

# *P* THE PERFECT *icnic* RECIPE GUIDE

10 Tasty Picnic Style Dishes  
For Your Outdoor Excursion



A PainlessNutritionals.com Publication

## Table of Contents

<b>Table of Contents</b> .....	<b>2</b>
<b>Disclaimer</b> .....	<b>4</b>
<b>Legal Notice</b> .....	<b>5</b>
<b>Sandwiches, Wraps, &amp; Entrees</b> .....	<b>6</b>
Paleo Shawarma .....	7-8
Carrot, Celeriac and Bacon Lettuce Wrap .....	9
Sardine and Avocado Sandwich.....	10
Summer Salad with Chicken and Dill .....	11
Russian Meat Stuffed Blini.....	12
<b>Sides &amp; Treats</b> .....	<b>13</b>
Spicy Potato Balls .....	14
Chickpea and Veggie Salad in a Jar .....	15
Sweet and Spicy Trail Mix.....	16
Spiced Apple Chips .....	17
Pear Cinnamon Cupcakes .....	18
<b>About Painless Nutritionals</b> .....	<b>19</b>
<b>Our Best Selling Products</b> .....	<b>20-24</b>

**Title:**

Picnic Recipe Guide  
10 Tasty Picnic Style Dishes for Your Outdoor Excursion

**Edition:**

3rd Edition (May 2022)  
2<sup>nd</sup> Edition (March 2018)  
1st Edition (June 2017)

**Authors:**

Kaselj, Rick

**Keywords:**

Anti-Inflammatory Recipes, Picnic Cookbook, Canada Day

All rights reserved, except for use in a review. The reproduction or use of the content from this book in any form (electronic, mechanical or other) is prohibited. Photocopying or scanning any information into a storage or retrieval system is forbidden without the written permission of the publisher and author.

**Published by:**

**Painless Nutritionals LLC**

2810 Trinity Mills  
Suite 209-283  
Carrollton, TX 75006

Email: [Support@PainLessNutritionals.com](mailto:Support@PainLessNutritionals.com)

Website: [painlessnutritionals.com](http://painlessnutritionals.com)

Phone: (888) 947-3780

## Disclaimer

*Picnic Recipe Guide* is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you might have a health problem, please seek the services of a physician or healthcare professional.

The author has checked with sources believed to be reliable in his effort to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of his knowledge. It is presented AS IS.

However, health nutrition is an ever-changing science. As new research and clinical experience broaden our knowledge, changes in diet and nutrition prescriptions are inevitable. In view of the possibility of human error or changes in health nutrition, neither the author nor any other party who has been involved in the preparation or publication of this work warrants that the information contained herein is in every respect accurate or complete, and they are not responsible for any errors or omissions or for the results obtained from the use of such information. Readers are encouraged to confirm the information contained herein with other sources.

## Legal Notice

Feel free to take your personal printed copy and share it with your family, friends and colleagues. Everyone's health will improve if we all learn and educate each other on how to maintain a healthy and active lifestyle.

If you received this as an e-book, please do not forward it on. Writing is how I make a living. Unauthorized distribution constitutes theft of my intellectual property. This will lead to felony charges, fines, possible prison time and bad karma. Just to be clear, you may NOT edit this document, extract from it, change the contents or offer it for sale in any way shape or form.

Any trademarks used in this book are the property of their respective owners.



# Sandwiches, Wraps, & Entrees

## Paleo Shawarma

### INGREDIENTS

#### Pita Bread

1 cup tapioca flour  
3/4 cup almond flour  
1 egg  
1/2 cup water  
1/2 tsp salt  
1/2 tsp baking soda  
1/2 tsp garlic powder  
1/2 tsp parsley

#### Filling

11 oz. chicken breast  
3 tbsp olive oil  
2 cloves of garlic, minced  
A pinch of salt  
1 tsp black pepper, crushed  
1 tsp paprika  
1 tsp cumin  
Red pepper flakes to taste  
1/3 tsp turmeric powder



### DIRECTIONS

#### Pita Bread

Preheat the skillet over medium heat and add a few drops of oil and spread with a paper towel.

Mix all the ingredients in a bowl.

Pour this mixture into the skillet and swirl the batter by moving it in circular motions.

Once it starts to bubble, flip the bread and cook the other side until lightly brown.

Remove from the heat and keep aside.

#### Chicken Shawarma

Preheat the oven to 395 F and cut the meat into thin slices.

Mix all the remaining ingredients with the chicken and put in the fridge for at least 30 minutes.

Spread this mixture onto a greased baking tray and cook for 15 minutes or until cooked.

### SERVES 2

**NUTRITION INFORMATION:** Calories: 601    Fat: 21g    Carbs: 3g    Protein: 51g



## Paleo Shawarma (Continued)

### INGREDIENTS

Salad  
3 tbsp olive oil  
6 cherry tomatoes  
1/2 cucumber  
1 red onion  
2 garlic cloves, minced  
1 tbsp lemon juice  
A handful of parsley or coriander, chopped  
Salt & pepper to taste

Tahini Sauce  
2 tbsp olive oil  
2 tbsp tahini  
1 lemon squeezed  
A pinch of salt



### DIRECTIONS

Salad

Slice the cucumbers, onion, and tomatoes.

Tahini Sauce

In a bowl, mix the olive oil, lemon juice, tahini, and 5 tablespoons of water. Season with salt.

Ready to serve. Fill the pita bread with sliced chicken, salad, and tahini sauce. Sprinkle with fresh parsley/coriander and wrap.

### SERVES 2

**NUTRITION INFORMATION:**    **Calories:** 601    **Fat:** 21g    **Carbs:** 3g    **Protein:** 51g



## Carrot, Celeriac and Bacon Lettuce Wrap

### INGREDIENTS

2 large lettuce leaves  
2 medium carrots, grated  
1/2 small celeriac, grated  
2 organic bacon slices

#### Mayo

1 egg yolk  
1 boiled egg yolk  
1 tbsp lemon juice  
1 tbsp Dijon mustard  
1/3 cup olive oil (not extra-virgin)  
Salt & pepper to taste

### DIRECTIONS

Place the egg yolks and mustard in a mixing bowl.

Use a hand mixer to prepare the mayo. Process until the ingredients form a paste. Start adding the oil gradually. The mayo will thicken. In the end, season with salt and pepper, and add the lemon juice. Mix until well incorporated.

Chop the bacon slices and cook until crispy.

Combine the grated carrot and celeriac and toss with homemade mayo.

Place the lettuce wraps on a large plate.

Spread the carrot-celeriac mixture and top with bacon slices.

Wrap the leaves and secure with a toothpick.



### SERVES 2

**NUTRITION INFORMATION:**    **Calories:** 444    **Fat:** 42.6g    **Carbs:** 11g    **Protein:** 7.8g

## Sardine and Avocado Sandwich

### INGREDIENTS

2 slices gluten-free toast  
1/2 small avocado  
2 tbsp extra-virgin olive oil  
1 tbsp lemon juice  
1 garlic clove  
1/2 tsp Dijon mustard  
1/4 tsp raw honey  
2 tbsp baby arugula leaves  
2 tbsp radicchio  
6 cherry tomatoes  
1/4 tsp dried oregano  
2 small cans sardines  
Salt & pepper to taste



### DIRECTIONS

Cut the cherry tomatoes into halves. Line a baking tray with parchment paper. Place the tomatoes inside. Coat with 1 teaspoon olive oil, oregano, and salt to taste.

Bake for 25 minutes at 400 F.

Meanwhile, prepare the avocado dip by blending together the avocado flesh, remaining oil, lemon juice, crushed garlic, mustard, and honey until smooth.

Spread the sauce on 2 bread slices.

Place arugula and radicchio leaves on top, then roasted tomatoes and sardines. Top with 2 other bread slices if desired.

### SERVES 2

**NUTRITION INFORMATION:**    **Calories:** 423    **Fat:** 31g    **Carbs:** 35.4g    **Protein:** 9.4g

## Summer Salad with Chicken and Dill

### INGREDIENTS

1 large chicken breast  
1/2 tsp dried thyme  
1/2 head small cabbage  
2 tomatoes  
2 small cucumbers  
1/2 onion  
1 bell pepper, any color  
1/2 cup Greek olives  
Small bunch of dill  
1 tbsp + 1 tsp extra-virgin olive oil  
1 tsp balsamic vinegar  
Salt & pepper to taste

### DIRECTIONS

Rinse the meat and pat dry. Rub with teaspoon olive oil, salt, pepper, and thyme. Grill for 4-6 minutes on each side until cooked through.

Finely chop the cabbage and rub with some salt. Set aside while you prepare the other veggies.

Chop the tomatoes, cucumber, onion, and bell pepper. Add to the cabbage bowl.

Add the olives, chopped dill, oil and vinegar. Stir and taste. If you need add some more salt.

Slice the chicken breast and mix into the salad.

### SERVES 2

**NUTRITION INFORMATION:**   **Calories:** 329   **Fat:** 21.5g   **Carbs:** 21.7g   **Protein:** 16.4g



1

to,



## Russian Meat Stuffed Blini

### INGREDIENTS

#### Filling

2 lbs. ground beef  
3 onions, chopped  
2 tomatoes, chopped  
1 cup beef gravy  
Salt & pepper to taste

#### Blini

4 eggs  
4 tbsp coconut flour  
4 tbsp coconut milk  
Pinch of sea salt  
Coconut oil



### DIRECTIONS

#### Blini

Mix coconut flour, salt, and eggs. Stir well.

Slowly add coconut milk and stir again to make batter. If it is too runny, add more flour. Let it set for 5 minutes.

In a pan, heat the oil and spoon a big spoonful of batter into the hot pan. Cook each side for 1 minute or until brown. Repeat the process until all is done. Let them cool.

#### Filling

In a pan, heat the oil and fry onions until soft.

Add the ground beef and fry until cooked.

Add the beef gravy and season with salt and pepper. Let the mixture cool.

Arrange the blinis on a table and put 2 tablespoons of the meat mixture in the center. Fold the bottom to cover the meat. Now fold the sides and roll like an eggroll or soft taco.

Arrange the rolled blinis into an oven proof dish and bake in the preheated oven at 350 F for 30 minutes.

Serve with fresh tomato salsa and mint leaves.

### SERVES 4

**NUTRITION INFORMATION:**   **Calories:** 165   **Fat:** 4g   **Carbs:** 15g   **Protein:** 7g

# Sides & Treats

## Spicy Potato Balls

### INGREDIENTS

1 tbsp coconut oil  
4 medium potatoes, boiled,  
peeled, and roughly  
mashed  
1/2 tsp cumin seeds  
1/2 tsp coriander seeds  
10 mint leaves, chopped  
2 tbsp chopped coriander  
1 green chili, chopped  
1 small red onion, finely  
chopped  
1/4 tsp turmeric powder  
Salt & pepper to taste

#### Batter

Oil for fry  
1/2 cup gram flour  
1/4 tsp baking soda  
1 tbsp coconut flour  
1/4 tsp red pepper  
1/4 cup water  
Salt to taste



### DIRECTIONS

#### Batter

In a bowl, mix gram flour, coconut flour, pepper, and baking soda. Add water gradually to make a smooth batter.

#### Potato Balls

In a bowl, mix all the ingredients together except the batter and make small balls from this mixture. Keep aside.

In a pan, heat the oil over medium heat.

Dip the potato balls into the batter one at a time. Cover the balls thoroughly with the batter and carefully drop them into the pan.

Turn them from time to time until golden brown. Serve with your favorite salsa.

### SERVES 4

**NUTRITION INFORMATION:**    **Calories:** 234    **Fat:** 4g    **Carbs:** 32g    **Protein:** 6g

## Chickpea and Veggie Salad in a Jar

### INGREDIENTS

2/3 cup cooked chickpeas  
1/2 cup fresh spinach,  
chopped  
2 radishes, sliced  
4 cherry tomatoes, sliced  
1 red bell pepper, sliced  
1 small red onion, diced  
Juice from ½ lemon  
1 tbsp extra-virgin olive oil  
2 tbsp plain yogurt  
2 tbsp crumbled goat  
cheese

### DIRECTIONS

Place the chickpeas, spinach, tomatoes, radishes, bell pepper and onion in a large mixing bowl.

Add the lemon juice, oil and yogurt and toss to coat.

Divide between two salad jars, top with crumbled cheese and serve.



### SERVES 2

**NUTRITION INFORMATION:**    **Calories:** 445    **Fat:** 17g    **Carbs:** 56.5g    **Protein:** 21g



## Sweet and Spicy Trail Mix

### INGREDIENTS

1/2 cup cashews  
1/2 cup pumpkin seeds  
1/2 cup sunflower seeds  
4 tbsp hemp seeds  
1/2 cup dried cranberries  
1/2 cup raisins  
1/2 cup goji berries  
1/2 cup chopped  
unsweetened dark  
chocolate  
1 small, dried chili  
1 tsp cinnamon  
1 tsp coconut sugar  
Pinch of cayenne pepper  
1/4 tsp garam masala

### DIRECTIONS

Combine all the seeds, nuts, chocolate, and dried fruits.

Stir in the cinnamon, garam masala and cayenne. Sprinkle the coconut sugar.

Finely chop the chili and add on top the mixture.



of

### SERVES 6

**NUTRITION INFORMATION:** Calories: 375    Fat: 25g    Carbs: 30.3g    Protein: 11.3g

## Spiced Apple Chips

### INGREDIENTS

3 apples  
1 tsp cinnamon  
1/2 tsp nutmeg  
Pinch of cayenne pepper  
(optional)  
1 tbsp maple syrup or  
molasses



### DIRECTIONS

Preheat the oven to 250 F.

Line 2 baking trays with parchment paper.

Wash the apples and pat dry. Cut them in very thin slices.

Place the slices on the trays.

Sprinkle with cinnamon, nutmeg and cayenne if using.

Drizzle with the maple syrup.

Bake for approximately 1 hour in the oven. Check from time to time to prevent burning.

### SERVES 2

**NUTRITION INFORMATION:**   **Calories:** 218     **Fat:** 16.7g     **Carbs:** 6.7g     **Protein:** 12.3g

## Pear Cinnamon Cupcakes

### INGREDIENTS

2 eggs  
1 cup coconut flour  
2 tbsp ground flaxseed flour  
1/2 cup coconut sugar  
1/2 cup coconut oil, melted  
1 cup coconut milk  
1 tsp baking powder  
1 tsp cinnamon  
1 pear  
1/2 tsp xanthan gum  
A pinch of sea salt



### DIRECTIONS

Preheat your oven to 350 F and chop pear into small pieces.

Add all the dry ingredients to a bowl and whisk using a hand blender.

Add all the wet ingredients and pear. Whisk again.

Line a muffin tin with cupcake wrappers and pour batter into the papers.

Bake for almost 15 minutes or until done.

### SERVES 6

**NUTRITION INFORMATION:**   **Calories:** 345   **Fat:** 6g   **Carbs:** 23g   **Protein:** 3g

## About Painless Nutritionals

Painless Nutritionals is a natural health and wellness brand. We strive to create products that help people live long healthy lives, free from aches and pains, with a youthful vigor regardless of age. Our core belief is that people shouldn't dread getting older; they should look and feel incredible. Painless Nutritionals features specially chosen and highly effective supplements that nourish the body and fill the gaps that a healthy diet and exercise don't address.

We have products for anti-aging, pain-relief, immunity, and much more. *When diet and exercise aren't enough to get the results you want, we have the solution.*

## Our Best-selling Products

### Turmeric Curcumin No. 1

Fight back against harmful inflammation with Turmeric Curcumin. Inflammation is now believed to be a leading cause of many diseases. It can also cause joint pain and older looking skin.

In addition to being used as a spice to flavor Indian cuisine, turmeric curcumin has been used for thousands of years in many Asian countries as an anti-oxidant and anti-inflammatory agent to treat a wide variety of conditions, including:

- Chest pain
- Jaundice
- Menstrual difficulties
- Bloody urine
- Hemorrhages
- Toothaches
- Bruises
- Colic
- And more



To date, over 6000 studies have been done on turmeric. Results have proven turmeric to be more beneficial than many prescription painkillers, without the frustrating side effects.

**Turmeric could be exactly what you need to recapture your youth and vitality, without taking risky medications.** If you want to decrease chronic aches, pains, and stiffness while improving the health of your skin, this is the perfect supplement for you!

Get your bottle here: <https://painlessnutritional.com/shop/>

## Thyroid Support

Are you gaining weight more easily? Do you feel tired more often than you should? Do you feel older than you are? If so, you might be surprised to learn your thyroid may be the root of all your problems.

It's true. In fact, according to thyroid.org, one in five Americans have hypothyroidism, and up to 60% of these individuals have no idea!

**We created this supplement to support good thyroid health.** Whether you have an unhealthy or healthy thyroid, Thyroid Support will help you maintain optimal health.

Benefits you can experience with a healthier thyroid include:

- Increased Energy
- Improved Strength
- Sharpened Memory
- Better Able to Tolerate Cold Temperatures
- Reduction in Hair Loss & Hair Thinning
- Weight Loss

One more big advantage of good thyroid health – it can help you look and feel younger! That's right, a healthy thyroid helps skin look fuller, more hydrated and more vibrant. It also boosts your energy!

**Get your bottle here:** <https://painlessnutrionals.com/shop/>



## Balance Booster Formula

The risk of falling increases as we age, and falls are one of the leading causes of debilitating injuries in older adults. One way to lower this risk is to focus on brain health. Our Balance Booster Formula has been formulated using only those ingredients proven to boost brain function.

Not only does this supplement improve balance and reduce your risk of falling, it also helps improve memory, cognition, and cerebral blood flow.

**Even better - Balance Booster Formula will better the results from any balance and exercise programs!**

This supplement is your best defense against falling as it addresses the root cause of most balance issues, brain health. Balance Booster Formula is made in the USA with 100% natural ingredients, with no artificial fillers, flavorings, or colors. This brain boosting supplement is simply made with premium ingredients you can trust.

**Don't put your health and safety at risk!** Support your overall balance by boosting your brain function with our Balance Booster Formula.

**Get your bottle here:** <https://painlessnutritional.com/shop/>





## Bone Boost Formula No. 1

Bone loss due to the natural aging process can put you at greater risk of fractures.

In fact, according to the latest statistics from the International Osteoporosis Foundation (IOF), 1 in 3 women over age 50 will experience an osteoporotic fracture, as will 1 in 5 men of the same age.

Bone fractures can be painful and debilitating. They can even lead to death.

**Protect your health and safety with Bone Boost Formula.**

This supplement is specially formulated with Vitamin K2 and Vitamin D3, which bones need to stay healthy.

This impactful supplement is specially formulated with Vitamin K2 and Vitamin D3 which are proven to support bone health. Without these two powerful vitamins, you put both your bones and your overall immune system at risk.

This formula:

- Stimulates calcium absorption
- Supports bone health and strength
- Reduces risk of bone disease
- Helps your body fight infections better
- Improves quality of life
- And more

Because of the importance of K2 and D3 in our everyday life, we formulated Bone Boost Formula No. 1 in such a way that it will not only provide the body with a daily dose of the nutrients, but also help it metabolize them properly.

Get your bottle here: <https://painlessnutrionals.com/shop/>



## Super Collagen Support

Get thicker, fuller, healthier hair! Our Super Collagen Support formula is uniquely designed to work from the inside-out to nourish and support your hair follicles at the cellular level, allowing you to maintain thicker, longer, stronger, and healthier hair at any age.

This formula both maintains healthy, fast-growing hair and supports hair density and strength – a powerful 1-2 combination that will have you looking your best in no time.

Your hair is one of the first things people notice about your appearance. What impression are you giving when you enter a room?

Is your hair conveying good health and an overall sense of well-being, or is it pointing out exactly the opposite?

Get Super Collagen Support and ensure your hair is making the right first impression.

**And don't forget the skin benefits of collagen!** This formula is the perfect way to maintain your youthful appearance, and even improve it!

Get your bottle here: <https://painlessnutritionals.com/shop/>

