



◆ *Free Cookbook* ◆
★★★
Top 10 Recipes

**EASY-TO-MAKE
PALEO-FRIENDLY
RECIPES YOUR FAMILY WILL LOVE**

Real Food Recipes

I have always loved to cook! I am VERY fortunate that my Mom is a great cook and took the time to work with me in the kitchen and teach me how to cook. In fact, I grew up in a family of 10: four boys and four girls. Preparing dinner every night was like being a short-order diner! We all learned early how to read and follow recipes, navigate the kitchen and encouraged to be creative. One of my favorite things to do was shadow my mother in the kitchen when she was creating recipes, making her unbelievably decadent cakes and pies. I learned so many useful tips that I use even to this day. And forget about it...holiday desserts are my specialty now! It was and still is so much fun!

Even though I have always loved to cook (my kids grew up with home cooked meals: breakfast, lunch and dinner every day served at the dinner table...family around the table. It was wonderful), but after my children were all in junior and senior high and my personal training business took off, I found myself working really long hours, eating out more often than not, and grabbing for whatever was quick and easy. Most of the time that was packaged processed food. This was a real change for all of us.

I knew that cooking and looking at recipes was something that I desperately wanted to get back to. Cooking has always been a great stress buster for me and reconnecting with my family. I'm the same with cleaning... my kids, not so much! I made a commitment to myself to find and try one new recipe a week. I found it to be fun and rewarding. I understand the connection between what I put into my body in the form of food and drink and how I looked and felt both physically and emotionally. Food equals mood is true. More than that I noticed a positive difference in how my body and mind performed. So I sought out recipes that were gluten free, heavy on the vegetables, and didn't contain refined sugars.

Over the course of a several years, I have completely transitioned my diet to one of whole, real, unprocessed foods. I rarely eat out unless I am traveling and when I do, I make sure to seek out organic, farm to table restaurants whenever possible. I have such a value for real food now. Real food tastes GREAT! Not only buying and eating it but carving out the time to prepare it. I love sharing what I have learned over the years with all my family, friends and clients. I truly believe that you can't put a price tag on your health and that buying the highest quality food you possibly can is so important. I put a high priority on eating supportively to reach my health and fitness goals. I know that eating whole, unprocessed, real foods will move me towards more optimal health, and help me to look, feel, and perform at my very best.

This didn't happen for me over night. I have made a conscious effort each day to make healthy food choices. It has been a journey and still is, and I have enjoyed learning so much along the way. I eat foods that I NEVER thought I would or that I didn't even know existed before. I no longer look at food in terms of calories or grams of fat, etc. I look at food as a way to provide my body the nourishment that it desires. It has been very freeing for me. I'm not counting or tracking anything, but instead listening to the signals my body is giving me. Our bodies are amazing organisms and tell us everything we need to know, the problem is we are too busy to listen.

The good news is that the Real Food movement is in full force right now and being embraced by most, if not all, local chain food stores and many restaurant's. In fact, Paleo, grain-free, real food recipes are available almost anywhere now. In the past year, several successful bloggers have come out with cookbooks to make this way of eating enjoyable and most importantly not boring! I invite you to step into the kitchen and cook up my favorite real food recipes. I hope that you enjoy them as much as I do!

HAVE FAITH & KEEP TRAINING!

Louise Bagnaschi, CPT

Owner

www.mightyfitnessbootcamp.com

Almond Flax Chicken

This was one of the first grain-free recipes that I made and it quickly became a favorite at our house! It has also been a hit with many of our clients and participants in our Detox Challenge. The feedback is that it is a recipe the whole family enjoys...BIG WIN:-) I love that it is so easy to make and it goes wonderful with roasted or steamed vegetables. Justin's favorite is to put the chicken over spaghetti squash and then top it with marinara sauce, his version of Chicken Parmesan, minus the cheese.

Makes 4-6 servings

Ingredients

- 4- 5 oz. chicken breasts
- 3 TBSP ground flax
- 1/2 cup almond meal
- 1 TBSP avocado oil
- 1 TBSP almond butter
- 1 tsp. lemon juice
- 1 tsp. sea salt
- Pinch cayenne pepper
- 1 tsp. parsley, fresh
- 1/4 tsp. paprika
- 1 tsp. thyme, fresh
- 1 TBSP onion finely chopped

Directions

Pre-heat oven to 350 degrees.

Rinse the chicken and pat dry with paper towel. Take the chicken pieces and pound them evenly flat across the breast using a kitchen mallet or other heavy kitchen utensil.

Pour almond meal and flax into a small bowl and stir to mix evenly.

In another small bowl combine the avocado oil, almond butter, lemon juice, and all spices and herbs. Mix in a small food processor or by hand. Once combined add the chicken breasts to this mixture (if time, allow the chicken to marinate with the mixture for 10-15 minutes to further enhance the flavor but the taste will still be great if you don't have an extra 10-15 minutes).

Remove chicken breasts from marinade bowl and place on baking tray. Sprinkle half of the almond/flax mixture evenly across one side of all 4 chicken breasts. Pat each chicken piece with hand to better adhere the "crust" to the chicken. Carefully turn over each chicken piece and repeat the process using the remaining half of the almond-flax mixture on the other side of the 4 chicken breasts.

Place tray with crusted chicken in center of the oven and bake for 20-30 minutes or until an instant thermometer reaches 168 degrees on the thickest part of the chicken.

Note: If you don't have fresh herbs on hand you can use dried, simply cut the measurement in half.

Recipe adapted from The Ultra Simple Slimdown.

<http://drhyman.com/blog/2010/05/18/recipe-almond-flax-crust-ed-chicken/>

Pot Roast with Carrots and Mash Cauliflower

This is my go-to crock pot recipe for grass-fed beef chuck roast. It is so easy to put together and I love the flavors of the coconut aminos, beef broth, and herbs. The crock pot is a savior on those days when you are arriving home late and you need dinner ready now! I have been known to eat this meal for breakfast as well:-)

Makes: 6-8 servings

Ingredients

- 3 lb. Grass-fed beef chuck roast
- 2 cups broth (homemade bone broth is best)
- 1/2 cup coconut aminos (soy sauce substitute)
- 2 tsp. red wine vinegar
- 1/2 tsp. crushed rosemary
- 1/2 tsp. dried basil
- 1 onion, peeled and quartered
- 2 garlic cloves, smashed
- 2 cups sliced carrots
- 1 medium head cauliflower, cut into florets
- 3-4 cloves minced garlic (use more or less garlic based on your preference)
- Salt and pepper, to taste

Directions

Season the chuck roast with salt and pepper. Heat 1 TBSP of oil in a Dutch oven over medium-high heat. Add the roast and sear for 3-4 minutes on both sides. **Note: If you are pressed for time, you can skip this step.**

Transfer to a crock-pot. Add the liquid and spices. Stir to incorporate. Next, add the onion and garlic. Cover and cook on low for 4-5 hours. Add the carrots and cook for another hour or until the meat shreds easily.

For the Garlic Mashed Cauliflower, steam the cauliflower until very tender. Add the garlic cloves. Using an immersion blender, food processor, or countertop blender. Puree the cauliflower and garlic. Season with salt and pepper, to taste.

Serve pot roast with vegetables and mashed cauliflower.

Recipe adapted from Living Low Carb.

<http://holisticallyengineered.com/2012/10/low-carb-pot-roast-with-roasted-garlic.html>

Banana Nut Porridge

On a chilly fall or winter morning this grain-free porridge will warm you right up! It is a wonderful substitute for those of us who choose to forgo oatmeal and go grain-free. It takes a little bit of planning because the nuts need to soak overnight but that step makes the nuts more digestible. Give this a try with your kids as well, the banana gives it just enough sweetness. I like to eat a smaller portion and have a little bit of protein on the side such as turkey breakfast sausage. Be careful though because you can easily overconsume this porridge...it's that good!!!

Makes 4 servings

Ingredients

- 1/2 cup raw cashews
- 1/2 cup raw almonds
- 1/2 cup raw pecans
- 1 very ripe banana (makes it easier to digest plus adds a little more sweetness)
- 2 cups canned coconut milk
- 2 tsp. cinnamon
- Dash of sea salt for soaking water

Directions

Place the nuts in a large bowl and sprinkle the sea salt over them. Fill the bowl with filtered water so the nuts are covered by at least 1 inch of water. Cover and soak overnight.

Drain the nuts and rinse 2 or 3 times, until the water runs clear.

Add the drained nuts to a food processor or high-speed blender. Blend the nuts with the banana, coconut milk, and cinnamon until smooth.

Divide it into bowls and microwave for 40 seconds or put all of the porridge in a pot on the stove and heat over medium-high heat for 5 minutes.

Serve with raisins, chopped nuts, and an extra splash of milk if desired.

Recipe from Against All Grain

<http://againstallgrain.com/2013/01/04/banana-nut-porridge/>

Pizza Pie

I make this recipe over and over again and enjoy it each time! It is another favorite among our clients and Detox Challenge participants. It is kid friendly and great to make when you have guest over. If you can tolerate dairy you can add some cheese to this and it tastes just like lasagna! In fact, we had a client make it for guests and someone's comment was, "this is great lasagna!" The key is to get a "clean" sausage. I use a mild italian turkey sausage from our local co-op.

Makes 4 servings

Ingredients

1 large spaghetti squash

1 lb. italian sausage

½ yellow onion, chopped

1 cup pizza sauce (no sugar added)

1 tsp. dried basil

Sea salt & pepper to taste

3 eggs, whisked

Optional: chopped peppers, mushrooms, black olives, Applegate pepperoni, cheese if you can tolerate it).

Directions

Preheat oven to 400 degrees. Cut spaghetti squash in half the long way. Place your spaghetti squash cut side down on a baking sheet line with parchment paper and bake for 35-40 minutes or until the squash is soft and tender. While your squash is cooking, place a large skillet over medium heat. Add italian sausage and onion. Cook until the sausage is no longer pink and is broken into pieces. Add pizza sauce, dried basil, sea salt & pepper to the skillet and mix well.

Reduce oven heat to 350 degrees. Once your squash is done cooking, remove threads and place in an 8x8 greased baking dish. Add the sausage mixture to the squash and mix well to incorporate.

Last, add whisked eggs to the baking dish and mix everything together until the eggs are no longer visible. Bake in the oven for 1 hour or until the top of the mixture forms a slight crust.

Let cool for 5 minutes before serving.

Recipe adapted from Paleomg.

<http://paleomg.com/almost-5-ingredient-pizza-spaghetti-pie/>

Apple Shredded Pork Roast

This is my favorite way to prepare a pork roast in the crock pot. I just love crock pot recipes because you can put the recipe together and leave and when you come back it is done, how AWESOME is that? I leave the honey out of this recipe if I am avoiding sugar and it still turns out great. Great for fall when apples are in season or really anytime of year! I eat the leftovers for breakfast in a hash topped with an egg...YUM.

Makes 4-6 servings

Ingredients

- 2-3 lb. pork shoulder roast
- 1 yellow onion, sliced
- 2 apples, cored and sliced
- 2/3-cup beef or chicken broth
- 1 TBSP raw honey
- 2 TBSP freshly grated ginger
- 1 tsp. cinnamon
- 1 tsp. sea salt
- ½ tsp. smoked paprika
- ½ tsp. pepper
- 2 garlic cloves, peeled and smashed
- 1 bay leaf

Directions

Add your broth or water, then onions, then pork, then apples then all your spices/garlic clove/and bay leaf.

Cover.

Cook for 8-10 hours on low or 6-8 hours on high.

Use a fork to shred your pork.

Recipe from Paleomg.

<http://paleomg.com/honey-ginger-apple-shredded-pork/>

Roasted Chicken Soup w/Roasted Vegetables

I could eat this soup for breakfast, lunch, and dinner multiple days in a row!!! It is best made with bone broth and it full of nutrients. This soup would be help anyone feel better who may be “under the weather.” I will often make a big batch and stick it in the freezer to pull out when I need a quick lunch or dinner. This is a soup that I will often eat for breakfast during the cold winter months.

Makes 4-5 servings

Ingredients

- 2 garlic cloves, minced
- 2 carrots, peeled and cubed
- 2.5 cups butternut squash, peeled and cubed
- ½ yellow onion, quartered
- 2 TBSP coconut oil
- 4 cups chicken stock, store-bought or homemade
- 4-6 cups of shredded chicken or 1-2 lbs. uncooked chicken breasts
- ¾ tsp. dried parsley
- 1 tsp. sea salt
- ½ tsp. dried thyme
- ½ tsp. dried rosemary
- ¼ tsp. dried oregano
- ¼ tsp. cracked pepper
- 1-cup water
- 2 cups or more baby spinach

Directions

Preheat oven to 425 degrees F.

Toss the vegetables in the coconut oil and sprinkle with salt and pepper. Roast for 20 minutes, until the vegetables are tender.

Meanwhile, bring the chicken stock to a simmer in a large stockpot. Add the chicken, herbs, and salt and pepper. Cover and cook while the vegetables are roasting, about 15 minutes. For raw chicken breasts, cook for about 45 minutes, until chicken is cooked through and tender enough to shred with a fork.

Add half the vegetables to the soup, and place the other half in a blender. Make sure to put all of the onions quarters into the blender. Puree the vegetables with the 1-cup of water.

Add the vegetable puree and baby spinach to the soup. Simmer for 5-10 minutes, until the spinach is wilted and the soup is hot. Adjust seasonings to your taste.

NOTE: I roasted a chicken in the crock pot and ended up putting the whole thing in this soup.

Recipe from Against All Grain.

<http://againstallgrain.com/2013/01/30/leftover-roast-chicken-soup-with-roasted-vegetables/>

Paleo Banana Bread

A banana bread with no added sugar, I am a big fan! Once you have given up sugar for any amount of time, bananas sweeten things just enough for you. I have made this before and frozen it to take when we travel for a snack or breakfast if we don't have good options. Remember Banana Bread of any kind is still a treat! Eating the whole pan in a couple of days is not a good idea:-)

Makes 6-8 servings

Ingredients

4 bananas (about 2.5 cups mashed)
4 eggs
½ cup almond butter (or sunflower seed butter)
4 TBSP melted ghee (coconut oil may also be used)
½ cup coconut flour
1 TBSP cinnamon
1 tsp. baking soda
1 tsp. baking powder (gluten free)
1 tsp. vanilla
Pinch of sea salt
Optional add-ins: Enjoy Life chocolate chips, chopped up walnuts or pecans

Directions

Preheat oven to 350 degrees. Mix your bananas, eggs, nut butter, ghee or coconut oil in a blender or food processor. Once all ingredients are blended together, add in coconut flour, cinnamon, baking soda, baking powder, vanilla, and sea salt. Mix well.

Grease a 9x5 glass loaf pan with coconut oil. *Note: If using a metal pan the bread will probably be done in 35-40 minutes. Keep a close eye on it so it isn't overdone.*

Pour batter into loaf pan and spread out evenly. Place in the oven for 55-60 minutes unless using a metal pan. When a toothpick inserted into the middle comes out clean, remove from oven and flop onto a cooling rack.

Recipe from Civilized Caveman

<http://civilizedcavemancooking.com/grain-free-goodies/paleo-banana-bread/>

Avocado Cilantro Chicken Salad

A chicken salad recipe without goopy mayo. Preparing this salad on the weekend and then using it for lunches throughout the week works great! A combination of protein, vegetables, healthy fat, and cilantro this salad is delicious. I made this for a yoga retreat that I spoke at and everyone wanted the recipe!

Makes 4 servings

Ingredients

- 1lb chicken, cooked and diced
- 2 avocados, pitted
- 1 bundle cilantro, stems removed
- 3-4 long carrots, shredded
- 3-4 stems celery, diced
- 1 cucumber, diced
- 1 handful sliced almonds
- Juice of 1 lemon
- Juice ½ lime
- ⅓ teaspoon garlic powder
- Salt and pepper, to taste

Directions

Start off cooking your chicken however you'd like. I prefer to cook a whole chicken in the crock pot and then shred it. Another option would be to bake it.

While your chicken cooks, make your dressing. Pull out your wonderful food processor.

Add your avocados, cilantro, lemon, lime, garlic powder, and salt and pepper to the food processor. Mix thoroughly until the avocado becomes a paste. This will take about 1-2 minutes or so.

Once your avocado creamy sauce/paste tastes delish, add it to your diced chicken. If you haven't already shredded your carrots or diced your other veggies, do that. I just the shredding attachment on my food processor to shred my carrots.

Mix veggies into your chicken salad and add a handful of sliced almonds.

Top with salt and pepper for a little extra flavor and a little leftover cilantro.

Note: You could also used canned salmon or tuna as a protein source. It would mix well with the dressing.

Recipe from Paleomg.

<http://paleomg.com/avocado-cilantro-chicken-salad/>

Rutabaga Breakfast Hash

What is rutabaga? That is the question I asked when I first saw this recipe. I had never had it before and didn't know what to expect as far as taste. I was pleasantly surprised and this recipe is a go to breakfast for us! It is simple, easy, and leftovers can be warmed up. Rutabaga is a root vegetable and when you shred it reminds me of "hash browns." I encourage you to step outside your comfort zone and give this vegetable a try!

Makes 2-3 servings

Ingredients

½ rutabaga, peeled and shredded (I used half of a medium one)

¼ yellow onion, thinly sliced

3 slices of bacon

½ pound bulk pork or turkey breakfast sausage

3 eggs

2 tablespoons bacon fat (or other kind of fat)

1 garlic clove, minced

Salt and pepper, to taste

Diced avocado

Note: I typically double this recipe so that we have leftovers.

Directions

Peel your rutabaga in the food processor using the shredding attachment. I also ran my yellow onion through the food processor as well.

Place a large skillet over medium-high heat and add the 2 TBSP of bacon fat along with the minced garlic clove.

Then add the rutabaga, press down into the pan and cook on both sides for 4-5 minutes per side, or cooking until brown and crispy.

While your rutabaga is cooking, add the slices of bacon to a medium pan over medium heat and cook on both sides until crispy. Remove from pan and place on a plate with a paper towel. When cooled, dice up your bacon into pieces. **Note: I like to bake my bacon in the oven for about 15 minutes at 400 degrees.**

When the rutabaga is done cooking, place in a bowl for later and add in the breakfast sausage to the still hot pan.

Use a spatula to break up the sausage and cook until completely cooked through and there is no pink left.

When sausage is done cooking, add the rutabaga back in along with the bacon, then crack the eggs directly into the pan.

Salt and pepper everything then use your spatula to mix everything together and whisk your eggs.

Once everything is done cooking, you may top with avocado.

Recipe from Paleomg.

<http://paleomg.com/rutabaga-bacon-breakfast-hash/>

Cauliflower Fried Rice

Cauliflower is such a versatile vegetable. You can “rice” it and it can be a substitute for rice, it can be steamed and then mashed as a substitute for potatoes, and you can even make a pizza crust out of it! I love recipes that are alternatives to favorite dishes people think that can't have it they are eating clean. There are so many modifications you can make to some of your favorites that convert them to whole, real, unprocessed foods. Using vegetables as substitutes for higher carbohydrate processed foods will help you to increase your consumption of nutrients and balance blood sugar and hormones.

Makes 1-2 servings

Ingredients

- 2 cups cauliflower "rice"
- 1 TBSP coconut oil
- ½ cup chopped carrots
- 1 TBSP green onion, chopped
- 1 garlic clove, minced
- 1 whole egg
- Coconut aminos, to taste
- Sea salt, to taste

Directions

In a large skillet, sauté the garlic in coconut oil, over medium heat. Add in the carrots and a splash of water to prevent sticking, and cook for 5 minutes, or until crisp-tender. Then add the green onion and egg, which will start to cook quickly.

Add in the cauliflower rice, along with a splash of coconut aminos and salt. Stir to combine and heat through, about 3-5 minutes.

Adjust the seasonings to taste, and then serve piping hot! Add ground pork, ground turkey, shrimp, or chicken for a protein source.

Recipe from Detoxinista

<http://detoxinista.com/2011/09/vegetable-fried-rice/>

Thank you!

I want to take this opportunity to THANK YOU for reading and trying *My 10 Favorite Recipes!*

I hope that you will find a few or maybe all of them that become your favorites and become go-to recipes that you and your family love. Preparing and cooking your own food is very important to your health and well being.

***“The food that you eat can be either the safest and most powerful form of medicine
or the slowest form of poison.”***

-Ann Wigmore

For more help with your fitness solutions, please connect with me...

Visit my website at: <http://www.mightyfitnessbootcamp.com>

Follow our Facebook Fan Page at: <https://www.facebook.com/mightyfitnessbootcamp/>