

THE 5-7-15 PALEO DIET *Cook Book*



EXECUTIVE CHEF GUI ALINAT, CEC

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The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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By Chef Gui Alinat, CEC

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INTRODUCTION

A quality diet is one that is sustainable and lasting. Notice I said *quality*....

Unfortunately, the word 'diet' has accumulated a ton of negative connotations over the years and is more associated with the word QUICK than quality. That's mostly because there are so many bad ones out there that are not sustainable and folks view that word as a *temporary solution*.

But let me remind you that one's health is NEVER a temporary thing, it's a forever thing.

We often hear, "I'm on a diet but in a few weeks, it will be over..." or "I just need to lose a few pounds so I gotta do this for 10 days or so..." We all know what happens once they go back to eating regularly, weight gain.

Getting and staying at a healthy and manageable weight is nothing to play around with. In fact, it's actually really bad to fluctuate body weight, it messes with your metabolism, your blood sugar, energy levels, mood and it leads to increased fat cell formation and screws up your hormones but I won't get into all of that in this cook book.

On the bright side, people today recognize that their health and longevity is totally within their control. Aside from people having to take prescription drugs to regulate and help their body function better, we are in the driver's seat.

We can make healthy decisions every day to improve and extend our lives and that's pretty awesome.

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Lifestyle habits and choices such as diet, exercise, sleep and stress management are personal decisions that require dedication and consistency in order to see results. And that leads me to the Paleo Diet and its many health benefits.

We ARE what we EAT, that's a fact. Eat crap, look and feel like crap. Eat clean whole foods and remove the artificial junk you're eating and literally change your life!

What makes the Paleo Diet so terrific is its focus on eating what the earth provides. If a caveman ate it (or someone from a thousand years ago), it's acceptable and considered Paleo.

Here's a great thing to remember: If it swims through the water, grows from the ground, runs across the land or flies through the air, it's good to go!

This would include foods like: fish & seafood, roots, leafy and salad vegetables, fruits, seeds, nuts, eggs, grass fed beef & poultry and healthy oils.

That's a pretty strong list of food items. If you compared this list to the layout of a grocery store, you would say to 'stick to the outside edges' of the store and avoid the middle aisles for most of your food shopping.

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4 HEALTH BENEFITS OF EATING PALEO

1. **Eating Clean.** It helps you avoid additives, preservatives and harmful chemicals found in many foods these days.
2. **Satiety.** The feeling of fullness you get from quality whole foods is far better than you get with bars, shakes and processed or artificial foods.
3. **Weight Loss.** Caloric intake is reduced by removal of sugary and overly processed high fat foods.
4. **Anti-Inflammatory.** Plant based foods along with seeds, nuts and fatty fish are amazing at fighting inflammation helping to reduce the risk of disease and improve overall health.

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5 OR LESS INGREDIENTS, 7 RECIPES & ONLY 15-MIN OF PREP

GRAPEFRUIT & BERRY SMOOTHIE

Prep time: 5 minutes | Cook time: none | Yield: 1 serving

INGREDIENTS

- Juice of 1 pink grapefruit
- 1 banana peeled and sliced
- 1/2 cup raspberries
- 1/2 cup blackberries or blueberries

PREPARATION

1. Place all ingredients in a blender and process until smooth.



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BUTTERNUT SQUASH SOUP

Prep time: 15 minutes | Cook time: 30 minutes | Yield: 4 servings

INGREDIENTS

- 1 pound of any vegetables you like
- Aromatics such as onion, garlic, or leeks
- Olive oil or coconut oil
- Salt and pepper
- 4 cups of stock/broth/water



PREPARATION

1. Cut up the vegetables into 1-inch dices, and dice aromatics if needed.
2. Heat extra-virgin olive oil into a Dutch oven over medium heat. Throw in the aromatics first, and sauté over medium heat for a couple of minutes, until fragrant and soft. Your aromatics can be onions, shallots, bacon, fresh ginger, chili peppers, dry herbs, garlic, leeks, spices such as curry, chili powder, cumin, paprika, saffron, etc... or a combination.
3. Then add the diced vegetables and meat (if using). Add broth: Add 4 to 6 cups of broth and bring to a simmer. Cover and simmer: Turn the heat down to low and cover the pot.
4. Let cook for about 30 minutes, then check the soup. If the vegetables are soft, you're done. If you want a blended soup, keep cooking until they are very soft or falling apart. Taste and season: Whether you are leaving the vegetables intact or blending the soup, make sure to taste the soup as it finishes cooking.
5. If it is bland and/or too watery, reduce a bit (simmer down), adjust salt and pepper, and maybe a bit of lemon juice. If it is too salty and/or too thick, thin out with some extra stock/broth or coconut milk.
6. Blend if desired: Once the vegetables are very soft, you can puree the soup in a blender or with a hand blender if you like.

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MEXICAN CHICKEN

Prep time: 10 minutes | Cook time: 25 minutes | Yield: 4 servings

INGREDIENTS

- 4 skinless, boneless chicken breasts (be sure to use cooking spray)
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 pinch ground cumin
- 1 cup tomato salsa

PREPARATION

1. Preheat oven to 375 degrees F (190 degrees C).
2. Heat a cast-iron skillet to medium. Rub chicken pieces with garlic, salt, pepper and cumin to taste. Saute' in hot skillet.
3. Cook until brown on both sides and no longer pink, about 10 minutes.
4. Transfer chicken into a baking dish, top with salsa and cheese, and bake in preheated oven until cheese is bubbly and starts to brown, about 15 minutes.



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THE PERFECT STEAK – BEST. STEAK. EVER.

Prep Time: 15 minutes | Cook Time: 10-14 minutes | Yield: 4 servings

INGREDIENTS

- 4 8-oz beef tenderloin steaks (or any steak), preferably Prime and dry aged
- 5 tablespoons freshly ground black pepper
- 4 tablespoons dried thyme
- Kosher salt to taste
- 1 tablespoon extra-virgin olive oil

PREPARATION

1. Make the rub: Mix together black pepper and dried thyme. Do not add salt.
2. Pat the steaks dry with a paper towel to remove any excess moisture, then season generously with the rub.
3. Salt the steaks very generously (under salting is a common beginner mistake). Rub the steak with just enough olive oil to coat.
4. Place the steaks on a very hot grill. Control the heat and refrain from moving the steak. Do not cover or close the grill top. After about a minute grilling, move the steak 90 degree on the same side to make the traditional “criss-cross” grill marks. After another minute, you can flip the steak, grill for one minute, then close the grill until desired doneness.



Steak doneness (use a thermometer)

Remove from grill at this internal temperature

Rare 125 F

Medium rare 135 F

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Medium 145 F

Well done I'm not talking to you

Final cooked temperature

Rare 130 F

Medium rare 140 F

Medium 150 F

Well done Go away

5. Transfer steak to a cutting board and allow to rest for half its cooking time.

Garnish with a finishing salt such as fleur de sel if desired. Serve immediately after resting time.

OPTIONS: Any steak is great steak, as you know, and any steak works well with this rub recipe. If you are on a budget, go for skirt, flank, or flat iron steak. If you want to break the bank to impress your friends and family, indulge in filet mignon or the rib eye steak.

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SIMPLY ROASTED BRUSSELS SPROUTS

Prep time: 15 minutes | Cook time: 30 minutes | Yield: 4 servings

INGREDIENTS

- 1-pound Brussels sprouts
- 1 tablespoon extra-virgin olive oil
- 5 cloves garlic, peeled and minced
- Salt and pepper to taste
- 1 tablespoon balsamic vinegar

PREPARATION

1. Heat oven to 400 degrees.
2. Trim bottom of Brussels sprouts, and slice each in half vertically.
3. Heat oil in a cast-iron skillet over medium-high heat. Throw the Brussels sprouts in and toss. But do not stir too much as we want them to brown.
4. When they begin to brown, transfer to oven. Roast for about 10 to 20 minutes. Add minced garlic at the end of the cooking process.
5. Taste, and add more salt and pepper if necessary. Stir in balsamic vinegar, and serve hot or warm.



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BAKED KALE CHIPS

Prep time: 10 minutes | Cook time: 15 minutes | Yield: 6 servings

INGREDIENTS

- 1 bunch kale
- 1 tablespoon extra-virgin olive oil
- Salt and pepper to taste

PREPARATION

1. Preheat an oven to 350 degrees F (175 degrees C). Line a sheet pan with parchment paper.
2. Stem the kale leaves and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner.
3. Drizzle kale with olive oil and sprinkle with salt and pepper.
4. Bake until the edges brown but are not burnt, about 15 minutes.



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ONE-INGREDIENT PALEO ICE CREAM

Prep time: 10 minutes | Freeze time: Overnight | Yield: 1 Quart

INGREDIENTS

- 3 large ripe bananas

PREPARATION

1. Make sure you choose sweet and soft bananas; they work much better.
2. Peel the bananas and quickly slice them. Put the bananas on a sheet pan, and freeze for about 2 hours.
3. Blend the frozen banana slices in a food processor. Pulse a few times until it's well blended.
4. Keep on blending until you get a very smooth consistency.
5. At this point, the bananas look blended, creamy, and have the consistency of a soft-serve ice cream. You can enjoy it as is, or freeze overnight for a real ice cream.
6. If you're interested in an even better texture, use an ice-cream maker to achieve a real, perfect ice cream.
7. Transfer to an airtight container and freeze overnight.
8. To serve, simply take out of the freezer, and scoop in a bowl. You can add nuts like toasted walnuts, macadamia, or almonds. You can even add some chopped up dark chocolate pieces, as long as the chocolate contains over 72% of cocoa.



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NOW YOU MAY BE ASKING YOURSELF, “HOW DO I CONTINUE TO EAT PALEO, LOSE WEIGHT AND KEEP IT OFF?”

I've got you covered. I would never leave you hanging like that because I want you to succeed, get healthier and feel better.

You can continue to eat Paleo for years to come with a ton more recipes and guidance from an actual French Chef and Nurse Practitioner...

But first, let me ask you something, have you ever heard the saying, You Can't Out-train a BAD diet?

It's SO True! Eventually eating poorly will undermine even the most active person.

What that expression is really saying is that 80% of becoming fit and healthy comes down to your diet and the other 20% is actual exercise.

You must have a game plan that you stick to most of the time (about 80% of the time) and then you can splurge and have some cheat days here and there so you don't feel stuck without your favorite treats...

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36-year old mother of 3 Reveals
The French Weight Loss Solution
That Helps You Naturally
Slim Down Without Exercise

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ABOUT THE AUTHOR

Gui Alinat is an ACF Certified Executive Chef, and the author of *The Chef's Repertoire*, *Eat More Burn More™*, and [*The French Paleo Burn*](#).

Born, raised and classically trained as a chef in France, he traveled extensively, working in restaurants around the world, including the UK, Spain, France, and almost every country in Latin America.

Settling in Tampa Bay in 1999, he has been catering high-end private events ever since. With an exclusive client base, and media recognition, his team became a recognized landmark in the Tampa Bay culinary scene.



Chef Gui is an experienced public speaker in the culinary field, and is hired regularly to lecture at conferences across the country.

He has appeared on HSN and the Food Network.

His culinary style can be best described as modern, authentic cuisine with slight influences from Provence and elsewhere.

Rustic yet elegant, his food is said to embody simplicity of taste, authentic ingredients and sharp presentations. He also focuses on sound nutrition and a

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very natural way of cooking and eating.

He lives in Dunedin, Florida with his wife (paleo weight loss expert Carissa Alinat), and their five children.