



# Week Eight

Paleo Recipes

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# Paleo Breakfast Bars

## Ingredients

- 1 cup blanched almond flour
- 1/4 teaspoon Celtic sea salt
- 1/4 cup coconut oil
- 2 tablespoons honey
- 1 tablespoon water
- 1 teaspoon vanilla extract
- 1/2 cup unsweetened shredded coconut
- 1/2 cup pumpkin seeds
- 1/2 cup sunflower seeds
- 1/4 cup blanched slivered almonds
- 1/4 cup raisins

## Directions

1. In a food processor, combine almond flour and salt
2. Pulse in coconut oil, honey, water, and vanilla
3. Pulse in coconut, pumpkin seeds, sunflower seeds, almond slivers, almond slivers, and raisins
4. Press dough into an 8x8 inch baking dish, using wet hands to pat dough down
5. Bake at 350° for 20 minutes
6. Cool bars in pan for 2 hours, then serve

# BREAKFAST

# Chicken Tortilla Soup

## Ingredients

- 2 large chicken breasts, skin removed and cut into 1/2 inch strips
- 1 28oz can of diced tomatoes
- 32 ounces organic chicken broth
- 1 sweet onion, diced
- 2 jalapenos, de-seeded and diced
- 2 cups of shredded carrots
- 2 cups chopped celery
- 1 bunch of cilantro chopped fine
- 4 cloves of garlic, minced
- 2 Tbs tomato paste
- 1 tsp chili powder
- 1 tsp cumin
- sea salt & fresh cracked pepper to taste
- olive oil
- 1-2 cups water

## Directions

1. In a crockpot or large Dutch oven over med-high heat, place a dash of olive oil and about 1/4 cup chicken broth. Add onions, garlic, jalapeno, sea salt and pepper and cook until soft, adding more broth as needed.
2. Then add all of your remaining ingredients and enough water to fill to the top of your pot. Cover and let cook on low for about 2 hours, adjusting salt & pepper as needed.
3. Once the chicken is fully cooked, you should be able to shred it very easily. I simply used the back of a wooden spoon and pressed the cooked chicken against the side of the pot. You could also use a fork or tongs to break the chicken apart and into shreds.
4. Top with avocado slices and fresh cilantro. Enjoy!

LUNCH

# Herbed Salsa with Grilled Chicken

## Ingredients

- 1 1/2 cups chopped tomatoes, divided
- 1/3 cup chopped fresh chives
- 1/3 cup chopped fresh cilantro or parsley
- 2 teaspoons chopped fresh oregano
- 1 1/2 tablespoons red-wine vinegar, or to taste
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper, or to taste
- 1/4-1/2 teaspoon hot sauce, or to taste
- 3/4 cup chopped green or red bell pepper (or a combination)
- 3/4 cup corn kernels, fresh or frozen (thawed), cooked if desired
- 2 boneless, skinless chicken breasts (8-9 ounces each), trimmed
- 2 1/2 tablespoons extra-virgin olive oil, divided
- 2 1/2 teaspoons chili powder
- 1 teaspoon minced garlic

## Directions

1. **Salsa:** Place 1 cup tomatoes in a food processor with chives, cilantro (or parsley), oregano, vinegar, salt, pepper and hot sauce. Process until the mixture is coarsely pureed. Add bell pepper and pulse 4 or 5 times to incorporate. Transfer to a nonreactive bowl; stir in corn and the remaining 1/2 cup tomatoes. Taste and add more vinegar, salt, pepper and/or hot sauce, if desired.
2. **Chicken:** Cut each chicken breast in half on the diagonal to make 4 roughly equal portions. Combine 1/4 cup of the salsa, 2 tablespoons liquid drained from the salsa, 1 1/2 tablespoons oil, chili powder and garlic in a nonreactive medium shallow bowl or sealable gallon-size plastic bag. Add the chicken pieces and stir or shake until well coated. Cover and marinate in the refrigerator for at least 2 hours or up to 1 day. Cover and refrigerate the remaining salsa.
3. Preheat grill to medium-high or position a rack in the upper third of the oven and preheat the broiler.
4. Thoroughly shake off the marinade from the chicken pieces and pat dry with paper towels. Brush on both sides with the remaining 1 tablespoon oil. (Discard the marinade.) If broiling, place on a well-oiled broiler pan or wire rack set on a large baking sheet. Grill or broil, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 14 minutes. Serve the chicken with the reserved salsa.

DINNER