

WELL



FED

COMPLETE
PALEO
MEALS
IN

45
MINUTES
OR LESS!

WEEKNIGHTS

by MELISSA JOULWAN



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First Edition

**TO MY
HUSBAND DAVE,
WHO MAKES
MY LIFE MORE
DELICIOUS AND
ALWAYS GIVES
ME THE LAST
FRENCH FRY**

ACKNOWLEDGMENTS

To Mom and Dad,
for your unwavering support, keeping me company on the phone during my walk breaks, and all the meals we've shared.

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To the readers of my blog,
for your enthusiasm for this book, keeping me company online, and inspiring me to keep trying to find new ways to delight you in the kitchen.

FOREWORD

BY HEATHER COCKS

Let me begin with a confession: I'm not Paleo. What I am is a creature of habits. Bad ones. No, let's say ... sub-optimally healthy. I get stuck in eating ruts, and they're usually tied to foods that only involve the word "vegetable" if it's followed with "oil."



I used to blame this on working from home. Every day I would park at my computer and type until I was too hungry to breathe, then grab some peanut butter and chips to wolf down at my desk, insisting I had no time for anything better. *Right.* Let's be real: My job didn't cause that. I did.

My permissive laziness made me a prisoner of my own cravings. (But... *peanut butter!* So sweet, so glorious, so simple, with just enough protein—read: more than zero—to pretend it's good for me.) After years of making the quick and easy choice, I'd created a culinary monster. I could rationalize any snack. I put my comfort foods on pedestals, which gave them a dysfunctional power over me, like a song that won't get out of your head until you give in and listen. I'd tell myself, "Not today," and my cravings responded, "You're fine! Do better tomorrow." Lather, rinse, repeat. My stomach is a jerk, and it always won. I woke up one day undeniably heavier and sluggish, and in need of a jolt.

But I'm lousy at elimination diets; besides having two picky kids, a person with

habits like I've described rarely does well going cold turkey. That's how you end up weeping into a pile of actual cold turkey, which you are only devouring because you already mowed through everything in the house that's dusted with artificial cheese powder. Instead, I wanted something I could execute incrementally, one lasting better choice at a time. No big drama; just no more excuses.

Well Fed and *Well Fed 2* were my answers. Melissa's conversational, empathetic style was the partner I needed, and her cookbooks treat food like the treasure and pleasure it is. Her recipes aren't about self-denial or sacrifice. They're about flavor. They *teem* with it. They're meals I *want* to cook, not as homework, but as hedonism. The *Well Fed* pad thai is so flavorful that I won't eat the original anymore; the plantain nachos, a snacker's and taco lover's paradise. And what are noodles, really, but handy delivery systems for mouth-watering sauces? It's not the starch, but what you plonk on it. Zucchini spirals can totally hang with a rich Bolognese, without the pants-popping consequences. My stomach still wins; the victory is just sweeter.

Well Fed Weeknights makes those battles even easier to fight. When life gets in the way and I have to whip up dinner fast, it's

too easy to revert to Sandwich Hour. I need healthy, tempting variety that I can still make even if I only went to the store 15 minutes ago. Melissa to the rescue. Again.

If you're already Paleo, I admire you. I haven't gotten there. But if you're not, these books are still your best weapon. Paleo can be a fantastic lifestyle, but that doesn't mean it's *your* lifestyle, and Mel gets that. Instead, start slowly. Pick a *Well Fed* recipe that makes you salivate—good luck choosing; they all will—and put it in your rotation. Then try one more. And another. Use her protein swaps, her spice blends, her flavor alternatives. It's all there. Because you want choices that will stick, not fads that will fade. This slow-burn approach taught me I don't need—or need to crave—my old culinary crutches. I don't dwell on what *isn't* in my dinner because I'm too busy savoring what is. I pick spaghetti squash over actual spaghetti, reach for *Well Fed* leftovers instead of the Jif jar, and bought a squeeze-bottle for my Kickass Ketchup (*Well Fed 2*) because I can't go back to the hard stuff. Do I still eat sandwiches? Yeah, but fewer every month. *Every* change counts, even the small ones, because life is a long game. I'm learning to play it smarter, because I have Mel on my team. Now you do, too.

So go forth and chow down with glee. Your insides will thank you, and hey, maybe your pants will follow.

Heather Cocks is the co-author of the best-selling novel The Royal We, and the popular celebrity-fashion website Go Fug Yourself.

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WELCOME TO WELL FED WEEKNIGHTS

In case you're new to the Well Fed cookbooks, here are a few things you should know about me, my recipes, and what this book can do for you. (And if you're already part of the family ... welcome back!)

Food, words, and travel are my favorite things.

My dad owned a roadside diner when I was a kid, and my mom won just about every cooking contest she ever entered. I'm Lebanese on my Dad's side, Italian and Slovak on Mom's. All of which means that food was not "a thing" in our house, it was "the thing." I clamored for cumin when most kids were pleading for pancakes. By the time I was in elementary school, I spent a lot of free time with a book in my hands, and I started to write stories and poems. I once wrote a poem about popcorn. I also started cooking my favorite "on my own" meal: Chef Boyardee ravioli fancied up with garlic salt, dried oregano, and Italian herb blend. I would narrate what I was doing to an imaginary audience, like a cooking show, while I crushed herbs between my palms and sprinkled them into the pot.

My favorite family meal was lamb shish kebabs with salad, rice, and zucchini in tomato sauce. My dad always manned the grill on the porch for the kebabs while mom tossed the salad in the kitchen. (She makes the best salads.) I was the designated rice maker. While that meal is a cherished memory, it was also a special treat when Mom

cooked what we called sporty suppers: casual food like tacos and burgers that we could eat with our hands. That's why you'll find **Tuna Salad Night** (p. 229), **Taco Night** (p. 93), **Hot Dog Night** (p. 141), **The Ultimate Salad Bar** (p. 61), and **Burger Night** (p. 79) in this book. The food is healthy, but has the playful sheen of food for kids. It requires a lot of napkins.

My parents also taught me to appreciate authentic restaurants, so many of my recipes are inspired by dishes I've eaten on my travels, like **Yucatan Green Chile Sauté** (p. 101), **Mango Chicken** (p. 161), and **Street Fries** (p.

43). I've also been influenced by stories about what chefs eat in their restaurant kitchens after hours. When their shift is over and they're ready to nourish themselves and the crew, they make simple food like **Korean Beef** (p. 71) and **Sexy Scrambled Eggs** (p. 211). They're meals that deliver big flavors composed of simple ingredients.

I WANT YOUR WEEKNIGHT MEALS TO BE SPECIAL —AND FAST.

In my cookbooks *Well Fed* and *Well Fed 2*, I explain how Weekly Cookups save time in the kitchen. By batch cooking protein, steaming lots of veggies, and using lazy weekend hours to simmer stews, dinner hits the table quickly during the week. I've heard from thousands of readers who said that the Weekly Cookup has simplified their time in the kitchen.

But I also received requests for recipes in my style—multicultural flavors, plenty of spices, savory sauces—that could be prepared on the fly without a bunch of planning. So I gave myself a challenge: Go to the grocery store, buy the ingredients for a meal, then come home and cook it in under 45 minutes. I completed that exercise about 175 times, and the result is this cookbook.

I outlined rules for myself—if a recipe didn't meet these criteria, it was out:



**IF YOU
FOLLOW MY
INSTRUCTIONS
IN THE RECIPES,
YOU SHOULD BE
ABLE TO GET A
FULL MEAL—
PROTEIN,
VEGGIES, AND
FAT—ONTO THE
TABLE (AND INTO
YOUR MOUTH)
IN UNDER 45
MINUTES, AND IN
SOME CASES, AS
LITTLE AS 25.**

1. The end result had to make my husband Dave and I mumble “Oooohhhmmmm ... this is so good” while we still had food in our mouths.
2. The whole meal had to come together in 45 minutes or less.
3. The recipe had to use easy-to-find and reasonably affordable ingredients. Except for coconut aminos, every ingredient in this book can be found at a regular, neighborhood grocery store.
4. The recipe had to be dead-easy to make. Who wants to deal with anything complicated at dinner time?!

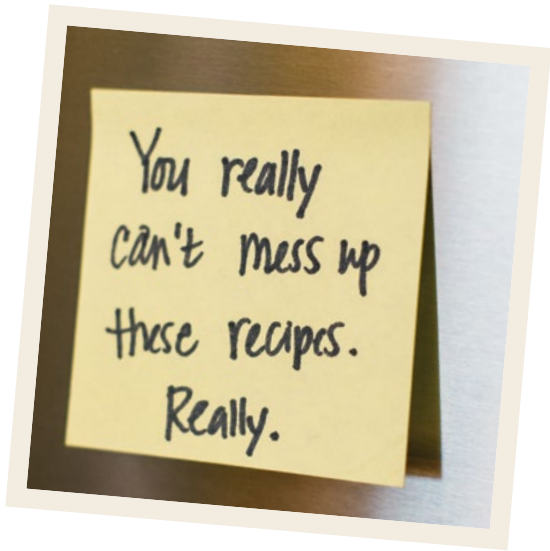
Following these rules meant that I had to eliminate some recipes that tasted great, but took too long or were too fussy to prepare. Now I can say with certainty that every meal in this book should easily, comfortably fit into your lifestyle.

If you follow my instructions in the recipes, you should be able to get a full meal—protein, veggies, and fat—onto the table (and into your mouth) in under 45 minutes, and in some cases, as little as 25. If you prefer to do a Weekly Cookup, every recipe includes tips to prep components in advance, store them, and bring it together at meal time. I also included tips for how to reheat leftovers. With these meals, you and your dining companions will never be bored. The flavors are bold. The colors are vibrant. The textures are satisfying. And the recipes are easy. I want you to relax in the kitchen.

I explain a lot of details in my recipes so you always know what to do and how long to do it—but none of these recipes is complicated. I use basic techniques and equipment; in many cases, all you need is a good sharp knife, your favorite skillet, and a stick blender.

I want you to remember this (in fact, write this in Sharpie on a sticky note and hang it in your kitchen): You really can't mess up these recipes. Really. You can't. Ultimately, if you like the way your dinner tastes, you've done it right. And if you're not happy with it, you can always learn from kitchen missteps. The meat was a little overdone? Go easy on the heat next time. The veggies weren't tender enough? Cook them a little longer on the next go-round.

I hope my recipes will give you confidence in the kitchen and bring together your favorite people to share food that nourishes body and spirit. After all, preparing quality food is among the most caring things we can do for ourselves and the people we love.



You really
can't mess up
these recipes.
Really.

WHAT IS PALEO?

You'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 sometimes 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 inflammers 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, we also improve everything in our lives. 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.

PALEO EXPERTS

If all you remember about paleo eating is the "Yes" and "No" lists, you'll know pretty much all you need to eat well for the rest of your life. But if you want to dig deeper and understand the science behind these nutritional guidelines, I recommend you turn to the experts who educated me.

MELISSA HARTWIG

www.whole30.com

To learn both the theoretical and practical information you need to develop healthy, happy eating habits, my number one recommendation is the Whole30 program. Begin with *The Whole30: The 30-Day Guide to Total Health and Food Freedom*, or commit to the life-changing Whole30 program by visiting the web site. Thanks to what I learned from the Whole30 program, I can enjoy my food without measuring every meal or recording every bite in a food journal. The Whole30 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.

ROBB WOLF

www.robwolf.com

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.

MARK SISSON

www.marksdailyapple.com

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 making time to play. His eating guidelines allow some foods on my "No" list, but he is worth reading for new ideas. His other important book, *The Primal Connection: Follow Your Genetic Blueprint to Health and Happiness*, goes beyond food to examine other lifestyle factors that affect our well-being.

CHRIS KRESSER

www.chriskresser.com

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 and book *The Paleo Cure* give you a deep dive into those subjects and educate you for conversations with your own doctor.

The Resources section (p. 249) includes additional sources I turn to for inspiration, information, and paleo products.

THE “NO” LIST

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 foods within the paleo framework. I follow the standards outlined in Melissa Hartwig's Whole30 program, as detailed in the books *The Whole30* and *It Starts With Food*. These 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.

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 wreak havoc on your metabolism and fire up your immune system at the same time. We eschew them. *We're looking at you, grains. We eschew you!*

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.

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 ghee, also known as clarified butter.

LEGUMES

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

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 labels!

PROCESSED FOODS

As a former Doritos diehard, I know it can be hard to give up junk food and convenience foods like salad dressings and pasta sauces. 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. Be on the lookout

for carrageenan, MSG, and added sulfites in packaged foods. (Natural sulfites are OK.)

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.

ADDED SUGAR

All forms of added sugar—even “natural” sugars, like brown sugar, maple syrup, agave nectar, stevia, evaporated cane juice, and honey—are generally excluded. Also out are artificial sweeteners like Splenda, Equal, NutraSweet, and Aspartame. A few of the recipes in this book include a small amount of honey, maple syrup, or coconut sugar to create a balanced flavor; you can always omit the sweetener without destroying the recipe, if you prefer to be completely sugar-free.

ALCOHOL

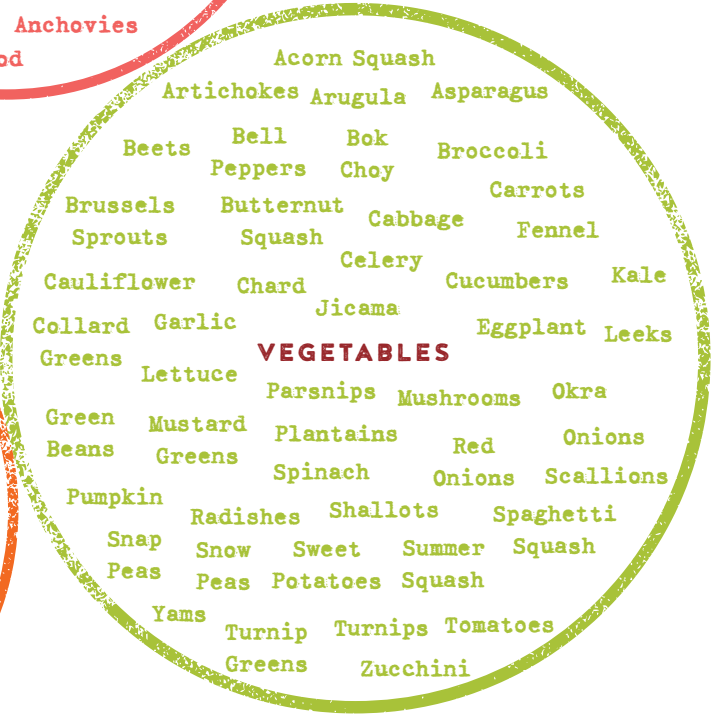
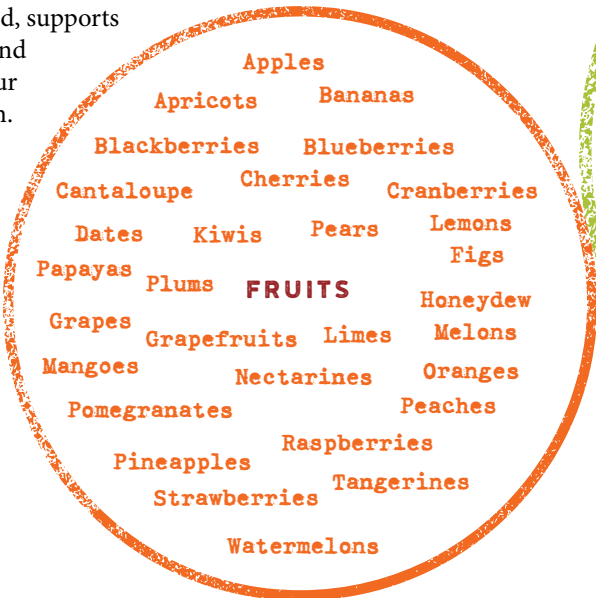
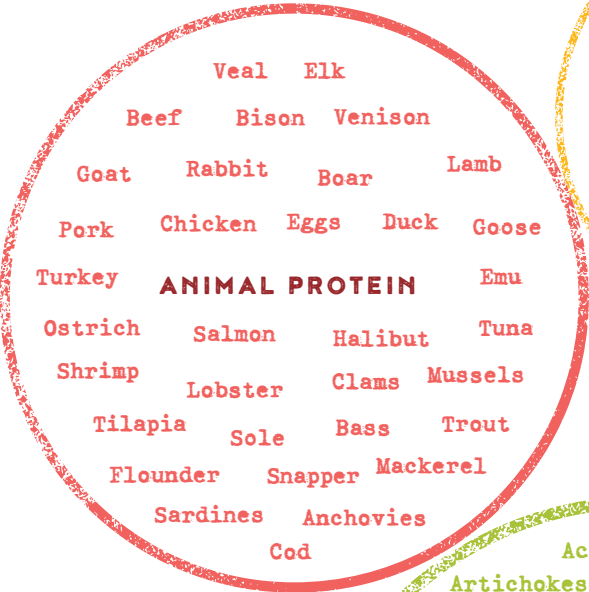
Alcohol has no redeeming nutritional qualities. It's essentially sugar with a flirtatious attitude. Plus, you have a drink, then your drink has a drink, and soon, you're face first in a pile of chili-cheese french fries.

THE “YES” LIST

When I tell people I don't eat grains, sugar, dairy, or alcohol, they invariably look at me like I've just slapped their ice cream cone into the dirt. Then they ask The Question: "What do you eat?!" The answer: 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. Eating these foods promotes a healthy psychological and hormonal response to food, supports a healthy gut, and strengthens your immune system.





MY PALEO STORY

Way back in 2009, I was one of the first people to try the Whole30, long before it had that catchy name and had helped hundreds of thousands of people change their lives. I've been committed to this way of eating ever since. And while my story isn't a success story in the traditional sense—there's no “after” photo of me with six-pack abs or a tale of massive, overnight weight loss—it is a success story. Eating Whole30-style has kept me fit, mostly happy, and fighting the good fight while wrestling with I-have-no-thyroid complications.

I have excellent habits 95 percent of the time. I sleep eight to nine hours per night to recover from and prepare for heavy lifting at the gym, 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 have a known whipped cream problem.

These minor transgressions are possible because I make regular 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 in 2009 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 push-ups and sit-ups—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 intimidated by my workouts. I developed a deep affection for lifting barbells. But despite my successes, it was still my habit to celebrate, grieve, stress out, and 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.



**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 TRUE
PARTNERSHIP
WITH MY BODY.**

In November of 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 it stopped working. That was a very difficult time. It was like constantly having 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 paleo.

It was surprisingly easy for me to give up grains, despite my abiding affection for toast, but saying goodbye to my standard breakfast of blueberries with milk almost pushed me over 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 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 current routine includes daily meditation, gentle yoga, lots of walking (hello, Fitbit!), 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 of the paleo framework makes it possible to measure other health and quality-of-life markers and to tinker with them. 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 for me.

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 true partnership with my body.

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.

OTHER WELL FED COOKBOOKS AND MY WEB SITE

MELJOULWAN.COM

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, boasts about how much weight I put on the barbell at the gym, and, potentially, complaints about how my workout didn't go as planned. I also write occasionally about other things that inspire me: books, music, art, and other bloggers.

Some of my favorite and most popular posts include:

Five Easy Ways to Eat More Vegetables

Delicious tips to increase your veggie intake

Emotional Appetite vs. True Hunger

Advice to help you curb cravings, feed your body, and identify what you really need

How to Be a Paleo Social Butterfly

Easy ways to make socializing as a paleo person stress-free and more fun

The Best Versions of Ourselves

A call-to-action to discard external measurements and live as your best self

20 Ways to Make Paleo Easier and More Fun

A post crammed with tips, tricks, and advice to win at paleo

Five Paleo Dinners to Cook Next Week

Every week, I collect five dinner recipes, a treat, and a condiment to make meal planning easy



WELL FED AND WELL FED 2

My first two cookbooks are packed with 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.

The original *Well Fed* includes 120 paleo recipes (all but one are Whole30 approved), with detailed instructions for

a Weekly Cookup and Hot Plates. Those two innovations show you how to spend a few hours cooking on the weekend, then get dinner on the table in under 20 minutes during the week.

Well Fed 2 delivers 150 recipes (all but two are Whole30 approved) that span the globe and 45 Quick Meal ideas (no recipe required). Each recipe also includes tips to turn individual dishes into complete meals. Specialty recipes include Paleo Staples; eight sauces made with a base of homemade mayo; and Burgers, Balls, and Bangers—fifteen meatball recipes inspired by sausage flavors that can be turned into balls, burgers, or sausage (a.k.a. bangers) shapes.

You can download free PDF samplers of *Well Fed* and *Well Fed 2* at www.meljoulwan.com/wellfedweeknights.

BONUS MATERIAL!

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

Visit www.meljoulwan.com/wellfedweeknights



ABOUT THIS BOOK

THIS IS NOT A DIET BOOK.

Yes, the recipes are healthy and the paleo framework is one of the best ways to lose fat and manage body weight. I truly believe that this is the healthiest way to eat.

But I'm not going to clobber you with the nutrition facts of every recipe or boss you around with rules for calorie restriction. My mission is to inspire you with tasty stories and to tempt you with recipes that motivate you to willingly, happily eat this food every day.

All of these recipes are free of gluten, grains, legumes, dairy, and alcohol. They rely on protein, vegetables, fruits, fats, and spices to make everyday meals feel like special occasions. When I've used calorie-dense foods like nuts, dried fruit, or optional sweeteners, they're condiments rather than primary ingredients.

JUST EAT

There's no nutritional information included with the recipes. 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. My recipes reflect this balance and don't require over-analysis of macronutrients to keep you healthy. If you have specific fitness, sports, or macronutrient goals, you can easily adapt the recipes to fit into your personal paleo template by adjusting the fat, carb, and protein amounts.

AUTOIMMUNE PROTOCOL (AIP) AND WHOLE30® COMPLIANCE.

Some of my recipes are compliant with the Autoimmune Protocol of paleo, and most of them can be adapted to be AIP-friendly. Visit www.meljoulwan.com/wellfedweeknights to download a free PDF with detailed AIP modifications for all of the recipes.

I kept the Whole30 guidelines in mind while I developed these recipes. If a recipe includes a non-compliant ingredient, it's clearly marked, with suggestions to make the recipe fit within the Whole30 template.

HOW TO USE THIS BOOK

If you're not familiar with my recipes and style of cooking, start with The Recipe Pages (p. 13), Cooking & Storage Tips (p. 18), and Your Paleo Kitchen (p. 29). These sections explain the philosophy of fast cooking and how my recipes are constructed, as well as the ingredients and tools you need to make these meals.

When you're ready to start cooking, you'll find the recipes are organized by their primary ingredient: protein. I like to build meals around a protein source, then supplement the plate, and bolster nutrients, with veggies, fruit, and fat. Each protein section of the book—Beef, Pork & Lamb, Chicken, Eggs, and Fish & Seafood—includes recipes for meatballs, salads, sautés, and oven-roasted meals.

THE MINI COOKUP

You'll want to dog ear the Mini Cookup (p. 39). It's complete, step-by-step instructions for preparing six paleo kitchen staples in under an hour. Cook once and supplement your meals all week long with potatoes, zucchini noodles, cauliflower rice, mayo, and more.

THE FOOD COURT.

Distributed throughout the book are The Food Court recipes: takeout and food truck-inspired meals that teach you a basic preparation technique, then empower you with multiple adaptations you can customize according to your cravings. It's like a restaurant chalkboard in your kitchen!

Chicken Paillard: A quick-cooking, still-juicy chicken breast that can be dressed up with seven different vibrant sauces.

Burger Night: A celebration of the bun-less burger that goes beyond basics with eight creative topping combos.

Meat & Potatoes: Your choice of stuffed baked potato, oven fries, or home fries topped with eleven concepts for meat, veggies, and sauces from around the world.

Hot Dog Night: The ultimate finger food with eight unexpected (and shockingly delicious) topping ideas.

Taco Night: Step-by-step instructions and recipes for a weeknight fiesta!

Tuna Salad Platters: Fresh crudité and unusual mix-ins make these eight tuna salad recipes something special.

The Ultimate Salad Bar: Six fresh salad dressing recipes and dozens of salad schemes will make you a pro with a bowl of greens.

PORK MEDALLIONS WITH BLACKBERRY COMPOTE AND CAULIFLOWER PURÉE

ramble
in a
bramble

Pork and apples are a classic combination, so I wanted to diverge from the familiar path for something spicier, moodier, and a little syrupy. Blackberries are sweet enough and bring a hint of rose, cedar, and clove mixed with the berriness. When you apply a touch of heat and acid, they acquiesce to become a luxe liquid that's somewhere between a sauce and a glaze. Make a perfect bite—cauliflower mash, pork, and berry compote on the fork all at once—and let the contrasting and complementary textures roll around your tongue.

CAULIFLOWER PURÉE:

- 1–2 cups water
- 1 large head cauliflower
- 2 tablespoons ghee
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

COMPOTE:

- 1 tablespoon ghee
- 2 cups blackberries
- 1 teaspoon arrowroot powder
- 1 teaspoon lemon juice
- ¼ teaspoon powdered ginger
- pinch salt

PORK MEDALLIONS:

- 1 teaspoon extra-virgin olive oil
 - 1½ pounds pork tenderloin
 - 1 teaspoon salt
 - ½ teaspoon ground black pepper
- Preheat the oven to 250F.

5 **Steam the cauliflower.** Place 1 cup water in a medium saucepan and bring it to a boil. While it heats, coarsely chop the cauliflower. Add the cauliflower to the pan, bring it back to a boil, cover with a lid, and steam it until it's very tender, 10–15 minutes. Check the pan occasionally and add more water, if necessary. Meanwhile...

1 **Make the compote.** In a small saucepan, warm the ghee over medium heat, 2 minutes. In a medium bowl, toss the berries with the arrowroot powder, then add the berries, lemon juice, ginger, and to the pan. Cook over low heat until the some of the berries have collapsed and the liquid is syrupy, about 10 minutes. While the compote cooks...

2 **Cook the pork.** Warm the oil in a large, nonstick skillet over medium-high heat, 2 minutes. While it heats, cut the tenderloin into ½-inch-thick medallions. Season them on both sides with the salt and pepper. Add half the pork to the pan and cook undisturbed 3 minutes, flip and cook the other side, 3 minutes. Transfer the cooked pork to a plate and cover with foil to keep it warm while you cook the remaining pork.

3 **Finish the purée.** Add the ghee, salt, and pepper to the steamed cauliflower and purée with a stick blender until very smooth.

4 **To serve,** place pork medallions on a bed of cauliflower purée and top with berry compote.

Serves 2–4

Total time: 30–35 minutes

Tools: stick blender

YOU KNOW HOW YOU COULD DO THAT?

6 Replace the blackberries with raspberries, blueberries, or a mix. You might also toss in a diced fresh peach or apricot!

COOKUP TIPS

7 Prepare the cauliflower purée and berry compote in advance; store both in separate airtight containers in the fridge. When it's time to eat, reheat the purée and compote while you cook the pork.

THE RECIPE PAGES

The recipe pages are brimming with details and descriptions to help you recreate these meals in your kitchen. I want you to feel like we're at your stove, cooking and dishing together, with plenty of dance breaks. (I recommend Jennifer Lopez or The Clash for just this purpose.) To make things as easy as possible, I've included the following information in each recipe.

1. SERVES / MAKES

Almost all of the recipes in this book serve 2–4 people. Serving size is based on an estimate of 4–6 ounces of protein per person and at least 1 cup of vegetables per person. Keep this in mind if you need to feed hard-charging athletes or tiny/growing offspring, and adjust quantities accordingly.

2. TOTAL TIME / HANDS-OFF TIME

The total time for each recipe is based on how long it takes me to prepare the dish, with some padding added because I'm pretty fast in the kitchen. For these recipes, I did not include instructions for creating a *mise en place* before cooking (see page 19 to learn why), and I didn't clean up as I cooked. The times listed are a representation of how long it takes me follow the instructions described in the recipe. The hands-off time indicates that you can walk

away from the kitchen for a bit, usually while a dish is finishing in the oven.

The times specified apply only to the recipe as written; if you double the recipe, it will take a bit longer to prepare. For example, when I cooked a double batch of Fried Chicken Meatballs (p. 163), it took 50 minutes, rather than the 30–35 minutes listed on the recipe.

3. TOOLS

To speed up the process, I've listed the non-standard cooking tools you need for the recipe: a gadget that might be hiding in the back of a drawer or an appliance that needs to be hauled out of a cabinet. Tools that are needed for just about every recipe—knife, cutting board, skillets, wooden spoons, spatula, measuring spoons, measuring cup, aluminum foil or parchment, etc.—are not listed. You know you need a sharp knife, right?!

4. INGREDIENTS

The ingredients are listed in the order they're used in the recipe. When substitutions can be made, they're usually listed at the end of the recipe.

5. DIRECTIONS

The directions are very detailed so that you can recreate the recipes in roughly the same amount of time it takes me to cook them. If you follow my recommended steps, you should be a smashing success. I've cooked all of the recipes in this book

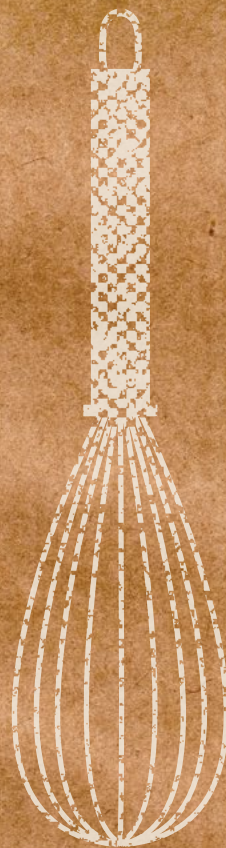
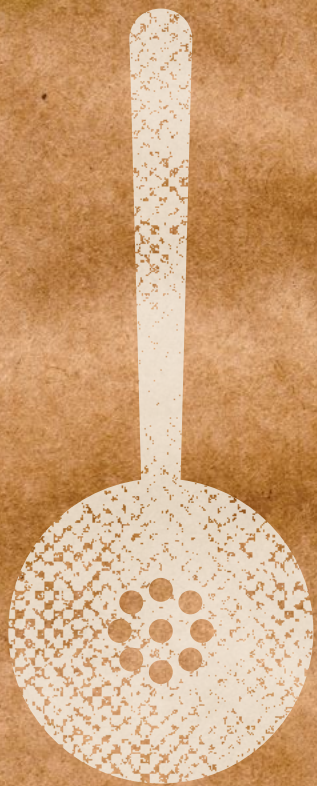
at least a half dozen times, so the directions I recommend are based on plenty of trial and error. Where I used tricks my parents taught me, I erred on the side of over-explanation so you can learn from my mom and dad, too.

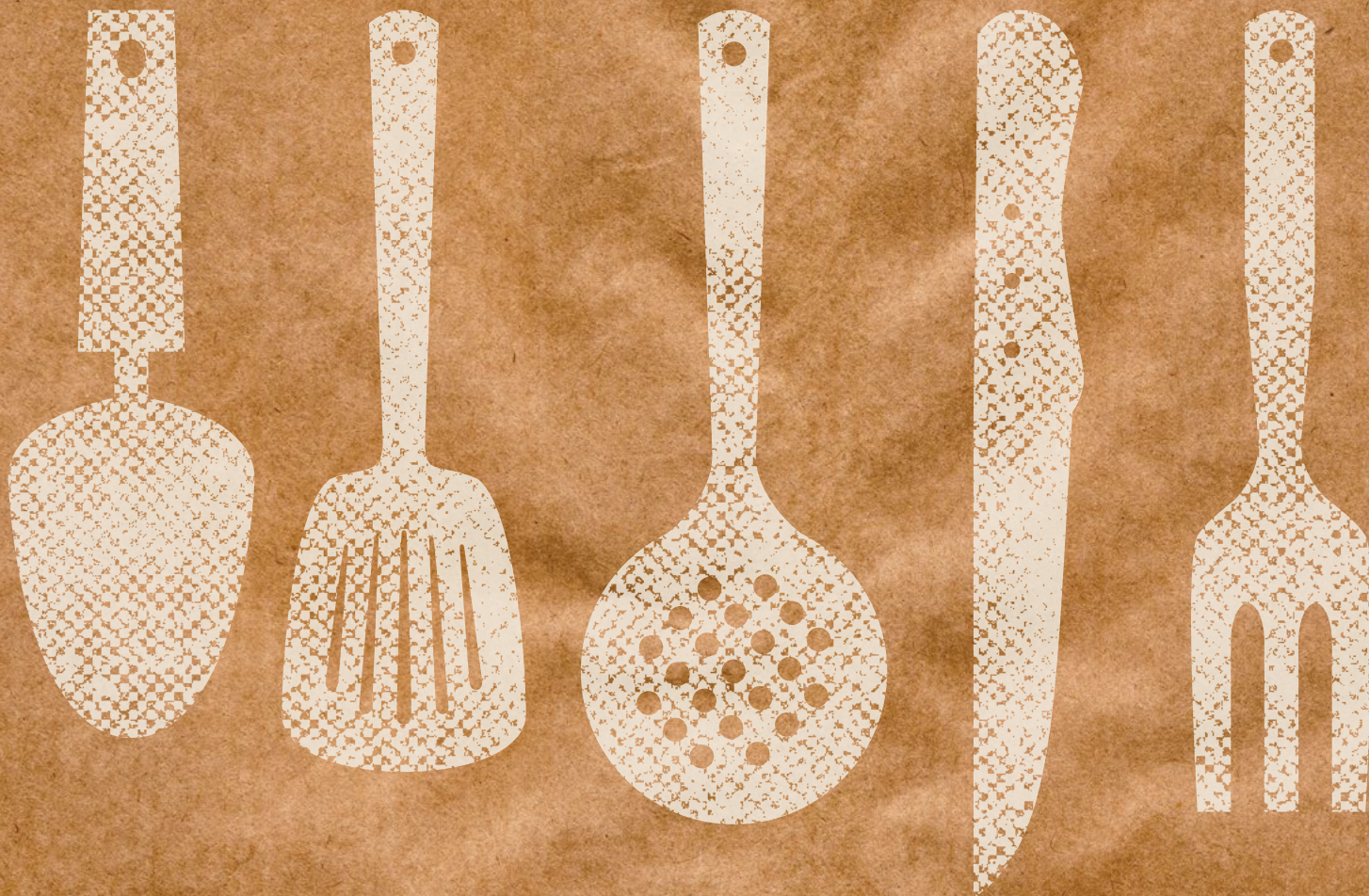
6. YOU KNOW HOW YOU COULD DO THAT?

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. It's a way to make the recipes flexible and personal.

7. COOKUP TIPS

If you're in the habit of doing a Weekly Cookup, these recipes can be broken into components that fit into a batch cooking session. Every recipe includes tips for how to break it down into parts, so you can prepare some of it in advance, then bring it all together at meal time.





YOUR **PALEO**
KITCHEN

ESSENTIAL KITCHEN TOOLS

These are the gadgets I use to cook all of the recipes in this book—and many of them are essential for preparing the recipes quickly. If you don't have something listed, that's OK, but it might take you a little bit longer to make the recipe. For my recommendations on specific pieces of equipment, along with buying information, visit www.meljoulwan.com/wellfedweeknights

LARGE CUTTING BOARD

Almost every recipe begins with chopping. A hefty cutting board protects the knife, your counter top, and you. I have a heavy wooden board that could double as a weapon. I recommend that you use the largest board that will comfortably fit in your work space.

A SHARP KNIFE

In the kitchen, your knife is an extension of you. Choose a knife that feels comfortable in your hand. I like an 8-inch blade; it works well on both meat and produce. Don't forget a good knife sharpener, too!

BENCH SCRAPER/ BOWL SCRAPER

You can get a plastic one for about four bucks and it saves so much hassle! Very useful for scooping up chopped veggies and herbs and safer than using the blade of your knife.

GARLIC PRESS

Not required, but a real time saver unless you're adept at mincing with a knife. When I say "peel and crush" in a recipe, that's code for "remove the peel and crush it in a garlic press to save time."

GRATER/ZESTER

You're not grating cheese anymore, but citrus zest is a transformative ingredient on veggies, salads, meats, and stews.

FOOD PROCESSOR / MANDOLINE

Helpful for chopping and thinly slicing veggies in a fraction of the time it will take you to cut them by hand with a knife. Plus, food processors—little robots that they are—produce more consistent, uniform pieces.



STICK BLENDER

Makes mayo and creamy sauces in a flash! You can use a food processor, but it takes longer and is a little bit more challenging. Even a cheap stick blender—I have one that cost just eight dollars—does the trick. Highly recommended for fast cooking!

PINT-SIZED WIDE- MOUTH MASON JARS

The partner to the stick blender for making mayo and creamy sauces. It's the perfect size for emulsifying and storing in one container. Buy a case of 12 and make your kitchen more efficient.

JULIENNE PEELER OR SPIRALIZER

Super handy for turning vegetables like zucchini into noodles. I recommend the spiralizer because it's faster, but a peeler will work, too.

MINI SCOOP

A 1-tablespoon scoop, intended for cookies but repurposed for meatballs, is just the right size for shaping meatballs quickly.

MEAT HAMMER

This is optional, but it definitely speeds up the process of making Chicken Paillard (p. 167), Pork Medallions with Blackberry Compote (p. 109) and Chicken Caesar Salad (p. 171). You can also release frustrations by using it to bash garlic cloves.

WOODEN SPOONS

My preferred tool for sautéing, mixing, and tossing.

7-QUART DUTCH OVEN

Ideal for delicious, simmered things. I like one with a nonstick interior and heavy bottom.

3- TO 4-QUART NONSTICK SAUCEPAN

Great for jobs that are too small for the Dutch oven. Again, I recommend nonstick.

12-INCH NONSTICK SKILLETS

For most of the recipes in this book, you'll need one large skillet, and a few of the recipes require two. I like one that's fairly deep with curved sides. You may also use a cast-iron skillet, if you prefer.

COLANDER OR WIRE STRAINER

For washing produce and sweating raw vegetables.

TWO RIMMED (13x18-INCH) BAKING SHEETS

Rimmed baking sheets prevent juices and fats from burning in the bottom of the oven. A few recipes require two pans in the oven at once.

2-QUART BAKING DISH

Glass or ceramic, a baking dish is ideal for finishing meats and casseroles in the oven.

PARCHMENT PAPER AND/OR ALUMINUM FOIL

Invaluable for keeping food from sticking to pans and minimizing clean-up time.



**IF YOU
DON'T HAVE
SOMETHING
LISTED, THAT'S
OK, BUT IT
MIGHT TAKE
YOU A LITTLE
BIT LONGER
TO MAKE THE
RECIPE.**

STURDY MIXING BOWLS

Graduated sizes ensure that you have a bowl for larger projects and spice-sized bowls to keep your workspace tidy.

MEASURING CUPS & SPOONS

For measuring cups, you'll have everything you need if you invest in a 2-cup liquid measuring cup and a set of dry measuring cups that range in size from $\frac{1}{4}$ cup to 1 cup. For spoons, look for a set that includes 1 tablespoon, $\frac{1}{2}$ tablespoon, 1 teaspoon, $\frac{1}{2}$ teaspoon, and $\frac{1}{4}$ teaspoon. Bonus points if you also get a $\frac{1}{8}$ teaspoon.

RUBBER SCRAPER

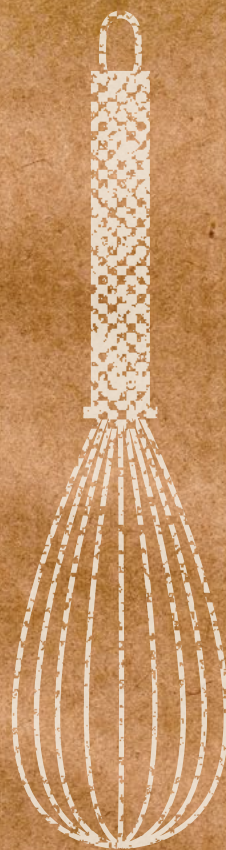
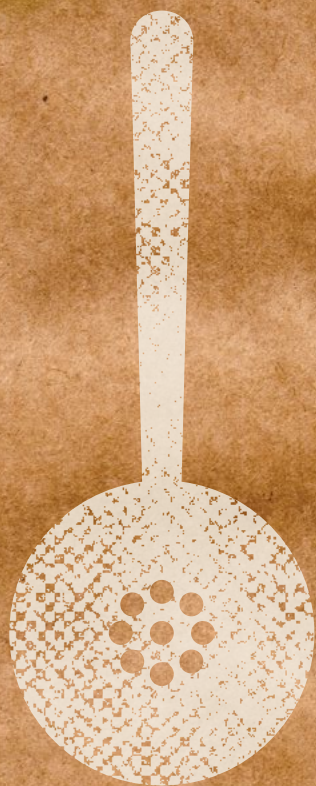
I don't like to leave even one drop of my food in mixing bowls, and a scraper is great for gently mixing tender ingredients. Look for a scraper that's both sturdy and flexible.

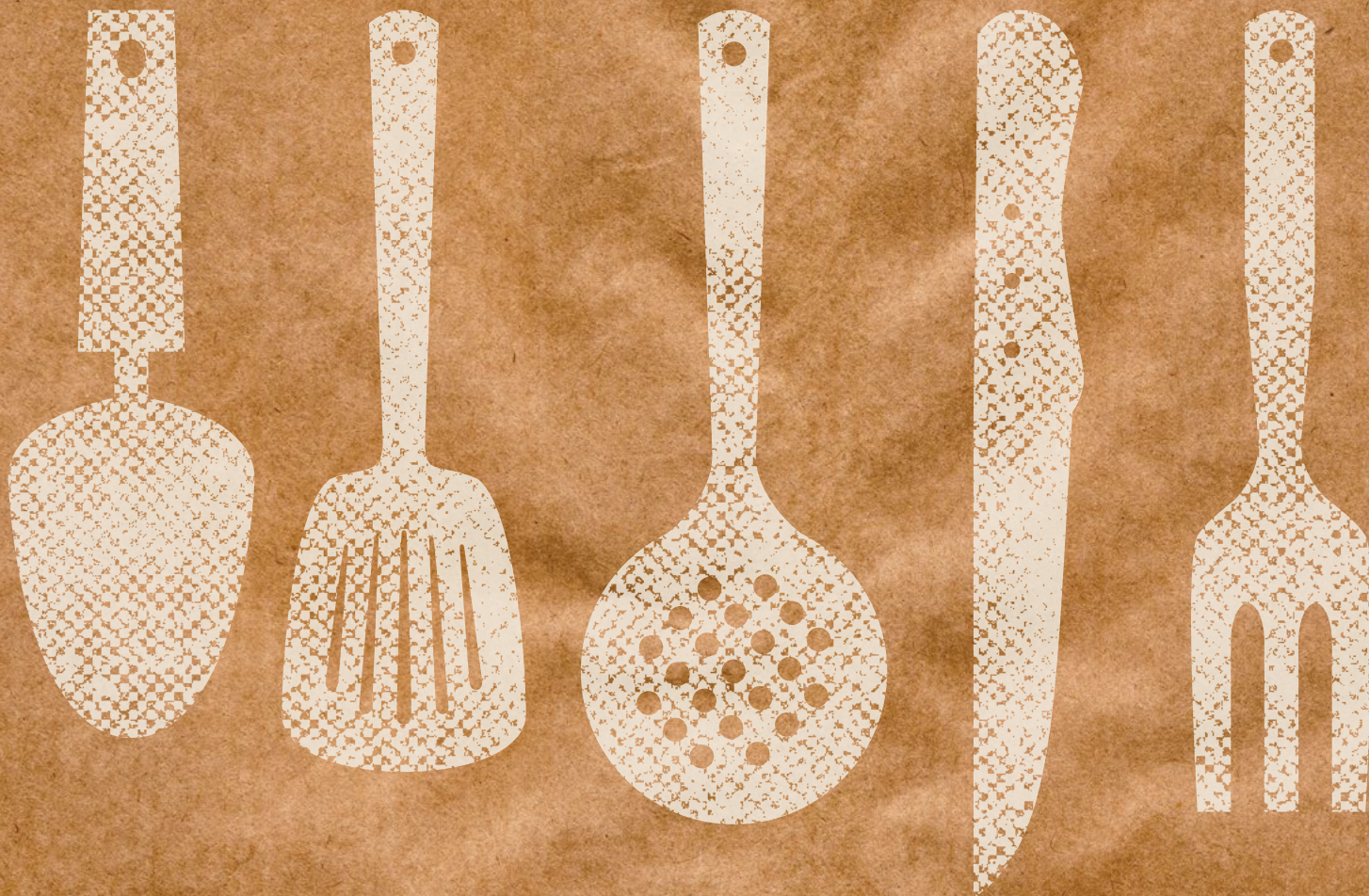
BPA-FREE STORAGE CONTAINERS

Critical for stocking up on paleo ingredients. You'll need more than you think, and there is acute satisfaction in a fridge filled with ingredients and homemade food.

KITCHEN TIMER(S)

I have three kitchen timers (microwave, stove, free-standing), plus my iPhone, and I've been known to use them all at once. A timer is essential for timing potentially tricky-picky foods like eggs.





RECIPES

Burger Deluxe
p.45



MEAT & POTATOES

the
ultimate
comfort
food

The phrase “meat and potatoes” stands for everything that’s good. Who doesn’t want to be besties with at least one meat-and-potatoes kinda guy? For centuries, a nutritious meal was defined by roasted meat for strength and tubers for energy. As cooking evolved, so did this basic meal. Meat and potatoes were transformed into classic comfort foods like shepherd’s pie and meatloaf with mashed potatoes—then pub menus and food trucks gave us sexy, multiple-napkin, shareable eats like stuffed potato skins, poutine, and street fries.

All recipes serve 2–4
Total time: 20–40 minutes, see
individual recipes

With these meat-and-potato recipes, you can assemble a satisfying stuffed baked potato or crispy-messy street fries that are paleo approved and crazy-good in under 40 minutes, no deep-frying required. You start by plopping potatoes into the slow cooker and finish by sautéing savory meats and chopping garnishes.

HERE'S HOW IT WORKS:

1. Cook white or sweet potatoes in the slow cooker for 8–10 hours.
2. Choose your potato style: baked, street fries, or home fries.
3. Prep the meat toppings, garnishes, and sauce.
4. Devour.

1 MAKE SLOW COOKER POTATOES

The slow cooker potato is the foundation of these recipes. The advantage of cooking the potatoes in the slow cooker is that it doesn’t require your time or attention. You can:

- * Cook the potatoes overnight and toss them in the fridge in the morning.
- * Cook them during the day while you’re going about your business and they’ll be ready by dinner time.

A few things to keep in mind:

This technique works for both sweet and white potatoes.

Wash the potatoes, but don’t poke, wrap, or otherwise molest them. Just place them in the slow cooker and forget about them for 8–10 hours.

The flesh of the potato turns a caramel color as the potatoes cook. (This Maillard reaction results when starches cook without liquid. *Science!*) This gives the potatoes a slightly dense texture and nutty flavor.

Potatoes that are cooked, cooled, and reheated are an excellent source of resistant starch, so you can feel confident about their nutrition while you snarf their deliciousness. (Resistant starches feed your good gut bacteria to improve insulin resistance and boost immunity.)

For slow cooker potatoes

Place scrubbed white or sweet potatoes in the slow cooker. Cover and cook on low for 8–10 hours. To store for later, place the cooked potatoes in an airtight container in the fridge until you’re ready for Step 2.

2 CHOOSE YOUR POTATO STYLE

When the potatoes are tender, it’s time to transform them. If you’re going to eat them in the stuffed-baked form and you haven’t cooled them, you can skip ahead to Step 3. For all other potato styles, follow these instructions. The quantities listed here are for four medium potatoes, so adjust accordingly.

For stuffed baked potatoes

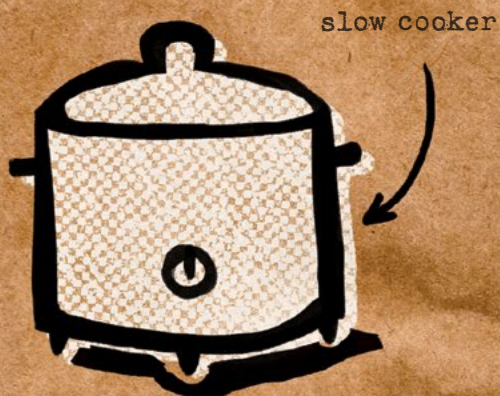
Preheat the oven to 450F and line a rimmed baking sheet with parchment paper. While the oven heats, cut the slow-cooked potatoes in half lengthwise. Place them in a single layer on the baking sheet and cover the pan with aluminum foil. Slide it into the oven—it doesn’t matter if the oven temperature hasn’t yet reached 450F. While the potatoes reheat, make the meat topping.

For street fries

Preheat the oven to 450F and line a rimmed baking sheet with parchment paper. While the oven heats, cut the cooked potatoes into french fry strips. Place the fries in a large bowl and toss them with 1 tablespoon extra-virgin olive oil until coated. Spread

How to: Meat and Potatoes

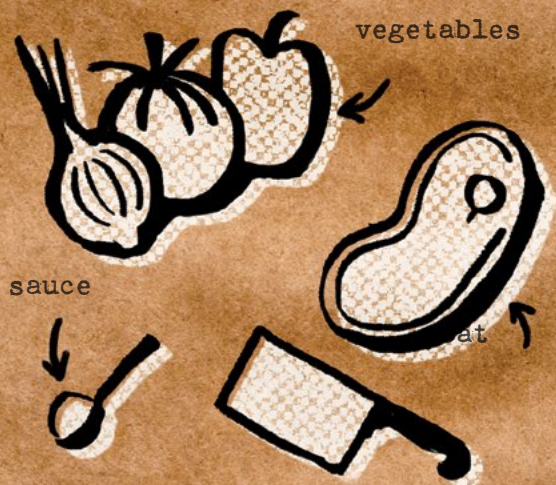
1. COOK



2. CUT



3. TOP



4. EAT



the fries in a single layer on the prepared baking sheet and sprinkle them generously with salt. Slide the pan into the oven—it doesn't matter if the oven temperature hasn't yet reached 450F. Set a timer for 10 minutes and check the fries to make sure they don't burn! While the fries bake, make the meat topping.

A few words about fries: White potatoes get quite crispy and brown with this technique, but sweet potatoes do not. The sweets achieve a caramelized outside and tender inside, but don't get crisp. Just wanted to let you know.

For home fries

Heat 2 tablespoons extra-virgin olive oil in a large, nonstick skillet over medium-high, 2 minutes. While the pan heats, cut the slow-cooked potatoes into ½-inch cubes. Add the cubes to the pan in a single layer. Cook the spuds without stirring until the cubes are golden brown on the bottom, about 5 minutes, then flip them with a large spatula and make another single layer. Repeat this process until the cubes are browned on most sides, about 15 minutes total. Sprinkle the potatoes generously with salt. While the home fries brown, cook the meat topping in another pan.

3 MAKE THE TOPPINGS.

These meat toppings are like a tasting tour around the international food court of your dreams. They combine seasoned proteins with vibrant, fresh garnishes and creamy sauces. The resulting flavors are bold and complex, but the preparations are easy and fast.

BURGER DELUXE

Time: 25–30 minutes

Tools: pint-size Mason jar, stick blender

Best on: white potato

BEEF:

- 4 slices nitrate-free bacon
- 1 medium sweet onion
- 2 cloves garlic
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- ½ teaspoon paprika
- 1½ pounds ground beef
- 1 medium tomato
- ¼ head iceberg lettuce
- dill pickles, pickled jalapeños

GARLIC MAYO:

- 1 clove garlic
- 1 large egg
- 1¼ cup light-tasting olive or avocado oil
- 2 tablespoons lemon juice
- ½ teaspoon mustard powder
- ½ teaspoon salt

Fry the bacon. Cut the bacon crosswise into ¼-inch pieces. Place the chopped bacon in a large, cold skillet, turn the heat to medium-high, and fry the bacon until it's crisp, about 3–4 minutes. While it cooks, dice the onion; set aside. Peel and crush the garlic and place in a small bowl with salt, pepper, and paprika.

Cook the beef. Remove the pan from the heat and transfer the bacon to a paper towel-lined plate. Remove all but about 1 tablespoon of the bacon fat from the skillet. Reheat the skillet over medium heat and add the onion. Cook until the

onion is translucent, 7 minutes. Add the garlic-spice mix and cook 30 seconds. Add the beef to the skillet and cook, breaking it up with a wooden spoon, until it is no longer pink, 5–7 minutes.

Prep the veggies & mayo. While the beef cooks, dice the tomato, shred the lettuce, and make the mayo: Smash and peel the garlic and place in a pint-size Mason jar. Add the remaining mayo ingredients and whirl with a stick blender until thickened.

To serve, pile the beef on potatoes and top with bacon, raw veggies, and a dollop of mayo.

SAUSAGE & PEPPERS

Time: 20–25 minutes

Tools: nothing special

Best on: white potato

- 2 teaspoons extra-virgin olive oil
- 1 medium yellow onion
- ½ large red bell pepper
- ½ large green bell pepper
- 1½ pounds ground pork
- 2 cloves garlic
- 1 teaspoon salt
- 1 teaspoon dried parsley
- ¾ teaspoon dried Italian herbs
- ¼ teaspoon ground black pepper
- ¼ teaspoon coarse (granulated) garlic powder
- ¼ teaspoon paprika
- ¼ teaspoon fennel seeds
- ⅓ teaspoon crushed red pepper flakes
- 2 tablespoons tomato paste
- ½ cup water
- 2 ounces Applegate Farms Uncured

POTATO COOKUP TIPS

If you don't have a slow cooker but do have time during a Cookup, all of these methods work well. Use one of these techniques to cook the potatoes, then follow the instructions in Step 2 for stuffed bakers, street fries, or home fries.

Stovetop: Bring salted water and whole, peeled potatoes to a boil, then simmer for 20–30 minutes until a knife can be inserted into the center with no resistance.

Microwave: Wash each potato, poke holes all over it with a fork, wrap it in a paper towel, and microwave it on high for 5–10 minutes, until tender. This works best if you zap the potatoes one at a time.

Oven: Wash the potatoes and bake the potatoes at 425F, directly on the wire rack in the oven, for 45–60 minutes, until a knife can be inserted into the center with no resistance.

MAKE IT A BOWL

When you're not in the mood for potatoes, pile meat and garnishes onto these satisfying, non-starchy alternatives:

- * cauliflower rice
- * zucchini noodles
- * baby spinach
- * spring mix

Pork Pepperoni (omit for Whole30)

Prep the veggies. Heat the oil in a large, nonstick skillet over medium-high heat, 2 minutes. While the oil heats, slice the onion and cut the bell peppers into ¼-inch strips. Add the onion and peppers to the pan and cook until they are crisp-tender, 2 minutes. Transfer the veggies to a bowl.

Cook the pork. Return the pan to medium-high heat and add the pork to the skillet, breaking it up with a wooden spoon. While the pork cooks, peel and mince the garlic, then place it in a small bowl with the salt, parsley, Italian herbs, pepper, garlic powder, paprika, fennel seeds, and red pepper flakes; stir with a fork to combine. Add the spices and tomato paste to the skillet; cook for 1–2 minutes, until the tomato paste darkens a bit. Add the water and simmer. While the sauce thickens, cut the pepperoni slices in half. Add the pepperoni to the skillet and stir-fry for 1 minute.

To serve, pile the sausage and peppers on the potatoes, then eat with gusto.

BEEF BURRITO

Time: 20–25 minutes

Tools: pint-size Mason jar, stick blender

Best on: white or sweet potato

BEEF:

- 2 teaspoons extra-virgin olive oil
- 1 medium sweet onion
- 3 cloves garlic
- 1 tablespoon ground cumin
- 1 teaspoon salt

- 1½ teaspoons chipotle chile powder
- ½ teaspoon dried oregano
- 1½ pounds ground beef
- 3 tablespoons tomato paste
- 1 (4-ounce) can diced green chiles
- ½ cup water
- a handful pitted black olives
- 1 avocado

CUMIN-LIME DRESSING:

- 1 clove garlic
- 1 large egg yolk
- 3 tablespoons lime juice
- ¼ teaspoon salt
- 2 tablespoons plus ½ cup light-tasting olive or avocado oil
- 1 teaspoon ground cumin
- 1 tablespoon fresh cilantro leaves
- 3–5 pickled jalapeño rings

Cook the beef. Heat the oil in a large, nonstick skillet over medium-high heat, 2 minutes. While the oil heats, finely dice the onion. Add the onion to the pan and cook until translucent, 5–7 minutes. While the onion cooks, peel and crush the garlic and place it in a small bowl with the cumin, salt, chipotle powder, and oregano. Add the beef to the skillet and cook, breaking up the meat with a wooden spoon, until it loses some pinkness. Stir in the spices and cook until fragrant, about 30 seconds. Push the meat to the side of the pan and drop in the tomato paste, frying until it darkens a bit, about 1 minute. Add the green chiles and water and stir. Bring to a simmer over low heat and cook uncovered until thickened.

Prep the garnishes and dressing.

While the beef cooks, slice the olives, dice the avocado, and make the dressing: Smash and peel the garlic and place it in a pint-size Mason jar. Add the egg yolk, lime juice, salt, 2 tablespoons of the oil, cumin, cilantro, and jalapeños. Purée with a stick blender until smooth. Then, with the blender running inside the jar, slowly pour in the remaining

Beef Burrito

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oil until the dressing is smooth and thickened.

To serve, pile the beef on the potatoes, top with olives and avocado, then drizzle with the dressing.

HARVEST

Time: 15–20 minutes

Tools: nothing special

Best on: white or sweet potato

PORK:

- 1 Granny Smith or other tart apple
- 2 teaspoons grass-fed ghee
- 2 tablespoons dried cranberries
- 2 tablespoons dry-roasted pepitas
- 1½ pounds ground pork
- 1 teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon powdered ginger
- pinch ground nutmeg
- pinch ground cloves
- pinch ground allspice
- 2 scallions

Cook the apples. Heat the ghee in large, nonstick skillet over medium heat, 2 minutes. While it heats, cut the apple into ¼-inch dice. Add the apple, cranberries, and pepitas to the pan with a pinch of salt and cook until the apples are golden and tender, about 5 minutes. While the apple cooks, mix together the salt, cinnamon, ginger, nutmeg, cloves, and allspice in small bowl; set aside.

Cook the pork. When the apples are done cooking, transfer them to a bowl then place the pork in the skillet, breaking up the meat with a wooden spoon. Add the spices and stir to combine. Continue to cook until the pork is no longer pink. While the pork cooks, slice the scallions and set them aside. Return the apples to

the skillet and stir.

To serve, pile the pork on the potatoes, then top with sliced scallions.

STEAK HOUSE

Time: 20–25 minutes

Tools: nothing special

Best on: white potato

STEAK:

- 2 tablespoons extra-virgin olive oil
- 8 ounces sliced white mushrooms
- 1 medium yellow onion
- 1½ pounds beef sirloin
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon dried chives

Prep the steak. Heat 2 teaspoons of the oil in a large, nonstick skillet over medium-high heat. While it heats, slice the onion and cut the steak into strips. Toss the steak with salt and pepper; set aside.

Cook the mushrooms. Toss the sliced mushrooms into the hot pan with a pinch of salt, and stir to evenly coat them with oil. You'll hear them sizzle! Continue to cook them for 1–2 minutes, stirring frequently, until the mushrooms release their moisture. Cook over medium heat, stirring occasionally, until all the moisture has evaporated and the mushrooms begin to brown, about 5–8 more minutes. Transfer the mushrooms to a plate.

Prep the onions. Add 2 teaspoons of oil to the pan, increase the heat to medium-high, and let it heat for 2 minutes. Add the onion and cook until just crisp-tender, 1–2 minutes. Transfer the onion to the plate

with the mushrooms.

Cook the steak. Add 2 teaspoons of oil to the pan, increase the heat to medium-high, and let it heat up for 2 minutes. Add the steak in a single layer and cook it undisturbed for 2 minutes, then flip it, and cook it for an additional 2 minutes. Return the mushrooms and onion to the pan, add the chives, and toss to mix with the steak.

To serve, pile the steak and veggies on the potatoes.

SLOPPY JOES

Time: 30–35 minutes

Tools: nothing special

Best on: white or sweet potato

- 1 tablespoon extra-virgin olive oil
- 1 medium yellow onion
- ½ medium green bell pepper
- 2 cloves garlic
- 1 teaspoon salt
- ¾ teaspoon chili powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon ground cinnamon
- 1½ pounds ground beef
- 1 cup tomato purée
- ½ cup water
- 2 teaspoons coconut sugar (omit for Whole30)
- 1½ teaspoons cider vinegar
- ¼ teaspoon hot sauce
- 2 scallions

Prep the veggies. Heat the oil in a large nonstick skillet over medium-high heat, 2 minutes. While the oil heats, finely dice the onion and pepper. Add the vegetables to the skillet with a pinch of salt and stir until coated with oil. Reduce the heat to



Spicy Nigerian Beef
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medium, cover, and cook, until the veggies are very soft, about 7 minutes. While the veggies cook, peel and crush the garlic and place it in a small bowl with the salt, chili powder, black pepper, and cinnamon. When the veggies are soft, add the spices to the skillet and cook, stirring constantly, for 30 seconds or until fragrant.

Cook the beef. Add the beef to the skillet and cook, breaking up the meat with a wooden spoon, until it is just pink, about 3 minutes. Meanwhile, in a measuring cup, whisk together the tomato purée, water, sugar, vinegar, and hot sauce. Pour the sauce into the pan and simmer until the sauce has thickened, 5–10 minutes. While the sauce cooks, thinly slice the scallions.

To serve, pile the meat on the potatoes and top with the scallions.

SPICY NIGERIAN BEEF (SUYA)

Time: 35–40 minutes

Tools: food processor

Best on: white or sweet potato

BEEF:

- 1½ pounds beef sirloin
- 1 teaspoon extra-virgin olive oil

SPICE BLEND:

- ½ teaspoon onion powder
- ½ teaspoon ground black pepper
- ½ teaspoon coarse (granulated) garlic powder
- ½ teaspoon powdered ginger
- ½ teaspoon smoked paprika
- ½ teaspoon chili powder
- ⅛ teaspoon cayenne pepper

- 1 cube organic chicken bouillon (omit for Whole30)
- ¼ cup roasted cashews

VEGGIES:

- 2 plum tomatoes
- 1 medium yellow onion
- 1 small jalapeño (omit if you don't want it tongue-tingling)
- 2 teaspoons extra-virgin olive oil
- garnish:** a handful fresh cilantro, 1 lime

Prep the meat and spice blend. Cut steak into ¼-inch strips and place them in a medium mixing bowl. Combine the spice blend ingredients in the food processor bowl and pulse until it resembles a coarse powder; you want chopped nuts, not paste. Sprinkle the spice blend over the meat and toss to coat, pressing the nuts into the meat. Set aside.

Cook the veggies. Heat the oil in a large, nonstick skillet over medium-high, 2 minutes. While it heats, cut the tomatoes into wedges; slice the onion and the jalapeño. (Remove the seeds if you want it less hot.) Add the veggies to the hot oil and stir-fry for 1–2 minutes until crisp-tender. Transfer the veggies to a plate.

Cook the meat. Return the skillet to medium-high heat, add the oil, and let it heat for 1 minute. Add the steak in a single layer and cook undisturbed for 2 minutes, then flip it and cook it for an additional 2–3 minutes. Now's a good time to cut the lime into wedges. Add the veggies to the pan, toss to combine, and turn off the heat.

To serve, pile the meat and veggies on the potatoes, then top with cilantro and a squeeze of lime juice.

BEEF FAJITA

Time: 35–40 minutes

Tools: food processor

Best on: white potato

SALSA:

- 1 clove garlic
- 1 (14.5-ounce) can fire-roasted tomatoes
- ¼ medium sweet onion
- ½ jalapeño
- ¾ teaspoon salt
- ½ teaspoon chipotle pepper powder
- ¼ teaspoon ground black pepper
- ¼ cup fresh cilantro leaves
- 1 tablespoon lime juice

BEEF:

- 1 teaspoon extra-virgin olive oil
- 1½ pounds beef sirloin
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground black pepper
- ¼ teaspoon coarse (granulated) garlic powder

VEGGIES:

- 1 red bell pepper
- 1 green bell pepper
- 1 medium yellow onion
- 2 teaspoons extra-virgin olive oil
- 1 avocado

Make the salsa. Smash and peel the garlic clove and place it in the bowl of a food processor. Add the remaining ingredients and purée until it reaches your desired level of smoothness. Set it aside to give the flavors time to meld and mellow.

Prep the meat. Cut the steak into ¼-inch-thick slices and place it in a mixing bowl. Add the salt, cumin, black pepper, and garlic powder; toss to coat the meat with the spices. Set aside.

Cook the veggies. Heat the oil in a large, nonstick skillet over medium-high, 2 minutes. While it heats, cut the peppers and onion into slices. Add the vegetables to the skillet with a pinch of salt and stir-fry for 1–2 minutes, until they're just tender. Transfer the veggies to a plate.

Cook the meat. Return the skillet to medium-high heat, add the oil, and let it heat up for 1 minute. Add the steak in a single layer and cook, undisturbed for 4 minutes, flip it, and cook for an additional 2–3 minutes. While the steak cooks, dice the avocado. Add the onion and peppers back to the pan, toss to combine with the meat, and turn off the heat.

To serve, pile the meat and veggies on the potatoes, then top with salsa and avocado.

GYRO

Time: 20–25 minutes

Tools: pint-size Mason jar, stick blender

Best on: white potato

LAMB:

- 2 teaspoons extra-virgin olive oil
- 1 medium yellow onion
- ½ green bell pepper
- 1 clove garlic
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon dried mint
- ½ teaspoon dried oregano
- ¼ teaspoon ground black pepper
- ¼ teaspoon Aleppo pepper or crushed red pepper flakes
- 1½ pounds ground lamb
- 1 medium tomato
- 1 seedless cucumber
- ¼ cup fresh parsley leaves
- a few pitted black olives

GYRO SAUCE:

- 1 clove garlic
- 1 large egg yolk
- 2 tablespoons lemon juice
- 2 tablespoons plus ½ cup extra-light tasting olive or avocado oil
- ½ teaspoon dried mint
- ½ teaspoon za'atar spice blend
- ¼ teaspoon Aleppo pepper or crushed red pepper flakes
- ¼ teaspoon salt
- 2 tablespoons fresh parsley leaves

Cook the lamb. Heat oil in a large, nonstick skillet over medium-high heat, 2 minutes. While the oil warms, cut the onion and pepper into ¼-inch strips. Add the vegetables to the pan and cook until crisp-tender, 2 minutes. While the veggies cook, peel and crush the garlic and place it in a small bowl with the salt, cumin, mint, oregano, black pepper, and Aleppo pepper. Transfer the onion and pepper to a plate. Add the lamb to the skillet and cook, breaking up the meat with a wooden spoon, until it starts to lose pinkness, about 3 minutes. Add the garlic-spice mix to the pan, stir to combine, and continue to cook the lamb until it's browned.

Prep the veggies & sauce. While the lamb cooks, dice the cucumber and tomato, coarsely chop the parsley, halve the olives, and make the sauce: Smash and peel the garlic and place it in a pint-size Mason jar. Add the egg yolk, lemon juice, 2 tablespoons of the oil, the mint, za'atar, Aleppo pepper, salt, and parsley. Purée the ingredients with a stick blender. Then, with the blender still running inside the jar, slowly pour in the remaining oil until the dressing is smooth and thickened.

To serve, pile the lamb on the potatoes, top with the veggies, and then drizzle the whole beautiful mess with gyro sauce.

BUFFALO CHICKEN

Time: 20–25 minutes

Tools: pint-size Mason jar, stick blender, mandoline or food processor

Best on: white or sweet potato

RANCH DRESSING:

- 1 clove garlic
- 1 large egg yolk
- 2 tablespoons plus 1/2 cup light-tasting olive or avocado oil
- 2 tablespoons lemon juice
- 1 tablespoon fresh parsley leaves
- 1 tablespoon dried chives
- 1/2 teaspoon paprika
- 1/4 teaspoon salt

CHICKEN:

- 2 teaspoons plus 1 tablespoon grass-fed ghee
- 1 tablespoon arrowroot powder
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 1½ pounds ground chicken
- 2 carrots
- 3 stalks celery
- 4 scallions
- ¼ cup hot sauce

Make the dressing: Smash and peel the garlic, then place it in a pint-size Mason jar. Add the egg yolk, 2 tablespoons of the oil, lemon juice, parsley, chives, paprika, and salt. Purée with a stick blender until smooth. Then, with the blender running inside the jar, add the remaining oil and blend until thickened.



Chicken Shawarma
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Cook the chicken. Place 2 teaspoons of the ghee in a large, nonstick skillet and heat over medium-high heat, 2 minutes. In a small bowl, combine the arrowroot, salt, and pepper; set aside. Add the chicken to the skillet and cook, breaking it up with a wooden spoon, until it starts to lose its pinkness, about 3 minutes. Add the spiced arrowroot to the chicken and stir. While the chicken cooks, slice the carrots, celery, and scallions very thinly with a mandoline or the slicing blade of a food processor. When the chicken's cooked, add the hot sauce and remaining 1 tablespoon ghee; stir to combine. Add the carrots and celery to the pan, toss with two wooden spoons to mix, then remove the pan from the heat.

To serve, pile the chicken and veggies on the potatoes, then drizzle with ranch dressing and sprinkle with scallions.

CHICKEN SHAWARMA

Time: 35–40 minutes

Tools: food processor

Best on: white potato

CHICKEN:

- 1 teaspoon extra-virgin olive oil
- 4 boneless, skinless chicken breasts (about 4–6 ounces each)
- $\frac{1}{4}$ cup water

SPICE BLEND:

- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{2}$ teaspoon ground cardamom
- $\frac{1}{4}$ teaspoon smoked paprika
- $\frac{1}{4}$ teaspoon ground coriander
- $\frac{1}{4}$ teaspoon coarse (granulated) garlic powder
- $\frac{1}{8}$ teaspoon ground black pepper
- $\frac{1}{8}$ teaspoon cayenne pepper

SALAD:

- $\frac{1}{4}$ small head red cabbage
- 1 large carrot
- 1 tablespoon lemon juice
- 1 tablespoon extra-virgin olive oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- a handful fresh mint leaves

TAHINI DRESSING:

- 1 clove garlic
- $\frac{1}{3}$ cup tahini
- $\frac{1}{3}$ cup water
- 2 tablespoons lemon juice
- pinch salt
- pinch ground black pepper

Cook the chicken. Heat the oil in a large, nonstick skillet over medium-high heat, 2 minutes. While it heats, make the spice blend: mix together all the spices in a small bowl. Rub the spice blend on both sides of the chicken, then place it in the pan and cook it undisturbed, 5 minutes. Flip the chicken and cook for 2 minutes, then add the water, cover the skillet, and reduce the heat to medium-low. Cook until the chicken is no longer pink inside, about 10–15 minutes.

Make the salad. Use the slicing blade on a food processor to thinly slice the cabbage and carrot. Place the vegetables in a large mixing bowl and toss with the lemon juice, olive oil, salt, pepper, and mint; set aside.

Make the tahini dressing: Smash and peel the garlic, then place it in the bowl of the food processor. Add the remaining ingredients and whirl until smooth.

To serve, cut the chicken into thin slices and pile it on the potatoes, then top with salad and drizzle with tahini dressing.

COOKUP TIPS

If you're doing a Cookup, you can prep the meat and garnishes in advance, then bring it all together quickly at meal time.

Full-blast: Cook the meat completely and prep all the garnishes during your Cookup, then when you're ready to eat, reheat the meat in a nonstick skillet over low heat while you finish the potatoes.

Halfway: During Cookup, prep your veggies, garnishes, and sauces. When you're ready to eat, cook the meat according to the recipe and finish the potatoes.

TO REHEAT

PROTEIN

Heat a large, nonstick skillet over medium-high heat. Add your protein to the pan and stir-fry until hot.

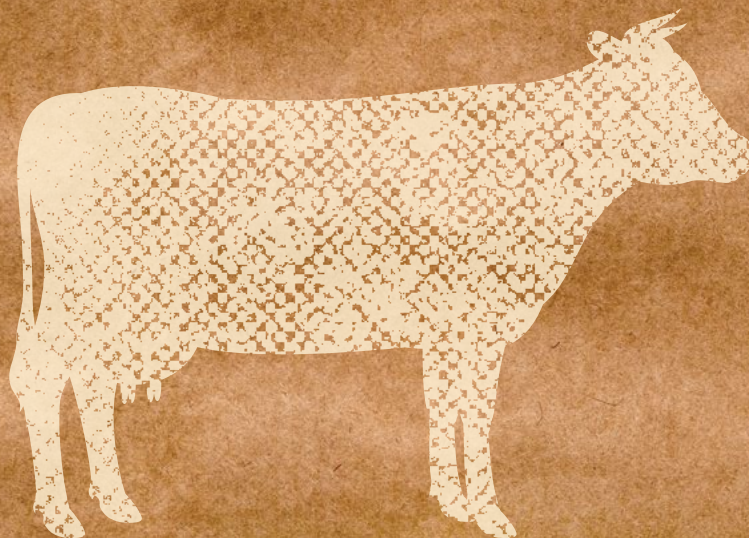
POTATOES

Oven: Wrap the potatoes (fries, home fries, or halved, slow-cooked potatoes) in aluminum foil and warm in a 350F oven until heated through. For fries and home fries, you can zap them under the broiler if you want to make them crisper.

Stove: Heat a large, nonstick skillet over medium-high heat. Add the potatoes and cook, mostly undisturbed, until hot.



BEEF





BACON-JALAPEÑO BALLS WITH EVERYTHING CARROTS



These meatballs take all the best parts of a standard diner burger—crispy bacon, spicy jalapeños, juicy beef, secret sauce, seeded bun—and deliver them in an easy-to-make, pop-‘em-in-your-mouth meatball. It’s a burgers-and-fries combo that makes you feel good, inside and out! The “everything” blend on the carrots works equally well on parsnips or slow cooker potatoes (p. 43).

Serves 2–4

Total time: 45 minutes

Hands-off time: 15 minutes

Tools: 2 rimmed baking sheets,
grater, pint-size Mason jar,
stick blender

BALLS:

- 4 strips nitrate-free bacon
- ¼ medium yellow onion
- ½ medium jalapeño
- 1½ pounds ground beef
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon paprika

“EVERYTHING” CARROTS:

- 4 teaspoons olive oil
- 1½ teaspoon poppy seeds
- 1½ teaspoon sesame seeds
- 1½ teaspoon caraway seeds
- 1 teaspoon coarse salt
- ¼ teaspoon ground black pepper
- 3 cloves garlic
- 1½ pounds carrots

SPECIAL SAUCE:

- 2 cloves garlic
- 1 large egg yolk
- 2 tablespoons plus ½ cup light-tasting olive or avocado oil

- 2 tablespoons lemon juice
- 1 tablespoon cider vinegar
- 1 teaspoon tomato paste
- ½ teaspoon paprika
- ½ teaspoon mustard powder
- ¼ teaspoon ground cumin
- ¼ teaspoon salt
- ⅙ teaspoon cayenne pepper
- ¼ yellow onion
- ¼ cup pickle slices

Prep. Preheat the oven to 450F and line two large, rimmed baking sheets with parchment paper.

Cook the bacon. Cut the bacon crosswise into ¼-inch-wide pieces. Place it in a cold, nonstick skillet, and fry over medium-high heat until crisp, 3–4 minutes. While it cooks, grate the onion and mince the jalapeño. Remove bacon from the pan and drain on paper towels. Pour the grease out of the pan, leaving whatever clings to it, and return it to the heat. Add the onion and jalapeño to the skillet; sauté until the jalapeño is soft, 1–2 minutes. Set the skillet aside to cool.

Prep the carrots. In a large mixing bowl, combine the olive oil, poppy seeds, sesame seeds, caraway seeds, salt, and pepper. Peel and crush the garlic and add it to the bowl. Cut the carrots into ⅛-inch-thick strips and add to the bowl. Toss until the carrots are coated with seasonings. Spread carrots on a baking sheet and pop it into the oven. Set a timer for 10 minutes.

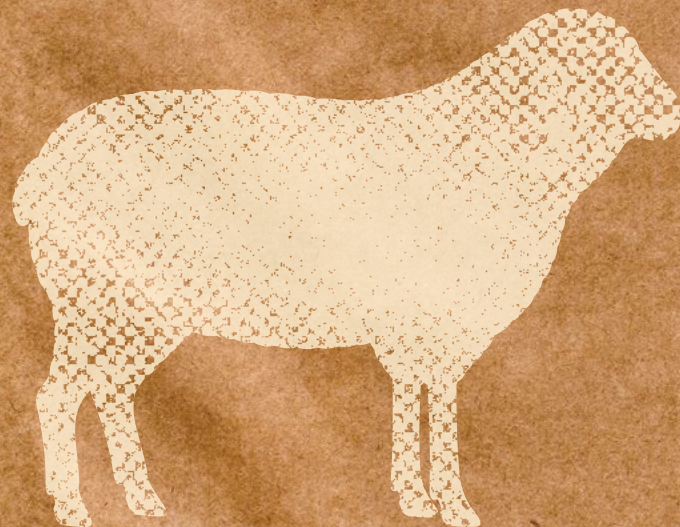
Roll the meatballs. In a large bowl, combine ground beef, salt, pepper, paprika, bacon, and the cooked onion and jalapeño. Measure a 1-tablespoon scoop of meat and roll it into a ball. Place the meatballs on the second baking sheet. When the timer rings, reduce the oven to 425F and slide the meatballs into the oven. Bake 10–15 minutes, until meatballs are browned and carrots are crisp-tender.

Make the sauce. Smash and peel the garlic cloves and place in a pint-size Mason jar. Add the egg yolk, 2 tablespoons of oil, the lemon juice, vinegar, tomato paste, paprika, mustard powder, cumin, salt, and cayenne. Whirl with a stick blender until puréed. Then, with the blender running inside the jar, add the remaining ½ cup oil; blend until smooth. Mince the onion and pickles, then stir them into the sauce with a fork.

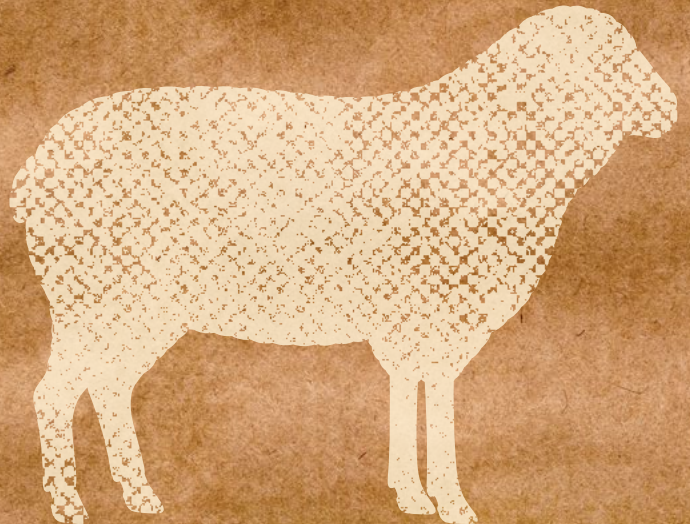
To serve, pile carrots and meatballs on each plate. Drizzle the meatballs with special sauce.

COOKUP TIPS

Prep the carrots, spice blend, meat dough, and sauce; store them in separate airtight containers in the fridge. To cook, toss the carrots with spices, shape the meatballs, and follow the baking instructions.



PORK & LAMB





ITALIAN HOAGIE SALAD



I grew up in eastern Pennsylvania, where hoagies are known as “subs” and homemade rolls from Philadelphia are trucked to local sandwich shops on the regular. These days, I know the best part of the hoagie is the inside: spicy Italian cold cuts, cool-crisp iceberg lettuce with just enough olive oil to make it slinky and vinegar to give it teeth. This recipe relies on Applegate Farms cold cuts and requires nothing more of you than a lot of chopping. It’s as close as you can get to running out for a sub on a Saturday afternoon.

DRESSING:

- ¼ cup red wine vinegar
- 3 tablespoons extra-virgin olive oil
- ½ teaspoon dried oregano
- ¼ teaspoon coarse (granulated) garlic powder
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 (6-ounce) can anchovies

MEATS:

- 1 (5-ounce) package Applegate Farms Uncured Pork Pepperoni
- 1 (4-ounce) package Applegate Farms Genoa Salami
- 1 (4-ounce) package Applegate Farms Prosciutto

VEGGIES:

- 1 head iceberg lettuce
- a few handfuls baby spinach
- 2 stalks celery
- 1 red bell pepper
- ½ medium sweet onion
- ½ (15-ounce) can red beets
- 1 (14-ounce) can hearts of palm
- 1 (6-ounce) can black olives

Make the dressing. Equip yourself with an enormous mixing bowl. Place the vinegar, oil, oregano, garlic powder, salt, and black pepper in the bowl and whisk to combine. Drain and mince the anchovies and add them to the bowl; whisk one more time to introduce the anchovies to the rest of the crew.

Prep the meats and veggies. Julienne the pepperoni, salami, and prosciutto; add them to the bowl with the dressing. Thinly slice the veggies and add them all to the bowl with the meats.

Toss with intent. When everything is in the bowl, toss the salad again with two spoons while singing a rousing rendition Dean Martin’s “That’s Amore” or Louis Prima’s “Buona Sera.” (Seriously. You want to toss for at least 2 minutes.)

YOU KNOW HOW YOU COULD DO THAT?

Make it Whole30 compliant by replacing the deli meats with leftover chicken or steak. You could also add chopped hard-boiled or pickled eggs, if that’s your thing.

COOKUP TIPS

Prep the dressing and place it in a jar. Julienne and slice the remaining ingredients, then toss them together in large, airtight container. Store everything in the fridge. Toss the salad with the dressing just before eating.

Serves 2–4

Total Time:

15–20 minutes

Tools: nothing special



WEEKNIGHT ROGAN JOSH WITH SWEET POTATO HOME FRIES

spicy-
not-hot
curry from
Kashmir

Whenever I mention the Indian dish rogan josh to my friend Stacey, I accidentally call it Josh Rogan, and she says, “Who? What?” because she knows it’s called rogan josh. We finally realized I was reversing the names because of Seth Rogen—and then Stacey was confusing him with Josh Groban. And maybe there really is something in a name. “Rogan” means oil in Persian and “josh” means heat or passionate. Perhaps rogan josh is an aphrodisiac? I know it makes me feel good all over, and it’s so luxurious, it makes me want to marry myself.

Cook the potatoes. Wash and peel the sweet potatoes, then cut them into ½-inch-cubes. Place the oil in a large nonstick skillet and warm it over medium-high heat, 3 minutes. Add the sweet potatoes and toss to coat them in the oil, then sprinkle them with the salt and cinnamon. Reduce the heat to low, cover the skillet, and cook without stirring, 5 minutes. Remove the lid, stir, cover again, and continue to cook until tender. Meanwhile...

Prep the lamb seasonings. Warm the oil in another large, nonstick skillet over medium-high heat, 2 minutes. While the oil heats, dice the onion. Add the onion to the pan with a pinch of salt and cook, stirring occasionally, until soft, about 5 minutes. While the onion cooks, peel and crush the garlic and place it in a small bowl. Add the paprika, cumin, coriander, chili powder, cinnamon, salt, ginger, cardamom, cloves, and cayenne. Mix with a fork and set aside.

Cook the lamb. Crumble the lamb into the skillet with the onion and cook, breaking up the meat with a wooden spoon, until it is just pink, about 3 minutes. Add the garlic-spice blend and stir to combine. Add the tomato paste and cook until it darkens in color, about 2 minutes. Add the coconut milk and water. Stir to combine, then reduce the heat to low, cover, and simmer for 5 minutes.

Bring it home. While the lamb cooks, thinly slice the scallions and sprinkle them over the potatoes, toss, and let them continue to cook uncovered. Remove the lid from the lamb, stir, and cook uncovered until it begins to thicken a bit, 2–3 minutes.

To serve, snuggle the rogan josh and home fries together in a shallow bowl.

Serves 2–4

Total time: 35–40 minutes

Tools: nothing special

SWEET POTATO HOME FRIES:

- 2 pounds sweet potatoes
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- ¼ teaspoon ground cinnamon
- 2 scallions

LAMB:

- 1 tablespoon extra-virgin olive oil
- 1 medium sweet onion
- 1 clove garlic
- 1 tablespoon paprika
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon chili powder
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- ½ teaspoon powdered ginger
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cloves
- ⅛ teaspoon cayenne pepper
- 1½ pounds ground lamb
- 1 tablespoon tomato paste
- ½ cup canned unsweetened coconut milk
- ¼ cup water

YOU KNOW HOW YOU COULD DO THAT?

If you want to add a green veggie, put a handful of baby spinach at the bottom of each bowl. Make it a little more lavish with toasted, sliced almonds on top.

COOKUP TIPS

Peel, cut, and cook the sweet potatoes and make the garlic-spice blend; store both in separate airtight containers in the fridge. When it’s time to eat, reheat the potatoes while you cook the lamb.



CHICKEN





FRIED CHICKEN MEATBALLS WITH COLLARD GREENS

finger-
lickin'
good!

I don't feel like I need to do a hard sell on a recipe called "Fried Chicken Meatballs," but since this space needs to be filled with words, here goes: These are super easy to make. They taste like fried chicken without the annoying deep frying and pesky bones getting in the way. They're scrumptious straight out of the oven, but are also awesome at room temperature for picnics, and they freeze/reheat like champs.

MEATBALLS:

- 1½ pounds ground chicken
- 1 teaspoon salt
- ½ teaspoon ground black pepper
- 2 tablespoons extra-virgin olive oil

COATING:

- 3 tablespoons tapioca starch
- ½ teaspoon salt
- ½ teaspoon smoked paprika
- ¼ teaspoon ground black pepper
- ¼ teaspoon rubbed sage
- ¼ teaspoon coarse (granulated) onion powder
- ¼ teaspoon coarse (granulated) garlic powder
- pinch dried marjoram
- pinch ground cayenne pepper
- pinch ground cloves

GREENS:

- 1 bunch collard greens or kale (about 1 pound)
- ½ cup water
- 2 teaspoons extra-virgin olive oil
- 1 clove garlic
- ¼ teaspoon salt
- pinch ground black pepper

Preheat the oven to 425F. Line a rimmed baking sheet with parchment paper.

Season the chicken. Place the ground chicken, salt, and pepper in a large mixing bowl; mix well.

Make the coating. In a shallow bowl, use a fork to combine the tapioca starch, salt, smoked paprika, black pepper, sage, onion powder, garlic powder, marjoram, cayenne pepper, and cloves.

Make the balls. Moisten your hands with cold water, then measure rounded tablespoons of ground chicken and roll the chicken into balls. Roll each ball in the seasoned tapioca starch. Set the chicken balls aside on the baking sheet until you're ready to fry them.

Fry the balls. Place 1 tablespoon oil in a large, nonstick skillet over high heat, 2–3 minutes. Place half of the meatballs in a single layer in the pan, leaving some wiggle room around them. Cook until they're browned on all sides, 4–5 minutes total. Transfer the balls to the baking sheet. Add 1–2 teaspoons oil to the pan and brown the remaining meatballs and transfer them to

Serves 2–4

Total time: 30–35 minutes

Tools: 1-tablespoon scoop, rimmed baking sheet

the baking sheet. Place the baking sheet in the oven and set a timer for 10 minutes.

Prep the greens. Wash the leaves and remove the tough ribs. Stack the leaves and cut them crosswise into ½-inch strips. Reheat the skillet over medium-high heat. Toss the still-wet greens into the pan, add the water, cover with a lid, and steam for 5 minutes or so, until almost all the water is evaporated. Remove the lid and toss the greens with two wooden spoons until they are very dark green and dry. This takes about 2–3 minutes. Meanwhile, peel and crush the garlic.

Season the greens. Push the greens to the side of the pan, add the oil, and drop the minced garlic into the oil. Cook until fragrant, about 30 seconds. Toss everything together and allow the greens to cook for another 5 minutes. Add the salt and pepper, taste, and adjust the seasonings. Turn off the heat and cover to keep warm until the meatballs are finished.

To serve, divide the greens among dinner plates and top with meatballs.

YOU KNOW HOW YOU COULD DO THAT?

Replace the ground chicken with ground turkey, pork, or beef.

COOKUP TIPS

Season the ground chicken and form the meatballs. Prep the fried chicken coating. Wash and cut the collard greens. Store everything separately in airtight containers in the fridge, then follow the directions for cooking the meatballs and greens.



STICKY ORANGE SUNFLOWER CHICKEN WITH SESAME BROCCOLI

ooey-
gooey
good!

This recipe came to be one night while I bemoaned the fact that I couldn't pick up the phone and order sticky chicken wings for delivery. You know what? This recipe comes together faster than waiting for take-out, and it tastes way better than anything that comes out of a cardboard carton.

Serves 2–4

Total Time: 40–45 minutes

Hands-off time: 15 minutes

Tools: grater, pint-size Mason jar, stick blender, 2-quart baking dish

Preheat the oven to 425F.

Make the sauce. Zest the orange and set the zest aside. Use a sharp knife to peel the orange, removing all of the white pith, then separate the sections and place in a pint-size Mason jar. Smash and peel the garlic and add to the jar, along with the rest of the sauce ingredients; whirl the ingredients with a stick blender until smooth. Set it aside.

Toast the sesame seeds. Heat a large, nonstick skillet over medium-high heat, 2 minutes. Add the sesame seeds and stir-fry until toasted, about 3–5 minutes. Transfer to a plate to cool.

Prep the chicken. Combine the ginger, garlic powder, salt, coriander, and pepper in a large bowl and mix with a fork. Add the chicken thighs to the bowl and toss to coat the pieces in the spices. Add the oil to

the pan you used for the sesame seeds and reheat the pan over medium-high heat, 2 minutes. Add the chicken in a single layer and brown it, undisturbed, 3–4 minutes. Flip the chicken and brown the other side for 1 minute, then transfer to a 2-quart baking dish.

Thicken the sauce. Pour the sticky sauce into the pan you used for the chicken and heat it, scraping up any brown bits in the pan, until it's thickened a little, 1–2 minutes. Pour the sauce over the chicken and place the baking dish in the oven. Roast the chicken for 15–20 minutes, until the sauce is caramelized. While the chicken cooks, slice the scallions for the garnish and set aside, then cook the broccoli.

Cook the broccoli. Place the water in the skillet you used for the chicken and bring it to a boil. Add the broccoli, cover, and steam it until tender, about 5 minutes. Remove the lid and allow any remaining water to evaporate. Turn off the heat, drizzle the sesame oil over broccoli, toss to coat.

To serve, plate the broccoli and chicken, then top with extra sauce and garnishes.

STICKY SAUCE:

- 1 medium navel orange
- 2 cloves garlic
- ¼ cup coconut aminos
- ¼ cup sunflower seed butter
- 1 tablespoon tomato paste
- 1 tablespoon unseasoned rice vinegar
- 1 tablespoon fish sauce
- 1 teaspoon hot sauce
- 2 tablespoons arrowroot powder

CHICKEN:

- 1 teaspoon powdered ginger
- 1 teaspoon coarse (granulated) garlic powder
- 1 teaspoon salt
- ½ teaspoon ground coriander
- ½ teaspoon ground black pepper
- 8 boneless, skinless chicken thighs (1½ pounds)
- 1 teaspoon extra-virgin olive oil

SESAME BROCCOLI:

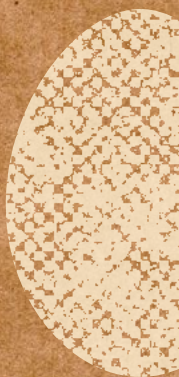
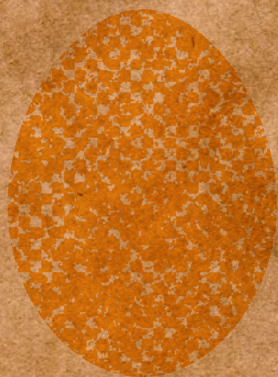
- 1 pound broccoli florets
- ½ cup water
- 2 teaspoons toasted sesame oil
- garnish:** sesame seeds, scallions

YOU KNOW HOW YOU COULD DO THAT?

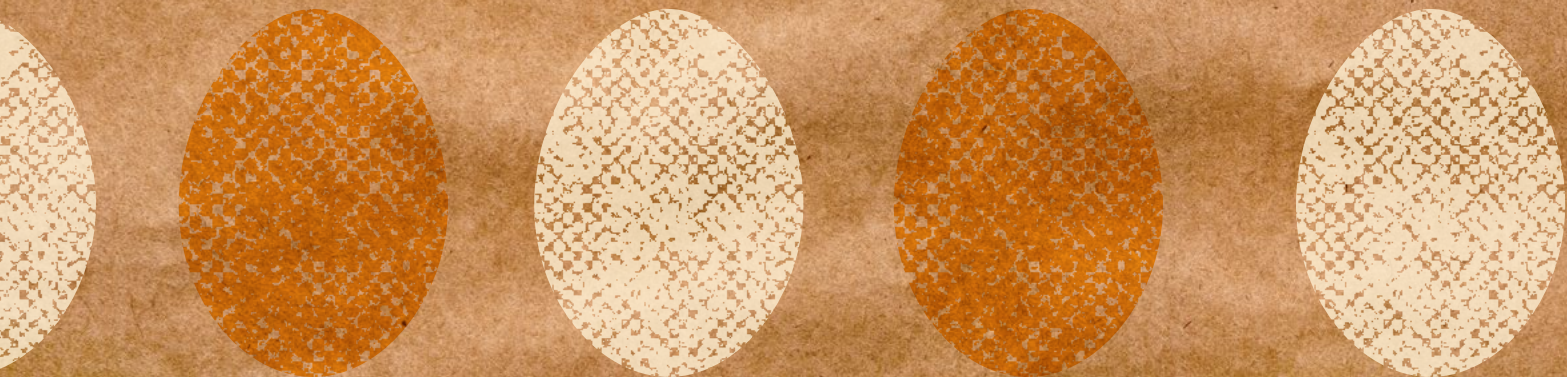
Replace the chicken thighs with chicken breast or pork chops. Use almond or cashew butter instead of sunflower seed butter.

COOKUP TIPS

Prepare the sauce and store it in the jar in the fridge. Brown the chicken and steam the broccoli; store both in separate airtight containers in the fridge. When it's time to eat, simmer the sauce and pour over the chicken in a baking dish. While the chicken cooks, stir-fry the broccoli in a nonstick skillet with the sesame oil until hot.



EGGS





ENGLISH BREAKFAST

brinner
makes you
a winner

A proper British fry-up is a hearty way to start—or end—the day. This version of the traditional breakfast classic takes brinner to a new, healthier level, and it couldn't be simpler. Pop everything—eggs, sausages, bacon, tomatoes, and mushrooms—into the oven and let it do its thing. Now you can enjoy a nice cuppa and spend a few minutes visiting with Sherlock Holmes.

4 plum tomatoes
8 white mushrooms
1–2 tablespoons extra-virgin olive oil
2–4 links nitrate-free sausage
4 slices nitrate-free bacon
1–2 tablespoons extra-virgin olive oil
salt and ground black pepper
8 large eggs
garnish: fresh parsley leaves or fresh chives (or both!)

Preheat the oven to 450F. Line two large, rimmed baking sheets with aluminum foil.

Prep the veggies and meat. Cut each tomato lengthwise into 3–4 slices; cut the mushrooms into ¼-inch-thick slices. Cut the sausage into pieces. Arrange the tomatoes, mushrooms, bacon, and sausage on the baking sheets, alternating rows of meat and vegetables. Brush the tomatoes and mushrooms lightly with olive oil, then sprinkle them with salt and pepper. Place the baking sheet in the oven; it doesn't matter if the oven temperature hasn't yet reached 450F. Set a timer for 20 minutes.

Prep the eggs. While the veggies and meats roast, brush the insides of 8 cups of a muffin tin with olive oil, then crack an egg into each cup. When the meats and veggies have roasted for 20 minutes, place the eggs in the oven and set the timer again: 8 minutes for soft, runny yolks; 9–10 minutes for gelled yolks; 11–12 minutes for hard yolks. Remove the eggs when they're cooked to your liking, and if the bacon isn't quite crisp enough yet, set a timer for 5 more minutes. Mince the parsley and/or chives.

To serve, scoop the eggs out of the muffin cups with a spoon and place on individual serving plates with tomatoes, mushrooms, sausage, and bacon. Sprinkle with the minced herbs.

YOU KNOW HOW YOU COULD DO THAT?

If you have slow cooker potatoes (p. 43) handy, add ¼-inch slices to the baking sheets with the other veggies; brush with oil. You could also replace the sausage or bacon with nitrate-free ham steak.

Serves 2–4

Total time:

40–45 minutes

Hands-free time:

30 minutes

Tools: 2 rimmed
baking sheets,
muffin tin



FISH & SEAFOOD





DECONSTRUCTED SUSHI BOWL

sushi
you eat
with a
fork

Sometimes, a “project” recipe can be fun. You know the kind I mean, right? You research the recipe, buy special ingredients, and set aside a weekend afternoon to roll up your sleeves and spend the day playing in the kitchen. But then, most days, you just want to eat. Rightly or wrongly, I think of sushi rolls as a project: There’s all that fine chopping and rolling and... well, I guess I’m lazy when I’m hungry. This recipe delivers the contrasting flavors and textures of a fresh maki roll in a friendly bowl.

Cook the rice. Break the cauliflower into florets, removing the stems. Place the florets in the bowl of a food processor and pulse until the cauliflower looks like rice, about 10 pulses. Warm the oil in a large, nonstick skillet over medium-high, 2 minutes. Add the cauliflower and salt; toss with a rubber spatula to coat the rice in oil, then cover the pan and turn the heat to low. Set a timer for 15 minutes.

Crisp the nori. Place the olive oil in another nonstick skillet and warm it over medium-high heat, 2 minutes. While the oil heats, stack the nori sheets and cut them into quarters. Roll each pile of quarter-sheets into a thin cylinder, then cut it into very thin strips. Add them to the pan, toss to coat with the oil, and stir-fry until very dark green and crisp, about 2 minutes. Transfer to a plate and sprinkle with a little salt.

Make the wasabi. Mix the wasabi powder with water according to the package directions and set aside.

Prep the shrimp bowl ingredients. Slice the dark green part of the scallions into 2-inch-long batons. Peel and dice the

mango. Cut the red pepper into thin strips. Dice the avocado. Cut the shrimp into bite-sized pieces, if necessary.

To serve, give each of your dining companions a bowl of rice and encourage them to add wasabi paste, coconut aminos, and rice vinegar, according to their whims. Then invite them to top their rice with shrimp, scallions, mango, bell pepper, and avocado. Sprinkle each bowl with crispy nori strips and sesame seeds.

YOU KNOW HOW YOU COULD DO THAT?

Beat an egg or two, cook like a thin omelet, then cut it into strips and add to the bowl. Or replace the shrimp, mango, and bell pepper with smoked salmon, cucumber slices, and julienned jicama.

COOKUP TIPS

Rice and cook the cauliflower and store it in an airtight container in the fridge. When it’s time to eat, prep the other ingredients while you reheat the rice. Visit www.meljoulwan.com/wellfedweeknights for a quick video with tips on cutting nori sheet.

Serves 2–4

Total time: 35–40 minutes

Tools: food processor

CAULIFLOWER RICE:

- 1 large head cauliflower
- 1 tablespoon extra-virgin olive oil
- $\frac{3}{4}$ teaspoon salt

CRISPY NORI:

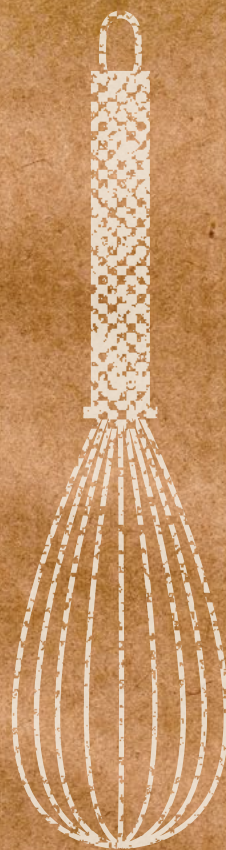
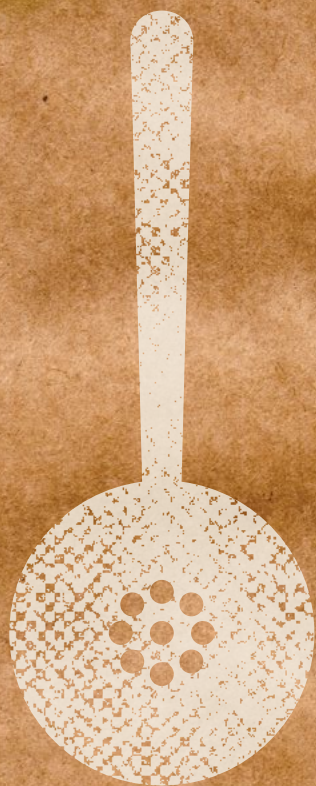
- 1 teaspoon extra-virgin olive oil
- 4 sheets nori

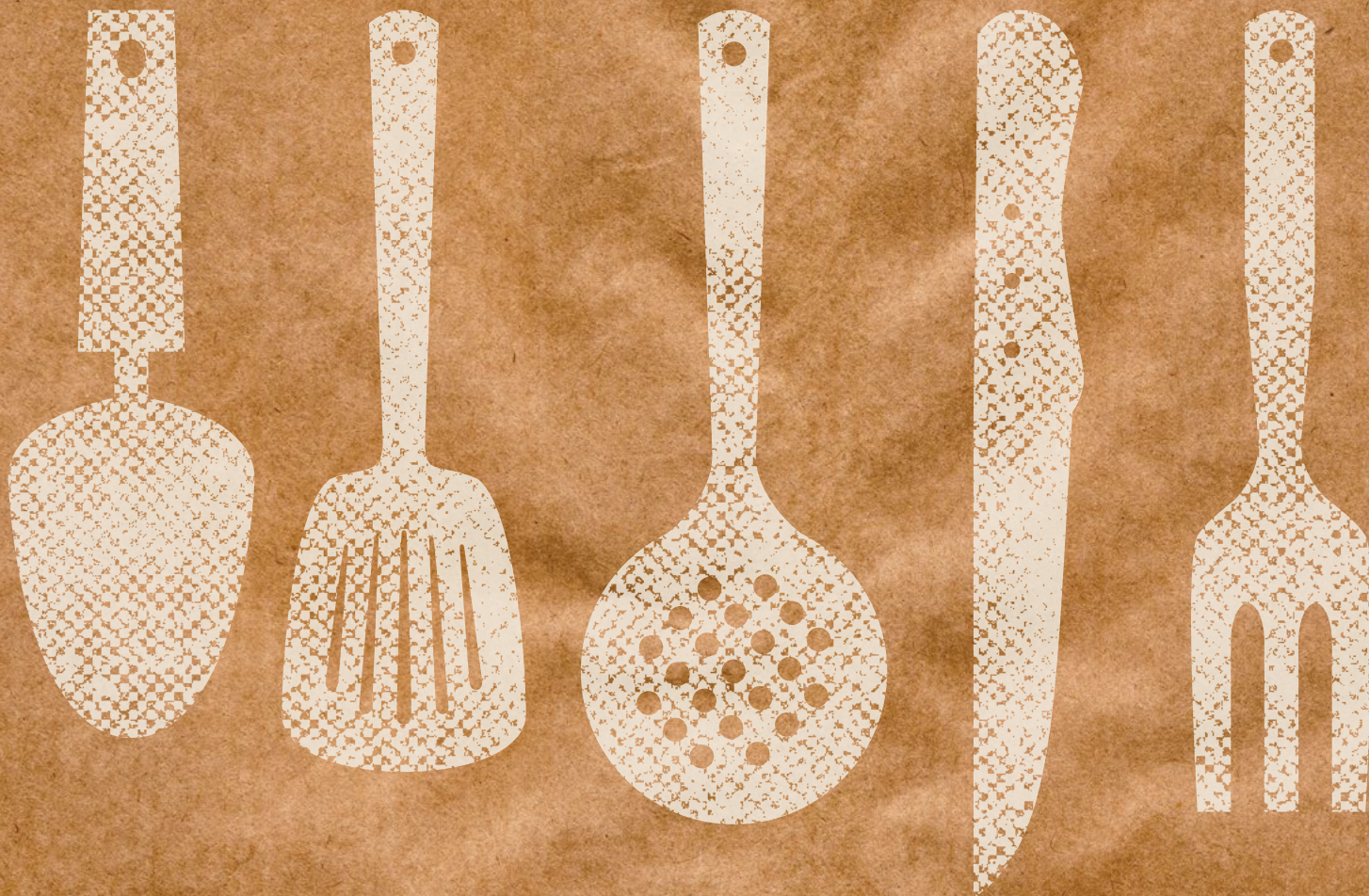
RICE GARNISH:

- wasabi powder
- coconut aminos
- unseasoned rice vinegar
- toasted sesame seeds

SHRIMP BOWL:

- 4 scallions
- 1 ripe mango
- 1 medium red bell pepper
- 1 avocado
- $1\frac{1}{2}$ pounds cooked shrimp





RESOURCES



RESOURCES

I like what I like, and once I've found something I love, I don't usually experiment too much. That's why this isn't a lengthy, list of all the paleo resources out there. It's my personal list of bests; I use all of these myself, and I think they're top notch. You'll also find these links at www.meljoulwan.com/wellfedweeknights

MELISSA JOULWAN'S WELL FED

www.meljoulwan.com

I update my site several times each week with new recipes, 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 truly awesome pictures of my cat, Smudge.

MY AMAZON STORE

www.meljoulwan.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.

GRASS-FED/PASTURED MEAT

All of these sites offer delicious, nutrient-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.

Lava Lake Lamb

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

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

Tendergrass Farms

www.tendergrass.com

The best place for pastured bacon and lard. Very friendly people behind the company and excellent customer service.

U.S. Wellness Meats

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, sugar-free bacon!

SPICES

These are my trusted suppliers for the spicy substances that turn ingredients into meals. They're owned by real people, not giant corporations, and their spices are fresh, vibrant, and reasonably priced.

Penzeys Spices

www.penzeys.com

Primal Palate Organic Spices

www.primalpalate.com/organic-spices

Spicely

www.spicely.com

OTHER PALEO FOOD

Barefoot Provisions

www.barefootprovisions.com

Purveyors of awesome paleo products, including pastured beef tallow, pork lard, and cage-free duck fat, as well as nuts, nut butters, paleo snacks, and more.

Primal Kitchen

www.primalkitchen.com

Launched by Mark Sisson, an expert on primal living. Products include reasonably-priced avocado oil, mayo, salad dressings, protein bars, and more.

Thrive Market

thrivemarket.com

A membership-based online store for paleo-friendly products at 25–50% off retail; vast selection, fast delivery.

MEET THE WELL FED WEEKNIGHTS TEAM

MELISSA JOULWAN Author



Melissa Joulwan is the author of the best-selling *Well Fed* cookbook series, *Living Paleo For Dummies*, and *Rollergirl: Totally True Tales From The*

Track. She also blogs at www.MelJoulwan.com where she writes about her triumphs and failures in the gym, in the kitchen, and 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 the stopwatch.

Her favorite things include the novel *Jane Eyre*, the music of Duran Duran from any era of the band, leopard print everything, and stompy black boots. In 2017, she's planning to sell all of her stuff and move to Prague with only a suitcase, her laptop, her husband Dave, and her cat Smudge.

Melissa's favorite *Well Fed Weeknights* recipes are Spicy Nigerian Beef Street Fries and Tiki Hot Dogs. But she eats Blueberry Pie Salad the most often.

DAVID HUMPHREYS Photographer & Illustrator



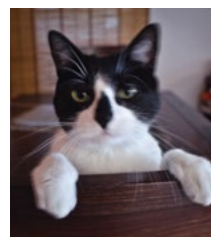
David holds a Master's degree in cartooning from the Center for Cartoon Studies in White River Junction, Vermont. His photographs

and illustrations have appeared in the best-selling *Well Fed* cookbooks, as well as the *New York Times* best-seller *It Starts with Food*.

David believes that the combination of images and words in comics makes them a far better tool for communicating potentially difficult subjects—including emotion—than words or images can do on their own. He feels equally strongly that that good food is one of the fundamentals of feeling awesome. He's currently working on a book that tells the story of good nutrition through powerful comics.

His favorite *Well Fed Weeknights* recipes are English Breakfast and Ground Beef & Gravy.

SMUDGE Mascot



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 2011, she was appointed CEO of Smudge Publishing, LLC—she is better than some and worse than others (although she displays an unerring apathy to food photography and copyediting). She is best known for sneak attacks from the stairway railing, the patented “Barrel Roll of Joy,” and her soft belly, widely recognized as the mushiest spot on Earth.

Her favorite *Well Fed Weeknights* recipe is Tuna Salad Platters.

CAMERON SIEWART Content Strategy



Cameron Siewert lives a double life: the first as owner of content strategy education and consulting shop Contenterie, and the second as a

writer of essays and fiction. She originally hails from a small town in the Texas Panhandle but currently splits her time

between Austin (in her waking life) and a compound of adobe casitas in the Sangre de Cristo mountains (in her dream life).

Food is hands-down her most enduring love. Her best meal ever was whole grilled sea bream at the home of a local winemaker and guesthouse proprietor on the island of Hvar, Croatia.

Her favorite *Well Fed Weeknights* recipes are Vietnamese Lamb and Shakshuka (a variation of which was her favorite hangover food in a past life, i.e., her early twenties).

PEGGY PAUL CASELLA Copy Editor



Peggy is a cookbook editor and writer, urban gardening/local food enthusiast, and the creator of ThursdayNightPizza.com, a food

blog centered on making weekly pizzas from scratch. In her editing/writing life, she wrangles hundreds—sometimes thousands—of recipes each month from chefs, writers, and publishers all over the country; she also coaches authors through the cookbook publishing process.

As a freelance writer, Peggy contributes to a variety of publications and web sites, including a regular column on seasonal produce for *GRID Magazine*, a Philadelphia publication focused on green living. She also authors a bi-weekly newsletter for Fair Food, a non-profit dedicated to promoting sustainable agriculture in the Greater Philadelphia region. When she's not working, Peggy can be found renovating her hundred-year-old

rowhome, digging in the garden, or wandering outside in the sunshine.

Her favorite *Well Fed Weeknights* recipe is Reykjavik Salmon & Soft-Boiled Egg Salad.

WALKER PALECEK Copy Editor



A word nerd, new mom, and athlete 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*.

Walker jumped at the chance to take out her red pen again for the latest installment of the *Well Fed* series. Nutritious, "Melicious" meals ready in 45 minutes or less were exactly what this she needed. A stick blender and slow cooker potatoes have revolutionized dinner at her house.

Her favorite *Well Fed Weeknights* recipe is Buffalo Chicken (or really anything from Meat & Potatoes!).

MICHEL VRANA Designer



There's nothing Michel likes more than designing books. He published comics and graphic novels for five years, ran a boutique design

studio for ten, and through all of it, always loved book design the most. In 2009, he

decided to concentrate on book design, and set up a home studio to do just that.

From time to time he's invited to lecture about book design. The rest of the time you'll find him at home reading manuscripts, sketching, or creating book covers.

His favorite *Well Fed Weeknights* recipe is Burger Deluxe Potato.

SANDI GETBAMRUNGRAT Photography Assistant



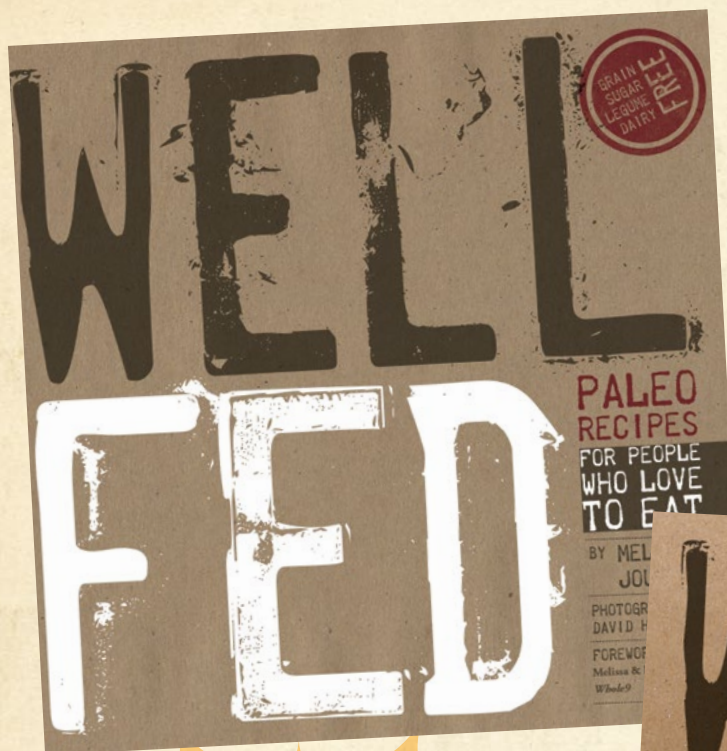
Sandi was born in Bangkok, raised in New York City. A printmaker turned cartoonist, she recently graduated from The Center for Cartoon Studies

with an MFA. She loves to eat spicy food and considers herself an adventurous eater.

Growing up eating homemade Thai food, Sandi learned to cook by watching her mother and aunt in the kitchen. Red curry is her go-to dish. She can't get enough of coconut water and fruit pops. She hopes to illustrate her mom's recipes and to turn them into a graphic cookbook one day.

With their impressive ability to help people eat healthier, she strongly believes that Mel and Dave are superheroes. She's a better eater because of them.

Her favorite *Well Fed Weeknights* recipe is the Bánh Mì Bowl.



Did **Well Fed Weeknights** make you hungry for more? Dig into the first two cookbooks in the **Well Fed** series.

“... beautifully designed, inspirational, educational cookbooks filled not only with her trademark fantastic recipes, but also loaded with her wit and warmth.”

—Mark Sisson, Publisher of Mark's Daily Apple and Founder of Primal Kitchen



100s of delicious recipes and variations made without grains, legumes, soy, sugar, dairy, and alcohol. Whole30 approved and 100% paleo friendly.

Available in print and ebook formats at your favorite bookstore, online retailer, or directly from author Melissa Joulwan at www.meljoulwan.com/store.



"Mel is one of my favorite authors/chefs in any food genre. She never ceases to impress with her creativity and passion, and *Well Fed Weeknights* is no exception. Beautifully presented and exceptionally laid out, it's got all the 'need to know' elements and bullet points of a healthy Paleo lifestyle. Be prepared to get your Paleo on every night of the week!"

—**MARK SISSON**, Publisher of *Mark's Daily Apple* and Founder of *Primal Kitchen*

"We're all time poor and we all need to make better choices about what we put into our bodies. This new compendium of easy and fast recipes from Melissa Joulwan is the tastiest way I've seen to get started or continue to be inspired." —**ANDREW ZIMMERN**, TV personality, chef, and food writer

I often find the question 'What do you want for dinner?' more stressful than actually prepping and cooking the meal, but thanks to *Well Fed Weeknights*, the what's-for-dinner game just got crazy fun. You'll be blown away by how many time-saving resources are packed into this cookbook, and the recipes are the perfect balance of joy-in-my-mouth and hey-that-clean-up-went-fast. So feel free to ask me what I want for dinner tonight, because I've got about 34 pages in *Weeknights* already bookmarked.

—**MELISSA HARTWIG**, *New York Times* bestselling author and co-creator of the *Whole30* program

"I'm head over heels in love with Melissa Joulwan's *Well Fed Weeknights*! My spice-loving kitchen sister has created yet another amazing collection of umami-packed meals—and this one is tailor-made for busy folks like me who crave flavorful, nourishing meals whipped up in minutes. Why look anywhere else for culinary inspiration?" —**MICHELLE TAM**, *New York Times* bestselling author of *Nom Nom Paleo: Food For Humans*

Bursting with vibrant flavors and foolproof recipes, the third installment in the best-selling *Well Fed* cookbook series puts more than 125 complete—and crazy-delicious—paleo meals on your table in 45 minutes or less.

With *Well Fed Weeknights*, author and mouthy paleo cook Melissa Joulwan brings her love of food and spirit of adventure to a knockout collection of weeknight recipes inspired by takeout classics, food trucks, and cuisines from around the world—all totally free of grains, dairy, legumes, and soy.

Every meal is thoroughly tested and easy to make, with affordable ingredients you'll find at your neighborhood grocery store. And all of the recipes include the popular "You Know How You Could Do That?" variations, as well as Cookup Tips to help shorten meal prep time.

With fresh ingredients, flavorful spices and herbs, luscious sauces, and simple prep, *Well Fed Weeknights* is sure to become a splattered-and-bookmarked kitchen companion.

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