

RECIPES FROM THE PILOT OF



**PALEO
BITES**

**WITH SARAH BALLANTYNE, PHD
OF THEPALEOMOM.COM**

What is Paleo Bites?



Paleo Bites brings the growing popularity of the Paleo Diet to your kitchen with delicious recipes for home-cooked meals made with nourishing whole foods ingredients. The Paleo diet is a nutrient-dense whole foods diet based on eating a variety of quality meat, seafood, eggs, vegetables, fruits, nuts and seeds. Each week, we'll source wholesome ingredients and use them to prepare new amazingly flavorful dishes, complete with tips on making the Paleo diet work in your home. Paleo Bites goes beyond just recipes and shares the science behind this powerful way to take control of your personal wellbeing. And, because the Paleo approach doesn't just end with our diet, each week, we'll learn some important tips for staying active, managing stress, and other important aspects of a healthy lifestyle. Paleo Bites isn't like any show you've seen before: it brings health to your home through deliciously simple meals, served with a side of science and a dash of health-living how-to's.



SARAH BALLANTYNE, PHD

Each episode will begin with the ingredients. This includes explaining what foods to eat on the Paleo diet, how different foods are produced, what to look for when choosing ingredients, and where to find the highest-quality foods.

In the pilot, we begin in the Unity Garden at the Chattahoochee Nature Center, which supplies fresh produce to local charities. Vegetables grown on organic and sustainable farms have more nutrients and more flavor—and if they're locally-grown, that's even better. Then head over to Whole Foods Market in Marietta, Georgia, where I explain the benefits of pasture-raised chicken and pick up the remaining ingredients we need for our meal.

Each episode, I'll make a delicious home-cooked meal using nourishing whole foods ingredients. This includes a focus on easy-to-find budget-friendly foods that can be simply prepared to create a surprisingly delicious meal. There's no need to feel deprived of flavor on the Paleo diet or spend all day in the kitchen!

In the pilot, I make Pecan-Crusted Chicken Breast with Cauliflower Gravy and my famous Bacon-Braised Kale! Every ingredient used to make this amazing meal can be found at any grocery store. The meal is also simple-to-make and packed with nutrients!

Each episode, I'll dive into the science behind the Paleo Diet in segments called Science Bites. This includes explaining the basic tenets of the Paleo diet, the nutritional value of individual foods, and busting many diet myths!

In the pilot, I explain why kale is considered a superfood. Kale has more essential nutrients per

calorie than just about any vegetable. I list the nutrients found in a single leaf of kale—you'd have to eat three heads of iceberg lettuce to get the same nutritional value! I also explain why bacon isn't bad for you, that it doesn't cause heart disease nor cancer. And every episode, we'll finish with the nutrient breakdown of our meal.

Each episode, we'll discuss an important aspect of a healthy lifestyle in a segment called Lifestyle Bite. This includes a variety of different topics, from simple movements you can do anywhere, to the importance of sleep, to concrete tools for stress management. Being healthy is more than just what you eat, it's also how you live.

In the pilot, I visit with my friend and fitness guru Charles Mayfield of Atlanta Strength & Conditioning to do prisoner squats, a movement so accessible you can do them anywhere—even the kitchen!

BRINGING PALEO HOME

It is my hope that Paleo Bites will introduce the Paleo diet and lifestyle to a new audience, making this way of eating and living accessible to millions more people. The idea is to demonstrate the huge array of delicious meals that can be enjoyed on a Paleo diet, helping people implement the Paleo diet in their home, emphasizing the importance of lifestyle factors in overall health and wellbeing, all while simultaneously educating people into the scientific foundations of this way of eating and living.



The Team Behind Paleo Bites



SARAH BALLANTYNE, PHD - CO-CREATOR AND CO-PRODUCER

Sarah Ballantyne is the blogger behind [The Paleo Mom](#), cohost of [The Paleo View](#) podcast, and author of the New York Times-bestselling [The Paleo Approach](#) and [The Paleo Approach Cookbook](#). Sarah earned her doctorate degree in medical biophysics at the age of 26. She spent the next four years doing research on innate immunity and inflammation before becoming a stay-at-home mom. With the Paleo lifestyle, she healed herself of a long laundry list of physical complaints including lichen planus. Sarah has a passion for providing straightforward explanations of the science behind the Paleo diet and its modifications, plus a love of food and cooking.

JASON SIROTIN - CO-CREATOR AND CO-PRODUCER

Jason Sirotn is an award-winning director/producer/creative director and 20-year veteran of the entertainment and media industry. He started his career as a videographer for MSNBC, FOX NEWS, and CNN and went on to become Head of Production and Programming for the national cable network XY.tv. In 2006, media giant Howard Stern tapped Sirotn to create original programming for "Howard TV". Most recently, Jason served as Line Producer on the feature film "The Fat Boy Chronicles". He also served as the Executive Producer of "Quarterlife Ben" and Supervising Producer on "A Free Bird", executive producer on "Good Grief Suicide Hotline", Supervising Producer on "The Perfect Human Diet", and Writer and Director of "The Workout Kid".

ECG PRODUCTIONS

[ECG Productions](#) will be acting as script-to-screen producer for Paleo Bites. ECG is a full-service video production, post-production and digital animation house located in Atlanta, GA that provides pre-production, scriptwriting, location and studio production, editorial, motion graphic design, digital animation, compositing, audio post-production, sound design, original music composition, Blu-ray/DVD mastering, video compression and marketing services. The ECG Productions team has over 50 years of combined experience producing over 1000 episodes of broadcast television, 6 feature films, 14 music videos and countless commercials, industrials & training videos.



Pecan-Crusted Chicken Breast with Cauliflower Gravy

INGREDIENTS

- 4 [chicken breasts](#)
- 1 [egg](#)
- 1 cup [pecans](#)
- 1/2 teaspoon [salt](#)
- 1/4 teaspoon [pepper](#)
- 1 1/2 cups [broth](#)
- 1/2 head cauliflower
- [Salt](#), to taste



DIRECTIONS

1. Preheat oven to 425F. Line a baking sheet with parchment or silicone liner.
2. Pulse pecans in a food processor until the consistency of coarse sand. Combine with salt and pepper in a shallow bowl. Gently whip egg white with a fork. Dry chicken breasts with paper towel. Dredge in egg white and gently wipe off excess with your fingers. Dredge in pecans then place on prepared baking sheet.
3. Bake for 25 minutes, flipping at the 15-minute mark.
4. Meanwhile, cut cauliflower into florets. Place in a pot with garlic and broth. Bring to a boil, then reduce heat to maintain a simmer. Simmer 15 minutes, until cauliflower is overcooked. Pour broth and cauliflower into a high powered blender. Blend for 1 minute, or until completely smooth. Taste and season with salt to taste.
5. Serve chicken with gravy.



Bacon-Braised Kale

INGREDIENTS

- 1 large bunch kale
- 3 ounces [bacon](#)
- 1/4 - 1/2 cup [broth](#)
- 1 tablespoon fresh lemon juice
- 1 clove garlic, crushed

DIRECTIONS

1. Chop the bacon into small pieces and place in a cold skillet. Heat over medium high heat, stirring occasionally, until bacon is crispy. If bacon releases a lot of fat, drain enough to leave 2-3 tablespoons in the pan.
2. Add kale and 2 tablespoons broth. Stir and cook until broth evaporates. Add another 2 tablespoons broth and cook, stirring occasionally until broth evaporates. Continue until kale is completely cooked (3-5 minutes).
3. Add crushed garlic and lemon juice. Stir and cook 1 more minute. Serve.

DID YOU KNOW?

Bacon gets a bad rap for clogging your arteries and causing cancer, but it does neither. Actually the fats in bacon are known to reduce the risk of heart disease. That's in part because recent research shows that dietary saturated fat and dietary cholesterol actually lower LDL, or the "bad" cholesterol known to increase risk of heart disease. Plus, pork fat is actually 50% monounsaturated fats, those same heart healthy fats that are in olive oil! Bacon from pasture-raised pork is also a good source of omega-3 fats!

What about cancer? Recent research has also shown nitrates which are used in the curing process do not increase risk of cancer. And studies show that high consumption of processed meats only increases risk of cancer in people who don't eat much vegetables... well, we've got that covered with our kale!

Bacon is a good source of vitamin E, vitamin B1, B2, B3, B5, B6, B12, iron, phosphorous, potassium, zinc, copper and selenium. And if you buy bacon made from pasture-raised pork, which I always recommend, it's also an excellent source of vitamin D.

Plus, a little goes a long way in terms of flavor and quality of life!





DID YOU KNOW?

Kale has the most nutrients per calorie of any vegetable. Just one cup of chopped raw kale (or about 1 big leaf) has

- 206% DV Vitamin A
- 134% DV Vitamin C
- 684% DV Vitamin K
- 5% DV of Vitamins B1, B2, and B9 (folate)
- 3% of Vitamin B3
- 9% DV of Vitamin B6
- 1% of Vitamin B5
- 9% DV of calcium and potassium
- 6% DV of iron and magnesium
- 4% DV of phosphorus
- 10% DV of copper
- 2% DV of zinc
- 26% DV of manganese
- 5% DV of fiber
- Plus a bunch of antioxidants like lutein, beta-carotene, kaempferol, quercetin,
- And it's packed with glucosinolates which support liver function and fight cancer



All for 33 calories.

You would have to eat **three whole heads** of iceberg lettuce to get the same amount of nutrients.

Plus, kale is delicious!

Mashed Sweet Potato

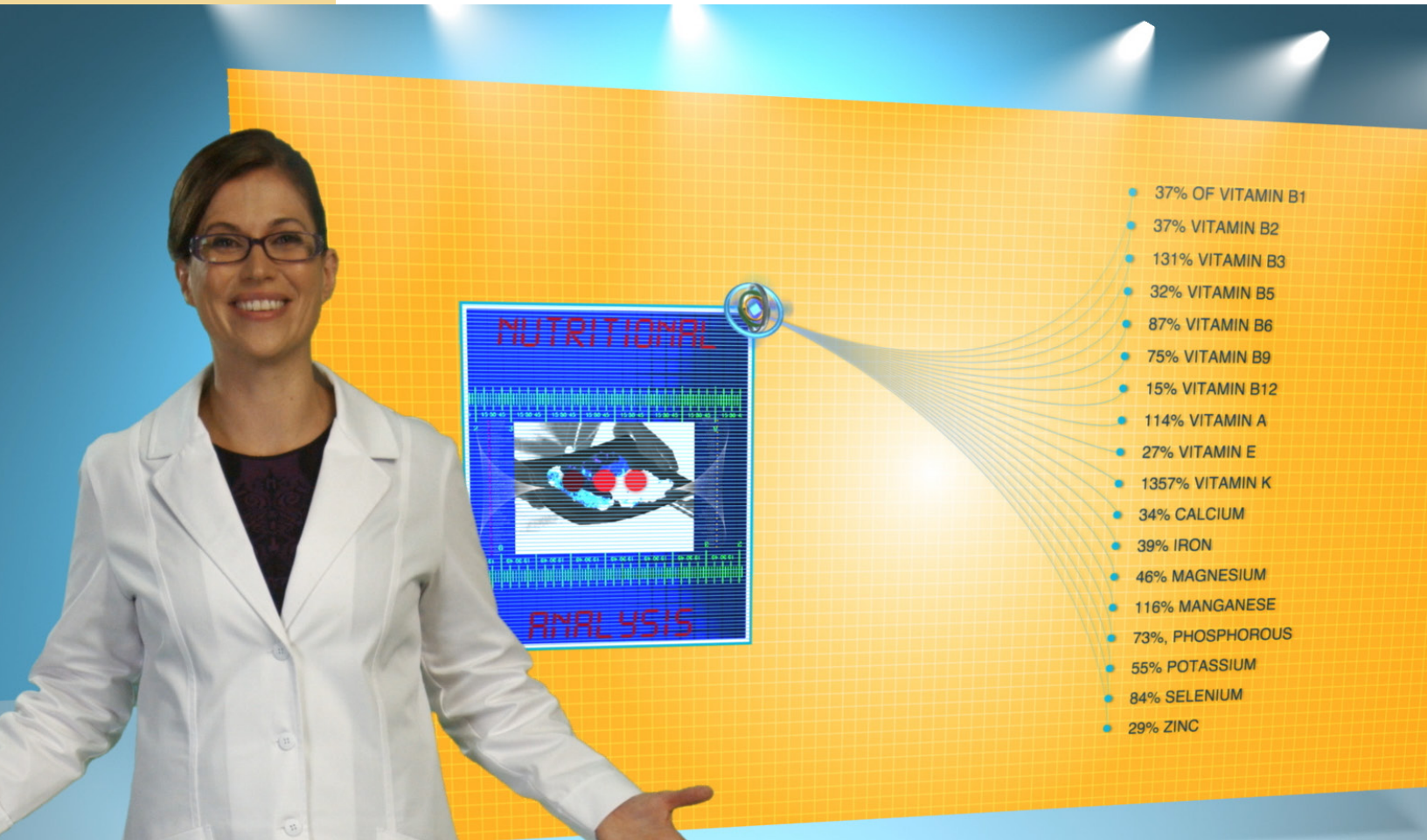
INGREDIENTS

- 4 medium sweet potatoes (about 3 pounds)
- 1/4 cup [butter](#)
- 1 teaspoon [sea salt](#), to taste
- 1/2 teaspoon [pepper](#)

DIRECTIONS

1. Preheat oven to 375F. Clean sweet potatoes with water and a vegetable brush.
2. Place whole unpeeled sweet potatoes on a baking sheet, and bake at 375F for 60-70 minutes, until soft when pierced with a knife.
3. Allow sweet potatoes to cool enough to handle. Gently peel of the skin (it should come off very easily) and discard. Place peeled baked sweet potatoes in casserole dish and mash using a wire potato masher. Stir in butter, salt and pepper.
4. Place mashed sweet potato back in the oven for 10-15 minutes to heat back up. Serve!

MEAL NUTRITION FACTS



Salad with Italian Vinaigrette

INGREDIENTS FOR SALAD

- 1/2-1 head lettuce or mix of other salad greens
- 1 red onion, chopped
- 1 bell pepper, sliced
- 1 cucumber, sliced
- Cherry tomatoes, to taste

INGREDIENTS FOR ITALIAN VINAIGRETTE

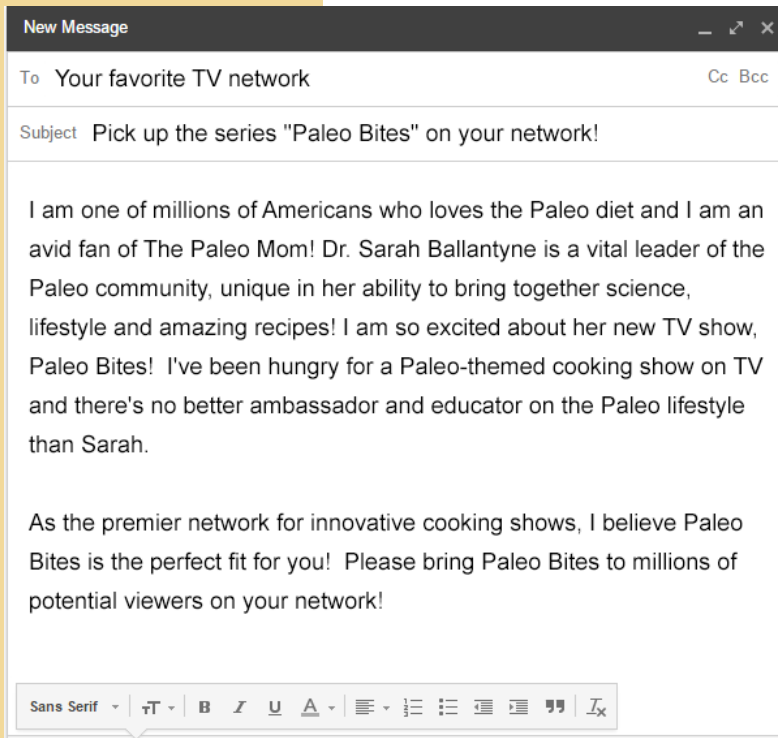
- 6 tablespoons [extra virgin olive oil](#)
- 1/4 cup [apple cider vinegar](#)
- 1/4 teaspoon [dried oregano leaves](#)
- 1/4 teaspoon [dried rosemary](#)
- 1/4 teaspoon [dried marjoram leaves](#)
- 1/4 teaspoon [dried thyme leaves](#)
- 1/4 teaspoon [dried savory](#)
- 1 clove garlic, crushed
- 1/4 teaspoon [pepper](#)
- Pinch of [salt](#)

DIRECTIONS

1. Combine the salad ingredients in a large salad bowl.
2. Combine the vinaigrette ingredients in a small bowl or cup and mix well. Pour over the salad just before serving.



PALEO BITES: RECIPES FROM THE PILOT



HOW YOU CAN HELP

It's because of you that making this pilot was possible. If you would like to help get the pilot on television, here's what you can do:

1. Send an e-mail like the one pictured to the left to your favorite TV network.
2. Visit your favorite TV network on Facebook, Instagram, Twitter, and Google+ and let them know how much you'd like to see Paleo Bites on TV!
3. Use the hashtag #paleobitesTV in any images, posts, or tweets you share on social media about the show.

FOR MORE INFORMATION

Contact Jason Sirotnin at ECG Productions at sirotnin@ecgprod.com or 678-855-5169.

If you would like to support The Paleo Mom or have questions specific to her, e-mail contact@thepaleomom.com.

