

# WELL FED



**PALEO  
RECIPES**  
FOR PEOPLE  
WHO LOVE  
TO EAT

BY MELISSA  
JOULWAN

PHOTOGRAPHY BY  
DAVID HUMPHREYS

FOREWORD BY  
Melissa & Dallas Hartwig  
*Whole9*









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BY MELISSA JOULWAN

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Photos by David Humphreys

Design by Kathleen Shannon

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ISBN

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TO THE ENTIRE JOULWAN AND STRAMARA CLANS – AND THE SPIRIT  
OF MY SITTI – FOR ALL THE FOOD AND LOVE, AND FOOD-LOVE

AND TO MY HUSBAND DAVE, WHO IS MY FAVORITE DINNER COMPANION



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**To Kathleen Shannon**, for designing a cookbook that’s both a how-to guide and a love letter to cooking real food

**And to all the readers of my blog The Clothes Make The Girl**, for testing my recipes, asking questions, and sharing their enthusiasm for this project when I needed it most

# FOREWORD

“YOU DON’T HAVE TO COOK FANCY OR COMPLICATED MASTERPIECES – JUST GOOD FOOD FROM FRESH INGREDIENTS.”

- Julia Child

**We have a confession: Overall, we give our collective cooking skills a “B” grade at best. (Truthfully, one of us is pulling that average down, but we’re not saying which one.) We’re darn good nutritionists, but our background isn’t in the culinary arts. The good news? We don’t have to be Cordon Bleu-trained chefs, because we’ve got a well fed, dressed to kill, glossy haired, rock and roll, tart tongued secret weapon: our friend Mel.**

First, she is a naturally gifted chef – but not the snooty kind who makes dishes better suited for an art gallery than a normal person’s kitchen. No, she’s the kind of chef who makes real food for real people, using simple, fresh ingredients designed to make you healthier. She’s the kind of chef you’d want as your best friend or your next-door neighbor, both for her style and for her food. And her star has never shined more brightly than within the pages of this cookbook.

Flip through *Well Fed*, and you’ll immediately see this isn’t some taking-itself-so-seriously cookbook full of pictures you’d barely recognize as food. Mel created these recipes in her kitchen, using the same basic tools and equipment you’ve got in your kitchen. And she developed and prepared these meals around her own busy schedule – in between work, exercise, family, friends, and looking after a house and a husband and a cat. (The lesson: if she’s got time to create them from scratch, you’ve got time to make them for dinner.) Because she knows that cooking is scary for lots of folks, she’s filled her recipes with extra details, helpful hints, and technique tips. (No Ph.D. required!)

In addition, *Well Fed* meals don’t demand fancy pants ingredients – it’s all stuff you can pick up at your average grocery store or health food market. (Don’t be intimidated by the spices, just polish your measuring spoons and dive on in.) Finally, Mel understands that

treats and sweets are a normal part of most peoples’ sustainable diet, but we don’t need yet another “healthy” brownie recipe. We need inspiration to make our *everyday* food new, fresh, and exciting. That’s why almost all of the *Well Fed* recipes are Whole30 approved, perfect for both our nutrition program and your everyday meals. (And when you decide to kick up your heels, there’s one sinful-looking dessert that should hit the spot, but won’t make you feel like you swallowed a brick.)

The best part about *Well Fed*? Mel stamps her irreverent brand onto every dish, combining simple, fresh ingredients in ways you’d never expect. It’s healthy eating like you’ve never seen it – a collision of flavors, textures, and colors designed to impress your eyes, stimulate your taste buds, and nourish your body.

We believe the purpose of a cookbook is not to cook for you or even to teach you how to cook. Instead, the right cookbook will inspire you to discover your own creativity and tastes, and establish your own experiences and traditions. *Well Fed* was written to do just that, and will effortlessly allow you to cultivate your own rock star inner chef.

Bon appétit!

Best,  
Dallas & Melissa Hartwig  
*Founders, Whole9  
Creators of the Whole30 program*





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# First Week's Winners Share Their Recipes

completely out equally pes for soups re selected by Your-Recipe" winners for the the seventh t sponsored by CAN.

s, all of whom icipated in ests were Mrs. Joulwan of or her Italian ioppina," Mrs. Grickis of ille for her wder" and Mrs. h of Schuylkill r "Dilled Lamb

lwan, whose omas Joulwan the Country aurant, has a rest in recipes r association in ess. She chose ing one, a of fish, seafood complements, collection of and clippings sections of This is her first n the weekly ough last year an Honorable t to become a in the final he Necho Allen stand-in for one nners who could and earned top

preparation of a baby food to her menus in October, when she expects to increase her family. Her out-of-the-kitchen activities include membership in the Orwigsburg Woman's League.

Mrs. Grickis has an unbroken record for six years as a top winner in the weekly contest. This year her husband Timothy's enthusiasm for the "Cheesey Chowder" was the reason for its selection as her entry. His choise was apparently that of the judges for it kept her winning streak going. Mrs. Grickis, who prefers simplicity in a good recipe, added the cheese to a basic recipe she got from her mother, because her family likes cheese and the chowder is hearty enough for a complete meal. The family for which Mrs. Grickis makes a hobby of cooking, is comprised of three children, Timmy, Jr., aged seven, Tracy Jane, two years old, and Tarajane, eight months. A den mother for the Cub Scouts, an assistant Brownie leader, an officer in the Catholic Daughters, and a member of the Port Carbon St. Stephen's Church School Mothers Club, the winner still finds time for her first love, cooking.

try, with her recipe for "Tomato Aspic Salad", merited an Honorable Mention for her "Raspberry Parfait," and then won second place in the Cook-Off at the culmination of the contest.

Mrs. Windish, the grandmother of six, has one son Charles, living in Akron, Ohio. She is a widow who keeps interested in many things, including helping other people, doing things for her church, (Christ Lutheran in Schuylkill Haven) and keeping up with sports events. For relaxation, she crochets, and has completed a number of afghans and doilies.

Her winning recipes have come from a combination of recipes she has seen in cookbooks, and then using her own knowledge of food combinations, has added some of her favorite ingredients to come up with a "Special" dish that is all her own, until she shares it with the readers of the REPUBLICAN in the recipe contest.

The food-knowledgeable judges had a difficult task in selecting the ten Honorable Mention winners from the first week's tremendous response to the Soups and Stews category. There were 11 of equal merit in their opinions, and rather than eliminate one to keep the



**MRS. VERONICA JOULWAN**  
Orwigsburg  
**Cioppina**  
(Italian Fish Stew)

Serves 8

## INGREDIENTS

2 lbs. haddock or halibut fillets  
8 oz. canned, fresh, or frozen shrimp  
½ cup chopped green pepper  
¼ cup minced onion  
2 cloves garlic, minced  
¼ cup olive oil or salad oil  
1 — 28 oz. can tomatoes, cut up

## WELCOME TO WELL FED

I was born into a restaurant family.

Before you get the wrong idea, you should know a few facts: We lived in rural Pennsylvania, it was the late sixties, and no one was yet treating chefs like rock stars.

My grandfather owned The Garfield, one of those shiny chrome diners, where you could sit at the counter, sip on a bottomless cup of coffee, and wisecrack with the waitresses and other regulars. My dad ran The Country Squire Restaurant, a combination coffee shop, formal dining room, and motel.

I grew up in these restaurants and took my place in an extended family of cooks.

As a teen and young adult, I ate for pleasure, without too much concern for nutrition. Soon, even though I loved to eat and food was a major binding agent in my family, food became the enemy. I grew fat and unhealthy because I knew food, but I didn't know how to eat.

Now, because I follow a paleo diet, cooking and eating have again become a source of joy. Visualizing the meal, buying the healthy ingredients, chopping and stirring and working the alchemy that transforms ingredients into love in the form of food — these are a few of my favorite things.

My goal with this book is to teach you what I know about how to run a paleo kitchen and how to combine ingredients to become something truly nourishing for your body and soul and for the important people in your life.

The two essential tricks for happy, healthy eating are being prepared and avoiding boredom. *Well Fed* explains how to enjoy a "cookup" once a week so that you have ready-to-go food for snacks and meals every day. It will also show you how to mix and match basic ingredients with spices and seasonings that take your taste buds on a world tour.



*My dad at his first cooking job in the Poconos.*

I've kept the recipes as simple as possible, without compromising taste, and I've tested the recipes extensively to minimize work and maximize flavor. Where it makes sense, I've explained how you can cut corners on technique and when you'll have the best results if you follow my instructions. Some of the dishes are "project recipes," so I've included prep and cooking time to indicate which are quick enough for weeknights and which are perfect for lazy Sunday afternoons.

I'm from a melting pot family: Lebanese on Dad's side, Italian and Slovak on Mom's. From the time I could shove food into my mouth, I ate kibbeh and eggplant parmesan, and while Mom taught me to cook pancakes on weekend mornings, I picked up my dad's tricks for making baba ghanoush at dinner. The recipes in this book reflect my affection for traditional ethnic cuisines and for foods with contrasting flavors and textures, so that your healthy food also includes the luscious contrasts of sweet savory and crispy chewy.

Ultimately, I hope this book will make you feel that paleo eating — too often defined by what we give up — is really about what we gain: health, vitality, a light heart, and memorable meals to be shared with the people we love.



# WHAT IS PALEO? WE CALL IT DINO-CHOW

You’ve probably heard the paleo diet called a lot of things. Caveman Diet. Primal. Real Food. Paleo Lifestyle. Around our house we call it “Dino-Chow.” All of these terms refer to roughly the same way of eating that’s based on the idea that we feel our best – and are our healthiest, mentally and physically – when we mimic the nutrition of our hunter-gatherer ancestors.

I know it sounds a little groovy or like something from science fiction. But evolutionary biologists, chemists, and nutritionists are really onto something. When we remove inflammatory foods from our diets – foods that were not part of our ancestors’ daily meals – we reduce our risk for “diseases of civilization” like heart disease, diabetes, and cancers. Additionally, our energy levels are better, we look years younger, and we enjoy life more.



*I know there were no dinosaurs in the Paleolithic Era, but dino-chow is a funny name, so just roll with the joke, please.*

## PALEO EXPERTS

To understand all of the science behind these nutritional guidelines, I recommend you turn to the same experts that educated me:

**Whole9:** Melissa and Dallas Hartwig are the big brains behind the wonderful Whole30 program that’s helped thousands of people slay their sugar demons and create a new, healthy relationship with real food. They consume and digest all the paleo research so that foodies like us can simply learn how to eat. Thanks to Melissa and Dallas, I can now enjoy my food without measuring every meal or recording every bite in a food journal.

**Robb Wolf:** The author of *The Paleo Solution* goes deep into the geeky science with a sense of humor that makes it all easily understood and relevant to daily life. Robb’s book broadened my understanding of the “why” behind the paleo lifestyle so it’s easier to do the right “what” on a daily basis.

**Mark Sisson:** The author of *The Primal Blueprint* presents a compelling case for living more primally in every aspect of life: nutrition, exercise, sleep, socializing, and sex! I love what Mark has to say about finding time to play and taking advantage of modern conveniences without feeling beholden to a thoroughly modern (unhealthy) lifestyle.

**Nora Gedgaudas:** The author of *Primal Body, Primal Mind* explains how blood sugar swings – from too many carbohydrates, and inadequate protein and fat – contribute to mental illness and general unhappiness.

The Resources section (p. 156) includes more details about these mentors, as well as a comprehensive list of the sources I turn to for inspiration and information.

# PROCESSED FOODS, GRAINS, LEGUMES, SOY, SUGAR, DAIRY, ALCOHOL, THE “NO” LIST WHITE POTATOES, VEGETABLE OILS

Let’s get the bad news out of the way immediately: Paleo eating means avoiding many foods that top your list of favorites. Different paleo practitioners promote differing guidelines. I follow the standards outlined by Melissa and Dallas Hartwig of Whole9. The guidelines are fairly stringent, but they’re based on the compelling idea that we should eat the foods that make us healthiest, and I can’t argue with that.

My “No” List includes the following, and you won’t find any of these foods in *Well Fed* recipes.

**PROCESSED FOODS:** As a former Doritos aficionado, I know it can be hard to give up junk food. But anything found in the middle of the grocery store, housed inside brightly-colored plastic or cardboard, is not a healthy choice.

**GRAINS:** Despite conventional wisdom, even whole grains are not a good idea. Grains include wheat, corn, oats, rice, quinoa, barley, and millet. They’re to be avoided in all their devilish forms: bread, pasta, cereals, breading on fried foods, etc.

**LEGUMES:** All beans – including black, kidney, pinto, white, and chick peas – fall into this category, along with lentils, peas, and peanuts, including peanut butter. (I know! Sorry! I don’t make the rules; I just share them.)

**SOY:** Soy is a legume, but I’ve called it out separately because it’s insidious and can be found in unsuspected places, like cans of tuna. Soy is to be avoided in all its forms: edamame, tofu, meat substitutes, and food additives.

**SUGAR:** Sugar appears naturally in fruit, and you may eat fruit. Yay! But other natural sugars that are added to foods to sweeten them, like brown sugar, maple syrup, agave nectar, stevia, evaporated cane juice, and honey, are out. Also out are artificial sweeteners, like Splenda, Equal, Nutrasweet, and aspartame.

**DAIRY:** The source of milk doesn’t matter – cow, sheep, or goat. Milk and the creamy things made from it are off our plates, including cream, butter, cheese, yogurt, and sour cream. Some paleo people eat grass-fed, full-fat dairy; for me, the negatives outweigh the pleasure.

**ALCOHOL:** There is no argument anywhere that alcohol makes us healthier. Plus, you have a drink, then your drink has a drink, and soon, you’re face first in a pile of french fries with cheese sauce.

**WHITE POTATOES:** Some paleo people eat potatoes; I’m not one of them. The starch in white potatoes produces a strong insulin reaction and they have very little to offer nutritionally.

**VEGETABLE OILS:** This includes basic vegetable oil – which isn’t made from vegetables at all! – as well as peanut, canola, sunflower, safflower, soybean, and corn oils.

Each of the No foods has its own unique properties that put it on that infamous list. Generally, these foods are excluded because they either produce blood sugar spikes, cause systemic inflammation, or both. Yes, some are so bad they both wreak havoc on your insulin levels and fire up your immune system. We very strongly dislike them. (We’re looking at you, grains.)

So, there’s potentially a lot of bad news in that list. I understand.

But I’m going to make you feel better right now...

Take a deep breath and think of every kind of meat, seafood, vegetable, and fruit you can.

Now think of fat sources like coconuts and avocados and olives and nuts and seeds. Visualize your list. Looks great, right? That’s a lot of delicious food. And that is what makes up the paleo diet.



# WE EAT REAL FOOD. THE "YES" LIST

When I tell people I don't eat grains, sugar, or dairy, they invariably look at me like I've got two heads or as if I'm speaking Swahili, then they ask The Question: "What do you eat?!"

Animals and plants.

Generally speaking, the paleo diet is made up of nutrient-dense foods that began with dirt, rain, and sunshine. They come from the earth and would be recognizable as food by a person from any time in human history.

We eat real food: animal-based protein, vegetables, fruits, and natural fat sources.



ELK BISON VENISON GOAT RABBIT LAMB CHICKEN EGGS APPLES  
GOOSE TURKEY OSTRICH EMU SALMON HALIBUT DUCK  
TUNA SHRIMP LOBSTER TILAPIA SOLE BASS TROUT YAMS  
FLOUNDER SNAPPER MACKEREL SARDINES CASHEWS  
ALMONDS PLUM BEEF COCONUT AVOCADO SUMMER  
POMEGRANATE STRAWBERRIES PINE NUTS ARTICHOKES ARUGULA BELL PEPPER SQUASH  
OLIVES ASPARAGUS BEETS ORANGES PAPAYA NECTARINES SPINACH  
SPROUTS CARROTS CELERY BUTTERNUT SQUASH POTATO  
CAULIFLOWER COLLARD GREENS JICAMA CHARD CUCUMBERS EGGPLANT TURNIP  
GARLIC GREEN BEANS PORK FENNEL MUSTARD GREENS PARSNIPS  
KALE LETTUCE RED ONION RADISHES PUMPKIN ONIONS VEAL DATES GREENS  
SCALLIONS SHALLOTS CRANBERRIES SNAP PEAS SNOW PEAS BLACKBERRIES  
SPAGHETTI SQUASH APRICOTS BANANAS LEMONS PEARS CHERRIES KIWI  
ZUCCHINI CANTALOUPE WATER LIMES MELON  
GRAPEFRUIT HONEYDEW RASPBERRIES MELON CRANBERRIES

# MY PALEO STORY HOW I LEARNED TO JUST EAT

PAGE  
005

I have excellent habits 95% of the time. I sleep eight hours per night to recover from and prepare for CrossFit training and lifting heavy barbells. I keep the house stocked with paleo ingredients and cook nutrient-infused food, so we can eat paleo food every day.

Then on rare occasions, I indulge. I become a temporary slug, and give in to the temptation of corn-based chip products, buttered popcorn, and an icy-cold glass of Prosecco. I might also occasionally sip on a glass of Ouzo and eat whipped cream.

These minor transgressions are possible because I make deposits in the good health bank the rest of the time. Every workout, every good night's sleep, every paleo meal is a deposit so that every once in a while, I can make withdrawals in the shape of a food treat.

This way of living started about two years ago when I made the switch to the paleo diet. Before then, I didn't have such excellent habits.

From grade school to the day I graduated from college, I was a chubby nerd and an easy target. My parents were both exceptionally good cooks – my dad owned a restaurant and my mom won almost every cooking contest she entered. I wore Sears "Pretty Plus" jeans because I really liked food, and I really didn't like to sweat. After a broken ankle and innumerable playground insults (At a bus stop, I was once unfavorably compared to a whale by one of the neighbor kids.), I stuck with reading and practicing the piano and roller skating to the library. I don't know how many gym classes I missed because I was "sick" or "forgot" my gym clothes. I do know that my P.E. attendance put my otherwise stellar grade point average in jeopardy.

Even though I avoided sports, I secretly admired the athletic kids. They walked taller than the rest of us. When I was in tenth grade, my dad took me to Annapolis to see the Navy band play a concert, and for about three weeks, I was determined to get in shape so I could apply to the Naval Academy. I abandoned that dream because I was incapable of doing pushups and situps – and I was

too embarrassed and overwhelmed to ask for help.

For most of my life, I was haunted by a deep desire to be different than I was. To be thin. To feel confident. To break the cycle of thinking of food – and my behavior – as "good" and "bad."

I joined Weight Watchers and became a Lifetime Member with a weight loss of more than 50 pounds. I signed up with a CrossFit gym and learned to love workouts that scared my socks off. But despite my successes, it was still my habit to celebrate and to grieve and to stress out and to relax with food.



*Some day, I'd like to live in Prague. This is me, pretending to be a local, on our first visit to the Czech Republic in 2010.*



Although I worked out regularly, I didn't feel as strong – inside or out – as I wanted to. I had insomnia and allergies and stomach aches. My body didn't feel like it belonged to me. Then in 2009, I learned I had a nodule on my thyroid. The risk of cancer was high, so I had the nodule surgically removed, and the doctor hoped that my remaining half-thyroid would continue to function. It held on for a few months, then stopped working. It was a very difficult time. It was like constantly having a case of the blues, and I was sluggish, foggy-headed, and desperately worried about re-gaining all the weight I'd worked so hard to lose.

Then I found Whole9.

It was surprisingly easy for me to give up grains, despite my deep affection for toast, but saying goodbye to my standard breakfast of blueberries with milk almost did me in. I did not approach the paleo rules with an open heart.

But I committed. I followed the eating guidelines. I made it a project to get eight hours of sleep **every night**. I worked with my doctor to find the right doses for my thyroid hormones. And finally, eventually, I got my body back.

I spent about three decades at war with my body, with my short legs and stocky frame and junk food cravings and emotional eating. In comparison, giving up grains and dairy was easy. And in return, I've forged a partnership with my body that uses good food as fuel.

Now I know when and how often I can indulge in non-paleo foods, and I enjoy those once-in-a-while treats like never before. The food tastes a lot better when it's savored and not followed by a chaser of self-recrimination. I finally know how to truly celebrate on special occasions, while I live clean and healthy the rest of the time.



*Top: My husband Dave and I out for a run in Prague.*

*Bottom: The two of us at the Cowboy Breakfast, held every year before the opening of the rodeo in Austin, TX.*

## YOU KNOW HOW YOU COULD DO THAT?

Everyone in my family is a food lover. My dad is (mostly) Lebanese, and my mom is (mostly) Italian, with large families on both sides of the equation. Any gathering of the tribes included tables that buckled under the weight of homemade stuffed grape leaves and kibbeh on the Middle Eastern side – or homemade lasagna, meatballs, and cannoli at the Italian family reunions.

My family is happiest together in the kitchen. Cooking and the associated eating are the activities on which we all agree. We might go toe to toe on, say, the inherent value of my tattoos, but get us around a stove or a cutting board, and we are the very definition of collaboration. We move in a smooth rhythm, and the right ingredients seem to appear out of thin air. Suddenly, the clove of garlic I need has been perfectly minced, and somehow, the parsley is already chopped.

This harmony in the kitchen is the result of a lifetime of playing a game we call, “You Know How You Could Do That?”

It's generally played in a restaurant and goes like this:

The waiter places a gorgeous plate of food in front of someone – my mom, for example. I usually clap my hands with delight when the food arrives, and someone else – my dad, perhaps – says, “Oooh, that looks good.”

Then Mom takes a bite. She smiles and nods her head. “Oh, yeah. That *is* good,” she says.

The rest of us extend our forks and take a bite ourselves, nodding in agreement, making the appropriate, positive, nonverbal noises: *Mmmmm. Aaaaah. Ooooooh.*

Then my dad will pause, tilt his head to the side, and maybe squint his eyes a little.

“It's really good, but... you know how you could do that?”

And then he'll offer a suggestion for a different spice or, perhaps, an added garnish. His idea will spark my imagination, so I'll take another bite from Mom's plate and offer a few suggestions of my own. Soon we've created variations that transform the chef's dish into something else entirely.

In recent years, we've adapted the game to be played with recipes, too. We don't even give the original chef the honor of trying the recipe as written. Instead, we go right into You Know How You Could Do That? mode and create our own version of the recipe.

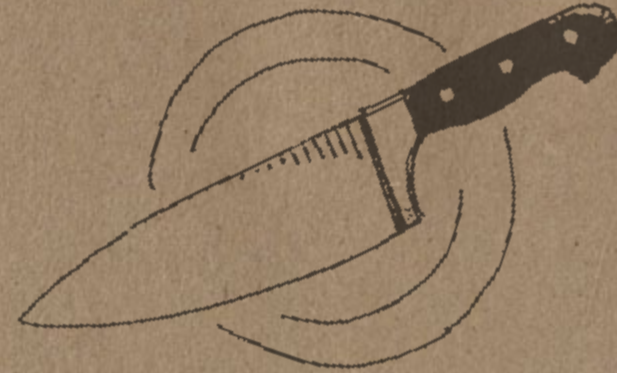
Throughout this book, I've played You Know How You Could Do That? with my recipes, and I invite you to do the same. Have fun! Use your imagination! Make these recipes your own.



*The kitchen has been my favorite hangout for a long time.*



THE



PALEO

KITCHEN

Here's all the info you'll need to minimize the hassle of grocery shopping, to prep food so you're well fed all week long, and to make cooking a creative pleasure.



# HOW TO: THE WEEKLY COOKUP

The film *Food, Inc.* changed our lives. It vividly drove home the detrimental effects of factory farming on the environment, our individual health, and the fabric of families. My husband Dave and I had already been eating paleo for about two months, but seeing that film guaranteed we'd never return to our old habits. We left the theater and drove directly to the grocery store, then spent hours reading labels and re-thinking how we were going to shop.

We made lists of what we could buy at a regular grocery store (pantry items, eggs, and produce) and what would require a trip to a higher-end store like Whole Foods or Sprouts (grass-fed, organic meat). We researched which produce should be organic and which could be conventionally grown. Then we stocked up on coconut aminos and loaded the freezer with grass-fed protein, so we wouldn't need to visit two grocery stores every week. We also signed up with a CSA (Community Supported Agriculture) for a weekly delivery of organic produce to supplement our trips to the store.

I'm not going to lie to you: At first, it was a huge annoyance. I was bitter. I complained a lot. But we both stuck to our guns, and soon it became routine. Our kitchen is now habitually stocked with healthy food, and it's not much more work than our previous, lazy, more destructive ways.

As the new shopping habits took hold, it became painfully evident that if we were going to take our health and longevity seriously, restaurant meals were not going to cut it.

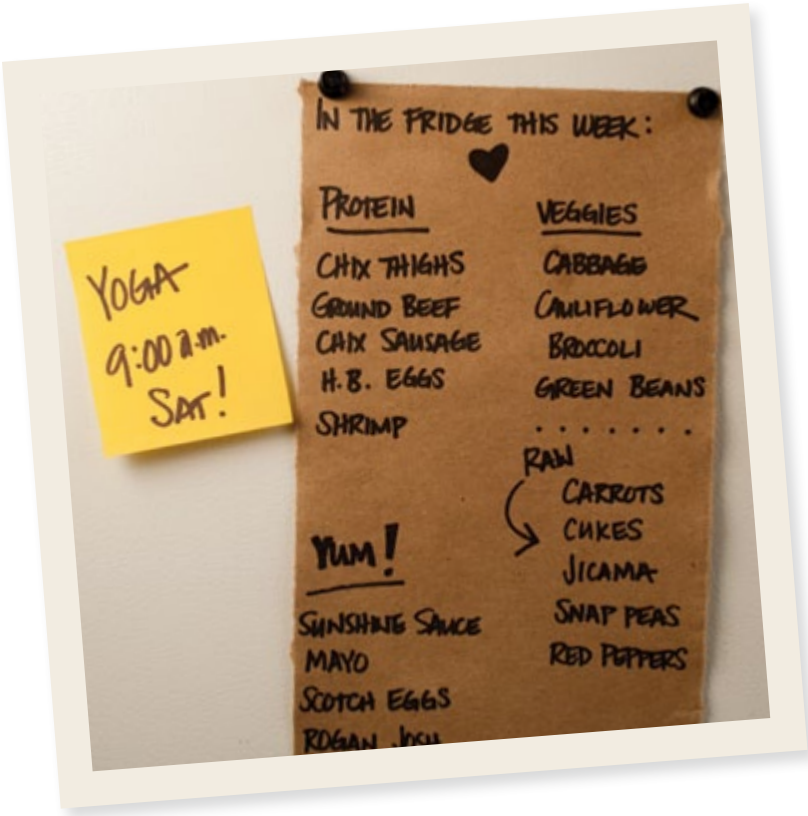
I was going to be spending a lot of time in the kitchen.

For the first few weeks, I did. I felt like I was on an endless loop of chop, cook, eat, wash, repeat. It was tedious.

But then I remembered the lessons of my dad's restaurant kitchen and came up with a plan to keep us stocked with food, without driving myself mad. Now, just one big, weekly shopping trip and one Weekly Cookup keeps us happily fed all week.

I muster up about 30 meals and snacks each week: I eat a homemade breakfast every day except Saturday, and I pack my lunch and snacks for day job sustenance every weekday. To forage all the ingredients for that food, my husband does one giant shopping trip on Friday afternoons, and I spend about two hours on Sunday cooking for the week. With most of our food already cooked, meal prep on an average day takes about 30 minutes total: 10 minutes to pack my food for work and 20 minutes to throw together a delicious dinner.

I'm going to show you how to plan your own Weekly Cookups, so cooking can become one of your favorite things, too.



## 1. RUN YOUR KITCHEN LIKE A RESTAURANT

Most neighborhood restaurants don't cook every part of your meal to order. If they did, they'd never get the food to the table fast enough. Instead, restaurants do prep work for cooked food that divides the process into three broad categories:

- tastes best when eaten immediately: broiled or grilled meats, delicate produce
- tastes best after a day or two: casseroles, braised meats, stews and soups, sauces
- tastes great when partially cooked then caramelized in fat: many vegetables, some meats

*Well Fed* includes recipes that represent all three of these categories, so you can enjoy a variety of grab-and-go foods and slow-simmered meals throughout the week.

## 2. FEEL THE DIFFERENCE BETWEEN "COOKING" AND "MAKING DINNER"

Cooking is art, love, experimentation, relaxation, and fun. It can be savored as an experience. Sing along to music you love, while losing yourself in the rhythm of chopping and the aroma of far off places.

Making dinner is more like, "If I don't get that food from its ingredient state, into dinner state, and into my mouth soon, I'm going to murder someone."

I like to separate the two as much as possible. Cooking on Sunday is creative "me" time so that the rest of the week, making breakfast, lunch, and dinner is as painless as possible.

## 3. YOU WILL NEED A LOT OF FOOD

The increase in the amount of protein, vegetables, and fat you need to make the transition to paleo can be shocking. I was amazed at the sheer volume of veggies and meat we needed once we jettisoned cheese, tortillas, toast, pasta, and rice. You know how you used to find wilted, moldy vegetables in the back of your crisper drawer? Those days are over; you are now a veggie-eating machine. Buy accordingly.

## COOKING WOD

In CrossFit, the workout of the day (WOD) is always timed. The idea is that you do the movements as quickly and efficiently as possible, without sacrificing form and technique. It's very motivating and on many occasions, the clock inspires me to do things I don't think I can do.

One day, feeling unenthusiastic about the assembly line of meat and vegetable prep on my schedule, I decided to treat my Sunday Cookup like a WOD. Could I do all my food prep in one hour?

I set a stopwatch for 60:00 and got busy rattling some pots and pans. I bounced back and forth among the oven, the stove – where I had two pans going at once – and the gas grill outside the kitchen door. My iPod cranked out appropriate cooking tunes. (For me, that's Social Distortion, The Clash, and Duran Duran, with a little Barry Manilow thrown into the mix.) I set a second timer to beep at five-minute intervals so I wouldn't burn anything.

### SUNDAY COOKING WOD

*For time, 60-minute cutoff:*

**Steam-sauté a head of bok choy (p. 33)**

**Steam-sauté a head of Swiss chard**

**Roast a large spaghetti squash (p. 123)**

**Roast sweet potatoes**

**Chop cauliflower for pilaf (p. 121)**

**Grill 2 1/2 pounds chicken thighs (p. 29)**

**Grill 1 pound chicken sausage**

**Stew lamb for Rogan Josh (p. 85)**

**Brown 2 pounds ground beef (p. 31)**

**Boil 1 dozen eggs**

**Mix pork and seasonings for Scotch Eggs (p. 83)**

**My time: 61:00 / Cleanup time: 5:00**

Think you don't have time to prepare food so you can eat clean all week? I call bull on that! One hour of chopping, steaming, stewing, mixing, and grilling netted me enough raw materials to build meals for at least five days. Granted, it wasn't one of those fun and leisurely cooking experiences, but every workout at the gym isn't an endorphin-laced funfest, either. Sometimes, for your own good, you've just got to get it done.



OUR WEEKLY HAUL

The list below is a pretty good representation of what we eat in a typical week. Keep these stats in mind as you read the list:

- 1. Dave is 6’5” and weighs about 250. I’m 5’4” and 150 pounds of fury. I eat between 1700-1800 calories a day: 40% fat, 30% protein, 30% carbs. Dave eats more than that!
- 2. We usually eat out in restaurants only once or twice a week. During the weekdays, we cook breakfast and dinner at home. I pack my lunch and snacks to take to work; Dave eats lunch at the house.
- 3. We shop at a regular grocery store and a natural foods store. We also get a weekly organic produce delivery and order grass-fed meat online or from a local meat share.

|                          |                                       |
|--------------------------|---------------------------------------|
| PROTEIN                  | FAT                                   |
| 2 pounds turkey sausage  | 3/4 jar coconut oil                   |
| 3 pounds chicken thighs  | 1/2 bottle olive oil                  |
| 2 pounds chicken breasts | 1 pound cashews                       |
| 2 pounds ground lamb     | (Dave likes to snack on these a lot!) |
| 3 dozen eggs             |                                       |
| 2 pounds turkey bacon    |                                       |
| 2 pounds ground beef     |                                       |

|                        |                           |
|------------------------|---------------------------|
| PRODUCE                |                           |
| 3 pounds green beans   | 1 head red cabbage        |
| 4 green bell peppers   | 1 pound Brussels sprouts  |
| 1 pound okra           | 5 oranges                 |
| 2 pints grape tomatoes | 2 apples                  |
| 4 carrots              | 2 pink grapefruits        |
| 2 pounds snap peas     | 4 sweet potatoes          |
| 8 cucumbers            | 1/2 pound baby carrots    |
| 2 eggplants            | 3 onions                  |
| 3 heads cauliflower    | 2 heads garlic            |
| 1 head green cabbage   | 1 bunch flat-leaf parsley |

4. YOU WILL NEED A LOT OF STORAGE CONTAINERS

Stock up on containers with tight-fitting lids in sizes ranging from small enough for a handful of snap peas to large enough for half a casserole. You are now in the business of making your own pack-aged food, and you need high-quality packaging.

5. BUILD A PROTEIN FOUNDATION

Protein is key, so build your meals from the protein up. I grill a few pounds of chicken, brown a few pounds of ground meat, and boil a dozen eggs every week, so we have the protein building blocks we need to create meals quickly.

Cooked meat can be served “diner style” with veggies on the side or diced for a stir-fry, simmered in a quick coconut milk curry, or turned into sautés with exotic seasonings. (I call these Hot Plates; see page 35.) Toss in an egg for extra protein, or construct a giant omelet.

Here’s a simple formula to help you calculate how much protein you need to buy for the week:

4 to 6 oz. per person X # of people you need to feed X # of meals

16 (ounces)

= number of pounds per week

Example:

4 ounces x Mel x 20 meals = 80 ounces / 16  
= 5 pounds of protein + extra for snacks

6 ounces x Dave x 20 meals = 120 ounces / 16  
= 7.5 pounds of protein + extra for snacks

So, Dave and I chow our way through the equivalent of approxi-mately 13 pounds of protein each week, just in our main meals.

6. PREP YOUR VEGETABLES

We eat a lot of fresh veggies every day, but I prepare most of them in advance. I chop and steam-sauté a variety of veggies (p. 33), like cabbage, broccoli, bell peppers, green beans, and leafy greens so they’re ready to be sautéed with seasonings and fat.

Heartier vegetables like Brussels sprouts and spaghetti squash are roasted in the oven for quick reheating when we’re ready to eat. Cauliflower is chopped in the food processor so it’s ready to be turned into Cauliflower Pilaf (p. 121), and veggies we like to eat raw – lettuce, bell peppers, snap peas, jicama, and cucumbers – are washed and stored in the fridge so they’re ready to be eaten.

I always have chopped, frozen broccoli, cauliflower, spinach, and collard greens in the freezer. They have the same nutrient profile as fresh (sometimes even better) and go from frozen to ready to eat in under 10 minutes.

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 week.** A cucumber yields about two cups, a red pepper is about one cup, and a handful of snap peas is about a cup. Fear not! You’ll get pretty good at eyeballing the right amounts at the store, and you cannot overeat vegeta-bles, so dig in.

7. RELY ON HOT PLATES

More than half of the meals we eat every week are Hot Plates (p. 35): Meals we build spontaneously from raw materials like grilled chicken, browned ground meat, steam-sautéed veggies, and sauces. Our pre-dinner conversation usually goes like this:

**Me:** *Are you in the mood for Chinese, Middle Eastern, Mexican, or Italian?*

**Dave:** *Mmmm... Mexican!*

**Me:** *Beef or chicken?*

**Dave:** *Beef!*

Then I pull the containers of ground beef and steam-sautéed peppers and cabbage from the fridge. While they’re warming up in the pan with a little fat, I turn homemade mayo into South-western Cumin-Lime Dressing (p. 59) to drizzle on top of our Mexican Hot Plate, and we’re eating dinner in about 10 minutes from fridge to table.

Hot Plates should make up the majority of your meals. They’re fast, they’re nutritious, and if you alternate them with “real

recipes,” you will naturally eat a balance of Omega-3 and Omega-6 fats, plenty of vegetables, a wide variety of protein sources, and your taste buds will never get bored. Find step-by-step instructions and tons of ideas for Hot Plates on page 35.

8. TRY A FEW RECIPES

Each week, in addition to the basics, I cook two or three “real recipes” that require me to follow instructions or invest a little more time. Things like Italian Sausage & Eggplant Strata (p. 101) or Shepherd’s Pie (p. 97) or Chocolate Chili (p. 73) are complete meals and taste better after a day or two in the fridge. They require no additional work beyond a reheat, so they’re the perfect cooking and “making dinner” experience.

To summarize, here’s a formula for your Weekly Cookup: **[raw materials for Hot Plates] + [2-3 recipes] + random snacks**

SUPER SNACK

Every week, I eat almost the same snacks every day. That way, when I go shopping, I know I need to buy a bunch of X.

For example, one of my favorite snacks is what I call an “Antipasto Snack Pack.” It’s composed of a handful of snap peas, half a red pepper cut into strips, and half a cucumber sliced into coins, plus a handful of black olives, a piece of cold grilled chicken, and a little dill pickle.

To make shopping easier, I calculate how much of the ingredients I need to make it every day for five days – two bags of snap peas, three red peppers, three cucumbers, two cans of olives – and auto-matically add those to my shopping list every week.

Sometimes I go a little crazy, and I do something daring like use green bell pepper instead of red or swap carrots for the snap peas. This limited spontaneity ensures that I don’t get bored, and the consistent veggies mean I don’t suffer a 6:00 a.m. realization that I don’t have food to pack for a work snack. The added bonus is that I also know I’m hitting good nutrition, because I’ve got a variety of veggies, solid protein, and quality fat in each snack pack.





# THE WEEKLY COOKUP

These simple recipes and instructions  
will help you create delicious,  
international Hot Plates from simple,  
nourishing, and tasty ingredients.



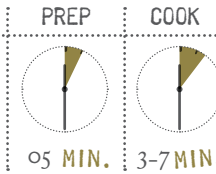
Taste the rainbow! Be sure to eat a variety of veggies every week and strive for a mix of bright green, red, purple, and orange.

# STEAM-SAUTÉED VEGGIES

THE "NEVER RUN OUT" PLAN

PAGE  
033

SERVES *a lot*



*Most days, I eat vegetables at breakfast, lunch, dinner, and snacks. That's in the neighborhood of six or seven cups of veggies every day. Oh, there's so much chopping and cooking! So once a week, I turn into a Veg-O-Matic and make it my mission to clean and partially steam at least three different vegetables, so they're ready to be transformed into meals when I need them.*

## INGREDIENTS

your favorite vegetables  
water

## DIRECTIONS

**Wash your veggies under running water**, then, using a sharp knife, cut or slice into desired shape, depending on your mood and tastes. It's best if you keep the pieces roughly the same size, so they'll cook evenly.

**Heat a large skillet over medium-high heat.** Toss the still-wet-from-the-washing vegetable into the pan, cover with a lid, and allow the residual water to soften the veg a bit. Remove the lid, and stir vigorously with a wooden spoon until the vegetable is softened but not completely cooked. If the veg sticks to the pan or begins to brown, add a tablespoon of water to continue the steaming process.

**Place each vegetable in its own container** and store in the fridge. Be sure to pop the containers into the refrigerator while hot – cooling at room temperature allows bacteria to grow. I usually reserve the bottom shelf of my fridge for hot veggies.

**When it's time to eat**, heat about 1-2 teaspoons of coconut oil in your skillet, then toss in the partially-cooked veggies and seasonings. No fuss, no muss, no chopping right before dining!

*This method works best for fibrous, sturdy vegetables. Tender veggies like snap peas, snow peas, fennel, asparagus, and spinach are best cooked "to order."*

TASTY IDEAS PLATES, P. 35

## YOU KNOW HOW YOU COULD DO THAT?

*Need ideas? This is a short list of vegetables that are good choices to have around for everyday fortification – and they're hearty enough to stand up to this kind of pre-cooking:*

BELL PEPPER, SLICED  
BOK CHOY, CHOPPED  
BRUSSELS SPROUTS, CUT IN HALF  
BROCCOLI, BROKEN INTO FLORETS  
CABBAGE (RED OR GREEN), SLICED OR CHOPPED  
CARROTS, SLICED  
CAULIFLOWER, BROKEN INTO FLORETS  
CELERY, SLICED THIN  
CHARD, CHOPPED  
COLLARD GREENS, CHOPPED  
EGGPLANT, SLICED OR CHOPPED  
GREEN BEANS, WHOLE  
KALE, CHOPPED  
MUSTARD GREENS, CHOPPED  
PARSNIPS, SLICED  
TURNIP GREENS, CHOPPED  
YELLOW SQUASH, SLICED  
ZUCCHINI, SLICED





# SAUCES

## & SEASONINGS

There's no faster, easier, tastier way to add zip and zing to your meals than a pinch of spice blend or a drizzle of luscious dressing.






No EVOO here! Cheapo olive oil is best for mayo – and bottled lemon juice is better than fresh because of its reliable acid content.

# YOU'LL NEVER CONSIDER STORE-BOUGHT AGAIN OLIVE OIL MAYO

MAKES 1 ½ cups

| PREP  | COOK |
|---|------|
|  | N/A  |
| 05 MIN.   |      |

Lemony, light, silky, and luxurious, this mayo makes just about everything better. Indulge with a dollop on grilled meat, transform it into creamy salad dressing in a flash, or stir it into a can of tuna for instant salad. Mix up a batch every week in the blender or food processor to rediscover creamy salads and sauces.

## INGREDIENTS

- 1 large egg
- 2 tablespoons lemon juice
- 1/4 cup plus 1 cup light-tasting olive oil (not extra-virgin!)
- 1/2 teaspoon dry mustard
- 1/2 teaspoon salt

## DIRECTIONS

**Science!** The magic of mayo is that it's an emulsion: The oil and egg plus lemon create a colloid. You don't need to understand all the physics, but you do need to bring all of your ingredients to room temperature.

**In a blender or food processor,** break the egg and add the lemon juice. Put the lid on your appliance and allow the egg and lemon juice to come to room temperature together, at least 30 minutes and up to 2 hours.

**When the egg and lemon juice are room temp,** add the mustard, salt, and 1/4 cup oil to the canister. Blend on medium until the ingredients are combined. Now the exciting part begins. Your mission is to incorporate the remaining 1 cup oil by pouring very, very slowly. You want the skinniest drizzle you can manage; this takes about 2 to 3 minutes. Breathe. Relax. Sing to yourself.

**If you're using a blender,** you'll hear the pitch change as the liquid begins to form the emulsion. Eventually, the substance inside the blender will resemble traditional mayonnaise, only far more beautiful. Do not lose your nerve and consider dumping! Continue to drizzle. Slowly.

**When all of the oil is incorporated,** revel in your triumph and transfer the mayo to a container with a lid. Mark a calendar with your egg expiration date – that's when your mayo expires, too.

**NOTES** The blender version is fluffier and thicker; the food processor version is thinner, but still creamy. Both versions will get thicker as they chill in the fridge. If you suffer a mayo "fail," don't despair! It can be used for salad dressing and also firms up a bit when cooled.

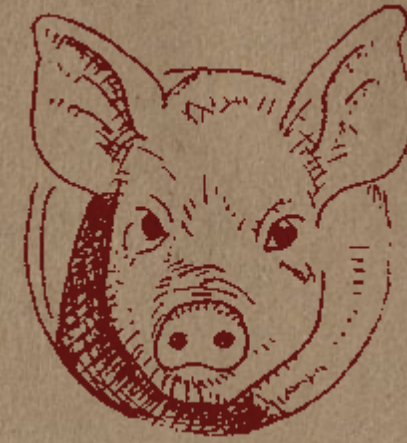
## YOU KNOW HOW YOU COULD DO THAT?

- Use cider vinegar instead of lemon juice for a new twist.
- Stir in a few chopped, pickled jalapeños for a kick of heat.

## TASTY IDEAS

- CREAMY SALAD DRESSINGS, P. 59
- TUNA SALADS, P. 67
- JICAMA "POTATO" SALAD, P. 137
- CUCUMBER SALADS, P. 135





# PROTEIN

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From slow-simmered stews to grilled meats and seafood to comforting casseroles, these recipes have your protein needs covered. Most of them include veggies, too, but their primary *raison d'être* is the protein punch!

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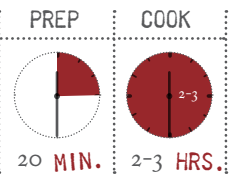


“When I came across this recipe on your blog, I knew we had to try it. I am not sure whether I regret it, though, because my husband devoured more than half of it within two hours! Great flavor – cocoa really does something special.”  
– Anichka, a blog reader

# CHOCOLATE CHILI

YEAH, THAT'S RIGHT. CHOCOLATE.

SERVES 6 to 8



In sixth-grade English, our class read a story about a Native American tribe in the Southwest. I’ve forgotten all but one fascinating detail of that story: The family ate meat cooked with chocolate. Thanks to my dad’s rule that we must at least try everything once, I ate a lot of weird stuff as a kid – raw lamb in kibbeh, sweetbreads, capers – but this was something I simply couldn’t fathom. Chocolate! With meat! Now, I’m a sucker for anything that’s sweetly savory, and every time I reach for the cocoa, I smile at the memory of 11-year-old me. This chili is spicy, but not hot. Reminiscent of mole, the flavors are rich, mellow, and deep.

## INGREDIENTS

- 2 tablespoons coconut oil
- 2 medium onions, diced (about 2 cups)
- 4 cloves garlic, minced (about 4 teaspoons)
- 2 pounds ground beef
- 1 teaspoon dried oregano leaves
- 2 tablespoons chili powder
- 2 tablespoons ground cumin
- 1 1/2 tablespoons unsweetened cocoa
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 1 can (6 ounces) tomato paste
- 1 can (14.5 ounces) fire-roasted, chopped tomatoes
- 1 can (14.5 ounces) beef broth
- 1 cup water

Simmering is the magic time when the flavors meld and, like most tomato-based, slow-simmer foods, this tastes even better on the second (or third) day.

## NOTES

## DIRECTIONS

Heat a large, deep pot over medium-high heat, then add the coconut oil. When the oil is melted, add onions, stir with a wooden spoon and cook until they’re translucent, about 7 minutes. Add the garlic and as soon as it’s fragrant, about 30 seconds, crumble the ground meat into the pan with your hands, mixing with the wooden spoon to combine. Continue to cook the meat, stirring often, until it’s no longer pink.

In a small bowl, crush the oregano between your palms to release its flavor, then add the chili powder, cumin, cocoa, allspice, and salt. Combine with a fork, then add to the pot, stirring like you mean it. Add tomato paste and stir until combined, about 2 minutes.

Add the tomatoes with their juice, beef broth, and water to the pot. Stir well. Bring to a boil, then reduce the heat so the chili enjoys a gentle simmer. **Simmer for at least 2 hours. Do not skimp on the simmer!**

## YOU KNOW HOW YOU COULD DO THAT?

- Try a meat combo by mixing ground beef with ground turkey, pork, or bison.
- Make a double batch and freeze half so you have chili-on-demand.
- Top with sliced olives, diced onions, and/or avocado slices.

## TASTY IDEAS

PLACE A GENEROUS HELPING OF ROASTED SPAGHETTI SQUASH (P. 123), MASHED CAULIFLOWER (P. 113), OR A HANDFUL OF RAW BABY SPINACH LEAVES IN THE BOTTOM OF YOUR CHILI BOWL. VEGGIE POWER!



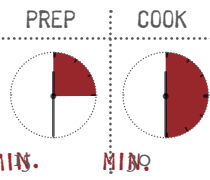


Do yourself a favor: read *Jane Eyre*, or at least watch the *Masterpiece Theater* adaptation on DVD. You might also want to get lost in British mysteries by Dick Francis or Elizabeth George.

# SCOTCH EGGS

PERFECT FOR SUPPER OR TEA

SERVES 4 to 8



*Jane Eyre is my favorite book, and I'm a sucker for any fog-shrouded British mystery. I can't get enough of the accents, the Queen's English, the tweed and wellies, the moody weather, and the fervent belief that a steaming cup of tea is a cure-all. Scotch eggs were invented at the London department store Fortnum & Mason and were packed in picnic baskets for members of Victorian high society on their way to Ascot races. These days, pre-packaged Scotch eggs are a staple at roadside service stations and are often eaten cold. Step it up a notch and serve these with a dollop of Olive Oil Mayo mixed with a little spicy mustard.*

## INGREDIENTS

- 2 pounds ground pork
- 2 teaspoons salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon nutmeg
- pinch cinnamon
- pinch cloves
- 1 teaspoon dried tarragon leaves
- 1/4 cup fresh parsley leaves, minced (about 1 tablespoon)
- 1 tablespoon dried chives
- 2 cloves garlic, minced (about 2 teaspoons)
- 8 large eggs, hard-boiled and peeled
- 1 bag (2 ounces) fried pork rinds (optional)
- 2 large eggs, raw (optional)

## DIRECTIONS

**Preheat the oven to 375 F.** Cover a baking sheet with parchment paper.

**Place the ground pork in a large mixing bowl.** Add salt, pepper, nutmeg, cinnamon, cloves, tarragon, parsley, chives, and garlic. Knead with your hands until well mixed.

**Divide the pork mixture into 8 equal servings.** Roll each piece into a ball, then flatten it in your palm into a pancake shape. Wrap the meat around a hard-boiled egg, rolling it between your palms until the egg is evenly covered. This is much easier than it sounds. If the meat sticks to your hands, moisten them with a little water. Place the meat wrapped eggs on the baking sheet.

**If using the pork rinds,** place them in the bowl of the food processor and process until they resemble bread crumbs; pour them onto a plate or in a shallow bowl. In another shallow bowl, beat the 2 raw eggs. Gently roll each meatball in pork rind crumbs; you want just a thin dusting. Then roll each meatball in the raw egg and roll a second time in the crushed pork rinds to evenly coat. Place on the baking sheet.

**Bake for 25 minutes,** then increase the temperature to 400 F and bake an additional 5-10 minutes, until the eggs are golden brown and crisp.

## YOU KNOW HOW YOU COULD DO THAT?

*Change the seasonings to take this very British snack around the world. Eliminate all the seasonings in the original recipe and make these substitutions:*

**ITALIAN!** pork + 2 tablespoons Italian Sausage Seasoning or Pizza Seasoning (p. 49)

**ASIAN!** pork + 1 1/2 tablespoons Chinese five-spice powder + 2 tablespoons coconut aminos

**INDIAN!** lamb + 1 1/2 tablespoons curry powder

**MOROCCAN!** lamb + 1 1/2 tablespoons Ras el Hanout (p. 47)

**TEX-MEX!** beef + 1 tablespoon ground cumin + 1 tablespoon chili powder

## TASTES GREAT WITH

- ROASTED SPAGHETTI SQUASH, P. 123
- ZUCCHINI NOODLES AGLIO ET OLIO, P. 133
- JICAMA "POTATO" SALAD, P. 137

*Hard-boiled Eggs 101: Put eggs in a pan and cover with cold water. Bring to a boil, cover, turn off heat, and let eggs sit in the hot bath for 10 minutes. Drain the hot water and cover the eggs with ice water for 5 minutes. Drain and place in the fridge, until cold.*





# VEGGIES

## & SALADS

A simple meal of meat and vegetables becomes something special with these recipes for surprising side dishes and cool salads.





DEDICATED TO THE MEAN LUNCH LADY  
CUMIN-ROASTED CARROTS

PAGE  
115

SERVES 2 to 4

05 MIN.

20 MIN.

*“The Incident” in my elementary school cafeteria left me cooked-carrot averse. (Think mean lunch lady, waterlogged carrots from a can, tepid milk, and force feeding.) But my mom introduced me to the sweet goodness of roasted carrots and saved the day. These carrots are tender, not mushy, with lovely brown bits and a flirty whisper of cumin that’s brightened with a ping of mint. Take that, lunch lady!*

## INGREDIENTS

- 1 pound fresh carrots (about 10)
- 1/2 tablespoon ground cumin
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 1/2 tablespoons coconut oil
- 1/2 fresh lemon (optional)
- a few leaves of fresh parsley and mint, minced,  
for garnish (optional)

*"These were so good, I had to stop myself from eating the entire batch in one sitting! Love, love, love them."*

## YOU KNOW HOW YOU COULD DO THAT?

- Try slicing the carrots into 1/4-inch thick coins; increase roasting time to 30 minutes.
- Swap parsnips for carrots, or roast a batch of both for a colorful combo.

TASTES GREAT WITH

CINNAMON BEEF STEW, P. 65  
MOROCCAN MEATBALLS, P. 71  
SALMON L'AFRIQUE DU NORD, P. 103

## NOTES

*Until the 15th century, carrots were only available in purple, yellow, and red varieties. Those rainbow hues are making a comeback, thanks to local farmers and heirloom seeds. Look for white, yellow, red, and purple, in addition to the standard orange.*

[illegible]

## DIRECTIONS

**Preheat the oven to 400 F.** Cover a large baking sheet with parchment paper.

**Wash and peel the carrots**, then cut them lengthwise into thin strips, about 1/4-inch wide. Toss them into a large bowl.

**With a fork, mix the cumin, cinnamon, salt, and pepper** in a small microwave-safe bowl. Add the coconut oil and microwave until melted, about 15-20 seconds.

**Pour the seasoned coconut oil over the carrots** and toss with two wooden spoons until the carrots are evenly coated. Sing a verse of your favorite song so you don't skimp on tossing time. Do a taste test and adjust the seasonings.

**Spread the carrots in a single layer** on the baking sheet and roast for 15-20 minutes, until tender and slightly browned. Remove from the oven and squeeze the fresh lemon juice over the top. Sprinkle with the chopped herbs.

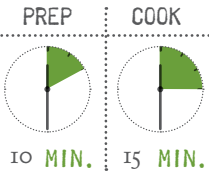




A VERY SPECIAL RECIPE

# COCONUT-ALMOND GREEN BEANS

SERVES 4



*This could become the only green bean recipe you need. During the braising process, the sliced almonds almost melt into a rich coconut milk sauce that renders the elements indistinguishable from each other. And that's when you know the ingredients have fulfilled their destiny. Trust me: Make a double batch.*

## INGREDIENTS

- 1 tablespoon coconut oil
- 2 tablespoons sliced almonds
- 1/2 medium onion, finely diced (about 1/2 cup)
- 3 cloves garlic, minced (about 1 tablespoon)
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- 1/2 teaspoon red chili pepper flakes
- 3/4 teaspoon salt
- 1 cup coconut milk
- 1 pound green beans, trimmed
- 1 teaspoon lime juice
- 1/2 cup fresh cilantro leaves, minced (2 tablespoons) (optional)

## DIRECTIONS

**Heat the oil in a large sauté pan over medium heat.** Add the almonds and cook until lightly browned. Keep an eye on them; they brown quickly! Transfer almonds to a plate for later. Resist the temptation to eat them!

**In the same pan, sauté the onion, garlic,** cumin, coriander, paprika, chili pepper flakes, and salt. Cook until the onion is soft and beginning to get brown bits, about 4-5 minutes.

**Add the coconut milk to the pan and mix well,** then add the green beans. Make sure everything is blended, then bring the pan to a boil, reduce the heat to a simmer, and cook covered until the beans are tender. The cooking time is a judgment call. If you like them crisp, it's about 6 minutes. If you like them softer, let them braise for about 8 minutes.

**When the beans have reached the desired tenderness,** remove the lid and let the sauce cook down until it thickens a bit. Remove the pan from the heat and stir in the almonds, lime juice, and cilantro (if using).

## YOU KNOW HOW YOU COULD DO THAT?

*Replace green beans with leafy greens like kale, collards, or chard and increase cooking time to 10-12 minutes.*

## TASTES GREAT WITH

- GRILLED CHICKEN THIGHS, P. 29
- GINGER-LIME GRILLED SHRIMP, P. 75
- CITRUS CARNITAS, P. 95

## NOTES

*Should you find yourself lucky enough to have leftovers, you could treat yourself well by tossing the beans with thin slices of cooked beef, pork, or chicken.*

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# FRUITS

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There is nothing wrong with a little something sweet from time to time.

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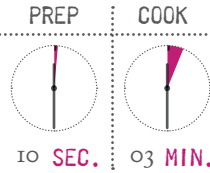


Is a coconut a fruit, a nut, or a seed? It's all three. Botancially speaking, it's a drupe, a fruit with a stony covering that encloses the seed (like a peach).

And now, a coconut chip haiku:  
Salty sweet and crisp  
Not popcorn but paleo  
Hail coconut chips

# CARAMELIZED COCONUT CHIPS

MAKES 1 cup



Thursday nights in the Joulwan household, circa the 1980s, were “popcorn night.” In sixth grade, I wrote an ode to popcorn, such was my devotion to the salty snack. Even though it’s not on the paleo-approved menu, I still think of popcorn as my favorite food. These cinnamon-caramelized coconut chips do not taste like popcorn, but they do approximate the experience: the saltiness and mild sweetness, the blend of white and brown bits, and that ever-so-satisfying crunch.

## INGREDIENTS

- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 cup unsweetened coconut flakes

## DIRECTIONS

Mix the salt and cinnamon with a fork in a small ramekin and save for later. (The fun part!)

Heat a non-stick skillet over medium-high heat, about 2 minutes. Add the coconut flakes and distribute evenly, so they form a single layer in the bottom of the pan. Stir frequently. They begin to crisp and turn brown pretty quickly. This step takes only about 3 minutes, so pay attention! When the flakes have reached an appealing level of toastiness, remove the pan from the heat.

Sprinkle the hot coconut flakes with the salty cinnamon and toss until evenly seasoned. Transfer to a plate and allow them to cool in a single layer for maximum crunch. Store at room temp in an airtight container – if they last that long.

## YOU KNOW HOW YOU COULD DO THAT?

Replace the cinnamon with one of these spices for international flair:

- INDIAN! 1/4 teaspoon curry powder
  - MOROCCAN! 1/4 teaspoon Ras el Hanout
  - GARLICKY! 1/4 teaspoon coarse (granulated) garlic powder
  - SOUTHWEST! 1/4 teaspoon chili powder + 1/4 teaspoon paprika
  - ASIAN! 1/4 teaspoon Chinese five-spice powder
- (Thanks for the tip, David “Chef” Wallach!)

## TASTY IDEAS

Sprinkle the original flavor of coconut chips with abandon on other dishes:

- HOT PLATES, P. 35
- ROGAN JOSH, P. 85
- CAULIFLOWER RICE PILAF, P. 121
- COCONUT-ALMOND GREEN BEANS, P. 125
- BERRIES AND WHIPPED COCONUT CREAM, P. 149

## NOTES

Enjoy a warming treat: Heat a cup of beef or chicken broth, add a crushed clove of garlic, and float a handful of Caramelized Coconut Chips on the top. Instant hug in a mug!



# THE WELL FED TEAM



**MELISSA JOULWAN**  
**Well Fed Author**

Surprisingly, Melissa Joulwan’s favorite vegetable is cabbage. Her favorite spice is cumin. Her favorite book is *Jane Eyre*. Her favorite city is Prague, and her favorite band is Social Distortion. You might have known all of that already if you follow her blog, The Clothes Make The Girl.

The Clothes Make the Girl is an unusual title for a blog that’s about her tales of triumph and failure in the gym, in the kitchen, in life. She admits to being a sucker for the perfect little black dress and stompy black boots and sparkly what-whats. She may have started the blog going one way and wound up in entirely another. She says that her desire to be fit and healthy is almost matched by her love of punk fashion and high glamour.

*Well Fed* is her second book. Her first is *Rollergirl: Totally True Tales from the Track*, a memoir of her experiences as one of the founders

of the Texas Rollergirls, the original Flat Track Roller Derby league. She has appeared on the Today Show and Good Morning America – in her roller skates and fishnets.

These days, she’s hung up her skates, and her workouts are just as likely to include yoga and meditation, as lifting heavy things and trying to stay ahead of the CrossFit stopwatch.

Her favorite *Well Fed* recipe is Bora Bora Fireballs because it came to her in a dream – but Olive Oil Mayo runs a close second because it’s so “spoonastically good.”



**DAVID HUMPHREYS**  
**Well Fed Photographer & Illustrator**

David Humphreys has, at different times, been an editor, a programmer, a project manager, a people manager, an illustrator, a photographer, a musician, and a designer. And that was just during this *Well Fed* project.

Currently, Dave has 675 items on his Amazon wishlist, including books on creative writing, cartooning and visual storytelling, portrait photography, living abroad (particularly in Europe), music theory, poster design, religion, electronics, computer science, crime, and Keith Richards. He also reads fiction. Last novel read: *Galore* by Michael Crummey. (Which is fantastic; you should read it!)

He considers himself quite lucky to be living with celebrity chef and generally fantastic person, Melissa Joulwan, and the best cat in the round world, Smudge.

His favorite *Well Fed* recipe is the Chocolate Chili, which he swears he could eat every damn day.



**ALISON FINNEY**  
**Well Fed Copyeditor**

Alison Finney is a writer, copyeditor, and content lover, who credits Essie’s many childhood tales of Toby the horse with her love of storytelling. Her work has appeared in *Texas Monthly*, *Austin Culture Map*, *Texas Tour and Meeting Guide*, and other Texas publications.

She grew up in the Texas Panhandle, where there were shootouts in the street every day at high noon and all food was served “plain and dry,” to her liking. But eventually, she made her way to Austin, and now calls the city home and asparagus a friend.

There’s an unbreakable tie between her two favorite *Well Fed* recipes: Peach Almond Crisp and Blue Ribbon Country Captain Chicken.



**KATHLEEN SHANNON**  
**Well Fed Graphic Designer**

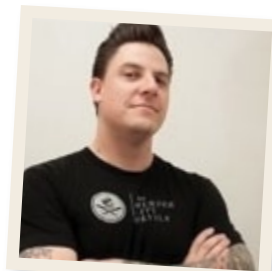
Kathleen Shannon is an ad agency senior art director turned freelancer turned brand consultant. She’s also a local-sustainable-square-foot-gardening foodie, with a lacy-layeredy-boyfriend-jean aesthetic and a style perspective that pervades everything from her clothes, to her home, to her food. She’ll follow a whim from the foothills of Mount Everest to a reality show audition just to have a good story to tell. Her approach to capturing, shaping and sharing overlaps her profession, her life and her blog at [www.jeremyandkathleen.blogspot.com](http://www.jeremyandkathleen.blogspot.com).

Kathleen is currently building a business with her sister called Braid Creative & Consulting, where they share their expertise on branding and being creative professionals with the world.

Her favorite *Well Fed* recipe is the Best Stir-Fry Sauce Ever. She loves it so much, she would like to marry it.

**NATHAN BLACK**  
**Well Fed Team Photographer**

Nathan Black is a photographer, stunt man, door guy, and drifter. Since 2006, he has been collecting photos of knuckle tattoos – and the tall tales behind them – at [www.knuckletattoos.com](http://www.knuckletattoos.com). He recently began a portrait project awkwardly titled [iwanttotakebeautifulpicturesofyou.com](http://www.iwanttotakebeautifulpicturesofyou.com). He lives in East Austin with his three cats and two house mates.



His favorite *Well Fed* recipe is Pad Thai.

**STEFANIE DISTEFANO**  
**Well Fed Potter & Mosaic Artist**

Stefanie is a potter, mosaic artist, and, perhaps, the very best kind of witch. Everything she touches in her pink-infused studio, known as FlamingO Ranch ([www.flamingoranch.com](http://www.flamingoranch.com)), shimmers, glitters, shines, and glows. Her mosaics transform the mundane to the magical, and her handcrafted pottery graces the pages of *Well Fed*, as well as hundreds of stylish tabletops around the world.

She was mentored by the greatest mosaic artist on the east coast – Isaiah Zagar – and like her mentor, she is absolutely committed to and immersed in her art. You can see Stef’s made-with-love pottery in the photos on these pages: 65, 99, 113, 121, 139.



After fulfilling the challenging role of neighbor and taste tester, Stef has determined that her favorite *Well Fed* recipe is Carmelized Coconut Chips.



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*Most lamb in the U.S. comes from Australia. G'day, mate!*





*This is what it looks  
like to be Well Fed.*





WELL

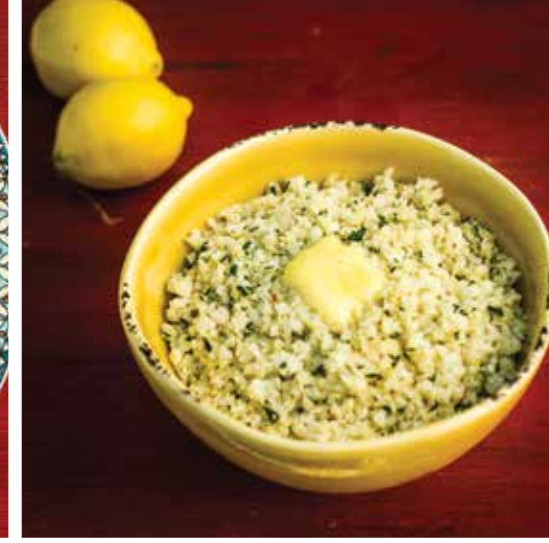
FED



MORE PALEO RECIPES  
FOR PEOPLE WHO LOVE TO EAT

by MELISSA JOULWAN









# WELL FED

MORE PALEO RECIPES  
FOR PEOPLE WHO LOVE TO EAT

BY MELISSA JOULWAN  
Photos by David Humphreys  
Foreword by Melissa and Dallas Hartwig  
Design by Braid Creative



WELL FED 2: MORE PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT

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TO MY PARENTS WHO TAUGHT ME THAT THE KITCHEN IS THE HEART OF THE HOUSE

AND TO MY HUSBAND DAVE, MY PARTNER IN COOKING UP DELICIOUS SCHEMES



**TO MY INTREPID AND HONEST TASTE-TESTERS**

Stacey Doyle, Blake Howard, Weston Norton, Yoni Levin, Tannen Campbell, and Aimee Roberge for taking a bite and weighing in.

**TO TANNEN CAMPBELL**

for letting us raid your cabinets (again!) for plates, bowls, and linens that prove you have far better taste than we do.

**TO STEFANIE DISTEFANO**

for providing much-needed enthusiasm, beautiful pottery, photography locations, and on-demand taste-testing.

**TO ALISON FINNEY AND WALKER FENZ**

for unflagging enthusiasm and down-to-the-last-detail copyediting. You make us look much smarter than we are.

**TO MICHELLE TAM AND HENRY FONG**

for your unfailing generosity and friendship – and for helping us shut down just about every restaurant we visit.

**TO MELISSA AND DALLAS HARTWIG**

for continuing to show us how to live well and savor every bite on our plates.

**TO ADDIE BROYLES**

for breakfast tacos (*sans* tortillas, of course) and restorative conversation.

**TO HILAH JOHNSON AND CHRISTOPHER SHARPE**

for all the lively dinner conversation, big laughs, and willingness to test recipes on each other without judgment.

**TO ROBIN "DHARAMPAL" BRUCE AND KIM SCHAEFER**

yoga instructors of the highest caliber, for keeping us grounded through the book production process.

**TO KATHLEEN SHANNON AND KRISTIN TATE OF BRAID CREATIVE**

for proving that lightning can strike twice by making *Well Fed 2* sing just as loudly as the original.

**TO EVERYONE AT SERVE GOURMET (BUT ESPECIALLY MAMIE!)**

for letting us raid the store for props that made our food look so good.

**TO BANG PRINTING AND GREENLEAF BOOK GROUP**

for helping us get our books out in the world with first-rate customer service.

**TO KRISTA CRAMER, MONA ALAUDHI, AND KRISTIN LUKOWSKI**

for answering our frantic call for Arabic language newspapers.

**TO MICKEY TRESCOTT**

for scrutinizing the AIP-friendly recipe adaptations to ensure they're compliant as well as tasty.

**TO STEVE WILLIAMS OF CHAMELEON COLD BREW**

for damn fine coffee and the charming chameleon in the Lizard Sauce photo (p. 68).

**AND TO ALL THE READERS OF THE CLOTHES MAKE THE GIRL**

for reading the blog, testing the recipes, asking questions, and being super supportive of this book.



THANK YOU EVERYBODY!

**A LOT HAS HAPPENED SINCE THE DEBUT OF WELL FED IN 2011.**

First, author Melissa Joulwan said, “*Sayonara!*” to her corporate overlords, and now spends her days writing articles for her blog, developing new recipes, and connecting with her loyal fans. We have upgraded our cooking skills to a solid B+, due in no small part to the tips and tricks we learned in *Well Fed*. Most importantly, tens of thousands of people have improved their lives thanks to the heart, soul, and passion that Melissa poured into the *Well Fed* series.

**YES, WE SAID “IMPROVED THEIR LIVES,” NOT “IMPROVED THEIR EATING HABITS.”**

What Melissa has created both in *Well Fed* and here in *Well Fed 2* isn’t just about ingredients or recipes. It’s about living a better life through cooking delicious, healthy food. Since we wrote the foreword for the original *Well Fed*, we’ve heard from thousands of people reporting incredible life changes after following Melissa’s simple guidelines. They mention their weight loss and health improvements, sure, but then they invariably say...

**“MY WHOLE LIFE IS BETTER NOW.”**

They tell us they are happier. They spend more time with their families and friends. They have less anxiety and stress. They love to cook, they started to exercise, and they have a new sense of self-confidence. They *glow*. Others look at them and say, “What have you been doing?” The answer: Through *Well Fed*, they have made themselves healthier from the inside-out – mind, body, and soul.

All of this from a cookbook, you ask? Ah, but this is no ordinary cookbook. What Melissa has magically woven into the recipes and stories here in *Well Fed 2* is the idea that changing your diet is not the end goal – it’s just the first spark in a series of healthy chain-reactions.

By following her recommendations, you are spending more time with your food and with those you love. You feel good about your kitchen accomplishments, whether you’re whipping up a batch of homemade mayo or grilling your first steak – and that translates to confidence in the rest of your life. Because you are consistently eating Good Food, you *feel* healthier, you *are* healthier – which gives you the momentum to start other healthy pursuits and unburdens you from the frustrations and self-doubts that have been holding you back from trying new things.

What you’ll find in this book is *so much more* than just food (although the food is mouthwatering). As you read and cook, you’ll also find yourself embracing a happier, healthier life, and reaping a myriad of benefits that follow the ignition of the Good Food spark.

For those of you who have already begun to live a better life thanks to the first *Well Fed*, welcome back. Here, you’ll find enough recipe variations, inspiration, and excitement to propel you even further down your own individual path of health and happiness. For those who are starting with *Well Fed 2*, you are about to embark upon a journey. Trust us when we say these are not just recipes, and this is not just a cookbook. The information contained here will help you change your life the way it’s helped so many others.

Are you as excited as we are? (With recipes like the SB&J Burger, Roasted Pizza Veggies, and Bacon-Pear Bites, of course you are.) So turn the page, immerse yourself in *Well Fed 2*’s world of Good Food, and get ready to embrace the best version of you.

We wish you the best in health.

**MELISSA & DALLAS HARTWIG**

*Creators of the original Whole30® program*

*New York Times* bestselling authors of *It Starts With Food*



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In case you're new to my writing and recipes, here are a few things you should know about me, my cookbooks, and my approach to food. (Spoiler: I really love to eat.)

### THIS IS THE FOOD I EAT EVERY DAY.

When I wrote the original *Well Fed* in 2011, it was based on the way I'd been running my kitchen for the previous two years. Since then, I've been cooking up new, paleo-approved recipes... stuff I was craving, like favorite dishes from my college days, gyros and Italian food, take-out Indian and Chinese, and – thanks to an experiment with the autoimmune protocol (AIP) of the paleo diet – a handful of AIP-approved dishes.

*Well Fed 2* is the result of my recent kitchen adventures, and the recipes in this book are the things I cook regularly in my kitchen in Austin, Texas.



### I GREW UP IN THE KITCHEN.

I'm from a melting pot family: Lebanese on Dad's side, Italian and Slovak on Mom's. That means as soon as I could reach the stove, I was learning how to make Lebanese Stuffed Grape Leaves (p. 148) and Italian Meat Sauce (p. 94). But my parents also knew how to find the best restaurants, so I fell hard for dishes like Moo Shu Pork (p. 144) and Shrimp Scampi (p. 114).

My grandfather owned a diner, and my dad ran The Country Squire Restaurant, a combination coffee shop, formal dining room, and motel. I learned my way around a spice rack at the same time I learned the alphabet. My family ate stuff, like plantains (p. 184), that none of my friends had ever tried, and “international cuisine” was our home cooking.

Which is a long way to say that I love food, and I know the best way to enjoy it is to share it with others.

### PALEO DOESN'T HAVE TO BE COMPLICATED AND TIME-CONSUMING.

It can be overwhelming to adopt new eating habits and to realize, suddenly, that you're going to be cooking at home. A lot. I've kept these recipes as simple as possible, without sacrificing flavor, and for those times you just really need to eat *right now*, I've included quick meal ideas that fancy up basic ingredients, no recipe required. There are also 15 varieties of sausage-inspired meatballs that come together in less than an hour and can be made in bulk. (Make friends with your freezer!) And because that time between work and dinner can be a dark valley fraught with danger, I've included plenty of meals you can throw together in less than an hour on a weeknight. For lazy weekends when you want to putter in the kitchen, there are satisfying “project” recipes that take more time, but reward you with deliciousness that lasts for days.

My goal with this book is to teach you what I know about how to run a paleo kitchen and how to combine ingredients to make food that's truly nourishing.

### LET'S HAVE FUN WHILE WE COOK.

Some of the times I've laughed the longest and smiled the hardest have been when I was in the kitchen, cooking and eating something delicious – or even something disastrous – with my family and friends. I take my good health (and your good health) very seriously, but I also think that chopping and mixing and stirring up something you'll want to eat can be a rip-roaring good time. You might not have spent as much time in the kitchen as I have, but that doesn't mean you need to be intimidated by food prep. Here's a secret that should give you confidence: You really can't mess it up. The worst that will happen is that you might burn the bottom of a stew or learn that you don't like a particular spice. How awesome is it to learn new things about yourself?!

I hope my recipes will help you find playfulness in the kitchen – a way to celebrate real food without feeling like you're stuck in “good health jail.” To help you along your way, I've included lots of ideas for how you can make my recipes *your* recipes – and sprinkled throughout the book, you'll find silly trivia that makes me laugh. I hope it will remind you that a light-hearted approach might be the best one of all.

### PREPARING QUALITY FOOD IS AMONG THE MOST CARING THINGS WE CAN DO FOR OURSELVES AND THE PEOPLE WE LOVE.

## FAVORITE RECIPES

*I'm often asked to name my favorite recipes – which feels next to impossible because if I don't love a recipe, it's not included in the book. There are no B-sides here, my friends! They're all keepers. But there are some recipes that I rely on almost every week. If you're not sure where to start, you might give these a go.*

BETTER BUTTER, P. 60  
ZINGY GINGER DRESSING, P. 72  
ITALIAN PORK ROAST, P. 132  
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SPRING CHOPPED SALAD, P. 208  
SILKY GINGERED ZUCCHINI SOUP, P. 206

*And for ultimate comfort food that lasts:*  
OLD SCHOOL ITALIAN MEAT SAUCE, P. 94

*I should also mention something else: You won't find paleo-ized desserts in my cookbooks. I'm more interested in helping you eat well every day (which is why you **will** find a few fruit recipes that are great for dessert – or breakfast or a snack).*



## HEADS UP! NEW CONTENT

*The next few pages cover the basics of paleo and other information that will be helpful for navigating this book. If you're one of the people who bought my first book **Well Fed** (thank you!), you might think you know all of this info already. But heads up! It's been updated a bit, so you might not want to skip it. Or... you might want to skip it now to jump ahead to the recipes because you're excited – and I'm glad! – but then come back here to read the fine print.*



LET'S  
JUST  
CALL  
ITTHE ★  
BEST  
FOOD  
YOU  
★ CAN★  
EATYOU'VE PROBABLY HEARD THE PALEO DIET CALLED  
A LOT OF THINGS.

Just eat real food (#JERF). The Caveman Diet. Going primal. Living the paleo lifestyle. Around our house we call it “dino-chow.” All of these terms refer to roughly the same way of eating. They're based on the idea that we are healthier – both mentally and physically – when we remove inflammatory foods from our diet.

What's an inflammatory food? The inflamers are foods that were not part of our hunter-gatherer ancestors' daily meals but appeared later in history, after agriculture took root. Edibles like grains, dairy, added sugars, and processed foods are the big bullies of the food world, and they're linked to the “diseases of civilization,” nasty stuff including heart disease, diabetes, and cancers.

When we stop eating those problematic ingredients, we not only fight disease, everything in our lives improves. I know that's a bold claim, but it's true! What we put in our bodies forms the foundation for our moods, our energy, our creativity, and our vitality. When we nourish our bodies with paleo-approved foods, our energy levels are better, we look years younger, and we enjoy life more.

Let's get the bad news out of the way immediately: Eating paleo is probably going to mean eliminating many foods that may top your list of favorites. Different paleo practitioners promote varying guidelines. I follow the standards outlined by Melissa and Dallas Hartwig in their *New York Times* bestselling book *It Starts With Food* and their Whole30® program. The guidelines are fairly stringent but extremely practical, and they're based on the idea that we should eat the foods that make us the healthiest.

## PROCESSED FOODS

As a former Doritos diehard, I know it can be hard to give up junk food. But anything found in the middle of the grocery store and sold to you inside brightly colored plastic or cardboard is not a healthy choice.

## ADDED SUGAR

All forms of added sugar – even “natural” sugars, like brown sugar, maple syrup, agave nectar, stevia, evaporated cane juice, and honey – are out. Also out are artificial sweeteners like Splenda, Equal, Nutrasweet, and aspartame.

## ALCOHOL

Alcohol has no redeeming nutritional qualities. It's essentially sugar with a flirtatious attitude. Plus, you have a drink, then your drink has a drink, and soon, you're face first in a pile of french fries with cheese sauce.

## GRAINS

Despite conventional wisdom, even whole grains are not a good idea. Grains include wheat, rye, bulgur, buckwheat, amaranth, sprouted grains, corn, oats, rice, quinoa, barley, and millet. Avoid them in all their devilish forms: bread, tortillas, pasta, breading on fried foods, and “healthy” cereals, including oatmeal and granola.

## LEGUMES

Beans – including black, kidney, pinto, white, and chickpeas – fall into this category, along with lentils, peas, and peanuts, including peanut butter. Legumes like green beans, snap peas, and snow peas are given a green light because they're more pod than bean.

Each of the “No” foods has its own unique properties that ensure its place on this infamous list. Generally, these foods are excluded because they either negatively affect your metabolism, cause systemic inflammation, or both. Some are so bad that they both wreak havoc on your metabolism and fire up your immune system. We eschew them. (We're looking at you, grains. We eschew you!)

FOR AN OVERVIEW OF THE WHOLE30 AND  
30 REASONS WHY IT'S A GREAT IDEA, SEE PAGE 10.

## SOY

Soy is a legume, but I've called it out separately because it's insidious and can be found in unexpected places, like cans of tuna. Avoid soy in all its forms: edamame, soy milk, tofu, meat substitutes, and food additives like soy lecithin. Read your labels!

## DAIRY

The source doesn't matter – cow, sheep, or goat – milk and the creamy things made from it are off our plates, including cream, butter, cheese, yogurt, and sour cream. Some primal people eat grass-fed, full-fat dairy; for me, the negatives, like bloating and blood sugar spikes, outweigh the pleasure. One exception is organic, grass-fed butter, but it must be clarified before you eat it. See page 60 for instructions.

## WHITE POTATOES

Some paleo people eat potatoes; I'm not one of them. White potatoes are carb-dense, and they can be a trigger food for some people – especially when you consider that they're so often eaten in the form of french fries. The good news is that we've got two fantastic, nutrient-dense replacements in sweet potatoes and yams.

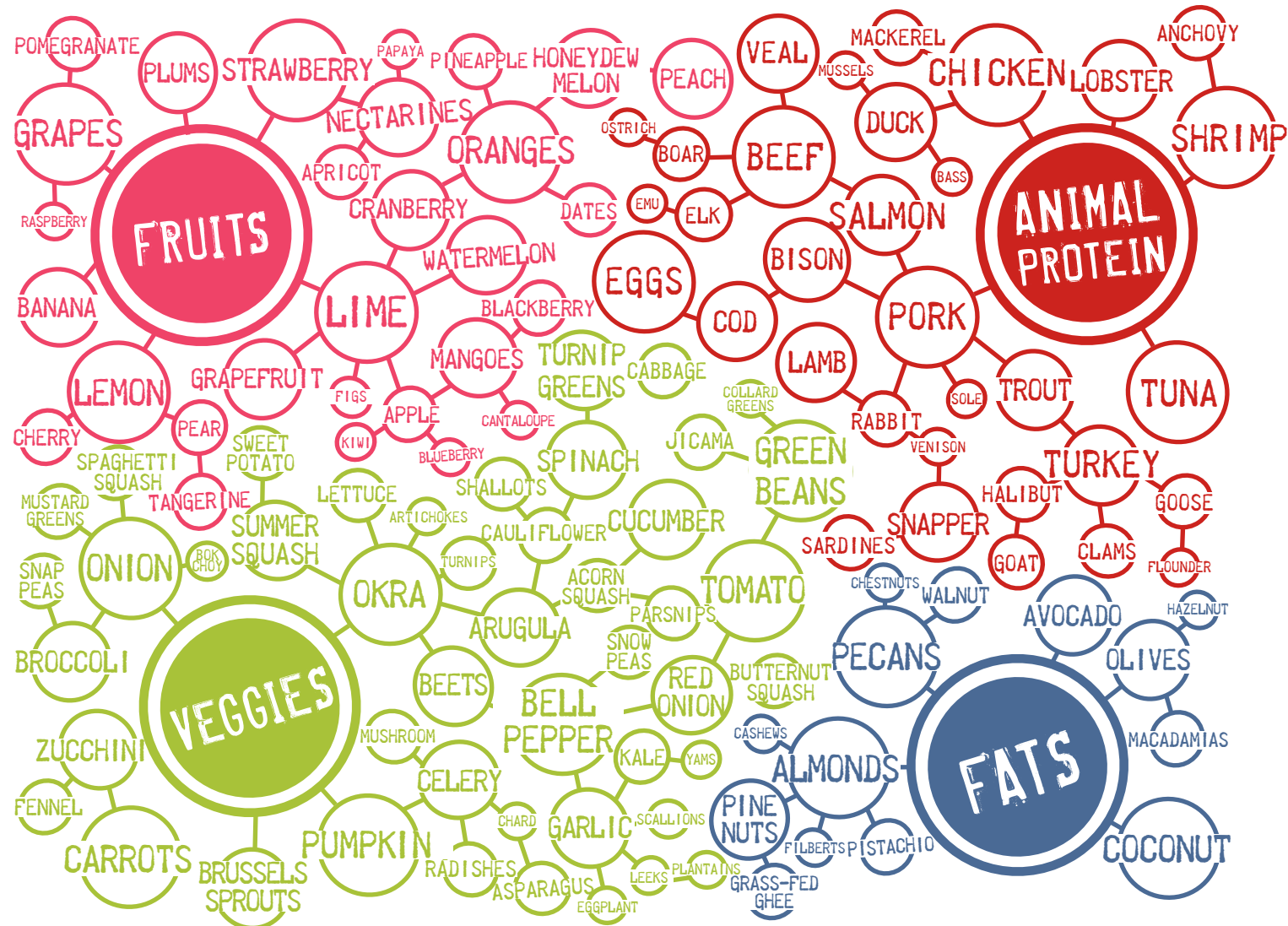
## VEGETABLE OILS

Basic vegetable oil isn't made from vegetables at all! It's off the eating list, along with peanut, canola, sunflower, safflower, soybean, and corn oils. These oils are thugs that beat up on your immune system and promote inflammation.



When I tell people I don't eat grains, sugar, or dairy, they invariably look at me like I've got a jailhouse tattoo of Barry Manilow over my heart. Then they ask The Question: "What do you eat?!"

## ANIMALS AND PLANTS.



Generally speaking, the paleo diet is made up of nutrient-dense foods that began with dirt, rain, and sunshine. They come from the earth, and a person from any time in history would recognize them as food.

It's just real food: animal-based protein, vegetables, fruits, and natural fat sources.

If all you remember about paleo eating is the “Yes” and “No” lists, you’ll have all you need to eat well for the rest of your life. To understand the science behind these nutritional guidelines, I recommend you turn to the experts who educated me.

## WHOLE9

To learn both the theoretical and practical information you need to develop healthy, happy eating habits, my number one recommendation is Melissa and Dallas Hartwig. Begin with their book *It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways* – or you can commit to their life-changing Whole30 program by visiting their web site. Melissa and Dallas consume and digest all the new paleo and nutrition research so that foodies like us can simply learn how to eat. Thanks to their guidance, I can enjoy my food without measuring every meal or recording every bite in a food journal. The Whole9 site is an excellent resource for knowledge and community support. If you've never experienced a full 30 days without a "cheat or treat," I recommend that you participate in a complete Whole30 at least once to see how your body and attitudes respond. [www.whole9life.com](http://www.whole9life.com)



ROBB WOLF

The author of *The Paleo Solution* goes deep into the geeky science with a sense of humor that makes the information easy to understand and relevant to daily life. Wolf's book broadened my understanding of the "why" behind a paleo lifestyle, so it's easier to make the best food choices on a daily basis. His podcast addresses reader questions with charm and solid information.

[www.robbwolf.com](http://www.robbwolf.com)

## MARK SISSON

The author of *The Primal Blueprint* presents the case for more primal living in every aspect of life: nutrition, exercise, sleep, socializing, and sex (!). I like what he has to say about finding time to play. His eating guidelines allow some foods on my “No” list, but he is worth reading for new ideas. His most recent book *The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness*, goes beyond the food to examine the other lifestyle factors that affect our well-being.

[www.marksdailyapple.com](http://www.marksdailyapple.com)

## CHRIS KRESSER

As an acupuncturist and practitioner of integrative medicine, Chris Kresser's perspective is very helpful for anyone who follows the paleo diet to manage serious health issues like hypothyroidism, heart disease, diabetes, and depression. His web site offers a deep archive of information and recommendations that can help you educate yourself for conversations with your own doctor.

[www.chriskresser.com](http://www.chriskresser.com)

*The Resources section (p. 229) includes more details about these mentors, as well as a comprehensive list of the other sources I turn to for inspiration and information.*



I have excellent habits 95 percent of the time. I sleep eight to nine hours per night to recover from and prepare for lifting heavy barbells, occasional sprints, and plenty of yoga and walking. I keep the house stocked with paleo ingredients and cook nutrient-dense meals so my husband Dave and I can eat real food every day.

Then on rare occasions, I indulge. I become a temporary slug and give in to the temptation of corn-based chip products, buttered popcorn, an icy-cold glass of Prosecco, or a shot of Ouzo. I should mention that I have a known whipped cream problem.

These minor transgressions are possible because I make deposits in the good health bank the rest of the time. Every workout, every good night's sleep, every paleo meal is a deposit, so that every once in a while, I can make withdrawals for a food treat.

This way of living started about five years ago when I made the switch to the paleo diet. Before then, I didn't have such excellent habits.

### FROM GRADE SCHOOL TO THE DAY I GRADUATED FROM COLLEGE, I WAS A CHUBBY NERD.

My parents are both exceptionally good cooks – my dad brought his restaurant training home and my mom won almost every cooking contest that she entered. By the time I was about eight, I was wearing Sears “Pretty Plus” jeans, mostly because I really liked food, but also because I really didn't like to sweat. After a broken ankle and vicious playground taunts, I stuck with reading, practicing the piano, and roller-skating to the library. I don't know how many gym classes I missed because I was “sick” or “forgot” my gym clothes. I do know that my P.E. attendance put my otherwise stellar grade point average in jeopardy.

Even though I avoided sports, I secretly admired the athletic kids; they walked taller than the rest of us. When I was in tenth grade, my dad took me to Annapolis to see the Navy band play a concert, and for about three weeks, I was determined to get in shape so that I could apply to the Naval Academy. I abandoned that dream because I was incapable of doing pushups and situps – and I was too embarrassed and overwhelmed to ask for help.

For most of my life, I was haunted by a deep desire to be different than I was. To be thin. To feel confident. To break the cycle of thinking of food – and my behavior – as “good” and “bad.”

I joined Weight Watchers and eventually became a Lifetime Member with a weight loss of more than 50 pounds. I joined a CrossFit gym and learned to love being scared by my workouts. I developed a deep affection for lifting barbells. But despite my successes, it was still my habit to celebrate and to grieve and to stress out and to relax with food. Although I worked out regularly, I didn't feel as strong – inside or out – as I wanted to. I had insomnia, allergies, and stomach aches. My body didn't feel like it belonged to me.

### IN 2008, I LEARNED I HAD A NODULE ON MY THYROID.

The risk of cancer was high, so I had the nodule surgically removed, and the doctor hoped that the remaining half of my thyroid would continue to function. It held on for a few months, but then stopped working. That was a very difficult time. It was



like constantly having a case of the blues. I was sluggish, foggy-headed, and desperately worried about re-gaining all the weight that I'd worked so hard to lose.

Then I found Whole9 and the Whole30.

It was surprisingly easy for me to give up grains, despite my deep affection for toast, but saying goodbye to my standard breakfast of blueberries with milk almost pushed me to the edge. I did not approach the paleo rules with an open heart. But I committed. I followed the eating guidelines. I made it a project to get eight hours of sleep every night. I worked with my doctor to try to find the right doses for my thyroid hormones. I was on track with my nutrition, but my training was all wrong for a girl with no thyroid. The constant physical stress of my sometimes twice-a-day workouts and beat-the-clock CrossFit – without restorative activities like yoga, meditation, and walking to balance it out – took its toll. I was diagnosed with adrenal fatigue.

### SO I STARTED OVER... AGAIN.

My new routine now includes daily meditation, gentle yoga classes, walking, strength training, and occasional sprints and high-intensity workouts of short (but killer) duration. What's never wavered is my commitment to and affection for my paleo diet. I've been through a lot of self-experimentation in the last half decade to get back to optimal health. The solid foundation provided by the paleo diet makes it possible to measure other health and quality-of-life markers and to tinker with them. After five years, I'm more convinced than ever that this is the healthiest way for me to feed my body and mind – and it is sustainable in a way that no other “diet” has ever been.

I spent the first 30 years of my life at war with my body – with my short legs and stocky frame, with junk food cravings and emotional eating. Banishing grains and dairy, in comparison to three decades of negative self-talk and shame, has been easy. And in return for giving up grains, dairy, and sugar, I've gained a partnership with my body that uses good food as fuel.

Now I know when and how often I can indulge in non-paleo foods, and I enjoy those “once in a while” treats like never before. The food tastes a lot better when it's savored and is not followed by a chaser of self-recrimination. I finally know how to truly celebrate on special occasions, while I live healthfully and happily.



*My husband Dave and I have been eating paleo since 2009. It's helped us sleep more soundly. weather some ailments, and recover from life's curveballs with grace. It's also given us the opportunity to eat lots and lots of great food and to meet many wonderful people in the paleo club.*



**THIS ISN'T A DIET BOOK OR A HEALTH BOOK.**

I know the word “paleo” in the title is probably what compelled you to choose this cookbook over others, which means you probably care about your health. Good for you! But my mission isn't to clobber you with the healthfulness of the recipes in this book. My mission is to inspire you with stories and tempt you with recipes that will make you want to smash in your face with joy.

I also want you to be healthy, so all of the recipes are free of gluten, grains, legumes, dairy, added sugars, and alcohol – and I've paid attention to things like Omega-6 and Omega-3 fatty acid ratios. I've worried about the somewhat annoying nutritional details so that you can just eat.

I want you to savor flavorful foods every time you eat, every single day. The majority of these recipes rely on meats, vegetables, fats, and spices to make your taste buds sing. When I've used calorie-dense foods like nuts or dried fruit, they act as condiments rather than primary ingredients.

**JUST EAT.**

There's no nutritional information included with the recipes. If we eat real food, in quantities that are satiating, there's really no need to niggle over how many calories we ate and what percentage of them came from fat or carbohydrates. The recipes, however, don't go overboard, either. Fat is an essential nutrient for health and an important component for flavor, so my recipes include just enough fat to make them work, without being overindulgent. My approach to the paleo framework is to eat protein, fat, and carbohydrates in fairly equal proportions. I'm not high fat, high protein, or low carb; I'm moderate (although I am kind of a veggie-holic). My recipes reflect this balance and don't require over-analysis of macronutrients to keep you healthy.

**WHOLE30 APPROVED.**

Every recipe in this book is Whole30 approved except for the Banana-Pecan Ice Cream (p. 224) and Sweet Potato “Waffle” (p. 116). While the ingredients in those recipes are paleo, the way they come together undermines the spirit of the Whole30. (If you're unfamiliar with the Whole30, see page 10.)

**AUTOIMMUNE PROTOCOL (AIP) COMPLIANCE.**

Some of my recipes are compliant with the Autoimmune Protocol of paleo. In addition, you'll find AIP adaptations of recipes, where possible, on page 231.

**HOW TO USE THIS BOOK.**

If you're new to paleo and aren't familiar with my recipes and style of cooking, you'll probably want to start with The Recipe Pages (p. 19) and the details in The Paleo Kitchen (p. 23). These sections explain how my recipes are put together, as well as ingredients, tools, and techniques that come up a lot.

When you're ready to dig into the recipes, you'll find they're divided by their primary ingredient, rather than meal type.

**QUICK MEALS**

This section is packed with ideas for satisfying paleo foods you can eat without following a detailed recipe, including ways to make basics like burgers, broccoli, and eggs more exciting.

**SAUCES & SEASONINGS**

This section features flavor boosters that transform simple, cooked ingredients, like protein and veggies, into luscious meals. From easy-to-make spice blends to sauces that can be whipped up in just a few minutes, these recipes add pizzazz.

**PROTEIN**

Many of these recipes, like stews and main-dish salads, also include vegetables, but the recipes in this section are primarily protein, which should form the basis of your paleo meals.

**VEGGIES & SALADS**

Savory side dishes can make even something as simple as a grilled chicken breast seem like a feast. The veggie recipes in this section range from simple to unexpected and include paleo basics like cauliflower rice and veggie noodles.

**FRUIT**

You can call them desserts, but why not enjoy these fruit recipes anytime? Snack, appetizer, dessert, side dish – they're welcome at any paleo meal.

**THE CLOTHES MAKE THE GIRL**

*Some of the recipes in **Well Fed 2** debuted on my blog *The Clothes Make The Girl*. I started my blog in 2008 to write about my triumphs and failures in the gym, in the kitchen, and in life. In addition to recipes for new dishes I'm working into our menus at home, you'll find stories about the wacky things I do in kundalini yoga, photos of my ridiculously cute cat Smudge, bragging about how much weight I put on the barbell at the gym, and, potentially, whining about how my workout didn't go as planned. I also write occasionally about other things that inspire me like books, music, art, and other bloggers.*

*I've made a special page on my blog with goodies to supplement the recipes in this book, including how-to videos, menu suggestions, photos, links to my favorite blog posts, and other tasty stuff that I think you'll find helpful.*

**VISIT [WWW.THECLOTHESMAKETHEGIRL.COM/WELLFED2](http://WWW.THECLOTHESMAKETHEGIRL.COM/WELLFED2)**

*Some of my favorite and most popular posts include:*

**NOTHING MATTERS. EVERYTHING MATTERS.**

*An essay on what I've learned on my travels.*

**THE EGG FOO YONG STORY**

*The surprising history of this American-Chinese dish.*

**BEING COMFORTABLE WITH BEING UNCOMFORTABLE**

*Kind of about front squats but really about life.*

**ZOMBIE ATTACK PREPAREDNESS (ZAP) WORKOUT**

*A fun workout to prepare you for the zombie apocalypse.*

**WHY I LIFT HEAVY THINGS**

*A love note to strength training and its positive impact on my life.*

**YOU NEVER KNOW IF TODAY IS THE DAY**

*The true story of the day I learned to do a handstand.*

**WALKING YOUR PATH**

*A reminder that sometimes we just need to follow our feet.*

**KUNDALINI CONTINUES TO BE WEIRD**

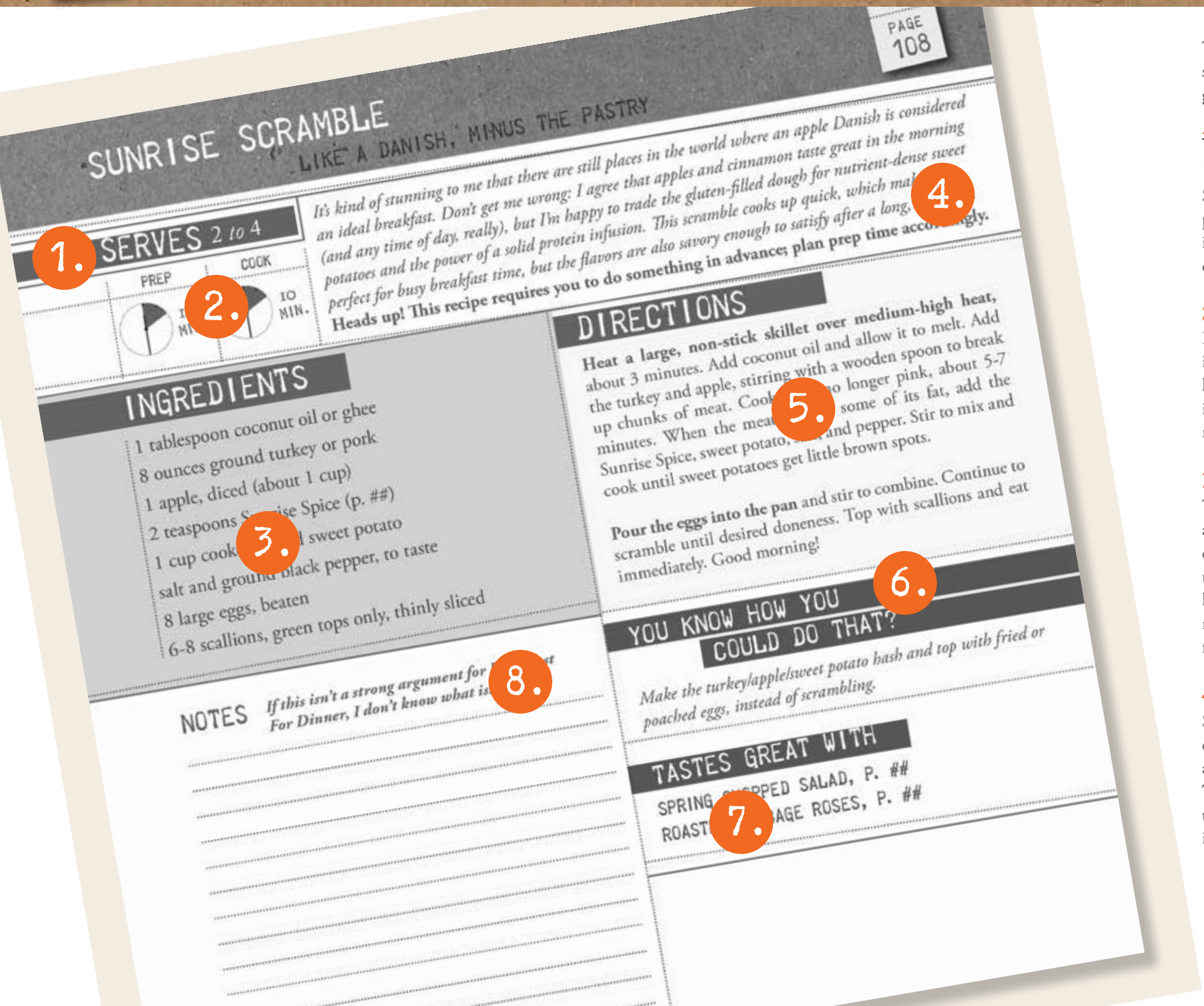
*A silly recap of my adventures in yoga.*

**WELL FED: PALEO RECIPES  
FOR PEOPLE WHO LOVE TO EAT**

*My first cookbook is packed with Whole30-approved recipes for dishes that you can eat every day, along with easy tips to make sure it takes as little time as possible to get you from “What the \*\$&^@ am I going to eat?” to stuffing healthy, irresistible food into your well-deserving mouth. In addition to 100+ paleo recipes, it includes detailed instructions for a Weekly Cookup and Hot Plates that show you how you can spend a few hours cooking on the weekend, then get dinner on the table in under 20 minutes during the week. You can download a free, 30-page preview of **Well Fed** at [www.theclothesmakethegirl.com/wellfed2](http://www.theclothesmakethegirl.com/wellfed2).*







The recipe pages are packed with lots of details and descriptions so it feels like we're in your kitchen, cooking together – probably gossiping about somebody and drinking a Mediteranean Fizz (p. 14).

It's always a good idea to read through the entire recipe before you start cooking, and although I might seem bossy in my instructions, I encourage you to experiment and make these recipes your own.

### 1. SERVES / MAKES

Serving sizes are based on an estimate of about 4-6 ounces of protein per person and/or 1 cup of vegetables per person. Keep this in mind if you're cooking for a giant, muscle-bound man or wee ones and adjust your quantity accordingly.

### 2. PREP / COOK TIME

Prep time is based on how long it takes me to prepare the ingredients, with a little padding added because I'm fast in the kitchen. Cooking time is an estimation of total time that heat is involved. Note that prep and cook time do not include the time necessary to make recipes within recipes; see #4 below.

### 3. INGREDIENTS

The ingredients are listed in the order they're used in the recipe and include as many details as possible to make sure you know exactly what you need. When substitutions can be made, they're usually listed at the end of the recipe. Keep an eye out for listings like "1 tablespoon plus 1 tablespoon coconut oil." This means you need 2 tablespoons of coconut oil, but you'll need them separate from each other, to use at different times in the cooking process.

### 4. RECIPE WITHIN RECIPE

Some of my recipes require you to make another recipe in advance, especially where spice blends or condiments like ketchup and mayo are in the ingredients list. Look for the note that says, "Heads up! This recipe requires you to do something in advance; plan prep time accordingly." Note that the prep time for the recipes does not include the time needed to prepare those ingredients.

### 5. DIRECTIONS

I've cooked all of the recipes in this book at least a half dozen times, so the directions I recommend are based on plenty of trial and error. Where I used tricks my dad taught me, I erred on the side of over explanation so you can learn from my dad, too.

### 6. YOU KNOW HOW YOU COULD DO THAT?

This is a game I play with my family. We eat a chef's restaurant creation or read a recipe, mull it over for a moment, then say, "You know how you could do that?" and come up with variations. Now you can play, too!

### 7. TASTY IDEAS / TASTES GREAT WITH

"Tasty Ideas" is found in the "Sauces & Seasonings" section. It tells you how to use the sauce or spice blend in your cooking. "Tastes Great With" lists other recipes in the book that turn a single dish into a complete meal.

### 8. CALLOUTS

These are usually fun facts and tips that aren't essential to the recipe but make kitchen time more fun and allow you to drop some boss trivia on your dining companions.





# QUICK MEALS



Oh, the bunless burger! It's the safe refuge of the paleo eater in a non-paleo world. From low-rent burger joints to high-end restaurants, you can almost always find a variation of meat-and-veg in the shape of a burger without a bun.

A humble meat patty can save you from a meal-related meltdown at home, too. (And all of these ideas taste pretty darned great on a grilled boneless, skinless chicken breast, too.)

As you can see in the Burgers, Balls & Bangers section (p. 87), there are all kinds of ways to flavor the meat itself to make the burgers special, but this list isn't about that. This list is about the simplest, fastest, easiest way to make a plain burger taste good: piling interesting stuff on top of it.

For all of these ideas, you can either load up the rest of the plate with cooked veggies (steam-sauté (p. 166) them then toss with crushed garlic, crushed red pepper flakes, salt, pepper, and olive oil) or piles of fresh, raw veggies for what we always called, "sporty supper" when I was a kid. Done and delicious!

### 1. ALL-AMERICAN

This one is a "no duh" but it must be included because it's the classic. Pile the following on top of the burger: a thick slice of red onion, a slab of organic tomato, a bunch of your favorite pickles, and a healthy dollop of Awesome Sauce or Russian Dressing (p. 54). If you're a bacon person – and who isn't? – add a slice and revel in the smokiness.

### 2. PESTO

I love classic basil pesto, but you can experiment with other herbs, too: parsley, mint, and oregano are all fun. Or go big! Spinach, kale, and collards all mellow in a lovely way when whirled with olive oil, nuts, and garlic. Just purée the following in a food processor or blender: 2 cups of herb leaves, a clove of garlic, 1/4 cup extra-virgin olive oil, 1/4 cup walnuts, and a few shakes of salt and pepper. Spread on a hot burger and be transported.



### 3. AN EGG

Eggs rule. Put a fried egg on top of a burger and both are transformed from their ho-hum natural state to humdinger! Then turn the yum up to the nth power and top the egg with ideas from Stuff To Put On Eggs (p. 47).

### 4. GO-TO VINAIGRETTE (P. 66)

The sweet, tangy taste of this dressing adds panache to the burger, but you can also play around with your own take on vinaigrette. This simple equation is all you need: extra-virgin olive oil + acid + herbs = lip-licking flavor. Whisk a few tablespoons of citrus juice or vinegar with an equal amount of olive oil, then add crushed, dried herbs or minced, fresh herbs, salt, and pepper. If you want to put in another minute of work, you can add a crushed garlic clove. Good combos include: lemon + oregano, orange + rosemary, lime + cilantro, vinegar + parsley.

### 5. VEGETABLE RELISH

You cannot go wrong here. Pick out some raw veggies you like – cucumbers, zucchini, carrots, tomatoes, radishes, scallions, bell peppers – and dice them very fine. Throw them in a bowl with a little acid (citrus juice or vinegar), extra-virgin olive oil, salt, and pepper. Let sit for ten minutes, then pile on top of the burger. Bonus points if you add a small dollop of Olive Oil Mayo (p. 53) on top of that.

### 6. SEASONED FATS

Even a small amount of fat is a major flavor booster. Top your burger with a little seasoned fat and you will be so happy. (By "a little," I really mean a little. Even just 1/2 teaspoon makes all the difference.) Try Better Butter (p. 60), coconut oil, or extra-virgin olive oil – plain or mixed with a favorite spice or blend like Lebanese Seven-Spice Blend (p. 84) or Jerk Seasoning (p. 82). Sesame oil is particularly nice with a crushed garlic clove and instantly makes any meat burger (pork, turkey, beef, chicken) taste Asian. And don't forget all the Mayo Variations (p. 54).

### 7. FRUIT SALSA

Summer is a great time to mix the sweetness of fresh fruit with some savory goodness; berries, cherries, and stone fruits are all good choices. (In colder months, use defrosted frozen fruit.) You can eat fruit salsa hot or cold. Just mince the fruit, toss with a little lemon juice or vinegar (wine, pomegranate, raspberry, and cider are all nice), and a pinch each of ginger and salt. Let flavors meld at room temp or cook for 3-5 minutes over medium-high heat, then spoon onto a hot burger.

### 8. GRAVY

Bet you thought paleo meant no gravy! Think again. Mix 1 teaspoon arrowroot powder with a little cool water until smooth. Heat 1 cup of beef broth in a saucepan over medium-high heat until boiling. Drizzle in the arrowroot and whisk until smooth. Season with salt, pepper, and 1/2 teaspoon dried thyme. Simmer until thickened to a consistency you like and drizzle over your burger. Make it a diner dinner with Mashed Cauliflower (p. 167) on the side.

### 9. QUICK WARM ASIAN SLAW

Julienne these veggies: cabbage, red bell pepper, zucchini, carrots, and scallions. Quickly stir-fry in coconut oil until tender, then toss with a dash of coconut aminos, a pinch of ginger, and a crushed garlic clove. Pile on the burger. Earn bonus points if you serve the slaw-topped burger on a bed of Basic Cauliflower Rice (p. 167).

### 10. THAI CURRY SAUCE

Stir-fry a tablespoon of green or red curry paste in a teaspoon of coconut oil over medium-high heat for 30 seconds. Add 1/2 cup coconut milk, bring to a boil, and simmer 5 minutes. Drizzle over burger and top with minced cilantro.

### TURN IT UP TO 11: MORE PROTEIN

I once ate a "sushi" burger in Venice Beach, California, that just about blew my mind. Top a hot burger with shredded lettuce, avocado slices, and a salad made of shredded crab, scallions, celery, and parsley tossed with Wasabi Mayo (p. 54).

## BEYOND BEEF

*If you're American, a "burger" usually means 100% beef, but ground lamb, pork, and poultry are also worth grilling. Here are some guidelines to help you choose meat for your burgers; see the Resources section (p. 227) for shopping recommendations.*

**BEEF:** *Your best bet is grass-fed beef, preferably organic.*

**PORK:** *Look for pastured pork or wild boar to avoid the hazards of the omega-6 fatty acids found in factory-farmed pork.*

**LAMB:** *Pastured lamb is the healthiest choice.*

**POULTRY:** *Look for organic, pastured chicken and turkey that's also free of antibiotics.*

**GAME MEATS:** *Look for pastured, organic, antibiotic-free elk, bison, rabbit, and more.*

*If your budget doesn't allow you to buy grass-fed, do not despair! Choose leaner cuts of conventionally-grown protein, then remove excess fat before cooking and drain excess fat after cooking.*





# SAUCES

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## & SEASONINGS



## A glass bottle of olive oil, partially filled with a golden liquid, sits on a wooden surface. The bottle is surrounded by fresh vegetables: a green bell pepper to the left, a red onion to the right, and a head of purple cabbage in the background. A small green olive lies on the wooden surface near the bottle's base.

*Every cook needs a signature salad dressing, and I encourage you to make this one yours. It combines elements of a sweet French dressing and a standard oil-and-vinegar to become its own thing. It's a little tangy, with the light taste of chives and the sweetness of homemade ketchup to balance the slight acidity of the lemon.*

PAGE  
066



COOK

10 MIN.

N/A

**Heads up! This recipe requires you to do something in advance; plan prep time accordingly.**

- 1 shallot, finely minced
- 1/3 cup lemon juice
- 2 tablespoons Kickass Ketchup (p. 64)
- 2 tablespoons water
- 1 teaspoon salt
- 2 tablespoons dried (or fresh) chives
- 1/2 teaspoon dry mustard
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon paprika
- 1/4 teaspoon hot sauce
- 2/3 cup extra-virgin olive oil

**In a medium bowl, whisk all ingredients** except olive oil.

**While whisking continuously,** drizzle the olive oil into the bowl in a slow, steady stream until combined.

**Allow the flavors to meld about 10 minutes** before eating.  
Store covered in the refrigerator for up to a week.

*Adding 1-2 tablespoons of poppy seeds is not a bad idea.*

**DRIZZLE WITH ABANDON!** *Salads, steamed veggies, or cooked meats – it's your go-to, your wing-man, your bestie in the kitchen.*






# MERGUEZ SAUSAGE SEASONING

WEARING A FEZ IS OPTIONAL

MAKES 1/3 cup

| PREP   | COOK |
|--|------|
|  5 MIN. | N/A  |

Merguez is a spicy lamb sausage popular in North Africa. During their colonial rule of Morocco, the French appropriated the spicy links, and they're now considered part of France's national cuisine. Merguez sausages can be purchased from street vendors and specialty markets from Paris, France to Fes, Morocco. They're fragrant with paprika, cumin, coriander, and fennel. This blend is less fiery than the harissa-spiced original, but it's guaranteed to transport you to the cobbled, winding alleys of an old city. Use it as a rub for meats or sausage-on-demand by mixing into ground meat.

## INGREDIENTS

- 2 tablespoons paprika
- 1 tablespoon ground fennel seeds
- 1 tablespoon ground cumin
- 1 tablespoon salt
- 1/2 tablespoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground black pepper

## DIRECTIONS

Measure all of the spices into a medium bowl and mix with a fork until combined.

Transfer the spice blend to an airtight container and bust it out whenever you need to be whisked away to a Moroccan marketplace.

## YOU KNOW HOW YOU COULD DO THAT?

Want it fiery like the hot, desert winds known as sirocco?  
Add an additional 1/4 teaspoon cayenne.

## TASTY IDEAS

- MERGUEZ BURGERS/BALLS/BANGERS, P. 90
- PORK RIBS, P. 128
- PORK ROAST, P. 132
- DECONSTRUCTED GYRO, P. 126

NOTES With a population of one million, Fes is the second largest city in Morocco and is known as the "Athens of Africa."





**PROTEIN**





- TASTES GREAT WITH
- ZUCCHINI NOODLES, P. 168

ROASTED SPAGHETTI SQUASH, P. 168

MASHED CAULIFLOWER, P. 167

PIZZA VEGGIES, P. 194




CRISP-SWEET COLLARDS, P. 198

SIMPLE LEMON SPINACH, P. 170

# OLD SCHOOL ITALIAN MEAT SAUCE

SUNDAY GRAVY, PALEO STYLE

SERVES 8 to 12

| PREP  | COOK  | SIMMER  |
|---|---|---|
|  |  |  |
| 10 MIN.   | 40 MIN.   | 2 1/2 HRS.  |

*In the Italian households I knew growing up, Saturday was sauce and meatball day: You made the sauce in the afternoon so it could simmer all evening. Meanwhile, on Saturday night, you fried up meatballs and put them on the back porch to cool until they were dropped into the sauce on Sunday morning. In addition to quality tomatoes, garlic, and extra-virgin olive oil, a respectable “Sunday Gravy” also included a hefty dose of red wine (both in the sauce and in the cook). But for our good health and happiness, we’re replacing pasta with veggie nooodles and wine with balsamic vinegar.*

## INGREDIENTS

### MEAT:

- 1 teaspoon coconut oil
- 1 1/2 pounds pork chops (bone in or boneless)
- salt and ground black pepper
- 1 pound Italian sausage (chicken, turkey, or pork)

### SAUCE:

- 2 medium onions, diced (about 2 cups)
- 1/2 tablespoon dried oregano
- 3 tablespoons tomato paste
- 1 tablespoon unsweetened cocoa powder
- 6 cloves garlic, minced (about 2 tablespoons)
- 1/4 cup balsamic vinegar
- 2/3 cup beef broth
- 2 (28 ounce) cans crushed tomatoes
- 1/4 cup fresh basil leaves, slivered

### MEATBALLS:

- 2 tablespoons warm water
- 1/4 teaspoon baking soda
- 1/2 teaspoon cream of tartar
- 1/2 pound ground beef
- 1/2 pound ground pork or turkey
- 2 cloves garlic, minced (about 2 teaspoons)
- 1 tablespoon tomato paste
- 1 tablespoon balsamic vinegar
- 1/2 cup fresh parsley leaves, minced (about 2 tablespoons)
- 1 teaspoon salt
- 1/2 teaspoon Italian herb blend
- 1/4 teaspoon crushed red pepper flakes

## DIRECTIONS

**Brown the meats.** Heat coconut oil in a large, deep pot. Sprinkle the pork chops with salt and pepper, then brown them on both sides, about 10 minutes. Remove the chops from the pot and place in a bowl to catch the juices. Brown the whole sausage links in the same pot, about 10 minutes, and place in the bowl with the pork chops.

**Make the sauce.** You’re going to make the sauce in the same pot, so add a little coconut oil if there’s no fat left in the pan. Cook the onions with the oregano until they’re very soft, about 7-10 minutes. Add the tomato paste and cocoa. Sauté until beginning to brown, about 3 minutes. Add the garlic and cook until fragrant, about 30 seconds.

**Add the balsamic vinegar and stir,** about 1 minute. Add the broth and crushed tomatoes; stir to combine. Nestle the pork chops and sausage into the sauce. Bring to a robust bubble, then cover and simmer, 2 hours. Meanwhile...

**Prep the meatballs.** Preheat the oven to 400F and cover a large baking sheet with parchment paper or foil. In a small bowl, mix the water, baking soda and cream of tartar with a fork until combined. Crumble the beef and pork into a large bowl, then add the garlic, tomato paste, vinegar, parsley, salt, Italian herb blend, red pepper flakes, and water/baking soda. Mix well with your hands (or if you want it very smooth, with a food processor or mixer) until combined.

**Cook the meatballs.** Measure 1 tablespoon of the meat and roll into a ball. Line up the meatballs on the baking sheet, then bake 20 minutes, until browned.

**The final steps.** When the sauce has reached its 2-hour simmer deadline, add the meatballs to the sauce and simmer an additional 15 minutes, uncovered. Remove the sauce from the heat and toss in the fresh basil, then taste and add salt and pepper, if necessary.

**If you used bone-in pork chops,** the meat could fall right off the bones; you might need to liberate them from the sauce (lest you choke a dining companion). Ladle the sauce over a pile of Zucchini Noodles or Roasted Spaghetti Squash (p. 168) and top with a little of each kind of meat. Mange!





# DECONSTRUCTED GYRO

OPA! OPA! OPA!

PAGE  
126

SERVES 6 to 8

PREP



5 MIN.

COOK



2 HRS.

ALERT



15 MIN.

*This recipe requires very little effort but the cooking technique creates lovely caramelized bits, and caramelized bits are one of the best things on the planet. Plus it uses cumin. What else could you possibly need? How about mint to add the right bite and lemon juice to slyly tenderize the meat while you go about your business? This deconstructed salad delivers all the flavor of a gyro by keeping just the good stuff: fresh veggies, succulent lamb, creamy dressing, while dumping the dairy and gluten. Heads up! This recipe requires you to do something in advance; plan prep time accordingly.*

## INGREDIENTS

### LAMB:

1 tablespoon dried mint leaves  
1/2 tablespoon dried oregano leaves  
1 tablespoon ground cumin  
1 teaspoon Aleppo pepper or crushed red pepper flakes  
1/2 tablespoon coarse (granulated) garlic powder  
1 teaspoon salt  
1 teaspoon ground black pepper  
2 pounds lamb stew meat (Shoulder is nice!)  
1/3 cup lemon juice  
water

### SALAD:

shredded lettuce: romaine, leaf, and iceberg are all good!  
diced tomatoes, red onion, and cucumber  
fresh parsley or mint (or both!), coarsely chopped  
black olives

### DRESSING:

Gyro/Kebab Sauce (p. 54)

## DIRECTIONS

**In a small bowl**, rub the mint and oregano leaves between your palms to crush them. Add the cumin, Aleppo pepper, garlic powder, salt, and black pepper; mix with a fork until blended. Add the spice blend to a large plastic storage bag, add the lamb cubes, zip it closed, and shake with conviction until all the lamb pieces are coated with the spices. Place the lamb in a large, deep pot. Pour the lemon juice into the bottom of the pot, then add water to just cover the meat.

**Place the pot on high heat** and bring the water to a rip-roaring boil. When it's rolling, reduce the heat to keep a steady, strong simmer with the pan uncovered. The liquid should bubble a fair amount, but should not be a vigorous boil. While it's cooking, it will probably look like gray soup straight out of Dickens. Keep heart! As the water evaporates, the acid in the lemon juice tenderizes and flavors the meat.

**At about the 2-hour mark**, check the pot. The water should be much lower and maybe even almost gone. Allow all the water to cook out of the pot and watch as the meat fries and caramelizes in the fat and fruit juice.

**Carefully turn the hunks of meat** to brown all sides, then remove the hunks to a plate and let them rest for 5 minutes before eating. Arrange the salad on the plate, add the lamb, drizzle with the Gyro/Kebab Sauce, and sprinkle with minced, fresh herbs.

## TASTES GREAT WITH

CITRUS CAULIFLOWER RICE, P. 188  
STUFFED GRAPE LEAVES, P. 148  
TABBOULEH, P. 172

## YOU KNOW HOW YOU COULD DO THAT?

*Serve the lamb with Herb Salad (p. 196); try Tahini Dressing (p. 74) or Almost Amba (p. 58) instead of Gyro/Kebab Sauce.*

**HEAD TO MOROCCO!** Replace mint, oregano, and cumin with 1 tablespoon Merguez Sausage Seasoning (p. 80).



# VEGGIES

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## & SALADS










# BALSAMIC-GRILLED BUTTERNUT

WHO KNEW A HUMBLE PUMPKIN COULD BE SO ALLURING?!

SERVES 2 to 4

| PREP  | MARINATE  | COOK  |
|---|---|---|
|  10 MIN. |  1 HR. |  25 MIN. |

For the longest time, butternut squash made me go “Meh [shrug]” until my pal Stacey told me she likes to cook hers on the grill. Hmmm... sweet butternut squash + intense heat = caramelization... and caramelization is just about the best thing that can happen to food. Marinating the butternut starts the tenderizing process and the focused heat of the grill finishes it, sealing in the citrusy, garlic flavors. This tastes great straight off the grill and leftovers can be reheated in a skillet alone, or chopped and mixed into other can't-wait-to-eat-it things.

## INGREDIENTS

- 1 butternut squash (about 3 pounds)
- 1 tablespoon coconut oil, melted
- 2 tablespoons balsamic vinegar
- 1 teaspoon dried thyme
- 3 cloves garlic, minced (about 1 tablespoon)
- zest from 1/2 orange (about 2 teaspoons)
- salt and ground black pepper, to taste

## DIRECTIONS

**Cut squash in half crosswise, then in half lengthwise.** Cut into slices, about 1/4 inch thick. Mix with melted coconut oil, vinegar, thyme, garlic, and zest. Marinate 1 hour at room temperature.

**Remove squash from marinade and save marinade.** Preheat grill on high until hot, about 10 minutes. Place squash on the grill, close lid, and grill 5 minutes per side to brown. Reduce heat to medium high and continue to grill until tender, about 5-10 minutes. (You'll need to check it periodically to see when it's reached your desired level of bite.) Toss the cooked squash in the reserved marinade and season with salt and pepper. Let it rest 10 minutes then dig in.

**NOTES** Butternut squash is a solid source of manganese, magnesium, and potassium, as well as vitamins C, A, and E. Style and substance!

## YOU KNOW HOW YOU COULD DO THAT?

- Replace thyme with rosemary
- Replace orange zest with lemon zest

## TASTES GREAT WITH

- PERFECT STEAK, P. 134
- ITALIAN PORK ROAST, P. 132
- OVEN-FRIED SALMON CAKES, P. 138





# BELLY DANCE BEET SALAD

MAKES YOU WIGGLY, IN A GOOD WAY

PAGE  
186

## SERVES 4

PREP



COOK



*The Western form of belly dancing – with gauzy costumes and jangling jewelry – is based on the Ghawazi dancers of Egypt. The Arabic word “ghawazi” means “conqueror,” a reference to the way the dancer conquered the heart of her audience. It makes me wonder: If the way to a man’s heart is through the stomach, doesn’t Belly Dance Beet Salad double our heart-winning powers? This salad is exotic, but not fussy or too challenging. The flavors make sense but are also magically unexpected. I like to eat it at room temperature, but you can dance with it the way you like.*

## INGREDIENTS

- 2 bunches beets (about 2 pounds)
- 1 tablespoon coconut oil, melted
- 1/3 cup shelled pistachios
- juice of 1/2 large orange (about 2 tablespoons)
- 1 tablespoon red wine vinegar
- 1/8 teaspoon ground cumin
- 1/8 teaspoon ground coriander
- 1/8 teaspoon ground cinnamon
- 1 clove garlic, minced (about 1 teaspoon)
- 1/8 teaspoon salt
- a few shakes of ground black pepper
- 1 tablespoon extra-virgin olive oil
- 3 scallions, white and green, thinly sliced (about 1/2 cup)

## YOU KNOW HOW YOU COULD DO THAT?

**SHORTCUT!** Use 2 (14.5 oz.) cans of beets if instead of fresh and toast the pistachios in a skillet over medium-high heat for 2-3 minutes.

## TASTES GREAT WITH

- STUFFED GRAPE LEAVES, P. 148
- SEMI SABICH, P. 136
- PAN-FRIED SARDINES, P. 158
- SCHEHERAZADE OMELET, P. 154
- CASABLANCA CARROTS, P. 176

## DIRECTIONS

**Preheat the oven to 375F.** Cover two large baking sheets with parchment paper.

**Wash the beets, and cut off the stem and root ends** – no need to peel them! Cut the beets in half and toss with melted coconut oil. Roast for about 45-60 minutes, until tender.

**To toast the pistachios,** spread them in a single layer on the other baking sheet and add to the oven during the last 7-10 minutes of roasting the beets. Allow them to cool, then coarsely chop them.

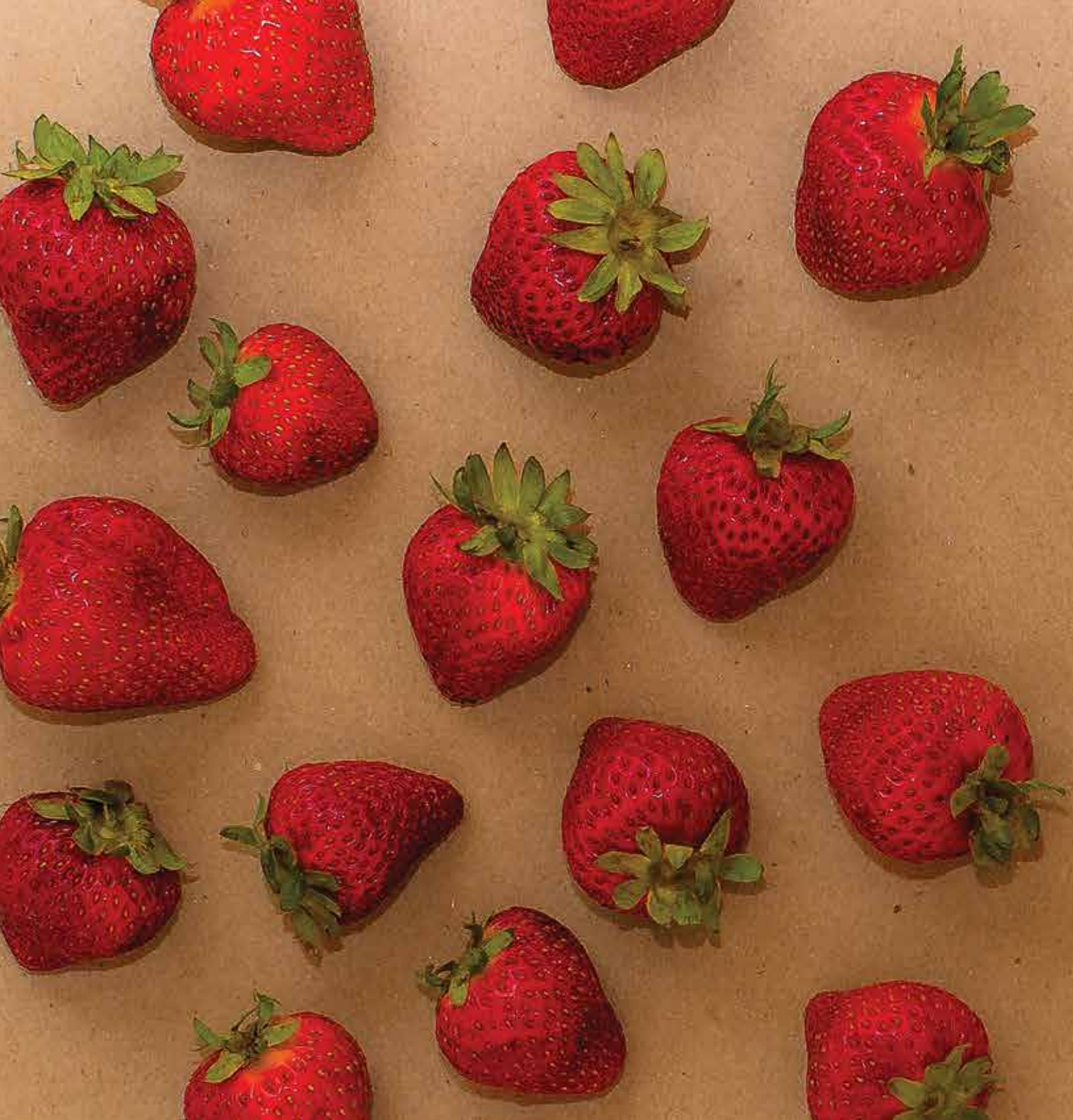
**While the beets and pistachios are roasting,** whisk the orange juice, vinegar, cumin, coriander, cinnamon, garlic, salt, and pepper in a small bowl. Whisking continuously, drizzle in the olive oil and set the dressing aside.

**When the beets are done,** allow them to cool enough to handle and cut into 1/2-inch cubes. (**PRO TIP:** Use the parchment paper from the baking sheet on top of your cutting board for easier cleanup.)

**Place the beets in a large bowl** and toss with the dressing. Add the scallions and pistachios and toss well with two wooden spoons. Allow to cool to room temperature before eating. Taste and add more salt and pepper, if necessary.

**EAT YOUR BEET GREENS!** Wash thoroughly to remove grit, then chop and throw in a pan with a little water and steam ’til tender. Toss with Better Butter (p. 60), salt, pepper, and a clove of crushed garlic. Eat under the room temp beet salad!





# FRUITS

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# PEAR AND BACON BITES

A STUDY IN CONTRASTS

PAGE  
220

SERVES 2 to 4

PREP



5 MIN.

COOK



5 MIN.

*This recipe might sound crazy, if by “crazy,” you mean “crazy-good.” There’s alchemy in the play of contrasts: sweet and salty, cool and hot, crisp and chewy. Each little tidbit is a burst of flavor on your tongue. Whether you’re throwing a party or celebrating a random Thursday night, these are super quick to make and guaranteed crowd pleasers. Now who’s crazy?!*

## INGREDIENTS

4 slices sugar-free, nitrate-free bacon  
2 just-ripe pears  
paprika  
ground cinnamon  
salt

*Find Whole30-friendly  
bacon at US Wellness Meats.*

**NOTES** *In the Odyssey, Homer called pears a “gift from the Gods.”*

## DIRECTIONS

**Preheat oven to 375F.** Cover a large, rimmed baking sheet with aluminum foil.

**Cut bacon strips into 1-inch pieces** and place on the baking sheet. Bake for 15 minutes, or until just crisp. Using a slotted spoon, transfer the bacon to a plate lined with paper towels to drain excess fat.

**Cut each pear into 1/2-inch slices**, then into 1-inch pieces. Lay them out on a cutting board and sprinkle VERY lightly with paprika, cinnamon, and salt. So pretty!

**Top each piece of pear** with a square of bacon and spear with a toothpick. Pop into your mouth. Enjoy.

## YOU KNOW HOW YOU COULD DO THAT?

**SKIP THE BACON.** *Pears spiced with paprika, cinnamon, and salt are a great anytime treat.*

*Replace the cinnamon with cardamom – or swap apples for the pears.*





# RESOURCES

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I like what I like, and once I've found something I love, I don't usually experiment too much. That's why this is not a lengthy, comprehensive list of all the paleo resources out there. Instead, it's my personal list of bests; I use all of these myself, and I think they're top notch. You'll also find all of these links at [www.theclothesmakethegirl.com/wellfed2](http://www.theclothesmakethegirl.com/wellfed2).

## THE CLOTHES MAKE THE GIRL

**[www.theclothesmakethegirl.com](http://www.theclothesmakethegirl.com)**

I update my site at least several times every week with daring tales of my workouts, kitchen adventures (and disasters), useful bits of information to help you find motivation and inspiration in all areas of your life, and sometimes really good pictures of my cat, Smudge.

## SHOPPING MY AMAZON STORE

**[www.theclothesmakethegirl.com/store](http://www.theclothesmakethegirl.com/store)**

I'm a big fan of Amazon, because they have so many of the things I love. This store is my curated collection of "Good Stuff You Can Buy From Amazon," including essential kitchen tools that I use every day, the paleo books I read, "take me away" fiction, and other things that catch my fancy.

## SPICES

These are my trusted suppliers for the spicy substances that turn ingredients into meals. Both are owned by real people, not giant corporations, and have offline stores as well as online sales.

### PENZEYS SPICES – MY FAVORITE!

**[www.penzeys.com](http://www.penzeys.com)**

### SAVORY SPICE SHOP

**[www.savoryspiceshop.com](http://www.savoryspiceshop.com)**

## GRASS-FED/PASTURED MEAT

All of these sites offer delicious, nutrition-packed meat, a wide variety of other healthy products, and reasonable prices (with deals for ordering in larger quantities). They are all staffed by real people, who seem to genuinely care about their products and the people who eat them. They are also wildly supportive and active in the paleo community.

### LAVA LAKE LAMB

**[www.lavalakelamb.com](http://www.lavalakelamb.com)**

The tastiest, sweetest pastured, grass-fed lamb and grass-fed beef. Top-notch environmental practices. Lively blog with plenty of paleo-friendly recipes.

### ROCKY MOUNTAIN ORGANIC MEATS

**[www.rockymtncuts.com](http://www.rockymtncuts.com)**

Extremely flavorful organic, grass-fed beef. The best ground beef I've ever eaten.

### TENDERGRASS FARMS

**[www.grassfedbeef.org](http://www.grassfedbeef.org)**

Tasty grass-fed beef and pastured chicken, pork, and turkey. A marketplace for local farmers to sell their wares online. Very friendly people behind the company and excellent customer service.

### TX BAR ORGANICS

**[www.txbarorganics.com](http://www.txbarorganics.com)**

Organic, grass-fed, grass-finished Black Angus beef. Family-owned ranch in northern California. Excellent specials.

### U.S. WELLNESS MEATS

**[www.grasslandbeef.com](http://www.grasslandbeef.com)**

Wide variety of products like grass-fed dairy, wild-caught seafood, snacks, and pet food, in addition to grass-fed beef, lamb, poultry, bison, pork, and rabbit. Plus, Whole30-approved bacon!

## PALEO NUTRITION & LIFESTYLE

You'll find everything you need to develop healthy, happy eating habits at the Whole9 site. But if and when you're ready to learn more about different approaches to paleo eating, sink your teeth into these sites.

### WHOLE9

**[www.whole9life.com](http://www.whole9life.com)**

Authors of the *New York Times* bestseller *It Starts With Food*. Don't miss the incredibly active and helpful online forum (free!), their well-written and inspirational blog, and the Whole30 Daily email subscription service that provides support during your Whole30.

### ROBB WOLF

**[www.robbwolf.com](http://www.robbwolf.com)**

Author of *The Paleo Solution*. Active blog with guest posts from experts in the field. Plenty of reports on the latest research.

### MARK SISSON

**[www.marksdailyapple.com](http://www.marksdailyapple.com)**

Author of *The Primal Blueprint* and *The Primal Connection*. New blog posts every day with in-depth investigations into the lifestyle factors that go beyond the food we eat. Very active forum.

### PALEO DIGEST

**[www.paleodigest.com](http://www.paleodigest.com)**

This site aggregates posts from a wide variety of paleo and primal blogs.

### CHRIS KRESSER

**[www.chriskresser.com](http://www.chriskresser.com)**

Licensed acupuncturist and practitioner of integrative medicine. Expert advice for special challenges, including hypothyroidism, heart disease, obesity and diabetes, heartburn, depression, and skin health.

### PALEO MOM

**[www.thepaleomom.com](http://www.thepaleomom.com)**

Author of the *The Paleo Approach: Reverse Autoimmune Disease, Heal Your Body*. Medical researcher with a Ph.D. who lost 120 pounds with low-carb and paleo diets. Excellent resource for information about the autoimmune protocol (AIP) of paleo and how to deal with autoimmune health issues.

### AUTOIMMUNE PALEO

**[www.autoimmune-paleo.com](http://www.autoimmune-paleo.com)**

Author of *The Autoimmune Paleo Cookbook*. Personal chef and Nutritional Therapy Practitioner who manages both Celiac and Hashimotos disease with real food and the autoimmune protocol. Another solid resource for AIP-friendly recipes and tips for managing autoimmune conditions.





### MELISSA JOULWAN

**Well Fed Author**

Melissa Joulwan is the author of the cookbook *Well Fed: Paleo Recipes For People Who Love To Eat, Living Paleo for Dummies*, and the blog *The Clothes Make The Girl*, where she writes every day about her triumphs and failures in the gym, in the kitchen, in life.

After a lifetime of yo-yo dieting and food as the enemy, Melissa found the paleo diet in 2009 and has been happily, healthily following it ever since. That year, she also underwent a thyroidectomy. In the aftermath of the surgery and recovery, she became particularly interested in how diet affects hormones, body composition, mood, and motivation. These days, Melissa's workouts are just as likely to include yoga and meditation as lifting heavy things and trying to stay ahead of her stopwatch.

In 2012, her blog won the Homie Award from The Kitchn.com for "Best Healthy Cooking Blog," and two recipes from *Well Fed* were honored by the *Paleo Magazine* Awards (Chocolate Chili and Peach Almond Crisp). She contributed the recipes for the "Meal Map" in the *New York Times* bestselling book *It Starts With Food*. In 2012 and 2013, she participated in a food bloggers' panel and was a featured chef at the PaleoFX Conference. She was also a keynote speaker at "Do It Better: A Practical Guide to Paleo" (Estes Park, CO; 2012). A Community Ambassador for Experience Life magazine, Melissa has also been a featured chef for U.S. Wellness Meats and Lava Lake Lamb, as well as an instructor at Whole Foods Culinary Center in Austin, Texas.

She lives in Austin with her husband Dave and their cat Smudge, but she daydreams of moving to Prague as soon as possible. Her favorite *Well Fed 2* recipe is Zingy Ginger Dressing, although the SB&J Burger runs a close second.



### DAVID HUMPHREYS

**Well Fed Photographer & Illustrator**

David Humphreys is mostly a photographer, illustrator, and business manager these days.

Since shooting the recipes in *Well Fed*, he's contributed to *The New York Times*

best seller *It Starts With Food*, and trained at the Austin School of Photography and the Center for Cartoon Studies in White River Junction, Vermont. He's been to Croatia and Slovenia with his wife and two friends. He's also seen his Amazon wish list balloon to 1,234 items. The best book he read this year is *Cartooning: Philosophy and Practice* by Ivan Brunetti.

He still considers himself quite lucky to be living with celebrity chef and first-rate person Melissa Joulwan, and the best cat in the entire world, Smudge.

His favorite *Well Fed 2* recipe is Chinese Five-Spice Pork Ribs – or maybe West African Chicken Stew.



### SMUDGE

**Well Fed Mascot & CEO**

Smudge was foisted upon the authors in 2009 by a white witch. Small and unassuming, she seemed to be a benevolent cat, so she was allowed to stay. By 2001, she was appointed CEO of Smudge Publishing, LLC – she is

better than some and worse than others – although she displayed an unerring apathy to food photography and copyediting.

She is best known for sneak attacks from behind dining room chairs, the patented "Barrel Roll of Joy," and her soft belly, widely recognized as the mushiest spot on Earth. Smudge's favorite *Well Fed 2* recipe is Pan-Fried Sardines.



### WALKER FENZ

**Well Fed Copyeditor & Proofreader**

A multi-certified CrossFit Trainer and athlete at Fit & Finish in Austin, Texas, Walker is a former gymnast who makes pull ups and handstands look as easy as walking. She's been a contributor to the Reebok CrossFit Games web site

and *WOD Talk* magazine.

When she's not lifting and lowering barbells, Walker is most likely stuffing her face with real food: pre-workout, post-workout, and in between. The only thing she likes more than eating recipes is editing them. Walker was on the first *Well Fed team* and is profoundly responsible for the consistency of spelling, phrasing, and hyphenation; form is just as important in writing as in Olympic lifting.

Walker's favorite *Well Fed 2* recipes are the Burgers, Balls & Bangers. (Balls!)



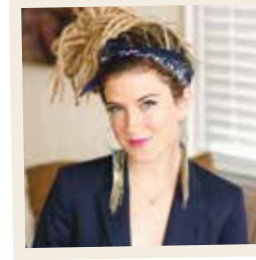
### ALISON FINNEY

**Well Fed Copyeditor**

Alison Finney is a writer, copyeditor, and content lover. Her work has appeared in *Texas Monthly*, *Austin Culture Map*, *Texas Tour and Meeting Guide*, and other Texas publications.

Ali grew up in the Texas Panhandle, where there were shootouts in the street every day at high noon and all food was served "plain and dry," to her liking. Eventually, she made her way to Austin, and currently, New York City. She's now a copywriter at a fancy-schmancy New York agency.

The original *Well Fed* introduced Ali's taste buds to the merit of green vegetables and spices, and her favorite *Well Fed 2* recipe is the Spring Chopped Salad. (*Editor's note:* That's a lie. It's actually the Banana Pecan Ice Cream.)



### KATHLEEN SHANNON,

**BRAID CREATIVE**

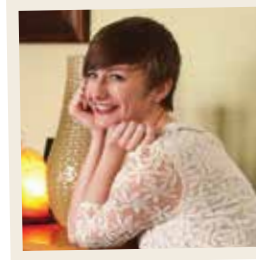
**Well Fed Creative Director**

Kathleen Shannon is the cofounder and creative director of *Braid Creative & Consulting*, branding and visioning for creative entrepreneurs.

Her personal blog, AndKathleen.com, is where her work, life and adventure overlap as a working creative, a dream job creator, a risk taker, a good food eater and a booty shaker.

Kathleen thrives in the overlap between personal and professional. She built her business with her sister, where they share their brand and business know-how with creatives around the world at BraidCreative.com. She loves being able to work with other creative experts, like Melissa and Dave, helping them share their creative genius with the world, too.

Kathleen's favorite *Well Fed 2* recipe is Oven-Fried Salmon Cakes.



### KRISTIN TATE, BRAID CREATIVE

**Well Fed Graphic Designer**

Kristin Tate is a graphic designer who loves what she does and is grateful she gets to do it for a living. Kristin works with *Braid Creative & Consulting* and Kathleen Shannon's team, to help other creatives, designers, developers, authors, and artists shine through their design.

Kristin has an affinity for all things quirky, and all things catty, including her hairless cat Zissou, which she sometimes shares online (the perfect place for cat pictures!) at KristinTate.blogspot.com. Kristin was born and raised in the midwest but is packing it up and moving to Brooklyn, NY and should be living there snugly by the time *Well Fed 2* hits the streets and kitchens everywhere.

Kristin's favorite *Well Fed 2* recipe is the Banana Pecan Ice Cream (even though, sadly, it is not Whole30 approved).



**STEFANIE DISTEFANO****Well Fed Potter & Mosaic Artist**

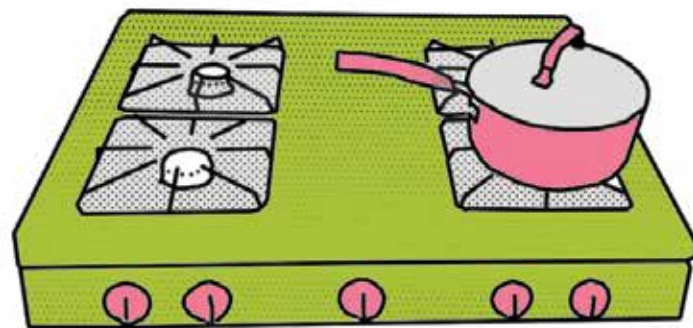
Stefanie is a potter, mosaic artist, and perhaps, the very best kind of witch. Everything she touches in her pink-infused studio, known as Flamingo Ranch ([www.flamingoranch.com](http://www.flamingoranch.com)), shimmers, glitters, shines, and glows.

Her mosaics transform the mundane to the magical, and her handcrafted pottery graces the pages of *Well Fed 2*, as well as hundreds of stylish tabletops around the world.

She was mentored by Isaiah Zagar, the greatest mosaic artist on the East coast and like her mentor, she is absolutely committed to and immersed in her art. You can see Stef's made-with-love pottery and snippets of Flamingo Ranch on these pages: 112, 142, and 186.

Stef's favorite *Well Fed 2* recipe is the Romesco Sauce, calling it "the best thing Melissa has ever made."

# HAVE FUN IN THE KITCHEN



## WELL FED

THE ORIGINAL

Hungry for more luscious paleo recipes you can eat every day? Take a bite of *Well Fed: Paleo Recipes For People Who Love To Eat*. Published in 2011, the original *Well Fed* is packed with 115+ recipes that are free of grains, legumes, soy, sugar, dairy, and alcohol – and all but one are Whole30 approved. (We're looking at you, Peach Almond Crisp!)

In addition to the recipes, you'll learn how to do a Weekly Cookup and make Hot Plates that will keep you and your family happily fed, without you spending all of your free time in the kitchen.

Find *Well Fed: Paleo Recipes For People Who Love To Eat* at booksellers online and offline, or at *The Clothes Make The Girl* ([www.theclothesmakethegirl.com/shop](http://www.theclothesmakethegirl.com/shop)).



## SOME OF THE RECIPES

## YOU'LL FIND INSIDE

**Chocolate Chili**

(winner of the Paleo Magazine Award for Best Savory Recipe)

**Pad Thai****The Best Chicken You Will Ever Eat****Sunshine Sauce****Ranch Dressing****Meatza Pie****Scotch Eggs****Rogan Josh****Shepherd's Pie****Bora Bora Fireballs****Coconut-Almond Green Beans****Cumin-Roasted Carrots****Cocoa-Toasted Cauliflower****Jicama Home Fries****Velvety Butternut Squash****Peach Almond Crisp**

(winner of the Paleo Magazine Award for Best Treat Recipe)

### PEOPLE ARE TALKING ABOUT WELL FED (MAYBE EVEN WITH THEIR MOUTHS FULL!)

"I am a bad cook. However, I used your recipe for the Creamy Spice Market Kale and it tasted like something that someone else made. That is one of the highest compliments that I can write. GREAT flavor!"

"Not only my best paleo cookbook, this is my best cookbook period!"

"I ended up reading the whole thing, cover to cover. It is JUST. THAT. GOOD."

"If the pictures, beautiful design, and wonderfully warm and witty voice don't capture you, the endless amount of recipe inspiration the author provides will."

"It's one thing to write a cookbook for foodies. It's another thing to write a cookbook that can appeal to both experienced cooks AND novices. I highly recommend this cookbook. It's a life changer."



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- spring chopped salad, 208

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**Mustard-Garlic Brussels Sprouts, 182**

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**Pear and Bacon Bites, 220**

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**Plantain Nachos, 146**

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greek burgers, balls & bangers, 89

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spicy coconut mayo, 54

tahini dressing, 74

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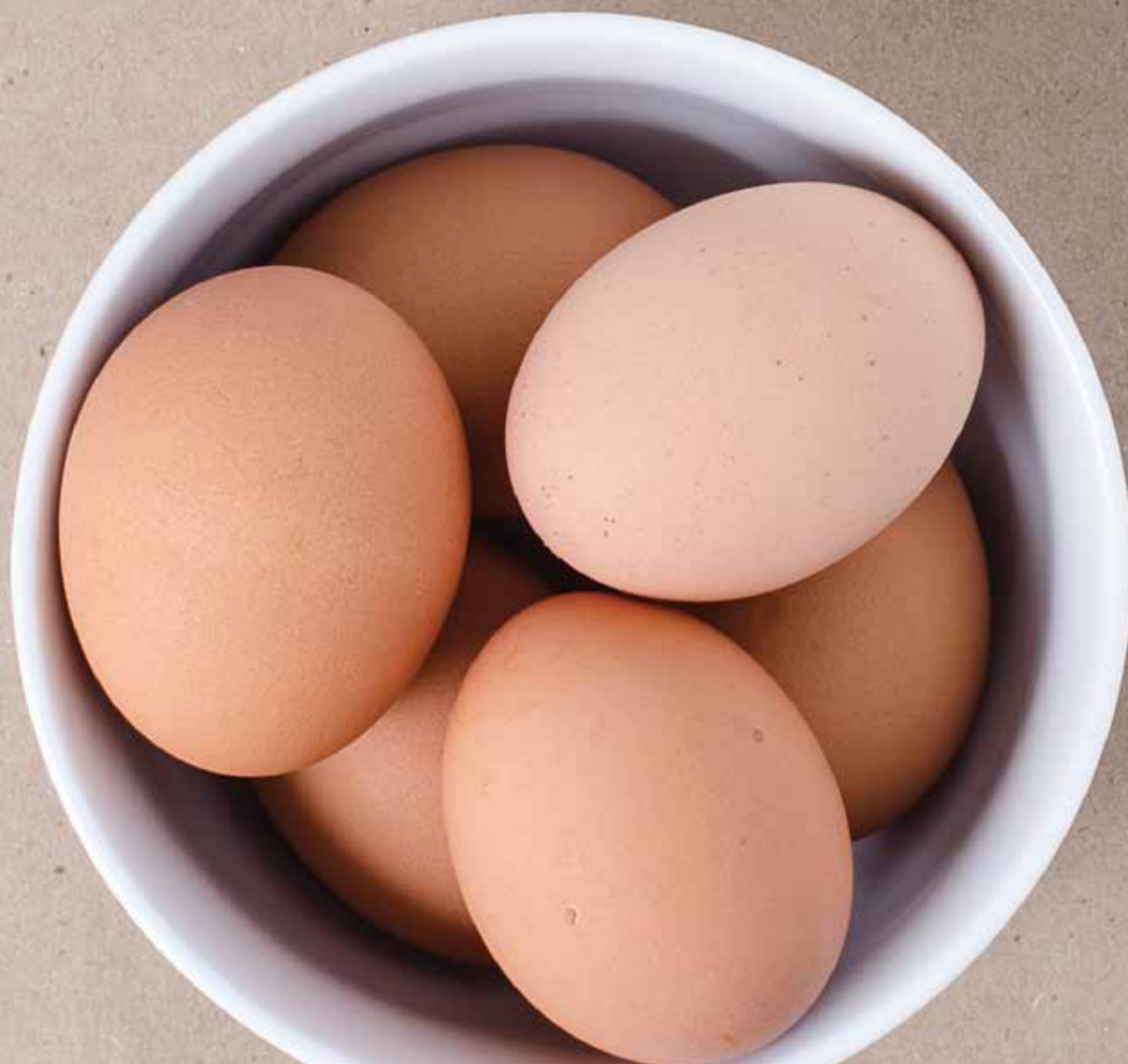
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COOKING / HEALTHY



***Well Fed 2: More Paleo Recipes For People Who Love To Eat*** is the follow-up to the deliciously popular ***Well Fed*** by “The Clothes Make The Girl” blogger Melissa Joulwan – and it’s packed with even more internationally-inspired recipes, mouth-watering photos, and easy meal ideas. ***Well Fed 2*** proves that the Paleo diet – too often defined by what you give up – is really about what you gain: good health, a light heart, and memorable meals to share with the people you love.

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