

30 Days to Change your Life - Preparation Recipes
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We have put a huge amount of work into this plan so we kindly ask that you do not share these resources with anyone who has not paid for them. Please refer people to www.paleo-britain.co.uk so they can sign up for the plan themselves. Thank you, we appreciate it.

Paleo Granola Bars – last 2-3 weeks in the fridge



Makes 16 bars. Food processor needed.

Ingredients:

- 200g chopped dates
- 100g pumpkin seeds
- 100g sunflower seeds
- 200g desiccated coconut
- A few dessertspoons cashew nut butter (or any other nut or seed butter, except peanut)
- Dried cranberries
- Macadamia or walnuts, chopped (optional)

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Method:

1. Place 200g dates in a bowl and add boiling water, just enough to cover. Leave to soak for 1 hour to soften. You could leave overnight in the fridge.
2. Line a baking sheet with tinfoil and preheat your oven to 180 degrees/350F/gas mark 4. For baking I do not recommend using fan assist.
3. Place the soaked dates in a food processor or blender, with the soak water. Add the seeds and blend.
4. Add the coconut and blend again.
5. Add a couple of dessertspoons of the nut butter and blend until the mixture forms a sticky dough.
6. Mix in the dried cranberries and the chopped nuts if using.
7. Spread the mixture out on the foil lined baking sheet. It is quite a sticky mixture and you have to spread it out using a spoon or knife. Neaten up the edges using a knife.
8. Bake for 20 minutes. Check it carefully as seed and nut mixtures burn very easily. If after 20 minutes it doesn't look cooked, give it another 5 minutes but set a timer and check regularly to make sure it doesn't burn. Continue until its lightly browned.
9. Cut into 16 bars and **store in an airtight container in the fridge**. The bars will last for 2-3 weeks.

If you want to buy snack bars instead of making your own there are a few options available from www.perfectlypaleo.co.uk

- Wild Thing
- Fossil Fuel
- The Primal Pantry
- Primal Joy Foods
- Nakd bars – available in most supermarkets

Trail Mix – lasts 3-4 weeks in an airtight jar



Trail mix is such an easy on the go snack, and very nutritious if you activate your nuts and seeds. Although activating nuts is a little time consuming, you can make a big batch of trail mix and it will last a while. Try to include as much variety as possible in your mix.

Ingredients

- 500g mixed nuts – choose a selection including macadamias, cashews, almonds, pistachios, brazil nuts, pecans, hazelnuts
- 100g mixed seeds – pumpkin and sunflower
- 50g pine nuts
- 100g flaked coconut
- 100g goji berries
- 50g raw cacao nibs
- 50g dried fruit – I like the brand 'Urban Fruit' – they produce dried strawberries, blueberries and black currants and do not add sugar, oils or preservatives to the fruit

Optional: To activate your nuts and seeds

1. Dissolve 1-2 tsp. of salt into enough water to cover the nuts and seeds.
2. Soak the nuts and seeds overnight (but if using cashews soak for no more than 6 hours as they can go slimy).

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3. Drain the nuts and seeds and lay out on a baking tray.
4. Put your oven on its very lowest setting and dehydrate the nuts and seeds for 12 hours until dry and crunchy.

Assemble your trail mix

5. Mix in all the other ingredients to make your trail mix.
6. Store in an airtight container.

**Plantain Crisps – last 2-3 days in an airtight container.
Great for snacks and lunch boxes - for kids or adults!**



These are great for lunchboxes but also work really well instead of crisps for serving with dips like guacamole and salsa. You can pick up plantains in Caribbean and Asian stores, and sometimes in the supermarkets.

Ingredients:

- 1-2 plantains, green or yellow (green are less sweet)
- Coconut oil
- Sea salt if you want savoury crisps or ground cinnamon if you want sweet crisps

Method:

1. Preheat the oven to 180 degrees Celsius.
2. Peel and slice the plantains thinly. Try to slice to an even thickness so they all cook in the same amount of time.
3. Melt a couple of tablespoons of coconut oil in a pan over a low heat.
4. Turn off the heat then add the plantains to the pan and stir to coat in the oil.

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5. Line a baking tray with foil or greaseproof paper and lay the plantains out in a single layer. Season with sea salt or ground cinnamon. Green plantains are good with salt, yellow plantains are already much sweeter so are nice with cinnamon.
6. Bake for 20 minutes or until the slices are crisp. You want these to be crisp but not burnt. If you didn't cut them all to the same thickness then some may cook quicker than others. You can remove any that look done and leave the others in if necessary.
7. Leave to cool and if not eating immediately then store in an airtight container.

Paleo Granola – lasts 3-4 weeks in the fridge



Please do not be put off by the number of steps in this recipe – it looks difficult but I promise it is EASY! To increase the digestibility of the granola you can soak the nuts and seeds overnight and then dry the granola out on the lowest setting of the oven for 12 hours (I leave it overnight). This helps if you have any issues with nuts or seeds. I personally cannot eat unsoaked nuts as I get acid reflux but I am fine with nuts that have been soaked. If you want/need this ready a lot quicker then skip the soaking step and it will need 20 minutes in the oven at 180 degrees. This batch should last you for the duration of the plan.

Food processor needed

Ingredients:

- 500g mixed nuts (macadamias, hazelnuts, almonds, cashews, pecans or walnuts all work well)
- 100g seeds (pumpkin, sunflower etc.)
- 150g raisins, sultanas or dates
- 100g dried goji berries, cranberries or blueberries
- 4 tbsp. coconut oil
- 1 tsp. ground cinnamon
- 1 tsp. ground ginger
- 50g unsweetened coconut flakes

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Method:

1. Place the seeds and nuts into a large bowl, cover with water and leave to soak overnight. You do not have to complete this step but it does make the nuts easier to digest.

2. In a separate bowl place the raisins, sultanas or dates and cover with 100ml-150ml of water (you basically want to just cover them so don't add too much) and leave to soak overnight.

3. Preheat your oven to the lowest setting it has and line a baking tray with greaseproof paper. If you didn't soak the nuts and want this ready quickly then set the oven to 180 degrees/350F/gas mark 4.

4. Put the raisins, sultanas or dates and their water in a food processor and puree until completely smooth.

5. Using a fine metal sieve, drain and rinse the seeds and nuts, make sure you throw the water you soaked them in away.

6. Add the seeds and nuts to the dried fruit puree inside of the food processor, begin to pulse until they are coarsely chopped. Keep checking this after every pulse, as you only want them to achieve the consistency of granola so that they remain crunchy.

7. Add the coconut flakes, cinnamon and ginger and coconut oil to the mixture, stir well to coat everything.

8. Spread the mixture out onto the prepared baking tray and cook for 12 hours on the lowest oven setting – this way it stays raw/live. I tend to leave it in overnight. If you didn't soak the nuts then you can cook at 180 degrees for about 20 minutes, checking and stirring after 10 minutes so the granola browns evenly. Set a timer as granola burns very easily!

9. Remove from the oven; mix in the dried cranberries or blueberries and leave to cool completely. **Store in an airtight container in the fridge.** It will last for the duration of the plan.

Serve with coconut milk, coconut yogurt or nut milk such as almond milk.

Homemade Almond Milk – lasts 3-4 days in the fridge Requires overnight soaking



Food processor or blender needed

Ingredients:

- 2 cups raw almonds, soaked overnight (you can use any mug or cup for this)
- 12 dates, pitted and soaked overnight (don't discard the soaking liquid, you want to add it to your milk)
- 8 cups water (not your soaking water)
- 2 whole vanilla pods, finely chopped

Method:

1. Drain and rinse the soaked almonds well.
2. Add all the ingredients to your blender or food processor and blitz until well combined.
3. Once all your almonds have been liquefied, strain your nut milk using either a clean muslin or a fine mesh sieve placed over a large jug. You can just let the milk drip and it will happen rather quickly, but you can help facilitate (and speed up) the process by pressing it down with a spoon.

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4. Make sure to squeeze every last drop of liquid out of the almond meal.
5. The almond milk will keep in the refrigerator for 3-4 days. One little thing is it tends to separate, so make sure to give it a good shake before each use.

If you want to buy almond milk instead of making your own there are a few options that are compatible with the plan:

- Ecomil - <http://perfectlypaleo.co.uk/shop/drinks/ecomil-almond-milk-drink-1/> make sure it's the version without sugar
- Almond milk from The Pressery – if you are London based you might be able to pick up some of this: <http://www.thepressery.co.uk>
- Unsweetened almond milk can be bought in some of the supermarkets too but try to choose one with minimal additives

Chia Pear Pudding – lasts 2-3 days in the fridge Requires overnight soaking



Chia pudding is fantastic to have to hand to tackle cravings for something sweet or a craving for a dessert. If you haven't eaten chia seeds before then the texture definitely takes a little getting used to (they make a gelatinous gel once in liquid) but they are super filling while being low in carbohydrate and high in fibre. The coconut milk will also help keep you full and the cinnamon and vanilla help tackle sugar cravings. This pudding also makes a great grab-and-go breakfast for days when you need to take breakfast with you on the go. The basic recipe given here can be adapted to make all sorts of different flavours – add a little cacao or cocoa powder for a chocolate version, blitz the coconut milk with blueberries, raspberries or strawberries for a berry version, replace the pear with a mashed banana for a creamy banana version.

Ingredients:

- 50g chia seeds (this is about 3 tbsp)
- 200-250ml additive-free coconut milk (you could use almond or other nut milk)
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract or the vanilla seeds from half a dried vanilla pod
- 1 grated pear

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Method:

1. Add all the ingredients to a mixing bowl and mix very thoroughly.
2. Place into a glass jar or bowl and place in the fridge overnight.
3. In the morning give everything a good stir and top with toppings of your choice. I like to top with more fresh fruit and some ground nuts and seeds.

Variations:

Chocolate: Mix 1 tsp. of cacao powder or 2 tsp. of cocoa powder with the chia seeds and coconut milk.

Berry: Blitz a handful of fresh or frozen berries with the coconut milk before adding to the chia seeds and omit the pear.

Banana: Omit the pear and soak the chia seeds in the coconut milk overnight. Before serving mash a banana and mix thoroughly into the chia seed pudding.

Clarified Butter (Ghee) – lasts 3-6 months in the fridge



Ingredients:

- 1kg (4 x 250g packs) unsalted butter, cut into cubes. Kerrygold Irish butter is readily available in most supermarkets and the cows are grass-fed for most of the year so this is what I use for making clarified butter.

Method:

1. Heat the unsalted butter in a heavy-duty saucepan over very low heat, until it's melted. Let simmer gently until the foam rises to the top of the melted butter. The butter may splatter a bit, so be careful.
2. Once the butter stops spluttering, and no more foam seems to be rising to the surface, remove from heat and skim off the foam with a spoon. Don't worry about getting every last bit; you can remove the rest when straining it.
3. Line a sieve with a muslin/cheesecloth or a few layers of gauze and set the strainer over a heatproof container.
4. Carefully pour the warm butter through the lined strainer into the container, leaving behind any solids from the bottom of the pan.

Storage: Clarified butter will keep for 3 to 6 months in the refrigerator. It can also be frozen for a similar length of time.

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If you want to buy clarified butter/ghee instead of making your own there are a few options, however, making your own is a LOT cheaper.

- **Hook and Son** raw organic ghee from grass-fed cows. Expensive!
www.hookandson.co.uk
- **Fushi** Organic Ghee – available from www.ocado.com but around £7 - £9 for 300ml! It is made from butter from organic, grass-fed cows.
- **Pukka** Organic Ghee – available from www.amazon.co.uk. Also expensive.
- **Lurpak** Cook's Range Clarified Butter – also available from www.ocado.com. This is probably not made from butter from grass-fed cows but is the cheapest option.

Easy French Dressing – lasts 2-3 days in the fridge



- 2tbsp extra virgin olive oil
- 2tbsp cider vinegar
- ½ tsp. Dijon mustard
- Salt + freshly ground black pepper
- Optional fresh chopped herbs of your choice – basil or chives are good

Mix everything together in a bowl or jar and whisk with a small whisk or with a fork. Store in the fridge. If you are not using immediately do not add the fresh herbs until you are ready to serve.

Paleo Mayonnaise – lasts 7 days in the fridge



Classically a French mayonnaise will use vegetable oil due to its neutral taste, but this doesn't fit with the paleo ethos. Normally olive oil is shunned as its flavour is too pronounced, but there are now readily available light olive oils that are far more suitable for this application. Extra virgin rapeseed oil (cold pressed) also works well and gives a wonderful rich yellow colour to the mayonnaise, though be sure to buy a good British brand, such as Wharfe Valley, Hillfarm, or Yours. The mass-produced and modified rapeseed oils (such as canola oil) are an entirely different beast.

Makes enough for 8 people as an accompaniment

Ingredients:

- 2 large egg yolks (use very fresh eggs). Take them out of the fridge (if that's where you store them) 30 minutes before you want to make the mayo. This is important.
- 150 ml extra light olive oil or extra virgin rapeseed oil. It's very important you use extra light olive oil as extra virgin/virgin is much too strong
- Juice of half a fresh lemon
- 1 tsp. Dijon mustard
- Sea salt

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- Freshly ground black pepper

For the stick blender method

- You need a glass jar that is tall and narrow that's barely wide enough to accommodate the head of your stick blender.

Super Easy Stick Blender Method

1. Place all the ingredients to your glass jar and let them sit for a minute so the egg yolks settle to the bottom of the jar.
2. Insert your stick blender, push it down until it touches the bottom of the jar and blitz everything for 20 seconds without moving the blender.
3. After about 20 seconds you can move the blender around a little to make sure the mayonnaise is completely mixed.
4. The mayonnaise will last until the sell by date on the eggs. Keep store in the fridge in an airtight jar.

If you don't have a stick blender you can use a food processor or even do this by hand.

1. The easiest way to do this is by using a food processor but you can do it by hand.
2. Add the two large egg yolks to a clean bowl along with the mustard, and whisk together until the egg yolks turn a little paler and more voluminous. If using a food processor, do the same using the blade attachment.
3. Season well with salt and pepper, and whisk to combine. If you want to flavour your mayonnaise with crushed garlic or herbs or spices - basil, tarragon, chilli powder, smoked paprika, etc. - now is the time to add them.
4. Slowly drizzle the oil into the egg mixture, whisking continuously to incorporate. GO SLOWLY (and this is key), or the mixture may split. The resulting mayonnaise should be dense, glossy and hold on a spoon.
5. Squeeze in a little lemon juice to taste. Check the seasoning. Cover and refrigerate. The mayonnaise will last in a Kilner jar until the use by date on the eggs.

Paleo Crunchy Coleslaw – lasts 3-4 days in the fridge (without the mayonnaise dressing)



Ingredients:

Use varying amounts of cabbage and carrot depending on how much you would like to make.

- Chopped red cabbage (strips)
- Chopped white cabbage (strips)
- Carrot grated
- One white onion (or 3 salad/spring onions for a milder taste)
- Salt & pepper
- Olive oil mayonnaise – see recipe in “Preparation Recipes”

Method:

1. Mix all the vegetables together in a large bowl.
2. Add the salt, pepper and the desired amount of mayonnaise and mix thoroughly.
3. To keep for 3-4 days DO NOT DRESS the vegetables with mayonnaise, until you want to eat the coleslaw (or the night before). This will prevent the vegetables from going soggy.

Quick Chicken Liver Pate – lasts 7 days in the fridge HIGH NUTRIENT

Buy good-quality free-range chicken livers – we like Green Pasture Farms or Abel & Cole for chicken livers. Make sure the livers are very fresh, use them on the day you buy them if possible. Eat with seed crackers or on top of cucumber and celery slices. This makes 8 ramekins of pate which you can freeze to last throughout the plan – eating pate twice per week.

Ingredients (makes 8 ramekins worth of pate):

- 200g clarified butter plus 50g extra for sealing the top of the pate
- 500g very fresh chicken livers, washed and patted dry
- 8 streaky (belly) bacon rashers, cut into small pieces
- 2 sweet shallots, finely chopped
- 1 clove of garlic, crushed
- 1 tbsp of fresh thyme leaves, picked or fresh sage leaves, chopped
- 50ml brandy (sherry would also work)
- Unrefined sea salt
- Freshly ground black pepper
- You will need 8 small ramekins to store the pate in

Method:

1. Heat 50g of the butter in a small saucepan until sizzling, and remove from the heat. Leave to one side to settle.
2. Gently heat 50g butter in a frying pan until foaming. Add the chicken livers and cook for 2-3 minutes on each side, so that their centres are still slightly pink. Remove the livers and drain them well on paper towel, but leave the butter in the pan.
3. Add the bacon to the pan and cook through, but do not allow to crisp. Add the shallot and garlic, and cook for a further three minutes. Remove using a slotted spoon and transfer to a food processor.
4. Increase the heat and add a good glug of brandy to the pan. If using a gas stove, tip the pan to flame the alcohol. De-glaze the pan with the brandy and add the liquid to the food processor.
5. Add the remaining butter, chicken livers and the thyme or sage to the food processor and blitz the mixture until smooth. Check taste and season with salt and pepper. Transfer to a serving dish or tureen, or into small ramekins for individual portions. Smooth the top with a knife.
6. Carefully pour the clarified butter from the small saucepan over the top of the pâté, leaving the milky residue behind in the pan. Transfer to the refrigerator.
7. Once set, the pâté can be served. But for best results chill for at least 4 hours.
8. Once it has cooled for 4 hours in the fridge, you can freeze the pate. Defrost completely in the fridge before eating and then eat within 3-4 days.

Abel and Cole also sell some liver pates that are additive free: <http://www.abelandcole.co.uk/free-range-chicken-liver-wild-mushroom-pate-125g>

Guacamole – lasts 1 day in the fridge



Guacamole is another dish that can be tailored to suit your own individual palette. The recipe below gives a basic, classic guacamole but feel free to change the quantities for a more or less spicy finish, or maybe change it altogether with the addition of a little tahini, lemon instead of lime or other fresh herbs like basil. You can make this the day before you want to eat it but it doesn't last longer than one day in the fridge.

Ingredients:

- 1 avocado
- 1 fresh green chilli, chopped
- 1 lime, juiced
- 2 spring onions, chopped
- Fresh coriander, chopped (or basil)
- Sea salt & freshly ground black pepper

Method:

1. Mash or blend the chillies, lime juice, spring onions, avocado and coriander until creamy.
2. Season with sea salt and freshly ground black pepper.

Paleo Hummus – lasts 2-3 days in the fridge



Makes 4 servings

Ingredients:

- 2 medium courgettes, peeled and chopped or 1 courgette and 50g soaked cashew nuts (nuts soaked for 6 hours and thoroughly drained)
- 4 tbsp. tahini
- 4 tbsp. olive oil
- Juice of one lemon
- 1-2 medium cloves of garlic
- 1 tsp. ground cumin
- 1 tsp. sea salt

To serve:

- Chopped fresh parsley leaves for garnish
- Paprika
- Extra virgin olive oil

Method:

1. Place all ingredients except the parsley and paprika in a blender.
2. Blend until smooth. If a little runny add a few more cashew nuts and blitz again. The hummus will last 2-3 days in the fridge.
3. Before serving: sprinkle over some fresh parsley, a pinch of paprika and drizzle with olive oil.

Homecooked Ham – lasts 7 days in the fridge, or freeze slices



Cooking your own ham is cheaper than buying packet ham and you can make sure the ham has no additives. Great for breakfasts with eggs and veggies, or for lunches, in salads etc.

Ingredients:

- 1kg – 2kg uncooked gammon, off the bone

Method:

1. Bake the gammon joint at 170°C for 55 mins per kg plus 30 mins.
2. Leave to cool then carve into thin slices. The sliced ham freezes well.

Roasted Sweet Potatoes – last 7 days in the fridge



Roast a whole tray of sweet potatoes once a week and keep in the fridge. You then have easy breakfast, lunch or dinner options to hand. Sweet potatoes can be used to make porridge in the morning served with coconut milk and cinnamon, or reheat at lunch and serve with paleo coleslaw or tuna with paleo mayonnaise. Sweet potatoes are also great mashed and served as a side to any meat or fish.

Ingredients:

Sweet potatoes

Method:

1. Place the potatoes on a foil-lined baking tray.
2. Don't preheat the oven. Prick your sweet potatoes each 2-3 times with a fork, and then place the tray in the oven. Turn the oven on to 180 degrees Celsius.
3. Bake for 45 minutes for small sweet potatoes. For medium potatoes bake for an hour. For large sweet potatoes, bake for an hour and 15 minutes.
4. After the time has elapsed, don't open the oven but turn it off. Let the sweet potatoes sit in the oven for at least 30 minutes but up to an hour. Remove from the oven and eat immediately, or store in a container in the fridge.

Boiled Eggs – last 7 days in the fridge HIGH NUTRIENT SNACK



Boiled eggs make a great snack. They are also really good if you are in a rush at breakfast time as you can grab a couple and eat with a piece of fruit and a handful of nuts and have a filling and nutritious breakfast. I boil a batch once a week and then keep in the fridge so that I always have an easy, healthy snack to hand.

Method:

1. Place the eggs into a saucepan that is the right size so that they sit comfortably and don't crash into one another.
2. Cover with boiling water (the water needs to cover the eggs by about 1 cm).
3. Cook at a gentle simmer for 10 minutes.
4. Then, the most important part is to cool them rapidly under cold running water. Let the cold tap run over them for about 1 minute, then leave them in cold water till they're cool enough to handle - about 2 minutes.

Whole Poached Chicken, Chicken Stock & Soup! HIGH NUTRIENT



When you poach a chicken, you're actually doing two things: one, you're making a delicious poached chicken. And two, you're also making a chicken stock that you can use in all kinds of other recipes.

Ingredients:

- 1 x 2kg free-range chicken
- 1 onion
- 2 carrots
- 2-3 celery stalks
- 1 tbsp. whole peppercorns
- 2 cloves of garlic
- 1-2 bay leaves
- Fresh herbs – thyme, rosemary etc.

Method:

1. To begin poaching your chicken, first take out the little bag of giblets, rinse the chicken under cold running water and let it drain for about five minutes.
2. Roughly chop the onion, carrots and 2-3 celery stalks (no need to peel).
3. Transfer the chicken to a large pot. Add the chopped onion, carrots and celery, along with a tablespoon of whole peppercorns; 2 cloves of garlic (peeled and

crushed); 1-2 bay leaves and some fresh herbs. I usually add a sprig or two of fresh thyme, but rosemary, marjoram, oregano, tarragon or even fresh parsley also work well.

4. Cover the chicken with cold water, add a tablespoon of sea salt, and bring it to a boil. Then lower to a simmer, cover with a tight-fitting lid and cook for about an hour and twenty minutes. You'll see a few bubbles rising up gently, but the water will be well short of a full rolling boil.

5. **If you want to make a soup:** After an hour add other vegetables such as fennel, baby turnips, leeks.

6. After 1 hour and twenty minutes, remove the chicken and transfer it to some sort of big roasting pan, a baking sheet or even a large bowl to cool.

Option 1: Eat the poached chicken with the stock as a meal on the day you make it

1. Let the poached chicken cool for about five minutes and then pull it apart into the main eight pieces (two each of breast, thigh, drumstick and wing) and serve with the broth and vegetables. Then later you can strip the remaining meat off the carcass and use for salads.

2. **To make stock:** put the chicken carcass back into the pot and put the pot back on the heat.

3. Cook on a gentle simmer for a further 4-6 hours.

4. Strain and cool the stock and use it for making sauces, soups, stews and gravy, or simply for drinking a mug of stock each day for a nutrient boost.

Option 2: Use the chicken for meat for salads, make soup and turn the poaching liquid into stock.

1. When the chicken is cool enough to handle, you can pull off all the meat. You can use this succulent poached chicken meat in all kinds of recipes, like chicken salads and soups.

2. Drain the liquid into a jug and reserve the cooked vegetables to make your soup.

3. Put the stripped chicken carcass back into the pot with the liquid and put the pot back on the heat.

4. Cook on a gentle simmer for a further 4-6 hours.

5. After 4-6 hours take a few ladlefuls of the stock and add to the vegetables you reserved earlier, and add some of the chicken meat if you like. Season with salt and pepper and then blend to make a soup. Reheat if you want to eat immediately or store in the fridge for later in the week. I sometimes add a can of full-fat, additive-free coconut milk with a pinch of chilli flakes, a little grated fresh ginger and a pinch of turmeric and ground or fresh coriander to make an Asian-flavoured soup.

5. Strain and cool the remaining stock and use it for making sauces, soups, stews and gravy, or simply for drinking a mug of stock each day for a nutrient boost.

**Bone Broth – lasts for 7 days in the fridge or 3 months
in the freezer
HIGH NUTRIENT**



The difference between a stock (or 'bouillon') and a bone broth lies in the type of bones used and the length of cooking time. A bone broth is basically a stock that has been made using marrow-rich bones, and slowly simmered for a number of hours to produce a dense, rich liquor. Once made, it too can be kept in the refrigerator or frozen. These broths take on flavours extremely well. You need to cook this for 4-24 hours. You can do it in a slow cooker if you have one and if you don't like the smell you could put your slow cooker on in the garage as I sometimes do. **If you like the taste of the broth on it's own it's a brilliant thing (nutritionally) to drink daily – try to have a mug in the mornings instead of your usual tea/coffee. I like to add a little grated fresh ginger, a teaspoon of ground turmeric or a little fresh turmeric and some fresh herbs to a mug of bone broth to make a flavourful drink.**

Makes approx. 2 litres

Ingredients:

- 5 kg (approx.) cut beef or veal bones
- 4 onions, roughly sliced

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- 1 head of celery, roughly chopped
- 8 carrots, peeled and roughly chopped
- 2 leeks, washed and sliced into large pieces
- 10 whole black peppercorns
- 3 bay leaves
- 3 sprigs of thyme, whole
- 2tbsp.p cider vinegar
- A little olive oil
- Water

Method:

1. Preheat oven to 220°C.
2. Place the bones in an ovenproof dish or pan, and roast in the oven for 20 minutes. After 20 minutes, remove and place to one side. You can also turn off the oven.
3. You now have two options: either stove-top cooking in a pan or, if you have one, a slow cooker.
4. Heat a large pan over a medium flame and add around 2 tablespoons of olive oil. Once the oil is heated, add the onion, carrot, leek, and celery. Sweat gently for 10 minutes.
5. If using a slow cooker, transfer the vegetables to it, add the bones and remaining ingredients, and cover with enough water to cover by about ½ inch. Cook for 12-24 hours.
6. If cooking in the pan, leave the sweated vegetables in the pan and add the roasted bones and remaining ingredients. Add enough water to cover the bones by ½ inch and place a cartouche on top of the pan's contents. Instructions on how to fold a cartouche can be found here:
<https://www.youtube.com/watch?v=ed-i2jd7WIA>
7. Cook over a very low flame for a minimum of 4 hours, up to 12. The longer you leave it to stew, the more intense the flavour and the more nutrients will be extracted.
8. Once cooked, pass the mixture through a colander into a fresh pan, and then pass the strained liquid through a fine sieve or muslin to remove smaller impurities.
9. Transfer to a clean pan and boil rapidly over a very high heat until you have approx. 2 litres of liquid left in the pan. Allow to cool.
10. The broth can be frozen, or will sit comfortably in a refrigerator for up to one week. It will cool to a gelatinous consistency. When ready to use it, simply heat it gently in a saucepan and add any desired aromatics.

Smoked Mackerel Pate – lasts 2 days in the fridge



Ingredients:

- Olive oil
- ½ white onion
- Fresh parsley
- Squeeze of fresh lemon juice
- 2 cooked, smoked mackerel fillets
- Sea salt & pepper
- Optional: 1 tbsp. paleo mayonnaise (see previous recipe)
- Optional: 1 tsp. grated fresh horseradish

Method:

1. Finely chop the onion, pop it in a frying pan with a little oil and sauté until softened.
2. Remove from the heat and put the onion, fresh parsley, lemon juice and if using the mayonnaise and fresh horseradish into a blender or food processor and blend together. Allow to cool.
3. Remove the skin from the flesh of the mackerel fillets, pull the flesh into flakes and add to the mixture in the processor.

4. If you like a textured pate then pulse to combine. If you like a completely smooth texture then blend until all the ingredients are well combined and smooth.
5. Add salt, pepper and lemon juice to taste.
6. If preparing as a starter, serve into 4 individual ramekins and top with fresh parsley or thyme as a garnish.

Alternatives: If you're not a fan of onion, try replacing with chopped capers, gherkins or avocado, or simply omit from the recipe.

Alternative Smoked Mackerel Pate – lasts 2 days in the fridge

Ingredients:

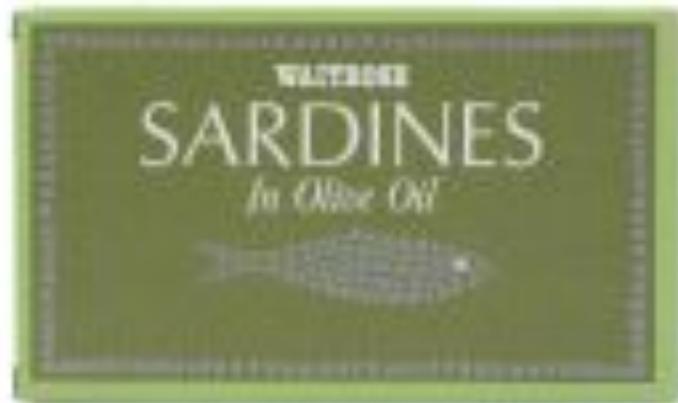
- 150g sweet potato
- 2 cooked, smoked mackerel fillets
- 1 tbsp. olive oil
- 1 tsp. lemon juice

Method:

1. Peel the sweet potato and chop into cubes. Boil until soft, then drain.
2. Remove the skin of the fish. Put the fish in a food processor with the sweet potato, oil and juice. Blend until smoothish – you want a little bit of texture, but no lumps.
3. Transfer to small pots and chill for 2-4 hours. Eat within two days.

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Sardine Pate – lasts 2 days in the fridge
HIGH NUTRIENT & CHEAP – Omega-3, Vitamin D,
Calcium



Ingredients:

- Tin of sardines with the bones, in olive oil (not sunflower oil). You could also use tinned mackerel or tuna. Waitrose sell sardines in olive oil for 60p a tin – nice and cheap!
- 50g clarified butter
- Zest of 1 lemon

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- Freshly squeezed juice of 1 lemon
- Large handful of chopped fresh parsley
- Sea salt
- Freshly ground black pepper
- Optional: a pinch of fried chilli flakes

Method:

1. Empty the whole contents of the can (fish and oil) into a food processor.
2. Add the remaining ingredients.
3. Blitz in the food processor until completely smooth.
4. Taste and add any additional seasoning (salt, pepper, lemon juice).
5. Spoon into ramekins, cover tightly with Clingfilm and refrigerate for 2-4 hours before serving.
6. Serve with seed crackers, or on slices of cucumber, celery or in cos lettuce leaves

Seed Crackers – 5-10 minutes to prepare, 20-30 minutes to cook



Should make at least 12 crackers

Ingredients:

- 1 cup of pumpkin seeds – use any cup
- 1 cup of sunflower seeds – use any cup
- 1/4 cup of water (sometimes I add a little splash more) – use any cup
- Herbs and spices to taste, anything from chili, mixed herbs, fresh rosemary, paprika, sea salt, pepper etc.

Method:

1. Pre heat the oven to 180 degrees
2. Place the pumpkin and sunflower seeds in a blender, process until you get a reasonably fine consistency.
3. Blend in the flavours/herbs/spices you have chosen
4. Slowly pour in the water
5. Put the mixture onto a piece of grease proof paper, place another piece of grease proof paper on top, push down to flatten, and finish off with a rolling pin until mixture is about half a centimeter thick.
6. Put the grease proof paper sheet of seeds onto an oven tray and place in the oven and cook for 20-30 mins, this really depends on your oven, and

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the more you make these the better they will turn out. Just make sure to keep checking. Very often I turn the oven off after about 30mins and let the residual heat of the oven finish the job.

7. Store in an airtight container.