



# Week Four

Paleo Recipes

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# All Fruit Breakfast Smoothie

## Ingredients

- ½ small honeydew melon, seeded
- 1 orange, peeled and sectioned
- 1 apple, cored and sectioned
- 1 peach, pitted
- 10 strawberries, hulled
- ½ cup pure oranges or ½ cup apple juice

## Directions

1. Add all the ingredients into a blender
2. Blend for about 15 seconds
3. Pour into glasses and enjoy

# BREAKFAST

# Salmon Caesar Salad

## Ingredients

- 4 6-ounce portions salmon fillet, skin on
- 2 tablespoon extra-virgin olive oil
- 2 heads romaine lettuce, chopped
- ¼ small red onion, diced
- 2 tablespoon cold-pressed flaxseed oil
- 1 clove garlic, crushed
- 1 teaspoon mustard seed, crushed
- 1 tablespoon lemon juice
- Freshly ground black pepper, to taste

## Directions

1. Preheat oven to broil.
2. Brush flesh side of salmon fillet with 1 tablespoon olive oil.
3. Place in baking pan flesh-side down. Brush skin with remaining olive oil. Broil for 15 minutes.
4. Remove from oven and set aside.
5. In large bowl, mix together lettuce and onion.
6. Combine flaxseed oil, garlic, mustard seed, and lemon juice in small jar and shake well.
7. Toss with lettuce and onion.
8. Serve topped with salmon fillet and season with freshly ground pepper to taste.

LUNCH

# Stir Fry Beef Salad

## Ingredients

- 1-1/2 lbs beef tip steak, sliced into thin strips
- 2 tsp coconut oil, lard, or tallow
- 1 Tbsp coconut aminos (tastes like soy sauce)
- 1/2 sweet yellow onion, sliced
- 2 bell peppers, sliced
- large handful of pea pods or sugar snap peas
- 2 medium heads lettuce of choice or the equivalent amount of mixed greens
- balsamic vinegar
- extra virgin olive oil
- sea salt
- freshly ground black pepper

## Directions

1. Heat skillet over medium heat. Add the coconut oil, lard, or tallow as soon as the pan is hot.
2. Add sliced onions and sauté until they begin to soften and turn translucent. Stir often.
3. Turn the heat up slightly and wait about a minute for the pan to heat up.
4. Add the beef and the coconut aminos, and continue to stir often.
5. When beef is close to done (however you prefer it) add the bell peppers and peas.
6. Season with sea salt and freshly ground black pepper if needed.
7. Serve over chopped lettuce or mixed greens and drizzle with balsamic vinegar and olive oil to taste.

DINNER