



# THE PALEO DIET COOKBOOK

THE PALEO DIET INVOLVES US EATING  
THE SAME TYPES OF FOOD AS OUR  
ANCIENT CAVEMEN AND WOMEN  
ANCESTORS WOULD HAVE BACK IN THE  
PALEOLITHIC ERA MILLIONS OF YEARS

AGO.

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# **LEGAL NOTICE:**

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# What Is The Paleo Diet?

The Paleo diet involves us eating the same types of food as our ancient cavemen and women ancestors would have back in the Paleolithic era millions of years ago.

Back then there was no farming, there was no processed wheat, cereals, chemicals, preservatives, or flours. The only foods people ate back then had to either be, hunted, foraged, or killed.

The reason why this way of eating is so popular is because we have not yet evolved enough to be able to properly digest and cope with processed foods, which is why wheat and gluten allergies are so common.

We have been eating processed foods for around 10,000 years, which is not much by evolutionary standards, especially when you consider that we've been eating foods on the Paleo diet for millions upon millions of years.

The Paleo diet involves fresh natural meats, fruits, berries, nuts, seeds, healthy fats, and certain vegetables. Nothing processed, nothing with normal flour, wheat or grain, and nothing artificial.

## **So which foods are the most popular?**

As we mentioned, the diet involves plenty of meats, fruits, seeds, nuts, healthy fats, and vegetables, and to give you a better idea of what can be consumed, here are some of the more popular Paleo diet foods:

- Salmon
- Grass fed beef
- Fish and seafood
- Grass fed lamb
- Grass fed animals
- Fruits
- Nuts (except peanuts)
- Avocados
- Coconut oil
- Free range eggs
- Olive, flaxseed, walnut oil
- Root vegetables

## **Foods to avoid:**

Cereal grains

Wheat

Dairy produce

Refined sugars

Processed foods

Table salts (sea salt is fine)

Hydrogenated vegetable oils

Potatoes (sweet potatoes are fine)

Legumes (including all bean varieties)

Peanuts

Sugary drinks

Grain based alcoholic drinks (beer, whisky, grain-based whisky)

“diet” drinks

## **How much weight can you expect to lose?**

Again, this is not a diet but rather a lifestyle change so if you're after dramatic weight loss week after week then you're going to be disappointed.

If you're looking to healthily lose body fat, increase lean muscle mass, and improve your overall health and fitness in a safe and controlled manner, then the Paleo diet is for you.

As far as weight loss results go, the results are still impressive as you can expect to lose anything between 2 and 4 pounds per week on average, possibly even more if you combine the diet with regular physical activity.

As the months go by however, you will quickly see big improvements in your physique, your mood, your energy level, and your health in general.

# Paleo Chicken and Vegetable Soup

What is better than a nice hot bowl of chicken soup? It really just warms the soul and is so comforting. The chicken is tender, the broth is well seasoned and the vegetables add nice color and texture. Some may opt for canned soup but making it on your own is so much better and is surprisingly easy. This soup is very healthy. The chicken is lean and the vegetables are full of vitamins, antioxidants and minerals. Chances are all the ingredients needed are already in your kitchen.



## Ingredients (Serves 2-3)

- 3 tablespoons olive oil
- 1 large onion, peeled and chopped
- 2 garlic cloves, crushed
- 3 chicken breasts, boneless and skinless, diced
- Sea salt, to taste
- Pepper, to taste
- 3 celery stalks, diced
- 3 large carrots, diced
- 3 cups chicken broth
- 1 cup peas, fresh or frozen

## **Method**

1. Heat 3 tablespoons of olive oil in a large nonstick pot over medium high heat.
2. Add onion and garlic, cook for 3-5 minutes until fragrant.
3. Add chicken, stir to prevent burning. Cook for about 5-8 minutes until light brown.
4. Add salt and pepper.
5. Add celery, carrots, and stir. Allow to cook for about 5 minutes until slightly tender.
6. Reduce heat to medium, pour in chicken broth and allow to boil for 20-30 minutes, in the last 10 minutes add fresh or frozen peas.
7. Taste and add more seasonings if needed.
8. Remove from heat, ladle into bowls and serve.

# Cajun Shrimp Gumbo

Cajun shrimp gumbo is a very special dish. It brings the tastes of Louisiana into your home kitchen. Bottom line, gumbo is simply delicious. It has those signature Cajun flavors, chopped veggies for added texture, smoked andouille sausage and plump shrimp. During the cooking process all the ingredients combine, the flavors of the ingredients are amplified and before you know it, you have gumbo. The dish may seem a bit intimidating, but it is actually quite easy to make.



## Ingredients (Serves 2-3)

- 4 tablespoons butter
- 4 tablespoons almond flour
- 1 onion, peeled and chopped
- 3 stalks of celery, chopped
- 1 green bell pepper, de-seeded and chopped
- 4 garlic cloves, minced
- 1 tablespoon Cajun seasoning
- 4 cups chicken broth



- 1 cup okra (lady's fingers), diced
- 8 oz smoked andouille sausage, cut in ¼ inch thick slices
- 2 teaspoons Worcestershire sauce
- Sea salt, to taste
- Pepper, to taste
- 16 oz raw shrimp, peeled and deveined

## Method

1. In a large pot melt butter over medium-low heat, whisk in almond flour. Stir constantly and allow roux to cook until light brown.
2. Continue stirring roux sauce until a chocolate color is achieved.
3. Add chopped onions, celery and green pepper. Increase heat to medium high. Cook for about 10 minutes while stirring often.
4. Add garlic and cook for an additional minute or two.
5. Sprinkle with Cajun seasoning and stir.
6. Add chicken broth to the roux and vegetable mixture. Stir.
7. Add okra to the pot. Stir.
8. Add sausage, Worcestershire sauce, salt and pepper. Reduce to low heat, cover and simmer for 30 minutes. Stir gently every 15 minutes. Add a little water if too thick.
9. Add shrimp and cook for 10-15 minutes or until shrimp is pink.
10. Season with more salt and pepper.
11. Ladle into bowls and serve.

# Beef Goulash

Beef goulash with carrots and sweet potato is a hearty dish. The beef, which is certainly the anchor of the recipe, is browned before stewing to build more flavor and in the end it is tender. As for the carrots and sweet potato, they add nice color to the dish as well as some richness. The sweet potatoes break apart during cook time and disperse throughout the stew and add a nice variation in texture. As everything cooks down in the stock the entire ingredients meld together to create a tasty beef stew.



## Ingredients (Serves 2-3)

- 3 tablespoons olive oil
- 1 large onion, peeled and chopped
- 2 garlic cloves, minced
- 500 grams stew beef, diced
- 3 carrots, peeled and cut into pieces
- 1 red pepper, de-seeded and sliced
- 2 large sweet potatoes, peeled and cut into bite sized pieces
- 3 cups beef broth

- 2 tablespoons cold water
- 3 teaspoons arrowroot powder
- 2 teaspoons Worcestershire sauce
- Sea salt, to taste
- Pepper, to taste

### **Method**

1. Place a large pot over medium high heat and add olive oil.
2. Add chopped onions and minced garlic. Stir frequently, sauté until brown and fragrant.
3. Add beef and allow to cook until beef develops a nice brown exterior on all sides.
4. Add carrots, peppers and sweet potato. Stir.
5. Pour in the beef broth and stir to deglaze the pot. There is nice beef flavor on the bottom after browning the meat.
6. Once boiling, reduce heat to simmer and cover. Allow to cook for 45-60 minutes or until beef is fork tender and sweet potatoes begin to fall apart.
7. In the last 10 minutes of cooking, combine cold water and arrowroot powder in a small bowl. Stir into the stew slowly to thicken. You may not need all of the arrowroot mixture.
8. Add Worcestershire sauce and season to taste with salt and pepper.
9. Ladle into bowls and serve.

# Crispy Roasted Pork Belly

Rosemary and thyme roasted pork belly with honey roasted carrots makes for a fantastic meal. When done right, the pork belly is wonderfully crisp on the outside, and juicy on the inside. The steps taken to ensure a crisp exterior such as prepping the belly the night before and increasing the heat to crackle the skin really work. In the end you will have a pork dish that you will never forget.



## Ingredients

- 2lb/1.2kg pork belly
- 2 tablespoons fresh rosemary, chopped
- 2 tablespoons fresh thyme, chopped
- 1 tablespoon sea salt flakes
- Ground black pepper, to taste

## Method

For this recipe you want to prepare your pork belly the night before.

1. Wash the pork belly and pat dry. Score the pork skin in a Criss-cross pattern with a sharp knife. When scoring be sure not to cut into the meat.
2. Liberally season with rosemary, thyme, salt and pepper, rub in the marinade on both sides. (The salt will pull moisture out of the skin which will result in a crispy exterior). Set aside for 2 hours or allow to sit in the fridge overnight.
3. Preheat oven to 220°C, 425°F, gas 7.
4. Season pork with a little more salt, pepper and herbs if desired.
5. Transfer pork belly (skin side up) to a roasting pan with a wire rack.
6. Cook in the oven on high heat for about 20 minutes or until the skin turns golden brown and starts crackling.
7. Reduce oven temperature to 170°C, 325°F, gas 3 and cook for about 1 ½ to 2 hours.
8. Remove from oven and allow to cool.
9. Slice and serve with carrots or vegetables.

# Spinach and Tomato Frittata

The wonderful frittata is a simple Italian meal, the main ingredients are eggs and you can use a wide variety of ingredients to fill the omelet. Depending on how you make it, the taste is similar to eating a quiche without the pastry, it's great!



## Ingredients (Serves 2-4)

- 6 eggs
- 2 tablespoons olive oil
- 1 small onion
- 5 medium mushrooms, sliced
- 2 cups baby spinach
- 10 cherry tomatoes, halved
- 1 tablespoon fresh parsley, chopped
- Sea salt, to taste
- Pepper, to taste

## Method

1. Preheat grill to medium high heat.
2. In a medium bowl crack six eggs and beat well. Add salt and pepper.
3. Place a large nonstick frying pan over medium-low heat and add olive oil.
4. Add chopped onions and mushrooms to pan. Stir and cook for about 5-8 minutes or until mushrooms are soft and brown.
5. Add spinach, tomatoes, parsley, a little more salt and pepper. Stir everything together well, cook for about 5 minutes.
6. Pour raw egg mixture over vegetables, shake the frying pan gently to make sure the eggs are covering all vegetables. Cook for about 3 minutes or until the frittata is set around the edges.
7. Place frying pan under grill and cook for 5-7 minutes or until the top is entirely set.
8. Slice into wedges and serve salad.

# Orange and Avocado Salad

To add flavor to a plain green salad, revitalize it with juicy blood oranges, walnuts and avocados. Delicious avocados add great taste, color and a nice creamy texture to ordinary salads, they're not just for guacamole. This dish is fresh and easy to make.



## Ingredients (Serves 1)

- 10 romaine lettuce leaves
- 1 ripe Hass avocado, halved and pitted
- 2 large Blood oranges
- 5 whole walnuts
- 1 tablespoon lemon juice
- 2 tablespoon orange juice
- Sea salt, to taste
- Paprika, to taste



## Method

1. Rinse lettuce leaves pat dry and arrange on a dinner plate.
2. Slice the avocado into thin wedges and scoop out the pieces. Set aside.
3. Remove the peel and membrane from two large Blood oranges. Separate the pieces of orange pulp and try keeping the shape.
4. Place the pieces of orange pulp and avocado in equal sections on the lettuce leaves, then scatter a few walnuts on top.
5. Drizzle the salad with fresh lemon and orange juice, add a sprinkle of salt and paprika to taste.
6. Serve and enjoy!

# Spicy Lamb Meatballs with Spinach and Tomato Salad

Lamb is a great meat. Unfortunately home cooks tend to shy away from it. Yes It may seem a little intimidating but lamb is easy to cook when you have a great recipe to follow. It is a nice lean meat that can be quite flavorful. When just starting to cook lamb the first thing you should make are spicy lamb meatballs with spinach and tomato salad.



## Ingredients Meatballs (Serves 2-3)

- 500g minced lamb
- 1 medium onion, peeled and diced finely
- 2 garlic cloves, crushed
- 1 teaspoon oregano
- 1 teaspoon paprika
- 1 teaspoon cumin
- 1 teaspoon cayenne pepper

- 1 teaspoon allspice
- 1 large egg
- Sea salt, to taste
- Pepper, to taste

### **Ingredients Salad**

- 2 Handfuls baby spinach
- 6 large tomatoes, sliced

### **Method**

1. Preheat oven to 180°C, 350°F, gas 4.
2. To make the meatballs, mix together all of the meatball ingredients In a large bowl.
3. Using your hands, knead the meat mixture then roll into small balls.
4. Coat baking dish with olive oil, place meatballs in the dish and lightly drizzle with oil.
5. Place in the hot oven for about 30-45 minutes, turn meatballs on opposite side after 15 minutes. Bake until cooked and golden brown on the outside.
6. Remove from oven and set aside.
7. When the meatballs are cooked, simply add a few handfuls of baby spinach and tomatoes onto each plate. Top with meatballs and serve.

# Smoked Salmon and Prawn Salad

Salmon and prawn salad is a beautiful dish. It takes two of the most delicious foods from the sea and brings them together on a bed of lettuce, sliced cucumbers, and tomatoes enhanced with a great dressing. It has the right amount of richness from the salmon and freshness all on one plate. All in all this is a very well composed dish that is quite filling and really easy to make. Serve as the beginning of a meal, for the main course or as an impressive lunch.



## Ingredients (Serves 1-2)

- 4 pieces thinly sliced cooked smoked salmon
- 6 large cooked prawns
- 1 cup chopped romaine lettuce
- 10 cherry tomatoes, halved
- 1 small cucumber, thinly sliced
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 teaspoon dill
- Sea salt, to taste
- Pepper, to taste

## **Method**

1. Place salmon filets and prawns onto a dinner plate for serving later.
2. Make dressing by whisking olive oil, lemon juice, dill, salt and pepper in a medium bowl. Taste and add more seasoning as needed.
3. Add lettuce, tomatoes and cucumbers into the salad dressing. Gently toss to combine.
4. Transfer a portion of salad to the dinner plate.
5. Serve and enjoy.

# Chicken Kebabs

Chicken kebabs are so simple yet so flavorful and are always a treat to eat. Chicken kebabs have juicy marinated meat, vegetables with great char and it is all on a skewer! What can get better than that? One of the best kebab recipes is the chicken, pepper, onion kebab on wooden skewers variation. The bell peppers add bite along with color and the onions add a subtle sweetness.



## Ingredients (Serves 2-3)

- 5-6 wooden skewers
- 1 cup plain Greek yogurt (It's okay to eat Greek yogurt on the Paleo diet.)
- 1 tablespoon mustard
- 2 teaspoons paprika
- 2-3 teaspoons sea salt
- 1 teaspoon ground black pepper

- 3 garlic cloves, minced
- 2 tablespoons lemon juice
- 1 large onion, peeled and cut into cubes
- 1 large red bell pepper, de-seeded and chopped
- 1 large green bell pepper, de-seeded and chopped
- 2 large chicken breasts, boneless and skinless, cut into bite-size cubes

## **Method**

1. Anywhere from 20 minutes to 3 hours before you begin, soak your wooden skewers in a bowl or pot of cold water. Make sure that they are fully submerged. Wooden skewers are great to use for kebabs, but they can burn. Soaking prevents this problem as well as splintering. Once the skewers have been taken care of gather your ingredients.

2. Cut chicken into 1-inch pieces along with bell peppers and onion.

3. Make the marinade by adding yogurt, mustard, paprika, salt, pepper, minced garlic and lemon juice into a large bowl. Stir to combine.

4. Assemble your kebabs by taking a soaked wooden skewer and placing one piece of chicken followed by a piece of red bell pepper and onion, another piece of chicken, green bell pepper and onion. Continue until kebab is complete (make sure there is some space in between for proper grilling).

5. Place kebabs on a large flat tray or baking dish. Pour the marinade over the chicken skewers, refrigerate for about 1-2 hours.

6. Preheat grill to medium high heat and cook for about 5-8 minutes on each side until chicken is golden brown and cooked. Watch and turn often.

7. Remove kebabs from grill, place onto a platter and serve.



# Slow Cooked Oxtail Stew

Oxtail stew is jam packed with flavor and has great balance as well as complexity. Aside from the fall off the bone tender oxtails, this stew has onions, celery, carrots and plum tomatoes that add this natural burst of sweetness. The base ingredients are elevated with the addition of fresh herbs. In order to execute this recipe correctly you need high quality ingredients and some time. Slow cooking is essential when making oxtails.



## Ingredients (Serves 2-3)

- 1 kg oxtails, cut into chunks
- Olive oil
- Sea salt, to taste

- Pepper, to taste
- 2 medium onions, peeled and chopped
- 4 garlic cloves, minced
- 1 tablespoon tomato paste (tomato puree)
- 3 large carrots, peeled and cut into pieces
- 2 celery stalks, trimmed and cut into small chunks
- 2 leeks, trimmed and cut into small chunks
- 3 sprigs of rosemary, fresh
- 5 sprigs of thyme, fresh
- 3 bay leaves, fresh
- 1 cup red wine
- 1 extra large tin diced tomatoes, 35 oz
- 4-5 cups beef broth

## **Method**

1. Preheat oven to 160°C, 325°F, gas 3.
2. Drizzle oxtails with olive oil and season liberally with salt and pepper. Toss to coat oxtails.
3. Place oxtails into a large ovenproof casserole pot over high heat, and sear on all sides for about 10 minutes. Exterior should be brown and caramelized.
4. Reduce heat to medium low, remove oxtails and set aside.
5. Pour 2 tablespoons of olive oil into the same pot, add onions and garlic, stir for about 5 minutes until lightly browned.
6. Add tomato paste. Stir.
7. Add carrots, celery and leeks. Stir.

8. Add rosemary and thyme by sliding fingers down the sprigs to remove leaves.
9. Add bay leaves and cook for about 5 minutes until everything softens. Stir frequently.
10. Return oxtails to the pot. Pour in red wine and tomatoes, give it a good stir.
11. Add 3 cups of beef broth, or enough to cover the oxtails, don't fill pot to the brim.
12. Place pot into the oven and cook for 2-3 hours or until meat is tender and falls off the bone. Stir every hour and add more beef broth or water to loosen the stew if needed.
13. Allow to cool, season with salt and pepper.
14. Serve with steamed broccoli.

# What Can I Eat On The Paleo Diet?

People assume the Paleo Diet is complicated and difficult to follow. It is actually quite simple. Eat real foods.

For a guideline on portions:

- 56–65% of your calories should come from animals
- 36–45% from plant-based foods
- Keep proteins high at 19-35%
- Carbohydrates at 22-40%
- Fat at 28-58%.

Eating a Paleo Diet is more about experimenting than limitations.

Mother Nature provides a large variety of delicious foods to explore. Instead of settling for a box of processed macaroni and cheese, feast on a meal that excites your taste buds and your energy level.

Here is a small list of the many foods to incorporate into your diet.

# PROTEINS

Meat	Game	Poultry	Fish	Shellfish	Eggs
Beef	Pheasant	Goose	Tuna	Lobster	Chicken eggs
Veal	Deer	Chicken	Salmon	Shrimp	Goose eggs
Pork	Duck	Turkey	Trout	Scallops	Duck eggs
Lamb	Wild Turkey	Quail	Halibut	Crab	Quail eggs
Goat	Rabbit	Duck	Sole	Clams	
Rabbit	Moose		Bass	Mussels	
Sheep	Woodcock		Haddock	Oysters	
Wild Boar	Elk		Turbot		
Bison			Cod		
			Tilapia		
			Walleye		
			Flatfish		
			Grouper		
			Mackerel		
			Herring		
			Anchovy		

# VEGETABLES

Standards	Green Leafy	Squash	Root	Mushrooms
Cauliflower	Collard Greens	Butternut	Turnips	Oyster
Broccoli	Lettuce	Spaghetti	Carrots	Button
Celery	Spinach	Acorn	Beets	Portabella
Bell Peppers	Watercress	Pumpkin	Parsnips	Chanterelle
Onions	Beet Top	Zucchini	Artichokes	Porcini
Leeks	Dandelion	Yellow Summer	Rutabaga	Shiitake
Green Onions	Swiss Chard	Buttercup	Sweet Potatoes	Crimini
Eggplant	Mustard Greens	Crookneck	Radish	Morel
Brussels Sprout	Kale		Yams	
Artichokes	Turnip Greens		Cassava	
Asparagus	Seaweed			
Cucumber	Endive			
Cabbage	Arugula			
Okra				
Avocados				

# SUPPORTING PLAYERS

Fats	Fruits	Nuts & Seeds	Flavor Enhancers	Fresh & Dry Herbs
Olive Oil	Apples	Brazil Nuts	Cayenne Pepper	Parsley
Avocado	Oranges	Pistachios	Chilies	Thyme
Coconut Oil	Bananas	Sunflower Seeds	Ginger	Lavender
Clarified Butter	Strawberry	Pumpkin Seeds	Onions	Mint
Lard	Cranberry	Sesame Seeds	Garlic	Rosemary
Tallow	Grapefruit	Pecans	Black Pepper	Chives
Veal Fat	Peaches	Walnuts	Hot Peppers	Tarragon
Duck Fat	Pears	Macadamia Nuts	Star Anise	Oregano
Coconut Flesh	Nectarines	Pine Nuts	Mustard Seeds	Dill
Nut Oils	Plums	Chestnuts	Fennel Seeds	Bay Leaves
Nut Butter	Pomegranates	Cashews	Cumin	Sage
Lamb Fat	Pineapple	Hazelnuts	Turmeric	Coriander
	Grapes	Almonds	Cinnamon	
	Papaya		Paprika	
	Cantaloupe		Nutmeg	
	Kiwi		Cloves	
	Lychee		Vanilla	

## **Foods to Eliminate**

The main foods to eliminate are processed foods, the largest source of toxicity and malnutrition.

Processed foods are the easiest items to eat these days, and we eat entirely too much. Grains that form the base of sandwich breads, cereals and pasta have no place in the Paleo Diet.

Also, the processed fats and vegetable seed oils are also counterproductive to our health. Legumes, especially soy, and vegetable seed oils should be banished from your diet. There are no refined sugars little dairy and absolutely no processed foods in the Paleo plan.

**I hope that you enjoy each of these dishes!**

**Thank You,**

**Marie J Parker**

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