



PALEO FAST FOOD

KATE EVANS SCOTT

26

SUPER QUICK
AND MAKE-AHEAD RECIPES
FOR WHEN YOU'RE ON THE GO

PALEO FAST FOOD

By Kate Evans Scott

<http://www.ThePaleoKid.com/>



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This book is dedicated to my two beautiful children.

PALEO MADE FAST AND SIMPLE

Preparing a Paleo meal is quite different now from the time of our caveman ancestors. We don't have to hunt down the meat with a spear, or spend all day foraging for berries and cracking nuts. However, compared to our modern day prepackaged convenience foods, prepping a Paleo meal can often seem exhausting.

There are very few prepared foods that meet the Paleo Diet guidelines- free of refined sugars, grains, and dairy as well as chemicals used in processing. Aside from hitting the salad bar at your local health food market, there aren't too many options for dining on the fly.

But don't fret, and don't quit. With a little bit of forethought and preparation, you can stock your fridge and pantry to make mealtime less stressful and still eat a healthy, filling diet.

STOCK YOUR PANTRY

While eating fresh and organic meats and produce is always the first choice, our modern lifestyles don't always allow us time to bake the pumpkin or home-can tomatoes. Here are some pantry staples that will last a long time in your cupboard, and can be opened and used when needed. Make sure you are choosing brands that are organic (whenever possible) and free of hidden sugars and processing chemicals.

- Canned pumpkin puree
- Chicken, beef, and vegetable broth
- Canned diced tomatoes
- Tomato sauce
- Nuts and seeds (all kinds)
- Canned coconut milk
- Coconut oil, olive oil, nut oils, sesame seed oil
- Dried fruits
- Shredded coconut
- Grain-free LARA™ bars (for snacking)
- Almond and other nut butter
- Raw honey
- Pure maple syrup
- Dried spices and sea salt
- Onions and sweet potatoes
- Unsweetened applesauce
- Paleo People™ Granola (or make your own)
- Nick's Sticks™ Grass-Fed Beef sticks or homemade jerky (for quick protein)

STOCK YOUR REFRIGERATOR

As a Paleo eater, the bulk of your food is going to be fresh fruits and vegetables, which will be stored primarily in the refrigerator. There are also a few handy condiments, sauces, and prepared foods to keep chilled in the icebox for convenient cooking.

- Prepared guacamole (make sure to read the label)
- Organic apple butter, like Knudsen's Organic
- Prepared fresh salsa (check the label for added sugar)
- Cubed butternut squash from the grocery cooler
- Gluten free Worcestershire sauce
- Prepared chopped vegetables
- Pre-washed baby greens (spinach, kale, field greens)
- Meats of all kinds (best from a local farm)
- Fully cooked smoked sausage (best from a local farm)
- Deli mustard, all varieties (garlic, spicy, etc)
- Eggs always have eggs!
- Julian Bakery™ Paleo Breads and wraps
- Liquid coconut aminos
- Almond milk

STOCK YOUR FREEZER

If you have an extra deep freezer, you're in a really good position to stock up on farm-raised meats and home-frozen fruits and veggies- picked, blanched, and frozen when they're in season. If you don't have an extra freezer, don't worry. You can still stock up on some staples and even have room to throw a few premade meals in there, too.

While it's always best to eat fresh, frozen fruits and vegetables are picked at the height of ripeness and quick-frozen to preserve the most vitamins and nutrients possible. They are actually a better choice than out-of-season produce that has been shipped from the ends of the earth. Pre-cut frozen veggies can cut dinner-prep time in half, and some frozen fruit makes a breakfast smoothie a snap. Stock your freezer for the week and see how easy it is to stay on track.

- Frozen diced onion
- Frozen pepper and onion blend
- Frozen broccoli and/or cauliflower
- Frozen greens (cut-leaf spinach, collards, kale)
- Frozen okra
- Frozen stir-fry and/or soup veggie blends
- Frozen fruits (pineapple, mango, strawberries, blueberries, blackberries, pomegranate arils, raspberries, peaches, etc.)
- Meats: Buy when they're on sale, or purchase a whole, half, or quarter of an animal (cows and pigs, generally) from a local farm. Make sure the meats are completely sealed tight so you don't end up with freezer burn.
- Whole roaster chickens and chicken pieces from your local farmer (farmer's market) or health food store.
- Broth (made from previously roasted chickens and meats)
- Julian Bakery™ Paleo Breads (or other brand)

The following recipes are simple recipes that can either be premade for later use, prepped in the morning and slow-cooked for supper, or are just really quick and easy. Use the Quick Reference Guide on the next page to help you find a recipe that works in your busy day, and see how sticking to your Paleo menu is made fast and simple.

PALEO FAST FOOD

QUICK REFERENCE GUIDE:



PANTRY
STAPLE



TAKE
AWAY



QUICK



FREEZER



PRE-
WORKOUT



POST-
WORKOUT



SLOW COOKER

BREAKFAST

Breakfast is the most important meal of the day. It jump-starts the metabolism and gives you the fuel you need for chasing down Mammoths... or just getting the kids to school on time! By stocking your pantry and fridge with the right stuff, you'll have breakfast in hand and be out the door with time to spare!

Here are some yummy ideas to get you started:

PALEO FAST FOOD

BREAKFAST MENU

ESSENTIAL GRANOLA (PANTRY STAPLE)

SLOW COOKER COCONUT YOGURT (SLOW-COOKER)

CHORIZO AND EGGS (QUICK)

BERRY BREAKFAST SMOOTHIE (QUICK)

SAUSAGE N' SQUASH SKILLET (QUICK)

PALEO FRENCH TOAST (QUICK/FREEZER)

SWEET POTATO HASH N' EGGS (QUICK/POST-WORKOUT)

BANANA BREAD GREEN SMOOTHIE (QUICK/PRE-WORKOUT)

HAZELNUT WAFFLES (QUICK/FREEZER)



PANTRY
STAPLE



TAKE
AWAY



SLOW
COOKER



QUICK



FREEZER



PRE-WORKOUT



POST-WORKOUT

**PALEO
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ESSENTIAL GRANOLA

ESSENTIAL GRANOLA

This hearty, crunchy, slightly sweet granola is perfect for topping coconut yogurt or for eating like cereal with almond milk and sliced banana. Make a big batch at the start of the week and store it in mason jars or airtight containers in the pantry for up to two weeks.

ESSENTIAL GRANOLA RECIPE:

Ingredients:

- 1 cup raw almonds
- ½ cup chopped hazelnuts
- 1 cup shredded, unsweetened coconut
- 1 – 2 Tbsp pure maple syrup
- 1 heaping Tbsp coconut oil, softened
- 1 tsp ground cinnamon
- ½ cup raisins

Directions:

Place all ingredients, except raisins, into your food processor. Pulse a few times to chop the nuts and coconut into lentil-sized pieces. These should not be ground down really fine. You want to see chunk

Spread the mixture onto a parchment-lined jellyroll pan. Turn on the oven to 200°F and place the pan on the center rack. Bake for about an hour, and then turn over the mixture with a spatula. Allow to cook another hour or more until the granola is crisp, but not burned.

Remove from oven and allow to cool, then mix in the raisins. Store in an airtight container for up to two weeks.

Serving Size: ½ cup

Yields: 6 servings

Prep Time: 5 min

Bake Time: 2 hours

Total Time: 2 hrs, 5 min

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COCONUT YOGURT

SLOW COOKER COCONUT YOGURT

If you're a yogurt fan, this recipe will bring you back to the breakfast table! Coconut milk is the base and any powdered probiotic provides the bacteria necessary to culture the milk into yogurt. Make sure you don't skip the maple syrup, though. That bacteria needs something to "eat!" I make this each Sunday, because we're usually home and able to easily turn the pot on and off. This way, we start out Monday with a batch of yogurt to last the week! I like to store it in individual cups with fruit on top for breakfast or lunch on the run.

COCONUT YOGURT RECIPE:

Ingredients:

- 3 15-oz cans full-fat coconut milk
- 2 Tbsp pure maple syrup
- ½ tsp powdered probiotic of choice
- 1 Tbsp tapioca starch (optional- for thickening)

Directions:

Pour the coconut milk into a slow cooker set on high. Heat for 2 ½ hours, then turn off the slow cooker and allow the milk to come down to room temperature (about 110°F on a candy thermometer). Just walk away and do something else during this time.

Whisk the maple syrup, probiotic of choice, and tapioca starch (if using) into the warm milk. Wrap the entire crock-pot in two layers of thick towel. This helps maintain the temperature. Let it sit overnight. DO NOT open the towels or crock-pot during this time.

In the morning, you have coconut yogurt. If you did not use thickener, the yogurt may be thin. You can thicken it by blending in your favorite fruits in the blender, or by whisking in a little bit of tapioca starch. The yogurt will thicken as it cools.

Pour the yogurt into individual glass jars (topped with fruit, like the blackberries shown here) or into one large airtight container. Store in the refrigerator up to ten days (if you don't gobble it up first).

Serving Size: ½ cup

Yields: 6 servings

Prep Time: 5 min

Slow-Cooker Time: 2 ½ hrs + overnight

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CHORIZO AND EGGS

CHORIZO AND EGGS

Chorizo is a spicy Mexican sausage that comes fully cooked and pairs well with fluffy scrambled eggs. For a hearty full breakfast, serve the chorizo and eggs with sweet potato hash browns. The sweet and spicy are a perfect combo.

CHORIZO AND EGGS RECIPE:

Ingredients:

- 6 eggs
- ½ cup pre-diced onion (fresh or frozen)
- 1 link chorizo sausage
- 1 Tbsp grass-fed butter or coconut oil
- 1 Tbsp water

Directions:

Heat the butter or coconut oil in a large pan over medium heat. Beat the eggs with the water until they are slightly frothy and have an even consistency.

Dice the sausage into small pieces. Place the sausage and onion in the pan and cook for a couple of minutes until the onion is starting to soften. Add the beaten eggs and cook, turning often with a rubber spatula, until eggs are cooked through.

Serve with a side of sweet potato hash browns or rolled up in a Paleo wrap.

Serving Size: about ¾ cup

Yields: 4 servings

Prep Time: 5 min

Cook Time: 5 min

Total Time: 10 min

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BERRY BREAKFAST SMOOTHIE

BERRY BREAKFAST SMOOTHIE

Nothing is quicker on a rushed morning, nor more satisfying to a hungry tummy, than a nutrient-packed smoothie! This one is filled with dark berries for an antioxidant punch. To add even more protein, substitute almond milk for the cider or juice.

BERRY BREAKFAST SMOOTHIE RECIPE:

Ingredients:

- 1 cup fresh or frozen blackberries
- 1 cup fresh or frozen blueberries
- 1 cup packed baby spinach
- 1 banana
- 2 tsp chia seeds
- ½ cup apple cider or fresh apple juice

Directions:

Peel the banana and place all ingredients into your high-powered blender. Process on low until it moves easily, then turn it up to high and process until smooth. Pour into a tall glass (or travel cup) and enjoy!

Serving Size: About 2 ½ cups

Yields: 1 serving

Prep Time: 2 min

Blend Time: 3 min

Total Time: 5 min

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SAUSAGE N' SQUASH SKILLET

SAUSAGE N' SQUASH SKILLET

Pre-cubed butternut squash makes this simple one-pot skillet dish a snap. A little grass-fed butter and maple syrup combine with the squash as a perfect complement to savory fresh pork sausage. If you're in a really big hurry, you can slice the sausage and cook it all at once with the squash.

SAUSAGE N' SQUASH SKILLET RECIPE:

Ingredients:

- 6 fresh pork breakfast sausages
- 2 cups cubed butternut squash (fresh, prepackaged)
- 3 tbsp grass-fed butter
- 1 tsp coconut oil
- 1 tbsp pure maple syrup
- Dash cinnamon and nutmeg
- Salt to taste

Directions:

In a large, heavy skillet, heat the coconut oil over medium heat. Add the sausages and cook until the skin is browned and crisp, and the center is heated through, about 5 minutes. Remove to a plate.

To the same skillet, add the butter and let it melt. Add the squash, maple syrup, and nutmeg. Stir to coat. Cover and cook five minutes. Turn over with a spatula, replace lid, and cook another three minutes. Remove lid and allow the squash to caramelize, about two minutes.

Remove the squash to a plate and top with the sausage. If you are in a bigger hurry, slice the sausage into 1" pieces and cook everything together at the same time by following the cooking instructions for the squash.

Serving Size: 1 cup squash and 3 sausages Yields: 2 servings

Prep Time: 0 Cook Time: 15 min Total: 15 min

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