

# WELL FED PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT

## ERRATA SHEET

**Page 19 – The Weekly Cookup** | Under the heading **6. Prep Your Vegetables**, there's a typo that could totally deny you your fair share of vegetables. The paragraph that begins, "Based on the idea..." should read:

Based on the idea that each of your meals will include at least two different vegetables and that your snacks will also include about one or two cups of veggies each, **you need about eight cups of veggies per person per day.**

---

**Page 22 – Other Pantry Essentials** | The description of **coconut oil**, should recommend organic, **UNrefined** coconut oil for optimal health benefits.

---

**Page 73 – Chocolate Chili** | In the instructions, I neglected to specify that the chili should simmer **UNcovered** for at least 2 hours.

---

**Page 91 – Char Siu (Chinese BBQ Pork)** | Oops! The instructions told you to remove the foil twice. Here's what it should say:

Remove the pork from the marinade and place on the rack, then cover the entire pan with aluminum foil, crimping the edges to form a seal. Roast the pork for 20 minutes, then remove the foil and roast an additional 40-45 minutes – watch for the edges to begin to turn a lovely brown.

Increase the oven temperature to 500 F and roast for 8-12 minutes more, until it's evenly browned. Carefully remove the pork from the oven and brush the tops and sides of the pieces with half the sauce. You want complete coverage with a thin layer so the sauce forms a glaze in the oven. As my dad would say, "Put it on like you're taking it off."

---

**Page 99 – Bora Bora Fireballs** | Here's a better description of how to deal with the canned pineapple:

Drain the can of pineapple in a sieve placed over a bowl to catch the juice. You're going to use the juice later, so save it! Press the pineapple pulp against the sieve with a wooden spoon to extract the excess moisture. Place 1 cup of the drained pineapple in a large mixing bowl. (Save any leftover pineapple for dessert later.)

**Also:** When adding the seasonings to the pineapple in step 3, add the 1 teaspoon cayenne pepper, too.

**Page 105 – Meat & Spinach Muffins** | The headnotes include the baking time, but the instructions do not. Dang it! The last step of the instructions should read:

Place muffin papers in a 12-count muffin pan; they prevent sticking. Pack the batter into a 1/2-cup measurer, then transfer it to the muffin pan, using your hands to pack the spinach tightly into the muffin paper. It should be slightly mounded on top – the muffins puff a bit when they bake, then slightly deflate when cool. Bake for 40 minutes until the tops are lightly browned. Remove the muffins from the pan, cool, and store covered, in the refrigerator.

---

**Page 117 – Greek Broccoli** | The ingredients list tomato paste, but the tomato paste is missing from the instructions. Try this!

Dry the pan and heat the olive oil over medium heat. Add the onion, garlic, tomatoes, parsley, and oregano. Sauté until the onions are translucent and the tomatoes begin to pop. Add the broccoli, tomato paste, paprika, salt, and pepper; stir well to combine. Simmer 5-7 minutes until heated through. Taste and adjust seasonings.

---

**Page 133 – Zucchini Noodles Aglio Et Olio** | I forgot to mention you need a julienne peeler to make the noodles. I recommend the OXO.

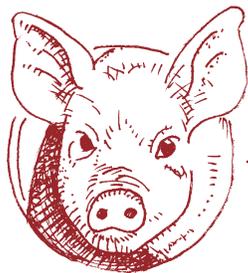
---

**Page 149 – Berries and Whipped Coconut Cream** | I've got some additional advice for making the coconut whipped cream. Here are more detailed instructions.

When the coconut milk is cold, flip it upside down and open the bottom with a can opener. Pour off any liquid that's separated and scoop the thickened coconut milk into the chilled mixing bowl; add the almond extract. Whip on your mixer's highest setting until the milk is fluffy and has taken on the texture of whipped cream, about 5-7 minutes. Marvel at the creaminess!

---

**Page 151 – Peach Almond Crisp** | This is the one recipe that is not approved for enjoyment during a Whole30. Although the ingredients are all Whole30 compliant, this dessert isn't in keeping with the sugar-demon-slaying spirit of the Whole30 – but it's a delicious treat *after* your 30 days.



*You can call 'em errata. I call 'em typos and they make me feel quite grumpy!*