

# Easy Caveman Cookbook

40 Easy Paleo, Low Carb,  
and Gluten Free Recipes



by Vic Magary



### ***Introduction by Hilah Johnson***

As a professional recipe-creator, it's not often that I come across recipes that make me think, "Why didn't I think of that?!" but this compact cookbook is full of them.

I've known Vic as a straight-forward fitness coach and trainer for a while, but never would have guessed he's also an accomplished cook. The recipes in this book are all simple and easy to follow; they call for no special equipment or exotic ingredients; most of them only require the dirtying of one vessel! But for all their simplicity, Vic has really done a bang-up job combining whole, healthy ingredients in some new ways you probably haven't thought of to create what are sure to be some of your new go-to meals.

Some of my favorites from this book are the mango-marinated steak kabobs, crockpot pulled pork, and breakfast apple hash (Apple hash??? Believe it.) So if you wanna eat like a caveman who likes to eat delicious food, I highly recommend this book. Vic has a healthy attitude about food and a sense of humor that puts everything in perspective which combine to make this book not only a great resource, but also a pleasant read.

Hilah Johnson, [www.HilahCooking.com](http://www.HilahCooking.com).

## ***Preface***

I'm a guy. I'm not just a guy, I'm a single guy with no roommates other than a golden retriever (let's just say that I don't keep the tidiest of homes). As much as I like to cook, I sure as hell don't like to clean. So nearly all of the recipes in this book use only one "pot". Although that pot is usually a wok, clam-style electric grill named after a former heavyweight-boxing champ, crock-pot, or blender.

So when I say these recipes are easy, I mean they are *easy*. If you can follow directions and keep a golden retriever's snout out of your food, then you can cook like a caveman.

And let's get this caveman thing out of the way. These recipes adhere to the Paleo or Primal or whateverthehell you want to call the style of eating that includes lots of vegetables, some meat (to include fish and eggs), and small amounts of fruit, nuts, and seeds – and that's about it.

Basically if you can't eat it raw or cooked with nothing more than a pointy stick and an open flame, then you don't eat it. That eliminates grain-based foods such as bread, pasta, and cereal. It cuts out legumes and rice. And it generally shuns potatoes and dairy. But truth be told, I don't give a damn if this is how our Paleolithic ancestors ate or not. I only care that it works.

Anytime I adhere to this "caveman" style of eating, or have any of my fitness clients stick to this nutrition plan, I see results. Body fat drops, strength increases, and

other health measures from blood pressure to cholesterol levels improve. And that's reason enough to eat this way for me – I could care less whether it's accurate from an anthropological standpoint or not.

All of that being said, the recipes in this book taste awesome! Admittedly I do blur the line of cavemanness occasionally with small amounts of soy sauce, dairy, and potatoes. But even if you decide to forgo those ingredients to walk the straight and narrow caveman path, you'll never lack for flavor with these recipes.

So we have food that tastes great and helps improve our health and fitness . . . I'm all for it, whether you call it Paleo, Primal, or Caveman. Enjoy!

To learn more about my simple approach to health and fitness, go to [www.VicMagary.com](http://www.VicMagary.com).

To like my Facebook Page go to [www.LikeVic.com](http://www.LikeVic.com).

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And big thanks to Mary McNitt for her awesome cover art work. Follow her on Twitter here: [@mc2ndkick](https://twitter.com/mc2ndkick).

## ***Breakfast***

Breakfast can be tricky. If you're used to a bowl of cornflakes drowning in milk with a side of wheat toast, you might be wondering what the hell to eat for breakfast when eating caveman style.

Eggs are a good option, but can get a little boring I've been told. I think the most important thing when it comes to breakfast is to remember that food is fuel. Just because it's your first meal of the day does not mean it has to be a stack of pancakes or a few slices of French toast. Chicken, steak, and vegetables are all options when it comes to getting your morning grub on.

## ***Breakfast Apple Hash***

Sometimes I run into Paleo fans who treat bacon like it's goddamned holy communion. I probably shouldn't use "goddamned" and "holy communion" in the same sentence, but I digress . . . My opinion is that you have to watch out for the bacon. Sugar is a common additive and making sure your bacon is nitrate free should go without saying. Like any other food, try to get your bacon from the most natural source possible. Now that my bacon disclaimer is done, *this recipe is awesome!*

### **Ingredients**

2 eggs

- 2 slices of bacon cut into small strips
- 1 apple peeled and chopped
- 5 walnut halves
- 1 tbs butter
- Cinnamon to taste

### **Directions**

1. Scramble the eggs in the butter and remove from pan.
2. Cook the bacon until just about done and then add the apples. Cook the apples and bacon until the apples are slightly soft.
3. Crush the walnuts and add them to the mixture.
4. Return the eggs to the pan and stir all ingredients together. Add a dash or two of cinnamon or more as your personal taste dictates. This recipe will easily serve two people.

## ***Steak And Berry Breakfast***

How can you argue with steak for breakfast? And the berries provide a little breakfast sweetness with the spinach. You won't miss pancakes, waffles, toast, or any other standard breakfast fare once you try this protein packed breakfast.

### **Ingredients**

- 4 ounces of sirloin
- Large handful of baby spinach leaves
- Large handful of raspberries, each chopped in half
- 1 tsp slivered almonds
- 1 tsp coconut oil

### **Directions**

1. Cook the steak on a non-stick grill until done to desired taste.
2. In a skillet, pan, or wok, heat the coconut oil over medium high heat and add the spinach.
3. Cook the spinach until just wilted and add the raspberries. Cook until the spinach is fully wilted and the berries are soft.
4. Add the almonds and cook for another minute.
5. Remove the spinach and berry mixture and serve as a side with the steak.

## ***Frickin' Frittata***

More eggs. More bacon. It's a frickin' frittata! We also have a healthy serving of vegetables with broccoli and zucchini. Feel free to skip the chili powder or replace with Italian seasoning if the chili is not your thang.

### Ingredients

- 1 cup bacon (about 4 strips).
- 4 large eggs, beaten.
- 1 cup broccoli florets.
- ½ small yellow onion.
- 1 small zucchini, chopped.
- 1 tsp chili powder.
- 1 tsp black pepper.

### Directions

1. Preheat oven to 375 degrees.
2. In an oven-safe skillet or pan, cook bacon over medium-high heat. Once the bacon grease has rendered some, add the onion and broccoli. Cook until onion is translucent.
3. Beat the eggs and pour them into the skillet. Add the chili powder and black pepper and stir for a few turns. Cook over medium heat until the edges begin to firm.
4. Remove from heat and place skillet in oven. Cook for another 12 - 15 minutes until the frittata is set.



### ***Caveman Coffee Cereal***

Wait a minute . . . cereal is NOT paleo (or primal or caveman or whatever you want to call it). But this cereal has no grains. I'm talking no corn flakes, no "wheaties", and no rice puffs. It does contain a hell of a lot of nuts and is not something I would recommend as your regular daily first-meal. But for the occasional indulgence and simulation of that bowl of happiness you used to pour as a kid, I think this is not too bad of an option.

#### **Ingredients**

- 2 tbs chopped walnuts.
- 2 tbs chopped almonds.
- 1 tbs chopped macadamias.
- 1 tbs chopped pecans.
- ¼ cup black coffee (I like to use cold coffee, but go with hot if you like).
- ¼ cup of whole milk or half and half.
- Berries, sliced banana, or other fruit to taste.

#### **Directions**

1. Place all of the nuts in a bowl. Mix well.
2. Pour the coffee and milk or cream into the bowl. Mix again.
3. Top with fruit if desired.

## ***Paleo Pancakes***

These aren't your momma's flap jacks. The pancakes are definitely hanging out on the sweeter end of things with bananas being the main ingredient, so reserve these for those lazy Sunday breakfasts instead of your regular weekday first-meal.

### Ingredients

- 2 ripe bananas.
- 2 eggs.
- 2 tbs almond butter.
- 1 tsp shredded coconut (unsweetened).
- ½ tsp vanilla extract.
- ½ tsp cinnamon.
- 1 tbs coconut oil (or as needed for cooking).

### Directions

1. In a large bowl mash the bananas and combine the eggs, almond butter, coconut, vanilla extract, and cinnamon. When I say combine, I mean blend the hell out of this stuff. A potato masher might come in handy. Or you could drop all of this in a food processor or blender.
2. Heat coconut oil over high heat in a large skillet or pan. Pour batter on to skillet and brown each side, flipping carefully with a good spatula (yes, the lack of flour may make these prone to fall apart a bit).
3. Serve with honey, berries, or other fruit.

## ***Lunch***

Lunch can feel as tricky as breakfast with the absence of the good old sandwich (no bread for you!). But if you make a salad your default lunch instead of meat slapped between two slices of bread, it becomes a whole lot easier. And salad is not the only option! This section also has grilled chicken, chili, stir fry, and an option for anyone still missing their sandwiches.

## ***Ground Beef Lettuce Wraps***

I know some of you out there trying to stick to this caveman style of eating are missing your sandwiches. Forget bread! Wrap your meat in lettuce if you are looking for some food that negates the whole knife and fork thing. This recipe serves one. So break out those grade school algebra skills and multiply if you want to share with family or friends.

### **Ingredients**

- 2 large romaine lettuce leafs
- 4 ounces of lean ground beef
- Chopped peppers and onions to taste
- ½ sliced avocado
- Salsa to taste
- 1 tsp olive oil
- 1/4 tsp red pepper flakes
- 1/2 tsp minced garlic
- 1/2 tsp chili powder
- 1/4 tsp paprika

### **Directions**

1. In a skillet, pan, or wok, heat the oil over high heat and add the red pepper flakes and garlic. Sauté for a minute or two.
2. Add the chopped peppers and onions and stir fry until the onion is soft.
3. Add the ground beef and cook until just about done.
4. Add the chili powder and paprika, and continue cooking the beef until done.
5. Drain the excess liquid from the beef mixture. Scoop beef into the lettuce leafs.
6. Top with salsa and avocado slices.

## ***Steak And Asparagus Stir Fry***

Call the Soy Police, I'm using the soy sauce again! Seriously, in limited quantity I've never experienced ill effects from using soy sauce. And I'm a fan of the Paleo style of eating for the results and not some ideological fascination with caveman lifestyle design. But if it irks you to use the soy or tarmari, just substitute balsamic vinegar. Other than the soy sauce digression, we have steak and asparagus. . . Yum!

### **Ingredients**

- 1 lb. sirloin, cut into strips.
- 1 bunch of asparagus, cut into 1 inch pieces.
- 1 yellow squash, thickly sliced.
- 1 bell pepper (any color you like), chopped.
- 1 yellow onion, chopped.
- 2 cloves of garlic, minced.
- 1 tsp red pepper flakes.
- 4 tbs extra virgin olive oil.
- 1 tbs soy sauce.
- 1 tbs apple cider vinegar.

### **Directions**

1. Heat 2 tbs of the olive oil over high heat in a pan or wok. Sauté the garlic and red pepper flakes until the garlic is golden.
2. Add the sirloin and cook until done. Remove sirloin from pan and set aside.
3. Keeping pan over high heat, add remaining olive oil. Cook all vegetables in olive oil until onion is slightly soft and asparagus is bright green (about 4 minutes).
4. Return sirloin to pan and add soy sauce and apple cider vinegar.
5. Cook all ingredients for a few more minutes stirring often. Remove from wok and serve.



## ***Easy Crock Pot Chili***

This chili stores great in the fridge and is perfect to package in lunch-sized containers and take to work. And it really is too damned easy – brown the ground beef and throw everything else in the crock-pot and then wait. Yeah, the waiting part kind of sucks if you're a chili fan like myself. But it is so worth it!

### **Ingredients**

- 1 lb. ground beef
- 1 lb. stew beef
- 1 onion, chopped
- 1 pepper chopped
- 4 gloves garlic minced
- 1 can diced tomatoes
- 2 cups of beef broth
- 3 tbs chili powder
- 1 tbs Italian seasoning
- 1 tsp red pepper flakes
- 1 tsp cayenne pepper
- 1 tsp paprika
- 1 tsp Tabasco

### **Directions**

1. In a skillet or wok, brown the ground beef with one clove of garlic and 1/2 tsp of red pepper flakes.
2. Add the ground beef and uncooked stew beef to the crock-pot.
3. Add remaining ingredients to the crock-pot, and cook on low heat for 8 hours. Too damned easy.

## ***Honey Lime Grilled Chicken***

I'm using HONEY in this recipe! But it's a pretty small amount spread over 4 servings so my caveman-conscience is clear. But if you're afraid of sugar laden nightmares, just leave out the honey and double the apple cider vinegar. This is included in the lunch section because it tastes great cold over salad. So cook it up on a Sunday and enjoy for lunch during the week.

### **Ingredients**

- 2 large boneless chicken breasts, halved.
- 2 tbs lime juice.
- 1 tbs apple cider vinegar.
- 1 tbs honey.
- 1 tsp tamari sauce.
- 1 clove of garlic, minced.
- 1/2 tsp onion powder.
- 1/4 tsp black pepper.

### **Directions**

1. Place all of the ingredients into a small saucepan except for the chicken. Stir over low heat until all ingredients are blended well. Allow the mixture to cool.
2. Place the chicken in a large zip lock plastic bag. Pour the marinade over the chicken, seal the bag, and then move the chicken around the bag so it is coated well. Place in the refrigerator for at least 30 minutes, "mixing" the bag occasionally.
3. Heat your grill and then cook the chicken until done. Serve immediately with a side of vegetables or store in the refrigerator to be used as a protein source with salads.

## ***The Best Damned Salad In The World***

I know that's a bold claim to call this the best damned salad in the world. But try it yourself and see if you don't agree. Truth be told, it's the addition of blue berries and walnuts that takes this from a boring bowl of leaves to something special. Feel free to throw some precooked chicken or steak on top and add some homemade salad dressing of your choice.

### Ingredients

- 1 cup of baby spinach
- ½ cup of arugula
- ½ red bell pepper, chopped into 1 inch pieces
- ½ cucumber, sliced
- ¼ red onion, sliced
- ½ cup broccoli florets
- 1 carrot, peeled and shredded
- Small handful of grape tomatoes
- Large handful of blue berries
- Small handful of walnut halves

### Directions

1. In a large bowl, add the spinach and arugula.
2. Add all other ingredients.
3. Include protein source of homemade salad dressing of choice.

## ***Dinner***

Ah, yes! Dinner is the meal that most people will not look at you in an odd way when you don't have a few slices of bread or indulge in rice, pasta, or potatoes. Then again, maybe they will.

Oh well, who cares what they say?! You are on the path of meat and vegetables with a few excursions into fruit and nuts and it feels damned good. So stand strong against any temptations for pizza dinners and all you can eat pasta buffets. Your body will thank you for it.

## ***No-Breadcrumb Meatballs In Red Sauce***

I love meatballs! But what is one of the main ingredients in meatballs? *Breadcrumbs!* And breadcrumbs are a no-go for Paleo folks. But fear not fellow meatball lovers, I have a recipe that tastes great and forgoes the evil breadcrumbs. And this is really like two recipes in one because the sauce can go with chicken, pork, or just about any protein source for some great flavor and a nice shot of lycopene!

### **Ingredients**

#### **Sauce:**

- 28 oz. can of diced tomatoes.
- Small can of tomato paste.
- 2 tbs extra virgin olive oil.
- 2 cloves of garlic, minced.
- 1/2 medium yellow onion.
- 3 tsp Italian seasoning.
- 1 tsp black pepper.

#### **Meatballs:**

- 1 lb. ground sirloin.
- 1 lb. ground pork.
- 2 eggs.
- 1/2 cup almond meal.
- 2 cloves of garlic, minced.
- 1/2 medium yellow onion.
- 1/2 carrot, shaved.
- 2 tsp Italian seasonings.
- 1 tsp red pepper flakes.
- 1 tsp black pepper.

### **Directions**

1. In a large saucepan, heat oil and then sauté garlic and onion.
2. Once the onion is translucent, add the diced tomatoes, tomato paste, Italian seasoning, and black pepper. Stir and cook on low heat.
3. In a large mixing bowl combine all ingredients for the meatballs. Use your hands and yes it will get a bit messy.
4. Once all ingredients are mixed well, form into balls about and inch or two around.
5. In a pan, brown the meatballs (add oil to the pan if necessary).



6. Be sure to turn the meatballs slowly and often – they will be more apt to fall apart than the breadcrumb version. Making sure the meatballs are well browned before adding them to the sauce will help keep them from falling apart.

7. Once the meatballs are browned, add them to the sauce. Cook meatballs in sauce on low heat stirring occasionally for at least an hour – the longer the better.

Serve with a large spinach salad or spaghetti squash if you must have that pasta sensation.

## ***Stir Fry Chicken With Green Beans And Pineapple***

I swear I make stir-fry more than any other type of meal. Throw some meat in a wok, add some vegetables, and stir over heat until cooked. Done! This recipe uses chicken but beef or pork would work just as well. And (gasp!) I'm using soy sauce in this recipe. Truth be told I personally use a gluten free version (Tamari sauce), but that still has soy as a main ingredient. If 1 teaspoon of soy/tamari sauce really gets your panties in a bunch, then double down on the balsamic vinegar instead.

### **Ingredients**

- 1 lb skinless chicken breast, cubed
- Fresh green beans
- Carrots, sliced
- 1 small can of pineapple, drained
- 4 tsp olive oil
- 1 tsp soy sauce
- 1 tsp balsamic vinegar
- 2 gloves of garlic, minced
- ½ tsp red pepper flakes
- Pinch of slivered almonds

### **Directions**

1. Heat 2 tsp of the oil in a wok or pan over high heat.
2. Sauté the red pepper flakes and garlic for a minute or two and then add chicken.
3. Cook chicken until done and remove from pan.
4. Add the remaining 2 tsp of oil to the still hot wok or pan and cook the green beans and carrots until tender crisp.
5. Add the chicken back to the pan and add the pineapple to the mixture.
6. Cook for a minute, stirring often.
7. Add the soy sauce and vinegar. Cook for 2 - 3 more minutes.
8. Remove from pan and serve with slivered almonds sprinkled on top.

## ***Mango Marinated Steak Kabobs***

Whether you cook these on the grill outside or inside on the electric clamshell grill named after the former Heavyweight Champ, these kabobs are the ka-bomb. Bad joke? Who cares, *it's frickin' mango and steak!*

### **Ingredients**

- 1 lb beef sirloin cut into cubes
- Bell peppers, cut into chunks
- Red onion, cut into chunks
- Cherry tomatoes
- 1/4 cup extra virgin olive oil
- 1 mango, diced
- 2 cloves garlic, minced
- 2 tbs Worcestershire sauce
- 1/2 tsp red pepper flakes
- 1/4 tsp black pepper
- 1/4 tsp cayenne pepper

### **Directions**

1. In a saucepan, combine the olive oil, garlic, Worcestershire sauce, red pepper flakes, black pepper, and cayenne pepper. Cook on low heat for about 5 minutes, stirring occasionally.
2. Add the mango to the mixture and continue to cook on low heat for about an additional 5 minutes. Stir occasionally and remove from heat when mixture thickens.
3. Place the steak in a glass dish and pour the mango marinade over the steak. Cover the dish and place in the refrigerator for at least one hour. I let my steak marinate for nearly 24 hours and it was delicious.
4. Thread skewers with the steak, bell peppers, onion, and tomatoes. Place skewers on a hot grill and cook until the steak is done.

## ***Crockpot Pulled Pork***

Yep, I'm down with the swine. And more so with this recipe than with the oh-so-Paleo bacon (gotta watch out for the sugar and other nasties in most prepackaged bacon). I love the hands-off cooking with the crock-pot! Eat this as soon as it's done with some sautéed kale or collard greens on the side or put it in the fridge and rock the left-overs as a great protein addition to any salad.

### **Ingredients**

- 3 lbs pork shoulder or butt.
- 1 small yellow onion, chopped.
- 4 cloves of garlic.
- 2 medium jalapeno peppers, chopped.
- 1/2 cup chicken broth.
- 1/4 cup apple cider vinegar.
- Juice from one lime, fresh squeezed.
- Juice from half of a tangerine, fresh squeezed.
- 1 tbs Worcestershire sauce.
- 1 tsp Italian seasoning.
- 1/2 tsp black pepper.

### **Directions**

1. Place the pork into the crock-pot.
2. Pour liquid mixture over the pork.
3. Add onion, garlic, and jalapeno peppers. Cover, set on low heat and cook for 8 hours.
4. At the 8 hour mark I separated the pork by pulling with two forks and it just fell apart; I let it cook for about 45 minutes more after I pulled it apart.
5. Serve with vegetables of choice or store in the refrigerator and serve cold over a spinach or mixed green salad

## ***Spicy Stuffed Baked Peppers***

Bring the heat! If you are not so inclined with the spicy, then reduce the chili powder, paprika, and cayenne pepper as you see fit. Wuss.

### **Ingredients**

- 1/2 lb. ground turkey.
- 2 large bell peppers (any color you like is fine).
- 1/2 yellow onion, chopped.
- 2 large celery sticks, chopped.
- 1 jalapeno pepper, chopped.
- 1 clove garlic, minced.
- 1 16 oz can chopped or diced tomatoes.
- 1 8 oz can tomato sauce.
- 1 tbs Worcestershire sauce.
- 1/2 tbs Italian seasoning.
- 1/2 tbs chili powder.
- 1 tsp paprika.
- 1 tsp cayenne pepper.

### **Directions**

1. Preheat an oven to 350 degrees. Cut the tops off the peppers, and remove the core, seeds, and membrane.
2. Brown the ground turkey with the onion, garlic, celery, and jalapeno.
3. Once the ground turkey is browned, add the Worcestershire sauce, chopped tomatoes, and all other seasonings.
4. Cook for a few more minutes, draining off any excess liquid and ensuring a "thick" consistency.
5. Spoon the turkey mixture into the peppers and place the peppers in a baking dish. Pour the tomato sauce over top of the peppers.
6. Bake at 350 degrees for 45 minutes to an hour. Enjoy!



## ***Crockpot Thanksgiving Turkey***

Yep, I'm back with the crock-pot. And this recipe is actually how I make my Thanksgiving turkey. Granted I don't have a few generations of family over for the holiday, but this a simple way to get turkey on the table for a small gathering and maybe even have some leftovers . . . but no turkey sandwiches!

### **Ingredients**

- One bone-in turkey breast (get a smaller size if possible).
- 1 yellow onion, chopped.
- 1 stalk of celery, chopped.
- 2 carrots, chopped.
- 3 cloves of garlic, whole.
- 8 tsp dried onion flakes.
- 1 tsp onion powder.
- 1 tsp Italian seasoning.
- 1 tsp black pepper.

### **Directions**

1. Rinse the turkey breast off in cold water. If the breast is too large to fit in your crock-pot (mine was), cut the meat from the bone in large pieces, leaving as much skin in tact at possible.
2. Mix the onion flakes, onion powder, Italian seasoning, and black pepper together. I did this by putting all ingredients in a small zip lock bag and shaking. Rub the onion flake mixture to the turkey, placing as much under the skin as possible. Another option is to use one packet of onion soup mix, but be sure to read the label and look out for MSG, sugar, and sodium.
3. Add enough water to the crock pot to just cover the bottom. Place the turkey breast (or breast pieces) in the center and add the garlic, celery, carrot, and onion chunks around the turkey. The vegetables are simply to add flavor to the turkey and are not intended to be eaten as they will be very overcooked from 8 hours in a crock-pot.
4. Once all of the ingredients are in the crock-pot, cook on high heat for one hour. After one hour, turn down to low heat and cook for an additional 7 – 8 hours. Serve immediately and save any leftovers.

## ***Coconut Ginger Shrimp***

This is a great summer recipe for hanging out on your patio, firing up the grill, and wishing you were on a sandy beach when you are actually in the middle of Ohio. Cute drink with pink umbrella is optional but encouraged.

### Ingredients

- 12 jumbo shrimp, peeled and deveined
- 2 tbs coconut oil
- 1 tbs coconut milk
- 4 tbs shredded coconut (unsweetened)
- 4 tbs fresh grated ginger
- 2 cloves of garlic, minced
- 2 tbs chives, chopped
- 1 tsp black pepper
- 1 lime juiced

### Directions

1. In a sauce pan, heat the coconut oil. Add the garlic, green onion, 1 tbs of the ginger, and 1 tbs of the shredded coconut. Saute briefly.
2. Add the coconut milk, lime juice, and black pepper to the sauce pot. Cook over medium heat for a minute or two, stirring frequently.
3. Remove the sauce pot from heat and allow mixture to cool a bit. Pour mixture in a small bowl or dish. In a separate bowl or dish place the remaining 3 tbs of ginger and 3 tbs of shredded coconut.
4. Coat each shrimp with the coconut oil mixture and then coat with the dry ginger and coconut. Lace the shrimp on skewers.
5. Cook the skewered shrimp on a grill until done. Serves 2 - 3 people.

## ***Barbecue Chicken Breasts***

Barbecue sauce . . . so good but so bad. There may be nothing better with animal carcass on the grill, but nearly any store bought variety will have high fructose corn syrup as a main ingredient. And if not that dreaded substance, then some other form of sugar.

Now admittedly, my recipe does have some sugar (honey ftw!), but you can omit the bee juice if it stresses you out. I think the barbecue sauce in this recipe is a great middle ground between deliciousness and not spiking your blood sugar like you just ate a pint of ice cream.

I'm using chicken breasts for the recipe. But the sauce works just as well on pork or beef.

### Ingredients

- 4 chicken breast halves, boneless and skinless.
- 1 can tomato paste (6 oz.).
- 2 tbs apple cider vinegar.
- 1 tbs Dijon mustard of choice.
- ½ tbs honey.
- 1 tbs chili powder.
- 1 tsp paprika.
- 1 tsp Tabasco sauce.
- 1 tsp black pepper.
- 1 tbs olive oil.
- 2 cloves of garlic minced.
- ½ small yellow onion, minced.
- Juice from ½ orange.

### Directions

1. In a sauce pot, heat the olive oil over high heat. Saute the garlic and onion until onion is translucent.
2. Add the tomato paste, vinegar, mustard, honey, and orange juice to the sauce pot. Reduce heat to medium and cook for a minute or two while stirring.
3. Add the chili powder, paprika, Tabasco, and black pepper. Continue to cook and stir until desired consistency is reached.
4. Brush the sauce over chicken breasts. Grill over high heat. Re-brush sauce to desired taste as chicken cooks.

## ***Margarita Tuna Steaks***

Tequila! Or not . . . leave out the booze if you prefer. With or without that one tiny shot of tequila, this is a great quick recipe for tuna steaks on the grill.

### Ingredients

- 2 large tuna steaks.
- 1 cup fresh squeezed lime juice.
- ½ cup fresh squeezed lemon juice.
- 1 jalapeno pepper, minced.
- ½ cup fresh cilantro, chopped.
- 1 shot of tequila (optional).
- 2 tbs extra virgin olive oil.
- Black pepper to taste.

### Directions

1. Combine the lime juice, lemon juice, tequila (optional), jalapeno, and cilantro. Be sure to seed the jalapeno pepper if you are not a fan of spicy food. Personally, I always include the seeds.
2. Pour the mixture into a shallow baking dish. Add the tuna and refrigerate for 10 - 20 minutes, flipping the steaks half way through. The citrus may start to “cook” the fish if you leave it in there for too long.
3. Remove the tuna from the mixture and pat dry. Brush with the olive oil and add black pepper to personal taste.
4. Place tuna on hot grill. Cook 2 - 4 minutes per side or until done to your liking.

## ***Plum Pork Chops***

I'll tell you right now, the plum will not chop up into pretty little pieces. It's going to end up more like mashed plum and that's just fine. Add more cinnamon if that flavor appeals to you - it can be a nice compliment to the sweetness of the plum and pineapple juice.

### Ingredients

- 4 boneless pork chops.
- 1 plum, pitted and chopped.
- 3 tbs balsamic vinegar.
- 2 tbs pineapple juice.
- 1 tbs olive oil.
- ½ shallot, minced.
- 2 cloves of garlic, minced.
- 1 tsp cinnamon.

### Directions

1. In a sauce pot, heat oil over high heat and add garlic, shallots, and plum. Saute briefly.
2. Add the vinegar, pineapple juice, and cinnamon to the sauce pot and cook the mixture over medium heat for a few minutes.
3. Pour the mixture into a glass dish. Place the pork chops in in the dish and marinate for 30 minutes, turning at the mid point.
4. Place the pork chops on a hot grill and cook until done.

## ***Side Dishes***

When it comes to caveman-style side dishes, we're going to stick to vegetables for the most part. I have included two recipes for the controversial potato, but I usually recommend avoiding potatoes unless you are trying to gain weight or are training for a marathon or other extreme endurance activity.

Side dishes do not have to be fancy. Lightly steam some broccoli and you have a side dish. But if you are looking for something with a little more flavor, give these easy side dish recipes a shot.

### ***Purple Peruvian Potatoes***

Did you know that purple is my favorite color? True story. And potatoes are one of my favorite foods . . . even though they can *definitely* lead to weight gain. That being said, I've still included a couple of potato recipes in the Side Dishes section of this book because I think if you are going to go with a high carbohydrate food, potatoes are the way to go. There are no other ingredients like you find with pasta or bread. There is no processing necessary like with rice or beans. Pull that potato from the ground, boil that sucker, and eat! But instead of a plain boring boiled potato, consider adding some of the yummy garlic and cilantro from this recipe too.

#### Ingredients

- Purple Peruvian potatoes (about a pound).
- 2 tbs olive oil.
- 2 cloves of garlic, minced.
- 2 tsp Italian seasonings.
- 1 tsp black pepper.
- Fresh minced cilantro, to personal taste.

#### Directions

1. Scrub the potatoes, but do not peel. Cut potatoes into small wedges, place in a sauce pot, and add water until the water level is about 2 inches above the potatoes.
2. Cook on medium high heat, letting water come to a slow boil. Cook until potatoes are easily pierced with a fork (about 15 minutes).
3. Remove potatoes and pour through a strainer to remove water.
4. In the now empty sauce pot, add the oil, garlic, and Italian seasonings. Saute garlic and seasonings for a minute or two.
5. Add potatoes back to the sauce pot, mix with oil, and add cilantro and pepper. Serve immediately.

### ***Easy Grilled Asparagus***

Let's not complicate this: olive oil, lemon juice, pepper, done. When grilling asparagus, less is more as far as seasonings go. Coat the asparagus spears with the other ingredients, grill it, and eat it. Oh, and your pee will smell funny afterwards (like you didn't notice).

#### Ingredients

- 1 bunch of asparagus (about 1 pound).
- 2 tbs olive oil.
- 1 tbs fresh squeezed lemon juice.
- ½ tsp black pepper.

#### Directions

1. Cut or break off the tough ends of the asparagus.
2. Place all ingredients in a zip lock bag, seal, and coat the asparagus with the other ingredients.
3. Remove asparagus from bag and place on hot grill. Cook for 5 - 10 minutes rotating often until tender crisp.



### ***Simple Sauteed Kale***

Eat more kale! Seriously, this green leafy vegetable has enough vitamins and minerals to make a grandma smile. And cooking kale is a snap with this simple recipe.

#### Ingredients

- 1 bunch of kale, stems removed and leaves coarsely chopped.
- 3 tbs olive oil.
- 2 cloves of garlic, thinly sliced.
- ¼ small red onion, thinly sliced.
- ½ tsp red pepper flakes.
- ½ of a lemon.
- Black pepper to taste.

#### Directions

1. Heat oil in a large pan or wok. Add the garlic, red onion, and red pepper flakes. Saute briefly.
2. Add the kale and cook stirring frequently until desired tenderness.
3. Squeeze lemon juice over the kale and add black pepper to taste.

### ***Baked Sweet Potato Fries***

Potatoes make me smile. Yes, I know that smile is from the resulting blood sugar spike and that's why we keep eating potatoes to a minimum. But if you are feeling like you will cave to a French fry attack, this recipe will cure your crave without resorting to the deep fried variety served by a pimple faced teenager in a window. Do your best to resist the urge to dunk these bad boys in sugar laden ketchup.

#### Ingredients

- 2 sweet potatoes, peeled and cut into strips.
- 3 tbs olive oil.
- 1 tsp paprika.
- 1 tsp black pepper.
- 1 tsp garlic powder.
- ½ tsp cayenne pepper.

#### Directions

1. Preheat oven to 450 degrees.
2. Place the sweet potato strips in a large mixing bowl and coat with the oil. Use your hands to mix and make sure all of the strips are covered.
3. Add the paprika, black pepper, garlic powder, and cayenne pepper to the mixing bowl. Toss so that all potato strips get some spice.
4. Arrange potato strips on a baking sheet in a single layer. Place in oven and bake for 15 minutes.
5. Remove sheet long enough to flip all of the pieces. Return to oven for another 15 minutes or until done.
6. Allow to cool 5 - 10 minutes before serving.

## ***Rock The Guac***

Hey, let's start this with a pet peeve of mine. Mash your guacamole by hand and don't use a food processor, blender, or other mechanical contraption. That wonderful avocado deserves the tender loving touch of your hands. Or at least the touch of your fork that you use to mash the hell out of this stuff.

And let's not dicker about whether guacamole should have tomatoes or not. If you like them, use them. If you don't, don't use them. I told you this was easy.

### Ingredients

- 2 avocados.
- 1 lime juiced.
- 1 small yellow onion, diced.
- 1 clove of garlic, minced.
- 1 small tomato, diced (optional).
- 1 jalapeno pepper, diced.
- 1 tbs chopped cilantro.

### Directions

1. Cut avocados in half. Remove seed and scoop the avocado from the peel. Place in mixing bowl.
2. With a fork, mash the avocado.
3. Add the lime juice, onion, garlic, tomato (if so inclined), jalapeno, and cilantro. Mash some more.
4. Serve with chopped raw vegetables such as celery and cucumber or as a side for any protein source. Just avoid those tortilla chips you crazy caveman.

## ***Salad Dressings***

Salads should be an integral part of eating like a caveman. But too often we are used to drowning all of the vegetable goodness in store bought, prepackaged dressing. It's damned tough to find a bottle of salad dressing in the grocery store that doesn't contain sugar or other chemicals you'd prefer to avoid (even at the "healthy" grocery stores).

But fear not! Making your own salad dressing is super easy. Toss the ingredients in a bottle, tighten the lid, and shake. Or if you prefer, you can use a blender. These dressings taste great and give you the peace of mind of knowing exactly what went in the bottle.

***Red Wine & Lemon Vinaigrette***

- 1 part extra virgin olive oil
  - 1 part red wine vinegar
  - 1 part lemon juice
  - 1 tsp minced garlic
  - 2 tsp Italian seasoning

### ***Asian Sensation***

2 parts extra virgin olive oil  
1 part rice vinegar  
1 part soy sauce  
½ tsp minced ginger  
1 tsp minced garlic

### ***Balsamic Vinaigrette***

3 parts extra virgin olive oil  
1 part balsamic vinegar  
1 tsp minced garlic  
1 tsp Italian seasoning  
½ tsp black pepper

### ***Apple Cider Heat***

- 2 parts extra virgin olive oil
- 1 part apple cider vinegar
- 1 tsp cinnamon
- ½ tsp cayenne pepper
- ½ tsp black pepper



### ***Pineapple Curry***

- 1 part extra virgin olive oil.
- 1 part white vinegar.
- 1 part unsweetened pineapple juice.
- ½ tsp curry powder.
- 1 tsp minced garlic.
- ½ tsp black pepper.

## ***Green Smoothies***

Smoothies? WTF, cavemen didn't have expensive high speed blenders? No, but they didn't have super cool Kindle readers either so cut me a break.

The bottom line is that most folks do not eat enough green leafy vegetables. And I've found that throwing that stuff in a blender with a few other more palatable ingredients helps to get those greens in the diet on the daily. A spoonful of sugar makes the medicine go down was said at some point (in some ancient Disney movie that may or may not have been the excuse for a first date of my parents). And 'tis true, a bit of the fruit is a fine trade to cram some chard, collards, and turnip greens down your throat as far as I'm concerned.

Be sure to check out [GreenSmoothieRecipeBook.com](http://GreenSmoothieRecipeBook.com) if you want to see the full extent of my green smoothie fascination.

### ***Collards And Cucumber***

Surprisingly, I find that the cucumber flavor stands out over the collard greens. Of course the mango, banana, and apple provide some sweetness but not in an overpowering way. This combination falls right in the middle of bitter and sweet and I think that's what we're aiming for with the green smoothie.

#### **Ingredients**

- 2 cups chopped collard greens.
- ½ large cucumber.
- 1 small apple.
- ½ frozen banana.
- ½ cup frozen mango.
- ½ cup water.
- 3 or 4 ice cubes.

### ***Kale and Coconut***

Kale is definitely my favorite green for smoothies. I will eat spinach just about any time of the day, but kale I still have trouble getting into my meal rotation. But as soon as I started drinking the green smoothies, my kale quotient went way up. Below is my favorite green smoothie recipe using kale. The coconut oil provides a nice addition of some healthy fat.

#### Ingredients

- 2 cups of kale (just rip the leaves off of the stems).
- 2 tbs coconut oil.
- ½ frozen banana.
- ½ cup frozen pineapple.
- 1 small apple.
- ½ cup of water.
- 3 or 4 ice cubes.

### ***Spinach And Pineapple Surprise***

And the surprise is . . . Greek yogurt! Yep, a little dairy product action in this book that typically eschews things that have base products coming from cow udders. But I can't deny the healthy fats and beneficial bacteria found in Greek yogurt, so enjoy the creamy texture the dairy provides in this smoothie.

#### Ingredients

- 2 cups baby spinach.
- ½ small orange.
- ½ frozen banana.
- ¼ cup frozen pineapple.
- ½ cup Greek yogurt.
- ½ cup water.
- 3 or 4 ice cubes.

### ***ABC Smoothie***

ABC stands for Avocado, Berry, and Chard. I usually only make chard smoothies when I find rainbow chard. The various colored stems draw me in like a tractor beam. But you don't have to wait on finding the rainbow chard for this smoothie. With the healthy fats from the avocado and the anti-oxidants of the blue berries, this smoothie is good even when you use plain old green chard.

#### Ingredients

- 2 cups chard (just rip the leaves from the stems).
- ½ avocado, peeled and seeded.
- ½ cup frozen blue berries (more if you like, though to over-do the blue berries).
- ½ grapefruit.
- ½ frozen banana.
- ½ cup water.
- 3 or 4 ice cubes.

### ***Carrot Greens and Kiwi***

What color do you think of when you think of carrots? Orange of course! But that's because you've been buying those little bags of precut and prepeeled baby carrots instead of the real deal Bugs Bunny style carrots with the green stuff hanging off of the end. Those carrot greens make a great addition to your green smoothie and taste great with this wacky concoction of kiwi and peach.

#### Ingredients

- 2 cups of carrot top greens (about 6 - 8 carrots).
- 1 kiwi, peeled.
- 1 peach, seed removed.
- 1 cup of frozen mixed berries or berry of choice.

## ***Dessert***

I do have a sweet tooth. And although I can usually blunt it with a small piece of organic dark chocolate, sometimes something of a bit more substance is the only thing that will hold those sugar demons at bay.

And that's when these recipes come in handy; I've made them as healthy as I could but let's face it . . . if they are curing your sweet tooth it's because they are high in sugar and it's best to leave those indulgences to special occasions or emergency sugar craving conditions.

Alright, that's enough for the disclaimer. Eat this stuff because it tastes yummy!



## ***Baked Pears With Honey And Walnuts***

Oh yes, I'm bringing a little sweetness with this recipe. Sugar and spice and everything nice, as they say. We have honey for the sugar and cinnamon for the spice with a generous portion of walnuts thrown in for good measure. I've eaten these cold after refrigerated but they are much better served warm as soon as they are done. Do your best to resist the urge to serve with vanilla ice cream.

### **Ingredients**

- 2 pears halved, peeled, and cored (I used Bartlet pears).
- 4 teaspoons of butter (use REAL butter, ideally from grass fed cows).
- Juice from 1/2 lemon.
- Honey to taste (I'd guess that I used about a teaspoon total, maybe a little more).
- Cinnamon to taste (I'd guess I used about 1/2 teaspoon total).
- Large handful of walnuts.

### **Directions**

1. Place the halved and cored pears in a baking dish or pan, cored side up. Put a thin coating of butter on the pan if you like.
  2. Place 1 teaspoon of butter in the center of each pear half.
  3. Cut the lemon in half, and squeeze the juice from one half of the lemon over the pears. Drizzle honey over the pears and then dust them with cinnamon.
  4. Crush the walnuts in your hand and sprinkle them over the pears.
  5. Preheat an oven to 350 degrees. Bake the pears for 25 – 30 minutes.
- Serves four.

## ***Mint Chocolate Pudding***

My absolute favorite dessert taste combination is chocolate with mint. The avocados provide a smooth texture that works better than you might expect coming from a non-dairy source. You could hand blend this recipe if you were so inclined, but I strongly going with the very uncavemanlike use of a food processor or blender.

### Ingredients

- 2 ripe avocados.
- ½ cup cocoa powder.
- ¼ cup honey.
- 1 tbs coconut oil.
- ½ tsp vanilla extract.
- 1 tsp mint extract.
- Fresh mint leaves to taste.
- Dark chocolate shavings to taste.

### Directions

1. Peel and seed the avocados. Place in a food processor or high speed blender with cocoa powder, honey, coconut oil, vanilla and mint extracts. Blend until smooth.
2. Scoop into bowls for serving. Top with fresh mint and dark chocolate shavings.

### ***No-bake Fake Granola Bars***

No granola here! But there is a hell of a lot of dried fruit, so by no means do these delicious bars belong anywhere but the dessert category. Get your grind on with a food processor or high speed blender and these bars are a snap.

#### Ingredients

- ½ cup prunes.
- ½ cup raisins.
- ¼ cup dried cranberries.
- ¼ cup dried apricots.
- ½ cup coconut flakes.
- ¾ cup macadamia nuts.
- ¼ cup of sunflower seeds.
- ¼ cup of pumpkin seeds.
- 2 tsp honey.
- ½ tsp vanilla extract.
- ½ tsp cinnamon.

#### Directions

1. Place all ingredients in a food processor and blend until everything sticks together. A quality high-speed blender could also work.
2. Line a shallow baking dish with plastic wrap. Place your mixture in the dish and press into place with your hands so it is tightly packed and flat.
3. Cover and refrigerate for at least 2 hours. Remove from fridge and slice into bars. Return left over bars to the refrigerator.

### ***Almond Mocha Latte Smoothie***

Break out the blender for this frothy frosty treat. You won't even miss flirting with the cute barista from the coffee shop around the corner.

#### Ingredients

- 2 cups almond milk.
- 1 cup strong black coffee.
- 1 tbs vanilla extract.
- 1 tbs dark chocolate pieces.
- 1 tsp slivered almonds.
- 6 ice cubes.

#### Directions

1. Place all ingredients in a high speed blender and blend. Add more or less ice to reach desired consistency.
2. For the dark chocolate, just break a few pieces off of your favorite high-quality bar and toss them in the blender.
3. The slivered almonds may be thrown into the blender or placed on top of the smoothie when done.
4. Serves two.

### ***Banana In A Blender***

Too. Damned. Easy. I don't even know if I can rightfully call throwing a frozen banana in a blender a recipe. But I'm going to. Don't underestimate the deliciousness because this is so easy. Yum!

#### Ingredients

- One frozen banana (yes, peel that sucker before you plop it in the freezer).
- 1 tsp of honey (optional).
- 1 tsp cinnamon.
- Slivered almonds to taste.

#### Directions

1. Drop the frozen banana in a high speed blender. Add the honey if you are particularly Jonesing for something sweet. Blend starting at low speed and working your way up until your desired consistency.
2. Pour into a bowl. Dust with cinnamon and throw the slivered almonds on top of the mixture.
3. Grab a spoon and dig in.

### ***Outro***

I hope you enjoyed the easy and healthy recipes in this book. If you ever have any questions or if I can help with your path of diet and exercise, email me at [vic@vicmagary.com](mailto:vic@vicmagary.com).

For more details on my simple approach to health and fitness, be sure to check out [www.VicMagary.com](http://www.VicMagary.com).

Thank you for reading.