WELL FED 2
MORE PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT
by MELISSA JOULWAN
MORE PALEO RECIPES FOR PEOPLE WHO LOVE TO EAT

By Melissa Joulwan
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Thank You

To my intrepid and honest taste-testers
Stacey Doyle, Blake Howard, Weston Norton, Yoni Levin, Tannen Campbell, and Aimee Roberge for taking a bite and weighing in.

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

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

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

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

To Addie Broyles for providing much-needed enthusiasm, beautiful pottery, linens that prove you have far better taste than we do.

To Michelle Tam and Henry Fong for your unfailing generosity and friendship— and for helping us shut down just about every restaurant we visit.

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

To Adele Broyles for breakfast tacos (are tortillas, of course) and restorative conversation.

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

To Robin "Dharampal" Bruce and Kim Schaefer yoga instructors of the highest caliber, for keeping us grounded through the book production process.

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." That 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
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.)

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 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

Palet 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 to finding the best restaurants, so I fell hard for dishes like Moo Shu Pork — 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.

Well Fed in 2011, it was based on the experience with the autoimmune protocol (AIP) of the paleo diet — a handful of AIP-approved dishes.

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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.

Heads up! New content

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Favorite recipes

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

Better butter, p. 60

Zingy ginger dressing, p. 72

Italian pork roast, p. 122

Over-tired salmon cakes, p. 138

Plantain nachos, p. 146

TDG MUN Chicken Cakes, p. 156

Crisp-sweet collard, p. 198

Spring chopped salad, p. 208

Silky gingered zucchini soup, p. 206

And for ultimate comfort food that lasts: old school Italian meat sauce, p. 94

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

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!)

**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.

**Soy**

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

**Dairy**

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

**White potatoes**

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

**Vegetable oils**

Basic vegetable oil isn’t made from vegetables at all! It’s off the eating list, along with peanut, canola, sunflower, safflower, soybean, and corn oils. These oils are thugs that beat up on your immune system and promote inflammation.
When I tell people I don’t eat grains, sugar, or dairy, they invariably look at me like I’ve got a jailhouse tattoo of Barry Manilow over my heart. Then they ask The Question: “What do you eat?”

Animals and plants.

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

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

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

**Whole9**

To learn both the theoretical and practical information you need to develop healthy, happy eating habits, my number one recommendation is Melissa and Dallas Hartwig. Begin with their book *It Starts With Food: Discover the Whole30 and Change Your Life in Unexpected Ways* — or you can commit to their life-changing Whole30 program by visiting their web site. Melissa and Dallas consume and digest all the new paleo and nutrition research so that foodies like us can simply learn how to eat. Thanks to their guidance, I can enjoy my food without measuring every meal or recording every bite in a food journal. The Whole9 site is an excellent resource for knowledge and community support. If you’ve never experienced a full 30 days without a “cheat or treat,” I recommend that you participate in a complete Whole30 at least once to see how your body and attitudes respond. www.whole30life.com

**Robb Wolf**

The author of *The Paleo Solution* goes deep into the geeky science with a sense of humor that makes the understanding of the “why” behind a paleo lifestyle, so it’s easier to make the best food choices on a daily basis. His podcast addresses reader questions with charm and solid information. www.robbwolf.com

**Mark Sisson**

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

www.marksdailyapple.com

**Chris Kresser**

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

www.chriskresser.com

The Resources section (p. 329) includes more details about these mentors, as well as a comprehensive list of the other sources I turn to for inspiration and information.
I have excellent habits 95 percent of the time. I sleep eight to nine hours per night to recover from and prepare for lifting heavy barbells, occasional sprints, and plenty of yoga and walking. I keep the house stocked with paleo ingredients and cook nutrient-dense meals so my husband Dave and I can eat real food every day.

Then on rare occasions, I indulge. I become a temporary slug and give in to the temptation of corn-based chip products, buttered popcorn, an icy 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. 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, 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 regaining 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 bowl of bran flakes and soy milk, an icy glass of Prosecco, or a shot of Ouzo 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 wavering 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-scrimization. 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.
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 seeds, they act as condiments rather than primary ingredients.

**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 ingredients, 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 basic dishes like burgers, broccoli, and eggs more exciting.

**SAUCES & SEASONINGS**

This section features flavor boosters that transform simple, cooked ingredients, like protein and veggies, into luxurious 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.

**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 #&%(& are we going to eat?” to satisfying 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 CLOTHES MAKE THE GIRL**

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 FOG YONG STORY** The surprising history of this American-Chinese dish.
- **BEING COMFORTABLE vs 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.

**For People Who Love To Eat**

I 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**
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.
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 slat of lemon, 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 instantly make any meat burger (pork, turkey, beef, chicken) taste Asian. And don’t forget all the Mayo Variations (p. 54).

2. PESTO

I love classic basil pesto, but you can experiment with other herbs, too: parsley, mint, and oregano are all fan. Go big! Spinach, kale, and collards all mellow in a lovely way when whirled with olive oil, nuts, and garlic. Just puree the following in a food processor or blender: 2 cups of herb leaves, a clove of garlic, 1/4 cup extra-virgin olive oil, nuts, and garlic. 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.

3. AN EGG

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

4. GO-TO VINAIGRETTE (p. 66)

The sweet, tangy taste of this dressing adds a 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. Sauce until thickened to a consistency you like and drizzle over your burger. Make it a dinner plate 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. THAT 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 mixed 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 pasture raised 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, antibiotict-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, remove excess fat before cooking and drain excess fat after cooking.
Every cook needs a signature salad dressing, and I encourage you to make this one yours. It combines elements of a sweet French dressing and a standard oil-and-vinegar to become its own thing. It’s a little tangy, with the light taste of chives and the sweetness of homemade ketchup to balance the slight acidity of the lemon.

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

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

**DIRECTIONS**

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

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

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

**NOTES**

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

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

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.

**DIRECTIONS**

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

**TASTY IDEAS**

- Merguez Burgers/Balls/Bangers, p. 90
- Pork Ribs, p. 128
- Pork Roast, p. 132
- Deconstructed Gyro, p. 126

**NOTES**

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

WEARING A FEZ IS OPTIONAL
ProTEIN
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.

**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
- 2 cloves garlic, minced (about 2 tablespoons)
- 1 tablespoon tomato paste
- 1 tablespoon balsamic vinegar
- 1 cup fresh parsley leaves, minced (about 2 tablespoons)
- 1 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 400°F 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!
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.

**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)

**INSTRUCTIONS**

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).
For the longest time, butternut squash made me go “Meh [shrug]” until my pal Stacey told me she likes to cook hers on the grill. Hmmm… sweet butternut squash + intense heat = caramelization... and caramelization is just about the best thing that can happen to food. Marinating the butternut starts the tenderizing process and the focused heat of the grill finish 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.

**TASTES GREAT WITH**

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

**SERVES 2 to 4**

**INGREDIENTS**

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
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 375°F. 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.

**SERVES 4**

**PREP** COOK

15 min. 0 min.

**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

**EAT YOUR BEET GREENS!** Wash thoroughly to remove grit, then chop and throw in a pan with a little water and steam till 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?**

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**TASTES GREAT WITH**

- STUFFED GRAPE LEAVES, P. 148
- SEMI SABICH, P. 136
- PAN-FRIED SARDINES, P. 158
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**EAT YOUR BEET GREENS!** Wash thoroughly to remove grit, then chop and throw in a pan with a little water and steam till tender. Toss with Better Butter (p. 60), salt, pepper, and a clove of crushed garlic. Eat under the room temp beet salad!
FRUITS
This recipe might sound crazy, if by “crazy,” you mean “crazy-good.” There’s alchemy in the play of contrasts: sweet and salty, cool and hot, crisp and chewy. Each little tidbit is a burst of flavor on your tongue. Whether you’re throwing a party or celebrating a random Thursday night, these are super quick to make and guaranteed crowd pleasers. Now who’s crazy?!

**SERVES 2 to 4**

**INGREDIENTS**

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

**DIRECTIONS**

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

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

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

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

**NOTES**

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

**YOU KNOW HOW YOU COULD DO THAT?**

Find Whole30-friendly bacon at US Wellness Meats.

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

Replace the cinnamon with cardamom—or swap apples for the pears.
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

U.S. WELLNESS MEATS
www.uswellnessmeats.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 Whole30 site. But if and when you’re ready to learn more about different approaches to paleo eating, sink your teeth into these sites.

WHOLE30
www.whole30.com
Authors of the New York Times bestseller It Starts With Food. Don’t miss the incredibly active and helpful online forum (Reef!), 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 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 Hashimoto disease with real food and the autoimmune protocol. Another solid resource for AIP-friendly recipes and tips for managing autoimmune conditions.
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 TheKitchn.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 Paleo’V Conference. She was also a keynote speaker at “Do It Better: A Practical Guide to Paleo” in Estes Park, Colorado. 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, and first-rate person Melissa Joulwan, and the best cat in the entire world, Smudge.

Her favorite Well Fed 2 recipe is Chinese Five-Spice Pork Ribs — or maybe West African Chicken Stew.

David Humphreys is a photographer, illustrator, and business manager for Melissa Joulwan’s Well Fed series. When not working on the recipes in Well Fed, he’s contributed to The New York Times Magazine and the Austin Chronicle, 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 Pan-Fried Sardines.

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.

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 carry, 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.
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.”

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 bookstores online and offline, or at The Clothes Make The Girl (www.theclothesmakethegirl.com/shop).

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.”

“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.”

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
- 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)
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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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