

TIFFANY LEE GASTON

PRESENTS
EASY PALEO RECIPES

2014 PREVIEW ADDITION



PREFACE

Truth be told, until recent years, I never really enjoyed cooking. The thought of planning a dinner would make me cringe, begin to sweat and just stress in general. Lack of creative interest perhaps, but somehow all that changed when I discovered Paleo.

Fast forward to roughly 3 years ago when I discovered a new way of life. Through the gradual omission of grain and dairy in my diet, I discovered something incredible... I felt better than I ever have in my life! I had loads of energy, better sleep, better mood, better skin, and the list of "betters" goes on. I also noticed something very interesting, my stomach was flat and I felt leaner than I ever had before.

As an athlete, I train hard and try to fuel my body healthily, but I definitely noticed I was much leaner and with much less effort. This concept of eating anti-inflammatory foods was simply GENIUS! I fully locked in and haven't looked back.

Having begun to read more and more on the topic of living a Paleo lifestyle, I realized I was headed this way before I knew it had a name. Today, I much prefer labeling the way I eat as being more of an anti-inflammatory diet so that complete prehistoric types don't ride me for my modified versions of daily living. I'm not as hardcore as some; as I don't drink bone broth and I prefer not to wrap everything in bacon...I know, call me crazy. Without carefully weighing and measuring my meals, as in contest prep, I just focus on eating all real food. I get everything I need from lean proteins, fruits, veggies, nuts and seeds.

Though I occasionally enjoy my open meals, the constant craving of sweets or processed foods faded away. By not eating these things, except perhaps as part of an open meal, I no longer craved their addictive ways. I love my wine, in case you haven't heard and I like to refeed my muscles with a burger and have yet to find one too big for me. Getting my children to jump on my bandwagon has been the most challenging, but I'm not ready to throw in the towel yet. My Cavekids eBook should be up next. Smuggling healthy food into their mouths will become my greatest mission in life yet. Stay tuned!



TABLE OF CONTENTS

- HONEY GARLIC SRIRACHA WINGS
- SEASONED JICAMA FRIES
- GARLIC SMASHED TURNIPS
- EGG MUFFINS
- SRIRACHA LIME SHRIMP
- BISON MEATBALLS
- SLOW COOKER TRI TIP ROAST
- ROASTED CARROTS AND FENNEL
- HERB BAKED CHICKEN WITH ROASTED CARROTS AND FENNEL
- ESPRESSO ENCRUSTED BEEF TENDERLOIN
- CAVEGIRL BARS
- PUMPKIN BREAD
- LEMON BARS



HONEY GARLIC SRIRACHA WINGS

INGREDIENTS

- 1-2 lbs wings / drumsticks
- 1/2 c Sriracha (less if you can't handle it)
- 1/4 cup coconut aminos
- 3 tbsp. honey
- 1-2 tbsp. minced garlic
- 2 tsp. grated fresh ginger

In a large bowl, combine all ingredients and mix well. Add wings and coat completely. Cover and refrigerate for at least 1 hour to overnight to marinate.

Preheat oven to 400 degrees and bake for about 30-40 minutes, flipping halfway through. I will about darn near burn mine because that's how I like them. Just keep an eye if you're not into extra crispy.



SEASONED JICAMA FRIES

INGREDIENTS

- 1-2 jicama
- olive oil
- sea salt
- onion powder
- garlic powder
- smoked paprika

Preheat your oven to 400 degrees

Wash and cut your jicama into desired sized fries leaving the skin on. Place in a bowl and drizzle with olive oil and season to taste with spices. Place on a lined baking sheet and bake for 15 minutes, flip them all over and then an additional 15 minutes.

Bake at 400 degrees for 30-35 minutes.



GARLIC SMASHED TURNIPS

INGREDIENTS

- 1-2 large turnips washed and quartered
- 1 medium onion quartered
- 3 cloves garlic
- olive oil
- Salt
- pepper

Preheat oven to 400 degrees.

Chop all ingredients and scatter in a single layer on a baking sheet. Drizzle with olive oil and season with salt and pepper.

Bake at 400 degrees for 45 minutes. Remove and allow to cool down for a few minutes before running all ingredients through a Vitamix. You are looking for the consistency of smashed potatoes.



EGG MUFFINS

INGREDIENTS

- 12 eggs
- 1lb grass fed ground beef
- Cherry tomatoes
- Onion
- Ghee, coconut oil or your fat preference to grease tins

Brown, season and drain your ground beef. Whisk eggs in a separate bowl. Distribute beef evenly amongst greased muffin tins. Add, your sliced cherry tomatoes and onions. Pour egg mixture to about 3/4 full in each. Bake at 350 for about 20 minutes



CAVEGIRL BARS

INGREDIENTS

- 2 cups raw almonds
- 1 cup dried blueberries
- 1 cup dried cranberries
- 1 cup unsweetened coconut flake
- 2 eggs
- 2 tbsp olive oil

Preheat oven to 350 degrees (325 convection).

In a single layer, spread your almonds on a cookie sheet. Bake for 12 minutes to roast them. When finished, leave your oven on at the same temperature while you complete this next step.

Combine all the dry ingredients in a Cuisinart. Pulse until you get the desired texture, which is a fine chop. Add the olive oil at a few intervals until combined well. You may have to stop and scrap the sides down a few times during this process.

Transfer to a mixing bowl and add your eggs. Combine well. In a shallow baking dish or nonstick pan, coat with coconut oil or cooking spray and press into a 1 inch layer.

Bake for 25 minutes at 350

* Add any dried fruit you like or even dark chocolate would be great!



SRIRACHA LIME SHRIMP

INGREDIENTS

- 1 lb. shrimp shelled and deveined
- 1/2 c chopped green onion
- 2 cloves mince garlic
- 1/2 diced red pepper
- 3 sprigs fresh cilantro
- 1 lime
- 1 tbsp. ghee, coconut oil or olive oil
- 1/2 c Sriracha
- Butter lettuce as garnish or to wrap shrimp in

In a saucepan, heat 1 tbsp of your oil of choice to medium heat. Heat garlic until fragrant. Add shrimp and cook until pink. Combine Sriracha, red pepper, green onion and squeeze the juice of one lime on top. Over low heat, sauté for a few additional minutes and serve on lettuce wraps.



BISON MEATBALLS

INGREDIENTS

- 1.5 lbs. organic ground bison
- 1/2 cup almond meal
- 1 egg
- 1 diced onion
- 1-2 cloves of finely minced garlic
- salt
- pepper
- 2 tbsp curry

Preheat oven to 425 degrees.

In a large bowl, combine all of your ingredients and mix well without over handling the mixture. Form preferred size meatballs and place on a lined baking sheet.

Bake at 425 degrees for 15 minutes



SLOW COOKER TRI TIP ROAST

INGREDIENTS

- 3-4 lb. tri-tip roast
- 1 large onion
- 3-4 celery stalks
- 1-2 cups baby carrots
- Potatoes (optional)
- Sea salt
- Cracked black pepper
- Onion powder
- Garlic powder
- Olive oil

Thoroughly coat the roast with olive oil. Heavily season with the above spices on all sides.

Place your roughly chopped celery, carrots and onion on the bottom of the crock-pot. Add the roast on top.

Turn on low for 8 hours or high for one hour and low 6-7 hours.



ROASTED CARROTS AND FENNEL

INGREDIENTS

- 1 lb. organic carrots
- 1 large fennel bulb
- Salt
- Pepper
- Olive oil

Preheat oven to 400 degrees.

After cropping the greens from carrots and fennel toss both in a large bowl with a drizzle of olive oil and season to taste with salt and pepper. Place on a lined sheet pan or a roasting pan and roast for 20-25 minutes, flipping halfway through to brown all sides. Fennel and carrots should be nice and caramelized when finished. Serve with herb baked chicken!



HERB BAKED CHICKEN WITH ROASTED CARROTS AND FENNEL

INGREDIENTS

- 4 Organic chicken breasts
- 2 tbsp Rosemary
- 2 tbsp Thyme
- 2 tbsp Sage
- 1 tsp Sea salt
- 1 tsp Pepper

Preheat oven to 350 degrees. Lightly drizzle olive oil on your chicken. Season both sides to taste. Measurements above are estimates as I heavily seasoned all sides of chicken with spices.

Bake at 350 degrees for 30 minutes. Serve on a bed of roasted carrots and fennel



ESPRESSO ENCRUSTED BEEF TENDERLOIN

INGREDIENTS

- 1/4 cup finely ground espresso (coffee would work too)
- 1 tsp cayenne
- 2 tbsp paprika
- 1 tsp coriander
- 1 tsp chili powder
- 1 tsp sea salt
- 1 tsp freshly ground black pepper
- 2 tsp adobo (chipotle) chili powder
- 1/2 c honey

Preheat oven to 450 degrees.

After combining all of the dry rub ingredients, pat the tenderloin dry with paper towels and place on a rack in a roasting pan and allow to sit and reach room temperature. Drizzle and coat thoroughly with honey.

Using your hands to rub it all over the meat is the easiest way to coat evenly. Then cover with dry rub mixture completely.

Place roast in oven and immediately turn down to 400 degrees. Cook for an internal temperature of 130 degrees for rare or 145 degrees for medium. Let rest for 10-15 minutes before slicing.



PUMPKIN BREAD

INGREDIENTS

- 5 whole eggs
- 15 oz can organic pumpkin
- 1/2 c unsweetened coconut milk
- 1 tsp baking soda
- 1 tsp pure vanilla
- 1/2 c coconut flour
- 1/2 tsp ground cloves
- 1 tsp nutmeg
- 1 tbsp cinnamon
- 1-2 tbsp raw honey (or you can be controversial and use 1/4 c agave nectar)
- Coconut oil or butter for greasing loaf pan

Combine all dry ingredients and then fold in the wet ingredients.

Stir well making sure there are no lumps. Once combined well, pour into a greased loaf pan or muffin tins and bake at 375 degrees for 40-45 minutes.



LEMON BARS

INGREDIENTS

- To make the crust:
- 1 C pecans
- 1 C whole almonds
- 2 whole eggs
- 1/3 C raw organic honey
- 2 tbsp. coconut flour
- Topping:
- 6 whole eggs
- 1/2 cup coconut oil
- 1 cup freshly squeezed lemon juice (approx. 5 lemons)
- 1/2 cup raw organic honey
- Unsweetened coconut (optional topping)

Preheat oven to 350 degrees.

Pulse your pecans and almonds in a food processor until finely chopped. Remove and combine in a bowl with your honey, coconut flour and eggs. In an 8X10 baking pan or casserole dish lined with parchment paper, press crust ingredients down with a spatula until smooth and compact all the way to outer edges.

Bake at 350 degrees for 15 minutes or until lightly browned.

Next, while your crust is baking, combine your eggs, honey, lemon juice and coconut oil in a saucepan and whisk the living crap out of it on medium heat until it thickens. It is not right until it has the consistency of pudding. I whisked and whisked and whisked until I thought my arm was going to fall off. Then, I whisked some more. Then I got out my electric hand held beater and then I realized I had the heat too low. If it's too low or too high, you're in trouble. Too low and it won't thicken. Too high and you'll have scrambled eggs which is not what we are going for here.

Remove the crust and set aside to cool. Once your lemon topping is the right consistency, turn off the heat and let it cool. Once cooled, pour onto crust and place in the freezer to let it set up. Top with unsweetened coconut if you'd like!



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