

THE **PALEO** DIET SOLUTION



THE MODERN CAVEMAN'S COOKBOOK

A guide to healthy weight loss on a gluten free diet plan

by JOHN CHATHAM - BESTSELLING AUTHOR OF THE MEDITERRANEAN DIET



The Paleo Diet Solution:

The Modern Caveman's Cookbook

A Guide to Healthy Weight Loss on a Gluten Free Diet Plan

by John Chatham -
Bestselling Author Of The Mediterranean Diet



Rockridge University Press

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Eggs and Breakfasts

Grain-Free Pancakes

Serves 4

Nut butter and eggs makes a fine substitute for flour in these pancakes. The pancakes cook up light, flavorful and slightly creamy, and with 9.5 grams of protein per serving, they'll keep you full for hours. Drizzle them with a bit of honey or agave nectar for a sweet taste if necessary, but remember to watch your sugar intake—especially for breakfast.

Ingredients:

- 4 ripe bananas
- 4 large, cage free, organic eggs
- 1/2 cup nut butter
- 2 teaspoons butter or olive oil
- Freshly ground black pepper, to taste

Directions:

Place the bananas in a large bowl and mash them with a fork until smooth.

Beat the eggs in a separate bowl until frothy. Add them to the bananas.

Add the nut butter and mix well until creamy and smooth. Season with freshly ground black pepper to taste.

Heat the butter or olive oil in a skillet or on a griddle. Pour 1/4 cup pancake batter for each pancake onto the griddle or skillet. Cook pancakes for 2 minutes and then flip with a spatula. Cook an additional 2 minutes, or until the pancakes are golden brown.



Mexican Veggie Scramble

Serves 2

Loaded with veggies and high protein eggs, this dish is filling and easy to make, but also delicious. Garnish with avocado and your favorite salsa for a south-of-the-border meal you won't forget. Think you'll miss the cheese? You may be surprised.

Ingredients:

- 1 tablespoon butter
- 4 large, cage free, organic eggs, beaten
- 1/2 small onion, chopped
- 1/2 green bell pepper, diced
- 1/2 pound chorizo sausage, cooked and crumbled
- Sliced avocado, for garnish
- Prepared salsa, for garnish
- Freshly ground black pepper, to taste

Directions:

In a medium non-stick skillet, heat the butter over medium heat. Add the onion and bell pepper and cook until soft. Add the sausage and eggs and stir continuously until eggs are cooked through. Season with freshly ground black pepper to taste.

To serve, divide between plates and top with avocado and salsa.

Zesty Breakfast Salad

Serves 2

Salad for breakfast? Sure! This fruit and nut salad has a citrus dressing that will wake up your taste buds and get you ready for the day. Hard-boiled eggs and bacon add protein to keep you full for hours. With no cooking, this is an ideal breakfast for a busy day.

Ingredients:

Salad:

- 2 cups washed and dried baby spinach
- 1 large, cage free, organic egg, hard-boiled and sliced into ½-inch chunks
- 1 strip bacon, cooked and crumbled
- 1 Clementine orange, peeled and quartered
- 1/2 cup dried cranberries or cherries
- 1/2 cup macadamia nuts, black walnuts or pecans
- Freshly ground black pepper, to taste

Dressing:

- 1 tablespoon honey
- 1 teaspoon dry mustard
- 1/4 cup red wine vinegar
- Juice of one orange
- 1 teaspoon finely minced onion
- 1 cup olive oil
- Zest of 1 orange

Directions:

Toss the spinach, eggs, bacon, orange quarters, dried cranberries and nuts together in a bowl. Season with freshly ground black pepper to taste.

Whisk the dressing ingredients together in a bowl for 30 seconds, or until the dressing becomes thick and creamy.

Paleo Breakfast Burrito

Serves 1

If you're craving a breakfast burrito, you'll love this Paleo adapted recipe. Instead of a tortilla filled with eggs and meat, the eggs become the tortilla, leaving you with the same flavors rolled up into a tasty, easy to eat breakfast that will leave you full for hours. For best results, use a medium-sized skillet so that your eggs are super thin and easy to wrap. You'll never miss out on the high carb tortilla!

Ingredients:

- 1/4 pound free-range, organic, grass fed ground beef
- 3 large, cage free, organic eggs, beaten
- 1 tablespoon butter
- 1/2 small red onion, finely chopped
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Freshly ground black pepper, to taste
- Chopped cilantro for garnish
- Prepared salsa for serving

Directions:

Heat butter in a medium skillet over medium-low heat. Add the eggs in an even layer and cook for about 6 minutes. Carefully flip the eggs over and continue cooking until done. Season with freshly ground black pepper to taste. Carefully slide the eggs onto a plate.

High Protein Frittata

Serves 4

This is an easy breakfast dish that is loaded with protein. You can customize it to your liking, so use whatever veggies you like or have in your fridge. This is a great way to use up leftovers.

Ingredients:

- 8 large, cage free, organic eggs
- 4 strips of bacon, cooked and crumbled
- 1/2 small onion, chopped
- 1/2 cup sliced mushrooms
- 2 cups baby spinach leaves
- 1 tablespoon butter
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees. Heat a large ovenproof skillet over medium heat and add the butter and vegetables. Sauté until tender, remove from skillet and set aside.

Beat eggs in a large bowl and add the cooked vegetables. Season with freshly ground black pepper to taste. Pour mixture into the skillet and put in the oven. Bake for 12-15 minutes until eggs are firm to the touch.

Top with crumbled bacon and serve immediately.

Eggs Benedict Paleo Style

Serves 1

While this might not be the traditional version of eggs Benedict, you'll love this grain-free version that is as good for you as it tastes. Once you try it, you'll never want to go back to the old version again!

Ingredients:

- 2 slices bacon, cooked and crumbled
- 1 tomato slice
- 1/2 medium avocado
- 2 tablespoons lemon juice
- 1 clove garlic
- 1 large, cage free, organic egg
- Freshly ground black pepper, to taste

Directions:

Put the avocado, lemon juice and garlic in a food processor and process until smooth and creamy.

Poach the egg in a pot of simmering water until done, about 4 minutes.

To serve, place the egg on top of the tomato slice and top with the avocado sauce and bacon. Season with freshly ground black pepper to taste.

Everything Omelet

Serves 1

An omelet is a fast and easy way to have a quick and filling breakfast that seems like a meal at your favorite breakfast spot. This version uses a variety of meats and veggies, but the beauty of this dish is that you can use whatever you have on hand for excellent results. If you have the time, you can leave open for a frittata-like dish.

Ingredients:

- 1 tablespoon butter
- 3 large, cage free, organic eggs
- 1/2 small onion, chopped
- 1/2 cup steamed broccoli
- 2 slices bacon, cooked and crumbled
- 2 sausage links, cooked and chopped
- Freshly ground black pepper, to taste

Directions:

Beat the eggs in a small bowl. Heat a small nonstick skillet over medium heat and add the butter.

Pour the eggs into the pan and allow to cook for 1 minute. Add the veggies and meat to one side and carefully fold the other side over the top of it. Cook until eggs are cooked through. Season with freshly ground black pepper to taste.

Slide onto a plate and serve garnished with more bacon, if desired.

Egg Casserole for One

Serves 1

Sometimes you are in the mood for a delicious breakfast casserole filled with eggs, veggies and breakfast meats, but you don't have the time or need for a full-fledged kitchen marathon. If this is the case, this recipe fits the bill. It's fast, easy and doesn't leave you with leftovers you can't eat. For two simply double the recipe and divide between two ramekins, or use a casserole dish if you're serving more than one. Either way, you'll love it!

Ingredients:

- 2 large, cage free, organic eggs
- 2 broccoli florets, finely chopped
- 1/4 small zucchini, chopped
- 1/4 small onion, chopped
- 5 spinach leaves, chopped
- 2 slices bacon, cooked and crumbled
- 1 tablespoon butter
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 350 degrees. Beat eggs in a small bowl and mix in the veggies and bacon. Season with freshly ground black pepper to taste.

Grease a single serve ramekin with butter and pour the egg mixture in. Bake for 15-20 minutes until the top is lightly browned. Serve immediately.

Poached Eggs and Root Vegetable Hash

Serves 2

Root vegetables are high in fiber and flavor, and are a unique twist on the veggies you usually see with your morning eggs. Warm and crispy, they make a great substitute for potatoes, with less carbs and a lot more nutrients.

Ingredients:

- 1 large beet, peeled and chopped
- 1 medium turnip, peeled and chopped
- 1 small onion, chopped
- 1 tablespoons olive oil
- 2 tablespoons butter
- 1 garlic clove, minced
- 1 sprig fresh rosemary, finely chopped
- 4 large, cage free, organic eggs
- Freshly ground black pepper, to taste.

Directions:

Preheat oven to 400 degrees. Toss veggies in olive oil and lay on a single layer sheet pan. Sprinkle on chopped rosemary. Season with freshly ground black pepper to taste. Roast for about 15 minutes remove from oven and add the garlic. Roast for 10 more minutes, or until crispy around the edges.

While the veggies are cooking, poach your eggs in a pot of simmering water, until just cooked.

To serve, divide the root vegetables between two plates and top with two eggs. Serve immediately.

Mini-Egg Casseroles

Serves 4

These mini-egg casseroles are quick to make and easy to take. They rely on sautéed veggies for their flavor, without the addition of cheese. Freeze them for later and microwave them on low for 30 seconds when you're ready to use them. That way, you can have a quick and filling breakfast (or snack) anytime you want!

Ingredients:

- 1/2 cup minced onion
- 1/2 cup red bell pepper, chopped
- 2 strips bacon, crumbled
- 8 large, cage free, organic eggs, beaten
- 1 teaspoon dill
- Freshly ground black pepper, to taste

Directions:

Preheat the oven to 350 degrees. Spray one muffin pan with cooking spray. Spray a skillet with cooking spray as well.

Sauté the onions and peppers in the skillet over medium heat. This extra step really makes the difference in flavor in this recipe.

Combine the onions and peppers in a bowl with the remaining ingredients. Season with freshly ground black pepper to taste. Pour 1/2 cup egg mixture in each muffin tin. Bake for 10 to 12 minutes, or until set and slightly golden.

Scrambled Eggs with Lox

Serves 1

Traditionally, lox is served with high carb bagels and cream cheese. While these may taste good, neither really fits in a Paleo lifestyle. This version uses high protein eggs and sliced tomatoes for a healthier version that you'll find just as tasty as the original. Smoked whitefish works well here too for a change of pace once in a while.

Ingredients:

- 1 tablespoon butter
- 1/2 small red onion, diced
- 3 large, cage free, organic eggs
- 2 ounces smoked salmon, chopped
- 1 large tomato, sliced
- 1 teaspoon capers
- 1 tablespoon chopped fresh parsley
- Freshly ground black pepper, to taste

Directions:

Heat butter in a medium skillet and add the onions. Cook until soft.

Beat the eggs in a small bowl and add the salmon. Season with freshly ground black pepper to taste. Pour egg mixture over veggies and scramble until cooked through.

To serve, top the tomato slices with the eggs and garnish with parsley and capers.

Chicken With Sweet Potato Hash Browns

Serves 4

It's hard to find a breakfast on the Paleo plan that doesn't include eggs, but this is one. You can serve it with eggs if you'd like, of course, but this dish stands on it's own pretty well. Dark meat chicken works nicely here, but use whatever you have on hand—it will still be delicious. The sweet potatoes make an excellent substitute to traditional greasy and high carb hash brown potatoes.

Ingredients:

- 2 sweet potatoes, peeled and diced into small pieces
- 2 tablespoons extra virgin olive oil
- 1/2 small onion, diced
- 1 teaspoon each, dried thyme and oregano
- 4 free-range, organic chicken thighs, cooked, meat pulled off bones and chopped or shredded
- Freshly ground black pepper, to taste

Directions:

Either in a microwave or steamer, steam sweet potatoes until tender and easily pierced with a fork, about 12 minutes. Divide in half and mash one half with a fork or potato masher.

In a large skillet, heat oil over medium-high heat. Add onion, cook until tender. Add chicken and spices and combine.

Add both sweet potato mixtures to the pan and combine the mixture thoroughly. Add freshly ground black pepper to taste.

Continue cooking until browned on the bottom, then flip to cook the other side until browned. Break up into small pieces and serve.

Paleo Muffins

Makes 1 dozen

There's a reason muffins are popular breakfast items: They're easy to grab and go. Unfortunately, what you gain in convenience, you usually give up in health content. Not so with these muffins. Loaded with veggies, they are easy to whip up and you can keep them around for those mornings when you just need something you can grab as you're headed out the door. No more worrying about indulging in high carb muffins when you've got this high protein version on hand.

Ingredients:

- 1 teaspoon butter
- 1/2 medium onion, chopped
- 1 cup broccoli, finely chopped
- 1/2 green bell pepper, diced
- 1/2 red bell pepper, diced
- 8 large, cage free, organic eggs
- Freshly ground black pepper, to taste

Directions:

Preheat oven to 400 degrees. Grease a muffin tin with butter. Mix veggies in a large bowl and divide equally among muffin tins.

Beat eggs in a large bowl or measuring cup. Season with freshly ground black pepper to taste. Pour mixture over veggies in the muffin pan.

Bake for 15-20 minutes, or until tops are browned. Loosen with a knife around the edges and cool before serving.

Paleo Huevos Rancheros

Serves 1

This popular egg dish is usually served with corn tortillas and beans, but once you try this version, you'll be surprised at how tasty it can be without those high carb additions. Once you try this, you'll see you don't need those energy-sucking carbs for breakfast! This makes a fabulous brunch option as well.

Ingredients:

- 1 tablespoon butter
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1/2 small onion, diced
- 1 jalapeño pepper, minced
- 2 large, cage free, organic eggs
- 1/2 cup prepared salsa
- 1/2 medium avocado, sliced
- Freshly ground black pepper, to taste

Directions:

Heat butter in a medium skillet over medium heat. Add the garlic, onion and peppers, and sauté until soft. Add the eggs and cook until the whites are cooked through. Season with freshly ground black pepper to taste.

To serve, top the eggs and veggies with salsa and avocado.

Serve immediately.

Classic French Omelet

Serves 1

Some dishes need to be adapted to fit the Paleo lifestyle, but a French omelet is one that fits perfectly. Well, almost perfectly. Most French omelets have cheese in them, which you can enjoy in moderation on the Paleo diet plan. If you try it without, however, you may find it's just as enjoyable. It may take practice to get the perfect visual effect, but the results are so delicious that you won't mind the practice it takes to get there.

Ingredients:

- 2 tablespoons chopped fresh herbs of your choice
- 3 large, cage free, organic eggs
- 1 tablespoon butter
- 2 slices ham
- Freshly ground black pepper, to taste

Directions:

Beat eggs in a bowl and set aside. Heat a non-stick skillet over medium heat and add butter.

Add eggs, followed by herbs. Season with freshly ground black pepper to taste. Cook for one minute and add the ham to the center. Once the eggs begin to cook, fold both sides toward the center.

Slide onto a plate and serve with extra ham slices and herbs for garnish.



Homemade Breakfast Patties

Serves 4

While sausage technically fits on the Paleo diet, it can be hard to find a variety that isn't laced with added chemicals and fillers. Since you want to avoid these types of ingredients, making your own sausage is the best route to take. It's also one that is not nearly as difficult as it may sound, and the results are worth it. Feel free to adjust your seasonings to suit your personal tastes.

Ingredients:

- 1 pound free-range, organic ground pork
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon ground sage
- 1 teaspoon fennel seeds
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon white pepper
- 2 tablespoons butter
- Freshly ground black pepper, to taste

Directions:

Using your hands, combine the pork with the seasonings in a large bowl until well combined.

Form into 8-10 patties. Heat a medium skillet over medium heat and add the butter. Fry the sausage patties until golden brown on both sides (about 4 minutes per side), making sure the inside is no longer pink. Season with freshly ground black pepper to taste. Serve immediately.

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