

4-WEEK PALEO RESET

WEEK 1 - MEAL PLAN



ALL RECIPES & SHOPPING LIST INCLUDED

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PALEO RESET - WEEK 1 MEAL PLAN

Week 1 is the **cleansing week** of the reset plan. It's the cleanest, meanest week but I promise that once you get through it, things will become easier and more flexible, and your body will start to feel a lot happier.

In addition to the food guidelines, there are **no added sweeteners and no caffeine this week**. Next week you will be able to add up to 2-3 tablespoons of your choice of natural sweetener per week, and 1 cup of coffee per day. You can follow this meal plan to a T, or you can add your own meal creations as long as you stick to the guidelines.

Note on eggs: In Week 1, I have a lot of eggs on the menu. **Don't panic!** It's fine to have so many, unless you're following an AIP diet (autoimmune protocol). The reason is that in Week 1 we're **reducing fruit intake** and **cutting out all added sweeteners** (including the natural stuff). Nothing wrong with fruit, but I want you to recalibrate those sugar cravings. That means no sweetened granola or grain-free morning muffins. Eggs are highly nutritious and a great combo of protein and fat, and this week, it's best to just embrace them. The same goes for meat and fish. In the following weeks, there will be more breakfast variety and meatless dishes.

If you really can't stomach so many eggs, you can replace one of the breakfasts with a green smoothie – **BUT make sure to only add one serving of fruit**. This will be your daily fruit intake used up. Blend together 1 stick of celery + 1 cup of spinach + 1/4 avocado + 1 cup diced strawberries + juice of 1/2 lime + 1/3 cup coconut milk + 1/3 cup water + a few cubes of ice (or use frozen strawberries).

This meal plan has been reviewed by our nutrition expert, Jad Patrick.

Expert Tip

Some people may experience **digestive changes** as they adjust to the higher intake of veggies and less grains. Sometimes this can cause constipation. You may wish to add **a tablespoon of chia seeds or flaxseed** to a glass of water daily if you're prone to constipation. It's also important to keep up a high intake of **fibre-rich foods** such as avocado, nuts, kiwifruit, pears and celery, which are included in your plan.

Monday

Breakfast



Eggs (any way) + small mixed salad with avocado

Lunch



Sweet potato & celery leaf soup + tinned fish & cucumber salad

Dinner



Grilled spiced chicken + raw Pad Thai

Snacks: Mint tea, green apple + 1-2 tablespoons of nut or seed butter.

Breakfast: Avoiding eggs? Replace with a different protein like sausage or some hearty chicken soup or stew.

Lunch: 100-150 grams (4-5 oz.) of tinned fish, 1 cup diced cucumber, some green onion and salad dressing. Fish can be replaced with 100 grams cooked chicken or turkey.

Evening prep: Pack lunch – leftover soup, chicken and Thai sauce, make a simple salad.

Tuesday

Breakfast



Mushroom omelette with a side of tomatoes and avocado

Lunch



Week's soup + leftover chicken with Thai sauce and raw Pad Thai or salad

Dinner



Zucchini noodles with Bolognese sauce

Snacks: Mint tea, 3-4 brazil nuts, olives.

Breakfast: AIP (autoimmune protocol) – serve more mushrooms with some chicken or turkey and sweet potato, no tomatoes.

Evening prep: Pack lunch – leftover Bolognese sauce, cooked greens such as zucchini, green beans or Brussels sprouts. You can make breakfast ahead of time or pre-chop some of the ingredients.

Wednesday

Breakfast



Sweet potato breakfast hash + simple mixed salad

Lunch



Leftover bolognese with green vegetables

Dinner



Pork cutlets with roasted apples, onions + broccoli

Snacks: Mint tea, green apple with nut or seed butter.

Evening prep: Pack leftovers for lunch.

Thursday

Breakfast



Eggs any way you like + avocado, kiwifruit

Lunch



Leftovers + week's soup

Dinner



Lime & coriander fish with roasted spiced veggies + side of greens

Snacks: Mint tea, handful of mixed nuts.

Breakfast: AIP – Protein smoothie with berries and coconut milk.

Dinner: Chicken can be used instead of fish in this meal.

Evening prep: Pack leftovers for lunch. Pre-chop breakfast ingredients, if you like.

Friday

Breakfast



Ham, onion & tomato omelette + side salad

Lunch



Leftovers or lunch out

Dinner



Grilled steak with baked sweet potato fries & garlic chilli chard

Snacks: Coconut water (one glass), kiwifruit or orange.

Breakfast: AIP – egg-free breakfast again.

Dinner: If eating out, look for a similar option on the menu.

Evening prep: Chill out! But if you want to do something, pre-cook some sweet potatoes for breakfast pancakes.

Saturday

Breakfast



Green onion & sweet potato pancakes with smoked salmon

Lunch



Grilled prawns or chicken with leftover Thai Sauce, green beans & zucchini

Dinner



Cauliflower fried rice with ham & fried egg

Dessert treat: Baked cinnamon pears with coconut yoghurt.

Snacks: Herbal tea, green or black olives, mixed nuts.

Breakfast: AIP – sweet potato and smoked salmon with salad.

Sunday

Breakfast



Eggs and bacon + side salad

Lunch



Lunch out (follow the guidelines)

Dinner



Lamb roast + Moroccan beet & carrot salad + small side roasted veg

Snacks: Kale chips or some nuts + 1 cup berries or 1 pear.

Breakfast: AIP – egg-free breakfast again.

Weekend prep: Check next week's meal plan.

Your notes:

WEEK 1 SHOPPING LIST

The shopping list is based on this week's meal plan for 2 people. You can halve or multiply the amounts depending on your needs. Some of the pantry items you should already have if you've stocked up with my recommended essentials before the plan - so simply cross them off the list.

FRESH PRODUCE

* You can pick up some of these items later in the week to keep them fresh and to save some fridge space.

- 8 lemons
- 4 limes
- 4 oranges (large)
- 4 kiwifruits
- 3 large pears
- 7 green apples (Granny Smiths)
- 3 large avocados (purchase different ripeness)
- 15 cherry tomatoes (about a punnet)
- 10 medium brown onions
- 2 medium red onions
- 3 heads of garlic cloves
- 4-5" long fresh ginger root
- 2 long red chillies
- 1 large bunch of green onions (scallions)
- 2 bunches of coriander/cilantro (or 1 large)*
- 1 small bunch of fresh thyme (dried is also fine)*
- 6 cups mixed salad leaves (get half fresh later in the week)
- 2 long cucumbers
- 1 large bunch of celery (with leaves)
- 2-2.5 kg / 5.5 lb sweet potatoes (8-10 medium)
- 6 large zucchinis (courgettes/summer squash)
- 8 large carrots
- 4 large red capsicums/bell peppers (mixed colours okay)
- 18-20 button mushrooms
- 1 large head of broccoli
- 1 kg / 2.2 lb of mixed green veggies in season (Brussels sprouts, asparagus, collard greens, green beans) *
- 1 medium head of cauliflower*
- 1 bunch Swiss/Rainbow chard (silverbeet, ~500 g/1 lb)*
- 2 medium white potatoes or parsnips*
- 3 medium beetroots/beets*

PROTEIN/COLD PRODUCE

* Get these items fresh later in the week or freeze until the day before using.

- 27 eggs (get some fresh later in the week)
- 4 medium chicken breasts (skin on is fine)
- 1 kg / 2.2 lb beef mince/ground beef, ideally grass-fed
- 4 pork cutlets (200 g / 7 oz each)
- 500 g / 1 lb ham off the bone (good quality, additive-free)
- 800 g / 1.7 lb white fish fillets (haddock, trevalla, ling)*
- 2 beef steaks (~200 g / 7 oz each, see recipe for cut suggestions)*
- 150 g / 5 oz smoked salmon (or alternative)
- 6 rashers of streaky bacon
- 15 large raw or frozen prawns (or 4 chicken thighs)*
- ~1 kg / 2.2 lb boneless leg or shoulder of lamb*
- 1 cup coconut yoghurt (cream is fine)

PANTRY

- 2 cans coconut milk (400 g / 14 oz each)
- 2.5 cups / 550 mL extra-virgin olive oil
- 1.5 cup / 350 mL coconut oil
- 300 g / 10 oz tinned fish (salmon, sardines)
- 500 g / 1 lb tinned diced tomatoes/passata
- 1 cup / 200 g black or green olives
- ½ cup nut or seed butter (almond, cashew)
- 2/3 cup / 100 g almond meal/ground almonds
- 500 mL / 2 cups organic chicken stock or cubes
- 450 ml / 2 cups coconut water
- 150 g / 1 cup toasted chopped hazelnuts
- 150 g / 1 cup Brazil nuts
- 150 g / 1 cup almonds
- 150 g / 1 cup other preferred nuts
- Handful of dried apricots

You'll be using these items over and over again

- Mayonnaise (look for sunflower oil or olive oil base, free-range eggs, least amount of additives)
- Dijon or yellow mustard
- Wholegrain mustard
- Fish sauce
- Tamari sauce
- Sesame oil
- Spices:** cinnamon powder, mild curry powder, turmeric, cumin powder, coriander seed powder, paprika, chilli flakes, sea salt, black pepper, fennel seeds, bay leaf, onion powder, garlic powder

WEEKEND MEAL PREP

- Make sweet potato & celery soup
- Make the Bolognese sauce
- Make awesome Thai Sauce
- Make a batch of preferred salad dressing
- Marinate the pork cutlets

Considerations

- Eggs – 2-3, depending on appetite
- Serving of nuts is a handful
- Serving of avocado is ¼ – ½ of the fruit
- Snacks are provided, only if needed

Sweet Potato & Celery Leaf Soup



- > If you can't find additive-free chicken stock cubes, use 2 cups of pre-made natural or homemade chicken or vegetable stock, and the rest as water.
- > **Not a celery fan?** Use 1 large leek (pale and green parts) and 1 large zucchini (summer squash/courgette) instead. Asparagus or broccoli are also great additions.
- > **Sweet potatoes** can be replaced with an equal weight of other root vegetables such as carrots, pumpkin, potatoes or parsnips.
- > **For AIP:** No chilli sprinkle for you guys!



Prep time
15 mins



Cook time
30 mins



Serves
6

Ingredients

- 2 celery sticks, roughly diced
- 2-3 handfuls of celery leaves, washed
- 800 g /1.7 lbs sweet potatoes (4 medium roots), peeled and diced
- 1 large brown onion, diced roughly
- 4 cloves garlic, diced roughly
- 1.5 litres of boiling hot water (about 6 ½ cups)
- 1 cube organic chicken stock
- 1 teaspoon salt
- 2 slices of fresh ginger (optional)
- Juice of ½ lemon
- Generous pinch of black pepper
- ½ cup coconut milk, the thickened creamy part only (optional)

Slow cooker method: Place all ingredients in a large slow cooker vessel and set to HIGH. Cook for 3 hours, then transfer to a food processor in batches and puree until smooth.

Stovetop method: Add all ingredients except for the coconut milk to a large pot and bring to boil. Then turn down to simmer, and cook

for 20-25 minutes, covered. Transfer to a food processor in batches and puree until smooth.

Finally, stir through the coconut milk while still warm or when serving. Add a little chilli for an extra kick.

Awesome Thai Sauce



Prep time
10 mins



Cook time
25 mins



Makes
~2 cups

> **Coconut milk** Look for coconut milk with at least 55-60% fat content (that means more coconut!). Don't shake the can before opening. Scoop out the creamy part and discard the watery liquid, it's okay if some of the water is used.

> **AIP** Omit chilli and reduce the curry powder as it usually contains some chilli; instead increase the turmeric powder used.

> **Toasted hazelnuts** Ideally, you want to use chopped nuts that are toasted or roasted as they have more flavour. It can be hazelnuts, almonds, macadamia nuts or cashews. You can toast raw nuts by browning them in a frying pan over medium-high heat. Keep an eye on them the whole time as they only take a couple of minutes and require regular stirring.

Ingredients

- 1 tablespoon coconut oil
- 1 large brown onion, finely chopped
- ¼ cup toasted hazelnuts (or almonds, cashews)
- 1 tablespoon grated ginger (or 1 teaspoon ginger powder)
- 3 cloves garlic, diced
- 2 teaspoons mild curry powder
- 1 teaspoon turmeric powder
- ½ teaspoon salt
- 1 teaspoon chilli flakes
- 3-4 peels of both orange and lime skin
- 1 tablespoon fish sauce
- 2 tablespoons coconut aminos or tamari sauce
- Juice of 1 large orange
- Juice of 1 lime
- 2/3 cup coconut milk (the thickened, creamy part)

Heat coconut oil in a small saucepan and add the onion. Stir and sauté for 3-4 minutes, or until softened.

Add the nuts, ginger, garlic, curry and turmeric powders, salt, chilli and citrus peel and stir through for 30 seconds.

Then add the fish sauce, coconut aminos or tamari, orange and lime juice, and coconut cream. Stir through and bring everything to boil. Then turn down to medium and cook

covered for 10 minutes. Then uncover, turn to low and cook without a lid for a further 10 minutes.

Finally, remove the citrus peel and transfer the contents to a blender or a food processor. Process until smooth. Cook and store in an airtight jar or container. The sauce will thicken up once cold, so simply reheat it with a little water to thin it out before serving again.

Spiced Grilled Chicken



- > **AIP** Curry powder usually contains chilli; so instead you can make a spice blend using similar amounts of turmeric and cumin powder, a little garlic and coriander seed powder, and a good pinch of black pepper. Why not even throw in some cinnamon!
- > Goes with Awesome Thai Sauce and Raw Pad Thai



Prep time
15 mins



Cook time
10 mins



Serves
4

Ingredients

- 4 chicken breasts, skin on or off
- 4 teaspoons mild curry powder
- 2 teaspoons salt
- 3 tablespoons coconut oil
- Spring onion/scallions, for garnish

Wash and pat dry the chicken breasts with a paper towel. Place the breasts (skin side up) on a flat surface and cover with some parchment/baking paper. Using a rolling pin or a meat tenderizer, give each chicken breast a bit of pounding to flatten down the thicker parts of the meat. We're essentially trying to make the meat's thickness more even. Don't over pound the meat - we're not making schnitzels!

Rub all over with curry powder and salt and set to come to room temperature. In the meantime, you can start on the Raw Pad Thai salad.

Heat half of the coconut oil in a large skillet/frying pan over high heat. You might want to use two pans for this, so to not overcrowd the space with too much meat. Then turn the heat down to medium-high and add the chicken breasts, skin side down first. Cook for about 5 minutes on each side, then rest for a few minutes on a cutting board, before slicing the meat.

If you're not going to pound (flatten) the chicken meat before grilling, you might need to preheat the oven and finish off the chicken after grilling for about 5-7 minutes. Nobody wants uncooked meat on the inside!

Raw Pad Thai



- > **Awesome Thai Sauce** should ideally be prepared over the weekend as it takes 30-40 minutes. It will last for the whole week so you can use it in other dishes. Find the recipe on page 3.
- > **AIP** Omit capsicum/red peppers and replace with fresh asparagus, cucumber or shredded purple cabbage.
- > Goes well with Spiced Grilled Chicken or some cooked prawns or fish.

 Prep time
15 mins

 Cook time
NA

 Serves
2

Ingredients

- 2 medium zucchini (summer squash/courgette)
- 1 large carrot, peeled
- 1 red capsicum (bell pepper), sliced into thin strips
- ¼ cup diced green onion (scallions)
- ¼ cup chopped fresh coriander/cilantro
- 1/3 cup Awesome Thai Sauce (plus a little extra to drizzle on top)

Using a spiralizer, slice zucchini and carrots into noodle-like ribbons. If you don't own a spiralizer, you can use a peeler to shave them into thin ribbons, or feel free to slice them thinly instead.

Combine sliced zucchini and carrot with red peppers, onion and coriander in a large bowl. Pour the Thai sauce over and toss through the vegetables. Feel free to warm the Awesome Thai Sauce up slightly.

Important! If you want to take some left-over salad for lunch, make a larger batch and don't dress the vegetables you reserve for lunch. Pack some of the sauce in a separate container. This will keep the vegetables fresh and crisp. Feel free to use other raw or cooked vegetables the next day and drizzle them with the sauce.

Simple Bolognese Sauce



Prep time
15 mins



Cook time
40 mins



Serves
6

> **AIP** Omit paprika and use some extra herbs and garlic for extra flavour. Instead of diced tomato sauce, use extra chicken or beef stock instead. I also recommend adding a tablespoon or two of Balsamic or red wine vinegar if not using tomatoes for extra acidity. You might also like to try adding some pumpkin puree for the extra sweetness that tomatoes usually add.

> **Serve Bolognese** over shaved zucchini ribbons or spiralized zucchini noodles. I usually serve 1 large zucchini/courgette per person. You can also make some sweet potato or pumpkin mash or steam some green vegetables. Finely diced, lightly cooked cauliflower can be used instead of rice with this sauce.

> You can use canned diced or whole tomatoes, or simple tomato passata sauce.

Ingredients

- 2 tablespoons coconut oil
- 2 medium brown onions, finely diced
- 2 medium carrots, diced into small cubes
- 2 celery sticks, diced into small cubes
- 1kg / 2.2lbs grass-fed beef mince
- 4 large cloves garlic, finely diced
- 2 teaspoons paprika powder
- 2 levelled teaspoons of salt
- ½ teaspoon black pepper or chilli
- 2 bay leaves
- 1 tablespoon fish sauce (optional)
- 2 cups tinned diced tomatoes (about 500 grams)
- 2 cups water

Heat coconut oil in a large heavy pot over medium-high heat. Add the onions, carrots and celery and sauté for 3-4 minutes, until softened and slightly golden.

Add the beef mince and turn the heat to high. Stir through and break the mince apart with a spatula for a few minutes, until the meat changes colour.

Add garlic, paprika, salt, pepper, bay leaf and fish sauce, if using. Stir through and then add tomatoes and water. Stir through and bring to boil, then cover with a lid and cook over medium-low heat, covered, for 30 minutes. Stir through a couple of times.

You can cook this sauce for longer for deeper flavour. If using a slow cooker, do the first few steps on the stovetop and once all ingredients are in, transfer to the slow cooker and cook for 2-3 hours on HIGH, 4-5 hours on MEDIUM or 6-8 hours on LOW.

Save two servings for lunch the next day and freeze two servings for Week 2.

Mushroom & Onion Omelette



- > **AIP** Omit the side of tomatoes, serve with cucumber or radish instead.
- > **Tip!** To speed things up, scramble the eggs with the cooked mushrooms.
- > **FODMAPS** Green end of the spring onion/scallions or some green leeks can be used instead of onion.



Prep time
5 mins



Cook time
15 mins



Serves
2

Ingredients

- 2 tablespoons olive oil
- 1 medium brown onion, sliced
- 10 mushrooms, sliced
- ½ teaspoon salt
- 1 garlic clove, finely chopped
- ¼ lemon, juice

Heat olive oil over medium-high heat in a large frying pan. Add the onions and saute for a minute or two. Then add the mushrooms and salt and cook together, stirring regularly, for about 3-4 minutes, until mushrooms have given out liquid. Uncovered!

Then add the garlic and lemon juice, stir and cook for a further couple of minutes, until most of that mushroom liquid has evaporated. Remove all of it to a bowl and keep warm.

Eggs

- 5 eggs, whisked in a bowl
- 1 tablespoon coconut oil or olive oil
- Chopped green onions or parsley for garnish

Add a little more oil to the pan, swirl around and pour in the whisked eggs. Spread the mixture around to cover the bottom evenly. Once the egg starts cooking, add the mushrooms on one half of the pan. Cook until almost cooked but the top still looks a little wet. Carefully fold the other half of the omelette over the mushrooms into a neat parcel. Cut in half and serve with some green onion sprinkled over the top.

Sweet Potato Breakfast Hash



- > Onions can be omitted or replaced with some leek or green onions.
- > Other root vegetables can be used instead of, or together, with sweet potato.
- > Make sure to get good quality ham, such as roasted and sliced off the bone, at the butchers or your local deli. Bacon can be used instead of ham.



Prep time
10 mins



Cook time
10 mins



Serves
2

Ingredients

- 2 teaspoons coconut oil
- 1 large sweet potato (350-400 g / 0.3 lb), peeled and diced
- ½ brown onion, diced
- ½ teaspoon salt
- 100 g / 3.5oz. button mushrooms, diced
- 100 g / 3.5oz. good quality roasted ham, diced
- 1 clove garlic, finely diced
- 1 tablespoon olive oil
- Ground black pepper
- Few pinches of mixed dried herbs

Heat coconut oil in a medium cast iron pan (or whatever pan you have). Turn the heat to medium-high and add the sweet potatoes and onion, stir through and cover with a lid. Cook for 5 minutes, stirring halfway.

Then season with salt and add the mushrooms, ham, garlic, olive oil, pepper and herbs. Stir through, and cook for a further 5-6 minutes, covered with a lid. Stir a few times.

Serve with a side of salad veggies.

Fennel Pork Cutlets with Roasted Apples & Onions



- > Fresh garlic and natural onion soup mix can be used instead of garlic and onion powders.
- > **Onions** If you have issues with FODMAPs or fructose malabsorption, or have severe IBS issues, onion can bring on some digestive distress. Roast some zucchini instead.
- > **AIP** Eliminate black pepper and chili powder.



Prep time
15 mins



Cook time
30 mins



Serves
4

Ingredients

For the cutlets

- 4 large pork cutlets (200 g / 7 oz. each)
- 2 teaspoons onion powder or granules
- 2 teaspoons garlic powder or granules
- 3 teaspoons dried fennel seeds
- 1 teaspoon sea salt
- 1 teaspoon chilli flakes or black pepper

Apples & onions

- 3 medium apples, cored and sliced into wedges (6 wedges per each half)

- 2 medium red onions, sliced into thin wedges
- 1 tablespoon coconut oil
- pinch of salt

For the broccoli

- 1 head of broccoli, cut into small florets
- 2 cloves garlic, sliced
- 3-4 tablespoons olive oil
- ½ lemon
- Pinch of salt

Prepare the pork cutlets ahead of time if you like. Place the cutlets on a cutting board. Put a layer of cling film under and over the top. Using a rolling pin or a meat hammer, pound the cutlets a few times until slightly flattened. Sprinkle each side with spices, salt and chilli/pepper. If doing this on Sunday, place the cutlets in a ziplock bag or a container and keep refrigerated for up to 3 days before use, or freeze and thaw out overnight.

Make the apples and onions **Oven method:** Preheat oven to 200 C/390 F. Grease an oven tray with coconut oil and scatter the apple and onion slices evenly. Sprinkle the onion with a little salt. Roast for 20-25 minutes. Check halfway and turn the pieces over for even browning. **Stove top method:** Heat coconut oil in a large frying pan over high heat. Once hot, reduce the heat to medium-high. On one side, scatter the apple slices, flat side down. On the other side, add the onion wedges. Cook for 2 minutes each side, until browned and soft. Remove to a plate.

Depending on the size of the frying pan, you might need to do this in batches or use two frying pans.

Cook the cutlets Heat coconut oil in the frying pan, making sure it's hot. Add the cutlets, two at a time if needed to avoid overcrowding, and cook on medium-high heat for 4 mins each side. Rest off the heat for a minute.

Prepare the broccoli While the cutlets are cooking, bring a pot of water to boil. Add the broccoli and cook for 2 minutes, or until just tender. Drain and leave in the strainer. Place the pot back on the heat and add the olive oil and the garlic. Cook over medium heat for just one minute, until the garlic is fragrant and slightly golden. Add back the broccoli, drizzle with lemon juice and sprinkle with a little salt, if you wish. Stir through to coat the broccoli in the oil.

Serve the cutlets with apples and onions, and broccoli on the side.

Lime & Coriander Fish with Roasted Spiced Veggies



 Prep time
20 mins

 Cook time
25 mins

 Serves
4

> **Not into fish?** You can marinate a few thinly pounded chicken breasts or pork fillets - even steak. Leave to marinate for 10-15 minutes, then cook for 3-4 minutes each side, depending on the type of meat.

> **Prep tip** You can marinate the fish and leave it in a freezer bag until the day before. For freshest taste, pick up fresh fish on the day or the day before, and marinate overnight in the fridge or for 10-15 minutes before cooking.

> **AIP** Omit red peppers and chilli from the roasted vegetables. Replace with zucchini or asparagus instead. If you're very sensitive, eliminate coriander seed as well and replace with fresh coriander.

> **Onions** can cause some digestive distress if you have issues with FODMAPs or IBS. Use less or replace with green leek or the greens of the spring onion.

Ingredients

For the fish

- 800g/1.7 lbs. of white fish fillets (haddock, trevalla, ling)
- 1/3 cup finely chopped fresh coriander/cilantro
- 4 tablespoons olive oil
- Juice of 1 lime
- Zest of 1 lime
- 2 cloves garlic, finely diced or grated
- 2/3 teaspoon sea salt
- ¼ teaspoon ground black pepper
- Extra coriander and lime juice for garnish

Roasted onion, peppers and carrots

- 2 large brown onions, halved and sliced
- 2 large carrots, cleaned and sliced into circles
- 3 large capsicums/bell peppers, sliced into strips
- 3 cloves garlic, roughly sliced
- 1 teaspoon cumin powder
- 1 teaspoon paprika powder
- ½ teaspoon salt
- ¼ teaspoon chilli flakes
- 4 tablespoons olive oil

Preheat oven to 200 C/390 F.

Prepare the fish. Cut each fillet into 3-4 strips. Combine coriander, olive oil, garlic, lime juice and lime zest in a bowl. Season the fish strips with salt and pepper, and mix through in the marinade until well coated. Leave for 10 minutes or longer if you wish.

Prepare the veggies. Scatter onions, carrots, peppers and garlic in a large roasting tray. Sprinkle with cumin, paprika, salt and chilli and drizzle with olive oil. Using your hands, toss through and combine well, until the vegetables are well coated. Place on the middle

shelf of the oven. Cook for 10 minutes, then stir through, and cook for a further 5-10 minutes.

Back to fish. Heat 1 tablespoon of olive oil in a large skillet/frying pan until medium hot. Place the fillets skin side down and cook for 2 minutes. Turn over with a spatula and cook for a further 2 minutes on the other side. Serve sprinkled with extra fresh coriander and a drizzle of lime juice. Hot sauce or chilli flakes can be used to add an extra kick.

Grilled Steak with Sweet Potato Fries & Garlic Chilli Chard



> **Choosing a steak:** Go for the best cut you can afford. Rib-eye, sirloin, and fillet are expensive so ask your butcher for a cut called 'flat iron'; also known as butler's steak or oyster blade steak. It's very flavourful but can get tough if overcooked, so serve medium-rare. Onglet or hanger steak is another cheap cut that's nice if cooked medium-rare. One-minute steaks are quite affordable and quick to cook.

> **Swiss chard:** Other types of chard, spinach or silverbeet can be used. Alternatively, pan-fry some asparagus or zucchini, or serve a green salad on the side.

> **AIP:** Omit paprika from the sweet potatoes; use cumin powder instead. Omit the chilli from the chard.



Prep time
15 mins



Cook time
25 mins



Serves
2

Ingredients

Sweet potato fries

- 2 small sweet potatoes, peeled, sliced into chips
- 2 tablespoons melted coconut oil or olive oil
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- ½ teaspoon salt

For the steaks

- 2 medium beef steaks (200 g / 7 oz each)
- Salt and pepper
- 1 tablespoon coconut oil

Start with sweet potatoes. Preheat oven to 200 C/390 F. Drizzle oil over the sweet potato slices in a large bowl. Evenly sprinkle the spices and salt. Toss through using your hands to coat each piece. Line a flat baking tray with parchment paper and scatter the sweet potato slices evenly, without overlapping each other. Bake in the oven for 20-25 minutes.

In the meantime, season the steak with sea salt and pepper and set aside to come to room temperature. Wash the chard leaves and shake off excess liquid. Slice the stalks thinly and roughly chop the leaves. Set aside.

Grill the steaks. 10 minutes into baking the sweet potatoes, start cooking the steak. Preheat the coconut oil in a large skillet over

For the chard

- 1 bunch of Swiss or Rainbow chard (about 450-500 g / 0.5 lbs; ends trimmed, stalks can be used)
- 2 tablespoons olive oil
- ½ long red chilli, finely diced
- 2 cloves garlic, diced
- Salt and pepper
- Juice of ½ lemon

high heat. Place the steaks and cook on medium-high heat for 3-4 minutes each side for medium-rare. The time might vary depending on the cut and the thickness. Remove to a cutting board and rest for a few minutes.

Prepare the chard. While the steak is cooking, heat olive oil in another frying pan. Add the chilli and garlic and stir through for 10-20 seconds. Then add the chard leaves and stalks, a generous pinch of sea salt and lemon juice. Stir through and cook for 3-4 minutes over medium heat.

Remove the sweet potato chips from the oven and divide between plates. Slice the steaks or serve as they are with the chard on the side.

Green Onion & Sweet Potato Pancakes with Salmon



- > **Salmon swaps** Sardines, smoked trout or mackerel can be used instead of salmon. Not a fan of fish? Cook a little bacon or sausage or serve some good quality ham off the bone on the side.
- > **Serving size** This recipe makes about 10-12 pancakes, which actually serves about 3 people, so feel free to save a few pancakes for a snack or breakfast the next day.
- > **AIP** Avoid mayonnaise and use some mustard or horseradish instead.



Prep time
15 mins



Cook time
15 mins



Serves
3

Ingredients

For the pancakes

- 1 medium sweet potato, peeled and diced roughly
- ½ teaspoon salt
- 3 eggs
- ½ cup almond meal
- 1/3 cup chopped green onion (well packed)
- 2 teaspoons coconut oil

Place sweet potato in a pot, cover with water and bring to boil. Add the salt and cook for 7-8 minutes, until soft. Strain and leave in the strainer to cool down. Put it outside if it's cold, to cool faster.

Add 1 cup of cooked and cooled sweet potato to a food processor or a blender. Add the eggs and a pinch of salt. Whiz for 20-30 seconds, until smooth. Add the almond meal and blend again, scraping the sides halfway, until smooth, thick and well incorporated. Transfer to a bowl, add the onions and stir through.

Heat 1 teaspoon of coconut oil in a large frying pan/skillet until medium-hot. Adding

For the sides

- 100-150 g / 5-7oz. smoked salmon
- 1 medium cucumber, peeled into ribbons or sliced

For the mayo sauce

- ¼ cup mayonnaise
- 1-2 tablespoons finely chopped coriander
- 1 tablespoon lemon juice
- Extra green onion for garnish

a heaped tablespoon of pancake mixture at a time, fill the pan with pancakes. Flatten slightly with the back of the spoon, but not too much as we want to keep them thick and fluffy. Cook for 3 minutes, flip over carefully using a spatula, and cook for 3 minutes on the other side. Add more coconut oil to the pan and add the remaining mixture. Cook as above.

In the meantime, combine mayonnaise with coriander and lemon juice in a ramekin and set aside. Prepare cucumber and salmon. Serve with the pancakes and extra green onion sprinkled over the top.

Cauliflower Fried Rice With Ham & Fried Egg



> **AIP:** Omit chilli and red peppers if avoiding nightshades. You can use diced zucchini instead of peppers. Curry powder usually contains some chilli, so you can use a combination of turmeric powder and cumin powder instead. Omit the egg and add extra protein like cooked seafood or chicken instead. If following strict AIP, avoid cumin as well.



Prep time
15 mins



Cook time
15 mins



Serves
2

Ingredients

- ½ head of large cauliflower, broken into small florets
- 1 tablespoon coconut oil
- 1 medium brown onion, finely diced
- ½ tablespoon finely diced fresh ginger (or ½ teaspoon of dried ginger powder)
- ½ long red chilli, seeds out and finely diced
- 1 medium carrot, peeled and diced into small cubes
- ½ large red capsicum/bell pepper, finely diced
- 1 celery stick, finely diced
- ½ teaspoon sea salt
- 150 grams ham off the bone or other good quality ham, diced (bacon can also be used)
- 3 cloves garlic, finely diced
- 1 teaspoon curry powder
- 1½ tablespoons fish sauce
- 1½ tablespoons Tamari wheat-free soy sauce or coconut aminos
- 1 extra teaspoon of coconut oil or 1 tablespoon of olive oil
- 1 teaspoon sesame oil (if available)
- Juice of ½ lime
- ¼ cup chopped fresh coriander/cilantro

For the egg omelette

- 1 teaspoon coconut oil or ghee
- 2 eggs
- Pinch of salt

Prepare the cauliflower: chop the florets into fine crumb pieces or add the cauliflower, in batches, to a food processor and grind into small, rice-like pieces. Set aside.

Heat coconut oil in a large, deep frying pan over high heat. Add the onion, ginger, chilli, carrot, peppers and celery. Season with salt and stir, turn to medium-high. Cook for 5 minutes, stirring regularly.

Then add the ham and stir through for another minute. Add the cauliflower and the rest of ingredients, except for lime juice and coriander, and stir through. Cook for 2-3

minutes, stirring through frequently, until the cauliflower is just slightly softened.

In the meantime, whisk the eggs in a bowl and heat the coconut oil in another frying pan. Pour in the mixture and swirl around the pan. Cook the eggs until firm, remove to a chopping board and dice into small strips or pieces.

Stir through the lime juice and coriander, plus half of the eggs with the rice. Serve with the rest of the diced egg omelette over the top. Garnish with extra coriander and some chilli or lime wedges.

Baked Cinnamon Pears with Coconut Yoghurt



- > Apples or peaches can be used instead of pears.
- > Coconut cream or yoghurt can be used, depending on what's available.



Prep time
5 mins



Cooking time
15 mins



Serves
2

Ingredients

- 2-3 large, ripe pears, cut in half, core cut out
- ½ teaspoon cinnamon powder
- ½ cup coconut yoghurt or cream

Preheat oven to 200 C/390 F. Sprinkle the pear halves with cinnamon and place on the tray over parchment paper, cut side up. Bake in the oven, middle shelf, for 15 minutes. Serve with yoghurt or cream.

Pan-fried Sweet Potato & Spinach (alternative side)



- > You can use any starchy vegetables for this recipe – sweet potato, pumpkin, carrots, parsnip or even white potatoes.
- > Spinach, silverbeet or chard can be used as the leafy green.



Prep time
5-10 mins



Cooking time
10-15 mins



Serves
2

Ingredients

- 2 tablespoons coconut oil
- 1 large sweet potato, peeled, cut into quarters and sliced
- ½ teaspoon salt
- 2 cloves garlic, finely diced
- 1 bunch of spinach, washed and roughly diced
- drizzle of lemon juice
- ground pepper

Heat coconut oil in a large skillet/frying pan. Add the sweet potato slices and cook over medium heat for about 2-3 minutes on each side. You can cover the pan with a lid to speed up the cooking process. Once the potato has softened, sprinkle with

salt and add the garlic. Add a little extra coconut oil if the bottom gets dry. Stir through and cook for a minute. Then add the spinach and a little lemon juice, maybe a tablespoon. Stir through until the spinach is wilted - about a minute.

Lamb Roast with Mustard, Garlic & Thyme



> **Choosing the cut & size** I used a small, boneless, pre-rolled piece of shoulder, which I unrolled to spread the seasonings, and then rolled and tied back with the kitchen string. You can use a boneless leg or shoulder piece of lamb or a larger piece with the bone in, in which case you would coat the outside with the mustard etc. If you make a larger roast, feel free to enjoy the leftovers for lunch or have someone over for dinner. Beef and pork can also be used.

> **Recommended sides.** Serve with the Moroccan Beetroot & Carrot salad. You might like to throw a few slices of potato, pumpkin or parsnip in the same roasting pan for 25 minutes.

> Reserve leftovers for lunch during next week.

 Prep time
15 mins

 Cook time
55 mins

 Serves
4-6

Ingredients

- Around 1kg/ 2.2 lbs boneless leg or shoulder of lamb
- 1 teaspoon salt
- Ground black pepper
- 2-3 tablespoons wholegrain mustard
- 4 cloves garlic, thinly sliced
- 8-10 sprigs of thyme (1-2 teaspoons dried thyme leaves)
- 1 tablespoon coconut oil

Lay the lamb flat on a cutting board, fatty side up. If there are layers of fat that are thicker than 1/8-inch, pare them down but don't trim away the fat completely. Turn the meat over (cut side up) and remove any large chunks of fat there as well, being careful not to remove any of the membrane holding the meat together. Season with salt and pepper.

Preheat the oven to 200 C/400 F and coat a roasting pan with coconut oil.

Spread the mustard over the cut side of the roast, then scatter the garlic pieces and thyme leaves evenly. Roll into a cylinder and set it on the board, seam side down. Using unbleached cotton kitchen twine, tie the roast crosswise at 2" intervals. Tie snugly, but not so that the twine cuts into the flesh of the roast too deeply. Tuck in the flaps of meat at either end of the roast and run a piece of twine lengthwise to hold them in place, weav-

ing it over and under each of the crosswise pieces. This doesn't have to be perfect, as long as the roll is held in place more or less. Season the outside with a little more salt and rub a little mustard and thyme leaves over the outside.

Place in the roasting pan and put in the oven, middle shelf. Roast for 15 minutes at 200 C/400 F. Then turn the heat down to 190 C/375 F and roast for a further 35-40 minutes. You can use a thermometer to check temperature of the meat in the middle; it should read around 60C/135F for medium. Allow the roast to rest for 5-10 minutes, then remove all the twine and carve as you like.

See next page for step-by-step pics.

Moroccan Beetroot & Carrot Salad



- > **AIP** Omit the nuts and paprika powder if avoiding AIP. Also, for strict AIP, omit cumin and coriander seed powders - replace with cinnamon, turmeric and ginger powder.
- > Reserve leftovers for lunch or breakfast the next day.
- > This salad goes with the Lamb Roast.



Prep time
20 mins



Cook time
NA



Serves
4

Ingredients

- 3 dried apricots, chopped finely
- Juice of 1 lemon
- 3 tablespoons orange or mandarin juice
- 2 large carrots, peeled and grated
- 3 medium beetroots, peeled and grated
- 1 clove garlic, grated
- 3 tablespoons chopped green onion/scallions
- ¼ teaspoon ground cinnamon powder
- ½ teaspoon ground cumin powder
- ½ teaspoon ground coriander seed powder
- ¼ teaspoon ground paprika powder
- ½ teaspoon sea salt
- 2 tablespoons chopped fresh coriander/cilantro
- 3 tablespoons toasted chopped hazelnuts or almonds
- 4 tablespoons olive oil
- Extra coriander and chopped onion for garnish

Place the chopped apricots in a large mixing bowl and pour over the lemon and orange juice.

Add the carrots and beetroot, then sprinkle with garlic, spices, salt, nuts and coriander.

Drizzle over with olive oil. Combine well until all ingredients are mixed through. Serve with extra coriander, green onion and nuts over top.

