



Week Six

Paleo Recipes

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Published in the United States by:

The Health Coach Group, LLC,  
7601 Military Avenue, Omaha, NE 68134

<http://www.thehealthcoachgroup.com>

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# Bacon & Heirloom Tomato Frittata

## Ingredients

- 12 large pastured eggs
- 1/2 pound organic bacon (8 slices)
- Heirloom tomatoes in different sizes and colors cut into thick (1/2 inch) slices
- 1 medium red onion, 1/2 sliced thin the other 1/2 diced
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh basil
- 1 tablespoon chopped fresh parsley
- 1/2 teaspoon sea salt
- freshly cracked black pepper
- several whole fresh basil leaves, purple or green

## Directions

1. Preheat oven to 350° F
2. In a medium bowl whisk the eggs together and add 1 clove of the minced garlic, chopped basil, chopped parsley, sea salt and black pepper.
3. Cut bacon into 1/4 inch strips and cook in a 10 inch, cast iron skillet until almost crispy and much of the fat has rendered. Using a slotted spoon, scoop out the bacon into a separate dish and reserve.
4. Drain all but two tablespoons of the fat
5. Add the diced red onion and cook in the remaining bacon fat on medium heat until soft (about 3 minutes). Add the minced garlic and cook for another minute.
6. Add the bacon back to the pan and spread out evenly.
7. Gently pour the egg mixture into the hot pan and allow to cook on medium until the edges begin to cook and the eggs have cooked about halfway.
8. Gently place the tomato and onion slices on top of the eggs. Top with a few of the fresh basil leaves.
9. Place the skillet in the oven and cook for approximately 20 minutes until the middle of the frittata is cooked. Remove from the oven and let the frittata set up and cool off slightly for about 5 minutes.
10. Top with more fresh basil leaves and serve warm.

# BREAKFAST

# Barbacoa Beef

## Ingredients

- 6 lb. beef roast (cut into 4 or more large pieces, fat trimmed)
- 3 tablespoons oil (ideally coconut, ghee, lard, tallow)
- 1/2 cup apple cider vinegar
- 6 tablespoons lime juice
- 1/2 can chipotle peppers in adobo sauce (approximately 6 peppers)
- 8 cloves garlic
- 2 tablespoons ground cumin
- 1 tablespoon dried oregano
- 1 tablespoon ground black pepper
- 1 tablespoon Celtic sea salt
- 1/4 teaspoon ground cloves
- 1 1/2 cups chicken or beef stock
- 5 bay leaves
- 2 juniper berries (optional)

## Directions

1. In a large pan heat 2 tablespoons of oil on medium-high heat and sear each side of the meat until browned – about 2-3 minutes on each side. Place the meat in either a crockpot or pressure cooker. Combine vinegar, lime juice, chipotle peppers and adobo sauce, garlic, cumin, oregano, black pepper, salt and cloves. Process ingredients in a food processor or blender until smooth. Pour the blended sauce over the meat and add in the stock, bay leaves and juniper berries.
2. Cooking
  1. **Crockpot method**  
Cover and simmer for 6 or more hours on low heat until very tender.
  2. **Pressure cooker method**  
Cover with pressure cooker lid and heat on medium-high heat bringing to pressure according to the manufacturer's directions. Cook at medium heat, without losing pressure, on highest pressure setting for 45 minutes. Remove from heat and allow to cool until pressure is released, about 15 minutes.
3. Pour off liquid into wide bottomed pan and simmer on high heat until reduced by half. Pull beef apart with two forks.
4. Pour reduced sauce onto beef and serve.

# LUNCH

# Flank Steak Roulade

## Ingredients

- ½ pound baby spinach
- ¼ cup water
- 1½ pounds flank steak
- 1 teaspoon kosher salt, divided
- 1 teaspoon black pepper, divided
- 4 thick slices of bacon, diced
- 1 medium red pepper, diced
- 1 small green zucchini, diced
- 1 teaspoon chili powder
- 1 garlic clove, pressed
- 2 tablespoons ghee or coconut oil

## Directions

1. Preheat oven to 400°F.
2. Heat large sauté pan over high heat until very hot and add spinach and water to the pan and cover, allowing the spinach to steam undisturbed until wilted (about 2 minutes). Uncover and allow spinach to cool. Drain and press spinach to get all the water out.
3. Butterfly the flank steak with the fibers and season inside of flank steak with salt and pepper to taste.
4. Heat a separate sauté pan over medium heat. Add bacon and cook for 3-4 minutes. Toss in peppers and zucchini, cooking for 3-4 more minutes. Sprinkle on chili powder, garlic, and ½ teaspoon each of salt and pepper. Mix well. Continue to cook until vegetables are tender and remove from heat to cool
5. Spread cooled bacon and vegetable mixture evenly over the seasoned flank steak. Cover vegetable mixture with the steamed spinach. This will help keep the vegetables in place. Roll the flank steak and tie with butcher twine, and season the outside of the roulade with salt and pepper. Heat large sauté pan over high heat. Add ghee or coconut oil until it starts to smoke. Sear all of the sides of the roulade until golden brown.
6. Place roulade in oven and cook until the internal temperature reaches 120°F for medium rare (approximately 18-20 minutes). Let the roulade rest for 20 minutes after removing from the oven and the residual heat will raise the temperature of the meat to 125-130°F.
7. Slice and remove twine before serving.

DINNER