



PALEO PRESSURE COOKER MEALS



Full Bloom 2021 Bonus eBook

SAVING DINNER

with



Paleo Pressure Cooker E book Volume 1

Welcome to the Paleo Pressure Cooker Ebook- Volume 1

Are you up for a new culinary venture? I'm talking about the current revival of the pressure cooker! This type of food preparation had its hay day in the 1950's. In discussing this appliance with people, several opinions have been expressed:

- 1) "I love the idea of being able to prepare delicious meals in a fraction of the usual time".
- 2) "Aren't those things dangerous?" and
- 3) "I remember we had one of those when I was a kid."

Pressure cookers have evolved over the years and most of the current models have features that make them safer and easier to use.

There are many advantages to using this "closed" system of preparing meals:

- 1) Saves time because meals are prepared in a fraction of the time required by other methods.
- 2) Saves energy because of the time-saving aspect of pressure cooking.
- 3) A big nutritional boost – More vitamins and minerals are retained and vegetables keep their natural colors because they are not exposed to oxygen during cooking. Healthful dried beans and legumes can be prepared in a fraction of their traditional cooking time.
- 4) A cooler and cleaner kitchen.

How A Pressure Cooker Works

At sea level, water boils at 212 degrees F. Even if the pot is covered, as steam gathers from the boiling liquid, it will escape and keep the temperature steady. With a pressure cooker, the lid is locked onto the pot and a rubber gasket ensures that the steam is trapped in the pot. As it has nowhere to go, pressure builds up in the pot and the temperature rises above 212 degrees F. If allowed to build to high pressure, the temperature will reach 250 degrees F, or 38 degrees F above the standard boiling temperature and the pressure in the pot will therefore be 15 pounds psi above the atmospheric pressure outside the pot. Some cookers can be adjusted to cook at medium (235 degrees F) and low pressure (220 degrees F). Safety valves in the lids of the cookers release the steam to maintain a safe level of pressure. The steam and pressure must be released before the lid can be opened.

Types and Sizes of Pressure Cookers

Jiggle-top or Weight-valve Pressure Cookers – this is the old type of cooker and are usually made of aluminum, which may be a great heat conductor, but aluminum isn't safe to cook in (google aluminum cookware safety for more information) and it can give a metallic taste to dishes that use acidic foods like tomatoes and wine.

Stationary Pressure Regulators – Most new models have pressure regulators build into their lids and some have spring-operated rods that rise to show the amount of pressure as it builds in the cooker. Some have dials that can be adjusted to set the pressure level. These appliances are made from heavy-gauge stainless steel with a thick mixed-metal bottom to conduct heat and discourage scorching.

The 6-quart pot is the industry standard. There are some smaller, skillet-shaped models that are perfect for cooking chops or dinners for two. If you are buying your first pressure cooker and trying to decide between models, you should take your own height into consideration...some tall pots are difficult for height-challenged cooks to see inside!

The new pressure cookers with fail-proof safety features are wonderful additions to anyone's kitchen. Of course, the very best way to become friends with your new pressure cooker is to thoroughly read the operating manual provided by the manufacturer.

Paleo Pressure Cooker E book Volume 1

Week 1	<p>Day 1: Creamy Chicken with Leeks, with steamed asparagus and steamed baby carrots</p> <p>Day 2: Paleo Beef Bourguignon, serve over spaghetti squash and add a big salad</p> <p>Day 3: Lemon Dill Flounder Fillets with Capers, with baked butternut squash and steamed green beans</p> <p>Day 4: Coq au Vin (Chicken with Wine), add steamed baby Brussels sprouts and Faux-Tay-Toes</p> <p>Day 5: Spicy Tomato Ham Soup, with a big spinach salad</p> <p>Day 6: Garlic Chicken with Spinach and Mushrooms, add a steamed medley of baby carrots and broccoli and cauliflower florets</p>
Week 2	<p>Day 1: PC N'Awlins Style Shrimp Stew, with baked sweet potatoes and steamed kale</p> <p>Day 2: PC Beef with Broccoli, add stir-fried zucchini, yellow squash, and snow peas</p> <p>Day 3: Lamb (or Beef or Bison) Stew with Vegetables, with steamed baby Brussels sprouts and mashed rutabagas</p> <p>Day 4: Pork Tenderloin with Prunes, Apples, and Raisins, add baked butternut squash and steamed green beans</p> <p>Day 5: PC Cuban Style Beef Stew, with Faux-Tay-Toes and a big salad</p> <p>Day 6: Pineapple and Honey Glazed Salmon, add steamed asparagus and Curried Cauli-Rice</p>
Week 3	<p>Day 1: Veal with Pineapple Orange Sauce, add baked sweet potatoes and steamed broccoli spears</p> <p>Day 2: Thai Chicken Soup in Coconut Broth, with a big spinach salad</p> <p>Day 3: Pot Roast with Kale, Parsnips and Sweet Potatoes, serve over Faux-Tay-Toes</p> <p>Day 4: Creamy Bacon and Ham Chicken, add baked sweet potatoes and steamed baby Brussels sprouts</p> <p>Day 5: Mediterranean Pork Roast, with baked butternut squash and steamed green beans</p> <p>Day 6: Tarragon Chicken with Mushrooms, add steamed kale and Curried Cauli-Rice</p>
Week 4	<p>Day 1: Red Snapper with Spicy Salsa, with Mexi-Cauli-Rice and a big salad</p> <p>Day 2: Bison and Butternut Squash & Sweet Potato Soup, add a big spinach salad</p> <p>Day 3: Spinach and Herb Stuffed Chicken, with baked sweet potatoes and steamed green beans</p> <p>Day 4: Asian Beef with Baby Bok Choy, serve over Cauli-Rice and add stir-fried mushrooms and snow peas</p> <p>Day 5: Pork and Vegetable Stew, with steamed broccoli spears and Faux-Tay-Toes</p> <p>Day 6: Italian Flounder with Red Sauce, add spaghetti squash and a mixed baby greens salad</p>

Leanne's Basic Vinaigrette

Makes 1/4 cup

3 tablespoons extra virgin olive oil
 1 tablespoon balsamic vinegar
 1 clove garlic, pressed
 Pinch of dried basil
 Pinch of dried oregano

Mix all together, use 1 tablespoon per salad.

Prepared Cauli-Rice

Process cauliflower in a blender or food processor until it resembles grains of rice.

Steam "rice" till tender; drain

Salt and pepper to taste and fluff with a fork.

Paleo Pressure Cooker E book Volume 1 – Shopping List – Week 1

Day 1: Creamy Chicken with Leeks, with steamed asparagus and steamed baby carrots

Day 2: Paleo Beef Bourguignon, serve over spaghetti squash and add a big salad

Day 3: Lemon Dill Flounder Fillets with Capers, with baked butternut squash and steamed green beans

Day 4: Coq au Vin (Chicken with Wine), add steamed baby Brussels sprouts and Faux-Tay-Toes

Day 5: Spicy Tomato Ham Soup, with a big spinach salad

Day 6: Garlic Chicken with Spinach and Mushrooms, add a steamed medley of baby carrots and broccoli and cauliflower florets

SHOPPING LIST:

PROTEIN

3 pounds beef stew meat [D2]

8 boneless skinless chicken breast halves [D1,D4]

1 pound boneless skinless chicken breast meat [D6]

1 pound ham [D5]

4 (6-oz.) flounder fillets, each about 1-inch thick (or buy frozen) [D3]

CONDIMENTS

Coconut oil (6 tablespoons, if not using ghee) **Additional [D4,D6]

Cider vinegar (a splash, if not using red wine) [D4]

Red wine vinegar (a splash, if not using dry red wine) [D2]

White wine vinegar (a splash, if not using dry white wine) [D3]

Capers (1 teaspoon) (optional) [D3]

Red wine (1 cup) (or use red grape juice with a splash of cider vinegar) [D4]

Dry red wine (1 cup) (or use red grape juice with a splash of red wine vinegar) [D2]

Dry white wine (1/2 cup) (or use white grape juice with a splash of white wine vinegar) [D2]

**Extra virgin olive oil [D2,D5]

**Balsamic vinegar [D2,D5]

CANNED GOODS

Low sodium chicken broth (4 cups) [D1,D4,D6]

Low sodium beef broth (1 cup) [D2]

Low sodium vegetable broth (6 1/2 cups) [D3,D5]

1 (28-oz.) can crushed tomatoes [D5]

Tomato paste (1/4 cup plus extra if needed) [D1,D2,D4]

Red grape juice (2 cups if not using red wines) [D2,D4]

White grape juice (1/2 cup if not using dry white wine) [D3]

Coconut cream (1 cup) [D1]

PRODUCE

Shallots (12 whole plus 1/2 cup minced) [D2,D4,D6]

Garlic (12 cloves) **Additional [D1,D2,D4,D5,D6]

Leeks (1 cup chopped) [D1]

Sweet potatoes (1 cup diced) [D4]

Carrots (2 cups sliced) [D2]

Cauliflower (for 3 cups prepared Cauli-Rice) **Additional [D4,D5,D6]

White button mushrooms (1 cup quartered plus 1 1/2 cups sliced) [D2,D4,D6]

Spinach (1/2 cup chopped leaves) **Additional [D5,D6]

Lemons (1) [D3]

**Spaghetti squash [D2]

**Butternut squash [D3]

**Baby carrots [D1,D6]

**Green beans [D3]

**Asparagus [D1]

**Baby Brussels sprouts [D4]

**Broccoli [D6]

**Lettuce (not Iceberg, no nutrition) [D2]

**Salad veggies (your choice) [D2]

SPICES

Sea salt [D1,D2,D3,D4,D5,D6]

Black peppercorns [D1,D2,D3,D4,D5,D6]

Basil [D1,D2,D5]

Dill [D3]

Herbes de Provence [D2,D4]

Cayenne pepper [D5]

Bay leaves [D5]

**Oregano [D2,D5]

DAIRY CASE

Ghee (clarified butter) (6 tablespoons) (or use coconut oil) **Additional [D4,D6]

FREEZER

4 (6-oz.) flounder fillets, each about 1-inch thick (if not using fresh) [D3]

1 (16-oz.) bag mixed vegetables (carrots, snow peas, okra, broccoli, for example) [D5]



[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Creamy Chicken with Leeks

Day 1 – Serves 4

INGREDIENTS:

4 boneless skinless chicken breast halves
1 cup chopped leeks
1 cup low sodium chicken broth
1 tablespoon tomato paste

3 cloves garlic, pressed
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 teaspoon dried basil
1 cup coconut cream



INSTRUCTIONS:

Place chicken in pressure cooker; top with leeks. In a small bowl, whisk together broth and tomato paste until smooth, then whisk in garlic, salt, pepper and basil and pour mixture over chicken. Close lid securely; place pressure regulator on vent pipe. Bring cooker to low pressure over high heat. Reduce heat to medium-high; cook for 12 minutes. Pressure regulator should maintain a slow, steady release of steam; some movement is normal; adjust heat if needed. Remove from the heat after 12 minutes. Immediately cool according to manufacturer's directions, until pressure is completely reduced. Stir coconut cream into juices; serve over chicken.

SERVING SUGGESTION: Steamed asparagus and steamed baby carrots.

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Paleo Beef Bourguignon

Day 2 – Serves 6

INGREDIENTS:

3 pounds beef stew meat, cubed
2 cups sliced carrots
1 cup quartered white button mushrooms
6 shallots, quartered
1 cup low sodium beef broth
2 tablespoons tomato paste (plus extra, if needed)

1 cup dry red wine, or use red grape juice
with a splash of red wine vinegar
1 clove garlic, pressed
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
1 teaspoon Herbes de Provence



INSTRUCTIONS:

Place beef, carrots and mushrooms in pressure cooker; top with shallots. In a small bowl, whisk together broth, tomato paste, red wine (or juice/vinegar), garlic and seasonings; pour mixture over beef, carrots, mushrooms and shallots. Close lid securely; place pressure regulator on vent pipe. Bring cooker to low pressure over high heat. Reduce heat to medium; cook for 20 minutes. Pressure regulator should maintain a slow steady release of steam; some movement is normal; adjust heat if needed. Remove from the heat after 20 minutes. Immediately cool according to manufacturer's directions, until pressure is completely reduced. If sauce is not thick enough for your taste, add additional tomato paste (a teaspoon at a time) until thicker, or return to heat and cook until reduced by half.

SERVING SUGGESTION: Serve over Spaghetti Squash "Noodles" (cut squash in half lengthwise and place on a lightly oiled baking sheet, cut sides down. Bake in a preheated 375-degree oven until tender. Remove from oven and set aside to cool slightly. Scoop out seeds then, using a fork, scrape squash out of its shell in long, thin [spaghetti-like] strands). Add a big salad tossed with Leanne's Basic Vinaigrette.

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Lemon Dill Flounder Fillets with Capers

Day 3 – Serves 4

INGREDIENTS:

1/2 cup low sodium vegetable broth
1/2 cup dry white wine, or use white grape juice with a splash of white wine vinegar
4 (6-oz.) flounder fillets, each about 1-inch thick

1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1 teaspoon dried dill
1 lemon, sliced
1 teaspoon capers, rinsed, optional



INSTRUCTIONS:

Place trivet in pressure cooker; add broth and wine (or juice/vinegar). Sprinkle fish with salt, pepper and dill and place on trivet; arrange a few lemon slices on top, reserving 4 slices for garnish. Close cooker and bring to full pressure over high heat. Reduce heat and cook for 6 minutes. Remove cooker from heat and release pressure. Open cooker and place fish on a serving dish. Discard lemon. Serve flounder immediately, topped with reserved lemon slices and garnished with capers, if desired.

SERVING SUGGESTION: Baked butternut squash and steamed green beans.

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Coq au Vin (Chicken with Wine)

Day 4 - Serves 4

INGREDIENTS:

4 boneless skinless chicken breast halves
6 shallots, quartered
1 cup peeled and diced sweet potatoes
1 cup sliced white button mushrooms
1 cup low sodium chicken broth
1 teaspoon tomato paste (plus extra, if needed)

1 cup red wine, or use red grape juice with a splash of cider vinegar
1 clove garlic, pressed
1/2 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
2 teaspoons Herbes de Provence



INSTRUCTIONS:

Place chicken, shallots, sweet potatoes and mushrooms in pressure cooker. In a small bowl, whisk together broth, tomato paste, red wine (or juice/vinegar), garlic and seasonings; pour mixture over chicken, mushrooms and shallots. Close cover securely; place pressure regulator on vent pipe. Bring cooker to low pressure over high heat. Reduce heat to medium; cook for 15 minutes. Pressure regulator should maintain a slow steady release of steam; some movement is normal; adjust heat if needed. Remove from the heat after 15 minutes. Immediately cool according to manufacturer's directions, until pressure is completely reduced. If sauce is not thick enough for your taste, add additional tomato paste (a teaspoon at a time) until thicker, or return to heat and cook until reduced by half.

SERVING SUGGESTION: Steamed baby Brussels sprouts and Faux-Tay-Toes (steam cauliflower till tender; drain; mash with a little melted ghee, or use coconut oil, salt and pepper till you get a mashed potatoes texture).

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DO-AHEAD TIP: Prepare ham and Cauli-Rice.

Spicy Tomato Ham Soup

Day 5 - Serves 4

INGREDIENTS:

6 cups low sodium vegetable broth	1 (28-oz.) can crushed tomatoes
1/2 teaspoon cayenne pepper	1 teaspoon sea salt
2 cloves garlic, pressed	1/2 teaspoon freshly ground black pepper
3 bay leaves	1 pound ham, cooked and cubed
1 (16-oz.) bag frozen mixed vegetables, carrots, snow peas, okra, broccoli, for example	1 cup prepared Cauli-Rice



INSTRUCTIONS:

Combine all ingredients in pressure cooker, except ham and Cauli-Rice. Bring to full pressure over high heat then reduce heat to lowest setting that will maintain pressure and cook for 5 minutes. Release pressure according to manufacturer's directions. Add ham and Cauli-Rice; simmer until ham is heated through. Remove bay leaves and serve.

SERVING SUGGESTION: A big spinach salad tossed with Leanne's Basic Vinaigrette.

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DO-AHEAD TIP: Prepare Cauli-Rice.

Garlic Chicken with Spinach and Mushrooms

Day 6 - Serves 4

INGREDIENTS:

6 tablespoons ghee, or use coconut oil	1/2 cup sliced white button mushrooms
1/2 cup minced shallots	1 teaspoon sea salt
5 cloves garlic, minced	1/2 teaspoon freshly ground black pepper
2 cups low sodium chicken broth	1/2 cup chopped spinach leaves
1 pound boneless skinless chicken breast meat, cubed	2 cups prepared Cauli-Rice



INSTRUCTIONS:

Melt ghee (or coconut oil) in the pressure cooker over medium heat. Add shallots and sauté for 2 minutes or until translucent. Add garlic and cook for 30 seconds or until fragrant. Add broth (it will steam, so be careful!) then carefully add chicken and mushrooms. Cook over high heat until pressure cooker reaches full pressure then reduce heat and cook for 4 minutes. Remove from heat and allow mixture to sit for 7 minutes then release pressure. Carefully open pressure cooker, avoiding steam; stir in salt and pepper. Stir in spinach until wilted then stir in Cauli-Rice. Heat through and serve.

SERVING SUGGESTION: Steamed medley of baby carrots with broccoli and cauliflower florets.

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Paleo Pressure Cooker E book Volume 1 – Shopping List – Week 2

Day 1: PC N'Awlins Style Shrimp Stew, with baked sweet potatoes and steamed kale

Day 2: PC Beef with Broccoli, add stir-fried zucchini, yellow squash, and snow peas

Day 3: Lamb (or Beef or Bison) Stew with Vegetables, with steamed baby Brussels sprouts and mashed rutabagas

Day 4: Pork Tenderloin with Prunes, Apples, and Raisins, add baked butternut squash and steamed green beans

Day 5: PC Cuban Style Beef Stew, with Faux-Tay-Toes and a big salad

Day 6: Pineapple and Honey Glazed Salmon, add steamed asparagus and Curried Cauli-Rice

SHOPPING LIST:

PROTEIN

- 1 1/2 pounds lean beef sirloin [D2]
- 1 1/4 pounds beef flank steak [D5]
- 1 1/2 pounds lamb stew meat (or beef or bison) [D3]
- 1 pound pork tenderloin [D4]
- 1 1/2 pounds large shrimp, peeled and deveined (or buy frozen) [D1]
- 4 (4-oz.) salmon fillets (or buy frozen) [D6]

CONDIMENTS

- Coconut oil (11 tablespoons if not using ghee) **Additional [D1,D2,D3,D4,D5,D6]
- Cider vinegar (1 tablespoon plus 1/2 teaspoon) [D2,D6]
- Coco-aminos (2 tablespoons) [D2]
- Hot sauce (2 tablespoons) [D1]
- Raw honey (1/2 cup) [D6]
- **Extra virgin olive oil [D5]
- **Balsamic vinegar [D5]

CANNED GOODS

- Low sodium beef broth (7 cups) [D2,D3,D5]
- Low sodium vegetable broth (6 3/4 cups) [D1,D4,D6]
- 2 (14.5-oz.) cans crushed tomatoes [D5]
- 1 (6-oz.) can tomato paste [D5]
- Crushed pineapple (2 tablespoons) [D6]
- White grape juice (1/4 cup) [D2]
- **Coconut cream [D3]

DAIRY CASE

- Ghee (clarified butter) (11 tablespoons) (or use coconut oil) **Additional [D1,D2,D3,D4,D5,D6]

FREEZER

- 1 1/2 pounds large shrimp, peeled and deveined (if not using fresh) [D1]
- 4 (4-oz.) salmon fillets (if not using fresh) [D6]

PRODUCE

- Onions (4 medium plus 2 cups minced) [D1,D4,D5]
- Shallots (1/4 cup diced) [D6]
- Garlic (20 cloves) **Additional [D1,D2,D3,D4,D5,D6]
- Leeks (1 cup) [D3]
- Celery (1 cup minced) [D1]
- Carrots (2 cups) [D3]
- Red bell peppers (5 medium plus 1/2 cup diced) [D1,D5]
- Jalapenos (3) [D5]
- Cauliflower (1 cup chopped plus for 2 cups prepared Cauli-Rice) **Additional [D1,D2,D5,D6]
- Broccoli (3 cups chopped) [D1,D2]
- Cilantro (1/2 cup chopped) [D5]
- Granny Smith apples (2 cups chopped) [D4]
- **Sweet potatoes [D1]
- **Zucchini, yellow squash and snow peas [D2]
- **Rutabagas [D3]
- **Butternut squash [D4]
- **Baby Brussels sprouts [D3]
- **Green beans [D4]
- **Asparagus [D6]
- **Kale [D1]
- **Lettuce (not Iceberg, no nutrition) [D5]
- **Salad veggies (your choice) [D5]

SPICES

- Sea salt [D1,D3,D5,D6]
- Black peppercorns [D1,D3,D5,D6]
- Rosemary [D3]
- Thyme [D3]
- Ground allspice [D4]
- Ground ginger [D4]
- Ground nutmeg [D3,D4]
- Chili powder [D5]
- Ground cumin [D5]
- **Basil [D5]
- **Oregano [D5]
- **Curry powder [D6]

DRY GOODS

- Prunes (1 cup chopped) [D4]
- Walnuts (1/2 cup chopped) [D4]

OTHER

- Kitchen twine [D4]



[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

PC N-Awllins Style Shrimp Stew

Day 1 – Serves 4

INGREDIENTS:

2 tablespoons ghee, or use coconut oil
2 cups minced onions
4 cloves garlic, pressed
1 cup minced celery
1/2 cup diced red bell pepper
1 1/2 pounds large shrimp, peeled and deveined

2 cups low sodium vegetable broth
2 tablespoons hot sauce
1 cup chopped cauliflower
1 cup chopped broccoli
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper



INSTRUCTIONS:

Melt ghee (or coconut oil) over medium heat in pressure cooker. Add onions, garlic, celery and bell pepper; sauté for 5 minutes. Add shrimp and sauté for 1 to 2 minutes or just until they begin to turn pink but not completely cooked through; remove from pressure cooker and set aside. Add broth, hot sauce, cauliflower and broccoli to pressure cooker; stir well. Place lid tightly on pressure cooker and bring to full pressure over high heat, then immediately reduce to low. Cook for 2 minutes then reduce pressure according to manufacturer's directions. Add salt and pepper then return to low heat and bring to a simmer. Return shrimp to pressure cooker and cook for 30 seconds to 1 minute or until cooked through.

SERVING SUGGESTION: Baked sweet potatoes and steamed kale.

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DO-AHEAD TIP: Prepare Cauli-Rice.

PC Beef with Broccoli

Day 2 – Serves 4

INGREDIENTS:

3 tablespoons ghee, or use coconut oil
1 1/2 pounds lean beef sirloin, sliced thinly across the grain (diagonally)
1/4 cup white grape juice
1/2 teaspoon cider vinegar

1 cup low sodium beef broth
3 cloves garlic, pressed
2 tablespoons coco-aminos
2 cups chopped broccoli, separate the florets from the stalks
2 cups prepared Cauli-Rice



INSTRUCTIONS:

Melt the ghee (or coconut oil) in your pressure cooker over medium-high heat. Add sirloin slices and cook for 15 seconds per side or until lightly browned. Add grape juice and whisk up all of the browned bits from the bottom of the pressure cooker. Add vinegar, broth, garlic, and coco-aminos to pressure cooker. Close lid tightly, bring to full pressure over high heat then reduce heat to medium and cook for 20 minutes. Meanwhile, bring some water to a boil in a medium saucepan; add broccoli stalks and cook for 2 minutes; add broccoli florets and continue to cook until tender-crisp (4 to 5 minutes); drain and immediately place under cold running water to stop the cooking process. When pressure cooking is done, immediately cool according to manufacturer's directions, until pressure is completely reduced. Carefully remove lid and stir in broccoli; heat through and serve over Cauli-Rice.

SERVING SUGGESTION: Serve stir-fried zucchini, yellow squash and snow peas on the side.

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Lamb (or Beef or Bison) Stew with Vegetables

Day 3 – Serves 4

INGREDIENTS:

2 teaspoons dried rosemary, crushed	1 tablespoon ghee, or use coconut oil
2 teaspoons dried thyme	2 cups low sodium beef broth, divided
1 teaspoon sea salt	3 cloves garlic, pressed
1 teaspoon freshly ground black pepper	2 cups carrots, sliced into 1-inch pieces
1 1/2 pounds lamb stew meat (or use beef or bison), cubed	1 cup leeks, sliced into 1/2-inch pieces



INSTRUCTIONS:

In a small bowl or cup, combine rosemary, thyme, salt and pepper. Place lamb (or beef or bison) in a large bowl and sprinkle with the seasonings; toss to coat well. Melt the ghee (or coconut oil) in your pressure cooker over medium-high heat; add lamb (or beef or bison) cubes and brown, in batches, for approximately 1 minute per side, transferring each batch to a plate and setting aside. Add 1 cup of broth to the pressure cooker (be careful of the steam!) and whisk up all of the browned bits from the bottom of the cooker. Add garlic, carrots, leeks, remaining broth and browned meat. Secure pressure cooker lid tightly in place and bring to full pressure over medium-high heat. Reduce heat to low and cook for 20 minutes. Release pressure and carefully remove lid, avoiding steam. Serve immediately.

SERVING SUGGESTION: Steamed baby Brussels sprouts and mashed rutabagas (peel and cube rutabagas and cook in boiling water till tender; drain; mash with a little coconut oil, coconut cream, salt, pepper and ground nutmeg).

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Pork Tenderloin with Prunes, Apples, and Raisins

Day 4 - Serves 4

INGREDIENTS:

1 pound pork tenderloin	2 tablespoons ghee, or use coconut oil
1 teaspoon ground allspice	2 medium onions, quartered
1 cup coarsely chopped prunes	3 cups low sodium vegetable broth
2 cups chopped Granny Smith apples	2 teaspoons ground ginger
1/2 cup chopped walnuts	3 cloves garlic, pressed
Kitchen twine	1/4 teaspoon ground nutmeg



INSTRUCTIONS:

Season the outside of the tenderloin with allspice then cut a slit it down the center (lengthwise) deep enough to create a pocket. In a medium bowl, combine prunes, apples and walnuts. Place fruit filling inside the tenderloin and tie it securely with kitchen twine in at least 4 places. Melt ghee (or coconut oil) in your pressure cooker over medium heat; add onions and sauté for 2 minutes. Add broth, ginger, garlic and nutmeg then carefully place a rack on top. Place tenderloin on the rack (cut into 2 pieces if necessary to fit). Close lid tightly and bring to full pressure over high heat. Reduce to medium heat and cook for 20 minutes. Immediately cool according to manufacturer's directions, until pressure is completely reduced. Remove twine and serve.

SERVING SUGGESTION: Baked butternut squash and steamed green beans.

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PC Cuban Style Beef Stew

Day 5 - Serves 4

INGREDIENTS:

2 tablespoons ghee, or use coconut oil
1 1/4 pounds beef flank steak, trimmed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
4 cups low sodium beef broth, divided
6 cloves garlic, minced
1 tablespoon chili powder

1 teaspoon ground cumin
2 (14.5-oz.) cans crushed tomatoes
5 medium red bell peppers, de-seeded, de-ribbed and sliced
3 jalapenos, de-seeded and diced
2 medium onions, sliced
1 (6-oz.) can tomato paste
1/2 cup chopped fresh cilantro



INSTRUCTIONS:

Melt ghee (or coconut oil) in your pressure cooker over medium-high heat. Sprinkle flank steak with salt and pepper then add to pressure cooker and cook for 30 seconds per side or until lightly browned; remove from pressure cooker and set aside. Add 2 cups of broth to the pressure cooker (be careful of the steam!) and whisk up all of the browned bits from the bottom. Add garlic, chili powder, cumin, remaining broth, tomatoes, bell peppers, jalapenos and onions along with browned steak (cut it in half to fit, if necessary). Close lid tightly, bring to full pressure over high heat then reduce heat to medium and cook for 20 minutes. Immediately cool according to manufacturer's directions, until pressure is completely reduced. Carefully remove lid and stir in tomato paste until liquid has slightly thickened. Add chopped cilantro, stir well and serve.

SERVING SUGGESTION: Faux-Tay-Toes (steam cauliflower till tender; drain; mash with a little ghee (or coconut oil), salt and pepper till you get a mashed potatoes texture); add a big salad tossed with Leanne's Basic Vinaigrette.

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Pineapple and Honey Glazed Salmon

Day 6 - Serves 4

INGREDIENTS:

4 (4-oz.) salmon fillets
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 tablespoon ghee, or use coconut oil
1/4 cup finely diced shallots

2 tablespoons crushed pineapple, with juice
1/2 cup raw honey
1 tablespoon cider vinegar
1 clove garlic, pressed
1 3/4 cups low sodium vegetable broth



INSTRUCTIONS:

Season salmon fillets with salt and pepper. Melt ghee (or coconut oil) in your pressure cooker over medium heat; add shallots and sauté until translucent (1 to 2 minutes). Slowly add pineapple with juice, honey, vinegar, garlic and broth; stir well. Carefully insert rack in pressure cooker and place salmon on rack. Cover lid tightly and bring cooker to full pressure over high heat, then immediately reduce to low. Cook for 5 minutes then reduce pressure according to manufacturer's directions. Open lid carefully to avoid steam. Remove salmon, set aside and keep warm. Bring sauce to a boil then cook until reduced to preferred thickness; serve over salmon.

SERVING SUGGESTION: Steamed asparagus and Curried Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; toss with salt, pepper and curry powder and fluff with a fork).

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Paleo Pressure Cooker E book Volume 1 – Shopping List – Week 3

Day 1: Veal with Pineapple Orange Sauce, add baked sweet potatoes and steamed broccoli spears

Day 2: Thai Chicken Soup in Coconut Broth, with a big spinach salad

Day 3: Pot Roast with Kale, Parsnips and Sweet Potatoes, serve over Faux-Tay-Toes

Day 4: Creamy Bacon and Ham Chicken, add baked sweet potatoes and steamed baby Brussels sprouts

Day 5: Mediterranean Pork Roast, with baked butternut squash and steamed green beans

Day 6: Tarragon Chicken with Mushrooms, add steamed kale and Curried Cauli-Rice

SHOPPING LIST:

PROTEIN

- 1 1/2 pounds beef chuck roast [D3]
- 1 1/2 pounds pork roast [D5]
- 4 (6-oz.) veal fillets, 1/2-inch thick (not cutlets) [D1]
- 8 (6-oz.) boneless skinless chicken breast halves [D4,D6]
- 1 1/2 pounds boneless skinless chicken breast meat [D2]
- 4 (1-oz.) slices ham [D4]
- 4 slices nitrate-free bacon [D4]

CONDIMENTS

- Coconut oil (7 tablespoons, if not using ghee) **Additional [D1,D3,D5,D6]
- Cider vinegar (2 tablespoons) [D1]
- Dijon mustard (2 tablespoons) [D6]
- Sun-dried tomatoes (1/2 cup chopped) [D5]
- Raw honey (1/4 cup) [D1]
- **Extra virgin olive oil [D2]
- **Balsamic vinegar [D2]

CANNED GOODS

- Low sodium chicken broth (7 cups) [D2,D4,D5,D6]
- Low sodium beef broth (3 cups) [D3]
- Low sodium vegetable broth (2 cups) [D1]
- Tomato paste (2 tablespoons) [D3]
- 1 (14-oz.) can artichoke hearts in water [D5]
- Pineapple, not crushed (1 cup chopped) [D1]
- 2 (14-oz.) cans unsweetened coconut milk [D2]
- Coconut cream (1 cup plus 3 tablespoons) [D4,D6]

PRODUCE

- Onions (3 medium plus 1 1/2 cups chopped plus 2 cups diced) [D1,D2,D3,D4,D5,D6]
- Scallions (2 tablespoons sliced) [D2]
- Garlic (12 cloves) **Additional [D2,D3,D4,D5,D6]
- Sweet potatoes (1 1/2 cups diced) **Additional [D1,D3,D4]
- Parsnips (1 1/2 cups) [D3]
- Celery (1 1/2 cups chopped) [D4,D6]
- Orange bell peppers (1 cup chopped) [D5]
- White button mushrooms (2 1/2 cups sliced) [D2,D6]
- Kale (2 cups chopped) **Additional [D3,D6]
- Gingerroot (1 teaspoon grated) [D2]
- Cilantro (1 cup chopped) [D2]
- Lemongrass (6 blades) [D2]
- Tarragon (2 tablespoons chopped) [D6]
- Lemons (2 tablespoons juice plus 1 teaspoon zest) [D5,D6]
- Oranges (1 whole plus 1/2 cup juice) [D1]
- **Butternut squash [D5]
- **Cauliflower [D3,D6]
- **Broccoli [D1]
- **Green beans [D5]
- **Baby Brussels sprouts [D4]
- **Spinach [D2]

SPICES

- Sea salt [D1,D3,D4,D5,D6]
- Black peppercorns [D1,D3,D4,D5,D6]
- Ground allspice [D1]
- Rosemary [D3]
- Bay leaves [D3]
- Basil [D2,D4]
- Oregano [D2,D5]
- Marjoram [D5]
- **Curry powder [D6]

DAIRY CASE

- Ghee (clarified butter) (7 tablespoons) (or use coconut oil) **Additional [D1,D3,D5,D6]

OTHER

- Wooden toothpicks [D4]



[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Veal with Pineapple Orange Sauce

Day 1 – Serves 4

INGREDIENTS:

- | | |
|---|---|
| 2 teaspoons ground allspice | 2 cups low sodium vegetable broth |
| 1 teaspoon sea salt | 1/2 cup orange juice, without pulp |
| 1 teaspoon freshly ground black pepper | 1/4 cup raw honey |
| 4 (6-oz.) boneless veal fillets, 1/2-inch thick (not cutlets) | 2 tablespoons cider vinegar |
| 3 tablespoons ghee, or use coconut oil, divided | 1 cup chopped canned pineapple (not crushed), reserve any juice |
| 1 cup diced onion | 1 orange, peeled, seeded and sliced |



INSTRUCTIONS:

In a small bowl or cup, combine allspice, salt and pepper; sprinkle mixture on both sides of veal fillets. Melt 2 tablespoons of ghee (or coconut oil) in your pressure cooker over medium-high heat. Add veal fillets and cook for 5 seconds per side or until lightly browned; remove from pressure cooker and set aside. Reduce heat to medium and melt remaining ghee (or coconut oil); add onions and, using a spatula, scrape up all of the browned bits from the bottom of the pressure cooker as you sauté the onions. When onions have turned translucent, carefully add remaining ingredients (broth through orange slices); stir well. Carefully insert rack in pressure cooker then place veal on the rack. Close lid tightly, bring to full pressure over high heat, then reduce heat to medium and cook for 12 minutes. Immediately cool according to manufacturer's directions until pressure is completely reduced. Remove veal fillets and keep warm. Return pressure cooker to heat. Bring sauce to a slow boil and cook until desired thickness is reached. Serve sauce over veal.

SERVING SUGGESTION: Baked sweet potatoes and steamed broccoli spears.

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Thai Chicken Soup in Coconut Broth

Day 2 – Serves 6

INGREDIENTS:

- | | |
|--|--------------------------------------|
| 1 1/2 pounds boneless skinless chicken breast meat, cut into 1-inch pieces | 1 teaspoon grated gingerroot |
| 2 (14-oz.) cans unsweetened coconut milk | 2 cups sliced white button mushrooms |
| 1 cup low sodium chicken broth | 2 medium onions, sliced |
| 6 blades lemongrass | 2 tablespoons sliced scallions |
| | 1 cup chopped cilantro |



INSTRUCTIONS:

Place chicken in pressure cooker. Add coconut milk, broth, lemongrass, gingerroot, mushrooms, onions and scallions. Close lid tightly, bring to full pressure over high heat, then reduce to medium and cook for 12 minutes. Immediately cool according to manufacturer's directions, until pressure is completely reduced. Carefully remove lid to avoid steam. Return to medium heat and bring to a boil. Stir in cilantro and serve.

SERVING SUGGESTION: A big spinach salad tossed with Leanne's Basic Vinaigrette.

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Pot Roast with Kale, Parsnips and Sweet Potatoes

Day 3 – Serves 4

INGREDIENTS:

1 1/2 pounds boneless beef chuck roast, trimmed
1 teaspoon sea salt
1/2 teaspoon freshly ground black pepper
6 cloves garlic, pressed, divided
1 tablespoon ghee, or use coconut oil
3 cups low sodium beef broth
2 cups coarsely chopped kale

1 1/2 cups parsnips, peeled and cut into 1-inch pieces
1 1/2 cups peeled and diced sweet potatoes
1 medium onion, quartered
2 teaspoons dried rosemary, crushed
2 bay leaves
2 tablespoons tomato paste



INSTRUCTIONS:

Season the roast with salt, pepper and 3 cloves of garlic. Melt ghee (or coconut oil) in your pressure cooker over medium-high heat; add roast and brown for 2 minutes per side. Carefully add some of the broth to the pressure cooker and whisk up all of the browned bits from the bottom. Add remaining broth, kale, parsnips, sweet potatoes, onion, rosemary, bay leaves and remaining garlic; stir well. Place lid securely on pressure cooker. Bring to full pressure then reduce heat to low. Maintain full pressure and cook for 25 minutes. Remove from heat, reduce pressure according to manufacturer's directions and remove lid, avoiding steam. Remove bay leaves and discard. Stir in tomato paste; blend well then serve.

SERVING SUGGESTION: Serve over Faux-Tay-Toes (steam cauliflower till tender; drain; mash with a little ghee, or coconut oil. and salt and pepper to taste till you get a mashed potatoes texture).

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Creamy Bacon and Ham Chicken

Day 4 - Serves 4

INGREDIENTS:

4 (1-oz.) slices ham
4 (6-oz.) boneless skinless chicken breast halves, butterflied
4 slices nitrate-free bacon
4 wooden toothpicks
2 cups low sodium chicken broth
1 cup diced onion

1 cup chopped celery
2 cloves garlic, pressed
1 teaspoon dried basil
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1 cup coconut cream



INSTRUCTIONS:

Place a slice of ham on each chicken piece, then wrap them with one slice of bacon; secure with a toothpick. Add broth, onion, celery, garlic, basil, salt and pepper to pressure cooker. Insert rack in pressure cooker and place bacon-wrapped chicken on rack. Close cooker lid securely and bring to full pressure over high heat. Reduce heat and cook for 12 minutes. Remove cooker from heat and release pressure according to manufacturer's instructions. Open cooker, avoiding steam. Remove chicken and keep warm. Gradually stir coconut cream into pressure cooker then return to heat until warmed through, bringing to a boil only if you want a thicker sauce. Place stuffed chicken on a serving dish; top with sauce and enjoy!

SERVING SUGGESTION: Baked sweet potatoes and steamed baby Brussels sprouts.

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Mediterranean Pork Roast

Day 5 - Serves 4

INGREDIENTS:

2 tablespoons ghee, or use coconut oil
1 1/2 pounds pork roast
1 cup chopped onion
1 cup chopped orange bell pepper
1 clove garlic, pressed
1 teaspoon dried oregano
1 teaspoon dried marjoram

1/2 teaspoon sea salt
1/4 teaspoon freshly ground black pepper
1 (14-oz.) can artichoke hearts in water,
drained
1/2 cup chopped sun-dried tomatoes
2 tablespoons lemon juice
2 cups low sodium chicken broth



INSTRUCTIONS:

Melt ghee (or coconut oil) in your pressure cooker over medium heat; add roast and brown on all sides; remove from pressure cooker and set aside. Add onion, bell pepper and garlic; sauté until onion begins to turn translucent. Stir in oregano, marjoram, salt and pepper and cook for 2 minutes. Add artichoke hearts, sun-dried tomatoes, lemon juice and broth. Return roast to pressure cooker, cover lid tightly and bring to full pressure over high heat. Reduce heat to low, maintain full pressure and cook for 20 minutes. Remove from heat and reduce pressure according to manufacturer's instructions. Remove roast to a cutting board and keep warm; allow it to rest for 10 minutes then slice and serve with sauce and vegetables.

SERVING SUGGESTION: Baked butternut squash and steamed green beans.

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Tarragon Chicken with Mushrooms

Day 6 - Serves 4

INGREDIENTS:

1 tablespoon ghee, or use coconut oil
4 (6-oz.) boneless skinless chicken breast halves
1 teaspoon sea salt
1 teaspoon freshly ground black pepper
1/2 cup finely chopped onion
1/2 cup finely chopped celery

3 cloves garlic, pressed
1/2 cup sliced white button mushrooms
2 cups low sodium chicken broth
2 tablespoons Dijon mustard
1 teaspoon lemon zest
3 tablespoons coconut cream
2 tablespoons chopped fresh tarragon



INSTRUCTIONS:

Melt ghee (or coconut oil) in a pressure cooker over medium heat. Season chicken with salt and pepper; add to pressure cooker and cook for 2 minutes per side or until lightly browned; remove from pressure cooker and set aside. Add the onion, celery and garlic to the pressure cooker and sauté for 2 to 3 minutes. Stir in mushrooms, broth, mustard and lemon zest and the browned chicken. Secure lid in place and bring it to full pressure over medium-high heat. Reduce heat to low and cook for 20 minutes. Reduce the pressure by using the quick-release method then carefully remove the lid. Stir in coconut cream and tarragon; heat through then serve mushroom/tarragon sauce over chicken.

SERVING SUGGESTION: Steamed kale and Curried Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; add salt, pepper and curry powder to taste then toss and fluff with a fork).

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Paleo Pressure Cooker E book Volume 1 – Shopping List – Week 4

Day 1: Red Snapper with Spicy Salsa, with Mexi-Cauli-Rice and a big salad

Day 2: Bison and Butternut Squash & Sweet Potato Soup, add a big spinach salad

Day 3: Spinach and Herb Stuffed Chicken, with baked sweet potatoes and steamed green beans

Day 4: Asian Beef with Baby Bok Choy, serve over Cauli-Rice and add stir-fried mushrooms and snow peas

Day 5: Pork and Vegetable Stew, with steamed broccoli spears and Faux-Tay-Toes

Day 6: Italian Flounder with Red Sauce, add spaghetti squash and a mixed baby greens salad

SHOPPING LIST:

PROTEIN

- 1 pound beef stew meat [D4]
- 1 pound lean ground bison (or meat of your choice) [D2]
- 1 1/2 pounds pork tenderloin [D5]
- 4 (6-oz.) boneless skinless chicken breast halves [D3]
- 4 (6-oz.) red snapper fillets, about 1-inch thick (or buy frozen) [D1]
- 4 (6-oz.) flounder fillets, about 1-inch thick (or buy frozen) [D6]

CONDIMENTS

- Coconut oil (3 tablespoons plus 2 tablespoons if not using ghee) **Additional [D3,D4,D5,D6]
- Cider vinegar (1 tablespoon) [D1]
- Balsamic vinegar (2 tablespoons) **Additional [D1,D2,D6]
- Coco-aminos (1/4 cup) [D4]
- Raw honey (2 1/2 tablespoons) [D1,D4]
- **Extra virgin olive oil [D1,D2,D6]

CANNED GOODS

- Low sodium chicken broth (2 cups) [D3]
- Low sodium beef broth (4 1/2 cups) [D4,D5]
- Low sodium vegetable broth (7 1/2 cups) [D1,D2,D6]
- 1 (14.5-oz.) can crushed tomatoes [D1]
- 1 (14.5-oz.) can diced tomatoes [D5]
- Tomato sauce (4 1/2 cups) [D5,D6]
- 1 (6-oz.) can tomato paste [D5]
- Coconut cream (1/2 cup plus optional 1 cup) [D2,D3]

DAIRY CASE

- Ghee (clarified butter) (2 tablespoons) (or use coconut oil) **Additional [D5,D6]

FREEZER

- 4 (6-oz.) red snapper fillets, about 1-inch thick (if not using fresh) [D1]
- 4 (6-oz.) flounder fillets, about 1-inch thick (if not using fresh) [D6]

PRODUCE

- Onions (1/2 cup chopped plus 2 1/2 cups and 2 tablespoons diced) [D1,D2,D4,D5,D6]
- Shallots (1 cup minced) [D3]
- Garlic (8 cloves) **Additional [D1,D2,D3,D4,D5,D6]
- Sweet potatoes (2 cups cubed) **Additional [D2,D3]
- Butternut squash (6 cups cubed) [D2,D5]
- Parsnips (1 cup diced) [D5]
- Carrots (1/4 cup diced) [D4]
- Celery (1 1/4 cups diced) [D4,D5]
- Zucchini (1/4 cup diced) [D4]
- Green bell peppers (1/2 cup chopped) [D1]
- Red bell peppers (1/4 cup chopped) [D4]
- Jalapenos (3) [D1]
- Spinach (1 cup chopped) **Additional [D2,D3]
- Baby bok choy (3 cups chopped) [D4]
- Cilantro (1 cup chopped) [D1]
- Lemons (1/2 teaspoon zest) [D3]
- Limes (6 tablespoons juice) [D1,D4]
- **Spaghetti squash [D6]
- **Cauliflower [D1,D4,D5]
- **Broccoli [D5]
- **Green beans [D3]
- **Mushrooms [D4]
- **Snow peas [D4]
- **Red onion [D6]
- **Avocado [D6]
- **Mixed baby greens [D6]
- **Lettuce (not Iceberg, no nutrition) [D1]
- **Salad veggies (your choice) [D1]

SPICES

- Sea salt [D1,D2,D3,D5,D6]
- Black peppercorns [D1,D3,D5,D6]
- Ground fennel [D1]
- Rosemary [D2]
- Oregano [D1,D2,D3,D6]
- Basil [D1,D2,D5,D6]
- Sage [D5]
- Marjoram [D6]
- **Chili powder [D1]
- **Ground cumin [D1]



[D1] – [D6] = Day 1, Day 2, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit certain ingredients from your shopping list.

Red Snapper with Spicy Salsa

Day 1 – Serves 4

INGREDIENTS:

1 cup low sodium vegetable broth
1/2 cup chopped onion
1/2 cup chopped green bell pepper
3 jalapenos, de-seeded and chopped
1 (14.5-oz.) can crushed tomatoes, drained
1/2 tablespoon raw honey
1 tablespoon cider vinegar

1/4 cup lime juice
4 (6-oz.) boneless red snapper fillets, each
about 1-inch thick
1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
2 teaspoons ground fennel
1 cup chopped cilantro



INSTRUCTIONS:

In your pressure cooker, combine first 8 ingredients (broth through lime juice). Insert trivet in pressure cooker. Sprinkle fish evenly with salt, pepper and fennel; place on trivet. Close lid and bring to full pressure over high heat. Reduce heat and cook for 6 minutes. Remove cooker from heat and release pressure according to manufacturer's instructions. Open cooker, avoiding steam, and remove fish to a serving plate. Serve snapper topped with salsa. (If you prefer a thicker salsa, bring sauce to a boil over medium heat and cook until reduced to desired thickness, keeping snapper warm.)

SERVING SUGGESTION: Mexi-Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam "rice" till tender; drain; add salt, pepper, chili powder and ground cumin to taste; fluff with a fork). Add a big salad tossed with Leanne's Basic Vinaigrette.

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Bison and Butternut Squash & Sweet Potato Soup

Day 2 – Serves 4

INGREDIENTS:

1 pound lean ground bison (or use turkey, beef, lamb or
other meat of your choice)
1/2 cup diced onion
3 cloves garlic, pressed
2 teaspoons dried rosemary, crushed

2 cups peeled and cubed sweet potatoes
3 cups peeled and cubed butternut squash
6 cups low sodium vegetable broth
1 teaspoon sea salt
1 cup coconut cream, optional



INSTRUCTIONS:

Brown ground bison (or other meat) in pressure cooker over medium heat for 2 minutes. Add onion, garlic and rosemary; cook until fragrant (1 to 2 minutes). Raise heat to high and add remaining ingredients, except coconut cream. Close lid tightly and bring to full pressure over high heat then reduce to lowest setting that will maintain pressure and cook for 12 minutes. Release pressure according to manufacturer's directions then stir in coconut cream, if desired (for a creamy soup).

SERVING SUGGESTION: A big spinach salad tossed with Leanne's Basic Vinaigrette.

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Spinach and Herb Stuffed Chicken

Day 3 – Serves 4

INGREDIENTS:

1 cup chopped spinach
2 teaspoons dried oregano
1/2 teaspoon lemon zest
1/2 cup coconut cream
3 cloves garlic, pressed
3/4 teaspoon sea salt

1/2 teaspoon freshly grated black pepper
4 (6-oz.) boneless skinless chicken breast halves, butterflied
2 tablespoons coconut oil
1 cup minced shallots
2 cups low sodium chicken broth



INSTRUCTIONS:

In a medium bowl, combine first 7 ingredients (spinach through black pepper). Season the outsides of the chicken with salt and pepper to taste, then stuff the “pockets” with equal parts of spinach/herb filling. Melt the coconut oil in your pressure cooker over medium heat; add shallots and sauté for 2 minutes or until translucent. Carefully add broth, avoiding steam. Insert rack in pressure cooker and place stuffed chicken on rack. Secure lid tightly in place and bring to full pressure over high heat. Reduce heat to low; cook for 15 minutes. Remove from heat after 15 minutes and immediately cool according to manufacturer's directions, until pressure is completely reduced. Serve immediately.

SERVING SUGGESTION: Baked sweet potatoes and steamed green beans.

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Asian Beef with Baby Bok Choy

Day 4 - Serves 4

INGREDIENTS:

1 tablespoon coconut oil
2 tablespoons diced onion
1/4 cup diced carrot
1/4 cup diced celery
1 clove garlic, pressed
1/4 cup diced zucchini

1/4 cup chopped red bell pepper
1 pound beef stew meat, cubed
1 1/2 cups low sodium beef broth
1/4 cup coco-aminos
2 tablespoons lime juice
2 tablespoons raw honey
3 cups chopped baby bok choy



INSTRUCTIONS:

Melt the coconut oil in your pressure cooker over medium-high heat; add onion, carrot and celery and sauté until onion begins to turn translucent, about 2 minutes. Stir in garlic then add zucchini, bell pepper, beef cubes, broth, coco-aminos, lime juice and honey; blend well. Secure lid tightly in place and bring to full pressure over high heat. Reduce heat to low and cook for 12 minutes, then remove from heat. Immediately cool and release pressure according to manufacturer's directions. Carefully remove lid, avoiding steam; stir in baby bok choy until wilted.

SERVING SUGGESTION: Serve over Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam “rice” till tender; drain; salt and pepper to taste and fluff with a fork). Add stir-fried mushrooms and snow peas on the side.

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Pork and Vegetable Stew

Day 5 - Serves 4

INGREDIENTS:

2 tablespoons ghee, or use coconut oil
1 1/2 pounds pork tenderloin, trimmed and cubed
1 cup diced onion
1 cup diced celery
1 clove garlic, pressed
2 tablespoons dried basil
2 tablespoons dried sage

1 teaspoon sea salt
2 teaspoons freshly ground black pepper
4 cups tomato sauce
1 (14.5-oz) cans diced tomatoes, drained
3 cups low sodium beef broth
1 cup peeled and diced parsnips
3 cups peeled and cubed butternut squash
1 (6-oz.) can tomato paste



INSTRUCTIONS:

Melt ghee (or coconut oil) in your pressure cooker over medium heat. Add pork cubes and cook until lightly browned (1 to 2 minutes per side). Add onion and celery; cook until almost softened (about 2 minutes). Stir in garlic, basil and sage; cook for 1 minute. Add salt, pepper, tomato sauce, tomatoes, broth, parsnips and butternut squash; blend well. Close cover securely and place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to low and cook for 20 minutes. Remove from heat and immediately cool according to manufacturer's directions, until pressure is completely reduced. Stir in tomato paste and serve immediately.

SERVING SUGGESTION: Steamed broccoli spears and Faux-Tay-Toes (steam cauliflower till tender; drain; mash with a little ghee, or use coconut oil and salt and pepper to taste till you get a mashed potatoes texture).

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Italian Flounder with Red Sauce

Day 6 - Serves 4

INGREDIENTS:

1/2 cup low sodium vegetable broth
1/2 cup tomato sauce
1 cup diced onion
2 tablespoons balsamic vinegar
4 (6-oz.) flounder fillets, each about 1-inch thick

1/4 teaspoon sea salt
1/8 teaspoon freshly ground black pepper
1 teaspoon dried basil
1 teaspoon dried oregano
1/2 teaspoon dried marjoram



INSTRUCTIONS:

In your pressure cooker, combine broth, tomato sauce, onion and vinegar; blend well. Insert trivet in pressure cooker. Sprinkle fish evenly with salt, pepper, basil, oregano and marjoram; place on trivet. Close lid tightly and bring to full pressure over high heat. Reduce heat and cook for 6 minutes. Remove cooker from heat and release pressure. Open cooker and place fish on a serving plate; serve immediately, topped with sauce.

SERVING SUGGESTION: Spaghetti Squash "Noodles" tossed with a little ghee (or coconut oil) and salt and pepper to taste (Cut squash in half lengthwise and place on a lightly oiled baking sheet, cut sides down. Bake in a preheated 375-degree oven until tender. Remove from oven and set aside to cool slightly. Scoop out seeds then, using a fork, scrape squash out of its shell in long, thin [spaghetti-like] strands). Add a big salad of mixed baby greens, sliced red onion and avocado, tossed with Leanne's Basic Vinaigrette.

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