

# Week 4 Meal Plan

## Day 1

- Breakfast* Broccoli Pesto Frittata
- Lunch* Minestrone Soup
- Snack* Asparagus with Lemon and Almond
- Dinner* Maitake Beef Stir Fry
- Side Dish* Bok Choy

## Day 2

- Breakfast* Shrimp Gazpacho
- Lunch* Curried Chicken Salad
- Snack* Mac Nut Dip
- Dinner* Dry Rub Pork Spare Ribs
- Side Dish* Parsnip Fries

## Day 3

- Breakfast* Butternut Squash Frittata
- Lunch* Salmon with Basil Pesto
- Snack* Mac Nut Dip
- Dinner* Chicken Xacuti
- Side Dish* Curried Okra

## Day 4

- Breakfast* Avocado Pineapple Smoothie
- Lunch* Mexican Beef Tongue Salad (Lengua)
- Snack* Kale Chips
- Dinner* Pan Seared Scallops with Fennel Purée
- Side Dish* None

## Day 5

- Breakfast* Sweet Potato and Leek Omelet
- Lunch* Paleo Caldo Verde
- Snack* Kale Chips
- Dinner* Chilindron de Carnero
- Side Dish* Sweet Potato Fries

## Day 6

- Breakfast* Creamy Chicken Stew
- Lunch* Egg Stuffed Poblano
- Snack* Collard Wrap
- Dinner* Trout Fillets Baked in Parchment Paper with Tarragon and Shallots
- Side Dish* Creamed Collard Greens

# Day 7

*Breakfast* Stuffed Eggplant Turkish Style (Imam Bayildi)

*Lunch* Salmon, Wakame and Cucumber Salad

*Snack* Collard Wrap

*Dinner* Sautéed Beef Liver with Carrot Purée and Raspberry Vinegar

*Side Dish* None

# Recipes

## Breakfast

### **BROCCOLI PESTO FRITTATA**

Pesto adds a depth of flavor and fantastic aroma to this frittata.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

#### **Ingredients:**

- 1 cup packed fresh basil leaves
- 1 small clove garlic, smashed
- ¼ cup olive oil
- 3 tablespoons pine nuts
- ⅛ teaspoon sea salt
- 2 teaspoons traditional fat of choice
- 1 cup coarsely chopped yellow or red onion
- 4 cups broccoli florets, cut into small pieces
- 8 eggs
- 1 teaspoon sea salt
- Freshly ground black pepper to taste

#### **Instructions:**

Make the pesto by combining the basil leaves, garlic, pine nuts, and salt in a food processor, blender, or mortar and pestle. Pulse or grind until well-mixed, then gradually add oil in a steady stream until smooth.

Preheat the oven to 375 degrees. In an oven-safe skillet heat the 2 teaspoons fat over medium heat. Cook the onion 5-10 minutes, until softened. Meanwhile, steam or boil the broccoli for 4 minutes, drain and add it to skillet with the onions. Turn off the heat.

Beat 4 of the eggs with ½ teaspoon salt and a couple of grinds of black pepper. Pour egg mixture over the onions and broccoli in the skillet. Spoon 6 tablespoons of pesto evenly

around the skillet. Beat the remaining 4 eggs with remaining salt and more pepper. Top the contents of the skillet with the 4 eggs.

Bake the frittata for 20 minutes, then place skillet under broiler for about 2 minutes until top of frittata is nicely browned. Allow frittata to cool, slice into pieces in pan, and serve, topped with the remaining pesto drizzled over each slice.

## **SHRIMP GAZPACHO**

Gazpacho is a Spanish, uncooked tomato based soup, traditionally served cold (even with ice cubes), though it can also be served lukewarm. Our recipe uses shrimp and chopped celery leaves, though there are many variations. Gazpacho can be prepared the night before, if you add the shrimp when serving. Use fresh shrimp, not frozen, for superior flavor.

**Serves:** 2

**Prep time:** 15 minutes

### **Ingredients:**

- 1 pound tomatoes, cored and chopped (plum tomatoes usually work best)
- ¼ cup celery leaves, chopped
- 1 small shallot, chopped
- Pinch of cayenne
- Juice of 1 lemon
- ¼ teaspoon sea salt to taste
- Freshly ground black pepper to taste
- ½ cucumber, peeled and diced
- ½ - 1 cup tomato juice (optional)
- 1 cup fresh shrimp, cooked and peeled
- 1 tablespoon fresh parsley, coarsely chopped for garnish

### **Instructions:**

Place tomatoes, celery leaves, shallot, cayenne, lemon juice, salt and pepper in a food processor and purée. Place in a large bowl or pitcher and stir in diced cucumber. If too thick, add optional tomato juice until gazpacho reaches desired consistency. Pour into two soup bowls, arrange shrimp on top and garnish with chopped parsley.

## **AVOCADO AND PINEAPPLE SMOOTHIE**

If you need an extra energy boost, add a scoop of whey protein powder. Note: this recipe calls for a raw egg yolk from a pastured chicken. The risk of salmonella infection from raw pastured yolks is very small, but if you're concerned about it you can omit the egg yolk. Do not use a raw egg yolk from commercially-raised eggs sold in the supermarket.

**Serves:** 1

**Prep time:** 5 minutes

### **Ingredients:**

- 1 large, ripe avocado, peeled, pitted and cut into chunks
- 1 ½ cups pineapple chunks, fresh or frozen
- 1 egg yolk (free range, organic—best from farmer's market or backyard chickens)
- 1 cup coconut milk
- 2 teaspoons lime juice
- 2 ice cubes (can be eliminated if using frozen pineapple)

### **Instructions:**

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

## **SWEET POTATO AND LEEK OMELETS**

There are several ways to make an omelet, including the energetic French way, which requires practice, or the laid back and somewhat easier American way. This recipe is the latter.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

### **Ingredients:**

- 1 tablespoon lard\*
- 2 cups (about ¾ pound) sweet potatoes, cut into small pieces

- 1 cup sliced leek, preferably the white part
- 6 eggs
- 2 tablespoons coconut milk
- pinch of cayenne
- ¼ teaspoon sea salt
- White pepper to taste
- 1 tablespoon parsley, chopped to garnish

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

### **Instructions:**

Heat lard in a large sauté pan or skillet at medium heat, add sweet potato and sauté until tender and well browned. Add leek and continue to cook, about 5 minutes. Remove and set aside. In a mixing bowl, beat together eggs, coconut milk, cayenne, salt and pepper. Stir in sweet potato/leek mix and then divide the mixture into two equal portions.

Reheat the skillet to medium heat, add more lard if necessary and pour in half of egg mixture. With a fork, stir the center two or three times. After 2–3 minutes, fold the omelet over with a spatula. Continue to cook for 1–2 minutes and then remove the omelet to a plate and garnish with parsley. Repeat this process with the second omelet.

### **CREAMY CHICKEN STEW**

This stew is quickly prepared if you have cooked chicken breasts on hand. Make it the night before and it'll be ready for breakfast.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

### **Ingredients:**

- 1 tablespoon traditional fat of choice
- 1 yellow onion, chopped
- 3 carrots, chopped
- 3 celery stalks, chopped
- 4 cloves garlic, minced

- 3 cups Paleo chicken stock\*
- Cooked meat from 2 large boneless, skinless chicken breasts, roughly chopped
- ½ teaspoon sage
- ½ teaspoon dried thyme
- ¼ teaspoon sea salt to taste
- white pepper to taste
- ½ cup coconut milk

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

### **Instructions:**

Heat fat in a soup pot over medium heat. Add onion, and cook while stirring for about 5 minutes. Add carrots and stir for a few minutes before adding celery. Cook for 5 more minutes. Add minced garlic and stir in, allow to cook for 1 minute more. Add in stock, chopped chicken, sage, thyme, salt and pepper.

Since all ingredients are already cooked, the soup is done as soon as it's completely heated through. Stir a few times as it continues to heat up, then stir in coconut milk and serve. If you would like a creamier soup, increase coconut milk to 1 cup.

### **STUFFED EGGPLANT TURKISH STYLE (IMAM BAYILDI)**

This famous Turkish dish can be prepared several days in advance and served at room temperature. The cinnamon is optional, but we like to add it for an interesting twist.

**Serves:** 2

**Prep time:** 30 minutes

**Cooking time:** 30 minutes

### **Ingredients:**

- 1 large eggplant, stem on
- Coarse salt (to rub into eggplant)
- 2 tablespoon traditional fat of choice
- 1 medium onion, peeled, cut in half lengthwise and thinly sliced

- 2 garlic cloves, chopped
- 2 tomatoes, seeded and chopped
- ¼ teaspoon sea salt
- Freshly ground black pepper to taste
- Pinch of cinnamon (optional)
- Juice of ½ lemon
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh parsley, chopped for garnish

**Instructions:**

Slice eggplant in half lengthwise, rub each half with coarse salt, and place in a colander, cut side down, for 30 minutes. Preheat oven to 350 degrees. Rinse salt off of eggplant and pat dry. Brush cut side with 1 tablespoon of the fat, place in a roasting pan cut side up, and bake for 20 minutes, or until the contents of eggplant can be scooped out with a tablespoon.

Meanwhile, in a sauté pan, add remainder of fat and onions and cook at a medium heat until onions are soft, but not browned. Add garlic, tomatoes, salt, pepper, and cinnamon (if using), and continue to cook for 10 minutes. Turn off heat. Scoop contents of eggplant out (being careful not to break the skin), stir into the sauté pan with onion and tomato mixture, and add olive oil. Fill the eggplant halves with the mixture, squeeze over lemon juice, arrange on 2 plates, and liberally garnish with parsley.

# Lunch

## MINISTRONE SOUP

When the tomatoes and basil are in season, ripe and abundant, there's no better time for this soup. Add or substitute whatever vegetables you'd like, depending on what's looking especially good at your local farmer's market!

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 1 ½ hours

### Ingredients:

- 4 to 5 pounds fresh, ripe tomatoes, Roma or other type
- 2 tablespoons traditional fat of choice
- 3 stalks celery, sliced
- 6 medium/large carrots, sliced into bite-sized pieces
- 1 large yellow onion, roughly chopped
- 8 cloves garlic, minced or pressed
- 1 bay leaf
- 1 tablespoon dried oregano
- 2 ½ cups bone broth/beef stock\*
- ¾ teaspoon sea salt to taste
- Freshly ground black pepper to taste
- 1 zucchini or yellow squash, sliced into bite-sized chunks
- ¾ cup chopped kale, cut into bite sized pieces (about 4 kale leaves)
- ½ cup fresh basil leaves, cut into chiffonade (thin ribbon slices)

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

### Instructions:

Place tomatoes in a cooking pot, add 2 cups water, cover, and cook over low heat for an hour or until they change to darker color--brick red, become very aromatic, and fall apart. Remove from heat.

In a large pot, heat fat over low-medium heat. Add celery and carrot and cook until soft. Add onion and cook for about 10 minutes. Stir in the garlic and cook for one minute more. Add bay leaf, oregano, stock, cooked tomato, salt, pepper, and zucchini or squash.

Bring to a simmer and cook for 10 minutes. Add the kale and cook for 5 minutes more. During the last couple of minutes stir in half the fresh basil. Ladle into soup bowls. Use the rest of the basil to garnish.

### **CURRIED CHICKEN SALAD**

Adjust the amount of curry to amp up or tone down flavor; we like this lunch with some kick to it! Keep some poached chicken breasts on hand to put this dish together in minutes.

**Serves:** 2 - 3

**Prep time:** 5 minutes

**Cooking time:** 25 minutes

#### **Ingredients:**

- 2 6 ounce boneless, skinless chicken breasts
- 2 ¼ teaspoons sea salt
- ¼ cup celery stalks, peeled and thinly sliced
- ¼ cup red onion, peeled and thinly sliced
- 1 teaspoon curry powder for a mild flavored dish--or add more to taste
- Pinch of cayenne
- ¼ cup chopped fresh cilantro
- ½ cup cashews, lightly toasted
- ½ to ¾ cup Paleo mayonnaise\*
- Juice of 1 lime
- Mixed salad greens, enough for 2-3 servings

\*Prepare Paleo mayonnaise on Sunday or Monday Week 4 (see recipe page 391 of Your Personal Paleo Code)

**Instructions:**

To cook chicken: Place the chicken breasts in a pan with enough water to cover them and add 2 teaspoons salt. Over high heat, bring water to a boil, then reduce to a slight simmer, cover, and cook steadily for about 15 minutes. Remove the breasts to a plate and let cool, patting them dry.

Place celery, red onion, curry powder, cayenne, cilantro, cashews, and remaining ¼ teaspoon salt in a bowl. When chicken meat has cooled, cut into small dice and mix well with all the ingredients in the bowl. Stir in the mayonnaise and lime juice. When well incorporated, serve immediately on a bed of mixed greens.

**SALMON WITH BASIL PESTO**

Salmon and pesto taste great on their own or served with just about anything, so together they make a great pair.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

**Ingredients:**

- 1 ½ cup fresh basil leaves, packed
- 1 clove garlic
- ¼ cup pine nuts or walnuts
- ¼ cup olive oil
- 2 salmon fillets
- ½ tablespoon traditional fat of choice for coating the fish and pan
- Sea salt and freshly ground black pepper to taste
- 1 lemon, cut in half

**Instructions:**

Make the pesto by combining the basil leaves, garlic, pine nuts, and salt in a food processor, blender, or mortar and pestle. Pulse or grind until well-mixed, then gradually add oil in a steady stream 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 fat of choice. Heat the pan to medium heat. Cook the fillets for 4 minutes per side. Remove the salmon from the pan, divide between two plates, and top with the pesto. Serve with lemon halves for squeezing.

### **MEXICAN BEEF TONGUE SALAD (LENGUA)**

Beef tongue has to cook for several hours, but this salad is simply dressed and easy to put together. Use the meat immediately after cooking or refrigerate for use within two days. If cooking the meat in advance, we like to steam it for about 5 minutes before assembling and serving the salad.

**Serves:** 4

**Prep time:** 15 minutes

**Cooking time:** 2 ½ hours

#### **Ingredients:**

##### Tongue

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

##### Salad

- 2 heads romaine lettuce
- ½ cup olive oil
- ⅓ cup lime juice
- 8 radishes, thinly sliced
- ⅔ cup minced, raw white onion
- ½ cup chopped fresh cilantro
- 2 avocados, peeled, pitted, and sliced

## **Instructions:**

Place beef tongue in a large pot. Add enough water so that the meat is covered with 2-3 inches of liquid. Add the salt, cloves, peppercorns, bay leaves, garlic, and onion to the water. Cover the pot and bring to a gentle boil. Boil for 2 ½ hours. Remove the tongue.

As soon as it is 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.

To assemble the salad, remove the outer layers of the romaine and cut off the dark green tops. Cut off the core at the bottom. Wash and slice the remaining leaves and either leave 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, cherry tomatoes, or bell peppers, or red or green salsa.

## **PALEO CALDO VERDE**

Caldo verde, loosely translated from Portuguese, means “green soup.” This Paleo variation replaces white potatoes with sweet potatoes, and sausage with pork mini-meatballs.

**Serves:** 4

**Prep time:** 20 minutes

**Cooking time:** 30 minutes

## **Ingredients:**

Pork mini-meatballs

- 1 pound ground pork
- 2 garlic cloves, peeled and minced
- 1 egg

- Generous pinch nutmeg
- Pinch of cayenne
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper

### The soup

- 1 onion, minced
- 1 tablespoon lard\*
- ¾ pound sweet potatoes, thinly sliced into discs
- 1 garlic clove
- 2 quarts water
- 1 ½ teaspoons sea salt
- Freshly ground black pepper to taste
- 1 pound kale, stemmed and thinly sliced
- 2 tablespoons fresh parsley, chopped for garnish

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

### **Instructions:**

In a mixing bowl, combine all ingredients for pork mini-meatballs. Shape meatballs about 1 inch in size. You should have about 16 meatballs. Set aside.

In a large pot, sauté onions in lard for 3 minutes at a medium heat. Add sweet potatoes and garlic and continue to cook for 5 minutes. Pour in water, add mini-meatballs, salt and pepper. Bring to a simmer and cook at low heat for 15 minutes. Add kale and cook for 5 more minutes. Serve in individual soup bowls garnished with chopped parsley.

### **EGG STUFFED POBLANO**

This is a twist on the traditional chile relleno, with scrambled egg on the inside rather than the usual cheese or meat filling.

**Serves:** 2

**Prep time:** 25 minutes

**Cooking time:** 20 minutes

**Ingredients:**

- 2 poblano chili peppers
- 1 tablespoon lard\*
- 1 cup red onion, minced
- 1 jalapeño, seeded, stem removed, and minced
- 2 garlic cloves, minced
- 4 eggs
- ¼ teaspoon ground cumin
- Sea salt and freshly ground pepper to taste
- ½ cup minced cilantro (if you don't like cilantro, substitute with parsley)

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

**Instructions:**

Place the poblano chilies on a baking sheet and roast under the broiler for 9 minutes, flipping sides every 3 minutes. Transfer chilies to a paper bag and close tightly. Let them sweat for 10 minutes, then take them out of the bag and rub off the skin. With a paring knife, cut a vertical slit lengthwise from the stem to the end of the chili. Open chili gently and remove seeds.

Preheat oven to 350 degrees. Make the filling: Heat 1 tablespoon lard in a skillet over medium low heat. Add minced onion and heat, stirring, until softened. Add the minced jalapeño and garlic. Cook, stirring for 1 minute more. In a mixing bowl, beat the eggs and whisk in the cumin, salt and pepper, and cilantro (or parsley). Add egg mixture to the skillet and lightly cook, not quite fully scrambled, as they it will cook more in the oven.

Divide the egg mixture into two, and fill the two poblanos. Press them closed, place them on a baking dish, and bake for 10 minutes. These are great served with your favorite salsa.

## **SALMON CUCUMBER AND WAKAME SALAD**

Wakame seaweed has a mild, salty, sweet taste. This combines well with the coolness of cucumbers and rich flavor of salmon.

**Serves:** 2

**Prep time:** 10 minutes (soak wakame for 20 minutes)

**Cooking time:** 15 minutes

### **Ingredients:**

The salad

- ½ cup dried wakame (½ ounce)
- 1 large cucumber, sliced thinly
- 2 tablespoons sesame oil
- 1 tablespoon lime juice
- ⅛ teaspoon sea salt
- 1 tablespoon toasted sesame seeds

The salmon

- ¾ tablespoon coconut oil
- 2 6 - 8 ounce salmon fillets, skinned
- 1 small green onion, chopped
- ¼ teaspoon sea salt
- Coarsely ground black pepper to taste

### **Instructions:**

In a bowl, cover the dried wakame with 3 cups water. Allow to soak for 20 minutes.

Drain the wakame, rinse 2 or 3 times, and drain again. Squeeze the water out of the wakame. Coarsely chop the wakame. In a large bowl, mix the wakame and sliced cucumber. In a small bowl, whisk together the sesame oil and lime juice, creating a temporary emulsification. Pour the dressing over the vegetables, add salt, and mix thoroughly.

In a heavy skillet, heat coconut oil as high as possible without it smoking. Add salmon fillets, season with salt and pepper and cook 5 minutes on each side. On two plates

arrange fillets with cucumber salad on the side. Sprinkle over sesame seeds and chopped green onion.

# Dinner

## MAITAKE BEEF STIR FRY

If you can't find maitake mushrooms in the market, shiitake are a good substitute.

**Serves:** 2

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

**Cooking time:** 10 minutes

### Ingredients:

- 1 pound sirloin steak
- 1 teaspoon + 1 tablespoon fresh ginger, peeled and minced
- 2 tablespoons apple cider vinegar
- 1 ½ teaspoons Chinese five spice powder
- 2 tablespoons traditional fat of choice
- 3 scallions, root removed, roughly chopped
- 2 garlic cloves, roughly chopped
- 2 medium carrots, peeled, halved and cut into 1 inch thick diagonal pieces
- 1 small Napa cabbage
- Pinch of sea salt to taste
- Freshly ground black pepper to taste
- 8 ounces maitake mushrooms (or shitake)

### Instructions:

Slice beef in strips and place in a bowl with 1 teaspoon minced ginger, apple cider vinegar, and Chinese five spice powder. Allow to marinate in the refrigerator for about 30 minutes. Heat the fat of choice in a large skillet over medium heat. Add the scallions, remaining chopped ginger, garlic, and carrots. Cook, stirring occasionally, for 3 minutes. Add more fat to the bottom of the pan, as needed, to prevent aromatics from becoming dry or burning.

Add the cabbage and a pinch of salt (about ⅛ teaspoon) and black pepper. Cook for 2 minutes, again keeping an eye on the bottom of the pan and adding more fat as needed to prevent sticking. Add the maitake and cook for 2 minutes. Clear the vegetables to the sides of the skillet to make a space to add the beef. Add beef strips and cook them for about 1 minute per side. Stir everything together, and serve.

## **DRY RUB PORK SPARE RIBS**

Slow, low-temperature cooking using a simple method yields surprisingly flavorful ribs. Ribs should be marinated overnight, for up to 24 hours.

**Serves:** 2

**Prep time:** 15 minutes (marinate overnight)

**Cooking time:** 3 ½ hours

### **Ingredients:**

Dry rub spice mix

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

Pork spare ribs

- 3 to 4 pounds St. Louis cut pork spare ribs

### **Instructions:**

Combine all spices in a bowl and stir well to fully mix together. Prepare the ribs. On one side, you'll see a membrane that you can remove. (Remove by loosening it with your finger and then pulling with a paper towel. This gets easier with practice, and if you can't do it, it's fine to skip this step.) Place the ribs in a large baking dish. Cover well with the spice mixture, and rub the dry spices completely over the entire ribs. Cover and place in the refrigerator to marinate overnight or for up to 24 hours.

Before baking, it's best to bring the ribs to room temperature. Preheat the oven to 275 degrees. Bake the ribs in the large baking dish for 3 ½ hours, until they are tender. Cut ribs into individual portions to serve.

## **CHICKEN XACUTI**

Chicken Xacuti, pronounced “Shakuti”, is a traditional dish from Goa, India, made with coconut and a spice mix including poppy seeds.

**Serves:** 2

**Prep time:** 15 minutes

**Cooking time:** 45 minutes

### **Ingredients:**

#### Masala

- 2 red chilies, whole
- 1-inch piece of cinnamon
- 2 star anise, broken into pieces
- 3 cloves
- 8 whole black peppercorns
- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 2 teaspoons fennel seeds
- ½ teaspoon poppy seeds
- ¼ teaspoon nutmeg
- ½ teaspoon cardamom powder
- 4 tablespoons coconut, grated
- 1 tablespoon fresh ginger, peeled and minced
- 3 garlic cloves, peeled, crushed and minced
- 3 tablespoons coconut oil
- 1 small onion, peeled and finely chopped

#### Chicken

- 2 8-ounce boneless, skinless chicken breasts, cut into 6 pieces each

- 1 cup coconut milk
- 5 tablespoons apple cider vinegar
- ¼ teaspoon sea salt
- 1 tablespoon fresh cilantro, chopped

### **Instructions:**

Prepare a masala (spice mix) by dry roasting the spices in a dry pan, such as cast iron. Heat the pan to medium or medium high heat. First, add the largest spices, the chilies, cinnamon stick, and star anise. Heat until fragrant. (Do not burn.) Add the cloves, peppercorns, then the smaller coriander seeds, cumin seeds, and fennel seeds. Stir and let roast for a minute or two until pleasantly aromatic. Finally, add the smallest, the poppy seeds, and stir for a minute or two. Before removing spices, add cardamom, nutmeg and the grated coconut. Stir briefly, being careful to not let it burn. Remove mixture to a plate to cool. To finish the masala, blend it in a spice grinder or mortar and pestle until all the large spices are ground to a powder.

Combine the ginger and garlic into a paste by using a blender or the mortar and pestle, or simply mince them both together. Heat the oil in a large pot or pan. Add the onions and cook, stirring frequently, until they begin to brown. Add the ginger/garlic paste, the spice masala (which includes the coconut), and the chicken pieces. Stir and cook for 5 to 8 minutes on medium heat until the chicken loses its pinkness.

Add the coconut milk, vinegar and salt to taste. Give a stir, and cover to cook. Simmer the dish for 15 minutes, stirring every five minutes, until the chicken is tender and cooked through. Garnish with chopped cilantro. Serve with vegetables of choice.

### **PAN SEARED SCALLOPS WITH FENNEL PURÉE**

Searing not only keeps the scallops juicy, it also gives them a crisp texture.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

## Ingredients:

### Fennel purée

- 3 medium-sized fennel bulbs, core removed and thinly sliced (save fennel sprigs for garnish)
- 1 small shallot, thinly sliced
- 1 fresh bay leaf
- 1/8 teaspoon sea salt to taste
- White pepper to taste

### Scallops

- 3/4 pound sea scallops
- 1/2 teaspoon coarse salt
- Freshly ground black pepper to taste
- 1/4 teaspoon paprika powder
- 1 tablespoon coconut oil
- 4 lemon wedges

## Instructions:

Place sliced fennel, shallot, bay leaf, salt and pepper in a pot with enough water to cover. Cook at a simmer for about 20 minutes until very tender. Drain well, remove bay leaf, return to pot, and purée with an immersion blender until smooth. With lid on, keep warm on a very low heat.

Pat scallops dry with paper towels, and season with salt, pepper and paprika. Heat coconut oil in a skillet over a medium-high heat, add scallops and fry, turning once, until golden brown, about 3 minutes per side. Transfer to two plates, accompanied with lemon wedges. Arrange fennel purée next to scallops and garnish with fennel sprigs.

## CHILINDRON DE CARNERO

This Cuban-inspired lamb stew is also sometimes regionally called Chilindron de Cordero. We have added butternut squash for hearty, satisfying flavor.

**Serves:** 4

**Prep time:** 15 minutes (marinate lamb 2 hours)

**Cooking time:** 2 hours

### Ingredients:

- 2 pounds lamb shoulder, boned and cut into large pieces
- juice of 1 ½ limes
- 3 garlic cloves, minced
- 1 teaspoons sea salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons traditional fat of choice
- 1 large onion, chopped
- 2 green bell peppers, cored, seeded, and cut into large pieces
- 5 tomatoes, cored and quartered
- 2 cups bone broth/beef stock\*
- 3 tablespoons red wine vinegar
- ½ teaspoon cumin
- 1 ½ teaspoon dried oregano
- 1 tablespoon paprika
- 1 large fresh bay leaf
- 4 cups butternut squash cubes
- 1 large red bell pepper, cored, seeds removed and cut into thin strips
- fresh parsley, chopped for garnish

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

### Instructions:

In a non-reactive (ceramic, glass or stainless steel) bowl, toss the lamb with the lime juice, garlic, salt and pepper. Cover the bowl and marinate, refrigerated, for 2 hours. When ready to cook, heat fat of choice in a large pot over medium heat. Add the onion and bell

pepper, and cook for 6 to 8 minutes, or until they have softened. Add the marinated lamb to the pot, taking care to include all its garlic as well. Cook for 10 minutes with the onions.

Add in the tomatoes, stock, vinegar, cumin, oregano, paprika, and bay leaf. Bring the stew to a simmer. Cover the pot, reduce the heat to low, and cook for 1 hour. After 1 hour, add the butternut squash cubes, stir the stew, and cover again. Heat at a low simmer for 1 hour more.

Ten minutes before the end of cooking time, add the red bell pepper strips to the pot. Serve when lamb is tender and squash is cooked through. Season to taste with salt and pepper. Garnish with fresh chopped parsley.

### **TROUT FILLETS BAKED IN PARCHMENT WITH TARRAGON AND SHALLOTS**

Though trout has a flavor similar to salmon, it's not as pronounced and so marries well with the subtle taste of tarragon. We use parchment paper here, but aluminum foil will do and is easier to fold.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

#### **Ingredients:**

- 1 teaspoon melted traditional fat of choice
- two 8-ounce trout fillets
- 2 large shallots, thinly sliced
- juice of 1 lemon
- ¼ cup coconut milk
- ¼ teaspoon sea salt to taste
- ⅛ teaspoon white pepper
- 2 tablespoons fresh tarragon, coarsely chopped
- 2 tarragon sprigs for garnish

**Instructions:**

Preheat oven to 375 degrees. Brush the center of 2 sheets of parchment paper (12 x 16 ½ inches) with melted fat. Place fillets in the center and top with shallots. In a bowl mix lemon juice, coconut milk, salt, white pepper and fresh tarragon together, and pour over fillets. Bring the sides of the parchment paper together, and starting at one end, fold the edges of the paper over and crimp. The idea is to create a pouch.

Place pouches on a baking sheet in the oven, reduce heat to 350 degrees, and bake for 20 minutes. Remove from oven, place pouches on plates, cut open with a pair of scissors, and lifting from one end, slide the fillets with juices out onto the plates. Garnish with tarragon sprigs.

**SAUTÉED BEEF LIVER WITH CARROT PURÉE AND RASPBERRY VINEGAR**

Brining the liver for an hour in advance will help to keep it from being too dry, and contributes to this unique combination of flavors.

**Serves:** 2

**Prep time:** 15 minutes (marinate liver 1 hour)

**Cooking time:** 30 minutes

**Ingredients:**

Liver

- 2 8-ounce slices beef liver
- Salt brine made with 4 cups water and 1 tablespoon salt
- Lard\*
- White pepper

Carrot purée

- 1 large onion, peeled (keep whole)
- 4 cloves
- 1 ½ pounds carrots, peeled and chopped
- 1 large fresh bay leaf

- ¼ teaspoon sea salt to taste
- ⅛ teaspoon white pepper
- ½ cup coconut milk

#### Garnish

- 1 teaspoon + a drizzle raspberry vinegar
- 2 teaspoons fresh parsley, chopped for garnish

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

#### **Instructions:**

Place liver in a bowl, pour over brine and refrigerate for 1 hour. Stud onion with the 4 cloves and add to a pot along with carrots, bay leaf, salt and white pepper. Add water to cover, bring to a boil, then reduce to a simmer, and cook for 15 minutes. Drain the carrots, remove bay leaf and clove-studded onion (remove any cloves from the pot which may have fallen out of the onion). Put drained carrots back in pot. Add coconut milk, and using an immersion blender, purée the carrots until smooth. Cover and keep warm at a very low heat.

Drain liver and pat dry. Melt lard in a sauté pan, add liver, and put a pinch of white pepper on each slice. Cook 5 minutes on each side. Note: the liver is already salted from the brine. During the last 2 minutes, pour over 1 teaspoon raspberry vinegar. Divide liver between two plates and drizzle with more raspberry vinegar. Arrange carrot purée alongside liver and garnish with parsley.

# Side Dishes

## **BOK CHOY**

Fish sauce instead of salt adds umami to these greens.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 10 minutes

### **Ingredients:**

- 2 tablespoons garlic, crushed and minced
- 1½ tablespoon coconut oil
- 8 cups bok choy, cut into 1-inch pieces
- 1 tablespoon fish sauce

### **Instructions:**

Heat the garlic in the oil over medium heat. Add the bok choy and cook, alternating with keeping it covered and stirring. After 10 minutes or so, when bok choy has cooked down, add the fish sauce. Stir, cover and let it cook down to desired softness. Serve.

## **PARSNIP FRIES**

These “fries” are a tasty revelation--a super-easy and addictive side dish for any meal.

**Serves:** 4

**Prep time:** 15 minutes

**Cooking time:** 45 minutes

### **Ingredients:**

- 2 pounds parsnips, peeled and washed
- 2 tablespoons traditional fat of choice (duck fat or lard is preferred)
- 2 teaspoons dried rosemary
- 1 teaspoon thyme

- ½ teaspoon onion powder
- 1 to 2 teaspoon sea salt
- ½ teaspoon freshly ground black pepper

**Instructions:**

Preheat the oven to 375 degrees. 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 fat gently until it turns liquid, but not too hot to handle. In a large bowl, mix together the parsnip fries, the fat, and all other ingredients. Toss well. Place on a baking dish. Roast the fries for 45 minutes. Toss them about 2 times or so during the cooking.

**CURRIED OKRA**

Simmering the okra in a tomato sauce with spices alleviates the “gooey” issue that stops some from enjoying this delicious vegetable. This is our take on bhindi masala, an Indian favorite.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

**Ingredients:**

- ½ pound okra
- 2 tablespoons traditional fat of choice
- ½ a large yellow onion, finely chopped (about 1 cup)
- 4 cloves garlic, minced or pressed
- 1 tablespoon minced ginger
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon ground turmeric
- ½ teaspoon sea salt, or to taste
- ¼ teaspoon freshly ground black pepper, or to taste

- ½ cup puréed tomatoes
- Optional: chopped fresh cilantro for garnish

**Instructions:**

Wash the okra and pat very dry with a cloth or paper towel. Cut off the stem and then slice into ½-inch pieces. Melt fat in a pot over medium-low heat and add the onion. Cook until softened, about 5 minutes. Add the garlic and ginger, and cook for a few minutes more. Put in the okra, cumin, coriander, turmeric, salt, and pepper. Stir well to coat the okra with the spices. Add the puréed tomatoes and stir well. Cover the pot and reduce the heat to low.

Cook for 20 minutes. After the first 10 minutes, check the pan, and if the sauce is too liquid, uncover pan for the last 10 minutes. If it's just right, stir and cover again and continue cooking for the final 10 minutes. Taste the okra to check for doneness and give it extra cooking time if necessary. It may need an extra 5 minutes or so. Sprinkle with fresh, chopped cilantro if desired, and serve.

**CREAMED COLLARD GREENS**

This dish has a very creamy consistency; with the addition of 1 quart of stock it can also be transformed into a delicious and quick soup. Note: To toast hazelnuts for the garnish, heat a skillet, add nuts, and carefully toast for about 8 minutes, making sure the skillet does not smoke and the nuts don't burn.

**Serves:** 2**Prep time:** 15 minutes**Cooking time:** 15 minutes**Ingredients:**

- 1 tablespoon lard\*
- 1 pound collard greens, washed and cut into large pieces
- 1 cup coconut milk
- Pinch of nutmeg
- Sea salt to taste
- Black pepper, freshly ground
- Small handful hazelnuts, toasted (see note above) and chopped for garnish

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

**Instructions:**

Melt lard in the sauté pan and add all ingredients except nuts. Cook at medium-high heat for 10 minutes or until most of the liquid has been reduced. Adjust for salt. Garnish with chopped hazelnuts.

# Snacks

## MAC NUT DIP

Here's a simple, but delicious dairy-free dip.

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

**Prep time:** 10 minutes (pre-soak macadamia nuts for approx. 4 hours)

### Ingredients:

- 3 red, yellow, or orange bell pepper, chopped
- 2 cups macadamia nuts, soaked for 4 hours
- Sea salt to taste
- Cayenne to taste

### Instructions:

Place all ingredients in a high speed blender that can handle nuts, or use food processor. Make sure the bell pepper is on the bottom. Add salt and cayenne to taste. Blend and pour into a bowl. Serve with celery sticks or other sliced vegetables.

## COLLARD WRAP

Easy to pack and bring for an on-the-go snack.

**Serves:** 2 wraps

**Prep time:** 10 minutes

### Ingredients:

- Collard leaves, cut lengthwise into two large pieces (stems removed)
- Carrot, cucumber, celery, cut into sticks
- Handful of cilantro, whole or chopped
- Avocado, sliced into wedges

### Instructions:

Assemble ingredients in the collard leaf and wrap into a roll.