

REINTRODUCTIONS

WEEK 5 - MEAL PLAN



ALL RECIPES & SHOPPING LIST INCLUDED

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REINTRODUCTIONS - WEEK 5 MEAL PLAN

During the **Reintroductions phase**, you'll be adding **1-2 new foods each week**, and monitoring how you react to them. The idea is to expand your current food arsenal without jeopardising your health. Make sure to download and read the Reintroductions guide PDF.

If you already know what you're sensitive to, feel free to omit those foods from your meal plans. If you try one of the foods and you suspect that it's not agreeing with your body, feel free to remove it going forward.

Week 5 Reintroductions

Butter – After ghee (which is clarified butter), good quality butter is one of the least problematic dairy products because of its high fat and low lactose and casein content. It's also very nutritious! Try it on your vegetables or to scramble the eggs in.

Fermented dairy – The fermentation processes drastically reduce the amount of lactose (type of sugar) in the milk product. Many people sensitive to lactose can tolerate things like yoghurt, kefir and some aged cheeses. This week, you can include plain, unsweetened, full-fat yoghurt and try some milk kefir as a snack or in a smoothie.

Alcohol – Take it easy. Stick to two units of alcohol per week (e.g. 150 ml glass of wine, shot of tequila with soda and lime). Feel free to avoid alcohol for the rest of this phase.

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



EXPERT TIP

We chatted with a nutritional expert, Claire Yates, about reintroductions and what you can expect. Please find it in your **Reintroductions guide PDF**, so you know how to monitor your symptoms and what to watch out for.

Monday

Breakfast



Eggs any way +
avocado + salad

Lunch



Tomato bisque
with chicken

Dinner



Turkish braised
green beans & fish

AIP: Modify breakfast. See recipe for further amendments.

Snack: 8-10 almonds, pear.

Lunch: 1 ½ cups soup + 1/2 cup shredded chicken.

Dinner: Pan-fry or grill 150-200 g / 6 oz. of fish of choice to serve with Turkish braised green beans.

Evening prep: Pack lunch – leftover beans and a serving of roast pork loin (sliced). Both are great cold.

Tuesday

Breakfast



Yogurt with fruit,
seeds and nuts

Lunch



Green beans with
sliced roast pork

Dinner



Jerk chicken with
cauliflower & carrots

Breakfast: ½ cup full-fat yoghurt, 1 cup diced fruit (e.g. kiwifruit, papaya, rockmelon or berries), 1 tablespoon chia seeds, handful of mixed nuts.

Lunch: Serve 3-4 slices of the roasted pork with a serving of beans.

Dinner: Shredded chicken is used in the jerk recipe. Serve with any veggies or salad instead of the suggested cauliflower and carrots.

Snack: 3-4 slices of pepper or 1 celery stick with 2 tablespoons of chicken liver pâté. Butter and brandy are okay during this week. Can't tolerate dairy? Try making your own with ghee.

Evening prep: Pre-slice breaky ingredients. Make the Waldorf salad.

Wednesday

Breakfast



Mushroom om-
elette & salad

Lunch



Waldorf salad with
shredded chicken

Dinner



Pork loin + Swiss
chard & carrots with
garlic butter

Snack: 8-10 nuts, 1 piece of fruit.

Lunch: You can come up with your own salad using the shredded chicken, such as an Italian avocado and tomato salad, or an Asian coleslaw with sesame and tahini dressing.

AIP: Grilled mushrooms, sausage and salad, or a smoothie.

Evening prep: Pack tomato soup and cooked prawns for lunch.

Thursday

Breakfast



Yogurt with fruit,
chia seeds and nuts

Lunch



Tomato soup with
cooked prawns

Dinner



Beef chilli with root
fries and greens

Breakfast: Same as Tuesday. If dairy is causing issues, use coconut yoghurt/cream instead, or make a smoothie from the previous weeks.

Lunch: 1 ½ cups soup + 6-8 cooked, peeled large prawns.

Snack: Veggies sticks with chicken liver pâté (see Tuesday notes).

Dinner: AIP version of cooked beef mince with fries and greens.

Evening prep: You can pre-boil the eggs and make the salad tonight.

Friday

Breakfast



Hard-boiled eggs
curried mayo +
salad

Lunch



Leftovers or
lunch out

Dinner



Eating out or grilled
fish/seafood and salad

Snack: 1 piece of fruit, handful of beef jerky or biltong OR 8-10 nuts.

Breakfast: 2 hard-boiled eggs, sliced and drizzled with a tablespoon of mayonnaise mixed with 1/4 teaspoon of mild curry powder. Side salad of cucumber, lettuce, avocado, lemon juice and olive oil.

AIP: Smoothie for breakfast, or protein and salad.

Saturday

Breakfast



Breakfast carrot
& ginger muffins

Lunch



Use up this week's
leftovers + veggies

Dinner



Mexican layered sal-
ad with chilli beef

Breakfast: Feel free to have an egg-based breakfast, if you wish.

Snack: Antipasto plate with olives, prosciutto, and some veggies.

AIP: Egg-free breakfast fry-up or an egg-free muffin alternative.

Evening prep: Prepare extra sweet potato for pancakes in the morning, if you like. See Sunday recipe.

Sunday

Breakfast



Sweet potato pan-
cakes & smoked
salmon

Lunch



Protein of choice &
salad

Dinner



Lamb tagine &
simple cauliflower
couscous

Snack: Green smoothie or kale chips.

Breakfast: These pancakes are from Week 1. For AIP, serve sweet potato rosti with smoked salmon and cucumber salad.

Lunch: Enjoy a simple salad with a side of protein or soup and seafood.

Dinner: Beef can be used instead of lamb. See recipe for AIP tips.

Your notes:

WEEK 5 SHOPPING LIST

The shopping list below 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 the recommended essentials, so simply cross them off the list.

FRESH PRODUCE

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

- ☐ 7 lemons
- ☐ 3 limes
- ☐ 3 avocados* (get one later)
- ☐ 2 pears
- ☐ 1 banana *
- ☐ 4 kiwifruit
- ☐ 1/2 rockmelon or papaya
- ☐ 1 punnet berries of choice
- ☐ 2 green apples
- ☐ 4-5 cups mixed salad leaves (some later)*
- ☐ 4 heads baby cos lettuce (some later)*
- ☐ 1 red pepper + 1 orange or yellow pepper
- ☐ 1 bunch celery
- ☐ 3 medium cucumbers
- ☐ 4 medium tomatoes
- ☐ 1 punnet cherry tomatoes
- ☐ 600 g / 1.3 lb green broad beans
- ☐ 250 g / 8-9 oz. green string beans
- ☐ 8 carrots (1.5 -2 kg / 3-4 lb)
- ☐ Bunch of Swiss chard or silverbeet/spinach
- ☐ 12 button mushrooms
- ☐ 4 medium sweet potatoes
- ☐ 1 large parsnip
- ☐ 1 large head cauliflower
- ☐ Bunch of green onions/scallions
- ☐ 8 brown onions
- ☐ 2 heads of garlic cloves
- ☐ 4" piece fresh ginger
- ☐ Bunch of fresh coriander/cilantro
- ☐ Small bunch of parsley
- ☐ Small bunch of fresh thyme, if none left over
- ☐ Some extra greens of choice if you like

PROTEIN/COLD PRODUCE

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

- ☐ 17 eggs
- ☐ 4 large chicken breasts (skinless), about 600 g / 1.3 lb
- ☐ 600 g / 1.4 lb whole pork loin / fillet
- ☐ 3 cups unsweetened, full-fat yoghurt such as Greek yoghurt (750 g)
- ☐ 350-400 g / 1 lb fish fillets (your choice)
- ☐ 100-150 g chicken liver pâté (butter/brandy are fine)
- ☐ 150 g / 5 oz. butter (look for grass-fed cow's milk butter such as Kerrygold)
- ☐ 12-14 large cooked prawns/shrimp
- ☐ 800 g / 1.7 lb grass-fed beef mince/ground beef*
- ☐ 100-150 g / 5-7 oz smoked salmon/lox*
- ☐ 700-750 g / 1.6 lb diced lamb (leg or shoulder)*

PANTRY

- ☐ About 2 cups olive oil / 500 ml olive oil
- ☐ 2/3 cup coconut oil
- ☐ 1 can diced tomatoes (400 g)
- ☐ 4 cups chicken stock (1 L)
- ☐ 1 cup almonds
- ☐ 1/2 cup walnuts
- ☐ 2 cups mixed nuts
- ☐ 1/4 cup chia seeds (if none left over)
- ☐ 7-8 dates (get more if you like)
- ☐ 1 cup almond meal
- ☐ 3 tablespoons coconut flour
- ☐ 1/4 cup unsweetened cacao
- ☐ Small packet of beef jerky or biltong (snacks)
- ☐ Mixed olives or other antipasto goodies (snacks)
- ☐ 1/4 cup raisins/sultanas
- ☐ **New spices:** allspice, star anise

Check that you haven't run out of:

- ☐ Mayonnaise, mustard, fish sauce, tamari sauce, honey/rice syrup, dried oregano.
- ☐ **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

- Slow cooked shredded chicken (used in 3 meals)
- Roasted pork loin (used in 2 meals)
- Pre-make the tomato bisque soup
- Make Turkish braised green beans
- Make a batch of your favourite salad dressing

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, if needed

Slow Cooked Shredded Chicken



- > We will use shredded chicken in three different meals during this week. Pork or turkey can be used instead of chicken.
- > Pick free-range chicken, if possible. If breasts are out of your budget, feel free to stock up on chicken thighs instead.



Prep time
10 mins



Cook time
2 hours



Makes
6

Ingredients

- 1 tablespoon olive oil
- 1 celery stick, diced
- 1 medium carrot, diced
- ½ brown onion, roughly diced
- 3-4 sprigs of thyme or 1 teaspoon dried thyme
- 1 teaspoon dried oregano or other dried herbs
- ½ teaspoon pepper or a few peppercorns
- 1 ½ teaspoons salt
- 5 cloves garlic, peeled and cut in halves
- 3-4 cups of water
- 4 skinless chicken breasts, cut into 4 pieces each

In a large pot, heat up the olive oil over medium heat. Add the celery, carrot, onion and thyme, and sauté for 2 minutes. Add the chicken, stir through and add the rest of the ingredients.

Bring to boil and then turn the heat down to low and simmer for 2 hours, covered with a lid. Stir a couple of times.

Once cooked, remove the chicken pieces and let them cool off slightly. Then shred with a fork or your fingers - it should be soft enough to come apart. Store in an airtight container to use in dishes throughout the week.

Reserve the stock from the chicken and store in an airtight jar or container. We will use it later in the week.

Roasted Pork Loin



- > This roasted pork loin will be used in two meals (2 servings each) this week. Pork loin/fillet is relatively affordable, so you can always make a larger batch and use it in salads or as a snack.
- > **AIP:** Omit paprika and if following strict protocol, replace seed-based spices with more herbs.

 Prep time **10 mins**  Cook time **25 mins**  Serves **4**

Ingredients

- 600 g / 1.4 lb pork loin /fillet
- 1 teaspoon coconut oil

Spice rub

- 1 ¼ teaspoons salt
- ½ teaspoon white pepper (black is also fine)
- 1 teaspoon garlic powder/granules

- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1 teaspoon ground coriander seed
- ¼ teaspoon cinnamon
- 1 teaspoon dried oregano

Preheat the oven to 180 C / 355 F.

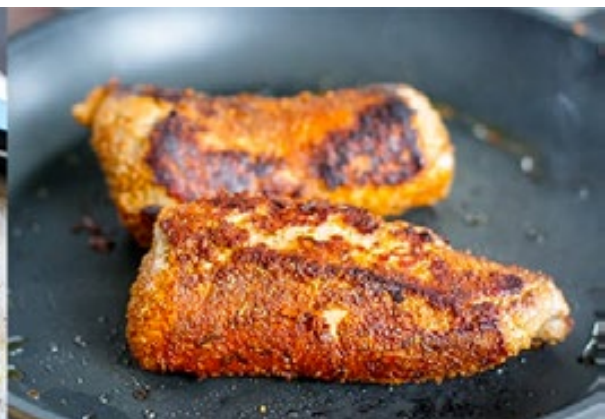
You can prepare the pork loin as one piece or cut it into two halves, depending on how large your frying pan is.

Mix together the spices. Place the pork on a cutting board and cover evenly with the spice rub. Use your fingers to press it in on all sides.

Heat coconut oil in a large skillet over medium-high heat. Once hot, add the pork

fillet, in two halves if needed. Cook for 3 minutes on each side, turning over 4 times (so back, front and two sides) - a total of 12 minutes. Then transfer the pre-cooked pork to an oven tray. Finish cooking in the hot oven for 10 minutes, middle shelf.

Remove and cover loosely with foil. Rest for 5 minutes. Store as is, in an airtight container or a ziplock bag, and slice before serving.



Tomato Bisque Soup



- > Arrowroot can be replaced with tapioca starch or white potato starch. It's not essential, but it helps to thicken the soup a little more.
- > **AIP:** Turn this into a sweet potato or pumpkin soup instead of using tomatoes.
- > **Dairy:** You can use plain yoghurt or sour cream in this recipe. If dairy is an issue, use coconut cream instead.
- > Store the soup in a large jar or portion it into smaller containers, ready to take for lunch.



Prep time
10 mins



Cook time
20 mins



Serves
4

Ingredients

- 1½ tablespoons coconut oil or olive oil
- 1 celery stick, diced roughly
- 1 brown onion, diced roughly
- 1 large carrot (or 2 medium), diced
- ½ teaspoon salt
- 4 large cloves garlic, diced
- 3 sprigs of thyme
- 1 can diced tomatoes (400 g)
- 4 cups chicken stock
- ½ teaspoon paprika
- 1 tablespoon arrowroot powder/starch
- Salt
- 3 tablespoons plain, unsweetened, full-fat yoghurt such as Greek yoghurt or sour cream
- Chilli and extra thyme for garnish

In a medium pot, sauté the celery, onion and carrot over medium heat for 4-5 minutes, until softened. Add the garlic and thyme and stir. Add the tomatoes, chicken stock and paprika and stir through again. Bring to boil and then bring down to simmer and cook, covered, for 15-20 minutes.

Take off the heat and transfer the soup, in batches, to a blender or a food processor. Process into a smooth puree and pour back into the pot.

Dissolve the arrowroot powder with a few tablespoons of the soup liquid in a little bowl and then stir back into the hot soup.

Add the yoghurt, stir and taste for salt. Add a few pinches to enhance the tomato flavour, if using low-sodium stock.



Turkish Braised Green Beans



- > Green string beans can be used instead of broad beans. Use whole, with tails chopped off.
- > These beans can be served hot or cold. They develop even more flavour overnight.
- > Serve as is or with some grilled fish or chicken.
- > **AIP:** Omit the tomatoes and add grated carrot instead.



Prep time
15 mins



Cook time
1 hour



Serves
4

Ingredients

- 1/3 cup olive oil
- 2 medium white onions, diced
- 3 cloves garlic, diced
- 1 teaspoon salt
- 1/3 teaspoon black pepper
- 2 medium tomatoes, diced
- ½ tablespoon coconut sugar or honey
- 600 g / 1.3 lb broad green beans, halved and tails cut off
- 1 cup water
- Juice of ¼ lemon
- Fresh parsley and plain yoghurt to serve

Slow cooker method:

In a heatproof slow cooker vessel or a saucepan, heat the oil over medium-high heat. Add the onions, turn the heat down to medium and stir occasionally, until softened, for about 5 minutes. Add the garlic, salt and pepper and continue to cook, stirring frequently, for 2 minutes.

Add the tomatoes and coconut sugar or honey, and stir for a minute. Then add the beans and the water. Stir and bring to gentle boil.

Place the slow cooker vessel back in its base and cover with a lid. Cook on HIGH for 1 hour 30 minutes, until the beans are very tender. Cook longer, if cooking on MED or LOW setting.

Stove top method:

Repeat the first few steps, but in a large pot or a saucepan. Once you bring everything to boil, cover with a lid and turn the heat down to medium-low. Cook for 40-45 minutes, covered, until the beans are very tender.

To finish off, drizzle with a little lemon juice. Remove from the heat and adjust the seasoning to taste. Serve hot or cool to room temperature, uncovered, for about 45 minutes. Stir in the parsley and serve with thick yoghurt and lemon wedges.



Spiced Jerk Chicken with Cauliflower & Carrots



> This recipe uses the shredded chicken we prepared at the weekend, but you can easily use any pre-cooked chicken.



Prep time
10 mins



Wait
15 mins



Serves
2

Ingredients

- 2 tablespoons olive oil
- 1 brown onion, thinly sliced
- Generous pinch of salt
- 2 cloves garlic, finely diced
- 1 tablespoon thyme leaves
- 1 tablespoon allspice
- 2 servings of shredded chicken
- Juice of ½ lime
- 3 tablespoons tamari or coconut aminos
- ½ teaspoon chilli
- 1 teaspoon honey
- 1/3 cup leftover chicken stock
- 2-3 tablespoons chopped green onion
- Extra lime juice to serve
- 1 tablespoon butter or coconut oil
- ½ head cauliflower, finely chopped up
- 1 medium carrot, finely chopped up

Heat olive oil in a large frying pan. Add the onion and salt, and sauté for 3-4 minutes until golden. Then add the garlic, thyme, and allspice and stir through.

Add the chicken and the rest of ingredients, except for the green onion, and stir through. Cook for 3-4 minutes, stirring frequently, until the liquid starts to evaporate slightly.

In the meantime, heat coconut oil in another frying pan or a saucepan; add the chopped cauliflower and carrots. Season with a little salt. Cook, stirring frequently, for 2-3 minutes, or until both have softened slightly. Serve chicken over the top, drizzled with extra lime juice.



Mushroom Omelette



> **AIP:** Omit the tomatoes; serve with cucumber or radish instead.

> **Tip:** To speed things up, scramble the eggs with the cooked mushrooms.

> **FODMAPs:** Green ends of the spring onions/scallions or 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

Eggs

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

Heat olive oil over medium-high heat in a large frying pan. Add the onions and sauté 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 the whole lot to a bowl and keep warm. 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 eggs start cooking, add the mushrooms to one half of the pan. When the eggs look almost cooked through, carefully fold the other half of the omelette over the mushrooms into a neat parcel. Cut in half and serve with some green onions sprinkled over the top.

Waldorf Salad with Shredded Chicken



- > Roasted pork can be sliced and used instead of chicken. Pre-bought cooked chicken or turkey slices can also be chopped up.
- > You can use any mixed salad or greens instead of the cos lettuce. Serve 2 cups per person.
- > If you have any grapes lying around, slice and add a few for extra freshness and sweetness.h



Prep time
10 mins



Serves
1

Ingredients

- 1 head of baby cos lettuce, roughly chopped
- 2/3 cup shredded cooked chicken
- ½ small green apple, sliced into thin strips
- ½ large celery stick, sliced thinly
- 5-6 walnut halves, broken up

For the dressing

- 1 tablespoon mayonnaise
- 1 tablespoon full-fat yogurt (or more mayo, if sensitive to dairy)
- ½ teaspoon Dijon mustard
- Generous pinch sea salt, pepper & dried herbs
- Generous pinch mixed dried herbs

Add the chopped lettuce to a bowl or - a storage container, if making for lunch.

Mix together the chicken, apple, celery and walnuts. Combine together with the whisked dressing right away or store the dressing separately until serving.

Roast Pork Loin with Garlic Butter, Swiss Chard & Carrots



- > This recipe uses the roast pork loin prepared over the weekend, but if you didn't make it then, you can prepare some freshly roasted or pan-fried pork fillet. Follow the instructions from the recipe and halve the spices, if making a smaller portion.



Prep time
5 mins



Cook time
5 mins



Serves
2

Ingredients

- 20 g / 0.7 oz. butter (1 ½ tablespoons) or olive oil
- 2 cloves garlic, finely diced
- 2 medium carrots, sliced thinly
- 4-5 cups roughly chopped Swiss chard, spinach or collard greens
- Sea salt, pepper
- Juice of ¼ lemon
- 300-400 g / 0.8 lb roast pork loin, reheated and sliced

Heat the butter in a medium frying pan and add the garlic. Stir a few times and add the carrots and chard. Season with some salt and pepper and stir for 2-3 minutes until slightly softened. Drizzle with a little lemon juice and serve. Reheat the pork loin and slice. Serve on top of vegetables with hot mustard or horseradish on the side.

Beef Chilli with Baked Root Fries and Greens



- > This recipe makes a **large batch of chilli** beef, some of which we will use in the Mexican layered salad at the weekend
- > Use about 1/2- 2/3 of a cup of chilli, or around 180-200 grams per serving. Store the leftovers in an airtight container for up to 3 days.
- > **AIP:** Omit chilli and tomatoes; use some beef stock and grated carrots instead. Add a splash of apple cider vinegar for acidity.



Prep time
15 mins



Cook time
30 mins



Serves
2 + leftovers

Ingredients

- 1 tablespoon butter or ghee (coconut oil is fine)
- 1 large brown onion, finely diced
- 5 cloves garlic, finely diced
- 800 g / 1.7 lb grass fed beef mince
- 1 teaspoon salt
- 1 teaspoon chilli flakes or powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1 teaspoon cinnamon
- ½ teaspoon smoked paprika (if you have it)
- 1 can diced tomatoes (400 g, 1 ½ cups)
- 1 tablespoon tamari
- 1 teaspoon fish sauce
- 2 teaspoons unsweetened cacao
- 1 star anise
- 1 tablespoon coconut oil
- 1 medium sweet potato, peeled and cut into thick chips
- 1 medium parsnip, peeled and cut into thick strips
- Salt and pepper
- 100 g / 3-4 oz. green beans, tails chopped off or other greens of choice

Heat butter in a large saucepan and add the onion. Sauté for 3-4 minutes over medium heat, then add the garlic and stir through. Add the beef, salt, chilli and all of the spices and stir through for a minute to release the aromas.

Add the rest of ingredients, stir and bring to a gentle boil. Cover and turn to medium. Cook for 20-25 minutes, stirring through a few times. Turn the heat off and let the chilli sit for a few minutes before serving. Store leftovers in a large container to be used up in

the Mexican layered salad at the weekend.

While the beef is cooking, preheat the oven to 200 C / 395 F. Heat coconut oil in an oven tray and add the root chips. Stir through the oil until evenly coated and bake for 15-20 minutes, until soft and golden.

While the chips are baking, cook the beans in boiling water for 2 minutes, then strain and set aside. Serve half a cup or a little more of beef chilli over fries and green beans.

Breakfast Carrot & Ginger Muffins



- > If using honey or maple syrup instead of coconut sugar, whisk them into the wet ingredients.
- > Butter can be replaced with coconut oil or ghee.
- > Sweet potato can be used instead of carrot.
- > This recipe makes 4 muffins to serve two for breakfast, but you can easily make a bigger batch to have some later - as a snack or instead of eggs in the morning.
- > These will keep in an airtight container in the refrigerator for about 5 days, or 2-3 days out of the fridge. You can reheat them slightly before consuming.



Prep time
10 mins



Cook time
20 mins



Serves
2

Ingredients

Dry ingredients

- 150 g / 5 oz. carrots, peeled and grated (about 1 large carrot)
- Thumb sized knob of ginger, peeled and grated finely
- 2 heaped tablespoons of raisins or sultanas
- ½ cup almond meal
- 3 tablespoons coconut flour
- 2½ tablespoons coconut sugar (or honey or maple syrup)
- ½ teaspoon baking powder/soda

Wet ingredients

- 2 eggs
- 1 teaspoon vanilla extract
- 30 g butter, melted (or 2 tablespoons coconut oil)

Preheat oven to 175 C / 350 F.

Add all dry ingredients to a food processor and blitz 2-3 times, to grind the carrot into a finer consistency.

Whisk the eggs, vanilla and melted butter (melt in a pot or in a microwave) in a bowl. Combine the egg mixture and the carrot mixture together. Stir well.

Line a muffin tray with 4 baking paper cups/casings or grease the muffin tray. Divide the mixture between the casings, about three heaped tablespoons per muffin (I decided to go with 4 fully filled cups but you might end up with 5). Place in the oven, middle shelf, for about 20 minutes. Allow to cool before removing the muffins from the paper casings. Enjoy with a nice cup of tea or coffee.

Mexican Layered Salad with Chilli Beef



- > This recipe uses the tasty Chilli Beef, but you can prepare freshly cooked ground beef with garlic and spices such as cumin, paprika, coriander seed and chilli, and some diced tinned tomatoes.
- > **AIP:** Prepare a nightshade-free version of the 'chilli' beef - [check out this recipe](#). Omit peppers and tomatoes from the salad and replace with extra cucumber, radish and grated carrot.
- > You can use a round or a rectangular dish for the salad. Make sure the vessel is deep enough to build multiple layers of ingredients. Alternatively, you can serve a deconstructed version of this salad. Simply have all ingredients in bowls on the table and let everyone assemble the salad on their plates.



Prep time
20 mins



Cook time
20 mins



Serves
3-4

Ingredients

- 2 tightly packed cups of Chilli Beef

For sweet potato

- 1 large sweet potato, diced into small cubes
- 1 teaspoon coconut oil
- 1 teaspoon cumin seeds or ground cumin
- 1 teaspoon paprika powder
- 2/3 teaspoon salt

For the dressing

- ½ cup yoghurt (or coconut cream)
- Juice of ½ lime
- 1 tablespoon olive oil
- ½ teaspoon salt

- 1 small clove garlic, grated
- Handful of coriander, finely chopped

For other layers

- 2 heads baby cos lettuce, roughly chopped
- 1 small orange or yellow pepper, diced
- 1 small cucumber, diced
- 1 cup diced tomatoes (or 10 cherry tomatoes)
- ½ cup chopped green onions
- 1 ripe avocado, diced
- Squeeze of lime juice and fresh coriander leaves for garnish

Preheat the oven to 200 C / 395 F. Melt coconut oil in a large oven tray. Add the sweet potato and sprinkle with cumin, paprika and salt. Toss through to coat and scatter evenly on the tray. Roast in the oven, middle shelf, for about 20 minutes.

In the meantime, reheat the chilli beef with a little water (about 1/3 cup) and set aside. Whiz the dressing in a blender or whisk together in a jar. Prepare the rest of the ingredients.

Build the layers in a salad dish in the following order: chilli beef, sweet potato, lettuce, peppers and cucumber, tomatoes, green onions, and avocado. Drizzle with the dressing when serving and top with some fresh coriander leaves and extra lime. See step-by-step image.



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 onions (well packed)
- 2 teaspoons coconut oil

For the sides

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

sliced

- ½ teaspoon salt
- 1 small clove garlic, grated
- Handful of coriander, finely chopped

For the mayo sauce

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

Place sweet potato in a pot and cover with water, then 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 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.

Lamb Tagine with Dates & Cinnamon with Simple Cauliflower Couscous



> Beef can be used instead of lamb in this recipe. Dried apricots or prunes can be used instead of dates.

> **AIP:** Omit paprika and chilli.



Prep time
15 mins



Cook time
2 h 15 mins



Serves
4

Ingredients

- Generous dollop of coconut oil
- 1 large brown onion, finely dice
- 5 coin-sized slices of ginger
- 1 small celery stick, diced
- 5 cloves garlic, diced
- 700-750 g / 1.6 lb diced lamb (leg or shoulder)
- 1 teaspoon salt
- 1 heaped teaspoon turmeric
- 1 teaspoon cinnamon
- 1 ½ teaspoon paprika
- 1 teaspoon ground coriander seed
- ½ teaspoon chilli (optional)
- Zest of 1 lemon
- Juice of ½ lemon

- 7 dates, pits out and halved
- 2 ½ cups water (or half-and-half beef or chicken stock and water)
- 1 large carrot, diced
- 100 g / 3.5 oz. green beans, tails cut off and halved (or other greens of choice)
- Some fresh mint or parsley to garnish

For the cauliflower couscous

- ½ head cauliflower, broken into florets
- ½ tablespoon olive oil
- ½ teaspoon garlic powder/granules
- A little salt
- A little lemon juice

Heat coconut oil in a heavy-based saucepan and add the onion and ginger. Sauté for 2-3 minutes, then add the garlic and lamb. Stir through on high heat for a couple of minutes.

Add the spices and stir, then add the rest of the ingredients except for carrot and green beans. Bring to a gentle boil, and then turn the heat down to low and cover with a lid. Cook on low for 2 hours, stirring a couple of times. After 2 hours, remove the lid and add the diced carrots and green beans. Cook on high heat, uncovered, for about 5 minutes, stirring a few times.

To prepare the couscous, grind the cauliflower into small crumbs using a food processor or by chopping finely with a knife. Pan-fry with some olive oil, garlic powder, salt and lemon for about

two minutes, until slightly softened. Remove the tagine from heat and serve over cauliflower couscous or other vegetables. Garnish with mint or parsley.

