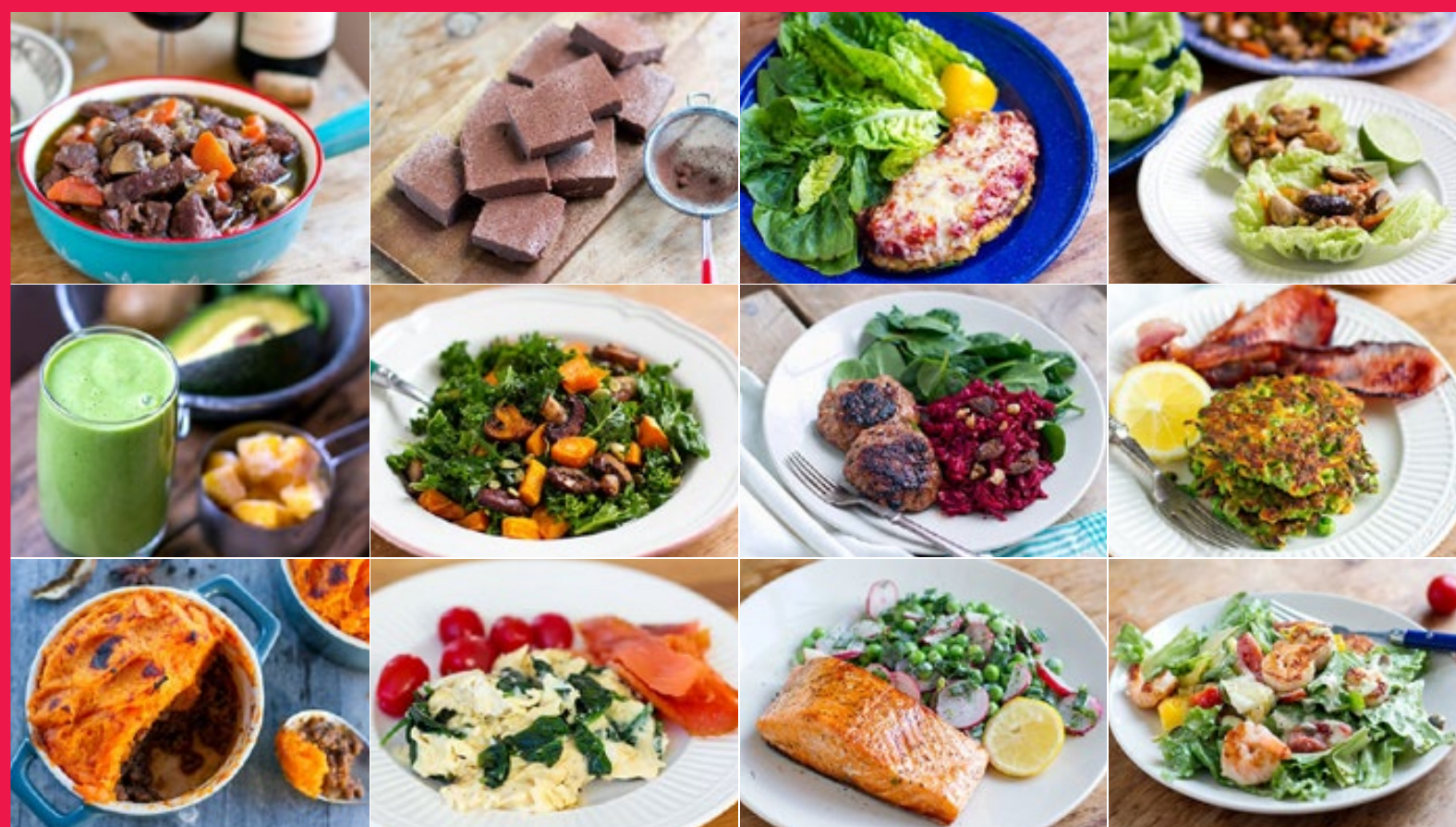


REINTRODUCTIONS

WEEK 6 - MEAL PLAN



ALL RECIPES & SHOPPING LIST INCLUDED

BY IRENA MACRI

REINTRODUCTIONS - WEEK 6 MEAL PLAN

During the **Reintroductions phase**, you're 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.

If you know what you're sensitive to, feel free to omit those foods from the meal plan. 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 or consider possible alternatives.

Week 6 Reintroductions

Cheese – How did you go with butter and yoghurt last week? This week you can try some less problematic cheeses such as aged Parmesan, Cheddar and soft goat's cheese. Aged cheeses are fermented foods high in beneficial K2 vitamin, protein and calcium. If cow's milk is a problem, try some aged Pecorino or Manchego cheese, which are made with sheep's milk.

Fresh peas – Unlike dried, mature legumes, fresh peas are a lot less problematic. Fresh peas are high in protein, vitamins and tummy-friendly fibre. They are lower in carbs than the dried variety, and contain far less antinutrients. Plus, they are gluten-free and versatile. If they don't cause you digestive issues, these little green pearls can add refreshing variety to your diet.

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.

Monday

Breakfast



Green tropical smoothie + soft or hard-boiled egg

Lunch



Leftover lamb tagine with greens

Dinner



Crispy salmon with pea & radish salad

Snack: 3 gelatine cacao squares.

Breakfast: Smoothie can be made with or without protein powder. Diced meat or chicken can be used instead of eggs for extra protein.

Lunch: Suggested greens – around 5 cooked Brussels sprouts and 5 broccoli florets per person.

Dinner: Seafood or grilled meat of choice can be used instead of fish.

Evening prep: Pack leftovers and snacks for lunch.

Wednesday

Breakfast



Spinach scrambled eggs with salmon or bacon

Lunch



Leftovers

Dinner



Chinese cabbage chicken 'spring rolls'

Breakfast: Sauté a cup of baby spinach in some butter or olive oil (about 1 until wilted. Season with salt and pepper and add two eggs. Cook until just cooked through and serve with 50 g / 2 oz. smoked salmon or 2 streaks of bacon and a handful of vegetables.

AIP: Sauté mushrooms and spinach and serve with a side of protein and vegetables; or make a green smoothie with spinach.

Dinner: Simple alternative is grilled chicken with cabbage stir-fry.

Evening prep: Pack leftover chicken with greens or salad for lunch.

Friday

Breakfast



Green tropical smoothie + soft or hard-boiled egg

Lunch



Leftovers or lunch out

Dinner



Lamb rissoles with beetroot & walnut slaw

Snack: 1 piece of fruit, 2-3 gelatine squares, if any left over.

Breakfast: See Monday.

Sunday

Breakfast



Yogurt or coconut milk with granola and berries

Lunch



Crispy duck with stir-fried cabbage

Dinner



Beef & mushroom shepherd's pies + greens

Snack: Few slices of turkey or good quality ham and carrot sticks.

Lunch: See recipe for duck alternatives.

AIP: See recipes for modifications.

Dinner: Simpler meal could be beef steak with pan-fried mushrooms and sweet potato with greens.

Tuesday

Breakfast



Yogurt/coconut milk with granola and berries

Lunch



Leftovers

Dinner



Beef Bourguignon with sweet potato and greens

Snack: Salmon pâté with cucumber/celery sticks, 2 squares of dark chocolate.

Breakfast: ½ cup granola, ½ cup yoghurt, ½ cup berries – coconut yoghurt, milk or almond milk can be used instead of regular yoghurt.

Evening prep: Pack leftovers and snacks for lunch.

Thursday

Breakfast



Yogurt/coconut milk with granola and berries

Lunch



Leftover chicken + greens

Dinner



Prawn Caesar salad

Snack: 1 pear, handful of mixed nuts.

Dinner: Caesar salad can be made with chicken instead of prawns.

Evening prep: Get your smoothie ingredients ready.

Saturday

Breakfast



Pea fritters with crispy bacon

Lunch



Kale mushroom & sweet potato salad

Dinner



Chicken Parmigiana + green salad

Breakfast: If peas are an issue, make zucchini and sweet potato fritters instead. See the recipe for more details.

Dinner: Chicken can be made without cheese, see recipe for details.

Dinner alternative: Grilled chicken and salad with shaved Parmesan.

Snack: 1 piece of fruit, small handful of mixed nuts.

Your notes:

WEEK 6 SHOPPING LIST

This shopping list is based on this week's meal plan for 2 people. You can halve or multiply the amounts, depending on your needs. You should already have some of the pantry items.

FRESH PRODUCE

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

- ☐ 8 lemons + 2 limes
- ☐ 1 orange
- ☐ 2 pears + 2 green apples
- ☐ 2 kiwifruits
- ☐ 1 avocado
- ☐ 1-2 cups mixed berries of choice
- ☐ 2 mangoes (or 2 cups diced frozen mango)
- ☐ 1/2 pineapple (or 2 cups diced frozen pineapple)
- ☐ 5 cups frozen garden peas
- ☐ 1 large bunch of radishes
- ☐ 1 bunch celery
- ☐ 1 punnet cherry tomatoes
- ☐ 1 head Romaine/cos lettuce
- ☐ 7-8 cups baby spinach leaves*
- ☐ 4 heads little gem lettuce
- ☐ 1 medium head Chinese/Napa cabbage
- ☐ 1 large bunch of kale leaves
- ☐ 500 g / 1 lb Brussels sprouts or cauliflower
- ☐ 200 g / 7 oz green string beans
- ☐ 1 yellow or red pepper
- ☐ 2 medium cucumbers
- ☐ 1 head broccoli
- ☐ 6 medium carrots
- ☐ 7 medium sweet potatoes*
- ☐ 350 g / 0.8 lb button mushrooms, Brown/Chestnut
- ☐ 3 brown onions
- ☐ 2 heads of garlic cloves
- ☐ Bunch of dill
- ☐ Bunch of green onion/scallions
- ☐ Thumb-size ginger root
- ☐ Small bunch of thyme (or dried)
- ☐ Small bunch fresh coriander/cilantro (optional)

Check that you haven't run out of:

- ☐ Dijon mustard, tomato paste, arrowroot powder, tapioca flour, coconut flour, mayonnaise, maple syrup, vanilla, mixed dried herbs.
- ☐ **Spices:** cinnamon powder, Chinese five-spice, star anise, turmeric, paprika, chilli flakes, sea salt, black pepper, bay leaf, onion powder, garlic powder

PROTEIN/COLD PRODUCE

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

- ☐ 10 eggs
- ☐ 75 g / 2.5 oz butter
- ☐ 150 g aged Cheddar cheese
- ☐ 50 g / 1.7 oz soft goat's cheese
- ☐ 75 g / 2.5 oz Parmesan cheese
- ☐ 5-7 rashers bacon
- ☐ 800 g / 1.7 lb braising steak
- ☐ 250 g / 8-9 oz. canned salmon
- ☐ 50 g / 2 oz. smoked salmon
- ☐ 750 ml / 3 cups plain yoghurt (500 ml coconut based)
- ☐ 4 x 150-200 g / 6 oz salmon fillets or other fish
- ☐ 100 g / 3.5 oz smoked salmon
- ☐ 600 g 1.3 lb skinless chicken thighs
- ☐ 14 large raw prawns/shrimp*
- ☐ 400-500 g / 1lb lamb mince*
- ☐ 2 medium chicken breasts*
- ☐ 800 g / 1.7 lb grass-fed ground beef*

PANTRY

- ☐ 1 1/2 cups / 400 ml red wine
- ☐ 3 cups / 750 ml beef stock
- ☐ 3 cups mixed nuts of choice
- ☐ 1/2 cup pumpkin seeds
- ☐ 1/2 cup coconut flakes
- ☐ 1/4 cup cashew nuts
- ☐ 1/3 cup walnuts
- ☐ A few dried figs (or other dried fruit)
- ☐ 4 tablespoons gelatine powder
- ☐ 1 cup / 1 x 400 ml can of coconut cream
- ☐ 1/2 cup cocoa powder (unsweetened, preferably raw)
- ☐ Small jar of baby capers
- ☐ Small jar of anchovy fillets in olive oil
- ☐ 1/2 cup black olives
- ☐ 1 packet of dried Shiitake mushrooms (or 15 fresh, if you have access to those)
- ☐ Small packet of dried porcini mushrooms (optional)
- ☐ Chinese rice vinegar (optional)
- ☐ Balsamic vinegar (unless you already have some)

WEEKEND MEAL PREP

- Make beef Bourguignon
- Make grain-free maple granola
- Make gelatine cacao squares
- Prepare salmon, dill and capers pâté
- Make a batch of salad dressing

Considerations

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

Beef Bourguignon



Prep time
15 mins



Cook time
2 hours



Makes
4-5

- > **Red wine:** Using Bourguignon (Burgundy) red is amazing and very authentic, but any mid-range red will work. It's worth using a decent red as it does affect the flavour.
- > **Beef cuts:** Braising or chuck steak are great, simply dice roughly. Diced steak or skirt steak are also good. Basically, tasty yet cheap cuts will work well. I used braising steak that had a little fat on it.
- > **Serve with:** While the beef is cooking, cook two medium diced sweet potatoes (1/2 sweet potato per person) in boiling water. Season with salt and pepper and a little butter or olive oil. At the same time, steam or boil around 4 servings of green vegetables of choice (e.g. 5-6 florets of broccoli, 1 cup green beans, 1/2 cup cooked kale or chard, 6-7 Brussels sprouts are each a serving of greens). Serve the stew with a serving of sweet potato and green veggies per person, and reserve the rest for lunch.

Ingredients

- 20 g of butter or ghee (about 1 tbsp, coconut oil is okay)
- 1 large onion, thinly sliced
- 1 large carrot, sliced
- 1 large celery stick, sliced
- 3 rashers of bacon, diced
- ½ teaspoon salt
- 4- 5 sprigs of thyme or 1 teaspoon dried
- 800 g / ~1.7 lb braising steak, roughly diced
- 4-5 cloves of garlic, sliced
- 1 star anise
- 2/3 cup red wine
- 2 cups beef stock (can be half and half water)
- Generous pinch of black pepper
- Pinch of nutmeg (optional)
- 6-7 button mushrooms, quartered or halved
- 1½ teaspoon arrowroot powder

In a large heavy bottom saucepan, sauté the onion, carrots, and celery in butter for 3-4 minutes, over medium heat. Then add the bacon, salt and thyme and sauté for a further few minutes, stirring a few times.

Then add the beef and garlic and stir together for a few minutes over high heat. Add star anise, pepper, nutmeg, red wine and beef stock and stir through. Bring to boil, then turn the heat down to low, cover with a

lid and simmer for two hours. Stir a couple of times. After 1 hour 30 minutes, add the mushrooms.

After two hours, dissolve the arrowroot in some warm liquid or the broth of the stew in a small ramekin. Then add to the beef and stir through. Remove from the heat. Serve sprinkled with fresh or dried parsley or other fresh herbs or as is.

Simple Grain-Free Maple Granola



- > **Serving size:** ½ cup is a recommended serving size per person. Enjoy with yoghurt or coconut milk/cream, and fresh berries or fruits.
- > **Nut-free version:** Use a combination of sunflower and pumpkin seeds, sesame seeds, and coconut flakes. Add some chia seeds and flaxseeds right at the end.
- > **Sweetener:** Honey or rice malt syrup can be used instead of malt syrup.



Prep time
10 mins



Cook time
20 mins



Serves
6-7

Ingredients

- 2 ½ cups mixed nuts of choice
- 1/3 cup pumpkin seeds
- ½ cup coconut flakes
- Zest of 1 orange
- 1 teaspoon cinnamon powder
- 1/3 cup maple syrup
- 2 tablespoons melted coconut oil
- Optional: 2 tablespoons chia seeds and/or flaxseeds

Preheat the oven to 150 C / 300 C. Grease a large baking dish with coconut oil.

Add two cups of the nuts and some of the coconut flakes and pumpkin seeds to a food processor and blitz a few times until ground up into smaller, crumbly pieces.

Transfer to a mixing bowl and add the rest of the whole nuts, pumpkin seeds, and coconut flakes. Sprinkle with orange zest and cinnamon. Melt coconut oil and pour over the top, and add the maple syrup. Stir

through until well-combined and sticky.

Spread the mixture out in the baking tin and cook for 20-25 minutes, stirring once halfway through, until the mixture is lightly browned. If using chia seeds, add right at the end, sprinkle evenly.

Remove from the oven and let it cool before transferring to a glass jar or a container with a lid. Store for up to two weeks (if you can manage).

Gelatine Cacao Squares



- > **Gelatine powder:** Try to find grass-fed gelatine. I used Great Lakes brand, which you can buy on Amazon and in many health food stores. In Australia, you could order Sarah Wilson's gelatine, which is derived from grass-fed cows.
- > Makes about 20 squares (depending on the depth of the dish).



Prep time
15 mins



Cook time
2 mins



Makes
~20 squares

Ingredients

- 4 tablespoons gelatine powder
- ½ cup cold water
- 2/3 cup hot water
- 1 cup coconut cream (thickened part of the coconut milk, I used 1 x 400 g can, full-fat)
- 1 teaspoon coconut oil
- 1/3 cup rice malt syrup, honey or maple syrup
- 1 teaspoon vanilla
- 1/3 cup unsweetened, preferably raw, cocoa powder
- 1 teaspoon vanilla
- Pinch of salt

Grease a square or rectangular baking tin or a glass baking dish with a little coconut oil and set aside.

Combine the gelatine powder with cold water in a bowl and whisk together. You can use a blender to blitz the mixture a couple of times. Set aside for 5-10 minutes to let it come together and gelatinize, also known as 'blooming.'

In the meantime, add the hot water, coconut cream, coconut oil, your preferred sweetener, cacao and vanilla to a small pot and whisk together over medium heat until the mixture comes to about 75 to 85 C / 175 F. You can use a digital thermometer to measure this or use your finger. You want the liquid to be steaming hot but not boiling or simmering;

you should be able to test it with your finger without burning it. Remove from the heat at this point.

Add the gelatine mixture to the hot liquid and whisk together until well-dissolved. Pour the mixture into the prepared tin. Let it cool down slightly and then pop in the fridge (covered with cling wrap) for 1-2 hours. Once solidified (it will still be a little wobbly like all gelatinous things), slice it into 1-2" squares. Sift through some extra cocoa powder over the top.

You can pre-slice and store the squares in a container or leave whole in the tin and slice as you need.

See step by step pics on the next page.



Salmon Pâté with Capers and Dill



> **Dairy-free version:** Use olive oil or a combination of ghee and olive oil instead of butter.

> **Nut-free version:** Nuts can be completely omitted, but use a little more mayo and butter, or olive oil, for extra creaminess. If dairy is not a problem, feel free to add a few tablespoons of cream cheese to mellow out the flavour of the salmon. This might be especially useful for kids' palates.

> **Not a fan of fish?** Get yourself some chicken or duck liver pâté, or make this with cooked prawns instead. You will need a food processor or a high-speed blender for this. Thermomix can also be used.



Prep time
15 mins



Wait
15 mins



Serves
6

Ingredients

- ¼ cup cashew nuts, soaked in warm water for 2 hours
- 2 tablespoons water
- 25 g / 1 oz. butter (about 2 tablespoons)
- Juice of ½ small lemon
- ¼ cup mayonnaise
- 250 g / 8-9 oz. canned salmon, larger bones removed
- 50 g / 2 oz. smoked salmon
- 1½ tablespoons drained small capers
- 1 green onion, white and green parts chopped
- 2 tablespoons roughly chopped dill
- Pinch of pepper

Rinse the pre-soaked cashew nuts and add to a food processor with an S-blade on. Add the water, butter, lemon juice and mayonnaise and process into smooth paste for about a minute. Stop and scrape the sides a couple of times.

Then add the rest of ingredients and blitz a few times until ground up and processed into a smooth-ish pâté. It's okay if it's not completely smooth, as the coarse texture is fine.

Store in an airtight container for up to a week. Serve with cut-up veggies such as carrots, celery, cucumber, fennel, radish, and peppers. This can also be served as a protein topping on a salad, or mixed into fritters and veggies cakes.

Green Tropical Smoothie



- > **Frozen fruit:** I recommend to freeze one of the fruits used in this smoothie or to buy already frozen mango or pineapple. Simply dice up 1 large mango or half a pineapple and store in a ziplock bag in the freezer.
- > Other fruit you can use: papaya, banana, kiwifruit or rockmelon.



Prep time
5 mins



Cook time
NA



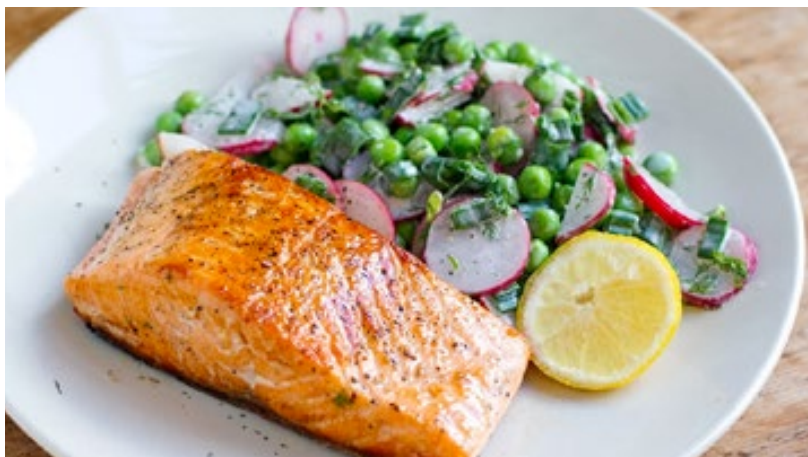
Serves
1

Ingredients

- ¼ avocado
- 1 cup baby spinach leaves, washed
- ½ cup diced mango (frozen or fresh)
- ½ cup diced pineapple (frozen or fresh)
- 1 cup water
- 1 tablespoon plain yoghurt or coconut cream
- 1 tablespoon protein powder (optional)

Add all ingredients to a blender or a food processor. Whiz for 30 seconds to 1 minute, until well blended and smooth. Add a little more water, if you find it too thick.

Pea & Radish Salad with Crispy Skin Salmon



> **Other salad additions:** 1 thinly sliced medium cucumber, 1 cup sliced fennel, cherry tomatoes or peppers. Lightly steamed asparagus is also fantastic.

> **Fish free option:** Hard-boiled eggs are great to add to this salad, if you don't feel like eating fish. Cooked chicken or sliced turkey breast can also be used.

> **Dairy free option:** Omit the yoghurt and use some olive oil instead.



Prep time
20 mins



Cook time
10 mins



Serves
4

Ingredients

For the salad

- 2 ½ cups frozen garden peas
- 1 large bunch of radishes
- 3 tablespoons chopped dill
- ½ cup chopped green onions
- 2 tablespoons plain Greek yoghurt
- 2 tablespoons mayonnaise
- Generous pinch of salt and pepper

- Juice of half lemon

Salmon

- A small dollop of coconut oil
- 4 x 150-200 g salmon fillets or other fish of choice
- Salt and pepper
- 4 lemon wedges, to serve

Remove the salmon from the fridge and bring to room temperature.

Add frozen peas to a pot with boiling-hot water. Stand aside for a few minutes to defrost, drain under cold water and strain. Add the peas to a mixing bowl.

Prepare the radishes. Wash them well; cut away the tails and the tops. Slice thinly, halving the larger bulbs. Add to the bowl together with the rest of the ingredients. Combine well and taste for salt and lemon. Add a little more, if needed. Set aside.

Preheat the coconut oil in a large skillet over high heat. Once hot, add the fish fillets, skin side down and turn the heat to medium-high. Sprinkle the flesh side with salt and pepper. Cook for 5 minutes skin side down, then turn over and cook for 4 minutes on the flesh side. Sprinkle the skin with salt and pepper

as well. Finally turn the fillets on the sides for 10-20 seconds to brown them off.

The cooking time should be less if your fillets are thin; you won't need to brown off the sides either. Serve with a little wedge of lemon and the salad.



Chinese Cabbage Chicken 'Spring Rolls'



> **Shiitake mushrooms:** These can be dried or fresh. Dried shiitake are more commonly available from the big supermarkets (look in the Asian section), or from Asian grocers and health food stores. Use leftovers in soups, stews and stir-fries. Regular mushrooms can also be used, although they won't have the same flavour.

> **Serving suggestions:** Instead of serving the chicken and mushrooms in cabbage or lettuce leaves, you can pan-fry some quick cauliflower rice. Your family might enjoy these with plain rice or rice noodles.

> **Other modifications:** Omit the chilli for AIP. Greens of the onions and garlic-infused oil can be used for those on low FODMAP protocol. Chinese five-spice powder is available from most supermarkets, however you can also use some cinnamon, star anise and fennel seeds. Leftover five-spice powder is great in meat stews and to season duck before grilling.



Prep time
15 mins



Cook time
20 mins



Serves
4

Ingredients

- 12-14 dried or fresh shiitake mushrooms
- 1 head of Chinese cabbage / Napa cabbage

For the chicken part

- 600 g / 1.3 lb skinless chicken thighs, diced finely
- Coconut oil for cooking
- ½ teaspoon white pepper (black is fine if you don't have white)
- 1½ teaspoon Chinese five spice powder
- ½ teaspoon salt

For the stir-fry

- 3 spring onions, diced
- 1 heaped tablespoon of grated ginger
- 4 large cloves garlic, finely diced

- 1 ½ cups thinly sliced carrot (1 large carrot)
- ¼ cup Tamari sauce (or coconut aminos)
- 2 tablespoons fish sauce
- 1 teaspoon honey
- Juice of ½ lime
- splash of Chinese rice vinegar (optional)
- ¼ teaspoon chilli flakes
- 1 teaspoon sesame oil
- 1 tablespoon sesame seeds
- 1 teaspoon arrowroot powder

To serve

- Fresh coriander leaves
- Extra lime

Prepare the mushrooms: If using dried shiitake mushrooms, add them to a cup of boiling-hot water and set aside for 10-15 minutes. After 10-15 minutes, remove the mushrooms (reserve the broth for cooking) and slice them thinly.

Prepare the cabbage: Separate the outer leaves from the core. Cut each leaf in half, going across the leaf rather than lengthways, and keeping the green parts of the leaves (about 2/3 of the leaf) as wrappers for our chicken filling. Thinly dice the white parts of the cabbage to use in the stir-fried chick-

en filling. We only need about 2 cups of the diced cabbage for this. Reserve the leftovers to use in another dish, such as a salad.

Pre-cook the chicken: Heat a teaspoon of coconut oil in a large, deep frying pan or a wok. Once hot, add half the chicken and spread apart. Sprinkle evenly with a generous pinch of salt, some white pepper and ½ teaspoon of Chinese five-spice powder. Cook for 4-5 minutes, stirring a few times, until lightly browned. Remove to a bowl and repeat with the second batch of the chicken. Remove to a bowl and place the pan back on high heat.

Finish off the stir-fry: Add a tablespoon of coconut oil to the pan and once hot, add the spring onions, ginger, garlic and sliced shiitake mushrooms. Cook for about a minute, stirring a few times. Then add the carrots and sliced cabbage, and sprinkle with a little salt. Cook for a minute and add the pre-cooked chicken. Stir through.

Then add the rest of ingredients, except for the arrowroot powder, and ½ cup of the reserved mushroom broth. Stir over high heat for about 2-3 minutes, until everything has softened up.

Finally, dissolve the arrowroot powder in two tablespoons of mushroom broth and add to the stir fry. Stir through and remove from the heat. The mixture's juices will thicken and everything will get a little glossy. Serve on a large platter, with some fresh coriander and extra sesame seeds sprinkled over the top.

Serve with the outer cabbage leaves and some lime wedges. Add a few tablespoons of the chicken stir fry to the leaf and wrap it up like a mini boat or a taco. Drizzle a little lime juice on top and add a few coriander leaves.



Prawn Caesar Salad



- > The recipe is for a single large serving of salad, so simply increase the ingredients for more servings.
- > Grilled chicken can be used instead of prawns. Feel free to use any other salad vegetables such as cucumber, radish, fennel or steamed asparagus.



Prep time
10 mins



Cook time
10 mins



Serves
1

Ingredients

- 1 teaspoon coconut oil
- 2 rashers of bacon
- 6-7 large raw prawns/shrimp, peeled, tails on
- Pepper and garlic powder to season
- 2 cups cos/gem lettuce, roughly chopped
- ½ cup diced red or yellow pepper
- 4-5 cherry tomatoes, halved
- ¼ cup grated Parmesan cheese

For the dressing

- 1 tablespoon mayonnaise
- 1-2 small anchovy fillets, finely chopped
- Pinch of garlic powder
- Juice of ½ lemon juice
- Pinch of salt and pepper

Heat coconut oil in a large skillet and add the bacon. Cook on both sides until crispy, then remove to a plate and add the prawns. Season with a little pepper and garlic powder and cook for 2 minutes, each side. Set aside. Roughly slice the bacon.

Whisk the dressing ingredients and toss through the salad in a large bowl. Stir through the Parmesan and the bacon. Top with the prawns.

Gourmet Lamb Rissoles with Beetroot Walnut Slaw



- > **Meat:** Ground beef can be used in place of lamb mince in this recipe. You can double the recipe and freeze a few uncooked patties to cook at a later stage.
- > **Dairy:** Regular soft feta cheese can be used instead of goat's cheese. Goat's cheese can easily be omitted, simply add a little extra salt.



Prep time
10 mins



Cook time
15 mins



Serves
2-3

Ingredients

For the burgers

- 400-500 g / ~1 lb lamb mince
- 2 tablespoons tomato paste
- 2 garlic cloves, grated
- 1 teaspoon mixed herbs
- 1 teaspoon onion powder or French onion soup mix
- Generous pinch salt and pepper
- 2 tablespoons medium soft goat's cheese
- 7-8 black olives, pits out and diced
- Coconut oil for cooking

For the beetroot slaw

- 3 raw medium beets, peeled and grated
- 8 walnut halves (about a handful), chopped
- 1 clove garlic, finely grated
- 3 dried figs (apricots or prunes can also be used), chopped
- 1½ tablespoons red wine vinegar (or apple cider vinegar)
- 3 tablespoons mayonnaise
- Generous pinch salt and pepper
- 3 cups baby spinach leaves or rocket/arugula

Combine all ingredients but the goat's cheese and olives in a mixing bowl. Use your hands to mix everything together. Once well incorporated, add the olives and crumbled goat's cheese and mix together. Roll into 6 balls and flatten into patties.

Heat a dollop of coconut oil in a large skillet over medium-high heat. Add the patties (in batches if needed) and cook for 3-4 minutes each side. This can be done on a barbecue grill as well.

While the patties are cooking, prepare the beetroot slaw. Combine the grated beetroot with the rest of the ingredients and mix well together. Set aside and make a simple spinach or rocket salad, tossed with olive oil and lemon juice, if you like.

Pea Fritters with Crispy Bacon



> **Dairy:** Goat's cheese can be easily omitted, simply add a little extra salt to the mix. Grated Parmesan or sheep's milk cheese can be added. Nutritional yeast flakes can also be added for that little cheesy flavour without the dairy.

> **Pea-free:** If peas are problematic, you could make grated zucchini and sweet potato fritters instead. Make sure to squeeze the water from the grated zucchini.

> If coconut flour is unavailable, use extra tapioca flour or a combination of tapioca and almond meal. Serve with bacon or smoked salmon, or with a side salad.



Prep time
10 mins



Cook time
12 mins



Serves
2

Ingredients

- 2 heaped cups of frozen peas
- 1 small carrot, grated
- 1 clove garlic
- Zest of ½ lemon
- 25 g / 3 tbsp goat's cheese or grated Parmesan
- 1 egg
- Generous pinch of salt and pepper
- 1 tablespoon chopped dill or other herbs
- 2 tablespoons tapioca flour

- 1 heaped tablespoon coconut flour
- Coconut oil for cooking
- 4 rashers of bacon

For the sauce

- 2 tablespoons mayonnaise
- 1 teaspoon tomato paste
- 1 teaspoon hot sauce or some chilli flakes

Place frozen peas in a bowl and top with boiling-hot water. Leave to defrost for 5-10 minutes, then strain and transfer to a mixing bowl. Using a potato masher, squash the peas for a minute, until bruised and broken. You could use a food processor for this but only blitz a couple of times, as we want to keep some of the peas intact.

Add the grated carrot, garlic, lemon zest, crumbled goat's cheese, egg, salt and pepper, dill and combine well together. Then add the flours and mix through. The liquid in the

mixture should thicken.

Heat a tablespoon of coconut oil in a large frying pan over medium-high heat. Using a spoon or a cup, add around a quarter of a cup of mixture per fritter to the pan, and flatten slightly with the back of the spoon or cup. Cook for 3-4 minutes each side, over medium-high heat, turning over gently with a spatula. Do in batches, if needed.

In the meantime, pan-fry some bacon, if using, and mix together the sauce.



Kale, Mushroom & Sweet Potato Salad



- > **Kale:** Make sure to remove the leaves from the stems. Spinach or Swiss chard can be used instead of kale, or any other dark leafy green salad.
- > **Mushrooms:** Any fresh mushrooms can be used. If balsamic vinegar is unavailable, use apple cider vinegar or lemon juice and a little drizzle of honey.



Prep time
15 mins



Cook time
15 mins



Serves
2

Ingredients

Sweet potato

- 300 g / 0.6 lb sweet potato (1 large or 2 medium), peeled and diced small
- 1 tablespoon coconut oil
- ½ teaspoon salt

Mushrooms

- 250 g / 0.5 lb button mushrooms such as Brown or Chestnut, sliced thick
- 1 teaspoon garlic powder
- 1 tablespoon balsamic vinegar
- 2 tablespoons olive oil or melted coconut oil
- 1 teaspoon dried mixed herbs

- Generous pinch of salt and pepper

Kale

- 150 g / 5 oz. curly kale, leaves removed from the stem and roughly chopped
- Juice of ½ lemon
- Generous pinch salt
- 2 tablespoons pumpkin seeds

For the dressing

- 1 teaspoon Dijon mustard
- 1 teaspoon balsamic vinegar
- 2 tablespoons olive oil

Preheat the oven to 200 C / 400 F. In one roasting tray, combine sweet potato with salt and add the coconut oil. Place in the oven and once the coconut oil is melted, toss everything together and place back on the middle shelf. Cook for a few minutes, while you prepare the mushrooms.

Combine mushrooms with other ingredients specified above in a large mixing bowl, using your hands to coat all pieces evenly. Scatter on a flat roasting tray and pop in the oven, upper shelf.

Cook both the mushrooms and the sweet potatoes for a further 15 minutes, stirring half way.

In the meantime, combine the chopped kale with lemon juice and salt in a bowl and massage the leaves with your hands for a minute. This will bruise and soften the kale leaves, which are otherwise a little tough. If using softer leafy green salad, simply toss through with lemon and salt.

Whisk together the dressing. Combine the kale with cooked potato and mushrooms and toss through with the dressing. Scatter the pumpkin seeds on top.

Chicken Parmigiana



- > This is a classic comfort dish made with healthier batter. However, it's still a little decadent. Serve with low-carb greens such as a nice green salad or some steamed broccoli and green beans.
- > **Dairy-free:** Simply pan-fry the chicken fillets for a little bit longer and serve with tomato sauce over the top. Feel free to top with some nutritional yeast flakes.
- > **AIP:** Serve the fried schnitzels with a side of lemon or some chimichurri sauce on the side. Use the egg yolk only to dip the chicken fillets in before crumbing, or make a little mixture of tapioca flour and water as your dipping liquid.



Prep time
15 mins



Cook time
15 mins



Serves
2

Ingredients

- 2 chicken breasts
- Salt and pepper

Dipping mix

- 1 egg
- Pinch of pepper

Crumbing mixture

- 1/3 cup tapioca
- 2½ tablespoons coconut flour
- ½ teaspoon turmeric powder
- ½ teaspoon garlic powder
- 1 teaspoon dried mixed herbs

- ½ teaspoon salt

Tomato sauce

- 1 cup diced tomatoes (out of a can or jar)
- 1 garlic clove, grated
- 1 teaspoon dried herbs or oregano
- Generous pinch salt
- 1/2 - 2/3 cup grated aged cheddar cheese
- 2-3 heads of baby gem/cos lettuce
- Favourite lemon and olive oil dressing

Preheat the oven to 200 C / 400 F.

Place chicken breasts flat on a cutting board and cover with cling film. Pound each fillet with a meat tenderizer or a rolling pin until flattened to a larger but thinner cutlet, about ½ inch thick. If using larger breasts, cut each in half - lengthways - to make 2 thin butterflied cutlets. Sprinkle salt and pepper on one of the sides.

Whisk the egg and pepper in a shallow bowl. Combine the crumbing in a small bowl and add half of it to a flat plate.

Heat a tablespoon of coconut oil in a large frying pan over medium-high heat. Dip each chicken fillet in the egg mixture, making sure it's well coated. Then place them on top of the crumbing mixture in the plate and sprinkle over the remaining crumbing mixture, until evenly covered. Press the mixture down

gently, then lift the fillets and turn them over in the mixture a few times. Pan-fry for about 3 minutes each side, until golden brown.

While chicken is frying, combine diced tomatoes, garlic, herbs and salt in a small saucepan and bring to boil. Cook on high heat for a few minutes, stirring a few times. Transfer the pre-fried chicken fillets to a baking sheet or a flat tray, covered with parchment paper. Spoon the tomato sauce over each fillet (about 2-3 tablespoons each, depending on how large they are) and sprinkle evenly with grated cheese. Place back in the oven and bake until the cheese is melted and slightly browned, about 7-8 minutes. See pic on the next page.

In the meantime, prepare a large bowl of green salad.



Crispy Five-Spice Duck with Cabbage Stir Fry



- > **Duck:** This is a great alternative protein to include once in awhile, but if it's out of your budget, feel free to use some turkey or chicken breast meat. I always look out for duck specials in the store. Duck legs, which are cheaper than duck breast, can also be used. Pan-fry on each side as per instructions, but finish cooking in the oven for an extra 15-20 minutes.
- > **Stir-fry:** You can use any leftover vegetables in this stir-fry. I used cabbage and carrot, but anything will do.
- > **Chinese five-spice:** We've used it in a couple of other recipes, but if you don't have it, you can use some allspice powder or a combination of curry powder and cinnamon. Duck meat loves warm, sweet spices.



Prep time
15 mins



Cook time
20 mins



Serves
2

Ingredients

- 2 medium duck breasts, skin on
- 1 teaspoon garlic powder
- 1 teaspoon Chinese five-spice
- ½ teaspoon salt
- ½ teaspoon pepper (white pepper deally)
- Small dollop of coconut oil
- 3 cups shredded Napa/Chinese cabbage

- 1 large carrot, grated
- ½ cup chopped green onions
- 1 clove garlic, diced
- 2 tablespoons tamari
- 1 teaspoon sesame oil
- 1 tablespoon sesame seeds
- Squeeze of lemon or lime juice

Season the duck breasts with garlic powder, five-spice powder, salt and pepper.

Add a small dollop of oil to a frying pan and set the heat to medium-high. Add the duck breasts, skin side down, while the pan is still cold. Cook for 8-9 minutes on the skin side, allowing the fat to render and melt into the frying pan. Turn over and cook for a further 5 minutes on the flesh side. Remove to a board and set to rest, under some foil if you wish, for 5 minutes. This is essential!

In the meantime, add the cabbage, carrot and green onions to the frying pan with the duck juices/fats. If there is more than 1-2 tablespoons of fat in the frying pan, remove some before adding the veggies. Stir the veggies for a minute and add the rest of ingredients. Add a couple of tablespoons of water. Stir for a few more minutes, until just cooked through and softened.

Slice the duck breast and serve over the stir-fried cabbage.

Beef & Mushroom Shepherd's Pies



- > Instead of making these as individual mini pies, feel free to bake it as a large pie in a casserole dish.
- > Dried porcini or shiitake mushrooms can be purchased in most supermarkets and deli stores. You can use leftover shiitake mushrooms or get some dried porcini mushrooms as well. They add an amazing flavour to any soup or stew.
- > **AIP:** Omit the tomatoes and paprika and use regular beef stock instead.
- > **Dairy-free:** Cheese can be easily omitted from this recipe.



Prep time
15 mins



Cook time
1 hour



Serves
4

Ingredients

- 1 cup dried shiitake and/or porcini mushrooms
- 1 brown onion, peeled and diced
- 1 tablespoon ghee or coconut oil (butter can also be used)
- 800 g / 1.7 lb grass-fed ground beef/beef mince
- 2 medium carrots, peeled and finely diced
- 3 garlic cloves, finely diced
- ½ cup red wine
- 1½ teaspoon sea salt
- 1/3 teaspoon black pepper
- 1 star anise (optional)
- 2 dry bay leaves
- 1 teaspoon mixed dried herbs
- 2/3 cup water or beef/chicken stock (vegetable stock is also fine)
- 4 tablespoons tomato paste
- 1 tablespoon tamari wheat-free soy sauce (optional)
- 5-6 button mushrooms, finely diced
- 2 teaspoons arrowroot or tapioca flour (for thickening)
- 2 large sweet potatoes, peeled and cubed
- 2 tablespoons grated aged Parmesan cheese
- 1 tablespoon butter or ghee (olive oil is also ok)
- ½ teaspoon sea salt

Soak the mushrooms in a cup of hot water for 10 minutes, then chop roughly. Reserve the liquid.

Sauté the onion in a large pan with ghee or coconut oil over medium heat for 7-8 minutes. In the meantime, prepare the rest of ingredients.

Add the beef and bring the heat to high. Break the meat apart using a spatula, pressing it down and stirring through as it cooks, for about 5 minutes, until the colour changes. Add the carrots, garlic, red wine, salt, pepper, star anise, bay leaves, and herbs and bring back to a boil.

Add the mushrooms and the reserved soaking liquid, extra water or beef stock, tomato paste, and tamari sauce. Add the mushrooms. Stir through and bring to boil. Turn the heat down to simmering and cover with a lid. Cook for 35 minutes, stirring occasionally.

Once beef is under way, place sweet potato in a saucepan of water. Bring to boil and cook for 10-15 minutes, until soft. Drain and return to the saucepan. Mash well, then add the butter, cheese and salt and mash until well incorporated and smooth.

Preheat the oven to 200C / 400 F.

After 35 minutes of cooking, uncover the beef and add the arrowroot flour dissolved in 2 tablespoons of water. Mix through for a minute until slightly thickened. Remove from the heat.

Spread the beef mixture in a baking tray or small oven pie dishes, leaving some space for the mash. Carefully spread the mash evenly over the top. Bake in the oven for 10-15 minutes. If you want to brown the top even further, pop the dishes under a hot grill for 5 minutes. Prepare a side salad or some steamed greens in the meantime.