



LINKS TO RECIPES AND NOTES

RECIPE LINK	SOURCE	METHOD	NOTES
<u>Coconut Nutty Flax Granola and Blueberry Pear Compote</u>			
	Thefivejourneys.com	oven	Adapted from The Plan
<u>Pizza Meatballs</u>			
	meatified.com	oven	I'm not a fan of black olives – I use mushrooms instead
<u>Comfort Noodles*</u>			
	Meljoulwan.com	Stovetop	Spiralizer dish; Can use nutritional yeast instead of almond flour
<u>Pressure Cooker Beef Stew*</u>			
	Nomnompaleo.com	Instant Pot	Feel free to use your favorite vegetables
<u>Chicken Paprikash with Spiralized Onions and Bell Peppers*</u>			
	Inspiralized.com	stovetop	Here's an <a href="#">article/video</a> on how to spiralize bell peppers
<u>Classic Diner-Style Home Fries</u>			
	Meljoulwan.com	stovetop	Can't go wrong with home fries!
<u>Slow Cooker Italian Pork Roast*</u>			
	Meljoulwan.com	Crockpot or Instant Pot	Adjust recipe if you want a smaller roast

\* **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 & BACON**

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

**PRESSURE COOKER BEEF STEW**

- 3 pounds beef chuck roast, boneless short ribs, or beef brisket cut into 1½- to 2-inch cubes
- Kosher salt
- 1 tablespoon ghee, avocado oil, or fat of choice
- 2 medium onions, thinly sliced
- 1 pound cremini mushrooms, cleaned, stemmed, and quartered
- 2 tablespoons tomato paste
- 6 garlic cloves, peeled and smashed
- 2 tablespoons coconut aminos
- 1 teaspoon Red Boat Fish Sauce
- 2 fresh thyme sprigs (or 1 teaspoon dried thyme)
- 1 dried bay leaf
- Freshly ground black pepper
- ¼ cup Italian parsley, roughly chopped

**CHICKEN PAPRIKASH WITH SPIRALIZED ONIONS AND BELL PEPPERS**

- 1 pound chicken thighs (or breasts)
- Salt and pepper, to taste
- 2 teaspoons extra virgin olive oil
- 1 small yellow onion
- 1 red bell pepper
- 2 small garlic cloves, diced
- 1 tablespoon paprika (not smoked)
- 1 cup low-sodium chicken broth
- 1 can (14 ounces) crushed tomatoes
- 1/4 cup coconut cream (white solids)
- 1/4 cup minced parsley, to garnish

**PIZZA MEATBALLS**

- ½ lb bacon
- 1 lb ground pork
- ½ cup finely diced red onion
- ½ cup drained black olives (or mushrooms)
- 2 tbs cold water
- 2 tbs nutritional yeast (optional, see notes)
- 1½ tbs Italian seasoning
- ¼ tsp fine sea salt

**COMFORT NOODLES**

- 2 small zucchini, julienned or spiralized
- Generous 1/4 teaspoon salt
- 1 tablespoon almond flour or almond meal (or nutritional yeast)
- 1/2 teaspoon coconut oil
- 1 tablespoon extra-virgin olive oil
- 1 clove garlic, crushed
- 3 eggs, scrambled
- Handful of fresh parsley, minced for garnish (optional)
- Salt & pepper, to taste

**SLOW COOKER ITALIAN POT ROAST**

- 5-7 pound pork roast
- 5-7 cloves garlic, cut into slivers
- 1 tablespoon salt
- 1 tablespoon Penzeys Italian Herb Mix (or 1 teaspoon each dried oregano+dried basil+dried rosemary)



**CLASSIC DINER-STYLE HOME FRIES**

- 1 pound organic potatoes, peeled and cut into 1/2-inch cubes
- 1 teaspoon salt
- 1 medium onion, finely diced (about 1 cup)
- 1/2 tablespoon plus 2 tablespoons cooking fat
- 1 teaspoon paprika
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup fresh parsley leaves, minced (about 1 tablespoon)

**SIDE SALAD**

- Salad greens of your choice
- Vegetable toppings of your choice
- Salad dressing (see [this post](#))

