



THRIVE
- MARKET -

THE THRIVE COMMUNAL TABLE

Simple and delicious recipes from our favorite friends

CONTENTS

004 **ABOUT THIS BOOK**
006 **ABOUT THRIVE MARKET**
008 **IN THE THRIVE PANTRY**
015 **BREAKFAST**
041 **LUNCH**
059 **DINNER**
087 **SIDES**
103 **TREATS**
126 **CONTRIBUTORS**
134 **INDEX**
136 **THANK YOU!**

ABOUT THIS BOOK

Letter From The Editor:

At Thrive Market, we're lucky enough to be surrounded by great friends who also happen to be the country's leading experts in health and wellness. We turn to them for advice, support, and ideas for better living all the time—especially when it comes to inspiration in the kitchen. Since our launch in late 2014, we've built up quite a collection of recipes from our favorite tastemakers and we couldn't wait to share them with you. We spent a month cooking and sampling in our test kitchen here at our Los Angeles headquarters, and the best of the best are all here in the Thrive Market Communal Table Cookbook.

From a refreshing Tropical Turmeric Tonic to rich Paleo Crab Cakes, these recipes tell the stories of our diverse community, and their colorful and sometimes unexpected food journeys. What ties them together—besides being delicious!—is the shared belief of these passionate collaborators that wholesome, nutritious ingredients are the foundation for good food and good health.

Whether it's a recipe swap or a good old fashioned potluck, something powerful happens when people come together to enjoy good food. That spirit of sharing is infused in every page of this book *and* is the inspiration for Thrive Market—to bring people together to make healthy food accessible for everyone.

We hope you love these recipes as much as we do and take a page from our contributors: Get into the kitchen and start cooking. Make food that makes you feel happy, healthy, satisfied, and empowers you to thrive. And remember to share it with your friends, your family, and your community!

Let's thrive,
Kate Mulling
Co-Founder, Thrive Market

ABOUT THRIVE MARKET

Thrive Market is an online shopping club on a mission to make healthy living easy, affordable, and accessible for everyone.

We do this by offering the best-selling natural foods and products from the world's best brands, all 25 to 50% below retail prices with speedy nationwide home delivery.

Inspired by food co-ops, we are a membership-based community. After a free trial period, members pay a one-time, low annual fee of \$59.95 (that's less than \$5 a month!). Most members make back the fee within an order or two—once you join, you'll never have to pay premium prices for premium products again!

The membership fee allows us to cover our costs, and pass those savings directly on to our members. It also allows us to make good on our social mission: For every paid Thrive Market member, we donate a free membership to a low-income family so that nothing stands in the way of people accessing healthy, safe, and non-toxic products at prices that are reasonable and fair.

Learn more and join at ThriveMarket.com. And remember to visit ThriveMarket.com/blog for articles and advice from the top wellness experts, health hacks, food news that impacts you, and (of course!) more delicious and healthy recipes.

IN THE THRIVE PANTRY



In The Thrive Market Pantry

When you're using high-quality ingredients, it doesn't take much for your food to taste great. Here in our Thrive Market test kitchens, we're committed to stocking our pantry with wholesome, GMO-free products made by companies that truly care about your health and the environment. We can taste the difference in every recipe and we know you will, too. And thanks to Thrive Market's great prices, you'll never have to a break the bank to fill your cupboards with the world's best products.

Buying Produce

Hands down, the best place to buy your fruits and vegetables is at a farmers market or CSA program. You'll find the freshest, most seasonal ingredients while also supporting the local economy and hardworking farmers so you can help your community thrive, too.

Meat and Poultry

We look for grass-fed, pasture-raised meats whenever possible. Not only are the animals treated more humanely, but the meat has more flavor.

Eggs

We like our eggs free range and organic, and typically use large eggs. It's important to bring eggs to room temperature before using in most baking recipes.

Butter and Ghee

Fat equals flavor, which is why suggest you use European-style, grass-fed butter when cooking and baking.

Seeds and Nuts

Pre-soaking your seeds and nuts helps activate

their enzymes for easier digestion. Fill a bowl with enough water to cover the seeds or nuts and soak for at least 30 minutes, but preferably overnight.

Flours and Grains

These days, there are a wide variety of flours available to suit different cooking and dietary needs. Each flour comes with its own flavor profile and applicable uses.

Whole Wheat Flour

Whole wheat flour contains both the bran and the germ, lending a higher nutritional content and full-bodied flavor.

Coconut Flour

Extracted from the meat of coconuts, this flour works well in binding baked goods. However, due to its highly absorbent nature and fibrous texture, working with coconut flour is not ideal for delicate items.

Almond Flour

Made from ground nuts, almond flour has a dense texture and a pleasantly nutty aftertaste. In gluten-free baking, almond flour tends to retain more moisture than other choices. Note: When measuring flour, we use the scoop-and-

level-off method, but with almond flour, we tend to pack in it a bit more tightly than we would with others.

Oats

Using oats lends a subtle texture to your baking. Oats are naturally gluten-free, but are often packaged in facilities that also process gluten. If this is a concern, be sure to pick up a gluten-free variety.

Sweeteners

Cane Sugar

Cane sugar, the unrefined variety of refined white sugar, is made by extracting and then dehydrating cane juice, with minimal loss of original flavor, color, or nutrients.

Coconut Sugar

A brownish sugar made from the sap of the coconut palm, coconut sugar does not taste like coconut. It has a creamy, caramel-like sweetness that works well in desserts or ingredients that typically meld well with molasses flavors, like sweet potatoes.

Honey

Honey's flavor and color are dependent on which type of flower nectar is collected by the

bees. Dark honeys generally have a stronger flavor than lighter ones.

Maple Syrup

Derived from the sap of maple trees, this sweetener also has a high mineral content.

Agave Nectar

Agave is derived from desert cacti, and sweeter than some sugar substitutes. Because it's not very viscous, it dissolves better into liquids.

Stevia

This non-caloric herb native to Paraguay is naturally sweet and has been used as a sweetener and flavor enhancer for centuries. Today, it can be found on shelves in both powder and liquid varieties.

A close-up photograph of a rectangular metal tray filled with granola. The granola consists of golden-brown clusters of oats, mixed with almonds, cashews, and other nuts. It is also topped with dark, dried berries and thin, white slices of coconut. To the right of the tray, a glass of white milk is partially visible. The background is a light-colored surface with some granola crumbs scattered on it.

BREAKFAST



Wellness Mama

HOMEMADE COCONUT GRANOLA

Yield **2 servings** | Active Time **5 minutes** | Total Time **5 minutes**

1/4 cup coconut oil

1/4 cup maple syrup or honey

1 teaspoon vanilla

2 cups coconut chips

*1 cup nuts and/or seeds of choice
(ex. a mix of cashews, sunflower
seeds, pumpkin seeds,
or pecans)*

Pinch of cinnamon

*1/2 cup mix of raisins and/or
other dried fruit of choice*

*2 tablespoons chia seeds
(optional)*

Preheat oven to 350 degrees.

Melt coconut oil and honey/maple syrup in a small saucepan until it starts to bubble and simmer. Swirl in the vanilla.

In a large bowl, mix together the coconut chips, nuts, cinnamon, dried fruit, and chia seeds.

Pour the coconut oil mixture over the dry ingredients and mix well. The consistency will vary some depending on the honey, coconut chips, and coconut oil you use. If there is not enough of the honey mixture to lightly coat all of the ingredients, add slightly more melted coconut oil and honey in equal parts.

Spread mixture on a parchment paper-lined baking dish. Bake for 15 to 20 minutes, until it starts to brown. Remove and let cool, then crumble into pieces. Store in an airtight jar and use within two weeks.



Vegan



Paleo



Gluten-Free



Wellness Mama

SUPERFOOD VANILLA LATTE

Yield **1 serving** | Active Time **5 minutes** | Total Time **5 minutes**

- 1 cup brewed coffee or herbal coffee alternative*
- 1 tablespoon grass-fed butter*
- 1 tablespoon coconut oil or MCT oil*
- 1 tablespoon Collagen Peptides*
- 1/2 teaspoon pure vanilla extract*

Place brewed coffee, butter, coconut oil/MCT, collagen, and vanilla in a blender. Blend on high for 10-15 seconds until froth forms.

Note: Brew coffee in a French press for best results, but any coffee will work. Also, do not use a Magic Bullet or other closed style of blender, as the heat can cause it to crack or explode.



Paleo



Gluten-Free



What's Gaby Cooking

CHOCOLATE CHIP SOUR CREAM PANCAKES

Yield **8 servings** | Active Time **12 minutes** | Total Time **12 minutes**

- 1 cup milk
- 3/4 cup sour cream
- 2 eggs
- 4 tablespoons butter, melted
- 1/2 teaspoon vanilla extract
- 2 cups all-purpose flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup chocolate chips

Whisk together the milk, sour cream, eggs, butter, and vanilla.

Stir in the flour, sugar, baking powder, baking soda, and salt until the dry ingredients are incorporated, the batter is smooth, and all lumps are gone.

Heat a non-stick skillet on medium heat and coat it with non-stick spray. Pour 1/4 cup of the pancake batter onto the pan and sprinkle on a few chocolate chips. Watch for the pancake to form bubbles around the edges of the pancake and then gently flip the pancake over and cook for about 45 seconds more until both sides are just slightly golden.

Repeat this process for the remaining batter, spraying new non-stick spray before each pancake. Serve immediately.



Vegetarian



Catherine McCord of Weelicious

BRAINY BREAKFAST

Yield **2 servings** | Active Time **5 minutes** | Total Time **5 minutes**

- 1 cup Greek yogurt
(nonfat or 2 percent)*
- 1 tablespoon honey*
- 1 small apple, cored and chopped*
- 1/2 cup mixed berries*
- 2 tablespoons chopped walnuts*
- 2 tablespoons flax seeds
(ground or whole)*
- 1/2 teaspoon ground cinnamon*

Place all ingredients in a bowl and stir to combine.



Vegetarian



Gluten-Free

Cassey Ho

MINI APPLE CRUMBLE PROTEIN PANCAKES

Yield **1 serving** | Active Time **10 minutes** | Total Time **10 minutes**

1/2 medium banana

1/4 cup egg whites

1/2 apple, grated or cut into small matchsticks

2 tablespoons unsweetened vanilla almond milk

1 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg

1 tablespoon ground flaxseed

1 tablespoon finely chopped walnuts (optional)

In a large mixing bowl, mash the banana with the back of a spoon or a fork. Add the remaining ingredients except the walnuts; stir until well combined.

Coat a skillet with non-stick spray and heat over medium heat. Pour 1/4 cup of the batter into the pan. Once it begins to bubble, 30 seconds to 1 minute, flip the pancake and cook for another 20 to 30 seconds. Repeat with the remaining batter.

Top with walnuts, if desired, and serve.



Vegetarian



Paleo



Gluten-Free

The Thrive Communal Table **22**

Chris Kresser

PIPERADE

Yield **4 servings** | Active Time **10 minutes** | Total Time **30 minutes**

2 tablespoons coconut oil, ghee, lard, or tallow

2 medium onions, finely chopped

1 red bell pepper, cored, seeded, and thinly sliced lengthwise

1 clove garlic, minced

1 12-ounce can chopped tomatoes with juice

Generous pinch of cayenne

1/4 teaspoon sea salt, to taste

Freshly ground black pepper, to taste

6 eggs

2 tablespoon extra virgin olive oil

1 tablespoon fresh parsley, chopped for garnish

In a skillet at medium heat, add fat of choice, onions, and red pepper. Sauté about 10 minutes. Decrease the heat to low and add garlic, canned tomatoes (with juice), cayenne, salt, and pepper, and continue to cook, about 5 minutes.

In a mixing bowl, beat the eggs until frothy and then gently pour into the skillet. Allow to cook for 5 minutes, string occasionally. Stir in olive oil and serve in individual bowls, garnished with parsley.



Vegetarian



Paleo



Gluten-Free

The Thrive Communal Table **23**



Nourished Kitchen

PRIMAL EGG COFFEE

Yield **1 serving** | Active Time **5 minutes** | Total Time **5 minutes**

1 1/2 cups brewed coffee

3 pastured egg yolks

1 teaspoon sugar

1/4 teaspoon salt

Place the hot coffee and egg yolks in a blender and mix on low speed. After a few seconds, add the sugar and salt and blend a bit more.



Vegetarian



Paleo



Gluten-Free



Chris Kresser

AKOORI (PARSI SCRAMBLED EGGS) WITH SHRIMP

Yield **4 servings** | Active Time **5 minutes** | Total Time **15 minutes**

- 8 eggs
- 3 tablespoons coconut milk
- 3/4 teaspoon salt
- 1 1/2 cups shrimp, cooked and peeled
- 2 tablespoons lard
- 6 green onions, chopped
- 3 green chili peppers, seeded and chopped
- 1 teaspoon fresh ginger, grated
- 1/4 teaspoon turmeric
- 3 tablespoons cilantro, chopped
- 2 medium tomatoes, diced
- 1/4 teaspoon cumin
- Cilantro leaves, for garnish

Beat eggs together with coconut milk and salt. Stir in shrimp. Set aside.

Heat lard in a sauté pan. Add green onions, chilies, and ginger, and cook at a medium heat until soft. Add turmeric, chopped cilantro, tomatoes, and cumin; sauté for 2 minutes.

Reduce heat to low and add the egg mixture, using a wooden spoon to gently scrape from the bottom of the pan. Cook slowly until the eggs set. While still creamy and moist, turn out the scrambled eggs onto a serving dish and garnish with a few cilantro leaves.



Paleo



Gluten-Free



Nourished Kitchen

BANANA WAFFLES

Yield **10 to 12 waffles** | Active Time **3 minutes** | Total Time **15 minutes**

- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/4 teaspoon ground cinnamon
- 3/4 cup milk
- 1 large egg
- 1 tablespoon honey
- 1 teaspoon vanilla extract
- 2 ripe bananas, mashed
- Nut butter, jam, honey, or maple syrup, to serve

Preheat waffle iron.

Place the first 5 ingredients in a bowl and whisk to combine. Place the remaining wet ingredients in a separate bowl and whisk to combine.

Slowly add the dry ingredients into the wet until combined. Do not over mix—it's ok if there are a few lumps.

Pour 1/2 cup of batter into a greased waffle iron and cook for about 3 to 4 minutes (or according to manufacturer's directions).

Serve with your choice of nut butter, jam, honey, or maple syrup.

Note: Leftover waffles can be saved in labeled freezer bags and popped in the toaster until warmed through to serve.



Vegetarian

Mark Hyman

WHOLE FOOD PROTEIN SHAKE

Yield **1 serving** | Active Time **5 minutes** | Total Time **5 minutes**

- 1/2 cup frozen blueberries*
- 1/2 cup frozen cranberries*
- 1/2 organic lemon, with rind*
- 1 tablespoon almond butter*
- 1 tablespoon pumpkin seeds*
- 1 tablespoon chia seeds*
- 1 tablespoon hemp seeds*
- 2 raw walnuts*
- 2 raw Brazil nuts*
- 1/4 avocado*
- 1/2 tablespoon extra virgin coconut butter*
- 1/2 cup unsweetened almond or hemp milk*
- 1/2 cup water*

Combine all ingredients in a blender and blend on high speed until smooth. Be sure to add enough water so that the smoothie is drinkable but still thick (total liquid should be about an inch or two above the other ingredients).



Vegan



Paleo



Gluten-Free

Chris Kresser

BLUEBERRY AND MACADAMIA SMOOTHIE

Yield **1 serving** | Active Time **5 minutes** | Total Time **5 minutes**

- 1 cup blueberries, fresh or frozen*
- 1/2 cup macadamia nuts, preferably soaked for 8 hours*
- 1 cup almond milk*
- 1/2 cup coconut milk*
- 1 egg yolk*

Purée all ingredients in a blender until smooth. If the smoothie is thicker than desired, add additional almond or coconut milk.



Vegetarian



Paleo



Gluten-Free



Nourished Kitchen

THREE SEED PORRIDGE WITH GINGER AND BLUEBERRIES

Yield **4 servings** | Active Time **15 minutes** | Total Time **12 hours 15 minutes**

1/2 cup buckwheat groats

1/3 cup quinoa

1/2 cup amaranth

1 tablespoon lemon juice

2 tablespoons ghee

*1 1-inch knob ginger, peeled
and cut into matchsticks*

*1/2 teaspoon unrefined
sea salt*

*3 cups whole milk or heavy
cream, plus more to serve*

1 cinnamon stick

1 cup blueberries

Maple syrup or honey, to serve

The night before, coarsely grind buckwheat and quinoa in a hand-crank grain grinder or a spice grinder. Transfer the freshly ground buckwheat and quinoa to a mixing bowl and stir in amaranth. Cover with 3 to 4 cups hot water and stir in 1 tablespoon lemon juice. Allow the pseudocereals to soak for at least 12 hours. Drain and rinse.

Melt ghee in a medium-sized heavy-bottomed saucepan over moderate heat. Stir in ginger and fry until fragrant, about 3 minutes. Reduce heat to medium-low and stir in soaked buckwheat, quinoa, amaranth, salt and whole milk or heavy cream. Add cinnamon stick to the pot and simmer, stirring continuously for 8 to 10 minutes or until the porridge is cooked through and thickened to your liking.

Remove cinnamon stick from porridge and fold in blueberries. Sweeten to taste with maple syrup or honey, and serve with additional whole milk or heavy cream.



Vegetarian



Gluten-Free

PROSCIUTTO-WRAPPED MINI FRITTATA MUFFINS

Yield **12 muffins** | Active Time **15 minutes** | Total Time **35 minutes**

4 tablespoons coconut oil
1/2 medium onion,
finely diced
3 cloves of garlic, minced
1/2 pound of cremini
mushrooms, thinly sliced
1/2 pound frozen spinach,
thawed and squeezed dry
8 large eggs
1/4 cup coconut milk
(the solidified fats at the top
of the can work best)
2 tablespoons of coconut flour
5 ounces of Prosciutto di Parma
1 cup of cherry tomatoes, halved
Kosher salt
Freshly ground pepper

Preheat oven to 375 degrees.

Heat 2 tablespoons coconut oil over medium heat in a large cast iron skillet and sauté the onions until soft and translucent. Add the garlic and mushrooms and cook until the mushroom moisture had evaporated. Season with salt and pepper and transfer to a plate to cool to room temperature.

Beat the eggs in a large bowl with coconut milk, coconut flour, and salt and pepper to taste until well combined. Add the mushroom mixture and the spinach and stir to combine.

Brush the remainder of the melted coconut oil into the muffin tins and line each cup with prosciutto, taking care to cover the bottom and sides completely. Spoon the frittata batter into the prosciutto lined cups and top each muffin with a few halved cherry tomatoes.

Pop the muffins into the oven for about 20 minutes, rotating the tray after 10 minutes. Let the muffins cool in the pan for a couple minutes before transferring them to a wire rack.



Paleo



Gluten-Free

APPLE CINNAMON MUFFINS

Yield **12 Muffins** | Active Time **5 minutes** | Total Time **20 minutes**

5 eggs
1 cup applesauce
1/2 cup coconut flour
2 to 3 tablespoons cinnamon
1 teaspoon baking soda
1 teaspoon vanilla
1/4 cup coconut oil
2 tablespoons honey (optional)

Preheat the oven to 400 degrees. Grease a muffin pan with coconut oil.

Put all ingredients into a medium sized bowl and whisk until well mixed. Let sit 5 minutes.

Use a 1/3 cup measure to spoon batter into muffin tins. Bake 12 to 15 minutes until they start to brown and the tops are slightly firm to the touch. Let cool 2 minutes, drizzle with honey—if desired—and serve.



Vegetarian



Paleo



Gluten-Free



Dr. Junger's Clean Program

TROPICAL TURMERIC TONIC

Yield **2 servings** | Active Time **5 minutes** | Total Time **5 minutes**

4 cups cold water

1 thumb-sized piece of fresh ginger, peeled

1 thumb-sized nub of fresh turmeric, peeled

1 cup shredded coconut

1/2 ripe mango

A few drops of stevia

1/4 teaspoon vanilla extract

Place the water, ginger, turmeric, and coconut in a blender and blend on high for 30 seconds. Strain well through a fine mesh strainer then return the liquid to a clean blender. Blend again with the mango, some stevia to taste, and the vanilla extract.



Vegan



Paleo



Gluten-Free

A top-down view of a wooden cutting board filled with numerous round, browned meatballs. The meatballs are arranged in a somewhat circular pattern, with some garnished with fresh green herbs like parsley. The lighting is bright, highlighting the texture of the meatballs and the natural grain of the wood.

LUNCH



Nom Nom Paleo

ASIAN MEATBALLS

Yield **36 meatballs** | Active Time **15 minutes** | Total Time **20 minutes**

- 8 medium fresh shiitake mushrooms, minced*
- 1 medium shallot, minced*
- 3/4 cup minced sweet potato*
- 2 tablespoons minced cilantro*
- 2 pounds ground beef*
- 1 1/2 tablespoons Paleo-friendly fish sauce*
- 2 tablespoons tomato paste*
- Kosher salt*
- Freshly ground black pepper*
- 2 tablespoons coconut oil, melted*

Line a baking sheet with foil and preheat oven to 375 degrees.

Combine the mushrooms, shallot, sweet potato, and cilantro together in a large bowl. Add the ground beef, fish sauce, and tomato paste, and season with salt and pepper. Thoroughly combine the ingredients, taking care not to overwork the meat.

Brush the coconut oil on a foil-lined baking sheet. Use your hands to roll out three dozen meatballs, around 1 1/2 inches in diameter each, and arrange on the baking sheet.

Bake for 15 to 20 minutes, rotating the tray at the midpoint to ensure even cooking. Plate and serve immediately, or store in an airtight container in the fridge for up to three days.



Paleo



Gluten-Free

Cassey Ho

MASON JAR BEAN SALAD WITH MANGO SALSA

Yield **1 serving** | Active Time **10 minutes** | Total Time **10 minutes**

1/2 cup cooked quinoa

1/4 cup canned black beans,
rinsed and drained

1/4 teaspoon ground cumin

1/2 tablespoon fresh
lemon juice

Salt and pepper, to taste

1/2 mango, flesh cut
into cubes

1/4 avocado, flesh cut
into cubes

1/2 tablespoon fresh lime juice

2 tablespoons finely diced
red onion

1 tablespoon finely chopped
fresh cilantro

1/2 red bell pepper, seeded
and chopped

3/4 cup roughly chopped arugula

Place the quinoa, beans, cumin, lemon juice, and salt and pepper in a pint-sized Mason jar. Close the jar with a lid and shake to mix.

Make the salsa: In a medium bowl, lightly toss together the mango, avocado, lime juice, red onion, and cilantro.

Layer salsa on top of the quinoa mixture. Top with the red pepper and then the arugula. Serve.



Vegan



Gluten-Free

Catherine McCord of Weelicious

WILD WHEAT BERRY SALAD

Yield **4 to 6 servings** | Active Time **15 minutes** | Total Time **1 hour**

1 cup wheat berries

2 tablespoons honey

1 small clove garlic

1 tablespoon lime juice

1 tablespoon rice vinegar

2 tablespoons peanut oil

1/2 teaspoon salt

1/4 cup raisins or currants

1/4 cup peanuts, chopped

1 cup peaches, chopped

1 small red bell pepper, chopped

1 cup fresh spinach, roughly
chopped

Cook wheat berries according to package directions. Place in a strainer, rinse, drain and cool.

Whisk the honey, garlic, lime juice, rice vinegar, peanut oil, and salt in a large bowl until combined.

Place the wheat berries, raisins, peanuts, peaches, bell peppers, and spinach in the bowl with the dressing and stir to coat. Serve.



Vegetarian

Chris Kresser

CURRIED CHICKEN SALAD

Yield **2 to 3 servings** | Active Time **20 minutes** | Total Time **35 minutes**

2 6-ounce boneless, skinless chicken breasts

2 1/4 teaspoons sea salt

1/4 cup celery stalks, peeled and thinly sliced

1/4 cup red onion, peeled and thinly sliced

1 teaspoon curry powder for a mild flavored dish, or add more to taste

Pinch of cayenne

Juice of 1 lime

Mixed salad greens, enough for 2 to 3 servings

1/4 cup fresh cilantro, chopped

1/2 cup cashews, lightly toasted

1/2 to 3/4 cup paleo mayonnaise

To cook chicken: Place the chicken breasts in a pan with enough water to cover them and add 2 teaspoons salt. Over high heat, bring water to the boil, then reduce to a slight simmer. Cover and cook steadily for about 15 minutes. Place the chicken on a plate and let cool, patting them dry.

Place celery, red onion, curry powder, cayenne, cilantro, cashews, and remaining 1/4teaspoon salt in a bowl. When the chicken has cooled, cut into bite-sized pieces and mix well with all the ingredients in the bowl. Stir in the mayonnaise and lime juice. When well incorporated, serve immediately on a bed of mixed greens.



Paleo



Gluten-Free

Mary Shenouda

TAHINI TUNA SALAD

Yield **2 to 3 servings** | Active Time **8 minutes** | Total Time **8 minutes**

1 can of tuna packed in olive oil, extra oil drained

1/4 cup extra virgin olive oil

1/2 cup tahini

1/4 cup lemon juice

1/2 teaspoon salt

1/2 teaspoon cumin

1/2 teaspoon fresh dill, extra for garnish

2 zucchini

Mix together the drained tuna with all the ingredients, except the zucchini.

Trim the squash ends and use a spiralizer or vegetable peeler to create zucchini ribbons, discarding any seeds.

To serve, place the ribbons on a plate. Top with the tuna mixture. Crack some fresh pepper on top and garnish with fresh dill.



Paleo



Gluten-Free



Spoon Fork Bacon

CURRIED BUTTERNUT SQUASH SOUP

Yield **4 to 6 servings** | Active Time **25 minutes** | Total Time **1 hour 10 minutes**

Soup

2 medium butternut squash, halved and seeded

1/4 cup (1/2 stick) salted butter, divided

1/4 cup light brown sugar, divided

2 tablespoons extra virgin olive oil

1 yellow onion, diced

1 1/2 tablespoons thyme, minced

2 teaspoons chives, thinly sliced

1 1/2 tablespoons curry powder

2 teaspoons ground cumin

1/2 teaspoon cinnamon

1 1/4 cups low sodium vegetable or chicken broth

2/3 cup heavy cream

Salt and pepper to taste

Garnish

1 cup vegetable oil

2 ounces goat cheese

1/4 cup all purpose flour

1 egg, lightly beaten

1/2 cup plain breadcrumbs

Salt and pepper to taste

Preheat oven to 375 degrees.

Place squash halves, cut side up, onto a baking sheet and place one tablespoon of butter and sugar into the cavity of each. Roast squash for about 1 hour or until the flesh has softened. Allow the squash to cool for 15 minutes before scooping the flesh into a bowl. Discard the skin.

Heat oil in saucepan over medium-high heat. Add onions and sauté for 5 minutes. Add thyme and chives and sauté for an additional 2 minutes. Season with salt and pepper. Add curry powder, cumin, cinnamon, and squash and stir until just combined. Pour the broth over the mixture and stir. Simmer soup for 15 minutes. Season with salt and pepper.

Pour mixture into a blender (or use an immersion blender) and puree until smooth. Pour the soup back into the pan and adjust seasonings. Simmer for 5 minutes, remove from heat. Whisk cream into soup and set aside.

For garnish, fill a small saucepan with oil and heat to 350 degrees. Roll small amounts of goat cheese into a ball and dredge in flour, shaking off any excess. Dip each ball in the egg and roll in the breadcrumbs. Carefully drop each ball of goat cheese into the oil and fry for 15 to 30 seconds (these fry very quickly so keep an eye on them). Drain onto paper towels and lightly season with salt and pepper.

Top each serving of soup with a few goat cheese balls and serve warm.



Vegetarian

Robb Wolf

STIR FRY BEEF SALAD

Yield **4 servings** | Active Time **15 minutes** | Total Time **15 minutes**

2 teaspoons olive oil

3/4 cup sliced onion

1 pound beef tip steak, sliced into thin strips

1 tablespoon wheat-free tamari soy sauce or coconut aminos

1 to 2 cups sliced bell peppers

1 bag of mixed greens

Balsamic vinegar

Add olive oil to a skillet. Heat over medium. Add sliced onions. Saute until soft. Add the beef and the tamari, tossing often. Add the bell peppers when the beef has browned.

Arrange mixed greens on plates, then top with the stir fry meat. Drizzle with balsamic vinegar and more olive oil to taste.



Paleo



Gluten-Free

Mark Sisson

COCONUT ENCRUSTED CHICKEN SALAD

Yield **4 servings** | Active Time **15 minutes** | Total Time **15 minutes**

1/2 cup unsweetened coconut flakes

1/2 cup almond flour

Salt and pepper to taste

2 eggs

4 boneless, skinless chicken breasts, trimmed and cut into strips 1/2-inch to 1-inch thick

3 tablespoons virgin coconut oil

1 bag (8 cups) mixed salad greens or spinach

2 tablespoons olive oil

2 tablespoons lemon juice

In a shallow dish, combine coconut flakes, almond flour, and salt and pepper. In a bowl, crack eggs and beat lightly. Dip the chicken strips first in the egg and then roll in the coconut/almond flour mixture.

Heat the coconut oil in the pan over medium-high heat and sauté the chicken strips until the exterior turns a golden brown and the inside is no longer pink. Remove from heat and place atop a bed of mixed greens. Drizzle with olive oil, lemon juice, and salt and pepper to taste and serve immediately.



Paleo



Gluten-Free

JJ Virgin

PAN-SEARED SALMON OVER TRI-COLORED SALAD WITH DIJON DRESSING

Yield **2 servings** | Active Time **30 minutes** | Total Time **30 minutes**

Salad

- 2 teaspoons lemon juice
- 1 tablespoon finely chopped shallots
- 2 teaspoons Dijon mustard
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground black pepper
- 4 teaspoons extra virgin olive oil
- 1/2 small head radicchio, thinly sliced, about 2 cups
- 1 Belgian endive, thinly sliced, about 1 cup
- 3 cups baby arugula

Salmon

- 1 teaspoon extra virgin olive oil
- 2 6-ounce wild salmon fillets, such as King or Sockeye
- 1/8 teaspoon sea salt
- 1/8 teaspoon freshly ground pepper

Combine the lemon juice, shallots, mustard, salt, and pepper in a small bowl. Slowly whisk in the oil until well combined and set aside.

In a separate bowl, combine the radicchio, endive, and arugula; set aside.

Heat the oil in a small nonstick skillet over medium heat. Sprinkle salmon with salt and pepper and place in skillet, flesh side down; cook, until fish flakes easily with a fork, 4-5 minutes per side. Remove from skillet.

Toss the dressing with the lettuces and place on the two plates; top each with a salmon filet.



Paleo



Gluten-Free

Robb Wolf

SLOPPY JOES

Yield **4 servings** | Active Time **30 minutes** | Total Time **30 minutes**

1 1/2 pounds ground turkey or beef

1 cup chopped onion

1 cup tomato purée

2 tablespoons cocoa powder

1 tablespoon chili powder

1/2 teaspoon yellow mustard powder

1 1/2 teaspoons ground black pepper

Cook meat and onion in a large skillet on medium heat for 10 to 15 minutes, until the meat is browned. Stir in the remaining ingredients and heat for another 10 to 15 minutes. Serve over vegetables of your choice.



Paleo



Gluten-Free



Dr. Junger's Clean Program

CHICKEN BURGERS WITH CARMELIZED ONIONS

Yield **4 servings** | Active Time **20 minutes** | Total Time **25 minutes**

Chicken Burgers

1 tablespoon coconut oil, melted

1 clove garlic, minced

16 ounces free-range boneless chicken breast, cut into large chunks (or ground free-range chicken)

1/4 cup yellow onion, diced

1/4 cup fresh parsley, roughly chopped

1 teaspoon dried oregano

Sea salt to taste

Topping

1 large yellow onion, thinly sliced

2 tablespoons coconut oil

Pinch of sea salt

Heat coconut oil in a medium saucepan over medium heat with the onions. Let onions cook down, stirring every so often to keep from sticking. When onions begin to brown slightly, pour in a tablespoon of water, lower heat just below medium and continue to cook and stir, letting them caramelize.

In a food processor, blend the chicken, caramelized onion and garlic until well puréed. Transfer mixture to a large bowl and add the herbs and salt. Mix well with hands, then form into 4 equal sized burgers.

In a large skillet over medium-high heat, melt two tablespoons of coconut oil. When melted, add the burgers, allowing them to brown on one side (several minutes), then flip and brown the other side. If not serving right away, transfer to a heated oven to keep warm.

Once burgers are done cooking, top with onions and serve warm.



Paleo



Gluten-Free

Catherine McCord of Weelicious
LEMONY QUINOA SALAD

Yield **2 servings** | Active Time **5 minutes** | Total Time **5 minutes**

1 cup cooked quinoa

1/2 cup thinly sliced radishes

1/4 cup thinly sliced cucumbers

1/4 cup halved cherry tomatoes

1 tablespoon olive oil

2 teaspoons lemon juice

1/4 teaspoon salt

In a bowl, combine the quinoa, radishes, cucumbers, and tomatoes.

In a small bowl, whisk together the oil, lemon juice, and salt.

Pour the dressing over the salad and toss to combine.



Vegan



Gluten-Free

Chris Kresser
MIYUK GUK

Yield **2 to 3 servings** | Active Time **10 minutes** | Total Time **40 minutes**

1/4 cup dried wakame

3 cups beef bone broth

5 cloves garlic, minced

6 ounces sirloin, cut in slices
1/4-inch thick, 1/2-inch wide
and 3 inches long

2 tablespoons Paleo-friendly fish sauce

2 green onions, thinly sliced
for garnish

Soak dried wakame in 2 cups of water for 20 minutes. Drain, rinse two or three times, and drain again. Squeeze all the water out of the seaweed. Coarsely chop the wakame into bite-sized pieces.

Heat beef bone broth/stock, garlic, wakame, and sirloin over medium-low heat, and bring to a gentle simmer for about 10 minutes. Stir in the fish sauce.

Ladle into bowls and garnish with green onions.



Paleo



Gluten-Free



DINNER



Healing Gourmet

PALEO CRAB CAKES

Yield **8 servings** | Active Time **15 minutes** | Total Time **30 minutes**

- 1 cup cauliflower florets, steamed well
- 1 pound crab meat, cooked
- 2 tablespoons fresh parsley, chopped
- 2 pastured eggs
- 3 tablespoons Paleo mayonnaise
- 1/2 teaspoons Old Bay seasoning
- 1/2 teaspoons sea salt
- 3 tablespoons coconut flour
- 2 tablespoons avocado oil or coconut oil
- Lemon wedges, for serving

Preheat oven to 350 degrees.

In a medium bowl, add the steamed cauliflower and gently break up into small pieces, mashing some. Leave some pieces intact for texture. Add the crab meat and parsley. Gently fold the mixture to distribute the ingredients evenly without breaking up the crab too much.

In a small bowl, whisk together the eggs, mayonnaise, Old Bay, and salt. Pour over the crab meat mixture and gently fold. Sift the coconut flour over the crab and gently fold the mixture until uniform.

Transfer to the fridge to chill and firm up, about 10 minutes. Remove crab mixture from fridge and form into patties, 2-inches thick and 3-inches in diameter.

Heat oil in a cast iron pan over medium-high heat. When oil is shimmering, add the crab cakes, being careful to not overcrowd the pan (this will cause steaming, not searing). Cook about 3 minutes to golden brown, then flip and cook another 3 minutes.

Place pan-fried crab cakes on a baking sheet and transfer to the preheated oven to cook through, 12 to 15 minutes.



Paleo



Gluten-Free

Chris Kresser

PALEO HAZELNUT-CRUSTED HALIBUT

Yield **2 servings** | Active Time **10 minutes** | Total Time **25 minutes**

1 tablespoon coconut oil, ghee, lard, or tallow

Sea salt and white pepper, to taste

2 8-ounce halibut fillets

1 cup Paleo mayonnaise

1 1/2 cups hazelnuts, very finely chopped

Juice of 1 lemon

Fresh chives, chopped to garnish

1 large cucumber, very thinly sliced

Preheat oven to 375 degrees. Grease an oven-proof baking dish with the fat.

Salt and pepper the halibut and thoroughly coat with mayonnaise. Roll the fillets in the hazelnuts and place in baking dish. Bake for 15 minutes or until the fish flakes easily with a fork. Keep a close eye while baking, as the hazelnuts can burn easily. If necessary, drop the temperature to 350 degrees.

Remove the fillets to 2 plates, squeeze the lemon juice over them, and garnish with snipped chives. Arrange the sliced cucumber on the side.



Paleo



Gluten-Free

Dr. Junger's Clean Program

MEDITERRANEAN NOODLES

Yield **2 servings** | Active Time **20 minutes** | Total Time **35 minutes**

1 package rice noodles

2 to 3 tablespoons extra virgin olive oil

1/2 pound fresh green beans, ends snipped off

About 10 cherry tomatoes, halved

1/4 cup pitted olives

8 to 10 fresh basil leaves, torn

Zest and juice of 1 lemon

1 to 2 teaspoons sea salt

Freshly ground black pepper

Cook the rice noodles according to the directions on the package, then run under cold water, and drain well. In a medium bowl, toss the noodles with the olive oil.

Bring 4 cups of salted water to a boil. Have a bowl of ice water ready nearby. Blanch the green beans in the boiling water until they are tender and bright green, about 2 minutes, then remove from the hot water and immediately submerge in the ice water to stop the cooking. Drain, and cut each bean into thirds. Stir the beans, tomatoes, olives, basil, lemon zest, lemon juice, salt, and pepper into the bowl of noodles. Adjust the seasonings to taste, and serve.



Vegan



Gluten-Free



Spoon Fork Bacon

BAKED POLENTA

Yield **5 to 7 servings** | Active Time **25 minutes** | Total Time **1 hour 10 minutes**

3 tablespoons extra virgin olive oil, divided

1/2 pound spicy Italian sausage, casings removed

2 ounces cremini mushrooms, cleaned and sliced

1/2 yellow onion, diced

1 clove garlic, minced

1 tablespoon minced thyme

4 1/2 cups water

1 1/2 cups coarse yellow cornmeal

3 tablespoons unsalted butter

4 ounces goat cheese, crumbled

2 tablespoons grated parmesan

Salt and pepper, to taste

Crumbled goat cheese

Preheat oven to 350 degrees.

Pour 1/2 tablespoon oil into a heavy-bottomed, oven-proof skillet, and brown sausage over medium-high heat. Pour sausage into a mixing bowl and set aside. Drain excess oil from pan.

Pour remaining oil into the skillet and add mushrooms. Sauté for 2 to 3 minutes. Add onion, garlic, and thyme and continue to sauté for 3 to 4 minutes. Season with salt and pepper. Pour mushroom mixture over sausage and fold together. Set aside.

Pour water into a medium saucepan and bring to a boil. Generously season water with salt and pepper. Whisk cornmeal into water and reduce heat to medium. Continuously stir the polenta for about 5 minutes. Add butter, goat cheese, and parmesan and stir until fully incorporated. Adjust seasonings.

Lightly grease the same skillet used to sauté the sausage and vegetables. Pour half the polenta into the skillet and spread into an even layer. Pour all but 1/2 cup of the sausage/mushroom mixture, in an even layer, over the polenta and top with remaining polenta (creating almost a layered casserole). Sprinkle the top with the remaining sausage/ mushroom mixture and crumbled goat cheese and bake for 20 to 25 minutes. Allow to cool for 10 minutes. Serve.



Gluten-Free



What's Gaby Cooking

QUINOA RISOTTO WITH PAN-ROASTED MUSHROOMS

Yield **4 servings** | Active Time **35 minutes** | Total Time **35 minutes**

2 tablespoons butter

8 ounces cremini mushrooms, cleaned and sliced

8 ounces baby portobello mushrooms, cleaned and sliced

6 ounces button mushrooms, cleaned and sliced

2 tablespoons olive oil

2 shallots, diced (or 1 medium onion)

4 cloves garlic, minced

1 cup quinoa

1/2 cup dry white wine

2 1/2 cups chicken stock

1/2 cup parmesan cheese

Kosher salt and freshly cracked black pepper

Fresh thyme sprigs, to serve

In a large skillet over medium-high heat, melt the butter. Add the sliced mushrooms and sauté for 7 to 9 minutes until soft. Season with salt and pepper; set aside.

In a large skillet heat the olive oil over medium-high heat. Add the shallot and sauté until translucent. Add the garlic and sauté for about 1 minute more. Add the quinoa to the skillet, making sure to stir it around in the olive oil so that each granule is fully coated, toasting quinoa for about 90 seconds. Add the white wine and stir until absorbed. Add in the chicken stock and, again, cook until all the liquid has been absorbed.

Once the quinoa is cooked, add the parmesan cheese and stir. Add the previously sautéed mushrooms and stir them into the risotto. Remove from heat and season with salt and pepper and garnish with a sprig of fresh thyme. Serve immediately.



Gluten-Free

PRESSURE COOKER PULLED PORK

Yield **8 servings** | Active Time **10 minutes** | Total Time **1 hour 50 minutes**

- 1 tablespoon virgin coconut oil
- 1 tablespoon organic chili powder
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 2 teaspoons dry mustard powder
- 2 teaspoons sea salt
- 1 4-pound pastured pork shoulder, cut into slices roughly 2 inches thick
- 1 1/2 cups organic chicken stock
- 2 tablespoons organic apple cider vinegar

Heat coconut oil in pressure cooker vessel turned to sauté setting.

In a small bowl, combine chili powder, paprika, garlic powder, mustard powder, and salt. Rub spice mix over all sides of pork, coating well. Add pork chunks to pressure cooker pot and brown on each side. Add chicken stock and vinegar to cooker and lock. Cook on high for 1 hour 40 minutes.

Let pressure release for 10 minutes, then do a quick release for remaining pressure. Serve preferably with a low-glycemic barbecue sauce.



Paleo



Gluten-Free

CRISPY CARNITAS

Yield **6 servings** | Active Time **20 minutes** | Total Time **3 to 4 hours**

- 1 1/2 teaspoons salt
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 3 to 4 pounds boneless pork shoulder/butt cut into five pieces, fat optionally trimmed
- 1 cinnamon stick
- 1 bay leaf
- 4 cloves garlic, thinly sliced
- 1 onion, chopped or thinly sliced
- Water, for braising

Preheat the oven to 350 degrees.

Mix together the salt, cumin, and chili powder, and rub all over the meat. Place the meat in a large, heavy pot with the cinnamon stick, bay leaf, garlic, and onion. Add enough water to almost, but not entirely, cover the meat.

Put the pot in the oven, uncovered, and braise for 3 to 3 1/2 hours. Stir the meat just a few times while it cooks. The pork is done when it's tender, slightly browned, and most of the liquid is gone.

Remove the pork from the oven. Put the meat on a cutting board and shred it into thin strips. Remove the cinnamon stick and bay leaf from the pot. Add the shredded meat back to the pot and return it to the oven. Roast the meat, mixing occasionally, until the meat is as dark and crispy as you like.



Paleo



Gluten-Free



Mark Sisson

SLOW COOKER PORK-STUFFED PEPPERS

Yield **4 servings** | Active Time **10 minutes** | Total Time **8 hours**

4 large green peppers

1 large onion

2 carrots

4 cloves garlic

1/2 head of cauliflower

*2 pounds ground pork, or a
combination of pork and beef*

1 6-ounce can of tomato paste

1 tablespoon dried oregano

*1 tablespoon dried or
fresh tarragon*

Salt and pepper to taste

Cut the tops off the peppers and clean the seeds out. Arrange peppers standing up in a slow cooker and make sure they fit securely.

Grate the onion, carrots, garlic, and cauliflower in a food processor, or chop them into small pieces.

In a big bowl, combine ground pork, shredded vegetables, tomato paste, and spices, add salt and pepper to taste. Stuff the peppers with the mixture and arrange leftover meat between the peppers. Add half a cup of water, cover and cook on low for 8 to 10 hours.

Note: If you don't have a slow cooker, the dish can be cooked in the oven, covered, for 1 to 2 hours.



Paleo



Gluten-Free

LENTIL STEW WITH WINTER VEGETABLES AND MUSTARD GREENS

Yield **6 servings** | Active Time **20 minutes** | Total Time **9 hours**

- 1 **1/2** cups French green lentils
- 2 tablespoons apple cider vinegar
- 1 tablespoon bacon fat
- 1 medium yellow onion, chopped fine
- 3/4** pound celeriac, peeled and chopped into 1/4-inch dice
- 3/4** pound carrots, peeled and chopped into 1/4-inch dice
- 1/2** pound parsnips, peeled and chopped into 1/4-inch dice
- 1 teaspoon unrefined sea salt
- 1 **1/2** quarts chicken stock
- 1 dried red chili pepper
- 2 bay leaves
- 2 bunches mustard greens, trimmed and sliced very thin
- Unrefined extra virgin olive oil, to serve
- Balsamic vinegar, to serve

Pour the lentils into a large mixing bowl, cover with warm water by 2 inches, and stir in vinegar. Cover the bowl loosely with a kitchen towel and leave in a warm spot in the kitchen for 8 to 12 hours. Drain the lentils and rinse well.

Melt the bacon fat in a heavy-bottomed stock pot over medium heat. Toss the onions into the bacon fat, and cook until fragrant and translucent. Stir in celeriac, carrots, and parsnips. Sprinkle the vegetables with salt, cover the pot, and sweat for 6 to 8 minutes, stirring occasionally.

Stir in lentils, chicken stock, chili pepper, and bay leaves. Simmer, uncovered, for 30 to 35 minutes until lentils are tender. Remove and discard the chili pepper and bay leaves.

Turn off the heat, and stir in mustard greens. Cover and allow the greens to wilt in the residual heat of the lentils for about 5 minutes. Serve with olive oil and balsamic vinegar.



Paleo



Gluten-Free

ROASTED SPICE RUBBED CHICKEN THIGHS

Yield **4 servings** | Active Time **5 minutes** | Total Time **30 minutes**

- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 3/4** teaspoon garlic powder
- 1/4** teaspoon ground cinnamon
- 3/4** teaspoon sea salt
- 1/4** teaspoon ground black pepper
- 8** organic free range bone-in skinless chicken thighs, about 2 to 2 1/4 pounds, trimmed
- 1 tablespoon red palm fruit oil, sustainably farmed

Preheat oven to 400 degrees. Lightly oil a large, shallow roasting pan.

Combine the coriander, paprika, garlic powder, cinnamon, salt, and pepper in a small bowl.

Toss the chicken and oil in a separate bowl. Pour the coriander mixture over the chicken and mix well to coat. Place chicken on the prepared roasting pan.

Roast chicken in the center of the oven until a thermometer inserted into the thickest part of the thigh registers 165 degrees. It should take approximately 23 to 25 minutes. Let rest 5 minutes before serving.



Paleo



Gluten-Free



Chris Kresser

BEEF STEW

Yield **6 servings** | Active Time **30 minutes** | Total Time **4 hours 30 minutes**

- 2 tablespoons lard
- 3 pounds beef chuck or round, cut into 2-inch cubes
- 1 yellow onion, sliced
- 8 cloves garlic, minced or pressed
- 6 shallots, sliced
- 1 tablespoon tomato paste
- 1 cup puréed tomatoes or 2 tomatoes, chopped
- 1/2 cup red wine vinegar
- 1 cup beef bone broth
- 2 anchovy fillets, minced (optional)
- 2 bay leaves
- 3 tablespoons dried herbes de Provence
- 4 strips orange zest
- 2 cups yellow beets, peeled and cut into 1- to 2-inch cubes
- 2 cups celeriac, peeled and cut into 1- to 2-inch cubes

Fresh parsley, chopped for garnish

Preheat the oven to 300 degrees.

Heat a heavy, oven-safe pot over medium-high heat. Add the lard and beef and cook until well-browned, about 10 minutes. Add onions, stirring, until softened. Add 6 of the 8 minced cloves of garlic and cook for 1 more minute. Add the rest of the ingredients except the remaining garlic, beets, celeriac, and fresh parsley.

Make sure the liquid completely covers the beef, and add more stock if necessary. Stir and allow to come to a gentle, very low simmer. Cover with the lid of the pot and transfer to the oven. Cook for 3 1/2 hours, stirring every hour or so.

The stew is done when the beef is fork-tender. At the end of the cooking time, add beets, celeriac, and additional garlic, and cook for 15 minutes more in the oven. Serve the stew, garnished with the fresh parsley.



Paleo



Gluten-Free

Mark Sisson

MUSSELS WITH MEXICAN CHORIZO

Yield **4 servings** | Active Time **20 minutes** | Total Time **40 minutes**

2 to 2 1/2 pounds mussels, cleaned
1 tablespoon Ancho chile powder (or other type of chile powder)
1 teaspoon dried oregano
2 teaspoons fresh thyme
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
3/4 teaspoon salt
2 tablespoons apple cider vinegar
1/2 pound ground pork
2 tablespoons unsalted butter
2 shallots, finely chopped
2 cloves garlic, finely chopped
1 pound tomatoes, roughly chopped (reserve the juice)
Fresh cilantro or parsley, to garnish

To clean the mussels, swirl them around in a large bowl of clean water then rinse each mussel individually under running water. Try to rub off anything clinging to the shell. If a stringy beard (that looks like a little piece of seaweed) is still hanging outside of any shells, firmly yank it off with a side-to-side motion. Discard any mussels that are cracked or open.

In a small bowl, combine chile powder, oregano, thyme, cumin, cinnamon, and salt. In a medium bowl, pour half the vinegar and half the spice mixture over the ground pork. Mix well, then add the rest of the vinegar and spices and mix thoroughly combine.

In a wide pot over medium heat melt the butter and then sauté the shallots until they start to soften, about 3 minutes. Add the garlic and sauté 20 to 30 seconds more. Raise the heat to medium-high and add the pork. Cook the pork for only 5 minutes, breaking the meat up into small pieces as it cooks. Add the tomatoes. Boil for 10 minutes then reduce the heat down to medium again.

Add the mussels and cover the pot. Simmer until the mussels open, about 3 minutes. Garnish with finely chopped parsley or cilantro.



Paleo



Gluten-Free

Nom Nom Paleo

SLOW COOKER KOREAN GRASS-FED SHORT RIBS

Yield **4 to 6 servings** | Active Time **20 minutes** | Total Time **9 hours 20 minutes**

6 pounds of bone-in English-style grass-fed short ribs
Kosher salt
Freshly ground black pepper
1 medium pear or Asian pear, peeled, cored, and coarsely chopped
1/2 cup coconut aminos
6 cloves garlic, peeled and roughly chopped
3 scallions, roughly chopped
1 2- to 3-inch hunk of ginger, cut into two pieces
2 Paleo-friendly fish sauce
1 tablespoon coconut vinegar
1 cup organic chicken broth
Small handful of roughly chopped fresh cilantro

Preheat your broiler with the rack 6 inches from the heating element.

Season the ribs liberally with salt and pepper and lay the ribs, bone-side up, on a foil-lined baking sheet. Broil the ribs for 5 minutes and then flip them over and broil for another 5 minutes. Stack the ribs in a single layer in the slow cooker.

Toss the pear, coconut aminos, garlic, scallions, ginger, fish sauce, and vinegar in a blender and puree until smooth. Pour the sauce evenly over the ribs and add the chicken broth to the pot. Cover, set the slow cooker on low, and let the ribs stew for 9 to 11 hours.

When it's time to serve the ribs, remove the meat from the slow cooker and place on a serving platter. Let the braising liquid settle for 5 minutes and then ladle off the fat if you wish. Adjust the seasoning with salt and pepper, and pour a cup of sauce over the ribs.

Sprinkle on the chopped cilantro and serve the remaining sauce on the side.



Paleo



Gluten-Free



Chris Kresser

WEST AFRICAN CHICKEN STEW

Yield **6 to 8 servings** | Active Time **30 minutes** | Total Time **2 hours**

4 uncooked chicken legs with thighs attached, or 4 equivalent-sized chicken pieces

2 tablespoons coconut oil, ghee, lard, or tallow

1 large or 2 small yellow onions, chopped

1 teaspoon fresh ginger, peeled and minced

3 large or 6 small cloves garlic, crushed and minced

1 pound red bell peppers, seeded and chopped into bite-sized chunks (3 small to medium or 2 large)

1 pound sweet potatoes, peeled and cut into 1-inch chunks

1 1/2 cups chicken stock

2 cups crushed tomatoes

1/2 cup almond butter

1/2 teaspoon ground coriander

1/2 teaspoon ground cinnamon

1 teaspoon ground cumin

1/2 teaspoon sea salt

1 minced fresh chili or 1/2 teaspoon chili powder (optional)

2 tablespoons cilantro, coarsely chopped

Salt the chicken pieces well. Heat the fat in a large soup pot set over medium-high heat and brown the chicken; you may need to do this in batches so that you don't crowd the pot. Set the chicken pieces aside as they brown.

Sauté the onions in same fat for 3-4 minutes, stirring often and scraping any browned bits off the bottom of the pot. Add the ginger and garlic and sauté another 1 to 2 minutes, then add the bell peppers and sweet potatoes. Add the browned chicken, chicken stock, crushed tomatoes, almond butter, coriander, cinnamon, cumin, and stir well to combine. Bring to a simmer and taste for salt, adding more if needed.

Cover the pot and simmer gently for 90 minutes (check after 1 hour), or until the chicken meat easily falls off the bone and the sweet potatoes are tender. (At this point you can remove the chicken pieces, let them cool slightly, and remove the meat from the bone; discard the skin or chop it and return to the pot, along with the shredded chicken meat.)



Paleo



Gluten-Free



What's Gaby Cooking

ROASTED RED PEPPER PASTA

Yield **4 to 6 servings** | Active Time **5 minutes** | Total Time **20 minutes**

Pasta

1 pound spaghetti or
fettuccini pasta

1 cup fresh or frozen peas

Parmesan cheese, shaved in
large slices

Kosher salt and freshly cracked
black pepper, to garnish

Red Pepper Sauce

3 red bell peppers, roasted and
skins removed

1 shallot, roughly chopped

2 cloves garlic

1 teaspoon kosher salt

3/4 teaspoon freshly cracked
black pepper

3 tablespoons olive oil

1 tablespoon red wine vinegar

Cook the pasta according to the package directions. One minute before done, add the peas. Drain and set aside.

Combine all the ingredients for the red pepper sauce in a blender, blend for 1 to 2 minutes, and then add half of the sauce to the pasta. Toss to combine. Add more sauce if needed.

Serve on a large serving platter with shavings of parmesan cheese and season with salt and pepper as needed.



Vegetarian

Mark Hyman

BRAISED LAMB WITH POMEGRANATE MOLASSES OVER WHITE BEANS WITH LEMON BROCCOLI

Yield **4 servings** | Active Time **20 minutes** | Total Time **1 hour 20 minutes**

Braised Lamb

2 tablespoons balsamic vinegar
1 tablespoon garlic
1 tablespoon Dijon mustard
4 lamb shanks
2 tablespoons extra virgin olive oil
1/2 small onion, diced
1 tablespoon garlic
2 tablespoons pomegranate molasses
1 bay leaf
1 tablespoon fresh or 1 teaspoon dried sage
1/4 teaspoon sea salt
1 15-ounce can cannellini beans
1/4 cup water or red wine
1/4 cup fresh parsley
1/2 cup fresh pomegranate seeds, optional

Lemon Broccoli

1 tablespoon extra virgin olive oil
4 cups broccoli, broken into large florets
Pinch of sea salt
1/2 lemon, cut into wedges

In a large shallow dish, combine the vinegar, garlic, and mustard. Trim excess fat from the lamb and place in the dish; turning to cover with the marinade. Cover and let stand for 30 minutes.

Meanwhile, heat the olive oil in a braising pan over medium heat. Add the onions and garlic and gently sauté until onions begin to brown, about 8 minutes. Add the lamb and sear on both sides. Pour molasses over lamb and continue to brown. Add the bay leaf, sage, salt, and beans with their liquid, and water or red wine. Simmer on low heat until lamb is tender and beans are heated through, about 15 to 20 minutes depending on the thickness of the lamb and how well done you like it.

For the broccoli, heat olive oil in a large sauté pan over medium heat. Add the broccoli, stirring constantly until tender. Add salt.

To plate, garnish lamb and beans with pomegranate seeds and parsley. Serve with broccoli and a wedge of lemon.



Paleo



Gluten-Free



Kitchen Confidante

SWEET POTATO AND KALE COCONUT CURRY SOUP

Yield **4 servings** | Active Time **15 minutes** | Total Time **30 minutes**

2 teaspoons canola oil

*3/4 cup shallots or red onion,
finely chopped*

4 teaspoons red curry paste

4 cups chicken broth

*1 cup unsweetened light
coconut milk*

1 1/2 teaspoons fish sauce

*1 to 2 sweet potatoes, peeled
and diced in 1/2 inch pieces
(about 3 cups)*

*3 cups chopped kale, stems and
large ribs removed*

Kosher salt, to taste

*Freshly ground black pepper,
to taste*

*1/4 cup coarsely chopped
fresh cilantro*

**Crème fraîche, for serving*

**This ingredient may not
be included in some Paleo
diet plans.*

In a medium saucepan or pot, heat the oil over low heat. Add the shallots or onions and cook until translucent, about 2 to 3 minutes. Add the red curry paste and stir into the onions for about a minute, until fragrant. Pour in the chicken broth, coconut milk, and fish sauce, and increase the heat to medium-high. Bring to a boil and reduce heat to simmer. Cook, stirring occasionally, for about 5 minutes, then add the sweet potatoes and kale.

Cook for about 5 to 10 minutes, or until the sweet potatoes are fork tender, taking care to not let them get mushy. Adjust seasoning with salt and pepper if necessary. Serve the soup while hot, garnishing with cilantro and crème fraîche.



Paleo



Gluten-Free

The image shows four halves of roasted sweet potatoes arranged in a slightly curved line across a parchment-lined surface. Each half is topped with a fresh rosemary sprig. The sweet potatoes are a vibrant orange color, and the parchment paper is a light tan color. A white rectangular box is centered over the middle of the image, containing the word "SIDES" in a bold, black, sans-serif font.

SIDES



Robb Wolf

ROSEMARY CITRUS TWICE BAKED SWEET POTATOES

Yield **6 servings** | Active Time **10 minutes** | Total Time **1 hour 25 minutes**

6 medium sweet potatoes

4 tablespoons room temperature ghee, grass-fed butter, or coconut oil

4 ounces coconut milk

Zest of 1 orange

1 tablespoon fresh or dried rosemary

1/2 teaspoon thyme

1/2 teaspoon salt

1/2 teaspoon pepper

Preheat oven to 375 degrees.

Wash and pat dry sweet potatoes. Place sweet potatoes on a baking sheet and bake until soft, about 1 hour. Remove from oven and let cool slightly.

Cut potatoes in half lengthwise. Scoop out the insides into a large mixing bowl. Place the skins back on the tray. Add the remaining ingredients to the bowl with the sweet potatoes and mix well with a fork. Place an equal amount of the filling into each of the sweet potato skins.

Bake for 10 minutes, then set the oven to broil until a nice, brown crust forms on the sweet potatoes (2 to 3 minutes). Remove from oven and serve warm.



Vegetarian



Paleo



Gluten-Free



Healing Gourmet

WHOLE ROASTED CAULIFLOWER WITH INDIAN SPICE

Yield **6 servings** | Active Time **10 minutes** | Total Time **1 hour**

- 1 head organic cauliflower
- 1/4 cups organic coconut milk
- 2 teaspoons sea salt
- 1/2 teaspoon organic black pepper
- 1 tablespoon organic cumin
- 1 tablespoon organic garlic powder
- 2 teaspoons organic turmeric
- 2 tablespoons organic chili powder
- 1 tablespoon organic lime juice and zest

Preheat the oven to 400 degrees and grease a small baking sheet with coconut oil.

Trim the base of the cauliflower, removing the woody stem and green leaves.

In a wide bowl, combine the coconut milk with the salt, pepper, spices, and lime zest and juice. Holding the cauliflower by its base, dunk the cauliflower into the bowl, coating the entire head with the marinade.

Place the cauliflower on the prepared baking sheet. Transfer to oven and roast, 40 minutes, or until exterior is dry to the touch. Let the cauliflower cool, slightly, then slice into wedges.



Vegan



Paleo



Gluten-Free

JJ Virgin

GREEN BEANS WITH SHIITAKES AND SHALLOTS

Yield **4 servings** | Active Time **15 minutes** | Total Time **25 minutes**

3/4 pound green beans, trimmed

2 tablespoons macadamia nut oil
or red palm fruit oil

2 large shallots, thinly sliced

8 ounces shiitake mushrooms,
stemmed and sliced

1/2 medium red bell pepper,
thinly sliced

2 teaspoons coconut aminos

1/8 teaspoon sea salt

1/8 teaspoon freshly ground
black pepper

Bring a large pot of lightly salted water to a boil over high heat. Add the green beans, cover, and return to a boil; cook for 2 minutes. Drain and rinse under cold water to stop the cooking.

Heat the oil in a large nonstick skillet over medium-high heat. Add the shallots and cook, stirring occasionally, until they begin to soften, 2 to 3 minutes. Add the mushrooms and bell pepper and cook, stirring occasionally, until the mushrooms are slightly browned, 6 to 7 minutes. Add the green beans and cook 1 minute. Add the coconut aminos, salt, and pepper; cook, stirring, 1 minute.



Vegan



Paleo



Gluten-Free

JJ Virgin

JICAMA, APPLE, AND PEAR SLAW

Yield **4 servings** | Active Time **5 minutes** | Total Time **35 minutes**

1 cup shredded red cabbage

1 cup shredded green cabbage

1 medium apple, cored and cut
into thin matchsticks

1 medium ripe pear, cored and
cut into thin matchsticks

1/2 small jicama, peeled and cut
into thin matchsticks, about 1 cup

3 green onions, chopped

4 teaspoons cider vinegar

1 tablespoon macadamia nut oil

1 tablespoon chopped
fresh cilantro

1/4 teaspoon sea salt

Toss the cabbages, apple, pear, jicama, green onions, vinegar, oil, cilantro, and salt together in a large bowl. Let stand 30 minutes, tossing occasionally, to allow the flavors to develop.



Vegan



Paleo



Gluten-Free



Nourished Kitchen

KIMCHI

Yield **4 quarts** | Active Time **30 minutes** | Total Time **1 week**

1/4 pound ginger, peeled and cut into chunks

1/4 pound fresh chile peppers, trimmed of stems, seeded if desired

2 tablespoons unrefined cane sugar

2 tablespoons fish sauce

1/4 cup unrefined sea salt, divided

2 large heads Napa cabbage, chopped into large chunks about 2-inches by 2-inches

1 1/2 pounds carrots, peeled and cut into matchsticks

1 1/2 pounds daikon radish, peeled and cut into matchsticks

8 heads garlic, peeled and chopped

Place ginger, chile peppers, sugar, fish sauce and 1 tablespoon salt into the bowl of a food processor. Pulse until you form a smooth paste.

Place chopped cabbage into a large mixing bowl, sprinkle with remaining salt, and cover with warm (not hot) water. Stir until sea salt dissolves and allow the cabbage to sit for twenty to thirty minutes. Drain the cabbage and pat it dry.

Place the cabbage, carrots, radish, and garlic in a large mixing bowl. Spoon in the chili and ginger paste and toss to coat.

Transfer the mixture, cup by cup, into a gallon-sized vegetable fermenter or fermentation crock, pounding down with a wooden spoon until the vegetables release their juice. Continue layering and pounding until all the vegetables have been transferred to the crock. Pound again until the vegetables have released all their juice and the level of brine fully covers the vegetables and the vegetables rest within 1 inch of the crock's lip.

Weigh the vegetables down with a weight or a small sterilized stone, then cover and ferment at room temperature for at least one week before tasting the kimchi. If you prefer a more sour flavor, ferment longer.

Transfer to the refrigerator when the kimchi has reached the desired level of sourness. It will keep for at least six months.



Gluten-Free

KETO PALEO DINNER ROLLS

Yield **12 rolls** | Active Time **10 minutes** | Total Time **1 hour**

- 8 tablespoons organic coconut flour
- 3 teaspoons non-aluminum baking powder
- 1 tablespoon dried basil
- 1/2 teaspoon sea salt
- 2 tablespoons organic psyllium husk powder
- 4 large pastured eggs
- 2 tablespoons organic apple cider vinegar
- 2 tablespoons avocado oil
- 1/4 cup filtered water
- 1 medium zucchini, finely grated

Preheat oven to 350 degrees and grease a sheet pan.

In a large bowl, combine coconut flour, baking powder, basil, sea salt, and psyllium husk powder.

In a medium bowl, combine the eggs, apple cider vinegar, avocado oil, water, and shredded zucchini. Add dry ingredients to wet and mix well to fully combine.

Grease hands and scoop dough out by golfball-sized mounds. Roll gently and place on baking sheet. Brush with avocado oil and transfer to oven. Bake to golden brown and hollow when tapped, around 45 minutes depending on size.



Vegetarian



Paleo



Gluten-Free

CREAMED COLLARD GREENS

Yield **2 servings** | Active Time **5 minutes** | Total Time **15 minutes**

- 1 tablespoon lard
- 1 pound collard greens, washed and cut into large pieces
- 1 cup coconut milk
- 1 tablespoon coconut aminos
- Pinch of nutmeg
- Sea salt and freshly ground pepper, to taste
- Hazelnuts, roasted and chopped for garnish (optional)

Melt lard in a sauté pan and add all the ingredients except optional hazelnuts. Cook at medium-high heat for 10 minutes or until the liquid has greatly reduced. Adjust for salt. Garnish with chopped hazelnuts if using.



Paleo



Gluten-Free



What's Gaby Cooking

SAFFRON TOMATO CONFIT

Yield **1 cup** | Active Time **20 minutes** | Total Time **1 hour 40 minutes**

1 pound cherry tomatoes, halved

1/3 cup good quality olive oil

1 pinch saffron (about 20 threads)

*Kosher salt and freshly cracked
black pepper, to taste*

In a medium skillet, place the tomatoes and olive oil over medium high heat. Add the saffron and season with salt and pepper. Give the mixture a stir to combine. Once the oil starts to get hot, and the tomatoes start to blister, reduce the heat to medium low and let simmer for 1 hour, stirring every 10 minutes

After 1 hour, the tomatoes should be falling apart. Remove from heat and let cool in the skillet for about 20 minutes before serving. Adjust salt and pepper before serving if desired.

If storing overnight, transfer the mixture to an airtight container and refrigerate for up to 1 week. Let it come to room temperature before serving.



Vegan



Paleo



Gluten-Free



Mark Hyman

ARTICHOKE HEARTS WITH CAMELIZED ONIONS

Yield **4 servings** | Active Time **15 minutes** | Total Time **1 hour 5 minutes**

1 9-ounce can artichoke hearts,
rinsed and drained

1/4 cup extra virgin olive oil

4 cloves garlic, minced

1/4 teaspoon red pepper flakes

1/4 teaspoon paprika

2 teaspoons finely chopped
fresh parsley

2 teaspoons finely chopped
fresh tarragon

2 large red onions, finely sliced

2 large yellow onions, finely sliced

Juice of **1/2** large lemon

1/2 cup water

Preheat the oven to 350 degrees.

In a small bowl, combine the artichokes with 2 tablespoons olive oil, garlic, spices, and herbs, and toss until evenly mixed. Spread the mixture out onto a baking sheet and roast until the artichokes are soft and brown, 30 to 35 minutes, turning throughout to evenly cook, taking care not to burn.

Heat the remaining 2 tablespoons olive oil in a medium cast-iron pan over medium heat. After a minute, add the onions and cook until soft, 5 to 6 minutes. Reduce the heat to low and continue to cook, stirring occasionally to prevent them from burning, until well caramelized, 15 to 20 minutes. Stir in the lemon juice and cook for another minute.

In a large bowl, combine the roasted artichokes and caramelized onion mixture. Gently mix until everything is evenly combined.



Vegan



Paleo



Gluten-Free

A close-up photograph of three golden-brown, ribbed pastries, likely mooncakes, arranged on a light green, octagonal plate. The pastries have a textured, ridged surface. One pastry in the foreground is cut open, revealing a dark, dense filling. The plate is set on a dark blue, textured surface. A white rectangular box with the word "TREATS" in bold, black, sans-serif font is centered over the middle of the image.

TREATS



Mary Shenouda

MA'MOUL COOKIES

Yield **36 cookies** | Active Time **20 minutes** | Total Time **45 minutes**

- 3 bay leaves
- 3/4 cup ghee
- 3 cups almond flour
- 3 teaspoons ground anise seed
- 3 teaspoons ground fennel seed
- 1 teaspoon cinnamon
- 1 teaspoon cardamom
- 1/2 teaspoon ground cloves
- 1 teaspoon sea salt
- 1 egg
- 2 cups pitted dates
- 1 teaspoon vanilla

Preheat oven to 350 degrees. Line a baking sheet with parchment paper.

Twist the bay leaves and heat them with the ghee in a small saucepan. When the ghee has melted, cover pan, remove from heat, and set aside.

Meanwhile, mix all the dry ingredients, except for one half of the anise seeds and one half of the fennel seeds, in a mixing bowl. Remove the bay leaves from the melted ghee and pour into the flour mixture along with the egg. Knead until the mixture comes together then set it aside.

In the bowl of a food processor, mix the dates, vanilla, and remaining anise and fennel seeds until the mixture comes together in a thick paste. This can also be achieved by hand, if needed, mixing the ingredients the traditional way in a bowl with a wooden spoon or spatula. An extra tablespoon of ghee can be added to facilitate this process.

For a thumbprint style cookie, scoop the dough into 1-inch balls and place about 2-inches apart on the prepared baking sheets. Press a thumbprint into the center of each ball, about 1/2-inch deep. Fill each indentation with about 3/4 teaspoon date paste.



Vegetarian



Paleo



Gluten-Free



Wellness Mama

VERY BERRY COBBLER

Yield **4 servings** | Active Time **5 minutes** | Total Time **35 minutes**

4 cups of strawberries, blackberries, blueberries, raspberries, or an assorted mix (fresh or frozen)

1 cup almond flour

1/4 cup coconut oil or butter

1 teaspoon vanilla

Stevia, organic honey or maple syrup, to taste (optional)

*Organic whole cream, whipped with vanilla

*This ingredient may not be included in some Paleo diet plans.

Preheat oven to 375 degrees and grease an 8 × 8-inch baking dish with coconut oil or butter. Place berries in baking dish.

Combine almond flour, coconut oil/butter, and vanilla with your hands until it makes a crumbly topping. You may need to adjust the almond flour up or down slightly. If using stevia, you can add a small amount to the topping at this point. Crumble the topping over the berries. Put dish into oven and cook for about 20 minutes, for fresh fruit, to 30 to 40 minutes, if using frozen fruit.

When done, drizzle with organic honey or maple syrup and top with whipped organic cream, if using.



Vegetarian



Paleo



Gluten-Free

Catherine McCord of Weelicious

HOLIDAY SEED BRITTLE

Yield **8 to 10 servings** | Active Time **5 minutes** | Total Time **15 minutes**

- 1 tablespoon unsalted butter, melted*
- 4 tablespoons brown rice syrup*
- 2 tablespoons honey*
- 1/3 cup raw sunflower seeds*
- 1/3 cup pumpkin seeds*
- 1/3 cup sesame seeds*

Preheat oven to 375 degrees. Line a baking sheet with parchment paper.

In a bowl stir the butter, brown rice syrup, and honey to combine. Add the seeds, stir to evenly coat, and spread in an even layer on baking sheet.

Bake for 10 to 12 minutes or until golden. Remove from oven, allow to cool, and break into pieces.



Vegetarian



Gluten-Free

Cassey Ho

CRISPY RICE TREAT ENERGY MORSELS

Yield **10 morsels** | Active Time **10 minutes** | Total Time **10 minutes**

- 1/3 cup reduced-fat peanut butter*
- 1/3 cup agave nectar*
- 2 cups brown rice cereal*
- 1/4 cup chopped almonds*
- 1/4 cup dried cranberries*

Line a muffin tin with paper liners and set aside.

Heat the peanut butter and agave nectar in a large saucepan over low heat for about 5 minutes, stirring constantly, until smooth, melted, and bubbling just a bit. Turn off the heat, add the cereal, almonds, and cranberries to the mixture and carefully stir until well combined.

Fill the muffin cups with the mixture and let cool.



Vegan



Gluten-Free



Mary Shenouda

STUFFED PROSCIUTTO DATES

Yield **16 dates** | Active Time **10 minutes** | Total Time **25 minutes**

1/2 cup shelled pistachios

1/2 teaspoon coarse salt

Juice and zest of 1/2 orange

16 dates, pitted

Prosciutto, cut long enough to wrap the dates

Preheat oven to 350 degrees.

Place the pistachios, salt, orange juice and zest in the bowl of a food processor and pulse until the mixture forms a paste. Spoon the mixture into the pitted dates. Wrap each date in prosciutto, letting the ends overlap by at least 1 inch.

Place the wrapped dates on a baking tray, seam side down, and bake for 15 minutes, or until the prosciutto has browned and adhered to the outside of the date. Let cool slightly and serve warm.



Paleo



Gluten-Free

Chris Kresser

ROASTED HAZELNUTS WITH GARLIC AND THYME

Yield **2 servings** | Active Time **10 minutes** | Total Time **28 minutes**

1 1/2 pounds hazelnuts, soaked overnight and patted dry

1 tablespoon coconut oil

4 cloves garlic, minced

1 tablespoon dried thyme

1 1/2 teaspoons sea salt, to taste

1/2 teaspoon freshly ground black pepper

Generous pinch cayenne (optional)

Preheat oven to 450 degrees with rack in middle.

Spread the hazelnuts evenly in a shallow baking pan and roast for about 8 minutes. Remove from the oven and let cool for 10 minutes. Wrap the nuts in an old kitchen towel and rub. This will remove the skins.

Heat coconut oil in a sauté pan to a low heat, add hazelnuts and garlic, and gently cook for 2 minutes. Pour into a bowl and mix with thyme, salt, pepper, and cayenne (if using). Allow to cool before eating.



Vegan



Paleo



Gluten-Free

Spoon Fork Bacon

SPICED SWEET POTATO HUMMUS AND CUMIN FLATBREAD CHIPS

Yield **2 cups** | Active Time **10 minutes** | Total Time **25 minutes**

Flatbread Chips

2 sheets flatbread, cut into 1-inch triangles

3 tablespoons olive oil for brushing

2 teaspoons ground cumin

Salt and pepper, to taste

Hummus

1 sweet potato, peeled, chopped, and boiled until fork tender

1/2 14.5-ounce can garbanzo beans, drained

3 tablespoons tahini

2 tablespoons extra virgin olive oil

1 clove garlic

1/2 lemon, juiced

1 tablespoon cumin

1 teaspoon smoked paprika

1/4 teaspoon cinnamon

1/8 teaspoon cayenne pepper

Dash nutmeg

Salt and pepper, to taste

Extra virgin olive oil for drizzling

Preheat oven to 350 degrees.

Place cut flatbread onto baking sheet and brush with oil. Sprinkle with cumin, salt, and pepper. Bake for 15 minutes until lightly browned and crisp. Set aside.

Place ingredients for hummus into a food processor and blend until smooth. Adjust seasonings and stir. Top with a small drizzle of olive oil and a sprinkle of cumin. Serve with baked flatbread chips.



Vegan



Kitchen Confidante

SUGAR AND SPICE POPCORN

Yield **4 to 6 servings** | Active Time **3 minutes** | Total Time **10 minutes**

1 tablespoon brown sugar

1 teaspoon kosher salt

1 teaspoon cayenne pepper

2 tablespoons canola oil

1/2 cup popcorn kernels

*1 to 2 tablespoons melted butter
(optional)*

Stir the brown sugar, salt, and cayenne pepper in a small bowl. Set aside.

Coat a large pot with canola oil, place 2 or 3 popcorn kernels and cover. Place over medium high heat. When you hear the kernels pop, add all the remaining kernels to the pot, replace the lid, and shake over the heat until all the corn is popped. Once the popping slows to several seconds between pops, remove from heat and transfer to a large bowl. Toss in the sugar mixture and butter (optional) and mix well.



Gluten-Free

Cassey Ho

ORANGE CRANBERRY COOKIES

Yield **2 cookies** | Active Time **5 minutes** | Total Time **20 minutes**

1/2 cup old-fashioned rolled oats

1 medium banana

1 teaspoon grated orange zest

1 tablespoon dried cranberries

Preheat oven to 350 degrees. Lightly coat a cookie sheet with cooking spray or line with parchment paper.

Place the oats, banana, and orange zest in a food processor. Process until well combined. Transfer to a bowl and carefully mix in the cranberries.

Shape the mixture into two cookies, and transfer to the cookie sheet. Bake for 15 minutes, or until the cookies are lightly browned and firm.



Vegan



Gluten-Free

Nourished Kitchen

CHEESY KALE CHIPS WITH MISO, GARLIC, AND DULSE

Yield **1 half-gallon bag (8 to 12 servings)** | Active Time **5 minutes** | Total Time **12 hours 8 minutes**

***1** cup white miso paste

2 cloves garlic, minced

1/2 teaspoon unrefined sea salt

1 cup nutritional yeast

2 tablespoons extra virgin olive oil

2 tablespoons dulse granules

3 bunches curly kale, trimmed of stems and torn into bite-sized pieces

**This ingredient may not be included in some Paleo diet plans.*

Place miso, garlic, salt, nutritional yeast, oil, and dulse in the bowl of a food processor, and process until it forms a smooth paste.

Working in batches, place kale in a large mixing bowl. Massage kale with the seasoned miso paste so that the paste adheres to the kale leaves. Layer the kale onto a lined food dehydrator tray and dehydrate at 125 degrees until crispy, about 12 hours.



Vegan



Paleo



Gluten-Free



What's Gaby Cooking

CHOCOLATE CHIP PUMPKIN BREAD

Yield **2 loaves** | Active Time **10 minutes** | Total Time **1 hour 10 minutes**

- 3 cups all-purpose flour*
- 3 cups sugar*
- 2 teaspoons baking soda*
- 1/2 teaspoon baking powder*
- 1 teaspoon kosher salt*
- 2 cups canned pumpkin*
- 1 cup vegetable oil*
- 4 eggs*
- 2/3 cup water*
- 1 teaspoon ground cloves*
- 1 teaspoon allspice*
- 1/2 teaspoon pumpkin pie spice*
- 6 ounces semi-sweet chocolate chips*

Preheat oven to 350 degrees.

In a large bowl combine the flour, sugar, baking soda, baking powder, and salt. Set aside.

In the bowl of a mixer, combine the pumpkin, oil, eggs, water, and spices on medium speed. Slowly add the dry ingredients and mix on low until everything is just combined. Fold in the chocolate chips.

Transfer batter to 2 loaf pans. Top with extra chocolate chips, if desired, and bake for about 1 hour, or until a knife inserted in the middle comes out clean. Remove the loaf pans from the oven and let cool for at least 30 minutes before removing and slicing before serving.



Vegetarian

Wellness Mama

COCONUT BUTTER CUPS

Yield **12 cups** | Active Time **10 minutes** | Total Time **10 minutes**

- 1 cup shredded coconut
- 1 tablespoon vanilla extract
- 4 tablespoons coconut oil
- 10 drops of stevia extract, or to taste
- 1 pound quality dark chocolate without soy

In a blender or food processor, combine the shredded coconut, vanilla, 2 tablespoons of the coconut oil and the stevia extract and pulse until thick and paste-like. It will eventually start to resemble the thickness of almond butter or coconut cream concentrate.

Set the coconut mixture aside. In a double boiler, melt the chocolate with the remaining 1 tablespoon of coconut oil. When melted, remove from heat. Pour a tablespoon of the melted chocolate into the bottom of 12 silicon muffin cups or paper lined muffin cups and rotate to coat the sides.

Put the cups in the freezer to harden quickly. Once hardened, remove from freezer and scoop a tablespoon of the coconut mixture into each cup and press down gently with the back of the spoon to flatten. Cover the tops of the coconut mixture with more melted chocolate and place in freezer or fridge to harden.

Once completely set, remove from the muffin cups and store in an airtight container.



Vegan



Paleo



Gluten-Free

Mark Hyman

GUILT-FREE CHOCOLATE MOUSSE

Yield **4 Servings** | Active Time **5 minutes** | Total Time **5 minutes**

- Flesh of one avocado
- 1 tablespoon pure maple syrup
- 1/4 cup unsweetened cocoa powder
- 1/2 large banana
- 2 teaspoons pure vanilla extract
- 1 tablespoon strong brewed decaffeinated coffee
- Sea salt to taste
- 1 pint fresh raspberries, rinsed (optional)

Combine all of the ingredients, except raspberries, in a blender and blend on medium speed until smooth and creamy, 1 to 2 minutes. If the mousse is too thick, thin it with a little extra coffee or water. It should be similar to the consistency of pudding, but slightly lighter in texture. Serve topped with raspberries.

Leftover mousse can be refrigerated for up to 5 days.



Vegan



Paleo



Gluten-Free



Nom Nom Paleo

MEXICAN CHOCOLATE POTS DE CREME

Yield **8 servings** | Active Time **30 minutes** | Total Time **30 minutes**

For the Pots de Creme

- 7 ounces** dark chocolate (70% cacao or higher), finely chopped
- 1** 14-ounce can full-fat coconut milk
- 2** large egg yolks
- 1/8 to 1/4** teaspoon ancho chile powder
- 1/8** teaspoon kosher salt
- 1** cinnamon stick
- 1** tablespoon vanilla extract

For the Whipped Topping

- 1** 14-ounce can full-fat coconut milk, chilled overnight in the refrigerator
- Coconut sugar, to taste (optional)
- 1** tablespoon ground cinnamon

In a medium saucepan over medium-low heat, whisk together coconut milk, egg yolks, ancho chile powder, and kosher salt. Add in the cinnamon stick. Heat the mixture, stirring constantly until it thickens and forms a smooth custard that coats the back of a spoon, about 10 to 15 minutes.

Carefully watch the custard, taking care not to overcook or boil it. And when in doubt, use an instant-read thermometer to make sure the final temperature is about 175 degrees. When the custard is ready, take the pot off the heat, and remove the cinnamon stick.

Position a fine mesh sieve over the bowl of chocolate, and pour the custard through to catch any lumpy bits. Let the chocolate and custard mixture sit undisturbed for 5 minutes, then gently stir to mix the melted chocolate into the custard base. If you stir like crazy, the temperature will drop too quickly, and you'll end up with grainy chocolate. Steady, slow stirring is essential for ensuring a stable emulsion. Stir in the vanilla extract.

Divide the mixture evenly into eight 2-ounce espresso cups or ramekins and cool to room temperature. Cover the cups with plastic wrap and let chill and firm up in the fridge for at least 4 hours.

When ready to serve, remove the pots de crème from the fridge along with the chilled can of coconut milk. Remove the lid and carefully spoon out the thick layer of solidified coconut cream on the top.

Toss the cream into a chilled bowl, with coconut sugar if using, and whip it until it forms stiff peaks. Spoon a dollop of the whipped coconut cream on to each cup. Dust with cinnamon.



Vegetarian



Paleo



Gluten-Free



Nourished Kitchen

STEWED STRAWBERRIES WITH VANILLA BEAN AND FRESH MINT

Yield **1 pint** | Active Time **7 minutes** | Total Time **22 minutes**

2 pints strawberries, hulled and cut into 1/2-inch slices

1/4 cup jaggery, coconut sugar, or honey

1 vanilla bean

2 heaping tablespoons chopped fresh mint

Toss the strawberries into a medium-sized saucepan, and crumble the jaggery over them. With a sharp pairing knife, cut a slit down the length of the vanilla bean to expose its seeds. Place the vanilla bean into the saucepan with the strawberries and jaggery. Turn the stove to medium-low. Allow the strawberries to stew in the sugar until they release their juices, and those juices turn syrupy, about 15 minutes.

Turn off the stove. Pluck out the vanilla bean, and scrape its seeds into the strawberries. Stir in the chopped mint, allowing a minute or 2 for the mint to wilt in the residual heat of the strawberries. Serve warm.



Paleo



Gluten-Free



Kitchen Confidante

BANANA CARAMEL MUG CAKE

Yield **2 cakes** | Active Time **5 minutes** | Total Time **7 minutes**

- 1/3 cup all-purpose flour*
- 2 tablespoons granulated sugar*
- 1/4 teaspoon baking powder*
- 1/4 teaspoon baking soda*
- 1/8 teaspoon kosher salt*
- 1/4 cup buttermilk*
- 1 very ripe banana*
- 1 tablespoon caramel, plus more for serving*
- 1/4 teaspoon vanilla*
- 2 tablespoons unsalted butter, melted*
- Whipped cream, for serving*

In a small bowl, whisk together the flour, sugar, baking powder, baking soda, and salt.

In another small bowl, mash buttermilk into the banana with a fork, then stir in the caramel and vanilla until blended. Mix the mashed bananas into the flour mixture, and add the melted butter. Stir until just combined, then divide into two 7.5 ounce mugs. If you use a different sized mug, make sure to leave room for the cakes to rise.

Place the mugs on a paper towel inside the microwave, and cook for about 120 seconds on high, then continue cooking in 20 second increments until the cake has risen, is fluffy and firm, and fully baked. The cook time will vary depending on the wattage of your microwave.

Let the cakes cool for several minutes, then serve with whipped cream and additional caramel sauce.



Vegetarian

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Liren Baker is a New York native who embraced life in California when she moved to San Francisco in 2000. Her appetite for all things beautiful and delicious has followed her as she lived and tasted her way throughout the country and traveled the world. Immersing herself in the Bay Area's vibrant culinary culture, Liren is the food photographer, writer, and creator of the food blog, Kitchen Confidante. Photos and recipes from Kitchen Confidante have been featured on sites including the Huffington Post, the Kitchn, Food52 and Refinery29, and Kitchen Confidante was featured as one of the 10 Best Food Blogs of 2013 by PBS Food.

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Gaby Dalkin / What's Gaby Cooking, www.whatsgabycooking.com

Gaby Dalkin is a cookbook author, private chef and food/lifestyle writer based in Los Angeles. Her food blog, What's Gaby Cooking, is a playful, fun, inspiring, sun-soaked destination for everyone who aspires to live the California girl life. Here on What's Gaby Cooking, we are healthy, fit, and adventurous, but we're also real. We love a juice cleanse, but we also like the occasional grilled cheese. We're big on finding balance, because whether you're cooking, cocktail-ing or traveling, it all benefits from a creative, can-do mentality that teeters on the edge of planned and spontaneous, practical, and a little bit quirky.

Roasted red pepper pasta photo credit: Matt Armendariz



Kelley Herring / Healing Gourmet, www.healinggourmet.com

Kelley Herring is the founder and CEO of Healing Gourmet, the world's leading provider of organic and sustainable recipes and meal plans for health and weight loss. For nearly 15 years, Healing Gourmet has provided lifesaving education about the benefits of an all-natural, low-glycemic diet... and the proven power of foods and nutrients to promote health and protect against disease. Kelley was the Editor-in-Chief of a four-book series published by McGraw-Hill including Eat to Fight Cancer, Eat to Beat Diabetes, Eat to Lower Cholesterol, and Eat to Boost Fertility. And she is also an expert on using the latest nutritional science and functional ingredients to create decadent desserts, delicious breads—and even candy—that can help to keep your blood sugar stable and stoke your body's fat-burning furnace!

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Cassey Ho, www.blogilates.com

Cassey Ho is an internationally renowned, award-winning fitness instructor and online personality. She is the creator of Blogilates, the #1 female fitness channel on Youtube with over 200 million video views and 2 million subscribers. In a revolutionary partnership, Cassey's unique format, POP Pilates© which launched on Youtube in 2009, is now being turned into a live class that can be taken at all 24 Hour Fitness gyms in the US. She's the author of the best-selling book, Hot Body Year Round, and also the star of the Pop Pilates DVDs at Target stores. Cassey is the designer of her own activewear collection, BODYPOP Active.

Recipes from Hot Body Year Round. Copyright 2015 by Cassey Ho and oGorgeous Inc.

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Dr. Alejandro Junger is a cardiologist and functional medicine practitioner. He is the New York Times bestselling author of *Clean*, *Clean Gut*, and *Clean Eats*. He founded Clean Program to make available to everyone the programs he uses with his patients to transform their health. Learn more at cleanprogram.com.



Catherine McCord / Weelicious, www.weelicious.com

Catherine, mom to Kenya and Chloe, created Weelicious.com in 2007 as a platform to show parents around the world how easy and beneficial it is to expose children to delicious, homemade food. After personally struggling with how to feed Kenya, Catherine realized a need for realistic and nutritious recipes for parents using minimal ingredients that are fully loaded with flavor. Weelicious now houses more than 1,200 original recipes and more than 300 videos. Catherine inspires her community with ingredients that are readily available and recipes that are fast and easy. In 2012, Catherine published her first book *Weelicious: One Family, One Meal*. Her second book, *Weelicious Lunches: Think Outside the Lunchbox*, was published in 2013.

Recipe Credit: Catherine McCord



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Chris Kresser is a practitioner of functional medicine, the creator of top-ranked ChrisKresser.com and Revolution Health Radio, and the author of the New York Times best-seller *The Paleo Cure* (published in hardcover as *Your Personal Paleo Code*). He is known for his in-depth research uncovering myths and misconceptions in modern medicine and providing natural health solutions with proven results. He lives in Berkeley, Calif. with his wife and daughter.



Jennifer McGruther / The Nourished Kitchen, www.nourishedkitchen.com

An advocate for farm fresh foods and sustainable agriculture, Jennifer believes that food is something worthy of celebration. With an unshakeable belief that everyone deserves access to high quality, nutrient-dense foods she has spearheaded programs that provide free food to low-income residents of her community and steadily supply her community's food bank with wholesome, sustainably grown local foods. A labor of love, Nourished Kitchen's goal is to promote sustainable agriculture and nutrient-dense, whole foods in everyday kitchens. The focus is on whole, unrefined foods prepared according to traditional methods that optimize nutrient density. Cherish your body, nourish your kitchen.

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Recipes courtesy of Mark's Daily Apple



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Rosemary Citrus Twice Baked Sweet Potatoes submitted by Tarah Chieffi



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From *Nom Nom Paleo: Food for Humans* by Michelle Tam and Henry Fong/Andrews McMeel Publishing, LLC 2013



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INDEX

BREAKFAST

Akoori (Parsi Scrambled Eggs) with Shrimp, **27**

Apple Cinnamon Muffins, **35**

Banana Waffles, **29**

Blueberry and Macadamia Smoothie, **31**

Brainy Breakfast, **21**

Chocolate Chip Sour Cream Pancakes, **19**

Homemade Coconut Granola, **15**

Mini Apple Crumble Protein Pancakes, **22**

Piperade, **23**

Primal Egg Coffee, **25**

Prosciutto-Wrapped Mini Frittata Muffins, **34**

Superfood Vanilla Latte, **17**

Three Seed Porridge with Ginger and Blueberries, **33**

Tropical Turmeric Tonic, **37**

Whole Food Protein Shake, **30**

LUNCH

Asian Meatballs, **41**

Chicken Burgers with Caramelized Onions, **53**

Coconut Encrusted Chicken Salad, **49**

Curried Butternut Squash Soup, **46**

Curried Chicken Salad, **44**

Lemony Quinoa Salad, **54**

Mason Jar Bean Salad with Mango Salsa, **42**

Miyuk Guk, **55**

Pan-Seared Salmon over Tri-Colored Salad with Dijon Dressing, **50**

Sloppy Joes, **51**

Stir Fry Beef Salad, **48**

Tahini Tuna Salad, **45**

Wild Wheat Berry Salad, **43**

DINNER

Baked Polenta, **62**

Beef Stew, **73**

Braised Lamb with Pomegranate Molasses over White Beans with Lemon Broccoli, **80**

Crispy Carnitas, **67**

Lentil Stew with Winter Vegetables and Mustard Greens, **70**

Mediterranean Noodles, **61**

Mussels with Mexican Chorizo, **74**

Paleo Crab Cakes, **59**

Paleo Hazelnut-Crusted Halibut, **60**

Pressure Cooker Pulled Pork, **66**

Quinoa Risotto with Pan-Roasted Mushrooms, **65**

Roasted Red Pepper Pasta, **79**

Roasted Spice Rubbed Chicken Thighs, **71**

Slow Cooker Korean Grass-Fed Short Ribs, **75**

Slow Cooker Pork-Stuffed Peppers, **69**

Sweet Potato and Kale Coconut Curry Soup, **83**

West African Chicken Stew, **76**

SIDES

Artichoke Hearts with Caramelized Onions, **99**

Creamed Collard Greens, **95**

Green Beans with Shiitakes and Shallots, **90**

Jicama, Apple, and Pear Slaw, **91**

Keto Paleo Dinner Rolls, **94**

Kimchi, **92**

Rosemary Citrus Twice Baked Sweet Potatoes, **87**

Saffron Tomato Confit, **97**

Whole Roasted Cauliflower with Indian Spice, **89**

TREATS

Banana Caramel Mug Cake, **125**

Cheesy Kale Chips with Miso, Garlic, and Dulse, **115**

Chocolate Chip Pumpkin Bread, **117**

Coconut Butter Cups, **118**

Crispy Rice Treat Energy Morsels, **107**

Guilt-Free Chocolate Mousse, **119**

Holiday Seed Brittle, **106**

Ma'moul Cookies, **103**

Mexican Chocolate Pots de Creme, **120**

Orange Cranberry Cookies, **114**

Roasted Hazelnuts with Garlic and Thyme, **110**

Spiced Sweet Potato Hummus and Cumin Flatbread Chips, **111**

Stewed Strawberries with Vanilla Bean and Fresh Mint, **123**

Stuffed Prosciutto Dates, **109**

Sugar and Spice Popcorn, **113**

Very Berry Cobbler, **105**

THANK YOU!



Thank you to our amazing collaborators who inspire us to thrive every day: Cassey Ho, Catherine McCord of Weelicious, Chris Kresser, Dr. Junger's Clean Program, Healing Gourmet, JJ Virgin, Kitchen Confidante, Mark Hyman, Mark Sisson, Mary Shenouda, Nom Nom Paleo, Nourished Kitchen, Robb Wolf, Spoon Fork Bacon, Wellness Mama, and What's Gaby Cooking.

Thank you also to the Thrive Market team that helped put this book together: Merce Muse, our talented food editor, Paul Delmont, our incredible photographer, Nichol Nelson, our brilliant editorial director, Katherine Prendergast and Karley Koenig our visionary designers, and the wonderful support from Annalise Mantz, Kate Berg, Stefani Beckerman, and Leah Santa Cruz. And a special thanks to Gunnar Lovelace, Nicholas Green, Kate Mulling, and Sasha Siddartha for helping us make this vision—and Thrive Market—a reality.

We are especially grateful to our community of Thrive Market members who have joined our movement to make making healthy living easy, affordable, and accessible to everyone.

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