

# Fighting Chronic Diseases With Paleo Foods





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# ESSENTIAL FOODS REQUIRED FOR THE PALEO DIET

## What Is the Paleo Diet?

The Paleo diet is meant to mimic the kinds of foods that our ancestors were able to find and eat with relative ease. This means consuming foods that are readily available in nature, and ones that require a minimal amount of preparation.

Our ancestors were hunters and gatherers long before they began farming. They also rarely made use of cooked or processed foods. Many people today feel it is best to go back to the kind of diet our ancestors consumed. These people enjoy better health and well-being.

The Paleo diet's high energy foods and simplicity also make it ideal for living a healthy life. No matter how difficult times are, the Paleo diet will help you remain strong and healthy.

Just about any type of wild game or fish might be found in a Paleo diet, but you would eat very little milk or cheese. Berries, roots, and fruits tend to be favored over beans and grains that require special preparation. Here are some common foods you might find in a Paleo diet. This includes foods that may not be readily available on supermarket shelves, but can be found easily enough in nature.

## **Recommended Meats**

Meat is an essential part of the Paleo diet. It is very important to realize that keeping a good supply of meat may be very difficult. While outside of the scope of this book, you need to know key breeding seasons and the food requirements of targeted animals.

As you consider this list of healthy paleo meat sources, select a few of interest and see if you can raise them. Finding the best way to prepare alternative meats will also help you and your family in the quest of living a healthy life.

### ***Conventional Animal Meats***

Chicken, pork, fish, beef, turkey, lamb, lobster, shrimp, goat, goose, quail, oysters, clams, scallops, crab, and bison.

### ***Healthy Paleo Meat Sources***

Rabbits, rodents, young hedgehogs, termites, earthworms, grasshoppers, grubs, beetles, ants, snails, caterpillars (non-butterfly), deer, bear, buffalo, freshwater fish, clams, oysters, kangaroo, turtle, snake, and birds.

### ***Meat Bearing Animals That Can Be Fed With an Aquaponic System***

Rodents, chicken, termites, grasshoppers, ants, earthworms, grubs, snails, beetles, caterpillars (non-butterfly), freshwater fish, turtle, small birds, snakes.

## **Recommended Dairy**

Since dairy products require a good bit of preparation, they should be avoided as much as possible. Raw goat or cow milk may be permitted, but nut and vegetable blends are preferred.

For example, you can use almond or rice milk, but should not use soy milk because it is made from legumes.

It should be noted that eggs are allowed in the Paleo diet even though they are listed in the dairy food group. If chicken or goose eggs are not available, you can eat eggs from other bird species.

Make sure you know when the breeding season starts for different bird species so that you do not destroy eggs with developing embryos.

## **Recommended Fruits, Herbs, and Vegetables**

In the modern world, it becomes all too easy to believe that the vast majority of plants will flourish regardless of climate and seasonal constraints.

When it comes to adapting the Paleo diet to your needs, find out which plants are available in your area. At the very least, even if it takes time to raise your crops, you can still make use of local plants to meet your nutritional needs.

### ***Conventional (Non-GMO) Fruits, Herbs, and Vegetables***

Berries, apples, parsley, basil, thyme, rosemary, spearmint, echinacea, turmeric, sage, paprika, citrus, brussel sprouts, avocados, mango, plum, peaches, pumpkin, sunflower, melons, bananas, papaya, lettuce, figs, carrot, celery, spinach, broccoli, squash, cabbage, pepper, tomato, onion, eggplant, cauliflower, and artichoke.

### ***Healthy Paleo Fruits, Herbs, and Vegetables***

Wild berries, dandelion, cat tail tubers, apples, lettuce, pumpkin, carrot, onion, broccoli, squash, pepper, tomato, onion, cauliflower, artichoke, seaweed, mushrooms, moss, basil, parsley, thyme, sage, spearmint, Echinacea, rosemary, paprika, and lichen.

### ***Fruits, Herbs and Vegetables Easy to Grow***

Strawberries, raspberries, dandelion, grapes, basil, parsley, thyme, rosemary, sage, spearmint, Echinacea, lettuce, spinach, pumpkin, squash, cabbage, tomato, pepper, moss, broccoli, eggplant, cauliflower, melons, Brussels sprouts and lichen.



## A Note about Plant Based Foods to Avoid

As you look at the list of plants most suitable for a Paleo diet, you may be wondering why **rice**, **wheat**, **beans**, **peas**, **potatoes**, and **peanuts** do not appear on the list.

While these foods were all derived from wild sources, it is believed that our ancient ancestors did not make use of them until they began growing things in domestic settings.

From that perspective, they are considered less healthy than other foods that were easily obtained in nature.



## PALEO RECIPES

Rather than follow precise recipes, you are best served by memorizing proportions of some basic staples, and then work with them based on the foods available at hand.

It should be noted that all recipes in this book are based on foods that can be grown based on the information found in this book. If other foods are available, feel free to use those.

## Basic Omelettes



### Ingredients:

- 2 eggs or egg substitute
- 1/4 cup onion
- 1/4 cup pepper
- 6 ounces of pork or chicken
- 1/4 cup tomato
- season with parsley, rosemary, thyme or basil

### Preparation:

1. Sear chicken or pork in hot oil until surface is light brown. This seals in juices and also gives a better flavor to the omelette.
2. Dice onions and peppers. Fry lightly in hot oil and set aside.
3. Scramble eggs or prepare egg substitute and pour into hot frying pan.
4. Fold meat, onions, peppers, and seasoning into the omelette.
5. Add tomatoes last to keep them as crispy and fresh as possible.

### Baked Option:

After frying meat, mix all ingredients together and pour into an 8 ounce baking dish. Cook at 350 degrees until center is cooked through, but before edges burn.

## Pancakes

### *Fruit Pancakes*

These are perfect for breakfast, or for higher calorie snacks.

They can be stored for at least 24 hours and warmed up over a camp stove while traveling.



#### Ingredients:

- 2 eggs or egg substitute
- 1/2 cup of water
- 1/4 cup of chunk grape, muskmelon, or strawberry
- 1/2 cups ground roasted pumpkin or squash seeds
- 1/2 teaspoon of salt
- 1/2 teaspoon baking soda

#### Preparation:

1. Prepare ground seeds as noted in flour substitute table
2. Either chunk or mash up fruit ingredients. Mashed fruits will create a uniform flavor though the pancake while chunks will add a bit of refreshing zip that differs from bite to bite. That said, if you don't like lumpy pancakes, go with the mashed fruits.
3. Prepare egg substitute or scramble eggs
4. Add ground seeds to water and stir until smooth.
5. Mix in fruit. If using mashed fruit, make sure batter color is consistent.
6. Add a tablespoon of oil to griddle or pan and allow to heat up.
7. Pour a few drops of batter onto hot griddle, and remove when drops are evenly browned.



8. Proceed to pour enough batter into pan to make individual 4 inch sized pancakes. Flip pancakes when bottom side is golden brown and remove from skillet when both sides are cooked and inside has sponge like consistency.
9. Top off fruit pancakes with mashed raspberry or watermelon syrup for added sweetness.
10. Garnish with spearmint for an added tang, or serve with spearmint tea.

### ***Vegetable Pancakes***

#### Ingredients:

- 2 eggs or egg substitute
- 1/2 cup of water
- 1/4 cup chunk tomato, pepper, or onion
- 1 tbsp powdered onion, rosemary, or thyme
- 1/2 cups ground roasted pumpkin or squash seeds
- 1/2 teaspoon of salt
- 1/2 teaspoon baking soda

#### Preparation:

1. Prepare ground seeds as noted in flour substitute table
2. Chunk tomato, pepper, or onion. While you can also boil and mash vegetables for addition in pancakes, they taste better when left in chunks.
3. Prepare egg substitute or scramble eggs
4. Add ground seeds to water and stir until smooth.
5. Fold in vegetables, salt, eggs and seasonings.
6. Add a tablespoon of oil to griddle or pan and allow to heat up.
7. Pour a few drops of batter onto hot griddle, and remove when drops are evenly browned.

8. Proceed to pour enough batter into pan to make individual 4 inch sized pancakes. Flip pancakes when bottom side is golden brown and remove from skillet when both sides are cooked and inside has sponge like consistency.

## Wraps (Tortillas)

Ingredients:

- 2 eggs or egg substitute
- 1 teaspoon grape seed oil
- 1 tablespoon water
- 1/4 cup ground and roasted pumpkin or squash seeds
- 1 teaspoon mashed pumpkin or squash if wrap will be used for vegetable or meat fillings. 1 teaspoon of strawberry or mashed muskmelon (for dessert wraps).
- 1/2 teaspoon of salt



Preparation:

1. Combine eggs or egg substitute, grape seed oil, and water in mixing bowl.
2. Mix in ground seeds, vegetable or fruit flavoring and salt until batter is smooth.
3. Pour one third of mixture into heated fry pan. Cook for one minute on each side.
4. Store in air proof bag in cool place until ready to use, but works best when used immediately.

## Salads

### *Vegetable Salads*

Ingredients

- 1/2 cup bell pepper rings

- 1/2 cup onion rings
- 3/4 cup tomato slices
- 3/4 cup halved spinach leaves
- 1/2 cup large size shredded lettuce
- pinch of basil, parsley, rosemary, or thyme
- 1/3 cup grape seed oil
- 1/3 cup red or white vinegar



Preparation:

1. Mix peppers, onion, tomato, spinach, and lettuce in a large bowl
2. Mix herbal seasoning, grape seed oil, and vinegar in a cup to make salad dressing
3. Pour salad dressing on vegetables and mix

### ***Fruit Salads***

Ingredients:

- 1/2 cup chunked strawberry
- 1/2 cup chunked muskmelon
- 1/2 cup chunked watermelon
- 1 cup whole grapes
- pinch of spearmint
- 1 large lettuce leaf per serving
- pinch of dry yeast

Preparation:

1. Mix fruits together in a large bowl
2. Ladle fruit into lettuce leaf
3. Sprinkle with dry yeast to give salad a cheese flavor
4. Sprinkle spearmint for added zing

## Soups and Stews

Perhaps it is fair to say a whole book could be devoted to soups and stews alone. In general, you should follow these basic rules when combining squash, vegetables, fish and meat, and keep them in mind when adapting the following recipes for other uses.



1. Select meats and fish varieties that will enhance each other's flavor. Usually, fish and meat don't go together.
2. Always sear meat and fish before placing in stews or soups. This will give the gravy or broth a delightful flavor as well as remove some of the blandness associated with watery dishes.
3. Pre-boil hard to cook vegetables such as squash.
4. Add starchy vegetables and meat last, since they will be most inclined to disintegrate in slow boil dishes.
5. Cook stew through about halfway before adding any seasoning. This will help you get a sense of which herbs will most enhance the flavor of the mix you are working with.

### *Vegetable and Meat Soup*

Ingredients:

- 1 pound of cubed beef, lamb, pork, chicken, or deboned fish
- 4 whole tomatoes
- 1 large onion
- 1 gallon of water
- 1 tsp baking soda
- 1 cup of cubed acorn squash



- 1 cup cubed butternut squash
- 1/2 head of shredded cabbage
- pinch of thyme, salt, and parsley

Preparation:

1. Brown meat and set aside.
2. Pour 1 gallon of water into suitable pot and start boiling.
3. Mash up tomatoes and remove seeds.
4. Let tomatoes cook in water on medium to simmer. Add 1 tsp baking soda to reduce acid in the tomatoes.
5. Skim white material from tomatoes as it comes to the surface, stir often.
6. Add meat drippings, onions, acorn squash, and butternut to the water and tomato mix.
7. Let boil for about 1/2 hour and reduce to simmer.
8. Add meat and cabbage, increase heat to medium for about 1/2 hour.
9. Add seasonings, reduce to simmer and let stay at simmer until meat is cooked and vegetables are tender.
10. Let settle for about 20 minutes before serving.

### ***Vegetable and Meat Stew***

Ingredients:

- 2 pounds of beef, chicken, pork, lamb, or fish
- 3 quarts of water
- 1 large onion sliced
- 1/2 cup cubed butternut squash
- 1/2 cup cubed pumpkin
- 1/2 cup roasted, ground squash or pumpkin seeds
- 2 tbsp tomato paste
- pinch of thyme and parsley

Preparation:

1. Brown meat and set aside.
2. Pour drippings into pot with 3 quarts of water.
3. Let boil for 5 minutes and then add onions, butternut squash, tomato paste, and pumpkin.
4. Reduce to medium and let cook for 1/2 hour.
5. Add meat and seasonings, and reduce to simmer.
6. Cook until vegetables are soft and meat is cooked through.
7. If gravy is too thin, add ground seeds one teaspoon at a time. Let simmer for a few minutes between each addition.
8. Let settle for about 20 minutes before serving.

## Baked and Roasted Dishes

Baked and roasted main meals are usually best when using fish and vegetables or meat and vegetables.

Depending on the meat, some muskmelon may also be added.



### *Baked or Roasted Fish with Squash, Onion, and Pepper*

Ingredients:

- 1/2 pound green pepper cut into strips
- 1 pound squash cut into chunks
- 1 small onion cut into rings
- 1/2 pound of chopped broccoli
- 1 tablespoon of pumpkin puree

- 1/2 pound of cleaned and deboned fish
- 1/2 teaspoon of parsley and thyme

Preparation:

1. Combine vegetables in mixing bowl and coat with pumpkin puree and seasoning.
2. Spread out vegetables in baking dish.
3. Bake vegetables at 450 degrees for 5 minutes and let cool.
4. Place fish in a second baking dish. Coat with just enough water to allow parsley and thyme to stick to surface.
5. Bake fish and vegetables for about 20 minutes. Fish should be white and flake easily with fork.
6. Place fish on top of vegetable layer and let settle for about 20 minutes before serving.

### **Baked Meat with Stuffed Peppers or Tomatoes**

Ingredients:

- 3 - 6 bell peppers or tomatoes
- 1 pound of beef, pork, or lamb
- 1/2 cups of broccoli or cauliflower (flower portion only)
- 1 cup of water
- 1 pound of tomato sauce or diced tomatoes
- basil and parsley for seasoning.

Preparation:

1. Remove tops and seeds from peppers or tomatoes so that only outer shell of flesh remains.
2. Cut into bottom until shell sits straight in baking pan.
3. Partially brown beef, pork, or lamb in animal lard or vegetable oil.
4. Chop broccoli or cauliflower until it is grain sized.

5. Stir in with meat and finish to brown.
6. Combine meat, vegetables, and tomato sauce in mixing bowl.
7. Keep some tomato sauce aside for basting.
8. Fill peppers or tomatoes with mix.
9. Top off with basil, parsley, or other seasoning as desired.
10. Bake at 350 for approximately 1 hour, or until pepper or tomato shells are soft. They will need to be basted 2 -3 times to prevent burning.

### **Baked Squash Flowers**

Ingredients:

- 12 fresh pumpkin or squash blossoms
- 1 cup cooked and pureed eggplant
- 1 egg or egg substitute
- 1/3 cup parsley or thyme
- 1 teaspoon salt
- 3/4 cup ground pumpkin or squash seeds
- 1 cup water

Preparation:

1. Preheat oven to 400 degrees.
2. Combine eggplant, egg, seasoning, and salt to make filling.
3. Spoon filling into pumpkin or squash blossom.
4. Twist flower ends to seal in filling.
5. Dip flower in water and then coat with ground seeds.
6. Place stuffed flower on cooking sheet.
7. Bake at 400 degrees for about 10 minutes, or until flower ends are crispy.



## Desserts

### *Pie Shells and Pie Fillings*

#### *Basic Pie Shell*

(tends to be very crumbly; repair tears with cold water)

Ingredients:

- 3 cups ground and roasted pumpkin or squash seeds
- 2 teaspoons salt
- 1 cup lard
- 1 egg or egg substitute
- 1/2 cup cold water with ice in it



Preparation:

1. Grate lard and keep as cold as possible.
2. Combine lard, ground seeds and salt with fingers.
3. Add egg or egg substitute.
4. Combine just enough water to make it possible to roll dough.
5. Roll dough between two sheets of plastic wrap until large enough to fit in pie pan.
6. Remove wrapping from one side and roll up dough into a cylinder.
7. Place dough in pie pan, with plastic side up.
8. Unroll dough into pan. Gently arrange the dough so that it will not tear, but still shapes to the pan.
9. Remove second plastic wrap and poke holes in dough with a fork.
10. Place pan and dough in freezer for 2 hours.
11. After filling, bake pies at 350 for 20 - 30 minutes depending on ingredients.

For pies with top crust:

1. Use same recipe.
2. After rolling dough between plastic wrap, keep dough flat and place in freezer.
3. To use, let thaw enough to roll up top crust without tearing.
4. Remove top plastic sheet and roll up dough.
5. Unroll dough on top of filled bottom shell with unwrapped side facing down.
6. Remove second plastic wrap.
7. Cut slashes into top crust with knife for air venting.
8. Fold top crust edges under bottom crust and crush with thumb all the way around.
9. Place tinfoil around edges to prevent burning. Remove tinfoil during last 10 - 15 minutes of cooking so that crust edges turn brown.
10. Bake pies at 375 for 25 - 40 minutes depending on ingredients.

### **Meat Pie Fillings Option 1**

Ingredients:

- 6- 8 ounces of beef, chicken, or pork
- 2 tbsp ground and roasted squash seeds
- 1/2 cup of water
- pinch of parsley, basil, thyme, or rosemary
- 1/2 cup chunk eggplant, tomato, pepper, or onion

Preparation:

1. Brown beef, chicken, or pork, remove from pan and set aside.
2. Set burner to simmer and add water to meat drippings in fry pan. Skim fat and meat lumps off as desired.
3. Add ground and roasted squash seeds one teaspoon at a time until gravy is thick enough. Keep stirring.

4. Season with parsley, basil, thyme, or rosemary.
5. Chunk combinations of eggplant, tomato, peppers, or onions
6. Combine meat, gravy, and vegetables and fill pie shell.
7. If desired, place top pie crust on.

### **Meat Pie Fillings Option 2**

#### Ingredients:

- 6- 8 ounces of beef or lamb
- 2 tbsp ground and roasted squash seeds
- 1/2 cup of water
- pinch of parsley, basil, thyme, or rosemary
- 1/2 cup diced cauliflower or broccoli
- 1/3 cup shredded cabbage

#### Preparation:

1. Brown beef or lamb, remove from pan and set aside.
2. Set burner to simmer and add water to meat drippings in fry pan. Skim fat and meat lumps off as desired.
3. Add ground and roasted squash seeds one teaspoon at a time until gravy is thick enough. Keep stirring.
4. Season with parsley, basil, thyme, or rosemary.
5. Dice broccoli and cauliflower.
6. Shred cabbage into small strips.
7. Combine meat, gravy, and vegetables and fill pie shell.
8. If desired, place top pie crust on.

### *Vegetable Pie Fillings Option 1*

Ingredients:

- 1/4 cup chunked zucchini
- 1/4 cup chunked pumpkin
- 1/4 cup acorn squash
- 1/4 cup butternut squash
- 1 tbsp bacon bits
- 1/4 cup beef

Preparation:

1. Brown beef, remove from pan and set aside.
2. Set burner to simmer and add water to meat drippings in fry pan. Skim fat and meat lumps off as desired.
3. Add ground and roasted squash seeds one teaspoon at a time until gravy is thick enough. Keep stirring.
4. Season with bacon bits.
5. Chunk zucchini, pumpkin, acorn squash, and butternut squash.
6. Combine meat, gravy, and vegetables in large bowl and mix well.
7. Ladle filling into pie shell.
8. If desired, place top pie crust on.

### *Vegetable Pie Fillings Option 2*

Ingredients:

- 1/4 cup chunked tomato
- 1/4 cup chunked eggplant
- 1/4 cup acorn pepper
- 1/4 cup onion

- pinch of parsley, thyme, basil, or rosemary
- 1/4 cup pork

Preparation:

1. Brown pork, remove from pan and set aside.
2. Set burner to simmer and add water to meat drippings in fry pan. Skim fat and meat lumps off as desired.
3. Add ground and roasted squash seeds one teaspoon at a time until gravy is thick enough. Keep stirring.
4. Season with rosemary, thyme, basil, or parsley
5. Chunk tomato, eggplant, onion, and pepper
6. Combine meat, gravy, and vegetables in large bowl and mix well
7. Ladle filling into pie shell.
8. If desired, place top pie crust on.

### *Vegetable and Egg Drop Pie Filling*

Ingredients:

- 2 medium sized eggs
- 1/2 cup diced broccoli
- 1/2 cup diced cauliflower
- 1 teaspoon bacon bits
- 1/8 cup chicken

Preparation:

1. Scramble eggs and set aside.
2. Bring pot of water to almost boiling point.
3. Slowly drop spoonfuls of egg into the water. As it hits the water, it will cook instantly and drop to the bottom of the pot.

4. Stir egg occasionally and keep adding until done.
5. Remove egg drops from water and set aside.
6. Brown chicken remove from pan and set aside.
7. Set burner to simmer and add water to meat drippings in fry pan. Skim fat and meat lumps off as desired.
8. Add ground and roasted squash seeds one teaspoon at a time until gravy is thick enough. Keep stirring.
9. Season with bacon bits.
10. Chunk cauliflower and broccoli.
11. Combine meat, gravy, and vegetables and egg in mixing bowl
12. Ladle mixture into pie shell.
13. If desired, place top pie crust on.

## Snacks



### *Dried Fruits*

With the exception of watermelon, you should be able to dry all of the fruits listed in this book using a conventional oven.

#### Preparation

1. To dry fruits, start off by placing a wire screen on top of a cookie sheet. There should be enough room to allow air to circulate under the sheet and around the fruit pieces.
2. Cut strawberries, muskmelon, or even pumpkin into slices. In general strawberry and muskmelon slices should be thinner than pumpkin since they have more moisture.
3. Spread fruit slices on top of the screen so that plenty of air circulates around each slice.



4. Bake at 200 degrees for 4 - 8 hours. You should check every few hours to monitor the dehydration process.
5. Leave in oven until the moisture level suits your taste and storage needs.

### ***Roasted Seeds***

Squash and pumpkin seeds are a delicious snack as well as a staple replacement for wheat flour in the Paleo Diet.

It is very important to roast them slowly because the seeds within the shell will burn long before the outer shell shows any sign of browning. In addition, when seeds cook too fast, they oxidize, which means a buildup of free radicals. As you may be aware, free radicals have been implicated in cancer and many other diseases. Fortunately, eliminating this problem is as simple as roasting seeds slowly and at a low temperature.

#### Preparation

1. Start off by removing seeds from squash or pumpkin and make sure they are free of flesh.
2. Put seeds in boiling water and boil for about 10 - 15 minutes. This will soften up the outer shell and make them roast faster.
3. Dry seeds off and arrange in baking pan.
4. Bake at 250 degrees. Coat with salt, powdered basil, or powdered parsley.
5. Check every 20 minutes by cracking one seed open to see if the inner portion is brown.
6. Once inner section is roasted, remove seeds from the oven. After they cool, you should be able to bite through the shell with no problems.

### ***Protein Cookies***

#### Ingredients:

- 1 cup of boiled, mashed pumpkin or squash
- 1/4 to 1/2 cup boiled, ground dandelion leaves (can be bitter; so add to suit)
- 3 1/2 cups ground and roasted pumpkin seeds

- 1/4 teaspoon salt
- 1/4 cup of shredded chicken

#### Preparation

1. Combine mashed pumpkin, ground dandelion leaves, and ground seeds.
2. Mix in salt and shredded chicken.
3. If dough is too moist, add more ground pumpkin seeds.
4. Flatten out dough on cutting board and cut into 1 x 2 inch squares.
5. Place dough on non-stick cookie pan.
6. Bake for 20 - 30 minutes at 350 degrees until golden brown.
7. Remove cookies from sheet and place on cooling rack as soon as possible.

## ***Vegetable Chips***

### ***Conventional Vegetable Chips Option 1:***

- 1 eggplant,
- 2 tomatoes,
- 2 peppers,
- 3 onions, or separated cabbage leaves
- 1/2 cup powdered dry basil, parsley and thyme

#### Preparation:

1. Slice eggplant, tomatoes, or peppers into 1/8 inch slices.
2. For onions, slice into 1/8 thick slices and then separate rings.
3. For cabbage leaves, remove from head one at a time, and try to keep them as whole as possible.
4. Arrange vegetable slices on a cookie sheet so that they do not overlap and brush with water. Sprinkle with powdered seasoning, but not more than will be absorbed by the water.

5. Bake at 325 for 25 - 30 minutes.
6. Remove from oven when chips are dry and start turning up at edges.
7. Let cool and store in airtight container.

### *Broccoli, Cauliflower and Egg Vegetable Chips*

#### Ingredients:

- 3/4 cups pulverized broccoli
- 3/4 cups pulverized cauliflower
- 2 large eggs or egg substitute
- Approx 1/2 cup powdered basil and pepper
- pinch of salt

#### Preparation

1. Combine broccoli, cauliflower, eggs, and a pinch of salt.
2. Drop mixture onto sheet and make thin layers.
3. Bake at 325 for about 5 minutes.
4. Sprinkle top of chips with seasoning mix, but do not let chips get saturated.
5. Bake at 325 for an additional 20 - 25 minutes.
6. Remove from oven when chips are dry and start turning up at edges.
7. Let cool and store in airtight container.

**Note:** If done correctly, these vegetable chips will have a bit more texture from the cauliflower and broccoli bits.

# 6 SUBSTITUTES FOR CONVENTIONAL FOODS

Name	Ingredients	How to Prepare
<b>Baking Powder (1 tsp)</b>	1/4 teaspoon of baking soda or sodium bicarbonate 1/2 teaspoon cream of tarter	Cream of tartar is the white residue at the bottom of wine jars that builds up during grape fermentation. Collect cream of tartar, let it dry, and mix with baking soda.
<b>Eggs</b>	1/4 cup mashed squash or pumpkin 1 - 2 tbsp water	Remove rind and cut pumpkin or squash into chunks. Boil until it is soft. Mash, and then add 1 - 2 tbsp water per 1/4 cup of squash.
<b>Sugar</b>	watermelon syrup	Cut watermelon into chunks and then mash up as much as possible. Next squeeze out as much liquid as possible from the mash. Boil at 220 degrees until 1/7 of liquid remains. Stir to prevent sticking. Skim froth and discard as it appears. For sweeter, thicker syrup, boil further. Pour into jar and let cool.
<b>Vegetable Oil</b>	thin squash or pumpkin purees for vegetable and meat dishes	Boil chunks of squash, melon, or pumpkin, and then add water to create a thin puree.

	<p>thin melon purees for fruit or dessert dishes</p> <p>animal lard or grease retrieved from soups for coating skillets</p>	<p>While making soup, boil animal bones, muscle, and edible gizzards. Retrieve oils that rise to the top and place in cold storage.</p>
<b>Wheat Flour</b>		<p>Slowly roast pumpkin or squash seeds at 200 degrees until the outside is crisp. Slow roasting prevents accidentally burning seeds and also reduces buildup of polyunsaturated fats. Grind seeds and repeat until you have enough "flour" for recipe or store in dry, waterproof container until needed.</p>