



Week Ten

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.

Breakfast Burrito

Ingredients

- Sliced Ham, medium to thick
- 2 eggs (or egg whites)
- 1/4 cup chopped veggies (spinach, black olives, bell pepper, tomato)
- Optional: Salsa, Guacamole, Cilantro

Directions

1. Sauté the veggies in a small bit of oil over medium-high heat.
2. In a small bowl, whisk the eggs and pour over the veggie mix.
3. Using a spatula, scramble the mix until cooked thoroughly. Take the eggs out of the pan.
4. Roll the ham around the eggs and place back onto the skillet. Grill for a few seconds each side until the ham is slightly brown.
5. Serve with salsa, guacamole, and a sprig of fresh cilantro on top.

BREAKFAST

Spinach, Mushroom, & Cherry Tomato Fry Up

Ingredients

- 1 teaspoon butter or ghee
- 5-6 button mushrooms, sliced
- 2 tablespoons virgin olive oil
- 1/2 red onion, sliced
- handful of cherry tomatoes, halved
- 1/2 teaspoon diced lemon rind
- 1 garlic clove, finely diced
- 3 large handfuls of torn spinach leaves
- about 2/3 teaspoon sea salt
- pinch of ground black pepper
- pinch of nutmeg (optional)
- drizzle of lemon juice

Directions

1. Heat butter in a large frying pan and sauté mushrooms for 3-4 minutes until browned and cooked through. Remove to a plate.
2. In the same frying pan, heat olive oil to medium hot and sauté sliced onion for 2-3 minutes until slightly translucent.
3. Add tomatoes, lemon rind and garlic and season with salt, pepper and nutmeg. Cook for additional 2-3 minutes and press tomatoes down with a spatula until lightly smashed.
4. Add the spinach and stir through. Cook until spinach is just wilted (turned wet and reduced in size).
5. Season to taste and drizzle with some lemon juice right at the end.
6. Serve with eggs or your choice of protein such as sausages, steak, chicken or fish.

Serving Size	Calories	Fat	Protein	Sodium
½ of recipe	239 per serving	8g per serving	12g per serving	19mg per serving

LUNCH

Grilled Steak with Pepper Relish

Ingredients

- 3 small red, yellow and/or orange bell peppers, sliced
- 1 small onion, halved and sliced
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon capers, rinsed
- 1 tablespoon finely chopped fresh thyme or 1 teaspoon dried, divided
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground pepper, divided
- 1 pound sirloin steak or strip steak (1-1 1/4 inches thick), trimmed and cut into 4 portions
- 1 teaspoon garlic powder

Directions

1. Preheat grill to medium.
2. Combine bell peppers, onion, vinegar, oil, capers, 2 teaspoons fresh thyme (or 3/4 teaspoon dried) and 1/4 teaspoon each salt and pepper in a large bowl.
3. Stack two 30-inch-long pieces of foil. Arrange the pepper mixture on one half and fold the foil. Tightly seal the packet by crimping and folding the edges together.
4. Sprinkle both sides of steak with garlic powder, the remaining thyme and 1/4 teaspoon each salt and pepper.
5. Oil the grill rack. Place the steak and foil packet on the grill. Grill the steak about 4 minutes per side for medium-rare, 5 minutes per side for medium. Grill the packet until the vegetables are tender, 10 to 12 minutes. Let the steak rest for 5 minutes. Serve the steak with the peppers.

DINNER