

Thank You!

I started writing my latest cookbook [Easy Paleo Meals](#) a year ago, but really I've been working on it for over a decade. My first two children had health problems when they were very young, and through healing them we were *all* put on the path to good health. By improving the kids' diet I discovered how certain foods could also treat my husband's and my issues. I'm so grateful for the transformation we've made.

“Let food be thy medicine
and medicine be thy food.”

—Hippocrates

I've been baking with almond flour and *all things coconut* from day one. My goal has always been to make the healthiest food possible—food that tastes so amazing that no one knows how unusual the ingredients are. *Easy Paleo Meals* is the culmination of all of my years of experience working with these ingredients. The recipes are so near and dear to my heart.

I'm so happy to share more of our story, my philosophy on feeding children, practical techniques, strategies for simplifying, and 150 easy paleo meals with you. None of this would have been possible if it weren't for you. I can't thank you enough for sharing your life with me and for being a part of mine. Thank you for supporting my business and for being there with me on this journey to health. I love you so much.

♡ Kelly

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Recipes Sneak Peek

The following recipes are a sneak peek from *Easy Paleo Meals*, which my publisher gave me permission to share. I hope you find them fresh, easy, and delish!

hazelnut coffee creamer

Makes 2½ cups | Prep Time: 10 minutes



Did you ever buy packaged hazelnut coffee creamer? I used to buy it in college, so it's been a while for me. I decided to make the real deal, not like the artificially flavored cream and refined sugar version for sale in stores, but literally hazelnut cream made with . . . hazelnuts. Call me crazy! Add a splash to coffee or to dandelion tea for a caffeine-free "coffee." And make sure to save the pulp for making my Chocolate Hazelnut Cookies (page 346)! The pulp will last for a week in the fridge or can be frozen for at least a month. You can find blanched hazelnuts online.

8 ounces (1¾ cups) blanched hazelnuts

2½ cups water, plus more for soaking the nuts

2 soft Medjool dates, pitted

Pinch of fine sea salt

1. Soak the hazelnuts in the refrigerator overnight in enough water to cover, plus 2 inches.
2. Drain the nuts and rinse thoroughly. Place the nuts, 2½ cups of water, dates, and salt in a high-powered blender and puree until completely smooth.
3. Place a large piece of cheesecloth or a nut milk bag in a 4-cup glass measuring cup with a spout. Pour the puree through the cheesecloth or into the bag, then lift the cloth or bag, twist, and squeeze the cream into the cup.
4. Transfer the cream to a glass container and store in the refrigerator for up to a week.

Note: *Since this creamer lasts for only about a week in the fridge, I like to freeze half in an 8-ounce glass jar in case I don't use it fast enough. If you freeze some, make sure to leave a couple of inches at the top of the jar for expansion.*



veggie burritos

Makes 2 | Prep Time: 20 minutes | Wait Time: at least 5 hours



My husband and kids (and even I occasionally) eat white rice. To make this dish without white rice, substitute cauli-rice. There are multiple recipes for cauli-rice in books and online; to try a spin on this Paleo favorite, search for “Indian ‘Couscous,’” on my blog, The Spunky Coconut. And don’t forget the coconut aminos—they take these burritos from fine to great!



½ cup raw sunflower seeds
2 large collard green leaves (1 per burrito)
1 cup shredded carrots
Red onion slices, as desired
1 cup cooked white rice or cauli-rice (see note above)
Fine sea salt
Coconut aminos, for dipping

1. Put the sunflower seeds in a mixing bowl and add enough water to cover, plus 2 inches. Soak the seeds in the refrigerator overnight or for at least 5 hours, then drain.
2. Bring a medium-sized saucepan of water to a simmer. Rinse the collard greens and remove the stems up to halfway through each leaf (see page 50). Submerge the leaves in the simmering water, one at a time, for about 1 minute.
3. Lay a collard green leaf flat side down. Layer the burrito fillings: shredded carrots, onion slices, rice, and drained sunflower seeds. Season with salt to taste. Fold the outsides over the fillings, then roll to wrap. (See page 51 for step-by-step photos.) Repeat with the second collard green leaf and the remaining filling ingredients.
4. Serve the burritos with coconut aminos for dipping.



rainbow beet salad

Serves 6 | Prep Time: 20 minutes | Cook Time: 15 minutes



This slightly cooked rainbow beet salad is as delicious as it is pretty. I say that it serves six people, but that's only if you can keep it away from me...



1 tablespoon avocado oil
1 large or 2 small red beets
1 large or 2 small golden beets
1 fat carrot (ideally 2 inches wide)
Fine sea salt and black pepper
1 apple, cored and chopped
1 blood orange, in sections
2 handfuls of raw or roasted walnut pieces (optional; omit for nut-free)
 $\frac{1}{4}$ cup Apple Cider Vinaigrette (below), or more as desired

1. Set the oven to 400°F and grease a 10-inch cast-iron skillet with the avocado oil.
2. Peel the beets, then spiral-slice them and add them to the skillet. Trim the ends of the carrot, then spiral-slice it as well, and add it to the skillet. Spread out the beet and carrot noodles so that they cover the bottom of the pan. Season with salt and pepper.
3. Put an oven-safe lid on the skillet and bake until the noodles are slightly softened, about 15 minutes.
4. Top the noodles with the apple, blood orange, walnut pieces, and vinaigrette. Serve at room temperature.

apple cider vinaigrette

Makes just over 1 cup | Prep Time: 5 minutes



$\frac{3}{4}$ cup extra-virgin olive oil
 $\frac{1}{4}$ cup apple cider vinegar
2 teaspoons honey
 $\frac{1}{2}$ teaspoon fine sea salt
 $\frac{1}{8}$ teaspoon ground black pepper

1. Place all of the ingredients in a blender and puree until smooth.
2. Store in a glass container in the refrigerator and use within a month.



black-bottom cupcakes

Makes 12 | Prep Time: 20 minutes | Cook Time: 25 minutes



These cupcakes combine two of my most popular chocolate recipes: Chocolate Swirl Cheese Danish Cake, which is featured in my book The Paleo Chocolate Lover's Cookbook, and Paleo Chocolate Cake, which is posted on my blog, The Spunky Coconut. If you prefer, you can cut the sweetener further by using only ¼ cup of honey and 1 cup of applesauce.



Cream cheese filling:

1½ cups raw cashew pieces
¾ cup unsweetened almond milk
¼ cup plus 2 tablespoons melted coconut oil
3 tablespoons honey
3 teaspoons vanilla extract
2 egg whites

Dry ingredients:

¾ cup (62 g) cocoa powder (sift if lumpy)
½ cup (48 g) coconut flour, sifted
⅓ cup (48 g) tapioca or arrowroot
½ teaspoon baking soda
¼ teaspoon fine sea salt

Wet ingredients:

5 large eggs
¾ cup unsweetened applesauce
½ cup honey
1 tablespoon vanilla extract
¼ teaspoon liquid vanilla stevia
¼ cup melted coconut oil

1. Set the oven to 325°F and line a 12-well muffin pan with unbleached paper liners.
2. In a mini blender, puree the ingredients for the filling until completely smooth. Set aside.
3. Place the dry ingredients in a large mixing bowl and whisk to combine. In a separate mixing bowl, combine the wet ingredients with a handheld mixer, adding the melted coconut oil last, just before mixing. Add the dry ingredients to the wet, then mix again.
4. Fill the muffin cups two-thirds full with the batter. Use the back of a spoon to spread the batter the rest of the way up the walls of each cup, creating a well in the center. Fill the wells with the cream cheese.
5. Bake the cupcakes for about 25 minutes, until the tops are just set. Remove from the pan and let cool on the counter.
6. Store in an airtight container in the refrigerator for up to a week.



Weekday Meal Plan

Easy Paleo Meals contains 8 weeks of sample meal plans (2 for each season), using recipes from the book. Shopping lists for those meal plans are also available for you to download, via my blog. In addition there are blank weeks available for download so that you can customize your own plans based on your favorite recipes, and a blank Kids' Favorites list too.

A few of the techniques for making meal planning easier in *Easy Paleo Meals* include: 1) making double batches for leftovers 2) stretching meals 3) choosing recipes with common ingredients to simplify shopping.

The following week day meal plan uses recipes from my blog, but incorporates those themes. For example: The following meal plan doubles 2 of the breakfast recipes to allow for days off from making breakfast. It stretches meals by making chicken thighs, which turns into chicken broth, which turns into soup and pasta sauce. The Slow Roasted Carrots and Chicken Thighs, Mexican Meatloaf, and Tortilla-Less Soup share common ingredients to simplify shopping.

Monday

[VANILLA TOASTED COCONUT BARS](#)

[PIZZA QUICHE](#)

Tuesday

[LEMON BREAKFAST CAKE \(doubled\)](#)

[MEXICAN MEATLOAF](#)

Wednesday

[LEMON BREAKFAST CAKE \(leftover\)](#)

[SLOW ROASTED CARROTS AND CHICKEN THIGHS & BAKED POTATOES \(any kind\)](#)

If you have room in your slow cooker you can add the potatoes to cook with the chicken and carrots. Otherwise, bake them in your oven.

Use the bones to make slow cooked chicken broth over night (directions are in the Slow Roasted Carrots and Chicken Thighs post). Use the broth for following two dinners.

Thursday

[CHESTNUT FLOUR BISCUITS \(doubled\)](#)

[EASY TORTILLA-LESS SOUP](#)

Friday

[CHESTNUT FLOUR BISCUITS \(leftover\)](#)

[FETTUCCHINE ALFREDO](#)

THIS MEAL PLAN serves four, as written & does not include salt, pepper, oil for the pan, and dinner salads.

For lunches I recommend leftovers from the previous night's dinner or NO-COOK LUNCHES ([see page 13](#)). Ingredients for NO-COOK LUNCHES are NOT included in the shopping list.

Weekday Meal Plan

Monday

Tuesday

Wednesday

Thursday

Friday

breakfast



lunch



dinner



SHOPPING LIST

PRODUCE

bell pepper, red, 3
broccoli, 1 head
carrots, 12
cilantro, 1 bunch
dates, medjool, 1/2 cup soft pitted (about 8)
garlic, 6 cloves
jicama, 1
lemons, or lemon juice, 1/4 cup + 1 teaspoon
lemon zest, 2 teaspoons
onion, 5 yellow
parsley, 1 bunch
potatoes, enough to serve 4 (any kind)
spinach, 2 handfuls frozen (or other pizza toppings)
strawberries
sweet potatoes, 2 large
sundried tomatoes, heaping 1/4 cup

NUTS & FLOURS

almond butter, 1 & 1/4 cups
almond flour, 1 cup blanched
arrowroot flour, 1/2 cup (68g)
baking soda, 3/4 teaspoon
cashew pieces, 1 & 1/4 cup plain
[chestnut flour](#), 3 cups
coconut flour, 1/2 cup (68g)
coconut, shredded unsweetened, 2 cups

PANTRY

apple cider vinegar, dash
balsamic vinegar, dash
chiles, green, 1 (7-ounce) can diced
[chips fried in coconut or avocado oil](#), such as
Jackson's Honest Chips
[coconut cream concentrate](#), 1/2 cup melted
(also called [coconut butter](#) or [coconut manna](#))
coconut milk, canned, full-fat, 1 can + 1/2 cup
coconut oil, 1/4 cup melted
[collagen peptides / collagen hydrolysate](#),
1/2 cup (40g)

honey, 1/4 cup
olives, black, handful (or other pizza toppings)
palm shortening (ghee, butter, or coconut oil would
also work), 6 tablespoons
salsa, 3 cups
[stevia, vanilla liquid extract](#)
tomatoes, fire roasted, 14 oz
tomato paste, 7 oz
vanilla extract, 2 teaspoons

MEAT & EGGS

eggs, 2 dozen
chicken, boneless, skinless, 1 pound
chicken thighs, 8
chorizo, gluten-free 1 pound
ground beef, 1 pound

SEASONING

chili powder, 1 & 1/2 teaspoon
[chipotle powder](#), 1/4 teaspoon
cinnamon, 2 teaspoons
cumin, 1 teaspoon
garlic powder, 1/2 tablespoon + 1/4 teaspoon
paprika, 1/2 tablespoon
onion powder, 1/2 tablespoon
oregano, 1/4 tsp dried
salt blend, 1 tsp [Herbamare](#)

MISCELLANEOUS

fettuccine, 2 packages of Cappello's
OR 4 large sweet potatoes

NO-COOK LUNCHES

Lettuce wrapped deli meats
Jicama “sandwiches” (2 pieces of peeled sliced jicama with lettuce and deli meat sandwiched between)
Hot dogs or pre-cooked sausages
Leftover baked potatoes
Dried fruit, without added sugar
Nuts and seeds
Hard-boiled eggs (make ahead)
Naturally fermented sauerkraut and pickles, such as Bubbies

Olives
Salad (top with dried fruit, nuts, fresh fruits and veg, hard boiled eggs, etc)
Sardines (I prefer Season Brand, wild-caught, sustainably-harvested)
Smoothies
Fruits and vegetables, such as avocados, berries, grapefruit, and bell peppers
Apples with almond butter or sunbutter
Celery with almond butter or sunbutter



Make your life easier with [my Paleo baking mixes](#). The recipes for each mix are inside *Easy Paleo Meals*, but *these* are already made for you :-)



Get Organized

I used to think that having a cabinet with beautifully arranged matching jars of flour, rice, and other dry goods was just a luxury. *Maybe someday*, I thought, when I have nothing else I need to buy, *then* I'll arrange my cabinet like that. I'm *nothing* if not extremely frugal.

I started following [Emily of So Damn Domestic](#), and we became internet friends (who will hopefully meet someday!). Emily explained how much more organized you can be when you store your dry goods in clear glass containers. More *organized* you say?! Tell me more...

Using clear glass storage containers cuts down on unnecessary spending (buying an ingredient that you didn't realize you already had), helps you know when

you're getting low on something (so you never run out), and it eliminates stress caused by searching for what you need. It's been about a year now since I went through my cluttered messy cabinets, filled with bags of who-knows-what, and put everything in glass. I also organized my cans, jars, extracts, and more by grouping like items together. But I'm getting ahead of myself. All of the details on how I got organized are in *Easy Paleo Meals*.

In *Easy Paleo Meals* I walk you through how to get organized. Most of the containers you will need won't be hard to find. Here are some of the more unique items that you might want, and can find online.

[Waterproof Chalkboard Labels](#) and [Chalk Markers](#) for writing on those chalk labels.

32 ounce wide-mouth jars

You can find these at the grocery store and Target. They're perfect for smaller bulk items like collagen protein, cacao butter (pictured by the collagen protein), salt, sugar, and so on.

Ghee Jars

I always give another option for ghee in my recipes, but if you do use ghee, then always save your ghee jars. I use the jars to store leftovers in the fridge or freezer and for honey (pictured on the middle right), as well as bulk seasoning like onion and garlic powder. They can also be used to make and store the spice blends in *Easy Paleo Meals*.

Wide Mouth Plastic Storage Caps

These plastic lids are great for dry goods, when you don't need two-piece canning lids (which can be annoying). They're really inexpensive, and I love them.

Half-Gallon Wide-Mouth Jars

Seen here with white rice, arrowroot flour, coconut flour, and loose leaf tea (top right).





1-Gallon Cracker Jars

If you plan to make my mixes yourself, then these ginormous jars are what you'll need.

Magnetic Metal Clips


If you want to reduce clutter by hanging one big piece of artwork on the fridge, these have a nice clean look to them.

Spiral Slicer

This is the coolest kitchen tool ever. Do you want to eat more vegetables? Want to turn vegetables into noodles? This is it! I can't tell you how much I love making and eating veggie noodles!

Under [Tools & More](#) on my blog you can find more of the products I use and find out why I love them.






Blendtec Total Blender with WildSide Jar

I've been using BlendTec blender several times a day since 2007. It's around. See [a comparison video](#).



Stainless steel pan

Toxin-leaching nonstick pans are a major no-no! I use stainless steel.



Kitchen scale

Baking gets more accurate with a kitchen scale. I highly recommend.

