

Paleo

— LIVING SPICES —



PALEO LIVING RECIPE BOOK

PaleoLivingSpices.com | [@PaleoLivingSpices](https://www.instagram.com/PaleoLivingSpices)



Paleo

LIVING SPICES

Paleo Living Spices was created exclusively for the Paleo market out of necessity. As a Paleo Diet practitioner, I found that there were no seasoning blends available online or in retail stores that were made fresh and healthy. They all contained lots of “junk,” as I call it. They were filled with high levels of sodium, sugar, MSG, and artificial preservatives, among other harmful ingredients. “So, I made it a mission to create a line of seasoning blends that adhere strictly to the Paleo, Whole 30, & Ketogenic Diets.”

Paleo Living Spices comes in the original set and the all-purpose set of seasonings, which cover the main diet food groups. As a result of the success of my product, I have built a following with not only the Paleo & Whole 30 community, but with many more health-conscious people from younger to older, from all walks of life, including active individuals, healthy eaters, fitness models, actors, crossfitters, body builders, and athletes! They all put their trust in my products, which is why I always go the extra mile to make sure they are completely satisfied.

I created this cookbook, because many of my customers were asking me for recipe ideas. I have enjoyed every moment preparing and cooking all the dishes published in this book, using my own Paleo Living Spices in every one of them. Now, I pass this on to all of you. Whether you’re cooking for yourself, family, friends, or just mealprepping for the week, I have you covered with a gorgeous variety of delicious, happy, and healthy options.

Bon Appétit!



- 3** BEEF & PORK
- 15** POULTRY
- 23** SEAFOOD
- 31** VEGGIE
- 39** ULTIMATE PROTEIN
- 43** HONEY CAJUN
- 51** ULTIMATE SPICY
- 55** LEMON & GARLIC



Beef & Pork

Spicy Southwest Steak Salad

INGREDIENTS

FOR STEAK:

- 1 lb** flank steak
- 2 tsp** Paleo Living Spices "Beef/Pork Seasoning"
- 1 tsp** melted oil
- juice of 1 lime

FOR SALAD:

- 1** head of romaine lettuce, chopped
- 1** yellow bell pepper, diced
- 1** cup grape tomatoes, halved
- 1/3** cup black beans
- 1** large hass avocado, sliced
- cilantro to garnish

DIRECTIONS

1. Season steak with lime juice, cayenne and "Beef/Pork Seasoning".
2. Marinate for about 30 minutes.
3. Add oil to pan and sear until desired doneness is reached.
4. Remove and slice.
5. Combine the rest of the ingredients for the salad.
6. Add the steak to the salad and enjoy with your favorite paleo salad dressing!



B.L.T.G. Burger

INGREDIENTS

- 1 lb** ground beef
- 2 tsp** Paleo Living Spices "Beef/Pork Seasoning"
- 4** slices bacon, cooked
- 1** large tomato, sliced
- 1** avocado, sliced
- iceberg lettuce

DIRECTIONS

1. Season steak with "Beef/Pork Seasoning".
2. Divide the burger into 4 patties.
3. Grill the burger to your desired doneness.
4. Between stacked large pieces of iceberg lettuce, assemble your burger with tomato, avocado, bacon and the burger patty.



Grilled Lamb Burgers with Tomato Buns

INGREDIENTS

- 4** large tomatoes
- 1 lb** ground lamb
- 1 tbs** Paleo Living Spices "Beef/Pork Seasoning"
- 1 tsp** dried oregano
- ½ tsp** dried marjoram
- ½** yellow onion, shredded
- 1** red onion, sliced thin
- 1** ripe avocado, sliced thin

DIRECTIONS

1. Slice tomatoes in half and scoop out in centers, leaving a hollow bowl. You can either leave the tomatoes raw or grill them slightly.
2. Set aside.
3. Mix together the ground lamb, "Beef/Pork Seasoning", oregano, marjoram, and onion.
4. Create mini patties to fit the circumference of the tomato.
5. Grill your burgers until desired doneness is reached.
6. Remove from grill and assemble burgers with tomato buns, red onion and avocado.



B.L.T.G. Burger

INGREDIENTS

FOR THE PORK:

- 2 tsp** coconut oil
- 1 lb** ground pork
- 1 tbs** Paleo Living Spices "Beef/Pork Seasoning"

FOR THE GUACAMOLE:

- 2** avocados, mashed with a fork
- 1** garlic clove, finely minced or grated
- juice of 1 lime
- salt and pepper to taster

FOR THE NACHOS:

- 1** pineapple, cut into rings
- 1** tomato, diced
- 1** jalapeno, sliced thin
- fresh cilantro, to garnish
- lime wedges, to taste
- coconut oil cooking spray



DIRECTIONS

1. In a large skillet, add coconut oil over medium high heat. Add the ground pork to the pan, and season with "Beef/Pork Seasoning". Sauté until browned and cooked through.
2. Combine all ingredients for guacamole together in mixing bowl.
3. Preheat oven to 400°F
4. Grill your pineapple. If using a grill pan, spray the pan with coconut cooking spray. Grill the pineapple rings for a few minutes on each side, or until hot and slightly charred. Once cooked, cut the pineapple into smaller pieces.
5. Assemble the nachos on a baking sheet, stack a pile of sweet potato chips. Top with the ground pork and grilled pineapple. Place in the oven to heat through, about 5 minutes.
6. Once hot, top with guacamole, sliced jalapeño, and cilantro. Serve hot with lime wedges for extra flavor.

Ropa Vieja with Plantains

INGREDIENTS

- 2 lb** flank steak
- 2 tbs** Paleo Living Spices "Beef/Pork Seasoning"
- 1** 28-ounce can stewed tomatoes
- ½ cup** water
- 1** red bell pepper, chopped
- 1** green bell pepper, chopped
- 1** medium onion, chopped
- 3** garlic cloves, minced
- 1** serrano pepper, minced
- 1** bay leaf
- ½** cup pitted green olives
- 2** plantains, cut on a bias
- 1 tbs** fresh cilantro
- coconut oil, for frying

DIRECTIONS

1. Season flank steak with "Beef/Pork Seasoning", oregano, and cumin.
2. Sear on each side for about 30 seconds in hot pan.
3. Remove and put in a slow cooker.
4. Add in the rest of the ingredients and cook on high for 4 hours.



5. Remove beef and shred.
6. Return to slow cooker and cook for another 15 minutes.
7. Fry your plantains until golden brown.
8. Remove and serve the ropa vieja with the fried plantains and cilantro

Steak & Egg Avocado "Toast"

INGREDIENTS

- 8 oz** beef tenderloin steak
- 6** eggs
- 2 tbs** Paleo Living Spices "Beef/Pork Seasoning"
- 2 tbs** melted coconut oil, divided
- 1** bunch asparagus
- 1** avocado
- 6** paleo friendly crackers
- parsley, for garnish

DIRECTIONS

1. Season tenderloin with "Beef/Pork Seasoning". Set aside.
2. Scramble eggs in a pan with half the coconut oil.
3. While eggs are cooking, blanch your asparagus and set aside. Slice your avocado in half, and reserve.
4. Add the remaining coconut oil to new pan and cook steak to your liking. Remove and slice.
5. Top toast with eggs, steak, avocado, and asparagus.
6. Top with parsley.



Sweet and Sticky Pork Kabobs

INGREDIENTS

- 2** pork chops
- 1** red bell pepper
- ½** red onion
- 1** tomato
- 2** garlic cloves, minced
- ½** cup avocado oil
- ¼** cup balsamic vinegar
- 3 tbs** honey
- 2 tsp** Paleo Living Spices "Beef/Pork Seasoning"

DIRECTIONS

- 1.** Chop all of the veggies into cube shapes.
- 2.** Mince the garlic.
- 3.** Toss the veggies with the garlic and some of the oil.
- 4.** Cube the pork chops into cubes and store in a separate container.
- 5.** Toss with the remaining oil, vinegar, honey, and "Beef/Pork Seasoning".
- 6.** Marinate for at least 3 hours.
- 7.** Skewer the kebabs with the marinated meat and vegetables.
- 8.** Grill on medium heat for about 7-10 minutes on each side, or bake at 375°F for 25 minutes.



Guacamole Stuffed Bacon Jalapeño Poppers

INGREDIENTS

- 1 lb** jalapenos
- 8 oz** raw bacon
- 1 tbs** Paleo Living Spices "Beef/Pork Seasoning"
- 2** ripe Haas avocados
- 1** lime, juiced
- ½** handful cilantro, chopped
- 1 tbs** hot sauce
- salt, to taste

DIRECTIONS

- 1.** Preheat your oven to 350°F.
- 2.** Prepare the peppers by cutting peppers in half, lengthwise. Pull out the white membrane and seeds.
- 3.** Assemble the guacamole by mashing together the avocados, lime juice, cilantro, hot sauce and a good pinch of salt.
- 4.** Use spoon to scoop guacamole into peppers.
- 5.** Wrap with bacon and season liberally with Paleo Living Spices "Beef/Pork Seasoning".
- 6.** Place in 370 degree oven for about 20 minutes.
- 7.** Serve and enjoy!



Sweet and Sticky Pork Kabobs

INGREDIENTS

- 3 lb** steak of your choice (ribeye, skirt steak, etc.)
- 2 tbs** Paleo Living Spices "Beef/Pork Seasoning"
- 2** garlic cloves, minced
- 2 tbs** stone ground mustard
- ½** cup balsamic vinegar
- 1** cup extra-virgin olive oil

DIRECTIONS

1. In a blender, combine the garlic, Paleo Living Spices "Beef/Pork Seasoning", mustard, vinegar and olive oil in a blender until a puree is made.
2. Allow your steak to marinate in the puree for 2-4 hours.
3. Turn on your grill to medium high heat. Oil the grates and sear the meat for about 5 minutes on each side or until ideal doneness is reached.
4. Slice and enjoy!



Breakfast Style Bacon Sweet Potato Hash

INGREDIENTS

- 1** large onion, sliced
- 3 tbs** olive oil, divided
- ½ tbs** ghee
- 8** strips of bacon
- 2 tbs** Paleo Living Spices "Beef/Pork Seasoning"
- 2** sweet potatoes
- 3 tbs** fresh rosemary
- 3** eggs
- salt and black pepper, to taste

DIRECTIONS

1. Preheat the oven to 425 degrees F. Line a baking sheet with parchment paper. Heat one tablespoon of olive oil and the ghee in a skillet over medium heat. Add the onions and sprinkle with salt. Cook on low heat for 30-40 minutes, until dark brown and caramelized.
2. Meanwhile, peel the sweet potatoes and chop into bite-size pieces. Place into a large bowl with the remaining two tablespoons of olive oil, 1 tablespoons Paleo Living Spices "Beef/Pork Seasoning", and rosemary.
3. In a separate skillet, cook the bacon until browned with remaining Paleo Living Spices "Beef/Pork Seasoning". Add the cooked onions and bacon to the bowl with the sweet potatoes and toss. Season with salt and pepper.



4. Spread out the sweet potato mixture evenly onto the prepared baking sheet. Roast for 30-35 minutes until the potatoes are soft and browned.
5. Place the sweet potato hash into a cast iron skillet and make three small wells to crack the eggs into. Crack eggs into the skillet and season lightly with salt and pepper. Bake for 15-18 minutes at 425 degrees F until the eggs are set.

Paleo Shepherd's Pie

INGREDIENTS

- 1 lb** turkey bacon
- 1 lb** organic grass fed ground beef
- 3 tbs** Paleo Living Spices "Beef/Pork Seasoning"
- 1** large onion, diced
- 2** tbs olive oil
- 2** cups diced carrots
- 2** cups diced celery
- 1** cup chicken broth
- 2** large heads cauliflower, trimmed, chopped and steamed
- 2 tbs** olive oil

DIRECTIONS

- 1.** Heat olive oil in a very large frying pan.
- 2.** Saute onion for 15 minutes until soft.
- 3.** Add bacon pieces to pan and sauté until cooked, about 10 minutes.
- 4.** Add carrots and celery to pan and sauté in bacon fat for 10 minutes until soft.
- 5.** Add ground beef to pan and sauté until brown, just a few minutes.
- 6.** Season with Paleo Living Spices "Beef/Pork Seasoning".
- 7.** Add chicken broth and cook down broth until reduced by half.
- 8.** Place cauliflower in food processor and puree with olive oil until smooth.
- 9.** Pour ground beef mixture into a 9 x 13 inch baking dish.
- 10.** Pour mashed cauliflower over beef mixture.
- 11.** Bake at 350° for 30 minutes. Enjoy!



Poultry

B&T Chicken Stacks

INGREDIENTS

- 8** slices bacon, cooked
- 4** chicken breasts, pounded thin
- 2 tbs** Paleo Living Spices "Poultry Seasoning"
- 1/4** cup olive oil mayonnaise
- 2 tbs** chopped fresh basil
- 1** cup spinach
- 2** large beefsteak/heirloom tomatoes, sliced

DIRECTIONS

1. Bake chicken breasts by slathering with mayonnaise and topping with Paleo Living Spices "Poultry Seasoning" in a 350 degree oven for 30 minutes.
2. Use the chicken as your base layer. Stack on your bacon, basil, spinach and tomato. Serve with paleo mayonnaise and enjoy!



Easy Sizzlin' Chicken Fajitas

INGREDIENTS

- 1 lb** chicken breasts - sliced thinly
- 2 tbs** Paleo Living Spices "Poultry Seasoning"
- 1** red pepper - sliced
- 1** green pepper - sliced
- 1** yellow pepper - sliced
- 1** onion - halved and cut slices
- 1/4** cup olive oil

DIRECTIONS

1. Preheat oven to 400
2. In small bowl, toss chicken, veggies Paleo Living Spices "Poultry Seasoning" and oil mixture together on a large sheet pan with one inch edge.
3. Spread out evenly.
4. Bake for 25-30 minutes until chicken is cooked and the veggies are soft.
5. Serve with your favorite paleo fajita toppings!



No-Noodle Chicken Lasagna

INGREDIENTS

- 1 1/2 lb** grass-fed ground chicken
- 1 tbs** Paleo Living Spices "Poultry Seasoning"
- 1/2** cup onion, chopped small
- 1** 28-oz can peeled tomatoes and sauce
- 1** 15-oz can of tomato sauce
- 1** 6-oz can of tomato paste
- 2** 8-oz pkgs of sliced mushrooms
- 2** 10-oz pkgs of frozen spinach
- 4-5** medium-sized zucchini
- 1 tbs** coconut cream
- 3** cloves of garlic pressed or minced

DIRECTIONS

- 1.** In a large pot, add 2 tsp of olive oil and sauté onion and garlic over medium heat, or until onions are tender.
- 2.** Add ground chicken in pot with Paleo Living Spices "Poultry Seasoning", cook until meat is browned.
- 3.** Drain fat.
- 4.** Add tomatoes, tomato sauce, and tomato paste.
- 5.** Allow sauce to simmer in pot.
- 6.** Once thickened, add coconut cream.
- 7.** Preheat oven to 350-degrees F.
- 8.** Slice zucchini lengthwise in a thick noodle shape.



- 9.** Smooth a little bit of the tomato sauce along the bottom of the pan.
- 10.** Place one layer of zucchini noodles lengthwise across the bottom of the pan.
- 11.** Add your spinach and mushrooms.
- 12.** Repeat the above steps with a second layer.
- 13.** Now bake uncovered for about 50-60 minutes (or until it starts to bubble around the edges).
- 14.** Remove from oven and enjoy!

Coconut Lime Chicken

INGREDIENTS

- 4** boneless, skinless chicken breasts
- 1 tbs** Paleo Living Spices "Poultry Seasoning"
- 1 tbs** coconut oil
- 1** cup paleo friendly chicken broth
- 1/4** cup full-fat coconut milk
- 1** lemongrass stalk, minced
- 1/4** cup minced red onion
- 1/4** cup chopped cilantro
- zest and juice of 1 lime

DIRECTIONS

- 1.** Preheat oven to 350°F.
- 2.** Season chicken with Paleo Living Spices "Poultry Seasoning".
- 3.** Add oil to skillet.
- 4.** Sear chicken on both sides.
- 5.** Add coconut milk, chicken broth, lemongrass, and red onion, and transfer the pan to the oven.
- 6.** Bake for about 20 minutes.
- 7.** Remove and toss in lime juice, lime zest, and cilantro.
- 8.** Serve with salad of mixed greens, cucumber, and avocado.



Grilled Zucchini Roll Ups

INGREDIENTS

- 4** large zucchini, sliced 1/2" thick
- 1 lb** ground chicken
- 1 tbs** coconut oil
- 2 tsp** Paleo Living Spices "Poultry Seasoning"
- 1** onion, minced fine
- 2** cloves garlic, minced fine
- 1** stalk celery, minced fine
- 1** carrot, minced fine
- 1** jar favorite tomato sauce (paleo friendly)

DIRECTIONS

1. Start by grilling your zucchini slices. Once grilled on both sides, set aside and reserve.
2. Over medium high heat, add the coconut oil to a large skillet. Brown the chicken, once cooked through add the onion, garlic, celery, "Poultry Seasoning" and carrot to the pan. Cook until the vegetables are softened, about 10-15 minutes.
3. Preheat the oven to 375°F. Grease a 9 x 13 baking dish.
4. Add a cup of tomato sauce to the bottom of the baking dish.
5. Spread each zucchini slice with the cooked chicken mixture, and roll it up. Place the roll spiral side up into the baking dish. Repeat until you have filled the baking dish. Top with more tomato sauce.



6. Bake covered with foil for 15 minutes, baked uncovered until browned for 10 minutes.

Thai Style Lettuce Wraps

INGREDIENTS

- 1 lb** pound ground chicken
- 1** red bell pepper, minced
- 2** shallots, sliced thin
- 1 tbs** coconut oil
- 1 tbs** coconut aminos
- 1/2 tbs** Paleo Living Spices "Poultry Seasoning"
- 2 tbs** fish sauce
- 2 tbs** lime juice
- 1/2 tsp** red pepper flakes
- 2 tsp** honey
- 1** head bibb lettuce, leaves separated
- 3 tbs** chopped fresh mint
- 3 tbs c** hopped fresh cilantro

DIRECTIONS

1. Add shallot, red bell pepper, coconut oil, and coconut aminos to pan, cook for 5 minutes.
2. Add your ground chicken to the pan and season with "Poultry Seasoning".
3. Add in fish sauce, lime juice, honey, red pepper flakes.
4. Mix well and cook down for another 10 minutes.
5. Remove and top the leaves of the bibb lettuce.
6. Garnish with mint and cilantro.





Seafood

Grilled Peel & Eat Shrimp

INGREDIENTS

- 1 lb** medium shrimp
- 1 ½ tbs** Paleo Living Spices "Seafood Seasoning"
- 2 tbs** olive oil
- ¼ cup** parsley, chopped
- 3 tbs** butter or ghee
- 2 tbs** minced garlic
- juice of 2 lemons

DIRECTIONS

1. Toss the shrimp with the oil and Paleo Living Spices "Seafood Seasoning" in a large bowl.
2. Put the shrimp on the grill over the coals and cook until they are fully cooked, about 5 minutes per side.
3. While the shrimp are cooking, combine the lemon juice, parsley, butter, and garlic together.
4. When the shrimp are done, add them to the bowl and toss until the butter is melted and the shrimp are fully coated.



Fried Coconut Calamari

INGREDIENTS

- 4** squid, cleaned and cut into ½ inch rings
- 2 tbs** Paleo Living Spices "Seafood Seasoning"
- ½ cup** coconut flour
- 2** eggs
- 1** jar coconut oil (for frying)

DIRECTIONS

1. Add 1 tablespoon Paleo Living Spices "Seafood Seasoning" to the coconut flour and toss well.
2. Whisk eggs in a separate bowl.
3. Sprinkle remainder of Paleo Living Spices "Seafood Seasoning" to the squid to season.
4. Toss squid in egg.
5. Remove and toss in seasoned coconut flour.
6. Fry until golden brown, about 5-6 minutes.
7. Serve with lemons and your favorite paleo friendly dip!



Bacon Wrapped Scallops

INGREDIENTS

- 1 lb** bacon
- 15** scallops
- 2 tsp** Paleo Living Spices "Seafood Seasoning"

DIRECTIONS

1. Preheat oven to 425°F.
2. Cut bacon strips in half.
3. Wrap each scallop with 1/2 strip of bacon.
4. Skewer 2-3 bacon-wrapped scallops per skewer.
5. Sprinkle liberally with Paleo Living Spices Spices "Seafood Seasoning".
6. Bake at 420°F for 25 minutes on one side, and turn over and bake for an additional 10.



Paleo Salmon Curry

INGREDIENTS

- 2 tbs** organic virgin coconut oil
- 1 tbs** Paleo Living Spices "Seafood Seasoning"
- 1 lb** wild Alaskan Salmon fillet
- ¼ cup** red curry paste
- 1** 14 ounce can full fat coconut milk
- 1 tsp** fish sauce
- ½** lime, juiced
- scallions, for garnish

DIRECTIONS

1. Heat coconut oil in a large saute pan. Add red curry paste. Stir, continuously, for 45 seconds to 1 minute until fragrant.
2. Add coconut milk and whisk until completely dissolved.
3. Bring to a boil, immediately add salmon skin side up. Add Paleo Living Spices "Seafood Seasoning".
4. Cook for 8 to 10 minutes (depending on thickness), spooning sauce over the fish periodically.
5. Return sauce to medium heat and reduce for 2 to 3 minutes, whisking or stirring frequently.
6. Remove from heat, stir in fish sauce, and lime juice.
7. Serve salmon with red curry sauce spooned over top and top with chopped scallions. Enjoy!



Rare Ahi Tuna Salad

INGREDIENTS

- 4** tuna steaks
- 2 tbs** Paleo Living Spices "Seafood Seasoning"

FOR THE MARINADE:

- 1/4 cup** olive oil
- 2 tbs** rice vinegar
- 1** green onion, minced
- 2 tbs** lime juice
- 1 tbs** fresh ginger, grated
- 2** garlic cloves, minced

- 3 tbs** coconut oil

FOR THE SALAD:

- 1** bunch shaved asparagus
- 1** large shaved carrot
- 2** cups arugula

DIRECTIONS

1. Combine all the ingredients for the marinade and allow steaks to marinate for 1 hour.
2. Remove and pat dry.
3. Season the tuna steaks with Paleo Living Spices\ "Seafood Seasoning".
4. Place the vegetable ribbons into a bowl and lightly coat with the dressing of your choice.



5. Heat the coconut oil in a skillet over a medium-high heat.
6. Sear each tuna steak for 2 minutes per side, depending on the desired doneness. Slice and serve with your salad!

Shrimp and Eggplant Stir Fry

INGREDIENTS

- 2 tbs** extra-large raw shrimp, peeled and deveined
- 1 tbs** Paleo Living Spices "Seafood Seasoning"
- 2** medium to large eggplants, cut into chunks
- 3-4 tbs** coconut oil
- 10** cloves of fresh garlic, chopped
- 1** small piece of ginger, chopped fine
- 1/2 cup** vegetable broth
- cilantro for garnish

DIRECTIONS

1. In a large nonstick frying pan or wok heat up the oil over medium-high heat. When hot add the garlic and stir fry for only about a minute. Add ginger. Add the eggplant and mix well. Lower the heat and saute the eggplant for about 5 or 6 minutes, or until soft.
2. Sprinkle the shrimp with Paleo Living Spices "Seafood Seasoning", Add to eggplant mix and cook until they turn pink, stirring often. Remove the shrimp from the pan and set aside.
3. Pour the broth into the pot with the eggplant and bring to a boil. Lower the heat as the mixture will begin to thicken. Top with cilantro and enjoy!



Picture here...

Veggie

Avocado Baked Eggs

INGREDIENTS

- 2** ripe avocados
- 4** fresh eggs
- 1 tsp** Paleo Living Spices "Veggie Seasoning"
- 1 tbs** chopped chives

DIRECTIONS

1. Preheat the oven to 425 degrees.
2. Slice the avocados in half, and take out the pit. Scoop out about two tablespoons of flesh from the center of the avocado, just enough so the egg will fit snugly in the center.
3. Place the avocados in a small baking dish. Do your best to make sure they fit tightly.
4. Crack an egg into each avocado half. Sprinkle Paleo Living Spices "Veggie Seasoning" over the top.
5. Place in the oven and bake for 15 to 20 minutes.
6. Remove from oven, garnish with chives, and enjoy!



Baked Zucchini Fries

INGREDIENTS

- 4** zucchini, quartered lengthwise
- 1 cup** almond meal
- ½ cup** coconut flour
- 1 tsp** Paleo Living Spices "Veggie Seasoning"
- 1 tsp** ground black pepper
- 1 tsp** parsley for garnish
- 2** egg whites

DIRECTIONS

1. Preheat oven to 430 F.
2. Prepare a baking sheet by placing parchment paper on it.
3. Get three medium sized bowls to bread the zucchini.
4. In the first bowl, combine almond meal, pepper and Paleo Living Spices "Veggie Seasoning".
5. In the second bowl, add coconut flour.
6. In the last bowl add the eggs whites with ¼ cup water. Mix well.
7. Working in batches, place the zucchini in the coconut flour, then egg wash then almond meal mixture to coat.
8. Place prepared zucchini on the baking sheet.
9. Bake 18-20 minutes until slightly golden brown.
10. Garnish with parsley and serve!



Mushroom and Chive egg Muffins

INGREDIENTS

- 6** eggs
- 1 tbs** Paleo Living Spices "Veggie Seasoning"
- 1 tbs** olive oil
- 6 oz** cremini mushrooms, sliced thin
- ¾ cup** chives, chopped fine
- salt

DIRECTIONS

1. In a large skillet, heat olive oil on medium-high heat, and add thinly sliced mushrooms, sprinkle with salt, and cook for about 10 minutes until mushrooms soften and release juices.
2. Preheat oven to 350 degrees.
3. In a large bowl, beat eggs until smooth. Stir in chives, cooked mushrooms, and Paleo Living Spices "Veggie Seasoning" into the egg mixture. Ladle the egg mixture into greased, shallow bowls.
4. Bake for 25 minutes. Remove from the oven, let the muffins cool for 30 minutes before removing them from the pan.



Plantain Kale Fritters

INGREDIENTS

- 4** large plantains, grated
- 2 tsp** Paleo Living Spices "Veggie Seasoning"
- ½ cup** minced, massaged kale
- 1** egg
- ¼ cup** flax seed flour
- pinch of sea salt

DIRECTIONS

1. Grate the plantains.
2. In a bowl, whisk the egg, then mix all ingredients together, including Paleo Living Spices "Veggie Seasoning".
3. Over medium heat with coconut oil, scoop ¼ cup of mixture and press down so it's a pancake shape, for each fritter.
4. Cook approx 5 mins a side, they're ready when they're nice and golden.
5. Enjoy warm!



Eggplant and Heirloom Tomato Salad

INGREDIENTS

- 2** eggplants, sliced into rounds
- 3** large heirloom tomatoes, sliced into rounds
- 1 tb** Paleo Living Spices "Veggie Seasoning"
- 1 cup** fresh basil
- 1 cup** fresh mint
- 1 cup** fresh parsley
- 1** garlic clove, finely minced or grated
- ½ cup** avocado oil
- 3 tbs** fresh lemon juice

DIRECTIONS

- Season the eggplant and tomato with Paleo Living Spices "Veggie Seasoning" and then grill the rounds. The eggplant will take slightly longer than the tomato.
- In a blender or food processor, combine the fresh herbs, garlic, lemon juice and avocado oil.
- Once grilled, arrange the vegetables and drizzle with the herb sauce.



Mediterranean Chicken Stuffed Eggplants

INGREDIENTS

- 1** large eggplant
- 1 lb** ground chicken
- 1 tbs** Paleo Living Spices "Veggie Seasoning"
- ½** yellow onion, diced
- 3** garlic cloves, minced
- 1 cup** sliced mushrooms
- ⅓ cup** roasted red peppers, roughly chopped
- ¼ cup** chopped fresh basil
- 2 tbs** avocado oil
- ¼ cup** balsamic vinegar

DIRECTIONS

- Preheat the oven to 400°F.
- Cut the eggplant in half length wise, and carefully hollow out each half. Roughly chop the removed flesh.
- In a large skillet, heat the olive oil over medium high heat. Add the onion sauté until tender, about 5-6 minutes.
- Add the Paleo Living Spices "Veggie Seasoning".
- Add the chopped eggplant, mushrooms, and garlic. Cook until the eggplant is tender, about 7-8 minutes.
- Meanwhile add the balsamic vinegar to a small sauce pan. Bring to a low simmer and cook until it has thickened and reduced by about half, about 10-12 minutes.
- Stir in the roasted red peppers and basil and remove the skillet from the heat.
- Place the eggplant halves in a baking dish and stuff them with the chicken mixture. Drizzle a little oil on top and bake for 30-35 minutes until tender.
- Remove the eggplants from the oven and top with the balsamic reduction and additional basil before serving.



Okra and Bacon Salad

INGREDIENTS

FOR THE MUSHROOMS:

6-8 portobello mushroom caps (about the size of a burger bun)

3 tbs olive oil

2 tsp Paleo Living Spices "Veggie Seasoning"

2 cloves garlic, finely minced

FOR THE BURGERS:

2 lbs ground chicken

Paleo Living Spices "Poultry Seasoning"

lettuce, as needed

tomato, as needed

onion, as needed

DIRECTIONS

1. In a bowl, combine the olive oil, Paleo Living Spices "Veggie Seasoning", and minced garlic. Pour the marinade over the mushroom caps and allow to marinate.
2. Season the chicken with Paleo Living Spices "Poultry Seasoning". Form the chicken into burger patties.
3. Grill the mushroom caps and burgers.
4. To assemble the burgers: Place lettuce, tomato, onion and a burger on one of the mushroom caps. Top with another mushroom caps.



Ultimate Protein

Slow Cooker Pork Chili Verde

INGREDIENTS

- 3-4 lb** boneless pork shoulder
- 1 tbs** Paleo Living Spices "Ultimate Protein Rub"
- 2 tsp** coconut oil
- 1** 14 oz can tomatillos
- 1** 14 oz can green enchilada sauce
- 1** 4 oz can green chilis
- 1** yellow onion, chopped
- 3** cloves garlic, minced fine
- 1 tbs** cornstarch
- cilantro, for garnish
- lime, for garnish

DIRECTIONS

1. Rub the "Ultimate Protein Rub" onto the boneless pork shoulder.
2. Add the coconut oil to a large pan over medium high heat. Once the pan is hot, add the pork, and brown on all sides, about 2-3 minutes per side.
3. In a bowl mash the tomatillos until they are broken up.
4. To a slow cooker add the pork, tomatillos, enchilada sauce, green chilies, chopped onion, minced garlic, and cornstarch.
5. Cook on low for 6 hours, or on high for 4 hours. Serve with your favorite paleo friendly sides.



Bison Plantain Nachos

INGREDIENTS

- 2** green plantains
- 1 tbs** coconut oil, melted
- 1 lb** ground bison
- ½** white onion, chopped
- 3 tbs** Paleo Living Spices "Ultimate Protein Rub"
- ¼ cup** beef broth

DIRECTIONS

1. Peel and cut plantains into thin slices (or use a mandoline).
2. Melt coconut oil and stir in a bowl with the chips to coat evenly.
3. Arrange on a baking sheet in one layer.
4. Bake in the oven at 400 degrees for about 30 minutes until crisp.
5. While the plantains are baking, brown meat in a skillet on the stove with chopped onions and Paleo Living Spices "Ultimate Protein Rub".
6. Drain any excess fat. Add your broth.
7. Serve on top of plantain chips along with cashew cheese, homemade salsa, and guacamole!



Lamb Stuffed Bell Peppers

INGREDIENTS

FOR THE MUSHROOMS:

- 4** bell peppers, de-seeded
- 1 lb** ground lamb
- 2 tsp** Paleo Living Spices "Ultimate Protein Rub"
- 1 cup** cauliflower florets, chopped fine
- ½** yellow onion, diced
- 2** cloves garlic, minced
- 2 tbs** tomato paste

DIRECTIONS

- 1.** Preheat oven to 375F.
- 2.** Heat a skillet over medium heat. Add the lamb, cauliflower, onion, garlic, tomato paste and Paleo Living Spices "Ultimate Protein Rub" to skillet and cook, stirring frequently, until meat is browned.
- 3.** Stuff peppers with the lamb mix.
- 4.** Return to the oven and roast for an additional 30 minutes, until peppers are softened and beginning to brown.
- 5.** Remove and enjoy!



Honey Cajun Rub

Cajun Habanero Spare Rib

INGREDIENTS

- 1** rack of baby back ribs
- ¼ cup** Paleo Living Spices “Honey Cajun Rub” (depending on the size of your rack)
- 1 cup** mango nectar
- 1** whole mango cubed
- ¼** cup apple cider vinegar
- 1 tbs** ketchup
- ¼ cup** maple syrup
- juice of 2 limes

DIRECTIONS

- 1.** Rub Paleo Living Spices “Honey Cajun Rub” to the rack well.
- 2.** Mix together the mango juice, lime juice, cubed mangoes, apple cider vinegar, ketchup, and maple syrup in a food processor until smooth.
- 3.** Pour over ribs and let stand for about 4 hours.
- 4.** Preheat oven to 300°F.
- 5.** Remove ribs from the glass dish and wrap them completely in aluminum foil with about ¼ of the marinade juice. Discard the rest.
- 6.** Place on a cookie sheet with sides. Bake for about 3 hours.
- 7.** Serve and enjoy!



Cajun Style Trout with Pineapple Salsa

INGREDIENTS

- 4** trout fillets
- 2 tbs** Paleo Living Spices “Honey Cajun Rub”
- 1 cup** pineapple, diced
- ¼ cup** cilantro, chopped
- ¼ cup** red onion, diced
- 1** jalapeno, seeded and diced
- coconut oil, enough to coat pan
- juice of 2 limes

DIRECTIONS

- 1.** Preheat skillet with coconut oil to medium high heat.
- 2.** In a bowl, combine all the ingredients for the pineapple salsa, season to taste and refrigerate.
- 3.** Coat the fish fillets with the Paleo Living Spices “Honey Cajun Rub”.
- 4.** Cook the fish for 4 to 5 minutes per side.
- 5.** Serve the fish topped with the pineapple salsa.



Spicy Ribs

INGREDIENTS

- 2** slabs baby back pork ribs
- 3 tbs** Paleo Living Spices "Honey Cajun Rub"
- 3 tbs** Paleo Living Spices "Ultimate Spicy Rub"
BBQ Sauce (Paleo friendly), to taste

DIRECTIONS

1. Preheat oven to 350 F.
2. In a small bowl combine the "Honey Cajun Rub" and "Ultimate Spicy Rub". Rub the rub over the baby back ribs. Wrap the ribs in foil, and place on roasting pan.
3. Cook for 1 hour and 30 minutes.
4. While the ribs are cooking heat up the grill. Once the ribs are cooked, finish them off on the grill until nicely charred on both sides, about 8-10 minutes per side.
5. Serve with your favorite Paleo-friendly BBQ Sauce.



Cajun Meatballs

INGREDIENTS

- 2** eggs
- 1 ½ lbs** ground beef
- 2 tbs** Paleo Living Spices "Honey Cajun Rub"
- 2/3** cups dice onion
- ½ cups** grated carrot
- 4 tsp** minced garlic
- ¼ cups** almond flour
- 1 tsp** salt
- 2 cups** diced tomato
- ¾ cups** tomato paste

DIRECTIONS

1. In a bowl, mix in beaten eggs, onion, carrot, almond flour, Paleo Living Spices "Honey Cajun Rub", and salt.
2. Add ground beef and mix thoroughly.
3. Scoop 1/4 cup of ground beef mixture, roll into a meatball, and add to baking sheet. Repeat using all meat.
4. Place in oven and bake at 350 for about 20 minutes until browned.
5. In a bowl, mix together diced tomatoes, tomato paste, rub and garlic.
6. Remove meatballs from oven and place into slow cooker.



7. Pour the sauce over the meatballs.
8. Cook on low for 4-6 hours.

Sweet & Spicy Chicken Drumsticks

INGREDIENTS

- 1 lb** chicken drumsticks
- 2 tbs** Paleo Living Spices "Honey Cajun Rub"
- 2 tbs** canola oil
- juice of 2 lemons
- salt and pepper

DIRECTIONS

1. Marinate the chicken in lemon juice, salt, pepper, Paleo Living Spices "Honey Cajun Rub", and canola oil for 1 hour.
2. Remove and cook on your grill for about 25-30 minutes or until done.
3. Serve at your next barbeque along your favorite paleo sides!



Blackened Mahi Mahi with Grilled Peach Salsa

INGREDIENTS

FOR THE FISH:

- 6 oz** mahi mahi filets
- 1 tbs** Paleo Living Spices "Honey Cajun Rub"
- coconut oil, as needed
- lime wedges, for garnish

FOR THE GRILLED PEACH SALSA:

- 2** peaches, halved
- 1** tomato, cubed small
- 1** jalapeno, ribs and seeds removed, diced small
- ¼** red onion, finely diced
- 2 tbs** chopped cilantro
- juice of 1 lime
- coconut oil, as needed

DIRECTIONS

1. In a small bowl, combine the "Honey Cajun Rub". Coat the mahi mahi filets with the rub mixture.
2. In a large skillet over high heat, add the coconut oil. Once the pan is very hot, add the fish filets. Cook until blackened on both sides and cooked through, about 3-4 minutes per side.



3. Brush the peach halves with melted coconut oil. On a grill or on a grill pan, grill the peaches until they are slightly charred and softened. Once grilled, cut the grilled peaches into cubes.
4. Combine the peaches with the remaining salsa ingredients. Serve atop of the blackened mahi mahi.

Coffee Rubbed Rib Eye

INGREDIENTS

- 1** 2-inch bone-in beef rib eye (2-2.5 lbs)
- 2 tbs** finely ground coffee
- 2 tbs** Paleo Living Spices "Honey Cajun Rub"
- 2 tsp** chipotle powder
- 4 tbs** ghee or coconut oil
- 1** red bell pepper, sliced into rings
- 1** green bell pepper, sliced into rings
- 1** yellow bell pepper, sliced into rings
- 1** red onion, sliced into rings

DIRECTIONS

- 1.** Preheat oven to 400°F.
- 2.** Take the beef out of the fridge and let it come to room temperature, about 30 minutes.
- 3.** In a small bowl, combine 1 tablespoon "Honey Cajun Rub" with the coffee, and chipotle powder. Rub the spice mixture over the beef.
- 4.** In a large cast-iron or heavy bottomed skillet, heat the ghee over high heat. Once the pan is very hot, add the Rib Eye to the pan and sear on one side. Flip and sear the other side. Baste the excess ghee over the Rib Eye. Place the pan in the oven for 15-18 minutes, or until cooked to desired doneness. For medium rare, check for an internal temperature of 125°F. Once cooked, allow the steak to rest for 20 minutes.



- 5.** While the Rib Eye is cooking, prepare the corn and onions.
- 6.** On a grill or in a grill pan, season the veggies with the remaining "Honey Cajun Rub". Grill.
- 7.** To serve: slice the steak and serve with grilled veggies.

Ultimate Spicy

Grilled Hawaiian Style Drumsticks

INGREDIENTS

- 3 lbs** bone-in skin-on chicken drumsticks
- 2 tbs** Paleo Living Spices "Ultimate Spicy Rub"
- ¼ cup** pineapple juice
- ½ cup** tomato puree
- ¼ cup** coconut aminos
- 1 tbs** coconut vinegar
- 2 tsp** grated fresh ginger
- 3** cloves garlic, minced
scallion, for garnish
fresh pineapple, for garnish

DIRECTIONS

1. Rub the chicken with the "Ultimate Spicy Rub"
2. In a small pot combine the pineapple, tomato, coconut aminos, coconut vinegar, ginger, and garlic. Cook until well combined and thickened, 20-30 minutes. Taste and adjust flavors if necessary.
3. Once the marinade is cooked and cooled, brush it over the chicken.
4. Grill the chicken until fully cooked through, flipping and brushing each side every 4-5 minutes.
5. Garnish with scallion and fresh pineapple.



Skillet Shakshuka

INGREDIENTS

- 5-6** eggs
- 1 tbs** Paleo Living Spices "Ultimate Spicy Rub"
- 2 tbs** olive oil
- ½** medium brown or white onion, diced
- 1** clove garlic, minced
- 1** medium red bell pepper, chopped
- 4 cups** ripe diced tomatoes
- 2 tbs** tomato paste
- ½ tbs** fresh chopped chives
salt and pepper to taste

DIRECTIONS

1. Heat a deep, large skillet or sauté pan on medium. Slowly warm olive oil in the pan. Add chopped onion, sauté for a few minutes. Add garlic and sauté until mixture is fragrant.
2. Add the bell pepper, sauté for 5-7 minutes over medium until softened.
3. Add tomatoes and tomato paste to pan, stir until blended. Add Paleo Living Spices "Ultimate Spicy Rub", stir well, and simmer over medium heat for 5-7 minutes till it starts to reduce.
4. Crack the eggs, directly over the tomato mixture, making sure to space them evenly.



5. Cover the pan and simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced.
6. Garnish with the chopped chives. Serves 2-3.

Spicy Mango Chicken Curry

INGREDIENTS

- 1** large skinless, boneless chicken breast, cut into pieces
- 1 tsp** Paleo Living Spices "Ultimate Spicy Rub"
- 1** large mango, cut into chunks
- 1** small red onion, finely chopped
- 1 tbs** ghee
- 2** cloves garlic, minced
- 2 tbs** fresh cilantro, roughly chopped
- 1 tsp** turmeric
- 1 tbs** fresh ginger, grated
- 1** bird's eye chili, finely chopped
- ½** can can coconut milk
- juice of 1 lime
- Thai basil, for garnish

DIRECTIONS

- 1.** Over medium heat, gently saute the onion, garlic and chili in ghee.
- 2.** Stir in the turmeric, ginger, lime juice and half the mango pieces. Pour in the coconut milk. Simmer for 10 minutes.
- 3.** Remove from the heat and pour into a blender, blend until smooth.



- 4.** Transfer back into the pan and add the chicken pieces that have been coated in the Paleo Living Spices "Ultimate Spicy Rub". Cook for 10 minutes. Stir in the rest of the mango chunks and then serve immediately with fresh thai basil over the top.

Lemon & Garlic

Lemon Garlic Shrimp with Zucchini Noodles

INGREDIENTS

- 1 ½ tsp** olive oil
- 4 oz** peeled and deveined shrimp
- 1 tbs** Paleo Living Spices "Lemon & Garlic Rub"
- 2** cloves garlic, sliced thin and divided
- ¼** lemon
- ¼** cup halved grape tomatoes
- pinch salt and fresh black pepper

DIRECTIONS

1. Heat a medium nonstick skillet over medium high heat.
2. Add 1 teaspoon of the oil, add the shrimp and season with Paleo Living Spices "Lemon & Garlic Rub", pinch salt and pepper; cook 2 to 3 minutes.
3. Add half of the garlic and continue cooking 1 more minute, or until the shrimp is cooked through and opaque. Set aside on a dish.
4. Add the remaining 1/2 teaspoon oil and garlic to the pan, cook 30 seconds then add the zucchini noodles and cook 1 1/2 minutes.
5. Add the shrimp and tomatoes to the pan and squeeze the lemon over the dish. Remove from heat and serve.



Lemon Garlic Salmon Bites

INGREDIENTS

- 1lb** Scottish salmon, cut into bite sized pieces
- 2 tsp** Paleo Living Spices "Lemon & Garlic Rub"
- 1** egg
- 1 tbs** tapioca starch
- 1 cup** unsweetened shredded coconut
- 2 tbs** coconut flour
- ¼ cup** coconut oil
- pinch of salt

DIRECTIONS

1. Gather two separate small bowls. In one whisk the egg and the tapioca starch together. In the other combine the coconut and coconut flour.
2. Cut the salmon into bite size pieces and remove the skin. Add Paleo Living Spices "Lemon & Garlic Rub" and evenly distribute.
3. In a large skillet over medium heat, melt the coconut oil.
4. Dip the salmon into the egg wash, let the excess fall off then dredge through the coconut mixture.
5. In batches so the pan isn't too crowded fry the bites for 1-3 minutes per side or until they are semi-firm and cooked between medium rare-medium.



6. If the pan runs out of oil simply add 1 or 2 more tablespoons before the next batch.
7. Transfer to a paper towel lined plate to drain excess oil. Serve and enjoy!

Baked Parchment Wrapped Halibut

INGREDIENTS

- 2** 6oz. halibut filets
- 1 tbs** Paleo Living Spices "Lemon & Garlic Rub"
- 2** lemons, sliced
- 6** fresh sage leaves
- 1** red onion, sliced
- 2** garlic cloves, sliced
- 2** large shallots, sliced
- 6** grape tomatoes

DIRECTIONS

- 1.** Preheat oven to 400°.
- 2.** Lay down two large squares of parchment paper. Lay half of the lemon slices on each piece of paper in a rectangular shape. Lay 3 pieces of sage across each lemon stack.
- 3.** Place fish filet on top of the lemons. Sprinkle your Paleo Living Spices "Lemon & Garlic Rub". Add thyme, shallots, onions, and tomato slices on top.
- 4.** Fold the parchment paper by taking to opposite sides and meeting in the middle, then fold down and crease. Roll each end up and tuck underneath.
- 5.** Place each parchment parcel on a baking sheet or in a cake tin and place in the oven for 15 minutes.



Chicken Caesar Lettuce Wrap

INGREDIENTS

- 1** head of romaine lettuce
- 4** strips of bacon cooked crisp and crumbled
- 1 lb** boneless skinless chicken breast
- 2 tbs** Paleo Living Spices "Lemon & Garlic Rub"
- 4 tbs** Paleo caesar dressing
- olive oil, for garnish

DIRECTIONS

- 1.** Preheat oven to 350°.
- 2.** Season chicken breast on each side with Paleo Living Spices "Lemon & Garlic Rub".
- 3.** In a large skillet over medium-high heat, sear the chicken in olive oil until cooked all the way through.
- 4.** Pull off 6 large leaves of romaine lettuce.
- 5.** Once the chicken has cooked and cooled, cube and add to a large mixing bowl, add crumbled bacon and Caesar dressing and mix everything together.
- 6.** Top your lettuce with the chicken mixture and enjoy!



Beef Stuffed Collard Wraps

INGREDIENTS

- 1 lb** ground beef
- 2 tbs** Paleo Living Spices "Lemon & Garlic Rub"
- 8** whole collard greens, leaves
- 1** whole onion, small
- 2** cloves garlic, minced
- 1/3** cup parsley, fresh, chopped
- 1/2** cup finely chopped almonds
- 2/3** cup beef broth
- 1 tsp** salt and pepper

DIRECTIONS

1. Preheat oven to 390F.
2. Set a large pot of water to boil. Wash the collard greens and blanch them in the boiling water for 2 minutes. Transfer them immediately to a large bowl of ice cold water to stop the cooking.
3. Finely chop the onion, garlic and parsley.
4. Incorporate chopped onion mix to the ground beef with the nuts and Paleo Living Spices "Lemon & Garlic Rub".
5. Layout 1 collard green on a clean surface. Form a patty with 2 generous tablespoons of meat mixture and place it in the upper center of the leaf. Fold the sides of the leaf towards the center on top of the patty, fold over the top and roll into a small package.



6. Repeat with each collard.
7. Gently place the stuffed collards in a baking dish, fill the bottom of the dish with the beef broth (it should come up to about 1/3 of the collards) and cover with aluminium foil. Cook for 30 minutes, then uncover and roast for 5 more minutes

Peach, Tomato, Prosciutto Salad with Lemon Garlic Vinaigrette

INGREDIENTS

- 2** peaches
- 2 tsp** Paleo Living Spices "Lemon & Garlic Rub"
- 2** large heirloom tomato
- 8-10** slices prosciutto
- 2 tbs** avocado oil
- 2 tsp** fresh lemon juice
- small bunch of basil

DIRECTIONS

1. Slice the peach into rings, about 1/4" thick.
2. Slice the tomato into rings about 1/4" thick.
3. Combine the avocado oil with the lemon juice, and the "Lemon & Garlic Rub".
4. To assemble the salad, alternate rings of tomato and peach with basil and prosciutto. Drizzle the vinaigrette over the salad and serve.





We comply with:

- ✓ PALEO
- ✓ WHOLE 30
- ✓ KETOGENIC

No junk or hidden ingredients



MADE FRESH



CERTIFIED KOSHER



LOW SALT



NO TABLE SALT



NO SUGAR



NO MSG



NO GMO



GLUTEN FREE



NO PRESERVATIVES



NO SOY



ALL NATURAL



NO PROCESSING

100% Handcrafted in the USA