

Quick & Easy Paleo Recipes



Introduction

Hey There!

I hope you enjoy my recipes. These are actual photographs of meals I have served my own family. These are meals I have made in my own Kitchen. I love to cook but I find it difficult to find the time. I am always on the go. I will look forward to hearing from you in the near future.

I hope you will take the time to come in and get to know me and the Molon Labe CrossFit family. We are a fun-loving, positive group of people. We are family friendly just like my recipes!

I can't wait to meet you and encourage you along your path to wellness on your fitness journey!

- Coach Eleni



Paleo Hash: It's what's for breakfast!

Ingredients

- Whole Foods Organic Ground Sausage (\$6.99 a pound)
- 2 bags of frozen, cubed sweet potatoes – slightly thawed (\$2.99 per bag)
- 1 small onion (fifty cents)
- Olive or coconut oil for sauté (2-3 tablespoons)

Directions

- Mince onion and sauté in 1 Tablespoon of olive oil. Set onion aside.
- Brown sausage in the same pan. Drain excess fat.
- Remove sausage and set aside. In a bowl, stir in sautéed onion to the sausage.
- In same pan sausage was cooked in, on medium heat, brown the sweet potatoes, use the rest of the olive or coconut oil.
- Add onions and sausage to pan and gently stir in with the sweet potatoes.
- Allow to cook for five more minutes or until potatoes are done. Serves 2

Total cost: \$13.50

Add another ½ pound or one pound of the sausage and add one or two more bags of sweet potatoes for a family size meal. Purchase the bulk sausage and other items at Trader Joe's for added savings.



Greek Paleo Chicken: dinner on the fly

Ingredients

- 2½ to 3 pounds of chicken (white or dark meat or a mix)
\$13.50
- 8 medium Zucchini (yellow and green) \$6
- Lemon 50 cents
- Oregano
- Rosemary
- Sea salt
- Olive oil

Directions

- Thinly slice the zucchini. Yellow zucchini 1/8 inch thickness and green variety thicker about 1/4 inch (yellow takes longer to cook).
- Preheat oven to 350 degrees. Coat sliced zucchini with 1-2 tbs of olive oil and add sea salt to taste.
- Place in a pan (layer about half inch thick or less). Place aluminum foil over pan to cover. Bake in oven about 30 minutes.
- Zucchini should still have slightly raw appearance but be slightly translucent. Be sure to check at 15 minutes and once more at 25 as ovens vary. You don't want soggy zucchini.
- Slice chicken into 2 inch thick strips. Season with oregano and rosemary. Dash of garlic powder is optional. Add sea salt to taste.

- Add 2-3 tablespoons of olive oil in frying pan so bottom of pan is coated. Preheat then turn off to add chicken (This simple move will keep you from getting splattered with oil).
- Place pan on medium heat and cover. When chicken loses pink color on top remove the lid. About 5-8 minutes roughly. There should be some naturally occurring water in the pan by now.
- Turn heat up to high. Let half the moisture evaporate then turn chicken over (This next step should take about 2-5 minutes). Leave on high.
- Cook until golden. Flip over and let other side get slightly golden. The pan should have almost no moisture at this point. Turn off heat. Deglaze the pan by adding juice of 1/2 lemon. Stir. Serve on bed of zucchini. Enjoy!

Serves 6 or more for \$20



Zucchini Pasta with Meat Sauce

This is a delicious, filling dish. If you want a healthy, gluten free pasta alternative, make pasta with zucchini! My daughter loves it. I suggest you get the kids involved preparing the dish. They will have fun as they help prepare the “pasta” by putting the zucchini through the “Vegetti.” You can find a Vegetti online for around \$15. I use the thicker side of the Vegetti for zucchini so it doesn’t fall apart when I’m cooking it.

Tips

- Buy zucchini that are 2 to 3 inches in diameter (make sure they are firm because soft, stale zucchini will not shred well).
- Please be sure to read the ingredients label. Avoid sauces with added sugar or corn syrup. Avoid preservatives (sodium glutamate or potassium sorbate).
- Organic is best when selecting veggies and tomato sauce.
- Purchase 90% lean beef. A little fat is ok. Grass fed beef is recommended as it has more health benefits.

Ingredients

- 4 Zucchini-\$2.50
- 1 jar Arrabiata Sauce from Trader Joes-3.29
- 1 pound of ground beef-\$6
- 1 medium sized onion (optional) chopped \$1
- 4 tablespoons of olive oil-50 cents
- Grated cheese (optional)



Zucchini Pasta with Meat Sauce

Instructions

- Transform zucchini into pasta in veggetti and cut to desired lengths (I leave mine whole. My kiddo loves it that way). Set aside prepped zucchini.
- Sauté onion in 2 tablespoons of olive oil until translucent. Remove Onion from pan but reserve any oil in pan.
- Brown ground beef in same pan. Add desired salt and pepper to ground beef (go easy). Drain fat from pan. Add tomato sauce and heat through.
- In a separate pan, Warm two table spoons of olive oil. Place zucchini in pan and sauté about 2.5 minutes on each side.
- Do not allow the zucchini to become translucent. It should be wilted but still have a considerable amount of crunch left.
- Remove zucchini from heat and now you can add a little salt to taste.
- Once the zucchini is done you can serve one of two ways:

Option #1: place on plate and put a generous amount of meat sauce over it.

Option #2: place zucchini in pan with meat sauce and give a gentle stir.

- Plate your pasta and enjoy!

Serves 4-6 or more large portions at around \$4 per person.

Let me know what you think! You can contact me via email. Feel free to post pictures of this dish on our Facebook page once you make it and let us know how much you loved it!

- Coach Eleni