Baked Salmon

Serves: 4

## Level 1, 2, & 3

## Ingredients

½ cup fresh basil

3 garlic cloves, crushed

1 ripe avocado

1 tsp. capers, drained and finely chopped

1 TBSP lemon zest (about 1 lemon)

4 6-8 oz. salmon fillets

## Directions

Line a baking dish with parchment paper.

Preheat oven to 350F.

Add avocado, capers, garlic, basil, and lemon zest to a food processor, process until smooth.

Lay salmon fillets on prepared baking dish.  Spread avocado topping over the top of the salmon.

Bake for 18-20 minutes. Turn oven up to broil. Broil for 3-4 minutes until avocado topping starts to brown.

***Recipe inspired by:*** [***The Paleo Mom***](http://www.thepaleomom.com/2012/08/recipe-basil-avocado-baked-salmon.html)

Butternut Squash Fries

Serves 3-4

## Level 1, 2, & 3

## Ingredients

1 large (3-4 lbs.) butternut squash, or 2 smaller ones

Himalayan Sea Salt

Ghee or Coconut Oil

## Directions

Peel your butternut squash, and use the thick neck to slice into fry shapes.  Try to make them similar in size so they cook evenly.

Preheat the oven to 350 degrees.  Place squash fries on a cookie sheet lined with parchment paper in a single layer, then dot the top with 1-2 tablespoons of ghee or coconut oil cut into a few pieces. Sprinkle 1 tsp. Himalayan sea salt across the top and place in the oven.

Bake fries for 45 minutes-1 hour, stirring & flipping halfway through.

Scoop the seeds out of the bulb end of the butternut squash, and put flesh-side down in a baking dish. Bake along with the squash fries, once fries are done turn oven up to 375 degrees and continue to bake until the squash is soft and a fork easily goes into it.

Save the cooked squash for other recipes.

***Recipe inspired by:*** [***Health, Home, and Happiness***](http://www.healthhomehappy.com/2013/07/baked-butternut-squash-fries.html)

Meatballs

Serves: 10-12

## Level 1, 2, & 3

## Ingredients

4 lbs. grass-fed ground beef (you can also use a mixture of ground meat, lamb, turkey, bison)

½ small head of cabbage (green or purple)

4 carrots

1 large onion

2 zucchini

1 TBSP dried oregano

1 TBSP dried basil

1 TBSP garlic powder

Sea Salt & pepper to taste **(Omit pepper if on Level 3)**

## Directions

Preheat oven to 350 degrees. Use a food processor to finely grate all the vegetables.

Add your meat to a large mixing bowl and add in seasonings. Next add grated vegetables and combine by hand.

Form mixture into evenly sized meatballs, and place on a baking sheet lined with parchment paper. Bake approximately 30 minutes. Serve immediately or allow to cool and then freeze.

***Recipe inspired by:*** [***My Blue Daisy***](http://mybluedaisy.blogspot.com/2013/03/basic-paleo-meatball-recipe.html)

Beef Jerky

Serves: 6-8

## Level 1 & 2

## Ingredients

3 lb. Flank Steak, as lean as you can get

3 garlic cloves, minced or pressed

1 cup Coconut Aminos

1 tsp. Black Pepper

1 tsp. Salt

1 tsp. Smoked Paprika

1 tsp. Onion Powder

1 tsp. Garlic Powder

1 tsp. Chipotle Powder

## Directions

Partially freeze meat for 2-4 hours, until mostly solid. Slice meat into 1/10th inch thickness strips.

Mix the coconut aminos with minced garlic in a bowl, then toss with sliced beef.

Marinate jerky from 2-24 hours in refrigerator.

Evenly coat beef with spices and allow to sit in the refrigerator up to 24 hours.

Heat oven to 170 degrees. If using an oven in place of a dehydrator, set up racks over cookie sheets lined with aluminum foil or parchment paper.

Lay strips of beef out on racks, add salt and pepper if desired, and place racks in oven.

Cook at 170 for 3-4 hours.

Make sure to monitor meat to ensure it doesn’t dry out too much.

***Recipe inspired by:*** [***Primal Palate***](http://www.primalpalate.com/paleo-recipe/beef-jerky/)

Shepherd’s Pie

Serves: 6

## Ingredients

## Level 1, 2, & 3

2 lbs. grass-fed ground beef (or 1 lb. beef and 1 lb. of lamb or turkey)

2 TBSP ghee or coconut oil

1 small yellow onion, chopped

2-3 carrots, chopped

3 celery stalks, chopped

1 turnip, chopped

2 tsp. minced garlic

3 TBSP tomato sauce ***(Omit on Level 3)***

3 TBSP Coconut Aminos

2 cups chicken broth (homemade is best)

2 TBSP arrowroot powder

½ tsp. smoked paprika ***(Omit on Level 3)***

Sea Salt and Pepper to taste ***(Omit pepper if on Level 3)***

1 butternut squash, cooked

3 TBSP ghee or coconut oil

1/4 tsp. additional smoked paprika ***(Omit on Level 3)***

Sea Salt and Pepper to taste ***(Omit pepper on Level 3)***

## Directions

Pre-heat oven to 375 degrees. Cut your butternut squash in half lengthwise, and place face down on a parchment paper lined baking sheet.take out seeds. Roast for 40-50 minutes depending on the size of your squash. Let your squash cool, scoop out seeds, and then remove from the shell and transfer to a mixing bowl. Add ghee, garlic, smoked paprika, sea salt, and pepper to squash and mix until well combined. Set aside.

While your squash is roasting, brown your meat in a skillet over medium high heat. Once the meat is browned, remove from skillet, but leave in the fat. Add 1-2 tablespoons ghee or fat of choice, if necessary and lower heat to medium. Sauté onion for about a minute. Add in celery, carrots, turnip and garlic for 10 minutes. Add in salt and pepper, smoked paprika, tomato sauce, coconut aminos and browned beef and stir. **(Omit pepper, smoked paprika, and tomato sauce for Level 3)**.

Mix the arrowroot powder and chicken stock together until combined. Pour the chicken stock mixture into the skillet with the beef and vegetables. Cook for 10 more minutes. Pour the meat mixture into a 13×9 pan. Spread the butternut squash mash all over the meat mixture until the meat is fully covered. Bake for 20-25 minutes. Let cool for about 10 minutes before serving.

***Recipe inspired by:*** [***Primally Inspired***](http://www.primallyinspired.com/healthy-butternut-squash-shephards-pie/)

Chicken Soup w/Spaghetti Squash

Serves: 4-6

## Level 1, 2, & 3

## Ingredients

2 TBSP Ghee or Coconut Oil

½ - 1 onion, diced

4-5 celery stalks, diced

3-4 carrots, sliced

Sea Salt and pepper to taste ***(Omit pepper if on Level 3)***

6-8 cups homemade bone broth

1/3 cup chopped parsley

4-6 cups shredded cooked chicken (free-range & organic is best)

1 medium spaghetti squash, cooked and shredded

**Note:** I used a whole organic chicken that I did in the crock-pot for this recipe.

## Directions

Melt the ghee or coconut oil in a soup pot, and add the carrots, celery and onions. Add salt and pepper (omit pepper if on Level 3) to the pot and cook for 5-8 minutes over medium heat.

When the onions begin to soften, add the parsley, broth and meat to simmer for 20 minutes. Add the spaghetti squash to the pot and cook for 10 more minutes.

***Recipe inspired by:*** [***Grass-fed Girl***](http://www.grassfedgirl.com/grain-free-turkey-noodle-soup-paleo-gaps-scd-low-carb/)

Paleo Chicken Pot Pie

Serves: 4-6

## Level 1, 2, & 3

## Ingredients

2 TBSP grass-fed butter

1 medium yellow onion, chopped

3-4 large stalks of celery, chopped

3 large cloves garlic, minced

2-3 large carrots, chopped

2-2.5 cups butternut squash cubes

1/3 cup chicken bone broth (homemade is best)

1/2 cup full-fat coconut milk

4-5 cups leftover shredded chicken

Sea salt and pepper to taste ***(Omit pepper is doing Level 3)***

1/2 tsp. ground turmeric

1/2 cup chopped fresh Italian parsley

1-cup fresh green beans cut into 1 or 2 inch pieces

**Note:** I used chicken from a whole chicken that I cooked in the crock pot.

***Topping***, **Omit topping for Level 3**

1 cup almond flour

3 TBSP ghee, melted

Pinch of sea salt

## Directions

Preheat the oven to 350 degrees. Melt the ghee in a large pot over medium heat. Add the onion, garlic, carrots and celery, and stir. After a few minutes, add the squash. Stir and continue to cook 8-10 minutes.

Stir in the chicken and add the broth. After a minute or two, add the sea salt, pepper, turmeric and fresh parsley. **(Omit pepper for Level 3)**

Next, add the coconut milk and green beans, and stir well. Cook 5-7 more minutes and if mixture seems like it needs more liquid, add a bit more broth.

For topping: combine all ingredients in a small bowl using a fork.

Remove the chicken and vegetable mixture from heat and pour mixture into a 2-quart casserole dish. Sprinkle almond flour topping evenly over the top and place in oven, uncovered. **(Omit topping for Level 3)**

Bake for 20-30 minutes or until golden brown on top.

***Recipe inspired by:*** [***Paleo in PDX***](http://paleoinpdx.com/2013/10/04/simple-supper-friday-cheaters-chicken-pot-pie/)

Chocolate Chili

Serves: 6-8

## Level 1 & 2

## Ingredients

2 TBSP coconut oil

2 medium onions, diced (about 2 cups)

4 cloves garlic, minced (about 4 teaspoons)

2 lbs. grass-fed ground beef

1 tsp. dried oregano leaves

2 TBSP chili powder

2 TBSP ground cumin

1 1/2 TBSP unsweetened cocoa

1 tsp. ground allspice

1 tsp. sea salt

1 can (6 ounces) tomato paste

1 can (14.5 ounces) fire-roasted, chopped tomatoes

1 can (14.5 ounces) beef broth (homemade broth is ideal)

1 cup water

## Directions

Heat a large, deep pot over medium-high heat, and then add the coconut oil. When the oil is melted, add onions, stir with a wooden spoon and cook until they’re translucent, about 5-7 minutes. Add the garlic and as soon as it’s fragrant, about 30 seconds, crumble the ground meat into the pan with your hands, mixing with the wooden spoon to combine. Continue to cook the meat, stirring often, until it’s no longer pink.

In a small bowl, combine oregano, chili powder, cumin, cocoa, allspice, and salt. Add to the meat, vigorously. Add tomato paste and stir until combined, about 2 minutes.

Add the tomatoes with their juice, beef broth, and water to the pot. Stir well. Bring to a boil, and then reduce the heat to a gentle simmer. Simmer uncovered for at least two hours.

***Recipe inspired by:*** [***The Clothes Make the Girl***](http://theclothesmakethegirl.com/2009/02/22/my-favorite-chili-recipe/)

Chicken Pad Thai

Serves: 4

## Level 1 & 2

## Ingredients

* 2 to 3 pounds of skinless chicken thighs or breasts
* 2 medium zucchini
* 1 large carrot
* 1 small bunch of green onions (for sauce and garnish)
* 1 cup of coconut milk
* 1 cup of chicken stock
* 2 heaping tablespoons of sunflower seed butter
  + - 1. 1 TBSP of Coconut Aminos
* 2 tsp. of Fish Sauce. I use Red Boat fish sauce
* 2 tsp. of powdered ginger (or about 1 TBSP freshly minced ginger)
* 2 cloves of garlic, smashed and minced, or 1 tsp. of garlic powder
* 1 tsp. of cayenne pepper.
* 1 tsp. of red pepper flakes.
* Salt & Pepper for seasoning the chicken.
* Chopped cashews for garnish (optional).

Chopped cilantro for garnish (optional).

## Directions

Season your chicken with salt and pepper, and a little bit of the cayenne pepper and ginger powder. To your crock pot, add your coconut milk and chicken stock. Stir well.

* Add sunflower seed butter, coconut aminos, fish sauce, ginger, garlic, 2 green onions chopped including the whites, cayenne, and red pepper.
* Stir well until your sunflower seed butter is completely dissolved.
* Place your chicken breasts or thighs into your base liquid.
* Turn your zucchinis into veggie noodles with your spiral slicer, and shred your carrots in a food processor.
* Toss your zucchini noodles and carrots together on your counter to mix them well. Place your veggie noodles on top of your liquid and meat base in your slow cooker, and press down every so slightly. The goal is for them to be steamed, not stewed.

Cook for 3.5 to 4 hours on low if you are using a 4-Quart Slow cooker.

* Cook for no more than 6 hours on low (5 is ideal) if you are using a 6-Quart slow cooker.
* To serve, place your meat and sauce over your noodles, and garnish with green onions (scallions), chopped cilantro, and chopped cashews. Enjoy!

***Recipe inspired by:*** [***Paleo Pot***](http://paleopot.com/2013/05/paleo-slow-cooker-chicken-pad-thai-with-veggie-noodles/)

Crock Pot Beef

Serves: 6-8

## Level 1 & 2

## Ingredients

3 lb. grass-fed beef chuck roast

 2 cups chopped carrots

1 small white or yellow onion, sliced

4-5 cloves garlic, chopped

1 tsp. sea salt

1 tsp. garlic powder

1 tsp. dried basil

1 tsp. dried oregano

1/2 tsp. dried thyme

1/8 tsp. ground cinnamon

1.5 cups organic crushed tomatoes

2 cups beef stock

1 TBSP tomato paste

## Directions

Cut your roast into 3-4 inch chunks and set in your crock pot.

Peel and chop the carrots, slice the onion and chop the garlic. Add to the crock pot with the beef along with the seasonings: salt, garlic powder, basil, oregano, thyme, and cinnamon.

Pour in the beef stock and crushed tomatoes. Add the tomato paste and give everything a good stir.

Cover the slow cooker, set to low for 5-6 hours. This would be wonderful over spaghetti squash or alongside cooked green vegetables.

***Recipe inspired by:*** [***Popular Paleo***](http://popularpaleo.com/2013/05/21/crock-pot-italian-beef/)

Lemon Baked Cod

Serves: 2-3

## Level 1, 2, & 3

## Ingredients

1 lb. Cod

1 tsp. Himalayan Sea Salt

1 tsp. black pepper ***(Omit if on Level 3)***

2 TBSP ghee

1 lemon, thinly sliced

## Directions

Preheat oven to 425 degrees. Rinse cod under cold water and pat dry with a paper towel.

Line a baking dish with parchment paper. Place cod in baking dish.

Sprinkle cod with salt and pepper. **(Omit pepper for Level 3)**

Lay ghee on top of cod filets, two pieces of ghee per four ounces of cod.

Lay lemon slices on top of the cod filets, two slices per four ounces of cod.

Bake cod, uncovered for 30 minutes.

Fried “Rice”

Serves: 4

## Level 1 & 2

## Ingredients

1/4 cup diced onion

1/4 cup diced carrot

1/2 cup ghee

2 eggs (beaten)

1/4 cup coconut aminos

2 TBSP chopped parsley

1 tsp. sea salt

4 cups grated cauliflower

3/4 cups chicken broth (homemade is best)

## Directions

|  |  |
| --- | --- |
| In a skillet over medium heat, sauté onion and carrot in ghee until tender. |  |
|  | |
| Add beaten eggs over low heat and cook until almost set, breaking them up into small pieces as you cook them. |  |
|  | |
| Add remaining ingredients and cook over medium-high heat until liquid is absorbed, stirring often. |  |

***Recipe inspired by:*** [***Fun With Real Food***](http://funwithrealfood.com/?p=364)

Mini Meatloaves

Serves: 4-6

## Level 1 & 2

## Ingredients

2 lbs. ground meat – mixture of grass fed beef and/or pork and/or turkey

10 ounces frozen, chopped spinach, thawed

1-2 tsp. coconut oil

1 medium onion, finely diced

2 medium zucchini, finely diced

2 carrots, grated or finely diced

4 eggs, lightly beaten

1/3 cup coconut flour

2 tsp. salt

2 tsp. pepper

2 tsp. onion powder

1 tsp. garlic powder

1 tsp. dried thyme

1/4 tsp. grated nutmeg

## Directions

Preheat oven to 375 degrees F. Thaw the spinach, squeeze out the excess water and set aside.

Heat a pan on medium heat, add the coconut oil and sauté the onions and zucchini until the onions are translucent. Set aside to cool.

Place the ground meat in a large bowl; add the spinach, carrots, zucchini/onion mixture, beaten eggs, coconut flour and all the spices. Use your hands to combine well.

Fill 18 regular size muffin tins to the top with the meatloaf mixture. (Greasing the tins may be a good idea if the meat you’re using is fairly lean).

Cook for 20-25 minutes. Allow to cool, use a knife to loosen meatloaves from sides of the pan before removing.

You could seve these mini-meatloaves with a sugar-free marinara sauce.

***Recipe inspired by:*** [***Paleo Spirit***](http://paleospirit.com/2013/paleo-mini-meatloaves/)

Roasted Fall Vegetables

Serves: 4-5

## Level 1, 2, & 3

**Note:** You will need to make adaptations based on your level.

## Ingredients

1 pound Brussels sprouts

1 small sweet potato, peeled and cut into 1/2 cubes (about 1 cup) **(Omit on Level 2)**

1 Fuji apple, cut into 1/2 cubes **(Use a green apple for Level 2)**

1 Pear, cut into 1/2 cubes **(Omit for Level 2)**

3/4 cup butternut squash, peeled and cut into 1/2 cubes ***(Add 1 cup additional cup for Level 2)***

1/2 tsp. sea salt

1/2 tsp. ground cinnamon

2 1/2 TBSP coconut oil, melted

1/3 cup toasted pecans, diced **(Omit for Level 3)**

2-3 TBSP dried cranberries **(No added sugar, Omit for Level 2)**

## Directions

Preheat oven to 425 and line a baking sheet with parchment paper.

Wash Brussels sprouts and cut the ends off, then cut into halves or quarters depending on how big your Brussels are.  For everything to cook evenly make all vegetables and apple cubes the relatively the same size.

Add Brussels sprouts, sweet potato cubes, apple cubes, pear cubes, butternut squash cubes, sea salt, and cinnamon in a large bowl and toss together.  Add melted coconut oil over veggies and fruit to evenly coat.  Add mixture to baking sheet and spread evenly to coat the pan.

Cook for 25 to 30 minutes or until veggies and fruit are soft and tender.  The cooking time will depend on how large you make your cubes too.  Immediately after removing pan from oven sprinkle toasted chopped pecans and cranberries over the veggies and fruit and stir to combine.

***Recipe inspired by:*** [***Multiply Delicious***](http://www.multiplydelicious.com/thefood/2012/10/roasted-fall-harvest/)

Roasted Root Vegetables

Serves: 4-6

## Level 1, 2, & 3

## Ingredients

3-4 beets (you can use a mixture of red & yellow), cut in 1-1/2 inch chunks

1 turnip, cut into 1-1/2 inch chunks

4 large carrots cut into 1-1/2 inch chunks

2 parsnips cut into 1-1/2 inch chunks

1 medium sized butternut squash, peeled and cut into 1-1/2 inch chunks

3-4 TBSP coconut oil

1-2 tsp. sea salt

## Directions

Preheat your oven to 400 degrees while you chop the veggies.

Combine the beet, turnip, carrot, butternut squash, and parsnip chunks in a large baking dish and sprinkle with the sea salt. Melt the coconut oil and drizzle it over the veggies.

Bake 45-60 minutes, stirring every 20 minutes or so and cooking until everything is tender throughout and caramelized on the outside. Add more salt to taste if needed, and serve warm.

Rutabaga Breakfast Hash

Serves: 4-5

## Level 1 & 2

## Ingredients

1 medium to large rutabaga, peeled and shredded (Or 2-3 small ones)

¼ yellow onion, thinly sliced

6 slices of bacon

1 lb. Pork or turkey breakfast sausage

6 eggs

2 TBSP bacon fat (or other kind of fat)

Salt and pepper, to taste

Diced avocado (optional)

## Directions

* Pre-heat oven to 425 degrees. Place bacon on a baking pan lined with parchment paper. Bake for 12-15 minutes or until done and has reached desired crispiness.
* Peel your rutabaga and shred it in the food processor using the shredding attachment.
* Place a large skillet over medium-high heat and add the 2 TBSP of bacon fat.
* Then add the rutabaga, press down into the pan and cook on both sides for 4-5 minutes per side, or cooking until brown and crispy.
* When the rutabaga is done cooking, place in a bowl for later and add in the breakfast sausage to the still hot pan.
* Use a spatula to break up the sausage and cook until completely cooked through and there is no pink left.
* Dice bacon in pieces when it is cooled.
* When sausage is done cooking, crack eggs into pan, and add cooked rutabaga.
* Salt and pepper everything then use your spatula to mix everything together and whisk your eggs. Add diced bacon

Cook until eggs are no longer runny. Serve with diced avocado if desired.

***Recipe inspired by:*** [***Paleomg***](http://paleomg.com/rutabaga-bacon-breakfast-hash/)

Sausage Breakfast Casserole

Serves: 8-10

## Level 1

## Ingredients

1 1/2 lbs. breakfast sausage

1/2 TBSP coconut oil

12 eggs

2 sweet potatoes, peeled and cubed

1/2 large sweet onion, cubed

1 tsp. garlic powder

1/4 tsp. nutmeg

1 tsp. sea salt

1 tsp. pepper

1/4 cup coconut milk

4 cups greens (kale, spinach, arugula)

## Directions

Heat oven to 375 degrees.

Melt coconut oil in large skillet over medium heat and then add sausage. Brown and break up with a spatula or wooden spoon.

Beat eggs in extra large bowl. Using your shredding attachment with your food processor, shred sweet potatoes and onion. If you don't have a food processor, you can shred with a cheese grater.

Mix into eggs, add seasonings, coconut milk and greens.

Grease 9x13 casserole dish with more coconut oil.

Pour in egg mixture and stir in sausage.

Cook for 45 minutes. Cover with foil and cook for 10 more minutes or until center is set.

***Recipe inspired by:*** [***Plaid and Paleo***](http://www.plaidandpaleo.com/2013/11/paleo-sausage-and-sweet-potato.html)

Crock Pot Beef Short Ribs

Serves: 4-6

## Level 1, 2, & 3

## Ingredients

4 lbs. of beef short ribs (grass-fed is ideal)

1 cup chicken bone broth (homemade is best)

1/2 cup coconut aminos

4 TBSP Dijon mustard ***(Omit for Level 3)***

6 cloves garlic, chopped

1/2 tsp. salt

1/2 tsp. pepper ***(Omit for Level 3)***

## Directions

* Combine all of the ingredients, except the short ribs. **(Omit mustard and pepper on Level 3)**
* Place the short ribs on a foil lined sheet pan and broil bone side up for 5-6 minutes.

Flip the short ribs over and broil for another 5-6 minutes.

* Add the short ribs to a slow cooker and pour the sauce over the ribs.
* Cook on LOW for 10hours.
* Once cooked, remove the short ribs, skim off the fat, and serve the sauce over the ribs.

***Recipe inspired by:*** [***Holistically Engineered***](http://holisticallyengineered.com/2012/09/beef-short-ribs-low-carb-and-gluten-free.html)

Stuffed Sweet Potatoes

Serves: 2

## Level 1 & 3

## Ingredients

2 sweet potatoes or yam, holes poked throughout with a fork

2 TBSP bacon fat (ghee or duck fat would be good too!)

2 garlic cloves, minced

½ yellow onion, diced

½ pound ground turkey (or more, if you would like)

2 TBSP hot sauce **(OPTIONAL…Omit if on Level 3)**

1 tsp. garlic powder

1/4 tsp. cayenne pepper **(Omit if on Level 3)**

5-6 cups fresh spinach

Sea salt and pepper, to taste **(Omit pepper if on Level 3)**

## Directions

* Preheat oven to 425 degrees.
* Poke holes in sweet potatoes and wrap in foil. Place in oven and bake for 45-50 minutes.
* Once the sweet potatoes have about 10 minutes left to cook, add 2 TBSP of bacon fat or other fat of choice to a large pan over medium-high heat.
* Add minced garlic cloves to the pan then add the onions.
* Once onions are translucent, add ground turkey and break up with a wooden spoon.
* While the turkey is cooking, add hot sauce, garlic powder, and cayenne pepper to the meat and mix. (Omit hot sauce and cayenne pepper for Level 3)
* When turkey is done cooking, add spinach and cover to help the spinach steam, then mix with the meat.
* Add salt and pepper to taste, and then remove from heat. (Omit pepper if on Level 3)

When the sweet potatoes are done cooking, cut open and mash insides up with a fork. Then add the turkey mixture to the inside.

***Recipe inspired by:*** [***Paleomg***](http://paleomg.com/clean-it-up-mondays-turkey-and-spinach-stuffed-sweet-potatoes/)

Turkey Breakfast Sausage

Serves: 3-4

## Level 1, 2, & 3

## Ingredients

1 lbs. ground turkey

 2 tsp. fresh sage

1 tsp. fresh rosemary or ½ tsp. dried

1 tsp. fresh thyme or ½ tsp. dried

1/2 tsp. garlic powder

1/2 tsp. cinnamon

1 tsp. sea salt

2 TBSP coconut oil, melted

## Directions

Combine all ingredients except the oil and refrigerate for at least 30 minutes.

Add the oil and shape into four patties. Cook in a lightly oiled skillet over medium heat, about five minutes per side or until no longer pink in the middle.

Spaghetti Squash Pizza Pie

Serves: 4

## Level 1 & 2

## Ingredients

1 large spaghetti squash

1 lb. Italian sausage

½ medium yellow onion, diced

1 red pepper, diced

1 green pepper, diced

1 cup pizza sauce (no sugar added)

1 tsp. dried basil

Sea salt and pepper to taste

3 eggs, whisked

## Directions

Pre heat oven to 375 degrees. Place spaghetti squash cut side down on a parchment paper lined baking sheet. Bake for 40-50 minutes or until a fork easier goes into it. Then reduce oven hear to 350 degrees.

While squash is cooking, place a skillet over medium heat. Add Italian sausage, onion, and peppers. Cook until meat is no longer pink and veggies are soft.

Once squash is done cooking, remove the seeds and shred. Place into a greased 9x13 glass baking dish. Add sausage and vegetable mixture to squash and combine.

Add pizza sauce, dried basil, and salt and pepper to the baking dish and mix well. Last add whisked eggs to the baking dish and mix thoroughly.

Bake for 1 hour.

***Recipe inspired by:*** [***Paleomg***](http://paleomg.com/almost-5-ingredient-pizza-spaghetti-pie/)