

#MOREPLEASE

@NATGALLMEIER

A COMPILATION
OF RECIPES FROM
MY FAVORITE
HOMEMADE
PALEO MEALS



#PALEO. #YUM. #HOMEMADE. #CROSSFIT. #FUEL. #FOODIE. #FOODPORN.
#COOKING. #REALFOOD. #CLEANEATS. #RECIPE. #NOMS. #FRESH. #DIDITSAYYU
#HEALTHY. #MOTIVATED. #FAVORITE. #YOUASKEDFORIT. #WOW. #SIMPLE
#FITFOOD. #IMADEIT. #PALEO. #YUM. ORGANIC. #CROSSFIT. #FUEL. #FOODIE
#FOODPORN. #COOKING. #REALFOOD. #SEASONAL. #FEELINGGREAT. #FRESH.
#HEALTHY. #MOTIVATED. #FAVORITE. #YOUASKEDFORIT. #WOW. #SIMPLE

#MOREPLEASE

As an express condition to using this booklet and recipes, you must agree to the following terms. If you disagree with any of these terms, please do not download this booklet. Your use of the recipes from this booklet means that you are agreeing to be legally bound by these terms.

Limit of Liability and Disclaimer of Warranty: We have used our best efforts in preparing #moreplease, and the information is provided “as is.” We make no representation or warranties with respect to the accuracy or completeness of the contents of the cookbook and we specifically disclaim any implied warranties of merchantability or fitness for any particular purpose.

All material in the #moreplease is provided for your information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of this information; instead, readers should consult appropriate health professionals on any matter relating to their health and well-being.

WE DO NOT CLAIM TO BE DOCTORS, NUTRITIONISTS OR DIETITIANS. THE INFORMATION IN THE #MOREPLEASE BOOKLET IS MERELY OUR PERSONAL OPINION AND DOES NOT REPLACE PROFESSIONAL MEDICAL OR NUTRITIONAL ADVICE.

You agree to hold Gallmeier Creative Group, Inc., its owners, agents, and employees harmless from any and all liability for all claims for damages due to injuries, including attorney fees and costs, incurred by you or caused to third parties by you, arising out of the information discussed on this website and associated products, excepting only claims for gross negligence or intentional tort.

You agree that any and all claims for gross negligence or intentional tort shall be settled solely by confidential binding arbitration per the American Arbitration Association commercial arbitration rules. All arbitration must occur in Los Angeles County, CA, USA, and CA law shall govern. Arbitration fees and costs shall be split equally, and you are solely responsible for your own lawyer fees.

Food Handling: Please use great caution and sanitary practices when handling food products. Refer to your health department’s safe food handling guidelines. Wash your hands and surfaces thoroughly before and after handling any food product.

The cooking instructions and directions in #moreplease are offered as guidelines only. Use your best judgment and proper discretion when preparing or consuming any food.

We do not advise eating any eggs, meat or seafood that has not been properly handled or cooked. Eating something undercooked or raw is to be done at your own discretion.

We expressly disclaim responsibility for any adverse effect that may result from the use or application of the information contained in #moreplease.

#MOREPLEASE

It all started with my first paleo challenge and the photographic proof required for each and every meal. Instagram account created. (Thanks @coachserj!)

The effects of the challenge were astonishing: I felt great overall, lost body fat, increased energy levels and workout performance. I was officially hooked!

The likes and comments from the few followers I accumulated during that period were one of the most important factors in the challenge's success.

To this day, this feedback continues to inspire me to cook and to pursue good eating habits that are (mostly) paleo-inspired, clean, organic, seasonal—based on real food.

Since then, I've received many requests for the recipes from my homemade meal postings, and I am so, so pleased to share them with you.

The following are simple, easy recipes and photos extracted from a few of my most popular IG postings. Measurements are eye-balled. Most ingredients were sourced at my local Whole Foods® where I seek to find items that are organic, fresh, seasonal, cage-free, pasture-raised, nitrate-free, and as clean as possible.

NATHALIE GALLMEIER
#BEHAPPY and #LIVEHEALTHY!

For more—please :)—follow me at @natgallmeier

Photos and Recipes © Gallmeier Creative Group, Inc.



NOTES & TIPS

I use an average of 4 minutes on each side for each inch of height when searing meats such as pork chops, steaks and the like. After a nice sear is achieved and if meat is not yet cooked, I place the meat into a 400F oven for an extra 20 minutes to ensure proper cooking.

[#unlessyoulikearemeat](#)

It is important to let the cooked meat rest for about 5-10 minutes. It ensures that the moisture will be retained and your protein will be nice and juicy!

[#juicysteaksecret](#)

Use proper and safe cooking procedures when handling raw protein. :) [#constanthandwashing](#)

The main ingredient of the side dishes listed here which were cooked on the same pan can also be substituted with peaches, nectarines, plums, pears, blueberries, mushrooms. They also taste great if you add pancetta.

[#everythingtastesbetterwithbacon](#) [#pandrrippings](#)

I put extra butter on everything very often. [#whynot](#)

Speaking of butter... let it brown on sauté pan before adding protein. It adds a smokey flavor and a beautiful color to the dish. [#mmmmm](#) [#brownbutter](#)



ASPARAGUS & PANCETTA

#ingredients: organic asparagus, nitrate-free pancetta.

#howtomakeit: cut pancetta into strips and place on hot pan. let fat render until crisp. replace pancetta and excess rendered fat with asparagus on same pan. sauté until crisp. add cracked sea salt to asparagus if desired.
#soyum. #enjoy!



BEST BREAKKIE

#ingredients: cage-free egg, olive oil, salt, pepper, sweet potato, pancetta, thyme, butter, white truffle oil.

#howtomakeit: cut pancetta into strips and render fat in sauté pan. remove pancetta when crisp, then add sliced sweet potato, thyme, salt/pepper, couple drops of truffle oil in same pan. add olive oil and butter as needed. sauté until crisp. add sunny side up eggs. **#perfection. #alldaybreakkie.**



BABY PORK RIBS

#ingredients: baby pork rib, ground fennel. sauce: fresh tomato, shallots, butter, olive oil, vinegar, paprika, chili powder, lemon juice, worcesteshire sauce, pepper.

#howtomakeit: sauce: brown shallots in butter/olive oil. add tomato, let simmer. add other spices and simmer for a couple of hours on low. add water as needed. rest overnight. ribs: rub ground fennel, cracked sea salt and pepper on ribs. add sauce to top of ribs. 400F in oven for at least one hour. #yum



MAMA GALLMEIER'S BAKED TOMATO

#ingredients: heirloom tomato, sweet onion, thyme, basil, kalamata olive, olive oil, sea salt, pepper.

#howtomakeit: place thick slices of tomato in pan. place onion rings on top. sprinkle with thyme leaves, sliced olives and basil. cracked sea salt and pepper. drizzle olive oil over everything. **#cheatingredient:** add goat cheese. goes into oven for 400F/40 minutes. **#voila!** **#kitchensmellsamazing**



NEW ZEALAND LAMB & GLAZED CARROT

#ingredients: new zealand lamb chop, baby heirloom carrot, cinnamon, nutmeg, thyme.

#howtomakeit: sauté lamb chops seasoned with sea salt and pepper with butter and olive oil. (don't forget to sear the nice fat bits.) remove chops from pan and rest them. add carrots and spices to same pan and oil used to cook lamb, and sauté until caramelized.
#pandrippings.



CRISP PORK BELLY & ENDIVE

#ingredients: pork belly, ground fennel, olive oil, sea salt, pepper, butter, endive.

#howtomakeit: score top of skin down to the meat. rub fennel, olive oil, cracked sea salt and pepper all over. place in oven 400F for 10-15 minutes until skin crisps, then roast for 250F for one hour and a half or until starts falling apart. scoop some of the fat from pork belly pan, add a little butter and use to sauté endives. #perfection. #fancybacon



FILET MIGNON & BROCCOLLINI

#ingredients: filet mignon, butter, olive oil, sea salt, pepper, broccolini.

#howtomakeit: heat up olive oil and butter until butter starts to brown. place the filet rubbed with freshly cracked pepper and sea salt. cook for about 4 minutes on each side. remove meat and let rest so keep juices in. add broccolini to pan where filet was cooked and sautéed. plate and add a chunk of butter on top of steak. #mediumrare. #ohyeah



PORK CHOP & FIGS

#ingredients: pork chop, butter, olive oil, ground fennel, thyme, sea salt, pepper, fig, cinnamon, nutmeg.

#howtomakeit: rub fennel, thyme, fresh cracked salt and pepper on pork chop. cook on sauté pan 4 mins on each side, not forgetting to pay extra attention to the fatty bits. remove from pan and rest chop. add figs, cut in half and face down to the same pan. cook until caramelized. #mmmmm



DOVER SOLE & TOMATO MANGO SALSA

#ingredients: dover sole filet (or tilapia), almond and coconut flour, egg, sea salt, pepper, butter, olive oil, tomato, mango, avocado, parsley, mint, tarragon, lemon juice.

#howtomakeit: season fish with lemon/salt/pepper. dredge in egg then in mix of flours and salt/pepper. sauté in pan with lots of olive oil and butter so it doesn't stick. serve with salsa of tomato/mango/avocado with herbs/olive oil. lemon juice over everything.



PORK CROQUETTES & TOMATO SAUCE

#ingredients: ground pork, ground fennel, white truffle oil, thyme, sea salt, pepper, olive oil, butter, heirloom tomato, vanilla extract, star anise, cinnamon, basil.

#howtomakeit: mix ground pork, fennel, salt/pepper, thyme & a few drops of truffle oil. add a bit water to the mix and form meatballs. sauté with olive oil and butter. tomato sauce: cut tomato in big chunks and sauté until one of the sides caramelize. add spices and simmer. add basil and voilà! #noms.



PORK TENDERLOIN & APPLE

#ingredients: pork tenderloin, ground fennel, sea salt, pepper, butter, olive oil, fuji apple, cinnamon, nutmeg, basil.

#howtomakeit: pre-heat oven to 400F. season pork tenderloin with fennel salt and pepper. sauté in olive oil and butter on each side for 4 mins. in oven-safe pan lined with aluminum foil place tenderloin and insert in oven for 20 minutes. rest for 5-10 minutes before slicing pork. add apple & spices on same sauté pan and cook. sprinkle with basil. **#aclassic**



BAKED CHICKEN LEG & SWEET POTATO PURÉE

#ingredients: cage-free chicken leg, olive oil, salt, pepper, sweet potato, thyme, butter, white truffle oil.

#howtomakeit: place chicken leg seasoned with salt/pepper and brushed with olive oil on an aluminum-foil lined oven-safe pan. bake at 400F/50 min. peel then boil sweet potato until soft. using food processor, blend sweet potato with spices/butter until desired consistency. ...or you can sauté slices of the potato in olive oil for beautiful crisps. #delish