



MEAL PLAN 17.43 Recipe Compilation
October 25th, 2017

Three Pepper Turkey Chili
Yield: 12 3-block portions

Ingredient List:

- 4 pounds Ground Turkey
- 2 Large Yellow Onions, large dice
- 3 Zucchini, large dice
- 3 Poblano Peppers, large dice
- 2 Green Bell Peppers, large dice
- 2 Red Bell Peppers, large dice
- 7 Hatch or Anaheim Chiles, large dice
- 1 Bulb Garlic, peeled and smashed
- 3 Tablespoons Kosher Salt
- 1/2 Cup Chili Powder
- 2 Tablespoons Ground Cumin
- 2 28oz. Can Crushed Tomatoes
- 1 8oz. can tomato paste
- 4 Tablespoons honey
- 4 Tablespoons olive oil

Preparation Instructions: (turkey chili)

1. Place the garlic and olive oil in the bottom of a 6 or 7 quart slow cooker crock.
2. Add turkey and break in to chunks with a spoon.
3. Add Kosher salt, chili powder, ground cumin and garlic.
4. Combine onions, peppers, chiles and zucchini in a large bowls and toss until mixed well.
5. Pour veggie mixture over turkey.
6. Pour tomatoes and honey over turkey and veggies and stir lightly to combine.
7. Cook on high for 8-10 hours. I prefer to cook overnight.
8. Allow to cool for a bit, stir to incorporate all ingredients and break up turkey further. Then, portion out into 12 3-block portions. Refrigerate for up to a week or freeze for up to 6 months.

Sausage and Eggplant Ragu

Yields: 28P, 16C, 0F

Ingredients:

- **5 chicken sausage links, approx. 14oz**
- **1 pound extra lean ground turkey**
- **1 eggplant, peeled and diced (see video for example on how-to)**
- **2 zucchini, diced**
- **1 yellow onion, diced**
- **12 large mushrooms, thick slice**
- **14 cloves garlic, smashed and chopped**
- **1 twig fresh oregano, leaves pulled from stem**
- **3 tablespoons PALEO GRIND Veggie Victory**
- **1 28oz can crushed tomatoes**
- **1 15oz can tomato puree**
- **Olive oil, as needed**
- **Kosher salt, as needed**
- **2 cups pre-cooked spaghetti squash, optional to serve**

Preparation Instructions: (ragu)

1. Place a large cast-iron skillet over medium-high heat and add olive oil. Place chicken sausage links into skillet on one side. Add eggplant to the other side and allow both to cook. Eggplant will release water and cook down to about half the size. Once this is accomplished, remove from pan and into a bowl and set aside.
2. Place garlic and onion into the now open space in the skillet and add a pinch of kosher salt. Remove cooked sausages and place onto a cutting board. Slice into smaller pieces and add to the eggplant bowl.
3. Season top side of ground turkey with half the amount of PALEO GRIND Veggie Victory and place seasoned side down into the skillet. Season topside with remaining seasoning. Using a spatula, break up ground turkey into large chunks, incorporating the seasoning. Stir in garlic and onion. Cook for 3-4 minutes. Add zucchini and allow to cook another 3-4 minutes.
4. Add mushrooms and cover skillet with a lid to allow moisture to release and meat/veggie mixture to cook through. Approx. five additional minutes.
5. Add crushed tomato and puree. Stir and allow to cook for five minutes. Cut the heat and sprinkle fresh oregano on top of the mixture.
6. Plate with pre-cooked spaghetti squash or portion out into pint containers to eat on-the-go. Enjoy!

Zoned Out Cottage Pie

Yields: 24P, 24C, 27F - 8, 3 block portions

Ingredient List:

- **2 pounds ground lamb (or any ground meat)**
- **3 slices bacon, diced**
- **6 cloves garlic, smashed, rough chop**
- **6 cups parsnips, peeled, rough chop**
- **2 cups onions, diced**
- **2 cups carrots, diced**
- **2 celery, diced**
- **2 cups green beans, chopped**
- **1 tablespoon olive oil**
- **Water, as needed**
- **Kosher salt, to taste**
- **Course ground black pepper, to taste**
- **3 tablespoons PALEO GRIND Greek Freak (or Italian seasoning)**

Preparation Instructions: (cottage pie)

1. Heat a cast-iron skillet over medium-high heat and add olive oil. Place bacon and garlic into the skillet to brown, approximately one minute.
2. Place the parsnips into a pot and cover with water. Place a lid on the pot and allow parsnips to boil until fork tender.
3. Add carrots, celery and onions along with a pinch of kosher salt and coarse ground black pepper to the skillet. Stir to incorporate. Allow to cook for 5-7 minutes. Then add green beans and stir together. Push the veggie mixture to one side of the pan.
4. Season the top side of the meat with PALEO GRIND Greek Freak seasoning and place it seasoned side down into the skillet. Season top side of meat with Greek Freak. Break the meat apart with a spatula to incorporate the seasoning into the meat. Once the meat is broken up, stir it into veggie mixture and allow to cook for another 5-7 minutes.
5. Preheat the oven to 350°F convection oven (375-400°F for a conventional oven). Transfer the meat and veggie mixture into a 9x12" baking dish. Spread the mixture out to cover the bottom of the pan.
6. When the parsnips are fork tender, mash, smash, puree or blend to achieve your desired parsnip topping. Drop into the baking dish in sections and then spread to cover the meat and veggie mixture.
7. Place the baking dish into the oven for twenty minutes.
8. Remove from oven, cut dish into eight portion, plate and enjoy!

Greatest Paleo Pizza

Yields: 11P, 1.5C, 69F

Ingredient List:

- **5 egg whites**
- **1 teaspoon Italian seasoning**
- **1 teaspoon Super Radical Rib Rub (or Kosher salt and fresh ground black pepper)**
- **1 cup almond flour**
- **1 cup Macadamia nuts, blitzed in a blender or food processor**
- **2 tablespoons coconut flour**
- **Tomato basil garlic sauce (pizza sauce), as needed to cover crust**
- **5 wild caught shrimp, rinsed and deveined, chopped**
- **2 Italian sausage links, casing removed, broken up into small chunks**
- **1 can Green Chiles**
- **Optional garnishes: cilantro, radishes, a squeeze of lemon, Massie Mayo(recipe below), Salsa Chipotle(recipe below), olive oil, Kosher salt and fresh ground black pepper**

Preparation Instructions: (pizza)

1. Combine egg whites, Italian seasoning, and Super Radical Rib Rub in a mixing bowl and whisk until frothy.
2. Add almond flour and blitzed Macadamia nuts. Mix until a dough ball/paste is formed.
3. Add coconut flour and continue mixing.
4. Line a cutting board with plastic wrap and spray with coconut or olive oil.
5. Transfer 1/3 of dough to the lined cutting board and cover with a second layer of sprayed plastic wrap.
6. Roll until "communion wafer-thin". Remove top sheet of plastic wrap.
7. Transfer to a coconut flour dusted sheet pan by inverting and peeling the top plastic wrap away.
8. Bake at 400°F for 10 minutes.
9. Remove from oven. Use a spatula to loosen from the pan if necessary.
10. Top with sauce and shrimp, Italian sausage and hatch green chiles.
11. Return to oven and bake until sausage is fully cooked, approximately 10 minutes.
12. Remove from oven and top with any optional garnishes.

***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 Teaspoon Cayenne Pepper**
- **1/2 Cup Kosher Salt**
- **1/4 Cup Ground Black Pepper**

Combine in a mixing bowl or Ziploc bag and shake/stir until thoroughly mixed.

Salsa Chipotle

Yields: 5C

Ingredient List:

- **7oz. Can of Chipotle in Adobo**
- **14oz. Crushed Tomatoes**
- **1 Medium Onion, large dice**
- **Juice of 2 Limes**
- **1 Handful Fresh Cilantro, rinsed (approximately half of one large bunch)**
- **10oz. Water**
- **1.5 Teaspoons Kosher Salt (to taste)**

Preparation Instructions:

1. Combine all ingredients in a blender and blend on high until smooth.
2. Tone down heat by adding more lime juice or tomato product.
3. Season with Kosher salt to your liking.
4. Refrigerate for up to two weeks, or freeze for up to six months.

Massie Mayo

Yields: 2P, 288F - makes about 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. Stores in the fridge for 2-3 weeks