

# Low-Carb 7 Day Meal Plan

## Day 1

- Breakfast* Broccoli Pesto Frittata
- Lunch* Minestrone Soup
- Snack* Chinese Five-Spice Chicken Wings
- Dinner* Mexican Liver with Onions
- Side Dish* Braised Fennel

## Day 2

- Breakfast* Fried Egg over Spinach
- Lunch* Gambas Al Ajillo with Green Salad
- Snack* Chinese Five-Spice Chicken Wings
- Dinner* Grilled Ahi Tuna Steaks with Chinese Five Spices
- Side Dish* Cabbage, Bok Choy and Shitake

## Day 3

- Breakfast* Shrimp Gazpacho
- Lunch* Maitake and Beef Stir Fry
- Snack* Macadamia Nut Dip
- Dinner* Pesto Pork Fillet
- Side Dish* Steamed Kale and Avocado

## Day 4

- Breakfast* Sirloin Steak with Fajita Spiced Peppers
- Lunch* Tuna, Ginger and Avocado Salad
- Snack* Macadamia Nut Dip
- Dinner* Cast Iron Filet Mignon
- Side Dish* Celeriac and Rutabaga Purée

## Day 5

- Breakfast* Portobello Mushrooms Stuffed with Scrambled Eggs
- Lunch* Sweet Potato, Broccoli and Ground Beef Hash
- Snack* Pico De Gallo with Carrot Chips
- Dinner* Chicken Xacuti
- Side Dish* Stir-Fried Bok Choy

## Day 6

*Breakfast* Carrot and Tomato Smoothie

*Lunch* Miyuk Guk with Shrimp

*Snack* Garlic Sticks with Marinara Dip

*Dinner* Rosemary Lamb Rib Chops

*Side Dish* Kale and Acorn Salad

## Day 7

*Breakfast* Sautéed Spinach and Mushrooms

*Lunch* Paleo Lamb Mini-Patties with Tahini Sauce

*Snack* Garlic Sticks with Marinara Dip

*Dinner* Short Ribs with Pomegranate Gravy

*Side Dish* Cauliflower Mash

# Low-Carb 7 Day Meal Plan

## Breakfast

### **BROCCOLI AND PESTO FRITTATA**

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

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 40 minutes

- 1 cup packed fresh basil leaves
- 1 small clove garlic, smashed
- 3 tablespoons pine nuts
- ¼ cup olive oil
- 4 cups small florets broccoli (cut large florets down into smaller pieces)
- 8 eggs
- 1 teaspoon salt
- 1 cup onion (yellow or red), chopped into medium sized chunks
- 2 tablespoons traditional fat of choice

Make the pesto by combining the basil leaves, garlic clove, nuts, and olive oil in a food processor, blender, or mortar and pestle and pulsing until smooth. Preheat the oven to 375°F. In the oven-safe 10-inch skillet, heat the 2 tablespoons fat of choice over medium heat. Cook the onion for between 5-10 minutes, until softened. Steam or boil the broccoli for 4 minutes, then drain it and add it to skillet with the onions. Turn off the burner. Beat 4 of the eggs with ½ teaspoon salt and a couple of grinds of black pepper. Pour this over the onions and broccoli in the skillet. Spoon 6 tablespoons of pesto evenly around the skillet. Beat the remaining 4 eggs with another ½ teaspoon salt and a couple of grinds of black pepper. Top the contents of the skillet with the 4 eggs. Bake the frittata for 20 minutes. Change the oven setting to 'broil' and move the skillet to the top rack. Broil quickly for just 2 minutes. Allow frittata to cool, and serve, topped with the remaining pesto drizzled over each slice.

## **CARROT AND TOMATO SMOOTHIE**

This is a very fresh and healthy way to start the day. A pinch of cayenne will give it an extra zing.

**Serves:** 2

**Prep time:** 10 minutes

- 4 medium sized carrots, peeled and grated
- 6 medium sized tomatoes, quartered
- ½ teaspoon tomato paste
- salt
- 1 stalk celery, chopped into ½ inch pieces
- ½ teaspoon black pepper
- 1 tablespoon fresh lemon juice
- pinch of cayenne to taste (optional)
- ice cube, as required

Place all ingredients in a blender, except ice cube, and blend until smooth Add ice cube and quickly blend.

## **FRIED EGG OVER SPINACH**

Italian-inspired flavors make for a perfect breakfast, snack, or satisfying meal any time of day.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

- 2 eggs
- 6 cups packed spinach leaves, fresh and washed
- 2 cloves garlic, minced
- 3 anchovy fillets, chopped (I recommend Crown Prince brand in glass jar)
- 1 tablespoon pine nuts
- ¼ teaspoon nutmeg, freshly grated if possible
- traditional fat of choice

Heat fat of choice in a skillet or saute pan on medium heat. Cook the garlic, stirring, for a few minutes, and then stir in anchovies. After a minute, add in the spinach and nutmeg. If using raw pine nuts, add them to the pot first, below the spinach, so they can get a nice toast while the spinach cooks. Otherwise (if already toasted), they can be added at the end. Cover the pot and cook until spinach wilts down, turning occasionally with tongs. Meanwhile, prepare two fried eggs in a skillet. When spinach is ready, lift with tongs to shake out the excess liquid and divide between two plates, each topped with fried egg. Sprinkle with black pepper, salt, or additional nutmeg if desired.

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

Be sure that the mushroom caps are as large as possible as they will shrink considerably when cooked.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 15 minutes

- 6 eggs
- 4 teaspoons fresh chives, chopped
- white pepper to taste
- ¼ teaspoon salt
- 4 slices of bacon
- 4 teaspoons lard\*
- 4 large portobello mushrooms, cleaned and stemmed
- 1 tablespoon fresh parsley, roughly chopped for garnish

In a mixing bowl beat the eggs until frothy. Add chives, salt and pepper. Heat 2 teaspoons of lard in a skillet over a medium heat, add bacon slices and sauté until crisp. Remove bacon, chop finely, add to the egg mixture and set aside. In the same skillet, sauté the mushroom caps over a medium-low heat, bottom side up until tender, about 5 minutes. Remove and keep warm. In a saucepan heat the remaining 2 teaspoons of lard, add the egg mix 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.

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

## **SAUTÉED SPINACH AND MUSHROOMS**

A simple and light breakfast. If you want some protein to make this recipe more substantial, fried bacon is a good accompaniment.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 15 minutes

- 6 bacon slices (optional)
- 2 tablespoons lard\*
- ½ onion, chopped
- 4 garlic cloves, minced
- 1 pound cremini mushrooms, sliced
- 4 packed cups fresh spinach, washed
- salt & pepper to taste

Heat a skillet over medium-low heat and add lard. Fry bacon (if using), until crisp and set aside. In the same skillet, add the onion and garlic and cook, stirring for about 2 or 3 minutes. Add the mushrooms and cook, stirring for 5 to 10 minutes, until soft, then the spinach and continue to cook, stirring occasionally. When the spinach is done, season dish with salt and pepper and serve with bacon on the side.

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

## **SIRLOIN STEAK WITH FAJITA SPICED PEPPERS**

This recipe, often served for lunch or dinner with a side dish, is also good on its own for breakfast.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

### **For the Fajita Spiced Peppers:**

- 3 bell peppers of assorted colors, seeded and cored
- 1 ½ tablespoon traditional fat of choice
- ¼ teaspoon sea salt

- ½ teaspoon paprika
- ¼ teaspoon cumin
- ⅛ teaspoon cayenne

### **For the Sirloin Steak:**

- two 8 ounce sirloin steaks, about 2 ½ inches thick
- 1 tablespoon coconut oil
- 1 teaspoon sea salt
- black pepper
- cilantro leaves for garnish

### **Fajita Spiced Peppers:**

Slice the bell peppers into ¼ inch thick slices. Heat the fat in a skillet over medium heat. Add the bell pepper strips, all spices, and salt. Cook over medium, stirring once a minute or more if necessary for even cooking, about 12 minutes.

### **Sirloin Steak:**

Rub with coconut oil. Heat the grill or sauté pan to a high heat. Cook the steaks according to preference:

Rare: 1½ minutes each side

Medium rare: 2 minutes each side

Medium: 2¼ minutes each side

Medium-well done: 2½ - 3 minutes each side.

Add salt, pepper, and top with Fajita Spiced Peppers. Garnish with cilantro leaves.

## **SHRIMP GAZPACHO**

Gazpacho is a Spanish, uncooked tomato-based soup, traditionally served cold. It can have a couple ice cubes in it or it can also be served lukewarm. This variation has shrimp and chopped celery leaves in it to give it a special character. Gazpacho can be prepared the night before, just add the shrimp when serving.

**Serves:** 2

**Prep time:** 15 minutes

- 1 pound tomatoes, cored and chopped
- ¼ cup celery leaves, chopped
- 1 small shallot, peeled and chopped
- Pinch of cayenne
- Juice of 1 lemon
- ¼ teaspoon salt to taste
- Black pepper to taste
- ½ cucumber, peeled and diced
- ½ - 1 cup tomato juice (optional)
- 1 cup fresh shrimp, cooked and peeled (preferably not frozen)
- 1 tablespoon fresh parsley, coarsely chopped for garnish

Place tomatoes, celery leaves, shallot, cayenne, lemon juice, salt and pepper in a food processor and purée. Stir in diced cucumber. If too thick, add optional tomato juice. Pour into 2 soup bowls, arrange shrimp on top and garnish with chopped parsley.

# Lunch

## **GAMBAS AL AJILLO WITH GREEN SALAD**

Cooking up this classic and simple Spanish dish can be a great way to start fixing your own tapas at home!

**Serves:** 2

**Prep time:** 5 minutes (not including shallot vinaigrette)

**Cooking time:** 5 minutes

### **The gambas:**

- 1 pound of prawns, fresh or thawed (preferably fresh)
- 1 tablespoon fat of choice
- 1/8 teaspoon spicy red chili flakes (more, less, or omit to taste)
- 2 to 3 cloves garlic, cut into quarters
- Spanish paprika
- salt and black pepper to taste
- 2 tablespoons fresh chopped parsley
- 1 tablespoon extra-virgin olive oil
- 1/2 tablespoon lemon juice

### **The salad:**

- mixed greens, enough to cover 2 plates
- 1/4 tablespoons shallot vinaigrette\*

Wash and spin dry mixed greens. Heat the fat in a skillet to medium heat. Add the chili flakes and allow them to flavor the melted fat for one minute. Add the garlic and then place the shrimp in a single layer in the pan. Cook the shrimp for 3 minutes total (1 to 2 minutes per side). Halfway through, use tongs to flip shrimp and stir around garlic. Toss salad greens with shallot vinaigrette and arrange on two plates. When shrimp has turned pink, remove them from the skillet, place on top of salad. Drizzle olive oil and lemon juice over. Garnish with a sprinkle of paprika and parsley and serve.

\*Prepare Shallot Vinaigrette on Monday (see recipe page 474 of Your Personal Paleo Code)

## MAITAKE AND BEEF STIR FRY

If you find maitake in the farmer's market, here is an option for cooking it. If it's not available, substitute other mushrooms and other vegetables.

**Serves:** 2

**Prep time:** 10 minutes (marinate beef ½ hour)

**Cooking time:** 10 minutes

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

Slice your beef and place in a bowl with the 1 teaspoon minced ginger, apple cider vinegar, and 1 ½ teaspoon five-spice powder. Allow to marinate in the refrigerator while preparing your mise en place, or for about 30 minutes. Heat the fat of choice in a large skillet over medium heat. Add the scallions, 1 tablespoon chopped ginger, garlic, and carrots. Cook, stirring occasionally, for 3 minutes. Add more fat to the bottom of the pan, as needed, if it becomes dry and threatens to burn the aromatics. Add the cabbage and a pinch of salt (about ⅛ teaspoon). Cook for 2 minutes, again keeping an eye on the bottom of the pan and adding more fat as needed to prevent a dry pan. 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.

## MINISTRONE SOUP

When the tomatoes and basil come in season, ripe and abundant, it's time for this happy pairing, along with garlic and as many vegetables as you'd like to add.

**Serves:** 4

**Prep time:** 15 minutes

**Cooking time:** 1 ½ hours

- 4 to 5 pounds fresh, ripe tomatoes, Roma or other type
- 2 tablespoons fat of choice
- 1 large yellow onion, roughly chopped
- 3 stalks celery, sliced
- 6 medium/large carrots, sliced into bite sized pieces
- 8 cloves garlic, minced or pressed
- 1 zucchini or squash, sliced into bite-sized chunks
- 1 bay leaf
- 1 tablespoon dried oregano
- ¾ cup chopped kale, cut into bite sized pieces (about 4 kale leaves)
- 1 ½ cups chicken stock\*
- 1 tablespoon extra-virgin olive oil
- ½ cup fresh basil leaves, cut into chiffonade (thin ribbon slices)

Place tomatoes in a cooking pot, cover, and cook over medium-low heat for an hour or until they change to darker color--brick red, become very aromatic, and fall apart. Stir periodically during cooking time. In a large pot, heat fat of choice over low-medium heat. Add onion and cook for about 10 minutes. Add celery and carrot and cook until they soften. Stir in the garlic and cook for one minute more. Add bay leaf, oregano or Italian seasoning, stock, cooked tomato, 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 olive oil and half the fresh basil. Ladle into soup bowls, use the rest of the basil as a garnish.

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

## **MIYUK GUK WITH SHRIMP**

This Korean seaweed soup is commonly fed to women just after giving birth. By association, in Korea everyone eats the soup as part of his or her yearly birthday celebration. Strips of beef can be sauteed and added in as well.

**Serves:** 2 to 3

**Prep time:** 20 minutes (wakame needs to soak for 20 minutes)

**Cooking time:** 10 minutes

- ¼ cup dried wakame
- 4 cups chicken stock\*
- 1 clove garlic, minced
- 1 teaspoon sesame oil
- 2 teaspoons fish sauce
- 2 green onions, thinly sliced
- 1½ cups cooked shrimp

Soak ¼ cup dried wakame in 2 cups of water for 20 minutes. Drain, rinse 2 or 3 times, and drain again. Squeeze all the water out of the seaweed. You should have 1 cup of soaked wakame. Coarsely chop the wakame into bite-sized pieces. Heat the broth over medium-low heat. Add the seaweed and the garlic and bring to a gentle simmer. Cook for 10 minutes to infuse the broth with the garlic flavor. Stir in the sesame oil and fish sauce. Add the shrimp to warm through. Ladle into bowls and garnish with the green onions.

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

## **PALEO LAMB MINI-PATTIES WITH TAHINI SAUCE**

Succulent lamb patties served with a deceptively rich tahini sauce.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 20 minutes

**For the Tahini Sauce:**

- ⅓ cup tahini (sesame paste)
- 3 cups chicken stock\*

- 3 tablespoons extra-virgin olive oil
- juice of 1 lemon
- 3 garlic cloves, crushed and minced
- 1 teaspoon ground coriander
- salt and pepper to taste

**For the Mini-Patties:**

- 1 ½ pounds ground lamb (shoulder)
- 3 garlic cloves, crushed and minced
- juice of 1 lemon
- 1 ½ tablespoons dried mint
- 1 teaspoon cumin
- 2 eggs
- 2 teaspoons olive oil
- 1 teaspoon salt to taste
- black pepper
- 2 tablespoons lard\*\*
- 2 tablespoons fresh parsley, chopped to garnish

**Tahini Sauce:**

Simmer all ingredients except tahini paste, olive oil, and lemon juice for 10 minutes. Blend the tahini paste until smooth and add to stock, stirring the whole time. The sauce should have the consistency of a medium thick cream. If it's too thin add more tahini paste, 1 tablespoon at a time. Be careful as tahini paste can make the sauce go from thin to thick in seconds. Remove from heat, add lemon juice and olive oil. Keep warm.

**Mini-Patties:**

Mix all ingredients together except lard. Shape into balls (about the size of a golf ball). Heat pan to medium-high. Add lard, and fry meatballs, slightly flattening with a fork, 5 minutes on each side. Pour the Tahini Sauce over the meatballs and serve garnished with chopped parsley.

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

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

## **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:** 10 minutes

**Cooking time:** 40 minutes

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

## TUNA, GINGER AND AVOCADO SALAD

A refreshing, easy and quick salad.

**Serves:** 2

**Prep time:** 15 minutes

- 2 avocados
- 1 teaspoon fresh ginger, grated
- 1 can of tuna, well drained
- 1 small shallot, finely minced
- 1 tablespoon lime juice
- ¼ cup paleo mayonnaise\*
- sea salt to taste
- black pepper
- mixed salad greens (enough for two)
- 2 tablespoons cilantro, chopped for garnish

Cut avocados in half, remove pits, scoop out the contents, and roughly chop. Grate the ginger. A tip: wrap the grater in cling wrap and grate. When you remove the film, the ginger pulp can easily be scraped off of it. Gently fold all ingredients together (except the mixed greens). Serve tuna mixture with salad greens on the side.

\*Paleo Mayonnaise can be prepared up to 3 days in advance (see recipe page 473 of Your Personal Paleo Code).

# Snacks

## CHINESE FIVE SPICE CHICKEN WINGS

This easy dry rub marinates the chicken for an easy prep recipe. There are enough wings for snacks for 2 people for 2 days.

**Serves:** 2 x 2 days

**Prep time:** 5 minutes (marinate overnight)

**Cooking time:** 45 minutes

- 24 chicken wings
- 5 tablespoons Chinese five-spice powder
- 3 teaspoons chili powder
- 2 teaspoons salt or more, to taste

Rinse and pat dry the wings. Place in a bowl and mix in the five-spice powder, optional chili powder, and salt. Cover the wings well with the dry rub. Cover the bowl tightly and marinate overnight or up to 24 hours. Preheat the oven to 375°F. Place wings on a baking tray in a single layer. Bake for 45 minutes, turning the wings every 15 minutes.

## GARLIC STICKS WITH MARINARA DIP

This is an unusual bread substitute, but it's crunchy enough to serve with dips, in this case Marinara.

The following recipe is enough for 2 people for 2 days.

**Serves:** 2 x 2 days

**Prep time:** 15 minutes

**Cooking time:** 50 minutes

### For the bread sticks:

- 1 ½ cup onion, chopped into large chunks (about a bit less than half an onion)
- 2 cups sunflower seeds
- 2 teaspoons salt ONLY if your seeds were unsalted, otherwise skip the step of adding extra salt
- 2 ½ tablespoons lemon juice
- 4 large cloves garlic, chopped

**For the marinara sauce:**

- 2 ½ tablespoons traditional fat of choice
- 2 yellow onions, chopped
- 2 tablespoons minced garlic
- ¾ cup sun-dried tomatoes, packed
- 4 cups puréed tomatoes
- 2 tablespoons Italian seasoning
- salt and pepper

**To make the garlic 'bread' sticks:**

In a food processor or blender, combine the onion, seeds, lemon juice, and garlic. Blend or process until smooth, stopping as needed to scrape down the sides of the processor or blender with a spatula. Grease the bottom of a baking dish with your fat of choice and preheat the oven to 325°F. Scoop out 1 tablespoon portions of the batter, and with your hands shape it into sticks of 2 to 3 inches in length. Place the sticks in the greased pan. You will be baking for a total of 50 minutes as follows: Bake 20 minutes. Remove the pan from the oven and turn over. The side that was down should be lightly browned. Bake 15 minutes on the second side. Remove the pan again and turn them to a side that hasn't been browned yet. Bake for a final 15 minutes.

**To make the marinara:**

Prepare the sun-dried tomatoes: If they were packed in oil, simply measure out ¾ cup and then chop them on the cutting board. If they are dried, soak them just covered in water for 15 minutes to rehydrate. Then measure out ¾ cup and chop them. In a pan or pot, heat the fat of choice over medium heat. Add the onions and garlic and cook until softened, about 10 minutes. Add the chopped sun-dried tomatoes, the tomato puree, and the Italian seasoning. Simmer uncovered for 20 minutes. Serve chunky, or purée with an immersion blender if you would like the sauce to be completely smooth.

## MACADAMIA NUT DIP

This is a simple, creamy smooth dip, enough for two people for two days.

**Serves:** 2 x 2 days

**Prep time:** 10 minutes (soak macadamia nuts for up to 4 hours)

- 2 red, yellow, or orange bell peppers, cored, seeded and chopped
- ½ cup macadamia nuts, soaked between 30 minutes to 6 hours
- salt to taste
- cayenne to taste

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

## PICO DE GALLO WITH CARROT CHIPS

A classic Mexican dip, or accompaniment to salads and seafood.

**Serves:** 2

**Prep time:** 15 minutes (allow to sit for 2 hours before serving)

- 4 tomatoes
- ½ onion
- 1 jalapeño
- 1 cup cilantro leaves, loosely packed
- 1 lime
- ¼ teaspoon sea salt
- 3 large carrots, diagonally sliced

Cut each tomato in half and remove the seeds with a spoon to discard. Chop the tomatoes into small chunks and place in a medium-sized mixing bowl. Chop the onion into fine pieces and add to the tomatoes. Cut the jalapeño pepper in half and remove the seeds, then chop into fine pieces and add to the mixing bowl. Chop the cilantro leaves and add to the other ingredients. Squeeze the juice of a whole lime over the other ingredients, add the salt, and mix well. For the best flavor, prepare at least two hours prior to serving. Peel carrots, slice on the diagonal and use as chip substitutes.

# Dinner

## CAST IRON FILET MIGNON

The filet mignon is the tip of a tenderloin, too small to be cut into individual steaks. Chimichurri Sauce (refer to recipe in the Paleo Recipe Generator - Sauces), is an excellent accompaniment to this dish.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 10 minutes or more depending upon personal preference

- four 1 ½ inch thick (7 to 8 ounces each) filet mignons
- 1 ½ tablespoons fat of choice
- salt and pepper

Preheat your oven to 450°F. Heat cast-iron skillet over medium heat for 5-10 minutes, until very hot. Make sure to use potholders with the skillet during this recipe. Rub each side of the steaks with 1 teaspoon of melted fat of choice, and sprinkle with salt and pepper. Place the steaks in the skillet and cook for 3 minutes per side or until a nicely browned crust has formed. Using a potholder, transfer the pan to the oven. (If you do not have a cast iron pan, you can instead sear the filets in a skillet, and then transfer with tongs to a baking dish. Roast 2 to 4 minutes for very rare and 4 to 6 for rare. Remove steaks from pan and allow to rest for 5 minutes before serving.

## 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:** 20 minutes

**Cooking time:** 25 minutes

**For the masala:**

- 2 red chilis, whole
- 1-inch piece of cinnamon stick
- 1 star anise, crushed

- 3 cloves
- 8 whole black peppercorns
- ½ teaspoon coriander seeds
- 1 teaspoon cumin seeds
- ½ teaspoon fennel seeds
- ½ teaspoon poppy seeds
- 4 tablespoons coconut, shredded
- 1 tablespoon fresh ginger, peeled and minced
- 3 garlic cloves, peeled, crushed and minced

**For the chicken:**

- 1 small onion, peeled and chopped
- 3 tablespoons coconut oil
- 2 chicken breasts, patted dry and cut into six pieces each
- 1 cup coconut milk
- salt and pepper to taste
- 1 tablespoon cilantro, chopped

**The masala:**

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 chilis, cinnamon stick, and star anise. Heat until a pleasant fragrance begins. Add the cloves, peppercorns, then the smaller coriander seeds, cumin seeds, and fennel seeds. Stir and let roast for a minute or two until beginning to be pleasantly aromatic.

Finally add the smallest, the poppy seeds, and stir for a minute or two. Before removing spices, add the grated coconut and stir around very briefly. Be careful or it can burn. Once all is stirred together, remove entire spice/coconut mixture to a plate to cool. To finish the masala, once cool, blend it in a spice grinder or mortar and pestle until all the large spices are broken into a powder. This mixture will be light golden brown in color. Combine the ginger and garlic into a paste by using a blender or the mortar and pestle, or simply mince them both together.

### **Cooking Instructions:**

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 coconut milk and salt to taste. Cover with a lid, and simmer the dish for 15 minutes, stirring every five minutes, until the chicken is tender and cooked through. Garnish with chopped cilantro. Serve over vegetables of choice.

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

Fresh, grilled tuna steaks are an excellent accompaniment to Chinese vegetables and spices.

**Serves:** 2

**Prep time:** 5 minutes (marinate tuna steaks for ½ hour)

**Cooking time:** 20 minutes

- two 8 ounce Ahi Tuna steaks, 1-inch thick
- 1 ½ tablespoons Chinese Five-Spice Powder
- 2 tablespoons coconut oil
- juice of 1 lemon
- 1 tablespoon cilantro, chopped to garnish

Mix all ingredients to make a paste and rub on both sides of the tuna steaks. Allow to marinate for ½ hour. To accompany the tuna steaks, prepare the Cabbage, Bok Choy and Shiitake Mushrooms dish(see directions in Side Dishes), grill the tuna steaks for 8 minutes on each side at a medium heat. Arrange the tuna steaks on top of the accompanying Cabbage, Bok Choy, and Shiitake Mushroom side dish. Garnish with fresh, chopped cilantro.

### **MEXICAN LIVER AND ONIONS**

Higado Encebollado is a very traditional Mexican dish, which can be made with beef, lamb or chicken livers.

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:** 10 minutes

- ¾ pound beef liver, sliced
- 1 large yellow onion, halved and sliced thin
- 1 ½ teaspoons lard\*
- salt and black pepper to taste
- ½ teaspoon dried oregano
- pinch dried rosemary
- roughly chopped cilantro and sliced avocado for garnish

Heat the lard 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. Check to see if it's done by slicing one liver in half. It is done if there is no more blood. Serve sprinkled with cilantro on top and avocado on the side.

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

## **PESTO PORK FILLET**

The pork fillet (also known as tenderloin) is a lean cut without much fat, and as a result will cook relatively quickly. It should be watched closely to avoid overcooking.

**Serves:** 2

**Prep time:** 20 minutes (including pesto)

**Cooking time:** 30 minutes

- Anchovy and Basil Pesto, homemade (refer to the Paleo Recipe Generator - Sauces for recipe)
- 2 pork fillets, about 8 ounces each (or 1 large fillet)
- 2 tablespoons lard\*
- sea salt
- black pepper

Prepare the pesto. Preheat the oven to 350°F. You will see that one side of the pork tenderloin tapers into a thinner end. When ready to cook, take the thin end and fold it over 2 to 3 inches so that the shape of the pork becomes an evenly shaped 'log', like a roast. Press it together to form the correct shape. You could tie this with kitchen twine, as

is commonly done, but the meat will usually stay together on its own if you take care whenever turning it with tongs. Season the pork tenderloin generously with salt and pepper. Heat the fat in a pan over medium-high heat. Brown the tenderloin on all sides, cooking for a couple of minutes per side. If the pan is oven-safe, place the pan in the oven and bake until the internal temperature of the pork reaches 140 to 145°F, as read by an internal meat thermometer. If the pan is not oven-safe, transfer the pork to a baking dish or roasting pan. Check the temperature after 15 minutes. Remove the pan, place the pork on a cutting board and allow it to rest for 10 minutes. Its internal temperature will rise a bit higher during the resting. Slice crosswise into 1-inch thick slices and divide between two plates. Drizzle the pesto generously over the pork.

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

### **ROSEMARY LAMB RIB CHOPS**

Rosemary and lamb are one of those classic taste combinations that stands on its own. This recipe can be served with a simple green salad for lunch, or a more substantial side dish for dinner.

**Serves:** 2

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

**Cooking time:** 10 minutes

- 1 pound Frenched lamb rib chops (about 6) - this cut is also often called lamb lollipop chops
- 1 tablespoon fresh rosemary, minced
- 2 tablespoons melted traditional fat of choice
- 4 cloves garlic, minced or pressed
- freshly ground black pepper
- salt to taste
- 1 teaspoon fresh parsley, chopped

Marinate the lamb chops in a bowl with the oil, garlic, rosemary, and pepper, for 1 to 3 hours. Mix the lamb well to coat the meat with all the marinade ingredients. The chops are small and will cook quickly. You can grill them, broil them, or use a pan. Preheat the pan to medium heat. Sprinkle the chops with salt on both sides. Once the pan is hot enough (a few drops of fat should sizzle), pan sear (or grill, or broil) the chops for about 3 to 4 minutes per side, until a golden-brown crust develops on each side. Transfer the chops to a plate and allow them to rest for 5 minutes before serving. Garnish with chopped parsley.

## SHORT RIBS WITH POMEGRANATE GRAVY

For variety, use pomegranate juice for braising rather than the usual red wine for acidity.

**Serves:** 3

**Prep time:** 15 minutes

**Cooking time:** 4 ½ hours

- 2 tablespoons fat of choice
- 3 pounds beef short ribs
- 1 teaspoon sea salt
- black pepper
- 1 large onion, peeled and roughly chopped
- 2 garlic cloves, peeled and roughly chopped
- 1 medium leek (only the white part)
- 4 celery ribs, finely chopped
- ½ cup pomegranate juice
- 3 cups beef stock\*
- 3 fresh thyme sprigs (2 teaspoons)
- 2 fresh bay leaves (3 dried)
- 1 ½ tablespoon fresh parsley, chopped

Preheat the oven to 300°F. Heat 1 tablespoon the fat in a large pot to medium heat. Pat the meat dry and season both sides with salt and pepper. Add the short ribs to the pan in a single layer, avoiding crowding the meat, and working in batches if necessary. Once browned on both sides, transfer the meat to a plate. Add the next tablespoon fat to the pan and add the onion, garlic, leek, and celery. Cook for about 10 minutes until vegetables have softened. Deglaze the pan by adding in the pomegranate juice and beef broth. Bring the liquid to a simmer. Add the browned beef back to the pot and bring to a simmer. Nestle the thyme sprigs and bay leaf into the liquid. Cover the pot well and place the pot into the oven. Cook, covered for 4 hours. Check beef to see if it is fork tender. If so, remove the beef from the pot and strain the cooking liquid into a saucepan. Bring the liquid to a low boil and cook until it reduces by 2/3 in volume (or more) and thickens into a more gravy-like consistency. Serve garnished with chopped parsley.

\* Prepare beef stock on Wednesday (see recipe page 469 of Your Personal Paleo Code).

Note: this is the only recipe in the 7 Day Meal Plan that uses beef stock. Chicken stock is acceptable, though the end result is not as rich in flavor.

# Side Dishes

## **BRAISED FENNEL**

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

**Serves:** 2

**Prep time:** 5 minutes

**Cooking time:**

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

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 entrees. Wash the bulb(s). Cut the bulb(s) in half lengthwise, and for very small bulbs, cut in half again. 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. Melt the fat in a skillet over medium heat. Add the fennel to the skillet in one layer, season with salt and pepper and brown over medium heat for 8 minutes on each side (or until each side is lightly browned). Add chicken stock and cover, reducing heat to medium-low and cooking for 15 minutes. Remove with tongs, shaking out excess liquid and serve on two plates. Squeeze the lemon juice evenly over the fennel and sprinkle with fennel seeds.

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

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

A good combination of vegetables to accompany Oriental dishes as a side.

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 30 minutes

- 3 tablespoons coconut oil
- 2 tablespoons minced fresh ginger
- 3 to 6 garlic cloves, pressed (to taste)
- 4 cups packed cabbage (any kind), roughly chopped into about one-inch chunks
- 8 ounces shiitake mushrooms, sliced (4 cups sliced)
- 3 cups sliced bok choy, cut into ¼" slices
- 1 teaspoon apple cider vinegar
- salt and pepper to taste

Heat 3 tablespoons of coconut oil in a large pot over medium-low heat. Add the garlic and ginger, and stir until fragrant, about 2 minutes. Add the cabbage and mushrooms. Stir frequently and cook for 10 minutes. Add the bok choy and cook 15 minutes more over low heat. Check as you stir to find desired doneness. Turn off heat and add the vinegar. Stir well. Season to taste with salt and pepper. Remove vegetables with a slotted spoon to drain them from their liquid, and serve.

## **CAULIFLOWER MASH**

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

**Serves:** 4

**Prep time:** 5 minutes

**Cooking time:** 30 minutes

- 1 large whole cauliflower, leaves, stem, and core removed
- 1 large onion
- 2 fresh bay leaves
- 2 whole garlic cloves, peeled
- 1 teaspoon fresh thyme
- 4 cloves
- 2 tablespoons bacon drippings
- ½ teaspoons sea salt to taste
- black pepper to taste
- 4 tablespoons fresh parsley, chopped for garnish

Place cauliflower bottom side up in a large pot and add enough water to cover. Add remaining ingredients (except bacon drippings) and simmer for 20 minutes. Remove cauliflower, drain and cool. Crumble into small pieces. Heat bacon drippings in a sauté

pan, add the cauliflower, and cook at a medium-high heat, occasionally stirring, for 10 minutes. Taste for salt and serve garnished with chopped parsley.

### **CELERIAC AND RUTABAGA PURÉE**

This is a quick preparation that highlights the delicious flavor of these two root vegetables. The rutabaga adds a yellow color and the celeriac a hint of zesty celery flavor.

**Serves:** 4

**Prep time:** 10 minutes

**Cooking time:** 30 minutes

- 1 celery root (also called celeriac)
- 1 rutabaga
- salt and pepper
- 3 tablespoons lard\*
- 1 cup coconut milk

Peel and rinse both celery root and rutabaga. It is easy to use a chef's knife to peel and just cut away the outer ¼ inch or so of these root vegetables, even though the celery root can be pretty gnarly on the outside. Rinse after peeling. Cut both into one-inch cubes. Place the celery root and rutabaga pieces in a pot and cover with water. Add salt and bring to a boil. Reduce to a simmer. Cook for about 20 minutes, until easily pierced with a fork and very tender. Drain the vegetables. In a saucepan, gently heat the lard and coconut milk. Transfer root vegetables to a bowl, add the sauce from the saucepan, and mash well with a potato masher. This will give a lumpy consistency. For a very smooth purée, transfer it all to a blender instead. Season with salt and pepper and serve.

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

### **KALE AND ACORN SALAD**

Even though we love kale and acorn squash, the real revelation here is how bacon fat, lemon, and crispy bacon meld so perfectly to form a salad dressing.

**Serves:** 2 to 3

**Prep time:** 10 minutes

**Cooking time:** 1 ¼ hours

- 1 ½ pounds acorn squash, peeled, seeded, and cut into ½ inch to 1 inch sized cubes
- 5 strips uncooked bacon (4 ounces), chopped
- 4 cups kale, finely sliced and packed
- ½ to ¾ cup crispy walnuts or pecans
- 3 tablespoons freshly squeezed lemon juice, divided
- 1 teaspoon salt
- 1 tablespoon finely sliced fresh chives
- 1 tablespoon fresh sage leaves, finely chopped

Preheat the oven to 350°F. In a baking dish, roast the squash cubes with the chopped bacon for one hour, stirring well every 15 minutes. Meanwhile, toast the walnuts in a skillet, taking care not to let them burn. In a large mixing bowl, add the one teaspoon salt to the kale. With your hands, massage the salt into the kale for 1 minute. Add 2 tablespoons of the lemon juice and continue massaging the kale leaves for an additional minute. Set aside until ready to assemble the salad. When the squash is cooked and the bacon is crispy, remove the pan and drain, reserving the bacon fat. Add the bacon fat (you should have a couple of tablespoons) to one tablespoon lemon juice. Prepare a bowl to mix your salad. There will be a lot of liquid in the bottom of the kale. Squeeze it out and leave it behind to avoid having a soggy salad. Put the drained kale in the salad bowl with the squash, bacon, chives, sage and walnuts. Dress the salad with the bacon fat and lemon dressing. Season to taste and serve.

## **STEAMED KALE AND AVOCADO**

An unusual combination of ingredients that can be served as a salad or side-dish.

**Serves:** 2 to 3

**Prep time:** 5 minutes

**Cooking time:** 20 minutes

- 1 large bunch of organic kale, washed and stems removed
- 2 avocados, diced
- ¼ cup olive oil
- 2 tablespoons lemon juice
- zest of ½ lemon
- salt to taste

Remove stems from kale. Wash and tear into bite-sized pieces. In a steamer basket, steam kale until it begins to wilt. Remove kale from the steamer, shake off excess liquid, and place in a salad bowl. Combine with the oil and lemon and mix well. Once salad is completely mixed with dressing, add the avocados and serve.

### **STIR-FRIED BOK CHOY**

Fish sauce instead of salt adds a taste of umami to these greens.

**Serves:** 2

**Prep time:** 10 minutes

**Cooking time:** 10 to 15 minutes

- 1½ tablespoons coconut oil
- 2 tablespoons garlic, crushed and minced
- 8 cups bok choy, cut into one-inch pieces
- 1 tablespoon fish sauce (Red Boat brand recommended)

Heat the garlic in the oil over medium heat. Add the bok choy and cook, alternating with keeping it covered and stirring. Use tongs to stir. 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.

# Basics

## **ANCHOVY AND BASIL PESTO**

Pesto can be used as a sauce for salad, vegetables and meat, or can be used as an ingredient in a variety of dishes. This recipe uses anchovies for a special, salty twist.

**Serves:** about 1 ½ cups

**Prep time:** 10 minutes

- 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

Gently toast pine nuts over low heat until light brown. Combine all ingredients in blender and blend until smooth.

## **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 temperature, 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 chef's 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 cook at too low 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.

## **SHALLOT VINAIGRETTE**

This is a classic vinaigrette with a hint of shallot added. Shallots are actually more aromatic than both garlic and onions, so a little goes a long way. This recipe is for 1 quart. The quantity of vinegar used is very much a question of personal taste, so add it in stages. Also the Dijon mustard has vinegar in it as well.

**Servings:** 1 quart

**Prep time:** 10 minutes

- 3 cups olive oil. This is one of those rare occasions when you don't want to use extra virgin olive oil. The taste of the shallots is the priority here
- 1 cup apple cider vinegar
- 2 shallots, peeled and roughly minced
- 3 tablespoons Dijon mustard
- 1 ½ teaspoons sea salt
- black pepper

**Directions:**

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