

# Week 3 Meal Plan

## Day 1

- Breakfast* Parsnip Fritters with Sausage
- Lunch* Miyuk Guk
- Snack* Roasted Hazelnuts with Garlic and Thyme
- Dinner* Beef Stew
- Side Dish* Sautéed Spinach and Mushrooms

## Day 2

- Breakfast* Chocolate Macadamia Smoothie
- Lunch* Poached Eggs with Asparagus, Lemon and Almonds
- Snack* Garlic and Thyme Roasted Hazelnuts
- Dinner* Cajun Spiced Chicken
- Side Dish* Sautéed Yellow Squash

## Day 3

- Breakfast* Portobello Mushrooms Stuffed with Scrambled Eggs
- Lunch* Cuban Pork Chops with Green Salad
- Snack* Nori Chips
- Dinner* Tilapia Fillets with Ratatouille
- Side Dish* None

## Day 4

*Breakfast* Bone Broth with Vegetables

*Lunch* Shrimp and Mussel-Stuffed Tomatoes

*Snack* Nori Chips

*Dinner* Lamb Korma

*Side Dish* Indian Spiced Spinach

## Day 5

*Breakfast* Celeriac with Sausage Hash

*Lunch* Cauliflower, Bacon and Roasted Garlic Soup

*Snack* Jerk Chicken Wings

*Dinner* Mexican Liver and Onions

*Side Dish* Kale and Kabocha Squash Salad

## Day 6

*Breakfast* Piperade (Basque Scrambled Eggs)

*Lunch* Pork Burgers with Dijon Mustard Sauce and Steamed Kale

*Snack* Jerk Chicken Wings

*Dinner* Grilled Chicken Breasts with Chimichurri Sauce

*Side Dish* Parsnip Creamed Spinach

# Day 7

*Breakfast* Mussel and Fennel Soup

*Lunch* Salmon Tartare with Avocados

*Snack* Asparagus with Lemon and Almond

*Dinner* Pork Tenderloin Medallions with Green Peppercorns

*Side Dish* Braised Fennel

# Week 3 Recipes

## Breakfasts

### PARSNIP FRITTERS WITH SAUSAGE

Parsnips are a delicious, low-carb alternative to potatoes and can be cooked in many of the same ways. Keep in mind that parsnips cook very quickly and can easily become mushy if overcooked.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

#### Ingredients:

##### Fritters

- 4 cups peeled and coarsely grated parsnips (1 - 1 ½ pounds)
- 1 egg
- Pinch of sea salt
- Freshly ground black pepper, to taste

##### Sausage

- 12 ounces ground pork
- ½ teaspoon ground fennel seeds
- ¼ teaspoon sea salt
- Freshly ground black pepper, to taste
- 1 heaping teaspoon of lard\*

##### Garnish

- 2 teaspoons chopped parsley

\*Prepare lard on Sunday Week 3 (see recipe page 389 of Your Personal Paleo Code)

**Instructions:**

Peel and thickly grate the parsnips. Mix with egg, salt and pepper. Shape into four equal-sized fritters, about 1 ½ inches in thickness. Mix all the sausage ingredients together except the lard and shape into four equal-sized patties, about 1 ½ inches thick. Heat lard in a skillet over medium heat and fry the sausage patties until thoroughly cooked, about 5 minutes on each side. Remove patties and keep warm.

Add parsnip patties to the same skillet and cook over a medium heat until crisp on both sides, about 5 minutes. Serve fritters and sausage garnished with parsley.

**CHOCOLATE MACADAMIA SMOOTHIE**

This breakfast smoothie is an indulgent way to start the day. The protein powder is optional, but it's a good addition for active people or those with blood sugar issues.

**Serves:** 1

**Prep time:** 10 minutes

**Ingredients:**

- ½ cup macadamia nuts
- 1 ½ cups coconut milk
- 2 tablespoons unsweetened cocoa powder
- 1 small banana, cut into pieces and frozen
- 1 tablespoon macadamia butter
- 1 scoop of whey protein powder
- 2 ice cubes

**Instructions:**

Blend macadamia nuts and coconut milk until smooth, then add the remaining ingredients and quickly blend.

## **PORTOBELLO MUSHROOMS STUFFED WITH SCRAMBLED EGGS**

Use the largest mushroom caps you can find, because they will shrink considerably when cooked.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

### **Ingredients:**

- 6 eggs
- 4 teaspoons fresh chives, chopped
- ¼ teaspoon sea salt
- white pepper to taste
- 4 teaspoons lard\*
- 4 slices of bacon
- 4 large Portobello mushroom caps, cleaned
- 1 tablespoon fresh parsley, roughly chopped for garnish

\*Prepare lard on Sunday Week 3 (see recipe page 389 of Your Personal Paleo Code)

### **Instructions:**

In a mixing bowl beat the eggs until frothy. Add chives, salt and pepper. Heat 2 teaspoons of lard in a skillet at medium heat, add bacon slices and sauté until crisp. Remove bacon, chop finely or crumble into very small pieces, add to the egg mixture and set aside.

In the same skillet sauté the mushroom caps at medium low heat, bottom side up until tender, about 5 minutes. Remove and keep warm. In the same pan, heat remaining 2 teaspoons of lard. Add the egg mixture and cook at a very low heat, stirring gently from time to time, about 5 minutes. Fill the mushroom caps with the scrambled eggs and serve on two plates, garnished with parsley.

## **BONE BROTH WITH VEGETABLES**

This vegetable-infused version of our basic bone broth/beef stock recipe, which appears on page 388 of Your Personal Paleo Code, is great to sip on throughout the day.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

### **Ingredients:**

- 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\*\*
- Sea salt and freshly ground pepper to taste

\*Prepare lard on Sunday Week 3 (see recipe page 389 of Your Personal Paleo Code)

\*\* Prepare bone broth/beef stock on Sunday Week 3 (see recipe page 388 of Your Personal Paleo Code)

### **Instructions:**

Heat lard in a pot over medium-low heat. Add chopped onions and 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.

## **CELERIAC AND SAUSAGE HASH**

This is a hearty breakfast, but be sure not to overcook the celeriac (also called celery root) or it will turn to mush.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

**Ingredients:**

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

**Instructions:**

Bring a large pot of water to the boil, add ¼ teaspoon of the salt and plunge the shredded celeriac into the boiling water for no more than 1 minute. Drain and rinse 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 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.

**PIPERADE**

This dish, which is like a luxuriant scrambled egg “soup,” is a specialty of the Basque land in Spain and France.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

**Ingredients:**

- 2 tablespoons traditional fat of choice
- 2 medium onions, finely chopped

- 1 red bell pepper, cored, seeded and thinly sliced lengthwise
- 1 garlic clove, minced
- 1 12-ounce can chopped tomatoes with juice
- Generous pinch of cayenne
- ¼ teaspoon sea salt to taste
- Freshly ground black pepper to taste
- 6 eggs
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh parsley for garnish

**Instructions:**

In a skillet at medium heat, add fat of choice, onions, and red pepper. Sauté about 10 minutes. Decrease the heat to low and add garlic, canned tomatoes (with juice), cayenne, salt and pepper, and continue to cook, about 5 minutes.

In a mixing bowl beat the eggs until frothy and then gently pour into the skillet. Allow to cook for 5 minutes, stirring occasionally. Stir in olive oil and serve in individual bowls, garnished with parsley.

**MUSSEL AND FENNEL SOUP**

This is a variation on a Belgian classic using fresh fennel and crushed fennel seeds instead of leeks.

**Serves:** 2

**Prep time:** 20 minutes

**Cooking time:** 20 minutes

**Ingredients:**

- 2 pounds mussels, scrubbed and sorted
- 4 cups fish stock\*
- 1 cup celery, finely chopped
- 2 teaspoons fennel seeds, coarsely crushed
- 2 garlic cloves, finely minced
- 1 large bulb of fennel, thinly sliced; reserve stalks and sprigs for garnish

- Sea salt/white pepper to taste

\*Prepare fish stock Thursday Week 3 (see recipe below)

**Instructions:**

Scrub mussel shells clean and remove the "beard", discarding any mussels that are open. Add mussels, fish stock, celery, fennel seeds, and garlic to the pot, cover, and bring to a gentle boil for 5 minutes. Remove mussels to a bowl with a slotted spoon and discard any that did not open during cooking.

Bring liquid to a slow boil, add sliced fennel and simmer until the fennel is soft, about 15 minutes. Add salt and white pepper to taste, return mussels to liquid, and warm through. Serve in soup bowls garnished with fennel sprigs.

# Lunches

## MIYUK GUK

Because it's so nourishing, this Korean seaweed soup is commonly served to new mothers just after giving birth. As an extension of that tradition, many Koreans also enjoy this tasty soup on their birthdays. For a meatier variation, add strips of sautéed beef.

**Serves:** 2 to 3

**Prep time:** 25 minutes (soak wakame 20 minutes)

**Cooking time:** 15 minutes

### Ingredients:

- ¼ cup dried wakame
- 3 cups beef bone broth/stock\*
- 5 cloves garlic, minced
- 6 ounces sirloin, cut in slices ¼ inch thick, ½ inch wide and 3 inches long
- 2 tablespoons fish sauce
- 2 green onions, thinly sliced

\* Prepare beef bone broth/stock Sunday Week 4 (see recipe page 388 of Your Personal Paleo Code)

### Instructions:

Soak dried wakame in 2 cups of water for 20 minutes. Drain, rinse two or three times, and drain again. Squeeze all the water out of the seaweed. Coarsely chop the wakame into bite sized pieces. Heat bone broth/beef stock, garlic and wakame, and sirloin over medium low heat and bring to a gentle simmer for about 10 minutes. Stir in the fish sauce. Ladle into bowls and garnish with the green onions.

## **POACHED EGGS WITH ASPARAGUS, LEMON AND ALMONDS**

Eggs, asparagus, and lemon just seem to be such a natural combo. When poaching eggs, the fresher the better. Using organic, free range eggs makes a huge difference.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

### **Ingredients:**

- 2 bunches asparagus, washed, tough bottom parts broken off, and chopped into 1-inch pieces
- 2 tablespoons traditional fat of choice
- ¼ cup almonds, sliced or roughly chopped
- 5 cloves garlic, minced or pressed
- 1 lemon, halved
- 1 tablespoon apple cider vinegar
- 4 large fresh eggs, preferably organic, free range
- Sea salt and freshly ground black pepper to taste
- 1 tablespoon fresh parsley, chopped for garnish

### **Instructions:**

Steam asparagus in covered pot with steamer basket, with 1 to 2 inches of boiling water, until bright green, about 5 minutes. Remove asparagus from heat, rinse in cold water and drain. Set aside.

In a sauté pan, heat the fat over medium heat. Add the almonds and toast lightly, stirring for about 1 minute. Add garlic and cook for 1 minute more, stirring. Remove pan from heat and add steamed asparagus. Gently mix. Squeeze juice from both lemon halves over the top and arrange the asparagus mix on four plates.

Fill a sauté pan half-way with water, add apple cider vinegar, bring to a boil, and then reduce heat to just below a simmer. Crack eggs separately into a bowl, and gently pour, one at a time, into the water. Cook for about 6 minutes. Remove the poached eggs with a slotted spoon, arrange on top of the asparagus, add salt and pepper to taste, and garnish with parsley.

## **CUBAN PORK CHOPS WITH GREEN SALAD**

These delectable, tangy pork chops, with their distinctly citrus flavor, are called chuletas de puerco in Cuba.

**Serves:** 2

**Prep time:** 10 minutes (marinate 30 minutes)

**Cooking time:** 30 minutes

### **Ingredients:**

#### Pork chops

- 2 8-ounce pork chops
- ¼ cup orange juice
- 1 teaspoon orange zest
- Juice of ½ lime
- 1 teaspoon lime zest
- 1 - 2 garlic cloves, finely minced
- ½ teaspoon dried oregano
- ¼ teaspoon cumin powder
- Sea salt to taste
- Freshly ground black pepper
- 2 tablespoons lard\*
- 2 onions, thinly sliced

#### Salad

- ¼ cup extra virgin olive oil
- 2 tablespoons lemon juice
- ¼ cup packed cilantro
- ¼ teaspoon sea salt to taste
- Freshly ground black pepper to taste
- Mixed salad greens (enough to serve on two side plates)

\* Prepare lard on Sunday Week 1 (see recipe page 389 of Your Personal Paleo Code)

**Instructions:**

Add orange juice and zest, lime juice and zest, garlic, oregano, cumin, salt and pepper to a shallow dish. Place the pork chops in and mix well, cover, and marinate in the refrigerator for 30 minutes. Turn the chops over halfway through marinating time to flavor both sides.

Heat 1 tablespoon of lard in a skillet over medium heat. Shake as much of the marinade as possible off of the pork chops, but reserve all the marinade which will be used during cooking. Pat the pork chops dry with paper towel and brown them for 2 to 3 minutes per side. Transfer them to a plate. If you don't achieve much browning, don't worry as they will be topped by onions when served.

Add the second tablespoon of lard to the pan and lower the heat to medium/low. Add the sliced onions to the pan and cook for about 10 minutes, until they have softened to your liking. Stir them around every few minutes during this cooking time.

Add all the reserved marinade to the pan and reduce the heat to low. Nestle the pork chops down into the pan. Be sure to add any juices that have accumulated on the plate as well. Place the lid on the pan and cook until the internal temperature of the pork is 145°F (60°C). For thinner (½-inch) boneless chops this will take about 6 minutes. For thicker (1-inch) bone-in chops, check them after 10 minutes.

In a mixing bowl, whisk together olive oil, lemon juice, cilantro, salt, and pepper. Add greens and lightly toss to coat; divide between two salad plates. Transfer each pork chop to a plate and allow to rest for 5 minutes before spooning the onions over the top and serving.

**SHRIMP AND MUSSEL-STUFFED TOMATOES**

A colorful, refreshing energy packed salad. Because you'll be stuffing them, use the largest tomatoes you can find.

**Serves:** 2

**Prep time:** 20 minutes

**Ingredients:**

- 2 pounds fresh mussels
- 2 large tomatoes

- 1 packed cup cooked shrimp
- 1 cup or more Paleo Mayonnaise\*
- 1 tablespoon fresh chives, chopped
- 2 teaspoons fresh lemon juice
- 2 teaspoons capers, chopped
- Sea salt to taste
- White pepper to taste
- Micro greens, enough to cover two plates

\*Prepare Paleo Mayonnaise Wednesday Week 3 (see recipe page 391 of Your Personal Paleo Code)

### **Instructions:**

With a sharp knife scrape the mussels to remove "beards". Discard any mussels that are open. Place in a pot with enough water to cover the bottom. With lid on, bring to a boil for 3–5 minutes, until most mussels are open. Set aside, remove mussels and discard any that aren't open; then remove mussels from shells and allow to cool.

With a sharp, pointed knife (a serrated grapefruit knife works well), cut a large circle around the top of the tomatoes and scoop out the insides. Remove seeds and drain juice from this pulp, and chop remaining tomato flesh. In a large mixing bowl all ingredients (except the tomato halves and micro greens). Fill each tomato half with the mix. Arrange micro greens on two plates and place two stuffed tomatoes in the center of each. If there is any mixture left over, pour it over the tomatoes.

## **CAULIFLOWER, BACON AND ROASTED GARLIC SOUP**

If you love garlic, you'll love this soup!

**Serves:** 6

**Prep time:** 5 minutes

**Cooking time:** 1 ½ hours

### **Ingredients:**

- 1 head of garlic, whole, unpeeled
- 3 ½ tablespoons traditional fat of choice
- 1 large cauliflower, leaves, stem and core removed, broken into small pieces

- 6 ounces slab bacon, rind removed and cut into ¼ inch cubes
- 1 onion, coarsely chopped
- ¾ cup celery stalk, chopped (reserve leaves for garnish)
- 3 cups Paleo chicken stock\*
- ¼ tablespoon sea salt to taste
- Black pepper to taste
- ½ teaspoon dried thyme or 1 teaspoon fresh thyme leaves

\*Prepare chicken stock Thursday evening Week 4 (see recipe page 390 of Your Personal Paleo Code)

### **Instructions:**

Preheat oven to 400 degrees. Cut just the very top off the head of garlic leaving the head intact. Tuck the bulb in the corner of a roasting pan. Put ½ tablespoon fat over garlic and place the pan in the oven. After 30 minutes, remove the pan and add 2 tablespoons of fat. Add the cauliflower, and toss it with the fat. (Be careful as the pan will be very hot.)

Return the pan to the oven and roast for another 30 minutes. Give the cauliflower a stir halfway through to prevent it from drying out. Remove the pan and set the garlic bulb aside on a dish to cool. Heat the final 1 tablespoon of fat in a large pot.

In a skillet at medium heat, sauté the bacon until crisp, about 10 minutes, and then remove from pan. Add the onion and celery and cook until softened, about 10 minutes.

Meanwhile, remove the cooled roasted garlic cloves by popping them out of their skins. Add the cauliflower, garlic cloves, and 3 cups stock to the soup pot. Simmer for 5 minutes. Turn off heat, let cool slightly, and carefully purée with an immersion blender until smooth. Add bacon, stir in salt, pepper, and thyme, and serve, garnished with whole celery leaves.

## **PORK BURGERS WITH DIJON MUSTARD SAUCE AND STEAMED KALE**

The Dijon mustard adds a subtle spike to this dish.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 25 minutes

**Ingredients:**

## Burgers

- ¾ pound ground pork
- 1 egg
- Pinch of cayenne
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 1 tablespoon lard\*

## Dijon sauce

- 3 cups bone broth/beef stock\*\*
- 1 tablespoon Dijon mustard
- 1 shallot, thinly sliced
- Sea salt and freshly ground black pepper to taste

## Kale

- 1 large bunch kale, washed, stems removed and chopped
- Sea salt to taste

\* Prepare lard Sunday Week 3 (see recipe page 389 of Your Personal Paleo Code)

\*\* Prepare bone broth/beef stock Sunday Week 3 (see recipe page 388 of Your Personal Paleo Code)

### **Instructions:**

Mix ground pork with egg, cayenne, salt, and pepper, and form into four equal-sized burgers. In a sauce pan bring bone broth/beef stock to a boil, lower heat to a fast simmer and reduce liquid by half (this will take about 15 minutes).

Meanwhile, heat lard at a medium heat in a sauté pan, add burgers and sauté for 5 minutes on each side. Remove burgers. In the same pan reduce heat to low, add shallot and cook until translucent. Add reduced broth/stock, Dijon mustard, salt and pepper to taste. Stir sauce to incorporate the mustard and return burgers to pan to heat through.

To prepare kale, add enough water to a pot to cover the bottom (about 1 inch) and bring to a boil. Add kale and with lid on, cook for 3 minutes. Drain kale, sprinkle with salt and arrange on two plates alongside the burgers. Pour sauce over burgers.

Note: All three stages of this recipe have salt in them, so it's important to taste for salt.

## **SALMON TARTARE WITH AVOCADO**

This dish is different from a ceviche in that it isn't marinated. If you have one, use a melon baller to remove seeds from the cucumber (first slice lengthwise, and then use the melon baller to scoop seeds out).

**Serves:** 4

**Prep time:** 30 minutes

### **Ingredients:**

- 1 pound (16 ounces) skinless and boneless salmon fillet
- ¼ cup cucumber, unpeeled, seeded, and finely diced
- 1 ½ tablespoons fresh lime juice
- 1 tablespoon fresh chives, minced
- 1 ½ tablespoons coconut oil
- 1 tablespoon red bell pepper, very finely chopped
- ⅛ teaspoon cayenne
- ⅛ teaspoon lime zest
- Sea salt to taste
- Freshly ground black pepper to taste
- 3 avocados, peeled, pitted and sliced lengthwise
- 2 tablespoons fresh cilantro, coarsely chopped for garnish

### **Instructions:**

Place salmon on a plate and put in freezer for 20 minutes. This will make the salmon easier to slice thinly. Meanwhile, mix cucumber and all remaining ingredients together, except the avocados and cilantro.

Remove salmon, slice thinly about ½ inch thick along the length of the fillet, and then coarsely chop. Gently toss salmon with the cucumber mixture. Divide avocado slices among four plates and arrange in a fan shape; top with salmon tartare and garnish with cilantro.

# Dinners

## BEEF STEW

This recipe is inspired by the traditional French dish Daube Provençal, a flavorful stew with ingredients slow-cooked in red wine and herbs. In our version we've replaced the wine with red wine vinegar. We added celeriac and yellow beets instead of more traditional carrots and potatoes, and ended up loving the result.

**Serves:** 6

**Prep time:** 20 minutes

**Cooking time:** 4 hours

### Ingredients:

- 2 tablespoons lard\*
- 3 pounds beef chuck or round, cut into 2-inch cubes
- 1 yellow onion, sliced
- 8 cloves garlic, minced or pressed
- 6 shallots, sliced
- 1 tablespoon tomato paste
- 1 cup puréed tomatoes or 2 chopped tomatoes
- ½ cup red wine vinegar
- 1 cup bone broth/beef stock\*\*
- 2 anchovy fillets, minced (optional)
- 2 bay leaves
- 3 tablespoons dried herbes de Provence (or if you'd like, make your own bouquet garni with fresh herbs--thyme sprigs, parsley sprigs, bay leaves, and any others you favor--tied in cheesecloth)
- 4 strips orange zest
- 2 cups yellow beets, peeled and cut in 1 to 2 inches cubes
- 2 cups celery root (celeriac), peeled and cut into 1 to 2 inches cubes
- Fresh parsley for garnish, chopped

\* Prepare lard Sunday Week 3 (see recipe page 389 of Your Personal Paleo Code)

\*\* Prepare bone broth/beef stock Sunday Week 3 (see recipe page 388 of Your Personal Paleo Code)

**Instructions:**

Preheat the oven to 300 degrees. Heat a heavy, oven-safe pot over medium-high heat. Add the lard and beef and cook until well browned, about 10 minutes. Add onions, stirring, until softened. Add 6 of the 8 minced garlic cloves and cook for one more minute. Add the rest of the ingredients except the remaining garlic, beets, celery root, and fresh parsley.

Make sure the liquid completely covers the beef, and add more stock if necessary. Stir and allow to come to a gentle, very low simmer. Cover with the lid of the pot and transfer to the oven. Cook for 3 ½ hours, stirring every hour or so.

The stew is done when the beef is fork tender. At the end of the cooking time, add beets, celery root and additional garlic, and cook for 15 minutes more in the oven. Serve the stew, garnished with the fresh parsley.

**CAJUN SPICED CHICKEN**

This Cajun dry rub spice mixture is easy to put together anytime!

**Serves:** 2

**Prep time:** 5 minutes (marinate 2 hours, or overnight)

**Cooking time:** 1 hour

Cajun Spice Mix

- 1 tablespoon paprika
- 1 teaspoon cayenne
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 2 teaspoons dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper

## Chicken

- Skin-on chicken pieces, enough for two people, such as two breasts, two legs and thighs.
- 1 tablespoon fat of choice

### **Instructions:**

Make the Cajun spice mix by combining all dry spices, including salt and pepper, in a large bowl (big enough to hold the chicken pieces). Score the skin of the chicken by making several slits with a sharp knife. Add the chicken to the bowl with the spice rub. Rub the chicken well with the spices, covering all parts. Cover the bowl and refrigerate for 2 hours or overnight.

Preheat the oven to 375 degrees. In a large skillet big enough to accommodate all chicken pieces spread out in one layer (work in batches if you're making wings that won't fit in one layer), heat the fat of choice over medium heat. When oil is hot enough (you should hear a little sizzle when you drop the chicken in), place the chicken pieces in the pan, skin-side down, to brown, cooking for just about two minutes per side (or as long as it takes for the browning).

Remove browned chicken from the skillet and place in a baking dish. Cook until chicken reaches an internal temperature of 165, turning once, halfway through. White meat (breasts) will cook more quickly than dark (legs and thighs or wings). As a guide, boneless chicken breasts (white meat) can be checked for temperature after 10 minutes (5 minutes per side); bone-in legs/thighs (dark meat) should be checked for temperature after 40 minutes or so (20 minutes per side).

Let the chicken rest for 5 minutes, and serve.

## **TILAPIA FILLETS WITH RATATOUILLE**

Ratatouille, colorful and rich in olive oil, is a signature dish in Mediterranean cuisine. Its flavors are bold, but won't overwhelm the taste of the tilapia.

**Serves:** 2

**Prep time:** 15 minutes

**Cooking time:** 30 minutes

**Ingredients:**

Ratatouille

- 1 red pepper, cored and seeded
- 1 large zucchini
- 1 small eggplant
- 1 medium onion, chopped
- 1 tablespoon lard\*
- 2 garlic cloves, minced
- 1 12-ounce can diced tomatoes
- ¼ cup black olives, pitted and chopped
- ⅛ teaspoon ground cumin
- ½ teaspoon sea salt
- Freshly ground black pepper to taste

Tilapia fillets

- 2 6-8 ounce tilapia fillets
- 1 teaspoon coconut oil
- Sea salt and freshly ground black pepper to taste
- 3 tablespoons extra virgin olive oil
- 1 tablespoon fresh basil, chopped to garnish

\*Prepare lard Sunday Week 3 (see recipe page 389 of Your Personal Paleo Code)

**Instructions:**

Cut red pepper, zucchini and eggplant into 1-inch pieces. Heat lard in a large pot or sauté pan over medium heat. Add onions and cook until softened, about 5 minutes. Add the remaining ratatouille ingredients and reduce heat to low. Simmer for 5-7 minutes.

To cook the tilapia, add coconut oil to a frying pan, and fry fillets at a medium-high heat, 3 minutes on each side. Arrange on two plates, season with salt and pepper, add olive oil. Garnish with chopped basil. Arrange ratatouille on the same plates.

## LAMB KORMA

This thick, creamy dish traditionally has a base of dairy cream or 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:** 15 minutes

**Cooking time:** 2 ½ hours

### Ingredients:

Ginger garlic paste

- 2-inch piece of ginger, peeled and sliced
- 6 large cloves of garlic, smashed
- ¼ teaspoon sea salt

Masala

- 8 cardamom pods
- 5 cloves
- 1 tablespoons coriander seeds
- 2 teaspoons cumin seeds

Lamb

- Pinch of saffron (⅛ teaspoon)
- 2 tablespoons coconut oil
- 2 pounds boneless lamb shoulder or leg, cut into 2 inch cubes
- Sea salt and freshly ground black pepper
- 2 medium onions, chopped
- 1 cup bone broth/beef stock\*
- 1 ½ cups coconut milk
- ½ cup cashews, ground to a powder using food processor or blender
- 1 cinnamon stick or ½ teaspoon ground cinnamon
- ¼ teaspoon turmeric powder
- ¼ cup fresh cilantro, chopped

\*Prepare bone broth/beef stock Sunday Week 3 (see recipe page 388 of Your Personal Paleo Code)

### **Instructions:**

Prepare the ginger-garlic paste. Place the ginger, garlic, and ¼ teaspoon 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.

To 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. Grind it to a powder using a spice grinder, mortar and pestle, or blender. Set the masala aside until ready to use.

Prepare the lamb. Put the saffron in a small bowl and cover with 2 tablespoon 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. Season the lamb cubes 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. To avoid crowding the pan, do this in two or three separate batches. Once the lamb is browned on all sides, remove it to a plate.

Add the additional 1 tablespoon of oil to the pot, reduce the heat to medium-low, and add in 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 bone broth/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 every once in a while 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.

## **MEXICAN LIVER AND ONIONS**

Higado encebollado is a traditional Mexican dish. Liver if overcooked is very dry, so timing is important. Also, like many cuts of meat, if the liver is allowed to rest after cooking, wrapped in aluminum foil for 5 minutes, it will be more tender.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

### **Ingredients:**

- 1 ½ teaspoons traditional fat of choice
- 1 large yellow onion, halved and sliced thin
- ½ teaspoon dried oregano
- Pinch dried rosemary
- ¾ pound beef liver, sliced (2 slices)
- Sea salt and freshly ground black pepper to taste
- 1 tablespoon cilantro, roughly chopped for garnish

### **Instructions:**

Heat the fat in a large skillet or pot. Add onion and cook over medium high heat, stirring, until onion is softened. Reduce heat to low and stir in oregano and rosemary. Lay the liver slices on top of the onions and cover pot. Let cook for 3 minutes.

Flip the liver slices and this time place them on the pan bottom, covering with the onions. Cover and cook for another 3 minutes. Stir onions and flip liver one last time, cover and cook for a final 3 minutes. Season with salt and black pepper.

Stick a small, pointed knife in the liver and press down. If the juices are clear, the liver is done. Serve sprinkled with cilantro on top.

## **GRILLED CHICKEN BREASTS WITH CHIMICHURRI SAUCE**

This garlicky sauce from Argentina is a classic, served with chicken or beef.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 10 minutes

### **Ingredients:**

#### Chimichurri Sauce

- ½ cup fresh oregano
- 6 garlic cloves, crushed
- 2 cups fresh parsley, packed
- ½ cup extra virgin olive oil
- 3 shallots, roughly chopped
- 3 tablespoons apple cider vinegar
- 1 tablespoon lime juice
- 1 teaspoon red chili flakes
- ½ teaspoon sea salt to taste
- Freshly ground black pepper to taste

#### Chicken breasts

- 2 7-ounce chicken breasts, boneless with skin on
- 2 tablespoons coconut oil
- Sea salt to taste
- 1 tablespoon fresh, chopped parsley for garnish

### **Instructions:**

Purée all Chimichurri sauce ingredients in a food processor. Turn on grill, or place a cast iron pan over medium high heat. Place chicken breasts between 2 sheets of wax paper, and using a meat mallet, pound to about 1 inch in thickness.

Coat the breasts with coconut oil, sprinkle with salt and grill or cook on stove-top, 5 minutes on each side. Arrange the breasts on two plates, pour the Chimichurri sauce over the tops, and garnish with parsley.

## **PORK TENDERLOIN MEDALLIONS WITH GREEN PEPPERCORNS**

Green peppercorns have a mild pepper taste and can be eaten whole. The best come from Madagascar and are sold either dried, or in brine. For this recipe, it's preferable to use peppercorns in brine.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

### **Ingredients:**

- 2 tablespoons green peppercorns
- 2 shallots, cut into thin slices
- 2 cups bone broth/beef stock\*
- 2 tablespoons lard\*\*
- 1 pound pork tenderloin, silver membrane removed (see note below - if you don't have a butcher, this is easy to do. Insert a sharp pointed knife under the membrane at the thick of the tenderloin and pull away the membrane).
- ½ teaspoon sea salt
- 1 tablespoon fresh chives, chopped for garnish

### **Instructions:**

Add green peppercorns, shallots and beef stock to a sauce pan and bring to a boil. Decrease to just above a simmer. Let reduce for 10 minutes.

Prepare the pork tenderloin. (Note: If the tenderloin is covered with a silver-colored membrane when you purchase it, ask the butcher to remove, or remove it yourself easily by inserting a sharp, pointed knife under the membrane and pulling it away from the meat.) Melt lard in a skillet at medium-high heat. Lightly salt the tenderloin and sear it on all sides until well browned.

Reduce the heat to medium and cook 8 minutes on both sides. Pork tenderloin goes from undercooked to dry very quickly, so it's best to use a meat thermometer. When the interior temperature at the thickest end of the tenderloin reaches 145 degrees, it's done. Remove tenderloin, wrap in aluminum foil and set aside to rest.

Pour the contents of the sauce pan into the skillet and simmer at a low heat, stirring occasionally. Strain sauce through a sieve. Remove tenderloin from foil and slice into equal portions for two. Ideally the slices should be at 1 ½ inches in thickness. Divide the sauce between two plates, arrange the tenderloin slices on top and garnish with chives.

\* Prepare bone broth/beef stock and \*\*lard Sunday Week 3 (see recipe pages 388–389 of *Your Personal Paleo Code*).

# Side Dishes

## **SAUTÉED SPINACH AND MUSHROOMS**

An excellent accompaniment to roasts, grilled meats and chicken.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

### **Ingredients:**

- 2 tablespoons lard\*
- ½ onion, chopped
- 4 garlic cloves, minced
- 1 pound cremini mushrooms, sliced
- 4 packed cups fresh spinach, washed
- Sea salt and freshly ground black pepper to taste

\*Prepare lard Sunday Week 3 (see recipe page 389 of Your Personal Paleo Code)

### **Instructions:**

Heat lard in a skillet over medium low heat. Add the onion and garlic and cook, stirring for just about 2 or 3 minutes. Add the mushrooms and cook, stirring for 5 minutes, until soft. Add the spinach and cook, stirring occasionally, about 10 minutes. When the spinach is done, season dish with salt and pepper and serve.

## **SAUTÉED YELLOW SQUASH**

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

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 30 minutes

**Ingredients:**

- ¼ cup traditional fat of choice
- 1 medium onion, sliced thinly or diced
- 6 medium yellow squash, sliced
- Sea salt and freshly ground black pepper to taste
- Dried or fresh herb for variety, such as rosemary for garnish

**Instructions:**

Heat fat of choice in large skillet on a medium heat. Add onion and cook just till tender, about 5 minutes. Add squash and continue cooking over medium heat, stirring until squash begins to soften. Cover and continue cooking over low heat until tender (about 20 minutes). Season with salt, pepper and garnish with herbs of choice.

**INDIAN SPICED SPINACH**

In Indian food recipes, you may see spinach referred to as Palak or Saag. This is recipe is a simple, but very delicious version of Palak Paneer, without the Paneer (a cubed cheese).

**Serves:** 4

**Prep time:** 15 minutes

**Cooking time:** 20 minutes

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

**Instructions:**

Heat the oil in a large pot over medium heat. Add the onions. If you like heat add the chopped green chili here. Cook, stirring frequently, for about 8 minutes, until onions become translucent. Add garlic and ginger and stir for a moment. Then add all spices, the spinach, salt and pepper to taste and cook over medium heat for 10 minutes. To serve, remove with a slotted spoon.

**PARSNIP CREAMED SPINACH**

This simple combination of just two vegetables makes the plate look spectacular. Spinach cooks in this manner very quickly and you don't want to overdo it. Add the parsnip puree to the spinach before the greens are completely wilted and cook only long enough so that the puree is heated through at around the same time the greens are completely wilted.

**Serves:** 2**Prep time:** 10 minutes**Cooking time:** 30 minutes**Ingredients:**

- 2 tablespoons traditional fat of choice
- 2 to 3 large parsnips, peeled and cut into large pieces
- Sea salt to taste
- 1 pound spinach, washed
- Freshly ground black pepper

**Instructions:**

In a pot or pan, heat a heaping tablespoon of your fat of choice over medium heat. Add the parsnips to the pot with a pinch of salt and reduce the heat to low or medium-low. Shake the pan every couple of minutes. The parsnips will cook through and begin to brown in 15 to 20 minutes.

When the parsnips are fork-tender, remove them and place them in a food processor. Pulse until they are completely smooth. You should have about 1 cup of parsnip purée.

Set aside. (The parsnip puree can also be made a day in advance and refrigerated. Bring it to room temperature before using.)

In a large skillet, heat 1 tablespoon of fat over medium heat. Add the spinach to the pan and cook for just a few minutes, stirring with the tongs. Before the spinach is completely wilted, add in the parsnip purée and stir until well mixed and until the puree is just heated through. Remove the pot from the heat and season with salt to taste and a couple of grinds of black pepper.

## **BRAISED FENNEL**

"Braising" means to brown something in a fat, and then cook it with a little stock covered, until it is tender. This process works perfectly with fennel, creating an amazingly savory side dish.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

### **Ingredients:**

- 1 large, 2 medium, or 3 very small fennel bulbs
- 2 tablespoons traditional fat of choice
- ½ cup Paleo chicken stock\*
- Sea salt and freshly ground black pepper to taste
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon fennel seeds

\*Prepare Paleo chicken stock Saturday Week 3 (see recipe page 390 of Your Personal Paleo Code)

### **Instructions:**

Cut the stalks and fronds from the fennel, leaving only the bulb or bulbs. Save the stalks and fronds for salads or garnish for side dishes or entrées. Wash the bulbs. Cut in half lengthwise. For large bulbs, cut in half lengthwise and then cut each half in four wedges lengthwise. Don't core the fennel; this will help it stay intact during the cooking process.

Heat the fat in a skillet over medium heat. Add the fennel to the skillet in one layer and brown over medium heat for 8 minutes each side (or until all sides are lightly browned). Add chicken stock and cover, reducing heat to low and cooking for 15 minutes. Remove with tongs, shaking out excess liquid before setting on a plate. Spoon the lemon juice evenly over the fennel and sprinkle with fennel seeds before serving.

# Snacks

## ROASTED HAZELNUTS WITH GARLIC AND THYME

Roasting hazelnuts is essential to bring out their full flavor. Soak hazelnuts overnight in water, then drain, pat dry and roast.

**Serves:** Enough snacks for two days

**Prep time:** 10 minutes (soak hazelnuts overnight)

**Cooking time:** 25 minutes

### Ingredients:

- 1 ½ pounds hazelnuts
- 1 tablespoon coconut oil
- 4 garlic cloves, minced
- 1 tablespoon dried thyme
- 1 ½ teaspoon sea salt to taste
- ½ teaspoon freshly ground black pepper
- Generous pinch of cayenne (optional)

### Instructions:

Preheat oven to 450 degrees with the rack in the middle. Spread hazelnuts evenly in a shallow baking pan and roast for about 8 minutes, giving the pan a shake or two. Remove from the oven and let cool for 10 minutes.

Wrap nuts in an old kitchen towel and rub. This will remove the skins. Heat coconut oil in a sauté pan to a low heat, add hazelnuts, garlic and gently cook for 2 minutes. Pour into a bowl and mix with thyme, salt, pepper and cayenne (if using). Allow to cool before eating.

## JERK CHICKEN WINGS

In this recipe, we like to use the habanero variety of chili pepper. Note: When using habanero peppers or other hot chili peppers, use caution touching the marinade with bare hands and do not touch your eyes or face after touching this marinade. Some cooks use gloves for this. Even if you wash your hands well, the heat of the peppers will remain for some time.

**Serves:** Enough snacks for two days

**Prep time:** 10 minutes, marinate 4 to 24 hours

**Cooking time:** 45 minutes

**Ingredients:**

- 4 green onions, roughly chopped
- 4 shallots, chopped
- 2 small habanero chili pepper, seeds removed
- 4 garlic cloves, crushed
- 1 teaspoon ginger powder
- ½ cup coconut oil, melted
- 1 teaspoon dried thyme
- ½ teaspoon allspice
- ½ teaspoon cinnamon
- Pinch of nutmeg
- ¾ tablespoon sea salt to taste
- Freshly ground black pepper to taste
- 4 tablespoons honey (optional)
- Juice of 4 limes
- 4 tablespoons coconut vinegar
- 4 pounds chicken wings

**Instructions:**

Place the wings in a large, shallow pan for marinating. To make the marinade, place all ingredients into a blender and purée to a liquid. Pour over the wings. Work the wings into the marinade, covering completely, and if you can get some of the marinade under the skin and directly on the meat (without pulling the skin completely off), you'll achieve even more flavor. Marinate the chicken wings, covered, in the refrigerator for 24 hours. (You can reduce marinating time to 4 hours but the flavors won't be as intense.) Stir the marinade halfway through if you can.

Bring the chicken wings to room temperature for 30 minutes to an hour just prior to cooking. Preheat the oven to 375 degrees. Remove wings from the marinade and place in a baking dish. Roast for about 45 minutes, turning the wings and basting them with juices from the roasting pan about every 15 minutes. They are done when an instant read thermometer inserted in the thickest part of the meat reads 160°F.

For browning, at the end of the cooking time, place under broiler for 3 minutes on the first side, then flip with tongs and broil for 3 minutes on the second side. Remove chicken to a plate to cool for 5 minutes and serve.

### **ASPARAGUS WITH LEMON AND ALMOND**

This recipe is delicious, with a well-balanced flavor that is achieved with a small ingredient list and easy preparation. Soak whole almonds overnight, then drain, pat dry and use.

**Serves:** Enough snacks for two days

**Prep time:** 5 minutes (almonds soaked overnight)

**Cooking time:** 10 minutes

#### **Ingredients:**

- 1 cup almonds, sliced or roughly chopped
- 4 bunches asparagus, washed, tough bottom parts broken off, and chopped into 1-inch pieces
- 3 tablespoons coconut oil
- 5 cloves garlic, minced or pressed
- 1 or 2 lemons, halved (lemon juice to taste)
- Sea salt to taste

#### **Instructions:**

Steam asparagus in covered pot with steamer basket, over 1 to 2 inches of boiling water, until bright green, about 5 minutes. Remove asparagus from heat, rinse with cold water, and drain. In a sauté pan, heat oil over medium heat.

Add almonds and toast lightly, then the garlic, stirring for about another minute. Remove pot from heat and add in the steamed asparagus. Gently toss. Squeeze lemon halves over the top and salt to taste.

## **FISH STOCK**

This is the standard fish stock used for many fish sauces and soups. It can also be used for poaching any seafood. In this recipe white wine has been replaced with apple cider vinegar. This recipe specifies white-fleshed fish bones/heads—use cod or flounder, or any white fish. Oily fish such as salmon can also be used, but be aware the stock will have a stronger taste, which is why milder white-fleshed fish varieties are preferable.

**Serves:** 4 quarts

**Prep time:** 10 minutes

**Cooking time:** 45 minutes

### **Ingredients:**

- 2 to 3 pounds fish bones and heads, preferably from white-fleshed fish
- 1 whole onion, peeled
- 3 cloves
- 2 fresh bay leaves
- 2 teaspoons fresh thyme
- 1 large carrot, peeled and cut into thick chunks
- ½ cup fresh parsley, packed
- 2 celery stalks, chopped
- 3 tablespoons apple cider vinegar
- 4 ½ quarts water
- 5 whole black peppercorns
- ½ teaspoon sea salt (optional—see note below)

### **Instructions:**

Add all ingredients to a large pot (not aluminum), bring to a boil, reduce heat to a simmer, cover, and cook for 45 minutes. Strain through a sieve and then ideally a cheesecloth. When stock is cool, fill mason jars and refrigerate.

Note: Do not add the salt unless the stock is being used for poaching fish. If you're using the stock to prepare a sauce or soup, it's better to salt those dishes specifically to taste, rather than use a pre-salted stock.