



PALEO LEAP'S

TOP 35 RECIPES

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Food Handling: Please use great caution and sanitary practices when handling food products. Refer to your government's or health department's safe food handling guidelines. Wash your hands and surfaces thoroughly before and after handling any food product.

The cooking instructions and directions in this document are offered as guidelines only. Use your best judgment and proper discretion when preparing or consuming any food. We do not advise eating any eggs, meat or seafood that has not been properly handled or cooked. Eating something undercooked or raw is to be done at your own discretion.

We hope you enjoy these recipes as much as we enjoyed preparing them!

paleoleap.com



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AVOCADO, APPLE & CHICKEN SALAD

**SERVES**

4

**PREP**

20 MIN

2 cups cooked chicken,
finely chopped;

1 avocado, seeded,
peeled, and chopped;

1 apple, peeled, cored,
and finely chopped;

1/4 cup celery, finely
chopped;

1/4 cup red onion, finely
chopped;

2 tbsp. fresh parsley,
minced;

2 tbsp. extra-virgin olive
oil;

2 tsp. fresh lime juice;

1/2 tsp. garlic powder;

Sea salt and freshly
ground black pepper;

In a bowl, whisk together the olive oil,
lime juice, garlic powder, parsley, and
season with salt and pepper to taste.

Combine all the remaining ingredients
in a large bowl.

Pour the dressing over the chicken-av-
ocado mixture.

Toss gently until everything is well
coated.

Serve as a salad or wrapped in lettuce
leaves.

paleoleap.com/avocado-apple-chicken-salad



BALSAMIC CHICKEN DRUMSTICKS

**SERVES**

4

**PREP**

15 MIN

**COOK**

30 MIN

8 chicken drumsticks,
skinless;

1/2 cup balsamic vinegar;

1/3 cup coconut aminos;

1 cup water;

3 garlic cloves, minced;

2 tbsp. raw honey;

2 tsp. fresh grated
ginger;

1 tsp. red pepper flakes;

Green onion, finely
sliced;

Combine the balsamic vinegar, coconut aminos, water, ginger, garlic, honey, and red pepper flakes.

Place the drumstick in a saucepan or dutch oven.

Pour the balsamic sauce on top of the drumsticks. Place the pan on the stovetop, and bring to a boil.

Lower heat to a simmer and cook for 25 to 30 minutes, turning occasionally.

Once the chicken is cooked through, make sure the drumsticks are well-coated with the sauce, and let rest for 2 to 3 minutes.

Serve the drumsticks topped with green onions.

paleoleap.com/balsamic-chicken-drumsticks



BALSAMIC CHICKEN THIGHS WITH ASPARAGUS

**SERVES**

4

**PREP**

15 MIN + 4 H

**COOK**

50 MIN

6 chicken thighs, bone-in and skin on;

1 bunch thin asparagus spears, trimmed;

3 tbsp. balsamic vinegar;

4 tbsp. coconut aminos;

2 garlic cloves, minced;

2 tbsp. fresh parsley, minced;

¼ cup olive oil;

Sea salt and freshly ground black pepper;

In a bowl, combine the balsamic vinegar, coconut aminos, parsley, garlic, olive oil, and salt and pepper to taste.

Pour the balsamic mixture into a marinating container and add the chicken thighs.

Marinate in the refrigerator at least 4 hours, or up to 12 hours.

Preheat your oven to 400 F.

Remove the chicken thighs from the marinade and place on a baking pan, reserving the remaining marinade.

Bake for 35 to 40 minutes, or until the chicken is cooked.

Take the pan out of the oven. Leave the chicken in the pan, and add the asparagus.

Drizzle the remaining marinade on top of the chicken and asparagus.

Place the pan with the chicken and asparagus back in the oven and bake another 8 to 10 minutes.

Sprinkle with fresh parsley to serve.

paleoleap.com/balsamic-chicken-thighs-asparagus



BEEF SIRLOIN GRILLED IN SPICY TOMATO SAUCE

**SERVES**

4

**PREP**

20 MIN + 2 H

**COOK**

15 MIN

4 beef sirloin medallions;
1 cup crushed Roma tomatoes;

2 tsp. chili powder;
2 tsp. onion powder;
2 tbsp. coconut aminos;
2 tbsp. fresh lime juice;
1 tbsp. hot pepper sauce;

1 jalapeño pepper,
seeded and minced;
(optional)

Sea salt and freshly
ground black pepper;

In a bowl, combine the tomatoes, hot pepper sauce, lime juice, coconut aminos, onion powder, chili powder, and season with salt and pepper to taste.

Place the beef and tomato sauce in a dish, making sure the beef is well covered in tomato sauce.

Marinate the medallions for 2 to 4 hours in the refrigerator.

Preheat a grill to medium-high.

Remove the beef from marinade, and reserve the marinade.

Place the beef medallions on the grill, and cook for 4 to 5 minutes on each side, basting every minute or so with the remaining marinade.

Remove the medallions from the grill, and let rest for about 5 minutes.

Serve the medallions with minced jalapeño sprinkled on top.

paleoleap.com/beef-sirloin-grilled-spicy-tomato-sauce



BLT ENDIVE BITES

**SERVES**

4

**PREP**

15 MIN

**COOK**

15 MIN

16 endive leaves;
4 slices thick cut bacon;
1 cup grape tomatoes,
sliced;
1 tbsp. fresh chives.
minced;
2 tsp. white wine
vinegar;
1 tbsp. olive oil;
Sea salt and freshly
ground black pepper;

Preheat your oven to 400 F.

Line a baking sheet with parchment paper.

Lay the bacon on top of the parchment paper and bake in the oven for 15 to 20 minutes.

Drain excess fat and, when cool enough to handle, break the bacon into crumbles.

In a bowl, combine the tomatoes, chives, olive oil, vinegar, and season with salt and pepper to taste.

Stuff the tomato-chive mixture into each endive leaf.

Sprinkle each stuffed endive leaf evenly with the crumbled bacon.

paleoleap.com/blt-endive-bites



BREAKFAST CASSEROLE WITH SAUSAGE & HASH BROWNS

**SERVES**

4

**PREP**

20 MIN

**COOK**

40 MIN

8 eggs;
2 sausages, cooked and sliced;
½ cup almond or coconut milk;
2 sweet potatoes, shredded;
1 red onion, diced;
2 garlic cloves, minced;
1 tbsp. fresh basil, minced;
1 tbsp. fresh chives, minced;
2 tbsp. cooking fat;
Sea salt and freshly ground black pepper;

Preheat your oven to 350 F.

Melt some cooking fat in a skillet over medium-high heat.

Add the onion and garlic, and cook until translucent and soft.

Add the shredded sweet potatoes to the onion-garlic mixture. Cook for 6 to 8 minutes, until they're nicely browned. Remove from the heat and place in a round casserole dish or pie plate.

In a bowl, whisk together the egg, milk, chives, basil, and season with salt and pepper to taste.

Pour the egg mixture over the sweet potatoes and top with the sliced sausages.

Place in the oven and bake for 30 to 35 minutes.

Let the casserole rest for 4 to 5 minutes before slicing.

paleoleap.com/breakfast-casserole-sausage-and-hash-browns



CHORIZO & ROASTED POTATO SALAD

**SERVES**

4

**PREP**

15 MIN

**COOK**

20 MIN

4 Russet or sweet potatoes,
peeled and cut into cubes;

4 cups arugula;

2 dried chorizo sausages,
thinly sliced;

2 green onions, thinly sliced;

2 cloves garlic, minced;

1 tbsp. rosemary, minced;

2 tbsp. olive oil;

1 tbsp. cooking fat;

Sea salt and freshly ground
black pepper;

Salad dressing:

4 tbsp. extra virgin olive oil;

2 tbsp. apple cider vinegar;

½ tsp. fresh lemon juice;

2 tsp. Dijon mustard;

Sea salt and freshly ground
pepper;

Melt the cooking fat in a large skillet over medium heat.

Add the diced potatoes to the skillet in a single layer.

Cook without stirring 5 to 8 minutes, or until the potatoes begin to brown.

Sprinkle potatoes with rosemary, garlic, and salt and pepper to taste.

Turn the potatoes, and continue cooking another 5 to 8 minutes, or until tender.

Add the sausage and cook 2 to 3 minutes. Let cool.

In a large bowl, combine all ingredients for the dressing, season to taste, and whisk until well emulsified.

In a bowl combine arugula, green onions, sausage and potatoes.

Drizzle dressing on top and serve.

paleoleap.com/chorizo-roasted-potato-salad



CRAB-STUFFED DEVILED EGGS

**SERVES**

4

**PREP**

15 MIN

**COOK**

12 MIN

12 eggs; (room temperature)

8 oz. cooked crabmeat;

1/4 cup homemade mayonnaise;

2 tbsp. fresh chives, minced;

2 tbsp. fresh tarragon, minced;

2 tbsp. fresh lemon juice;

Sea salt and freshly ground black pepper;

Place all the eggs in a saucepan filled with cold water and bring to a boil.

Turn off the heat as soon as the water boils and let the eggs gently cook, covered, for 10 to 12 minutes.

Immerse the eggs in cold water to stop the cooking, and peel the eggs when they are cool enough to handle.

Cut the eggs in half lengthwise. Remove the egg yolks and place the yolks in a bowl. (Keep the whites somewhere safe for now)

Mash the egg yolks with the mayonnaise.

Add the crab meat, chive, tarragon, and lemon juice. Season to taste and stir gently to combine.

Fill each egg white with the filling and garnish with tarragon leaves if desired.

paleoleap.com/crab-stuffed-deviled-eggs-tarragon



CRANBERRY AVOCADO SALAD

**SERVES**

2-4

**PREP**

15 MIN

12 oz. baby mixed greens,
spinach, and/or arugula

2 medium avocados, sliced

$\frac{3}{4}$ cup dried cranberries

$\frac{3}{4}$ cup roasted almonds

Dressing:

$\frac{2}{3}$ cup extra virgin olive
oil

1 tbsp. poppy seeds

$\frac{1}{2}$ tsp. paprika

2 tsp. dried mustard

1 tablespoon minced
sweet onion

$\frac{1}{4}$ cup white balsamic
vinegar

$\frac{1}{4}$ cup raw honey

Sea salt and freshly
ground black pepper

In a bowl, combine all the ingredients for the dressing, season to taste, and stir well.

Place the greens in a large bowl. Add the avocado and dried cranberries.

Pour $\frac{1}{4}$ cup of the dressing over the salad and toss gently.

Scatter the almonds over the salad.

Serve with some extra dressing.

paleoleap.com/cranberry-avocado-salad



CRANBERRY & CLEMENTINE SALAD

**SERVES**

4

**PREP**

15 MIN

**COOK**

10 MIN

2.5 oz. fresh spinach;
2.5 oz. baby kale;
3/4 cup celery, chopped;
3/4 cup dried cranberries;
4 eggs;
1 to 2 clementines,
segmented;
1 large Granny Smith
apple, cored and sliced;
1/4 cup pine nuts, roasted;

Dressing:

1/4 cup extra-virgin olive
oil;
2 tbsp. apple cider vinegar;
1 tbsp. fresh lemon juice;
1/8 tsp. paprika;
1/8 tsp. onion powder;
1 tbsp. poppy seeds;

Bring a saucepan filled with water to a boil.

Slowly and carefully add the eggs. Cover, remove from heat, and let the eggs cook for 9 to 10 minutes.

Place the cooked eggs in bowl of ice water for 2 to 3 minutes.

Peel and slice the eggs.

In a bowl, combine all the ingredients for the dressing, and whisk until well-emulsified.

In a salad bowl, combine the spinach, kale, apple, celery, cranberries, and oranges.

Drizzle the dressing on top, and toss gently until well coated.

Place the sliced eggs on top, and sprinkle with pine nuts before serving.

paleoleap.com/cranberry-clementine-salad



CUCUMBER & CARROT SALAD

**SERVES**

4

**PREP**

20 MIN

2 cucumbers;
3 carrots;
1 tbsp. sesame seeds;
1 green onion, thinly sliced;
2 tbsp. white wine vinegar;
2 tbsp. fresh lime juice;
2 tbsp. extra-virgin olive oil;
Freshly ground black pepper;

Cut the cucumbers and carrots into thin strips using a mandoline, spiralizer, or a knife.

In a bowl, whisk the olive oil, white wine vinegar, lime juice, and season with freshly ground black pepper to taste.

In a salad bowl, combine the cucumbers, carrots, and green onion.

Pour the dressing on top, and toss gently.

Drizzle with sesame seeds before serving.

paleoleap.com/cucumber-and-carrot-salad



GARLIC SHRIMP WITH ZUCCHINI NOODLES

**SERVES**

2

**PREP**

20 MIN

**COOK**

15 MIN

1 lb. shrimp, shelled and deveined;

2 medium zucchini, sliced into noodles;

4 garlic cloves, minced;

1/4 cup white wine; (optional, leave out for AIP)

2 tbsp. fresh lemon juice;

2 tbsp. fresh chives, minced;

2 tbsp. cooking fat;

Sea salt and freshly ground black pepper;

Heat some cooking fat in a skillet over medium heat.

Add the garlic and cook for 2 to 3 minutes.

Add the shrimp. Cook until pink and cooked through, 2 to 4 minutes, and remove from the pan.

Pour the wine and lemon juice and scrape up the bottom of the pan. Bring to a boil and let simmer until significantly reduced.

Add the zucchini and cook for another 3 to 4 minutes.

Return the shrimp to the pan, season to taste, and give everything a nice stir.

Serve, sprinkled with fresh chives.

paleoleap.com/garlic-shrimp-with-zucchini-noodle



GREEK-STYLE MEATBALLS

**SERVES**

4

**PREP**

20 MIN

**COOK**

25 MIN

1 ½ lbs. ground beef or lamb;

1 egg, beaten;

2 garlic cloves, minced;

¼ cup fresh parsley, minced;

2 tbsp. tomato paste;

1 tbsp. dried oregano;

1 tsp. dried mint;

Sea salt and freshly ground black pepper;

Preheat your oven to 350 F.

In a bowl, combine the ground meat, egg, parsley, garlic, tomato paste, oregano, mint, and season with salt and pepper to taste.

Mix with your hands until everything is well combined.

Form the mixture into equally-sized meatballs using your hands or an ice cream scoop.

Place the meatballs on a baking sheet and cook in the preheated oven for 20 to 25 minutes.

paleoleap.com/greek-style-meatballs



GRILLED PINEAPPLE CHICKEN

**SERVES**

4

**PREP**

45 MIN

**COOK**

25 MIN

4 chicken breasts, skinless, boneless;

1 zucchini, sliced;

1 bell pepper, chopped;

1 pineapple, peeled and sliced;

1 red onion, sliced;

Teriyaki-style Sauce:

½ cup coconut aminos;

2 tbsp. white wine vinegar;

Juice of 1 lemon;

¼ cup fresh pineapple juice;

¾ tsp. ground ginger;

1 clove garlic, minced;

1/4 tsp red pepper flakes;

Sea salt and freshly ground black pepper;

In a saucepan, combine all the ingredients for the teriyaki sauce and season to taste.

Bring to a boil over medium-high heat, lower the heat and let simmer for 5 to 6 minutes.

Rub the chicken with 1/4 of the teriyaki sauce, and let marinate 30 minutes.

Preheat a grill to medium-high.

Grill the chicken breasts for 5 to 8 minutes per side.

Place the vegetables in a grill basket and grill until soft, 4 to 5 minutes.

Grill the pineapple for 3 minutes per side.

Slice the chicken breasts and pineapple, and serve on top of a bed of vegetables, with the remaining teriyaki sauce.

paleoleap.com/grilled-pineapple-chicken



GUACAMOLE STUFFED CHICKEN

**SERVES**

4

**PREP**

20 MIN

**COOK**

40 MIN

4 chicken breasts, boneless and skinless;

2 ripe avocados, peeled and pitted;

¼ cup red onion, diced;

¼ cup fresh tomato, diced;

1 tbsp. lime juice;

1 garlic clove, minced;

¼ tsp. chili powder;

¼ tsp. ground cumin;

Sea salt and freshly ground black pepper;

Seasoned breading:

1 egg, lightly beaten;

1 cup almond flour;

1 tbsp. paprika;

1 tsp garlic powder;

1 tsp. dried oregano;

1 tsp. chili powder;

Sea salt and freshly ground black pepper;

Preheat your oven to 400 F.

Pound each chicken breast thin and flat, using a meat mallet or rolling pin.

Place the avocados in a bowl and mash with a potato masher or a fork.

Add the tomato, onion, garlic, lime juice, chili powder, and cumin to the mashed avocados. Season to taste and stir until well combined.

Spread an equal amount of guacamole in a thin layer over each chicken breast.

Roll up each chicken breast and secure with toothpick or cooking string.

Mix together almond flour, paprika, garlic, oregano, chili powder, and salt and pepper to taste.

Carefully dredge each chicken breast in beaten egg and then coat with the almond flour mixture.

Place chicken in a greased baking dish, and bake for 35 to 40 minutes, or until the chicken is cooked through.

paleoleap.com/guacamole-stuffed-chicken



JALAPEÑO-BACON EGG CUPS

**SERVES**

4

**PREP**

15 MIN

**COOK**

25 MIN

10 large eggs;
12 bacon slices, half cooked;
4 jalapeño peppers, seeded and sliced;
1/2 onion, diced;
1/4 cup coconut or almond milk;
1/2 cup bell pepper, chopped;
1/2 tsp. garlic powder;
Sea salt and freshly ground black pepper;

Preheat your oven to 375 F.

In a bowl, combine the eggs, coconut milk, garlic powder, and season with salt and pepper to taste, and whisk until well combined.

Take out your muffin tin, and line each muffin cup with a slice of bacon.

Fill each hole with the egg mixture, and top with diced onion, bell pepper, and jalapeño.

Place in the preheated oven, and bake for 20 to 25 minutes.

paleoleap.com/jalapeno-bacon-egg-cups



ORANGE, CHICKEN & VEGETABLE STIR-FRY

**SERVES**

4

**PREP**

25 MIN

**COOK**

20 MIN

4 skinless, boneless chicken breasts, diced;

1 bell pepper, diced;

1 small broccoli head, cut into florets;

1 zucchini, sliced;

1 onion, diced;

1 tbsp. coconut oil;

Sauce:

1/2 cup fresh orange juice;

1/4 cup chicken stock;

2 garlic cloves, minced;

1 tbsp. orange zest;

3 tbsp. coconut aminos;

1/4 tsp. ground ginger;

1 tsp. Sriracha sauce; (optional)

A pinch red pepper flakes; (optional)

In a bowl, stir together the chicken stock, orange zest, orange juice, coconut aminos, ginger, garlic, Sriracha, and red pepper flakes.

Heat the coconut oil in a skillet over medium heat.

Add the chicken pieces to the skillet. Cook for 6-8 minutes, until cooked through and browned on the outside, and set aside.

Place all the vegetables in the skillet and cook until they start to soften.

Pour the sauce into the skillet, making sure to scrape the bottom of the pan, and bring to a soft boil.

Lower the heat and return the chicken to the pan. Stir everything to combine and serve hot.

paleoleap.com/orange-chicken-and-vegetable-stir-fry



ORANGE-ROSEMARY SEARED SALMON

**SERVES**

4

**PREP**

15 MIN

**COOK**

10 MIN

4 salmon fillets, skinless;
2 garlic cloves, minced;
2 tsp. fresh rosemary,
minced;
1 cup fresh orange juice;
2 tbsp; fresh lemon juice;
1/2 cup chicken stock;
2 tsp. orange zest;
1 tbsp. tapioca starch;
(optional)
Cooking fat;
Sea salt and freshly
ground black pepper;

Season the salmon fillets on both sides.

Melt some cooking fat in a skillet placed over medium-high heat.

Cook the salmon fillets in the skillet for 4 to 5 minutes per side, and set aside.

In a bowl, combine the orange juice, lemon juice, chicken stock, and orange zest.

In the same skillet, cook the garlic and rosemary for 1 to 2 minutes.

Pour the orange juice mixture into the skillet and bring to a boil.

Lower the heat to medium-low and season to taste. If you like a thicker sauce, mix 1 tbsp. of tapioca starch with 1 tbsp. of cold water and add it to the skillet.

Return the salmon to the skillet. Spoon the sauce all over the salmon fillets and serve.

paleoleap.com/orange-rosemary-seared-salmon



POACHED EGGS IN PIZZA SAUCE

**SERVES**

4

**PREP**

20 MIN

**COOK**

20 MIN

8 large eggs;
4 cloves garlic, chopped;
1/4 cup chicken stock;
1/2 onion, minced;
2 cups crushed tomatoes;
4 tbsp. fresh basil, minced;
4 tbsp. fresh parsley, minced;
2 tbsp. cooking fat;
4 to 6 slices bacon, pre-cooked, crumbled; (optional)
Sea salt and freshly ground black pepper;

Heat the cooking fat in a skillet over medium heat.

Add the garlic and onion and cook until soft.

Add the parsley and basil and cook for 1 minute, stirring frequently.

Pour in the crushed tomatoes, chicken stock, and season salt and pepper to taste. Bring to a boil, and then let simmer for 4 to 5 minutes.

Crack the eggs gently into the pizza sauce. Cover and let simmer gently for 10 to 12 minutes, or until the eggs reach your desired degree of doneness.

Serve topped with crumbled bacon, and fresh basil.

paleoleap.com/poached-eggs-in-pizza-sauce



PORK CHOPS WITH BALSAMIC GLAZE

**SERVES**

4

**PREP**

20 MIN

**COOK**

20 MIN

4 boneless pork chops;
¼ cup balsamic vinegar;
3 tbsp. raw honey;
(optional)
2 garlic cloves, minced;
½ tsp. dried oregano;
½ tsp. dried basil;
½ tsp. dried thyme;
1 tsp. crushed red
pepper flakes;
Sea salt and freshly
ground black pepper;

Preheat oven to 400 F.

Season pork chops to taste with salt and pepper.

In a small saucepan, combine the balsamic vinegar, honey, garlic, oregano, basil, thyme, red pepper flakes, and salt and pepper to taste.

Bring to a boil, reduce heat, and simmer until slightly thickened (5 to 6 minutes).

Sear the pork chops on both sides in an oven safe skillet over high heat, 1 to 2 minutes per side.

Brush the pork chops with the glaze. Transfer the skillet with the chops to the oven and roast 6 to 8 minutes.

Brush one last time with balsamic glaze before serving.

paleoleap.com/pork-chops-balsamic-glaze



PORK TENDERLOIN WITH BBQ PEACH SAUCE

**SERVES**

4

**PREP**

20 MIN + 2 H

**COOK**

30 MIN

1 lb. pork tenderloin;
4 ripe peaches, chopped;
1 cup fresh apple juice;
2 garlic cloves, minced;
½ onion, minced;
1/3 cup apple cider vinegar;
1 tbsp. fresh lemon juice;
2 tbsp. chili powder;
(Omit for AIP)
Sea salt and freshly ground black pepper;

Place the peaches, apple juice, garlic, onion, vinegar, lemon juice, and chili powder in saucepan over medium heat.

Bring the sauce to a boil, stirring occasionally. Lower the heat and let simmer for 10 to 15 minutes.

Let the sauce cool down a bit and puree using a food processor or immersion blender.

Divide the peach BBQ sauce evenly into two separate portions. Use one portion to rub the pork, making sure it is covered on all sides. Cover and marinate for up to 2 hours in the refrigerator.

Keep the other half of the BBQ sauce in a separate container in the refrigerator.

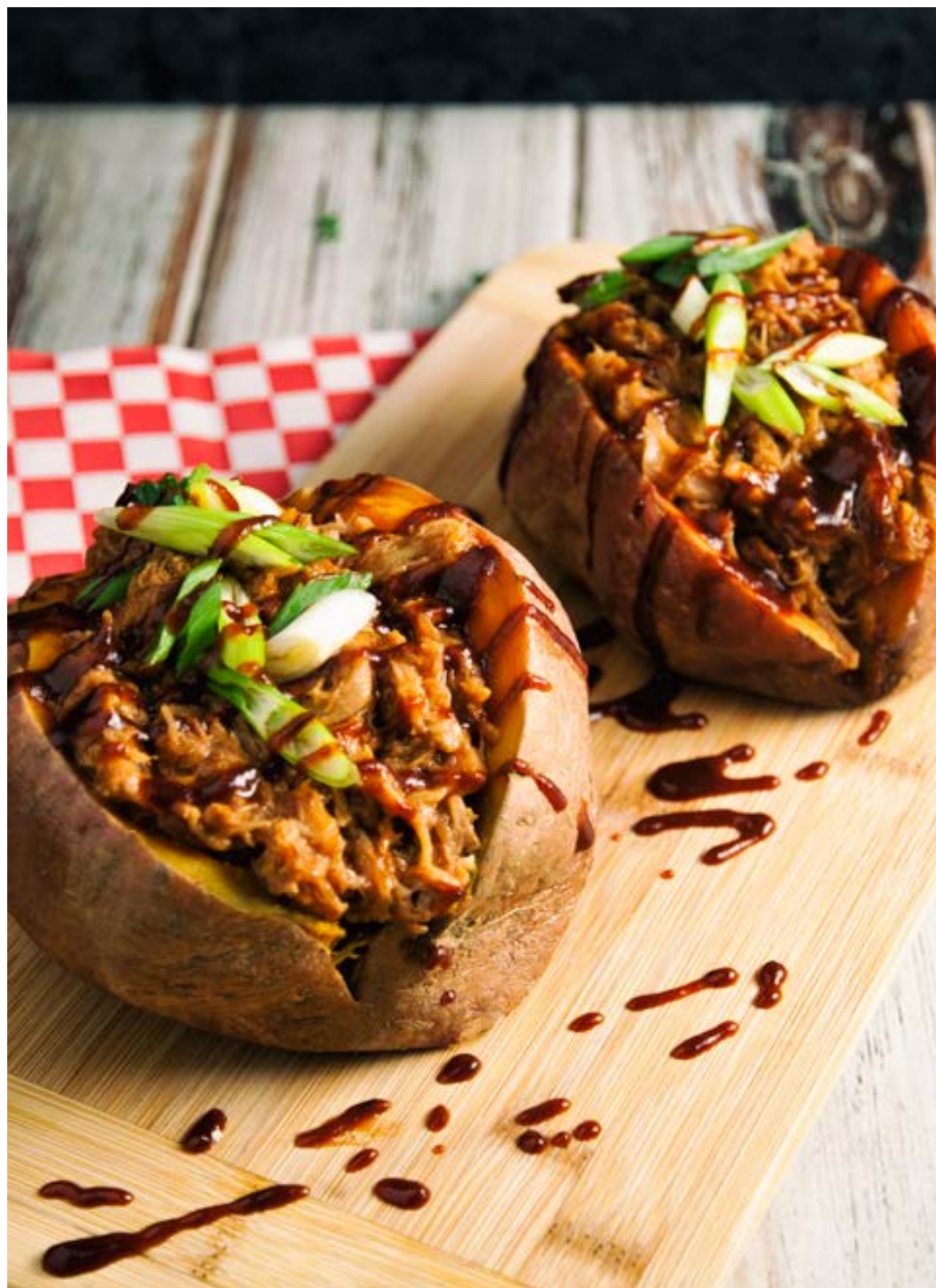
Preheat a grill to medium heat.

Place the pork on the grill and cook, covered, for about 20 to 25 minutes turning the pork every 4 minutes or so.

Brush the pork with generous amount of the reserved BBQ sauce and grill for another 5 minutes.

Let the pork rest for 4 to 5 minutes before serving with the remaining BBQ sauce.

paleoleap.com/pork-tenderloin-with-bbq-peach-sauce



PULLED PORK STUFFED SWEET POTATOES

**SERVES**

4

**PREP**

15 MIN

**COOK**

8 H

2 lbs. boneless pork loin;

4 large sweet potatoes,
washed;

1 red onion, thinly sliced;

2 green onions, thinly
sliced;

2 garlic cloves, minced;

½ cup beef stock;

1 tsp. chili powder;

1 tsp. paprika;

½ tsp. ground cumin;

¼ cup apple cider
vinegar;

1 cup [homemade BBQ
sauce](#);

In a small bowl, combine the chili powder, cumin, paprika, and salt and pepper to taste.

Rub the mixture evenly over the pork.

Place the onion, garlic, pork, and beef broth in a slow cooker.

Cover and cook on low for 8 hours.

Preheat your oven to 400 F.

Put the sweet potatoes in the oven and bake for 45 minutes, or until potatoes are tender.

Remove the meat from the slow cooker and place in a large bowl. Use a slotted spoon to remove the onion chunks and place in the same bowl as the pork. Using two forks, pull the meat apart.

Add the BBQ sauce and the apple cider vinegar to the slow-cooker, and cook the sauce for another 30 minutes.

Slit each sweet potato down the middle.

Fill each sweet potato with the pulled pork. Sprinkle with green onions, and drizzle with extra BBQ sauce to serve.

paleoleap.com/pulled-pork-stuffed-sweet-potatoes



SIMPLE BEEF SHISH KABOBS

**SERVES**

4

**PREP**

20 MIN

**COOK**

15 MIN

1 1/2 lbs. steak, cut into cubes;

1 red onion, diced;

1 bell pepper, diced;

1 zucchini, sliced;

2 tbsp. olive oil;

2 tbsp. Dijon Mustard;

1 tbsp. balsamic vinegar;

1 tsp. dried thyme leaves;

Sea salt and freshly ground black pepper;

Wood or metal skewers;

Preheat your grill to medium-high heat.

In a bowl, combine the olive oil, Dijon mustard, balsamic vinegar, thyme, and salt and pepper to taste.

Add the beef to the bowl with the marinade, and stir until well-coated.

Thread alternating pieces of meat and vegetables onto skewers.

Season each kabob to taste with sea salt and ground pepper.

Grill the kabobs on the preheated grill, turning frequently, until nicely browned on all sides, about 15 minutes.

paleoleap.com/simple-beef-shish-kabobs



SIMPLE CHIPOTLE CHICKEN

**SERVES**

2

**PREP**

30 MIN

**COOK**

16 MIN

2 chicken breasts,
boneless & skinless;
3 tbsp. olive oil;
2 tbsp. fresh lime juice;
1 tsp. chipotle chili
powder;
1 tsp. chili powder;
1/2 tsp. ground cumin;
1/2 tsp. paprika;
1/2 tsp. onion powder;
1/2 tsp. garlic powder;
Cooking fat;
Sea salt and freshly
ground black pepper;

In a small bowl, whisk together the olive oil, lime juice, chipotle powder, chili powder, ground cumin, paprika, onion powder, garlic powder, sea salt, and black pepper.

Rub the chipotle marinade all over the chicken breasts.

Let the chicken marinate 20 to 30 minutes, or up to 12 hours.

Preheat the oven to 400 F.

Melt some cooking fat in a oven resistant skillet over medium-high heat.

Sear the chicken breast 3 to 4 minutes per side. Transfer to the oven and cook 8 to 10 minutes, or until the juices run clear and the chicken is no longer pink in the center.

Transfer to a cutting board and let rest for 3 to 5 minutes before serving.

paleoleap.com/simple-chipotle-chicken



SPICY TUNA & CUCUMBER BITES

**SERVES**

4

**PREP**

15 MIN

1/2 lb. tuna (sushi grade),
finely diced;

1 cucumber, sliced into
thin rounds;

1 green onions, finely
sliced;

1 avocado, thinly cubed;

2 tbsp. coconut aminos;

2 tsp. Sriracha sauce;

1 tsp. sesame seeds;
(optional)

Sea salt and freshly
ground black pepper;

In a bowl, toss the tuna, coconut aminos, Sriracha, and season with salt and pepper to taste.

Top each cucumber slice with avocado.

Scoop some tuna mixture onto each cucumber slice on top of the avocado.

Sprinkle sesame seeds on top and serve with green onions as garnishing.

paleoleap.com/spicy-tuna-cucumber-bites



SWEET POTATO BITES WITH GUACAMOLE & BACON

**SERVES**

4

**PREP**

20 MIN

**COOK**

24 MIN

2 sweet potatoes, scrubbed clean but NOT peeled, thinly sliced;

4 oz. bacon, cooked and crumbled;

1 cup fresh salsa;

1 tsp. chili powder;

1/2 tsp. paprika;

1/2 tsp. garlic powder;

2 tbsp. extra-virgin olive oil;

Fresh cilantro, minced;

Sea salt and freshly ground black pepper;

Simple guacamole:

2 medium avocados, peeled, pitted, and diced;

1 tbsp. fresh lime juice;

1 garlic clove, minced;

1/2 cup Roma tomatoes, diced;

1/4 cup red onion, diced;

Preheat your oven to 450 F.

In a bowl, mash the two avocados until smooth. Add all the remaining ingredients for the guacamole. Stir until well combined, cover, and refrigerate.

Place sliced sweet potatoes in a bowl and drizzle with olive oil. Sprinkle with chili powder, paprika, garlic powder, and salt and pepper to taste, and toss until well coated.

Place the sliced sweet potatoes on a baking sheet and cook in the oven for 10 to 12 minutes on each side.

Top each sweet potato slice with guacamole, fresh salsa, bacon bits, and fresh cilantro.

paleoleap.com/sweet-potato-bites-guacamole-bacon



SWEET POTATO & ONION SOUP

**SERVES**

4

**PREP**

15 MIN

**COOK**

25 MIN

5 cups sweet potatoes, peeled and chopped;
2 onions, chopped;
4 garlic cloves, peeled and halved;
4 cups chicken stock;
½ tsp. ground cinnamon;
8 slices pancetta, cooked until crispy; (optional)
¼ cup pecans, roasted and coarsely chopped; (optional)
Fresh parsley;
2 tbsp. coconut oil;
Sea salt and freshly ground black pepper;

In a large saucepan, melt the coconut oil over medium-high heat.

Add onion and garlic and cook until soft.

Add the sweet potatoes and cook for about 4 minutes.

Pour in the broth. Bring to a boil; then lower heat, simmer, covered, for about 20 minutes or until the potatoes are tender.

In a blender or using an immersion blender, purée the soup until smooth.

Sprinkle the soup with cinnamon, and season to taste.

Serve immediately in bowls topped with pancetta, roasted pecans, and fresh parsley.

paleoleap.com/sweet-potato-onion-soup



TACO-STUFFED SWEET POTATOES

**SERVES**

4

**PREP**

20 MIN

**COOK**

45 MIN

1 lb ground beef;
4 sweet or russet potatoes;
1/2 onion, diced;
1 tomato, diced;
1 bell pepper diced;
1 cup fresh lettuce,
shredded;
1/2 cup chopped green onions;
Fresh salsa;

Taco seasoning:

1 tbsp. chili powder;
1 tsp. ground cumin;
1/2 tsp. paprika;
1/2 tsp. dried oregano;
1/2 tsp. garlic powder;
Sea salt and freshly ground
black pepper;

Preheat your oven to 375 F.

Scrub and pat potatoes dry. Pierce potatoes all over with a fork and bake in the oven, directly on rack, until soft (about 40 to 45 min. depending on the size of your potatoes).

In a bowl, combine all the ingredients for the taco seasoning.

Melt some cooking fat in a skillet over medium-high heat.

Add the onions and cook until soft and fragrant, about 3 to 4 minutes.

Add the ground beef to the skillet and cook until browned.

Sprinkle the taco seasoning onto the beef, and stir to combine. You may want to add 1 or 2 tbsp. of water if the meat is too dry or the seasoning is not mixing well.

Cook the ground beef another minute or two and set aside.

Using a sharp knife, make a lengthwise slit in each potato and push ends of each potato toward each other to open.

Fill the potatoes with the ground beef and top with all the remaining vegetables.

Serve with fresh homemade salsa.

paleoleap.com/taco-stuffed-sweet-potatoes



PEACH & RASPBERRY LEMONADE

**SERVES**

4

**PREP**

15 MIN

**COOK**

5 MIN

3 peaches, sliced
6 oz. raspberries
1 cup freshly squeezed
lemon juice
6 cups cold water
3 tbsp. raw honey
(optional)

Combine 1 cup of the water with the raspberries, peaches, and honey in a saucepan placed over a medium heat.

Let everything simmer, stirring occasionally, for about 5 minutes.

Pour the peach and raspberry mixture into a blender, and blend until smooth.

Strain the liquid through a fine mesh to remove the raspberry seeds

Pour the mixture into a pitcher. Whisk in the lemon juice and the remaining 5 cups of water.

Refrigerate and serve chilled with ice.

paleoleap.com/peach-raspberry-lemonade



STRAWBERRY-KIWI MOJITO SMOOTHIE

**SERVES**

2

**PREP**

15 MIN

1 ½ cup frozen strawberries, roughly chopped

1 ½ cup frozen kiwi, roughly chopped

8 fresh mint leaves

2 oz. rum or vodka (optional)

2 cups crushed ice

Combine the frozen strawberries, 4 mint leaves, 1 cup of ice, and 1 oz. of rum, and blend until smooth in a blender.

Pour the strawberry mojito into 2 glasses, filling half-way.

Repeat the process with the frozen kiwis and pour over the strawberry mixture.

Garnish with fresh strawberries and mint leaves.

Serve cold.

paleoleap.com/strawberry-kiwi-mojito-smoothie



DARK CHOCOLATE COVERED ALMONDS

**SERVES**

4

**PREP**

10 MIN

**COOK**

10 MIN

8 oz. dark chocolate;
2 cup. unsalted raw
almonds;
Sea salt;

Melt the chocolate in a double boiler over medium heat, stirring until fully melted.

Stir the almonds into the chocolate, and toss until well coated.

Place the chocolate covered almonds onto a parchment covered baking sheet.

Sprinkle almonds with sea salt, and set aside until the chocolate is set.

Store in the refrigerator until ready to eat.

paleoleap.com/dark-chocolate-covered-almonds



BITE-SIZED RASPBERRY POPSICLES

**SERVES**

4

**PREP**

5 MIN + 2 H

**COOK**

15 MIN

1 1/2 cups fresh raspberries;
2 cups water;
Ice cube tray;
4-5 Popsicle sticks, with each stick cut into 3 equal pieces;

Combine the water and raspberries in a saucepan over medium heat.

Let simmer for 10 to 15 minutes, until the mixture sticks to a spoon.

Remove from the heat and drain using a fine sieve to remove unwanted seeds.

Pour the mixture into each hole of an ice cube tray.

Place a popsicle stick piece into each hole, and freeze for at least 2 hours before eating. (If the popsicle sticks won't stay upright in the holes, stick the tray in the freezer and let it freeze for half an hour and then try again)

You can also add fresh raspberries to the popsicles before freezing.

paleoleap.com/bite-sized-raspberry-popsicles



DRIED FRUIT BARS

**SERVES**

4

**PREP**

15 MIN

**COOK**

10 MIN

1 cup dried Medjool
dates, pitted;
1 cup raw almonds;
1 cup dried cranberries;

Preheat your oven to 400 F.

Place the almonds on a baking dish and bake for 8 to 10 minutes. Let cool before using.

In a food processor, combine all the ingredients and pulse until the ingredients start forming a ball, scraping the edges of the bowl to prevent the mixture from sticking.

Line a baking pan with parchment paper. Spread the mixture out into the pan, and shape into a large rectangle.

Top with another piece of parchment paper, and refrigerate for at least 1 hour.

Cut into evenly shaped bars.

paleoleap.com/dried-fruit-bars



PUMPKIN PIE PUDDING

**SERVES**

4

**PREP**

15 MIN

**COOK**

8 MIN

½ cup canned unsweetened pumpkin purée;

1 ¾ cup almond or coconut milk;

¼ cup raw honey;

2 tbsp. tapioca starch;

1 tbsp. water;

1 large egg;

1 tsp. pure vanilla extract;

½ tsp ground cinnamon;

¼ tsp. ground nutmeg;

¼ tsp. ground ginger;

⅛ tsp. ground allspice;

In a small bowl, combine the water and the tapioca starch until the starch is dissolved.

In a saucepan, mix together the coconut milk, the egg, and the honey.

Bring the coconut milk mixture to a boil while whisking constantly. Then pour in the water-tapioca mixture while continuing to whisk.

Cook for 1 to 2 minutes and remove from the heat.

In a bowl, combine the pumpkin purée with all the remaining ingredients, and whisk until well blended.

Slowly add the pumpkin purée mixture to the coconut milk, whisking constantly, and place over low heat.

Cook, stirring constantly, for 3 to 4 minutes.

Divide the pudding evenly among dessert bowls and chill until pudding is set, 1 to 2 hours.

paleoleap.com/pumpkin-pie-pudding



FRUIT SALAD WITH LEMON DRESSING

**SERVES**

4

**PREP**

20 MIN

6 mandarin or
clementine oranges,
peeled and segmented;

4 apples, diced;

4 kiwis, peeled and
diced;

4 bananas, peeled and
diced;

1/2 cup pomegranate
seeds;

1/2 cup blueberries;

4 tbsp. fresh lemon juice;

1/2 cup avocado oil;

2 tsp. poppy seeds;

Toss all the fruits together in a large salad bowl.

In another bowl, whisk the avocado oil, lemon juice, and poppy seeds until well emulsified.

Drizzle the lemon dressing over the the fruit salad.

Toss gently until everything is well coated.

Refrigerate and serve cold.

paleoleap.com/fruit-salad-with-lemon-dressing