

Recipe Index

Kitchen Basics



signature spice blends



lemon & herb salt blends



mineral-rich bone broth



perfectly baked bacon



clarified butter & ghee



raw probiotic sauerkraut

Breakfast



paleo avocado "toast"



breakfast fried "rice"



home fries & sausage skillet



swirly crustless quiche



zucchini pancakes



apple sage sausage



blueberry maple sausage



charlie's big fat italian frittata



lemon blueberry muffins



pumpkin cranberry muffins



carrot gingerbread muffins



apple cinnamon egg muffins



fluffy banana pancakes



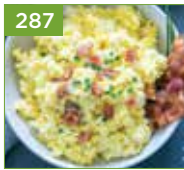
pumpkin pancakes



sweet potato pancakes (burger buns)



pesto scrambled eggs



bacon & egg salad



n'eatmeal



quick breakfast smoothies

Poultry



souvlaki kebabs



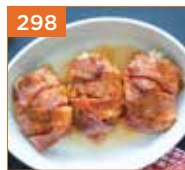
citrus & herb whole roasted chicken



mediterranean baked chicken



lemon & artichoke chicken



bacon-wrapped smoky chicken thighs



buffalo chicken lettuce wraps



one-pot sausage & chicken spaghetti squash bake



slow-cooked salsa verde chicken



dairy-free pepperoni chicken parm



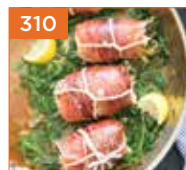
orange & olive braised chicken



smoky buffalo wings



honey garlic teriyaki wings



spinach artichoke stuffed chicken



restaurant-style lettuce cups



314
chicken satay
sandwiches with
blistered peppers



316
savory baked
chicken legs



317
mustard-glazed
chicken thighs

Pork



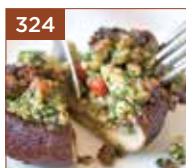
318
coffee BBQ
rubbed pork with
seared pineapple



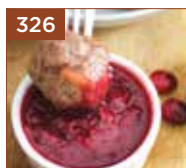
320
cumin-spiced pork
tenderloin with
root vegetables



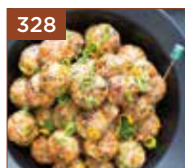
322
chorizo meatballs



324
grandma barbara's
stuffed mushrooms



326
thanksgiving
stuffing meatballs



328
orange sesame
meatballs

Beef & Bison



330
bacon & superfood
meatloaf



332
balsamic braised
short ribs



334
grilled garlic
flank steak with
peppers & onions



336
green sauce
marinated steak &
plantain bowl



338
spaghetti squash
bolognese



340
meatball sandwich
burgers



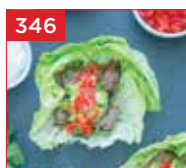
342
indian spiced
burgers



343
prosciutto &
caramelized onion
burgers



344
orange braised
beef



346
hayley's
skirt steak tacos



348
beef & veggie
stir-fry



350
tangy taco salad



352
mini mediterranean
kebabs (kofta)



354
mom's stuffed
cabbage rolls



356
butternut cocoa
chili



358
italian-style
stuffed peppers



360
bacon jalapeño
burgers



362
the easiest tacos
(nightshade-free)

Lamb



364
slow-cooked
mediterranean
stew



366
lamb chops with
olive tapenade



368
lemony lamb
dolmas



370
lamb lettuce boats
with avoziki sauce



372
spiced lamb
meatballs

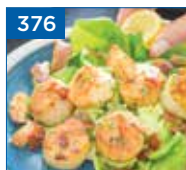
Seafood



374
quick & easy
salmon cakes



375
lemon rosemary
broiled salmon



376
lemon & bacon
scallops with
roasted potatoes



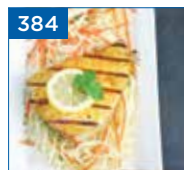
378
citrus
macadamia nut
sole



380
pesto fettuccine
with shrimp



382
six-minute
salmon bowls



384
grilled tuna over
fresh noodle salad



386
seared scallops
with orange glaze

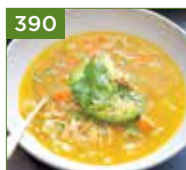


388
nori salmon
handroll

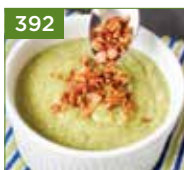


389
simple shrimp
ceviche

Soups, Salads & Sides



390
mexican chicken &
avocado soup



392
broc-cauli chowder
with bacon



394
butternut sage
soup



396
dairy-free
caesar salad



396
winter kale salad



398
italiano salad



399
flank steak salad



400
mixed greens salad
with persimmons,
asparagus & fennel



401
prosciutto &
berries salad



402
greek salad with
avoziki dressing



403
summer squash
caprese noodle
salad



404
rainbow
red cabbage salad



405
sautéed red
cabbage with
onions and apples



406
acorn squash
with cinnamon &
coconut butter



406
green beans with
shallots



408
smoky grilled
squash & pineapple



409
asparagus with
lemon & olives



410
crispy
sweet potato coins



411
smashed potatoes
with garlic & onions



412
cilantro cauli-rice



413
yellow cauli-rice



414
roasted figs with
rosemary



415
candied carrots



416
roasted brussels
sprouts



417
lemon roasted
romanesco



418
mashed faux-tatoes



419
whipped sweet
potatoes



420
baked beets with
fennel



421
sweet & savory
potatoes



422
confit cherry
tomatoes



423
sautéed spinach

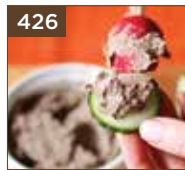
Snacks, Dips & Sauces



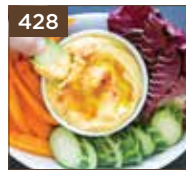
424
bacon-wrapped
party bites



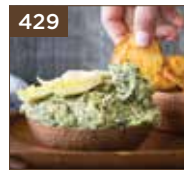
425
simple baked
kale chips



426
chicken liver pâté



428
creamy cauliflower
hummus



429
dairy-free spinach
artichoke dip



430
baked potato chips



431
crispy
plantain chips



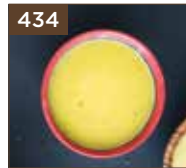
432
roasted garlic
tahini sauce



433
five kinds of salsa



434
balsamic
vinaigrette



434
orange vinaigrette



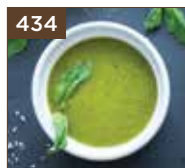
434
honey mustard
dressing



434
dairy-free
caesar dressing



434
spicy lime dressing



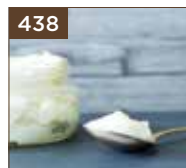
434
basil shallot
vinaigrette



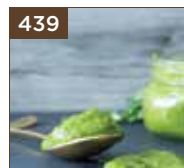
436
simple
cranberry sauce



437
nightshade-free
ketchup (AIP)



438
paleo mayonnaise



439
diane's magic
green sauce

Treats & Sweets



440
herbal tea
gummies



441
cherry lemon
gummies



442
vanilla bean
truffles



443
easy chocolate
truffles



444
soft chocolate
coconut cookies



445
creamy
two-bite treats



446
almond butter cups



448
pepita goji berry
bark



449
nutty bacon bark



450
dairy-free
chocolate mousse



450
dairy-free
pistachio mousse



452
raw raspberry tart



454
nut-free skillet
peach crisp



456
fresh blueberry
crumble



458
flourless dark
chocolate brownies