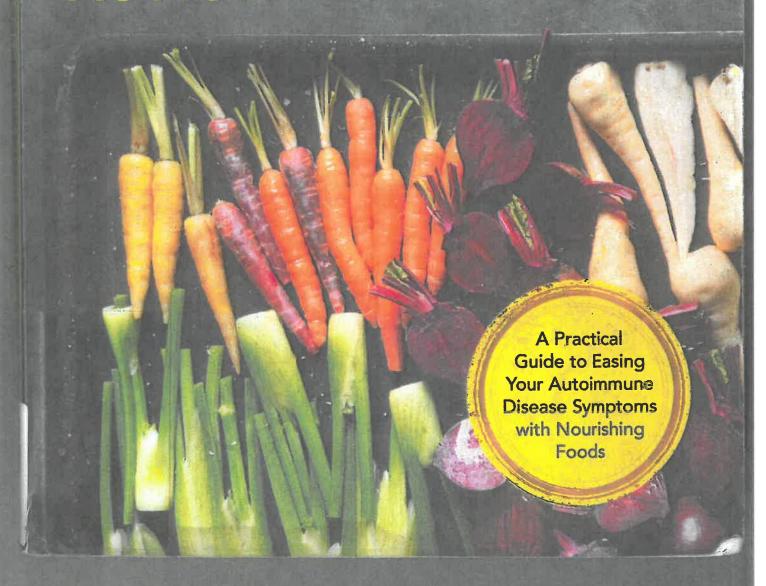
PALEO COOKBOOK & ACTION PLAN Michelle Anderson



Nutrient Density

The Autoimmune Paleo Diet is focused on eliminating foods that damage the gut and understanding how those trigger foods affect the body. The second, equally important aspect of the Autoimmune Paleo Diet concerns the foods that you will be enjoying on the plan. You need to replace inflammatory foods with the most nutrient-dense foods possible to provide the variety and nutrition required by your body to heal.

Nutrient-dense foods are not necessarily the most expensive foods, but rather the highest quality you can afford in every category of food, from grass-fed, pasture-raised animals to organic produce. You need nutrient-dense foods to fix the micronutrient deficiencies that most people suffer from when eating the standard American diet and to provide the flood of nutrients you need to heal your gut and clear up inflammation.

Nutrient-dense foods pack the most vitamins, minerals, phytochemicals, and antioxidants into the fewest number of calories. There is a limit to the amount of food you can or should eat in one day, so it's important to maximize the benefit you receive from your choices.

Grass-fed, pasture-raised meat: These animals are raised eating grass their entire lives and, in an ideal situation, walking around in pastures. These animals are also not given antibiotics or hormones. Don't confuse organic meat with grass-fed, pasture-raised meat because they are not the same. Grassfed animals can certainly be organic, but some organically raised animals are not grass-fed, so it is important to research the source of your meat. Chickens, pigs, and turkeys sometimes have their diet supplemented because they are not strict herbivores. Whenever possible, ask about what extra food is given to the animals so you can make an informed choice.

Grass-fed, pasture-raised animals provide a more nutrient-dense meat than those conventionally raised, although the actual difference will vary from species to species and farm to farm. In most cases grass-fed, pasture-raised meat is higher in minerals, vitamins, and antioxidants and has a healthier omega-6 fatty acid to omega-3 fatty acid ratio. Since the animals spend a great deal of time walking around in the sunshine, their fat is often a better source of vitamin D. The meat is usually leaner, has less water content, and tastes better.

Wild-caught fish and seafood: The nutritional difference between wild-caught and farm-raised fish is not as big a gap as with beef, chickens, and pigs. Regardless of where the fish is raised, it is still a fabulous source of omega-3 fatty acids, except for a few cases—farm-raised tilapia and catfish as well as freshwater bass are high in omega-6 fatty acids, too. Choose wild-caught salmon when you can because it is higher in nutrients and has a healthier omega-6 to omega-3 ratio than farm-raised salmon.

Offal: Eating the entire cow or pig with very little waste is ecologically sound and provides a great deal of nutrition. The organs of the animal are the most nutrient-dense part and are a valuable source of amino acids, collagen, and elastin. For example, the liver is an incredible source of vitamins A and D, iron, and copper. It might take you some time to get used to eating all the edible byproducts in your daily meals, but in the interest of healing, try to include offal in your diet two to four times a week.

Organic fruits and vegetables: On the Autoimmune Paleo Diet, you can eat unlimited amounts of vegetables and two to five portions of fruit per day (less than 20 grams of fructose), so it is crucial to find the best-quality produce you can afford. Produce is a rich source of vitamins, minerals, antioxidants, and phytonutrients, and if you eat a broad range of colorful choices, you will ensure all your nutrient bases are covered.

Buying organic produce is certainly a better choice, because you avoid all the toxins in pesticides that can be sprayed on produce. But if it is not possible, then at least go organic for the most contaminated produce, as outlined by the Dirty Dozen list (see the Appendix, page 276), to cut your risk of pesticide exposure. Organic produce is also, on average, more nutrient-dense than conventionally farmed products because industrial farming strips nutrients out of the soil, so food grown in the depleted soil does not absorb as many nutrients.

If you have diabetes or metabolic disease or are insulin-resistant, make sure you stick to low-glycemic fruits (fruits that do not rapidly raise your blood sugar, such as plums, cherries, apples, and kiwis) so your blood sugar is not thrown out of balance. Most fruit has a low-glycemic load, so if you stay within the portion recommendations, you should be fine.

SALISBURY STEAK

KIDS' FAVORITE

- ⇒ Serves 4
- ▶ Prep time: 15 minutes ▶ Cook time: 30 minutes

Salisbury steak is just a fancy way to describe beef patties covered with sauce or gravy. This name came from the surname of the American doctor who developed this dish for a low-carbohydrate diet in the 1890s. The lightly caramelized mushrooms in the sauce are not traditional, but they add rich flavor and texture.

2 tablespoons extra-virgin olive oil 1/4 cup chopped sweet onion 1 teaspoon minced fresh garlic 1½ pounds lean ground beef Dash sea salt 1 cup sliced button mushrooms 2 cups Easy Beef Bone Broth (page 268) 1/4 cup water 1 tablespoon arrowroot powder

- 1. Place a large skillet over medium-high heat and add 1 tablespoon of olive oil.
- 2. Sauté the onion and garlic until softened, about 3 minutes.
- 3. Remove the skillet from the heat and transfer the vegetables to a medium bowl.
- 4. Add the ground beef and salt to the bowl and mix until well combined.
- 5. Divide the beef mixture into 4 equal-size patties, each $\frac{3}{4}$ inch thick.
- 6. Place the skillet back on the heat and add the remaining 1 tablespoon of olive oil.
- 7. Sauté the mushrooms until tender and golden, about 5 minutes. Transfer the mushrooms to a plate.
- 8. Brown the beef patties in the skillet, about 4 minutes per side. >

POULTRY

PER SERVING CALORIES: 395 TOTAL FAT: 18 G SODIUM: 87 MG CARBS: 4 G SUGAR: 1 G PROTEIN: 52 G

POT ROAST

KIDS' FAYORITE

Serves 6

▶ Prep time: 10 minutes ▶ Cook time: 8 hours

it in the oven before going to work. It will be ready to eat after slow roasting in the and this recipe delivers tender slices of meat, beef broth–infused vegetables, and aThere is no need to give up traditional family favorites when you are following the Autoimmune Paleo Diet. Pot roast is a Sunday dinner staple in many households, complex herbed gravy. Simply prepare the casserole dish in the morning and pop

oven all day.

3 carrots, peeled and cut into 1-inch chunks

2 celery stalks, cut into 2-inch pieces

1 sweet onion, cut into 8 wedges

4 garlic cloves, slightly smashed

2 sprigs fresh thyme

% cup Easy Beef Bone Broth (page 268)

1 (2-pound) chuck roast

1/4 teaspoon sea salt

TOTAL FAT: 13 G SODIUM: 120 MG CARBS: 6 G

PER SERVING CALORIES: 352 Preheat the oven to 275°F.

SUGAR: 2 G PROTEIN: 51 G

- 2. Place the carrots, celery, onion, garlic, thyme, and broth in a large
- 3. Season the roast with sea salt and place the roast on top of the vegetables. casserole dish.
 - 4. Cover the casserole dish with a lid and roast it until the meat can be shredded with a fork, about 8 hours.
- Remove the meat and vegetables from the casserole to a serving plate and discard the herb sprigs.
 - 6. Pour the juices from the casserole over the roast before serving.

NOURISH

THE PALEO HEALING COOKBOOK

EASY RECIPES
THAT FIGHT
AUTOIMMUNE
ILLNESSES

FROM CELIAC DISEASE
AND ARTHRITIS,
TO MULTIPLE SCLEROSIS
AND MORE

RACHAEL BRYANT

FOUNDER OF MEATIFIED

FOREWORD BY SARAH BALLANTYNE, PHD
NEW YORK TIMES BESTSELLING AUTHOR OF THE PALEO APPROACH

PERFECT SLICED ROAST BEEF WITH HERBS

Finding any kind of lunch or deli meat that is AIP compliant is pretty tough, since nightshades and pepper seem to sneak in everywhere. That's one of the reasons I love this brined roast beef recipe. Instead of brining a beef roast for days in advance, like a traditional corned beef recipe, this method allows you to cook a beef roast from frozen and then brine it afterwards for added juiciness and flavor. It makes delicious sliced beef for lunch boxes, snacks, salads and more. I like to use a small beef round cut because it's inexpensive, makes nice-size slices and is quicker to cook than a larger roast. If I need to make a larger batch, I simply double the recipe and use two roasts instead of one larger piece. This is a great weekend recipe that will prepare you for those weekday lunches ahead!

MAKES ABOUT 1% LBS (800 G) OF SLICED BEEF

2 lb (900 g) frozen lean boneless beef roast, such as bottom round

1/3 cup (80 g) kosher salt

1 cup (240 ml) hot filtered water

4 cloves garlic, minced

3 bay leaves

1/2 tsp (2 g) dried rosemary leaves

1 tsp (1 g) dried thyme leaves

1/2 tsp ground oregano

1/2 tsp ground mace

3 cups (700 ml) cold filtered water

ROAST: Preheat the oven to 190°F (88°C). Line a baking tray with foil—this is just to catch any drips—and place an oven-safe rack onto the tray. Put the frozen beef roast onto the rack and roast until it reaches an internal temperature of 135°F (57°C), about 5 hours. Remove the beef from the oven and rest it while you make the brine.

BRINE: Pour the kosher salt and the hot water into a freezer bag large enough to fit the cooked beef roast. Place the bag into a bowl to stop it spilling over while you add the rest of the seasonings. When the salt has almost entirely dissolved, pour in the cold water. Place the cooked beef roast in the brine and twist the bag shut so that the brine covers the whole roast. Put the bag in a bowl, secure the twisted bag with a clip and seal it shut. Brine the beef roast in the refrigerator for 3 hours.

DRY: Remove the beef from the brine and pat it dry. Wrap the finished beef up and allow it to rest overnight in the refrigerator. Once it has rested overnight, it is ready to be sliced and used however you wish!

NOTE: If you cook the beef to medium-rare, it will let out some additional liquid while it is resting overnight—this isn't anything to worry about! If you prefer your meat a little more well-done, cook the roast to an internal temperature of 140°F (60°C).

(See picture on page 30)

BEEF CHEEK STEW WITH PEARL ONIONS

If you like beef short ribs, you will *love* beef cheeks. They are just as tender and flavorful when slow cooked, but they have much less fat and make a decadent thick, rich gravy because of their natural collagen content. And when I say tender...I mean fork tender. In fact, beef cheeks are now my favorite slow-cooking or stew meat. The other bonus point? They're usually much, much cheaper than short ribs, making them budget-friendly, to boot.

SERVES 6

3 lbs (1.4 kg) trimmed beef cheeks 1 tbsp (15 ml) coconut or avocado oil

2 cups (280 g) diced onion

4 cloves garlic, minced

3½ cups (840 ml) Beef Broth (page 224), divided

4 sprigs fresh thyme

2 bay leaves

7 oz (200 g) cauliflower florets 12 oz (340 g) frozen, peeled pearl

½ lb (225 g) mushrooms, sliced ½ tsp salt

BRAISE: Trim off any excess fat from the beef cheeks and cut them into 2-inch (5-cm) pieces. Heat the oil in a Dutch oven over medium-high heat on the stove top and brown the beef cheeks in batches, about 3-4 minutes per side. Reserve the browned beef cheeks on a plate to catch any juices. Preheat the oven to 325°F (163°C). Reduce the heat on the stove top to medium and add the diced onion and garlic to the Dutch oven. Cook until fragrant and just softened, about 5 minutes, Add the beef broth to the Dutch oven and scrape up the fond. Add the thyme sprigs and bay leaves, then return the browned beef cheeks to the Dutch oven and pour over any meat juices from the plate. Add the cauliflower and pop the lid onto the Dutch oven before putting it in the oven on a lower shelf. Cook for 2½ hours,

BLEND: Use a slotted spoon to transfer the beef cheeks to a bowl and keep them warm. Remove and discard the thyme sprigs and bay leaves. Use an immersion blender to puree everything into a smooth gravy.

COOK: Return the beef cheeks and any juices to the Dutch oven and add the pearl onions, sliced mushrooms and salt. Stir the beef through the gravy until all the ingredients are combined, then put the lid back on the Dutch oven and return to the oven to cook for a further 30 minutes. Serve immediately!

CRISPY BEEF TONGUE WRAPS WITH HERBED HORSERADISH SAUCE

The first time I ate tongue, I was totally shocked. I was expecting something lean and kind of dry: In reality, it is some of the richest and most delicious beef you will ever eat. Seriously! Traditionally, tongue is boiled for a long time to tenderize the meat, but I didn't want to watch over a pot for a few hours. So I came up with an easy slow-cooker method instead. Once the beef tongue is shredded, it's crisped up and fried with onions for a little extra sweetness. This wrap is a perfect way to enjoy the meat: the slight bitterness of the collard greens is a great contrast and adding some extra zing from the herbed horseradish sauce cuts the richness of the meat beautifully. You can actually follow the first step of this recipe and then refrigerate the meat for future meals, which is what I do: I slow-cook the tongue over the weekend and then whip up this quick meal during the week. Yay for batch cooking ahead!

SERVES 4

2 cups (480 ml) Beef Broth (page 224)

21/2 lbs (1.1 kg) beef tongue

2 onions, divided

2 tsp (10 g) salt

3 tbsp (45 ml) coconut or avocado oil, divided

½ cup (120 ml) Horseradish Sauce (page 218)

1 tbsp (2 g) fresh thyme leaves 1½ tbsp (1 g) fresh chopped tarragon

1 tsp (4 g) garlic powder

8 fresh collard green leaves

SLOW-COOK: Pour the broth into the bottom of a large slow cooker. Place the tongue in the broth. Slice one of the onions into chunks and add to the broth, too. Sprinkle the beef tongue with the salt. Pop the lid on the slow cooker and cook the tongue on high for 8 hours. Carefully transfer the cooked tongue to a chopping board and allow to cool enough to handle. Use a knife to make a cut into the meat through the skin, then carefully peel off the skin and discard it. Use two forks to shred the meat and reserve it for later.

CRISP: Heat a large skillet over medium heat and add 1 tablespoon (15 ml) of the oil. Slice the remaining onion in half and then into thin slices. Toss the sliced onion in the oil and cook until the edges begin to caramelize, stirring occasionally, about 10 minutes. Remove the onion from the pan and reserve for later. Increase the heat to medium-high and add the remaining oil to the pan. When the oil is hot and shimmering, add the shredded beef tongue, spreading it across the pan in an even layer, pressing it flat with the back of a spatula. Cook until the beef begins to crisp and brown in the oil, then flip over to the other side and repeat. It should take 3-4 minutes per side to crisp up. Toss the shredded beef one more time and cook for another 3-4 minutes, until there are lots of crispy edges on the beef. Add the onions back to the pan and stir through. Remove the pan from the heat and allow the meat to cool slightly, enough to handle the wraps.

ASSEMBLE: Make the herbed horseradish sauce first, stirring the thyme, chopped tarragon and garlic powder through the horseradish sauce. Remove and discard the tough lower stems of the collard greens that don't have any greens attached to them. Use a paring knife to carefully shave off most of the middle stems so that they are about the same thickness as the leaves: This will make them much easier to roll. Lay two collard greens so that they overlap each other in the middle. Spread a little of the horseradish sauce over the leaves, then divide the crispy beef evenly between "wraps," leaving enough room for the leaves to be wrapped around the filling. Fold the edges of the collard green leaves lengthwise over the filling until they overlap in the middle, then roll the leaves from the bottom edge, making a burrito-like "wrap."



OKBOOK

THE BEST BROTHS

The commercially made broths you can find in stores can't hold a candle to the real thing: slow simmered batches of bones with fresh vegetables produce a broth that is full of the natural gelatin that makes broth so nourishing and gut healing. The best part? You'll not only be making nutritious homemade broths, but saving money, too! Soup bones are inexpensive and—even better—you can make broths using your own saved bones. I like to keep a few bags in the freezer to store soup bones by type of protein—when the bags are full, I make new batches of broth. The longer the broth is simmered, the more the bones will break down, which means the higher the content of minerals like calcium and magnesium will be. I like to start each day with a mug of seasoned bone broth to get its amazing health benefits first thing. You can also use these broths to make soups and sauces, or add flavor to simple sautéed vegetables.

BEEF BROTH

The secret weapon in this broth is the neck bones. They add a richer meaty flavor and a boost of collagen that makes this my favorite beef broth. To get a deeper, richer color, I add onion skins, but you can leave them out if you don't mind having a lighter-colored beef broth. I don't personally like to add salt or herbs to my broth while it's simmering because that way I can use it for a range of different dishes, but you can add those to taste if you wish, especially if you are making the broth specifically to drink on its own.

MAKES 4 QUARTS (3.7 L)

3 lbs (1.4 kg) beef soup bones

2 lbs (900 g) beef neck bones

1 onion

2 carrots

2 leeks

2 sticks celery

3 tbsp (45 ml) apple cider vinegar

Enough water to cover the bones

4 extra onion skins (optional, for color)

ROAST: Preheat the oven to 400°F (205°C). Line a baking tray or two—depending on the size and cut of your bones, you may need two. Lay the bones out on the baking tray(s) and roast for 1 hour.

SIMMER: Transfer the roasted bones to the bottom of a large stock pot. Roughly chop the onion, carrots, leeks and celery. I like to add extra onion skins for color, usually from about 4 onions. I save them in the freezer as I use onions for other recipes. Pour in the apple cider vinegar and enough water to cover the bones—if you want to add salt or herbs, pop them in now. Bring the water to a simmer and keep the pot simmering, covered, for 8-48 hours, topping the water off whenever it gets low. Remove and discard the bones and vegetable scraps. Strain the broth through a fine-mesh sieve to get rid of any sediment, then carefully pour the broth into jars or containers. This broth is so rich, it will gel almost solid in the refrigerator—that is normal and a great sign that it is filled with gut-healing collagen.



NOURISH: THE PALEO HEALING COOKBOOK



super game, BETTER CHILI

Some come to watch the game. Some come to watch the commercials. Everyone comes to eat the chili. Want to be the host who scores big? Make this.



BOWL 'O RED HANDS-ON TIME 20 min. TOTAL TIME 40 min.

- 11/4 lb. ground beef chuck
- 1 cup chopped onion
- 3 clovés garlic, minced
- 1 Tbsp. ground pasilla or ancho chile pepper
- tsp. ground cumin
- 1 tsp. paprika
- tsp. dried oregano, crushed
- ½ tsp. cayenne pepper
- % tsp. ground cloves

- 1 14.5-oz. can diced tomatoes, undrained
- 1 14.5-oz. can beef broth
- 12-oz. bottle lager beer or1½ cups beef broth
- 1 Tbsp. yellow mustard

1. In a Dutch oven cook ground beef, onion, and garlic over medium-high heat until meat is brown, breaking up meat. Drain off fat. Stir in pasilla pepper, cumin, paprika, oregano, cayenne pepper, cloves, and 1 tsp. salt. Cook and stir 2 to 3 minutes or until fragrant.

2. Stir in tomatoes, broth, beer, and mustard. Bring to boiling; reduce heat. Simmer, uncovered, about 40 minutes. Makes 6 servings.

sLow COOKER Prepare as directed in Step 1. Transfer to a 4-qt. slow cooker. Stir in tomatoes, broth, 1/2 cup of the beer, and the mustard. Cover. Cook on low 8 to 10 hours or on high 4 to 5 hours. Serve as directed.

EACH SERVING 379 cal, 25 g fat, 97 mg

EACH SERVING 379 cal, 25 g fat, 97 mg chol, 916 mg sodium, 10 g carb, 2 g fiber, 24 g pro.

ground nutmeg.

HANDS ON 20 min.

TOTAL TIME 45 min.

coconut milk cinnamon stick 1/4 tsp. freshly grated nutmeg 1/8 tsp. ground cloves lb. lean ground beef Hot cooked rice small cucumber, sliced

Tbsp. red curry paste

shallot, thinly sliced chile pepper, thinly sliced Fresh cilantro sprigs limes, halved



RECIPES ANNA KOVEL PHOTOS ANDY LYONS

EACH SERVING 506 cal, 28 g fat, 74 mg chol, 393 mg sodium, 34 g carb, 3 g fiber,

27 g pro.

Makes 4 servings.

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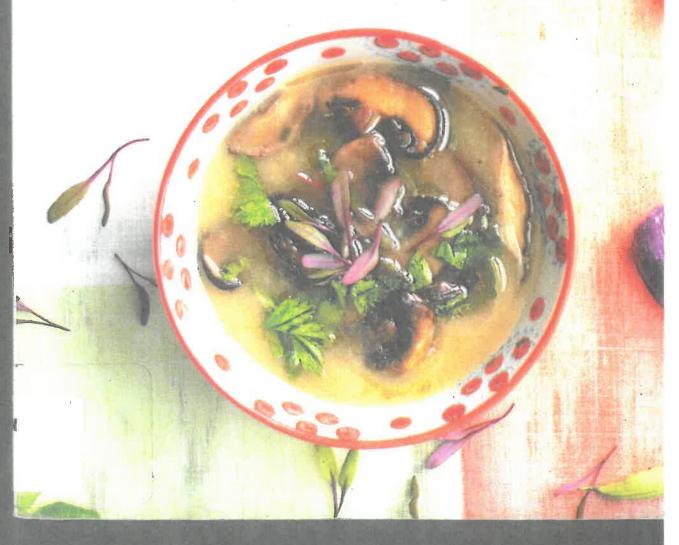
heat; discard cinnamon stick.



Nutrient-Dense Recipes for Intestinal Health Using the GAPS Diet

Hilary Boynton and Mary G. Brackett

Foreword by Dr. Natasha Campbell-McBride



RARE ROAST BEEF

Serves 8 to 10

Talk about a money saver. I went to Whole Foods the other day to buy cold cuts for my kids' lunches. I was bugged that the beef wasn't 100 percent grass-fed and that it was going to cost me \$32 for 2 pounds of sliced roast beef! For pretty much the same price, I could buy a 4-pound, 100 percent grass-fed roast to cook myself. This was double the amount of meat, easy to make, and so tasty.

13- to 4-pound grass-fed roast beef (bottom or top round)
1 tablespoon garlic powder
1 teaspoon paprika
1 teaspoon black pepper
1 large onion, sliced into rings (optional) Preheat the oven to 500°F. Cover the roast with the garlic powder, paprika, and pepper. Place half the onion rings in a roasting pan or a Dutch oven. Position the seasoned roast on top of them, then put the additional onions on top to lend flavor and keep the roast moist. Cook in the oven for 5 minutes per pound, then turn off the oven and leave the roast there (keeping the door shut) for an hour. Remove the roast, and tent with foil. Let it rest again for an additional 10 to 15 minutes to allow juices to distribute evenly. Slice thinly against the grain. Store in the fridge, and slice as needed throughout the week.

Note: You can make a delicious gravy by adding beef broth to the pan drippings. Sprinkle in a little gelatin to thicken, then season with salt and pepper to taste. Scrape the drippings from the bottom of the pan with the back of a wooden spoon. Simmer for 4 to 5 minutes, adjust the seasoning, and pour over slices of roast beef. This makes an easy dinner, with enough leftovers for lunch!

ROASTED BONE MARROW

Serves 4 to 6

I never thought I'd be roasting bone marrow, but I'm glad I finally did. Bone marrow is a great source of minerals and calcium. It's particularly wonderful for pregnant or nursing moms, or women who are trying to get pregnant. It is very, very nutrient-dense. I remember trying bone marrow at a restaurant several very, very nutrient-dense. I was squeamish about it. What a pleasant surprise! It years back—I must admit, I was squeamish about it. What a pleasant surprise! It was lovely, rich, and satisfying. Now my kids enjoy it, too. In particular, my kids was lovely, rich, and satisfying. Now make extra.

3 bulbs garlic
2 tablespoons ghee or animal fat (for garlic bulbs)
6–10 marrow bones (3–4 inches apiece; your butcher will slice a longer piece lengthwise upon request)
Pinch of sea salt and fresh cracked pepper
Juice of 1 lemon
Fresh parsley, chopped, for garnish
Toast or crackers, for serving (I usually crisp up some Coconut Butter Bread, page 118, in the toaster oven and cut it into squares)

Preheat the oven to 400°F. Cut off the tops of the garlic bulbs and pour some melted animal fat or ghee on top. Wrap the bulbs in foil or put them in a garlic roaster, and place in the oven for 1 hour. Remove and set aside.

Place the marrow bones, standing upward (or lying flat if cut lengthwise), in a heavy pan or rimmed cookie sheet, and sprinkle with salt and pepper. Roast for about 30 minutes, being careful not to overcook and have all the fat run out of the bone. You can tell when it's finished if there's a crust and the marrow separates from the bone a bit. Remove from the oven, and squeeze fresh lemon juice over the top; be sure to drizzle any fat that has melted out over the top as well. Sprinkle with parsley. Serve on toast with the roasted garlic (feel free to squeeze out the garlic beforehand or allow your guests to pick them out individually). Fermented Fig Jam (page 237) is a nice addition, if you want to be a little fancier or entice your kiddos to try it! (See photo on page 195.)



HALEO COOKBOOK

MICKEY TRESCOTT, NTP PHOTOGRAPHY BY KYLE JOHNSON



AN ALLERGEN - FREE APPROACH TO MANAGING CHRONIC ILLNESS

BACON-BEEF LIVER PATÉ WITH ROSEMARY AND THYME

TOOLS

TIME

YIELD

DIFFICULTY













6 slices sugar-free bacon
1 small onion, minced
4 cloves garlic, minced
1 pound grass-fed beef liver,
rinsed, dried, and sliced into
2- to 3-inch pieces

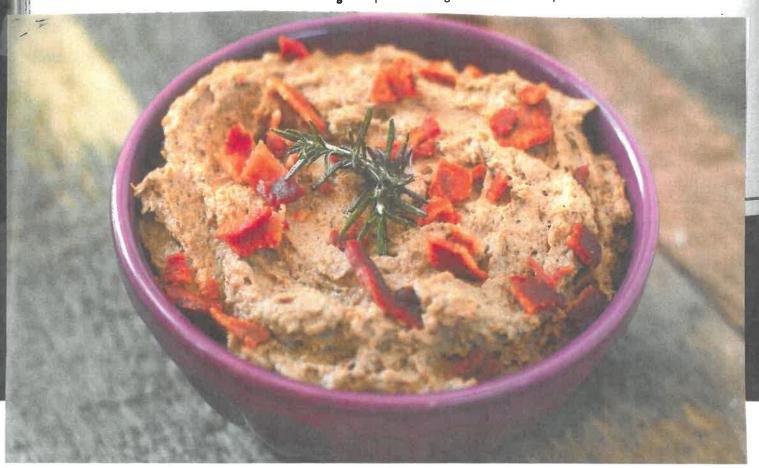
- 2 tablespoons minced fresh rosemary
- 2 tablespoons minced fresh thyme
- 's cup coconut oil, melted
 'z teaspoon sea salt
 Fresh herbs, for garnish
 Slices of fresh carrot or

cucumber, for garnish

- 1 Cook the bacon slices in a cast-iron skillet, flipping as needed. Cook until crispy. Transfer to a paper towel-lined plate to cool, reserving the fat in the pan.
- 2 Add the onion and cook for about 5 minutes, stirring, on medium-high heat. Add the garlic and cook for a minute, then add the liver, rosemary, and thyme. Cook 2 to 5 minutes per side, or until the liver is no longer pink in the center. Set aside to cool for a few minutes.
- 3 Transfer the mixture into a blender* or food processor with the coconut oil and sea salt. Process until it forms a thick paste.
- 4 Place the paté into a small bowl. Chop the cooled bacon into fine pieces and combine with the paté.
- 5 Garnish with the fresh herbs and serve with vegetable slices.

*Note: This recipe is difficult to make in a standard blender-you really need a high-powered machine with a tamper for best results.

Storage: Keeps in the refrigerator for several days. Also freezes well.



SHREDDED ROAST BEEF















••00

DIFFICULTY

tablespoon solid cooking fat

Ttablespoon apple cider vinegar 1 % cups Bone Broth (page 34) Fresh herbs (thyme, rosemary, One 3 to 4 pound beef roast, cut sage, and oregano all work into 2 or 3 big chunks

1 Preheat the oven to 275 degrees F.

2 Generously apply salt to the roast.

3 Heat the cooking fat in an oven-safe pot on medium-high heat. When the fat has melted and the pan is hot, brown the chunks of beef on all sides. Turn off the heat.

4 Add the bone broth and vinegar to the pot along with the fresh herbs. Ensuring that your lid is on tightly, cook for 3 to 4 hours, checking periodically to make sure there is liquid in the bottom of the pot. The roast is finished cooking when the meat pulls apart easily with a fork.

5 Remove the meat from the pot and let it cool for a couple of minutes. Meanwhile, strain the juice from the pot, pour it into a small saucepan, and bring it to a simmer. Reduce the liquid until the quantity is about 3/4 cup, about 15 minutes.

6 Once the meat has cooled a little bit, shred it into bits using two forks or your hands.

7 Add the reduced pan juice back to the shredded beef and combine.

Storage: Keeps in the refrigerator for several days. Also freezes well

131) and Guacamole (page 128). Serving Suggestions: Serve on lettuce boats or as a salad with Mango Salsa (page



a customized approach to health and a whole-foods lifestyle



30-DAY NEAL PLANS

designed to support:
autoimmune conditions,
digestive health,
blood-sugar regulation,
thyroid health,
cancer recovery,
heart health,
parkinson's, alzheimer's,
fat loss,
athletic performance,
general health & more!





TEAR-OUT CUIDES

paleo foods & pantry, food quality & labels, healthy cooking fats, sweeteners, gluten, paleo carbs & more!



OVER 120 EASY RECIPES

all gluten-, grain-, legume-, dairy- & refined-sugar-free

Diane Sanfilippo, BS, NC

food photography by Bill Staley | foreword by Robb Wolf

1 head bib, butter, or Boston lettuce Sea salt and black pepper to taste 1 clove garlic, grated or finely Juice and zest of one lime 1/2 teaspoon chili powder 1-1 1/2 lb skirt steak

(or one large tomato chopped 2 dozen cherry tomatoes, halved

TACO TOPPERS

1/4 cup chopped cilantro

1 avocado, thinly sliced into 1-inch pieces)

Gently separate the leave of lettuce and rinse them off. Set them aside to dry.

In a large mixing bowl, whisk together the lime juice, the bowl and massage the seasonings into it. Add sea zest, garlic, and chili powder. Place the skirt steak in salt and black pepper to taste.

cooked steak aside to rest for 10 minutes, then slice against the grain into small strips. You may want to divide the skirt steak into two or three sections before Grill for approximately 3 minutes per side. Set the slicing, as it is typically very long.

Serve the steak, tomatoes, cilantro, and avocado in your lettuce leaves.

CHANGE IT UP

tacos with anything you like, such as thinly slice Top these simple steak red onions.

Add Five Kinds of Salsc (recipe on page 296)

Lettuce tacos are one of my favorite go-to weeknight meals. I wrap nearly any kind of protein in lettuce, and top it with avocado. This recipe is named after Hayley Mason, co-author of "Make it Paleo," who originated it.



HOW TO USE BONE BROTH TO HEAL

the time simple food to heat your out

A CHEAP ALTERNATIVE TO PILLS & SUPPLEMENTS

Bone broth is packed with nutrition that your body can actually absorb, unlike the isolated nutrients found in pills. Your body cannot use ONLY vitamin D, or ONLY magnesium.

For example, that's why many people who are anemic don't get better by taking iron supplements. Your body needs a host of other enzymes, vitamins, cofactors, and a bunch of other things to actually absorb the iron effectively. Same thing applies to all the vitamins and minerals commonly found in supplements.

That's why getting your nutrition from foods such as bone broth is so important. Real, whole foods are already full of the host of other factors that you need in order to digest your food and absorb it properly.

And the best part? Bone broth is dirt cheap compared to expensive pills!!

DRINK 1-2 CUPS OF BONE BROTH PER DAY

The biggest thing is consistency - it won't do you any good to drink a whole gallon of bone broth in a day and then not drink anymore for weeks!

Start drinking 1-2 cups of broth per day and see how you feel. Drink it with a meal, on its own, in the morning or evening, whenever. It does not matter how or when you drink it, just drink some every day.

STORE BOUGHT VS HOMEMADE BROTH

This guide includes recipes & tips for making homemade broth, but since it's not possible for everybody, we do sell some amazing, high quality bone broth in our Farm Store that's made from our pasture-raised animals!

Avoid buying just any broth - do a bit of research to make sure it's the real deal. Most store-bought broth is either shelf stable and contains lots of preservatives, or it's not from healthy, pasture-raised animals.

DO YOU NEED TO GO ON A BONE BROTH 'FAST'?

The GAPS diet popularized using a bone broth fast (eating nothing but bone broth for several days) to heal severe digestive issues, autoimmune conditions, and mental & behaviors conditions. This is often the only option for these chronic diseases because at a certain point, modern medicine no longer works.

This can be an amazing, healing diet. Consult with a Certified GAPS practitioner or doctor - this diet is tough to do alone! Always consult with your doctor before switching your diet.

WANT TO MAKE YOUR OWN BROTH?

Tips for nutritious & healing homemade bone broth

SOURCING YOUR BONES

For beef & pork broth, ask your local farmer, like Charlotte! :) They're affordable and much more nutritious than store-bought bones.

If you're making chicken broth, use a whole chicken. Like the recipe mentions below, you can roast or cook the chicken first, pull off all the meat and save for meals, then toss the leftover chicken carcass in your pot for broth.

NUTRITIOUS ADDITIONS

These contain lots of collagen - the secret to super healing broth!

- Feet: chicken & pig feet are the easiest to find and are wonderful for broth
- Tails: oxtails are very common
- Heads and necks: while not easy to find, they make great additions to broth. Try poultry heads since beef and pork heads won't fit in the soup pot:)
- Skin: if you have any extra skin left after roasting a chicken, toss it in the broth!

TRYING TO GET YOUR BONE BROTH TO 'GEL'?

When bone broth is made *perfectly*, it will become gelatinous after it cools. While this is great, you'll still get tons of health benefits from broth that hasn't gelled!

CROCKPOT VS INSTANT POT VS STOVE TOP

Really, it's your personal preference and what works best for you. I love my crockpot because I can let it cook for a couple days without having to monitor it on the stove, but you may prefer a different method. Experiment to see what works best for you!

DON'T HAVE TIME TO MAKE YOUR OWN BROTH?

You can always grab some chicken or beef broth at Champoeg Creamery's Farm Store - the beef broth is made from our own pastured beef bones!

It's handy to have broth on hand just in case you forget to make your own so you know you always have backup!

WANT TO MAKE YOUR OWN BROTH?

Simple recipes to make this girl-healing waserface

CHICKEN BROTH RECIPE

Ingredients

- 1 whole chicken
- · 2 carrots, chopped
- 1 onion, chopped
- 1 bunch celery, chopped
- (veggies optional)

Steps

- 1. Place whole chicken in crock pot or stock pot
- 2. Fill with water
- 3. Bring to a boil, then reduce heat to simmer
- After 2 hours, remove the whole chicken and pick the meat off. Set the meat aside to use for other dishes
- Return the chicken carcass to the broth.
 Simmer or set your crockpot to low for 24 hours
- 6. After the bone broth has finished, set aside to let it cool
- Pour through a strainer and collect the liquid broth in a large bowl. Throw out the leftover bones
- Store the bone broth in glass jars or in tupperware containers
- Freeze for up to 1 year or refrigerate for a week

BEEF OR PORK BROTH RECIPE

Ingredients

- 2 lbs beef or pork bones
- 2 carrots, chopped
- 1 onion, chopped
- 1 bunch celery, chopped
- (veggies optional)

Steps

- 1. Place bones in either a crock pot or stock pot
- 2. Fill with water
- 3. Bring to a boil, then reduce heat to simmer
- Simmer or set your crockpot to low for 48 hours
- After the bone broth has finished, set aside to let it cool
- Pour through a strainer and collect the liquid broth in a large bowl. Throw out the leftover bones
- Store the bone broth in glass jars or in tupperware containers
- Freeze for up to 1 year or refrigerate for a week

TIRED OF PLAIN OLE' BONE BROTH?

4 delicious ruripes to easily get your daily dose of broth

THAI COCONUT BROTH

Plus, it has the added benefits of the coconut milk! Not only is coconut extremely healing for the gut, but it gives the broth more substance so it keeps me feeling full longer than just plain broth.

Ingredients

- 1 gallon bone broth
- 1 can organic coconut milk
- 1 thumb-size piece of ginger, minced
- 1 bunch cilantro
- 1 lime
- 2 cloves garlic, minced
- 1 jalapeno (leave out if you don't want it too spicy)
- Sea salt

Steps

ET T

- Pour bone broth and coconut milk into a large stock pot at medium-high heat
- 2. While that is coming up to temperature, chop the remaining ingredients and add to the pot
- 3. Juice the lime into the pot
- Bring everything to a boil and boil for 2-3 minutes, then reduce heat to let it cool for 10 minutes to an hour
- Once cooled, salt to taste. Then, strain through a large colander and catch the broth in a large bowl
- Toss out the cooked vegetables and pour the broth in mason jars or tupperware containers
- 7. Store in the freezer up to 6 months or in the refrigerator for 1 week

AVGOLEMONO BROTH

Don't get hung up on the name - this is a greek-style broth that makes for an amazing, creamy sipping broth. Add chopped chicken or turkey for a more substantial meal.

Ingredients

- 2 cups broth
- 1 egg
- Juice of 1 lemon
- Sea salt to taste

Steps

- 1. Bring the broth to a simmer in a small saucepan.
- 2. While the broth is heating up, whisk the egg and lemon in a small bowl
- Once the broth has simmered, very slowly add the egg and lemon mixture, vigorously whisking the whole time so the eggs don't cook
- 4. Salt to taste and enjoy this amazing broth!

PHO-STYLE BROTH

It's traditionally made with beef or pork broth, so this is a great way use up your beef broth if you don't like the taste. I personally prefer chicken over beef, but with this recipe I definitely prefer the rich flavor of the beef.

Ingredients

- 1 gallon beef or pork broth
- 2 TB fish sauce
- 2 cloves garlic, minced
- 1 onion, diced
- 1-inch long piece of ginger, minced
- 1 lime
- 1 bunch cilantro
- Pho spices: 1 cinnamon stick, 1 TB coriander seeds, 1 TB fennel seeds, 5 star anise seeds, 6 whole cloves
- · Sea salt to taste

Steps

- Pour the broth in a large pot on the stove and set to medium-high
- 2. While that's coming to a boil, add in the cilantro, fish sauce, garlic, onion and ginger
- Place the Pho spices in a mesh spice bag and put the bag in the broth (if you don't have one, that's ok, it just makes it easier to remove the small hunks of spices later)
- 4. Bring to a boil and boil for 5-10 minutes (longer if you prefer stronger flavors)
- 5. Let cool, salt to taste, and squeeze in the lime juice
- Once cooled, pour through a strainer and toss out the leftover spices and catch the cooled broth in a large bowl
- 7. Transfer the broth in mason jars or tupperware containers
- Store in the freezer up to 6 months or in the refrigerator for 1 week

MISO BROTH

Adding miso to your broth gives it some added substance, helping you feel full. Since traditional miso has been fermented, it's also full of beneficial bacteria, vitamins and enzymes.

Of course, if you cook the miso it will kill any of the beneficial bacteria, but just adding it to warm broth won't do as much damage.

For this reason, it's easier to make 1 single serving of this at a time.

Ingredients

- 2 cups chicken broth
- 2 TB miso paste
- Chopped green onion (optional)
- Sea salt to taste

Steps

- 1. Heat 2 cups of broth
- In a small bowl, take out ¼ cup of the broth and mix it with the miso paste with a whisk or fork
- Add this miso/broth slurry to your 2 cups of broth
- 4. Top with chopped green onion and enjoy!