



Week Nine

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.

Pumpkin Protein Pancakes

Ingredients

- 1/4 cup coconut flour
- 3 eggs
- 1/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon sea salt
- 1/4 cup pumpkin puree
- 1/2 teaspoon apple cider vinegar
- 1 tablespoon coconut oil, melted, (add more for more moisture)
- 1/4 teaspoon pumpkin pie spice
- 1/4 cup almond milk, (optional, if your batter is still too thick for your preference)
- 1/4 cup pure maple syrup, (to drizzle on)

Directions

1. Whisk together the dry ingredients: coconut flour, baking soda, salt, cinnamon and nutmeg.
2. Then whisk the wet ingredients in a separate bowl: eggs, coconut oil, apple cider vinegar, maple syrup and pumpkin puree.
3. Slowly add the dry mix to the wet mix until the ingredients are well combined.
4. Heat the pan or skillet with coconut oil or organic butter over MEDIUM-LOW heat. Spoon the batter into the pan and use a spoon to flatten and shape the batter to about 1/3 inch. They will not bubble like regular pancakes so keep your eyes on them until they are done. Flip them over to the other side when the bottom is golden brown or check the edges to see if they are ready.
5. Serve with pure maple syrup or enjoy the pumpkin pancakes by themselves.

BREAKFAST

Creamy Cauliflower Soup

Ingredients

- 1 medium head of cauliflower, core out and chopped roughly
- 1 medium white onion, chopped
- 3 garlic cloves chopped
- 3 cups salt reduced chicken or vegetable stock
- 2/3 tsp sea salt
- 1/2 tsp ground black pepper
- 3/4 cup diced bacon
- 1 tbsp ghee or 2 tbsp olive oil
- 1 egg
- A little coconut or macadamia oil to fry bacon in

Directions

1. In a large saucepan, heat 1 tablespoon of ghee until medium hot. Sauté onion for 3-4 minutes or until soft and translucent.
2. Add cauliflower, garlic and stock and bring to boil. Turn the heat down and cook covered for 8-10 minutes.
3. In the meantime, pan fry the bacon pieces until crisp.
4. At an 8 minute mark, break one whole egg into a smaller saucepan or a metallic mixing bowl that will fit over the larger cooking saucepan.
5. While holding the smaller saucepan close to the steam but not touching the simmering liquid, continuously whisk the egg for about 3 minutes until it gets frothy and smooth. It will look almost like a thickened yellowish cream. Set aside.
6. Transfer cauliflower soup contents into a blender or food processor to puree until smooth. Add 2/3 teaspoon of sea salt and black pepper, process mixture until smooth. Then while the blender is still on, pour in the egg cream. Stop once everything is incorporated. Salt to taste.
7. Serve with fresh herbs like chives, parsley or basil and crispy bacon sprinkled on top.

LUNCH

Grilled Salmon with Tomatoes & Basil

Ingredients

- 2 cloves garlic, minced
- 1 teaspoon kosher salt, divided
- 1 tablespoon extra-virgin olive oil
- 1 whole wild salmon fillet (also called a “side of salmon,” about 1 1/2 pounds)
- 1/3 cup plus 1/4 cup thinly sliced fresh basil, divided
- 2 medium tomatoes, thinly sliced
- 1/4 teaspoon freshly ground pepper

Directions

1. Preheat grill to medium.
2. Mash minced garlic and 3/4 teaspoon salt on a cutting board with the side of a chef’s knife or a spoon until a paste forms. Transfer to a small bowl and stir in oil.
3. Check the salmon for pin bones and remove if necessary. Measure out a piece of heavy-duty foil (or use a double layer of regular foil) large enough for the salmon fillet. Coat the foil with cooking spray.
4. Place the salmon skin-side down on the foil and spread the garlic mixture all over it. Sprinkle with 1/3 cup basil. Overlap tomato slices on top and sprinkle with the remaining 1/4 teaspoon salt and pepper.
5. Transfer the salmon on the foil to the grill. Grill until the fish flakes easily, 10 to 12 minutes.
6. Use two large spatulas to slide the salmon from the foil to a serving platter.
7. Serve the salmon sprinkled with the remaining 1/4 cup basil.

DINNER