

primal • paleo • low-carb • grain-free • dairy-free • gluten-free

PRIMAL BLUEPRINT

Quick & Easy Meals

Delicious, Primal-approved Meals
You Can Make in Under 30 Minutes

MARK SISSON
JENNIFER MEIER



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Mark Sisson

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My co-author Jennifer Meier has once again exceeded expectations in bringing to life a wide variety of brand new delicious, yet easy-to-prepare, meals. I must confess that many of these were initially designed to appeal to my own finicky palate and my relative impatience in the kitchen (I want fabulous food and I want it now), so the challenge was double. Most of her work was done while pregnant with her first child, and once again Jennifer did double duty as the

food photographer. Talk about multi-tasking!

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Jennifer Meier

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INTRODUCTION

PEOPLE ARE THINKING ABOUT FOOD MORE THAN EVER. What we eat, where and how it was grown or raised, and the endless ways in which it can be prepared all continue to be hot topics of conversation. The primal eating pattern of our hunter-gatherer ancestors—consuming a wide range of fresh, organic, seasonal foods—is being celebrated in modern times. And yet, simultaneously, obesity rates and lifestyle diseases continue to be on the rise. Our society continues to be dependent on processed foods and addicted to sugars, grains and man-made fats that our bodies are not genetically programmed to thrive on.

So many of us have made the connection that eating well brings pleasure, and that what we eat directly affects how we feel. Yet, we cannot fully break free from the foods and lifestyle habits that are causing us harm.

The solution to this modern dilemma does not have to be complicated. Nor does it have to involve the deprivation we've been led to believe is necessary. Ten simple, logical steps that served our primal ancestors well not just for surviving, but for genetically thriving, can continue to serve

us well in the modern world: Eat lots of plants and animals. Move around at a slow pace. Lift heavy things. Run really fast every once in awhile. Get lots of sleep. Play. Get some sunlight every day. Avoid trauma. Avoid poisonous things. Use your mind.

It's that simple. Or is it? The frenetic pace of modern existence can seem at odds with these core beliefs of the Primal Blueprint. How can we possibly enjoy a happy, healthy, balanced lifestyle while living in such a hectic world?

Here's the thing: the Primal Blueprint gives you immense personal power to make necessary changes in your life with minimal sacrifice and little chance of failure. Every Primal law doesn't have to be followed every day; rather, it's about incorporating them over time into a longer journey; a journey that leads to overall physical and mental well-being. And what better way to begin that journey than by sitting down to a delicious home cooked meal?

For the uninitiated, the Primal Blueprint eating strategy simply seeks to emulate the hunter-gatherer diet of our ancestors (find out more in my best-selling book *The Primal Blueprint*). Our primary goals are the elimination of most simple sugars, grains (wheat, rye, barley, corn, etc.), legumes (soy, kidney beans, etc.) and trans and hydrogenated fats and oils—foods that our genes never encountered until very recently in human history. Moreover,

these are often the same foods that confuse our genes into making us sick over a long period of time. Instead, the Primal Blueprint focuses on quality cuts of meat, fish, fowl, eggs, copious amounts of vegetables, fruits, and healthy, life-sustaining fats. These are the foods our genes expect us to be eating and which promote a healthy weight, abundant energy, and a robust immune system.

Primal Blueprint Quick & Easy Meals contains 110 recipes that are completely Primal and will simultaneously meet all the needs of anyone seeking a gluten-free, low carb, low dairy, or paleo existence. And here's the best part: every recipe is written specifically with your busy lifestyle in mind. Delicious, easy-to-prepare recipes like Chorizo and Almond Crusted Halibut and Tahini Chicken Salad are proof that "convenience food" does not have to be pre-packaged and processed. In 30 minutes or less you can have healthy, satisfying and unbelievably flavorful meals on the table that you can feel good about.

And with the handy macronutrient profiles (courtesy of the very useful site FitDay.com) included with each recipe you'll know exactly what you're putting in your body, no guesswork required. Each profile is per serving, with per serving figures calculated based on the upper recipe serving size. For example, if the recipe creates 2-4 servings, the per serving macronutrient profile will be based on a 4 serving recipe (i.e. fat, carb, protein quantities divided by 4, not 2). Likewise, for recipes that call for a

range of an individual ingredient, the upper ingredient quantity is used when determining the macronutrient profile. For example, if a recipe calls for ½ to 2 pounds of chicken, 2 pounds of chicken were used when calculating the profile. Keep in mind that all calculations are approximations, and that figures have been rounded to the nearest whole number. As such, aggregate totals may not amount to the expected value in some cases. While all meals in this cookbook have a place in a Primal diet, armed with this knowledge you'll be equipped to pick and choose recipes depending on your own personal weight loss or weight maintenance goals.

You'll also find helpful hints, easy-to-follow instructions and color photos on each page, making your time in the kitchen (even if it's only 30 minutes!) less stressful and more fun. What you won't find in this book are low-fat, low-flavor "diet" foods or ingredients like grains, trans and hydrogenated fats and excessive sugars and dairy. Instead, dishes like Pork and Shiitake Lettuce Cups and Espresso Rubbed Steak will bring new flavors and variety to your table, proving once again that eating Primal is about expanding your culinary horizons, not limiting them.

PRIMAL BLUEPRINT LAW #1: EAT LOTS OF PLANTS AND ANIMALS

BECAUSE OUR PRIMAL ANCESTORS HAD NO OTHER OPTION, they ate a diet that varied widely and consisted only of what they could catch or forage: meat, fowl and seafood, fruits and vegetables, tubers, nuts and seeds. Without knowing it, they were also ingesting antioxidants, polyphenols, minerals, healthy fats and protein— nutrients our bodies need now more than ever to thrive.

In the 21st century we have plenty of options—too many one could argue—leading us away from the simple but well-balanced and nourishing Primal diet that suited our species so well for so long. What we don't have, however, is the time to spend all day hunting and gathering and preparing our meals.

Primal Blueprint Quick & Easy Meals makes it more convenient than ever to eat the foods you should be eating with very little hassle. This cookbook will make transitioning to the Primal Blueprint eating style simple, and can help those who have already committed to Primal eating stay on track.

BREAKFAST, LUNCH AND DINNER

WHETHER WE LIKE IT OR NOT, MODERN LIFE USUALLY REVOLVES AROUND A SCHEDULE. Getting to work on time, getting the kids to soccer practice, getting dinner on the table by a certain hour...you're probably all too familiar with the routine.

Our ancient ancestors didn't punch a time clock every day and they probably didn't eat dinner every night at exactly 6pm. They ate when they were hungry or when food was available. For over two million years of human history, this random, sporadic, intermittent eating pattern shaped our DNA. Today we work with the very same genetic recipe and, as a result, our bodies are well-equipped to deal with both grazing and intermittent eating. Allowing for these variations in eating patterns makes following an eating plan less stressful and frees you to respond to genuine hunger, not a ticking clock.

Still, regular meal times remind us to set aside a piece of the day to nourish ourselves and take a necessary break. For ease of use, the recipes in *Primal Blueprint Quick & Easy Meals* are divided into universal meal categories: breakfast, lunch, dinner, and snacks/appetizers (with some flavorful sauces and spice rubs thrown in at the end). Don't let these categories restrict how you use this cookbook. There's nothing wrong with a Fennel and Olive Omelet for dinner and Pork Fried Cauliflower Rice for breakfast if that's what you crave. Better yet, double the recipes you cook so you can eat them for dinner one night and as a

snack the next day.

However you use this cookbook and whenever you eat your meals, remember that just because you're cooking quickly doesn't mean you have to eat quickly. Spending less time in the kitchen gives you more time to sit and enjoy the meal. Take time to appreciate the food you've just cooked and enjoy the calories that are fueling your body. Eating mindfully also helps sustain long-term health and fitness goals by making you more aware of how much and what you're eating.

SHOPPING STRATEGIES AND COOKING SHORT-CUTS

PREPARING A GREAT MEAL IN 30 MINUTES OR LESS CAN TAKE A LITTLE PRACTICE. If you don't cook often, you may find that a few of the recipes in this cookbook will take you longer to make than we've predicted. The first time, anyway. The more you cook, the faster and more skilled you'll become. You'll become comfortable using the recipes as a guide, then ad-libbing a little bit as you go, adding a little more of this and a little less of that to suit your own palate.

If you're someone who has no trouble getting a meal on the

table in 30 minutes or less, this cookbook will inspire you to branch out and experiment with new ingredients and cooking techniques. It's easy to get caught in a rut and fall back on the same tried-and-true, easy-to-get-on-the-table meals week after week. This not only gets boring, it also limits the variety of foods in your diet.

In either case, whether you're following the recipes in this cookbook or cooking free-style without any recipe at all, a well-stocked kitchen and a few simple cooking strategies make it much easier to throw together a Primal meal.

Keep Non-Perishables Well-Stocked

These ingredients are the building blocks for Primal meals and will keep for weeks or months if your pantry or kitchen cupboards stay relatively dark and cool.

Quick & Easy Tip:

Visit MarksDailyApple.com to take advantage of hundreds of Primal cooking and lifestyle tips and to join the conversation about what it means to live Primally in the modern world.

Healthy Oils

With more and more types of cooking oil crowding the shelves at the grocery stores and more and more conflicting advice about each one, what should be a simple purchase suddenly feels very complicated. It doesn't have to be; we've analyzed and cooked with all of them for you. These are the oils to keep in your kitchen:

OLIVE OIL – When in doubt, olive oil is a safe bet for most of all your cooking needs. Virgin or extra-virgin olive oil is what you want to buy, and although extra virgin is supposed to have superior flavor, this isn't always the case—what is superior flavor to one person is only so-so to another. Some people like delicate, hardly noticeable flavor and some love a peppery, fruity full-flavored oil. Finding your personal favorite requires trying different brands. If you decide to splurge on a more-expensive olive oil or are lucky enough to have locally bottled oil, reserve it for drizzling on salads and already-cooked food, as heat can diminish its flavor.

COCONUT OIL – This oil has a special place in my Primal heart, and not only because it's such a fantastic source of the healthy saturated fat that is

essential to so many of our bodily functions. Coconut oil is shelf stable, stands up to heat well and tastes delicious. Unrefined virgin oil is what you want, whether you're cooking with it or using it to moisturize your hair.

NUT OILS – As long as you avoid peanut oil (technically, it's a legume and shouldn't even be considered a nut oil) many others are worth trying in moderation. Two especially worth seeking out, both for flavor and health benefits, are walnut and macadamia. An occasional drizzle of these nut oils on a salad or already-cooked dish can add amazing flavor. Avoid heating nut oils or keeping them for more than six weeks, as they are prone to rancidity. You should keep nut oil in the refrigerator.

SESAME OIL – Sesame is another highly flavorful oil to keep in the pantry (or refrigerator), but not one to use daily. It stands up to heat fairly well and can be used for quick high-heat cooking, like stir-frying, or used to add a distinct flavor to sauces and dressings.

PALM OIL – Virgin red palm oil is the most nutrient-rich, although it has a distinct taste that can alter the flavor of food in a way some people don't enjoy. Nevertheless, it's chock full of vitamins and antioxidants and very shelf stable.

GHEE – Ghee is ultra-clarified butter, basically pure butterfat that has been relieved of all lactose and dairy proteins. It has a nutty, pleasant flavor and can be used in the exact same way as butter, with one highly convenient difference: ghee will keep for months outside of refrigeration.

Nuts

True, many nuts do have a high omega-6 content and over-indulgence could potentially tilt you towards pro-inflammatory bodily processes as we discuss in *The Primal Blueprint*, but this view of nuts is too simplistic. Overall, a nut is a pretty complete nutritional source and in moderation can add incomparable richness and texture to a dish. Best bets are almonds, macadamia nuts, hazelnuts, pecans, brazil nuts, pine nuts and pistachios.

Flour Alternatives

Those nuts in your pantry aren't just for snacking; they can also be ground up and used as a substitute for flour in many recipes. Nut flours do not have the same properties as

wheat flour, however, so some experimentation is necessary. For baking, blanched nut flours (the skin is removed from the nut) typically work best. Un-blanched nut flours are commonly labeled as “nut meal” rather than nut flour. Coconut flakes can also be ground into a flour-like consistency. Both nut and coconut flour are available in most grocery stores. Both should be stored in airtight containers; if you're not using them up within a month or so, consider keeping these flours in the refrigerator.

Spices

Spices are a great way to add new flavor to meat and give vegetables an entirely different personality. For maximum flavor, buy whole spices and grind them yourself. At the very least, replace pre-ground spices every six months.

Sea Vegetables

At least in the western world, sea vegetables (more commonly referred to as simply seaweed) are an often-overlooked nutritional powerhouse. Most varieties are sold dried and keep well for long periods of time.

Coconut Milk

Unsweetened, canned coconut milk can add richness and flavor to broths, sauces and baked goods and is ideal for simmering meats or vegetables. Coconut milk keeps for many months on the shelf, but should be refrigerated and used within a few days after opening.

Salt

In moderation, salt brings out tremendous flavor in foods and for most people can also have some health benefits. And the great thing about cooking at home is that you get to control exactly how much salt goes into your food. Unrefined and unprocessed sea salt, mineral salts and rock salts are loaded with minerals, and have a pure flavor—a little bit goes a long way. Varieties with larger flakes, such as fleur de sel, celtic grey salt and Himalayan Pink salt, are best used to season a dish after it's already been cooked.

Sweeteners

If you're craving a little sweetness or need it to balance the flavors in a dish, raw honey and pure maple syrup are good to have on hand. In small quantities, dried fruits without any added sugar can be used for the same reasons.

Buy the Freshest Perishables Possible

One of the most memorable meals I've had was also one of the simplest. I was traveling in Spain and was served a dinner of fresh fish seared quickly in high-quality, local olive oil. Perfectly Primal and perfectly delicious. There were no complex sauces or seasonings and yet, years later I can't get this meal out of my mind. Some of this can be attributed to the setting—I was taking time to relax and enjoy and truly taste each bite—but mostly it was the incredible freshness of the ingredients. The fish had probably been caught that day and the olive oil was pressed from olives grown nearby. Fresh, high-quality ingredients speak for themselves. You don't need to spend hours in the kitchen to make them taste good. If buying organic, grass-fed beef means you can't afford to eat as much beef as you once did, consider this is a wise trade-off. Cultured butter made from the milk of grass-fed cows and pasture-raised organic eggs are investments that will pay off as well in terms of

your overall well-being. Beyond being conscious of how your food is raised, knowing where it comes from matters, too. Buy locally from farmers' markets when you can, or grow your own. I guarantee you'll taste the difference.

Make Your Own Condiments, Sauces, Dressings and Stocks

Many bottled condiments, sauces and dressings are filled with undesirable sugars and preservatives. Canned stock and broth is usually high in sodium and low on flavor. Plan ahead a little, and your refrigerator and freezer can be well-stocked with homemade versions of all these immensely useful perishables. Visit MarksDailyApple.com for recipes that will show you how to make everything from homemade ketchup and BBQ sauce to beef stock.

Join a CSA

If you can't get to a farmers' market to buy local produce each week, or if you find yourself buying the same three vegetables week after week at the grocery store, consider subscribing to a CSA (community supported agriculture).

CSA boxes come directly from local farmers and are filled with a variety of seasonal produce.

Chop Vegetables Ahead of Time

How long have those unpeeled carrots and that head of kale been staring back at you from the refrigerator? Despite our best intentions, sometimes the thought of cleaning and prepping vegetables is enough to prevent us from eating them. Dedicating just a half hour or so each week to cleaning, peeling and chopping produce makes mealtime a snap. Store the produce in airtight containers and then throughout the week snack on the veggies or throw them into salads, stir-frys, sautés and omelets. If you're really pressed for time, consider buying pre-cut vegetables at the store. You'll be amazed by how quickly vegetables disappear when anyone—including kids—can easily grab a handful on the go. And if you have children, consider having them help do the prep. It's a great way to get them involved in a Primal eating style early in life.

Get To Know Your Butcher and Fish Monger

Most butchers and fish mongers, especially those you shop with regularly, are happy to prep proteins to your specifications. If a recipe calls for meat or seafood to be cut a certain way, have them do it for you. Buying a fish that's already been skinned and de-boned by a professional or an entire chicken that's been perfectly cut up can save you time and frustration later.

Cook Double Portions of Protein

The steak you had for dinner on Monday would be fantastic in a breakfast burrito on Tuesday morning, or in a steak salad on Wednesday. Cooking extra amounts of protein with the intention of eating it later in the week will make throwing together meals less of a hassle, especially when it comes to packing lunches.

Cook Double-Portions of Everything

Any of the recipes in this cookbook can be doubled and stretched into more than one meal. Plan on eating the

leftovers later in the week, or freeze some for further down the road. Freezing is a great solution if you're someone who doesn't want to be cooking every night of the week. Of course, this means you'll have to...

Invest In a Freezer

A good freezer will allow you to not only freeze cooked meals for later use, but also stay stocked up on vegetables and fruit year round. This can be especially valuable if you live in an area where the dark days of winter limit the types of fresh produce available. A freezer also makes fiscal sense by allowing large meat purchases— like buying a whole pig or cow from a farmer or taking advantage of sales at the butcher shop.

While the freezer that's connected to your fridge can hold small amounts of food for short periods of time, a deep freezer can hold large amounts of food. Lined freezer paper and sealed containers and bags made specifically for freezing are a necessary investment to protect the food from freezer burn. If you have the space, a chest freezer is the best choice, since the cold air stays in the freezer when you open it.

Take Advantage of Technology

Our Primal ancestors may have gotten along just fine with kitchen tools like sharpened rocks and sticks, but I'm willing to bet a food processor would have made their lives a lot easier. To make cooking less work, consider investing in some modern conveniences:

MICROWAVE – We're not suggesting you cook every meal in the microwave, but if using it now and then means you're eating healthy foods that you wouldn't normally bother with, then a microwave can come in handy. As you'll see in several recipes from this cookbook, food that normally takes a long time to cook—squash, root vegetables, eggplant—can be cooked quickly in a microwave without sacrificing flavor or texture.

FOOD PROCESSOR – If you cook often, this appliance will more than pay for itself. Food processors can grate, chop and purée just about anything and make nut butters, chop vegetables, mix sauces and even grind meat. Smaller models are available, but have limited usability. Consider buying one that holds at least nine cups.

BLENDER/IMMERSION BLENDER – Smoothies are one of the fastest and easiest meals around, especially if you own a blender. Blenders are also great for puréeing soups and sauces.

PRESSURE COOKER – Whole chickens, roasts and stews, tender vegetables and stock: all of these things are possible in an hour or less with a pressure cooker. When you don't have time to braise food for hours in the oven, a pressure cooker comes to the rescue.

SLOW COOKER – So this won't actually get a meal on the table in record time (hence the name) but it will decrease the actual amount of time you spend cooking a meal. That's because a slow cooker (commonly called a Crock Pot) does it all for you; all you have to do is get the ingredients in the pot.

FOOD DEHYDRATOR – While not an essential Primal cooking tool, this handy appliance makes creating delicious beef, venison or turkey jerkies and dried fruit a cinch.

Take Advantage of Low-Tech Tools

Ask any chef and they will tell you that the only tool you really need is a sharp knife. As true as this is (especially the sharp part) most home cooks find that a few other tools make life easier in the kitchen. You don't need every gadget in the cooking store, far from it, but there are a few to consider:

KITCHEN SHEARS – Easier to use than a knife, you can cut fresh herbs and greens with kitchen shears, but will find them the most helpful when trimming meat and seafood.

SALAD SPINNER – Soggy greens lose their crisp texture and don't soak up the flavor of salad dressing as well. With a salad spinner, you can wash and dry greens in record time.

GARLIC PRESS – “Finely chopped garlic” just might be the most frequent phrase written in all cookbooks. A garlic press does all the work for you.

A GOOD CUTTING BOARD – Your cutting board

should be large enough that food doesn't slide over the edges while you're prepping and stable enough that it doesn't rock back and forth and slide while you chop. Buy a large board that has traction on the bottom, or use this trick: place a slightly damp towel under your cutting board to keep it from sliding.

COOKING WITHOUT A RECIPE

EVEN THOUGH THIS IS A COOKBOOK, IT'S WORTH NOTING THAT EATING PRIMAL DOESN'T ALWAYS MEAN FOLLOWING RECIPES. In fact, some of the Primal meals and snacks I turn to most often are so simple that I didn't even bother creating recipes for them. Once your kitchen is well-stocked with the wide range of foods available to you on the Primal diet, you'll find that putting together a Primal meal or snack can be as simple as getting creative with what you have on hand. What are some of my five-minute favorites?

THE BIG-ASS SALAD – Throw some greens in a bowl, add a handful of the veggies you've pre-chopped, top it off with a handful of nuts or some protein leftover from dinner the night before, toss with a generous dousing of oil and lemon. *voilà!* You've got yourself a Big-Ass Salad. This salad often ends up

being the biggest meal of my day.

STUFFED AVOCADOS – Think of an avocado as an edible bowl. Take out the pit and fill the hole it leaves with a mashed hard-boiled egg topped with crumbled bacon.

NUT BUTTER – True, you can buy pre-made nut butter, but you can also pulse some nuts in a food processor and get the same creamy result. Eat it by the spoonful or use nut butter as a dip for veggies and fruit, and occasionally with dark chocolate.

SMOOTHIES – Two or three scoops of **Primal Fuel**. Water. Ice. Blend. Done. If you have more time, you can get creative with your smoothies. Try one of these combos:

Coconut Milk, Frozen Berries

Coconut Milk, Almond Butter, Unsweetened Cocoa Powder

Coconut Milk, Cooked Squash (or canned pumpkin), Cinnamon

Coconut Water, Egg Yolk, Frozen Blueberries

Ice, Spinach, Avocado, Hot Sauce

Ice, Cucumber, Avocado, Tomato

SANDWICH WRAP – Spread out a Romaine lettuce leaf and fill it with chopped leftover meat, tomatoes, avocado and a dollop of mayonnaise. Wrap the leaf around the filling.

SCRAMBLES – Whisk some eggs, throw ‘em in a pan with butter and leftover meat and veggies. Good for breakfast, lunch and dinner!

COCONUT SOUP – Bring equal parts chicken stock and coconut milk to a boil. Add spinach and shrimp. Simmer 2-3 minutes.

TRAIL MIX – Throw together a few handfuls of nuts with $\frac{1}{2}$ cup of dried cranberries or raisins, unsweetened coconut and a sprinkle of cinnamon.

When you don't have any time at all, these ready-to-eat foods can be Primal snack staples:

CANNED SARDINES AND SALMON

SMOKED SALMON

LEFTOVER COOKED MEAT

COLD SHRIMP

OLIVES

FULL-FAT GREEK YOGURT

FRESH BERRIES

**FRESH VEGGIES DIPPED IN SALSA OR
GUACAMOLE**

NUTS AND NUT BUTTERS

JERKY

PORK RINDS

AVOCADOS

Quick & Easy Tip:

Primal Fuel is a high-protein, low-carb, moderate-fat, meal replacement powder made with mostly Primal ingredients—no HFCS, artificial sweeteners, soy, unhealthy fats, low-quality protein or any other ingredients that you usually find in meal replacements.

Whey protein is another option for adding protein to smoothies, and although it isn't strictly Primal, whey protein can be an effective, occasional high-protein meal replacement.

NUTTY BLUEBERRY PROTEIN BALLS

BERRY CRUMBLE

BERRY PANCAKE

PRIMAL HOT CEREAL

CREAMY COCONUT SQUASH

CAULIFLOWER PURÉE WITH SAUSAGE AND
POACHED EGGS

TURKISH EGGS

BUTTERY EGGS AND LEEKS

FENNEL AND OLIVE OMELET

BROCCOLI QUICHE

PIZZA FRITTATA

SPAGHETTI SQUASH OMELET

PORTOBELLO MUSHROOMS STUFFED WITH
EGGS AND SPINACH

BREAKFAST BURRITO

BISON BREAKFAST PATTIES

ESPRESSO RUBBED STEAK

SMOKED SALMON, EGG, AND ASPARAGUS
ROLL UPS

STEAK WITH ROMESCO SAUCE

BACON AND EGG SALAD

TURNIP HASH BROWNS

BACON SOUFFLÉ FRITTATA

PORK AND RADISH HASH

SAVORY SMOOTHIE

BREAKFAST

NUTTY BLUEBERRY PROTEIN BALLS

Time in the Kitchen: 15 minutes

Servings: 12 balls (*macronutrient profile based on serving size of 2*)

4 dates, pits removed

1 cup walnuts

½ cup macadamia nuts

2 tablespoons coconut oil

½ cup fresh or defrosted blueberries (fresh work best)

½ cup unsweetened shredded coconut

These little balls of protein are packed with tons of healthy fat and are the perfect snack when you're on the run. They're also a healthy way to satisfy a sweet tooth. Change the flavor of Nutty Blueberry Protein Balls by using different types of nuts each time you make them. Other variations include adding cinnamon, dark chocolate, or dried fruit

instead of fresh. Or, instead of coconut, roll the finished balls in sesame seeds.

Pulverize dates in a food processor until a paste forms, about 40 seconds (the paste will typically come together in a clump).

Add walnuts and macadamia nuts and blend until very finely chopped, about 35 seconds.

With the blade still running, drizzle in coconut oil and stop as soon as the oil is blended in. Scrape the batter into a bowl and stir in the blueberries and ¼ cup of the coconut.

Form the batter into round balls, then roll in leftover shredded coconut. Pop a few in your mouth immediately, and refrigerate the rest for snacking later!

Macronutrient Profile (per serving)

	Grams	Calories	%-Cals
Calories		340	
Fat	29	243	71%
Saturated	9	76	22%
Polyunsaturated	10	82	24%
Monounsaturated	9	74	22%
Carbohydrate	22	82	24%
Dietary Fiber	4		
Protein	5	16	5%



BERRY CRUMBLE

Time in the Kitchen: 15 minutes

Servings: 3

½ cup walnuts

½ cup pecans

a pinch of salt

¼ teaspoon cinnamon

⅛ teaspoon cardamom or nutmeg

1 tablespoon butter, cut into small pieces

1 tablespoon vanilla

3 cups berries (frozen or fresh)

A berry crumble is usually something thought of as dessert, but when made without any flour, oats or added sugar, it becomes a perfectly Primal, high-antioxidant breakfast. The berries and nuts are delicious alone, but a drizzle of coconut milk or dollop of yogurt on top add to the “yum”

factor.

Preheat oven broiler to low.

In a food processor or blender, grind walnuts so they are very finely chopped. Add pecans, salt, cinnamon, cardamom and butter and pulse until just blended, 10-15 seconds.

In a small pot, heat berries with vanilla. Bring to a gentle boil for 5 minutes, so the berries are well heated.

Drain off any liquid the berries have released and spoon the berries into a small oven-proof dish.

Spoon the nut mixture evenly on top of berries. Put under the broiler and heat for several minutes until the topping is lightly browned. Keep an eye on the crumble as it cooks; if the broiler is too hot the nuts are bound to burn.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		350	
Fat	30	255	73%
Saturated	5	41	12%
Polyunsaturated	14	115	33%
Monounsaturated	10	86	24%
Carbohydrate	17	65	19%
Dietary Fiber	6		
Protein	6	20	6%



Quick & Easy Tip:

If you buy a large bag of walnuts for this recipe, use the remaining nuts to make **Creamy Walnut Sauce** (page 195) or **Nutty Blueberry Protein Balls** (page 3).



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BERRY PANCAKE

Time in the Kitchen: 25 minutes

Servings: 4

3 tablespoons unsalted butter 1 cup berries

4 large eggs, separated into whites and yolks

1 teaspoon vanilla extract

½ teaspoon cinnamon

This giant pancake has a texture between a soufflé and a pancake, which is like combining the best of two worlds. Either way, there's no reason to consider this breakfast a splurge, since there is no flour or added sugar. If you're really in the mood to treat yourself, top the cooked pancake with either melted butter, a drizzle of coconut milk or a very light dusting of powdered sugar.

Preheat oven to 400°F.

Heat butter in a 10-inch oven-proof skillet over medium heat. Add the berries and simmer for 3-5 minutes so the liquid thickens.

While the berries simmer, use an electric mixer to beat the egg whites until stiff peaks form.

In a separate bowl, whisk the egg yolks for 1-2 minutes by hand with the vanilla and cinnamon. Gently fold the yolks into the egg whites.

With the heat under the fruit still at medium, spread the egg batter evenly on top of the fruit. Cook 2 minutes without touching, then transfer the pan to the oven. Bake for 10-12 minutes until the batter is puffed up slightly and lightly browned.

Remove the pan from the oven. Place a plate over the pan and flip the pan to invert the soufflé so the fruit is faced up. Eat warm or at room temperature.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		176	
Fat	15	132	75%
Saturated	7	65	37%
Polyunsaturated	1	12	7%
Monounsaturated	5	42	24%
Carbohydrate	4	14	8%
Dietary Fiber	1		
Protein	7	27	15%



PRIMAL HOT CEREAL

Time in the Kitchen: 10 minutes

Servings: 2

½ cup almonds, whole or slivered

½ cup pecans

½ banana

¼ teaspoon ground cinnamon

⅛ teaspoon salt

**¼ cup unsweetened almond milk or coconut milk,
plus more to taste**

Some mornings, a bowl of creamy hot cereal sounds just right. This version contains no grains but tastes even better than an old fashioned bowl of oatmeal. I like the combination of almonds and pecans, but you can experiment with your favorite nuts. All the protein and healthy fats in this cereal will fill you up fast.

Pulse all ingredients in a food processor or blender until desired consistency is reached. Depending on your preference, the hot cereal can be smooth and creamy or chunky.

Warm the cereal in the microwave or on the stove until hot. Add fresh berries and more almond or coconut milk to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		487	
Fat	45	373	77%
Saturated	9	79	16%
Polyunsaturated	10	86	18%
Monounsaturated	23	190	39%
Carbohydrate	19	75	15%
Dietary Fiber	8		
Protein	11	38	8%



CREAMY COCONUT SQUASH

Time in the Kitchen: 20 minutes

Servings: 3-4 (*macronutrient profile based on 4 servings*)

½ butternut squash

1 ½ cups coconut milk

½ teaspoon cinnamon

½ cup pecans or other nuts

A smooth and creamy purée of butternut squash is a nice change of pace from bacon and eggs. The natural sweetness of the squash is complemented by the sweetness of the coconut milk and the warm flavor of cinnamon, making this a breakfast that is comforting to kids and adults alike.

Scoop the seeds and pulp out of the squash and peel the outside with a vegetable peeler. Cut the squash into small chunks and microwave until soft, about six minutes.

Place the squash in the food processor and blend until smooth. While blade is still running, add coconut milk and cinnamon.

Serve warm in a bowl, garnished with nuts and a generous pat of butter or an extra drizzle of coconut milk.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		292	
Fat	27	223	77%
Saturated	20	163	56%
Polyunsaturated	2	16	5%
Monounsaturated	4	31	11%
Carbohydrate	15	57	19%
Dietary Fiber	6		
Protein	4	12	4%



CAULIFLOWER PURÉE WITH SAUSAGE AND POACHED EGGS

Time in the Kitchen: 15 minutes

Servings: 1-2 (*macronutrient profile
based on 2 servings*)

½ pound sausage, sliced into chunks

½ head cauliflower, broken into florets

1-2 tablespoons butter, or more to taste

salt to taste

1-2 eggs

1 tablespoon finely chopped parsley

This dish was inspired by a traditional bowl of creamy Southern grits. The mild flavor and creamy texture of puréed cauliflower is a healthy Primal stand-in. Adding soft poached eggs and sausage creates a dish that instantly turns into comfort food.

If you eat dairy, adding a little cream or grated cheese to the cauliflower purée will create a richer, even creamier texture.

Set a small pot of water on to boil for the poached eggs.

Sauté the sausage in a pan over medium heat until cooked through.

While the sausage is cooking, microwave (or steam) the cauliflower until soft, then purée in blender or food processor with the butter. Add salt to taste.

When the water comes to a very gentle boil, crack an egg in a bowl or cup then slide it carefully into the water. Let the egg cook for several minutes, until the egg white is hard and the yolk is cloudy. Scoop the poached egg out of the water with a slotted spoon.

Mix the sausage in with the cauliflower purée. Top with a poached egg and garnish with parsley.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		573	
Fat	49	439	77%
Saturated	19	172	30%
Polyunsaturated	6	49	9%
Monounsaturated	19	170	30%
Carbohydrate	3	12	2%
Dietary Fiber	2		
Protein	30	123	21%



Quick & Easy Tip:

What to do with the other half of the cauliflower? Use it to make **Vegetable Coconut Stew** (page 113) or the **Korean Cauliflower Rice Bowl** (page 127).





TURKISH EGGS

Time in the Kitchen: 15 minutes

Servings: 1 (can easily be multiplied)

¼ cup plain full-fat yogurt

1 large garlic clove, finely chopped

1 tablespoon white wine vinegar or apple cider vinegar

1 egg

2 tablespoons unsalted butter

1 tablespoon finely chopped parsley

½ teaspoon paprika

a pinch of red pepper flakes or cayenne

a pinch of salt

If you've grown bored of omelets and scrambles, this heavenly dish will make you feel like you're eating eggs again for the first time. A poached egg drizzled in paprika and parsley-spiked butter and set on a pillow of full-fat yogurt and garlic is a revelation.

If you can find sweet Hungarian paprika, it will have much more flavor than regular paprika sold in most grocery stores.

Stir yogurt and garlic together and spread on a plate. Set aside.

Fill a skillet or small pot with 2-3 inches of water. Add vinegar and bring to a very light simmer. Carefully crack the egg into a small cup. Very gently, slide the egg into the simmering water. Cook the egg undisturbed for 2-4 minutes, until the egg white is cooked. If the egg has stuck slightly to the bottom, first use a plastic spatula to loosen it, then lift the egg out of the water with a slotted spoon. Place the egg on top of the yogurt.

Over medium heat, melt the butter and add parsley, paprika, red pepper flakes and salt. Turn off the heat when the butter begins to sizzle and brown. Drizzle the butter on top of the egg.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		322	
Fat	30	266	83%
Saturated	17	154	48%
Polyunsaturated	2	15	5%
Monounsaturated	8	75	23%
Carbohydrate	5	18	6%
Dietary Fiber	0		
Protein	9	36	11%



BUTTERY EGGS AND LEEKS

Time in the Kitchen: 20 minutes

Servings: 2

4 leeks

3 tablespoons butter

3 tablespoons heavy cream (optional)

6 eggs

2-4 slices cooked bacon, crumbled

Even without the cream, you'll find this combination of silky scrambled eggs and leeks to be a luxuriously satisfying meal. As leeks cook, they become buttery and sweet in their own right and the mild flavor is a perfect pairing with eggs. Add some crumbled bacon on top and this simple dish is downright divine.

Trim the darker green tops off the leeks and slice the lighter green/white bottom section in half lengthwise. Rinse each leek well, then slice crosswise into thin strips.

Melt 2 tablespoons of butter in a skillet over medium-low heat and add the leeks, sautéing gently for a few

minutes before putting a lid on the pan and letting the leeks cook for 8-10 minutes until very soft. Keep the heat low and stir occasionally; a little browning is okay, but mostly you just want the leeks to get soft.

While the leeks are cooking, whisk the eggs with 1 tablespoon of cream and a pinch of salt and pepper. Warm the remaining tablespoon of butter in a pan over low heat then add the eggs. Keep the heat low and stir the eggs constantly as they cook so they don't brown and become too firm. When the eggs are cooked but still a bit loose and soft, remove from heat and divide on two plates.

Stir remaining 2 tablespoons of cream into the leeks and season with salt if needed. Spoon leeks over scrambled eggs and garnish with crumbled bacon.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		477	
Fat	40	356	75%
Saturated	18	158	33%
Polyunsaturated	4	37	8%
Monounsaturated	14	122	26%
Carbohydrate	7	25	5%
Dietary Fiber	1		
Protein	23	96	20%



Quick & Easy Tip:

For convenience, cook a whole package of bacon at once, then freeze small portions to use as needed. Wrap the individual portions in paper towels then place in a sealed plastic bag. The frozen bacon will keep 4-6 weeks in the freezer and can go directly into a frying pan or be re-heated in a microwave.



FENNEL AND OLIVE OMELET

Time in the Kitchen: 20 minutes

Servings: 2 omelets

4 tablespoons olive oil

1 fennel bulb, thinly sliced (fronds removed)

2-3 garlic cloves

2 tomatoes, chopped

½ cup finely chopped fresh basil

½ cup pitted olives

salt to taste

6 eggs, beaten

feta or goat cheese (optional)

If you're tired of throwing the most obvious foods into your morning omelet—mushrooms, spinach, sausage—then this Mediterranean-flavored omelet is just for you. While it's delicious for breakfast, don't hesitate to make this omelet for dinner, too.

Warm 2 tablespoons of olive oil in a skillet over medium-high heat and add fennel, sautéing until lightly browned. Add garlic and tomatoes and sauté five minutes more. Transfer to a bowl and mix in olives and basil. Salt to taste.

Warm remaining olive oil in a skillet. Add half of the beaten eggs to the skillet. As the eggs cook, use a spatula to lift the edges of the omelet and tilt the skillet so uncooked egg comes in direct contact with the pan.

After about three minutes, when the eggs are mostly set, add half of tomato mixture to one side of the eggs. Using a spatula, fold the uncovered half of the omelet over the top; cook a minute more and slide onto plate.

Repeat to make second omelet.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		578	
Fat	50	440	76%
Saturated	10	87	15%
Polyunsaturated	6	57	10%
Monounsaturated	30	264	46%
Carbohydrate	15	53	9%
Dietary Fiber	5		
Protein	21	86	15%



BROCCOLI QUICHE

Time in the Kitchen: 30 minutes

Servings: 4-6 (*macronutrient profile based on 6 servings*)

4 cups broccoli florets

6 eggs

1½ cups coconut milk or whole cream

1 tablespoon melted butter

¼ teaspoon nutmeg

¼ teaspoon pepper

¼ teaspoon salt

¼-½ cup grated cheese (optional)

A crust-less quiche is just as rich and satisfying, and

quicker to make, than quiche with a crust. You can use this basic recipe as a starting point, and add other ingredients to the quiche as well, such as cooked sausage and other vegetables.

Preheat oven to 425°F.

Butter a 10-inch round or 13x9-inch square baking dish.

Cook broccoli in the microwave or in boiling water for 4 minutes.

Whisk together eggs, coconut milk/cream, butter, nutmeg, salt and pepper. Stir in broccoli (and cheese, if using).

Pour into baking dish with broccoli and bake 20 minutes until set in the middle.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		282	
Fat	23	196	70%
Saturated	16	134	48%
Polyunsaturated	1	13	4%
Monounsaturated	4	32	11%
Carbohydrate	13	48	17%
Dietary Fiber	5		
Protein	10	38	13%



PIZZA FRITTATA

Time in the Kitchen: 15 minutes

Servings: 4-6 (*macronutrient profile based on 6 servings*)

2 Italian sausages, sliced, or 1 cup of ground meat

1 cup sliced mushrooms

1 tomato, chopped

6 beaten eggs

¼ cup finely chopped fresh basil

1 teaspoon dried oregano

¼-½ cup grated mozzarella (optional)

While this frittata is not exactly like pizza, it does have all the Italian flavor of a pizza pie without all the carbs. And it's even good cold—just wrap some up and pack it for lunch.

Preheat oven broiler to high.

Heat a little oil over high in an ovenproof 10-inch skillet then add sausage and mushrooms. Sauté until sausage is cooked through and mushrooms are soft and their moisture has evaporated.

Turn heat down to medium. Add tomatoes and sauté a few seconds then pour in eggs and sprinkle with basil and oregano.

Stir quickly, then let cook undisturbed until the eggs begin to set. Sprinkle cheese on top and put the frittata under the broiler until the top is golden and the eggs are firm, 3-5 minutes.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		144	
Fat	9	84	58%
Saturated	3	26	18%
Polyunsaturated	1	13	9%
Monounsaturated	4	34	23%
Carbohydrate	4	14	10%
Dietary Fiber	1		
Protein	12	47	32%



SPAGHETTI SQUASH OMELET

Time in the Kitchen: 15 minutes

Servings: 2

½ spaghetti squash

4 eggs

pat of butter or a few tablespoons olive oil

salt and pepper to taste

I'm not saying you should try to sneak healthy ingredients into dishes you feed your family without telling them, but if you wanted to try, this would be a great recipe to start with. The spaghetti squash added to the omelet makes the texture fluffier and moister than an all-egg omelet, but other than adding a little sweetness, has surprisingly little affect on the flavor. You can eat this omelet with a little butter on top, or stuff it with any fillings you'd use for a regular omelet.

Once the spaghetti squash is cut in half, scoop out the seeds and stringy pulp. Microwave 8 minutes. Use a fork to loosen the squash from the skin and scrape the strands of squash into a bowl.

Whisk the eggs, then mix them together with the spaghetti squash. If you like, add a little salt and pepper.

In a 10-inch pan over medium heat, warm butter or olive oil. The omelet will brown easily, so make sure to keep the heat on medium. Add half of the whisked eggs to the pan and quickly spread it out evenly. Let cook for one minute, only disturbing the omelet to lift the edges gently with a spatula and give the pan a shake to make sure the egg isn't sticking.

If you're adding fillings, add them now to the middle of the omelet. Put a lid on the pan and cook 1-2 minutes more.

Use a spatula to gently fold the omelet in half. Slide out of the pan. Pour remaining eggs in the skillet and repeat the steps to make the second omelet.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		227	
Fat	15	131	58%
Saturated	5	45	20%
Polyunsaturated	2	20	9%
Monounsaturated	5	49	22%
Carbohydrate	11	41	18%
Dietary Fiber	2		
Protein	13	55	24%



PORTOBELLO MUSHROOMS STUFFED WITH EGGS AND SPINACH

Time in the Kitchen: 25 minutes

Servings: 4

4 large portobello mushrooms, stems removed

½ cup olive oil

2 cups frozen or fresh spinach

6 eggs, whisked

**½–1 cup ground meat, sausage or crumbled
bacon (optional)**

Portobello mushrooms act as an edible bowl in this recipe, contributing both extra flavor and visual appeal to simple scrambled eggs. This is an impressive dish to serve for brunch.

Preheat oven to 425°F.

Drizzle olive oil over both sides of portobello

mushrooms. Lightly salt and pepper mushrooms. Place mushrooms on a baking sheet in the oven for 15 minutes.

While mushrooms are baking, sauté spinach with a little bit of oil. Add meat or bacon (if using) and sauté until meat is cooked, then turn heat to low and add eggs. Stir eggs, cooking until they reach your desired consistency.

Remove mushrooms from the oven and fill with scrambled eggs.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		401	
Fat	37	326	81%
Saturated	7	58	15%
Polyunsaturated	5	41	10%
Monounsaturated	23	207	52%
Carbohydrate	7	25	6%
Dietary Fiber	4		
Protein	14	50	12%



Quick & Easy Tip:

The fastest way to wash mushrooms is by rinsing them in water, but many people worry that this will make the mushrooms soggy when cooked. Stop worrying—mushrooms are made up of mostly water anyway, so rinsing the surface with water will only have a minimal effect on the cooked texture.



BREAKFAST BURRITO

Time in the Kitchen: 25 minutes

Servings: 2 burritos

4 eggs, whites and yolks separated

½ onion, finely chopped

1-2 tomatoes, finely chopped

¼ cup canned diced green chiles

1 red pepper cut into strips

¼ cup finely chopped cilantro

**¼ cup cooked meat (try sliced steak, ground beef
or shredded chicken)**

1 avocado, cut into wedges or small chunks

hot sauce or salsa on the side (optional)

More interesting than a regular scramble and a bit different from an omelet, this breakfast burrito can hold almost any combination of ingredients. I'm a fan of this south of the border version that makes use of whatever meat you have leftover from dinner the night before.

Whisk the egg whites.

Warm a lightly oiled 10-inch skillet. Pour half the egg whites in the pan, swirling the pan around so the whites spread thinly and evenly. After about 30 seconds, put a lid on the pan and cook 1 minute more. Use a rubber spatula to loosen and slide the egg white "tortilla" onto a plate. Repeat once more with the remaining egg whites.

In the same pan, sauté onions with oil for one minute then add tomato, green chiles, red pepper, cilantro and meat.

Whisk egg yolks and pour into the pan, mixing into a scramble with the other ingredients.

Add avocado at the very end, then spoon half of filling onto each egg white. Roll the egg whites up into burritos and serve with hot sauce or salsa.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		524	
Fat	35	308	59%
Saturated	8	74	14%
Polyunsaturated	5	44	8%
Monounsaturated	18	157	30%
Carbohydrate	30	111	21%
Dietary Fiber	11		
Protein	27	106	20%



BISON BREAKFAST PATTIES

Time in the Kitchen: 25 minutes

Servings: 12 small patties (*macronutrient profile based on serving size of 3 patties*)

1 pound ground bison

¼ onion, finely chopped

¼–½ teaspoon salt

½ teaspoon black pepper or cayenne

¼ teaspoon cinnamon

¼ teaspoon allspice

1 tablespoon finely chopped rosemary

1 tablespoon finely chopped parsley

Ground bison (or buffalo, as it's often called in stores) is a

good choice for quick cooking because it's best slightly pink. The lower fat content means well-done bison will be dry, so I pan-fry these succulent breakfast patties for only 6-8 minutes. The spices and herbs in this recipe give the patties a slightly sweet flavor that's similar to store-bought breakfast sausage, only better.

Fry up a batch of these early in the week and then grab a few out of the fridge each morning for breakfast (or an afternoon snack).

Mix together all ingredients in a bowl.

With your hands, form meat into 12 rounded patties, about ½ inch thick.

Warm a little oil in a pan over medium-high heat and cook patties about 3 minutes on the first side and slightly longer on the second side, until nicely browned and slightly pink in the middle.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		277	
Fat	17	157	57%
Saturated	7	67	24%
Polyunsaturated	1	8	3%
Monounsaturated	7	61	22%
Carbohydrate	1	5	2%
Dietary Fiber	0		
Protein	27	116	42%



ESPRESSO RUBBED STEAK

Time in the Kitchen: 15 minutes

Servings: 2-4 (*macronutrient profile based on 4 servings*)

2 teaspoons ancho chili powder

2 tablespoons finely ground espresso

½ teaspoon kosher salt

¼ teaspoon ground black pepper

1 pound flank or skirt steak

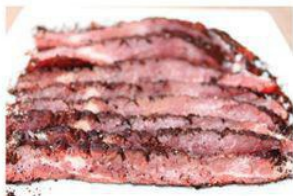
This recipe is for all you coffee lovers who can't resist the aroma of espresso brewing in the morning. A rub flavored with ground espresso gives steak a deep, rich and pleasantly bitter flavor—just like a cup o' joe. Although instant espresso will work, grinding fresh beans is preferred.

Mix together the ancho chili powder, ground espresso, salt and black pepper. Rub the mixture into the steak, covering it completely. Slice the steak into thin strips.

Heat a little bit of oil in a pan over high heat and add the steak, searing for 4-6 minutes or until it reaches desired doneness.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		218	
Fat	10	86	39%
Saturated	4	35	16%
Polyunsaturated	0	4	2%
Monounsaturated	4	34	15%
Carbohydrate	1	2	1%
Dietary Fiber	0		
Protein	32	135	60%



SMOKED SALMON, EGG, AND ASPARAGUS ROLL UPS

Time in the Kitchen: 20 minutes

Servings: 12 roll ups (*macronutrient profile based on serving size of 3 roll ups*)

12 asparagus spears

12 eggs

½ red onion, thinly sliced

8 ounces wild smoked salmon

You could throw all these ingredients into an omelet, but why, when these roll ups are so much more fun to eat? Kids especially love this healthy finger food for breakfast and adults love Smoked Salmon, Egg, and Asparagus Roll Ups as an appetizer.

Slice or snap off the bottom 2-4 inches of the asparagus spears. In boiling water or in the microwave, cook asparagus 3-5 minutes until it softens but is still fairly firm.

Whisk the eggs. Warm a 10-inch or smaller skillet with a little oil or butter in it and pour 2-3 tablespoons of egg in, swirling the skillet around to evenly spread the egg into a very thin layer. Let the egg cook about 1 minute until firm, then slide out of the pan. Repeat until eggs are gone.

Lay an egg “crepe” on a flat surface. On one end of the crepe, layer salmon with an asparagus spear and slices of onion. Roll the crepe up. Repeat with remaining crepes and asparagus spears.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		334	
Fat	21	188	56%
Saturated	6	54	16%
Polyunsaturated	4	32	10%
Monounsaturated	8	76	23%
Carbohydrate	5	20	6%
Dietary Fiber	1		
Protein	30	127	38%



STEAK WITH ROMESCO SAUCE

Time in the Kitchen: 15 minutes

Servings: 2

½ pound skirt steak, or other cut of steak

1 cup cherry tomatoes

¼ cup almonds, whole or sliced

2 garlic cloves

1 roasted red pepper

¼ cup olive oil

1 tablespoon sherry vinegar

¼ teaspoon red pepper flakes

Romesco is a Spanish sauce made from tomatoes, red

peppers, garlic and almonds. Nutritious and flavorful, it can be served with any type of meat or seafood. It also tastes great with eggs, so don't hesitate to scramble a few up to serve alongside the steak.

Roasted red peppers are sold in grocery stores and save time, but you can also roast your own. Simply blacken the red pepper under a broiler or over an open flame, let the pepper cool, then remove the burnt skin under running water.

Skirt steak is usually thin enough that it will cook quickly, so you don't necessarily need to slice it before cooking. If you're using a thicker cut of steak, however, speed up the cooking time by slicing it thinly and then cooking it.

Heat a skillet over medium-high heat. Lightly salt and pepper the steak. Place it on one side of the pan and the tomatoes, almonds, and garlic cloves on the other side.

Stir the tomatoes, almonds and garlic a few times, so they brown evenly. After 3 minutes, flip the steak. Cook 2 minutes more and scoop the tomatoes, garlic and almonds into a food processor or blender. Keep the steak in the pan and continue to cook until done (thinly sliced steak will only need a few minutes more).

Add the roasted red pepper, olive oil, sherry vinegar and red pepper flakes to the food processor or blender and pulse until smooth.

Serve the Romesco sauce drizzled over the steak.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		632	
Fat	50	440	70%
Saturated	10	87	14%
Polyunsaturated	6	49	8%
Monounsaturated	32	284	45%
Carbohydrate	13	48	8%
Dietary Fiber	4		
Protein	35	144	23%



BACON AND EGG SALAD

Time in the Kitchen: 15 minutes

Servings: 2-4 (*macronutrient profile based on 4 servings*)

1 small head frisée

1₃ small head romaine

1/2-1/2 pound bacon or pancetta, cut into small pieces

1 shallot, finely chopped

3 tablespoons sherry vinegar

1 tablespoon mustard

2-4 eggs

The flavor elements in this traditional French salad, often called Salad Lyonnaise, come together in this perfect breakfast salad. Frisée is the traditional green used, but if

you find it to be too “weedy”, substitute fresh spinach or arugula.

Tear the heads of frisée and romaine into bite-sized pieces and toss in a bowl.

Sauté the bacon until crisp. Keeping the heat on medium, add the shallot. Sauté a few minutes then add vinegar and mustard. Stir as it boils for about 20 seconds then remove from the heat and pour over the greens.

The salad can be served with either poached or fried eggs. To fry, simply heat oil or butter in a pan and cook eggs until they reach desired doneness. To poach, bring a small pot of water to a gentle boil. Crack an egg in a bowl or cup, then slide it carefully into the water. Let the egg cook for several minutes until the egg white is hard and the yolk is cloudy.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		422	
Fat	29	265	63%
Saturated	9	85	20%
Polyunsaturated	4	32	8%
Monounsaturated	13	113	27%
Carbohydrate	9	34	8%
Dietary Fiber	4		
Protein	30	122	29%



TURNIP HASH BROWNS

Time in the Kitchen: 25 minutes

Servings: 2

2 cups peeled and grated turnip (1 large turnip, or two small)

2-4 scallions, thinly sliced

3 tablespoons butter

Turnips have a texture much like potatoes and a very mild, slightly sweet flavor. They don't get quite as brown and crispy as potato hash browns do, but they're just as delicious.

For protein, scramble an egg in with the hash browns. For variation, try making these hash browns with daikon radish and a drizzle of tamari.

Wrap grated turnip in a thin dishtowel and wring out as much excess liquid as possible.

In a skillet over medium heat, melt butter then add the turnip and scallions, mixing well to coat the turnip with butter. Cook 10-15 minutes until turnip is nicely browned,

stirring only occasionally.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		196	
Fat	17	154	78%
Saturated	11	97	49%
Polyunsaturated	1	7	3%
Monounsaturated	5	40	20%
Carbohydrate	10	38	19%
Dietary Fiber	4		
Protein	2	5	3%



BACON SOUFFLÉ FRITTATA

Time in the Kitchen: 25 minutes

Servings: 4

2 tablespoons butter

6 eggs, separated into whites and yolks

8-10 strips of bacon

This breakfast dish manages to be light, fluffy, rich, and filling all at the same time. It's good hot or cold, so don't hesitate to make the soufflé frittata at night so the next morning you can eat a slice as a quick breakfast-to-go.

Preheat oven to 350°F.

Melt two tablespoons of butter and set it aside to cool.

In a 12-inch skillet, fry the bacon until it reaches desired doneness. Remove bacon from pan (leave remaining fat in the pan) and crumble the bacon into pieces.

While the bacon is frying, use an electric mixer to beat

the egg whites until stiff peaks form.

In a separate bowl, whisk together the egg yolks and melted butter by hand.

Gently fold egg yolks and bacon pieces into the egg whites.

Warm the skillet with bacon fat over medium heat and pour the batter in evenly. Let cook untouched for two minutes, then move the pan into the oven and bake for 15 minutes.

Remove from oven and loosen from pan with a rubber spatula.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		284	
Fat	23	209	73%
Saturated	9	81	29%
Polyunsaturated	3	23	8%
Monounsaturated	9	79	28%
Carbohydrate	1	5	2%
Dietary Fiber	0		
Protein	17	71	25%



PORK AND RADISH HASH

Time in the Kitchen: 20 minutes

Servings: 2

2 tablespoons butter, bacon fat or olive oil

½ white or yellow onion, finely chopped

**1 large bunch of radishes (about 10 radishes),
chopped into small pieces**

2-3 cups cooked pork, cut into small pieces

½ cup beef or chicken stock

**¼ cup parsley, finely chopped salt and pepper to
taste**

If you have some leftover pork in the fridge, then this is the breakfast dish for you (hint: it's especially good with pork that's been seasoned with the ***Fennel and Lemon Rub*** (page 215). Don't waste time making sure the radishes and pork are perfectly diced—hash is not about perfection; it's meant to be a deliciously messy dish.

Melt the fat in a skillet over medium heat and add onion and radishes. Sauté five minutes.

Add pork and stock. Simmer five more minutes until liquid is evaporated. Garnish with parsley.

Add salt and pepper to taste.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		547	
Fat	31	279	51%
Saturated	14	129	24%
Polyunsaturated	2	19	3%
Monounsaturated	12	106	19%
Carbohydrate	4	15	3%
Dietary Fiber	1		
Protein	59	252	46%



SAVORY SMOOTHIE

Time in the Kitchen: 5 minutes

Servings: 1

1 tomato

1 handful of greens (try watercress, spinach or kale)

½ avocado

1 teaspoon hot sauce or more to taste

a few ice cubes

This smoothie is like a salad in a glass. For those mornings when you don't have time to sit down and eat, blend everything together and away you go!

Mix everything in a blender until smooth.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		190	
Fat	15	126	67%
Saturated	2	18	10%
Polyunsaturated	2	17	9%
Monounsaturated	10	83	44%
Carbohydrate	15	52	27%
Dietary Fiber	9		
Protein	4	11	6%



Quick & Easy Tip:

Saving half an avocado for later? To keep the beautiful green color from turning an unappetizing brown, take out the pit and rub olive oil on the surface, then pour a little oil in a bowl. Set the avocado face down in the bowl and refrigerate.



ARUGULA AND BLUEBERRY SALAD WITH RASPBERRY VINAIGRETTE

JICAMA FRUIT SALAD

ORANGE OLIVE CHICKEN

TROPICAL AVOCADO AND SHRIMP

CRANBERRY TUNA SALAD

SESAME WHITE FISH SALAD

JALAPEÑO EGG SALAD

KALE SALAD WITH AVOCADO AND HAZELNUTS

BROCCOLI WITH ALMOND DRESSING

CREAMY BASIL PESTO COLESLAW

EGGPLANT AND FENNEL SALAD

TAHINI CHICKEN SALAD

CHIMICHURRI STEAK SALAD

ZESTY STEAK SALAD

GRILLED TACO SALAD

GREEK SALAD WITH LAMB

PORK AND SHIITAKE LETTUCE CUPS

DILL AND CAPER SALMON BURGERS

BLTA CHICKEN BREAST SANDWICH

CHICKEN EGG DROP SOUP

SPINACH COCONUT MILK SOUP WITH
CURRIED SHRIMP

LUNCH



ARUGULA AND BLUEBERRY SALAD WITH RASPBERRY VINAIGRETTE

Time in the Kitchen: 15 minutes

Servings: 2

1 cup blueberries

4 handfuls of arugula

1 cup walnuts

1-2 avocados, cut into chunks

¼ cup walnut oil

1 tablespoon white wine vinegar

1 tablespoon honey

¼ cup raspberries

salt to taste

Yes, this salad is bursting with healthy antioxidants and omega oils, but it's also bursting with flavor. Peppery arugula, sweet, tart berries, creamy avocado and savory walnuts are a magical combination. The raspberry vinaigrette is amazing when made with walnut oil, but olive oil can be substituted if desired.

In a large bowl, mix together blueberries, arugula, walnuts and avocado.

In a blender, combine walnut oil, vinegar, honey and raspberries until well-blended and smooth. Add salt to taste.

Drizzle raspberry dressing over salad, toss and serve.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		967	
Fat	89	759	78%
Saturated	9	80	8%
Polyunsaturated	49	415	43%
Monounsaturated	26	224	23%
Carbohydrate	44	162	17%
Dietary Fiber	18		
Protein	14	47	5%



Quick & Easy Tip:

To quickly remove bacteria from berries, rinse them in a bowl of three parts water and one part distilled white wine vinegar. To quickly and thoroughly wash hard fruits, keep a spray bottle filled with the same solution in the kitchen. Just spray the fruit with the solution, then rinse with water.





JICAMA FRUIT SALAD

Time in the Kitchen: 15 minutes

Servings: 3-4 (*macronutrient profile based on 4 servings*)

1 jicama, peeled* and cut into sticks or cubes

1 cucumber, sliced

1 cup raspberries

1 cup pineapple (optional) juice of 1 lemon or lime

1 teaspoon ancho chili powder (less spicy) or cayenne pepper (more spicy)

a pinch of salt

* The peel of jicama can be thick and woody and is often easier to remove with a paring knife rather than a vegetable peeler.

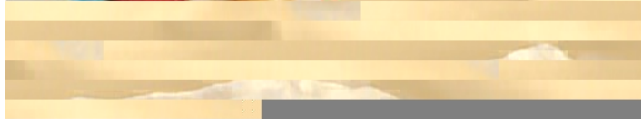
In Los Angeles, outdoor stands selling freshly cut fruit salad with chili powder and lime are easy to find. My Mexican fruit salad takes its inspiration from this refreshing and healthy snack, but I throw in some raspberries for an added boost

of antioxidants. The lemon or lime, chili pepper and just a pinch of salt really make the flavors pop.

Simply combine all ingredients in a large bowl and serve. This salad tastes best when it's cold, so consider refrigerating the ingredients beforehand.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		90	
Fat	1	5	5%
Saturated	0	1	1%
Polyunsaturated	0	2	2%
Monounsaturated	0	1	0%
Carbohydrate	21	80	88%
Dietary Fiber	11		
Protein	2	6	7%



UN-STUFFED CABBAGE

Time in the Kitchen: 30 minutes

Servings: 4

- 1 small white or yellow onion, finely chopped or grated**
- 2 large turnips, grated (a head of grated cauliflower can be used instead)**
- ½ pound ground pork**
- ½ pound ground bison or beef**
- 1 teaspoon salt**
- ½ teaspoon black pepper**
- 1 tablespoon dried parsley**
- 1 14.5-ounce can diced tomatoes in juice (or several fresh tomatoes)**

1 head green cabbage

Stuffed cabbage is a comfort dish many of us don't eat as often as we'd like simply because it takes so much time to stuff those darn cabbage leaves. This method is much faster and tastes just as good, even though I serve the cabbage un-stuffed and substitute grated turnip for rice.

In a deep pot over medium-high heat, sauté onion and turnip for a few minutes, then cover with a lid and cook for three minutes to steam the turnip.

Remove the lid and add ground meats, salt, pepper and parsley. Sauté for 6-8 minutes then add the can of tomatoes. Simmer rapidly for 10 minutes, stirring occasionally.

While the meat is simmering, cut the cabbage into fourths, removing inner core. Separate leaves slightly then microwave cabbage leaves, covered with a loose lid, for 5 minutes. Flavor with a little butter and salt.

Serve the ground meat and turnip with a side of cabbage.

Macronutrient Profile (perserving)

	Grams	Calories	%-Cals
Calories		398	
Fat	21	187	47%
Saturated	8	73	18%
Polyunsaturated	2	15	4%
Monounsaturated	9	78	20%
Carl			

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