



Week Twelve

Paleo Recipes

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Breakfast Scramble

Ingredients

- 4 eggs
- 1 poblano pepper, chopped
- 1 onion, chopped
- 1/2 cup mushrooms, chopped
- 1/2 cup tomatoes, chopped
- 1 cup cooked, cubed ham

Directions

1. Cook the onion and pepper in a skillet over medium heat in coconut oil, butter or bacon grease until the onion is translucent.
2. Add the tomatoes, mushroom and ham, cook until ham is slightly browned.
3. Add the eggs and scramble all together until egg is done.
4. Salt and pepper to taste.

Serving Size	Calories	Fat	Protein	Sodium
½ of recipe	535 per serving	23g per serving	30g per serving	19mg per serving

BREAKFAST

Grilled Shrimp with Melon & Pineapple

Ingredients

- 1 pound raw shrimp, (16-20 per pound), peeled and deveined
- 2 tablespoons canola oil, divided
- 2 teaspoons finely grated fresh ginger, divided
- 2 teaspoons minced seeded jalapeño, divided
- 2 cups finely diced firm ripe melon
- 1 cup finely diced fresh pineapple
- 1/4 cup finely diced red bell pepper
- 1/4 cup finely diced green bell pepper
- 1/4 cup finely diced red onion
- 3 tablespoons rice vinegar
- 2 tablespoons finely chopped fresh mint, plus 4 sprigs for garnish
- 1/2 teaspoon kosher salt
- 4 large lettuce leaves, such as Boston, romaine or iceberg
- 4 lime wedges

Directions

1. Combine shrimp, 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon jalapeño in a medium bowl. Cover and refrigerate for 4 hours or up to 24 hours.
2. Combine melon, pineapple, red and green bell pepper, onion, vinegar, chopped mint and salt in a large bowl with the remaining 1 tablespoon oil, 1 teaspoon ginger and 1 teaspoon jalapeño. Refrigerate until cold, about 30 minutes or up to 4 hours.
3. About 20 minutes before serving, preheat grill to high.
4. Thread the shrimp onto skewers, piercing each twice, once through the tail end and once near the head end. Grill the shrimp until pink and just cooked through, 2 to 3 minutes per side. When cool enough to handle, slide the shrimp off the skewers.
5. To serve, arrange one large lettuce leaf on each dinner plate. Spoon salsa onto the lettuce and top with shrimp. Garnish each serving with a lime wedge and a mint sprig, if using.

LUNCH

Pork Tenderloin with Roasted Grape Sauce

Ingredients

- 4 cups red and/or green grapes
- 1-1 1/4 pounds pork tenderloin, trimmed
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 1/4 cup finely chopped shallots
- 1/2 cup Madeira or white wine
- 1/2 cup reduced-sodium chicken broth
- 1 tablespoon chopped fresh thyme, or 1 teaspoon dried
- 2 teaspoons Dijon mustard
- 2 teaspoons water
- 1 1/2 teaspoons cornstarch

Directions

1. Position racks in the middle and lower third of oven; preheat to 425°F.
2. Place grapes on a rimmed baking sheet. Roast on the lower rack, shaking the pan occasionally to turn the grapes, until they are shriveled, 25 to 30 minutes.
3. Rub pork with salt and pepper. Heat oil in a large ovenproof skillet over medium-high heat. Add the pork and brown on one side, about 2 minutes. Turn the pork over and transfer the pan to the top oven rack. Roast the pork until just barely pink in the center and an instant-read thermometer registers 145°F, 12 to 14 minutes. Transfer the pork to a cutting board to rest before slicing.
4. Place the pan over medium heat (use caution, the handle will be hot), add shallots and cook, stirring, until softened, 1 to 2 minutes. Add Madeira (or wine) and cook until reduced by half, 2 to 4 minutes. Stir in broth, thyme and mustard; bring to a simmer.
5. Combine water and cornstarch in a small bowl and stir into the pan sauce. Cook until thickened, 30 seconds to 1 minute.
6. Stir in the grapes.
7. Serve the sliced pork with the grape sauce.

Serving Size	Calories	Fat	Protein	Sodium
¼ of the recipe	299per serving	6g per serving	26g per serving	407mg per serving

DINNER