

WEEK 4 MEAL PLAN

Wow guys, we're churning through weeks now! The Week 4 menu is now served and we have some delicious new meals for you to try. Once again, you don't need to stick to the meal plan 100% – feel free to adapt it to suit your own flavour preferences, your budget and your lifestyle. Just make sure to stick to the HBF guidelines for the Reset phase. You're all doing so great – keep it up!

Remember: in Week 4 you can have a **daily cup of coffee** (or you can go without!), up to **three tablespoons of preferred natural sweetener per week** (e.g. honey, maple syrup, rice malt syrup), and **two servings of fruit per day** (e.g. 1 apple and 1 cup berries).

As we **focus on sleep** in Week 4, pay attention to how your meals might affect your sleep. Do you eat your dinner later than optimal? Does eating more starchy vegetables help you sleep better? Make notes as you track your sleep this week.

This meal plan has been reviewed by our contributing expert, Jad Patrick.



Expert Tip

Remember to consume some fermented foods.

On top of our suggested meals and snacks, try to consume 2-3 serves of foods containing probiotics (aka good bacteria) this week. Choose between 1 cup of kombucha drink, ½ cup of coconut yoghurt or kefir, or 2 tablespoons of fermented vegetables like sauerkraut or kimchi.

If you have never consumed fermented foods before, it is normal to experience an increase in gas initially. If this occurs, start with a smaller dose and increase slowly, or skip a day. Gas is natural, and it's not a bad thing. It means the microbiome is adjusting. If these symptoms persist or get really bad with fermented foods, you might need to see a nutritionist, a naturopath or a dietitian with experience in gut issues. You might have SIBO or microbe imbalance.

'Meatless' Monday

Breakfast



Veggie loaded frittata + side salad

Lunch



Curry spiced crunchy salmon salad

Dinner



Cauliflower & pumpkin dal + cucumber and lettuce salad

Snacks: 1 apple or 1 cup of strawberries, 1 serve of sesame snaps.

AIP: Breakfast – smoothie or roast veggies and protein of choice. Lunch – omit curry and red peppers in the salmon salad, use your favourite salad dressing instead.

Lunch: Other oily fish or prawns can be used instead of salmon; and if you're not a fan of fish, have a simple crunchy vegetable salad and a protein smoothie.

Tuesday

Breakfast



Veggie loaded frittata + side salad

Lunch



Leftover dal + roast turkey slices

Dinner



Steak & veggies with chimichurri sauce

Snacks: 1 green apple or 1 cup of strawberries, 1 serve of sesame snaps.

AIP: Go for a smoothie or roast veggies and protein for breakfast.

Lunch: Add some protein such as 100 grams of roast turkey or chicken slices.

Steak: For a cheap but tasty steak, go for the flat iron or hanger cut. Cook medium-rare. See recipe for more details on how to prepare it.

Evening prep: Pre-make the prawn salad for tomorrow.

Wednesday

Breakfast



Berry & coconut chia porridge

Lunch



Lime & sweet chilli prawn salad

Dinner



Chicken leek & thyme stew + mixed salad

Breakfast: Chia seeds are very high in fibre, so you might experience some digestive changes if you're not used to it. Monitor your symptoms and if this happens, reduce the chia seeds next time and replace with some extra fruit. Eggs, a smoothie or another choice of breakfast food is also fine.

Snacks: Olives, mixed nuts, carrot sticks.

AIP: Use the AIP version of the sweet coriander & ginger sauce with the prawn salad instead. See stew recipe for more details.

Evening prep: Pack tomorrow's lunch.

Thursday

Breakfast



Eggs any way you like with greens and fried mushrooms

Lunch



Leftover chicken stew + sliced cucumbers

Dinner



Baked salmon, spiced sweet potatoes and lemon broccoli

Breakfast: 2 eggs; 2 cups chopped spinach or chard sautéed in some olive or coconut oil with lemon juice and sea salt; 4-5 mushrooms, sliced and cooked in ghee or olive oil, a little garlic and some thyme or other dried herbs of choice, sprinkle with a little salt.

Snacks: Apple with nut butter or mixed olives and beef jerky or biltong. 2 squares dairy-free dark chocolate.

AIP: Sub eggs with a different protein for breakfast. Prepare salmon with AIP version of the sauce.

Dinner: Salmon can be replaced with other fish or meat.

Friday

Breakfast



Sausage hash breaky bowl

Lunch



Lunch out or leftovers

Dinner



Lamb coconut curry with cauliflower rice or greens

Snacks: Fruit of choice, mixed nuts.

Breakfast: You can use bacon or ham instead of the sausage, apple can be omitted and replaced with other vegetable, pumpkin or parsnip can be used instead of sweet potatoes.

Dinner: The curry can be made with beef, pork or chicken instead. See the recipe for AIP modifications.

Saturday

Breakfast



Berry & coconut chia porridge + soft boiled egg (if you like)

Lunch



Leftover lamb curry and cauliflower rice or greens

Dinner



Mexican chicken meatballs + parsnip & green onion rosti + some greens of choice

Snacks: Coconut water (1 glass), sun-dried tomatoes or grilled artichokes/eggplant, salami and olives.

Breakfast: The chia pudding can be made with other fruit like mango or banana. Feel free to have a green smoothie instead.

AIP: Chicken meatballs can be baked sans the tomato sauce, or you can make a batch of 'nomato' sauce from Week 3.

Sunday

Breakfast



Breakfast fry-up

Lunch



Leftovers or lunch out (maybe fish or seafood)

Dinner



Slow roasted pork with smoky orange glaze + roasted squash and carrots + rainbow slaw

Breakfast: Eggs, bacon, mushrooms and veggies or sauerkraut

Snacks: Simple green smoothie, 2 squares dairy-free dark chocolate.

AIP: Create your own version of breakfast fry-up without the eggs.

Dinner: The roast meal can work with beef or chicken instead; the orange glaze also works well with duck if you want to fry or roast a few duck breasts or legs.

Your notes:

Your Weekend Prep List

- Make the homemade sweet chilli sauce (AIP also)
- Make sesame snaps
- Pre-make the veggie loaded frittata
- Make cauliflower & pumpkin dal (optional)
- Pre-make chimichurri green sauce for Tuesday
- Make a batch of your favourite salad dressing

Considerations

- Eggs – 2-3, depending on appetite
- Serving of nuts is a handful
- Serving of avocado is ¼ – ½ of the fruit
- Snacks are provided but only if needed


Homemade sweet chilli sauce (with AIP alternative)



> This sauce will last for up to 2-3 weeks in the fridge. Pour in a clean jar with an airtight lid. Use in stir-fries, soups, salad dressings, sauces, over scrambled eggs, or as a simple condiment.

> **AIP:** This version of the sauce is made with ginger and coriander instead. It's a little spicy from the ginger but of course it's not the same as the sweet chilli sauce. We think it's a good alternative though.

> **Arrowroot powder:** Ideally, arrowroot powder should be used as a thickener because it works well with acidic liquids, however you can also try tapioca and if all fails, we're ok for you to use a little rice flour or potato starch.

 Prep time
10 mins

 Cook time
15 mins

 Makes
~1 cup

Ingredients

Sweet Chilli Version

- 2 long red chillies, seeds out and finely diced
- 1 large clove garlic, finely diced
- 2 thin pieces (thumb size) of ginger, diced
- ¼ cup apple cider or white wine vinegar
- Just a little less than 1 cup of hot water
- 4 tablespoons honey or rice malt syrup
- ¼ teaspoon salt
- 1 teaspoon fish sauce
- 1 ½ teaspoons arrowroot flour/powder

Sweet chilli version: Add all ingredients, except for the arrowroot, to a blender. Blitz a few times, until chopped into very fine pieces. Then transfer the mixture to a small pot and bring to boil. Reduce heat to simmering and cook for 15 minutes, uncovered, allowing for some evaporation. It will smell spicy and vinegary but the sauce mellows out as it cooks, so don't panic.

AIP coriander & ginger version

- Handful of fresh coriander (cilantro) leaves
- 2 cloves garlic, roughly diced
- 2 tablespoons chopped ginger
- 1 teaspoon fish sauce
- Juice of ½ large lime
- 3 tablespoons honey or rice malt syrup
- ¼ teaspoon salt
- 2/3 cup hot water
- 1 teaspoon arrowroot powder/flour

After 15 minutes, dissolve the arrowroot powder in 2 tablespoons of water and add to the sauce. Remove from heat and stir through. The sauce should thicken right away. Transfer to a jar and let the sauce cool before popping in the fridge.

Coriander & ginger version: Repeat the same process as above.

Sesame Snaps



> **Modifications:** Feel free to remove the coconut and add sunflower seeds instead. If honey is a problem, use more rice malt syrup. Maple syrup can also be used. Olive oil can be used instead of coconut oil.

> **AIP:** Nuts and seeds are usually avoided so best to replace this snack with something more AIP suitable, like dried apple snaps, kale chips or some sweet potato crisps.

> **Serving size:** 2 rectangular pieces.



Prep time
10 mins



Cook time
10-12 mins



Serves
6

Ingredients

- ½ cup sesame seeds
- ¼ cup pumpkin seeds/pepitas
- ¼ cup desiccated coconut, unsweetened
- 2 tablespoons brown rice syrup
- 1 tablespoon honey
- ½ tablespoon melted coconut oil
- 1 teaspoon vanilla essence/extract

Preheat oven to 150 C / 300 F.
Thoroughly combine all ingredients in a bowl with a spoon, pressing down the mixture against the sides.

Measure out a piece of parchment/baking paper to fit a medium flat baking tray (about 40cm x 30cm) and place it on a cutting board or flat surface.

Scoop the mixture into a ball and transfer to the middle of the sheet. Spread into an oval shaped pancake, pressing down with the back of the spoon. Make sure there are no visible holes. Then place another piece of parchment paper over the top and press down with your hands, until the pancake flattens. Make sure not to break it.

Using a rolling pin, flatten the mixture into a thin layer. Press and roll the pin over the top starting from the middle in different directions, making sure the mixture doesn't

spread beyond the parchment paper. We're after 2-3mm thickness - but don't worry if it's a little thicker.

Carefully slide the paper with the snap layer onto a baking tray. Peel off the top piece of paper very carefully, patching up any little holes that might appear.

Bake in the oven, middle shelf, for 10-12 minutes, until golden brown. Keep an eye on it as it does cook quickly and can burn easily. It should be golden brown.

Remove from the oven and cool completely. If it's cold outside, put the tray out in the cold air.

Break into rectangular snap pieces. Keep in an airtight container for up to two weeks.

See step by step photos next page.



Veggie Loaded Frittata



- > **AIP:** This dish is not AIP compliant because of the eggs. Instead you can roast a large tray of vegetables to have in the mornings with some sausage or fish.
- > **Veggies:** Feel free to sub the vegetables in this frittata with others like zucchini/courgette, asparagus or tomatoes. Leeks can be used instead of onions.



Prep time
10 mins



Cook time
30 mins



Serves
4-5

Ingredients

- 3 tablespoons olive oil
- 1 brown onion, sliced
- 1 medium sweet potato, peeled and diced
- 1 green or red capsicum/bell pepper, sliced
- ½ head of broccoli, cut into small florets
- 1 teaspoon salt
- Few generous pinches of pepper
- ½ teaspoon cumin
- ½ teaspoon paprika
- 1 clove garlic, finely diced
- 8-10 eggs, whisked

Preheat oven to 180 C / 355 F.

Drizzle a deep oven tray or a round baking dish with olive oil and add the all of the ingredients except for the garlic and eggs. Toss through oil and place in the oven, middle shelf, for 15 minutes. After 15 minutes, stir through and add the garlic, and cook for a further 5-10 minutes until the sweet potato is soft.

Then pour in the whisked eggs evenly over the top and swirl the tray around a bit. Pop it back in the oven for 10-12 minutes, or until just cooked through. This will depend on how deep your baking dish is.

Let it cool before slicing and storing in the fridge. Reheat before serving or enjoy cold with salad.



Cauliflower & Pumpkin Dal



 Prep time
15 mins

 Cook time
20 mins

 Serves
4

Ingredients

- 1 large brown onion, finely diced
- 20 g ghee (about 2 tablespoons)
- 1 tablespoon coconut oil
- 1 tablespoon grated ginger
- 3 large cloves garlic, finely diced
- 500 g / 1 lb peeled butternut pumpkin/squash, diced into small cubes
- 2 teaspoons garam masala or mild curry
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- ½ teaspoon chilli flakes

Sauté the onion in ghee and coconut oil over medium heat for 5-6 minutes, or until softened and slightly golden.

Add the ginger, squash and garlic and stir through for a minute. Add the spices and stir through. Then add the fish sauce, stock, coconut cream, lime juice, salt and sesame seeds and stir through. Bring to boil, turn down to medium-low and cover with a lid. Cook for about 8-10 minutes.

In the meantime, either chop or grind the cauliflower florets into small crumbs. I used a food processor and added separated florets in three batches, whizzed a few times for a couple of seconds each time, until finely

> Dal, also known as Daal, Dahl and Dhal depending on who you ask, is a comforting stew dish from India, made with pulses. This is a legume-free version.

> **Garam masala** is an Indian spice mix made from pepper, cloves, cinnamon, nutmeg, cardamom, bay leaf and cumin (usually, there are variations). You can find it in most supermarkets. It's great in curries and stews. If you can't have garam masala, simply mix together mild curry powder with a little cinnamon, nutmeg and cumin. Ginger and garlic powders can be used instead of fresh.

> **Other modifications:** Coconut cream is the thickened part of coconut milk in a can. Look for milk with 50-60% coconut extract content. Sweet potato and carrot can be used in place of pumpkin. Leek can be used instead of onion. Ghee can be replaced with more coconut oil or butter if you can tolerate it.

> **AIP:** Omit the sesame seeds and chilli flakes. Check the spice mix ingredients for chilli.

- 1 teaspoon fish sauce (optional)
- 2 cups chicken or vegetable stock
- About 200 g / 1 cup coconut cream
- Juice of ½ lime
- ½ teaspoon salt
- 2-3 tablespoons sesame seeds
- ½ medium head cauliflower, broken into florets
- Handful of fresh coriander chopped
- Extra sesame seeds and coconut cream for garnish

chopped up but not completely ground up into dust. You can also use a knife and chop the cauliflower very finely.

After 8-10 minutes of cooking the pumpkin, stir in the cauliflower rice and cook together for 5 minutes, covered with a lid. Stir a couple of times.

Using a potato masher, press down the cooked mixture a few times to soften the pumpkin pieces slightly. You want some of the pumpkin flesh to become the sauce itself. Serve with fresh coriander and a dollop of coconut cream or yoghurt. A few sesame seeds can be sprinkled over the top for presentation.

Curry Spiced Crunchy Salmon Salad



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



Prep time
15 mins



Cook time
NA



Serves
2

Ingredients

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

Combine onion, lemon juice, mayo, curry and salt in a bowl. Set aside.

Dice and add the rest of ingredients. Combine well and enjoy. Store for up to 2 days in the fridge in an airtight container.

Flat Iron Steak & Veggies with Chimichurri Sauce



- > **Flat iron steak** is also known as the butler's steak or oyster blade/top blade steak. It's a very affordable cut of beef that is becoming very popular in restaurants. It comes from the shoulder of the cow and can be found at most butchers. If it's not on display, simply ask if they have it in the back as they usually do. Skirt or flank steak is another similar cut of beef. All of these should not be cooked more than medium - ideally medium-rare as they will get tough. Other more expensive cuts can of course be used as well. Lamb or pork loin or fillets, even chicken, can be used instead of beef in this meal.
- > **Chimichurri sauce:** This is a tasty and zesty sauce that is very versatile. You will have some left over so use it over scrambled eggs or as a condiment with other meals. It goes with pretty much anything. It should last for up to a week in the fridge. Feel free to use a different combination of herbs such as basil and mint or some chives.



Prep time
15 mins



Cook time
15 mins



Serves
2-3

Ingredients

- 400 g / 0.8 lb flat iron steak
- Salt and pepper
- Coconut oil for cooking

Veggies

- ½ head broccoli, broken into florets
- 10-12 Brussels sprouts, cut in half, tails chopped off
- 1 large carrot, sliced
- 5-6 button mushrooms, sliced

Flat iron steak will often come as one big, long steak (see next page). In this case, cut it in half, lengthways. If it's bigger than 500 g, you can cut it into smaller steaks and freeze the rest for later or grill extras for leftovers. Sprinkle both sides with salt and pepper and set aside to come to room temperature.

Make the chimichurri sauce. Place all ingredients in a blender or a food processor and blitz a few times until smooth. Attentively, dice all ingredients finely and combine with the liquids in a jar. Give them a good shake or a whisk. Set aside.

Bring a pot of water to a boil.

- A few asparagus spears or other vegetable

Green Chimichurri Sauce

- Handful of fresh coriander/cilantro
- Handful of fresh parsley
- 1 clove garlic
- Pinch of chilli (optional)
- ¼ cup olive oil
- Zest and juice of ½ lemon
- Generous pinch of salt

Heat a dollop of coconut oil in a large skillet over high heat. Add the steaks and cook for 3 ½-4 minutes each side. Add the mushrooms and cook for a few minutes, until browned. Rest for 3 ½ minutes on a cutting board.

In the meantime, add the vegetables to boiling water. Add ½ teaspoon of salt and cook for 1-2 minutes, until just a little tender. Strain well and scatter evenly on a platter or two plates.

Slice the steaks, going against the grain, and place over the vegetables. Pour meat juices over the top and then drizzle a few teaspoons of the chimichurri sauce all over. Serve extra sauce on the side.



Berry & Coconut Chia Porridge



- > **Chia seeds** are high in omega-3 fatty acids, magnesium, and fibre, and they also contain some protein. They can be found in most supermarkets and health food stores these days. The fibre content might cause a minor digestive reaction if you're not used to having enough fibrous foods.
- > **AIP:** If avoiding seeds, turn this into a smoothie instead.



Prep time
5 mins



Wait
10 mins



Serves
1

Ingredients

- ½ cup coconut milk
- 1/3 cup mixed frozen berries or other fruit
- 1 teaspoon honey or maple syrup
- 1 teaspoon vanilla extract/essence
- 4 heaped tablespoons of chia seeds
- 1 tablespoon of sesame seeds
- 2 tablespoons mixed toasted nuts and seeds (almond flakes and pumpkin seeds)
- Garnish: extra berries, coconut flakes and extra sesame seeds

Add coconut milk, berries, sweetener and vanilla to a blender and process until smooth. Pour into a small bowl and add the chia and sesame seeds. Mix well and set aside for 10 minutes. Have a shower or get ready in the meantime.

After about 10 minutes, stir the mixture with a spoon. The seeds should have expanded and absorbed the liquid, making a thick, pudding-like porridge consistency. Serve with a few more berries and toasted nuts and seeds over the top. Toasted nuts and seeds really add a lovely flavour.

Lime & Sweet Chilli Prawn Salad



> **AIP:** Replace the sweet chilli sauce with the AIP version from this recipe. Omit red peppers and tomatoes and add carrots and celery instead.

> **No prawns?** Chicken can be used instead of prawns. Grill chicken strips for 3-4 minutes each side before coating in sweet chilli sauce and salt.

> Recipe for the **homemade sweet chilli sauce** (with AIP alternative) is at the start of the PDF.



Prep time
15 mins



Cook time
5 mins



Serves
1

Ingredients

For the salad

- 2 cups roughly chopped salad leaves/lettuce
- 3-4 radishes, sliced
- ½ small red pepper, sliced
- ¼ cucumber, sliced
- 3-4 cherry tomatoes sliced
- Handful chopped green onion and fresh coriander/cilantro
- 1 teaspoon sesame seeds (optional)
- ¼ diced avocado can be added

For the dressing

- 1 tablespoon lime juice
- 1 tablespoon olive oil

- 1 teaspoon fish sauce
- 1 teaspoon homemade sweet chilli sauce
- Pinch of salt

For the prawns

- 1 teaspoon coconut oil
- 7-8 large prawns, peeled but uncooked (defrosted prawns can be used)
- 1½ tablespoons homemade sweet chilli sauce
- Squeeze of lime juice
- Pinch of sea salt

Prepare the salad and set aside.

Whisk together the salad dressing and set aside.

Preheat the coconut oil in a small frying pan over medium-high heat. Add the prawns and cook for 1 minute 30 seconds each side. Drizzle with the sweet chilli sauce and lime juice and sprinkle with a pinch of salt. Stir through a few times over heat to coat well. Serve on top of the salad, drizzled with the salad dressing and sprinkled with some sesame seeds.

Chicken Leek & Thyme Stew



- > **Leftover leeks:** Reserve the greens for a soup or vegetable stock or to use in place of green onions in other dishes. FODMAPs – use the green part only.
- > **AIP:** White potatoes can be replaced with sweet potatoes, parsnips or swedes
- > Turkey or pork can be used instead of chicken.

 Prep time **15 mins**  Cook time **30 mins**  Serves **4**

Ingredients

- 3 tablespoons olive or coconut oil
- 700 g / 1.5 lb chicken breasts/thighs, cut into bite-size pieces
- 1 large leek, washed and white and pale green parts sliced
- 4 rashers of bacon, diced
- 3 cloves garlic, diced
- 2 tablespoons thyme leaves (fresh or dried)
- 3 medium white potatoes (2 large), peeled and diced
- 2 medium carrots, peeled and sliced
- 2 teaspoons Dijon mustard
- 1¼ teaspoons salt
- ½ teaspoon pepper
- 2 cups water or vegetable stock
- 1 teaspoon arrowroot powder/flour

Heat olive oil in a large, heavy bottom pot over medium-high heat. Add the chicken and cook for a couple of minutes, until lightly browned. Stir through once. Add the leeks and bacon and cook together for 4-5 minutes, until lightly browned.

Add the rest of the ingredients, except for the arrowroot powder, and stir well. Cover with a lid and cook for 15 minutes, stirring a couple of times. Then uncover and cook with no lid for a further 8-10 minutes, stirring a few times.

Finally, dissolve the arrowroot powder in 2 tablespoons of water or the stew liquid and add to the pot. Remove from heat and stir through. The liquid should thicken slightly. Cooked potato starch will also thicken the sauce.

Serve with some extra thyme leaves on top and a large side salad.

Baked Salmon with Spiced Sweet Potatoes & Broccoli



- > **AIP:** Omit the sweet chilli on the salmon and either use the AIP version of the sauce or simply bake with salt, pepper and some dried oregano or cumin. Drizzle with lime juice when serving.
- > **Broccoli:** Other green vegetables can be used in place of broccoli.
- > **Fish:** Other fish can be used - and if you're not a fan of fish, bake thin strips of chicken with sweet chilli in the oven instead; 15-20 minutes for thin strips, longer for thicker pieces of chicken.



Prep time
15 mins



Cook time
25 mins



Serves
2

Ingredients

Fish

- 2 x 150-200 g / 7 oz. salmon fillets, skin on if fine
- Few generous pinches of sea salt
- 2 tablespoons homemade sweet chilli sauce

Sweet potato

- 1 tablespoon coconut oil
- 1 large sweet potato, peeled and diced
- 1 teaspoon garlic powder
- 1 teaspoon curry powder (turmeric for AIP)

Place fish fillets on top of a piece of parchment paper on a flat oven tray. Season with salt and then drizzle evenly with sweet chilli sauce over the top. It's fine for the sauce to drip down the sides of the fish. Place in the hot oven, middle shelf, for 15-17 minutes, depending on the thickness of the fillets.

In the meantime, heat up some coconut oil in a large skillet and place a small pot of water to boil. Add the diced sweet potatoes to the skillet and reduce the heat to medium-high. Cook for 10-15 minutes, turning over a few times. You can cover the pan with a lid to

Broccoli

- 1 bunch of broccoli stems or ½ large head of broccoli, broken into florets
- 1 tablespoon olive oil
- Juice of ½ lemon or lime

speed up the cooking. Towards the end of the cooking, season with garlic powder, curry powder and salt and toss through over heat for 20-30 seconds.

Add the broccoli to the boiling water and cook for about 2-3 minutes, until just tender. Strain and then return to the bowl to drizzle with olive oil and lemon juice.

Serve the salmon with equal amounts of sweet potato and broccoli.

Sausage Hash Breaky Bowl



> **Serving size:** The recipe is per person, so multiply the ingredients depending on how many you're cooking for. You might need to use two frying pans if cooking multiple sausages and more veggies.

> **Make more:** You can make a larger batch of this and enjoy over two days, or have some for lunch.

 Prep time
5-10 mins

 Cook time
12 mins

 Serves
1

Ingredients

- 1 tablespoon coconut oil or olive oil
- 1 GF good quality sausage, I used pork & herbs
- 1 cup diced sweet potato
- ¼ teaspoon salt
- Pinch of garlic or onion powder (optional)
- ¼ apple, diced (core out, I used a large green apple)
- Handful of spinach, roughly chopped
- Drizzle of lemon juice and olive oil, a little salt
- Nice to add: a few fennel seeds

Heat the coconut oil in a frying pan over medium-high heat. Add the sausage to one side. Add the sweet potatoes to the other side, season with a little salt and garlic or onion powder and stir. Scatter the apples around.

Cook for 10-12 minutes, stirring the sweet potato and apples a few times and turning over the sausage.

Remove the sausage and slice it. Add the slices back to the pan to cook for another minute on each side, unless your sausage is thin and cooked through already.

Finally add the spinach leaves, drizzled with lemon juice, a little olive oil and a pinch of salt. Stir through with the rest of the ingredients in the pan for a minute.



Lamb Coconut Curry




> **Garam masala:** This is a warm, earthy Indian spice blend that typically consists of coriander seed, cumin, black pepper, nutmeg, cardamom, clove, fennel and bay leaves. Sometimes it will have cinnamon or caraway seeds. You can get it from most supermarkets - and Indian stores - or make your own.

> **Slow cooker:** You can easily make this recipe in a slow cooker and it would freeze well for quick leftover dinners. Serve with cauliflower rice or some broccoli.

> **Heat:** Remove the red chilli to make it less spicy, if cooking for the kids - although it's not very spicy.

> **AIP:** Amend the spice mix to avoid chilli.

 Prep time
15 mins

 Cook time
1 h 50 mins

 Serves
4

Ingredients

- 1 tablespoon coconut oil
- 700 g / 1.5 lb. diced lamb (a little fat on the meat is fine)
- 1 large brown onion, sliced
- ½ long red chilli, finely diced
- 2 medium celery sticks, diced
- 3 cloves garlic, diced
- 2 ½ teaspoons garam masala powder
- 1¼ teaspoons turmeric powder
- 1 teaspoon fennel seeds
- 1½ teaspoons ghee (or extra coconut oil)
- 400 ml / 1 ½ cups coconut milk (1 can)
- 1½ tablespoons tomato paste (omit for AIP)
- 1 cup water
- 1 teaspoon sea salt
- 2 medium carrots, diced
- Squeeze of lime or lemon juice
- Fresh coriander/cilantro or parsley to garnish

Heat a tablespoon of coconut oil in a casserole pot or a large saucepan.

Add the lamb and stir on high heat until slightly browned, about 3-4 minutes. Add the onion, chilli and celery and cook for about a minute or two, until slightly softened. Bring the heat down to medium.

Add the garlic, garam masala, turmeric, fennel seeds and ghee (or extra coconut oil if avoiding dairy). Stir through and cook for a minute to let the spices release their aromas. Add the coconut milk, tomato paste, water and sea salt. Stir and bring to boil. Turn the

heat down to simmer and cook for 1 hour, covered with a lid. Stir a couple of times.

After an hour, add the diced carrot and cook for a further 30-40 minutes, covered with a lid. Stir a few times.

Sprinkle with some fresh coriander or parsley and a little drizzle of lemon or lime juice before serving. Serve with your favourite vegetables or cauliflower rice.

Mexican chicken meatballs



- > Ground-up beef or pork can be used instead of chicken in this recipe.
- > **Serving suggestions:** Serve with our parsnip and green onion rosti and some greens on the side. You might like to serve them over cauliflower rice or green beans and squash. A side of guacamole would be nice, too.
- > **Leftovers:** You can use leftover meatballs in a salad or as an addition to a soup. They can be broken up and cooked with some scrambled eggs or added to an omelette.
- > **AIP:** Omit paprika in the meatballs. Bake the meatballs drizzled with olive oil and lime juice, sans the tomato sauce, or prepare a simple broth made with sautéed onions, garlic, vegetable stock, bay leaf and some spices.



Prep time
20 mins



Cook time
50



Serves
4

Ingredients

- 700 g / 1.5 lb chicken thighs or ground chicken
- 1 medium carrot, peeled and grated
- 1 medium zucchini/courgette, grated (squeeze the flesh to remove some of the liquid)
- 2 cloves garlic, grated
- 1-2 tablespoons chopped coriander/cilantro
- 1 teaspoon salt
- 1 teaspoon paprika
- 2 cloves garlic, finely diced
- ½ teaspoon cinnamon powder
- 1 teaspoon salt
- 1 teaspoon ground coriander seed
- 1 teaspoon paprika
- 1 teaspoon cumin
- 2 cups tinned diced tomatoes
- Garnish with fresh coriander/cilantro and lemon zest

For the sauce

- 2 tablespoons olive oil
- 2 medium onions, finely diced

Prepare the meatballs. If using chicken thighs, cut them into smaller pieces and add to a food processor. Blitz a few times until ground up into rough mince. Transfer to a bowl and combine with the rest of ingredients using your hands, to make sure everything is well incorporated.

Roll the mixture into small balls, just a little larger than a gold ball, and set aside.

Prepare the sauce. Sauté the onion in olive oil for 4-5 minutes, until softened. Add the

garlic and stir for a minute. Add the spices and salt, stir through and then add the tomatoes. Stir together for a minute or so. Add two thirds of the sauce to the bottom of a large baking dish or a casserole dish. Place the meatballs on top and then spoon a tablespoon of leftover sauce on top of each meatball.

Cook in the oven for 35-40 minutes (less for smaller sized meatballs).

Parsnip & Spring Onion Rosti



> Sweet potatoes, swede, pumpkin or even white potatoes can be used instead of parsnips.



Prep time
5 mins



Cook time
10



Serves
2

Ingredients

- 2 medium parsnips, peeled and grated (larger grater holes)
- 1 green onion, chopped
- ½ teaspoon salt
- Generous pinch of pepper
- ½ teaspoon garlic powder or granules (fresh garlic clove can also be diced)
- 2 tablespoons coconut oil, ghee or olive oil

Combine the grated parsnip with green onion, salt, pepper and garlic powder in a bowl using your hands.

Preheat oil in a large skillet until medium-hot. Melt the oil or ghee and keeping the heat on medium-hot, add the parsnip mix, spreading it evenly in the pan.

Cook for about 4 minutes each side. Use a spatula to flip it over in batches.

This makes for a simple side dish instead of your usual potatoes or sweet potatoes.



Slow Roast Pork with Smoky Orange Glaze



- > **Smoked paprika:** Look for it in the spice section of your supermarket. If unavailable, you can use regular sweet paprika instead. Omit for AIP.
- > Reserve leftovers for Tuesday pork tagine, or enjoy it all!
- > Goes with Roasted Squash & Carrots and Rainbow Slaw



Prep time
15 mins



Cook time
3 h 40 mins



Serves
4

Ingredients

- ~1.2 kg / 2.6 lb pork shoulder, bone out, skin off or on (scored if on)

For the spice rub

- 1½ teaspoons sea salt
- ½ teaspoon smoked paprika
- ½ teaspoon paprika
- 1 teaspoon coriander seed powder
- ½ teaspoon cumin seed powder
- 1 teaspoon garlic powder
- ½ teaspoon black pepper

Smoky Orange Glaze

- 2 large oranges

Preheat oven to 180 C / 355 F.

Rub the pork evenly with the spice rub and place on a lightly greased oven tray. Place in the oven and cook for 1 hour, uncovered. Then cover the pork loosely with foil and place back in the oven for 1 hour.

After 2 hours, add 2 cups of water and a few orange peels - left from making the orange glaze - to the bottom of the tray. Roast for another 1.5 hours, still loosely covered with foil. Keep an eye on the orange peels half way and remove if they start to burn.

Make the orange glaze while the pork is cooking. Peel the oranges, including the outer membrane, and cut into cubes. Remove any visible pips. Add to a blender/food processor together with ginger, lemon juice, coriander seed powder, five-spice powder, and water. Blend until visibly smooth; don't worry if the bits of orange are floating around.

- ½ teaspoon grated ginger
- Juice of ½ lemon
- ½ teaspoon coriander seed powder
- ½ teaspoon Chinese five-spice or allspice powder (optional)
- ½ cup water
- 2 tablespoons honey
- 3 tablespoons tamari sauce
- ½ teaspoon smoked paprika
- ½ teaspoon regular paprika
- Pinch of salt
- Garnish with parsley, lemon zest and chilli

Pour the mixture through a fine sieve into a small saucepan, catching the remaining flesh bits. Discard the leftovers in the sieve.

Place the pot on high heat and bring to boil, then turn down to medium-low. Add the honey, tamari, paprika powders and a good pinch of salt. Stir and cook uncovered, over low heat, for 15 minutes. Stir a couple of times. Remove from the heat and set aside.

Back to our pork. Remove the foil and pour the glaze over the pork. Place back in the oven for 10 minutes, allowing the glaze to caramelize slightly. Then carve with a knife and pull apart with a fork. Pour over any remaining juices and glaze from the tray over the top. Sprinkle with some chopped parsley, lemon zest and diced red chilli (optional).

Another way is to pull the pork out from the oven before pouring over the glaze. Carve it into pieces, then pour the glaze over and pop back in the oven for 10 minutes.



Rainbow Slaw



> **Serving:** This recipe makes a big batch of the salad, which you can enjoy all at once or reserve some for the day after. You can choose to dress only half of it to keep the leftovers crunchy and fresh.



Prep time
15 mins



Serves
2-3

Ingredients

- ½ small red cabbage, thinly shredded
- ½ teaspoon salt
- 1 large carrot, shredded
- 1 celery stick, thinly sliced
- ½ red pepper, thinly sliced
- 2 tablespoons finely chopped parsley
- 2 tablespoons pumpkin seeds

For the dressing

- 3-4 tablespoons olive oil
- 2½ tablespoons red wine vinegar or apple cider vinegar
- 1 teaspoon Dijon mustard
- ½ teaspoon onion powder (or garlic powder - both are optional)
- ½ teaspoon dried oregano

Toss the red cabbage with salt and then add the rest of the salad ingredients. The salt will start to soften the cabbage and draw out some moisture. Whisk together the dressing and mix through the salad.

Roasted Squash & Carrots with Herbs



> Reserve leftovers for lunch or breakfast.



Prep time
10 mins



Cook time
30 mins



Serves
3

Ingredients

- ½ butternut pumpkin or Kabocha/Kent squash, peeled and sliced (can be unpeeled)
- 2-3 carrots, sliced into thick strips
- 1 tablespoon thyme leaves or rosemary needles
- 2 tablespoons olive oil or melted coconut oil
- 1/3 teaspoon salt

Preheat oven to 180 C / 395 F. Toss the slices of pumpkin and carrots in a bowl with olive oil, herbs and salt. Scatter in a large oven tray and roast for 30 minutes.

If roasting these at the same time as the meat, place on the bottom shelf and adjust the cooking time as needed.