



MEAL PLAN 17.44 Recipe Compilation *November 1st, 2017*

Albondigas – Mexican Meatball Soup

Yields: 22 Protein, 23 Carb, and 18+Fat

Ingredient List:

For the meatballs:

- 1 pound grass fed beef (454g)
- 1 pound Italian sausage (454g)
- 1 egg
- 1 teaspoon granulated garlic
- 2 teaspoons kosher salt
- 1 small bunch fresh cilantro, chiffonade
- Olive oil, as necessary for cooking meatballs

For the soup:

- 2 quarts chicken stock
- 2 Tablespoons Olive Oil
- 24oz. (665g) butternut squash, precooked and mashed
- 1 large onion (255g), large dice
- 4 large carrots (375g), large dice
- 3 stalks celery (300g), large dice
- 1 zucchini (225g), large dice
- 1 yellow squash (225g), large dice
- 4 small turnips (300g), large dice
- 2 cups shredded (250g) cabbage
- 1 Tablespoons Honey (40g)
- 2.5 Tablespoons kosher salt
- ½ Teaspoon black pepper
- 4 bay leaves

Preparation Instructions: (meatball soup)

1. Combine first six ingredients in a large bowl and mix well until uniform.
2. Heat a cast iron skillet over medium high heat, add enough olive oil to coat the bottom of the pan. Then, roll out meat mixture into balls about the size of a ping pong ball.
3. Place the meatballs in the pan and brown on all sides.
4. Once balls are browned, add them to the crock of your slow cooker. Add remaining ingredients and cook on high for 6 hours or low for 10-12 hours.
5. When soup is complete, remove the bay leaves and season with kosher salt and pepper to your liking.
6. Serve it up, be sure to share with your friends and smile because you are a Culinary Ninja!

Paleo Nick Chicken Fingers with Brussel Slaw

Yields: 15P, 12C, 91F

Ingredients for the Slaw:

- **2 pounds brussel sprouts, stems trimmed, rinsed well**
- **3 carrots, peeled, sliced in half lengthwise**
- **4 slices bacon, cooked and chopped**
- **4 tablespoons rice wine vinegar**
- **2 tablespoons Dijon mustard**
- **2 tablespoon maple syrup**
- **4 dashed of hot sauce**
- **Kosher salt**
- **6 tablespoons olive oil**

Ingredients for the Chicken Fingers:

- **1 pound boneless, skinless chicken breast, cut into thin strips**
- **1 egg**
- **2 cups almond flour**
- **Kosher salt and black pepper**
- **Olive oil, as needed**

Preparation Instructions: (chicken fingers)

1. Set up a food processor with the slicing blade. Use this to slice the brussel sprouts. Pour them into a large mixing bowl.
2. Do the same with the carrots and add to the mixing bowl. (If you don't have a food processor, a shredder will also work to achieve this)
3. Add bacon to the mixing bowl.
4. Place the rice wine vinegar, Dijon mustard, maple syrup, hot sauce and kosher salt into a blender. Turn on the blender and drizzle the olive oil into the mixture slowly until smooth and creamy.
5. Pour dressing into the mixing bowl and toss. Add another pinch of kosher salt and set in the refrigerator until it is time to plate.
6. Place egg into a small mixing bowl and beat. Add chicken strips into this bowl and stir to coat.
7. In another small mixing bowl, place almond flour and kosher salt and pepper.
8. Heat a large skillet over medium-high heat and add ¼" olive oil. Once the oil is good and hot (about 380°F), slowly add the chicken strips into the pan. Be sure to not crowd the pan. This will cool the oil too much and make for soggy fingers. Nick fried his fingers in 3 batches.
9. Place each batch onto a baker's rack over a sheet pan and lightly salt while hot.
10. Once all your chicken is fried, place a heaping helping of slaw onto a plate and top with 3 chicken fingers. This will make about 4-5 serving. Enjoy!

Sweet Chorizo Hash with Eggs and Guac

Yield: 1 – 5 block breakfast

Ingredient List:

- **1 5-inch sweet potato, peeled and small diced**
- **5 oz. chorizo**
- **2 cups onions, small diced**
- **2 eggs**
- **Kosher salt, to taste**
- **Freshly ground black pepper, to taste**
- **2 sprigs fresh cilantro, to garnish**
- **2 scallion, to garnish**
- **5 tablespoons 60 second guac (see recipe below)**

Preparation Instructions: (hash)

1. Add chorizo to a preheated cast iron skillet or sauté pan for 3 minutes (med-high heat).
2. Add sweet potatoes and onions and stir to thoroughly combine. Season with salt and pepper and add a lid to the pan. Cook for 2-3 minutes. The lid will trap moisture and steam the potatoes.
3. Remove the lid and stir mixture. Leave the lid off at this point in order to dry up excess moisture. Season with kosher salt and continue cooking until sweet potatoes have a crisp crust and are tender in the center. Reduce heat to keep warm while you cook your eggs.
4. In a separate pan, cook two eggs "under medium" as seen in the video. The goal is to achieve a crisp under crust with caramelization at the edges and yolk cooked half-way through from the underside.
5. When eggs are done, transfer hash to a plate, top with eggs, guac, scallion, cilantro and your favorite hot sauce (mine is Salsa Yucateco). Enjoy!

60 Second Guac

Ingredient List:

- **4 Medium-Sized Avocados, halved, skin and stem attachment removed**
- **½ Yellow Onion (approximately ¾ cup), small dice**
- **½ Bunch Cilantro, rough chopped/chiffonade**
- **1 Lime, juiced**
- **1 Garlic Clove, minced or smashed into a paste**
- **1 Jalapeno, small dice**
- **Kosher Salt, to taste**

Preparation Instructions:

1. Combine all ingredients in a large bowl or mortar and pestle and smash them to oblivion.
2. Season with Kosher Salt to your liking.
3. Enjoy!

The goal with guacamole is to achieve a sour meets hot meets salty all carried by the amazing mouth feel of the sweet avocado.

This recipe is a very basic approach to guacamole. You can be as creative as you'd like and add anything from tomatoes to lettuce to mangoes. Get on with your bad self!!

Paleo Pacific Cod Piccata

Yields: 12P, >1C, 63F

Ingredient List:

- **1.25 pounds cod, cut into four five-ounce filets (I used the frozen cod from Costco.)**
- **1 egg**
- **1 tablespoon kosher salt**
- **1 teaspoon Italian seasoning**
- **1 cup almond flour**
- **½ cup coconut oil (amount will vary depending on type of pan you use)**
- **½ cup olive oil (amount will vary depending on type of pan you use)**
- **6 cloves fresh garlic, chopped to caper size**
- **1.5 tablespoons capers**
- **¼ cup chicken stock**
- **Juice of 1 lemon**
- **Leaves of 3 sprigs of Italian parsley, roughly chopped**
- **2 tablespoons grass-fed butter**

Preparation Instructions:

1. Mix almond flour, kosher salt and Italian seasoning together.
2. Beat egg and dip cod into egg.
3. Preheat oils in cast iron skillet to 350°F. Then add two filets at a time to the pan following the procedure described in the video. Be careful not to overcrowd the pan. We want the minimum temperature the oil reaches to be 330°F.
4. After approximately 60 seconds, flip the filets. We are looking for a light golden-brown crust, so aim for that and we can always do what I did in the video if we feel like the color is lacking.
5. After approximately 60 more seconds, remove the fish from the oil and set aside on a wire rack. Repeat steps with remaining filets, and then proceed to making the sauce. If you want to temp the center of the fish, we are looking for 120°F.
6. For the sauce, heat a sauté pan over medium high heat. Add olive oil and garlic and shake pan until garlic begins to toast. Then, add capers and watch out for the flame! Give them a quick toss and then add the lemon juice, chicken stock and parsley. Reduce to half the volume, then add the butter and shake pan until butter melts and creates a nice emulsion.
7. Transfer fish filets to a plate and top with the sauce. Poila! You're a Culinary Ninja!