

## Allergen Index

Capital letters in parentheses indicate:

D= dairy free, E= egg free, F= fish free, N= nut free

### Dairy Free

Almond o'Joys (DEF), 176  
 Antipasto Dressing (DEFN), 130  
 Antipasto Salad (DEFN), 130  
 Asian Pork Lettuce Cups (DEN), 170  
 Bacon Burger (DEN), 148  
 Bacon Guacamole (DEFN), 122  
 Banana-Pecan Pancakes (DF), 118  
 Blood Orange Sorbet (DEFN), 200  
 Bloody Mary Mix (DEN), 110  
 Blueberry Crumb Muffins (DFN), 36  
 Breakfast Biscuit Bowls (DF), 116  
 Breakfast Skillet (DFN), 114  
 Broccoli Beef (DEN), 168  
 Candied Coconut Walnuts (DEF), 192  
 Chicken 'n Dumplings (DFN), 146  
 Chinese Pepper Steak (DEFN), 164  
 Chocolate Frosting (DEFN), 58  
 Chocolate Mini-Bundts (DFN), 56  
 Chocolate-Cherry Coconut Bark (DEF), 182  
 Chocolate-Hazelnut Thumbprints (DF), 78  
 Cincinnati Chili (D, E, N), 144  
 Cinnamon Maple Frosting (DEFN), 48  
 Cinnamon Syrup (DF), 120  
 Cinnamon-Swirl Rolls (DF), 40  
 Coconut Colada Ice Cream (DEFN), 202  
 Coconut-Milk Caramels (DEFN), 194  
 Coconut-Milk Truffles (DEF), 188  
 Crumb Topping (DFN), 36  
 Decadent Brownies (DFN), 88  
 Egg White Bread (DFN), 92  
 Fruit Dip (DEFN), 102  
 Fruit Jerky (DEFN), 104  
 Fry Sauce (DFN), 140  
 Garlic Kale Chips (DEFN), 134  
 Gingerbread Mini-Loaves (DFN), 46  
 Gingerbread Pancakes with Cinnamon Syrup (DF), 120  
 Ginger-Peach Scones (DF), 34  
 Graham Crackers (DFN), 86  
 Granola Bars (DEF), 100  
 Hazelnut Chocolate Chunk Cookies (DF), 70  
 Hot Wings (DEFN), 142  
 Italian Herb Crackers (DF), 106  
 Kiwi Sorbet (DEFN), 204  
 Lemon Poppy Seed Muffins (DFN), 38  
 Like Magic Chocolate Ice Cream Topping (DEFN), 212  
 Macadamia-Cherry Clusters (DEF), 190  
 Macadamia-Date Macaroons (DF), 72  
 Mandarin Chicken (DEFN), 166  
 Maple Pancake Buns (DFN), 148  
 Meatball Sub (DEF), 156

Mint-Chip Coconut Bark (DEFN), 184  
 Mint-Chip Ice Cream (DEFN), 206  
 Mushroom Gravy (DEFN), 158  
 No-Bake Chocolate Tarts (DE), 50  
 No-Bake Macadamia Thumbprints (DEF), 82  
 No-Bake Meyer Lemon Tarts (DE), 52  
 No-Bake Pumpkin Tarts (DEF), 54  
 One-Minute Chocolate Cake (DF), 66  
 Onion Rings (DF), 136  
 Orange Creamsicle (DEFN), 208  
 Orange Olive Oil Bread (DF), 44  
 Paleo Fish Sticks (DE), 154  
 Paleo Marsh-Maleos (DEFN), 196  
 Paleo Pizza Crust (DF), 160  
 Pecan Sandies (DF), 84  
 Peppermint Creams (DEFN), 178  
 Pico de Gallo (DEFN), 124  
 Pumpkin Pie-Sicle (DEFN), 210  
 Roasted Sweet Potato Salad (DFN), 132  
 Rosemary Pork Burgers (DEFN), 150  
 Salisbury Steak with Mushroom Gravy (DEFN), 158  
 Seeded Crackers (DFN), 108  
 Skinny-Mint Cookies (DF), 74  
 Slow-Cooker BBQ Beef (DEFN), 152  
 Some-More-Ahhhhhs (DF), 80  
 Strawberry Frosting (DEFN), 64  
 Strawberry Walnut Scones (DF), 32  
 Sugar Cookies (DF), 76  
 Sun Butter Bark (DEFN), 180  
 Super-Quick Bread (DF), 42  
 Sweet Potato Fries with Garlic Oil (DEFN), 138  
 Sweet Potato Thyme Biscuits (DF), 94  
 Taco Seasoning (DEFN), 172  
 Taro Soft Tacos (DEFN), 172  
 Toffee Caramels (DEF), 186  
 Tropical Macadamia Bars (DEF), 98  
 Vanilla Cupcakes (DFN), 60  
 Vanilla Frosting (DEFN), 62  
 Whoopie Pies (DF), 68  
 Zucchini Pizza Boats (DEFN), 162

### Egg Free

Almond o'Joys (DEF), 176  
 Antipasto Dressing (DEFN), 130  
 Antipasto Salad (DEFN), 130  
 Asian Pork Lettuce Cups (DEN), 170  
 Bacon Burger (DEN), 148  
 Bacon Dip (EN), 128  
 Bacon Guacamole (DEFN), 122  
 Blood Orange Sorbet (DEFN), 200  
 Bloody Mary Mix (DEN), 110  
 Broccoli Beef (DEN), 168  
 Candied Coconut Walnuts (DEF), 192  
 Chinese Pepper Steak (DEFN), 164  
 Chocolate Frosting (DEFN), 58  
 Chocolate-Cherry Coconut Bark (DEF), 182  
 Cincinnati Chili (D, E, N), 144  
 Cinnamon Maple Frosting (DEFN), 48

## Index for Paleo Indulgences, by Tammy Credicott

Index © Sara Beatty beattyindexing.com

---

Coconut Colada Ice Cream (DEFN), 202  
Coconut-Milk Caramels (DEFN), 194  
Coconut-Milk Truffles (DEF), 188  
Fruit Dip (DEFN), 102  
Fruit Jerky (DEFN), 104  
Garlic Kale Chips (DEFN), 134  
Granola Bars (DEF), 100  
Hot Wings (DEFN), 142  
Kiwi Sorbet (DEFN), 204  
Like Magic Chocolate Ice Cream Topping (DEFN), 212  
Macadamia-Cherry Clusters (DEF), 190  
Mandarin Chicken (DEFN), 166  
Meatball Sub (DEF), 156  
Mint-Chip Coconut Bark (DEFN), 184  
Mint-Chip Ice Cream (DEFN), 206  
Mushroom Gravy (DEFN), 158  
No-Bake Chocolate Tarts (DE), 50  
No-Bake Macadamia Thumbprints (DEF), 82  
No-Bake Meyer Lemon Tarts (DE), 52  
No-Bake Pumpkin Tarts (DEF), 54  
Onion Dip (EN), 126  
Orange Creamsicle (DEFN), 208  
Paleo Fish Sticks (DE), 154  
Paleo Marsh-Maleos (DEFN), 196  
Peppermint Creams (DEFN), 178  
Pico de Gallo (DEFN), 124  
Pumpkin Pie-Sicle (DEFN), 210  
Rosemary Pork Burgers (DEFN), 150  
Salisbury Steak with Mushroom Gravy (DEFN), 158  
Slow-Cooker BBQ Beef (DEFN), 152  
Strawberry Frosting (DEFN), 64  
Sun Butter Bark (DEFN), 180  
Sweet Potato Fries with Garlic Oil (DEFN), 138  
Taco Seasoning (DEFN), 172  
Taro Soft Tacos (DEFN), 172  
Toffee Caramels (DEF), 186  
Tropical Macadamia Bars (DEF), 98  
Vanilla Frosting (DEFN), 62  
Zucchini Pizza Boats (DEFN), 162

### Fish Free

Almond o'Joys (DEF), 176  
Antipasto Dressing (DEFN), 130  
Antipasto Salad (DEFN), 130  
Bacon Guacamole (DEFN), 122  
Banana-Pecan Pancakes (DF), 118  
Blood Orange Sorbet (DEFN), 200  
Blueberry Crumb Muffins (DFN), 36  
Breakfast Biscuit Bowls (DF), 116  
Breakfast Skillet (DFN), 114  
Candied Coconut Walnuts (DEF), 192  
Chicken 'n Dumplings (DFN), 146  
Chinese Pepper Steak (DEFN), 164  
Chocolate Frosting (DEFN), 58  
Chocolate Mini-Bundts (DFN), 56  
Chocolate-Cherry Coconut Bark (DEF), 182  
Chocolate-Hazelnut Thumbprints (DF), 78

Cinnamon Maple Frosting (DEFN), 48  
Cinnamon Syrup (DF), 120  
Cinnamon-Swirl Rolls (DF), 40  
Coconut Colada Ice Cream (DEFN), 202  
Coconut-Milk Caramels (DEFN), 194  
Coconut-Milk Truffles (DEF), 188  
Crumb Topping (DFN), 36  
Decadent Brownies (DFN), 88  
Egg White Bread (DFN), 92  
Fruit Dip (DEFN), 102  
Fruit Jerky (DEFN), 104  
Fry Sauce (DFN), 140  
Garlic Kale Chips (DEFN), 134  
Gingerbread Mini-Loaves (DFN), 46  
Gingerbread Pancakes with Cinnamon Syrup (DF), 120  
Ginger-Peach Scones (DF), 34  
Graham Crackers (DFN), 86  
Granola Bars (DEF), 100  
Hazelnut Chocolate Chunk Cookies (DF), 70  
Hot Wings (DEFN), 142  
Italian Herb Crackers (DF), 106  
Kiwi Sorbet (DEFN), 204  
Lemon Poppy Seed Muffins (DFN), 38  
Like Magic Chocolate Ice Cream Topping (DEFN), 212  
Macadamia-Cherry Clusters (DEF), 190  
Macadamia-Date Macaroons (DF), 72  
Mandarin Chicken (DEFN), 166  
Maple Pancake Buns (DFN), 148  
Meatball Sub (DEF), 156  
Mint-Chip Coconut Bark (DEFN), 184  
Mint-Chip Ice Cream (DEFN), 206  
Mushroom Gravy (DEFN), 158  
No-Bake Macadamia Thumbprints (DEF), 82  
No-Bake Pumpkin Tarts (DEF), 54  
One-Minute Chocolate Cake (DF), 66  
Onion Rings (DF), 136  
Orange Creamsicle (DEFN), 208  
Orange Olive Oil Bread (DF), 44  
Paleo Marsh-Maleos (DEFN), 196  
Paleo Pizza Crust (DF), 160  
Pecan Sandies (DF), 84  
Peppermint Creams (DEFN), 178  
Pico de Gallo (DEFN), 124  
Pumpkin Pie-Sicle (DEFN), 210  
Roasted Sweet Potato Salad (DFN), 132  
Rosemary Pork Burgers (DEFN), 150  
Salisbury Steak with Mushroom Gravy (DEFN), 158  
Seeded Crackers (DFN), 108  
Skinny-Mint Cookies (DF), 74  
Slow-Cooker BBQ Beef (DEFN), 152  
Some-More-Ahhhhhs (DF), 80  
Strawberry Frosting (DEFN), 64  
Strawberry Walnut Scones (DF), 32  
Sugar Cookies (DF), 76  
Sun Butter Bark (DEFN), 180  
Super-Quick Bread (DF), 42

## Index for Paleo Indulgences, by Tammy Credicott

Index © Sara Beatty beattyindexing.com

---

Sweet Potato Fries with Garlic Oil (DEFN), 138  
Sweet Potato Thyme Biscuits (DF), 94  
Taco Seasoning (DEFN), 172  
Taro Soft Tacos (DEFN), 172  
Toffee Caramels (DEF), 186  
Tropical Macadamia Bars (DEF), 98  
Vanilla Brownie Cheesecake (FN), 90  
Vanilla Cupcakes (DFN), 60  
Vanilla Frosting (DEFN), 62  
Whoopie Pies (DF), 68  
Zucchini Pizza Boats (DEFN), 162

Rosemary Pork Burgers (DEFN), 150  
Salisbury Steak with Mushroom Gravy (DEFN), 158  
Seeded Crackers (DFN), 108  
Slow-Cooker BBQ Beef (DEFN), 152  
Strawberry Frosting (DEFN), 64  
Sun Butter Bark (DEFN), 180  
Sweet Potato Fries with Garlic Oil (DEFN), 138  
Taco Seasoning (DEFN), 172  
Taro Soft Tacos (DEFN), 172  
Vanilla Brownie Cheesecake (FN), 90  
Vanilla Cupcakes (DFN), 60  
Vanilla Frosting (DEFN), 62  
Zucchini Pizza Boats (DEFN), 162

### Nut Free

Antipasto Dressing (DEFN), 130  
Antipasto Salad (DEFN), 130  
Asian Pork Lettuce Cups (DEN), 170  
Bacon Burger (DEN), 148  
Bacon Dip (EN), 128  
Bacon Guacamole (DEFN), 122  
Blood Orange Sorbet (DEFN), 200  
Bloody Mary Mix (DEN), 110  
Blueberry Crumb Muffins (DFN), 36  
Breakfast Skillet (DFN), 114  
Broccoli Beef (DEN), 168  
Chicken 'n Dumplings (DFN), 146  
Chinese Pepper Steak (DEFN), 164  
Chocolate Frosting (DEFN), 58  
Chocolate Mini-Bundts (DFN), 56  
Cincinnati Chili (DEN), 144  
Cinnamon Maple Frosting (DEFN), 48  
Coconut Colada Ice Cream (DEFN), 202  
Coconut-Milk Caramels (DEFN), 194  
Crumb Topping (DFN), 36  
Decadent Brownies (DFN), 88  
Egg White Bread (DFN), 92  
Fruit Dip (DEFN), 102  
Fruit Jerky (DEFN), 104  
Fry Sauce (DFN), 140  
Garlic Kale Chips (DEFN), 134  
Gingerbread Mini-Loaves (DFN), 46  
Graham Crackers (DFN), 86  
Hot Wings (DEFN), 142  
Kiwi Sorbet (DEFN), 204  
Lemon Poppy Seed Muffins (DFN), 38  
Like Magic Chocolate Ice Cream Topping (DEFN),  
212  
Mandarin Chicken (DEFN), 166  
Maple Pancake Buns (DFN), 148  
Mint-Chip Coconut Bark (DEFN), 184  
Mint-Chip Ice Cream (DEFN), 206  
Mushroom Gravy (DEFN), 158  
Onion Dip (EN), 126  
Orange Creamsicle (DEFN), 208  
Paleo Marsh-Maleos (DEFN), 196  
Peppermint Creams (DEFN), 178  
Pico de Gallo (DEFN), 124  
Pumpkin Pie-Sicle (DEFN), 210  
Roasted Sweet Potato Salad (DFN), 132

**Index**

Capital letters in parentheses indicate:  
D= dairy free, E= egg free, F= fish free, N= nut free

**Numbers**

80/20 philosophy, in Paleo/primal lifestyle, 15, 18

**A**

alcohol, in Paleo/primal lifestyle, 18  
allergies. *see* food intolerances  
almond butter  
    Chocolate-Hazelnut Thumbprints (DF), 78  
    Granola Bars (DEF), 100  
    Toffee Caramels (DEF), 186  
almond flour  
    Almond o'Joys (DEF), 176  
    Bacon Burger (DEN), 148  
    Breakfast Biscuit Bowls (DF), 116  
    Cinnamon-Swirl Rolls (DF), 40  
    Gingerbread Pancakes with Cinnamon Syrup (DF), 120  
    Ginger-Peach Scones (DF), 34  
    Italian Herb Crackers (DF), 106  
    Maple Pancake Buns (DFN), 148  
    Meatball Sub (DEF), 156  
    No-Bake Chocolate Tarts (DE), 50  
    No-Bake Meyer Lemon Tarts (DE), 52  
    One-Minute Chocolate Cake (DF), 66  
    Onion Rings (DF), 136  
    Paleo Pizza Crust (DF), 160  
    Skinny-Mint Cookies (DF), 74  
    Some-More-Ahhhhhs (DF), 80  
    Sugar Cookies (DF), 76  
    Super-Quick Bread (DF), 42  
    Sweet Potato Thyme Biscuits (DF), 94  
    Whoopie Pies (DF), 68  
almond meal, Blueberry Crumb Muffins (DFN), 36  
almonds, Almond o'Joys (DEF), 176  
Antipasto Dressing (DEFN), 130  
Antipasto Salad (DEFN), 130  
arrowroot starch  
    Broccoli Beef (DEN), 168  
    Chocolate Frosting (DEFN), 58  
    Cinnamon Maple Frosting (DEFN), 48  
    Cinnamon-Swirl Rolls (DF), 40  
    Decadent Brownies (DFN), 88  
    Graham Crackers (DFN), 86  
    Hazelnut Chocolate Chunk Cookies (DF), 70  
    Mushroom Gravy (DEFN), 158  
    No-Bake Macadamia Thumbprints (DEF), 82  
    Onion Rings (DF), 136  
    Paleo Marsh-Maleos (DEFN), 196  
    Paleo Pizza Crust (DF), 160  
    Pecan Sandies (DF), 84  
    Salisbury Steak with Mushroom Gravy (DEFN), 158  
    Skinny-Mint Cookies (DF), 74  
    Strawberry Frosting (DEFN), 64

Sugar Cookies (DF), 76  
Vanilla Brownie Cheesecake (FN), 90  
Vanilla Frosting (DEFN), 62  
artichoke hearts, Antipasto Salad (DEFN), 130  
Asian  
    Asian Pork Lettuce Cups (DEN), 170  
    Broccoli Beef (DEN), 168  
    Chinese Pepper Steak (DEFN), 164  
    Mandarin Chicken (DEFN), 166  
avocados  
    Bacon Guacamole (DEFN), 122  
    Breakfast Skillet (DFN), 114  
    as healthy fat source, 21  
    Taro Soft Tacos (DEFN), 172

**B**

bacon  
    Bacon Burger (DEN), 148  
    Bacon Dip (EN), 128  
    Bacon Guacamole (DEFN), 122  
bananas  
    Banana-Pecan Pancakes (DF), 118  
    Coconut Colada Ice Cream (DEFN), 202  
bars. *see also* cookies  
    Granola Bars (DEF), 100  
    Tropical Macadamia Bars (DEF), 98  
beef  
    Bacon Burger (DEN), 148  
    Breakfast Biscuit Bowls (DF), 116  
    Broccoli Beef (DEN), 168  
    Chinese Pepper Steak (DEFN), 164  
    choosing, 20  
    Cincinnati Chili (DEN), 144  
    Meatball Sub (DEF), 156  
    Salisbury Steak with Mushroom Gravy (DEFN), 158  
    Slow-Cooker BBQ Beef (DEFN), 152  
    Taro Soft Tacos (DEFN), 172  
    Zucchini Pizza Boats (DEFN), 162  
beef broth  
    Chinese Pepper Steak (DEFN), 164  
    Mushroom Gravy (DEFN), 158  
    Salisbury Steak with Mushroom Gravy (DEFN), 158  
beer, and gluten, 18  
beverages, Bloody Mary Mix (DEN), 110  
biscuits, Sweet Potato Thyme Biscuits (DF), 94  
blogs, 16  
Blood Orange Sorbet (DEFN), 200  
blood oranges, Blood Orange Sorbet (DEFN), 200  
blood sugar, 13  
Bloody Mary Mix (DEN), 110  
blueberries, Blueberry Crumb Muffins (DFN), 36  
breads. *see also* muffins; scones; sweet rolls  
    Egg White Bread (DFN), 92  
    Gingerbread Mini-Loaves (DFN), 46  
    Maple Pancake Buns (DFN), 148  
    Orange Olive Oil Bread (DF), 44  
    Paleo Pizza Crust (DF), 160  
    Super-Quick Bread, 42

# Index for Paleo Indulgences, by Tammy Credicott

Index © Sara Beatty beattyindexing.com

- 
- Sweet Potato Thyme Biscuits (DF), 94
  - Breakfast Biscuit Bowls (DF), 116
  - Breakfast Skillet (DFN), 114
  - broccoli, Broccoli Beef (DEN), 168
  - buns, Maple Pancake Buns (DFN), 148
  - burgers
    - Bacon Burger (DEN), 148
    - Rosemary Pork Burgers (DEFN), 150
  - butter, Some-More-Ahhhhhs (DF), 80
  
  - C**
  - cakes
    - Chocolate Mini-Bundts (DFN), 56
    - One-Minute Chocolate Cake (DF), 66
    - Vanilla Brownie Cheesecake (FN), 90
    - Vanilla Cupcakes (DFN), 60
    - Whoopie Pies (DF), 68
  - candies
    - Almond o'Joys (DEF), 176
    - Candied Coconut Walnuts (DEF), 192
    - Chocolate-Cherry Coconut Bark (DEF), 182
    - Coconut-Milk Caramels (DEFN), 194
    - Coconut-Milk Truffles (DEF), 188
    - Macadamia-Cherry Clusters (DEF), 190
    - Mint-Chip Coconut Bark (DEFN), 184
    - Paleo Marsh-Maleos (DEFN), 196
    - Peppermint Creams (DEFN), 178
    - Sun Butter Bark (DEFN), 180
    - Toffee Caramels (DEF), 186
  - carbs
    - and gluten-free grains, 13
    - in Paleo/primal lifestyle, 22
  - cashews, raw, No-Bake Meyer Lemon Tarts (DE), 52
  - celiac disease, 12–13
  - cheats, 14, 18
  - cheesecakes, Vanilla Brownie Cheesecake (FN), 90
  - cherries, dried
    - Chocolate-Cherry Coconut Bark (DEF), 182
    - Macadamia-Cherry Clusters (DEF), 190
  - chicken
    - Chicken 'n Dumplings (DFN), 146
    - choosing, 20
    - Hot Wings (DEFN), 142
    - Mandarin Chicken (DEFN), 166
    - Paleo Fish Sticks (DE), 154
  - chicken broth
    - Chicken 'n Dumplings (DFN), 146
    - Chinese Pepper Steak (DEFN), 164
  - chili, Cincinnati Chili (DEN), 144
  - Chinese Pepper Steak (DEFN), 164
  - chocolate
    - Almond o'Joys (DEF), 176
    - Chocolate Frosting (DEFN), 58
    - Chocolate Ganache (DEF), 82
    - Chocolate Mini-Bundts (DFN), 56
    - Chocolate-Cherry Coconut Bark (DEF), 182
    - Chocolate-Hazelnut Thumbprints (DF), 78
    - Cincinnati Chili (DEN), 144
  - Coconut-Milk Caramels (DEFN), 194
  - Coconut-Milk Truffles (DEF), 188
  - Decadent Brownies (DFN), 88
  - Granola Bars (DEF), 100
  - Hazelnut Chocolate Chunk Cookies (DF), 70
  - Like Magic Chocolate Ice Cream Topping (DEFN), 212
  - Macadamia-Cherry Clusters (DEF), 190
  - Mint-Chip Coconut Bark (DEFN), 184
  - Mint-Chip Ice Cream (DEFN), 206
  - No-Bake Chocolate Tarts (DE), 50
  - No-Bake Macadamia Thumbprints (DEF), 82
  - One-Minute Chocolate Cake (DF), 66
  - Peppermint Creams (DEFN), 178
  - Skinny-Mint Cookies (DF), 74
  - Some-More-Ahhhhhs (DF), 80
  - Sun Butter Bark (DEFN), 180
  - Toffee Caramels (DEF), 186
  - Vanilla Brownie Cheesecake (FN), 90
  - Whoopie Pies (DF), 68
  - Cincinnati Chili (DEN), 144
  - cinnamon
    - Cinnamon Maple Frosting (DEFN), 48
    - Cinnamon Syrup (DF), 120
    - Cinnamon-Swirl Rolls (DF), 40
  - cocoa
    - Chocolate Frosting (DEFN), 58
    - Chocolate Ganache (DEF), 82
    - Chocolate Mini-Bundts (DFN), 56
    - Chocolate-Hazelnut Thumbprints (DF), 78
    - Cincinnati Chili (DEN), 144
    - Coconut-Milk Truffles (DEF), 188
    - Decadent Brownies (DFN), 88
    - Like Magic Chocolate Ice Cream Topping (DEFN), 212
    - No-Bake Chocolate Tarts (DE), 50
    - One-Minute Chocolate Cake (DF), 66
    - Skinny-Mint Cookies (DF), 74
    - Whoopie Pies (DF), 68
  - coconut, in Paleo/primal lifestyle, 21
  - coconut, shredded
    - Almond o'Joys (DEF), 176
    - Coconut Colada Ice Cream (DEFN), 202
    - Coconut-Milk Truffles (DEF), 188
    - Macadamia-Date Macaroons (DF), 72
    - No-Bake Macadamia Thumbprints (DEF), 82
    - No-Bake Meyer Lemon Tarts (DE), 52
    - No-Bake Pumpkin Tarts (DEF), 54
    - Paleo Fish Sticks (DE), 154
    - Some-More-Ahhhhhs (DF), 80
    - Tropical Macadamia Bars (DEF), 98
  - coconut aminos
    - Asian Pork Lettuce Cups (DEN), 170
    - Broccoli Beef (DEN), 168
    - Chinese Pepper Steak (DEFN), 164
    - Hot Wings (DEFN), 142
    - Mandarin Chicken (DEFN), 166
    - Slow-Cooker BBQ Beef (DEFN), 152
-

# Index for Paleo Indulgences, by Tammy Credicott

Index © Sara Beatty beattyindexing.com

- 
- coconut butter
    - Fruit Dip (DEFN), 102
    - No-Bake Meyer Lemon Tarts (DE), 52
    - Peppermint Creams (DEFN), 178
  - Coconut Colada Ice Cream (DEFN), 202
  - coconut crystals
    - Cinnamon-Swirl Rolls (DF), 40
    - Coconut-Milk Caramels (DEFN), 194
    - Paleo Marsh-Maleos (DEFN), 196
    - Some-More-Ahhhhhs (DF), 80
  - coconut flakes, Candied Coconut Walnuts (DEF), 192
  - coconut flour
    - Bacon Burger (DEN), 148
    - Banana-Pecan Pancakes (DF), 118
    - Blueberry Crumb Muffins (DFN), 36
    - Breakfast Biscuit Bowls (DF), 116
    - Chicken 'n Dumplings (DFN), 146
    - Chocolate Frosting (DEFN), 58
    - Chocolate Mini-Bundts (DFN), 56
    - Chocolate-Hazelnut Thumbprints (DF), 78
    - Cinnamon Maple Frosting (DEFN), 48
    - Cinnamon-Swirl Rolls (DF), 40
    - Decadent Brownies (DFN), 88
    - Egg White Bread (DFN), 92
    - Gingerbread Mini-Loaves (DFN), 46
    - Gingerbread Pancakes with Cinnamon Syrup (DF), 120
    - Ginger-Peach Scones (DF), 34
    - Graham Crackers (DFN), 86
    - Italian Herb Crackers (DF), 106
    - Lemon Poppy Seed Muffins (DFN), 38
    - Maple Pancake Buns (DFN), 148
    - Meatball Sub (DEF), 156
    - Mushroom Gravy (DEFN), 158
    - One-Minute Chocolate Cake (DF), 66
    - Onion Rings (DF), 136
    - Orange Olive Oil Bread (DF), 44
    - Paleo Pizza Crust (DF), 160
    - Pecan Sandies (DF), 84
    - Peppermint Creams (DEFN), 178
    - Salisbury Steak with Mushroom Gravy (DEFN), 158
    - Seeded Crackers (DFN), 108
    - Skinny-Mint Cookies (DF), 74
    - Strawberry Frosting (DEFN), 64
    - Strawberry Walnut Scones (DF), 32
    - Sugar Cookies (DF), 76
    - Super-Quick Bread (DF), 42
    - Sweet Potato Thyme Biscuits (DF), 94
    - Vanilla Cupcakes (DFN), 60
    - Vanilla Frosting (DEFN), 62
    - Whoopie Pies (DF), 68
  - coconut milk
    - Banana-Pecan Pancakes (DF), 118
    - Blueberry Crumb Muffins (DFN), 36
    - Chocolate Mini-Bundts (DFN), 56
    - Coconut Colada Ice Cream (DEFN), 202
    - Coconut-Milk Caramels (DEFN), 194
    - Coconut-Milk Truffles (DEF), 188
    - Decadent Brownies (DFN), 88
    - Egg White Bread (DFN), 92
    - Gingerbread Mini-Loaves (DFN), 46
    - Gingerbread Pancakes with Cinnamon Syrup (DF), 120
    - intolerance of, 13
    - Mint-Chip Ice Cream (DEFN), 206
    - Mushroom Gravy (DEFN), 158
    - No-Bake Pumpkin Tarts (DEF), 54
    - Onion Rings (DF), 136
    - Orange Creamsicle (DEFN), 208
    - Pumpkin Pie-Sicle (DEFN), 210
    - Salisbury Steak with Mushroom Gravy (DEFN), 158
    - Some-More-Ahhhhhs (DF), 80
    - Sweet Potato Thyme Biscuits (DF), 94
    - Vanilla Cupcakes (DFN), 60
  - coconut nectar
    - Blood Orange Sorbet (DEFN), 200
    - Coconut-Milk Caramels (DEFN), 194
    - Fruit Dip (DEFN), 102
    - Kiwi Sorbet (DEFN), 204
    - Mint-Chip Ice Cream (DEFN), 206
    - Orange Creamsicle (DEFN), 208
    - Paleo Marsh-Maleos (DEFN), 196
    - Some-More-Ahhhhhs (DF), 80
    - Toffee Caramels (DEF), 186
  - coconut sugar, Toffee Caramels (DEF), 186
  - condiments, in Paleo/primal lifestyle, 18
  - cookbooks, 16
  - cookies. *see also* bars
    - Chocolate-Hazelnut Thumbprints (DF), 78
    - Decadent Brownies (DFN), 88
    - Graham Crackers (DFN), 86
    - Hazelnut Chocolate Chunk Cookies (DF), 70
    - Macadamia-Date Macaroons (DF), 72
    - No-Bake Macadamia Thumbprints (DEF), 82
    - Pecan Sandies (DF), 84
    - Skinny-Mint Cookies (DF), 74
    - Some-More-Ahhhhhs (DF), 80
    - Sugar Cookies (DF), 76
  - crackers
    - Graham Crackers (DFN), 86
    - Italian Herb Crackers (DF), 106
    - Seeded Crackers (DFN), 108
  - cravings, 14
  - Crumb Topping (DFN), 36
  - cupcakes. *see* cakes
- D**
- dairy
    - as healthy fat source, 21
    - in Paleo/primal lifestyle, 18
  - dates, Macadamia-Date Macaroons (DF), 72
  - Decadent Brownies (DFN), 88
  - dips
    - Bacon Dip (EN), 128
    - Bacon Guacamole (DEFN), 122
    - Fruit Dip (DEFN), 102
-

# Index for Paleo Indulgences, by Tammy Credicott

Index © Sara Beatty beattyindexing.com

---

Fry Sauce (DFN), 140  
Onion Dip (EN), 126  
Pico de Gallo (DEFN), 124

**E**  
Egg White Bread (DFN), 92  
eggs, choosing, 20

**F**  
fats, healthy  
    health benefits, 21  
    in Paleo/primal lifestyle, 18  
fish, Paleo Fish Sticks (DE), 154  
fish sauce  
    Asian Pork Lettuce Cups (DEN), 170  
    Broccoli Beef (DEN), 168  
fish/seafood  
    choosing, 20  
    in Paleo/primal lifestyle, 18  
flax meal, One-Minute Chocolate Cake (DF), 66  
food intolerances, 12–13  
fries, Sweet Potato Fries with Garlic Oil (DEFN), 138  
frostings  
    Chocolate Frosting (DEFN), 58  
    Cinnamon Maple Frosting (DEFN), 48  
    Strawberry Frosting (DEFN), 64  
    Vanilla Frosting (DEFN), 62  
frozen desserts  
    Blood Orange Sorbet (DEFN), 200  
    Coconut Colada Ice Cream (DEFN), 202  
    Kiwi Sorbet (DEFN), 204  
    Like Magic Chocolate Ice Cream Topping (DEFN), 212  
    Mint-Chip Ice Cream (DEFN), 206  
    Orange Creamsicle (DEFN), 208  
    Pumpkin Pie-Sicle (DEFN), 210  
fruits  
    Fruit Dip (DEFN), 102  
    Fruit Jerky (DEFN), 104  
    in Paleo/primal lifestyle, 18, 22  
Fry Sauce (DFN), 140

**G**  
Garlic Kale Chips (DEFN), 134  
Gedgaudas, Nora, 16  
gelatin  
    No-Bake Pumpkin Tarts (DEF), 54  
    Paleo Marsh-Maleos (DEFN), 196  
ghee, Garlic Kale Chips (DEFN), 134  
Gingerbread Mini-Loaves (DFN), 46  
Gingerbread Pancakes with Cinnamon Syrup (DF), 120  
Ginger-Peach Scones (DF), 34  
gluten-free grains, 13  
Graham Crackers (DFN), 86  
grains, avoided in Paleo/primal lifestyle, 18  
Granola Bars (DEF), 100  
gravy, Mushroom Gravy (DEFN), 158

**H**  
hazelnut flour  
    Chocolate-Hazelnut Thumbprints (DF), 78  
    Hazelnut Chocolate Chunk Cookies (DF), 70  
    Orange Olive Oil Bread (DF), 44  
honey  
    Almond o'Joys (DEF), 176  
    Blood Orange Sorbet (DEFN), 200  
    Broccoli Beef (DEN), 168  
    Cinnamon-Swirl Rolls (DF), 40  
    Egg White Bread (DFN), 92  
    Fruit Dip (DEFN), 102  
    Hot Wings (DEFN), 142  
    Kiwi Sorbet (DEFN), 204  
    Macadamia-Date Macaroons (DF), 72  
    Mandarin Chicken (DEFN), 166  
    Mint-Chip Ice Cream (DEFN), 206  
    Orange Creamsicle (DEFN), 208  
    Paleo Marsh-Maleos (DEFN), 196  
    Paleo Pizza Crust (DF), 160  
    Slow-Cooker BBQ Beef (DEFN), 152  
    Sweet Potato Thyme Biscuits (DF), 94  
    Tropical Macadamia Bars (DEF), 98  
Hot Wings (DEFN), 142

**I**  
ice cream. see frozen desserts  
inflammation, 14, 16  
ingredients, defined, 20–27  
Italian Herb Crackers (DF), 106

**J**  
jam  
    No-Bake Macadamia Thumbprints (DEF), 82  
    Strawberry Walnut Scones (DF), 32

**K**  
kale, Garlic Kale Chips (DEFN), 134  
ketchup\*, Fry Sauce (DFN), 140  
Kiwi Sorbet (DEFN), 204  
kiwis, Kiwi Sorbet (DEFN), 204

**L**  
legumes, avoided in Paleo/primal lifestyle, 18  
lemons  
    Lemon Poppy Seed Muffins (DFN), 38  
    No-Bake Meyer Lemon Tarts (DE), 52  
Like Magic Chocolate Ice Cream Topping (DEFN), 212  
low-fat diet, 12–13

**M**  
macadamias  
    Macadamia-Cherry Clusters (DEF), 190  
    Macadamia-Date Macaroons (DF), 72  
    No-Bake Macadamia Thumbprints (DEF), 82  
    Paleo Fish Sticks (DE), 154  
    Tropical Macadamia Bars (DEF), 98  
Mandarin Chicken (DEFN), 166

# Index for Paleo Indulgences, by Tammy Credicott

Index © Sara Beatty beattyindexing.com

- 
- mangos, dried, Tropical Macadamia Bars (DEF), 98
- maple syrup
- Bacon Burger (DEN), 148
  - Blueberry Crumb Muffins (DFN), 36
  - Broccoli Beef (DEN), 168
  - Candied Coconut Walnuts (DEF), 192
  - Chocolate Frosting (DEFN), 58
  - Chocolate Mini-Bundts (DFN), 56
  - Chocolate-Hazelnut Thumbprints (DF), 78
  - Cinnamon Maple Frosting (DEFN), 48
  - Cinnamon-Swirl Rolls (DF), 40
  - Decadent Brownies (DFN), 88
  - Egg White Bread (DFN), 92
  - Fruit Dip (DEFN), 102
  - Gingerbread Mini-Loaves (DFN), 46
  - Gingerbread Pancakes with Cinnamon Syrup (DF), 120
  - Ginger-Peach Scones (DF), 34
  - Graham Crackers (DFN), 86
  - Granola Bars (DEF), 100
  - Hazelnut Chocolate Chunk Cookies (DF), 70
  - Hot Wings (DEFN), 142
  - Lemon Poppy Seed Muffins (DFN), 38
  - Like Magic Chocolate Ice Cream Topping (DEFN), 212
  - Maple Pancake Buns (DFN), 148
  - Mint-Chip Ice Cream (DEFN), 206
  - No-Bake Chocolate Tarts (DE), 50
  - No-Bake Macadamia Thumbprints (DEF), 82
  - No-Bake Meyer Lemon Tarts (DE), 52
  - No-Bake Pumpkin Tarts (DEF), 54
  - One-Minute Chocolate Cake (DF), 66
  - Orange Olive Oil Bread (DF), 44
  - Paleo Marsh-Maleos (DEFN), 196
  - Pecan Sandies (DF), 84
  - Peppermint Creams (DEFN), 178
  - Pumpkin Pie-Sicle (DEFN), 210
  - Skinny-Mint Cookies (DF), 74
  - Some-More-Ahhhhhs (DF), 80
  - Strawberry Frosting (DEFN), 64
  - Strawberry Walnut Scones (DF), 32
  - Sugar Cookies (DF), 76
  - Sun Butter Bark (DEFN), 180
  - Vanilla Brownie Cheesecake (FN), 90
  - Vanilla Cupcakes (DFN), 60
  - Vanilla Frosting (DEFN), 62
  - Whoopie Pies (DF), 68
- marshmallows, Paleo Marsh-Maleos (DEFN), 196
- mayo\*
- Fry Sauce (DFN), 140
  - Roasted Sweet Potato Salad (DFN), 132
- meatballs, Meatball Sub (DEF), 156
- meats. *see also individual meats*, in Paleo/primal lifestyle, 18
- Mint-Chip Coconut Bark (DEFN), 184
- Mint-Chip Ice Cream (DEFN), 206
- muffins
- Blueberry Crumb Muffins, 38
  - Lemon Poppy Seed Muffins (DFN), 38
- mushrooms
- Asian Pork Lettuce Cups (DEN), 170
  - Chicken 'n Dumplings (DFN), 146
  - Chinese Pepper Steak (DEFN), 164
  - Mushroom Gravy (DEFN), 158
  - Salisbury Steak with Mushroom Gravy (DEFN), 158
- N**
- No-Bake Chocolate Tarts (DE), 50
  - No-Bake Macadamia Thumbprints (DEF), 82
  - No-Bake Meyer Lemon Tarts (DE), 52
  - No-Bake Pumpkin Tarts (DEF), 54
  - nut meal, No-Bake Chocolate Tarts (DE), 50
  - nuts. *see also specific nuts*
    - Blueberry Crumb Muffins (DFN), 36
    - intolerance of, 13
    - in Paleo/primal lifestyle, 18
- O**
- olive oil
- Antipasto Dressing (DEFN), 130
  - Antipasto Salad (DEFN), 130
  - Decadent Brownies (DFN), 88
  - Fry Sauce (DFN), 140
  - as healthy fat source, 21
  - Mandarin Chicken (DEFN), 166
  - Meatball Sub (DEF), 156
  - Orange Olive Oil Bread (DF), 44
  - Paleo Pizza Crust (DF), 160
  - Sweet Potato Fries with Garlic Oil (DEFN), 138
  - Zucchini Pizza Boats (DEFN), 162
- olives
- Antipasto Salad (DEFN), 130
  - as healthy fat source, 21
  - Roasted Sweet Potato Salad (DFN), 132
  - Taco Seasoning (DEFN), 172
  - Zucchini Pizza Boats (DEFN), 162
- One-Minute Chocolate Cake (DF), 66
- Onion Dip (EN), 126
- Onion Rings (DF), 136
- orange juice concentrate
- Mandarin Chicken (DEFN), 166
  - Orange Creamsicle (DEFN), 208
- oranges
- Blood Orange Sorbet (DEFN), 200
  - Mandarin Chicken (DEFN), 166
  - Orange Olive Oil Bread (DF), 44
- P**
- Paleo Fish Sticks (DE), 154
  - Paleo Magazine, 16
  - Paleo Marsh-Maleos (DEFN), 196
  - Paleo Pizza Crust (DF), 160
  - Paleo/primal lifestyle
    - author's experience, 12–13
    - defined, 16–19
    - resources, 16
-



# Index for Paleo Indulgences, by Tammy Credicott

Index © Sara Beatty beattyindexing.com

- 
- using this book, 14
  - what to eat, 18–27
  - palm shortening
    - Almond o'Joys (DEF), 176
    - Chocolate Frosting (DEFN), 58
    - Cinnamon Maple Frosting (DEFN), 48
    - Fruit Dip (DEFN), 102
    - as healthy fat source, 21
    - Macadamia-Cherry Clusters (DEF), 190
    - No-Bake Macadamia Thumbprints (DEF), 82
    - Strawberry Frosting (DEFN), 64
    - Toffee Caramels (DEF), 186
    - Vanilla Frosting (DEFN), 62
  - pancakes
    - Banana-Pecan Pancakes (DF), 118
    - Gingerbread Pancakes with Cinnamon Syrup (DF), 120
  - peaches, Ginger-Peach Scones (DF), 34
  - pecans
    - Banana-Pecan Pancakes (DF), 118
    - No-Bake Pumpkin Tarts (DEF), 54
    - Pecan Sandies (DF), 84
  - Peppermint Creams (DEFN), 178
  - peppers, Chinese Pepper Steak (DEFN), 164
  - Pico de Gallo (DEFN), 124
  - pineapple, Coconut Colada Ice Cream (DEFN), 202
  - pizza
    - Paleo Pizza Crust (DF), 160
    - Zucchini Pizza Boats (DEFN), 162
  - pizza sauce
    - Meatball Sub (DEF), 156
    - Zucchini Pizza Boats (DEFN), 162
  - pork. *see also* bacon
    - Asian Pork Lettuce Cups (DEN), 170
    - Breakfast Biscuit Bowls (DF), 116
    - Breakfast Skillet (DFN), 114
    - choosing, 20
    - Meatball Sub (DEF), 156
    - Rosemary Pork Burgers (DEFN), 150
  - primal. *see* Paleo/primal lifestyle
  - processed foods, avoided in Paleo/primal lifestyle, 18
  - protein, sources, 20
  - pumpkin
    - Gingerbread Pancakes with Cinnamon Syrup (DF), 120
    - No-Bake Pumpkin Tarts (DEF), 54
    - Pumpkin Pie-Sicle (DEFN), 210
  - pumpkin seeds, Candied Coconut Walnuts (DEF), 192
  - R**
    - refined sugar, avoided in Paleo/primal lifestyle, 18
    - resources, 16, 214–215
    - Roasted Sweet Potato Salad (DFN), 132
    - Rosemary Pork Burgers (DEFN), 150
  - S**
    - salad dressings, Antipasto Dressing (DEFN), 130
    - salads
      - Antipasto Salad (DEFN), 130
      - Roasted Sweet Potato Salad (DFN), 132
      - salami, Antipasto Salad (DEFN), 130
      - Salisbury Steak with Mushroom Gravy (DEFN), 158
    - sandwiches
      - Meatball Sub (DEF), 156
      - Slow-Cooker BBQ Beef (DEFN), 152
    - scones
      - Ginger-Peach Scones (DF), 34
      - Strawberry Walnut Scones (DF), 32
    - seeds
      - in Paleo/primal lifestyle, 18
      - Seeded Crackers (DFN), 108
    - shopping resources, 214–215
    - Sisson, Mark, 16
    - Skinny-Mint Cookies (DF), 74
    - Slow-Cooker BBQ Beef (DEFN), 152
    - snacks, Fruit Jerky (DEFN), 104
    - socializing, 14
    - Some-More-Ahhhhhs (DF), 80
    - sorbet. *see* frozen desserts
    - soups and stews
      - Chicken 'n Dumplings (DFN), 146
      - Cincinnati Chili (DEN), 144
    - sour cream
      - Bacon Dip (EN), 128
      - Onion Dip (EN), 126
    - soy, avoided in Paleo/primal lifestyle, 18
    - spinach
      - Breakfast Biscuit Bowls (DF), 116
      - Breakfast Skillet (DFN), 114
      - Mint-Chip Ice Cream (DEFN), 206
    - spreads, Fry Sauce (DFN), 140
    - strawberries, dried
      - Coconut-Milk Truffles (DEF), 188
      - Fruit Dip (DEFN), 102
      - Strawberry Frosting (DEFN), 64
      - Strawberry Walnut Scones (DF), 32
    - sugar, 13
    - Sugar Cookies (DF), 76
    - sunflower seed butter, Sun Butter Bark (DEFN), 180
    - Super-Quick Bread (DF), 42
    - sweet potatoes
      - Breakfast Skillet (DFN), 114
      - Roasted Sweet Potato Salad (DFN), 132
      - Sweet Potato Fries with Garlic Oil (DEFN), 138
      - Sweet Potato Thyme Biscuits (DF), 94
    - sweet rolls, Cinnamon-Swirl Rolls (DF), 40
    - sweeteners, natural, in Paleo/primal lifestyle, 18
  - T**
    - Taco Seasoning (DEFN), 172
    - tacos, Taco Seasoning (DEFN), 172
    - Taro Soft Tacos (DEFN), taro root, 172
    - tarts
      - No-Bake Chocolate Tarts (DE), 50
      - No-Bake Meyer Lemon Tarts (DE), 52
      - No-Bake Pumpkin Tarts (DEF), 54
-

## Index for Paleo Indulgences, by Tammy Credicott

Index © Sara Beatty beattyindexing.com

---

Toffee Caramels (DEF), 186

tomatoes

    Bacon Guacamole (DEFN), 122

    Pico de Gallo (DEFN), 124

tomatoes, sundried, Antipasto Salad (DEFN), 130

Tropical Macadamia Bars (DEF), 98

### V

Vanilla Brownie Cheesecake (FN), 90

Vanilla Cupcakes (DFN), 60

Vanilla Frosting (DEFN), 62

vegan diet, 12

vegetables, in Paleo/primal lifestyle, 18, 22

### W

walnut oil, Mandarin Chicken (DEFN), 166

walnuts

    Candied Coconut Walnuts (DEF), 192

    No-Bake Pumpkin Tarts (DEF), 54

    Strawberry Walnut Scones (DF), 32

websites, 16, 214–215

Whoopie Pies (DF), 68

Wolf, Robb, 16

### Z

Zucchini Pizza Boats (DEFN), 162