

# Autoimmune 7 Day Meal Plan

## Day 1

- Breakfast* Plantain and Sausage Hash
- Lunch* Creamy Chicken Stew
- Snack* Pesto Stuffed Mushrooms
- Dinner* Pork Chops with Apple
- Side Dish* Asparagus with Lemon and Almonds

## Day 2

- Breakfast* Green Smoothie
- Lunch* Salmon Tartare with Avocado
- Snack* Pesto Stuffed Mushrooms
- Dinner* Lemon Roasted Chicken
- Side Dish* Sweet Potato Fries

## Day 3

*Breakfast* Cream of Broccoli Soup

*Lunch* Mexican Beef Tongue Salad

*Snack* Guacamole with Carrot Sticks

*Dinner* Lamb Korma

*Side Dish* Indian Spiced Spinach

## Day 4

*Breakfast* Steak and Mushrooms

*Lunch* Chicken, Tarragon and Grapefruit Salad

*Snack* Nori Chips

*Dinner* Pan Fried Liver with Onions and Bacon

*Side Dish* Roasted Carrots and Garlic

## Day 5

*Breakfast* Avocado and Pineapple Smoothie

*Lunch* Grilled Tuna Steaks with Marinated Asparagus

*Snack* Nori Chips

*Dinner* Hamburgers with Mushrooms Provençale Style

*Side Dish* Parsnip Fries

## Day 6

*Breakfast* Bone Broth with Vegetables

*Lunch* Sweet Potato, Broccoli and Ground Beef Hash

*Snack* Crispy Nuts

*Dinner* Easy Roast Duck

*Side Dish* Creamed Collard Greens

## Day 7

*Breakfast* Celeriac and Sausage Hash

*Lunch* Chicken Satay Wrap

*Snack* Crispy Nuts

*Dinner* Salmon with Basil Pesto

*Side Dish* Sautéed Yellow Squash

# Autoimmune 7 Day Meal Plan Recipes

## Breakfasts

### AVOCADO AND PINEAPPLE SMOOTHIE

If you need an extra energy boost, add a scoop of whey protein powder.

**Serves:** 1

**Prep time:** 5 minutes

- 1 large, ripe avocado, peeled, pitted and cut into chunks
- 1 ½ cups pineapple chunks, fresh or frozen
- 1 cup coconut milk
- 2 teaspoons lime juice
- 2 ice cubes (can be eliminated if using frozen pineapple)

Purée all ingredients (except ice cubes) in a blender until smooth. Add ice cubes if desired.

### BONE BROTH WITH VEGETABLES

Broth is great to sip on throughout the day.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

- 1 tablespoon lard\*
- ½ onion, chopped
- 1 carrot, chopped
- 1 cup chopped zucchini
- 1 celery stalk, chopped
- 1 tablespoon fresh parsley, chopped
- 3 cups bone broth/beef stock\*\*

- salt and pepper to taste

Heat lard in a pot over medium-low heat, add chopped onions, carrots, and sauté, stirring frequently for about 3 minutes. Add chopped zucchini, celery, parsley, bone broth, salt, and pepper. Simmer until vegetables are cooked through, and serve.

\*Prepare lard on Sunday (see recipe page 470 of Your Personal Paleo Code)

\*\* Prepare bone broth/beef stock on Sunday (see recipe page 469 of Your Personal Paleo Code)

### **CELERIAC AND SAUSAGE HASH**

A hearty breakfast, be sure not to cook the celeriac (celery root) too long, or it will turn to mush.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

- ¼ teaspoon salt
- 6 cups packed celeriac, peeled and shredded
- 1 tablespoon traditional fat of choice
- 1 medium sized onion, peeled and coarsely chopped
- 8 ounces ground pork
- ½ teaspoon garlic powder
- ⅓ teaspoon cumin
- black pepper to taste
- ¼ teaspoon salt
- 1 tablespoon fresh parsley, chopped

Bring a large pot of water to the boil, add ¼ teaspoon salt and plunge the shredded celeriac into the boiling water for no more than 1 minute. Drain and refresh with plenty of cold water. Allow to drain and cool. The celeriac can be prepared the day before and refrigerated. This will help to dry it out. In a skillet, heat the fat of choice at a medium heat, add onions and sauté until browned. Add pork and seasonings and continue to cook until the sausage is lightly browned. Add celeriac and without stirring too much, cook until crisp. Serve hash on two plates garnished with parsley.

## CREAM OF BROCCOLI SOUP

Delicious way to make use of chicken bone broth and stock.

**Serves:** 6

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

- 1 tablespoon fat of choice
- ½ yellow onion
- 2 stalks celery, chopped
- 5 cups chopped broccoli florets
- 2 cups chicken stock
- 1 cup coconut milk
- ¼ teaspoon white pepper (or use black pepper)
- 1 ½ tablespoon chopped parsley or chives for garnish

Heat your fat of choice in a soup pot over medium heat. Add chopped onion and celery and heat, stirring, until translucent. Add chicken stock and broccoli florets. Cover and cook for about 10 minutes, until broccoli is softened. Use immersion blender to purée; alternatively, let cool and transfer to a food processor or blender. Once puréed, return soup to the pot and stir in coconut milk and black pepper. Serve garnished with chopped parsley or chives.

## GREEN SMOOTHIE

A quick, energizing, and delicious way to start the day. Note that raw spinach and kale contain compounds (such as 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 it before adding it to the smoothie. This will at least partially inactivate the potentially harmful compounds.

**Serves:** 1

**Prep time:** 5 minutes

- 1 cup unsweetened almond milk
- 1 medium banana
- ½ cup coconut milk
- ½ cup raw spinach

- ½ cup raw kale
- 1 tablespoon almond butter (optional)

Blend all the ingredients in a blender until smooth.

### **PLANTAIN AND SAUSAGE HASH**

Plantains are a good substitute for potatoes and can be cooked in many of the same ways. When cooking, always use green, hard plantains. As the plantain ripens, the starch converts to sugar, the opposite of new potatoes.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

- ½ pound ground sausage meat (preferably organic, no additives)
- 4 large green plantains, peeled and shredded
- 1 tablespoon lard\*
- 1 large onion, peeled, cut in half and thinly sliced
- 1 large garlic clove, crushed
- ½ teaspoon cumin seeds, crushed
- ½ teaspoon coriander seeds, crushed
- sea salt to taste
- black pepper
- cilantro, chopped to garnish

Melt lard in sauté pan, add the ground pork sausage, sliced onions, and brown.

Add shredded plantains, remaining ingredients and cook until the plantains are soft.

Serve garnished with cilantro.

\*Prepare lard on Sunday (see recipe page 470 of Your Personal Paleo Code)

## **STEAK AND MUSHROOMS**

Steak and mushrooms is a great example of a fast breakfast for getting fueled quickly and easily.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

- one 16 ounce Ribeye steak
- 8 ounces mushrooms, washed just before cooking, stems removed, and sliced
- sea salt and pepper
- 2 teaspoons (divided) traditional fat of choice
- 1 shallot, chopped
- 1/3 cup beef stock\*
- 1 tablespoon parsley, chopped for garnish

Sprinkle both sides of the steak with salt and pepper. Heat 1 tablespoon fat in a large skillet over medium-high heat. When hot, cook the steak for 4 to 5 minutes per side for medium rare. Remove steak to a plate to rest. Add the remaining tablespoon of fat to the skillet, then the shallot and mushrooms. Sauté, stirring, for 2 minutes. Finally add beef stock and continue to cook for 3 minutes until slightly reduced. Divide steak in half and serve on two plates, top with mushrooms, garnished with parsley.

\* Prepare bone broth/beef stock on Sunday (see recipe page 470 of Your Personal Paleo Code)

# Lunches

## CHICKEN SATAY WRAP

Satays are small pieces of meat that are grilled on skewers. Here we present our version, broiled in the oven and made into lettuce wraps.

**Serves:** 2

**Prep time:** 15 minutes (marinate 1-2 hours)

**Cooking time:** 20 minutes

### For the Satay:

- 12 eight inch bamboo skewers\*
- 2 boneless, skinless chicken breasts or 3 - 4 boneless, skinless thighs
- ½ teaspoon whole or ground coriander seeds
- ½ teaspoon turmeric
- 3 inch piece of lemongrass, thick and tough outer layers removed, sliced thinly and then minced (optional; omit if the ingredient is difficult to find)
- 2 cloves garlic, peeled and sliced
- 1 tablespoon ginger, chopped
- 2 tablespoon chopped shallots
- ½ cup coconut milk

### For the Sauce:

- 1 tablespoon coconut oil
- ¼ cup chopped shallot
- 3 cloves garlic, chopped
- ½ inch ginger, peeled and chopped
- ¼ cup any nut butter or finely ground nuts - almond, cashew, pecan, etc - any nut or combination of nuts (peanut is legume, not a nut)
- ¼ cup coconut milk
- 1 tablespoon fish sauce
- 2 teaspoons lime juice

### For the Cucumber Salad:

- 1 cucumber, peeled and cut into small dice
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice

- ¼ teaspoons salt or to taste
- lettuce leaves

\*NOTE: Soak the skewers in water for 30 minutes before cooking the satay.

### **Marinate the Chicken:**

Cut the chicken into thin strips, about ¼ inch thick and ½ to 1 inch wide, and 3 inch long. Place strips in a bowl. In a mortar and pestle, food processor, or blender, pound (or pulse) the coriander seeds (if using whole), then add the lemon grass, garlic, ginger, and shallots. Purée all into a paste. Add the turmeric powder, and coriander (if using powder). Incorporate well, and stir in the fish sauce. If your mortar and pestle are large enough, add the coconut milk; otherwise, remove the paste to a bowl and stir in the coconut milk. This is your marinade. Pour it in the bowl with the chicken pieces and mix well to coat the chicken. Cover bowl and marinate refrigerated for an hour (or up to several hours).

### **To make the Sauce:**

Heat the coconut oil in a saucepan over medium-low heat. Take the chopped shallot, garlic, and ginger and either put it in a mortar and pestle, grinding it to a paste; alternatively, put it back on the cutting board and mince it all very finely. Add the mince or paste of shallot, garlic, and ginger to the oil. Cook, stirring, for about 5 minutes, until fragrant. Whisk in the nut butter or finely ground nuts of choice, and then the coconut milk and fish sauce. Combine all until smooth in the saucepan. Continue cooking for 5 more minutes or so, stirring often to check if it is sticking to the bottom of the pan. Stir in two teaspoons lime juice, and the sauce is done! Set the sauce aside off heat until ready to assemble wraps.

### **For the Salad:**

Combine diced cucumber, cilantro, lime juice, and salt in a mixing bowl. Stir well and set aside until ready to assemble wraps.

### **To Assemble Wraps:**

Take the soaked skewers and the marinated chicken. Thread the chicken lengthwise onto the skewers, weaving in and out every ¼ - ½ inch. The skewer will be covered from its sharp tip to several inches from the bottom. You will be able to fit two, or possibly three, pieces of chicken per skewer. Normally, satays are grilled for a couple of minutes per side, but here we will include instructions for cooking them in the broiler. Feel free to grill instead if you prefer. Preheat the oven to high Broil with the rack 3 to 4 inches away from the broiler. Arrange the skewers on a baking dish with the bottom ends of the

skewers resting up on the side of the dish. Broil the skewers for 4 minutes per side. Remove the baking dish of satay skewers from the oven and check to make sure they are cooked through. To make the wraps, arrange lettuce on your plate. Remove the chicken pieces from the skewers and place about three pieces per leaf wrap. Top each with a heaping spoonful of the nut sauce. Finally, cover each wrap with a large spoonful or two of the cucumber salad. These steps get easier each time you make the dish, until it becomes much less complicated and more like second nature. Enjoy!

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

Tarragon is an herb which, with its distinctive, yet subtle taste, goes very well with chicken, fish, salads and sauces (the famous Béarnaise sauce is the classic example).

**Serves:** 2

**Prep time:** 10 minutes (marinate 1 hour)

**Cooking time:** 25 minutes

- 2 chicken breasts
- 1 medium romaine salad, washed and roughly chopped
- 1 small red onion, peeled, cut in half, and thinly sliced
- 1 small shallot, peeled, crushed and minced
- 1 large red grapefruit, peeled and segmented (if you can find a pomelo, it's less bitter)
- 2 heaping tablespoons fresh tarragon, finely chopped + tarragon sprigs to garnish, or if not available, 1 heaping tablespoon dried tarragon. This herb is much better fresh.
- ½ cup extra virgin olive oil
- 2 teaspoons Dijon mustard
- 2 tablespoons apple cider vinegar
- ½ teaspoon sea salt or more to taste
- black pepper, coarsely ground
- ¼ cup black olives, pitted and cut in half

Marinate chicken breasts for 1-2 hours in a brine made with three tablespoons of sea salt dissolved in 1 quart water. This can be done in advance, and helps to keep the breasts moist during cooking. Preferably grill the breasts on a low heat, 10 minutes on each and then thinly slice lengthwise. Mix extra-virgin olive oil with apple cider vinegar, salt,

pepper, shallot, and Dijon mustard. Arrange romaine on a plate, then sliced red onion, grapefruit, chicken and black olives. Garnish with tarragon sprigs.

## **CREAMY CHICKEN STEW**

This is a fast and easy-to-make stew, which is a good way to use leftover chicken.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

- 1 tablespoon traditional fat of choice
- 1 yellow onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 4 cloves garlic, minced
- 2 cups chicken stock\*
- 2 cups cooked, chopped chicken meat
- ½ cup coconut milk
- ½ teaspoon sage
- ½ teaspoon dried thyme
- white pepper (or black) to taste

Heat fat of choice in a soup pot over medium heat. Add onion, and cook stirring for about 5 minutes. Add chopped carrot, and stir for a few minutes before adding chopped celery. Add celery and cook for 5 more minutes. Add minced garlic and stir in, allow to cook for 1 minute more. Add in stock, chopped turkey, sage, thyme, and pepper. Since all ingredients are already cooked, the soup is almost done. Simply bring the soup to a hot temperature and stir. Add coconut milk, stir in well and serve. If you would like a creamier soup, add another ½ cup of coconut milk.

\* Prepare chicken stock on Sunday (see recipe page 472 of Your Personal Paleo Code)

## **GRILLED TUNA STEAKS WITH MARINATED ASPARAGUS**

This recipe uses green asparagus, which is first quickly grilled, and then marinated in a light Dijon vinaigrette. Some cooks peel the asparagus, but in this recipe that's not necessary.

**Serves:** 2

**Prep time:** 5 minutes (marinate asparagus for 1 hour)

**Cooking time:** 15 minutes

### **The Marinade:**

- ½ cup extra virgin olive oil
- juice of 1 lemon
- 1 tablespoon Dijon mustard
- 1 shallot, very finely chopped
- salt to taste
- white pepper to taste

### **The Asparagus:**

- 1 pound green asparagus, tough end removed (bend the asparagus until it snaps; the tough end can be frozen for later use in soups).
- 2 tablespoons coconut oil to baste

### **The tuna steaks:**

- two 8 ounce tuna steaks (1 ¼ inch thick)
- 1 teaspoon coconut oil
- salt and black pepper to taste
- juice of ½ a lemon
- 1 tablespoon fresh parsley, chopped

### **The Asparagus:**

Wash and prepare the asparagus as mentioned above; you'll be using the upper end, or tip. Coat with coconut oil. Heat the grill to just below smoke point - test with a drop or two of coconut oil. Grill the asparagus for no more than 2 minutes. The asparagus should have a slight crunch to it. Arrange neatly in glass or ceramic dish.

### **The Marinade (actually a vinaigrette):**

Blend all ingredients together. Taste for salt and lemon juice. If too acidic add more olive oil. Pour over the asparagus and leave to marinate at room temperature for one hour.

The Tuna steaks:

Re-heat the grill to medium-high. Brush tuna steaks with coconut oil, season with salt and pepper, and grill for 5 minutes on each side. Arrange on two plates with asparagus, squeeze lemon juice over steaks, and garnish with parsley.

### **MEXICAN BEEF TONGUE SALAD**

Beef tongue has to cook for several hours, but this salad is simply dressed and easy to put together.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 2 ½ hours

#### **For the tongue:**

- one 1 ½ pound beef tongue (or whatever size you can get)
- 1 ½ tablespoon salt
- 2 cloves
- 10 whole peppercorns
- 2 bay leaves
- 3 cloves garlic, smashed
- 1 onion, quartered

#### **For the salad:**

- 2 heads romaine lettuce
- ¾ cup minced raw white onion
- 8 radishes, thinly sliced
- 2 avocados, peeled, pitted, and sliced
- ½ cup chopped fresh cilantro
- juice of 2 limes
- ½ cup olive oil

In a large pot, cover the tongue with enough water so that the meat is completely submerged. Add the salt, cloves, peppercorns, bay leaves, garlic, and onion to the water. Cover the pot with its lid and bring to a gentle boil. Simmer for 2 ½ hours. Remove the tongue. When it's cool enough to handle, but not fully cooled, it is time to peel it. When peeling, the outer layer should come right off to reveal the bumpy layer underneath. If the peel takes chunks of meat off with it, it's not yet ready and needs to simmer more. Because of the irregular shape of the meat, some parts may need to be peeled with a knife, but most can be pulled off by hand. Dice the meat. Use immediately or refrigerate for use within two days. If cooking the meat in advance, steam it for about 5 minutes before assembling salad and serving. To assemble the salad, remove the outer layers of the romaine and cut off the dark-green tops (about the top 2 inches). Cut off the core at the bottom. Wash and slice the remaining leaves and either keep them intact (to make taco-style wraps) or slice into half inch strips for a salad. Whisk the oil and lime juice in a small bowl to make the dressing. In a large mixing bowl, toss the lettuce, radishes, onion, cilantro, and diced beef with the dressing. Top with avocados and any other salad vegetables you like, such as shredded carrots or sliced cucumber.

## **SALMON TARTARE WITH AVOCADOS**

This dish is different from ceviche in that it isn't marinated.

**Serves:** 4

**Prep time:** 20 minutes

- 18 oz skinless and boneless salmon fillet
- ¼ cup cucumber, seeded and finely diced (don't peel)
- 1 ½ tablespoons fresh lime juice
- 1 tablespoon fresh chives, finely chopped
- 1 ½ tablespoons coconut oil
- ⅓ teaspoon lime zest
- salt and pepper to taste
- 3 avocados, peeled, pitted and sliced lengthwise
- 2 tablespoons fresh cilantro, coarsely chopped for garnish

Put salmon on a plate and set in the freezer for 20 minutes. This will make the salmon easier to slice thinly. While waiting for the salmon, prepare all other ingredients. Remove salmon, slice thinly about ½ inch thick along the length of the fillet, and then coarsely chop. Gently mix all ingredients except avocados and cilantro. Arrange avocados on four plates in a fan shape, then add the tartare and garnish with cilantro.

## **SWEET POTATO, BROCCOLI AND GROUND BEEF HASH**

The trick to this dish is to keep the sweet potatoes as crisp as possible.

**Serves:** 4

**Prep time:**

**Cooking time:**

- 1 pound ground beef
- 2 pounds (6 cups) sweet potatoes, peeled and cut into 1 ½" pieces
- 3 cups broccoli florets
- 1 large red onion, thinly sliced
- 3+1 tablespoons lard\*
- 1 garlic clove (optional)
- salt to taste
- black pepper
- 2 tablespoons fresh parsley, chopped for garnish

Place the roasting pan in oven and preheat to 400°F. Add 3 tablespoons lard and sweet potatoes, coating well. Lightly salt and bake until crisp (15 minutes). Meanwhile, brown the ground beef in 1 tablespoon lard, add onion, garlic, salt (remember that the sweet potatoes already have salt added), and pepper. Continue to sauté. Simmer the broccoli in unsalted water for 3 minutes, remove from heat and let steep. Add the sweet potatoes to the ground beef, stir through. drain the broccoli and arrange on top. Garnish with parsley and serve.

Note: This dish can be accompanied with a simple green salad/vinaigrette.

\*Prepare lard on Sunday (see recipe page 470 of Your Personal Paleo Code)

# Snacks

## CRISPY NUTS

Soaking nuts makes them more digestible and easier to cook.

**Serves:** 2 x 2 days

**Prep time:** soak for minimum 8 hours

**Cooking time:** 12 to 24 hours

- 6 cups pecans, almonds, walnuts (you can use macadamias, pine nuts, and cashews, too, and these need less soaking...only 6 hours or overnight).\*
- 1 ½ tablespoons sea salt

Soak 4 cups of the nuts with 1 ½ tablespoon sea salt, covered with water, overnight, for at least 8 hours (and up to 24 hours with a change of water halfway through). Drain well; it is important to dry them thoroughly if not using immediately. They will develop mold when stored if they retain moisture. Spread on a baking sheet in a single layer and bake at your oven's lowest temperature for 12 to 24 hours, depending on how crispy you like them. Stir and turn them occasionally as they dry. If your oven only goes down to 170°F, bake them at this higher temperature for less time. A dehydrator is the ideal for drying, if you have it.

\*Start preparation on Wednesday so that nuts are ready on Saturday.

## GUACAMOLE WITH CARROT STICKS

Avocados, once cut, will lose their color quickly unless soaked in water with the juice of ½ lemon. This dish should be prepared the same day. It's fast and easy.

**Serves:** 2

**Prep time:** 15 minutes

- 3 ripe avocados
- 1 tablespoon fresh lemon juice
- 2 tablespoons onion, very finely minced
- ¼ cup coconut cream (very thick coconut milk)
- ½ teaspoon sea salt
- white pepper to taste

- 1 pound carrots, peeled and cut into thin diagonal strips. (keep in a bowl of water in the refrigerator when not using, otherwise the carrots will dry out).

Cut avocados in half, remove pit, and scoop out. If you have unripe avocados, place them uncut in a paper bag with ½ of an apple for 2-3 days. Add all ingredients together and mash. Place in a bowl and when not using, cover with plastic film to keep the guacamole from turning grey in color (oxidizing). Serve with carrots on the side.

## **NORI CHIPS**

Making your own nori chips is easy and less expensive than buying the prepackaged versions.

**Serves:** 2 x 2 days

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

- 9 nori sheets, untoasted were used for this recipe but toasted will also work
- 2 tablespoons coconut oil
- ¾ teaspoon sea salt to taste
- ¼ teaspoon garlic powder

Preheat the oven to 350°F. Cut the nori sheets into four with a knife or kitchen shears (once horizontally, once vertically), or cut into whatever shape will fit your container. Place the nori on a baking sheet in a single layer. Lightly brush the nori with oil using a pastry brush or your fingers. Sprinkle the nori with sea salt and garlic powder. It should stick to the oil. Bake for about 15 minutes, until the nori chips become dry and crispy, and just begin to pucker a bit. Let cool and serve or store in on-the-go container.

## **PESTO STUFFED MUSHROOMS**

Pesto brings a lovely green punch of color to this snack.

**Serves:** makes about 15 to 20 mushrooms

**Prep time:** 20 minutes

**Cooking time:** 30 minutes

**For the pesto:**

- 2 cups fresh basil leaves, packed
- ½ cup extra-virgin olive oil
- 5 tablespoons pine nuts
- 3 garlic cloves, peeled and crushed
- 2 anchovy fillets
- sea salt to taste (remember that the anchovy fillets are very salty)
- black pepper

**For the mushrooms:**

- 1 pound mushrooms

**The pesto:**

Gently sauté pine nuts over low heat with a small amount of olive oil, until light brown. Combine all ingredients in blender and blend until smooth.

**The mushrooms:**

Preheat oven to 350°F. Remove stems from mushrooms. Wash mushrooms clean just before beginning recipe (not in advance). Fill each mushroom with a dollop of pesto. Place on a baking sheet and place in oven for 30 minutes.

# Dinner

## EASY ROAST DUCK

We simplified the process of roasting duck while retaining the crisp, golden skin and great flavor. Remember, one four pound duck will only provide about 2 servings.

**Serves:** 3

**Prep time:** 15 minutes

**Cooking time:** 2 ½ hours

- one 5 pound duck, innards removed
- sea salt
- black pepper
- 4 apples, cored and quartered (don't peel)
- 4 pears, cored and quartered (don't peel)
- 1 ½ tablespoons equivalent sprigs of thyme to garnish
- coarse salt and freshly ground pepper

Preheat oven to 325°F. Remove neck, heart, gizzards, and any excess fat from the cavity. Score the skin over the breast and any fatty parts into a crosshatch pattern, cutting only the skin and fat, not into the meat. Prick the skin with the tip of a knife all over also, both of which will allow the fat to release. Season the entire bird with salt and pepper. Season inside the bird, and if you'd like, place some herbs inside also. Tie the legs with twine, and tuck the wings under the bird. Place the duck breast side up in a roasting pan or baking dish. Roast for one hour, then flip it over and drain the fat that has accumulated. You can use the fat for cooking root vegetables. Duck fat, once cooled, can be stored in the refrigerator in a sealed glass container. Add the apple and pear slices to the pan, which will cook in the fat that will continue to render. Return the pan to the oven and roast another hour. After the second hour of cooking, turn the duck again (back to breast side up). Return pan to the oven and continue to cook until the duck juices run clear when the skin is gently punctured. (About another half-hour to an hour.) At that point, remove the apples and pears, now roasted, and set aside. Drain the fat from the pan and save for later use. Turn the oven to 425°F and cook for 15 minutes more, until the skin is crisp. About 1 hour or so before the duck is finished cooking, peel one pear and cut into small dice. Heat over medium heat in a small saucepan. Cover until mushy, then mash and uncover to begin letting it reduce. Stir frequently and add a touch of water, fresh made pear or apple juice, or a bit of apple cider vinegar to prevent sticking to the bottom of the saucepan (if necessary). When reduced to a thicker sauce, glaze the duck with the

sauce and cook for 15 minutes at 425°F. Let rest 15 minutes before serving. Serve with the fruit wedges and fresh sprigs of thyme, rosemary, and/or sage.

### **HAMBURGERS WITH MUSHROOMS PROVENÇALE STYLE**

Many people think that "Provençale" involves tomatoes, basil, thyme and other herbs. There is also a very simple and quick recipe by the same name which is made with a lot of garlic, parsley and extra virgin olive oil, the latter not being used for cooking, but to flavor the dish at the end. Definitely a dish for garlic lovers.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

- 1 pound ground beef, preferably grass fed
- 1 tablespoon lard\*
- ½ pounds mushrooms, white, cremini or both, quartered
- 4 garlic cloves, peeled and roughly chopped
- juice of 1 lemon
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon sea salt
- black pepper, coarsely ground
- 4 tablespoons parsley, chopped + 2 teaspoons for garnish

Shape 2 hamburger patties from the ground beef. Heat the lard to a medium temperature, add the hamburgers, and sauté 5 minutes on each side. Remove and keep warm. Add mushrooms, salt, pepper, and cook until browned. While cooking, pour over the lemon juice. Add garlic, parsley and cook about 3 minutes. Return hamburgers and olive oil to pan and gently heat through. Serve the hamburgers topped with the cooked mushrooms and garnished with parsley.

\*Prepare lard on Sunday (see recipe page 470 of Your Personal Paleo Code)

## LAMB KORMA

This creamy, thick dish traditionally has a base of coconut milk, with additional thickening from almonds or cashews. Combined with the spice masala, these ingredients form a 'korma paste', in which the lamb slowly stews.

**Serves:** 3

**Prep time:** 20 minutes

**Cooking time:** 1 ½ - 2 hours

- 2 inch piece of ginger, peeled and sliced
- 6 large cloves of garlic, peeled and smashed
- ½ teaspoon salt
- 5 cloves
- 8 cardamom pods
- 1 tablespoon coriander seeds
- 2 teaspoons cumin seeds
- 2 pounds boneless lamb shoulder or leg, cut into 2" cubes
- 2 tablespoons coconut oil
- salt and freshly ground black pepper
- 1 yellow onion, finely chopped
- 1 cinnamon stick or ½ teaspoon ground cinnamon
- ½ cup cashews, ground into a powder using blender, food processor, mortar & pestle, or spice grinder
- 1 cup coconut milk
- 1 cup beef stock\*
- pinch of saffron (¼ teaspoon)
- ¼ teaspoon turmeric powder
- ¼ cup fresh cilantro, chopped

Prepare the ginger-garlic paste. Place the ginger, garlic, and ¼ teaspoons salt in a mortar and pestle, food processor, or blender. Blend to a paste. It should result in approximately 2 tablespoons of paste. Set aside until ready to use. Prepare the spice mix, or masala. Heat a pan over medium-high heat. Add the large spices first to the dry pan: the cardamom pods and the cloves. Heat for 30 seconds, until fragrant but not burning. Shake the pan around and add the coriander seeds. Heat for 15 seconds. Add the smallest spice; the cumin seeds. Heat for 15 more seconds, or until all spices are nicely fragrant. Remove the masala to a plate to cool. When cooled, grind it to a powder using a spice grinder, mortar and pestle, or blender. Set the masala aside until ready to use. Put the saffron in a small bowl and cover with 2 tablespoons of boiling water. Let soak for at

least 10 minutes and set aside. Heat 1 tablespoon of the oil in a large pot over medium heat. Rinse the lamb and pat dry with a paper or cloth towel. Season the lamb liberally with salt and pepper. When the oil is hot but not smoking, add the lamb to the pot and brown for 5 minutes or so, a minute or two per side. So as not to crowd the pan, do this in two or three separate batches. Once the lamb is browned on all sides, remove the lamb to a plate. Add the additional 1 tablespoon of oil to the pot, reduce the heat to medium-low, and add the onions. Cook the onions, stirring occasionally, for 5 minutes. Stir in the ginger-garlic paste and cook for one more minute. Add the spice masala and stir well. Return the lamb to the pot with any juices that have accumulated on the plate. Stir well to coat the lamb with all the spices. Add the beef stock, the coconut milk, the ground cashews, the cinnamon stick, and the saffron with its soaking water. Stir in the turmeric powder and ¼ teaspoon salt. Bring the stew to a low simmer. Give it a good stir, cover and cook on low heat for 1 ½ to 2 hours. Stir occasionally during the cooking. Uncover the stew, stir and cook down to thicken, if necessary, for a few minutes. Season with additional salt and pepper to taste. Remove the cinnamon stick prior to serving. Serve the stew garnished with chopped fresh cilantro.

\* Prepare bone broth/beef stock on Sunday (see recipe page 470 of Your Personal Paleo Code)

## **LEMON ROASTED CHICKEN**

Flavorful recipe which goes great with any side dish for a quick and easy dinner.

**Serves:** 2

**Prep time:** 5 minutes (marinate 1 - 2 hours)

**Cooking time:** 35 - 40 minutes

- 2 chicken leg and thighs (about 1 ½ pounds total)
- 2 lemons, juice and zest
- 1 tablespoon dried oregano
- 2 tablespoons parsley, minced
- 1 tablespoon coconut oil
- salt and pepper

Marinate the chicken in the remaining ingredients for 1 to 2 hours, covered, in the refrigerator. Lightly oil a roasting pan or baking dish and preheat oven. Place the chicken in the pan. Preheat oven to 350°F and roast the chicken for 35-40 minutes, turning over

2 to 3 times during the cooking process. Cook until a meat thermometer registers 165°F in the thickest part of the chicken.

## **PAN FRIED CHICKEN LIVER WITH ONIONS AND BACON**

This recipe uses chicken liver, but any poultry liver will do. Duck liver is particularly good.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

- 4 ½ tablespoons traditional fat of choice
- 4 slices bacon
- 1 yellow onion, sliced thinly
- 15 almonds or 2 ½ tablespoons almond flour
- ¾ pound chicken liver
- pinch nutmeg
- pinch salt and white (or black) pepper
- 2 tablespoons chopped parsley for garnish

Cook bacon in fat of choice, then lay on paper towel lined plate and set aside. In a skillet over medium-low heat, heat the onion slices in the 1 ½ tablespoons traditional fat with a pinch of salt and pepper. Cook, stirring frequently, for 20 minutes, until onions are caramelized. If your goal is to mask the liver's taste (if you are not accustomed to liver), you may want to add a second onion. While the onions are cooking, prepare the almond flour. Grind 15 almonds in a food processor until the consistency of flour. Alternatively, use 2 ½ tablespoons pre-made almond flour. Add a generous pinch of salt, pepper, and nutmeg. Combine well in the bowl. Rinse the liver and slice into ½ inch thickness. When onions are done, set aside. Heat remaining fat in the skillet over medium heat. Dredge the livers in the flour mixture and coat well on all sides. Once the fat in the skillet is melted, drop the liver slices into the skillet and heat for about 2 minutes per side. That's it! Remove liver slices and plate. Cover with the caramelized onion, and top with bacon. Garnish with generous parsley and serve.

## **PORK CHOPS WITH APPLES**

Pork is often paired with fruit, as the acid in fruit such as apples, pears and apricots helps to “cut” the fat.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 40 minutes

- 1 garlic clove, minced
- 4 pork chops, bone-in
- 2 TB lard, divided
- salt and pepper
- 1 cup chicken broth\*
- 2 apples, peeled, cored, and cut into slices
- 1 large onion, sliced thin

In a large skillet, heat the lard over medium-high heat. Pat pork chops dry with a paper towel. Season them liberally with salt and pepper and add to pan. Sear for 4 minutes each side, until both sides are browned. Remove pork chops from the pan and set aside on a warm plate. Reduce the heat to medium. Add the additional one tablespoon of lard to the pan. Use a wooden spoon to release browned bits from the bottom of the pan. Stir in the onions and apples and cook for about 5-8 minutes, until they have softened. Stir in the garlic and cook for a little under a minute. Add the chicken stock to the pan and deglaze the bottom of the pan. Return the pork chops with their juices to the pan. Stir them so that they are covered by the apples and onions. Cover the pan, reduce to medium-low heat, and simmer until tender, about 15 to 20 minutes. Transfer the pork chops to a plate. Turn the heat up to medium high, and stir the gravy until it reduces, for about 5 minutes. Cover the pork chops with the sauce, and serve. Enjoy!

\* Prepare chicken stock on Sunday (see recipe page 472 of Your Personal Paleo Code)

## **SALMON WITH BASIL PESTO**

In this recipe, the salmon is best grilled using a stovetop grill, but can also be pan fried.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 10 minutes

- 2 salmon fillets
- coconut oil for coating the fish and pan
- salt and pepper
- packed 1 ½ cup fresh basil leaves
- 1 clove garlic
- ¼ cup pine nuts or walnuts
- ¼ cup olive oil
- 1 lemon, cut in half

Make the pesto by placing the basil, garlic, nuts, and olive oil in a food processor and pulsing until smooth. Season the pesto as desired with salt and pepper. Season the fillets with salt and pepper. Lightly coat the fillets and the pan with coconut oil. Heat the grill or pan to medium heat. Cook the fillets for 4 minutes per side. Remove the salmon from the pan, plate it up on two plates. Garnish each plate with ½ lemon.

# Side Dishes

## **ASPARAGUS WITH LEMON AND ALMONDS**

The great thing about this recipe is that it's delicious, well-balanced flavor is achieved with a small ingredient list and easy preparation.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 10 minutes

- 2 bunches asparagus, washed, tough bottom parts broken off, and chopped into one-inch pieces
- 5 cloves garlic, minced or pressed
- 2 tablespoons fat of choice
- juice of one lemon
- ¼ cup almonds, sliced or roughly chopped
- salt to taste

Steam asparagus in a covered pot with steamer basket, with one to two inches of boiling water, until bright green, about 5 minutes. Remove asparagus from heat and drain any excess water. In a sauté pan, heat the oil over medium heat. Add the garlic and cook for one minute, stirring. Add the almonds and toast lightly, stirring for about one minute. Remove the pot from heat and add in the steamed asparagus. Stir well. Finally squeeze in the juice of the lemon and salt to taste.

## **CREAMED COLLARD GREENS**

Because of its creamy consistency, this dish is best served with simple roasted meats or chicken. With the addition of 1 quart of stock, it can also be used as a quick soup.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

- 1 pound collard greens, washed and cut into large pieces
- 1 tablespoon melted lard\*
- 1 cup coconut milk
- 1 tablespoon coconut aminos

- pinch of nutmeg
- sea salt to taste
- black pepper, freshly ground
- 3 tablespoons hazelnuts, roasted and chopped for garnish

Heat a skillet to a high temperature, add hazelnuts and toast for about 8 minutes. Don't let it get so hot that it smokes. Transfer hazelnuts to a bowl, let cool, wrap in an old kitchen towel and rub to remove skin. Coarsely chop. Melt lard in the sauté pan and add all ingredients except hazelnuts. Cook at medium-high heat for 10 minutes, or until most of the liquid has been reduced. Adjust for salt. Garnish with chopped hazelnuts.

\*Prepare lard on Sunday (see recipe page 470 of Your Personal Paleo Code)

## INDIAN SPICED SPINACH

In Indian food recipes, you may see spinach referred to as Palak or Saag. Here we are essentially making a very simple but very delicious version of Palak Paneer, without the Paneer (a cubed cheese).

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

- 6 packed cups chopped spinach (this is about four really big bunches of spinach before chopping)
- 1 yellow onion, chopped finely
- 1-inch piece of ginger
- 6 cloves garlic
- 1 tablespoon coconut oil
- 1 teaspoon coriander powder
- 1 teaspoon garam masala
- ½ teaspoon ground cumin
- ¼ teaspoon turmeric powder
- salt and pepper to taste

The quickest way to prep the spinach is to wash it, spin it dry with a salad spinner, and then chop it by hand or with a food processor. Heat the oil in a large pot over medium heat. Add the onions. Cook, stirring frequently, for about 8 minutes, until onions become

translucent. Mince the garlic and ginger and add to the pot, then the spices (coriander, garam masala, cumin, turmeric), and stir well. Add the spinach along with salt and pepper to taste. Leave the heat on medium; the spinach will take a while to cook. Stir frequently for the first five minutes or so to prevent the spinach from sticking to the bottom of the pot. If you'd rather add a tablespoon or two of water that will work, but eventually the spinach will sweat out its own water. After about 5 minutes, cover the pot and allow the spinach to cook for about 15 more minutes, until its color changes to dark green. Take the lid off and stir every two minutes for the whole duration in order to keep the bottom of the spinach from burning/sticking. By staying nearby and stirring often, you will need to add less (or no) water, and the flavor will stay in the spinach. To serve, remove with a slotted spoon.

## **PARSNIP FRIES**

These fries are a revelation, making steak frites a snap, or just providing a super easy and addictive side dish for any meal.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

- 2 pounds parsnips, peeled and washed
- 2 tablespoons coconut oil
- 2 teaspoons dried rosemary
- 1 teaspoons thyme
- ½ teaspoons onion powder
- 1 to 2 teaspoons salt
- ½ teaspoons freshly ground black pepper

Preheat the oven to 375°F. Slice off the root ends of the parsnips and cut them into wedges. They will be thinner at one end and thicker at the other. Try to make them about the same size for even cooking. In a small saucepan, heat the coconut oil gently until it turns liquid, but not too hot to handle.

In a large bowl, mix together the parsnip fries, oil, and all other ingredients. Toss well. Place on a baking dish. Roast the fries for 20 minutes, or until tender and crisp. Toss them about 2 times or so during the cooking.

## **ROASTED CARROTS AND GARLIC**

This dish is a garlic lover's delight.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 30 minutes

- 1 ½ pounds carrots, peeled and rinsed
- 1 head of garlic, separated into individual cloves and peeled (about 20 cloves)
- sprinkle of salt
- 2 teaspoons fresh rosemary, chopped

Preheat the oven to 400°F. Place the carrots in the roasting pan in a single layer. Arrange whole cloves of garlic in the pan. Sprinkle with salt and add 2 tablespoons traditional fat of choice, tossing the carrots and garlic to coat. If using lard, duck fat, etc., it may be a good idea to warm the fat enough so that it's melted. Cook for 15 minutes, then remove pan and stir vegetables. Add any extra fat if necessary to keep the carrots/garlic from sticking. Cook for an additional 10 minutes. Check for doneness. Garlic should be turning slightly tan/brown and carrots should be tender when pierced with a fork. Stir the carrots, and add the rosemary leaves, sprinkling on top of the vegetables. Cook for 5 minutes more, remove from oven. Serve hot.

## **SAUTÉED YELLOW SQUASH**

Looking for a delicious side dish that takes minimal effort to prepare? This one is easy and tastes great!

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 25 minutes

- 6 medium summer squash, sliced
- ¼ cup traditional fat of choice
- 1 medium onion, sliced thinly or diced
- salt & pepper
- dried or fresh herb for variety, such as rosemary

Melt fat of choice in large skillet. Add onion and cook just until tender. Add yellow squash and continue cooking over medium heat, stirring until squash begins to soften. Cover and continue cooking over low heat until nice and tender (usually about 20 minutes). I add lots of salt and pepper, and any additional herbs that complement the main dish.

### **SWEET POTATO FRIES**

Sweet, salty, and spicy, these are great along with a main entrée or on their own for a snack.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 30 minutes

- 3 medium sweet potatoes, washed and optionally peeled
- 3 tablespoons traditional fat of choice, melted
- 1 ½ teaspoons cumin
- 1 teaspoons salt or to taste
- 1 tablespoon fresh parsley, chopped for garnish

Preheat your oven to 425°F. Cut the sweet potatoes in half by width and then in half again lengthwise. Cut these chunks into thick or thin wedges, about ½ inch thick. They should be uniform for even baking. In a mixing bowl, cover the wedges with the melted fat and add the spices. Toss and mix very well until potatoes are evenly coated. Transfer potatoes to a baking dish and bake for 30 minutes. After the first 15 minutes take them out and toss, adding more oil or spices if desired. Cook for 15 minutes more, or until crisp and tender. Serve garnished with parsley.

# Basics

## **BEEF BONE BROTH/STOCK**

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

**Servings:** enough for 4 quarts

**Prep time:** 10 minutes

**Cooking time:** 3½ hours

- 4 pounds beef bones (preferably marrow and knuckle bones).
- 2 onions, peeled and halved
- 4 carrots, peeled and cut into large pieces
- 2 fresh bay leaves
- 3 sprigs (2 teaspoons) fresh thyme
- 4 cloves
- 4 celery ribs, chopped
- 1 bunch parsley

Preheat oven to 400°F. Place bones, onions and carrots in a roasting pan and roast at a high heat for 15 minutes or until very well browned. Add water to the pan to unstick the drippings. Add everything from the roasting pan and all remaining ingredients to the stockpot and simmer with lid on for 3 hours. Strain the stock. When the stock is completely cold, pour into the mason jars and refrigerate for later use.

## **PALEO CHICKEN STOCK**

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

**Servings:** enough to make 4 quarts

**Prep time:** 15 minutes

**Cooking time:** 3 hours

- 1 whole chicken (preferably an old stewing hen) 3 to 4 pounds, cut into pieces
- 5 quarts water
- 2 onions, peeled and halved
- 4 carrots, peeled and cut into large chunks
- 2 fresh bay leaves
- 3 sprigs of fresh thyme (1 tablespoon) dried thyme
- 4 celery ribs, cut into large pieces
- 4 cloves
- 4 tablespoons fresh parsley, chopped

Note: never add salt to a stock. Often stocks are reduced for use in sauces. This reduction would concentrate any salt that has been added.

Add all ingredients to a large stock pot and simmer with the lid on for 3 hours. 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 temp., it can be placed in a refrigerator for a few hours. This will make all the fat harden on the surface. This fat can then be skimmed off and used for cooking. Remove the meat from the chicken and reserve for later use in salads, soups, etc.

**LARD**

Home-rendered lard is as easy as can be once you get ahold of some pork fat and practice one or two times. Use it to cook anything!

**Servings:** 1 quart

**Prep time:** 5 minutes

**Cooking time:** 1 hour plus

- 5 pounds unstreaked pork back fat, cut into small 1 inch cubes

If frozen, thaw the pork fat for a day or two. Place the fat on a cutting board and, with a chefs' knife cut into small pieces, about 1-inch cubes. Place the cubes into a large pot, such as a stock pot. Turn on low heat and be prepared to stir frequently for a while. If you go at too low of a heat setting, nothing will ever happen (at least it won't seem like it). But, you don't want to go too high either; it could stick and burn. We like to go medium low, stir frequently, and cook slowly. Before long, a quarter-inch of rendered liquid fat will

gather at the bottom of the pan, and you will see the cubes start their 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 continue to grow and will cover the cubes. Once all cubes are submerged, stirring is no longer necessary for even cooking, but may be necessary for preventing sticking to the bottom of the pan. Avoid too high of a heat, because if the lard is burned, it will be ruined. The oil 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! Strain the lard through a fine-mesh strainer into its jar. Be careful, it is hot! It should be the color of apple juice. Once the lard has cooled, store it in the refrigerator. When it is refrigerated and solidifies, it should be white in color. Brown lard (once solid) means it got too burnt in the process.