



# Paleo Recipes for Nutrient Density

With 7-Day Meal Plan and Shopping Guide

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BY CHRIS KRESSER

# 7-Day Meal Plan

## Day 1:

*Breakfast* Baked Eggs en Cocotte Florentine Style  
*Lunch* Butternut Squash Frittata with Salad  
*Snack* Nori Chips  
*Dinner* Beef Rendang  
*Side Dish* Roasted Carrots and Garlic

## Day 2:

*Breakfast* Poached Eggs with Swiss Chard  
*Lunch* Hamburgers with Mushrooms Provencal Style  
*Snack* Nori Chips  
*Dinner* Grilled Ahi Tuna Steaks with Chinese Five Spices  
*Side Dish* Cabbage, Bok Choy, and Shiitake Mushrooms

## Day 3:

*Breakfast* Chocolate and Macadamia Smoothie  
*Lunch* Cod with Coriander Red Sauce  
*Snack* Hard Boiled Eggs with Avocado (or plain)  
*Dinner* Tom Kha Gai  
*Side Dish* Thai Basil Eggplant

## Day 4:

*Breakfast* Green Plantain Fritters with Sausage  
*Lunch* Tuna, Ginger and Avocado Salad  
*Snack* Hard Boiled Eggs with Avocado (or plain)  
*Dinner* Pork Loin Adobado  
*Side Dish* Cauliflower Mash

## **Day 5:**

*Breakfast* Smoked Salmon with Eggs and Asparagus  
*Lunch* Greek Turkey Burgers with Zucchini Noodles  
*Snack* Kale Chips  
*Dinner* Chicken Tikka Masala  
*Side Dish* Simple Green Salad with Shallot Vinaigrette

## **Day 6:**

*Breakfast* Taro and Bacon Hash  
*Lunch* Chicken, Tarragon and Grapefruit Salad  
*Snack* Kale Chips  
*Dinner* Rosemary Lamb Chops  
*Side Dish* Yuca Fries

## **Day 7:**

*Breakfast* Cauliflower Stuffed Squash with Bacon Bits  
*Lunch* Salmon Fillet with Salad with Raspberry Vinaigrette  
*Snack* Guacamole with Carrot Chips  
*Dinner* Rustic Meatball and Tomato Stew  
*Side Dish* Kale and Acorn Squash Salad



# Shopping Guide

## Fats and Oils

- 24 TB traditional fat of choice
- 6 TB coconut oil
- 6 TB extra virgin olive oil
- 3¾ cups olive oil
- 1½ cups avocado or macadamia nut oil

## Meat and Fish

- 2½ lbs grass fed ground beef
- 2 lbs beef stew cubes
- 15 bacon slices
- One 2-3 lb boneless pork loin roast
- 12 oz ground pork
- 6 Frenched lamb rib chops (also called lamb lollipop chops)
- Two 6-8 oz cod fillets
- Two 6-8 oz salmon fillets
- 2 oz smoked salmon
- Two 8 oz Ahi Tuna steaks (1" thick)

## Poultry and Eggs

- One 3-4 lb chicken (preferably an old stewing hen)
- 4 chicken breasts
- 4 chicken legs and thighs
- 1 lb ground turkey
- 26 eggs

## Fresh Produce: Vegetables

- 3 bunches of kale
- 5 cups Swiss Chard
- 2 heads of romaine lettuce

- 16 cups mixed salad greens
- 12 lb fresh spinach
- 4 cups cabbage (any kind)
- 3 cups bok choy
- 2 heads of cauliflower
- 1 small broccoli
- 2 lbs carrots
- 6 onions
- 3 yellow onions
- 3 red onions
- 1 green onion
- 11 shallots
- 5 green asparagus
- 8 stalks celery
- 2 medium eggplants
- 6 zucchini
- 5 acorn squashes
- 1 small or medium-sized butternut squash
- 3 red bell peppers
- 1 chili pepper
- 2 red chilies
- 1 1/2 lb mixed mushrooms
- 6 cups shiitake mushrooms
- 60 cloves of garlic (approx. 6 heads)
- 2 medium yuca (cassava) roots about 6-8 inches long
- 4 cups taro
- 2 tsp ground ginger
- 12 tsp fresh, grated ginger
- 2 tsp fresh thyme leaves
- 6 sprigs fresh thyme
- 2 bunches fresh parsley
- 1 TB fresh sage leaves
- 2 TB cilantro
- 2 TB fresh chives
- 3 TB fresh tarragon
- 3 large sprigs fresh rosemary
- 4 bay leaves
- 7 kaffir lime leaves
- 6 stalks lemongrass

## **Fresh Produce: Fruit**

- 5 lemons
- 2 limes
- 1 small banana
- 1 green plantain
- 1 large red grapefruit
- 9 avocados
- 15 raspberries
- 1 cup raisins

## **Seasonings and Spices**

- Sea salt
- White pepper
- 1 tsp dried thyme
- 2 tsp dried oregano
- 1 TB paprika
- 1 tsp cumin
- 2 tsp cumin seeds
- 1 tsp turmeric powder
- $\frac{3}{4}$  tsp nutmeg
- 1 tsp fennel seeds (ground fennel if you don't have a mortar and pestle)
- $\frac{1}{2}$  tsp ground fennel seeds
- 2 tsp coriander seeds
- $1\frac{1}{2}$  tsp ground coriander
- $\frac{1}{4}$  tsp cardamom
- $1\frac{1}{2}$  TB Chinese Five Spice powder
- 13 cloves
- $\frac{1}{4}$  tsp ground cloves
- 4 tsp cinnamon

## **Nuts**

- $\frac{1}{2}$  cup macadamia nuts
- $1\frac{1}{2}$  cups crumbled walnuts or pecans

## **Dry Goods**

- $6\frac{3}{4}$  cups full fat coconut milk (nine 6 oz cans)
- $\frac{1}{4}$  cup coconut cream

- 1½ TB balsamic vinegar
- 1½ cups apple cider vinegar
- 1 tsp umeboshi plum vinegar
- ½ cup red wine vinegar
- 5 TB Dijon mustard
- 1 can tuna
- ½ cup almond butter
- 2 TB unsweetened cocoa powder
- 2 cups tomato puree
- 2 TB sun dried tomatoes packed in oil
- ¼ cup kalamata olives
- 9 nori sheets
- 4 TB fish sauce (Red Boat recommended)

# Recipes

## Breakfast:

### BAKED EGGS EN COCOTTE “FLORENTINE” STYLE

For this recipe, you will need two 8-ounce ramekins, each of which fits 2 eggs plus some spinach.

**Serves:** 2

**Prep time:** 15 minutes

**Cooking time:** 15 minutes

- 1 TB traditional fat of choice
- ½ lb fresh spinach, whole leaves
- 1 large garlic clove, peeled, crushed and finely chopped
- ½ cup coconut milk
- Pinch of nutmeg
- Sea salt to taste
- Freshly ground black pepper, to taste
- 4 eggs
- 1 tsp snipped chives, to garnish

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

### POACHED EGGS WITH SWISS CHARD

To prepare chard, remove the leaves and coarsely chop. The stalk should be peeled (this is preferable with many stalk vegetables such as celery, rhubarb, etc), and chopped fine-



ly. Both stalks and leaves can then be cooked together.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

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

The Swiss chard:

Heat the fat in a sauté pan over medium high heat, add the shallot and cook until lightly browned, about 3–5 minutes. Add chard, salt, pepper, and nutmeg, and cook at medium high heat until the chard has wilted. Drain off the excess liquid, divide between two plates and keep warm.

The poached eggs:

Add the apple cider vinegar (this helps the eggs to set) to ½ inch of boiling water in a saucepan. Crack each egg into a small bowl. Reduce the boiling water to a simmer and pour the egg into the water while vigorously stirring around the egg with a chopstick or kebab skewer. This forces the egg to the center of the pot, helping to hold it together. After 4 minutes, remove the egg with a slotted spoon and place on top of a portion of warm chard. Repeat the process with the second egg. The white should be firm but the yolk should be somewhat creamy, with a white film over it. Serve the chard and egg topped with a drizzle of lemon juice and a pinch of salt. Garnish with tarragon if using.

## **GREEN SMOOTHIE**

A quick, energizing, and delicious way to start the day. Note that raw spinach and kale contain compounds (e.g. goitrogens, nitriles, oxalates) that may impair thyroid function

if consumed in excess. If you have a thyroid issue, I suggest lightly steaming the kale and spinach first, and then cooling, before adding to the smoothie. This will at least partially inactivate the potentially harmful compounds.

**Serves:** 1

**Equipment:** Blender

**Prep time:** 15 minutes

- 1 cup unsweetened almond milk
- 1 medium banana, or 1 cup of mango chunks
- 1/2 cup coconut milk
- 1/2 cup raw spinach
- 1/2 cup raw kale
- 1 TB almond butter (optional)

Blend all the ingredients in a blender until smooth.

## **GREEN PLANTAIN FRITTERS WITH SAUSAGE**

These fritters (without the sausage) can also be served as a snack or side dish.

**Serves:** 2

**Prep time:** 15 minutes

**Cooking time:** 20 minutes

- 2 strips bacon
- 1 green plantain
- 1 heaping tsp lard (see note)
- Pinch sea salt
- 12 ounces ground pork
- 1/2 tsp ground fennel seeds
- 1/4 tsp sea salt
- Freshly ground black pepper, to taste
- 1 TB lard (see note)
- 2 tsps chopped parsley, for garnish

In a skillet, cook the bacon. When it is done, drain on a paper towel-lined plate or rack.

Leave the bacon fat in the skillet for the final step of recipe and set aside.

Slice the plantain into four pieces: cut once across and once lengthwise. Bring a pot of water to a low boil, add the plantain, and simmer for 5 minutes. Check for doneness by inserting a knife to see if it will go through easily. If not, simmer until tender. (The plantains could also be grilled, sautéed, or cooked by any other method.) When they are done, drain the plantains, place in a mixing bowl and mash.

Chop the bacon into small pieces and add, along with teaspoon of the lard, to the mashed plantain. Stir to create a batter. If the batter is dry or crumbly, add more lard bit by bit until it becomes moist enough to shape into fritters. Stir in pinch of salt, keeping in mind that the bacon adds some salt already.

Shape the batter into 4-inch round patties of about 1 inch thick. (You should be able to make two fritters per plantain, using about 6 to 8 tablespoons of batter for each fritter, but you can make them as large or small as you wish.) Heat the skillet containing the bacon fat over low heat. Gently place the fritters in the skillet and allow to cook for 3 to 5 minutes per side. (The bacon fat will brown them nicely.)

Mix all the sausage ingredients together except the lard and parsley shape into patties. Heat the lard in a skillet over medium heat and fry the patties over medium heat until thoroughly cooked, about 3-4 minutes on each side. Serve with the plantain fritters, and garnish with parsley.

**Note:** The lard can be prepared on the first day of the Week 1 (see recipes in Condiments & Basics).

## **SMOKED SALMON WITH SCRAMBLED EGGS AND ASPARAGUS**

This Scandinavian-inspired dish can also be served cold with sliced cucumber on the side.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

- 10 green asparagus stalks, tough ends snapped off and discarded
- Sea salt, to taste
- 3 eggs

- 6 TBs full-fat coconut milk
- Freshly ground pepper, to taste
- 2 TBs lard
- 4 ounces smoked salmon, sliced
- 2 tsps fresh chives, chopped for garnish

Blanch the asparagus in slightly salted boiling water for 5 minutes and refresh in cold water. Beat the eggs with coconut milk, and pepper. Heat the lard in a saucepan over low heat, add the egg mixture, and cook for 3-4 minutes until just set, occasionally scraping the mixture from the bottom of the pan. Arrange the scrambled eggs on top of the asparagus, then the smoked salmon, and garnish with chopped chives.

**Note:** When making scrambled eggs or omelets season with salt after cooking, otherwise the eggs will be rubbery. Also remember that the smoked salmon is already quite salty.

## TARO AND BACON HASH

Taro is usually available in Asian markets or the ethnic section of grocery stores. Make sure to peel away the purple layer, if present. If taro is not available, substitute 4 cups celery root (celeriac) or parsnips (cubed and parboiled the same way).

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

- 4 cups taro, peeled and cut into small cubes
- 1 TB lard
- 8 strips bacon, cut into ½ inch pieces
- 1 medium onion, roughly chopped
- Sea salt, to taste
- Freshly ground black pepper, to taste
- 2 tsps apple cider vinegar (optional)
- 2 tsps chopped parsley, to garnish

Parboil the taro for 3 minutes in lightly salted, boiling water. Drain and let cool. Heat the lard in a sauté pan over medium heat, add the bacon and fry until crisp. Add the onions and cook until browned, about 5-7 minutes. Add the taro, salt and pepper and sauté until crisp, about 8-10 minutes. Drizzle with vinegar (if using).

Serve garnished with parsley.

## CAULIFLOWER STUFFED ACORN SQUASH

This can be prepared the day before and reheated. Shiitake mushrooms are a great touch but you can use any mushroom variety or a mix.

**Serves:** 8

**Prep time:** 15 minutes

**Cooking time:** 30-45 minutes

- 4 acorn squash, halved and seeds removed
- 1 head cauliflower, cut into florets
- 1/3 cup chicken stock
- 1 yellow onion, finely chopped
- 4 stalks celery, finely chopped
- 2 TBs traditional fat of choice
- 2 heaping cups coarsely chopped mushrooms of choice
- 1 TB cinnamon
- 2 tsps ground ginger
- 1/2 tsp nutmeg
- 1/4 tsp ground cloves
- 1/4 tsp ground cardamom

Preheat the oven to 375 degrees. Place the acorn squash halves cut-side down in a baking dish (or two dishes if necessary) and cook for 30 to 45 minutes, until done. Meanwhile, rice the cauliflower: pulse the small florets in a food processor. Place the cauliflower, now in small pieces, in a pot with the chicken stock, cover, and steam over medium-low heat until softened, about 5 minutes. While the cauliflower is cooking, heat the fat in a sauté pan over medium heat and sauté the onion and celery until translucent, about 10 minutes. Add the mushrooms and continue cooking for an additional 5 to 10 minutes. Add the spices. Cook, stirring for a few additional minutes, allowing the flavors to mix.

Remove the acorn squash from the oven and allow to cool enough to handle. Scoop a small amount around the edge of each acorn squash to make the opening a little bigger. Take the scooped squash and mix it into the cauliflower mixture; this gives the stuffing a nice orange color. Fill the acorn squash halves with the cauliflower stuffing until heaping.

Feel free to add 1/2 cup of chopped nuts of your choice to the cauliflower mix for some extra crunch.

## Lunch:

### BUTTERNUT SQUASH FRITTATA

This works for lunch—but also for breakfast or dinner.

**Serves:** 6

**Prep time:** 20 minutes

**Cooking time:** 20 minutes

- 1 TB lard
- 1/2 red onion, chopped
- 1 tsp sea salt, divided
- 1/2 tsp freshly ground black pepper, divided
- 1 medium butternut squash, peeled and cut into 1-inch cubes (you'll need about 6 cups total)
- 7 large eggs
- 1/3 cups full-fat coconut milk
- 1/4 cup chopped parsley
- Enough salad greens for 6 servings
- 3/4 cup shallot vinaigrette (see recipe on page 37)

Preheat the oven to 375 degrees. Heat the fat in a cast-iron (or oven-proof) skillet over medium heat, add the onion, 1/2 teaspoon of the salt, and 1/4 teaspoon of the pepper and cook until onions are translucent, about 5 minutes. Add the squash cubes and continue to cook, stirring lightly, until the squash is cooked through but retains its shape, about 10 minutes (do not let it turn mushy). Set aside.

In a large bowl, whisk the eggs, coconut milk, parsley and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Pour the eggs into the skillet with the squash and place it in the oven. Bake until the eggs are just about set, about 10 minutes. If the top is not browned, place the skillet under the broiler for 1 or 2 additional minutes. Cool briefly, cut into wedges and serve, accompanied by the salad greens tossed with shallot vinaigrette.



## HAMBURGERS WITH MUSHROOMS PROVENÇALE STYLE

“Provençale” traditionally involves tomatoes, basil, thyme and other herbs, but it can also refer to a rich mix of garlic, parsley and extra virgin olive oil. Use any mix of mushrooms you like.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

- 1 lb ground beef, preferably grass fed
- 1 TB lard
- ½ lb mixed mushrooms
- ½ tsp sea salt
- Freshly ground pepper, to taste
- Juice of 1 lemon
- 4 large garlic cloves, peeled, crushed and finely chopped
- 1 TB extra virgin olive oil
- 4 TBs chopped parsley, plus 2 tsps for garnish

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

## COD WITH CORIANDER RED PEPPER SAUCE AND SAUTÉED BROCCOLI

A simple-to-prepare entrée with the subtle, flavorful mix of coriander seed and ginger.

**Serves:** 2

**Prep time:** 15 minutes

**Cooking time:** 30 minutes

- 1 head broccoli, florets only, broken into 1½-inch pieces
- Sea salt, to taste
- 1 TB traditional fat of choice

- 1 cup chopped red onion (about half a large onion)
- 2 tsps minced fresh ginger, peeled
- 3 large garlic cloves, peeled and minced or pressed
- 1 large red bell pepper, seeded and chopped
- 2 tsps coriander seeds, freshly ground in mortar and pestle or spice grinder
- (or 2 tsps ground coriander)
- Two 6 to 8 ounce cod fillets
- Sea salt and freshly ground black pepper
- 1 bay leaf (optional)
- 1 TB freshly squeezed lime juice
- 2 TBs minced fresh cilantro for garnish (optional)

Blanch the broccoli in boiling, salted water for 5 minutes and then refresh with cold water. Set aside.

In a sauté pan, heat the fat over medium-low heat. Add the onion and gently cook for 5 minutes. Add the ginger and cook for about 3 minutes more. Stir in the garlic and cook 1 minute more. Add the red pepper and coriander, cooking until the pepper is softened, about 10 minutes.

Meanwhile, season the cod with salt and pepper and lay the fillets in a pan. Cover with water and add a bay leaf if using. Bring to a boil, then reduce the heat to low and cover the pan. Allow the cod fillets to simmer for 8 minutes. They should be fork tender. Remove from the cooking liquid with a slotted spoon and keep warm.

Heat the lard in a sauté pan over medium heat, add the broccoli and cook for 5 minutes. When the red pepper sauce is cooked through, turn off the heat and stir in the lime juice. Plate the cod fillets with the broccoli. Divide the sauce between the two plates; garnish with cilantro and season with salt, if desired.

## **TUNA, GINGER AND AVOCADO SALAD**

A refreshing, easy and quick salad.

**Serves:** 2

**Prep time:** 10 minutes

- 1 16-ounce can tuna packed in water, drained
- 2 avocados, peeled, pitted and roughly chopped
- 1 tsp grated fresh ginger, peeled

- 1 small shallot, finely minced
- 1 TB freshly squeezed lime juice
- ¼ cup Paleo mayonnaise (see recipe on page 37)
- Sea salt, to taste
- Freshly ground black pepper, to taste
- Enough mixed salad greens for 2 servings
- 2 tsps chopped cilantro, to garnish

Gently fold all the ingredients together except the mixed greens and cilantro in a bowl. Serve the tuna with mixed greens on the side and garnish with cilantro.

## **GREEK TURKEY BURGERS WITH ZUCCHINI NOODLES**

Greek flavors combine to provide a nice twist to burgers.

**Serves:** 4

**Prep time:** 20 minutes

**Cooking time:** 15 minutes

Zucchini Noodles:

- 6 zucchini, julienned lengthwise into “noodles,” about 1/8 inch thick
- 1 TB traditional fat of choice
- 1 TB sea salt

Greek Turkey Burgers:

- 1 lb ground turkey
- 1/4 cup minced red onion
- 1 large garlic clove, peeled and minced
- 1/4 cup kalamata olives, pitted and chopped
- 2 TBs sun-dried tomatoes packed in oil, chopped
- 1 egg
- 2 TBs finely chopped fresh parsley
- Pinch of sea salt
- 1 TB traditional fat of choice (if cooking on stovetop)

Toss the zucchini noodles in coarse salt, let drain 20 minutes in a colander, and then plunge into a pot of boiling water for no more than 1 minute. Remove the noodles, refresh in cold water, and set aside.

In a large mixing bowl, combine the turkey, onion, garlic, olives, sun-dried tomatoes, egg, parsley, and salt well. Shape into four patties. If grilling, grill the burgers for about 6 minutes on each side. If cooking on a stovetop, heat the fat in a large skillet over medium heat and cook 6 minutes on each side. Three minutes before the burgers are done, heat the fat of choice in a skillet over high heat and sauté the zucchini noodles for no more than 2 minutes. Serve the burgers accompanied by the noodles.

## **CHICKEN, TARRAGON AND GRAPEFRUIT SALAD**

Tarragon goes famously with chicken, fish, salads and sauces. Fresh herbs are always preferable but if you have to substitute dried, use half the amount called for in the recipe. (In this recipe, use two tablespoons fresh tarragon or one tablespoon dried; fresh herbs in a salad, however, are much better.) If you can find a pomelo—an Asian citrus fruit similar to grapefruit—use that in place of the grapefruit for an extra special taste.

**Serves:** 2

**Prep time:** 10 minutes (marinate 1 to 2 hours)

**Cooking time:** 20 minutes

- 2 6-ounce boneless chicken breasts
- ½ cup extra virgin olive oil
- 2 TBs apple cider vinegar
- ½ tsp sea salt
- Freshly ground black pepper to taste
- 1 medium shallot, minced
- 2 tsps Dijon mustard
- 1 medium head romaine, washed and roughly chopped
- 1 small red onion, halved and thinly sliced
- 1 large red grapefruit, peeled and segmented
- ¼ cup black olives, pitted and halved (optional but recommended)
- 2 heaping TBs finely chopped fresh tarragon or 1 heaping TB dried, plus tarragon sprigs to garnish

Marinate the chicken breasts for 1-2 hours in brine (3 tablespoons of sea salt dissolved in 1 quart of water). This can be done in advance and helps to keep the breasts moist during cooking. Grill the breasts on low heat, 10 minutes on each side, and then thinly slice them lengthwise. In a small bowl, combine the olive oil with the apple cider vinegar, salt, pepper, shallot, and Dijon mustard to make a vinaigrette. Arrange the romaine on a plate, and top with the sliced red onion, grapefruit, chicken and black olives. Pour over the vinaigrette and garnish with the tarragon sprigs.

## SALMON FILLETS WITH RASPBERRY VINAIGRETTE SALAD

Adding sautéed salmon fillets to this light but satisfying salad transforms it into a complete meal. Note, this recipe makes enough vinaigrette for 6 to 8 servings. extra dressing in an airtight container in the refrigerator for up to 1 week.

**Serves:** 2

**Prep time:** 15 minutes

**Cooking time:** 15 minutes

Zucchini Noodles:

- 3 ounces raspberries (about 15 berries)
- 1½ tablespoons balsamic vinegar
- ¼ teaspoon Dijon mustard or mustard powder
- ¼ cup extra light olive oil (extra virgin is fine if that's all you have on hand)
- 2 tsps fresh thyme leaves
- 8 cups mixed salad greens
- ½ cup or more toasted and crumbled pecans or walnuts (or 1/2 cup crispy, cooked bacon pieces)

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- Any other vegetables or salad toppings you'd like to add—we like shredded carrots and quartered, hard-boiled eggs.
- Two 6-8 ounce salmon fillets
- Freshly ground black pepper, to taste
- Sea salt, to taste
- 1 TB traditional fat of choice

To make the dressing, blend the raspberries, balsamic vinegar, and mustard in a blender. Transfer to a small mixing bowl. Whisk in the olive oil and thyme. Set aside.

Season the salmon fillets with salt and pepper. Heat the fat in a sauté pan over medium high heat, add the salmon fillets, and cook for 5 minutes on each side.

Meanwhile, in a large salad bowl toss the greens and nuts (or bacon pieces), 4 table-spoons of vinaigrette, and any other salad ingredients you want to include. Serve the salmon fillets accompanied by salad.

## Dinner:

### BEEF RENDANG

This slow-cooked, Indonesian-inspired stew uses ingredients easily found in the market and has a quick prep time. Look for dried kaffir lime leaves in the spice section at your grocery store if you can't locate fresh (Thai Kitchen is one brand). Lemongrass can usually be found in the fresh vegetables section.

**Serves:** 2-4

**Prep time:** 15 minutes

**Cooking time:** About 4 hours, largely unattended

- 6 shallots or 1½ red onions, roughly chopped
- 4 large garlic cloves, peeled, crushed and roughly chopped
- 1½ TBs minced fresh ginger, peeled
- 2 red chilies, seeded and roughly chopped
- 5 cloves
- 3 kaffir lime leaves, fresh or dried
- 2 lbs beef stew cubes
- 1½ cups full-fat coconut milk



- 1 tsp turmeric
- 1 tsp ground coriander
- 1 tsp ground cumin
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- ¼ tsp sea salt, or to taste
- 3 stalks lemongrass

Preheat the oven to 300 degrees. In a food processor or blender (or by hand in a mortar and pestle), add the shallots, garlic, ginger, chilies, and dried kaffir lime leaves, if using. (If using fresh, set aside as they will be added later.) Pulse until combined into a purée and set aside.

In an oven-safe pot with lid, add the beef and coconut milk. Stir in the spice puree. Then stir in the turmeric, coriander, cumin, cinnamon, nutmeg, and salt.

Prepare the lemongrass stalks: Peel off the tough outer layer and discard. Cut off the stem end and the green tops to end up with about a 10-inch piece of lemongrass. Place the stalks on the cutting board and bang on them with a kitchen tool (such as a potato masher or pestle) to release the flavor. Place them in the stew whole (you will remove them later as you would a bay leaf). If you are using fresh kaffir lime leaves, similarly bruise them in a mortar and pestle and add them in this step (to remove with the lemongrass later).

Heat the stew, uncovered, on the stovetop over medium heat until it comes to a simmer. Cover and place the pot in the oven. Cook for 3 hours, stirring once or twice. Carefully bring the pot back to the stovetop and uncover. Remove the lemongrass (and fresh kaffir, if using) with tongs and discard. Bring the stew to a simmer over low heat. Cook, stirring often, until the meat is tender and the sauce has reduced by half, about 45 minutes. Stir constantly toward the end of the cooking process.

## **GRILLED AHI TUNA STEAKS WITH CHINESE FIVE SPICES**

You can find Chinese Spice Powder in Asian markets or in any well-stocked spice section.

**Serves:** 2

**Prep time:** 5 minutes (marinate for 30 minutes)

**Cooking time:** 10 minutes for the tuna and 25 minutes for the Cabbage, Bok Choy, and Shiitake Mushroom side dish (see page 31 for recipe)

- 1 1/2 TBs Chinese Five Spice powder
- 2 TBs coconut oil
- 1 tsp sea salt
- Juice of 1 lemon
- Two 8-ounce ahi tuna steaks, 1 inch thick
- 1 TB chopped cilantro, to garnish

Mix spice powder, oil, salt and lemon to make a paste and rub on both sides of the tuna steaks. Allow to marinate for 30 minutes. Grill the steaks for 5 minutes on each side at a medium heat. (You can also broil them.) Arrange the tuna steaks on top of the accompanying Cabbage, Bok Choy, and Shiitake Mushroom side dish (see page 31). Garnish with fresh, chopped cilantro.

## **TOM KHA GAI**

Made with real bone broth and coconut milk, Tom Kha Gai, a creamy, flavorful, savory soup, is surprisingly nutrient dense.. Move over chicken noodle soup--when it comes to brothy comfort foods ideal for colds or sore throats, this Thai coconut soup is the champion.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

- 3 cups chicken stock (see recipe on page 36)
- 3 cups coconut milk
- 2-3 stalks lemongrass
- 4 kaffir lime leaves, fresh or dried, ripped into four pieces each
- 2 or more Thai bird chilies or other chili of choice, stems removed and pod lightly crushed (optional)
- 4 cups cooked and shredded chicken
- 1-2 cups thinly sliced shiitake or oyster mushrooms (or any other mushrooms)
- 1/2 tsp sea salt
- 2 TBs fish sauce (Red Boat brand recommended)
- Juice of 1 lime
- 1 green onion, thinly sliced
- 1 TB chopped cilantro

Bring the stock to a boil, reduce to a simmer, skim off any foam that rises to the top, and add all the ingredients, except the fish sauce, lime juice, green onion, and cilantro.

Reduce the heat to a simmer and cook for about 15 minutes. Season to taste with fish sauce. Remove the kaffir lime leaves and ladle into soup bowls or mugs. Garnish with lime juice, green onions, and cilantro.

## **SPANISH PORK LOIN ROAST ADOBADO**

This savory pork dish is irresistible!

**Serves:** 4

**Prep time:** 15 minutes (marinate 8-24 hours)

**Cooking time:** 1-1½ hours, depending on size of roast

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

Combine the paprika, garlic, cumin, thyme, oregano, salt, vinegar, and black pepper in a bowl and whisk together. In a nonreactive dish/bowl just large enough to fit the pork, place the meat and cover thoroughly on all sides with the marinade. Cover the bowl and refrigerate for 8 to 24 hours.

Bring the pork to room temperature for about 20 minutes before cooking and preheat the oven to 350 degrees. Place the pork fat side up in a roasting pan with rack (if you don't have a rack, it's also fine to put it directly on the pan). If your roast does not have any fat on it, dab 3 tablespoons of lard or other fat on top of the roast. Cook until the internal temperature reaches 145 F. Depending on the size of your roast, cooking times will vary. For a smaller 1½ to 2 pound roast, check after 45 minutes; check a larger 2½ to 3 pound roast after 60 minutes. When it's done, if the top isn't browned, place under the broiler for a minute or two. Remove from the oven and allow the roast to rest in the pan for 10 minutes. Transfer to a cutting board and slice into thick or thin slices, as you prefer. Garnish with fresh parsley.

## CHICKEN TIKKA MASALA

Tikka means that the food is cut into small pieces, then marinated and usually cooked on skewers. It's then added to the sauce, or Masala. Note that I use bamboo skewers in this recipe. Soak them in water for 1 hour.

**Serves:** 4

**Prep time:** 20 minutes (marinate 1-3 hours)

**Cooking time:** 25 minutes

For the marinade:

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

For the sauce:

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

Prepare the marinade: In a bowl, combine all the marinade ingredients. Pour over the chicken to coat well. Cover and refrigerate for 1 to 3 hours.

When ready to cook recipe, soak 8 bamboo or wood skewers (if using) for 30 minutes to 1 hour.

Prepare the sauce: Heat the coconut oil in a large pan over medium heat. Add the onion and cook until softened, about 5 minutes. Add the garlic, ginger, chili, paprika, coriander, tomato paste, and stir well for a minute. Add the puréed tomatoes. Reduce the heat to medium low, cover the pan, and simmer for about 15 minutes, stirring occasionally.

While the sauce simmers, preheat the broiler (or prepare the grill). Thread the marinated chicken onto skewers, or simply arrange in a single layer in a broiler pan, if broiling. Grill or broil, turning occasionally. Look for a light char, about 6-8 minutes per side.

Purée the sauce in the pan by transferring it to a blender or food processor, or use an immersion blender. Return the sauce to the pan. Add the coconut cream to the sauce and mix it in well.

Remove the chicken from the skewers. Stir the pieces into the sauce and allow to cook for 5 to 8 minutes in the sauce. Stir in the garam masala. Salt to taste, and serve, garnished with the cilantro.

## ROSEMARY LAMB RIB CHOPS

“Frenched” lamb rib chops are also referred to as lamb “lollipop chops” because of the rib bone that is attached to this small chop. Because this recipe only calls for a half pound of lamb, spring for the pastured, organic lamb if you can find it.

**Serves:** 2

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**Prep time:** 5 minutes (marinate 1-3 hours)

**Cooking time:** 10 minutes

- 2 TBs traditional fat of choice
- 4 garlic cloves, minced or pressed
- 1 TB minced fresh rosemary
- Freshly ground black pepper, to taste
- ½ lb (about 6) Frenched lamb rib chops
- Sea salt, to taste

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

## RUSTIC MEATBALL AND TOMATO STEW

“Rustic” in this recipe means that you want to keep the tomatoes, celery and carrots as whole as possible, to retain their shape and visual appeal.

**Serves:** 4

**Prep time:** 15 minutes

**Cooking time:** 1 hour

For the Meatballs:

- 1 ½ lbs ground beef (preferably grass fed)
- 1 onion, peeled and finely chopped
- 2 large garlic cloves, peeled, crushed and finely chopped
- 1 tsp fennel seeds, coarsely ground, or 1 tsp powdered fennel
- 2 eggs
- Freshly ground black pepper, to taste
- 1 tsp sea salt, or to taste
- 5 TBs extra virgin olive oil

For the Stew:

- 1 onion, peeled and cut into 8 wedges
- 4 cloves garlic, crushed and coarsely chopped
- 2 cups beef bone broth (see recipe on page 34)
- 4 medium carrots, peeled and sliced on the bias into 2-inch pieces
- 1/4 tsp red chili flakes (optional)
- 1 tsp sea salt, or to taste
- Freshly ground black pepper, to taste
- Two 8-ounce cans of whole plum tomatoes, drained
- 1 TB balsamic vinegar
- 4 TBs chopped fresh basil, for garnish

The meatballs:

Combine all the ingredients but only 2 tablespoons of the olive oil in a bowl, and mix well. Heat the remaining 3 tablespoons oil in a pan and fry a small portion of the mixture to taste test for salt; add salt if necessary. Shape into golf-ball sized meatballs and fry until well-browned on all sides and firm, about 10 minutes. Remember that the meatballs will be simmered in the stew later so at this stage don't overcook. Remove the meatballs and set aside. Do not clean the pan.



The stew:

In the same pan briefly fry the onion and garlic over low heat, about 10 minutes. Add the bone broth, bring it to a boil, and add all the other ingredients except the tomatoes, vinegar, and basil. Cover and let the stew simmer until the carrots and celery are tender, about 5-7 minutes. Add the meatballs, tomatoes and vinegar and simmer uncovered for 15 minutes. Taste for salt and serve in soup bowls, garnished with the chopped basil.

## Side Dishes:

### ROASTED CARROTS AND GARLIC

I like to use duck fat for maximum taste, but any traditional fat of your choice will do. Whatever fat you choose, warm it to a liquid state before tossing it with the carrots.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 35 minutes

- 1 ½ lbs carrots, peeled and quartered
- 1 head garlic, separated into individual cloves and peeled (about 20 cloves)
- Sea salt, to taste
- 2 TBs traditional fat of choice, plus extra if needed (duck fat recommended)
- 2 TBs chopped fresh rosemary

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

### CABBAGE, BOK CHOY, AND SHIITAKE

Umeboshi plum vinegar from Japan (available in Asian markets or at many grocery stores as it's widely used in the U.S. now) adds a great touch to this dish, but you can use any other vinegar of your choice. Use as much or as little garlic as you'd like.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 25 minutes

- 3 TBs coconut oil
- 3-6 garlic cloves (to taste), pressed
- 2 TBs minced fresh ginger, peeled
- 4 packed cups roughly chopped cabbage (1-inch chunks)
- 8 ounces sliced shiitake mushrooms (about 4 cups)
- 3 cups sliced bok choy (¼-inch slices)
- 1 tsp umeboshi plum vinegar
- Sea salt and freshly ground black pepper, to taste

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

## **THAI BASIL EGGPLANT**

The Thai basil and chili pepper in this recipe give the eggplant an exotic twist. In Thailand, the eggplants are green and long, unlike the big purplish eggplants found in the U.S. You may be able to locate Thai eggplant and Thai basil in an Asian market, but if not, you may use regular eggplant and basil.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 10 minutes

- 2½ lbs eggplant (about 2 medium regular eggplants)
- 1 TB coconut oil
- 1 chili pepper, seeded and sliced thin, or a pinch of red chili flakes
- 2 garlic cloves, chopped
- 2 TBs fish sauce (Red Boat brand recommended)
- 1 cup loosely packed Thai basil leaves (or regular fresh basil)

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

## **CAULIFLOWER HASH**

This side dish is a hearty accompaniment to roast meats and chicken.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 25 minutes

- 1 large head cauliflower
- 1 onion, peeled and finely chopped
- 2 bay leaves
- 2 garlic cloves
- 2 tsps fresh thyme
- 4 cloves
- 3 TBs bacon drippings or traditional fat of choice
- 1/2 tsp sea salt, or to taste
- Freshly ground black pepper, to taste
- 3 TBs chopped parsley, to garnish

Cut off the bottom of the cauliflower to remove any green leaves and remove the stem and tough bottom core. Place the cauliflower bottom side up in a large pot and add enough water to cover. Add the onion, bay leaves, garlic, thyme, and cloves, bring to a boil, then reduce the heat and simmer for 10 minutes. Remove the cauliflower, drain and cool. Heat the bacon drippings or traditional fat of choice in a sauté pan over medium high heat, add the cauliflower bits, and cook, stirring occasionally, for 10 minutes. Season to taste with salt and pepper, and serve garnished with chopped parsley.

## **GREEN SALAD WITH SHALLOT VINAIGRETTE**

This salad uses romaine lettuce, which retains its crispness, but any lettuce or mixed salad greens will do. Always make sure your salad greens (and herbs) are well-dried—a salad-spinner is a good and inexpensive investment.

**Serves:** 2

**Prep time:** 5 minutes

- 1 small head romaine, leaves washed, dried and torn into pieces as desired
- ½ cup shallot vinaigrette (see recipe on page 37)

In a large salad bowl, add the vinaigrette first, then the romaine, and gently toss.

## **YUCCA FRIES**

These “fries” are extra good sprinkled with paprika or chili powder before roasting.

**Note:** Each yucca root has a tough, stringy bit in its center. This will turn up in some of the fries —so watch out for it. I used to boil the yucca in halves and remove this stringy part before cutting into fry shapes, but found that it was easier to just avoid it while eating the fries.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

- 2 medium yucca (cassava) roots, about 6-8 inches long each
- 3-4 TBs duck fat, lard or tallow (warmed until it's in a liquid state)
- Sea salt and freshly ground black pepper, to taste

Bring about 3 quarts of water to a boil. Peel the yucca and cut it into the shape of fries, about 3 inches long and 1½ inches thick. Don't cut them thinner than this or they'll get too dry and tough when you roast them. Boil the yucca fries for 30 minutes until soft but not falling apart. Meanwhile, preheat the oven to 475 degrees. Drain the fries and put them in a mixing bowl. Pour liquefied fat over fries and mix to distribute evenly. Spread the fries on a baking sheet, and season generously with salt and pepper. Place the baking sheet on a lower rack in the oven and roast for about 15 minutes. Remove from the oven and flip the fries. Roast for another 5-7 minutes, or until golden brown.

## **KALE AND KABOCHA SQUASH SALAD**

I love kale and acorn squash in any recipe, but the lemony bacon dressing here really makes their flavors pop.

**Serves:** 2-3

**Prep time:** 10 minutes

**Cooking time:** 1 hour

- 1½ lbs kabocha squash, peeled, seeded and cut into ½-inch to 1-inch cubes
- 5 strips bacon, chopped
- 4 packed cups finely sliced kale
- 3 TBs freshly squeezed lemon juice
- 1 TB finely sliced fresh chives
- 1 TB finely chopped fresh sage
- ½ to ¾ cup toasted walnuts or pecans
- Sea salt and freshly ground black pepper, to taste

Preheat the oven to 350 degrees. In a baking dish, roast the squash cubes with the chopped bacon for 1 hour, stirring well every 15 minutes. In a large mixing bowl, combine the salt and kale. With impeccably clean hands, strongly massage the salt into the kale for 1 minute. Add 2 tablespoons of the lemon juice and continue massaging the kale leaves for 1 additional minute. Set aside until ready to assemble the salad. When the squash is tender and the bacon crispy, remove the pan and carefully drain off the bacon fat into a small mixing bowl. Whisk the fat (there should be about 3 tablespoons) with the remaining tablespoon of lemon juice.

There will be a lot of liquid in the bottom of the kale. Squeeze it out and put the drained kale in a salad bowl. Add the squash, bacon, chives, sage and walnuts. Toss with the lemon-bacon dressing, season with salt and pepper to taste and serve.

## **CABBAGE, BOK CHOY, AND SHIITAKE**

Umeboshi plum vinegar from Japan (available in Asian markets or at many grocery stores as it's widely used in the U.S. now) adds a great touch to this dish, but you can use any other vinegar of your choice. Use as much or as little garlic as you'd like.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 25 minutes

- 3 TBs coconut oil
- 3-6 garlic cloves (to taste), pressed
- 2 TBs minced fresh ginger, peeled
- 4 packed cups roughly chopped cabbage (1-inch chunks)
- 8 ounces sliced shiitake mushrooms (about 4 cups)

- 3 cups sliced bok choy (¼-inch slices)
- 1 tsp umeboshi plum vinegar
- Sea salt and freshly ground black pepper, to taste

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

## Snacks:

### NORI CHIPS

You'll save money making your own nori chips instead of paying for prepackaged versions—plus, it's really easy.

**Serves:** Enough snacks for two days

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

- 9 nori sheets, untoasted or toasted
- 2 TBs extra virgin olive oil
- Sea salt, to taste
- Optional spices of your choice, such as onion powder, garlic powder or sesame seeds

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

## HARD BOILED EGGS WITH AVOCADO, SALT AND PEPPER

Salt and pepper bring out the flavors in this satisfying combination.

**Serves:** Enough snacks for two days

**Prep time:** 5 minutes

**Cooking time:** 12 minutes

- 6 hard-boiled eggs
- 3 ripe avocados, pitted and sliced
- Sea salt and freshly ground black pepper, to taste

Cut the eggs in half and serve sprinkled with salt and pepper with avocado slices on the side.

## KALE CHIPS

A nutrient-rich snack—the goal is to make the kale chips as crisp as possible.

**Serves:** Enough snacks for two days

**Prep time:** 5 minutes

**Cooking time:** 12-15 minutes

- 2 large bunches kale, washed, stemmed and patted dry
- 4 TBs traditional fat of choice, melted
- 3 TBs apple cider vinegar
- Sea salt, to taste
- Freshly ground black pepper, to taste

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

## GUACAMOLE WITH CARROT CHIPS

An easy snack that can be prepared up to 2 days in advance.



**Serves:** Enough for two days of snacks

**Prep time:** 10 minutes

- 4 ripe avocados
- 2 TBs lemon juice
- 1 TB very finely minced onion
- ¼ cup coconut cream
- ½ tsp sea salt
- Freshly ground black pepper, to taste
- 2 lbs carrots, peeled

Cut the avocados in half, remove the pits, and scoop them out. (If you have unripe avocados, place them in a paper bag with 1/2 an apple for 2-3 days to ripen.) Combine all the ingredients except the carrots in a bowl and mash.

Slice the carrots on the bias into “chips.” Serve the guacamole with the carrot chips on the side.

To store guacamole, cover it with plastic wrap to keep it from turning grey (oxidizing), lightly pressing the wrap onto the surface of the guacamole to “seal” it. The guacamole can be stored in the refrigerator, but eat it quickly because it will only stay fresh for 2-3 days. The carrot chips can be stored in a bowl of water, covered, in the refrigerator for up to 1 day, so they won’t dry out.

## Basics:

### BEEF BONE BROTH/STOCK

This stock should be rich. The best bones to use are marrow bones combined with any other beef bones such as knuckle bones. Any scraps of meat cooked or uncooked can also be added.

**Yield:** About 4 quarts

**Prep time:** 10 minutes

**Cooking time:** 3½ hours

- 4 lbs beef bones (preferably marrow and knuckle bones)
- 2 onions, peeled and halved
- 4 carrots, peeled and cut into large pieces
- 2 bay leaves (preferably fresh, but dried will also work)
- 2 tsps fresh thyme
- 4 cloves
- 4 celery ribs, chopped
- 1 cup parsley

Preheat the oven to 400 degrees. Place the bones, onions and carrots in a roasting pan and roast for 15 minutes or until very well browned. Add 1/2 inch of water to the pan so any drippings don't burn and stick to the bottom. Add everything from the roasting pan (scraping the bottom), 6 quarts of water, and all the remaining ingredients to a stockpot. Bring stockpot to a boil, reduce to low heat, and simmer, covered, for 3 hours. Strain the stock. When the stock is completely cold, pour it into 1-quart mason jars and refrigerate for later use. It should last about a week in the refrigerator; you can also freeze it in bulk or individual portions in freezer-safe plastic bags.

## LARD

Home-rendered lard is easy to make, particularly if you make one or two practice batches. You'll use this traditional fat in many Paleo recipes so it's worth learning how to prepare it yourself. The trick is not to burn the lard. If made on the first day of week 1, this recipe will yield more than enough for the full 7 day meal plan.

**Yield:** About 1 quart

**Prep time:** 5 minutes

**Cooking time:** 1+ hours

- 5 lbs pork back fat, cut into 1-inch cubes

Heat the pork fat in a large stockpot over medium low heat, and stir frequently for about an hour. If you use too low of a heat setting, little will happen during the cooking. However, too high a heat will cause sticking and burning. Aim for medium low and stir frequently; this is a slow cooking process. Eventually, a quarter inch of rendered liquid fat will gather at the bottom of the pan and you will see the cubes start to change in color from pink to tan. Keep stirring to prevent sticking and to keep the heat even throughout the pieces. Soon the liquid will begin to accumulate to cover the cubes. Once all the cubes are submerged, stirring is no longer necessary for even cooking, but may be nec-

essary to prevent sticking. Avoid too high of a heat, because if the lard is burned, it will be ruined. The fat should never smoke or come close to smoking. When the cubes have lost much of their original size and are light brown (not burned), they have turned into cracklings and you are ready to strain the lard. You can dry the cracklings on a paper towel and eat them, of course! Using care—the lard is very hot--strain the mixture through a fine mesh strainer into a 1-quart glass jar. It should be the color of apple juice. Once the lard has cooled, cover and store in the refrigerator. When it is refrigerated and solidifies, it should be white in color. A brown color once solid means the lard has burned and should not be used. It will keep for several weeks in the refrigerator.

## **PALEO CHICKEN STOCK**

Chicken stock is used for everything from soups to sauces, stews and sautéed dishes. It goes well not only with poultry, but also with pork, veal and eggs. The ingredients and preparation are simple but it takes time. Be patient and let it simmer for several hours to bring out the full flavor of the ingredients.

**Yield:** About 4 quarts

**Prep time:** 15 minutes

**Cooking time:** 3 hours (largely unattended)

- One 3-4 lbs chicken (preferably an old stewing hen), cut into pieces
- 4½ quarts water
- 2 onions, peeled and halved
- 4 carrots, peeled and cut into large chunks
- 2 fresh bay leaves
- 4 sprigs fresh thyme or 1 TB dried thyme
- 4 celery ribs, cut into large pieces
- 4 cloves
- 1 bunch fresh parsley

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

## PALEO MAYONNAISE

An essential base for many cold sauces, mayonnaise should always be served cold. Very fresh pastured/organic eggs are a must for this recipe. The oil should have a neutral taste, which is why olive is not recommended for basic mayonnaise.

**Yield:** 2 cups

**Prep time:** 10 minutes

- 2 pastured/organic egg yolks
- 1½ cups avocado or macadamia nut oil
- 1 TB Dijon mustard
- ½ tsp sea salt
- ⅛ tsp white pepper
- 2 TB freshly squeezed lemon juice

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

## SHALLOT VINAIGRETTE

Shallots are actually more aromatic than both garlic and onions, so a little goes a long way. The quantity of vinegar used is very much a question of personal taste, so add it in stages, keeping in mind the Dijon mustard has vinegar in it as well. You don't need to use extra virgin olive oil in this recipe, as the taste of the shallots is the priority here.

**Yield:** 1 quart

**Prep time:** 10 minutes

- 3 cups olive oil
- 2 shallots, roughly minced
- 3 TBs Dijon mustard
- 1½ tsp salt

- Freshly ground black pepper, to taste
- 1 cup apple cider vinegar

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

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