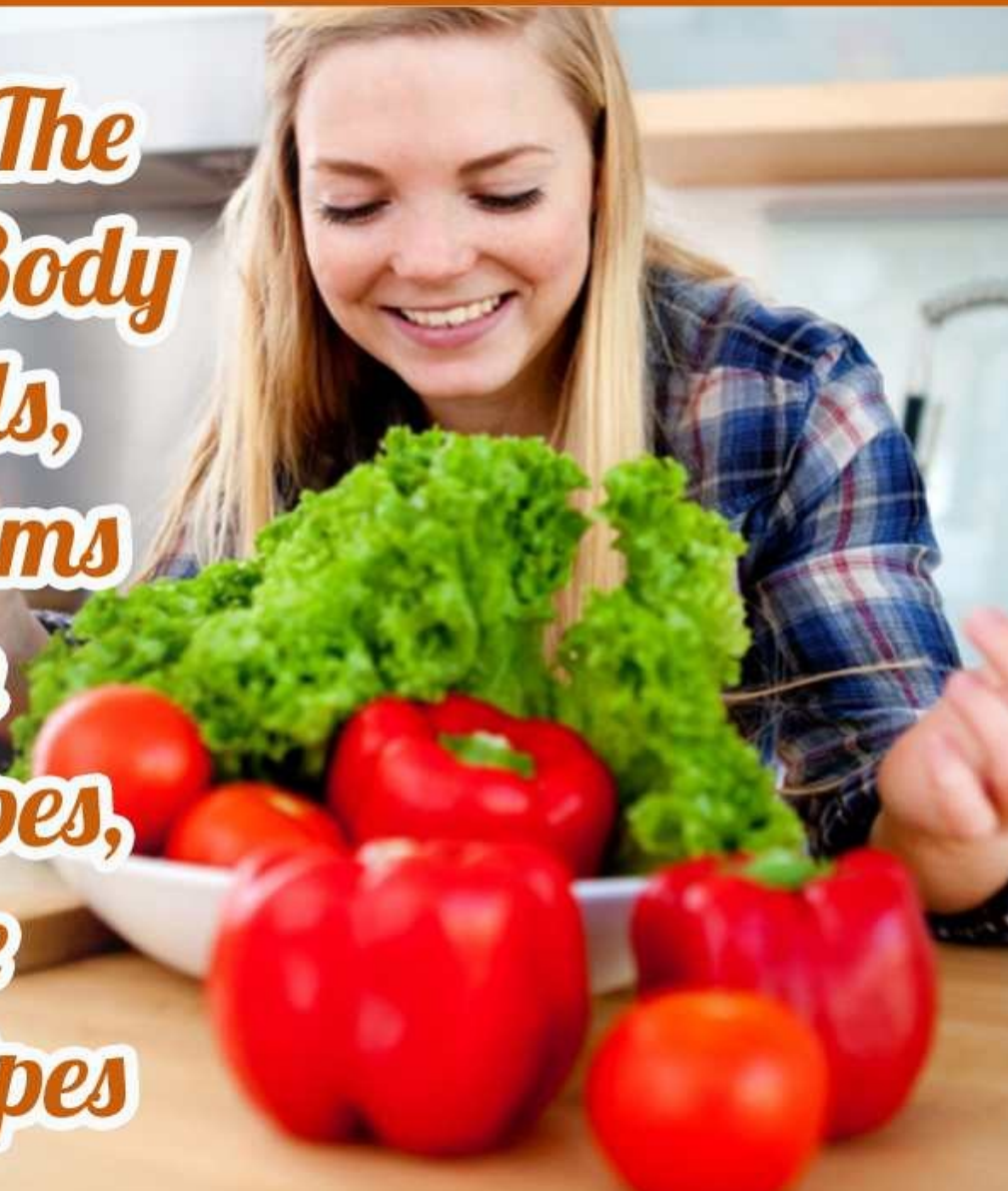


# PALEO

## Recipes

33 Extremely Delicious, Easy, Cheap, Family,  
Paleo Dinners

*Transform The  
Way Your Body  
Looks, Feels,  
And Performs  
Through  
Paleo Recipes,  
Ultimate  
Paleo Recipes*



# **Paleo Recipes**

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33 Extremely Delicious, Easy, Cheap, Family, Paleo Dinners-Transform The Way Your Body Looks, Feels, and Performs Through Paleo Recipes

## **Ultimate Paleo Recipes**

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# Introduction

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I want to thank you and congratulate you for downloading the book, “Paleo Recipes: 33 Extreme Delicious, Easy, Cheap, Family, Paleo Dinners-Transform the Way Your Body Looks, Feels, and Performs Through Paleo Recipes, Ultimate Paleo Recipes.” .

This book contains proven steps and strategies on how to prepare easy and affordable Paleo recipes for the entire family.

Many people are discouraged from trying the Paleo diet simply because of the costs. It’s true that it’s not easy to go on Paleo, although it’s very enticing because you can practically eat everything you want as long as it’s not grain-based or processed. However, because Paleo recommends going organic when it comes to produce and grass-fed when it comes to meat, it can pretty much become expensive and impractical, especially if you are planning to put your whole family on Paleo.

But not anymore! Since Paleo diet has become popular, many people have thus experimented with Paleo recipes to make cheaper, but no less healthy and enjoyable Paleo meals. This book contains 33 healthy and delicious Paleo recipes for you and your family and friends! From fish, seafood, beef, pork, and poultry, to delicious sweets and snacks, everything is included here!

We’ve also created meal entrees for breakfast, lunch, and dinner, so you can create your very own flexible Paleo meal plan and shopping list! You can also try and substitute other meats and ingredients to create your own recipes.

Thanks again for downloading this book, I hope you enjoy it!







# Chapter 1: Cheap Paleo Primer—an introduction and overview

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The Paleo diet, also known as the Caveman Diet, is a simple and healthy alternative to many other deprivation-based diets that have cropped up today. Before I present you with the 33 tasty and healthy recipes in this cookbook, here's an overview of the Paleo diet along with several tips on how to save up and go on cheap Paleo.

## *Paleo diet reviewed*

Based on biology and genetics, this diet simply suggests that the modern food diet is the main cause of the development of numerous lifestyle diseases and other degenerative diseases such as obesity and heart disease.

Experts argue that the modern man is not very much biologically removed from our Paleolithic ancestors. However, our diet and lifestyle are very different from theirs—they lived active lifestyles of hunting and gathering, while modern men live a much sedentary lifestyle in front of computers just sitting in front of a desk for work.

Another major difference is the diet: ancient humans hunted animals and gathered fruits, nuts and vegetables in order to survive. Modern men thrive on cultivated fruits and vegetables, wheat and grains, and a lot of processed foods filled with chemicals and other junk.

And that's where everything starts to go downhill for us. Paleo diet insists that the prime culprit behind modern diseases is the agricultural revolution, which taught modern men to grow crops which were previously inedible and unknown to their ancestors. Men grew wheat, cereals and grains—which are essentially birdseed, and are actually inedible unless they are processed into flour or removed from their natural state.

Wheat, in particular, contains gluten, a toxic substance which causes malabsorption of nutrients and also irritates the stomach lining in some individuals. Grain products are also often rich in carbohydrates instead of fats and proteins which our body needs. Carbohydrates and sugars cause the body to crave junk food and are actually more fattening than fat-filled foods.

## *The Paleo diet list*

Essentially, people who undergo the Paleo diet are allowed to eat anything and as much as they like, long as they avoid grains and grain products. Paleo recommends increasing your daily meat intake along with fruits and veggies.

Paleo experts recommend fatty cuts of grass-fed beef, along with poultry, seafoods, and white fish.

which are rich in omega-3 and other essential fatty acids. Vegetables, fruits, and nuts are also an acceptable part of the Paleo diet. Dairy products are processed and pasteurized, so you need to keep consumption at a minimum although they are allowed.

**What to avoid:** Paleo eliminates grains and grain-based products from your diet. The list of products include wheat, rye, barley and other grains and their products (e.g. wheat flour and alcohol beverages), as well as legumes and processed sugars.

**Substitutions:** Paleo doesn't recommend wheat flour and sugars and other products made from them (that includes pasta, noodles, breads and pastries!). But you can find gluten-free, Paleo alternatives at the supermarket such as coconut and almond flour, and pasta made from squash or zucchinis. Note that most of Paleo and gluten-free products also come with expensive price tags, so you probably should keep consumption at a minimum.

### *Paleo problems*

A lot of people actually like the idea behind Paleo. Imagine, you can actually eat meat and fats and still stay healthy—in fact you will even lose weight! But people begin to turn away from this diet once they read “organic” and “grass-fed.”

I know what you're thinking—Paleo is expensive, and only few people can actually afford to follow it to the letter. Unfortunately, some people give up before they even try; but you should not! There are many healthy ways you can stay on Paleo without compromising the quality and taste of your meals.

### *How to go on cheap Paleo*

1. If you can't afford 100 percent organic produce, at least prioritize the ones you need to be organic. Since Paleo is a protein-and-fat diet, you should probably prioritize grass-fed meats and organic eggs from organic fruits and veggies. Organic dairy is also better. Canned goods are discouraged, but as long as they are made from meat and do not contain non-Paleo ingredients, you can add them to your meals.
2. Cut down on Paleo pastries and sweets, often made from gluten-free and Paleo ingredients readily available on the market. Almond and coconut flour are often expensive, along with the other ingredients you will need to bake Paleo-free breads and pastries. It's okay to indulge in them, but if you're planning to go on cheap Paleo, you should be prepared to minimize their inclusion in your meal plans.
3. If you can't afford steaks and rashers of bacon, there's no harm in purchasing cheaper meat cuts, which taste just as good and also pack a punch of protein and good fats. For instance, you can go for pork shanks, bones, and organ meat, along with frozen wild seafood instead of cultivated ones.
4. Slow cook your meals. Cheaper cuts of grass-fed meat tend to be harder to cook because the

are usually dry and tough. The best way to make them moist and tender is through slow cooking or pressurized cooking.

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5. Look for a rancher in your locality who can sell you cheaper grass-fed meat; this can save you \$4 to \$5 per lb. of meat compared with supermarkets and grocers. For poultry, it's better to buy a whole chicken or just choose the cheap cuts for your meals. You can also get your eggs cheaper from a local dealer instead of from the grocer.
6. Soups, stews, broth and goulash are some ways to make the most of your produce. You can retain the flavor and make the meat tender; you can even cut them up into small pieces to make them less tough. You can even have them ground up to make burgers and meatballs.
7. Choose cheap veggies. You can still go organic for your veggies if you opt for the cheap ones like cabbage, onions, and carrots.
8. Strip away your luxuries. Bacon sounds tempting but it will put a dent on your budget, as will olives and chocolate bars. Dried fruits are a no-no with Paleo because they are full of sugar. Just buy your own cocoa powder to make your own bars.
9. Buy oils and flours in bulk, so you can save more. You can even ask your local meat dealer for the fatty portions so you can make your own lard.
10. Try potatoes and tapioca flour for your carb booster instead of going for the much hailed (and much more expensive) almond and coconut flour.

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Keep these tips in mind and Paleo will never have to be more expensive than you can afford. Now on to the recipes: The remaining chapters are subdivided into the following:

- Paleo beef and pork recipes
- Paleo chicken and poultry recipes
- Paleo fish and seafood recipes
- Paleo desserts and pastry recipes
- Paleo snacks and drinks





## Chapter 2: Beef and pork

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Meat is the primary source of protein and fats for the Paleo diet. Grass-fed is recommended over meal-fed meat because they tend to be leaner and richer in healthy monounsaturated fats compared with the latter. As mentioned previously, there are ways to get grass-fed meat for a much cheaper price—you just need to be resourceful.

Here are our top seven beef and pork recipes you can try for any meal.

### Cheap pork tenderloin

Notes: Pork tenderloin may be considered a nearly-expensive meat cut, unless you're lucky enough to purchase during a sale or if you've found a local meat dealer or rancher. This tasty recipe also uses extenders to make it affordable for anyone who wishes to try it out. It's great for lunch or dinner, and could be partnered with your favorite Paleo pasta dish.

#### *Ingredients:*

- 1 to 2 tbsp. coconut oil or clarified butter
- 1 medium-sized head of onion, diced
- 2 tsp. dried rosemary
- 1 lb. pork tenderloin, cut into strips
- 1 small green apple, cut into bite-sized pieces
- 1 to 2 tsps. apple cider vinegar
- Salt and pepper to taste

#### *Cooking directions:*

1. Heat your choice of cooking oil on a large frying pan over medium.
2. Saute the onions until they soften and begin to turn transparent.
3. Add in the diced apples into the pan.
4. Throw in the tenderloin strips.
5. Sprinkle with the herbs (rosemary) and spices (salt and pepper), along with the apple cider vinegar.
6. Stir-fry everything until well-mixed and the pork are tender and cooked.
7. Serve while hot.

## **Paleo Burgers**

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Who doesn't love a good, juicy burger? Thankfully, that's one of the things you don't have to give up when you go on Paleo. Here's a recipe which won't leave you with holes on your pockets. Great for any meal of the day, and could be partnered with veggie fries or grilled tomatoes.

### *Ingredients:*

- 1 lb. ground pork or beef (whatever's on stock in the fridge)
- 2 cloves of garlic, minced (or you can just use 1 tsp. of the powdered spice)
- 1 to 2 tbsp. of your herb of choice: dill and chives or rosemary, chopped
- Salt and pepper to taste
- 1 tbsp. of cooking oil (coconut oil, olive oil, or butter will do)
- Optional: tomatoes, lettuce, and cheese

### *Cooking instructions:*

1. In a bowl, mix everything except the oil to form the patty dough.
2. Knead the patty mixture with your hands until well-blended.
3. Allow the patty mixture to sit for a few hours; you can even do the patty another day and store it, so you have it ready for breakfast or lunch the next day.
4. Mold the patties using your hands. You can make four large patties or break them into smaller ones.
5. Fry or grill over a skillet on medium heat for 10 minutes (5 minutes each side) using whatever kind of cooking oil you have in stock.
6. Can be eaten as is, or served with grilled tomatoes, lettuce, and cheese slices.



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## Hawaiian Crock Pot

Notes: What's more Caveman than to cook chunks of meat and just add in some ingredients? This is just a variety of pulled pork crock pot which uses a tropical fruit as the source of its flavor: the pineapple. This one's very easy to make, although it takes a while to cook fully—about 6 hours. But what the heck; it's tasty and worth the long wait.

### *Ingredients:*

- 3 to 4 lbs. pork shoulder (can be up to 6 lbs. if you're planning to "recycle" the meat for another meal)
- 1 can of pineapple, diced or crushed
- 2 tbsp of ginger, grated
- Salt and pepper to taste

### *Cooking Instructions:*

1. Put the pork inside a crock pot.
2. Pour in the canned pineapple including the water.
3. Sprinkle with grated ginger.
4. Cook over low heat for an average of 6 to 8 hours.

## Paleo beef stew

Notes: Stew is one of the most economical but no less tasty dishes you could do while on Paleo. It's healthy, full of flavor, and not very complicated to prepare. It's also very flexible because you can work with whatever veggie or produce you have left in your pantry and still produce incredible results.

### *Ingredients:*

- 1 tbsp. coconut oil
- 1 ½ lbs. beef, cut into strips or cubes
- 3 cups beef stock
- 1 head medium-sized onion, chopped
- 1 pc. potato or sweet potato, peeled and diced
- 5 pcs. carrots, sliced
- 1 pc. green or red bell pepper, diced
- 2 tsps. dried oregano
- 1 tsp. dried parsley

- Salt and pepper to taste
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### *Cooking instructions:*

1. Heat the oil over medium heat in a sauce pan.
2. Fry the beef just enough until the outside turns golden brown.
3. Transfer beef onto crock pot.
4. Add broth and spices.
5. Cook on low for an average of 8 to 10 hours.
6. Add the sweet potatoes and carrots on the last 1 to 2 hours of cooking. Mix well.
7. Keep covered during cooking. Cook until beef is tender and serve while hot.

## **Bacon meatballs**

Notes: Meatballs are like burgers, but not quite. They can be eaten as a snack (as finger foods), or you can partner them with another dish for a full meal. Economical and flexible, meatballs are also easy to make—and you can try it with different Paleo dips and salsas to enhance the flavors.

By the way, the bacon is just a suggestion. You can ditch it or use sliced ham instead.

### *Ingredients:*

- 1.5 lbs. ground meat (beef or pork)
- 6 rashers of bacon (or 6 slices of ham), diced into 1-inch squares
- 1 whole egg, whisked
- ¼ cup tapioca flour
- ½ head onion, minced
- ½ tsp. chili powder
- 1 tsp. cumin
- Salt and pepper, according to taste

### *Cooking instructions:*

1. Cook bacon over medium heat on a skillet.
2. Add onions once the bacons have oozed some fat. Saute until soft and transparent.
3. Allow to cool and place in a paper towel to remove excess fats.
4. Combine ground beef, onions and bacon with tapioca flour, beaten egg, and spices.

5. Knead the mixture until well-blended.
  6. Roll into bite-sized balls.
  7. Grill or bake at 350 degrees for 10 to 15 minutes.
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### ***Suggested dip: Honey mustard***

#### *Ingredients:*

- 2 to 3 tbsps. ground mustard
- 1 to 2 tbsps. yellow mustard
- 1 tbsp. raw honey
- 1/8 tsp. chili powder
- Salt according to taste

#### *Preparation instructions:*

1. Mix the honey, yellow mustard, and ground mustard in a food processor and pulse to blend well.
2. Add chili powder and salt and pulse again.
3. Serve the meatballs with the dip as is, or serve with another dish like fries or some veggie salad on the side.

### **Beef and cabbage stir-fry**

Notes: Beef and broccoli are classic food partners which complement each other, but broccoli can be a bit expensive for some. Here's a completely cheap and Paleo alternative using a cheaper but no less healthy and tasty veggie: cabbage. It's very easy to make and it can also be varied by changing on the spices you include in the recipe.

#### *Ingredients:*

- 1 tbsp. coconut oil
- 1 lb. beef, cut into strips
- 1 pc. small cabbage head, chopped
- 2 pcs. carrots, grated
- 2 pcs. onions, sliced
- 1 tsp. garlic powder
- 1 tsp. basil, oregano or thyme (or all)
- Salt and pepper to taste

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### *Cooking instructions:*

1. Fry beef over a large frying pan until medium brown.
2. Sprinkle with herbs and spices while continuously mixing.
3. Add in onions and carrots when the beef is nearly fully cooked, stirring continuously.
4. Mix in the cabbage and cook for 10 more minutes until cabbage softens.
5. You can vary the recipe in three ways:
  1. Add ginger with  $\frac{3}{4}$  cup fermented soy sauce for a Chinese stir-fry
  2. Add salsa or chili powder for a spicy Mexican stir-fry
  3. Add a dozen eggs last for a casserole version

### **Paleo barbecue**

Notes: Most ready-made barbecue sauces on the market are definitely not Paleo, so it might feel pretty frustrating to look for Paleo barbecue sauce. This one is a variation of the slow-cooked pulled pork recipe, flavored with a zesty all-Paleo barbecue sauce.

### *Ingredients (for the barbecue itself):*

- 2 to 3 lbs. pork shoulder
- 1 clove of garlic, peeled and minced
- 3 cups chicken stock
- Barbecue sauce (recipe provided below)

### *Cooking instructions:*

1. Wash the pork shoulder and make diagonal cuts on the surface.
2. Rub the minced garlic over the shoulder, placing some of them between the diagonal cuts.
3. Put pork shoulder inside crock pot.
4. Pour in chicken broth and cook on low heat for 8 hours (or you can cook on high for 1 hour and 6 hours on low).
5. Make the barbecue sauce on the last hour of slow cooking.
6. After 8 hours, remove the shoulder from the pot and let cool. You can optionally discard the fatty parts and veins.
7. "Pull" the pork apart using two forks, working on opposite sides.
8. Pour the barbecue sauce and mix well.
9. Allow the barbecue to sit for one hour over low heat for a more flavorful blend.

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### *Ingredients (for the barbecue sauce)*

- 1 tbsp. coconut oil
- 2 shallots, minced
- 3 garlic cloves
- 1 tsp. paprika
- 1 tsp. mustard
- 1 tsp. cumin
- 1 tsp. salt
- 1 ¼ cups chicken stock
- 3 tbsp. lime juice (from 1 ½ limes)
- Optional: 1 tsp. grade B maple syrup
- 6 oz. tomato paste in a can or fresh ground tomatoes (1 cup)

### *Preparation instructions:*

1. Saute garlic and shallots using the coconut oil in a pan over medium heat.
2. Add the herbs mustard, cumin, paprika, and salt when the onions begin to turn translucent color. Saute for 30 seconds more.
3. Pour in the chicken stock, followed by lime juice, tomato paste, and maple syrup (if any).
4. Stir the mixture continuously until it has a smooth consistency.
5. Simmer after the mixture reaches boiling point and cover slightly for 45 minutes.

These recipes are simple and easy to make. You can easily substitute beef and pork with other types of meat, such as lamb and whatever is available in your locality. You can also experiment with other herbs and spices to create new recipes of your own. So you see, Paleo isn't really difficult or hard on the budget—as long as you learn the ropes of slow cooking and looking for good bargains for grass-fed meat.





## Chapter 3: Chicken, Poultry, and Eggs

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Chicken and eggs are a crucial source of protein as well, especially if you prefer lean meat in general. Turkey is expensive and seasonal, and it also contains more or less the same nutrients found in chicken. Aside from chicken cuts, you can also experiment with organ meat and chicken legs.

Eggs contain an important nutrient called choline, which helps regulate blood cholesterol, along with other essential B vitamins. You can save on chicken by buying them whole and getting creative in your recipes.

Here are some of the best recipes for chicken, turkey, and eggs under the Paleo diet.

### **Crispy chicken fingers**

Notes: This is a delicious finger food which can also make a great accompaniment for salads and fried rice. Easy and quick to make, and could be partnered with a nice salsa or dip. For this recipe, we recommend the buffalo chicken dip. It can also be served as a salad with some greens.

#### *Ingredients*

- 1 tbsp. coconut oil
- 1 lb. chicken breast, deboned, skinned, and cut into strips
- 1 whisked egg
- 1 cup shredded coconut
- ½ cup tapioca flour
- Salt to taste

#### *Cooking instructions:*

1. Mix the shredded coconut with tapioca flour and a pinch of salt. This will serve as your breading.
2. Coat the chicken strips with the whisked egg and roll over the breading mixture until evenly covered.
3. Fry the chicken strips over medium heat for one minute on each side.
4. Place the strips on top of a paper towel to remove excess oils.
5. Put the strips on a cooling rack over a baking sheet, and bake for 10 to 12 minutes on 350 degrees in the oven.



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