HOW TO DETOX FROM SUGAR
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Introduction

Is your sweet tooth calling (again)?

Do you find yourself feeling lethargic after meals, experiencing energy rushes and lows, or even a low libido?

If you answered yes to those questions, you most likely need to detox from sugar. Read on to discover why.
The Truth About Sugar

Considering the prevalence of sugar in nearly everything we eat, it’s easy to brush off warnings and assume eating a lot of it is normal. After all, you’ve probably heard different people and professionals say that sugar is the fuel for our cells and brains.

Unfortunately, this statement can create a lot of confusion over what type of "sugar" this actually is. While it’s true that glucose is the main source of fuel for our cells and brains, this is assuming the source of sugar or glucose is a natural one, not refined sugar or high-fructose corn syrup.

There is a huge difference between the sugar in an apple, a sweet potato, and the added artificial sugars found in processed and packaged foods. As such, your body will respond differently to each one.

Our collective response to added sugars found in processed foods has lead - not to simply “fueling” for our cells - but a dramatic increase in obesity, diabetes, and other diseases (1).

Read on to discover the truth behind sugar, the negative effects it has on your body and brain, and how you can start detoxing from it today.

Why Is Sugar So Addicting?

If you or someone you know always has a sweet tooth, you may have asked yourself what it is about sugar that makes it so addicting.

It turns out that sugar addiction goes beyond just a simple craving. Research shows that it has the same effect on the reward and pleasure centers of your brain as addictive drugs.

Scientists have observed the same “symptoms” in those who are sugar-addicted as in those who are addicted to drugs like cocaine. These include intense cravings, reduced control over behavior, tolerance, withdrawal and high rates of relapse (2).
Why Is Sugar So Dangerous?

Impacts brain health.
Research has shown links between sugar consumption and the development of brain diseases like dementia and Alzheimer’s. One study even showed that simply having elevated blood sugar levels (from constantly eating sugary foods) can increase your risk of developing dementia, even if you don’t have a blood sugar condition like diabetes (3).

Causes weight gain.
Eating sugar is one of the worst things you can do if you’re trying to lose weight and keep it off. Studies show that people who increase their consumption of sugar tend to gain weight (1.7 pounds to be exact), while those who limit their sugar consumption lose an average of 1.8 pounds (4). This may not look like much on the surface, but the pounds can really add up over time if you continue to indulge in sweets.

Linked to diabetes.
As you probably know, diabetes and sugar are inextricably linked. When you consume excess sugar over a long period of time, your pancreas works harder than normal to produce high amounts of the hormone insulin to keep your blood sugar in check. Over time, your body stops responding to insulin properly due to the constant stimulation, putting you at a higher risk for diabetes.

Studies show that sugar has a direct link to developing diabetes, with researchers discovering that increased sugar consumption in populations, regardless of their obesity rates, was associated with higher diabetes rates (5).

Sugar and Your Hormones
We already discussed how the hormone insulin plays a role in regulating sugar in your body. However, sugar can have a trickle-down effect on other hormones in your body as well.

Research shows that fructose and glucose consumption can actually turn off a gene that regulates estrogen and testosterone (6). In particular, studies have shown men experience a significant drop in free testosterone after eating sugar, resulting in unwanted side effects like low libido and low energy levels (7).
Sugar consumption can also increase your leptin levels. This is the hormone that regulates satiety, or when you feel full. Unfortunately, the constant stimulation of leptin by excess sugar intake can create a situation where you have less satiety signals over time, leading you to overconsume sugar (8). Researchers believe this broken satiety signaling plays a large role in our current obesity epidemic.

**10 Signs You’re Addicted to Sugar**

Eating too much sugar can result in a wide range of side effects. Below are the most common, and they can be attributed to sugar’s negative impact on your hormone levels, blood sugar levels, and even your mental state:

1. You binge on sugary foods.
2. You crave carbohydrates constantly.
3. You feel irritable when you don’t eat carbs or sugar.
4. You always want dessert, even if you’re full.
5. You eat sugary foods until you feel sick.
6. You have low energy.
7. You have insomnia.
8. You have acne or dull skin.
10. You’re bloated after eating carbohydrates.

If you’re experiencing any of these symptoms, the best thing you can do for yourself is detox from sugar for a while. This will help bring your hormones back into alignment, clear up your skin, give you more energy, and help prevent several of the diseases we spoke of earlier.
9 Easy Steps to Detox from Sugar

It might seem like detoxing from sugar is impossible. However, with a few simple changes, you can easily kick it to the curb. For the duration of the sugar detox, we’ll be focusing on eliminating all forms of sugar, both processed and natural, in order to give your body the best possible conditions to heal from (possibly) years of sugar consumption.

1. Avoid juices.
Most store-bought juices - fruit and vegetable - contain a hefty amount of added sugars. Unfortunately, since there isn’t a lot of fiber in juice to slow down the absorption of sugar into your bloodstream, you’ll get a quick blood sugar high followed by a low that makes you feel drowsy.

Swap out juices for water (you can infuse it with lemon or herbs for flavor) or unsweetened tea.

2. Protein at every meal.
Protein is key when it comes to keeping you feeling full and satisfied at every meal. As a bonus, protein doesn’t spike your blood sugar the way sugar does, so it can help you avoid the intense cravings that occur once you get a taste of something sweet.

Be sure to get protein first thing in the morning, whether it’s from scrambled eggs, chia seeds, or leftovers from the night before. This will start your day free from blood sugar swings, and help you stay on track for the rest of your meals.

3. Eat more healthy fats.
Healthy fats like avocado, olive and coconut oils, wild fish, nuts and seeds will help you feel fuller faster and keep you feeling satisfied due to their rich flavor.

4. Ditch grains, beans, flours, pastas, baked goods, and starchy carbs.
To avoid triggering sugar cravings, you’ll want to replace your starchy carbs (sweet potato, any grains or beans, and sugary veggies like carrots) with lots of leafy greens, squashes, veggies like cabbage, broccoli and bok choy, mushrooms, asparagus, and onion.

Optimally, you’ll keep grains, pastas, and beans out of your diet for good, but
have no fear: you’ll be able to introduce sweet potatoes and other safe, Paleo, gluten-free carbohydrates after the detox period.

5. Prepare, prepare, prepare.
If you’re concerned you might relapse and binge on sugar due to not having options during travel or while you’re at work, the best thing you can do is prepare for the situation beforehand. This means always packing a lunch, or bringing healthy snacks with you like nuts and seeds to curb cravings.

6. Read labels.
Your best bet when it comes to detoxing sugar is to avoid packaged or boxed food altogether, as these often have tons of added sugar. However, if this isn’t possible in an emergency, be sure to always read the label and check for excess added sugars.

Some alternate names for sugar include: anhydrous dextrose, brown sugar, cane crystals, cane sugar, corn sweetener, corn syrup, corn syrup solids, crystal dextrose, evaporated cane juice, fructose sweetener, fruit juice concentrates, high-fructose corn syrup, liquid fructose, malt syrup, pancake syrup, raw sugar, syrup and white sugar.

7. Add lots of spices to meals.
You might notice during the first few days of a sugar detox that your food tastes bland. This is because your taste buds have become accustomed to the potent flavor of sweet sugar, and not having it can leave meals feeling tasteless.

However, this doesn’t have to be the case! Try adding new spice blends to your dishes - this is the time to break out of the mold and try a Moroccan spice one night, followed by a Greek dish the next. This will keep your meals flavorful and delicious.

Studies show that people who are stressed tend to reach for sugary foods. This is because sugar can temporarily reduce the stress hormone cortisol (9). However, this effect is only for a short time and comes with unwanted, unhealthy side effects; a better long-term solution is to practice stress-reducing activities such as yoga and meditation.
9. Get enough sleep.
Running on lack of sleep can make your body crave the quick energy spike it receives when you eat sugar. If you’re well rested, you’ll naturally feel more energized and less susceptible to cravings related to low energy levels.

Home Habits to Help You Quit

Remove all sugar from your home.
This is the easiest way to make sure you don’t relapse and binge on sugary treats: remove all temptations from your home. This even includes gluten-free baking mixes, dark chocolate, wine, and seemingly healthy baked goods like Paleo cookies and muffins.

All of these items are likely to have a sweet taste that will stimulate your brain to crave more sweet foods.

Read labels (always).
If you have to buy a packaged product, be sure to read the label carefully. Even seemingly innocent products like canned meats or fish can have added sugars to increase their flavor, so it’s essential you become familiar with reading labels.

See the label section above for a list of other common names for added sugar.

Embrace meal prepping.
Let’s face it: during a sugar detox, you’re most likely going to have to prepare a lot of your meals at home. This is because boxed and prepared foods almost always contain added sugars that can derail your progress.

So your goal during this time is to develop a habit around food preparation, and find a way to see it as loving and investing in yourself. Even a small amount of time each day prepping meals can go a long way in preventing binges or slip-ups from happening.

Stick to quick recipes you love.
Sometimes, when you have too many food or recipe options to choose from, you can become overwhelmed. Since you’re already making a huge change in your diet, the last thing you want to do is stress yourself out over what to eat every day. Instead, find several “signature” recipes that you love and stick to a
rotation of these. This will keep you from getting bored but will also take your mind off of worrying about what to cook every day.

**How Long Do I Have to Detox from Sugar?**

Considering research shows that it can take up to 66 days to break a habit and develop a new one, we recommend not taking the approach of, “Okay, I only have to do this for ‘x’ amount of days” (10). This is considered a lifestyle change where you detox from sugar completely, then slowly add back in natural sugars your body will react well to.

The strict detox phase (no sugar at all) should last at least 10 days. After this time, you can try adding in small amounts of natural sugar in the form of whole foods.

**How to Transition Back to Natural Sugar**

So how can you transition back to allowing natural sugar in your diet after your detox? One thing you shouldn’t do is go on a sugar bender and gorge on all manner of fruits and starches. In addition, we recommend completely avoiding grains, processed flours and boxed foods, beans, fruit juices, and other sugary items for good: there is no need to introduce these back in.

Instead, start slow. On the first day off your detox, try adding a small amount of sweet potato to your dinner meal. If this works for you, try adding a handful of low-sugar berries like blueberries to your breakfast in the morning.

Continue to stay here until you feel you can continue with no sugar cravings. The next week, try adding in more starchy squashes like butternut, carrots, and additional low-sugar berries.

Ideally, you will stick with natural sugar and carb sources like these. If you find you’re doing okay with berries, feel free to add in apples, apricots, plums, and other fruits once or twice a day. Have a whole sweet potato with your dinner. The key here is to scale up slowly and notice if you feel any urges to binge on sugar. If you do, you might need to cut back slightly and stay at a level where you feel comfortable.
5 Healthier Alternatives to Refined Sugar

Once you do begin to introduce natural sugars back into your diet, keep these alternatives to refined sugar in mind.

1. Coconut sugar
Coconut sugar is produced from the sap of coconut tree blossoms. While it is still a sugar, it contains many trace minerals and also a fiber called inulin, which has been shown to help reduce the absorption of glucose into the bloodstream (11).

Coconut sugar can replace regular sugar in baking due to its texture and taste.

2. Raw honey
Raw honey not only tastes amazing, but contains many healing properties. It has been found to have antibacterial and antioxidant activities, and has also been shown to help heal wounds (12).

You can use raw honey in your tea, or even stirred into coconut milk yogurt or chia pudding.

3. Stevia
Stevia comes from the naturally sweet leaves of the stevia plant. This would be your most natural, no-calorie option that is free of any chemicals.

Use stevia to sweeten your coffee, a raw cacao drink or baked goods.

4. Dates
Dates are fruit that grow on the date palm. They are naturally sweet and moist, making them excellent for baking and sweetening smoothies or even sweet and spicy stews. Use them sparingly, however, as they still contain a high amount of natural sugar.

5. Maple Syrup
Who doesn't love maple syrup? This is a great alternative to refined sugar, considering maple syrup contains trace minerals and is completely natural (just make sure you purchase from a reputable company and that it isn’t diluted with any other syrup, like agave).
What to Do When You’re Dining Out

Skip the dressings and sauces.
Dressings and sauces often contain sugar for flavor - use plain olive oil and balsamic vinegar instead, and ask for no sauces on your meal.

Call ahead.
This will remove the awkwardness of asking a ton of questions during your order. If you know where you’re eating, be sure to call ahead and ask what they can make that doesn’t contain sugar.

Stick to protein and veggies.
When all else fails, request plain meat and veggies for a meal.
Wondering what you’re going to whip up during your sugar detox, or just need some inspiration? Check out these sugar-free recipes below to get you started.
Sugar-free MEALS
Low Carb Keto Breakfast Burrito
WITH BACON AND AVOCADO

[377x37]SUGAR-FREE RECIPES TO GET YOU STARTED

Ingredients:

- 4 pasture-raised eggs
- 2 T unsweetened almond milk
- Ghee for greasing
- 4 strips cooked pasture-raised bacon, chopped
- 1 medium tomato, diced
- Fresh greens of choice (spinach, cilantro, basil)
- ½ avocado, sliced

Instructions:

1. Whisk together the eggs and almond milk in a mixing bowl.
2. Heat a skillet over medium heat and lightly grease with ghee.
3. Pour half of the mixture into the pan to coat the bottom thinly. Cover and cook for 3 minutes. Use a spatula to transfer to a plate.
4. Pour the remaining mixture into the skillet and cook for an additional 3 minutes, covered.
5. Top each egg “tortilla” with bacon, tomato, greens and avocado. Roll and enjoy!

Recipe by Jennafer Ashley

Cook Time: 10 mins  Prep Time: 5 mins  Serves: 2
Keto Turkey
AND EGG BREAKFAST SKILLET

Cook Time: 20 mins  Prep Time: 5 mins  Serves: 2

Ingredients:
- 1 T extra virgin olive oil
- ½ onion, finely chopped
- ½ lb ground turkey
- 1 cup organic tomato sauce (no sugar added)
- 2 eggs
- Salt and pepper to taste

Instructions:
1. Heat the olive oil in the skillet over medium heat. Add the chopped onion and sauté until soft and translucent.
2. Add the ground turkey and cook until fully browned.
3. Add in the tomato sauce and continue to cook for 2-3 minutes.
4. Make 2 small wells in the turkey mixture and crack the eggs into each. Cover the skillet and cook for 5 minutes or until the egg whites are opaque.

Recipe by Dina Hassan
Paleo ‘Cheesy’
BROCCOLI BREAD

Ingredients:
- ¾ cup broccoli, riced
- 5 large eggs, room temperature
- 1 T apple cider vinegar
- ⅓ cup + 2 T coconut flour
- ⅛ cup tapioca powder
- 2 T nutritional yeast
- ⅛ t sea salt

Instructions:
1. Preheat the oven to 350°F. Line a 9”x 5” baking pan with parchment paper.
2. Place the broccoli in a blender and pulse until it resembles rice.
3. In a standing mixer or large bowl, whisk together the eggs, apple cider vinegar and broccoli rice.
4. Add the coconut flour, tapioca flour, nutritional yeast and salt and mix until combined.
5. Transfer the mixture to the prepared baking pan and bake for 35 minutes, or until the edges are browned and a toothpick can be inserted from the center clean.

Recipe by Megan Olson

Cook Time: 35 mins  Prep Time: 15 mins  Serves: 1 loaf
Meatballs
IN SPAGHETTI SQUASH NESTS

Ingredients:

For the Spaghetti Squash Nests:
• 1 medium spaghetti squash
• 1 large egg white
• 1 t olive oil for greasing
• 1 cup Paleo Marinara
• Fresh chopped basil for garnish

For the Meatballs:
• 1 lb 80% lean grass-fed beef
• ½ cup almond meal
• 1 pasture-raised egg
• ¼ cup curly parsley, finely chopped
• 1 t dried basil
• 1 t dried oregano
• 1 t garlic minced
• ½ t sea salt

Instructions:

1. Preheat the oven to 350°F. Slice the spaghetti squash lengthwise in half and scoop out the seeds.
2. Place the halves cut side down on a parchment paper lined baking sheet. Bake for 30-35 minutes. Cool for 10 minutes and use a fork to remove the strands of squash. Set aside to cool completely.
3. Combine all the meatball ingredients together and form into medium-sized balls. Place on a parchment paper lined baking sheet 1 inch apart. Bake for 25 minutes. Remove from the oven and set aside.
4. While the meatballs bake, grease 12 muffin tins with olive oil. Stir the egg white in a mixing bowl with the squash. Scoop the squash into the muffin tins and use your fingertips to form the squash to the sides, creating a small nest in the center. Bake for 25-30 minutes.
5. Remove the squash nests from the tins using a butter knife. Fill the center of each with a meatball. Spoon the marinara over the top and garnish with fresh basil.

Recipe by Jennafer Ashley
Cauliflower “Rice”

TABBOULEH

Ingredients:
- ½ large head of cauliflower
- ½ cup finely chopped parsley
- ½ cup finely chopped mint
- 4 Roma tomatoes, finely diced
- 1 English cucumber, finely diced
- ¼ red onion, finely diced
- 1 T extra virgin olive oil
- 2 T lemon juice
- Salt and pepper, to taste

Instructions:
1. Cut the cauliflower into florets, and process in a food processor until it resembles the consistency of couscous.
2. Using a sharp chef’s knife, finely chop the parsley, mint, tomatoes, cucumber and onion. Toss with the cauliflower in a large bowl.
3. To make the dressing, whisk together the extra virgin olive oil and lemon juice in a small mixing bowl; season with salt and pepper. Pour the dressing over the vegetables and toss until combined.
4. Cover and refrigerate at least 30 minutes before serving.

Recipe by Dina Hassan
Easy, Meaty Stuffed POBLANO PEPPERS

**Ingredients:**
- 1 lb. grass-fed ground beef (93% lean)
- 1 cup fresh tomatoes, diced
- 2 T ground cumin
- ¼ t sea salt
- 4 poblano peppers, cut in half lengthwise and remove the seeds
- 1 avocado, diced
- 1 handful cilantro leaves, chopped

**Instructions:**
1. Preheat oven to 400ºF. Line a baking sheet with parchment paper.
2. Lightly brown the ground beef in a skillet, over medium heat, for 5-7 minutes. Stir in the tomatoes, cumin and sea salt.
3. Spoon the beef mixture into the pepper halves, and place on the baking sheet. Bake for 20 minutes. Top each pepper with cilantro and avocado. Serve hot.

Recipe by Jennafer Ashley

**Cook Time:** 25 mins  **Prep Time:** 10 mins  **Serves:** 4
Tortilla-Less Eggplant Enchiladas
WITH CASHEW CHEESE

Ingredients:

For the Enchiladas:
• Two large eggplants
• Salt to taste
• Fresh basil (or any other herb of choice)

For the Enchilada Sauce:
• ¾ cup organic tomato sauce
• ¾ cup roasted red peppers
• 2 t chili powder
• Salt to taste

For the Cauliflower Cheese:
• 2 cups cauliflower florets
• 1 cup cashew cream
• ¼ cup nutritional yeast
• 2 T coconut oil
• 1 T arrowroot powder
• ⅛ t turmeric
• Salt and pepper, to taste

For the Filling:
• 1 T coconut oil
• 3 garlic cloves, minced
• 1 medium onion, minced
• 3 cups mushrooms, minced
• 1 heaped cup of fresh spinach
• Salt and pepper, to taste

Instructions:

1. Preheat the oven to 400°F. Slice the eggplants lengthwise into 5 pieces, about 1 inch thick. Lay them on a baking tray and dust with salt. Let them chill in the fridge for at least 30 minutes while you prepare the rest of the ingredients.

2. To make the sauce, blend all the ingredients together until smooth. Set aside.

3. To make the cauliflower cheese, bring about ¼-inch water to a boil in a frying pan. Add the cauliflower florets, cover, and steam for about five minutes or until they’re tender enough to be mashed with a fork.

4. Add the cauliflower to a blender with the rest of the cheese ingredients and combine until smooth. Pour mixture into a saucepan and heat on low until it simmers and thickens, stirring often.

5. To make the filling, heat the coconut oil in a saucepan. Add the minced garlic and onion and heat on low for 3-4 minutes, until fragrant.

6. Add the mushrooms and sauté on low-medium for 8-10 minutes. Add the spinach leaves and cook another 5-7 minutes.

7. Remove the eggplant slices from the tray, drain excess water and pat dry with paper towels. Line the tray with parchment paper and roast the slices for 25-30 minutes. Remove from the oven and let cool.

8. Cover a baking pan with the enchilada sauce. Add a spoonful of the filling to the bottom of each eggplant slice, roll it, and place it seam-side down on the baking pan.

9. Pour the remaining enchilada sauce on top, then add the “cheese” sauce. Bake for 12-15 minutes, or until the topping crisps up.

Recipe by Consuelo Morcillo

SUGAR-FREE RECIPES TO GET YOU STARTED

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**Easy Sea Bass Recipe**

**WITH LEMON GARLIC BUTTER**

**Ingredients:**
- 1 T ghee
- 4 sea bass fillets, skin-on and scaled
- Salt and pepper
- 2 T grass-fed butter (or ghee)
- 2 garlic cloves, minced
- Juice of one lemon
- Chopped fresh parsley

**Instructions:**

1. Heat the ghee in a cast iron or stainless steel pan on medium-high heat.
2. Pat the fish dry with a paper towel and season with salt and pepper. Place skin-side down on the hot pan and let it cook without flipping for 4-5 minutes, pressing down with a metal spatula to cook the skin evenly.
3. Flip the fish and sear on the other side for an additional minute or two. Remove from the pan and set aside.
4. Add the grass-fed butter to the pan, swirl to melt then add the garlic and sauté for a few seconds until fragrant.
5. Turn off the heat and add the lemon juice. Pour the sauce over the fish, garnish with chopped parsley and serve at once.

**Tips:**
If possible, get fresh fish instead of frozen. If you can’t find sea bass you could use a similar white fish with firm meat instead, such as cod, haddock or pollock.

This cooking technique works with skinless fish too, just sear the side the skin used to be on first.

**Recipe by Dina Hassan**
One Pot Beef Stir Fry
WITH ZOODLES

Cook Time: 10 mins  Prep Time: 15 mins  Serves: 4

Ingredients:

For the Zoodles:
• 1 lb sirloin steak
• 1 T tapioca flour
• ½ cup pineapple chunks
• 2 medium zucchini, spiralized
• 2 T coconut oil, divided
• Salt and pepper, to taste

For the Sauce:
• 4 T coconut aminos
• 2 garlic cloves, minced
• 3 T honey
• 3 T tapioca flour
• 2 T water
• ½ t grated ginger

Optional Garnish:
• Toasted sesame seeds
• Green onions, thinly sliced

Instructions:

1. In a medium bowl, mix the sauce ingredients and set aside.
2. Thinly slice the beef steak and season with salt and pepper. Toss in a large bowl with the tapioca flour until fully coated.
3. Heat one tablespoon coconut oil in a large pan over medium-high heat; add the beef slices and sear on all sides until fully cooked, about 2-3 minutes. Transfer to a plate.
4. Heat another tablespoon of coconut oil in the same pan, add the pineapple chunks and cook until caramelized.
5. Stir in the beef and sauce. Turn heat to low and allow the sauce to thicken up.
6. Add zucchini noodles and cook for 1-2 minutes, until the zucchini is tender but still firm.
7. Serve immediately. Garnish with green onions and toasted sesame seeds.

Tips:
Make sure to use a heavy, wide pan to cook the beef and zoodle quickly and evenly.

This recipe is versatile. If you don’t like the zucchini noodles, try sweet potato noodles, carrots or thinly sliced peppers instead.

To save time, prep this recipe the day before. Simply spiralize the zucchini, chop the pineapple, and slice the beef steak. Store the ingredients separately in the fridge until you are ready to cook.

Recipe by Dina Hassan
No Noodle Cauliflower Casserole WITH SAUSAGE

Cook Time: 35 mins  Prep Time: 10 mins  Serves: 4

Ingredients:

• 1 large head of cauliflower, broken into florets
• 2 pasture-raised pork sausage links, casing removed
• 1 t garlic, minced
• ½ cup white onion, diced
• 1 bell pepper, diced
• ½ t sea salt
• 1 t dried basil
• ¼ t dried oregano
• 1 cup tomato, diced
• ½ cup almond meal
• 1 t cracked fennel seed
• 2 T fresh chopped basil

Instructions:

1. Preheat the oven to 375°F.
2. Bring the large pot of water to a boil. Add the cauliflower florets and boil for 4 minutes. Strain and set aside in the large casserole dish.
3. In the large skillet, cook the sausage for 3 minutes, using a wooden spatula to crumble and break up the pork into small pieces. Stir in the garlic, onion, bell pepper, sea salt, fennel, oregano and dried basil. Continue to cook for 5 minutes. Stir in the tomatoes.
4. Pour the sausage mixture over the cauliflower and stir to combine. Bake for 15 minutes.
5. Remove the dish from the oven and top with the almond meal. Turn the oven to broil, and return the dish to the oven for 5 minutes or until the almond meal is light golden brown. Finish with fresh chopped basil.

Tip:

Be sure to use a ground meat that contains ample fat, preferably around 85% lean to allow its juices to meld with the veggies.

Recipe by Jennafer Ashley
Sugar-free SNACKS
3-Ingredient LATTE GUMMIES RECIPE

**Ingredients:**

- ¼ cup canned coconut milk, unsweetened
- ½ cup organic brewed espresso
- 3 T grass-fed gelatin

**Instructions:**

1. Add the coconut milk and espresso to a small saucepan and warm over low heat until steaming. Remove from the heat.
2. Gradually whisk in gelatin until completely incorporated. Set the mold onto a plate.
3. Use the dropper to fill the molds with the mixture. Transfer to the refrigerator and chill for 1 hour or until set. Store in an airtight container in the refrigerator.

Recipe by Jennafer Ashley
**DIY PALEO**

**Doritos**

**Cook Time:** 15 mins  **Prep Time:** 35 mins  **Serves:** 24 chips

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**Ingredients:**

For the Chips:
- 1 cup flax meal
- 2 T almond meal
- ½ cup water
- ¼ t sea salt

For the Seasoning:
- 1 T paprika
- 1 T onion powder
- 1 T garlic powder
- ½ T nutritional yeast
- 1 T lime juice

**Instructions:**

1. Preheat the oven to 325°F and prepare a baking sheet with parchment paper.
2. Heat a skillet to medium heat. Add the ingredients for the chips to the skillet. Using a wooden spoon, stir the dry ingredients together with the water until it forms a sticky dough. If the dough isn’t sticking, add 2 tablespoons of water at a time until it forms. Turn off the heat.
3. Transfer the dough from the skillet to a large sheet of parchment paper. Place another large sheet of parchment paper over the top of the dough. Using a rolling pin, roll the dough to ¼ inch thickness.
4. Use a pizza cutter to cut the dough into one large circle. Then slice the dough into 12 triangles.
5. Combine the dough scraps with your hands and form into a ball. Cover again with the parchment paper and roll into a ¼ inch thickness. Cut the dough into a circle again using the pizza cutter, then slice into 12 triangles.
6. Place the triangles on the prepared baking sheet.
7. Bake for 12-15 minutes, or until crispy. Remove from the oven and cool on the baking sheet.
8. While the chips are cooling, mix the dry seasonings together in a glass jar or bowl.
9. Sprinkle the chips with lime juice, then place the chips one by one in the seasonings and shake it around to coat. Place back on the baking sheet and repeat for all the chips.
10. Serve immediately or store them in a sealed container for up to 2 days.

**Tip:**
You can substitute the almond meal with psyllium husks or ground chia.

Recipe by Megan Olson
Coconut Flour Cornbread Muffins
WITH JALAPEÑO JERKY

Ingredients:
• 3 jerky sticks (We used Chomp’s Jala-peño flavor)
• 3 pasture-raised eggs
• 2 T grass-fed butter, melted
• 1 cup unsweetened almond milk
• ½ cup coconut flour
• 2 T jalapeño, minced
• ½ t pink Himalayan sea salt
• 1 t baking powder

Instructions:
1. Preheat the oven to 350°F, and line 6 muffin tins with paper liners.
2. Remove the casing from the jerky by scoring with a knife lengthwise. Chop the jerky into small pieces and set aside.
3. Whisk the eggs, butter and almond milk in the mixing bowl. Stir in the coconut flour, jalapeño, jerky pieces, sea salt and baking powder.
4. Spoon batter into the muffin tins and bake for 30-35 minutes.
Bacon “Chips”
WITH GUACAMOLE DIP

Ingredients:
• 8-10 strips thick cut pasture-raised bacon
• 2 avocados
• ¼ cup red onion, chopped
• 1 T cilantro, chopped
• 1 T jalapeño, minced
• ¼ t ground cumin
• ¼ t sea salt

Instructions:
1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. Slice each bacon strip into 2-3 inch pieces and lay on the baking sheet. Bake 15-20 minutes. Remove from the oven and allow the bacon to crisp up on a plate.
3. In a small bowl, use a fork to mash the avocados. Stir in the red onion, jalapeño, ground cumin and sea salt.
4. Serve bacon chips alongside the guacamole dip.

Recipe by Jennafer Ashley

Cook Time: 20 mins
Prep Time: 10 mins
Serves: 4
BAKED DAIRY-FREE
Parmesan Crisps

Ingredience:
• 7 oz Paleo Parmesan cheese
• ½ t turmeric
• ½ t oregano
• ½ t basil

Instructions:
1. Heat the oven to 350°F. Line a baking sheet with parchment paper.
2. Bring the Paleo Parmesan cheese to room temperature so it is easier to shape.
3. Flatten the Parmesan cheese with a rolling pin on the prepared baking sheet. Try to spread it gently and as thin as you can. Sprinkle turmeric and the herbs on top of cheese, pressing them lightly onto the surface.
4. Use a 2-inch circular cookie cutter to cut out the crisps. Remove excess cheese. Bake for 10-12 minutes until crisp and golden brown at the edges.
5. Remove from the oven and let them rest on the baking sheet for a few minutes. Remove the crisps with a thin spatula and transfer to a wire rack to cool until firm.

Tips:
Try adding chopped sun-dried tomatoes or chopped chives.
If you want to make a batch of these to eat throughout the week (or have hungry kiddos), simply double or triple the recipe amounts.

Recipe by Dina Hassan
Resources


