

Week Two Paleo Recipes



DISCOVERING YOUR BEST



Week 2

Breakfast

Banana Bread (Paleo, Grain Free, Gluten Free)



<http://slimpalate.com/banana-bread-paleo-grain-free-gluten-free/>

Ingredients

- ½ cup coconut flour
- ½ cup almond flour
- 1 cup very ripe banana mashed well with a fork (2-3 medium bananas)
- ½ cup butter melted + extra butter unmelted for greasing (preferably grass-fed or you could sub with coconut oil but it's way better with butter)
- ¼ cup cacao nibs
- ½ teaspoon cinnamon
- ¾ teaspoon baking soda
- ¼ teaspoon no additive liquid stevia or ¼ cup honey (can increase honey all the way up to ⅓ cup of honey or ½ teaspoon of liquid stevia but I wouldn't recommend going above ⅓ cup of honey or ½ teaspoon liquid stevia in terms of sweetness. In fact I actually prefer to stick to about ¼ cup of honey if you go to ⅓ cup you want to make sure you use the coconut flour I linked to above because it seems to be more absorbent otherwise just add a couple more teaspoons of coconut flour if it's too runny)
- 4 eggs
- ½ teaspoon vanilla extract

- pinch of salt

Directions

1. Preheat the oven to 350 degrees and grease a 8.5 x 4.5 loaf pan with butter and place a cut bit of parchment paper that fits in the bottom of the loaf pan inside it flat on the bottom.
2. In a medium sized bowl combine the coconut flour, almond flour, cinnamon, baking soda, cacao nibs, and pinch of salt and mix with a fork to reduce any clumps until thoroughly combined.
3. In a small bowl add eggs, vanilla extract, stevia or honey and whisk then add mashed banana to the egg mixture and whisk more until well combined.
4. Pour the liquid ingredients into the dry and stir with a spoon until thoroughly combined then add melted butter and continue stirring until well incorporated.
5. Spoon all of the batter in your greased loaf pan and spread it out evenly with a scraper and shape it in any way you want (specifically in the shape of a loaf so that it rises like that)
6. Place in the oven for 40-45 minutes or until the center is pierced with a toothpick and the toothpick comes out clean.
7. Pull out of the oven and let it cool slightly (only for a minute or so) then carefully run a knife along the edges to make sure nothing is sticking and cautiously invert it onto your hand or a wire rack and flip it so the bottom is lying flat on the wire rack and let it cool for 20-30 minutes. (if you can wait that long)

Notes

Update: for those of you who have had runny batter I believe it has to do with the brand of coconut flour, I think that **Bobs Red Mill Organic Coconut Flour** is slightly more absorbent than some of the other brands. This is amazing sliced and toasted with butter in a pan. Just turn a pan to medium heat and add a butter pat to the pan and let it melt slightly then add the bread and swirl it around on both sides until it's toasted to your liking. Crispy-edged, warm and buttery goodness

Lunch

Portobello Sandwich



<http://www.paleoplan.com/2010/01-04/portobello-sandwiches/>

Ingredients

- 4 portobello mushroom caps
- 1/4 cup almond or cashew butter (or use dijon mustard if preferred)
- 4 bacon slices, cooked and cut in half
- 1 large tomato, sliced
- handful of spinach or arugula
- 1 avocado, sliced
- 1/4 sweet yellow onion, sliced

Directions

1. Spread 1/4-inch of nut butter or dijon mustard on the underside of each portobello cap.
2. Layer vegetables and bacon on 2 of the portobello caps.
3. Top the sandwiches with remaining portobello caps.
4. Optional: for a toasty meal, coat the top of each sandwich with coconut oil and broil for a minute or two.

Dinner

Gluten Free Grilled Lemon Chicken



<http://www.elanaspantry.com/inas-grilled-lemon-chicken/>

Ingredients

- 1/3 cup lemon juice, fresh squeezed
- 1/3 cup olive oil
- 1 teaspoon celtic sea salt
- 1/2 teaspoon ground black pepper
- 1 1/2 teaspoons fresh thyme leaves, minced
- 1 pound boneless chicken breasts, halved (not butterflied) and skins removed
- 1 head Romaine lettuce, remove bottom and chiffonade leaves
- 2 large carrots, grated or julienned
- "Peanut" Sauce

Directions

1. In a medium bowl, whisk together lemon juice, olive oil, salt, pepper and thyme to make marinade
2. Place chicken breasts in a 9 x 13 inch baking dish, then pour marinade over chicken and refrigerate for 6 hours to overnight
3. Heat grill and cook chicken breasts for 10 minutes on each side until cooked through
4. Cool chicken and cut diagonally into 1/2 inch thick slices
5. Place chiffonaded Romaine on a serving platter, then top with julienned carrots
6. Place chicken over vegetables and serve with "Peanut" Sauce