

The Caveman Cookbook

Tracy Jones, M.S.

A Note About *The Caveman Cookbook*

From Tracy...

The Caveman Cookbook is a free ebook that's meant to be used along with the book *The Caveman Diet*, which is available at www.CavemanEating.com.

The Caveman Cookbook is a growing book. New recipes will be added to this cookbook by myself and other Cavers (people who follow the Caveman Diet) over time.

If you have a recipe you'd like to add, email it to tracy@cavemaneating.com. In order for recipes to be included, they should follow the principles of Caveman Eating outlined in *The Caveman Diet*.

You can be credited for your recipe with your first and/or last name or a nickname. You can also include a link to your website or your email address.

Feel free to forward this ebook to your friends. However, they'll only receive updates containing new Caveman recipes when they sign up to receive this cookbook and my newsletter at www.CavemanEating.com. Signing up is free.

Each recipe has its own number that identifies it, so people will know which recipe is which. When new recipes are added to the cookbook, they're added to the end of the book.

Each time the cookbook is revised, it's given a new Version number. The Version number is listed at the bottom of the pages.

When you want to print a recipe, all you have to do is print the page that the recipe is on, rather than printing out the whole book. This is one of the benefits of a cookbook that's an ebook rather than a printed book.

You can print out recipes and give them to your friends. You may want to keep a three-ring notebook containing recipes that you like.

I hope you enjoy these healthy, flavorful Caveman recipes and share them with your friends and family!

Happy eating,

Tracy

Apples with Lemon and Cinnamon

CARB

Recipe #1

Tracy

This is a simple dessert that's reminiscent of apple pie, only fresher-tasting.

Ingredients:

apples
lemons or limes
cinnamon

Directions:

Cut the apples into slices or bite-sized pieces. Toss them with lemon juice and cinnamon.

For each medium apple, use about 2 teaspoons lemon juice and about ½ teaspoon cinnamon.

For four medium apples, use about 3 tablespoons lemon juice and about 2 teaspoons cinnamon.

Variation: When using tart apples such as Granny Smith, use limes instead of lemons. The combination of tart apples, lime juice and cinnamon is fantastic!

Frozen Grapes (“Grape-sicles”)

CARB

Recipe #2

Tracy

This classic way of eating grapes refreshes you with sweetness on a hot day.

Ingredients:

grapes

Directions:

Wash and dry grapes. Freeze them in an open container. When they’re frozen, put a lid on the container.

Eat out of hand as mini-popsicles.

Banana Ice Cream

CARB

Recipe #3

Tracy

Popularized by raw food enthusiasts, this amazingly simple dessert can be mixed with other healthy ingredients to create countless flavors.

When you do an internet search on “raw banana ice cream,” you’ll find recipes combining frozen bananas with nut butter, cocoa powder, frozen berries, and vanilla, creating flavors like almond, chocolate, strawberry-banana, and vanilla ice cream.

Ingredients:

bananas, enough for your carb

Directions:

Peel the banana and put it in your freezer until it hardens, about one hour.

Put the banana in a food processor and process it until it’s smooth and creamy.

If you don’t have a food processor, remove the banana from the freezer when it’s half-frozen and mash it well with a fork.

Caveman Banana Pancakes

CARB WITH SOME PROTEIN

Recipe #4

Tracy

After tasting these, you may never want pancakes made with flour again. Plus these are so fresh and easy. Nothing to measure and just two ingredients!

Ingredients:

1 medium banana
1 egg

Directions:

Put the banana in a bowl and mash it with a fork. Add the egg. Use the fork to beat the banana and egg together until they're combined.

Heat a nonstick pan over medium heat until small drops of water that you add to the pan jump around and dance across the pan immediately.

Add the batter to the pan to make pancakes as small or as big as you like. Turn them over when the undersides are brown. Then cook on the other side until the second side is brown too.

You can top the pancakes with pureed mango, pureed apple or another fresh fruit puree.

Be sure to add protein and a little fat to your meal to balance it. You can cut the protein and fat down slightly from your normal portion since the egg adds a bit of each.

Eggplant Pizzas

CARB AND PROTEIN

Recipe #5

Tracy

This recipe gives you the flavors, scent and experience of eating pizza. You might even find that you like this better than the traditional kind. Caveman pizza is much more filling -- without the high calories and carbs of traditional pizza.

Ingredients:

1 eggplant
olive oil
unsweetened tomato sauce
cooked chicken, cooked ground turkey or other cooked meat
vegetables to top the pizza (onions, green peppers, mushrooms, spinach, fresh basil, etc.)

Directions:

Preheat your oven to 375° F

Slice the eggplant cross-wise into rounds about 1/2 inch thick.

Lightly grease one or two baking sheets with olive oil. Lay the eggplant slices in a single layer on the baking sheets. Bake for fifteen minutes or until the eggplant is soft enough to eat but not burnt. Turn the slices over.

Spread tomato sauce on the slices. Top with cut-up vegetables. Lastly, add the cooked meat.

Bake for five to ten minutes more until the vegetables are cooked to your liking but are not burnt.

For a meal, eat enough pizzas so that you get the correct amount of meat. If the meat is low-fat like chicken breast, add fat to the meal, such as adding a salad with olive oil.

Poached Fish

PROTEIN

Recipe # 6

Tracy

Poaching is simple a method of cooking fish in water over the stove. The fish comes out moist and flavorful, even if you overcook it. Any fish can be cooked this way, including salmon and shrimp.

Ingredients:

fresh or frozen fish
water

Optional: herbs, garlic, wine, lemon juice

Directions:

Place the fish in a pan or pot and cover it with water. Simmer the fish uncovered until a fork poked through the middle shows that the flesh is just turning from translucent to solid.

You can also add herbs, garlic, or wine to the water to give the fish extra flavor.

Pan-Cooked Fish

PROTEIN

Recipe # 7

Tracy

Only a small amount of oil is needed when you cook fish in a nonstick pan.

Ingredients:

fresh fish filets
olive oil—at least one teaspoon of oil per half-pound of fish

Optional: herbs, garlic, pepper, lemon juice

Directions:

Cook the fish in a nonstick pan with the olive oil over medium-low heat. Add herbs and seasonings if desired. Cook the fish for a few minutes on each side until a fork poked in the center shows that the middle is just beginning to turn from translucent to solid.

Remove the fish from the pan immediately (so it doesn't overcook) and sprinkle it with lemon juice if desired.

Stir-Fried Chicken Breast

PROTEIN

Recipe #8

Tracy

Here's a fast way of cooking chicken breast that uses very little oil. If you'd like to add extra fat and flavor, use more olive oil.

Ingredients:

1/2 lb. skinless chicken breast or chicken tenderloins
½ teaspoon olive oil

Optional: garlic powder, pepper, herbs, seasonings

Directions:

Slice the chicken breast into thin strips, about 1/4-inch wide.

With your hand, toss the chicken pieces with the olive oil and any seasonings you're using.

Heat a nonstick pan over medium heat. Place the chicken pieces in the pan, spreading them out so that they're in a thin layer.

Cook the chicken on one side for three minutes. Then flip the pieces over and cook them on the other side for three minutes.

(You could also use a nonstick wok, in which case, you'd stir the pieces instead of flipping them).

Take a piece of chicken out of the pan and cut it in half to check if it's done. It should be solid white throughout with no pink meat. If the chicken still looks pink, cook it for another few minutes.

Note: To double the recipe, use one pound of chicken breast and one teaspoon of olive oil.

Fajita-Style Beef

PROTEIN WITH FAT

Recipe #9

Tracy

This quick-cooking recipe is a great way to enjoy a lean cut of beef that still comes out flavorful.

Ingredients:

1 lb. top round beef
1 tablespoon olive oil
1 teaspoon onion powder
1 teaspoon garlic powder
1/4 teaspoon pepper

Directions:

1. Tenderize the Meat

Lay a piece of plastic wrap or a plastic bag on your kitchen counter. Sprinkle a few drops of water on the surface of the plastic.

Put the meat on top of the plastic and fold the plastic over the meat. Sprinkle a few more drops of water on top of the plastic.

Place a metal pie tin or a frying pan bottom-side down on top of the plastic-covered meat. If you're using a pan, fold a dish towel and put it inside the pan to protect the pan's surface.

Find a heavy can of food. Hold the can about six inches above the pan and drop the can on top of the pan. Repeat this five or six times.

2. Season

Remove the meat from the plastic and cut it into thin slices, about 1/8" wide.

Heat a nonstick pan over medium heat. Or heat a cast-iron skillet over medium-high heat.

Drizzle the olive oil on the meat. Add the garlic powder, onion powder, and pepper. With your hand, toss the meat with the olive oil and spices until the meat is coated.

3. Cook

Add the meat to the hot pan. Cook the meat for three to six minutes, flipping the pieces so that both sides brown. As soon as the meat browns on both sides, remove it from the pan.

Simple Beef Stew

PROTEIN WITH FAT

Recipe #10

Tracy

Here's an easy way to turn affordable beef stew meat into a rich, flavorful stew. Also try this with buffalo stew meat. This makes a great meal with a baked sweet potato and steamed greens.

Ingredients:

1 lb beef round stew meat
1 Tbsp olive oil
1 stalk celery, chopped
½ medium onion, chopped
3 medium cloves garlic, coarsely chopped
¼ tsp pepper
4 cups water

Optional: 1 medium carrot (sliced), ½ bay leaf, ½ tsp paprika

Directions:

Lay the meat in a single layer in a plastic bag and tenderize it (see the recipe above).

In a large pot over medium-high heat, brown the meat in olive oil for five minutes, stirring occasionally. Add the chopped celery, onion, garlic, and optional carrot. Cook for five minutes more.

Add the water, pepper and the optional bay leaf and paprika. Bring the stew to a boil. Turn the heat down to low or medium-low so that the stew simmers (bubbles gently).

Simmer uncovered, stirring occasionally, until the water is almost gone and you're left with the meat and vegetables (forty-five minutes to an hour). Watch the pot near the end of the cooking time and stir more frequently to be sure that the stew doesn't burn.

If you used a bay leaf, remove it from the stew before serving.

This makes four servings for a woman and three servings for a man.

Caveman Turkey Burgers

PROTEIN WITH FAT

Recipe #11

Tracy

These come out juicy and flavorful even without salt. Below are recipes to make four, six, or eight burgers. If you make the recipe for six or eight, you'll need to use two pans or cook the burgers in two batches. Of course, you can also skip the pan altogether and throw them on the grill!

Any kind of lean ground meat will work, including turkey, beef, buffalo, or pork.

The recipe calls for lean meat, which is different from lowfat. Lean meat is also called "93% lean" or "7% fat." A four-ounce raw serving contains about 23 grams of protein and 8 grams of fat. You can check the nutrition label to see that you're buying the right kind of meat.

Skinless dark turkey is lean; skinless turkey breast is lowfat.

For turkey and pork, cook the burgers until they're well-done. For beef and bison, cook them as rare or as well-done as you like.

4 BURGERS

Ingredients:

1 lb. lean ground turkey or other lean ground meat (93% lean, 7% fat)
¼ cup finely diced onion
½ teaspoon garlic powder
1 teaspoon dried parsley
⅛ teaspoon pepper
2 teaspoons olive oil

6 BURGERS

Ingredients:

1 ½ lbs. lean ground turkey or other lean ground meat (93% lean, 7% fat)
⅓ cup finely diced onion
¾ teaspoon garlic powder
1 ½ teaspoons dried parsley
rounded ⅛ teaspoon pepper
1 Tablespoon olive oil

8 BURGERS

Ingredients:

2 lbs. lean ground turkey or other lean ground meat (93% lean, 7% fat)
½ cup finely diced onion

1 teaspoon garlic powder
2 teaspoons dried parsley
1/4 teaspoon pepper
1 ½ Tablespoons olive oil

Directions:

With your hands, mix the meat, diced onion, garlic powder, pepper and parsley thoroughly.

Shape the meat into burgers—either four, six, or eight, depending on if you're using one pound, one-and-a half pounds, or two pounds of meat.

Pour the olive oil over the burgers. Using your hand, coat the burgers with the oil on both sides.

Heat a nonstick pan over medium heat. Cook the burgers for five minutes on one side or until the bottoms are brown. Flip the burgers and turn the heat down slightly. Cook for another fifteen to twenty minutes on the other side.

To see if they're done, cut into the middle of a burger and check its color. The inside should be completely brown. If any meat is still pink or looks raw, cook the burgers for a few minutes longer.

Option: Skip the pan and grill the burgers.

Baked Sweet Potato or Regular Potato

CARB

Recipe #12

Tracy

Preheat your oven to 400° F.

Wash and dry a sweet potato or regular potato. Poke it several times on both sides with a fork.

If baking a sweet potato, place in on a baking sheet to catch the juices that will come out.

If baking a regular potato, place it directly on the oven grating without a baking sheet or foil.

Depending on their size, potatoes and sweet potatoes take 45 to 55 minutes to bake.

You can put as many potatoes in at a time as you want. Baking a lot of potatoes at once may take a bit longer.

The potato is finished cooking when you can squeeze it (through a towel or oven mitt) and feel that it's crispy on the outside and soft on the inside. You can also check it by poking it with a fork. The fork will slide all the way in easily when it's done.

Oven-Fried Sweet Potatoes or Regular Potatoes

CARB

Recipe #13

Tracy

Preheat your oven to 400° F.

Wash a sweet potato or potato. Cut it across into 1/4-inch rounds. Cut the rounds in half, so you have half-moon-shaped slices.

Put the slices in a pile on a baking sheet. Drizzle 1/4-1/2 teaspoon olive oil over the slices. Toss the slices in the oil, using your hand, until they're all coated.

Lay out the slices on the baking sheet in a single layer.

Bake until the slices are crispy on the outside and soft on the inside (10 minutes or longer). You don't need to turn them.

Steamed Greens

FREE

Recipe #14

Tracy

This works for collard greens, kale, chard, or any similar leafy green vegetable.

Cut off and discard any inedible stems. The stems from collards and kale are usually discarded. Chard stems are usually cooked along with the leaves.

Cut the greens into pieces, about 2" to 3" on a side.

Put a stopper in your sink and fill the sink partway with water. Put the cut-up greens in the water. With your hand, move the greens around to loosen any dirt.

Take the greens out and drain the sink.

If there's a lot of dirt left behind when you drain the water, fill the sink again and rewash the greens until there's almost no dirt. Greens that have a lot of soil attached may require two to three washings.

Put the greens in a large pot or wok and add several inches of water. Cover and bring to a boil, then lower the heat and simmer. Check the pot every now and then to stir the greens and to make sure that there's still water left. If the water looks low, add more.

Remove the greens when they're soft.

Cooking times can range from ten minutes to an hour, depending on the type of greens and their toughness.

Steamed Vegetables

FREE*

Recipe #15

Tracy

Use this recipe to cook just any vegetable that can be cut into chunks. Some examples of vegetables that cook up well this way are broccoli, cauliflower, Brussels sprouts, zucchini, sweet potatoes, winter squash, potatoes, carrots, and turnips.

Ingredients:

vegetables
water

Directions:

Cut the vegetable into bite-sized pieces and put them in a pot with between a half-inch and an inch of water. Cover the pot and simmer.

Lift the lid a couple of times during cooking to stir the vegetables and to make sure there's always some water left in the pot. If the water runs low, add more.

The vegetables are done when a fork or knife poked into a piece begins to go through easily. Try not to overcook them.

Most vegetables like broccoli and zucchini take five to ten minutes to cook once they've begun to simmer.

Root vegetables like potatoes, sweet potatoes, and turnips and winter squash like acorn squash typically take ten to twenty minutes.

*Vegetables are basically free if they're non-starchy. Starchy vegetables are carbs.

Baked Winter Squash

CARB

Recipe #16

Tracy

If you have never baked a winter squash, you may be surprised that it's not too hard to do. Other than cutting the squash in half, it's similar to baking a potato and takes the same amount of time.

You're left with a steaming hot, vitamin-rich Caveman Carb that's delicious mashed with a bit of olive oil, seasonings and lemon or lime juice.

Ingredients:

a winter squash, such as an acorn squash, spaghetti squash, or pumpkin

Directions:

Preheat your oven to 400° F.

Poke the squash about six times all over the top and sides with a sharp knife.

Bake for 30 to 40 minutes for very small squashes the size of a shoe and around an hour or more for larger squashes the size of a football.

The squash is done when you can push on the rind and feel it give way easily due to the flesh becoming soft.

Remove the squash from the oven and cut it in half. Use oven mitts, because it will be hot.

Scoop out the seeds and strings. Scoop out the flesh, which is the part you eat. Discard the rind.

Tip: Separate the seeds from the strings and save the seeds. Lay them flat on a tray or plate. Let them dry in the open air. You can eat them whenever you want, because they're already cooked.

Celery with Almond Butter

SNACK

Recipe #17

Tracy

Ingredients:

celery

1 tablespoon almond butter or other nut butter (except peanut butter or soy butter)

Directions:

Wash the celery. You can peel it if you'd like to, but this is optional.

Spread the almond butter or other nut butter on the celery and eat as a snack.

Baked Squash Seeds

FAT

Recipe #18

Tracy

When you cook winter squash, why not bake the seeds for a delicious snack? Squash seeds are a natural food and are very high in minerals. When you bake the seeds in the manner below, the shells become crunchy and can be eaten along with the seeds.

Ingredients:

seeds that have been removed from a fresh or cooked pumpkin, spaghetti squash, or other winter squash

olive oil

Directions:

Preheat your oven to 350° F.

Separate seeds from the adherent strings. Mix the seeds with a few drops of olive oil. You can use your hand for this if you like. Only a tiny amount of oil is needed.

Arrange the seeds in a single layer on a baking sheet and bake for twenty to forty minutes at 350° F, checking seeds to make sure they don't burn.

The seeds are ready when they are golden brown on the outside and have a crisp snap when bitten.

Jicama with Guacamole

SNACK

Recipe #19

Tracy

Ingredients:

jicama slices

1/4 cup guacamole (homemade or one containing 50 calories per 2 tablespoons)

Directions:

Spread the guacamole on the jicama and enjoy.

Caveman Half-and-Half Soda

CARB

Recipe #20

Tracy

Try this refreshing natural drink as the carb for your meal.

Ingredients:

fruit juice, an amount equal to the carb for your meal
an equal amount of unsweetened sparkling water

Directions:

Pour the juice into a glass. Add sparkling water.

Note: The soda will have more lift if you use freshly-opened or recently-opened sparkling water.

Caveman Lemonade

CARB

Recipe #21

Tracy

This makes a great, simple glass of lemonade. Since coconut juice is naturally sweet, there's no need to add sugar.

Ingredients:

WOMEN

1 1/2 cups coconut juice, unsweetened, chilled
3 tablespoons freshly-squeezed lemon juice, or more to taste

MEN

2 cups coconut juice, unsweetened, chilled
1/4 cup freshly-squeezed lemon juice, or more to taste

Directions:

Mix coconut juice and lemon juice in a glass. Add ice cubes if desired.

Variation: To make Caveman Limeade, substitute lime juice instead of the lemon juice.

Simple Guacamole

FAT

Recipe #22

Tracy

Ingredients:

avocados
lemon or lime juice

Optional: fresh salsa or pico de gallo, chopped tomatoes, onions, garlic, mild chili peppers, cayenne pepper

Directions:

Mash the avocados with a little lemon or lime juice. One to two teaspoons of juice per medium avocado works well. Add more if you like.

To make the guacamole even better, add fresh salsa or pico de gallo, or chopped tomatoes and onions. Additional add-ins are chopped garlic or garlic powder and chopped mild chilies or cayenne pepper.