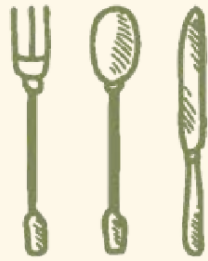
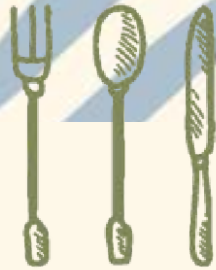


My Favorite Paleo Breakfast Recipes



LIVING
DELISH &
NUTRISH
with tina wells



Welcome

Hey there! I'm so glad you're here. I'm a professional chef and National Board Certified Health and Wellness Coach. And I'm Greek! I grew up eating the most flavorful, traditional, fresh meals made from delicious ingredients, and it's inspired me throughout my life to eat well. Discovering that certain foods can have either a positive or negative impact on my health also inspired me to adapt a paleo lifestyle. Whether you're here to just try a few recipes, or considering a new lifestyle, understand simply changing up a few ingredients can have big benefits.

Breakfast is truly the most important meal of the day, so give yourself the best possible start with these easy-to-prepare meals that are delish and nutritive. Almost all of them can be made in advance to grab and go or reheat and eat! What you eat impacts your body in positive ways. You realize less inflammation and more healing!

My program, The Paleo Protocol, also incorporates stress management, sleep and movement. You will learn why calorie deficit isn't always the most effective way to get healthy, or lose weight. When you focus on nutrient-dense, whole foods, you experience a gain in energy throughout the day, less brain fog, more restful sleep and no more cravings.

These recipes are all easy to make in advance, so a nutritious breakfast can be yours in a snap! I hope these recipes inspire you to move beyond breakfast, discover which foods to include more anti-inflammatory ingredients in your daily meals, to break free from diet culture, learn what fuels your body and make sustainable changes. This could be your first step!

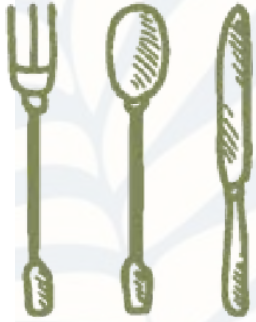
I would be happy to be your coach, help you set goals, cheer your progress and guide you to discover how changing your perspective can change your health.

Let's get started!

Tina Wells, NBC-HWC

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Sausage Potato & Apple Hash

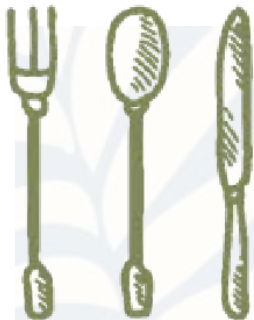
INGREDIENTS

- 1 teaspoon avocado or olive oil
- 1/2 medium size shallot or onion, diced
- 1 medium sized Hanna sweet potato or orange sweet potato, diced into 1/2 inch cubes
- 1 pound no-sugar ground breakfast sausage, or preferred sausage
- 1/2 cup chicken bone broth or vegetable broth
- 1 large apple, Granny Smith or Honeycrisp, diced into 1/2 inch cubes
- Salt and pepper to taste

METHOD

- Heat the oil in a skillet large enough to accommodate all of the ingredients.
- Add the shallot or onion and cook until translucent. Add the potato and cook until golden and fork tender.
- Add the sausage and break up into small bits with a wooden spoon or a spatula, stir and cook until completely browned (no longer pink)
- Add the bone broth and allow to reduce slightly.
- Add the apples and stir to combine, continue to cook until apples are softened but not breaking down.
- Serve just like this, or top with an egg any style, fresh avocado, or whatever you like. Make a double batch to freeze or reheat and eat.





Savory Frittata Waffles

INGREDIENTS

3 large eggs

1 cup organic frozen hash browns (I prefer a brand with no additives or preservatives)

1 Tablespoon ghee, melted

1/2 cup plant-based mozzarella (I like Vevan brand)

1/2 cup canned organic full-fat coconut milk

1 cup spinach, arugula, baby kale or any organic dark greens you prefer

Salt and pepper to taste

Toppings: Smoked salmon, cooked crumbled sausage, non-dairy sour cream, fresh herbs, or whatever you like!

METHOD

Pre-heat your waffle iron to a medium heat setting.

In a skillet, melt the ghee and add the hash browns, or, toss the hash browns with the ghee and cook in the air fryer until light golden brown and crispy. Allow to cool.

Break the eggs into a bowl and whisk, then add the coconut milk, cheese and potatoes, and mix until well combined, will look like a thin pancake batter.

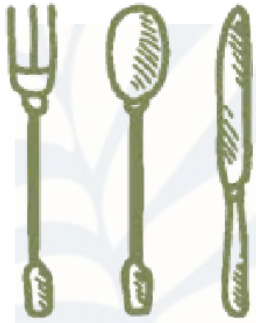
Tear the greens into pieces and add to the waffle batter.

Pour enough of the mix into the preheated waffle iron to be level with the grates, and cook until golden and crispy.

Remove from waffle iron and place on a plate. Top with desired toppings.

Serve right away or make extra to freeze, reheat and eat.





Cinnamon Apple Overnight N Oats

INGREDIENTS

- 2/3 cup raw walnuts
- 2/3 cup sliced almonds
- 1/2 cup hemp hearts
- 1/4 cup chia seeds
- 1 cup organic unsweetened applesauce
- 2 13 ounce cans full-fat organic coconut milk
- 1 teaspoon cinnamon
- 1 scoop collagen peptides or your preferred protein powder with no added sugar

METHOD

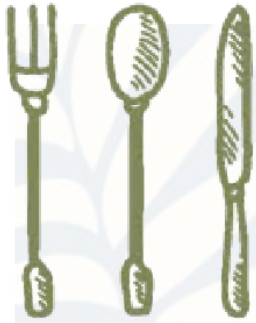
Combine the walnuts, almonds, chia seeds and hemp hearts in a food processor and pulse until they are medium fine chop, similar in texture to old-fashioned oats.

Transfer to a mixing bowl and add the apple sauce, coconut milk, cinnamon and collagen or protein powder, if using. Stir well to combine all of the ingredients and ensure they are completely moistened.

Transfer into 4 individual-sized serving cups and chill for 6 hours or overnight.

To serve top with chopped apples, bananas or any preferred fresh fruits. Will keep for 4 to 5 days in the refrigerator.





Prosciutto Egg Cups

INGREDIENTS

12 large organic eggs
12 prosciutto slices
2 cups spinach and arugula blend
Salt and Pepper to taste

METHOD

Preheat oven to 350°F.

Spray a 12-cup muffin tin with avocado or olive oil spray, or brush with avocado, olive or coconut oil.

Carefully line each muffin tin with one slice of prosciutto, making sure entire cup is covered.

Fill to the top with spinach and arugula greens. (The egg will weigh down the greens, and they will cook down.) Crack one egg into each cup.

Carefully place the pan into the preheated oven. Bake for 8 to 10 minutes, until the whites are set but the yolk is still a bit runny.

Allow to cool slightly. Serve immediately or chill to reheat and eat later.

Note: If you prefer scrambled eggs, whisk the eggs together and carefully portion into each cup before baking.





Weekend Breakfast Casserole

INGREDIENTS

- 6 large organic eggs
- 1/2 cup full-fat organic coconut milk
- 1/2 pound no-sugar breakfast sausage
- 2 slices uncured, no-sugar bacon, cooked and chopped
- 1 teaspoon ghee, plus additional fat to sauté vegetables
- 1/4 cup onions or shallots, minced
- 1/2 cup mushrooms, sliced
- 3 cups cooked or sautéed vegetables of your choice. Potatoes, root vegetables, peppers, spinach, broccoli. (This is a great use for leftover roasted veggies from all week).
- Salt and Pepper to taste

METHOD

Preheat oven to 350°F.

Spray a 7" X 9" baking or casserole dish with avocado or olive oil spray, or brush with avocado, olive or coconut oil.

Crack the eggs into a mixing bowl and beat with the coconut milk. Set aside.

Preheat a skillet on medium heat and sauté the bacon and sausage until cooked through. Transfer to the baking dish.

Add more ghee or cooking fat to the skillet used for the meat and sauté the onion and shallot. Add the mushrooms and cook until they release their moisture. (The pan will look very dry at first, then moisture will appear. This indicates the mushrooms are cooked.) Add the fresh veggies to sauté, if using.

Place the sautéed veggies (or leftover veggies) into the baking dish with the meats. Top with the egg mixture. Stir a bit to ensure the egg mixture gets all the way through.

Bake for 30 minutes, or until a knife inserted into the center comes out clean. Cool slightly before slicing. Cut into portion sizes, wrap or place into containers to refrigerate or freeze, reheat and eat.





Tostones Hash Browns

This is a simple no-recipe recipe. Be sure to purchase green plantains. Yellow plantains are ripe, very soft and starchy, and will not shred well. Instead, the green plantains are firm and not as sweet. One or two plantains will yield about 12 tostones hash browns.

Remove the skin by cutting off the top and bottom of each plantain. Score down the length of the plantain with a knife, then pull off the peel in sections.

Shred the peeled plantains on a box grater using the largest holes.

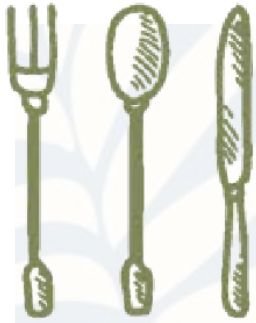
Heat 2 tablespoons of coconut oil in a skillet on medium heat. When the oil is melted and shimmering, add a small pile of the shredded plantains, then flatten into a patty shape.

Fry until golden, then flip to fry the other side. Add additional oil to the skillet as you continue to fry tostones.

Remove to a plate lined with paper towels and season with sea salt.

Make ahead and reheat in the toaster oven or air fryer. Serve with smashed avocado, pulled pork, sausage or eggs any style.





The Simplest Chia Pudding

INGREDIENTS

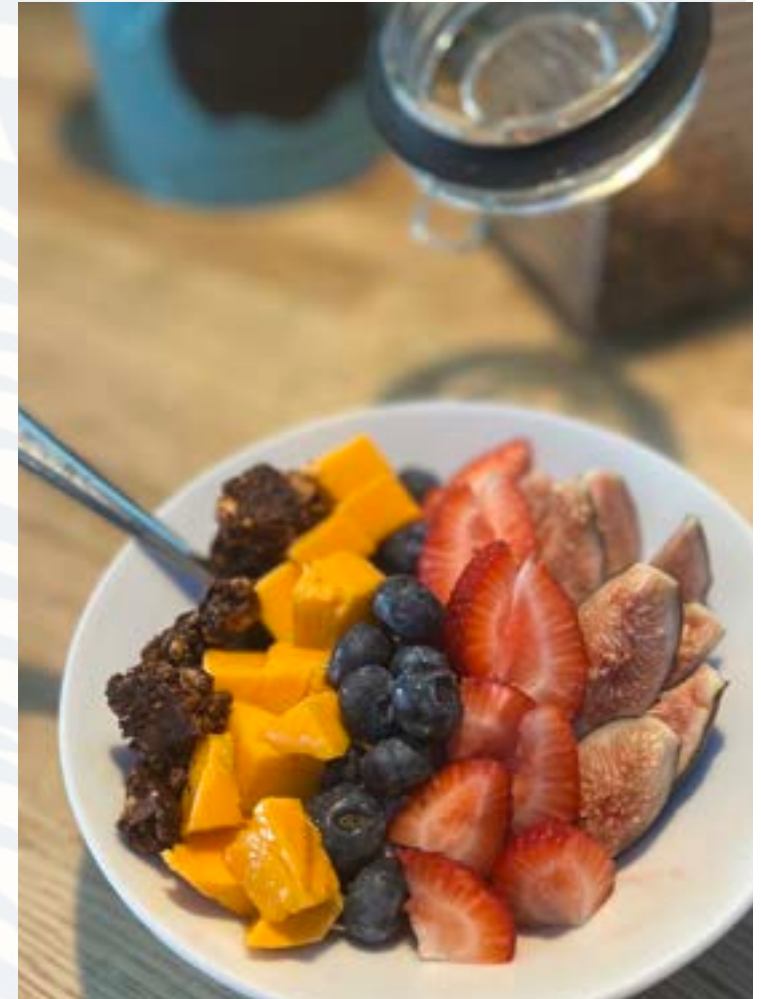
1 13.5 ounce can organic full-fat coconut milk
1/2 cup chia seeds
Zest of one lemon

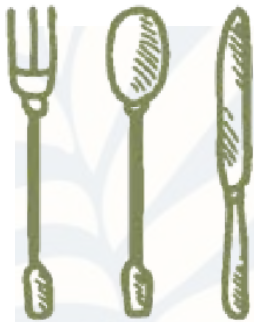
METHOD

Combine all of the ingredients into a bowl or large measuring cup and whisk to combine. Allow to sit for 3 to 5 minutes so the chia seeds can start to absorb the liquid, Stir again to ensure the chia seeds are suspended and not sunken to the bottom.

Pour into 4 serving bowls or dishes, or one large container with a lid. Refrigerate overnight.

To serve, top with fresh berries, fruits and Chunky Chocolatey Grain-Free Granola.





Chunky Chocolatey Grain-Free Granola

INGREDIENTS

- 1/3 cup raw cashews
- 1/3 cup raw pecans
- 1/3 cup raw walnuts
- 3/4 cup raw whole almonds
- 1/4 cup unsweetened coconut flakes, or shredded coconut
- 1/4 cup shelled raw pumpkin seeds
- 1/4 cup hemp seeds
- 1/4 cup organic honey
- 2 Tablespoons almond butter
- 1 Tablespoon coconut oil
- 1 Tablespoon cocoa powder, sifted
- 1 scoop collagen peptides or your favorite unsweetened protein powder
- 1 teaspoon vanilla extract
- 1 teaspoon Himalayan pink salt
- 1 teaspoon cinnamon

METHOD

Preheat the oven to 350°F.

In a food processor, combine the cashews, pecans, walnuts and almonds and pulse to break up to medium-sized pieces. Place into a mixing bowl and add the pumpkin seeds. Set aside.

In a separate microwavable bowl, combine the honey, almond butter, coconut oil, cocoa powder, collagen or protein powder, vanilla, salt and cinnamon. Heat in one minute increments on 50% power, stirring in between to combine, until you have a smooth, thick sauce.

Pour mixture over the dry mixture and stir to coat. Place on a sheet pan lined with parchment paper, shaping into a large rectangle about 3/4 inch thick. Bake in 10 minute increments, then use a spatula to divide, turn and rotate large chunks, to ensure even baking. Bake until crispy and no longer wet.

Cool completely, then crumble into smaller chunks. Store in an airtight jar at room temperature for up to 3 weeks.





Chorizo Sausage Gravy with Yuca Hash

INGREDIENTS

8 ounces frozen yuca
1 - 2 Tablespoons coconut oil
10 ounces fresh chorizo sausage (or no-sugar sausage of your choice)
1 Tablespoon arrowroot flour
1/2 cup coconut milk
Salt and pepper to taste

METHOD

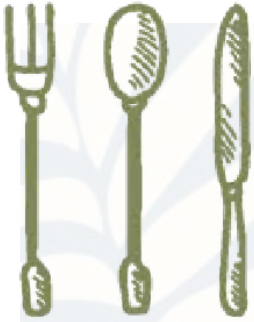
Place the frozen yuca in a pot with cold water. Bring to a boil and cook until fork tender. Drain completely and allow to cool enough to handle. Remove the root from the middle of the pieces and discard.

Cut into small, bite size cubes about 1/2 inch size. Heat a skillet on medium heat and add the coconut oil. Add the yuca and fry until golden and crispy. Remove from pan and place into a serving dish or platter.

Add the sausage and cook until browned, crumbling into small pieces. Pour off excess fat from the sausage, allowing about 1 Tablespoon to remain. Return to the heat and reduce to low.

Sprinkle the arrowroot flour over the meat and stir to coat. Add the coconut milk and stir vigorously until thickened. Pour sausage gravy over the yuca. Serve as is or top with eggs any style.





Gut-Healing Smoothie

INGREDIENTS

- 1/2 cup frozen butternut squash
- 1/2 cup frozen chopped spinach
- 1 packet organic frozen açai
- 1 Tablespoon almond butter
- 2 Tablespoons beet powder
- 2 Tablespoons psyllium husk
- 1 Tablespoon hemp seeds
- 1 lemon wedge, optional
- 1 scoop unsweetened protein powder or collagen peptides powder
- 1/2 cup chicken bone broth
- Additional water for blending if needed

METHOD

Combine all ingredients in a high-powered blender and blend until smooth, adding additional water if needed. Serve immediately, as the psyllium husk will cause the smoothie to thicken.



wishing you the best in health

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