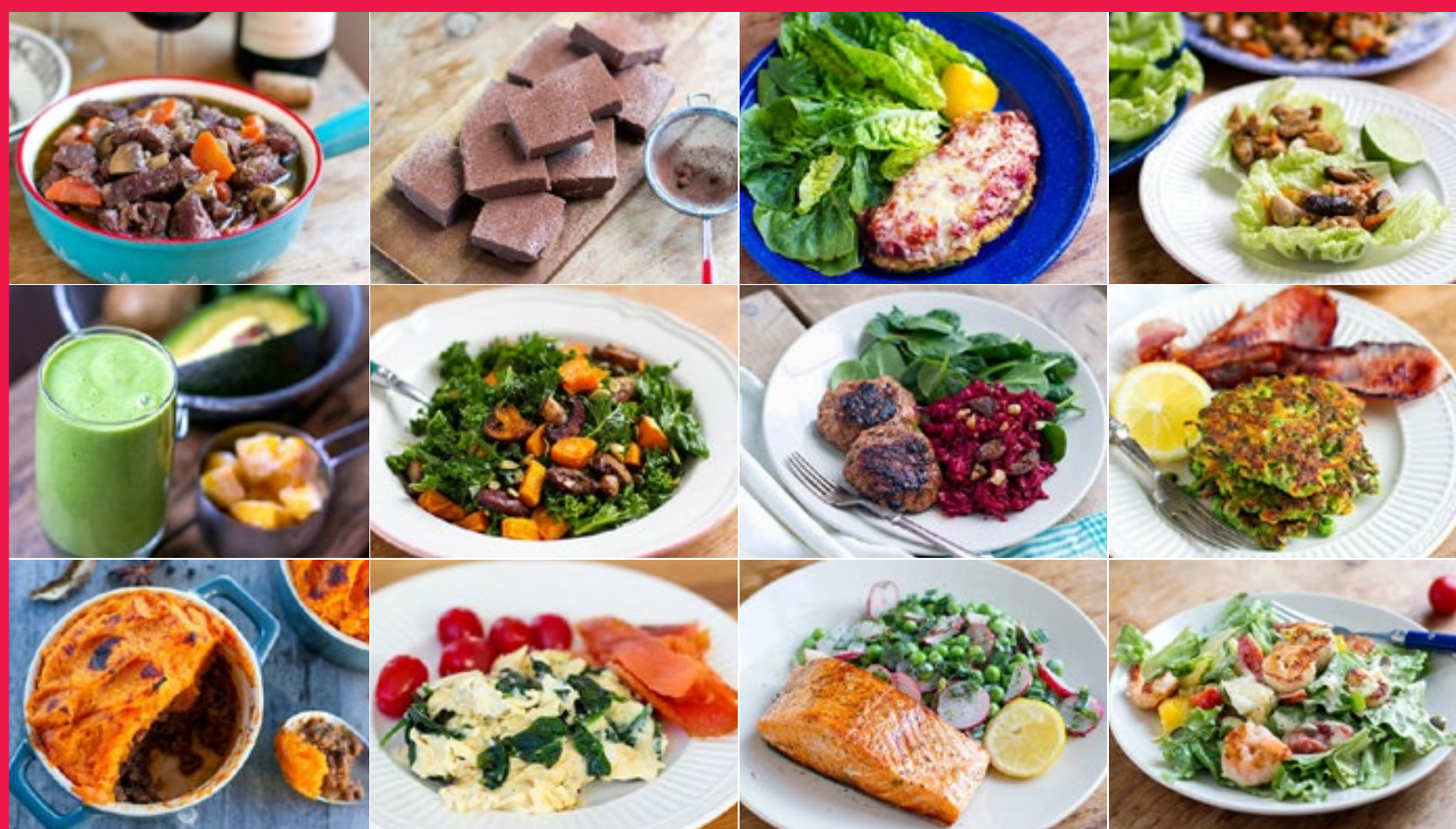


REINTRODUCTIONS

WEEK 8 - MEAL PLAN



ALL RECIPES & SHOPPING LIST INCLUDED

BY IRENA MACRI

REINTRODUCTIONS - WEEK 8 MEAL PLAN

This week we are reintroducing **pseudograins** and **legumes**. We're only trying one kind of each, so you might have to experiment with other types on your own. If you don't experience reactions to these foods, they could be occasional additions to your future meal planning.

All meal plans have been reviewed by a contributing nutrition expert, Jad Patrick.

Remember: In Week 8 you can have a **daily cup of coffee** (or you can go without!), **two to three tablespoons of preferred natural sweetener** per week (e.g. honey, maple syrup, rice malt syrup), and **two servings of fruit per day** (e.g. 1 apple and 1 cup berries).



EXPERT TIP

Adding **legumes** and **pseudograins** is when some of the slower reactions might occur. Be aware of things like **joint aches and pains**, or an **increase in fatigue** and assess whether it may be a grain/legume issue. Soaking and preparing properly of course eliminates some of the potential inflammatory substances in these foods, but it's worth paying attention.

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.

Monday

Breakfast



Spinach eggs with salmon

Lunch



Chicken, artichoke & avocado salad

Dinner



Mexican chickpea salad with coriander dressing

Snacks (optional): Fruit of choice or a cup of soup.

Lunch: If no chicken left from Sunday, use tinned fish or sliced ham.

Dinner: If legumes are a definite no-no for you, replace the chickpeas with roasted sweet potato or pumpkin or grilled chicken. You can try using other types of beans instead of chickpeas.

AIP: Omit sun-dried tomatoes from lunch. Use roasted sweet potato instead of chickpeas and see more modifications in the dinner recipe.

Evening prep: You can pre-slice breakfast ingredients.

Wednesday

Breakfast



Yogurt with fruit and nuts

Lunch



Curry spiced salmon salad

Dinner



Pork cutlets with apples + broccoli

Snack (optional): Cup of soup, ham and artichokes or cucumber.

Breakfast: ½ cup yoghurt, 1 cup fruit, 1/3 cup nuts or seeds of choice, you may add some chia seeds or flaxseed meal for extra omega-3 fatty acids.

Lunch: Tuna or sardines can be used instead of salmon.

AIP: Use non-dairy yoghurt or milk with fruit and coconut flakes, or make a protein smoothie.

Friday

Breakfast



Yogurt with fruit and nuts

Lunch



Leftovers salad + soup

Dinner



Grilled chicken with roasted fennel & carrot salad

Snack: Small tin of salmon, tuna or sardines and veggies.

Breakfast: See Tuesday notes, include AIP.

Sunday

Breakfast



Savoury zucchini pancakes

Lunch



Crunchy salmon salad using leftovers

Dinner



Beef burgers with pineapple and bacon

Snack (optional): Green smoothie or kale chips.

Breakfast: Pancakes can be served with a side of crispy bacon (2 pieces per serving) or some smoked salmon.

Lunch: Similar salad to Wednesday, using up leftover vegetables.

Dinner: See recipe for modifications and options.

AIP: See recipes for modifications.

Tuesday

Breakfast



Quick chorizo omelette

Lunch



Soup + sliced turkey or ham

Dinner



Grilled fish with cele-riac fries & greens

Snacks (optional): Fruit or berries, few mixed nuts.

Breakfast: Sausage or salami or ham can be used instead of chorizo.

Lunch: 1-2 cups of soup + 3-4 slices of good quality turkey or ham.

Dinner: You can choose a piece of meat or poultry instead of fish for dinner. Grill 150-200 g fillet per serving.

AIP breaky : Sausage, sweet potato and avocado instead.

Evening prep: Pre-make the salad for lunch.

Thursday

Breakfast



Eggs & bacon + salad

Lunch



Leftovers + veggies

Dinner



Rainbow quinoa salad with chorizo

Morning prep: Soak the quinoa for evening meal.

Snack: Green apple with 2 slices of Parmesan or Pecorino cheese or 1 tablespoon of nut butter.

AIP: See dinner recipe for modifications. Swap eggs with sweet potato.

Saturday

Breakfast



Mushrooms, eggs and avocado

Lunch



Leftover or Lunch Out

Dinner



Fresh Vietnamese rice paper rolls

Snack (optional): Green apple with 2 slices of Parmesan or Pecorino cheese or 1 tablespoon of nut butter.

Breakfast: For 2 people, pan-fry 3 cups of sliced mushrooms in butter with diced chilli, garlic and spring onion. Season with salt and lemon juice. Serve with favourite eggs and avocado.

Dinner: These can be turned into a Vietnamese salad. See the recipe.

AIP: Mushrooms, spinach and bacon or a protein smoothie.

Your notes:

WEEK 8 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.**

- ☐ 5 limes + 7 lemons
- ☐ 1 punnet berries
- ☐ 1 mango
- ☐ 1/2 pineapple
- ☐ 2-3 extra servings of fruit (kiwifruit, papaya, pear)
- ☐ 3 medium apples (3-4 more if snacking)
- ☐ 3 avocados
- ☐ 4 heads baby gem lettuce or 1 large head cos lettuce
- ☐ 6-7 cups baby spinach
- ☐ 1 head of dark green salad leaves*
- ☐ 4 medium cucumbers
- ☐ 3 red or yellow peppers
- ☐ 1 bunch of radishes
- ☐ 3 medium tomatoes
- ☐ 4 celery sticks
- ☐ 1 kohlrabi (optional)
- ☐ 1 large fennel bulb
- ☐ 2 medium zucchinis*
- ☐ 10 medium carrots
- ☐ 1 large head broccoli
- ☐ 1 head of cauliflower
- ☐ 1 large celeriac (about 600-700 g / 1.5 lb bulb)
- ☐ 500 g / 1.1 lb green vegetables of choice (Brussels sprouts, green beans, collards)
- ☐ 250 g / 8 oz mushrooms (about 10-12 mushrooms)
- ☐ 1/2 Chinese/Napa cabbage
- ☐ 2 cups bean sprouts (optional)
- ☐ 4 brown onions
- ☐ 4 red onions
- ☐ 2 long red chillies
- ☐ 1 large head of garlic cloves
- ☐ 5" ginger root
- ☐ 3" turmeric root (powder also okay)
- ☐ 3 medium stalks of lemongrass
- ☐ 1 bunch of coriander/cilantro
- ☐ 1 bunch parsley
- ☐ 1/2 bunch spring onions
- ☐ 1 bunch mint (use leftover for tea)

PROTEIN/COLD PRODUCE

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

- ☐ 19 eggs
- ☐ 100-150 g / 5 oz smoked salmon
- ☐ 300 g / 10 oz cooked chicken meat, such as roast chicken
- ☐ 250 g / 8 oz sliced turkey or good quality ham
- ☐ 350 g / 10 oz chorizo sausages (about 3 medium)
- ☐ 2 x (150-200 g / 7 oz) fish fillets of choice
- ☐ 600 g / 2 1/2 cups yogurt, plain, full fat or coconut
- ☐ 350 g / 10 oz tinned salmon
- ☐ 4 x large pork cutlets (150-200 grams / 7 oz each)
- ☐ 400 g / 0.9 lb chicken breast meat or thighs
- ☐ 12 rashers of bacon
- ☐ 100 g / 3.5 oz Parmesan or Pecorino cheese
- ☐ 100 g aged / 3.5 oz Cheddar cheese
- ☐ 2 x (90 g / 3 oz) tins of salmon or sardines (for snacks)
- ☐ 500 g / 1.1 lb peeled prawns (raw or cooked, no tails)*
- ☐ 500 g / 1.1 lb grass-fed beef mince*

PANTRY

- ☐ 2 cups chicken or vegetable stock
- ☐ 2 x (400 g / 14 oz) cans coconut milk
- ☐ 2 cups marinated/cooked artichoke hearts (about 10)
- ☐ 1/2 cup sun-dried tomatoes (about 10)
- ☐ 1 jar of wholegrain mustard (Dijon is fine to use)
- ☐ 2/3 cup dried, organic chickpeas
- ☐ 1 cup uncooked quinoa (ideally fair trade, any colour)
- ☐ 1 packet larger rice paper rolls (16 sheets at least)
- ☐ 2 cups mixed nuts
- ☐ 1/2 cup pumpkin seeds
- ☐ 1/3 cup raw or roasted cashew nuts
- ☐ 2 tablespoons coconut flour
- ☐ 1/4 cup almond meal
- ☐ 1/4 cup tapioca flour or cassava flour
- ☐ 1/3 cup nut butter (if sensitive to cheese)

Check that you haven't run out of:

Olive oil, coconut oil, apple cider vinegar (lemon juice is fine), mayonnaise, honey, tahini, tamari, fish sauce. **And the following spices:** cinnamon, dried mixed herbs, dried oregano, garlic powder, cumin, coriander seed, paprika, smoked paprika (optional), chilli, pepper and salt.

WEEKEND MEAL PREP

- Make the Golden Milk cauliflower soup
- Soak and cook chickpeas for Monday salad
- Use up chicken carcass to make a broth
- Prepare salad for Monday lunch
- Marinate pork cutlets

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 - only if needed

'Golden Milk' Cauliflower Soup



> This soup is inspired by the soothing and immune-boosting turmeric drink called 'Golden Milk'. Turmeric is known for its potent anti-oxidant and anti-inflammatory properties, and in the 'tea' it is usually combined with coconut milk, warm spices and honey. This is a soup version.

> You can use grated turmeric root or turmeric powder in this recipe. Feel free to add sweet potato instead of carrot or some pumpkin to the mix.

> **Chicken stock.** If you made the roast chicken on the weekend, use the carcass to make some chicken broth and use it in this soup.



Prep time
15 mins



Cook time
30 mins



Serves
4-6

Ingredients

- 1 tablespoon coconut oil
- 1 brown onion, finely diced
- 1 large carrot, diced
- 1 head of cauliflower broken into florets
- 3 cloves garlic, finely diced
- 1 teaspoon grated ginger or 1 teaspoon ginger powder
- 1 $\frac{1}{2}$ tablespoons grated turmeric (1 $\frac{1}{2}$ tablespoons turmeric powder)
- $\frac{1}{2}$ teaspoon cinnamon powder or 1 stick
- 2 cups chicken or vegetable stock
- 1 cup water
- 1 teaspoon salt (less if you stock is salty)
- Generous pinch of black pepper
- About $\frac{2}{3}$ cup canned coconut milk (or $\frac{1}{2}$ cup thickened cream part)
- Juice of $\frac{1}{2}$ lime or lemon
- Fresh coriander/cilantro to garnish

Heat coconut oil over medium heat in a large saucepan. Add the onion and carrot and sauté for a couple of minutes, until light golden.

Add the rest of ingredients, except for coconut milk and citrus juice. Stir through and bring to boil, then cover with a lid and bring the heat down to gentle bubble/simmer. Cook for 25-30 minutes, until the vegetables are very tender and falling apart.

Then transfer the soup ingredients, in batches, to a food processor or a blender and puree until smooth. You might like to reserve a few cauliflower florets whole for presentation. Return the pureed soup to the saucepan and stir in the coconut milk/cream. Taste and add the lime or lemon juice if you like a little extra acidity, which I think adds a little freshness and zing. Season with more salt if needed. Serve with some coriander or other fresh herbs on top.

Mexican Chickpea Salad



Prep time
**15 mins +
soaking**



Cook time
2 hours



Serves
2

Ingredients

- 2/3 cup dried organic chickpeas
- 2 tablespoons apple cider vinegar or lemon juice, for soaking

For the spice mix

- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- ½ teaspoon smoked paprika (if available)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- ½ teaspoon chilli powder or flakes
- 1 teaspoon dried oregano
- ½ teaspoon salt

Soak and prepare the chickpeas according to instructions above. Do this ahead of time.

In a large bowl, combine the cooked chickpeas with the spices, salt and olive oil, until evenly coated. Heat a frying pan over medium-high heat and add the chickpeas. Pan-fry for about 2 minutes, stirring frequently, to allow the spices to release their aromas. Set aside to cool down slightly, you can spread them over a flat tray.

- > **Chickpeas.** Use organic, dried chickpeas rather than canned if you can.
- > **Soaking chickpeas.** Soak about 2/3 of a cup of dried chickpeas in 3 cups of hot water with about 2 tablespoons of apple cider vinegar or lemon juice for at least 12 hours. Rinse well and then add to a pot with double the water, bring to boil, and then simmer for at least 1 hour 15 minutes, if not a little longer. Strain and store in an air-tight container until use.
- > **Chickpea alternatives.** For AIP or those with gut issues, legumes might cause you some discomfort. If you know that this is the case, you can roast 2-3 cups of diced sweet potato mixed with some olive oil and recipe spices and use them to top the salad. Another option is to toss some diced chicken breast or prawns in spices and then grill in a pan to top the salad with.
- > **AIP.** As well as using our chickpea alternatives, you will need to omit paprika and chilli from this recipe.

For the salad

- 4-5 cups loosely packed spinach leaves (baby spinach or sliced English spinach)
- 1 medium cucumber, sliced
- 1 long red chilli, thinly sliced (seeds out)
- 1 small avocado, diced
- Handful of fresh coriander/cilantro leaves, torn

For the dressing

- 1 clove garlic, grated
- 1½ tablespoons mayonnaise
- 2 tablespoons olive oil
- Juice of ½ lime (more if you like)
- Generous pinch of salt and pepper
- 1 teaspoon honey or rice malt syrup

Prepare the rest of the salad ingredients and mix the dressing. I used a small blender to process the dressing ingredients but you can easily chop everything up and whisk it together.

Drizzle the dressing over the spinach, green onion and cucumber, then scatter the avocado, sliced chilli, and extra fresh coriander. Add the chickpeas over the top. Serve with extra dressing or extra lime on the top.



Chicken, Artichoke & Avocado Salad



> **Chicken.** You can use leftover roast chicken or sliced, pre-cooked chicken breast or thighs. Turkey can also be used.

> **Artichokes.** You can buy pre-cooked and/or marinated artichoke hearts from most delis or supermarkets. They can often be found in the same section as sun-dried tomatoes and pickles. They are a great source of prebiotics, beneficial fibre for your friendly gut bacteria.

> **AIP:** Omit the sun-dried tomatoes and add some olives or capers if you like.



Prep time
10 mins



Cook
NA



Serves
1

Ingredients

- 1 cup diced cooked chicken (such as roast chicken)
- 4 artichoke hearts, quartered
- 5-6 sun-dried or semi-dried tomatoes, sliced (can be fresh cherry tomatoes)
- ½ avocado, diced
- 2 cups loosely packed with shredded gem or cos lettuce or other leafy greens
- 1 ½ tablespoons lemon juice or apple cider vinegar
- 2 tablespoons olive oil
- 1 teaspoon dried mixed herbs
- Salt and pepper

Toss everything together and serve. Simple as that! You can make a larger batch of the salad and dress individual portions just before serving.

Quick Chorizo Omelette



> **Chorizo.** The Spanish paprika sausage can usually be found in the deli section of the supermarket and at your butcher. Regular GF beef or chicken sausage can be fried up and used in this recipe instead. Good quality salami is also great to use.

> **AIP:** Create a non-omelette fry-up with asparagus, mushrooms and sausage.

> **Serving size:** The recipe is for two people, but feel free to make a smaller omelette for one.



Prep time
10 mins



Cook time
10 mins



Serves
2

Ingredients

- 1 teaspoon coconut oil
- ½ brown onion, diced
- 120 – 150 g chorizo sausage, skin peeled off and sliced
- ½ medium red pepper, diced

- 1 medium tomato, diced
- 1 clove garlic, diced
- 4 eggs
- Fresh parsley or coriander/cilantro for garnish

Heat coconut oil in a large frying pan over medium-high heat and add the onion, chorizo and red peppers. Sauté for 2-3 minutes, until soften and slightly browned, stir a few times. Then add the chopped tomatoes and garlic and cook together, stirring a few times, for 2 more minutes. Transfer the mixture to a bowl.

Add a little extra coconut oil and heat it through. Then pour in the whisked eggs and swirl the pan around. Scatter the chorizo mixture evenly over the top. Cook for 3-4 minutes over medium heat, until the eggs are cooked through. It's ok if they are a little soft in places. You can flip one half of the omelette over before serving. Garnish with some parsley or coriander

Baked Celeriac Fries



- > **No celeriac?** Use sweet potato, pumpkin or parsnips if you like.
- > **Serve with.** Grill a couple of fillets of fish of choice or some chicken breast strips seasoned with your favourite herbs, some sea salt and pepper. Boil some broccoli or Brussels sprouts to serve on the side, or make a green salad.
- > **AIP:** Omit paprika.



Prep time
10 mins



Cook time
20 mins



Serves
2

Ingredients

- 1 large celeriac (about 600-700 g / ¼ lb bulb)
- 1 teaspoon mixed herbs
- ½ teaspoon paprika powder
- ½ teaspoon garlic powder
- ½ teaspoon salt
- 2 tablespoons olive oil
- 2 tablespoons coconut flour or almond meal

Preheat the oven to 200 C / 400 F.

Peel the outer layer of the celeriac to reveal the white flesh. Cut into chip strips. Add to a large bowl and sprinkle evenly with spices and salt. Drizzle with olive oil and mix through using your hands, until well coated. Finally, sprinkle coconut flour (or almond meal) and toss through.

Layer the chips individually on a parchment paper-covered baking tray. Leave some space between the chips. Place in the hot oven, middle shelf, and cook for about 20 minutes, until golden brown.

While the chips are baking, prepare the greens and grill some fish or chicken.

Curry Spiced Crunchy Salmon Salad



- > Green onion can be used instead of red or brown. Olive oil can be used instead of mayonnaise.
- > **AIP:** Omit curry powder if it contains chilli and use some turmeric and cumin powder instead.
- > **Serving size.** For a single serve, simply halve the ingredients.



Prep time
15 mins



Cook time
NA



Serves
2

Ingredients

- 1 small brown or red onion, finely diced
- Juice of 1 lemon
- ¼ cup mayonnaise
- 2 teaspoons mild curry powder
- ½ teaspoon salt
- 350 g / 12 oz. tinned salmon, drained
- 1 cup diced celeriac root or kohlrabi
- ½ cup diced cucumber
- ½ cup diced red pepper (1/2 red pepper)
- 1 large celery stick, diced
- 1 medium carrot, diced
- 1-2 tablespoons pumpkin seeds (optional)

Combine onion, lemon juice, mayo, curry and salt in a bowl. Set aside. Dice and add the rest of ingredients. Combine well and enjoy. Store for up to 2 days in the fridge in an airtight container.

Fennel Pork Cutlets with Roasted Apples & Onions



- > Fresh garlic and natural French onion soup mix could be used instead of the garlic and onion powders.
- > **Onions.** If you have issues with FODMAPs or fructose malabsorption, or have severe IBS issues, onion can bring on some digestive distress. Feel free to use the green tops of spring onions or leek instead of onions in this recipe.
- > **AIP** Eliminate black pepper and chilli powder.



Prep time
15 mins



Cook time
30 mins



Serves
4

Ingredients

For the cutlets

- 4 large pork cutlets (about 150-200 grams / 6 oz each)
- 2 teaspoons onion powder or granules
- 2 teaspoons garlic powder or granules
- 3 teaspoons dried fennel seeds
- 1 teaspoon sea salt
- 1 teaspoon chilli flakes or black pepper

Apples & Onions

- 3 medium apples (I used Granny Smith), core out and sliced 6 wedges per each half)

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

For the broccoli

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

Marinate/prepare the pork cutlets ahead of time, if you like (e.g. weekend prep).

Place the pork cutlets on a cutting board. You can put a layer of cling film under and over the top, but I didn't bother. Using a rolling pin or a meat hammer, pound the cutlets a few times on each side, until slightly flattened. This is a great task for the kids! Sprinkle each side evenly with spices, salt and chilli or pepper. If doing this on Sunday, place the cutlets in a ziplock bag or an airtight container and keep well refrigerated for up to 3 days before use. Otherwise freeze and then thaw out overnight before use.

Make the apples and onions.

Oven method: Preheat oven to 200 C/390 F. Grease an oven tray with coconut oil and scatter the apple and onion slices evenly. Sprinkle the onion slices with a little salt. Roast in the oven for 20-25 minutes. Check halfway and turn the pieces over for even browning.

Stove top method: Heat coconut oil in a large frying pan over high heat. Once hot, reduce the heat to medium-high. On one side scatter the apple slices, flat side down. On the other side, layer the onion wedges. Cook for 2 minutes on each side, until browned and softened. Remove to a plate. Depending on the size of your frying pan, you might need to do this in batches or use two frying pans.

Cook the cutlets. Add coconut oil to the frying pan and make sure it's nice and hot. Add the cutlets, two at a time if needed to avoid overcrowding, and cook on medium-high heat for 4 minutes each side. Let them rest for a minute before serving.

Prepare the broccoli. While the cutlets are cooking, bring a pot of water to boil. Add the broccoli and cook for 2 minutes, or until just tender. Drain and leave in the strainer. Place the pot back on the heat and add the olive oil and the garlic. Cook over medium heat for

just one minute, until the garlic is fragrant and slightly golden. Add back the broccoli, drizzle with lemon juice and sprinkle with a little salt, if you wish. Stir through to coat the broccoli in the oil.

Serve the cutlets with apple and onion on top, broccoli on the side and hot mustard as a condiment.



Rainbow Quinoa Salad With Chorizo



Prep time
20 mins
+ soaking



Cook time
15 mins



Serves
4

> Using quinoa. Try to buy fair trade quinoa; it can be either white, black or red in colour, or a mix of all three. Soak two thirds of a cup of quinoa in 3 cups of warm water with 2 tablespoons of lemon juice or apple cider vinegar for 6-12 hours. Rinse well and then cook as per instructions. You can keep pre-cooked quinoa in the fridge for 2-3 days and use it in salads or to add bulk to fish cakes or baked goods.

> **Chorizo.** If you can't find Spanish paprika sausage, use some regular good quality salami or other type of smoked sausage, or simply grill and slice some GF beef, lamb or chicken sausage. Grilled beef or chicken can also be added to the salad.

> For a completely vegetarian version, grill and dice a few slices of halloumi cheese or mushrooms if you can't tolerate dairy.

> **Without quinoa.** Add diced roasted sweet potato or pumpkin.

> **AIP.** Replace red peppers with extra radish or cucumber or some green beans, use sweet potato or pumpkin instead of quinoa, and a regular sausage.

Ingredients

- 1 cup uncooked quinoa, any colour

For the dressing

- ½ red onion, thinly sliced
- Juice of 1 lime
- 4 tablespoons olive oil
- 1 tablespoon balsamic or red wine vinegar
- 1 teaspoon wholegrain mustard
- 1 teaspoon honey
- ½ teaspoon salt
- Generous pinch of pepper

Prepare the quinoa. Soak the quinoa as per instructions above. Then add to a pot with at least twice as much water and bring to boil. Once boiling, cook for 10-15 minutes, until soft to bite but still intact, more or less. Rinse under cold water and strain very well.

Pickle the onions. Combine the red onion with the dressing ingredients in a bowl and set aside while you chop the salad ingredients. Add the cucumber, carrot, radish and peppers to the onions.

- ½ teaspoon garlic powder

For the salad

- 1 medium cucumber diced
- 1 large carrot diced
- 8 radishes diced
- 1 red pepper diced
- 200 g / 7 oz chorizo sausage (about 2 medium), peel and slice
- Dollop coconut oil
- Parsley, for garnish

Cook chorizo. In the meantime, heat a dollop of coconut oil in a large frying pan over medium-high heat. Add the chorizo slices and cook for 1 minutes each side, until browned. Keep an eye on it as the sausage burns easily.

Finish the salad. Pick up handfuls of quinoa and squeeze over the sink to remove some of the excess cooking liquid. Add the squeezed quinoa to the salad bowl. Add the cooked chorizo and a couple of tablespoons of the chorizo cooking fat from the pan. Mix well together and top with some fresh parsley or coriander.



Roasted Fennel & Carrot Salad with Tahini Dressing



- > **Vegetable alternatives.** If fennel is not in season, you can roast some celeriac or pumpkin instead. Roasted beetroot would also go well in this salad, as would roasted peppers.
- > **Serve with.** Grill sliced chicken breast seasoned with cumin, paprika and salt.
- > **Dressing.** Coconut cream, yoghurt or kefir can be used instead of plain yoghurt in the dressing. Tahini can be purchased in most supermarkets, or you can use some nut butter and sesame oil instead.



Prep time
15 mins



Cook time
25 mins



Serves
2

Ingredients

- 2 tablespoons olive oil
- 1 large fennel bulb, cut in half and then sliced in 4 wedges
- 1 brown onion, cut into 6-8 wedges
- 2 medium carrots, cut in half and quartered
- 2 large celery sticks, cut into 4 pieces each
- Salt and pepper
- 2-3 cups leafy greens such as spinach

For the dressing

- 1 tablespoon plain yoghurt

- 1 teaspoon tahini paste (or sesame oil)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice (about ½ lemon)
- 1 teaspoon honey or rice malt syrup
- 1 small garlic clove, grated
- ¼ teaspoon cumin powder
- ½ teaspoon coriander seed powder
- Pinch of salt and pepper

Preheat the oven to 200 C / 400 F.

Spread the fennel and onion wedges on one baking tray and carrots and celery on the other. Drizzle both with a tablespoon of olive oil each and sprinkle with salt and pepper. Roast for 20-25 minutes, turning over halfway. You might like to rotate the trays from top to bottom of the oven.

In the meantime, whisk together the dressing. Wash and pat dry the spinach leaves. Grill the chicken or prepare other protein to be served with the salad.

Layer the spinach leaves on a large platter, scatter the roasted vegetables over the top and add in dollops of the dressing or drizzle some of the top. Sprinkle with sesame seeds. Serve with extra dressing on the side.



Fresh Vietnamese Rice Paper Rolls



> **Rice paper.** Rice paper is made from white rice and that is pretty much it. One medium rice paper sheet contains about 4-5 grams of carbohydrates, so you can easily have 4 rolls per serving. You can find rice paper in most supermarkets and Asian stores. Look for it in the rice noodle section.

> **Filling alternatives.** The beauty of the spring rolls is that you can use pretty much anything you like. Aromatic herbs such as mint and fresh coriander/cilantro are a must, but everything else is up to you. You can add pan-fried shiitake or regular mushrooms, grilled chicken, shredded pork, cooked fish, any crunchy vegetables, avocado, or other tropical fruit.

> **No rice paper?** Turn this dish into a lovely Vietnamese salad. You can even add some cooked rice vermicelli noodles.

> **Dipping sauces.** I recommend dipping the rolls into our lemongrass cashew sauce, but if lemongrass is not available, you can make a simple sweet, salty, and spicy nuoc cham sauce made with $\frac{1}{4}$ cup lime juice, 2 tablespoons honey or coconut sugar, 2 tablespoons fish sauce, 1 clove grated garlic, 1 teaspoon diced red chilli, and 2 tablespoons water. Our Awesome Thai sauce will also go well with these rolls.

> **AIP:** Omit the red peppers and chilli from the recipes. Opt for salad and eliminate rice products altogether.

 Prep time **25 mins**  Cook time **15 mins**  Serves **4**



Ingredients

Lemongrass & cashew dipping sauce

- $\frac{1}{3}$ cup raw cashew nuts (or pre-roasted)
- Dollop of coconut oil
- 3 medium stalks of lemongrass, finely diced
- $\frac{1}{2}$ brown or red onion, finely diced
- 1 long red chilli, diced
- 1 thumb size knob of fresh ginger, peeled and diced
- 2 cloves garlic, diced
- 1 teaspoon salt
- $\frac{1}{2}$ cup coconut milk
- 1 tablespoon tamari sauce
- 1 tablespoon fish sauce
- 1 teaspoon sesame oil
- Juice of 1 lime

For the rolls

- 500 g / 1.1 lb peeled prawns (raw or cooked, no tails)
- 16 medium rice paper sheets
- 3 cups loosely packed with shredded Chinese/ Napa cabbage or lettuce
- 1-2 cups bean sprouts
- 1 large carrot, sliced into thin strips
- 1 red pepper, sliced into thin strips
- 1 medium cucumber, sliced into thin strips
- $\frac{1}{2}$ mango, sliced thinly
- 2 spring onions, cut into thin strips
- Large handful of fresh coriander/cilantro and mint leaves

Preheat the oven to 175 C / 350 F.

Roast the cashews. Scatter the nuts on a baking tray and roast for 5 minutes, until golden brown. Remove from the oven and cool down.

Make the sauce. In the meantime, heat coconut oil in a small pot and add the lemongrass, onion, chilli, ginger, garlic and salt and sauté over medium heat for 2-3 minutes, stirring frequently. Then add the rest of ingredients, except for lime juice and bring to boil. Reduce the heat to simmer, cover with a lid and cook for 10 minutes. Then transfer to a blender or a food processor and add the cashews and lime juice. Process for a minute, scraping the sides along the way, until smooth and thick. Transfer to a bowl and cool for 10-15 minutes before serving. While the sauce is cooling, pre-chop the fillings.

Cook the prawns. Add a dollop of coconut oil to a large frying pan and add the prawns. Cook for 4-5 minutes, stirring a few times, until they turn white-pink and firm. Set aside in a bowl.

To make the rolls. See pictures below. Fill a large bowl with warm water. Dip the rice paper sheet in the water, making sure to submerge all sides and the middle under the water. You don't need to soak the sheet in the water, just dip it. If you keep it in the water for too long, it will get too soggy and difficult to work with. It will soften further once you place it on a plate or a cutting board.

Add a handful of shredded cabbage or lettuce to the lower third of the sheet, keeping some space on the sides. Then top with a few strips of vegetables and mango and a few herbs. You can place the prawns on top and start rolling, or you can place the prawns a little higher, so that when you start rolling, the prawns end up between a layer of rice paper and the other ingredients and will be more visible from the outside. This is a lovely visual effect but not essential.

As you roll once, tuck in the sides, and then keep rolling, until the edge of the paper sticks to the roll. Keep everything nice and tight as you roll. Set aside as you roll or eat before you roll the next one. Dip in the sauce before taking a bite.



Savoury Zucchini Pancakes



- > Serve these as they are or with a side of crispy bacon, sausage, mushroom or smoked salmon.
- > **AIP.** Pan fry sliced zucchini in coconut oil instead. Season with your favourite herbs, some garlic powder and sea salt. Serve with some sausage or other protein. You can add some sweet potato to this meal.
- > Other nut meal can be used, or you can use some buckwheat or quinoa flour instead.



Prep time
10 mins



Cook time
10 mins



Serves
2

Ingredients

- 1 ½ medium green zucchini/courgette, grated
- 3 eggs (I have two in the picture as I made a smaller portion)
- 1 clove garlic, grated
- 1 green onion, finely chopped (about 3 tablespoons)
- 1 teaspoon grated ginger
- 1 ½ teaspoons curry powder
- Few pinches of salt
- ¼ cup almond meal
- 3 heaped tablespoons tapioca or cassava flour
- Coconut oil, for cooking

Grate the zucchini into a bowl. Using your hands, squeeze handfuls of zucchini over the sink to discard some of the juices. Place the flesh back in the bowl and add the rest of the ingredients, except for coconut oil. Whisk together, until well combined.

Heat a teaspoon of coconut oil in a large skillet. Add about ¼ cup of the mixture per pancake, don't overcrowd the pan. Cook over medium-high heat for 2- 2½ minutes each side.

Serve with a side salad and a couple of rashers of bacon or some smoked salmon, if you like.



Beef Burgers with Pineapple and Bacon



- > **Burgers.** You can make a larger batch of patties to reserve some for lunch or to freeze to use later. Pre-made GF beef patties from your butcher can also be used.
- > **Dairy.** You can use aged cheddar, Parmesan or Pecorino, and if you're sensitive, feel free to omit it completely. Add a slice of avocado instead.
- > **Variations.** Beef patties, onion, bacon & avocado instead of pineapple. You can use sliced beetroot, jalapenos, pickles, fried egg, aioli or hot sauce, mustard, horseradish, grilled zucchini or eggplant.
- > **AIP.** Omit tomatoes and cheese.



Prep time
15 mins



Cook time
20 mins



Serves
2

Ingredients

For the patties

- 500 g grass / 1.1 lb grass-fed beef mince
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder (optional)
- 1 teaspoon dried mixed herbs
- 6 slices aged Cheddar

- 1/3 pineapple, firm core cut away and sliced
- 4 rashers of bacon
- 1 large brown onion, sliced into 4 thick slices (keeping the circle shape intact if possible)
- Salad leaves and tomatoes to serve
- Coconut oil for cooking

Make the burger patties. Mix together the beef with salt, pepper, garlic and onion powder, and herbs using your hands. Roll into medium burger patties and set side.

Preheat a dollop of coconut oil in a large skillet over medium-high heat. Add the patties and cook for 3-4 minutes, each side. In the meantime, heat the grill setting of the oven. Once cooked, place a piece of cheese on top of each patty and pop the skillet under the grill for a couple of minutes, until the cheese melts.

Prepare other ingredients. In the meantime, heat another frying pan with a small dollop of coconut oil over medium-high heat. Add the pineapple slices and cook for 2 minutes each side,

until grill marks appear. Remove to a plate and add a little more coconut oil to the pan. Add the bacon and fry until crispy on each side, remove to a plate. Then add the onion slices to the pan and cook for 2-3 minutes each side. Alternatively, you can preheat the oven to 200 C / 400 C and roast the onions and pineapple slices for 10-15 minutes, turning over once, and pan-fry the bacon.

Serve the patties with grilled onion, bacon and pineapple on top and a side of lettuce and tomatoes. Add your favourite condiments such as mustard, horseradish or hot sauce.