



## **MEAL PLAN 15.23 Recipe Compilation**

*June 10, 2015*

### **Breakfast Gallimaufry**

*Yields: 3 – 5P, 3C, 9F block servings*

#### **Ingredient List:**

- **1 Pound Ground Beef**
- **5 Eggs**
- **1 Roasted Sweet Potato, roughly chopped**
- **1 Roasted Onion, roughly chopped**
- **1 Poblano Pepper, seeded and roughly chopped**
- **12 Mushrooms, roughly chopped**
- **10 Cloves Roasted Garlic**
- **1 Serrano Pepper, roughly chopped**
- **3 Handfuls Spring Mix**
- **15 Cherry Tomatoes, halved**
- **1 Lemon Juiced**
- **3 Tablespoons Olive Oil**
- **Kosher Salt, to taste**
- **Black Pepper, to taste**
- **Ground Red Chili, to taste**

### **Preparation Instructions:**

1. Heat 1 Tablespoon Olive Oil in a large sauté pan over high heat until it flows like water.
2. Spread Ground Beef on a plate and season top with Salt, Pepper and Chili.
3. Place seasoned side down into the pan and then season the top with Salt, Pepper and Chili. Allow to cook 3-5 minutes while you prepare your other ingredients.
4. Use a wooden spoon or rubber spatula to break up Ground Beef allowing it to cook on all sides.
5. Cook for 3 additional minutes, then add Sweet Potatoes, Onions, Poblanos, Mushrooms, Garlic and Serrano.
6. Stir or toss well to incorporate all ingredients and then allow to cook for 3-5 minutes longer while you whisk your eggs.
7. In a medium sized mixing bowl, whisk eggs until yolk and white are indistinguishable. Uniform, frothy and airy are good terms to describe a well beaten egg.
8. Pour eggs over meat and vegetable mixture and allow to cook, stirring occasionally, until the eggs have set and are no longer runny. While they are cooking, prepare your spring mix.
9. In a large mixing bowl, combine Spring Mix, Lemon Juice and remaining Olive Oil and season with Salt and Pepper to your liking. Toss lightly with your hand, making sure to not squish the tender lettuce leaves.
10. Once Eggs are done and Spring Mix is dressed/tossed, it's time to plate.
11. Scoop 1/3 of gallimaufry mixture onto a plate, top with Spring Mix and Cherry Tomatoes and dig in!!!

## **Pork Chili California**

*Yields: 27P, 27C, 27F*

### **Ingredient List:**

- **3 pounds pork shoulder, butt, blade, or other fatty, dark cut, cubed**
- **2 onions, halved**
- **4 large garlic cloves, smashed**
- **25 California chiles, stemmed and seeded**
- **1 sweet potato, julienned**
- **2 small onions, julienned**
- **1 Poblano pepper, julienned**
- **1 red bell pepper, julienned**
- **3 tablespoons olive oil, as needed**
- **Kosher Salt, to taste**
- **Black pepper, to taste**
- **Red onion, julienned, to garnish**
- **Fresh Cilantro sprigs, to garnish**

### **Preparation Instructions:**

1. Lay pork on a paper towel lined sheet pan, dab top of pork with another paper towel to absorb excess moisture.
2. Place an 8-quart stockpot or cast iron pot over medium high heat and add olive oil.
3. Once pan is hot, season pork with kosher salt and place seasoned side into oil, season other side and cook until brown on all sides.
4. Once browned on all sides, place the pork in the crock of your slow cooker.
5. Add halved onions, smashed garlic, and California chiles to the same pot you cooked the pork in. Cover with two quarts of water and bring to a simmer.
6. Simmer for about 10 minutes, then cut the heat, lid the pot and let rest for 20 minutes.
7. Transfer chiles, onion and garlic to a blender and use enough water to blend this into a puree. Season puree with salt.
8. Pour chile puree into the slow cooker with pork and set on low for 10 hours.
9. Once pork is done, we'll prepare a bed of veggies to serve it on top of.
10. Place olive oil in heated pan and add sweet potato, cook for 3-5 minutes and add a small amount of water to help steam them before adding onions, Poblano, and red pepper and season with salt and pepper.
11. Cook until sweet potatoes are just past "al dente", then transfer veggies to plate and top with a four block portion of pork and sauce.
12. Garnish with red pepper and cilantro and enjoy!

## ***Pineapple Chicken with Broccoli***

*Yields: 12P, 12C, 12F*

### **Ingredient List:**

- **12oz. roasted chicken breast, diced (season with salt and pepper and roast at 350°F until it reaches an internal temp of 165°. Approximately 20 minutes.) (12P)**
- **1 tablespoon coconut oil (10F)**
- **1 large onion, julienned (2C)**
- **½ fresh pineapple, Asian Bias Cut (8C)**
- **2/3 red bell pepper (1/2C)**
- **1 head broccoli, cut into florets and then half florets (1 ½ C)**
- **Drizzle of toasted sesame oil (2F)**
- **Dash of Tamari**
- **2 tablespoons Sambal**

### **Preparation Instructions:**

1. Heat coconut oil in a large sauté pan over high heat until it shimmers and flows like water when pan is tilted side to side.
2. Add onion, bell pepper, and broccoli and cook for 3 minutes, stirring/tossing occasionally. 90 seconds in, drizzle with Tamari.

3. Add chicken, toss/stir well, drizzle with sesame oil and cook for 2 minutes longer.
4. Add pineapple, toss/stir a few times, season with Sambal, toss/stir once more and cut the heat!
5. Transfer to a serving platter and serve family style, or portion out and refrigerate for up to 5 days or freeze for up to six months!
6. Share with your friends and Tanoshimu! (Japanese for "enjoy!")

## **Super Radical Slow Cooker Ribs and Sweets**

*Yields: 44.5P, 21C, 0F*

### **Ingredient List:**

- **2 racks baby back ribs, cut between each bone (approximately 6 pounds) (44.5P)**
- **3 3/4 pounds sweet potatoes or yams, cut into 1" cubes (19C)**
- **2 ounces weight Super Radical Rib Rub (recipe below)**
- **1 large onion, diced (2C)**
- **Paleo Mayo, as desired**
- **Cilantro sprigs, to garnish**

### **Preparation Instructions:**

1. Combine all ingredients in a large mixing bowl and combine thoroughly.
2. Transfer to a 6 quart slow cooker and cook on low for 10 hours.
3. Allow to cool for a bit, then eat immediately or package up and refrigerate for up to one week or freeze for up to 6 months.

### **Rub Mixture:**

This will make more than 2 ounces, but you can scale it down or use the extra to season everything else you eat ;)

- **1 Cup Chili Powder**
- **1/4 Cup Mustard Powder**
- **1/4 Cup Onion Powder**
- **1/4 Cup Granulated Garlic**
- **2 Tablespoons Ground Cumin**
- **1 Tablespoon Cayenne Pepper**
- **1/2 Cup Kosher Salt**
- **1/4 Cup Ground Black Pepper**

Combine in a mixing bowl or Ziploc bag and combine until thoroughly mixed.

## **Paleo Chicken and Shrimp Rolls**

*Yield: 16P, 3C, +F*

### **Ingredient List:**

- **2 Boneless, Skinless Chicken Breasts, trimmed**
- **8 Wild Shrimp, 16/20 size or larger, peeled, deveined and slit on belly**
- **8 Spears Asparagus, trimmed where woody and blanched**
- **2 Red Bell Peppers, roasted, skinned and seeded**
- **Kosher Salt**
- **Black Pepper**
- **Olive Oil**

### **Preparation Instructions:**

1. Bring 5 quarts of water to a simmer in an 8 quart stock pot. While water is heating, prepare chicken rolls as follows.
2. Place chicken breasts, skin side up, between two pieces of plastic wrap and pound with a meat tenderizer until you achieve a uniform 3/8" thickness and rectangular shape.
3. Remove top layer of plastic wrap and flip breasts over so that the skin side is now down.
4. Lay one roasted pepper across half of the chicken in a single layer to form a pocket for the shrimp and asparagus.
5. Lay the shrimp across the bell peppers, two on the left and two on the right so that the tails touch in the center.
6. Place asparagus spears over shrimp and use the plastic wrap to help you fold the chicken over the stuffing and wrap into a nice package.
7. Repeat steps 3-5 for other breast.
8. Lay out another sheet of plastic wrap and season it lightly in the center with olive oil, salt and pepper.
9. Place the chicken breast, seam side down, over the seasoned plastic wrap.
10. Season the top of the breast with salt and pepper and fold the plastic wrap up and over the breast to enclose it.
11. You will now roll the package up like a Tootsie-Roll by holding one of the open ends of the plastic wrap in your hand while pushing the breast bundle forward over and over until the package becomes tight on the side that you are holding.
12. Tie the end you are holding into a knot as close to the roll as possible, cut away the tail of excess plastic wrap that is outside of the knot.
13. Turn breast around and repeat the rolling process on the other side. Tie in a knot once again and cut excess plastic wrap.
14. Place rolled breast over a piece of aluminum foil. Repeat Tootsie-Roll process with foil.

15. Once both breasts are enveloped in plastic wrap and foil, set them gently in the pot of simmering water.
16. Cook at a light simmer for 20-25 minutes or until they reach an internal temperature of 165°F.
17. Remove rolls from the water and drain as much excess water as possible. Allow to rest for 5 minutes at this point.
18. Carefully un-wrap rolls from foil. Then, place the rolls on a plate and gently cut open the plastic wrap. The plate will catch all contained juices, which are like gold and good for adding moisture and flavor back to the chicken when plating.
19. Transfer chicken rolls to a cutting board and slice on a slight bias so they look fancy and you look like a pro.
20. Serve with your favorite Paleo side dish or eat as is.
21. I like to top mine with a light drizzle of aged balsamic, but some fresh squeezed lemon works well too. Be creative.
22. You can also leave the rolls in the plastic wrap after cooking and chill or freeze them for future use. These little packages are great burrito style as a meal “on the go.”
23. Share with your friends, smile because you learned a new technique today, and, above all,

## **Banana Chocolate Chip Muffins**

*Yield: 2P, 12C, 127F*

### **Ingredient List:**

- **¾ cups Almond butter**
- **1 cup Almond Flour**
- **3 Medium sized Ripe Bananas**
- **2 Eggs**
- **1 teaspoon baking powder**
- **1 teaspoon baking soda**
- **½ teaspoon cinammon**
- **1/3 cup Chocolate Chips (I use Enjoy Life brand)**
- **Olive Oil Spray**
- **12 Muffin Cups**

### **Preparation Instructions:**

1. Combine all ingredients except for olive oil spray and muffin cups into a mixing bowl and mix on high until bananas are broken down and mixture appears uniform.
2. Place muffin cups into a muffin pan and spray pan and cups with olive oil spray.
3. Use a portion control scoop to distribute muffin batter evenly between cups.
4. Bake at 350°F for 20-25 minutes.
5. Remove pan from oven and muffins from pan and place them on a cooling rack.
6. Enjoy!
7. You can refrigerate these for up to 5 days or freeze them for up to six months.

