

PALEO-STYLE RECIPES

Breakfasts

Egg Bake: meat lover version

1 medium cast iron pan
6-10 eggs (preferably free range organic): beaten
Breakfast sausage
½ c crumbled bacon
2 tsp basil
Salt and pepper to taste
½ red bell pepper chopped
½ c chopped sweet onion

Cook sausage in pan over medium-high heat. Add onion and peppers and continue cooking until vegetables are tender. Add bacon and basil and stir. Add beaten eggs and turn heat to medium. When it has cooked a little more than ½ way through, take the pan off the stove and place under the broiler and finish cooking. Cut into pie slices and enjoy. This can also be stored in the fridge and used as a snack. Try adding salsa or change spices to add variety.

Fast Breakfast

Try cooking up a dozen eggs at the beginning of the week. Hard boiled eggs are easy and fast to grab and can be used as added protein in a variety of meals.

Get some nitrite free bacon and cook up the entire package. Try placing the bacon on a piece of parchment paper over a cookie sheet. Broil until cooked; flipping once or twice during the cooking time. Be sure to drain the fat and save it for cooking later.

1 hard boiled egg
2 pieces of bacon – pre cooked

Breakfast “sandwich”

1 fried egg over well
1 large romaine lettuce leaf or 2 small ones
2-3 slices of avocado
2-3 slices of bacon
2 springs of your favorite fresh herb

Place all ingredients in the lettuce, fold and eat.

Apple and Nut butter bites

Slice one apple and spread a little almond butter on them. Fast and fabulous.

**** Remember, breakfast doesn't have to be limited to eggs and bacon. Try taking some protein from the night before and sauté up some veggies. This can be placed in a to-go container and eaten a little later in the morning. It is still a good idea to get something in you before you leave the house.