



LINKS TO RECIPES AND NOTES

RECIPE LINK	SOURCE	METHOD	NOTES
<u>Coconut Nutty Flax Granola and Blueberry Pear Compote</u>			
	Thefivejourneys.com	varies	Adapted from The Plan
<u>Best Chicken Zucchini Noodle Soup, Ever*</u>			
	inspiralized.com	stovetop	You'll need a spiralizer. Use white or dark meat based on your preference
<u>Hungarian Goulash with Potatoes</u>			
	meljoulwan.com (Well Fed)	stovetop	Try using an Instant Pot for beef
SPAGHETTI & MEATBALLS (Marinara Sauce, Meatballs, Spiralized Veggies or Spaghetti Squash)			
- <u>Marina Sauce with Hidden Vegetables*</u>			
	Theflavorbender.com	oven	Omit brown sugar
- <u>Easy Whole30 Meatballs*</u>			
	stayfitmom.com	oven	Works with any ground meat
- <u>Spaghetti Squash or Spiralized Zucchini or other Veggie Noodles</u>			
	See inspiralized.com for ideas	depends	Electric Wok works great for "noodles"
<u>Lime and Coconut Cauliflower Rice*</u>			
	meatified.com	Stovetop/wok	Can purchase riced cauliflower
<u>Chili Lime Chicken Wings</u>			
	Nomnompaleo.com	oven	Cut recipe down as needed

* FREEZES WELL

If you are looking for additional non-egg breakfast ideas, here are some favorites: [Fiesta Breakfast Bowl](#) (from Meatified), [Breakfast Sausage Chicken Poppers](#) (from Unbound Wellness), and [Three Ingredient Banana Pudding](#) (from Stupid Easy Paleo [omit vanilla])



COCONUT NUTTY FLAX GRANOLA

- 1 package Bob's Red Mill Whole Golden Flaxseed 24 oz. package
- Coconut oil
- Cinnamon
- Unsweetened coconut flakes
- Slivered almonds

BLUEBERRY PEAR COMPOTE

- 1 cup blueberries
- 1 ripe pear
- 1-1/4 cups unsweetened coconut milk
- 1/2 cup chia seeds
- 1/8 cup almond slivers
- Cinnamon (to taste)

EGGS & HASH BROWNS W/BACON

- 1 Dozen organic eggs
- Hash brown patties
- Ghee
- Bacon

HUNGARIAN GOULASH WITH POTATOES

GOULASH

- 1/4 cup arrowroot powder or potato starch
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 1/2 pounds beef chuck or pork shoulder, trimmed and cut into 1-inch cubes
- 1 tablespoon ghee
- 2 medium onions, peeled and thinly sliced
- 2 tablespoons sweet Hungarian paprika
- 1 teaspoon caraway seeds
- 2 cups beef bone broth
- 1 tablespoon fresh lemon juice

POTATOES

- 4 medium potatoes, peeled and cut into 2-inch dice
- 1 tablespoon salt
- water
- 1 tablespoon ghee
- 1/4 cup fresh parsley, minced

BEST CHICKEN ZUCCHINI NOODLE SOUP, EVER

- ½ heaping cup diced red onion
- 2 celery ribs, diced
- 1 large carrot, diced
- 2 garlic cloves, minced
- 1 small pinch of red pepper flakes
- 3 teaspoons fresh thyme (or 1 teaspoon dried thyme)
- 3 teaspoons fresh oregano (or 1 teaspoon dried oregano)
- 4 chicken thighs, bone-in, about 1.75 pounds (can substitute other cuts)
- 2 bay leaves
- 6 cups chicken broth, low-sodium
- 2 cups water
- 3 medium zucchinis

“SPAGHETTI” WITH MEATBALLS

MARINARA SAUCE W/ HIDDEN VEGGIES

- 3 tbsp Olive Oil
- 1 packed cup of grated carrot
- 1 ½ packed cups of grated zucchini
- ½ of a medium onion, cut into chunks
- 3-4 celery ribs, cut roughly into chunks
- 4 - 5 garlic cloves
- 1 can of whole, peeled or diced tomatoes
- 2 tbsp tomato puree (optional)
- 2 tbsp balsamic vinegar
- Salt to taste
- ½ tsp cayenne pepper
- 3 tbsp chopped fresh oregano

EASY WHOLE30 MEATBALLS

- 1 lb Ground Beef
- 1 lb Ground Pork
- 1 teaspoon Garlic Powder
- 1.5 teaspoon Oregano
- 1 Onion, diced
- 3 Garlic Cloves, diced
- 1 cup Fresh Basil
- 3 Carrots, peeled and shredded
- 4 - 5 garlic
- Spaghetti squash OR
- 3-4 medium zucchini OR
- Vegetable of your choice to make spiralized noodles

LIME AND COCONUT CAULIFLOWER RICE

- 1 tbl coconut oil or avocado oil
- 1¼ lb cauliflower florets (4 packed cups once "riced") (OR purchase riced cauliflower from grocery store; can also substitute riced broccoli)
- 1 can full fat coconut milk
- 1 cup unsweetened shredded coconut
- ¼ cup lime juice (about 2 limes)
- 4 tsp lime zest (about 2 limes)
- ½ cup fresh cilantro, minced

SIDE VEGETABLES

- Vegetables of your choice
- My favorites include frozen grilled asparagus spears and frozen green beans heated in the toaster oven and topped with ghee

CHILI LIME CHICKEN WINGS

- ½ medium onion, roughly chopped
- 2 jalapeno peppers (or 1 serrano pepper), ribs and seeds removed
- 3 garlic cloves, peeled
- ½ cup cilantro, tightly packed
- Freshly ground pepper
- Zest from 2 limes
- ¼ cup lime juice
- 2 tablespoons Paleo-friendly fish sauce (Red Boat!)
- 2 tablespoons coconut aminos
- 6 pounds chicken wings and/or drumsticks
- 1-2 tablespoons melted fat of choice
- 4 limes, cut into wedges

