THANK YOU

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To Melissa and Dallas Hartwig, for showing us the way to love food again and for applying their giant brains to the cookbook manuscript

To Gray Luckett and Chris Lynn, for living without some of their bowls, plates, and cutlery for a few months so we had props for photos

To Cheryl McKay, for inspiring me with wild-caught salmon and for volunteering her legal eagle eyes at the eleventh hour

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

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

"YOU DON’T HAVE TO COOK FANCY OR COMPLICATED MASTERPIECES – JUST GOOD FOOD FROM FRESH INGREDIENTS." – Julia Child

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

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

Flip through Well Fed, and you’ll immediately see this isn’t some taking-itself-so-seriously cookbook full of pictures you’d barely recognize as food. Mel created these recipes in her kitchen, using the same basic tools and equipment you’ve got in your kitchen.

And she developed and prepared these meals around her own busy schedule – in between work, exercise, family, friends, and looking after a house and a husband and a cat. (The lesson: if she’s got time to create them from scratch, you’ve got time to make them for dinner.) Because she knows that cooking is scary for lots of folks, she’s filled her recipes with extra details, helpful hints, and technique tips. (No Ph.D. required!)

In addition, Well Fed meals don’t demand fancy pants ingredients – it’s all stuff you can pick up at your average grocery store or health food market. (Don’t be intimidated by the spices, just polish your measuring spoons and dive in.) Finally, Mel understands that treats and sweets are a normal part of most peoples’ sustainable diet, but we don’t need yet another “healthy” brownie recipe. We need inspiration to make our everyday food new, fresh, and exciting.

That’s why almost all of the Well Fed recipes are Whole30 approved, perfect for both our nutrition program and your everyday meals. (And when you decide to kick up your heels, there’s one sinful-looking dessert that should hit the spot, but won’t make you feel like you swallowed a brick.)

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

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

Bon appetit!

Best,

Dallas & Melissa Hartwig

Founders, Whole9

Creators of the Whole30 program

FOREWORD

“You don’t have to cook fancy or complicated masterpieces – just good food from fresh ingredients.”

- Julia Child
## Welcome to Well Fed

### What is Paleo?

#### The "No" List

#### The "Yes" List

#### My Paleo Story

### You Know How You Could Do That?

### About This Book

#### A Very Special Cookbook

#### About The Recipes

### Better Than a Restaurant

#### The Paleo Kitchen

#### How To: The Weekly Cookup

#### Your Paleo Pantry

#### Essential Kitchen Tools

### The Weekly Cookup

<table>
<thead>
<tr>
<th>029</th>
<th>Grilled Chicken Thighs</th>
</tr>
</thead>
<tbody>
<tr>
<td>031</td>
<td>Garlic-Browned Ground Meat</td>
</tr>
<tr>
<td>033</td>
<td>Steam-Sautéed Veggies</td>
</tr>
<tr>
<td>035</td>
<td>Hot Plates</td>
</tr>
<tr>
<td>038</td>
<td>Cool Salads</td>
</tr>
</tbody>
</table>

### Sauces & Seasonings

<table>
<thead>
<tr>
<th>043</th>
<th>Olive Oil Mayo</th>
</tr>
</thead>
<tbody>
<tr>
<td>045</td>
<td>Sunshine Sauce</td>
</tr>
<tr>
<td>047</td>
<td>Ras el Hanout</td>
</tr>
<tr>
<td>049</td>
<td>Italian Sausage Seasoning</td>
</tr>
<tr>
<td>049</td>
<td>Pizza Seasoning</td>
</tr>
<tr>
<td>051</td>
<td>Best Sini-Fry Sauce Ever</td>
</tr>
<tr>
<td>053</td>
<td>Basil and Walnut Pesto</td>
</tr>
<tr>
<td>053</td>
<td>Mediterranean Parsley-Mint Pesto</td>
</tr>
<tr>
<td>053</td>
<td>Mint Churney</td>
</tr>
<tr>
<td>055</td>
<td>Moroccan Dipping Sauce</td>
</tr>
<tr>
<td>055</td>
<td>Chinchurri Sauce</td>
</tr>
<tr>
<td>057</td>
<td>Sri Lankan Curry Sauce</td>
</tr>
<tr>
<td>059</td>
<td>Creamy Italian Dressing</td>
</tr>
<tr>
<td>059</td>
<td>Southwest Cumin-Lime Dressing</td>
</tr>
<tr>
<td>059</td>
<td>Ranch Dressing</td>
</tr>
<tr>
<td>059</td>
<td>Middle Eastern Dressing</td>
</tr>
<tr>
<td>059</td>
<td>Sweet Mustard Dressing</td>
</tr>
</tbody>
</table>

### Protein

<table>
<thead>
<tr>
<th>063</th>
<th>Pad Thai</th>
</tr>
</thead>
<tbody>
<tr>
<td>065</td>
<td>Cinnamon Beef Stew with Orange Gremolata</td>
</tr>
<tr>
<td>067</td>
<td>Wildflour Tuna Salad</td>
</tr>
<tr>
<td>067</td>
<td>Mediterranean Tuna Salad</td>
</tr>
<tr>
<td>067</td>
<td>Middle Eastern Tuna Salad</td>
</tr>
<tr>
<td>067</td>
<td>Tex-Mex Tuna Salad</td>
</tr>
<tr>
<td>069</td>
<td>The Best Chicken You Will Ever Eat</td>
</tr>
<tr>
<td>071</td>
<td>Moroccan Meatballs</td>
</tr>
<tr>
<td>073</td>
<td>Chocolate Chili</td>
</tr>
<tr>
<td>075</td>
<td>Ginger-Lime Grilled Shrimp</td>
</tr>
<tr>
<td>077</td>
<td>Merrin’s Pe</td>
</tr>
<tr>
<td>079</td>
<td>Machacado and Eggs with Avocado Relish</td>
</tr>
<tr>
<td>081</td>
<td>Mala Rolls</td>
</tr>
<tr>
<td>081</td>
<td>Mango-Shrimp Rolls</td>
</tr>
<tr>
<td>081</td>
<td>Avocado-Salmon Rolls</td>
</tr>
<tr>
<td>083</td>
<td>Scorch Eggs</td>
</tr>
</tbody>
</table>

### Sauces & Salads

<table>
<thead>
<tr>
<th>085</th>
<th>Rogan Josh</th>
</tr>
</thead>
<tbody>
<tr>
<td>087</td>
<td>Egg Foo Young</td>
</tr>
<tr>
<td>089</td>
<td>Czech Meatballs</td>
</tr>
<tr>
<td>091</td>
<td>Char Siu (Chinese BBQ Pork)</td>
</tr>
<tr>
<td>093</td>
<td>BBQ Pork Fried Rice</td>
</tr>
<tr>
<td>095</td>
<td>Citrus Carnitas</td>
</tr>
<tr>
<td>097</td>
<td>Shepherd's Pie</td>
</tr>
<tr>
<td>099</td>
<td>Bora Bora Fireballs</td>
</tr>
<tr>
<td>101</td>
<td>Italian Sausage and Eggplant Strata</td>
</tr>
<tr>
<td>103</td>
<td>Salmon à l'Époque du Nord</td>
</tr>
<tr>
<td>105</td>
<td>Meat and Spinach Muffins</td>
</tr>
<tr>
<td>107</td>
<td>Blue Ribbon Country Captain Chicken</td>
</tr>
</tbody>
</table>

### Veggies & Salads

<table>
<thead>
<tr>
<th>111</th>
<th>Creamy Spice Market Kale</th>
</tr>
</thead>
<tbody>
<tr>
<td>113</td>
<td>Mashed Cauliflower</td>
</tr>
<tr>
<td>115</td>
<td>Cumin-Roasted Carrots</td>
</tr>
<tr>
<td>117</td>
<td>Greek Broccoli</td>
</tr>
<tr>
<td>119</td>
<td>Velvety Butternut Squash</td>
</tr>
<tr>
<td>121</td>
<td>Cauliflower Rice Pilaf</td>
</tr>
<tr>
<td>121</td>
<td>Basic Rice</td>
</tr>
<tr>
<td>121</td>
<td>Confetti Rice</td>
</tr>
<tr>
<td>123</td>
<td>Curry Rice</td>
</tr>
<tr>
<td>123</td>
<td>Roasted Spaghetti Squash</td>
</tr>
<tr>
<td>125</td>
<td>Coconut-Almond Green Beans</td>
</tr>
<tr>
<td>127</td>
<td>Caramelised Cauliflower</td>
</tr>
<tr>
<td>129</td>
<td>Sesame-Garlic Nori Chips</td>
</tr>
<tr>
<td>129</td>
<td>Southwest Nori Chips</td>
</tr>
<tr>
<td>131</td>
<td>Tomato Onion Nori Chips</td>
</tr>
<tr>
<td>131</td>
<td>Jicama Home Fries</td>
</tr>
<tr>
<td>133</td>
<td>Zucchini Noodles Aglio et Olio</td>
</tr>
<tr>
<td>135</td>
<td>Roni’s Creamy Cucumbers</td>
</tr>
<tr>
<td>135</td>
<td>French Onion Cucumbers</td>
</tr>
<tr>
<td>135</td>
<td>Middle Eastern Cucumbers</td>
</tr>
<tr>
<td>137</td>
<td>Jicama “Potato” Salad</td>
</tr>
<tr>
<td>139</td>
<td>Baha Ghanoush</td>
</tr>
<tr>
<td>141</td>
<td>Turkish Chopped Salad</td>
</tr>
<tr>
<td>141</td>
<td>French-ish Chopped Salad</td>
</tr>
<tr>
<td>141</td>
<td>Italian-ish Chopped Salad</td>
</tr>
<tr>
<td>143</td>
<td>El Minzah Orange Salad</td>
</tr>
</tbody>
</table>

### Fruits

<table>
<thead>
<tr>
<th>147</th>
<th>Fried Apples with Bacon and Pecans</th>
</tr>
</thead>
<tbody>
<tr>
<td>149</td>
<td>Berries and Whipped Coconut Cream</td>
</tr>
<tr>
<td>151</td>
<td>Peach Almond Crisp</td>
</tr>
<tr>
<td>153</td>
<td>Caramelised Coconut Chips</td>
</tr>
</tbody>
</table>

### Resources

<table>
<thead>
<tr>
<th>156</th>
<th>Recommended Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>157</td>
<td>Paleo Nutrition &amp; Lifestyle Info</td>
</tr>
<tr>
<td>157</td>
<td>Free Ebook Code</td>
</tr>
<tr>
<td>158</td>
<td>The Well Fed Team</td>
</tr>
<tr>
<td>160</td>
<td>Index</td>
</tr>
</tbody>
</table>
I was born into a restaurant family. Before you get the wrong idea, you should know a few facts: We lived in rural Pennsylvania, it was the late sixties, and no one was yet treating chefs like rock stars. My grandfather owned The Garfield, one of those shiny chrome diners, where you could sit at the counter, sip on a bottomless cup of coffee, and wisecrack with the waitresses and other regulars. My dad ran The Country Squire Restaurant, a combination coffee shop, formal dining room, and motel. I grew up in these restaurants and took my place in an extended family of cooks.

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

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

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

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

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

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

Ultimately, I hope this book will make you feel that paleo eating – too often defined by what we give up – is really about what we gain: health, vitality, a light heart, and memorable meals to be shared with the people we love.
To understand all of the science behind these nutritional guidelines, I recommend you turn to the same experts that educated me:

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

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

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

Nora Gedgaudas: The author of *Primal Mind* explains how blood sugar swings – from too many sweeteners, like Splenda, Equal, Nutrasweet, and aspartame. Sugar appears naturally in fruit, and you may eat fruit. Yay! But other natural sugars that are added to foods to sweeten them, like brown sugar, maple syrup, agave nectar, stevia, evaporated cane juice, and honey, are out. Also out are artificial sweeteners, like Splenda, Equal, Nutrasweet, and aspartame.

**SoY**: Soy is a legume, but I’ve called it out separately because it’s insidious and can be found in unsuspected places, like cans of tuna. Soy is to be avoided in all of its devils forms: bread, pasta, cereals, breaded on fried foods, etc.

**Legumes**: All beans – including black, kidney, pinto, white, and chick peas – fall into this category, along with lentils, peas, and chick peas – fall into this category, along with lentils, peas, and chick peas. They’re to be avoided in all of their devilish forms: bread, pasta, cereals, breaded on fried foods, etc.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

We eat real food: animal-based protein, vegetables, fruits, and natural fat sources. Some day, I’d like to live in Prague. This is me, pretending to be a local, on our first visit to the Czech Republic in 2010.

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

Then on rare occasions, I indulge. I become a temporary slug, and give in to the temptation of corn-based chip products, buttered popcorn, and an icy-cold glass of Prosecco. I might also occasionally sip on a glass of Ouzo and eat whipped cream. These minor transgressions are possible because I make deposits in the good health bank the rest of the time. Every workout, every good night’s sleep, every paleo meal is a deposit so that every once in a while, I can make withdrawals in the shape of a food treat.

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

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

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

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

I joined Weight Watchers and became a Lifetime Member with a weight loss of more than 50 pounds. I signed up with a CrossFit gym and learned to love workouts that scared my socks off. But despite my successes, it was still my habit to celebrate and to grieve and to stress out and to relax with food.
Although I worked out regularly, I didn’t feel as strong – inside or out – as I wanted to. I had insomnia and allergies and stomach aches. My body didn’t feel like it belonged to me. Then in 2009, I learned I had a nodule on my thyroid. The risk of cancer was high, so I had the nodule surgically removed, and the doctor hoped that my remaining half-thyroid would continue to function. It held on for a few months, then stopped working. It was like constantly having a case of the blues, and I was sluggish, foggy-headed, and desperately worried about re-gaining all the weight I’d worked so hard to lose.

Then I found Whole9.

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

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

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

Now I know when and how often I can indulge in non-paleo foods, and I enjoy those once-in-a-while treats like never before. The food tastes a lot better when it’s savored and not followed by a chaser of self-recrimination. I finally know how to truly celebrate on special occasions, while I live clean and healthy the rest of the time.
Here’s all the info you’ll need to minimize the hassle of grocery shopping, to prep food so you’re well fed all week long, and to make cooking a creative pleasure.
I muster up about 30 meals and snacks each week: I eat a homemade breakfast every day except Saturday, and I pack my lunch and snacks for day job sustenance every weekday. To forge all the ingredients for that food, my husband does one giant shopping trip on Friday afternoon, and I spend about two hours on Sunday cooking for the week. With most of our food already cooked, meal prep on an average day takes about 30 minutes total: 10 minutes to pack my food for work and 20 minutes to throw together a delicious dinner.

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

In CrossFit, the workout of the day (WOD) is always timed. The idea is that you do the movements as soon as they are announced. Most neighborhood restaurants don’t cook every part of your meal to order. If they did, they’d never get the food to the table fast enough. Instead, restaurants do prep work for cooked food that divides the process into three broad categories:

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

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

**2. FEEL THE DIFFERENCE BETWEEN “COOKING” AND “MAKING DINNER”**

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

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

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

I had already been eating paleo for about two months, but seeing The Film Food, Inc. changed our lives. It vividly drove home the sheer volume of veggies and meat we needed once we jettisoned the “sweet” grains. I was amazed at the amount of protein, vegetables, and fat you need to make the transition to paleo can be shocking. I was amazed at the sheer volume of veggies and meat we needed once we jettisoned cheese, tortillas, toast, pasta, and rice. You know how you used to find wilted, moldy vegetables in the back of your crisper drawer? Those days are over; you are now a veggie-eating machine. Buy Accordingly.

**1. RUN YOUR KITCHEN LIKE A RESTAURANT**

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

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

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

**2. FEEL THE DIFFERENCE BETWEEN “COOKING” AND “MAKING DINNER”**

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

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OUR WEEKLY HAUL

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

1. Dave is 6’5” and weighs about 250. I’m 5’4” and 150 pounds.

2. We usually eat out in restaurants only once or twice a week.

3. We shop at a regular grocery store and a natural foods store. We pack my lunch and snacks to take to work; Dave eats lunch at the house.

4. You will need a lot of storage containers.

5. Build a protein foundation.

6. Prep your vegetables.

7. Rely on Hot Plates.

8. Try a few recipes.


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

Protein

2 pounds turkey sausage
3 pounds chicken thighs
2 pounds ground lamb
3 dozen eggs
2 pounds turkey bacon
2 pounds ground beef

Fat

3/4 jar coconut oil
1/2 bottle olive oil
1 pound cashews
(Dave likes to snack on these a lot!)

Produce

3 pounds green beans
4 green bell peppers
1 pound okra
2 pints grape tomatoes
4 carrots
2 pounds snap peas
8 cucumbers
4 sweet potatoes
4 onions
3 heads cauliflower
1 head green cabbage

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

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

Based on the idea that each of your meals will include at least two different vegetables and that your snacks will also include about one or two cups of veggies each, you need about eight cups of veggies per person per week. A cucumber yields about two cups, a red pepper is about one cup, and a handful of snap peas is about a cup. Fear not! You’ll get pretty good at eyeballing the right amounts at the store, and you cannot overeat vegetables, so dig in.

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

Dave: Beef!

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

Dave: Ahmmmm... Mexican!

Men: Beef or chicken?

Dave: Beef!

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

Hot Plates should make up the majority of your meals. They’re fast, they’re nutritious, and if you alternate them with “real recipes,” you will naturally eat a balance of Omega-3 and Omega-6 fats, plenty of vegetables, a wide variety of protein sources, and your taste buds will never get bored. Find step-by-step instructions and tons of ideas for Hot Plates on page 35.

To summarize, here’s a formula for your Weekly Cookup:

\[
\text{Hot Plates} = \frac{\text{raw materials for Hot Plates} \times [2-3 recipes] + \text{random snacks}}{\text{Super Snack}}
\]
These simple recipes and instructions will help you create delicious, international Hot Plates from simple, nourishing, and tasty ingredients.
Most days, I eat vegetables at breakfast, lunch, dinner, and snacks. That’s in the neighborhood of six or seven cups of veggies every day. Oh, there’s so much chopping and cooking! So once a week, I turn into a Veg-O-Matic and make it my mission to clean and partially steam at least three different vegetables, so they’re ready to be transformed into meals when I need them.

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

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

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

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

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

- bell pepper, sliced
- bok choy, chopped
- Brussels sprouts, cut in half
- broccoli, broken into florets
- cabbage (red or green), sliced or chopped
- carrots, sliced
- cauliflower, broken into florets
- celery, sliced thin
- chard, chopped
- collard greens, chopped
- fennel, sliced or chopped
- green beans, whole
- kale, chopped
- mustard greens, chopped
- parsnips, sliced
- turnip greens, chopped
- yellow squash, sliced
- zucchini, sliced

This method works best for fibrous, sturdy vegetables. Tender veggies like snap peas,snow peas, fennel, asparagus, and spinach are best cooked “to order.”
There’s no faster, easier, tastier way to add zip and zing to your meals than a pinch of spiced blend or a drizzle of luscious dressing.
**OLIVE OIL MAYO**

**MAKES 1 ½ cups**

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

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

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

### NOTES

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

### TASTY IDEAS

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

**You know how you could do that?**

- Use EVOO here! Cheap olive oil is best for mayo – and bottled lemon juice is better than fresh because of its reliable acid content.
From slow-simmered stews to grilled meats and satisfying casseroles, these recipes have your protein needs covered. Most of them include veggies, too, but their primary raison d'être is the protein punch!
In sixth-grade English, our class read a story about a Native American tribe in the Southwest. I’ve forgotten all but one fascinating detail of that story: The family ate meat cooked with chocolate. Thanks to my dad’s rule that we must at least try everything once, I ate a lot of weird stuff as a kid – raw lamb in kibbeh, sweetbreads, capers – but this was something I simply couldn’t fathom. Chocolate! With meat! Now, I’m a sucker for anything that’s sweetly savory, and every time I reach for the cocoa, I smile at the memory of 11-year-old me. This chili is spicy, but not hot. Reminiscent of mole, the flavors are rich, mellow, and deep.

CHOCOLATE CHILI

**SERVES** 6 to 8

<table>
<thead>
<tr>
<th>PREP</th>
<th>COOK</th>
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<tr>
<td>20 MIN.</td>
<td>2 to 3 HRS.</td>
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**INGREDIENTS**

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

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

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

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

You know how you could do that?

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

**NOTES**

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

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

**TASTY IDEAS**

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

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

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

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

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

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

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

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

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

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

ASIAN: pork + 1 1/2 tablespoons Chinese five spice powder + 2 tablespoons coconut aminos

INDIAN: lamb + 1 1/2 tablespoons lamb + 1 tablespoon Ras el Hanout (p. 47)

TEX-MEX: beef + 1 tablespoon ground cumin + 1 tablespoon chili powder

TASTES GREAT WITH

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

Hard-boiled Eggs 101: Put eggs in a pot and cover with cold water. Bring to a boil, cover, turn off heat, and let eggs sit in the hot bath for 10 minutes. Drain the hot water and cover the eggs with ice water for 5 minutes. Drain and place in the fridge, until cold.
A simple meal of meat and vegetables becomes something special with these recipes for surprising side dishes and cool salads.
Preheat the oven to 400 F. Cover a large baking sheet with parchment paper.

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

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

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

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

SERVES 2 TO 4

INGREDIENTS

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

DIRECTIONS

You know how you could do that?

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

“Cumin-Roasted Carrots”

YOU KNOW HOW YOU COULD DO THAT?

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

TASTES GREAT WITH

CUMIN ROASTED CARROTS

115

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

SERVES 2 TO 4

INGREDIENTS

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

DIRECTIONS

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

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

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

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

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

INGREDIENTS

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

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TASTES GREAT WITH

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

NOTES

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

YOU KNOW HOW YOU COULD DO THAT?

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

You can also serve this dish as a side with grilled chicken or shrimp.

Should you find yourself lucky enough to have leftovers, you could treat yourself well by tossing the beans with thin slices of cooked beef, pork, or chicken.
There is nothing wrong with a little something sweet from time to time.
Replace the cinnamon with one of these spices for international flair:

**Indian!**
1/4 teaspoon curry powder

**Moroccan!**
1/4 teaspoon Ras el Hanout

**Garlicky!**
1/4 teaspoon coarse (granulated) garlic powder

**Southwest!**
1/4 teaspoon chili powder + 1/4 teaspoon paprika

**Asian!**
1/4 teaspoon Chinese five-spice powder

(Thanks for the tip, David "Chef" Wallach!)

Mix the salt and cinnamon with a fork in a small ramekin and save for later.

**Directions**

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

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

**Notes**

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

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

- **Hot Plates**, p. 35
- **Rogan Josh**, p. 85
- **Cauliflower Rice Pilaf**, p. 121
- **Coconut-Almond Green Beans**, p. 125
- **Berries and Whipped Coconut Cream**, p. 149

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

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

**You Know How You Could Do That?**

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

**Indian!**
1/4 teaspoon curry powder

**Moroccan!**
1/4 teaspoon Ras el Hanout

**Garlicky!**
1/4 teaspoon coarse (granulated) garlic powder

**Southwest!**
1/4 teaspoon chili powder + 1/4 teaspoon paprika

**Asian!**
1/4 teaspoon Chinese five-spice powder

(Thanks for the tip, David “Chef” Wallach!)

**Tasty Ideas**

Sprinkle the original flavor of coconut chips with abandon on other dishes:
Melissa Joulwan  
*Well Fed Author*

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

The Clothes Make The Girl is an unusual title for a blog that’s about...fashion. Well, yes, and high glamour. But, most importantly, Melissa Joulwan’s desire to be fit and healthy is almost matched by her love of punk fashion and high glamour. She admits to being a sucker for the perfect little black dress and stompy black boots and sparkly what-whats. She may have started out trying to stay ahead of the CrossFit stopwatch. These days, she’s hung up her skates, and her workouts are just as likely to include yoga and meditation, as lifting heavy things and running on the street every day at high noon and all food was served “plain and dry,” to her liking. But eventually, she made her way to Austin, and now calls the city home and asparagus a friend.

Melissa Joulwan’s favorite childhood tales of Toby the horse...come to her in a dream — but Olive Oyl Mayo runs a close second because it’s so “spontastically good.”

*Rollergirl: Totally True Tales* is her second book. Her first is *Well Fed*, a memoir of her experiences as one of the founders of the Texas Rollergirls, the original Flat Track Roller Derby league. She has appeared on the Today Show and Good Morning America — in her roller skates and fishnets.

These days, she’s hung up her skates, and her workouts are just as likely to include yoga and meditation, as lifting heavy things and trying to stay ahead of the CrossFit stopwatch. Her favorite *Well Fed* recipe is Bora Bora Fireballs because it came to her in a dream — but Olive Oyl Mayo runs a close second because it’s so “spontastically good.”

David Humphreys  
*Well Fed Photographer & Illustrator*

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

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

He considers himself quite lucky to be living with celebrity chef Captain Chicken. His favorite *Well Fed* recipe is Carmelized Coconut Chips.

Kathleen Shannon  
*Well Fed Graphic Designer*

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

Kathleen is currently building a business with her sister called Braid Creative & Consulting, where they share their expertise on books on creative writing, cartooning and visual storytelling, portrait photography, living abroad (particularly in Europe), music theory, poster design, religion, electronics, computer science, crime, and Keith Richards. He also reads fiction. Last novel read: *Galore* by Michael Crummey. (Which is fantastic; you should read it!)

He considers himself quite lucky to be living with celebrity chef Captain Chicken. His favorite *Well Fed* recipe is Carmelized Coconut Chips.
tahini dressing, 139
Scotch Eggs, 83
Seasonings
best chicken you will ever eat, 69
italian sausage seasoning, 49
pizza seasoning, 49
ras el hanout, 47
rogan josh spice blend, 85
Secret Spicy Sauce, 87
Sesame-Garlic Nori Chips, 129
Sesame Seeds
baba ghanoush, 139
bbq pork fried rice, 93
mama pie, 77
sesame-garlic nori chips, 129
Sesame Oil
bbq pork fried rice, 93
sesame-garlic nori chips, 129
Shepherd's Pie, 97
Shrimp
ginger-lime grilled shrimp, 75
mango-shrimp maki rolls, 81
Southwest Cuisine. See Tex-Mex Cuisine.
Southwest Cumin-Lime Dressing, 59
Southwest Nori Chips, 129
Snap Peas
pad thai, 63
Spinach
meat and spinach muffins, 105
Squash, Butternut
velvet butternut squash, 119
Squash, Summer (Yellow)
steam-sauteéd veggies, 33
Squash, Spaghetti
pad thai, 63
Squash, Zucchini
steam-sauteéd veggies, 33
Squash, Winter (Squash)
steam-sauteéd veggies, 33
Stews
chocolate chili, 73
cinnamon beef stew with orange gremolata, 65
atarian tuna salad, 58
mediterranean tuna salad, 67
mango-shrimp maki rolls, 81
avocado-salmon maki rolls, 81
eggplant strata, 101
greek broccoli, 117
Turkish chopped salad, 141
Turkish Ground
parsley-washed ground meat, 31
Pastas
caramelized coconut chips, 153
citrus carrettini, 95
mama pie, 77
mama pie, 77
southwest cumin-lime dressing, 59
southwest nori chips, 129
brai waldorf tuna salad, 67
thai curries, 61
Thai Cuisine. See Asian Cuisine.
Tomatoes, canned
chocolate chili, 75
turkish chopped salad, 141
Tomatoes, fresh
greek broccoli, 117
turkish chopped salad, 141
Tuna
asian tuna salad, 58
turkey, g' day, mate! from australie. O'day, mate!
This is what it looks like to be Well Fed.