



COOKING MEXICAN PALEO

THE DRSWOLFSON

COOKING IS ABOUT
TASTE AND ART

Welcome

Welcome to our first recipe guide, Mexican Paleo. We think you are going to love these delicious and healthy creations. Our family sure did.

As The Drs. Wolfson, cardiologist and chiropractor, we are so excited to share our version of food done healthy, tasty, and with beauty.

We are honored to introduce Chef Lorena to you. She brings a wealth of experience and history to these recipes. Born and raised in Mexico, Lorena knows her way around the health kitchen, and only creates recipes approved by The Drs. Wolfson.

Provecho!

Our patients have been asking us to produce a cookbook for years. Well, good things come to those who wait. Mexican Paleo is our first crack at sharing a series of recipes your family is sure to love. We put together over 20 recipes with Hispanic flare and tradition to satisfy any appetite.

Stay tuned for more recipes from our house to yours.

And now, enjoy Mexican Paleo, by The Drs. Wolfson.



Pictured left to right: Jack Wolfson D.O., Heather Wolfson D.C., Lorena Case.

PHOTOGRAPHER
CHRISTINE JOHNSON

_ H o w t o s h o p _

Ingredient Shopping

Here are some very important tips when you shop for your Mexican Paleo.

The ingredients you choose are critical to your health. You want organic plant foods, free-range meats and wild seafood. Here are some guidelines to follow.

Vegetables: The foundation of our diet is organic vegetables. Try to find a local farm as option #1. Talk to the farmer about their growing methods. Organic certification helps, but sometimes a conversation about what they use for fertilizer and pest control can really identify who you can trust from those you should not. Otherwise head to your local organic grocer. Some items can be found online and shipped to your doorstep.

Meat: Farmers markets are always a great place to meet your animal rancher. Only buy grass-fed and organic beef lamb, poultry and other meats. Your local natural grocer should carry some options as well. Some companies such as Butcher Box will ship it right to your door.

Seafood: Fresh or frozen wild salmon, sardines and anchovies in glass are great options. Fresh oysters and other shellfish round out this list. Other fish are recommended in the individual recipes. Omega 3 fatty acids from seafood are good for your brain, heart and body.



Eggs: Nature's multivitamin. Pasture-raised, cage-free only. Organic and soy-free are other things to look out for.

Nuts and Seeds: Organic, raw and sprouted are the best way to enjoy nuts and seeds.

Fruits: Try to buy from local farmers markets. At the store, buy organic and make sure the fruit is in season.

Spices and Herbs: Buy fresh, organic herbs or grow your own. If Dr. Jack can do it, anyone can.

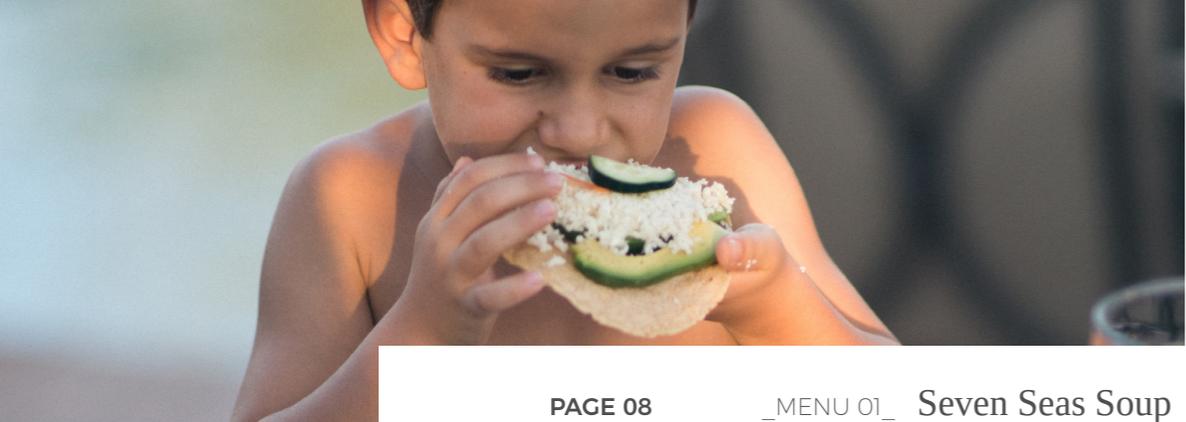
Fermented Foods: These are full of gut-healthy probiotics. Get your fermented veggies in glass or make your own at home!

Cooking Oils: We love cooking with organic coconut oil, organic grapeseed oil, organic olive oil or left-over animal fat. You should too.

Now on to Mexican Paleo



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Seven Seas Soup

'I'm happy to share the soup that my Grandmother used to call "Sopa de Levanta Muertos" which means "Soup That Can Wake the Dead."

🕒 20 Minutes

👤 2 People

Ingredients

8 cups water
6 clams
½ pound squid, chopped
½ pound shrimp, cleaned and deveined
1 pound Petrale sole fillets, cubed
½ pound octopus, chopped

½ pound mussels
½ pound crab meat
2 tbsp. apple cider vinegar
1 large carrot, finely chopped
1 large leek, trimmed
1 celery stalk
2 medium white onions, halved

¼ sweet red pepper finely chopped
4 garlic cloves, peeled
3-5 heirloom tomatoes, roasted then peeled
1-3 Guajillo peppers (or Anaheim peppers),
roasted then seeded
2 tbsp. olive oil

2 large sprigs fresh epazote (sub: cilantro/ parsley)
2 bay leaves
1 tsp. black pepper
Salt to taste
⅛ tsp. black cumin seed powder

Cooking Instructions

Rinse clam shells. Cook clams in shells in 8 cups of water until shells open. Put clams aside. Return the shells to pot. Add 2 tbsp apple cider vinegar, carrot, leek, celery, red pepper, 2 garlic cloves, and 1 medium onion.

Add in chopped octopus. Bring to boil. Simmer for 30 minutes. Remove garlic cloves, onion halves and shells.

Blend tomatoes, 2 garlic cloves, 1 medium onion, and guajillo peppers. Strain, then put mixture in an olive oil- coated skillet. Simmer for 3 minutes to develop flavor.

Add in the sauce and bay leaves to broth. Bring to a gentle boil. Add in the rest of the seafood ingredients along with the epazote, black pepper and salt. Simmer for an additional 8-10 minutes.



_ M E N U 0 2

Chilaquiles Rojos

 20 Minutes

 4 People

Cooking Instructions

Preheat oven to 350°F. Line 2 large cooking sheets with parchment paper. Brush oil on both sides of tortillas. Slice tortillas into wedges. Place wedges on sheets and salt them. Bake in oven for 7 minutes. Then rotate pans for even cooking and cook for 8 minutes longer or until golden brown and crisp.

In a medium saucepan put all of the tomatoes, Serrano chile, and enough water to cover. Bring to boil, cover and simmer for 10 minutes. Remove from heat, let cool for 5 minutes. Reserve the water mixture. In a blender put tomatoes, Serrano chili, garlic, chicken broth, pinch of salt, and 2 cups of the reserved water.

Heat oil in skillet. Add salsa. Bring to mixture to a simmer. Add sour cream and mix well. Remove from heat.

Serve: place the tortillas in the center of a plate. Pour the sauce over the chips. Add desired toppings and sprinkle with onion and sour cream.

Ingredients

8 homemade cassava tortillas
2 tbsp. avocado oil
½ tsp. Himalayan salt
3 heirloom tomatoes, halved
3 roma tomatoes, halved

½ Serrano chile
2 tbsp. chicken broth
1 garlic clove
1 ½ tsp. olive oil
Pinch of salt

Toppings

4 eggs over-easy
Avocado slices
Chopped onion
Sour cream (page 49)



Red Chicken Enchiladas

🕒 20 Minutes

👤 2 People

Ingredients

2 large organic chicken breasts, halved
4 c. water
1 bay leaf
¾ c. onion, finely chopped
Juice of 1 lime
½ tsp. dried oregano powder
¾ tsp. salt
9 cassava tortillas (page 52)
2 tbsp. olive oil

4 garlic cloves, minced
2 c. tomato sauce, in glass jar
2 tbsp. tomato paste
4 medium heirloom tomatoes, halved
¾ c. chicken broth
½ 2 tbsp. chili powder, depending on desired spice level
1 tsp. cumin powder
1 ½ c. chopped spinach

Garnish:
Chopped cilantro
Sour cream (page 49)

Cooking Instructions

Preheat the oven to 350 °F.

Bring halved chicken breasts, 4 cups of water and bay leaf to a boil over medium-high heat. Reduce to a simmer for 30-40 minutes. Let cool. Then, shred the chicken.

Bring water to a boil in a saucepan. Add in tomatoes and cook for 20-25 minutes or until soft. Let cool. Purée cooked tomatoes, tomato sauce, tomato paste and chicken broth in a blender and set aside.



In a large skillet, add olive oil and bring to medium-heat. Add in the ¼ c. onion and garlic. Sauté for 4 minutes or until translucent. Add in the purée mixture. Next add in ½ tbsp. chili powder, ¼ tsp. cayenne powder, 1 tsp. cumin, 1/4 tsp. oregano and ½ tsp. salt. Bring to a boil. Reduce heat and simmer 15-20 minutes until thickened. Let cool and blend mixture together.

Combine ½ c. onion, ¼ tsp. oregano, ¼ tsp. salt and lime juice. Set aside.

In a skillet, bring olive oil to medium-low heat. Dip tortillas in olive oil. Set on paper towel to pat dry. Dip one tortilla at a time in the sauce and lay in 9x13 baking dish. Fill each of the tortillas with shredded chicken, lime-onion mix, chopped spinach and 2 tbsp. sauce. Roll tortilla to form enchilada. Cover with remainder of sauce and bake 12-15 minutes. Remove from oven. Let cool. Drizzle with sour cream, garnish with cilantro and serve.





_ M E N U 0 4

Zarandeado Shrimp

 20 Minutes 2 People

Cooking Instructions

In a large bowl, add 2 cups of hot water and the seeded dried chiles. Let soak for 20 minutes, or until softened. Reserve the water.

Transfer the chiles into the blender. Add mustard, sour cream, minced garlic, salt and 1 cup of the reserved water. Blend until smooth.

Season shrimp with salt and pepper. In a large skillet, Heat ghee over medium-high heat. Add in the shrimp and cook for 3 minutes on each side or until pink.

Next, add the sauce to the skillet and mix well with shrimp. Simmer for 2 minutes.

Assemble Mexican Cauliflower Rice and shrimp mixture on plates. Serve with avocado slices. Garnish with cilantro.



Ingredients

1 lb. jumbo shrimp with tails,
deveined and rinsed
3 Anaheim or Guajillo peppers,
seeded

2 c. water, heated

2 garlic cloves, minced

½ tsp. mustard

1 tsp. sour cream (page 49)

Ghee

Pepper to taste

Salt to taste

1 sliced avocado

Garnish: Cilantro

Serve with:

Mexican Cauliflower Rice (page 50)



_ M E N U 0 5

Huevos Rancheros

20 Minutes

2 People



Cooking Instructions

In a small skillet, heat 2 tbsp of avocado oil over medium-high heat. Saute onion for 3 minutes. Add Serrano chiles and cook for 2 minutes. Reduce heat to low. Add garlic and cook for 1 minute longer. Add in diced tomato, chicken broth, salt, and pepper and cook for 3 to 4 minutes. Set aside.

Heat 2 tbsp. of avocado oil in a medium skillet over medium-high heat. Fry tortillas one at a time for 10-30 seconds on each side or until browned and crispy. Add remainder of the avocado oil as needed. Set tortillas on paper towel and drain excess oil.

In the medium skillet cook eggs over-easy.

Place tortilla on plate, add egg and pour salsa over each. Serve with avocado slices and garnish with cilantro.

Ingredients

6 tbsp. avocado oil
2 heirloom tomatoes, diced
½ medium white onion, minced
2 garlic cloves, minced
½ Serrano chile

2 tbsp. chicken broth
Pinch of salt
Pinch of pepper
4 eggs
4 cassava tortillas (page 52)

Garnish:
Cilantro
Serve with:
Avocado slices

Shrimp Ceviche

🕒 20 Minutes

👤 2 People



Ingredients

2 lbs. jumbo shrimp, peeled and deveined
2 c. lemon juice
2 c. lime juice
4 heirloom tomatoes, diced
1 large white onion, diced
2 medium cucumbers, peeled and diced
½ Serrano chiles (optional), minced

½ c. ketchup
½ c. cilantro
1 tsp. hot sauce
4 tsp. celtic salt
½ tsp. cumin powder
cassava tortillas
Serve with: sliced avocados, cassava tortillas

Garnish: Cilantro
8 cassava tortillas (page 52)

Cooking Instructions

In a large pot add 2 cups of water, salt and bring to a boil. Turn heat off, add shrimp and let sit for 30 seconds. Remove. Chop shrimp into small pieces. In a bowl combine shrimp, onion, lemon and lime juice. Refrigerate for 3 hours.

Remove bowl from fridge. Add tomatoes, cucumber, cilantro, 1 tsp. salt, and chilis. Mix well. Return bowl to refrigerator for 1 hour. Mix ketchup and hot sauce in a bowl. Set aside in fridge until ready to serve.

Heat 3 tbsp. of avocado oil in a medium skillet over medium-high heat. Fry tortillas one at a time for 10-30 seconds on each side or until browned and crispy. Add remainder of the avocado oil as needed. Set tortillas on paper towel and drain excess oil.

Plate fried tortillas on plates. Top with shrimp ceviche mix. Serve with sliced avocados and garnish with cilantro.





_ M E N U 0 7

Chiles Rellenos

 20 Minutes 2 People

Cooking Instructions

Char chiles over gas burner on high-heat or broil in oven until blackened. Transfer to moist towel and fold up and let stand for 10 minutes. Remove chilis from cloth and peel skin with paper towels. Don't rinse.

Using a paring knife make a slit down the center of the chilis to open them slightly. Remove seeds. Set aside.

In a blender, purée tomatoes, onion, and garlic until smooth. Optional: Add ¼ c. sour cream (page 49) to make creamier.

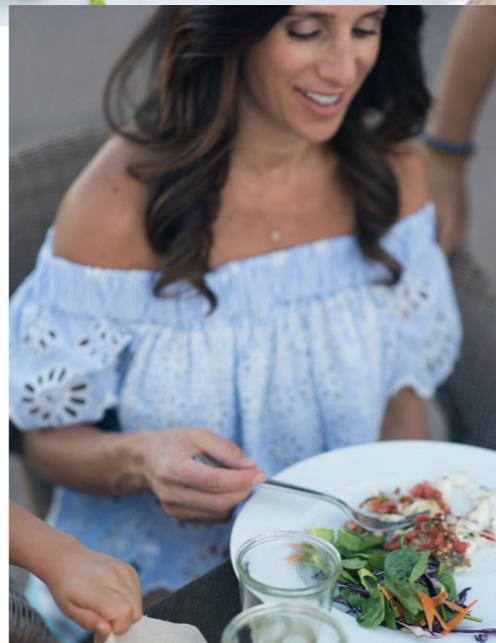
Heat olive oil over medium heat in saucepan. Add the purée and simmer for 5 minutes, stirring occasionally. Season with salt and pepper to taste. Keep warm.

Fill each chile with ¼ cup of Mexican cauliflower rice. Pour tomato purée over stuffed chiles. Optional: Plate over cauliflower rice (page 50).



Ingredients

6 poblano chile peppers
5 heirloom tomatoes, quartered
½ small white onion, quartered
1 garlic clove
1 tbsp. extra virgin olive oil
1 tbsp. dried oregano
½ tsp. celtic salt to taste
⅛ tsp. pepper to taste
Mexican Cauliflower Rice (page 50)



_ M E N U 0 8

Beef Taco Salad

🕒 20 Minutes

👤 4 People

Cooking Instructions

Combine the chili powder, paprika, cayenne powder, onion powder, garlic powder, Celtic salt, and oregano in large bowl. Whisk with ½ c. water to combine. Set aside.

In a large skillet sauté ground beef over medium-high heat until beef is completely brown. Pour in spice mixture. Stir and simmer for 7 minutes.

Chop romaine lettuce as desired. Create a bed of lettuce on each plate, add the beef, sour cream, guacamole, salsa, and any extra toppings.

Ingredients

1 ½ lb. organic, grass-fed beef (85% lean)

1 head romaine lettuce

½ c. water

Salsa (page 53)

Guacamole (page 46)

Sour Cream (page 49)

½ tsp. chili powder

½ tsp. cayenne powder

1 tbsp. onion powder

1 tbsp. garlic powder

1 tbsp. cumin powder

1 tsp. Celtic salt

¼ tsp. oregano

Optional: 1 pinch red pepper flakes

Chicken Tortilla Soup

🕒 20 Minutes

👤 2 People

Cooking Instructions

Bring chicken breasts and 4 cups of water to a boil over medium-high heat. Reduce to a simmer for 30-40 minutes. Let cool. Then, shred the chicken.

Blend ½ cup of water, tomatoes, onions, and garlic.

In a saucepan, heat olive oil then add blended mixture, cilantro, bay leaves, paprika, cumin, coriander, chili powder, salt, pepper, and chicken broth.

Cover pan and bring to simmer for 10 minutes. Consistency should be liquid. If not, then add more broth and cook for 3 minutes longer. Remove cilantro sprigs and bay leaves.

Place tortilla strips, avocado and shredded chicken in a bowl and then ladle soup over. Top with sour cream.

Optional: slice a dry pasilla chili, take the seeds out and fry the chili slices in a pan. Add as much as you want to your bowl.

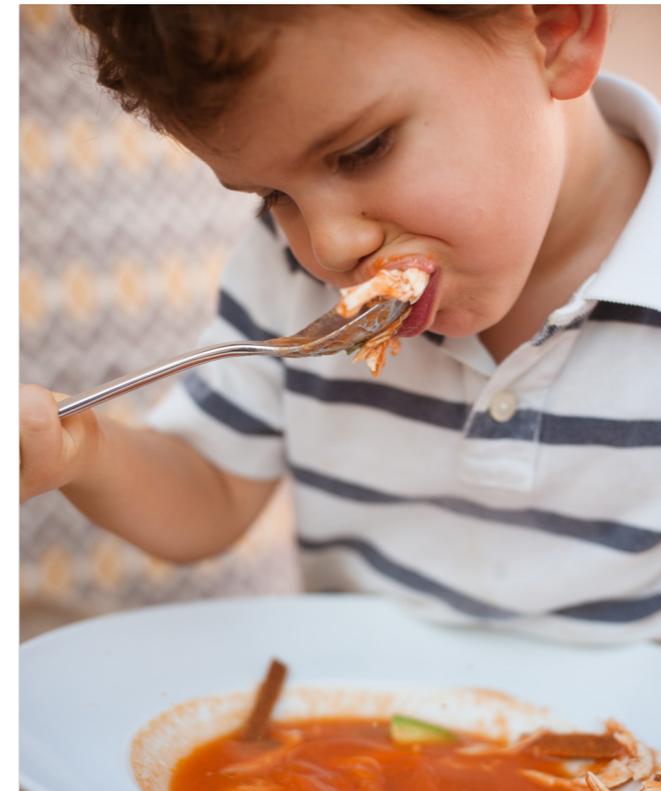


Ingredients

7 medium heirloom tomatoes, quartered
½ yellow onion
3 garlic cloves, minced
½ tsp. paprika
1 ½ tsp. ground cumin
1 tsp. ground coriander
½ tsp. chilli powder
1 tsp. Himalayan salt
¼ tsp. pepper
⅛ tsp. black cumin seed powder
⅛ tsp. cayenne pepper (optional)

2 cilantro sprigs
2 bay leaves
2 tbsp. olive oil
½ c. water
4 c. chicken broth
2 large organic chicken breasts, halved

Toppings:
Tortilla strips (page 48)
Sour cream (page 49)
2 avocados, cubed



Chorizo Egg Burrito



20 Minutes



2 People

Ingredients

1 lb. organic ground pork
1 tbsp. cumin powder
1 tsp. coriander powder
1/8 tsp. clove powder
1/4 tsp. ground cinnamon
1/2 tsp. oregano
1/2 tsp. thyme
1 tbsp. Garlic powder
1 tsp. Himalayan salt
2 tbsp. paprika
1 tsp. red chili powder
3 tbsp. apple cider vinegar

8 pasture-raised eggs
1 small sweet potato, diced
4 cassava tortillas (page 52)
Salsa (page 53)
Optional: Avocado slices

Cooking Instructions

In a bowl, combine cumin, coriander, clove, cinnamon, oregano, thyme, garlic, salt, pepper, paprika and red chili powder. Mix well.

In large glass bowl, break up the ground pork with your hands. Pour vinegar and half the spice mix over pork and work in with hands (using gloves if desired). Add the remaining spice mix into pork and mix until it becomes a red color. Let the chorizo mixture sit for 4 hours or overnight.

In large skillet, heat oil over medium-high heat. Add sweet potatoes and sauté until soft and browned. Add in chorizo and cook until browned. Whisk eggs in bowl and then add to chorizo mix and cook until eggs are done. Don't overcook.

Optional: In a medium skillet, heat oil over medium heat. Briefly warm your tortillas in skillet one at a time until soft.

Place tortillas on plates and add the chorizo mix and salsa. You can also top with avocado slices.



_ MENU 11

Beef Chili with Nopal



 20 Minutes

 2 People

Cooking Instructions

In a saucepan, add tomatoes and enough water to cover. Bring to a boil. Then simmer for 10 minutes. Remove from pan and set aside to cool. Reserve ½ c. of the cooked tomato water.

In a large pot, heat oil over medium-high heat. Saute onion and cook until translucent. Add celery and nopales and cook for 8 more minutes. Then, add garlic and greens and cook for an additional 1-2 minutes. Remove from pan and set aside.

In the same large pot, add in ground beef and cook until browned. Add cumin, chili powder, cayenne powder, oregano, garlic, salt and pepper. Cook for 14 minutes.

Put cooked tomatoes, ½ c. reserved water, tomato puree and tomato paste in a blender. Blend well. Pour blended mixture into pot with ground beef. Simmer 5 minutes to blend flavors. Add the onion, celery, nopales, garlic and green mix. Add in more spices if desired.

Ladle chili into bowls and add minced onion, avocado and sour cream for toppings.

Ingredients

1 white onion, chopped
2 Nopal paddles, cleaned and chopped
2 tbsp. olive oil
1 ½ lb. grass-fed ground beef
2 large garlic cloves, minced
1 tsp. cumin powder
1 tsp. black cumin seed powder
1 c. celery, diced
6 heirloom tomatoes, halved

½ tomato puree in glass bottle
6 oz. tomato paste in glass bottle
1 bunch collard greens or spinach, chopped
½ tsp. chili powder
¼ tsp. cayenne powder
¼ tsp. oregano
½ tsp. garlic powder
1 tsp. Celtic salt
⅓ tsp. black pepper

Toppings:

1 avocado, cubed
½ red onion, minced
Sour cream (page 49)



_ M E N U 1 2

Chilaquiles Verdes with Chicken

 20 Minutes

 2 People



Cooking Instructions

Preheat oven to 350°F. Line 2 large cooking sheets with parchment paper. Brush oil on both sides of tortillas. Slice tortillas into wedges. Place wedges on sheets and salt them. Bake in oven for 7 minutes. Then rotate pans for even cooking and cook for 8 minutes longer or until golden brown and crisp.

Bring halved chicken breasts, 4 cups of water and bay leaf to a boil over medium-high heat. Reduce to a simmer for 30-40 minutes. Let cool. Then, shred the chicken.

In a medium pot, put tomatillos, Serrano chile, onion, cilantro, garlic and cover with just enough water. Reduce heat to medium-low and simmer for 12 minutes or until tomatillos turn pale green. Don't overcook. Remove from heat, set aside.

In a blender, add vegetables, bay leaf, oregano, thyme, salt, broth, and sour cream. Blend sauce until smooth.

Portion chips in the center of plate and add shredded chicken. Pour sauce over chicken and top onion, cilantro, sour cream avocado. Ready to serve.

Ingredients

8 medium tomatillos
½ Serrano chile
½ white onion, halved
2 garlic cloves
3 cilantro sprigs
½ bay leaf
⅛ tsp. dried oregano
⅛ tsp. dried thyme
¼ c. reserved chicken broth
⅛ black cumin seed powder

2 tbsp. avocado oil
½ tsp. Celtic salt
2 tbsp. sour cream (page 49)
2 large organic chicken breasts, halved
8 cassava tortillas (page 52)

Toppings:

⅓ c. cilantro
1 small white onion, diced
1 avocado, sliced
Sour cream (page 49)



_ M E N U 1 3

Albondigas Soup

 20 Minutes

 2 People



Ingredients

1 ½ lb. grass-fed ground beef (85% lean)
4 garlic cloves, minced
1 carrot, diced
¼ tsp. fresh ground pepper
1 ½ tsp. cumin powder
¾ c. and ¼ c. cilantro leaf, chopped and divided

6 c. bone marrow broth
1 c. white onion, chopped
2 celery stalks, diced
1 tsp. salt
¼ tsp. oregano
⅛ tsp. pepper
Optional: ⅛ tsp. black cumin seed powder

Cook Ingredients

In a bowl combine beef, garlic, carrot, ¼ c. cilantro, pepper and cumin. Mix and form 1 ½ - 2 inch small, rounded balls. Set aside.

In a large pot, add broth and onion. Bring to a boil and simmer for 5 minutes. Add celery and simmer for 2 more minutes.

Drop 10 meatballs into the broth and bring back to a simmer. Cook for 3 minutes. Add in another 10 meatballs. Bring to a boil and simmer soup for an additional 10 minutes.

Then add in cilantro and oregano. Reduce heat to low and simmer 2 minutes longer. Add in salt and pepper to taste.

Distribute to bowls.

Chicken Fajitas

 20 Minutes

 2 People



Ingredients

4 medium organic boneless, skinless chicken breasts, cut into strips

1 yellow bell pepper, sliced

1 red bell pepper, sliced

1 large white onion, sliced

1 ½ tsp. chili powder

1 tsp. cumin powder

¼ tsp. cayenne powder

⅓ black cumin seed powder

½ tsp. garlic powder

½ tsp. Celtic salt

¼ tsp. pepper

4 tbsp. olive oil

8 cassava or raw tortillas (page 52)

Guacamole (page 46)

Salsa (page 53)

Cooking Instructions

In a small bowl whisk together chili powder, cumin, paprika, cayenne, garlic powder, salt, and pepper for the fajita seasoning. Set aside.

Heat 2 tbsp. olive oil in a frying pan over medium heat. Add chicken strips and ¾ of fajita seasoning. Cook for 6-10 minutes or until browned. Set chicken aside.

In the same pan, heat the remaining 2 tbsp. of olive oil over medium heat. Add sliced peppers, onion, and remaining ¼ of the seasoning. Cook 8-10 minutes, stirring occasionally. Cook until vegetables are soft and slightly browned. Add chicken back into the pan and mix it all together.

Warm tortillas. Note: if using raw tortillas, see page 52 for warming instructions.

Divide tortillas on plates, fill with fajita mix. Add guacamole, salsa and other toppings of choice.

Beef Salpicon

🕒 20 Minutes

👤 2 People

Ingredients

2 lb. beef flank steak, halved
1 white onion, halved
3 carrots, shredded
1 small head romaine lettuce, chopped
2 heirloom tomatoes
2 avocados, sliced

1 red onion, thinly sliced
3 garlic cloves, minced
6 peppercorns
1 orange
2 tbsp. apple cider vinegar
4 tbsp. olive oil
1 tbsp. oregano

¼ tsp. lime juice
⅛ c. orange juice
½ c. cilantro
2 tsp. Himalayan salt
⅛ tsp. pepper

Cooking Instructions

In a large pot add meat, onion, garlic, peppercorns, and bay leaves. Cover with just enough water and bring to boil. Reduce heat and simmer for 5 minutes. Skim off any foam from the water surface. Add oregano and 1 ½ tsp. of salt. Cover and simmer for 60 minutes or until the meat begins to shred easily.

Remove meat from pan. Shred meat. Set aside to cool.

In a glass bowl, combine onions, orange juice and lime juice. Set aside.

In a separate bowl, combine apple cider vinegar, olive oil, ½ tsp. salt, and ⅛ tsp. pepper. Put in refrigerator for 10 minutes.

Put shredded meat in the bowl with the red onion mix. Combine well. Add in oregano, cilantro, carrots, tomatoes, and lettuce. Mix well. Add in dressing and mix everything together well. Place in fridge. Ready to serve once cold.

Top with sliced avocados.





_ M E N U 1 6

Paleo Pollo Asado

 20 Minutes

 2 People

Cooking Instructions

Whisk apple cider vinegar, oregano, cilantro, parsley, cumin, paprika, salt, lime juice, coconut aminos and olive oil in a bowl. Put the chicken into the bowl, cover with lid and shake to mix well. Marinate 4-8 hours or over night.

Remove chicken from marinade. Grill chicken 10 to 12 minutes on each side until done. Serve with Nopales salsa page 47.



Ingredients

- 4 organic, boneless chicken breasts
- 4 organic, boneless chicken thighs
- 1 tbsp. apple cider vinegar
- ½ tsp. dried oregano
- ½ c. cilantro, chopped
- ½ c. parsley, chopped
- ⅛ tsp. cumin powder

- ⅛ tsp. paprika
- ½ tsp. Celtic salt
- 1 ½ tbsp. lime juice
- 2 tbsp. coconut aminos
- 2 tbsp. olive oil
- ⅛ tsp. pepper

Pescado Frito

🕒 20 Minutes

👤 2 People

Cooking Instructions

Rinse fish in water and pat dry with paper towel. Cut 3 small slits on each side of fish.

In a small bowl whisk garlic, salt, pepper and 1 ½ tbsp. avocado oil until it becomes a paste. Rub the paste on both sides of fish.

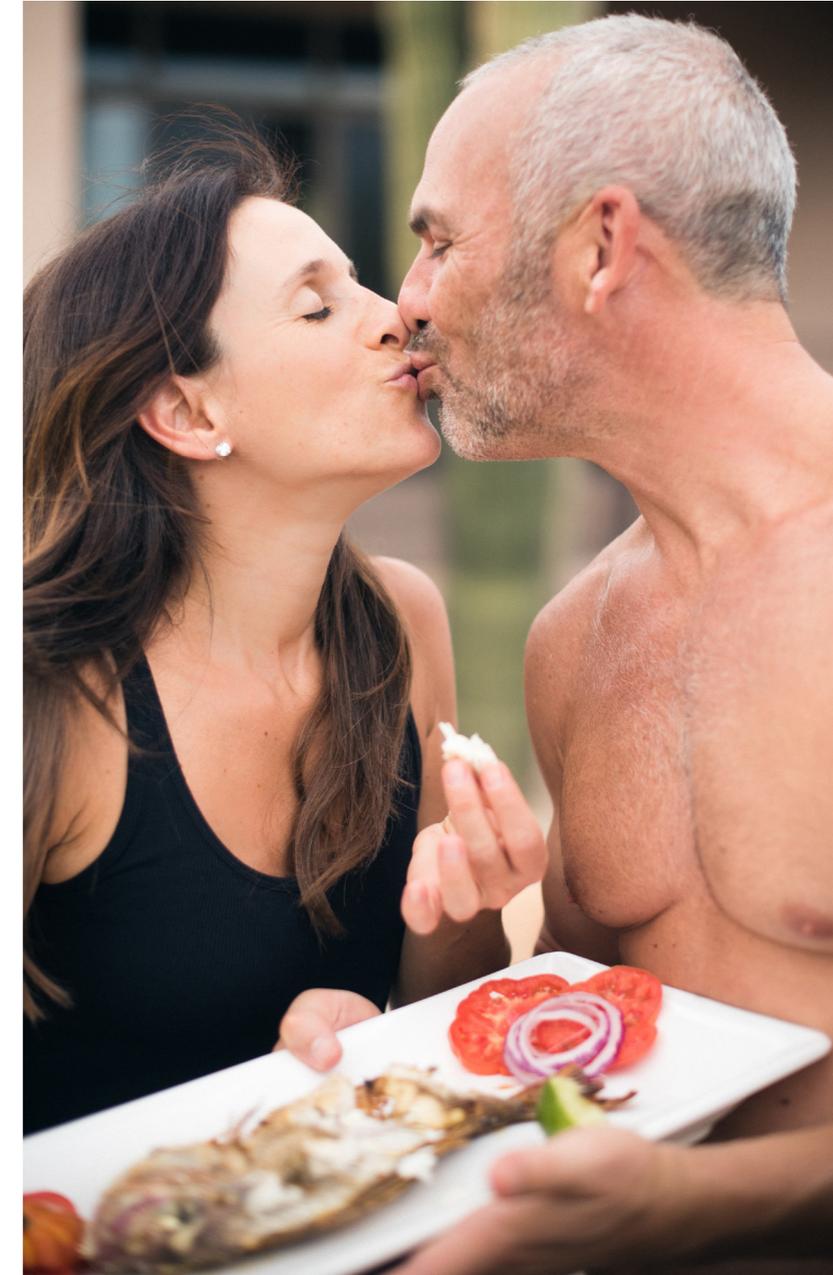
In a large skillet, heat 3 tbsp. over medium-high heat. Place fish in skillet and fry 5 minutes on each side until crisp and browned.

Place fried fish on plate. Add avocado and lime wedges to serve.



Ingredients

- 1-2 medium red snappers, cleaned and scaled (you can request at meat counter)
- 4 ½ tbsp. avocado oil
- 3 garlic cloves, minced
- ¼ tsp. pepper
- ½ tsp. Himalayan salt
- 1 avocado, sliced
- 1 lime, quartered





_ DESSERT 01

Coconut Flan

🕒 20 Minutes

👤 2 People

Cooking Instructions

In a small saucepan bring 2 cups of coconut milk to a gentle boil. Whisk in ½ c. of the honey. Allow to actively simmer (never boil) over medium heat for 25-30 minutes, stirring often. Mixture will thicken slightly then reduce by approximately a 1/3 of the original mixture. Allow sweetened condensed milk to cool completely.

Preheat oven to 325°F. Place a large baking dish half filled water into oven to warm up. Place another rounded baking dish near stove.

In a medium bowl whisk 5 eggs. Slowly add 1 ½ c. of the coconut milk along with the sweetened condensed coconut milk, vanilla, lemon zest, cinnamon, and salt. Set aside.

In a small saucepan, cook water and ½ c. of sugar over medium heat until dissolved and beginning to bubble.

Pour caramel into round baking pan and let cool. Then pour custard filling into baking dish. Place dish into hot water bath in the oven and bake 40 to 50 minutes or until custard is set.

Remove from oven and let cool. Place on large plate and flip over. Cut into slices and serve.



Ingredients

- 3 ½ c. full fat coconut milk
- 5 organic, pasture-raised eggs
- ½ tsp. vanilla extract
- 1 tsp. lemon zest
- ¼ tsp. cinnamon
- ½ c. GMO-free honey
- ½ c. cane sugar
- 2 tbsp. water
- ⅛ tsp. Celtic salt

_ S I D E S

Sides

Mix it up, Mexican Paleo style.

Side dishes are an important component to any meal. They can be thought of as additional dishes that incorporate more nutrients and deliver more balance to a meal. They are the dishes that hold a meal together and make it unique. Adding side dishes to meals is a great way to get in more essential nutrients along with a wider variety of foods, which helps to balance a meal and ensure exceptional nutritional intake.

For our Mexican cookbook, we have highlighted some tasty side dishes that compliment our main courses. From guacamole and prickly pear salsa to grain-free chips and tortillas, we've got you covered for all your healthy needs.

The ultimate goal of our Paleo Mexican side dishes is to provide you with some creative and innovative options to boost the nutritional content, flavor and texture of your meals. They are family-friendly, healthy, and flavorful side dishes that can serve as a complement to one of our main dishes or stand alone as a tasty yet nutritional feast.





_ S I D E S 0 1

Guacamole

Guacamole contains a noteworthy amount of several vitamins and minerals. Most notably is potassium, essential for the muscular and circulatory systems.



_ S I D E S 0 2

Nopales Salsa

Nopales are one of the very low-calorie vegetables. 100 g of fresh leaves carry just 16 calories. Nonetheless, its modified leaves (paddles) have many vital phytochemicals, fiber, antioxidants, vitamins, and minerals that can immensely benefit health.

Ingredients

- 3 large avocados
- ¾ red onion, chopped
- ¾ tsp. Celtic salt to taste
- 3 tsp. lime juice
- ¼ c. cilantro, chopped
- ⅓ tsp. cumin powder
- Optional: ⅓ tsp. serrano chile, minced

Instructions

- Cut avocados** in half. Remove the pit, scoop the inside out and put into a bowl. Mash until desired consistency.
- Add in lime juice**, stir and taste. Then add in onion, cilantro, salt, and cumin to bowl. If desired, add in Serrano chile. Mix well.

Ingredients

- 1 lb. nopales, chopped
- 1 jalapeno, seeded and minced
- 2 large heirloom tomatoes, chopped
- 2 small onions, one diced and one quartered
- 2 garlic cloves
- 5 tbsp. minced cilantro
- 2 cilantro sprigs
- ⅓ tsp. oregano
- Celtic Salt to taste
- ½ lemon

Cooking Instructions

- In a medium pot**, combine 1 cup of water, nopales, onion quarters, cilantro sprigs, garlic, and pinch of salt. Let cook 15 to 20 minutes until soft.
- Combine jalapeno**, diced onion, tomato, oregano and minced cilantro. Place salsa mix into bowl and set aside.
- Remove nopales** from pot and rinse with cold water. Add nopales to salsa mix. Squeeze lemon into salsa as desired. Add salt to taste.



_ S I D E S 0 3

Tortilla Chips

Homemade tortilla strips are filled with nutritional benefits. Flaxseed Meal is high in dietary fiber containing both the soluble and insoluble types. It's also a powerful natural cholesterol controller.



_ S I D E S 0 4

Mexican Sour Cream

This is a healthy, non-dairy Paleo alternative to sour cream. Apple cider vinegar is great for digestion and olive oil and garlic powder are heart-healthy!

Ingredients

- ½ c. almond flour
- ½ c. sorghum
- ½ c. golden flaxseed meal
- 2 egg whites, whisked
- ½ tsp. Celtic salt
- ⅛ tsp. parika
- ⅛ tsp. cumin
- ⅛ tsp. black cumin seed powder

Instructions

Preheat oven to 325°F. In glass bowl combine almond flour, sorghum, flax meal, eggs, salt, paprika, cumin, and black seed cumin powder. Mix well until it becomes dough. Separate dough in half.

Roll out dough between two pieces of parchment paper as thinly as possible. Remove the top layer of parchment paper. Cut dough into strips or alternative shapes. Transfer parchment paper and strips to a baking sheet and put in oven. Bake for 11-13 minutes or until golden brown. Remove from oven and let cool.

Ingredients

- 16 oz. Paleo mayonnaise
- ⅛ tsp. Celtic salt
- 1 tsp. garlic powder
- 1 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. water

Instructions

In a bowl, mix mayonnaise and olive oil. Add apple cider vinegar, garlic, salt and water. Mix everything together.

Place in fridge and let cool.



_ SIDES 05

Mexican Cauliflower Rice

This side is made from one of the healthiest cruciferous vegetables you can get, cauliflower. It is loaded with nutrients including fiber, vitamins C, K and B6, and potassium.



_ SIDES 06

Pico de Gallo Salsa

Pico de gallo is packed with antioxidants, which fight the harmful free radicals that cause cellular mutations. This damage, called oxidative stress, also contributes to the development of chronic health conditions.

Ingredients

- 1 cauliflower head, finely chopped
- 3 big heirloom tomatoes
- ¼ small onion
- ½ tsp. Celtic salt
- 2 tbsp. olive oil
- ¼ c. tomato paste
- 10 cilantro leaves for garnish

Instructions

In a saucepan boil tomatoes until skins start to break. Remove from pan and let cool. Blend the tomatoes, onion, and salt. Set aside.

In a large pan heat olive oil over medium-high heat. Add cauliflower, blended tomato mix and tomato paste to the pan. Stir occasionally and bring to a simmer. Cook for 5 minutes. Add cilantro leaves as garnish.

Optional: if you want plain cauliflower rice, omit the tomato blend and paste.

Ingredients

- 3 heirloom tomatoes, finely chopped
- 1 medium white onion, finely chopped
- ¼ Serrano chile, minced
- ½ bunch of cilantro, finely chopped
- 1 ½ tbsp. lime juice
- 1 tbsp. orange juice
- ½ tsp. Celtic salt

Instructions

Mix tomatoes, onions, chilis, cilantro, lime juice, orange juice, and salt well.

Put in the refrigerator until ready to serve.



_ S I D E S 0 7

Cassava Tortillas

The main ingredient is Cassava flour. It is the entire root that is dried and then ground. It is more nutritious, easier to digest and the best part is that it's grain free.



_ S I D E S 0 8

Roasted Salsa

Heirloom tomatoes are loaded with health benefits that can reduce stress and strengthen your bones. The rainbow of colors indicate their diversity of antioxidants, which help protect our cells from aging.

Ingredients

- 1 ½ c. cassava flour
- ½ tsp. Celtic salt
- ¼ tsp. cream of tartar
- ½ tsp. aluminum-free baking soda
- 4 tbsp. extra virgin olive oil
- ¾ c. warm water

Instructions

- Combining flour,** salt, tarter, baking soda in a mixing bowl. Add oil and ¾ cups of warm water. Mix until stiff dough forms. Divide dough into half, and then again until there are 8 portions. Roll each portion out flat in a circle.
- Heat** up large skillet to medium with avocado oil. Fry each rolled tortilla a minute on each side until golden brown. Remove from pan keep covered until ready to serve.

Ingredients

- 3 large heirloom tomatoes
- ½ medium white onion
- ¼ serrano chili
- 3 garlic cloves
- ½ tsp himalayan salt
- 1 tbsp orange juice
- 1 tbsp lime juice
- ½ bunch cilantro

Instructions

- Cut tomatoes in halves.** Chop onions and garlic. In a large skillet add tomatoes, onions, garlic, salt, orange juice, and lime juice. Heat medium high and cook until tomatoes are dark brown. Remove from heat and let cool.
- Pour ingredients** into food processor. Add cilantro and pulse 3 times. Put ingredients in a bowl and set aside in refrigerator until ready to serve.



_ SIDES 09

Rosemary and Thyme Beet Chips

Beets are a great source of nitric oxide which boosts blood flow and supports healthy blood vessels. Coconut oil is a heart-healthy cooking oil that gives these chips a distinct flavor and texture. Rosemary and thyme are two spices that are great for digestion and cardiovascular health.



_ SIDES 10

Bone Marrow Beef Broth

This bone broth is made from healthy, organic, grass-fed beef. The key ingredient in our beef broth is collagen, a structural protein that is essential to good health. This vital protein boosts immunity, protects joints, strengthens hair and nails, aids in digestion and can help with metabolism.

Ingredients

6 medium beets, cleaned
3 tsp. coconut oil
Pinch of Celtic salt
Pinch of black pepper
3 sprigs rosemary, finely chopped
5 sprigs fresh thyme, finely chopped

Instructions

Preheat oven to 350°F.

Peel the beets and thinly slice them. Put beets in large bowl. Toss with coconut oil and mix beets around. Transfer beets to a baking sheet in a single layer. Mix rosemary and thyme together in a small bowl. Sprinkle with salt, pepper, and the rosemary and thyme mix.

Bake for 20-25 minutes until slightly browned. Remove from the oven and transfer to a wire rack to cool down.

Ingredients

2 lb. organic, grass-fed beef marrow bones
1 tsp. Celtic salt
1 ½ tbsp. apple cider vinegar
1 head of garlic, washed
2 celery sticks, halved
2 carrots, halved
1 onion, quartered
Half bunch of parsley
Half bunch of cilantro
12-13 c. water

Instructions

Preheat oven to 400°F.

Rinse bones and place them in a baking dish. Roast for about 25 minutes.

Place water into a large pot and bring to a boil. Add all the ingredients to the pot. Simmer for 20 hours. Strain broth.



_ SIDES 11

Mayonnaise

This is our healthy, Paleo version of mayonnaise. We use heart-healthy grapeseed oil, apple cider vinegar and eggs to create this tasty mixture. Garlic, mustard and Celtic salt help to develop the flavors for a flavorful condiment for all your meals.

Ingredients

- 1 garlic clove, minced
- 1 egg yolk
- 1 whole egg
- ¼ tbsp. dried mustard
- 1 tsp. horseradish mustard
- 1 tbsp. apple cider vinegar
- ½ tsp. lemon juice
- ½ tsp. Celtic salt
- 1 c. grapeseed oil

Instructions

Using a Vitamix, blend garlic clove, egg yolk, whole egg, both mustards, apple cider vinegar, lemon juice and salt for about 30 seconds on medium speed.

Add in grapeseed oil slowly using the attachment. Keep mixing. Continue to blend at the same speed while you pour the entire amount of oil in.





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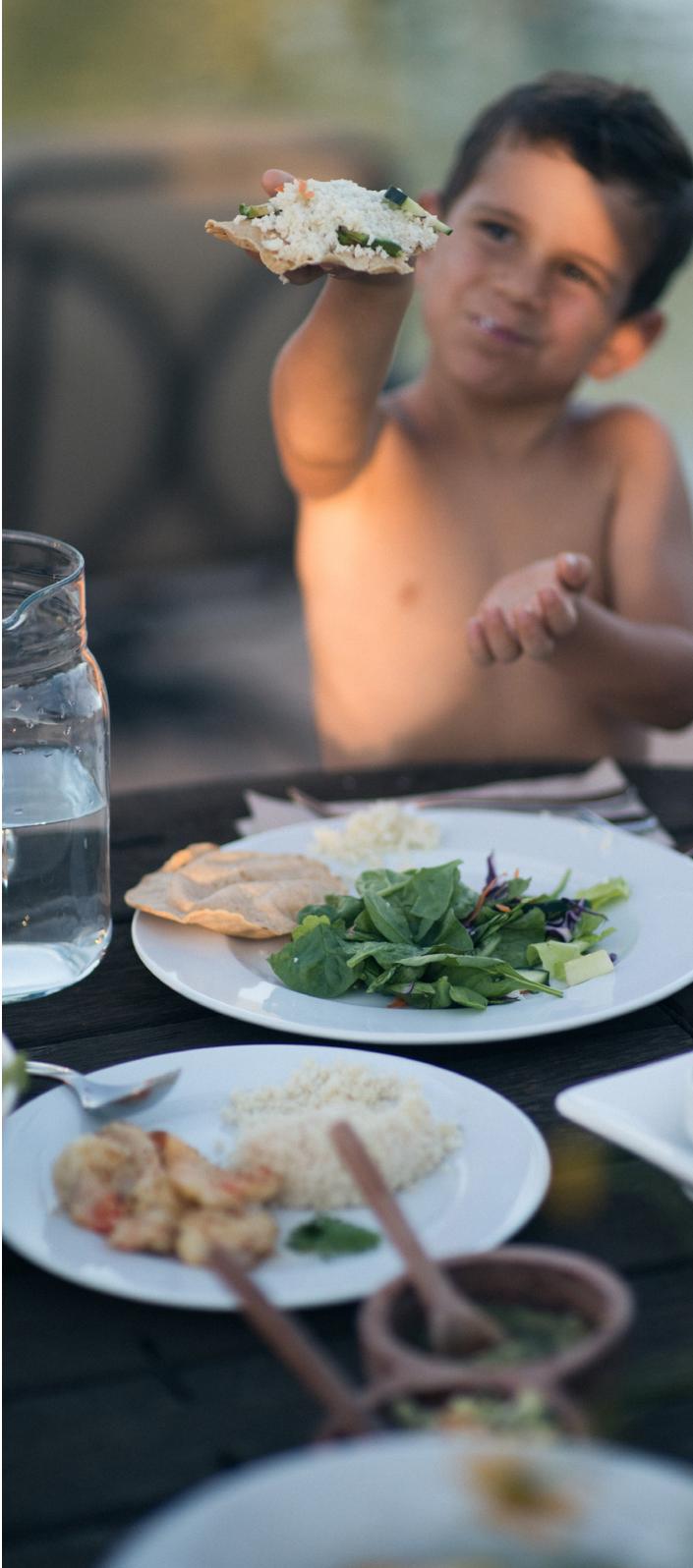
Thank You from The Drs. Wolfson

We hope you enjoyed our recipe guide, Mexican Paleo. Our family loves these recipes. There is no doubt that food is medicine, and Mexican Paleo goes a long way to total body health and wellness.

Stay tuned for more recipe booklets created by The Drs. Wolfson.

Our mission is to make the world a healthier place for your family and ours. We hope you continue with us on this mission. Together, we can do anything.

Salud!



COOKING IS ABOUT TASTE AND ART

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