seconds to 1 minute per side).
7. Cut the pineapple into small chunks and place in a medium bowl.
8. Add red bell pepper, red onion, cilantro and lime juice and mix together.
9. Slice steak thinly, serve with pineapple salsa.

DINNER