

# Breakfast Casserole

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Serves: 4-6

Level 1, 2, & 3

## Ingredients

- 1 acorn squash
- 3 TBSP coconut oil, melted
- 2 TBSP flax seed meal
- 1 1/2 cup coconut milk (canned)
- 1-2 TBSP cinnamon + 1/8 tsp.
- 1 1/2 lbs. ground turkey
- 1/2 TBSP sage
- 1 green bell pepper diced (**Omit for Level 3**)
- 1 yellow onion diced
- 2 cups spinach
- Two pinches nutmeg (**Omit for Level 3**)
- 6 pieces bacon

## Directions

Preheat oven to 375. Cut acorn squash in half and place cut side down on a cookie sheet lined with parchment paper. Bake for about 40-45mins or until it is soft all the way through. Remove from oven and let cool.

Meanwhile, dice pepper and onion and heat skillet, place veggies along with the sausage and sage in the skillet and just before meat is browned and the veggies have softened, mix spinach in and as it wilts, throw in nutmeg and the 1/8 tsp. of cinnamon. Once meat, onion, pepper and spinach are cooked let cool.

Once the squash is cooled, scoop out the seeds, and spoon out the insides and place in a large mixing bowl. Next, add coconut oil, flax seed, coconut milk and remaining cinnamon and using your hand or an immersion mixer, mix everything together until you have a creamy, almost whipped, texture. Then spoon the mixture in a casserole dish, spreading evenly, then pile on the meat and veggies, top with the bacon.

Bake for about 35 mins or until bacon is done and crispy.

Recipe inspired by: [B-eing Paleofabulous](#)

# Easy Pulled Pork

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Serves: 6-8

## Level 1, 2, & 3

*See below for Level 3 additional recipe.*

## Ingredients

4-5 lb. pork butt roast  
1 medium yellow onion, sliced  
*Dry Rub*  
3 TBSP chili powder (**Omit for Level 3**)  
1 tsp. coriander (**Omit for Level 3**)  
2 TBSP cumin (**Omit for Level 3**)  
2 TBSP onion powder  
1 TBSP dried parsley  
¼ teaspoon chipotle powder (**Omit for Level 3**)  
2 tsp. sea salt

## Directions

Mix all of the seasonings together for the dry rub. Rub the entire roast with the dry rub (you should use it all.)

Place a layer of onions on the bottom of your slow cooker. Place the roast on top.

Cook the roast on high for 5-6 hours and then turn down to low for another 3-4 hours or until the roast is literally falling apart and easy to shred.

**If doing Level 3 you may want to try this recipe instead [Italian Pork Roast](#).**

**Recipe inspired by: [Everyday Paleo](#)**

# Sausage & Egg Meatza

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Serves: 4-6

## Level 1 & 2

### Ingredients

1lb Bison or Turkey Breakfast Sausage (you can also use grass-fed beef)  
7 eggs (1 egg as the binder, the rest to top your meatza with)  
6-8 slices of bacon, diced  
½ sweet potato or yam, diced (**For Level 2 sub 2 cups butternut squash**)  
½ yellow onion, diced  
1 garlic clove, minced

### Directions

Preheat your oven to 350 degrees.

Place your breakfast sausage in a medium bowl and crack an egg directly in. Mix with your hands until the egg is broken up.

Pour your meat mixture into an 8x8 glass baking dish and press down until you have an even surface through the entire dish.

Put in the oven for 8-10 minutes or until you see the fat rise up to the top. Once you pull it out of the oven, discard of any excess fat.

While your meatza is cooking, cut up your bacon and throw in a large pan over medium heat. Cook until completely cooked through and a bit crispy. Remove with a slotted spoon and place on a plate with a paper towel to soak up excess fat. Pour the remaining excess bacon fat in the pan into a jar to save for later use, leave about 2-3 tablespoons in the pan.

Add your garlic clove, and then add your sweet potato or squash and yellow onion to the pan.

Let the onion and sweet potato or squash cook down for about 10 minutes, stirring frequently to keep from burning.

Once your sweet potatoes or squash is soft and your meatza has cooked, start making layers. Add your sweet potato/squash/onion mixture to the top of your meatza, evenly distributed. Then crack 6 eggs on top, you pick where you'd like them to go. And finally top with bacon.

Place back in the oven to cook for 8-10 minutes or until eggs are cooked to your preference. If you don't like eggs over-easy or over-medium, you could make scrambled eggs instead to top it off with.

**Recipe inspired by: [Paleomg](#)**

# Chicken Lettuce Cups

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Serves: 3-4

## Level 1 & 2

### Ingredients

4 TBSP coconut oil or animal fat (duck fat/beef tallow)  
½ cup yellow onions, diced  
½ cup red bell pepper, diced  
½ cup yellow bell pepper, diced  
½ cup carrots, shredded  
2 cloves garlic, minced  
1 lb. ground chicken (or turkey or beef)  
2 tsp. chili powder  
2 to 3 TBSP fresh parsley or cilantro  
Salt and Pepper to taste  
Lettuce leaves (such as Bibb), washed and dried  
**Additional toppings of choice:** Avocado, Guacamole, Salsa, etc.

### Directions

Heat 2 TBSP fat of choice in a large skillet on medium heat. Add the onions, bell pepper, and carrots and cook until all are softened, about 3-5 minutes. Add the garlic and cook for an additional minute.

While the vegetables are cooking heat another large skillet on medium heat and add one to two TBSP of fat to coat the bottom of the pan. Crumble chicken into the pan and sprinkle with salt and chili powder. Brown your ground meat until it is no longer pink.

Once the meat is just cooked through, stir in vegetables and sprinkle with more salt and chili powder to taste. You can also add a little ground black pepper too. Remove from heat. Stir in fresh parsley or cilantro.

To serve place the chicken vegetable mixtures into lettuce cups and serve with toppings of choice. I used avocado or guacamole and salsa.

**Recipe inspired by:** [Multiply Delicious](#)

# Green Cauliflower 'Rice'

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Serves: 3-4

Level 1, 2, & 3

## Ingredients

- 1 head cauliflower
- 1 TBSP ghee
- 1 medium sized avocado
- 1 cup basil leaves, loosely packed
- 2 TBSP lemon juice
- 4 TBSP olive oil
- 1/4 cup water
- Salt and pepper to taste (**Omit pepper for Level 3**)

## Instructions

Chop cauliflower into florets and place in food processor.  
Pulse until cauliflower is broken up into rice sized pieces.

Heat a large skillet over medium-high heat and melt ghee.

Pour cauliflower rice into the skillet; add a pinch of salt and pepper, and sauté until cauliflower is cooked, about 8-10 minutes.

Meanwhile, place avocado, basil, olive oil, 1/4-cup water and lemon juice in food processor.

Puree until smooth, adding salt and pepper to taste.

Once cauliflower rice is cooked, remove from heat and pour green goddess mixture into skillet.

Stir to combine and serve.

Recipe inspired by: [Inspired Eats](#)

# Lazy Pot Roast

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Serves: 4-6

**Level 1, 2, & 3**

## Ingredients

- 3-4 lb. chuck roast
- 2 TBSP ghee
- 1 cup beef broth
- 3 cloves garlic
- 1 medium yellow onion, sliced
- 3-4 carrots, chopped
- 2-4 stalks of celery, chopped
- 2 tsp. cumin **(Omit for Level 3)**
- 1 tsp. dried oregano
- 1/2 tsp. paprika **(Omit for Level 3)**
- Salt and pepper **(Omit pepper for Level 3)**

## Directions

Sprinkle chuck roast with oregano, paprika and cumin. Salt and pepper generously. Heat 1 TBSP of ghee in a heavy bottomed pan. Sauté onions until translucent.

Add garlic, carrots and celery and sauté for 3-4 minutes. Transfer all vegetables into the slow cooker.

Heat remaining TBSP of ghee in the same pan. Brown roast on all sides, 2-3 minutes per side. Transfer to slow cooker.

Add beef broth and cook on low for 6-8 hours.

**Recipe inspired by: [Rubies & Radishes](#)**

# Grain Free Meatballs

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Serves: 10-12

**Level 1, 2, & 3**

## Ingredients

4 lbs. grass-fed ground beef (or other ground meat- I used 1 lb. turkey, 1 lb. lamb, 1 lb. beef)  
2-3 carrots  
1 medium yellow onion  
2-3 zucchini  
1 tsp. sea salt  
½ tsp. freshly ground black pepper (**Omit for Level 3**)

*Note: You could also add ½ to 1 tsp. of thyme, oregano, basil, and or rosemary. Season to your taste.*

## Directions

Pre-heat oven to 375 degrees.

Using a food processor or grater, grate the carrot, onion, and zucchini. Add ground meat, seasonings, and vegetables to a large bowl. Mix well with your hands. Form into balls evenly sized meatballs.

Add 12-14 meatballs to a parchment paper lined glass baking dish. Bake in batches for 25-30 minutes each.

**Storage instructions:** Freeze meatballs in a single layer on a cookie sheet. Transfer frozen meatballs to a zip top bag and return to freezer.

**Reheating instructions:** Thaw desired amount overnight or all day. In a skillet over medium high heat, melt 1 TBSP fat. When fat is melted add meatballs and cook covered, rolling every couple minutes, for 10 minutes.

**Recipe inspired by:** [Health, Home, and Happiness](#)

# Grain Free Salmon Cakes

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Serves: 2

## Level 1 & 2

*See additional recipe for Level 3*

## Ingredients

- 2 6oz. cans of Wild Planet Wild Alaskan Sockeye Salmon
- 1 TBSP Dijon mustard (Annie's Organic)
- 1 TBSP Chives chopped
- 1 TBSP Parsley or Cilantro chopped
- 1 tsp. garlic diced
- Celtic Sea Salt and pepper to taste (**Omit pepper for Level 3**)
- 1 egg (or a TBSP of ground flax seed and 2 TBSP of water to substitute for an egg)
- 1 TBSP of Coconut, Flour
- 1 TBSP Virgin Coconut Oil

## Directions

Mix all the ingredients together in one bowl then form into patties. Fry in coconut oil on medium high for 4-5 minutes on each side until golden brown.

**Recipe inspired by:** [Grass-fed Girl](#)

Other salmon cake recipe options: [Salmon Acorn Squash Cakes](#) and [Egg free Salmon Cakes](#).

Salmons Acorn Squash Cakes are Level 1 & 2 approved. Egg Free salmon cakes are Level 1, 2, & 3 approved.



# Zucchini Noodles w/Avocado Sauce

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Serves: 3-4

Level 1, 2, & 3

## Ingredients

5 large zucchinis, washed  
1 Tbsp. coconut oil

### SAUCE

1 large (or 2 small) avocados, pit removed  
15 fresh basil leaves  
1 tsp. sea salt + a few dashes to salt the zucchini with  
1/2 tsp. ground pepper (**Omit for Level 3**)  
3 cloves garlic, crushed  
4 TBSP extra virgin olive oil  
2 TBSP lemon juice

## Directions

Use a spiralizer to make your zucchini noodles. Place zucchini in a colander and add a few dashes of sea salt to the, toss to coat. Allow to sit in the sink for about 20 minutes. This will help some of the excess water drain out from the zucchini.

Place all of the sauce ingredients in a food processor and blend until smooth.

Add the coconut oil to a sauté pan over medium high heat and allow to melt. Add the zucchini and cook for about 3-5 minutes. Add the sauce and mix well to ensure all of the zucchini noodles are coated. Cook for another 2-4 minutes or until heated through.

Top with chicken or baked salmon.

Recipe inspired by: [Paleo Cupboard](#)

# Breakfast Hash

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Serves: 3-4

**Level 1, 2, & 3**

## Ingredients

- 2 medium sweet potatoes, peeled and diced (**Use 1 small butternut squash for Level 2**)
- 1 apple, peeled cored and diced (**use green apple for Level 2**)
- 2 TBSP coconut oil, divided
- 1/4 tsp. cinnamon,
- 1 lb. grass-fed beef or breakfast turkey sausage
- 2 to 3 large cups of baby spinach
- 1/3 cup sweet yellow onion, diced
- Salt and pepper to taste (**Omit pepper for Level 3**)

## Directions

In a large nonstick or cast iron skillet heat 1 TBSP coconut oil over medium-high heat. Once heated, add diced sweet potatoes or butternut squash and apples. Add a pinch or two of sea salt and cinnamon to the pan. Cook sweet potatoes or squash and apples until cooked and softened and slightly browned.

While the sweet potatoes or squash are cooking, heat a large skillet with 1 TBSP coconut oil over medium heat. Add to skillet the beef or turkey sausage and onion making sure to break the sausage up in small pieces while it cooks. Once the meat is no longer pink in color and completely cooked add spinach to the skillet. The spinach should wilt down within 1 to 2 minutes. Once spinach is cooked, 3-4 minutes, add the sweet potato/squash apple mixture to pan and stir to combine.

**Recipe inspired by: [Multiply Delicious](#)**

# Roasted Butternut Squash & Cauliflower Risotto

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Serves: 3-4

Level 1, 2, & 3

## Ingredients

- 1 lb. butternut squash, peeled and cut into 1" pieces
- 1-2 TBSP coconut oil
- 1 medium head cauliflower (should yield 1 1/2 lbs. of florets)
- 1/2 medium onion, chopped
- 2 TBSP ghee
- 1 garlic clove, minced
- 1 cup homemade chicken broth, divided
- 1 TBSP chopped sage
- Salt and pepper (**Omit pepper for Level 3**)

## Directions

Preheat oven to 375 F.

Place the butternut squash on a parchment paper lined baking sheet. Drizzle with coconut oil and season with salt and pepper to taste. Toss to coat. Roast for 25-30 minutes or until tender. Once the butternut squash has finished roasting and cooled slightly. Place the butternut squash in a blender with 1/4-cup homemade chicken broth and blend until smooth.

While the butternut squash is roasting, rinse, trim the leaves and core the head of cauliflower. Next, cut the cauliflower into florets. Place the florets in the bowl of a food processor and pulse until the cauliflower is the size of rice.

Heat the ghee in a large skillet over medium heat. Add the onion and garlic and cook for 2-3 minutes. Add the cauli-rice, coat with ghee and cook for 5-6 minutes. Next, add 1/4 cup of chicken broth and stir constantly until the liquid is absorbed. Once absorbed, add another 1/4 cup of chicken broth and stir until absorbed. Repeat one more time with the last 1/4-cup chicken broth. Cook until the cauli-rice is tender. Add the butternut squash, sage, and stir to combine. Season to taste and cook for another 3-4 minutes.

**Recipe inspired by: [Food Renegade](#)**

# Shepard's Pie

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Serves: 4-6

Level 1, 2, & 3

## Ingredients

- 2 TBSP coconut oil
- 1 medium yellow onion, diced
- 1-pound turkey or pork bacon, cut into 2 inch slices
- 2 cups diced carrots
- 2 cups diced celery
- 1-pound organic grass fed ground beef (use can also use lamb or turkey)
- ½ tsp. celtic sea salt
- 1 tsp. ground black pepper **(Omit for Level 3)**
- ½ tsp. smoked paprika **(Omit for Level 3)**
- 1-cup chicken broth
- 2 large heads cauliflower, trimmed, chopped and steamed until very soft
- 2 TBSP ghee

**Note:** *You could omit the bacon or use less and increase the ground meat to 2lbs.*

## Directions

Pre-heat oven to 350 degrees.

Heat coconut oil in a very large frying pan. Sauté onion for 8-10 minutes until soft.  
Add bacon pieces to pan and sauté until cooked, about 10 minutes.

Add carrots and celery to pan and sauté in bacon fat for 10 minutes until soft.  
Add ground beef to pan and sauté until brown. Season with salt, pepper and smoked paprika.

Add chicken broth and cook down broth until about half of it is evaporated.

Pour ground beef mixture into a 9 x 13 inch baking dish.  
Place cauliflower in food processor and puree with ghee until smooth. Pour mashed cauliflower over beef mixture.

Bake at 350° for 30 minutes.

I also like this recipe for [Shepherds Pie](#)!

**Recipe inspired by:** [Elanas Pantry](#)

# Applesauce

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Serves: 4-6

**Level 1, 2, & 3**

## Ingredients

8 green apples, peeled and chopped into 1/2" pieces  
1/2 cup of ghee  
4 TBSP lemon juice

**Note:** *For Level 1 & 2 you can use any apples or a mixture of apples.*

## Directions

In an enameled cast iron or stainless steel pot over medium heat simmer the apples, lemon juice, and ghee together for 15-20 minutes or until the fruit is soft.

You can leave it chunky or mash/puree the mixture for a smoother texture.

Serve warm or at room temperature.

**Recipe inspired by:** [Balanced Bites](#)

# Pork Chops w/Roasted Brussels Sprouts & Apple Slaw

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Serves: 2-3

**Level 1, 2, & 3**

## Ingredients

- 3 bone-in pork chops (about 1.5 lbs.)
- 1 lb. Brussels Sprouts, shredded
- 1TBSP bacon grease (or melted coconut oil)
- 2 Granny Smith apples
- 2 tsp. fresh lemon juice
- 3 TBSP Dijon mustard
- Sea salt & ground pepper **(Omit pepper for Level 3)**
- 1 TBSP olive oil

## Directions

Pre-heat oven to 350 degrees.

Shredded your Brussels sprouts in a food processor by pulsing them until they are finely chopped.

In a baking dish, mix the chopped Brussels sprouts with the bacon grease. Bake for 30 minutes. Set aside to cool.

Put the lemon juice in a medium bowl. Grate the apples down to the core into the lemon juice, stirring occasionally to prevent browning of the apples. Add Brussels sprouts and olive oil. Stir ingredients to coat evenly.

Season the pork chops with salt and pepper on both sides. Place on heated grill (I used our George Foreman grill). Cook until desired doneness. Let rest for 5 minutes.

Plate one tablespoon of mustard on a plate and spread it around with the back of a spoon. Put a third of the slaw in a pile on the plate. Top the slaw with a pork chop.

**Recipe inspired by: [Cavegirl Cuisine](#)**

# Homemade Ketchup

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## Level 1 & 2

### Ingredients

- 1 small yellow onion, diced
- 2 green/granny smith apples, peeled and diced
- 2 cloves garlic, minced
- 1/2 tsp. sea salt
- 1/4 tsp. allspice
- 1/4 tsp. cinnamon
- 2 pinches of cloves
- 1/4 tsp. ginger
- 2 TBSP apple cider vinegar
- 1/4-cup water
- 6 oz tomato paste

### Directions

Place all ingredients into a slow cooker and stir to combine. Set the slow cooker to low and cook for 4 hours.

Allow the mixture to cool slightly and then place into a food processor or high speed blender and blend until smooth.

Once blended, place the ketchup into glass containers and allow it to cool before refrigerating.

The ketchup should last for several weeks or more in the refrigerator. If it changes color, smell, or you see mold, toss it and make new batch.

**Recipe inspired by: [Balanced Bites](#)**

# Homemade Mayo

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## Level 1 & 2

### Ingredients

- 1 egg
- 2 TBSP lemon juice @ room temp
- 1/2 tsp. dry mustard
- 1/2 tsp. salt
- 3/4 cup avocado oil

### Directions

Place the egg and lemon juice in a blender or food processor. Let them come to room temperature together, about 30-60 minutes. Add the dry mustard and salt. Mix for 20 to 30 seconds.

***THIS IS THE IMPORTANT PART!*** To incorporate the oil, you must drizzle it very slowly into your food processor or blender as it is running. **This takes about two to three minutes or so.**

Eventually, the substance inside the blender or food processor will start to look like regular mayonnaise.

You can use your homemade mayo for chicken, tuna, or egg salad.



# Ginger-Garlic Chicken

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Serves: 3-4

**Level 1, 2, & 3**

## Ingredients

- 1 TBSP ghee
- Sea salt & black pepper to taste (**Omit pepper for Level 3**)
- 6 bone-in, skin-on chicken thighs
- 1 small onion, finely sliced
- 2 cloves of garlic, minced or grated
- 1/2 tsp. ginger powder or fresh ginger
- 1-2 pinches chili flakes (**Omit for Level 3**)
- 1/4-cup coconut aminos

## Directions

Preheat the oven to 425 degrees F.

In an oven safe cast iron or stainless steel skillet, melt the ghee, then season both sides of the chicken with sea salt and black pepper, and place skin side down into the pan for 5-6 minutes or until the skin browns.

While the chicken cooks, combine the onion, garlic, ginger, chili flakes, coconut aminos and more sea salt and black pepper in a small mixing bowl.

Flip the chicken thighs over so that they are now skin side up in the pan, then pour the sauce mixture over the chicken evenly and place the pan into the oven for 30 minutes.

**Recipe inspired by: [Balanced Bites](#)**

# Coconut Shrimp Spaghetti Squash

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Serves: 4

Level 1, 2, & 3

## Ingredients

- 1 large spaghetti squash cooked
- 1.5 lbs. cooked wild caught shrimp
- 2 heads broccoli chopped
- 2 TBSP coconut oil
- 1 can coconut milk
- 1/4 cup melted ghee
- 2-3 TBSP garlic powder
- 2 TBSP fresh rosemary (2 tsp. dried)
- 2 TBSP fresh parsley (2 tsp. dried)
- 1 tsp. salt
- 1 tsp. pepper (**Omit for Level 3**)

## Directions

Preheat oven to 375 degrees. Cut your spaghetti squash in half and place cut side down in a 9x13 glass-baking dish or on a cookie sheet lined with parchment paper. Bake for 45-55 minutes.

Turn oven down to 350 degrees. With a fork scrape all your spaghetti squash and put into casserole dish. In a saucepan, mix all your ingredients except cooked shrimp and broccoli.

Heat to a boil, and then add your chopped broccoli and cooked shrimp. Cook on low stirring occasionally for 5-7 minutes. Place the mixture on top of the spaghetti squash and mix well.

Bake for 30 minutes.

**Recipe inspired by: [Gluten Free Paleo](#)**

# Slow Cooker Chicken

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Serves: 4-6

Level 1, 2, & 3

## Ingredients

- 1 large roasting chicken
- 1-2 TBSP ghee, beef tallow, or duck fat
- 2 garlic cloves, minced
- 1 tsp. thyme
- 1 tsp. rosemary
- 1 tsp. black pepper (**Omit for Level 3**)
- Sea salt to taste

## Directions

Rinse and pat dry chicken. Rub the outside of chicken with your choice of fat. Combine spices and rub on the outside of the chicken.

Cover and cook on low 4 hours or until chicken has reached an internal temperature of 165 degrees. Use a meat thermometer to check for doneness or pierce with a fork, to make sure the juices run clear.

Use your chicken for soup, to put on top of a salad, or pair it with a non-starchy vegetable.

I then take all the meat off of the carcass and put it back in the slow cooker. Add another carcass from a previous chicken (I always have one in the freezer). Pour 8-10 cups of filtered water and 3-4 TBSP of apple cider vinegar on top of your chicken carcasses. Set on low for 20-24 hours to make homemade bone broth 😊

# Gummy Gelatin Snacks

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Serves: 4

Level 1 & 3

## Ingredients

1 cup blueberries, fresh or frozen (*if using frozen, defrost*)  
1 cup lemon juice  
6 tablespoons grass-fed gelatin (orange/red package will gel, the green will not)

Note: I order my gelatin from Amazon; you can find it here [Great Lakes Grass-fed Gelatin](#).

## Directions

In a blender, combine the blueberries and lemon juice until berries are broken down.

In a small pot over medium-low heat, whisk the blueberry lemon mixture and gelatin together vigorously until the gelatin is well dissolved and the mixture is well combined.

Pour the mixture into a small glass or ceramic dish, an 8x8 works great.

Chill in the fridge until firm.

**Recipe inspired by:** [Balanced Bites](#)

# Chicken Fingers

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Serves: 3-4

## Level 1 & 2

### Ingredients

- 1 lb. skinless chicken breast, cut into strips
- 1 egg, beaten
- ½ cup almond meal
- ½ tsp. sea salt
- ¾ tsp. paprika
- ¼ tsp. ground coriander
- ¼ tsp. ground cumin

### Directions

Pre-heat oven to 425 degrees. Line a glass baking dish with parchment paper.

Combine the seasonings and almond meal on a plate. Place egg in a separate shallow bowl. Dip the chicken strips in the egg and then the almond meal mixture, place in baking dish. Repeat for all strips.

Bake for 15-18 minutes, flipping halfway through.

**Recipe inspired by: [The Paleo Mom](#)**