

PRIMAL LIFE

PRIMAL LIFE

THE PRIMAL LIFE RECIPE BOOK

30 DELICIOUS RECIPES

Introduction

Welcome to the Primal Life recipe book! This contains 30 delicious recipes using whole, nutritious foods that you can incorporate into your diet. From breakfasts to snacks to main meals, there's something to suit all occasions and tastes. Forget about eating the same foods every day - this cookbook will provide some variety into your meal plans and add to your repertoire of tried and true recipes.

We hope you enjoy this recipes in this book, and as always, stay strong, healthy and happy!

Ryan (Caveman) Croft

Primal Life founder



DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. This publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or modified them to suit your dietary requirements. Any nutritional information and advice given in this book is based on the author's own experience and knowledge. The information provided is not to be used in place of proper medical advice.



CONTENTS

Breakfasts

Breakfast Pancakes
Fruity Breakfast
Breakfast Meatza
Coconut Porridge
Little Monkeys
Veggie Breakfast Hash

Sides and small plates

POW Pepper Sauce
Claire's Red Thai Curry Paste
Quiche Karen
Chicken & Goat Cheese Salad
Green Tuna
Shakshuka
Asparagus Lunch
Apple Scotch Eggs
Baked Chicken Nuggets

Main meals

Garlic Beef with Pomegranate
Currizza
Chicken and Butter Bean Stew
Cheesy Easy Stuffed Chicken
Bacon Wrap Burger
Italian Sausage
Cheesy Bacon Mushrooms
Spicy Veggie Chili
Thai Chicken and Rice Noodles
Sweet Potato Shepherd's Pie

Desserts

Strawberry Cheesecake
Silky Chocolate Pudding
Quick Strawberry Ice Cream
Muggle Mug Cake
Banana Split



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BREAKFASTS



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BREAKFAST PANCAKES

Breakfast Pancakes

Serves 2

Time: 20 minutes

Ingredients

50g porridge oats
1 scoop vanilla whey
1 whole egg
4 egg whites
½ banana, sliced
handful of strawberries, sliced
1 tbsp olive oil
2 tbsp Stevia or other sweetener

Method

In a bowl thoroughly mix the porridge oats, whey, egg & egg whites and Stevia.

In a large non-stick frying pan, heat the olive oil until it shimmers slightly and spreads evenly on the base of the pan. Reduce heat.

Ladle in 2 spoonfuls of the pancake mix. While the underside cooks, press fruit pieces into the top of the pancake.

After 2-3 minutes of cooking, flip over pancakes & cook for a further 2 minutes.

Serve with the remaining fresh fruit.

Nutrition Info

265.5 kcal

20g protein

10.5g fat

26g carbs

- Clean
- Vegetarian
- IIFYM
- Flexible Diet





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BREAKFAST PARFAIT

Breakfast Parfait

Serves 2

Time: 5 minutes

Ingredients

25g almonds
25g mixed dried fruits
200g fresh strawberries, chopped
100g low fat greek yogurt
2 scoops of vanilla whey

Method

In a small bowl thoroughly mix together the whey & natural yogurt.

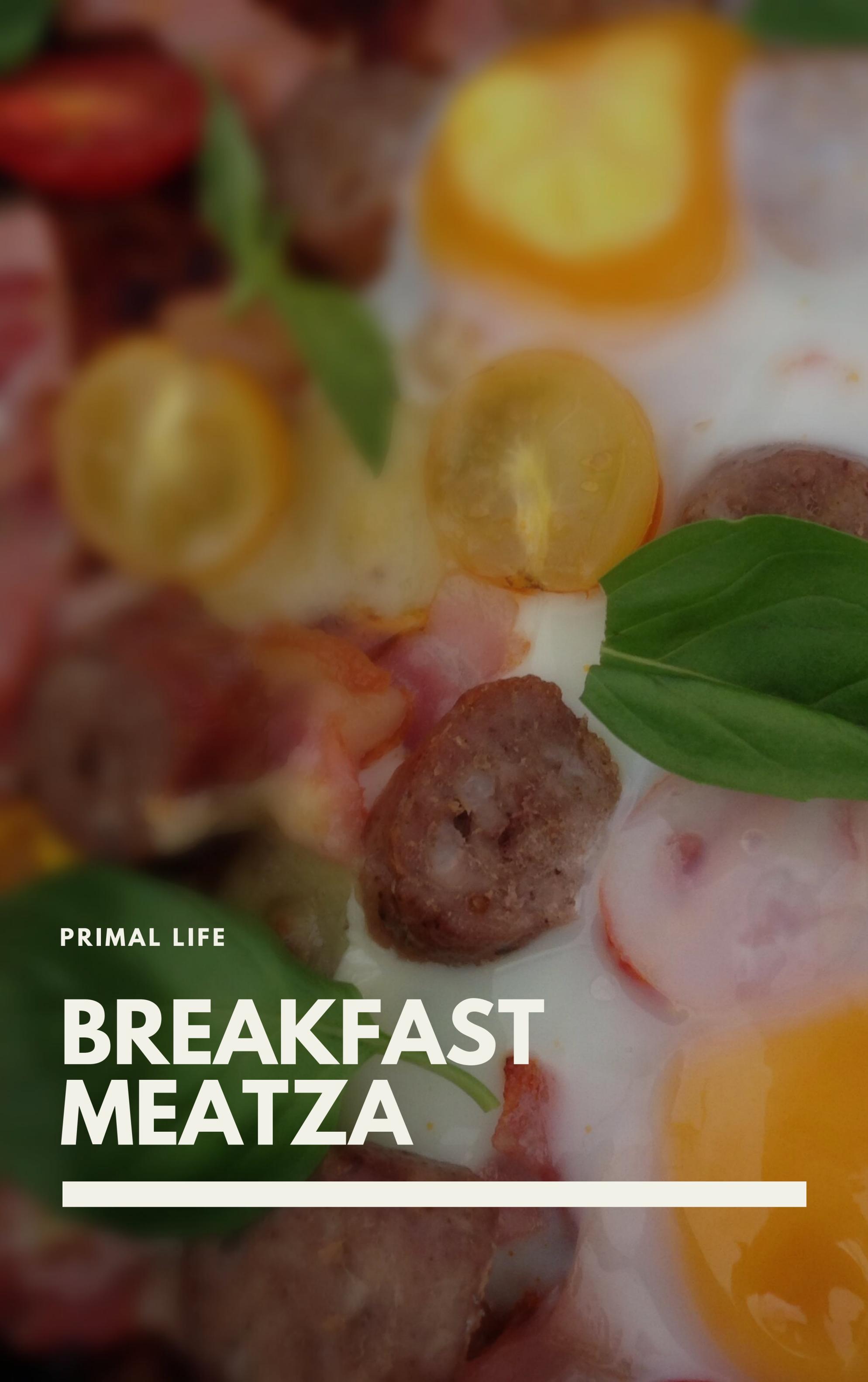
In two glasses, layer the dried fruits, strawberries, nuts & yogurt.

Serve immediately or chill in the fridge overnight for a speedy breakfast in the morning.

Nutrition Info

334 kcal
25.5g protein
18.5g fat
17.5g carbs

- Clean
- Vegetarian
- Gluten Free



PRIMAL LIFE

BREAKFAST MEATZA

Breakfast Meatza

Serves 4

Time: 35-40 minutes

Ingredients

250g pork mince
5 eggs
25g almond flour
heaped tsp vine ripened tomato paste
2 pre-cooked Debbie & Andrews
sausages, sliced
2 rashers bacon, chopped
handful of cherry tomatoes, halved
25g cheddar cheese in thin slices - use
vegetable peeler
fresh basil leaves
tsp dried oregano

Method

Preheat oven to 180°C or 160°C fan/gas
mark 4/350f.

In a bowl mix 1 egg, pork mince, almond
flour & oregano. Press the mix into a
shallow baking tin and cook for 10
minutes.

Brush tomato paste over the base and
add the chopped bacon, then put back
into the oven for 10 minutes.

Next add the cherry tomatoes and cook
for a further 5 minutes.

Lastly, add the eggs (just break them on
the top), the chopped sausage & the thin
cheese pieces. Return to the oven for 5-7
minutes.

Add some fresh basil leaves and serve the
Meatza!

Nutrition Info

410 kcal
28g protein
30g fat
4.2g carbs

- Clean
- Low carb
- Gluten Free

A close-up photograph of a white bowl filled with a thick, creamy porridge. The porridge is topped with several fresh, bright red strawberries, some whole and some sliced. There are also some almond slices scattered on top. The background is softly blurred, focusing attention on the food.

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COCONUT PORRIDGE

Coconut Porridge

Serves 2

Time: 10 minutes

Ingredients

50g porridge oats
200ml coconut milk
50g unsweetened desiccated coconut
2 tbsp Stevia
Fresh strawberries, sliced

Method

In a large saucepan, mix and stir the oats, coconut milk, coconut and Stevia over a medium flame until the mix is thick and piping hot.

Serve, add the sliced strawberries on top and enjoy.

Nutrition Info

303 kcal
5g protein
20g fat
22.5g carbs

- Clean
- Low carb
- Dairy Free
- Vegetarian/Vegan
- IIFYM
- Paleo
- Flexible Diet



PRIMAL LIFE

LITTLE MONKEYS



Little Monkeys

Serves 6

Time: 15 minutes

Ingredients

100g almond flour
50g unsweetened desiccated coconut
1 tbsp of unsweetened cocoa
1 tbsp stevia sweetener
1 tbsp maple syrup
2 small bananas, sliced
1 tbsp coconut oil
4 large eggs

Method

In a large bowl mix together the eggs, flour, coconut, cocoa, sweetener to a thick paste.

In a large non-stick pan, melt coconut oil over a medium-high heat. When the oil is shimmering, drop heaped dessert spoons of the mix into it.

Make two pancakes at a time. As the pancake is cooking, push banana slices into them before flipping pancakes.

Cook for 1-2 mins. Serve with fresh sliced banana & drizzle of maple syrup.

Nutrition Info

264.6 kcal

8.5g protein

19.8g fat

14.6g carbs

- Clean
- Dairy Free
- Gluten Free
- Vegetarian
- Paleo





PRIMAL LIFE

VEGGIE BREAKFAST HASH

Veggie Breakfast Hash

Serves 2

Time: 25 minutes

Ingredients

200g firm tofu
1 1/2 tbsp olive oil
1 red bell pepper
1 green bell pepper
3 spring onions, chopped
1/2 tsp ground cumin
1/2 tsp sea salt
50g chopped baby tomatoes
50g chopped red onion
Squeeze of lime juice
1/2 medium avocado, chopped
1 tbsp fresh coriander

Method

Cut tofu into 1/2-inch cubes.

Heat the oil in a large non-stick pan over a medium-high heat. Add the tofu, bell peppers, spring onions, cumin, and a pinch of salt and cook while stirring occasionally until the peppers and tofu are lightly browned, or about 8 minutes.

Add the tomatoes and red onion and stir in. Cook while stirring well for about 1 minute.

Serve on 2 plates and add the avocado, the remaining salt, and sprinkle with coriander and lime juice.

Nutrition Info

350 kcal
13g protein
24g fat
20g carbs

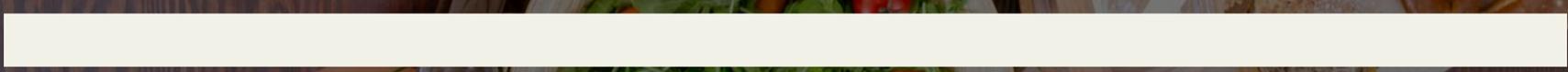
- Clean
- Dairy Free
- Gluten Free
- Vegetarian
- Vegan



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SIDES & SMALL PLATES





PRIMAL LIFE

POW PEPPER SAUCE

Pow Pepper Sauce

Serves 6 - 8

Time: 50 minutes

Ingredients

3 large orange peppers, chopped into chunks
4 small yellow courgettes, chopped into chunks
100g baby tomatoes, whole
2 red onions, cut into wedges
2 tbsp olive oil
A handful of fresh basil

Method

Preheat oven to 180°C or 160°C fan/gas mark 4/350f.

Put all vegetables into an oven proof dish & coat with olive oil.

Cook until the pepper skins are blackened - about 40 minutes.

Use a blender to whiz all ingredients including the fresh basil into a smooth sauce.

Perfect with chicken, fish and pasta dishes.

Nutrition Info

62 kcal

1g protein

1g fat

5g carbs

- Clean
- Dairy Free
- Gluten Free
- Vegetarian/vegan
- Paleo

A top-down view of a glass bowl containing various fresh ingredients for Thai red curry paste. The ingredients include sliced white onions, halved cherry tomatoes, green herbs like cilantro and scallions, and a mound of brown, textured ground meat or protein. A thick, vibrant orange-red paste is spread over the meat. The bowl is set on a light-colored surface.

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CLAIRE'S THAI RED CURRY PASTE

Claire's Thai Red Curry Paste

Time: 10 minutes

Ingredients

12-15 red chillies, seeded
4 shallots, peeled
2 garlic cloves, peeled
1 tbsp ginger, chopped
2 stalks of lemongrass, chopped
3 kaffir lime leaves
4 coriander stalks
10 black peppercorns
1 tsp coriander seeds
½ tsp cumin seeds
pinch of cinnamon
1 tsp turmeric
1 tsp salt
2 tbsp coconut oil

Method

Blend everything. Store in a screw top jar in a fridge and use within a month.

To use the curry paste, fry 2 tablespoons of paste in a non-stick pan for a couple of minutes.

Add tin of coconut milk plus the meat, fish or vegetables of your choice. Add a tablespoon of sugar and a tablespoon of fish sauce. Garnish with thai basil and mint to serve.

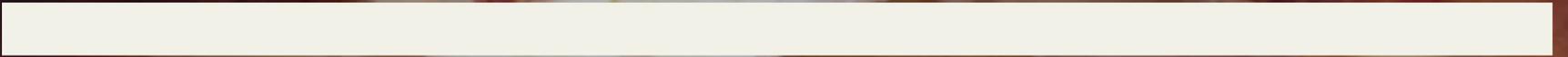
Nutrition Info

- Clean
- Dairy Free
- Gluten Free
- Vegetarian/vegan
- Paleo



PRIMAL LIFE

QUICHE KAREN



Quiche Karen

Serves 4

Time: 50 minutes

Ingredients

8 rashers of bacon
2 whole eggs
8 egg whites
50g of feta, crumbled
1 tbsp dried oregano

Method

Preheat oven to 180°C or 160°C fan/gas mark 4/350f.

Place the bacon rashers around and across a quiche dish do there are no gaps.

Place in the oven and bake for 10 minutes, then leave the oven on.

Allow the quiche base to cool outside of the oven.

In a large bowl, whisk together the remaining ingredients. Pour into the bacon lined quiche dish and cook for a further 20-30 minutes until the eggs are firm.

Cut into quarters and serve with a fresh green salad.

Nutrition Info

226 kcal
29.5g protein
29g fat
1.8g carbs

- Clean
- Flexible Diet
- IIFYM
- Gluten Free
- Low carb



PRIMAL LIFE

CHICKEN & GOAT CHEESE SALAD

Chicken & Goat Cheese Salad

Serves 1

Time: 25 minutes

Ingredients

1 tbsp coconut oil
200g raw boneless, skinless chicken breast
1/2 head chopped romaine lettuce
1/4 carrot, sliced thinly
1/2 cucumber, chopped
1/4 medium red onion, chopped
2 tbsp crumbly goat's cheese
2 tsp raspberry vinegar

Method

Using the coconut oil, cook chicken in a non-stick frying pan over a medium heat. Cook until the chicken is lightly browned on the outside and cooked throughout, 8 to 10 minutes per side.

Slice the chicken breast into 1 inch strips.

Mix all ingredients together in bowl.

Add the raspberry vinegar to taste.

Nutrition Info

390 kcal
56g protein
12g fat
14g carbs

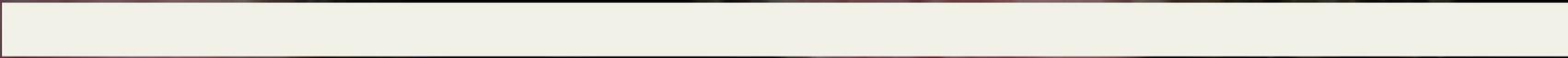
- Clean
- Flexible Diet
- IIFYM
- Gluten Free
- Low carb





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GREEN TUNA



Green Tuna

Serves 2

Time: 10 minutes

Ingredients

2 fresh tuna steaks
green tea bags, split open
1 tbsp olive oil

Method

Dip each side of the tuna steak into the green tea.

Heat a griddle pan over a medium-high flame and add the olive oil.

Sear both sides of each tuna steak for 2 minutes.

Serve with a salad.

Nutrition Info

171 kcal
28.5g protein
9.5g fat
3g carbs

- Clean
- Flexible Diet
- Paleo
- IIFYM
- Dairy Free
- Gluten Free
- Low carb





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SHAKSHUKA

Shakshuka

Serves 2

Time: 35 minutes

Ingredients

1/2 medium red pepper, chopped
1/2 medium red onion, chopped
1/4 tsp olive oil
1 clove garlic, chopped
1/2 tsp ground cumin
1/2 tsp paprika
2 cans chopped tomatoes
1/4 tsp sea salt
1 tbsp black pepper
2 tbsp feta cheese, chopped or crumbled
2 large whole eggs
2 tbsp lemon juice
Handful of chopped coriander

Method

Heat olive oil in a large non-stick pan with deep sides. Fry half the peppers and onion on a medium heat for 5 minutes and add the garlic and spices. Cook for a minute then add the tomatoes and bring mixture to a simmer for about 10 minutes. Season with salt and pepper.

Add feta and make 2 hollows in the mixture. Crack the eggs and drop them one by one into these hollows. Season with salt and pepper.

Cover the pan and cook on a low heat until the eggs are cooked to your liking, or about 8 minutes.

Spoon tomato mixture into 2 bowls. Gently transport an egg into each bowl, scatter half of remaining pepper and onion over the top. Garnish with the chopped coriander and lemon juice.

Nutrition Info

245 kcal
14g protein
9g fat
28g carbs

- Clean
- Flexible Diet
- IIFYM
- Vegetarian
- Gluten Free



A close-up photograph of a meal featuring salmon, asparagus, and a lemon wedge. The salmon is cooked and sliced, with asparagus spears and a lemon wedge visible. The background is a white plate.

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ASPARAGUS LUNCH

Asparagus Lunch

Serves 1

Time: 10 minutes

Ingredients

1 packet of asparagus spears
125g smoked salmon
1 lemon, quartered
5 grinds of black peppercorns

Method

Lightly steam asparagus spears for 2-3 minutes so they still have crunch/bite.

Wrap bundles of asparagus spears with the smoked salmon slices. Squeeze over some lemon juice and sprinkle with black pepper.

Nutrition Info

233 kcal
31g protein
13g fat
5g carbs

- Clean
- Flexible Diet
- Paleo
- IIFYM
- Dairy Free
- Gluten Free



PRIMAL LIFE

APPLE SCOTCH EGGS

Apple Scotch Eggs

Serves 4

Time: 45 minutes

Ingredients

4 eggs, hard boiled
500g pork mince
1 apple, peeled & grated
1 tbsp dried sage
1 tbsp Mediterranean dried herbs

Method

Preheat oven to 180°C or 160°C fan/gas mark 4/350f.

In a mixing bowl, thoroughly mix all the ingredients except the eggs. Divide the mixture into four equal size portions.

On your countertop, lay out a large piece of greaseproof paper. Using your hands, flatten out the mince portion on top. Place an egg in the middle and using the greaseproof paper, roll the mince around the egg. Shape into a ball using your hands.

Repeat until you have made 4 large scotch eggs. Place on a non-stick baking tray.

Bake in the oven for 30 minutes, turning half way through. Serve with a green salad.

Nutrition Info

392.5 kcal

28.5g protein

28.7g fat

5.2g carbs

- Clean
- Low carb
- Paleo
- Dairy Free
- Gluten Free



PRIMAL LIFE

BAKED CHICKEN NUGGETS

Baked Chicken Nuggets

Serves 5

Time: 50 minutes

Ingredients

450g boneless, skinless chicken breast
1/4 tsp salt
1/4 tsp black pepper
6 tbsp Tapioca or other gluten free
flour
2 large whole eggs
1 tbsp water
2 tbsp coconut oil

Method

Preheat oven to 200°C or 180°C fan/gas mark 6/400f.

Chop chicken breast into chunks, then toss in the blender with a pinch of salt & pepper and pulse blend 5-8 times, until minced but not mushy.

Shape the minced chicken breast into about 20-25 balls and lightly dust with 1 tablespoon of the tapioca flour. Gently press a baking tray on top of the balls to make the ideal 'nugget' shape.

Mix the remaining flour with the salt, pepper, eggs and water to make the batter. Brush the bottom of a baking tray with the coconut oil.

Dip the nuggets in the batter then place them on the baking tray, spreading them out evenly with as much space between them as possible. Bake in the oven for 6 minutes, then turn over and bake for another 8 minutes. Allow to cool for a minute before serving.

Nutrition Info

220 kcal
19g protein
12g fat
8g carbs

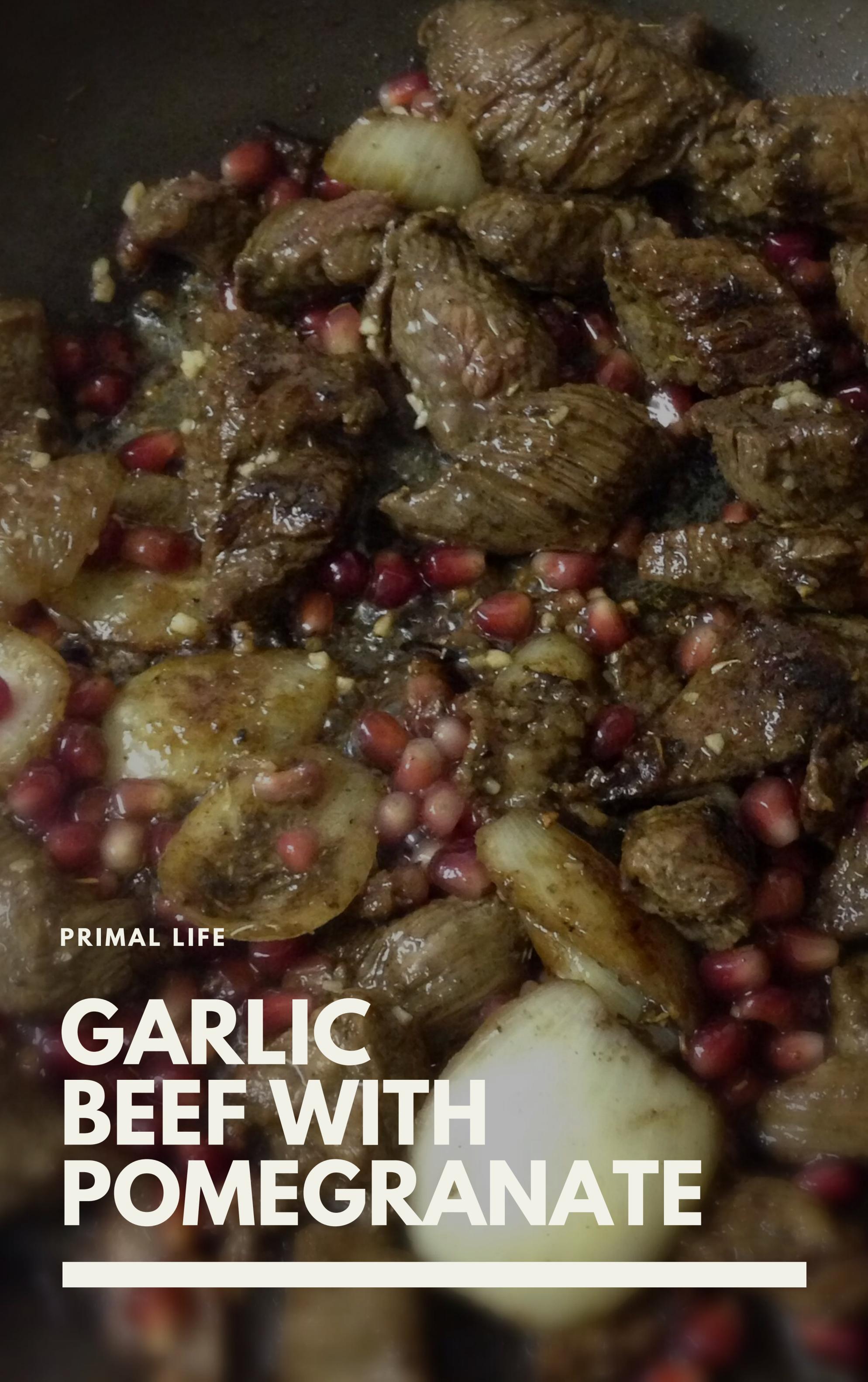
- Clean
- Low carb
- Dairy Free
- Gluten Free



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MAIN MEALS



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GARLIC BEEF WITH POMEGRANATE

Garlic Beef with Pomegranate

Serves 4

Time: 15 minutes

Ingredients

450g beef strips
2 tbsp coconut oil
4 cloves of garlic crushed, or 2 tsp lazy garlic
100g pomegranate seeds
2 tbsp dry sherry
4 tbsp soy sauce
1 onion, sliced

Method

Heat a large wok until hot. Add the coconut oil and heat until it smokes.

Add the beef and stir fry for 2-3 minutes.

Next, add the garlic and onions. Continue to stir fry for 2 minutes.

Finally add the soy sauce, dry sherry & pomegranate seeds.

Cook for a further 2-3 minutes.

Serve with wilted baby spinach.

Nutrition Info

282.5 kcal

26g protein

16g fat

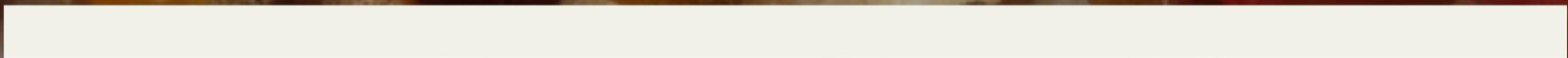
8g carbs

- Clean
- Low carb
- Dairy Free



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CURRIZZA



Curryza

Serves 1

Time: 20 minutes

Ingredients

1 gluten free naan bread
2 tbsp tomato puree
1 tsp ground cumin
1 smoked mackerel fillet, shredded
4 cherry tomatoes, halved
1 mushroom, finely sliced
1 tsp garam masala

Method

Preheat oven to 180°C or 160°C fan/gas mark 4/350f.

Spread the tomato puree on top of the naan bread. Sprinkle the cumin over the top.

Assemble all the other ingredients onto of the naan bread.

Sprinkle the garam masala over the top.

Place on a baking tray and place in the oven for 10-15 minutes.

Serve with a fresh green salad.

Nutrition Info

590 kcal
27g protein
29g fat
60g carbs

- Clean
- Gluten Free
- Flexible Diet
- IIFYM





PRIMAL LIFE

CHICKEN & BUTTER BEAN STEW

Chicken & Butter Bean Stew

Serves 4

Time: 60 minutes

Ingredients

2 tbsp olive oil
4 chicken breasts, diced
2 garlic cloves crushed, or 1 tsp lazy garlic
125ml red wine
large tin of chopped tomatoes
1 red pepper, sliced
150ml water
1 onion, finely diced
1 bay leaf
1 large tin of butter beans

Method

In a large non-stick pan, fry the onions in 1 tsp of oil for 5 mins over a medium flame until soft & golden.

Use a slotted spoon to transfer the onions to a large saucepan.

Next using 1 tsp oil lightly brown the chicken pieces in the non-stick pan. Add to the large saucepan and add remaining ingredients except the butter beans.

Cover and cook on medium heat for 20 minutes. Rinse the butter beans, add to the saucepan and cook for a further 10 minutes.

Serve with fresh green vegetables.

Nutrition Info

325.2 kcal

27.2g protein

9g fat

15.7g carbs

- Clean
- Gluten Free
- Dairy Free

A close-up photograph of a stuffed chicken breast. The chicken is cooked and sliced, revealing a filling of melted yellow cheese and a slice of ham. The ham is a deep red color with a white fat layer. The chicken is served on a green plate.

PRIMAL LIFE

CHEESY EASY STUFFED CHICKEN

Cheesy Easy Stuffed Chicken

Serves 1

Time: 40 minutes

Ingredients

1 large chicken breast
2 rashers of bacon
small snack pack of dried soft apricots
50g blue cheese, crumbled
1 tsp coconut oil
aluminium foil

Method

Preheat oven to 200°C or 180°C fan/gas mark 5/380f.

Slice a pocket into the chicken breast with a sharp knife. Stuff with apricots and cheese.

Wrap the two rashers of bacon around the chicken breast, then wrap the tin foil tightly around the meat parcel.

Bake in the oven for 20-25 minutes. Take out the meat parcel and remove the foil.

Heat a griddle pan and add coconut oil. Fry the bacon-wrapped chicken breast for 2 minutes per side to crisp up the bacon.

Leave to rest for 5 minutes, then slice to serve.

Nutrition Info

521 kcal
23g protein
43g fat
15g carbs

- Clean
- Flexible Diet
- IIFYM



PRIMAL LIFE

BACON WRAP BURGER

Bacon Wrap Burger

Serves 1

Time: 35 minutes

Ingredients

2 rashers of bacon
100g minced beef
2 tomatoes, sliced
½ onion, finely sliced
1 tbsp olive oil
1 tsp mixed herbs

Method

Preheat oven to 180°C or 160°C fan/gas mark 4/350f.

In a non-stick frying pan, fry the onion in olive oil. When lightly browned and soft, remove from the heat.

In a small bowl, mix the dried herbs and minced beef and shape into a burger.

Add onions and fresh tomato slices on top of the burger.

Carefully wrap the burger with the bacon slices. Place on a baking tray and cook for 15-20 mins.

Serve with a salad.

Nutrition Info

456 kcal
30g protein
35g fat
6g carbs

- Clean
- Flexible Diet
- IIFYM
- Low carb
- Gluten Free
- Dairy Free



A close-up photograph of a plate of Italian sausage, small potatoes, purple onions, and pasta. The sausage is browned and textured, the potatoes are small and round, the onions are sliced and purple, and the pasta is a wide, flat ribbon shape. The background is a soft, out-of-focus light color.

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ITALIAN SAUSAGE

Italian Sausage

Serves 2

Time: 30 minutes

Ingredients

1 pack of Debbie & Andrews sausages, chopped into pieces
50g black or green grapes
2 tbsp balsamic vinegar
1 tbsp olive oil
1 tbsp dried oregano
½ red cabbage, shredded and chopped

Method

Heat the oil in a large frying pan, add chopped sausages and brown for about 5 minutes over a medium heat.

Add the chopped cabbage and allow it to sweat down. Add the balsamic vinegar & oregano and continue to cook for a further 10 minutes.

Add the grapes and cook for a further 5 minutes.

Serve with green vegetables.

Nutrition Info

555 kcal
33g protein
37.5g fat
24.5g carbs

- Clean
- Higher Protein
- Flexible Diet
- IIFYM
- Gluten Free
- Dairy Free





PRIMAL LIFE

CHEESY BACON MUSHROOMS

Cheesy Bacon Mushrooms

Serves 2

Time: 35 minutes

Ingredients

4 rashers of bacon, chopped into small pieces
50g of onion, very finely chopped
1 clove of garlic, minced
4 large mushrooms, peeled, stalks removed & chopped
50g feta, crumbled
30g blue cheese, crumbled
1 tbsp olive oil

Method

Preheat oven to 180°C or 160°C fan/gas mark 4/350f.

Heat the olive oil in a large non-stick pan, add bacon & fry over a medium heat until crispy. Remove bacon.

Sauté the onions in the same pan for 5 minutes. Add mushroom stems & garlic and cook for a few minutes.

Use the mixture to stuff the mushrooms & sprinkle with the crumbled cheese.

Bake for 20 minutes until mushrooms are soft.

Serve with a green salad.

Nutrition Info

322 kcal
18g protein
27.5g fat
3g carbs

- Clean
- Low carb
- Flexible Diet
- IIFYM
- Gluten Free



PRIMAL LIFE

SPICY VEGGIE CHILI

Spicy Veggie Chili

Serves 4

Time: 35 minutes

Ingredients

2 tsp olive oil
1 medium red onion
1 jalapeno pepper
2 cloves garlic, chopped
2 cans red kidney beans, drained and rinsed
300ml vegetable stock
1 can chopped tomatoes
1 1/2 tsp chili powder
1 tsp cumin
1/2 tsp sea salt
1/4 tsp cinnamon
Handful of coriander, chopped

Method

Heat the oil in a large saucepan over a medium heat. Add the onion and jalapeño and fry until the onion is lightly caramelised or about 5 minutes. Add the garlic and fry for another 30 seconds.

Stir in the remaining ingredients and bring to a boil on high for 1 minute. Cover, reduce heat to low, and simmer until flavors are well combined for about 20 minutes.

Serve with a green salad and a generous sprinkling of fresh coriander.

Nutrition Info

270 kcal
17g protein
2g fat
45g carbs

- Vegetarian
- Vegan
- Dairy Free
- Gluten Free
- Very low fat





PRIMAL LIFE

THAI CHICKEN & RICE NOODLES

Thai Chicken & Rice Noodles

Serves 3

Time: 20 minutes

Ingredients

400g skinless chicken breast, cut into strips
1 red onion, sliced
1 red pepper, deseeded & sliced
100g dried rice noodles
2 tbsp sweet chilli sauce
2 tsp fish sauce
1 tbsp thai 7 spice seasoning
2 tbsp coconut oil

Method

Prepare the rice noodles according to packet instructions.

In a large wok, heat 1 tbsp of coconut oil over a high heat. When the oil is hot, add the onions and peppers. Stir fry for 5 minutes.

Add the thai spices & fish sauce and stir. Add chicken & cook for a further 7 minutes.

Finally, add the remaining tbsp of coconut oil, sweet chilli sauce & rice noodles. Stir thoroughly and cook for 2 minutes.

Serve immediately.

Nutrition Info

334.5 kcal

21.5g protein

20.7g fat

16g carbs

- Clean
- Dairy Free
- Gluten Free



PRIMAL LIFE

SWEET POTATO SHEPHERDS PIE

Sweet Potato Shepherd's Pie

Serves 4

Time: 1 hour 35 minutes

Ingredients

450g minced lamb
1 large sweet potato
1/8 tsp sea salt
1/8 tsp black pepper 1 tsp olive oil 1
white onion, chopped
2 cloves garlic, finely chopped
1/2 medium green pepper
1/2 medium red pepper
1/2 whole yellow pepper

Method

Preheat oven to 200°C or 180°C fan/gas mark 6/400f.

Chop the sweet potato into large chunks and boil for 15 minutes or until soft, then mash with salt and pepper. Set aside.

Heat olive oil in a large non-stick pan and fry the onion until lightly browned, or about 5 minutes. Add the garlic, peppers and seasoning and fry for a further 3 minutes.

Add the lamb to the pan and stir well to combine the ingredients, then fry until the mince is browned.

Remove the pan from the heat and add the mince mixture to a 9 inch baking dish with deep sides. Use a spoon or spatula and spread the mashed sweet potato on top. Bake in the oven for 45 minutes. Allow to cool for 5 minutes before serving.

Nutrition Info

334.5 kcal

21.5g protein

20.7g fat

16g carbs

- Clean
- IIFYM
- Flexible Diet
- Dairy Free
- Gluten Free

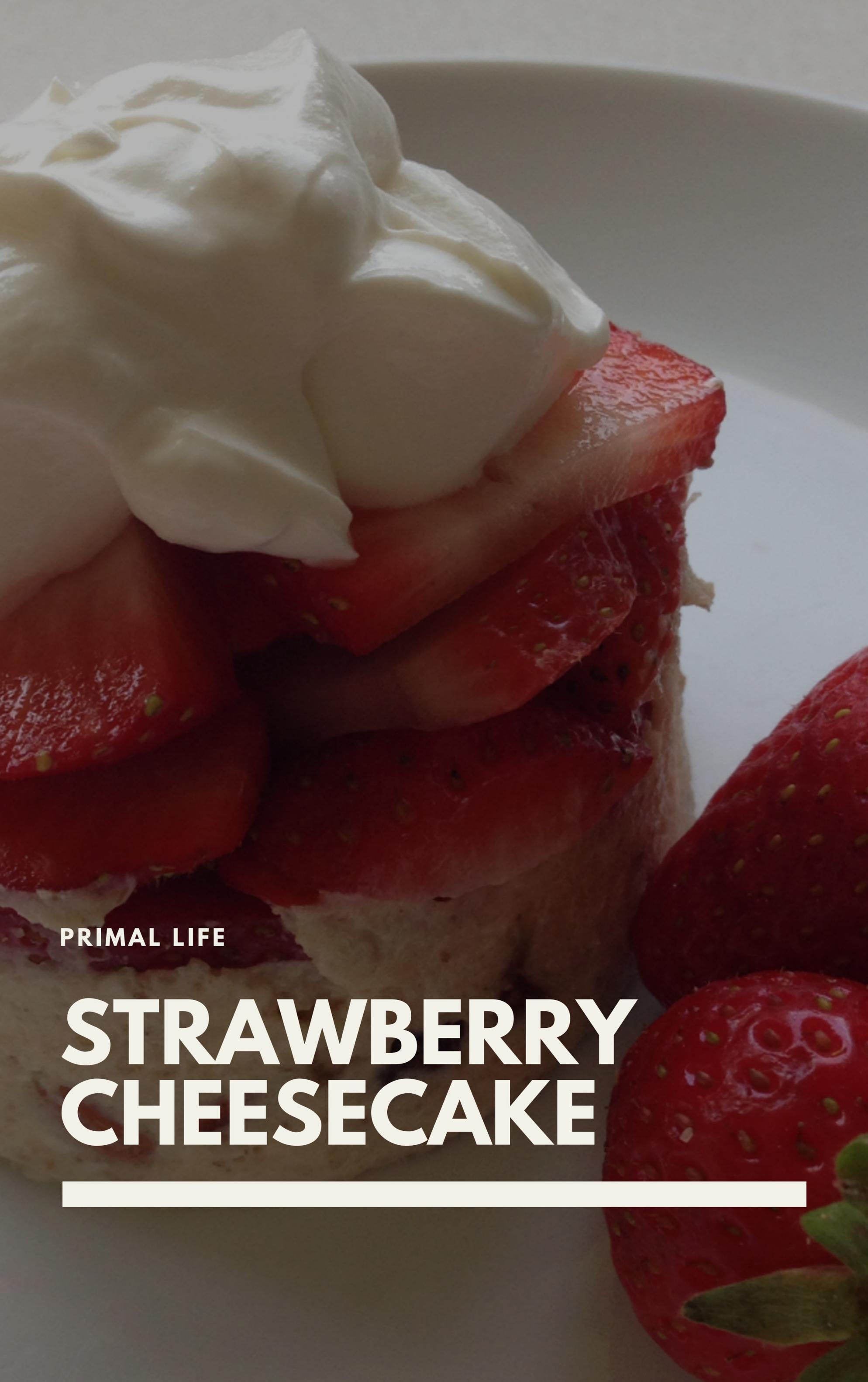




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DESSERTS



PRIMAL LIFE

STRAWBERRY CHEESECAKE

Strawberry Cheesecake

Serves 4

Time: 1 hour 10 minutes

Ingredients

For the base:

100ml coconut cream

60ml double cream

100g fresh strawberries, finely chopped

50g unsweetened desiccated coconut

50g almond flour

2 scoops of vanilla whey

For the top:

100g strawberries, thinly sliced

Method

Mix together all the base ingredients in a bowl.

Using small presentation rings on side plates, fill 4 rings with the base mixture, saving some cream for topping.

Finish the rings with sliced strawberries.

Put the mini cheesecakes in the freezer for 30 minutes - 1 hour.

Remove from freezer, take off the rings & serve with the reserved cream on top.

Nutrition Info

334.5 kcal

14.5g protein

28.2g fat

7.2g carbs

- Clean
- Paleo
- Low carb
- Gluten Free
- Vegetarian





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SILKY CHOCOLATE PUDDING

Silky Chocolate Pudding

Serves 6

Time: 1 hour

Ingredients

3 ripe avocados
Juice of 1 lemon
100ml honey
25g stevia
3 heaped tbsp unsweetened cocoa
100ml coconut milk

Method

Place all the ingredients in a food processor and blend until smooth and thoroughly mixed.

Pour into 6 ramekins & chill in the fridge for one hour.

Note - must be eaten within 24 hours.

Nutrition Info

230 kcal
3.5g protein
11.5g fat
34.6g carbs

- Clean
- Paleo
- Dairy Free
- Gluten Free
- Vegetarian
- Vegan



A close-up photograph of a strawberry ice cream dessert. The ice cream is a vibrant pink color and is topped with several fresh strawberries, including one prominently in the upper left and another in the lower right. The background is a soft, out-of-focus grey.

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QUICK STRAWBERRY ICE CREAM

Quick Strawberry Ice Cream

Serves 4

Time: 20 minutes

Ingredients

400g strawberries, hulled & frozen
100g tinned coconut milk
4 scoops strawberry whey powder

Method

In a powerful blender, blend all the ingredients until smooth. Pour into 4 ramekins & freeze for 15 minutes.

Loosen sides and turn out onto a plate. Serve with a tablespoon of coconut cream and some fresh strawberries.

Nutrition Info

169 kcal

20.2g protein

6.2g fat

10.2g carbs

- Clean
- Paleo
- Gluten Free
- IIFYM
- Flexible Diet
- Vegetarian





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MUGGLE MUG CAKE

Muggle Mug Cake

Serves 1

Time: 5 minutes

Ingredients

1 scoop of chocolate whey
2 tsp unsweetened cocoa powder
1/8 tsp of baking powder
4 dates, finely chopped
1 whole egg
1 egg white
15g of grated 85% dark chocolate
1 tsp maple syrup

Method

In a bowl mix together all the ingredients until thoroughly blended.

Pour all the batter into a microwaveable mug. Cook on high for 30 seconds.

Tip the mug over a plate and give it a little shake until the cake falls out.

Serve with Greek natural yoghurt.

Nutrition Info

398 kcal
32g protein
14g fat
37g carbs

- Clean
- High Protein
- Gluten Free
- Paleo
- Vegetarian





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BANANA SPLIT

Banana Split

Serves 1

Time: 8 minutes

Ingredients

120g plain Greek yoghurt
1 tsp honey
1/4 tsp pure vanilla extract
1 banana
60g raspberries
3 tbsp pistachios, shelled
2 tsp chocolate syrup

Method

In a small bowl, whisk together the yogurt, honey, and vanilla.

Peel and halve the banana lengthwise; then place onto a dessert dish or bowl.

Top with the yogurt, raspberries, pistachios, and chocolate syrup.

Nutrition Info

387 kcal
13g protein
11g fat
53g carbs

- Vegetarian
- Gluten Free
- IIFYM
- Flexible Diet

