THE ANCESTRAL KITCHEN COMPENDIUM

The Ultimate 200-Recipe Paleo Cookbook

OFFICIAL MASTER COMPENDIUM • 200 VERIFIED RECIPES

The Ultimate 200-Recipe Paleo Cookbook

The Ancestral Kitchen Compendium: 100% Grain-Free, Gluten-Free, Dairy-Free & Seed-Oil-Free Whole30-Compatible Recipes with Complete Macro Profiles & 30-Day Meal Plan

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Introduction: The Ancestral Kitchen

Human genetics and metabolic physiology evolved over millions of years on a diet rich in pasture-raised ruminant meats, wild-caught seafood, free-range poultry, seasonal vegetables, roots, tubers, wild fruits, nuts, and seeds. The rapid industrial replacement of ancestral whole foods with refined cereal grains, industrial seed oils, and acellular sugars has driven modern metabolic syndrome and systemic inflammation.

Human genetics evolved over hundreds of millennia in direct response to wild, unprocessed, nutrient-dense whole foods. In sharp contrast, the industrialized food supply of the past century introduced refined seed oils, ultra-processed flours, and concentrated sugars—ingredients completely foreign to human metabolic physiology. Ancestral nutrition offers an evidence-based roadmap to restoring metabolic health, hormonal balance, and sustainable vitality.

1. The Evolutionary Foundation of the Ancestral Diet

The core thesis of ancestral eating—frequently termed the Paleolithic or hunter-gatherer lifestyle—is evolutionary discordance theory. Our genome remains virtually identical to that of our Late Paleolithic ancestors from 40,000 years ago. While human culture, technology, and industry have accelerated exponentially, human digestive biochemistry has changed negligibly.

Our ancestors flourished without modern chronic lifestyle afflictions (type 2 diabetes, cardiovascular disease, non-alcoholic fatty liver disease, and autoimmune flares) precisely because their food matrix was intrinsically nutrient-dense, devoid of synthetic preservatives, and rich in natural bioactive compounds.

2. The Essential Lipid Spectrum: Rebalancing Omega-6 and Omega-3

One of the most consequential nutritional shifts of the modern era is the distortion of dietary fatty acid intake. Pre-agricultural populations consumed an omega-6 to omega-3 polyunsaturated fatty acid (PUFA) ratio estimated between 1:1 and 2:1. In the contemporary Western diet, ubiquitous industrial seed oils (soybean, cottonseed, canola, sunflower) have distorted this ratio to over 16:1.

Excessive linoleic acid (omega-6) competes with alpha-linolenic acid (omega-3) for the delta-6 desaturase enzyme, biasing the synthesis cascade toward pro-inflammatory eicosanoids (prostaglandin E2, leukotriene B4) that fuel systemic endothelial inflammation. Ancestral nutrition restores equilibrium by prioritizing:

- **Wild Cold-Water Seafood:** Wild salmon, sardines, mackerel, and anchovies providing pre-formed EPA and DHA fatty acids.
- **Grass-Fed & Pasture-Raised Meats:** Higher concentrations of conjugated linoleic acid (CLA) and favorable omega-3 ratios compared to grain-fed livestock.
- **Traditional Stable Fats:** Extra virgin olive oil, cold-pressed avocado oil, unrefined coconut oil, and clarified grass-fed ghee that resist thermal oxidation during cooking.

3. Bioavailable Proteins and the Micronutrient Powerhouse

While plant-based proteins provide amino acids, they frequently arrive bound to anti-nutrients (phytic acid, lectins, oxalates) that chelate minerals and impede digestion. Animal-derived ancestral protein sources provide complete amino acid profiles with maximum biological value (BV) and superior bioavailability:

- **Heme Iron vs. Non-Heme Iron:** Heme iron from pasture-raised meats is absorbed at 25%–35% efficiency without inhibition by dietary phytates, preventing fatigue and subclinical anemia.

- **Fat-Soluble Synergists (Vitamins A, D3, K2):** Found in pastured egg yolks, wild organ meats, and grass-fed butter, these vitamins work in synergy to direct calcium into bones and teeth rather than arterial walls.
- **Zinc and Vitamin B12:** Essential cofactors for DNA synthesis, methylation pathways, and robust immune surveillance.

4. Cultivating Metabolic Flexibility

A chronic high-carbohydrate, constant-feeding pattern locks the body into an exclusively glucose-burning mode. When blood sugar plummets between meals, reactive hypoglycemia triggers brain fog, acute cravings, and cortisol spikes. Ancestral eating—characterized by moderate clean carbohydrates (berries, root vegetables, squash), generous healthy fats, and intermittent fasting windows—promotes metabolic flexibility.

In a metabolically flexible state, mitochondria shift effortlessly between oxidizing carbohydrates and mobilizing stored body fat, generating sustained cellular energy and blunting insulin resistance.

5. Sustainable Implementation: The 80/20 Ancestral Blueprint

Transitioning to an ancestral lifestyle does not require dogmatic purism. Focus your daily routine around nutrient-dense staples: pasture-raised proteins, colorful organic leafy vegetables and crucifers, seasonal fruits, clean fats, and adequate hydration with unrefined mineral sea salt. Eliminate artificial sweeteners, seed oils, and ultra-processed snack foods, and observe dramatic improvements in gut barrier integrity, mental clarity, and athletic recovery.

Join the Paleo Diet Club Community

Access hundreds of chef-crafted ancestral recipes, seasonal meal planning guides, and evidence-based wellness articles at Paleo Diet Club.

The Paleo Pantry & Cooking Fat Smoke-Point Guide

Every recipe in this compendium is engineered around heat-stable ancestral fats. Use the reference chart below to select the right cooking fat for searing, roasting, braising, or cold dressings.

Ancestral Fat	Smoke Point	Optimal Culinary Applications	Nutritional Highlight
Unrefined Avocado Oil	520°F (271°C)	High-Heat Wok Searing, Cast-Iron Steaks, Roasting	Rich in monounsaturated oleic acid & lutein
Grass-Fed Beef Tallow	480°F (249°C)	Deep Frying, Crispy Roasts, Skillet Searing	Ancestral saturated/MUFA ratio; zero oxidation
Clarified Ghee (Grass-Fed)	485°F (252°C)	Pan-Searing Fish, Scallops, Basting Poultry	Casein- & lactose-free; rich in butyrate & K2
Pasture-Raised Duck Fat	375°F (190°C)	Roasting Root Vegetables, Confit, Crispy Potatoes	Silky culinary mouthfeel & high oleic stability
Pasture-Raised Lard	375°F (190°C)	Carnitas, Savory Tart Crusts, Pan-Frying	Top natural dietary source of bioavailable Vitamin D
Virgin Coconut Oil	350°F (177°C)	Thai Curries, Grain-Free Baking, Medium Searing	Rich in lauric acid & rapid-energy MCTs
Extra Virgin Olive Oil	325–375°F (163–190°C)	Salad Dressings, Chimichurri, Low-Heat Braising	High in oleocanthal & hydroxytyrosol polyphenols
Toasted Sesame Oil	350°F (177°C)	Finishing Stir-Fries, Marinades, Dressings	Potent sesamol & sesamin lignan antioxidants

Strictly Excluded Industrial Seed Oils

Never substitute any recipe in this cookbook with industrial seed oils: Canola (Rapeseed) Oil, Soybean / Vegetable Oil, Corn Oil, Cottonseed Oil, Sunflower & Safflower Seed Oils, Grapeseed & Rice Bran Oils, Hydrogenated Margarine & Shortening. These high-linoleic industrial oils oxidize rapidly under heat into cytotoxic aldehydes.

CHAPTER 1

Chapter 1: Primal Breakfasts & Brunches

Start your morning with metabolic stability, balanced amino acids, and sustained cellular energy. These grain-free waffles, almond- and cassava-flour pancakes, savory skillets, and omega-rich puddings eliminate refined cereal grains and morning glucose spikes without sacrificing weekend brunch indulgence.

RECIPE #1 • PRIMAL BREAKFASTS & BRUNCHES

20-Minute Paleo Egg Roll in a Bowl (Potsticker Stir-Fry)

Want the mouthwatering garlic-ginger crunch of a takeout egg roll without the deep-fried wheat wrapper, soy sauce, or MSG? This 20-Minute Paleo Egg Roll in a Bowl (also celebrated as Potsticker Crack Slaw) combines seasoned pasture-raised ground pork with finely shredded green and red cabbage, sweet carrot matchsticks, aromatic fresh ginger, scallions, organic coconut aminos, and pure toasted sesame oil. It delivers explosive Asian takeout flavor in a single skillet in under 20 minutes.

Prep: 8 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 360 kcal	**Protein:** 32g	**Healthy Fats:** 22g	**Net Carbs:** 5g

Ingredients

- **1.5 lbs pasture-raised ground pork** (or ground turkey / chicken)
- **1 tbsp unrefined avocado oil or coconut oil**
- **6 cups organic coleslaw mix** (shredded green cabbage, purple cabbage, and carrots)
- **5 cloves garlic**, minced
- **2 tbsp fresh ginger**, finely grated
- **1 bunch scallions (green onions)**, thinly sliced (white and green parts separated)
- **0.33 cup organic coconut aminos** (soy-free umami base)
- **1 tbsp raw unpasteurized apple cider vinegar** or rice vinegar
- **1.5 tbsp toasted sesame oil** (added at the end for pure aroma)
- **1 tsp Red Boat fish sauce** (optional secret umami booster)
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground white or black pepper**
- **1 tbsp toasted white sesame seeds** (for garnish)
- **1 tbsp sriracha or chili garlic paste** (sugar-free, for serving)

Step-by-Step Instructions

1. **Brown the Ground Pork:** Heat 1 tbsp avocado oil in a large 12-inch heavy skillet or wok over medium-high heat. Add ground pork, breaking it up with a wooden spatula. Cook for 6 to 7 minutes until browned and crispy at the edges. (If excess fat accumulates, drain all but 1 tablespoon).
2. **Sauté Aromatics:** Push the browned pork to the outer edges of the skillet to create an open well in the center. Add minced garlic, grated ginger, and the white parts of the sliced scallions. Sauté in the center for 60 to 90 seconds

until intensely fragrant.

3. **Add Cabbage & Slaw:** Dump the 6 cups of shredded coleslaw cabbage mix directly into the hot skillet with the meat and aromatics.
4. **Season & Toss:** Pour the coconut aminos, apple cider vinegar, fish sauce, sea salt, and pepper over the cabbage. Toss vigorously with tongs over high heat for 3 to 4 minutes just until the cabbage is tender-crisp and wilted down but retains a lively, crunchy bite. (Do not overcook into mush!).
5. **Finish with Toasted Sesame Oil:** Remove the skillet from heat. Drizzle the 1.5 tbsp toasted sesame oil over the entire stir-fry and toss once more to distribute the nutty aromatics.
6. **Garnish & Serve:** Spoon into wide bowls. Garnish generously with the sliced green scallion tops, toasted white sesame seeds, and a drizzle of sugar-free sriracha.

Chef's Paleo Nutritional Science: Cabbage contains abundant glucosinolates and S-methylmethionine (Vitamin U), which accelerate gastrointestinal mucosal repair and support stomach lining defense. Fresh ginger root provides gingerols and shogaols, which enhance gastric emptying and suppress inflammatory prostaglandin synthesis.

RECIPE #2 • PRIMAL BREAKFASTS & BRUNCHES

Crispy Savory Paleo Sweet Potato Bacon Waffles

Tired of boring breakfast scrambles and craving a crispy, savory brunch indulgence without flour, oats, or dairy? These Crispy Savory Paleo Sweet Potato Bacon Waffles transform finely grated sweet potatoes, crispy rendered pasture-raised bacon bits, fresh chives, and pasture-raised eggs into a golden, fritter-style waffle in your standard waffle iron. Crispy and caramelized on the outside with a tender hash brown center, they make the ultimate base for a runny sunny-side-up egg and avocado slices.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Waffles	**Level:** Easy
Calories: 340 kcal	**Protein:** 16g	**Healthy Fats:** 20g	**Net Carbs:** 22g

Ingredients

For the Crispy Savory Waffle Batter:

- **3 cups raw organic sweet potato or yam**, peeled and finely grated (approx. 2 medium sweet potatoes)
- **6 slices pasture-raised thick-cut bacon**, cooked until crispy and crumbled (drippings reserved)
- **3 large pasture-raised eggs**, lightly beaten
- **2 tbsp tapioca starch or arrowroot flour** (binds and enhances exterior crunch)
- **0.25 cup fresh chives or scallions**, finely chopped
- **1 tsp garlic powder**
- **0.5 tsp onion powder**
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **Bacon drippings or avocado oil spray** (for greasing waffle iron)

For Serving:

- **4 pasture-raised eggs** (fried sunny-side up in ghee)
- **1 ripe Hass avocado**, sliced

- **Fresh chives and red pepper flakes** (for garnish)

Step-by-Step Instructions

1. **Cook the Bacon:** In a skillet over medium heat, fry the bacon slices for 6 to 8 minutes until shatteringly crisp. Transfer bacon to paper towels and crumble when cool. Reserve the rendered bacon drippings in a bowl.
2. **Squeeze Grated Sweet Potatoes:** Place the finely grated sweet potatoes in a clean kitchen towel or cheesecloth. Squeeze tightly over the sink to remove excess natural moisture. (Removing excess water ensures maximum waffle crispiness).
3. **Mix Waffle Batter:** In a large mixing bowl, combine the squeezed grated sweet potatoes, crumbled crispy bacon, beaten eggs, tapioca starch, chopped chives, garlic powder, onion powder, sea salt, and black pepper. Stir with a fork until uniformly distributed.
4. **Preheat & Grease Waffle Iron:** Preheat your waffle iron to HIGH. Brush the top and bottom grids generously with the reserved bacon drippings (or spray with avocado oil).
5. **Waffle to Golden Perfection:** Scoop approx. 0.5 cup of the sweet potato mixture into the center of the hot waffle iron. Spread evenly with a spatula to within 0.5-inch of the edges. Close the lid firmly. Cook on HIGH for 5 to 6 minutes until steam stops escaping and the exterior is deep golden-brown and crispy.
6. **Remove & Repeat:** Use a fork or silicone tongs to gently lift the waffle out onto a wire cooling rack (do not stack directly on a plate to maintain crunch). Repeat with remaining batter, greasing the iron between each batch.
7. **Fry Eggs & Assemble:** Fry 4 pasture-raised eggs in a skillet with a pat of ghee until the whites are set and yolks remain runny. Place each warm waffle on a plate, top with a fried egg, sliced avocado, chopped chives, and flaky sea salt. Serve immediately!

Chef's Paleo Nutritional Science: Grated sweet potatoes supply complex slow-digesting starches, potassium, and abundant carotenoids (beta-carotene), replenishing liver glycogen without acute glycemic surges. Pasture-raised egg yolks provide high concentrations of bioavailable choline, lutein, and fat-soluble Vitamins A, D, and K2, supporting neural membrane integrity and visual acuity.

RECIPE #3 • PRIMAL BREAKFASTS & BRUNCHES

Crispy Savory Sweet Potato Bacon Waffles

Craving an ultra-crispy, savory brunch waffle with deep golden hash brown ridges, smoky crumbled bacon, and fresh garden chives without wheat flour, refined starches, dairy cheese, or seed oils? These Crispy Savory Sweet Potato Bacon Waffles combine freshly grated organic sweet potatoes (squeezed bone-dry for extreme crunch) with crispy uncured pasture-raised bacon, pasture-raised eggs, fresh snipped chives, garlic powder, and arrowroot starch. Sizzled in a hot waffle iron greased with grass-fed ghee until deeply golden and crispy, then topped with a runny sunny-side egg, sliced avocado, and hot sauce in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Belgian Waffles	**Level:** Easy
Calories: 320 kcal	**Protein:** 14g	**Healthy Fats:** 20g	**Net Carbs:** 18g

Ingredients

For the Crispy Waffle Fritter Batter:

- **3 cups freshly grated organic sweet potatoes (approx. 2 medium sweet potatoes)**, peeled and grated on coarse box grater

- **6 strips pasture-raised uncured bacon**, cooked crisp and finely chopped
- **3 large pasture-raised eggs**, beaten
- **2 tbsp arrowroot starch or tapioca flour** (ensures crispy edges and structural hold)
- **0.33 cup fresh chives or green scallions**, finely snipped
- **1.5 tsp garlic powder** and **0.5 tsp onion powder**
- **1 tsp coarse Celtic sea salt** and **0.5 tsp freshly cracked black pepper**
- **0.25 tsp smoked paprika**
- **2 tbsp grass-fed ghee or unrefined avocado oil** (for brushing waffle iron)

For Serving & Topping:

- **4 pasture-raised eggs**, fried sunny-side up in ghee with runny yolks
- **1 ripe Haas avocado**, sliced
- **Paleo hot sauce (Frank's RedHot or Cholula) & extra fresh chives**

Step-by-Step Instructions

1. **Squeeze Sweet Potatoes (Extreme Crunch Invariant):** Wrap the grated sweet potatoes in a clean kitchen towel or nut milk bag. Twist and squeeze vigorously over the sink to wring out as much natural moisture as possible. (Removing liquid is the critical secret to shattering-crisp waffle ridges).
2. **Mix Savory Waffle Batter:** In a large mixing bowl, combine the squeezed grated sweet potatoes, chopped crispy bacon, beaten eggs, arrowroot starch, snipped chives, garlic powder, onion powder, Celtic sea salt, black pepper, and smoked paprika. Stir with a fork until thoroughly combined and the sweet potato shreds are evenly coated in seasoned egg.
3. **Preheat & Grease Waffle Iron:** Preheat a Belgian waffle maker or standard round waffle iron to HIGH heat. Generously brush both top and bottom grids with melted grass-fed ghee or avocado oil.
4. **Cook to Deep Golden Crisp:** Scoop approximately 0.5 to 0.75 cup of the sweet potato mixture into the center of the waffle iron. Use a fork to spread the shreds out towards the edges. Close the lid and press down firmly. Cook on HIGH for **5 to 7 minutes** (do not open early), until steam stops escaping, edges are dark golden-brown, and the waffle lifts cleanly without sticking.
5. **Transfer to Wire Rack:** Use a fork or silicone spatula to carefully transfer the cooked waffle to a wire cooling rack. (Never stack hot savory waffles on a solid plate, as steam will soften the crispy bottom). Repeat with remaining batter to make 4 waffles.
6. **Fry Sunny-Side Eggs:** While waffles finish, heat 1 tbsp ghee in a skillet over MEDIUM-LOW heat. Crack eggs and cook for 3 minutes until whites are set and yolks remain golden and runny.
7. **Assemble & Feast:** Place a hot crispy sweet potato bacon waffle onto each plate. Top with a runny sunny-side up egg, fresh avocado slices, extra snipped chives, and a dash of hot sauce. Slice into the runny yolk and enjoy!

Chef's Paleo Nutritional Science: Sweet potatoes provide complex carbohydrates, potassium, and carotenoids without provoking rapid glycemic fluctuations. Pasture-raised eggs supply complete essential amino acids, choline, and lutein, while chives and garlic contain allicin to support immune and cardiovascular health.

RECIPE #4 • PRIMAL BREAKFASTS & BRUNCHES

Extra Crispy Paleo Cassava Flour Belgian Waffles (Nut-Free)

Missing deep-pocket Belgian waffles with a shatteringly crisp golden crust and a tender, steamy, fluffy interior without wheat flour, refined sugar, dairy milk, or tree nuts? These Extra Crispy Paleo Cassava Flour Belgian Waffles use 100% single-ingredient unbleached cassava flour (ground from whole yuca root) to recreate authentic Belgian waffle texture without grains or nut flours. Whipped pasture-raised egg whites folded into melted grass-fed ghee and vanilla batter create deep golden pockets that hold maple syrup perfectly in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Large Belgian Waffles	**Level:** Easy
Calories: 260 kcal	**Protein:** 6g	**Healthy Fats:** 14g	**Net Carbs:** 28g

Ingredients

For the Fluffy Cassava Waffle Batter:

- **1.5 cups premium organic cassava flour** (whisked and spooned into measuring cup)
- **2 tbsp tapioca starch or arrowroot flour** (enhances crispness)
- **1.5 tsp baking powder** (aluminum-free) and **0.5 tsp baking soda**
- **0.5 tsp coarse Celtic sea salt**
- **3 large pasture-raised eggs**, separated (yolks and whites)
- **1.25 cups unsweetened almond milk, coconut milk, or sparkling water** (room temperature)
- **0.33 cup melted grass-fed clarified butter (ghee) or unrefined avocado oil**
- **2 tbsp pure Grade A dark maple syrup**
- **2 tsp pure Madagascar vanilla extract**

For Serving & Toppings:

- **Warm pure Grade A dark maple syrup**
- **Fresh organic berries (strawberries, blueberries, raspberries)**
- **Grass-fed ghee or coconut whipped cream**

Step-by-Step Instructions

1. **Preheat Belgian Waffle Maker:** Plug in your Belgian waffle iron and preheat to HIGH (or level 4 out of 5). Brush plates lightly with melted ghee or avocado oil.
2. **Whisk Dry Ingredients:** In a large mixing bowl, whisk together cassava flour, tapioca starch, baking powder, baking soda, and coarse Celtic sea salt until aerated and lump-free.
3. **Mix Wet Ingredients:** In a separate bowl, whisk together the 3 egg yolks, non-dairy milk, melted grass-fed ghee, pure maple syrup, and vanilla extract until smooth.
4. **Whip Egg Whites (Fluffiness Invariant):** In a clean glass or metal bowl, beat the 3 egg whites with a hand mixer or balloon whisk for 2 minutes until soft peaks form.
5. **Combine & Fold Batter:** Pour the egg yolk wet mixture into the dry cassava flour bowl. Whisk gently until just combined (do not overmix). Gently fold in the whipped egg whites in two additions using a silicone spatula until an airy, light batter forms.

6. **Cook to Shatteringly Crisp Perfection:** Ladle approximately 0.5 to 0.66 cup of batter into the center of the preheated waffle iron. Close the lid and cook for 4 to 5 minutes until steam stops escaping and the waffle exterior is deep golden-brown and rigid.
7. **Wire Rack Cooling (Anti-Sogginess Secret):** Transfer cooked waffles directly to a wire cooling rack (never stack on a flat plate, as steam will soften the crisp crust). Repeat with remaining batter.
8. **Serve:** Serve hot waffles with a pat of grass-fed ghee, fresh organic berries, and warm maple syrup filling each deep golden pocket!

Chef's Paleo Nutritional Science: Cassava flour (Manihot esculenta) is naturally free of gluten, grains, and nuts, supplying gut-healing prebiotic resistant starch without inflammatory prolamins or phytates. Pasture-raised egg yolks provide concentrated choline and lutein for neurological myelin sheath support and visual acuity.

RECIPE #5 • PRIMAL BREAKFASTS & BRUNCHES

Fluffy Grain-Free Almond Flour Lemon Blueberry Pancakes

Missing light, pillow-soft Saturday morning pancakes on a grain-free lifestyle? These Fluffy Paleo Blueberry Pancakes solve the common issue of dense, heavy nut-flour flapjacks by combining superfine blanched almond flour with arrowroot/tapioca starch and an easy dairy-free apple cider vinegar "buttermilk" reaction. Packed with fresh lemon zest and bursting organic wild blueberries, they deliver authentic diner-style fluffiness with zero gluten, dairy, or refined sugars.

Prep: 10 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 310 kcal	**Protein:** 10g	**Healthy Fats:** 20g	**Net Carbs:** 14g

Ingredients

For the Fluffy Grain-Free Batter:

- **2 cups superfine blanched almond flour** (not almond meal)
- **0.5 cup tapioca starch or arrowroot flour** (creates elasticity and rise)
- **1 tsp baking soda**
- **0.25 tsp coarse Celtic sea salt**
- **3 large pasture-raised eggs**, room temperature
- **0.5 cup unsweetened almond milk** (mixed with 1 tsp apple cider vinegar to create dairy-free buttermilk)
- **2 tbsp pure Grade A dark maple syrup**
- **2 tbsp melted coconut oil or grass-fed ghee**
- **1 tbsp fresh lemon zest** (adds bright fragrance)
- **1 tsp pure Madagascar vanilla extract**
- **1 cup fresh wild organic blueberries**
- **Grass-fed ghee or coconut oil** (for greasing griddle)

Step-by-Step Instructions

1. **Make Paleo Buttermilk:** In a small glass measuring cup, combine 0.5 cup unsweetened almond milk with 1 tsp apple cider vinegar. Let sit undisturbed for 5 minutes until lightly curdled.

2. **Whisk Dry Ingredients:** In a large mixing bowl, whisk together the superfine almond flour, tapioca starch, baking soda, and sea salt, breaking up any clumps with the whisk.
3. **Mix Wet Ingredients:** In a separate bowl, whisk together the pasture-raised eggs, maple syrup, melted coconut oil (or ghee), lemon zest, vanilla extract, and the prepared paleo buttermilk until frothy.
4. **Combine & Rest:** Pour the wet mixture into the dry ingredients. Whisk gently until just combined into a smooth, thick batter. Let the batter rest for 5 minutes so the tapioca starch absorbs moisture and activates the baking soda.
5. **Heat Griddle:** Heat a large non-stick griddle or cast-iron skillet over MEDIUM-LOW heat (approx. 325°F). Melt 1 tsp grass-fed ghee across the surface. (Medium-low heat is crucial because almond flour browns faster than wheat).
6. **Cook Pancakes:** Pour 0.25-cup scoops of batter onto the griddle. Immediately press 6 to 8 fresh wild blueberries gently into the top of each pancake. Cook for 3 to 4 minutes until bubbles form around the edges and the bottoms are golden-brown.
7. **Flip & Finish:** Carefully flip with a thin spatula and cook for an additional 2 to 3 minutes until puffed, golden, and cooked through to the center.
8. **Serve:** Stack warm pancakes on plates, top with a pat of grass-fed ghee, extra fresh blueberries, and a light drizzle of pure warm maple syrup.

Chef's Paleo Nutritional Science: Superfine blanched almond flour provides abundant Vitamin E (alpha-tocopherol), magnesium, and prebiotic fiber, mitigating postprandial glucose spikes. Wild organic blueberries contain high concentrations of anthocyanins and pterostilbene, delivering exceptional neuroprotective and anti-glycation benefits without synthetic food colorings or GMO corn starches.

RECIPE #6 • PRIMAL BREAKFASTS & BRUNCHES

Fluffy Paleo Lemon Blueberry Pancakes

Craving a stack of golden, diner-style fluffy pancakes bursting with sweet organic blueberries and bright citrus zest without wheat flour, refined cane sugar, buttermilk dairy, or canola griddle spray? These Fluffy Paleo Lemon Blueberry Pancakes combine superfine blanched almond flour with organic coconut flour and tapioca starch for the ultimate light, airy texture. Whisked with pasture-raised eggs, almond milk, fresh Meyer lemon juice, fragrant lemon zest, and studded with plump fresh blueberries. Sizzled in golden grass-fed ghee and served with warm pure Grade A maple syrup in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 8 Thick Pancakes (4 Servings)	**Level:** Easy
Calories: 280 kcal	**Protein:** 10g	**Healthy Fats:** 18g	**Net Carbs:** 12g

Ingredients

For the Fluffy Pancake Batter:

- **1.5 cups superfine blanched almond flour** (spooned & leveled)
- **3 tbsp organic coconut flour** (sifted)
- **2 tbsp tapioca starch or arrowroot powder** (creates a fluffy, golden griddle rise)
- **1 tsp aluminum-free baking powder** and **0.5 tsp baking soda**
- **0.25 tsp fine Celtic sea salt**
- **3 large pasture-raised eggs** (room temperature)

- **0.5 cup unsweetened almond milk or coconut milk**
- **2.5 tbsp pure Grade A maple syrup or raw honey**
- **2 tbsp unrefined coconut oil or melted grass-fed ghee**
- **2 tbsp fresh organic lemon juice** and **1.5 tbsp finely grated lemon zest** (approx. 2 lemons)
- **1 tsp pure vanilla extract**

For Griddling & Topping:

- **1.25 cups fresh organic blueberries** (plump & sweet)
- **2 tbsp grass-fed ghee or coconut oil** (for sizzling griddle)
- **Pure Grade A dark maple syrup & extra fresh blueberries**
- **Whipped coconut cream & lemon zest ribbons** (for serving)

Step-by-Step Instructions

1. **Whisk Dry Ingredients:** In a large mixing bowl, whisk together almond flour, sifted coconut flour, tapioca starch, baking powder, baking soda, and Celtic sea salt until completely uniform and lump-free.
2. **Whisk Wet Ingredients:** In a medium bowl, whisk eggs, almond milk, maple syrup, melted ghee/coconut oil, fresh lemon juice, lemon zest, and vanilla extract until emulsified and frothy.
3. **Fold Batter (Resting Invariant):** Pour wet mixture into dry ingredients. Whisk with a spatula just until combined. Let batter rest for 3 to 5 minutes so coconut flour activates and absorbs liquid into a thick, spoonable pancake batter.
4. **Heat Griddle to Medium-Low (Gentle Heat Invariant):** Heat a large nonstick griddle or heavy cast-iron skillet over MEDIUM-LOW heat (approx. 325°F / 165°C). Melt 1 tbsp grass-fed ghee across the cooking surface. (Almond flour browns faster than wheat flour, so medium-low heat guarantees a cooked center and golden crust).
5. **Scoop & Stud Blueberries:** Scoop 0.25 cup portions of batter onto the hot griddle, leaving 2 inches between pancakes. Immediately press 6 to 8 fresh blueberries into the top of each pancake.
6. **Flip & Cook:** Cook for 3 to 4 minutes until bubbles form along the edges and the bottom is golden-brown. Carefully slide a thin spatula underneath and flip. Cook for an additional 2 to 3 minutes until the second side is golden and the center is cooked through and springy to the touch.
7. **Stack & Serve:** Transfer warm pancakes to plates. Stack high and top with extra fresh blueberries, a dollop of whipped coconut cream, fresh lemon zest, and a generous pour of warm pure maple syrup. Serve immediately!

Chef's Paleo Nutritional Science: Wild organic blueberries supply potent anthocyanin antioxidants that cross the blood-brain barrier to support cognitive memory and neurovascular function. Pasture-raised eggs deliver bioavailable choline and lutein, while almond flour provides monounsaturated fatty acids and prebiotic fiber.

RECIPE #7 • PRIMAL BREAKFASTS & BRUNCHES

Fluffy Paleo Pumpkin Spice Pancakes with Spiced Maple Ghee

Who says going grain-free means settling for dense, rubbery, lead-heavy pancakes that collapse on your plate? These fluffy paleo pumpkin spice pancakes achieve an airy, cloud-like crumb that rivals traditional wheat buttermilk flapjacks. Infused with organic winter pumpkin puree, warming Ceylon cinnamon, fresh grated nutmeg, and ginger, and topped with a warm spiced maple ghee drizzle, this autumn breakfast celebration delivers rich prebiotic fiber and metabolic nourishment with zero wheat, gluten, dairy, or refined sugar.

Prep: 12 Mins	**Cook:** 12 Mins	**Yield:** 8 Pancakes	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Blanched Superfine Almond Flour:** Forms the tender protein and healthy fat foundation. Its natural lipid content prevents the batter from turning dry or brittle.
- **Tapioca Starch (Cassava Root):** Imparts essential elasticity and stretch. During griddle heating, tapioca starches gelatinize, trapping rising gas bubbles within a flexible edible web.
- **Coconut Flour Hydrocolloid Action:** Added in a small, precise quantity (2 tablespoons), coconut flour acts like a sponge, absorbing excess moisture from the pumpkin puree so the pancakes cook through without a gummy center.
- **Acid-Base Leavening with Cream of Tartar:** Combining sodium bicarbonate (baking soda) with potassium bitartrate (cream of tartar) releases instant CO2 micro-bubbles upon hydration, lifting the batter before it touches the heat.

Step-by-Step Instructions

1. In a large mixing bowl, whisk together 3 large pastured eggs until pale yellow and frothy (about 1 minute). Whipping the eggs incorporates air, creating micro-foam bubbles that maximize pancake height.

2. Whisk in 1/2 cup organic 100% pure pumpkin puree (not pre-sweetened pumpkin pie mix).

3. Add 1/4 cup unsweetened coconut milk or almond milk, 2 tablespoons pure maple syrup, 2 tablespoons melted grass-fed ghee (or melted coconut oil), and 1 teaspoon pure vanilla extract. Whisk until silky and homogenous.

RECIPE #8 • PRIMAL BREAKFASTS & BRUNCHES

Matcha Green Tea Coconut Chia Seed Pudding with Fresh Berries

Looking for a quick, no-cook morning breakfast that provides clean, sustained cognitive energy without caffeine jitters or midday blood sugar crashes? This vibrant matcha green tea coconut chia seed pudding brings together ceremonial-grade Japanese green tea with hydrophilic omega-3 chia seeds, full-fat culinary coconut milk, raw vanilla bean, and low-glycemic wild blackberries. By combining the neuroprotective amino acid L-theanine with epigallocatechin gallate (EGCG) and medium-chain triglycerides (MCTs), this pudding is a true functional superfood powerhouse designed for cellular vitality and metabolic clarity.

Prep: 10 Mins	**Cook:** 4 Hours (or Overnight)	**Yield:** 4 Servings	**Level:** Beginner
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **L-Theanine (Neuro-Calm):** An exceptional non-proteinogenic amino acid that readily crosses the blood-brain barrier. L-theanine promotes alpha-wave brain activity (8–12 Hz), inducing a state of calm, focused mental alert without drowsiness. It acts as an antagonist to caffeine-induced peripheral vasoconstriction, eliminating jitteriness.
- **Epigallocatechin Gallate (EGCG):** A potent catecholic polyphenol that activates AMP-activated protein kinase (AMPK), stimulates cellular autophagy, and protects mitochondrial membranes against reactive oxygen species (ROS).
- **High Bioavailable Chlorophyll:** Provides natural intracellular chelation and exhibits antioxidant cytoprotective properties throughout the gastrointestinal tract.

Step-by-Step Instructions

1. In a medium glass bowl, sift 1.5 tablespoons of ceremonial or high-grade culinary Japanese matcha powder through a fine-mesh tea strainer to eliminate clumps.

2. Pour in 1/4 cup of warm (not boiling!) filtered water (around 160°F / 71°C). Whisk vigorously with a traditional bamboo matcha whisk (*chasen*) or a handheld electric milk frother in a "W" motion for 30 seconds until a thick, frothy green foam forms.

3. Whisk in 1 can (13.5 oz) of full-fat organic culinary coconut milk, 1/2 cup unsweetened almond milk, 2 tablespoons pure maple syrup (or raw honey), 1 teaspoon pure vanilla extract, and a pinch of fine sea salt.

RECIPE #9 • PRIMAL BREAKFASTS & BRUNCHES

Paleo Wild Blueberry Lemon Streusel Muffins with Cinnamon Pecan Crumble

Is there anything more comforting on a lazy weekend morning than a bakery-style blueberry muffin with a tall, domed top and a crunchy, buttery streusel crumble? Traditional bakery muffins are little more than cupcakes in disguise, packed with inflammatory bleached wheat flour, refined white sugar, and industrial soybean oil. These paleo wild blueberry lemon streusel muffins reinvent the classic breakfast staple using nutrient-dense blanched almond flour, fresh organic lemon zest, wild antioxidant-rich blueberries, and a crunchy cinnamon pecan streusel topping that delivers bakery indulgence with pure ancestral nourishment.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 12 Muffins	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Superfine Blanched Almond Flour:** Provides structural mass and mono-unsaturated fats that keep the crumb tender for days without going stale.
- **Arrowroot Starch:** Lightens the dense almond meal, replicating the tender crumb of pastry flour while absorbing excess blueberry juices to prevent soggy pockets.
- **Triple Pastured Eggs:** Provide structural albumin proteins. As the eggs heat, their proteins coagulate, setting the structure before the muffin can collapse.
- **Two-Temperature Oven Profile:** Baking at 400°F (204°C) for the first 5 minutes triggers rapid steam expansion for an instant dome rise, followed by reducing heat to 350°F (177°C) to bake the center gently without scorching the nuts.

Step-by-Step Instructions

1. In a small bowl, combine 1/2 cup finely chopped raw pecans, 1/4 cup blanched almond flour, 2 tablespoons coconut sugar, 1 teaspoon ground Ceylon cinnamon, and a pinch of fine sea salt.
2. Add 2 tablespoons of melted grass-fed ghee or melted coconut oil. Stir with a fork until the mixture resembles coarse, clumpy sand. Set aside in the refrigerator while making the batter.

RECIPE #10 • PRIMAL BREAKFASTS & BRUNCHES

Grain-Free Cinnamon Swirl Banana Pancakes with Vanilla Ghee Glaze

What if you could combine the gooey, caramelized brown-sugar perfection of a warm bakery cinnamon roll with a fluffy, golden stack of pancakes—without any grains, gluten, or refined white sugar? These grain-free cinnamon swirl banana pancakes achieve exactly that culinary dream. Crafted from naturally sweet ripe bananas, blanched almond flour, pastured eggs, and a piped Ceylon cinnamon coconut-sugar spiral that caramelizes into molten craters on the griddle, this breakfast masterclass is finished with a drizzle of warm vanilla ghee glaze for the ultimate weekend indulgence.

Prep: 15 Mins	**Cook:** 12 Mins	**Yield:** 8 Pancakes	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Moisture & Elasticity:** Pectin gels trap steam, keeping the pancake interior moist and supple without requiring dairy milk or gums.
- **Natural Sweetness:** The concentrated natural fructose eliminates the need for added cane sugars or refined sweeteners in the base batter.
- **Mineral Electrolytes:** Delivers bioavailable **potassium** (over 450 mg per serving) and vitamin B6 (pyridoxine), supporting cellular membrane resting potential and neurotransmitter synthesis.

Step-by-Step Instructions

1. In a small bowl, whisk together 3 tablespoons melted grass-fed ghee (or melted coconut oil), 3 tablespoons unrefined coconut sugar, 1.5 teaspoons ground Ceylon cinnamon, and 1 teaspoon tapioca starch (the starch prevents the swirl from liquefying and leaking out).
2. Transfer the mixture into a small plastic sandwich bag or piping bag. Snip a tiny 1/8-inch corner off the tip. Set aside at room temperature so it remains fluid.

RECIPE #11 • PRIMAL BREAKFASTS & BRUNCHES

Paleo Eggs Benedict on Sweet Potato Toast

Craving a luxurious Sunday brunch Eggs Benedict without white flour English muffins, pasteurized dairy butter, refined sugar cures, or canola oil? This Paleo Eggs Benedict roasts thick, caramelized sweet potato toast rounds in avocado oil. Stacked with pan-crisped sugar-free uncured Canadian bacon (or prosciutto) and perfectly poached pasture-raised eggs with warm runny yolks, smothered in a velvety, foolproof 1-minute blender hollandaise made with nutty grass-fed ghee, fresh lemon juice, and cayenne pepper in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings (8 Benedicts)	**Level:** Easy
Calories: 390 kcal	**Protein:** 24g	**Healthy Fats:** 28g	**Net Carbs:** 12g

Ingredients

For the Sweet Potato Toast Rounds & Bacon:

- **2 large Garnet or Jewel sweet potatoes**, sliced into 8 uniform 0.5-inch thick rounds
- **2 tbsp unrefined avocado oil or melted ghee**
- **8 slices sugar-free uncured Canadian bacon, prosciutto, or smoked salmon** (Whole30)
- **1 tsp coarse Celtic sea salt** and **0.5 tsp garlic powder**

For the Poached Pasture-Raised Eggs:

- **8 large fresh pasture-raised eggs** (cold)
- **1 tbsp raw unfiltered apple cider vinegar** (helps egg whites coagulate tightly)

For the 1-Minute Blender Ghee Hollandaise:

- **0.5 cup grass-fed ghee**, heated until hot and bubbling (approx. 180°F)
- **3 large pasture-raised egg yolks** (room temperature)
- **1.5 tbsp fresh organic lemon juice**
- **0.5 tsp Dijon mustard** (sugar-free)
- **0.5 tsp coarse Celtic sea salt** and **pinch of cayenne pepper / smoked paprika**

For Garnish:

- **Fresh chives**, finely snipped
- **Smoked Spanish paprika & cracked black pepper**
- **Ripe sliced avocado (optional)**

Step-by-Step Instructions

1. **Roast Sweet Potato Toasts:** Preheat oven to 425°F (220°C). Line a large baking sheet with parchment paper. Arrange sweet potato slices in a single layer. Brush both sides with avocado oil and season with sea salt and garlic powder. Roast for 15 to 18 minutes, flipping halfway through, until tender and caramelized with crisp golden edges.
2. **Crisp Canadian Bacon:** While potatoes roast, heat a skillet over MEDIUM heat. Sear Canadian bacon slices for 1 to 2 minutes per side until lightly browned and sizzling. Keep warm.
3. **Make 1-Minute Blender Hollandaise (Emulsion Invariant):** In a high-speed blender or immersion blender cup, add egg yolks, fresh lemon juice, Dijon mustard, sea salt, and cayenne. Blend on HIGH for 15 seconds. With the blender running on low-medium speed, very slowly drizzle in the bubbling hot melted ghee in a thin, continuous

stream. The sauce will instantly transform into a thick, glossy, velvety hollandaise in 45 seconds. Keep in warm spot.

4. **Poach Eggs (Whirlpool Technique):** Fill a wide pot with 3 inches of water and 1 tbsp apple cider vinegar; bring to a gentle simmer (tiny bubbles, not a rolling boil). Crack 1 egg into a small ramekin. Use a spoon to swirl the simmering water into a gentle vortex. Carefully slide the egg into the center of the vortex. Poach for 3 minutes until whites are completely set and yolks remain soft. Lift with a slotted spoon and blot bottom on a paper towel. (Repeat with remaining eggs).
5. **Assemble Eggs Benedict:** Place 2 roasted sweet potato toast rounds on each plate. Top each toast with a slice of seared Canadian bacon (or avocado slice). Place 1 tender poached egg gently on top of each stack.
6. **Smother & Serve:** Ladle generous spoonfuls of warm ghee hollandaise over each poached egg. Sprinkle with snipped fresh chives, smoked paprika, and freshly cracked black pepper. Serve immediately while warm and runny!

Chef's Paleo Nutritional Science: Grass-fed ghee provides rich fat-soluble Vitamins A, D, E, and K2 (menaquinone-7) that regulate calcium deposition into bones. Pasture-raised egg yolks supply dense phosphatidylcholine, which supports hepatic lipid metabolism and cell membrane synthesis.

RECIPE #12 • PRIMAL BREAKFASTS & BRUNCHES

Paleo Zucchini Banana Bread with Toasted Walnuts & Cinnamon

Can you pack an entire green garden zucchini into a quick bread without ending up with a soggy, gummy loaf? Traditional quick bread recipes combine refined white wheat flour with cups of white granulated sugar to mask vegetable moisture. This artisanal paleo zucchini banana bread unites sweet ripened bananas with finely grated fresh zucchini, superfine blanched almond flour, warming Ceylon cinnamon, and toasted raw California walnuts. The result is a deeply spiced, tender, and cake-like loaf that stays remarkably moist for days without gluten or refined sugars.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 10 Slices	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Fine Box Grating:** Grating zucchini on the small tear-drop holes of a box grater creates thin ribbons that integrate seamlessly into the crumb rather than large slippery chunks.
- **The Cheesecloth Wring:** Tossing the grated zucchini with a pinch of fine sea salt creates an osmotic gradient that draws water out through cell membranes. Squeezing the salted zucchini in a clean cheesecloth removes over 50% of the free water, leaving concentrated zucchini flesh that provides tenderness without moisture overload.

Step-by-Step Instructions

1. Preheat oven to 350°F (175°C). Line an 8.5 × 4.5-inch loaf pan with parchment paper, leaving generous overhang tabs for easy removal.
2. Spread 3/4 cup raw walnut halves on a dry baking sheet and toast in the oven for 6 to 8 minutes until fragrant and lightly browned. Let cool, then coarsely chop.
3. Finely grate 1 medium zucchini (approx. 1.5 cups grated). Place in a clean kitchen towel or cheesecloth. Twist and squeeze with maximum pressure over the sink until you have wrung out at least 1/3 cup of green liquid. Set the dry squeezed zucchini aside.

CHAPTER 2

Chapter 2: Pasture-Raised Poultry & Chicken

From crispy cast-iron cracklin' chicken thighs and air-fryer buffalo wings to aromatic Moroccan tagines, Thai green coconut curries, and seared duck breast with cherry balsamic reduction, this chapter transforms pasture-raised poultry into weeknight staples and dinner-party centerpieces.

RECIPE #13 • PASTURE-RAISED POULTRY & CHICKEN

Authentic Paleo Tom Kha Gai (Thai Coconut Chicken Soup)

Craving the luxurious, sweet-tangy comfort of authentic Thai Tom Kha Gai without refined cane sugar, soy sauce, or seed oils? This primal recreation poaches bite-sized pieces of pasture-raised chicken thighs in an aromatic broth of full-fat culinary coconut milk, rich chicken bone broth, bruised lemongrass stalks, fresh galangal ginger, makrut lime leaves, and wild shiitake mushrooms. Finished with pure anchovy fish sauce and fresh squeezed lime juice, it delivers an unforgettable immune-boosting bowl.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 370 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 4g

Ingredients

- **1.5 lbs pasture-raised boneless chicken thighs or breasts**, sliced into thin bite-sized strips
- **2 cans (13.5 oz each) full-fat unsweetened coconut milk** (pure coconut extract and water)
- **2 cups rich organic chicken bone broth**
- **2 stalks fresh lemongrass** (outer leaves discarded, white/pale green core bruised with the back of a knife and cut into 2-inch pieces)
- **2.5-inch piece fresh galangal or fresh ginger**, thinly sliced into coins
- **5 makrut (kaffir) lime leaves**, bruised (or zest of 1 organic lime)
- **0.5 lb fresh shiitake or cremini mushrooms**, stemmed and sliced
- **2 tbsp Red Boat fish sauce** (100% pure black anchovy & sea salt)
- **1 tbsp organic coconut aminos**
- **3 tbsp fresh lime juice** (approx. 2 limes)
- **1 to 2 Thai bird's eye chilies**, smashed (optional, adjust to spice tolerance)
- **0.5 cup fresh cilantro leaves** and sliced scallions (for garnish)
- **1 tsp coarse Celtic sea salt**

Step-by-Step Instructions

1. **Infuse the Aromatic Broth:** In a large 4-quart heavy soup pot or Dutch oven, combine the chicken bone broth, full-fat coconut milk, bruised lemongrass pieces, sliced galangal (or ginger), bruised makrut lime leaves, and smashed Thai chilies.
2. **Simmer to Extract Essential Oils:** Bring the broth to a gentle simmer over medium heat. Reduce heat to medium-low, cover, and gently simmer for 10 minutes to allow the essential botanical oils of the lemongrass and

galangal to infuse the creamy coconut broth.

3. **Poach Chicken & Mushrooms:** Add the sliced chicken thigh strips, sliced shiitake mushrooms, fish sauce, and coconut aminos to the simmering pot. Stir gently and simmer uncovered for 6 to 8 minutes until the chicken is cooked through and tender, and the mushrooms are succulent.
4. **The Critical Off-Heat Lime Step (Chef Secret):** Turn off the heat completely. Stir in the 3 tbsp fresh squeezed lime juice and 1 tsp sea salt. (Adding lime juice off the heat preserves its bright volatile citrus notes and prevents the coconut milk from curdling).
5. **Ladle & Garnish:** Ladle the steaming, fragrant soup into deep bowls. (Note: The large lemongrass stalks and galangal coins are for infusing flavor and can be left in the bowl for rustic presentation or removed before serving). Garnish generously with fresh cilantro leaves, sliced scallions, and extra lime wedges.

Chef's Paleo Nutritional Science: Fresh galangal contains unique anti-inflammatory diarylheptanoids and galangin, exerting potent antimicrobial effects against gastrointestinal pathogens. Shiitake mushrooms supply immune-modulating beta-glucans (lentinan) and ergothioneine, while full-fat coconut milk provides caprylic and lauric acids that fuel ketone production and cellular vitality.

RECIPE #14 • PASTURE-RAISED POULTRY & CHICKEN

Authentic Paleo Vietnamese Lemongrass Chicken (Ga Nuong Sa)

Looking for the multi-award-winning Southeast Asian dinner that took the Paleo world by storm? This Authentic Paleo Vietnamese Lemongrass Chicken (Gà N■■ng S■) marinates tender pasture-raised chicken thighs in an aromatic blend of minced fresh lemongrass, French shallots, garlic, artisanal Red Boat fish sauce, and coconut aminos. Charred over an open flame grill or in a smoking cast-iron skillet, it delivers crackling caramelized edges, juicy citrus-infused chicken, and a vibrant scratch-made Paleo nuoc cham dipping sauce.

Prep: 15 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 38g	**Healthy Fats:** 26g	**Net Carbs:** 4g

Ingredients

For the Chicken & Lemongrass Marinade:

- **2 lbs pasture-raised boneless, skinless chicken thighs** (or bone-in, skin-on thighs)
- **3 stalks fresh lemongrass**, tender white and pale green bottom parts only, finely minced (approx. 0.33 cup)
- **2 medium French shallots**, roughly chopped
- **6 cloves garlic**, smashed
- **3 tbsp artisanal fish sauce** (such as Red Boat 40°N)
- **2 tbsp organic coconut aminos**
- **1.5 tbsp raw unfiltered honey or maple syrup** (omit for strict Whole30)
- **2 tbsp unrefined avocado oil**
- **1 tsp ground ginger** (Chef secret: ground ginger prevents proteolytic enzyme over-tenderizing)
- **1 tsp coarse Celtic sea salt** and **0.5 tsp freshly ground black pepper**

For the Scratch Paleo Nuoc Cham Dipping Sauce:

- **0.25 cup warm filtered water**
- **3 tbsp fresh organic lime juice**

- **2.5 tbsp Red Boat fish sauce**
- **1.5 tbsp raw honey or coconut sugar** (omit for Whole30)
- **2 cloves garlic**, finely minced
- **1 Thai bird's eye chili**, thinly sliced (optional for heat)

For Serving:

- **Fresh cucumber rounds, pickled daikon & carrots**
- **Fresh cilantro, Thai basil & mint leaves**
- **Lime wedges & butter lettuce cups**

Step-by-Step Instructions

1. **Prepare Lemongrass Marinade:** In a mini food processor or high-speed blender, combine minced lemongrass, chopped shallots, garlic, Red Boat fish sauce, coconut aminos, honey (or maple syrup), avocado oil, ground ginger, sea salt, and black pepper. Blitz for 30 to 45 seconds until a fragrant, thick paste forms.
2. **Marinate Chicken (Flavor Penetration):** Place chicken thighs in a wide glass baking dish or sealable silicone bag. Pour the lemongrass paste over the chicken, massaging it thoroughly into all crevices. Cover and marinate in the refrigerator for at least 2 hours (or overnight up to 24 hours for profound flavor depth).
3. **Whisk Paleo Nuoc Cham Sauce:** In a small glass bowl, dissolve honey into warm water. Whisk in fresh lime juice, fish sauce, minced garlic, and sliced Thai chili. Set aside to allow aromatics to infuse.
4. **Grill or Cast-Iron Char (Chef Technique):** *Outdoor Grill:* Preheat grill to MEDIUM-HIGH (400°F / 200°C). Oil the grates. Grill chicken thighs undisturbed for 5 to 6 minutes per side until charred on the edges and cooked through (165°F internal).
5. *Cast-Iron Skillet:* Heat 1 tbsp avocado oil in a large 12-inch cast-iron skillet over MEDIUM-HIGH until shimmering. Add chicken in a single layer (work in batches). Sear for 5 to 6 minutes per side until deeply caramelized and sizzling.
6. **Rest & Slice:** Transfer cooked chicken thighs to a cutting board. Let rest for 5 minutes to allow natural juices to redistribute, then slice diagonally into 0.5-inch strips.
7. **Plate & Serve:** Arrange sliced lemongrass chicken on a platter with crisp cucumber slices, fresh cilantro, mint sprigs, lime wedges, and crisp butter lettuce cups. Serve immediately with individual bowls of scratch Paleo nuoc cham for dipping!

Chef's Paleo Nutritional Science: Fresh lemongrass contains high concentrations of citral, geraniol, and myrcene, monoterpenes with proven antifungal and antimicrobial properties that inhibit gastrointestinal dysbiosis. Traditional fermented fish sauce delivers unadulterated free glutamates, glycine, and essential marine trace minerals without synthetic MSG.

RECIPE #15 • PASTURE-RAISED POULTRY & CHICKEN

Braised Paleo Moroccan Chicken Tagine

Craving an authentic, aromatic Moroccan chicken tagine with fall-apart tender meat and a rich sweet-and-savory braising sauce without couscous grains, refined white sugar, cornstarch thickeners, or canola oil? This Braised Paleo Moroccan Chicken Tagine sears bone-in, skin-on pasture-raised chicken thighs in unrefined avocado oil until crackling-crisp. Braised in a fragrant broth of rich chicken bone broth, blooming ground turmeric, cumin, Ceylon cinnamon, coriander, ginger, and saffron threads with sweet Turkish apricots, buttery Castelvetrano green olives, caramelized onions, and fresh lemon in 40 minutes.

Prep: 10 Mins	**Cook:** 30 Mins	**Yield:** 4 Large Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 38g	**Healthy Fats:** 26g	**Net Carbs:** 9g

Ingredients

For the Crispy Chicken & Moroccan Tagine Base:

- **2 lbs bone-in, skin-on pasture-raised chicken thighs** (approx. 4 to 6 thighs, patted bone-dry)
- **1 large red onion**, halved and thinly sliced
- **6 cloves fresh garlic**, finely minced
- **1.5 tbsp fresh ginger root**, grated
- **0.66 cup unsweetened dried Turkish apricots**, halved
- **0.66 cup pitted Castelvetrano green olives or Kalamata olives**
- **1.5 cups rich organic chicken bone broth**
- **2 tbsp fresh organic lemon juice** and **1.5 tsp lemon zest**
- **2 tbsp unrefined avocado oil or grass-fed ghee**

For the Moroccan Ras El Hanout Spice Blend:

- **1.5 tsp ground cumin** and **1.5 tsp ground coriander**
- **1 tsp ground turmeric** and **1 tsp smoked paprika**
- **0.75 tsp Ceylon cinnamon** and **0.25 tsp ground cardamom**
- **Pinch of saffron threads**, crushed in 1 tbsp warm bone broth
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**

For Garnish & Serving:

- **0.33 cup fresh cilantro & mint leaves**, roughly chopped
- **0.25 cup raw sliced almonds**, toasted until golden
- **Steamed cilantro cauliflower rice or roasted root vegetables**

Step-by-Step Instructions

1. **Season & Crisp Chicken Skin:** Season chicken thighs generously on all sides with Celtic sea salt, black pepper, and half of the spice blend. Heat 2 tbsp avocado oil in a large Dutch oven or heavy cast-iron braiser over MEDIUM-HIGH heat. Place chicken skin-side down and sear undisturbed for 6 to 8 minutes until skin is deeply golden, crispy, and rendered. Flip and sear for 2 minutes on the reverse side. Transfer chicken to a plate (skin remains crispy).

2. **Caramelize Onions & Bloom Spices:** Reduce heat to MEDIUM. Add sliced red onions to the rendered chicken fat in the pot; sauté for 4 to 5 minutes until soft and caramelized. Add minced garlic, grated ginger, and remaining spice blend. Sauté for 60 seconds until intensely fragrant.
3. **Deglaze & Add Sweet/Briny Accents:** Pour in chicken bone broth, saffron broth, lemon juice, and lemon zest. Scrape up all browned caramelized bits from the bottom of the pot. Stir in the halved dried apricots and Castelvetrano green olives.
4. **Simmer Tagine (Tender Braise Invariant):** Return chicken thighs to the pot, nestling them into the simmering liquid while keeping the crispy skin above the surface. Bring to a gentle boil, reduce heat to LOW, cover partially, and simmer for 20 minutes until chicken reaches an internal temperature of 175°F (79°C) and is fork-tender.
5. **Reduce & Thicken Sauce:** Uncover pot and simmer on MEDIUM-LOW for 3 to 4 minutes to allow the braising juices to reduce into a rich, glossy golden sauce.
6. **Plate & Garnish:** Spoon mounds of cauliflower rice into shallow bowls. Place braised chicken thighs on top and ladle generous spoonfuls of sweet apricots, olives, and spiced golden tagine broth over everything. Crown with toasted sliced almonds, fresh cilantro, and mint. Serve hot!

Chef's Paleo Nutritional Science: Ground turmeric supplies curcuminoids, which inhibit NF-kB inflammatory cascades. Saffron delivers crocin and safranal, bioactive carotenoids linked to mood elevation and enhanced dopamine neurotransmission. Dried apricots provide potassium and soluble pectin fiber.

RECIPE #16 • PASTURE-RAISED POULTRY & CHICKEN

Creamy Paleo Dijon Mustard Chicken with Bacon & Kale

Craving a decadent, creamy French bistro skillet dinner without heavy dairy cream, white flour, or industrial seed oils? This Creamy Paleo Dijon Mustard Chicken with Bacon & Kale sears bone-in, skin-on pasture-raised chicken thighs in hot rendered bacon drippings until crackling and deeply golden. Simmered in an addictive pan sauce of coarse whole-grain Dijon mustard, chicken bone broth, full-fat culinary coconut cream, garlic, and fresh thyme with tender wilted Tuscan Lacinato kale, it finishes with crispy bacon lardons in 25 minutes.

Prep: 10 Mins	**Cook:** 18 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 42g	**Healthy Fats:** 28g	**Net Carbs:** 4g

Ingredients

For the Crispy Chicken & Bacon:

- **2 lbs pasture-raised bone-in, skin-on chicken thighs** (approx. 4 to 5 large thighs)
- **5 slices pasture-raised thick-cut bacon**, chopped into lardons (drippings reserved)
- **1 tsp garlic powder** and **1 tsp smoked Spanish paprika**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**

For the Creamy Dijon Mustard Sauce & Tuscan Kale:

- **1 medium shallot**, finely diced
- **5 cloves garlic**, finely minced
- **0.33 cup whole grain stone-ground Dijon mustard** (sugar-free)
- **0.75 cup full-fat unsweetened culinary coconut cream**
- **0.5 cup rich organic chicken bone broth**

- **1 tbsp raw unfiltered apple cider vinegar or fresh lemon juice**
- **1.5 tbsp fresh thyme leaves** (or 1 tsp dried thyme)
- **4 cups fresh Tuscan Lacinato / dinosaur kale**, stems removed and chopped into ribbons
- **0.5 tsp coarse sea salt**

For Garnish:

- **Crispy bacon lardons & fresh thyme sprigs**
- **Roasted garlic cauliflower mash or steamed green beans** (for serving)

Step-by-Step Instructions

1. **Dry & Season Chicken:** Pat chicken thighs thoroughly dry with paper towels. Season all sides with garlic powder, smoked paprika, coarse sea salt, and black pepper.
2. **Crisp the Bacon:** In a large 12-inch heavy cast-iron skillet, cook chopped bacon over MEDIUM heat for 6 minutes until golden and crispy. Transfer bacon with a slotted spoon to a paper towel-lined plate, leaving rendered fat in the skillet.
3. **Sear for Crackling Skin (Chef Technique):** Place chicken thighs skin-side DOWN in the hot bacon drippings. Cook undisturbed over MEDIUM heat for 8 to 10 minutes without moving them, allowing the skin fat to render out and form a deeply browned, crackling crust. Flip thighs and cook for 3 to 4 minutes on the second side. Transfer chicken to a warm plate.
4. **Sauté Aromatics:** Pour off excess bacon fat leaving 1.5 tbsp behind. Add diced shallot and minced garlic to the skillet; sauté for 60 seconds until fragrant.
5. **Simmer Creamy Dijon Sauce:** Whisk in the chicken bone broth, whole grain Dijon mustard, coconut cream, apple cider vinegar, fresh thyme, and sea salt. Using a wooden spoon, scrape up all the rich browned chicken fond from the pan bottom. Simmer for 2 minutes until bubbly and emulsified.
6. **Wilt the Kale:** Add the chopped Tuscan kale ribbons to the simmering sauce. Toss gently for 2 minutes until the kale wilts down into the rich mustard cream.
7. **Nestle Chicken & Simmer:** Nestle the seared chicken thighs skin-side UP into the bubbling kale and mustard sauce (keep crispy skin above the sauce line). Simmer gently for 4 to 5 minutes until chicken registers 165°F (74°C) internally.
8. **Garnish & Serve:** Remove from heat. Scatter crispy bacon lardons and fresh thyme over the chicken and kale. Serve immediately straight from the cast-iron skillet!

Chef's Paleo Nutritional Science: Tuscan Lacinato kale provides dense glucosinolates, lutein, and Vitamin K1, supporting endothelial vascular elasticity and hepatic Phase II biotransformation. Whole mustard seeds supply allyl isothiocyanate, which enhances bile acid secretion and speeds lipid digestion.

RECIPE #17 • PASTURE-RAISED POULTRY & CHICKEN

Creamy Thai Green Coconut Curry Chicken with Lemongrass & Fresh Basil

Craving fragrant Bangkok-style Thai green curry with coconut cream, kaffir lime, and lemongrass? Tender pasture-raised chicken thighs, crisp bamboo shoots, zucchini ribbons, and fresh Thai holy basil simmered in an authentic, aromatic green coconut curry sauce in 30 minutes deliver an explosion of Southeast Asian flavors without refined sugar, soy sauce, or cornstarch thickeners. By combining antimicrobial medium-chain triglycerides with thermogenic botanical spices, this quick weeknight meal provides profound metabolic support.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Lauric Acid Hydrolysis to Monolaurin:** Full-fat coconut milk (*Cocos nucifera*) consists of over 50% **lauric acid (C12:0)**, a medium-chain fatty acid. Upon ingestion, pancreatic and gastric lipases cleave lauric acid into **monolaurin**. Monolaurin exhibits potent antimicrobial and antiviral properties by physically disrupting the lipid bilayers of enveloped pathogenic bacteria and viruses without disrupting commensal gut microbiota. Furthermore, medium-chain triglycerides (MCTs) are transported directly via the portal vein to hepatocytes for rapid beta-oxidation, providing immediate cellular energy with minimal adipose storage.
- **Phytochemical Botanical Synergy:** The green curry paste foundation features fresh green Thai bird's eye chilies (*capsaicin*), lemongrass (*citral*), galangal (*1'-acetoxychavicol acetate*), kaffir lime leaf (*citronellal*), garlic (*allicin*), and coriander root. Capsaicin stimulates transient receptor potential vanilloid 1 (TRPV1) receptors, stimulating thermogenesis and bile acid production, while galangal and lemongrass exhibit documented NF-κB downregulatory activity in gastrointestinal epithelial tissues.
- **Dark Poultry Micronutrient Satiety:** Using boneless, skinless pasture-raised chicken thighs instead of dry chicken breasts provides superior tenderness and fat-soluble nutrition. Dark poultry meat supplies high concentrations of bioavailable **Vitamin K2 (menaquinone-4)**, taurine, zinc, and selenium to support cellular thyroid conversion and tissue repair.

Step-by-Step Instructions

1. Open an unshaken can of full-fat coconut milk and spoon out the thick top layer of solid coconut cream (approximately **0.5 cup**) directly into a hot wok or skillet over medium-high heat.

2. Cook the coconut cream, stirring constantly for 3 to 4 minutes. As the water content boils off, the natural coconut oil will separate ("break") into shimmering droplets on the pan surface.

3. Add the green curry paste directly into this bubbling coconut oil. Frying the paste in pure hot coconut oil dissolves the fat-soluble terpenes of lemongrass, galangal, and kaffir lime leaf, unlocking an aromatic intensity that cannot be achieved through boiling in water.

RECIPE #18 • PASTURE-RAISED POULTRY & CHICKEN

Creamy Paleo Tuscan Garlic Chicken with Sun-Dried Tomatoes & Spinach

Craving an indulgent, velvety Italian trattoria classic without heavy dairy cream, flour, or Parmesan cheese? This Creamy Paleo Tuscan Garlic Chicken sears golden pasture-raised chicken cutlets in grass-fed ghee, then simmers them in a luxurious sauce of blended raw cashew cream, chicken bone broth, sweet oil-cured sun-dried tomatoes, tender organic baby spinach, fresh garlic, and Italian herbs. It delivers rich gourmet comfort in just 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 42g	**Healthy Fats:** 26g	**Net Carbs:** 5g

Ingredients

For the Golden Chicken:

- **1.75 lbs pasture-raised chicken breasts**, sliced horizontally into thin cutlets
- **2 tbsp grass-fed ghee or extra virgin olive oil**
- **1 tsp garlic powder**
- **1 tsp Italian seasoning** (dried basil, oregano, rosemary, thyme)
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**

For the Dairy-Free Tuscan Garlic Cream Sauce:

- **0.75 cup raw unsalted cashews** (soaked in boiling water for 15 minutes and drained)
- **0.75 cup rich organic chicken bone broth**
- **6 cloves garlic**, minced
- **0.5 cup organic sun-dried tomatoes in extra virgin olive oil**, drained and sliced
- **4 cups fresh organic baby spinach**, tightly packed
- **2 tbsp nutritional yeast** (creates rich, nutty Parmesan flavor without dairy)
- **1 tbsp fresh lemon juice** (balances the richness)
- **0.25 cup fresh basil leaves**, chiffonade (for garnish)
- **0.5 tsp coarse sea salt**

Step-by-Step Instructions

1. **Blend the Dairy-Free Cream:** Place the drained, soaked cashews, 0.75 cup chicken bone broth, nutritional yeast, lemon juice, and 0.5 tsp sea salt into a high-speed blender. Blend on HIGH for 60 to 90 seconds until completely silky, thick, and velvety. (There should be zero grittiness).
2. **Season & Sear Chicken:** Season chicken cutlets on both sides with garlic powder, Italian seasoning, coarse sea salt, and black pepper. Heat 2 tbsp ghee in a large 12-inch heavy skillet over medium-high heat. Add chicken cutlets in a single layer (cook in batches if needed) and sear for 4 to 5 minutes per side until golden brown and cooked through (165°F). Transfer to a warm plate.
3. **Sauté Aromatics & Sun-Dried Tomatoes:** Lower heat to medium. Add minced garlic and sliced sun-dried tomatoes to the remaining pan drippings. Sauté for 60 to 90 seconds until the garlic is fragrant and the tomatoes

soften.

4. **Simmer the Tuscan Sauce:** Pour the blended cashew cream directly into the skillet. Whisk continuously, scraping up the delicious browned bits from the bottom of the skillet. Bring to a gentle simmer over medium-low heat for 2 minutes until bubbly and thickened.
5. **Wilt Spinach & Return Chicken:** Add the fresh baby spinach to the simmering sauce. Stir for 1 to 2 minutes until the spinach is tender and wilted into the creamy sauce. Return the seared chicken cutlets and any resting juices into the skillet, spooning the warm garlic cream sauce over the meat.
6. **Garnish & Serve:** Remove from heat. Scatter fresh basil chiffonade over the skillet. Serve warm over zucchini noodles (zoodles), spaghetti squash, or cauliflower puree.

Chef's Paleo Nutritional Science: Raw cashews contain healthy monounsaturated oleic acid, magnesium, and zinc, providing a naturally emulsifying cream base without inflammatory dairy whey or casein proteins. Sun-dried tomatoes deliver highly bioavailable lycopene—a lipid-soluble antioxidant that shields skin cells from UV photo-oxidation and promotes cardiovascular endothelial elasticity.

RECIPE #19 • PASTURE-RAISED POULTRY & CHICKEN

Creamy Paleo White Chicken Chili

Craving a hearty, creamy bowl of Southwest white chicken chili without canned white beans, heavy cream, cream cheese, cornstarch, or canola oil? This Creamy Paleo White Chicken Chili simmers tender pasture-raised chicken breasts in rich organic chicken bone broth with roasted poblano peppers, fire-roasted diced green chiles, sweet yellow onions, and cubed Japanese white sweet potatoes. Finished with a swirl of rich culinary coconut cream, fresh lime juice, ground cumin, and fresh cilantro in 30 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Large Bowls	**Level:** Easy
Calories: 370 kcal	**Protein:** 34g	**Healthy Fats:** 18g	**Net Carbs:** 14g

Ingredients

For the White Chicken Chili Base:

- **1.5 lbs boneless, skinless pasture-raised chicken breasts or thighs**
- **4 cups rich organic chicken bone broth**
- **1 can (13.5 oz) full-fat culinary coconut cream** (unsweetened)
- **1 large poblano pepper**, seeded and diced (or roasted)
- **1 can (4 oz) fire-roasted diced green chiles** (mild or medium)
- **1 medium yellow onion**, finely diced
- **5 cloves garlic**, minced
- **1 large Japanese white sweet potato or Garnet sweet potato**, peeled and diced into 0.5-inch cubes (replaces white beans)
- **2 tbsp grass-fed ghee or avocado oil**
- **1.5 tsp ground cumin** and **1 tsp dried wild oregano**
- **1 tsp chili powder** and **0.5 tsp ground coriander**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**
- **2 tbsp fresh organic lime juice**

For Garnish & Serving:

- **1 ripe Haas avocado**, diced
- **0.5 cup fresh cilantro leaves**, roughly chopped
- **1 fresh jalapeño**, thinly sliced
- **Lime wedges & grain-free cassava tortilla chips**

Step-by-Step Instructions

1. **Sauté Aromatics:** Heat 2 tbsp grass-fed ghee in a large heavy Dutch oven or soup pot over MEDIUM heat. Add diced yellow onion and diced poblano pepper; sauté for 5 minutes until soft and caramelized around the edges. Add minced garlic, cumin, oregano, chili powder, coriander, sea salt, and black pepper; cook for 60 seconds until fragrant.
2. **Add Broth, Sweet Potatoes & Chicken:** Pour in the chicken bone broth, diced green chiles (with juices), and cubed sweet potatoes. Nestle whole raw chicken breasts directly into the liquid.
3. **Simmer to Tender Perfection:** Bring to a rolling boil over HIGH heat. Reduce heat to MEDIUM-LOW, cover tightly with lid, and simmer gently for 15 minutes, until sweet potatoes are fork-tender and chicken registers 165°F internally.
4. **Shred Chicken:** Using tongs, remove cooked chicken breasts from pot and transfer to a cutting board. Shred meat into bite-sized strands using two forks.
5. **Blend for Creamy Body (Optional Chef Secret):** (Optional): Use an immersion blender in the pot to blend about 1 cup of the simmered sweet potatoes and broth for 15 seconds (this creates a thick, hearty chili texture without flour or starch).
6. **Add Coconut Cream & Lime:** Pour the full-fat coconut cream and fresh lime juice into the pot. Return shredded chicken back into the soup. Simmer uncovered on LOW for 3 to 4 minutes until hot, rich, and velvety.
7. **Ladle & Garnish:** Ladle generous bowlfuls of steaming white chicken chili into deep bowls. Top with diced avocado, fresh cilantro, sliced jalapeño, and a squeeze of fresh lime juice. Serve with crispy grain-free cassava chips!

Chef's Paleo Nutritional Science: Roasted poblano and green chiles supply bioavailable capsaicin and Vitamin C that stimulate digestive microcirculation. Chicken bone broth provides glycine and chondroitin sulfate for mucosal tissue repair, while coconut medium-chain triglycerides (MCTs) deliver rapid cellular energy without hepatic burden.

RECIPE #20 • PASTURE-RAISED POULTRY & CHICKEN

One-Pan Tuscan Sun-Dried Tomato Chicken Thighs with Garlic & Basil Cream

Craving Tuscan-style skillet chicken with crispy crackling skin and dairy-free garlic herb cream sauce? Crispy-skin bone-in chicken thighs nestled in a velvety dairy-free garlic coconut cream sauce with julienned sun-dried tomatoes, baby spinach, and fresh basil bring rustic Italian culinary artistry into ancestral health. Cooking bone-in pastured poultry in a single cast-iron skillet preserves natural collagen juices while maximizing fat-soluble micronutrient assimilation.

Prep: 15 Mins	**Cook:** 30 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Fat-Soluble Vitamin K2 (Menaquinone-4 / MK-4):** Pasture-raised dark poultry meat and subcutaneous skin fat are exceptional sources of preformed **Vitamin K2 (MK-4)**. Vitamin K2 acts as an indispensable cofactor for the enzyme *gamma-glutamyl carboxylase*, which activates **osteocalcin** (binding calcium securely into bone mineral matrix) and **Matrix Gla Protein (MGP)**, which inhibits ectopic calcium deposition in cardiovascular arterial walls. Industrial chicken breast contains virtually zero K2, whereas pastured bone-in dark cuts provide significant bioavailable concentrations.
- **Subcutaneous Lipid Rendering Thermodynamics:** Crispy chicken skin is achieved through controlled thermal phase transformation. Poultry skin contains significant subcutaneous water and adipose tissue. By searing skin-side down in a heavy enameled cast-iron skillet over medium-low heat without moving the meat, subcutaneous fat renders out slowly, crisping the collagen matrix via the **Maillard reaction** without generating advanced lipoxidation end-products (ALEs) associated with high-heat deep frying.
- **Concentrated Umami Glutamates & Lycopene Bioavailability:** Sun-dried tomatoes (*Solanum lycopersicum*) undergo natural solar dehydration that concentrates naturally occurring **free glutamic acid** by more than 400%, generating profound savory depth without chemical MSG. Furthermore, the concentrated carotenoid **lycopene** is lipophilic; simmering sun-dried tomatoes in rendered poultry fat and coconut cream increases intestinal lycopene absorption by up to 350% compared to raw tomato consumption.

Step-by-Step Instructions

1. **Step 1: Dry Brining & Surface Preparation:** Season chicken thighs generously on both sides with sea salt, black pepper, smoked paprika, and dried oregano. Let rest at room temperature for **15 minutes**. Pat the skin once more with a dry towel to absorb any moisture extracted by the salt.
2. **Step 2: The Low-and-Slow Skin Searing Method:** Heat 1 tablespoon of avocado oil in a 12-inch enameled cast-iron skillet over medium heat. Once shimmering, place chicken thighs **skin-side down** into the skillet. Lower the heat slightly to medium-low. Sear undisturbed for **12 to 14 minutes**. Do not peek, poke, or move the chicken. As the subcutaneous fat renders, the skin will release naturally from the pan surface, developing an ultra-crisp, golden-amber crust.
3. **Step 3: Flip & Partial Cook:** Flip the thighs over to the flesh side and cook for **5 minutes**. Transfer chicken to a clean plate (skin-side up to retain crispness). The chicken will finish cooking in the simmering sauce.
4. **Step 4: Pan Deglaze & Aromatics:** Pour off excess chicken fat from the skillet, leaving approximately 1 tablespoon of drippings and browned fond. Add minced garlic and julienned sun-dried tomatoes; sauté for 60 seconds until fragrant. Pour in 0.5 cup of chicken bone broth, scraping up all caramelized fond bits from the bottom with a wooden spoon.
5. **Step 5: Coconut Cream Emulsion & Braise:** Whisk in 1 cup of coconut cream. Bring to a gentle simmer. Return chicken thighs to the skillet, nestling them into the sauce while **keeping the crispy skin elevated above the liquid line**. Simmer uncovered over medium-low heat for **8 to 10 minutes** until chicken internal temperature reaches 175°F (79°C).
6. **Step 6: Spinach & Basil Wilt:** Stir the fresh baby spinach into the sauce around the chicken pieces. Simmer for 2 minutes until just wilted. Remove from heat, scatter fresh basil chiffonade over the skillet, and serve immediately straight from the pan.

RECIPE #21 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Air-Fryer Buffalo Chicken Wings with Grass-Fed Ghee & Garlic Ranch

Craving shattering-crisp air-fried buffalo wings made without cornstarch, soybean oil, or refined sugar? Ultra-crispy air-fried pasture-raised chicken wings tossed in a spicy, buttery grass-fed ghee buffalo sauce in 30 minutes with homemade dairy-free avocado ranch deliver authentic pub-style satisfaction while avoiding inflammatory seed oils and gluten.

Prep: 10 Mins	**Cook:** 25 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Alkaline pH Modification (Aluminum-Free Baking Powder):** The definitive culinary secret to shattering-crisp chicken skin without starch or deep frying is dusting raw wings with a tiny measurement of **aluminum-free baking powder** (sodium bicarbonate + monocalcium phosphate). The sodium bicarbonate elevates surface skin pH. A basic (alkaline) environment dramatically accelerates the **Maillard reaction**—the chemical reaction between amino acids and reducing sugars that produces golden-brown coloration and crispness. Furthermore, baking powder draws proteins to the surface and causes carbon dioxide micro-bubbles to erupt during high heat, creating millions of microscopic craggy ridges that crisp into a crackling crust.
- **High-Velocity Convection Vortex:** Countertop air fryers circulate superheated air (380°F to 400°F) via powerful overhead fans. This high-velocity convection current rapidly evaporates surface boundary-layer humidity, allowing subcutaneous poultry fat to render outward and fry the skin in its own natural pasture-raised lipids without absorbing commercial cooking oils.
- **Grass-Fed Ghee & Capsaicin Anti-Inflammatory Synergy:** Traditional Buffalo sauce emulsifies aged cayenne pepper hot sauce with commercial margarine or low-grade butter. We emulsify aged cayenne pepper sauce with **100% grass-fed ghee**. Ghee supplies **butyric acid** and fat-soluble Vitamin K2, while cayenne provides **capsaicin**. Capsaicin stimulates metabolic thermogenesis and gastrointestinal blood flow, completely devoid of dairy lactose, casein, or soybean oil.

Step-by-Step Instructions

1. **Step 1: The Essential Dehydration Step:** Thoroughly dry the chicken wings with paper towels. *Moisture is the enemy of crispness*. If time permits, place the dried wings on a wire rack in the refrigerator uncovered for 1 hour to air-dry the skin further.
2. **Step 2: Alkaline Dry Rub Application:** In a large dry bowl, whisk together 1 tablespoon aluminum-free baking powder, 0.75 tsp sea salt, and 0.5 tsp garlic powder. Toss the dried wings in the bowl until each wing has a very light, invisible dusting. (Do not over-coat; a faint, even dusting is all that is required).
3. **Step 3: Phase One Cooking (Subcutaneous Rendering):** Preheat air fryer to **380°F (193°C)**. Arrange wings in a single layer in the air fryer basket with space between each piece (cook in two batches if your basket is small). Cook for **15 minutes**. This initial moderate heat renders out subcutaneous fat without burning the skin.
4. **Step 4: Phase Two Cooking (The Crisp Flash):** Increase air fryer temperature to **400°F (205°C)**. Flip the wings using silicone tongs. Cook for an additional **10 to 12 minutes** until the exterior skin is deeply golden, blistered, and shatteringly crisp to the touch. Internal meat temperature should register over 175°F (rendering connective joint collagen).

5. **Step 5: Ghee Buffalo Sauce Emulsion & Tossing:** While wings finish, whisk the hot pepper sauce, melted grass-fed ghee, and 0.5 tsp garlic powder in a large heat-proof bowl until smooth and emulsified. Transfer piping-hot wings directly from the air fryer basket into the sauce. Toss vigorously for 15 seconds to coat every crevice. Serve immediately with celery sticks and dairy-free garlic ranch.

RECIPE #22 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Baked Paleo Buffalo Chicken Wings

Craving restaurant-style deep-fried buffalo wings with shattering-crispy skin and a buttery, tangy cayenne glaze without canola fryer oil, white flour breading, dairy butter, or artificial preservatives? These Crispy Baked Paleo Buffalo Chicken Wings pat 3 pounds of party wingettes and drumettes bone-dry, dust with arrowroot starch and sea salt, and roast over a wire rack at 425°F until the fat is fully rendered and the skin is blistered and crunchy. Tossed in a glossy emulsion of Frank's RedHot aged cayenne pepper sauce, melted grass-fed ghee, and garlic, served with cool homemade dairy-free ranch in 45 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings (approx. 24 Wings)	**Level:** Easy
Calories: 410 kcal	**Protein:** 36g	**Healthy Fats:** 28g	**Net Carbs:** 2g

Ingredients

For the Extra-Crispy Baked Wings:

- **3 lbs organic chicken party wings** (flats & drumettes, patted thoroughly bone-dry)
- **1.5 tbsp arrowroot starch or tapioca flour** (draws out surface moisture for shattering skin)
- **1 tbsp unrefined avocado oil**
- **1.5 tsp coarse Celtic sea salt** and **1 tsp freshly cracked black pepper**
- **1 tsp garlic powder** and **0.5 tsp smoked paprika**

For the Buttery Buffalo Glaze:

- **0.66 cup Frank's RedHot Original cayenne pepper sauce** (sugar-free & Whole30 compliant)
- **0.33 cup grass-fed ghee or melted coconut oil** (replaces dairy butter)
- **1 tsp raw apple cider vinegar**
- **1 tsp garlic powder** and **0.25 tsp cayenne pepper** (for extra kick)

For the Dairy-Free Herb Ranch Dip & Sides:

- **0.5 cup avocado oil mayonnaise** (Primal Kitchen) whisked with **2 tbsp coconut milk**, **1 tbsp lemon juice**, **1 tbsp fresh dill**, **1 tbsp chives**, and **garlic powder**
- **Organic celery sticks & carrot sticks**

Step-by-Step Instructions

1. **Prep Oven & Wire Rack (Airflow Invariant):** Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with aluminum foil. Place a sturdy oven-safe stainless steel wire cooling rack directly on top of the foil and lightly brush with avocado oil. (The wire rack allows 360-degree hot air convection to render chicken fat and crisp all sides).

2. **Dry & Season Wings (Bone-Dry Invariant):** Pat chicken wings thoroughly dry with paper towels until zero moisture remains. In a large bowl, toss wings with 1 tbsp avocado oil. Sprinkle arrowroot starch, Celtic sea salt, black pepper, garlic powder, and smoked paprika evenly over wings. Toss vigorously until lightly and evenly coated.
3. **Arrange in Single Layer:** Place wings skin-side up on the wire rack in a single layer with 0.5-inch spacing between pieces (do not crowd).
4. **Bake to Blistered Crisp:** Bake at 425°F (220°C) for **35 to 40 minutes**, flipping wings over at minute 25, until the skin is deeply golden-brown, crackling-crisp, and internal temperature reaches 175°F (79°C). (For extreme restaurant crunch, switch to HIGH BROIL for the final 2 minutes).
5. **Whisk Buttery Buffalo Glaze:** While wings are baking, combine Frank's RedHot sauce, melted grass-fed ghee, apple cider vinegar, and garlic powder in a small saucepan over LOW heat. Whisk until silky and emulsified.
6. **Toss & Set:** Transfer hot, crispy wings immediately into a large metal mixing bowl. Pour warm buffalo sauce over wings and toss vigorously until every wing is completely enrobed in spicy glaze. (Optional: return sauced wings to the oven wire rack for 3 minutes to caramelize the glaze into the skin).
7. **Serve & Enjoy:** Transfer sauced buffalo wings to a platter. Serve immediately alongside crisp celery sticks, carrot sticks, and chilled dairy-free garlic herb ranch!

Chef's Paleo Nutritional Science: Pasture-raised chicken wings deliver dense dietary collagen and gelatin found in connective joint cartilage. Cayenne peppers contain capsaicin that stimulates metabolic thermogenesis and endorphin release, while grass-fed ghee provides butyrate to support colon health.

RECIPE #23 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Cast-Iron Cracklin' Chicken Thighs

Craving maximum crunch without grains, gluten, or breading? This iconic whole-food Paleo technique transforms ordinary skin-on chicken thighs into shatteringly crisp, golden cracklings with incredibly juicy, tender meat beneath. With just three core ingredients and a smoking cast-iron skillet, it is one of the most reliable primal weeknight dinners you will ever master.

Prep: 10 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 420 kcal	**Protein:** 42g	**Healthy Fats:** 28g	**Net Carbs:** 0g

Ingredients

- **8 pasture-raised, skin-on chicken thighs** (approx. 2.5–3 lbs)
- **1.5 tsp coarse Diamond Crystal kosher salt** or Celtic sea salt (divided)
- **1 tsp garlic powder** (for the meat side only)
- **0.5 tsp smoked paprika** or Magic Mushroom powder (for the meat side only)
- **1 tbsp grass-fed ghee or avocado oil** (for preheating the skillet)

Step-by-Step Instructions

1. **Debone the Thighs:** Place each chicken thigh skin-side down on a clean cutting board. Using sharp kitchen shears, cut along both sides of the bone to cleanly release it, snipping off any cartilage while keeping the skin intact. (Save bones for homemade bone broth!)

2. **Pound for Uniform Thickness:** Place the deboned thighs between two sheets of parchment paper. Use a flat meat pounder to gently flatten the thickest parts until each piece has an even thickness of about 0.5 to 0.75 inches.
3. **Dehydrate the Skin:** Pat the skin completely dry with paper towels. Moisture is the enemy of crispiness. Sprinkle coarse salt generously over the skin. Season the underside (meat side) with garlic powder, smoked paprika, and a touch more salt. Keep spices off the skin so they do not scorch in the pan.
4. **Preheat Cast Iron:** Heat a 12-inch cast-iron skillet over medium-high heat for 4 minutes. Add 1 tablespoon of ghee or avocado oil, swirling to coat.
5. **The Skin-Down Sear:** Lay 4 chicken thighs skin-side down in the pan (do not overcrowd). Cook undisturbed over medium heat for 7 to 9 minutes. The rendered fat will fry the skin into a deep golden, bubbling crust.
6. **The Quick Flip:** Flip the thighs over and cook the meat side for just 2 to 3 minutes until cooked through (internal temperature 165°F / 74°C).
7. **Rest & Serve:** Transfer to a wire rack skin-side up for 3 minutes before serving with a fresh citrus arugula salad or steamed broccolini.

RECIPE #24 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Garlic Herb Butter Roast Chicken (Whole30)

Looking for the quintessential Sunday roast chicken with shatteringly crisp golden skin and succulent, juicy meat without dairy butter, canola oil, or flour thickeners? This Crispy Garlic Herb Butter Roast Chicken rubs pasture-raised grass-fed ghee infused with minced garlic, fresh rosemary, thyme, and lemon zest directly under the breast skin and over the entire bird. Stuffed with fresh lemon wedges, a halved head of garlic, and fresh herb sprigs, it roasts at 425°F over a bed of root vegetables to crispy, golden-brown perfection in 60 minutes.

Prep: 15 Mins	**Cook:** 60 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 48g	**Healthy Fats:** 26g	**Net Carbs:** 1g

Ingredients

For the Whole Chicken & Aromatics:

- **1 whole pasture-raised organic chicken** (approx. 4.5 to 5 lbs, giblets removed)
- **1 large organic lemon**, halved
- **1 whole head of garlic**, halved crosswise
- **4 sprigs fresh rosemary** and **6 sprigs fresh thyme**
- **1 medium yellow onion**, quartered
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper** (for cavity and outer skin)

For the Garlic Herb Compound Ghee Rub:

- **0.33 cup grass-fed clarified butter (ghee)**, softened to room temperature
- **6 cloves garlic**, finely grated or minced
- **1.5 tbsp fresh rosemary leaves**, finely minced
- **1.5 tbsp fresh thyme leaves**, finely minced
- **1 tbsp fresh Italian parsley**, chopped
- **1.5 tsp finely grated lemon zest**

- **1 tsp smoked Spanish paprika**
- **1.5 tsp coarse Celtic sea salt**

For the Skillet Vegetable Bed & Pan Drippings:

- **1 large sweet onion**, sliced into thick wedges
- **3 large organic carrots**, peeled and cut into 2-inch chunks
- **1 lb baby Dutch yellow potatoes or sweet potato chunks** (omit for strict Keto)
- **1 tbsp avocado oil** (to toss vegetables)

Step-by-Step Instructions

1. **Dry the Chicken (The #1 Crispness Secret):** Remove chicken from packaging, discard giblets, and pat the entire chicken cavity and skin thoroughly dry inside and out with paper towels. (Leave uncovered in the refrigerator for 1 hour if time permits for extra crackling skin).
2. **Mix Garlic Herb Compound Ghee:** In a small bowl, combine softened grass-fed ghee, minced garlic, chopped rosemary, thyme, parsley, lemon zest, smoked paprika, and sea salt. Mix with a fork into a fragrant, buttery herb paste.
3. **Rub Under and Over the Skin:** Gently slide your fingers between the breast skin and meat to separate the membrane without tearing. Spread half of the garlic herb ghee directly under the breast skin onto the meat. Rub the remaining herb ghee over the entire exterior skin, legs, and wings.
4. **Stuff the Cavity:** Season the interior cavity generously with sea salt and black pepper. Stuff with the halved lemon, halved garlic head, quartered onion, and fresh herb sprigs.
5. **Truss & Prep Pan:** Tuck the wing tips behind the shoulders. Tie the legs together snugly with butcher's kitchen twine. Scatter sliced onions, carrots, and potatoes in the bottom of a large 12-inch cast-iron skillet or roasting pan; toss with 1 tbsp avocado oil and salt. Place the chicken breast-side UP directly on top of the vegetables.
6. **High-Heat Roast:** Roast at 425°F (220°C) for 55 to 65 minutes without opening the oven door, until the skin is deep golden-brown, crispy, and the thickest part of the inner thigh registers 165°F (74°C) on an instant-read meat thermometer (juices run clear).
7. **Rest, Carve & Serve:** Transfer roast chicken to a carving board and let rest undisturbed for 15 minutes to allow internal juices to redistribute. Carve into breasts, thighs, and wings. Spoon pan juices and roasted vegetables onto a warm serving platter. Garnish with fresh rosemary sprigs and lemon wedges. Serve immediately!

Chef's Paleo Nutritional Science: Pasture-raised whole roasted chicken supplies complete essential amino acids alongside natural collagen from the skin and cartilage joints. Garlic allicin and rosemary polyphenols (carnosic acid) provide heat-stable antioxidant protection against lipid peroxidation during high-temperature roasting.

RECIPE #25 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Greek Lemon Herb Spatchcock Chicken

Want to roast a whole pasture-raised chicken in just 45 minutes with golden, blistered crispy skin and ultra-juicy meat throughout? The ancestral culinary secret is spatchcocking (butterflying) the bird. Removing the backbone and pressing the chicken completely flat ensures the dark meat and white meat roast at the exact same rate while rendering aromatic schmaltz over a bed of lemon-steeped Mediterranean vegetables.

Prep: 15 Mins	**Cook:** 45 Mins	**Yield:** 4–6 Servings	**Level:** Intermediate
Calories: 490 kcal	**Protein:** 48g	**Healthy Fats:** 32g	**Net Carbs:** 2g

Ingredients

For the Spatchcock Chicken:

- **1 whole pasture-raised chicken** (4–4.5 lbs)
- **3 tbsp extra virgin olive oil or melted grass-fed ghee**
- **Zest and juice of 2 organic lemons** (approx. 0.33 cup fresh lemon juice)
- **6 cloves garlic**, finely minced
- **2 tbsp fresh Greek oregano leaves** (or 1 tbsp dried Greek oregano)
- **1 tbsp fresh rosemary**, finely chopped
- **1 tbsp fresh thyme leaves**
- **1.5 tbsp coarse Celtic sea salt**
- **1 tsp freshly cracked black peppercorns**

For the Roasting Bed Vegetables:

- **1 large red onion**, cut into thick wedges
- **2 medium sweet potatoes or carrots**, cut into 1-inch chunks
- **1 organic lemon**, cut into thin wheels
- **1 tbsp olive oil**

Step-by-Step Instructions

1. **How to Spatchcock (Butterfly) the Chicken:** Place the whole chicken breast-side down on a large cutting board with the tail pointing toward you. Using heavy-duty poultry shears, cut along both sides of the backbone from tail to neck and remove the bone. (Freeze the backbone for homemade collagen bone broth!)
2. **Flatten the Bird:** Flip the chicken breast-side up. Place the palms of your hands over the center of the breastbone and press down firmly with your body weight until you hear a sharp crack and the bird lays completely flat. Tuck the wingtips behind the shoulders.
3. **Make Greek Lemon Herb Rub:** In a small bowl, whisk together the olive oil (or ghee), fresh lemon juice, lemon zest, minced garlic, oregano, rosemary, thyme, coarse sea salt, and cracked black pepper.
4. **Dry & Marinate:** Pat the chicken skin thoroughly dry with paper towels. Rub the lemon-herb mixture generously all over the chicken, including underneath the skin of the breasts and thighs.
5. **Assemble Sheet Pan:** Toss the onion wedges, sweet potato chunks, and lemon wheels with 1 tbsp olive oil on a large rimmed baking sheet. Lay the flattened chicken skin-side up directly over the vegetables.

6. **High-Heat Roast:** Preheat oven to 400°F (200°C). Roast on the middle rack for 40 to 45 minutes until the skin is deep golden-brown and an instant-read thermometer inserted into the thickest part of the thigh registers 165°F (74°C).
7. **Rest & Carve:** Transfer chicken to a carving board and let rest for 10 minutes to redistribute the natural juices. Carve into drumsticks, thighs, wings, and sliced breasts. Serve with the caramelized schmaltz-roasted vegetables.

Chef's Paleo Nutritional Science: Roasting a whole pasture-raised chicken on the bone provides an ideal balance of dietary amino acids, pairing muscle-building branched-chain amino acids (BCAAs) with glycine and proline from the skin and cartilage. Fresh lemon zest contains high concentrations of d-limonene , a potent terpene that stimulates phase-I hepatic detoxification enzymes.

RECIPE #26 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Buffalo Chicken Salad with Dairy-Free Herb Ranch

Craving game-day buffalo wings and creamy ranch without gluten breadcrumbs, industrial seed oils, or dairy? This Crispy Paleo Buffalo Chicken Salad pairs golden, pan-fried almond and tapioca-crusted chicken tenders with a tangy Frank's RedHot & grass-fed ghee buffalo glaze. Tossed over a crisp bed of chopped romaine, shaved rainbow carrots, crisp celery ribbons, and creamy Hass avocado with a scratch-made avocado-oil garlic herb ranch, it is 100% Whole30 and keto compliant.

Prep: 15 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 38g	**Healthy Fats:** 28g	**Net Carbs:** 6g

Ingredients

For the Crispy Paleo Chicken Tenders:

- **1.5 lbs pasture-raised chicken tenders or breast strips**
- **0.5 cup superfine blanched almond flour**
- **0.33 cup tapioca starch or arrowroot flour** (creates an ultra-crisp crunch)
- **1 tsp garlic powder**
- **1 tsp smoked paprika**
- **1 tsp coarse Celtic sea salt**
- **0.25 tsp freshly ground black pepper**
- **1 large pasture-raised egg**, lightly beaten
- **3 tbsp avocado oil** (for pan-searing)

For the Paleo Buffalo Glaze:

- **0.33 cup Frank's RedHot Original sauce** (clean, vinegar & cayenne base)
- **2 tbsp melted grass-fed clarified butter (ghee)** or avocado oil
- **1 clove garlic**, finely grated

For the Dairy-Free Garlic Herb Ranch:

- **0.5 cup avocado oil mayonnaise** (such as Primal Kitchen)
- **2 tbsp unsweetened almond milk** (or coconut milk)
- **1 tbsp fresh lemon juice** or raw apple cider vinegar

- **1 tbsp fresh dill**, finely chopped
- **1 tbsp fresh chives**, minced
- **0.5 tsp garlic powder** and **0.5 tsp onion powder**
- **0.25 tsp sea salt** and cracked black pepper

For the Salad Greens & Toppings:

- **6 cups chopped organic romaine lettuce**
- **2 stalks celery**, thinly sliced on a bias
- **2 medium carrots**, shaved into ribbons with a peeler
- **1 large ripe Hass avocado**, diced
- **0.25 cup thinly sliced red onion**

Step-by-Step Instructions

1. **Make the Dairy-Free Ranch:** In a small glass jar or bowl, whisk together the avocado oil mayonnaise, almond milk, lemon juice, chopped dill, chives, garlic powder, onion powder, sea salt, and pepper until creamy. Refrigerate until ready to serve.
2. **Set Up Breading Station:** In a shallow bowl, whisk almond flour, tapioca starch, garlic powder, paprika, sea salt, and black pepper. In a second bowl, beat the egg.
3. **Dredge Chicken:** Pat chicken strips completely dry. Dip each tender into the beaten egg, then press firmly into the seasoned almond-tapioca mixture until evenly coated.
4. **Pan-Sear to Crispy Golden Perfection:** Heat 3 tbsp avocado oil in a large 12-inch heavy skillet over medium-high heat. Add chicken tenders in a single layer without overcrowding. Cook for 4 to 5 minutes per side until golden brown, crispy, and cooked through (internal temperature 165°F / 74°C). Transfer to a paper towel-lined plate.
5. **Toss in Buffalo Glaze:** In a medium bowl, whisk together Frank's RedHot, melted ghee, and grated garlic. Toss the hot crispy chicken tenders in the warm buffalo sauce until evenly coated. Slice into bite-sized pieces.
6. **Assemble Salad Bowls:** Divide chopped romaine between four wide salad bowls. Top with sliced celery, carrot ribbons, diced avocado, red onion, and generous portions of warm crispy buffalo chicken.
7. **Drizzle & Serve:** Drizzle homemade garlic-herb ranch generously over each bowl and serve immediately while the chicken is hot and crispy.

Chef's Paleo Nutritional Science: Cayenne pepper contains capsaicin, a natural compound that upregulates transient receptor potential vanilloid 1 (TRPV1) channels, stimulating metabolic thermogenesis and mitochondrial lipid oxidation. Using avocado oil mayonnaise ensures pure monounsaturated oleic acid intake, eliminating inflammatory omega-6 seed oils found in commercial ranch dressings.

RECIPE #27 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Chicken Katsu with Japanese Curry Sauce

Craving authentic Japanese comfort food (Katsu Curry) without panko breadcrumbs, wheat flour roux blocks with MSG, or canola oil? This Crispy Paleo Chicken Katsu pounds tender pasture-raised chicken breasts into uniform cutlets, triple-dredges them in arrowroot starch, egg wash, and seasoned blanched almond flour, and pan-crisps them in avocado oil to an audible golden crunch. Drizzled with a rich, naturally sweetened Japanese curry roux made from caramelized onions, grated Honeycrisp apples, fresh ginger, chicken bone broth, and curry spices over coconut cauliflower rice in 30 minutes.

Prep: 15 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 450 kcal	**Protein:** 42g	**Healthy Fats:** 26g	**Net Carbs:** 12g

Ingredients

For the Crispy Chicken Katsu Cutlets:

- **1.75 lbs pasture-raised chicken breasts** (approx. 2 large breasts, halved horizontally and pounded to 0.5-inch thickness into 4 cutlets)
- **1 cup superfine blanched almond flour**
- **0.33 cup arrowroot starch or tapioca flour**
- **2 large pasture-raised eggs**, beaten with 1 tbsp water
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**
- **3 tbsp unrefined avocado oil or melted grass-fed ghee** (for pan-searing)

For the Authentic Japanese Curry Gravy:

- **2 tbsp grass-fed ghee or avocado oil**
- **1 large yellow onion**, finely diced
- **2 medium carrots**, peeled and sliced into thin coins
- **4 cloves garlic**, finely minced
- **1 tbsp fresh ginger root**, finely grated
- **1 small organic Honeycrisp or Gala apple**, peeled and finely grated (adds authentic Japanese sweet curry notes)
- **2 tbsp Japanese or S&B style curry powder**
- **1 tbsp organic tomato paste** and **2 tbsp organic coconut aminos**
- **1.5 cups rich organic chicken bone broth**
- **1.5 tbsp arrowroot starch** dissolved in **2 tbsp cold water** (slurry to thicken)
- **1 tsp coarse sea salt**

For Serving & Garnish:

- **4 cups steamed cauliflower rice** tossed with 2 tbsp coconut cream and a pinch of salt
- **2 scallions**, thinly sliced, and **pickled ginger (beni shoga)**

Step-by-Step Instructions

1. **Pound the Cutlets:** Place halved chicken breasts between two sheets of parchment paper. Pound gently with a meat mallet to a uniform 0.5-inch thickness. Season both sides with garlic powder, onion powder, sea salt, and black pepper.
2. **Simmer Japanese Curry Gravy (Chef Secret):** In a medium saucepan, heat 2 tbsp ghee over MEDIUM heat. Add diced onion and sliced carrots; sauté for 6 to 8 minutes until onions are deeply caramelized and golden. Add minced garlic, grated ginger, grated apple, tomato paste, and curry powder; stir for 2 minutes until fragrant. Pour in chicken bone broth and coconut aminos. Bring to a simmer for 5 minutes. Stir in the arrowroot slurry and simmer for 60 seconds until the gravy transforms into a glossy, velvety Japanese curry sauce. Keep warm.
3. **Dredging Station:** In shallow bowl #1, place arrowroot starch. In shallow bowl #2, whisk the 2 eggs with 1 tbsp water. In shallow bowl #3, place the blanched almond flour with 0.5 tsp sea salt.
4. **Dredge Cutlets:** Dredge each chicken cutlet in arrowroot (shake off excess), dip into whisked egg wash, and press firmly into the almond flour so both sides are completely coated.
5. **Pan-Fry to Golden Crispness:** Heat 3 tbsp avocado oil in a large 12-inch heavy skillet over MEDIUM-HIGH heat. Add cutlets in a single layer (cook in 2 batches). Sear for 4 to 5 minutes until bottom is deeply golden and crispy. Flip with tongs and cook for 3 to 4 minutes on the second side until chicken is cooked through (165°F internal). Transfer to a wire rack for 2 minutes to stay crispy.
6. **Slice Katsu:** Place crispy chicken cutlets on a cutting board and slice crosswise into 0.75-inch thick strips using a sharp chef's knife.
7. **Plate & Serve:** Mound warm coconut cauliflower rice on one side of shallow bowls. Arrange sliced crispy chicken katsu alongside the rice. Ladle the hot Japanese curry gravy generously over the cutlet and rice. Garnish with sliced green scallions and pickled ginger. Serve immediately!

Chef's Paleo Nutritional Science: Japanese curry spice blend contains turmeric (curcumin), fenugreek, coriander, and ginger that promote healthy systemic inflammatory response and enhance digestive enzyme secretion. Grated fresh apple provides natural pectin fiber and fructose, replicating the traditional sweet-savory Japanese curry roux without refined sugar or wheat flour.

RECIPE #28 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Chicken Parmesan

Craving an authentic Italian Chicken Parmigiana with a shatteringly crisp golden crust, rich marinara, and gooey melted cheese without white flour, breadcrumbs, pasteurized dairy mozzarella, or soybean frying oil? This Crispy Paleo Chicken Parmesan dredges thin pasture-raised chicken cutlets in an Italian-herb seasoned blend of blanched almond flour, tapioca starch, and nutritional yeast. Pan-crisped in unrefined avocado oil, spooned with slow-simmered San Marzano tomato marinara, and crowned with a luscious 1-minute blender cashew mozzarella cream that broils to a golden bubbling crust in 30 minutes.

Prep: 12 Mins	**Cook:** 18 Mins	**Yield:** 4 Large Cutlets	**Level:** Easy
Calories: 440 kcal	**Protein:** 44g	**Healthy Fats:** 26g	**Net Carbs:** 8g

Ingredients

For the Crispy Herbed Chicken Cutlets:

- **4 boneless, skinless chicken breasts** (approx. 1.5 lbs, pounded to uniform 0.5-inch thickness)

- **1 cup superfine blanched almond flour**
- **0.25 cup tapioca starch or arrowroot flour** (provides authentic crunch)
- **3 tbsp nutritional yeast** (adds rich savory Parmesan flavor)
- **1.5 tsp dried Italian herb blend** (basil, oregano, thyme, rosemary)
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**
- **2 large pasture-raised eggs**, beaten
- **0.33 cup unrefined avocado oil or grass-fed ghee** (for pan-crisping)

For the Dairy-Free Cashew Mozzarella Cream:

- **0.75 cup raw cashews**, soaked in boiling water for 15 minutes and drained
- **0.33 cup hot filtered water or bone broth**
- **2 tbsp nutritional yeast**
- **1.5 tbsp fresh organic lemon juice**
- **1 tbsp extra virgin olive oil**
- **0.5 tsp garlic powder** and **0.5 tsp coarse sea salt**
- **1.5 tsp tapioca starch** (gives stretchy mozzarella texture when heated)

For Assembly & Garnish:

- **1.5 cups sugar-free San Marzano marinara sauce** (warm)
- **0.33 cup fresh organic basil leaves**, chiffonade cut
- **Zucchini noodles (zoodles) or roasted spaghetti squash (optional)**

Step-by-Step Instructions

1. **Make Blender Cashew Mozzarella:** Place soaked cashews, hot water, nutritional yeast, lemon juice, olive oil, garlic powder, sea salt, and tapioca starch in a high-speed blender. Blend on HIGH for 60 seconds until thick, glossy, and completely smooth. Set aside.
2. **Dredging Station:** Place beaten eggs in a shallow bowl. In a second shallow bowl, whisk together almond flour, tapioca starch, nutritional yeast, Italian herbs, garlic powder, onion powder, sea salt, and black pepper.
3. **Dredge Cutlets:** Dip each pounded chicken cutlet into the beaten egg, letting excess drip off, then press firmly into the almond flour mixture to coat both sides thoroughly in an even breading blanket.
4. **Pan-Crisp in Cast Iron:** Heat avocado oil in a 12-inch cast-iron skillet over MEDIUM-HIGH heat until shimmering. Add 2 cutlets at a time (do not crowd). Fry for 3 to 4 minutes per side until golden brown, crispy, and cooked through (internal temp 160°F / 71°C). Transfer crispy cutlets to a parchment-lined baking sheet. Repeat with remaining cutlets.
5. **Top with Marinara & Cashew Mozzarella (Crisp Retention Invariant):** Spoon 2 to 3 tablespoons of warm marinara sauce directly over the center of each crispy cutlet (leaving the edges bare so they stay shatteringly crisp). Spoon generous dollops of creamy cashew mozzarella over the marinara.
6. **Broil to Golden Perfection:** Place baking sheet under the oven broiler on HIGH (about 6 inches from heat source) for 3 to 4 minutes until the cashew mozzarella is bubbling, hot, and speckled with golden-brown spots.
7. **Garnish & Serve:** Remove from oven and scatter fresh ribbons of basil over top. Serve immediately alongside garlic zoodles or roasted spaghetti squash!

Chef's Paleo Nutritional Science: Slow-simmered San Marzano tomatoes provide bioavailable lycopene, a potent antioxidant carotenoid that protects endothelial integrity. Nutritional yeast supplies natural B-complex vitamins (including B1, B2, B6, and B12) alongside glutamate-driven umami that satisfies without dairy casein.

RECIPE #29 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Chicken Shawarma Bowls with Lemon Tahini Sauce

Craving street-cart Middle Eastern chicken shawarma without white pita flour, inflammatory canola oil, or dairy yogurt sauces? These Crispy Paleo Chicken Shawarma Bowls toss tender pasture-raised chicken thighs in an aromatic marinade of cumin, coriander, turmeric, smoked paprika, cardamom, fresh garlic, and lemon juice. Roasted at 425°F until the edges are sizzling and deeply caramelized, they are arranged over an herbaceous cauliflower rice tabbouleh with diced Persian cucumbers, Kalamata olives, quick-pickled red onions, and a velvety lemon garlic tahini drizzle in 25 minutes.

Prep: 12 Mins	**Cook:** 18 Mins	**Yield:** 4 Bowls	**Level:** Easy
Calories: 410 kcal	**Protein:** 38g	**Healthy Fats:** 26g	**Net Carbs:** 6g

Ingredients

For the Spiced Crispy Chicken Shawarma:

- **2 lbs boneless, skinless pasture-raised chicken thighs**, sliced into 1-inch strips
- **3 tbsp extra virgin olive oil or avocado oil**
- **3 tbsp fresh organic lemon juice**
- **6 cloves garlic**, finely minced
- **1.5 tbsp ground cumin**
- **1 tbsp ground coriander**
- **1 tbsp smoked Spanish paprika**
- **1.5 tsp ground turmeric** (anti-inflammatory punch)
- **0.5 tsp ground cinnamon** and **0.25 tsp ground cardamom**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**

For the Creamy Lemon Garlic Tahini Sauce:

- **0.5 cup 100% pure roasted sesame tahini**
- **0.33 cup warm water** (to emulsify)
- **3 tbsp fresh organic lemon juice**
- **2 cloves garlic**, grated or finely minced
- **0.5 tsp coarse sea salt**

For the Bowl Bases & Mediterranean Fixings:

- **4 cups steamed cauliflower rice** tossed with 0.5 cup chopped fresh parsley, 0.25 cup mint, olive oil, and lemon juice (Tabbouleh style)
- **2 Persian cucumbers**, diced
- **1 cup cherry tomatoes**, halved
- **0.5 cup pitted Kalamata olives**, sliced

- **0.33 cup quick-pickled red onions**
- **Fresh mint leaves & lemon wedges**

Step-by-Step Instructions

1. **Marinate Chicken (Flavor Infusion):** In a large mixing bowl, whisk olive oil, lemon juice, minced garlic, cumin, coriander, smoked paprika, turmeric, cinnamon, cardamom, sea salt, and black pepper. Add sliced chicken thigh strips, tossing until every piece is coated in the golden spice paste. Let marinate for 15 minutes at room temperature (or refrigerate for up to 12 hours).
2. **Preheat & Prep Pan:** Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with unbleached parchment paper.
3. **Roast to Crispy Caramelization (Chef Technique):** Spread the marinated chicken strips in a single, even layer on the baking sheet without overlapping. Roast at 425°F for 16 to 18 minutes. For extra street-cart char, turn the oven broiler on HIGH for the final 2 to 3 minutes until the edges are crispy, browned, and sizzling.
4. **Whisk Creamy Lemon Tahini Sauce:** In a small bowl, whisk together tahini, warm water, fresh lemon juice, grated garlic, and sea salt. (The mixture will initially seize, but keep whisking for 30 seconds until it transforms into a silky, pale, pourable crema).
5. **Prep Herb Cauliflower Tabbouleh:** In a medium bowl, toss warm riced cauliflower with chopped fresh flat-leaf parsley, mint, 1 tbsp olive oil, 1 tbsp lemon juice, and a pinch of sea salt.
6. **Assemble the Shawarma Bowls:** Divide the herb cauliflower tabbouleh among 4 wide shallow bowls. Top each bowl with a generous portion of crispy spiced shawarma chicken, diced cucumbers, halved cherry tomatoes, Kalamata olives, and pickled red onions.
7. **Drizzle & Serve:** Drizzle the creamy lemon garlic tahini sauce generously over the chicken and vegetables. Garnish with fresh mint and serve with lemon wedges!

Chef's Paleo Nutritional Science: Pure roasted sesame tahini is rich in sesamin and sesamolin lignans, which enhance hepatic fatty acid oxidation and provide bioavailable calcium and copper. Ground turmeric contains curcumin, while freshly cracked black pepper supplies piperine to boost curcumin bioavailability by over 2,000%.

RECIPE #30 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Chicken Taquitos with Cassava Tortillas & Avocado Crema

Missing Mexican street food favorites while following a clean ancestral lifestyle? These crispy paleo chicken taquitos prove that grain-free eating never means sacrificing satisfying crunch. Shredded slow-braised pastured chicken breast infused with toasted cumin, fire-roasted green chiles, and Mexican oregano is rolled tightly in pliable, grain-free cassava flour tortillas, then air-fried until golden and blistered. Paired with a zesty, dairy-free Hass avocado cilantro lime crema, this meal delivers authentic fiesta flavors free from corn, gluten, dairy, or commercial seed oils.

Prep: 20 Mins	**Cook:** 12 Mins	**Yield:** 10 Taquitos	**Level:** Moderate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Dry Heat Conditioning:** Heating cassava tortillas on a dry cast-iron skillet for 10 to 15 seconds per side at medium heat softens the amylose and amylopectin starches within the root flour, rendering them silky, pliable, and elastic.
- **Steam Trapping:** Immediately stacking warmed tortillas inside a damp clean kitchen towel or tortilla warmer preserves moisture and heat, allowing you to roll tightly without breakage.
- **Toothpick Pinning Technique:** Securing the seam with a natural wooden toothpick prevents the tortilla from unfurling under the rapid convective airflow of the air fryer basket.

Step-by-Step Instructions

1. In a mixing bowl, combine 2.5 cups of pre-cooked shredded pastured chicken breast or boneless thighs.

2. Add 1/4 cup diced fire-roasted green chiles (mild or medium), 2 tablespoons chopped fresh cilantro, 1 teaspoon ground toasted cumin, 1/2 teaspoon Mexican oregano, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon smoked sea salt, and 2 tablespoons of rich chicken bone broth to keep the filling juicy.

3. Toss thoroughly to distribute the spices evenly. Taste and adjust seasoning if desired.

RECIPE #31 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Chinese Orange Chicken (Sweet & Tangy)

Craving Panda Express orange chicken without refined white sugar, cornstarch, gluten, or deep-fried soybean oil? This Crispy Paleo Chinese Orange Chicken coats tender bite-sized cubes of pasture-raised chicken thighs in arrowroot starch and flash-sears them in avocado oil for an audible, glass-like crunch. Tossed immediately in a shimmering reduction of freshly squeezed organic orange juice, citrus zest, coconut aminos, minced ginger, and garlic, it delivers authentic takeout nostalgia in under 30 minutes.

Prep: 12 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 380 kcal	**Protein:** 34g	**Healthy Fats:** 20g	**Net Carbs:** 14g

Ingredients

For the Crispy Chicken Nuggets:

- **1.75 lbs pasture-raised boneless chicken thighs**, cut into 1-inch bite-sized cubes
- **0.5 cup arrowroot starch or tapioca flour** (creates an ultra-crisp coating)
- **1 large pasture-raised egg**, lightly whisked
- **1 tsp garlic powder**
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **3 tbsp unrefined avocado oil** (for pan-searing)

For the Sticky Citrus Orange Glaze:

- **0.75 cup fresh organic orange juice** (approx. 3 oranges)
- **1.5 tbsp fresh orange zest** (finely grated)
- **0.33 cup organic coconut aminos**
- **2 tbsp raw unfiltered honey or date paste** (omit for strict Whole30)

- **1.5 tbsp raw apple cider vinegar**
- **4 cloves garlic**, finely minced
- **1.5 tbsp fresh ginger root**, finely grated
- **1 tsp toasted sesame oil** (for finishing aroma)
- **1.5 tsp arrowroot starch** dissolved in **1 tbsp cold water** (slurry to thicken)
- **0.5 tsp red pepper flakes** (optional, for subtle heat)

For Garnish:

- **2 scallions (green onions)**, thinly sliced
- **1 tbsp toasted white sesame seeds**
- **Steamed broccoli florets or cauliflower rice** (for serving)

Step-by-Step Instructions

1. **Make Sticky Orange Glaze:** In a small saucepan over medium heat, combine orange juice, orange zest, coconut aminos, honey (or date paste), apple cider vinegar, minced garlic, grated ginger, and red pepper flakes. Bring to a gentle simmer for 4 minutes. Whisk in the arrowroot slurry and simmer for 60 seconds until the sauce thickens into a glossy, amber glaze that coats the back of a spoon. Remove from heat and stir in toasted sesame oil.
2. **Dredge Chicken:** In a shallow bowl, toss chicken cubes with whisked egg, garlic powder, sea salt, and black pepper. In a second shallow bowl, place arrowroot starch. Dredge each chicken piece in the starch, shaking off excess so a light dry coating remains.
3. **Sear to Golden Crunch:** Heat 3 tbsp avocado oil in a large 12-inch heavy skillet or wok over MEDIUM-HIGH heat until shimmering. Working in 2 batches (do not crowd the pan), add chicken cubes in a single layer. Fry undisturbed for 3 to 4 minutes per side until golden-brown, crackling, and cooked through (165°F internal). Transfer crispy chicken with a slotted spoon to a paper towel-lined plate.
4. **Toss with Orange Glaze (Chef Secret):** Immediately transfer the hot crispy chicken into a wide bowl. Pour the warm sticky orange glaze over the chicken and toss gently with a spatula for 30 seconds until every nugget is lacquered in shiny sauce.
5. **Garnish & Serve:** Transfer to a serving platter or bowls over cauliflower rice and steamed broccoli. Garnish with sliced green scallions and toasted sesame seeds. Serve immediately while hot and crispy!

Chef's Paleo Nutritional Science: Fresh orange zest delivers concentrated citrus bioflavonoids including hesperidin and limonene, which downregulate pro-inflammatory NF-kB signaling and enhance endothelial nitric oxide bioavailability. Fresh ginger contains bioactive gingerols that stimulate gastric emptying and soothe the gastrointestinal mucosal lining.

RECIPE #32 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Coconut Chicken Tenders

Craving restaurant-style crispy chicken tenders with a shattering crunchy exterior and succulent, juicy white chicken meat without wheat flour breadcrumbs, cornstarch, vegetable fryer oil, or refined sugar sauces? These Crispy Paleo Coconut Chicken Tenders dredge tender pasture-raised chicken tenderloins in whisked eggs and a golden mixture of unsweetened shredded coconut, blanched almond flour, garlic powder, and smoked paprika. Baked over a wire rack at 425°F (or pan-fried in ghee) until crunchy and deeply golden, served alongside a homemade sweet chili honey mustard dip in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Large Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 38g	**Healthy Fats:** 20g	**Net Carbs:** 6g

Ingredients

For the Coconut Crusted Chicken Tenders:

- **1.75 lbs organic chicken breast tenderloins** (or boneless breasts sliced into strips, patted bone-dry)
- **1.5 cups unsweetened finely shredded coconut flakes**
- **0.66 cup superfine blanched almond flour**
- **2 large pasture-raised eggs**, beaten with **1 tbsp water**
- **1.5 tsp garlic powder**, **1 tsp onion powder**, and **1 tsp smoked paprika**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp freshly cracked black pepper**
- **2 tbsp unrefined avocado oil spray or melted grass-fed ghee**

For the Sweet Chili Honey Mustard Dip:

- **0.33 cup raw unfiltered honey or pure maple syrup**
- **0.33 cup Dijon or spicy brown mustard**
- **2 tbsp avocado oil mayonnaise** (Primal Kitchen)
- **1 tbsp fresh lemon juice**
- **0.5 tsp crushed red pepper flakes or sriracha** (for subtle warmth)
- **Pinch of fine sea salt**

Step-by-Step Instructions

1. **Prep Oven & Wire Rack (Airflow Invariant):** Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with aluminum foil. Place an oven-safe stainless steel wire cooling rack on top of the baking sheet and spray lightly with avocado oil. (Using a wire rack prevents soggy bottoms and ensures 360-degree crunch).
2. **Set Up Breading Bowls:** In a shallow bowl, whisk the eggs and 1 tbsp water with a pinch of salt. In a second wide shallow dish, combine shredded coconut, almond flour, garlic powder, onion powder, smoked paprika, Celtic sea salt, and black pepper. Stir until uniform.
3. **Dredge & Press (Crust Adhesion Invariant):** Pat chicken tenders thoroughly dry. Dip each tender into the beaten egg, letting excess drip off, then press firmly into the coconut-almond mixture so both sides and edges are heavily coated. Place breaded tenders onto the wire rack with 0.5-inch spacing.
4. **Bake to Golden Crisp:** Spray the tops of the breaded tenders lightly with avocado oil spray. Bake at 425°F (220°C) for **14 to 16 minutes**, flipping tenders over at minute 10, until the coconut crust is deep golden-brown, toasted, and

internal temperature registers 165°F (74°C).

5. **Whisk Sweet Chili Honey Mustard:** In a small bowl, whisk together raw honey, Dijon mustard, avocado mayo, lemon juice, red pepper flakes, and sea salt until smooth and creamy.
6. **Serve & Dip:** Transfer hot, crunchy coconut chicken tenders to a serving platter. Serve immediately alongside bowls of creamy sweet chili honey mustard dip and fresh lemon wedges!

Chef's Paleo Nutritional Science: Pasture-raised chicken breast delivers high-biological value protein and Vitamin B6 for lean muscle synthesis and neurotransmitter function. Unsweetened coconut flakes provide medium-chain triglycerides (lauric acid) and dietary fiber, while raw honey delivers natural floral polyphenols and enzymes.

RECIPE #33 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Duck Breast with Cherry Sauce

Craving a five-star French bistro duck dinner with shattering, wafer-thin crispy skin and succulent medium-rare meat without refined sugar glazes, port wine sulfites, cornstarch, or dairy butter? This Crispy Paleo Duck Breast scores the rich fat cap in a diamond crosshatch pattern and starts in a cold cast-iron skillet to slowly render out excess duck fat into crackling perfection. Sliced and paired with an artisanal reduction of dark sweet cherries, aged balsamic vinegar of Modena, rich chicken bone broth, fresh rosemary, and orange zest in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 480 kcal	**Protein:** 44g	**Healthy Fats:** 32g	**Net Carbs:** 6g

Ingredients

For the Pan-Seared Crispy Duck Breasts:

- **4 boneless, skin-on duck breasts (approx. 6 to 8 oz each, 1.75 lbs total)**, patted thoroughly bone-dry
- **1.5 tsp coarse Celtic sea salt** and **1 tsp freshly cracked black pepper**
- **0.5 tsp Chinese five-spice powder or ground coriander** (optional, for subtle aromatic depth)

For the Glossy Tart Cherry Balsamic Glaze:

- **1.5 cups fresh or frozen sweet dark cherries (or tart Montmorency cherries)**, pitted and halved
- **1 small shallot**, finely minced
- **2 cloves fresh garlic**, minced
- **0.33 cup aged balsamic vinegar of Modena**
- **0.5 cup rich organic chicken or duck bone broth**
- **1 tbsp pure Grade A maple syrup or raw honey** (omit for strict Whole30)
- **1 sprig fresh rosemary** and **2 sprigs fresh thyme**
- **1 tsp finely grated orange zest**
- **1 tbsp chilled grass-fed ghee** (swirled in at the end for bistro gloss)

For Serving:

- **Whipped cauliflower parsnip puree or roasted asparagus spears**
- **Fresh rosemary sprigs & orange zest ribbons**

Step-by-Step Instructions

1. **Score the Skin (Diamond Score Invariant):** Pat duck breasts bone-dry with paper towels. Using a very sharp chef's knife, score the skin and fat layer in a tight diamond crosshatch pattern (making 0.25-inch spaced diagonal cuts), being very careful *not to cut into the red meat underneath*. Season generously on both sides with Celtic sea salt, black pepper, and five-spice powder.
2. **Cold-Pan Rendering (Crispy Skin Invariant):** Place duck breasts *skin-side down in a cold, dry 12-inch cast-iron skillet* (no added oil). Turn heat to MEDIUM-LOW. As the pan slowly warms up, the thick duck fat will gently liquefy and render out into the pan without burning the skin.
3. **Slow Pan-Sear:** Cook skin-side down undisturbed for **10 to 12 minutes**, spooning off rendered duck fat occasionally into a glass jar (save this liquid gold for roasting vegetables!). The skin will shrink, tighten, and transform into a deep mahogany, crackling-crisp crust.
4. **Flip & Flash-Finish Meat:** Increase heat to MEDIUM. Flip duck breasts to flesh-side down and sear for **3 to 4 minutes** until an instant-read meat thermometer inserted into the thickest part reads 130°F to 135°F (54°C to 57°C) for perfect medium-rare.
5. **Rest Meat:** Transfer cooked duck breasts skin-side up to a cutting board and let rest for **5 to 7 minutes** so the juices redistribute throughout the meat.
6. **Simmer Tart Cherry Balsamic Glaze:** Pour off all but 1 tablespoon of duck fat from the skillet. Add minced shallots and garlic; sauté for 1 minute over MEDIUM heat. Add halved cherries, balsamic vinegar, bone broth, maple syrup/honey, rosemary sprig, thyme, and orange zest. Bring to a rolling boil, scraping up caramelized browned bits from the pan bottom. Simmer for **4 to 5 minutes** until the cherries soften and the sauce reduces into a glossy, syrupy glaze. Discard herb sprigs and whisk in 1 tbsp cold ghee.
7. **Slice & Present:** Slice rested duck breasts on a 45-degree bias into 0.25-inch thick medallions. Fan the slices over a cloud of whipped parsnip puree. Spoon warm tart cherry balsamic reduction generously over the duck. Garnish with fresh rosemary and serve immediately!

Chef's Paleo Nutritional Science: Duck meat is rich in heme iron, selenium, zinc, and B-complex vitamins that sustain cellular oxygen delivery. Duck fat contains predominantly monounsaturated oleic acid (identical to extra virgin olive oil), while dark sweet cherries deliver anthocyanins that alleviate exercise-induced muscle soreness and lower systemic uric acid.

RECIPE #34 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Honey Mustard Chicken & Bacon Skillet

Craving a sweet, tangy, and deeply savory honey mustard chicken without refined white sugars, corn syrup, dairy cream, or industrial seed oils? This Crispy Paleo Honey Mustard Chicken & Bacon Skillet sears bone-in, skin-on pasture-raised chicken thighs in rendered bacon drippings until the skin is crackling and blistered. Simmered in an addictive reduction of coarse stone-ground Dijon mustard, raw unfiltered honey, fresh garlic, chicken bone broth, and fresh rosemary sprigs, it is crowned with crispy bacon lardons in 25 minutes.

Prep: 10 Mins	**Cook:** 18 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 430 kcal	**Protein:** 38g	**Healthy Fats:** 26g	**Net Carbs:** 8g

Ingredients

For the Crispy Chicken & Bacon:

- **2 lbs pasture-raised bone-in, skin-on chicken thighs** (approx. 4 to 5 large thighs)
- **4 slices pasture-raised thick-cut bacon**, chopped into lardons (drippings reserved)
- **1 tsp garlic powder** and **1 tsp smoked Spanish paprika**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**

For the Tangy Honey Dijon Reduction:

- **0.33 cup organic coarse stone-ground Dijon mustard**
- **3 tbsp raw unfiltered wildflower honey** (or date syrup)
- **0.5 cup rich organic chicken bone broth**
- **1 tbsp raw apple cider vinegar**
- **5 cloves garlic**, finely minced
- **1.5 tbsp fresh rosemary leaves**, finely chopped
- **1 tsp fresh thyme leaves**
- **1 tbsp grass-fed ghee or culinary coconut cream** (for velvety finish)

For Garnish:

- **Fresh rosemary sprigs & chopped flat-leaf parsley**
- **Steamed green beans or roasted garlic sweet potato mash** (for serving)

Step-by-Step Instructions

1. **Dry & Season Chicken:** Pat chicken thighs thoroughly dry with paper towels (especially the skin). Season all sides with garlic powder, smoked paprika, coarse sea salt, and black pepper.
2. **Crisp the Bacon:** Heat a large 12-inch cast-iron skillet over MEDIUM heat. Add the chopped bacon and cook for 5 to 6 minutes until crispy and golden. Transfer crispy bacon lardons to a paper towel-lined plate, leaving the rendered fat in the skillet.
3. **Sear for Ultra-Crispy Skin (Chef Secret):** Place chicken thighs skin-side DOWN in the hot bacon drippings. Cook undisturbed over MEDIUM heat for 8 to 10 minutes without moving them, allowing the skin fat to render out and form a deeply browned, crackling crust. Flip thighs and cook for 4 minutes on the second side. Transfer chicken to a warm plate.
4. **Sauté Garlic & Herbs:** Pour off excess bacon fat from the skillet, leaving 1.5 tbsp behind. Add minced garlic, chopped fresh rosemary, and thyme; sauté for 45 seconds until fragrant.
5. **Simmer Honey Mustard Sauce:** Pour in the chicken bone broth, stone-ground Dijon mustard, raw honey, and apple cider vinegar. Using a wooden spoon, scrape up all the flavorful browned chicken fond from the pan bottom. Simmer vigorously for 3 minutes until the sauce reduces and thickens slightly. Whisk in 1 tbsp ghee (or coconut cream) to create a glossy emulsion.
6. **Recombine & Simmer:** Nestled the seared chicken thighs skin-side UP back into the bubbling sauce (keep the crispy skin above the sauce line so it stays crunch). Simmer gently for 4 to 5 minutes until chicken registers 165°F (74°C) internally.
7. **Garnish & Serve:** Remove from heat. Scatter crispy bacon lardons, fresh rosemary sprigs, and chopped parsley over top. Spoon the rich honey mustard reduction onto plates alongside roasted sweet potatoes or steamed green beans!

Chef's Paleo Nutritional Science: Stone-ground whole mustard seeds contain sinigrin and allyl isothiocyanate, potent phytochemicals that stimulate Nrf2 Phase II antioxidant responses and inhibit inflammatory prostaglandins. Raw wildflower honey delivers enzymatic oligosaccharides and inhibine that promote beneficial gut microbiota colonization.

RECIPE #35 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Lemon Chicken Piccata with Fried Capers & Garlic Ghee

Craving authentic Italian trattoria chicken piccata with a shatteringly crisp golden crust and a buttery, tangy lemon-caper pan sauce without wheat flour or dairy butter? This Crispy Paleo Lemon Chicken Piccata pounds tender pasture-raised chicken breasts into thin cutlets, dredges them in a seasoned crust of blanched almond flour and arrowroot starch, and flash-sears them in avocado oil. Bathed in an emulsified pan reduction of nutty grass-fed ghee, fresh lemon juice, bone broth, and crispy fried capers, it delivers five-star restaurant magic in 20 minutes.

Prep: 10 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 36g	**Healthy Fats:** 24g	**Net Carbs:** 4g

Ingredients

For the Crispy Chicken Cutlets:

- **1.75 lbs pasture-raised boneless, skinless chicken breasts** (cut in half horizontally and pounded to 0.25-inch thickness into 4 thin cutlets)
- **0.5 cup superfine blanched almond flour**
- **0.25 cup arrowroot starch or tapioca flour**
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **3 tbsp unrefined avocado oil** (for searing)

For the Silky Lemon Caper Ghee Pan Sauce:

- **3 tbsp grass-fed clarified butter (ghee)** (divided)
- **3 tbsp brined non-pareil capers**, drained and patted dry
- **0.5 cup rich organic chicken bone broth**
- **0.33 cup fresh organic lemon juice** (approx. 2 large lemons)
- **1 tsp finely grated lemon zest**
- **4 cloves garlic**, finely minced
- **1 organic lemon**, sliced into thin wheels (for searing)
- **0.33 cup fresh Italian flat-leaf parsley**, finely chopped

For Serving:

- **Steamed garlic asparagus, roasted cauliflower mash, or zucchini noodles**

Step-by-Step Instructions

1. **Pound Cutlets (Even Cooking Invariant):** Place halved chicken breasts between two sheets of parchment paper. Using a meat mallet or heavy rolling pin, pound gently to an even 0.25-inch thickness. Season both sides lightly with 0.5 tsp coarse sea salt and black pepper.
2. **Dredge in Grain-Free Breading:** In a wide shallow dish, whisk together the almond flour, arrowroot starch, garlic powder, onion powder, remaining 1 tsp sea salt, and black pepper. Dredge each cutlet in the mixture, pressing gently to coat and shaking off excess.
3. **Crisp the Capers & Lemon Slices (Chef Secret):** Heat 1 tbsp avocado oil and 1 tbsp ghee in a large 12-inch heavy skillet over MEDIUM-HIGH heat. Add the capers and lemon slices. Fry for 90 seconds until the capers are crisp and burst and the lemon slices caramelize on the edges. Remove capers and lemon slices with a slotted spoon to a small plate.
4. **Sear Chicken to Golden Crust:** Add the remaining 2 tbsp avocado oil to the hot skillet. Add chicken cutlets in a single layer (cook in 2 batches if needed). Sear undisturbed for 3 to 4 minutes on the first side until deep golden and crunchy. Flip and sear for 2 to 3 minutes on the second side until cooked through (165°F internal). Transfer chicken to a warm serving platter.
5. **Deglaze & Reduce Lemon Garlic Sauce:** Lower heat to medium. Add minced garlic to the pan drippings; sauté for 30 seconds until fragrant. Pour in the chicken bone broth, fresh lemon juice, and lemon zest. Using a wooden spoon, scrape up all the delicious caramelized browned bits from the pan bottom. Simmer vigorously for 3 minutes until the liquid reduces by half.
6. **Emulsify with Cold Ghee:** Remove skillet from heat. Whisk in the remaining 2 tbsp cold grass-fed ghee. Swirl vigorously until the ghee melts and creates a glossy, velvety emulsion that coats the spoon. Stir in the crispy fried capers and chopped parsley.
7. **Plate & Serve:** Spoon the warm lemon-caper ghee sauce generously over the crispy chicken cutlets. Crown with the caramelized lemon wheels and fresh parsley. Serve immediately over cauliflower mash or zucchini noodles!

Chef's Paleo Nutritional Science: Non-pareil capers are among the richest dietary sources of quercetin and kaempferol bioflavonoids, which potently inhibit oxidative mast cell degranulation and lipid peroxidation. Fresh lemon juice delivers active citric acid that enhances gastric hydrochloric acid secretion, accelerating complete protein peptide cleavage in the upper duodenum.

RECIPE #36 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Paleo Moroccan Chicken Tagine with Apricots & Olives

Craving an exotic, richly spiced Moroccan tagine with crispy chicken, sweet Turkish apricots, and buttery green olives without couscous wheat, canola oil, or refined sugar? This Crispy Paleo Moroccan Chicken Tagine rubs pasture-raised bone-in chicken thighs with ras el hanout, ground cumin, coriander, turmeric, ginger, and Ceylon cinnamon. Hard-seared in nutty grass-fed ghee and braised gently in a heavy Dutch oven with caramelized red onions, garlic, organic chicken bone broth, sweet dried apricots, and Castelvetrano olives, it finishes with fresh cilantro, mint, and toasted sliced almonds in 35 minutes.

Prep: 12 Mins	**Cook:** 23 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 430 kcal	**Protein:** 40g	**Healthy Fats:** 26g	**Net Carbs:** 8g

Ingredients

For the Spiced Moroccan Chicken:

- **2 lbs pasture-raised bone-in, skin-on chicken thighs** (approx. 4 to 5 large thighs)
- **2 tbsp grass-fed clarified butter (ghee) or unrefined avocado oil**
- **1.5 tbsp ras el hanout spice blend** (or 1 tsp cumin, 1 tsp coriander, 0.5 tsp cinnamon, 0.5 tsp ginger, 0.5 tsp turmeric, 0.5 tsp smoked paprika)
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp cracked black pepper**

For the Aromatic Tagine Reduction:

- **1 large red onion**, halved and thinly sliced into half-moons
- **6 cloves garlic**, smashed and minced
- **1 tbsp fresh ginger root**, finely grated
- **1 cup rich organic chicken bone broth**
- **0.66 cup unsweetened organic dried apricots**, halved (or pitted Medjool dates)
- **0.5 cup pitted Castelvetrano or green olives**, halved
- **2 tbsp fresh organic lemon juice** and **1 strip preserved lemon peel** (finely minced)
- **1 whole Ceylon cinnamon stick**
- **0.25 tsp saffron threads** (steeped in 2 tbsp warm water)

For Garnish:

- **0.33 cup sliced raw almonds**, toasted until golden-brown
- **0.25 cup fresh cilantro & mint leaves**, roughly chopped
- **Steamed cauliflower rice with lemon zest & olive oil** (for serving)

Step-by-Step Instructions

1. **Dry & Spice Chicken Thighs:** Pat chicken thighs thoroughly dry with paper towels. In a small bowl, mix ras el hanout, coarse sea salt, and black pepper. Rub the aromatic spice blend evenly all over the chicken skin and meat.
2. **Hard Cast-Iron Sear (Crackling Skin Invariant):** Heat 2 tbsp grass-fed ghee in a large 5-quart heavy enameled cast-iron Dutch oven or skillet over MEDIUM heat. Place chicken thighs skin-side DOWN. Cook undisturbed for 8 to 10 minutes without moving them until the skin fat renders out and forms a deeply browned, crackling crust. Flip and sear for 3 minutes on the second side. Transfer chicken to a warm plate.
3. **Caramelize Onions & Aromatics:** Add sliced red onions to the hot rendered chicken fat. Sauté over medium heat for 4 to 5 minutes until soft and caramelized around the edges. Add minced garlic and grated ginger; cook for 60 seconds until fragrant.
4. **Deglaze & Add Fruits:** Pour in the chicken bone broth, saffron water, lemon juice, dried apricots, Castelvetrano olives, cinnamon stick, and minced preserved lemon peel. Use a wooden spatula to scrape up all the rich caramelized fond from the pot bottom. Bring to a gentle simmer.
5. **Nestle Chicken & Braise:** Return the chicken thighs skin-side UP to the Dutch oven, keeping the crispy skin above the braising liquid so it stays crunchy.
6. **Simmer to Melting Tenderness:** Reduce heat to low, cover the Dutch oven with its lid slightly ajar, and simmer gently for 15 to 18 minutes until chicken thighs register 175°F (80°C) internally, the apricots are plump and tender, and the sauce has reduced to a glossy, savory syrup.

7. **Garnish & Serve:** Remove from heat and discard cinnamon stick. Scatter toasted sliced almonds, chopped fresh cilantro, and fresh mint over the top. Serve immediately family-style over fluffy lemon herb cauliflower rice!

Chef's Paleo Nutritional Science: Castelvetrano green olives supply rich oleuropein and squalene polyphenols that defend against cellular lipid peroxidation. Saffron (Crocus sativus) provides crocin and safranal, bioactive carotenoids with demonstrated neuroprotective and mood-elevating properties, while Ceylon cinnamon aids glycemic stability.

RECIPE #37 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Seared Duck Breast with Cherry Balsamic Glaze

Craving a five-star French bistro dinner with crisp, crackling duck skin and juicy pink medium-rare meat without refined white sugar, port wine alcohol, butter roux, or industrial seed oils? This Crispy Seared Duck Breast crosshatch-scores pasture-raised duck skin and uses the classic French cold-pan searing technique to render out all subcutaneous fat into liquid gold. Paired with a glossy, sweet-tart pan glaze of sweet dark organic cherries, Modena balsamic vinegar, fresh thyme, and chicken bone broth, this restaurant-grade dinner comes together in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Intermediate
Calories: 420 kcal	**Protein:** 38g	**Healthy Fats:** 26g	**Net Carbs:** 8g

Ingredients

For the Crispy Seared Duck Breasts:

- **4 pasture-raised skin-on duck breasts** (approx. 6 to 7 oz each, patted bone-dry)
- **1.5 tsp coarse Celtic sea salt**
- **0.75 tsp cracked black pepper**
- **0.5 tsp garlic powder**

For the Glossy Cherry Balsamic Reduction:

- **1.5 cups fresh or frozen sweet dark cherries**, pitted and halved
- **0.33 cup aged Modena balsamic vinegar** (no added sulfites/caramel color)
- **0.5 cup rich organic chicken or duck bone broth**
- **1 medium shallot**, finely minced
- **2 cloves garlic**, finely minced
- **1 tbsp pure Grade A dark maple syrup or raw honey** (optional Whole30 omission)
- **1 tbsp fresh thyme leaves** (plus whole sprigs)
- **1 tbsp cold grass-fed ghee** (swirled in at end to emulsify gloss)
- **0.5 tsp coarse sea salt**

For Garnish & Serving:

- **Fresh thyme sprigs & flaky Maldon sea salt**
- **Parsnip puree or roasted asparagus in rendered duck fat** (for serving)

Step-by-Step Instructions

1. **Score the Duck Skin (The Chef Secret):** Pat duck breasts completely dry with paper towels. Using a very sharp chef's knife, score the fatty skin in a tight 0.25-inch diamond crosshatch pattern, cutting only through the white fat without piercing the red meat beneath. Season both sides generously with coarse sea salt, black pepper, and garlic powder.
2. **Cold-Pan Start (French Rendering Technique):** Place seasoned duck breasts skin-side DOWN in a completely COLD 12-inch cast-iron skillet (no oil added). Turn heat to LOW-MEDIUM. As the pan slowly warms, the duck fat will melt and render out continuously.
3. **Render to Shatteringly Crisp Skin:** Cook undisturbed on low-medium heat for 10 to 12 minutes, periodically spooning off the accumulating rendered liquid duck fat into a clean glass jar (save this for roasting vegetables). The duck skin will shrink into a thin, golden, shatteringly crisp crust.
4. **Flip & Sear Meat Side:** Increase heat slightly to MEDIUM. Flip duck breasts skin-side UP and sear for 3 to 4 minutes until the meat side registers 130°F (54°C) for tender, juicy medium-rare (or 140°F for medium).
5. **Rest (Juice Redistribution Invariant):** Transfer seared duck breasts skin-side UP to a warm cutting board. Let rest undisturbed for 8 to 10 minutes so internal juices settle.
6. **Simmer Cherry Balsamic Reduction:** Pour off all remaining liquid duck fat from the skillet, leaving 1 tbsp behind. Add minced shallot and garlic; sauté over medium heat for 60 seconds. Add the halved cherries, balsamic vinegar, bone broth, maple syrup (if using), fresh thyme, and sea salt. Using a wooden spoon, scrape up all the caramelized duck fond from the skillet bottom. Simmer vigorously for 4 to 5 minutes until liquid reduces by half into a thick, glossy syrup. Remove from heat and whisk in 1 tbsp cold grass-fed ghee until silky.
7. **Slice & Serve:** Slice rested duck breasts on a bias into 0.33-inch thick medallions. Fan sliced duck across warm plates, spoon generous spoonfuls of warm cherry balsamic glaze over the meat, and sprinkle with flaky sea salt and fresh thyme sprigs. Serve immediately!

Chef's Paleo Nutritional Science: Rendered pasture-raised duck fat is primarily composed of heart-healthy monounsaturated oleic acid (similar to extra virgin olive oil) and linoleic acid. Dark sweet cherries supply dense anthocyanins and cyanidin glycosides that accelerate post-workout muscular recovery and reduce uric acid plasma concentrations.

RECIPE #38 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Sticky Honey Garlic Chicken Bites

Craving Chinese takeout-style crispy honey chicken with a glossy, sticky glaze without wheat flour batter, cornstarch, refined white sugar, MSG, or soybean fryer oil? These Crispy Sticky Honey Garlic Chicken Bites toss bite-sized pasture-raised chicken breasts in arrowroot starch, Celtic sea salt, and garlic powder. Pan-fried in avocado oil to a golden, shatteringly crisp crust, then coated in a bubbling, sticky glaze of raw wildflower honey, organic coconut aminos, minced fresh garlic, grated ginger, and toasted sesame oil over steaming sesame cauliflower rice in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 38g	**Healthy Fats:** 16g	**Net Carbs:** 14g

Ingredients

For the Crispy Chicken Bites:

- **1.5 lbs boneless, skinless pasture-raised chicken breasts or thighs**, cut into 1-inch bite-sized cubes
- **0.33 cup arrowroot starch or tapioca flour** (for feather-light crispy coating)
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1 tsp coarse Celtic sea salt** and **0.5 tsp white pepper**
- **3 tbsp unrefined avocado oil** (for pan-frying)

For the Sticky Honey Garlic Glaze:

- **0.33 cup raw wildflower honey or dark maple syrup**
- **0.33 cup organic coconut aminos**
- **6 cloves garlic**, finely minced
- **1.5 tbsp fresh ginger root**, finely grated
- **1.5 tbsp raw apple cider vinegar**
- **1 tbsp toasted sesame oil**
- **1 tsp Red Boat fish sauce** (adds rich umami depth)
- **0.5 tsp crushed red pepper chili flakes**
- **1 tsp arrowroot starch** dissolved in **1 tbsp cold water** (optional for extra thickness)

For the Toasted Sesame Cauliflower Rice:

- **4 cups fresh riced cauliflower**
- **1.5 tbsp toasted sesame oil or avocado oil**
- **2 cloves garlic**, minced
- **0.5 tsp coarse sea salt**

For Garnish:

- **2 scallions (green onions)**, thinly sliced
- **1 tbsp toasted white & black sesame seeds**

Step-by-Step Instructions

1. **Dredge Chicken (Crisp Coating Secret):** In a large mixing bowl, toss chicken cubes with arrowroot starch, garlic powder, onion powder, sea salt, and white pepper until every piece is evenly coated in a thin powdery layer.
2. **Pan-Fry to Golden Crisp:** Heat 3 tbsp avocado oil in a large 12-inch heavy cast-iron skillet or wok over MEDIUM-HIGH heat until shimmering. Add chicken pieces in a single layer with space between them (cook in 2 batches to prevent steaming). Fry undisturbed for 3 to 4 minutes until bottoms are deeply golden and crispy. Flip with tongs and fry for 3 minutes on second side until cooked through. Transfer crispy chicken bites to a paper towel-lined plate.
3. **Simmer Sticky Honey Garlic Glaze:** In the same skillet over MEDIUM heat (wipe out excess oil), add minced garlic and grated ginger; sauté for 30 seconds until intensely fragrant. Add raw honey, coconut aminos, apple cider vinegar, toasted sesame oil, fish sauce, and red pepper flakes. Bring to a vigorous bubble. Simmer for 2 to 3 minutes until sauce reduces into a thick, glossy, sticky syrup.
4. **Toss & Coat:** Return the crispy chicken bites into the bubbling glaze. Toss vigorously with a silicone spatula for 60 seconds until every bite is lacquered in shiny, sticky honey garlic sauce. Remove from heat.

5. **Sauté Sesame Cauliflower Rice:** In a separate skillet, heat 1.5 tbsp sesame oil over medium-high heat. Add minced garlic and riced cauliflower; sauté for 3 to 4 minutes until tender-crisp. Season with sea salt.
6. **Plate & Garnish:** Spoon mounds of sesame cauliflower rice into bowls. Top with sticky honey garlic chicken bites. Garnish generously with sliced scallions and toasted sesame seeds. Serve immediately while piping hot!

Chef's Paleo Nutritional Science: Raw unpasteurized honey supplies bioactive bee pollen, enzymes, and methylglyoxal with natural antimicrobial properties. Fresh garlic and ginger contain allicin and gingerols that stimulate digestive hydrochloric acid secretion and support cellular circulation.

RECIPE #39 • PASTURE-RAISED POULTRY & CHICKEN

Extra Crispy Baked Paleo Chicken Tenders

Craving restaurant-quality crunchy golden fried chicken tenders without white flour, processed breadcrumbs, soybean fryer oils, or high-fructose corn syrup dipping sauces? These Extra Crispy Baked Paleo Chicken Tenders coat fresh pasture-raised chicken tenderloins in an egg wash and an herb-seasoned blend of superfine blanched almond flour, tapioca starch, garlic powder, onion powder, and smoked paprika. Baked on an elevated wire rack at 425°F until shatteringly crisp on the outside and juicy on the inside, paired with a creamy homemade honey mustard dipping sauce made from avocado oil mayo, Dijon mustard, raw honey, and apple cider vinegar in 25 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 360 kcal	**Protein:** 42g	**Healthy Fats:** 18g	**Net Carbs:** 4g

Ingredients

For the Crispy Chicken Tenders:

- **1.5 lbs pasture-raised chicken tenderloins** (or chicken breast sliced into 1-inch strips), patted bone-dry
- **1.5 cups superfine blanched almond flour**
- **0.33 cup tapioca starch or arrowroot flour** (creates signature crisp crunch)
- **2 large pasture-raised eggs**, whisked with 1 tbsp water
- **1.5 tsp garlic powder** and **1 tsp onion powder**
- **1.5 tsp smoked paprika** and **0.5 tsp dried oregano**
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**
- **Avocado oil cooking spray** (for misting)

For the Creamy Paleo Honey Mustard Dip:

- **0.5 cup avocado oil mayonnaise** (Primal Kitchen)
- **3 tbsp Dijon mustard** (sugar-free)
- **2.5 tbsp raw wildflower honey** (or date paste for Whole30)
- **1 tsp raw apple cider vinegar** or **fresh lemon juice**
- **0.25 tsp garlic powder & pinch of fine sea salt**

For Serving:

- **Crispy baked sweet potato wedges**
- **Fresh parsley & lemon wedges**

Step-by-Step Instructions

1. **Preheat Oven & Set Up Wire Rack (360-Degree Airflow Invariant):** Preheat oven to 425°F (220°C). Place an oven-safe wire cooling rack inside a large rimmed baking sheet. Generously grease wire rack with avocado oil spray. (Elevating tenders allows hot air to circulate 360 degrees, preventing soggy bottoms).
2. **Set Up Breading Station:** Bowl 1: Whisk the 2 eggs with 1 tbsp water. Bowl 2: Whisk together almond flour, tapioca starch, garlic powder, onion powder, smoked paprika, oregano, Celtic sea salt, and black pepper until uniform.
3. **Dredge Tenders:** Dip each chicken tender into the egg wash, allowing excess to drip off. Press firmly into the seasoned almond flour mixture, turning and pressing gently with fingers so a thick, even crust adheres on all sides. Place breaded tenders on the greased wire rack with space between them.
4. **Mist with Avocado Oil:** Lightly mist the tops and sides of the tenders with avocado oil spray. (This activates the almond flour and tapioca starch for a deep golden, pan-fried crunch in the oven).
5. **Bake to Golden Crisp:** Bake at 425°F for 14 to 16 minutes until the crust is golden-brown and crisp, and the chicken is cooked through and juicy (internal temperature 165°F / 74°C). (Optional: broil on HIGH for 60 to 90 seconds for ultra-crisp edges).
6. **Whisk Honey Mustard Dip:** In a small bowl, whisk together avocado mayonnaise, Dijon mustard, raw honey, apple cider vinegar, garlic powder, and sea salt until smooth and creamy.
7. **Plate & Enjoy:** Transfer piping-hot crispy chicken tenders to a serving platter. Serve immediately alongside the creamy honey mustard dip and crispy baked sweet potato fries!

Chef's Paleo Nutritional Science: Pasture-raised chicken tenderloin is naturally rich in complete branched-chain amino acids (leucine, isoleucine, valine) for muscle protein synthesis. Blanched almond flour supplies healthy monounsaturated fats and Vitamin E, while raw honey contains live enzymes and antimicrobial bee propolis.

RECIPE #40 • PASTURE-RAISED POULTRY & CHICKEN

Extra-Crispy Paleo Air Fryer Buffalo Chicken Wings

Craving restaurant-style buffalo chicken wings with an audible crunch without inflammatory canola fryer oil, cornstarch, or dairy butter? These Extra-Crispy Paleo Air Fryer Buffalo Chicken Wings utilize high-heat air circulation to render chicken skin into pure, crackling perfection in under 25 minutes. Tossed immediately in a velvety emulsion of clean cayenne pepper hot sauce and grass-fed ghee, they pair with a cool, scratch-made avocado-oil garlic herb ranch.

Prep: 5 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 36g	**Healthy Fats:** 32g	**Net Carbs:** 1g

Ingredients

For the Ultra-Crispy Wings:

- **2.5 lbs pasture-raised chicken party wings** (drumettes and flats separated, patted thoroughly dry)
- **1 tbsp unrefined avocado oil**
- **1 tbsp aluminum-free baking powder** (optional chef secret: raises skin pH to create micro-blisters for extreme crunch)
- **1.5 tsp garlic powder**

- **1 tsp onion powder**
- **1 tsp smoked paprika**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**

For the Tangy Ghee Buffalo Glaze:

- **0.5 cup clean aged cayenne pepper hot sauce** (such as Frank's RedHot Original)
- **0.33 cup grass-fed clarified butter (ghee) or melted coconut oil**
- **1 tsp raw apple cider vinegar**
- **0.5 tsp garlic powder**
- **1 tsp organic coconut aminos**

For the Cool Garlic Herb Ranch (Dip):

- **0.5 cup avocado oil mayonnaise** (such as Primal Kitchen)
- **2 tbsp full-fat culinary coconut milk or unsweetened almond milk**
- **1 tbsp fresh lemon juice**
- **1 tbsp fresh dill**, finely chopped
- **1 tbsp fresh chives**, finely chopped
- **0.5 tsp garlic powder** and **0.5 tsp onion powder**
- **0.5 tsp coarse sea salt**
- **Crisp celery and carrot sticks** (for serving)

Step-by-Step Instructions

1. **Dry the Wings (The #1 Rule of Crispiness):** Pat the chicken wings thoroughly dry with paper towels on both sides. (Moisture is the enemy of crispy skin).
2. **Season with Crunch Blend:** In a large mixing bowl, toss dried wings with 1 tbsp avocado oil, baking powder, garlic powder, onion powder, smoked paprika, coarse sea salt, and black pepper until uniformly coated.
3. **Preheat & Load Air Fryer:** Preheat air fryer to 380°F (195°C) for 3 minutes. Arrange wings in a single layer in the air fryer basket with small gaps between pieces (cook in 2 batches if your basket is under 6 quarts).
4. **Air Fry & Render Fat:** Air fry at 380°F for 18 minutes, shaking the basket or flipping wings with silicone tongs at the 10-minute mark to ensure even browning.
5. **The 400°F Blister Burst (Chef Secret):** Increase air fryer temperature to 400°F (205°C) and cook for a final 4 to 5 minutes until the skin is deep golden-brown, crackling, and shatteringly crisp.
6. **Make Velvety Buffalo Sauce:** In a small saucepan over low heat, whisk hot sauce, melted ghee, apple cider vinegar, garlic powder, and coconut aminos until smooth and emulsified into a glossy orange glaze.
7. **Toss Post-Cook:** Transfer piping-hot wings into a large stainless steel bowl. Pour the warm buffalo sauce over top and toss vigorously until every wing is evenly coated.
8. **Serve with Cool Ranch:** Whisk ranch ingredients together in a ramekin. Plate hot buffalo wings with cold celery and carrot sticks and ranch dip. Serve immediately while crackling!

Chef's Paleo Nutritional Science: Pasture-raised chicken skin delivers gelatinous collagen and chondroitin sulfate that reinforce articular connective tissue. Aged cayenne peppers supply bioactive capsaicin, which activates transient receptor potential vanilloid 1 (TRPV1) ion channels, increasing metabolic energy expenditure and stimulating thermogenesis without insulin secretion.

RECIPE #41 • PASTURE-RAISED POULTRY & CHICKEN

Greek Lemon Herb Chicken Souvlaki with Dairy-Free Tzatziki

Craving authentic Greek street-food souvlaki with juicy, smoky charred chicken and cooling tzatziki sauce without dairy Greek yogurt, gluten pita bread, processed marinades, or canola oil? This Greek Lemon Herb Chicken Souvlaki marinates tender boneless pasture-raised chicken thighs in cold-pressed extra virgin olive oil, freshly squeezed lemon juice, minced garlic, and wild mountain oregano. Threaded onto skewers and grilled over high heat until caramelized, it pairs with a velvety, dairy-free cucumber dill tzatziki made with coconut cream and fresh lemon in 25 minutes.

Prep: 15 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings (8 Skewers)	**Level:** Easy
Calories: 360 kcal	**Protein:** 36g	**Healthy Fats:** 22g	**Net Carbs:** 3g

Ingredients

For the Authentic Greek Lemon Oregano Chicken:

- **1.75 lbs boneless, skinless pasture-raised chicken thighs**, cut into 1.25-inch bite-sized chunks
- **0.33 cup cold-pressed extra virgin olive oil**
- **3 tbsp fresh organic lemon juice** and **1 tsp lemon zest**
- **5 cloves garlic**, finely minced
- **1.5 tbsp dried wild Greek oregano**
- **1 tsp dried thyme** and **0.5 tsp ground coriander**
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**
- **8 wooden or stainless steel skewers** (soak wooden skewers in water for 30 mins)

For the Creamy Dairy-Free Cucumber Tzatziki:

- **0.75 cup chilled culinary coconut cream or plain unsweetened almond/coconut yogurt**
- **1 cup English cucumber**, grated and squeezed completely dry in cheesecloth
- **1.5 tbsp fresh organic lemon juice**
- **2 tbsp extra virgin olive oil**
- **2 cloves garlic**, grated into a fine paste
- **2 tbsp fresh dill**, finely chopped
- **1 tbsp fresh mint leaves**, finely minced
- **0.5 tsp coarse Celtic sea salt**

For Serving:

- **Warm grain-free cassava flatbreads or crisp romaine lettuce boats**
- **Sliced Kalamata olives, cherry tomatoes, and red onion slivers**
- **Lemon wedges & fresh parsley sprigs**

Step-by-Step Instructions

1. **Make Greek Herb Marinade:** In a large mixing bowl, whisk together extra virgin olive oil, fresh lemon juice, lemon zest, minced garlic, Greek oregano, dried thyme, coriander, Celtic sea salt, and black pepper.
2. **Marinate Chicken:** Add chicken thigh chunks to the bowl, tossing until thoroughly coated. Cover and marinate at room temperature for 15 to 20 minutes (or refrigerate for up to 4 hours).
3. **Make Dairy-Free Tzatziki:** Grate English cucumber on a box grater. Place cucumber shreds into a clean kitchen towel or cheesecloth and squeeze vigorously to wring out all water. In a medium bowl, whisk chilled coconut cream, olive oil, lemon juice, grated garlic paste, fresh dill, mint, and sea salt until smooth and creamy. Fold in squeezed cucumber. Chill in refrigerator.
4. **Thread Skewers:** Thread 5 to 6 pieces of marinated chicken snugly onto each skewer, making sure pieces touch lightly so meat retains maximum juiciness while grilling.
5. **Preheat Grill or Cast-Iron Grill Pan:** Heat an outdoor grill or indoor heavy cast-iron grill pan over MEDIUM-HIGH heat (approx. 425°F / 220°C). Brush grates lightly with olive oil.
6. **Grill to Smoky Charred Perfection:** Place skewers on the hot grill. Cook undisturbed for 4 to 5 minutes until deep grill char marks form and chicken releases easily. Flip and grill for 4 to 5 minutes on the second side until chicken reaches an internal temp of 165°F (74°C).
7. **Plate & Serve:** Transfer charred chicken souvlaki skewers to a platter. Drizzle with fresh lemon juice and extra virgin olive oil. Serve hot straight from the grill with chilled dairy-free cucumber tzatziki, warm cassava flatbreads, Kalamata olives, and fresh lemon wedges!

Chef's Paleo Nutritional Science: Wild Greek oregano (Origanum vulgare) provides potent polyphenolic carvacrol and thymol with antimicrobial and gut-soothing properties. Chicken thighs provide bioavailable taurine and heme iron, while fresh cold-pressed olive oil delivers oleocanthal anti-inflammatory enzymes.

RECIPE #42 • PASTURE-RAISED POULTRY & CHICKEN

Italian Herb Paleo Stuffed Bell Peppers (Ground Turkey & Cauliflower Rice)

Craving comforting Italian stuffed peppers without white rice, breadcrumbs, dairy cheese, or refined seed oils? These Italian Herb Paleo Stuffed Bell Peppers fill sweet, tender roasted red and yellow bell pepper boats with seasoned ground turkey (or grass-fed beef), sautéed garlic cauliflower rice, sweet yellow onions, and crushed San Marzano tomatoes. Infused with aromatic oregano, basil, and crushed red pepper flakes, they bake to bubbling, savory perfection in just 35 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 310 kcal	**Protein:** 32g	**Healthy Fats:** 14g	**Net Carbs:** 8g

Ingredients

For the Pepper Vessels:

- **4 large organic bell peppers** (red, yellow, or orange, halved lengthwise, stems and seeds removed)
- **1 tbsp extra virgin olive oil** (for brushing peppers)
- **0.5 tsp coarse sea salt**

For the Italian Turkey & Cauliflower Rice Filling:

- **1.25 lbs lean ground turkey** (93/7) or grass-fed ground beef / Italian pork sausage
- **2.5 cups fresh riced cauliflower**
- **1 medium yellow onion**, finely diced
- **5 cloves garlic**, minced
- **1 can (14.5 oz) organic crushed San Marzano tomatoes** (or clean sugar-free marinara)
- **2 tbsp organic tomato paste**
- **1 tbsp dried Italian herb seasoning** (blend of oregano, basil, rosemary, thyme)
- **0.5 tsp crushed red pepper flakes** (optional, for subtle heat)
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **0.33 cup fresh basil leaves**, chopped (for garnish)
- **2 tbsp nutritional yeast or dairy-free parmesan** (optional, for cheesy dusting)

Step-by-Step Instructions

1. **Preheat & Pre-Roast Peppers (Chef Secret):** Preheat oven to 400°F (200°C). Arrange halved bell peppers cut-side up in a 9x13-inch glass baking dish. Brush lightly with 1 tbsp olive oil and season with sea salt. Pour 2 tbsp water into the bottom of the dish. Pre-roast for 10 minutes to tenderize the peppers before stuffing (prevents crunchy undercooked peppers).
2. **Brown the Ground Turkey:** While peppers pre-roast, heat 1 tbsp olive oil in a large skillet over medium-high heat. Add ground turkey and diced onion, breaking the turkey into small crumbles with a spatula. Cook for 5 to 6 minutes until the turkey is browned and onions are translucent.
3. **Sauté Garlic & Cauliflower Rice:** Add minced garlic and fresh riced cauliflower to the skillet. Cook for 3 minutes, stirring constantly until the cauliflower absorbs the savory juices.
4. **Simmer Italian Tomato Sauce:** Stir in tomato paste, crushed San Marzano tomatoes, dried Italian seasoning, red pepper flakes, sea salt, and black pepper. Lower heat to medium-low and simmer for 4 minutes until the sauce thickens and coats the meat and rice.
5. **Stuff the Peppers:** Remove the pre-roasted peppers from the oven. Spoon the savory turkey-cauliflower mixture generously into each pepper cavity, heaping it slightly over the top.
6. **Bake to Bubbly Perfection:** Return the baking dish to the oven at 400°F and bake uncovered for 18 to 20 minutes until the filling is piping hot and the edges of the peppers are blistered and tender.
7. **Garnish & Serve:** Remove from oven and let rest for 5 minutes. Sprinkle with fresh chopped basil and a dusting of nutritional yeast (or dairy-free parmesan). Serve warm!

Chef's Paleo Nutritional Science: Sweet bell peppers provide over 200% of the recommended daily value of ascorbic acid (Vitamin C) alongside capsanthin carotenoids that attenuate cellular oxidative stress. Combining lean ground turkey with cruciferous riced cauliflower provides comprehensive amino acid satiety without the glycemic surge or lectin-associated gut irritation of grain-based white rice.

RECIPE #43 • PASTURE-RAISED POULTRY & CHICKEN

One-Skillet Greek Lemon Garlic Chicken Thighs with Kalamata Olives

Transport your dinner table to the sun-drenched Greek Isles with a vibrant, one-skillet primal feast. This Greek Lemon Garlic Chicken sears bone-in, skin-on pasture-raised chicken thighs until the skin is crackling and golden, then simmers them in a reduction of fresh lemon juice, rich bone broth, whole garlic cloves, briny Kalamata olives, tender artichoke hearts, and fresh Greek oregano. It delivers maximum Mediterranean flavor with practically zero cleanup.

Prep: 10 Mins	**Cook:** 25 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 460 kcal	**Protein:** 42g	**Healthy Fats:** 30g	**Net Carbs:** 4g

Ingredients

- **6 bone-in, skin-on pasture-raised chicken thighs** (approx. 2.25 lbs)
- **2 tbsp extra virgin olive oil or avocado oil**
- **6 cloves garlic**, smashed and peeled
- **1 medium red onion**, cut into thick wedges
- **1 can (14 oz) organic quartered artichoke hearts in water**, drained and patted dry
- **0.75 cup pitted Greek Kalamata olives**, halved
- **0.5 cup organic chicken bone broth**
- **Zest and juice of 2 organic lemons** (approx. 0.33 cup fresh juice)
- **1 organic lemon**, sliced into thin wheels
- **1.5 tbsp fresh Greek oregano**, chopped (or 1 tsp dried wild oregano)
- **1 tbsp fresh dill**, finely chopped
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **2 tbsp chopped fresh parsley** (for garnish)

Step-by-Step Instructions

1. **Season & Dry:** Pat chicken thighs thoroughly dry with paper towels. Season generously on both sides with coarse sea salt, black pepper, and half of the chopped oregano.
2. **Crisp the Skin:** Heat 2 tbsp olive oil in a wide 12-inch heavy cast-iron skillet over medium-high heat. Place chicken thighs skin-side down in the skillet. Sear undisturbed for 8 to 10 minutes until the skin is deep golden brown and audibly crispy. Flip and sear the second side for 3 minutes. Transfer chicken to a plate.
3. **Sauté Aromatics:** Lower heat to medium. Add smashed garlic cloves and red onion wedges to the chicken drippings in the skillet. Sauté for 3 minutes until slightly caramelized.
4. **Add Mediterranean Accents:** Add quartered artichoke hearts and Kalamata olives to the skillet, stirring to coat in the pan juices.
5. **Deglaze & Simmer:** Pour in the chicken bone broth, fresh lemon juice, lemon zest, and remaining oregano. Scrape up any browned bits from the bottom of the pan with a wooden spoon.

6. **Braise to Perfection:** Nestle the chicken thighs back into the skillet skin-side UP (keep the crispy skin above the braising liquid so it stays crunchy). Arrange thin lemon wheels around and over the chicken. Simmer over medium-low heat for 12 to 15 minutes (or transfer the whole oven-safe skillet into a 400°F oven) until the chicken reaches an internal temperature of 175°F (chicken thighs are juiciest at 175°F).
7. **Garnish & Serve:** Remove from heat. Spoon the pan sauce over the olives and artichokes (avoid pouring directly over the crispy skin). Garnish with fresh dill, parsley, and extra cracked black pepper. Serve directly from the rustic cast-iron skillet.

Chef's Paleo Nutritional Science: Greek Kalamata olives and extra virgin olive oil provide concentrated hydroxytyrosol and oleuropein—potent phenolic antioxidants that protect vascular endothelial walls from oxidative stress. Fresh artichoke hearts deliver rich amounts of prebiotic inulin and cynarin, which stimulate healthy bile secretion and optimize fat digestion.

RECIPE #44 • PASTURE-RAISED POULTRY & CHICKEN

One-Skillet Paleo Chicken Marsala with Bacon & Wild Mushrooms

Craving the savory, earthy richness of Italian Chicken Marsala without wheat flour, dairy butter, heavy cream, or alcohol? This One-Skillet Paleo Chicken Marsala sears thin pasture-raised chicken cutlets in crispy rendered bacon fat with an arrowroot crust. Simmered in a rich reduction of organic chicken bone broth, aged Modena balsamic vinegar, sautéed cremini and shiitake mushrooms, garlic, and velvety culinary coconut milk, it delivers pure restaurant comfort in just 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 42g	**Healthy Fats:** 22g	**Net Carbs:** 4g

Ingredients

For the Crispy Chicken & Bacon:

- **1.5 lbs pasture-raised chicken breasts**, sliced horizontally into thin cutlets and pounded 0.25-inch thick
- **5 slices pasture-raised thick-cut bacon**, diced
- **3 tbsp arrowroot starch or tapioca flour** (for dusting)
- **1 tsp garlic powder**
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **1 tbsp grass-fed ghee or avocado oil** (if needed for searing)

For the Rich Balsamic Mushroom Sauce:

- **10 oz cremini (baby bella) & shiitake mushrooms**, sliced
- **1 small yellow onion**, finely diced
- **4 cloves garlic**, minced
- **0.75 cup rich organic chicken bone broth**
- **3 tbsp aged balsamic vinegar** (replicates the sweet-tangy complexity of Marsala wine)
- **0.33 cup full-fat culinary coconut milk** (adds velvety silkiness without coconut flavor)
- **1 tbsp fresh rosemary or thyme**, finely chopped
- **0.25 cup fresh Italian flat-leaf parsley**, chopped (for garnish)

Step-by-Step Instructions

1. **Crisp the Bacon:** Heat a wide 12-inch cast-iron skillet over medium heat. Add diced bacon and cook for 6 to 7 minutes until crispy and rendered. Transfer bacon with a slotted spoon to a paper towel-lined plate, leaving the flavorful drippings in the skillet.
2. **Dredge & Sear Chicken Cutlets:** Season thin chicken cutlets with garlic powder, sea salt, and black pepper. Lightly dredge in arrowroot starch, shaking off excess. Increase skillet heat to medium-high. Add chicken cutlets to the hot bacon fat in a single layer. Sear undisturbed for 3 to 4 minutes per side until golden brown and cooked through. Transfer to a warm plate.
3. **Sauté Mushrooms & Aromatics:** Add sliced mushrooms and diced onion to the remaining pan fat. Cook over medium-high heat for 4 to 5 minutes until mushrooms are deeply caramelized and tender. Stir in minced garlic and fresh thyme; sauté for 60 seconds until fragrant.
4. **Deglaze with Balsamic Marsala Reduction:** Pour in the aged balsamic vinegar and chicken bone broth, scraping up all the savory browned bits from the skillet bottom. Simmer vigorously for 3 minutes until the liquid reduces by half.
5. **Stir in Coconut Cream & Thicken:** Lower the heat to medium-low. Whisk in the full-fat coconut milk and simmer gently for 2 minutes until the sauce thickens into a glossy, velvety gravy. Season with a pinch of sea salt and black pepper to taste.
6. **Combine & Serve:** Nestle the seared chicken cutlets back into the bubbling skillet, spooning the mushroom gravy over top. Sprinkle with the reserved crispy bacon bits and chopped fresh Italian parsley. Serve immediately over cauliflower mash or roasted asparagus.

Chef's Paleo Nutritional Science: Cremini and shiitake mushrooms are rich in selenium, copper, and ergothioneine, a specialized antioxidant that concentrates within cellular mitochondria to protect against oxidative damage. Searing the chicken in natural rendered bacon fat and enriching the reduction with aged balsamic vinegar provides natural umami glutamates and prebiotic acetic acid without refined additives.

RECIPE #45 • PASTURE-RAISED POULTRY & CHICKEN

One-Skillet Paleo Mediterranean Artichoke Chicken

Craving a bright, sun-drenched Mediterranean chicken skillet with tender artichokes and briny capers without white flour dredging, dairy butter, white wine sulfites, or canola oil? This One-Skillet Paleo Mediterranean Artichoke Chicken dusts tender pasture-raised chicken breast cutlets in arrowroot starch, garlic, and Italian herbs. Hard-seared in extra virgin olive oil in a screaming-hot cast-iron skillet, then simmered in a shimmering pan sauce of rich chicken bone broth, fresh organic lemon juice, tender quartered artichoke hearts, sweet sun-dried tomatoes, non-pareil capers, and ribbons of fresh basil in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Large Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 44g	**Healthy Fats:** 20g	**Net Carbs:** 5g

Ingredients

For the Golden Chicken Cutlets:

- **1.5 lbs boneless, skinless chicken breasts**, sliced horizontally into 4 thin cutlets and pounded to 0.5-inch thickness
- **2.5 tbsp arrowroot starch or tapioca flour** (for light crispy crust)

- **1.5 tsp dried Italian herb blend** (oregano, basil, thyme, rosemary)
- **1 tsp garlic powder** and **0.5 tsp onion powder**
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**
- **3 tbsp extra virgin olive oil or grass-fed ghee** (for skillet searing)

For the Mediterranean Artichoke Pan Sauce:

- **1 can (14 oz) quartered artichoke hearts in water**, drained and patted dry
- **0.5 cup oil-packed Mediterranean sun-dried tomatoes**, drained and sliced into strips
- **2.5 tbsp non-pareil capers**, drained
- **5 cloves garlic**, thinly sliced
- **1 medium shallot**, finely minced
- **1 cup rich organic chicken bone broth**
- **3 tbsp fresh organic lemon juice** and **1 tsp lemon zest**
- **2 tbsp grass-fed ghee or cold extra virgin olive oil** (swirled at end for glossy pan emulsion)

For Garnish & Serving:

- **0.33 cup fresh organic basil leaves**, chiffonade cut
- **0.25 cup pitted Kalamata olives (optional)**
- **Steamed cauliflower rice, zucchini noodles, or roasted asparagus**

Step-by-Step Instructions

1. **Dredge Chicken Cutlets:** Pat chicken cutlets bone-dry with paper towels. In a shallow bowl, whisk arrowroot starch, Italian seasoning, garlic powder, onion powder, Celtic sea salt, and black pepper. Lightly dredge both sides of each cutlet, shaking off excess starch.
2. **Cast-Iron Searing (Crispy Edge Invariant):** Heat 3 tbsp extra virgin olive oil in a 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat until shimmering. Place chicken cutlets in skillet in a single layer. Sear undisturbed for 3 to 4 minutes until deeply golden-brown. Flip with tongs and sear for 3 minutes on second side until cooked through (internal temp 165°F / 74°C). Transfer cutlets to a warm platter.
3. **Sauté Aromatics & Artichokes:** Reduce skillet heat to MEDIUM. Add minced shallot, sliced garlic, quartered artichoke hearts, and sliced sun-dried tomatoes to the pan drippings. Sauté for 3 minutes until garlic is fragrant and artichoke edges develop light golden caramelization.
4. **Deglaze & Simmer Pan Reduction:** Pour in the chicken bone broth, fresh lemon juice, lemon zest, and drained capers. Use a wooden spoon to scrape up all browned caramelized bits from the skillet bottom. Simmer vigorously for 3 to 4 minutes until the liquid reduces by one-third.
5. **Emulsify Sauce:** Remove skillet from heat. Swirl in 2 tbsp grass-fed ghee (or cold olive oil) until melted into a silky, shimmering pan emulsion. Season with a pinch of sea salt and black pepper to taste.
6. **Return Chicken & Spoon:** Place seared chicken cutlets back into the skillet. Spoon the warm artichokes, sun-dried tomatoes, capers, and pan reduction generously over each cutlet.
7. **Plate & Garnish:** Scatter fresh ribbons of basil and Kalamata olives over top. Serve immediately alongside steamed cauliflower rice or garlic zucchini noodles!

Chef's Paleo Nutritional Science: Artichoke hearts (Cynara cardunculus) contain cynarin and prebiotic inulin fructans that stimulate hepatic bile flow and nourish beneficial Bifidobacteria. Extra virgin olive oil provides oleuropein and hydroxytyrosol polyphenols that enhance endothelial nitric oxide bioavailability.

RECIPE #46 • PASTURE-RAISED POULTRY & CHICKEN

Rich & Creamy Paleo Butter Chicken with Turmeric Cauliflower Rice

Craving the rich, deeply aromatic flavors of authentic Indian takeout without heavy cream, refined sugars, or gluten? This Paleo Butter Chicken (Murgh Makhani) reimagines the world-famous northern Indian classic with ancestral ingredients. Tender cubes of pasture-raised chicken are seared in fragrant grass-fed ghee and simmered in a velvety, slow-cooked San Marzano tomato gravy enriched with culinary coconut cream, garam masala, fresh ginger, and fenugreek, then served over fluffy turmeric cauliflower rice.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 5 Servings	**Level:** Easy
Calories: 460 kcal	**Protein:** 44g	**Healthy Fats:** 28g	**Net Carbs:** 8g

Ingredients

For the Spiced Chicken & Marinade:

- **2 lbs pasture-raised chicken breasts or boneless thighs**, cut into 1.25-inch bite-sized cubes
- **2 tbsp fresh lemon juice**
- **1 tbsp fresh ginger**, grated
- **4 cloves garlic**, minced
- **1 tsp ground cumin**
- **1 tsp ground coriander**
- **1 tsp garam masala**
- **1 tsp smoked paprika**
- **1 tsp coarse Celtic sea salt**

For the Velvety Makhani Gravy:

- **3 tbsp grass-fed clarified butter (ghee)** (divided)
- **1 large yellow onion**, finely diced
- **1 can (14 oz) organic tomato sauce or pureed San Marzano tomatoes**
- **2 tbsp organic tomato paste**
- **1 can (13.5 oz) full-fat unsweetened coconut cream** (chilled, top cream layer)
- **1.5 tbsp garam masala**
- **1 tsp ground turmeric**
- **0.5 tsp ground cardamom**
- **0.5 tsp chili powder or Kashmiri chili**
- **1 tbsp dried fenugreek leaves (kasuri methi)**, crushed between palms (secret for authentic aroma)
- **1 tsp coarse sea salt**

For the Turmeric Golden Cauliflower Rice:

- **4 cups riced cauliflower**
- **1 tbsp grass-fed ghee**
- **0.5 tsp ground turmeric**
- **0.25 cup chopped fresh cilantro** (for garnish)

Step-by-Step Instructions

1. **Marinate Chicken:** In a mixing bowl, toss chicken cubes with lemon juice, grated ginger, minced garlic, cumin, coriander, garam masala, smoked paprika, and 1 tsp sea salt. Let rest at room temperature for 10 minutes (or refrigerate up to 24 hours).
2. **Sear the Chicken:** Heat 1.5 tbsp ghee in a large 12-inch heavy Dutch oven or skillet over medium-high heat. Add chicken pieces in a single layer (cook in batches if needed) and sear for 3 to 4 minutes per side until lightly browned and seared on the edges. Transfer seared chicken to a plate.
3. **Sauté Aromatics & Spices:** Melt remaining 1.5 tbsp ghee in the same pot over medium heat. Add diced onion and sauté for 5 minutes until soft and golden. Stir in tomato paste, garam masala, turmeric, cardamom, and chili powder. Cook stirring constantly for 2 minutes to bloom the fragrant spices.
4. **Simmer Makhani Sauce:** Pour in the pureed tomato sauce and 0.5 cup filtered water or bone broth. Bring to a gentle boil, reduce heat to low, cover, and simmer for 10 minutes so the tomato flavors mellow and harmonize.
5. **Blend for Ultra-Silkiness (Pro Chef Tip):** For a 5-star restaurant silky texture, transfer the warm tomato sauce to a high-speed blender (or use an immersion blender) and blend on high for 60 seconds until completely smooth. Pour back into the pot.
6. **Stir in Cream & Simmer:** Whisk the full-fat coconut cream into the blended sauce. Return the seared chicken and any resting juices into the gravy. Stir in the crushed fenugreek leaves (kasuri methi). Simmer uncovered on low for 6 to 8 minutes until chicken is tender and cooked through (165°F).
7. **Make Golden Cauliflower Rice:** In a separate skillet over medium heat, melt 1 tbsp ghee, add riced cauliflower, turmeric, and a pinch of salt. Sauté for 4 minutes until tender-crisp.
8. **Serve:** Spoon generous ladlefuls of rich butter chicken over warm golden turmeric cauliflower rice. Garnish with fresh cilantro leaves and a swirl of coconut cream.

Chef's Paleo Nutritional Science: Turmeric contains bioavailable curcuminoids, which work synergistically with the black pepper and healthy fats from grass-fed ghee to downregulate NF-kB inflammatory cascades. Grass-fed ghee provides concentrated butyric acid, supporting gut enterocyte metabolism while remaining free of casein and lactose.

RECIPE #47 • PASTURE-RAISED POULTRY & CHICKEN

One-Pot Paleo Chicken Piccata Meatballs in White Wine Lemon Caper Sauce

Who doesn't adore the bright, zesty, briny punch of classic Italian chicken piccata? This one-pot ancestral reimagining takes the beloved bistro cutlet and transforms it into tender, succulent pastured chicken meatballs simmered in a velvety pan sauce of dry white wine, bone broth, freshly squeezed lemon juice, briny wild capers, and grass-fed ghee. Without a trace of white flour, processed breadcrumbs, or heavy cream, this complete 30-minute weeknight skillet meal delivers rich culinary comfort that elevates your dinner rotation.

Prep: 15 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Blanched Almond Flour & Bone Broth:** Superfine almond flour absorbs concentrated chicken bone broth, creating a moist matrix that physically prevents ground poultry myosin proteins from cross-linking too tightly.

- **Pastured Egg Binding:** Whole eggs supply albumin and lecithin, creating a stable fat-water emulsion throughout the meatball interior.
- **50/50 Breast & Thigh Blend:** Incorporating ground chicken thighs brings natural dark-meat lipids and collagen, guaranteeing juicy, fork-tender texture with every bite.

Step-by-Step Instructions

1. In a large bowl, combine 1 lb ground pastured chicken (ideally a blend of breast and thigh) with 1/2 cup blanched superfine almond flour, 1 large beaten pastured egg, 3 cloves minced garlic, 2 tablespoons finely chopped fresh flat-leaf parsley, 2 tablespoons chicken bone broth, 1 teaspoon unrefined sea salt, 1/2 teaspoon onion powder, and 1/2 teaspoon black pepper.

2. Gently mix with clean hands until just combined. *Avoid overworking the meat!*

3. Using a 2-tablespoon cookie scoop, portion the meat into 16 uniform meatballs. Roll gently between palms to smooth.

RECIPE #48 • PASTURE-RAISED POULTRY & CHICKEN

Greek Chicken Souvlaki Skewers with Dairy-Free Cucumber Dill Tzatziki

Looking for authentic Mediterranean street food flavor without gluten pita wraps, commercial dairy yogurt, or vegetable oil marinades? Greek chicken souvlaki is one of the world's greatest ancestral culinary traditions. Skewered tender pastured chicken thighs are marinated in cold-pressed Greek extra virgin olive oil, freshly squeezed lemon juice, crushed garlic, and aromatic wild oregano, then grilled over high heat until smoky and charred. Paired with a thick, dairy-free cucumber dill tzatziki crafted from cultured cashew cream and salted cucumbers, this vibrant meal brings Aegean sunshine straight to your table.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings (8 Skewers)	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Citric Acid Denaturation:** The low pH of fresh lemon juice gently denatures the outer protein sheaths of the poultry muscle, allowing salt and fat-soluble aromatics to penetrate deep into the fibers.
- **Extra Virgin Olive Oil Phenols:** High-polyphenol olive oil blankets the meat in protective squalene and oleocanthal, shielding the muscle proteins from heat-induced heterocyclic amine (HCA) formation during high-temperature grilling.
- **Greek Mountain Oregano (Carvacrol):** Wild dried Greek oregano (*Origanum vulgare hirtum*) contains up to 80% **carvacrol** and **thymol**. These bioactive terpenes possess potent antimicrobial and anti-inflammatory properties while lending that distinct, rustic Mediterranean aroma.

Step-by-Step Instructions

1. Cut 1.5 lbs of boneless, skinless pastured chicken thighs into uniform 1.25-inch bite-sized cubes.

2. In a large glass bowl or zip-top bag, whisk 1/4 cup cold-pressed Greek extra virgin olive oil, 3 tablespoons freshly squeezed organic lemon juice, 4 cloves finely minced garlic, 1.5 tablespoons dried Greek oregano, 1 teaspoon dried

thyme, 1 teaspoon fine sea salt, and 1/2 teaspoon freshly cracked black pepper.

3. Add chicken cubes to the marinade, tossing thoroughly to coat every piece. Seal and refrigerate for at least 1 hour (ideally 4 to 6 hours).
4. If using wooden bamboo skewers, soak 8 skewers in cold water for at least 30 minutes to prevent charring on the grill.

RECIPE #49 • PASTURE-RAISED POULTRY & CHICKEN

Authentic Paleo Spaghetti Squash Pad Thai (Chicken & Shrimp)

Missing the sweet, tangy, savory rush of Bangkok street-cart Pad Thai without refined rice noodles, peanut butter, soy sauce, or white cane sugar? This Authentic Paleo Spaghetti Squash Pad Thai tosses roasted strands of tender spaghetti squash with pasture-raised chicken strips, wild-caught shrimp, scrambled eggs, and crisp green onions in a searing hot wok. Dressed with a scratch-made tamarind, coconut aminos, Red Boat fish sauce, and almond butter reduction, it delivers unforgettable takeout flavor in 30 minutes.

Prep: 15 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 38g	**Healthy Fats:** 22g	**Net Carbs:** 12g

Ingredients

For the Pad Thai Noodles & Proteins:

- **1 medium spaghetti squash** (approx. 3 lbs, roasted and scraped into 4 cups tender noodle strands)
- **1 lb pasture-raised boneless chicken thighs or breasts**, sliced into thin bite-sized strips
- **0.5 lb wild-caught shrimp**, peeled and deveined
- **2 large pasture-raised eggs**, lightly beaten
- **2 tbsp unrefined avocado oil** (divided, for high-heat wok frying)
- **4 cloves garlic**, minced
- **1 tbsp fresh ginger**, grated
- **4 scallions (green onions)**, sliced into 1-inch batons
- **1.5 cups fresh bean sprouts or shredded green cabbage**

For the Authentic Sweet & Tangy Pad Thai Sauce:

- **0.33 cup organic coconut aminos**
- **2.5 tbsp fresh lime juice** (approx. 2 limes)
- **2 tbsp creamy unsweetened almond butter or sunflower seed butter** (replaces peanut butter)
- **1.5 tbsp Red Boat fish sauce** (pure black anchovy extract)
- **1.5 tbsp pure tamarind paste or raw honey** (adds signature sweet-sour tang)
- **1 tsp garlic chili sauce or sriracha** (optional, adjust to spice preference)

For Garnish:

- **0.33 cup dry-roasted cashews**, roughly chopped (replaces crushed peanuts)
- **0.25 cup fresh cilantro leaves**
- **Fresh lime wedges and crushed red pepper flakes**

Step-by-Step Instructions

1. **Roast Spaghetti Squash Strands:** Slice spaghetti squash crosswise into 1-inch rings (this yields longer, less watery noodles than slicing lengthwise). Scoop out seeds, rub with 1 tsp avocado oil, and roast on a parchment-lined baking sheet at 400°F (200°C) for 25 minutes until al dente. Scrape with a fork into long noodle strands and gently press with a paper towel to remove surface moisture.
2. **Whisk Pad Thai Sauce:** In a small bowl, whisk together coconut aminos, fresh lime juice, almond butter, Red Boat fish sauce, tamarind paste (or honey), and garlic chili sauce until completely smooth and emulsified.
3. **Sear Chicken & Shrimp:** Heat 1 tbsp avocado oil in a large 14-inch wok or deep cast-iron skillet over HIGH heat. Add sliced chicken and sear for 3 to 4 minutes until browned. Add shrimp, minced garlic, and grated ginger; toss for 2 minutes until shrimp turn pink and opaque. Transfer proteins to a plate.
4. **Scramble the Eggs:** Add 1 tsp avocado oil to the open hot wok. Pour in the beaten eggs and scramble vigorously with a wooden spatula for 30 to 45 seconds until soft curd ribbons form. Push eggs to the side.
5. **Flash-Fry Noodles & Toss with Sauce:** Add the roasted spaghetti squash noodles, scallion batons, and bean sprouts (or shredded cabbage) to the hot wok. Pour the prepared Pad Thai sauce over the noodles. Return cooked chicken and shrimp to the wok.
6. **Toss on High Heat (Chef Secret):** Toss everything vigorously over high heat for 90 seconds until the squash strands absorb the savory tamarind sauce without becoming soggy. Remove immediately from the heat.
7. **Plate & Garnish:** Divide steaming Pad Thai between 4 wide bowls. Scatter generously with chopped roasted cashews, fresh cilantro leaves, a pinch of red pepper flakes, and fresh lime wedges for squeezing. Serve immediately!

Chef's Paleo Nutritional Science: Spaghetti squash provides a low-glycemic, fiber-rich matrix loaded with Vitamin C, B-complex vitamins, and potassium without the rapid insulin spikes of refined white rice noodles. Wild-caught shrimp and pasture-raised chicken deliver comprehensive branched-chain amino acids (BCAAs) that stimulate muscle protein synthesis, while pure tamarind extract supplies polyphenols with proven cellular antioxidant properties.

RECIPE #50 • PASTURE-RAISED POULTRY & CHICKEN

Paleo Tom Kha Gai (Thai Coconut Chicken Soup)

Craving authentic Bangkok street-food style Tom Kha Gai with its velvety coconut broth, fragrant citrus lemongrass aroma, and savory-sour-spicy balance without white sugar, MSG, soy sauce, or canola oil? This Paleo Tom Kha Gai simmers rich organic chicken bone broth with full-fat culinary coconut milk, bruised fresh lemongrass stalks, sliced galangal (or ginger root), kaffir lime leaves, and Thai bird's eye chilies. Loaded with tender pasture-raised chicken breast slices and earthy shiitake mushrooms, seasoned with artisanal Red Boat fish sauce and freshly squeezed lime juice in 25 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Large Bowls	**Level:** Easy
Calories: 360 kcal	**Protein:** 32g	**Healthy Fats:** 24g	**Net Carbs:** 4g

Ingredients

For the Aromatic Thai Coconut Broth:

- **3 cups rich organic chicken bone broth**
- **2 cans (13.5 oz each) full-fat culinary coconut milk** (unsweetened, no guar gum)

- **2 stalks fresh lemongrass** (outer leaves removed, cut into 2-inch pieces, bruised with the back of a chef's knife to release citrus oils)
- **1 piece (2-inch) fresh galangal or ginger root**, thinly sliced
- **5 fresh or dried kaffir (makrut) lime leaves**, lightly torn
- **1 to 2 small red Thai bird's eye chilies**, sliced or gently crushed (adjust for desired heat)
- **4 cloves fresh garlic**, smashed

For the Chicken & Vegetables:

- **1.5 lbs pasture-raised boneless skinless chicken breasts or thighs**, sliced into thin bite-sized strips
- **8 oz fresh shiitake or cremini mushrooms**, stems removed and caps sliced
- **1 cup organic cherry tomatoes**, halved
- **1 medium shallot**, thinly sliced

For Seasoning & Garnish:

- **3 tbsp Red Boat fish sauce** (essential umami seasoning)
- **0.33 cup freshly squeezed organic lime juice** (approx. 2 to 3 limes, stirred in off heat)
- **1 tbsp pure coconut aminos** (replaces white sugar for subtle sweetness balance)
- **0.5 cup fresh cilantro leaves and green scallions**, roughly chopped
- **1 tbsp unrefined chili oil or crushed red pepper flakes** (for drizzling)

Step-by-Step Instructions

1. **Infuse the Aromatic Broth (Steeping Invariant):** In a large 4-quart pot or Dutch oven, combine chicken bone broth, coconut milk, bruised lemongrass pieces, sliced galangal/ginger, torn kaffir lime leaves, crushed Thai chilies, and smashed garlic. Bring to a gentle boil over MEDIUM-HIGH heat. Reduce heat to MEDIUM-LOW, cover, and simmer for 10 minutes to allow the essential herbal oils to deeply infuse the coconut broth.
2. **Add Mushrooms & Shallots:** Add sliced shiitake mushrooms and sliced shallots to the simmering aromatic broth. Cook for 3 minutes until mushrooms become tender.
3. **Poach Chicken (Tender Poaching Invariant):** Gently slide sliced chicken breast strips and halved cherry tomatoes into the simmering soup. Simmer on MEDIUM-LOW for 5 to 6 minutes until chicken is completely cooked through, opaque, and succulent (do not boil rapidly, which can toughen white chicken meat).
4. **Season with Umami & Citrus Balance:** Remove pot from heat. (Note: Lemongrass, galangal slices, and lime leaves are traditionally left in the pot for presentation and ongoing flavor, but are not meant to be chewed). Stir in the Red Boat fish sauce, coconut aminos, and fresh lime juice. Taste broth and adjust: add more lime juice for sour brightness, fish sauce for savory saltiness, or chilies for heat.
5. **Ladle & Garnish:** Ladle steaming hot soup into 4 wide bowls. Top generously with fresh cilantro leaves, sliced green scallions, lime wedges, and a swirl of spicy chili oil. Serve immediately!

Chef's Paleo Nutritional Science: Lemongrass contains citral and geraniol, two natural terpenes with potent antimicrobial and digestive-soothing properties. Galangal and ginger supply bioactive gingerols that downregulate inflammatory NF-kB pathways. Full-fat coconut milk provides medium-chain lauric acid to support immune mucosal defense.

RECIPE #51 • PASTURE-RAISED POULTRY & CHICKEN

Sheet Pan Greek Lemon Herb Chicken

Craving a vibrant, sun-drenched Greek tavern dinner with crispy golden chicken, briny olives, and caramelized lemon wheels with virtually zero cleanup? This Sheet Pan Greek Lemon Herb Chicken roasts tender, pasture-raised boneless chicken thighs on a single rimmed baking sheet with quartered artichoke hearts, rich Greek Kalamata olives, sweet cherry tomatoes, red onion wedges, and sliced organic lemons. Marinated in cold-pressed extra virgin olive oil, minced garlic, dried wild Greek oregano, and fresh thyme, roasting at 425°F into juicy Mediterranean perfection in 35 minutes.

Prep: 10 Mins	**Cook:** 25 Mins	**Yield:** 4 Large Servings	**Level:** Easy
Calories: 430 kcal	**Protein:** 40g	**Healthy Fats:** 28g	**Net Carbs:** 4g

Ingredients

For the Greek Lemon Herb Chicken & Vegetables:

- **2 lbs organic boneless skinless chicken thighs** (trimmed of excess fat and cut into large halves)
- **1 can (14 oz) quartered artichoke hearts in water**, drained and patted dry
- **1 cup pitted Greek Kalamata olives**, halved
- **1.5 cups organic cherry tomatoes**, left whole for blistering
- **1 large red onion**, cut into 0.75-inch wedges
- **1 organic lemon**, thinly sliced into rounds (seeds removed)

For the Authentic Greek Lemon Herb Marinade:

- **0.33 cup cold-pressed extra virgin olive oil**
- **3 tbsp freshly squeezed organic lemon juice** and **1 tsp lemon zest**
- **6 cloves fresh garlic**, finely minced or pressed
- **2 tbsp dried wild Greek oregano** (crushed between palms to bloom essential oils)
- **1 tbsp fresh rosemary or thyme**, finely chopped
- **1.5 tsp coarse Celtic sea salt** and **1 tsp cracked black pepper**
- **0.5 tsp onion powder** and **0.25 tsp crushed red pepper flakes**

For Garnish & Serving:

- **0.25 cup fresh flat-leaf parsley**, chopped
- **Dairy-free cucumber tzatziki or lemon garlic cauliflower rice**

Step-by-Step Instructions

1. **Prep Oven & Sheet Pan:** Preheat oven to 425°F (220°C). Line an extra-large rimmed half-sheet baking pan with parchment paper for easy cleanup.
2. **Whisk Greek Marinade:** In a measuring cup or small bowl, whisk together extra virgin olive oil, fresh lemon juice, lemon zest, minced garlic, dried oregano, chopped fresh rosemary/thyme, Celtic sea salt, black pepper, onion powder, and red pepper flakes until emulsified.
3. **Toss Chicken & Vegetables:** In a large mixing bowl, combine chicken thigh pieces, drained artichoke hearts, Kalamata olives, cherry tomatoes, red onion wedges, and sliced lemon wheels. Pour the Greek marinade over everything. Toss with tongs until all chicken and vegetables are thoroughly coated in the fragrant herb oil.

4. **Spread in Single Layer (Airflow Invariant):** Spread the marinated chicken and vegetable mixture evenly across the prepared sheet pan in a single layer, ensuring pieces are not overlapping so they roast and caramelize rather than steam.
5. **High-Heat Roasting:** Roast at 425°F (220°C) for **25 to 30 minutes**, tossing vegetables gently halfway through, until chicken reaches an internal temperature of 165°F (74°C), the lemon wheels are caramelized, and tomatoes are blistered and juicy.
6. **Broil for Golden Edges (Optional):** Switch oven to HIGH BROIL for 2 to 3 minutes to achieve crispy golden-brown edges on the chicken and artichokes.
7. **Garnish & Serve:** Remove from oven. Scatter fresh chopped parsley over the pan. Spoon roasted chicken, blistered tomatoes, artichokes, and savory pan juices over lemon garlic cauliflower rice. Serve immediately alongside chilled dairy-free tzatziki!

Chef's Paleo Nutritional Science: Cold-pressed extra virgin olive oil supplies high-potency polyphenols (hydroxytyrosol and oleocanthal) that reduce oxidative arterial stress. Kalamata olives provide monounsaturated fats, while artichoke hearts deliver dense prebiotic inulin fiber to feed beneficial gut microbiota.

RECIPE #52 • PASTURE-RAISED POULTRY & CHICKEN

Crispy Sheet-Pan Lemon Rosemary Chicken Thighs with Caramelized Roasted Parsnips

Can a rustic sheet-pan dinner produce shatteringly crisp chicken skin while bathing sweet root vegetables in rich, roasted savory pan juices without a minute of active frying? Boneless chicken breasts often dry out under high heat, leaving vegetables uninspired. This ancestral sheet-pan triumph pairs bone-in, skin-on pastured chicken thighs with sweet, earthy parsnips, fresh rosemary needles, garlic cloves, and sliced lemons. As the chicken roasts at high heat, subcutaneous fat renders into savory schmaltz, caramelizing the parsnips below into sweet, golden nuggets with crisp edges.

Prep: 15 Mins	**Cook:** 40 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Bone-Dry Epidermal Surface:** Patting the chicken skin thoroughly dry with paper towels eliminates surface moisture. Placing chicken uncovered on a sheet pan in the refrigerator for 20 minutes further dehydrates the outer epidermal layer.
- **High-Heat Rendering Convection:** Roasting at 400°F (204°C) rapidly heats subcutaneous lipids beyond their melting point. Rendered chicken fat (schmaltz) bubbles up through the skin pores, essentially shallow-frying the skin in its own natural lipids until the collagen dehydrates into a brittle, glassy crackling.

Step-by-Step Instructions

1. Preheat oven to 400°F (204°C). Line an 18 × 13-inch heavy rimmed baking sheet with unbleached parchment paper.
2. Peel 1.5 lbs of fresh parsnips. Cut into uniform 2-inch baton sticks (approx. 1/2-inch thick). *If parsnips are very large with a woody center core, slice the core out before cutting into sticks.*
3. In a large bowl, toss parsnips with 1.5 tablespoons extra virgin olive oil, 1 tablespoon fresh rosemary needles (finely minced), 1/2 teaspoon coarse sea salt, and 1/4 teaspoon black pepper.

4. Spread parsnips evenly across the baking sheet, leaving 4 spaces open for the chicken thighs.

RECIPE #53 • PASTURE-RAISED POULTRY & CHICKEN

Sheet Pan Paleo Sizzling Chicken Fajitas with Lime Crema

Craving restaurant-style sizzling Mexican fajitas without flour tortillas, canola oil, industrial seasoning packets with maltodextrin, or a pile of greasy dishes? These Sheet Pan Paleo Sizzling Chicken Fajitas toss tender strips of pasture-raised chicken breasts, multi-colored bell peppers, and red onions in an aromatic rub of ground cumin, smoked paprika, chili powder, oregano, fresh garlic, and lime juice. Blister-roasted at 425°F on a single sheet pan until caramelized and juicy, they serve with charred grain-free cassava tortillas, fresh guacamole, and dairy-free cilantro lime crema in 20 minutes.

Prep: 10 Mins	**Cook:** 18 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 360 kcal	**Protein:** 34g	**Healthy Fats:** 20g	**Net Carbs:** 8g

Ingredients

For the Sheet Pan Sizzling Fajitas:

- **1.75 lbs pasture-raised chicken breasts or boneless thighs**, sliced into 0.5-inch thick strips
- **3 large organic bell peppers** (1 red, 1 yellow, 1 green), seeded and sliced into 0.5-inch strips
- **1 large red onion**, sliced into 0.5-inch wedges
- **3 tbsp unrefined avocado oil or melted grass-fed ghee**
- **2 tbsp fresh organic lime juice**
- **1 tbsp chili powder**
- **1.5 tsp ground cumin**
- **1 tsp smoked Spanish paprika**
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1 tsp dried Mexican oregano**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**

For the Dairy-Free Cilantro Lime Crema & Fixings:

- **0.5 cup avocado oil mayonnaise or full-fat coconut yogurt**
- **0.25 cup fresh cilantro**, finely minced
- **1.5 tbsp fresh lime juice**
- **1 clove garlic**, grated, with a pinch of sea salt
- **8 grain-free cassava tortillas** (charred) or crisp butter lettuce cups
- **Fresh scratch guacamole, salsa, & lime wedges** (for serving)

Step-by-Step Instructions

1. **Preheat & Prep Sheet Pan:** Preheat oven to 425°F (220°C). Line a large, heavy rimmed baking sheet with unbleached parchment paper.
2. **Whisk Fajita Spice Rub:** In a small bowl, whisk together chili powder, cumin, smoked paprika, garlic powder, onion powder, dried oregano, coarse sea salt, and black pepper.

3. **Toss Chicken & Peppers (High Heat Roasting Invariant):** Place sliced chicken strips, bell peppers, and red onions directly on the prepared sheet pan. Drizzle with avocado oil and fresh lime juice. Sprinkle the spice rub evenly over everything. Using your hands or tongs, toss thoroughly until every slice of chicken and vegetable is coated in seasoned spices.
4. **Spread into a Single Layer:** Spread ingredients into an even, single layer across the pan. (Ensure chicken strips are nestled between peppers so air can circulate and roast rather than steam).
5. **Roast to Blistered Perfection:** Roast at 425°F for 16 to 18 minutes until the chicken is cooked through (165°F internal) and the peppers are tender-crisp with charred, blistered edges. (Optional: Turn broiler on HIGH for the final 2 minutes for extra charred restaurant-style smokiness).
6. **Whisk Cilantro Lime Crema:** While fajitas roast, whisk avocado oil mayo (or coconut yogurt), minced cilantro, fresh lime juice, grated garlic, and a pinch of salt in a small bowl until creamy and smooth.
7. **Char Tortillas & Serve:** Char cassava tortillas over an open gas flame for 10 seconds per side until warm and pliable. Squeeze fresh lime juice over the sizzling sheet pan fajitas. Serve immediately family-style with warm tortillas, cilantro lime crema, fresh guacamole, and salsa!

Chef's Paleo Nutritional Science: Fresh multi-colored bell peppers deliver over 200% of the daily value for Vitamin C (ascorbic acid) alongside capsanthin and lutein carotenoids, protecting dermal collagen matrices from ultraviolet photodamage. Ground cumin contains cumin aldehyde, which stimulates pancreatic enzyme secretion and enhances bile acid synthesis for rapid fat digestion.

RECIPE #54 • PASTURE-RAISED POULTRY & CHICKEN

Sheet Pan Paleo Hawaiian Teriyaki Chicken

Craving a sweet and savory Hawaiian Huli Huli Teriyaki Chicken dinner with caramelized pineapple without soy sauce, brown sugar, high-fructose corn syrup, or canola oil? This Sheet Pan Paleo Hawaiian Teriyaki Chicken tosses boneless pasture-raised chicken thighs, ripe pineapple chunks, sweet bell peppers, and red onion wedges in unrefined avocado oil and sea salt. Roasted at 425°F until the chicken is juicy with charred edges, then basted in a rich, sticky homemade teriyaki glaze made from organic coconut aminos, pineapple juice, minced garlic, fresh ginger, and raw honey in 30 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Large Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 36g	**Healthy Fats:** 18g	**Net Carbs:** 14g

Ingredients

For the Sheet Pan Chicken & Roasted Pineapple:

- **1.75 lbs boneless, skinless pasture-raised chicken thighs**, cut into 1.5-inch bite-sized chunks
- **2.5 cups fresh pineapple chunks** (cut into 1-inch pieces)
- **1 large red bell pepper** and **1 large green bell pepper**, seeded and cut into 1-inch squares
- **1 large red onion**, cut into 1-inch wedges
- **2.5 tbsp unrefined avocado oil**
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**
- **1 tsp garlic powder** and **0.5 tsp smoked paprika**

For the Sticky Ginger Teriyaki Glaze:

- **0.5 cup organic coconut aminos**
- **0.25 cup 100% pure pineapple juice**
- **3 tbsp raw wildflower honey or pure maple syrup** (or date paste for Whole30)
- **1 tbsp raw unfiltered apple cider vinegar**
- **1 tbsp toasted sesame oil**
- **5 cloves garlic**, finely minced
- **1.5 tbsp fresh ginger root**, finely grated
- **1.5 tsp arrowroot starch** dissolved in **1 tbsp cold water** (slurry)

For Garnish & Serving:

- **2 green onions (scallions)**, thinly sliced
- **1 tbsp toasted white & black sesame seeds**
- **Steamed cilantro lime cauliflower rice**

Step-by-Step Instructions

1. **Preheat Oven & Prep Pan:** Preheat oven to 425°F (220°C). Line a large 18x13-inch rimmed baking sheet with unbleached parchment paper.
2. **Toss Chicken & Veggies:** On the prepared baking sheet, arrange chicken thigh pieces, fresh pineapple chunks, diced red and green bell peppers, and red onion wedges. Drizzle with 2.5 tbsp avocado oil and season with Celtic sea salt, black pepper, garlic powder, and smoked paprika. Toss with hands until evenly coated, then spread into a single layer with space between pieces.
3. **Simmer Sticky Teriyaki Glaze:** In a small saucepan over MEDIUM heat, combine coconut aminos, pineapple juice, raw honey, apple cider vinegar, toasted sesame oil, minced garlic, and grated ginger. Whisk in arrowroot slurry. Bring to a rolling boil and simmer for 3 minutes until thickened into a glossy, sticky glaze. Remove from heat.
4. **Roast (High-Heat Caramelization Invariant):** Roast sheet pan at 425°F for 15 minutes. The chicken will begin to cook through and pineapple edges will start caramelizing.
5. **Glaze & Broil:** Remove sheet pan from oven. Using a pastry brush or spoon, generously brush two-thirds of the warm sticky teriyaki glaze over the chicken, pineapple, and peppers. Switch oven to BROIL on HIGH and broil for 3 to 4 minutes until chicken is sticky with charred edges and pineapple is deeply caramelized (internal chicken temp 165°F / 74°C).
6. **Plate & Garnish:** Spoon cauliflower rice into bowls. Top with roasted Hawaiian teriyaki chicken, charred pineapple, and sweet peppers. Drizzle remaining teriyaki glaze over top. Garnish with sliced green onions and toasted sesame seeds. Serve immediately!

Chef's Paleo Nutritional Science: Fresh pineapple contains bromelain, a proteolytic enzyme that breaks down complex dietary proteins and supports systemic joint recovery. Bell peppers supply over 200% daily value of Vitamin C, which works synergistically with the glycine in chicken thighs to stimulate endogenous collagen synthesis.

RECIPE #55 • PASTURE-RAISED POULTRY & CHICKEN

Sun-Dried Tomato & Spinach Stuffed Chicken

Craving an elegant Tuscan stuffed chicken dinner with juicy meat and a molten savory filling without cream cheese, mozzarella, white flour dredging, or refined seed oils? This Sun-Dried Tomato & Spinach Stuffed Chicken carves deep horizontal pockets into thick pasture-raised chicken breasts, packed with a fragrant mixture of Mediterranean sun-dried tomatoes, garlic-wilted baby spinach, and savory nutritional yeast. Hard-seared in unrefined avocado oil in a scorching cast-iron skillet to develop a deep golden crust, then finished in a bubbling garlic-herb bone broth and coconut cream pan sauce in 30 minutes.

Prep: 12 Mins	**Cook:** 18 Mins	**Yield:** 4 Stuffed Breasts	**Level:** Easy
Calories: 420 kcal	**Protein:** 46g	**Healthy Fats:** 22g	**Net Carbs:** 4g

Ingredients

For the Stuffed Chicken Breasts:

- **4 large boneless, skinless chicken breasts** (approx. 7 to 8 oz each, thick cuts)
- **4 cups fresh organic baby spinach**, roughly chopped
- **0.5 cup oil-packed Mediterranean sun-dried tomatoes** (sulfite-free, drained and chopped)
- **4 cloves garlic**, finely minced
- **3 tbsp nutritional yeast** (creates rich, savory cheese flavor)
- **1.5 tsp Italian herb seasoning** (dried oregano, basil, thyme, rosemary)
- **1.5 tsp coarse Celtic sea salt** and **1 tsp cracked black pepper**
- **1 tsp garlic powder** and **0.5 tsp smoked paprika**
- **3 tbsp unrefined avocado oil or grass-fed ghee** (for pan searing)
- **Wooden toothpicks** (for securing pockets)

For the Creamy Garlic Pan Reduction:

- **0.75 cup rich organic chicken bone broth**
- **0.5 cup culinary full-fat coconut cream**
- **1 tbsp fresh lemon juice**
- **0.25 cup fresh Italian flat-leaf parsley**, chopped

For Serving:

- **Garlic roasted broccolini or cauliflower mash**
- **Fresh basil leaves & cracked black pepper**

Step-by-Step Instructions

1. **Sauté the Spinach-Tomato Filling:** Heat 1 tbsp avocado oil in a 12-inch cast-iron skillet over MEDIUM heat. Add minced garlic and chopped baby spinach; sauté for 2 minutes until spinach is completely wilted. Remove from heat. Transfer spinach to a bowl, squeeze out excess liquid, and stir in chopped sun-dried tomatoes, nutritional yeast, Italian seasoning, and 0.5 tsp sea salt.
2. **Cut the Pocket (Chef Knife Technique):** Place chicken breasts on a cutting board. Hold flat with one hand, and using a sharp chef's knife, carefully slice a horizontal pocket into the thick side of each breast, cutting about 3/4 of the way through without piercing the back or sides.

3. **Stuff & Secure (Zero-Leak Invariant):** Stuff one-quarter of the spinach-tomato mixture firmly inside each pocket. Pin the open seam tightly shut with 2 wooden toothpicks inserted horizontally.
4. **Season Breasts:** Rub the exterior of the stuffed chicken breasts with remaining sea salt, cracked black pepper, garlic powder, and smoked paprika.
5. **Hard Cast-Iron Sear:** Wipe out skillet and heat 2 tbsp avocado oil over MEDIUM-HIGH heat until shimmering. Place stuffed chicken breasts into the hot skillet. Sear undisturbed for 4 minutes until deeply golden-brown and caramelized. Carefully flip with tongs and sear the second side for 3 minutes.
6. **Add Pan Sauce & Bake:** Lower heat to MEDIUM. Pour chicken bone broth, coconut cream, and lemon juice around the chicken into the skillet. Transfer the skillet into a 375°F (190°C) oven for 10 to 12 minutes until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F (74°C).
7. **Rest & Serve:** Remove skillet from oven and transfer stuffed chicken to a cutting board. Discard toothpicks and let chicken rest for 5 minutes. Spoon warm, creamy pan sauce over each breast, scatter fresh parsley and basil over top, and slice into thick medallions to reveal the vibrant red-and-green filling!

Chef's Paleo Nutritional Science: Sun-dried tomatoes concentrate lycopene, lutein, and potassium that promote vascular tone. Baby spinach supplies rich folate, iron, and chlorophyll, while nutritional yeast delivers natural B-complex vitamins that accelerate cellular energy pathways.

CHAPTER 3

Chapter 3: Grass-Fed Beef & Savory Lamb

100% grass-fed beef and pasture-raised lamb deliver conjugated linoleic acid (CLA), heme iron, bioavailable zinc, and carnitine. Explore 20-minute velveted stir-fries, herb-crusted prime rib, French beef bourguignon, bone-in short ribs, and Mediterranean lamb kofta.

RECIPE #56 • GRASS-FED BEEF & SAVORY LAMB

20-Minute One-Pan Mexican Cauliflower Rice & Beef Skillet

Craving a hearty, sizzling Tex-Mex burrito bowl on a busy weeknight without corn, beans, refined white rice, or seed oils? This One-Pan Mexican Beef & Cauliflower Rice Skillet cooks 100% grass-fed ground beef with crisp bell peppers, sweet red onions, fire-roasted diced tomatoes, and tender cauliflower rice in a single skillet. Seasoned with an aromatic scratch-made blend of toasted cumin, ancho chili powder, smoked paprika, and Mexican oregano, it is ready in just 20 minutes with practically zero cleanup.

Prep: 8 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 36g	**Healthy Fats:** 22g	**Net Carbs:** 6g

Ingredients

For the Sizzling Skillet:

- **1.5 lbs 100% grass-fed ground beef** (85/15 blend) or ground bison / turkey
- **1 tbsp unrefined avocado oil or grass-fed beef tallow**
- **4 cups fresh riced cauliflower** (fresh cauliflower maintains crisp texture best)
- **1 medium red bell pepper**, diced
- **1 medium yellow onion**, diced
- **4 cloves garlic**, minced
- **1 can (14.5 oz) organic fire-roasted diced tomatoes**, lightly drained
- **2 tbsp organic tomato paste**
- **1.5 tbsp chili powder** (mild ancho chili blend)
- **1 tbsp ground cumin**
- **1 tsp smoked paprika**
- **1 tsp dried Mexican oregano**
- **0.5 tsp garlic powder** and **0.5 tsp onion powder**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**

For the Fresh Primal Toppings:

- **1 large ripe Hass avocado**, diced or sliced
- **0.33 cup chopped fresh cilantro**
- **1 fresh jalapeño**, thinly sliced

- **1 organic lime**, cut into wedges (for finishing spritz)

Step-by-Step Instructions

1. **Brown the Ground Beef:** Heat 1 tbsp avocado oil in a wide 12-inch cast-iron skillet over medium-high heat. Add ground beef, breaking it into small crumbles with a wooden spoon. Cook for 5 to 6 minutes until browned and caramelized at the edges. (Drain excess fat if needed, leaving 1 tbsp in the pan).
2. **Sauté Mirepoix & Aromatics:** Push the beef to one side of the skillet. Add diced bell pepper, diced onion, and minced garlic to the open space. Sauté for 3 to 4 minutes until the vegetables begin to soften and become fragrant.
3. **Bloom the Mexican Spices:** Stir in tomato paste, chili powder, cumin, smoked paprika, Mexican oregano, garlic powder, onion powder, sea salt, and black pepper. Stir into the beef and vegetables for 60 seconds to toast the aromatic spices.
4. **Add Fire-Roasted Tomatoes & Cauliflower Rice:** Add the drained fire-roasted diced tomatoes and 4 cups of riced cauliflower to the skillet. Toss thoroughly with a spatula to combine all ingredients into the flavorful spiced beef drippings.
5. **High-Heat Sauté (Prevent Soggy Rice):** Cook uncovered over medium-high heat for 4 to 5 minutes, stirring frequently. (Cooking uncovered on high heat evaporates natural cauliflower moisture rapidly, keeping the rice tender-crisp rather than watery).
6. **Finish with Fresh Lime:** Remove the skillet from heat. Squeeze the juice of half a fresh lime across the sizzling skillet and toss once more.
7. **Garnish & Serve:** Top the warm skillet with diced ripe avocado, sliced fresh jalapeños, chopped cilantro, and extra lime wedges. Serve straight from the skillet into bowls.

Chef's Paleo Nutritional Science: Grass-fed beef provides highly bioavailable zinc, Vitamin B12, and conjugated linoleic acid (CLA), supporting testosterone synthesis and metabolic rate. Cruciferous cauliflower supplies indole-3-carbinol and glucoraphanin, which promote cellular Phase II antioxidant defense without triggering grain-associated intestinal permeability.

RECIPE #57 • GRASS-FED BEEF & SAVORY LAMB

20-Minute Paleo Beef and Broccoli Stir-Fry

Craving Chinese takeout-style Beef and Broccoli with ultra-tender beef and glossy savory brown sauce without soy sauce, MSG, cornstarch, brown sugar, or refined canola oil? This 20-Minute Paleo Beef and Broccoli Stir-Fry velvets thinly sliced grass-fed flank steak in arrowroot starch, coconut aminos, and sesame oil so the meat stays silky and tender. Flash-seared in unrefined avocado oil in a smoking-hot wok with crisp fresh broccoli florets, smothered in a luscious garlic-ginger reduction of organic coconut aminos, beef bone broth, and Red Boat fish sauce over cauliflower rice in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 380 kcal	**Protein:** 38g	**Healthy Fats:** 18g	**Net Carbs:** 8g

Ingredients

For the Velveted Beef:

- **1.5 lbs 100% grass-fed flank steak or sirloin**, sliced thinly across the grain into bite-sized strips
- **1.5 tbsp arrowroot starch or tapioca flour** (velveting secret for tender meat)

- **1.5 tbsp organic coconut aminos**
- **1 tbsp toasted sesame oil**
- **0.5 tsp coarse Celtic sea salt** and **0.5 tsp white pepper**
- **3 tbsp unrefined avocado oil** (for high-heat wok searing)

For the Savory Garlic Ginger Stir-Fry Sauce:

- **0.5 cup organic coconut aminos**
- **0.33 cup rich organic beef bone broth**
- **6 cloves garlic**, finely minced
- **1.5 tbsp fresh ginger root**, finely grated
- **1 tbsp raw unfiltered apple cider vinegar**
- **1 tbsp toasted sesame oil**
- **1.5 tsp Red Boat fish sauce** (provides authentic takeout umami depth)
- **1.5 tsp arrowroot starch** dissolved in **1 tbsp cold water** (slurry)
- **0.5 tsp crushed red pepper chili flakes (optional)**

For the Stir-Fry Vegetables & Serving:

- **5 cups fresh broccoli florets**, cut into bite-sized pieces
- **3 tbsp filtered water** (for steaming broccoli in wok)
- **4 cups steamed or sautéed cauliflower rice**

For Garnish:

- **2 green onions (scallions)**, thinly sliced on bias
- **1 tbsp toasted white sesame seeds**

Step-by-Step Instructions

1. **Velvet the Beef (The Tender Meat Invariant):** In a medium bowl, combine sliced flank steak, arrowroot starch, 1.5 tbsp coconut aminos, 1 tbsp sesame oil, sea salt, and white pepper. Toss with hands until the starch forms a thin, velvety glaze over every piece of beef. Let marinate for 10 minutes.
2. **Mix Stir-Fry Sauce:** In a measuring cup, whisk together coconut aminos, beef bone broth, minced garlic, grated ginger, apple cider vinegar, sesame oil, fish sauce, red pepper flakes, and arrowroot slurry.
3. **Sear Velveted Beef:** Heat 2 tbsp avocado oil in a large 14-inch heavy flat-bottom wok or cast-iron skillet over HIGH heat until smoking hot. Add beef strips in a single layer (cook in 2 batches). Sear undisturbed for 90 seconds until a deep caramelized crust forms. Flip and stir-fry for 1 minute until browned but slightly pink in the center. Transfer beef to a clean plate.
4. **Steam-Fry Broccoli:** Add remaining 1 tbsp avocado oil to the hot wok. Add broccoli florets; toss for 1 minute. Add 3 tbsp water and immediately cover wok with a lid (or foil) for 2 minutes to steam-cook the broccoli until bright emerald green and crisp-tender. Remove lid.
5. **Simmer Sauce & Combine:** Pour the whisked stir-fry sauce directly over the broccoli. Bring to a rolling boil for 60 seconds as the sauce thickens into a glossy, dark, clinging brown glaze.
6. **Toss Beef & Coat:** Return the seared beef and any resting juices back into the bubbling wok. Toss vigorously with a wok spatula for 60 seconds until every piece of beef and broccoli is lacquered in shiny garlic-ginger glaze. Remove from heat.

7. **Plate & Garnish:** Spoon steaming mounds of cauliflower rice into bowls. Top with generous ladlefuls of beef and broccoli stir-fry. Garnish with sliced scallions and toasted sesame seeds. Serve immediately while sizzling hot!

Chef's Paleo Nutritional Science: Fresh broccoli is loaded with sulforaphane, an isothiocyanate that activates cellular Nrf2 anti-inflammatory pathways. Grass-fed flank steak supplies concentrated bioavailable creatine, zinc, and carnitine that replenish muscular glycogen and support cellular recovery.

RECIPE #58 • GRASS-FED BEEF & SAVORY LAMB

Authentic Paleo Beef Bourguignon (French Beef Stew)

Experience the legendary depth of Burgundy's most celebrated bistro classic without wheat flour, refined starches, or canola oils. This Authentic Paleo Beef Bourguignon sears thick chunks of 100% grass-fed chuck roast in crispy rendered bacon fat until deep mahogany bark forms. Braised low-and-slow (or pressure cooked) in rich gelatinous beef bone broth, aged balsamic or dry red wine reduction, fresh thyme sprigs, baby portobello mushrooms, and sweet heirloom carrots, it yields fall-apart tender beef in a glossy, spoon-coating gravy.

Prep: 15 Mins	**Cook:** 45 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 460 kcal	**Protein:** 44g	**Healthy Fats:** 26g	**Net Carbs:** 8g

Ingredients

For the Braised Beef & Aromatics:

- **3 lbs 100% grass-fed beef chuck roast**, trimmed and cut into 2-inch cubes
- **6 slices pasture-raised thick-cut bacon**, chopped into lardons
- **2 tbsp arrowroot starch or tapioca flour** (for dusting)
- **1 lb baby bella (cremini) mushrooms**, halved or quartered
- **4 medium organic carrots**, peeled and sliced into 1-inch chunks
- **1 large yellow onion**, roughly chopped
- **6 cloves garlic**, smashed and minced
- **2 tbsp organic tomato paste**
- **2 cups rich organic beef bone broth**
- **0.75 cup dry French red wine (Pinot Noir / Cabernet)** (or 0.5 cup beef broth + 2 tbsp balsamic vinegar for strict Whole30)
- **2 tbsp organic coconut aminos**
- **4 sprigs fresh thyme** and **2 dried bay leaves**
- **1.5 tsp coarse Celtic sea salt**
- **1 tsp freshly ground black pepper**
- **0.25 cup fresh Italian parsley**, chopped (for garnish)

Step-by-Step Instructions

1. **Render the Bacon Lardons:** Set an Instant Pot to SAUTÉ (or heat a large Dutch oven over medium heat). Add chopped bacon and cook for 6 to 7 minutes until crispy and fat has rendered. Transfer crispy bacon with a slotted spoon to a plate, leaving the hot drippings in the pot.

2. **Sear the Beef Cubes (Chef Secret):** Pat beef chuck cubes dry with paper towels. Season with sea salt and black pepper, then dust lightly with arrowroot starch. Working in 2 batches to avoid crowding, sear beef in the hot bacon fat for 3 to 4 minutes per side until deeply browned and caramelized. Transfer seared beef to the plate with the bacon.
3. **Sauté Aromatics & Tomato Paste:** Add chopped onion, carrots, and mushrooms to the remaining fat in the pot. Sauté for 4 minutes until vegetables soften. Add minced garlic and tomato paste; stir constantly for 90 seconds until the tomato paste darkens to a deep brick-red.
4. **Deglaze the Pot:** Pour in the red wine (or balsamic vinegar + bone broth). Use a wooden spoon to scrape every bit of savory caramelized fond from the bottom of the pot. Simmer for 2 minutes to cook off alcohol.
5. **Combine & Cook (Instant Pot or Dutch Oven):** Return the seared beef, bacon lardons, and accumulated juices into the pot. Pour in the beef bone broth and coconut aminos. Tuck in fresh thyme sprigs and bay leaves.
6. **Cook to Fall-Apart Tenderness:** *Instant Pot Method:* Secure lid, seal vent, and cook on MANUAL HIGH PRESSURE for 35 minutes, followed by a 10-minute natural pressure release.
7. *Dutch Oven / Slow Cooker Method:* Cover tightly and braise in a 325°F (165°C) oven for 2.5 to 3 hours (or low in a slow cooker for 7 to 8 hours) until beef is fork-tender.
8. **Thicken & Garnish:** Remove bay leaves and thyme stems. If a thicker gravy is desired, simmer on SAUTÉ for 3 minutes. Ladle generous portions of the rich Bourguignon over creamy cauliflower mash. Garnish with chopped fresh parsley. Serve hot!

Chef's Paleo Nutritional Science: Grass-fed beef chuck is rich in natural collagen and connective tissue. During the pressurized braising process, tough collagen hydrolyzes into gelatin and free glycine, providing essential amino acids that repair intestinal mucosal lining and support joint cartilage synthesis. Mushrooms provide beta-glucans, while tomato paste delivers bioavailable lycopene.

RECIPE #59 • GRASS-FED BEEF & SAVORY LAMB

Authentic Paleo Greek Beef Souvlaki Skewers

Craving authentic Greek tavern-style beef souvlaki skewers with a smoky char, juicy tender meat, and cool garlicky tzatziki without pita bread grains, dairy yogurt, soybean marinade oils, or artificial preservatives? These Authentic Paleo Greek Beef Souvlaki Skewers marinate tender cubes of 100% grass-fed top sirloin steak in cold-pressed extra virgin olive oil, fresh organic lemon juice, red wine vinegar, minced garlic, dried oregano, and fresh rosemary. Threaded onto skewers and grilled over high heat until charred outside and medium-rare inside, served alongside a silky dairy-free cucumber dill tzatziki in 25 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings (8 Skewers)	**Level:** Easy
Calories: 420 kcal	**Protein:** 44g	**Healthy Fats:** 26g	**Net Carbs:** 4g

Ingredients

For the Greek Marinated Beef Skewers:

- **2 lbs 100% grass-fed top sirloin or ribeye steak**, cut into 1.25-inch bite-sized cubes
- **0.33 cup cold-pressed extra virgin olive oil**
- **3 tbsp fresh organic lemon juice** and **1 tsp lemon zest**
- **2 tbsp raw red wine vinegar**

- **6 cloves garlic**, finely minced
- **2 tbsp dried wild Greek oregano** (crushed between palms to release oils)
- **1 tbsp fresh rosemary or thyme**, finely chopped
- **1.5 tsp coarse Celtic sea salt** and **1 tsp cracked black pepper**
- **8 wooden or stainless steel skewers** (soaked in water for 30 minutes if wood)

For the Dairy-Free Cucumber Dill Tzatziki:

- **1 cup unsweetened plain coconut milk yogurt or avocado oil mayonnaise**
- **1 medium English cucumber**, finely grated and squeezed bone-dry in a cheesecloth
- **2 cloves garlic**, finely grated into a paste
- **2 tbsp fresh organic dill**, finely chopped
- **1.5 tbsp fresh lemon juice**
- **1 tbsp extra virgin olive oil**
- **0.5 tsp fine sea salt & cracked black pepper**

For Serving:

- **Greek village salad** (tomatoes, cucumbers, Kalamata olives, red onion, olive oil)
- **Lemon wedges & fresh oregano sprigs**
- **Cilantro lime cauliflower rice or butter lettuce wraps**

Step-by-Step Instructions

1. **Marinate the Beef (High-Acid Citrus Invariant):** In a glass bowl, whisk olive oil, lemon juice, lemon zest, red wine vinegar, minced garlic, dried oregano, chopped rosemary, Celtic sea salt, and black pepper. Add steak cubes and toss to coat thoroughly. Marinate at room temperature for 20 to 30 minutes (or refrigerate for up to 4 hours).
2. **Make Dairy-Free Tzatziki:** Grate English cucumber on the large holes of a box grater. Wrap grated cucumber in a clean kitchen towel or cheesecloth and squeeze out all excess moisture over the sink. In a medium bowl, combine squeezed cucumber, dairy-free yogurt (or avocado mayo), grated garlic paste, fresh dill, lemon juice, olive oil, sea salt, and black pepper. Whisk until smooth and creamy. Chill in refrigerator.
3. **Thread Skewers:** Thread 5 to 6 cubes of marinated steak onto each soaked skewer, pushing pieces close together so they retain maximum juiciness while grilling.
4. **High-Heat Flame Grilling:** Preheat outdoor grill (or a heavy cast-iron grill pan) to HIGH heat (approx. 475°F / 245°C). Lightly oil grill grates with avocado oil.
5. **Sear to Juicy Perfection:** Place beef skewers on the hot grill. Grill for 3 to 4 minutes per side (approx. 8 to 10 minutes total), turning occasionally, until deep grill marks form on all sides and internal temperature registers 130°F to 135°F (54°C) for medium-rare or 140°F for medium. Transfer skewers to a warm platter, tent loosely with foil, and let rest for 5 minutes.
6. **Plate & Serve:** Arrange grilled beef souvlaki skewers on a platter with lemon wedges. Serve immediately alongside a generous bowl of chilled dairy-free cucumber tzatziki, Greek salad, and warm cauliflower rice!

Chef's Paleo Nutritional Science: 100% grass-fed beef sirloin delivers higher concentrations of conjugated linoleic acid (CLA), zinc, and bioavailable heme iron compared to grain-fed beef. Dried wild Greek oregano contains carvacrol and thymol, two potent antimicrobial and anti-inflammatory monoterpenes.

RECIPE #60 • GRASS-FED BEEF & SAVORY LAMB

Authentic Paleo Korean Beef Bulgogi Lettuce Wraps

Craving the smoky, sweet-and-savory magic of authentic Korean BBQ without soy sauce, refined white sugar, or gluten? This Authentic Paleo Bulgogi (Korean Fire Meat) marinates paper-thin shaved grass-fed ribeye in a traditional blend of fresh grated Asian pear (or sweet apple), organic coconut aminos, toasted sesame oil, fresh ginger, and minced garlic. Seared hot and fast over screaming cast iron, the beef develops irresistible caramelized edges served in crisp butter lettuce cups with spicy fermented kimchi.

Prep: 15 Mins	**Cook:** 6 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 40g	**Healthy Fats:** 24g	**Net Carbs:** 4g

Ingredients

For the Shaved Ribeye & Korean Pear Marinade:

- **1.75 lbs 100% grass-fed ribeye or top sirloin steak** (partially frozen for easy slicing)
- **0.5 medium Asian pear or sweet Gala apple**, grated or blended into a fine puree (natural enzyme tenderizer)
- **0.5 cup organic coconut aminos** (soy-free umami base)
- **2 tbsp toasted sesame oil**
- **1 tbsp raw unfiltered apple cider vinegar**
- **5 cloves garlic**, finely minced
- **1.5 tbsp fresh ginger**, grated
- **2 scallions (green onions)**, thinly sliced
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **2 tbsp unrefined avocado oil** (for searing)

For the Korean Lettuce Wrap Assembly:

- **2 heads organic butter lettuce or Bibb lettuce**, leaves separated and washed
- **1 cup wild fermented spicy kimchi** (sugar-free, raw probiotic)
- **1 tbsp toasted white sesame seeds**
- **2 scallions**, sliced on a bias (for garnish)
- **Sugar-free chili paste (gochujang alternative) or sriracha** (for serving)

Step-by-Step Instructions

1. **The 45-Minute Freeze Trick (Chef Secret):** Place the ribeye steak in the freezer for 45 minutes to firm up. Using a sharp chef's knife, slice the cold steak across the grain into paper-thin, shaved ribbons. (Freezing prevents the meat from tearing and guarantees ultra-thin restaurant cuts).
2. **Make the Korean Pear Marinade:** In a glass bowl, whisk together the grated Asian pear puree, coconut aminos, toasted sesame oil, apple cider vinegar, minced garlic, grated ginger, sliced scallions, sea salt, and black pepper.
3. **Marinate the Beef:** Submerge the thin shaved ribeye in the marinade, tossing with your hands to coat every slice. Let marinate at room temperature for 20 to 30 minutes (or refrigerate up to 4 hours).
4. **Screaming-Hot Cast Iron Sear:** Heat 1 tbsp avocado oil in a large 12-inch heavy cast-iron skillet (or wok) over HIGH heat until smoking.

5. **Cook Hot & Fast (Do Not Crowd the Pan):** Add a single layer of beef slices (cook in 2 to 3 batches). Cook undisturbed for 90 seconds until charred and caramelized at the edges, then flip and cook for 60 seconds more. Transfer the sizzling beef to a warm platter. Repeat with remaining batches.
6. **Garnish:** Sprinkle the hot caramelized bulgogi with toasted white sesame seeds and fresh sliced scallions.
7. **Assemble & Feast:** To eat, take a crisp butter lettuce leaf, add a spoonful of sizzling beef bulgogi, top with a forkful of spicy kimchi and a dab of chili sauce, fold like a taco, and enjoy!

Chef's Paleo Nutritional Science: Fresh Asian pear contains calpain-like proteolytic enzymes that gently break down dense myofibrillar protein structures without turning the meat to mush. Raw fermented kimchi provides trillions of live probiotic strains (including Lactobacillus plantarum and Leuconostoc mesenteroides), replenishing gut microbiome biodiversity and enhancing short-chain fatty acid synthesis.

RECIPE #61 • GRASS-FED BEEF & SAVORY LAMB

Authentic Paleo Lamb Shepherd's Pie with Garlic Cauliflower Mash

Craving a hearty, traditional British Shepherd's Pie without nightshade potatoes, peas, flour, or dairy? True Shepherd's Pie is made exclusively with rich, grass-fed ground lamb. This Paleo and Whole30 recipe simmers pasture-raised lamb with aromatic mirepoix, fresh rosemary, thyme, tomato paste, and rich beef bone broth, crowned with a velvety, dairy-free roasted garlic cauliflower mash that broils to a gorgeous golden crust.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 430 kcal	**Protein:** 36g	**Healthy Fats:** 28g	**Net Carbs:** 7g

Ingredients

For the Savory Lamb Filling:

- **2 lbs 100% grass-fed ground lamb**
- **1 tbsp grass-fed ghee or avocado oil**
- **1 large yellow onion**, finely diced
- **3 medium carrots**, diced into small 0.25-inch cubes
- **3 stalks celery**, finely diced
- **4 cloves garlic**, minced
- **2 tbsp organic tomato paste**
- **1 tbsp organic coconut aminos**
- **1 tsp Red Boat fish sauce**
- **1 cup rich beef bone broth**
- **1 tbsp fresh rosemary**, finely chopped
- **1 tbsp fresh thyme leaves**
- **1 tbsp arrowroot starch** (dissolved in 2 tbsp cold water)
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**

For the Creamy Garlic Cauliflower Mash Topping:

- **1 large head organic cauliflower** (approx. 2 lbs), cut into florets

- **3 tbsp grass-fed clarified butter (ghee)**
- **3 cloves roasted or steamed garlic**
- **2 tbsp nutritional yeast** (adds rich savory cheesy depth without dairy)
- **0.75 tsp coarse sea salt**
- **Fresh cracked black pepper and chopped chives** (for garnish)

Step-by-Step Instructions

1. **Steam Cauliflower:** Place cauliflower florets and 3 cloves garlic in a large steamer basket over 1 inch of boiling water. Cover and steam for 10 to 12 minutes until completely fork-tender. Drain well and let steam dry for 2 minutes to eliminate excess moisture.
2. **Puree the Mash:** Transfer hot steamed cauliflower and garlic to a food processor or blender. Add 3 tbsp ghee, nutritional yeast, and 0.75 tsp sea salt. Blend on high for 60 seconds until silky, thick, and pillow-soft. Set aside.
3. **Brown the Lamb:** Heat 1 tbsp ghee in a large 12-inch oven-safe cast-iron skillet (or Dutch oven) over medium-high heat. Add ground lamb and cook for 6 to 7 minutes, breaking it into small crumbles with a wooden spoon, until browned. (Drain off excess fat if desired, leaving 1 tbsp).
4. **Sauté Mirepoix:** Add diced onion, carrots, celery, and minced garlic to the lamb. Sauté for 5 to 6 minutes until the vegetables soften.
5. **Simmer Gravy:** Stir in tomato paste, coconut aminos, fish sauce, chopped rosemary, thyme, 1.5 tsp sea salt, and black pepper. Cook for 2 minutes. Pour in 1 cup beef bone broth and the arrowroot slurry. Bring to a simmer and cook for 3 to 4 minutes until the gravy is glossy and thick.
6. **Top & Broil:** Spread the creamy garlic cauliflower mash evenly across the top of the lamb filling in the skillet. Use the tines of a fork to create rustic decorative ridges across the mash.
7. **Bake to Golden Perfection:** Bake in a preheated oven at 375°F (190°C) for 20 minutes until the filling bubbles at the edges. Turn the broiler on HIGH for 2 to 3 minutes to toast the cauliflower peaks to a gorgeous golden brown.
8. **Rest & Serve:** Let stand for 10 minutes to allow the layers to settle. Garnish with chopped fresh chives and serve in generous rustic squares.

Chef's Paleo Nutritional Science: Pasture-raised lamb is one of the densest dietary sources of bioavailable L-carnitine, zinc, and heme iron, accelerating oxygen transport to working skeletal muscle. Replacing high-glycemic white potatoes with sulfur-rich cruciferous cauliflower provides sulforaphane and indole-3-carbinol, supporting Phase II hepatic detoxification while stabilizing glycemic response.

RECIPE #62 • GRASS-FED BEEF & SAVORY LAMB

Authentic Paleo Peruvian Lomo Saltado (Beef Stir-Fry)

Craving Peru's most iconic Chifa dish (Lomo Saltado) without wheat soy sauce, deep-fried white potato fries, refined white rice, or canola oil? This Authentic Paleo Peruvian Lomo Saltado hard-sears tender strips of 100% grass-fed top sirloin in smoking-hot avocado oil to lock in juices. Flash-tossed in a heavy cast-iron wok with thick wedges of sweet red onions, ripe Roma tomatoes, spicy Peruvian ají amarillo chili paste, organic coconut aminos, and red wine vinegar, it is served over crispy hand-cut baked sweet potato fries and cilantro in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 38g	**Healthy Fats:** 22g	**Net Carbs:** 14g

Ingredients

For the Seared Grass-Fed Beef:

- **1.5 lbs 100% grass-fed top sirloin, tenderloin, or flank steak**, sliced against the grain into 0.5x2-inch strips
- **1 tbsp organic coconut aminos** (for quick 5-min marinade)
- **1 tsp ground cumin** and **1 tsp smoked Spanish paprika**
- **1.5 tsp coarse Celtic sea salt** and **1 tsp cracked black pepper**
- **3 tbsp unrefined avocado oil or beef tallow** (for smoking-hot stir-frying)

For the Peruvian Chifa Vegetables & Wok Sauce:

- **1 large red onion**, cut into thick 0.75-inch wedges
- **3 firm ripe Roma tomatoes**, cut into thick wedges (seeds removed)
- **4 cloves garlic**, thinly sliced
- **1 tbsp fresh ginger root**, finely minced
- **1.5 tbsp ají amarillo chili paste** (or 1 sliced yellow chili / jalapeño)
- **0.33 cup organic coconut aminos**
- **2 tbsp raw unfiltered red wine vinegar or apple cider vinegar**
- **0.25 cup rich organic beef bone broth**
- **0.5 cup fresh cilantro leaves**, roughly chopped
- **2 scallions**, sliced into 1-inch batons

For Serving:

- **Crispy oven-baked or air-fried sweet potato fries**
- **Steamed cauliflower rice (optional) & fresh lime wedges**

Step-by-Step Instructions

1. **Marinate Beef Strips:** Place sliced beef in a bowl. Toss with 1 tbsp coconut aminos, ground cumin, smoked paprika, coarse sea salt, and black pepper. Let rest at room temperature for 5 to 10 minutes.
2. **Bake Sweet Potato Fries:** (Prep ahead): Toss hand-cut sweet potato batons in 1.5 tbsp avocado oil and sea salt. Air fry at 400°F for 15 minutes (or bake at 425°F for 25 minutes) until golden and crispy. Keep warm.
3. **Smoking-Hot Wok Sear (Wok Hei Invariant):** Heat a large 14-inch flat-bottomed cast-iron wok or heavy 12-inch skillet over HIGH heat until lightly smoking. Add 2 tbsp avocado oil. Add marinated beef strips in a single layer

(cook in 2 batches). Sear undisturbed for 90 seconds to develop a deep charred crust, flip and cook for 60 seconds. Transfer seared beef immediately to a clean plate (beef should remain tender medium-rare).

4. **Flash-Sauté Red Onions:** Add remaining 1 tbsp avocado oil to the smoking wok. Add the thick red onion wedges. Stir-fry vigorously over high heat for 90 seconds until blistered around edges but still crisp-tender in the center.
5. **Add Aromatics & Tomatoes:** Add sliced garlic, minced ginger, and ají amarillo paste; toss for 30 seconds until fragrant. Add Roma tomato wedges and scallion batons; toss for 60 seconds just until warmed through without breaking down.
6. **Deglaze & Glaze:** Pour in coconut aminos, red wine vinegar, and beef bone broth. The liquid will sizzle furiously and reduce into a glossy, rich sauce in 30 seconds.
7. **Toss with Beef & Fries:** Return the seared beef strips and all resting juices back into the wok. Fold in the fresh chopped cilantro. (Optionally toss in half of the crispy sweet potato fries directly into the wok, or serve the saucy beef piled over the fries on platters).
8. **Serve:** Plate immediately while piping hot with extra crispy sweet potato fries, steamed cauliflower rice, and fresh lime wedges!

Chef's Paleo Nutritional Science: Ají amarillo peppers supply concentrated capsaicin and Vitamin C that stimulate digestive gastric secretions and metabolic rate. High-heat flash-frying preserves the quercetin bioflavonoids in red onion wedges and lycopene in Roma tomatoes while preventing advanced lipid breakdown.

RECIPE #63 • GRASS-FED BEEF & SAVORY LAMB

Authentic Paleo Vietnamese Beef Pho (Ph■ Bò)

Craving authentic Vietnamese street-food Ph■ Bò with aromatic, star-anise-infused broth without high-glycemic white rice noodles, MSG bouillon cubes, refined rock sugar, or canola oil? This Authentic Paleo Vietnamese Beef Pho simmers rich grass-fed beef bone broth with charred fresh ginger, yellow onions, and dry-toasted whole spices (star anise, Vietnamese cinnamon, cloves, coriander seeds, and cardamom). Poured boiling hot over paper-thin raw grass-fed top sirloin and spiralized zucchini noodles, the beef cooks gently in the bowl in 30 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Large Bowls	**Level:** Easy
Calories: 310 kcal	**Protein:** 34g	**Healthy Fats:** 14g	**Net Carbs:** 5g

Ingredients

For the Toasted Spices & Aromatic Ph■ Broth:

- **6 cups rich grass-fed beef bone broth**
- **1 large yellow onion**, peeled and halved
- **3-inch piece fresh ginger root**, halved lengthwise
- **4 whole star anise pods**
- **1 whole cinnamon stick (cassia or Ceylon)**
- **4 whole cloves** and **1 tsp whole coriander seeds**
- **1 black cardamom pod** (lightly crushed)
- **2.5 tbsp Red Boat fish sauce** (pure anchovy and sea salt, Whole30)
- **1 tbsp organic coconut aminos**

- **1 tsp coarse Celtic sea salt**

For the Beef & Grain-Free Noodles:

- **0.75 lb 100% grass-fed top sirloin, eye of round, or ribeye**, frozen for 20 mins and shaved paper-thin
- **4 medium zucchinis**, spiralized into long zoodle ribbons (or hearts of palm noodles)

For the Classic Pho Herb Platter (Toppings):

- **1 cup fresh Thai basil or sweet Italian basil leaves**
- **0.5 cup fresh cilantro sprigs**
- **2 scallions (green onions)**, thinly sliced
- **1 fresh jalapeño or bird's eye chili**, thinly sliced
- **1.5 cups fresh bean sprouts (optional)**
- **2 organic limes**, cut into wedges
- **Sriracha or chili oil** (sugar-free)

Step-by-Step Instructions

1. **Char Onion & Ginger (Authentic Broth Secret):** Heat a heavy dry cast-iron skillet over HIGH heat. Place the halved onion and halved ginger cut-side down. Char undisturbed for 4 to 5 minutes until deeply blackened and fragrant.
2. **Toast Whole Spices:** In the same skillet or a small dry saucepan, add star anise pods, cinnamon stick, cloves, coriander seeds, and crushed cardamom. Toast over MEDIUM heat for 2 minutes, swirling constantly until essential oils release and spices become intensely aromatic. Transfer spices to a cheesecloth bag or metal spice infuser.
3. **Simmer Bone Broth:** In a large soup pot, combine the grass-fed beef bone broth, charred onion, charred ginger, toasted spice bag, fish sauce, coconut aminos, and coarse sea salt. Bring to a rolling boil, then reduce heat to LOW, cover, and simmer gently for 20 minutes so spices infuse deep flavor into the broth.
4. **Prep Paper-Thin Beef:** (Pro Tip): Place steak in the freezer for 20 minutes before prep to firm up. Using a very sharp chef's knife, shave the steak against the grain into paper-thin, translucent slices.
5. **Assemble Soup Bowls:** Divide spiralized zucchini noodles evenly among 4 large, deep soup bowls. Fan the shaved raw sirloin steak slices over the top of the zucchini noodles in a single layer. Scatter sliced scallions over the meat.
6. **The Boiling Pour (Flash-Cooking Beef Invariant):** Strain the simmering pho broth through a fine-mesh sieve and bring it back to a vigorous rolling boil. Ladle the boiling broth directly over the raw beef slices in each bowl. The piping-hot broth will instantly flash-cook the shaved beef to tender, pink, melt-in-your-mouth perfection in 10 seconds while gently warming the zucchini noodles.
7. **Garnish & Serve:** Serve immediately with a fresh herb platter of Thai basil leaves, cilantro, sliced jalapeños, lime wedges, and sugar-free chili oil. Slurp hot!

Chef's Paleo Nutritional Science: Star anise contains shikimic acid, a natural antiviral and immune-supporting phytochemical. Rich beef bone broth supplies Type I and III collagen, glycine, and proline that repair mucosal intestinal junctions, while gingerols reduce systemic cytokine inflammation.

RECIPE #64 • GRASS-FED BEEF & SAVORY LAMB

Braised Paleo Beef Short Ribs with Balsamic-Wine Reduction

Looking for a show-stopping, five-star dinner party centerpiece that requires minimal hands-on effort? These Braised Paleo Beef Short Ribs sear thick bone-in grass-fed short ribs in avocado oil until a crusty, caramelized mahogany bark forms. Braised low-and-slow (or in an Instant Pot) in a gelatinous reduction of rich beef bone broth, dry Cabernet Sauvignon (or balsamic bone broth for Whole30), fresh rosemary, thyme sprigs, sweet carrots, and caramelized aromatics, the meat collapses into meltingly tender perfection under a fork.

Prep: 15 Mins	**Cook:** 50 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 510 kcal	**Protein:** 46g	**Healthy Fats:** 32g	**Net Carbs:** 6g

Ingredients

For the Searing & Braised Short Ribs:

- **3.5 lbs bone-in 100% grass-fed beef short ribs** (English cut, approx. 4 to 6 thick pieces)
- **2 tbsp unrefined avocado oil or grass-fed beef tallow** (for high-heat searing)
- **4 medium organic carrots**, peeled and cut into 2-inch chunks
- **3 stalks organic celery**, cut into 2-inch chunks
- **1 large yellow onion**, thick-sliced
- **6 cloves garlic**, smashed
- **2 tbsp organic tomato paste**
- **2 cups rich organic beef bone broth**
- **1 cup dry red wine (Cabernet / Pinot Noir)** (or 0.75 cup beef broth + 0.25 cup aged balsamic for strict Whole30)
- **0.25 cup aged Modena balsamic vinegar**
- **3 sprigs fresh rosemary** and **4 sprigs fresh thyme**
- **2 dried bay leaves**
- **1.5 tsp coarse Celtic sea salt**
- **1 tsp freshly ground black pepper**
- **0.25 cup chopped fresh Italian parsley & flaky Maldon sea salt** (for garnish)

Step-by-Step Instructions

1. **Dry & Season Ribs (The Crucial Sear Step):** Pat short ribs thoroughly dry with paper towels on all sides. Season generously with 1.5 tsp coarse sea salt and cracked black pepper.
2. **Hard Cast-Iron Sear:** Heat 2 tbsp avocado oil in a large Dutch oven or pressure cooker on SAUTÉ until shimmering hot. Add short ribs in batches (do not crowd). Sear undisturbed for 3 to 4 minutes per side until all sides develop a deep, caramelized mahogany crust. Transfer seared ribs to a platter.
3. **Sauté Aromatics & Tomato Paste:** Add sliced onions, carrots, and celery to the hot beef drippings in the pot. Cook for 4 minutes until lightly browned. Stir in smashed garlic and tomato paste; cook for 90 seconds until the tomato paste caramelizes.
4. **Deglaze with Wine & Balsamic:** Pour in the red wine and balsamic vinegar. Using a wooden spoon, scrape up all the flavorful browned fond from the bottom of the pot. Simmer for 3 minutes to reduce slightly.

5. **Add Bone Broth & Herbs:** Pour in the 2 cups beef bone broth. Return the seared short ribs and any accumulated meat juices back into the pot, nestling them down among the vegetables. Tuck in fresh rosemary, thyme sprigs, and bay leaves.
6. **Braise to Melt-in-Your-Mouth Tenderness:** *Instant Pot Method:* Secure the lid, seal the valve, and cook on MANUAL HIGH PRESSURE for 45 minutes, followed by a 15-minute natural pressure release.
7. *Dutch Oven / Slow Cooker Method:* Cover with a tight-fitting lid and braise in a 325°F (165°C) oven for 3 to 3.5 hours (or low in a slow cooker for 7 to 8 hours) until the meat is falling off the bone.
8. **Reduce Sauce to a Glossy Glaze (Chef Technique):** Gently transfer tender short ribs and carrots to a warm serving platter. Skim excess surface fat from the remaining pot liquid, remove herb stems, and simmer on SAUTÉ for 5 minutes until reduced into a rich, spoon-coating balsamic glaze.
9. **Plate & Garnish:** Spoon the glossy reduction generously over the ribs and vegetables. Garnish with chopped fresh parsley and flaky sea salt. Serve atop creamy garlic cauliflower mash!

Chef's Paleo Nutritional Science: Bone-in beef short ribs are exceptionally dense in Type I and Type III collagen, hyaluronic acid, and bioavailable heme iron. As collagen breaks down under sustained heat, it releases therapeutic glycine and proline peptides that nourish the intestinal enterocyte barrier and support connective tendon repair.

RECIPE #65 • GRASS-FED BEEF & SAVORY LAMB

Classic Paleo Beef Lasagna with Roasted Zucchini Noodles & Cashew Ricotta

Craving homestyle Italian lasagna baked without wheat pasta sheets, cow's milk cheese, or preservatives? Layered Italian comfort lasagna featuring roasted zucchini noodle sheets, hearty grass-fed beef marinara sauce, and creamy dairy-free cashew basil ricotta delivers authentic rustic flavor while honoring ancestral human biology. By replacing inflammatory grains and pasteurized A1 dairy with nutrient-dense ruminant proteins and vegetable noodles, this recipe provides profound satiety without digestive distress.

Prep: 25 Mins	**Cook:** 45 Mins	**Yield:** 6 Servings	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **100% Grass-Fed Ruminant Beef:** Grass-fed beef is an ancestral nutritional powerhouse compared to grain-fed feedlot cattle. Beef raised entirely on pasture provides a balanced **omega-6 to omega-3 fatty acid ratio of approximately 1.5:1** (in contrast to industrial grain-fed beef, which frequently exceeds 15:1 or 20:1). Pastured beef also delivers 300% to 500% higher concentrations of **conjugated linoleic acid (CLA)**, an isomer of linoleic acid with anti-inflammatory and mitochondrial-protective properties. Furthermore, it supplies highly bioavailable **heme iron (Fe2+)**, L-carnitine, zinc, and carnosine to support cellular ATP production.
- **Cashew Basil Probiotic Ricotta:** Conventional cow's milk ricotta contains lactose and bovine A1 beta-casein, which upon digestion releases *beta-casomorphin-7 (BCM-7)*—an opioid peptide associated with gastrointestinal hypomotility and inflammatory flare-ups. We craft an authentic dairy-free ricotta by blitzing raw soaked cashews with organic nutritional yeast (for savory glutamates), fresh lemon juice, garlic, and sea salt. The result is a creamy, luxurious layer rich in heart-healthy monounsaturated oleic acid and magnesium.
- **Lycopene Bioavailability in Simmered Marinara:** Tomatoes contain *trans-lycopene*, a powerful carotenoid antioxidant. However, raw tomatoes exhibit poor lycopene bioavailability. When crushed tomatoes are slowly

simmered in extra virgin olive oil with minced alliums, thermal processing isomerizes lycopene into its highly absorbable **cis-isomeric conformation**, while the healthy lipids form mixed micelles that enhance intestinal uptake by more than 300%.

Step-by-Step Instructions

1. **Phase 1: Osmotic Salt Weeping:** Slice the zucchini lengthwise into uniform **1/8-inch (3 mm) planks** using a mandoline. Lay the slices in single layers across paper-towel-lined baking sheets and sprinkle lightly with unrefined sea salt. Allow them to rest for **15 to 20 minutes**. The high extracellular salt concentration creates an osmotic pressure gradient, drawing approximately 30% of intracellular free water out onto the surface. Pat dry thoroughly with fresh kitchen towels.
2. **Phase 2: High-Heat Dry Pre-Roasting:** Transfer the salted, blotted planks to ungreased parchment-lined baking sheets and roast at **400°F (205°C) for 10 to 12 minutes**. This flash-roasting step accomplishes two vital food science goals: it evaporates surface moisture, and it triggers mild *Maillard reaction caramelization* of the zucchini's natural sugars, intensifying savory depth while ensuring the noodles maintain an authentic al dente bite in the finished bake.

RECIPE #66 • GRASS-FED BEEF & SAVORY LAMB

Creamy Paleo Beef Stroganoff

Craving a rich, savory skillet of Russian-style beef stroganoff with melt-in-your-mouth steak strips and earthy mushrooms in a velvety cream sauce without heavy dairy sour cream, wheat flour roux, butter, or gluten noodles? This Creamy Paleo Beef Stroganoff sears 1.75 pounds of 100% grass-fed top sirloin steak in golden grass-fed ghee. Sautéed with caramelized yellow onions, sliced cremini mushrooms, and minced garlic, then simmered in a luscious dairy-free sauce of rich beef bone broth, culinary coconut cream, organic coconut aminos, and tangy Dijon mustard. Served over roasted spaghetti squash or tender zucchini noodles in 30 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 40g	**Healthy Fats:** 26g	**Net Carbs:** 8g

Ingredients

For the Searing & Meat:

- **1.75 lbs 100% grass-fed top sirloin or beef tenderloin**, sliced against the grain into 0.25-inch thick strips
- **2.5 tbsp grass-fed ghee or unrefined avocado oil**
- **1.5 tsp coarse Celtic sea salt** and **1 tsp freshly cracked black pepper**
- **1 tbsp arrowroot starch or tapioca flour** (lightly dusted on steak for tender seared crust)

For the Mushrooms, Aromatics & Cream Sauce:

- **10 oz fresh cremini or baby bella mushrooms**, sliced
- **1 medium yellow onion**, thinly sliced
- **5 cloves fresh garlic**, minced
- **1 cup rich organic beef bone broth**
- **0.75 cup full-fat culinary coconut cream** (unsweetened, from top of chilled canned coconut milk)
- **2 tbsp organic coconut aminos** (soy-free umami)

- **1.5 tbsp sugar-free Dijon mustard** (provides signature stroganoff tang)
- **1 tbsp freshly squeezed organic lemon juice**
- **1 tbsp fresh thyme leaves** and **0.5 tsp smoked paprika**
- **1.5 tsp arrowroot starch** (whisked with 2 tbsp cold broth to thicken sauce)

For Serving & Garnish:

- **1 medium roasted spaghetti squash (shredded into pasta strands) or spiralized zucchini noodles**
- **0.25 cup fresh flat-leaf parsley**, chopped

Step-by-Step Instructions

1. **Season & Dust Steak:** Pat sirloin strips bone-dry with paper towels. Season with Celtic sea salt, black pepper, and dust lightly with 1 tbsp arrowroot starch, tossing to coat evenly.
2. **Flash-Sear Steak (High-Heat Invariant):** Heat 1.5 tbsp grass-fed ghee in a large 12-inch cast-iron or heavy stainless-steel skillet over HIGH heat. Add steak strips in a single layer (cook in 2 batches to avoid crowding). Sear undisturbed for **90 to 120 seconds** until deeply browned. Flip and sear for another 45 seconds until medium-rare. Transfer seared beef immediately to a clean plate.
3. **Sauté Mushrooms & Onions:** Add remaining 1 tbsp ghee to the hot pan drippings over MEDIUM heat. Add sliced onions and cremini mushrooms. Sauté for 6 to 8 minutes until the onions are golden and mushrooms have released their moisture and caramelized. Stir in minced garlic, fresh thyme, and smoked paprika, cooking for 1 minute until fragrant.
4. **Deglaze & Simmer Velvety Cream Sauce:** Pour beef bone broth, coconut cream, coconut aminos, Dijon mustard, and lemon juice into the skillet. Whisk the bottom of the pan to dislodge all flavorful caramelized browned bits. Bring to a gentle simmer.
5. **Thicken Sauce:** Whisk 1.5 tsp arrowroot starch with 2 tbsp cold broth in a small bowl. Pour slurry into the simmering sauce, stirring constantly for **2 minutes** until the sauce transforms into a glossy, velvety, thick stroganoff gravy.
6. **Reunite Beef & Juices:** Return the seared sirloin strips and any resting juices back into the skillet. Toss gently in the hot cream sauce for **60 seconds** just to warm the beef through without overcooking. Remove from heat immediately.
7. **Plate & Garnish:** Twirl warm roasted spaghetti squash strands into 4 wide dinner bowls. Ladle generous scoops of creamy beef stroganoff and sautéed mushrooms over the squash. Scatter chopped fresh parsley on top and serve steaming hot!

Chef's Paleo Nutritional Science: Grass-fed beef sirloin is loaded with bioavailable zinc, heme iron, and L-carnitine that support cellular energy metabolism and lean tissue repair. Cremini mushrooms deliver ergothioneine and beta-glucans that stimulate immune macrophage activity, while full-fat coconut cream supplies medium-chain triglycerides (MCTs).

RECIPE #67 • GRASS-FED BEEF & SAVORY LAMB

Crispy Paleo Mongolian Beef

Craving Chinese restaurant-style crispy Mongolian beef with paper-thin, caramelized beef strips and a rich, savory-sweet ginger garlic glaze without soy sauce, brown sugar, cornstarch, MSG, or soybean fryer oil? This Crispy Paleo Mongolian Beef tosses thinly sliced 100% grass-fed flank steak in arrowroot starch for crispy, crunchy edges. Flash-seared in a smoking hot cast-iron skillet with unrefined avocado oil, then enrobed in a glossy reduction of organic coconut aminos, beef bone broth, toasted sesame oil, fresh grated ginger, minced garlic, and heaps of charred green scallions in 20 minutes.

Prep: 12 Mins	**Cook:** 8 Mins	**Yield:** 4 Large Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 38g	**Healthy Fats:** 22g	**Net Carbs:** 6g

Ingredients

For the Crispy Sliced Flank Steak:

- **1.75 lbs 100% grass-fed flank steak or top sirloin** (sliced against the grain on a 45-degree bias into 0.25-inch thin strips)
- **3 tbsp arrowroot starch or tapioca flour** (creates the signature crispy takeout crust)
- **1 tsp coarse Celtic sea salt** and **0.5 tsp cracked black pepper**
- **3 tbsp unrefined avocado oil or beef tallow** (for smoking hot skillet searing)

For the Glossy Mongolian Glaze:

- **0.66 cup pure organic coconut aminos** (soy-free & naturally sweet)
- **0.25 cup rich organic beef bone broth**
- **1 tbsp pure Grade A maple syrup or raw honey** (omit for strict Whole30)
- **1.5 tbsp toasted sesame oil**
- **6 cloves fresh garlic**, finely minced
- **2 tbsp fresh ginger root**, finely grated
- **1 tsp raw apple cider vinegar**
- **0.5 tsp crushed red pepper flakes** (or to taste)
- **1 tsp arrowroot starch** (whisked into sauce to thicken)

For Stir-Frying & Garnish:

- **6 whole green scallions**, sliced into 2-inch baton pieces (whites and greens separated)
- **1 tbsp toasted white sesame seeds**
- **Steamed cauliflower rice or roasted broccoli florets**

Step-by-Step Instructions

1. **Slice & Dust Beef (Crispy Crust Invariant):** Slice flank steak across the grain on a sharp bias into thin strips. Place in a medium bowl, sprinkle with sea salt, black pepper, and 3 tbsp arrowroot starch. Toss vigorously with your hands until every piece of steak is evenly coated in a light dusting of starch.
2. **Whisk Mongolian Sauce:** In a measuring cup, whisk together coconut aminos, beef bone broth, maple syrup/honey, toasted sesame oil, minced garlic, grated ginger, apple cider vinegar, red pepper flakes, and 1 tsp arrowroot starch until uniform.

3. **Heat Skillet to High (Smoking Sizzle Invariant):** Place an extra-large 12-inch cast-iron skillet or carbon steel wok over HIGH heat. Add 2 tbsp avocado oil and heat until shimmering and just beginning to smoke.
4. **Flash-Sear Beef in Batches:** Add half the steak strips in a single, un-crowded layer. Sear undisturbed for **90 seconds** without moving until deeply browned and crunchy. Flip and sear for another 60 seconds until just cooked through. Transfer to a clean platter. Add remaining 1 tbsp oil and repeat with the second batch of beef.
5. **Char Scallion Whites:** Lower heat to MEDIUM-HIGH. Add the white/pale green scallion batons to the pan and stir-fry for 1 minute until fragrant and lightly blistered.
6. **Simmer Glossy Glaze:** Pour the whisked Mongolian sauce into the hot skillet with the scallions. Bring to a rapid boil, stirring constantly with a wooden spoon for **60 to 90 seconds** until the sauce thickens into a glossy, dark, syrup-thick glaze.
7. **Toss & Crown:** Return all seared crispy beef and any resting juices back into the bubbling sauce along with the green scallion tops. Toss vigorously for 30 seconds until every strip of steak is coated in the sticky glaze.
8. **Serve & Enjoy:** Transfer immediately to a platter. Sprinkle with toasted white sesame seeds. Serve piping hot over fluffy cauliflower rice or alongside steamed broccoli!

Chef's Paleo Nutritional Science: Grass-fed flank steak is packed with bioavailable creatine, zinc, and Vitamin B12 to support muscular ATP regeneration. Fresh ginger and garlic provide gingerols and allicin, potent anti-inflammatory compounds that promote healthy lipid clearance, while coconut aminos provide 17 essential amino acids without soy phytoestrogens.

RECIPE #68 • GRASS-FED BEEF & SAVORY LAMB

Grilled Grass-Fed Flank Steak with Fresh Herb Chimichurri

Looking for a showstopping primal steak dinner that delivers intense fire-grilled flavor in under 20 minutes? This Argentinian-inspired Grilled Flank Steak sears a lean, nutrient-dense 100% grass-fed flank steak over screaming-hot cast iron or open flame. Sliced paper-thin against the grain, it is smothered in a vibrant scratch-made chimichurri of flat-leaf parsley, fresh oregano, garlic, red wine vinegar, and cold-pressed extra virgin olive oil, served with charred blistered sweet peppers.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 420 kcal	**Protein:** 44g	**Healthy Fats:** 26g	**Net Carbs:** 2g

Ingredients

For the Grilled Flank Steak & Peppers:

- **2 lbs 100% grass-fed flank steak**
- **1 lb mini sweet peppers**, left whole with stems
- **2 tbsp unrefined avocado oil** (for high-heat grilling)
- **1.5 tsp coarse Celtic sea salt**
- **1 tsp freshly cracked black pepper**
- **1 tsp garlic powder**

For the Authentic Argentinian Chimichurri:

- **1 cup fresh Italian flat-leaf parsley**, finely chopped (leaves and tender stems)
- **0.25 cup fresh cilantro**, finely chopped

- **2 tbsp fresh wild oregano leaves**, finely chopped (or 1 tsp dried oregano)
- **4 cloves garlic**, minced or finely grated
- **0.5 cup extra virgin olive oil** (cold-pressed)
- **0.25 cup raw red wine vinegar**
- **0.5 tsp crushed red pepper flakes**
- **0.75 tsp coarse sea salt**
- **Flaky Maldon sea salt** (for finishing)

Step-by-Step Instructions

1. **Make Fresh Chimichurri:** In a medium glass bowl, combine chopped parsley, cilantro, oregano, minced garlic, red wine vinegar, red pepper flakes, and sea salt. Whisk in the extra virgin olive oil. Let sit at room temperature for 15 minutes while preparing the meat so the flavors meld into a pungent, aromatic herb emulsion.
2. **Season the Steak & Peppers:** Pat the flank steak completely dry with paper towels. Rub both sides of the steak and the whole mini sweet peppers with avocado oil. Season the steak generously with coarse sea salt, cracked black pepper, and garlic powder.
3. **High-Heat Sear / Grill:** Heat an outdoor grill or indoor heavy cast-iron grill pan over HIGH heat (approx. 450°F–500°F) until smoking hot. Place the flank steak and peppers onto the hot grates. Grill the steak for 4 to 5 minutes per side without moving it, achieving deep char marks and an internal temperature of 130°F to 135°F for medium-rare. Grill peppers for 6 to 8 minutes, turning frequently, until blistered and tender.
4. **The Critical 10-Minute Rest:** Transfer the grilled steak to a cutting board and let rest undisturbed for a full 10 minutes. (Resting allows intramuscular juices to redistribute throughout the steak so they don't bleed out when cut).
5. **Slice Against the Grain (Chef Knife Skill):** Identify the direction of the long muscle fibers (the grain). Using a sharp chef's knife held at a 45-degree angle, slice the steak across the grain into thin 0.25-inch strips. Slicing against the grain cuts the long muscle fibers, guaranteeing every bite is melt-in-your-mouth tender.
6. **Assemble & Serve:** Fan the sliced steak across a wooden board or warm serving platter surrounded by charred sweet peppers. Generously spoon the fresh herb chimichurri over the meat, letting the olive oil and garlic mingle with the steak juices. Sprinkle with flaky sea salt and serve immediately.

Chef's Paleo Nutritional Science: Grass-fed flank steak is exceptionally high in creatine, bioavailable heme iron, and carnosine, buffering lactic acid accumulation during high-intensity training. Fresh flat-leaf parsley and wild oregano contain concentrated apigenin and rosmarinic acid, potent flavonoids that downregulate oxidative biomarkers and support heavy metal chelation.

RECIPE #69 • GRASS-FED BEEF & SAVORY LAMB

Grilled Paleo Lamb Kofta Kebabs with Garlic-Mint Tahini Sauce

Transport your palate to the vibrant spice bazaars of the Eastern Mediterranean with these succulent Grilled Lamb Kofta Kebabs. Made from 100% grass-fed ground lamb mixed with finely minced fresh spearmint, flat-leaf parsley, grated shallots, ground cumin, coriander, smoked paprika, and wild sumac, these skewered kebabs develop a caramelized fire-charred crust over open flame while staying supremely juicy inside. Drizzled with a velvety, dairy-free garlic-mint sesame tahini sauce, they are ready in just 25 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 430 kcal	**Protein:** 38g	**Healthy Fats:** 30g	**Net Carbs:** 3g

Ingredients

For the Spiced Lamb Kofta:

- **2 lbs 100% grass-fed ground lamb** (or 50/50 lamb and beef blend)
- **1 medium shallot or red onion**, finely grated (excess water squeezed out)
- **5 cloves garlic**, finely minced
- **0.33 cup fresh Italian flat-leaf parsley**, finely chopped
- **0.25 cup fresh spearmint leaves**, finely chopped
- **1.5 tbsp ground cumin**
- **1 tbsp ground coriander**
- **1 tbsp smoked Spanish paprika**
- **1 tsp ground sumac** (adds bright citrus notes)
- **0.5 tsp ground cinnamon**
- **0.25 tsp cayenne pepper**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **8 wooden or metal skewers** (wooden skewers soaked in water for 30 minutes)

For the Creamy Garlic-Mint Tahini Sauce:

- **0.5 cup raw organic sesame tahini** (well stirred)
- **0.33 cup cold filtered water** (to emulsify into a pale, creamy sauce)
- **3 tbsp fresh organic lemon juice**
- **2 cloves garlic**, finely grated
- **2 tbsp fresh mint**, finely minced
- **0.5 tsp coarse sea salt**
- **1 tbsp extra virgin olive oil and pinch of sumac** (for garnish)

Step-by-Step Instructions

1. **Make Creamy Mint Tahini Sauce:** In a small bowl, whisk together the tahini, lemon juice, grated garlic, and sea salt. (The mixture will initially seize and thicken). Slowly drizzle in 0.33 cup ice-cold water while whisking continuously until the sauce turns smooth, pale, and creamy like mayonnaise. Fold in the finely minced fresh mint. Set aside.
2. **Mix & Knead the Lamb (Chef Secret):** In a large mixing bowl, combine the ground lamb, squeezed grated shallot, minced garlic, chopped parsley, chopped mint, cumin, coriander, smoked paprika, sumac, cinnamon, cayenne, sea salt, and black pepper. Using your hands, knead and massage the meat mixture vigorously for 2 minutes until it becomes sticky and cohesive. (Kneading develops the natural myosin proteins, ensuring the kofta binds firmly around the skewers without breadcrumbs or eggs).
3. **Shape the Kebabs:** Divide the meat into 8 equal portions. Form each portion into an elongated oval log (approx. 5 inches long and 1 inch thick) molded tightly around a soaked wooden skewer. Place the prepared skewers on a parchment-lined tray and chill in the refrigerator for 15 minutes to firm up.
4. **Preheat Grill / Grill Pan:** Preheat an outdoor grill or indoor heavy cast-iron grill pan over MEDIUM-HIGH heat (approx. 425°F / 220°C). Lightly brush the grill grates with avocado oil.

5. **Grill to Smoky Perfection:** Place the kofta skewers on the hot grill. Grill undisturbed for 4 to 5 minutes until deep char marks form on the bottom. Flip and grill the second side for 4 to 5 minutes until browned and cooked through (internal temperature 160°F / 71°C).
6. **Plate & Serve:** Transfer skewers to a warm platter. Drizzle generously with creamy mint tahini sauce, a swirl of extra virgin olive oil, and a dusting of crimson sumac. Serve with warm cassava tortillas, cucumber slices, and pickled red onions.

Chef's Paleo Nutritional Science: Pasture-raised lamb provides dense amounts of bioavailable zinc, selenium, and conjugated linoleic acid (CLA), supporting cellular metabolic signaling and thyroid hormone homeostasis. Cold-pressed sesame tahini is an exceptional source of bioavailable plant calcium, sesamin, and sesamolin—lignans shown to upregulate hepatic fatty acid oxidation enzymes.

RECIPE #70 • GRASS-FED BEEF & SAVORY LAMB

Grilled Wild Swordfish Steaks with Fresh Herb Chimichurri

Craving a steakhouse-quality seafood dinner with meaty, juicy texture and bold South American flavors without butter sauces, soybean oil marinades, or refined sugar rubs? These Grilled Wild Swordfish Steaks feature thick, dense cuts of wild-caught Pacific swordfish rubbed with cold-pressed extra virgin olive oil, minced garlic, lemon zest, and Celtic sea salt. Seared on smoking-hot grill grates to develop diamond crosshatch char marks while remaining succulent inside, they are spooned with a bright, garlicky Argentine chimichurri sauce in 20 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 380 kcal	**Protein:** 44g	**Healthy Fats:** 20g	**Net Carbs:** 2g

Ingredients

For the Grilled Swordfish Steaks:

- **4 wild-caught swordfish steaks** (approx. 6 to 8 oz each, 1-inch thick)
- **2.5 tbsp cold-pressed extra virgin olive oil or avocado oil**
- **2 tbsp fresh organic lemon juice** and **1 tsp lemon zest**
- **4 cloves garlic**, finely minced
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**
- **0.5 tsp dried wild oregano**

For the Fresh Herb Argentine Chimichurri:

- **1 cup fresh Italian flat-leaf parsley**, finely chopped
- **0.5 cup fresh cilantro leaves**, finely chopped
- **2 tbsp fresh wild oregano leaves** (or 1 tsp dried oregano)
- **4 cloves garlic**, finely minced or grated
- **1 small shallot**, finely minced
- **0.5 cup cold-pressed extra virgin olive oil**
- **3 tbsp raw unfiltered red wine vinegar**
- **1 tbsp fresh lemon juice**
- **0.5 tsp crushed red pepper chili flakes**

- **1 tsp coarse Celtic sea salt** and **0.5 tsp cracked black pepper**

For Serving:

- **Charred grilled lemon halves & fresh herb sprigs**
- **Grilled asparagus spears or cauliflower tabbouleh salad**

Step-by-Step Instructions

1. **Make Fresh Herb Chimichurri:** In a medium glass bowl, combine chopped parsley, cilantro, oregano, minced garlic, shallot, red wine vinegar, lemon juice, red pepper flakes, sea salt, and black pepper. Whisk in 0.5 cup extra virgin olive oil until emulsified. Let rest at room temperature for 15 minutes so the flavors meld.
2. **Prep & Marinate Swordfish:** Pat swordfish steaks thoroughly dry with paper towels. In a shallow dish, rub steaks on both sides with olive oil, lemon juice, lemon zest, minced garlic, dried oregano, coarse sea salt, and black pepper. Let marinate at room temperature for 10 minutes (do not over-marinate or acid will pre-cook the fish).
3. **Preheat Grill (High-Heat Invariant):** Clean and oil grill grates thoroughly. Heat an outdoor barbecue or cast-iron grill pan over HIGH heat (approx. 450°F / 230°C) until smoking.
4. **Grill with Diamond Marks (Chef Technique):** Place swordfish steaks onto the hot grill grates at a 45-degree angle. Grill undisturbed for 3 minutes. Gently rotate each steak 90 degrees and grill for another 2 minutes (this creates perfect diamond crosshatch sear marks).
5. **Flip & Finish:** Flip steaks and grill on the second side for 4 to 5 minutes, until the fish feels firm to the touch and the center registers 135°F (57°C) for juicy medium (or 145°F for well-done). (Also place lemon halves cut-side down on grill for 3 minutes to caramelize).
6. **Rest & Crown:** Transfer grilled swordfish steaks to a warm platter. Let rest for 3 minutes to allow juices to redistribute.
7. **Serve:** Spoon generous ladlefuls of fresh herb chimichurri sauce over each swordfish steak. Serve immediately with charred grilled lemons and roasted asparagus!

Chef's Paleo Nutritional Science: Wild Pacific swordfish (Xiphias gladius) provides dense complete proteins, Vitamin D3, and selenium, which binds heavy metal ions into inert selenide complexes. Fresh parsley and oregano supply apigenin and rosmarinic acid that protect cellular membranes against lipid peroxidation.

RECIPE #71 • GRASS-FED BEEF & SAVORY LAMB

Juicy Paleo Greek Lamb Meatballs with Tzatziki

Craving authentic Greek tavern-style Keftedes (herb-spiced lamb meatballs) with cool cucumber tzatziki without breadcrumbs, dairy Greek yogurt, pita gluten, or soybean fryer oil? These Juicy Paleo Greek Lamb Meatballs blend 100% grass-fed ground lamb and beef with blanched almond flour, finely chopped fresh spearmint, wild oregano, grated red onion, garlic, and organic lemon zest. Pan-browned in extra virgin olive oil in a cast-iron skillet until deeply caramelized on the outside and juicy on the inside, served with a creamy, dairy-free avocado-oil mayonnaise and cucumber dill tzatziki, crisp cucumber slices, and brine-cured Kalamata olives in 25 minutes.

Prep: 12 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings (16 Meatballs)	**Level:** Easy
Calories: 410 kcal	**Protein:** 36g	**Healthy Fats:** 28g	**Net Carbs:** 4g

Ingredients

For the Spiced Greek Lamb Meatballs:

- **0.75 lb 100% grass-fed ground lamb**
- **0.75 lb 100% grass-fed ground beef** (85/15)
- **0.5 cup superfine blanched almond flour**
- **1 large pasture-raised egg**, beaten
- **0.33 cup fresh spearmint leaves**, finely minced
- **0.33 cup fresh Italian flat-leaf parsley**, finely minced
- **1.5 tbsp dried wild Greek oregano**
- **0.5 medium red onion**, finely grated (with juices)
- **4 cloves garlic**, finely minced
- **1 tsp organic lemon zest**
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**
- **0.5 tsp ground cumin** and **pinch of ground cinnamon** (adds authentic Greek warmth)
- **3 tbsp extra virgin olive oil** (for skillet searing)

For the Dairy-Free Cucumber Dill Tzatziki:

- **0.66 cup avocado oil mayonnaise** (Primal Kitchen) or **unsweetened coconut milk yogurt**
- **0.5 English cucumber**, grated and squeezed completely dry in a kitchen towel
- **2 tbsp fresh organic dill**, finely chopped
- **1.5 tbsp fresh organic lemon juice** and **1 tbsp extra virgin olive oil**
- **1 clove garlic**, finely grated/paste
- **0.5 tsp coarse sea salt**

For Serving:

- **0.5 cup pitted Kalamata olives**
- **Sliced Persian cucumbers, cherry tomatoes & fresh mint leaves**
- **Lemon wedges & warm grain-free cassava flatbreads**

Step-by-Step Instructions

1. **Make Dairy-Free Tzatziki:** In a medium glass bowl, combine grated and squeezed cucumber, avocado oil mayonnaise (or coconut yogurt), chopped dill, fresh lemon juice, olive oil, grated garlic, and sea salt. Stir until creamy and smooth. Cover and chill in the refrigerator to allow flavors to meld.
2. **Mix Meatballs:** In a large mixing bowl, combine ground lamb, ground beef, almond flour, beaten egg, minced fresh mint, parsley, wild oregano, grated red onion, garlic, lemon zest, sea salt, black pepper, cumin, and cinnamon. Gently combine with hands just until evenly mixed (do not overwork).
3. **Roll Meatballs:** Using a 2-tbsp cookie scoop, roll meat between damp hands into 16 smooth, uniform round meatballs.
4. **Cast-Iron Searing (Crust Invariant):** Heat 3 tbsp extra virgin olive oil in a 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat until shimmering. Add meatballs in a single layer with space between them. Cook undisturbed for 3 minutes until deeply browned on the bottom.
5. **Turn & Finish Cooking:** Turn meatballs gently with tongs to brown remaining sides, cooking for a total of 8 to 10 minutes until deeply golden, caramelized, and cooked through (internal temp 160°F / 71°C). Transfer meatballs to a

warm serving platter.

6. **Plate & Serve:** Spoon generous swirls of chilled dairy-free cucumber dill tzatziki onto plates. Arrange hot lamb meatballs over the tzatziki. Garnish with Kalamata olives, sliced cucumbers, cherry tomatoes, fresh mint leaves, and lemon wedges. Serve immediately!

Chef's Paleo Nutritional Science: Pasture-raised grass-fed lamb is an exceptional source of conjugated linoleic acid (CLA), bioavailable zinc, and Vitamin B12. Fresh spearmint and oregano contain rosmarinic acid and carvacrol with potent gastrointestinal soothing and antimicrobial properties.

RECIPE #72 • GRASS-FED BEEF & SAVORY LAMB

Master Paleo Prime Rib Roast with Rosemary Garlic Crust & Bone Broth Au Jus

Looking to master the undisputed king of ancestral holiday feasts without dry, overcooked gray bands or wheat-thickened flour gravies? The standing prime rib roast is an iconic showpiece of primal culinary luxury. By employing the scientific "reverse sear" roasting method—gently bringing the center to an even edge-to-edge medium-rare at low heat, followed by an intense 500°F Maillard blister blast—and pairing the carved beef with a gelatinous, rich au jus crafted from roasted marrow bones, red wine reduction, and fresh rosemary, this masterclass guarantees show-stopping holiday perfection every time.

Prep: 25 Mins	**Cook:** 3 Hrs 30 Mins	**Yield:** 8 Servings	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **The Eye of Ribeye (*Longissimus dorsi*):** The large central cylinder of tender, finely marbled muscle fibers.
- **The Ribeye Cap (*Spinalis dorsi*):** The prized crescent of ultra-tender, heavily marbled muscle wrapped along the outer perimeter. Known to butchers as the single most flavorful muscle on the steer.

Step-by-Step Instructions

1. **Gentle Low Heat (225°F / 107°C):** Roasting at low heat allows thermal energy to migrate steadily inward. Moisture loss is reduced by over 35%, and internal enzymes called calpains and cathepsins remain active longer, tenderizing the muscle fibers as it warms.
2. **Surface Moisture Evaporation:** Hours in the dry oven dehydrate the exterior fat cap and herb crust.
3. **Resting Before the Blast:** Resting the roast for 30 minutes *before* searing stops carryover cooking and stabilizes juices.
4. **The 500°F Maillard Blast:** A brief 10-minute finish in a 500°F (260°C) oven generates explosive Maillard browning across the exterior herb crust without penetrating or overcooking the pink interior.

RECIPE #73 • GRASS-FED BEEF & SAVORY LAMB

Paleo Grass-Fed Beef Shepherd's Pie with Garlic Cauliflower Mash

Craving the ultimate warming comfort casserole without potatoes, grains, or dairy? This Paleo Shepherd's Pie reimagines the traditional pub favorite with nutrient-dense, whole-food ingredients. Seasoned grass-fed ground beef is simmered with sweet diced carrots, celery, and aromatic fresh herbs in a rich bone broth reduction, then crowned with a cloud of velvety, roasted-garlic mashed cauliflower and baked until bubbly and golden.

Prep: 20 Mins	**Cook:** 30 Mins	**Yield:** 6 Servings	**Level:** Intermediate
Calories: 440 kcal	**Protein:** 38g	**Healthy Fats:** 26g	**Net Carbs:** 8g

Ingredients

For the Garlic Cauliflower Mash Topping:

- **1 large head organic cauliflower** (cut into florets, approx. 6 cups)
- **3 tbsp grass-fed clarified butter (ghee)** or avocado oil
- **3 cloves garlic**, minced and lightly sautéed
- **0.25 cup unsweetened full-fat coconut milk** or almond milk
- **1 tsp coarse Celtic sea salt**
- **0.25 tsp freshly ground white or black pepper**

For the Savory Beef & Vegetable Filling:

- **2 lbs grass-fed ground beef** (85/15 blend) or ground lamb
- **1 medium yellow onion**, finely diced
- **3 medium carrots**, peeled and diced
- **2 stalks celery**, finely diced
- **3 cloves garlic**, minced
- **2 tbsp tomato paste** (100% organic, no added sugars)
- **1 cup organic beef bone broth**
- **1 tbsp fresh rosemary**, finely chopped
- **1 tbsp fresh thyme leaves**
- **1 tbsp arrowroot starch or tapioca starch** (dissolved in 2 tbsp cold water, for thickening)
- **1.5 tsp coarse sea salt**
- **0.5 tsp black pepper**

Step-by-Step Instructions

1. **Steam Cauliflower:** Place cauliflower florets into a steamer basket over boiling water. Cover and steam for 10 to 12 minutes until completely fork-tender. Drain thoroughly and let steam dry in the colander for 3 minutes to remove excess moisture.
2. **Whip the Mash:** Transfer warm cauliflower to a food processor with ghee, sautéed garlic, coconut milk, 1 tsp sea salt, and pepper. Puree on high for 60 seconds until smooth, velvety, and potato-like. Set aside.
3. **Brown the Beef Filling:** In a 12-inch oven-safe cast-iron skillet (or large Dutch oven), brown the ground beef over medium heat for 6 to 8 minutes, breaking it into small crumbles. Drain excess rendered grease if desired, leaving 1 tablespoon in the pan.

4. **Sauté Aromatics & Veggies:** Add diced onion, carrots, celery, and minced garlic to the beef. Sauté for 5 to 7 minutes until the vegetables soften and become fragrant.
5. **Simmer Gravy:** Stir in the tomato paste, fresh rosemary, thyme, 1.5 tsp sea salt, and black pepper. Pour in the beef bone broth and bring to a simmer. Stir in the arrowroot slurry and cook for 2 minutes until a glossy, rich savory gravy coats the beef and vegetables.
6. **Top with Mash:** Smooth the surface of the meat filling evenly in the skillet. Spoon the whipped cauliflower mash over the top, spreading it to the edges with a spatula. Use the tines of a fork to cross-hatch ridges across the top (which will caramelize under heat).
7. **Bake & Broil:** Preheat oven to 400°F (200°C). Bake for 20 minutes until the edges are bubbling. Switch oven to BROIL on high for 3 to 4 minutes until the peaks of the cauliflower mash are golden brown and toasted.
8. **Rest & Serve:** Allow the pie to cool for 10 minutes to set before scooping into hearty portions.

Chef's Paleo Nutritional Science: Replacing high-glycemic white russet potatoes with cruciferous cauliflower delivers potent indole-3-carbinol (I3C) and sulforaphane, supporting cellular detoxification and liver phase-II enzymatic pathways. Grass-fed beef provides bioavailable zinc and carnitine, while simmered bone broth infuses bioavailable hyaluronic acid and collagen peptides into every bite.

RECIPE #74 • GRASS-FED BEEF & SAVORY LAMB

Paleo Grilled Steak Cobb Salad

Craving a hearty, steakhouse-quality Cobb dinner salad loaded with charred steak, crispy bacon, and creamy dressing without blue cheese, crouton grains, vegetable oils, or sugary store-bought dressings? This Paleo Grilled Steak Cobb Salad pairs juicy 100% grass-fed top sirloin steak grilled to medium-rare perfection with thick-cut sugar-free bacon crumbles, 7-minute jammy pasture-raised eggs, creamy Haas avocado slices, sweet cherry tomatoes, and English cucumber over crisp chopped romaine. Drizzled with a luscious homemade dairy-free avocado oil garlic-herb ranch dressing in 25 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Large Bowls	**Level:** Easy
Calories: 490 kcal	**Protein:** 44g	**Healthy Fats:** 32g	**Net Carbs:** 5g

Ingredients

For the Grilled Steak:

- **1.5 lbs 100% grass-fed top sirloin, ribeye, or flank steak** (approx. 1-inch thick, brought to room temp)
- **1.5 tbsp unrefined avocado oil**
- **1.5 tsp coarse Celtic sea salt** and **1 tsp freshly cracked black pepper**
- **1 tsp garlic powder** and **0.5 tsp smoked paprika**

For the Cobb Salad Bowl:

- **8 cups organic romaine lettuce**, washed, dried, and chopped into bite-sized pieces
- **6 slices sugar-free uncured thick-cut bacon**, baked until crispy and chopped into bite-sized shards
- **4 large pasture-raised eggs** (boiled for 7 minutes for a jammy golden yolk, peeled and halved)
- **2 large ripe Haas avocados**, pitted and sliced
- **1.5 cups organic cherry tomatoes**, halved
- **1 cup English cucumber**, diced

- **0.33 cup pickled or thinly sliced red onion**

For the Dairy-Free Garlic Herb Ranch Dressing:

- **0.66 cup avocado oil mayonnaise** (Primal Kitchen)
- **0.33 cup unsweetened culinary coconut milk or almond milk** (to thin)
- **1.5 tbsp fresh organic lemon juice** and **1 tsp raw apple cider vinegar**
- **2 tbsp fresh organic dill**, finely minced
- **2 tbsp fresh chives**, finely minced
- **1 tbsp fresh flat-leaf parsley**, minced
- **1 clove garlic**, finely grated into a paste
- **0.75 tsp onion powder**, **0.5 tsp Celtic sea salt**, and **0.25 tsp black pepper**

Step-by-Step Instructions

1. **Bake Bacon & Cook Jammy Eggs:** Preheat oven to 400°F (200°C). Lay bacon slices on a parchment-lined baking sheet and bake for 16 to 18 minutes until deeply golden and crispy. Drain on paper towels and chop into shards. In a small pot of boiling water, gently lower eggs and simmer for 7 minutes; transfer immediately to an ice bath for 3 minutes, peel, and slice in half.
2. **Whisk Dairy-Free Ranch Dressing:** In a mason jar or small bowl, whisk together avocado mayonnaise, coconut milk, lemon juice, apple cider vinegar, fresh dill, chives, parsley, grated garlic, onion powder, sea salt, and black pepper until silky, smooth, and pourable. Chill in refrigerator.
3. **Season & Grill Steak (High-Heat Sear Invariant):** Preheat outdoor grill or cast-iron grill pan on HIGH heat (475°F / 245°C). Rub steak with avocado oil and season generously with Celtic sea salt, black pepper, garlic powder, and smoked paprika. Grill for 4 to 5 minutes on the first side, flip, and grill for 3 to 4 minutes on the second side until internal temperature reaches 130°F to 135°F (54°C) for medium-rare. Transfer steak to a cutting board, tent with foil, and rest for 7 minutes. Slice thinly against the grain.
4. **Assemble Cobb Salad Platters:** Divide crisp chopped romaine evenly among 4 large wide bowls or arrange on a grand family platter.
5. **Arrange Cobb Rows (Visual Presentation Invariant):** Arrange ingredients in distinct, colorful parallel rows across the romaine bed: sliced grilled steak, crispy bacon shards, halved jammy eggs, sliced avocado, cherry tomatoes, diced cucumbers, and red onions.
6. **Dress & Serve:** Drizzle homemade garlic herb ranch generously over the rows or serve on the side. Top with fresh cracked black pepper and enjoy immediately!

Chef's Paleo Nutritional Science: Grass-fed beef provides dense creatine, carnosine, and bioavailable zinc. Haas avocados supply heart-healthy oleic acid and potassium, while pasture-raised egg yolks deliver lutein, zeaxanthin, and bioavailable choline to support cellular membrane integrity and brain function.

RECIPE #75 • GRASS-FED BEEF & SAVORY LAMB

Paleo Korean Beef Bulgogi Lettuce Wraps

Craving smoky, caramelized Korean BBQ beef bulgogi with paper-thin ribbons of tender steak without soy sauce, refined white sugar, corn syrup, or MSG? These Paleo Korean Beef Bulgogi Lettuce Wraps marinate 2 pounds of thinly shaved 100% grass-fed ribeye or top sirloin steak in an artisanal blend of grated Asian pear (or apple), organic coconut aminos, toasted sesame oil, minced garlic, fresh grated ginger, and scallions. Flash-seared in batches in a smoking hot cast-iron skillet until deeply caramelized in just 20 minutes, served nestled in crisp butter lettuce leaves with homemade kimchi.

Prep: 15 Mins	**Cook:** 6 Mins	**Yield:** 4 Large Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 38g	**Healthy Fats:** 22g	**Net Carbs:** 5g

Ingredients

For the Paper-Thin Beef & Searing:

- **2 lbs 100% grass-fed ribeye, flank, or top sirloin steak** (placed in freezer for 30 minutes, then sliced paper-thin across the grain into 1/8-inch ribbons)
- **2 tbsp unrefined avocado oil or grass-fed beef tallow** (for smoking hot skillet searing)
- **1 medium yellow onion**, thinly sliced into crescents

For the Authentic Korean Bulgogi Marinade:

- **0.5 cup pure organic coconut aminos** (soy-free & naturally sweet)
- **0.5 medium Asian pear or sweet Honeycrisp apple**, peeled and grated/pureed (enzymes naturally tenderize beef)
- **2 tbsp toasted sesame oil**
- **6 cloves fresh garlic**, finely minced or pressed
- **1.5 tbsp fresh ginger root**, finely grated
- **3 green scallions**, finely chopped
- **1 tbsp raw apple cider vinegar**
- **1 tsp coarse Celtic sea salt** and **1 tsp freshly cracked black pepper**
- **1 tsp gochugaru (Korean red chili flakes)** (optional, for subtle warmth)

For Assembly & Serving (Ssam Style):

- **1 large head organic butter lettuce, Boston bibb, or romaine leaves** (washed and separated into cups)
- **0.5 cup Paleo-compliant kimchi** (wild-fermented, sugar-free)
- **1 tbsp toasted white sesame seeds & sliced scallions** (for garnish)
- **Cauliflower rice with sesame oil** (optional)

Step-by-Step Instructions

1. **Freeze & Shave Steak (Paper-Thin Invariant):** Place whole steak in the freezer for 30 to 45 minutes until firm to the touch (not frozen solid). Using a very sharp chef's knife, shave steak across the grain into paper-thin slices (approx. 1/8-inch thick).
2. **Blend Pear Marinade:** In a medium bowl (or small blender), combine coconut aminos, pureed Asian pear/apple, toasted sesame oil, minced garlic, grated ginger, chopped scallions, cider vinegar, sea salt, black pepper, and gochugaru. Whisk until uniform.

3. **Marinate Beef:** Add shaved steak and sliced yellow onion to a large glass bowl or zip-top bag. Pour marinade over meat. Toss with tongs until every slice is coated. Marinate at room temperature for **30 minutes** (or chill in refrigerator for up to 8 hours for maximum enzyme tenderization).
4. **Heat Cast-Iron to Smoking (Flash Sear Invariant):** Place an extra-large 12-inch cast-iron skillet (or wok) over HIGH heat. Add 1 tbsp avocado oil and heat until shimmering and just beginning to smoke.
5. **Sear in Batches (No Steaming):** Remove beef slices from marinade with tongs, allowing excess liquid to drip off slightly. Add beef in a single layer (cook in 2 or 3 separate batches to prevent crowding). Sear undisturbed for **90 to 120 seconds** without moving until deeply browned and caramelized. Flip and cook for another 60 seconds. Transfer cooked beef to a platter and repeat with remaining batches.
6. **Caramelize Onions & Deglaze:** Add remaining sliced onions to the hot skillet with 2 tablespoons of remaining marinade. Sauté for 2 minutes until glossy and tender. Toss back with the seared beef.
7. **Assemble Ssam Lettuce Wraps:** Arrange warm Korean beef bulgogi on a platter. Sprinkle with toasted sesame seeds and fresh sliced scallions. Serve family-style with crisp butter lettuce cups, spicy kimchi, and cauliflower rice. Wrap and enjoy!

Chef's Paleo Nutritional Science: Asian pear contains calpain and proteolytic enzymes that break down structural collagen in beef fibers without requiring artificial tenderizers. Grass-fed beef supplies heme iron and L-carnitine, while wild-fermented kimchi delivers billions of beneficial Lactobacillus probiotics for gut health.

RECIPE #76 • GRASS-FED BEEF & SAVORY LAMB

One-Skillet Korean Bulgogi Ground Beef Bowls with Sesame & Scallions

Craving the savory, sweet, garlicky sizzle of authentic Korean barbecue without gluten-laden soy sauce, refined white sugar, or cornstarch thickeners? These one-skillet Korean bulgogi ground beef bowls transform humble 100% grass-fed ground beef into a gourmet weeknight triumph. Simmered in an artisanal marinade of fermented coconut aminos, toasted sesame oil, fresh grated Asian pear, ginger, and garlic, and served over fluffy riced cauliflower with toasted sesame seeds and scallions, this 20-minute supper delivers bold umami depth that satisfies the entire family.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Beginner
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Do Not Omit the Grated Pear:** The grated Asian pear is the authentic secret of Korean bulgogi. Its natural enzymes tenderize the beef and provide balanced sweetness without cane sugar.
- **Make It Spicy:** For spicy Korean bulgogi, whisk 1 teaspoon of Korean red pepper flakes (*gochugaru*) or 1 teaspoon of grain-free sriracha directly into the sauce.
- **Meal Prep Gold:** Cooked bulgogi beef stores in glass containers in the refrigerator for up to 5 days. It reheats in 2 minutes in a skillet or microwave and tastes even better on day two!

Step-by-Step Instructions

1. In a medium glass bowl, whisk together 1/3 cup organic coconut aminos, 1 tablespoon toasted sesame oil, 1 tablespoon raw apple cider vinegar (or rice vinegar), 1 tablespoon raw honey (or pure maple syrup), 4 cloves finely minced garlic, 1 tablespoon finely grated fresh ginger, and 1/4 cup peeled and finely grated Asian pear (or crisp apple).
2. Whisk thoroughly until the honey is dissolved and the grated fruit is evenly suspended in the savory dark sauce.

RECIPE #77 • GRASS-FED BEEF & SAVORY LAMB

Rustic Paleo Shepherd's Pie with Pastured Lamb & Whipped Sweet Potato Mash

Looking for the quintessential British comfort food casserole without white flour gravy, processed peas, or nightshade white potatoes? A true traditional shepherd's pie is made exclusively with rich, pasture-raised ground lamb. In this rustic ancestral masterpiece, succulent ground lamb is slow-simmered with aromatic carrots, celery, garlic, fresh rosemary, and gelatinous bone broth, then crowned with a cloud of whipped roasted sweet potato mash and broiled until golden and crispy at the peaks. Packed with bioavailable iron, zinc, and beta-carotene, this hearty one-pan dinner warms the soul on chilly evenings.

Prep: 25 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Gelatinous Bone Broth:** Rich homemade beef or lamb bone broth supplies natural gelatin. As the broth simmers with the lamb and vegetables, the liquid concentrates into a rich, glossy glaze.
- **Concentrated Tomato Paste:** Organic tomato paste delivers deep natural glutamates (umami) and soluble plant pectin, which naturally tightens the pan sauce without requiring grain flours.

Step-by-Step Instructions

1. Preheat oven to 400°F (204°C). Prick 2.5 lbs of sweet potatoes (about 3 large tubers) all over with a fork.
2. Place directly on an oven rack with a sheet of foil on the rack below to catch any dripping juices. Bake for 45 to 55 minutes until completely fork-tender and soft.
3. Allow sweet potatoes to cool for 10 minutes, then peel off the papery skins (they will slip off easily).
4. Place warm flesh into a large bowl with 3 tablespoons grass-fed ghee, 1/4 cup unsweetened almond milk (or coconut cream), 1/2 teaspoon fine sea salt, and a pinch of ground nutmeg. Beat with a potato masher or hand mixer until completely smooth and fluffy. Set aside.

RECIPE #78 • GRASS-FED BEEF & SAVORY LAMB

Paleo Salisbury Steak with Savory Mushroom Gravy

Craving classic retro diner comfort food without wheat breadcrumbs, artificial bouillon cubes, flour-thickened brown gravy, or heavy dairy butter? This Paleo Salisbury Steak mixes 100% grass-fed ground beef with pasture-raised egg, blanched almond flour, Dijon mustard, coconut aminos, and fresh herbs. Hard-seared in a cast-iron skillet and smothered in a velvety, deeply caramelized cremini mushroom and sweet yellow onion bone broth gravy, it serves over creamy roasted garlic cauliflower mash in 30 minutes.

Prep: 12 Mins	**Cook:** 18 Mins	**Yield:** 4 Servings (4 Large Steaks)	**Level:** Easy
Calories: 420 kcal	**Protein:** 36g	**Healthy Fats:** 28g	**Net Carbs:** 5g

Ingredients

For the Juicy Beef Salisbury Steaks:

- **1.5 lbs 100% grass-fed ground beef** (85/15 lean ratio)
- **0.33 cup superfine blanched almond flour**
- **1 large pasture-raised egg**, beaten
- **1.5 tbsp organic coconut aminos**
- **1 tbsp whole-grain Dijon mustard** (sugar-free)
- **1 tbsp organic tomato paste**
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1 tbsp fresh Italian parsley**, finely minced
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**
- **2 tbsp grass-fed beef tallow or avocado oil** (for searing)

For the Rich Cremini Mushroom & Onion Gravy:

- **8 oz baby bella (cremini) mushrooms**, sliced into 0.25-inch pieces
- **1 large yellow onion**, halved and thinly sliced into half-moons
- **4 cloves garlic**, finely minced
- **2 tbsp grass-fed ghee or avocado oil**
- **1.5 cups rich organic beef bone broth**
- **1 tbsp organic coconut aminos**
- **1 tsp fresh thyme leaves** (or 0.5 tsp dried thyme)
- **1 tbsp arrowroot starch or tapioca flour** dissolved in **2 tbsp cold water** (slurry)
- **0.5 tsp coarse sea salt** and **0.5 tsp black pepper**

For Serving:

- **Creamy garlic cauliflower mash with grass-fed ghee**
- **Fresh Italian parsley sprigs & crack of black pepper**

Step-by-Step Instructions

1. **Mix & Shape Salisbury Steaks:** In a large mixing bowl, combine ground beef, almond flour, beaten egg, coconut aminos, Dijon mustard, tomato paste, garlic powder, onion powder, chopped parsley, sea salt, and black pepper. Mix gently with your hands just until ingredients are incorporated (do not overwork, or steaks will become dense). Shape into 4 oval patties approx. 0.75-inch thick.
2. **Hard Cast-Iron Sear (Maillard Crust Invariant):** Heat 2 tbsp beef tallow in a large 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat until shimmering. Add patties in a single layer. Sear undisturbed for 4 to 5 minutes until a deep, dark brown crust forms on the bottom. Carefully flip with a metal spatula and sear for 3 to 4 minutes on the second side. Transfer seared patties to a plate (they will finish cooking in the gravy).
3. **Caramelize Onions & Mushrooms:** Add 2 tbsp grass-fed ghee to the hot beef drippings in the skillet. Add sliced onions and mushrooms. Sauté over MEDIUM heat for 6 to 8 minutes, stirring occasionally, until onions are soft and golden-brown and mushrooms release and re-absorb their juices with deep caramelized color.
4. **Deglaze with Bone Broth:** Add minced garlic and fresh thyme; cook for 60 seconds until fragrant. Pour in the beef bone broth, coconut aminos, sea salt, and black pepper. Using a wooden spoon, scrape up all the rich browned beef fond from the pan bottom.
5. **Thicken Gravy:** Pour in the arrowroot slurry. Whisk constantly for 60 seconds as the gravy comes to a gentle simmer and transforms into a glossy, velvety brown sauce.
6. **Smother & Simmer:** Nestle the seared Salisbury steak patties and resting juices back into the bubbling mushroom gravy. Spoon generous ladlefuls of gravy over each patty. Simmer over LOW heat for 3 to 4 minutes until patties register 160°F (71°C) internally.
7. **Plate & Serve:** Scoop mounds of steaming garlic cauliflower mash onto dinner plates. Place a tender Salisbury steak over the mash, smother generously with caramelized mushroom gravy, and garnish with fresh parsley. Serve immediately!

Chef's Paleo Nutritional Science: 100% grass-fed beef delivers an optimal 1:1 Omega-6 to Omega-3 fatty acid ratio, dense bioavailable heme iron, and carnosine, which inhibits advanced glycation end-products (AGEs). Cremini mushrooms supply ergothioneine and beta-glucan polysaccharides that enhance innate macrophage immune activity.

RECIPE #79 • GRASS-FED BEEF & SAVORY LAMB

Paleo Slow Cooker Beef Barbacoa

Craving authentic, juicy Chipotle-style Mexican beef barbacoa with bold smoky spice, zesty lime, and tender shredded beef without sugar-laden adobo pastes, vegetable seed oils, cornstarch, or artificial preservatives? This Paleo Slow Cooker Beef Barbacoa simmers 3 pounds of 100% grass-fed beef chuck roast in a rich homemade adobo sauce made from smoky chipotle peppers, fire-roasted tomatoes, fresh lime juice, apple cider vinegar, garlic, Mexican oregano, cumin, and aromatic ground cloves. Slow-cooked until fork-tender and flash-broiled for crispy caramelized edges in grain-free cassava tortillas, burrito bowls, or crisp lettuce wraps.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 to 8 Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 46g	**Healthy Fats:** 20g	**Net Carbs:** 2g

Ingredients

For the Grass-Fed Beef & Sear:

- **3.5 lbs 100% grass-fed beef chuck roast** (trimmed of excess hard fat and cut into 3-inch large chunks)
- **2 tbsp unrefined avocado oil or grass-fed beef tallow**
- **1.5 tbsp coarse Celtic sea salt** and **1 tsp freshly cracked black pepper**

For the Authentic Chipotle Adobo Braising Sauce:

- **3 to 4 whole chipotle peppers** (from sugar-free canned chipotles in adobo, or reconstituted dried morita peppers) plus **2 tbsp adobo sauce**
- **1 cup rich organic beef bone broth**
- **0.33 cup fresh organic lime juice** (approx. 3 limes)
- **0.25 cup raw unfiltered apple cider vinegar**
- **6 cloves fresh garlic**, peeled
- **1 tbsp ground cumin** and **1 tbsp Mexican oregano**
- **1 tsp smoked paprika** and **1 tsp onion powder**
- **0.25 tsp ground cloves** (the authentic secret barbacoa warmth)
- **3 dried bay leaves** (tossed whole into the slow cooker)

For Serving:

- **Grain-free cassava tortillas, romaine boats, or cilantro-lime cauliflower rice**
- **Diced white onion, fresh cilantro leaves, sliced radishes & fresh lime wedges**
- **Sliced avocado or homemade guacamole**

Step-by-Step Instructions

1. **Hard Sear the Beef (Flavor Invariant):** Pat beef chuck roast chunks completely dry with paper towels. Season all sides generously with Celtic sea salt and black pepper. Heat avocado oil (or beef tallow) in a heavy skillet over HIGH heat. Sear beef chunks in batches for 3 to 4 minutes per side until deeply browned and caramelized. Transfer seared beef into the slow cooker basin.
2. **Blend the Chipotle Adobo Sauce:** In a high-speed blender, combine chipotle peppers, adobo sauce, beef bone broth, fresh lime juice, apple cider vinegar, garlic cloves, cumin, Mexican oregano, smoked paprika, onion powder, and ground cloves. Blend on high for 45 seconds until silky smooth.
3. **Slow Cook:** Pour the adobo sauce completely over the seared beef in the slow cooker. Tuck the 3 bay leaves deep into the liquid. Cover and cook on **LOW for 8 to 9 hours** (or on **HIGH for 4.5 to 5 hours** / **Instant Pot manual pressure for 60 minutes**) until the meat is effortlessly pull-apart tender.
4. **Shred the Beef:** Remove bay leaves. Transfer beef chunks to a large cutting board or leave in the cooker. Use two forks to shred the beef into succulent juicy strands. Toss shredded meat thoroughly with the rich pan juices so every fiber absorbs the chipotle lime glaze.
5. **Broiler Crisping (Optional Restaurant Invariant):** For authentic taqueria-style crispy carnitas/barbacoa edges, spread shredded beef onto a large rimmed baking sheet. Drizzle with a ladle of braising liquid and broil on HIGH for 4 to 5 minutes until tips are caramelized and crispy.
6. **Serve & Enjoy:** Heap succulent beef barbacoa into warm cassava tortillas or over cilantro-lime cauliflower rice bowls. Top with diced white onion, fresh cilantro, sliced radishes, avocado, and an extra squeeze of fresh lime juice!

Chef's Paleo Nutritional Science: Grass-fed beef chuck roast is naturally packed with connective collagen and gelatin that break down during low-temperature braising, delivering glycine and proline to rebuild mucosal gut linings. Chipotle peppers contain capsaicin that promotes thermogenesis, and fresh lime juice supplies bioavailable Vitamin C to optimize iron absorption.

RECIPE #80 • GRASS-FED BEEF & SAVORY LAMB

Paleo Stuffed Flank Steak Pinwheels with Garlic & Spinach

Craving a showstopping steakhouse dinner with tender beef and savory aromatic filling without breadcrumbs, processed cheese blends, butter roux, or canola oil? These Paleo Stuffed Flank Steak Pinwheels butterfly 100% grass-fed flank steak into a thin, uniform sheet, pounded and seasoned with Celtic sea salt, rosemary, and cracked black pepper. Layered with garlicky sautéed baby spinach, caramelized cremini mushrooms, and sun-dried tomatoes, rolled tightly, tied with butcher's twine, sliced into thick pinwheel steaks, and hard-seared in a smoking-hot cast-iron skillet to juicy medium-rare in 30 minutes.

Prep: 15 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings (8 Pinwheels)	**Level:** Intermediate
Calories: 440 kcal	**Protein:** 44g	**Healthy Fats:** 28g	**Net Carbs:** 3g

Ingredients

For the Flank Steak & Seasoning:

- **1.75 to 2 lbs 100% grass-fed flank steak** (butterflied horizontally and pounded to 0.33-inch uniform thickness)
- **2 tbsp extra virgin olive oil or melted grass-fed tallow**
- **1.5 tsp coarse Celtic sea salt** and **1 tsp cracked black pepper**
- **1 tsp garlic powder** and **1 tsp dried rosemary**, crushed

For the Garlic Spinach & Mushroom Stuffing:

- **5 cups fresh organic baby spinach** (wilted and squeezed completely dry)
- **6 oz cremini mushrooms**, finely chopped
- **1 medium shallot**, finely minced
- **5 cloves garlic**, finely minced
- **0.25 cup sun-dried tomatoes in extra virgin olive oil**, finely sliced (Whole30)
- **2 tbsp grass-fed ghee or avocado oil**
- **2 tbsp nutritional yeast** (adds rich savory umami cheese flavor)
- **0.5 tsp coarse sea salt**

For Pan-Searing:

- **2 tbsp grass-fed tallow or ghee**
- **3 sprigs fresh rosemary & 3 cloves crushed garlic** (for pan basting)
- **Butcher's kitchen twine** (for tying roll)

Step-by-Step Instructions

1. **Cook Garlicky Stuffing:** In a skillet, heat 2 tbsp ghee over MEDIUM heat. Add minced shallots, chopped cremini mushrooms, and garlic; cook for 4 minutes until mushrooms are browned and tender. Add fresh spinach and sliced sun-dried tomatoes; toss for 2 minutes until spinach is wilted. Transfer to a bowl, stir in nutritional yeast and sea salt, and let cool for 5 minutes. (Squeeze out any excess liquid).
2. **Butterfly & Pound Flank Steak:** Place flank steak flat on a cutting board. Lay your non-dominant hand flat on top of the meat. Using a long, very sharp slicing knife, slice horizontally through the center of the steak parallel to the cutting board, stopping 0.5-inch before cutting completely through. Open the steak like a book. Place between parchment sheets and pound with a meat mallet to a uniform 0.33-inch thickness.
3. **Season & Layer Stuffing:** Rub the interior cut of the beef with 1 tbsp olive oil, sea salt, black pepper, garlic powder, and crushed rosemary. Spread the cooled spinach-mushroom stuffing evenly across the beef, leaving a 1-inch border along the edges.
4. **Roll & Tie (The Butcher Invariant):** Starting from the long edge (so you will eventually slice AGAINST the grain of the meat), roll the steak tightly into a compact log. Tie butcher's kitchen twine tightly around the log at 1.25-inch intervals (approx. 8 ties).
5. **Slice into Pinwheels:** Using a sharp chef's knife, slice between the twine ties into 8 individual 1.25-inch thick pinwheel steaks. Season exterior edges with coarse sea salt and black pepper.
6. **Cast-Iron High-Heat Sear:** Preheat oven to 400°F (200°C). Heat 2 tbsp grass-fed tallow in a large 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat until shimmering. Add pinwheels cut-side DOWN. Sear undisturbed for 3 to 4 minutes until a deep, caramelized brown crust forms. Flip and sear for 3 minutes on second side. Add rosemary sprigs and crushed garlic to pan, spooning hot herb tallow over pinwheels.
7. **Finish in Oven:** Transfer the cast-iron skillet directly into the 400°F oven for 4 to 6 minutes until the center registers 130°F (54°C) for juicy medium-rare (or 140°F for medium).
8. **Rest & Serve:** Transfer pinwheels to a warm platter and let rest for 5 minutes. Snip and discard butcher's twine before serving. Spoon hot pan drippings over top and serve immediately!

Chef's Paleo Nutritional Science: 100% grass-fed flank steak is packed with highly bioavailable zinc, creatine, and L-carnitine that support cellular ATP phosphorylation and cardiac contractility. Baby spinach supplies lutein and folate, while dietary fat from grass-fed tallow enhances the absorption of fat-soluble vitamins A and K.

RECIPE #81 • GRASS-FED BEEF & SAVORY LAMB

Cast-Iron Pan-Seared Grass-Fed Ribeye Steak with Garlic Rosemary Herb Ghee

Why do so many home cooks accidentally turn a magnificent $35 pasture-raised ribeye steak into a dry, gray, chewy disappointment? Pasture-raised 100% grass-fed beef has distinct muscle fiber dynamics, leaner intramuscular fat, and delicate omega-3 lipids that behave very differently than feedlot grain-finished beef. If cooked like conventional corn-fed beef, grass-fed ribeye quickly toughens. In this masterclass, we explore dry-brining biochemistry, cast-iron thermal conductivity, and continuous garlic-rosemary ghee basting to deliver a steakhouse-grade mahogany crust with a succulent, ruby-red medium-rare center.

Prep: 10 Mins (Plus Brine)	**Cook:** 8 Mins	**Yield:** 2 Servings	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Spinalis Dorsi (Ribeye Cap):** The outer crescent muscle surrounding the center eye. The spinalis is arguably the most tender, flavorful, and richly marbled muscle on the entire steer, packing dense intramuscular lipids and delicate muscle fibers.
- **Longissimus Dorsi (Ribeye Eye):** The central circular loin muscle, delivering clean, beefy, mineral-rich flavor.

Step-by-Step Instructions

1. **Osmotic Extraction & Reabsorption:** Salting a thick 1.5-inch ribeye 1 hour prior to cooking draws out cellular water through osmosis. The salt dissolves into this surface water, creating a concentrated brine. Within 30 minutes, muscle proteins denature slightly, allowing the saline solution to be reabsorbed back into the muscle fibers.
2. **Surface Dehydration:** Leaving the salted steak uncovered on a wire rack allows surface moisture to evaporate. When placed into a smoking-hot 450°F cast-iron skillet, the dry beef proteins immediately undergo the **Maillard reaction** (the chemical reaction between amino acids and reducing sugars) without wasting thermal energy boiling away surface water.

RECIPE #82 • GRASS-FED BEEF & SAVORY LAMB

Pan-Seared Paleo Greek Lemon Garlic Lamb Chops

Looking for a luxurious, restaurant-quality Mediterranean centerpiece that cooks in under 15 minutes without canola oil, butter containing dairy proteins, or grain-based breading? These Pan-Seared Paleo Greek Lemon Garlic Lamb Chops marinate thick pasture-raised lamb loin (or rib) chops in extra virgin olive oil, freshly squeezed lemon juice, crushed garlic cloves, fresh rosemary, and fragrant Greek oregano. Flash-seared in a smoking cast-iron skillet with nutty grass-fed ghee and basted continuously in foaming herb pan juices, they boast a crackling mahogany crust and a tender, rosy medium-rare interior.

Prep: 10 Mins	**Cook:** 8 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 420 kcal	**Protein:** 44g	**Healthy Fats:** 26g	**Net Carbs:** 2g

Ingredients

For the Greek Herb Marinated Lamb Chops:

- **8 thick-cut 100% grass-fed lamb loin chops or rib chops** (approx. 1-inch thick, 2 lbs total)
- **3 tbsp extra virgin olive oil**
- **3 tbsp fresh organic lemon juice** and **1.5 tsp lemon zest** (finely grated)
- **6 cloves garlic**, smashed and finely minced
- **1.5 tbsp fresh rosemary leaves**, finely chopped
- **1 tbsp dried wild Greek oregano**
- **1 tsp fresh thyme leaves**
- **1.5 tsp coarse Celtic sea salt**
- **0.75 tsp freshly ground black pepper**

For the Searing & Herb Ghee Basting:

- **2 tbsp grass-fed clarified butter (ghee) or avocado oil**
- **2 sprigs whole fresh rosemary** and **2 sprigs fresh thyme**

- **1 lemon**, cut into wedges (for searing and serving)

For Serving:

- **Pitted Kalamata olives & diced Persian cucumbers**
- **Dairy-free coconut tzatziki or roasted garlic cauliflower mash**
- **Fresh flat-leaf parsley & flaky Maldon sea salt**

Step-by-Step Instructions

1. **Marinate Lamb Chops (Flavor Infusion):** In a glass baking dish, whisk olive oil, lemon juice, lemon zest, minced garlic, chopped rosemary, Greek oregano, thyme, coarse Celtic sea salt, and black pepper. Add lamb chops, turning to coat both sides thoroughly. Let marinate at room temperature for 20 minutes (or cover and refrigerate for up to 8 hours).
2. **Pat Outer Surface (Crucial Crust Invariant):** Remove lamb chops from marinade and gently wipe off excess surface garlic pieces with a paper towel so they don't burn during high-heat searing.
3. **Heat Cast Iron to Smoking:** Heat 2 tbsp grass-fed ghee in a heavy 12-inch cast-iron skillet over HIGH heat until smoking hot.
4. **Hard Cast-Iron Sear:** Place lamb chops in the hot skillet in a single layer (cook in 2 batches if needed so pan heat doesn't drop). Sear undisturbed for 3 to 4 minutes until a deep, dark caramelized mahogany crust forms on the bottom.
5. **Flip & Baste with Herb Ghee (Chef Technique):** Flip lamb chops. Add whole rosemary and thyme sprigs and lemon wedges to the sizzling pan fat. Tilt the skillet slightly and use a large spoon to continuously baste the foaming herb-infused ghee over the tops of the chops for 3 to 4 minutes until the internal temperature registers 135°F to 140°F (57°C - 60°C) for a juicy medium-rare. (Hold chops on their fatty edges with tongs for 60 seconds to render and crisp the fat cap).
6. **Rest (Redistribute Juices):** Transfer seared lamb chops to a warm cutting board. Tent loosely with foil and let rest for 5 minutes (temperature will rise to a perfect 145°F).
7. **Plate & Serve:** Arrange lamb chops on warm plates alongside roasted lemon wedges, Kalamata olives, and fresh cucumber salad. Spoon the fragrant pan drippings over the meat and sprinkle with flaky Maldon sea salt and fresh parsley. Serve immediately!

Chef's Paleo Nutritional Science: Pasture-raised 100% grass-fed lamb is an elite source of bioavailable heme iron, carnosine, conjugated linoleic acid (CLA), and Vitamin B12. Wild Greek oregano and fresh rosemary supply potent rosmarinic acid and carvacrol polyphenols that reduce heterocyclic amine (HCA) formation during high-temperature pan searing.

RECIPE #83 • GRASS-FED BEEF & SAVORY LAMB

Sheet-Pan Chimichurri Flank Steak with Roasted Sweet Mini Peppers & Red Onions

Can a weeknight sheet-pan dinner deliver the fiery, charcoal-seared excitement of an authentic Argentine steakhouse without spending an hour over an outdoor grill? Flank steak is one of the most flavorful primal cuts of beef, but its long, coarse muscle fibers can easily turn tough and rubbery if cooked improperly. This 25-minute sheet-pan masterclass harnesses the high-heat thermal radiation of your oven broiler to sear pasture-raised flank steak to medium-rare perfection while roasting blistered sweet mini bell peppers and red onions on the same pan. Drizzled with a zesty, herb-packed homemade chimichurri sauce, it is a low-carb culinary triumph.

Prep: 15 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **High-Heat Flash Cooking:** Flank steak should only ever be cooked quickly over extreme heat to medium-rare (130°F to 135°F / 54°C–57°C). Cooking past medium denatures actin proteins, turning the long muscle fibers dry and stringy.
- **The Perpendicular Carving Invariant:** When slicing cooked flank steak, you must cut strictly **perpendicular (across the grain)** at a 45-degree angle. This physically severs the long muscle bundles into short 1/4-inch fibers, ensuring every bite is tender and easy to chew.

Step-by-Step Instructions

1. In a medium glass bowl, combine 1 cup finely chopped fresh Italian flat-leaf parsley (stems removed), 3 tablespoons finely chopped fresh oregano leaves, 4 cloves garlic (finely minced or microplaned), 1/3 cup cold-pressed extra virgin olive oil, 3 tablespoons raw unfiltered apple cider vinegar (or red wine vinegar), 1/2 teaspoon crushed red pepper flakes, 1/2 teaspoon coarse sea salt, and 1/4 teaspoon freshly cracked black pepper.

2. Whisk thoroughly until emulsified. Taste and adjust vinegar or salt to your palate. Set aside at room temperature for at least 15 minutes so the garlic and herbs infuse into the olive oil.

RECIPE #84 • GRASS-FED BEEF & SAVORY LAMB

Sheet Pan Garlic Herb Butter Steak Bites with Roasted Green Beans

Need a fast, protein-packed primal dinner with effortless cleanup? These Sheet Pan Garlic Herb Butter Steak Bites deliver the rich flavor of a gourmet steakhouse in just 20 minutes. Tender cubes of pasture-raised top sirloin are seasoned and broiled at high heat alongside crispy blistered French green beans, then bathed in a warm garlic-herb clarified butter (ghee) drizzle.

Prep: 10 Mins	**Cook:** 8 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 430 kcal	**Protein:** 44g	**Healthy Fats:** 26g	**Net Carbs:** 4g

Ingredients

- **2 lbs grass-fed top sirloin or New York strip steak** (trimmed and cut into 1.25-inch cubes)

- **1 lb fresh French green beans (haricots verts)**, trimmed
- **2 tbsp avocado oil** (for high-heat roasting)
- **3 tbsp grass-fed clarified butter (ghee)**, melted
- **4 cloves garlic**, finely minced
- **1 tbsp fresh rosemary**, finely chopped
- **1 tbsp fresh thyme leaves**
- **1 tbsp organic coconut aminos**
- **1.5 tsp coarse Celtic sea salt** (divided)
- **1 tsp freshly ground black pepper**
- **0.5 tsp smoked paprika**
- **2 tbsp fresh flat-leaf parsley**, chopped (for garnish)

Step-by-Step Instructions

1. **Preheat Oven & Broiler:** Position an oven rack 5 to 6 inches below the broiler element. Preheat your oven's broiler on HIGH (or 500°F). Line an extra-large rimmed baking sheet with parchment paper or heavy-duty foil.
2. **Season the Steak Cubes:** Pat the steak cubes completely dry with paper towels. In a large bowl, toss the steak with 1 tbsp avocado oil, coconut aminos, smoked paprika, 1 tsp coarse sea salt, and 0.5 tsp black pepper until thoroughly coated.
3. **Toss the Green Beans:** In a separate bowl, toss trimmed green beans with 1 tbsp avocado oil, 0.5 tsp sea salt, and black pepper.
4. **Arrange on Sheet Pan:** Spread the green beans out on one side of the baking sheet. Place the steak cubes in a single layer on the other half of the pan, making sure they do not touch to ensure maximum browning rather than steaming.
5. **High-Heat Broil:** Broil on HIGH for 4 minutes. Using tongs, quickly flip the steak bites and toss the green beans. Return to the broiler for an additional 3 to 4 minutes until steak edges are caramelized and green beans are blistered and tender-crisp (135°F for medium-rare).
6. **Garlic Herb Ghee Drizzle:** While broiling, whisk together the melted grass-fed ghee, minced garlic, fresh rosemary, and thyme in a small bowl.
7. **Finish & Serve:** Immediately remove the sheet pan from the oven. Pour the sizzling garlic herb ghee directly over the hot steak bites and green beans. Garnish with fresh parsley and serve hot.

Chef's Paleo Nutritional Science: Top sirloin is an exceptionally lean, nutrient-dense cut rich in bioavailable zinc, creatine, and phosphorus. Drizzling grass-fed ghee over lean steak reintroduces beneficial butyrate and conjugated linoleic acid (CLA), enhancing cellular nutrient assimilation and delivering a deeply satisfying satiety index.

RECIPE #85 • GRASS-FED BEEF & SAVORY LAMB

Slow-Braised Moroccan Lamb Shanks with Dried Turkish Apricots & Warm Spices

Can an ancient North African braise transform tough, tendon-heavy pasture-raised lamb shanks into fork-tender culinary poetry where the meat melts off the bone into a fragrant, velvety spiced reduction? Lamb shanks are among the most hard-working muscle cuts on the animal, notoriously chewy if cooked quickly. This authentic Moroccan ancestral masterclass submerges meaty pastured lamb shanks into a low-and-slow braise of rich bone broth, whole dried Turkish apricots, ground Ceylon cinnamon, toasted cumin, saffron, and fresh ginger. As the collagen sheaths hydrolyze into silky gelatin over 3 hours, a sweet-savory reduction develops that nourishes the gut mucosal lining and delivers profound sensory comfort.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 4 Shanks	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Ceylon Cinnamon (Cinnamaldehyde):** Stabilizes postprandial glucose metabolism and enhances the natural sweetness of pasture-raised meat.
- **Ground Turmeric (Curcumin):** Powerful lipophilic polyphenol that modulates systemic inflammatory markers and imparts a vibrant golden amber hue to the braise.
- **Spanish Saffron (Crocin & Safranal):** Hand-harvested stigmas of *Crocus sativus* providing earthy floral notes and supporting neurotransmitter balance.
- **Fresh Ginger (Gingerols & Shogaols):** Stimulates gastric motilin secretion and digestive enzymes, accelerating the efficient assimilation of dense protein and bone marrow lipids.

Step-by-Step Instructions

1. Select 4 meaty pasture-raised lamb hind shanks (approx. 1 to 1.25 lbs each). Pat thoroughly dry with paper towels.

2. Generously season all sides with 1.5 tablespoons coarse sea salt and 1 teaspoon freshly ground black pepper.

3. Heat 2 tablespoons pastured ghee or tallow in a large, heavy enameled cast-iron Dutch oven over medium-high heat for 4 minutes until shimmering.

4. Sear the lamb shanks in two batches. Sear undisturbed for 3 to 4 minutes per side, turning with heavy tongs until all sides—including the flat ends—develop an intensely browned mahogany Maillard crust. Transfer browned shanks to a platter.

RECIPE #86 • GRASS-FED BEEF & SAVORY LAMB

Slow-Braised Paleo Beef Brisket with Caramelized Onions

Looking for an authentic holiday or Sunday family brisket that melts under your fork without processed onion soup mix packets, brown sugar, cornstarch, or gluten? This Slow-Braised Paleo Beef Brisket rubs a whole pasture-raised beef flat brisket with smoked Spanish paprika, granulated garlic, onion powder, and coarse sea salt. Hard-seared in grass-fed tallow and braised gently in a heavy Dutch oven (or slow cooker) atop a mound of caramelized sweet onions, carrots, organic tomato paste, red wine vinegar, and rich beef bone broth, it yields a rich, velvety pan gravy and succulent slices of beef.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 8 Servings	**Level:** Easy
Calories: 460 kcal	**Protein:** 44g	**Healthy Fats:** 28g	**Net Carbs:** 6g

Ingredients

For the Smoked Paprika Rubbed Brisket:

- **3.5 to 4 lbs 100% grass-fed beef brisket** (flat cut, trimmed leaving 0.25-inch fat cap)
- **2 tbsp grass-fed beef tallow or ghee** (for high-heat searing)
- **1.5 tbsp smoked Spanish paprika**
- **1 tbsp garlic powder** and **1 tbsp onion powder**
- **1 tbsp dried oregano** and **1 tsp ground black pepper**
- **2 tsp coarse Celtic sea salt**

For the Caramelized Onion & Bone Broth Braising Gravy:

- **3 large yellow onions**, sliced into 0.5-inch thick half-moons
- **4 large organic carrots**, peeled and cut into 2-inch chunks
- **3 stalks organic celery**, cut into 2-inch chunks
- **8 cloves garlic**, smashed
- **0.33 cup organic tomato paste**
- **2.5 cups rich organic beef bone broth**
- **3 tbsp organic coconut aminos**
- **2 tbsp raw unfiltered apple cider vinegar or red wine vinegar**
- **3 sprigs fresh rosemary** and **4 sprigs fresh thyme**
- **2 dried bay leaves**

For Garnish:

- **Fresh rosemary sprigs & chopped Italian parsley**
- **Roasted garlic cauliflower mash or braised carrots** (for serving)

Step-by-Step Instructions

1. **Season the Brisket:** In a small bowl, mix smoked paprika, garlic powder, onion powder, dried oregano, coarse sea salt, and black pepper. Rub the seasoning paste firmly into all sides and crevices of the beef brisket.
2. **Hard Cast-Iron Sear (Maillard Flavor Invariant):** Heat 2 tbsp beef tallow (or ghee) in a large 6-quart to 8-quart enameled cast-iron Dutch oven over MEDIUM-HIGH heat. Sear the brisket fat-cap side DOWN first for 5 to 6 minutes until a deep, dark caramelized crust forms. Flip and sear the other side for 4 minutes. Transfer seared

brisket to a large platter.

3. **Caramelize the Onions:** Reduce heat to MEDIUM. Add sliced yellow onions to the hot rendered beef drippings. Cook for 8 to 10 minutes, stirring occasionally, until deeply golden-brown and sweet. Add smashed garlic cloves and tomato paste; stir constantly for 2 minutes to caramelize the tomato paste.
4. **Deglaze the Pot:** Pour in the vinegar, coconut aminos, and beef bone broth. Use a wooden spatula to scrape up every bit of browned beef fond stuck to the bottom of the Dutch oven. Stir until the braising liquid is smooth and fragrant.
5. **Assemble & Slow Braise:** Scatter carrots and celery into the pot. Nestle the seared brisket fat-side UP directly on top of the bed of caramelized onions and vegetables. Tuck fresh rosemary sprigs, thyme sprigs, and bay leaves into the liquid around the beef. (Liquid should reach roughly halfway up the sides of the brisket).
6. **Bake to Melting Tenderness:** Cover tightly with the heavy Dutch oven lid (or double layer of foil). Transfer to a preheated 300°F (150°C) oven. Braise undisturbed for 3 to 3.5 hours (or slow cook on LOW for 8 hours) until the brisket is fork-tender and yields with zero resistance.
7. **Rest, Slice & Serve:** Transfer brisket to a carving board and tent loosely with foil for 15 minutes. Slice across the grain into 0.25-inch thick slices. Skim excess fat from the pan juices if desired, discarding bay leaves and herb stems. Arrange brisket slices over a platter with tender carrots and ladles of rich caramelized onion gravy. Serve immediately!

Chef's Paleo Nutritional Science: Slow-braising grass-fed beef brisket hydrolyzes dense insoluble collagen fibril matrices into bioavailable gelatin and free glycine and proline amino acids, repairing intestinal epithelial junctions and soothing joint cartilage. Caramelized yellow onions supply abundant quercetin bioflavonoids to support cardiovascular integrity.

RECIPE #87 • GRASS-FED BEEF & SAVORY LAMB

Slow-Braised Paleo Beef Short Ribs

Craving fall-off-the-bone tender, French bistro-quality braised short ribs bathed in a glossy, savory reduction without red wine sulfites, white flour roux, brown sugar, or industrial seed oils? These Slow-Braised Paleo Beef Short Ribs hard-sear 100% grass-fed bone-in English-cut short ribs in grass-fed beef tallow or ghee until deeply caramelized. Slow-braised in an artisanal reduction of aged balsamic vinegar, rich organic beef bone broth, tomato paste, garlic, fresh rosemary, and garden thyme, served over a velvety dairy-free garlic parsnip puree for an unforgettable centerpiece meal.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 4 to 6 Servings	**Level:** Easy
Calories: 540 kcal	**Protein:** 48g	**Healthy Fats:** 36g	**Net Carbs:** 6g

Ingredients

For the Searing & Short Ribs:

- **4 lbs grass-fed bone-in English-cut beef short ribs** (approx. 4 to 6 large meaty ribs, patted bone-dry)
- **2.5 tbsp grass-fed ghee or beef tallow**
- **1.5 tbsp coarse Celtic sea salt** and **1.5 tsp freshly cracked black pepper**

For the Balsamic Herb Braising Jus:

- **1 large yellow onion**, chopped
- **3 large organic carrots**, chopped into 1-inch chunks
- **3 stalks organic celery**, chopped

- **6 cloves fresh garlic**, smashed
- **3 tbsp organic tomato paste** (no sugar added)
- **0.66 cup aged balsamic vinegar of Modena** (adds rich acidic depth in place of red wine)
- **3 cups rich organic beef bone broth**
- **4 sprigs fresh rosemary** and **6 sprigs fresh garden thyme** (tied with kitchen twine)
- **2 dried bay leaves**

For the Velvety Garlic Parsnip Puree:

- **2 lbs organic parsnips**, peeled and sliced into 0.5-inch rounds
- **0.33 cup full-fat coconut cream or unsweetened almond milk**
- **3 tbsp grass-fed ghee**
- **3 cloves roasted garlic**, **1 tsp sea salt**, and **pinch of ground nutmeg**

Step-by-Step Instructions

1. **Hard Sear Short Ribs (Maillard Crust Invariant):** Preheat oven to 325°F (165°C). Generously season all sides of the bone-dry short ribs with Celtic sea salt and cracked black pepper. Heat ghee or beef tallow in a 6-quart heavy enameled Dutch oven over MEDIUM-HIGH heat. Sear short ribs in batches for 3 to 4 minutes per side until deeply browned with a dark mahogany crust on all 4 sides. Transfer seared ribs to a plate.
2. **Sauté Aromatics & Tomato Paste:** Lower heat to MEDIUM. Add chopped onion, carrots, celery, and smashed garlic to the hot pan drippings. Sauté for 5 minutes until vegetables begin to soften. Stir in tomato paste and cook for 2 minutes until it turns a deep rust color.
3. **Deglaze with Balsamic & Bone Broth:** Pour in balsamic vinegar and beef bone broth. Use a wooden spoon to scrape up all caramelized browned bits from the bottom of the Dutch oven. Bring liquid to a rolling simmer for 3 minutes.
4. **Submerge & Braise:** Return seared short ribs and any resting juices back into the Dutch oven, nestling them bone-side down into the liquid. Tuck the rosemary-thyme herb bundle and bay leaves between the ribs. Cover with a tight-fitting lid and transfer to the oven. Braise at 325°F (165°C) for **2.5 to 3 hours** (or cook in slow cooker on LOW for 8 hours) until the meat is gelatinously tender and effortlessly pulls away from the bone.
5. **Make Whipped Parsnip Puree:** While ribs are braising, steam or boil parsnip rounds for 15 minutes until fork tender. Transfer to a food processor with coconut cream, grass-fed ghee, roasted garlic, sea salt, and nutmeg. Puree on high for 2 minutes until silky, smooth, and fluffy.
6. **Reduce Glossy Braising Jus:** Transfer cooked short ribs carefully to a platter and tent with foil. Strain braising liquid through a fine-mesh sieve into a saucepan (discard cooked vegetables and herb bundle), or spoon off excess surface fat. Simmer liquid over MEDIUM-HIGH heat for 6 to 8 minutes until it reduces into a glossy, syrup-thick braising glaze.
7. **Plate & Crown:** Spoon a luscious cloud of warm whipped parsnip puree onto shallow dinner bowls. Rest a braised short rib on top. Spoon generous ladles of the reduced balsamic glaze over the beef. Garnish with fresh thyme and serve immediately!

Chef's Paleo Nutritional Science: Bone-in beef short ribs are rich in Type I and Type III collagen, glucosamine, and chondroitin sulfate that dissolve into the cooking broth, supporting joint cartilage and gut permeability. Parsnips are loaded with prebiotic soluble fiber and potassium to maintain electrolyte equilibrium.

RECIPE #88 • GRASS-FED BEEF & SAVORY LAMB

Slow-Cooker Chipotle Beef Barbacoa

Looking for an effortless crowd-pleaser that yields days of tender shredded meat? This Slow-Cooker Chipotle Beef Barbacoa delivers deep, authentic Mexican flavors without refined sugars, seed oils, or canned additives. Seared grass-fed beef chuck roasts are slow-simmered in a zesty, aromatic braising broth of pureed chipotle peppers, raw apple cider vinegar, fresh lime juice, and Mexican spices until falling apart at the touch of a fork.

Prep: 15 Mins	**Cook:** 8 Hours	**Yield:** 8 Servings	**Level:** Easy
Calories: 480 kcal	**Protein:** 52g	**Healthy Fats:** 28g	**Net Carbs:** 2g

Ingredients

- **3.5–4 lbs grass-fed beef chuck roast** (trimmed of excess exterior fat, cut into 3-inch chunks)
- **1 tbsp avocado oil or rendered beef tallow** (for searing)
- **1 medium white onion**, roughly chopped
- **6 cloves garlic**, peeled
- **0.75 cup organic beef bone broth** (or filtered water)
- **0.33 cup fresh lime juice** (approx. 3 fresh limes)
- **0.25 cup raw unfiltered apple cider vinegar**
- **2 tbsp tomato paste** (100% organic, no added sugar)
- **2 tsp pure ground chipotle chili powder** (or 2 whole dried chipotle chiles, stemmed)
- **1 tbsp ground cumin**
- **1 tbsp dried Mexican oregano**
- **1 tsp ground cloves**
- **1.5 tbsp coarse Celtic sea salt**
- **1 tsp freshly cracked black pepper**
- **3 whole dried bay leaves**

Step-by-Step Instructions

1. **Blend the Braising Sauce:** In a high-speed blender, combine the chopped white onion, garlic cloves, beef bone broth, fresh lime juice, apple cider vinegar, tomato paste, ground chipotle powder, cumin, Mexican oregano, ground cloves, sea salt, and black pepper. Blend on high for 45 seconds until smooth and emulsified.
2. **Sear the Beef (Optional but Recommended):** Heat avocado oil in a large cast-iron skillet over high heat. Sear the beef chunks in batches for 2 to 3 minutes per side until deeply browned. Transfer seared beef into the slow cooker basin.
3. **Combine in Slow Cooker:** Pour the blended chipotle marinade entirely over the beef chunks. Tuck the three dried bay leaves deep into the liquid.
4. **Slow Cook:** Cover with the slow cooker lid and cook on **LOW for 7 to 8 hours** (or on **HIGH for 4 to 5 hours**) until the meat is fork-tender and shreds effortlessly. (Instant Pot alternative: Pressure cook on High for 65 minutes with natural pressure release.)
5. **Shred & Soak:** Remove the bay leaves. Use two forks to shred the beef directly inside the slow cooker basin, allowing the tender meat strands to absorb the rich, concentrated braising broth.

6. **Serve:** Serve hot over cilantro-lime cauliflower rice, inside crisp romaine lettuce cups, or wrapped in grain-free cassava tortillas with sliced avocado, pickled red onions, and fresh cilantro.

Chef's Paleo Nutritional Science: Slow-cooking beef chuck roast breaks down tough intramuscular collagen fibers into gelatin, supplying substantial amounts of glycine, proline, and hydroxyproline that soothe the intestinal mucosal barrier and support joint integrity. The combination of acidic apple cider vinegar and fresh lime juice lowers the pH during cooking, facilitating optimal mineral extraction from the meat and bone broth.

RECIPE #89 • GRASS-FED BEEF & SAVORY LAMB

Ultimate Slow-Cooker Grass-Fed Beef Pot Roast with Bone Broth Gravy

Nothing captures timeless ancestral comfort quite like a slow-simmered Sunday beef pot roast. This Paleo & Whole30 Beef Pot Roast uses a marble-rich grass-fed beef chuck roast seared in beef tallow until mahogany brown, then slow-braised for 8 hours in rich organic beef bone broth with sweet heirloom carrots, celery, sweet onions, fresh rosemary, and thyme. Finished with a glossy arrowroot bone broth gravy reduction, it yields melt-in-your-mouth tender beef without flour or artificial flavorings.

Prep: 15 Mins	**Cook:** 8 Hours	**Yield:** 6 Servings	**Level:** Easy
Calories: 480 kcal	**Protein:** 46g	**Healthy Fats:** 28g	**Net Carbs:** 8g

Ingredients

For the Pot Roast & Braise:

- **3.5 lbs grass-fed boneless beef chuck roast**
- **2 tbsp beef tallow, grass-fed ghee, or avocado oil** (for high-heat searing)
- **1.5 lbs heirloom carrots**, peeled and cut into thick 2-inch chunks
- **4 stalks celery**, cut into 2-inch chunks
- **1 large yellow onion**, cut into thick wedges (or 1 cup pearl onions)
- **6 cloves organic garlic**, smashed
- **2 cups organic beef bone broth** (rich in natural collagen)
- **2 tbsp tomato paste** (100% organic, no added sugar)
- **1 tbsp organic coconut aminos**
- **1 tsp Red Boat fish sauce** (secret umami enhancer)
- **4 sprigs fresh rosemary**
- **6 sprigs fresh thyme**
- **2 dried bay leaves**
- **1.5 tbsp coarse Celtic sea salt**
- **1 tsp freshly cracked black peppercorns**

For the Savory Pan Gravy:

- **2 cups braising liquid** (strained from slow cooker)
- **1.5 tbsp arrowroot starch** (whisked in 2 tbsp cold water)
- **2 tbsp chopped fresh parsley** (for garnish)

Step-by-Step Instructions

1. **Season & Dry:** Pat the chuck roast thoroughly dry with paper towels. Season generously on all sides with 1.5 tbsp coarse sea salt and cracked black pepper, pressing the seasonings into the meat.
2. **High-Heat Sear:** Heat 2 tbsp beef tallow or ghee in a heavy 12-inch cast-iron skillet over high heat. Sear the roast for 4 to 5 minutes per side without moving it until a deep, caramelized mahogany crust forms. Transfer the seared roast directly into the slow cooker insert.
3. **Deglaze the Skillet:** Lower the heat under the skillet. Add tomato paste, coconut aminos, fish sauce, and 1 cup of the beef bone broth. Whisk vigorously, scraping up all the flavorful browned bits (fond) from the bottom of the pan. Pour over the roast.
4. **Add Aromatics & Vegetables:** Arrange carrots, celery, onion wedges, and smashed garlic around and over the beef. Pour in remaining 1 cup of bone broth. Tuck the rosemary sprigs, thyme sprigs, and bay leaves into the liquid.
5. **Slow Cook to Fork-Tender:** Cover and cook on LOW for 8 to 9 hours (or HIGH for 5 hours) until the beef is extraordinarily tender and falls apart under gentle fork pressure.
6. **Thicken the Gravy:** Transfer the tender roast and root vegetables to a warm serving platter and tent loosely with foil. Discard bay leaves and herb stems. Ladle 2 cups of the savory pan juices into a small saucepan over medium-high heat. Bring to a simmer, whisk in the arrowroot slurry, and cook for 2 minutes until glossy and thickened.
7. **Carve & Serve:** Pull the beef into rustic chunks, surround with tender braised carrots and onions, and ladle the piping-hot bone broth gravy generously over the top. Garnish with chopped fresh parsley.

Chef's Paleo Nutritional Science: Grass-fed beef chuck contains substantially higher concentrations of conjugated linoleic acid (CLA), Vitamin A, and Vitamin E than grain-fed alternatives. Slow braising with grass-fed bone broth hydrolyzes dense intramuscular collagen into bioavailable type-I and type-III peptides, promoting mucosal lining repair and tendon elasticity.

RECIPE #90 • GRASS-FED BEEF & SAVORY LAMB

Slow-Cooker Beef Bone Broth Pho with Zucchini Noodles & Star Anise

Is it possible to recreate the intoxicating, multi-layered depth of traditional Vietnamese ph■ bò in a home kitchen without days of simmering or inflammatory refined rice noodles? Street-stall ph■ in Hanoi is revered for its crystal-clear, bone-marrow-infused broth that warms the soul with toasted star anise, cinnamon bark, and charred ginger. This ancestral slow-cooker masterclass harnesses 12 hours of low-temperature bone marrow extraction using grass-fed beef knuckle and marrow bones. Poured piping hot over thinly shaved raw grass-fed sirloin and crisp spiralized zucchini ribbons, it delivers authentic five-star Vietnamese comfort without grains or MSG.

Prep: 20 Mins	**Cook:** 10 to 12 Hours	**Yield:** 6 Large Bowls	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Collagen Gelatinization:** Type II cartilage collagen breaks down into glycine, proline, and hydroxyproline, giving the broth its famous silky mouthfeel that solidifies into gelatin when chilled.

- **Glycosaminoglycans (GAGs):** Simmering joints leaches natural hyaluronic acid and chondroitin sulfate into the broth, supporting human joint mobility and intestinal mucosal tight junction repair.
- **Adipose Fatty Acids:** The yellow marrow core dissolves, releasing fat-soluble Vitamins A, D, and K2 along with clean stearic and oleic lipids that trap volatile spice aromatics.

Step-by-Step Instructions

1. Place 4 lbs of grass-fed beef marrow and knuckle bones in a large stockpot. Cover with cold water, bring to a rolling boil for 8 minutes, then drain and rinse bones under warm tap water to remove gray scum. *This guarantees crystal-clear golden broth!*

2. Halve 2 large yellow onions (unpeeled) and slice a 4-inch piece of fresh ginger in half lengthwise. Place cut-side UP on a baking sheet and broil on HIGH for 8 to 10 minutes until deeply charred and blackened. Rinse under warm water to remove loose black soot flakes.

3. In a dry skillet over medium heat, toast 6 whole star anise pods, 2 cinnamon sticks, 1 black cardamom pod (cracked), 5 whole cloves, and 1 tablespoon coriander seeds for 2 to 3 minutes until fragrant. Transfer spices to a cotton spice bag or cheesecloth pouch and tie tightly.

RECIPE #91 • GRASS-FED BEEF & SAVORY LAMB

Slow-Cooker Moroccan Lamb Tagine with Butternut Squash & Dried Mission Figs

How can a modern countertop slow cooker replicate the gentle, ceramic thermal convection of a traditional Moroccan clay tagine without turning vegetables to mush or diluting complex spices? In the medinas of Marrakesh, tagines are slow-cooked over glowing charcoal embers, condensing aromatic steam beneath conical earthenware lids. This ancestral interpretation brings that exotic magic to your home kitchen. Succulent cubes of pasture-raised lamb shoulder simmer in rich bone broth with golden butternut squash, sweet Black Mission figs, toasted cumin, cinnamon, ginger, and saffron. It delivers ancient Berber royalty in every nourishing spoonful.

Prep: 20 Mins	**Cook:** 7 Hours (Low)	**Yield:** 6 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Fig Proteolytic Enzymes & Anthocyanins:** Dried figs contain **ficin**, a natural plant protease enzyme that gently tenderizes lamb muscle fibers during the initial hours of cooking, while dark fig skins impart deep purple polyphenols and prebiotic fibers.
- **Squash Starch & Beta-Carotene:** Cubed butternut squash absorbs the saffron-infused bone broth, softening into buttery nuggets that supply provitamin A carotenoids and thicken the stew naturally without grain starch.

Step-by-Step Instructions

1. Cut 3 lbs of boneless pasture-raised lamb shoulder into uniform 1.5-inch cubes. Pat completely dry with paper towels.

2. Season generously with 1.5 tablespoons coarse sea salt and 1 teaspoon freshly cracked black pepper.

3. Heat 2 tablespoons pastured ghee in a large heavy skillet over high heat. Sear lamb in two batches for 3 minutes per side until deeply browned and crusted. Transfer seared lamb to the ceramic crock of a 6-quart slow cooker.

RECIPE #92 • GRASS-FED BEEF & SAVORY LAMB

Slow-Cooker Pulled Beef Brisket with Clean Grain-Free BBQ Sauce

Can you achieve the smoky, tender, mouthwatering magic of Texas barbecue brisket in a countertop slow cooker without high-fructose corn syrup, artificial liquid smoke, or refined white sugar? Commercial barbecue sauces are notoriously filled with industrial seed oils, caramel coloring, and corn syrup. Beef brisket is one of the toughest cuts on the steer, demanding low, steady heat to unlock its savory grandeur. This ancestral slow-cooker recipe coats a grass-fed beef brisket in a homemade spice bark, simmers it low and slow for 8 hours in its own juices, and shreds it in a clean, artisanal barbecue sauce made from organic tomato paste, apple cider vinegar, blackstrap molasses, and smoked paprika.

Prep: 20 Mins	**Cook:** 8 Hours (Low)	**Yield:** 8 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Organic Tomato Paste (Lycopene):** Provides rich umami glutamates and fat-soluble lycopene, serving as a thick, glossy tomato base.
- **Raw Apple Cider Vinegar (Acetic Acid):** Provides tangy brightness that cuts through the rich beef fat while tenderizing outer meat fibers.
- **Blackstrap Molasses & Pure Maple:** Unsulfured blackstrap molasses imparts traditional Southern pitmaster depth along with dietary **iron, calcium, and magnesium**, while maple syrup adds clean caramel sweetness.
- **Smoked Spanish Paprika & Chipotle:** Oak-smoked pimentón (*Capsicum annuum*) delivers natural campfire woodsmoke flavor without artificial chemical smoke condensates.

Step-by-Step Instructions

1. Select a 3.5 to 4 lb pasture-raised beef brisket flat or point cut. Trim outer fat cap to a uniform 1/4-inch thickness (do not remove all the fat!).

2. In a small bowl, combine 1.5 tablespoons coarse sea salt, 1 tablespoon coarsely ground black pepper, 1 tablespoon smoked paprika, 1 tablespoon garlic powder, 1 tablespoon onion powder, and 1 teaspoon ground cumin.

3. Rub the spice blend firmly across all sides of the brisket, pressing it into the surface to create a thick, savory bark.

RECIPE #93 • GRASS-FED BEEF & SAVORY LAMB

Slow-Cooker Beef Short Rib Chili with Sweet Potatoes (Bean-Free)

Can an authentic Texas-style red chili deliver thick, spoon-coating richness, complex chili pepper heat, and comforting soul without relying on inflammatory kidney beans or corn flour thickeners? Traditional chili recipes use canned beans that can irritate sensitive digestive systems with anti-nutrients like lectins and phytates. This ultimate ancestral slow-cooker chili upgrades humble ground beef to succulent, bone-in pasture-raised beef short ribs. Simmered for 8 hours with fire-roasted tomatoes, ancho chiles, chipotle, tender cubed jewel sweet potatoes, and a hint of dark raw cacao, it yields a luxurious, deeply satisfying stew that warms from the inside out.

Prep: 20 Mins	**Cook:** 8 Hours (Low)	**Yield:** 6 Large Bowls	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Marrow Infusion:** Bone marrow dissolves from the rib bones, flooding the chili broth with conjugated linoleic acid (CLA), alkylglycerols, and savory glutamate umami.
- **Gelatin Hydrolysis:** Tendon collagen melts into rich gelatin at 195°F (90°C), naturally thickening the chili sauce into a glossy, velvety consistency without cornstarch or flour.

Step-by-Step Instructions

1. Select 3 lbs of bone-in English-cut pasture-raised beef short ribs (approx. 4 to 5 large ribs). Pat completely dry with paper towels.

2. Generously season all sides with 1.5 tablespoons coarse sea salt and 1 teaspoon freshly ground black pepper.

3. Heat 1.5 tablespoons pastured tallow or avocado oil in a large cast-iron skillet over high heat until lightly smoking.

4. Sear short ribs in batches for 3 minutes per side until all surfaces—especially the meaty face—develop an intense, caramelized brown crust. Transfer seared ribs to the ceramic crock of a 6-quart slow cooker.

RECIPE #94 • GRASS-FED BEEF & SAVORY LAMB

Smoky Grass-Fed Beef & Bacon Sweet Potato Chili (No Beans)

Craving a thick, robust bowl of slow-simmered chili without inflammatory kidney beans, corn starches, or legumes? This Paleo No-Bean Beef Chili brings deep, complex smoke using crisp pasture-raised bacon drippings, 100% grass-fed ground beef, and naturally sweet diced sweet potatoes that soften into the rich, chili-spiced bone broth. It delivers all the rustic satisfaction of a traditional cook-off winner while keeping your gut happy and 100% grain-free.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 450 kcal	**Protein:** 40g	**Healthy Fats:** 24g	**Net Carbs:** 16g

Ingredients

- **2 lbs 100% grass-fed ground beef** (85/15 blend) or ground bison
- **6 slices pasture-raised thick-cut bacon**, chopped

- **2 medium sweet potatoes**, peeled and cut into 0.5-inch cubes
- **1 large yellow onion**, diced
- **1 red bell pepper**, diced
- **5 cloves garlic**, minced
- **1 can (28 oz) organic fire-roasted crushed tomatoes**
- **1 can (6 oz) organic tomato paste**
- **2 cups rich beef bone broth**
- **2.5 tbsp chili powder** (blend of ancho and mild chilies)
- **1 tbsp ground cumin**
- **1 tbsp smoked paprika**
- **1 tsp dried Mexican oregano**
- **0.5 tsp cayenne pepper** (optional, for heat)
- **1.5 tsp coarse Celtic sea salt**
- **1 tsp freshly cracked black pepper**
- **Fresh diced avocado, cilantro, and sliced jalapeño** (for serving)

Step-by-Step Instructions

1. **Render the Bacon:** In a large 6-quart heavy enameled Dutch oven over medium heat, cook the chopped bacon for 6 to 8 minutes until crispy and rendered. Transfer bacon with a slotted spoon to a paper towel-lined plate, leaving 2 tablespoons of bacon fat in the pot.
2. **Brown the Ground Beef:** Add the grass-fed ground beef to the pot. Cook over medium-high heat, breaking it up with a wooden spoon, for 6 to 7 minutes until browned. Transfer beef to the plate with the bacon.
3. **Sauté Aromatics & Sweet Potatoes:** Add the diced onion, red bell pepper, minced garlic, and cubed sweet potatoes to the pot. Sauté for 5 minutes until the vegetables begin to soften and become fragrant.
4. **Toast Spices:** Stir in the tomato paste, chili powder, ground cumin, smoked paprika, Mexican oregano, cayenne pepper, sea salt, and black pepper. Stir constantly for 2 minutes to caramelize the tomato paste and bloom the spices.
5. **Simmer the Chili:** Pour in the fire-roasted crushed tomatoes and beef bone broth. Return the cooked ground beef and half of the crispy bacon to the Dutch oven. Stir well, scraping up any browned bits from the bottom of the pot. Bring to a boil, then reduce heat to low, cover with lid slightly ajar, and simmer for 30 to 35 minutes until the sweet potatoes are fork-tender and the chili has thickened.
6. **Rest & Garnish:** Remove from heat and let stand for 5 minutes. Ladle into wide chili bowls. Garnish with fresh diced avocado, remaining crispy bacon bits, chopped cilantro, and fresh sliced jalapeños.

Chef's Paleo Nutritional Science: Eliminating lectin-heavy kidney and pinto beans prevents intestinal irritation and digestive bloating, while sweet potatoes supply complex beta-carotene, potassium, and resistant starch. Simmering with collagen-rich beef bone broth provides essential proline and glycine, supporting joint restoration and systemic inflammatory reduction.

CHAPTER 4

Chapter 4: Heritage Pork, Bacon & Harvest Roasts

Pasture-raised heritage pork and uncured, sugar-free artisanal bacon bring rich savory depth to crisp carnitas, apple-cider braised pork belly,garlic-herb tenderloins, and smoky skillet hashes.

RECIPE #95 • HERITAGE PORK, BACON & HARVEST ROASTS

Creamy New England Paleo Clam Chowder with Smoky Bacon

Craving an authentic, piping-hot bowl of New England clam chowder without white flour roux, heavy dairy cream, or high-glycemic potatoes? This Creamy New England Paleo Clam Chowder renders crispy pasture-raised bacon lardons to build a rich savory base. Simmered with wild sea clams, natural clam nectar, celery, leeks, garlic, and fresh thyme, the soup is thickened naturally with pureed cauliflower and rich culinary coconut cream for an ultra-velvety texture that rivals any Cape Cod seafood shack.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 340 kcal	**Protein:** 24g	**Healthy Fats:** 22g	**Net Carbs:** 8g

Ingredients

For the Smoky Bacon & Aromatics:

- **6 slices pasture-raised thick-cut bacon**, chopped into lardons (drippings reserved)
- **1 medium leek** (white and light green parts only, washed and sliced) or 1 yellow onion
- **3 stalks organic celery**, diced into 0.25-inch pieces
- **4 cloves garlic**, finely minced
- **1.5 tbsp fresh thyme leaves** (or 1 tsp dried thyme)
- **2 dried bay leaves**

For the Velvety Chowder Broth:

- **4 cups organic cauliflower florets** (approx. 1 medium head, steamed or boiled until tender)
- **2 cans (6.5 oz each) wild sea clams in clam juice** (clams drained and reserved, juice reserved)
- **1 bottle (8 oz) natural clam juice / clam broth** (or organic fish/chicken bone broth)
- **1 cup full-fat unsweetened culinary coconut cream** (adds velvety mouthfeel without coconut flavor)
- **1 tbsp grass-fed ghee**
- **1 tsp coarse Celtic sea salt** and **0.5 tsp freshly ground white or black pepper**
- **1 tbsp fresh lemon juice**

For Garnish:

- **Reserved crispy bacon lardons**
- **2 tbsp fresh Italian flat-leaf parsley & chives**, finely chopped
- **Fresh lemon wedges & pinch of smoked paprika**

Step-by-Step Instructions

1. **Crisp the Bacon:** In a large 5-quart heavy Dutch oven or stockpot, cook chopped bacon over MEDIUM heat for 6 to 7 minutes until crispy and golden. Using a slotted spoon, transfer crispy bacon lardons to a paper towel-lined plate. Leave 2 tbsp rendered bacon fat in the pot.
2. **Sauté Aromatics:** Add sliced leeks and diced celery to the bacon fat. Sauté over medium heat for 4 to 5 minutes until soft and translucent. Stir in minced garlic and fresh thyme; cook for 60 seconds until fragrant.
3. **Simmer Broth Base & Cauliflower:** Pour in the reserved clam juice from the canned clams, the 8 oz bottle of clam nectar, 1 cup of water (or broth), and the 4 cups of cauliflower florets. Add the 2 bay leaves, sea salt, and black pepper. Bring to a boil, then reduce heat to medium-low, cover, and simmer for 10 minutes until cauliflower is completely fork-tender.
4. **Blend for Ultra-Velvety Chowder (Chef Technique):** Remove the 2 bay leaves. Ladle 3 cups of the tender cooked cauliflower along with 1.5 cups of the hot broth into a high-speed blender (or use an immersion blender). Add the 1 cup of coconut cream and 1 tbsp grass-fed ghee. Blend on high for 60 seconds until transformed into an ultra-creamy, silky-smooth chowder base.
5. **Recombine & Add Wild Clams:** Pour the velvety blended cauliflower cream back into the Dutch oven with the remaining chunky vegetables and broth. Stir well over low heat. Add the reserved chopped wild sea clams and 1 tbsp fresh lemon juice. Simmer gently for only 3 to 4 minutes until clams are heated through. (Do not boil, as boiling will make clams rubbery).
6. **Ladle & Garnish:** Taste and adjust seasoning with extra sea salt, pepper, or lemon juice. Ladle steaming hot clam chowder into warm bowls. Top generously with crispy bacon lardons, minced fresh chives, flat-leaf parsley, and a pinch of smoked paprika. Serve immediately!

Chef's Paleo Nutritional Science: Wild sea clams are the single most concentrated natural food source of Vitamin B12 (cobalamin), supplying over 1,400% of the recommended daily value per serving alongside bioavailable iron, selenium, and copper. Pureed cauliflower mimics heavy cream using soluble prebiotic fibers that support colonic short-chain fatty acid synthesis.

RECIPE #96 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Bacon-Wrapped Filet Mignon with Rosemary Garlic Ghee

Craving a five-star steakhouse filet mignon dinner with butter-tender beef and shatteringly crisp bacon without refined sugar bacon cures, dairy butter, industrial soybean oil, or flour sauces? This Crispy Bacon-Wrapped Filet Mignon wraps 100% grass-fed beef tenderloin steaks in thick-cut sugar-free uncured bacon, secured with wooden toothpicks. Hard-seared in a smoking-hot cast-iron skillet to crisp the bacon circumference and develop a rich Maillard crust, basted continuously with nutty grass-fed ghee, crushed garlic cloves, and fresh rosemary sprigs in 20 minutes.

Prep: 8 Mins	**Cook:** 12 Mins	**Yield:** 4 Filets	**Level:** Easy
Calories: 460 kcal	**Protein:** 48g	**Healthy Fats:** 30g	**Net Carbs:** 1g

Ingredients

For the Bacon-Wrapped Filets:

- **4 100% grass-fed beef tenderloin filet mignon steaks** (approx. 6 to 7 oz each, 1.5-inch thick, room temperature)
- **4 to 8 slices sugar-free uncured thick-cut bacon** (Whole30-compliant)

- **1.5 tsp coarse Celtic sea salt**
- **1 tsp freshly cracked tricolor black peppercorns**
- **0.5 tsp garlic powder**
- **Wooden toothpicks** (for securing bacon)

For the Herb Ghee Pan-Basting:

- **3 tbsp grass-fed clarified butter (ghee)**
- **5 cloves fresh garlic**, lightly smashed with the side of a knife
- **4 sprigs fresh organic rosemary**
- **4 sprigs fresh organic thyme**

For Serving:

- **Roasted garlic mashed cauliflower or roasted asparagus in rendered beef fat**
- **Flaky Maldon sea salt crystals & fresh thyme sprigs**

Step-by-Step Instructions

1. **Bring Meat to Room Temp (Juice Retention Invariant):** Remove filet mignon steaks from refrigerator 25 minutes before cooking. Pat steaks thoroughly bone-dry with paper towels.
2. **Wrap in Bacon:** Wrap 1 (or 2) slices of thick-cut bacon snugly around the outer circumference of each filet. Secure the bacon tightly in place with 1 or 2 wooden toothpicks inserted horizontally.
3. **Season Generously:** Season the top and bottom cuts of the filets generously with coarse Celtic sea salt, cracked black pepper, and garlic powder, pressing seasoning into the meat.
4. **Cast-Iron Sear (Maillard Crust Invariant):** Preheat oven to 400°F (200°C). Heat a 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat for 3 minutes until smoking hot. Place filets in the dry skillet (the bacon renders sufficient fat). Sear undisturbed for 3 minutes until a dark, mahogany-brown crust forms on the bottom.
5. **Flip & Add Basting Aromatics:** Flip steaks onto the second side. Immediately add 3 tbsp grass-fed ghee, smashed garlic cloves, rosemary sprigs, and thyme sprigs to the pan.
6. **Arrosé Pan-Basting (Chef Technique):** Tilt the skillet slightly toward you. Using a large spoon, rapidly and continuously ladle the foaming, herb-infused hot ghee over the top of each steak for 2 minutes. (This cooks the top evenly and infuses rich garlic-rosemary essence into every crevice).
7. **Crisp the Bacon Edges:** Using tongs, hold each filet vertically on its side and roll the bacon edge along the hot skillet surface for 60 seconds to ensure the bacon is crispy and golden all the way around.
8. **Oven Finish & Rest:** Transfer the skillet into the 400°F oven for 3 to 4 minutes until an instant-read thermometer registers 130°F (54°C) for tender medium-rare (or 140°F for medium). Transfer filets to a warm cutting board, remove toothpicks, spoon hot pan juices over top, and let rest undisturbed for 5 minutes. Serve with flaky Maldon sea salt!

Chef's Paleo Nutritional Science: 100% grass-fed tenderloin delivers concentrated bioavailable heme iron, carnitine, and vitamin B12 with virtually zero carbohydrate load. High-smoke-point grass-fed ghee (485°F) preserves fatty acid structural stability during high-heat searing while providing butyric acid to nourish colonocytes.

RECIPE #97 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Air-Fryer Brussels Sprouts with Pastured Bacon & Aged Balsamic Reduction

Remember childhood memories of bitter, sulfurous, mushy boiled Brussels sprouts? This recipe completely redefines the cruciferous experience. By harnessing high-velocity 400°F air convection, rendered pastured pork bacon lard, and a drizzle of rich, naturally sweet aged balsamic reduction, these halved sprouts emerge with blistered, caramelized chip-like outer petals and a sweet, tender core that delights even the most skeptical vegetable eaters.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Enzymatic Sulforaphane Synthesis:** Moderate thermal activation prompts the enzyme myrosinase to hydrolyze glucoraphanin into sulforaphane, one of nature's most potent phase II liver detoxification and cytoprotective Nrf2 activators.
- **High-Heat Carbohydrate Caramelization:** The natural complex sugars within the dense sprout core undergo pyrolysis and Maillard browning with amino acids, transforming bitter sulfur notes into sweet, nutty, roasted undertones.

Step-by-Step Instructions

1. Select 1.5 lbs of firm, compact, vibrant green Brussels sprouts. Trim off dry yellow stem bottoms and discard any loose exterior discolored leaves.

2. Cut each sprout in half through the core from stem to top. Halving exposes the inner layers, allowing hot air to penetrate the core while individual loose outer leaves separate to become shatteringly crisp "chips."

3. Dice 4 strips of thick-cut, uncured pastured bacon into 1/2-inch lardons.

4. In a large mixing bowl, toss the trimmed sprouts with 1 tablespoon of melted pastured ghee or extra virgin avocado oil, 1/2 teaspoon unrefined sea salt, 1/4 teaspoon garlic powder, and 1/2 teaspoon coarse black pepper. Fold in the raw bacon lardons.

RECIPE #98 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Heritage Pork Belly with Warm Spiced Apple Ginger Chutney

Is there any culinary experience more decadent than thick slices of melt-in-your-mouth pork belly capped with a shatteringly crisp, blistered crackling skin? This ancestral centerpiece pairs heritage pasture-raised pork belly with a warm, spiced Honeycrisp apple and fresh ginger chutney. By utilizing culinary thermodynamics—a gentle low-temperature braise to melt connective collagen into rich gelatin, followed by an intense high-heat blast to puff the skin—this recipe achieves Michelin-worthy contrast without refined sugars, seed oils, or commercial gluten glazes.

Prep: 25 Mins	**Cook:** 2 Hrs 15 Mins	**Yield:** 6 Servings	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Phase 1: Slow Collagen Melting (275°F / 135°C):** Connective collagen begins unwinding into liquid gelatin at sustained temperatures between 160°F and 180°F. Gentle low roasting melts the dense connective tissue, bathing the muscle fibers in savory, naturally gelatinous juices.
- **Phase 2: Epidermal Dehydration & Blistering (450°F / 232°C):** Crackling skin forms when the water within the pork skin rapidly converts to steam, expanding and creating microscopic bubbles that puff and crisp the keratinized protein matrix into chicharrón-like crackling. Any lingering surface moisture will prevent blistering and result in tough, leathery rind.

Step-by-Step Instructions

1. **Micro-Scoring:** Using a surgical razor blade or an ultra-sharp utility knife, score the skin in a fine 1/4-inch diamond crosshatch pattern. Cut through the epidermis and fat layer, but *stop before touching the red muscle meat*. Scoring allows steam and rendering fat to escape from underneath.
2. **Overnight Refrigerator Air Drying:** Rubbing the scored skin with coarse sea salt and leaving the pork belly uncovered on a wire rack in the refrigerator for 12 to 24 hours creates a parchment-dry surface via ambient evaporation. This dehydration step is the secret to instant, glass-like blistering.

RECIPE #99 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Paleo Pork Schnitzel with Lemon Caper Ghee

Craving authentic Viennese or German pork schnitzel with a paper-thin, shatteringly crisp golden crust without wheat flour, processed breadcrumbs, butter roux, or canola oil? This Crispy Paleo Pork Schnitzel pounds heritage boneless pork loin chops into uniform 0.25-inch cutlets, dredges them in tapioca starch, pasture-raised egg wash, and seasoned blanched almond flour, and pan-fries them in nutty grass-fed ghee. Finished with a sizzling pan sauce of fresh lemon juice, briny non-pareil capers, and Italian flat-leaf parsley in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings (4 Large Cutlets)	**Level:** Easy
Calories: 390 kcal	**Protein:** 38g	**Healthy Fats:** 24g	**Net Carbs:** 4g

Ingredients

For the Crispy Pork Cutlets:

- **4 boneless pasture-raised pork loin chops** (approx. 5 to 6 oz each, pounded to 0.25-inch thickness)
- **1 cup superfine blanched almond flour**
- **0.33 cup tapioca starch or arrowroot flour**
- **2 large pasture-raised eggs**, beaten with 1 tbsp water
- **1 tsp garlic powder** and **1 tsp smoked Spanish paprika**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp white pepper**
- **4 tbsp grass-fed clarified butter (ghee) or unrefined avocado oil** (for pan-frying)

For the Sizzling Lemon Caper Ghee Sauce:

- **3 tbsp grass-fed ghee**
- **2.5 tbsp fresh organic lemon juice**
- **2 tbsp small non-pareil capers**, drained
- **0.33 cup fresh Italian flat-leaf parsley**, finely chopped
- **1 clove garlic**, finely grated
- **Pinch of sea salt & cracked black pepper**

For Serving:

- **Fresh lemon wedges & parsley sprigs**
- **Warm German-style bacon cabbage slaw or roasted baby potatoes**

Step-by-Step Instructions

1. **Pound Cutlets Thin (Schnitzel Invariant):** Place pork chops between two large sheets of parchment paper or plastic wrap. Using the flat side of a meat mallet, pound each chop firmly starting from the center outward until it expands into a uniform 0.25-inch thick cutlet. Season both sides with sea salt, white pepper, and garlic powder.
2. **Set Up Dredging Station:** In shallow bowl #1, place tapioca starch. In shallow bowl #2, whisk the 2 eggs with 1 tbsp water. In shallow bowl #3, combine almond flour, smoked paprika, and 0.5 tsp sea salt.
3. **Dredge the Cutlets:** Dust each pork cutlet in tapioca starch (shake off excess), dip into egg wash, and press firmly into the almond flour mixture on both sides. Transfer to a wire rack for 5 minutes to allow coating to adhere firmly.
4. **Pan-Fry to Golden Crunch (Chef Technique):** Heat 4 tbsp grass-fed ghee in a large 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat until shimmering (approx. 350°F). Carefully lay 2 cutlets into the hot ghee. Fry undisturbed for 3 to 4 minutes until the bottom crust is deeply golden, crispy, and rippled.
5. **Flip & Drain:** Flip cutlets with tongs and fry for 2 to 3 minutes on the second side until cooked through and crispy. Transfer to a wire rack set inside a baking sheet. Repeat with remaining 2 cutlets.
6. **Make Lemon Caper Pan Sauce:** Wipe out dark residue from skillet with a paper towel. Add 3 tbsp fresh ghee, minced garlic, and drained capers over medium heat; swirl for 60 seconds until capers pop and become fragrant. Remove from heat, whisk in fresh lemon juice and chopped parsley until a glossy emulsion forms.
7. **Drizzle & Serve:** Transfer crispy pork schnitzels to serving plates. Spoon the sizzling lemon caper ghee sauce over the center of each cutlet, leaving the outer edges crunchy. Garnish with lemon wedges and fresh parsley. Serve immediately!

Chef's Paleo Nutritional Science: Pasture-raised pork loin supplies concentrated Vitamin B1 (thiamine) and bioavailable zinc, supporting carbohydrate metabolic enzymatic cascades. Grass-fed ghee provides butyric acid and conjugated linoleic

acid (CLA), with a high smoke point (485°F) that avoids harmful lipid oxidation during pan-frying.

RECIPE #100 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Paleo Sweet and Sour Pork with Pineapple (Cantonese Style)

Missing Cantonese takeout sweet and sour pork without deep-fried wheat batter, red food dye #40, refined white sugar, or inflammatory soybean oil? This Crispy Paleo Sweet and Sour Pork cuts tender pasture-raised pork tenderloin into bite-sized nuggets, coats them in egg and arrowroot starch, and flash-sears them in avocado oil for an audible, glass-like crunch. Tossed with charred red and green bell peppers, sweet red onions, fresh pineapple chunks, and a glossy, all-natural sweet-and-sour reduction, it delivers authentic Chinatown nostalgia in 25 minutes.

Prep: 12 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 36g	**Healthy Fats:** 20g	**Net Carbs:** 16g

Ingredients

For the Crispy Pork Nuggets:

- **1.5 lbs pasture-raised pork tenderloin or boneless pork loin**, cut into 1-inch bite-sized cubes
- **0.5 cup arrowroot starch or tapioca flour** (creates an ultra-crisp coating)
- **1 large pasture-raised egg**, whisked
- **1 tbsp organic coconut aminos** (for marinating meat)
- **1 tsp garlic powder** and **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **3 tbsp unrefined avocado oil** (for pan-searing)

For the Authentic Tangy Sweet & Sour Sauce:

- **0.66 cup 100% pure pineapple juice** (no added sugar)
- **0.33 cup raw unfiltered apple cider vinegar**
- **0.25 cup organic tomato paste** (or unsweetened Paleo ketchup)
- **3 tbsp organic coconut aminos**
- **2 tbsp raw unfiltered honey or date syrup** (omit for strict Whole30)
- **4 cloves garlic**, finely minced
- **1 tbsp fresh ginger root**, finely grated
- **1.5 tsp arrowroot starch** dissolved in **1 tbsp cold water** (slurry to thicken)
- **1 tsp toasted sesame oil**

For the Stir-Fry Veggies & Garnish:

- **1.5 cups fresh organic pineapple chunks** (cut into 1-inch pieces)
- **1 red bell pepper** and **1 green bell pepper**, seeded and cut into 1-inch squares
- **1 small red onion**, cut into 1-inch squares
- **2 scallions**, sliced, and **1 tbsp toasted sesame seeds**
- **Steamed cauliflower rice** (for serving)

Step-by-Step Instructions

1. **Whisk Tangy Sweet & Sour Sauce:** In a medium bowl or measuring cup, whisk together pineapple juice, apple cider vinegar, tomato paste, coconut aminos, honey (or date syrup), minced garlic, grated ginger, and the arrowroot slurry until smooth.
2. **Season & Dredge Pork:** In a bowl, toss pork cubes with 1 tbsp coconut aminos, whisked egg, garlic powder, sea salt, and black pepper. In a shallow dish, place the arrowroot starch. Dredge each piece of pork thoroughly in starch, shaking off excess so a dry, powdery coating remains.
3. **High-Heat Crisp Fry (Chef Technique):** Heat 3 tbsp avocado oil in a large 12-inch heavy carbon steel wok or skillet over MEDIUM-HIGH heat until shimmering hot. Working in 2 batches (do not crowd the pan), add pork cubes in a single layer. Sear undisturbed for 3 minutes until golden-brown and crunchy. Flip and sear for 2 to 3 minutes on the second side (150°F internal). Transfer crispy pork with a slotted spoon to a paper towel-lined plate.
4. **Blister Vegetables & Pineapple:** Add the bell pepper squares, red onion, and pineapple chunks to the hot pan drippings. Stir-fry over HIGH heat for 2 to 3 minutes until peppers are blistered and tender-crisp, and pineapple edges are caramelized.
5. **Thicken Sauce:** Pour the whisked sweet and sour sauce directly into the pan with the sizzling vegetables. Simmer vigorously for 60 to 90 seconds until the sauce bubbles, thickens, and transforms into a glossy, ruby-amber glaze that coats the back of a spoon. Stir in 1 tsp toasted sesame oil.
6. **Toss Pork in Glaze (The Finish):** Remove pan from heat. Immediately add the hot crispy pork cubes back into the wok. Toss gently for 20 to 30 seconds until every crispy pork nugget is lacquered in shiny sweet-and-sour glaze.
7. **Garnish & Serve:** Transfer immediately to a serving platter over steaming cauliflower rice. Garnish with sliced green scallions and toasted sesame seeds. Serve immediately while crunchy!

Chef's Paleo Nutritional Science: Fresh organic pineapple is the premier natural source of bromelain, a proteolytic enzyme that breaks down dense protein chains into bioavailable free amino acids while exerting systemic anti-inflammatory actions. Pasture-raised pork tenderloin supplies high concentrations of bioavailable B-complex vitamins (B1, B3, B6) and zinc without hormonal residues.

RECIPE #101 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Slow-Cooker Citrus Pork Carnitas

Craving restaurant-style Mexican carnitas with juicy interior and shatteringly crisp, caramelized edges? This authentic Paleo Carnitas recipe slow-simmers pastured pork shoulder in freshly squeezed orange and lime juice, aromatic Mexican oregano, ground cumin, and crushed garlic. Once fork-tender, the meat is shredded and quickly broiled under high heat to achieve that iconic golden crispness without grain-based flour or added sugars.

Prep: 15 Mins	**Cook:** 6 Hours	**Yield:** 8 Servings	**Level:** Easy
Calories: 460 kcal	**Protein:** 44g	**Healthy Fats:** 30g	**Net Carbs:** 2g

Ingredients

- **4 lbs pasture-raised pork shoulder (pork butt)**, excess fat trimmed and cut into 2-inch chunks
- **Juice of 2 large organic oranges** (approx. 0.5 cup fresh orange juice)
- **Juice of 2 fresh limes**

- **6 cloves garlic**, smashed and minced
- **1 large yellow onion**, quartered
- **1 tbsp ground cumin**
- **1 tbsp dried Mexican oregano** (rubbed between palms)
- **1 tsp chili powder or ancho chili powder**
- **2 tsp coarse Celtic sea salt**
- **1 tsp freshly cracked black pepper**
- **2 dried bay leaves**
- **2 tbsp lard or avocado oil** (for searing)

Step-by-Step Instructions

1. **Season & Sear:** Pat pork chunks dry. Toss with sea salt, black pepper, cumin, Mexican oregano, and chili powder. Heat 2 tbsp lard in a heavy cast-iron skillet over high heat and sear pork chunks for 2 to 3 minutes per side until browned. Transfer to slow cooker insert.
2. **Add Aromatics & Citrus:** Nest the quartered onion and bay leaves around the pork. Pour the freshly squeezed orange juice, lime juice, and minced garlic over the meat.
3. **Slow Cook:** Cover and cook on LOW for 6 to 8 hours (or HIGH for 4 hours) until the pork is extraordinarily tender and shreds effortlessly with two forks.
4. **Shred the Pork:** Transfer the pork chunks to a large rimmed baking sheet using a slotted spoon. Shred into bite-sized rustic pieces with two forks. Discard bay leaves and onion quarters from the slow cooker insert, reserving the savory cooking juices.
5. **Ladle Broth:** Ladle 0.5 cup of the reserved citrus cooking juices over the shredded pork on the baking sheet to keep it succulent.
6. **High-Heat Broil:** Position oven rack 5 inches below the broiler. Broil on HIGH for 4 to 6 minutes until the tips of the shredded pork are deeply browned, caramelized, and shatteringly crispy.
7. **Serve:** Spoon hot crispy carnitas into crisp romaine or butter lettuce cups, over cauliflower cilantro-lime rice, or with fresh guacamole, diced white onions, and chopped cilantro.

Chef's Paleo Nutritional Science: Pasture-raised pork is rich in dietary thiamine (Vitamin B1), selenium, and bioavailable iron. Slow cooking collagen-dense pork shoulder breaks connective tissue into glycine-rich gelatin, promoting gut barrier repair and connective tissue remodeling without inflammatory industrial seed oils.

RECIPE #102 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Slow-Cooker Paleo Pork Carnitas

Craving authentic Michoacán-style Mexican pork carnitas with succulent, tender shredded pork and deeply caramelized, crispy edges without lard adulterants, seed oils, sugar glazes, or beer? These Crispy Slow-Cooker Paleo Pork Carnitas slow-braise 4 pounds of pasture-raised boneless pork shoulder seasoned with a robust dry rub of ground cumin, Mexican oregano, smoked paprika, garlic, and sea salt. Simmered low and slow with fresh-squeezed Valencia orange juice, lime juice, yellow onion, and bay leaves until falling-apart tender, then shredded and broiled under high heat with savory pan drippings for legendary crispy carnitas in 15 active minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 to 8 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 42g	**Healthy Fats:** 28g	**Net Carbs:** 2g

Ingredients

For the Pork Shoulder & Dry Rub:

- **4 lbs pasture-raised boneless pork shoulder (pork butt)**, cut into 3-inch chunks with fat cap intact
- **1.5 tbsp coarse Celtic sea salt** and **1.5 tsp freshly cracked black pepper**
- **1.5 tbsp ground cumin**
- **1.5 tbsp dried Mexican oregano** (crushed between fingers)
- **1 tbsp chili powder** and **1 tsp smoked paprika**
- **1 tsp ground coriander** and **0.5 tsp ground cinnamon** (traditional Mexican secret)

For the Slow-Cooker Citrus Aromatics:

- **1 large yellow onion**, chopped into wedges
- **8 cloves fresh garlic**, smashed and peeled
- **0.66 cup freshly squeezed orange juice** (from 2 large oranges, plus spent orange halves placed in slow cooker)
- **0.33 cup freshly squeezed lime juice** (from 2 limes)
- **2 dried bay leaves**

For Serving & Garnishes:

- **Crisp butter lettuce cups or grain-free cassava/almond flour tortillas**
- **Diced red onion, fresh cilantro leaves, sliced radishes & lime wedges**
- **Fresh guacamole or salsa verde**

Step-by-Step Instructions

1. **Trim & Season Pork:** Cut pork shoulder into large 3-inch chunks, leaving the healthy natural fat layer on. In a small bowl, mix together Celtic sea salt, black pepper, cumin, oregano, chili powder, smoked paprika, coriander, and cinnamon. Rub the spice blend all over all sides of the pork pieces until thoroughly coated.
2. **Layer in Slow Cooker:** Place chopped yellow onion, smashed garlic cloves, and bay leaves in the bottom of a 6-quart slow cooker. Arrange the seasoned pork chunks on top. Pour freshly squeezed orange juice and lime juice around the pork. Tuck the spent orange peel halves on top of the meat.
3. **Slow Cook to Tenderness:** Cover with lid and cook on **LOW for 8 hours** (or on HIGH for 5 to 6 hours, or in an Instant Pot on HIGH MANUAL for 45 minutes with 15-minute natural pressure release) until the pork is

extraordinarily tender and shreds effortlessly with a fork.

4. **Shred Pork:** Discard the bay leaves and orange halves. Transfer cooked pork pieces with tongs onto an extra-large rimmed baking sheet. Using two forks, pull pork into coarse bite-sized shreds.
5. **Ladle Savory Cooking Juices:** Spoon 0.5 to 0.75 cup of the concentrated, flavorful braising liquid and rendered pork fat from the slow cooker over the shredded meat on the baking sheet, tossing gently to ensure the meat is moist and glossy. Spread pork into an even single layer.
6. **High-Heat Broil for Crispy Edges (Crisping Invariant):** Preheat oven to HIGH BROIL. Place the baking sheet 6 inches beneath the broiler element. Broil for **5 to 6 minutes** until the meat tips and edges become deeply browned, crispy, and crackling. Remove pan, toss pork with a splash more braising juice, and broil for an additional 2 to 3 minutes for maximum crispy-tender texture.
7. **Assemble & Serve:** Transfer sizzling crispy carnitas to a serving platter. Serve immediately wrapped in crisp butter lettuce cups or warm cassava tortillas, topped with diced red onions, fresh cilantro, lime wedges, and creamy homemade guacamole!

Chef's Paleo Nutritional Science: Pasture-raised pork shoulder is packed with bioavailable Vitamin B1 (thiamine), Vitamin B6, zinc, and selenium essential for ATP mitochondrial energy synthesis. Natural citrus acids tenderize connective collagen fibers into soothing gelatin during the long, low-temperature braise.

RECIPE #103 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Smoked Pork Belly Burnt Ends (Paleo Meat Candy)

Known across smokehouse barbecue circles as pure "meat candy," these Crispy Paleo Pork Belly Burnt Ends transform rich cubes of pasture-raised pork belly into sticky, caramelized nuggets that melt on your tongue. Seasoned with an aromatic rub of smoked paprika, garlic, and coconut sugar, they are slow-roasted until the intramuscular fat renders into pure silk, then glazed in a tangy scratch-made balsamic BBQ glaze and caramelized until sticky and crisp.

Prep: 15 Mins	**Cook:** 2.5 Hours	**Yield:** 6 Servings	**Level:** Easy
Calories: 420 kcal	**Protein:** 24g	**Healthy Fats:** 34g	**Net Carbs:** 3g

Ingredients

For the Pork Belly & Smoky Dry Rub:

- **3 lbs skinless pasture-raised pork belly**, cut into 1.25-inch cubes
- **2 tbsp unrefined coconut sugar or maple sugar**
- **1.5 tbsp smoked Spanish paprika**
- **1 tbsp garlic powder**
- **1 tbsp onion powder**
- **1 tsp ground black pepper**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp cayenne pepper** (optional, for subtle heat)

For the Sticky Paleo BBQ Glaze:

- **0.5 cup organic unsweetened tomato paste** (or clean Paleo BBQ sauce)
- **0.33 cup raw unpasteurized apple cider vinegar**

- **0.25 cup aged balsamic vinegar** (adds rich depth of sweetness)
- **2 tbsp organic coconut aminos**
- **2 tbsp raw unfiltered honey or pure dark maple syrup**
- **1 tbsp Dijon mustard** (gluten-free / additive-free)
- **2 tbsp grass-fed ghee or melted coconut oil**
- **Flaky Maldon sea salt** (for finishing garnish)

Step-by-Step Instructions

1. **Season the Pork Belly Cubes:** In a small bowl, whisk together coconut sugar, smoked paprika, garlic powder, onion powder, black pepper, sea salt, and cayenne. Toss the cubed pork belly in a large bowl with the dry rub until every cube is generously and evenly coated on all sides.
2. **Arrange on Wire Rack:** Set a wire cooling rack inside a large rimmed baking sheet. Arrange the seasoned pork belly cubes on the rack in a single layer with 0.5-inch of space between each piece to allow hot air to circulate freely.
3. **Low-and-Slow Roast (Render the Fat):** Place in a preheated oven (or smoker) at 275°F (135°C). Roast for 2 hours until the fat has rendered, the exterior develops a deep mahogany bark, and the internal temperature reaches 195°F.
4. **Make Sticky Paleo BBQ Glaze:** While the pork roasts, combine tomato paste, apple cider vinegar, balsamic vinegar, coconut aminos, honey (or maple syrup), Dijon mustard, and melted ghee in a small saucepan over medium heat. Whisk and simmer for 3 minutes until smooth and glossy.
5. **Glaze & Caramelize:** Transfer the tender roasted pork belly cubes from the wire rack into an 8x8-inch baking dish. Pour the warm BBQ glaze over the cubes and toss gently until heavily coated. Cover tightly with foil and return to the oven at 300°F for 30 minutes.
6. **Crisp the Edges:** Remove the foil. Increase oven temperature to 400°F (or place under the broiler on LOW) for 5 to 7 minutes until the glaze bubbles vigorously and forms sticky, caramelized, crispy edges.
7. **Rest & Garnish:** Remove from oven and let stand for 5 minutes. Transfer to a serving platter, insert wooden cocktail picks, and sprinkle with flaky sea salt. Serve warm!

Chef's Paleo Nutritional Science: Pasture-raised pork belly provides clean saturated and monounsaturated stearic and oleic fatty acids, which optimize cellular membrane fluidics and steroid hormone synthesis without inflammatory oxidized industrial seed oils. Raw apple cider vinegar provides acetic acid, stimulating gastric acid secretion and improving enzymatic fat digestion.

RECIPE #104 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Sweet Potato and Bacon Breakfast Hash Skillet

Tired of boring eggs and looking for sustained morning energy? This Crispy Sweet Potato and Bacon Breakfast Hash is an ancestral breakfast classic. Golden-brown diced sweet potatoes are pan-fried in rich bacon drippings with garlic, sweet onions, and earthy dinosaur kale, then topped with runny pasture-raised eggs for an irresistible one-skillet start to your day.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 22g	**Healthy Fats:** 26g	**Net Carbs:** 24g

Ingredients

- **6 slices thick-cut pasture-raised bacon** (sugar-free & nitrate-free, chopped into 0.5-inch pieces)
- **2 medium garnet or jewel sweet potatoes** (peeled and finely diced into 0.5-inch cubes)
- **1 medium yellow onion**, finely diced
- **2 cloves garlic**, minced
- **2 cups chopped lacinato kale or baby spinach** (stems removed)
- **4 large pasture-raised eggs**
- **1 tsp smoked paprika**
- **0.5 tsp garlic powder**
- **1 tsp coarse Celtic sea salt** (divided)
- **0.5 tsp freshly cracked black pepper**
- **2 tbsp fresh chives or scallions**, finely sliced (for garnish)

Step-by-Step Instructions

1. **Crisp the Bacon:** Place a large 12-inch cast-iron skillet over medium heat. Add chopped bacon pieces and cook for 6 to 8 minutes until golden and crispy. Use a slotted spoon to transfer bacon to a paper towel-lined plate, leaving approximately 2 tablespoons of rendered bacon fat in the skillet.
2. **Caramelize Sweet Potatoes:** Increase heat to medium-high. Add the diced sweet potatoes in a single, even layer. Season with 0.5 tsp sea salt, smoked paprika, and garlic powder. Cook undisturbed for 5 minutes to develop a deep golden crust on the bottom.
3. **Add Aromatics:** Stir the sweet potatoes and add the diced yellow onion and minced garlic. Continue cooking, tossing occasionally, for another 7 to 9 minutes until the sweet potatoes are fork-tender and caramelized on all sides.
4. **Fold in the Greens:** Add the chopped kale and cooked bacon back into the skillet. Toss continuously for 2 minutes until the kale is gently wilted and vibrant dark green. Season with remaining salt and black pepper.
5. **Form Wells & Fry Eggs:** Use the back of a large spoon to create four shallow wells in the hash. Crack one pasture-raised egg into each well.
6. **Cook to Desired Doneness:** Reduce heat to medium-low, cover the skillet with a lid or foil, and cook for 3 to 4 minutes until egg whites are set but yolks remain runny and golden.
7. **Garnish & Serve:** Remove from heat, sprinkle with sliced chives and cracked black pepper, and serve hot directly from the cast-iron skillet.

Chef's Paleo Nutritional Science: Sweet potatoes provide complex, slow-burning carbohydrates packed with beta-carotene (precursor to Vitamin A), potassium, and gut-friendly prebiotic fiber. When combined with pastured egg yolks rich in choline and lutein, this breakfast stabilizes morning glucose curves and supports sustained cognitive focus without mid-morning energy crashes.

RECIPE #105 • HERITAGE PORK, BACON & HARVEST ROASTS

One-Skillet Paleo Pork Chops with Caramelized Apples

Craving a cozy, rustic tavern-style pork chop dinner with warm spiced apples and pan juices without brown sugar, corn syrup glazes, white flour dredging, or refined seed oils? This One-Skillet Paleo Pork Chops with Caramelized Apples sears thick-cut bone-in heritage pork chops in golden grass-fed ghee in a screaming-hot cast-iron skillet until deeply caramelized. Sautéed with sweet tart Honeycrisp apples, sliced shallots, Ceylon cinnamon, and fresh garden thyme, deglazed with unfiltered raw apple cider vinegar and rich bone broth for a sweet-savory autumn masterpiece in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 42g	**Healthy Fats:** 24g	**Net Carbs:** 12g

Ingredients

For the Cast-Iron Seared Pork Chops:

- **4 thick-cut bone-in heritage pork rib chops** (approx. 8 oz each, 1-inch thick, brought to room temp and patted bone-dry)
- **2.5 tbsp grass-fed ghee or unrefined avocado oil** (for high-heat searing)
- **1.5 tsp coarse Celtic sea salt** and **1 tsp freshly cracked black pepper**
- **1 tsp garlic powder** and **0.5 tsp smoked paprika**
- **0.5 tsp ground dry mustard**

For the Caramelized Apples & Thyme Pan Reduction:

- **2 large Honeycrisp or Granny Smith organic apples**, cored and sliced into 0.5-inch wedges (skin-on)
- **2 medium shallots**, thinly sliced
- **4 cloves fresh garlic**, minced
- **1 tbsp fresh garden thyme leaves** (plus whole sprigs for garnish)
- **0.75 tsp ground Ceylon cinnamon** and **0.25 tsp ground nutmeg**
- **0.5 cup rich organic chicken bone broth**
- **2 tbsp raw unfiltered apple cider vinegar**
- **1.5 tbsp pure Grade A dark maple syrup or raw honey** (optional, omit for Whole30)
- **1 tbsp grass-fed ghee** (swirled in at the end for pan gloss)

For Garnish & Serving:

- **Fresh thyme sprigs & cracked black pepper**
- **Cauliflower parsnip mash or roasted Brussels sprouts**

Step-by-Step Instructions

1. **Season Pork Chops:** Pat pork chops completely dry with paper towels. In a small dish, mix Celtic sea salt, black pepper, garlic powder, smoked paprika, and dry mustard. Rub seasoning evenly onto all sides and edges of the chops.
2. **Cast-Iron Hard Sear (Golden Crust Invariant):** Heat 2.5 tbsp grass-fed ghee in a large 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat until shimmering hot. Add pork chops in a single layer. Sear undisturbed for 4 to 5 minutes until a deep golden-brown caramelized crust develops. Flip and sear the second side for 3 to 4 minutes

until internal temperature registers 140°F (60°C). Transfer chops to a warm plate and tent loosely with foil (chops will rise to 145°F juicy perfection as they rest).

3. **Caramelize Apples & Shallots:** Reduce skillet heat to MEDIUM. Add sliced Honeycrisp apples, sliced shallots, and cinnamon into the hot pan drippings. Sauté for 4 to 5 minutes, stirring occasionally, until apple edges turn golden brown and tender-crisp.
4. **Add Aromatics:** Add minced garlic and fresh thyme leaves to the apples. Sauté for 1 minute until fragrant.
5. **Deglaze & Reduce Pan Sauce:** Pour in the chicken bone broth, apple cider vinegar, and maple syrup (if using). Use a wooden spoon to scrape up all flavorful browned caramelized bits from the skillet bottom. Simmer vigorously for 2 to 3 minutes until the liquid reduces by half into a glossy, fragrant pan sauce. Swirl in 1 tbsp cold ghee off the heat.
6. **Return Pork Chops & Baste:** Place seared pork chops and any accumulated resting juices back into the skillet. Spoon warm caramelized apples, shallots, and thyme pan reduction over each chop.
7. **Plate & Garnish:** Transfer pork chops to plates. Heap generous mounds of sweet spiced caramelized apples and pan sauce over each chop. Garnish with fresh thyme sprigs and serve immediately alongside garlic cauliflower mash!

Chef's Paleo Nutritional Science: Pasture-raised heritage pork delivers dense thiamine (Vitamin B1), selenium, and bioavailable phosphorus. Organic apples contain quercetin and prebiotic apple pectin that nourish colonocytes and modulate postprandial glucose excursions, while fresh thyme contains antioxidant thymol.

RECIPE #106 • HERITAGE PORK, BACON & HARVEST ROASTS

Paleo Moo Shu Pork Stir-Fry with Sesame Coconut Aminos

Missing Chinese takeout flavors on a grain-free, soy-free protocol? This Paleo Moo Shu Pork recreates the beloved northern Chinese classic in under 25 minutes. Tender strips of pasture-raised pork tenderloin are wok-seared with thinly shredded green cabbage, wood ear and shiitake mushrooms, soft scrambled eggs, and scallions, all brought together by a savory, caramel-like sauce made from coconut aminos, toasted sesame oil, and Red Boat fish sauce.

Prep: 15 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 36g	**Healthy Fats:** 22g	**Net Carbs:** 6g

Ingredients

For the Pork & Marinade:

- **1.25 lbs pasture-raised pork tenderloin** (cut into thin 2-inch matchsticks) or ground pork
- **2 tbsp organic coconut aminos** (soy sauce replacement)
- **1 tsp toasted sesame oil**
- **1 tsp arrowroot starch** (for velvety tenderizing)
- **0.5 tsp coarse sea salt**

For the Umami Stir-Fry Sauce:

- **3 tbsp organic coconut aminos**
- **1 tsp Red Boat fish sauce** (100% anchovy & salt, no sugar)
- **1 tbsp fresh ginger**, grated
- **3 cloves garlic**, finely minced

- **1 tsp raw apple cider vinegar**

For the Wok Stir-Fry:

- **2 tbsp avocado oil** (divided)
- **3 large pasture-raised eggs**, lightly beaten with a pinch of salt
- **4 cups thinly sliced green cabbage or Napa cabbage** (or coleslaw mix)
- **1.5 cups sliced shiitake or wood ear mushrooms**
- **1 medium carrot**, julienned into matchsticks
- **4 scallions**, cut into 1-inch lengths
- **1 head butter lettuce**, leaves separated (for serving)

Step-by-Step Instructions

1. **Marinate the Pork:** In a medium bowl, toss the sliced pork matchsticks with coconut aminos, sesame oil, arrowroot starch, and sea salt. Let rest at room temperature for 10 minutes.
2. **Whisk the Sauce:** In a small bowl, whisk together coconut aminos, fish sauce, grated ginger, minced garlic, and apple cider vinegar.
3. **Scramble the Eggs:** Heat 0.5 tbsp avocado oil in a large flat-bottomed wok or 12-inch cast-iron skillet over high heat. Pour in beaten eggs and scramble quickly for 45 to 60 seconds until soft curds form. Transfer eggs immediately to a plate and break into bite-sized pieces.
4. **Sear the Pork:** Add 1 tbsp avocado oil to the hot wok. Add the marinated pork in a single layer and sear without stirring for 2 minutes until lightly browned. Stir-fry for another 2 minutes until cooked through. Transfer pork to the plate with the eggs.
5. **Sauté Vegetables:** Add remaining 0.5 tbsp avocado oil to the wok. Toss in the sliced mushrooms, shredded cabbage, julienned carrots, and scallions. Stir-fry vigorously over high heat for 3 minutes until vegetables are crisp-tender.
6. **Toss with Sauce:** Pour the umami stir-fry sauce over the vegetables. Return the cooked pork and scrambled eggs to the wok. Toss continuously for 1 to 2 minutes until the sauce reduces and coats every ingredient in a glossy glaze.
7. **Serve:** Spoon hot Moo Shu pork into crisp butter lettuce cups or over warm riced cauliflower. Garnish with extra sliced scallions and toasted sesame seeds.

Chef's Paleo Nutritional Science: Coconut aminos are naturally fermented sap from coconut blossoms containing 17 essential amino acids, B vitamins, and 65% less sodium than conventional soy sauce—all without phytoestrogens or genetically modified soy. Shiitake and wood ear mushrooms deliver powerful beta-glucans and ergothioneine, supporting natural killer (NK) cell activation and cellular antioxidant defense.

RECIPE #107 • HERITAGE PORK, BACON & HARVEST ROASTS

Paleo Pork Tenderloin Medallions in Creamy Dijon Sauce

Craving a luxurious French bistro pork tenderloin skillet with an ultra-tender bite and rich cream sauce without heavy dairy cream, white flour roux, white wine sulfites, or refined sugars? These Paleo Pork Tenderloin Medallions slice 100% pasture-raised pork tenderloin into thick rounds, seasoned with garlic, coarse sea salt, and cracked pepper. Hard-seared in rendered uncured bacon fat in a screaming cast-iron skillet, then bathed in a velvety dairy-free Dijon cream sauce made from rich bone broth, culinary coconut cream, whole-grain Dijon mustard, crispy bacon crumbles, fresh rosemary, and sage in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 42g	**Healthy Fats:** 24g	**Net Carbs:** 3g

Ingredients

For the Pork Medallions & Bacon:

- **1.5 lbs pasture-raised pork tenderloin**, trimmed and sliced into 1.5-inch thick medallions
- **4 slices sugar-free uncured bacon**, chopped
- **1.5 tsp coarse Celtic sea salt**
- **1 tsp freshly cracked black pepper**
- **1 tsp garlic powder** and **0.5 tsp onion powder**
- **1 tbsp grass-fed ghee** (if needed)

For the Creamy Dijon Herb Pan Sauce:

- **1 cup rich organic chicken or beef bone broth**
- **0.66 cup unsweetened full-fat culinary coconut cream**
- **2.5 tbsp whole-grain Dijon mustard** (sugar-free, Whole30-compliant)
- **1 tbsp organic coconut aminos**
- **1 medium shallot**, finely minced
- **4 cloves garlic**, minced
- **1.5 tbsp fresh rosemary**, finely chopped
- **1 tbsp fresh sage leaves**, finely chopped
- **1 tsp arrowroot starch or tapioca flour** dissolved in **1 tbsp cold water**
- **0.5 tsp coarse sea salt**

For Serving:

- **Roasted garlic mashed cauliflower or roasted asparagus**
- **Fresh rosemary sprigs & cracked black pepper**

Step-by-Step Instructions

1. **Crisp Bacon:** Heat a 12-inch heavy cast-iron skillet over MEDIUM heat. Add chopped bacon and cook for 5 to 6 minutes until crispy and golden. Using a slotted spoon, transfer crisp bacon to a small bowl, leaving 2 tbsp rendered bacon fat in the skillet.
2. **Prep & Season Medallions:** Pat pork tenderloin medallions bone-dry with paper towels. Use the palm of your hand to gently press each medallion into an even 1-inch thickness. Season both sides generously with Celtic sea salt,

cracked black pepper, garlic powder, and onion powder.

3. **Cast-Iron Medallion Sear:** Increase skillet heat to MEDIUM-HIGH until bacon fat shimmers. Add pork medallions in a single layer with space between them. Sear undisturbed for 3 to 4 minutes until a deep golden-brown caramelized crust forms. Flip with tongs and sear for 2 to 3 minutes on the second side until browned (pork should register 140°F internally, blushing slightly pink). Transfer medallions to a warm plate.
4. **Sauté Aromatics & Deglaze:** Lower skillet heat to MEDIUM. Add minced shallot, minced garlic, fresh rosemary, and sage to the pan drippings; sauté for 60 seconds until fragrant. Pour in the bone broth and coconut aminos. Use a wooden spoon to scrape up all caramelized brown bits from the skillet bottom.
5. **Whisk Dijon Cream Sauce:** Whisk in coconut cream, whole-grain Dijon mustard, sea salt, and arrowroot slurry. Bring to a gentle simmer for 2 to 3 minutes until the sauce thickens into a glossy, velvety cream sauce.
6. **Simmer Pork in Sauce:** Return the seared pork medallions and any resting juices back into the skillet. Spoon sauce over the medallions and simmer on LOW for 2 minutes to warm through (internal temp 145°F / 63°C).
7. **Plate & Garnish:** Arrange tender pork medallions over a bed of mashed cauliflower or sautéed greens. Ladle generous spoonfuls of creamy Dijon herb sauce over top. Scatter with crispy bacon crumbles and fresh herbs. Serve immediately!

Chef's Paleo Nutritional Science: Pasture-raised pork tenderloin is one of the densest dietary sources of thiamine (Vitamin B1), essential for mitochondrial ATP production and neural signaling. Fresh rosemary and sage deliver carnosic acid and rosmarinic acid, potent polyphenols that protect against cellular lipid peroxidation during cooking.

RECIPE #108 • HERITAGE PORK, BACON & HARVEST ROASTS

Slow-Braised Pork Chili Verde with Fire-Roasted Tomatillos & Poblano Peppers

What is the secret to a true Northern Mexican chili verde where succulent pork chunks melt on your tongue in a vibrant, tangy green chile broth? Many commercial restaurant stews use cornstarch slurries, industrial bouillons, and unroasted canned chiles that yield a muddy, bland sauce. This authentic ancestral pork chili verde honors rustic Southwestern culinary traditions. Tender cubes of pasture-raised heritage pork shoulder are seared in lard, then braised low and slow in a fire-roasted broth of fresh tomatillos, charred poblanos, roasted jalapeños, garlic, and rich bone broth.

Prep: 25 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Pectin Breakdown:** High heat breaks down tough cellular cellulose and protopectin, converting them into soluble pectin that naturally thickens the sauce into a velvety consistency.
- **Sugar Caramelization:** Natural fructans and monosaccharides caramelize at 320°F (160°C), converting raw tartness into sweet, smoky depth.
- **Capsaicinoid Redistribution:** Roasting poblanos and jalapeños blisters the skins (which are peeled away to remove tough fibers) and mellows the fiery pungency of capsaicin into round, warming heat.

Step-by-Step Instructions

1. Set oven broiler to HIGH. Remove papery husks from 1.5 lbs of fresh tomatillos and rinse under warm water to remove sticky natural resin. Cut in half.
2. Place tomatillo halves cut-side down on a large rimmed baking sheet along with 2 whole poblano peppers, 2 whole jalapeño peppers (halved and seeded for mild heat, or whole for spicy), 1 peeled medium white onion (quartered), and 5 unpeeled cloves of garlic.
3. Broil 4 to 6 inches below the heat element for 8 to 10 minutes, until the tomatillo skins are heavily blistered and blackened and the peppers are charred.
4. Transfer charred poblanos and jalapeños to a bowl, cover tightly with a plate for 10 minutes to steam, then peel off the blackened skins and discard stems. Squeeze roasted garlic cloves from their papery skins.
5. Transfer roasted tomatillos (with all pan juices), peeled peppers, garlic, onion, 1 cup packed fresh cilantro leaves, 1 tablespoon dried Mexican oregano, and 1.5 teaspoons ground cumin to a blender. Pulse until a vibrant, textured green sauce forms.

RECIPE #109 • HERITAGE PORK, BACON & HARVEST ROASTS

Pan-Seared Paleo Pork Chops with Caramelized Apples & Bacon

Looking for a hearty, restaurant-quality autumn dinner that pairs tender, juicy heritage pork chops with sweet caramelized apples and crispy bacon without refined sugars, white flour, or dairy butter? These Pan-Seared Paleo Pork Chops sear thick bone-in chops in rendered pasture-raised bacon fat and nutty grass-fed ghee until a sizzling, golden crust forms. Smothered in a skillet reduction of caramelized Honeycrisp apples, sweet red onions, fresh rosemary, raw apple cider vinegar, and crispy bacon lardons, it delivers irresistible sweet-and-savory comfort in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 42g	**Healthy Fats:** 26g	**Net Carbs:** 10g

Ingredients

For the Seared Pork Chops:

- **4 thick-cut bone-in pasture-raised pork chops** (approx. 1-inch thick, 8 oz each)
- **4 slices pasture-raised thick-cut bacon**, chopped into lardons (drippings reserved)
- **1.5 tbsp grass-fed clarified butter (ghee)**
- **1.5 tsp garlic powder** and **1 tsp smoked paprika**
- **1.5 tsp coarse Celtic sea salt**
- **0.75 tsp freshly ground black pepper**

For the Caramelized Apples & Rosemary Reduction:

- **2 medium organic Honeycrisp or Granny Smith apples**, cored and cut into 0.5-inch wedges
- **1 medium red onion**, sliced into thin wedges
- **4 cloves garlic**, smashed and minced
- **1.5 tbsp fresh rosemary leaves**, finely minced
- **1 tsp fresh thyme leaves**

- **0.5 cup organic chicken bone broth**
- **2 tbsp raw unfiltered apple cider vinegar**
- **1 tbsp raw unfiltered honey or pure maple syrup** (omit for strict Whole30)
- **0.5 tsp ground Ceylon cinnamon**

For Garnish:

- **Fresh rosemary sprigs & chopped parsley**
- **Steamed green beans or roasted cauliflower mash** (for serving)

Step-by-Step Instructions

1. **Dry & Season Pork Chops:** Pat the thick bone-in pork chops completely dry on all sides with paper towels. Season both sides evenly with garlic powder, smoked paprika, coarse sea salt, and black pepper.
2. **Crisp Bacon Lardons:** Heat a large 12-inch heavy cast-iron skillet over MEDIUM heat. Add the chopped bacon and cook for 5 to 6 minutes until crispy and golden. Transfer crispy bacon lardons to a plate with a slotted spoon, leaving the rendered bacon drippings in the skillet.
3. **Hard Cast-Iron Sear (Juicy Pork Secret):** Increase heat to MEDIUM-HIGH. Add 1 tbsp grass-fed ghee to the bacon drippings. Add the pork chops in a single layer. Sear undisturbed for 4 to 5 minutes until a deep golden-brown crust forms. Flip and sear for 3 to 4 minutes on the second side until internal temperature reaches 145°F (63°C). Transfer pork chops to a warm plate and tent loosely with foil to rest.
4. **Caramelize Apples & Onions:** In the same hot skillet with the pork drippings, add sliced red onions and apple wedges. Sauté over medium-high heat for 4 minutes until the onions soften and the apple edges turn golden and caramelized. Stir in minced garlic, fresh rosemary, thyme, and cinnamon; cook for 60 seconds until fragrant.
5. **Deglaze & Simmer Pan Reduction:** Pour in the chicken bone broth, apple cider vinegar, and honey (or maple syrup). Use a wooden spatula to scrape up all the rich caramelized pork fond from the skillet bottom. Simmer vigorously for 3 minutes until the liquid reduces into a glossy, fragrant pan sauce.
6. **Recombine & Finish:** Return the seared pork chops and any resting juices back to the skillet, spooning the warm caramelized apples, onions, and sauce over top. Sprinkle with the crispy bacon lardons and remaining 0.5 tbsp ghee; simmer for 60 seconds until heated through.
7. **Plate & Serve:** Transfer pork chops to plates, mounding the caramelized rosemary apples and bacon generously over each chop. Garnish with fresh rosemary sprigs and chopped parsley. Serve immediately!

Chef's Paleo Nutritional Science: Pasture-raised pork chops supply rich concentrations of thiamine (Vitamin B1), niacin, selenium, and bioavailable zinc that optimize mitochondrial ATP generation. Organic apples supply pectin soluble fiber and quercetin polyphenols, while raw apple cider vinegar provides acetic acid to enhance gastric protease activation.

RECIPE #110 • HERITAGE PORK, BACON & HARVEST ROASTS

Velvety Roasted Butternut Squash & Gala Apple Soup with Crispy Heritage Bacon

How do you achieve a thick, velvety autumnal soup that coats the back of a spoon with pure luxury without using heavy dairy cream, white flour roux, or artificial bouillon cubes? Store-bought butternut squash soups are frequently watered down, heavily sweetened with cane syrup, and thickened with cornstarch. This ancestral winter bisque unlocks intense natural sweetness by high-heat oven roasting whole butternut squash halves alongside sweet Gala apples. Simmered in gelatinous pasture-raised bone broth and pure coconut milk, and finished with crispy uncured bacon lardons and fried sage leaves, it is comfort in a bowl.

Prep: 15 Mins	**Cook:** 40 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Starch Hydrolysis:** Endogenous plant enzymes convert insoluble amylose starches into simple maltose and fructose sugars.
- **Caramelization & Pyrolysis:** As surface temperatures exceed 320°F (160°C), sugars caramelize into deep amber flavor compounds, imparting nutty, toffee-like complexity.
- **Water Evaporation:** Roasting expels over 25% of the squash's internal moisture through evaporation, concentrating natural squash flavor and beta-carotene pigments.

Step-by-Step Instructions

1. Preheat oven to 400°F (204°C). Line a large rimmed baking sheet with parchment paper.

2. Cut 1 large butternut squash (approx. 3 lbs) in half lengthwise using a heavy chef's knife. Scoop out seeds and fibrous strings with a metal spoon.

3. Brush the cut flesh of the squash with 1 tablespoon of melted pastured ghee or avocado oil, and season with a pinch of sea salt. Place squash cut-side DOWN on the baking sheet.

4. Peel, core, and quarter 2 medium Gala apples. Place apple quarters on the same baking sheet alongside the squash.

5. Roast in the oven for 35 to 40 minutes, until the squash flesh is completely tender and collapses when pressed with a finger, and the cut edges are deeply caramelized and browned. Remove and let cool for 10 minutes.

RECIPE #111 • HERITAGE PORK, BACON & HARVEST ROASTS

Crispy Slow-Braised Pork Carnitas Bowls with Cilantro Lime Cauliflower Rice

How do authentic Mexican taquerias achieve pork carnitas with ear-shattering crispy golden edges on the outside while keeping the shredded interior juicy, tender, and melting with rich citrus flavor? Commercial carnitas often end up greasy, bland, or dry from over-baking in dry ovens. Originating in the Mexican state of Michoacán, traditional carnitas ("little meats") relies on confit-style simmering in natural pastured lard, fresh orange juice, Mexican oregano, cumin, and garlic. This ancestral keto bowl serves crispy shredded pork carnitas over steaming cilantro-lime cauliflower rice crowned with fresh avocado crema and pickled red onions.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Citric Acid (pH ~2.2):** Gently denatures outer meat proteins, accelerating salt and spice penetration during the braise.
- **Flavedo Essential Oils:** The orange peel releases **limonene** and **hesperidin** bioflavonoids, cutting through the heavy richness of the pork lard with bright, floral top notes.
- **Natural Sugars for Caramelization:** The natural fructose in fresh orange juice coats the pork shreds, caramelizing into crunchy mahogany edges during the final oven broil.

Step-by-Step Instructions

1. Cut 3.5 lbs of pasture-raised boneless pork shoulder into 2-inch chunks. Do not trim away the fat cap—it provides the foundation for the confit!

2. Toss pork chunks in a large bowl with 1.5 tablespoons coarse sea salt, 1 tablespoon ground cumin, 1 tablespoon dried Mexican oregano, 1 teaspoon garlic powder, and 1/2 teaspoon black pepper.

RECIPE #112 • HERITAGE PORK, BACON & HARVEST ROASTS

Slow-Cooker Hawaiian Kalua Pork & Steamed Cabbage

Recreate the deeply smoky, succulent flavors of a traditional Hawaiian luau without building an underground imu pit or using artificial liquid smoke. This celebrated Paleo Kalua Pig lines the slow cooker with pasture-raised thick-cut bacon, which slowly infuses a bone-in pork shoulder roast as it braises. Seasoned simply with authentic red Hawaiian Alaea sea salt and garlic cloves, the pork becomes fall-apart juicy and is tossed with wedges of tender green cabbage that soak up the flavorful ancestral drippings.

Prep: 10 Mins	**Cook:** 10 Hours	**Yield:** 8 Servings	**Level:** Easy
Calories: 450 kcal	**Protein:** 44g	**Healthy Fats:** 28g	**Net Carbs:** 4g

Ingredients

- **4.5 to 5 lbs pasture-raised bone-in pork shoulder roast** (Boston butt)
- **4 slices pasture-raised thick-cut smoked bacon** (no added sugar/nitrates)

- **1.5 tbsp coarse red Hawaiian Alaea sea salt** (or coarse Celtic sea salt)
- **6 cloves garlic**, peeled
- **1 medium head organic green cabbage**, cored and sliced into 1.5-inch wedges

Step-by-Step Instructions

1. **Prep Slow Cooker:** Lay 3 slices of the thick-cut bacon flat along the bottom of the slow cooker insert. This acts as a protective shield and infuses natural wood smoke without liquid additives.
2. **Season the Pork:** Use a paring knife to pierce 6 small slits around the pork shoulder. Insert a whole peeled garlic clove deeply into each slit. Rub the entire surface of the pork roast generously with the coarse red Hawaiian Alaea sea salt.
3. **Assemble in Slow Cooker:** Place the seasoned pork shoulder directly on top of the bacon in the slow cooker. Lay the remaining 1 slice of bacon over the top of the roast. (Do NOT add any water or liquid; the pork releases generous natural braising juices).
4. **Slow Cook to Fall-Apart Tenderness:** Cover with the lid and cook on LOW for 10 to 12 hours (or HIGH for 6 hours) until the pork is extraordinarily tender and the bone pulls cleanly out with zero resistance.
5. **Shred the Meat:** Transfer the pork to a large carving board. Discard the bone and excess surface fat. Shred the meat into coarse, juicy strands using two forks. Stir the shredded pork back into the rich braising juices in the slow cooker.
6. **Steam the Cabbage:** Add the cabbage wedges directly into the slow cooker over the warm shredded pork. Cover and cook on LOW for an additional 30 to 45 minutes until the cabbage is tender and has absorbed the savory pork juices.
7. **Serve:** Spoon generous mounds of shredded Kalua pork and tender cabbage onto plates. Serve with cauliflower rice or roasted sweet potatoes.

Chef's Paleo Nutritional Science: Red Hawaiian Alaea sea salt is infused with volcanic red clay, delivering over 80 natural trace minerals including bioavailable iron oxide, magnesium, and potassium. Slow-braising pork shoulder hydrolyzes dense connective collagen into gelatin and glycine, supporting intestinal mucosal integrity and joint tissue repair.

RECIPE #113 • HERITAGE PORK, BACON & HARVEST ROASTS

Velvety Roasted Butternut Squash Soup with Bacon & Sage

Craving a luxurious, velvety bowl of autumn soup without heavy cream, butter, refined sugars, or flour thickeners? This Velvety Roasted Butternut Squash Soup roasts sweet winter squash, sweet onions, tart Granny Smith apples, and whole garlic cloves until caramelized and tender. Simmered in rich organic chicken bone broth with fresh sage and pureed with rich coconut cream, it is topped with crispy pasture-raised bacon crumbles and toasted pumpkin seeds.

Prep: 15 Mins	**Cook:** 25 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 280 kcal	**Protein:** 10g	**Healthy Fats:** 18g	**Net Carbs:** 18g

Ingredients

For the Velvety Soup Base:

- **1 large organic butternut squash** (approx. 3.5 lbs, peeled, seeded, and cut into 1-inch cubes)

- **6 slices pasture-raised thick-cut bacon**, chopped into lardons (drippings reserved)
- **1 large Granny Smith or Honeycrisp apple**, peeled, cored, and diced
- **1 large yellow onion**, roughly chopped
- **6 cloves fresh garlic**, peeled
- **4 cups rich organic chicken bone broth**
- **0.75 cup full-fat culinary coconut milk** (adds luxurious silkiness without heavy cream)
- **1.5 tbsp fresh sage leaves**, finely minced (plus extra whole leaves for frying)
- **1 tsp ground Ceylon cinnamon** and **0.25 tsp ground nutmeg**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**

For the Artisanal Garnishes:

- **Crumbled crispy bacon lardons**
- **0.33 cup raw sprouted pumpkin seeds (pepitas)**, toasted
- **Crispy pan-fried whole sage leaves**
- **Drizzle of aged Modena balsamic glaze or extra virgin olive oil**

Step-by-Step Instructions

1. **Crisp the Bacon & Sage:** In a large 6-quart heavy Dutch oven or soup pot over medium heat, fry the bacon lardons and 6 whole sage leaves for 6 to 7 minutes until crispy. Transfer crispy bacon and sage leaves to a paper towel-lined plate, reserving the savory bacon fat in the pot.
2. **Sauté Aromatics & Apple:** Add chopped onion, diced apple, and whole garlic cloves to the warm bacon fat in the pot. Sauté over medium-high heat for 4 to 5 minutes until the onions are translucent and fragrant.
3. **Add Squash, Bone Broth & Spices:** Add cubed butternut squash, minced fresh sage, cinnamon, nutmeg, coarse sea salt, black pepper, and 4 cups of chicken bone broth. Stir well to combine.
4. **Simmer to Fork-Tender:** Bring soup to a rolling boil over high heat. Reduce heat to medium-low, cover with a tight-fitting lid, and simmer gently for 20 minutes (or pressure cook on HIGH for 8 minutes in an Instant Pot) until the butternut squash and apples pierce effortlessly with a fork.
5. **Blend to Velvety Perfection (Chef Secret):** Turn off heat. Stir in 0.75 cup full-fat coconut milk. Use an immersion hand blender (or transfer in batches to a high-speed blender) to puree the soup for 2 minutes until completely velvety, silky-smooth, and golden-orange.
6. **Adjust Seasoning:** Taste and adjust with an extra pinch of Celtic sea salt or freshly ground black pepper if desired.
7. **Ladle, Garnish & Serve:** Ladle steaming soup into deep bowls. Swirl a spoonful of coconut cream across the top. Crown generously with crispy bacon crumbles, toasted pumpkin seeds, fried sage leaves, and a drizzle of aged balsamic glaze. Serve immediately!

Chef's Paleo Nutritional Science: Butternut squash provides dense concentrations of provitamin A (beta-carotene), alpha-carotene, and lutein, promoting epithelial barrier repair and visual phototransduction. Slow-simmered pasture-raised chicken bone broth provides rich glycine and proline, while coconut medium-chain triglycerides (MCTs) facilitate optimal fat-soluble carotenoid absorption.

CHAPTER 5

Chapter 5: Wild-Caught Fish & Coastal Seafood

Cold-water wild salmon, Pacific halibut, sea scallops, and wild gulf shrimp provide long-chain marine omega-3 fatty acids (EPA and DHA) alongside selenium and astaxanthin. Each recipe is designed for high-heat searing or gentle poaching to preserve delicate marine lipids.

RECIPE #114 • WILD-CAUGHT FISH & SEAFOOD

Creamy Paleo Tuscan Salmon

Craving a decadent, Italian villa-style pan-seared salmon dinner bathed in a rich, velvety garlic cream sauce without heavy dairy cream, Parmesan cheese, white wine sulfites, or canola oil? This Creamy Paleo Tuscan Salmon crisps four wild-caught Alaskan salmon fillets in grass-fed ghee until golden with crackling skin. Nestled in a luscious dairy-free reduction of rich chicken bone broth, culinary coconut cream, sweet sun-dried tomatoes, tender organic baby spinach, minced garlic, fresh basil ribbons, and lemon juice in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Fillets (4 Servings)	**Level:** Easy
Calories: 460 kcal	**Protein:** 42g	**Healthy Fats:** 30g	**Net Carbs:** 4g

Ingredients

For the Pan-Seared Salmon:

- **4 wild-caught Alaskan King or Sockeye salmon fillets (approx. 6 oz each, skin-on)**, patted bone-dry
- **2 tbsp grass-fed ghee or unrefined avocado oil**
- **1.5 tsp coarse Celtic sea salt**, **1 tsp garlic powder**, and **0.5 tsp freshly cracked black pepper**
- **0.5 tsp smoked paprika**

For the Velvety Tuscan Cream Sauce:

- **1 tbsp grass-fed ghee**
- **1 small yellow onion or 2 shallots**, finely minced
- **6 cloves fresh garlic**, finely minced or pressed
- **0.66 cup sun-dried tomatoes in extra virgin olive oil**, drained and sliced into julienne strips
- **0.5 cup rich organic chicken bone broth**
- **0.75 cup full-fat culinary coconut cream** (unsweetened, from top of chilled canned coconut milk)
- **2.5 cups organic baby spinach**, roughly chopped
- **2 tbsp nutritional yeast** (adds rich savory "Parmesan" depth without dairy)
- **1.5 tbsp freshly squeezed organic lemon juice**
- **0.33 cup fresh basil leaves**, sliced into thin chiffonade ribbons
- **0.25 tsp crushed red pepper flakes** (optional, for gentle warmth)

For Serving:

- **Steamed cauliflower rice, roasted spaghetti squash, or zucchini noodles**
- **Fresh lemon wedges & extra basil ribbons**

Step-by-Step Instructions

1. **Dry & Season Salmon (Crispy Skin Invariant):** Pat salmon fillets thoroughly dry on all sides with paper towels. Season flesh and skin evenly with Celtic sea salt, garlic powder, black pepper, and smoked paprika.
2. **Sear Salmon in Skillet:** Heat 2 tbsp grass-fed ghee in a large 12-inch cast-iron or heavy stainless-steel skillet over MEDIUM-HIGH heat. Place salmon fillets skin-side down into the hot pan. Press down gently with a spatula for 10 seconds to ensure even skin contact. Sear undisturbed for **4 to 5 minutes** until skin is golden-brown and crisp. Gently flip and sear flesh side for **2 to 3 minutes** until cooked to medium (salmon will finish gently in the warm sauce later). Transfer seared fillets to a plate.
3. **Sauté Aromatics & Sun-Dried Tomatoes:** Lower skillet heat to MEDIUM. Add 1 tbsp ghee, minced shallots/onions, and sun-dried tomato strips. Sauté for 3 minutes until onions are soft and sun-dried tomatoes release their rich red oil. Stir in minced garlic and red pepper flakes, cooking for 1 minute until fragrant.
4. **Simmer Velvety Dairy-Free Cream Sauce:** Pour chicken bone broth, coconut cream, nutritional yeast, and lemon juice into the skillet. Whisk gently, scraping up any caramelized browned bits from the pan bottom. Bring liquid to a gentle simmer for **3 to 4 minutes** until the sauce thickens and emulsifies into a luscious cream sauce.
5. **Wilt Spinach & Basil:** Add fresh baby spinach and sliced basil ribbons to the bubbling sauce. Stir gently for 1 to 2 minutes until the spinach is tender and vibrant green.
6. **Nestle Salmon & Spoon Sauce:** Return seared salmon fillets back into the skillet, spooning generous ladles of the hot Tuscan garlic cream sauce and sun-dried tomatoes over each fillet. Simmer for **1 minute** to warm through.
7. **Garnish & Feast:** Remove from heat. Garnish with fresh basil ribbons and lemon wedges. Serve immediately over cauliflower rice or tender zucchini noodles!

Chef's Paleo Nutritional Science: Wild Alaskan salmon is one of the planet's richest sources of long-chain Omega-3 fatty acids (EPA and DHA) and astaxanthin, a carotenoid antioxidant that protects skin cells from UV photodamage. Sun-dried tomatoes provide dense lycopene, while baby spinach delivers folate, lutein, and magnesium.

RECIPE #115 • WILD-CAUGHT FISH & SEAFOOD

Crispy Air-Fryer Coconut Shrimp with Sweet Chili Lime Dip

Craving restaurant-quality crunchy coconut shrimp without refined white flour, canola oil, or sugar-packed commercial sauces? This Paleo & Whole30 Air-Fryer Coconut Shrimp uses an effortless 3-bowl dredging station of pure tapioca starch, pasture-raised egg wash, and finely shredded unsweetened coconut. Air-fried at 360°F in just 8 minutes, every bite delivers an audible, golden crunch paired with a zesty, homemade date-sweetened chili lime dip.

Prep: 12 Mins	**Cook:** 8 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 340 kcal	**Protein:** 28g	**Healthy Fats:** 22g	**Net Carbs:** 6g

Ingredients

For the Crispy Coconut Shrimp:

- **1 lb jumbo wild-caught shrimp** (16/20 count, peeled, deveined, tails left on)
- **0.33 cup tapioca starch or arrowroot flour** (creates an ultra-crisp base layer)
- **2 large pasture-raised eggs**, whisked until frothy
- **1.25 cups unsweetened shredded coconut flakes** (finely shredded)
- **1 tsp smoked paprika**
- **0.5 tsp garlic powder**
- **1 tsp coarse Celtic sea salt**
- **0.25 tsp freshly ground black pepper**
- **High-heat avocado oil spray** (essential for golden browning)

For the Sweet Chili Lime Dipping Sauce:

- **0.25 cup organic coconut aminos**
- **1.5 tbsp pure Medjool date syrup** or raw unfiltered honey
- **1 tbsp fresh lime juice**
- **1 clove garlic**, finely grated
- **0.5 tsp crushed red pepper flakes** (adjust to spice preference)
- **0.5 tsp arrowroot starch** (dissolved in 1 tbsp cold water, for thickening)

Step-by-Step Instructions

1. **Prep & Dry Shrimp:** Thaw shrimp if frozen and pat them *completely dry* with paper towels. Removing surface moisture is the #1 chef secret to guaranteeing the breading adheres tightly.
2. **Set Up Breading Station:** Line up three shallow bowls in a row: **Bowl 1:** Tapioca starch, smoked paprika, garlic powder, sea salt, and black pepper.
3. **Bowl 2:** Whisked pasture-raised eggs.
4. **Bowl 3:** Unsweetened shredded coconut flakes.
5. **Dredge & Coat:** Holding a shrimp by the tail, dredge it in the seasoned tapioca flour and shake off excess. Dip into the egg wash, then press firmly into the shredded coconut on all sides until generously coated. Place on a clean parchment-lined plate. Repeat with all shrimp.
6. **Preheat Air Fryer:** Preheat air fryer to 360°F (180°C) for 3 minutes.
7. **Air Fry to Golden Perfection:** Arrange coated shrimp in a single layer in the air fryer basket with space between each piece (cook in two batches if needed). Generously mist the tops with avocado oil spray. Air fry at 360°F for 4 minutes, flip each shrimp, spray the second side lightly, and air fry for an additional 3 to 4 minutes until the coconut is golden brown and shrimp is opaque and tender.
8. **Make Chili Lime Sauce:** In a small saucepan over low heat, whisk coconut aminos, date syrup, lime juice, grated garlic, red pepper flakes, and arrowroot slurry. Simmer gently for 2 minutes until glossy and thickened.
9. **Serve:** Arrange hot crispy coconut shrimp on a platter with fresh lime wedges and serve with warm sweet chili lime dipping sauce.

Chef's Paleo Nutritional Science: Wild-caught shrimp delivers clean dietary iodine, zinc, and selenium essential for thyroid hormone conversion ($T_4 \rightarrow T_3$) and metabolic thermogenesis. Medium-chain fats in unsweetened coconut contain antimicrobial lauric acid and caprylic acid, promoting enhanced mitochondrial beta-oxidation and gut microbiome

diversity.

RECIPE #116 • WILD-CAUGHT FISH & SEAFOOD

Crispy Baja Paleo Fish Tacos with Lime Slaw & Avocado Crema

Craving authentic Baja California beer-battered fish tacos without wheat flour, beer, corn tortillas, or industrial fryer seed oils? These Crispy Baja Paleo Fish Tacos coat fresh wild-caught Alaskan cod in a tempura-style batter of whole-root cassava flour, tapioca starch, chili spices, and ice-cold mineral sparkling water. Pan-seared in avocado oil to an audible shatter, they are folded into warm, blistered cassava tortillas and piled with zesty cilantro-lime slaw and velvety avocado crema.

Prep: 15 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings (8 Tacos)	**Level:** Easy
Calories: 380 kcal	**Protein:** 28g	**Healthy Fats:** 22g	**Net Carbs:** 18g

Ingredients

For the Crispy Baja Fish:

- **1.5 lbs wild-caught Alaskan cod or halibut fillets**, cut into 1x3-inch strips
- **0.75 cup whole-root cassava flour**
- **0.25 cup tapioca starch**
- **0.75 cup ice-cold mineral sparkling water** (such as Topo Chico or San Pellegrino)
- **1 tsp garlic powder**
- **1 tsp ground cumin**
- **1 tsp smoked Spanish paprika**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **0.33 cup unrefined avocado oil** (for pan-frying)

For the Crunchy Cilantro Lime Slaw:

- **3 cups shredded green and red cabbage**
- **0.33 cup fresh cilantro**, finely chopped
- **2 tbsp extra virgin olive oil**
- **2 tbsp fresh organic lime juice**
- **0.5 tsp coarse sea salt**

For the Creamy Avocado Crema & Assembly:

- **1 large ripe Hass avocado**
- **0.25 cup avocado oil mayonnaise** or unsweetened coconut yogurt
- **2 tbsp fresh lime juice**
- **1 clove garlic**, minced
- **8 grain-free cassava tortillas** (warmed and blistered) or crisp romaine lettuce leaves
- **Lime wedges & sliced jalapeños** (for garnish)

Step-by-Step Instructions

1. **Make Crunchy Slaw & Crema:** In a bowl, toss shredded cabbage with chopped cilantro, olive oil, lime juice, and sea salt. In a mini blender, puree avocado, mayo (or coconut yogurt), lime juice, garlic, and salt until velvety smooth. Set both in the refrigerator.
2. **Dry Fish Strips:** Pat wild cod strips thoroughly dry with paper towels. Season lightly with 0.5 tsp coarse sea salt.
3. **Whisk Sparkling Batter (Chef Secret):** In a medium bowl, whisk cassava flour, tapioca starch, garlic powder, cumin, smoked paprika, remaining sea salt, and black pepper. Pour in the ice-cold sparkling water. Whisk gently just until a smooth, pourable pancake-batter consistency forms (do not overmix).
4. **Heat Pan Oil:** Pour 0.33 cup avocado oil into a large 12-inch cast-iron skillet or heavy pan over MEDIUM-HIGH heat until hot and shimmering (375°F / 190°C).
5. **Dip & Fry to Golden Shatter:** Working in batches of 4, dip each fish strip into the sparkling batter, letting excess drip off for 2 seconds. Place gently into the hot oil. Fry undisturbed for 3 minutes until the underside is deep golden and crisp. Flip and fry for 2 to 3 minutes on the second side. Transfer to a wire rack (prevents steaming).
6. **Blister Tortillas:** Warm cassava tortillas over an open gas flame for 10 seconds per side (or in a dry skillet) until blistered, charred, and pliable.
7. **Assemble & Serve:** Lay two pieces of crispy fish into each warm tortilla. Top with a heap of crunchy cilantro-lime slaw and a drizzle of creamy avocado crema. Garnish with sliced jalapeños and extra lime wedges. Serve immediately!

Chef's Paleo Nutritional Science: Wild Alaskan cod provides pure, lean protein dense in Vitamin B12, selenium, and phosphorus. Fresh red and green cabbage provide glucosinolates (sulforaphane and indole-3-carbinol) that induce Phase II hepatic detoxification enzymes, while cold-pressed avocado oil supplies monounsaturated oleic acid.

RECIPE #117 • WILD-CAUGHT FISH & SEAFOOD

Crispy Baked Paleo Wild Cod Fish Sticks

Craving nostalgic golden crispy fish sticks with flaky white fish and tangy tartar sauce without wheat flour, processed breadcrumbs, soybean frying oils, or store-bought sugary sauces? These Crispy Baked Paleo Wild Cod Fish Sticks cut fresh wild-caught Pacific cod into thick batons, dredged in an Old Bay-seasoned blend of superfine blanched almond flour, tapioca starch, and garlic. Baked on an elevated wire rack at 425°F until shatteringly crisp on all sides, paired with a creamy homemade avocado-oil tartar sauce loaded with dill pickles, non-pareil capers, and fresh lemon juice in 25 minutes.

Prep: 12 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings (16 Fish Sticks)	**Level:** Easy
Calories: 340 kcal	**Protein:** 36g	**Healthy Fats:** 18g	**Net Carbs:** 4g

Ingredients

For the Crispy Wild Cod Sticks:

- **1.5 lbs fresh wild-caught Pacific cod or haddock fillets**, patted bone-dry and cut into 16 uniform batons (approx. 4 inches long by 1 inch wide)
- **1.25 cups superfine blanched almond flour**
- **0.33 cup tapioca starch or arrowroot flour**

- **2 large pasture-raised eggs**, beaten
- **1.5 tsp Old Bay seasoning or smoked paprika**
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp white pepper**
- **Avocado oil spray** (for misting before baking)

For the Homemade Lemon Dill Tartar Sauce:

- **0.66 cup avocado oil mayonnaise** (Primal Kitchen)
- **2.5 tbsp naturally fermented dill pickles**, finely minced
- **1.5 tbsp fresh organic lemon juice** and **0.5 tsp lemon zest**
- **1 tbsp non-pareil capers**, drained and chopped
- **2 tbsp fresh organic dill**, finely chopped
- **0.5 tsp Dijon mustard** (sugar-free)
- **0.25 tsp sea salt & black pepper**

For Serving:

- **Lemon wedges & fresh dill sprigs**
- **Crispy baked sweet potato fries or crunchy coleslaw**

Step-by-Step Instructions

1. **Preheat Oven & Set Up Wire Rack (360-Degree Airflow Invariant):** Preheat oven to 425°F (220°C). Place an oven-safe wire cooling rack inside a large rimmed baking sheet. Generously grease the wire rack with avocado oil spray (elevating the fish sticks ensures 360-degree hot airflow, preventing soggy bottoms).
2. **Set Up Breading Station:** Bowl 1: Whisk the 2 eggs. Bowl 2: Whisk together almond flour, tapioca starch, Old Bay seasoning, garlic powder, onion powder, sea salt, and white pepper.
3. **Dredge Fish Sticks:** Dip each cod baton into the egg wash, letting excess drip off. Press firmly into the almond flour mixture, turning and pressing gently so the breading adheres in an even, thick blanket. Arrange breaded sticks on the greased wire rack with space between them.
4. **Mist with Avocado Oil:** Lightly mist the tops and sides of the breaded fish sticks with avocado oil spray (this ensures a golden, fried-like crunch in the oven).
5. **Bake to Golden Crisp:** Bake at 425°F for 12 to 14 minutes until the coating is deeply golden brown, crispy, and the cod flakes easily with a fork (internal temp 145°F / 63°C). (Optional: broil on HIGH for 60 seconds for extra crunch).
6. **Mix Tartar Sauce:** While fish bakes, whisk together avocado mayonnaise, minced dill pickles, fresh lemon juice, lemon zest, chopped capers, fresh dill, Dijon mustard, and sea salt in a small bowl until creamy.
7. **Plate & Enjoy:** Transfer hot, crispy fish sticks to a serving platter. Serve immediately alongside bowls of creamy lemon dill tartar sauce, lemon wedges, and crispy sweet potato fries!

Chef's Paleo Nutritional Science: Wild Pacific cod (Gadus macrocephalus) is an exceptionally clean, lean protein source rich in iodine, selenium, and cobalamin (B12). Almond flour delivers monounsaturated oleic acid and Vitamin E, while fermented dill pickles supply gut-friendly probiotic lactobacilli.

RECIPE #118 • WILD-CAUGHT FISH & SEAFOOD

Crispy Blackened Wild Salmon with Avocado Mango Salsa

Craving bold, smoky Cajun blackened seafood with a cool tropical crunch without brown sugar rubs, flour breading, processed seed oils, or mayonnaise dressings? This Crispy Blackened Wild Salmon coats wild-caught sockeye or king salmon fillets in a robust homemade Cajun spice rub (smoked paprika, cayenne, garlic, onion, and dried thyme). Seared in foaming grass-fed ghee in a scorching cast-iron skillet for 3 minutes per side to form a deep, caramelized blackened crust while keeping the interior succulent and flaky, crowned with sweet diced mango, creamy Haas avocado, cilantro, and fresh lime in 20 minutes.

Prep: 12 Mins	**Cook:** 8 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 38g	**Healthy Fats:** 24g	**Net Carbs:** 8g

Ingredients

For the Wild Salmon & Cajun Blackening Rub:

- **4 wild-caught salmon fillets** (approx. 6 oz each, skin-on or skinless, patted bone-dry)
- **1.5 tbsp smoked Spanish paprika**
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1 tsp dried wild thyme** and **1 tsp dried oregano**
- **0.5 tsp cayenne pepper** (adjust for desired heat)
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**
- **3 tbsp grass-fed ghee or unrefined avocado oil** (for high-heat cast iron searing)

For the Fresh Avocado Mango Salsa:

- **1 large ripe champagne/Ataulfo mango**, peeled and diced into 0.25-inch cubes
- **1 large ripe Haas avocado**, diced into 0.25-inch cubes
- **0.33 cup red onion**, finely diced
- **1 small jalapeño pepper**, seeded and finely minced
- **0.5 cup fresh cilantro leaves**, roughly chopped
- **2.5 tbsp fresh organic lime juice** and **1 tsp lime zest**
- **0.5 tsp coarse sea salt**

For Serving:

- **Lime wedges & fresh cilantro sprigs**
- **Cilantro lime cauliflower rice or roasted asparagus spears**

Step-by-Step Instructions

1. **Make Avocado Mango Salsa:** In a medium glass bowl, combine diced mango, diced avocado, red onion, minced jalapeño, fresh cilantro, lime juice, lime zest, and sea salt. Toss gently with a spoon so avocado holds its shape. Set aside at room temperature.
2. **Mix Cajun Blackening Rub:** In a small bowl, whisk together smoked paprika, garlic powder, onion powder, dried thyme, dried oregano, cayenne pepper, Celtic sea salt, and black pepper.
3. **Season Salmon Fillets:** Pat salmon fillets completely dry with paper towels. Rub the flesh side (and skin side if skinless) generously with the blackening spice blend, pressing gently with fingers so spices adhere firmly and form

an even spice blanket.

4. **Heat Cast Iron (High-Smoke Invariant):** Heat a large 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat for 4 minutes until smoking hot. Add 3 tbsp grass-fed ghee; swirl to coat the pan bottom until foaming.
5. **Hard Cast-Iron Blackening Sear:** Lay salmon fillets flesh-side DOWN in the hot ghee. Sear undisturbed for 3 to 4 minutes. The spices and milk solids in the ghee will caramelize into a deep, mahogany-black, fragrant, shatteringly crisp crust.
6. **Flip & Finish:** Flip salmon fillets gently with a fish spatula. Sear for 2 to 3 minutes on the skin side (or second side) until the salmon is opaque, easily flaked around the edges, but tender and juicy in the center (internal temp 125°F to 130°F / 52°C to 54°C for medium).
7. **Crown & Serve:** Transfer blackened salmon fillets to dinner plates. Immediately spoon generous mounds of the cool avocado mango salsa over each hot salmon fillet. Garnish with fresh lime wedges and serve with cilantro lime cauliflower rice!

Chef's Paleo Nutritional Science: Wild-caught Alaskan salmon is exceptionally rich in astaxanthin, a marine carotenoid that protects cellular mitochondria against ultraviolet and oxidative stress. Fresh mango and lime supply bioavailable Vitamin C, while avocado monounsaturated fats maximize the assimilation of fat-soluble vitamins A, D, and E.

RECIPE #119 • WILD-CAUGHT FISH & SEAFOOD

Crispy Coconut Lime Wild Mahi Mahi with Mango Avocado Salsa & Fresh Lime

Craving tropical Caribbean-inspired wild fish dinner with crunchy coconut crust and refreshing fruit salsa? Wild-caught Mahi Mahi fillets crusted in unsweetened toasted shredded coconut and almond flour, pan-seared in golden grass-fed ghee, and topped with vibrant mango avocado lime salsa deliver restaurant-caliber elegance while fueling the body with pristine marine selenium, clean protein, and heart-healthy monounsaturated lipids.

Prep: 15 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Wild Pelagic Mahi-Mahi (*Coryphaena hippurus*):** Mahi-mahi (dolphinfish) is a fast-growing, surface-dwelling pelagic species. Because of its rapid growth rate and short lifecycle (averaging 4 to 5 years), it exhibits minimal bioaccumulation of environmental heavy metals compared to long-lived apex predators like swordfish, shark, or bigeye tuna. Mahi-mahi supplies exceptionally high concentrations of **selenium** (over 50 mcg per 6-ounce fillet). Selenium is a crucial dietary cofactor for *glutathione peroxidase* and *selenoprotein P*, which directly bind and neutralize trace methylmercury in a protective 1:1 molar ratio.
- **Thermal Buffering of Coconut & Almond Crust:** White fish protein is composed predominantly of delicate *myofibrillar proteins (actin and myosin)* that begin denaturing at temperatures as low as 122°F (50°C). If exposed directly to high pan heat, the muscle fibers overcontract, squeezing out intercellular moisture and rendering the fish rubbery and dry. By coating the fish in a mixture of shredded unsweetened coconut and superfine blanched almond flour, the coconut's medium-chain lipids act as a thermal buffer. The crust caramelizes into a crisp golden shell while insulating the fish flesh, allowing gentle conductive steaming that preserves succulent flakiness.
- **Tropical Carotenoid & Glutathione Delivery:** The fresh mango avocado salsa is not merely a tropical garnish; it is a clinical nutritional pairing. Mangoes supply bioactive **mangiferin** (a xanthone polyphenol) and Vitamin C, while

avocados supply abundant **glutathione** and oleic acid. The healthy monounsaturated fats in avocado form mixed lipid micelles that dramatically enhance the intestinal absorption of both the fat-soluble Vitamin E in almond flour and the marine selenium in the fish.

Step-by-Step Instructions

1. **Step 1: Salsa Maceration:** In a glass bowl, gently toss diced mango, avocado, minced red onion, jalapeño, cilantro, fresh lime juice, and sea salt. Let rest at room temperature for **15 minutes**. The lime acid gently macerates the alliums while preserving vibrant avocado color.
2. **Step 2: Dual Dredging Station:** Set up two shallow bowls. In bowl one, beat the pasture-raised egg with 1 tbsp of lime juice. In bowl two, mix the shredded coconut, almond flour, 1 tsp sea salt, and 0.5 tsp black pepper.
3. **Step 3: Breading Application:** Season dry mahi-mahi fillets with a pinch of sea salt. Dip each fillet into the egg wash, allowing excess to drain off. Press firmly into the coconut-almond mixture on both sides, ensuring full, dense coverage.
4. **Step 4: Medium-Heat Searing Protocol:** Heat 2 tablespoons of grass-fed ghee in a large heavy skillet (enameled cast iron or stainless steel) over **medium heat**. *Critical Warning:* Coconut shreds contain natural sugars that burn rapidly at high heat. Do not use high heat! Cook fillets over steady medium heat for **3 to 4 minutes** until the coconut crust is toasted golden amber.
5. **Step 5: The Flip & Rest:** Carefully flip fillets with a wide fish spatula. Cook for an additional **3 to 4 minutes** until the second side is golden and the internal temperature reaches **135°F to 140°F (58°C–60°C)**; the fish will flake easily when pressed with a fork. Remove immediately from heat. Top each hot fillet with a generous mound of chilled mango avocado salsa and serve with fresh lime wedges.

RECIPE #120 • WILD-CAUGHT FISH & SEAFOOD

Crispy Air-Fryer Wild Calamari with Cassava Crust & Garlic Herb Aioli

Craving seafood restaurant style crispy calamari made gluten-free and grain-free in the air fryer? Tender wild calamari rings dusted in arrowroot starch and seasoned almond flour, air-fried to golden crunch in just 8 minutes and served with homemade garlic lemon aioli deliver all the crisp decadence of Italian coastal fritto misto without deep-fryer grease or digestive heaviness.

Prep: 15 Mins	**Cook:** 8 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **The Collagen Cross-Hatch Architecture:** Unlike vertebrate fish whose muscle fibers run in parallel segments separated by delicate myocommata, squid mantle tissue consists of **tightly interwoven circular and radial muscle fibers** bound together by dense sheets of helical **collagen fibrils**. At temperatures between 130°F and 140°F (55°C–60°C), squid collagen begins to tighten; if heated slowly or sustained between 145°F and 175°F for more than a couple of minutes, the collagen contracts violently by up to 50%, wringing out water and leaving behind a dense rubbery texture.
- **The Flash-Convection Rule:** Squid must be cooked via one of two culinary extremes: either *flash-cooked in under 2 minutes*, or *braised low-and-slow for over 45 minutes* to fully gelatinize the collagen. The modern countertop air fryer provides the ultimate solution: **400°F (205°C) high-velocity convection air for exactly 6 to 8 minutes**. The

exterior breading flash-crisps instantly, while the squid mantle reaches just tender doneness without passing into the rubbery contraction phase.

- **Taurine, Choline & Micronutrient Density:** Wild squid is an exceptional ancestral superfood. It provides dense concentrations of **taurine**, a sulfur-containing amino acid derivative essential for bile salt conjugation and cardiac mitochondrial function. Squid also supplies abundant **choline** (supporting acetylcholine neurotransmitter synthesis) and copper, while maintaining an exceptionally low caloric footprint.

Step-by-Step Instructions

1. **Step 1: The Essential Surface Drying:** Calamari rings are naturally slippery. Lay cut rings and tentacles across multiple layers of paper towels. Press firmly to remove all moisture. Moisture creates steam that makes breading slide off into a soggy sludge.
2. **Step 2: Dredging Setup:** Whisk the arrowroot starch, almond flour, sea salt, oregano, garlic powder, and paprika together in a medium bowl. Place beaten egg in a separate shallow bowl.
3. **Step 3: Light Coating:** Dip calamari rings in the egg wash, shake off excess, then toss in the seasoned flour mixture. Shake each ring in a colander or with your fingers to dislodge excess flour—a light, translucent coating yields the crispest texture.
4. **Step 4: Air Fryer Preheating & Loading:** Preheat air fryer to **400°F (205°C)**. Lightly spray the basket with avocado oil. Arrange calamari rings in a **single layer** without overlapping (cook in two batches if necessary). Generously mist the top of the coated rings with avocado oil spray (the oil mist ensures the arrowroot gelatinizes into a crisp golden crust rather than remaining chalky).
5. **Step 5: Flash Convection Cooking:** Air fry at 400°F for **6 to 8 minutes**, shaking the basket vigorously at the 4-minute mark. The calamari is done when the crust is golden-brown and crackling. Remove immediately—do not allow them to sit in the hot basket. Transfer to a paper-towel-lined plate, sprinkle with a pinch of sea salt, and serve piping hot with lemon wedges and garlic aioli.

RECIPE #121 • WILD-CAUGHT FISH & SEAFOOD

Crispy Paleo Bang Bang Shrimp with Creamy Chili Sauce

Craving the iconic crunchy, sweet-and-spicy restaurant favorite without cornstarch, canola oil, dairy, or refined white sugar? This Crispy Paleo Bang Bang Shrimp dredges sweet wild-caught shrimp in fine tapioca starch and flash-sears them in avocado oil for an audible, glass-like shatter. Tossed immediately in an addictive creamy sauce of avocado-oil mayonnaise, clean sugar-free sriracha, coconut aminos, garlic, and raw honey, it delivers unforgettable five-star flavor in just 20 minutes.

Prep: 10 Mins	**Cook:** 8 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 350 kcal	**Protein:** 30g	**Healthy Fats:** 22g	**Net Carbs:** 5g

Ingredients

For the Crispy Wild Shrimp:

- **1.25 lbs large wild-caught shrimp** (peeled, deveined, tails removed)
- **0.33 cup tapioca starch or arrowroot starch** (creates a delicate, glass-shattering crunch)
- **1 large pasture-raised egg white**, whisked until frothy
- **1 tsp garlic powder**

- **0.5 tsp smoked paprika**
- **1 tsp coarse Celtic sea salt**
- **0.25 tsp freshly ground black pepper**
- **3 tbsp unrefined avocado oil** (for pan-frying)

For the Signature Creamy Bang Bang Sauce:

- **0.5 cup avocado oil mayonnaise** (such as Primal Kitchen)
- **2.5 tbsp clean sriracha or garlic chili paste** (sugar-free)
- **1.5 tbsp raw unfiltered honey or date syrup** (or omit for strict Whole30)
- **1 tbsp organic coconut aminos**
- **1 tsp fresh lime juice**
- **1 clove garlic**, finely grated
- **2 scallions (green onions)**, thinly sliced on a bias (for garnish)
- **1 tbsp toasted white sesame seeds** (for garnish)

Step-by-Step Instructions

1. **Make Creamy Bang Bang Sauce:** In a medium mixing bowl, whisk together the avocado oil mayonnaise, clean sriracha, raw honey (or date syrup), coconut aminos, fresh lime juice, and grated garlic until smooth, velvety, and coral-pink. Set aside.
2. **Dry & Season Shrimp:** Pat the peeled shrimp thoroughly dry with paper towels. In a shallow bowl, toss shrimp with the frothy egg white, garlic powder, smoked paprika, coarse sea salt, and black pepper.
3. **Dredge in Tapioca:** Dust the tapioca starch over the seasoned shrimp, tossing until each piece is evenly coated in a light, dry starch layer.
4. **Flash-Sear to Golden Crisp:** Heat 3 tbsp avocado oil in a large 12-inch heavy stainless steel or cast-iron skillet over medium-high heat until shimmering. Add shrimp in a single layer (cook in two batches to avoid crowding). Fry undisturbed for 2 to 3 minutes per side until golden brown, crispy, and pink. Transfer with a slotted spoon to a paper towel-lined plate.
5. **Toss in Bang Bang Sauce:** Immediately transfer the hot crispy shrimp into the bowl of prepared bang bang sauce. Toss gently with a silicone spatula until every piece is gloriously coated in the luscious, sweet-spicy sauce.
6. **Garnish & Serve:** Pile the coated bang bang shrimp into chilled butter lettuce cups or onto a platter. Garnish with sliced green scallions and toasted white sesame seeds. Serve immediately while hot and crispy!

Chef's Paleo Nutritional Science: Wild-caught shrimp is packed with astaxanthin, choline, and selenium, supporting nervous system transmission and hepatic lipid clearance. Cold-pressed avocado oil mayonnaise supplies monounsaturated oleic acid and lipid-soluble Vitamin E, eliminating the pro-inflammatory linoleic acid oxidation products typical of restaurant canola fryers.

RECIPE #122 • WILD-CAUGHT FISH & SEAFOOD

Crispy Paleo Coconut Lime Salmon with Avocado-Mango Salsa

Craving a vibrant, restaurant-quality salmon dinner with shatteringly crispy skin and a creamy tropical sauce without heavy dairy cream, soy sauce, or refined sugars? This Crispy Paleo Coconut Lime Salmon sears skin-on wild-caught Alaskan salmon fillets in coconut oil and grass-fed ghee until the skin crackles like a chip. Simmered in a fragrant pan reduction of full-fat culinary coconut cream, fresh lime juice, lime zest, garlic, ginger, and coconut aminos, it is crowned with a vibrant salsa of diced Haas avocado, sweet ripe mango, red onion, jalapeño, and fresh cilantro in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 420 kcal	**Protein:** 38g	**Healthy Fats:** 26g	**Net Carbs:** 8g

Ingredients

For the Crispy Skin Salmon:

- **4 wild-caught Alaskan King or Sockeye salmon fillets** (skin-on, approx. 6 oz each)
- **1.5 tbsp unrefined virgin coconut oil**
- **1 tbsp grass-fed ghee**
- **1 tsp garlic powder** and **1 tsp smoked paprika**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**

For the Velvety Coconut Lime Ginger Reduction:

- **0.75 cup full-fat culinary coconut cream**
- **3 tbsp fresh organic lime juice** and **1.5 tsp finely grated lime zest**
- **4 cloves garlic**, finely minced
- **1 tbsp fresh ginger root**, finely grated
- **1.5 tbsp organic coconut aminos**
- **0.25 cup organic vegetable or chicken bone broth**
- **0.5 tsp coarse sea salt**

For the Fresh Avocado-Mango Salsa & Garnish:

- **1 large ripe Haas avocado**, diced
- **1 ripe organic mango**, peeled and diced (or fresh pineapple)
- **0.33 cup red onion**, finely diced
- **1 small jalapeño**, seeded and minced
- **0.33 cup fresh cilantro**, finely chopped
- **1 tbsp fresh lime juice** with a pinch of flaky Maldon sea salt

Step-by-Step Instructions

1. **Toss Avocado-Mango Salsa:** In a medium bowl, gently toss diced avocado, ripe mango, red onion, minced jalapeño, chopped cilantro, 1 tbsp lime juice, and a pinch of flaky sea salt. Set aside.
2. **Dry & Score Salmon (Crackling Skin Invariant):** Pat the salmon fillets completely dry with paper towels (especially the skin). Use a sharp knife to score 3 shallow diagonal slits across the skin of each fillet. Season flesh and skin evenly with garlic powder, smoked paprika, coarse sea salt, and black pepper.

3. **Sear for Ultra-Crisp Skin (Chef Technique):** Heat coconut oil and ghee in a large 12-inch heavy stainless steel or cast-iron skillet over MEDIUM-HIGH heat until shimmering hot. Place salmon fillets skin-side DOWN in the hot skillet. Press down gently on each fillet with a fish spatula for 10 seconds to ensure the skin makes flat, full contact with the pan.
4. **Cook Undisturbed (7-Minute Rule):** Cook skin-side down undisturbed for 5 to 6 minutes until the skin is deeply golden, crispy, and releases easily from the pan, and the salmon flesh is opaque 75% up the sides. Flip fillets and sear flesh-side down for only 60 to 90 seconds. Transfer salmon to a plate, skin-side UP to keep skin crispy.
5. **Simmer Coconut Lime Pan Reduction:** Reduce skillet heat to MEDIUM. Add minced garlic and grated ginger to the remaining pan oil; sauté for 45 seconds until fragrant. Pour in coconut cream, fresh lime juice, lime zest, coconut aminos, bone broth, and sea salt. Swirl with a silicone spatula, scraping up any caramelized salmon fond. Simmer for 2 to 3 minutes until the sauce reduces and thickens into a glossy, fragrant crema.
6. **Assemble & Plate:** Spoon generous ladles of the velvety coconut lime reduction into the center of warm shallow plates. Place a crispy salmon fillet skin-side UP directly on top of the sauce (keep crispy skin above the sauce). Top each fillet with a generous mound of fresh avocado-mango salsa. Garnish with fresh cilantro sprigs and lime wedges. Serve immediately!

Chef's Paleo Nutritional Science: Wild Alaskan salmon is nature's richest source of long-chain Omega-3 polyunsaturated fatty acids (EPA and DHA) and the natural antioxidant carotenoid astaxanthin. Haas avocados supply oleic monounsaturated fatty acids and glutathione, boosting hepatic detox pathways and promoting high HDL cholesterol.

RECIPE #123 • WILD-CAUGHT FISH & SEAFOOD

Crispy Paleo Coconut Lime Shrimp

Craving restaurant-style crispy golden coconut shrimp with tropical lime flair without wheat flour breading, sweetened corn syrup coconut shreds, cornstarch, or canola fryer oil? These Crispy Paleo Coconut Lime Shrimp coat plump wild-caught jumbo shrimp in arrowroot starch, egg wash, and unsweetened finely shredded coconut infused with organic lime zest and sea salt. Pan-fried in virgin coconut oil to an ultra-crisp golden crunch, served over warm creamy coconut cilantro cauliflower rice with a tangy homemade sweet chili lime dipping sauce in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 390 kcal	**Protein:** 32g	**Healthy Fats:** 24g	**Net Carbs:** 8g

Ingredients

For the Crispy Coconut Lime Shrimp:

- **1.5 lbs jumbo wild-caught shrimp** (approx. 20-24 count, peeled and deveined, tails left on, patted bone-dry)
- **1.5 cups unsweetened shredded coconut flakes** (finely shredded)
- **0.33 cup arrowroot starch or tapioca flour**
- **2 large pasture-raised eggs**, beaten
- **2 tbsp finely grated organic lime zest** (rubbed into coconut flakes)
- **1 tsp garlic powder** and **0.5 tsp smoked paprika**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp white pepper**
- **0.33 cup virgin coconut oil or avocado oil** (for pan-frying)

For the Creamy Coconut Cilantro Cauliflower Rice:

- **4 cups fresh riced cauliflower**
- **0.5 cup unsweetened full-fat culinary coconut milk**
- **2 tbsp fresh organic lime juice**
- **0.5 cup fresh cilantro**, finely chopped
- **1 tbsp coconut oil** and **0.5 tsp sea salt**

For the Paleo Sweet Chili Lime Dip:

- **0.33 cup raw honey or pure maple syrup** (or sugar-free peach puree for Whole30)
- **2 tbsp organic coconut aminos**
- **2 tbsp fresh lime juice**
- **1 clove garlic**, finely grated
- **1 tsp crushed red pepper flakes**

For Garnish:

- **Fresh lime wedges & cilantro sprigs**

Step-by-Step Instructions

1. **Set Up Triple Dredging Station (Zero-Shed Invariant):** Bowl 1: Whisk arrowroot starch, garlic powder, smoked paprika, sea salt, and white pepper. Bowl 2: Whisk the 2 eggs. Bowl 3: Rub grated lime zest into the unsweetened shredded coconut with fingertips to infuse essential lime oils.
2. **Dredge Shrimp:** Hold each shrimp by the tail. Dredge in arrowroot starch and shake off excess. Dip in beaten egg wash, then press firmly into the lime coconut flakes to coat thoroughly on all sides. Place breaded shrimp on a parchment-lined plate.
3. **Pan-Fry to Golden Crisp:** Heat 0.33 cup coconut oil in a large 12-inch heavy cast-iron skillet over MEDIUM heat until shimmering (approx. 350°F). Add shrimp in a single layer with space between them (cook in 2 batches). Fry for 2 to 3 minutes per side until the coconut turns deeply golden, toasted, and shatteringly crispy, and shrimp are opaque and pink. Transfer crispy shrimp to a wire rack.
4. **Sauté Coconut Lime Cauliflower Rice:** In a separate skillet, heat 1 tbsp coconut oil over medium-high heat. Add riced cauliflower and sauté for 3 minutes until tender. Pour in coconut milk, lime juice, and sea salt. Simmer for 2 minutes until liquid is absorbed and rice is creamy. Fold in fresh chopped cilantro.
5. **Whisk Sweet Chili Lime Dip:** In a small bowl, whisk raw honey, coconut aminos, fresh lime juice, grated garlic, and red pepper flakes until smooth.
6. **Plate & Serve:** Scoop mounds of creamy coconut cilantro cauliflower rice onto plates. Arrange crispy coconut lime shrimp over the rice. Serve alongside the sweet chili lime dipping sauce and fresh lime wedges!

Chef's Paleo Nutritional Science: Wild-caught shrimp provide dense astaxanthin, selenium, and bioavailable phosphorus. Unsweetened coconut flakes deliver lauric acid and medium-chain triglycerides (MCTs), which provide clean mitochondrial energy and support metabolic satiety.

RECIPE #124 • WILD-CAUGHT FISH & SEAFOOD

Crispy Paleo Wild Salmon Cakes with Lemon Herb Remoulade

Craving crispy, golden coastal salmon cakes without processed breadcrumbs, wheat flour, soybean oil mayo, or industrial fillers? These Crispy Paleo Wild Salmon Cakes use wild-caught Alaskan salmon flaked with pasture-raised eggs, superfine blanched almond flour, fresh dill, minced shallots, whole grain Dijon mustard, and lemon zest. Pan-fried in avocado oil and grass-fed ghee to a shatteringly crisp golden crust, they are paired with a velvety, dairy-free lemon caper remoulade in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings (8 Patties)	**Level:** Easy
Calories: 360 kcal	**Protein:** 34g	**Healthy Fats:** 22g	**Net Carbs:** 3g

Ingredients

For the Crispy Salmon Cakes:

- **1 lb cooked wild Alaskan salmon fillets** (flaked) or 3 cans (5 oz each) wild Alaskan pink/red salmon (drained well)
- **0.66 cup superfine blanched almond flour**
- **2 large pasture-raised eggs**, lightly beaten
- **1 medium shallot or 2 scallions**, finely minced
- **2 cloves garlic**, finely grated
- **2 tbsp whole-grain Dijon mustard** (sugar-free)
- **3 tbsp fresh dill**, finely chopped
- **2 tbsp fresh Italian parsley**, finely chopped
- **1 tbsp fresh lemon zest** and **1 tbsp fresh lemon juice**
- **1 tsp Old Bay or smoked paprika**
- **1 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**
- **3 tbsp unrefined avocado oil or grass-fed ghee** (for pan-searing)

For the Tangy Lemon Caper Remoulade:

- **0.5 cup avocado oil mayonnaise** (sugar-free, Whole30)
- **1.5 tbsp capers**, drained and finely chopped
- **1 tbsp fresh lemon juice**
- **1 tsp Dijon mustard**
- **1 clove garlic**, grated into paste
- **0.5 tsp smoked Spanish paprika**
- **1 tbsp fresh dill or chives**, minced

For Garnish:

- **Lemon wedges & fresh dill sprigs**
- **Arugula salad with lemon and olive oil** (for serving)

Step-by-Step Instructions

1. **Mix Remoulade:** In a small bowl, whisk together avocado oil mayo, chopped capers, lemon juice, Dijon mustard, grated garlic, smoked paprika, and fresh dill. Refrigerate until serving.

2. **Mix Salmon Cake Batter:** In a large mixing bowl, combine flaked salmon, almond flour, beaten eggs, minced shallots, grated garlic, Dijon mustard, chopped dill, chopped parsley, lemon zest, lemon juice, Old Bay seasoning, coarse sea salt, and black pepper. Gently fold with a fork until cohesive (avoid over-mashing so chunks of salmon remain visible).
3. **Shape the Patties (Chef Binding Secret):** Divide mixture into 8 equal portions. Form into 0.75-inch thick patties using your hands. Place on a parchment-lined plate and chill in the refrigerator for 10 minutes (this sets the almond flour and egg binder so patties never fall apart in the skillet).
4. **Heat the Cast Iron:** Heat 3 tbsp avocado oil (or ghee) in a large 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat until shimmering.
5. **Sear to Crispy Golden Perfection:** Gently place salmon patties into the hot oil (cook in 2 batches of 4 to prevent crowding). Cook undisturbed for 4 to 5 minutes until the bottom crust is deeply golden, crispy, and releases easily from the pan.
6. **Flip & Finish:** Carefully flip patties with a thin fish spatula and cook for 3 to 4 minutes on the second side until crispy and heated through. Transfer to a paper towel-lined plate.
7. **Plate & Serve:** Transfer crispy salmon cakes to a platter. Spoon a dollop of tangy lemon caper remoulade over each cake, garnish with fresh dill sprigs and lemon wedges, and serve immediately with a crisp arugula salad!

Chef's Paleo Nutritional Science: Wild Alaskan salmon is one of nature's richest sources of long-chain Omega-3 fatty acids (EPA and DHA) and astaxanthin, a carotenoid antioxidant that protects skin from UV photodamage and reduces systemic inflammation. Capers contain concentrated quercetin and kaempferol that support vascular endothelial integrity.

RECIPE #125 • WILD-CAUGHT FISH & SEAFOOD

Crispy Pan-Fried Wild Atlantic Cod with Dairy-Free Herb Tartar Sauce

Craving traditional British pub-style fish and chips without white flour batter or rancid deep-fryer vegetable oil? This crispy pan-fried wild Atlantic cod delivers succulent, flaky white fish enveloped in a light, golden crust made from blanched almond flour, arrowroot starch, garlic, and dill. Paired with a scratch-made dairy-free tartar sauce crafted from lacto-fermented dill pickles, wild capers, and whole-egg olive oil emulsion, this quick 20-minute supper elevates everyday seafood into a clean ancestral masterclass.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Blanched Superfine Almond Flour:** Forms the body of the crust. Its natural healthy fats toast quickly in the skillet, developing a golden, nutty crumb.
- **Arrowroot Starch:** Provides rapid thermal crisping. When arrowroot contacts hot fat, it gelatinizes and forms a brittle, glassy barrier that locks moisture inside the fish fillet while preventing excess oil absorption.
- **Dill & Old Bay Aromatics:** Seasoning the flour blend with dried dill weed, garlic powder, onion powder, and celery salt infuses maritime savory flavor directly into the crust.

Step-by-Step Instructions

1. Pat 4 fresh wild-caught Atlantic cod fillets (approx. 6 oz each) completely dry with paper towels. Season both sides with 1/2 teaspoon fine sea salt and 1/4 teaspoon freshly cracked black pepper.
2. **Dredge Dish 1:** Whisk 2 pastured eggs with 1 tablespoon of water until frothy.
3. **Crust Dish 2:** In a shallow bowl, whisk 3/4 cup blanched almond flour, 1/4 cup arrowroot starch, 1 teaspoon dried dill weed, 1/2 teaspoon garlic powder, 1/2 teaspoon onion powder, 1/2 teaspoon sweet paprika, and 1/4 teaspoon celery salt.
4. Dip each cod fillet into the egg wash, allowing excess to drain off.
5. Transfer to the almond-arrowroot mixture, pressing firmly so the crust coats all sides of the fillet. Place breaded fillets onto a plate.

RECIPE #126 • WILD-CAUGHT FISH & SEAFOOD

Crispy Pan-Seared Sea Scallops with Lemon Caper Grass-Fed Ghee Sauce

Have you ever struggled to achieve that iconic golden-brown, caramelized restaurant crust on sea scallops without turning the tender interior into rubbery eraser nubs? Pan-searing wild Atlantic sea scallops to translucent, sweet perfection is one of the ultimate tests of culinary heat control. By pairing dry-packed wild sea scallops with the high smoke point and nutty richness of clarified grass-fed ghee, briny wild capers, and freshly squeezed lemon juice, this elegant 15-minute ancestral supper delivers four-star dining luxury packed with complete marine proteins and essential neuro-protective trace minerals.

Prep: 10 Mins	**Cook:** 6 Mins	**Yield:** 4 Servings	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Milky Fluid Pools in Pan:** You bought chemically treated "wet-packed" scallops, or the pan was not hot enough before placing them. Always insist on untreated dry scallops.
- **Tearing the Crust:** If a scallop resists flipping, do not force it! When the Maillard crust properly forms, the scallop naturally releases itself from the metal surface.
- **Rubbery Texture:** Overcooking. Scallops cook in mere minutes. Once the edges are opaque and the center feels springy rather than firm, remove immediately.

Step-by-Step Instructions

1. Purchase 1.5 lbs of large wild dry-packed sea scallops (U-10 or U-12 count per pound).
2. Inspect each scallop for the "side muscle" (the small, tough crescent of fibrous tissue attached to the side of the cylindrical adductor). Gently pinch and peel this fibrous tab off with your fingers and discard, as it becomes rubbery when cooked.
3. Line a large plate or baking sheet with a double layer of heavy paper towels. Arrange scallops on the towels, then press a second layer of paper towels firmly over the top. Let sit for 10 minutes to absorb all surface moisture.
4. Just before cooking, season the flat top and bottom faces with fine unrefined sea salt and freshly ground white or black pepper. (Do not salt in advance, as salt draws internal moisture outward).

RECIPE #127 • WILD-CAUGHT FISH & SEAFOOD

Garlic Ghee Paleo Shrimp Scampi (Spaghetti Squash)

Craving a decadent, buttery Italian Shrimp Scampi without wheat pasta, dairy butter, or canola oil? This Garlic Ghee Paleo Shrimp Scampi poaches jumbo wild-caught shrimp in a shimmering emulsion of nutty grass-fed ghee, eight cloves of thinly sliced garlic, crushed red pepper flakes, chicken bone broth, and freshly squeezed lemon juice. Tossed with roasted strands of tender, sweet spaghetti squash and fresh Italian parsley, it brings five-star trattoria elegance to your table in under 20 minutes.

Prep: 8 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 340 kcal	**Protein:** 32g	**Healthy Fats:** 20g	**Net Carbs:** 6g

Ingredients

For the Garlic Ghee Shrimp & Scampi Sauce:

- **1.5 lbs jumbo wild-caught shrimp** (peeled, deveined, tails intact or removed)
- **4 tbsp grass-fed clarified butter (ghee)** (divided)
- **1 tbsp unrefined avocado oil or extra virgin olive oil**
- **8 cloves garlic**, thinly sliced into coins
- **0.5 cup organic chicken bone broth** (or dry white wine)
- **3 tbsp fresh organic lemon juice** (approx. 2 lemons)
- **1 tsp finely grated organic lemon zest**
- **0.5 tsp crushed red pepper flakes** (adjust to spice preference)
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **0.33 cup fresh Italian flat-leaf parsley**, finely chopped

For the Spaghetti Squash Noodles:

- **4 cups roasted spaghetti squash strands** (roasted crosswise in rings for long, al dente noodles) or zucchini noodles
- **1 cup organic cherry tomatoes**, halved (adds sweet acidity)
- **1 lemon**, cut into wedges (for serving)

Step-by-Step Instructions

1. **Pat Shrimp Dry & Season:** Pat the peeled shrimp thoroughly dry with paper towels. Season lightly with 0.5 tsp coarse sea salt and cracked black pepper.
2. **Sauté Garlic in Ghee (The Aroma Base):** Heat 2 tbsp ghee and 1 tbsp olive oil in a wide 12-inch heavy skillet over MEDIUM heat. Add sliced garlic and crushed red pepper flakes. Cook gently for 90 seconds until the garlic softens and turns pale golden (do not allow garlic to brown or turn bitter).
3. **Sear the Shrimp:** Increase skillet heat to medium-high. Add shrimp in a single layer. Sear undisturbed for 2 minutes on the first side until pink and starting to curl. Flip and cook for 1 minute on the second side. Immediately transfer shrimp with tongs to a warm plate (prevents overcooking).
4. **Deglaze & Reduce Scampi Broth:** Add cherry tomato halves, chicken bone broth (or white wine), fresh lemon juice, and lemon zest to the bubbling pan juices. Simmer vigorously over medium-high heat for 2 to 3 minutes until

the tomatoes soften and the liquid reduces by half.

5. **Emulsify Sauce (Chef Secret):** Lower heat to medium-low. Whisk in the remaining 2 tbsp cold grass-fed ghee. Swirl the pan continuously until the ghee melts into a glossy, velvety butter emulsion. Season with remaining 0.5 tsp sea salt.
6. **Toss Squash Noodles & Shrimp:** Add the 4 cups of warm roasted spaghetti squash noodles into the pan. Toss gently with tongs for 60 seconds to coat every noodle strand in the garlic ghee reduction. Return the cooked shrimp and any resting juices to the pan; toss for 30 seconds until heated through.
7. **Garnish & Serve:** Remove from heat. Scatter chopped fresh Italian parsley and extra lemon zest over top. Serve immediately in wide shallow pasta bowls with lemon wedges for squeezing!

Chef's Paleo Nutritional Science: Grass-fed ghee provides rich concentrations of butyric acid and conjugated linoleic acid (CLA), supporting colonocyte mitochondrial health without the lactose or casein found in conventional dairy butter. Wild-caught shrimp supplies selenium, astaxanthin, and bioavailable iodine that optimize thyroid hormone deiodinase conversion.

RECIPE #128 • WILD-CAUGHT FISH & SEAFOOD

One-Skillet Lemon Dill Wild Salmon with Creamy Garlic Sauce

Need a vibrant, anti-inflammatory dinner ready in under 25 minutes? This One-Skillet Lemon Dill Wild Salmon pairs crispy pan-seared fillets with a rich, dairy-free garlic cream sauce infused with fresh dill, stone-ground mustard, and bright lemon zest. It delivers restaurant-quality elegance while remaining 100% Paleo, Whole30, and keto-friendly.

Prep: 10 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 460 kcal	**Protein:** 40g	**Healthy Fats:** 32g	**Net Carbs:** 3g

Ingredients

- **4 wild-caught salmon fillets** (6 oz each, skin-on or skinless)
- **1 tbsp avocado oil or grass-fed ghee** (for searing)
- **3 cloves garlic**, finely minced
- **0.75 cup full-fat unsweetened coconut cream** (from the top of a chilled can)
- **2 tbsp fresh lemon juice** (plus zest of 1 organic lemon)
- **1 tbsp stone-ground Dijon mustard** (sugar-free & Whole30 compliant)
- **0.25 cup fresh organic dill**, finely chopped
- **1 tsp coarse Celtic sea salt** (divided)
- **0.5 tsp freshly ground black pepper**
- **1 bunch thin asparagus spears**, woody ends snapped off

Step-by-Step Instructions

1. **Season Salmon:** Pat the salmon fillets completely dry with paper towels. Season both sides with 0.5 tsp sea salt and cracked black pepper.
2. **Sear the Fillets:** Heat avocado oil in a large 12-inch stainless steel or cast-iron skillet over medium-high heat. Place the salmon fillets flesh-side down (or skin-side up) and sear for 4 minutes until a golden crust develops. Flip

carefully and cook for an additional 2 to 3 minutes until nearly cooked through. Transfer fillets to a plate and cover loosely with foil.

3. **Sauté Aromatics & Asparagus:** In the same skillet over medium heat, add the trimmed asparagus spears and minced garlic. Sauté for 2 minutes until fragrant and the asparagus turns bright green.
4. **Simmer Dairy-Free Cream Sauce:** Pour in the coconut cream, fresh lemon juice, lemon zest, stone-ground mustard, remaining sea salt, and half of the fresh dill. Whisk well to combine and scrape up any flavorful browned bits from the bottom of the pan. Bring to a gentle simmer for 2 to 3 minutes until the sauce slightly thickens.
5. **Recombine & Glaze:** Nest the salmon fillets back into the skillet with the asparagus. Spoon the warm lemon-dill sauce over the fillets and simmer for 1 to 2 minutes until heated through and the salmon flakes easily.
6. **Garnish & Serve:** Remove from heat, garnish with the remaining fresh dill and thin lemon wheels. Serve immediately over warm cauliflower rice or roasted sweet potatoes.

Chef's Paleo Nutritional Science: Wild Alaskan salmon (Sockeye or King) is one of nature's richest sources of marine omega-3 fatty acids (EPA and DHA) and the potent carotenoid antioxidant astaxanthin , which gives wild salmon its vibrant ruby color and supports cellular longevity. Pairing wild salmon with medium-chain triglycerides (MCTs) from culinary coconut cream maximizes fat-soluble vitamin absorption (Vitamins D and A).

RECIPE #129 • WILD-CAUGHT FISH & SEAFOOD

One-Skillet Paleo Creamy Tuscan Salmon

Craving a rich, restaurant-style creamy Tuscan salmon skillet with crispy skin and a luscious garlic herb sauce without heavy dairy cream, cream cheese, parmesan cheese, or canola oil? This One-Skillet Paleo Creamy Tuscan Salmon sears wild-caught Alaskan sockeye salmon fillets in a screaming-hot cast-iron skillet until the skin is crackling-crisp and the flesh is tender. Simmered in a luxurious dairy-free cream sauce made from unsweetened culinary coconut cream, chicken bone broth, sautéed sweet sun-dried tomatoes, organic baby spinach, minced garlic, Italian herbs, and fresh lemon in 20 minutes.

Prep: 5 Mins	**Cook:** 15 Mins	**Yield:** 4 Large Servings	**Level:** Easy
Calories: 460 kcal	**Protein:** 38g	**Healthy Fats:** 32g	**Net Carbs:** 4g

Ingredients

For the Crispy-Skin Wild Salmon:

- **4 wild-caught Alaskan salmon fillets** (approx. 6 oz each, skin-on, scales removed, patted bone-dry)
- **2 tbsp unrefined avocado oil or grass-fed ghee** (for high-heat searing)
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp cracked black pepper**
- **1 tsp garlic powder** and **0.5 tsp smoked paprika**

For the Dairy-Free Tuscan Garlic Cream Sauce:

- **1 cup full-fat culinary coconut cream** (canned unsweetened)
- **0.5 cup rich organic chicken bone broth or vegetable broth**
- **0.66 cup oil-packed sun-dried tomatoes**, drained and sliced into thin strips
- **4 cups fresh organic baby spinach**
- **6 cloves fresh garlic**, finely minced
- **1 medium shallot**, finely diced

- **2 tbsp nutritional yeast** (adds rich savory umami without dairy cheese)
- **1.5 tbsp fresh organic lemon juice** and **0.5 tsp lemon zest**
- **1.5 tsp dried Italian herb blend** (oregano, basil, thyme, rosemary)

For Garnish & Serving:

- **0.25 cup fresh organic basil leaves**, sliced
- **Lemon wedges & freshly cracked black pepper**
- **Garlic mashed cauliflower, zucchini noodles, or steamed asparagus**

Step-by-Step Instructions

1. **Prep Salmon (Bone-Dry Crispy Skin Invariant):** Pat salmon fillets thoroughly with paper towels until completely dry. Season flesh and skin sides evenly with Celtic sea salt, black pepper, garlic powder, and smoked paprika.
2. **Cast-Iron Searing:** Heat 2 tbsp avocado oil in a 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat until shimmering. Place salmon fillets skin-side down. Press down gently with a fish spatula for 10 seconds so skin makes full contact. Sear undisturbed for 4 to 5 minutes until skin is crackling-crisp and golden. Flip fillets and sear flesh-side for 2 minutes (salmon should be medium-rare to medium). Transfer salmon to a plate (skin remains ultra-crisp).
3. **Sauté Aromatics & Sun-Dried Tomatoes:** Reduce skillet heat to MEDIUM. Add diced shallot, minced garlic, and sliced sun-dried tomatoes to the pan drippings. Sauté for 2 minutes until garlic is fragrant and sweet.
4. **Simmer Creamy Tuscan Sauce:** Pour in the chicken bone broth, coconut cream, nutritional yeast, Italian seasoning, lemon juice, and lemon zest. Whisk gently, scraping up any browned bits from the pan bottom. Bring to a gentle boil and simmer for 3 to 4 minutes until the sauce reduces and thickens into a glossy, velvety consistency.
5. **Wilt Spinach:** Add the 4 cups of baby spinach into the simmering sauce. Stir for 1 to 2 minutes until spinach is just wilted and vibrant green. Season sauce with a pinch of sea salt and pepper to taste.
6. **Return Salmon & Spoon:** Nestle seared salmon fillets back into the skillet on top of the creamed spinach, keeping the crispy skin above the sauce. Spoon warm sauce and sun-dried tomatoes around the fillets. Simmer for 1 minute to warm through.
7. **Plate & Garnish:** Spoon generous amounts of creamy Tuscan spinach sauce onto plates. Top each with a crispy salmon fillet. Garnish with fresh basil ribbons, lemon wedges, and cracked black pepper. Serve immediately over garlic mashed cauliflower or zucchini noodles!

Chef's Paleo Nutritional Science: Wild Alaskan salmon is one of the planet's richest sources of long-chain Omega-3 fatty acids (EPA and DHA) and the potent antioxidant astaxanthin. Sun-dried tomatoes deliver bioavailable lycopene, while baby spinach supplies lutein, zeaxanthin, and dietary nitrates for cardiovascular microcirculation.

RECIPE #130 • WILD-CAUGHT FISH & SEAFOOD

Crispy Pan-Seared Chilean Sea Bass with Garlic Herb Ghee & Meyer Lemon

How do world-class fine-dining chefs achieve an ear-shattering, golden crispy crust on Chilean sea bass while keeping the snowy white flakes succulent, buttery, and translucent? Known culinarily as Patagonian Toothfish, wild Chilean sea bass is celebrated for its decadent mouthfeel and clean oceanic sweetness. Too often, home cooks end up with soggy skin and dry overcooked fillets by using non-stick pans or low heat. This ancestral culinary masterclass shows you how to execute a high-heat cast-iron sear in grass-fed ghee, followed by continuous garlic-herb butter basting (arrosé), yielding four-star luxury in under 15 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Fillets	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Surface Dehydration:** Moisture is the absolute enemy of the Maillard reaction. Water boiling on the pan surface vaporizes at 212°F (100°C), steaming the skin. Resting fillets uncovered in the refrigerator on paper towels for 30 minutes dries the epidermis, ensuring immediate blistering.
- **Thermal Mass of Heavy Cast-Iron:** When a cold 6-ounce fillet hits a thin stainless steel or non-stick pan, the pan surface temperature plummets. A seasoned 12-inch cast-iron skillet retains massive thermal mass, maintaining 375°F to 400°F (190°C–204°C) through the drop.
- **Grass-Fed Ghee High Smoke Point:** Butter contains milk solids that burn at 350°F. Clarified grass-fed ghee removes water and casein/lactose, boasting a clean smoke point of **485°F (252°C)** while imparting nutty, buttery flavor without carcinogenic acrolein formation.

Step-by-Step Instructions

1. Inspect 4 skin-on wild-caught Chilean sea bass fillets (approx. 6 oz each). Run your fingers across the flesh to ensure all pin bones have been removed.

2. Use a razor-sharp chef's knife to score 3 shallow diagonal slits across the skin of each fillet (cut only 1 millimeter deep through the skin, not into the flesh!). This prevents the skin from curling up when it hits the hot skillet.

3. Pat fillets bone-dry on all sides using paper towels. Place skin-side up on a plate lined with fresh paper towels and refrigerate uncovered for 20 to 30 minutes to air-dry.

4. Just before cooking, season both sides generously with coarse sea salt and freshly cracked white pepper.

RECIPE #131 • WILD-CAUGHT FISH & SEAFOOD

Pan-Seared Paleo Sea Scallops with Garlic Herb Ghee

Looking for a luxurious, Michelin-star seafood dinner that comes together in just 15 minutes without heavy dairy cream, flour thickeners, or industrial oils? These Pan-Seared Paleo Sea Scallops use wild-caught dry-packed U-10 jumbo sea scallops, thoroughly patted dry, and flash-seared in a screaming-hot cast-iron skillet with nutty grass-fed ghee. Basted with fresh lemon juice, crushed garlic, and fresh thyme, they develop a mahogany crust while remaining buttery and tender inside, served over a velvety roasted garlic cauliflower puree.

Prep: 8 Mins	**Cook:** 6 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 320 kcal	**Protein:** 30g	**Healthy Fats:** 20g	**Net Carbs:** 4g

Ingredients

For the Caramelized Sea Scallops:

- **1.25 lbs wild-caught dry sea scallops** (approx. 12 to 16 jumbo U-10 or U-12 scallops, side muscle/abductor removed)
- **3 tbsp grass-fed clarified butter (ghee)** (divided)
- **1 tbsp unrefined avocado oil** (ensures high smoke point)
- **4 cloves garlic**, smashed
- **3 sprigs fresh thyme** and **1 sprig fresh rosemary**
- **2 tbsp fresh organic lemon juice** and **1 tsp lemon zest**
- **1 tsp coarse Celtic sea salt** and **0.5 tsp freshly cracked black pepper**

For the Velvety Garlic Cauliflower Puree:

- **1 large head organic cauliflower**, cut into florets (approx. 5 cups, steamed until tender)
- **2 tbsp grass-fed ghee or culinary coconut cream**
- **3 cloves roasted or sautéed garlic**
- **1 tsp coarse sea salt** and **0.25 tsp white pepper**

For Garnish:

- **2 tbsp fresh Italian flat-leaf parsley & chives**, finely chopped
- **Lemon wedges & pinch of flaky sea salt**

Step-by-Step Instructions

1. **Make Velvety Cauliflower Puree:** Steam cauliflower florets for 10 minutes until fork-tender. Transfer immediately to a food processor with 2 tbsp ghee (or coconut cream), garlic, sea salt, and white pepper. Puree for 90 seconds until silky, luxurious, and completely smooth like mashed potatoes. Keep warm.
2. **Remove Side Muscle & Dry (Chef Rule #1):** Remove the small tough side muscle from each scallop if attached. Place scallops between several layers of paper towels and press gently. Let sit for 5 minutes. (Moisture is the enemy of a golden crust; scallops must be bone-dry).
3. **Season Scallops:** Just before searing, season the top and bottom of the dry scallops with coarse Celtic sea salt and cracked black pepper. (Never salt early, as salt draws out moisture).
4. **Smoking Cast-Iron Sear:** Heat 1 tbsp avocado oil and 1 tbsp ghee in a heavy 12-inch cast-iron skillet over HIGH heat until smoking hot. Using tongs, place scallops in the pan clockwise, leaving 1 inch of space between each

(cook in 2 batches if needed).

5. **Sear Undisturbed (90-Second Rule):** Sear undisturbed for 90 to 100 seconds without touching or shaking the skillet until a deep golden-brown caramelized crust forms on the bottom.
6. **Flip & Baste with Garlic Herb Ghee:** Flip each scallop. Immediately add the remaining 2 tbsp ghee, smashed garlic cloves, fresh thyme sprigs, and rosemary to the skillet. Tilt the skillet slightly and use a large spoon to continuously baste the melted foaming herb ghee over the tops of the scallops for 60 to 75 seconds until the sides are opaque and center is just warm. Remove from heat immediately.
7. **Finish with Lemon:** Squeeze fresh lemon juice over the bubbling pan juices and swirl to emulsify.
8. **Plate & Serve:** Spoon a generous pillow of velvety garlic cauliflower puree onto warm shallow plates. Arrange 3 to 4 seared scallops on top. Drizzle the foaming lemon-thyme ghee over the scallops. Garnish with chopped parsley, chives, and flaky sea salt. Serve immediately!

Chef's Paleo Nutritional Science: Wild-caught sea scallops are dense in Vitamin B12, selenium, and taurine, an amino sulfonic acid that modulates intracellular calcium signaling and supports cardiac mitochondrial output. Pure grass-fed ghee supplies conjugated linoleic acid (CLA) and butyric acid without dairy casein or lactose.

RECIPE #132 • WILD-CAUGHT FISH & SEAFOOD

Pan-Seared Wild Swordfish Steaks with Rustic Kalamata Olive & Caper Tapenade

How do you cook a thick, meaty cut of wild swordfish so it develops a rich golden crust while remaining tender, succulent, and juicy all the way to the center? All too often, swordfish steaks cooked at home turn chalky, dry, and chewy because of overcooking on dry grills. Known as the "steak of the sea," wild swordfish possesses dense muscular striations that demand high-heat searing followed by a rich lipid topping. This ancestral recipe pairs 1-inch thick wild-caught swordfish steaks seared in pastured ghee with a rustic Mediterranean tapenade of Kalamata olives, bright capers, garlic, fresh oregano, and cold-pressed extra virgin olive oil.

Prep: 15 Mins	**Cook:** 8 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Thickness Matters:** Always purchase swordfish steaks that are at least 1 inch thick. Thin 1/2-inch steaks will overcook in the center before developing a good sear on the outside.
- **Look for Clear Translucent Flesh:** Fresh swordfish has ivory-to-pink translucent flesh with a vibrant red bloodline. Avoid steaks where the bloodline has turned brown or dull gray, which indicates oxidation.
- **Make Tapenade Ahead:** The olive tapenade can be prepared up to 5 days in advance and kept in a sealed glass jar in the refrigerator. In fact, resting allows the garlic and oregano oils to infuse even deeper into the olive oil!

Step-by-Step Instructions

1. In a small bowl (or food processor), combine 1/2 cup pitted Kalamata olives (coarsely chopped), 1/2 cup pitted Castelvetrano olives (coarsely chopped), 2 tablespoons non-pareil capers (drained and rinsed), 2 cloves fresh garlic (finely minced), 1 tablespoon chopped fresh oregano leaves, 2 tablespoons chopped fresh flat-leaf parsley, 1 teaspoon finely grated lemon zest, 1 tablespoon fresh lemon juice, and 3 tablespoons cold-pressed extra virgin olive oil.

2. Stir with a spoon until combined into a chunky, glistening tapenade. Season with freshly cracked black pepper. (Do not add extra salt—the olives and capers provide natural brine!). Set aside at room temperature to allow flavors to meld.

RECIPE #133 • WILD-CAUGHT FISH & SEAFOOD

15-Minute Sheet-Pan Lemon Garlic Herb Shrimp & Tender Asparagus Spears

Can you get a restaurant-quality seafood supper on the table in under 15 minutes without dirtying a stack of pans or turning your shrimp into rubbery little erasers? Shrimp is the ultimate fast-cooking protein, but commercial recipes often overcomplicate it with heavy grain breading or butter sauces loaded with vegetable oil. This vibrant 15-minute sheet-pan masterclass roasts plump wild-caught jumbo shrimp alongside crisp-tender asparagus spears in a Mediterranean marinade of extra virgin olive oil, fresh lemon juice, crushed garlic, and aromatic herbs. It delivers pristine coastal elegance on a single baking sheet.

Prep: 8 Mins	**Cook:** 7 Mins	**Yield:** 4 Servings	**Level:** Beginner
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Look for "C" Shapes, Avoid "O" Shapes:** The shape of the shrimp is your built-in doneness gauge. A shrimp curved in a relaxed "C" shape is tender, juicy, and perfectly cooked. If it has tightly curled into an "O", it is overcooked!
- **Always Buy Wild-Caught Shrimp:** Farmed imported shrimp are frequently raised in crowded chemical ponds treated with antibiotics. Choose wild-caught USA Gulf shrimp or wild Argentine red shrimp for clean, sweet ocean flavor.
- **Pencil-Thin vs Thick Asparagus:** For this 7-minute flash roast, pencil-thin or medium asparagus spears are ideal because they cook at the exact same speed as the shrimp. If using very thick asparagus, snap them in half lengthwise.

Step-by-Step Instructions

1. Preheat oven to 425°F (218°C). Line a large 18 × 13-inch heavy rimmed baking sheet with unbleached parchment paper.

2. Trim the woody bottom ends from 1 lb of fresh asparagus spears. *Pro-tip: Hold both ends of an asparagus spear and bend until it naturally snaps; use that break point as your cutting guide for the rest of the bunch!*

3. Peel and devein 1.5 lbs of large wild-caught shrimp (16/20 or 21/25 count), leaving the tails intact for elegant presentation. Pat completely dry with paper towels.

RECIPE #134 • WILD-CAUGHT FISH & SEAFOOD

Sheet Pan Wild Salmon & Roasted Garlic Asparagus with Lemon Herb Ghee

Looking for a gourmet, nutrient-dense primal dinner on the table in under 20 minutes with practically zero cleanup? This Sheet Pan Wild Salmon pairs tender center-cut wild Alaskan salmon fillets with crisp young asparagus spears on a single baking sheet. Bathed in a warm golden emulsion of melted grass-fed ghee, minced garlic, fresh rosemary, dill, and lemon zest, it delivers an optimal dose of anti-inflammatory omega-3 fatty acids without any grains or dairy.

Prep: 8 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 40g	**Healthy Fats:** 26g	**Net Carbs:** 3g

Ingredients

- **4 wild Alaskan salmon fillets** (6 oz each, skin-on)
- **1.5 lbs fresh young asparagus** (woody ends snapped off)
- **3 tbsp grass-fed clarified butter (ghee)** or avocado oil, melted
- **Zest and juice of 1 organic lemon**
- **4 cloves garlic**, finely minced
- **1 tbsp fresh dill**, finely chopped
- **1 tsp fresh rosemary**, minced
- **1 tsp coarse Celtic sea salt** (divided)
- **0.5 tsp freshly ground black pepper**
- **1 organic lemon**, sliced into wheels (for roasting)

Step-by-Step Instructions

1. **Preheat Oven & Prep Pan:** Preheat your oven to 400°F (200°C). Line an extra-large rimmed baking sheet with unbleached parchment paper.
2. **Make Lemon Garlic Herb Ghee:** In a small bowl, whisk together the melted grass-fed ghee, fresh lemon juice, lemon zest, minced garlic, fresh dill, minced rosemary, 0.5 tsp sea salt, and black pepper.
3. **Arrange Asparagus:** Spread the trimmed asparagus spears across the baking sheet. Drizzle with 1 tablespoon of the lemon herb ghee mixture and toss with tongs until evenly coated. Push asparagus to the sides to create space in the center.
4. **Place Salmon:** Place the wild salmon fillets skin-side down in the center of the baking sheet. Brush the remaining lemon herb ghee generously over the top of each fillet. Lay thin lemon wheels over and around the fish.
5. **High-Heat Roast:** Roast in the center rack of the oven for 12 to 14 minutes until the salmon is tender, opaque, and flakes easily with a fork (internal temperature 130°F–135°F for medium-rare), and the asparagus spears are tender-crisp.
6. **Serve:** Spoon any buttery pan juices over the salmon fillets and serve immediately with the roasted asparagus.

Chef's Paleo Nutritional Science: Wild sockeye and coho salmon contain high levels of astaxanthin—a potent carotenoid antioxidant that gives wild salmon its deep ruby-red color and protects cellular membranes from lipid peroxidation. Asparagus delivers natural prebiotic inulin and folate, feeding beneficial Bifidobacteria in the microbiome without gut distress.

CHAPTER 6

Chapter 6: Nourishing Soups, Stews & Chilis

Slow-simmered bone broths, hearty no-bean Texas beef chilis, and velvety root-vegetable bisques rich in glycine, proline, and gelatin to soothe the intestinal mucosa and warm the kitchen.

RECIPE #135 • SOUPS, STEWS & CHILIS

Velvety Cream of Roasted Cauliflower Soup with Crispy Prosciutto & Bone Broth

Craving decadent cream soup without heavy cream, milk, or flour, garnished with crispy Italian prosciutto? Silky roasted cauliflower florets pureed with rich chicken bone broth, coconut cream, roasted garlic, and topped with salty, crispy baked prosciutto shards deliver a velvety dining experience that satisfies restaurant-caliber cravings while flooding the body with anti-inflammatory glucosinolates and gut-healing collagen peptides.

Prep: 15 Mins	**Cook:** 35 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Sulforaphane & Glucosinolate Preservation:** Cauliflower (*Brassica oleracea var. botrytis*) is packed with *glucoraphanin*, a sulfur-rich glucosinolate. When plant cell walls are cleaved during chopping and exposed to high heat, the heat-sensitive plant enzyme *myrosinase* catalyzes glucoraphanin into **sulforaphane**—one of nature's most potent inducers of the **Nrf2 cytoprotective pathway**. The Nrf2 transcription factor translocates to the cell nucleus, activating over 200 antioxidant genes including glutathione S-transferase and NAD(P)H:quinone oxidoreductase-1. Roasting at 400°F caramelizes natural fructans while preserving deep cellular bioactives far better than boiling, which leaches up to 60% of water-soluble indoles into discarded cooking water.
- **Pastured Bone Broth (Glycine & Proline Dynamics):** Unlike boxed industrial chicken broth made with hydrolyzed yeast extract and sodium, authentic slow-simmered bone broth is densely concentrated in **collagen peptides**. Specifically, bone broth supplies high ratios of **glycine and proline**. In human biochemistry, dietary muscle meat is rich in methionine; without sufficient dietary glycine to counterbalance methionine, homocysteine levels can rise. Glycine acts as an inhibitory neurotransmitter, supports hepatic phase II glutathione conjugation, and forms the structural bedrock of the intestinal mucosal lining.
- **Authentic Sea-Salt-Cured Prosciutto:** Authentic dry-cured Italian prosciutto (such as Prosciutto di Parma) is an ancient artisanal food made solely from pastured pork leg, sea salt, air, and time (aged 14 to 24 months). It contains zero synthetic sodium nitrites, nitrates, gluten, or dextrose. When baked into crispy shards, it provides savory umami glutamates and beneficial saturated and monounsaturated animal fats that satisfy primal appetite circuits.

Step-by-Step Instructions

1. **Step 1: High-Heat Dry Sheet Roasting:** Preheat oven to **400°F (205°C)**. Toss cauliflower florets, chopped onion, and whole peeled garlic cloves with 2 tablespoons of extra virgin olive oil, 1 tsp sea salt, and 0.5 tsp black pepper. Spread across two large rimmed baking sheets in a single layer (do not crowd the pans, or the vegetables will steam rather than brown). Roast for **25 to 30 minutes**, tossing halfway through, until edges are deeply golden brown and caramelized.

2. **Step 2: Prosciutto Glass-Crisp Rendering:** While vegetables roast, arrange 4 thin slices of prosciutto in a single layer on a separate parchment-lined baking sheet. Place in the 400°F oven for **10 to 12 minutes** until darkened and shimmering with rendered fat. Remove and let cool on paper towels; as it cools, the cured ham will transform into delicate, shatteringly crisp glass-like shards. Break into rustic garnishing shards.
3. **Step 3: Simmering & Fond Extraction:** In a heavy soup pot, bring the 4 cups of pastured chicken bone broth to a gentle simmer. Add the roasted cauliflower, onion, and garlic directly into the broth. Simmer for **5 minutes** to allow the roasted flavors to infuse into the collagen broth.
4. **Step 4: High-Shear Vortex Emulsification:** Transfer the soup mixture in batches to a high-speed blender (or use an immersion blender directly in the pot). Add 0.5 cup of unsweetened coconut cream. Blend on high speed for a full **60 to 90 seconds**. *Culinary Secret:* Sustained high shear breaks down the cauliflower's cell walls into microscopic droplets, while the coconut lipids and broth gelatin form a permanent, velvety colloidal emulsion.
5. **Step 5: Plating & Serving:** Ladle the velvety soup into warm shallow bowls. Top each portion with a generous mound of crispy prosciutto shards, a drizzle of extra virgin olive oil, fresh thyme leaves, and freshly cracked black pepper. Serve steaming hot.

RECIPE #136 • SOUPS, STEWS & CHILIS

Paleo Zuppa Toscana Soup with Italian Sausage and Kale

Craving a hearty, restaurant-style creamy soup without heavy dairy, gluten, or artificial additives? This Paleo Zuppa Toscana delivers the comforting warmth of the beloved Tuscan classic using clean, ancestral ingredients. Crumbled sugar-free Italian sausage and thinly sliced golden potatoes are simmered in a rich, garlic-infused bone broth, enriched with luscious culinary coconut cream, and finished with ribbons of tender lacinato kale.

Prep: 15 Mins	**Cook:** 25 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 420 kcal	**Protein:** 24g	**Healthy Fats:** 30g	**Net Carbs:** 14g

Ingredients

- **1.5 lbs pasture-raised mild or spicy Italian sausage** (sugar-free, nitrate-free, casings removed)
- **4 slices pasture-raised bacon** (chopped, optional for crispy garnish)
- **1 large yellow onion**, finely diced
- **5 cloves organic garlic**, minced
- **1.5 lbs Yukon gold potatoes or cauliflower florets** (thinly sliced or chopped into bite-sized pieces)
- **5 cups organic chicken bone broth**
- **1 can (13.5 oz) full-fat unsweetened coconut milk** (or cashew cream)
- **4 cups chopped lacinato (dinosaur) kale** (stems removed, chopped into ribbons)
- **1 tsp fennel seeds**, crushed
- **0.5 tsp crushed red pepper flakes** (adjust to heat preference)
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**

Step-by-Step Instructions

1. **Crisp the Bacon:** In a large 6-quart heavy Dutch oven over medium heat, cook chopped bacon for 6 minutes until crispy. Transfer bacon with a slotted spoon to a paper towel-lined plate, reserving 1 tablespoon of drippings in the pot.
2. **Brown the Italian Sausage:** Add Italian sausage to the Dutch oven, breaking it into bite-sized chunks with a wooden spoon. Cook for 6 to 8 minutes until browned and cooked through. Transfer cooked sausage to the plate with the bacon.
3. **Sauté Aromatics:** Add diced onion, minced garlic, crushed fennel seeds, and red pepper flakes to the remaining pot drippings. Sauté for 3 to 4 minutes until the onions are soft and translucent.
4. **Simmer Potatoes & Broth:** Pour in the chicken bone broth and add the sliced potatoes (or cauliflower florets), 1.5 tsp sea salt, and black pepper. Bring to a rapid boil, then reduce heat to medium-low, cover, and simmer for 12 to 15 minutes until the potatoes are easily pierced with a fork.
5. **Stir in Cream & Greens:** Lower the heat and pour in the full-fat coconut milk. Return the cooked Italian sausage to the pot and stir in the chopped kale ribbons. Simmer gently uncovered for 3 to 4 minutes until the kale is tender and vibrant dark green.
6. **Adjust Seasoning & Serve:** Taste broth and adjust salt or red pepper flakes as needed. Ladle into wide soup bowls and top with crispy reserved bacon bits.

Chef's Paleo Nutritional Science: Simmering pastured chicken bone broth releases natural glucosamine, chondroitin, and gelatin, which help maintain intestinal mucosal integrity. Lacinato kale provides over 200% of daily Vitamin K1 and lutein, while full-fat coconut milk delivers antimicrobial lauric acid without dairy-induced digestive inflammation.

RECIPE #137 • SOUPS, STEWS & CHILIS

Velvety Paleo Hungarian Mushroom Soup with Fresh Dill

Missing the deep, earthy richness of traditional Hungarian mushroom soup without white flour roux, pasteurized dairy sour cream, or heavy butter? This Velvety Paleo Hungarian Mushroom Soup hard-sears sliced baby bella (cremini) and wild shiitake mushrooms in grass-fed ghee until deeply caramelized and aromatic. Simmered in rich beef (or chicken) bone broth with sweet Hungarian paprika, coconut aminos, fresh lemon juice, and a generous fistful of fresh dill, it is finished with a swirl of dairy-free cashew sour cream in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 260 kcal	**Protein:** 10g	**Healthy Fats:** 20g	**Net Carbs:** 8g

Ingredients

For the Caramelized Mushrooms & Aromatics:

- **1.5 lbs mixed mushrooms** (cremini / baby bella, shiitake, and oyster), sliced into 0.25-inch pieces
- **3 tbsp grass-fed clarified butter (ghee) or unrefined avocado oil**
- **1 large yellow onion**, finely diced
- **5 cloves garlic**, finely minced
- **2 tbsp sweet Hungarian paprika** (noble sweet)
- **1 tsp smoked Spanish paprika**
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp black pepper**

For the Rich Broth Base:

- **4 cups rich organic beef or chicken bone broth**
- **2 tbsp organic coconut aminos** (boosts umami fond)
- **1 tbsp fresh organic lemon juice**
- **1 tbsp arrowroot starch or tapioca flour** dissolved in **2 tbsp cold water** (optional natural thickener)
- **0.33 cup fresh organic dill**, finely chopped (divided)
- **0.25 cup fresh Italian flat-leaf parsley**, chopped

For the Dairy-Free Cashew Sour Cream & Garnish:

- **0.66 cup raw cashews**, soaked in hot water for 20 minutes and blended with **0.33 cup water**, 1 tbsp lemon juice, and pinch of sea salt (or full-fat coconut cream)
- **Fresh dill sprigs & crack of black pepper**

Step-by-Step Instructions

1. **Caramelize Mushrooms (Maillard Umami Invariant):** Heat 2 tbsp grass-fed ghee in a large 5-quart heavy Dutch oven or soup pot over MEDIUM-HIGH heat. Add sliced mushrooms in a single layer (cook in 2 batches if needed). Cook undisturbed for 4 minutes until deeply browned on the bottom. Stir and cook for another 3 minutes until mushrooms release and re-absorb their juices with a deep golden sear. Transfer half of the sautéed mushrooms to a plate for garnish.
2. **Sauté Onions & Spices:** Add remaining 1 tbsp ghee and diced yellow onion to the pot. Sauté over medium heat for 4 minutes until onions are soft and golden. Stir in minced garlic, sweet Hungarian paprika, and smoked paprika; cook for 60 seconds until intensely fragrant.
3. **Deglaze & Simmer Broth:** Pour in the beef bone broth, coconut aminos, and arrowroot slurry. Use a wooden spoon to scrape up all the flavorful browned mushroom fond from the bottom of the pot. Bring to a boil, then reduce heat and simmer for 8 minutes until flavors meld and the broth thickens slightly.
4. **Blend for Velvety Richness (Chef Technique):** Ladle 2 cups of the hot broth and mushrooms into a blender (or use an immersion blender) with the prepared cashew sour cream (or coconut cream). Puree for 60 seconds until completely silky and smooth.
5. **Recombine & Finish:** Pour the velvety blended cream back into the soup pot with the remaining chunky mushrooms. Stir over low heat. Add fresh lemon juice, 0.25 cup chopped fresh dill, and fresh parsley. Simmer gently for 2 minutes.
6. **Ladle & Serve:** Ladle steaming hot soup into shallow bowls. Top each bowl with the reserved golden seared mushrooms, a generous dollop of cashew sour cream, fresh dill sprigs, and a dusting of sweet Hungarian paprika. Serve immediately!

Chef's Paleo Nutritional Science: Cremini and shiitake mushrooms provide dense beta-glucan polysaccharides and ergothioneine, an intra-mitochondrial antioxidant that protects against cellular oxidative damage. Sweet Hungarian paprika supplies concentrated carotenoids (capsanthin and zeaxanthin), while fresh dill provides anethofuran to support gastrointestinal digestion.

RECIPE #138 • SOUPS, STEWS & CHILIS

Velvety Roasted Asparagus Soup with Crispy Prosciutto

Craving a vibrant, restaurant-quality velvety spring asparagus soup without heavy dairy cream, cream cheese, white flour thickeners, or processed bouillon cubes? This Velvety Roasted Asparagus Soup roasts fresh organic asparagus spears and whole garlic cloves at 425°F until caramelized and tender. Simmered in rich chicken bone broth with sautéed buttery leeks and blended with unsweetened culinary coconut cream and fresh lemon juice into a silk-smooth emerald puree. Crowned with oven-baked shatteringly crisp prosciutto chips and fresh tarragon in 30 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Bowls	**Level:** Easy
Calories: 260 kcal	**Protein:** 14g	**Healthy Fats:** 18g	**Net Carbs:** 6g

Ingredients

For the Roasted Asparagus & Leek Base:

- **2 lbs fresh organic asparagus spears**, woody ends snapped off, cut into 2-inch pieces (reserve 8 whole tips for garnish)
- **2 large leeks** (white and pale green parts only), washed thoroughly and thinly sliced
- **6 cloves fresh garlic**, peeled and whole (for roasting)
- **3 tbsp unrefined avocado oil or melted grass-fed ghee**
- **4 cups rich organic chicken or vegetable bone broth**
- **0.75 cup full-fat culinary coconut cream** (unsweetened)
- **2 tbsp fresh organic lemon juice** and **0.5 tsp lemon zest**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp white pepper**

For the Crispy Prosciutto & Garnishes:

- **4 to 6 slices sugar-free uncured prosciutto or pancetta** (Whole30-compliant)
- **2 tbsp fresh chives or tarragon**, finely minced
- **Extra virgin olive oil & freshly cracked black pepper** (for finishing drizzle)

Step-by-Step Instructions

1. **Roast Asparagus & Crisp Prosciutto:** Preheat oven to 425°F (220°C). Line two large baking sheets with parchment paper. On the first sheet, arrange asparagus pieces, reserved tips, and whole garlic cloves; toss with 2 tbsp avocado oil, 0.5 tsp sea salt, and white pepper. On the second sheet, lay out prosciutto slices flat. Bake both for 10 to 12 minutes—prosciutto will become shatteringly crisp and asparagus will be tender with caramelized tips. Remove prosciutto to paper towels and let cool.
2. **Sauté Leeks:** Heat 1 tbsp avocado oil or ghee in a large Dutch oven or soup pot over MEDIUM heat. Add sliced leeks and 0.5 tsp sea salt; sauté for 5 to 6 minutes until soft, sweet, and translucent (do not brown).
3. **Simmer with Bone Broth:** Add the roasted asparagus (reserving the 8 tips for garnish), roasted garlic cloves, and chicken bone broth to the pot. Bring to a gentle boil, then simmer on MEDIUM-LOW for 5 minutes to let flavors meld.
4. **High-Speed Velvet Puree (Texture Invariant):** Remove pot from heat. Using an immersion blender (or transferring in batches to a high-speed blender), blend soup on HIGH for 90 seconds until completely smooth, silky, and vibrant emerald green.

5. **Stir in Coconut Cream & Lemon:** Return pot to LOW heat. Stir in full-fat coconut cream, fresh lemon juice, lemon zest, and remaining sea salt. Whisk gently for 2 minutes until hot and velvety.
6. **Ladle, Crown & Serve:** Ladle steaming soup into wide shallow bowls. Swirl a few drops of extra virgin olive oil over the surface. Crown each bowl with 2 roasted asparagus tips, crushed crispy prosciutto shards, fresh snipped chives, and cracked black pepper. Serve immediately!

Chef's Paleo Nutritional Science: Fresh asparagus (Asparagus officinalis) supplies concentrated glutathione, an intracellular tripeptide antioxidant that supports hepatic Phase I and II detoxification. Leeks deliver prebiotic inulin fiber, while bone broth provides gelatin and proline to nourish the gut mucosal lining.

CHAPTER 7

Chapter 7: Decadent Grain-Free Baking & Desserts

Celebration desserts crafted exclusively with blanched almond flour, organic coconut flour, arrowroot, dark cacao, raw honey, pure maple syrup, and seasonal berries—zero refined cane sugar, zero wheat gluten, and zero artificial dyes.

RECIPE #139 • GRAIN-FREE BAKING & DESSERTS

Baked Cinnamon Pecan Stuffed Apples with Spiced Coconut Butter

Craving a cozy autumn dessert baked to bubbling perfection with grain-free spiced pecan filling? Tender baked organic Honeycrisp apples filled with toasted Georgia pecans, Ceylon cinnamon, pure maple syrup, and melted artisanal coconut butter represent the pinnacle of ancestral whole-food gastronomy. Free from refined flours, industrial seed oils, and processed sugars, this recipe harnesses prebiotic fruit fibers and heart-healthy monounsaturated fats to deliver profound metabolic satisfaction.

Prep: 10 Mins	**Cook:** 30 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Soluble Pectin & Colonic Fermentation:** Apples are exceptionally concentrated in *apple pectin*, a structural heteropolysaccharide contained within the plant cell wall. When gently baked, insoluble protopectin softens into soluble pectin fiber. Upon reaching the distal colon, pectin serves as a premium prebiotic substrate for beneficial gut microbiota (such as *Faecalibacterium prausnitzii* and *Bifidobacteria*), which ferment it into **short-chain fatty acids (SCFAs)**, predominantly **butyrate**. Butyrate fuels colonocytes, tightens intestinal epithelial tight junctions, and modulates systemic inflammation.
- **True Ceylon Cinnamon (Cinnamaldehyde) vs. Cassia:** Standard commercial baked goods utilize cheap Cassia cinnamon, which contains substantial concentrations of *coumarin*—a heterocyclic organic compound known for hepatic toxicity. This recipe mandates **Ceylon cinnamon (*Cinnamomum verum*)**, known as "true cinnamon." Ceylon cinnamon delivers high concentrations of bioactive **cinnamaldehyde**, which exhibits documented insulin-sensitizing properties. Cinnamaldehyde activates intracellular GLUT-4 glucose transporter translocation in skeletal muscle, mitigating postprandial glucose excursions even when consuming natural fruit sugars.
- **Lipid-Matrix Stabilization with Pecans & Coconut Butter:** Raw pecans provide an abundant source of monounsaturated fatty acids (specifically **oleic acid (18:1 cis-9)**), along with fat-soluble gamma-tocopherol (Vitamin E). Combined with the medium-chain triglycerides (MCTs—primarily **lauric acid C12:0** and **caprylic acid C8:0**) in artisanal coconut butter, these lipids delay gastric emptying. This slow transit rate dampens glycemic spikes, providing sustained cellular energy without triggering reactive hypoglycemia.

Step-by-Step Instructions

1. **Step 1: Oven Thermal Calibration & Preparation:** Preheat your conventional oven to **375°F (190°C)**. Position the rack in the center position. Using a specialized melon baller or paring knife, core each apple starting from the stem down, carving out the fibrous core, seeds, and stem. *Crucial Culinary Tip:* Stop carving approximately **0.5 inches (12 mm) above the base**. Maintaining an intact bottom wall creates a sealed culinary vessel that traps bubbling spice juices inside the fruit rather than weeping onto the pan.
2. **Step 2: Spiced Pecan Homogenization:** In a stainless steel bowl, combine the coarsely chopped pecans, coconut sugar, pure maple syrup, Ceylon cinnamon, freshly grated nutmeg, and melted grass-fed ghee. Stir thoroughly with a spatula until every nut fragment is evenly coated in a fragrant, glistening paste.
3. **Step 3: Cavity Packing & Compaction:** Divide the spiced pecan filling evenly among the four apple cavities. Use the back of a small spoon to tamp the mixture firmly downward into the hollowed center, creating a dense core, while mounding the remaining mixture slightly over the crown of each apple.
4. **Step 4: The Steam-Bath Thermodynamic Technique:** Arrange the stuffed apples upright in an 8x8-inch ceramic or borosilicate glass baking dish, ensuring they do not touch one another. Pour **0.33 cup of warm filtered water** into the base of the pan around the apples. This water base prevents the bottom of the fruit from scorching, while generating gentle steam that keeps the apple skins supple and prevents leathery drying during baking.
5. **Step 5: Baking & Artisanal Coconut Glaze:** Bake uncovered for **30 to 35 minutes**. Test for doneness by piercing the thickest flesh wall of an apple with a paring knife: it should glide through with tender, yielding resistance without collapsing the fruit's structural integrity. Remove from the oven and let rest for 5 minutes. Warm the coconut butter until completely liquid, spoon generously over the warm spiced pecan crowns, and serve immediately.

RECIPE #140 • GRAIN-FREE BAKING & DESSERTS

Chewy Gooey Paleo Cassava Flour Fudge Brownies

Craving rich, Ghirardelli-style fudge brownies with a paper-thin, shiny crackly crust without wheat flour, refined white sugars, or dairy? These Chewy Gooey Paleo Brownies use single-ingredient whole cassava root flour, which behaves almost identically to traditional wheat flour in structure and chew. Whisking pasture-raised eggs with unrefined coconut sugar creates the iconic meringue-like crackly crust, yielding a deeply chocolatey, melt-in-your-mouth center.

Prep: 12 Mins	**Cook:** 20 Mins	**Yield:** 16 Squares	**Level:** Easy
Calories: 240 kcal	**Protein:** 4g	**Healthy Fats:** 14g	**Net Carbs:** 22g

Ingredients

For the Fudgy Brownie Batter:

- **0.66 cup pure whole-root cassava flour** (such as Otto's Naturals)
- **0.5 cup raw organic cacao powder or dark cocoa powder**
- **1 cup dark chocolate chips (70%+ cacao)**, dairy-free / soy-free (divided)
- **0.5 cup unrefined coconut oil or grass-fed ghee**, melted
- **1 cup organic coconut sugar**
- **3 large pasture-raised eggs**, room temperature
- **2 tsp pure Madagascar vanilla extract**

- **0.5 tsp coarse Himalayan pink salt**
- **Flaky Maldon sea salt** (for finishing garnish)

Step-by-Step Instructions

1. **Prep Pan & Oven:** Preheat your oven to 350°F (175°C). Line an 8x8-inch metal baking pan with parchment paper, leaving an overhang on the sides for easy lifting.
2. **Melt Chocolate & Fat:** In a heatproof bowl set over a small pot of simmering water (or in the microwave in 30-second bursts), melt 0.5 cup of the dark chocolate chips together with the melted coconut oil (or grass-fed ghee). Stir until glossy and smooth, then set aside to cool slightly.
3. **The “Crackly Top” Secret (Whip Eggs & Sugar):** In a large mixing bowl, use a hand mixer or stand mixer to beat the room-temperature eggs, coconut sugar, and vanilla extract on HIGH speed for a full 2 to 3 minutes until pale, frothy, and slightly thickened. (This dissolves the sugar and creates the shiny, paper-thin crinkly crust!).
4. **Combine Wet Mixtures:** Gently pour the melted chocolate-oil mixture into the whipped egg mixture, folding with a silicone spatula until uniformly incorporated.
5. **Fold in Dry Ingredients:** Sift in the cassava flour, raw cacao powder, and sea salt. Fold gently with the spatula just until no dry flour streaks remain. Fold in the remaining 0.5 cup of whole dark chocolate chips.
6. **Bake:** Pour the thick, glossy batter into the prepared baking pan. Spread evenly to the corners with an offset spatula. Bake at 350°F for 22 to 25 minutes. A toothpick inserted into the center should come out with moist fudgy crumbs (not wet batter). Do not over-bake!
7. **Garnish & Chill to Slice:** Immediately sprinkle flaky Maldon sea salt across the warm top. Let the brownies cool in the pan for 30 minutes, then transfer to the refrigerator for 30 minutes before slicing. Chilling allows the healthy fats to firm into dense, clean, fudge-like squares.

Chef's Paleo Nutritional Science: Cassava flour is made from whole peeled yuca root—a resistant starch prebiotic that nourishes beneficial colonic flora (such as Faecalibacterium prausnitzii) without gluten, grain proteins, or nut allergens. Dark cacao polyphenols enhance endothelial flow-mediated vasodilation and mood through endogenous anandamide release.

RECIPE #141 • GRAIN-FREE BAKING & DESSERTS

Crispy Air-Fryer Sweet Potato Fries with Arrowroot Crust & Garlic Lemon Aioli

Craving extra-crispy sweet potato fries made without soggy bottoms in the air fryer in 15 minutes? Shattering-crisp hand-cut organic sweet potato fries dusted in ancestral arrowroot starch and heat-stable avocado oil, air-fried to golden perfection and served with homemade garlic lemon aioli conquer the notorious "soggy sweet potato" dilemma through applied carbohydrate chemistry.

Prep: 20 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **The Endogenous Amylase Problem:** Sweet potatoes contain high levels of endogenous β-*amylase* enzymes. During cooking between 135°F and 170°F, these enzymes rapidly hydrolyze long-chain starch polysaccharides into simple maltose sugars. Sugars are hygroscopic (they attract and hold water) and melt rather than forming rigid crystalline starch structures. White potatoes, by contrast, possess high starch-to-sugar ratios that readily dehydrate into crisp shells.
- **Cold-Water Leaching & Surface Amylose Removal:** Submerging freshly cut sweet potato batons in an ice-water bath for **30 minutes** leaches out excess surface sugars and gelatinized amylose starch. This prevents surface scorching while allowing the outer vegetable layer to dry cleanly.
- **Arrowroot Starch (*Maranta arundinacea*) Crystallization:** Arrowroot is a pristine, ancestral root tuber starch completely free from grain proteins, corn, and genetically modified organisms. When a micro-thin dusting of arrowroot starch combines with monounsaturated avocado oil on the surface of the dried potato, the rapid convection heat of the air fryer gelatinizes the outer starch layer into a micro-porous, glassy moisture barrier that seals in the tender interior while shattering upon each bite.
- **Beta-Carotene & Healthy Lipid Synergy:** Deep orange sweet potatoes are exceptionally dense in **beta-carotene (pro-vitamin A)**. Because beta-carotene is lipophilic (fat-soluble), pairing sweet potato fries with avocado oil and egg-yolk-based garlic aioli increases intestinal carotenoid absorption by over **300%** compared to consuming dry, fat-free baked potatoes.

Step-by-Step Instructions

1. **Step 1: The Precision Cut:** Slice sweet potatoes lengthwise into uniform **1/4-inch by 1/4-inch batons**. Uniformity is critical: fries of irregular thickness will cook unevenly, causing skinny fries to burn while thicker fries remain soggy.
2. **Step 2: The Cold Water Starch Bath:** Place the cut fries in a large bowl of cold water (add ice cubes if your tap water is lukewarm). Let soak for **30 minutes**. You will observe cloudy starch settling at the bottom of the bowl.
3. **Step 3: Thorough Drying:** Drain the fries and spread them across clean dish towels. Press firmly with a second towel to absorb every drop of exterior moisture. *Do not skip this step:* any moisture remaining on the surface will create a gummy paste when dusted with arrowroot.
4. **Step 4: The Two-Stage Coating Technique:** Place the bone-dry fries in a large clean bowl. Sprinkle 1.5 tablespoons of arrowroot starch over the fries and toss vigorously until each baton has a light, matte white dusting. Next, drizzle 1.5 tablespoons of avocado oil over the fries, tossing until the white starch powder turns transparent and forms an even, glistening glaze. Toss with smoked paprika, garlic powder, and cayenne. (Save sea salt for after cooking, as salt draws moisture out during cooking).
5. **Step 5: Air Frying with Basket Airflow:** Preheat air fryer to **390°F (198°C)**. Place fries in the air fryer basket in a loose layer. Do not pack the basket more than two layers deep, or airflow will be blocked. Air fry for **14 to 16 minutes**, vigorously shaking the basket every 4 minutes to rotate fries and ensure 360-degree convection exposure.
6. **Step 6: Salt & Serve:** Pour piping-hot fries into a bowl, immediately sprinkle with sea salt, and serve with chilled garlic lemon aioli.

RECIPE #142 • GRAIN-FREE BAKING & DESSERTS

Crispy Coconut Crusted Mahi Mahi

Craving a resort-worthy Caribbean seafood dinner with golden, crunchy coconut-crusted fish fillets and zesty tropical salsa without panko wheat breadcrumbs, canola oil, refined sugar, or dairy butter? This Crispy Coconut Crusted Mahi Mahi dredges wild-caught mahi mahi fillets in whisked egg and a crunchy mixture of unsweetened shredded coconut flakes, almond flour, and lime zest. Pan-seared in grass-fed ghee or unrefined coconut oil until toasted and golden, then crowned with a vibrant homemade salsa of sweet diced mango, creamy Haas avocado, jalapeño, red onion, fresh cilantro, and lime juice in 25 minutes.

Prep: 15 Mins	**Cook:** 10 Mins	**Yield:** 4 Fillets (4 Servings)	**Level:** Easy
Calories: 420 kcal	**Protein:** 44g	**Healthy Fats:** 22g	**Net Carbs:** 8g

Ingredients

For the Coconut Crusted Mahi Mahi:

- **4 wild-caught Mahi Mahi fillets (approx. 6 oz each, 1.5 lbs total)**, patted bone-dry
- **1.25 cups unsweetened shredded coconut flakes** (finely shredded)
- **0.5 cup blanched almond flour**
- **2 large pasture-raised eggs**, beaten
- **1.5 tsp finely grated lime zest** (approx. 1 lime)
- **1 tsp garlic powder**, **0.5 tsp smoked paprika**, and **1 tsp coarse Celtic sea salt**
- **3 tbsp grass-fed ghee or virgin coconut oil** (for pan searing)

For the Fresh Mango Avocado Salsa:

- **1 large ripe mango**, peeled and diced into 0.25-inch cubes
- **1 ripe Haas avocado**, pitted and diced
- **0.33 cup red onion**, finely diced
- **1 fresh jalapeño pepper**, seeded and finely minced
- **0.33 cup fresh cilantro leaves**, chopped
- **3 tbsp freshly squeezed organic lime juice**
- **0.5 tsp fine Celtic sea salt** and **0.25 tsp cracked black pepper**

For Serving:

- **Lime wedges & coconut cauliflower rice**

Step-by-Step Instructions

1. **Toss Mango Avocado Salsa:** In a medium mixing bowl, combine diced mango, diced avocado, red onion, minced jalapeño, chopped cilantro, fresh lime juice, sea salt, and black pepper. Stir gently with a rubber spatula so the avocado retains its shape. Cover and chill in the refrigerator to allow the citrus flavors to marry while cooking the fish.
2. **Prep Dredging Station:** Set up two shallow wide bowls. In Bowl 1, beat the 2 eggs with a pinch of sea salt. In Bowl 2, whisk together the unsweetened shredded coconut, almond flour, lime zest, garlic powder, smoked paprika, and Celtic sea salt until evenly blended.

3. **Dredge & Press (Crust Adhesion Invariant):** Pat Mahi Mahi fillets thoroughly dry with paper towels. Dip one fillet into the beaten egg, allowing excess to drip off. Place into the coconut-almond mixture, using your fingers to firmly press the breading onto both sides and edges so a thick, solid crust adheres. Repeat with all 4 fillets.
4. **Heat Skillet to Medium (Gentle Heat Invariant):** Heat 3 tbsp grass-fed ghee or virgin coconut oil in a large 12-inch nonstick or well-seasoned cast-iron skillet over MEDIUM heat (approx. 325°F / 165°C). (Medium heat is essential: shredded coconut browns quickly, so gentle heat cooks the thick fish through while turning the crust toasted golden).
5. **Pan-Sear Fillets:** Carefully place breaded fillets into the hot pan (do not crowd; cook in 2 batches if necessary). Sear undisturbed for **4 to 5 minutes** until the bottom crust is deep golden-brown and crispy. Carefully slide a thin spatula underneath and gently flip. Cook for an additional **3 to 4 minutes** until the fish flakes easily with a fork and reaches an internal temperature of 140°F (60°C).
6. **Plate & Crown:** Transfer crispy coconut-crusted fillets to warm dinner plates. Generously spoon scoops of chilled mango avocado salsa over the center of each fillet.
7. **Garnish & Serve:** Garnish with fresh lime wedges and extra chopped cilantro. Serve immediately alongside fluffy coconut-lime cauliflower rice!

Chef's Paleo Nutritional Science: Wild-caught Mahi Mahi (Coryphaena hippurus) is an ultra-lean, high-density protein source delivering selenium, Vitamin B12, and niacin. Fresh Haas avocado supplies oleic monounsaturated fatty acids and potassium, while fresh mango provides antioxidant carotenoids and Vitamin C.

RECIPE #143 • GRAIN-FREE BAKING & DESSERTS

Crispy Maryland Paleo Crab Cakes with Lemon Dill Tartar Sauce

Craving authentic Maryland boardwalk crab cakes packed with massive sweet lump crab meat without saltine crackers, flour fillers, mayonnaise made from canola oil, or deep-fryer grease? These Crispy Maryland Paleo Crab Cakes use 100% wild jumbo lump blue crab meat bound delicately with blanched almond flour, avocado oil mayonnaise, organic Dijon mustard, fresh chives, and authentic Old Bay seasoning. Pan-seared in golden grass-fed ghee until crispy and browned on the outside while remaining sweet and succulent inside, they pair with a scratch lemon-dill tartar sauce.

Prep: 12 Mins	**Cook:** 8 Mins	**Yield:** 4 Servings (8 Cakes)	**Level:** Easy
Calories: 310 kcal	**Protein:** 28g	**Healthy Fats:** 20g	**Net Carbs:** 2g

Ingredients

For the Maryland Lump Crab Cakes:

- **1 lb fresh wild jumbo lump crab meat** (drained and checked gently for shell fragments)
- **0.33 cup superfine blanched almond flour** (or crushed pork rinds for nut-free)
- **0.25 cup avocado oil mayonnaise** (such as Primal Kitchen)
- **1 large pasture-raised egg**, lightly beaten
- **1 tbsp organic Dijon mustard** (sugar-free)
- **1 tbsp fresh lemon juice**
- **1.5 tsp authentic Old Bay seasoning**
- **2 tbsp fresh chives**, finely minced

- **2 tbsp fresh Italian flat-leaf parsley**, finely chopped
- **0.5 tsp coarse Celtic sea salt** and **0.25 tsp freshly ground black pepper**
- **3 tbsp grass-fed clarified butter (ghee) or avocado oil** (for pan-searing)

For the Scratch Lemon Dill Tartar Sauce:

- **0.5 cup avocado oil mayonnaise**
- **2 tbsp dill pickles or capers**, finely minced
- **1 tbsp fresh lemon juice** and **0.5 tsp lemon zest**
- **1 tbsp fresh dill**, finely chopped
- **0.5 tsp Dijon mustard**
- **0.25 tsp garlic powder** and a pinch of sea salt
- **Lemon wedges** (for serving)

Step-by-Step Instructions

1. **Whisk Scratch Tartar Sauce:** In a small bowl, combine avocado oil mayonnaise, minced pickles (or capers), fresh lemon juice, lemon zest, chopped dill, Dijon mustard, garlic powder, and a pinch of salt. Whisk until creamy; chill in the refrigerator.
2. **Whisk the Seasoned Binder:** In a large mixing bowl, whisk together the beaten egg, avocado oil mayo, Dijon mustard, fresh lemon juice, Old Bay seasoning, chopped chives, parsley, sea salt, and black pepper until completely smooth.
3. **Gently Fold Crab & Almond Flour (Chef Technique):** Add the drained jumbo lump crab meat and blanched almond flour to the binder. Using a silicone spatula, fold the ingredients with extreme gentleness so you preserve the large, prized lumps of sweet crab without breaking them apart.
4. **Form & Chill Patties (Holds Structure):** Divide the mixture into 8 equal portions. Gently shape each into a 0.75-inch thick patty. Place patties on a parchment-lined plate and chill in the refrigerator for 15 minutes to firm up the binder.
5. **Pan-Sear to Golden Crisp:** Heat 3 tbsp grass-fed ghee in a large 12-inch cast-iron skillet over MEDIUM-HIGH heat until shimmering. Carefully add crab cakes in a single layer (cook in 2 batches). Sear undisturbed for 3 to 4 minutes until the bottom develops a deep golden-brown crust. Gently flip with a thin metal fish spatula and sear for 3 minutes on the second side until hot throughout.
6. **Plate & Serve:** Transfer hot crab cakes to serving plates. Garnish with a sprinkle of Old Bay seasoning, chopped fresh parsley, and lemon wedges. Serve immediately with generous dollops of chilled scratch lemon dill tartar sauce!

Chef's Paleo Nutritional Science: Wild blue crab meat is an exceptionally lean marine protein source providing therapeutic quantities of zinc, selenium, copper, and Vitamin B12 to support testosterone production and thyroid T3/T4 synthesis. Cold-pressed avocado oil and grass-fed ghee deliver bioavailable oleic and butyric acids without inflammatory seed oils.

RECIPE #144 • GRAIN-FREE BAKING & DESSERTS

Crispy Mediterranean Whole Roasted Branzino

Craving a coastal Italian or Greek whole fish feast with golden, blistered crispy skin and buttery, melt-in-your-mouth tender white meat without grain flours, breadcrumb stuffings, or canola oils? This Crispy Mediterranean Whole Roasted Branzino (European sea bass) scores the skin, rubs it with cold-pressed extra virgin olive oil and Celtic sea salt, and stuffs the cavity with fresh rosemary sprigs, lemon thyme, crushed garlic cloves, and Meyer lemon wheels. High-heat roasted in a 450°F oven in 25 minutes.

Prep: 10 Mins	**Cook:** 18 Mins	**Yield:** 2 Whole Fish (4 Servings)	**Level:** Easy
Calories: 340 kcal	**Protein:** 42g	**Healthy Fats:** 18g	**Net Carbs:** 2g

Ingredients

For the Whole Roasted Branzino:

- **2 whole wild-caught branzino (European sea bass)** (approx. 1 to 1.25 lbs each, scaled and gutted)
- **3 tbsp cold-pressed extra virgin olive oil**
- **1 large organic Meyer lemon**, thinly sliced into rounds
- **6 cloves garlic**, smashed and peeled
- **4 sprigs fresh organic rosemary**
- **6 sprigs fresh organic thyme**
- **1.5 tsp coarse Celtic sea salt** (divided between skin and cavity)
- **0.75 tsp cracked black pepper**

For the Sizzling Lemon Herb Garnish:

- **0.25 cup fresh Italian flat-leaf parsley & oregano**, finely chopped
- **2 tbsp extra virgin olive oil** (for finishing drizzle)
- **1 lemon**, cut into wedges
- **Flaky Maldon sea salt**

For Serving:

- **Garlic roasted asparagus or wild baby arugula salad with lemon vinaigrette**

Step-by-Step Instructions

1. **Preheat Oven & Prep Pan:** Preheat oven to 450°F (230°C). Line a heavy rimmed baking sheet with parchment paper or brush lightly with olive oil.
2. **Dry & Score the Fish (Crispy Skin Invariant):** Pat whole branzino thoroughly dry inside and out with paper towels. Using a sharp chef's knife, make 3 diagonal 0.25-inch deep slits across both sides of each fish (this prevents curling and allows heat and olive oil to penetrate evenly).
3. **Season Cavity & Stuff:** Season the interior belly cavity of each fish generously with 0.5 tsp coarse sea salt and black pepper. Stuff each cavity with 3 lemon slices, 3 smashed garlic cloves, 2 sprigs rosemary, and 3 sprigs thyme.
4. **Oil & Season the Skin:** Rub exterior skin on both sides generously with 3 tbsp extra virgin olive oil. Season generously with remaining Celtic sea salt and cracked black pepper, rubbing seasoning into the scored slits.

5. **Roast at High Heat:** Arrange fish on the prepared baking sheet with space between them. Roast at 450°F for 16 to 18 minutes, until the skin is blistered and crisp, the eyes turn opaque white, and the thickest part of the fish flakes effortlessly with a fork (internal temp 140°F / 60°C).
6. **Optional Broil (Ultra-Blistering Finish):** Switch oven to BROIL on HIGH for 2 minutes for an extra-crackling, blistered skin finish.
7. **Debone & Serve:** Transfer whole fish to a serving platter. Drizzle generously with finishing extra virgin olive oil, scatter fresh chopped parsley and oregano over top, and sprinkle with flaky Maldon sea salt. Serve with fresh lemon wedges!

Chef's Paleo Nutritional Science: Whole-roasted wild European sea bass provides essential long-chain marine Omega-3 fatty acids (EPA and DHA), bioavailable phosphorus, and selenium. Cooking fish on the bone retains collagenous gelatin and natural moisture, enhancing amino acid assimilation.

RECIPE #145 • GRAIN-FREE BAKING & DESSERTS

Crispy Paleo Air Fryer Avocado Fries with Smoky Chipotle Aioli

Missing crunchy restaurant french fries without potatoes, industrial fryer seed oils, or gluten breadcrumbs? These Crispy Paleo Air Fryer Avocado Fries coat thick slices of firm, ripe Hass avocados in a seasoned grain-free crust of superfine blanched almond flour, arrowroot starch, garlic, and smoked paprika. Air-fried for just 8 minutes until golden and shatteringly crunchy on the outside while staying warm and velvety inside, they pair with an addictive dairy-free chipotle lime aioli.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 320 kcal	**Protein:** 6g	**Healthy Fats:** 28g	**Net Carbs:** 4g

Ingredients

For the Crispy Avocado Fries:

- **3 large Hass avocados**, ripe but firm to the touch, sliced into 0.5-inch thick wedges
- **1 cup superfine blanched almond flour** (or crushed pork rinds for extreme crunch)
- **0.25 cup arrowroot starch or tapioca flour**
- **2 large pasture-raised eggs**, lightly beaten
- **1.5 tsp garlic powder**
- **1 tsp onion powder**
- **1 tsp smoked Spanish paprika**
- **1 tsp coarse Celtic sea salt**
- **0.25 tsp freshly ground black pepper**
- **Avocado oil spray** (for misting fries)

For the Smoky Chipotle Lime Aioli:

- **0.5 cup avocado oil mayonnaise** (such as Primal Kitchen)
- **1 tbsp fresh organic lime juice**
- **1 tsp ground chipotle chili powder** (or 1 tbsp clean chipotle in adobo)
- **1 clove garlic**, finely grated

- **0.5 tsp smoked paprika**
- **0.5 tsp coarse sea salt**
- **Lime wedges & fresh cilantro** (for garnish)

Step-by-Step Instructions

1. **Make Smoky Chipotle Aioli:** In a small bowl, whisk together the avocado oil mayonnaise, fresh lime juice, chipotle powder, grated garlic, smoked paprika, and sea salt until smooth and creamy. Chill in the refrigerator while making the fries.
2. **Slice the Avocados (Chef Secret):** Cut avocados in half lengthwise and remove the pit. Peel the skin gently and slice each half lengthwise into 4 to 5 sturdy, 0.5-inch thick wedges. (Using firm avocados ensures the fries hold their structure during breading and cooking).
3. **Set Up Breading Station:** In shallow bowl #1, whisk the 2 eggs. In shallow bowl #2, whisk together the almond flour, arrowroot starch, garlic powder, onion powder, smoked paprika, coarse sea salt, and black pepper.
4. **Dredge & Coat:** Working with one avocado wedge at a time, dip into the beaten egg with your left hand, letting excess drip off. Place into the almond flour mixture and use your right hand to press the breading firmly onto all sides until thoroughly coated. Transfer to a clean plate.
5. **Preheat & Load Air Fryer:** Preheat air fryer to 400°F (200°C) for 3 minutes. Lightly mist the air fryer basket with avocado oil spray. Arrange avocado wedges in a single layer with space between each piece. Spray the tops of the fries generously with avocado oil spray (ensures a deep golden crunch).
6. **Air Fry to Golden Crunch:** Air fry at 400°F for 7 to 8 minutes, gently flipping at the 4-minute mark and misting again with avocado oil spray, until the crust is deeply golden-brown and crispy.
7. **Plate & Serve:** Carefully transfer hot avocado fries to a serving platter. Sprinkle with a pinch of flaky sea salt and garnish with fresh cilantro and lime wedges. Serve immediately with chilled smoky chipotle aioli!

Chef's Paleo Nutritional Science: Fresh Hass avocados are rich in monounsaturated oleic acid, lutein, and potassium, promoting cardiovascular lipid balance and ocular health. Blanched almond flour provides alpha-tocopherol and magnesium without inflammatory gluten proteins, while chipotle peppers deliver capsaicinoids that stimulate hepatic fatty acid oxidation.

RECIPE #146 • GRAIN-FREE BAKING & DESSERTS

Crispy Air-Fryer Paleo Zucchini Fries with Grain-Free Herb Crust

Craving crunchy French fries without the glycemic spike of white potatoes or industrial inflammatory seed oil fryers? These crispy air-fryer zucchini fries transform high-moisture summer squash into shatteringly crisp, golden batons coated in an artisanal blend of blanched almond flour, arrowroot starch, nutritional yeast, garlic powder, and Italian herbs. Served alongside a rich homemade San Marzano roasted garlic marinara, this grain-free appetizer delivers authentic restaurant-caliber crunch while supporting metabolic health and gut comfort.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Osmotic Salt Weeping:** Slicing zucchini into uniform 1/2-inch batons and tossing them with unrefined kosher sea salt draws free unbound surface moisture out via osmosis over 15 minutes.

- **Surface Dehydration:** Thoroughly patting the sweated batons dry with lint-free kitchen towels removes the expelled water barrier, leaving dry vegetable fibers primed for egg adhesion.
- **Dual-Starch Grain-Free Matrix:** Combining blanched finely ground almond flour with arrowroot starch creates a protective barrier. Arrowroot absorbs residual steam during the initial heating phase, while almond meal lipids crisp up without scorching.

Step-by-Step Instructions

1. Wash 2 medium straight zucchini (about 1 lb total). Trim the stem and blossom ends.

2. Halve each zucchini crosswise into 3-inch sections, then slice each section lengthwise into 1/2-inch uniform batons. Avoid cutting too thin, or the interior will collapse during cooking.

3. Place the batons in a colander set over a bowl. Sprinkle evenly with 1 teaspoon of fine sea salt and toss gently. Let sit for 15 minutes to sweat out excess water.

4. Transfer the batons onto clean kitchen towels or heavy paper towels. Press firmly to blot away all beads of expelled liquid.

RECIPE #147 • GRAIN-FREE BAKING & DESSERTS

Crispy Paleo Calamari with Roasted Garlic Herb Aioli

Craving restaurant-style fried calamari with a feather-light, crunchy golden crust and tender, buttery squid without wheat flour, processed cornstarch, canola deep-frying, or soybean oil dip? This Crispy Paleo Calamari dredges wild-caught squid rings in arrowroot starch, pasture-raised egg whites, and finely ground almond flour seasoned with garlic, smoked paprika, and oregano. Flash-fried in high-smoke-point avocado oil for just 90 seconds, it remains melt-in-your-mouth tender and pairs with a velvety homemade roasted garlic lemon herb aioli in 15 minutes.

Prep: 10 Mins	**Cook:** 5 Mins (90s / batch)	**Yield:** 4 Servings	**Level:** Easy
Calories: 290 kcal	**Protein:** 24g	**Healthy Fats:** 18g	**Net Carbs:** 4g

Ingredients

For the Crispy Calamari Rings:

- **1 lb wild-caught cleaned squid tubes & tentacles**, sliced into 0.5-inch rings and patted bone-dry
- **0.5 cup arrowroot starch or tapioca flour**
- **0.5 cup superfine blanched almond flour**
- **2 large pasture-raised egg whites**, lightly whisked until frothy
- **1 tsp garlic powder** and **1 tsp smoked Spanish paprika**
- **1 tsp dried wild oregano**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp cracked black pepper**
- **0.5 cup unrefined avocado oil or grass-fed tallow** (for shallow frying)

For the Creamy Roasted Garlic Herb Aioli:

- **0.5 cup avocado oil mayonnaise** (sugar-free, Whole30)
- **4 cloves roasted garlic or 1 clove raw garlic**, mashed into paste
- **1.5 tbsp fresh organic lemon juice** and **0.5 tsp fresh lemon zest**

- **2 tbsp fresh Italian parsley & chives**, finely minced
- **0.5 tsp coarse Celtic sea salt** and **pinch of cayenne pepper**

For Garnish:

- **Fresh lemon wedges & chopped Italian parsley**
- **Flaky Maldon sea salt**

Step-by-Step Instructions

1. **Whisk Garlic Herb Aioli:** In a small bowl, whisk together avocado oil mayo, roasted garlic paste, lemon juice, lemon zest, minced parsley, chives, sea salt, and cayenne. Chill in the refrigerator until ready to serve.
2. **Prep & Dry Calamari (Zero-Sogginess Invariant):** Slice squid tubes into 0.5-inch rings. Place rings and tentacles on multiple layers of paper towels and press firmly to remove all surface moisture (dry squid guarantees an ultra-crispy crust).
3. **Set Up Dredging Station:** In shallow bowl #1, combine arrowroot starch, almond flour, garlic powder, smoked paprika, dried oregano, sea salt, and black pepper. In shallow bowl #2, lightly whisk the 2 egg whites until frothy.
4. **Dredge Rings:** Toss dried calamari rings in the egg whites, letting excess drip off, then toss in the seasoned arrowroot-almond flour mixture until evenly coated. Shake off excess flour in a colander.
5. **Heat the Oil (Flash-Fry Invariant):** In a large 12-inch heavy skillet or cast-iron pan, heat 0.5 cup avocado oil over MEDIUM-HIGH heat until shimmering (approx. 375°F / 190°C). (The oil should sizzle immediately when a drop of batter hits it).
6. **Flash-Fry in Batches (90-Second Rule):** Add calamari rings in a single layer without overcrowding the pan (fry in 3 separate batches). Fry for just 60 to 90 seconds, flipping once with a slotted spoon, until the crust is pale golden-crisp and squid is tender. (Do NOT overcook or squid will turn rubbery).
7. **Drain & Season:** Transfer crispy calamari immediately with a spider skimmer onto a paper towel-lined plate or wire rack. Immediately sprinkle with flaky Maldon sea salt.
8. **Plate & Serve:** Pile steaming hot crispy calamari onto a platter, scatter fresh parsley over top, and serve with lemon wedges and chilled roasted garlic herb aioli for dipping!

Chef's Paleo Nutritional Science: Wild-caught squid (Loligo pealeii) is a rich source of copper, vitamin B12, selenium, and taurine, which supports cardiovascular membrane integrity and biliary conjugation. Flash-frying in avocado oil provides heat-stable monounsaturated fats that resist thermal rancidity.

RECIPE #148 • GRAIN-FREE BAKING & DESSERTS

Crispy Paleo Coconut-Crusted Mahi Mahi with Mango Salsa

Missing Hawaiian resort-style coconut crusted fish without wheat flour, processed breadcrumbs, beer batter, or refined canola oil? This Crispy Paleo Coconut-Crusted Mahi Mahi dredges wild-caught mahi mahi fillets in arrowroot starch, pasture-raised egg wash, and unsweetened shredded coconut flakes blended with almond flour and spices. Pan-crisped in fragrant virgin coconut oil and grass-fed ghee until golden and crunchy, it is crowned with a vibrant salsa of sweet ripe mango, diced avocado, red onion, jalapeño, and fresh lime juice in 20 minutes.

Prep: 10 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 380 kcal	**Protein:** 36g	**Healthy Fats:** 20g	**Net Carbs:** 12g

Ingredients

For the Coconut-Crusted Mahi Mahi:

- **4 wild-caught Mahi Mahi fillets** (approx. 6 oz each, skinless, patted bone-dry)
- **1 cup unsweetened finely shredded coconut flakes**
- **0.33 cup blanched almond flour**
- **0.25 cup arrowroot starch or tapioca flour** (for initial dusting)
- **2 large pasture-raised eggs**, beaten with 1 tbsp water
- **1 tsp garlic powder** and **1 tsp smoked Spanish paprika**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**
- **3 tbsp unrefined virgin coconut oil or avocado oil** (for pan-searing)

For the Fresh Mango Avocado Salsa:

- **1 ripe organic mango**, peeled and diced into 0.25-inch cubes
- **1 large ripe Haas avocado**, diced
- **0.33 cup red onion**, finely diced
- **1 small jalapeño pepper**, seeded and finely minced
- **0.33 cup fresh cilantro leaves**, finely chopped
- **2 tbsp fresh organic lime juice**
- **0.5 tsp coarse Celtic sea salt**

For Serving:

- **Lime wedges & fresh cilantro sprigs**
- **Steamed coconut cauliflower rice or charred asparagus**

Step-by-Step Instructions

1. **Mix Mango Avocado Salsa:** In a medium bowl, combine diced mango, avocado, red onion, jalapeño, fresh cilantro, lime juice, and sea salt. Toss gently and let rest at room temperature for 15 minutes for flavors to marry.
2. **Set Up Dredging Station:** In shallow bowl #1, place arrowroot starch with 0.5 tsp sea salt. In shallow bowl #2, whisk the 2 eggs with 1 tbsp water. In shallow bowl #3, combine shredded coconut, almond flour, garlic powder, smoked paprika, 1 tsp sea salt, and black pepper.
3. **Dredge the Fish (Triple-Coat Invariant):** Pat mahi mahi fillets completely dry. Lightly dredge each fillet in arrowroot starch (shake off excess), dip into whisked egg wash, and press firmly into the shredded coconut-almond mixture so both sides are completely crusted.
4. **Pan-Crisp in Coconut Oil (Chef Technique):** Heat 3 tbsp virgin coconut oil in a large 12-inch non-stick or cast-iron skillet over MEDIUM heat (not too hot, or coconut will burn before fish cooks). Add fillets in a single layer (cook in 2 batches if needed).
5. **Sear to Golden Crunch:** Cook undisturbed for 4 to 5 minutes until the bottom coconut crust is deeply golden and crispy. Gently flip fillets with a wide fish spatula and cook for 3 to 4 minutes on the second side until fish is opaque throughout and flakes easily (140°F internal). Transfer to a warm plate.
6. **Plate & Serve:** Transfer crispy coconut-crusted mahi mahi fillets onto plates. Spoon generous mounds of fresh mango avocado salsa over each fillet. Garnish with fresh cilantro sprigs and lime wedges. Serve immediately!

Chef's Paleo Nutritional Science: Wild-caught Mahi Mahi provides lean, high-biological-value protein and dense selenium, an essential cofactor for glutathione peroxidase antioxidant activity. Unsweetened shredded coconut supplies lauric acid and

medium-chain triglycerides (MCTs) that provide rapid cellular ketone energy.

RECIPE #149 • GRAIN-FREE BAKING & DESSERTS

Fluffy Paleo Cinnamon Roll Coffee Cake (Pecan Streusel)

Missing old-fashioned New York bakery crumb cake and warm cinnamon rolls without refined white flour, white cane sugar, inflammatory seed oils, or dairy? This Fluffy Paleo Cinnamon Roll Coffee Cake bakes a moist, tender crumb using blanched almond flour, arrowroot starch, and pure vanilla extract. Layered with a thick ribbon of cinnamon coconut sugar and buried under a mountain of buttery pecan streusel crumb, it is finished with a drizzle of dairy-free coconut vanilla icing.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 9 Slices	**Level:** Easy
Calories: 290 kcal	**Protein:** 6g	**Healthy Fats:** 20g	**Net Carbs:** 18g

Ingredients

For the Fluffy Vanilla Cake Batter:

- **2 cups superfine blanched almond flour** (spooned and leveled)
- **0.5 cup tapioca starch or arrowroot flour**
- **0.33 cup unrefined coconut sugar or pure maple syrup**
- **0.33 cup melted grass-fed ghee or unrefined coconut oil**
- **3 large pasture-raised eggs**, at room temperature
- **0.25 cup unsweetened almond milk or coconut milk**
- **2 tsp pure Madagascar vanilla extract**
- **1 tsp baking powder** (aluminum-free) and **0.5 tsp baking soda**
- **0.5 tsp coarse Celtic sea salt**

For the Cinnamon Roll Swirl & Pecan Streusel:

- **0.75 cup raw pecans**, finely chopped
- **0.5 cup unrefined coconut sugar**
- **0.33 cup blanched almond flour**
- **1.5 tbsp ground Ceylon cinnamon** (divided)
- **3 tbsp melted grass-fed ghee or solid coconut oil**

For the Dairy-Free Vanilla Glaze:

- **0.25 cup pure coconut butter (manna)**, melted
- **2 tbsp pure maple syrup**
- **1 tsp pure vanilla extract**
- **1 to 2 tbsp warm almond milk** (to reach drizzling consistency)

Step-by-Step Instructions

1. **Preheat & Prep Pan:** Preheat oven to 350°F (175°C). Line an 8x8-inch square metal baking pan with parchment paper, leaving an overhang on the sides for easy lifting.

2. **Make Pecan Streusel & Cinnamon Swirl:** In a small bowl, mix chopped pecans, coconut sugar, almond flour, 1.5 tbsp cinnamon, and 3 tbsp melted ghee with a fork until coarse, sandy clusters and gravelly streusel crumbs form. Set aside.
3. **Whisk Cake Wet Ingredients:** In a large mixing bowl, whisk together the melted ghee (or coconut oil), eggs, coconut sugar (or maple syrup), almond milk, and vanilla extract for 60 seconds until frothy and smooth.
4. **Fold in Dry Flours:** Add the blanched almond flour, tapioca starch, baking powder, baking soda, and coarse sea salt. Stir with a silicone spatula just until a thick, velvety cake batter forms without lumps.
5. **Layer the Swirl (Chef Secret):** Spread half of the cake batter into an even layer in the prepared 8x8-inch pan. Sprinkle half of the cinnamon pecan streusel evenly across the batter. Drop spoonfuls of the remaining cake batter over the cinnamon layer and spread gently. Scatter the remaining pecan streusel generously over the top, pressing down very lightly so the crumbs adhere.
6. **Bake to Golden Fragrance:** Bake at 350°F for 28 to 32 minutes until a toothpick inserted into the center emerges clean and the streusel topping is golden-brown and fragrant.
7. **Cool & Glaze:** Remove pan to a wire cooling rack and let cool for 20 minutes. Whisk melted coconut butter, maple syrup, vanilla, and warm almond milk into a smooth, glossy icing. Drizzle generously across the warm coffee cake.
8. **Slice & Serve:** Use parchment overhangs to lift the cake onto a cutting board. Slice into 9 large squares. Serve warm alongside a cup of organic black coffee or herbal tea!

Chef's Paleo Nutritional Science: True Ceylon cinnamon contains cinnamaldehyde and polyphenols that activate insulin receptor phosphorylation, promoting postprandial glucose disposal into skeletal muscle cells. Raw pecans deliver dense monounsaturated fats, manganese, and copper, supporting endogenous superoxide dismutase (SOD) antioxidant defense.

RECIPE #150 • GRAIN-FREE BAKING & DESSERTS

Fluffy Paleo Sweet Potato Blueberry Muffins (Almond Flour)

Missing tender, bakery-style morning blueberry muffins that are naturally moist without refined white flour, white sugar, industrial vegetable oil, or dairy milk? These Fluffy Paleo Sweet Potato Blueberry Muffins use smooth mashed roasted sweet potatoes as a secret nutrient-dense binder that guarantees an ultra-moist crumb that never dries out. Blended with superfine blanched almond flour, organic coconut flour, pasture-raised eggs, pure maple syrup, and bursting fresh wild blueberries, they are crowned with a crunchy cinnamon almond crumb topping in 30 minutes.

Prep: 12 Mins	**Cook:** 20 Mins	**Yield:** 12 Muffins	**Level:** Easy
Calories: 210 kcal	**Protein:** 6g	**Healthy Fats:** 14g	**Net Carbs:** 14g

Ingredients

For the Moist Muffin Batter:

- **1 cup smooth mashed cooked sweet potato puree** (steamed or baked, skin removed)
- **1.75 cups superfine blanched almond flour** (spooned and leveled)
- **0.25 cup organic coconut flour** (sifted)
- **3 large pasture-raised eggs**, at room temperature
- **0.33 cup pure Grade A dark maple syrup or raw honey**
- **0.25 cup melted grass-fed ghee or unrefined coconut oil**

- **2 tsp pure Madagascar vanilla extract**
- **1 tsp ground Ceylon cinnamon** and **0.25 tsp ground nutmeg**
- **1 tsp baking soda** and **0.5 tsp cream of tartar** (or aluminum-free baking powder)
- **0.5 tsp coarse Celtic sea salt**
- **1.25 cups fresh organic wild blueberries** (tossed in 1 tsp arrowroot flour so they don't sink)

For the Crunchy Cinnamon Almond Crumb Topping:

- **0.33 cup blanched almond flour**
- **2 tbsp sliced raw almonds**
- **2 tbsp unrefined coconut sugar**
- **1 tbsp melted grass-fed ghee or coconut oil**
- **0.5 tsp ground cinnamon**

Step-by-Step Instructions

1. **Preheat & Line Muffin Tin:** Preheat oven to 350°F (175°C). Line a standard 12-cup muffin pan with unbleached parchment paper muffin liners.
2. **Make Cinnamon Crumb Topping:** In a small bowl, combine 0.33 cup almond flour, sliced almonds, coconut sugar, melted ghee, and cinnamon with a fork until coarse, sandy clusters form. Set aside.
3. **Whisk Wet Ingredients:** In a large mixing bowl, whisk together the smooth sweet potato puree, eggs, maple syrup (or honey), melted ghee (or coconut oil), and vanilla extract for 60 seconds until creamy and uniform.
4. **Combine Dry Flours:** Add the blanched almond flour, sifted coconut flour, baking soda, cream of tartar, cinnamon, nutmeg, and sea salt. Stir with a wooden spoon or silicone spatula until a thick, rich batter forms without dry pockets.
5. **Fold in Blueberries (Anti-Burst Technique):** In a small dish, toss fresh blueberries with 1 tsp arrowroot flour. Gently fold the coated blueberries into the muffin batter with a spatula, being careful not to crush the berries.
6. **Fill Muffin Cups & Top with Crumb:** Divide the batter evenly among the 12 muffin liners, filling each roughly 0.75 full. Sprinkle the prepared cinnamon almond crumb topping generously over each muffin, pressing down very lightly so crumbs adhere.
7. **Bake to Golden Perfection:** Bake at 350°F for 20 to 24 minutes until the muffin tops are golden-brown, spring back lightly to the touch, and a toothpick inserted into the cake center emerges clean (avoiding blueberry pockets).
8. **Cool & Enjoy:** Let muffins rest in the pan for 10 minutes, then transfer to a wire cooling rack. Enjoy warm with a smear of grass-fed ghee or almond butter!

Chef's Paleo Nutritional Science: Organic wild blueberries are concentrated in anthocyanin flavonoids and pterostilbene, which cross the blood-brain barrier to enhance neuroplasticity and defend against oxidative stress. Cooked sweet potatoes provide bioavailable beta-carotene (provitamin A) and prebiotic fiber without triggering rapid blood glucose volatility.

RECIPE #151 • GRAIN-FREE BAKING & DESSERTS

Fudgy Paleo Dark Chocolate Chunk Avocado Brownies

Can you truly create an intensely rich, fudgy, decadent chocolate brownie without butter, refined white sugar, or wheat flour? The answer is an emphatic yes. By utilizing ripe Hass avocados as an emulsified whole-food lipid base alongside raw antioxidant-rich cacao powder, pasture-raised eggs, unrefined coconut sugar, and 72% dark chocolate chunks, these brownies achieve that coveted glossy crinkly top crust and dense, gooey center while nourishing your cells with heart-healthy monounsaturated fats and essential minerals.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 16 Squares	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Select Very Soft Avocados:** Avocados must yield easily to gentle thumb pressure. Underripe avocados will leave firm green pieces in the batter that fail to emulsify with the chocolate.
- **Never Use an 8x8 Glass Dish:** Glass conducts heat slowly and holds onto it too long, causing the edges to overbake while the center stays raw. Always use a light-colored metal baking pan for even heat distribution.
- **Store Chilled for Best Texture:** Store sliced brownies in an airtight glass container in the refrigerator for up to 5 days. Eating them cold straight from the fridge gives them the texture of artisanal dark chocolate fudge truffles!

Step-by-Step Instructions

1. Preheat oven to 350°F (177°C). Line an 8x8-inch metal baking pan with unbleached parchment paper, leaving a 2-inch overhang on the sides for easy removal.

2. Scoop the flesh of 2 medium, perfectly ripe Hass avocados (about 1 cup mashed) into a high-speed blender or food processor.

3. Add 1 teaspoon pure vanilla extract, 2 tablespoons cold-pressed avocado oil (or melted coconut oil), and 1/4 teaspoon fine sea salt.

4. Puree on high speed for 60 to 90 seconds, scraping down sides, until the avocado is 100% silky smooth without a single green fleck or lump remaining. Set aside.

RECIPE #152 • GRAIN-FREE BAKING & DESSERTS

Gooey Paleo Maple Pecan Pie Bars (Shortbread Crust)

Missing rich, gooey Southern pecan pie without high-fructose corn syrup, white flour, refined sugar, or dairy butter? These Gooey Paleo Maple Pecan Pie Bars bake a buttery, crisp shortbread crust made from blanched almond flour and grass-fed ghee. Covered with a rich caramel of pure dark maple syrup, unrefined coconut sugar, vanilla, and a mountain of toasted raw pecan halves, they set into clean, chewy, decadent bars that outshine traditional holiday pies.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 16 Bars	**Level:** Easy
Calories: 280 kcal	**Protein:** 4g	**Healthy Fats:** 22g	**Net Carbs:** 16g

Ingredients

For the Buttery Shortbread Crust:

- **2 cups superfine blanched almond flour**
- **3 tbsp tapioca starch or arrowroot flour**
- **0.25 cup melted grass-fed ghee or solid coconut oil**
- **3 tbsp pure Grade A dark maple syrup**
- **1 tsp pure Madagascar vanilla extract**
- **0.5 tsp coarse Celtic sea salt**

For the Gooey Caramel Pecan Topping:

- **2.5 cups raw pecan halves** (roughly chopped, reserving some whole for top)
- **0.5 cup pure dark maple syrup**
- **0.33 cup unrefined coconut sugar**
- **0.25 cup culinary coconut cream or grass-fed ghee**
- **1 large pasture-raised egg**, lightly beaten (binds the gooey caramel)
- **1 tbsp tapioca starch** (ensures thick caramel set)
- **1.5 tsp pure vanilla extract**
- **0.5 tsp coarse sea salt** and **pinch of cinnamon**

For Finishing:

- **Flaky Maldon sea salt** (for sprinkling over warm caramel)

Step-by-Step Instructions

1. **Preheat & Prep Pan:** Preheat oven to 350°F (175°C). Line an 8x8-inch square metal baking dish with parchment paper, leaving an overhang on the sides for easy lifting.
2. **Mix & Blind Bake Shortbread Crust:** In a medium bowl, combine almond flour, tapioca starch, melted ghee, maple syrup, vanilla, and sea salt. Mix with a fork until dough comes together. Press dough firmly and evenly into the bottom of the prepared pan. Bake at 350°F for 10 to 12 minutes until edges are lightly golden. Remove from oven and let cool for 5 minutes.
3. **Simmer Gooey Maple Caramel (Chef Secret):** In a small saucepan over medium-low heat, combine maple syrup, coconut sugar, coconut cream (or ghee), vanilla extract, tapioca starch, and sea salt. Whisk continuously for 2 to 3 minutes until coconut sugar dissolves and liquid begins to bubble into a glossy, fragrant caramel. Remove from heat and let cool for 3 minutes. Whisk in the beaten egg vigorously until fully incorporated.
4. **Fold in Pecans:** Stir the chopped pecans into the warm caramel sauce until every nut is coated.
5. **Layer & Bake:** Pour the pecan caramel mixture evenly over the par-baked warm shortbread crust, spreading the pecans into a flat, compact layer.
6. **Bake to Caramelized Perfection:** Bake at 350°F for 20 to 22 minutes until the pecan topping is bubbling vigorously across the surface and the nuts are fragrant and deeply toasted.
7. **Sprinkle Sea Salt & Chill (The Crucial Set):** Remove pan to a cooling rack. Immediately sprinkle flaky Maldon sea salt over the bubbling caramel. Let cool completely at room temperature for 1 hour, then transfer to the refrigerator for 1 hour to set the caramel firm.
8. **Slice & Serve:** Use the parchment overhang to lift the slab onto a cutting board. Using a large chef's knife wiped clean between cuts, slice into 16 neat squares. Serve chilled or at room temperature!

Chef's Paleo Nutritional Science: Raw pecans are concentrated in gamma-tocopherol (a potent isoform of Vitamin E) and monounsaturated oleic acid, protecting vascular endothelial tissue. Unrefined coconut sugar has an inherently lower glycemic index (~35) compared to table sugar or corn syrup, delivering trace potassium, zinc, and inulin prebiotic fiber.

RECIPE #153 • GRAIN-FREE BAKING & DESSERTS

Grain-Free Paleo Blueberry Lemon Coffee Cake

Craving a slice of warm bakery-style blueberry coffee cake with a thick cinnamon crumb topping without wheat flour, refined white sugar, sour cream, or canola oil? This Grain-Free Paleo Blueberry Lemon Coffee Cake folds superfine blanched almond flour and tapioca starch with plump organic blueberries, pasture-raised eggs, pure Grade A dark maple syrup, and melted grass-fed ghee (or virgin coconut oil). Layered and crowned with a crunchy cinnamon-pecan streusel and finished with a zesty lemon coconut butter drizzle in 45 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 9 Large Slices	**Level:** Easy
Calories: 260 kcal	**Protein:** 6g	**Healthy Fats:** 18g	**Net Carbs:** 16g

Ingredients

For the Crunchy Cinnamon Pecan Streusel:

- **0.75 cup superfine blanched almond flour**
- **0.33 cup unrefined coconut sugar or maple sugar**
- **0.5 cup raw pecans**, finely chopped
- **1.5 tsp Ceylon cinnamon**
- **3 tbsp solid grass-fed ghee or solid virgin coconut oil** (cut into small pea-sized pieces)
- **Pinch of Celtic sea salt**

For the Lemon Blueberry Cake Batter:

- **2 cups superfine blanched almond flour**
- **0.5 cup tapioca flour or arrowroot starch**
- **2 tbsp organic coconut flour**
- **1 tsp baking soda** and **0.5 tsp coarse Celtic sea salt**
- **3 large pasture-raised eggs** (room temperature)
- **0.5 cup pure Grade A dark maple syrup**
- **0.33 cup melted grass-fed ghee or virgin coconut oil**
- **2 tbsp fresh organic lemon juice** and **1.5 tbsp lemon zest** (rubbed into maple syrup)
- **1.5 tsp pure Madagascar vanilla extract**
- **1.25 cups fresh organic blueberries** (tossed in 1 tsp tapioca flour so they don't sink)

For the Lemon Drizzle Glaze (Optional):

- **3 tbsp melted coconut butter** whisked with **1 tbsp maple syrup** and **1 tbsp fresh lemon juice**

Step-by-Step Instructions

1. **Preheat Oven & Prep Pan:** Preheat oven to 350°F (175°C). Line an 8x8-inch metal baking pan with parchment paper, leaving overhang on sides.

2. **Make Cinnamon Pecan Streusel:** In a small bowl, combine almond flour, coconut sugar, chopped pecans, cinnamon, and sea salt. Cut in the cold solid ghee using a fork or fingertips until a crumbly, clumpy streusel forms. Place in refrigerator while making batter.
3. **Infuse Citrus & Whisk Wet:** In a large mixing bowl, add maple syrup and lemon zest; rub together with fingertips for 30 seconds to release aromatic lemon oils. Whisk in the 3 eggs, melted ghee, fresh lemon juice, and vanilla extract until smooth and frothy.
4. **Whisk Dry Ingredients:** In a separate bowl, whisk together almond flour, tapioca flour, coconut flour, baking soda, and Celtic sea salt.
5. **Fold Batter & Blueberries:** Pour dry ingredients into wet ingredients; stir with a spatula until a smooth, thick batter forms. Gently fold in the blueberries.
6. **Layer Cake & Streusel:** Spread half of the batter into the prepared baking pan. Scatter one-third of the chilled streusel evenly over the batter. Spread remaining batter over top. Generously scatter the remaining streusel across the entire top surface.
7. **Bake (Golden Crumb Invariant):** Bake at 350°F for 28 to 32 minutes until the streusel is golden and fragrant, the center is set, and a toothpick comes out clean. Transfer pan to a wire rack to cool for 20 minutes.
8. **Drizzle & Serve:** Whisk melted coconut butter, maple syrup, and lemon juice into a silky glaze; drizzle over warm coffee cake. Slice into 9 squares and serve with hot organic coffee!

Chef's Paleo Nutritional Science: Fresh blueberries (Vaccinium corymbosum) supply concentrated anthocyanins (malvidin, delphinidin) that cross the blood-brain barrier to enhance neurocognitive performance. Pecans provide dense manganese and oleic acid, while pasture-raised eggs deliver choline for phospholipid synthesis.

RECIPE #154 • GRAIN-FREE BAKING & DESSERTS

Grain-Free Paleo Dark Chocolate Raspberry Tart

Craving a luxurious French pastry shop dark chocolate ganache tart with tart fresh raspberries without wheat flour, refined white sugar, heavy dairy cream, or butter? This Grain-Free Paleo Dark Chocolate Raspberry Tart pairs a crisp, toasted press-in crust made from superfine blanched almond flour, finely chopped pecans, raw cacao, and pure dark maple syrup with a silk-smooth, two-ingredient dairy-free dark chocolate ganache made from 72% organic dark chocolate and rich culinary coconut cream. Crowned with fresh organic raspberries, cacao nibs, and flaky Maldon sea salt in 30 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 10 Slices	**Level:** Easy
Calories: 310 kcal	**Protein:** 6g	**Healthy Fats:** 24g	**Net Carbs:** 14g

Ingredients

For the Almond Pecan Cocoa Press-In Crust:

- **1.75 cups superfine blanched almond flour**
- **0.5 cup raw pecans**, finely ground into meal
- **3 tbsp raw organic cacao powder or Dutch-process cocoa**
- **3 tbsp melted unrefined coconut oil or grass-fed ghee**
- **3 tbsp pure Grade A dark maple syrup**
- **1 tsp pure Madagascar vanilla extract**

- **0.5 tsp coarse Celtic sea salt**

For the Silky Dairy-Free Dark Chocolate Ganache:

- **8 oz organic 70% to 75% dark chocolate chips or chopped baking bar** (Hu Kitchen or Enjoy Life)
- **0.75 cup full-fat culinary coconut cream** (canned unsweetened, heated to steaming)
- **2 tbsp pure maple syrup** (optional, for subtle sweetness)
- **1 tsp pure vanilla extract** and **pinch of fine sea salt**

For the Fresh Berry Topping:

- **1.5 cups fresh organic red raspberries**
- **1 tbsp raw cacao nibs** (for crunch)
- **Flaky Maldon sea salt** (for finishing sprinkle)

Step-by-Step Instructions

1. **Preheat Oven & Prep Tart Pan:** Preheat oven to 350°F (175°C). Lightly grease a 9-inch round fluted metal tart pan with a removable bottom using coconut oil spray.
2. **Make Press-In Crust:** In a medium mixing bowl, combine almond flour, ground pecan meal, cacao powder, melted coconut oil, maple syrup, vanilla extract, and Celtic sea salt. Stir with a fork until a uniform, crumbly dough forms. Press dough firmly and evenly into the bottom and up the sides of the tart pan using the flat bottom of a measuring cup. Prick base several times with a fork.
3. **Par-Bake Crust:** Bake crust at 350°F for 10 to 12 minutes until fragrant, toasted, and firm to the touch. Remove pan to a wire rack to cool completely to room temperature (approx. 20 minutes).
4. **Heat Coconut Cream:** In a small saucepan over MEDIUM-LOW heat, bring coconut cream to a gentle simmer (steaming, do not boil). Remove from heat immediately.
5. **Emulsify Velvety Ganache (Silky Texture Invariant):** Place chopped dark chocolate in a heatproof bowl. Pour hot coconut cream over chocolate. Let sit undisturbed for 2 minutes to allow chocolate to melt. Add vanilla extract and pinch of sea salt. Whisk gently from the center outward until a glossy, silk-smooth ganache forms.
6. **Pour & Chill:** Pour warm chocolate ganache into the cooled tart crust, smoothing the surface with an offset spatula. Transfer tart to refrigerator and chill for 45 to 60 minutes until the ganache sets to a firm, fudge-like consistency.
7. **Garnish & Serve:** Arrange fresh organic raspberries over the chilled chocolate surface. Sprinkle with raw cacao nibs and flaky Maldon sea salt. Pop the tart out of the removable bottom ring, slice into 10 wedges with a hot knife, and serve!

Chef's Paleo Nutritional Science: Raw organic cacao supplies concentrated flavanols (epicatechin) and theobromine, which stimulate endothelial nitric oxide synthesis and enhance cerebral microcirculation. Fresh raspberries provide ellagitannins and anthocyanins that mitigate lipid peroxidation and support metabolic health.

RECIPE #155 • GRAIN-FREE BAKING & DESSERTS

Grain-Free Paleo Spiced Carrot Cake

Craving a rich, bakery-style spiced carrot cake with an ultra-moist crumb and tangy cream cheese frosting without wheat flour, refined white sugar, cream cheese, or vegetable oil? This Grain-Free Paleo Spiced Carrot Cake combines superfine blanched almond flour, tapioca flour, and coconut flour with freshly grated organic carrots, toasted pecans, pure dark maple syrup, pasture-raised eggs, Ceylon cinnamon, ground ginger, and nutmeg. Smothered in a luscious, blender-whipped dairy-free cashew cream cheese frosting infused with fresh lemon juice and Madagascar vanilla in 45 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 12 Slices	**Level:** Easy
Calories: 280 kcal	**Protein:** 6g	**Healthy Fats:** 20g	**Net Carbs:** 18g

Ingredients

For the Spiced Carrot Cake:

- **2.5 cups finely grated fresh organic carrots** (squeezed in paper towels to remove excess moisture)
- **2 cups superfine blanched almond flour**
- **0.5 cup tapioca starch or arrowroot flour**
- **3 tbsp organic coconut flour**
- **2 tsp Ceylon cinnamon** and **1 tsp ground ginger**
- **0.5 tsp ground nutmeg** and **0.25 tsp ground allspice**
- **1 tsp baking soda** and **0.5 tsp coarse Celtic sea salt**
- **4 large pasture-raised eggs** (room temperature)
- **0.5 cup pure Grade A dark maple syrup**
- **0.33 cup melted unrefined coconut oil or grass-fed ghee**
- **1.5 tsp pure Madagascar vanilla extract**
- **0.66 cup raw pecans or walnuts**, roughly chopped and toasted

For the Dairy-Free Cashew Cream Cheese Frosting:

- **1 cup raw organic cashews**, soaked in boiling water for 20 minutes and drained
- **0.33 cup culinary coconut cream or melted coconut butter**
- **0.33 cup pure maple syrup**
- **2.5 tbsp fresh organic lemon juice** and **0.5 tsp apple cider vinegar** (creates signature cream cheese tang)
- **1 tsp pure vanilla extract** and **0.25 tsp fine sea salt**

For Garnish:

- **Toasted chopped pecans & dusting of Ceylon cinnamon**

Step-by-Step Instructions

1. **Preheat Oven & Prep Pan:** Preheat oven to 350°F (175°C). Grease a 9x9-inch metal square baking pan (or 9-inch round cake pan) and line with parchment paper with overhang.
2. **Whisk Wet Ingredients:** In a large mixing bowl, whisk together the 4 eggs, pure maple syrup, melted coconut oil, and vanilla extract vigorously for 1 minute until smooth and frothy.

3. **Whisk Dry Ingredients:** In a separate bowl, whisk together almond flour, tapioca starch, coconut flour, cinnamon, ginger, nutmeg, allspice, baking soda, and Celtic sea salt until lump-free.
4. **Combine & Fold Carrots:** Pour dry ingredients into wet ingredients; stir with a spatula until combined. Fold in the squeezed grated carrots and chopped toasted pecans until evenly distributed.
5. **Bake (Golden Spring Invariant):** Spread batter evenly into the prepared pan. Bake at 350°F for 28 to 32 minutes until the center springs back when lightly pressed and a toothpick inserted into the center comes out clean. Transfer pan to a wire rack to cool completely to room temperature.
6. **Whip Cashew Cream Cheese Frosting:** Place drained soaked cashews, coconut cream, maple syrup, lemon juice, apple cider vinegar, vanilla extract, and sea salt in a high-speed blender. Blend on HIGH for 90 seconds until ultra-creamy, glossy, and smooth like whipped cream cheese. (Chill frosting in fridge for 15 minutes to firm up).
7. **Frost & Garnish:** Spread chilled cashew cream cheese frosting generously over the cooled cake using an offset spatula. Garnish with chopped toasted pecans and a dusting of cinnamon. Slice into 12 squares and enjoy!

Chef's Paleo Nutritional Science: Fresh grated carrots deliver concentrated beta-carotene (provitamin A) and falcarinol, an anticancer polyacetylene. Ceylon cinnamon (true cinnamon) contains cinnamaldehyde, which enhances cellular insulin sensitivity and stabilizes postprandial glucose levels.

RECIPE #156 • GRAIN-FREE BAKING & DESSERTS

Molten Paleo Dark Chocolate Lava Cakes

Craving an ultra-luxurious, five-star French restaurant molten chocolate lava cake with a warm flowing fudge center without wheat flour, refined white sugar, heavy dairy butter, or corn syrup? These Molten Paleo Dark Chocolate Lava Cakes melt fair-trade 85% bittersweet dark chocolate with grass-fed ghee (or virgin coconut oil) and whisk with pasture-raised eggs, pure Grade A dark maple syrup, and blanched almond flour. Baked in cocoa-dusted ramekins for precisely 12 minutes so the outer cake sets while the rich chocolate center stays completely liquid and gooey, served with a vibrant fresh raspberry coulis in 25 minutes.

Prep: 12 Mins	**Cook:** 20 Mins	**Yield:** 4 Individual Lava Cakes	**Level:** Intermediate
Calories: 290 kcal	**Protein:** 6g	**Healthy Fats:** 22g	**Net Carbs:** 14g

Ingredients

For the Molten Chocolate Lava Cakes:

- **5 oz organic 85% bittersweet dark chocolate** (fair-trade, soy lecithin-free), roughly chopped
- **0.33 cup grass-fed ghee or solid virgin coconut oil**
- **2 large pasture-raised eggs** plus **2 large egg yolks** (room temperature)
- **0.33 cup pure Grade A dark maple syrup**
- **3 tbsp superfine blanched almond flour**
- **1.5 tbsp raw cacao powder or Dutch-process cocoa powder** (plus extra for dusting ramekins)
- **1.5 tsp pure Madagascar vanilla extract**
- **0.5 tsp coarse Celtic sea salt** and **pinch of espresso powder** (enhances deep chocolate flavor)

For the Fresh Raspberry Coulis:

- **1.5 cups fresh organic raspberries**

- **1.5 tbsp pure maple syrup**
- **1 tsp fresh organic lemon juice**

For Garnish:

- **Fresh organic raspberries & fresh mint leaves**
- **Whipped vanilla coconut cream or dusting of raw cacao powder**

Step-by-Step Instructions

1. **Preheat Oven & Prep Ramekins (Zero-Stick Invariant):** Preheat oven to 400°F (200°C). Generously grease four 6-oz ceramic ramekins with melted ghee. Add 1 tbsp cocoa powder to one ramekin, tilt and tap to coat all sides evenly, and tap excess into the next ramekin until all 4 are dusted. Place ramekins on a heavy baking sheet.
2. **Melt Chocolate & Ghee:** Place chopped 85% dark chocolate and grass-fed ghee in a heatproof glass bowl set over a small saucepan of gently simmering water (double boiler). Stir gently with a silicone spatula until completely melted, glossy, and smooth. Remove from heat and let cool for 3 minutes.
3. **Whisk Eggs & Maple Syrup:** In a medium mixing bowl, whisk together the 2 whole eggs, 2 egg yolks, pure maple syrup, vanilla extract, sea salt, and espresso powder vigorously for 1 minute until slightly frothy and pale.
4. **Fold Batter:** Slowly pour the melted chocolate mixture into the egg mixture, whisking constantly until combined. Sift in the almond flour and cacao powder. Gently fold with a spatula just until dry streaks disappear (do not overmix).
5. **Fill Ramekins:** Divide the chocolate batter evenly among the 4 prepared ramekins, filling each about three-quarters full.
6. **Bake for Precisely 11 to 13 Minutes (The Molten Center Invariant):** Bake at 400°F on the center rack for 11 to 13 minutes. The edges of the cakes should look firm, puffed, and matte, but the center circle (about 1 inch across) should remain soft, glossy, and slightly jiggly when the pan is nudged. (Do NOT overbake or the molten center will cook through).
7. **Make Raspberry Coulis:** While cakes bake, combine fresh raspberries, maple syrup, and lemon juice in a blender; blend until smooth. Press through a fine-mesh sieve with the back of a spoon to remove all seeds.
8. **Invert & Serve:** Remove ramekins from oven and let rest on the baking sheet for exactly 1 minute. Run a thin butter knife gently around the top edge of each cake. Place an inverted dessert plate over the ramekin and, using an oven mitt, flip both over quickly. Let sit inverted for 10 seconds, then gently lift off the ramekin. The cake will unmold cleanly!
9. **Garnish & Enjoy:** Spoon fresh raspberry coulis around the cake, dust with cacao powder, garnish with fresh raspberries and mint sprigs, and top with a dollop of vanilla coconut whipped cream. Cut open with a spoon to release the warm flowing chocolate lava!

Chef's Paleo Nutritional Science: Organic 85% bittersweet dark chocolate is an exceptional source of flavan-3-ols (epicatechin) and theobromine, which stimulate endothelial nitric oxide production to improve vascular elasticity. Pasture-raised egg yolks supply bioavailable lutein and choline, creating a naturally stable, silk-smooth emulsion without synthetic emulsifiers.

RECIPE #157 • GRAIN-FREE BAKING & DESSERTS

No-Bake Dark Chocolate Coconut Silk Tart with Grain-Free Pecan Crust

Craving a show-stopping, ultra-luxurious chocolate dessert that requires zero oven time and contains no refined sugars, dairy, or gluten? This no-bake dark chocolate coconut silk tart combines a buttery, pressed raw pecan and Medjool date crust with an intensely rich, velvety dark chocolate ganache filling crafted from chilled coconut cream, organic raw cacao, pure maple syrup, and vanilla bean caviar. Topped with toasted coconut ribbons and flaky Maldon sea salt, this decadent tart achieves pastry-chef elegance with effortless ease.

Prep: 20 Mins	**Cook:** 3 Hours	**Yield:** 10 Slices	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Raw Georgia Pecans:** Rich in heart-healthy monounsaturated oleic acid and manganese. When pulsed in a food processor, their natural oils release, creating a moist, buttery meal without added liquids.
- **Medjool Dates:** Serve as nature's ultimate caramel adhesive. Medjool dates possess high concentrations of natural invert sugars (glucose and fructose) and sticky pectin fibers that bind the ground pecans into a dough that presses firmly into the fluted edges of a tart pan.
- **Unrefined Sea Salt & Vanilla:** A touch of sea salt sharpens the natural sweetness of the dates, while vanilla bean balances the earthy nut oils.

Step-by-Step Instructions

1. In the bowl of a food processor, pulse 1.5 cups of raw pecan halves and 1/2 cup blanched almond flour for 10 seconds until coarsely ground.

2. Add 8 large soft Medjool dates (pitted), 2 tablespoons of melted coconut oil, 1 teaspoon pure vanilla extract, and 1/4 teaspoon fine sea salt.

3. Process continuously for 45 to 60 seconds until a sticky, cohesive dough forms that easily holds its shape when squeezed between your fingers.

4. Transfer the mixture into a 9-inch round fluted tart pan with a removable bottom. Using your fingers or the flat bottom of a glass measuring cup, press the crust mixture firmly and evenly across the bottom and up the fluted sides of the pan.

5. Place the crust in the freezer to chill and firm up for 15 minutes while preparing the silk filling.

RECIPE #158 • GRAIN-FREE BAKING & DESSERTS

No-Bake Dark Chocolate Avocado Fudge Tart

Looking for a show-stopping chocolate dessert that is 100% grain-free, dairy-free, and requires zero oven time? This No-Bake Dark Chocolate Avocado Fudge Tart uses creamy, ripe avocados to create a silky, ultra-rich chocolate ganache that rivals traditional French pastry. Layered over a buttery raw pecan and Medjool date crust, it delivers pure chocolate decadence without refined sugars or processed oils.

Prep: 20 Mins	**Cook:** 3 Hours	**Yield:** 8 Servings	**Level:** Easy
Calories: 340 kcal	**Protein:** 6g	**Healthy Fats:** 26g	**Net Carbs:** 18g

Ingredients

For the Grain-Free Pecan Crust:

- **1.5 cups raw pecans or walnuts**
- **0.75 cup soft Medjool dates** (pitted, approx. 6–8 dates)
- **2 tbsp raw organic cacao powder**
- **1 tbsp unrefined coconut oil**, melted
- **0.25 tsp coarse Celtic sea salt**

For the Silky Chocolate Avocado Fudge Filling:

- **2 large ripe Haas avocados** (approx. 2 cups pitted flesh, with zero brown spots)
- **0.66 cup raw organic cacao powder** (or dark Dutch-process cocoa)
- **0.5 cup pure Grade A dark maple syrup** (or raw local honey)
- **0.25 cup full-fat unsweetened coconut cream** (from the top of a chilled can)
- **0.25 cup unrefined coconut oil**, melted and cooled
- **2 tsp pure Madagascar vanilla extract**
- **0.5 tsp coarse Himalayan pink salt**

Optional Garnishes:

- **Fresh organic raspberries or sliced strawberries**
- **Flaky Maldon sea salt crystals**
- **Unsweetened toasted coconut flakes**

Step-by-Step Instructions

1. **Prepare the Tart Pan:** Lightly grease a 9-inch round fluted tart pan with removable bottom (or an 8-inch springform pan) with coconut oil.
2. **Process the Crust:** In a food processor, add the raw pecans, pitted Medjool dates, 2 tbsp cacao powder, melted coconut oil, and 0.25 tsp sea salt. Pulse on high for 45 to 60 seconds until a sticky crumb dough forms that holds together when squeezed.
3. **Press the Crust:** Transfer the dough into the prepared tart pan. Use your fingers and the flat bottom of a glass to firmly and evenly press the crust across the bottom and up the sides. Place in the freezer for 15 minutes while preparing the filling.
4. **Blend the Fudge Filling:** Wipe out the food processor bowl (or use a high-speed blender). Add the ripe avocado flesh, raw cacao powder, pure maple syrup, coconut cream, melted coconut oil, vanilla extract, and sea salt. Blend

on high for 2 minutes, stopping once to scrape down the sides, until the mousse is completely silky, glossy, and lump-free.

5. **Fill & Smooth:** Remove the tart pan from the freezer. Pour the warm chocolate avocado mousse into the crust. Use an offset spatula to smooth the top into an elegant, glossy finish.
6. **Chill to Set:** Refrigerate the tart uncovered for at least 3 hours (or overnight) until the filling is firm and set.
7. **Garnish & Slice:** Gently press up the removable bottom to release the tart from the pan. Garnish with fresh raspberries and a sprinkle of flaky sea salt. Slice with a sharp warm knife and serve chilled.

Chef's Paleo Nutritional Science: Raw cacao powder is one of the highest natural sources of polyphenols and theobromine on Earth, delivering potent vasodilation and nitric oxide support. Ripe avocados provide heart-healthy oleic acid, potassium, and soluble fiber, enabling zero blood sugar spikes compared to traditional sucrose-laden bakery tarts.

RECIPE #159 • GRAIN-FREE BAKING & DESSERTS

Classic Paleo Chocolate Fudge Tart with Hazelnut Shortbread Crust & Sea Salt

Looking for that quintessential Parisian patisserie chocolate tart without white flour, refined sugar, or dairy cream? This classic paleo chocolate fudge tart features a crisp, golden-baked roasted hazelnut and coconut flour shortbread crust filled with an intensely dense, glossy dark chocolate fudge ganache. Topped with flaky Maldon sea salt crystals, this dessert combines the toasted praline aroma of European hazelnuts with dark Ecuadorian cacao for an unforgettable ancestral confectionery masterpiece.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 10 Slices	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Maillard Pyrolysis:** Heat toasts the hazelnut proteins and caramelizes the coconut sugar, producing a crisp, crumbly shortbread snap that contrasts with the smooth ganache.
- **Moisture Sealing:** As the shortbread cools, the ghee solidifies into a water-resistant fat barrier, preventing the liquid ganache from soaking into the crust and causing sogginess.

Step-by-Step Instructions

1. Preheat oven to 350°F (177°C). Grease a 9-inch round fluted tart pan with a removable bottom using coconut oil.
2. In a food processor, pulse 1.5 cups roasted skinned hazelnuts until a fine, sandy meal forms.
3. Add 1/4 cup coconut flour, 3 tablespoons coconut sugar, 4 tablespoons melted grass-fed ghee (or melted coconut oil), 1 teaspoon vanilla extract, and 1/4 teaspoon fine sea salt. Pulse until the dough gathers into moist clumps.
4. Transfer dough into the tart pan. Press evenly and firmly over the bottom and up the fluted edges. Prick the bottom several times with a fork to prevent air bubbles from puffing during baking.
5. Bake at 350°F for 12 to 14 minutes until fragrant and golden-brown. Cool completely on a wire rack before filling.

RECIPE #160 • GRAIN-FREE BAKING & DESSERTS

Paleo Cinnamon Roll Coffee Cake

Craving a slice of warm, bakery-style cinnamon roll coffee cake with a moist, tender crumb, rich cinnamon swirl center, and crunchy golden pecan streusel without wheat flour, refined white sugar, dairy butter, or vegetable shortening? This Paleo Cinnamon Roll Coffee Cake layers a tender vanilla cake made from blanched almond flour, tapioca starch, pasture-raised eggs, and pure maple syrup with an aromatic Ceylon cinnamon and coconut sugar swirl. Crowned with a crunchy toasted pecan streusel crumble and drizzled with a dairy-free coconut cream vanilla glaze in 40 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 9 Slices (8x8 Pan)	**Level:** Easy
Calories: 290 kcal	**Protein:** 7g	**Healthy Fats:** 20g	**Net Carbs:** 14g

Ingredients

For the Moist Vanilla Cake Batter:

- **2 cups superfine blanched almond flour** (spooned & leveled)
- **0.33 cup tapioca starch or arrowroot flour**
- **2 tbsp organic coconut flour** (sifted)
- **1 tsp aluminum-free baking powder** and **0.5 tsp baking soda**
- **0.25 tsp fine Celtic sea salt**
- **3 large pasture-raised eggs** (room temperature)
- **0.33 cup pure Grade A maple syrup**
- **0.25 cup unrefined virgin coconut oil or melted grass-fed ghee**
- **0.25 cup unsweetened almond milk or culinary coconut milk**
- **1.5 tsp pure bourbon vanilla extract** and **1 tsp raw apple cider vinegar** (activates baking soda for airy lift)

For the Cinnamon Swirl Ribbon:

- **0.33 cup organic coconut sugar**
- **1.5 tbsp ground Ceylon cinnamon**
- **1 tbsp melted coconut oil or ghee**

For the Buttery Pecan Streusel Topping:

- **0.75 cup raw pecans**, finely chopped
- **0.33 cup almond flour** and **0.25 cup coconut sugar**
- **1 tsp ground cinnamon** and **pinch of sea salt**
- **2.5 tbsp solid virgin coconut oil or cold ghee**, cut into pea-sized bits

For the Vanilla Coconut Glaze:

- **0.25 cup coconut butter (manna) or culinary coconut cream**, melted
- **1 tbsp pure maple syrup**, **0.5 tsp vanilla**, and **1 tbsp warm almond milk**

Step-by-Step Instructions

1. **Prep Oven & Pan:** Preheat oven to 350°F (175°C). Line an 8x8-inch square metal baking pan with parchment paper, leaving an overhang on the sides for easy lifting. Grease lightly with coconut oil.

2. **Make Pecan Streusel Topping:** In a small bowl, combine chopped pecans, 0.33 cup almond flour, 0.25 cup coconut sugar, 1 tsp cinnamon, and a pinch of salt. Cut in the cold solid coconut oil/ghee with a fork until a coarse, sandy crumble forms. Set aside.
3. **Make Cinnamon Swirl:** In a separate small bowl, mix together 0.33 cup coconut sugar, 1.5 tbsp ground cinnamon, and 1 tbsp melted coconut oil until a fragrant spiced paste forms.
4. **Whisk Cake Batter:** In a large mixing bowl, whisk almond flour, tapioca starch, coconut flour, baking powder, baking soda, and Celtic sea salt. In a medium bowl, whisk eggs, maple syrup, melted coconut oil/ghee, almond milk, vanilla extract, and cider vinegar until frothy. Pour wet ingredients into dry ingredients and stir with a spatula until a smooth, thick batter forms.
5. **Layer & Swirl:** Spread half of the cake batter evenly into the bottom of the prepared pan. Drop dollops of the cinnamon swirl mixture over the batter, using a butter knife to swirl it through. Spread the remaining cake batter gently over top. Scatter the pecan streusel crumble evenly across the entire surface.
6. **Bake to Golden Perfection:** Bake at 350°F (175°C) for **24 to 28 minutes** until a toothpick inserted into the center comes out clean with just a few moist crumbs and the pecan streusel is golden and fragrant.
7. **Cool, Glaze & Slice:** Let cake cool in the pan on a wire rack for 20 minutes. Whisk melted coconut butter, maple syrup, vanilla, and warm almond milk in a small bowl until a silky glaze forms. Drizzle generously over the warm cake. Lift out using parchment overhang, slice into 9 squares, and enjoy warm with your favorite cup of organic coffee or herbal tea!

Chef's Paleo Nutritional Science: Ceylon cinnamon (true cinnamon) contains cinnamaldehyde, which has been shown in clinical trials to improve insulin sensitivity and glucose uptake. Almond flour supplies Vitamin E and plant-based protein, while coconut oil delivers medium-chain fatty acids that provide clean, sustained morning energy.

RECIPE #161 • GRAIN-FREE BAKING & DESSERTS

Paleo Classic Shepherd's Pie

Craving an authentic, deeply satisfying British pub-style Shepherd's Pie with a rich meaty gravy and golden crust without white potatoes, dairy milk, butter, cornstarch, peas, or wheat flour thickeners? This Paleo Classic Shepherd's Pie browns 2 pounds of 100% grass-fed ground beef (or ground lamb) with diced carrots, celery, yellow onion, garlic, and fresh rosemary, simmered in organic beef bone broth, tomato paste, and savory coconut aminos. Crowned with a fluffy, buttery whipped sweet potato mash (or cauliflower parsnip mash) and baked until bubbling with golden caramelized peaks in 45 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 Hearty Servings	**Level:** Easy
Calories: 460 kcal	**Protein:** 38g	**Healthy Fats:** 22g	**Net Carbs:** 22g

Ingredients

For the Rich Savory Meat Filling:

- **2 lbs 100% grass-fed ground beef (or pasture-raised ground lamb)** (85/15 lean ratio)
- **1 tbsp grass-fed ghee or unrefined avocado oil**
- **1 large yellow onion**, finely diced
- **3 medium organic carrots**, peeled and diced
- **2 stalks organic celery**, finely diced

- **5 cloves fresh garlic**, minced
- **3 tbsp organic tomato paste** (no sugar added)
- **0.33 cup organic coconut aminos** (replaces Worcestershire sauce for deep umami)
- **1 cup rich organic beef bone broth**
- **1 tbsp fresh rosemary**, finely chopped
- **1 tbsp fresh garden thyme leaves**
- **1.5 tsp coarse Celtic sea salt** and **1 tsp freshly cracked black pepper**
- **1.5 tbsp arrowroot starch** (whisked with 2 tbsp cold water to thicken gravy)

For the Whipped Sweet Potato Mash Topping:

- **3 lbs organic orange Garnet sweet potatoes (or jewel yams)**, peeled and cubed into 1-inch pieces
- **3 tbsp grass-fed ghee or melted coconut oil**
- **0.33 cup unsweetened culinary coconut milk or almond milk**
- **1 tsp fine Celtic sea salt** and **0.25 tsp ground nutmeg**
- **1 large pasture-raised egg yolk** (optional, for gorgeous golden crust browning)

Step-by-Step Instructions

1. **Boil & Mash Sweet Potatoes:** Place cubed sweet potatoes in a large pot of salted water. Bring to a boil and cook for 12 to 15 minutes until fork-tender. Drain thoroughly. Return potatoes to the pot, add ghee, coconut milk, sea salt, nutmeg, and egg yolk. Mash with a potato masher or hand mixer until completely smooth, fluffy, and lump-free. Set aside.
2. **Brown Meat & Mirepoix:** Preheat oven to 400°F (200°C). In a large 12-inch oven-safe cast-iron skillet (or Dutch oven), heat 1 tbsp ghee over MEDIUM-HIGH heat. Add ground beef and cook for 6 to 8 minutes, breaking it into small crumbles with a wooden spoon, until browned. Remove excess rendered grease if necessary.
3. **Sauté Aromatics & Herbs:** Add diced onion, carrots, celery, and minced garlic to the meat. Sauté for 5 to 6 minutes until vegetables are tender-crisp. Stir in tomato paste, chopped rosemary, thyme, Celtic sea salt, and black pepper, cooking for 2 minutes until fragrant.
4. **Simmer Thick Gravy:** Pour in beef bone broth and coconut aminos. Bring to a simmer. In a small bowl, whisk arrowroot starch with 2 tbsp cold water and pour into the bubbling meat sauce. Stir constantly for 2 minutes until the gravy thickens into a glossy, rich filling. Remove from heat.
5. **Layer & Crosshatch Mash:** Spread meat filling evenly across the bottom of the skillet (or transfer to a 9x13-inch baking dish). Spoon warm whipped sweet potato mash over top, gently spreading it edge-to-edge to seal in the meat gravy. Use the tines of a fork to create textured ridges and crosshatch patterns across the top (these peaks will caramelize into crispy golden tips).
6. **Bake to Golden Perfection:** Bake at 400°F (200°C) for **25 to 30 minutes** until the filling is bubbling vigorously around the edges and the sweet potato ridges are lightly browned. (Switch to HIGH BROIL for the final 2 minutes for extra crispy crust peaks).
7. **Rest & Serve:** Let cool for 10 minutes to allow the layers to settle. Garnish with fresh thyme sprigs and serve generous scoops of bubbling comfort food!

Chef's Paleo Nutritional Science: 100% grass-fed ground beef provides bioavailable zinc, selenium, Vitamin B12, and conjugated linoleic acid (CLA). Sweet potatoes supply abundant beta-carotene (pro-Vitamin A), potassium, and complex dietary fiber that fuels beneficial gut flora without causing rapid blood sugar spikes.

RECIPE #162 • GRAIN-FREE BAKING & DESSERTS

Creamy Coconut Vanilla Panna Cotta with Wild Blackberry Compote

Can an authentic Italian dessert with a velvety wobble and luxurious mouthfeel truly be made without a single drop of heavy dairy cream or refined white sugar? Originating in the Piedmont region of Northern Italy, traditional panna cotta ("cooked cream") is revered worldwide for its delicate custard-like texture. This dairy-free ancestral interpretation utilizes rich culinary coconut cream, pure pasture-raised bovine gelatin, real Madagascar vanilla bean caviar, and a warm, tart wild blackberry compote to deliver four-star Italian elegance that supports gut mucosal integrity and metabolic health.

Prep: 15 Mins	**Cook:** 4 Hours	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Too Firm or Rubber-Like:** Excessive gelatin was used. Stick strictly to 1.5 teaspoons of powdered gelatin per 2 cups of total liquid for that delicate, silky wobble.
- **Did Not Set:** The gelatin was either not bloomed in cold water first, or the liquid was brought to a rolling boil, which degrades gelatin proteins. Always bloom and warm gently.
- **Separation Layer at the Bottom:** This occurs if your coconut cream had high water content or was not whisked thoroughly. Sieve the mixture and let it cool slightly at room temperature before refrigerating.

Step-by-Step Instructions

1. Pour 1/4 cup of cold filtered water into a small bowl.

2. Evenly sprinkle 1.5 teaspoons of unflavored grass-fed bovine gelatin powder across the surface. *Do not dump it in a single pile, or the core will remain dry!*

3. Let sit undisturbed for 5 to 7 minutes. The gelatin granules will absorb the water, swelling into a translucent, spongy gel.

RECIPE #163 • GRAIN-FREE BAKING & DESSERTS

Fudgy Dark Chocolate Avocado Popsicles with Toasted Coconut & Sea Salt

Remember the creamy, chocolatey joy of biting into a store-bought Fudgesicle on a sweltering summer afternoon? Commercial frozen chocolate bars are notorious nutritional landmines loaded with high-fructose corn syrup, artificial vanillin, modified whey, and guar gum fillers. These homemade fudgy dark chocolate avocado popsicles recreate that decadent nostalgic chew using ripe Hass avocados, raw dark cacao, full-fat coconut cream, and pure maple syrup. Finished with a dip in melted dark chocolate and toasted coconut ribbons, this frozen treat delivers whole-food indulgence without dairy or refined sugar.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 Popsicles	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Lipid-Bound Hydrocolloid Emulsions:** Ripe Hass avocado (*Persea americana*) contains over 15% fat, overwhelmingly mono-unsaturated oleic acid (C18:1). When blended with full-fat coconut cream, the microscopic lipid globules physically disrupt water molecule lattice bonding, preventing large ice crystals from forming.
- **Colligative Freezing Point Depression:** The natural monosaccharides and disaccharides in pure maple syrup lower the freezing temperature of the liquid. As a result, the popsicle freezes into a dense, malleable, fudgy texture rather than an impenetrable block of ice.

Step-by-Step Instructions

1. In the pitcher of a high-speed blender or food processor, combine 2 medium ripe Hass avocados (approx. 1 cup mashed flesh). Ensure avocados are soft to the touch with no brown blemishes.

2. Add 1/2 cup raw unsweetened cacao powder, 1/2 cup pure maple syrup, 1 can (13.5 oz) full-fat culinary coconut cream, 1 teaspoon pure vanilla extract, and 1/4 teaspoon fine sea salt.

3. Blend on high speed for 60 to 90 seconds, stopping to scrape down the sides with a silicone spatula once. Blend until the mixture is completely silky, glossy, and thick like chocolate pudding. *Taste and ensure zero avocado flavor or flecks remain!*

RECIPE #164 • GRAIN-FREE BAKING & DESSERTS

Paleo Grain-Free Apple Crisp

Craving a warm, bubbling skillet of old-fashioned apple crisp with tender cinnamon-spiced apples and a crunchy, buttery streusel crumble without rolled oats, wheat flour, refined white sugar, or dairy butter? This Paleo Grain-Free Apple Crisp tosses thinly sliced Honeycrisp and tart Granny Smith apples in pure Grade A maple syrup, lemon juice, arrowroot starch, and Ceylon cinnamon. Crowned with an irresistible oat-free streusel crumble made from raw Georgia pecans, superfine blanched almond flour, unsweetened shredded coconut flakes, coconut sugar, and grass-fed ghee (or coconut oil). Baked until bubbling and served warm with dairy-free vanilla coconut ice cream in 40 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 280 kcal	**Protein:** 4g	**Healthy Fats:** 18g	**Net Carbs:** 24g

Ingredients

For the Spiced Apple Filling:

- **6 medium organic apples (approx. 2 lbs)**, peeled, cored, and sliced into 0.25-inch wedges (use a 50/50 mix of sweet Honeycrisp and tart Granny Smith)
- **2.5 tbsp pure Grade A maple syrup**
- **1 tbsp freshly squeezed organic lemon juice**
- **1.5 tbsp arrowroot starch or tapioca flour** (thickens natural apple juices into a glossy caramel sauce)
- **1.5 tsp ground Ceylon cinnamon**, **0.5 tsp ground nutmeg**, and **1 tsp pure vanilla extract**
- **0.25 tsp fine Celtic sea salt**

For the Crunchy Pecan Streusel Crumble (Oat-Free):

- **1.25 cups raw pecan halves**, coarsely chopped

- **1 cup superfine blanched almond flour**
- **0.33 cup unsweetened shredded coconut flakes** (provides that traditional oat chew)
- **0.33 cup organic coconut sugar**
- **1 tsp ground Ceylon cinnamon** and **0.25 tsp fine sea salt**
- **0.33 cup grass-fed ghee or solid virgin coconut oil**, melted and cooled slightly
- **1 tbsp pure maple syrup**

For Serving:

- **Dairy-free vanilla bean coconut ice cream or chilled whipped coconut cream**

Step-by-Step Instructions

1. **Prep Oven & Baking Dish:** Preheat oven to 350°F (175°C). Lightly grease an 8x8-inch ceramic baking dish (or a 10-inch cast-iron skillet) with coconut oil or ghee.
2. **Toss Spiced Apples:** In a large mixing bowl, combine sliced Honeycrisp and Granny Smith apples, maple syrup, fresh lemon juice, arrowroot starch, cinnamon, nutmeg, vanilla extract, and sea salt. Toss with a spatula until every apple slice is evenly coated in spiced syrup. Transfer apples into the prepared baking dish, pressing them down into an even, compact layer.
3. **Make Oat-Free Streusel Crumble (Clumping Invariant):** In a medium bowl, whisk together chopped pecans, almond flour, shredded coconut, coconut sugar, cinnamon, and sea salt. Pour in melted ghee/coconut oil and 1 tbsp maple syrup. Stir with a fork until the mixture forms coarse, clumpy crumbs that hold together when squeezed.
4. **Top Apples Generously:** Scatter the pecan crumble evenly across the top of the spiced apples, covering the fruit completely.
5. **Bake to Golden Bubble:** Bake at 350°F (175°C) for **25 to 30 minutes** until the apple juices are bubbling vigorously around the edges, the apples are fork-tender, and the pecan streusel is deeply golden and fragrant. (If topping browns too fast at minute 20, tent loosely with a sheet of aluminum foil).
6. **Cool & Set:** Remove from oven and let rest for 10 minutes so the bubbling spiced caramel sauce thickens and coats the fruit.
7. **Serve Warm:** Spoon generous warm helpings of spiced apples and crispy pecan crumble into dessert bowls. Crown immediately with a scoop of dairy-free vanilla coconut ice cream and watch it melt into rich cinnamon caramel bliss!

Chef's Paleo Nutritional Science: Fresh organic apples contain soluble pectin fiber and quercetin flavonoids that strengthen the gut mucosal barrier and combat cellular oxidative stress. Raw pecans and almond flour provide Vitamin E, zinc, and oleic acid, while Ceylon cinnamon improves insulin receptor signaling.

RECIPE #165 • GRAIN-FREE BAKING & DESSERTS

Paleo Grain-Free Carrot Cake

Craving a bakery-showstopper carrot cake with an ultra-moist, tender spiced crumb, toasted pecans, and luscious cream cheese frosting without wheat flour, refined white sugar, dairy cream cheese, or industrial seed oils? This Paleo Grain-Free Carrot Cake folds 2 cups of freshly hand-grated organic carrots into a fragrant batter of superfine blanched almond flour, tapioca starch, coconut flour, pasture-raised eggs, pure maple syrup, Ceylon cinnamon, ground ginger, and nutmeg. Baked into golden layers and frosted with a silky, tangy dairy-free cream cheese frosting crafted from soaked raw cashews, culinary coconut cream, and fresh lemon juice in 45 minutes.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 10 to 12 Slices	**Level:** Easy
Calories: 340 kcal	**Protein:** 7g	**Healthy Fats:** 24g	**Net Carbs:** 16g

Ingredients

For the Spiced Grain-Free Carrot Cake:

- **2 cups freshly grated organic carrots** (grated on fine-medium box grater; do not use dry pre-shredded packaged carrots)
- **2.25 cups superfine blanched almond flour** (spooned and leveled)
- **0.33 cup tapioca starch or arrowroot flour**
- **3 tbsp organic coconut flour** (sifted)
- **1.5 tsp baking powder** and **0.75 tsp baking soda**
- **1.5 tbsp ground Ceylon cinnamon**, **1 tsp ground ginger**, **0.5 tsp ground nutmeg**, and **0.25 tsp ground cloves**
- **0.5 tsp fine Celtic sea salt**
- **4 large pasture-raised eggs** (room temperature)
- **0.5 cup pure Grade A maple syrup or coconut sugar**
- **0.33 cup unrefined virgin coconut oil or melted grass-fed ghee**
- **1 tsp pure vanilla extract** and **1 tsp raw apple cider vinegar**
- **0.5 cup raw pecans or walnuts**, toasted and finely chopped (plus extra for topping)

For the Tangy Cashew Cream Cheese Frosting:

- **1.5 cups raw cashews** (soaked in boiling water for 30 minutes, then drained thoroughly)
- **0.5 cup full-fat culinary coconut cream** (solid cream from top of chilled canned coconut milk)
- **0.33 cup pure maple syrup or raw honey**
- **3 tbsp virgin coconut oil or grass-fed ghee**, melted
- **2.5 tbsp freshly squeezed organic lemon juice** (gives essential cream cheese tang)
- **1 tsp raw apple cider vinegar**, **1.5 tsp pure vanilla extract**, and **pinch of fine sea salt**

Step-by-Step Instructions

1. **Prep Pans & Oven:** Preheat oven to 350°F (175°C). Grease two 8-inch round cake pans (or one 9x13-inch baking pan) with coconut oil and line the bottoms with parchment paper rounds.
2. **Whisk Dry Ingredients:** In a large mixing bowl, whisk together almond flour, tapioca starch, sifted coconut flour, baking powder, baking soda, cinnamon, ginger, nutmeg, cloves, and Celtic sea salt until completely uniform and

lump-free.

3. **Whisk Wet Ingredients:** In a separate bowl, vigorously whisk pasture-raised eggs, maple syrup, melted coconut oil/ghee, vanilla extract, and apple cider vinegar for 2 minutes until frothy.
4. **Fold Batter & Add Carrots:** Pour wet ingredients into dry ingredients. Stir with a rubber spatula just until combined. Gently fold in freshly grated carrots and chopped toasted pecans until evenly distributed throughout the thick, fragrant batter.
5. **Bake to Golden Spring:** Divide batter evenly between the two prepared 8-inch pans. Bake at 350°F (175°C) for **24 to 28 minutes** (or 30 to 35 mins for a 9x13 pan) until the tops are golden, springy to the touch, and a toothpick inserted into the center emerges clean. Cool in pans for 15 minutes, then invert onto wire racks to cool completely to room temperature.
6. **Blend Tangy Cashew Frosting:** In a high-speed blender (like a Vitamix), combine soaked drained cashews, coconut cream, maple syrup, melted coconut oil, lemon juice, cider vinegar, vanilla extract, and pinch of sea salt. Blend on HIGH for 90 to 120 seconds until ultra-velvety, creamy, and completely smooth without any cashew grit. Chill frosting in refrigerator for 20 minutes to firm up slightly.
7. **Frost & Decorate:** Place the first cooled cake layer onto a cake stand. Spread one-third of the chilled cashew cream cheese frosting across the top. Place second cake layer on top. Frost top and sides with remaining frosting using an offset spatula. Garnish perimeter with toasted chopped pecans and a light dusting of cinnamon. Chill for 30 minutes before slicing for clean, bakery-quality slices!

Chef's Paleo Nutritional Science: Freshly grated carrots deliver dense concentrations of beta-carotene and lutein that support optical retinal health. Raw soaked cashews provide heart-healthy monounsaturated oleic acid and magnesium, while Ceylon cinnamon and ginger aid metabolic glucose regulation.

RECIPE #166 • GRAIN-FREE BAKING & DESSERTS

Paleo Grain-Free Pecan Pie Tart

Craving a decadent, old-fashioned Southern pecan pie with a flaky buttery crust and gooey caramel custard center without high-fructose corn syrup, refined white sugar, wheat flour, or dairy butter? This Paleo Grain-Free Pecan Pie Tart bakes a crisp, buttery almond flour shortbread crust filled with toasted Georgia pecan halves submerged in a luscious homemade caramel custard crafted from pure Grade A maple syrup, coconut sugar, culinary coconut milk, pasture-raised eggs, pure vanilla extract, and Maldon flaky sea salt in 45 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 8 Slices	**Level:** Easy
Calories: 340 kcal	**Protein:** 5g	**Healthy Fats:** 26g	**Net Carbs:** 14g

Ingredients

For the Flaky Almond Shortbread Crust:

- **2 cups superfine blanched almond flour** (spooned and leveled)
- **0.25 cup tapioca starch or arrowroot flour** (creates a crisp shortbread snap)
- **3 tbsp grass-fed ghee or solid virgin coconut oil**, chilled
- **2 tbsp pure maple syrup**
- **0.5 tsp fine Celtic sea salt** and **1 tsp pure vanilla extract**

For the Gooey Caramel Pecan Filling:

- **2.5 cups raw pecan halves** (toasted lightly for 6 minutes in oven for maximum nutty crunch)
- **0.5 cup pure Grade A dark maple syrup**
- **0.33 cup organic coconut sugar**
- **0.33 cup full-fat culinary coconut cream**
- **3 tbsp grass-fed ghee or melted coconut oil**
- **3 large pasture-raised eggs**, beaten
- **1.5 tsp pure bourbon vanilla extract**
- **0.5 tsp fine sea salt** and **0.5 tsp Maldon flaky sea salt** (for topping)

For Serving:

- **Dairy-free vanilla bean coconut ice cream or whipped coconut cream**

Step-by-Step Instructions

1. **Prep & Blind-Bake Crust:** Preheat oven to 350°F (175°C). Grease a 9-inch round tart pan with removable bottom (or pie dish) with coconut oil. In a food processor, pulse almond flour, tapioca starch, chilled ghee, maple syrup, vanilla, and sea salt until a dough forms. Press dough firmly and evenly into bottom and up fluted sides of the tart pan. Prick base several times with a fork. Blind-bake for 10 minutes until lightly golden. Remove and let cool slightly.
2. **Toast Pecans:** Spread pecan halves on a separate baking sheet and toast at 350°F for 6 to 8 minutes until fragrant. Set aside 1 cup of the prettiest whole halves for crowning the top. Coarsely chop the remaining 1.5 cups.
3. **Simmer Caramel Custard:** In a small saucepan over MEDIUM heat, combine maple syrup, coconut sugar, coconut cream, melted ghee, and fine sea salt. Whisk gently and simmer for 3 minutes until coconut sugar is dissolved and syrup bubbles into a fragrant, glossy caramel. Remove from heat and cool for 5 minutes.
4. **Whisk Eggs & Vanilla:** Slowly whisk the beaten eggs and vanilla extract into the slightly cooled caramel syrup until completely emulsified and smooth.
5. **Assemble Tart:** Scatter the 1.5 cups of chopped toasted pecans evenly across the bottom of the pre-baked tart crust. Pour the warm caramel egg custard over the pecans. Artfully arrange the reserved 1 cup of whole pecan halves in concentric circles across the top.
6. **Bake to Gooey Perfection:** Bake at 350°F (175°C) for **26 to 30 minutes** until the edges are set and center has a gentle, slight jiggle (it will fully firm up as it cools).
7. **Cool & Flake Salt:** Remove from oven and immediately sprinkle with Maldon flaky sea salt. Let cool completely in tart pan on a wire rack for at least 1 hour (or chill in fridge for clean bakery-style slices). Pop tart out of removable fluted collar, slice into 8 wedges, and serve with dairy-free vanilla ice cream!

Chef's Paleo Nutritional Science: Raw pecans (Carya illinoinensis) provide dense levels of gamma-tocopherol (Vitamin E), manganese, and zinc to support cellular antioxidant defense. Grade A maple syrup and unrefined coconut sugar provide trace minerals including zinc and potassium while keeping the glycemic load far lower than commercial corn syrup.

RECIPE #167 • GRAIN-FREE BAKING & DESSERTS

Paleo Meyer Lemon Raspberry Loaf Cake with Coconut Butter Glaze

Can you bake a bakery-style lemon loaf cake with a tender, moist crumb and vibrant citrus punch without refined white flour, cane sugar, or commercial seed oils? Commercial lemon loaf cakes are notorious sugar bombs loaded with bleached wheat flour, inflammatory soybean oil, and artificial yellow dyes. This artisanal paleo Meyer lemon raspberry loaf cake utilizes superfine blanched almond flour, organic arrowroot starch, pasture-raised eggs, and sweet-tart wild raspberries, crowned with a rich whipped coconut butter glaze. It delivers four-star European tea-room decadence while nourishing metabolic health.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 8 Slices	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Blanched Almond Flour:** Superfine ground blanched almonds provide moisture-retentive mono-unsaturated fatty acids and natural vitamin E. Because almond flour lacks starch cohesion, using it alone results in a crumbly cake.
- **Arrowroot Starch Hydrocolloids:** Extracted from the rhizomes of *Maranta arundinacea*, arrowroot starch gelatinizes at 150°F (65°C), forming an elastic starch gel that binds the almond particles together without requiring gummy binders.
- **Coconut Flour Thirsty Fibers:** A small measure (2 tablespoons) of organic coconut flour absorbs excess liquid, stabilizing the batter and preventing the fresh fruit from weeping liquid into the crumb.

Step-by-Step Instructions

1. Preheat oven to 350°F (175°C). Line an 8.5 × 4.5-inch metal loaf pan with unbleached parchment paper, leaving a 2-inch overhang on both sides for effortless release.

2. Zest 2 large organic Meyer lemons (approx. 2 tablespoons zest). In a large mixing bowl, combine the zest with 1/3 cup raw coconut sugar or maple sugar. Use your fingertips to massage the zest into the sugar for 60 seconds until the sugar turns moist, yellow, and intoxicatingly fragrant.

3. Add 4 large room-temperature pasture-raised eggs, 1/3 cup pure maple syrup, 1/3 cup melted virgin coconut oil (or melted grass-fed ghee), 3 tablespoons freshly squeezed Meyer lemon juice, and 1 teaspoon pure vanilla extract. Whisk vigorously for 2 minutes until glossy and slightly frothy.

RECIPE #168 • GRAIN-FREE BAKING & DESSERTS

Paleo Maryland Jumbo Lump Crab Cakes

Craving authentic Chesapeake Bay-style Maryland jumbo lump crab cakes packed with huge sweet crab chunks without breadcrumbs, saltine crackers, flour fillers, soybean mayo, or canola fryer oils? These Paleo Maryland Jumbo Lump Crab Cakes gently fold 1 pound of fresh wild-caught jumbo lump blue crab meat with superfine blanched almond flour, avocado oil mayonnaise, pasture-raised egg, Dijon mustard, fresh lemon juice, and authentic Old Bay seasoning. Pan-seared in golden grass-fed ghee (or avocado oil) until sizzling-crisp on the outside and tender inside, paired with a zesty homemade Cajun remoulade in 25 minutes.

Prep: 15 Mins	**Cook:** 10 Mins	**Yield:** 4 Large Crab Cakes	**Level:** Easy
Calories: 380 kcal	**Protein:** 38g	**Healthy Fats:** 22g	**Net Carbs:** 3g

Ingredients

For the Jumbo Lump Crab Cakes:

- **1 lb fresh wild-caught jumbo lump or lump blue crab meat** (drained, picked over gently for shell fragments, keeping lump pieces intact)
- **0.5 cup superfine blanched almond flour** (binds gently without adding heavy filler)
- **0.33 cup avocado oil mayonnaise** (Primal Kitchen)
- **1 large pasture-raised egg**, beaten
- **1.5 tbsp fresh organic lemon juice** and **0.5 tsp lemon zest**
- **1 tbsp Dijon mustard** (sugar-free)
- **1.5 tsp authentic Old Bay seasoning**
- **1 tsp Worcestershire sauce** (gluten-free & sugar-free, or coconut aminos)
- **2 tbsp fresh flat-leaf parsley**, finely minced
- **0.25 tsp coarse Celtic sea salt** and **0.25 tsp white pepper**
- **3 tbsp grass-fed ghee or unrefined avocado oil** (for pan-searing)

For the Zesty Homemade Cajun Remoulade:

- **0.5 cup avocado oil mayonnaise**
- **1.5 tbsp fresh lemon juice**
- **1 tbsp Dijon mustard** and **1 tsp sugar-free hot sauce** (Frank's RedHot)
- **1 tbsp finely minced dill pickles or capers**
- **1 clove garlic**, finely grated into a paste
- **0.75 tsp smoked paprika**, **0.5 tsp garlic powder**, and **0.25 tsp cayenne pepper**

For Garnish & Serving:

- **Fresh lemon wedges & chopped parsley**
- **Crisp green garden salad or grilled asparagus spears**

Step-by-Step Instructions

1. **Whisk Wet Binder:** In a medium mixing bowl, whisk together avocado mayonnaise, beaten egg, Dijon mustard, fresh lemon juice, lemon zest, Old Bay seasoning, Worcestershire sauce (or coconut aminos), minced parsley, sea salt, and white pepper until creamy and smooth.

2. **Fold Lump Crab & Almond Flour (Zero-Breakage Invariant):** Gently fold the almond flour into the wet binder. Add the 1 lb of drained jumbo lump crab meat. Using a rubber spatula, gently fold together with extreme care to coat the crab without breaking up the large, beautiful lump crab pieces.
3. **Shape & Chill Patties:** Divide mixture into 4 equal mounds (approx. 0.5 cup each). Gently shape into thick, compact round patties (approx. 1 inch thick) and place on a parchment-lined baking sheet. Chill in the refrigerator for 20 to 30 minutes (chilling sets the egg and almond flour, ensuring the crab cakes hold together perfectly in the hot skillet).
4. **Whisk Cajun Remoulade:** In a small bowl, whisk together avocado mayo, lemon juice, Dijon mustard, hot sauce, minced pickles, grated garlic, smoked paprika, garlic powder, and cayenne until smooth. Chill until ready to serve.
5. **Pan-Sear to Golden Crisp:** Heat 3 tbsp grass-fed ghee or avocado oil in a 12-inch heavy cast-iron skillet over MEDIUM heat until shimmering. Carefully place chilled crab cakes in the skillet using a spatula. Sear undisturbed for 4 to 5 minutes until the bottom crust is deeply golden-brown and sizzling. Gently flip and sear for 4 minutes on the second side until hot and cooked through (internal temp 155°F / 68°C).
6. **Plate & Serve:** Transfer golden crab cakes to plates. Top each cake with a dollop of zesty Cajun remoulade. Garnish with fresh parsley and lemon wedges. Serve immediately alongside grilled asparagus or a fresh green salad!

Chef's Paleo Nutritional Science: Wild blue crab meat (Callinectes sapidus) is an ultra-dense source of bioavailable zinc, selenium, copper, and phosphorus without saturated fats or refined carbohydrates. Almond flour supplies monounsaturated fats and prebiotic fiber, while grass-fed ghee delivers conjugated linoleic acid.

RECIPE #169 • GRAIN-FREE BAKING & DESSERTS

Paleo Molten Chocolate Lava Cakes

Craving a decadent, five-star French bistro molten lava cake with tender chocolate cake walls and a hot, flowing fudge center without refined white sugar, wheat flour, dairy butter, or corn syrup? These Paleo Molten Chocolate Lava Cakes melt rich 70% organic dark chocolate (Hu Kitchen or Enjoy Life) with grass-fed ghee or virgin coconut oil over a double boiler. Whisked with pasture-raised eggs, coconut sugar, superfine almond flour, pure vanilla extract, and espresso powder. Baked at 425°F for 11 minutes until the edges are set and center is gooey molten fudge in 20 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 4 Ramekins	**Level:** Easy
Calories: 310 kcal	**Protein:** 6g	**Healthy Fats:** 22g	**Net Carbs:** 16g

Ingredients

For the Molten Lava Batter:

- **6 oz (approx. 1 cup) Paleo-friendly 70% dark chocolate chips or chopped baking chocolate** (Hu Kitchen or Enjoy Life)
- **0.33 cup grass-fed ghee or unrefined virgin coconut oil**
- **2 large pasture-raised eggs** plus **2 egg yolks** (room temperature)
- **0.33 cup organic coconut sugar or pure maple syrup**
- **3 tbsp superfine blanched almond flour** (sifted)
- **1 tbsp raw cacao powder** (plus extra for dusting ramekins)
- **1.5 tsp pure vanilla extract**

- **0.5 tsp espresso powder** (intensifies deep cocoa notes without tasting like coffee)
- **0.25 tsp fine Celtic sea salt**

For Serving & Garnish:

- **Dairy-free vanilla bean coconut ice cream or whipped coconut cream**
- **Fresh organic raspberries & fresh mint leaves**

Step-by-Step Instructions

1. **Prep Ramekins (Release Invariant):** Preheat oven to 425°F (220°C). Generously grease four 6-ounce ceramic ramekins with ghee or coconut oil. Dust the interior of each ramekin with raw cacao powder, tapping out any excess. Cut 4 small circles of parchment paper and press into the bottoms of the ramekins. (This guarantees effortless release when inverted).
2. **Melt Chocolate & Ghee:** Place dark chocolate and ghee (or coconut oil) into a heat-safe glass bowl set over a saucepan of gently simmering water (double boiler). Stir with a rubber spatula until glossy and completely smooth. Remove from heat and cool for 4 minutes.
3. **Whisk Eggs & Coconut Sugar:** In a separate mixing bowl, vigorously whisk whole eggs, egg yolks, coconut sugar, vanilla extract, and sea salt with a hand mixer or whisk for 2 minutes until frothy, pale, and slightly thickened.
4. **Fold Batter:** Gently pour melted chocolate mixture into the whipped eggs. Fold with a spatula until combined. Sift in almond flour, cacao powder, and espresso powder. Fold gently just until no dry pockets remain (do not overmix).
5. **Fill Ramekins:** Divide batter evenly among the 4 prepared ramekins, filling each about three-quarters full. Place ramekins onto a sturdy baking sheet.
6. **Flash-Bake (Timing Invariant):** Bake at 425°F (220°C) for **11 to 12 minutes**. Watch closely: the cake edges should be firm and puffed while the center remains glossy, jiggly, and soft. (Do not bake past 13 minutes, or the center will turn into solid cake).
7. **Invert & Serve:** Remove from oven and let rest in ramekins for exactly 2 minutes. Run a thin knife around the inside edges. Place an inverted dessert plate over each ramekin and carefully flip over. Gently lift ramekin off; peel away parchment circle. Dust with cacao powder, crown with a scoop of vanilla coconut ice cream and fresh raspberries, and serve immediately!

Chef's Paleo Nutritional Science: 70% raw dark chocolate is a dense source of flavanol antioxidants, magnesium, and theobromine that promote endothelial vasodilation and mood elevation. Pasture-raised egg yolks supply choline and essential lipids, while unrefined coconut sugar maintains a lower glycemic response.

RECIPE #170 • GRAIN-FREE BAKING & DESSERTS

Paleo No-Bake Key Lime Pie

Craving a refreshing, sweet-tart Key West-style key lime pie with a silky custard texture and buttery graham-style crust without sweetened condensed milk, heavy dairy cream, refined cane sugar, or graham cracker wheat flour? This Paleo No-Bake Key Lime Pie presses a buttery, toasted raw macadamia nut, unsweetened coconut, and Medjool date crust into a springform pan. Filled with a luscious, velvety emulsion of soaked raw cashews, culinary coconut cream, fresh-squeezed key lime juice, 2 tablespoons of fragrant lime zest, and pure maple syrup. Chilled until set and garnished with dairy-free whipped coconut cream and fresh lime wheels in 20 active minutes.

Prep: 15 Mins	**Cook:** 4 Hrs (Freezer)	**Yield:** 8 to 10 Slices	**Level:** Easy
Calories: 360 kcal	**Protein:** 6g	**Healthy Fats:** 28g	**Net Carbs:** 14g

Ingredients

For the Buttery Macadamia Coconut Crust:

- **1.25 cups raw macadamia nuts or raw pecans**
- **0.75 cup unsweetened shredded coconut flakes**
- **0.5 cup pitted soft Medjool dates** (approx. 5 large dates)
- **2 tbsp unrefined virgin coconut oil**, melted
- **0.25 tsp fine Celtic sea salt** and **0.5 tsp pure vanilla extract**

For the Silky Key Lime Filling:

- **1.5 cups raw cashews** (soaked in boiling water for 30 minutes, then drained thoroughly)
- **0.75 cup full-fat culinary coconut cream** (chilled solid top from canned coconut milk)
- **0.66 cup freshly squeezed key lime juice** (approx. 10 to 12 small key limes or 4 Persian limes)
- **2 tbsp finely grated key lime zest** (plus extra for garnish)
- **0.5 cup pure Grade A maple syrup or raw honey**
- **0.33 cup unrefined virgin coconut oil**, melted
- **1 tsp pure vanilla extract** and **pinch of fine sea salt**
- **0.5 tsp pure spirulina powder or spinach powder** (optional, for natural pastel lime green color)

For Garnish & Topping:

- **Whipped coconut cream** (whipped with 1 tbsp maple syrup & vanilla)
- **Fresh key lime slices & toasted macadamia crumbles**

Step-by-Step Instructions

1. **Prep Springform Pan:** Line the bottom of an 8-inch or 9-inch round springform pan (or tart pan with removable bottom) with parchment paper. Lightly grease edges with coconut oil.
2. **Make Macadamia Nut Crust:** In a food processor, combine macadamia nuts, shredded coconut, pitted dates, melted coconut oil, vanilla extract, and sea salt. Pulse for 20 to 30 seconds until a sticky, coarse crumble forms that holds together when pinched. Transfer crumble into the springform pan. Press mixture firmly and evenly across the bottom and slightly up the sides using the back of a measuring cup. Place crust in the freezer to firm up while preparing the filling.

3. **Blend Silky Key Lime Filling:** In a high-speed blender (like a Vitamix), add the drained soaked cashews, coconut cream, fresh key lime juice, lime zest, maple syrup, melted coconut oil, vanilla extract, sea salt, and spirulina (if using). Blend on HIGH for 90 to 120 seconds, stopping once to scrape the sides, until the filling is ultra-glossy, velvety smooth, and completely free of any nut grit.
4. **Pour & Smooth:** Remove chilled crust from freezer. Pour the creamy lime filling over the crust, using an offset spatula to smooth the surface into a mirror-like finish. Gently tap pan on the counter 3 times to release any trapped air bubbles.
5. **Freeze to Set:** Place pie in the freezer on a flat level surface for at least **4 hours (or overnight)** until solid and set.
6. **Thaw & Garnish:** Remove pie from freezer 20 to 25 minutes before slicing. Unclip the springform collar. Pipe dollops of fluffy whipped coconut cream around the perimeter. Top each slice with a fresh key lime wheel, lime zest ribbons, and toasted macadamia crumbles. Slice with a sharp warm knife and serve chilled!

Chef's Paleo Nutritional Science: Raw macadamia nuts are rich in monounsaturated palmitoleic acid and heart-healthy oleic acid. Fresh key lime juice delivers bioactive flavonoids and Vitamin C, while unrefined coconut cream and coconut oil supply medium-chain triglycerides (MCTs) like lauric acid that fuel hepatic ketone production.

RECIPE #171 • GRAIN-FREE BAKING & DESSERTS

Crispy Pan-Seared Wild Sea Bass Piccata with Lemon-Caper Sauce

Looking for an elegant, five-star restaurant seafood dinner on the table in under 20 minutes? This Crispy Pan-Seared Wild Sea Bass Piccata dredges thick center-cut Chilean or black sea bass fillets in light arrowroot starch for a glass-like golden crust. Sautéed in avocado oil and simmered in a shimmering reduction of fresh lemon juice, chicken bone broth, briny capers, smashed garlic, and grass-fed clarified butter (ghee), it is 100% grain-free and dairy-free.

Prep: 5 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 360 kcal	**Protein:** 38g	**Healthy Fats:** 22g	**Net Carbs:** 2g

Ingredients

For the Crispy Pan-Seared Sea Bass:

- **4 wild-caught sea bass fillets** (approx. 6 oz each, skin removed or skin-on, patted dry)
- **2 tbsp arrowroot starch or tapioca flour** (creates an ultra-light, delicate crust)
- **2 tbsp unrefined avocado oil** (for searing)
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground white or black pepper**

For the Lemon-Caper Ghee Piccata Sauce:

- **3 tbsp grass-fed clarified butter (ghee)** (divided)
- **4 cloves garlic**, thinly sliced
- **0.5 cup organic chicken bone broth**
- **0.33 cup fresh organic lemon juice** (approx. 2 lemons)
- **3 tbsp non-pareil capers in brine**, drained and rinsed
- **1 organic lemon**, thinly sliced into rounds
- **0.25 cup fresh Italian flat-leaf parsley**, finely chopped

- **Flaky sea salt** (for finishing)

Step-by-Step Instructions

1. **Dry & Season Fish:** Pat the sea bass fillets thoroughly dry on both sides with paper towels. Season with 1 tsp coarse sea salt and cracked pepper. Dust each fillet lightly with arrowroot starch, tapping off any excess so only a sheer, transparent veil remains.
2. **High-Heat Sear:** Heat 2 tbsp avocado oil and 1 tbsp ghee in a large 12-inch heavy stainless steel or cast-iron skillet over medium-high heat until shimmering. Add the sea bass fillets gently. Sear undisturbed for 3 to 4 minutes until the bottom crust is golden-brown and crisp.
3. **Flip & Finish Cooking:** Carefully flip the fillets using a thin fish spatula. Cook for an additional 2 to 3 minutes until the fish is opaque, flaky, and registers 130°F to 135°F internally. Immediately transfer the fillets to a warm serving platter.
4. **Sauté Aromatics:** Lower the skillet heat to medium. Add sliced garlic and lemon wheels to the remaining pan juices. Sauté for 60 seconds until the garlic is golden and the lemon slices caramelize slightly.
5. **Deglaze & Reduce:** Pour in the chicken bone broth, fresh lemon juice, and drained capers. Scrape up any browned bits from the pan bottom. Simmer vigorously for 2 minutes until the liquid reduces by half.
6. **Emulsify with Ghee (Chef Technique):** Remove the skillet from heat. Whisk in the remaining 2 tbsp of cold grass-fed ghee. Swirl the pan continuously until the ghee melts into a glossy, velvety emulsion that coats the back of a spoon.
7. **Plate & Garnish:** Spoon the piping-hot lemon-caper piccata sauce generously over and around the crispy sea bass fillets. Garnish with caramelized lemon slices, chopped fresh parsley, and a pinch of flaky sea salt. Serve immediately with roasted asparagus or zucchini noodles.

Chef's Paleo Nutritional Science: Wild-caught sea bass is rich in anti-inflammatory eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), supporting neurological myelin synthesis and reducing systemic vascular resistance. Briny capers provide high concentrations of the bioflavonoid quercetin and kaempferol, which downregulate histamine release and enhance cellular redox balance.

RECIPE #172 • GRAIN-FREE BAKING & DESSERTS

Silky Paleo Key Lime Pie (Toasted Coconut-Pecan Crust)

Missing the tangy, refreshing, sun-kissed sweetness of Florida Key Lime Pie without graham cracker gluten, sweetened condensed milk, or refined white sugar? This Silky Paleo Key Lime Pie presses finely chopped raw pecans, toasted unsweetened coconut flakes, and almond flour into a fragrant, buttery crust. Filled with a luscious, velvety custard of fresh key lime juice, aromatic lime zest, raw unfiltered honey, pasture-raised egg yolks, and pure coconut cream, it delivers a show-stopping tropical dessert.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 8 Slices	**Level:** Easy
Calories: 310 kcal	**Protein:** 5g	**Healthy Fats:** 24g	**Net Carbs:** 18g

Ingredients

For the Toasted Coconut-Pecan Crust:

- **1 cup raw pecans** (or walnuts)
- **1 cup unsweetened shredded coconut** (toasted lightly)

- **0.5 cup blanched almond flour**
- **3 tbsp melted grass-fed ghee or coconut oil**
- **2 tbsp pure Grade A dark maple syrup**
- **0.5 tsp coarse Celtic sea salt**

For the Silky Key Lime Custard Filling:

- **0.66 cup fresh key lime juice** (approx. 12 to 15 key limes or 4 Persian limes)
- **2 tbsp fresh key lime zest** (finely grated)
- **0.75 cup chilled full-fat culinary coconut cream** (the thick solid top layer from chilled canned coconut milk)
- **0.5 cup raw unfiltered honey or pure maple syrup**
- **4 large pasture-raised egg yolks + 1 whole egg**, at room temperature
- **1 tbsp tapioca starch or arrowroot flour** (ensures a sliceable, set custard)
- **1 tsp pure Madagascar vanilla extract**
- **0.25 tsp fine sea salt**

For the Coconut Whipped Topping & Garnish:

- **1 cup whipped chilled coconut cream** with 1 tbsp maple syrup and 0.5 tsp vanilla
- **Fresh key lime wheels & toasted coconut flakes** (for garnish)

Step-by-Step Instructions

1. **Preheat & Make Crust:** Preheat oven to 350°F (175°C). In a food processor, pulse pecans, toasted coconut, almond flour, maple syrup, melted ghee, and sea salt until fine crumbs adhere when pressed. Press the crust firmly and evenly into the bottom and up the sides of a 9-inch pie dish.
2. **Blind Bake Crust:** Bake the crust at 350°F for 10 minutes until lightly golden and fragrant. Remove from oven and let cool for 10 minutes while preparing the custard. Reduce oven temperature to 325°F (165°C).
3. **Whisk the Lime Custard:** In a large mixing bowl, whisk together the 4 egg yolks, 1 whole egg, and raw honey for 2 minutes until pale and slightly thickened. Whisk in the chilled coconut cream, fresh key lime juice, lime zest, tapioca starch, vanilla extract, and sea salt until completely smooth and velvety.
4. **Pour & Bake (Chef Setting Invariant):** Pour the key lime custard into the warm par-baked crust. Bake at 325°F for 15 to 18 minutes until the edges are set and the center has a gentle, subtle jiggle. (Do not overbake).
5. **Cool & Chill (The Crucial Set):** Remove pie from oven and let cool completely on a wire rack for 1 hour at room temperature. Transfer to the refrigerator and chill for at least 4 hours (preferably overnight) to achieve a firm, sliceable custard texture.
6. **Decorate & Serve:** Spread or pipe fluffy coconut whipped cream over the chilled pie. Garnish with thinly sliced key lime wheels and toasted coconut flakes. Slice with a sharp knife wiped clean between cuts and serve chilled!

Chef's Paleo Nutritional Science: Fresh key lime zest and juice supply concentrated limonene and ascorbic acid, which protect cellular membranes against lipid peroxidation and support collagen synthesis. Medium-chain fatty acids (lauric and capric acid) from pure coconut cream supply clean ketone energy without triggering insulin secretion.

RECIPE #173 • GRAIN-FREE BAKING & DESSERTS

Warm Paleo Maple Pecan Apple Crisp with Grain-Free Crumble

Missing the spiced, comforting aroma of autumn apple crisp without inflammatory oats, wheat flour, refined white sugars, or butter? This Paleo Maple Pecan Apple Crisp pairs thinly sliced tart Granny Smith and sweet Honeycrisp apples with Ceylon cinnamon, ground ginger, and arrowroot starch. Crowned with a crunchy, buttery crumble of chopped Georgia pecans, superfine blanched almond flour, melted coconut oil (or grass-fed ghee), and pure Grade A maple syrup, it delivers nostalgic bakery comfort in under 40 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 290 kcal	**Protein:** 4g	**Healthy Fats:** 18g	**Net Carbs:** 28g

Ingredients

For the Spiced Apple Filling:

- **5 medium organic apples** (mix of Honeycrisp and Granny Smith, peeled, cored, and sliced 0.25-inch thick)
- **2 tbsp pure Grade A dark maple syrup**
- **1 tbsp fresh lemon juice**
- **1.5 tsp ground Ceylon cinnamon**
- **0.25 tsp ground nutmeg**
- **0.25 tsp ground ginger**
- **1.5 tbsp arrowroot starch or tapioca flour** (thickens natural apple juices into a glossy caramel sauce)

For the Grain-Free Maple Pecan Crumble Topping:

- **1.25 cups raw pecans**, roughly chopped
- **1 cup superfine blanched almond flour**
- **0.33 cup unsweetened shredded coconut flakes** (adds chewy oat-like texture)
- **3 tbsp melted unrefined coconut oil or grass-fed ghee**
- **0.25 cup pure dark maple syrup**
- **1 tsp ground cinnamon**
- **1 tsp pure Madagascar vanilla extract**
- **0.5 tsp coarse Himalayan pink salt**

Step-by-Step Instructions

1. **Preheat & Prep Pan:** Preheat oven to 350°F (175°C). Lightly grease an 8x8-inch or 9x9-inch ceramic or glass baking dish with coconut oil.
2. **Toss Apple Filling:** In a large mixing bowl, toss the sliced apples with 2 tbsp maple syrup, lemon juice, 1.5 tsp cinnamon, nutmeg, ginger, and arrowroot starch until evenly coated. Spread apples into an even layer in the prepared baking dish.
3. **Make the Chunky Pecan Crumble:** In a separate bowl, stir together the chopped pecans, almond flour, shredded coconut, melted coconut oil (or ghee), 0.25 cup maple syrup, 1 tsp cinnamon, vanilla extract, and sea salt using a fork until moist, clumpy, gravel-like crumble forms.
4. **Layer & Top:** Scatter the pecan crumble topping evenly over the spiced apples, gently pressing down so the crumble adheres to the fruit.

5. **Bake to Golden Bubbly Perfection:** Bake at 350°F for 30 to 35 minutes. If the pecans begin browning too quickly at the 25-minute mark, tent loosely with a sheet of foil. The crisp is done when the topping is deep golden brown and crunchy, and the spiced apple juices bubble vigorously around the edges.
6. **Cool & Serve:** Remove from oven and let rest for 10 minutes (allowing the arrowroot-caramel apple juices to thicken). Serve warm in bowls topped with a scoop of coconut milk vanilla ice cream or a drizzle of warm coconut cream.

Chef's Paleo Nutritional Science: Raw pecans provide rich concentrations of gamma-tocopherol (Vitamin E) and ellagic acid, protecting mitochondrial membrane lipids from oxidation. Fresh apples contain soluble apple pectin and quercetin, which reinforce the colonic intestinal barrier and attenuate postprandial glycemic excursions.

CHAPTER 8

Chapter 8: Essential Sauces, Dressings, Sides & Staples

The culinary building blocks of an ancestral kitchen: 24-hour collagen bone broths, avocado-oil mayonnaises, vibrant chimichurris, roasted root vegetables, and crisp fermented condiments that elevate any protein.

RECIPE #174 • SAUCES, SIDES & STAPLES

Authentic 4-Ingredient Pliable Paleo Cassava Flour Tortillas

Tired of stiff, crumbly store-bought grain-free tortillas that crack the moment you fold them around taco fillings? These authentic 4-Ingredient Paleo Cassava Flour Tortillas replicate traditional Mexican flour tortillas with astonishing pliability and stretch. Made with single-ingredient whole-root cassava flour, warm water, extra virgin olive oil, and Celtic sea salt, they puff with signature air pockets on a hot dry skillet in just 60 seconds per side.

Prep: 10 Mins	**Cook:** 6 Mins	**Yield:** 6 Tortillas	**Level:** Easy
Calories: 110 kcal	**Protein:** 1g	**Healthy Fats:** 4.5g	**Net Carbs:** 16g

Ingredients

- **1 cup (120g) pure whole-root cassava flour** (such as Otto's Naturals, spooned and leveled)
- **0.5 tsp coarse Celtic sea salt or Himalayan pink salt**
- **2.5 tbsp cold-pressed extra virgin olive oil or avocado oil**
- **0.33 to 0.5 cup warm filtered water** (approx. 105°F / 40°C)

Step-by-Step Instructions

1. **Whisk Dry Ingredients:** In a medium mixing bowl, whisk together the cassava flour and sea salt.
2. **Form the Playdough Dough:** Add the olive oil and 0.33 cup warm water. Stir with a fork until a crumbly dough forms, then use your hands to knead firmly for 60 seconds into a smooth, pliable ball. (The texture should feel exactly like smooth Play-Doh. If it feels too dry, add warm water 1 teaspoon at a time; if sticky, dust with a pinch of cassava flour).
3. **Divide into Portions:** Divide the dough ball evenly into 6 equal golf-ball-sized portions. Roll each portion smoothly between your palms.
4. **Roll Between Parchment (No Sticking):** Place one dough ball between two sheets of unbleached parchment paper. Use a rolling pin to roll it firmly from the center outward into a thin, 6-inch round tortilla. Peel off the top sheet of parchment.
5. **Heat Dry Cast Iron (No Oil):** Heat a heavy cast-iron skillet or comal over MEDIUM-HIGH heat for 3 to 4 minutes until hot. (Do not add any oil to the skillet).
6. **Cook & Watch the Bubbles:** Carefully flip the rolled tortilla off the bottom parchment paper onto the hot dry skillet. Cook undisturbed for 50 to 60 seconds until small golden bubbles form across the surface. Flip with a thin spatula and cook the second side for 40 to 50 seconds until lightly speckled with golden-brown spots. (Do not

overcook, or the tortilla will become crispy rather than pliable).

7. **The Kitchen Towel Steaming Secret (Guaranteed Pliability):** Immediately transfer the hot cooked tortilla to a plate and wrap it inside a clean, dry kitchen towel. As each subsequent tortilla is stacked inside the towel, the trapped steam softens the starch, locking in endless flexibility and pliability.
8. **Serve & Enjoy:** Stuff warm tortillas with carnitas, grilled steak, fajitas, or scrambled eggs. Roll, bend, and fold without breaking!

Chef's Paleo Nutritional Science: Cassava flour is made from whole peeled yuca root (Manihot esculenta), retaining natural dietary prebiotic resistant starch that fuels butyrate production in the colon. Unlike industrial corn and wheat tortillas, cassava flour is naturally free of phytates, lectins, gluten, and common nut allergens, ensuring zero inflammatory gut irritation.

RECIPE #175 • SAUCES, SIDES & STAPLES

Authentic Paleo Cuban Ropa Vieja (Slow Cooker / Instant Pot)

Craving authentic Cuban Ropa Vieja ('old clothes') with juicy, tender shredded beef without white rice, refined sugar, white flour thickeners, or canola oil? This Authentic Paleo Cuban Ropa Vieja hard-sears grass-fed beef flank (or chuck roast) in grass-fed tallow, then slow-cooks it in a deeply aromatic Cuban sofrito of multi-colored bell peppers, red onions, minced garlic, ground cumin, smoked paprika, and dried oregano. Simmered with fire-roasted tomatoes, organic beef bone broth, raw apple cider vinegar, and briny Spanish manzanilla olives, it shreds into melt-in-your-mouth savory strands.

Prep: 15 Mins	**Cook:** 45 Mins (IP) / 6 Hrs (Slow Cooker)	**Yield:** 6 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 44g	**Healthy Fats:** 22g	**Net Carbs:** 6g

Ingredients

For the Seared Beef & Seasoning Rub:

- **2.5 to 3 lbs 100% grass-fed flank steak or boneless chuck roast**, cut into 3 large pieces
- **2 tbsp grass-fed beef tallow or unrefined avocado oil** (for searing)
- **1.5 tbsp ground cumin**
- **1 tbsp smoked Spanish paprika**
- **1 tbsp dried Mexican oregano**
- **1.5 tsp garlic powder** and **1 tsp onion powder**
- **2 tsp coarse Celtic sea salt** and **1 tsp black pepper**

For the Cuban Sofrito & Braising Sauce:

- **2 large bell peppers** (1 red, 1 green), seeded and sliced into thin strips
- **1 large yellow onion** and **1 medium red onion**, thinly sliced into half-moons
- **6 cloves garlic**, finely minced
- **1 jar (18 oz) organic fire-roasted crushed tomatoes**
- **3 tbsp organic tomato paste**
- **1 cup rich organic beef bone broth**
- **0.33 cup pimento-stuffed Spanish Manzanilla green olives**, halved (plus 2 tbsp olive brine)

- **2 tbsp capers**, drained
- **3 tbsp raw unfiltered apple cider vinegar or white wine vinegar**
- **2 dried bay leaves**

For Garnish & Serving:

- **0.33 cup fresh cilantro**, finely chopped
- **Fresh lime wedges & sliced avocado**
- **Fried green plantains (tostones) or cauliflower rice** (for serving)

Step-by-Step Instructions

1. **Season & Hard Sear the Beef (Chef Maillard Secret):** Pat beef chunks completely dry. Rub all sides with cumin, smoked paprika, dried oregano, garlic powder, onion powder, coarse sea salt, and black pepper. Heat 2 tbsp beef tallow in an Instant Pot on SAUTÉ mode (or in a large Dutch oven over medium-high heat). Sear beef chunks for 4 to 5 minutes per side until deeply browned with a rich crust. Transfer seared beef to a plate.
2. **Sauté Cuban Sofrito:** Add sliced bell peppers and sliced onions to the hot rendered beef fat in the pot. Sauté for 4 to 5 minutes until vegetables soften and begin to caramelize around the edges. Stir in minced garlic and tomato paste; cook for 60 seconds until fragrant.
3. **Deglaze & Combine:** Pour in the beef bone broth, vinegar, olive brine, fire-roasted crushed tomatoes, sliced green olives, capers, and bay leaves. Use a wooden spatula to scrape up all the flavorful browned beef fond stuck to the bottom of the pot.
4. **Pressure Cook or Slow Cook:** Nestle the seared beef chunks and resting juices back into the bubbling sofrito sauce. Cover and lock the Instant Pot lid. Select PRESSURE COOK (HIGH) for 45 minutes. (Or transfer everything to a Slow Cooker and cook on LOW for 7 to 8 hours / HIGH for 4 hours).
5. **Natural Release & Shred (Ropa Vieja Style):** When cooking finishes, allow 15 minutes for natural pressure release, then release any remaining steam. Remove beef chunks to a large rimmed cutting board. Use two forks to shred the beef into long, tender strands. (The beef will pull apart effortlessly).
6. **Simmer & Thicken Sauce:** Return the shredded beef back into the pot with the peppers and sauce. Turn Instant Pot to SAUTÉ mode (or Dutch oven to medium heat) and simmer uncovered for 5 minutes, stirring occasionally, until the sauce thickens and coats every strand of shredded beef. Discard bay leaves.
7. **Garnish & Serve:** Stir in fresh chopped cilantro and squeeze fresh lime juice over the top. Serve steaming hot over cauliflower rice with crispy fried tostones, sliced avocado, and lime wedges!

Chef's Paleo Nutritional Science: Grass-fed flank steak is dense in bioavailable creatine, carnitine, zinc, and heme iron, supporting muscle protein synthesis and hemoglobin formation. Spanish Manzanilla olives and capers provide oleocanthal and quercetin polyphenols that downregulate inflammatory cyclooxygenase (COX) pathways.

RECIPE #176 • SAUCES, SIDES & STAPLES

Authentic Paleo Greek Moussaka (Dairy-Free Béchamel)

Craving the decadent, layered comfort of Greek taverna Moussaka without wheat flour roux, dairy milk béchamel, heavy cheese, or potatoes? This Authentic Paleo Greek Moussaka layers tender roasted Italian eggplant and zucchini slices with a succulent, deeply spiced pasture-raised lamb (or beef) bolognese infused with Ceylon cinnamon, allspice, garlic, and crushed organic tomatoes. Topped with an ultra-creamy, custard-like cauliflower-cashew béchamel spiced with freshly grated nutmeg, it bakes to a bubbling, golden-brown crust in 50 minutes.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Intermediate
Calories: 410 kcal	**Protein:** 32g	**Healthy Fats:** 26g	**Net Carbs:** 10g

Ingredients

For the Roasted Eggplant & Zucchini Base:

- **2 large Italian eggplants**, sliced into 0.33-inch thick rounds
- **2 medium zucchinis**, sliced into 0.33-inch lengthwise planks
- **3 tbsp extra virgin olive oil**
- **1.5 tsp coarse Celtic sea salt** (for sweating eggplant and roasting)

For the Aromatic Greek Lamb Bolognese:

- **1.5 lbs 100% grass-fed ground lamb** (or lean ground beef)
- **1 large red onion**, finely diced
- **6 cloves garlic**, finely minced
- **1 jar (18 oz) organic crushed tomatoes / passata**
- **2 tbsp organic tomato paste**
- **0.5 cup organic beef bone broth**
- **1 tsp ground Ceylon cinnamon** and **0.5 tsp ground allspice**
- **1 tbsp dried wild Greek oregano**
- **0.33 cup fresh parsley**, finely chopped
- **1.5 tsp coarse sea salt** and **0.5 tsp black pepper**

For the Velvety Dairy-Free Cauliflower Béchamel:

- **4 cups cauliflower florets** (approx. 1 head, steamed until very soft)
- **0.5 cup raw cashews**, soaked in hot water for 20 minutes and drained
- **0.25 cup culinary coconut cream or unsweetened almond milk**
- **2 tbsp nutritional yeast** (adds golden savory cheesy notes)
- **2 large pasture-raised eggs**, beaten (ensures a sliceable, set custard top)
- **0.5 tsp freshly grated nutmeg**
- **1 tsp coarse Celtic sea salt** and **0.25 tsp white pepper**

For Garnish:

- **Fresh flat-leaf parsley & pinch of smoked paprika**

Step-by-Step Instructions

1. **Sweat & Roast Eggplant (Zero-Watery Casserole Invariant):** Lay eggplant slices flat on paper towels and sprinkle generously with salt. Let sit for 20 minutes to draw out excess moisture and bitterness. Pat thoroughly dry. Place eggplant and zucchini on 2 large baking sheets, brush with olive oil, and roast at 400°F (200°C) for 15 minutes until tender and lightly golden.
2. **Simmer Spiced Lamb Bolognese:** In a large skillet over medium-high heat, brown ground lamb with diced onion for 6 minutes, breaking apart with a wooden spoon. Add minced garlic, tomato paste, cinnamon, allspice, Greek oregano, sea salt, and pepper; sauté for 2 minutes. Pour in crushed tomatoes and bone broth. Simmer over medium-low heat for 12 to 15 minutes until thick, rich, and fragrant. Stir in chopped parsley.
3. **Blend Silky Cauliflower Béchamel:** In a high-speed blender, combine the steamed soft cauliflower florets, drained soaked cashews, coconut cream, nutritional yeast, grated nutmeg, sea salt, and white pepper. Puree on high for 90 seconds until completely silky and smooth like heavy cream. Let cool for 3 minutes, then pulse in the 2 beaten eggs until incorporated.
4. **Layer the Moussaka:** In a 9x13-inch ceramic or glass baking dish, arrange half of the roasted eggplant slices in an even layer. Spoon the spiced lamb bolognese evenly over the eggplant. Top with the remaining eggplant and zucchini planks.
5. **Pour Custard Béchamel:** Pour the velvety cauliflower-cashew béchamel evenly over the top layer of vegetables, smoothing it to the edges with a spatula. Dust lightly with a pinch of smoked paprika and extra nutmeg.
6. **Bake to Golden Perfection:** Bake at 375°F (190°C) for 30 to 35 minutes until the béchamel topping is puffed, set, and spotted with deep golden-brown patches.
7. **Rest (The Slicing Secret):** Remove from oven and let rest undisturbed on a wire rack for 15 to 20 minutes before slicing. (This allows the layers and béchamel custard to firm up into clean, picture-perfect taverna squares). Garnish with fresh parsley and serve warm!

Chef's Paleo Nutritional Science: Grass-fed lamb provides rich concentrations of carnitine, taurine, and conjugated linoleic acid (CLA) that promote cellular lipid beta-oxidation. Steamed cauliflower and raw soaked cashews supply prebiotic arabinogalactans and monounsaturated fatty acids that create a thick, velvety béchamel without inflammatory gluten or pasteurized dairy casein.

RECIPE #177 • SAUCES, SIDES & STAPLES

Authentic Paleo Shakshuka with Sausage & Tuscan Kale

Craving a hearty, savory Middle Eastern or Mediterranean breakfast skillet without feta cheese, white bread toast, refined sugar, or canola oil? This Authentic Paleo Shakshuka with Sausage & Tuscan Kale browns pasture-raised Italian pork sausage in nutty grass-fed ghee, sautéed with sweet red bell peppers, onions, minced garlic, ground cumin, and smoked paprika. Simmered in crushed organic fire-roasted tomatoes and wilted Tuscan Lacinato kale, pasture-raised eggs are gently poached in hollowed wells until the whites are set and the rich golden yolks stay warm and runny in 25 minutes.

Prep: 10 Mins	**Cook:** 15 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 370 kcal	**Protein:** 28g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

For the Spiced Sausage & Tomato-Kale Base:

- **0.75 lb pasture-raised bulk spicy or mild Italian pork sausage** (sugar-free, Whole30)
- **2 tbsp grass-fed clarified butter (ghee) or extra virgin olive oil**
- **1 large red bell pepper**, seeded and diced
- **1 medium yellow onion**, finely diced
- **5 cloves garlic**, finely minced
- **1 jar (18 oz) organic fire-roasted crushed tomatoes / passata**
- **2 tbsp organic tomato paste**
- **1.5 tsp ground cumin** and **1 tsp smoked Spanish paprika**
- **0.5 tsp ground coriander** and **0.25 tsp red pepper chili flakes**
- **2.5 cups fresh Tuscan Lacinato kale**, stems removed and chopped into ribbons
- **1 tsp coarse Celtic sea salt** and **0.5 tsp cracked black pepper**

For the Poached Eggs & Toppings:

- **4 to 6 large pasture-raised eggs**
- **1 ripe Haas avocado**, diced or sliced
- **0.33 cup fresh cilantro and Italian parsley**, roughly chopped
- **1 tbsp extra virgin olive oil or chili oil** (for drizzling)

For Serving:

- **Warm grain-free cassava tortillas or almond flour biscuits**

Step-by-Step Instructions

1. **Brown the Sausage:** Heat 2 tbsp grass-fed ghee in a large 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat. Add ground Italian sausage, breaking it into bite-sized crumbles with a wooden spoon. Cook for 5 minutes until browned.
2. **Sauté Peppers & Aromatics:** Add diced red bell pepper and diced onion to the skillet with the sausage. Sauté for 4 to 5 minutes until vegetables are soft and caramelized around the edges. Add minced garlic, tomato paste, ground cumin, smoked paprika, coriander, and chili flakes; cook for 60 seconds until intensely aromatic.
3. **Simmer Fire-Roasted Tomato Sauce:** Pour in the fire-roasted crushed tomatoes, sea salt, and black pepper. Stir well, scraping any browned bits from the pan bottom. Reduce heat to MEDIUM-LOW and simmer for 5 minutes until the sauce thickens and deepens in color.
4. **Wilt Tuscan Kale:** Stir the chopped Tuscan kale into the bubbling sauce. Simmer for 2 minutes until the kale wilts down into the rich tomato sauce.
5. **Create Wells & Crack Eggs (The Poaching Technique):** Use the back of a large spoon to create 4 to 6 small indentations/wells in the simmering sauce. Crack 1 egg directly into each well.
6. **Poach to Runny Yolk Perfection:** Cover the skillet tightly with a lid (or foil) and cook over LOW heat for 5 to 7 minutes (or transfer to a 375°F oven), until the egg whites are completely opaque and firm, but the golden yolks remain soft, warm, and runny when nudged.
7. **Garnish & Serve:** Remove skillet from heat. Immediately top with diced avocado, fresh chopped cilantro, parsley, flaky sea salt, cracked black pepper, and a drizzle of extra virgin olive oil. Serve hot straight from the cast-iron skillet with warm grain-free cassava tortillas!

Chef's Paleo Nutritional Science: Lycopene in cooked, fire-roasted tomatoes exhibits vastly increased bioavailability when simmered with grass-fed ghee and pasture-raised pork fats, protecting vascular walls against oxidative stress. Pasture-raised egg yolks provide bioavailable lutein, zeaxanthin, and choline, which support neurological neurotransmitter synthesis.

RECIPE #178 • SAUCES, SIDES & STAPLES

Authentic Paleo Spanish Seafood Paella

Craving an authentic, vibrant Spanish Seafood Paella (Paella de Marisco) with a golden crispy bottom crust without high-glycemic white Bomba rice, soybean oil, refined sugar chorizo, or artificial yellow food coloring? This Authentic Paleo Spanish Seafood Paella simmers jumbo wild-caught shrimp, sweet wild sea scallops (or tender squid), fresh black mussels, and artisanal sugar-free Spanish chorizo in rich saffron-bloomed seafood bone broth. Layered over riced cauliflower sautéed with sweet bell peppers, garlic, and smoked Spanish pimentón, finished over high heat to form a caramelized, crispy socarrat bottom crust in 30 minutes.

Prep: 12 Mins	**Cook:** 18 Mins	**Yield:** 4 Large Servings	**Level:** Intermediate
Calories: 380 kcal	**Protein:** 36g	**Healthy Fats:** 20g	**Net Carbs:** 8g

Ingredients

For the Seafood & Chorizo:

- **0.75 lb jumbo wild-caught shrimp** (peeled and deveined, tails on)
- **0.75 lb fresh live black mussels**, scrubbed and debearded
- **0.5 lb artisanal sugar-free Spanish cured chorizo or Mexican pork chorizo**, sliced into 0.5-inch coins
- **3 tbsp extra virgin olive oil or grass-fed ghee**

For the Saffron Sofrito & Cauliflower Rice:

- **5 cups fresh riced cauliflower** (patted dry with a clean kitchen towel)
- **1 pinch genuine Spanish saffron threads** (approx. 0.5 tsp), crushed
- **1 cup rich organic seafood bone broth or chicken bone broth** (warm)
- **1 large red bell pepper**, seeded and diced
- **1 medium yellow onion**, finely diced
- **5 cloves garlic**, finely minced
- **0.5 cup crushed fire-roasted San Marzano tomatoes**
- **1.5 tsp smoked Spanish paprika (pimentón de la Vera)**
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp cracked black pepper**

For Garnish:

- **0.5 cup fresh Italian flat-leaf parsley**, chopped
- **1 organic lemon**, cut into wedges

Step-by-Step Instructions

1. **Bloom Saffron (The Golden Aroma Secret):** In a small bowl, add crushed saffron threads to 1 cup warm bone broth. Let steep for 10 minutes until liquid turns a deep, glowing crimson-gold color.

2. **Brown Chorizo & Sear Shrimp:** Heat 2 tbsp olive oil in a wide 14-inch heavy cast-iron skillet or authentic paella pan over MEDIUM-HIGH heat. Add sliced chorizo; sauté for 3 minutes until sizzling and fat renders red. Push chorizo to side, add jumbo shrimp, and sear for 1 to 2 minutes per side until pink and curled. Transfer shrimp and chorizo to a plate, leaving fragrant paprika oil in pan.
3. **Build the Sofrito:** In the same skillet over MEDIUM heat, add diced onion and diced red bell pepper. Sauté for 4 to 5 minutes until soft and fragrant. Add minced garlic, smoked paprika, and crushed fire-roasted tomatoes. Cook for 2 minutes, stirring continuously, until tomatoes darken into a thick, jammy paste (traditional Spanish sofrito).
4. **Incorporate Cauliflower Rice:** Add riced cauliflower, coarse sea salt, and black pepper to the pan. Toss vigorously for 2 minutes until every cauliflower grain is coated in the crimson sofrito oil.
5. **Simmer with Saffron Broth:** Pour the steeped saffron bone broth evenly over the cauliflower rice. Spread cauliflower into a flat, even layer across the entire pan bottom.
6. **Nestle Seafood & Steam Mussels:** Arrange seared shrimp, browned chorizo, and scrubbed mussels hinge-side down nestled gently into the top of the cauliflower rice. Cover pan tightly with foil or a large lid. Cook over MEDIUM-LOW heat for 5 minutes until mussels open wide (discard any unopened mussels).
7. **Create the Socarrat (Crispy Bottom Invariant):** Remove lid. Increase heat to MEDIUM-HIGH for precisely 2 to 3 minutes without stirring. Listen for a gentle sizzling and crackling sound—this caramelizes the bottom layer of cauliflower rice into a crispy, nutty, flavorful *socarrat* crust. Remove from heat.
8. **Garnish & Serve:** Scatter fresh chopped parsley over the entire pan and arrange lemon wedges around the perimeter. Bring the whole sizzling paella pan directly to the table and serve family-style!

Chef's Paleo Nutritional Science: Genuine Spanish saffron (Crocus sativus) supplies crocin and safranal, bioactive carotenoids that support dopamine and serotonin neurotransmitter pathways. Wild mussels deliver dense Vitamin B12, zinc, and selenium, while extra virgin olive oil provides oleocanthal polyphenols.

RECIPE #179 • SAUCES, SIDES & STAPLES

Authentic Paleo Stuffed Cabbage Rolls (Golabki)

Missing Grandma's authentic Eastern European stuffed cabbage rolls (Go■■bki) without white rice, refined sugar, or gluten-packed canned tomato soup? These Authentic Paleo Stuffed Cabbage Rolls roll tender, pliable savoy cabbage leaves around a succulent filling of grass-fed ground beef, heritage ground pork, riced cauliflower, caramelized onions, garlic, and fresh dill. Baked in a heavy Dutch oven (or Instant Pot) bathed in a rich, naturally sweetened tomato paprika bone broth reduction, they melt in your mouth with old-world comfort.

Prep: 20 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings (12 Rolls)	**Level:** Intermediate
Calories: 370 kcal	**Protein:** 32g	**Healthy Fats:** 20g	**Net Carbs:** 12g

Ingredients

For the Cabbage Leaves & Meat Filling:

- **1 large head organic green or savoy cabbage** (approx. 12 to 14 large outer leaves)
- **1 lb 85/15 grass-fed ground beef**
- **1 lb pasture-raised heritage ground pork**
- **2 cups fresh riced cauliflower** (replaces white rice seamlessly)
- **1 large pasture-raised egg**, lightly beaten (binds the grain-free filling)

- **1 large yellow onion**, finely grated or sautéed
- **5 cloves garlic**, finely minced
- **2 tbsp fresh dill**, finely chopped
- **1 tbsp fresh Italian flat-leaf parsley**, chopped
- **1.5 tbsp sweet Hungarian paprika**
- **1.5 tsp coarse Celtic sea salt** and **0.75 tsp black pepper**

For the Rich Tomato Paprika Braising Sauce:

- **1 jar (24 oz) organic strained crushed tomatoes / passata**
- **1.5 cups rich organic beef bone broth**
- **2 tbsp raw unfiltered apple cider vinegar or fresh lemon juice**
- **1.5 tbsp raw honey or date paste** (omit for strict Whole30)
- **1 tsp smoked Spanish paprika**
- **1 tsp onion powder** and **1 tsp garlic powder**
- **2 dried bay leaves**
- **1 tsp coarse sea salt**

For Garnish:

- **Fresh dill sprigs & dollop of unsweetened coconut cream or cashew sour cream**

Step-by-Step Instructions

1. **Parboil Cabbage Leaves (Chef Rolling Technique):** Bring a large stockpot of salted water to a boil. Core the cabbage head. Submerge the whole cabbage head for 3 to 4 minutes until outer leaves soften. Using tongs, gently peel off 12 to 14 large whole leaves. Transfer leaves to a colander to cool. Use a paring knife to shave down the thick center stem rib flat (makes rolling effortless).
2. **Mix the Savory Meat Filling:** In a large mixing bowl, combine ground beef, ground pork, riced cauliflower, beaten egg, grated onion, minced garlic, fresh dill, parsley, Hungarian paprika, coarse sea salt, and black pepper. Mix with your hands just until combined (do not over-work).
3. **Roll the Cabbage (Burrito Style):** Lay a cabbage leaf flat on a clean cutting board with the stem end facing you. Place 0.33 cup of meat filling across the lower third of the leaf. Fold the bottom edge up over the filling, fold in both sides tightly, and roll upward into a neat, snug bundle. Repeat with remaining leaves.
4. **Whisk Tomato Braising Sauce:** In a bowl, whisk crushed tomatoes, beef bone broth, apple cider vinegar, honey (or date paste), smoked paprika, onion powder, garlic powder, and sea salt until smooth.
5. **Layer in Dutch Oven:** Spread 1 cup of tomato sauce across the bottom of a large 6-quart Dutch oven or 9x13-inch baking dish. Line the bottom with any extra torn cabbage leaves. Place the 12 cabbage rolls seam-side DOWN tightly in a single or double layer. Pour the remaining tomato braising sauce evenly over the rolls. Tuck in the 2 bay leaves.
6. **Bake to Melting Tenderness:** Cover Dutch oven tightly with its lid (or cover baking dish with parchment and heavy foil). Bake at 375°F (190°C) for 35 to 40 minutes (or pressure cook on HIGH in an Instant Pot for 15 minutes with 10-minute natural release) until cabbage is fork-tender and meat is thoroughly cooked (165°F internal).
7. **Garnish & Serve:** Discard bay leaves. Plate 2 warm cabbage rolls per serving, spooning generous ladles of the sweet-and-sour tomato braising reduction over top. Crown with fresh dill sprigs and a dollop of dairy-free cashew sour cream. Serve immediately!

Chef's Paleo Nutritional Science: Savoy cabbage supplies dense concentrations of glucobrassicin and sinigrin, sulfur-containing isothiocyanates that promote hepatic glutathione conjugation. Riced cauliflower adds dietary fiber without the glycemic spike of refined grains, while simmered organic tomatoes supply high concentrations of bioavailable lycopene.

RECIPE #180 • SAUCES, SIDES & STAPLES

Authentic Paleo Swedish Meatballs in Creamy Gravy

Craving classic Scandinavian comfort food (Köttbullar) with juicy, tender meatballs and rich creamy gravy without breadcrumbs, dairy heavy cream, sour cream, or flour roux? These Authentic Paleo Swedish Meatballs combine 100% grass-fed ground beef and pasture-raised ground pork with almond flour, finely grated onions, ground allspice, and nutmeg. Pan-browned in grass-fed ghee to develop a golden crust, then simmered in a luscious, velvety dairy-free gravy made from rich beef bone broth, raw cashew cream, whole-grain Dijon mustard, and organic coconut aminos in 30 minutes.

Prep: 12 Mins	**Cook:** 18 Mins	**Yield:** 4 Servings (20 Meatballs)	**Level:** Easy
Calories: 430 kcal	**Protein:** 38g	**Healthy Fats:** 28g	**Net Carbs:** 6g

Ingredients

For the Spiced Swedish Meatballs:

- **0.75 lb 100% grass-fed ground beef** (85/15)
- **0.75 lb pasture-raised ground pork**
- **0.5 cup superfine blanched almond flour**
- **1 large pasture-raised egg**, beaten
- **0.5 medium yellow onion**, grated on a box grater (with juices)
- **3 cloves garlic**, finely minced
- **0.5 tsp ground allspice** and **0.5 tsp ground nutmeg** (the signature Swedish spice blend)
- **1.5 tsp coarse Celtic sea salt** and **0.5 tsp white pepper**
- **3 tbsp grass-fed ghee or tallow** (for pan browning)

For the Velvety Dairy-Free Cream Gravy:

- **1.5 cups rich organic beef bone broth**
- **0.66 cup raw cashew cream** (soaked cashews blended with water until silky) or **culinary coconut cream**
- **1.5 tbsp organic coconut aminos**
- **1 tbsp whole-grain Dijon mustard** (sugar-free)
- **1 tbsp arrowroot starch** dissolved in **2 tbsp cold water** (slurry)
- **0.5 tsp coarse Celtic sea salt** and **0.25 tsp cracked black pepper**

For Serving:

- **Creamy garlic mashed cauliflower with ghee**
- **Fresh organic lingonberry or unsweetened cranberry sauce (optional)**
- **Fresh Italian flat-leaf parsley**, finely chopped

Step-by-Step Instructions

1. **Mix Meatball Ingredients:** In a large mixing bowl, combine ground beef, ground pork, almond flour, beaten egg, grated onion and its juice, minced garlic, ground allspice, nutmeg, sea salt, and white pepper. Gently mix with hands just until combined (do not compact meat tightly).
2. **Roll Meatballs:** Using a 1.5-tbsp cookie scoop, roll meat between damp palms into 20 smooth 1-inch round meatballs.
3. **Brown in Cast Iron:** Heat 3 tbsp grass-fed ghee in a large 12-inch heavy skillet over MEDIUM heat. Add meatballs in a single layer with space between them (cook in 2 batches). Brown for 6 to 8 minutes, rolling meatballs every 2 minutes so all sides develop a deep golden-brown crust. Transfer browned meatballs to a clean plate.
4. **Deglaze & Build Gravy:** Pour off excess liquid fat from skillet, leaving 1 tbsp behind. Pour in beef bone broth, coconut aminos, and Dijon mustard. Using a wooden spoon, scrape up all caramelized browned meat drippings from the pan bottom.
5. **Whisk in Cashew Cream & Thicken:** Pour in the smooth cashew cream (or coconut cream) and sea salt. Whisk in the arrowroot slurry. Simmer over MEDIUM-LOW heat for 2 minutes as the gravy thickens into a luxurious, velvety, glossy sauce.
6. **Simmer Meatballs in Gravy:** Gently return the browned meatballs and resting juices back into the bubbling cream gravy. Spoon gravy generously over each meatball. Cover with lid and simmer gently on LOW heat for 5 minutes until meatballs are cooked through (internal temp 165°F / 74°C).
7. **Plate & Serve:** Scoop steaming mounds of garlic mashed cauliflower onto plates. Top with meatballs, smother in velvety cream gravy, scatter fresh chopped parsley over top, and serve with a spoonful of tart lingonberry sauce!

Chef's Paleo Nutritional Science: Combining pasture-raised pork and grass-fed beef yields a balanced amino acid matrix of carnosine, zinc, and B-vitamins. Ground allspice and nutmeg contain eugenol and myristicin, potent bioflavonoids with natural anti-inflammatory and carminative digestive benefits.

RECIPE #181 • SAUCES, SIDES & STAPLES

Chewy Paleo Double Chocolate Chunk Tahini Cookies

Craving bakery-style chewy, brownie-like double chocolate cookies with melted chocolate puddles without bleached wheat flour, refined white sugar, dairy butter, or peanut butter? These Chewy Paleo Double Chocolate Chunk Tahini Cookies combine smooth, creamy roasted sesame tahini with superfine blanched almond flour, raw dark cacao powder, pure Grade A dark maple syrup, and pasture-raised egg. Loaded with hand-chopped 85% bittersweet dark chocolate chunks and finished with crunchy flakes of Maldon sea salt in 20 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 14 Chewy Cookies	**Level:** Easy
Calories: 170 kcal	**Protein:** 4g	**Healthy Fats:** 12g	**Net Carbs:** 11g

Ingredients

For the Double Chocolate Tahini Dough:

- **0.5 cup smooth, creamy roasted sesame tahini** (well-stirred)
- **0.33 cup pure Grade A dark maple syrup**
- **0.25 cup unrefined coconut sugar**
- **1 large pasture-raised egg**, room temperature

- **1 tsp pure Madagascar vanilla extract**
- **1 cup superfine blanched almond flour**
- **0.33 cup raw cacao powder or Dutch-process cocoa powder**
- **2 tbsp tapioca starch or arrowroot flour** (provides chewy structure)
- **0.5 tsp baking soda** and **0.5 tsp coarse Celtic sea salt**
- **0.75 cup 85% bittersweet dark chocolate chunks** (roughly chopped, soy lecithin-free)

For Finishing:

- **Flaky Maldon sea salt crystals** (for sprinkling)
- **Extra chocolate chunks** (pressed into warm cookie tops)

Step-by-Step Instructions

1. **Preheat Oven & Prep Sheet:** Preheat oven to 350°F (175°C). Line a large rimmed baking sheet with unbleached parchment paper.
2. **Whisk Wet Ingredients:** In a large mixing bowl, whisk together smooth tahini, pure maple syrup, coconut sugar, egg, and vanilla extract vigorously for 1 minute until glossy and emulsified.
3. **Fold Dry Ingredients:** Sift in almond flour, raw cacao powder, tapioca starch, baking soda, and Celtic sea salt. Stir with a silicone spatula until a thick, rich, fudgy dough forms.
4. **Fold Chocolate Chunks:** Fold in the chopped 85% dark chocolate chunks until evenly dispersed throughout the dough.
5. **Scoop & Shape:** Using a 1.5-tbsp cookie scoop (or your hands), roll dough into 14 smooth balls and place them 2 inches apart on the prepared baking sheet. Gently press down on each ball with your palm to flatten into a 0.5-inch thick disc (these cookies puff lightly but do not spread excessively). Press a few extra chocolate chunks into the top of each dough disc.
6. **Bake (Pan-Banging Invariant):** Bake at 350°F for 9 to 11 minutes until edges are set and tops are crinkled, but centers remain soft and fudgy. (Do not overbake!).
7. **The Pan-Bang & Salt Finish:** Immediately upon removing from the oven, firmly tap the baking sheet against the countertop 2 times (this collapses the cookies, creating signature crinkles and pools of molten chocolate). Sprinkle flaky Maldon sea salt crystals generously over each cookie.
8. **Cool & Serve:** Let cookies cool on the baking sheet for 10 minutes to firm up (they are delicate when hot). Transfer to a wire rack or serve warm with cold almond milk!

Chef's Paleo Nutritional Science: Sesame tahini (Sesamum indicum) provides concentrated plant-based calcium, sesamin, and sesamolin lignans with potent vascular antioxidant properties. Raw dark cacao supplies high-potency magnesium and flavonoids that promote cerebral blood flow and neurotransmitter balance.

RECIPE #182 • SAUCES, SIDES & STAPLES

Creamy Wild Mushroom Cauliflower Risotto with Shiitake & Bone Broth

Craving creamy Italian risotto texture without rice, grains, heavy cream, or parmesan cheese? Sautéed wild shiitake and cremini mushrooms folded into tender riced cauliflower simmered in rich pastured chicken bone broth, culinary coconut cream, roasted garlic, and nutritional yeast deliver authentic rustic arborio mouthfeel without the high glycemic load or digestive distress of grains.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 410 kcal	**Protein:** 34g	**Healthy Fats:** 24g	**Net Carbs:** 6g

Ingredients

- **Fungal Beta-Glucans & Ergothioneine:** Wild and cultivated mushrooms—particularly **Shiitake (*Lentinula edodes*)** and **Cremini (*Agaricus bisporus*)**—contain bioactive fungal **β-(1→3),(1→6)-glucans** (such as lentinan). These complex structural polysaccharides bind directly to dectin-1 receptors on gut-associated macrophage membranes, modulating innate immune responses. Furthermore, mushrooms are nature's premier dietary source of **ergothioneine**, a unique sulfur-containing amino acid antioxidant that possesses a dedicated human cellular transport system (OCTN1) specifically targeting mitochondrial membranes under oxidative stress.
- **The Umami Synergy: GMP & Glutamate:** Fungi are naturally concentrated in **guanosine monophosphate (GMP)**, a savory purine nucleotide. When GMP binds to human oral T1R1/T1R3 umami taste receptors in the presence of free glutamic acid (from slow-simmered bone broth and organic nutritional yeast), an allosteric conformational shift amplifies perceived savory depth by **over 800%**. This creates the deep, decadent richness typically attributed to aged Parmigiano-Reggiano cheese without any bovine dairy.
- **Cruciferous Moisture Dynamics:** Cauliflower (*Brassica oleracea*) is finely riced into grain-sized grains. Sautéing the riced cauliflower in pasture-raised ghee or avocado oil before adding bone broth lightly cooks the outer cell wall while keeping the interior crisp-tender, avoiding the mushy, watery breakdown that plagues novice vegetable risottos.

Step-by-Step Instructions

1. **Step 1: The Dry Pan Mushroom Sear:** Heat 1 tablespoon of ghee in a wide, heavy stainless steel or cast-iron skillet over medium-high heat. Add sliced mushrooms in a single layer. Resist the urge to salt them immediately! Salt draws water out and steams the mushrooms. Sear undisturbed for **4 to 5 minutes** until the bottoms develop deep golden caramelization. Flip, sprinkle with a pinch of sea salt, and cook 3 minutes more. Transfer mushrooms to a plate.
2. **Step 2: Aromatic Sweating:** Add the remaining 1 tablespoon of ghee to the pan. Add the minced shallot and garlic. Sauté for **2 minutes** over medium heat until translucent and fragrant, taking care not to scorch the garlic.
3. **Step 3: Riced Cauliflower Toasting:** Add the freshly riced cauliflower to the aromatics. Sauté for **3 to 4 minutes** over medium heat. This dry-pan sauté coats each granule of cauliflower in fat and seals the surface cell walls, preserving an authentic al dente chew.
4. **Step 4: Broth Reduction & Gelatin Infusion:** Pour in 1 cup of pastured chicken bone broth. Simmer uncovered over medium heat for **4 to 5 minutes**, stirring frequently, until the broth has reduced by half and the cauliflower is tender yet resilient.
5. **Step 5: The Velvet Emulsion Finish:** Lower heat to medium-low. Fold in the seared wild mushrooms, coconut cream, nutritional yeast, and fresh thyme. Stir constantly for **2 to 3 minutes** until the sauce reduces into a thick,

luxurious, velvety sheen that coats the riced cauliflower grains. Turn off heat, stir in fresh parsley, and adjust seasoning with sea salt and black pepper. Serve steaming hot in shallow warmed bowls.

RECIPE #183 • SAUCES, SIDES & STAPLES

Flaky Paleo Lemon Blueberry Scones (Almond & Cassava)

Missing the tender, buttery crumb of British bakery scones without wheat flour, refined white sugar, heavy dairy, or inflammatory seed oils? These Flaky Paleo Lemon Blueberry Scones combine superfine blanched almond flour, whole-root cassava flour, and tapioca starch with cold grass-fed ghee (or solid coconut oil). Packed with plump organic blueberries and fragrant lemon zest and crowned with a tart lemon glaze, they deliver authentic coffeehouse luxury in under 30 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 8 Scones	**Level:** Easy
Calories: 260 kcal	**Protein:** 6g	**Healthy Fats:** 18g	**Net Carbs:** 16g

Ingredients

For the Flaky Scone Dough:

- **2 cups superfine blanched almond flour** (spooned and leveled)
- **0.5 cup whole-root cassava flour** (adds authentic bakery pastry structure)
- **0.33 cup tapioca starch**
- **0.33 cup cold grass-fed ghee or solid unrefined coconut oil**, cut into small pea-sized cubes
- **0.25 cup pure Grade A dark maple syrup or raw honey**
- **1 large pasture-raised egg**, chilled
- **2 tbsp fresh organic lemon juice** and **1.5 tbsp lemon zest** (finely grated)
- **1 tsp pure Madagascar vanilla extract**
- **1.5 tsp baking powder** (aluminum-free)
- **0.5 tsp coarse Celtic sea salt**
- **1 cup fresh organic blueberries** (gently dried with paper towel)

For the Tart Lemon Glaze:

- **0.25 cup pure coconut butter (manna)**, melted
- **2 tbsp pure dark maple syrup**
- **1.5 tbsp fresh lemon juice**
- **1 tsp fresh lemon zest**
- **1 to 2 tbsp unsweetened almond milk** (to reach drizzling consistency)

Step-by-Step Instructions

1. **Preheat & Prep Baking Sheet:** Preheat oven to 375°F (190°C). Line a large heavy baking sheet with unbleached parchment paper.
2. **Whisk Dry Ingredients:** In a large mixing bowl, whisk together the almond flour, cassava flour, tapioca starch, baking powder, sea salt, and lemon zest.

3. **Cut in Cold Fat (Chef Technique for Flakiness):** Add the cold cubed ghee (or solid coconut oil). Using a pastry cutter or two forks, cut the fat into the dry flours until pea-sized crumbles and coarse sandy gravel form.
4. **Mix Wet Ingredients & Form Dough:** In a measuring cup, whisk the chilled egg, maple syrup, lemon juice, and vanilla extract. Pour into the dry flour mixture. Stir with a silicone spatula just until a soft, cohesive dough forms. Gently fold in the fresh blueberries with a light touch so they don't burst.
5. **Chill Dough (Prevents Spreading):** Form the dough into a cohesive ball. Place between two sheets of parchment paper, flatten into a 7-inch round disc (approx. 1-inch thick), and chill in the refrigerator for 15 minutes to firm the cold fat.
6. **Slice into 8 Triangular Wedges:** Remove top parchment. Use a sharp knife dusted with tapioca flour to slice the round disc into 8 equal triangular wedges. Carefully separate the wedges and arrange them on the prepared baking sheet with 1.5 inches of space between each scone.
7. **Bake to Golden Perfection:** Bake at 375°F for 16 to 18 minutes until the edges are golden-brown and the tops are set with a light bakery crust. Remove from oven and let scones cool on the baking sheet for 10 minutes, then transfer to a wire cooling rack.
8. **Glaze & Serve:** Whisk melted coconut butter, maple syrup, lemon juice, lemon zest, and almond milk into a smooth, glossy glaze. Drizzle generously over the warm scones. Let the glaze set for 5 minutes and serve fresh!

Chef's Paleo Nutritional Science: Fresh organic blueberries supply potent anthocyanins (malvidin and delphinidin), which cross the blood-brain barrier to enhance neuronal plasticity and blunt postprandial inflammatory cascades. Cold grass-fed ghee provides butyric acid and Vitamin K2, while cassava flour supplies prebiotic resistant starch that nourishes commensal bifidobacteria in the distal colon.

RECIPE #184 • SAUCES, SIDES & STAPLES

Fluffy Paleo Baked Apple Cider Donuts

Craving apple orchard style cake donuts with a warm, crunchy cinnamon-sugar crust without bleached wheat flour, refined white sugar, shortening, or deep fryer canola oil? These Fluffy Paleo Baked Apple Cider Donuts simmer pure organic spiced apple cider down to an intensely concentrated syrup. Whisked with superfine blanched almond flour, tapioca starch, pasture-raised eggs, pure maple syrup, and autumn spices, baked in a donut pan, and brushed with melted grass-fed ghee before being generously coated in cinnamon maple sugar in 25 minutes.

Prep: 12 Mins	**Cook:** 20 Mins	**Yield:** 8 Baked Donuts	**Level:** Easy
Calories: 180 kcal	**Protein:** 4g	**Healthy Fats:** 12g	**Net Carbs:** 14g

Ingredients

For the Concentrated Apple Cider & Donut Batter:

- **1 cup 100% pure organic spiced apple cider** (simmered down to **0.33 cup concentrated syrup**)
- **1.75 cups superfine blanched almond flour**
- **0.33 cup tapioca starch or arrowroot flour**
- **2 tbsp organic coconut flour**
- **2 large pasture-raised eggs**, room temperature
- **0.25 cup pure Grade A dark maple syrup**

- **3 tbsp melted grass-fed ghee or virgin coconut oil**
- **1.5 tsp ground Ceylon cinnamon** and **0.5 tsp ground nutmeg**
- **0.25 tsp ground allspice** and **0.25 tsp ground ginger**
- **1 tsp baking powder** (grain-free/aluminum-free) and **0.5 tsp coarse sea salt**
- **1.5 tsp pure Madagascar vanilla extract**

For the Cinnamon Maple Sugar Dusting:

- **0.33 cup maple sugar or unrefined golden coconut sugar**
- **1.5 tsp ground Ceylon cinnamon**
- **3 tbsp melted grass-fed ghee or coconut oil** (for brushing)

For Serving:

- **Warm spiced chai latte or fresh cold apple cider**

Step-by-Step Instructions

1. **Reduce the Apple Cider (The Flavor Concentration Secret):** In a small saucepan, bring 1 cup organic apple cider to a boil over MEDIUM-HIGH heat. Boil vigorously for 8 to 10 minutes until liquid reduces by two-thirds into 0.33 cup of deep, fragrant amber apple syrup. Let cool for 5 minutes.
2. **Preheat Oven & Prep Pan:** Preheat oven to 350°F (175°C). Grease an 8-cavity donut pan (or silicone donut mold) with melted ghee.
3. **Whisk Dry Ingredients:** In a medium mixing bowl, whisk together almond flour, tapioca starch, coconut flour, cinnamon, nutmeg, allspice, ginger, baking powder, and Celtic sea salt until lump-free.
4. **Whisk Wet Ingredients:** In a separate bowl, whisk together the reduced apple cider syrup, eggs, pure maple syrup, melted ghee, and vanilla extract until smooth.
5. **Combine & Rest Batter:** Pour wet mixture into dry ingredients. Stir with a silicone spatula until a thick, smooth cake batter forms. Let rest for 3 minutes to allow coconut flour to absorb moisture.
6. **Pipe into Donut Pan:** Transfer batter into a gallon ziplock or piping bag. Snip off a 0.5-inch corner. Pipe batter evenly into the 8 donut cavities, filling each about three-quarters full. Smooth tops with a damp fingertip.
7. **Bake to Golden Perfection:** Bake at 350°F for 12 to 14 minutes until donuts are puffed, spring back lightly when touched, and a toothpick inserted into center comes out clean. Let donuts cool in pan for 10 minutes, then invert onto a wire rack.
8. **Brush & Dust in Cinnamon Sugar:** In a small shallow bowl, combine maple sugar (or coconut sugar) and ground cinnamon. Brush warm donuts lightly on all sides with melted ghee, then immediately roll and press into the cinnamon sugar mixture until generously crusted. Serve warm!

Chef's Paleo Nutritional Science: Boiled apple cider concentrates natural malic acid, which stimulates the mitochondrial citric acid cycle. Ceylon cinnamon and nutmeg deliver myristicin and eugenol essential oils that modulate digestive motility and offer broad antioxidant cytoprotection.

RECIPE #185 • SAUCES, SIDES & STAPLES

Fluffy Paleo Chocolate Chip Banana Bread (Almond Flour)

Missing the tender, aromatic bakery bliss of classic banana bread without wheat flour, refined white sugar, butter, or seed oils? This Fluffy Paleo Chocolate Chip Banana Bread combines naturally sweet, heavily speckled ripe bananas with superfine blanched almond flour, tapioca starch, creamy roasted almond butter, and pasture-raised eggs. Folded with bittersweet 70% dark chocolate chips, it rises with a golden bakery dome that stays incredibly moist and tender for days.

Prep: 12 Mins	**Cook:** 20 Mins	**Yield:** 10 Slices	**Level:** Easy
Calories: 230 kcal	**Protein:** 6g	**Healthy Fats:** 14g	**Net Carbs:** 20g

Ingredients

For the Moist Banana Bread Batter:

- **3 large ripe bananas**, heavily spotted or browned, mashed (approx. 1.25 cups puree)
- **2 cups superfine blanched almond flour** (spooned and leveled)
- **0.5 cup tapioca starch or arrowroot flour** (creates an airy, fluffy crumb structure)
- **0.33 cup creamy unsweetened almond butter** (adds rich healthy fats and structural rise)
- **3 large pasture-raised eggs**, at room temperature
- **3 tbsp pure dark maple syrup or raw honey**
- **2 tbsp melted unrefined coconut oil or grass-fed ghee**
- **1.5 tsp pure Madagascar vanilla extract**
- **1 tsp baking soda**
- **1 tsp ground Ceylon cinnamon**
- **0.5 tsp coarse Himalayan pink salt**

For the Chocolate Fold-In & Topping:

- **0.5 cup dairy-free 70% dark chocolate chips** (such as Hu or Enjoy Life), plus 2 tbsp for topping
- **1 ripe banana**, sliced lengthwise down the middle (optional, for decorative top garnish)
- **Flaky Maldon sea salt** (for finishing)

Step-by-Step Instructions

1. **Preheat & Line Loaf Pan:** Preheat oven to 350°F (175°C). Line a standard 8.5x4.5-inch metal loaf pan with parchment paper, leaving an overhang on the sides for easy removal.
2. **Mash Wet Ingredients:** In a large mixing bowl, mash the ripe bananas thoroughly with a fork until smooth. Whisk in the almond butter, room-temperature eggs, maple syrup, melted coconut oil, and vanilla extract until completely smooth and emulsified.
3. **Whisk Dry Ingredients:** In a separate bowl, whisk together the almond flour, tapioca starch, baking soda, ground cinnamon, and sea salt to remove any almond flour clumps.
4. **Combine & Rest Batter (Chef Secret):** Pour the dry ingredients into the wet mixture. Stir gently with a silicone spatula just until incorporated. (Do not overmix). Let the batter rest on the counter for 5 minutes to allow the almond and tapioca flours to hydrate evenly.

5. **Fold in Chocolate:** Gently fold 0.5 cup dark chocolate chips into the batter. Pour the batter into the prepared loaf pan and smooth the top with a spatula. Scatter the remaining 2 tbsp chocolate chips across the surface (and press the sliced banana halves gently into the top if desired).
6. **Bake to Golden Perfection:** Bake at 350°F for 40 to 45 minutes. (If the top is browning quickly at the 30-minute mark, tent loosely with a sheet of aluminum foil). The bread is done when a toothpick inserted into the center comes out clean with just a few moist crumbs (no wet batter).
7. **Cool Completely (Critical Step):** Remove from oven and let the bread cool in the pan for 15 minutes. Use the parchment paper wings to lift the loaf onto a wire cooling rack. Allow to cool completely for at least 30 minutes before slicing into 10 thick slices. (Cooling allows the grain-free crumb to set into a fluffy, clean slice).

Chef's Paleo Nutritional Science: Blanched almond flour delivers plant-derived monounsaturated fats, magnesium, and alpha-tocopherol (Vitamin E) that nourish the endothelial vascular lining. Ripe bananas supply natural fructooligosaccharides and potassium, supporting healthy blood pressure homeostasis and gut microbial diversity.

RECIPE #186 • SAUCES, SIDES & STAPLES

Gooey Fudgy Paleo Chocolate Chip Skillet Cookie (Pizookie)

Craving a warm, decadent restaurant pizookie with crispy golden edges and a molten, gooey chocolate center without wheat flour, refined white sugar, or dairy butter? This Gooey Fudgy Paleo Chocolate Chip Skillet Cookie blends blanched almond flour with creamy roasted cashew butter, unrefined caramel-rich coconut sugar, melted grass-fed ghee (or coconut oil), and pasture-raised eggs. Baked in a sizzling cast-iron skillet and crowned with pools of 70% dark chocolate and flaky sea salt, it is pure heaven when topped with a scoop of dairy-free vanilla ice cream.

Prep: 8 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 280 kcal	**Protein:** 6g	**Healthy Fats:** 18g	**Net Carbs:** 22g

Ingredients

For the Gooey Cookie Dough:

- **2 cups superfine blanched almond flour** (spooned and leveled)
- **0.25 cup tapioca starch or arrowroot flour** (adds signature cookie chewiness)
- **0.33 cup creamy cashew butter or almond butter** (adds rich caramel body)
- **0.5 cup unrefined coconut sugar** (replicates brown sugar caramel notes)
- **0.33 cup melted grass-fed ghee or melted unrefined coconut oil**
- **1 large pasture-raised egg + 1 egg yolk**, at room temperature
- **2 tsp pure Madagascar vanilla extract**
- **0.75 tsp baking soda**
- **0.5 tsp coarse Himalayan pink salt**

For the Chocolate Pools & Serving:

- **0.75 cup dairy-free 70% dark chocolate chunks or chips** (such as Hu Chocolate or Enjoy Life)
- **1 tsp flaky Maldon sea salt** (essential for sweet-salty contrast)
- **Dairy-free coconut milk vanilla ice cream** (for serving warm on top)

Step-by-Step Instructions

1. **Preheat & Grease Cast Iron:** Preheat oven to 350°F (175°C). Lightly grease an 8-inch or 9-inch cast-iron skillet with a teaspoon of ghee or coconut oil.
2. **Whisk Wet Ingredients & Sugar:** In a large mixing bowl, whisk together the melted ghee (or coconut oil), cashew butter, coconut sugar, egg, egg yolk, and vanilla extract for 60 seconds until smooth, glossy, and caramel-like.
3. **Add Dry Flours:** Add the blanched almond flour, tapioca starch, baking soda, and fine sea salt. Stir with a silicone spatula until a thick, glossy cookie dough forms.
4. **Fold in Chocolate:** Fold in 0.5 cup of dark chocolate chunks, distributing them evenly throughout the dough.
5. **Press into Skillet:** Transfer the cookie dough into the prepared cast-iron skillet. Use a spatula (or clean damp fingers) to press the dough into an even layer reaching the edges. Press the remaining 0.25 cup chocolate chunks on top of the dough.
6. **Bake to Gooey Perfection (Chef Timing):** Bake at 350°F for 15 to 17 minutes. (The edges should be deep golden brown and slightly pulled away from the pan, while the center will still appear slightly soft and underbaked). Do not overbake!
7. **Salt, Top & Serve:** Remove skillet immediately from the oven. Sprinkle the hot bubbling chocolate pools with flaky Maldon sea salt. Let rest for 5 minutes (the center will set slightly while staying wonderfully gooey). Scoop dairy-free vanilla ice cream directly onto the center and dig in with spoons!

Chef's Paleo Nutritional Science: Bittersweet 70% dark chocolate is packed with epicatechin polyphenols and copper, stimulating nitric oxide synthesis and endothelial vasodilation. Unrefined coconut sugar provides inulin prebiotic fiber and essential trace minerals (iron, zinc, calcium), dampening the sharp insulin spikes associated with refined beet and cane sugars.

RECIPE #187 • SAUCES, SIDES & STAPLES

Grain-Free Paleo Cinnamon Roll Scones

Craving warm, flaky bakery-style cinnamon roll scones with a buttery cinnamon-sugar swirl without wheat flour, heavy dairy cream, refined powdered sugar, or canola oil? These Grain-Free Paleo Cinnamon Roll Scones cut cold solid grass-fed ghee (or virgin coconut oil) into superfine blanched almond flour, tapioca starch, and organic coconut flour to create a tender, flaky pastry dough. Folded with a rich cinnamon-coconut sugar ribbon, sliced into 8 golden triangles, baked at 375°F, and drizzled with a warm vanilla coconut butter icing in 30 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 8 Scones	**Level:** Easy
Calories: 270 kcal	**Protein:** 6g	**Healthy Fats:** 18g	**Net Carbs:** 16g

Ingredients

For the Flaky Scone Dough:

- **2 cups superfine blanched almond flour**
- **0.66 cup tapioca starch or arrowroot flour** (creates light flaky pastry structure)
- **3 tbsp organic coconut flour**
- **1 tbsp baking powder** and **0.5 tsp coarse Celtic sea salt**
- **0.33 cup cold solid grass-fed ghee or solid virgin coconut oil** (cut into small pea-sized cubes)
- **1 large pasture-raised egg**, beaten

- **0.33 cup pure Grade A dark maple syrup**
- **0.25 cup full-fat culinary coconut cream**
- **1.5 tsp pure Madagascar vanilla extract**

For the Cinnamon Roll Swirl:

- **0.33 cup unrefined coconut sugar**
- **1.5 tbsp Ceylon cinnamon**
- **2 tbsp melted grass-fed ghee or coconut oil**

For the Vanilla Coconut Butter Glaze:

- **0.33 cup melted coconut butter (artisana)**
- **2 tbsp pure maple syrup** and **2 tbsp warm coconut cream**
- **1 tsp pure vanilla extract** and **pinch of fine sea salt**

Step-by-Step Instructions

1. **Preheat Oven & Prep Sheet:** Preheat oven to 375°F (190°C). Line a large baking sheet with parchment paper.
2. **Whisk Dry & Cut Cold Ghee (Flaky Pastry Invariant):** In a large mixing bowl, whisk together almond flour, tapioca starch, coconut flour, baking powder, and Celtic sea salt. Add the cold cubed ghee. Using a pastry cutter or two forks, cut the ghee into the dry flour mixture until pea-sized crumbs form.
3. **Whisk Wet & Form Dough:** In a separate bowl, whisk together the egg, maple syrup, coconut cream, and vanilla extract. Pour wet ingredients into the dry flour mixture. Stir with a spatula until a soft, pliable dough forms. (Do not over-mix).
4. **Make Cinnamon Swirl & Marble Dough:** In a small bowl, stir together coconut sugar, cinnamon, and melted ghee into a paste. Turn half of the scone dough out onto parchment paper; flatten into a 7-inch disc. Spread cinnamon paste over top, then press remaining dough over the filling. Gently fold and pat into an 8-inch round disc (approx. 1 inch thick) to create marbled cinnamon layers.
5. **Slice into Triangles:** Using a sharp chef's knife dusted in tapioca starch, cut the disc into 8 equal triangular wedges. Gently separate wedges and arrange them 2 inches apart on the prepared baking sheet.
6. **Bake to Golden Perfection:** Bake at 375°F for 14 to 16 minutes until edges are golden-brown, tops are firm and set, and kitchen is filled with sweet cinnamon aroma. Transfer scones on parchment to a wire cooling rack for 10 minutes.
7. **Glaze & Serve:** Whisk together melted coconut butter, maple syrup, warm coconut cream, vanilla, and sea salt until smooth and pourable. Drizzle glaze generously over warm scones. Serve immediately with hot coffee or tea!

Chef's Paleo Nutritional Science: Ceylon cinnamon (Cinnamomum verum) is packed with polyphenolic proanthocyanidins that improve glucose uptake via GLUT4 translocation. Almond flour provides dense magnesium and dietary fiber, while grass-fed ghee delivers butyric acid and fat-soluble Vitamins A, D, and K2.

RECIPE #188 • SAUCES, SIDES & STAPLES

Iced Paleo Lemon Poppy Seed Bread

Craving a slice of bakery-style iced lemon poppy seed loaf with an ultra-tender, moist crumb and zesty glaze without bleached wheat flour, refined white sugar, sour cream, or canola oil? This Iced Paleo Lemon Poppy Seed Bread blends superfine blanched almond flour and tapioca flour with blue poppy seeds, pasture-raised eggs, pure Grade A dark maple syrup, and unrefined coconut oil. Infused with freshly grated organic lemon zest and fresh lemon juice, topped with a velvety, dairy-free lemon coconut butter glaze in 50 minutes.

Prep: 12 Mins	**Cook:** 20 Mins	**Yield:** 10 Slices	**Level:** Easy
Calories: 240 kcal	**Protein:** 7g	**Healthy Fats:** 16g	**Net Carbs:** 16g

Ingredients

For the Lemon Poppy Seed Loaf:

- **2 cups superfine blanched almond flour**
- **0.5 cup tapioca flour or arrowroot starch**
- **2.5 tbsp organic blue poppy seeds**
- **1 tsp baking soda** and **0.5 tsp coarse Celtic sea salt**
- **3 large pasture-raised eggs** (room temperature)
- **0.5 cup pure Grade A dark maple syrup or raw honey**
- **0.33 cup melted virgin coconut oil or grass-fed ghee**
- **0.25 cup fresh organic lemon juice** (approx. 2 large lemons)
- **2 tbsp finely grated organic lemon zest** (rubbed into sweetener)
- **1.5 tsp pure Madagascar vanilla extract** and **0.25 tsp pure almond extract**

For the Silky Lemon Coconut Butter Glaze:

- **0.33 cup creamy coconut butter (manna)**, gently melted
- **2 tbsp pure maple syrup or powdered monk fruit**
- **1.5 tbsp fresh lemon juice**
- **1 to 2 tbsp warm almond milk or water** (to reach drizzling consistency)
- **0.5 tsp lemon zest**

For Garnish:

- **Extra blue poppy seeds** (sprinkled over wet glaze)
- **Candied organic lemon slices (optional)**

Step-by-Step Instructions

1. **Preheat Oven & Prep Pan:** Preheat oven to 350°F (175°C). Line an 8.5 x 4.5-inch metal loaf pan with parchment paper, leaving an overhang on the sides for easy lifting.
2. **Infuse Citrus Oils (Baker's Secret):** In a large mixing bowl, add maple syrup and lemon zest. Rub them together with your fingertips for 30 seconds (this releases essential lemon oils into the liquid for maximum floral citrus aroma).
3. **Whisk Wet Ingredients:** Whisk in the 3 eggs, melted coconut oil, fresh lemon juice, vanilla extract, and almond extract vigorously for 1 minute until smooth and pale yellow.

4. **Whisk Dry Ingredients:** In a separate bowl, whisk together almond flour, tapioca flour, blue poppy seeds, baking soda, and Celtic sea salt until no lumps remain.
5. **Combine Batter:** Pour dry ingredients into wet ingredients. Stir with a silicone spatula just until a smooth, thick batter forms (do not overmix).
6. **Bake (Golden Rise Invariant):** Pour batter into the prepared loaf pan and smooth the top evenly. Bake at 350°F for 35 to 40 minutes until golden brown, the top springs back when lightly touched, and a wooden toothpick inserted into the center comes out clean. (If top browns too fast after 25 minutes, tent loosely with foil).
7. **Cool Completely:** Remove loaf from oven and let cool in the pan for 15 minutes. Use parchment overhang to lift loaf onto a wire rack. Cool completely to room temperature before glazing (glazing a warm loaf will melt the icing).
8. **Whisk Glaze & Drizzle:** In a small bowl, whisk melted coconut butter, maple syrup, lemon juice, lemon zest, and warm almond milk until a silky, opaque white glaze forms. Spoon or drizzle generously over the cooled loaf. Sprinkle immediately with blue poppy seeds. Slice and enjoy!

Chef's Paleo Nutritional Science: Organic lemon peel is packed with d-limonene, a natural monoterpene that upregulates Phase II liver detoxification pathways. Poppy seeds supply plant-based dietary fiber, manganese, and oleic acid, while blanched almond flour provides Vitamin E tocopherols for cellular antioxidant protection.

RECIPE #189 • SAUCES, SIDES & STAPLES

Paleo Grain-Free Lemon Poppy Seed Bread

Craving a slice of sunny, fragrant bakery-style lemon poppy seed loaf with a tender crumb and sweet tart lemon icing without wheat flour, refined white cane sugar, vegetable oil, or dairy butter? This Paleo Grain-Free Lemon Poppy Seed Bread combines superfine blanched almond flour with organic coconut flour, fresh lemon juice, 2 tablespoons of fragrant Meyer lemon zest, unrefined coconut oil, pasture-raised eggs, and raw honey. Baked into a golden dome and drizzled with a decadent 3-ingredient lemon coconut butter glaze in 45 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 10 Thick Slices	**Level:** Easy
Calories: 240 kcal	**Protein:** 7g	**Healthy Fats:** 18g	**Net Carbs:** 8g

Ingredients

For the Lemon Poppy Seed Loaf:

- **2 cups superfine blanched almond flour** (spooned & leveled)
- **0.33 cup organic coconut flour** (sifted to remove lumps)
- **2 tbsp blue poppy seeds**
- **1 tsp aluminum-free baking soda** and **0.5 tsp fine Celtic sea salt**
- **4 large pasture-raised eggs** (room temperature)
- **0.5 cup raw unfiltered honey or pure Grade A maple syrup**
- **0.33 cup unrefined virgin coconut oil or melted grass-fed ghee**
- **0.33 cup freshly squeezed organic lemon juice**
- **2 tbsp finely grated organic lemon zest** (approx. 2 large lemons)
- **1.5 tsp pure vanilla extract** and **0.25 tsp pure lemon extract** (for bakery aroma)

For the Melted Lemon Coconut Butter Glaze:

- **0.33 cup artisanal coconut butter (coconut manna)**, gently melted
- **2 tbsp pure maple syrup or raw honey**
- **1.5 tbsp fresh organic lemon juice**
- **1 to 2 tbsp unsweetened almond milk** (warmed, to reach drizzling consistency)
- **1 tsp lemon zest & pinch of poppy seeds** (for crowning)

Step-by-Step Instructions

1. **Prep Oven & Loaf Pan:** Preheat oven to 350°F (175°C). Line an 8.5x4.5-inch standard metal loaf pan with parchment paper, leaving a 2-inch overhang on both long sides for effortless lifting. Lightly grease with coconut oil spray.
2. **Whisk Dry Ingredients:** In a large mixing bowl, whisk together almond flour, sifted coconut flour, poppy seeds, baking soda, and Celtic sea salt until uniformly distributed.
3. **Blend Wet Ingredients:** In a medium bowl, whisk eggs, raw honey (or maple syrup), melted coconut oil, fresh lemon juice, grated lemon zest, vanilla extract, and lemon extract until emulsified and frothy.
4. **Fold Batter (Gentle Folding Invariant):** Pour wet mixture into dry ingredients. Stir with a spatula just until combined (do not over-mix). Let batter rest for 3 minutes so coconut flour absorbs liquid into a thick, spoonable golden batter.
5. **Bake:** Transfer batter into the prepared loaf pan, smoothing the top with an offset spatula. Bake at 350°F (175°C) for 38 to 42 minutes until the top is golden-brown, domed, and a toothpick inserted into the center emerges clean. (If browning too fast at minute 30, tent loosely with aluminum foil).
6. **Cool Completely:** Transfer pan to a wire rack for 15 minutes. Use parchment overhangs to lift bread onto wire rack and cool completely to room temperature before glazing (glazing warm bread will cause the glaze to melt into the loaf).
7. **Whisk Glaze & Drizzle:** In a small bowl, whisk melted coconut butter, maple syrup, lemon juice, and warm almond milk until a smooth, thick, pourable glaze forms. Drizzle generously over cooled loaf. Scatter lemon zest and a pinch of poppy seeds on top. Slice into 10 thick slices and enjoy!

Chef's Paleo Nutritional Science: Blanched almond flour provides Vitamin E (alpha-tocopherol) and magnesium. Blue poppy seeds supply plant-based calcium, zinc, and dietary lignans. Lemon zest contains d-limonene, a powerful citrus terpene that supports hepatic glutathione s-transferase detox pathways.

RECIPE #190 • SAUCES, SIDES & STAPLES

Paleo Italian Meatballs with Roasted Spaghetti Squash in Rustic Marinara

Craving a classic Italian-American Sunday gravy without wheat pasta, breadcrumbs, or processed cheeses? These grain-free Paleo Italian Meatballs combine grass-fed ground beef and pasture-raised pork with blanched almond flour, fresh basil, and crushed garlic. Pan-seared to lock in moisture and simmered in a rich, slow-cooked San Marzano marinara, they are served over al dente roasted spaghetti squash noodles for the ultimate primal comfort dinner.

Prep: 15 Mins	**Cook:** 30 Mins	**Yield:** 5 Servings	**Level:** Easy
Calories: 450 kcal	**Protein:** 42g	**Healthy Fats:** 26g	**Net Carbs:** 12g

Ingredients

For the Grain-Free Italian Meatballs:

- **1 lb grass-fed ground beef** (85/15 blend)
- **1 lb pasture-raised ground pork** (or bulk mild Italian sausage)
- **0.5 cup super-fine blanched almond flour** (gluten-free binder)
- **1 large pasture-raised egg**, lightly beaten
- **4 cloves garlic**, finely minced
- **0.25 cup fresh Italian flat-leaf parsley**, chopped
- **2 tbsp fresh basil leaves**, finely chiffonaded
- **1 tbsp dried Italian herb seasoning** (oregano, basil, thyme, marjoram)
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **2 tbsp olive oil or avocado oil** (for searing)

For the Rustic Marinara & Squash Noodles:

- **1 large spaghetti squash** (approx. 3–4 lbs, halved lengthwise and seeded)
- **2 jars (24 oz each) sugar-free organic marinara sauce** (or crushed San Marzano tomatoes with garlic and olive oil)
- **2 tbsp extra virgin olive oil**
- **Fresh basil leaves** (for garnish)

Step-by-Step Instructions

1. **Roast Spaghetti Squash:** Preheat oven to 400°F (200°C). Drizzle the cut sides of the halved spaghetti squash with 1 tbsp olive oil and season with salt. Place cut-side down on a parchment-lined baking sheet. Roast for 30 to 35 minutes until the skin yields to gentle pressure. Let cool 5 minutes, then use a fork to scrape out long, noodle-like strands.
2. **Mix Meatballs:** In a large mixing bowl, combine ground beef, ground pork, almond flour, beaten egg, minced garlic, parsley, basil, dried Italian herbs, sea salt, and black pepper. Mix gently with your hands until just combined (avoid over-mixing to keep the meatballs tender).
3. **Shape Meatballs:** Roll the mixture into 16 to 18 golf-ball-sized meatballs (approx. 1.5 inches each).

4. **Sear Meatballs:** Heat 2 tbsp olive oil in a large 12-inch heavy skillet or Dutch oven over medium-high heat. Add meatballs in a single layer and sear for 2 minutes per side until a golden-brown crust forms on all sides (they do not need to be cooked through yet).
5. **Simmer in Marinara:** Pour the marinara sauce gently over and around the seared meatballs. Reduce heat to medium-low, cover with a lid, and gently simmer for 15 minutes until meatballs are thoroughly cooked through and tender (internal temp 165°F / 74°C).
6. **Assemble & Serve:** Divide warm spaghetti squash noodles into deep pasta bowls. Ladle generous spoonfuls of hot marinara and 3 to 4 meatballs over each portion. Garnish with fresh torn basil leaves and a drizzle of extra virgin olive oil.

Chef's Paleo Nutritional Science: Spaghetti squash is naturally high in Vitamin C, Vitamin B6, and manganese, while delivering an ultra-low glycemic load compared to traditional semolina wheat pasta. The combination of cooked tomato lycopene with oleic acid from extra virgin olive oil dramatically increases carotenoid bioaccessibility and cardiovascular antioxidant protection.

RECIPE #191 • SAUCES, SIDES & STAPLES

Paleo Salted Caramel Thumbprint Cookies

Craving rich, buttery holiday thumbprint cookies with gooey caramel centers without wheat flour, refined white sugar, corn syrup, or dairy condensed milk? These Paleo Salted Caramel Thumbprint Cookies feature a tender, buttery grain-free shortbread base made from superfine blanched almond flour, coconut flour, grass-fed ghee, and pure maple syrup. Filled with a rich, stovetop-simmered dairy-free caramel made from creamy almond butter, unrefined coconut sugar, and coconut cream, topped with crunchy flakes of Maldon sea salt in 25 minutes.

Prep: 12 Mins	**Cook:** 20 Mins	**Yield:** 14 Thumbprints	**Level:** Easy
Calories: 170 kcal	**Protein:** 4g	**Healthy Fats:** 12g	**Net Carbs:** 10g

Ingredients

For the Grain-Free Shortbread Cookie Base:

- **2 cups superfine blanched almond flour**
- **3 tbsp organic coconut flour**
- **0.25 cup tapioca starch or arrowroot flour**
- **0.33 cup melted grass-fed ghee or virgin coconut oil**
- **0.33 cup pure Grade A dark maple syrup**
- **1.5 tsp pure Madagascar vanilla extract**
- **0.5 tsp coarse Celtic sea salt** and **0.25 tsp baking soda**

For the Gooey Dairy-Free Salted Caramel:

- **0.33 cup creamy roasted almond butter or cashew butter** (no added oils/sugar)
- **0.33 cup pure Grade A dark maple syrup**
- **2 tbsp unrefined coconut sugar**
- **2 tbsp culinary coconut cream**
- **1 tbsp melted grass-fed ghee or coconut oil**

- **1 tsp pure vanilla extract**
- **0.5 tsp coarse sea salt**

For Finishing:

- **Flaky Maldon sea salt crystals** (for sprinkling)
- **Optional melted 85% dark chocolate drizzle**

Step-by-Step Instructions

1. **Preheat Oven & Line Pan:** Preheat oven to 350°F (175°C). Line a large baking sheet with unbleached parchment paper.
2. **Mix Shortbread Dough:** In a large mixing bowl, whisk together almond flour, coconut flour, tapioca starch, sea salt, and baking soda. Add melted ghee, pure maple syrup, and vanilla extract. Stir with a silicone spatula until a thick, pliable shortbread dough forms.
3. **Shape & Indent (The Thumbprint Invariant):** Using a 1.5-tbsp cookie scoop, roll dough into 14 smooth balls and place them 2 inches apart on the baking sheet. Use your thumb (or the rounded back of a 0.5-tsp measuring spoon) to gently press a clean indentation into the center of each ball. (If edges crack slightly, smooth gently with fingers).
4. **Bake Shortbread:** Bake at 350°F for 9 to 11 minutes until bottoms and edges are golden brown. (If the center indentation puffed up during baking, gently re-press with the measuring spoon immediately upon removing from oven). Let cool on the baking sheet for 15 minutes to firm up completely.
5. **Simmer Stovetop Salted Caramel:** While cookies bake, combine almond butter, maple syrup, coconut sugar, coconut cream, ghee, vanilla, and sea salt in a small saucepan over MEDIUM-LOW heat. Whisk continuously as the mixture comes to a gentle bubble. Simmer for 3 to 4 minutes until thick, glossy, and caramel in color. Remove from heat and let cool for 5 minutes (caramel thickens as it cools).
6. **Fill Thumbprints:** Spoon generous teaspoonfuls of warm caramel directly into the center well of each cooled shortbread cookie, letting caramel mound slightly above the rim.
7. **Flaky Salt Finish & Chill:** Immediately sprinkle flaky Maldon sea salt crystals over the warm caramel. Place cookies in the refrigerator for 15 minutes to allow caramel to set into a chewy, gooey texture. Serve at room temperature or chilled!

Chef's Paleo Nutritional Science: Roasted almond butter supplies concentrated monounsaturated fatty acids and dietary magnesium. Unrefined coconut sugar provides inulin fibers and trace minerals (zinc and potassium) with a low glycemic index, preventing the sharp postprandial insulin surges associated with refined sucrose.

RECIPE #192 • SAUCES, SIDES & STAPLES

Paleo Sausage, Apple & Cranberry Stuffed Acorn Squash

Looking for an all-in-one autumn dinner that balances savory heritage pork, sweet roasted winter squash, tart cranberries, and toasted pecans? These Paleo Sausage, Apple & Cranberry Stuffed Acorn Squash bowls roast tender, caramelized golden squash halves face-down until velvety. Stuffed to the brim with seasoned pasture-raised Italian pork sausage, crisp Honeycrisp apples, fresh rosemary, sage, and dried cranberries, they bake into a nourishing, restaurant-worthy fall meal.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 440 kcal	**Protein:** 28g	**Healthy Fats:** 26g	**Net Carbs:** 22g

Ingredients

For the Roasted Acorn Squash Vessels:

- **2 medium organic acorn squash**, halved lengthwise and seeds scooped out (approx. 1 lb each)
- **1.5 tbsp melted grass-fed ghee or avocado oil**
- **0.5 tsp ground Ceylon cinnamon**
- **0.5 tsp coarse Celtic sea salt**

For the Savory Sausage, Apple & Cranberry Stuffing:

- **1.25 lbs pasture-raised mild or spicy bulk Italian pork sausage** (sugar-free / nitrate-free) or ground turkey sausage
- **1 large Honeycrisp or Granny Smith apple**, cored and diced
- **1 medium yellow onion**, finely diced
- **2 stalks organic celery**, diced
- **4 cloves garlic**, minced
- **0.33 cup unsweetened dried cranberries** (apple-juice sweetened)
- **0.33 cup raw pecans**, roughly chopped
- **1.5 tbsp fresh sage leaves**, finely minced
- **1 tbsp fresh rosemary**, finely chopped
- **1 tsp fresh thyme leaves**
- **1 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **Fresh parsley & extra chopped pecans** (for garnish)

Step-by-Step Instructions

1. **Preheat & Roast Squash (Chef Technique):** Preheat oven to 400°F (200°C). Line a large baking sheet with parchment paper. Brush the cut sides of the halved acorn squash with melted ghee, cinnamon, and sea salt. Place squash cut-side DOWN on the baking sheet. Roast for 25 minutes until the flesh is tender and the edges caramelize.
2. **Brown the Sausage:** While the squash roasts, heat a large skillet over medium-high heat. Add the Italian pork sausage, breaking it into small crumbles with a wooden spatula. Cook for 5 to 6 minutes until browned and cooked through. Transfer sausage to a bowl, leaving 1 tbsp of rendered fat in the skillet.
3. **Sauté Aromatics & Apples:** Add diced onion, celery, and apples to the skillet fat. Cook over medium heat for 4 minutes until the apples soften slightly and onions turn translucent. Add minced garlic, sage, rosemary, and thyme; sauté for 60 seconds until fragrant.
4. **Fold in Cranberries & Pecans:** Return the browned sausage to the skillet. Stir in the dried cranberries, chopped pecans, sea salt, and black pepper. Cook together for 2 minutes to meld the savory and sweet flavors. Remove from heat.
5. **Stuff the Roasted Squash:** Flip the roasted acorn squash halves cut-side UP. Spoon the warm sausage, apple, and cranberry filling generously into each cavity, mounding it high over the top.
6. **Bake & Crisp (The Finish):** Return the stuffed squash to the 400°F oven for 10 to 12 minutes (or broil on HIGH for 2 minutes) until the pecan topping is lightly toasted, the sausage edges are crisp, and the squash is piping hot.
7. **Garnish & Serve:** Transfer each stuffed squash half to a wide bowl. Garnish with fresh chopped parsley and a pinch of flaky sea salt. Serve immediately as a complete autumn meal!

Chef's Paleo Nutritional Science: Acorn squash provides a dense complex-carbohydrate matrix containing soluble prebiotic fibers, potassium, and magnesium that support muscular recovery and cellular electrolyte balance. Fresh apples provide quercetin bioflavonoids, while cranberries supply proanthocyanidins (PACs) that prevent bacterial adherence in the urinary tract.

RECIPE #193 • SAUCES, SIDES & STAPLES

Paleo Sausage Stuffed Acorn Squash

Craving an elegant, cozy autumn dinner served inside caramelized roasted squash bowls with savory meat and sweet-tart fruit without breadcrumb fillers, dairy cheese, brown sugar, or industrial seed oils? This Paleo Sausage Stuffed Acorn Squash roasts fresh acorn squash halves cut-side down in grass-fed ghee until golden, tender, and caramelized. Stuffed with a hearty, aromatic filling of pasture-raised mild Italian sausage, diced sweet Honeycrisp apples, chopped organic baby kale, tart unsweetened dried cranberries, toasted Georgia pecans, fresh rosemary, and garden sage in 45 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Squash Halves (4 Servings)	**Level:** Easy
Calories: 420 kcal	**Protein:** 28g	**Healthy Fats:** 24g	**Net Carbs:** 22g

Ingredients

For the Roasted Acorn Squash Bowls:

- **2 medium organic acorn squashes** (halved lengthwise and seeds scooped clean)
- **2 tbsp melted grass-fed ghee or virgin coconut oil**
- **0.5 tsp coarse Celtic sea salt** and **0.25 tsp ground Ceylon cinnamon**

For the Savory Harvest Sausage Stuffing:

- **1 lb pasture-raised mild Italian pork sausage (or poultry sausage)** (casings removed, sugar-free)
- **1 medium yellow onion**, finely diced
- **2 stalks organic celery**, diced
- **4 cloves fresh garlic**, minced
- **1 large organic Honeycrisp or Gala apple**, cored and diced into 0.25-inch cubes
- **2 cups organic baby kale or baby spinach**, roughly chopped
- **0.33 cup unsweetened dried cranberries or dried cherries** (apple-juice sweetened)
- **0.33 cup raw pecans or walnuts**, toasted and chopped
- **1.5 tbsp fresh sage leaves**, finely chopped
- **1 tbsp fresh rosemary leaves**, finely minced
- **1 tsp coarse Celtic sea salt** and **0.5 tsp freshly cracked black pepper**
- **0.25 cup rich organic chicken bone broth**

Step-by-Step Instructions

1. **Preheat Oven & Roast Squash (Caramelization Invariant):** Preheat oven to 400°F (200°C). Line a large rimmed baking sheet with parchment paper. Brush the cut flesh of the halved acorn squashes with melted ghee and season with sea salt and a pinch of cinnamon. Place squash halves *cut-side down* onto the baking sheet. Roast for **25 to 30 minutes** until fork-tender and the edges are caramelized. Remove from oven and flip cut-side up.
2. **Brown Italian Sausage:** While squash is roasting, heat a large 12-inch cast-iron skillet over MEDIUM-HIGH heat. Add Italian sausage and cook for 6 to 8 minutes, breaking it into bite-sized crumbles with a wooden spoon, until browned. Transfer cooked sausage to a plate, leaving 1 tbsp of rendered drippings in the skillet.
3. **Sauté Aromatics, Apples & Herbs:** Add diced onion, celery, and garlic to the hot pan drippings. Sauté for 4 to 5 minutes until onions are soft and translucent. Add diced Honeycrisp apples, chopped fresh sage, fresh rosemary, sea salt, and black pepper. Cook for 3 minutes until apples are tender-crisp.
4. **Fold Kale, Cranberries & Pecans:** Add chopped baby kale, dried cranberries, chopped toasted pecans, bone broth, and the cooked sausage back into the skillet. Toss and cook for 2 to 3 minutes until the kale is gently wilted and the filling is juicy and fragrant.
5. **Mound Filling into Squash:** Generously spoon the warm harvest sausage stuffing into the roasted acorn squash cavities, mounding the filling high above the rim.
6. **Final Golden Bake:** Return stuffed squash halves to the 400°F (200°C) oven and bake for **10 to 12 minutes** until the stuffing is heated through and the pecan edges are golden-crisp.
7. **Garnish & Serve:** Garnish with fresh sage leaves and serve immediately. Scoop tender squash flesh together with savory sausage filling for the ultimate bite!

Chef's Paleo Nutritional Science: Acorn squash is rich in soluble dietary fiber, potassium, and magnesium to balance blood pressure. Fresh sage contains carnosic acid and rosmarinic acid, two potent polyphenols that support neuroprotective and cognitive function, while organic kale supplies Vitamins A, C, and K1.

RECIPE #194 • SAUCES, SIDES & STAPLES

Savory Paleo Sweet Potato & Sausage Breakfast Casserole

Need a hearty, grab-and-go morning breakfast that powers your busy week without grains, pasteurized cheese, or inflammatory dairy milk? This Savory Paleo Sweet Potato & Sausage Breakfast Casserole layers seasoned hash-browned sweet potatoes with browned pasture-raised pork sausage, cremini mushrooms, and tender organic baby spinach. Bathed in a rich custard of whisked pasture-raised eggs, creamy coconut milk, and nutritional yeast, it bakes into a fluffy, golden slice-and-serve centerpiece.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 6 Servings	**Level:** Easy
Calories: 340 kcal	**Protein:** 24g	**Healthy Fats:** 22g	**Net Carbs:** 10g

Ingredients

For the Meat & Vegetable Sauté:

- **1 lb pasture-raised bulk pork breakfast or Italian sausage** (sugar-free, nitrate-free)
- **2 medium organic sweet potatoes**, peeled and coarsely grated / shredded (approx. 3 cups)
- **4 cups fresh organic baby spinach**, roughly chopped
- **1 cup cremini mushrooms**, sliced

- **1 medium yellow onion**, finely diced
- **1 red bell pepper**, diced (optional for color and sweetness)
- **4 cloves garlic**, minced
- **1.5 tbsp unrefined avocado oil or grass-fed ghee**

For the Fluffy Egg Custard:

- **8 large pasture-raised eggs**
- **0.33 cup full-fat canned coconut milk or unsweetened almond milk**
- **2 tbsp nutritional yeast** (imparts rich, cheesy savory depth without dairy)
- **1 tsp garlic powder** and **1 tsp onion powder**
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp freshly ground black pepper**
- **0.25 tsp crushed red pepper flakes** (optional for subtle morning warmth)

For Garnish & Serving:

- **2 green scallions**, thinly sliced
- **1 ripe Hass avocado**, sliced
- **Fresh salsa or clean hot sauce**

Step-by-Step Instructions

1. **Preheat & Grease Baking Dish:** Preheat oven to 375°F (190°C). Lightly grease a 9x13-inch glass or ceramic baking dish with avocado oil.
2. **Brown the Sausage:** Heat a large skillet over medium-high heat. Add the bulk pork sausage, breaking it up with a spatula. Cook for 5 to 6 minutes until browned and crumbly. Transfer cooked sausage to a paper towel-lined plate.
3. **Sauté Sweet Potatoes & Veggies:** In the same skillet with remaining fat (adding 1 tbsp avocado oil if needed), add shredded sweet potatoes, diced onion, bell pepper, and sliced mushrooms. Sauté over medium-high heat for 6 to 7 minutes until sweet potatoes are tender and lightly golden around edges. Stir in minced garlic and baby spinach; cook for 90 seconds until spinach wilts. Remove from heat.
4. **Whisk the Savory Egg Custard:** In a large mixing bowl, vigorously whisk together the 8 pasture-raised eggs, coconut milk, nutritional yeast, garlic powder, onion powder, coarse sea salt, black pepper, and red pepper flakes until light and frothy.
5. **Layer & Pour:** Spread the sautéed sweet potato and vegetable mixture evenly across the bottom of the prepared 9x13-inch baking dish. Scatter the browned sausage evenly over top. Pour the whisked egg custard evenly across the entire dish, gently pressing down on vegetables so they are fully submerged in egg.
6. **Bake to Puffy Golden Perfection:** Bake at 375°F for 28 to 32 minutes until the center is set (no jiggle) and the edges are lightly puffed and golden brown.
7. **Rest, Slice & Serve:** Remove from oven and let rest for 8 minutes (allows clean, distinct squares to slice without falling apart). Slice into 6 large squares. Garnish with sliced avocado, green scallions, and fresh salsa. Enjoy immediately or pack into meal prep containers for the week!

Chef's Paleo Nutritional Science: Pasture-raised eggs are one of nature's most complete superfoods, dense in choline for neurotransmitter synthesis and lutein for retinal cellular defense. Shredded sweet potatoes deliver steady, slow-burning complex carbohydrates rich in beta-carotene, while spinach supplies bioavailable folate and magnesium to modulate adrenal cortisol response upon waking.

RECIPE #195 • SAUCES, SIDES & STAPLES

Pan-Seared Paleo Sesame Crusted Ahi Tuna (Wasabi Aioli)

Craving a luxurious, five-star Japanese steakhouse dinner without soy sauce, industrial seed oils, gluten, or artificial additives? This Pan-Seared Paleo Sesame Crusted Ahi Tuna presses sashimi-grade wild yellowfin tuna steaks into a crunchy crust of toasted black and white sesame seeds. Flash-seared in a smoking cast-iron skillet for just 60 seconds per side to maintain a buttery ruby-rare interior, it is sliced and served alongside a creamy scratch wasabi lime aioli and a warm coconut aminos ginger dipping sauce.

Prep: 8 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 310 kcal	**Protein:** 38g	**Healthy Fats:** 15g	**Net Carbs:** 2g

Ingredients

For the Sesame Crusted Ahi Tuna:

- **4 sushi-grade wild yellowfin ahi tuna steaks** (approx. 6 oz each, 1-inch thick)
- **0.25 cup white sesame seeds**
- **0.25 cup black sesame seeds**
- **2 tbsp organic coconut aminos** (for brushing)
- **1 tsp toasted sesame oil**
- **1 tsp coarse Celtic sea salt** and **0.5 tsp freshly ground black pepper**
- **2 tbsp unrefined avocado oil** (for high-heat searing)

For the Creamy Wasabi Lime Aioli:

- **0.5 cup avocado oil mayonnaise** (such as Primal Kitchen)
- **1.5 tsp organic wasabi paste or powder** (ensure 100% pure without cornstarch)
- **1 tbsp fresh organic lime juice**
- **1 clove garlic**, finely grated
- **0.25 tsp coarse sea salt**

For the Ginger Coconut Aminos Dipping Sauce & Garnish:

- **0.33 cup organic coconut aminos**
- **1 tbsp fresh ginger root**, finely grated
- **1 tbsp fresh lime juice**
- **2 scallions (green onions)**, thinly sliced on a bias
- **Pickled ginger slices & lime wedges** (for serving)

Step-by-Step Instructions

1. **Whisk Wasabi Aioli & Ginger Sauce:** In a small bowl, whisk avocado oil mayo, wasabi paste, lime juice, grated garlic, and salt until smooth. In a second small bowl, whisk coconut aminos, grated ginger, and 1 tbsp lime juice. Set both aside.
2. **Pat Tuna Dry (Chef Technique):** Thoroughly pat the ahi tuna steaks dry on all four sides with paper towels. Light moisture removal ensures the sesame seed crust adheres firmly and crisps rather than steams.
3. **Season & Brush:** Brush each tuna steak lightly with coconut aminos and toasted sesame oil, then season with coarse Celtic sea salt and cracked black pepper.

4. **Coat in Sesame Seeds:** Spread the black and white sesame seeds on a wide flat plate. Firmly press all sides and edges of each tuna steak into the seeds until fully coated in an even, crunchy mosaic crust.
5. **Flash Cast-Iron Sear (60-Second Precision):** Heat 2 tbsp avocado oil in a heavy 12-inch cast-iron skillet over HIGH heat until smoking hot. Gently lay tuna steaks in the pan. Sear undisturbed for exactly 60 to 75 seconds until the sesame seeds are golden-brown and a 1/8-inch pale cooked rim appears. Flip and sear for 60 seconds on the second side. (Sear the thin edges for 10 seconds each using tongs).
6. **Rest & Slice (Razor-Sharp Cut):** Immediately transfer seared tuna steaks to a cutting board. Let rest for 3 minutes. Using a very sharp chef's knife, slice tuna against the grain into 0.25-inch thick sashimi slices.
7. **Plate & Serve:** Fan the sliced ruby-red tuna across chilled serving plates. Drizzle lightly with wasabi lime aioli and garnish with sliced green scallions, pickled ginger, and lime wedges. Serve with the ginger coconut aminos dipping sauce!

Chef's Paleo Nutritional Science: Wild yellowfin tuna provides an exceptional source of complete protein, selenium, and anti-inflammatory EPA/DHA omega-3 fatty acids that preserve cardiovascular endothelial tone. Black and white sesame seeds supply bioavailable lignans (sesamin and sesamolin) and calcium that support bone mineral matrix density.

RECIPE #196 • SAUCES, SIDES & STAPLES

Pan-Seared Wild Halibut with Lemon Caper Ghee

Craving a delicate, flaky Pacific seafood dinner with a crisp golden crust and buttery pan reduction without white flour dredging, dairy butter, white wine sulfites, or canola oil? This Pan-Seared Wild Halibut pats fresh wild Alaskan halibut fillets bone-dry and seasons them with coarse Celtic sea salt and white pepper. Hard-seared in a smoking cast-iron skillet with avocado oil to develop a golden-brown crust, smothered in a shimmering pan sauce of melted grass-fed ghee, fresh organic lemon juice, non-pareil capers, minced garlic, and fresh dill in 15 minutes.

Prep: 5 Mins	**Cook:** 10 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 320 kcal	**Protein:** 38g	**Healthy Fats:** 18g	**Net Carbs:** 1g

Ingredients

For the Pan-Seared Wild Halibut:

- **4 wild-caught Alaskan halibut fillets** (approx. 6 oz each, 1-inch thick, patted bone-dry)
- **2 tbsp unrefined avocado oil** (for high-smoke-point pan searing)
- **1.5 tsp coarse Celtic sea salt**
- **0.5 tsp ground white pepper** and **0.5 tsp garlic powder**

For the Sizzling Lemon Caper Ghee Pan Sauce:

- **3.5 tbsp grass-fed clarified butter (ghee)**
- **2.5 tbsp fresh organic lemon juice** and **0.5 tsp lemon zest**
- **2 tbsp non-pareil capers**, drained
- **3 cloves garlic**, finely minced
- **0.25 cup rich organic chicken or fish bone broth**
- **0.33 cup fresh organic dill & Italian parsley**, finely chopped
- **Pinch of sea salt & cracked black pepper**

For Serving:

- **Sautéed garlic broccolini or creamy cauliflower puree**
- **Fresh lemon wheels & dill sprigs**

Step-by-Step Instructions

1. **Dry & Season Halibut (Crisp Crust Invariant):** Place halibut fillets on paper towels and press firmly to remove all surface moisture. Season both sides generously with Celtic sea salt, white pepper, and garlic powder.
2. **Heat Cast Iron:** Heat a large 12-inch heavy cast-iron skillet over MEDIUM-HIGH heat for 3 minutes until shimmering hot. Add 2 tbsp avocado oil, swirling to coat the skillet evenly.
3. **Hard Cast-Iron Sear:** Carefully place halibut fillets flesh-side DOWN in the hot skillet. Cook undisturbed for 4 to 5 minutes. The fish will naturally release from the pan once a golden-brown, caramelized crust has formed.
4. **Flip with Fish Spatula:** Using a thin metal fish spatula, flip fillets onto the second side. Reduce heat to MEDIUM and cook for 3 to 4 minutes until the fish is opaque, firm to the touch, and flakes into thick, tender petals (internal temp 130°F / 54°C). Transfer halibut fillets to a warm platter.
5. **Simmer Lemon Caper Ghee Reduction:** Lower skillet heat to MEDIUM-LOW. Add grass-fed ghee, minced garlic, and drained capers to the pan drippings; swirl for 60 seconds until garlic is fragrant and capers pop. Pour in bone broth, fresh lemon juice, and lemon zest. Whisk continuously for 2 minutes as the sauce reduces into a shimmering, silky emulsion.
6. **Finish with Fresh Herbs:** Remove skillet from heat and stir in fresh chopped dill and Italian parsley.
7. **Plate & Spoon:** Place seared halibut fillets onto dinner plates. Spoon generous ladlefuls of warm lemon caper ghee pan sauce over each fillet. Garnish with fresh lemon slices, dill sprigs, and a crack of black pepper. Serve immediately!

Chef's Paleo Nutritional Science: Wild Alaskan Pacific halibut (Hippoglossus stenolepis) provides lean complete protein, bioavailable magnesium, niacin, and selenium that support thyroid hormone synthesis. Grass-fed ghee provides fat-soluble vitamins A, D, and K2, while briny capers deliver concentrated quercetin bioflavonoids.

RECIPE #197 • SAUCES, SIDES & STAPLES

Slow Cooker Paleo Korean Short Ribs (Galbi-Jjim)

Craving authentic Korean royal-court Galbi-Jjim (braised beef short ribs) with fall-off-the-bone tender meat and rich savory-sweet glaze without soy sauce, refined white sugar, mirin sulfites, or corn syrup? These Slow Cooker Paleo Korean Short Ribs brown meaty bone-in grass-fed beef short ribs in avocado oil, then slow-braise them in an authentic pureed Korean marinade made from sweet Asian pear (Bae), organic coconut aminos, fresh garlic, grated ginger, raw apple cider vinegar, and toasted sesame oil. Simmered alongside tender carrots, daikon radish, and shiitake mushrooms into succulent, melt-in-your-mouth perfection in 6 to 8 hours.

Prep: 15 Mins	**Cook:** 6 to 8 Hours	**Yield:** 6 Servings	**Level:** Easy
Calories: 480 kcal	**Protein:** 42g	**Healthy Fats:** 32g	**Net Carbs:** 6g

Ingredients

For the Beef Short Ribs & Braising Vegetables:

- **3.5 lbs 100% grass-fed bone-in beef short ribs** (English-cut or flanken-style, trimmed of excess outer fat)

- **3 large organic carrots**, peeled and sliced into thick 1.5-inch chunks
- **1 medium daikon radish or Korean radish (Mu)**, peeled and cut into 1.5-inch chunks
- **8 fresh shiitake mushrooms**, stems removed, caps scored with an X
- **2 tbsp unrefined avocado oil** (for browning ribs)
- **1.5 tsp coarse Celtic sea salt** and **1 tsp cracked black pepper**

For the Authentic Galbi-Jjim Pureed Marinade:

- **1 large ripe Asian pear (or Bosc pear)**, peeled, cored, and chopped (natural meat tenderizer)
- **0.75 cup organic coconut aminos**
- **0.5 cup rich organic beef bone broth**
- **0.5 medium yellow onion**, roughly chopped
- **8 cloves fresh garlic**
- **2 tbsp fresh ginger root**, peeled and chopped
- **2 tbsp toasted sesame oil**
- **1.5 tbsp raw apple cider vinegar**
- **1.5 tbsp raw honey or 2 pitted Medjool dates** (Whole30)
- **1 tsp Red Boat fish sauce**

For Garnish & Serving:

- **3 green onions (scallions)**, sliced on bias
- **1 tbsp toasted white sesame seeds**
- **Steamed cauliflower rice or roasted sweet potatoes**

Step-by-Step Instructions

1. **Blend the Galbi Marinade (Enzymatic Tenderizer Secret):** In a high-speed blender, combine chopped Asian pear, coconut aminos, beef bone broth, yellow onion, garlic cloves, fresh ginger, toasted sesame oil, apple cider vinegar, raw honey (or dates), and fish sauce. Blend on HIGH for 60 seconds until completely smooth.
2. **Brown Short Ribs (Maillard Crust Invariant):** Heat 2 tbsp avocado oil in a large 12-inch heavy skillet over MEDIUM-HIGH heat until smoking hot. Season short ribs generously with Celtic sea salt and black pepper. Sear ribs in batches for 3 to 4 minutes per side until deeply browned and caramelized on all exterior surfaces. Transfer browned ribs directly into the slow cooker insert.
3. **Deglaze & Pour Marinade:** Pour 0.5 cup of the blended marinade into the hot skillet to deglaze, scraping up all browned caramelized bits with a wooden spoon. Pour the remaining marinade and pan drippings directly over the short ribs in the slow cooker.
4. **Slow Cook to Fall-Apart Tenderness:** Cover slow cooker with lid and cook on LOW for 6 to 8 hours (or HIGH for 4 to 5 hours). The meat should be extremely tender and practically falling away from the bone.
5. **Add Root Vegetables & Mushrooms:** 1.5 hours before cooking finishes, add chunked carrots, daikon radish, and shiitake mushroom caps into the slow cooker. Gently submerge them into the simmering braising liquid. Continue cooking until vegetables are fork-tender and glossy.
6. **Thicken Glaze (Chef Finish):** Using tongs, carefully transfer short ribs and vegetables to a warm serving platter. Skim off excess surface fat from the braising liquid. (Optional): Pour liquid into a saucepan and simmer over HIGH heat for 5 to 7 minutes to reduce into a thick, glossy Korean BBQ glaze; pour over ribs.
7. **Plate & Garnish:** Garnish generously with sliced green onions and toasted sesame seeds. Serve hot with steamed cauliflower rice to soak up the rich, savory sauce!

Chef's Paleo Nutritional Science: Asian pear contains calpain-like proteolytic enzymes that gently break down dense collagen cross-links in beef short ribs without damaging muscle fibers. Grass-fed beef connective tissue breaks down into gelatin and collagen peptides that support joint and intestinal mucosal integrity.

RECIPE #198 • SAUCES, SIDES & STAPLES

Smoky Paleo Chorizo & Sweet Potato Stuffed Poblano Peppers

Craving authentic Mexican chiles rellenos or stuffed peppers without dairy cheese, white rice, black beans, or deep-fried corn batter? These Smoky Paleo Chorizo & Sweet Potato Stuffed Poblano Peppers feature large, earthy poblano peppers par-roasted until blistered and tender. Stuffed with a savory, sweet-and-smoky filling of heritage Mexican pork chorizo, caramelized Japanese sweet potato cubes, riced cauliflower, onions, cumin, and fresh cilantro, they bake to bubbling perfection and finish with a dairy-free avocado lime crema in 35 minutes.

Prep: 15 Mins	**Cook:** 20 Mins	**Yield:** 4 Servings (8 Halves)	**Level:** Easy
Calories: 390 kcal	**Protein:** 28g	**Healthy Fats:** 22g	**Net Carbs:** 14g

Ingredients

For the Blistered Poblano Peppers:

- **4 large fresh organic poblano peppers**, halved lengthwise, stems intact, seeds and white membranes removed
- **1.5 tbsp unrefined avocado oil**
- **0.5 tsp coarse Celtic sea salt**

For the Smoky Chorizo & Sweet Potato Filling:

- **1 lb pasture-raised heritage ground Mexican pork chorizo** (sugar-free, Whole30 compliant) or ground beef
- **1.5 cups sweet potato**, peeled and diced into small 0.25-inch cubes
- **1.5 cups fresh riced cauliflower**
- **1 medium yellow onion**, finely diced
- **4 cloves garlic**, finely minced
- **1 tsp ground cumin** and **1 tsp smoked Spanish paprika**
- **1 tsp dried Mexican oregano**
- **0.5 cup organic fire-roasted crushed tomatoes** (or tomato paste + broth)
- **0.33 cup fresh cilantro**, finely chopped
- **1 tsp coarse Celtic sea salt** and **0.5 tsp black pepper**

For the Dairy-Free Avocado Lime Crema & Garnish:

- **1 ripe Haas avocado** blended with **3 tbsp fresh lime juice**, 2 tbsp water, 1 clove garlic, and salt
- **0.25 cup chopped fresh cilantro & sliced jalapeño rings**
- **Toasted pepitas (pumpkin seeds)** for crunch

Step-by-Step Instructions

1. **Par-Roast Poblano Halves:** Preheat oven to 400°F (200°C). Place halved and seeded poblano peppers cut-side UP on a large parchment-lined baking sheet. Drizzle with 1 tbsp avocado oil and sprinkle with sea salt. Bake for 10 to 12 minutes until tender-crisp and slightly blistered. Remove from oven.

2. **Brown the Chorizo:** While peppers roast, heat a large 12-inch skillet over MEDIUM-HIGH heat. Add ground chorizo, breaking it apart with a wooden spoon. Cook for 5 to 6 minutes until browned and crispy. Transfer chorizo with a slotted spoon to a bowl, leaving the rendered smoky fat in the skillet.
3. **Caramelize Sweet Potatoes & Veggies:** Add the small diced sweet potato cubes and diced yellow onion to the hot chorizo fat. Sauté over medium heat for 6 to 8 minutes until sweet potatoes are golden and tender-crisp. Add minced garlic, cumin, smoked paprika, dried oregano, and riced cauliflower; cook for 2 minutes until fragrant.
4. **Simmer Filling:** Return the browned chorizo to the skillet. Stir in the fire-roasted crushed tomatoes, sea salt, and black pepper. Simmer for 3 minutes until the liquid reduces and thickens into a rich, cohesive filling. Stir in fresh chopped cilantro and remove from heat.
5. **Stuff the Poblano Peppers:** Spoon the warm chorizo sweet potato filling generously into each par-roasted poblano pepper half, mounding it high.
6. **Bake to Sizzling Perfection:** Return stuffed poblano peppers to the 400°F oven and bake for 10 to 12 minutes until the filling is sizzling hot and pepper skins are tender and caramelized.
7. **Garnish & Serve:** Drizzle creamy avocado lime crema over each stuffed pepper half. Garnish with chopped cilantro, sliced jalapeños, and toasted crunchy pepitas. Serve immediately!

Chef's Paleo Nutritional Science: Poblano peppers (Capsicum annuum) are rich in capsaicinoids that stimulate thermogenesis and beta-adrenergic lipolysis. Roasted sweet potatoes provide beta-carotene, potassium, and slow-burning prebiotic resistant starches, balancing the rich savory fats of heritage pork chorizo.

RECIPE #199 • SAUCES, SIDES & STAPLES

Soft-Baked Paleo Cinnamon Roll Snickerdoodles

Missing the tender, pillowy centers and crackled cinnamon-sugar crust of classic bakery snickerdoodles without bleached wheat flour, refined white sugar, shortening, or dairy butter? These Soft-Baked Paleo Cinnamon Roll Snickerdoodles blend blanched almond flour, coconut flour, and tapioca starch with grass-fed ghee and pure maple syrup. Rolled generously in ground Ceylon cinnamon and golden coconut sugar before baking, they are crowned with a decadent dairy-free maple vanilla drizzle in 20 minutes.

Prep: 10 Mins	**Cook:** 20 Mins	**Yield:** 14 Soft Cookies	**Level:** Easy
Calories: 160 kcal	**Protein:** 3g	**Healthy Fats:** 11g	**Net Carbs:** 12g

Ingredients

For the Soft-Baked Snickerdoodle Dough:

- **1.75 cups superfine blanched almond flour**
- **0.33 cup tapioca starch or arrowroot flour** (creates signature chewy stretch)
- **2 tbsp organic coconut flour** (absorbs excess moisture)
- **0.5 tsp cream of tartar** (essential for authentic snickerdoodle tang)
- **0.5 tsp baking soda** and **0.5 tsp coarse Celtic sea salt**
- **0.33 cup melted grass-fed ghee or solid virgin coconut oil**
- **0.33 cup pure Grade A dark maple syrup**
- **1 large pasture-raised egg**, room temperature
- **2 tsp pure Madagascar vanilla extract**

For the Cinnamon Sugar Rolling Coating:

- **3 tbsp unrefined coconut sugar or maple sugar**
- **1.5 tsp ground Ceylon cinnamon**

For the Dairy-Free Cinnamon Roll Glaze:

- **3 tbsp culinary coconut cream or melted coconut butter**
- **1.5 tbsp pure maple syrup**
- **0.5 tsp pure vanilla extract** and **pinch of cinnamon**

Step-by-Step Instructions

1. **Preheat Oven & Prep Sheet:** Preheat oven to 350°F (175°C). Line a large rimmed baking sheet with parchment paper.
2. **Whisk Dry Ingredients:** In a medium mixing bowl, whisk together almond flour, tapioca starch, coconut flour, cream of tartar, baking soda, and Celtic sea salt until lump-free.
3. **Mix Wet Dough:** In a separate bowl, whisk together melted grass-fed ghee, pure maple syrup, egg, and vanilla extract until smooth. Pour wet mixture into dry ingredients. Stir with a silicone spatula until a thick, soft dough comes together.
4. **Quick Dough Rest (Flour Hydration Secret):** Let dough rest at room temperature for 5 minutes (this allows coconut flour and tapioca to hydrate, making dough easy to roll into balls).
5. **Roll in Cinnamon Sugar:** In a small bowl, combine coconut sugar and ground Ceylon cinnamon. Using a 1.5-tbsp cookie scoop, scoop dough and roll between your palms into 14 smooth balls. Roll each ball generously in the cinnamon sugar coating until completely covered.
6. **Arrange & Flatten:** Place coated dough balls onto the parchment-lined baking sheet 2 inches apart. Gently press down on each ball with your palm to flatten into a 0.5-inch thick disc (these cookies will puff slightly but won't spread excessively). Sprinkle any remaining cinnamon sugar over top.
7. **Bake to Soft Perfection:** Bake at 350°F for 9 to 11 minutes until edges are set and lightly golden, but centers remain soft and pillowy. (Do not overbake!).
8. **Glaze & Serve:** Remove baking sheet to a wire rack. Let cookies cool on the sheet for 10 minutes to firm up. In a small ramekin, whisk coconut cream, maple syrup, and vanilla for the glaze. Drizzle warm glaze in a cinnamon roll spiral over each cookie. Serve warm with almond milk!

Chef's Paleo Nutritional Science: Ceylon cinnamon (Cinnamomum verum) contains bioactive cinnamaldehyde that enhances cellular insulin receptor sensitivity and glucose disposal. Superfine almond flour supplies Vitamin E alpha-tocopherol and magnesium, while unrefined coconut sugar provides inulin prebiotic fibers for gut microbiome nourishment.

RECIPE #200 • SAUCES, SIDES & STAPLES

Thai Red Coconut Curry Wild Halibut with Baby Bok Choy

Looking for a vibrant, anti-inflammatory seafood dinner that comes together in just 20 minutes? This Thai Red Coconut Curry Halibut poaches thick, wild-caught Pacific halibut fillets in a rich, fragrant broth of culinary coconut milk, fresh galangal ginger, garlic, kaffir lime, and authentic sugar-free Thai red curry paste. Surrounded by crisp baby bok choy and fresh herbs, it delivers pure Southeast Asian comfort without soy, gluten, or refined sugars.

Prep: 10 Mins	**Cook:** 12 Mins	**Yield:** 4 Servings	**Level:** Easy
Calories: 380 kcal	**Protein:** 42g	**Healthy Fats:** 20g	**Net Carbs:** 5g

Ingredients

- **4 wild-caught Pacific halibut fillets** (approx. 6 oz each, skin removed)
- **1 can (13.5 oz) full-fat unsweetened coconut milk**
- **2 tbsp Thai red curry paste** (sugar-free, Whole30-compliant like Thai Kitchen)
- **1 tbsp unrefined coconut oil or avocado oil**
- **2 medium shallots**, thinly sliced
- **4 cloves garlic**, minced
- **1.5 tbsp fresh ginger**, finely grated
- **1 stalk fresh lemongrass** (white part only, bruised and minced)
- **1 tbsp Red Boat fish sauce** (100% anchovy & salt)
- **1 tbsp organic coconut aminos**
- **Juice of 1 fresh lime**
- **4 heads baby bok choy**, halved lengthwise and rinsed
- **0.25 cup fresh cilantro leaves** and sliced scallions (for garnish)
- **1 tsp coarse Celtic sea salt**

Step-by-Step Instructions

1. **Sauté Aromatics:** In a wide 12-inch heavy skillet or braiser over medium heat, melt 1 tbsp coconut oil. Add sliced shallots, minced garlic, grated ginger, and bruised lemongrass. Sauté for 2 to 3 minutes until fragrant and translucent.
2. **Bloom the Curry Paste:** Add 2 tbsp Thai red curry paste to the skillet. Cook, stirring constantly for 60 seconds, to release the essential oils of the chili, lemongrass, and coriander.
3. **Simmer Coconut Broth:** Pour in the full-fat coconut milk, fish sauce, and coconut aminos. Whisk thoroughly to dissolve the curry paste. Bring to a gentle simmer over medium-low heat for 3 minutes until the broth is rich, creamy, and aromatic.
4. **Poach the Halibut & Greens:** Season halibut fillets lightly with sea salt on both sides. Nest the halibut fillets and halved baby bok choy directly into the simmering coconut curry broth. Cover with a tight-fitting lid and gently simmer for 6 to 8 minutes until the halibut is opaque and flakes easily with a fork.
5. **Finish with Lime:** Remove from heat. Squeeze fresh lime juice over the fish and sauce. Spoon the velvety red curry broth over the tops of the fillets.

6. **Serve:** Ladle generous portions of coconut curry broth, tender bok choy, and a poached halibut fillet into deep bowls over warm cilantro cauliflower rice. Garnish with fresh cilantro leaves, sliced scallions, and lime wedges.

Chef's Paleo Nutritional Science: Wild Pacific halibut is an extraordinary source of selenium, omega-3 fatty acids (EPA and DHA), and Vitamin B12, supporting mitochondrial electron transport and neural sheath integrity. Full-fat coconut milk supplies medium-chain triglycerides (MCTs) like caprylic and lauric acid, promoting rapid ketone generation and cellular energy without carbohydrate dependency.

APPENDIX A

30-Day Ancestral Paleo Reset Meal Plan

Follow this 30-day blueprint to rotate nutrient-dense ruminant meats, wild seafood, pasture-raised poultry, and collagen-rich bone broths across four full weeks.

Day	Breakfast	Lunch	Dinner	Broth / Treat
Day 1	#1 20-Minute Paleo Egg Roll in a Bowl (Potsticker Stir-Fry)	#13 Authentic Paleo Tom Kha Gai (Thai Coconut Chicken Soup)	#56 20-Minute One-Pan Mexican Cauliflower Rice & Beef Skillet	1 Cup Warm Bone Broth (#174)
Day 2	#2 Crispy Savory Paleo Sweet Potato Bacon Waffles	#14 Authentic Paleo Vietnamese Lemongrass Chicken (Ga Nuong Sa)	#57 20-Minute Paleo Beef and Broccoli Stir-Fry	1 Cup Warm Bone Broth (#174)
Day 3	#3 Crispy Savory Sweet Potato Bacon Waffles	#15 Braised Paleo Moroccan Chicken Tagine	#58 Authentic Paleo Beef Bourguignon (French Beef Stew)	#141 Crispy Air-Fryer Sweet Potato Fries with Arrowroot Crust & Garlic Lemon Aioli
Day 4	#4 Extra Crispy Paleo Cassava Flour Belgian Waffles (Nut-Free)	#16 Creamy Paleo Dijon Mustard Chicken with Bacon & Kale	#59 Authentic Paleo Greek Beef Souvlaki Skewers	1 Cup Warm Bone Broth (#174)
Day 5	#5 Fluffy Grain-Free Almond Flour Lemon Blueberry Pancakes	#17 Creamy Thai Green Coconut Curry Chicken with Lemongrass & Fresh Basil	#60 Authentic Paleo Korean Beef Bulgogi Lettuce Wraps	1 Cup Warm Bone Broth (#174)
Day 6	#6 Fluffy Paleo Lemon Blueberry Pancakes	#18 Creamy Paleo Tuscan Garlic Chicken with Sun-Dried Tomatoes & Spinach	#61 Authentic Paleo Lamb Shepherd's Pie with Garlic Cauliflower Mash	#144 Crispy Mediterranean Whole Roasted Branzino
Day 7	#7 Fluffy Paleo Pumpkin Spice Pancakes with Spiced Maple Ghee	#19 Creamy Paleo White Chicken Chili	#62 Authentic Paleo Peruvian Lomo Saltado (Beef Stir-Fry)	1 Cup Warm Bone Broth (#174)
Day 8	#8 Matcha Green Tea Coconut Chia Seed Pudding with Fresh Berries	#20 One-Pan Tuscan Sun-Dried Tomato Chicken Thighs with Garlic & Basil Cream	#63 Authentic Paleo Vietnamese Beef Pho (Ph■ Bò)	1 Cup Warm Bone Broth (#174)
Day 9	#9 Paleo Wild Blueberry Lemon Streusel Muffins with Cinnamon Pecan Crumble	#21 Crispy Air-Fryer Buffalo Chicken Wings with Grass-Fed Ghee & Garlic Ranch	#64 Braised Paleo Beef Short Ribs with Balsamic-Wine Reduction	#147 Crispy Paleo Calamari with Roasted Garlic Herb Aioli
Day 10	#10 Grain-Free Cinnamon Swirl Banana Pancakes with Vanilla Ghee Glaze	#22 Crispy Baked Paleo Buffalo Chicken Wings	#65 Classic Paleo Beef Lasagna with Roasted Zucchini Noodles & Cashew Ricotta	1 Cup Warm Bone Broth (#174)

Day	Breakfast	Lunch	Dinner	Broth / Treat
Day 11	#11 Paleo Eggs Benedict on Sweet Potato Toast	#23 Crispy Cast-Iron Cracklin' Chicken Thighs	#66 Creamy Paleo Beef Stroganoff	1 Cup Warm Bone Broth (#174)
Day 12	#12 Paleo Zucchini Banana Bread with Toasted Walnuts & Cinnamon	#24 Crispy Garlic Herb Butter Roast Chicken (Whole30)	#67 Crispy Paleo Mongolian Beef	#150 Fluffy Paleo Sweet Potato Blueberry Muffins (Almond Flour)
Day 13	#1 20-Minute Paleo Egg Roll in a Bowl (Potsticker Stir-Fry)	#25 Crispy Greek Lemon Herb Spatchcock Chicken	#68 Grilled Grass-Fed Flank Steak with Fresh Herb Chimichurri	1 Cup Warm Bone Broth (#174)
Day 14	#2 Crispy Savory Paleo Sweet Potato Bacon Waffles	#26 Crispy Paleo Buffalo Chicken Salad with Dairy-Free Herb Ranch	#69 Grilled Paleo Lamb Kofta Kebabs with Garlic-Mint Tahini Sauce	1 Cup Warm Bone Broth (#174)
Day 15	#3 Crispy Savory Sweet Potato Bacon Waffles	#27 Crispy Paleo Chicken Katsu with Japanese Curry Sauce	#70 Grilled Wild Swordfish Steaks with Fresh Herb Chimichurri	#153 Grain-Free Paleo Blueberry Lemon Coffee Cake
Day 16	#4 Extra Crispy Paleo Cassava Flour Belgian Waffles (Nut-Free)	#114 Creamy Paleo Tuscan Salmon	#28 Crispy Paleo Chicken Parmesan	1 Cup Warm Bone Broth (#174)
Day 17	#5 Fluffy Grain-Free Almond Flour Lemon Blueberry Pancakes	#115 Crispy Air-Fryer Coconut Shrimp with Sweet Chili Lime Dip	#29 Crispy Paleo Chicken Shawarma Bowls with Lemon Tahini Sauce	1 Cup Warm Bone Broth (#174)
Day 18	#6 Fluffy Paleo Lemon Blueberry Pancakes	#116 Crispy Baja Paleo Fish Tacos with Lime Slaw & Avocado Crema	#30 Crispy Paleo Chicken Taquitos with Cassava Tortillas & Avocado Crema	#156 Molten Paleo Dark Chocolate Lava Cakes
Day 19	#7 Fluffy Paleo Pumpkin Spice Pancakes with Spiced Maple Ghee	#117 Crispy Baked Paleo Wild Cod Fish Sticks	#31 Crispy Paleo Chinese Orange Chicken (Sweet & Tangy)	1 Cup Warm Bone Broth (#174)
Day 20	#8 Matcha Green Tea Coconut Chia Seed Pudding with Fresh Berries	#118 Crispy Blackened Wild Salmon with Avocado Mango Salsa	#32 Crispy Paleo Coconut Chicken Tenders	1 Cup Warm Bone Broth (#174)
Day 21	#9 Paleo Wild Blueberry Lemon Streusel Muffins with Cinnamon Pecan Crumble	#119 Crispy Coconut Lime Wild Mahi Mahi with Mango Avocado Salsa & Fresh Lime	#33 Crispy Paleo Duck Breast with Cherry Sauce	#159 Classic Paleo Chocolate Fudge Tart with Hazelnut Shortbread Crust & Sea Salt
Day 22	#10 Grain-Free Cinnamon Swirl Banana Pancakes with Vanilla Ghee Glaze	#120 Crispy Air-Fryer Wild Calamari with Cassava Crust & Garlic Herb Aioli	#34 Crispy Paleo Honey Mustard Chicken & Bacon Skillet	1 Cup Warm Bone Broth (#174)

Day	Breakfast	Lunch	Dinner	Broth / Treat
Day 23	#11 Paleo Eggs Benedict on Sweet Potato Toast	#121 Crispy Paleo Bang Bang Shrimp with Creamy Chili Sauce	#35 Crispy Paleo Lemon Chicken Piccata with Fried Capers & Garlic Ghee	1 Cup Warm Bone Broth (#174)
Day 24	#12 Paleo Zucchini Banana Bread with Toasted Walnuts & Cinnamon	#122 Crispy Paleo Coconut Lime Salmon with Avocado-Mango Salsa	#36 Crispy Paleo Moroccan Chicken Tagine with Apricots & Olives	#162 Creamy Coconut Vanilla Panna Cotta with Wild Blackberry Compote
Day 25	#1 20-Minute Paleo Egg Roll in a Bowl (Potsticker Stir-Fry)	#123 Crispy Paleo Coconut Lime Shrimp	#37 Crispy Seared Duck Breast with Cherry Balsamic Glaze	1 Cup Warm Bone Broth (#174)
Day 26	#2 Crispy Savory Paleo Sweet Potato Bacon Waffles	#135 Velvety Cream of Roasted Cauliflower Soup with Crispy Prosciutto & Bone Broth	#38 Crispy Sticky Honey Garlic Chicken Bites	1 Cup Warm Bone Broth (#174)
Day 27	#3 Crispy Savory Sweet Potato Bacon Waffles	#136 Paleo Zuppa Toscana Soup with Italian Sausage and Kale	#39 Extra Crispy Baked Paleo Chicken Tenders	#165 Paleo Grain-Free Carrot Cake
Day 28	#4 Extra Crispy Paleo Cassava Flour Belgian Waffles (Nut-Free)	#137 Velvety Paleo Hungarian Mushroom Soup with Fresh Dill	#40 Extra-Crispy Paleo Air Fryer Buffalo Chicken Wings	1 Cup Warm Bone Broth (#174)
Day 29	#5 Fluffy Grain-Free Almond Flour Lemon Blueberry Pancakes	#138 Velvety Roasted Asparagus Soup with Crispy Prosciutto	#41 Greek Lemon Herb Chicken Souvlaki with Dairy-Free Tzatziki	1 Cup Warm Bone Broth (#174)
Day 30	#6 Fluffy Paleo Lemon Blueberry Pancakes	#174 Authentic 4-Ingredient Pliable Paleo Cassava Flour Tortillas	#42 Italian Herb Paleo Stuffed Bell Peppers (Ground Turkey & Cauliflower Rice)	#168 Paleo Maryland Jumbo Lump Crab Cakes

APPENDIX B

Alphabetical & Macronutrient Master Index

All 200 recipes indexed alphabetically with their Recipe Number, Chapter, and Per-Serving Macronutrients.

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
15-Minute Sheet-Pan Lemon Garlic Herb Shrimp & Tender Asparagus Spears	#133 (Ch.5)	410 kcal	34g	24g	6g
20-Minute One-Pan Mexican Cauliflower Rice & Beef Skillet	#56 (Ch.3)	390 kcal	36g	22g	6g
20-Minute Paleo Beef and Broccoli Stir-Fry	#57 (Ch.3)	380 kcal	38g	18g	8g
20-Minute Paleo Egg Roll in a Bowl (Potsticker Stir-Fry)	#1 (Ch.1)	360 kcal	32g	22g	5g
Authentic 4-Ingredient Pliable Paleo Cassava Flour Tortillas	#174 (Ch.8)	110 kcal	1g	4.5g	16g
Authentic Paleo Beef Bourguignon (French Beef Stew)	#58 (Ch.3)	460 kcal	44g	26g	8g
Authentic Paleo Cuban Ropa Vieja (Slow Cooker / Instant Pot)	#175 (Ch.8)	410 kcal	44g	22g	6g
Authentic Paleo Greek Beef Souvlaki Skewers	#59 (Ch.3)	420 kcal	44g	26g	4g
Authentic Paleo Greek Moussaka (Dairy-Free Béchamel)	#176 (Ch.8)	410 kcal	32g	26g	10g
Authentic Paleo Korean Beef Bulgogi Lettuce Wraps	#60 (Ch.3)	410 kcal	40g	24g	4g
Authentic Paleo Lamb Shepherd's Pie with Garlic Cauliflower Mash	#61 (Ch.3)	430 kcal	36g	28g	7g
Authentic Paleo Peruvian Lomo Saltado (Beef Stir-Fry)	#62 (Ch.3)	410 kcal	38g	22g	14g
Authentic Paleo Shakshuka with Sausage & Tuscan Kale	#177 (Ch.8)	370 kcal	28g	24g	6g
Authentic Paleo Spaghetti Squash Pad Thai (Chicken & Shrimp)	#49 (Ch.2)	410 kcal	38g	22g	12g
Authentic Paleo Spanish Seafood Paella	#178 (Ch.8)	380 kcal	36g	20g	8g
Authentic Paleo Stuffed Cabbage Rolls (Golabki)	#179 (Ch.8)	370 kcal	32g	20g	12g
Authentic Paleo Swedish Meatballs in Creamy Gravy	#180 (Ch.8)	430 kcal	38g	28g	6g
Authentic Paleo Tom Kha Gai (Thai Coconut Chicken Soup)	#13 (Ch.2)	370 kcal	34g	24g	4g
Authentic Paleo Vietnamese Beef Pho (Ph■ Bò)	#63 (Ch.3)	310 kcal	34g	14g	5g
Authentic Paleo Vietnamese Lemongrass Chicken (Ga Nuong Sa)	#14 (Ch.2)	410 kcal	38g	26g	4g
Baked Cinnamon Pecan Stuffed Apples with Spiced Coconut Butter	#139 (Ch.7)	410 kcal	34g	24g	6g

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
Braised Paleo Beef Short Ribs with Balsamic-Wine Reduction	#64 (Ch.3)	510 kcal	46g	32g	6g
Braised Paleo Moroccan Chicken Tagine	#15 (Ch.2)	440 kcal	38g	26g	9g
Cast-Iron Pan-Seared Grass-Fed Ribeye Steak with Garlic Rosemary Herb Ghee	#81 (Ch.3)	410 kcal	34g	24g	6g
Chewy Gooey Paleo Cassava Flour Fudge Brownies	#140 (Ch.7)	240 kcal	4g	14g	22g
Chewy Paleo Double Chocolate Chunk Tahini Cookies	#181 (Ch.8)	170 kcal	4g	12g	11g
Classic Paleo Beef Lasagna with Roasted Zucchini Noodles & Cashew Ricotta	#65 (Ch.3)	410 kcal	34g	24g	6g
Classic Paleo Chocolate Fudge Tart with Hazelnut Shortbread Crust & Sea Salt	#159 (Ch.7)	410 kcal	34g	24g	6g
Creamy Coconut Vanilla Panna Cotta with Wild Blackberry Compote	#162 (Ch.7)	410 kcal	34g	24g	6g
Creamy New England Paleo Clam Chowder with Smoky Bacon	#95 (Ch.4)	340 kcal	24g	22g	8g
Creamy Paleo Beef Stroganoff	#66 (Ch.3)	440 kcal	40g	26g	8g
Creamy Paleo Dijon Mustard Chicken with Bacon & Kale	#16 (Ch.2)	440 kcal	42g	28g	4g
Creamy Paleo Tuscan Garlic Chicken with Sun-Dried Tomatoes & Spinach	#18 (Ch.2)	440 kcal	42g	26g	5g
Creamy Paleo Tuscan Salmon	#114 (Ch.5)	460 kcal	42g	30g	4g
Creamy Paleo White Chicken Chili	#19 (Ch.2)	370 kcal	34g	18g	14g
Creamy Thai Green Coconut Curry Chicken with Lemongrass & Fresh Basil	#17 (Ch.2)	410 kcal	34g	24g	6g
Creamy Wild Mushroom Cauliflower Risotto with Shiitake & Bone Broth	#182 (Ch.8)	410 kcal	34g	24g	6g
Crispy Air-Fryer Brussels Sprouts with Pastured Bacon & Aged Balsamic Reduction	#97 (Ch.4)	410 kcal	34g	24g	6g
Crispy Air-Fryer Buffalo Chicken Wings with Grass-Fed Ghee & Garlic Ranch	#21 (Ch.2)	410 kcal	34g	24g	6g
Crispy Air-Fryer Coconut Shrimp with Sweet Chili Lime Dip	#115 (Ch.5)	340 kcal	28g	22g	6g
Crispy Air-Fryer Paleo Zucchini Fries with Grain-Free Herb Crust	#146 (Ch.7)	410 kcal	34g	24g	6g
Crispy Air-Fryer Sweet Potato Fries with Arrowroot Crust & Garlic Lemon Aioli	#141 (Ch.7)	410 kcal	34g	24g	6g
Crispy Air-Fryer Wild Calamari with Cassava Crust & Garlic Herb Aioli	#120 (Ch.5)	410 kcal	34g	24g	6g
Crispy Bacon-Wrapped Filet Mignon with Rosemary Garlic Ghee	#96 (Ch.4)	460 kcal	48g	30g	1g

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
Crispy Baja Paleo Fish Tacos with Lime Slaw & Avocado Crema	#116 (Ch.5)	380 kcal	28g	22g	18g
Crispy Baked Paleo Buffalo Chicken Wings	#22 (Ch.2)	410 kcal	36g	28g	2g
Crispy Baked Paleo Wild Cod Fish Sticks	#117 (Ch.5)	340 kcal	36g	18g	4g
Crispy Blackened Wild Salmon with Avocado Mango Salsa	#118 (Ch.5)	410 kcal	38g	24g	8g
Crispy Cast-Iron Cracklin' Chicken Thighs	#23 (Ch.2)	420 kcal	42g	28g	0g
Crispy Coconut Crusted Mahi Mahi	#142 (Ch.7)	420 kcal	44g	22g	8g
Crispy Coconut Lime Wild Mahi Mahi with Mango Avocado Salsa & Fresh Lime	#119 (Ch.5)	410 kcal	34g	24g	6g
Crispy Garlic Herb Butter Roast Chicken (Whole30)	#24 (Ch.2)	440 kcal	48g	26g	1g
Crispy Greek Lemon Herb Spatchcock Chicken	#25 (Ch.2)	490 kcal	48g	32g	2g
Crispy Heritage Pork Belly with Warm Spiced Apple Ginger Chutney	#98 (Ch.4)	410 kcal	34g	24g	6g
Crispy Maryland Paleo Crab Cakes with Lemon Dill Tartar Sauce	#143 (Ch.7)	310 kcal	28g	20g	2g
Crispy Mediterranean Whole Roasted Branzino	#144 (Ch.7)	340 kcal	42g	18g	2g
Crispy Paleo Air Fryer Avocado Fries with Smoky Chipotle Aioli	#145 (Ch.7)	320 kcal	6g	28g	4g
Crispy Paleo Bang Bang Shrimp with Creamy Chili Sauce	#121 (Ch.5)	350 kcal	30g	22g	5g
Crispy Paleo Buffalo Chicken Salad with Dairy-Free Herb Ranch	#26 (Ch.2)	440 kcal	38g	28g	6g
Crispy Paleo Calamari with Roasted Garlic Herb Aioli	#147 (Ch.7)	290 kcal	24g	18g	4g
Crispy Paleo Chicken Katsu with Japanese Curry Sauce	#27 (Ch.2)	450 kcal	42g	26g	12g
Crispy Paleo Chicken Parmesan	#28 (Ch.2)	440 kcal	44g	26g	8g
Crispy Paleo Chicken Shawarma Bowls with Lemon Tahini Sauce	#29 (Ch.2)	410 kcal	38g	26g	6g
Crispy Paleo Chicken Taquitos with Cassava Tortillas & Avocado Crema	#30 (Ch.2)	410 kcal	34g	24g	6g
Crispy Paleo Chinese Orange Chicken (Sweet & Tangy)	#31 (Ch.2)	380 kcal	34g	20g	14g
Crispy Paleo Coconut Chicken Tenders	#32 (Ch.2)	390 kcal	38g	20g	6g
Crispy Paleo Coconut Lime Salmon with Avocado-Mango Salsa	#122 (Ch.5)	420 kcal	38g	26g	8g
Crispy Paleo Coconut Lime Shrimp	#123 (Ch.5)	390 kcal	32g	24g	8g
Crispy Paleo Coconut-Crusted Mahi Mahi with Mango Salsa	#148 (Ch.7)	380 kcal	36g	20g	12g
Crispy Paleo Duck Breast with Cherry Sauce	#33 (Ch.2)	480 kcal	44g	32g	6g

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
Crispy Paleo Honey Mustard Chicken & Bacon Skillet	#34 (Ch.2)	430 kcal	38g	26g	8g
Crispy Paleo Lemon Chicken Piccata with Fried Capers & Garlic Ghee	#35 (Ch.2)	390 kcal	36g	24g	4g
Crispy Paleo Mongolian Beef	#67 (Ch.3)	410 kcal	38g	22g	6g
Crispy Paleo Moroccan Chicken Tagine with Apricots & Olives	#36 (Ch.2)	430 kcal	40g	26g	8g
Crispy Paleo Pork Schnitzel with Lemon Caper Ghee	#99 (Ch.4)	390 kcal	38g	24g	4g
Crispy Paleo Sweet and Sour Pork with Pineapple (Cantonese Style)	#100 (Ch.4)	410 kcal	36g	20g	16g
Crispy Paleo Wild Salmon Cakes with Lemon Herb Remoulade	#124 (Ch.5)	360 kcal	34g	22g	3g
Crispy Pan-Fried Wild Atlantic Cod with Dairy-Free Herb Tartar Sauce	#125 (Ch.5)	410 kcal	34g	24g	6g
Crispy Pan-Seared Chilean Sea Bass with Garlic Herb Ghee & Meyer Lemon	#130 (Ch.5)	410 kcal	34g	24g	6g
Crispy Pan-Seared Sea Scallops with Lemon Caper Grass-Fed Ghee Sauce	#126 (Ch.5)	410 kcal	34g	24g	6g
Crispy Pan-Seared Wild Sea Bass Piccata with Lemon-Caper Sauce	#171 (Ch.7)	360 kcal	38g	22g	2g
Crispy Savory Paleo Sweet Potato Bacon Waffles	#2 (Ch.1)	340 kcal	16g	20g	22g
Crispy Savory Sweet Potato Bacon Waffles	#3 (Ch.1)	320 kcal	14g	20g	18g
Crispy Seared Duck Breast with Cherry Balsamic Glaze	#37 (Ch.2)	420 kcal	38g	26g	8g
Crispy Sheet-Pan Lemon Rosemary Chicken Thighs with Caramelized Roasted Parsnips	#52 (Ch.2)	410 kcal	34g	24g	6g
Crispy Slow-Braised Pork Carnitas Bowls with Cilantro Lime Cauliflower Rice	#111 (Ch.4)	410 kcal	34g	24g	6g
Crispy Slow-Cooker Citrus Pork Carnitas	#101 (Ch.4)	460 kcal	44g	30g	2g
Crispy Slow-Cooker Paleo Pork Carnitas	#102 (Ch.4)	440 kcal	42g	28g	2g
Crispy Smoked Pork Belly Burnt Ends (Paleo Meat Candy)	#103 (Ch.4)	420 kcal	24g	34g	3g
Crispy Sticky Honey Garlic Chicken Bites	#38 (Ch.2)	390 kcal	38g	16g	14g
Crispy Sweet Potato and Bacon Breakfast Hash Skillet	#104 (Ch.4)	410 kcal	22g	26g	24g
Extra Crispy Baked Paleo Chicken Tenders	#39 (Ch.2)	360 kcal	42g	18g	4g
Extra Crispy Paleo Cassava Flour Belgian Waffles (Nut-Free)	#4 (Ch.1)	260 kcal	6g	14g	28g
Extra-Crispy Paleo Air Fryer Buffalo Chicken Wings	#40 (Ch.2)	440 kcal	36g	32g	1g
Flaky Paleo Lemon Blueberry Scones (Almond & Cassava)	#183 (Ch.8)	260 kcal	6g	18g	16g

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
Fluffy Grain-Free Almond Flour Lemon Blueberry Pancakes	#5 (Ch.1)	310 kcal	10g	20g	14g
Fluffy Paleo Baked Apple Cider Donuts	#184 (Ch.8)	180 kcal	4g	12g	14g
Fluffy Paleo Chocolate Chip Banana Bread (Almond Flour)	#185 (Ch.8)	230 kcal	6g	14g	20g
Fluffy Paleo Cinnamon Roll Coffee Cake (Pecan Streusel)	#149 (Ch.7)	290 kcal	6g	20g	18g
Fluffy Paleo Lemon Blueberry Pancakes	#6 (Ch.1)	280 kcal	10g	18g	12g
Fluffy Paleo Pumpkin Spice Pancakes with Spiced Maple Ghee	#7 (Ch.1)	410 kcal	34g	24g	6g
Fluffy Paleo Sweet Potato Blueberry Muffins (Almond Flour)	#150 (Ch.7)	210 kcal	6g	14g	14g
Fudgy Dark Chocolate Avocado Popsicles with Toasted Coconut & Sea Salt	#163 (Ch.7)	410 kcal	34g	24g	6g
Fudgy Paleo Dark Chocolate Chunk Avocado Brownies	#151 (Ch.7)	410 kcal	34g	24g	6g
Garlic Ghee Paleo Shrimp Scampi (Spaghetti Squash)	#127 (Ch.5)	340 kcal	32g	20g	6g
Gooey Fudgy Paleo Chocolate Chip Skillet Cookie (Pizookie)	#186 (Ch.8)	280 kcal	6g	18g	22g
Gooey Paleo Maple Pecan Pie Bars (Shortbread Crust)	#152 (Ch.7)	280 kcal	4g	22g	16g
Grain-Free Cinnamon Swirl Banana Pancakes with Vanilla Ghee Glaze	#10 (Ch.1)	410 kcal	34g	24g	6g
Grain-Free Paleo Blueberry Lemon Coffee Cake	#153 (Ch.7)	260 kcal	6g	18g	16g
Grain-Free Paleo Cinnamon Roll Scones	#187 (Ch.8)	270 kcal	6g	18g	16g
Grain-Free Paleo Dark Chocolate Raspberry Tart	#154 (Ch.7)	310 kcal	6g	24g	14g
Grain-Free Paleo Spiced Carrot Cake	#155 (Ch.7)	280 kcal	6g	20g	18g
Greek Chicken Souvlaki Skewers with Dairy-Free Cucumber Dill Tzatziki	#48 (Ch.2)	410 kcal	34g	24g	6g
Greek Lemon Herb Chicken Souvlaki with Dairy-Free Tzatziki	#41 (Ch.2)	360 kcal	36g	22g	3g
Grilled Grass-Fed Flank Steak with Fresh Herb Chimichurri	#68 (Ch.3)	420 kcal	44g	26g	2g
Grilled Paleo Lamb Kofta Kebabs with Garlic-Mint Tahini Sauce	#69 (Ch.3)	430 kcal	38g	30g	3g
Grilled Wild Swordfish Steaks with Fresh Herb Chimichurri	#70 (Ch.3)	380 kcal	44g	20g	2g
Iced Paleo Lemon Poppy Seed Bread	#188 (Ch.8)	240 kcal	7g	16g	16g
Italian Herb Paleo Stuffed Bell Peppers (Ground Turkey & Cauliflower Rice)	#42 (Ch.2)	310 kcal	32g	14g	8g

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
Juicy Paleo Greek Lamb Meatballs with Tzatziki	#71 (Ch.3)	410 kcal	36g	28g	4g
Master Paleo Prime Rib Roast with Rosemary Garlic Crust & Bone Broth Au Jus	#72 (Ch.3)	410 kcal	34g	24g	6g
Matcha Green Tea Coconut Chia Seed Pudding with Fresh Berries	#8 (Ch.1)	410 kcal	34g	24g	6g
Molten Paleo Dark Chocolate Lava Cakes	#156 (Ch.7)	290 kcal	6g	22g	14g
No-Bake Dark Chocolate Avocado Fudge Tart	#158 (Ch.7)	340 kcal	6g	26g	18g
No-Bake Dark Chocolate Coconut Silk Tart with Grain-Free Pecan Crust	#157 (Ch.7)	410 kcal	34g	24g	6g
One-Pan Tuscan Sun-Dried Tomato Chicken Thighs with Garlic & Basil Cream	#20 (Ch.2)	410 kcal	34g	24g	6g
One-Pot Paleo Chicken Piccata Meatballs in White Wine Lemon Caper Sauce	#47 (Ch.2)	410 kcal	34g	24g	6g
One-Skillet Greek Lemon Garlic Chicken Thighs with Kalamata Olives	#43 (Ch.2)	460 kcal	42g	30g	4g
One-Skillet Korean Bulgogi Ground Beef Bowls with Sesame & Scallions	#76 (Ch.3)	410 kcal	34g	24g	6g
One-Skillet Lemon Dill Wild Salmon with Creamy Garlic Sauce	#128 (Ch.5)	460 kcal	40g	32g	3g
One-Skillet Paleo Chicken Marsala with Bacon & Wild Mushrooms	#44 (Ch.2)	410 kcal	42g	22g	4g
One-Skillet Paleo Creamy Tuscan Salmon	#129 (Ch.5)	460 kcal	38g	32g	4g
One-Skillet Paleo Mediterranean Artichoke Chicken	#45 (Ch.2)	390 kcal	44g	20g	5g
One-Skillet Paleo Pork Chops with Caramelized Apples	#105 (Ch.4)	440 kcal	42g	24g	12g
Paleo Cinnamon Roll Coffee Cake	#160 (Ch.7)	290 kcal	7g	20g	14g
Paleo Classic Shepherd's Pie	#161 (Ch.7)	460 kcal	38g	22g	22g
Paleo Eggs Benedict on Sweet Potato Toast	#11 (Ch.1)	390 kcal	24g	28g	12g
Paleo Grain-Free Apple Crisp	#164 (Ch.7)	280 kcal	4g	18g	24g
Paleo Grain-Free Carrot Cake	#165 (Ch.7)	340 kcal	7g	24g	16g
Paleo Grain-Free Lemon Poppy Seed Bread	#189 (Ch.8)	240 kcal	7g	18g	8g
Paleo Grain-Free Pecan Pie Tart	#166 (Ch.7)	340 kcal	5g	26g	14g
Paleo Grass-Fed Beef Shepherd's Pie with Garlic Cauliflower Mash	#73 (Ch.3)	440 kcal	38g	26g	8g
Paleo Grilled Steak Cobb Salad	#74 (Ch.3)	490 kcal	44g	32g	5g
Paleo Italian Meatballs with Roasted Spaghetti Squash in Rustic Marinara	#190 (Ch.8)	450 kcal	42g	26g	12g
Paleo Korean Beef Bulgogi Lettuce Wraps	#75 (Ch.3)	390 kcal	38g	22g	5g
Paleo Maryland Jumbo Lump Crab Cakes	#168 (Ch.7)	380 kcal	38g	22g	3g

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
Paleo Meyer Lemon Raspberry Loaf Cake with Coconut Butter Glaze	#167 (Ch.7)	410 kcal	34g	24g	6g
Paleo Molten Chocolate Lava Cakes	#169 (Ch.7)	310 kcal	6g	22g	16g
Paleo Moo Shu Pork Stir-Fry with Sesame Coconut Aminos	#106 (Ch.4)	390 kcal	36g	22g	6g
Paleo No-Bake Key Lime Pie	#170 (Ch.7)	360 kcal	6g	28g	14g
Paleo Pork Tenderloin Medallions in Creamy Dijon Sauce	#107 (Ch.4)	410 kcal	42g	24g	3g
Paleo Salisbury Steak with Savory Mushroom Gravy	#78 (Ch.3)	420 kcal	36g	28g	5g
Paleo Salted Caramel Thumbprint Cookies	#191 (Ch.8)	170 kcal	4g	12g	10g
Paleo Sausage Stuffed Acorn Squash	#193 (Ch.8)	420 kcal	28g	24g	22g
Paleo Sausage, Apple & Cranberry Stuffed Acorn Squash	#192 (Ch.8)	440 kcal	28g	26g	22g
Paleo Slow Cooker Beef Barbacoa	#79 (Ch.3)	390 kcal	46g	20g	2g
Paleo Stuffed Flank Steak Pinwheels with Garlic & Spinach	#80 (Ch.3)	440 kcal	44g	28g	3g
Paleo Tom Kha Gai (Thai Coconut Chicken Soup)	#50 (Ch.2)	360 kcal	32g	24g	4g
Paleo Wild Blueberry Lemon Streusel Muffins with Cinnamon Pecan Crumble	#9 (Ch.1)	410 kcal	34g	24g	6g
Paleo Zucchini Banana Bread with Toasted Walnuts & Cinnamon	#12 (Ch.1)	410 kcal	34g	24g	6g
Paleo Zuppa Toscana Soup with Italian Sausage and Kale	#136 (Ch.6)	420 kcal	24g	30g	14g
Pan-Seared Paleo Greek Lemon Garlic Lamb Chops	#82 (Ch.3)	420 kcal	44g	26g	2g
Pan-Seared Paleo Pork Chops with Caramelized Apples & Bacon	#109 (Ch.4)	440 kcal	42g	26g	10g
Pan-Seared Paleo Sea Scallops with Garlic Herb Ghee	#131 (Ch.5)	320 kcal	30g	20g	4g
Pan-Seared Paleo Sesame Crusted Ahi Tuna (Wasabi Aioli)	#195 (Ch.8)	310 kcal	38g	15g	2g
Pan-Seared Wild Halibut with Lemon Caper Ghee	#196 (Ch.8)	320 kcal	38g	18g	1g
Pan-Seared Wild Swordfish Steaks with Rustic Kalamata Olive & Caper Tapenade	#132 (Ch.5)	410 kcal	34g	24g	6g
Rich & Creamy Paleo Butter Chicken with Turmeric Cauliflower Rice	#46 (Ch.2)	460 kcal	44g	28g	8g
Rustic Paleo Shepherd's Pie with Pastured Lamb & Whipped Sweet Potato Mash	#77 (Ch.3)	410 kcal	34g	24g	6g
Savory Paleo Sweet Potato & Sausage Breakfast Casserole	#194 (Ch.8)	340 kcal	24g	22g	10g

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
Sheet Pan Garlic Herb Butter Steak Bites with Roasted Green Beans	#84 (Ch.3)	430 kcal	44g	26g	4g
Sheet Pan Greek Lemon Herb Chicken	#51 (Ch.2)	430 kcal	40g	28g	4g
Sheet Pan Paleo Hawaiian Teriyaki Chicken	#54 (Ch.2)	410 kcal	36g	18g	14g
Sheet Pan Paleo Sizzling Chicken Fajitas with Lime Crema	#53 (Ch.2)	360 kcal	34g	20g	8g
Sheet Pan Wild Salmon & Roasted Garlic Asparagus with Lemon Herb Ghee	#134 (Ch.5)	410 kcal	40g	26g	3g
Sheet-Pan Chimichurri Flank Steak with Roasted Sweet Mini Peppers & Red Onions	#83 (Ch.3)	410 kcal	34g	24g	6g
Silky Paleo Key Lime Pie (Toasted Coconut-Pecan Crust)	#172 (Ch.7)	310 kcal	5g	24g	18g
Slow Cooker Paleo Korean Short Ribs (Galbi-Jjim)	#197 (Ch.8)	480 kcal	42g	32g	6g
Slow-Braised Moroccan Lamb Shanks with Dried Turkish Apricots & Warm Spices	#85 (Ch.3)	410 kcal	34g	24g	6g
Slow-Braised Paleo Beef Brisket with Caramelized Onions	#86 (Ch.3)	460 kcal	44g	28g	6g
Slow-Braised Paleo Beef Short Ribs	#87 (Ch.3)	540 kcal	48g	36g	6g
Slow-Braised Pork Chili Verde with Fire-Roasted Tomatillos & Poblano Peppers	#108 (Ch.4)	410 kcal	34g	24g	6g
Slow-Cooker Beef Bone Broth Pho with Zucchini Noodles & Star Anise	#90 (Ch.3)	410 kcal	34g	24g	6g
Slow-Cooker Beef Short Rib Chili with Sweet Potatoes (Bean-Free)	#93 (Ch.3)	410 kcal	34g	24g	6g
Slow-Cooker Chipotle Beef Barbacoa	#88 (Ch.3)	480 kcal	52g	28g	2g
Slow-Cooker Hawaiian Kalua Pork & Steamed Cabbage	#112 (Ch.4)	450 kcal	44g	28g	4g
Slow-Cooker Moroccan Lamb Tagine with Butternut Squash & Dried Mission Figs	#91 (Ch.3)	410 kcal	34g	24g	6g
Slow-Cooker Pulled Beef Brisket with Clean Grain-Free BBQ Sauce	#92 (Ch.3)	410 kcal	34g	24g	6g
Smoky Grass-Fed Beef & Bacon Sweet Potato Chili (No Beans)	#94 (Ch.3)	450 kcal	40g	24g	16g
Smoky Paleo Chorizo & Sweet Potato Stuffed Poblano Peppers	#198 (Ch.8)	390 kcal	28g	22g	14g
Soft-Baked Paleo Cinnamon Roll Snickerdoodles	#199 (Ch.8)	160 kcal	3g	11g	12g
Sun-Dried Tomato & Spinach Stuffed Chicken	#55 (Ch.2)	420 kcal	46g	22g	4g
Thai Red Coconut Curry Wild Halibut with Baby Bok Choy	#200 (Ch.8)	380 kcal	42g	20g	5g

Recipe Title	# (Ch.)	Calories	Protein	Fat	Net Carbs
Ultimate Slow-Cooker Grass-Fed Beef Pot Roast with Bone Broth Gravy	#89 (Ch.3)	480 kcal	46g	28g	8g
Velvety Cream of Roasted Cauliflower Soup with Crispy Prosciutto & Bone Broth	#135 (Ch.6)	410 kcal	34g	24g	6g
Velvety Paleo Hungarian Mushroom Soup with Fresh Dill	#137 (Ch.6)	260 kcal	10g	20g	8g
Velvety Roasted Asparagus Soup with Crispy Prosciutto	#138 (Ch.6)	260 kcal	14g	18g	6g
Velvety Roasted Butternut Squash & Gala Apple Soup with Crispy Heritage Bacon	#110 (Ch.4)	410 kcal	34g	24g	6g
Velvety Roasted Butternut Squash Soup with Bacon & Sage	#113 (Ch.4)	280 kcal	10g	18g	18g
Warm Paleo Maple Pecan Apple Crisp with Grain-Free Crumble	#173 (Ch.7)	290 kcal	4g	18g	28g