

REINTRODUCTIONS

WEEK 7 - MEAL PLAN



ALL RECIPES & SHOPPING LIST INCLUDED

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REINTRODUCTIONS - WEEK 7 MEAL PLAN

This week you are reintroducing **white rice and double cream**. You're only adding **small amounts** of these foods, which is how they should be integrated into your eating plan going forward, provided you don't have any reactions.

The key to enjoying a little white rice and cream is **all in the pairing**. White rice should be served with protein and/or fibrous vegetables; it should be **used as a vehicle for nutrient-dense foods**, rather than the key ingredient of the dish. Think sushi, in which fish and avocado are the nutrition stars, or a little white rice with vegetable and chicken stir-fry.

High fat foods, such as double cream, should be served alongside protein and lower carbohydrate fruit and vegetables. Remember, if you give your body both fats and carbohydrates, it will use the carbs first before utilising the energy from the fats. If you're having a vegetable-based dish and would like to increase the caloric value for extra satiation, add some extra fats – like I did with the hearty mushroom stew.

Try to minimise snacking this week

Especially on the days you're less active. You may choose to eat the optional snacks together with one of your main meals if you feel you need more food. Really listen to your body. Are you hungry? Thirsty? Bored? Stressed? Have a cup of tea instead.

Surviving the holidays

Sometimes during the plan we come across a holiday – Easter, Halloween, Thanksgiving or Christmas. I don't want you to miss out on celebrations with friends and family, so this week I've prepared a few dishes and treats that are great to share around these occasions. You can schedule these times as a 'treat day' and focus on really enjoying the experience. Otherwise, save these meals for another day.

Remember, sometimes it's better to eat a little bit of the "bad" chocolate and enjoy it, rather than make a sugar-free-paleo-carob-goji-berry-vegan-raw-cacao dessert and overindulge in it because it's compliant with the guidelines. This way the craving is satisfied and you can switch back onto the plan feeling like you enjoyed yourself. Remember, guilt is counter-productive!



EXPERT TIP

Fat intake and carbohydrate intake will creep up as more foods are introduced to the plan. **Participants wishing to lose weight** at the same rate may want to keep the snacks to a minimum. Another good practice is to only eat until around 80% full and wait to see if you're still hungry.

By this stage you will be well and truly **better adapted to burning fat**, so if you're not hungry, skip the snacks and adjust the meal sizes if needed. But if you notice that you skip a meal and then feel very hungry through the whole evening, it means you probably skipped that meal out of stress-induced lack of appetite, not because you are using your own fuel more efficiently. So listening to your body and noting how you feel is important this week.

WEEKEND MEAL PREP

- Make the hearty mushroom stew
- Make the simple Bolognese sauce (enough for 4 servings)
- Marinate Thai chicken drumsticks
- Prepare rainbow egg salad ingredients
- Make a batch of salad dressing

Considerations

- Eggs – 2-3, depending on appetite
- Serving of nuts is a handful
- Serving of avocado is $\frac{1}{4}$ – $\frac{1}{2}$ of the fruit
- Snacks are provided, if needed

Monday

Breakfast



Rainbow egg chop salad

Lunch



Hearty mushroom stew

Dinner



Prawn and vegetable stir-fry & turmeric rice

Snack (optional): 1 pear, handful of nuts.

AIP: Breakfast smoothie or protein and salad as per the recipe.

Dinner: I recommend 1/2 cup cooked rice per serving (more for men). You could use chicken instead of prawns.

Evening prep: Get your breakfast ingredients ready. Pack lunch.

Wednesday

Breakfast



Rainbow egg chop salad with bacon

Lunch



Leftover chicken drumstick + mushroom stew

Dinner



Zucchini noodles Bolognese

Breakfast: As Monday but with added 1-2 rashers of grilled bacon.

Snacks (optional): 1 kiwifruit, 1 tin of tuna or salmon (90-100 g).

Dinner: You can grate some aged Parmesan over the Bolognese if you can tolerate it. Nutritional yeast flakes can be used by those avoiding all dairy.

AIP: Prepare meatballs and serve with my AIP Arrabiata sauce.

Evening prep: Marinate the lamb souvlaki for Thursday dinner.

Friday

Breakfast



Green tropical smoothie + hard or soft-boiled egg

Lunch



Leftovers or lunch out

Dinner



Baked salmon Tarator + salad + optional rice

Snacks (optional): 2 halved marinated artichoke hearts with 2 slices of ham or 1 tin of tuna or salmon if avoiding meat today.

Breakfast: Feel free to have 2 eggs with avocado and salad or salmon.

Dinner: Trout or white fish fillets can be used in the recipe. 1/2 cup of cooked rice per person is recommended.

Evening prep: Prepare the ribs and set aside to marinate for Saturday.

Sunday

Breakfast



Cinnamon and raisin pancakes

Lunch



Egg, asparagus & green bean salad

Dinner



Roast chicken with pumpkin + salad

Snacks (optional): 1 pear or mixed berries, coconut water.

Dinner: This can be lunch if you're doing Sunday roast lunch.

Breakfast: Feel free to do a breakfast fry-up if you prefer something savoury, or use my banana pancakes recipe instead of the 'hot cross bun' inspired ones.

AIP: Try chia porridge with coconut milk, cinnamon, nutmeg, honey, pears, raisins and coconut flakes; or create a similar yoghurt bowl or smoothie.

Tuesday

Breakfast



Yoghurt with berries or fruit and nuts

Lunch



Leftover stir-fry & turmeric rice

Dinner



Thai roasted chicken drumsticks + veggies

Snack: 2 halves of marinated artichoke hearts with 2 slices of ham.

Breakfast: Use dairy-free yoghurt or milk, if sensitive to regular dairy. You can try goat's milk or sheep's milk yoghurt this week. Try different nuts and seeds, such as pecans and macadamias, and varied fruit. Serving size is around 1/2 cup yoghurt, 1 cup fruit, 1/3 cup nuts/seeds.

Evening prep: Pre-chop the breakfast salad and cook the egg.

Thursday

Breakfast



Yoghurt with berries or fruit and nuts

Lunch



Leftover Bolognese with greens

Dinner



Lamb souvlaki + Greek salad

Snacks (optional): 1 x green apple, 2-3 slices of aged Cheddar or Parmesan/Pecorino cheese, if tolerated (or 1 tablespoon of nut butter instead of cheese).

Breakfast: See Tuesday notes.

Dinner: Greek salad can be served with or without the cheese. Beef can be used instead of lamb. AIP, omit peppers and tomatoes and replace with radish and fennel.

Saturday

Breakfast



Sweet potato rosti with asparagus and fried egg

Lunch



Lunch out – salad with seafood or fish

Dinner



Dry spice rubbed pork ribs and coleslaw + dessert

Snacks (optional): 1 green apple + 2-3 slices of aged Cheddar or Parmesan, or 1 tablespoon of nut butter.

Dessert: Strawberries with chocolate cream. Feel free to move this dessert to Sunday instead. Alternatively, good quality dark chocolate and a few strawberries are also a great choice.

Dinner: See the recipe for modifications and variations.

Your notes:

WEEK 7 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. You should already have some of the pantry items.

FRESH PRODUCE

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

- ☐ 9 lemons + 4 limes
- ☐ 1 orange
- ☐ 2-3 avocados
- ☐ 2 punnets of strawberries*
- ☐ 1 punnet other berries or fruit of choice for yoghurt
- ☐ 1 fresh mango (or frozen)
- ☐ 1/2 pineapple
- ☐ 1 bunch of leafy greens of choice
- ☐ 4 medium tomatoes
- ☐ 2 long cucumbers
- ☐ 6 cups baby spinach leaves
- ☐ 2-3 heads of gem lettuce or 1 head of cos lettuce
- ☐ 200 g / 7 oz white button mushrooms
- ☐ 200 g / 7 oz Swiss brown/Chestnut mushrooms
- ☐ 6 large carrots
- ☐ 2-3 celery sticks
- ☐ 200 g / 7 oz green string beans
- ☐ 4 bunches asparagus* (or more green beans)
- ☐ 3 large red/yellow peppers
- ☐ 4 zucchinis
- ☐ 2 heads of broccoli
- ☐ 1/2 head red or white cabbage
- ☐ 500-600 g / 1.2 lb butternut pumpkin
- ☐ 1 large sweet potato
- ☐ 1 large white potato or parsnip
- ☐ 2 heads of garlic cloves
- ☐ 3 long red chillies
- ☐ 6" root of fresh ginger
- ☐ 3 large brown onions
- ☐ 3 red onions
- ☐ bunch of parsley
- ☐ bunch of mint (optional)
- ☐ 3-4 pears (optional for snacking)
- ☐ 2 kiwifruits (optional for snacking)
- ☐ 4 green apples (optional for snacking)

PROTEIN/COLD PRODUCE

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

- ☐ 18 eggs
- ☐ 30 g / 2 tbsp butter or ghee (optional)
- ☐ 200-250 g / 1 cup double cream (or coconut cream)
- ☐ 600 g / 1.2 lb grass fed beef mince
- ☐ 8-10 chicken drumsticks, skin on
- ☐ 500 g / 1 lb raw, peeled prawns
- ☐ 600g / 2-3 cups plain, full fat yoghurt
- ☐ 200 g / 7 oz good quality ham
- ☐ 500 g / 1.1 lb diced lamb leg
- ☐ 1/2 cup crumbled goat's feta or regular feta
- ☐ 800 g / 1.7 lb whole salmon or trout fillet or 4 individual fillets*
- ☐ 1 kg / 2.2 lb spare pork ribs (one full rack)*
- ☐ 1.5kg whole free-range chicken*
- ☐ 100 g / 3-4 oz good sliced ham (extra for snacks)
- ☐ 2 small tins of tuna or salmon (optional for snacks)
- ☐ 100 g / 3-4 oz aged Cheddar or Parmesan cheese (optional for snacks)

PANTRY

- ☐ 1 1/2 cups white rice
- ☐ 1/2 cup dried shiitake mushrooms (about 8-10 mushrooms)
- ☐ 1/2 cup dried porcini mushrooms (7-8 dried slices)
- ☐ 1/2 cup sun-dried tomatoes
- ☐ 1/2 cup black or green olives
- ☐ 500 ml / 2 cups beef or chicken stock
- ☐ 350 g / 1 1/2 cups diced tomatoes
- ☐ 1/2 cup walnuts + 1 cup mixed nuts
- ☐ 1/4 cup almond meal + 1/4 cup coconut flour
- ☐ 1 tablespoon raw cocoa/cacao powder, if none left
- ☐ 1/4 cup raisins or sultanas
- ☐ 1 x 500 ml bottle of beer
- ☐ 10 marinated artichoke hearts (optional for snacks)
- ☐ 500 ml / 2 cups coconut water (optional for snacks)
- ☐ Extra mixed nuts and seeds (optional for snacks)

Check that you haven't run out of:

Olive oil, coconut oil, maple syrup, honey, tahini, mayonnaise, tomato paste, tamari, arrowroot flour, fish sauce, sesame oil.

Spices: cinnamon powder, turmeric, cumin powder, coriander seed powder, paprika, smoked paprika, chilli flakes, sea salt, black pepper, bay leaf, garlic powder, allspice.

Hearty Mushroom Stew



> **Mushrooms:** You can use a combination of fresh mushrooms available to you - the more, the merrier! Dried shiitake and porcini mushrooms add fantastic wild mushroom, forest flavour but are not essential if you can't find any. They are great to have in the pantry and are worth spending a little extra on.

> **Dairy:** We are using a little butter and some high-fat double cream. You can easily make this soup with ghee or olive oil instead of butter, or the cream can be omitted altogether. Coconut cream or plain yoghurt can also be used. If you use double cream, pay attention to how you feel after the meal.

> **AIP:** Omit the tomato paste, swap white potato with parsnip or sweet potato, and use the suggested non-dairy alternatives.



Prep time
15 mins



Cook time
25 mins



Makes
4

Ingredients

- ½ cup dried shiitake mushrooms (about 8-10 mushrooms)
- ½ cup dried porcini mushrooms
- 1 cup boiling water

For the soup

- 1 teaspoon of butter or coconut oil (olive oil can also be used)
- ½ large brown onion, finely diced
- 1 large carrot, diced into small cubes
- 1 celery stick diced into small cubes
- 1 medium white potato or 1 parsnip, diced into small cubes
- 2 cups beef or chicken stock (veg can also be used)
- 1 tablespoon tomato paste
- 1 tablespoon tamari or coconut aminos

For the mushrooms

- 1 teaspoon butter or coconut oil
- ½ large brown onion, finely diced
- 200 g / 7 oz white button mushrooms, sliced
- 200 g / 7 oz Swiss brown or Chestnut button mushrooms, sliced
- 1 tablespoon olive oil
- ½ teaspoon salt
- 3 cloves garlic, finely diced
- Generous pinch black pepper
- Juice of ½ lemon (zest it first and set aside)

To finish off

- 1 teaspoon arrowroot
- ¼ cup double cream (or coconut cream)
- Zest of ½ lemon
- 2-3 tablespoons chopped parsley
- Salt to taste

Place the dried mushrooms in a jar or a bowl and add the boiling water. Submerge the mushrooms and let them soak for about 10-15 minutes, until rehydrated. Reserve the soaking liquid.

Make the soup part. In a large saucepan, heat the butter over medium heat and add the onions, carrots, celery and potato. Sprinkle with a little salt and stir through for 3-4 minutes, until softened and lightly browned. Add 2 cups of stock, the reserved liquid from rehydrated mushrooms and another third cup of water. Bring to boil and then turn down to simmer and cover with a lid. Cook for about 5 minutes.

Cook the mushrooms. In parallel, heat another teaspoon of butter or oil in a frying pan. Add the onion and sauté for a couple of minutes. Then add the chopped mushrooms

and stir through over medium-high heat. Chop the rehydrated mushrooms and add to the pan together with a tablespoon or so of olive oil, garlic, salt, pepper and lemon juice. Cook for about 5 minutes, stirring frequently, until soft and fragrant, and slightly browned.

Add the pre-cooked mushrooms to the soup. Add the tomato paste and tamari sauce and bring the heat back to high. Once at boiling, turn the heat down to medium, cover with a lid and cook everything together for 10 minutes.

After 10 minutes, turn the heat off. Sprinkle the arrowroot over the stew and stir through. Then, stir in the cream. Taste for salt and add a little more if needed. Finally, stir in the lemon zest and fresh parsley.



Simple Bolognese Sauce



Prep time
15 mins



Cook time
40 mins



Serves
4

> **Nightshades** Omit paprika and use some cumin for extra flavor. 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 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

- 1 tablespoon coconut oil
- 1 large brown onion, finely diced
- 1 medium carrot, diced into small cubes
- 1 celery stick, diced into small cubes
- 600 g / 1.2 lbs grass fed beef mince
- 3 large cloves garlic, finely diced
- 1 teaspoon paprika powder
- 1 ½ leveled teaspoons of salt
- ½ teaspoon black pepper or chilli
- 2 bay leaves
- ½ tablespoon fish sauce (optional)
- 1 ½ cups tinned diced tomatoes (about 350 grams)
- 1 cup water

Heat coconut oil in a large heavy pot over medium-high heat. Add the onion, 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.

Prawn & Vegetable Stir-Fry With Turmeric Rice



> This recipe makes enough for dinner and lunch so make sure to pack some stir-fry and rice away for lunch before devouring the whole lot.

> **AIP:** Omit the red peppers and chilli, add carrots instead.

> **Prawns:** You can use defrosted frozen prawns in this recipe, or even stir in some pre-cooked prawns right at the end. If using chicken, pre-cook the diced meat for 4-5 minutes over high heat.



Prep time
15 mins



Wait
15 mins



Serves
4

Ingredients

For the rice

- 2/3 cup rice (makes about 2 and a bit cups of cooked rice)
- 1 teaspoon turmeric powder
- 1 teaspoon salt
- For the stir-fry
- Dollop of coconut oil
- 500 g / 1 lb raw, peeled prawns (about 8 per person)
- Pinch of salt and white pepper
- 1 tablespoon coconut oil
- 1 red onion, halved and sliced (brown onion ok)
- 1 tablespoon finely diced fresh ginger (thumb size knob)
- 1 long red chilli, finely diced (seeds out)

- 1 head of broccoli, cut into smaller florets
- 1 large red pepper, quartered and sliced thinly
- 3 cloves garlic, finely diced
- 1 large green zucchini/courgette
- 1/3 cup water
- 2 tablespoons fish sauce
- 3 tablespoons tamari sauce (or coconut aminos)
- 1 teaspoon honey
- 1 teaspoon sesame oil
- Juice of ½ lime
- 1 tablespoon sesame seeds, for garnish (optional)

Prepare the rice. Cook rice as per instructions but add the turmeric and salt to the cooking water. Set aside once cooked.

Make the stir-fry. Melt a dollop of coconut oil in a large deep frying pan or a wok over high heat. Add the prawns and season with a little salt and white pepper. Cook for about 2 minutes, stirring a few times, until almost cooked through. Remove to bowl.

Add more coconut oil to the pan. Add the onion, ginger and chilli and stir through for 30 seconds. Then add the broccoli and red

peppers and stir through. Cook for a minute, stirring a couple of times, then add the garlic and zucchini. Add the water and keep stirring for another minute or so, until some of that water has evaporated. Keep the heat on high the whole time.

Combine the fish sauce, tamari, honey, lime juice and sesame oil in a bowl and pour over the stir-fry. Add back the prawns. Cook and stir together for a minute. Sprinkle with sesame seeds at the end if you wish.

Rainbow Egg Chop Salad



Prep time
10 mins



Cook time
10 mins



Serves
2

Ingredients

- 4 eggs
- 1 tablespoon olive oil
- 8 asparagus spears, cut into quarters
- 1 medium carrot, diced
- Pinch of salt and garlic powder or dried herbs
- 1 cup diced red peppers
- 1 cup diced cucumber
- 2/3 avocado
- Juice of ¼ lemon
- 2 tablespoons of olive oil
- Salt and pepper
- 2 tablespoons mayonnaise

Prep the eggs. Add the eggs to a pot of boiling water and cook for 8 minutes, then rinse under cold water. Once cool, simply store in the fridge until needed. Peel and dice when adding to the salad.

Prep the asparagus and carrots. While the eggs are cooking, heat the olive oil in a skillet over medium-high heat. Add the asparagus and carrots, sprinkle with a little salt and garlic powder or mixed dried herbs of choice, and cook for 2-3 minutes, stirring frequently.

> **Prep:** This is a versatile salad and a great way to eat eggs in the morning. You can chop up whatever vegetables you have in the fridge so they are ready to go. If you're preparing some ingredients on the weekend, you might like to pre-grill a bunch of asparagus or carrots to store in a container to use up when you need. As we will have this salad twice during this week, you might choose to hard-boil enough eggs so all you have to do is peel and chop them up.

> **AIP:** Serve with salmon, tuna, sardines or sausage instead of egg.

> **Other serving suggestions:** You can add some crispy bacon or smoked salmon the salad. Grilled eggplant, artichokes, or pumpkin are also great and tasty additions.

Once again, either store in a container or add to the salad right away.

Add the peppers, avocado and cucumber to a bowl and drizzle with lemon juice, olive oil and season with salt and pepper. Divide between bowls, add the eggs, asparagus and carrots and a dollop of mayonnaise on each.

Thai Roasted Chicken Drumsticks



- > **Chicken:** You can use any part of the chicken for this recipe: thighs, chicken wings, diced breast and so on. Turkey legs can also be used. You can pan-fry chicken thighs or breast instead of baking them.
- > **Marinating time:** Ideally, you would want to marinate these for at least 12-24 hours before roasting. If that is not possible, give them at least half an hour to soak in the flavours.
- > **Make ahead:** This is a great recipe to make a larger batch of marinated drumsticks to store in the freezer.



Prep time
15 mins



Cook time
30 mins



Serves
4

Ingredients

- 8-10 chicken drumsticks
- A dollop of coconut oil for cooking

For the marinade

- 1 tablespoon grated fresh ginger
- 3 cloves garlic, grated
- Zest of 1 lime
- Juice of 1 lime
- ½ teaspoon chilli or ½ red chilli finely diced

- 1 teaspoon turmeric powder
- 2 tablespoons fish sauce
- 1 tablespoon tamari
- 1 tablespoon honey
- 2 tablespoons olive oil
- 1 teaspoon sesame oil
- ½ teaspoon salt

Combine the marinade ingredients in a large bowl. Add the drumsticks and coat well using your hands. Transfer the chicken and the marinade to a ziplock bag or a container and store overnight in the fridge. Give them a shake once or twice to spread the marinade around.

Take out of the fridge 10-15 minutes before cooking. Preheat the oven to 190 C/ 375 F. Grease an oven tray with a little coconut oil

Place the drumsticks evenly on a tray and pop in the oven, middle shelf, for 25-30 minutes. Reserve the marinade, and half way through cooking, brush some over the drumsticks.

In the meantime, prepare the veggies or a salad of choice.



Lamb Souvlaki with Greek Salad



Prep time
20 mins



Cook time
10 mins



Serves
4

> **Greek salad:** Cheese is completely optional, although it is more authentic. You can use goat's cheese, Greek or Danish feta, or even some grilled halloumi cheese. If in season, pomegranate seeds make a great addition. Green onions can be used for those with FODMAPs intolerance. For AIP, omit the tomatoes and red peppers and add radish, zucchini or fennel instead. Watermelon and mint are also great additions in summer. Dress the salad just before serving, especially if storing some for lunch the next day.

> **Lamb:** Diced lamb leg or shoulder are great for this recipe but lamb fillet can also be used. Instead of making the skewers, you can simply marinate strips of meat and pan-fry them in the pan or grill on a barbecue. Lamb cutlets or lamb chops can also be used. Beef or chicken will also work well. Ideally, you should marinate the meat overnight or at least for 15-20 minutes before grilling.

Ingredients

- 500 g / 1.1 lb diced lamb leg

For the marinade

- Zest of ½ lemon
- Juice of 1 lemon
- ½ small brown onion, finely grated (we're after the juice mainly)
- 2 cloves garlic, finely grated
- Handful of parsley leaves, finely chopped
- A few fresh mint leaves, finely chopped (dried oregano can also be used)
- 1 teaspoon salt
- Generous pinch of pepper
- 2 tablespoons olive oil
- 8-10 short bamboo sticks, soaked in water for 5-10 minutes or metal skewers

Marinate the lamb: Combine the marinade ingredients in a bowl. Add the lamb and mix through until all pieces are evenly coated. Wrap with cling wrap or transfer to a container to store overnight or for a couple of hours.

Cook the lamb: Lift the chunks of lamb out of the marinade and thread onto metal skewers, or wooden ones that have been soaked. Heat a grill, barbecue or pan and add a dollop of coconut oil. Cook the skewers for 2 minutes on each side, turning over 4 times (up,

For the salad

- 1 large cucumber, halved and sliced
- 3 medium tomatoes, cut into small wedges
- 1 large red or yellow pepper, quartered and sliced
- 1 Spanish/red onion, halved and thinly sliced
- ½ cup marinated black or green olives
- ½ cup crumbled goat's feta (optional)
- 1-2 cups chopped lettuce (optional)
- Chopped fresh parsley for garnish (optional)

For the dressing

- 1 tablespoon dried oregano
- Juice of 1/2 lemon
- 1/4 cup olive oil
- Generous pinch of salt and pepper

down, and two sides), so a total of about 10-12 minutes. Rest for a minute before serving.

Prepare the salad: Combine all ingredients but the cheese in a salad bowl. Whisk together the dressing. Serve a portion of salad on a plate with the skewers, drizzle with the dressing and crumble some feta cheese over the top. Sprinkle with a little fresh parsley if you like. More pics on next page.



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 ziploc back in the freezer.
- > Other fruit you can use includes 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)
- 2/3 -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.

Baked Salmon Tarator Style



Prep time
10 mins



Cook time
15 mins



Serves
2

> This is a fantastic Middle Eastern-inspired, party fish dish that can be done with a whole fish fillet or smaller individual pieces. Traditionally, the salmon or trout is served at room temperature, so you can pre-bake it ahead of time and simply spread the walnut and onion salsa over the top just before serving.

> **AIP:** Omit the chilli from the salsa.

> **FODMAPs:** Use chopped green onions instead of walnuts or make a version with walnuts, finely diced tomatoes, garlic oil and fresh herbs instead.

> **Serve with:** You can serve this salmon with a side of greens such as green beans or broccoli or a large salad. You can add a little cooked rice if you like, about ½ cup per person. Cooked rice can be tossed through with some chopped herbs and garlic powder and a little olive oil.

Ingredients

- 800 g / 1.7 lb whole salmon or trout fillet or 4 individual fillets (I used 2 large fillets closer to the tail, which is a little cheaper)

- Salt and pepper

For the tahini spread

- 1 teaspoon tahini
- 1 teaspoon honey
- 4 tablespoons plain yoghurt
- Pinch of salt and pepper
- ½ teaspoon cumin powder

For the salsa

- 2/3 cup walnuts
- 1 medium Spanish/red onion, roughly diced
- 1 long red chilli, seeds out and roughly diced
- 2 cloves garlic
- Zest of 1 small lemon
- Juice of ½ small lemon
- ½ cup parsley leaves
- ½ teaspoon salt
- 3 tablespoons olive oil

Bake the fish. Preheat the oven to 200 C / 400 F. Place the fish fillet, skin side down, on a piece of parchment paper on an oven tray. Season with a little salt and pepper. Bake for 15 minutes. Remove and set aside to cool slightly.

Make the tahini spread. Whisk together the tahini, yoghurt, honey, salt, pepper, and cumin.

Prepare the salsa. Place the walnuts in a food processor and blitz a few times, until ground up into small crumbs. This can also be done by knife or you can place them in a plastic bag, put on a chopping board, cover with a tea towel and bang a few times with a rolling pin. Transfer to a mixing bowl. Add the rest of the ingredients to the food processor and blitz for 20-30 seconds, scraping the sides a couple of times, until ground up finely. Transfer to the bowl with the walnuts and mix well together.

Serve the fish. Spread some tahini mix over each fillet. Then top with the salsa. Spread the salsa into a thin layer and gently press down with your fingers. Serve with some fresh parsley over the top.

Prepare the sides. While the fish is cooking, make the rice and vegetables or a salad.



Sweet Potato Rosti, Asparagus and Fried Egg



- > **Rosti:** Feel free to use any other root vegetable to make the rosti with – parsnips, celeriac, and pumpkin will all work well. Alternatively, simply roast or pan-fry the sliced sweet potato instead of grating it.
- > **Asparagus:** If not in season, serve with wilted spinach or chard or a side of rocket/arugula.
- > **AIP:** Omit the egg and serve with a few slices of smoked salmon, ham or roast turkey, or a sausage.
- > **Serving size:** The recipe below is for one person so simply multiply the ingredients to make extra.



Prep time
5 mins



Cook time
10 mins



Serves
1

Ingredients

- 1 teaspoon coconut oil
- ½ medium sweet potato, peeled and grated
- Pinch of garlic powder
- 5-6 asparagus spears, tough ends trimmed
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1-2 eggs (depending on hunger/activities that day)
- Sea salt and pepper

Heat coconut oil in a large skillet over medium-high heat (non-stick ideally). Once hot, scatter the grated sweet potato evenly in a thin layer. Season with salt and pepper, and a little garlic powder. Cook for 3-4 minutes over medium heat, then slide the spatula over and turn over in batches. Cook for a further 3-4 minutes on the other side, add a little more coconut oil if the pan gets dry or sticky.

In the meantime, bring a pot of water to boil and cook the asparagus spears for about a minute, until just slightly tender. Drain, then return to the pot and drizzle with olive oil and

lemon juice, feel free to sprinkle with a little salt as well.

Finally, transfer the rosti to a plate and add a little extra oil to the pan if needed. Add the eggs, season the yolks with a little salt and pepper and cover with a lid. Cook over medium heat for a couple of minutes until the whites are firm or as you like. Serve the asparagus and egg over the rosti.

Dry Spice Rubbed Pork Ribs and Coleslaw



> Coconut sugar can be replaced with a tablespoon of maple syrup or honey. In this case, mix together the liquid sweetener with a little water and brush all over the ribs before sprinkling the spice rub.

> **No ribs?** You can roast a fillet or loin of pork with the spice rub or marinate the pork cutlets, which you can grill.

> **Coleslaw** can be made with white or red cabbage, carrots, fennel, celeriac, peppers, kohlrabi or radish – basically any crunchy vegetables that won't get soggy overnight. You can dress it with mayo and yoghurt or a simple lemon and olive oil vinaigrette.

 Prep time **15 mins**  Cook time **1 h 40 mins**  Serves **2**

Ingredients

- 1 kg / 2.2 lb spare pork ribs (one full rack)
- 1 lime, quartered to serve with

Spice rub

- 2 teaspoons garlic powder
- 1 teaspoon dried oregano
- ½ teaspoon chilli powder or flakes
- ½ teaspoons black pepper
- 1 ½ teaspoons salt
- 1 teaspoon smoked paprika
- 1 teaspoon regular paprika
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- 1 teaspoon allspice (optional, five spice powder could also be used)
- 1 tablespoon coconut sugar

Coleslaw

- 1/3 medium head of white or red cabbage, thinly shredded
- 1 medium carrot, grated
- ½ medium red pepper thinly sliced
- ½ red onion, thinly sliced (optional)
- 2 tablespoons mayonnaise
- 1 tablespoon yoghurt
- ½ tablespoon red wine vinegar or apple cider vinegar
- Generous pinch salt
- ½ teaspoon Dijon mustard
- Some black pepper
- Chopped dill or parsley, optional

Combine the spice rub ingredients in a bowl. Sprinkle and rub into the ribs on both sides. Wrap in foil or place in a bag to infuse overnight in the fridge. Remove and bring to room temperature for 10 minutes before cooking.

Preheat the oven to 150 C/ 300 F. Grease a large oven tray with a little coconut oil and place the rack of ribs inside. Cut the rack in half if it doesn't fit. Place in the oven for 30 minutes, then remove and cover the tray

with foil. Cook for a further 1 hour and 10 minutes, middle shelf. Remove the tray and rest the ribs for a few minutes before serving. Drizzle with lime juice if you like.

To prepare the coleslaw, simply combine all ingredients in a bowl and serve as a side dish.

Chocolate Cream & Strawberries



> This is a great healthy treat that could be made for a small dinner table or for a crowd. The recipe is for 2-3 people but you can increase the amounts for a larger platter.

> **Cream:** Double cream is used in this recipe but you can easily whip the thickened part of coconut milk instead.



Prep time
10 mins



Cook time
NA



Serves
2

Ingredients

For the cream

- ½ cup double cream
- 1 tablespoon raw cocoa powder (unsweetened cacao powder)
- 1 teaspoon vanilla extract/essence
- 1 tablespoon honey or rice malt syrup
- 1 punnet of strawberries, halved or quartered depending on size

Using an electric whisk or a small blender, whip the cream ingredients together into soft peaks. It should be thickened but not too stiff. This can be done ahead of time and you can store the cream in the refrigerator until serving time. Serve in a ramekin with strawberries on the side.



Cinnamon, Ginger & Raisin Pancakes



- > These pancakes are from the Eat Drink Paleo blog, but I wanted to share them here because they are a great weekend treat alternative to hot cross buns. In fact, they were inspired by them.
- > For a nut-free version, you can experiment with using a mix of flaxseed meal and tapioca flour instead of almond meal. If cooking for a crowd, simply double or triple the ingredients.



Prep time
10 mins



Cook time
15 mins



Serves
2-3

Ingredients

- 4 eggs
- 2 medium ripe bananas, broken into pieces
- ½ teaspoon grated fresh ginger (or 1 teaspoon ground ginger powder)
- 1 teaspoon cinnamon powder
- ¼ teaspoon ground nutmeg powder
- Zest of 1 medium orange
- 1 teaspoon coconut oil
- 1 teaspoon vanilla essence (optional)
- 3 tablespoons coconut flour
- ¼ heaped cup of almond meal
- ¼ teaspoon gluten-free baking powder
- ¼ cup raisins
- Coconut oil for cooking
- Maple syrup to serve (1 tablespoon per person)

Add the eggs, banana, ginger, cinnamon, nutmeg, orange zest, coconut oil and vanilla to a blender or a food processor. Blitz for 15-20 seconds, until smooth and fluffy. You could use an electric whisk (if using the whisk, you might need to mash the banana with a fork first).

Then add the coconut flour, almond meal and sift through the baking powder. Whiz up a few times until well-incorporated and smooth.

Heat a large frying pan over medium-high heat. Melt about ½ teaspoon of coconut oil, then bring the heat to medium.

For each pancake, use ¼ cup of the mixture. Pour the mixture gently into the frying pan, I managed to fit 3-4 pancakes at a time but you might do smaller or larger batches depending on the size of your pan and pancakes; you can always make them into pikelets. Place about 4 raisins on top of each pancake, pressing down slightly to let them sink into the batter. I first added 5-6 raisins I think it should be less.

Cook for 2 minutes on the first side, then flip over and cook for a further 1-1½ minutes on the other

side. As these pancakes are a little more fragile than your regular ones, gently slide the spatula under the pancake, as far in as possible, and then quickly flip over on the other side. The quicker you flip, the less damage you will do to the pancake. Add a ¼ teaspoon of coconut oil to the pan in between batches.

Set aside cooked pancakes while you continue with the rest of the mixture. I like to heat the oven to warm and keep the cooked pancakes in an oven-proof dish so they don't get cold. Serve with maple syrup and some extra butter or coconut yoghurt on the side. I also like a few orange slices on the side.



Egg, Asparagus & Green Bean Salad Plate



> This is a great salad to serve for brunch or lunch on the weekend. Even on those days when the evenings are hot or you can't be bothered to cook, this is a quick and tasty dish to put together. The picture shows a smaller portion, but the recipe is for 4 people.

> **Make ahead:** You can prepare most of the ingredients ahead of time – boil the eggs, pre-cook the beans and asparagus, mix the dressing – and then assemble everything when you need it.

> **AIP:** Serve with extra ham and greens instead of eggs and make a dressing with basil pesto or ground-up marinated olives or artichokes instead of sun-dried tomatoes.



Prep time
15 mins



Cook time
10 mins



Serves
4

Ingredients

- 4-6 eggs
- 200 g / 7 oz green string beans, tails trimmed
- 2 bunches of asparagus, ends trimmed
- 1 tablespoon olive oil
- Salt and pepper
- 200 g / 7 oz. good quality ham

For the dressing

- 1/3 cup sun-dried tomatoes
- ¼ cup olive oil
- 1 tablespoon red wine vinegar or apple cider vinegar
- ¼ teaspoon salt and pepper
- ½ teaspoon pinch of garlic powder

Bring a large saucepan of water to boil and add the eggs. Cook for 8-10 minutes. At the 5-minute mark, add the green beans and cook for 2-3 minutes. Strain both in a sieve and rinse under cold water. Once the eggs have cooled down, peel and slice.

Pan-fry the asparagus in a little oil, sprinkled with salt and pepper, for about 2 minutes, until softened slightly.

To make the dressing, place all ingredients in a small blender or a food processor and blitz until smooth. Alternatively, dice the sun-dried tomatoes very finely and whisk together with the other ingredients.

Layer the asparagus and beans on the bottom of the platter and drizzle with some of the dressing. Scatter the egg slices and ham on the side. Serve with the remaining dressing.

Roast Chicken on the Bottle with Pumpkin



> Roasting the chicken on a bottle is something I learnt from my mom. It creates a mini French rotisserie in your own oven, whereby having the chicken standing up allows for more even cooking on all sides. The fat drips into the tray below, in which you can roast any veg you like. The liquid in the bottle evaporates and keeps the air in the oven nice and moist, which helps to keep the meat nice and juicy. You can easily do this without a bottle and simply lay the chicken down as usual. Alternatively, you can marinate separated chicken legs, drumsticks and wings and roast them in large tray.



Prep time
15 mins



Cook time
1 hour



Serves
4

> **AIP:** Omit the paprika.

> Serve with a large salad or extra greens on

Ingredients

For the chicken marinade

- 1 large clove garlic, finely grated
- 2 teaspoons Dijon mustard
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1/3 teaspoon pepper
- 2 tablespoons lemon juice

Chicken

- 1.5kg whole free-range chicken
- 500ml beer bottle, emptied
- Peel of 1 lemon
- 2 cloves garlic

- Water and a little wine (optional)

Pumpkin

- 1 medium pumpkin, peeled and sliced
- 2 tablespoons olive oil
- 1 tablespoon mixed herbs
- ½ teaspoon salt

Gravy (optional)

- Reserved chicken cooking juices
- ¼ cup white wine
- 1/3 cup chicken stock
- 1 teaspoon arrowroot powder

Preheat the oven to 200 C / 400 C. Remove all oven racks except for the bottom one.

Mix together the chicken marinade and rub it all over the chicken, making sure you get behind the wings. Set aside for 15-20 minutes, while the bird comes to room temperature.

Fill the empty glass bottle 2/3 way up with water and a good splash of white wine if available. Slide the chicken on the bottle, with the neck just sticking out through the top of the chicken. Place the bottle with the chicken in the middle of a large, deep oven tray and place on the bottom rack of the oven. Roast for 25 minutes.

Mix the pumpkin with olive oil, herbs and salt and set aside.

After 25 minutes, carefully remove the tray and cover the top half of the chicken with some foil to prevent it from burning. Turn the bottle around. Scatter the pumpkin on the bottom of the tray. Pop everything back in the oven, reduce the temperature to 170 C / 350 F, and cook for a further 30-35 minutes.

Remove the tray from the oven. Transfer the pumpkin to a platter and rest the chicken for 10 minutes before removing from the bottle onto a cutting board. Reserve the juices in the tray to make a gravy if you like; add the juices from the chicken when you carve it as well. Continued on next page...

To make the gravy, place the oven tray with the remaining chicken juices on the stove over medium heat. Add the wine and chicken stock. Stir through and use a spatula to scrape off any remaining chicken juices from the tray. Cook for about 2 minutes, allowing it to bubble away slightly, and keep stirring. Reduce the heat to low and add the arrowroot powder dissolved in 2 tablespoons of water. Whisk together for 10 seconds and take off the heat. Pour into a bowl to serve with the chicken.

