

Pakchoy & Peach

Ingredients (4 servings);

- 4 peaches
- 1 pakchoy
- 2 onions
- 1 or 2 sweet red paprika's
- 500 grams/15 ounce of lean beef or Chicken Breast
- dried green herbs (examples: oregano, thyme, basil, dragon or chervil-pick at least 2 for seasoning)

Start by cutting everything into bite-sized pieces, except for the onions- they want to be sliced. Keep an eye on those pakchoy greens, as it's easy to accidentally cut them too big. When you're all prepared brown your meat in some coconut oil. Add the onions and paprika, give that 2 minutes. Then throw in your pakchoy, and last but not least- the peaches. Generously add the herbs of your choice, drown it all with a glass of water. Stir a couple times and then cover your pan. Leave it for 20 minutes, stirring occasionally.

<http://mypaleokitchen.blogspot.com/2008/05/pakchoy-and-peach.html>

Shrimp Kabobs

Ingredients (for 1 stick);

- 3 medium sized shrimp
- 3 cherry tomatoes
- 3 small chunks zucchini

And the marinade (for +/-20 shrimp);

- a tablespoon olive oil
- a teaspoon garlic powder
- a teaspoon cayenne pepper
- a teaspoon dried thyme
- a teaspoon dried parsley

First put your marinade ingredients in a bowl that can hold your shrimp as well. Toss in the shrimp and rub in the herbs. Leave the bowl in the fridge for 30 minutes. After those 30 mins, grab a stick and alternate your 3 ingredients. Put them on the grill for 10 to 15 minutes, you only want the veggies to go a bit soft (not too much) and the shrimp slightly crispy.

<http://mypaleokitchen.blogspot.com/2008/06/shrimp-shish-kabob.html>

Broccoli & Apple Salad

Ingredients (*for two*);

- two/three handfuls watercress
- 2 cups diced sweet&sour apple
- 2 cups broccoli flowers
- juice of 1 lemon
- a lot of olive oil

Just toss ingredients together. Add a protein such as a fish (salmon would be great) or grilled chicken to make a meal out of it.

<http://mypaleokitchen.blogspot.com/2008/02/broccoli-and-apple-salad.html>

Butternut Squash with Cranberries

Ingredients;

- 1 cup diced butternut squash
- a handfull dried cranberries (unsweetened or you can use fresh)
- 1/2 can coconut milk
- 1/2 a diced onion
- 2 cloves sliced garlic
- 1 teaspoon curry powder
- 1 teaspoon cinnamon

Start by frying the onion and garlic in some coconut fat, after a minute or so add the squash. Give them 2 or 3 minutes. Next add the cranberries and coconut milk. Then mix in the spices, and stir frequently.

<http://mypaleokitchen.blogspot.com/2008/01/butternutsquash-with-cranberries.html>

Peach & Pecan Scramble

- 1/2 peach, diced
- 2 Tbsp chopped pecans
- 1 tsp olive oil
- 2 eggs
- 1 Tbsp unsweetened applesauce
- 1/8 tsp cinnamon

Heat the olive oil in a small skillet over medium heat. Dice half of a ripe peach, and chop the pecans. Add the peaches and pecans to the skillet, stir fry for 2-3 minutes, or until the peaches soften a bit.

Meanwhile, crack the eggs into a bowl, add the applesauce and cinnamon, and beat well. Add to the skillet, mixing often. When the eggs have set, serve and enjoy.

Zone info: one serving at <1 carb block, 2 protein blocks, 12.5 fat blocks (6g carb, 14g prot, 22.5g fat)

<http://www.cathletics.com/recipes/index.php?action=recipe&recipeID=47>

Quick Paleo Pancakes

- 2 eggs
- 1/2 C unsweetened applesauce
- 1/2 C nut butter (not peanut butter! - cashew/macadamia nut butter works well)
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- coconut oil

Mix all of the ingredients except the coconut oil in a bowl. Stir well, until you have a uniform batter. Next, use a bit of coconut oil to grease a non stick skillet. Spread some of the batter into the skillet to form a pancake, then cook over low/medium heat. Flip after 1 to 2 minutes, being careful not to burn them! Zone info: 3 servings at 1/2 carb block, ~1/2 protein block, 15 fat blocks

<http://www.cathletics.com/recipes/index.php?action=recipe&recipeID=27>

Portabella Burgers

- 3 portabella mushrooms
- 1 lb ground buffalo (or beef, turkey, etc.)
- 6 slices tomato
- lettuce
- 1/4 C chopped onion
- 2-3 cloves chopped garlic
- 1 Tbsp olive oil

Put the ground meat into a bowl, add the onion, garlic, pepper, and any other spices that you wish. Mix well, then form into three patties. Place the olive oil in a skillet, cook the patties, flipping often, until done to your liking. While the burgers are cooking, prepare the "buns" and any vegetables that you wish to top the burgers with. Place the mushrooms into the skillet that you used to cook the burgers, cooking for around 2-3 minutes per side in the juices from the meat. Plate the mushrooms then add the meat and condiments of your choosing. Zone info: 3 servings at 6 protein blocks, 4 fat blocks (this will vary with your selection of meat), carbs are negligible.

<http://www.cathletics.com/recipes/index.php?action=recipe&recipeID=23>