

The Autoimmune Paleo Cookbook



by Mickey Trescott
photographed by Kyle Johnson

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Dedication:

I would like to dedicate this book to those suffering from autoimmune disease who are seeking ways to enable their bodies to heal.

I would also like to dedicate this book to Katie and Remi, for being a constant force of youthful energy and support in my life.

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If you are a practitioner, please contact me through my website to obtain a free preview copy that you can distribute to your clients.

Disclaimer:

The content presented in this book is meant for inspiration and informational purposes only. I am not a medical professional and the information contained within this book is not meant to treat, cure, or prevent any disease or illness. Please seek the advice of a qualified medical professional before making any dietary changes.





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Introduction

I decided to write this book after experiencing great success in using the autoimmune protocol in my own life, as it was the first of many things that I had tried in an effort to find relief from autoimmunity that actually worked. The autoimmune protocol enabled me to finally get to the root of my food allergies and sensitivities, and I experienced an incredible amount of progress once I was able to remove those triggers from my diet. When I embarked on my original elimination diet, there were very few resources out there on the subject. A couple of blogs had bits of information, but none were dedicated completely to the autoimmune protocol and compliant recipes. After I had spent a few months eating this way, I began compiling recipes for my own use. One day my husband suggested that I write it up as a cookbook for others who were in a similar situation. I laughed, thinking that there would only be a few people out there who would find use out of it. Instead, I started my blog, and after a few weeks of writing about the autoimmune protocol and seeing the tremendous response, I was convinced to take the cookbook idea more seriously.

I was first introduced to the connection between diet and autoimmune disease when I came across the work of Dr. Kharrazian's in an effort to help myself with my Hashimoto's disease diagnosis. He has written an incredible book on the topic (*Why Do I Still Have Thyroid Symptoms*), and also advocates for an autoimmune hypothyroidism diet that removes all gut-irritating foods. The diet is meant to be used in conjunction with a healing protocol of herbs and supplements. Around the same time, I was becoming increasingly more interested in ancestral health and the Paleo diet. I was surprised when I found out that the autoimmune protocol that all of the Paleo experts were advocating was the same diet that Dr. Kharrazian recommends, with subtle differences. I knew that this would be a complete change from how I was used to eating, as I had been vegan for a decade, but with my health in shambles, I decided that it was worth a shot and dove right in.

At first, the autoimmune protocol seemed like a curse. As a foodie and a cook, I was initially tortured by the list of foods that I was not allowed to have. After a few weeks of confusion and scrambling, things fell into place and I finally got into a groove. Instead of being miserable because I was unable to have my familiar meals, I began to open up to the world of possibilities using the foods that were autoimmune protocol compliant. My daily cooking and meal planning turned into a mission to see what types of amazingly delicious food I could come up with on such a limited diet. I started inviting friends over for dinner parties again, and they were be stunned that we were still able to share a gourmet meal together.



Before I knew it, I started to feel better! My fatigue, joint pain, and coldness started to ease. I took this opportunity to start my food reintroductions. I was elated at the prospect of adding anything to the small list of things that I could tolerate, but unfortunately, most of them didn't work out. At this point, I was completely in the swing of being on the autoimmune protocol, but it had been deceptively easy since I wasn't working and had lots of time to prep and cook meals for myself. When I started feeling better, I went back to work and found myself having to figure out how to implement the autoimmune protocol more conveniently, as I now had a full schedule. After many failed reintroductions, I finally decided to stay on the protocol long term, and with every passing month I continued to see relief from my symptoms.

In writing this book I have attempted to synthesize all of the experiences I have had thus far on the autoimmune protocol. For those looking to use it as an elimination diet, I have included many simple recipes that anyone can cook to get them through four weeks, with dedicated meal plans and shopping lists. For those who have a busy work schedule and not a lot of time or energy to prepare meals, I have made suggestions for which meals keep or freeze well and can be included as part of batch-cooking routines. For those who are foodies or want to entertain without feeling deprived, I have some more elaborate meals for nice dinners, special events, or parties. I have introduced sections on making healing foods like bone broth and ferments for those who are interested in a more deep gut-healing approach.

My ultimate goal is to give you the tools you need to easily implement nourishing, allergen-free meals into your life. It may mean that you start with a couple of meals a week to be shared with your family, or you could go all-out and start a month of a strict elimination diet. I hope that in this book there is something for everyone with autoimmunity who is looking to keep their bodies healthy, happy, and fully nourished.





The Autoimmune

Protocol



The Autoimmune Protocol

What is it?

The autoimmune protocol is a variation of an ancestral diet (no grains, beans, legumes or dairy) that further restricts foods that are known to cause leaky gut, otherwise known as intestinal permeability. Because of the new wave of research coming out on the topic and its link to autoimmune disease, this protocol has been recommended for those with autoimmunity. On the diet, a person would go for a period of strict elimination of these foods until they find a relief of symptoms, usually 30-90 days. Foods would then be systematically reintroduced to see how they are tolerated. In addition, many people choose to include gut-healing elements like bone broth and ferments to the program.

Why does it work?

The autoimmune protocol excludes foods that promote intestinal permeability, or leaky gut. Certain compounds found in these foods encourage the intestinal barrier's tight junctions to open up and allow undigested proteins through, where they go on to assault the immune system. For a person with autoimmune disease, this can be very problematic. The autoimmune protocol gives the gut a chance to heal from this constant assault to the immune system. Once a person reintroduces foods, they are able to see what foods are contributing to their symptoms. See the [resources page](#) for more info on the autoimmune protocol and how to go about an elimination diet.

Foods to Avoid

Grains	Beans + Legumes	Eggs	Nightshades	Seeds	Nuts	Dairy	Alcohol
amaranth barley buckwheat bulgur corn farro kamut millet oats quinoa rice rye sorghum spelt teff wheat	adzuki beans black beans black-eyed peas chickpeas fava beans lentils lima beans peanuts kidney beans soybeans	chicken duck goose	cayenne chili pepper eggplant goji berry ground cherry habañero jalepeno paprika poblano potato sweet pepper tobacco tomato tomatillo wolf berries	anise canola caraway chia coriander cumin fennel seed fennugreek mustard nutmeg poppy pumpkin sesame sunflower hemp	almond brazil coffee cocoa hazelnut pecan macadamia walnut	butter cheese cream cream cheese ghee milk yogurt	NSAIDs aspirin ibuprofen naproxen
Optional Restrictions (See Resources p.152): fruit starchy vegetables gluten cross-reactive foods FODMAPs							

Foods to Include

Vegetables	Roots	Fruit	Herbs	Pantry Items
artichoke arugula asparagus bok choi broccoli brussels sprout cabbage cauliflower celery chard collard green cucumber fennel green bean kale leek lettuce mushroom rhubarb snap pea spinach squash watercress	beet carrot celeriac jicama onion parsnip turnip radish rutabaga shallot sweet potato yam	apple apricot avocado banana blackberry blueberry cantaloupe cherry clementine coconut date fig grape grapefruit guava huckleberry honeydew kiwi lemon lime mango marionberry nectarine orange papaya peach pear persimmon plum pineapple pomegranate raspberry strawberry tangerine watermelon	basil bay leaves chamomile chives cilantro dill lavender lemongrass marjoram mint parsley peppermint rosemary sage spearmint tarragon thyme	apple-cider vinegar anchovies arrowroot powder coconut flour coconut flakes coconut vinegar coconut aminos dates dried fruit olives salmon sardines tuna ume plum vinegar
	Meats			Ferments
	beef bison buffalo lamb fish shellfish chicken turkey duck pork rabbit venison		Spices	sauerkraut fermented vegetables (carrot, beet, other veg) kombucha water kefir
Fats	Offal			
animal fat avocado oil coconut oil duck fat lard olive oil palm oil tallow	bone broth liver kidney heart			



Tips + Tricks

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How to Use This Book

All of the recipes are suitable for the initial elimination period. I have only included recipes that are completely autoimmune protocol compliant. Although most people end up expanding their list of tolerable foods, I wanted to take the guesswork out of meal planning for those looking to embark on the strictest version of the protocol. If you are new to the autoimmune protocol and are wondering if you should apply any further restrictions, I would start with a basic autoimmune protocol elimination diet first. If you don't want to do the elimination diet but want to slowly transition to eating less of the foods that can irritate autoimmunity, I encourage you to try some recipes to get your feet wet - I think you will be surprised at how easy and palatable they can be!

Use the meal plans as a template, making modifications and substitutions as you go. If you want to make further restrictions (FODMAPs, sugar, starch, etc) you will have to make modifications to some of the recipes. I know there are many of you out there with digestive issues that would mean that you prefer to eat some vegetables and not others, and in that case, I want you to get comfortable making additions and substitutions. If you don't tolerate sweet potato, substitute butternut squash. If you are avoiding onions or garlic, leave them out and substitute ginger. If you prefer swiss chard over kale, go for it! My goal is to give you the tools to cook simple, flavorful meals that can easily be customized to your preferences or the season.

A note on cooking fat. Instead of specifying which fat to use in the recipes, I have called for "solid cooking fat". This can be any fat of your choosing as long as it is saturated and solid at room temperature - coconut oil, lard, tallow, duck fat, and others. Sometimes I have specified coconut oil when I want a more neutral flavor, but don't be afraid to substitute if you would like to use something else.

A note on sugar. Although it is well known that sugar can cause autoimmune flares, this is not a completely sugar-free cookbook. I have included some fruit for flavoring within the context of a balanced meal - those with adequate protein and fat. I have also included a small dessert section, most of which is fruit-sweetened, except two recipes with honey. I don't advise including a lot of fruit or sugar (even from honey) while on the autoimmune protocol, but I wanted to include those recipes for a special occasion or a treat if needed. I guess this is a warning to not go crazy on the fruit or sugar - it will hinder your progress!

This ebook is interactive. Anytime you see underlined text, it is clickable and will take you to the page mentioned. If you need to return to the table of contents, click on the small triangle on the section cover pages.



Food Quality

The autoimmune protocol removes gut irritants and common potential allergens, replacing them with whole, nourishing foods and thereby removing all of the commercial processed foods that are so prevalent in our modern society. Simply avoiding certain foods and eating others is not the entire plan, however - food quality plays a great deal of importance when on a mission to heal and nourish your body. It is well-known that food can have more or less nutrients depending on how it was grown or raised, and when our goal is to seek out those nutrients to enable our bodies to heal, the mission to finding high-quality food becomes very important.

Before you go run off to your local natural-grocer and pay top dollar for products that are raised organic/pastured/grass-fed, you may want to do some research into what is available locally and seasonally to cut down on costs (and often times these products end up being more healthy for us, and the planet!). If you are on a budget and can't afford the highest quality of everything, prioritize and go from there. Don't assume that because you can't afford natural market prices for high quality food that it is out of your budget. Buying in bulk, shopping seasonally, volunteering at a farmer's market, shopping online, starting a garden, and frequenting a few different stores are all strategies that can be used to cut down on costs while keeping food quality high.



Shopping Guide:

Meat

It is very important to buy hormone-free meat, at the very least. Of course organic, grass-fed and pastured is preferable, but it is unrealistic to expect that everyone has the access or budget to afford it. If you can't afford grass-fed or pastured all the time, try buying the fattier cuts of meat (which are usually cheaper anyways) grass-fed and the leaner cuts hormone-free. Buying in bulk direct from a farmer saves a ton over paying premium price at the store - check out the back of the book for [resources](#) to find a farm near you. A deep freezer is a great tool to store a bulk meat order as well as a place to freeze extra meat you might come across on sale at the store or farmer's market. In the case of fish, always make sure to buy wild-caught and not farmed. Canned fish should be packed in BPA-free cans and free of fillers and other ingredients.

Fats/Oils

Olive and avocado oils are the only unsaturated oils (liquid at room temperature) that I recommend on the autoimmune protocol. Do not buy any nut or seed oils (sesame, walnut, canola). For these cold-pressed oils, make sure to buy brands that come in an opaque bottle. Only use liquid oils for cold applications, like on salads or drizzled on raw vegetables. For cooking always use some form of solid fat, either tropical or of animal origin. Coconut oil is a great staple for cooking and one I use often in my kitchen. Animal fats are also a good choice, as long as they come from a good source (pastured animals), as toxins are often stored in the fat. If you are willing to render your own fat, lard, tallow and sometimes duck fat can be purchased from many farmers quite inexpensively.

Produce

When shopping for produce, if you cannot get all organic, use the [referenced lists](#) of the worst non-organic produce to guide your purchases. Buying local and in season is always preferable and usually the most cost-effective. If you have a cool place to store them, root vegetables like squashes, sweet potatoes, and onions can be purchased in bulk and stored. Farmer's markets and CSAs are always the best source for produce if you can manage to find one in your area, followed by natural grocers. Don't assume that you have to travel great distances to find organic produce these days, as most conventional supermarkets have increasingly more varieties and better prices on organic goods.

Batch Cooking

One of the biggest ways you can make the autoimmune protocol go more smoothly is to incorporate weekly batch-cooking into your routine, especially if you are crunched for time during the work week. Because the autoimmune protocol excludes all processed foods, everything must be cooked from scratch. This can be extremely problematic for someone who works full time, cares for children or is very ill. Here I have compiled some ideas to get you started on planning a batch cooking routine.

Batch Cooking Ideas:

- **Bone Broth** - Make this once a week and store in mason jars for use in soups, stews, and for drinking with breakfast instead of coffee. If you really want to get ahead, make two batches at the same time and freeze one of them.
- **Meat Patties** - Homemade meat patties are the best security blanket on the autoimmune protocol. Make a batch or two once a week and freeze. You can make a few different kinds (beef, chicken, turkey, or lamb), then you always have a quick, clean source of protein and some variety to choose from. They are the fastest protein for breakfast - just reheat slowly in a skillet. You can also use them for a quick meal or a snack if you run out of food otherwise.
- **Soup/Stew** - When making a soup or stew, it is a great idea to double the recipe and freeze half of it in portion-size containers. Then you can pull one out to thaw the night before for a lunch at work or a quick meal.
- **Meat** - It is great to get in the habit of cooking a big batch of meat to add to meals over the following days. For instance, you could roast a chicken, pull off all of the meat and then use the carcass to make bone broth. Then you can reserve the meat to add to salads, lettuce boats, and stir-frys. Making a big batch of shredded beef is also great for this. Save recipes that are time consuming for your batch-cooking day, and then the days following you can just use the meat to assemble meals with some quickly cooked vegetables.
- **Staples** - Make staples like coconut milk, coconut butter, garlic mayo, pesto, and other dressings and sauces that keep well on your batch cooking day. Then you have the quick ingredients to add to recipes or to assemble a meal.



Thoughts on Breakfast

When people think of a breakfast, even a so called “healthy” one, it is hard not to conjure up images of meals containing grains and eggs. The autoimmune protocol does not lend itself well to traditional breakfast type foods, besides bacon and sausage. Because of this, I have not included a breakfast category in the cookbook. This is perhaps one of the most difficult concepts for people to get once they decide to embark on the protocol. The only thing that makes breakfast different from lunch or dinner on this plan is that it is generally a meal that needs to be prepared more quickly than usual. This makes meals or components that can be prepared ahead of time or batch cooked ideal for this.

I think it is important to make breakfast the most hearty, satisfying meal of the day. I know this is hard for those who are not hungry in the morning, or those who are used to drinking a cup of coffee and running out the door. If you don't like eating breakfast, start increasing the quality and quantity of your morning meal gradually and you might find your morning hunger improve. Make sure to include a few ounces of protein and some fat at breakfast, as this is very important to keep your blood sugar stable and keep you satiated for the rest of the day. Remember - healing bodies need lots of quality fuel, and breakfast is a perfect time to get these nutrients in.

My favorite breakfasts are those that are a combination of foods I have prepared ahead of time (like sausage patties or other protein), leftover vegetables or fresh cooked greens, some fermented vegetables, a mug of bone broth, and maybe a slice of fruit or bacon to round out the plate. All of these items are readily available in my kitchen and I can easily piece together a nourishing and nutrient-dense meal in a matter of minutes. On the next page I have given you some ideas of foods to have available to create your morning meals.



Breakfast Ideas:

- **Meat Patties** - If you have at least two different kinds in your freezer, you can avoid having the same thing for breakfast every morning. Just grab out of the freezer and reheat in a skillet.
- **Bone Broth** - Breakfast is a great time to get a mug of bone broth in. It can replace your morning coffee or tea.
- **Fermented Vegetables** - Sauerkraut or other fermented vegetables can be stored in your fridge and just need to be scooped out on your plate to add to breakfast.
- **Leftover Vegetables** - If you have any leftover veggies from the dinner the day before, you can throw them into the skillet to heat up with the meat patties. You can also batch-cook a big vegetable hash every week to quickly reheat for breakfasts.
- **Raw Fruit or Vegetables** - You can eat a piece of fruit or some raw vegetables with your breakfast, but I would not choose this in lieu of quality protein or fat.
- **Canned Fish** - If you run out of patties or are in a rush, a bpa-free can of fish (salmon or sardines are nice) mashed up with some raw veggies can be a quick solution.
- **Bacon** - Always a nice addition to breakfast. Make sure to purchase the pastured, sugar-free variety.
- **Leftover Meals** - Forget your prior conception of breakfast. If you have a leftover portion of stew or other hearty meal with protein, eat it for breakfast!



Recommended Tools

- **Heavy-Bottomed Oven-Safe Pot (Dutch Oven)** - Having a heavy-bottomed pot that can go from the stovetop to the oven and has a tight-fitting lid is very versatile and handy. Le Creuset and Staub make very nice ones, but there are much less expensive alternatives, like Lodge.
- **Roasting Dish and Baking Sheets** - You need at least one baking sheet and a deep roasting dish. If you have a dutch oven, it can easily double as a roasting dish.
- **Cast-Iron Skillet** - It is great to have a seasoned cast-iron skillet on hand for searing meat and sautéing vegetables. Another plus is that it can go in the oven.
- **Chef's Knife** - It is nice to have at least one good, sharp knife for slicing meat or chopping vegetables. For all of the cooking you are going to be doing on the autoimmune protocol, it is worth it to have a nice knife!
- **High-Powered Blender** - These are kind of a splurge, but really make food prep a lot easier. In addition to making smoothies and sauces like most blenders, the high-powered variety can make things like coconut butter, emulsions, sorbet, and thick sauces.
- **Glass Storage Containers** - Portion-size glass storage containers are incredibly useful for storing leftovers in the refrigerator and freezer. Make sure to get ones with BPA-free lids. When freezing food, do it in smaller containers without a lid until the food is completely frozen (I know freezing in glass is a little dicey, but I haven't found a suitable alternative). For bone broth, you can boil down the broth until it reduces a lot and then freeze in ice cube trays, or carefully freeze in the smallest canning jars (if you use larger ones they will crack).
- **Meat Thermometer** - It is a really good idea to have a good meat thermometer, especially if you plan on cooking a lot of poultry. I like the kind that has a probe on a cord that sits outside the oven that I can set an alarm to alert me when the meat reaches a certain temperature.
- **Little Tools** – Having some assorted little tools makes some tasks easier – I like a spiralizer, mandoline, zester, and vegetable peeler handy.
- **Extras** - Some unnecessary fancy tools would be a pressure cooker to make quick bone broth, food processor (more useful if you don't have a high-powered blender), and juicer. You definitely don't need these tools to try the autoimmune protocol, but they do make some tasks easier.



Skills + Staples

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Healing Foods

In addition to strictly avoiding certain foods on the autoimmune protocol, a big part of being successful is to incorporate gut healing foods like bone broth and ferments into your diet. I am a proponent of getting some ferments in every day, whether that be fermented vegetables (with breakfast is my favorite) or a probiotic beverage like kombucha or water kefir. Bone broth can be enjoyed as a warming beverage in the morning or afternoon instead of coffee, and your gut will thank you for all of the healing minerals and nutrients contained within. Even if you don't want to drink it by itself, a large majority of recipes in this book call for bone broth, so it is something you should have on hand either fresh or frozen in advance.



Other Staples

I like to use coconut cream and coconut milk to thicken and add "creaminess" to my recipes. I recommend having at least coconut cream made so that those recipes go more quickly. Alternatively, you can buy it at the store, and it keeps for a while at room temperature so there isn't much of a storage issue. Coconut milk is another item I like to have on-hand, although it only lasts for a few days in the refrigerator. Making it yourself is preferable to store-bought because it is very difficult to find varieties without gut-irritating thickeners.

Bone Broth

Traditionally, humans consumed bone broth as an integral part of soups, stews, and sauces made by using large bone-in pieces of meat. Over time our culture has strayed from using the whole animal in favor of the leanest cuts of meat without any trace of the odd bits. This is a travesty considering all of the nutrition that can be gleaned from the leftover bones, cartilage, joints, and marrow we usually throw away. In spite of this, bone broth has been making a comeback on account of its health benefits.

Why consume bone broth?

Broth is rich in collagen, which is incredibly useful for maintaining healthy joints, skin and hair, as well as gelatin, which has gut-healing qualities. It is also rich in the minerals that are needed to make bone, which makes it a very restorative and balancing item to include in our diets. Make a batch or two on the weekends and have it available for drinking in the morning instead of coffee as well as to use in soups, stews, and sauces.

Sourcing bones:

Bones should not be expensive or difficult to find. The best source is from a farmer you trust, maybe at a farmer's market or through a CSA. If you don't have that available to you, a lot of natural food stores sell bones from grass-fed meat. Also, you can start a bag in your freezer to store any bones off of the meat you consume and toss them in for later bone-broth making.



Bone Broth (continued...)

Time: 4 to 24 hours ~ Makes a lot

Ingredients:

4 quarts filtered water

2 (or more) pounds bones from a good source (knuckle and marrow bones work well but you can use any type of bones)

2 tablespoons apple-cider vinegar

1 bay leaf

On the stovetop:

Place all ingredients in a large stock or crock pot, bring to a boil, cover and then simmer. Cook for as long as possible – at least 8 and up to 24 hours.

In a pressure-cooker:

Place all ingredients in a pressure cooker, making sure not to exceed the fill line. Lock the lid and place over high heat until the cooker comes to high pressure, then turn down to the lowest setting that will maintain this pressure (you may need to use a flame tamer). Let cook this way for 3 hours, then turn off heat and let depressurize and cool naturally.

When the broth is finished, let cool, strain, and portion into containers for storage. After the liquid is strained, you can pick through any bones that are still intact and save them to add to the next batch, while tossing those that fell apart and cooked through (You can usually get a few batches out of larger beef knuckle bones while chicken only last 1-2 batches).

Variations:

There are many ways you can vary your bone broth – browning the bones in the oven before cooking, adding some herbs and spices or vegetables while it is cooking, among other things that yield different results. The broth can be reduced to be thicker and stored more easily, or you can keep it the way it is and just warm up to drink. As you continue to make broth you will get into a flow making it according to your preference. I have added some links to the [resources page](#) for further reading.

Fermented Vegetables

Why eat fermented vegetables?

Fermented foods are one of the most nutrient-dense, powerful foods you can include in a healing diet. In the process of lacto-fermentation, beneficial bacteria break down the material to make it richer in enzymes and nutrients, while preserving it. Many traditional cultures used fermentation to preserve foods for long periods of time without canning or refrigeration. These beneficial bacteria promote the growth of healthy gut flora in our intestines and are an integral component in a healing diet. Including a scoop of fermented vegetables every morning with breakfast is a great way to get some of this probiotic food into your diet.

Simple Sauerkraut

Ingredients:

4-5 pounds cabbage
2 tablespoons sea salt

You also need:

Mason jars with airlocks

Finely shred the cabbage and place it in a bowl in batches, sprinkling each batch with a layer of sea salt. When you are finished with the shredding, use your hands to massage it well until it breaks down and becomes soft (about 10 minutes). Pack very tightly into jars, pushing all of the cabbage down until it is completely submerged by liquid. Tighten the lid and ensure the airlock is installed properly. Let ferment on the countertop for 3-4 weeks, at which point you can remove the airlock and put a regular lid on it. It will keep for a few months in the refrigerator.

Variations: The possibilities of fermented vegetables are endless – you can use different types of cabbage, carrots, beets, garlic, ginger, and many other vegetables in different combinations to make a rich array of probiotic foods.

See links on the [resources page](#) for links to great websites on making your own ferments with more recipes.

Probiotic Beverages

Both kombucha and water kefir are fermented beverages that are made from starter cultures, although they are a little different. Both of them contain probiotics and are said to aid in digestion and immune function. While the fermentation process of making kombucha results in more acids and enzymes that aid in digestion, water kefir tends to have more probiotic content. Including one or both is not essential to a gut-healing protocol, but they are a nice thing to include (and fun to make!).

Kombucha

Ingredients:

- 1 gallon filtered water
- 5 bags of green tea
- 1 kombucha starter culture (called a scoby or mother)
- 1 cup starter liquid (from previous batch)
- 1 cup sugar (don't use honey or agave)

You will also need:

- 1 gallon glass container
- cheesecloth
- large rubber band

for bottle-fermenting:

- quart mason jars with lids
- fruit juice



1. Bring the gallon of water to a boil, turn off the heat and add the tea bags. Steep for a minute or two and remove.
2. Add the sugar and stir in to combine. Let cool completely to room temperature.
3. When the sweetened tea has cooled, pour it into your gallon container with the starter culture and starter liquid. Cover with a cheesecloth secured with a rubber band and let sit in a dark corner at room temperature.

Kombucha (continued...)

4. You can choose to let your culture ferment for at least a week up to a few weeks, with it getting less sweet and more sour towards the end as the bacteria has eaten up most of the sugar. Taste it, and when you like the result pour out the liquid, leaving a couple of cups in the bottom of the jar to start the next batch.

Bottle Fermenting: To make your kombucha fizzy, put a couple of ounces of fresh fruit juice in the bottom of a few quart mason jars and fill up to within an inch of the top of the jars with kombucha. I like to use fresh squeezed lemon juice and ginger slices to make a lemon gingerade. Place the lids on tightly, and allow to ferment on the countertop for a couple of days, being sure to open the lids and “burp” them once a day. When they are finished, put in the refrigerator and enjoy.

Note: You can find starter cultures at some natural groceries and online, but the best source is to find someone you know locally who has a successful culture that can give you one. Once you make your kombucha for the first time, you will end up with an extra scoby to start a double batch or give to a friend!

Water Kefir

Ingredients:

2 quarts filtered, non-chlorinated water
½ cup sugar (do not use honey or agave)
¼ cup water-kefir grains (see note)

You will also need:

2 quart glass jars
cheesecloth
rubber bands

1. Place ¼ cup of sugar in each of the glass jars and add a little bit of warm water to dissolve.
2. Fill the rest of the jar with room-temperature water – if it is too warm it will kill the grains.
3. When it is room temperature, add the grains, cover with a cheesecloth and secure with a rubber band.
4. Place on the counter for 24-48 hours to ferment.
5. After the fermentation process, strain out the kefir grains and start another batch.

To make the kefir carbonated, put the water kefir back in the jars with a couple ounces of fruit juice in the bottom. Place an air-tight lid on and let bottle-ferment for a couple of days on the countertop, remembering to “burp” or open the lids once a day to let gasses escape. When they are finished, put into the refrigerator and enjoy!

Note: You can find starter cultures at some natural groceries and online, as well as from a friend who has a batch that has multiplied. If you buy online, sometimes the cultures come dehydrated, so you will need to follow the rehydrating instructions before following this recipe.

Coconut Cream

I use coconut cream to get a rich, creamy flavor in my recipes. You can buy it premade in the store, but it is much more cost-effective to make yourself if you have a high-powered blender or food processor. Make sure to always have some on hand for making mayo, caesar salad or ranch dressing, and to add to sauces and curries!

Time: 10 minutes ~ Makes about 1 1/2 cups

Ingredients:

4 cups dried, unsweetened coconut flakes
sea salt to taste

You will also need:

High-powered blender or food processor

1. Place the coconut flakes in your food processor or blender.
2. Process it on high speed, while scraping down the sides with a tamper (you may have to stop and do this manually if you are using a food processor). Process for about a minute at a time, taking breaks as to not overheat the motor. After about 5-10 minutes, you should be left with a smooth, creamy liquid.
3. Place in a glass jar and keep at room-temperature.

Note: Keeps well at room temperature.



Coconut Milk

Coconut milk is basically a thinner and less pulpy version of coconut cream. Keep some on hand to make dressings and sauces, to use in soups and stews or to drink by itself!

Time: 20 minutes ~ Makes about 1½ cups

Ingredients:

1 cup unsweetened shredded coconut
2 cups boiling water
sea salt to taste

You will also need:

blender
cheesecloth



1. Place the shredded coconut and boiling water in your blender and blend on high for a few minutes, taking breaks for the motor if needed.
2. Let cool and strain through a cheesecloth into a glass jar.

Note: Keeps for a few days stored in the refrigerator. The cream will separate from the liquid, so shake or heat gently before using.





Meal Plans

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About the Meal Plans

I have included two meal plans for those wanting to embark on the autoimmune protocol for at least a month as part of an elimination diet. I have selected recipes from the book that are easy to make, palatable to a wide variety of preferences, and keep well to be eaten as leftovers throughout the week. My goal in this is to enable those who may be new to this style of eating a concrete plan so that they can set themselves up to be successful. By the end of the month, you should be very comfortable working with a wide range of ingredients and elements in the diet and should be ready to branch out and make your own plans and creations. Because I know most people are busy or work a traditional schedule, I have scheduled cooking only on the weekends and at dinnertime, and having all lunches able to be taken to work or eaten quickly.

The complete 4 week plan is what I would recommend for anyone coming to the autoimmune protocol for the first time (especially if they are transitioning from a standard american diet). This is a very plentiful, nourishing diet, and I have erred on the side of caution when planning food portions - there should be more food rather than not enough. Changing to a very restrictive diet can be challenging if there is not enough food available, and I have planned so that a person following this plan will always have some extra food available in case they get hungry between meals. A person following this plan should not need any additional snacks or foods, but if they find themselves hungry I have accounted for some extra leftovers.

The alternate meal plan is for those who don't want to eat protein at every meal for either personal preference or budget concerns. Although I recommend having at least a small serving of protein at every meal and believe that the complete meal plan is best for those starting out on the protocol, I wanted to make a plan for those who could only afford a certain amount of high-quality meat or were put off by the thought of eating so much of it. This plan is similar to the complete plan except that there is no meat at lunchtime.



A Few Notes Before You Start:

- The meal plans account for one person for four weeks. Like I said before, I erred on the side of there being too much food, in an effort to avoid a situation where a person is hungry but does not have anything available to eat – if you find that you aren't eating through the food fast enough, drop some of the vegetable side dishes and eat leftovers instead.
- Meals that need to be cooked from scratch are denoted in blue linked to the page numbers for the recipes in the book. You can easily look at the week and plan out the meals that you will be needing to be spending time in the kitchen cooking. All of the meals in black have already been prepped or cooked previously and should only take a quick re-heat or assembly.
- I have accounted for 4-6 ounces of meat per meal in the shopping lists. If you want to be eating more or less, adjust accordingly.
- I have included twice-weekly shopping lists considering how long the meat will last in the refrigerator, but you have the option to buy all of the meat for a week and then freeze the portions for later in the week. Generally meat takes 24-48 hours to thaw in the refrigerator, so plan accordingly so that you have your meat ready to go when you cook.
- I have included a list of pantry items to be stocked while on the meal plan. Many of the recipes use those items, and if you run out, stock up on your next grocery run.
- I have only included the meat portion of breakfasts. I suggest compiling the rest of the meal with leftover vegetables, fermented vegetables, bone broth, avocados, bacon, and fruit. Getting in the hang of assembling a great breakfast takes some planning, but after a few days you will find a combination and amount that suits you and fuels your day.

Autoimmune Paleo

Week 1

Complete Four-Week Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Beef Breakfast Patties (p.138) (also make Garlic-Sage Chicken Patties p.115)	Beef Breakfast Patties	Garlic-Sage Chicken Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Beef Breakfast Patties	Beef Breakfast Patties
Lunch	Ginger-Baked Salmon (p.125) Cauliflower Fried Rice (p.99)	Chicken and Acorn Squash Soup	Ginger-Baked Salmon Cauliflower Fried Rice	Chicken and Acorn Squash Soup	Beef and Broccolini Radish and Jicama Tabbouli	Curried Chicken Salad Emerald Kale Salad	Mediterranean Salmon Rosemary Asparagus Market Greens
Dinner	Chicken and Acorn Squash Soup (p.91) *	Ginger-Baked Salmon Cauliflower Fried Rice	Beef and Broccolini (p.135) Radish and Jicama Tabbouli (p.82)	Shredded Ck Breast (p.118) Curried Chicken Salad (p.113) Emerald Kale Salad (p.78)	Curried Chicken Salad Emerald Kale Salad	Mediterranean Salmon (p.125) Rosemary Asparagus (p.107) Market Greens (p.106)	Beef and Butternut Stew (p.86) *

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Garlic-Sage Chicken Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Garlic-Sage Chicken Patties	Garlic-Sage Chicken Patties	Garlic-Sage Chicken Patties	Beef Breakfast Patties (p.138) (also make Garlic-Sage Chicken Patties p.115)
Lunch	Mediterranean Salmon Rosemary Asparagus Market Greens	Beef and Butternut Stew	Chicken Stir-Fry Curried Cauliflower	Coconut-Amino Salmon Cabbage-Avo Salad	Coconut-Amino Salmon Cabbage-Avo Salad	Rosemary Beef Skillet Emerald Kale Salad	Asian Marinated Chicken Breast Carrot Ginger Soup
Dinner	Beef and Butternut Stew Shredded Beef (p.139) (save for later in week)	Shredded Ck Breast (p.118) Chicken Stir-Fry (p.118) Curried Cauliflower (p.100)	Coconut-Amino Salmon (p.123) Cabbage-Avo Salad (p.78)	Rosemary Beef Skillet (p.137) Emerald Kale Salad (p.78)	Rosemary Beef Skillet Emerald Kale Salad	Asian Marinated Chicken Breast (p.116) Carrot Ginger Soup (p.87) **	Citrus-Ginger Salmon (p.123) Market Salad (p.80)

* freeze two servings **freeze one serving

Complete Four-Week Meal Plan

Week 3

(continued)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Garlic-Sage Chicken Patties	Beef Breakfast Patties	Beef Breakfast Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Beef Breakfast Patties	Garlic-Sage Chicken Patties
Lunch	Citrus-Ginger Salmon Market Salad	Cinnamon-Sage Dry Rub Steak Bacon Brussel Sprouts	Lemon-Garlic Chicken Breast Bacon Brussel Sprouts	Tuna Salad Coconut Amino Cabbage	Chicken and Acorn Squash Soup (frozen)	Tuna Salad Coconut Amino Cabbage	Seared Sole (p.127) Lemon Green Beans (p.101) Rainbow Root Veg
Dinner	Cinnamon-Sage Dry Rubbed Steak (p.133) Bacon Brussel Sprouts (p.98)	Lemon-Garlic Chicken Breast (p.116) Market Salad	Tuna Salad (p.126) Coconut Amino Cabbage (p.99) *	Chicken and Acorn Squash Soup (frozen) **	Shredded Chicken Breast (p.118) Chicken Pesto (p.114) Rainbow Root Veg (p.102)	Chicken Pesto Rainbow Root Veg	Herb Dry-Rubbed Steak (p.133) Market Greens (p.106)

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Garlic-Sage Chicken Patties	Garlic-Sage Chicken Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Beef Breakfast Patties	Garlic-Sage Chicken Patties	Garlic-Sage Chicken Patties
Lunch	Seared Sole Market Greens Lemon Green Beans	Shredded Beef Lettuce Boats Mango Salsa	Shredded Beef Lettuce Boats Mango Salsa	Sage-Braised Chicken Legs Pureed Parsnips	Lamb Meatballs Spaghetti Squash	Salmon Salad Cucumber-Mint Salad	Salmon Salad Emerald Kale Salad (p.78)
Dinner	Shredded Beef Lettuce Boats (p.139) Mango Salsa (p.72)	Seared Sole Market Greens Lemon Green Beans	Sage-Braised Chicken Legs (p.119) Pureed Parsnips (p.103)	Lamb Meatballs (p.135) Spaghetti Squash (p.105)	Salmon Salad (p.80) Cucumber-Mint Salad (p.76)	Beef and Butternut Stew (frozen) Spaghetti Squash*	Herb Dry-Rubbed Steak (p.133) Carrot-Ginger Soup (frozen) Emerald Kale Salad

*thaw soup for following day

Complete Four-Week Meal Plan

Shopping List

Pantry

Week 1

Week 2

Week 3

Week 4

Pantry Items:

solid cooking fat of your choice (lard, tallow, duck fat, etc)
coconut oil
extra-virgin olive oil
coconut cream
ginger powder
turmeric powder
sage powder
cinnamon powder
bay leaves
sea salt
coconut flour
kalamata olives
capers
apple-cider vinegar
coconut aminos
shredded coconut flakes

Items to keep in stock:

yellow onions
red onions
fresh garlic
fresh ginger
lemons
BPA-free canned salmon
BPA-free canned tuna

Have ready:

fermented vegetables
bone broth

Saturday:

2 pounds grass-fed ground beef
2 pounds chicken thigh, ground
1 4-5 pound pastured stewing hen
1 pound wild salmon
12 ounces grass-fed sirloin steak
4 pounds acorn squash
7 large carrots
1 bunch celery
1 bunch radishes
½ pound jicama
1 zucchini
2 cucumbers
1 bunch broccolini
1 head cauliflower
1 cup mushrooms
fresh sage x2
fresh rosemary
fresh thyme
fresh parsley
fresh chives
fresh mint

Wednesday:

1 pound wild-caught salmon
1 pound pastured chicken breast
1 small cucumber
3 bunches dark leafy greens (kale, chard, collards)
2 pounds asparagus
1 head lettuce
fresh parsley
¼ cup raisins

Saturday:

2 pound beef roast or stew meat
2 pound beef roast
1 pound wild-caught salmon
12 ounces pastured chicken breast
1 butternut squash or 2 sweet pot.
6 large carrots
1 lb broccoli
3 cups mushrooms
1 head cauliflower
1 small head savoy cabbage
1-2 avocados
2 blood oranges (or valencia)
2 pears
fresh thyme
fresh parsley

Wednesday:

12 ounces pastured chicken breast
2 sweet potatoes
2 pounds carrots
2 zucchini squash
1 bunch kale
1 small cucumber
1 orange
fresh rosemary
fresh chives

Saturday:

2 pounds grass-fed ground beef
2 pounds chicken thigh, ground
12 ounces wild-caught salmon
12 ounces pastured chicken breast
12 ounces grass-fed steak
6 slices sugar-free bacon
1 ½ pounds brussels sprouts
1 savoy cabbage
½ cup mushrooms
1 head lettuce
1 head romaine
3 carrots
1 bunch celery
1 beet
1 cucumber
1 avocado
2 oranges
fresh mint
fresh parsley
fresh dill
fresh sage

Wednesday:

12 ounces pastured chicken breast
1 pound sole fillets
2 bunches broccolini or broccoli
5 carrots
3 beets
3 parsnips
1 rutabaga
2 pounds green beans
fresh basil x2
fresh tarragon

Saturday:

2 pound beef roast
12 ounces grass-fed steak
1 ½ pounds pastured chicken legs and thighs
2 large bunches of dark leafy greens (kale, collards, chard)
1 ½ pounds parsnips
1 head lettuce
1-2 bunches spinach
2 cucumbers
2 cups mushrooms
1 bunch radishes
1 avocado
1 mango
1 lime
fresh parsley
fresh sage x2
fresh cilantro

Wednesday:

12 ounces ground lamb
6 ounces grass-fed steak
1 large spaghetti squash
2 cucumbers
1 bunch curly-leafed kale
1 cucumber
fresh mint

Autoimmune Paleo

Week 1

Alternate Four-Week Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Beef Breakfast Patties (p.138) (also make Garlic-Sage Chicken Patties p.115)	Beef Breakfast Patties	Garlic-Sage Chicken Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Beef Breakfast Patties	Garlic-Sage Chicken Patties
Lunch	Hearty Vegetable Soup (p.93)*	Hearty Vegetable Soup	Hearty Vegetable Soup	Market Greens Cauliflower Fried Rice	Cauliflower Fried Rice Mashed Sweet Potatoes	Mashed Sweet Potatoes Emerald Kale Salad	Radish and Jicama Tabbouli Emerald Kale Salad
Dinner	Ginger-Baked Salmon (p.125) Market Greens (p.106) Rosemary Carrots and Parsnips (p.105)	Ginger-Baked Salmon Market Greens Rosemary Carrots and Parsnips	Beef and Broccoli (p.135) Cauliflower Fried Rice (p.99)	Beef and Broccoli Mashed Sweet Potatoes (p.103)	Curried Chicken Salad (p.113) Emerald Kale Salad (p.78)	Curried Chicken Salad Radish and Jicama Tabbouli (p.82)	Beef and Butternut Stew (p.86) *

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Garlic-Sage Chicken Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Garlic-Sage Chicken Patties	Beef Breakfast Patties	Garlic-Sage Chicken Patties	Beef Breakfast Patties (p.138) (also make Garlic-Sage Chicken Patties p.115)
Lunch	Radish and Jicama Tabbouli Rainbow Root Vegetables (p.102)	Cabbage Avocado Salad Rainbow Root Vegetables	Cabbage Avocado Salad Rainbow Root Vegetables	Cabbage Avocado Salad Carrot Ginger Soup	Carrot Ginger Soup Lemon Green Beans Spaghetti Squash	Lemon Green Beans Orange Avocado Spinach Salad	Market Greens Orange Avocado Spinach Salad
Dinner	Beef and Butternut Stew Cabbage Avocado Salad (p.78)**	Beef and Butternut Stew	Lamb Meatballs (p.135) Carrot Ginger Soup (p.87) Spaghetti Squash (p.105)	Lamb Meatballs Spaghetti Squash Lemon Green Beans (p.101)	Mediterranean Salmon (p.125) Citrus Spinach Salad (p.82) Market Greens (p.106)	Mediterranean Salmon Market Greens Stuffed Portobellos (p.108)	Mediterranean Salmon Stuffed Portobellos Cinnamon Butternut Squash (p.101)

* freeze two servings **prep for lunches

Alternate Four-Week Meal Plan

(continued)

Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Garlic-Sage Chicken Patties	Beef Breakfast Patties	Beef Breakfast Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Beef Breakfast Patties	Garlic-Sage Chicken Patties
Lunch	Stuffed Portobellos Cinnamon Butternut Squash	Cabbage and Radish Salad Cinnamon Butternut Squash	Cabbage and Radish Salad Cinnamon Butternut Squash	Beet and Fennel Soup Market Salad	Hearty Vegetable Soup (frozen) Market Salad	Stuffed Acorn Squash Roast Mixed Vegetables	Curried Cauliflower (p.100) Roast Mixed Vegetables
Dinner	Lemon Garlic Chicken (p.116) Cabbage and Radish Salad (p.75)	Lemon Garlic Chicken Beet and Fennel Soup (p.87)	Tuna Salad (p.126) Market Salad (p.80)	Tuna Salad Stuffed Acorn Squash (p.107)	Tuna Salad Stuffed Acorn Squash Roast Mix Vegetables (p.104)	Beef and Butternut Stew (frozen)	Beef and Butternut Stew (frozen)

Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Beef Breakfast Patties	Garlic-Sage Chicken Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Beef Breakfast Patties	Garlic-Sage Chicken Patties	Garlic-Sage Chicken Patties
Lunch	Curried Cauliflower Market Salad (p.80)	Hearty Vegetable Soup (frozen) Emerald Kale Salad	Hearty Vegetable Soup (frozen) Cucumber Mint Salad	Beet and Fennel Soup (frozen) Bacon Brussels	Puréed Parsnips Market Greens	Market Greens Rainbow Root Vegetables	Coconut Cabbage Rainbow Root Vegetables
Dinner	Seared Sole (p.127) Emerald Kale Salad (p.78) Market Salad	Seared Sole Cucumber Mint Salad (p.76)	Seared Sole Bacon Brussels (p.98)	Sage Chicken Legs (p.119) Puréed Parsnips (p.103) Market Greens (p.106)	Sage Chicken Legs Bacon Brussels Rainbow Root Vegetables (p.102)	Coconut Amino Salmon (p.123) Coconut Cabbage (p.99) Cauliflower Fried Rice (p.99)	Coconut Amino Salmon Cauliflower Fried Rice

Alternate Four-Week Meal Plan

Shopping List

Pantry

Week 1

Week 2

Week 3

Week 4

Pantry Items:

solid cooking fat of your choice (lard, tallow, duck fat)
coconut oil
extra-virgin olive oil
coconut cream
ginger powder
turmeric powder
sage powder
cinnamon powder
bay leaves
sea salt
coconut flour
kalamata olives
capers
apple-cider vinegar
coconut aminos
shredded coconut flakes

Items to keep in stock:

yellow onions
red onions
fresh garlic
fresh ginger
lemons
BPA-free canned salmon
BPA-free canned tuna

Have ready:

fermented vegetables
bone broth

Saturday:

2 pounds grass-fed ground beef
2 pounds pastured chicken thigh, ground
12 ounces wild-caught salmon
12 ounces grass-fed sirloin steak
1 bunch broccolini or broccoli
1 large head cauliflower
2 bunches dark leafy greens (kale, chard, collard greens)
1 bunch chard
3 pounds carrots
1 pound parsnips
1 zucchini
1 sweet potato
2 cups mushrooms
fresh sage x2
fresh rosemary
fresh thyme
fresh chives

Wednesday:

12 ounces pastured chicken breast
1 bunch curly-leafed kale
1 ½ pounds sweet potatoes
1 head lettuce
1 bunch radishes
2 cucumbers
½ pound jicama
fresh mint
fresh parsley
¼ cup raisins

Saturday:

2 pounds grass-fed beef roast or stew meat
12 ounces ground lamb
1 head savoy cabbage
1 butternut squash
2 pounds carrots
1 cup mushrooms
3 beets
3 parsnips
1 rutabaga
1 or 2 avocados
2 pears
2 blood oranges (or valencia)
fresh thyme
fresh parsley

Wednesday:

1 pound wild-caught salmon
2 bunches dark green leafy (kale, collard greens, chard)
1 pound portobello mushroom caps
2 pounds green beans
1-2 bunches spinach
1 bunch celery
2 carrots
1 cucumber
1 avocado
1 orange

Saturday:

2 pounds grass-fed ground beef
2 pounds pastured chicken thigh, ground
12 ounces pastured chicken breast
3 pounds butternut squash
1 head savoy cabbage
½ head purple cabbage
3 pounds beets
1 large fennel bulb
1 bunch radishes
1 head of lettuce
2 carrots
1 cucumber
½ cup mushrooms
2 avocados
fresh sage x2
fresh parsley
fresh rosemary
fresh thyme

Wednesday:

2 acorn squash
2 carrots
1 bunch celery
1 head cauliflower
1 cup mushrooms
1 bunch spinach
4 zucchini
2 portobello mushroom caps
fresh rosemary

Saturday:

12 ounces sole
6 slices sugar-free bacon
1 bunch curly-leafed kale
1 ½ pounds brussels sprouts
1 head lettuce
2 carrots
1 beet
3 cucumbers
½ cup mushrooms
1 avocado
fresh tarragon
fresh parsley
fresh mint

Wednesday:

1 pound pastured chicken legs and thighs
12 ounces wild-caught salmon
2 bunches dark leafy greens (kale, collards, chard)
½ head savoy cabbage
1 head cauliflower
1 ½ pounds parsnips
3 cups mushrooms
6 carrots
1 zucchini
3 beets
3 parsnips
1 rutabaga
fresh sage x2
fresh chives





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Crispy Kale Chips

Time: 30 minutes ~ Serves 2

Ingredients:

1 bunch lacinato kale, chopped into 2 inch pieces
2 tablespoons coconut oil, melted
sea salt to taste



1. Preheat your oven to 300 degrees.
2. Place the kale in a large bowl and coat with the coconut oil and salt, stirring to cover all surfaces.
3. Arrange the kale pieces on two or three baking sheets, making sure to give them plenty of space.
4. Bake for 20 minutes or until barely crispy. Remove, let cool and serve.

Note: Keeps well sealed in an airtight container at room temperature for a few days.

Bacon Beef Liver Paté with Rosemary and Thyme

Time: 30 minutes ~ Makes about 2 cups

Ingredients:

6 pieces uncured, sugar-free bacon
1 small onion, minced
4 cloves garlic, minced
1 pound grass-fed beef liver, rinsed and dried
2 tablespoons fresh rosemary, minced
2 tablespoons fresh thyme, minced
½ cup coconut oil, melted
½ teaspoon sea salt
slices of fresh carrot or cucumber

1. Cook the bacon slices in a cast iron skillet until crispy. Set aside to cool, reserving the fat in the pan to cook the liver.
2. Add the onion and cook for 2 minutes on medium-high heat. Add the garlic and cook for a minute, then adding the liver, sprinkling with the herbs. Cook 2-5 minutes per side, until no longer pink in the center.
3. Turn off the heat, and place the contents into a blender or food processor with the coconut oil and sea salt. Process until it forms a thick paste, adding more coconut oil if too thick.
4. Cut the cooled bacon strips into little bits and mix with the pate in a small bowl. Garnish with some fresh herbs and serve on fresh vegetable slices.

Note: Keeps for a few days in a sealed container in the refrigerator. Also freezes well.

Olive Tapenade

Time: 5 minutes ~ Makes about 1 ½ cups

Ingredients:

1 cup pitted kalamata olives
2 tablespoons capers
2 tablespoons extra-virgin olive oil
2 cloves garlic
¼ cup fresh parsley
slices of fresh carrot or cucumber or root vegetable chips

1. Place all ingredients in a blender or food processor. Blend gently for a few seconds until it forms a thick paste.
2. Serve on fresh vegetable slices or root vegetable chips.

Note: Keeps for a few days in a sealed container in the refrigerator.

Rainbow Root Vegetable Chips

Time: 45 minutes ~ Makes 3 cups

Ingredients:

$\frac{3}{4}$ pound root vegetables, thinly sliced (a mandoline helps with consistency here) – beets, sweet potatoes, turnips, rutabaga, parsnips and carrots all work great
solid cooking fat for frying
 $\frac{1}{2}$ teaspoon sea salt



1. Slice the vegetables, keeping them separate if you are going to have more than one type.
2. Heat about 1 $\frac{1}{2}$ inches of fat in the bottom of a big pot for frying the chips. If you have a thermometer, the oil is ready for frying at 350 degrees.
3. Fry them in batches by type as they have different cooking times depending on how much moisture they contain – when you first drop them in the oil it will bubble like crazy, after about a minute or two of cooking, they will start to bubble less and puff up in the middle. At this point, give them a flip, and cook until the bubbling dies down a lot. At this point they don't have any moisture left, and are finished cooking.
4. Place on a paper towel and sprinkle with salt. Continue in this fashion until all of the chips are cooked.

Note: Keeps sealed in an airtight container at room temperature for a few days.

Roasted Red Beet Dip

Time: 1 hour 30 minutes ~ Makes about 3 cups

Ingredients:

2 pounds beets, peeled and cut into chunks
1 tablespoon coconut oil, melted
 $\frac{1}{3}$ cup extra-virgin olive oil
 $\frac{1}{4}$ cup water
1 tablespoon apple-cider vinegar
2 lemons, juiced
2 cloves garlic, peeled
 $\frac{1}{2}$ teaspoon salt
fresh vegetable slices

1. Preheat your oven to 400 degrees.
2. Arrange the beets in a baking dish and coat with the coconut oil.
3. Bake for 1 hour or until tender, stirring every 20 minutes.
4. Let the beets cool for 10 minutes and then place them in a blender or food processor with the olive oil, water, apple-cider vinegar, lemon juice, garlic, and salt. Blend until a thick paste forms, if it is too thick add more olive oil a tablespoon at a time.
5. Serve on fresh vegetable slices.

Note: Keeps for a few days in a sealed container in the refrigerator.

Parsley-Garlic Dip

Time: 15 minutes ~ Makes 1 cup

Ingredients:

3 cups parsley, loosely packed
 $\frac{1}{4}$ cup red onion, chopped
2 cloves garlic
10 kalamata olives, pitted
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ cup extra-virgin olive oil
1 lemon, juiced
slices of fresh carrot or cucumber or root vegetable chips

1. Combine all ingredients in a high-powered blender or food processor. Blend gently for a few seconds until it forms a thick paste.
2. Serve on raw vegetable slices or root vegetable chips.

Note: Keeps for a few days in a sealed container in the refrigerator.

Bacon-Wrapped Pears

Time: 1 hour 15 minutes ~ Makes 12 wraps

Ingredients:

6 pieces of thick, sugar-free bacon sliced in half lengthwise
2 ripe pears, cored and sliced into six pieces each
dusting of cinnamon
toothpicks

1. Preheat your oven to 350 degrees.
2. Wrap each pear in a figure-eight of bacon, securing the ends with a toothpick. Dust with cinnamon and place on a rimmed baking sheet.
3. Bake for 35-40 minutes, or until bacon browns and pears are cooked throughout.
4. Let cool for 10 minutes and serve warm.



Fig Energy Bites

Time: 1 hour ~ Makes 18 1-inch balls

Ingredients:

30 unsulphured, dried turkish figs
2 cups fine shredded coconut
1/3 cup coconut oil, melted
1/4 teaspoon cinnamon
pinch of sea salt

1. Place the figs, 1 1/2 cups of the shredded coconut, coconut oil, cinnamon, and sea salt in a food processor and process gently until a thick paste forms (you may have to stop and scrape the sides of your food processor a couple of times).
2. Form into 1-inch balls, rolling in the reserved 1/2 cup of shredded coconut.
3. Refrigerate for at least 30 minutes to let the coconut oil set.

Note: Keeps for a week stored in the refrigerator.







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Coconut Milk Chai

Time: 15 minutes ~ Makes about 1 ½ cups

Ingredients:

1 cup shredded coconut
1 vanilla bean (optional)
¾ teaspoons cinnamon
1½-inch piece ginger
4 dates
2 cups boiling water



1. Place all ingredients in a high-powered blender and blend on high for a minute or two, until thoroughly mixed.
2. Let cool a little bit, and strain through a cheesecloth or nut milk bag, being careful not to burn yourself.
3. Enjoy iced or reheat in a saucepan to serve warm.

Note: Keeps in the refrigerator for a few days, but the fat may separate.

Banana-Blueberry Green Smoothie

Time: 2 minutes ~ Makes about 2 cups

Ingredients:

- 1 medium banana
- 1 cup fresh spinach
- ½ cup blueberries, frozen
- 2 tablespoons coconut cream, softened ([p.34](#))
- ¾ cup filtered water
- ice cubes, optional

1. Blend all ingredients in blender. If the consistency isn't thick or cold enough, add a few ice cubes. Serve immediately.



Mango Dream Smoothie

Time: 5 minutes ~ Makes about 2 cups

Ingredients:

- 1 cup frozen mango pieces
- 1 banana
- ¾ cup filtered water
- 2 tablespoons coconut oil
- 1 tablespoon mint leaves (optional)

1. Place all ingredients in a blender and blend until well incorporated. Serve immediately.

Raspberry Cream Smoothie

Time: 5 minutes ~ Makes about 2 cups

Ingredients:

2 tablespoons coconut cream, softened ([p.34](#))

$\frac{3}{4}$ cup water

1 banana

$\frac{3}{4}$ cup frozen raspberries



1. Place the softened coconut cream, water, and banana in a blender and mix until incorporated. Then add the frozen raspberries and blend. Serve immediately.

Variation: Use blueberries, strawberries or blackberries instead of raspberries.

Green Power Juice

Time: 5 minutes ~ Makes about 2 cups

Ingredients:

1 small pear
4 large leaves of kale
½ cup fresh mint leaves
2 large cucumbers, peeled
1 lemon, juiced

1. Feed all ingredients into a juicer except for the lemon, ending with the cucumbers to push through the kale and mint juice.
2. Add lemon juice and serve immediately.

Ginger Boost Juice

Time: 5 minutes ~ Makes about 2 cups

Ingredients:

1 large cucumber, peeled
3 stalks celery
½ cup parsley
1-inch piece ginger, peeled
2 carrots, peeled

1. Feed all ingredients into a juicer, ending with the carrot to push through the parsley and ginger juice. Serve immediately.

Variation: Substitute the carrots with half of a beet.



Dressings + Sauces



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Citrus-Avocado Dressing

Time: 5 minutes ~ Makes 1 ½ cups

Ingredients:

1 avocado
1 orange, juiced
1 lemon, juiced
¼ cup extra-virgin olive oil
¼ cup filtered water
1 teaspoon apple-cider vinegar
¼ teaspoon ginger powder
¼ teaspoon sea salt



1. Combine all ingredients in a blender and mix for a few seconds until well incorporated. If too thick, add water one tablespoon at a time until desired consistency is reached.

Note: Does not keep longer than the same day in the refrigerator.

Ginger-Plum Vinaigrette

Time: 5 minutes ~ Makes $\frac{3}{4}$ cup

Ingredients:

$\frac{1}{2}$ cup extra-virgin olive oil
1 tablespoon ume-plum vinegar
1 lemon, juiced
1 teaspoon ginger powder

1. Combine the olive oil, plum vinegar, lemon, and ginger powder in a small bowl and whisk to incorporate.

Note: Keeps well in the refrigerator for a few days.

Variation: Use apple-cider or coconut vinegar instead of ume plum, but if you do make sure to add sea salt to taste.

Apple-Cider Vinaigrette

Time: 5 minutes ~ Makes $\frac{3}{4}$ cup

Ingredients:

$\frac{1}{2}$ cup extra-virgin olive oil
2 tablespoons apple-cider vinegar
 $\frac{1}{4}$ teaspoon ginger powder
 $\frac{1}{4}$ teaspoon sea salt

1. Combine the olive oil, apple-cider vinegar, ginger powder, and sea salt in a small bowl and whisk to incorporate.

Note: Keeps well in the refrigerator for a few days.

Caesar Salad Dressing

Time: 5 minutes ~ Makes 1 cup

Ingredients:

$\frac{3}{4}$ cup fine shredded coconut
 $\frac{3}{4}$ cup filtered water or coconut milk
 $\frac{1}{3}$ cup extra-virgin olive oil
2 cloves garlic
1 lemon, juiced
 $\frac{1}{4}$ teaspoon salt
2 anchovy fillets



1. Combine all ingredients in a blender and mix for a few seconds until well incorporated.
2. If too thick, add water one tablespoon at a time until desired consistency is reached.

Note: Dressing keeps well in the refrigerator for a few days, but will need to be brought to room temperature or slightly warmed as it hardens as it cools.

Coconut Butter

Time: 5 minutes ~ Makes 2 cups

Ingredients:

4 cups unsweetened dried coconut
½ teaspoon sea salt

1. Put dried coconut and salt in a high-powered blender or food processor. Using the tamper, blend on high while scraping down the sides to make sure all of the coconut gets incorporated. Be sure not to blend for too long so as not to wear out the motor on your blender.

Note: Keeps at room temperature in a sealed container for a couple of weeks.

Serving Suggestion: Use to thicken sauces, soups, smoothies, drizzled over desserts, etc.

Coconut Pesto

Time: 15 minutes ~ Makes about 1 ½ cups

Ingredients:

¾ cup coconut water (or blended raw coconut)
2 packed cups fresh basil leaves
¼ cup olive oil
1 ½-inch piece ginger, peeled and chopped
2-3 cloves garlic, peeled and chopped
1 tablespoon ume plum vinegar
1 lemon, juiced
a few sprigs of fresh mint

1. Place all ingredients into a blender and blend on high until incorporated.

Note: Keeps for a couple of days sealed in the refrigerator.

Variation: Use apple-cider or coconut vinegars and sea salt to taste.

Blood-Orange Vinaigrette

Time: 5 minutes ~ Makes $\frac{3}{4}$ cup

Ingredients:

2 blood oranges, juiced
 $\frac{1}{2}$ cup extra-virgin olive oil
2 teaspoons ume-plum vinegar
 $\frac{1}{4}$ teaspoon ginger powder



1. Combine the orange juice, olive oil, ume plum vinegar, ginger powder, and sea salt in a small bowl and whisk to incorporate.

Note: Keeps for a couple of days sealed in the refrigerator.

Variation: Use apple-cider or coconut vinegars and add sea salt to taste. Regular oranges also work well if you can't find blood oranges.

Guacamole

Time: 15 minutes ~ Makes about 2 cups

Ingredients:

2 large avocados, pitted and mashed
½ cup cucumber, chopped
¼ cup red onion, minced
¼ cup cilantro, chopped
1 clove garlic, minced
1 lime, juiced
1 tablespoon extra-virgin olive oil
½ tablespoon apple-cider vinegar
sea salt to taste

1. Combine all ingredients in a bowl and stir to combine. Serve Immediately.

Serving Suggestion: Serve on fresh vegetable slices, root vegetable chips, or as a salad topping.

Ginger-Lime Coconut Cream Dressing

Time: 15 minutes ~ Makes 1 ¼ cups

Ingredients:

½ cup coconut cream (p.34), slightly warmed
½ cup filtered water, warm
2 limes, juiced
1 teaspoon apple-cider vinegar
1 ½ teaspoons minced ginger
¼ teaspoon salt

1. Place the coconut cream, warm water, lime juice, cider vinegar, ginger and salt in a blender and blend on high for a minute or two, until the dressing thickens.

Note: Keeps well in the refrigerator, but hardens. Let come to room-temperature or warm gently before using.

Garlic "Mayo"

Time: 1 hour ~ Makes 1 ½ cups

Ingredients:

½ cup coconut cream (p.34), slightly warmed

½ cup warm filtered water

¼ cup extra-virgin olive oil

3-4 cloves garlic

¼ teaspoon salt



1. Place the coconut cream, warm water, olive oil, garlic cloves and salt in a blender and blend on high for a minute or two, until the sauce thickens. Let cool for an hour at room temperature – alternately, you can place it in the refrigerator for 20 minutes. If you would like to use the sauce in a cold dish, thin with water until the desired consistency is reached.

Note: Keeps well in the refrigerator, but hardens. Let come to room-temperature or warm gently before using.

Olive-Avocado Dressing

Time: 5 minutes ~ Makes 1 cup

Ingredients:

1 avocado
1/3 cup extra-virgin olive oil
1/3 cup filtered water
2 teaspoons apple-cider vinegar
1/2 lemon, juiced
1/4 teaspoon sea salt

1. Combine all ingredients in a blender and mix for a few seconds until well incorporated. If too thick, add water one tablespoon at a time until desired consistency is reached.

Note: Use immediately; if you need less, halve the recipe.

"Ranch" Dressing

Time: 15 minutes ~ Makes 1 cup

Ingredients:

1/4 cup extra-virgin olive oil
1/4 cup coconut cream
1/2 cup coconut milk or water
1/2 lemon, juiced
1 teaspoon apple-cider vinegar
1 clove garlic
1 tablespoon fresh dill
1/8 teaspoon sea salt

1. Place all ingredients in a blender and blend until thoroughly mixed.

Note: Keeps well in the refrigerator, but hardens. Bring to room temperature or warm gently before using.

Mango Salsa

Time: 15 minutes ~ Makes 2 cups

Ingredients:

1 large mango, peeled and diced
1 avocado, cubed
½ small red onion, diced
1 cucumber, diced
1 bunch cilantro, chopped
2 cloves garlic, minced
½ teaspoon sea salt
1 tablespoon olive oil
1 lime, juiced



1. Combine all of the ingredients in a bowl and mix to incorporate. Serve immediately.

Serving Suggestions: Serve on shredded beef lettuce boats, coconut crusted cod, and salads.



Salads

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Bacon, Radish and Cabbage Salad with Creamy Coconut Dressing

Time: 15 minutes ~ Serves 4

Ingredients:

- ½ small head savoy cabbage, shredded
- ½ small head purple cabbage, shredded
- 1 small red onion, thinly sliced
- 1 bunch radishes, quartered
- 1 cup fresh parsley, chopped
- 1 avocado, cubed
- 1 cup ginger-lime coconut cream dressing ([p. 69](#))
- 1 cup pastured bacon bits (uncured, sugar-free)



1. Combine the cabbage, onion, radishes, half of the parsley, and avocado in large bowl.
2. Toss well with the ginger coconut cream dressing and garnish with remaining parsley and bacon bits.

Note: Keeps well in the refrigerator without avocado and dressing and tossed and garnished fresh each time before serving.

Cucumber-Mint Salad

Time: 15 minutes ~ Serves 2

Ingredients:

2 large cucumbers, chopped
½ small red onion, thinly sliced
2 tablespoons fresh parsley, chopped
2 tablespoons fresh mint, chopped
2 tablespoons apple-cider vinegar
3 tablespoons extra-virgin olive oil
sea salt to taste

1. Combine the cucumbers, onion, parsley and mint in a small bowl.
2. Add the apple-cider vinegar, olive oil, and sea salt, tossing gently to combine.

Note: Keeps well in the refrigerator with the dressing separated and tossed fresh before serving.

Jicama, Pear, and Mint Salad

Time: 15 minutes ~ Serves 4

Ingredients:

1 ½ pounds Jicama, sliced thinly
3 small pears, sliced thinly
½ cup of citrus-ginger dressing
a few sprigs of mint or parsley

1. Combine the jicama and pear slices in a bowl.
2. Toss with the citrus-ginger dressing and garnish with fresh herbs.

Note: Keeps well in the refrigerator with the dressing separated and tossed fresh before serving.

Chicken Caesar Salad

Time: 15 minutes ~ Serves 4

Ingredients:

- 1 large head of romaine lettuce, shredded
- 1 bunch radishes, sliced thinly
- 2 pounds shredded chicken breast ([p.118](#))
- 1 cup caesar salad dressing, room temperature ([p.66](#))
- 1 avocado, cubed (optional)



1. Place the lettuce, radishes, shredded chicken and dressing in a large bowl and toss well to combine.
2. Add the avocado if desired and serve immediately.

Note: Store dressing separately and toss fresh before serving.

Cabbage Salad with Olive-Avocado Dressing

Time: 15 minutes ~ Serves 4

Ingredients:

1 small head savoy cabbage, shredded
1 small red onion, thinly sliced
3 carrots, grated
1 handful fresh parsley, chopped
1 cup olive-avocado dressing
1 avocado, cubed

1. Combine the cabbage, onion, carrots, and most of the parsley.
2. Toss with dressing, adding fresh avocado and garnishing with the remainder of the parsley. Serve immediately.

Emerald Kale Salad

Time: 15 minutes ~ Serves 4

Ingredients:

1 bunch curly-leafed kale, stemmed and finely chopped
1 tablespoon olive oil
1 teaspoon sea salt
1 tablespoon fresh lemon juice
¼ cup red onion, minced
¼ cup fresh cucumber, finely chopped

1. Put chopped kale into a large bowl, drizzle with olive oil and sprinkle with sea salt.
2. Massage gently with your hands for 5-10 minutes, until the tough fibers of the kale break down.
3. Toss with the red onion and cucumber.

Note: Keeps well in the refrigerator for a few days.

Pomegranate and Arugula Salad with Fennel and Blood-Orange Vinaigrette

Time: 15 minutes ~ Serves 4

Ingredients:

4 cups baby arugula
1 small fennel bulb, sliced thinly
1 cup pomegranate seeds
¼ cup blood-orange vinaigrette ([p.68](#))



1. Combine the arugula, fennel slices, and pomegranate seeds in a bowl.
2. Toss with the blood-orange vinaigrette and serve immediately.

Variations: Substitute apple-cider vinaigrette ([p.65](#)) instead of the blood-orange vinaigrette for a less-sweet variation; You could also add shredded chicken ([p.118](#)) to make it a main dish instead of a side.

Market Salad

Time: 15 minutes ~ Serves 4

Ingredients:

1 head of lettuce, washed and leaves separated
½ small red onion, sliced thinly
2 carrots, shredded
1 small beet, shredded
1 cucumber, sliced thinly
½ cup button mushrooms, sliced thinly
1 cup of vinaigrette (apple cider [p.65](#), ginger-plum [p. 65](#), or blood-orange [p. 68](#))
1 avocado, cubed

1. Combine all of the salad ingredients in a large bowl, adding dressing and tossing gently with your choice of vinaigrette.
2. Top with fresh avocado.

Note: If you are making this salad for later, keep the vegetables and dressing separate and toss before eating.

Mediterranean Salmon Salad

Time: 15 minutes ~ Serves 2

Ingredients:

1 7-ounce BPA-free canned salmon, drained
2 carrots, chopped finely
½ cucumber, chopped finely
10 kalamata olives, halved
1 tablespoon parsley, chopped
3 tablespoons extra-virgin olive oil
sea salt to taste

1. Place the drained salmon in a small bowl and mash slightly to break it up.
2. Add the carrots, cucumber, parsley, olives, olive oil and salt, mixing to incorporate.

Note: Keeps in the refrigerator for a couple of days.

Seared Ahi Tuna Salad with Orange-Avocado Dressing

Time: 20 minutes ~ Serves 4

Ingredients:

24 ounces fresh ahi tuna, room temperature
1/4 teaspoon salt
1 tablespoon coconut oil
1 large head romaine, shredded
1 carrot, grated
1 cucumber, halved and sliced
1 avocado, cubed
1 tangerine, peeled and sectioned
1 cup citrus-avocado dressing ([p. 64](#))



1. Salt the tuna on both sides.
2. Heat the coconut oil in a skillet on medium-high heat until lightly smoking.
3. Sear the tuna for about a minute and a half per side (for medium-rare), or until desired doneness. Remove from heat, slice thinly, and set aside.
4. Place the romaine, grated carrot, and cucumber in a bowl and toss to combine.
5. Plate with portions of seared ahi, avocado cubes, and tangerine slices and serve with the dressing poured over top.

Citrus Spinach Salad

Time: 15 minutes ~ Serves 4

Ingredients:

1 large bunch spinach, washed and stemmed
2 carrots, grated
10 kalamata olives, halved
½ cucumber, chopped
1 cup citrus-avocado dressing (p.64)

1. Wash and prepare the vegetables for the salad and place them in a large bowl.
2. Add the dressing and toss with the vegetables. Serve immediately.

Radish and Jicama Tabbouli

Time: 15 minutes ~ Serves 4

Ingredients:

1 bunch parsley, chopped
1 bunch radishes, finely chopped
½ pound jicama, peeled and finely chopped
2 carrots, finely chopped
1 cucumber, finely chopped
8 kalamata olives, minced
1 tablespoon fresh mint, minced
¼ cup olive oil
2 tablespoons apple-cider vinegar
½ lemon, juiced
salt to taste

1. Combine all of the chopped veggies (parsley, radishes, jicama, carrots, cucumber, olives, and mint) in a large bowl.
2. Toss with the olive oil, apple-cider vinegar, lemon, and salt.

Note: Keeps in the refrigerator for a few days.

Shredded Beet and Carrot Salad

Time: 20 minutes ~ Serves 4

Ingredients:

1 large beet, peeled and shredded
4 large carrots, peeled and shredded
½ cup raisins
½ cup olive oil
1 lemon, juiced
2 teaspoons apple-cider vinegar
¼ teaspoon sea salt
¼ teaspoon ginger powder
⅛ teaspoon cinnamon

1. Combine all ingredients in a large bowl and stir to combine until everything is well coated by the dressing and spices.

Note: Keeps in the refrigerator for a few days.





Soups



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Beef and Butternut Stew with Pear and Thyme

Time: 1 hour 45 minutes ~ Serves 6

Ingredients:

2 tablespoons solid cooking fat
2-3 pounds stew meat, cut into 1 ½ inch cubes
1 onion, chopped
5 cloves garlic, minced
2-inch piece of ginger, peeled and minced
2 cups bone broth ([p.29](#))
1 butternut squash, peeled and cubed
½ teaspoon cinnamon
½ teaspoon sea salt
2 pears, chopped
1 cup mushrooms, sliced
1 tablespoon fresh thyme

1. Heat 1 tablespoon of the cooking fat in a heavy-bottomed pot on medium-high heat and brown the meat on all sides. Remove from the pot, and turn the heat down to medium.
2. Add the onion and cook for about five minutes or until they begin to soften. Add the ginger and garlic, and cook for another couple of minutes, being careful to stir them gently so that they don't burn.
3. Add the bone broth or stock and the browned meat to the pot, and bring to a simmer on low. Cover tightly and cook for 15 minutes, making sure that the pot simmers gently. Add the butternut squash, cinnamon, and sea salt and simmer covered for another 15 minutes. Now add the pears and simmer for another 30 minutes, or until the meat and squash are both tender.
4. In a small skillet, heat the rest of the cooking fat on high heat and saute the mushrooms for about 5 minutes, or until they are browned and tender.
5. When the stew is finished, garnish with the sauteed mushrooms and fresh thyme.

Note: Freezes well.



Beet and Fennel Soup

Time: 1 hour 30 minutes ~ Serves 4

Ingredients:

2 tablespoons solid cooking fat
1 large fennel bulb, ends removed and sliced thinly
2 cloves garlic, minced
1-inch piece ginger, peeled and minced
2 pounds beets, peeled and cut into 1½-inch chunks
3 cups bone broth (p.29)
1 bay leaf
½ teaspoon salt
fennel fronds, for garnish

1. In a heavy-bottomed pot, heat the cooking fat and sauté the fennel for about 12 minutes, or until it softens. Add the ginger and garlic to the pot and cook for a few more minutes, stirring.
2. Add the broth, beets, bay leaf, and salt. Bring to a boil, cover, and turn down to a simmer. Cook for 1 hour 15 minutes, or until the beets are tender.
3. In a high-powered blender or food processor, blend until desired consistency is reached, adding more broth if needed. Serve warm, with fennel fronds to garnish.

Note: Freezes well.

Carrot Ginger Soup

Time: 45 minutes ~ Serves 4

Ingredients:

2 tablespoons solid cooking fat
1 small yellow onion, chopped
3 tablespoons ginger, peeled and minced
3 cloves garlic, minced
2 pounds carrots, chopped
4 cups bone broth (p.29)
1 bay leaf
½ teaspoon cinnamon
1 ½ teaspoon sea salt
1 tablespoon chives, minced

1. Heat the cooking fat in a heavy-bottomed pan. Add the onions, cooking for a few minutes. Add the ginger and garlic and cook for a couple more minutes, stirring to ensure that they don't burn. Add the carrots and cook another 10 minutes, stirring often.
2. Add the bone broth, bay leaf, cinnamon, and sea salt to the pot. Bring to a boil, turn down to a gentle simmer and cover tightly with a lid. Cook for 20-30 minutes, or until carrots are completely softened.
3. Turn off the heat and transfer into a high-powered blender. Purée until the soup reaches the desired consistency.
4. Serve with a scoop of fat and chives for garnish.

Note: Freezes well.

Cold Avocado Cucumber Soup

Time: 15 minutes ~ Serves 2

Ingredients:

2 large cucumbers
1 avocado, halved
 $\frac{3}{4}$ cup filtered water
 $\frac{1}{4}$ cup extra virgin olive oil, plus more for garnish
2 tablespoons fresh mint, plus more for garnish
1-inch piece of raw ginger, minced
1 clove garlic
 $\frac{1}{2}$ lemon, juiced
 $\frac{1}{2}$ tablespoon apple-cider vinegar
 $\frac{1}{2}$ teaspoon sea salt



1. Place all of the ingredients except half of the avocado and a sprig of mint in a high-powered blender and blend on high until thoroughly mixed. Serve immediately topped with avocado slices, a sprig of mint and a drizzle of olive oil.

Classic Chicken Soup

Time: 2 hours ~ Makes a lot

Ingredients:

1 4-5 pound stewing hen or rooster
1 onion, chopped
1 bay leaf
2 cloves garlic
1 tablespoon salt
6 large carrots, chopped
6 stalks celery, chopped
2 pounds green beans, chopped
sea salt and coconut oil to taste

1. Begin by cleaning the chicken and placing it in a large stock pot. If it doesn't fit, you will have to cut it into quarters.
2. Add the onion, bay leaf, garlic, and salt. Fill the pot with water until the chicken is just covered. Bring to a boil and then cover tightly and lower barely to a simmer. Cook this way until the meat is tender and falling off the bone, about 1-2 hours - the lower the simmer the more tender your chicken will come out. Skim the surface of the broth to remove any scum that may appear during cooking.
3. When the chicken is finished, remove it from the pot and strain the broth. Add the broth back to the pot along with the vegetables. Bring to a boil, and then cover and lower to a simmer for 20 minutes.
4. While the vegetables are cooking, remove the meat from the chicken carcass and set aside in a bowl.
5. When the veggies are tender, add the chicken back to the soup and simmer another 20 minutes. Add more salt to taste, and serve with a big scoop of coconut oil.

Note: Freezes well.



Celeriac Leek Soup

Time: 45 minutes ~ Serves 4

Ingredients:

4 slices sugar-free, pastured bacon
2 leeks, ends removed and sliced thinly
3 cloves garlic, minced
1-inch piece ginger, minced
4 cups bone broth (p.29)
2 pounds celeriac, peeled and cut into 1 ½ inch chunks
1 tablespoon apple-cider vinegar
½ teaspoon salt
a few sprigs of parsley



1. Heat a heavy-bottomed pot on medium heat; when it is ready, cook the bacon until crispy, turning a couple times. Remove the bacon to cool and leave the fat in the bottom of the pan.
2. Add the leeks and cook for a few minutes, stirring. Add the garlic and ginger and cook for another couple of minutes.
3. Add the broth, celeriac, apple-cider vinegar and salt and bring to a boil. Turn down to a simmer, cover, and cook for 15 minutes, or until celeriac is soft.
4. While the soup is cooking, crumble the bacon.
5. Transfer to a blender and process until desired consistency is reached, adding more bone broth if needed.
6. Serve garnished with parsley and crumbled bacon on top.

Chicken Soup with Acorn Squash

Time: 2 hours ~ Makes a lot

Ingredients:

1 4-5 pound stewing hen or rooster
1 onion, chopped
1 bay leaf
2 cloves garlic
1 tablespoon salt
1 tablespoon solid cooking fat
2 large carrots, chopped
2 stalks celery, chopped
4 pounds acorn squash, peeled, seeded,
and cut into 1 ½ inch cubes
salt and coconut oil to taste

1. Begin by cleaning the chicken and placing it in a large stock pot. If it doesn't fit, you will have to cut it into quarters.
2. Add the onion, bay leaf, garlic, and salt. Fill the pot with water until the chicken is just covered. Bring to a boil and then cover tightly and lower to a simmer. Cook this way until the meat is tender and falling off the bone, about 1-2 hours - the lower the simmer the more tender your chicken will come out. Skim the surface of the broth to remove any scum that may appear during cooking.
3. When the chicken is finished, remove it from the pot and strain the broth into another pot.
4. In the empty stock pot, heat the cooking fat. Add the vegetables (acorn squash, carrots, and celery) and brown for about 10 minutes. Add the broth back to the pot, bring to a boil, and then cover and lower to a simmer for 20 minutes.
5. While the vegetables are cooking, remove the meat from the chicken carcass and set aside in a bowl. When the veggies are tender, add the chicken back to the soup and simmer another 20 minutes.
6. Add more salt to taste, and serve with a big scoop of coconut oil.

Note: Freezes well.



Winter Squash Soup

Time: 1 hour 30 minutes ~ Serves 6

Ingredients:

4-5 pounds kabocha squash, halved and seeds removed
3 tablespoons solid cooking fat
1 onion, chopped
4 cloves garlic, minced
2 cups bone broth ([p.29](#))
1 tsp cinnamon
sea salt to taste
sliced avocado and parsley for garnish



1. Preheat your oven to 400 degrees.
2. Place the squash inside up in a baking dish. Spread 2 tablespoons of the cooking fat all over the flesh of the squash and on the bottom of the pan. Bake for 1 hour or until completely tender.
3. While the squash is baking, heat the remaining tablespoon of the cooking fat in a heavy-bottomed pot. Cook the onion for ten minutes and then add the garlic for a couple of minutes, stirring. Remove from heat.
4. When the squash is finished, scoop the flesh out and blend in batches with the onion mix, spices and bone broth. Add more bone broth $\frac{1}{4}$ cup at a time until the desired consistency is reached. Pour into the large pot and heat, adding salt to taste.
5. Serve with a scoop of fat, slices of avocado and parsley for garnish.

Note: Freezes well without avocado.

Hearty Vegetable Soup

Time: 1 hour ~ Serves 6

Ingredients:

1 tablespoon solid cooking fat
1 large yellow onion, chopped
3 cloves garlic, minced
1 inch piece of ginger, peeled and minced
4 carrots, cut into 1 ½ inch chunks
2 parsnips, cut into 1 ½ inch chunks
1 large sweet potato, peeled and cut into 1 ½ inch chunks
1 cup crimini mushrooms, halved
1 tablespoon rosemary
1 tablespoon thyme
2 quarts bone broth (p.29)
1 bay leaf
1 bunch chard, stemmed and chopped
sea salt and coconut oil to taste

1. Heat the cooking fat in a heavy-bottomed pot over medium-high heat and add the onions, cooking for a few minutes. Add the garlic and ginger, and cook for another minute, stirring. Add the carrots, parsnips, sweet potato, mushrooms, rosemary, and thyme, and sauté for another five minutes or until the outside of the vegetables are gently browned.
2. Deglaze the pot by adding the bone broth to the veggies. Add the cider vinegar, bay leaf, and salt. Bring to a boil, and then let the soup simmer gently with the lid on. Cook for 20 minutes, or until the vegetables are tender.
3. Add the chard in the last couple of minutes of cooking, just letting them soften in the warm broth. Check to see that the broth is salty enough and add more if needed.
4. Serve with a scoop of coconut oil in each bowl.

Note: Freezes well.



Moroccan Lamb Stew

Time: 2 hours ~ Serves 4

Ingredients:

1 teaspoon sea salt
½ teaspoon cinnamon
2 pounds lamb stew meat
2 tablespoons solid cooking fat
1 onion, chopped
4 cloves garlic, minced
2 inch piece ginger, minced
2 tablespoons fresh rosemary, minced
1 tablespoon apple-cider vinegar
½ cup bone broth (p.29)
½ cup filtered water
2 small blood oranges, zest reserved and juiced
4 cups carrots, chopped
5 dates, minced
1 teaspoon orange zest
¼ cup fresh cilantro, chopped

1. In a small bowl, combine the cinnamon and sea salt, and use to coat the lamb.
2. Heat the solid fat in a heavy-bottomed pot on medium heat, and when it is ready, brown the stew meat (2-3 minutes). Remove the meat and set aside. Add the onion and cook for 3 minutes, stirring. Next add the garlic, ginger, and rosemary, and cook another couple of minutes, until fragrant.
3. Add the apple-cider vinegar, bone broth, water, lamb, dates, carrots, and blood orange juice to the pot and bring to a boil. Turn down to a bare simmer, cover, and cook for about 1 hour 30 minutes, until lamb and veggies are all tender.
4. Stir in the orange zest. Serve garnished with cilantro.



Under The Weather Soup

Time: 1 hour ~ Makes a lot

Ingredients:

- 2 quarts bone broth ([p.29](#))
- 1 quart filtered water (or more bone broth)
- 3 sweet potatoes
- 1 pound green beans, roughly chopped
- 2 zucchini, roughly chopped
- 1 bunch leafy greens (like kale or chard), roughly chopped
- 4 cloves garlic, peeled and chopped
- 2-inch piece of ginger, peeled and chopped
- 1 avocado, sliced thinly
- sea salt to taste
- lemon juice to taste
- coconut oil to taste

1. Place the bone broth and water in a large stock pot on medium-high heat. When it comes to a boil, turn down to a simmer and add the sweet potatoes or squash. Cook for 20-30 minutes or until tender.
2. Turn the heat off and add the green beans, zucchini, and leafy green vegetables to the still-hot water. Cover and let the soup sit for a few minutes. Add the salt, garlic and ginger.
3. Blend the soup in batches and place in another pot.
4. Serve with sea salt, a scoop of coconut oil, a squeeze of lemon and avocado slices.

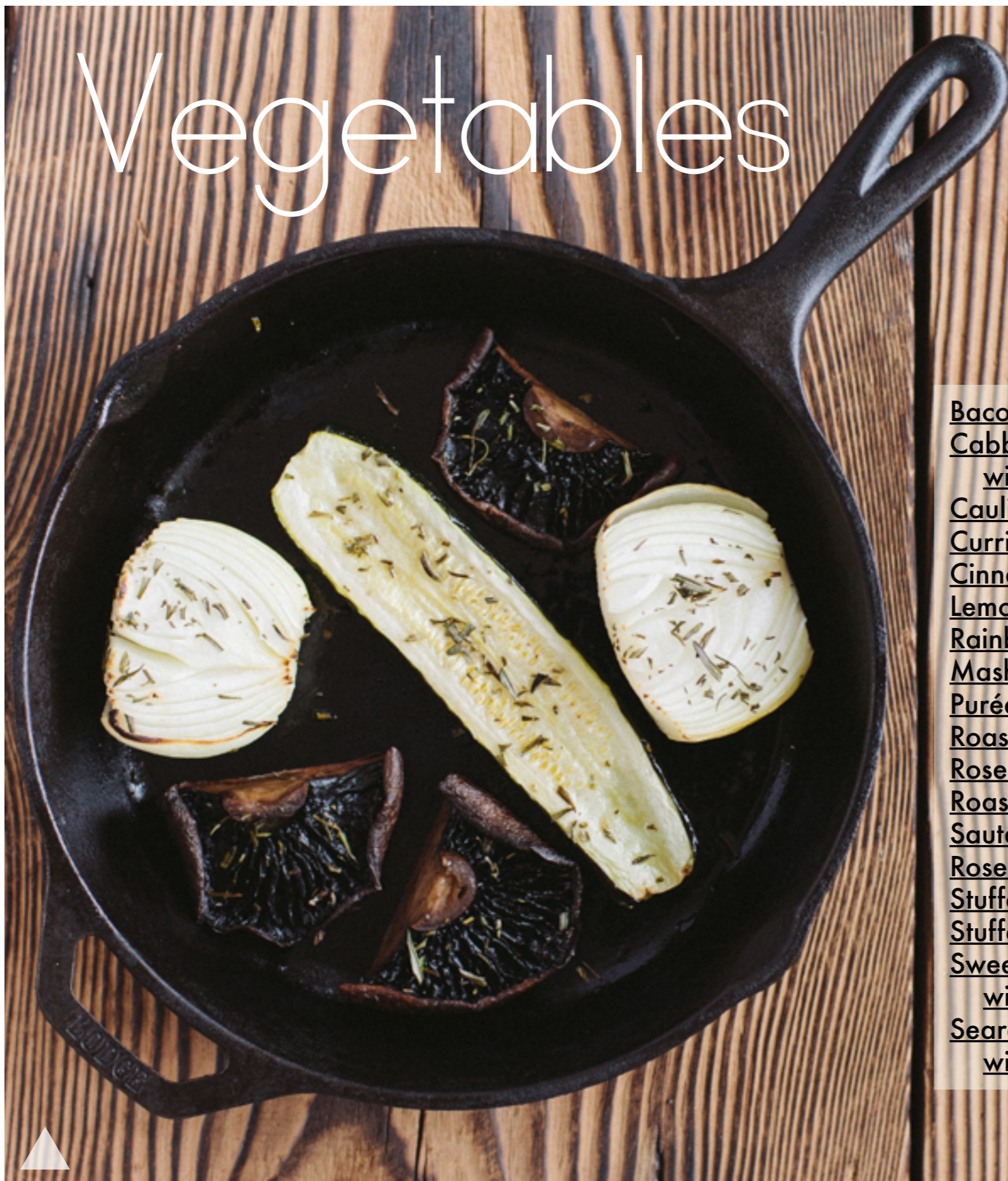
Variation: Use winter squash instead of sweet potatoes.

Note: Freezes well.





Vegetables



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Bacon Brussels Sprouts

Time: 30 minutes ~ Serves 4

Ingredients:

1 ½ pounds brussels sprouts
6 slices uncured, sugar-free bacon
salt to taste



1. Wash brussels sprouts, cut the ends off, slice in half and set aside.
2. Cook bacon in a skillet over medium-high heat until crispy. Set bacon aside.
3. Saute brussels sprouts in the leftover bacon fat for about 15 minutes, or until browned on the outside and cooked through.
4. When the bacon has cooled, chop it into small bits. Combine with the brussels sprouts and serve warm.

Cabbage Sauté with Coconut Aminos

Time: 30 minutes ~ Serves 4

Ingredients:

1 tablespoon solid cooking fat
½ head savoy cabbage, shredded
1 large onion, sliced thinly
1 tablespoon coconut aminos
1 teaspoon ginger powder
sea salt to taste

1. Heat the solid cooking fat in a skillet on medium-high heat.
2. Add the cabbage and onions to the pan and sauté for 20 minutes, until the vegetables begin softening.
3. Add the coconut aminos, ginger powder, and sea salt. Cook for a few more minutes. Serve warm.

Cauliflower Fried "Rice"

Time: 15 minutes ~ Serves 4

Ingredients:

1 head cauliflower, roughly chopped
2 tablespoons solid cooking fat
1 small yellow onion, finely chopped
4 cloves garlic, minced
1 carrot, finely chopped
1 zucchini, finely chopped
1 cup mushrooms, finely chopped
¼ teaspoon sea salt
½ teaspoon ginger
½ teaspoon turmeric
1 tablespoon coconut aminos
1 tablespoon chives, chopped

1. Process the cauliflower in a food processor for 10 seconds, or until it just barely forms "rice" size granules and set aside.
2. Heat the solid cooking fat in the bottom of a skillet or wok on medium-high heat. When it is ready, add the onion and cook for a few minutes, until translucent.
3. Add the garlic, carrot, and zucchini, and cook, stirring for five more minutes.
4. Add the cauliflower "rice," mushrooms, sea salt, ginger, turmeric, and coconut aminos, and cook another five minutes, stirring. Serve garnished with chives.

Curried Cauliflower

Time: 20 minutes ~ Serves 2-3

Ingredients:

- 2 tablespoons solid cooking fat
- 1 large head of cauliflower, chopped into 1-inch pieces
- ½ teaspoon turmeric powder
- ½ teaspoon ginger powder
- ¼ teaspoon sea salt
- 1 tablespoon coconut aminos (optional)



1. Heat the fat in the bottom of a wok or skillet on medium heat.
2. When it is ready, add the cauliflower and sprinkle with the turmeric, ginger and sea salt, stirring to combine. Cover and cook for 10 minutes or until the cauliflower is just tender, stirring a couple of times.
3. Add the coconut aminos and cook for another minute.

Variation: Sauté some minced shallots and garlic before adding the cauliflower.

Cinnamon Butternut Squash

Time: 1 hour 15 minutes ~ Serves 4

Ingredients:

3 pounds butternut squash, peeled, seeded and cut into 1 ½ inch cubes
2 tablespoons solid cooking fat, melted
¼ teaspoon cinnamon
⅛ teaspoon ginger powder
¼ teaspoon sea salt

1. Preheat your oven to 400 degrees.
2. Place the butternut squash in a large bowl and combine with the cooking fat, cinnamon, ginger, and sea salt, stirring to coat evenly.
3. Place in a baking dish and cook for 1 hour , or until completely tender, making sure to stir every 20 minutes or so. Serve warm.

Lemon Sautéed Green Beans

Time: 25 minutes ~ Serves 4

Ingredients:

2 tablespoons solid cooking fat
2 pounds green beans, ends trimmed
1 tablespoon coconut aminos
½ lemon, juiced
½ teaspoon sea salt

1. Heat the cooking fat in a wok or skillet on medium heat.
2. When it is ready, add the green beans and cook for 10 minutes, being sure to stir every few minutes.
3. Add the coconut aminos, lemon juice, and sea salt and cook for another 5 minutes, until they are browned yet still crispy. Serve warm.

Rainbow Roasted Root Vegetables

Time: 1 hour ~ Serves 4

Ingredients:

5 medium carrots, cut into 1-inch pieces
3 medium beets, peeled and cut into 1-inch pieces
3 medium parsnips, cut into 1-inch pieces
1 small rutabaga, peeled and cut into 1-inch pieces
3 tablespoons solid cooking fat, melted
sea salt to taste



1. Preheat oven to 400 degrees. Combine the carrots, beets, parsnips, and rutabaga in a bowl and coat with the cooking fat and sea salt.
2. Transfer to a baking dish and bake until soft and browned on the outside, about 1 hour. Make sure to stir a couple of times while cooking. Serve warm.

Note: Feel free to use a variety of root vegetables for this recipe, not just the ones called for. Sweet potato, celeriac, and turnips make lovely additions or substitutions to any of the above.

Mashed Sweet Potatoes

Time: 1 hour ~ Serves 4

Ingredients:

1 ½ pounds sweet potatoes, peeled and cubed
1 tablespoons solid cooking fat, melted, plus
more to taste
¼ teaspoon sea salt

1. Preheat your oven to 400 degrees.
2. Combine the sweet potatoes, cooking fat and sea salt in a bowl, making sure to coat evenly.
3. Place in a baking dish and cook in the oven for 40 minutes or until soft, stirring once to ensure even browning.
4. Remove from the oven, place in a bowl and mash with a potato masher, adding more fat if needed. Serve warm.

Puréed Parsnips

Time: 1 hour ~ Serves 4

Ingredients:

1 ½ pounds parsnips, peeled and chopped into chunks
2 tablespoons solid cooking fat, melted, plus more to taste
¼ teaspoon sea salt

1. Preheat your oven to 400 degrees.
2. Place the parsnips in a bowl and coat evenly with the cooking fat and salt.
3. Place in a baking dish and cook in the oven for 45 minutes or until tender.
4. Purée in a high-powered blender or food processor until desired consistency is reached, adding more fat if necessary. Serve warm.

Roast Mixed Vegetables

Time: 45 minutes ~ Serves 4

Ingredients:

- 1 large onion, peeled and quartered
- 4 zucchini, cut once lengthwise
- 2 portobello mushroom caps, stemmed and halved
- 2 tablespoons solid cooking fat, melted
- 1 tablespoon fresh rosemary, minced
- sea salt to taste



1. Preheat your oven to 400 degrees.
2. Place the onion, zucchini slices, and portobellos in a bowl and coat evenly with the cooking fat, rosemary and salt.
3. Place on a baking sheet and cook in the oven for 30 minutes or until vegetables are tender and the outsides are caramelized. Serve warm.

Rosemary Roasted Carrots and Parsnips

Time: 1 hour 15 minutes ~ Serves 4

Ingredients:

1 pound carrots, ends trimmed and peeled
½ pound parsnips, ends trimmed and peeled
2 tablespoons solid cooking fat, melted
2 tablespoons fresh rosemary
sea salt to taste

1. Preheat the oven to 400 degrees.
2. Place the carrots and parsnips in a large baking dish, coating with solid cooking fat, rosemary, sea salt. Stir to coat evenly.
3. Cook for 45-60 minutes, stirring every 20 minutes to ensure even cooking. They are finished when lightly caramelized on the outside and cooked throughout.

Roasted Spaghetti Squash

Time: 1 hour 30 minutes ~ Serves 4

Ingredients:

2 pounds spaghetti squash, halved and
seeds scooped out
2-3 tablespoons solid cooking fat
1 teaspoon sea salt

1. Preheat oven to 400 degrees.
2. Place both sides of squash in a lightly oiled roasting pan. Coat the flesh of the squash generously with the cooking fat and sprinkle the sea salt all over.
3. Cook for 45 minutes to an hour, or until soft throughout when poked with a fork and caramelized on the outside. Let cool for 10 minutes.
4. Remove the strings of flesh with a fork.

Sautéed Market Greens

Time: 20 minutes ~ Serves 4

Ingredients:

2 large bunches of kale, chard, or collard greens,
stemmed and chopped roughly
2 tablespoons solid cooking fat
1 teaspoon sea salt



1. Wash and dry the greens thoroughly, making sure that they are not too wet before cooking.
2. Heat the cooking fat in a large skillet on medium heat. When the pan is hot, add the greens in batches, stirring as they cook. It is ok if they do not all fit in the pan at once, just keep cooking them down and adding until they are all in there. Add salt and cook about 15 minutes or until completely cooked down and tender. Serve warm.

Note: Feel free to use any varieties of large-leafed brassica vegetables for this recipe.

Rosemary Grilled Asparagus

Time: 30 minutes ~ Serves 4

Ingredients:

2 pounds asparagus, ends trimmed
2 tablespoons solid cooking fat, melted
½ tablespoon fresh rosemary
¼ teaspoon sea salt
½ lemon, juiced

1. Preheat your grill or grill-pan.
2. Coat the asparagus with the cooking fat, rosemary and sea salt.
3. Grill for 10 minutes, turning occasionally, or until soft (you may have to remove some of the thinner spears as they cook). Serve warm with a squeeze of fresh lemon juice.

Variation: You can also bake these for 10 minutes in a 400 degree oven.

Stuffed Acorn Squash

Time: 1 hour 45 minutes ~ Serves 4

Ingredients:

2 acorn squash, ends trimmed, cut in half and seeded
2 tablespoons solid cooking fat
¼ cup onions, finely chopped
2 cloves garlic, minced
2 large carrots, finely chopped
2 stalks celery, finely chopped
1 cup button mushrooms, finely chopped
1 cup spinach, chopped
a few sprigs of fresh thyme
sea salt to taste

1. Preheat your oven to 400 degrees.
2. Place the acorn squash halves facing up in a baking dish. Spread 1 tablespoon of the cooking fat on the bottom of the dish and on the flesh of the squash. Bake for 1 hour.
3. Meanwhile, heat the rest of the cooking fat in a skillet over medium-high heat.
4. When it is hot, add the onions, cooking for 5 minutes. Add the garlic and cook for another minute, stirring. Add the carrots and celery and cook for a few minutes before adding the mushrooms and spinach. After another minute or two, the vegetables should be browned but not completely cooked. Turn off the heat and set aside.
5. When the squash is finished, remove it from the oven and fill the seed cavities with the vegetable mixture. Season with sea salt and thyme.
6. Place back into the oven and bake for another 15 minutes, or until squash is tender.

Stuffed Portobello Mushroom Caps

Time: 1 hour ~ Serves 4

Ingredients:

1 pound portobello mushroom caps, stemmed
1 tablespoon solid cooking fat
1 small yellow onion, finely chopped
2 cloves garlic, minced
1 stalk celery, finely chopped
1 carrot, finely chopped
2 leaves collard greens, finely chopped
2 tablespoons fresh rosemary or thyme
 $\frac{1}{4}$ teaspoon sea salt



1. Preheat your oven to 400 degrees.
2. Heat the cooking fat in a skillet over medium-high heat. Add the onion and sauté for a few minutes, stirring. Add the garlic, and sauté for another minute before adding the celery, carrot, collard greens, and herbs. After another 5 minutes, add the salt, turn off the heat and set aside.
3. Fill the portobello caps with the vegetable mixture.
4. Place in the oven to cook for 30 minutes. Serve warm.

Sweet Potato Fries with Garlic "Mayo"

Time: 45 minutes ~ Serves 4

Ingredients:

3 large sweet potatoes, peeled and cut into thick fries
4 tablespoons solid cooking fat, melted
sea salt to taste
 $\frac{1}{2}$ cup garlic "mayo" (p.70)



1. Preheat your oven to 400 degrees.
2. Place the sweet potato fries into a large bowl and coat with the cooking fat and sea salt. Arrange on a series of baking sheets so that the fries have adequate space between them (this is how they come out crispy). Use 3-4 sheets if you need to!
3. Add the sea salt. Bake for 10-15 minutes, remove from the oven, flip, and bake for another 10-15 minutes, watching at the end so that they don't burn.
4. Serve with garlic mayo.

Seared Broccolini with Garlic Chips + Coconut Pesto

Time: 30 minutes ~ Serves 4

Ingredients:

- ¼ cup solid cooking fat
- 6 cloves garlic, peeled and sliced thinly
- 4 cups broccolini, washed and bottoms of stems removed
- 1 cup coconut pesto ([p.67](#))

1. Heat the ¼ cup of solid cooking fat in a small saucepan over high heat until it smokes. If there is not enough oil to submerge the chips, add some more until there is.
2. Turn off heat, and gently fry chips a few at a time until lightly browned (about 30 seconds) using tongs or chopsticks. Let cool completely on a paper towel to get crispy.
3. Heat 3 tablespoons of the garlic oil in a skillet on high to cook the broccolini. Sear the broccolini for a couple of minutes on each side. Turn the heat down and let cook covered for about 10 minutes, or until brown and crispy on the outside and tender on the inside.
4. Serve with coconut pesto and garnish with the garlic chips.





Chicken

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Curried Chicken Salad

Time: 15 minutes ~ Serves 3-4

Ingredients:

½ cup garlic “mayo” (p.70), slightly warmed
1 teaspoon apple-cider vinegar
½ lemon, juiced
2 teaspoons powdered turmeric
1 teaspoon powdered ginger
¼ teaspoon sea salt
1 lb pastured chicken breast, shredded (p.118)
¼ cup chopped red onion
¼ cup raisins
2 tablespoons chopped parsley



1. Combine the mayo, apple-cider vinaigrette, lemon juice, turmeric, ginger, and sea salt in a bowl and whisk to combine.
2. Add the chicken breast, red onion, and raisins and stir. Serve garnished with chopped parsley.

Note: Keeps for a few days in the refrigerator.

Chicken Liver with Raw Garlic and Thyme

Time: 30 minutes ~ Serves 2

Ingredients:

1 pound chicken liver, sliced thinly
3 tablespoons extra-virgin olive oil
1 lemon, juiced
4 cloves garlic, minced
sea salt to taste
fresh thyme for garnish

1. Prepare the livers by washing and drying them thoroughly. You want them to be as dry as possible before cooking them to make sure they get nice and crispy.
2. Heat a skillet on medium-high and when it is hot, dry-fry the livers for 3-4 minutes before flipping. Cook another 2-3 minutes on the other side.
3. Remove from the pan and coat with olive oil, raw garlic, sea salt and thyme.

Serving Suggestions: Sautéed Market Greens ([p.106](#)),
Rainbow Roasted Root Vegetables ([p.102](#))

Chicken Pesto

Time: 30 minutes ~ Serves 2-3

Ingredients:

2 tablespoons solid cooking fat
2 bunches broccolini or 1 pound broccoli, roughly chopped
1-2 pounds shredded chicken breast ([p.118](#))
 $\frac{3}{4}$ -1 cup coconut pesto ([p.67](#))

1. Heat the cooking fat in the bottom of a cast iron pan or skillet on medium heat. When it is ready, add the broccolini, cover, and cook for 10-15 minutes, stirring but letting some of the edges brown.
2. Add the shredded chicken and coconut pesto and stir to combine. Cook for another minute or two until everything is incorporated.

Serving ideas: Spaghetti Squash ([p.105](#))

Garlic-Sage Chicken Patties

Time: 1 hour ~ Serves 6

Ingredients:

4 tablespoons solid cooking fat
¼ cup onion, minced
4 cloves garlic, minced
3 tablespoons fresh sage, chopped
1 teaspoon sea salt
2 pounds pastured chicken thigh, ground
1 tablespoon and ¼ cup coconut flour, divided

1. Heat one tablespoon of the cooking fat in a skillet on medium heat. When it is ready, add the onions and cook for a couple of minutes, stirring. Add the garlic and sage and continue to cook, stirring, until they are fragrant and browned but not burned (a couple more minutes).
2. Take the pan off the heat and let the mixture cool down for a few minutes. While you are waiting, place the coconut flour on a plate.
3. When the garlic and sage mixture is just warm and no longer hot, add to the ground chicken with the coconut flour and sea salt. Mix well, and form into 12-14 patties, dredging them lightly in the coconut flour.
4. Heat your skillet up on medium again, adding more cooking fat if there isn't any left in the pan. Cook the patties in batches for 10-15 minutes a side, until golden brown and completely cooked throughout. Alternately, they can be baked in the oven for about 25 minutes at 400 degrees.

Variation: Try making them into meatballs instead of patties. Brown in a skillet with some coconut oil until they firm up (5-10 minutes), and then add ½ a cup of bone broth and simmer until completely cooked (another 10 minutes or so).



Asian Marinated Grilled Chicken

Time: 1 hour 30 minutes, 1 hour Marinating Time ~ Serves 4

Ingredients:

¼ cup coconut aminos
1 orange, juiced
1-inch piece of ginger, minced
1 clove garlic, minced
¼ teaspoon sea salt
2 pounds pastured chicken, butterflied
1 tablespoon solid cooking fat

1. Combine the marinade in a blender and blend for 30 seconds.
2. Pour into a bag or container with the chicken and marinate for 1-2 hours, turning if the chicken is not completely covered in the marinade.
3. Brush with cooking fat. Preheat your grill or grill-pan and cook for 10 minutes a side, or until the chicken is cooked all the way through.

Variation: Bake in the oven at 400 degrees for 30 minutes.

Serving Suggestion: Rosemary Grilled Asparagus ([p.107](#)), Cauliflower Fried Rice ([p.99](#))

Lemon-Garlic Marinated Chicken Breast

Time: 1 hour 30 minutes, 1 hour Marinating Time ~ Serves 4

Ingredients:

2 lemons, juiced
2 cloves of garlic, minced
2 tablespoons fresh parsley, minced
1 teaspoon sea salt
24 ounces free-range chicken breast, butterflied
1 tablespoon solid cooking fat

1. Combine the lemon juice, garlic, parsley, and sea salt in a small bowl.
2. Add to a container with the chicken breast and let marinate 1 hour, taking time to flip if not completely submerged by the marinade.
3. When it is finished marinating, let the chicken come to room temperature and preheat your oven to 400 degrees.
4. Remove the chicken from the marinade and place on a oiled baking dish. Place a little dab of cooking fat on top of each breast and bake for 30 minutes, or until chicken is cooked all the way through.

Serving Suggestion: Lemon Sautéed Green Beans ([p.101](#)), Rosemary Roast Carrots and Parsnips ([p.105](#))

Herbed Roast Chicken

Time: 1 hour 20 minutes ~ Serves 4

Ingredients:

3-4 pound free-range chicken, cleaned and dried
sea salt to taste
a few sprigs of fresh herbs (thyme, rosemary or sage)
4 cloves garlic, peeled and halved
1 lemon, quartered



1. Preheat your oven to 400 degrees.
2. Rub sea salt all over the inside and outside of your chicken. Place on a rack in a roasting dish breast up (alternately you can use a bed of roughly chopped carrots and celery). Poke the sprigs of herbs and garlic halves under the skin at the neck and the rear of the bird. Fill the cavity with the lemon quarters and leftover herbs.
3. Cook for 20 minutes, flip, cook another 20 minutes, flip and cook until the internal temperature reaches 165 degrees when measured in the thickest portion of the thigh. Remove and let rest before serving.

Shredded Chicken Breast

Time: 30 minutes ~ Serves 4

Ingredients:

1-2 pounds pastured chicken breast
sea salt to taste
2 tablespoons solid cooking fat
1 cup bone broth ([p.29](#)) or water

1. Bring the chicken breast to room temperature and sprinkle liberally with sea salt.
2. Heat the cooking fat in a skillet over medium heat.
3. When it is ready, place the chicken breasts top down in the cooking fat and sear for 5-7 minutes or until browned. Flip the chicken, add the broth, cover and turn down to a simmer. Cook for 20 minutes or until the internal temperature reaches 165 degrees.
4. Let cool for 10 minutes and shred.

Serving Suggestion: Serve on lettuce boats or as a salad with Mango Salasa ([p.72](#)) and Guacamole ([p.69](#)).

Chicken Stir-Fry

Time: 30 minutes ~ Serves 3-4

Ingredients:

2 tablespoons solid cooking fat
1 yellow onion, chopped
6 cloves garlic, minced
1 1/2-inch piece ginger, peeled and minced
1/2 teaspoon sea salt
3 large carrots, sliced diagonally
1 lb broccoli, chopped
1/2 cup coconut aminos
2 cups mushrooms, chopped
1 lb pastured chicken breast, shredded ([p.118](#))
1/2 lemon, juiced

1. Heat the cooking fat in a wok or skillet on medium.
2. When it is ready, add the onions and cook for 3 minutes. Add the garlic, ginger, and sea salt, and cook, stirring for another minute. Add the carrots, broccoli, and coconut aminos and cover, cooking for 10 minutes, stirring occasionally. Add the mushrooms and cook for another couple of minutes.
3. Lastly, add the chicken and stir to heat throughout.
4. Squeeze with lemon juice and serve.

Serving Suggestion: Cauliflower Rice ([p.99](#)), Coconut Amino Cabbage Sauté ([p.99](#))

Sage-Braised Chicken Legs

Time: 1 hour 15 minutes ~ Serves 4

Ingredients:

3-4 pastured chicken legs and thighs with skin, separated

¼ teaspoon sea salt

2 tablespoons solid cooking fat

6 cloves garlic, chopped

2 cups button or crimini mushrooms, halved

¼ cup fresh sage, chopped

2 tablespoons apple-cider vinegar

⅓ cup bone broth

⅓ cup filtered water

½ lemon, juiced



1. Preheat your oven to 300 degrees.
2. Thoroughly dry the chicken and sprinkle with sea salt.
3. Heat the cooking fat in a skillet or cast-iron pan on medium-high heat. When it is ready, brown the chicken, skin side down for 8 minutes, or until golden and crispy. Remove from the pan and set aside. Turn the heat down to medium and add the garlic, stirring while cooking for a minute. Add the mushrooms and sage, cooking for another few minutes while stirring. Turn off the heat, add the apple-cider vinegar and return the chicken to the pan, with the crispy browned skin facing up.
4. Add the bone broth and water, and place the pan in the oven. Cook for 35-45 minutes, or until the a thermometer reads an internal temperature of 165 degrees.
6. Serve with pan juices and fresh lemon juice squeezed on top.

Serving ideas: Parsnip Purée ([p.103](#)), Mashed Sweet Potatoes ([p.103](#))



Seafood

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Clam Chowder

Time: 1 hour 15 minutes ~ Serves 4

Ingredients:

3 pounds steamer clams
1½ cups filtered water
4 slices sugar-free, pastured bacon
1 small yellow onion, chopped
2 carrots, chopped
5 cloves garlic, minced
1 tablespoon fresh thyme
1 bay leaf
2 pounds celeriac, peeled and cubed
1 cup coconut milk (p.35)
3 chives, whites sliced thinly

1. Let the clams soak in a bowl of water with a tablespoon of salt dissolved in it for 20 minutes, then clean them carefully with a wire brush, tossing any of them that are broken, being sure to get all of the sand and debris off of them.
2. Bring the water to a boil in a large pot, add the clams, cover and turn down to a simmer. After about 4 minutes the clams should start opening, once they do so, pull them out one by one. Continue doing this until the clams have cooked another 4 minutes. If there are any that haven't opened at this point, throw them away. Set the clams aside to cool and strain and reserve 1 ½ cups of the clam broth.
3. In another pot, cook the bacon slices until they are crispy and remove them from the pan, leaving the fat. Keeping the heat on, add the onion, carrots, garlic, fresh thyme and bay leaf to the pot and cook, stirring for 5 minutes. Add the 1 ½ cups of reserved clam broth and the celeriac, bring to a boil, and then cover and simmer for 5-10 minutes, or until the celeriac is soft.
4. While the celeriac is cooking, remove the clams from their shells one by one and chop the bacon into bits. When the celeriac is finished, turn off the heat and transfer half of the mixture into a blender and puree, adding it back to the pot.
5. Stir in the clams, coconut milk, and bacon bits. Garnish with chopped chives. Serve immediately – if you must, reheat gently.



Coconut-Amino Marinated Salmon

Time: 1½ hours ~ Serves 4

Ingredients:

24 hours wild-caught salmon fillets
½ cup coconut aminos
1 lemon, juiced
1 tablespoon fresh thyme
¼ cup ginger powder
¼ teaspoon salt

1. Clean and dry the salmon, placing the fillets in a large bag for marinating.
2. Combine the coconut aminos, lemon juice, thyme, ginger powder, and salt in a small bowl. Pour the marinade ingredients into the bag with the salmon and let marinate for 1 hour, flipping the bag once or twice.
3. When you are ready to cook the salmon, preheat the oven to 400 degrees. Place the salmon fillets in a baking dish and discard the marinade. Cook for about 20 minutes, or until the salmon is cooked throughout.

Citrus-Ginger Marinated Salmon

Time: 1½ hours ~ Serves 4

Ingredients:

24 ounces wild-caught salmon fillets
2 oranges, juiced
1 tablespoon apple-cider vinegar
1 tablespoon coconut aminos (optional)
2 tablespoons fresh mint
1 inch piece fresh ginger
¼ teaspoon salt

1. Clean and dry the salmon, placing the fillets in a large bag for marinating.
2. Combine the oranges, apple-cider vinegar, coconut aminos, mint, ginger, and salt in a blender and blend for 30 seconds on high. Alternately, you can mince the mint and ginger and stir together in a bowl. Pour the marinade ingredients into the bag with the salmon and let marinate for 1 hour, flipping the bag once or twice.
3. When you are ready to cook the salmon, preheat the oven to 400 degrees. Place the salmon fillets in a baking dish and discard the marinade. Cook for about 20 minutes, or until the salmon is cooked throughout.

Coconut-Crusted Cod

Time: 45 Minutes ~ Serves 4

Ingredients:

24 ounces cod fillets, cut into 2 inch thick strips
1 ½ cups coconut flour
1 ½ teaspoons ginger powder
¼ teaspoon salt
2 cups coconut milk
1 cup finely shredded coconut
2 tablespoons coconut oil
mango salsa (p.72)



1. Wash, dry, and debone the cod fillets.
2. Combine the coconut flour, ginger powder and salt on a plate or shallow bowl. Place the coconut milk in another shallow bowl, as well as the shredded coconut. Dip the cod strips into the coconut milk, then the coconut flour mixture, back into the coconut milk, and finally into the shredded coconut, paying special attention to creating a thick breading.
3. Heat the coconut oil in the bottom of a skillet on high heat. When it is hot, cook the cod strips for five minutes a side depending on thickness of the fish, or until the top and bottom are nice and browned and the fish is cooked throughout. Once the cod strips are in the pan, try not to fuss with them too much – because there is no egg in the breading, they are a little delicate.
4. Serve with mango salsa.

Mediterranean Salmon

Time: 40 minutes ~ Serves 4

Ingredients:

24 ounces wild-caught salmon
½ cup kalamata olives, pitted and minced
¼ cup fresh parsley, chopped
½ lemon, juiced
¼ teaspoon salt
3 tablespoons extra-virgin olive oil

1. Preheat your oven to 400 degrees.
2. Wash and dry the salmon fillet and place on an oiled baking sheet.
3. Spread the olives, parsley, lemon juice and salt all over the fillet. Bake for 15-20 minutes (depending on the thickness of your fillet), or until the thickest part barely flakes.
4. Remove from the oven and drizzle with olive oil before serving.

Ginger-Baked Salmon

Time: 30 minutes ~ Serves 4

Ingredients:

24 ounces wild-caught salmon
2 tablespoons coconut oil, melted
¼ teaspoon ginger powder
½ teaspoon sea salt
3 tablespoons parsley, minced

1. Preheat your oven to 400 degrees.
2. Wash and dry the salmon fillet and place on an oiled baking sheet.
3. Spread the coconut oil over the fillet and then sprinkle with the ginger, and sea salt. Bake for 15-20 minutes (depending on the thickness of your fillet), or until the thickest part barely flakes.

Classic Tuna Salad

Time: 15 minutes ~ Serves 3-4

Ingredients:

15 ounces bpa-free canned tuna, drained
1 large carrot, chopped finely
1 stalk celery, chopped finely
3 tablespoons red onion, minced
2 tablespoons fresh dill, minced
 $\frac{3}{4}$ cup garlic mayo (p.70), slightly warmed
 $\frac{1}{2}$ lemon, juiced
1 teaspoon apple-cider vinegar
sea salt, to taste
romaine lettuce



1. Combine all ingredients except the lettuce in a bowl and stir to ensure that the dressing is thoroughly mixed in. Taste and add sea salt if necessary.
2. Serve on lettuce or on lettuce boats.

Sole Fillet with Tarragon-Caper Sauce

Time: 30 minutes ~ Serves 4

Ingredients:

½ cup garlic “mayo” (p.70), warmed
½ lemon, juiced
¼ cup tarragon, minced
2 tablespoons capers
2 tablespoons solid cooking fat
sea salt to taste
24 ounces wild-caught sole

1. Place the garlic “mayo”, lemon, tarragon, and capers in a small bowl and mix until combined and set aside.
2. Rinse the fish and pat dry thoroughly with a paper towel. Sprinkle with sea salt.
3. Heat the fat in the bottom of a cast-iron pan or skillet on medium-high heat. Sear the fish for about a minute or two a side, depending on the thickness of your fillets.
4. Remove from the heat and spoon the creamy tarragon sauce over top. Serve immediately.

Serving Suggestion: Lemon Sautéed Green Beans (p.101)

Sear-Roasted Halibut

Time: 15 minutes ~ Serves 2

Ingredients:

½ orange, juiced
2 tablespoons coconut aminos
1 tablespoon lemon juice
¼ teaspoon ginger powder
¼ teaspoon sea salt
2 tablespoons coconut flour
2 tablespoons coconut oil
12 ounces fresh halibut fillet, 1 ½”-2” thick
chives, for garnishing

1. Preheat your oven to 400 degrees.
2. Combine the orange juice, coconut aminos, lemon juice, ginger powder, and half of the sea salt in a small bowl and stir to combine. Place the coconut flour on a plate and set aside.
3. Wash, dry, and skin the halibut fillet if needed. Sprinkle both sides with the remaining sea salt, and dredge in the coconut flour, using your fingers to create a thin, even coating around all sides of the fish.
4. Heat the coconut oil in an oven-safe skillet on medium-high heat. When it is very hot, add the halibut and sear for 2 minutes, until browned on the bottom. Flip and place immediately in the oven. Cook for 3-5 minutes, depending on the thickness of your fillet. The fish is finished when it is no longer opaque on the sides.
5. Glaze with the citrus coconut amino sauce and garnish with fresh chopped chives.

Serving suggestion: Curried Cauliflower (p.100)

Seared Ahi Tuna Steaks

Time: 15 minutes ~ Serves 4

Ingredients:

24 ounces fresh ahi tuna
1/8 teaspoon ginger powder
sea salt to taste
1 tablespoon coconut oil



1. Bring ahi tuna to room temperature. Sprinkle liberally on both sides with sea salt and the ginger powder.
2. Heat the coconut oil in a cast-iron skillet on medium-high heat, and when it is hot sear the tuna for about a minute and a half a side, depending on thickness and desired doneness. Remove from heat and serve immediately.

Serving Suggestion: Serve on salad with Olive-Avocado ([p.71](#)) or Blood-Orange Vinaigrette ([p.68](#)), lettuce boats.

Salmon Salad with Olives and Cucumber

Time: 15 minutes ~ Serves 3-4

Ingredients:

15 ounces bpa-free canned salmon, drained
½ cucumber, finely chopped
10 kalamata olives, pitted and finely chopped
4 radishes, minced
3 tablespoons red onion, minced
2 tablespoons parsley, minced
¾ cup garlic “mayo” (p.70), room-temperature
or slightly warmed
½ lemon, juiced
2 tablespoons olive oil
1 teaspoon apple-cider vinegar
sea salt to taste
mixed salad greens

1. Combine all ingredients except the lettuce in a bowl and stir to ensure that the dressing is thoroughly mixed in. Taste and add sea salt if necessary.
2. Serve on a bed of mixed greens or on lettuce boats.

Note: Keeps for a few days in the refrigerator.







Beef + Lamb

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Cranberry-Braised Short Ribs

Time: 2-3 hours ~ Serves 4

Ingredients:

1 tablespoon solid cooking fat
4 pounds grass-fed beef short ribs
1 ½ cups bone broth ([p.29](#))
1 cup unsweetened cranberry juice
1 cup fresh cranberries
2 tablespoons apple cider vinegar
1 bay leaf
2 tablespoons fresh parsley
sea salt to taste



1. Preheat your oven to 300 degrees.
2. Heat the cooking fat in a heavy-bottomed pot and brown the meat on all sides. Turn off the heat, remove the meat and salt to taste.
3. Add the bone broth, cranberry juice, cranberries, cider vinegar, bay leaf and meat to the pot. The liquid should come up to about $\frac{1}{3}$ of the level of the meat – if any less, add a little bit more broth or water.
4. Making sure you have a lid that fits tightly, braise for about 2-3 hours in the oven, checking periodically that there is enough liquid (you shouldn't have a problem if the lid seals well). It is finished when the meat is falling off the bone. Remove and cover the meat, strain the liquid and reduce about $\frac{1}{2}$.
5. Serve with some of the liquid and garnished with fresh parsley.

Serving Suggestion: Pureed Parsnips ([p.103](#)), Mashed Sweet Potatoes ([p.103](#))

Cinnamon-Sage Dry Rubbed Steak

Time: 45 minutes ~ Serves 4

Ingredients:

1 ½ tablespoons sea salt
¾ tablespoon ground sage
¾ teaspoon cinnamon
2 pounds grass-fed steaks
1 tablespoon coconut oil

1. Combine the sea salt, sage, and cinnamon in a small bowl.
2. Rub the mixture on both sides of the steaks. Let them sit until they come to room temperature, about 20 minutes.
3. Heat the coconut oil in a cast-iron skillet on medium-high heat. When the pan is hot, cook the steaks 5-7 minutes per side, or until desired doneness.

Note: This recipe also works fantastically on the grill.

Serving Suggestion: Sweet Potato Fries and Garlic "Mayo" (p.109), Root Vegetable Chips (p.52)

Citrus-Thyme Pot Roast

Time: 2-3 hours ~ Serves 6

Ingredients:

1 tablespoon solid cooking fat
2-3 pound grass-fed beef roast
1 ½ teaspoons sea salt
¾ cup bone broth (p. 29)
2 tablespoons apple cider vinegar
1 orange, juiced
1 bay leaf
3 carrots, cut into 2-inch chunks
2 parsnips, cut into 2-inch chunks
2 tablespoons fresh thyme

1. Preheat your oven to 300 degrees.
2. Heat the cooking fat in the bottom of a heavy-bottomed pot and brown the roast well on all sides. Turn off the heat, remove the roast from the pot and salt it well.
3. Add the bone broth, cider vinegar, orange juice and bay leaf to the pot. Add the roast back and surround it with the carrots and parsnips. Generously sprinkle fresh herbs all over the roast and the vegetables.
4. Making sure you have a lid that fits properly, braise the roast for about 2-3 hours in the oven, checking periodically to make sure there is enough liquid (you shouldn't have a problem if the lid seals well). It is finished when the meat is easily pulled apart with a fork.
5. Serve the meat and vegetables with some of the braising liquid.

Braised Lamb Shanks with Parsnip Puree

Time: 3 hours ~ Serves 3-4

Ingredients:

2 tablespoons solid cooking fat
sea salt, to taste
3-4 pounds lamb shanks
1 yellow onion, finely chopped
2 carrots, finely chopped
5 cloves garlic, minced
3 tablespoons fresh rosemary, minced
1 tablespoon apple-cider vinegar
1 cup bone broth ([p.29](#))
1 recipe parsnip purée ([p.103](#))
parsley for garnish



1. Preheat your oven to 300 degrees.
2. Generously salt the lamb shanks on all sides.
3. Heat the cooking fat in a heavy-bottomed oven safe pot on medium heat. When it is hot, brown the lamb shanks well on all sides, about 8 minutes. Remove from the pot and set aside. Add the onion, carrots, garlic and rosemary, and cook 3-5 minutes, stirring.
4. Turn off the heat, add the apple-cider vinegar and bone broth, and return the shanks to the pot. The liquid should come up $\frac{1}{3}$ to $\frac{1}{2}$ the level of the shanks, if it is too low, add a little more water or broth. Cover and cook in the oven for 2-3 hours, until the meat is falling off the bone. Cook uncovered for the last 20 minutes to brown the meat a little.
5. Serve on a bed of puréed parsnips with pan juices and garnished with parsley.

Note: The parsnips can be cooked at the same time as the shanks for about 1.5-2 hours at 300 degrees.

Garlic Beef and Broccoli

Time: 30 minutes ~ Serves 4

Ingredients:

2 pounds grass-fed steak, cut into 1/4-inch thick slices
1/4 teaspoon sea salt
1/2 tablespoon solid cooking fat
5 cloves garlic, minced
1 1/2-inch piece of ginger, minced
1 bunch broccoli, chopped
2 tablespoons water or bone broth (p. 29)
1/2 cup coconut aminos
1/2 lemon, juiced

1. Salt meat and let come to room temperature.
2. Lightly oil a wok or skillet with cooking fat and heat on medium.
3. When it is hot, sauté the the steak slices until they are done, about 5-7 minutes.
4. Remove from the wok, lower the heat and add the ginger and garlic, stirring and cooking until fragrant, about 1 minute. Add the broccoli and cook for a few minutes, until lightly browned. Add the water, cover and turn the heat down to medium-low. Cook for about 10 minutes, stirring occasionally, or until the broccolini is tender.
5. Add the coconut aminos, lemon juice, and beef slices back to the pan and saute for a minute or two. Serve immediately.

Serving Suggestion: Cauliflower Fried Rice (p.99), Coconut Amino Cabbage (p.99)

Lamb Meatballs with Garlic and Spinach

Time: 30 minutes ~ Serves 3-4

Ingredients:

1 lb ground lamb
2 tablespoons kalamata olives, minced
3 cloves garlic, minced
1/2 teaspoon lemon zest
1/2 teaspoon cinnamon
1/2 teaspoon sea salt
2 tablespoons solid cooking fat
1/2 cup bone broth (p.29)
4 cups baby leaf spinach
1/2 lemon, juiced

1. Combine the lamb, olives, garlic, lemon zest, cinnamon, and sea salt in a bowl and form into 1-inch meatballs.
2. Heat the cooking fat in a skillet on medium-high heat.
3. When it is hot, cook the meatballs for about 4 minutes, turning periodically to get all sides browned. Add the bone broth and cover, cooking for another 5-6 minutes until meatballs are cooked throughout. Turn off the heat, add the spinach and stir until wilted.
4. Drizzle with lemon juice and serve.

Serving Suggestion: Spaghetti Squash (p.105), Pureed Parsnips (p.103), Mashed Sweet Potatoes (p.103)

Herb Dry Rubbed Steak

Time: 45 minutes ~ Serves 4

Ingredients:

1 tablespoon smoked sea salt
1 tablespoon dried rosemary
1 tablespoon dried thyme
½ tablespoon ground sage
2 pounds grass-fed steaks
1 tablespoon solid cooking fat



1. Combine the sea salt, rosemary, thyme, and sage and grind with a mortar and pestle.
2. Rub the mixture on both sides of the steaks. Let them sit until they come to room temperature, about 20 minutes.
3. Heat the cooking fat in a cast iron skillet on medium-high heat.
4. When the pan is hot, cook the steaks 5-7 minutes per side, or until desired doneness.

Note: This recipe also works fantastically on the grill.

Serving Suggestion: Sweet Potato Fries and Garlic “Mayo” (p.109), Root Vegetable Chips (p.52)

Portobello Burger

Time: 30 minutes ~ Serves 4

Ingredients:

1 tablespoon solid cooking fat, melted
sea salt, to taste
4 portobello mushroom caps, stemmed
½ yellow onion, sliced into large rings
4-8 leaves soft lettuce (not romaine)
4 three-herb beef patties (p.138), warmed
4 tablespoons garlic “mayo” (p.70), warmed
1 avocado, sliced

1. Heat a skillet or grill-pan over medium heat with some of the solid cooking fat.
2. Brush the rest on the portobello caps and onion, sprinkling with sea salt. Cook for 10-15 minutes, flipping once, until fully cooked through. Turn off the heat and set aside to cool for a few minutes.
3. Grab a leaf or two of lettuce, and construct a wrap with a beef patty, a tablespoon of garlic “mayo”, some onion and a portobello, and some slices of avocado.

Serving suggestion: Sweet Potato Fries and Garlic “Mayo” (p.109), Root Vegetable Chips (p.52)

Rosemary Shredded Beef Skillet

Time: 45 minutes ~ Serves 3-4

Ingredients:

3 tablespoons solid cooking fat
4 cups sweet potatoes, chopped into 1-inch cubes
½ yellow onion, chopped
2 cups zucchini squash, chopped
4 cloves garlic, minced
2 tablespoons fresh rosemary
½ teaspoon sea salt
2 cups shredded beef (p.139)

1. Heat 2 tablespoons of the cooking fat in the bottom of a cast-iron pan or skillet on medium heat.
2. When it is ready, add the sweet potatoes, and cook, stirring for 8-10 minutes or until they are just soft, but not all the way cooked. Add the onion and cook for another 5 minutes, then add the zucchini, garlic, rosemary, and sea salt, stirring. Cook for 10 more minutes.
3. Add the shredded beef. Cook for another few minutes, until the beef is heated throughout and all of the vegetables are soft.

Three-Herb Beef Patties

Time: 40 minutes ~ Serves 6

Ingredients:

2 pounds grass-fed ground beef
1 tablespoon fresh rosemary
1 tablespoon fresh thyme
1 tablespoon fresh sage
1 teaspoon sea salt
1 tablespoon solid cooking fat



1. In a large bowl, combine the ground beef, fresh herbs, and sea salt.
2. Form into 12 patties using the palms of your hands.
3. Heat some of the cooking fat in a cast-iron skillet on medium heat. Cook the patties for about 5-8 minutes a side, until nicely browned on the outside and cooked throughout.

Variation: Bake them in the oven for about 25 minutes at 400 degrees or make meatballs instead of patties and serve with Roast Spaghetti Squash ([p.105](#)) and Coconut Pesto ([p.67](#))

Shredded Roast Beef

Time: 3-4 hours, mostly unattended ~ Serves 6

Ingredients:

1 tablespoon solid cooking fat
3-4 pound beef roast, cut into 2-3 big chunks
sea salt to taste
1 cup bone broth ([p.29](#))
1 tablespoon apple-cider vinegar
fresh herbs, optional

1. Preheat your oven to 250 degrees.
2. Generously apply sea salt to the roast.
3. Heat the cooking fat in the bottom of an oven-safe pot on medium-high heat. When it is hot, brown the roast on all sides.
4. Add the bone broth and cider vinegar to the pot along with the fresh herbs if you choose to use them. Ensuring that your lid is on tightly as not to let any steam escape, cook for 3-4 hours, checking periodically to make sure there is enough liquid in the bottom of the pot. The roast is finished cooking when the meat pulls apart easily with a fork.
5. Remove the meat from the pot and let cool for a couple of minutes. Meanwhile, strain the juice from the pot and bring to a simmer on the stove to reduce the liquid, about 15 minutes.
6. Once the meat has cooled a little bit, shred it into bits with two forks or using your hands.
7. When the pan juice has reduced add back to the shredded beef and combine.

Serving Suggestion: Serve on lettuce boats or as a salad with [Mango Salasa \(p.72\)](#) and [Guacamole \(p.69\)](#).





Desserts



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Cinnamon-Ginger Baked Pears

Time: 1 hour ~ Serves 4

Ingredients:

4 pears, halved and cored
1 tablespoon coconut oil, melted
½ lemon, juiced
⅛ teaspoon cinnamon
⅛ teaspoon ginger
pinch of sea salt
2 tablespoons coconut cream, softened (p.34)



1. Preheat your oven to 350 degrees.
2. Brush the pear halves generously with coconut oil and sprinkle with lemon juice. Sprinkle with cinnamon, ginger, and sea salt.
3. Place in the oven for 30 minutes, or until soft (watch out if your pears are quite ripe, they will cook quickly). Remove from the oven and let cool for a few minutes.
4. Drizzle with coconut cream and serve immediately.

Apple-Cinnamon Bars

Time: 1 hour ~ Makes 8 bars

Ingredients:

3 cups fine coconut flakes
2 cups dried apple rings
½ cup dates, pitted and soaked in warm water
for 5 minutes
¼ cup coconut oil
2 teaspoons cinnamon
¼ teaspoon sea salt

1. Preheat your oven to 325 degrees.
2. Place the coconut flakes, apple rings, dates, coconut oil, cinnamon, and sea salt in a food processor and process until thick and sticky.
3. Press firmly into a greased 8x8 baking pan. Bake for 25 minutes, or until golden.
4. While still warm, score into bars. Let cool and refrigerate to harden.

Apple-Spice Tea Cookies

Time: 45 minutes ~ Makes 8 cookies

Ingredients:

1 cup shredded coconut
2 tablespoons coconut flour
1 apple, peeled and cored
8 dates
2 tablespoons coconut oil
¼ teaspoon cinnamon
pinch salt

1. Preheat your oven to 325 degrees.
2. Place all ingredients in a food processor and mix until a thick paste forms. Form into 8 round, flat cookies and place on a baking sheet greased with a little coconut oil.
3. Bake for 15 minutes. Let cool completely before serving.

Lemon Macaroons

Time: 30 minutes ~ Makes 12 macaroons

Ingredients:

2 cup fine coconut flakes

1½ cups dates, pitted and soaked in warm water
for 5 minutes

1 tablespoon lemon juice

¼ teaspoon alcohol-free vanilla extract (optional)

¼ teaspoon sea salt

2 tablespoons fine coconut flakes



1. Preheat your oven to 325 degrees.
2. Place the coconut flakes, dates, lemon, vanilla, and sea salt in a food processor and process until thick and sticky.
3. Form into little balls, rolling in coconut flakes for decoration.
4. Place on a greased cookie sheet and bake for 12-15 minutes, or until barely golden.

Coconut Macaroons

Time: 30 minutes ~ Makes 12 macaroons

Ingredients:

- 2 cup fine coconut flakes
- 1½ cups dates, pitted and soaked in warm water for 5 minutes
- 1 tablespoon water
- ¼ teaspoon alcohol-free vanilla extract (optional)
- ¼ teaspoon sea salt
- 2 tablespoons fine coconut flakes

1. Preheat your oven to 325 degrees.
2. Place the coconut flakes, dates, water, vanilla, and sea salt in a food processor and process until thick and sticky.
3. Form into little balls, rolling in coconut flakes for decoration.
4. Place on a greased cookie sheet and bake for 12-15 minutes, or until barely golden.

Blueberry Macaroons

Time: 30 minutes ~ Makes 12 macaroons

Ingredients:

- 2 cup fine coconut flakes
- 1 cup dates, pitted and soaked in warm water for 5 minutes
- 1 cup blueberries, frozen
- ¼ teaspoon alcohol-free vanilla extract (optional)
- ¼ teaspoon sea salt
- 2 tablespoons fine coconut flakes

1. Preheat your oven to 325 degrees.
2. Place the coconut flakes, dates, blueberries, vanilla, and sea salt in a food processor and process until thick and sticky.
3. Form into little balls, rolling in coconut flakes for decoration.
4. Place on a greased cookie sheet and bake for 12-15 minutes, or until barely golden.

Raspberry Coconut "Cheesecake"

Time: 1 hour, plus 12 hours to set ~ Serves 12

Crust Ingredients:

3 cups dates, pitted and soaked for 5 minutes in warm water

1 cup coconut oil, melted

1/3 cup coconut flour

1/3 cup shredded coconut

1/8 teaspoon salt

Filling ingredients:

1 1/2 cups raw honey, softened

1 1/2 cups coconut cream, softened (p.34)

1 cup coconut oil, softened

5 cups frozen raspberries

6 tablespoons tapioca starch

1 1/2 teaspoons vanilla extract (optional)

1/4 teaspoon salt

fresh raspberries for garnish

thick coconut flakes for garnish



1. Place the jars of coconut oil, coconut butter and raw honey in a pan with very hot water in order to let them soften.
2. To prepare the crust, preheat your oven to 325 degrees. Strain the dates and place in a food processor or high-powered blender with the melted coconut oil. Blend for 30 seconds or so until a chunky paste forms. Be warned you may have to stop and scrape the sides if you are using a blender, and the oil may not completely mix with the dates, but the crust will still turn out fine. Combine the coconut flour, shredded coconut and salt in a bowl. Add the date paste and mix thoroughly. Place the mixture into the bottom of an 8-inch spring-form pan, pressing it down evenly. Use a small spatula to clean up the top edge around the sides of the pan, where the filling will meet the crust. Bake for 30-35 minutes, until the crust browns and hardens a little bit. The texture will still be soft until it finishes cooling. Set aside while you make the filling.

3. To make the filling, combine the raw honey, coconut butter, coconut oil, and frozen raspberries in a saucepan on low heat. Stir until the raspberries are no longer frozen and the mixture is warm, about 5 minutes. Transfer to a blender and add the tapioca starch, vanilla extract, and salt. Blend on high for about a minute, until completely mixed. Pour carefully into the spring-form pan on top of the crust.
4. Set in the refrigerator undisturbed for at least 12 hours to allow the cake to cool and completely harden. When it is solid, carefully remove the spring-form pan.
5. Decorate the top of the cake with thick flake coconut chips and fresh raspberries.

Note: Keeps in a cool place unrefrigerated, but safest to keep in the refrigerator. Leftover slices can be frozen for later.

Mango Mint Sorbet

Time: 15 minutes ~ Makes 1 ½ cups

Ingredients:

- 2 cups frozen mango slices
- ¾ cup coconut water or coconut milk (p.35)
- 2 tablespoons fresh mint leaves
- pinch of sea salt
- fresh mint leaves and coconut butter for garnish

1. Place all ingredients in a high-powered blender and purée using a tamper for about 30 seconds, until everything is blended. Don't overmix or it will melt.
2. Serve immediately garnished with fresh mint leaves and coconut butter.

Peach Basil Sorbet

Time: 15 minutes ~ Makes 1 ½ cups

Ingredients:

2 cups frozen peaches
¾ cup coconut water or coconut milk (p.35)
2 tablespoons fresh basil
pinch of sea salt
fresh blueberries and basil for garnish



1. Place all ingredients in a high-powered blender and purée using a tamper for about 30 seconds, until everything is blended. Don't overmix or it will melt.
2. Serve immediately garnished with fresh blueberries and basil.

Blueberry Lemon "Cheesecake"

Time: 1 hour, plus 12 hours to set ~ Serves 8

Crust Ingredients:

3 cups dates, pitted and soaked for 5 minutes in warm water
1 cup coconut oil, melted
1/3 cup coconut flour
1/3 cup shredded coconut
1/8 teaspoon salt

Filling ingredients:

1 cup raw honey, softened
1 cup coconut cream, softened (p.34)
3/4 cup coconut oil, softened
3 cups frozen blueberries
4 tablespoons tapioca starch
1 teaspoon vanilla extract
1 lemon, juice and zested
1/8 teaspoon salt

fresh blueberries for garnish

1. Place the jars of coconut oil, coconut butter and raw honey in a pan with very hot water in order to let them soften.
2. To prepare the crust, preheat your oven to 325 degrees. Strain the dates and place in a food processor or high-powered blender with the melted coconut oil. Blend for 30 seconds or so until a chunky paste forms. Be warned that you may have to stop and scrape the sides if you are using a blender, and the oil may not completely mix with the dates, but the crust will still turn out fine. Combine the coconut flour, shredded coconut and salt in a bowl. Add the date paste and mix thoroughly. Place the mixture into the bottom of a pie dish, using your fingers to push it up and form it around the sides evenly. Bake for 30-35 minutes, until the crust browns and hardens a little. The texture will still be soft until it finishes cooling. Set aside while you make the filling.
3. To make the filling, combine the raw honey, coconut butter, coconut oil, and frozen blueberries in a saucepan on low heat. Stir until the berries are no longer frozen and the mixture is warm, about 5 minutes. Transfer to a blender and add the tapioca starch, vanilla extract, lemon juice, zest, and salt. Blend on high for about a minute, until completely mixed. Pour carefully into the spring-form pan on top of the crust.
4. Set in the refrigerator undisturbed for at least 12 hours to allow the cake to cool and completely harden.
5. When it is solid, decorate the top of the cake with fresh blueberries.

Note: Keeps in a cool place unrefrigerated, but safest to keep in the refrigerator. Leftover slices can be frozen for later.





Resources

The Autoimmune Protocol

Autoimmune-Paleo

The Paleo Approach by Sarah Ballantyne

The Paleo Mom

Dr. Kharrazian Autoimmune Hypothyroidism Diet

Balanced Bites

Chris Kresser

Robb Wolf

Hashimoto's 411

Nutrisclerosis

A Clean Plate

Alt-Ternative Universe

Paleo Parents

The Autoimmune Paleo Diet by Anne Angelone

The Autoimmune Paleo Plan by Anne Angelone

Julianne's Paleo and Zone Nutrition

Practical Paleo by Diane Sanfilippo

Simple and Merry

Some Reality Bites

Vitality Enthusiast

Bone Broth

Broth is Beautiful

Balanced Bites

Traditional Foods

Fermented Beverages

Health Benefits of Kombucha - Food Renegade

How to Make Kombucha

How to Make Water Kefir

Fermented Vegetables

Food Renegade

Gnowfglins

Sourcing Food

Eat Wild

The "Dirty Dozen"

Local Harvest

Azure Standard

US Wellness



About the Author

Mickey Trescott lives in Seattle, Washington with her crafty husband and a rather pudgy russian-blue cat. She works part-time as a cook for a local family and studies nutrition, blogs, and obsessively knits socks in her spare time.

After recovering from her own struggle with both Celiac and Hashimoto's disease, adrenal fatigue, and multiple vitamin deficiencies, Mickey started to blog about her experiences at autoimmune-paleo.com. Her hope is to give others on a similar path a resource to find information and help them realize that they are not alone in their struggles. She also aims to provide a supportive environment for those seeking better health in the face of autoimmunity.

About the Photographer

Hailing from the Pacific Northwest, Kyle Johnson creates images that are intriguing and classically executed. Whether it's portrait or travel work, Kyle's aesthetic pairs textured natural settings with a distinct photographic perspective. He has shot for publications like Wallpaper*, Sunset, Kinfolk, Popular Mechanics and more.



Gratitude

Thank you to all who have supported me in the journey of writing my first cookbook! It has been an incredible experience, and I would not have been able to do it without the support of many people.

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