

SAVING DINNER

Volume 1

with



Paleo Daytime Ebook
Volume 1

Welcome to the Paleo Daytime Ebook

Making nutritious meals you've always wanted for your family without the last minute guesswork or hassles.

Welcome

We realize that “going paleo” for a lot of people is quite a stretch and giving up a lot of familiar food makes breakfast and lunch somewhat of a conundrum.

We hope these day menus will help you experience breakfast and lunch in a helpful manner and will help you think outside of the (bread) box when faced with the prospect of eating out for either one of those meals.

In this menu we use Coco-Aminos, it's a paleo friendly soy sauce substitute. Available in your local health food store or online--I get mine at Amazon.com

We have given you some basic delicious recipes to help make your meal planning easy. Remember you can always change things up by substituting what you have on hand or whatever is left over from the day before. For example, if you're going to have a lettuce wrap for lunch and the recipe calls for chicken but you have leftover beef from the night before, by all means, substitute away!

These meals can be flexible or followed to the letter; it's your choice.

We hope you enjoy these new “day” menus and that they are great help as you continue on your paleo journey!

Congratulations on Saving Breakfast and Lunch in your home!

Paleo Daytime Ebook Volume 1 - Shopping List - Breakfast

Tex Mex Breakfast Casserole
Bacon, Spinach, and Avocado Breakfast Salad
Smoked Salmon and Dill "Pancakes"
Coconut Waffles with Apple Compote
Sweet Potato Sausage "Quesadilla"

PROTEIN

1 pound extra lean, grass-fed ground beef [R5]
Low sodium lean bacon (2 slices) [R2]
Eggs (14) [R1,R3,R4,R5]

DELI

8 ounces smoked salmon [R3]

CONDIMENTS

Olive oil [R4,R5]
Coconut oil (3 tablespoons) [R1,R3]
Raw honey (2 tablespoons plus 1/2 teaspoon plus optional 1
tablespoon) [R4]
Maple syrup, pure (1 tablespoon) (optional) [R4]

SPICES

Sea salt [R1,R2,R3,R4,R5]
Black peppercorns [R2,R3,R5]
Ground cumin [R1]
Paprika [R1]
Dill [R3]
Ground cinnamon [R4]
Dried parsley flakes [R5]
Marjoram [R5]
Ground fennel [R5]
Sage [R5]
Turmeric [R5]
Vanilla extract, pure [R4]

PRODUCE

Onions (1/4 cup plus 2 tablespoons diced) [R1,R3]
Yellow onions (1/2 cup chopped) [R5]
Red onions (1/4 cup diced) [R2]
Garlic (7 cloves) [R1,R2,R3,R5]
Sweet potatoes (2 cups mashed plus 1/2 cup grated)
[R1,R5]
Zucchini (1 cup grated) [R3]
Green bell peppers (1/4 cup chopped plus 2 tablespoons
diced) [R1,R5]
Jalapeno peppers (1) [R5]
Serrano chili pepper (1) [R1]
Avocados (2) [R2]
Cherry tomatoes (1 cup quartered plus 1/4 cup chopped)
[R1,R2]
Spinach (2 cups chopped) [R2]
Cilantro (1/4 cup chopped) [R2]
Lemons (1 teaspoon juice plus 1 teaspoon zest) [R3]
Limes (2 tablespoons juice) [R2]
Apples (1 cup diced plus slices for side dish) [R1,R4]
Pears (sliced for side dish) [R1,R4]

FREEZER

Fruit, your choice (2 tablespoons) (optional) [R4]

DRY GOODS

Almond flour (3 cups) [R4]
Coconut flour (2 tablespoons) [R4]
Baking soda (1 teaspoon) [R4]
Shredded coconut, unsweetened (1/2 cup) [R4]

CANNED GOODS

Coconut milk (1/2 cup) [R4]
Coconut cream (1/4 cup) [R2]

OTHER

Aluminum foil wrap [R1]



Tex Mex Breakfast Casserole

Recipe 1 - Serves 4-6

INGREDIENTS:

2 tablespoons coconut oil, divided
2 tablespoons finely diced onion
2 tablespoons diced green bell pepper
1/4 cup chopped cherry tomatoes
1 Serrano chili pepper, de-seeded and diced
2 cloves garlic, pressed

1/4 teaspoon ground cumin
1/2 teaspoon paprika
1/4 teaspoon sea salt
1/2 cup peeled and grated sweet potato
6 eggs, beaten*
Aluminum foil wrap
Apples or pears, sliced



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Lightly grease a square baking pan with coconut oil. Melt remaining coconut oil in a skillet over medium heat; add onion and bell pepper and sauté until onions begin to turn translucent. Stir in tomatoes, chili pepper, garlic, cumin, paprika and salt; cook for 2 minutes. Spread an even layer of sweet potatoes in the bottom of the baking dish; pour beaten eggs on top then spoon vegetable mixture evenly over the top of the eggs. Cover with aluminum foil and bake for 15 minutes. Remove foil and bake for an additional 5 minutes, if needed. Casserole is done when firm in the center. Cool slightly and cut into equal squares, serving immediately with sliced apples or pears.

***LEANNE'S NOTE:** With Paleo, it's best to consume less than 6 eggs per week, so only eat one serving and watch your eggs for the rest of the week!

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Bacon, Spinach, and Avocado Breakfast Salad

Recipe 2 – Serves 4-6

INGREDIENTS:

2 slices low sodium, lean bacon, cooked, cooled, and chopped
2 avocados, pitted, peeled and diced
2 cups chopped fresh spinach
1 cup quartered cherry tomatoes
1/4 cup diced red onion

2 cloves garlic, pressed
2 tablespoons lime juice
1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1/4 cup coconut cream
1/4 cup chopped fresh cilantro



COOKING INSTRUCTIONS:

In a large bowl, combine first 9 ingredients (bacon through black pepper); toss well to combine. Stir in coconut cream and top with chopped cilantro. Serve immediately.

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Smoked Salmon and Dill "Pancakes"

Recipe 3 - Serves 4

INGREDIENTS:

1 tablespoon coconut oil
1/4 cup finely diced onion
1 teaspoon lemon zest
1 small clove garlic, pressed
2 teaspoons dried dill, plus optional garnish

1 cup finely grated zucchini
1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
2 eggs, beaten
8 ounces smoked salmon
1 teaspoon lemon juice



COOKING INSTRUCTIONS:

Melt the coconut oil in a large skillet over medium heat. In a medium bowl, combine next 8 ingredients (onion through eggs); spoon slightly heaping 2 tablespoon portions of this mixture into the skillet and flatten into "pancakes". Cook until golden and bubbly around the edges then carefully flip to the other side, cooking roughly for 1 to 2 minutes per side. Top each warm 2-pancake serving with 2 ounces of smoked salmon. Drizzle each serving with 1/4 teaspoon of lemon juice and garnish with 1/4 teaspoon of dried dill, if desired.

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Coconut Waffles with Apple Compote

Recipe 4 - Serves 4

INGREDIENTS:

4 eggs, beaten
1/2 cup coconut milk
2 tablespoons raw honey
2 teaspoons vanilla extract
1/2 cup unsweetened shredded coconut
3 cups almond flour
2 tablespoons coconut flour
1 teaspoon baking soda

1 teaspoon sea salt
1 teaspoon ground cinnamon
Olive oil
1 cup cored and diced apples (peeling optional)
1 tablespoon water
1 teaspoon vanilla extract
1 teaspoon ground cinnamon
1/2 teaspoon raw honey



COOKING INSTRUCTIONS:

Preheat oven to 200 degrees. In a large bowl, whisk together eggs, coconut milk, honey, and vanilla until well blended. Layer the next 6 ingredients (shredded coconut through ground cinnamon) on top, in the order listed; whisk together, without mixing into the wet ingredients, then whisk into the wet ingredients until well combined. Heat a waffle iron lightly coated with olive oil. Pour in about 1/2 cup of batter for each waffle, filling the waffle iron, but not overfilling it. Cook for 4 to 5 minutes (or according to manufacturer's directions) and keep warm in the oven until apple compote is done. In a medium saucepan over medium heat, combine apples, water, vanilla, cinnamon and honey. Stir well and cook for 5 minutes or until apples are tender-crisp. Serve each waffle immediately with 1/4 cup of apple compote.

VARIATION: If any batter is left over, refrigerate until the next day and mix in two tablespoons of your favorite frozen fruit (blueberries, raspberries, pitted cherries) before cooking and serve with a tablespoon of maple syrup or raw honey.

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DO-AHEAD TIP: Prepare mashed sweet potatoes.

Sweet Potato Sausage “Quesadilla”

Recipe 5 - Serves 4

INGREDIENTS:

Olive oil	1/2 teaspoon sea salt
2 cups cooked and mashed sweet potatoes, divided	1/4 teaspoon turmeric
1 pound extra lean, grass-fed ground beef	1/8 teaspoon freshly ground black pepper
2 teaspoons dried parsley flakes	1/2 cup chopped yellow onion
1 teaspoon dried marjoram	1/4 cup chopped green bell pepper
1 teaspoon paprika	1 jalapeno pepper, de-seeded and diced
1/2 teaspoon ground fennel	2 cloves garlic, pressed
1/2 teaspoon dried sage	2 eggs, beaten



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Lightly coat a square baking dish with olive oil then spread 1 cup of mashed sweet potatoes evenly in the bottom. Coat a medium skillet with olive oil over medium-high heat. Add ground beef and seasonings; cook and crumble ground beef till pink; add onion, bell pepper, jalapeno and garlic. Cook and stir until ground beef is completely browned then cool to room temperature. Stir in eggs and blend well; pour mixture over the mashed sweet potatoes in the baking dish then spread remaining mashed sweet potatoes on top; bake for 15 to 20 minutes or until set in the center and the edges are golden. Cut “quesadilla” into 4 equal portions and serve immediately.

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Paleo Daytime Ebook Volume 1 - Shopping List - Breakfast

Chocolate Waffles with Chocolate Sauce
Banana Nut Pancakes
Veggie Frittata
Blueberry Peach Crunch
Fruit Salad with Honey Bacon Dressing

PROTEIN

Low sodium lean bacon (4 slices) [R5]
Eggs (2) [R1,R3]

CONDIMENTS

Olive oil [R1]
Coconut oil (2 tablespoons) [R2,R3]
Raw honey (1/2 cup plus optional 1 tablespoon)
[R1,R2,R4,R5]
Maple syrup, pure (1 tablespoon) [R2]

DRY GOODS

Almond flour (1 1/2 cups) [R1]
Coconut flour (1 tablespoon) [R1]
Baking soda (1/2 teaspoon) [R1]
Cocoa powder, unsweetened (2 tablespoons) [R1]
Dark chocolate chips (1/4 cup plus 3 tablespoons) [R2,R4]
Almonds (2 tablespoons whole plus 1/4 cup chopped)
[R2,R4]
Walnuts (2 tablespoons halves plus 1/4 cup chopped)
[R4,R5]
Macadamia nuts (1 tablespoon whole) [R4]
Raisins (1 tablespoon) (optional) [R5]

PRODUCE

Yellow onions (2 tablespoons chopped) [R3]
Garlic (1 clove) [R3]
Broccoli (1/4 cup chopped) [R3]
White button mushrooms (2 tablespoons sliced) [R3]
Spinach (1/4 cup chopped) [R3]
Lemons (2 tablespoons juice) [R5]
Oranges (2 tablespoons juice) [R4]
Bananas (2 cups mashed) [R2]
Peaches (2 1/2 cups sliced) [R4,R5]
Apples (1 cup cored and sliced) [R5]
Pears (1/2 cup cored and sliced) [R5]
Blueberries (1/2 cup) (or buy frozen) [R4]

DAIRY

Ghee (clarified butter) (5 tablespoons) (or use olive oil)
[R1,R2]

FREEZER

Blueberries (1/2 cup) (if not using fresh) [R4]

CANNED GOODS

Coconut milk (1/3 cup) [R1]

SPICES

Sea salt [R1,R3]
Black peppercorns [R3]
Ground cinnamon [R1,R2,R4,R5]
Ground nutmeg [R4,R5]
Vanilla extract, pure [R1,R2,R4]



Chocolate Waffles with Chocolate Sauce

Recipe 1 - Serves 4

INGREDIENTS:

2 eggs, beaten
1/3 cup coconut milk
1 teaspoon vanilla extract
2 tablespoons raw honey
1 1/2 cups almond flour
1 tablespoon coconut flour
2 tablespoons unsweetened cocoa powder
1/2 teaspoon baking soda

1/8 teaspoon sea salt
1/8 teaspoon ground cinnamon
1/4 cup dark chocolate chips
Olive oil
3 tablespoons ghee (or use olive oil)
3 tablespoons dark chocolate chips
1 tablespoon raw honey
1 teaspoon vanilla extract



COOKING INSTRUCTIONS:

Preheat oven to 200 degrees. In a large bowl, whisk together eggs, coconut milk, vanilla, and honey until well blended. Layer the next 6 ingredients (almond flour through cinnamon) in the order listed and whisk together, without mixing into the wet ingredients. Whisk dry ingredients into the wet ingredients and blend well. Stir in chocolate chips. Preheat a waffle iron lightly coated with olive oil. Pour in about 1/4 cup of batter for each waffle, filling the waffle iron, but not overfilling it. Cook for 4 to 5 minutes (or according to manufacturer's directions) and keep warm in the oven until chocolate sauce is done. In a medium saucepan over medium heat, combine ghee (or olive oil), chocolate chips, honey and vanilla; stir until melted and completely combined. Immediately spoon about 1 tablespoon of sauce over each waffle and serve immediately.

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Banana Nut Pancakes

Recipe 2 – Serves 4

INGREDIENTS:

2 cups mashed bananas
2 tablespoons ghee (or use olive oil)
1 tablespoon vanilla extract
1 tablespoon pure maple syrup

1 teaspoon ground cinnamon
1 tablespoon coconut oil
1/4 cup chopped almonds, chopped
2 tablespoons raw honey



COOKING INSTRUCTIONS:

In a medium bowl, combine banana, ghee (or olive oil), vanilla, maple syrup and cinnamon until well blended, being sure to incorporate a great deal of air for a light batter. Melt the coconut oil in a large skillet over medium-low heat. Pour batter small 1/4-cup portions into the skillet and cook until bubbles form half-way through the pancake. Flip carefully and cook until just browned on each side, keeping an eye on them. Serve immediately, topped with chopped almonds and honey.

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Veggie Frittata

Recipe 3 - Serves 4-6

INGREDIENTS:

1 tablespoon coconut oil
2 tablespoons chopped yellow onion
2 tablespoons sliced white button mushrooms
1/4 cup chopped broccoli

1/4 cup chopped fresh spinach
1 small clove garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
8 eggs, beaten



COOKING INSTRUCTIONS:

Melt the coconut oil in skillet over medium heat. Add onion and cook until translucent. Add mushrooms and broccoli; cook for 3 to 5 minutes. Stir in spinach, garlic, salt and pepper; cook and stir for 30 seconds. Evenly arrange the vegetables on the bottom of the skillet then slowly pour the beaten eggs on top. Cook until eggs are cooked almost through on both sides, about 3 to 5 minutes. Carefully turn then cook for 1 to 2 minutes or until cooked through. Slice and serve immediately.

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Blueberry Peach Crunch

Recipe 4 - Serves 4

INGREDIENTS:

2 cups peeled, pitted and sliced peaches
1/2 cup blueberries (fresh or frozen)
2 tablespoons orange juice
1 teaspoon vanilla extract
1 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg
2 tablespoons whole almonds
2 tablespoons walnut halves
1 tablespoon whole macadamia nuts
1 tablespoon raw honey (optional)



COOKING INSTRUCTIONS:

In a medium saucepan over medium heat, combine peaches, blueberries, orange juice, vanilla, cinnamon and nutmeg; stir until heated through. Stir in almonds, walnuts and macadamia nuts. Divide into 4 approximately half-cup servings and drizzle each with a bit of honey, if desired. Serve immediately.

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DO-AHEAD TIP: Cook and crumble bacon.

Fruit Salad with Honey Bacon Dressing

Recipe 5 - Serves 4

INGREDIENTS:

1 cup cored and sliced apples (peeling optional)
1/2 cup peeled, pitted and sliced peaches
1/2 cup cored and sliced pears (peeling optional)
1 tablespoon raisins (optional)
1/4 cup chopped walnuts

1 teaspoon ground cinnamon
1 dash ground nutmeg
2 tablespoons lemon juice
3 tablespoons raw honey
4 slices lean, low-sodium bacon, cooked
and crumbled



COOKING INSTRUCTIONS:

In a large bowl, combine apples, peaches, pears, raisins, walnuts, cinnamon and nutmeg; toss well to combine. In a small bowl, combine lemon juice and honey; blend well. Add bacon and stir to combine. Add to fruit mixture and toss well. Divide into about 2/3-cup portions and serve.

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Paleo Daytime Ebook Volume 1 - Shopping List - Breakfast

Blueberry, Pistachio, Pumpkin Seed Bars
Island Coconut Breakfast Bars
Banana Sunflower Seed Muffins
Blueberry and Spinach Smoothie
No-Crust Spinach and Onion Quiche

PROTEIN

Eggs (9) [R3,R5]

CONDIMENTS

Sunflower oil (1/2 cup) [R1,R2]
Coconut oil (4 teaspoons) [R1,R2,R3,R5]
Raw honey (3/4 cup) [R1,R2,R3]
Almond butter (2 teaspoons) [R3]

CANNED GOODS

Coconut cream (1 cup) [R4]
Almond milk, unsweetened (1/2 cup) [R4]
Coconut milk, unsweetened (1/2 cup) [R5]

SPICES

Sea salt [R1,R2,R3,R5]
Black peppercorns [R5]
Ground cinnamon [R1,R2,R3,R4]
Ground nutmeg [R3]
Vanilla extract [R1,R2]

PRODUCE

Yellow onions (1/4 cup chopped) [R5]
Garlic (1 clove) [R5]
Cucumber (1 cup diced) [R4]
Spinach (1 3/4 cups chopped) [R4,R5]
Lemons (1 tablespoon juice) [R4]
Limes (2 tablespoons juice) [R2]
Bananas (3/4 cup mashed) [R3]

DRY GOODS

Almond flour (4 cups) [R1,R2,R3]
Baking soda (1 1/2 teaspoons) [R1,R2,R3]
Baking powder (1 teaspoon) [R3]
Shredded coconut, unsweetened (1 cup) [R1,R2]
Pumpkin seeds (3/4 cup) [R1]
Sunflower seeds (1 tablespoon) [R3]
Pistachios (1/4 cup chopped) [R1]
Macadamia nuts (1/4 cup chopped) [R2]
Dried apricots (2 tablespoons chopped) [R2]
Dried blueberries (1/2 cup) [R1]
Hemp protein (1 to 2 scoops) [R4]

FREEZER

Blueberries (1 1/2 cups) [R4]



Blueberry, Pistachio, Pumpkin Seed Bars

Recipe 1 - Serves 12

INGREDIENTS:

1 1/4 cups almond flour
1/4 teaspoon sea salt
1/4 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 cup sunflower oil
1/4 cup raw honey

1 teaspoon vanilla extract
1/2 cup shredded unsweetened coconut
3/4 cup pumpkin seeds
1/4 cup chopped pistachios
1/2 cup dried blueberries
1 teaspoon coconut oil



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. In a medium bowl, combine almond flour, salt, baking soda and cinnamon. Make a well in the center then fill with sunflower oil, honey, and vanilla; blend well. Add coconut, pumpkin seeds, pistachios and blueberries; blend well. Lightly coat a square baking dish with coconut oil then press batter evenly into the baking dish. Bake for 15 to 20 minutes or until set and golden around the edges. Allow to cool completely then cut into squares. Eat immediately or on the go!

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Island Coconut Breakfast Bars

Recipe 2 – Serves 12

INGREDIENTS:

1 1/4 cups almond flour
1/4 teaspoon sea salt
1/4 teaspoon baking soda
1 teaspoon ground cinnamon
1/4 cup sunflower oil
1/4 cup raw honey

1 teaspoon vanilla extract
2 tablespoons lime juice
1/2 cup shredded unsweetened coconut
1/4 cup chopped macadamia nuts
2 tablespoons chopped dried apricots
1 teaspoon coconut oil



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. In a medium bowl, combine almond flour, salt, baking soda, and cinnamon. Make a well in the center then fill with sunflower oil, honey, vanilla and lime juice; blend well. Add coconut, macadamia nuts and apricots; blend well. Lightly coat a square baking dish with coconut oil and press the batter evenly into the dish. Bake for 15 to 20 minutes or until set and golden around the edges. Allow to cool completely then cut into squares. Eat immediately or on the go!

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Banana Sunflower Seed Muffins

Recipe 3 - Serves 12

INGREDIENTS:

1 1/2 cups almond flour
1 teaspoon baking powder
1 teaspoon baking soda
1/8 teaspoon sea salt
2 teaspoons ground cinnamon
1/8 teaspoon ground nutmeg

3/4 cup mashed ripe bananas
3 eggs
1/4 cup raw honey
2 teaspoons almond butter
1 teaspoon coconut oil
1 tablespoon sunflower seeds



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. In a medium bowl, combine almond flour, baking powder, baking soda, salt, cinnamon and nutmeg; blend well. Add banana, eggs, honey and almond butter; beat until well blended. Coat a muffin pan with the coconut oil; fill each muffin cup 2/3 full with batter then sprinkle each with a few sunflower seeds. Bake for 25 minutes or until muffins spring back when touched.

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Blueberry and Spinach Smoothie

Recipe 4 - Serves 4

INGREDIENTS:

1 cup coconut cream
1/2 cup unsweetened almond milk
1-2 scoops hemp protein (per instructions on hemp container)

1/4 teaspoon ground cinnamon
1 cup peeled and diced cucumber
1/4 cup chopped fresh spinach
1 1/2 cup frozen blueberries
1 tablespoon lemon juice



COOKING INSTRUCTIONS:

In a blender, combine coconut cream, almond milk, hemp protein, and cinnamon; pulse a few times then add remaining ingredients. Pulse until desired consistency is reached. Pour, serve, and enjoy!

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No-Crust Spinach and Onion Quiche

Recipe 5 - Serves 4-6

INGREDIENTS:

1 teaspoon coconut oil

6 eggs, beaten

1/2 cup unsweetened coconut milk

1 1/2 cups chopped fresh spinach

1/4 cup chopped yellow onion

1 clove garlic, pressed

1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Coat a 9-inch pie plate with coconut oil. In a large bowl, whisk together eggs and coconut milk. Add remaining ingredients and whisk until well blended. Pour mixture into prepared pie plate; bake for 30 minutes or until center is set and edges are crisp and golden brown. Cut and serve immediately.

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Paleo Daytime Ebook Volume 1 - Shopping List - Breakfast

Sausage Breakfast Pizza
Lemon Blueberry Pancakes
Glazed Pears with Sweet Rutabaga Mash
Rosemary and Mustard Sausage Patties
Mango Upside-down Cakes

PROTEIN

1 1/2 pounds extra lean, grass-fed ground beef [R1,R4]
Eggs (17) [R1,R2,R4,R5]

CONDIMENTS

Olive oil [R3,R4]
Sunflower oil (3 tablespoons) [R1]
Coconut oil (5 tablespoons plus 1 teaspoon) [R1,R4,R5]
Whole grain mustard (2 teaspoons) [R4]
Salsa (1/2 cup) [R1]
Raw honey (1/2 cup plus topping) [R2,R3,R5]
Maple syrup, pure (2 tablespoons plus topping) [R2,R5]

CANNED GOODS

Coconut milk, unsweetened (1 3/4 cups) [R1,R2]

DRY GOODS

Almond flour (2 1/4 cups) [R1,R5]
Coconut flour (2/3 cup plus 1/2 cup) [R1,R2]
Baking soda (1 3/4 teaspoons) [R2,R5]
Baking powder (1 teaspoon) [R1]
Almonds (1/4 cup chopped) [R5]

PRODUCE

Onions (1 cup chopped) [R4]
Yellow onions (1 cup diced) [R1]
Garlic (2 cloves) [R1,R4]
Green bell peppers (1/4 cup diced) [R1]
Rutabagas (2 cups mashed) [R3]
Rosemary (1 teaspoon chopped) [R4]
Lemons (1 tablespoon juice) [R3]
Pears (2 cups sliced) [R3]
Fruit (your choice) [R5]
Mango (3/4 cup diced) [R5]

SPICES

Sea salt [R1,R2,R4,R5]
Black peppercorns [R1,R4]
Dried parsley flakes [R1,R4]
Marjoram [R1,R4]
Paprika [R1,R4]
Fennel [R1,R4]
Sage [R1,R4]
Turmeric [R1]
Ground ginger [R3]
Ground cinnamon [R3]
Vanilla extract [R2,R5]
Lemon extract [R2]
Almond extract [R5]

DAIRY/DAIRY CASE

Ghee (1 tablespoon) (or use olive oil) [R3]

FREEZER

Blueberries (1/2 cup) [R2]



Sausage Breakfast Pizza

Recipe 1 - Serves 4-6

INGREDIENTS:

1 teaspoon coconut oil
1/2 cup coconut flour
1 cup almond flour
1 teaspoon baking powder
1 clove garlic, pressed
4 eggs, beaten
3 tablespoons sunflower oil
1/2 cup unsweetened coconut milk
1/2 pound extra lean, grass-fed ground beef
2 teaspoons dried parsley flakes

1 teaspoon dried marjoram
1 teaspoon paprika
1/2 teaspoon ground fennel
1/2 teaspoon dried sage
1/2 teaspoon sea salt
1/4 teaspoon turmeric
1/8 teaspoon freshly ground black pepper
1/4 cup diced yellow onion
1/4 cup diced green bell pepper
1/2 cup salsa



COOKING INSTRUCTIONS:

Preheat oven to 375 degrees. Coat a raised rim pizza pan with coconut oil. In a large bowl, combine coconut flour, almond flour, baking powder and garlic; blend well. Add eggs, sunflower oil and coconut milk, whisk until well blended, using your hands, if necessary. Spread batter evenly over entire surface of prepared pan (batter will be thinner than a pizza dough). Bake crust for 15 to 20 minutes. Meanwhile, prepare topping: In a deep skillet, brown ground beef over medium heat. Half way through cooking, add parsley flakes, marjoram, paprika, fennel, sage, salt, turmeric, pepper, onion and bell pepper. When meat is cooked through, drain if necessary. Remove crust from oven and spread salsa evenly over the bottom; top with meat mixture and bake for 5 minutes to heat through. Serve immediately.

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Lemon Blueberry Pancakes

Recipe 2 – Serves 4

INGREDIENTS:

5 eggs
1 1/4 cup unsweetened coconut milk
2 teaspoons vanilla extract
1/2 teaspoon lemon extract
2 tablespoons raw honey

2/3 cup coconut flour
1 1/2 teaspoons baking soda
1/2 teaspoon sea salt
1/2 cup frozen blueberries
1 tablespoon coconut oil
Pure maple syrup OR raw honey, for topping



COOKING INSTRUCTIONS:

In a large bowl, whisk eggs until frothy. Add coconut milk, vanilla, lemon extract and honey; blend well then layer on top, in this order: coconut flour, baking soda, and salt. Combine dry ingredients on top then whisk into wet ingredients. Stir in blueberries. In a large skillet, melt coconut oil over medium-low heat. Pour about 1/3 cup of batter into skillet and cook pancake until edges start to bubble and become dry. Flip with an angled spatula and cook through, 1 to 2 minutes per side. Repeat for remaining batter. Serve immediately with maple syrup or honey.

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Glazed Pears with Sweet Rutabaga Mash

Recipe 3 - Serves 4

INGREDIENTS:

2 cups cooked and mashed rutabagas
1 tablespoon ghee (or use olive oil)
2 tablespoons raw honey, divided
1 tablespoon lemon juice

1 teaspoon ground ginger
1/2 teaspoon ground cinnamon
2 cups cored and thickly sliced pears
Olive oil



COOKING INSTRUCTIONS:

Preheat oven to 400 degrees. While rutabagas are warm, stir in ghee (or oil) and 1 tablespoon of honey until well combined; set aside and keep warm. In a small bowl, combine remaining 1 tablespoon of honey, the lemon juice, ginger and cinnamon; add sliced pears, toss to coat. Spread on a lightly oiled baking pan and bake for 25 to 30 minutes or until tender-crisp. Serve 1/2 cup of mashed rutabagas topped with 1/2 cup of baked pears; drizzle with a bit of extra honey, if desired.

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Rosemary and Mustard Sausage Patties

Recipe 4 - Serves 6

INGREDIENTS:

1 pound extra lean, grass-fed ground beef
2 teaspoons dried parsley flakes
1 teaspoon dried marjoram
1 teaspoon paprika
1/2 teaspoon ground fennel
1/2 teaspoon dried sage
1/2 teaspoon sea salt
1/4 teaspoon turmeric

1/8 teaspoon freshly ground black pepper
2 teaspoons whole grain mustard
1 tablespoon olive oil
1 tablespoon coconut oil
1 cup onion, finely chopped
1 clove garlic, pressed
1 teaspoon finely chopped fresh rosemary
6 eggs
Fruit, your choice



COOKING INSTRUCTIONS:

Preheat oven to 500 degrees. In a large bowl, combine first 11 ingredients (beef through mustard). Melt the coconut oil in a large skillet over medium heat; add onion and cook until translucent. Stir in garlic and rosemary; cook for 5 minutes; cool slightly then add to ground beef mixture and blend well. Roll mixture into twelve 2-inch balls, and flatten slightly. Bake for 5 to 6 minutes; if not crisp and golden, broil for 1 to 2 minutes. Meanwhile poach eggs. Serve with a poached egg and fruit.

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Mango Upside-down Cakes

Recipe 5 - Serves 6

INGREDIENTS:

3/4 cup pitted, peeled and diced mango
1/4 cup chopped almonds
2 tablespoons pure maple syrup
2 teaspoons vanilla extract, divided
2 eggs
1/4 cup coconut oil, melted and slightly cooled

1/4 cup raw honey
1 teaspoon almond extract
1 1/4 cups almond flour
1/4 teaspoon sea salt
1/4 teaspoon baking soda



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Coat 6 muffin cups with coconut oil. In a medium bowl, combine mango, almonds, maple syrup and 1 teaspoon of vanilla; blend well and set aside. In a separate bowl, whisk together eggs, coconut oil, honey and almond extract. On top of the wet ingredients, layer the almond flour, salt and baking soda; lightly whisk these dry ingredients together on top (without mixing into the wet ingredients) then whisk into the wet ingredients. Spoon about 2 tablespoons of mango mixture into each muffin cup then top with some batter until 2/3 full. Bake for 20 minutes or until golden brown. Carefully spoon out each "cake" and serve immediately.

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Paleo Daytime Ebook Volume 1 - Shopping List - Breakfast

Paleo-Friendly Eggs Benedict
Sunny Island Smoothie
Smoked Salmon with Lemon Dill Turnip Mash
Breakfast Banana Custard
Easy Fruit and Nut Breakfast "Cereal"

PROTEIN

Lean, low sodium bacon (2 slices) [R1]
Eggs (8) [R1,R4]

DELI

1 pound smoked salmon [R3]

CONDIMENTS

Olive oil (if not using ghee) [R3]
Raw honey (1 tablespoon) [R2]
Maple syrup, pure (1/3 cup) [R4]

SPICES

Sea salt [R1,R4]
Black peppercorns [R1]
Ground cinnamon [R4,R5]
Ground cardamom [R4]
Ground nutmeg [R4,R5]
Vanilla extract [R2]

DRY GOODS

Shredded coconut, unsweetened (2 tablespoons) [R2]
Whole almonds, raw (2 tablespoons) [R5]
Walnuts (2 tablespoons chopped) [R5]
Pecans (2 tablespoons chopped) [R5]
Hemp protein (1 to 2 scoops) [R2]

PRODUCE

Red onion (1 tablespoon, diced) [R1]
Garlic (1 clove) [R1]
Green onions (1 tablespoon chopped) [R3]
Turnips (2 cups mashed) [R3]
Tomatoes (4 slices) [R1]
Avocado (1) [R1]
Dill (2 teaspoons chopped plus optional garnish) [R3]
Lemons (2 tablespoons juice plus optional wedges) [R3]
Oranges (1/4 cup juice) [R2]
Bananas (1 cup mashed plus 1/2 cup sliced) [R4,R5]
Mango (1/2 cup diced) [R5]
Kiwi (1/4 cup diced) [R5]
Strawberries (1/2 cup) [R2]
Blackberries (1/4 cup) [R5]

CANNED GOODS

Coconut milk (not reduced fat) (1 cup) [R4]
Coconut cream (1/2 cup) [R1,R2,R5]

DAIRY/DAIRY CASE

Ghee (clarified butter) (3 tablespoons) (or use olive oil) [R3]

FREEZER

Peaches (1 cup) [R2]

OTHER

Almond milk, unsweetened (1/4 cup) [R2]



DO-AHEAD TIP: Cook bacon and poach eggs.

Paleo-Friendly Eggs Benedict

Recipe 1 - Serves 4

INGREDIENTS:

1 avocado, peeled and pit removed
2 tablespoons coconut cream
1 tablespoon diced red onion
1 small clove garlic, pressed

1/2 teaspoon sea salt
1/4 teaspoon freshly ground pepper
4 (1/2-inch thick) slices tomato
2 slices lean, low sodium bacon, cooked
4 eggs, poached



COOKING INSTRUCTIONS:

In a blender or food processor, combine avocado, coconut cream, onion, garlic, salt, and pepper; process until smooth; set aside. Place 1 slice of tomato on each breakfast plate; top with one-half strip of bacon and a poached egg; pour 1 to 2 tablespoons of avocado cream on top. Serve immediately.

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Sunny Island Smoothie

Recipe 2 – Serves 4

INGREDIENTS:

1/4 cup unsweetened almond milk
2 tablespoons coconut cream
1/4 cup orange juice
1 teaspoon vanilla extract
1 tablespoon honey

1-2 scoops hemp protein (per instructions
on hemp container)
1 cup frozen peaches
1/2 cup strawberries, washed and hulled
2 tablespoons unsweetened shredded coconut



COOKING INSTRUCTIONS:

Place all ingredients in a blender; process until desired consistency is reached. Pour mixture into 4 glasses and serve immediately.

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DO-AHEAD TIP: Prepare turnips.

Smoked Salmon with Lemon Dill Turnip Mash

Recipe 3 - Serves 4

INGREDIENTS:

2 cups cooked, drained and mashed turnips
3 tablespoons ghee (or use olive oil)
2 tablespoons lemon juice
2 teaspoons chopped fresh dill (plus extra for optional garnish)

1 tablespoon chopped green onions
1 pound smoked salmon
Lemon wedges (optional)



COOKING INSTRUCTIONS:

While turnips are hot, add ghee (or olive oil), lemon juice, dill, and green onions; blend into mashed turnips. Arrange 1/2 cup of this mixture on each breakfast plate and top each with 4 ounces of smoked salmon. Sprinkle with additional chopped dill and garnish with a lemon wedge if desired.

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Breakfast Banana Custard

Recipe 4 - Serves 4

INGREDIENTS:

1 cup coconut milk (not reduced fat)
1 cup mashed ripe banana
4 eggs
1/3 cup pure maple syrup

1 teaspoon ground cinnamon
1/4 teaspoon ground cardamom
1 dash ground nutmeg
1 dash sea salt



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Place coconut milk, banana, eggs, maple syrup, cinnamon, cardamom, nutmeg, and salt in a blender; process until smooth. Evenly fill 6 ounce ramekins with custard mixture then carefully place them in a baking dish or pan of hot water (water should only come up to the half-way mark on the ramekins). Bake for 45 minutes to 1 hour or until set. Serve custard warm, cold or at room temperature with bacon or sausage.

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Easy Fruit and Nut Breakfast “Cereal”

Recipe 5 - Serves 4

INGREDIENTS:

1/2 cup sliced banana
1/2 cup pitted, peeled and diced mango
1/4 cup peeled and diced kiwi
1/4 cup fresh blackberries
2 tablespoons whole raw almonds

2 tablespoons chopped pecans
2 tablespoons chopped walnuts
1/4 cup coconut cream
1 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg



COOKING INSTRUCTIONS:

Combine all ingredients in a large bowl; toss well to combine. Divide into 4 equal portions and serve immediately.

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Paleo Daytime Ebook Volume 1 - Shopping List - Lunch

Cilantro Lime Pork Salad
Cobb Salad with Lemon Herb Vinaigrette
Spicy Beef and Pineapple Kabobs
Sweet Chicken and Mango Skewers
Chicken Salad Wraps

PROTEIN

1 pound lean grass-fed beef [R3]
1 pound lean pork tenderloin [R1]
4 slices lean low sodium bacon [R2]
3 pounds boneless skinless chicken breast meat [R2,R4,R5]

CONDIMENTS

Extra virgin olive oil [R2]
Sunflower oil (1/4 cup plus 2 tablespoons) [R1,R5]
Coconut oil [R1,R3,R4]

SPICES

Sea salt [R1,R2,R3,R4,R5]
Black peppercorns [R1,R2,R3,R4,R5]
Basil [R2,R5]
Marjoram [R2]
Oregano [R2]
Garlic powder [R3]
Chipotle chili powder [R3]
Ground cinnamon [R4]
Ground cardamom [R4]
Ground star anise [R4]

PRODUCE

Onions (2 cups sliced) [R1]
Yellow onions (1 medium plus 1/4 cup diced) [R4,R5]
Red onions (1/2 medium plus 1/4 cup diced) [R2,R3]
Garlic (6 cloves) [R1,R2,R5]
Carrots (2 cups grated) [R2]
Celery (1/2 cup chopped) [R5]
Green bell peppers (1 cup slices plus 1/2 cup chunks) [R1,R3]
Tomatoes (2 cups chopped) [R2]
Cherry tomatoes (2 cups) [R4]
Avocados (2) [R2]
Gingerroot (1 tablespoon grated) [R1]
Cilantro (1 cup chopped) [R1]
Spinach (4 cups chopped) [R2]
Mixed salad greens (8 cups) [R1]
Romaine OR red leaf lettuce (12 large leaves) [R5]
Lemons (1/4 cup plus 2 tablespoons juice) [R2,R5]
Limes (1 tablespoon juice) [R1]
Seedless white grapes (1/2 cup) [R5]
Mango (1 cup cubed) [R4]
Pineapple (1 cup cubes) [R3]

OTHER

8 metal OR bamboo skewers [R3,R4]



DO-AHEAD TIP: Marinate pork overnight or for at least 1 hour (see recipe).

Cilantro Lime Pork Salad

Recipe 1 - Serves 4

INGREDIENTS:

4 cloves garlic, pressed	2 cups sliced onion, sliced
1 tablespoon grated gingerroot	1 cup green bell pepper slices
1 cup chopped fresh cilantro, divided	1 tablespoon lime juice
1/4 cup sunflower oil	1 teaspoon sea salt
1 pound lean pork tenderloin, cut into 1/4-inch thick slices	1/2 teaspoon freshly ground black pepper
1 tablespoon coconut oil	8 cups mixed salad greens



COOKING INSTRUCTIONS:

In a large bowl, combine garlic, gingerroot, 1/2 cup of cilantro and sunflower oil. Add pork slices and toss to coat; cover and refrigerate overnight or for at least 1 hour. Heat a deep skillet over medium heat. Add pork and marinade; cook for 7 to 10 minutes, stirring frequently, until cooked through; remove from skillet and keep warm. In the same skillet, melt the coconut oil; add sliced onion and cook for 3 minutes or until slightly translucent. Add bell pepper; cook for 3 minutes or until tender-crisp. Return pork to the skillet; add lime juice, remaining cilantro, salt and pepper. Cook until heated through then remove from heat, cool slightly and serve over mixed greens.

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DO-AHEAD TIP: Cook chicken and bacon.

Cobb Salad with Lemon Herb Vinaigrette

Recipe 2 – Serves 6

INGREDIENTS:

1 pound boneless skinless chicken breast meat, cooked, cooled and cubed	1/4 cup diced red onion
4 slices lean, low sodium bacon, cooked, cooled and chopped	1/4 cup lemon juice
2 avocados, pitted, peeled and diced	1/2 cup extra virgin olive oil
2 cups peeled and grated carrots	1/2 teaspoon sea salt
4 cups chopped spinach	1/4 teaspoon freshly ground black pepper
2 cups chopped tomatoes	1 teaspoon dried basil
	1 teaspoon dried marjoram
	2 teaspoons dried oregano
	1 clove garlic, pressed



COOKING INSTRUCTIONS:

In a large bowl, combine chicken, bacon, avocado, carrot, spinach, tomatoes and red onion; toss well. In a medium bowl, whisk together lemon juice, olive oil, salt, pepper, basil, marjoram, oregano and garlic until well blended. Pour vinaigrette over salad mixture and toss well, or serve it on the side.

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DO-AHEAD TIP: Marinate beef cubes for 1 hour (see recipe). If using bamboo skewers, soak them in water for 30 minutes before using, to prevent burning.

Spicy Beef and Pineapple Kabobs

Recipe 3 - Serves 4

INGREDIENTS:

1 teaspoon sea salt	1/2 cup green bell pepper chunks
1/2 teaspoon freshly ground black pepper	1/2 medium red onion, quartered
1 tablespoon garlic powder	1 cup cubed pineapple
1 teaspoon chipotle chili powder	4 metal OR bamboo skewers
1 pound lean grass-fed beef, cut into 1-inch cubes	1 teaspoon coconut oil



COOKING INSTRUCTIONS:

In a small bowl, combine salt, pepper, garlic powder and chipotle chili powder; rub mixture into all sides of beef cubes; cover and refrigerate for 1 hour. Preheat oven to 350 degrees. Alternately thread beef cubes, bell pepper chunks and pineapple cubes on skewers, repeating until skewers are full, but leaving about 1/4-inch clear on each end. Coat a baking dish with coconut oil and bake kabobs for 30 minutes or until beef reaches desired level of doneness. Serve immediately or refrigerate and reheat the next day.

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DO-AHEAD TIP: Marinate chicken for 1 hour (see recipe). If using bamboo skewers, soak them in water for 30 minutes before using, to prevent burning.

Sweet Chicken and Mango Skewers

Recipe 4 - Serves 4

INGREDIENTS:

1 teaspoon sea salt	1 pound boneless skinless chicken breast meat, cubed
1/2 teaspoon freshly ground black pepper	1 medium yellow onion, quartered
1 teaspoon ground cinnamon	1 cup pitted, peeled and cubed mango
1/2 teaspoon ground cardamom	2 cups cherry tomatoes
1/2 teaspoon ground star anise	4 metal or bamboo skewers
	1 teaspoon coconut oil



COOKING INSTRUCTIONS:

In a small bowl, combine salt, pepper, cinnamon, cardamom, and star anise. Rub mixture evenly into chicken cubes; place in a bowl, cover and refrigerate for 1 hour. Preheat oven to 350 degrees. Alternately thread chicken cubes, onion quarters, mango cubes and cherry tomatoes on skewers, repeating until skewers are full, but leaving about 1/4-inch clear on each end. Coat a baking dish with coconut oil and bake kabobs for 30 minutes or until chicken juices run clear. Serve immediately or refrigerate and reheat the next day.

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DO-AHEAD TIP: Cook chicken.

Chicken Salad Wraps

Recipe 5 - Serves 6

INGREDIENTS:

1 pound boneless skinless chicken breast meat, cooked and chopped	2 tablespoons dried basil
1/2 cup chopped celery	2 tablespoons lemon juice
1/2 cup seedless white grapes, halved	1 clove garlic, pressed
1/4 cup finely diced yellow onion	1 teaspoon sea salt
2 tablespoons sunflower oil	1/2 teaspoon freshly ground black pepper
	12 large Romaine OR red leaf lettuce leaves



COOKING INSTRUCTIONS:

In a large bowl, combine chicken, celery, grapes, and onion; toss well. In a small bowl, whisk together oil, basil, lemon juice, garlic, salt and pepper. Pour dressing over chicken mixture and toss well to coat. Fill lettuce leaves with chicken mixture and serve.

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Paleo Daytime Ebook Volume 1 - Shopping List - Lunch

Chicken and Avocado Wraps
Lemon Dill Salmon with Cauliflower Mash
Chicken and Radicchio Radish Salad
Apple and Peach Pork Kabobs
Tropical Shrimp Wraps

PROTEIN

1 pound lean pork tenderloin [R4]
2 pounds boneless skinless chicken breast meat [R1,R3]
4 (3-oz.) wild salmon fillets [R2]
1 pound medium shrimp, peeled and deveined [R5]

CONDIMENTS

Sunflower oil (2 tablespoons) [R1]
Coconut oil (1 tablespoon plus 2 teaspoons) [R2,R4,R5]
Cider vinegar (1 tablespoon) [R3]
Whole grain mustard (2 tablespoons) [R3]

CANNED GOODS

Low sodium chicken broth (1 1/2 cups) [R2]

SPICES

Sea salt [R1,R2,R3,R4,R5]
Black peppercorns [R1,R2,R3,R4,R5]
Dill [R2]
Tarragon [R3]
Allspice [R4]

DAIRY/DAIRY CASE

Ghee (clarified butter) (2 tablespoons) (or use olive oil) [R2]

PRODUCE

Red onions (1 1/2 cups chopped plus 1/4 cup minced) [R1,R3,R5]
Garlic (7 cloves) [R1,R2,R4,R5]
Celery (1 cup chopped) [R3]
Radishes (1 cup sliced) [R3]
Radicchio (3 cups shredded) [R3]
Cauliflower (2 cups chopped) [R2]
Tomatoes (1/2 cup diced) [R1]
Cherry tomatoes (1 cup) [R4]
Grape tomatoes (1 cup halves) [R5]
Jalapeno peppers (2 tablespoons diced) [R1]
Avocado (1) [R1]
Romaine OR red leaf lettuce (24 large leaves) [R1,R5]
Cilantro (1/2 cup chopped) [R1]
Lemons (3 tablespoons juice) [R2]
Limes (1/4 cup juice) [R1,R5]
Apples (2 cups cubed) [R4]
Peaches (8) [R4]
Pineapple (1 cup chopped) [R5]

DRY GOODS

Shredded coconut, unsweetened (2 tablespoons) [R5]
Walnut halves (1/2 cup) [R3]

OTHER

4 metal or bamboo skewers [R4]



DO-AHEAD TIP: Cook chicken.

Chicken and Avocado Wraps

Recipe 1 - Serves 6

INGREDIENTS:

1 pound boneless skinless chicken breast meat, cooked and chopped
1 avocado, pitted and chopped
2 tablespoons diced jalapeno pepper
1/2 cup chopped fresh cilantro
1/4 cup minced red onion

1/2 cup diced tomato
2 tablespoons sunflower oil
2 tablespoons lime juice
1 clove garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
12 large Romaine OR red leaf lettuce leaves



COOKING INSTRUCTIONS:

In a large bowl, combine chicken, avocado, jalapeno, cilantro, red onion, and tomato; toss well. In a small bowl, whisk together oil, lime juice, garlic, salt and pepper. Pour dressing over chicken mixture and toss well to coat. Fill lettuce leaves with chicken salad; serve.

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Lemon Dill Salmon with Cauliflower Mash

Recipe 2 – Serves 4

INGREDIENTS:

2 cups chopped cauliflower
1 1/2 cups low sodium chicken broth
1 cup water
4 (3-oz.) filets wild salmon
1 teaspoon coconut oil

3 tablespoons lemon juice
1 tablespoon dried dill
2 teaspoons sea salt, divided
1 teaspoon freshly ground pepper, divided
2 cloves garlic, pressed
2 tablespoons ghee, or use olive oil



COOKING INSTRUCTIONS:

In a large saucepan with a tight-fitting lid, combine cauliflower, broth and water. Bring to a boil then reduce heat, cover and cook for 10 minutes or until fork-tender. Meanwhile, place salmon in a baking dish coated with coconut oil; drizzle with lemon juice then sprinkle with dill, 1 teaspoon of salt and 1/2 teaspoon of black pepper. Bake for 10 to 12 minutes or until salmon flakes easily when tested with a fork; transfer to a serving plate and keep warm. Drain cauliflower and transfer to a large bowl; add garlic and ghee (or olive oil) and remaining salt and black pepper; mash until mixture reaches desired "mashed potato consistency". Serve salmon immediately with 1/2-cup portions of cauliflower mash on the side.

*LEANNE'S NOTE: This recipe is best made ahead on the weekend if you want to take them next week for lunch!

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DO-AHEAD TIP: Cook chicken.

Chicken and Radicchio Radish Salad

Recipe 3 - Serves 4

INGREDIENTS:

1 pound boneless skinless chicken breast meat, cooked and cubed	1/2 cup walnut halves
3 cups shredded radicchio	2 tablespoons whole grain mustard
1 cup thinly sliced radishes	1 tablespoon cider vinegar
1 cup chopped celery	1 tablespoon dried tarragon
1/2 cup chopped red onion	1 teaspoon sea salt
	1/2 teaspoon freshly ground black pepper



COOKING INSTRUCTIONS:

In a large bowl, combine chicken, radicchio, radishes, celery, onion, and walnuts; toss well. In a small bowl, whisk together mustard, vinegar, tarragon, salt and black pepper; pour over chicken salad and toss well to coat. Serve immediately.

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DO-AHEAD TIP: Marinate pork cubes for 1 hour (see recipe). If using bamboo skewers, soak them in water for 30 minutes before using, to prevent burning.

Apple and Peach Pork Kabobs

Recipe 4 - Serves 4

INGREDIENTS:

2 teaspoons allspice	2 cups cored and cubed apple
2 cloves garlic, pressed	8 peaches, pitted, peeled and halved
1 teaspoon sea salt	1 cup cherry tomatoes
1/2 teaspoon freshly ground black pepper	4 metal or bamboo skewers
1 pound lean pork tenderloin, cut into 1-inch cubes	1 teaspoon coconut oil



COOKING INSTRUCTIONS:

In a small bowl, combine allspice, garlic, salt and black pepper; rub mixture evenly into pork cubes; place in a bowl, cover and refrigerate for 1 hour. Preheat oven to 350 degrees. Alternate pork and apple cubes, peach halves and cherry tomatoes on skewers until they are full, but leaving about 1/4-inch clear on each end. Coat a baking dish with coconut oil; bake kabobs for 30 minutes or until pork is cooked through. Serve immediately or refrigerate and reheat the next day.

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Tropical Shrimp Wraps

Recipe 5 - Serves 6

INGREDIENTS:

1 tablespoon coconut oil
1 pound medium shrimp, peeled and deveined
2 cloves garlic, pressed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 cup grape tomato halves

1 cup chopped pineapple
1 cup chopped red onion
2 tablespoons shredded unsweetened
coconut (toasted, if desired)
2 tablespoons lime juice
12 large Romaine OR red leaf lettuce leaves



COOKING INSTRUCTIONS:

Melt the coconut oil in a large skillet over medium heat. Add shrimp, garlic, salt and black pepper; cook and stir for 2 to 3 minutes or until shrimp are cooked through. Immediately transfer to a large bowl and stir in tomatoes, pineapple, red onion, shredded coconut and lime juice. Spoon equal portions of shrimp salad mixture into the lettuce leaves and serve immediately, or enjoy on the go!

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Paleo Daytime Ebook Volume 1 - Shopping List - Lunch

Orange Beef Wraps
Italian Shrimp Skewers
Herb Baked Chicken with Roasted Prosciutto-wrapped Asparagus
Spicy Crab Wraps
Lemon Dill Scallop Skewers

PROTEIN

1 pound lean grass-fed beef roast [R1]
4 (3-oz.) boneless skinless chicken breast halves [R3]
1 pound large shrimp, peeled and deveined [R2]
1 pound lump crab meat [R4]
1 pound large scallops [R5]

DELI

4 (1-oz.) slices lean Prosciutto [R3]

CONDIMENTS

Extra virgin olive oil [R4]
Olive oil [R5]
Coconut oil (2 tablespoons plus 2 teaspoons) [R1,R2,R3,R5]
Cider vinegar (2 tablespoons) [R1]
Coco-Aminos (1/2 teaspoon) [R1]
Raw honey (2 tablespoons) [R1]

CANNED GOODS

Low sodium chicken broth (1/4 cup) [R3]

PRODUCE

Onions (2 medium) [R2,R5]
Yellow onions (1/4 cup chopped plus 1 small) [R3]
Red onions (1/4 cup minced) [R1]
Garlic (8 cloves) [R1,R2,R3,R4,R5]
Green onions (2 tablespoons chopped) [R1]
Asparagus (1/2 pound) [R3]
Avocado (1) [R4]
Cherry tomatoes (5 cups) [R2,R4,R5]
Bell peppers (2 cups chunks) [R2]
Jalapeno peppers (2 teaspoons) [R4]
Romaine OR red leaf lettuce (20 large leaves) [R1,R4]
Basil (2 teaspoons chopped leaves) [R1]
Dill (1 tablespoon chopped) [R5]
Lemons (2 tablespoons juice) [R5]
Limes (2 tablespoons juice plus 2 tablespoons zest) [R4]
Oranges (1/4 cup chopped) [R1]

SPICES

Sea salt [R1,R2,R3,R4,R5]
Black peppercorns [R1,R2,R3,R4,R5]
Oregano [R2]
Thyme [R2]
Basil [R2]
Herbes de Provence [R3]
Paprika [R4]

OTHER

8 metal or bamboo skewers [R2,R5]



Orange Beef Wraps

Recipe 1 - Serves 6

INGREDIENTS:

1 tablespoon coconut oil
1 pound lean grass-fed beef roast, cut into strips
2 cloves garlic, pressed
1/2 teaspoon coco-aminos
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

2 tablespoons chopped green onions
2 teaspoons chopped fresh basil leaves
2 tablespoons cider vinegar
2 tablespoons raw honey
1/4 cup minced red onion
1/4 cup chopped orange (pith removed)
12 large Romaine OR red leaf lettuce leaves



COOKING INSTRUCTIONS:

Melt the coconut oil in a large skillet over medium-high heat. Add beef strips and cook for 2 minutes; reduce heat to medium. Add garlic, coco-aminos, salt, pepper, green onions and basil; cook for 1 minute. Add vinegar and honey; cook and stir for 2 to 3 minutes or until beef reaches desired level of doneness. Remove from heat, cool slightly then stir in red onion and orange. Spoon equal portions of beef mixture into lettuce leaves; serve immediately or enjoy on the go!

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DO-AHEAD TIP: Marinate shrimp for 1 hour (see recipe). If using bamboo skewers, soak them in water for 30 minutes before using, to prevent burning.

Italian Shrimp Skewers

Recipe 2 – Serves 4

INGREDIENTS:

2 cloves garlic, pressed
1 tablespoon dried oregano
1 tablespoon dried thyme
1/2 tablespoon dried basil
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper

1 pound large shrimp, peeled and deveined
2 cups cherry tomatoes
2 cups bell pepper chunks
1 medium onion, quartered
4 metal or bamboo skewers
1 teaspoon coconut oil



COOKING INSTRUCTIONS:

In a medium bowl, combine garlic, oregano, thyme, basil, salt and pepper; add shrimp and toss to coat; cover and refrigerate for 1 hour. Preheat oven to 350 degrees. Alternate shrimp, cherry tomatoes, bell pepper chunks and onion quarters on skewers, repeating until skewers are full, but leaving about 1/4-inch clear at each end. Coat a baking dish with coconut oil and bake skewers for 8 to 10 minutes, turning half way through baking time, until shrimp are cooked through and vegetables are tender-crisp. Serve immediately or refrigerate and reheat the next day.

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Herb Baked Chicken with Roasted Prosciutto-wrapped Asparagus

Recipe 3 - Serves 6

INGREDIENTS:

4 (3-oz.) boneless skinless chicken breast halves
1 clove garlic, peeled
2 tablespoons Herbes de Provence, divided
2 teaspoons sea salt, divided
1 teaspoon freshly ground black pepper, divided

1 tablespoon coconut oil
1/4 cup chopped yellow onion
1/4 cup low sodium chicken broth
4 (1-oz.) slices lean Prosciutto
1/2 pound asparagus, trimmed



COOKING INSTRUCTIONS:

Preheat oven to 375 degrees. Rub chicken with garlic clove then sprinkle evenly with 1 tablespoon Herbes de Provence, 1 teaspoon of salt and 1/2 teaspoon of pepper. Press the garlic clove and set aside. Melt the coconut oil in a large **ovenproof** skillet over high heat until hot, but not smoking (turn on your exhaust fan!). Add chicken and cook for 2 to 3 minutes. Reduce skillet heat to medium and turn chicken. Add onion and pressed garlic and cook for 3 to 4 minutes, turning occasionally, until onion is translucent. Add chicken broth and remaining 1 tablespoon of Herbes de Provence; boil for 1 minute. Wrap 3 to 4 asparagus spears in each slice of Prosciutto and lay them on top of chicken; sprinkle with remaining salt and pepper. Cover the skillet and place in the oven; bake for 12 to 15 minutes or until chicken juices run clear and asparagus is tender-crisp. Serve immediately or refrigerate and reheat the next day.

*LEANNE'S NOTE: This recipe is best made ahead on the weekend if you want to take them next week for lunch!

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Spicy Crab Wraps

Recipe 4 - Serves 4

INGREDIENTS:

1 pound fresh lump crab meat
1/2 tablespoon paprika
1 teaspoon sea salt
1/2 teaspoon freshly ground pepper
2 teaspoons jalapeno, seeded and chopped
1 cup cherry tomatoes, halved

1 small yellow onion, finely diced
1 avocado, pitted and diced
2 tablespoons lime juice
1 tablespoon extra virgin olive oil
1 clove garlic, pressed
2 tablespoons lime zest
8 large Romaine OR red leaf lettuce leaves



COOKING INSTRUCTIONS:

In a large bowl, toss together crabmeat, paprika, salt, pepper, jalapeno, tomatoes, onion, and avocado. In a small bowl, whisk together lime juice, olive oil, garlic and lime zest; pour over crab mixture, toss well and spoon equal portions into lettuce leaves. Serve immediately or eat on the go!

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Lemon Dill Scallop Skewers

Recipe 5 - Serves 4

INGREDIENTS:

1 teaspoon coconut oil
2 cloves garlic, pressed
1 tablespoon chopped fresh dill
2 tablespoons lemon juice
1 tablespoon olive oil

1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 pound large scallops
2 cups cherry tomatoes
1 medium onion, quartered
4 metal or bamboo skewers



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Coat a baking dish with coconut oil. In a large bowl, whisk together garlic, dill, lemon juice, olive oil, salt and pepper. Alternately thread scallops, cherry tomatoes and onion quarters on skewers, repeating until skewers are full, but leaving about 1/4-inch clear on each end. Place skewers in prepared baking dish and bake for 8 to 10 minutes, turning half way through baking time, until scallops are cooked through and vegetables are tender-crisp. Serve immediately or refrigerate and reheat the next day.

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Paleo Daytime Ebook Volume 1 - Shopping List - Lunch

Chicken and Vegetable Pesto Pizza
Tuna Steaks with Glazed Carrots and Leeks
Tangy Garlic Turnips and Chicken with Kale
Braised Endive and Fennel with Ham
Paleo Italian Sausage and Veggie Pizza

PROTEIN

1 pound ham [R4]
1 pound nitrate-free Italian pork sausage [R5]
2 pounds boneless skinless chicken breast meat [R1,R3]
4 (4-oz.) wild tuna steaks [R2]
Eggs (4) [R1,R5]

DELI

3 ounces lean Prosciutto [R3]

CONDIMENTS

Olive oil [R1,R2,R3,R5]
Coconut oil (2 teaspoons) [R1,R5]
Balsamic vinegar (1/2 tablespoon) [R3]
Cider vinegar (1/4 cup) [R4]
Pesto sauce (1 cup) [R1]
Coco-Aminos (1/2 teaspoon) [R2]
Black olives (1/4 cup chopped) [R1,R5]

CANNED GOODS

Low sodium vegetable broth (2 cups) [R2,R4]
Marinara sauce (1 cup) [R5]
Tomato sauce (2 tablespoons) [R4]
Artichoke hearts (1 cup chopped) [R1]
Roasted red peppers (1/2 cup diced) [R5]

PRODUCE

Yellow onions (2 cups diced) [R1,R2,R4,R5]
Garlic (9 cloves) [R1,R2,R3,R4,R5]
Leeks (1/4 cup chopped) [R2]
Carrots (2 cups sliced) [R2]
Zucchini (1 cup diced) [R5]
Turnips (2 1/2 cups mashed) [R3]
Endive (2 cups chopped) [R4]
Fennel (1 bulb) [R4]
Tomatoes (1/4 cup diced) [R5]
Grape tomatoes (1/4 cup halves) [R1]
Broccoli (1 cup diced) [R1]
Kale (1 cup chopped) [R3]
Spinach (2 cups chopped) [R4]
Gingerroot (1/2 teaspoon grated) [R2]
Basil (1/4 cup chopped leaves) [R1,R5]
Rosemary (1 tablespoon chopped) [R5]
Oregano (1 tablespoon plus 1 teaspoon chopped) [R5]
Lemons (1 tablespoon juice) [R2]

SPICES

Sea salt [R2,R3,R4]
Black peppercorns [R2,R3,R4]

DAIRY/DAIRY CASE

Ghee (clarified butter) (5 tablespoons) (or use olive oil)
[R2,R3]

DRY GOODS

Almond meal (4 cups) [R1,R5]
Baking soda (1/2 teaspoon) [R1,R5]



DO-AHEAD TIP: Cook chicken.

Chicken and Vegetable Pesto Pizza

Recipe 1 - Serves 6

INGREDIENTS:

2 cups almond meal	2 tablespoons chopped fresh basil leaves
2 eggs, beaten	1 tablespoon chopped fresh oregano
3 tablespoons olive oil	1 cup diced broccoli
1/4 teaspoon baking soda	1 cup chopped artichoke hearts, drained
1 clove garlic, pressed	1/4 cup diced yellow onion
1 teaspoon coconut oil	1/4 cup grape tomato halves
1 cup pesto sauce	2 tablespoons chopped black olives
1 pound boneless skinless chicken breast meat, cooked and chopped	



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. In a large bowl, combine almond meal, eggs, olive oil, baking soda and garlic until dough becomes very thick. With your very clean hands, form the dough into a ball. Lightly coat a pizza pan or a cookie sheet with coconut oil. Place the dough in the center of the pan and press it out to the edges until it's about just 1/8-inch thick. Bake the crust for 20 minutes (it will be partially done). Remove crust from the oven and spread with pesto sauce. Top evenly with chopped chicken and remaining ingredients in the order listed. Bake for 25 to 30 minutes. Cool slightly then cut into wedges.

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Tuna Steaks with Glazed Carrots and Leeks

Recipe 2 – Serves 4

INGREDIENTS:

3 tablespoons ghee, divided (or use olive oil)	1/2 cup diced yellow onion
2 cups (1-inch slices) carrots	1/2 teaspoon grated gingerroot
1/4 cup chopped leeks	1 clove garlic, pressed
1/2 cup low sodium vegetable broth	1 tablespoon lemon juice
1/2 teaspoon coco-aminos	1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper	4 (4-oz.) wild tuna steaks



COOKING INSTRUCTIONS:

Melt 1 1/2 tablespoons of ghee (or olive oil) in a large, deep skillet with a tight-fitting lid over medium heat. Add carrots and leeks and cook for 5 to 7 minutes, stirring occasionally, until carrots begin to brown. Meanwhile, in a small bowl, whisk together broth, coco-aminos and black pepper; set aside. Add the onion to the skillet and cook for 2 minutes. Add gingerroot, garlic and lemon juice; cook until fragrant. Add salt; stir again then transfer mixture to a large bowl and keep warm. Melt remaining 1 1/2 tablespoons of ghee (or olive oil) in the same skillet over medium-high heat. Add tuna steaks and cook for 1 minute per side or until golden brown. Pour reserved broth mixture over the fish; cover and cook for 1 to 2 minutes or until tuna steaks are done (be careful to not overcook!) Serve each tuna steak over about 1/2 cup of glazed carrots and leeks.

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DO-AHEAD TIP: Cook chicken and cook, drain and mash turnips.

Tangy Garlic Turnips and Chicken with Kale

Recipe 3 - Serves 4

INGREDIENTS:

2 tablespoons ghee (or use olive oil)	1/2 tablespoon balsamic vinegar
1 cup chopped yellow onion	2 cloves garlic, pressed
3 ounces lean Prosciutto, chopped	1 teaspoon sea salt
1 cup chopped kale	1/2 teaspoon freshly ground black pepper
1 pound boneless skinless chicken breast meat, cooked and cubed	2 1/2 cups cooked and mashed turnips



COOKING INSTRUCTIONS:

Melt the ghee (or olive oil) in a large skillet over medium heat. Add onion and cook for 5 to 7 minutes or until it begins to become translucent. Add chopped Prosciutto and cook for 4 to 5 minutes, stirring occasionally. Add the kale; cook and stir until wilted. Immediately add the cubed chicken, balsamic vinegar, garlic, salt, and black pepper; cook for 3 to 4 minutes. Serve chicken mixture over mashed turnips.

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Braised Endive and Fennel with Ham

Recipe 4 - Serves 4

INGREDIENTS:

1 pound ham, cubed	1/4 cup cider vinegar
2 cups chopped endive	2 tablespoons tomato sauce
1 fennel bulb, chopped	4 cloves garlic, pressed
1 cup diced yellow onion	1 teaspoon sea salt
1 1/2 cups low sodium vegetable broth	1/2 teaspoon freshly ground black pepper
	2 cups chopped spinach



COOKING INSTRUCTIONS:

In a large saucepan with a tight-fitting lid, combine ham, endive, fennel and onion. In a small bowl, whisk together broth, vinegar, tomato sauce, garlic, salt, and pepper; pour over vegetables in the saucepan. Bring mixture to a boil then reduce heat, cover and simmer for 1 hour or until vegetables are tender. Stir in spinach and cook until wilted, about 3 minutes. Serve hot.

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Paleo Italian Sausage and Veggie Pizza

Recipe 5 - Serves 6

INGREDIENTS:

1 teaspoon coconut oil

2 cups almond meal

2 eggs, beaten

3 tablespoons olive oil

1/4 teaspoon baking soda

1 clove garlic, pressed

1 tablespoon chopped fresh rosemary

1 teaspoon chopped fresh oregano

1 pound nitrate-free Italian pork sausage

1 cup marinara sauce

1 cup diced zucchini

1/4 cup diced yellow onion

1/4 cup diced tomatoes

1/2 cup diced roasted red peppers, drained

2 tablespoons chopped black olives

2 tablespoons chopped fresh basil leaves



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Grease a raised rim pizza pan with coconut oil. In a large bowl, combine almond meal, eggs, olive oil, baking soda, garlic, rosemary, and oregano until dough becomes very thick. With your very clean hands, form the dough into a ball. Place the dough in the center of the prepared pan and press it out to the edges until it's about just 1/8-inch thick. Bake the crust for 20 minutes (it will be partially done). Meanwhile, crumble the sausage in a skillet over medium-high heat and cook until browned; remove from heat and drain. Remove crust from the oven and spread with marinara sauce; top with sausage and remaining ingredients in the order listed. Bake for 25 to 30 minutes. Cool slightly before cutting into wedges.

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Paleo Daytime Ebook Volume 1 - Shopping List - Lunch

Tangy Cranberry Orange Chicken with Spinach
Stuffed Zucchini
Baked Herb and Tomato Chicken
Salsa Verde Pork
Paleo Beef Carbonade

PROTEIN

1 pound lean grass-fed boneless beef chuck roast [R5]
1 pound extra lean grass-fed ground beef [R2]
1 pound lean boneless pork roast [R4]
4 (1-oz.) slices lean low sodium bacon [R3]
8 (4-oz.) boneless skinless chicken breast halves [R1,R3]

CONDIMENTS

Olive oil [R4]
Coconut oil (3 tablespoons) [R1,R2,R3,R5]
Balsamic vinegar (1 tablespoon) [R2]
Cider vinegar (2 tablespoons) [R1]
Raw honey (3 tablespoons) [R1]

SPICES

Sea salt [R1,R2,R3,R4,R5]
Black peppercorns [R1,R2,R3,R4,R5]
Ground ginger [R1]
Basil [R2,R3,R5]
Thyme [R2,R3,R5]
Oregano [R2,R3]
Marjoram [R2]
Bay leaves [R3]
Sage [R5]

PRODUCE

Onions (1 cup chopped plus 1/2 cup minced) [R2,R4]
Yellow onions (1/2 cup chopped plus 2 1/2 cups diced) [R1,R3,R5]
Garlic (10 cloves) [R2,R3,R4,R5]
Zucchini (4 large) [R2]
Spaghetti squash (1 small) [R5]
Tomatoes (2 cups diced) [R3]
Red bell peppers (1 cup diced) [R3]
Poblano peppers (4) [R4]
Jalapeno peppers (1) [R4]
Tomatillos (1 cup) [R4]
Spinach (2 cups chopped) [R1]
Cilantro (1/2 cup chopped) [R4]
Lemons (2 tablespoons juice) [R3]
Oranges (1/4 cup juice) [R1]

CANNED GOODS

Low sodium chicken broth (1/2 cup) [R1,R3]
Low sodium beef broth (2 cups) [R5]
Low sodium vegetable broth (2 cups) [R4]
Tomato sauce (1 cup) [R2]

DRY GOODS

Coconut flour (2 tablespoons) [R4]
Dried cranberries (2 tablespoons) [R1]

OTHER

Aluminum foil wrap [R1,R2,R3]
Large zipper-topped plastic bags [R4]



Tangy Cranberry Orange Chicken with Spinach

Recipe 1 - Serves 4

INGREDIENTS:

1 teaspoon coconut oil
4 (4-oz.) boneless skinless chicken breasts halves, cubed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 teaspoon ground ginger
1/2 cup chopped yellow onion, chopped

2 tablespoons dried cranberries
3 tablespoons raw honey
1/4 cup orange juice
1/4 cup low sodium chicken broth
2 tablespoons cider vinegar
2 cups chopped spinach
Aluminum foil wrap



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Coat a baking dish with coconut oil. Season chicken on both sides with salt, pepper and ground ginger; place in prepared baking dish. In a small bowl, combine onion, cranberries, honey, orange juice, broth, and vinegar; blend well then pour mixture over chicken; top with spinach. Cover baking dish with foil and bake for 30 to 40 minutes or until juices run clear and spinach is wilted. Serve immediately.

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DO-AHEAD TIP: Brown and drain ground beef.

Stuffed Zucchini

Recipe 2 – Serves 6

INGREDIENTS:

1 cup tomato sauce
1 tablespoon balsamic vinegar
1 pound extra lean grass-fed ground beef, browned and drained
1/2 cup minced onion
2 cloves garlic, pressed
2 tablespoons dried basil

1 tablespoon dried thyme
1 tablespoon dried oregano
2 teaspoons dried marjoram
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 large zucchini, halved lengthwise then hollowed out
1 teaspoon coconut oil
Aluminum foil wrap



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Combine tomato sauce and vinegar in a large bowl. Add browned ground beef, onions, garlic, basil, thyme, oregano, marjoram, salt and pepper; blend well. Fill the hollowed-out zucchini with beef mixture and place them in a baking dish coated with coconut oil. Cover baking dish with aluminum foil and bake for 20 to 30 minutes or until zucchini are tender. Serve hot.

*LEANNE'S NOTE: If you have ground beef filling left over, freeze it for filling a bell pepper or two later!

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Baked Herb and Tomato Chicken

Recipe 3 - Serves 4

INGREDIENTS:

4 (4-oz.) boneless skinless chicken breast halves
4 (1-oz.) slices lean low sodium bacon
1 teaspoon coconut oil
2 cups diced tomatoes
1 cup diced red bell pepper
1/2 cup diced yellow onion
2 cloves garlic, pressed
1 teaspoons dried thyme

1 teaspoon dried oregano
1/2 teaspoon dried basil
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
2 bay leaves
1/4 cup low sodium chicken broth
2 tablespoons lemon juice
Aluminum foil wrap



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Wrap chicken breast halves in bacon and place them in a baking dish coated with coconut oil; top with diced tomatoes and red bell pepper. In a small bowl, combine onion, garlic, thyme, oregano, basil, salt, pepper, bay leaves, broth and lemon juice. Pour mixture over chicken, tomatoes and bell pepper. Cover baking dish with aluminum foil and bake for 25 to 35 minutes or until chicken juices run clear. Remove bay leaves and serve hot.

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Salsa Verde Pork

Recipe 4 - Serves 12

INGREDIENTS:

2 tablespoons coconut flour
2 teaspoons sea salt, divided
1 teaspoon freshly ground black pepper, divided
1 pound lean boneless pork roast, cut into 1-inch cubes
2 tablespoons olive oil
2 cups low sodium vegetable broth
4 poblano peppers
1 cup water

1 cup chopped onion
3 cloves garlic, peeled
1 cup whole tomatillos, husks removed and washed
1 jalapeno pepper, de-seeded and diced
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1/2 cup chopped fresh cilantro



COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. In a large zipper-topped plastic bag, combine coconut flour, half the salt and half the pepper; add pork cubes, close bag and shake to coat. Heat the olive oil in a large saucepan over medium-high heat; add pork cubes, shaking off any excess flour mixture; brown on all sides, in batches if necessary. Using a slotted spoon, transfer pork cubes to a plate and keep warm. Carefully add broth to the saucepan and whisk up all of the browned bits from the bottom. Return pork cubes to the saucepan, reduce heat, cover and simmer for 1 hour or until pork is fork-tender. Meanwhile, place poblano peppers on a baking sheet lightly coated with coconut oil and roast for 6 to 8 minutes per side. While peppers are roasting, prepare Salsa Verde*: In a small saucepan, place next 5 ingredients (water through jalapeno), and remaining salt and pepper. Bring mixture to a boil then reduce heat and cook for 5 to 10 minutes or until tomatillos are tender. Pour mixture into a blender along with the chopped cilantro; pulse until desired consistency is reached. When poblano peppers are roasted and cool enough to handle, remove the outer skins and membranes. Place one poblano pepper on each lunch plate, top with equal portions pork and a few tablespoons of salsa verde.

*LEANNE'S NOTE: If you don't want to make your own salsa-verde, you can buy it ready-made, but be sure to check the ingredient list!

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Paleo Beef Carbonade

Recipe 5 - Serves 6

INGREDIENTS:

2 tablespoons coconut oil
1 pound lean grass-fed boneless beef chuck, cubed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 cups low sodium beef broth

2 cups diced yellow onion
3 cloves garlic, pressed
2 tablespoons dried thyme
1 tablespoon dried basil
1 tablespoon dried sage
1 small spaghetti squash, halved and seeds removed



COOKING INSTRUCTIONS:

Melt the oil in large saucepan with a tight-fitting lid over medium-high heat. Add beef cubes, in batches, and brown on all sides (adding more oil as necessary); season with salt and pepper. Transfer to a plate and keep warm. Add broth to the skillet; bring to a boil and whisk up all of the browned bits from the bottom of the pan. Return beef cubes to the skillet along with onion, garlic, thyme, basil and sage; stir well. Cover and simmer for 1 hour or until beef is fork-tender. Meanwhile, prepare spaghetti squash: Preheat oven to 375 degrees. Place squash halves on a large rimmed baking sheet, cut side up; bake for 25 minutes or until tender. Divide into 4 equal portions; top with beef mixture.

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