



# Squeaky Clean PALEO



**100+**  
RECIPES TO BEAT  
BOREDOM AND  
DITCH CRAVINGS!

KAREN SORENSON

## *Disclaimer*

The information within the book is intended for informational purposes only and is in no way medical advice. Please consult a physician or other professional health care provider before beginning any nutrition program. The nutritional information provided is based on ingredients that I use and are only estimates.

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*Squeaky Clean Paleo: 100+ Recipes to Beat Boredom and Ditch Cravings!*

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# WELCOME

Hi, I'm Karen! I'm the blogger and recipe developer behind **Living Low Carb...One Day at a Time**. The blog is dedicated to low carb, grain free, and dairy free recipes and information. In May 2011, after years of unhealthy eating and continuous weight gain, I decided to regain my health. I made a promise to myself that I would change my eating habits and never look back. My journey to regain my health started with a low carb diet, which worked for me in the past to shed some weight. Low carbing was working and the scale was moving in the right direction, but I knew I needed to do more to improve my health.

I started the blog in December of 2011 as a way to hold myself accountable for what I was eating and to not return to my old habits. Through my work with the blog I have discovered the Paleo/Primal/Ancestral/Real Food movements and I am now moving in that direction. While it wasn't a difficult change to go from low carb to Paleo, it was significant. I ditched the processed foods and focused on fresh veggies, quality meats, and fats. I started reading labels for the ingredients and not just the carb counts. You may be surprised to see how many unnecessary ingredients are added to products. I have never felt better! More energy, more alert, more focused! Since I am still trying to lose weight I keep my carbs moderately low, but I have made great strides and I love the direction my health is taking.

Thank you for your purchase and I hope you enjoy the book. Whether you are trying to ditch sugar and carb cravings or just want something different, my goal was to create a recipe resource that was helpful to those trying to regain their health.

Enjoy,  
~Karen

# WHAT IS PALEO?

When I first started my health journey my main goal was weight loss. I followed the Atkins diet and lost 85 lbs. I had lost weight, but I still suffered from digestive issues, allergies, high blood pressure and cholesterol so I wanted to get to the root cause of those issues. I eventually started learning about the Paleo diet and I heard numerous success stories of people healing IBS, autoimmune diseases, and many other conditions. I decided to take my eating habits to the next level by eliminating foods that can cause inflammation and working to heal my digestion, high cholesterol and blood pressure.

So, what is Paleo? Paleo focuses on eating whole foods and avoiding foods that are processed or refined. The goal is to eliminate foods that cause inflammation or stress on the body while regulating blood sugar and digestion. Foods like grains, legumes, and dairy (especially for those who have dairy sensitivities or intolerance), and overly processed foods that can be inflammatory to the body are removed from the diet in order to heal the gut. Pastured meats, wild fish, eggs, vegetables, fruits, quality fats (coconut oil, grass fed butter, lard, ghee, tallow, etc.), nuts, and seeds are staples of the Paleo diet. Emphasis on super foods like organ meats, bone broth, fermented foods, and sea vegetables are also encouraged.

# DITCH THE CRAVINGS

The standard American diet is often higher in carbohydrates which can make it difficult for the body to regulate blood sugar. Blood sugar that is consistently unregulated can lead to systematic inflammation throughout the body and could lead to many degenerative diseases like diabetes, thyroid problems, etc. Unregulated blood sugar can also cause almost constant cravings for sugar and carbohydrates, fatigue, and energy swings.

Implementing a whole foods, Paleo approach and limiting starchy vegetables (unless participating in heavy exercise) can help regulate blood sugar and eliminate cravings for sugar and carbs. When I made the switch to a low carb/Paleo diet and experienced cravings, it took eliminating sweeteners and starchy vegetables in addition to a Paleo diet, for 3-4 weeks in order to stop the cravings from happening. The goal of this eBook is to provide recipes packed with nutritious ingredients without additives, preservatives, or sweeteners. It's an easy way to beat meal boredom and eliminate sugar/carb cravings!

For more info on the Paleo diet, the importance of blood sugar regulation, and reducing cravings, visit the resources page to pick up your copy of *Practical Paleo* by Diane Sanfilippo and *It Starts With Food* by Dallas and Melissa Hartwig. For a 21 day program for eliminating sugar and carb cravings, visit the resource page to pick up your copy of *The 21 Day Sugar Detox* by Diane Sanfilippo.

#### Sources

1. *Practical Paleo* by Diane Sanfilippo
2. *It Starts With Food* by Dallas and Melissa Hartwig
3. "Paleo Diet Challenges and Solutions III: Stop Energy Dips and Cravings"  
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# HOW TO MAKE CAULI-RICE



1.  
Take one medium head of cauliflower.  
One medium head of cauliflower yields about 4 cups of cauliflower “rice”.



2.  
Trim the leaves and remove the core.



3.  
Cut the cauliflower into florets (doesn't have to be perfect).

4.  
Place the cauliflower in a food processor or blender (may have to work in batches) and pulse until the cauliflower is the size of grains of rice (about 5-8 times).

5.  
Use as directed in the recipes.





# BREAKFAST





# SOUPS AND SALADS





# POULTRY





# RED MEAT





# SIDES





DRESSINGS, SAUCES  
SPICES AND SNACKS



# ABOUT THE AUTHOR



Karen is the blogger and recipe developer behind **Living Low Carb...One Day at a Time**, a blog dedicated to low carb, paleo, grain free, and dairy free recipes and information. Karen started her health journey back in January 2011 when she finally decided to make a lifestyle change and get healthy. She started her blog in December of 2011 as a way to hold herself accountable for losing weight and keeping it off. After about a year, she felt there was more she needed to do to truly heal her body. She ended up cutting out grains in an effort to heal her digestive issues since the gut plays a powerful role in overall health.

Starting the blog has also sparked her interest in photography. She enjoys taking pictures of all subjects, but mostly food. Changing her diet and lifestyle has helped her discover a passion for cooking and sharing delicious recipes with others on the same kind of journey.

Karen is also the author of *Awaken: 30+ Egg-Free and Grain-Free Breakfasts* which features delicious breakfast inspirations for those that do not tolerate eggs or are looking for something different.





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I give thanks to my family and friends for putting up with my endless talk about health, paleo, low carb, etc. You guys support me no matter what and for that I am truly grateful.

A special thanks to my wonderful fiancé, Joseph, for supporting me on my quest for health and my love of low carb, paleo cooking. I couldn't do any of this without him and plus, he makes the best recipe tester!

To the followers and fans of **Living Low Carb...One Day at a Time**: I am truly honored to be blessed with such a wonderful following. You all inspire me to be a better person and make the best choices for my health. I wish each and every one of you all the best on your journey to regain your health.