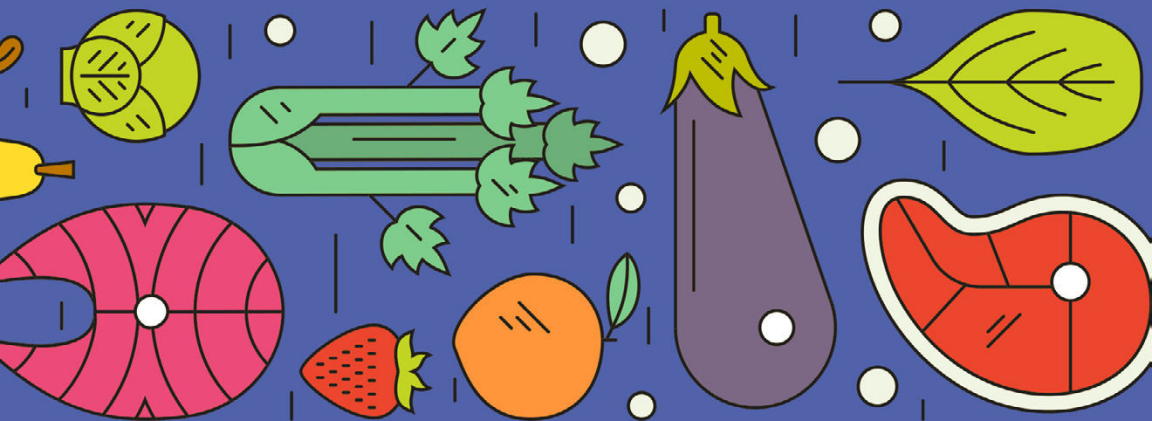


Paleo

FOR BEGINNERS



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Thanks for grabbing our special report, "Paleo For Beginners."

I'm so glad that you've picked this up, and I know that you're going to get a ton out of it. I know that transitioning to the Paleo Diet isn't always easy, and that's why this guide is here to help make it as easy for you as possible.

Because the benefits are worth it.

My Story

My name is Dave, and I am just one of the MANY Paleo success stories.

Up until a few years ago, I was constantly fatigued, depressed, couldn't sleep, and couldn't focus. For the longest time I was told that how I felt was "normal" - most people had one or two of these issues, and you just needed to take some pill to fix it.

For a while, I bought into it - I thought that this was just how life was. Being Bred and depressed all the time was just part of the game - and if you didn't have these problems, you were just 'lucky'.

A few years ago, I moved across the country from Connecticut to San Diego, and was introduced to the Paleo Diet by my roommate.

The idea of eating just meat, fruits, vegetables and nuts sounded great to me - so I dove right in.

At the same time, my next door neighbor happened to be Sean Croxton - a natural health practitioner. Sean ran some tests on me, and lo and behold - there were some SERIOUS problems going on. My symptoms weren't just a natural thing - I had stage 3 adrenal fatigue, leaky gut, and serious dysbiosis.

Put more simply - my testosterone was lower than my mom's, I had all sorts of bad bacteria in my gut, and I was barely digesting my food.

Fast forward now - 3 years into the Paleo diet (and a little bit of supplementation along the way) - my testosterone has dramatically increased. I have more energy than I could have EVER imagined growing up, my mind is (almost!) like a steel trap. I am incredibly happy, and have no issues sleeping at all. Oh, and I'm leaner than I've ever been.

The change was like night and day. I feel like a complete person - and am able to function at a level I never could in the past.

All this is to give you the reason why I created the Paleo For Beginners free program -- I want help make your transition into eating Paleo as easy as possible so you can start experiencing the benefits - more energy, fat loss, clearer skin, more focus, and so, SO much more that would make this letter way too long.

So without further ado, please enjoy our free report - "Paleo For Beginners."

Dave

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Beginner's Guide to the Paleo Diet

You have probably heard about the Paleo diet and how people are taking up the lifestyle to get healthy. But do you know exactly what it is or how it works? You might be interested but don't know how to start. To help you out, here's a beginner's guide to the Paleo diet.

What is the Paleo diet?

Basically, this is a lifestyle that involves eating whole, real, natural food and avoiding processed foods.

Humans have only been eating the way we do now for about 10,000 years. Before that, people ate in a Paleo manner for a very, very long time: some estimates indicate more than two million years. In other words, humans and their bodies are meant to eat those foods that we used to eat, and not the highly processed, grain-based foods and sugar that only came into our diets most recently.

The Paleo diet aims to bring back those whole, real foods and to eliminate processed foods, sugar, refined sugar, grains, and hydrogenated vegetable oils that do nothing positive for our health and well-being.

History of the Paleo Diet

Paleo men and women were lean, strong, and fit. They ate what they could hunt or gather; they didn't grow crops like we do today. They dug up tubers, ate insects and animals they caught, and picked berries when in season. They moved around following the food sources. They climbed trees, jumped streams, and were in pretty fantastic shape.

Humans ate like this for a really, really long time. So long, in fact, that the human body became pretty adapted to eating those foods. Their bodies ran more on fat than carbs.

Then along came the agricultural revolution and everything changed.

The Agricultural Revolution

Also called the Neolithic Demographic Transition or the Neolithic Revolution, this happened around 10,000 to 12,000 years ago. Humans started to shift from a hunter-gather type of society to one where settlement and agriculture was more common. They began to grow grain crops and raise domesticated animals for food. Now, of course, 10,000 years ago, wheat and other grains were vastly different than they are now. The wheat we have now has been fiddled with and changed to have more gluten.

Breads they ate then were also more likely to be sourdough, and they used the process of fermentation a lot more.

It's likely that digestive issues and diseases related to poor food choices started around this time.

So, do you want to be lean and strong and healthy like our Paleo ancestors? If so, you should definitely try out the Paleo diet.

The Basics of the Paleo Diet

What you *can* eat:

- Meat
- Nuts
- Vegetables and tubers
- Fruit
- Eggs
- Fish and Seafood
- Natural oils like avocado, coconut, olive, and butter or ghee from grass-fed cows if you have access

It's likely that digestive issues and diseases related to poor food choices started around this time.

So, do you want to be lean and strong and healthy like our Paleo ancestors? If so, you should definitely try out the Paleo diet.

What you should *not* eat:

- Legumes
- Grains: wheat, barley, rye, corn
- Hydrogenated vegetable oils (corn, canola, soybean, margarine)
- Dairy (although some people eat raw dairy if they don't have a problem with it – these people follow what is called a Primal diet)

Why You Should Avoid Those Foods?

According to the CDC, more than 35 percent of all American adults are obese. Obesity leads to a higher risk of many diseases like some cancers, heart disease, type 2 diabetes, and stroke. Obesity can be caused by diets high in processed foods, diets too high in processed carbohydrates, and too high in sugar. Many people suffer from health problems associated with inflammation and food intolerances.

Legumes

Legumes can cause people to suffer from inflammation and digestive upset. If you're one of those people, you definitely need to avoid them. Even if you don't suffer from side effects, it's likely that your body is experiencing inflammation, so it's best to avoid legumes. Safe legumes are peas and green beans. Unsafe legumes are soy, peanuts, and beans like kidney beans, Romano beans, etc.

Grains

Grains (wheat, barley, and rye) contain lectins and gluten. Lectins are toxins that a plant develops to protect itself against consumption so that the plant may reproduce. These lectins can cause damage to the gastrointestinal tract and also pull vitamins from the intestines, preventing absorption of valuable micronutrients.

Proteins in the wheat, like gluten, can cause a whole assortment of problems for some people. You've probably heard of celiac disease, where the person is allergic to the gluten. These people suffer from abdominal pain or discomfort, bloating, and diarrhea when they eat gluten.

Did you know there are non-celiac gluten intolerances as well? These people may suffer from headaches, joint pain, mood disorders, and more, all because of gluten.

Other grains like rice, oats, and corn may also be contaminated with gluten at the factory.

Perhaps the scariest part is that a large majority of people who are gluten intolerant don't even know it; they have no outward symptoms, yet their insides are riddled with inflammation and they are on the fast-track to ill-health, all without knowing it.

Glucose

One major reason to avoid grains is because they are very high in processed carbohydrates. Your body turns carbs into glucose, which gets stored to be used for energy. If you don't use those glucose stores, that glucose is stored as fat.

Processed sugars are extremely high in glucose as well.

The CDC says that sugars added to foods has been linked to a lowered level of essential micronutrients and an increase in body weight.

Processed Oils

Processed oils and partially-hydrogenated and hydrogenated vegetable oils (also called trans fat) are simply not good for you. They cause inflammation and unhealthy levels of Omega 6 compared to Omega 3. Oils to avoid are all types of margarine, soybean oil, canola oil, "vegetable" oil, corn oil, and sunflower/ safflower oil.

Most processed foods have at least one of these types of oils

Dairy

A lot of people have problems eating dairy products. If you're not one of those people, and you have access to raw milk, go for it. Raw milk (when it comes from a good, trusted source) is safe, delicious, and healthy.

Low Carb? No. Just different carbs

Some people confuse a Paleo diet with a low-carb diet. Sure, if you're overweight, mostly sedentary, and want to lose weight, a lower-carb diet can help you lose weight quickly and safely.

If you're not overweight, are active at your job or work out a lot, you need those carbs. Just make sure you're getting those from "good" carb sources like sweet potatoes, starchy carbs, fruit, and sometimes rice, if you are out of other options. White rice is a benign grain, with very few lectins, and no gluten, as long as it hasn't been contaminated. Whether you eat white rice is up to you.

Fat

Contrary to what you have been told, fat doesn't make you fat. In fact, your diet when eating Paleo will contain a lot of fat, particularly from meat, fish, eggs, avocados, and olives. This is good, healthy fat. Of course, if you eat more calories than you need, you'll gain weight; but it's highly unlikely that you'll do this if you're eating enough vegetables and healthy meats.

Specifics of What You Can Eat

Eat meat: grass-fed, pastured bison, beef, poultry, lamb, and pork is best, if you have access to it. Grass-fed and pastured meats come from animals that are healthy and happy, and their meat has more minerals, vitamins, and better fatty acids. Eat eggs from pastured chickens and ducks, too.

Use natural oils like coconut, olive, and avocado. Butter and ghee from pastured, grass-fed cows is acceptable.

Eat some seeds and nuts, particularly macadamia and walnut as they are highest in Omega 3.

As mentioned, for good carbs, eat tubers like yams and sweet potatoes. Other good carbs are squashes, beets, and other root vegetables.

Eat fruit in moderation (if you're trying to lose weight, keep these in check). The best fruit are dark berries, which are high in anti-oxidants and low in sugars.

Eat lots of produce! Leafy greens, cruciferous vegetables, colorful plants, and other assorted vegetables should be a large part of your diet. Eat organic when possible, and eat the "Dirty Dozen" as organic always, if you can.

Enjoy fish (preferably wild-caught, sustainable). Fatty fish are best, like salmon. If you get canned salmon, get it with the skin and bone still present for the best nutrients.

Because these foods are filling, full of nutrients, and low in "bad" fats and carbs, you can most likely eat as much as you want (aside from nuts and fruit) and not gain weight. In fact, if you go from eating a Standard American Diet to the Paleo diet, you'll probably lose weight without even trying.

Getting Over Grain Addiction

If you are really serious about giving this a try, start with a 30-day challenge. Cut out all the bad stuff and eat as much of the good stuff as you want. You'll feel better, look better, and you'll probably lose some weight.

If you won't do it all at once, cut out MOST bad foods and leave in one day where you will eat a "cheat" meal or even for the whole day. That will make a difference, too – although not as dramatic as if you cut it all out entirely.

A lot of people will find out they actually do have intolerances, particularly if they cut out gluten for 30 days and then re-introduce it. You might get headaches, joint pain, stomach upset, bloating, or other symptoms. If you do, then you can know for certain that you should definitely avoid gluten all the time. You can also do this kind of elimination diet for dairy if you aren't sure if it causes a problem. Just make sure you don't introduce two potential foods at once, as you won't know which one caused the reaction if you have a problem.

How to Succeed

You can get healthy, lose weight, or maintain a healthy weight quite easily on the Paleo diet. Here's how to get started:

- Get rid of all the junkfood – now. Donate all the junk food, packaged stuff, and other undesirable food from your pantry. Give it to a homeless shelter or food bank. Or throw it out.
- Don't eat out at restaurants until you know you can resist temptation – and know which foods do not have gluten/dairy etc. in them
- Don't overthink it. Some people like to overcomplicate the Paleo Diet - but what it really comes down to is "JERF" – which is "Just Eat Real Food."

And with that, here's our bonus recipe manual – enjoy the delicious recipes below!

I hope you enjoyed this guide! Please feel free to hit me up at Dave@paleohacks.com if you have any questions about anything.

Thanks!

Dave



15 DELICIOUS & EASY

Paleo

RECIPES

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RECIPE MEASUREMENTS KEY

T = Tablespoon

t = teaspoon

CAULIFLOWER 'Mac and Cheese'

L Prep Time: 15 minutes **L** Cook Time: 20 minutes **🍴** Yield: 4 serving

Ingredients:

- 1 head of cauliflower, cut into bite-sized florets
- 1 cup unsweetened almond milk
- 1 cup baby carrots
- 1/2 cup raw cashews
- 2 T nutritional yeast
- 2 T yellow mustard
- 1 t paprika
- 1/2 t garlic powder
- 1/2 t onion powder
- 1 T chopped scallions, plus more for garnish
- 1 t sea salt

Instructions:

- 1.** Begin by bringing 2 cups of water to a low boil in a medium-sized pot. Add cauliflower florets and boil 10 minutes, covered, to tenderize. Drain and set aside.
- 2.** While the cauliflower steams, combine cashews and carrots in a separate small pot with enough water to cover. Bring to a boil and reduce heat to simmer. Cover and simmer for 10-12 minutes or until carrots are soft.
- 3.** Drain carrots and cashews. Place into a blender with almond milk, nutritional yeast, mustard, onion powder, garlic powder, paprika and sea salt. Blend until smooth and creamy.



Recipe author
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COCONUT FLOUR

Pancakes

L Prep Time: 10 minutes **L** Cook Time: 10 minutes **🍴** Yield: 8 serving

Ingredients:

- 1/4 cup coconut flour
- 1/8 t baking soda
- Pinch of salt
- 1/3 - 1/4 cup coconut milk
- 2 tbsp organic, cold-pressed coconut oil
- 3 eggs
- 1-2 T honey
- 1/2 t vanilla extract
- Maple syrup to taste
- Grass-fed butter for cooking

Instructions:

1. Thoroughly mix the eggs, coconut oil, and honey together.
2. Add the coconut milk and vanilla extract.
3. Throw in the coconut flour, baking soda, and salt. Mix, but remember, not too much!
4. Melt a dab of butter in your skillet and then using a measuring cup, add a little batter to the pan. I recommend figuring out how many pancakes you'd like to make beforehand so that you can use an appropriately sized cup or ladle.
5. Remember that you aren't likely to see many bubbles forming on the top, so carefully check the underside of your pancake before flipping. Extra kudos points for those of you who can flip without a spatula!
6. For best results, serve your pancakes right away.
7. Drown those bad boys in maple syrup, grab your fork, and have at 'em!



Recipe author

REBECCA MACLARY

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MUSHROOM RISOTTO

WITH

Cauliflower Rice

L Prep Time: 5 minutes

L Cook Time: 0 minutes

🍴 Yield: 1 serving

Ingredients:

- 1 large head cauliflower, cut into florets
- 1 T coconut oil
- 1 large yellow onion, diced
- 2 large garlic cloves, minced
- ¾ lb mushrooms, thinly sliced
- ½ cup beef stock
- Fresh parsley, chopped
- Salt and pepper, to taste

Instructions:

- 1.** Cut the cauliflower into small florets, then wash and dry them with paper towels.
- 2.** Process the cauliflower florets in small batches in a food processor or blender until you get a rice-like texture.
- 3.** Heat coconut oil in a large skillet over medium heat and sauté the onions until they are tender and caramelized (about 5 minutes). Add the garlic and stir until it is fragrant. Add the mushrooms and sauté until mushrooms are brown on both sides.
- 4.** Add the cauliflower rice and beef stock and bring heat down to low. Allow the cauliflower rice to absorb the beef stock until it is tender but not mushy (about 10 minutes).
- 5.** Add salt and pepper to taste. Garnish with chopped fresh parsley before dividing it into bowls and serving.



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COCONUT FLOUR

Banana Bread

L Prep Time: 10 minutes **L** Cook Time: 45 minutes **🍴** Yield: 8-10 slices

Ingredients:

- 3 bananas
- 4 eggs
- 1/4 cup honey
- 1/3 cup coconut oil, melted
- 1/3 cup coconut flour
- 3 T arrowroot starch
- 1 T cinnamon
- 1/2 t baking soda
- 1/4 t salt

Instructions:

1. Preheat oven to 350°F.
2. Grease a 7.5" by 3.5" loaf pan with a bit of coconut oil.
3. In a large mixing bowl, mash the bananas and mix in the eggs, honey, and coconut oil.
4. Add the coconut flour, arrowroot, cinnamon, baking soda, and salt, and mix well.
5. Transfer to prepared loaf pan.
6. Bake for 45-50 minutes, or until a toothpick inserted near the center of the loaf comes out clean.
7. Let cool a bit, then remove from pan. Either let cool all the way and serve room temperature or chilled, or slice and serve warm.



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SILKY DARK CHOCOLATE

Avocado Truffles

 **Prep Time:** 30 minutes  **Cook Time:** 2-3 hours  **Yield:** 10 servings

Ingredients:

- 1 ripe, medium avocado
- ½ cup dates, soaked and drained
- ¼ cup dark cocoa powder + 2 T reserved for dusting
- 1 ½ T melted coconut oil
- 1 ½ T coconut flour
- dash of sea salt

Tips:

- You can make these truffles extra-decadent by adding cacao nibs and shredded coconut flakes to the dusting!
- For a super smooth texture, soak the dates for a minimum of 3 hours before draining.

Instructions:

1. Place all ingredients in a blender (except for the 2 tablespoons of cocoa powder, which are reserved for dusting).
2. Blend on high for 5 minutes (until silky smooth).
3. Prepare an assembly line with a plate and a parchment paper. Tape the paper down to prevent it from moving. Sprinkle it with the 2 tablespoons of cocoa powder.
4. Scoop one tablespoon of the batter and roll into a ball.
5. Roll the ball over the cocoa powder on the parchment paper. Place it on the plate.
6. Repeat until all batter is rolled into balls and covered in cocoa powder.
7. Refrigerate balls 2-3 hours until hardened and enjoy!



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KEY LIME Cheesecake Bites

 **Prep Time:** 5 minutes  **Cook Time:** 25 minutes  **Yield:** 6 servings

Ingredients:

- 1/2 cup raw almonds
- 2 tablespoons melted coconut oil
- 1/2 cup raw cashews, soaked in water overnight & drained
- 1/3 cup full-fat coconut milk (well shaken)
- 3-4 tablespoons raw honey
- 4 limes, juiced & zested

Instructions:

1. Line a muffin tin with 6 cupcake liners and set aside.
2. Place the almonds and melted coconut in a blender or food processor and blend until the mixture is crumbly and sticks together when pinched between your fingers.
3. Place one heaping tablespoon in each lined muffin cavity, and press the mixture down using the back of a spoon to make a mini "crust".
4. Place the muffin tin in the freezer for 15-20 minutes, while you prepare the filling.
5. In the food processor add the drained cashews, coconut milk, honey, and lime juice. Puree until smooth and transfer to a measuring cup.
6. Remove the muffin tin from the freezer when the crusts have hardened a bit and pour the filling mixture over the crusts. Top with lime zest and place back into the freezer for at least 4-6 hours to harden.
7. Store in the freezer until ready to serve. Enjoy!



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CAULIFLOWER

Bacon Biscuits

 **Prep Time:** 5 minutes  **Cook Time:** 35 minutes  **Yield:** 12 servings

Ingredients:

- 2 large eggs
- 1 medium cauliflower, riced
- 2 slices of bacon, cooked
- 1 small jalapeno pepper, diced
- ½ t garlic powder
- ¼ t salt
- ½ cup almond flour
- 2 T coconut oil

Instructions:

1. Preheat oven to 400°F. Prepare a baking sheet with parchment paper or a slip pad.
2. Rice the cauliflower by placing sliced chunks in a blender or food processor and pulsing until it turns into rice.
3. Heat a skillet over medium heat. Add coconut oil, riced cauliflower and jalapeno. Sauté 5-8 minutes, or until cauliflower softens.
4. Transfer the cauliflower mixture to a blender or food processor, add eggs, bacon, garlic powder, salt and almond flour. Blend on high until the rice is broken down and all ingredients are combined. It should be creamy and look like mashed potatoes.
5. Next form biscuits on the prepared baking sheet by carefully scooping ¼ cup of the batter at a time to form each biscuit. It will make 12 biscuits. They will be runny, but that's ok. If it's too runny, toss it back in the batter, mix with a spoon, and then reform the biscuits.
6. Bake at 400°F for 35 minutes or until the edges are slightly browned.
7. Remove from the oven and cool on the pan 5 minutes before gently removing with a spatula and transferring to a wire rack. They will be a little loose when they're still hot, but will harden at room temperature.
8. Serve immediately or store in the refrigerator in an airtight container up to one week. They can also be frozen up to one month.



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CHOCOLATE

Turmeric Truffles

WITH COCONUT OIL

L Prep Time: 25 minutes **L** Cook Time: 5 minutes **🍴** Yield: 8 servings

Ingredients:

- 1 cup unsweetened shredded coconut
- 1/2 cup raw honey, softened
- 1 T coconut oil, melted
- 1 t ground turmeric
- 1/4 cup dark chocolate chips
- 1/4 t sea salt

Instructions:

- 1.** In a mixing bowl, combine coconut, sea salt and turmeric. Stir to combine and break up any lumps of coconut.
- 2.** Pour in coconut oil and honey. Stir until completely mixed in.
- 3.** Roll mixture into small balls and place on a small parchment paper-lined baking sheet. Place in freezer for 10 minutes to set.
- 4.** Melt dark chocolate in a small saucepan over the stove using low heat. Stir until smooth.
- 5.** Use a butter knife to dip into chocolate and drizzle over truffles. Set in refrigerator for 10 minutes.



Recipe author
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HOMEMADE SOUR STRAWBERRY Gummies

L Prep Time: 10 minutes **L** Cook Time: 65 minutes **🍴** Yield: 15 servings

Ingredients:

- ¾ cup lemon juice
- 1½ cups fresh strawberries (cut into small pieces with the leaves removed)
- 2 T maple syrup
- ¼ cup collagen powder

Instructions:

1. Place the chopped strawberries and lemon juice in blender. Blend for 30 seconds until you get a thick liquid.
2. Pour the liquid into a medium saucepan, and add the maple syrup and collagen. Whisk the ingredients together.
3. Turn on stove to low heat, and whisk for 5 minutes (until everything is incorporated, and you get a thin liquid).
4. Use a spoon to remove the foam from the top. Remove the saucepan from heat, and pour the mixture into a silicon mold.
5. Let the collagen mixture chill in the refrigerator for at least 1 hour (until they're firm).
6. Once firm, remove the collagen sour gummies from the mold and serve.



Recipe author

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<http://dishbydish.net/>



SPICY SESAME ALMOND Zucchini Noodles

L Prep Time: 20 minutes **L** Cook Time: 0 minutes **🍴** Yield: 4 servings

Ingredients:

For the salad:

- 2 medium zucchini (ends cut off)
- 1/2 cup cabbage (shredded)
- 1/2 cup carrots (shredded)
- 1 handful cilantro (chopped)

For the dressing:

- 1/2 cup creamy almond butter (at room temperature)
- 1/3 cup toasted sesame oil
- 1 T blackstrap molasses
- 2 T lime juice
- 1 t ginger (grated)
- 1/2 t chili flakes

Instructions:

1. Using the 3mm blade of spiralizer, slice zucchini into a large bowl. Add cabbage and carrots. Set aside.
2. Combine ingredients for dressing. Stir until smooth and thick.
3. Pour dressing over zucchini. Stir to coat. Garnish with cilantro. Refrigerate until ready to serve.



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COCONUT FLOUR CHOCOLATE *Crinkle Cookies*

L Prep Time: 22 minutes **L** Cook Time: 10 minutes **🍴** Yield: 9 servings

Ingredients:

For the cookies:

- 2 large eggs, room temperature
- 1/2 cup coconut flour
- 1/3 cup raw cacao powder
- 1/3 cup coconut sugar
- 1/4 cup melted coconut oil
- 2 T dark chocolate chips
- 1 t vanilla extract
- 1/2 t baking powder
- 1/8 t sea salt

For the sugar dusting:

- 2 T tapioca flour
- 2 T coconut sugar

Instructions:

1. Preheat oven to 350°F. Prepare a baking sheet with parchment paper.
2. In a large mixing bowl, whisk together eggs, sugar, vanilla and salt.
3. In a separate smaller bowl, sift together the coconut flour, cacao powder and baking powder.
4. Add the flour mixture to the wet mixture with the coconut oil and dark chocolate chips. Stir to combine. The batter should be moist.
5. In a small ramekin, add the tapioca flour and coconut sugar. Stir to combine. Place the sugar dusting on a piece of parchment paper.
6. Roll the batter into 9 balls and roll each ball over the dusting. Place on prepared baking sheet.
7. Use your fingers to gently flatten each ball to form the shape of a cookie.
8. Bake for 10 minutes. Remove from the oven and transfer to a wire rack to cool. Sprinkle leftover dusting on top.



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CRISPY & EASY

Zucchini Fritters

L Prep Time: 15 minutes **L** Cook Time: 10 minutes **🍴** Yield: 6 servings

Ingredients:

- 2 cups broccoli florets
- 1 cup zucchini (grated)
- 1/3 cup green onion (chopped)
- 2 eggs (lightly beaten)
- 2 T fresh basil (finely chopped)
- 2/3 cup almond flour
- 1 T nutritional yeast
- 1/2 t sea salt

Instructions:

- 1.** Grate zucchini using a cheese grater, and wrap in paper towel. Squeeze out excess liquid, and add zucchini to a large bowl. Add chopped green onion, basil, nutritional yeast, and sea salt.
- 2.** In a blender, add broccoli florets. Pulse until fine and crumbly.
- 3.** Pour broccoli into bowl and add beaten egg with flour. Stir well to combine.
- 4.** Using hands, form mixture into small flat patties.
- 5.** Coat a large skillet with extra-virgin olive oil, and heat over medium-high heat. Once oil is shimmering hot, carefully place fritters on pan, working in batches of 2-3.
- 6.** Cook 4-5 minutes, then flip and cook an additional 4 minutes.
- 7.** Serve immediately.



Recipe author
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freshandfit.org



COCONUT-CRUSTED *Chicken Fingers* WITH HONEY DIJON DIP

L Prep Time: 20 minutes **L** Cook Time: 15 minutes **🍴** Yield: 2 servings

Ingredients:

For the Chicken Fingers:

- 2 medium skinless chicken breasts (sliced lengthwise into ½" strips)
- ½ cup + 2 T coconut flour
- ¼ cup coconut flakes (unsweetened and shredded)
- 1 large egg (room temperature)
- ½ t paprika
- ½ t garlic powder
- ¼ t cayenne pepper
- 1 T avocado oil
- Salt & pepper to taste

For the Dipping Sauce:

- 4 T Dijon mustard
- 1 T avocado oil
- ¼ cup coconut cream or Paleo mayo
- 2 T honey
- ½ t paprika



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Instructions:

1. Preheat oven to 375°F.
2. Prepare a baking sheet with parchment paper. Then sprinkle it with half of the shredded coconut flakes. Set aside.
3. In a small bowl, combine the ingredients for the dipping sauce. Then sprinkle the paprika on top of them. Set it in the refrigerator, so the flavors can marry.
4. In a small bowl, add the egg to 2-3 tablespoons water. Whisk for a few minutes. Set aside.
5. In a separate small bowl, combine the coconut flour with the salt, pepper, and other seasonings.
6. Dip each chicken breast into the egg wash. Then immediately dip it into the flour mixture, and generously coat it.
7. Place the shredded coconut flakes on the baking sheet. Then place each chicken piece on top of the flakes. Sprinkle the remaining coconut flakes on top of the chicken pieces. Note: chicken should be room temperature 20 minutes before baking.
8. Drizzle each piece with the avocado oil.
9. Bake for 15 minutes.
10. Immediately turn the broiler on high. Cook another 2-3 minutes, until brown and crispy.
11. Let cool 5 minutes, and serve with the honey Dijon dipping sauce.



RAW CHOCOLATE

Cashew Tart

L Prep Time: 30 minutes **L** Cook Time: 3 hr 30 min **Y** Yield: 4 servings

Ingredients:

For the Almond Crust:

- 2 ½ cups almonds
- ½ cup coconut oil (melted)

For the Chocolate Cashew Filling:

- 1 ½ cups cashews (soaked 1 hour and drained)
- ¾ cup water (or more as needed)
- ½ cup raw cacao powder
- ¼ cup honey
- ¾ cup coconut oil (melted)

Instructions:

1. Grease a medium tart pan with coconut oil.
2. Place the almonds in the blender. Blend until you get a fine meal.
3. Transfer the almond meal to a large bowl. Add in the coconut oil, mixing well with a spoon.
4. To create the crust, press the almond-coconut oil mixture into the bottom and sides of the tart pan.
5. Let the crust chill in the freezer for at least 30 minutes (until it's firm).
6. Wash the blender.
7. Put soaked cashews, water, cacao powder, honey, and melted coconut oil into the blender.
8. Blend until thick and creamy.
9. Pour the filling over the tart crust.
10. Chill in refrigerator for 3 hours before serving.



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CAJUN

Sweet Potato Fries

 **Prep Time:** 10 minutes  **Cook Time:** 20 minutes  **Yield:** 2-3 servings

Ingredients:

- 2 medium sweet potatoes (with the skins on and washed well)
- 1 T melted coconut oil
- ¼ t cayenne pepper
- ½ t paprika
- ½ t garlic powder
- ¼ t turmeric
- ½ t oregano
- ½ t thyme
- Salt & pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Prepare a baking sheet with parchment paper, then set aside.
3. Slice the sweet potatoes into matchstick-sized pieces. First slice the ends off. Then slice the potato in half, and thinly slice lengthwise. Take those slices, and cut them again lengthwise into several matchsticks.
4. Place the sliced sweet potatoes in a bowl with melted coconut oil, salt, pepper, and other seasonings.
5. Toss the ingredients together with your hands several times, until all the seasonings are evenly dispersed.
6. Transfer the seasoned sweet potatoes into the prepared baking sheet.
7. Bake for 10 minutes, then flip with a spatula. Bake another 8-10 minutes until crispy and brown on the edges.
8. Remove from the oven and serve immediately!



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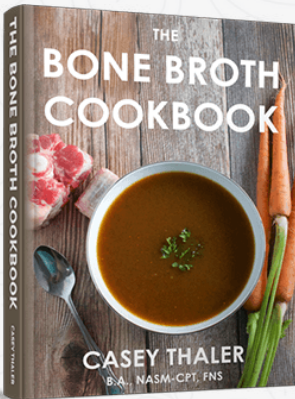
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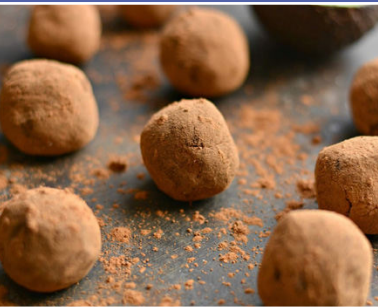
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