

PALEO

INSTANT POT

COOKBOOK

TASTY
500

Quick & Easy Days
of Paleo Diet

Lina Douglas

PALEO INSTANT POT COOKBOOK

TASTY 500 QUICK AND EASY DAYS OF PALEO DIET



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Chapter 1: Instant Pot Options and Basics

Instant Pot Options

Instant Pot, the most popular multi-purpose electric pressure cooker brand in North America, currently offers three different models of their product: Lux, Duo, and Smart. All of these are impressive and largely similar machines, but each has certain qualities that differentiate it from the others.

Lux

Lux is the second model Instant Pot introduced, right after their now-discontinued first model, CSG. It offers six distinct functions: pressure cook, slow cook, steam, make rice, saute, and keep warm. While these six functions make the Lux Instant Pot a highly useful machine, it lacks a few features that were introduced in later models. Namely, it doesn't have a low-pressure setting or a yogurt-making setting. You can technically still make yogurt in the Instant Pot using the slow cooker function, but this MacGyver takes considerably more guesswork than the built-in yogurt-making function in the later models. That means that the Lux model is probably not the right choice for anyone who has her heart set on making perfect yogurt in the Instant Pot.

Duo

The Duo is the third model Instant Pot released, and it remains their most popular. The Duo Instant Pot boasts seven functions — all of the six that are included in the Lux model plus yogurt-making. In addition, the pressure cooker function in the Duo offers both high and low-pressure settings. There's even a new ergonomic design feature on the pot itself: the handles feature slots that the detachable lid can latch onto, so you can latch the lid on the handles instead of setting it on the counter and getting drips all over your granite.

Smart

The Smart is the latest, most cutting-edge version of the Instant Pot. In addition to the seven functions included in the Duo model, the Smart features precision temperature setting, which means that you can use it to bring your food to specific temperatures. The effect of this function is similar to that produced by sous vide ovens, which have long been renowned for their ability to cook Platonically ideal steaks and other dishes. You can even program the Smart to reach one precise temperature, hold it for a specific amount of time, and then move on to another temperature. These programmed sequences are called "recipe scripts" and allow you to use your Instant Pot to make things like cheese and yeasted doughs. The Smart also has Bluetooth capability, so it can send

notifications to your phone using a paired application. It's an amazingly powerful piece of technology, but it may be a little complex for people who just want a way to combine several familiar appliances into one tool.

Instant Pot Terminology

Here are a few vocabulary words that will come in handy as you read through this book and get acquainted with the Instant Pot world.

Quick release (QP) - Open the pressure valve to quickly release the steam inside. **Natural release (NP)** - Leave the valve closed, so the pressure will slowly drop on its own terms. Also called "natural pressure release" (NPR).

Seal - The silicone ring around the lid that seals the unit closed, allowing the pressure to increase.

Pressure valve - The knob on the lid that controls the pressure cooker function. You can turn it to seal to increase the pressure or vent to decrease the pressure.

Recipe script - A program that tells the Instant Pot to reach a series of preset temperatures for a series of preset times. This applies specifically to the Smart Instant Pot model.

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Beyond the Basics

- Use the yogurt setting for anything else that requires fermenting, from yeasted bread doughs to kimchi.
- Don't think you have to use just one cooking setting per meal. Go ahead and move from saute to steam to slow cook if you need to.
- Use the precision temperature setting on your Instant Pot to get the same picture-perfect results you'd see in a sous vide setup. For example, you can set the temperature to 140 °F for a flawless steak.
- You can put pots inside your inner pot! This is called pot-in-pot cooking by those in the know and is useful for any recipes that require the ingredients to stay inside a container, such as custards and casseroles. Don't think you're required to stay within the confines of the inner pot.
- For clever Instant Pot meal prep, freeze prepped ingredients inside freezer bags lining containers that fit inside the inner pot. When it's time to cook your freezer meal, just cut the bag off the frozen ingredients, put them in the pot, and wait for your no-effort home-cooked dinner.
- Be creative! The world won't end if you make one unsuccessful dish. Use the tips and tricks included with these recipes to develop your own brand-new Instant Pot menu.

Chapter 2: The Paleo Diet & Instant Pot

Instant Pot is ideal equipment to prepare all types of Paleo recipes in quick time; it maintains all the essential nutrients that the Paleo diet has to offer to rip health benefits.

Paleo diet assists our body in:

- Improving brain functions and digestion
- Promoting healthy heart functions
- Delivering healthy weight loss
- Minimizing body inflammation
- Improving overall energy level
- Preventing allergies

Paleo Food List

Paleo diet includes many restrictions to make your meals healthy and nutritious. Some foods should not be included. Following is the complete list of allowed and restricted food ingredients.

Restricted Ingredients

Dairy Ingredients

- Ice cream
- Milk
- Powdered milk
- Buttermilk
- Cheese
- Cottage cheese
- Sour cream
- Yogurt

Note: Ghee and butter are the only dairy products that can be added to Paleo recipes.

Legumes

- Black beans
- Chickpea
- Lentils
- Peanuts
- Pinto beans
- Red beans
- Soy
- White beans

Note: Peas and green beans are the only legumes that can be consumed.

Grains& Grain Products

- Amaranth
- Barley
- Buckwheat
- Corn
- Oats
- Quinoa
- Rice
- Rye

- Teff
- Sorghum
- Spelt
- Wheat

Note: Any grain products such as flour, cakes, pasta, bread, etc. are not allowed in Paleo diet. Also, white potatoes are restricted ingredient.

Refined Sugar & Artificial Sweeteners

One should eliminate artificial sweeteners and refined sugar.

- Agave
- Aspartame
- Brown rice syrup
- Brown sugar
- Cane sugar
- Cane syrup
- Corn syrup
- Dextrose
- Malt syrup
- Sucralose
- White sugar

Refined Salt

- Iodized table salt (refined salt)

Certain Fish Types

There are many kinds of large predatory fish which are restricted due to a lot of mercury.

- King mackerel
- Shark
- Swordfish
- Tilefish

Vegetable Oils

Most vegetable oils are high in omega-6 fatty acids. They can cause inflammation resulting in many diseases (including cardiovascular disease).

- Canola oil
- Cottonseed oil
- Corn oil
- Grapeseed oil

- Margarine
- Palm oil
- Peanut oil
- Safflower oil
- Shortening
- Soybean oil
- Sunflower oil

Ideal Paleo Ingredients

Following are idea ingredients for the Paleo diet. They are rich in protein, vitamins, and minerals to help in maintaining good health.

Vegetables & Fruits

- Apples
- Apricots
- Artichoke
- Arugula
- Asparagus
- Avocado
- Bananas
- Beet
- Bell peppers
- Blackberries
- Blueberries
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cantaloupe
- Carambola
- Carrots
- Cauliflower
- Celery
- Chard
- Cherries
- Cranberries
- Cucumber

- Dates
- Eggplant
- Endive
- Figs
- Garlic
- Grapefruit
- Grapes
- Green beans
- Herbs
- Kale
- Kelp
- Kiwifruit
- Kohlrabi
- Kumquats
- Leeks
- Lemons
- Lettuces
- Limes
- Mangoes
- Mushrooms
- Nectarines
- Olives
- Onions
- Oranges
- Papaya
- Parsnips
- Passionfruit
- Peaches
- Peas
- Pears
- Persimmon
- Pineapple
- Plums
- Pomegranate
- Pumpkin
- Radish
- Raspberries
- Rhubarb
- Seaweeds

- Spinach
- Strawberries
- Sweet potatoes
- Tomatoes
- Turnips
- Watercress
- Watermelon
- Zucchini

Oils & Fats

- Avocado oil
- Coconut oil
- Coconut cream
- Coconut milk (full fat)
- Flaxseed oil
- Ghee
- Hempseed oil
- Lard
- Macadamia oil
- Olive oil (extra virgin)
- Paleo mayonnaise
- Tallow
- Walnut oil

Meat & Seafood

- Anchovies
- Bacon
- Bass
- Beef
- Beef liver
- Bison
- Chicken
- Chicken liver
- Cod
- Deer
- Duck
- Eggs
- Goat
- Goose
- Haddock

- Halibut
- Ham
- Lamb
- Ostrich
- Oysters
- Pheasant
- Pork
- Quail
- Rabbit
- Salmon
- Sardines
- Scallops
- Shellfish
- Shrimp
- Sole
- Tilapia
- Trout
- Tuna
- Turkey
- Veal
- Venison

Nuts, Seeds & Products:

- Almonds
- Almond butter (unsweetened)
- Almond milk (unsweetened)
- Brazil nuts
- Cashews
- Cashew butter (unsweetened)
- Chestnuts
- Chia seeds
- Coconut
- Flaxseeds
- Hazelnuts
- Hemp's hearts
- Macadamia nuts
- Pecans
- Pine nuts
- Pistachios

- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Sunflower butter (unsweetened)
- Walnuts

Baking Flours

- Almond flour
- Arrowroot powder
- Cassava flour
- Coconut flour
- Hazelnut flour
- Tapioca starch

Sweeteners

- Coconut nectar
- Coconut sugar
- Date sugar
- Honey (raw)
- Maple syrup
- Molasses
- Stevia leaf (pure)

Condiments & Other Ingredients

- Apple cider vinegar
- Applesauce (unsweetened)
- Balsamic vinegar
- Cacao powder
- Coconut aminos
- Fish sauce
- Red wine vinegar
- Tomato paste
- Worcestershire sauce (corn-free)

Chapter 3: Paleo Breakfast Recipes

Pecan Banana Treat

Prep Time: 8min.

Cooking Time: 7 min.

Number of Servings: 2

Ingredients:

- 1 cup hot water
- 2 teaspoons honey
- 2 tablespoons coconut butter
- ½ teaspoon cinnamon
- ½ cup pecans, soaked overnight and drained
- ½ banana, mashed

Directions:

1. In a processor or blender, blend the pecans, with water, banana, coconut butter, cinnamon, and honey.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Open the pot lid and slowly start adding the mixture to the pot.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 7 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 132

Fat – 4g

Carbohydrates – 6.5g

Fiber – 2g

Protein – 5g

Apple Cauliflower Breakfast

Prep Time: 8-10min.

Cooking Time: 12 min.

Number of Servings: 4

Ingredients:

- 1 and ½ cups cauliflower rice
- 1 and ½ teaspoons cinnamon powder
- 1 cup natural apple juice
- 3 cups almond milk
- 2 tablespoons ghee, melted
- 2 apples, peeled, cored and sliced
- 1/3 cup stevia
- A pinch of salt
- ½ cup cherries, dried

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the ghee and rice in the pot; start cooking for 4-5 minutes to cook well and soften.
3. Combine them with stevia, apples, apple juice, milk, a pinch of salt and cinnamon; stir the mix.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 6 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot; add cherries, stir, cover, leave aside for 5 more minutes.
8. Divide into bowls and serve!

Nutritional Values (Per Serving):

Calories - 162

Fat – 3g

Carbohydrates – 7.5g

Fiber – 2.5g

Protein – 5g

Cardamom Flax Morning

Prep Time: 8-10min.

Cooking Time: 6 min.

Number of Servings: 3

Ingredients:

- 1 cup carrots, chopped
- 1 teaspoon cardamom, ground
- A pinch of saffron
- 2 tablespoons agave nectar
- 2 cups coconut milk
- 3 tablespoons flax meal
- Some chopped pistachios for serving

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Open the pot lid and slowly start adding the milk, flax meal, carrots, agave nectar, saffron, and cardamom in the pot. Give the ingredients a little stir.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 6 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot and serve on a serving plate or bowl. Top with the chopped pistachios and serve!

Nutritional Values (Per Serving):

Calories - 162

Fat – 2g

Carbohydrates – 4.5g

Fiber – 2g

Protein – 5g

Spinach Tomato Quiche

Prep Time: 8-10 min.

Cooking Time: 20 min.

Number of Servings: 4

Ingredients:

8 Eggs

⅓ cup Almond Milk

2 cups Baby Spinach, chopped

2 Green Onions, sliced

4 Tomato Slices, for topping

1 cup diced Tomato

1 teaspoon dried Basil

1 ½ cups Water

Directions:

1. Grease a baking dish with cooking spray. Beat the eggs along with the milk and basil in a mixing bowl.
2. Stir in the remaining ingredients. Pour the mixture into the dish.
3. Switch on your instant pot after placing it on a clean and dry kitchen platform.
4. Pour the water into the cooking pot area. Arrange the trivet inside it; arrange the dish over the trivet.
5. Close the pot by closing the top lid. Also, ensure to seal the valve.
6. Press “Manual” cooking function and set cooking time to 20 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
7. Turn off and press “Cancel” cooking function. Quick release pressure.
8. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 158

Fat – 10g

Carbohydrates – 4g

Fiber – 1.5g

Protein – 13g

Flax Meal Strawberry Breakfast

Prep Time: 10min.

Cooking Time: 10 min.

Number of Servings: 2

Ingredients:

- 3 tablespoons flax meal
- ½ teaspoon honey
- 2 cups water
- 2/3 cup almond milk
- 2 tablespoons strawberries, dried
- A pinch of salt

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Open the pot lid and slowly start adding the strawberries, water, flax meal, almond milk and honey in the pot. Give the ingredients a little stir.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 10 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories –154

Fat – 5g

Carbohydrates – 6g

Fiber – 3g

Protein – 7.5g

Chapter 4: Paleo Sides & Appetizer Recipes

Shrimp & Asparagus Sides

Prep Time: 5min.

Cooking Time: 3 min.

Number of Servings: 3-4

Ingredients:

- 1 pound shrimp, peeled and deveined
- ½ tablespoon Italian seasoning
- 1 bunch asparagus spears, trimmed
- 1 cup water
- 1 teaspoon olive oil

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Pour the water into the cooking pot area. Arrange the steamer basket inside it; arrange the shrimp and asparagus over the trivet.
3. Drizzle the oil, sprinkle Italian seasoning.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 3 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 143

Fat – 1.5g

Carbohydrates – 4g

Fiber – 2g

Protein – 6g

Pine Spinach Appetizer

Prep Time: 8-10min.

Cooking Time: 5 min.

Number of Servings: 4

Ingredients:

- 3 tablespoons olive oil
- ¼ cup raisins
- ¼ cup pine nuts, toasted
- ¼ cup balsamic vinegar
- 1 apple, cored and sliced
- 1 yellow onion, sliced
- 6 garlic cloves, minced
- A pinch of sea salt and black pepper
- 5 cups mixed spinach and chard
- ½ cup water
- A pinch of nutmeg

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil and onions in the pot; start cooking for 2 minutes to cook well and soften.
3. Add the garlic, apple, vinegar, and raisins stir and cook for 4 minutes more. Mix in the spinach, chard, and water.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 4 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the potting mix the nutmeg, pine nuts, a pinch of salt and pepper.
8. Combine and divide among small appetizer plates.

Nutritional Values (Per Serving):

Calories - 102

Fat – 1g

Carbohydrates – 2.5g

Fiber – 1g

Protein – 4g

Minty Veggie Appetizer

Prep Time: 8-10min.

Cooking Time: 12 min.

Number of Servings: 5-6

Ingredients:

- 1 yellow onion, chopped
- 1 parsley bunch, chopped
- 2 mint bunches, chopped
- 4 garlic cloves, minced
- 1 celery bunch, roughly chopped
- 3 tablespoons olive oil
- 1 bunch green onion, chopped
- Black pepper to the taste
- 2 cups water

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil, garlic, and onions in the pot; start cooking for 3-4 minutes to cook well and soften.
3. Add the celery, black pepper and water; stir gently.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 6 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and add the parsley and mint, stir gently. Cover and cook for 2 minutes more.
8. Divide into bowls and serve warm!

Nutritional Values (Per Serving):

Calories - 109

Fat – 1g

Carbohydrates – 2g

Fiber – 2g

Protein – 6g

Mushroom Risotto Sides

Prep Time: 8-10min.

Cooking Time: 14 min.

Number of Servings: 4

Ingredients:

- 2 garlic cloves, minced
- 2 ounces olive oil
- 2 cups cauliflower rice
- 4 ounces coconut cream
- 4 ounces white vinegar
- 4 cups chicken stock
- 1 yellow onion, chopped
- 8 ounces mushrooms, sliced
- 1-ounce basil, chopped

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil, garlic, mushrooms, and onions in the pot; start cooking for 2 minutes to cook well and soften.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 3 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot and add the cauliflower rice, stock, and vinegar, stir gently. Cover and cook for 10 minutes.
7. Add the coconut cream and basil, stir gently. Divide among plates and serve warm!

Nutritional Values (Per Serving):

Calories - 141

Fat – 2g

Carbohydrates – 2.5g

Fiber – 1g

Protein – 4.5g

Garlic Tuna Appetizing Patties

Prep Time: 8-10min.

Cooking Time: 10 min.

Number of Servings: 12 patties

Ingredients:

- 1 teaspoon dill, chopped
- 1 teaspoon garlic powder
- 1 tablespoon olive oil
- ½ cup water
- 15 ounces canned tuna, drain and flaked
- 1 teaspoon parsley, chopped
- ½ cup red onion, chopped
- A pinch of pepper and salt
- 3 eggs

Directions:

1. In a mixing bowl, mix the tuna, salt, pepper, dill, parsley, onion, garlic powder and eggs. Combine well and shape your patties; put them on a plate.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
3. Open the pot lid; add the oil and patties in the pot; start cooking for 2 minutes to cook well and soften. Transfer them to a plate.
4. Clean your instant pot, add the water and add the steamer basket, and add tuna patties inside.
5. Close the pot by closing the top lid. Also, ensure to seal the valve.
6. Press “Manual” cooking function and set cooking time to 6 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
7. Turn off and press “Cancel” cooking function. Quick release pressure.
8. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories –124

Fat – 2g

Carbohydrates – 1g

Fiber – 0g

Protein – 3.5g

Chapter 5: Paleo Soups & Stews

Sweet Potato Chicken Stew

Prep Time: 8-10min.

Cooking Time: 35 min.

Number of Servings: 5-6

Ingredients:

- 1 yellow onion, chopped
- ¼ pound baby carrots, sliced
- ½ teaspoon thyme, dried
- 2 tablespoons tomato paste
- 2 cups chicken stock
- 1 celery stalk, chopped
- 6 chicken thighs
- 1 teaspoon olive oil
- A pinch of pepper and salt
- 15 ounces canned tomatoes, chopped
- 1 pound sweet potatoes, peeled and cubed

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil, chicken, salt, and pepper in the pot; start cooking for 3-4 minutes on each side to cook well and brown.
3. Add the celery, onion, tomato paste, carrots, thyme, salt and pepper to your instant pot; stir and cook for 4-5 minutes.
4. Add the stock, return chicken, add tomatoes and potatoes; stir gently.
5. Close the pot by closing the top lid. Also, ensure to seal the valve.
6. Press “Manual” cooking function and set cooking time to 15 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
7. Turn off and press “Cancel” cooking function. Quick release

pressure.

8. Open the pot and transfer chicken pieces to a cutting board, remove bones, shred meat and return it to the stew.
9. Divide into bowls and serve hot. Enjoy!

Nutritional Values (Per Serving):

Calories - 196

Fat – 4g

Carbohydrates – 9g

Fiber – 7.5g

Protein – 10g

Carrot Coconut Soup

Prep Time: 5min.

Cooking Time: 20 min.

Number of Servings: 4

Ingredients:

- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 2 ½ pounds carrots, chopped
- 2 tablespoons ginger, grated
- 4 ounces coconut milk
- 1 cup water
- 1 cup yellow onion, chopped
- 4 cups veggie stock
- 3 tablespoons ghee, melted
- Salt and pepper to the taste

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Open the pot lid and slowly start adding the ingredients mentioned above in the pot. Give the ingredients a little stir.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 20 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot and blend the mix using an immersion blender. Serve warm!

Nutritional Values (Per Serving):

Calories –179

Fat – 4.5g

Carbohydrates – 3g

Fiber – 2g

Protein – 5.5g

Turkey Chili Stew

Prep Time: 8-10min.

Cooking Time: 10 min.

Number of Servings: 4

Ingredients:

- 1 yellow onion, chopped
- 1 yellow bell pepper, chopped
- 1 and ½ teaspoons cumin, ground
- 12 ounces veggies stock
- 3 garlic cloves, minced
- 2 and ½ tablespoons chili powder
- 1 pound turkey meat, ground
- 5 ounces water
- A pinch of salt and cayenne pepper

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Open the pot lid and slowly start adding the meat and water in the pot. Give the ingredients a little stir.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 5 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot. Add the pepper, onion, garlic, chili powder, cumin, salt, cayenne, and veggie stock, stir gently.
7. Cover again and cook for 5 minutes more. Divide it between plates and serve warm!

Nutritional Values (Per Serving):

Calories - 209

Fat – 3g

Carbohydrates – 6g

Fiber – 3.5g

Protein – 14g

Sweet Potato Fish Stew

Prep Time: 5min.

Cooking Time: 8-10 min.

Number of Servings: 7-8

Ingredients:

- 3 carrots, chopped
- 1 yellow onion, chopped
- 14 ounces chicken stock
- 1 pound halibut, boneless and cubed
- 1 red bell pepper, chopped
- 4 sweet potatoes, cubed
- 1 bay leaf
- ¼ teaspoon saffron powder
- 2 garlic cloves, minced
- ¼ cup parsley, chopped

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Open the pot lid and slowly start adding the stock, potatoes, carrots, onion, garlic, saffron, parsley and bay leaf ingredients in the pot. Give the ingredients a little stir.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 4 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot and add the fish and red bell pepper, cover and cook for 6 minutes more.
7. Discard bay leaf, and serve warm!

Nutritional Values (Per Serving):

Calories –202

Fat – 4.5g

Carbohydrates – 5g

Fiber – 1g

Protein – 6g

Beef Mushroom Stew

Prep Time: 8-10 min.

Cooking Time: 20-25 min.

Number of Servings: 6

Ingredients:

- 1 teaspoon rosemary, chopped
- 1 celery stalk, chopped
- 1 and ½ cups beef stock
- 1 yellow onion, chopped
- 2 tablespoons coconut flour
- 2 tablespoons ghee, melted
- 2 carrots, chopped
- 1 tablespoon olive oil
- 2-pound beef chuck, cubed
- 1-ounce porcini mushrooms, chopped
- A pinch of salt and black pepper

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil and beef in the pot; start cooking for 5 minutes to cook well and brown evenly.
3. Mix the onion, celery, rosemary, salt, pepper, carrots, mushrooms, and stock.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 15 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and press the simmer mode.
8. Heat up a saucepan; add the ghee, flour and 6 tablespoons cooking liquid from the stew, stir and add the mixture to the beef stew.
9. Simmer the Instant Pot for 5 minutes, divide into bowls and serve

warm!

Nutritional Values (Per Serving):

Calories - 259

Fat – 4g

Carbohydrates – 8.5g

Fiber – 3g

Protein – 18g

Beet Carrot Soup

Prep Time: 8-10min.

Cooking Time: 10 min.

Number of Servings: 4

Ingredients:

- 2 carrots, chopped
- 6 cups veggie stock
- ½ teaspoon thyme leaves, chopped
- 3 beets, chopped
- 3 bay leaves
- 1 tablespoon olive oil
- 1 red onion, chopped
- 1 and ½ tablespoons parsley, chopped
- Pepper and salt to the taste

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil and onions in the pot; start cooking for 4-5 minutes to cook well and soften.
3. Add the carrots, beets, thyme, bay leaves, stock, salt, and pepper, stir gently.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 5 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and discard bay leaves; blend using an immersion blender.
8. Mix the parsley, stir, divide into soup bowls and enjoy!

Nutritional Values (Per Serving):

Calories - 106

Fat – 2g

Carbohydrates – 3g

Fiber – 0.8g

Protein – 3g

Chapter 6: Paleo Meat Mains

Glazed Pepper Pork

Prep Time: 5-8min.

Cooking Time: 65-70 min.

Number of Servings: 3-4

Ingredients:

- 1 teaspoon dried sage
- ½ teaspoon black pepper
- 2 pounds boneless pork loin
- 1 garlic clove, minced
- ½ cup beef broth

Glaze:

- ½ cup coconut sugar
- ¼ cup balsamic vinegar
- 1 tablespoon arrowroot
- ½ cup water
- 2 tablespoon coconut aminos

Directions:

1. Mix the sage, garlic, and pepper in a small bowl. Rub this mixture into the meat.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Open the pot lid and slowly start adding the broth to the pot. Arrange the trivet inside it; arrange the meat over the trivet.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 60 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Allow the inside pressure to release naturally; it will take 8-10 minutes to release all inside pressure.

7. Open the pot.
8. Mix the glaze ingredients in a bowl and add in your Instant Pot.
Cook for 2 minutes on sauté.
9. Shred the meat and drizzle the glaze over. Serve warm!

Nutritional Values (Per Serving):

Calories - 562

Fat – 22.5g

Carbohydrates – 27g

Fiber – 0.5g

Protein – 61.5g

Oregano Spiced Brisket

Prep Time: 8-10min.

Cooking Time: 65-70 min.

Number of Servings: 4

Ingredients:

- 1 teaspoon oregano
- 1 teaspoon ground ginger
- 1 teaspoon coconut sugar
- ½ cup beef broth
- ½ tablespoon liquid smoke
- 2 ½ pounds beef brisket
- 1 teaspoon cumin
- 1 teaspoon paprika
- ½ teaspoon pepper
- 1 tablespoon coconut oil

Directions:

1. Combine the spices in a bowl. Rub the spice mixture into the beef.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
3. Open the pot lid; add the oil and beef in the pot; start cooking for 2-3 minutes per side to cook well and soften.
4. Combine the beef broth and liquid smoke and pour the mixture over the meat.
5. Close the pot by closing the top lid. Also, ensure to seal the valve.
6. Press “Manual” cooking function and set cooking time to 60 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
7. Turn off and press “Cancel” cooking function. Allow the inside pressure to release naturally; it will take 8-10 minutes to release all inside pressure.
8. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 685

Fat – 38.5g

Carbohydrates – 2.5g

Fiber – 0.5g

Protein – 88.5g

Classic Tomato Pork Ribs

Prep Time: 8-10min.

Cooking Time: 38-40 min.

Number of Servings: 3-4

Ingredients:

- ½ cup tomato sauce
- 2 racks of baby pork ribs
- 1 cup beef broth
- ½ tablespoon liquid smoke

Directions:

1. Cut the baby racks into quarters.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Pour the broth into the cooking pot area. Arrange the trivet inside it; arrange the meat over the trivet.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Meat” cooking function and set cooking time to 30 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot.
8. In a bowl, mix the tomato sauce and liquid smoke; brush the mixture over the pork ribs.
9. Cook the ribs for about 4 minutes per side on saute mode. Serve and enjoy.

Nutritional Values (Per Serving):

Calories - 132

Fat – 9.5g

Carbohydrates – 2.5g

Fiber – 0.5g

Protein – 10g

Lime Chili Roast

Prep Time: 8-10min.

Cooking Time: 65 min.

Number of Servings: 4

Ingredients:

- 4 garlic cloves, minced
- 2 pounds chuck roast
- 1 onion, sliced
- Juice of 2 limes
- 1 tablespoon oregano
- ½ teaspoon black pepper
- 1 tablespoon cumin
- ½ cup water
- 8 ounces canned green chilies, chopped

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Open the pot lid and slowly start adding the ingredients mentioned above in the pot. Give the ingredients a little stir.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 60 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot and shred the meat.
7. Choose the sauté mode and cook for about 4-5 minutes. Serve warm!

Nutritional Values (Per Serving):

Calories –615

Fat – 44g

Carbohydrates – 51g

Fiber – 2g

Protein – 62.5g

Classic Lamb & Figs

Prep Time: 8-10min.

Cooking Time: 20 min.

Number of Servings: 4

Ingredients:

- 2 tablespoons ground ginger
- 2 garlic cloves, minced
- 2 tablespoons apple cider vinegar
- 2 tablespoons coconut aminos
- 2 tablespoons coconut oil
- 4 lamb shanks
- 10 dried figs, halved lengthwise
- 1 ½ cups bone broth
- 1 onion, sliced

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the 1 tablespoon of coconut oil and 2 shanks in the pot; start cooking for 3 minutes per side to cook well and soften. Set aside.
3. Repeat the process with the remaining shanks.
4. Add the ginger and onion in empty pot and cook for about 3 minutes. Mix in the rest of the ingredients.
5. Add all of the lamb shanks to the pot.
6. Close the pot by closing the top lid. Also, ensure to seal the valve.
7. Press “Manual” cooking function and set cooking time to 5 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
8. Turn off and press “Cancel” cooking function. Quick release pressure.
9. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 315

Fat – 12g

Carbohydrates – 23g

Fiber – 2g

Protein – 26.5g

Smoky Pork Roast

Prep Time: 8-10min.

Cooking Time: 70-75 min.

Number of Servings: 4

Ingredients:

- 2 tablespoons liquid smoke
- 2 tablespoons coconut sugar
- 2 tablespoons coconut aminos
- ½ cup water
- 2 pounds pork roast
- 1 tablespoon olive oil

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil and meat in the pot; start cooking for 3 minutes per side to cook well and browned. Transfer the meat to a plate.
3. Combine all of the remaining ingredients in the pot and mix the meat.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 60 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Allow the inside pressure to release naturally; it will take 8-10 minutes to release all inside pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories –502

Fat – 23g

Carbohydrates – 7.5g

Fiber – 0g

Protein – 56g

Goat Tomato Curry

Prep Time: 10-15 min.

Cooking Time: 50 min.

Number of Servings: 5-6

Ingredients:

- 2 onions (diced)
- 3 cloves garlic (minced)
- 1 ½ inch knob fresh ginger (minced)
- 2 teaspoons salt
- 1 teaspoon turmeric powder
- ½ pound sweet potatoes (cut in half)
- 1 teaspoon spice mix
- 2-pound goat meat (or lamb) with bone
- 2 tablespoons avocado oil
- 4 cardamom pods
- 1 teaspoon cumin powder
- 1 tablespoon coriander powder
- 1 bay leaf
- 4 cloves (whole)
- 1 teaspoon paprika
- 1 teaspoon Kashmiri chili powder
- 2 cans organic tomatoes (diced)
- ½ cup water

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil and meat in the pot; start cooking to brown the meat.
3. Add the ginger, diced onion, minced garlic, cloves, bay leaf, salt, cardamom, coriander, cumin, turmeric, Kashmiri chili powder, paprika, and spice mix.
4. Cook for about 3 minutes. Mix the sweet potatoes, diced tomatoes, and water.
5. Close the pot by closing the top lid. Also, ensure to seal the valve.

6. Press “Manual” cooking function and set cooking time to 45 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
7. Turn off and press “Cancel” cooking function. Allow the inside pressure to release naturally; it will take 8-10 minutes to release all inside pressure.
8. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 481

Fat – 32g

Carbohydrates – 14.5g

Fiber – 3g

Protein – 28.5g

Chapter 7: Paleo Chicken & Turkey Mains

Fresh Veggie Turkey

Prep Time: 10min.

Cooking Time: 50 min.

Number of Servings: 7-8

Ingredients:

- 1 bay leaf
- 2 garlic cloves cut in half
- 1 celery stalk, quartered
- 1 medium onion, quartered
- 1 medium carrot, quartered
- 8 pounds fresh turkey
- 1/2 cup water
- Black pepper and salt as needed

Directions:

1. Season the meat with pepper and salt. Add half onion and garlic into the turkey cavity.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Open the pot lid and slowly start adding other ingredients to the pot. Give the ingredients a little stir.
4. Arrange the trivet inside it; arrange the meat over the trivet.
5. Close the pot by closing the top lid. Also, ensure to seal the valve.
6. Press “Manual” cooking function and set cooking time to 48 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
7. Turn off and press “Cancel” cooking function. Quick release pressure.
8. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories – 645

Fat – 22.5g

Carbohydrates – 2.4g

Fiber – 0.5g

Protein – 56.5g

Classic Honey Turkey

Prep Time: 5-8min.

Cooking Time: 20 min.

Number of Servings: 6

Ingredients:

- 1/2 cup water
- 1 teaspoon ground black pepper
- 2 teaspoons honey
- 1/2 teaspoon garlic powder
- 6 turkey drumsticks
- 1/2 cup chicken broth
- 1 tablespoon kosher salt

Directions:

1. Season the meat with the garlic powder, pepper, salt, and honey.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Pour the water into the cooking pot area. Arrange the trivet inside it; arrange the meat over the trivet.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 20 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Allow the inside pressure to release naturally; it will take 8-10 minutes to release all inside pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 126

Fat – 4g

Carbohydrates – 2.5g

Fiber – 0.5g

Protein – 19g

Cashew Chicken Chili

Prep Time: 8-10min.

Cooking Time: 30 min.

Number of Servings: 4-5

Ingredients:

- 2 teaspoons coriander
- 2 teaspoons green chilies
- 1 teaspoon garlic, minced
- 5 large (boneless and skinless) chicken thighs
- 1 onion, chopped
- 1/2 teaspoon spice mix
- 1/4 teaspoon turmeric
- 2 teaspoons olive oil
- 1/2 teaspoon cumin
- 1 1/2 cup coconut milk
- 1/2 teaspoon ginger
- 1/2 cup cashews
- Cilantro for garnish

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Open the pot lid and slowly start adding the above-mentioned ingredients in the pot. Give the ingredients a little stir. Do not add the cashew and cilantro.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 30 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Allow the inside pressure to release naturally; it will take 8-10 minutes to release all inside pressure.
6. Open the pot and shred the meat. Add the cashews and cilantro. Serve warm!

Nutritional Values (Per Serving):

Calories - 545

Fat – 36g

Carbohydrates – 11.5g

Fiber – 2.5g

Protein – 42g

Sweet Potato Turkey Meal

Prep Time: 8-10min.

Cooking Time: 20 min.

Number of Servings: 4

Ingredients:

- 4 tablespoons dairy-free buffalo sauce
- 1 onion, diced
- 3 tablespoons ghee
- ½ teaspoon garlic powder
- 1 ½ pounds turkey breast, cut into cubes
- 1 pound sweet potatoes, cut into cubes

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the 1 tablespoon ghee and onions in the pot; start cooking for 2-3 minutes to cook well and soften.
3. Stir in the remaining ingredients.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Poultry” cooking function and set cooking time to 18 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 374

Fat – 12.5g

Carbohydrates – 32g

Fiber – 4g

Protein – 36.5g

Classic Lemon Coconut Chicken

Prep Time: 8-10 min.

Cooking Time: 25 min.

Number of Servings: 6-8

Ingredients:

- 1 can full-fat coconut milk
- ¼ cup lemon juice
- ½ teaspoon salt
- 1 teaspoon turmeric
- 4 pounds chicken breasts (or chicken thighs)
- 1 tablespoon curry powder
- 1 teaspoon lemon zest (optional)

Directions:

1. Mix the lemon juice, coconut milk, curry powder, and turmeric in a bowl.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Sprinkle the bottom of your instant pot with a small amount of this mixture. Add the chicken breasts.
4. Top with the remaining mixture.
5. Close the pot by closing the top lid. Also, ensure to seal the valve.
6. Press “Poultry” cooking function and set cooking time to 15 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
7. Turn off and press “Cancel” cooking function. Quick release pressure.
8. Open the pot and if the chicken is not pink enough then cook for 10 more minutes on manual mode.
9. Shred the chicken and add the zest. Serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories – 441

Fat – 16g

Carbohydrates – 3g

Fiber – 1g

Protein – 69.5g

Lemongrass Chicken Treat

Prep Time: 12-15min.

Cooking Time: 18 min.

Number of Servings:4

Ingredients:

- 1 stalk lemongrass, trimmed and smashed
- 1 teaspoon grated ginger
- 1 teaspoon ghee
- 4 garlic cloves, crushed
- 3 tablespoons coconut aminos
- 8 chicken drumsticks, skin removed
- 1 onion, sliced
- 1 cup coconut milk
- 1 teaspoon five spice powder
- 2 tablespoons fish sauce

Directions:

1. Nicely blend the lemongrass, fish sauce, ginger, garlic, five-spice powder, and coconut aminos in a blender.
2. Pour in the coconut milk and blend until becomes smooth.
3. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
4. Open the pot lid; add the ghee and onions in the pot; start cooking for 3 minutes to cook well and soften.
5. Add the drumsticks and pour the coconut mixture over.
6. Close the pot by closing the top lid. Also, ensure to seal the valve.
7. Press “Manual” cooking function and set cooking time to 15 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
8. Turn off and press “Cancel” cooking function. Allow the inside pressure to release naturally; it will take 8-10 minutes to release all inside pressure.
9. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 214

Fat – 7g

Carbohydrates – 9.5g

Fiber – 0.5g

Protein – 27g

Chapter 8: Paleo Seafood Mains

Tangy Lime Salmon

Prep Time: 5min.

Cooking Time: 5 min.

Number of Servings: 4

Ingredients:

- 1 tablespoon olive oil
- 1 tablespoon honey
- 4 salmon fillets
- Juice of 2 limes
- 1 tablespoon chopped parsley
- 1 tablespoon hot water
- 1 teaspoon paprika
- ½ teaspoon cumin
- 1 cup water

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Pour the water into the cooking pot area. Arrange the trivet inside it; arrange the salmon over the trivet.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 5 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot and transfer to a serving plate or bowl.
7. Whisk all of the remaining ingredients in a bowl. Drizzle the sauce over the fillets. Serve warm!

Nutritional Values (Per Serving):

Calories - 491

Fat – 31.5g

Carbohydrates – 6g

Fiber – 0.5g

Protein – 43g

Olive Cod Mystery

Prep Time: 5-8min.

Cooking Time: 10 min.

Number of Servings: 4

Ingredients:

- 1 cup water
- 2 tablespoons capers, chopped
- 1 cup black olives, pitted and chopped
- 17 ounces cherry tomatoes, halved
- 4 cod fillets, boneless and skinless
- 1 garlic clove, minced
- 1 tablespoon olive oil
- A pinch of pepper and salt
- 1 tablespoon parsley, finely chopped

Directions:

1. In a heatproof dish, mix the tomatoes, salt, pepper, parsley, oil, fish, olives, capers, and garlic. Toss to combine well.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Pour the water into the cooking pot area. Arrange the trivet inside it; arrange the dish over the trivet.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 8 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 185

Fat – 3g

Carbohydrates – 6g

Fiber – 2.5g

Protein – 7g

Classic Garlic Shrimp

Prep Time: 8-10min.

Cooking Time: 5 min.

Number of Servings: 4

Ingredients:

- 2 tablespoons coconut oil
- 3 tablespoons chopped parsley
- Juice of 1 lemon
- 1 ½ pounds shrimp, peeled and deveined
- ¾ cup chicken broth
- 3 garlic cloves, minced

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil and garlic in the pot; start cooking for 1-2 minutes to cook well and soften.
3. Add the shrimp and chicken broth.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 2 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and mix in the parsley and lemon juice. Serve warm and enjoy.

Nutritional Values (Per Serving):

Calories - 244

Fat – 10g

Carbohydrates – 3.5g

Fiber – 0.2g

Protein – 33g

Orange Gingery Fillets

Prep Time: 8-10min.

Cooking Time: 8 min.

Number of Servings: 4

Ingredients:

- 4 pieces of your favorite fillets
- 4 tablespoons honey
- 2 garlic cloves, minced
- Juice of 1 lime
- 1-inch ginger piece, grated
- 4 tablespoons sriracha
- 2 tablespoons orange juice
- 1 cup of water

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Pour the water into the cooking pot area. Arrange the steamer basket inside it; arrange the fish over the trivet.
3. Whisk all of the remaining ingredients in a bowl and pour the sauce over the fillets.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 5 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 284

Fat – 2.5g

Carbohydrates – 19.5g

Fiber – 0g

Protein – 45.5g

Asparagus Tomato Clams

Prep Time: 8-10min.

Cooking Time: 20 min.

Number of Servings: 4

Ingredients:

- 1 cup cherry tomatoes, halved
- 2 tbs. olive oil
- 4 frozen salmon fillets
- 1 rosemary sprig
- 1 cup water
- 15 oz. asparagus

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Pour the water into the cooking pot area. Arrange the trivet inside it; arrange the salmon over the trivet.
3. Add the rosemary sprig and top with the asparagus.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 3 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Allow the inside pressure to release naturally; it will take 8-10 minutes to release all inside pressure.
7. Open the pot. Discard the rosemary and arrange the salmon and asparagus on a plate.
8. Add the tomatoes and drizzle with olive oil. Serve warm!

Nutritional Values (Per Serving):

Calories - 272

Fat – 29.5g

Carbohydrates – 6g

Fiber – 2.5g

Protein – 41.5g

Broccoli Salmon Veggies

Prep Time: 8min.

Cooking Time: 10 min.

Number of Servings: 2

Ingredients:

- 1 cup water
- 2 salmon fillets, boneless and skin on
- 2 cups broccoli florets
- 1 cup baby carrots
- 1 cinnamon stick
- 1 tablespoon olive oil
- 1 bay leaf
- 3 cloves
- A pinch of pepper and salt
- Some lime wedges for serving

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Pour the water into the cooking pot area and add the cinnamon, cloves and bay leaf. Arrange the trivet inside it; arrange the salmon over the trivet.
3. Season the salmon with salt and pepper, brush it with the oil and mix with carrots and broccoli.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 6 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!
8. Divide salmon and veggies between plates, remove bay leaf, cloves and cinnamon.
9. On top add the sauce from the pot and serve with lime wedges.

Nutritional Values (Per Serving):

Calories - 172

Fat – 3g

Carbohydrates – 2.5g

Fiber – 1g

Protein – 3g

Wonder Wine Clams

Prep Time: 8-10min.

Cooking Time: 8 min.

Number of Servings: 4

Ingredients:

- 2 ½ pounds clams, scrubbed
- 2 tbs. lemon juice
- 2 cups vegetable broth
- ¼ cup white wine
- ¼ cup olive oil
- 2 garlic cloves, minced
- ¼ cup chopped basil

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform. Press “Saute” cooking function.
2. Open the pot lid; add the oil and garlic in the pot; start cooking for 2 minutes to cook well and soften.
3. Mix in the basil, broth, lemon juice, and wine. Bring to a boil and boil for one minute.
4. Arrange the trivet inside it; arrange the clams over the trivet. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 4 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and remove the clams that haven’t opened.
8. Place the clams on a serving plate. Pour the liquid over. Serve warm!

Nutritional Values (Per Serving):

Calories - 226

Fat – 14g

Carbohydrates – 5.5g

Fiber – 0.1g

Protein – 14.5g

Chapter 9: Scrumptious Paleo Snacks

Classic Turnips Sticks

Prep Time: 5min.

Cooking Time: 5 min.

Number of Servings: 4

Ingredients:

- 2 pounds turnips, peeled and make sticks
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ½ teaspoon oregano, dried
- 1 ½ tbs. cumin, ground
- ½ cup water
- 2 tbs. chili powder
- Finely ground pepper to the taste
- 2 tbs. olive oil

Directions:

1. In a mixing bowl, combine the chili powder with onion powder, garlic powder, oregano, cumin and parsnip sticks and toss.
2. Season with pepper, drizzle the oil and toss to coat well.
3. Switch on your instant pot after placing it on a clean and dry kitchen platform.
4. Pour the water into the cooking pot area. Arrange the trivet inside it; arrange the turnips over the trivet.
5. Close the pot by closing the top lid. Also, ensure to seal the valve.
6. Press “Manual” cooking function and set cooking time to 5 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
7. Turn off and press “Cancel” cooking function. Quick release pressure.
8. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories –114

Fat – 1g

Carbohydrates – 2g

Fiber – 0.5g

Protein – 2.5g

Radish Lemon Snack

Prep Time: 5min.

Cooking Time: 12 min.

Number of Servings: 2

Ingredients:

- 1 tbs. chives, chopped
- ½ cup water
- 2 cups radishes, make quarters
- 1 tbs. lemon zest
- A pinch of salt and pepper
- 2 tbs. olive oil

Directions:

1. In a mixing bowl, combine the radishes with salt, pepper, chives, lemon zest and oil and toss to coat.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Pour the water into the cooking pot area. Arrange the trivet inside it; arrange the radishes over the trivet.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 12 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories –124

Fat – 12g

Carbohydrates – 3.5g

Fiber – 1g

Protein – 13.5g

Sweet Potato Lemon Spread

Prep Time: 8-10min.

Cooking Time: 12 min.

Number of Servings: 5-6

Ingredients:

- 2 tablespoons lemon juice
- ½ teaspoon cumin, ground
- 2 cups water+ 2 tablespoons water
- 5 garlic cloves, minced
- 2 cups sweet potatoes, peeled and chopped
- ¼ cup sesame seeds paste
- 1 tablespoon olive oil
- A pinch of salt

Directions:

1. Switch on your instant pot after placing it on a clean and dry kitchen platform.
2. Pour 2 cups water in the cooking pot area. Arrange the trivet inside it; arrange the potatoes over the trivet.
3. Close the pot by closing the top lid. Also, ensure to seal the valve.
4. Press “Manual” cooking function and set cooking time to 12 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
5. Turn off and press “Cancel” cooking function. Quick release pressure.
6. Open the pot and transfer potatoes to your food processor, add 2 tablespoons water, paste, lemon juice, garlic, oil, cumin and a pinch of salt. Pulse well.
7. Serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 132

Fat – 3g

Carbohydrates – 4g

Fiber – 0.5g

Protein – 7g

Garlic Mushroom Snack

Prep Time: 8-10min.

Cooking Time: 10 min.

Number of Servings: 4

Ingredients:

- 16 oz. baby mushrooms
- Pepper to the taste
- 3 tbs. onion, dried
- 3 tbs. parsley flakes
- 1 teaspoon garlic powder
- 2 tbs. olive oil
- ½ cup water

Directions:

1. In a mixing bowl, mix the parsley flakes with onion, pepper, garlic powder, mushrooms and oil and toss.
2. Switch on your instant pot after placing it on a clean and dry kitchen platform.
3. Pour the water into the cooking pot area. Arrange the trivet inside it; arrange the mushrooms over the trivet.
4. Close the pot by closing the top lid. Also, ensure to seal the valve.
5. Press “Manual” cooking function and set cooking time to 10 minutes. It will start cooking after a few minutes. Let the pot mix cook under pressure until the timer reads zero.
6. Turn off and press “Cancel” cooking function. Quick release pressure.
7. Open the pot and serve on a serving plate or bowl. Enjoy the Paleo dish!

Nutritional Values (Per Serving):

Calories - 95

Fat – 2g

Carbohydrates – 3.5g

Fiber – 1.5g

Protein – 4g