

Paleo Diet Recipes from Chef Joel Chapman

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Coconut Encrusted Salmon

Ingredients

2 salmon filets
1 cup of shredded coconut unsweetened
1/4 cup of coconut flour
1 egg
1/4 tsp garlic powder
1 tsp minced Ginger
Pepper to taste

Directions

In a bowl mix all dry ingredients including the minced ginger and add it all to a big zip lock bag. In a plate whisk the egg till it's a little frothy. Rinse the salmon filets and pat dry. Coat the filets in egg wash. Immediately place them in the bag and shake them till they completely covered with the coconut mixture. Bake at 375 for 15 mins.

Ginger Broccoli and Bok Choy

Ingredients

1 head of broccoli cut into florets
2 baby bok choy chopped
2 tbsp of Bragg's
1 tbsp of coconut oil
1-2 tbsp of minced fresh ginger
1-2 garlic cloves minced
Pepper to taste
Sesame seeds to garnish

Instructions:

Heat oil in a frying pan; add ginger and garlic, sauté for 1 min. Add remaining ingredients except for sesame seeds and fry for 5-8 minutes on med-high till vegetables are tender. Sprinkle with sesame seeds.

Honey-Grilled Pork Loin

- * 2 boneless pork tender loin roast
- * 2/3 cup Brag soy sauce
- * 1 teaspoon ground ginger
- * 3 garlic cloves, crushed
- * 1/4 cup sucanat
- * 1/3 cup honey
- * 1 1/2 tablespoons sesame oil
- * vegetable oil cooking spray

Directions:

1. Trim fat, butterfly roast by cutting lengthwise to 1/2 inch of other side.
2. Place in dish or large zip-loc.
3. Combine brag soy sauce, ginger, and garlic, pour over roast.
4. Refrigerate 3 hours or more.
5. turning occasionally.
6. Remove roast, discard marinade.
7. Combine sucanat, honey and sesame oil in a saucepan.
8. Cook over low heat until sugar dissolves.
9. Coat grill rack with cooking spray.
10. Place roast on BBQ (350-400°F).
11. Brush with mixture.
12. Cook 20-25 minutes or until meat thermometer reaches 160°F.
13. Baste frequently.

Bacon Brussel Sprouts

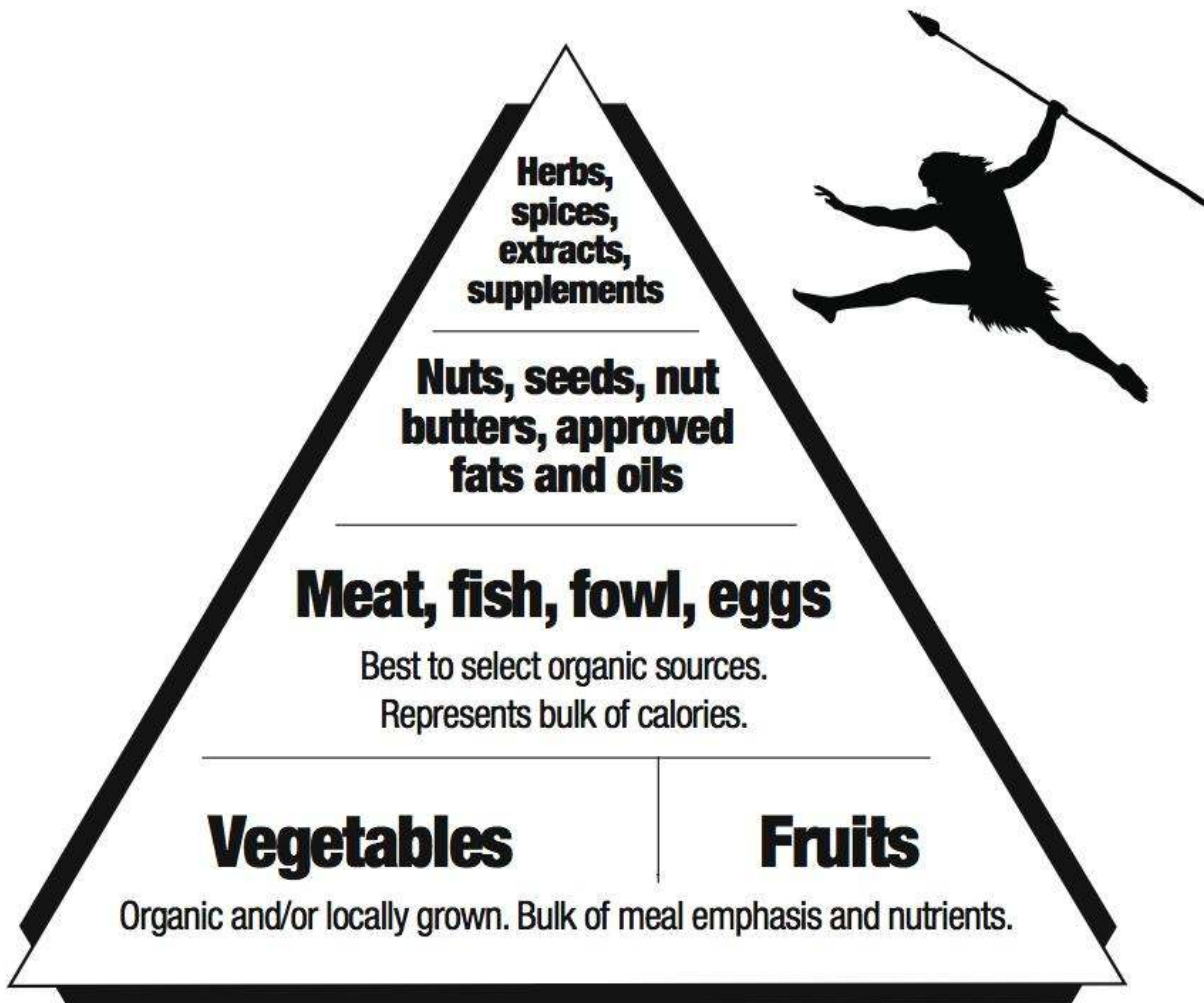
- 4 cups of brussle sprouts
- 1 lb Pancetta bacon
- 1 garlic clove
- butter
- pepper

Directions:

1. Boil sprouts for about 2 minutes in water
2. Drain and immediately put in cold water to cool
3. drain and let sit for a few minutes
4. cut sprouts in half
5. Add all ingredients into pan and cook on medium heat until bacon is ready.

The Paleo Pantry

nuts (almonds, walnuts, macadamia nuts, pecans, pistachios)
unsweetened dried fruits (raisins, cherries, apricots, mangoes)
olive oil
coconut oil
canola oil
mayonnaise (made with canola or olive oil)
almond butter
100% fruit spread
agave
honey
almond flour
unsweetened shredded coconut
jerky (bison, beef, elk, venison, etc.)
chicken broth
beef broth
coconut milk
canned tomatoes
canned tuna
canned pumpkin, other unsweetened fruit
onions
garlic
spices



**Herbs,
spices,
extracts,
supplements**

**Nuts, seeds, nut
butters, approved
fats and oils**

Meat, fish, fowl, eggs

Best to select organic sources.
Represents bulk of calories.

Vegetables

Fruits

Organic and/or locally grown. Bulk of meal emphasis and nutrients.