

PRIMAL BREAKFAST RECIPES



5 EASY & DELICIOUS
ADAPTABLE PALEO RECIPES
TO REV YOU UP FOR THE DAY

BY SAMANTHA TEAGUE, PNC, HWC
THEUNSKILLEDCAVEWOMAN.COM

5 PRIMAL BREAKFAST RECIPES

High-fat, high-protein, delicious breakfasts made with functional foods to keep you fueled and balanced 'til lunch!

COPYRIGHT 2022 Samantha Teague, PNC, HWC

TheUnskilledCavewoman.com

DISCLAIMER: Please note that I am not a doctor. I like to share my experiences with you in an inspirational, but not instructional, manner. The private or public use of any part of this publication is at your own risk. The content of this publication in its entirety is not intended to diagnose or treat any disease or illness. You should seek the advice and counsel of your preferred medical authority prior to commencing any new lifestyle or dietary changes.

AFFILIATE NOTICE: The Unskilled Cavewoman participates in the multiple associate's programs and may receive affiliate commissions from these companies when you click links and make purchases. These links will bring you to an affiliate website, where if you make a suggested purchase, The Unskilled Cavewoman receives a small percentage. (The cost of the item remains the same as a non-affiliate purchase.) I appreciate your support!

Recipes

EGG N BAKIN CUPS

MUSHROOM SOUFFLE

PORK-RIND FRENCH TOAST

SUNSHINE CAULI STIR FRY

SHRIMP OMELET

EGG N BAKIN CUPS



Here's a fun, Primal spin on the classic eggs and bacon breakfast. Muffin cups make them easy to store and pack, too!

Serves 2-3

INGREDIENTS

- 6 slices of uncured bacon
- 6 pastured eggs

INSTRUCTIONS

1. Fry bacon in skillet to desired crispness, then drain. Cool, then break into bite-sized pieces.
2. Heat oven to 350 F.
3. Crack eggs into a medium mixing bowl. Whisk until smooth.
4. Grease a 6-section muffin tin liberally with the bacon grease. Use a measuring cup or ladle to pour whisked eggs into each of the muffin cups.
5. Place a few pieces of bacon into each cup. Bake for about 20 minutes or until a toothpick comes out clean when inserted.
6. You may like your eggs softer or more golden-brown, so keep checking after 15 minutes has passed and adjust cooking time accordingly.

NOTES

Make it nightshade-free: Ensure your bacon is nightshade-free.

Add carbs: Serve with sweet potato hash browns on the side.

Add veggies: Add 1 small, grated zucchini to the eggs when whisking.

Make it creamier: Add $\frac{1}{4}$ cup grass-fed heavy cream or [cashew milk](#) when whisking the eggs.

MUSHROOM SOUFFLE



You'll adore this soufflé made rich and savory with creamy goat cheese and fresh mushroom slices.

Serves 1

INGREDIENTS

- 3 Tbsp grass-fed butter
- ½ cup sliced wild mushrooms of choice
- Half a medium tomato, thinly sliced
- ½ cup pastured egg whites
- Sea salt and cayenne pepper, to taste
- ½ cup crumbled goat cheese

INSTRUCTIONS

1. Heat oven to 400 F.
2. Add butter to a small cast-iron skillet over medium heat. When hot, add mushrooms. Saute about 5 minutes or until tender.
3. Place tomato slices over mushrooms, then remove skillet from the heat.
4. In a small bowl add egg whites, salt, and pepper. Whisk about 2 minutes or until very foamy.
5. Quickly fold the crumbled goat cheese into egg white mixture and pour on top of the tomatoes and mushrooms.
6. Bake for approximately 8 minutes. Remove from oven and flip soufflé over onto a serving plate.

NOTES

Make it nightshade-free: Sub black pepper for the cayenne.

Add carbs: Serve with sauteed plantains on the side.

Make it dairy-free: Sub [pastured lard](#) for the butter. Sub crumbled cashew cheese (*soaked, drained, and pureed cashews*) for the goat cheese.

Save the yolks: Use them in homemade mayo or smoothies.

PORK-RIND FRENCH TOAST



Protein-rich pork rinds are cleverly disguised in this sweet treat that's reminiscent of French toast.

Serves 2

INGREDIENTS

- 1.5 oz [unflavored, pastured pork rinds](#)
- 2 pastured eggs
- ¼ cup grass-fed heavy cream
- 2 Tbsp [maple sugar](#)
- Ground cinnamon, to taste
- 1 Tbsp grass-fed butter

INSTRUCTIONS

1. Crush pork rinds into a fine powder.
2. Beat together the eggs, cream, maple sugar, and cinnamon in a medium mixing bowl.
3. Whisk in the pork rinds, then allow the mixture to sit until it becomes a thick, goopy batter.
4. Add butter to a large cast-iron skillet over medium heat. When hot, ladle the batter by 1/4 cupful into the pan. Fry a couple minutes on each side or until golden brown. Enjoy!

NOTES

Add carbs: Serve with chopped fresh fruit of your choice.

Make it dairy-free: Sub [cashew milk](#) for the heavy cream. Sub lard for the butter.

Make it low sugar: Sub pure stevia or monk fruit to taste for the maple sugar.

SUNSHINE CAULI STIR FRY



Cauliflower provides a dose of healthful nutrients and nice contrast to the savory bacon in this filling, egg-free morning meal that reheats beautifully.

Serves 2

INGREDIENTS

- 1 small head cauliflower, chopped into 1" pieces
- 4 slices raw uncured bacon, chopped into pieces
- 2 green onions, sliced
- 1 Tbsp grass-fed butter, softened
- Sea salt and cayenne pepper, to taste

INSTRUCTIONS

1. Add butter and bacon to a medium cast iron skillet over medium heat.
2. When skillet is hot and bacon is sizzling, stir in cauliflower pieces.
3. Stir frequently and cook for 12 minutes or so, until everything is fully browned, and cauliflower is tender.
4. Season to taste with salt and pepper before serving.

NOTES

Make it nightshade-free: Ensure your bacon is nightshade-free. Sub black pepper for the cayenne.

Make it dairy-free: Sub [pastured lard](#) for the butter.

Add carbs: Serve with crispy gold skin potato hash browns on the side.

Make it cheesy: Top the finished skillet with shredded raw grass-fed cheddar just before serving.

Add more protein: Serve topped with poached eggs or enjoy a cup of bone broth on the side.

SHRIMP OMELET



For a fancy change of pace, try this delicious and brunch-worthy shrimp omelet!

Serves 1

INGREDIENTS

- 3 pastured eggs
- Sea salt, to taste
- 1 Tbsp grass-fed butter
- 3 oz raw, cleaned, wild-caught shrimp, chopped
- 1 oz diced grass-fed raclette or soft Swiss cheese
- 2 tsp fresh parsley, chopped
- 1 green onion, chopped
- 1 tsp basil, chopped (optional)

INSTRUCTIONS

1. Whisk the eggs and salt together in a small bowl. Set aside.
2. Add butter to a medium cast-iron skillet over medium heat. When hot, sauté shrimp until just cooked.
3. Pour the whisked eggs over the shrimp in the pan. Quickly add parsley, cheese, and green onion. Cook on medium-low until egg is well formed (but not dry) and cheese has melted, flipping over halfway through cooking.
4. Remove from heat. Serve topped with basil if desired.

NOTES

Add carbs: Serve with a raw grated beet and carrot salad on the side.

Make it dairy-free: Sub [pastured lard](#) for the butter. Sub crumbled cashew cheese (*soaked, drained, and pureed cashews*) for the raclette/Swiss cheese.

READY TO MAKE LUNCH JUST AS SIMPLE?

GRAB **THE PRIMAL LUNCHBOX BUNDLE!**



USE CODE: **LETSDOLUNCH**
to save \$7 through 1/15/21!

[Get The Primal Lunchbox Bundle](#)

5 eLearning downloads to keep mid-day Paleo simple, delicious,
& nutrient-rich for energy, vitality, & boosted metabolism!

