

Paleo Holiday Menu Ideas:

Roasted Turkey

Cauliflower Mash (substituted for mashed potatoes)

Sautéed Brussels sprouts

Roasted sweet potato (substituted for potato) & parsnips

Cranberries

Paleo stuffing

Recipes:

Cauliflower Mash -

Steam one head of cauliflower in 1/4 cup of either water or chicken broth.

Add 1/4 cup of chopped scallions & handful of parsley & extra virgin olive oil.

Once steamed, blend with hand mixer with extra virgin olive oil, almond milk, ground pepper, and lemon pepper to taste.

Sautéed Brussels sprouts -

Cut off ends and cut into halves.

Sauté in olive oil and drizzled with balsamic vinegar, seasoned with pepper and lemon pepper, and 1/4 cup of cut scallions.

Roasted Sweet Potato & Parsnips -

Chop into 1/2 in cubes.

Roast in oven at 375 until soft and slight crisp in pan drizzled with olive oil.

Season with ground pepper, lemon pepper, parsley, red onion, and chopped scallions.

Cranberries -

Boil fresh cranberries on the stovetop with water and xylitol (or TheraSweet) until cranberries burst.

Refrigerate for at least one hour before serving.

Paleo stuffing -

Cut into cubes, Paleo bread.

Sauté in extra virgin olive oil: celery and onions, season with ground pepper,

lemon pepper, sage, thyme and rosemary.

Add Paleo bread and parsley; once mixed, bake in oven until desired texture.

Leftovers:

Paleo Wrap left overs:

Turkey wrap – Squeeze “clean” mustard on the wrap and add sautéed leftover turkey seasoned with oregano, sage and lemon pepper. Sauté 3 slices of bell pepper (1 red, 1 yellow and 1 green) in extra virgin olive oil along with thinly cut slices of onion – season with oregano, sage and lemon pepper as desired. Add 2-3 slices of avocado and garnish with thinly sliced sun dried tomatoes, fresh rosemary and a drizzle of mustard.

Roasted vegetable wrap - Squeeze “clean” mustard on the wrap and add leftover parsnips and sweet potatoes. Add sautéed Brussels sprouts, cauliflower mash and cranberries and garnish with fresh rosemary and a drizzle of mustard.

Use Paleo bread for turkey sandwiches.

To order Paleo Bread and Paleo Wraps, go to <http://PaleoDocSmith.com>. Special Offer!
- Buy 6+ Any Items Get \$5.95 Or Less Shipping Nationwide (2-3 Day). Use Promo Code 1776 For \$5 Off 6 or LESS ITEMS.

Enjoy!

Dr. Mark J. Smith
mjs@docsmith.org
817.372.7694