

REAL FOOD CON

JERF JUST EAT REAL FOOD™

The Cookbook



THE REAL FOOD CON COOKBOOK

CONTRIBUTORS - IN ALPHABETICAL ORDER

5

GEORGE BRYANT

Caveman Crunch
Apple Pie Caveman Bars
Jalapeño Dijon Grilled Chicken

12

AMY DENSMORE

Paleo Ahi Poke Stack
Paleo Herb Roasted Turkey Legs
Paleo Cajun Shrimp and “Grits”

22

LEANNE ELY

Blackberry and Thyme Glazed Pork Chops and Grilled Onions
Grilled Prosciutto Wrapped Rosemary Chicken
Puerto Rican Lettuce Cups

29

BEN GREENFIELD

The Ketogenic Kale Shake
Liver Pate

33

BARIS HARVEY

Bacon and Sweet Potato Crunch
Broccoli & Cauliflower ‘Meat’ Bacon & Shrimp
World’s Best Pancakes
Mango and Meat Salad
Plantain Awesomeness

42

ABEL JAMES

No-Bake Chocolate Banana Pecan Squares
Mahi Mahi Tacos with Mango Avocado Salsa
Curried Lamb Blade Chops

47

KATIE THE WELLNESS MAMA

Chard Wrapped Salmon
Chicken Cacciatore
Healthy Homemade Chocolate

54

CAMILLE MACRES

Sausage Gravy & Mashed Faux-tatoes
Cashew Cream Sauce
Duck Fat Chicken, Two Ways
No-Corn Bread Muffins
Eat Your Greens (and Bacon)
Pineapple Cherry Upside Down Cake
with Coconut Whipped Cream
Coconut Whipped Cream

65

CHRISTA ORECCHIO

Turmeric Ginger Lemonade
Chocolate Acai Sauce
Roasted Salmon with Basil Aioli

70

CYNTHIA PASQUELLA

Tasty Veggie Tacos
Almond - What a Joy!
Hungry Hottie Smoothie

75

PRICE-POTTENGER NUTRITION FOUNDATION

Avocado Dressing
Sprout Salad
Ceviche
Pastured Egg Drop Soup

80

JORDAN REASONER & STEVE WRIGHT

SCD Legal Coconut Vanilla Ice Cream
Citrus Chicken Salad
Bacon Pemmican

87

CHEF LANCE ROLL

Paleo Turkey Vegetable Herb Burgers or Sliders
The Flavor Chef (TFC) John Dory
The Lamb Kofta (Middle Eastern Lamb Sausage)

96

DIANE SANFILIPPO

Cinnamon Grilled Pork Chops
Broccoli & Bacon Salad with Creamy Balsamic Dressing

100

PETE SERVOLD

Apple Pork Breakfast Sausage
Garlic Braised Lamb with Roasted Squash
and Quick Sautéed Kale
Super Simple Roasted Squash
Quick Sautéed Kale

105

TERRY SHANAHAN

Coconut Almond Chicken Breasts
Salmon Bowl
Tomato Basil Grilled Shrimp

110

MARY SHENOUDA

Pulled Pork Sliders
Grilled Bison Kebobs
Pomegranate Pork Belly

118

JJ VIRGIN

The Original Virgin Diet Shake
Vietnamese Chicken and Cabbage Salad
Coconut Red Curry Chicken

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George Bryant is a self-taught chef, cookbook author, and creator of Civilized Caveman Cooking Creations, a Paleo recipe blog with a passionate following and over 100,000 Facebook fans.

He is the author of [Caveman Feast: 200+ Tantalizing Paleo Recipes](#) and he believes in having fun in the kitchen and letting your love and happiness come through in your food.

Visit George's website at www.civilizedcavemancooking.com.



Caveman Crunch

Prep time 10 mins • Cook time 25 mins • Servings 10

INGREDIENTS

- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- 1 cup almond meal
- 1 cup shredded unsweetened coconut
- 2 cups almonds chopped or slivered
- ½ cup coconut oil, melted
- ½ cup 100% raw organic honey
- 1 teaspoon vanilla
- 2 tablespoon unsweetened cacao powder
- cinnamon to taste

DIRECTIONS

- [1] Preheat oven to 325°F.
- [2] In a large mixing bowl, combine all the dry ingredients and mix well.
- [3] In a separate bowl, combine all of your wet ingredients.
- [4] Microwave on high for 20-30 seconds to help it mix better.



DIRECTIONS (CONT.)

- [5] Once warm, pour your wet ingredients over your dry seed and nut mixture and mix well with a fork to ensure you coat everything.
- [6] Place your mixture on a foil lined baking sheet and spread thin and evenly.
- [7] Bake in the oven for 25 minutes.
- [8] Remove from the oven and stir around to ensure nothing burns. Put it back in the bowl and then re-spread it on the baking sheet.
- [9] Place back in the oven for 5 minutes.
- [10] Remove and let cool. It tastes better cold and also develops its crunchiness as it cools.
- [11] Serve in a bowl with some almond or coconut milk and enjoy.



Apple Pie Caveman Bars

Prep time 5 mins • Cook time 5 mins • Servings 8

INGREDIENTS

- 2 cups dates, pitted
- ½ cup raw macadamia nuts
- ½ cup dried apples
- ¼ cup raw almonds
- 2 tablespoons coconut oil, melted
- 2 tablespoons cinnamon

DIRECTIONS

- [1]** Place your dates, macadamia nuts, apples, and almonds in a food processor or really strong blender.
- [2]** Pulse until your dates, macadamia nuts, and almonds are in small chunks and transfer to a mixing bowl.
- [3]** Add in all remaining ingredients. Using your hands, mix well to ensure an even coating of everything.
- [4]** Once mixed, using parchment paper, flatten out your mixture to the size of bars you want. Or, you can use individual Ziploc bags and form them inside the bag.



DIRECTIONS (CONT.)

- [5] Place in refrigerator and let cool, then enjoy.
- [6] If these don't taste like apple pie to you, then play with the spices. You can add some nutmeg or cloves and mix the flavors around. The possibilities are endless.



Jalapeño Dijon Grilled Chicken

Prep time 10 mins • Cook time 20 mins • Servings 6

INGREDIENTS

- 3 pounds chicken thighs
- 4 jalapeños, diced, seeds optional
- 2 garlic cloves, pressed
- 2 tablespoons olive oil
- 4 tablespoons dijon mustard
- 2 tablespoons raw organic honey
- 2 teaspoons salt
- 1 tablespoon fresh rosemary, chopped
- 1 teaspoon black pepper
- 1 lemon

DIRECTIONS

- [1]** Combine all of your ingredients, EXCEPT YOUR LEMON, in a bowl or dish to marinate your chicken.
- [2]** Marinate for at least a few hours, but 24 hours in the refrigerator is ideal
- [3]** Once you're ready to cook, preheat your grill to a medium/medium-high heat or about 400-450° F.



DIRECTIONS (CONT.)

- [4] Once your grill is ready, place your chicken thighs on the grill and cook between 7-10 minutes per side.
- [5] Use a meat thermometer to ensure your chicken is cooked and at least 175°F internally.
- [6] Once done, place all your chicken thighs in aluminum foil. Squeeze all your lemon juice over the chicken, and close the aluminum foil and let it steam with the lemon juice for about 10-15 minutes.



Amy Densmore

Amy Densmore grew up in the kitchen, watching her grandmother cook amazing foods from all of the countries in which she lived. Now, Amy can spend all day in the kitchen trying out new recipes and finding ways to tweak them to best satisfy her palate.

Working a 50-plus hour a week corporate job and raising 2 daughters, Amy found herself feeling rundown and tired almost every day. She was nauseous a lot of the time after eating and was getting horrible headaches. Realizing that feeling unwell was not an option, she decided to go paleo and has never looked back.

Amy now shares her paleo recipes with her rabid followers via her Paleo Cupboard website and through Facebook, Instagram, and Pinterest.

Visit Amy's website at www.paleocupboard.com.



Paleo Ahi Poke Stack

Prep time 20 mins • Cook time 5 mins + 2 hours
inactive • Servings 4

INGREDIENTS

For Marinade:

- ½ cup coconut aminos
- 1 tablespoon raw honey, melted
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 1 teaspoon toasted sesame seed oil
- dash ground ginger
- dash red pepper flakes

For Wonton:

- ½ cup arrowroot powder
- 1 egg, whisked
- 1 cup water
- ⅓ teaspoon sea salt
- 1-2 tablespoons coconut oil or bacon fat
(for frying)



INGREDIENTS (cont.)

For Poke Stack:

- 1 ½ pounds ahi (yellowfin tuna) steaks, chopped into 1-inch chunks
- 1 large cucumber, peeled and chopped
- 1 medium red onion, peeled and chopped
- 2 medium Roma tomatoes, chopped
- 1 cup broccoli slaw
- 2 medium ripe avocados, peeled, seeded, and chopped
- ½ cup fresh cilantro, chopped
- dash sesame seeds



DIRECTIONS

To Marinate the Ahi:

Place the marinade ingredients into a resealable container and stir well to combine. Add the chopped ahi tuna, cover with a lid, and allow to marinate in the refrigerator for at least 2 hours.

To Make the “Wontons”:

- [1] Combine the arrowroot powder, eggs, water, and sea salt in a medium sized mixing bowl and stir well to combine. Set aside.

DIRECTIONS (cont.)

- [2] Heat about 1 teaspoon (or more if needed, depending on size of pan) of the coconut oil or bacon fat in a small round frying pan over medium-high heat. Using a spoon, slowly pour the mixture into the pan until you get the desired size. You want the wonton to be slightly larger than the stacker/can size.
- [3] Fry the wonton for 2-3 minutes and then flip with a spatula and fry for 2-3 minutes on the other side, or until crispy. Remove the wonton and set aside, and continue cooking the additional wontons.

To Assemble the Ahi Poke Stacks:

- [1] Wait to assemble your stacks until right before serving. Place a wonton on a plate. Take the stacking ring and place it on top of the wonton. Place a scoop of the marinated ahi into the stacker and gently press down with a spoon so that it forms a flat layer along the entire bottom. Pressing down gently will allow your food tower to stay together when you remove the ring.
- [2] Next place a large scoop of the cucumber, red onion, tomatoes, broccoli slaw and avocado into the food stacker, making sure to press down gently with the spoon between each layer.
- [3] To remove the stacking ring, lift the ring straight up. Repeat the process to form additional stacks with the remaining ingredients. Serve immediately.

Paleo Herb Roasted Turkey Legs

Prep time 15 mins • Cook time 1.5 hours + 12-24 inactive hours • Servings 3-4

EQUIPMENT NEEDED

- large resealable plastic bag
- measuring spoons
- measuring cups
- large saucepan
- stirring spoon
- paper towels
- small mixing bowl
- wire baking rack
- baking pan
- oven mitts
- meat thermometer

INGREDIENTS

For the Brine:

- 4 cups water
- ¼ cup sea salt
- 2 tablespoons raw honey
- 1 teaspoons dried rosemary
- 1 teaspoon dried thyme
- ½ teaspoon black pepper



INGREDIENTS (cont.)

For the Turkey Legs:

- 3 large turkey legs
 - 2 tablespoons olive oil
 - ½ teaspoon garlic powder
 - ½ teaspoon onion powder
 - ½ teaspoon dried rosemary
 - ½ teaspoon dried thyme
 - dash sea salt
 - dash ground black pepper
-



DIRECTIONS

- [1] Combine all brine ingredients in a large saucepan over medium-high heat. Stir to combine and bring just to a boil. Remove from heat and allow to cool to room temperature.
- [2] Place the turkey legs in a large resealable plastic bag and pour the brine over the turkey legs. Seal the bag and place in the refrigerator (I usually put the bag inside a baking pan just in case it ever leaks). Allow the meat to marinate for 12-24 hours.
- [3] Preheat oven to 350°F. Rinse the turkey legs, pat dry and set aside.
- [4] In a small mixing bowl, combine the olive oil and seasoning and stir to combine.

DIRECTIONS (cont.)

- [5] Take each turkey leg and gently pull up the skin and rub some of the oil mixture onto the meat with your hand, and then coat the skin with some of the mixture as well. Place the turkey legs on a wire baking rack over a baking pan (to catch any drippings), and place in the oven.
- [6] Cook the turkey legs for about 45 minutes, turn over and cook another 45 minutes (or until the center reaches 180°F on a meat thermometer). If the skin is not as crispy/brown as you want it, you can set them under the broiler for a couple minutes on each side.
- [7] Serve and enjoy!!!

Paleo Cajun Shrimp and "Grits"

Prep time 30 mins • Cook time 30 mins • Servings 4-6

INGREDIENTS

For Toppings:

- 4 strips bacon, cooked and chopped (save the bacon fat!)
- chopped parsley (optional)
- hot sauce (optional....sort of)

For "Grits":

- 1 tablespoon lard/
bacon fat or tallow
- 2 ½ cups chicken broth
- ¼ teaspoon garlic powder
- ½ small onion,
finely chopped
- sea salt to taste
- 3 cups riced cauliflower
- ground pepper to taste
- 1 ¼ cup almond flour

For Shrimp:

- 2 tablespoons lard/bacon fat or tallow
- 1 pound large shrimp, peeled and deveined
- ½ small onion, finely chopped
- 2 cloves garlic, crushed
- 1 tablespoon lemon juice



INGREDIENTS (cont.)

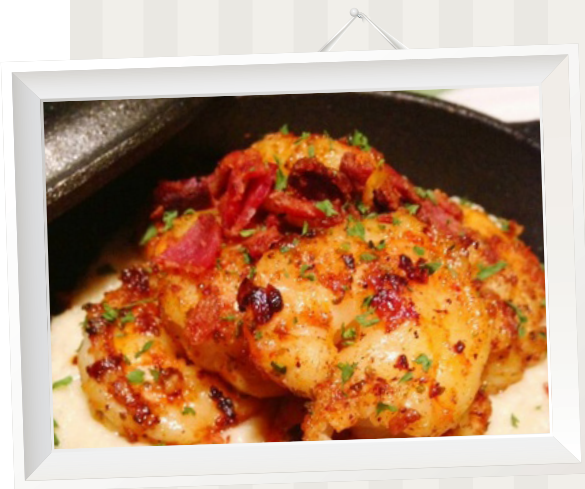
For Shrimp Seasoning:

- ½ teaspoon sea salt
 - ½ teaspoon garlic powder
 - ¼ teaspoon onion powder
 - 1 teaspoon paprika
 - ¼ teaspoon cayenne (or more if you like it spicy!)
 - ½ teaspoon dried oregano
 - ½ teaspoon dried thyme
 - dash red pepper flakes, optional
-

DIRECTIONS

To Make the “Grits”:

- [1] Prepare the onions and cauliflower. You can rice the cauliflower by grating it or by placing batches of it in a food processor and pulsing until rice sized chunks are formed.
- [2] In a medium saucepan over medium-high heat, add 1 tablespoon lard/bacon fat or tallow and sauté the onion for about 3 minutes. Add the riced cauliflower and stir to combine.
- [3] Next add the chicken broth and bring to a boil. Add the almond flour and seasonings and stir to combine.



DIRECTIONS (cont.)

- [4] Cover and allow to simmer for 20 minutes, stirring occasionally. Check the consistency at about 15 minutes into the cooking process. If grits are too thin for your liking add more almond flour, if too thick add more broth.
- [5] After 20 minutes remove the grits from the heat and set aside. Taste and adjust seasonings as needed.

To Make the Shrimp:

- [1] Rinse shrimp and pat dry. Mix seasoning ingredients in small bowl. Sprinkle the mixture over the shrimp to coat well and set aside.
- [2] Heat a large skillet over medium heat and warm 2 tablespoons lard/bacon fat or tallow Add shrimp, onion and garlic to pan and cook until they turn pink.
- [3] Add lemon juice and sauté for 3 minutes. Remove from heat.

To Serve:

Add a large scoop of grits to a bowl and add a serving of shrimp. Top it off with some crumbled bacon and a few dashes of parsley. Serve with some hot sauce on the side for added spice.

Leanne Ely

Leanne Ely is a New York Times bestselling author and the author of the Saving Dinner series. According to Woman's Day magazine, she is the expert on family cooking. She has been a guest chef on the cooking show Carolina Cooks and has taught cooking classes all over the country for Bloomingdales.

Leanne is also a seasoned radio personality. Her radio show "Heart of a Woman" aired during drive time in two major California markets, Los Angeles and San Diego. Her current show, Saving Dinner with the Dinner Diva, airs each Wednesday afternoon on BlogTalk Radio, and is one of the top ten shows on that channel.

Leanne's weekly-syndicated newspaper column, "The Dinner Diva," goes out to over two hundred fifty newspapers nationwide and in Canada.

Visit Leanne's website at www.savingdinner.com.



Blackberry and Thyme Glazed Pork Chops and Grilled Onions

Serves 4.

INGREDIENTS

- 2 tablespoons coconut oil
- 4 (6-ounce) top loin pork chops
- 2 medium Granny Smith apples, halved and cored
- 2 medium onions, quartered
- 2 tablespoons ghee, melted, or use additional coconut oil
- 2 teaspoons sea salt, divided
- 1 teaspoon freshly ground black pepper, divided
- 1 teaspoon ground cinnamon
- ¼ cup chopped thyme
- 2 cups blackberries
- ½ cup balsamic vinegar
- 2 tablespoons water

DIRECTIONS

- [1] Preheat grill to medium-high.
- [2] Brush grill grate with coconut oil.



DIRECTIONS (cont.)

- [3] On a clean work surface, lay out pork chops on one side and apples and onions on the other side; brush apples and onions first with ghee (or coconut oil) then brush the pork chops. Sprinkle all with half of the salt and half of the pepper.
- [4] Place pork chops on one section of the grill and apples and onions, flesh sides down, on another section. Grill apples and onions for 2 to 4 minutes per side. Grill pork chops for 3 to 6 minutes per side (depending on thickness) or until cooked through; remove from grill and allow them to rest.
- [5] In a medium saucepan over medium-high heat, stir together remaining ingredients (cinnamon through water) along with the remaining salt and remaining pepper. Bring to a boil then reduce heat and simmer for 5 to 10 minutes or until sauce thickens and slightly reduces. Serve blueberry sauce over pork chops, apples, and onions.

Serving Suggestion: Add a big salad of baby spinach, diced Vidalia onion, sliced cucumber and walnuts, tossed with Leanne's [Basic Vinaigrette](#).

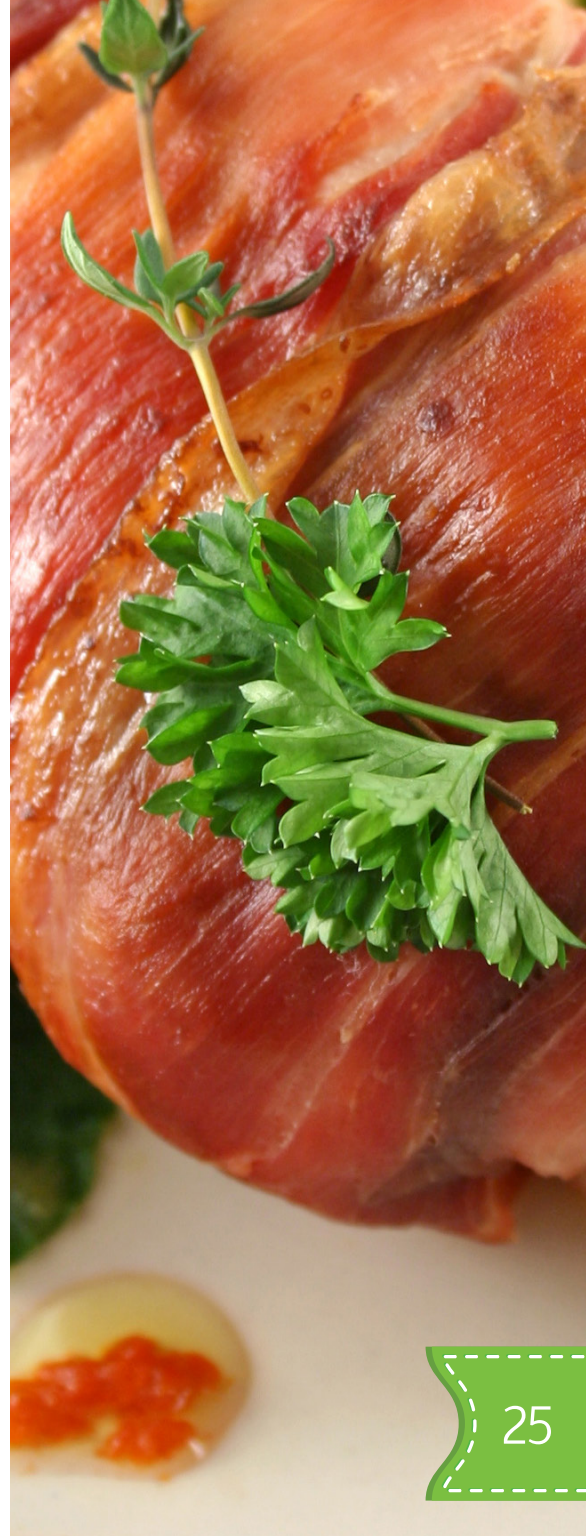


Grilled Prosciutto Wrapped Rosemary Chicken

Serves 4.

INGREDIENTS

- 2 tablespoons ghee, or use coconut oil
- 4 (6-ounce) boneless skinless chicken breast halves
- 8 sprigs rosemary
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 2 medium lemons, thinly sliced 8 thin sliced prosciutto
- 2 cloves garlic, minced
- ¼ cup balsamic vinegar
- ½ cup coconut oil, melted
- 4 cups baby spinach
- 1 small red onion, thinly sliced



DIRECTIONS

- [1] Preheat grill to medium-high and brush grill grate with ghee (or coconut oil).
- [2] On a clean work surface, lay out chicken; place 2 sprigs of rosemary on top of each piece, season with salt and pepper then lay 1 to 2 lemon slices on top.
- [3] Wrap 2 pieces of prosciutto around each piece of chicken, rosemary sprig and lemon slice, to form little bundles; set aside.
- [4] In a medium bowl, whisk together garlic, vinegar and melted coconut oil; brush half of this mixture over the chicken bundles, reserving the other half for later use.
- [5] Grill chicken bundles for 4 to 6 minutes per side or until juices run clear; remove from grill and set aside to rest.
- [6] Arrange baby spinach evenly on dinner plates, sprinkle with a little of the sliced red onion, then place a chicken bundle on top; drizzle with reserved vinegar mixture and serve.

Serving Suggestion: Add steamed green beans tossed with a little coconut oil and slivered almonds.

Do-Ahead Tip: Prepare sweet potatoes.



Puerto Rican Lettuce Cups

Serves 4.

INGREDIENTS

- 2 tablespoons coconut oil
- 1 pound ground beef
- 1 medium onion, chopped
- 2 cups chopped kale, ribs removed
- 1 medium red bell pepper, de-seeded, de-ribbed and chopped
- 1 small yellow bell pepper, de-seeded, de-ribbed and chopped
- 2 medium sweet potatoes, cooked, and cubed
- 1 tablespoon ground coriander
- 1 tablespoon dried oregano
- ½ tablespoon ground cumin
- ½ tablespoon turmeric
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- ½ cup pitted green olives
- 8 small butter lettuce leaves
- 1 medium avocado, pitted, peeled and sliced



DIRECTIONS

- [1] Melt the coconut in a large skillet over medium-high heat.
- [2] Add ground beef and cook, breaking up the meat with a wooden spoon, until no longer pink; remove from skillet and set aside.
- [3] In the same skillet with the beef fat, add the onion, kale and bell peppers; cook until softened, 4 to 6 minutes.
- [4] Add the sweet potato along with the browned ground beef; sprinkle with seasonings (coriander through black pepper).
- [5] Add olives; cook and stir for 1 to 2 minutes then remove skillet from heat and set aside.
- [6] To serve, scoop ground beef mixture into the lettuce leaves and top with sliced avocado.

Serving Suggestion: Serve with Cauli-Rice (process cauliflower in a blender or food processor until it resembles grains of rice; steam “rice” till tender; drain. Salt and pepper to taste and fluff with a fork).

