

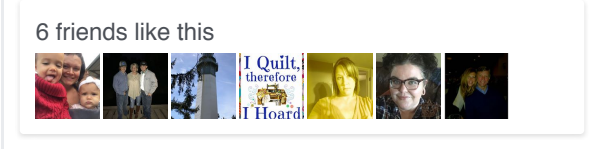


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25 Delectable Paleo Chicken Breast Recipes

BY JESS (PALEO GRUBS) IN DINNER

5

You can't go wrong with chicken breast while on the Paleo diet, as long as you choose organic varieties of it. It goes well with most any vegetable, and it is easy to cook up in several different ways. It can be grilled, baked, and even fried. That's right, fried chicken is acceptable on the Paleo

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diet as long as you are frying it in an approved oil and bread it with something other than all-purpose flour. Choose any of these Paleo chicken breast recipes and you'll be set as far as your meat requirement goes for that meal.



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1. Paleo Caribbean Jerk Baked Chicken

It's not always easy to get just the right combination of spices and seasonings to make a delicious jerk chicken. So here's a recipe that makes it all a lot easier and produces a quality meal every time. There's a nice glaze to this chicken that means you get yummy flavor in each bite. There's also a Caribbean flare to the dish, with distinct flavorings you don't get in some jerk chicken recipes.

2. Hawaiian Chickwich

Here's a way to have a sandwich without using any bread, because the chicken serves as the bread. On the inside they have it loaded up with bacon and pineapple, giving it the instant Hawaiian flavor which is where it gets its name from. On Paleo

you don't have to worry about giving up your favorite things, like sandwiches, you just have to use substitutes or replacements like this recipe does so that you can enjoy the tastes you love without having to consume things that aren't good for your body.



3. Chicken Breast with Olive Tapenade

The magic of these chicken breasts comes from the olive tapenade that gets placed over the top of them. A tapenade is fancy French word meaning chopped up olives, capers, anchovies, and olive oil, all of which are Paleo friendly. For this particular tapenade they are using black olives, olive oil, lemon

juice, and parsley, so it's not as complicated as a traditional batch, but brings with it a lot of flavor. It also shows you that chicken breast can form the base of any number of Paleo approved ingredients on top of it.

5. Skinny Buffalo

Chicken Strips

Here's a simple way to take your chicken breast and turn it into buffalo chicken strips using a seasoning mix made from scratch. Many conventional buffalo sauces will include ingredients that aren't exactly Paleo approved, so it's a good idea to use a Paleo hot sauce or make your own from spices and seasonings so you can have some quality control. These will make a great half to a meal, just remember to balance them out with a serving of vegetables

so that you're getting a complete meal. You can dip these into a Paleo ranch dressing, or just eat them by themselves in order to be able to taste all of the different spices.



Photo: Domestic Soul

6. Garlic Lemon Chicken Breast

This recipe reminds us that you don't have to put on a three ring circus to make a delicious meal, and that if you simply add the right ingredients together you'll come up with a winner. Here they've chosen garlic and lemon, a timeless classic that works on chicken and fish. They use the chicken to sit on top of a

salad, which shows that they're in tune with the Paleo way of eating, and chicken always makes a great salad topper. We recommend spinach or kale as your salad, especially the baby versions of each for maximum flavor.

7. Nut-Free Chicken Schnitzel

The problem with traditional schnitzel is that it is coated in all-purpose flour and breadcrumbs before being fried. In this recipe they've gotten rid of the flour and the breadcrumbs, and have managed to come up with a coating that doesn't even use nuts. Instead they're using tapioca starch, which gives the outside of the chicken a nice crispiness that you'd expect from a

schnitzel. Frying foods is fine on Paleo as long as you're using the right oil. Here they're using a "stable fat" which can be anything from bacon fat to ghee, and are suitable for use on the Paleo diet.

8. No-Grain Chicken Parmesan

Craving chicken parm but can't have it because of the non-Paleo ingredients? This recipe shows you how to make chicken parmesan without using flour and breadcrumbs. Instead they're using coconut flour, which will give this a nice light outer coating, which will be crispy and delicious. Cook it up in some lard and you're good to go. While most diet programs would give this meal the ax because of it being fried, and fried in lard for that matter, the Paleo diet doesn't have a problem

with it and considers it a wholesome meal.

9. Lemon Garlic Rosemary Chicken Breast

Bring things back to basics with this lemon garlic rosemary chicken breast recipe. It includes what it contains in its title, so you're getting the citrusy flavor of lemons mixed with the robust flavors of garlic and rosemary. This is good because chicken breast itself doesn't bring much in the way of flavor, which is why it needs a good doctoring before you'll want to eat it. With a recipe like this it's not just knowing which ingredients to use, but how to prepare it correctly, so be sure to familiarize yourself with the instructions before setting out on making it.

10. Chicken Puttanesca

There's really not much

in traditional chicken puttanesca that you can't have on Paleo, except for the noodles. The recipe generally calls for tomatoes, olive oil, olives, capers and garlic, all of which are Paleo friendly, but pouring them over a **pile of spaghetti** just doesn't fly. This chicken puttanesca recipe does away with the pasta but includes the other necessary ingredients so you're getting all of the flavor without having to use ingredients that violate Paleo guidelines. The end result is that you're left with a spicy and tangy dish that you won't soon forget.



Photo: Everyday Maven

11. Spice Roasted Chicken Breast

These chicken breasts are roasted and then topped with lemon slices so you're getting a bit of spice to them, but also a tangy citrus flavor as well. Cumin, oregano, and paprika combine to form a trio of spices that will wake up your taste buds for sure, and the presentation is kept simple with four lemon slices placed on top of each chicken breast. This would pair well with a side of broccoli, or a vegetable skewer, or any other veggie. Eating a split portion of meat and vegetables is the most essential aspect of Paleo dieting.

12. Bacon Wrapped Chicken Breast

Since bacon is not off limits on Paleo you'll

often see it being used to make the ordinary extraordinary. This bacon wrapped chicken breast recipe takes a chicken breast and fully encases it in bacon, then bakes it all up. That means you'll get a crispy outer coating of bacon, and tender and moist inner chicken breast. She's even taken the extra step of stuffing the chicken that's been wrapped, so it's almost like opening a present and finding a surprise on the inside. She used artichoke hearts for the stuffing, so it's going to add plenty of flavor as well as nutrients and fiber.

13. Marinated Chicken Breast

Sometimes you just want or need a well-marinated chicken breast that sticks to the Paleo guidelines, and that's what this is. You can let this marinate

for up to 24 hours, so depending on how fast you want it done, you can leave it in for just a few hours or overnight. The longer you leave it, the better it will taste, and the more tender and juicy the chicken breast will be. Marinating is something you'll want to get good at, since the Paleo diet relies so heavily on meat, and marinating makes meat taste so much better.

14. World's Moistest Chicken

You'd better be ready to back up your claim if you say you've got the world's moistest chicken. There are so many things you can do to make sure that a breast of chicken comes out moist and delicious, and here they're basically walking you through the steps for how to make it come out right. There isn't much in the way of

ingredients, but one of them might catch your eye: sriracha. This is one of the trendiest hot sauces going, and it may be one reason why this comes out so tender and juicy and tasting good.

15. Smoked Crusted Orange Chicken

Getting Orange Chicken from the local Chinese chain is not allowed while on Paleo for a number of different reasons, but mostly quality control. This Orange Chicken recipe brings things back to square one so that you can quickly and clearly see that there isn't anything being used that will make you fat, clog your arteries, or muck up your digestive system. Orange juice provides the orange flavor, and soy sauce gives it a great color. You can also give it a rub with your favorite spice rub

so there is a bit of customization to this.



Photo: Cavegirl Cuisine

16. Stuffed Chicken Breast

These stuffed chicken breasts look so great when sliced up that you almost have to serve them this way if you've got company. They are stuffed with yummy and healthy items like basil, peppers, nitrate-free ham, and lemongrass, then coated with almond meal so it's ultra fancy and provides a bit of texture to the outside. Be sure to have a salad with this or a different side of vegetables, as it doesn't contain enough on the inside to fully balance it out.

17. Grilled Tandoori Chicken

Tandoori chicken is one of the tastier options you'll find at an Indian restaurant, but take matters into your own hands by making it yourself at home. They show you how to make it from scratch, including the tandoori sauce that gets coated onto the chicken before it gets grilled. It's made with fantastic spices like garam masala, cumin, paprika, and ginger, so there's no way your taste buds can sleep through this meal. Notice how they have it served up next to some grilled zucchini, which is one way to balance this out.

18. Walnut & Rosemary Crusted Chicken

By giving chicken breast a hearty and crunchy outer coating, you'll be

giving your mouth a new texture, which goes a long way with how you perceive the taste. Of course, when you're crusting it with items like walnuts and rosemary, there will also be a lot of flavor added. You can be sure that all of the ingredients used are Paleo because there are only four of them used, the chicken, walnuts, and rosemary plus an egg to hold it onto the chicken and bit of salt and pepper.

19. Almond Chicken Bake

Almond meal is used to give this chicken bake a nutty and crunchy coating, and there are plenty of other seasonings as well. The lineup includes chili powder and Italian seasonings, and one thing you'll notice on Paleo is that there is no shortage of spices and

seasonings that you can use, because nearly all of them would have been around thousands of years ago as well as today. Serving this up with a side of broccoli as shown is a great way to get your vegetables along with your meat.

20. Chicken Cordon-Bacon

You've heard of chicken cordon bleu, but how about chicken cordon bacon? This chicken breast recipe takes the traditional way of making chicken cordon bleu and makes it easier and some would argue tastier. The inside of the chicken is filled with cheese, something you may or may not end up eating on Paleo, it's really your call. They're using cheddar, which could be replaced with a harder cheese like parmesan, or a goat cheese like feta for similar results. It's the

outer coating of bacon that really drives home the taste on this one.



Photo: Mark's Daily Apple

21. Double-Pork Stuffed Chicken Breasts

This chicken features pork two ways, with ground pork stuffed right into it, and bacon wrapped all around it. You'd be hard-pressed to find a porkier piece of chicken on the planet, and this is definitely not a dish you'd see on any other [diet program](#) out there. But bacon and pork are fair game on Paleo, and as long as you're countering all of that meat with a bunch of vegetables you're well

within the realm of sticking to your Paleo eating.

22. Smoked Fruit & Pistachio Stuffed Chicken

You don't hear much about fruit on the Paleo diet because it takes a back seat to vegetables and meat, but this recipe has you stuffing the chicken with fruit and pistachios and then smoking the whole lot together. The result is a taste sensation that you'll want to have again thanks to the flavor that comes from pineapple, oranges, and papaya. The pistachios add a nice bit of crunch for your teeth to keep busy on, as well as plenty of nutrition and flavor. Ginger and white wine help make a wonderful

marinade to extra tasty chicken.

23. Almond Strawberry Stuffed Chicken Breast

Strawberries are a great fruit to eat while on Paleo, as you can almost see our early ancestors happening upon a strawberry plant growing in the wild and helping themselves to the red bounty. Of course you'll want to buy organic strawberries to try to replicate the kind they had back then, even though it will won't be the same. They've combined these strawberries with almonds, so you've got two superfoods hard at work to make this a very healthy Paleo meal. It's a meal because there's also baby spinach stuffed into the chicken, giving you a serving of vegetables to go with your fruit, meat, and nuts.

24. Stuffed Apple

Cherry Chicken Breast

The cherries in this chicken breast will provide a nice tart pop to the meal, and since they're combined with apples the sweetness from those apples will help with the tart flavor.

These fruits are mixed together with two different types of nuts, so you're really getting a feast for the taste buds here, and this is one chicken breast you'll want to slow down so you can savor. There's even a marinade made from red wine and a cherry apple concentrate, so that flavor will permeate through the chicken, and gives it a nice flavor base to work from.

25. Sun Dried Tomato

Stuffed Chicken Breast

Sun dried tomatoes have plenty of healthy

benefits, so it's no wonder that they decided to use them here as the inside of a sort of chicken breast sandwich. The bacon they're using is free of nitrates, and it's important to choose these types of high quality ingredients that break with convention and exclude things that are known to be bad for you. Uncured bacon is also recommended, and you should choose organic whenever you can. This will help cut down on all the nasty things used in conventional raising of livestock. While it's not a perfect solution, it gets us back to a more pure form of the food that we're eating.

26. Spanish Style

Chicken Kebabs

One fun thing with Paleo is exploring different cuisines while keeping it

all super healthy. Here's a dish inspired by Spanish cuisine with lots of spices that don't typically end up in standard American cooking. This means your taste buds get a treat, and it doesn't come at the expense of a larger waistline. It's nice to be able to cook food that is so delicious and at the same time be helping yourself out with healthy food that gives you energy and makes you feel good.

27. Paleo Chicken and Sweet Potato Bake

When you bake up this chicken and sweet potato dish you'll have everything you need for a complete meal, all in one dish. It comes from a chef that specializes in Italian cooking, so you know that there's authentic ingredients. Linda always cooks in a way that gives you the

feeling like you're having a meal that's worthy of your time, and this one is no different. At the same time you'll remark at how easy it was to get everything ready for the oven.

28. Chicken Cacciatore

In this chicken cacciatore recipe you'll be getting all of the flavor from a traditional Italian kitchen right in your own home, and without worrying about gaining weight from it. Much of the flavor has been kept intact while at the same time using ingredients that are all Paleo approved. She's done a good job of keeping things healthy as well, with old world spices that make you feel as if you're at a fancy Italian restaurant, and a simplicity to the recipe that makes it all approachable and easy to follow.

29. Spiced Ginger

Chicken

The spiciness is what you'll taste first when you have this spiced ginger chicken. Then the flavor of the ginger will come through. It's all in an effort to doctor up this chicken into something really special and make it a dish you'll want to make again and again. It is pretty much just a well-cooked chicken breast, so you'll want to serve it with a side of vegetables to help round things out and make it a complete meal.

30. Asian Chicken Fried

Caulirice

Fried rice is always a delicious dish to enjoy, and here you can have it with an Asian zing and in a healthy way because the rice is made from cauliflower. Cauliflower rice is one of the best

Paleo substitutes for regular rice, and instead of loading you up with carbs you end up getting a serving of cruciferous vegetables that provide real health benefits. It's sure to end up in your regular weekly rotation whenever you're in the mood for chicken and rice.

Want more Paleo recipes? Take a look at the [Paleo Grubs Book](#). With 470+ easy-to-prepare Paleo recipes in 17 comprehensive categories it is the only Paleo book you will ever need.

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— Jess (Paleo Grubs)

I eat and live the Paleo lifestyle everyday. I love helping people discover new paleo recipes and enjoy giving helpful tips on the Paleo diet and creating new recipes. I have been following a Paleo lifestyle for the last 5 years and have never been happier.

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Vanessa



Ahh thank you for featuring my chicken recipe!! Love your lists so much!

JANUARY 7, 2014 AT 10:37 PM

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Anne @ Webicurean

Thanks for including my skinny buffalo chicken strips—they're one of my favorite treats! All the recipes here look great!

MARCH 23, 2014 AT 3:41 PM

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Donna Glenn

I'm looking for the Paleo Chili garlic sauce recipe used in the Spicy mustard Crockpot chicken.

MAY 15, 2014 AT 2:17 PM

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nida Pech

Thank you for showing all the chicken recipe..... Love all the list you have been featuring

AUGUST 17, 2015 AT 10:32 PM

[REPLY](#)



Debra Worth

Thanks for including my ginger chicken. I am looking forward to trying some of these as we just recently started having chicken breast regularly (we usually get just dark meat, but lately I have been buying whole chickens and breaking them down) and I need more ways to use it.

SEPTEMBER 1, 2015 AT 3:54 PM

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