



## Resource List

### Restaurants:

- Chipotle- salad with meat, veggies, guac, salsa, (if on high carb day add small amount of beans & rice).
- Mexican restaurant- no chips. Fajitas over salad with guac and pico no cheese, etc.
- Asian- meat and vegetables- ask for no sugar in sauce.
- Continental- any kind of meat/fish with salad and vegetables. Order Olive Oil and vinegar dressing.
- Bar-B-Q – can get chicken or brisket, but not pulled because they add sauce which has sugar. Collards, green beans and sweet potato are good sides.
- Italian- Chicken or fish piccata (ask for flourless) with a vegetable and salad. Also seafood stew is a good choice.

### Hacks for eating out

- Don't even let them put bread on the table. Or bring your own carrots to snack on.
- Choose a protein, double veggies or veggies and salad. Oil & Vinegar dressing.
- Be aware of food that taste's sweet when it wouldn't normally – like sweet Brussel sprouts. Ask server if there is sugar in the dishes or sauces.
- Choose farm to table restaurants for organic meats.

### Markets:

- Orlando Meats - 728 Virginia Drive Orlando, FL 32803
- East End Market – Florida & Co. 3201 Corrine Dr #105 Orlando, FL 32803
- Fresh Fields- Local – Organic produce 400 E Compton St Orlando, FL 32806
- Wild Hare Kitchen & Garden Emporium- 335 N. Ronald Reagan Blvd. Longwood, FL 32750.
- Fit Life Foods- Winter Park FL 32789
- Whole Foods/Fresh Market/Publix Greenwise Brands

### Meal Service

- <https://sunbasket.com/>
- <https://www.mindfulmealdelivery.com/>
- <https://freshnhealthymeals.com/>

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## Recipes:

- Paleo/Grain Free Cookbooks (be careful of the sweets)
  - Against All Grain
  - The Paleo Kitchen
  - The Ultimate Grain free cookbook
  - Autoimmune Paleo Cookbook
- Paleo websites and blogs
  - ThePaleoDiet.com.
  - RobbWolf.com.
  - MarksDailyApple.com.
  - NomNomPaleo.com.
  - PaleoOMG.com
  - PaleoDietLifestyle.com.

## Mary's Easy Dinner Ideas:

- Season and bake organic chicken thighs in the oven along with a sweet potato. Serve with a large salad.
- Stir Fry Vegetables (celery, onions, broccoli, pepper strips, carrots) in avocado oil and sesame oil. Add fresh diced ginger and garlic. Add peeled raw shrimp or thinly sliced chicken. Season with coconut aminos and a dash of hot sauce.
- Season and grill or broil a steak. Slice and serve over salad greens with your choice of salad veggies: tomatoes, peppers, olives, mushrooms, carrots, etc. sprinkle with sunflower seeds and drizzle with olive oil and vinegar.
- Meatloaf with these ingredients: 1 lb. Grass Fed beef, 1 cup pulverized mushrooms, 1 egg, ½ cup salsa, parsley or any other seasoning you like. Bake 1 hour at 350. Serve with mashed cauliflower or seasoned roasted cauliflower (you can roast it in the oven along with the meatloaf).
- Chicken Breast pound it, season, brown quickly on both sides. Top with Pesto sauce and bake covered in the oven for 20 minutes. Serve with spiraled zucchini noodles (don't boil them just saute them quickly in garlic and spices.)
- Chicken & Vegetable Soup. Boil 4 chicken thighs (with bone & skin) in organic chicken broth and water (50/50) add seasoning- salt, pepper, herbs etc. Remove and cool chicken. Chop onion, celery, carrots, kale and cook in broth until done. Meanwhile remove skin and bones from chicken and chop meat and add back to soup.