



## **MEAL PLAN 15.4 Recipe Compilation**

*January 28 , 2015*

### **Paleo Tuna Crunch Bowl**

*Yields: 1- 2 Block Portion*

#### **Ingredient List:**

- **1 canned tuna in olive oil, drained**
- **¼ yellow onion, small diced**
- **2 cups radishes, chopped**
- **1 stalk celery, small diced**
- **10 sprigs fresh cilantro, rinsed and chopped**
- **1 tablespoon Paleo mayo**
- **1 pinch freshly ground black pepper**

#### **Preparation Instructions:**

1. Combine all ingredients in a mixing bowl and mix well.
2. Transfer to a bowl and eat!
3. Share with your friends and...

### **Massie Mayo**

*Yields: 2 cups*

### **Ingredient List:**

- **1 egg plus one yolk**
- **1 teaspoon granulated garlic**
- **1 teaspoon Dijon mustard, or ground mustard**
- **Juice of ½ lemon**
- **2 cups extra light olive oil (DO NOT USE EXTRA VIRGIN!!!)**
- **Kosher salt, to taste**

### **Preparation Instructions:**

1. Add eggs, garlic, Dijon and lemon juice to a food processor, blender, or a mixing bowl.
2. Turn on the food processor or blender and slowly drizzle in olive oil making sure it is emulsified (creamy looking) as you go. If using a mixing bowl, whisk like a mad man/woman and also be sure to maintain emulsion.
3. Once all olive oil has been added, test the mayo for flavor. Add salt as desired.
4. Use a rubber spatula to transfer to a zip loc bag, then, cut a small hole in the corner of the bag and pipe the mayo into a squeeze bottle.
5. Stores in the fridge for 2-3 weeks, but I doubt it will last that long... ☺

## ***Pastel de Papa***

*Yields: 12-5 Block Portions*

### **Ingredient List:**

- **4 Pounds Ground Grass Fed Beef or Elk**
- **12 Hard Boiled Eggs, chopped**
- **8 Large Sweet Potatoes, peeled and cut into 2"-3" uniform cubes**
- **1 Large Onion, small dice**
- **¼ Cup Fresh Garlic, minced**
- **2 – 28 Ounce cans Tomato Product, crushed, puree or sauce**
- **2 Cups Raisins**
- **4 Tablespoons Olive Oil**
- **1 – 18.5 Ounce can Sliced Green Olives**
- **4 Tablespoons Kosher Salt**
- **2 Teaspoons Black Pepper**
- **½ Teaspoon Ground Red Chili**
- **¼ Cup Italian Seasoning**

### **Preparation Instructions for Sweet Potato Puree:\***

1. Place sweet potatoes in a large soup pot. Add cold water until there is two inches of water above the highest potato. Place over high heat and simmer until fork tender.

2. Strain potatoes in a colander for 5-10 minutes to allow all excess moisture to drain off. Then return potatoes to pot and beat with a whisk until smooth or puree in a food processor.\*

**\*Preparation Instructions for Meat Mixture:** (while the potatoes are cooking prepare the following)

1. Heat olive oil in a large sauté pan over high heat. Once oil shimmers (has the consistency of water), add garlic and stir for 30-60 seconds. Then add onion and continue to stir.
2. Season beef/elk with salt, pepper and chili. Add it to onion/garlic mixture. Break up meat with a wooden spoon or rubber spatula. Cook until browned and well chopped. Approximately 15-20 minutes.
3. Add tomato product, olives and raisins. Stir until uniform, then gently fold in eggs. Taste the mixture at this point and adjust seasoning to your liking.

### **Assembly of Pastel de Papa:**

1. Divide meat mixture into three 9" x 13" pans. Spread evenly until compact and level.
2. Divide sweet potato puree mixture into the three pans. Spread puree evenly over the top of the meat mixture like you are icing a cake. Do your best to leave the meat mixture undisturbed.
3. Place pans in a preheated 350°F oven. Bake for 30 minutes.
4. Remove pans from oven. Cut each pan into 6 portions and eat immediately. You may refrigerate for up to 1 week or freeze for up to 6 months.

## **Eggless Turkey Scramble**

*Yields: 11- 4 Block Portions Protein (add carbs and fat)*

### **Ingredient List:**

- 5 pounds ground turkey (45P)
- Olive oil, as needed (20F)
- 1/2 cup minced garlic (1C)
- Kosher salt and freshly ground black pepper, to taste
- 2 large onions, julienned (6C)
- 1.5 pounds mushrooms, rinsed and quartered (5C)
- 2 pounds tomatoes, rinsed and quartered (I used Campari tomatoes) (8C)
- 2 pound fresh spinach (8C)

### **Cooking Instructions:**

1. Heat two large sauté pans or cast iron skillet over medium-high heat.
2. Add olive oil and garlic, stir, and cook until garlic begins to toast on the outer edges.

3. Season turkey with salt and pepper, and when garlic is toasted, add turkey to the pan, seasoned side down. Season the top side of the turkey with salt and pepper
4. Cook for 1-2 minutes breaking up the turkey slightly, then add the onions and season with salt and pepper.
5. Cook for 2-3 minutes, then add the mushrooms, break turkey up a bit more and begin to fold veggies into meat mixture.
6. Cook for 2-3 minutes, then add tomatoes, fold them in, add the spinach to the top of each pan and cover with a lid or sheet pan.
7. Cook for 1 minute, then remove pan, fold in spinach, make sure turkey is cooked through, and cut the heat.
8. Portion out mixture into 15 containers and refrigerate for up to 5 days or freeze for up to 6 months.

### **Slow Cooker Chicken Paisano's**

*Yield: 36 total protein blocks with 18 carb blocks. Divide into 12 portions and add 1.5 blocks of carbs upon eating.*

#### **Ingredient List:**

- **1 chicken (3-4lb)**
- **5 links Italian sausage (or turkey sausage)**
- **8 cups sweet potatoes or yams, thick julienned**
- **4 cups onions, julienned**
- **4 cups red bell peppers, julienned**
- **2 cups pepperoncinis, sliced**
- **2 cups cherry peppers, sliced**
- **Kosher salt, to taste (approximately 1 tablespoon)**
- **Black pepper, to taste**

#### **Preparation Instructions:**

1. Place sausage in the bottom of a 6 quart crock pot.
2. Mix all veggies in a mixing bowl, then place 1/4 of them over the sausage.
3. Season chicken with salt and pepper, inside and out, and place on top of sausage and veggies.
4. Pour remaining veggies over the top of the chicken and season with salt and pepper.
5. Pour chicken stock over the top, cover with a lid and cook on high for 7 hours, or low for 10-12 hours.
6. Allow to cool for a bit, then pour onto a hotel pan or sheet pan.
7. Remove sausage to a cutting board and slice.
8. Portion out chicken into containers, then divy up veggies, sausage and sauce among containers.

### **Caveman Cobb Salad**

*Yield: 2 -5 Block Portions*

### **Ingredient List:**

- **1 - 8oz. Beef Tenderloin Steak, approximately 1” thick**
- **2 Hard Boiled Eggs, quartered**
- **1 Roasted Beet, julienned**
- **1 Cup Roasted Butternut Squash, roughly chopped**
- **12 Cherry Tomatoes, halved**
- **½ Avocado, sliced**
- **2 Handfuls Spring Mix**
- **Honey Pepper Vinaigrette, to taste (see recipe below)**
- **Kosher Salt, to taste**
- **1 Tablespoon Olive Oil**

### **Preparation Instructions for Steak:**

1. Heat a large sauté pan over high heat.
2. Dry Beef Tenderloin on all sides with a paper towel and season top side with Kosher Salt.
3. Add Olive Oil to preheated pan and place steak in pan, seasoned side down. Season top side with Kosher Salt.
4. Cook for approximately 2 minutes or until a hard sear is achieved.
5. Flip steak over and cook for another 60-90 seconds for medium-rare. Adjust cooking times to achieve desired doneness.
6. Remove steak from pan and allow to rest on a plate for 5 minutes before slicing.

### **Preparation Instructions for Salad:**

7. Place Spring Mix in the center of a large plate.
8. In your mind, cut the plate into 5 pie slices and then place each of the following ingredients in its own piece of pie: Eggs, Beets, Butternut Squash, Tomatoes and Avocado.
9. Dress the salad with the desired amount of Honey Pepper Vinaigrette.
10. Top with sliced Beef Tenderloin and Enjoy. Bon Appetit!

## ***Honey Pepper Vinaigrette***

### **Ingredient List:**

- **¼ cup Honey**
- **1/3 cup Rice Wine Vinegar**
- **1 Tablespoon Sriracha or Tabasco**
- **½ teaspoon Black Pepper**
- **¼ cup Coconut Oil, warmed to a liquid state**
- **Kosher Salt, to taste**

### **Preparation Instructions:**

4. Combine all ingredients, except oil and salt in a blender.
5. With blender running on medium speed, slowly drizzle in Coconut Oil to emulsify.
6. Season with Kosher Salt to your liking et Voila!
7. Store in a squirt bottle in the refrigerator for up to a month.

## **Slow Cooker Pork Chili California**

*Yield: 8 – 4 block portions Protein*

### **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!