



# Nutrition for Inflammation

## *Recipe Book*

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## NOTES

Many of these recipes come from our favourite cookbooks and resources on nutrition for inflammation. We have modified them a bit, but it is hard to improve upon a good thing! Some of them come from experimentation and family recipes. I do not take credit for any of these recipes. If you are interested in more recipes, here is a list of my go to books:

- The Wahls Protocol
- The Autoimmune Fix
- The Inflammation Spectrum
- Your Personal Paleo Code

## BREAKFAST

### Sweet Potato and Egg Breakfast Salad

Serves: 2

This is my go-to breakfast. Quick, filling and easy.

Balsamic Vinaigrette Dressing (enough dressing for a few meals)

¼ cup avocado oil

2 tbsp balsamic vinegar

1 tsp grainy mustard

1 large sweet potato

2-6 eggs (depending on how many you want)

Mixed greens (arugula and spinach)

1 tsp Rosemary

1 tbsp coconut oil

Salt and pepper

1. Pre-heat oven to 425F
2. Cut the sweet potato into small cubes and place into a glass casserole dish. Make sure they are not overlapping or they will get soggy.
3. Melt the coconut oil and cover the sweet potatoes with the oil. Add rosemary, salt and pepper. Mix until the sweet potato is well covered.
4. When the oven is ready, cook the potatoes for roughly 40 min or until slightly brown. Toss or stir them every 15 minutes.
5. As the sweet potatoes are cooking, mix up your dressing.
6. Either poach or soft boil you eggs. Serve with dressing and enjoy.

## Bacon and Eggs Breakfast Salad

Serves: 2

Balsamic Vinaigrette Dressing (enough dressing for a few meals)

¼ cup avocado oil

2 tbsp balsamic vinegar

1 tsp grainy mustard

2-6 eggs (depending on how many you want)

2-4 slices of bacon

Mixed greens (arugula and spinach)

1. Preheat oven to 400F
2. Line a baking sheet with parchment paper and lay out bacon strips so they are not touching
3. Cook bacon for 20-25 min, start checking it after 15 minutes for your preferred level of doneness
4. While the bacon is cooking, soft boil or poach your eggs.
5. Severe over a mixed greens salad and with dressing

## Quick and Easy Spinach and Eggs

Serves: 1

This is a perfect go-to breakfast for when you are running short on time! Look for the cubed variety of frozen spinach as it is easier to work with!

### INGREDIENTS

1-3 eggs (depending on how many you want)

Frozen, shredded spinach (roughly 1 cup, or 1 frozen cube)

1 tbsp Coconut Oil

Sea Salt

Frank's Hot Sauce (optional)

1. Soft boil the eggs (approximately 7 minutes)
2. While eggs are boiling, defrost the frozen spinach in the microwave
3. Once spinach is dethawed, drain/squeeze out all excess water from the spinach
4. Add 1 tbsp of coconut oil on top of dethawed spinach, and cook in the microwave for 45 seconds
5. Mix coconut oil and spinach together, add salt, eggs, and Hot Sauce (optional)!

## Butternut Squash Frittata with Salad

This recipe can be made for breakfast, lunch or dinner.

Serves: 6

Prep time: 20 minutes

Cooking time: 20 minutes

Butternut Squash Frittata:

1 tablespoon traditional fat of choice

½ red onion chopped

1 teaspoon sea salt

divided ½ teaspoon freshly ground black pepper

divided 1 medium butternut squash, peeled and cut into 1-inch cubes (you'll need about 6 cups total)

7 large eggs

⅓ cup full-fat coconut milk

¼ cup chopped parsley

Salad: Enough salad greens for 6 servings

¾ cup shallot vinaigrette

1. Preheat the oven to 375°F. Heat the fat in a cast-iron (or ovenproof) skillet over medium heat, add the onion, ½ teaspoon of the salt, and ¼ teaspoon of the pepper, and cook until onions are translucent, about 5 minutes.
2. Add the squash cubes and continue to cook, stirring lightly, until the squash is cooked through but retains its shape, about 10 minutes (do not let it turn mushy).
3. Set aside. In a large bowl, whisk the eggs, coconut milk, parsley, and remaining ½ teaspoon salt and ¼ teaspoon pepper. Pour the eggs into the skillet with the squash and place it in the oven. Bake until the eggs are just set, about 10 minutes. If the top is not browned, place the skillet under the broiler for 1 or 2 additional minutes.
4. Cool briefly, cut into wedges, and serve, accompanied by the salad greens tossed with shallot vinaigrette.



## Poached Eggs with Swiss Chard

To prepare chard, remove the leaves and coarsely chop. The stalk should be peeled (this is preferable with many stalk vegetables, such as celery, rhubarb, and so on) and chopped finely. Both stalks and leaves can then be cooked together.

Serves: 2

Swiss chard:

- 1 tablespoon traditional fat of choice
- 1 medium shallot, peeled and finely chopped
- 5 cups Swiss chard, chopped as described above
- Sea salt, to taste
- Freshly ground pepper, to taste
- Pinch of nutmeg
- Poached eggs
- 1 tablespoon apple cider vinegar
- 2 large eggs, as fresh as possible (fresh eggs are best for poaching)
- Juice of ½ lemon
- 2 teaspoons finely chopped fresh tarragon to garnish (optional)

Swiss chard:

Heat the fat in a sauté pan over medium high heat, add the shallot, and cook until lightly browned, about 3 to 5 minutes. Add chard, salt, pepper, and nutmeg, and cook at medium-high heat until the chard has wilted.

Drain off the excess liquid, divide between two plates, and keep warm.

Poached eggs:

Add the apple cider vinegar (this helps the eggs to set) to ½ inch of boiling water in a saucepan. Crack each egg into a small bowl.

Reduce the boiling water to a simmer and pour the egg into the water while vigorously stirring around the outside of the egg with a chopstick or kebab skewer. This forces the egg to the center of the pot, helping to hold it together.

After 4 minutes, remove the egg with a slotted spoon and place on top of a portion of warm chard.

Repeat the process with the second egg. The white should be firm, but the yolk should be somewhat creamy, with a white film over it.

Serve the chard and egg topped with a drizzle of lemon juice and a pinch of salt.

Garnish with tarragon if using.

## Baked Eggs en Cocotte Florentine-Style

For this recipe you'll need two 8-ounce ramekins, each of which fits two eggs plus some spinach.

Serves: 2

Prep time: 15 minutes

Cooking time: 15 minutes

1 tablespoon traditional fat of choice

½ pound fresh spinach, whole leaves

1 large garlic clove, peeled, crushed, and finely chopped

½ cup coconut milk

Pinch of nutmeg

Sea salt, to taste

Freshly ground black pepper, to taste

4 eggs

1 teaspoon snipped chives, to garnish

1. Preheat the oven to 350°F.
2. Heat the fat in a sauté pan over medium-high heat. Add the spinach, garlic, coconut milk, nutmeg, salt, and pepper and cook at a medium-high heat until the spinach is wilted.
3. Drain off the excess liquid. Arrange spinach mixture in the bottom of ramekins.
4. Crack two of the eggs into a small bowl (in case there are bits of eggshell) and gently pour them into one of the ramekins. Repeat with the remaining two eggs.
5. Bake in the oven until the eggs are cooked the way you like them. If your preference is soft-cooked eggs, 5 minutes should be enough.
6. Serve garnished with chives.

## Breakfast-Anytime Nachos

Start to finish: 40 minutes

Serves 4

4 slices compliant (sugar-free) bacon, chopped into ½-inch pieces

2 medium sweet potatoes, peeled

1 red bell pepper, seeded and diced

Kosher salt and freshly ground black pepper

4 eggs

1 avocado, halved, pitted, peeled, and diced

2 green onions, chopped

1 jalapeño, seeded if desired, and sliced

Chopped fresh cilantro (optional)

Compliant salsa, for serving

1. Preheat the oven to 450°F. Place the bacon in a single layer on a 15×10-inch baking pan. Roast for 8 to 10 minutes or until the bacon is crisp. Use a slotted spoon to transfer the bacon to paper towels. Discard all but 2 tablespoons of the pan drippings.
2. Meanwhile, use a mandolin to slice the potatoes into ⅛-inch slices. Spread the potatoes in a single layer on the baking pan; turn to coat with the reserved bacon drippings. Sprinkle with the bell pepper.
3. Season to taste with salt and pepper. Roast for 15 minutes or until the potatoes are tender and the edges are browned.
4. Reduce the oven temperature to 400°F. 3.
5. Carefully crack the eggs on top of the potatoes, being careful not to break the yolks. Bake for 8 to 10 minutes or until the whites are set. 4. Top the nachos with the bacon, avocado, green onions, jalapeno, and cilantro, if desired. Serve with salsa.

## Sweet Potato BLTs

Start to finish: 30 minutes

Serves 4 (2 sandwiches each)

For the buns:

3 large roundish sweet potatoes, peeled (choose the ones that look the most bun-shaped)

2 tablespoons coconut oil

¼ teaspoon kosher salt

For the filling: 8 slices compliant (sugar-free) bacon

3 tablespoons compliant chipotle mayonnaise or Basic Homemade Mayonnaise or compliant mayonnaise, such as mayonnaise made with avocado oil, plus a dash of chipotle chili powder

1 small tomato, cut into 8 slices

8 small lettuce leaves

1. For the buns, preheat oven to 400°F. Line two large baking sheets with parchment paper.
2. Wash the sweet potatoes; dry well with a clean kitchen towel. Cut sixteen ½-inch-thick potato slices from the widest portion of the sweet potatoes. In a large bowl, toss the sweet potato slices with coconut oil and salt. Place in a single layer on prepared baking sheets. Bake for 20 to 25 minutes or until tender yet firm enough to hold the sandwich fillings
3. Meanwhile, in a large skillet, cook the bacon over medium heat for about 8 minutes or until nearly crisp. Transfer the bacon to paper towels to drain. Cut the slices crosswise in half.
4. To assemble the sandwiches, spread the mayonnaise on one side of each of the potato slices. Top half of the potato slices with two bacon slice halves, a tomato slice, and a lettuce leaf. Cover with remaining potato slices, mayonnaise sides down. If necessary, use sandwich picks to hold sandwiches together.

## Hummus and Greens Breakfast Bowl

Start to finish: 30 minutes

Serves 4

3 tablespoons olive oil or avocado oil

1 tablespoon white wine vinegar

1 teaspoon compliant Dijon mustard

1 tablespoon finely chopped shallot

$\frac{1}{8}$  teaspoon kosher salt

Coarse freshly ground black pepper

1 (5-ounce) container power greens or other mixed greens

Zucchini Hummus

2 cups leftover shredded chicken or pork, or  $\frac{1}{4}$  cup crumbled cooked bacon, or 4 soft-boiled eggs

1 to 2 tablespoons sunflower seeds, toasted

Red pepper flakes (optional)

1. For the vinaigrette, in a small bowl, whisk together the oil, vinegar, mustard, shallot, salt, and pepper to taste. Place the greens in a large bowl; lightly drizzle with the vinaigrette and toss to coat.
2. Smear some of the hummus in each of four shallow bowls. Place the greens on top of the hummus. Top the greens with  $\frac{1}{2}$  cup chicken or pork, 1 tablespoon crumbled cooked bacon, or 1 egg. Sprinkle with sunflower seeds, and red pepper flakes, if using.

## Mexican Avocado Baked Eggs

Start to finish: 25 minutes

Serves 4

2 large ripe avocados

4 large eggs

¼ teaspoon ground cumin

⅛ teaspoon kosher salt

1 cup chopped red and/or yellow grape tomatoes (Skip if on Path 2)

¼ cup finely chopped red onion

1 tablespoon finely chopped fresh cilantro

2 teaspoons fresh lime juice

1. Preheat the oven to 425°F. Cut the avocados lengthwise in half; remove the pits. Scoop out the flesh, leaving ½-inch-thick shells. Set aside the avocado flesh.
2. Place each avocado half in a muffin cup or ramekin. Crack one egg at a time into a custard cup or small bowl and pour only what fits into the avocado; discard the leftover egg white. Sprinkle the eggs with ground cumin and salt. Bake for 15 to 20 minutes or until whites have set and the yolks begin to thicken.
3. Meanwhile, for the salsa, coarsely chop the avocado flesh. In a small bowl, combine the chopped avocado, tomatoes, onion, cilantro, and lime juice. Top the baked avocado eggs with the salsa.

## Spiced Mushroom and Veggie Hash with Sunshine Eggs

Prep: 20 minutes

Roast: 30 minutes

Serves 4

2 (8-ounce) packages sliced button mushrooms  
2 medium carrots, peeled and chopped  
12 small Yukon gold potatoes, quartered  
1 cup chopped shallots  
3 tablespoons olive oil  
1 teaspoon ground cumin  
½ teaspoon ground cinnamon  
½ teaspoon smoked paprika  
1 teaspoon kosher salt  
½ teaspoon freshly ground black pepper  
4 cups lightly packed baby kale, spinach, or arugula  
4 large eggs  
Chopped fresh flat-leaf parsley (optional)

1. Preheat the oven to 450°F. Position a rack in the center of the oven. Line a large baking pan with parchment paper or foil.
2. In a large bowl, combine the mushrooms, carrots, potatoes, and shallots. In a small bowl, stir together the olive oil, cumin, cinnamon, paprika, salt, and pepper. Pour over the vegetables and stir to coat. Spread the vegetables on the baking pan. Roast for 20 minutes or until the potatoes are just tender and starting to brown.
3. Reduce the oven temperature to 400°F. Add the kale to the pan and stir until it wilts; return the pan to the oven for 2 to 3 minutes if necessary.
4. Make four indentations in the hash and carefully break one egg into each indentation. Roast the hash for 8 to 10 minutes more, or until the egg whites are set and the yolks are desired doneness. Top with the parsley, if using.

## Nuts, Seeds, and Coconut Granola (Only for Path 1)

Prep: 15 minutes

Bake: 20–25 minutes

Serves 6 to 8

4 Medjool dates, pitted

3 tablespoons coconut oil

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

½ teaspoon sea salt

1 cup almonds

1 cup pecans

1 cup walnuts

½ cup unsweetened coconut flakes

¼ cup sunflower seeds

¼ cup pumpkin seeds (pepitas)

1. Preheat the oven to 325°F. In a small bowl, combine the dates and enough hot water to cover. Let the dates soak for 10 minutes. Drain the dates; discard soaking water. Place the soaked dates and coconut oil in a food processor; process until a paste forms. Add the vanilla, cinnamon, and salt. Process until combined.
2. Add the almonds, pecans, and walnuts to the date mixture in the food processor. Pulse a few times to combine.
3. Line a large baking pan with foil. Spread the granola on the foil. Sprinkle the granola with the coconut flakes, sunflower seeds, and pumpkin seeds. Bake for 20 to 25 minutes or until toasted and beginning to crisp.
4. Remove the pan from the oven and let cool completely.



## Smoked Salmon with Scrambled Eggs and Asparagus

Serves: 2

Prep time: 10 minutes

Cooking time: 15 minutes

10 green asparagus stalks, tough ends snapped off and discarded

Sea salt, to taste

3 eggs

6 tablespoons full-fat coconut milk

Freshly ground pepper, to taste

2 tablespoons lard

4 ounces smoked salmon, sliced

2 teaspoons fresh chives, chopped for garnish

1. Blanch the asparagus in slightly salted boiling water for 5 minutes and refresh in cold water.
2. Beat the eggs with coconut milk and pepper. Heat the lard in a saucepan over low heat, add the egg mixture, and cook for 3 to 4 minutes until just set, occasionally scraping the mixture from the bottom of the pan.
3. Arrange the scrambled eggs on top of the asparagus, then place the smoked salmon on top of the eggs, and garnish with chopped chives.
4. Note: When making scrambled eggs or omelets, season with salt after cooking, otherwise the eggs will be rubbery. Also, remember that the smoked salmon is already quite salty.

## Coconut-Raspberry Pancakes

Yield: 5 small pancakes

1/4 cup coconut flour  
1/4 cup arrowroot powder or tapioca flour  
1 teaspoon gluten-free baking powder  
1/8 teaspoon sea salt  
3 large organic eggs  
2–3 tablespoons organic coconut milk  
2–3 teaspoons pure maple syrup  
1/3 cup raspberries, lightly mashed (fresh is preferred)  
Coconut oil, for cooking

1. Heat a 10" cast-iron skillet over medium-low heat.
2. In a small mixing bowl, whisk together the coconut flour, arrowroot powder or tapioca flour, baking powder, and salt. In a separate bowl, whisk together the eggs, coconut milk, maple syrup, and raspberries. Pour the egg mixture into the flour mixture and whisk together. The mixture will seem thin at first. Let rest for a minute to thicken.
3. Add a few teaspoons of coconut oil to the preheated skillet. Drop the batter into the hot skillet by the quarter cup. Cook for about 90 seconds on each side.

## Garden Vegetable Frittata

Serves: 4 servings

1 tablespoon extra-virgin olive oil  
1/2 cup finely chopped onion  
1/2 teaspoon sea salt  
2 cups chopped broccoli florets  
1 cup finely chopped red bell pepper  
2 cups finely chopped kale  
1/4 cup finely chopped fresh basil  
6 large pastured eggs, whisked  
Freshly ground black pepper

1. Preheat the oven to 375°F.
2. Heat a deep 10" cast-iron skillet over medium heat. Add the oil, onion, and salt and cook for 5 minutes. Add the broccoli and bell pepper and cook for 5 to 7 minutes. Stir in the kale and basil, then pour in the eggs. Season with black pepper.
3. Place the skillet in the oven and bake for 20 minutes, or until the frittata is lightly browned. Slice into wedges and serve. Store leftover frittata in a covered glass container in the refrigerator for up to a week.

## Kale Breakfast Hash

Serves: 2 servings

If you are cooking sweet potatoes for dinner, cook a few extra and use them for this quick and easy breakfast. This is a great choice if you are used to eating a carb-rich breakfast such as bread or cereal in the morning, then this is a great replacement.

2 tablespoons extra-virgin olive oil

1 medium whole baked sweet potato, chopped into large pieces

Sea salt and freshly ground black pepper

2 scallions, thinly sliced

2–3 cups finely chopped kale

3 large pastured eggs, whisked

1. Heat a 12" cast-iron skillet over medium heat. Add the oil, then the potato. Season to taste with salt and pepper. Cook for a few minutes, until the potato pieces brown on all sides, then add the scallions and kale. Cook for a few minutes longer, until the kale is tender.
2. Move the mixture to one side of the pan. Pour the eggs into the other side of the pan and scramble. Once the eggs are cooked, mix them with the potato mixture. Taste and add more salt and pepper, if needed.

## BEEF

### Beef Rendang

Serves: 2 to 4

Prep time: 15 minutes

Cooking time: About 4 hours, largely unattended

6 shallots or 1½ red onions, roughly chopped

4 large garlic cloves, peeled, crushed, and roughly chopped

1½ tablespoons minced fresh ginger, peeled 2 red chilies, seeded and roughly chopped  
5 cloves

3 kaffir lime leaves, fresh or dried

2 pounds beef stew cubes

1½ cups full-fat coconut milk

1 teaspoon turmeric

1 teaspoon ground coriander

1 teaspoon ground cumin

½ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

¼ teaspoon sea salt, or to taste

3 stalks lemongrass

1. Preheat the oven to 300°F.
2. In a food processor or blender, add the shallots or red onions, garlic, ginger, chilies, and dried kaffir lime leaves, if using. (If using fresh lime leaves, set aside, as they will be added later.) Pulse until combined into a purée and set aside. (You can also do this by hand using a mortar and pestle.)
3. In an oven-safe pot with lid, add the beef and coconut milk. Stir in the spice purée. Then stir in the turmeric, coriander, cumin, cinnamon, nutmeg, and salt.
4. Prepare the lemongrass stalks: Peel off the tough outer layer and discard. Cut off the stem end and the green tops to end up with about a 10-inch piece of lemongrass. Place the stalks on the cutting board and bang on them with a kitchen tool (such as a potato masher or pestle) to release the flavor. Place them in the stew whole (you will remove them later, as you would bay leaves). If you are using fresh kaffir lime leaves, similarly, bruise them using a mortar and pestle and add them in this step (to remove with the lemongrass later).
5. Heat the stew, uncovered, on the stovetop over medium heat until it comes to a simmer. Cover and place the pot in the oven. Cook for 3 hours, stirring once or twice. Carefully bring the pot back to the stovetop and uncover.
6. Remove the lemongrass (and fresh kaffir, if using) with tongs and discard. Bring the stew to a simmer over low heat. Cook, stirring often, until the meat is tender and the sauce has reduced by half, about 45 minutes. Stir constantly toward the end of the cooking process.

## Hamburgers with Mushrooms Provençale-Style

Serves: 2

Prep time: 5 minutes

Cooking time: 15 minutes

1 pound ground beef, preferably grass-fed

1 tablespoon lard

½ lb. mixed mushrooms

½ teaspoon sea salt

Freshly ground black pepper, to taste Juice of 1 lemon 4 large garlic cloves, peeled, crushed, and finely chopped

1 tablespoon extra-virgin olive oil

4 tablespoons chopped parsley, plus 2 teaspoons for garnish

1. Shape two hamburger patties from the ground beef.
2. Heat the lard (or cooking fat of choice) in a sauté pan over medium heat, and sauté the hamburgers for 4 to 5 minutes on each side. Remove and keep warm.
3. Add the mushrooms, salt, and pepper to the skillet and sauté until browned, stirring in the lemon juice while cooking.
4. Add the garlic, extra-virgin olive oil, and parsley and cook for 3 more minutes. Serve the hamburgers topped with the cooked mushrooms and garnished with parsley.

## Snack-Size Italian Meatballs

Prep: 20 minutes

Cook: 25 minutes

Serves 16 (2 meatballs each)

$\frac{3}{4}$  pound organic grass-fed ground beef

$\frac{1}{2}$  pound organic ground pork

2 tablespoons nutritional yeast

3 tablespoons beef-based

Basic Bone Broth or purchased compliant bone broth

2 tablespoons coconut flour

2 garlic cloves, minced

1 teaspoon kosher salt

$1\frac{1}{2}$  teaspoons Italian seasoning

1 tablespoon minced fresh parsley

Freshly ground black pepper

1. Preheat the oven to 350°F. In a large bowl, combine the beef, pork, nutritional yeast, broth, coconut flour, garlic, salt, Italian seasoning, parsley, and pepper to taste. Using your hands, gently mix until all ingredients are well incorporated.
2. Shape into 32 one-inch meatballs and place on a foil-lined rimmed baking pan.
3. Bake for 25 minutes or until browned on the outside and cooked through.

## POULTRY

### Chicken Tikka Masala

Serves: 4

Prep time: 20 minutes (marinate 1 to 3 hours)

Cooking time: 25 minutes

For the marinade:

- 1 cup full-fat coconut milk
- 2 teaspoons garam masala
- 2 teaspoons ground coriander
- 1 tablespoon paprika
- 2 tablespoons minced fresh ginger, peeled
- 4 large garlic cloves, peeled and minced or pressed
- 4 boneless, skinless chicken breasts, cut into 1½ inch chunks

For the sauce:

- 2 tablespoons coconut oil
- 1 onion, minced
- 2 garlic cloves, peeled and minced or pressed
- 2 teaspoons minced ginger, peeled
- 1 chili (such as serrano or jalapeño), seeded and minced
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 tablespoon tomato paste
- 2 cups puréed or fresh, finely diced tomatoes
- ½ cup coconut cream (skimmed from the top of coconut milk or, if you can find it, coconut cream concentrate from Tropical Traditions)
- ½ tablespoon garam masala
- Sea salt, to taste
- ¼ cup chopped cilantro

1. Prepare the marinade: In a bowl, combine all the marinade ingredients. Pour over the chicken to coat well. Cover and refrigerate for 1 to 3 hours. When ready to cook recipe, soak 8 bamboo or wooden skewers (if using) for 30 minutes to 1 hour.
2. Prepare the sauce: Heat the coconut oil in a large pan over medium heat. Add the onion and cook until softened, about 5 minutes. Add the garlic, ginger, chili, paprika, coriander, and tomato paste and stir well for a minute. Add the puréed tomatoes. Reduce the heat to medium low, cover the pan, and simmer for about 15 minutes, stirring occasionally.
3. While the sauce simmers, preheat the broiler (or prepare the grill). Thread the marinated chicken onto skewers, or simply arrange in a single layer in a broiler pan, if broiling. Grill or broil, turning occasionally. Look for a light char, about 6 to



8 minutes per side. Purée the sauce by transferring it to a blender or food processor or use an immersion blender.

4. Return the sauce to the pan. Add the coconut cream to the sauce and mix it in well. Remove the chicken from the skewers. Stir the pieces into the sauce and allow to cook for 5 to 8 minutes in the sauce. Stir in the garam masala. Salt to taste and serve garnished with the cilantro.

## Slow Cooked BBQ Chicken

Serves: 6

1 small onion, sliced  
1 jar (7 ounces) tomato paste (about  $\frac{3}{4}$  cup)  
1 cup water  
2 tablespoons raw honey or pure maple syrup  
2 tablespoons raw apple cider vinegar  
2–3 teaspoons blackstrap molasses  
2–3 cloves garlic, crushed  
1 tablespoon smoked paprika  
 $\frac{1}{2}$  teaspoon chipotle chili powder  
1–2 teaspoons sea salt  
3 pounds pasture-raised boneless, skinless chicken breasts

1. In a 4-quart slow cooker, combine the onion, tomato paste, water, honey or maple syrup, vinegar, molasses, garlic, paprika, chili powder, and salt. Mix well. Add the chicken.
2. Cover and cook on low for 8 hours. Using 2 forks, gently shred the chicken. Cook the shredded chicken for 30 minutes.
3. Serve with baked sweet potatoes. Leftover barbecued chicken can be frozen in small containers for future use or refrigerated for up to 5 days.

## Basic Roasted Chicken

Serves 4

1 whole organic chicken (3–4 pounds)

2–3 tablespoons extra-virgin olive oil

¼–½ teaspoon sea salt

Freshly ground black pepper

1. Heat the oven to 425°F and arrange a rack in the middle.
2. Place the chicken on a work surface or cutting board and pat it dry with paper towels. Cut off and discard any extra fat hanging around the body cavity.
3. Drizzle the oil on the chicken and rub it all over the skin. Season generously inside and out with salt and pepper. Place the lemon and herbs inside the cavity, if using. Place the chicken breast-side up in a large frying pan or cast-iron skillet.
4. Roast the chicken in the oven for 15 minutes. Reduce the temperature to 375°F and continue roasting until the juices run clear and a thermometer inserted into the inner thigh (but not touching the bone) registers 165°F, about 50 minutes to 1 hour more.
5. Remove the chicken from the oven and place on a cutting board. Let it rest about 15 to 20 minutes before carving.
6. Save the bones and skin for the [Simple Chicken Stock recipe](#).

## Rosemary Chicken

Serves: 8

6 cloves garlic, minced  
2 teaspoons chopped fresh rosemary  
2 pounds cut-up chicken thighs, skin on (or any cut of chicken)  
1 medium eggplant, sliced  
1 pound mushrooms, sliced  
2 large carrots, sliced  
2 tablespoons distilled vinegar  
1 tablespoon coconut oil  
½ teaspoon organic kelp powder (optional)  
½ teaspoon iodized sea salt

1. Mince garlic and let stand for 15 minutes. Put rosemary under the skin of the chicken. Place garlic, chicken, eggplant, mushrooms, carrots, vinegar, coconut oil, kelp powder, and salt in a skillet. Simmer for 20 minutes. Serve.

## LAMB

### Rosemary Lamb Rib Chops

Serves: 2

Prep time:

5 minutes (marinate 1 to 3 hours)

Cooking time: 10 minutes

2 tablespoons traditional fat of choice

4 garlic cloves, minced or pressed

1 tablespoon minced fresh rosemary

Freshly ground black pepper, to taste

½ pound (about 6) Frenched lamb rib chops

Sea salt, to taste

1. Combine melted fat, garlic, rosemary, and pepper in a bowl and add the lamb chops, taking care to make sure the meat is well coated with marinade.
2. Marinate for 1 to 3 hours.
3. Grill, broil, or pan-fry the chops. Here is one possible method:
4. Preheat a cast-iron skillet to medium heat. Sprinkle the chops with salt on both sides. Once the pan is hot (you should hear a sizzle when the meat is dropped in), pan-sear for about 3 to 4 minutes per side, until a golden-brown crust develops. Transfer the chops to a plate and allow them to rest for 5 minutes before serving

## PORK

### Spanish Pork Loin Roast Adobado

Serves: 4

Prep time: 15 minutes (marinate 8 to 24 hours)

Cooking time: 1 to 1½ hours depending on size of roast

1 tablespoon paprika  
6 large garlic cloves, peeled, crushed, and roughly chopped  
1 teaspoon ground cumin  
1 teaspoon dried thyme or  
2 teaspoons chopped fresh thyme  
2 teaspoons dried oregano  
½ teaspoon sea salt  
½ cup apple cider vinegar  
Freshly ground black pepper, to taste  
1 2-to 3-pound boneless pork loin roast  
4 teaspoons chopped fresh parsley

1. Combine the paprika, garlic, cumin, thyme, oregano, salt, vinegar, and black pepper in a bowl and whisk together.
2. Place the pork in a nonreactive dish/bowl just large enough for it and coat the meat thoroughly on all sides with the marinade. Cover the bowl and refrigerate for 8 to 24 hours.
3. Bring the pork to room temperature for about 20 minutes before cooking and preheat the oven to 350°F.
4. Place the pork fat-side up in a roasting pan with rack (if you don't have a rack, it's also fine to put it directly on the pan). If your roast does not have any fat on it, dab 3 tablespoons of lard or other fat on top of the roast.
5. Cook until the internal temperature reaches 145°F. Cooking times will vary depending on the size of your roast.
6. For a 1½-to 2-pound roast, check after 45 minutes; check a 2½-to 3-pound roast after 60 minutes. When it's done, if the top isn't browned, place under the broiler for a minute or two. Remove from the oven and allow the roast to rest in the pan for 10 minutes. Transfer to a cutting board and slice into thick or thin slices, as you prefer. Garnish with fresh parsley

## Green Plantain Fritters with Sausage

Serves: 2

Prep time: 15 minutes

Cooking time: 20 minutes

Fritters:

2 strips bacon

1 green plantain

1 heaping teaspoon of lard (see note)

Pinch sea salt

Sausage:

12 ounces ground pork

½ teaspoon ground fennel seeds

¼ teaspoon sea salt

Freshly ground black pepper, to taste

1 heaping teaspoon of lard (see note)

2 teaspoons chopped parsley for garnish

1. In a skillet, cook the bacon. When it is done, drain on a paper-towel-lined plate or rack. Leave the bacon fat in the skillet for the final step of the recipe and set aside.
2. Slice the plantain into four pieces: cut once across and once lengthwise. Bring a pot of water to a low boil, add the plantain, and simmer for 5 minutes. Check for doneness by inserting a knife to see if it will go through easily. If not, simmer until tender. (The plantains could also be grilled, sautéed, or cooked by any other method.) When they are done, drain the plantains, place in a mixing bowl, and mash.
3. Chop the bacon into small pieces and add, along with teaspoon of the lard, to the mashed plantain. Stir to create a batter. If the batter is dry or crumbly, add more lard bit by bit until it becomes moist enough to shape into fritters. Stir in pinch of salt, keeping in mind that the bacon adds some salt already.
4. Shape the batter into 4-inch-wide round patties of about 1 inch thick. (You should be able to make two fritters per plantain, using about 6 to 8 tablespoons of batter for each fritter, but you can make them as large or small as you wish.)
5. Heat the skillet containing the bacon fat over low heat. Gently place the fritters in the skillet and allow to cook for 3 to 5 minutes per side. (The bacon fat will brown them nicely.)
6. Mix all the sausage ingredients together except the lard and parsley and shape into patties. Heat the lard in a skillet over medium heat and fry the patties over medium heat until thoroughly cooked, about 3 to 4 minutes on each side. Serve with the plantain fritters, and garnish with parsley.

## FISH

### Salmon Fillets with Raspberry Vinaigrette Salad

Serves: 2

Prep time: 15 minutes

Cooking time: 15 minutes

#### Raspberry Vinaigrette Salad:

3 ounces raspberries (about 15 berries)

1½ tablespoons balsamic vinegar

¼ teaspoon Dijon mustard or mustard powder

¼ cup extra-light olive oil (extra-virgin is fine if that's all you have on hand)

2 teaspoons fresh thyme leaves

8 cups mixed salad greens

½ cup or more toasted and crumbled pecans or walnuts (or ½ cup crispy, cooked bacon pieces)

Any other vegetables or salad toppings you'd like to add—we like shredded carrots and quartered, hard-boiled eggs

#### Salmon Fillets:

2 6-to 8-ounce salmon fillets

Freshly ground black pepper, to taste

Sea salt, to taste

1 tablespoon traditional fat of choice

1. To make the dressing, blend the raspberries, balsamic vinegar, and mustard in a blender. Transfer to a small mixing bowl. Whisk in the olive oil and thyme. Set aside.
2. Season the salmon fillets with salt and pepper.
3. Heat the fat in a sauté pan over medium-high heat, add the salmon fillets, and cook for 5 minutes on each side.
4. Meanwhile, in a large salad bowl, toss the greens and nuts (or bacon pieces), 4 tablespoons of the dressing, and any other salad ingredients you want to include.
5. Serve the salmon fillets accompanied by salad



## Coconut Crusted Fish Sticks

Serves: 4 to 6

1½-2 pounds halibut, skin removed  
½ cup arrowroot powder  
4-6 tablespoons water  
1 teaspoon Herbamare or sea salt  
½ teaspoon freshly ground black pepper  
1 teaspoon dried thyme  
2 cups unsweetened shredded coconut  
3-4 tablespoons coconut oil

1. Rinse the halibut, then cut into "sticks" about ½" wide and 3" long.
2. In a bowl, whisk together the arrowroot, water, salt, pepper, and thyme. Place the coconut in a separate bowl.
3. Begin heating an 11" or 12" skillet over medium-high heat. While the skillet is heating, dip the fish sticks into the arrowroot mixture and coat evenly. Then dip the fish in the coconut, using your hands to press the coconut into the fish to ensure an even coating.
4. Add 2 tablespoons of the oil to the hot skillet. (The pan is hot enough when the oil spreads out quickly.) Add the fish sticks in batches so they don't overcrowd the pan. Cook for 4 to 6 minutes, turning once with tongs, or until the fish flakes easily. Timing may differ depending on the thickness of the fish. The fish will continue to cook once removed from the pan. Check doneness by breaking apart the thickest piece with a fork. Add the remaining oil as needed to the skillet and cook the remaining fish sticks.

## Lemon Ginger Salmon

Serves: 6

2 pounds wild salmon fillets  
3 tablespoons freshly squeezed lemon juice  
1 tablespoon raw honey  
1 tablespoon toasted sesame oil  
1 tablespoon arrowroot powder  
1 clove garlic, crushed  
1–2 teaspoons finely grated fresh ginger  
½ teaspoon finely grated lemon peel  
½ teaspoon sea salt

1. Rinse the salmon fillets and place them skin side up in a small glass baking dish. In a small bowl, whisk together the lemon juice, honey, oil, arrowroot, garlic, ginger, lemon peel, and salt. Pour over the salmon. Cover and marinate at room temperature for 30 minutes or refrigerate and marinate for up to 2 hours. Drain off most of the marinade and flip the salmon fillets over so they are skin side down.
2. Preheat the oven to 400°F. Bake the salmon for 10 minutes per inch of thickness, or until the fish is opaque. A thin fillet such as coho might need 10 minutes, while a thick king salmon fillet might need 20 minutes. Fish will continue to cook after it comes out of the oven, so be careful not to overcook.

## Simple Baked Salmon

Serves: 2

2 pieces of salmon, each the size of the palm of your hand

Lemon

Dill

Salt and pepper

1. Preheat the oven to 450F
2. Season salmon with salt, pepper and dill. Place a slice of lemon on top of salmon. Place salmon, skin side down, on a non-stick baking sheet or in a non-stick pan with an oven-proof handle. Bake until salmon is cooked through, about 12 to 15 minutes.

## LENTILS/CHICKPEAS

### Quick Dal with Cauliflower Rice

Prep: 5 minutes

Cook: 15 minutes

Serves 3 to 4

1 tablespoon ghee

1 teaspoon minced fresh ginger

1 garlic clove, minced

1 teaspoon curry powder

½ teaspoon garam masala

1 (9-ounce) package steamed lentils

¾ cup chicken-based Basic Bone Broth or purchased compliant chicken bone broth

¾ cup coconut milk

½ teaspoon kosher salt

1 plum tomato, seeded and diced

1 large handful baby spinach, coarsely chopped

Cooked cauliflower rice, for serving

1. In a medium pot, melt the ghee over medium heat. Add the ginger and garlic. Cook and stir for 1 minute. Add the curry powder and garam masala. Cook and stir until the spices are fragrant, 30 seconds to 1 minute.
2. Add the lentils, broth, coconut milk, and salt. Bring to a boil. Add the tomato. Reduce the heat and simmer until slightly reduced, for 3 to 4 minutes. Add the spinach and stir. Simmer until the spinach cooks down slightly, for 2 to 3 minutes.
3. Serve over the cauliflower rice.

## Indian Chickpea Curry with Cauliflower Rice

Serves: 4

1 ripe mango  
1 mild red chilli, seeds removed  
Small handful fresh coriander (cilantro)  
400 g tinned tomatoes (~ 1 1/3 cups)  
1 tbsp oil  
1 onion, finely diced  
1 carrot, diced  
1 yellow bell pepper, diced  
400 g tin chickpeas, drained (240g, or ~ 1 1/4 cups, when drained)  
2 tsp curry powder  
1 tsp garam masala  
1 tbsp tomato puree  
Salt  
Black pepper  
Cauliflower rice to serve

1. Add the flesh of the mango to a food processor, along with the deseeded red chilli and fresh coriander. Blitz well. Add the tin of tomatoes, and blitz again until relatively smooth (a few remaining lumps are fine).
2. Meanwhile, heat the oil in a large frying pan or wok, and add the onion, carrot and yellow pepper. Cook over a medium heat for a few minutes, until fairly soft.
3. Add the drained chickpeas and the mango sauce, along with the curry powder, garam masala, tomato puree, and plenty of salt and pepper.
4. Mix well, and bring to a simmer.
5. Cook for around 10 minutes, until the vegetables are cooked to your liking and the sauce has thickened.

## BROTH & SOUP

### Jane's Kale and Sausage Soup

Serves: 4

1 pound of Italian sausage (casings removed)  
1 yellow onion diced  
2 large carrots sliced  
3 celery stalks sliced  
1 bay leaf  
1 spring fresh or dry thyme  
2 teaspoons Italian seasoning  
1 - 4 garlic cloves minced  
Salt and pepper  
1 bunch of kale, stems removed and roughly chopped (frozen kale or spinach substitute OK)  
2 cans of beans (cannellini beans or romano/pinto mixed beans)  
6-8 cups of beef or chicken broth

1. Brown the sausage and cut them up.
2. Once they are brown, throw in all the veggies and let the sausage and veggies cook together for about 8 minutes.
3. Add the seasonings, then add the broth and beans. Cook until the vegetables are soft.

## Simple Chicken Stock

Serves: About 4 quarts

Prep time: 15 minutes

Cooking time: 3 hours (largely unattended) OR 1 hour in an Insta-Pot

1 3-to 4-pound chicken (preferably an old stewing hen), cut into pieces

4½ quarts water

2 onions, peeled and halved

4 carrots, peeled and cut into large chunks

2 fresh bay leaves 4 sprigs fresh thyme or 1 tablespoon dried thyme

4 celery ribs, cut into large pieces

4 cloves

1 bunch fresh parsley

2 chicken heads and/or 2 chicken feet

1. Add all the ingredients to a large stockpot, bring to a boil, reduce the heat, and simmer, covered, for 3 hours.
2. While still warm, strain the stock through a sieve. A wet cheesecloth can then be used to strain out all the fine particles.
3. When the stock is at room temperature, the pot can be placed in a refrigerator for a few hours. This will cause the fat to harden on the surface.
4. The fat can then be skimmed off and used for cooking, and it will keep for up to 1 week if refrigerated in a tightly sealed jar.

## Tom Kha Gai

Serves: 4

Prep time: 5 minutes

Cooking time: 15 minutes

3 cups Paleo Chicken Stock (see recipe here)

3 cups coconut milk

2 to 3 stalks lemongrass

4 kaffir lime leaves, fresh or dried, ripped into four pieces each OR 1 lime if you don't have the leaves

2 or more Thai bird chilies or other chili of choice, stems removed and pods lightly crushed (optional) OR 1 heaping teaspoon of chilli paste

4 cups cooked and shredded chicken

1 to 2 cups thinly sliced shiitake or oyster mushrooms (or any other mushrooms)

½ teaspoon sea salt

2 tablespoons fish sauce

1 tablespoon grated ginger or finely chopped

1 heaping teaspoon of Thai curry paste

### Garnish

Thai Basil

Juice of 1 lime

1 green onion, thinly sliced

1 tablespoon chopped cilantro

1. Bring the stock to a boil, reduce to a simmer, skim off any foam that rises to the top, and add all the ingredients except the fish sauce, lime juice, green onion, and cilantro.
2. Reduce the heat to a simmer and cook for about 5 minutes. Season to taste with fish sauce.
3. Remove the kaffir lime leaves, lemongrass, and chilies and ladle into soup bowls or mugs.
4. Garnish with lime juice, green onions, and cilantro.



## Basic Bone Broth

Choose one for your bones: 1 whole organic chicken or chicken carcass/bones  
1 small whole organic turkey, turkey breast, or turkey carcass/bones  
3 to 5 pounds grass-fed beef bones  
1 pound fish bones, shrimp shells, or other crustacean shells (mussels, clams, crabs, etc.)

For the broth: 6 garlic cloves  
1 onion  
2 large carrots, scrubbed and chopped  
3 to 4 organic celery stalks, chopped  
1-inch ginger root, peeled and sliced into coins  
¼ cup apple cider vinegar  
1 teaspoon turmeric powder or a 3-inch piece of turmeric root  
1 tablespoon chopped fresh parsley  
1 teaspoon Himalayan salt

1. Rinse the bones and place them in the large soup pot or Dutch oven, slow cooker, or pressure cooker. Fill the pot three-quarters full of water (or up to the maximum fill line) and add the herbs and vegetables. Follow these instructions, according to your cooking method:
2. For the stove, cook over medium-high heat until bubbling, then reduce the heat to low and allow to simmer, covered, for at least 8 hours, adding more water as needed to keep the bones mostly covered. For the slow cooker, set on low and cover. Cook for at least 8 but no more than 10 hours. For the pressure cooker, follow the manufacturer's instructions for broth or soup.
3. After cooking, allow the broth to cool, then pour it through a fine-mesh strainer into a large bowl, discarding the solids. Transfer to mason jars to store in the fridge, or freezer-safe containers for longer-term storage.

## Bone Broth–Carrot Soup

Serves:1

1 cup Bone Broth (page 345)  
1/3 can full-fat coconut milk  
1/2 cup cooked or raw carrots  
1 teaspoon minced fresh ginger  
1/2teaspoon ground turmeric

1. Bring the Bone Broth to a simmer over medium heat. Stir in remaining ingredients. Puree in a Vitamix or other high-speed blender.

## Vegetarian Kale Soup

Serves: 4

4 cups chopped kale  
2 cups chopped sweet potato  
1 cup chopped onion  
1 medium banana pepper, sliced  
1 teaspoon organic kelp powder (optional)  
½ teaspoon iodized sea salt  
2 cups black-eyed peas, canned or cooked from dried, though soaked is best to decrease the lectins/phytates.)  
13.5-ounce can full-fat coconut milk

1. Add broth, vegetables, kelp powder, and salt to a Crock-Pot or soup pot. Add black-eyed peas, which will be tender in 30 minutes if they were soaked first.
2. Add coconut milk, stir, and serve.

## Chicken, Squash and Leek Soup

Serves: 4 to 6

2 tablespoons extra-virgin olive oil  
1 medium leek, chopped  
2 cloves garlic, crushed  
4 cups chicken stock  
2 cups peeled and chopped butternut squash  
2 cups cooked, chopped chicken  
1–2 teaspoons dried thyme  
3–4 cups finely chopped kale  
Sea salt and freshly ground black pepper

1. Heat the oil in a 4-or 6-quart pot over medium heat. Add the leek and garlic and cook for 4 to 5 minutes, or until the leek softens. Reduce the heat to low if the leek begins to brown. Stir in the stock, squash, chicken, and thyme. Cover and simmer for about 10 minutes, or until the squash is tender.
2. Turn off the heat and stir in the kale. Season to taste with salt and pepper.

## Thai Coconut Fish Soup

Serves: 4

1 tablespoon virgin coconut oil  
½ medium onion, sliced  
2 cloves garlic, crushed  
1 red bell pepper, cut into matchsticks  
2–3 carrots, cut into matchsticks  
1 can (13.5 ounces) organic coconut milk  
1 cup chicken stock  
1–2 tablespoons sugar-free, gluten-free fish sauce  
1–1½ pounds wild mild-flavored fish, pin bones removed, skinned, and chopped  
¼ cup chopped fresh holy or sweet basil  
¼ cup finely chopped fresh cilantro  
1 tablespoon freshly squeezed lime juice  
Sea salt 1–2  
Thai chiles, finely chopped, wear plastic gloves when handling/do not touch your eyes!  
(optional)

1. Heat the oil in a 4-quart pot over medium heat. Add the onion and cook for 5 minutes, or until soft. Stir in the garlic, bell pepper, carrots, coconut milk, stock, and fish sauce. Cover and cook for 5 minutes. Add the fish and cook for 5 minutes, or until the fish is cooked through. Turn off the heat and add the basil, cilantro, lime juice, and salt to taste.
2. Serve over rice. Add Thai chiles to each bowl for extra spice, if desired. Store leftover soup in a tightly sealed glass jar for up to 5 days.

## Creamy Coconut-Ginger Squash Soup

Start to finish: 30 minutes

Serves 4

2 tablespoons ghee

1 cup coarsely chopped yellow onion

1 ripe pear, such as Bartlett, peeled, halved, cored, and coarsely chopped

2 (16-ounce) bags frozen butternut squash (4 cups)

1 tablespoon grated fresh ginger

1 teaspoon ground turmeric

$\frac{1}{8}$  teaspoon ground cloves

1 teaspoon kosher salt

$\frac{1}{4}$  teaspoon coarse freshly ground black pepper

1 (13- to 14-ounce) can unsweetened coconut milk

2 cups chicken-based Basic Bone Broth or purchased compliant chicken bone broth

Crumbled cooked bacon or Prosciutto Chips (optional)

1. In a Dutch oven, melt the ghee over medium heat. Add the onion and cook, stirring occasionally, for 8 to 10 minutes or until tender and caramelized. Add the pear and squash; cook until the squash is lightly browned and the pear is tender. Stir in the ginger, turmeric, cloves, salt, pepper, coconut milk, and broth. Cook, stirring frequently, until heated through.
2. Using an immersion blender, carefully blend the soup until completely smooth. (Or let the soup cool slightly, then carefully transfer it in batches to a food processor or blender; process or blend until completely smooth.) If the soup is too thick, add water, 2 tablespoons at a time, until desired consistency is reached.
3. Top each serving with crumbled bacon or Prosciutto Chips, if desired

## Chicken Zoodle Soup

Start to finish: 30 minutes

Serves 4

1 pound boneless, skinless chicken breast halves  
3 tablespoons olive oil, divided  
1 medium yellow onion, chopped  
2 celery stalks, diced  
1 medium carrot, diced  
4 cups chicken-based Basic Bone Broth or purchased compliant chicken bone broth  
2 cups water  
½ teaspoon dried thyme  
½ teaspoon kosher salt  
¼ teaspoon freshly ground black pepper  
2 cups packaged zucchini noodles  
2 tablespoons finely chopped fresh parsley

1. Pat moisture from the chicken with paper towels. In a large saucepan, heat 2 tablespoons of the oil over medium-high heat. Add the chicken and cook for 6 to 8 minutes or until browned, turning once. (The chicken will not be cooked through at this point.) Transfer the chicken to a cutting board and dice; set aside.
2. Heat the remaining 1 tablespoon oil in the same saucepan over medium heat. Add the onion, celery, and carrot. Cook and stir for 4 minutes or until the onion begins to soften. Add the broth, water, thyme, salt, and pepper. Bring to boil. Add the chicken. Cover and simmer for 6 to 8 minutes or until the chicken is cooked through. Add the zucchini noodles. Cover and simmer for 1 to 2 minutes or until the noodles are crisp-tender. Stir in the parsley.

## SIDES & DIPS

### Lemon-Thyme Parsnip Fries

Prep: 5 minutes

Stand: 10 minutes

Bake: 30 minutes

Serves 4

1 pound small to medium parsnips, peeled

2 tablespoons olive oil or avocado oil

½ teaspoon kosher salt

¼ teaspoon freshly ground black pepper

1 tablespoon fresh thyme leaves

1 teaspoon lemon zest

Homemade Ranch Dressing

1. Preheat the oven to 450°F. Line a large baking sheet with parchment paper.
2. Cut the parsnips into 3×¼-inch julienne (matchsticks). Place the parsnips in a large bowl of ice water; let soak for 10 minutes. Drain the parsnips and pat dry with paper towels. Place the parsnips in a large bowl. Drizzle the oil over the parsnips; toss to coat. Sprinkle with salt and pepper; toss to combine. Arrange the parsnips in an even layer on the prepared baking sheet. Bake the parsnips for 30 minutes or until tender and starting to brown, stirring occasionally.
3. Sprinkle the fries with the fresh thyme leaves and lemon zest. Serve with the ranch dressing for dipping.



## Paleo Mayonnaise

Yield: 2 cups

Prep time: 10 minutes

2 pastured/organic-chicken egg yolks

1½ cups avocado or macadamia nut oil

1 tablespoon Dijon mustard

½ teaspoon sea salt

⅛ teaspoon white pepper

2 tablespoons freshly squeezed lemon juice

1. All the ingredients and equipment must be at room temperature. Combine the egg yolks, mustard, salt, pepper, and lemon juice together in a ceramic or steel bowl (do not use glass or plastic) and whisk until smooth. (You may use a blender but the container must be steel; a bowl is actually preferable.)
2. While whisking, begin adding the oil in a very thin stream at first. When the mixture starts to cling to the sides of the bowl, then and only then add the remaining oil in a slow stream, whisking the whole time. A tip: Place a folded wet dish towel beneath the bowl to prevent it from moving while you're whisking. Fresh mayonnaise can be kept in a bowl covered with cling film in the refrigerator for up to 3 days.

Alternate method:

This method uses an immersion blender. **Use half the ingredients above.**

1. Put all the ingredients into a tall, narrow container.
  - a. Follow this order: egg (be careful not to break the yolk), oil, white vinegar, salt, Dijon mustard.
2. Insert the immersion blender and push it all the way to the bottom of the jar.
3. Turn it on at the highest speed and DO NOT move the blender for 10 seconds.
4. Almost instantly the mixture will begin to emulsify and look like mayo. Now you can move the immersion blender up and down to incorporate any oil that is sitting on the top.

## Thai Basil Eggplant

Serves: 4

Prep time: 5 minutes

Cooking time: 10 minutes

2½ lbs. eggplant (about 2 medium regular eggplants)

1 tablespoon coconut oil

1 chili pepper, seeded and sliced thin, or a pinch of red chili flakes

2 garlic cloves, chopped

2 tablespoons fish sauce (I like Red Boat brand)

1 cup loosely packed Thai basil leaves (or regular fresh basil)

1. Cut the eggplants into chunky 1½-inch irregular shapes for easy turning in the pan. In a steamer basket, steam the eggplant for about 5 minutes, until softened.
2. Heat a pan or wok over medium heat. Add the oil, chili pepper or flakes, and garlic. Stir until the garlic turns golden brown; cook no more than 5 minutes or it'll burn.
3. Add the steamed eggplant and cook for a few minutes, stirring, to blend the flavors. Stir in the fish sauce and cook until heated through.
4. Add the basil and turn off the heat immediately so that the basil retains its color.

## Cabbage, Bok Choy, and Shiitake Mushrooms

Serves: 4

Prep time: 10 minutes

Cooking time: 25 minutes

3 tablespoons coconut oil

3 to 6 garlic cloves (to taste), pressed

2 tablespoons minced fresh ginger, peeled

4 packed cups roughly chopped cabbage (1-inch chunks)

8 ounces sliced shiitake mushrooms (about 4 cups)

3 cups sliced bok choy (¼-inch slices)

1 teaspoon umeboshi plum vinegar

Sea salt and freshly ground black pepper, to taste

1. Heat the coconut oil in a large pot over medium-low heat. Add the garlic and ginger and stir until fragrant, about 2 minutes.
2. Add the cabbage and mushrooms. Cook for 10 minutes, stirring frequently.
3. Reduce the heat to low, add the bok choy, and cook 15 more minutes, continuing to stir until done.
4. Turn off the heat and stir in the vinegar.
5. Season to taste with salt and pepper. Remove the vegetables with a slotted spoon to drain off the liquid and serve.

## Roasted Carrots and Garlic

Serves: 4

Prep time: 10 minutes

Cooking time: 35 minutes

1½ pounds carrots, peeled and quartered

1 head garlic, separated into individual cloves and peeled (about 20 cloves)

Sea salt, to taste

2 tablespoons traditional fat of choice plus extra if needed (duck fat is preferred)

2 tablespoons chopped fresh rosemary

1. Preheat the oven to 400°F.
2. Place the carrots in a roasting pan in a single layer.
3. Spread the garlic cloves around the pan.
4. Sprinkle with salt and add the fat, then toss the carrots and garlic to coat. Roast 15 minutes, then remove pan and stir.
5. If the vegetables seem dry, add a little additional fat. Roast 15 more minutes, then check for doneness.
6. The garlic should be browning slightly and the carrots should be fork tender. Stir again, and sprinkle with rosemary.
7. Roast an additional 5 minutes, remove from the oven, let cool slightly, and serve.

## Homemade Ranch Dressing

In a medium bowl, combine

1 cup Egg-Free Mayonnaise

½ cup canned coconut milk

½ teaspoon onion powder

¼ teaspoon garlic powder

¼ teaspoon freshly ground black pepper

1 tablespoon finely chopped fresh dill or 1 teaspoon dried dill

1 tablespoon finely chopped fresh chives

2 teaspoons fresh lemon juice.

1. Whisk to combine. \*NOTE: Coconut milk separates in the can; be sure to empty it into a small bowl and whisk thoroughly before measuring.

## Lemon Curry Roasted Cauliflower

Serves: 4

1 medium head cauliflower, chopped  
1 teaspoon mild curry powder  
1 teaspoon finely grated lemon peel  
¼ teaspoon sea salt 1 tablespoon freshly squeezed lemon juice  
2 tablespoons extra-virgin olive oil or avocado oil

1. Preheat the oven to 400°F. 2.
2. On a large rimmed stainless steel baking sheet, toss together the cauliflower, curry powder, lemon peel, salt, lemon juice, and oil.
3. Roast for 25 to 30 minutes, or until tender.
4. Serve immediately.

## Rosemary Roasted Vegetables

Serves: 4 to 6

½ medium red onion, chopped into large pieces  
3 medium carrots, cut into ½" rounds  
1 pound Brussels sprouts, halved 2 small beets, peeled and chopped  
1 small rutabaga, peeled and chopped  
2 tablespoons extra-virgin olive oil or avocado oil  
2 tablespoons chopped fresh rosemary  
¼ teaspoon sea salt

1. Preheat the oven to 400°F.
2. On a large rimmed stainless steel baking sheet or in a glass baking dish, toss the onion, carrots, Brussels sprouts, beets, and rutabaga with the oil, rosemary, and salt. Spread the vegetables evenly so they are in a single layer.
3. Roast for 25 minutes, or until tender.
4. Serve immediately.

## Sautéed Greens with Garlic

Serves: 4

1 tablespoon extra-virgin olive oil or virgin coconut oil  
1 bunch kale, rinsed and chopped  
1 bunch collard greens, rinsed and chopped  
1 bunch Swiss chard, rinsed and chopped  
4–6 cloves garlic, crushed  
¼–½ cup water

### Optional Seasonings:

Brown rice vinegar  
Coconut vinegar  
Ume plum vinegar  
Freshly squeezed lemon juice  
Coconut aminos  
Wheat-free tamari  
Sea salt  
Toasted sesame seeds  
Raw apple cider vinegar

1. Heat the oil in a 6-or 8-quart pot over medium heat.
2. Add the kale, collard greens, chard, and garlic and cook for a few minutes. Add the water, cover, and cook for 3 to 5 minutes, or until tender.
3. Serve with your choice of optional seasonings to taste.



## Baked Sweet Potato Fries

Serves: 4

2½ pounds white sweet potatoes, peeled

½ teaspoon freshly ground black pepper

½ teaspoon turmeric powder

½ teaspoon garlic powder

½ teaspoon sea salt

3–4 tablespoons extra-virgin olive oil or avocado oil

1. Preheat the oven to 400°F.
2. Cut the sweet potatoes into ½"-thick strips that are about 4" long. Place on a large rimmed stainless steel baking sheet. In a small bowl, mix together the pepper, turmeric, garlic powder, and salt. Sprinkle evenly over the potatoes. Add the oil and toss to coat.
3. Bake for 25 to 30 minutes, or until tender. Serve immediately

## Brussels Sprouts, Bacon, and Cranberries

Serves: 4

4 slices bacon (nitrate-free)  
4 cups halved Brussels sprouts  
1 cup whole fresh cranberries  
1/4 cup chopped onion  
2 tablespoons balsamic vinegar  
1 teaspoon organic kelp powder, such as Starwest Botanicals organic kelp (optional)  
1/4 cup raw almonds, chopped (soaked preferably)

1. Fry bacon. Pour off half the fat.
2. Add Brussels sprouts, cranberries, onion, vinegar, and kelp powder to skillet.
3. Cover and simmer for two minutes. Add the chopped almonds when you serve it.

## Sautéed Red Cabbage

Serves: 4

2 tablespoons coconut oil  
4 cups chopped red cabbage  
1 ½ tablespoons sliced fresh ginger  
1 tablespoon balsamic vinegar

1. Heat coconut oil in a skillet over medium heat.
2. Add cabbage, ginger, and vinegar. Sauté for 2 to 4 minutes.

## Quinoa and Red Peppers (Only for Path 1)

Serves 4

1 cup quinoa

1 1/2 cups water

1 cup chopped red pepper

1. Soak quinoa for 10 minutes and rinse carefully to remove the skin (which has a bitter coating called saponin) or sprout by soaking 6 to 24 hours and then rinse.
2. Return to pot, add the water, cover the pan, and simmer 10 minutes. Add chopped red pepper and simmer another 5 minutes. Remove from heat and let it sit in the pot for another 5 minutes.
3. Fluff with a fork and serve.

## Cauliflower Rice

Serves 4

1 medium cauliflower

1. Cut cauliflower into pieces that will fit in through the food processor chute (unless you choose to grate it by hand).
2. Place cauliflower in a steamer basket in large pot on the stove.
3. Steam for 2 to 4 minutes. Put the grating blade in the food processor.
4. Run the steamed cauliflower, including stems and leaves, through the food processor.
5. If you have cheese cloth, strain extra liquid.

## Spaghetti Squash

Serves 4

1 large spaghetti squash

1. Poke holes in the squash to allow steam to escape.
2. Bake in oven at 375 degrees for 1 hour or in a Crock-Pot on low for 10 hours.
3. The squash is done when a carving fork can easily pierce the skin. Split the squash in half and scoop out and discard the seeds.
4. Scrape out the squash, which will look like noodles, and serve.

## Cauliflower-Broccoli Tabbouleh

Prep: 10 minutes

Cool: 30 minutes

Serves 4

3 tablespoons olive oil, plus additional for serving

2 (10- or 12-ounce) packages frozen riced cauliflower-broccoli or about 5 cups riced cauliflower

1 teaspoon kosher salt, divided

3 tablespoons fresh lemon juice

¼ cup coarsely chopped pitted Kalamata olives

1 medium English cucumber, chopped

2 green onions, thinly sliced

¼ cup chopped fresh mint

½ cup chopped fresh curly-leaf parsley Lemon wedges (optional)

1. In a large skillet, heat the oil over medium-high heat. Add the cauliflower and ½ teaspoon of the salt. Cook for 5 minutes or until crisp-tender, stirring occasionally. Spread the cauliflower on a large piece of foil or parchment paper to cool.\*
2. In a large bowl, stir together the remaining ½ teaspoon salt and the lemon juice. Add the cooled cauliflower, olives, cucumber, green onions, mint, and parsley; gently stir to combine.
3. Serve with lemon wedges, if desired, and drizzle with the additional olive oil.

\*NOTE: The cauliflower can be prepared the day before; cover and refrigerate until ready to use.

## SALAD & DRESSING

### Everything Salad

Serves: 2

Mixed greens (I prefer a spinach and arugula mix)

Whatever leftover protein you have

OR

[Simple Baked Salmon](#)

1 cup quinoa OR wild rice

Dressing of your choice

1 cup of either blueberries, strawberries, slices apples, or spliced pears

1. If you are cooking the simple baked salmon, get that started first
2. Cook the rice or quinoa
3. Mix everything in two big bowls and enjoy.



## Shallot Vinaigrette

Yield: 1 quart

Prep time: 10 minutes

3 cups olive oil

2 shallots, roughly minced

3 tablespoons Dijon mustard

1½ teaspoon sea salt

Freshly ground black pepper, to taste

1 cup apple cider vinegar

1. In a bowl, whisk all the ingredients except the vinegar together.
2. Add the vinegar slowly, occasionally tasting for acidity.
3. Pour the vinaigrette into a glass container with a lid and refrigerate.
4. Vinaigrette will keep for at least 3 weeks. Before use, give it a good shake, as the oil and vinegar tend to separate.

## Dilled Smoked Salmon–Cucumber Salad Bites

Prep: 15 minutes

Chill: 30 minutes

Serves 8

¼ cup Egg-Free Mayonnaise

2 teaspoons chopped fresh dill, plus additional for garnish

¼ teaspoon lemon zest

¼ teaspoon fresh lemon juice

⅛ teaspoon garlic powder

⅛ teaspoon freshly ground white pepper

6 ounces finely chopped compliant hot-smoked salmon\*

1 small English cucumber or 8 small Belgian endive leaves

1. In a small bowl, combine the mayonnaise, dill, lemon zest and juice, garlic powder, and white pepper. Stir in the salmon and mix until ingredients are well incorporated. Cover and refrigerate for 30 to 60 minutes to blend flavors.
2. Meanwhile, slice 8 planks from the cucumber at an angle (wrap and refrigerate the remaining cucumber).
3. To serve, spoon the salmon mixture onto the cucumber planks or into the endive leaves. Garnish with fresh dill.

\*NOTE: Read the label on your smoked salmon. Some varieties contain sugar and other undesirable ingredients.

## Buttery Garlic-Tarragon Pan-Seared Scallops with Shaved Asparagus Salad

Serves: 4

For the salad:

2 tablespoons extra-virgin olive oil  
4 teaspoons fresh lemon juice  
2 teaspoons finely chopped shallot  
 $\frac{1}{8}$  teaspoon kosher salt  
 $\frac{1}{8}$  teaspoon freshly ground black pepper  
1 pound asparagus, trimmed

For the scallops:

1 pound fresh or frozen sea scallops, thawed  
 $\frac{1}{2}$  teaspoon kosher salt  
 $\frac{1}{4}$  teaspoon freshly ground black pepper  
1 tablespoon olive oil  
3 tablespoons ghee, divided  
2 garlic cloves, thinly sliced  
1 tablespoon fresh lemon juice  
4 teaspoons chopped fresh tarragon leaves

1. For the salad, in a medium bowl, whisk together the olive oil, lemon juice, shallot, salt, and pepper. Use a vegetable peeler to shave the asparagus into long, thin strips. Place the strips and any tips that fall off in the bowl with the dressing; toss to combine.
2. For the scallops, pat scallops dry with paper towels. Sprinkle with salt and pepper. In a large heavy skillet, heat the oil and 1 tablespoon of the ghee over medium-high heat. Add the scallops; cook for 3 minutes or until golden brown on the bottom. Turn and cook for 2 to 3 minutes or until golden brown on the exterior and barely opaque. Transfer the scallops to a large plate. Reduce the heat to medium.
3. Add the remaining 2 tablespoons ghee to the hot skillet. Add the garlic and lemon juice. Cook for 1 to 2 minutes or until the garlic is fragrant and golden. Stir in the tarragon. Pour the garlic-butter sauce over scallops. Serve with the asparagus salad.

## Warm Quinoa, Kale, and Chicken Salad

Serves: 4

1½ cups dry quinoa  
2½ cups water or chicken stock  
3 tablespoons extra-virgin olive oil  
1 cup finely chopped onion  
½ teaspoon sea salt  
2–3 teaspoons mild curry powder  
4 cups finely chopped kale  
2–3 cups cooked, chopped chicken  
¼ cup currants (see Note)  
1–2 tablespoons freshly squeezed lemon juice

1. Rinse the quinoa well under warm water in a fine-mesh strainer. Place it in a 2-quart stainless steel pot and add the water or stock and a pinch of salt. Cover and bring to a boil, then reduce the heat to low and cook for 20 minutes.
2. Heat the oil in a 6-quart pot or a deep 11" skillet over medium heat. Add the onion and salt and cook for 7 minutes, or until soft. Stir in the curry powder. Add the cooked quinoa, kale, chicken, currants, and lemon juice. Stir together and cook for a few minutes, or until the kale has softened. Taste and adjust the salt and seasonings, if desired.

## Raspberry Lemon Vinaigrette

Yield: about  $\frac{3}{4}$  cup

6 tablespoons extra-virgin olive oil  
 $\frac{1}{4}$  cup mashed raspberries  
2 tablespoons freshly squeezed lemon juice  
2 tablespoons champagne vinegar  
1 teaspoon raw honey  
 $\frac{1}{4}$  teaspoon sea salt

1. In a glass jar, combine the oil, raspberries, lemon juice, vinegar, honey, and salt. Cover tightly with a lid and shake to combine.
2. Store in the refrigerator for up to 10 days. Place the jar in a dish of hot water to thin the oil before serving.

## Citrus Garlic Dressing

Yield: about 1 cup

6 tablespoons extra-virgin olive oil  
¼ cup freshly squeezed orange juice  
2 tablespoons freshly squeezed lemon juice  
2 tablespoons freshly squeezed lime juice  
1 clove garlic, crushed  
2 teaspoons finely grated orange peel  
½ teaspoon finely grated lemon peel  
½ teaspoon finely grated lime peel  
½ teaspoon sea salt

1. In a glass jar, combine the oil, citrus juices, garlic, citrus peels, and salt. Cover tightly with a lid and shake to combine. Store in the refrigerator for up to 10 days. Place the jar in a dish of hot water to thin the oil before serving.

## Chicken Salad Lettuce Wraps

Serves: 2

1½ cups cooked, chopped chicken breast

½ cup finely chopped celery

½ cup finely chopped pickles

¼ cup finely chopped carrots

¼ cup finely chopped fresh parsley

1–2 scallions, sliced into thin rounds

¼ cup mayonnaise

Sea salt and freshly ground black pepper

Butter lettuce leaves

1. Rinse lettuce and pat dry. In a large bowl, combine the chicken, celery, pickles, carrots, parsley, scallions, and mayonnaise. Mix well.
2. Season to taste with salt and pepper.
3. Place a scoop of the chicken salad onto a lettuce leaf and serve. Store leftover salad in the refrigerator for up to 3 days.

## Smoked Salmon Salad

Serves: 4

½ cup Basic Homemade Mayonnaise or compliant mayonnaise, such as mayo made with avocado oil  
2 tablespoons rice vinegar or fresh lemon juice  
2 tablespoons chopped fresh dill  
¼ teaspoon kosher salt  
⅛ teaspoon freshly ground black pepper  
1 (5-ounce) container mixed salad greens  
1 English cucumber, thinly sliced  
2 (4-ounce) pieces compliant (sugar-free) smoked salmon or leftover cooked salmon, flaked  
½ small red onion, thinly sliced  
2 hard-cooked eggs, cut into wedges  
1 tablespoon drained capers  
Chopped fresh dill or chives, for garnish (optional)

1. For the dressing, in a small bowl stir together the mayonnaise, vinegar, dill, salt, and pepper.
2. Smear some of the dressing on each plate. Top the dressing with the greens. Arrange the cucumber slices, salmon, onion, eggs, and capers on the greens. Garnish with additional dill or chives, if desired.



## Zucchini Hummus Cucumber Salad Rolls

Serves: 4 to 5

2 small zucchini, peeled and coarsely chopped

1 garlic clove, halved

2 tablespoons fresh lemon juice

3 tablespoons tahini

1 tablespoon extra-virgin olive oil

½ teaspoon ground cumin

⅛ teaspoon smoked or regular paprika

¼ teaspoon kosher salt

1 English cucumber

Lemon zest, for garnish (optional)

1. In a food processor, combine the zucchini, garlic, lemon juice, tahini, olive oil, cumin, paprika, and salt. Process until smooth and creamy.
2. Using a Y vegetable peeler or mandoline set on the thinnest setting, slice the cucumber into thin slices, discarding the first and the last slice, which is mostly the cucumber skin. (If using a regular cucumber, peel, then slice just down to the seeds on two sides.)
3. Spoon about 2 teaspoons of the hummus down the center of each cucumber slice; gently roll up. Garnish with the lemon zest, if desired.

## DESSERT

### No Cook Chocolate Custard

Serves: 6

1 can (13.5 ounces) organic coconut milk  
1 tablespoon unflavored pastured gelatin powder  
¼ cup organic raw cacao powder  
2–3 tablespoons pure maple syrup  
2 teaspoons pure vanilla extract  
Fresh organic raspberries or strawberries, for garnish

1. In a blender, combine the coconut milk, gelatin powder, cacao, maple syrup, and vanilla. Blend to combine, then let the mixture rest in the blender for 5 minutes to soften the gelatin. Blend again on high speed for at least a minute, or until ultra-smooth.
2. Pour into 6 ramekins or small bowls and refrigerate for at least 30 minutes to set. Serve garnished with fresh berries. Cover any uneaten custard bowls and store in the refrigerator for up to a week.

## Banana Bread

Yield: 1 loaf

3/4 cup almond flour  
1/4 cup coconut flour  
1 tsp baking powder  
1/2 tsp baking soda  
1 tsp pumpkin pie spice  
1/4 tsp salt  
2 medium to large ripe bananas  
2 eggs  
2 tablespoons avocado oil (can also use coconut or olive oil)  
1/4 cup maple syrup  
1 tsp vanilla extract

1. Preheat the oven to 350 degrees Fahrenheit.
2. In a large bowl, mash the bananas with a fork. Add the eggs, oil, maple syrup, and vanilla extract and whisk everything together.
3. In a separate bowl, mix together the dry ingredients: almond flour, coconut flour, baking powder, baking soda, pumpkin pie spice, and salt.
4. Add the dry ingredients to the wet ingredients and stir to combine.
5. Lightly grease a loaf pan or line it with parchment paper. Pour the batter into the loaf pan and bake for 60-65 minutes.
6. Cool and slice. Store in an airtight container for up to a week.

## Chocolate Chip Cookies

Yield: 12-14 cookies

2 cups almond flour  
1 teaspoon baking powder  
1/8 teaspoon salt  
Some un-sweetened bakers chocolate or cacao nibs  
3 tablespoons room temp butter  
2-3 tablespoons of maple syrup  
2 teaspoons vanilla

1. Combine all ingredients. Form cookie dough into small balls.
2. Flatten the cookies to resemble a cookie shape (try using the bottom of a measuring cupping to flatten your cookies – this might be the most important step).
3. Bake for 10 min at 350 degrees.

## .Chocolate Chia Seed Pudding

Serves: 4 to 6

¼ cup of chia seeds

1 cup of coconut milk (preferably Real Thai brand)

1 tbsp cocoa powder

1 tbsp maple syrup

1 tsp vanilla

1. Place all ingredients in a Vitamix or other high-speed blender on high speed! You may need to add more liquid. Act fast or the chia seeds will start to turn into a thick pudding-like substance that is harder to work with.

## SMOOTHIES, TONICS, OTHER BEVERAGES

### Green Smoothie

Serves: 1

1 cup unsweetened almond milk  
1 medium banana, or 1 cup of mango chunks  
½ cup coconut milk  
½ cup raw spinach  
½ cup raw kale  
1 tablespoon almond butter (optional)

1. Blend all the ingredients in a blender until smooth.

## Super-Antioxidant Green Smoothies

Serves: 2

2 frozen bananas

1 cup chopped pineapple (fresh or frozen)

1 cup raspberries (fresh or frozen)

1/4 cup frozen cranberries

2 cups water

2–3 cups firmly packed greens (baby kale, spinach, and bok choy)

1. In a blender, combine the bananas, pineapple, raspberries, cranberries, and water. Blend until smooth.
2. Add the greens and blend again until very smooth. Serve immediately or store in a glass jar in the refrigerator for up to 1 day.

## Green Juice

1 bunch of kale  
2 kiwifruits  
1 lemon wedge  
1 slice of ginger  
1 cup water

1. Peel the kiwifruits first.
2. Liquefy in a blender with some water.



## Blueberry Juice

2 oranges, peeled, seeds removed  
2 cups spinach leaves  
2 cups blueberries  
1 cup water

Run all ingredients through a juicer or liquefy in a blender with water.

## Anti-Inflammatory Turmeric Milk (Golden Milk)

1 cup coconut milk

1 teaspoon turmeric

½ teaspoon cinnamon

¼ teaspoon ginger powder

Pinch of freshly ground black pepper

1. Combine all ingredients in a blender and blend well.
2. Pour into a saucepan and heat for 3 to 5 minutes over medium heat until warm.

## Hot Cocoa

Serves: 1

¼ - 1 teaspoon unsweetened cocoa

½ – 1 teaspoon ground cinnamon

1/2 can full-fat coconut milk

1/2 cup water

Optional: Make a mint cocoa by adding a few drops of oil of mint

1. Combine all ingredients in a blender, and blend until smooth. (Stirring alone will not produce a smooth cocoa.) Heat gently in a saucepan over medium heat on the stove.

## SNACKS

### Homemade Fruit Gummies (no sugar added)

Servings: 15

2 cups of 100% natural fruit juice, no sugar added (we like Smart Juice brand, Antioxidant Force, available at Superstore in the Organic Foods section)  
2 tbsp gelatin, grass fed- is best (order it on Amazon!)  
Silicone candy molds (for sale at Michaels) or an 8"x8" glass baking dish (greased lightly with coconut oil)

1. Pour the juice into small saucepan. Heat gently until the juice is very warm but not boiling.
2. Turn off the heat, and slowly pour the gelatin into the juice while whisking until it's incorporated. Repeat with the other tablespoons of gelatin.
3. Pour the mixture into silicone molds or an 8-inch by 8-inch glass baking dish that's been very lightly greased with coconut oil. You don't have to grease the silicone molds if you decide to use those. How many gummy snacks you'll end up with depends on how big your molds are.
4. Refrigerate the Homemade Gummy Snacks for at least 2 hours, then pop them out of the molds.

## Prosciutto Chips

Prep: 5 minutes

Bake: 10 minutes

Serves 4

1 (3- to 4-ounce) package very thinly sliced prosciutto di Parma

Seasoning of choice:

Seasoning 1: Garlic powder and freshly ground black pepper

Seasoning 2: Fresh thyme leaves and lemon zest

Seasoning 3: Herbes de Provence

1. Position a rack in the center of the oven.
2. Preheat the oven to 350°F.
3. Line a large baking pan with parchment paper. Place the prosciutto in a single layer on the prepared baking pan.
4. Bake for 10 to 15 minutes or until starting to crisp; watch carefully to prevent burning.
5. The chips will crisp further as they cool.
6. Transfer the chips to a wire rack with foil, parchment paper, or paper towel underneath.
7. Sprinkle the chips with the seasoning of your choice. NOTE: The chips can also be crumbled and sprinkled on top of a soup or salad

## Kale Chips

Serves: Enough for two days of snacks

2 large bunches kale, washed, stemmed, and patted dry

4 tablespoons traditional fat of choice, melted

3 tablespoons apple cider vinegar

Sea salt, to taste

Freshly ground black pepper, to taste

1. Preheat the oven to 300°F.
2. Cut the kale leaves into large uniform pieces. In a mixing bowl combine the kale, melted fat, and vinegar until the kale is well coated.
3. Season with salt and freshly ground pepper.
4. Spread the kale on a baking tray (you may have to do this in two batches) and bake for 12 to 15 minutes, tossing the kale chips at least once to help dry them out.
5. Remove from the oven and let cool. Serve or store in an airtight container for up to 5 days.

## Nori Chips

Serves: Enough snacks for two days

9 nori sheets, untoasted or toasted

2 tablespoons extra-virgin olive oil

Sea salt, to taste

Optional spices of your choice such as onion powder, garlic powder, or sesame seeds

1. Preheat the oven to 350°F. C
2. Cut the nori sheets into squares with a knife or kitchen shears, or cut into smaller pieces if you prefer (for easy storage).
3. Place the nori on a baking sheet in a single layer. Lightly brush the nori on one side with oil using a pastry brush or your fingers.
4. Sprinkle the oiled side of the nori with salt and the powdered spice of your choice.
5. Bake for about 15 minutes, until the nori chips become dry and crispy and just begin to pucker a bit.
6. Let them cool and serve or store in airtight container for up to 5 days.

## Chocolate, Coconut, and Hemp Energy Balls

Makes 12

8 Medjool dates,\* pitted

¼ cup hemp hearts

¼ cup unsweetened cocoa powder

2 tablespoons unsweetened shredded coconut

1 tablespoon coconut oil, melted

¼ teaspoon vanilla extract

¼ teaspoon sea salt

2 tablespoons finely chopped unsweetened dark chocolate

1. In a food processor, pulse the dates until a ball forms. Add the hemp hearts, cocoa powder, coconut, coconut oil, vanilla, salt, and chocolate.
2. Process until well combined and almost smooth.
3. The dough will be sticky; if not moist enough to form a ball, add 1 teaspoon of water at a time and pulse to combine. If too wet, add additional hemp hearts 1 teaspoon at a time and pulse to combine.
4. Line a baking sheet or plate with parchment paper. Use a 1-inch scoop or your hands, wetted if necessary, to shape the dough into 12 balls. Place the baking sheet in the freezer for 20 minutes or until firm.
5. Store the leftovers in an airtight container in the refrigerator for up to 1 week, or freeze for up to 1 month.

\*NOTE: If the dates are not moist, soak them in a bowl of hot water to cover for 10 minutes. Drain the water and pat dry with paper towels.



## Crunchy Roasted Chickpeas (Path 1 Only)

Serves 8

2 (15-ounce) cans chickpeas, drained and rinsed

2 tablespoons olive oil

1 teaspoon kosher salt

2 teaspoons desired spice or spice blend, such as curry powder, chili powder, garam masala, smoked paprika, or jerk seasoning (optional)

1. Preheat the oven to 350°F.
2. Place the rinsed chickpeas in a salad spinner and spin a few times to get most of the water off.
3. Turn the chickpeas onto a paper-towel-lined rimmed baking pan. Top with another layer of paper towels and roll to remove any remaining dampness.
4. The chickpeas should look matte and feel completely dry.
5. Remove the paper towels from the baking pan. Spread the chickpeas out onto the baking pan.
6. Drizzle with the oil and sprinkle with the salt.
7. Toss to evenly coat
8. Roast the chickpeas for 30 minutes. Sprinkle with desired spice blend, if using, and toss to coat evenly. T
9. Turn the oven off and leave the chickpeas in the oven to dry and crisp up for about 1 hour.
10. Let cool completely before storing in a tightly sealed container.

## Tahini and Hummus

### Step 1: Tahini

1 cup (5 ounces or 140 grams) sesame seeds, we prefer hulled  
2 to 4 tablespoons neutral flavored oil such as grape seed, canola or a light olive oil  
Pinch of salt, optional

1. **TOAST SESAME SEEDS:** Add sesame seeds to a wide, dry saucepan over medium-low heat and toast, stirring constantly until the seeds become fragrant and very lightly colored (not brown), 3 to 5 minutes. Careful here, sesame seeds can burn quickly. Transfer toasted seeds to a baking sheet or large plate and cool completely.
2. **MAKE TAHINI:** Add sesame seeds to the bowl of a food processor then process until a crumbly paste forms, about 1 minute. Add 3 tablespoons of the oil then process for 2 to 3 minutes more, stopping to scrape the bottom and sides of the food processor a couple times. Check the tahini's consistency. It should be smooth, not gritty and should be pourable. You may need to process for another minute or add the additional tablespoon of oil. Taste the tahini for seasoning then add salt to taste. Process 5 to 10 seconds to mix it in

### Step 2: Humus

1 (15-ounce) can chickpeas or 1 1/2 cups (250 grams) cooked chickpeas  
1/4 cup (60 ml) fresh lemon juice (1 large lemon)  
1/4 cup (60 ml) well-stirred tahini, see above  
1 small garlic clove, minced  
2 tablespoons (30 ml) extra-virgin olive oil, plus more for serving  
1/2 teaspoon ground cumin  
Salt to taste  
2 to 3 tablespoons (30 to 45 ml) water  
Dash ground paprika or sumac, for serving

1. Put all ingredients in your blender and blend until smooth.