

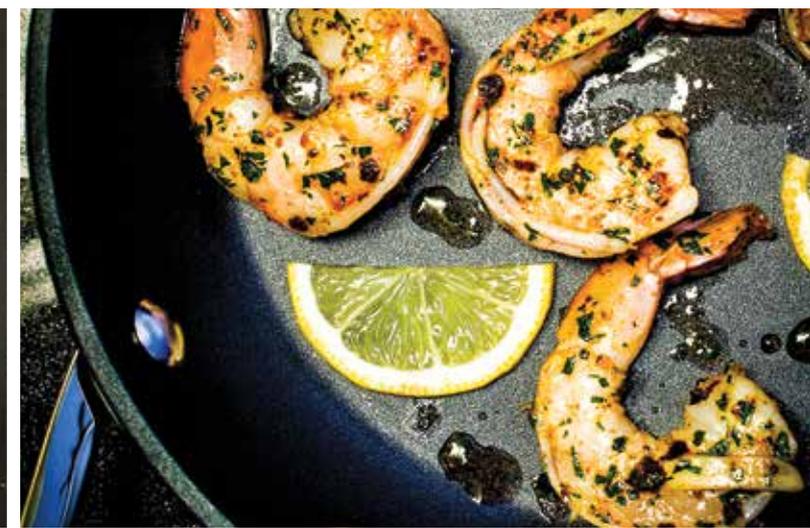
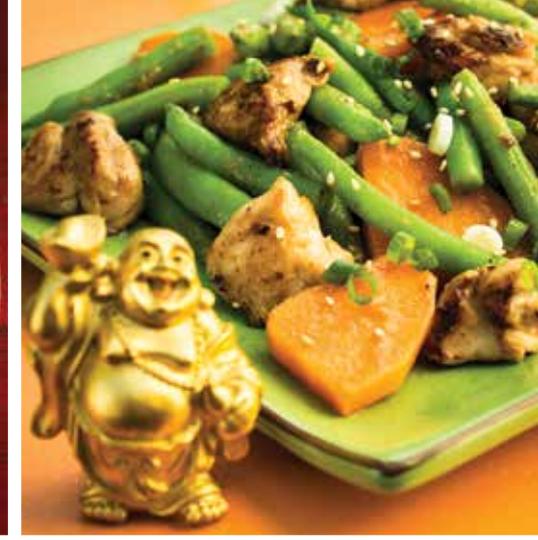
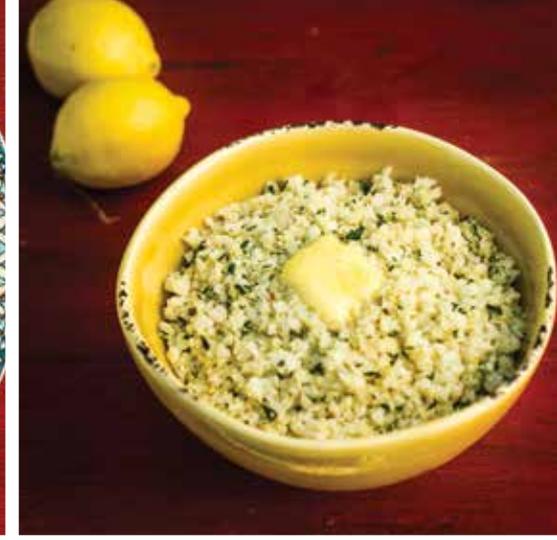
WELL

FED



MORE PALEO RECIPES
FOR PEOPLE WHO LOVE TO EAT

by MELISSA JOULWAN





WELL FED

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

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

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

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PUBLISHING

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

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

TO MY INTREPID AND HONEST TASTE-TESTERS

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

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

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

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

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

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

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

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

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

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

TO EVERYONE AT SERVE GOURMET (BUT ESPECIALLY MAMIE!)

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

TO BANG PRINTING AND GREENLEAF BOOK GROUP

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

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for answering our frantic call for Arabic language newspapers.

TO MICKEY TRECOTT

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

TO STEVE WILLIAMS OF CHAMELEON COLD BREW

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

AND TO ALL THE READERS OF THE CLOTHES MAKE THE GIRL

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



THANK YOU EVERYBODY!

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

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

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

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

“MY WHOLE LIFE IS BETTER NOW.”

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

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

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

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

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

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

We wish you the best in health.

MELISSA & DALLAS HARTWIG

Creators of the original Whole30® program

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

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

THIS IS THE FOOD I EAT EVERY DAY.

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

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



I GREW UP IN THE KITCHEN.

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

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

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

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

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

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

LET'S HAVE FUN WHILE WE COOK.

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

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

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

FAVORITE RECIPES

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

BETTER BUTTER, P. 60
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 ITALIAN PORK ROAST, P. 132
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 SILKY GINGERED ZUCCHINI SOUP, P. 206

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

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

NEW! HEADS UP! NEW CONTENT

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

LET'S
JUST
CALL
ITTHE ★
BEST
FOOD
YOU
★ CAN★
EAT**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 call it “dino-chow.” All of these terms refer to roughly the same way of eating. They're based on the idea that we are healthier – both mentally and physically – when we remove inflammatory foods from our diet.

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

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

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

PROCESSED FOODS

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

ADDED SUGAR

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

ALCOHOL

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

GRAINS

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

LEGUMES

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

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

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

SOY

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

DAIRY

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

WHITE POTATOES

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

VEGETABLE OILS

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

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

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

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

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

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

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

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

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

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

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

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



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

Then I found Whole9 and the Whole30.

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

SO I STARTED OVER... AGAIN.

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

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

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



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

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

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

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

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

JUST EAT.

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

WHOLE30 APPROVED.

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

AUTOIMMUNE PROTOCOL (AIP) COMPLIANCE.

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

HOW TO USE THIS BOOK.

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

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

QUICK MEALS

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

SAUCES & SEASONINGS

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

PROTEIN

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

VEGGIES & SALADS

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

FRUIT

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

THE CLOTHES MAKE THE GIRL

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

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

VISIT WWW.THECLOTHESMAKETHEGIRL.COM/WELLFED2

Some of my favorite and most popular posts include:

NOTHING MATTERS. EVERYTHING MATTERS.

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

THE EGG FOO YONG STORY

The surprising history of this American-Chinese dish.

BEING COMFORTABLE WITH BEING UNCOMFORTABLE

Kind of about front squats but really about life.

ZOMBIE ATTACK PREPAREDNESS (ZAP) WORKOUT

A fun workout to prepare you for the zombie apocalypse.

WHY I LIFT HEAVY THINGS

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

YOU NEVER KNOW IF TODAY IS THE DAY

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

WALKING YOUR PATH

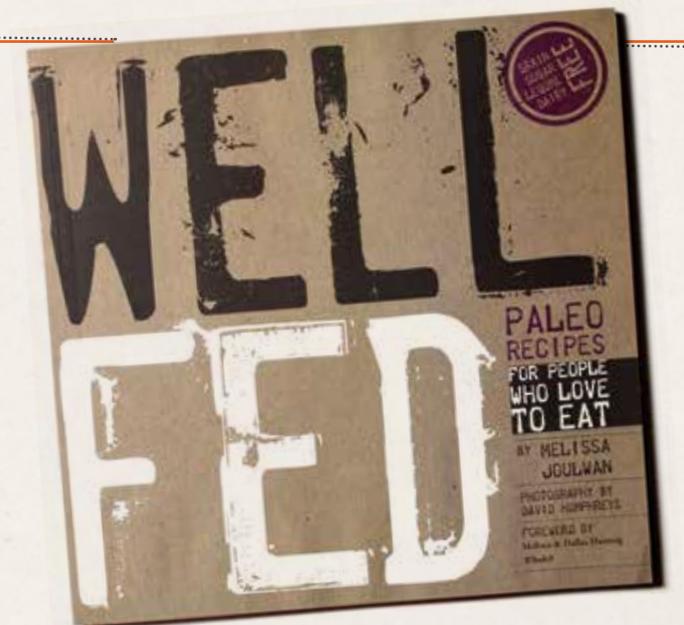
A reminder that sometimes we just need to follow our feet.

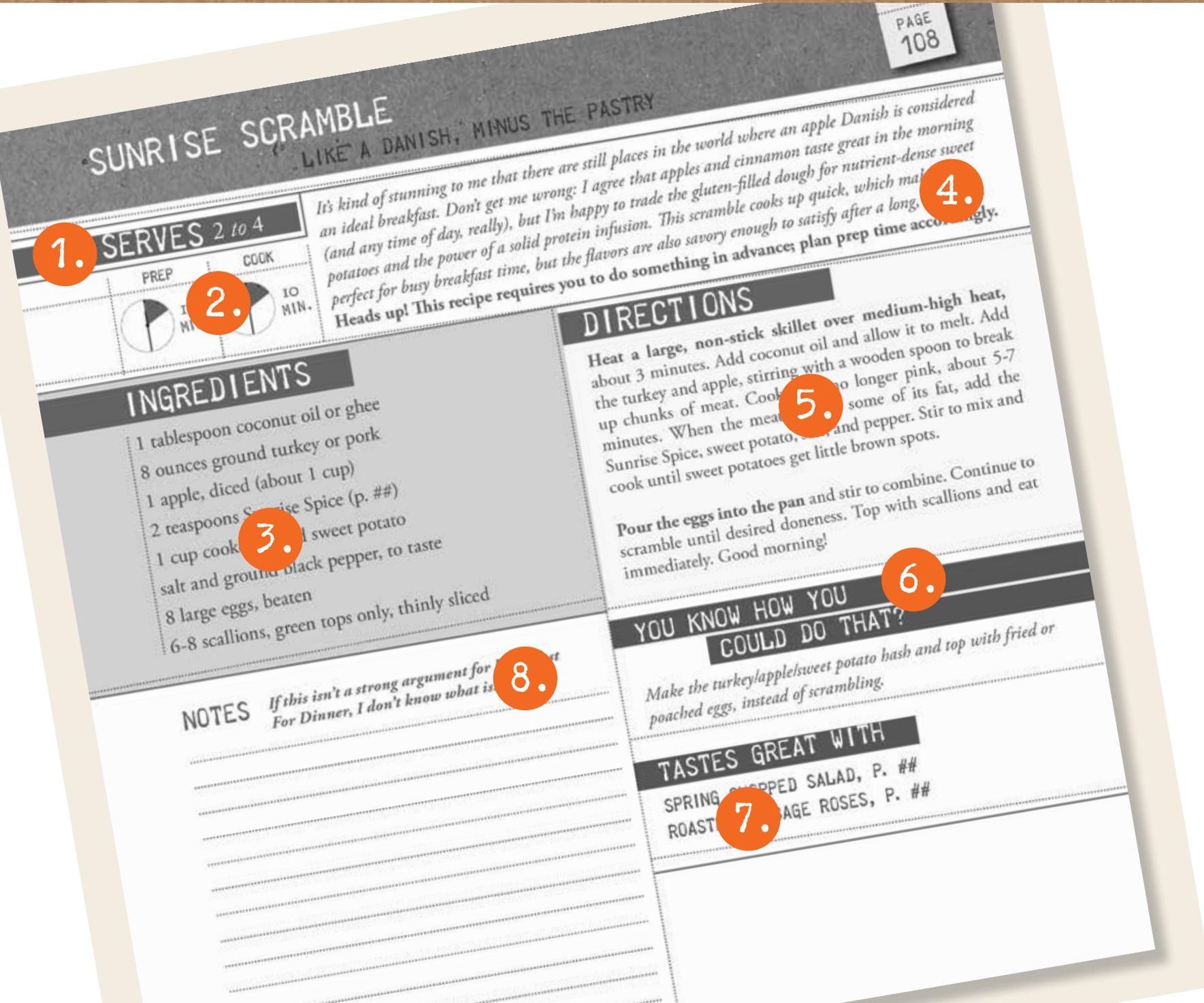
KUNDALINI CONTINUES TO BE WEIRD

A silly recap of my adventures in yoga.

WELL FED: PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT

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





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

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

1. SERVES / MAKES

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

2. PREP / COOK TIME

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

3. INGREDIENTS

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

4. RECIPE WITHIN RECIPE

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

5. DIRECTIONS

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

6. YOU KNOW HOW YOU COULD DO THAT?

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

7. TASTY IDEAS / TASTES GREAT WITH

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

8. CALLOUTS

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



QUICK

MEALS

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

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

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

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



1. ALL-AMERICAN

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

2. PESTO

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

3. AN EGG

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

4. GO-TO VINAIGRETTE (P. 66)

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

5. VEGETABLE RELISH

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

6. SEASONED FATS

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

7. FRUIT SALSA

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

8. GRAVY

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

9. QUICK WARM ASIAN SLAW

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

10. THAI CURRY SAUCE

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

TURN IT UP TO 11: MORE PROTEIN

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

BEYOND BEEF

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

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

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

LAMB: *Pastured lamb is the healthiest choice.*

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

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

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



SAUCES

& SEASONINGS



MERGUEZ SAUSAGE SEASONING

WEARING A FEZ IS OPTIONAL

MAKES 1/3 cup

PREP

COOK



5
MIN.

N/A

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

INGREDIENTS

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

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

DIRECTIONS

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

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

YOU KNOW HOW YOU COULD DO THAT?

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

TASTY IDEAS

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



PROTEIN

OLD SCHOOL ITALIAN MEAT SAUCE

SUNDAY GRAVY, PALEO STYLE

PAGE
094

SERVES 8 to 12

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

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

INGREDIENTS

MEAT:

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

SAUCE:

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

MEATBALLS:

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

DIRECTIONS

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

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

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

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

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

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

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

TASTES GREAT WITH

- ZUCCHINI NOODLES, P. 168
- ROASTED SPAGHETTI SQUASH, P. 168
- MASHED CAULIFLOWER, P. 167
- PIZZA VEGGIES, P. 194
- CRISP-SWEET COLLARDS, P. 198
- SIMPLE LEMON SPINACH, P. 170



DECONSTRUCTED GYRO

OPA! OPA! OPA!

SERVES 6 to 8

PREP	COOK	ALERT
5 MIN.	2 HRS.	15 MIN.

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

INGREDIENTS

LAMB:

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

SALAD:

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

DRESSING:

- Gyro/Kebab Sauce (p. 54)

DIRECTIONS

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

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

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

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

TASTES GREAT WITH

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

YOU KNOW HOW YOU COULD DO THAT?

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

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

VEGGIES

& SALADS





BALSAMIC-GRILLED BUTTERNUT

WHO KNEW A HUMBLE PUMPKIN COULD BE SO ALLURING?!

SERVES 2 to 4

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

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

INGREDIENTS

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

DIRECTIONS

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

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

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

YOU KNOW HOW YOU COULD DO THAT?

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

TASTES GREAT WITH

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



BELLY DANCE BEET SALAD

MAKES YOU WIGGLY, IN A GOOD WAY

SERVES 4

PREP



COOK



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

INGREDIENTS

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

DIRECTIONS

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

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

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

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

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

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

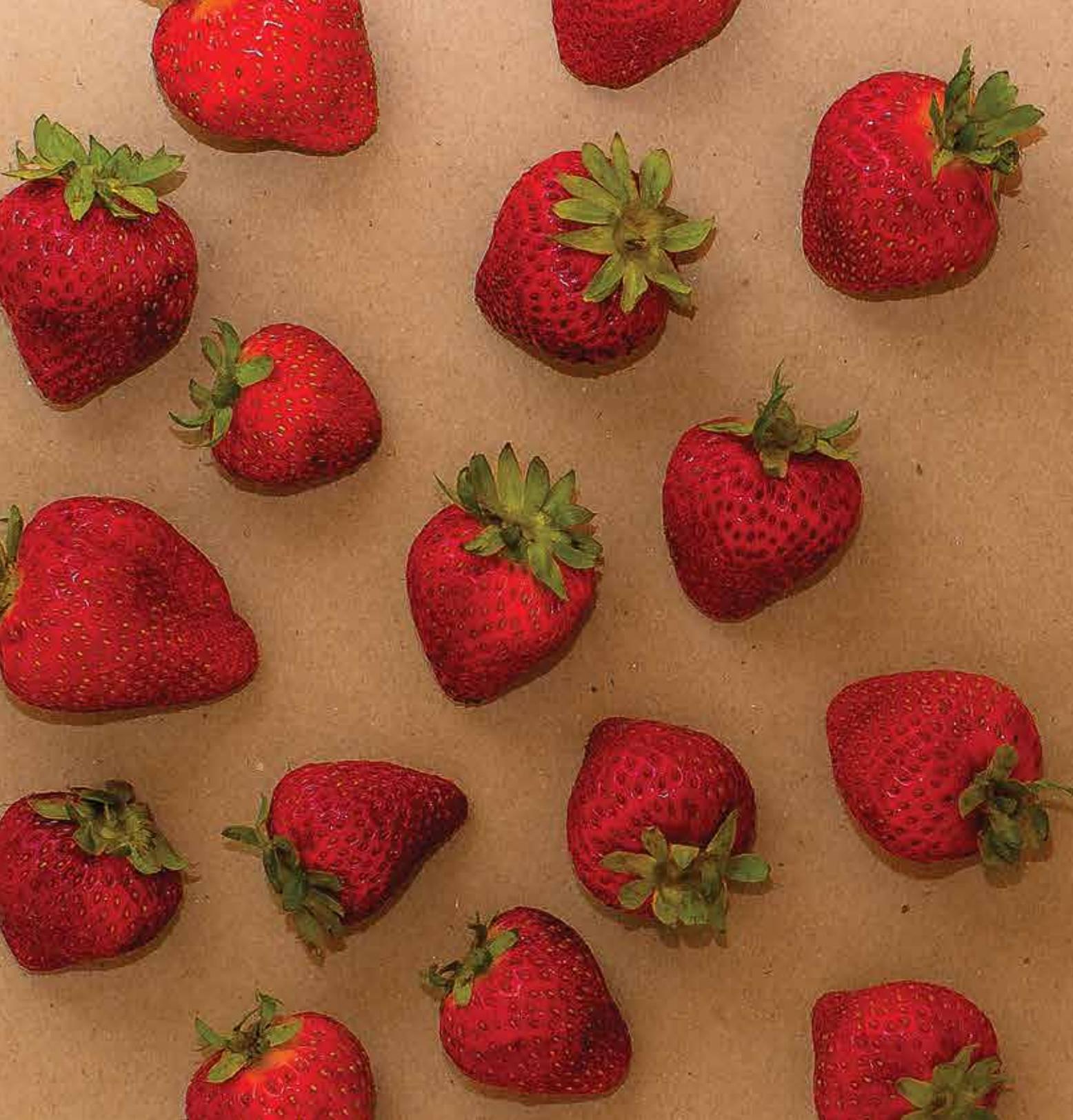
EAT YOUR BEET GREENS! Wash thoroughly to remove grit, then chop and throw in a pan with a little water and steam ‘til tender. Toss with Better Butter (p. 60), salt, pepper, and a clove of crushed garlic. Eat under the room temp beet salad!

YOU KNOW HOW YOU COULD DO THAT?

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

TASTES GREAT WITH

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



FRUITS





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 is not a lengthy, comprehensive list of all the paleo resources out there. Instead, it's my personal list of bests; I use all of these myself, and I think they're top notch. You'll also find all of these links at www.theclothesmakethegirl.com/wellfed2.

THE CLOTHES MAKE THE GIRL

www.theclothesmakethegirl.com

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

SHOPPING

MY AMAZON STORE

www.theclothesmakethegirl.com/store

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

SPICES

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

PENZEYS SPICES – MY FAVORITE!

www.penzeys.com

SAVORY SPICE SHOP

www.savoryspiceshop.com

GRASS-FED/PASTURED MEAT

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

LAVA LAKE LAMB

www.lavalakelamb.com

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.grassfedbeef.org

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

TX BAR ORGANICS

www.txbarorganics.com

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

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, Whole30-approved bacon!

PALEO NUTRITION & LIFESTYLE

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

WHOLE9

www.whole9life.com

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

ROBB WOLF

www.robbwolf.com

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

MARK SISSON

www.marksdailyapple.com

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

PALEO DIGEST

www.paleodigest.com

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

CHRIS KRESSER

www.chriskresser.com

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

PALEO MOM

www.thepaleomom.com

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

AUTOIMMUNE PALEO

www.autoimmune-paleo.com

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

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

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

gym, in the kitchen, in life.

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

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

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

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

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

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

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

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

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

**SMUDGE****Well Fed Mascot & CEO**

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

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

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

**WALKER FENZ****Well Fed Copyeditor & Proofreader**

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

and *WOD Talk* magazine.

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

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

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

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

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

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

**KATHLEEN SHANNON,
BRAID CREATIVE****Well Fed Creative Director**

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

Her personal blog, AndKathleen.com,

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

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

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

**KRISTIN TATE, BRAID CREATIVE**
Well Fed Graphic Designer

Kristin Tate is a graphic designer who loves what she does and is grateful she gets to do it for a living. Kristin works with *Braid Creative & Consulting* and Kathleen Shannon's team, to help

other creatives, designers, developers, authors, and artists shine through their design.

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

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

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

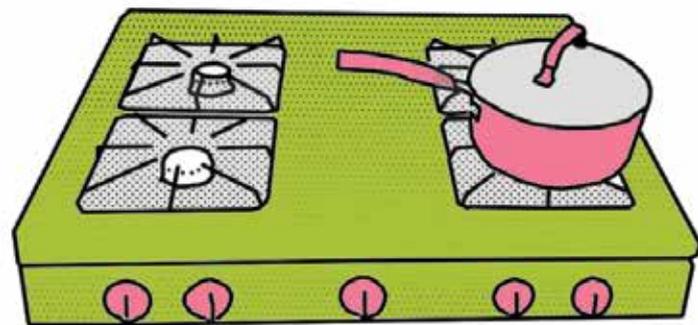
Stefanie is a potter, mosaic artist, and perhaps, the very best kind of witch. Everything she touches in her pink-infused studio, known as Flamingo Ranch (www.flamingoranch.com), shimmers, glitters, shines, and glows.

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

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

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

HAVE
FUN
IN
THE
KITCHEN


WELL FED
THE ORIGINAL

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

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

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



SOME OF THE RECIPES

YOU'LL FIND INSIDE

Chocolate Chili

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

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

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

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

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

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

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

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

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

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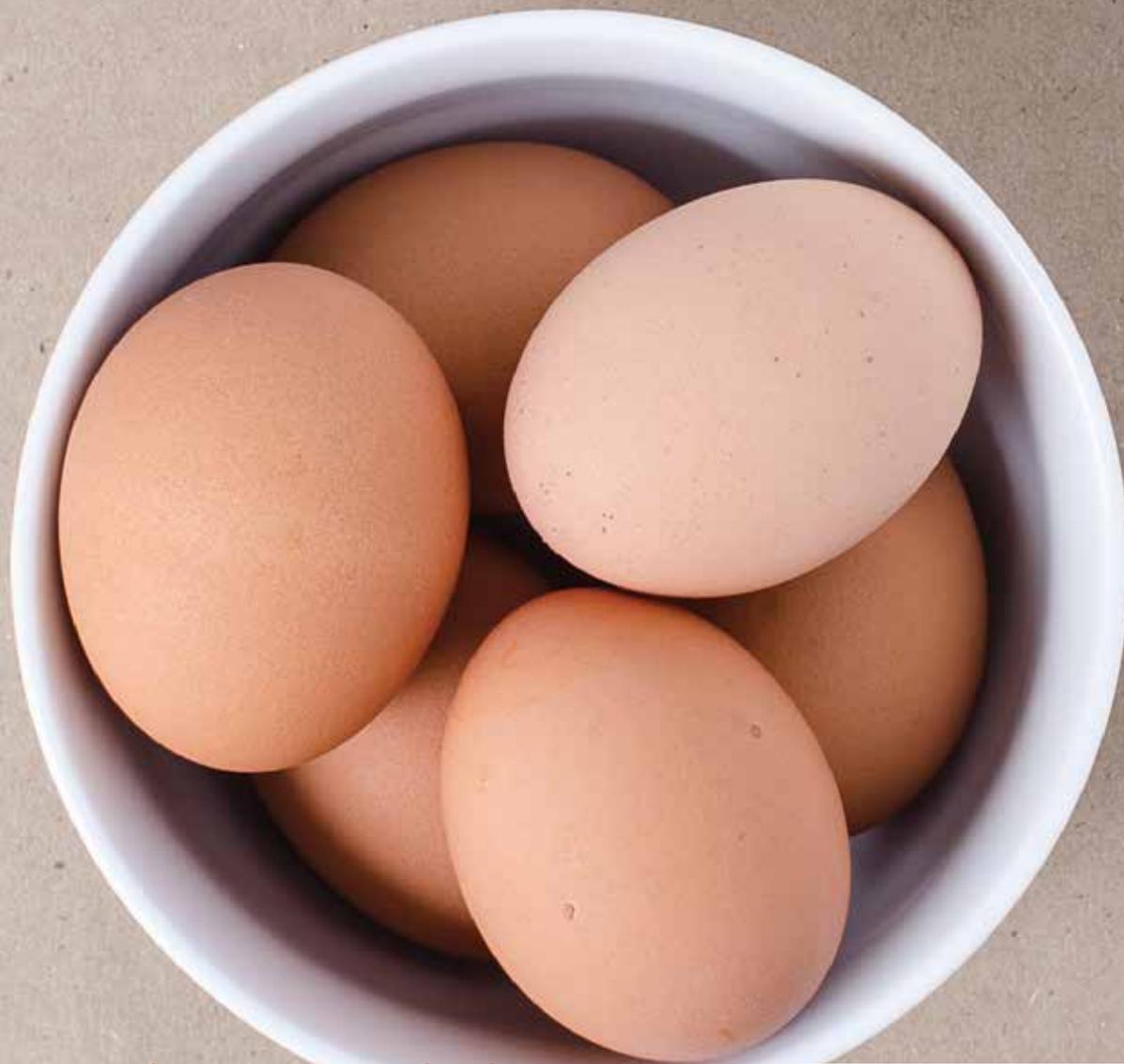
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COOKING / HEALTHY



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

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