# HEALTHYHABITS

*physician approved*

# Week Seven

Paleo Recipes

# Copyright

Copyright © 2018 by The Health Coach Group

All Rights Reserved. No part of this program may be reproduced or redistributed in any form or by any electronic or mechanical means, including information storage and retrieval systems, without permission in writing from the publisher.

Published in the United States by:

The Health Coach Group, LLC,

7601 Military Avenue, Omaha, NE 68134

http://www.thehealthcoachgroup.com

Disclaimer: This book contains affiliate links that compensate our company should you make a purchase. The information contained in this book is intended to help readers make informed decisions about their business. It should not be used as a substitute for representation or advice of a professional attorney, banker, insurance agent or accountant. Although the author and publisher have endeavored to ensure that the information provided herein is complete and accurate, they shall not be held responsible for loss or damage of any nature suffered as a result of reliance on any of this book's contents or any errors or omissions herein.

# Blueberry French Toast Casserole

## Ingredients

- 1 loaf Paleo bread, cut into 1-inch cubes
- 1 cup frozen blueberries
- 5 large eggs
- 1 cup coconut milk
- 1/4 cup honey
- 1 teaspoon cinnamon
- 1 tablespoon vanilla extract

## Directions

1. Place bread cubes and blueberries in an 8x8 inch baking dish
2. In a medium bowl mix eggs, coconut milk, honey, cinnamon, and vanilla
3. Pour egg mixture over bread and blueberries
4. Bake at 350° on lower oven rack for 40-50 minutes
5. Remove from oven and allow 15 minutes to set
6. Serve

# BREAKFAST

# Paleo Chicken Salad

## Ingredients

- 1 1/2 pounds cooked chicken breasts, shredded
- 1 1/2 cups paleo mayonnaise
- 1/2 cup finely chopped bell pepper
- 1/2 cup chopped celery
- 1/4 cup chopped red onion
- 1/4 cup finely chopped water chestnuts
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground pepper
- 1/2 teaspoon paprika

## Directions

1. Combine all ingredients in a large mixing bowl and combine until all ingredients are coated
2. Taste and add additional seasoning to taste
3. Cover bowl and chill in refrigerator for at least 1 hour

LUNCH

# Smashed Steak Skewers

## Ingredients

- 2 teaspoons ghee or fat of choice
- ½ cup minced shallot
- 1 garlic clove, minced
- 1 (1-inch) ginger root, peeled and finely grated
- 1 tablespoon tomato paste
- ¼ cup coconut aminos (or wheat-free tamari)
- ¼ cup balsamic vinegar
- ¼ cup apple juice
- 10 ounces frozen cherries, roughly chopped
- Kosher salt, to taste
- Freshly ground pepper, to taste
- **For the Smashed Steak Skewers:**
- 1½-pound flank steak
- Kosher salt, to taste
- Freshly ground pepper, to taste
- 2 tablespoons melted ghee
- ¼ cup scallions, thinly sliced (optional)

## Directions

1. Melt the ghee over medium heat in a small saucepan. Add the shallots and a pinch of salt and sauté until translucent (around 5 minutes).

2. Stir in the garlic, ginger, and tomato paste and sauté for 30 seconds until fragrant. Add the coconut aminos, vinegar, juice, and cherries and bring to a boil. Lower the heat and simmer for 10 minutes or until the cherry mixture is thickened.

3. While the sauce is simmering, stir occasionally and smush the cherries against the side of the pot. Season the sauce with salt and pepper to taste.

4. Transfer the sauce to a bowl or measuring cup and set aside.

5. Soak 16 bamboo skewers in water 30 minutes prior to grilling.

6. Cut flank steak into 16 pieces. Cut the steak in half lengthwise along the grain. Next, slice the steak in half across the grain, then in fourths, and finally in eighths.

7. Carefully stab each slice of meat through the center with a soaked skewer.

8. With meat tenderizer or small cast iron skillet, and smash each steak skewer until it's about ½ inch thick. Season the beef with salt and pepper and brush both sides with melted ghee.

9. Heat grill and cook over high heat for 1 to 2 minutes on each side.

10. Let the meat skewers rest for 5 to 10 minutes before brushing on the cherry barbecue sauce. If desired, garnish with scallions.

DINNER