

HEAL GUIDE



Meal list

Herb Butter Roasted Turkey Maple Orange Glazed Ham Citrus Honey Roasted Chicken Creamy Mashed Potatoes Green Beans Cranberry Sauce **Deviled Eggs** Paleo Stuffing Pumpkin Pie Pecan Pie Bars **Apple Crisp** Pumpkin Spice Latte Peppermint Hot Chocolate

Apple Cider

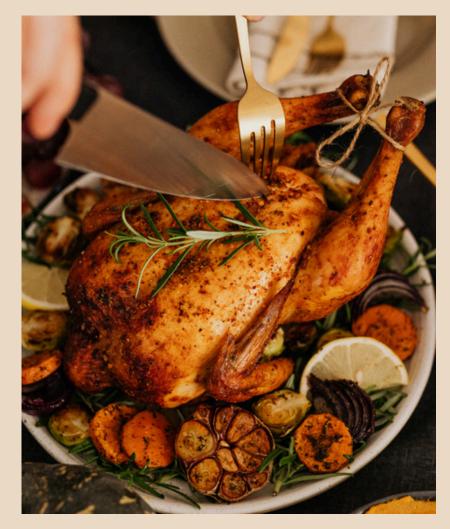
PALEO HERB BUTTER ROASTED TURKEY

U PREP TIME: 20 MIN

© COOK TIME: ABOUT 3-3.5

HRS (FOR A 12–14 LB TURKEY)

SERVES: 8-10



Ingredients

For the Turkey:

- 1 whole turkey (12–14 lbs), thawed and patted dry
- 1 lemon, quartered
- 1 onion, quartered
- 1 apple, quartered
- 4-5 sprigs fresh rosemary
- 4-5 sprigs thyme
- 4-5 sage leaves
- 1 cup chicken broth (or bone broth)
 For the Garlic-Herb Ghee "Butter":
- ½ cup ghee (or softened coconut oil)
- 4 cloves garlic, minced
- 1 tbsp fresh rosemary, chopped
- 1 tbsp fresh thyme, chopped
- 1 tbsp fresh sage, chopped
- 1 tsp sea salt
- ½ tsp black pepper
- Zest of 1 lemon

Instructions

- 1. Preheat oven to 325°F (165°C).
- 2. Make the herb ghee: In a small bowl, mix ghee, garlic, herbs, salt, pepper, and lemon zest.
- 3. Prep the turkey: Remove giblets, pat dry, and place it in a large roasting pan.
- 4. Stuff the cavity with lemon, onion, apple, and herbs.
- 5. Loosen the skin: Gently slide your hand under the skin of the breast and thighs.
- 6. Rub the herb ghee: Spread half under the skin and half on top of the skin.
- 7. Pour broth into the bottom of the pan (keeps it moist and helps make gravy later).
- 8. Roast uncovered until the internal temp reaches 165°F in the thickest part of the thigh.
 - A 12–14 lb turkey usually takes 3–3.5 hours.
 - Baste every 45–60 minutes with pan drippings.
- 9. Let rest 20-30 minutes before carving to lock in juices.

Optional: Paleo Gravy

 Strain the pan drippings, then whisk in 1 tbsp arrowroot starch mixed with 2 tbsp water over medium heat until thickened.

- PALEO MAPLE-ORANGE GLAZED HAM
 - U PREP TIME: 15 MIN
- © COOK TIME: 1.5–2 HOURS (FOR AN 8–10 LB HAM)

SERVES: 8-10



Ingredients

For the Ham:

- 1 fully cooked, uncured ham (8–10 lbs)
 - Look for one labeled "no sugar added" or "nitrate-free" brands like Applegate or Pederson's are great Paleo options.
- Whole cloves (optional, for studding the ham)

For the Glaze:

- ½ cup pure maple syrup
- 2 tbsp raw honey
- ¼ cup fresh orange juice
- 1 tbsp orange zest
- 2 tbsp coconut aminos (for umami depth)
- 1 tbsp apple cider vinegar
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp clove or allspice
- Pinch of sea salt

Instructions

- 1. Preheat oven to 325°F (165°C).
- 2. Score the ham: Using a sharp knife, cut shallow diagonal lines across the surface in a crisscross pattern (this helps the glaze soak in).
- 3. If you like, press a few cloves into the ham for extra flavor.
- 4. Place ham in a roasting pan, cut side down.
- 5. Whisk together glaze ingredients in a small saucepan. Bring to a simmer over medium heat and cook 3–5 minutes until slightly thickened.
- 6. Brush glaze generously over the ham.
- 7. Cover loosely with foil and bake for 1 hour, basting every 20 minutes.
- 8. Uncover for the last 20–30 minutes to let it caramelize and get that gorgeous golden crust.
- 9. Rest 10-15 minutes before slicing.

Optional Garnish

 Top with fresh orange slices and rosemary sprigs for a festive look PALEO CITRUS HONEY
GLAZED CHICKEN
PREP TIME: 15 MIN
COOK TIME: 1 HR 15 MIN
(FOR A 4–5 LB WHOLE
CHICKEN)
SERVES: 4–6



Ingredients

For the Chicken:

- 1 whole chicken (4–5 lbs), patted dry
- 1 orange, quartered
- ½ lemon, quartered
- 4 garlic cloves, smashed
- Fresh rosemary sprigs (optional, for inside the cavity)
- ½ cup chicken broth or bone broth
 For the Glaze:
- 3 tbsp raw honey
- 2 tbsp fresh orange juice
- 1 tbsp fresh lemon juice
- 2 tbsp coconut aminos
- 1 tbsp apple cider vinegar
- 1 tsp Dijon mustard (check ingredients to keep it Paleo)
- 1 tsp smoked paprika
- ½ tsp garlic powder
- ½ tsp sea salt
- ¼ tsp black pepper

Instructions

- 1. Preheat oven to 400°F (205°C).
- 2. Make the glaze: In a small saucepan, whisk all glaze ingredients and simmer for 3–4 minutes until slightly thickened.
- 3. Stuff the chicken cavity with orange, lemon, garlic, and rosemary.
- 4. Brush half the glaze all over the chicken.
- 5. Place in roasting pan and pour broth into the bottom.
- 6. Roast uncovered for 60-75 minutes, basting every 20 minutes with remaining glaze.
 - If the skin starts browning too quickly, tent loosely with foil.
- 7. Check internal temp: It's done when it reaches 165°F in the thickest part of the thigh.
- 8. Let rest 10-15 minutes before carving.

Optional Garnish

 Top with thin orange slices, a drizzle of glaze, and fresh rosemary or thyme.

CREAMY PALEO MASHED POTATOES

U PREP TIME: 10 MIN

COOK TIME: 20–25 MIN

SERVES: 6



Ingredients

- 2 ½ lbs Yukon Gold or Russet potatoes, peeled and chopped into 1½-inch chunks
- 3 cloves garlic, peeled (optional, for extra flavor)
- 4 tbsp ghee (or olive oil if you prefer)
- ½ cup unsweetened coconut milk (or almond milk)
- 1 tsp sea salt, plus more to taste
- ¼ tsp black pepper
- Optional: chopped fresh chives or parsley for garnish

Instructions

- 1. Boil the potatoes: Add potatoes (and garlic, if using) to a large pot of salted water. Bring to a boil and cook 15–20 minutes, until fork-tender.
- 2. Drain well: Drain and return to the pot. Let them sit for 1–2 minutes to steam off excess moisture (key for fluffiness).
- 3. Mash: Add ghee, coconut milk, salt, and pepper. Mash by hand for a rustic texture or use a hand mixer for extra creaminess.
- 4. Taste $\mathcal E$ adjust: Add more coconut milk for smoother potatoes or more ghee for richness.
- 5. Serve warm, garnished with herbs or an extra drizzle of melted ghee.

PALEO GARLIC & ALMOND GREEN BEANS

U PREP TIME: 5 MIN

© COOK TIME: 15 MIN

SERVES: 6



Ingredients

- 1 lb fresh green beans, trimmed
- 2 tbsp olive oil or ghee
- 3 cloves garlic, minced
- ¼ tsp sea salt, plus more to taste
- ¼ tsp black pepper
- ¼ cup sliced almonds
- Optional: zest of ½ lemon or a squeeze of lemon juice

Instructions

- 1. Blanch the green beans: Boil a pot of salted water, add the green beans for 2–3 minutes until bright green and slightly tender. Drain and plunge into ice water to stop cooking.
- 2. Toast the almonds: In a large skillet over medium heat, toast the sliced almonds for 2–3 minutes until golden. Remove and set aside.
- 3. Sauté the beans: In the same skillet, heat olive oil or ghee. Add garlic and cook 30 seconds until fragrant. Add green beans, salt, and pepper, and sauté 3–5 minutes until heated through and slightly crisp-tender.
- 4. Combine & serve: Toss in the toasted almonds and lemon zest/juice if using. Serve immediately.

Flavor Variations

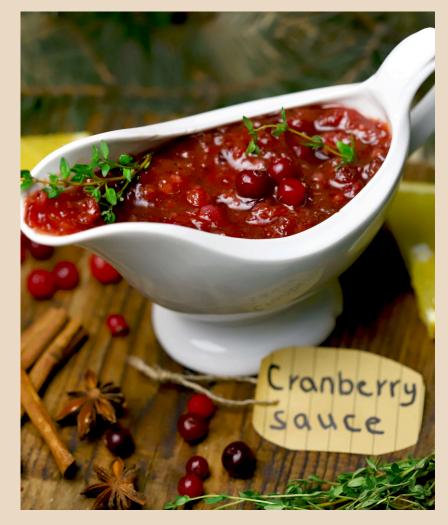
- Bacon Green Beans: Sauté chopped sugar-free bacon first, then add green beans and garlic.
- Maple Balsamic: Drizzle 1–2 tsp of pure maple syrup and 1 tsp balsamic vinegar while sautéing for a sweet-savory glaze.
- Herbed: Toss with chopped fresh thyme or rosemary before serving.

PALEO CRANBERRY SAUCE

U PREP TIME: 5 MIN

COOK TIME: 10–15 MIN

SERVES: 6-8



Ingredients

- 12 oz fresh or frozen cranberries
- ¼-⅓ cup pure maple syrup (adjust for desired sweetness)
- ½ cup orange juice, freshly squeezed
- Zest of 1 orange
- 1 tsp vanilla extract (optional)
- ¼ tsp ground cinnamon (optional)
- · Pinch of sea salt

Instructions

- 1. Combine ingredients: In a medium saucepan, combine cranberries, maple syrup, orange juice, orange zest, cinnamon, and salt.
- 2. Cook: Bring to a boil over medium heat, then reduce to a simmer. Cook 10–15 minutes, stirring occasionally, until the cranberries burst and the sauce thickens.
- 3. Finish: Remove from heat, stir in vanilla if using, and let cool to room temperature. The sauce will thicken further as it cools.
- 4. Serve or store: Transfer to a serving dish. Can be made up to 5 days in advance and stored in the fridge.

Flavor Variations

- Spiced: Add 2–3 whole cloves or a star anise during cooking and remove before serving.
- Apple-Cranberry: Add ½ cup finely diced apple for sweetness and texture.
- Ginger-Orange: Add 1 tsp fresh grated ginger for a zingy twist.

PALEO CLASSIC DEVILED EGGS

OPREP TIME: 15 MIN

SERVES: 6 (12 HALVES)



- 6 large pasture-raised eggs
- 3 tbsp mayonnaise (preferably avocado oil-based or homemade)
- 1 tsp Dijon mustard (check ingredients to ensure Paleo-friendly)
- 1 tsp apple cider vinegar or lemon juice
- ¼ tsp sea salt
- ½ tsp black pepper
- Paprika, for garnish
- Optional: chopped chives or fresh herbs



Instructions

- 1. Hard boil the eggs: Place eggs in a pot, cover with water, bring to a boil, then cover, remove from heat, and let sit 10–12 minutes. Cool in ice water and peel.
- 2. Prepare the filling: Slice eggs in half lengthwise, remove yolks, and place them in a small bowl. Mash yolks with mayonnaise, mustard, apple cider vinegar, salt, and pepper until smooth.
- 3. Fill the eggs: Spoon or pipe the yolk mixture back into the egg whites.
- 4. Garnish: Sprinkle with paprika and optional herbs for color and flavor.
- 5. Serve chilled.

Flavor Variations

- Bacon & Chive: Fold in crumbled sugar-free bacon and chopped chives.
- Spicy: Add a pinch of smoked paprika or cayenne for a subtle kick.
- Herbed: Fold in finely chopped dill, parsley, or tarragon for a fresh herb flavor.

U PREP TIME: 15 MIN

COOK TIME: 35-40 MIN

SERVES: 6-8



Stuffing Base:

- 1 lb ground pork or turkey sausage (sugar-free, Paleo-friendly)
- 1 medium onion, diced
- 2-3 celery stalks, diced
- · 2 apples, peeled, cored, and diced
- 3 cloves garlic, minced
- 1 cup mushrooms, diced (optional)
- 2 tsp fresh sage, chopped (or 1 tsp dried)
- 1 tsp fresh thyme, chopped (or ½ tsp dried)
- ½ tsp rosemary, chopped (optional)
- ½ tsp sea salt, plus more to taste
- ¼ tsp black pepper
- ½ cup chicken broth (or more if needed)
- 2 tbsp ghee or olive oil Grain-Free "Bread":
- 1–1½ cups Paleo breadcrumbs (almond flour, cassava flour, or a mix, lightly toasted)
- 1-2 tbsp ghee or olive oil for toasting



Instructions

- 1. Preheat oven to 350°F (175°C).
- 2. Toast breadcrumbs: Spread almond or cassava flour on a baking sheet, drizzle with ghee or oil, and toast 5–7 minutes until golden. Optional: pulse lightly for finer crumbs.
- 3. Cook the sausage: In a large skillet, cook sausage over medium heat until browned. Remove and set aside, leaving a little fat in the pan.
- 4. Sauté vegetables: Add ghee or olive oil, onion, celery, mushrooms, and garlic. Cook 5–7 minutes until softened.
- 5. Add apples & herbs: Stir in diced apples, sage, thyme, rosemary, salt, and pepper. Cook 2–3 more minutes.
- 6. Combine sausage and breadcrumbs: Mix cooked sausage back in, then fold in toasted Paleo breadcrumbs until evenly combined. Add chicken broth gradually until mixture is moist but not soggy.
- 7. Bake: Transfer mixture to a greased baking dish. Drizzle a little melted ghee on top and bake 20–25 minutes until the top is golden and slightly crisp.

PALEO PUMPKIN PIE PREP TIME: 15 MIN COOK TIME: 50–55 MIN SERVES: 8



Ingredients

Crust:

- 1 ½ cups almond flour
- 2 tbsp coconut flour
- 3 tbsp coconut oil (melted)
- 2 tbsp maple syrup
- ¼ tsp sea salt

Filling:

- 1 can (15 oz) pumpkin puree (100% pure)
- ½ cup full-fat canned coconut milk
- ¼ cup maple syrup
- 2 large eggs
- 1 tsp vanilla extract
- 1 ½ tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground nutmeg
- ¼ tsp ground cloves
- Pinch of sea salt

Instructions

- 1. Preheat oven to 350°F (175°C).
- 2. Make the crust:
 - In a bowl, combine almond flour, coconut flour, melted coconut oil, maple syrup, and salt.
 - Press evenly into a 9-inch pie dish, covering the bottom and sides.
 - Bake for 8-10 minutes until lightly golden. Let cool slightly.
- 3. Prepare the filling:
 - In a medium bowl, whisk together pumpkin puree, coconut milk, maple syrup, eggs, vanilla, spices, and salt until smooth.
- 4. Assemble:
 - Pour filling into the pre-baked crust. Smooth the top with a spatula.

Bake:

- Bake 40-45 minutes, until the filling is set (slightly jiggly in the center is fine).
- Cool completely at room temperature, then refrigerate at least 2 hours before serving for best texture.

Optional Toppings

- Whipped coconut cream
- Chopped toasted pecans

PALEO PECAN PIE BARS

OPREP TIME: 20 MIN

🕒 COOK TIME: 35–40 MIN

SERVES: 12-16 BARS



Ingredients

Crust:

- 2 cups almond flour
- ¼ cup coconut flour
- 1/3 cup coconut oil (melted) or ghee
- 3 tbsp maple syrup
- ½ tsp vanilla extract
- ¼ tsp sea salt

Pecan Filling:

- ²/₃ cup coconut sugar
- 1/3 cup maple syrup
- ¼ cup coconut oil or ghee
- 2 eggs, lightly beaten
- 1 tsp vanilla extract
- ¼ tsp sea salt
- 1 ½ cups chopped pecans
- ½ cup pecan halves (for topping, optional)

Instructions

- 1. Preheat oven to 350°F (175°C). Line an 8x8" or 9x9" baking dish with parchment paper.
- 2. Make the crust:
 - In a bowl, mix almond flour, coconut flour, melted coconut oil (or ghee), maple syrup, vanilla, and salt until crumbly but moist.
 - Press mixture evenly into the bottom of the pan.
 - Bake for 10–12 minutes, until lightly golden. Set aside to cool slightly.
- 3. Prepare the filling: In a small saucepan over medium heat, combine coconut sugar, maple syrup, and coconut oil (or ghee). Stir until the sugar dissolves and mixture starts to bubble (about 2–3 minutes).
 - Remove from heat and whisk in eggs, vanilla, and salt. Stir in chopped pecans.
- 4. Assemble:
 - o Pour filling over the pre-baked crust, spreading evenly.
 - o If desired, arrange pecan halves on top for a pretty finish.

5. Bake:

- Bake for 20–25 minutes, until the filling is set and golden around the edges.
- Cool completely before slicing into bars (refrigerating for 1-2 hours helps them firm up).

PALEO APPLE CRISP PREP TIME: 15 MIN COOK TIME: 40–45 MIN SERVES: 6–8



Ingredients

Apple Filling:

- 6 medium apples, peeled, cored, and sliced thin (Honeycrisp, Pink Lady, or Fuji work great)
- 2 tbsp lemon juice
- 2 tbsp maple syrup
- 1 tsp cinnamon
- ½ tsp nutmeg
- 1 tsp vanilla extract
- 1 tbsp arrowroot starch or tapioca flour (to thicken)

Crumble Topping:

- 1 ½ cups almond flour
- ½ cup chopped pecans or walnuts
- ½ cup unsweetened shredded coconut (optional for texture)
- 1/3 cup coconut sugar or maple sugar
- ½ tsp cinnamon
- ¼ tsp sea salt
- 1/3 cup coconut oil or ghee, melted

Instructions

- 1. Preheat oven to 350°F (175°C). Grease a 9x9" or 8x10" baking dish with coconut oil or ghee.
- 2. Prepare the apple filling:
 - In a large bowl, toss apple slices with lemon juice, maple syrup, cinnamon, nutmeg, vanilla, and arrowroot.
 - Spread evenly in the baking dish.
- 3. Make the crumble topping:
 - In a separate bowl, combine almond flour, chopped nuts, coconut (if using), coconut sugar, cinnamon, and salt.
 - Stir in melted coconut oil or ghee until mixture is crumbly and well-coated.

4. Assemble:

• Sprinkle the crumble mixture evenly over the apples.

5. Bake:

- Bake 40–45 minutes, until the topping is golden brown and apples are tender and bubbly.
- If the top browns too quickly, cover loosely with foil halfway through baking.
- 6. Cool slightly before serving.

PALEO PUMPKIN SPICE LATTE

U PREP TIME: 5 MIN

COOK TIME: 5 MIN

SERVES: 1-2



Ingredients

- 1 cup unsweetened almond milk (or coconut milk for extra creaminess)
- 2 tbsp pumpkin puree (100% pure, not pie filling)
- 1-2 tbsp maple syrup (adjust to sweetness preference)
- ½ tsp pumpkin pie spice (or mix: ¼ tsp cinnamon, ½ tsp nutmeg, ½ tsp ginger, pinch cloves)
- ½ tsp vanilla extract
- ½-1 cup brewed coffee or 2 shots espresso
- Pinch of sea salt
 Optional Toppings:
 - Coconut whipped cream
- Dash of cinnamon or pumpkin spice

Instructions

- 1. Warm the milk: In a small saucepan over medium heat, whisk together almond milk, pumpkin puree, maple syrup, pumpkin spice, and sea salt until hot but not boiling (about 3–5 minutes).
- 2. Add vanilla: Remove from heat and stir in vanilla extract.
- 3. Blend (optional for froth): Pour mixture into a blender (or use a frother) and blend 10–15 seconds until smooth and foamy.
- 4. Combine: Pour hot coffee or espresso into a mug, then add the pumpkin milk mixture. Stir gently to combine.
- 5. Top it off: Add coconut whipped cream and a sprinkle of pumpkin spice or cinnamon.

Optional Twists

- Iced Version: Use cold brew and pour over ice after blending.
- Extra creamy: Use half almond milk, half full-fat coconut milk.
- Protein boost: Add a scoop of collagen or your favorite Paleofriendly protein powder.

PALEO PEPPERMINT HOT CHOCOLATE

U PREP TIME: 5 MIN

COOK TIME: 5–7 MIN

SERVES: 2



Ingredients

- 2 cups unsweetened almond milk (or coconut milk for a creamier version)
- 2 tbsp unsweetened cocoa powder or raw cacao powder
- 2 tbsp maple syrup (or to taste)
- 1 oz dark chocolate (85% or higher, Paleo-friendly, optional for richness)
- ½ tsp vanilla extract
- 1/8-1/4 tsp peppermint extract (start small it's strong!)
- Pinch of sea salt

Optional Toppings:

- Coconut whipped cream
- Crushed peppermint (naturally sweetened, optional)
- Dark chocolate shavings

Instructions

- 1. Heat milk: In a small saucepan, whisk together almond milk, cocoa powder, and maple syrup over medium heat until smooth and steaming (about 3–5 minutes).
- 2. Add chocolate and flavor: Stir in dark chocolate (if using), vanilla extract, peppermint extract, and a pinch of salt. Whisk until melted and creamy.
- 3. Taste and adjust: Add more maple syrup or peppermint extract to your liking.
- 4. Serve hot: Pour into mugs and top with coconut whipped cream, crushed peppermint, or shaved dark chocolate.

Optional Twists

- Mocha version: Add a shot of espresso or ¼ cup strong brewed coffee.
- Spicy twist: Add a pinch of cayenne or cinnamon for a Mexican hot chocolate vibe.
- Iced version: Chill and pour over ice for a refreshing peppermint mocha!

● PALEO APPLE CIDER (HOMEMADE & NATURALLY SWEETENED)

U PREP TIME: 10 MIN

© COOK TIME: 2–3 HOURS (STOVETOP OR SLOW COOKER)

SERVES: 6-8



Ingredients

- 10–12 medium apples (mix of sweet + tart, like Honeycrisp, Fuji, and Granny Smith)
- 1 orange, quartered (optional, for brightness)
- 3 cinnamon sticks
- 1 tbsp whole cloves
- 1 tbsp whole allspice (or 1 tsp ground)
- 1-inch piece fresh ginger, sliced (optional for warmth)
- 1 vanilla bean or 1 tsp vanilla extract (optional)
- 8 cups filtered water
- 2-4 tbsp maple syrup or raw honey (to taste, after simmering)

Instructions

- 1. Prep the fruit: Wash and roughly chop the apples (no need to peel or core). Quarter the orange if using.
- 2. Add to pot: Place apples, orange, cinnamon sticks, cloves, allspice, ginger, and vanilla (if using) into a large pot or slow cooker. Add water.
- 3. Simmer:
 - Stovetop: Bring to a boil, then reduce heat and simmer uncovered for 2–3 hours.
 - Slow cooker: Cook on low for 6–8 hours or high for 3–4 hours.
- 4. Mash and strain: Use a potato masher to gently mash softened fruit. Strain through a fine mesh sieve or cheesecloth into a large bowl, pressing to extract all the liquid.
- 5. Sweeten to taste: Stir in maple syrup or honey while still warm. Taste and adjust sweetness.
- 6. Serve: Serve hot with a cinnamon stick or chill and serve cold over ice.

ALL OF THESE RECIPES ARE PALEO,
MEANING THEY ARE GLUTEN, DAIRY, AND
SOY FREE. THEY ARE ALSO MADE
WITHOUT SEED OILS OR REFINED
SUGARS.

PRO TIP FOR MAKING A GROCERY LIST:
CHOOSE THE RECIPES YOU ARE
PREPARING AND ENTER THEM INTO CHAT
GPT BASED ON THE AMOUNT OF
SERVINGS YOU ARE MAKING AND VOILA!
IT WILL MAKE YOUR GROCERY LIST FOR
YOU.

WE HOPE THIS RECIPE BOOK ALLOWS
YOU TO ENJOY THE HOLIDAYS THIS YEAR
WHILE STAYING ON TRACK WITH YOUR
HEALTH JOURNEY!

