

Hearty
&
Easy

No Bean Chili



You'll need:

1 lb browned beef

1 onion

1 jar salsa

4 diced zucchini

2 c frozen diced potatoes

3 Tbs chili powder (or desired flavor).

Fry one pound beef. Combine all ingredients in a crock-pot for the day. This is great for those mornings when the kiddos have plans in the evening, and there may not be time!

Pineapple Chicken Kabobs

Different
&
Fun



You'll need:

- 2 sliced red peppers
- 2 sliced potatoes
- 2c fresh pineapple
- 1lb of chicken breast
- Cocount aminos

Slice chicken and cook until done in ghee and coconut amino acids. Place on skewers, coat with ghee, salt and pepper to taste. Grill on medium heat until chicken and potatoes are done. Serve with salad of choice and enjoy!

Crock
Insta
Pot

Smoked Pork



You'll need:

1 pork loin

1 jar Chipotle chili pepper salsa

1 Tbs Liquid smoke (or to taste)

Romaine lettuce leaves

Optional Toppings:

jalapenos, whole ranch, cherry tomatoes

On nights when you don't have much time, throw something in the crock pot! Combine 1 pork loin with Chipotle chili pepper salsa and a bit of liquid smoke for 8+ hrs. Serve on romaine lettuce pieces topped with jalapenos, whole ranch, cherry tomatoes - or *anything whole30* you might like to add with your pork wrap.

Avocado Burger & Yam Fries

Yummo!



You'll need:

1 lb beef

4 yams/sweet potatoes

1/4 c olive oil

1 Tbs each: season salt & steak seasoning

2 Tbs Worcestershire sauce

2 avocado

Garnish options: lettuce, tomato, and avocado

Toss quartered yam/sweet potato in 1/4 c olive oil, season salt **bake** at 425, 30 minutes. Season beef patties with steak seasoning and Worcestershire sauce. Grill to desired finish. Garnish with avocado, lettuce, tomato, and whole ranch.

Spice
&
Easy

Grilled Chicken



You'll need:

- 1 pound chicken breast
- Chicken seasoning
- 2 Tbs ghee
- Broccoli
- Salt & pepper (to taste)
- Favorite toppings

Season chicken with choice chicken seasoning, and tenderize while wrapped in saran wrap. Grill or pan fry until done. Add desired toppings and condiments like whole ranch or various types of mustard. Accompany with coleslaw topped with whole Chipotle ranch dressing and steamed or roasted broccoli.



Zucchini Lasagna

New take
on an
old favorite



You'll need:

6 zucchini

minced garlic (preminced works!)

2 Tbs ghee

1 lb beef

1 jar spaghetti sauce (no sugar added)

Fire roasted tomatoes

spinach

whole ranch

Slice several zucchini squash long ways. Sautee six cloves minced garlic in 2 Tbs ghee, then add 1lb beef. Add spaghetti sauce and tomatoes. From there, layer the zucchini with the meat sauce and spinach. Bake for 25 minutes, then drizzle whole ranch on top for a cheese feel.

Hubby
favorite!

Steak & Potatoes



You'll need:

- 6 cloves garlic, minced
- 1/4 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 2 tablespoons chopped fresh, rosemary, divided
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 pound flat iron steak.

Combine all ingredients in 1 gallon bag and allow to marinate for 2 hrs. Grill on medium for 6 minutes, each side, and rest for 10. Serve with baked potatoes and large salads with veggies of choice.

Pork "Nachos"



Great.
game day
food!



You'll need:

4 to 6 potatoes	1 pork loin
1/4 c olive oil/ghee	1 jar banana peppers
2 Tbs ghee	1/4 hot pepper sauce

Slow bake thinly sliced potatoes, coated with olive oil and seasoned with season salt at 350°F for 45 minutes, top with prepared pulled pork. Pork: prepare in instant pot/crockpot with salt, pepper, and banana peppers, hot pepper sauce. Pull meat apart, mix and rest in juices.

Hubby
favorite!

Zesty Zucchini



You'll need:

1 onion 2 green peppers
6 cloves garlic 4 zucchini
2 Tbs ghee 1 jar marinara sauce
spicy sausage or chorizo

Sautee onion and garlic in ghee. Add spicy sausage or chorizo, cook until done. Add green peppers and zucchini. Add desired whole30 approved marinara. Bake at 425° for about 25 minutes. Serve with salad or green beans.

Moroccan Chicken

Something different.



You'll need:

4 garlic cloves	1 tsp cinnamon
1/2 onion	1/2c raisins
2 Tbs	3/4 c coconut milk
1c chicken broth	salt
1 tsp cumin	pepper

This recipe is a little different, but tasty. Sautee garlic cloves & onion in ghee until aromatic. Add chicken broth, cumin, 1 cinnamon, raisins, coconut milk, salt, pepper, mix well. Once bubbling, turn to low heat and add 1 - 1.5 pounds sliced chicken breast. Allow to cook until done. Feel free to add dried apricots to make it colorful and a bit more interesting.

Warming
fiesta!

Taco Soup



You'll need:

1 pound beef	2 c potatoes o'brien
1 onion	(optional)
3 c beef broth	1 can tomato sauce
1 each green & red bell pepper	1 can fire roasted tomatoes
1 Tbs cumin	1 Tbs chili seasoning

Fry beef with onion. In a pot, combine broth, bell peppers, potatoes o'brien (optional), tomato sauce, and fire roasted tomatoes. Add cumin and chili powder (more if spicy less if not so spicy). After coming to a boil, allow to simmer until potatoes are done. Top with green onions and cilantro.

Stuffed Acorn Squash

Sweet
&
Savory



You'll need:

4 acorn squash	1 tsp cinnamon
1 lb sausage	salt
2 c diced apples	pepper
1 c chopped celery	
1/2 onion	

Cut squash into halves, trimming the bottom for a flat surface. Bake at 375° for 20 minutes. Remove from oven, and hull once cool. In a pan, fry sausage. Add diced apples, celery, onion, cinnamon and salt. Fill squash with pan ingredients, and bake for 20 minutes, then drizzle a bit of coconut milk on top. It's surprisingly good :)

Comfort
food

Italian Chicken



You'll need:

- | | |
|-------------------------------|-------------------------|
| 1 pound chicken tenderloin | 1 Tbs Italian seasoning |
| 1 bundle asparagus | 1 tsp salt |
| 6 sliced carrots | 1 tsp black pepper |
| 1 package cherry tomatoes | 1/4 c red wine vinegar |
| 1/4 c olive oil | |
| 1 ea. green & red bell pepper | |

In a baking dish, combine chicken tenderloin pieces, with asparagus, sliced carrots, halved cherry tomatoes and peppers. For the glaze, combine olive oil, Italian seasoning, salt, pepper, and red wine vinegar. Pour atop and bake at 350° for 35 minutes. Yumms!

*Grilled Bison &
Cauliflower*

Classic
take



You'll need:
4 bison steaks
Choice seasoning
4 slices bacon
1 head cauliflower
1 Tbs Creole seasoning
Green onion

Season and grill/bake bison steak as desired. For the side, toss together one whole head of cauliflower in bacon grease (leftover from prepared bacon slices), and dusted with Creole seasoning. Add bacon crumbles, salt and green onion slices. Bake at 425° for 25 minutes. Enjoy!

Healthy
sports
food

Breaded Tenderloins



You'll need:

- 3 - 4 pork cubed steaks
- 1 c almond meal
- 1 Tbs onion powder
- 1 Tbs garlic powder
- 1 tsp salt
- 1 tsp pepper
- 1/4 c ghee
- 1 egg.

Combine dry ingredients, while ghee warms in pan. Once warm, cover tenderloin in egg, then coat with dry ingredients. Add to skillet. Fry for 6 minutes on both sides. Add fries, salad, or both - and you're ready to go!

Asian Beef & Broccoli

Oriental
flare



You'll need:

1 lb beef	1 Tbs cinnamon
1 onion	1 Tbs ground ginger
2 red bell peppers	1Tbs coconut aminos
7-10 carrots	salt
2 c broccoli	pepper

Fry beef and onion. Add peppers, carrots, and broccoli. Add water as needed, to steam veggies. Add cinnamon and ground ginger (prepared is fine too), plus coconut aminos (add a little more if you like). Leave on heat until veggies are soft, but still crunchy.

Surf
&
Tangy

California Style Cod



You'll need:

1 bag wild-caught pacific cod	1 Tbs Italian seasoning
1 bag shrimp	1 tsp salt
1 jar dry roasted tomatoes	1 tsp black pepper
4 garlic cloves	1/4 c red wine vinegar
1/4 c ghee, melted	

Combine fish with shrimp in baking dish. Prepare sauce by combining and frying sun-dried tomatoes, garlic, fire roasted tomatoes, Italian seasoning and red wine vinegar. Salt and pepper to taste. Pour over seafood. Bake at 400° degrees for 30 to 40 minutes. Drizzle with a bit of whole ranch and serve with a veggie.

Chicken Fajitas

Crock
Insta
Pot



You'll need:

1.5 to 3 lbs Chicken	1 Tbs Cayenne pepper
2 green & red bell peppers	Salt, to taste
1 large onion	3 limes
1 Tbs cumin	Spincach
1 Tbs chili powder	Avocado/Guacamole

In an instant or crock pot combine: chicken breast, peppers, onion, cumin, chili powder, cayenne pepper (optional), and salt in instant pot. Set to poultry and prepare. Shred chicken once done. Serve on top of a bed of spinach, topped with guacamole, salsa, squeeze of lime and whole ranch.

Crock
Insta
Pot

BBQ Crock-pot Chicken



You'll need:

2 c tomato sauce	1/2 tsp black pepper
2/3 c unsweetened applesauce	1 Tbs ghee
4 Tbs cider vinegar	2 garlic cloves
4 Tbs coconut aminos	2 tsp chili powder
2 Tbs dijon mustard	1 tsp paprika
2 tsp hot sauce	1/2 tsp cayenne pepper, pinch cloves

In an instant or crock pot combine: pork loin and whole30 approved sauce or whisk together the above ingredients to create your own sauce. Pour atop chicken and prepare on poultry setting.

Pizza Skillet

Friday
Family
FAVORITE!



You'll need:

- 1 lb ground turkey
- 1 can pizza sauce
- 1/2 bag cole slaw
- 1 small can black olives
- 1/2 jar green olives
- 1 jar banana peppers
- Applegate Farms Pepperoni

Fry ground turkey until done. Add olives, peppers, and coleslaw. Top with pizza sauce, stir thoroughly. Salt and pepper to taste. Add layer of pepperoni on mixture, and drizzle with a bit of whole ranch - it's good on a Friday night ;)

Game day
goods

Buffalo Chicken



You'll need:

- 1 to 2 lbs chicken breast
- Frank's Hot Sauce
- 2 to 3 c sliced celery
- 2 orange bell peppers

Bake chicken breast with hot sauce drizzled on top at 375° for 30 minutes. Shred once done, and top with celery and orange pepper pieces. Add desired amount of hot sauce, allowing to bake until veggies are done but crispy. Drizzle with whole ranch and you'll NEVER miss your buffalo wings again.

Spaghetti Squash & Meatballs

Italian
Cuisine



You'll need:

1 spaghetti squash
1 jar marinara sauce

Italian style meatballs:
1 lb beef
1 diced onion
2 Tbs Italian seasoning
1 egg

Halve squash. Salt, pepper and drizzle olive oil on inside. Bake inside down, in oven, at 400° for 30 minutes . Combine all meatball ingredients, forming meatballs. Add marinara, cook until done. Combine all ingredients in baking dish, bake at 350° for 20-25 minutes. Add a green veggie or salad and dinner is done!

Italian
flare

Chicken Alfredo w/ Broccoli



You'll need:

2 Tbs minced garlic in oil (from a jar is quickest)	1 tsp each: onion and garlic powder
1/4 c olive oil	1/4 c arrowroot
1 can coconut milk (not the beverage kind)	2 Tbs ghee
Salt, pepper	1 - 1 1/2 lb chicken breast
	2 heads of broccoli.

In saucepan combine first seven ingredients. Slowly add arrowroot to thicken the sauce. Stir fry chicken and broccoli in ghee until done. Pour sauce atop mixture and simmer or bake.

Breakfast Scramble

Rise
n
Dine



You'll need:

4 potatoes

1 onion

1 green pepper

6 eggs

1/2 roll sausage

4 Tbs bacon pieces

This breakfast favorite can also be had for dinner. Why not? Fry potatoes, onion and peppers. Remove from skillet and add desired eggs, sausage and bacon until scrambled. Combine potato mixture and enjoy. Leave out the potatoes, if you'd rather not have starchy carbs.

Southern
favorites

Pork Chops & Green Beans



You'll need:

- 4 to 6 pork chops
- seasoning
- 4 c green beans
- 2 Tbs sesame oil
- 4 to 6 Tbs bacon pieces

A nice southern flare. Simply fry pork chops in choice of seasoning. Saute green beans in sesame oil and top with crumbled bacon pieces. Add a salad and you have yourself a well rounded yummy meal.

Potato Soup

Comfort
food



You'll need:

3 c chicken stock	2 Tbs garlic powder
6 cups, diced potatoes	2 Tbs onion powder
2 large onions	Salt & Pepper (to taste)
3 Tbs minced garlic (from a jar)	1 pkg approved bacon (Garrett Valley)
2 cans coconut milk,	Green onions.

Combine chicken stock, potatoes and onions, bring to a boil. Allow to boil until potatoes appear "soupy". Add coconut milk, stir well. Set to medium heat. Add bacon, garlic, salt, pepper, and seasonings. Allow to simmer for 15-20 minutes. Top with green onions, thicken with arrowroot.

Quick
n
easy

Fried Cabbage Sausage



You'll need:
2 bags of coleslaw
1-2 packages of approved
Whole30 sausages.

Some nights we may be running low on time. This dinner is quick and still delicious. Cook the sausages in water until done. Remove meat and add coleslaw to the leftover liquid. Stir and steam until done to desired "crunch". Salt and pepper and you're good to go!

Big Old Salad

Tossed
together



You'll need:

Romaine or spring baby
mix
avocado
tomato
boiled eggs

bacon pieces
whole ranch
olives
grilled/fried chicken

Always keep romaine lettuce or a spring baby mix on hand, and you'll almost always have a meal ready to go! Prepare chicken by grilling or breading it. Combine with lettuce, avocado, tomato, boiled eggs - ANYTHING you'd like to have on your salad. Especially bacon ;) Drizzle whole ranch and enjoy!

Delish
Dish

Pork & Beef Coleslaw



You'll need:
2 bags of coleslaw
1 lb beef
leftover pulled pork
2 Tbs ghee

Leftover shredded pork? If you are super hungry (or if you have a husband who loves to eat) this is awesome. Prepare coleslaw in skillet with ghee, salt and pepper. Prepare beef burgers with choice of seasoning. Layer with choice of: slaw, beef, pulled pork, avocado, cherry tomatoes, and whole ranch. Enjoy!

Sesame Beef Broccoli



Asian
flare



You'll need:

2 Tbs sesame oil	2 Tbs coconut aminos
4 Tbs sesame seeds	1 tsp fish sauce
2 Tbs minced garlic	1 lb ground beef.
1 head broccoli	

Heat sesame oil and garlic in pan. Add 1 head broccoli, stir frying for a few minutes. Set aside broccoli & fry ground beef. Combine broccoli and beef, adding desired amount of coconut aminos and 1 fish sauce to mixture. Top with sesame seeds, salt n pepper.

Traditional
spin

Stuffed Peppers



You'll need:

- 1 lb ground beef
- 1 jar marinara sauce
- 1 tsp onion powder
- 1 tsp garlic powder
- 4 to 6 green peppers
- whole ranch

Fry beef and add marinara sauce. Cut green peppers in half, removing seeds. Fill each pepper half with beef/marinara combo. Bake for about 20 minutes at 350° F. Drizzle whole ranch and you're good to go!

Chicken & Brussels

Something different



You'll need:

- 4 chicken breasts
- 4 c brussel sprouts
- 2 Tbs ghee
- Balsamic vinegar

Grill or fry chicken. Combine with brussel sprouts. To prepare brussels, steam for 15 minutes. Remove from steamer, cut into halves. Then saute in 1 Tbs ghee, salt and pepper. Top with a flavored balsamic vinegar, like Maple. Believe it or not, the kiddos will like them.

Fruity
n
Fresh

Nutty Fruit Salad



You'll need:

Baby spring mix salad
strawberries
blueberries
pecans
walnuts
bacon

walnuts
bacon
1/4 c extra light olive oil
1/4 c flavored balsamic
vinegar

Light and refreshing. Simply add on large bag baby spring mix salad with desired amount of strawberries, blueberries, pecans, walnuts and bacon. For dressing, mix oil with flavored balsamic vinegar, top dressing. Add grilled chicken if desired.

Baby Kale Salad

Rich
&
Fibroush



You'll need:

1 c chopped baby Kale
1 c broccoli
1 c cauliflower
1/2 c raisins
1/4 c sunflower seeds
1/4c carrots

Dressing:
1/2 c extra light olive oil
2 Tbs lemon juice
2 Tbs rice vinegar
2 Tbs maple balsamic
vinegar

Combine all ingredients, mixing well. Chill and serve for at least two hours. It is best if prepared the night before, but then it may seem a bit too soggy for some. It's up to you, I liked it either way.

SPICY

Spicy Turkey Skillet



You'll need:

1 lb ground turkey	1 can red kidney beans
2 Tbs minced garlic	(optional)
1/2 onion	cilantro
1/2 tsp red pepper	3 lime
1 jalapeno	

This is packed with protein and has a great flavor! This recipe does call for optional red kidney beans. Fry ground turkey, adding garlic, onion, red pepper, jalapeno and beans. Top with cilantro, squeeze of lime and avocado. Substitute kidney beans for 1 c diced sweet potatoes, if desired.

Chicken Curry

Quick
&
Curry



You'll need:

- | | |
|--------------------------------|--------------------|
| 1 lb chicken breast | 1 tsp garlic salt |
| 2 Tbs ghee | 1 tsp curry |
| 1 c chicken broth | 1 tsp tumeric |
| 1 onion | 1 tsp onion powder |
| 1 small jar whole green olives | |

Fry chicken chunks in oil until done. Add remaining ingredients, simmering until done. Serve with steamed or garlic roasted cauliflower.

South
of
border

Fish Tacos



You'll need:

4 to 6 wild-caught cod fillets	1 Tbs creole seasoning
1/4 c ghee	cilantro
1 c spinach	3 lime
whole ranch	carrots
	1 tsp hot sauce

Unwrap each fish fillet, and place on grille-able pan, lined with aluminum foil. Melt ghee and coat each fillet, then salt with creole seasoning. Grill for about 20 minutes. Place on prepared Stupid Easy Paelo Tortillas, with spinach, dressing, and shredded carrots.

Mini Meat Loaves

American
Fave



You'll need:

1 lb beef
1 egg
Salt & Pepper, to taste
Tessemæ's Ketchup
1/2 red onion

1 red pepper
1/2 c almond meal
broccoli
cauliflower
olive oil
Jane's Crazy Salt

Mix all ingredients in a bowl. Divide mixture across twelve baking cups. Bake at 375 degrees for 30 minutes. Pair with 1 head each broccoli & cauliflower, chopped and tossed in 1/4 c olive oil seasoned with Jane's Mixed Up Crazy salt, baked at 375 for 20 minutes.

Keep
It
Simple

Meat & Veggie



Choose from each column:

beef	spinach	ghee
chicken	salad	olive oil
fish	broccoli	coconut oil
pork	green	avocado oil
shrimp	beans	
	asparagus	

Not every meal has to be an extravagant concoction bursting with spices and flavor. Really, all one needs to do is combine a protein source with a veggie. Season your protein and prepare your veggie in a healthy fat and dinner is simply done!

Breakfast Clafouti

Early
Rise



You'll need:

6 eggs	1.5 tsp. cinnamon
1 cup coconut milk	2 very ripe bananas
2 tbs. ghee	or
pinch of salt	1 c choice berries
1 tsp. vanilla	

Preheat oven to 400. Grease pan. Beat eggs in a large bowl with electric mixer. Add in coconut milk, melted gutter, salt, vanilla and cinnamon. Pour egg mixture into prepared pan; scatter bananas throughout and bake for 40 minutes or until set. The clafouti will puff up in the oven and then sink once it starts to cool.

Always
on
hand

Whole Ranch



Whole Ranch

Ingredients:

- 1 egg
- 1 cup "light" olive oil
- 1 tablespoon lemon juice
- 2 tablespoons garlic red wine vinegar
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/2 cup full fat coconut milk (can)

Combine ingredients, mix with an immersion blender for approximately one minute.

This dressing recipe can be modified in so many ways.
Feel free to play around with the base, to get something
tasty for YOU.

Other Places To Go



BONUS!

There are A LOT of good places out there to find ideas. Here are some favorites:

<http://stupideasypaleo.com/2013/08/23/simple-paleo-tortillas/>

<http://www.jaysbakingmecrazy.com/2015/06/05/easy-paleo-caesar-dressing/>

<http://www.savorylotus.com/rosemary-garlic-flatbread-gluten-grain-nut-free-paleo/>

<http://www.whole-sisters.com/>

