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.

Breakfast Recipes

Unicorn Fuel Coffee

- 1 cup of coffee
- 1 tbsp. coconut oil
- 1 tbsp. clarified butter
- 1 tsp. raw cacao powder or cocoa powder
- 1/4 tsp. cinnamon
- 1/8 tsp. turmeric

Blend thoroughly and enjoy! (You do need to blend this – mixing does not work)

Healthy Coffee Substitute from Sally Fallon Morell (president of WAPF)

- 1 tbsp. molasses
- 1 tbsp. coconut oil
- ¼ tsp. ground ginger

Place ingredients in a mug and pour in boiling water and stir. Let cook until still hot but drinkable and enjoy!

Dandelion & Chicory Breakfast Brew – caffeine free

- 1 tsp. roasted dandelion root
- 1 tsp. roasted chicory root
- ½ tsp. carob powder or raw chocolate powder

Mix ingredients well and place into a cafeterie. Add boiling water and allow to brew as you would coffee. Alternatively use in your coffee machine instead of your ground coffee beans. You could also steep the herbs in a teapot. You can serve this with coconut milk, coconut cream or almond milk

Tea Substitutes – caffeine free

- Rooibos tea - Rooibos tea benefits revolve around the fact that it is naturally decaffeinated and loaded with antioxidants
- Herbal teas

Paleo Porridge – soak the nuts overnight. 5 minutes to prepare

Ingredients:

- 75g nuts (macadamias or cashews or a mixture)
- 1 large banana
- 1 tin full-fat coconut milk (you won't use the whole tin)
- Fruit of your choice for topping

Method:

1. Soak the nuts overnight then drain and rinse well in the morning.
2. In a blender or food processor blend the nuts with the banana and a little coconut milk.
3. Add more coconut milk until the porridge reaches your desired consistency.
4. Add the porridge to a small pan and heat over a gentle heat until it’s warmed through.
5. Serve with lots of toppings such as fresh fruit (berries such as raspberries, blueberries, blackberries, strawberries work well), goji berries, cacao nibs, chopped nuts or seeds and a little more coconut milk if you like. I also sometimes drizzle with nut butter.

Smoothie Bowl – 5 minutes to prepare

Smoothie bowls are a delicious, satisfying, and nutritious twist on cereal. Thicker than a smoothie so you can eat with a spoon, and amazing with lots of toppings. Great to have for breakfast, as a post-workout meal, or even for dessert depending on what ingredients you use. Play around to find taste combinations you like. The bowl in the photo here was spinach, 1 frozen banana, frozen mixed berries, a handful of cashews, avocado and the thick part from a can of coconut milk. I thoroughly blended it all and then topped with sliced banana and paleo granola. If it's initially too thick just add a little more liquid to thin down.

Greens and Other Veggies: kale greens, spinach, romaine, celery, cucumber
Frozen Fruits: bananas, apples, pears, kiwis, pineapple, peaches, mango, raspberries, strawberries, blueberries, papaya, lemons, limes, grapefruit, oranges, blood oranges, figs, dates, plums, acai, etc.
Tip: When freezing larger fruits, peel the fruit first, slice or chop it, and then store the chunks in a freezer bag for easy use.
Healthy Fats: raw egg yolk, avocado, coconut oil, coconut butter, nut butters and/or any other nuts and seeds you have on hand
Other: bee pollen, cacao nibs, raw chocolate powder, cinnamon, young coconut meat, unsweetened coconut flakes, matcha tea powder
Ice to thicken your smoothie
Liquid: almond or other nut milks, coconut milk, coconut yogurt, coconut water, maple water, filtered water

Banana & Blueberry Pancakes – 5 minutes to prepare

Ingredients:

- 1 banana
- 2 eggs
- 2 handfuls of blueberries
- Clarified butter, coconut oil or coconut butter for cooking

Method:

1. In a food processor blend the bananas and eggs until you have a smooth mixture. If you don't have a food processor, thoroughly mash the banana in a bowl and then beat in the eggs until you have made a batter.
2. Stir the blueberries into the mixture.
3. In a small frying pan or pancake pan, heat some fat for cooking.
4. Pour some of the batter into the pan and smooth out to make a thin pancake. Fry for a couple of minutes before flipping and cooking on the other side.
5. Serve with additional fresh fruit and coconut yogurt or drizzled with a spoonful of almond or cashew nut butter.

Baked sweet potato slices topped with mashed avocado, tomatoes and ham – 25 minutes to prepare

Ingredients:

- 1 sweet potato
- Extra virgin olive oil
- 1 avocado
- Optional: lime/lemon juice, chilli flakes, spring onion to flavour the avocado
- 2 tomatoes
- Optional: Ham or Parma ham
- Sea salt and freshly ground black pepper

Method:

1. Chop the sweet potato into thin slices and place on a baking tray. Drizzle with olive oil and then bake in a preheated oven (180 degrees/gas 4/350F) for 15-20 minutes. Check them to make sure they don't burn.
2. While the potatoes are baking, mash an avocado. You could add lime/lemon juice, chilli flakes or chopped spring onion to the avocado.
3. Chop the tomatoes.
4. Once the sweet potato is cooked, top the slices with the mashed avocado, chopped tomatoes and some ham/Parma ham. Season with salt and freshly ground pepper. For a vegetarian breakfast skip the ham.

Serving suggestion: serve with a big handful of watercress dressed with lemon juice and extra virgin olive oil.

Green Smoothie – 5 minutes to prepare

Ingredients:

- Large handful of spinach
- Freshly squeezed lime juice
- Half a banana
- Slice of mango
- Half an avocado
- Optional handful of soaked cashew nuts

Method:
Blend all the ingredients thoroughy and serve!

Banana-Flavoured Granola

Ingredients:

- 200g mixed nuts of your choice - I like to use macadamias since they are high in monounsaturated fat and do not contain too much omega-6
- 200g mixed seeds of your choice
- 200g desiccated coconut
- 2 bananas
- 1 egg
- 2tsp vanilla extract
- 2 tsp cinnamon
- Pinch sea salt

Method:

1. Preheat oven to 180 degrees. I wouldn't use fan assist since granola burns easily.
2. Process the nuts and seeds in a food processor until the texture of granola
3. Put into a bowl and stir in the coconut.
4. Put the bananas, egg, vanilla extract, cinnamon and salt in the food processor and blend.
5. Stir into the nuts and seeds. Spread out on a lined baking sheet and bake for 20-30 minutes. Check and stir after every 10 minutes and watch it carefully so it doesn't burn. You could turn the oven off and leave it to cook if you are worried it's catching at the edges but isn't yet completely cooked. However, make sure you set a timer and keep checking as granola burns really easily!

Lunch Recipes

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 consistently.
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 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.

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. 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.

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.

Ingredients:

- 500g very fresh chicken livers, washed and patted dry
- 100g streaky (belly) bacon rashers, cut into small pieces
- 100g clarified butter
- 1 shallot, finely chopped
- 1 clove of garlic, crushed
- 1 tbsp. of fresh thyme, picked
- Brandy – a good glug! (Sherry would also work)
- Sea salt
- Freshly ground black pepper
- You will need some small ramekins to store the pate in

Method:

1. Melt 75g clarified butter on a very gentle heat and put to one side. This is for sealing the pate at the end.
2. Gently heat the remaining 25g clarified 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 clarified butter in the pan.
3. Add the bacon to the pan and cook through, but do not allow to crisp. Add the onion 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 chicken livers and thyme to the food processor and pulse the mixture until smooth. Check for seasoning. Transfer to a serving dish or tureen, or into small ramekins for individual portions.
6. Carefully pour the clarified butter from the small saucepan over the top of the pâté. Transfer to the refrigerator.
7. Once set, the pâté can be served. But for best results chill for at least 4 hours. 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 pate's http://www.abelandcole.co.uk/free-range-chicken-liver-wild-mushroom-pate-125g that are additive free.

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.

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
- 2 tbsp. freshly squeezed lemon juice
- 2 tsp. lemon zest
- 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

Courgette, Bacon and Tomato Slice – lasts for 3 days in the fridge

This 'slice' is essentially a frittata with the addition of a little flour, which has been baked in the oven to give a compact, sliceable shape. The flour is optional, as the dish will set perfectly well without it, but it does act as a carrier for the baking powder, which is there to add a little air to the finished dish, creating a less dense product. If you would prefer to omit the flour, also remove the baking powder from the recipe.

The slice can be cooled and refrigerated, and will keep for up to 3 days. It is delicious as part of a picnic or packed lunch.

Serves: 4 to 6
Preparation time: 20 minutes
Cooking time: 35 – 40 minutes
Ingredients:

- 1 x standard 500g (approx. loaf tin
- 1 x sheet baking parchment
- 10g butter (for greasing)

- 3 large courgettes, roughly grated
- 250g smoked streaky bacon, cut into small strips
- 1 medium onion, finely chopped

- 1 garlic clove, crushed
- 2 large, ripe tomatoes, beef tomatoes are good
- 1 tbsp. fresh thyme, chopped, or 1tsp dried thyme
- 8 free-range eggs, beaten
- Olive oil
- Sea salt
- Freshly ground black pepper
- 25g coconut flour
- 2 tsp. baking powder

Method

1. Preheat oven to 180ºC. Grease the loaf tin with a little butter and line its base with greased baking parchment.
2. Gently fry the onion, garlic, and bacon in a little olive oil until the onion becomes translucent and the bacon begins to crisp a little. Transfer to a bowl and leave to cool for 10 minutes.
3. Once cooled, add the grated courgette, thyme, eggs, and – if using – the flour and baking powder.
4. Season well with salt and pepper, and fold everything together to combine.
5. Cover the bottom of the baking tin with a layer of sliced tomato. Spoon half of the courgette mixture over the top, and then add another layer of sliced tomato. Spoon the remaining courgette mixture into the tin, and top with a final layer of sliced tomato.
6. Place in the preheated oven for 35 to 40 minutes, or until the tip of a knife can be pushed into the centre of the mixture and remain clean when removed.
7. Allow to sit for five minutes before turning out and slicing. Serve with a fresh green salad.

Paleo Chicken Goujons

Ingredients:

- 2 skinless chicken breasts (or 4 skinless, boneless chicken thighs)
- 1 egg
- 50g Sukrin sesame flour (or use ground almonds)
- Optional: 50g sesame seeds
- 1/2 tsp. ground cumin
- 1/2 tsp. smoked paprika or smoked paprika
- Sea salt
- Freshly ground black pepper
- Duck or goose fat for frying

Method:

1. Cut the chicken breasts/thighs into strips each about the size of a big finger, to give goujon shapes. Beat the egg in a small bowl. Mix the sesame flour, sesame seeds, cumin and paprika in another bowl and season well with salt and pepper.
2. Working in batches to ensure they don't stick together, dip the chicken pieces in the egg and then in the sesame flour mixture to coat. Shake off any excess flour.
3. In a large frying pan heat the duck or goose fat and fry the goujons for 3-4 minutes per side, or until crisp, golden and cooked through. Check they are cooked through by cutting in to one; there should not be any pink meat. Drain well on kitchen paper.

Courgette spaghetti with chicken, and avocado dressing

Ingredients:

- 2 courgettes
- 1 chicken breast, diced

For the sauce:

- 1 ½ avocados
- a large handful of fresh mint leaves
- 12 brazil nuts
- ½ a cup of water
- 2 tablespoons of olive oil
- ½ a lime
- Salt to taste
- Optional: black olives

Method:

1. Julienne the courgettes using a julienne peeler.
2. In a frying pan fry the diced chicken breast until cooked (alternatively use leftover cooked chicken)

3. Place the brazil nuts in a food processor and blend until they become creamy. Then add in the avocado, olive oil, lime and salt – blend again. Gradually add the water to create a sauce consistency.
4. Add the sauce and courgette spaghetti to the frying pan with the chicken and gently cook for a couple of minutes to warm the dish up and soften the pasta a little.
5. Stir through a handful of black olives and serve.

MEAL PLAN & RECIPES - WEEK 3 - DAY 15 - MONDAY

Breakfast

Many of us are chronically dehydrated. Start the day with a large glass or mug of water with half a freshly squeezed lemon, 1 tbsp. raw apple cider vinegar and a small pinch of unrefined sea salt. You can drink this hot or cold. If you can stomach it first thing, a mug of hot homemade stock (bone broth) would be a good alternative. Try to drink some hydrating fluids before you have a dehydrating caffeinated drink.

- Scrambled eggs + ham, half an avocado
- Or paleo porridge topped with fruit/nuts/seeds
- Fruit: half a punnet of blueberries

Lunch

- Crudites with guacamole or paleo hummus + ham/chicken/turkey
- Or any salad with
  Veg
- Green leaves, tomatoes, cucumber, radish, peppers, carrot
  Protein
- chicken, turkey, tuna, salmon, prawns, ham, boiled eggs
  Fat
- Avocado, olives, dressing

Dinner

- Main: Leftover roast chicken with chorizo and tomato salad
- Or Thai green curry made with leftover roast chicken
- Pudding: Apple or pear

Monday Dinner: Tomato & Chorizo Salad

Ingredients:

- Cooking chorizo (Discover Unearthed brand)
- Tomatoes
- 1 x garlic clove
- 1 x shallot
- Fresh parsley or basil
- Fresh coriander
- Extra virgin olive oil
- Sherry vinegar
- Salt & freshly ground black pepper

Method:

1. Chop the chorizo and fry in a pan with some olive oil. When it is crisping up add one crushed garlic clove and cook for a further minute. Don't let the garlic burn.
2. Chop a selection of tomatoes and place into a bowl. Add the cooked chorizo and garlic, the chopped shallot, some chopped fresh parsley and coriander, sherry vinegar, olive oil, salt and pepper. Mix all together and serve with grilled or leftover roasted chicken.

Alternative Monday Dinner: Thai Green Curry

Ingredients:

- 4-6 medium green chillies, de-seeded and roughly chopped
- 2 shallots, roughly chopped
- 5cm/2in piece of fresh ginger peeled and grated
- 2 garlic cloves, crushed
- Small bunch of fresh coriander, stalks and roots attached if possible
- 2 lemongrass stalks, chopped (if unavailable, use 2 tbsp dried)
- 1 lime, grated zest and juice
- 1 tbsp coriander seeds, crushed
- 1 tsp ground cumin
- 1 tsp black peppercorns, crushed
- 2 tsp Thai fish sauce
- 3 tbsp olive oil

Method:

1. Place all of the ingredients in a food processor and blitz to a paste.
2. Use straight away or store in a jar in the fridge for up to 3 weeks. This quantity is enough for a curry for 8 people.
3. To make the curry - fry your choice of vegetables and chicken or prawns in coconut oil in a large pan.
4. Add the curry paste and a can of coconut milk and simmer for 20 minutes.
5. Serve with cauliflower rice.

Cauliflower Rice – food processor needed. 15 minutes to make

Ingredients:

- 1 large cauliflower (will make enough rice for 3-4 people)

Method:

1. Chop the cauliflower into florets and place in a saucepan.
2. Cover with boiling water from the kettle and then cook for 10 minutes.
3. Drain the cauliflower and let the florets steam dry in the colander for a couple of minutes.
4. Place the cauliflower in food processor and use the pulse button to chop it until you get a rice consistency.
5. You can serve the rice plain or you can season it with salt, pepper, butter or herbs, and an optional squeeze of lemon or lime juice.

MEAL PLAN & RECIPES - WEEK 3 - DAY 16 - TUESDAY

Breakfast

Many of us are chronically dehydrated. Start the day with a large glass or mug of water with half a freshly squeezed lemon, 1 tbsp. raw apple cider vinegar and a small pinch of unrefined sea salt. You can drink this hot or cold. If you can stomach it first thing, a mug of hot homemade stock (bone broth) would be a good alternative. Try to drink some hydrating fluids before you have a dehydrating caffeinated drink.

- Scrambled/fried/poached eggs, tinned or fresh tomatoes, bacon, spinach
- Or smoothie bowl – blend just the creamy part of a can of coconut milk with 1 frozen banana and a handful of cashews to make a thick yogurt-type consistency you can eat with a spoon then top with fruit/nuts/seeds
- Fruit: half a punnet of raspberries or an apple

Lunch

- Smoked salmon with chopped shallot and gherkins/capers plus lemon juice and black pepper + lots of salad leaves
- Or baked sweet potato with ham + grated carrot/celeriac/paleo coleslaw + salad + avocado or tuna + paleo mayo

Dinner

- Main: Simple plaice or any white fish baked in butter, lemon and fresh herbs served with roasted sweet potato and green veg
- Pudding: Banana

MEAL PLAN & RECIPES - WEEK 3 - DAY 17 - WEDNESDAY

Breakfast

Many of us are chronically dehydrated. Start the day with a large glass or mug of water with half a freshly squeezed lemon, 1 tbsp. raw apple cider vinegar and a small pinch of unrefined sea salt. You can drink this hot or cold. If you can stomach it first thing, a mug of hot homemade stock (bone broth) would be a good alternative. Try to drink some hydrating fluids before you have a dehydrating caffeinated drink.

- Eggs scrambled with onion and kale served with half an avocado
- Or paleo banana/plantain pancakes with fruit
- Fruit: half a punnet of blueberries

Lunch

- Homemade chicken liver pâté on seed crackers topped with sliced tomatoes + salad
- Or courgette spaghetti with avocado dressing, chicken and olives

Dinner

- Starter: Soup or green/tomato salad
- Main: Using your pork tenderloin fillet make pork fillet medallions with caramelized mushrooms and onions served with lots of greens. Save half the tenderloin for next week.
- Pudding: Orange

You can prepare your slow roast tomatoes for tomorrow's dinner tonight if you like.

Wednesday Dinner: Pork fillet medallions with caramelized mushrooms and onions

Ingredients:

- ½ pork tenderloin fillet
- 1 onion (or 1 leek)
- Half a punnet of mushrooms
- Olive oil
- Clarified butter/ghee

Method:

1. Slice the onion or leeks and the mushrooms.
2. Heat 2 tbsp olive oil with 2 tbsp clarified butter/ghee in a pan and gently fry the onions and mushrooms for 20-30 minutes until caramelized.
3. Add the pork fillet medallions to the pan and fry for 4 minutes per side.
4. Serve with lots of greens and some sort of mashed vegetable such as celeriac.

MEAL PLAN & RECIPES - WEEK 3 - DAY 18 - THURSDAY

Breakfast

Many of us are chronically dehydrated. Start the day with a large glass or mug of water with half a freshly squeezed lemon, 1 tbsp. raw apple cider vinegar and a small pinch of unrefined sea salt. You can drink this hot or cold. If you can stomach it first thing, a mug of hot homemade stock (bone broth) would be a good alternative. Try to drink some hydrating fluids before you have a dehydrating caffeinated drink.

- Courgette/seed pancakes with avocado salsa + bacon
- Or green smoothie – spinach + lime juice + banana or mango + avocado + optional soaked cashew nuts
- Fruit: half a punnet of raspberries or an apple

Lunch

- Smoked mackerel pate or sardine pate on seed crackers with green salad
- Or any salad with

Veg

- Green leaves, tomatoes, cucumber, radish, peppers, carrot

Protein

- Chicken, turkey, tuna, salmon, prawns, ham, boiled eggs

Fat

- Avocado, olives, dressing

Dinner

- Main: Lamb cutlets or lamb steaks with slow-roast tomatoes. Serve with a minty sauce (fresh mint and balsamic vinegar) and root veg chips
- Pudding: Dates

Thursday Dinner: Grilled lamb cutlets with slow-roast tomatoes – you can prepare the tomatoes the day before

[Preparation time: 5 minutes; Cooking time: 1 ¼ hours]
Ingredients:
(Serves 4)

- 12 spring lamb cutlets
- 6 medium-sized sweet tomatoes, such as Alicante, Roma, San Marzano, Santorini
- 1 large sprig of fresh rosemary
- 1 clove garlic, very thinly sliced
- 30g ghee or butter, cut into small dice
- Extra virgin olive oil
- Sea salt
- Freshly ground black pepper

1. Cut each tomato in half and place, cut side up, on a baking tray or in an oven-proof dish.
2. Lay one thin slice of garlic on top of each tomato and place a single leaf/shard of rosemary on top of that. Drizzle the tomatoes with a little olive oil, season with sea salt and black pepper, and place in a very low oven - 100°C or as low as your oven will go - for 30 minutes.

3. After 30 minutes, baste the tomatoes with their cooking juices and return to the oven for another 30 minutes. Remove and allow to cool.
4. Preheat the grill to a high setting.
5. Place the lamb cutlets on a grill pan or baking sheet and, using your fingertips, rub a few drops of olive oil over each one. Season with sea salt and black pepper, and a little chopped rosemary. Divide the diced butter cubes between the cutlets and place under the grill for 4-6 minutes, or until the fat begins to turn crisp and golden.
6. Turn over the cutlets and add the slow-roast tomatoes to the tray. Grill for a further 4-6 minutes and serve immediately.

*4-6 minutes on each side will leave the lamb slightly pink. If you prefer your lamb well-done, cook for a further 1-2 minutes on each side.

* If your oven does not have an adequately low setting, good results can be achieved by setting the oven as low as it will go and leaving the door slightly ajar by placing a wooden spoon or damp, folded dish towel between the oven body and door. Just a small gap will reduce the temperature to a sufficient level.

MEAL PLAN & RECIPES - WEEK 3 - DAY 19 - FRIDAY

Breakfast

Many of us are chronically dehydrated. Start the day with a large glass or mug of water with half a freshly squeezed lemon, 1 tbsp. raw apple cider vinegar and a small pinch of unrefined sea salt. You can drink this hot or cold. If you can stomach it first thing, a mug of hot homemade stock (bone broth) would be a good alternative. Try to drink some hydrating fluids before you have a dehydrating caffeinated drink.

- Fried/poached eggs with ham + spinach
- Or Baked sweet potato slices topped with mashed avocado, tomatoes and ham
- Fruit: Orange or apple

Lunch

- Frittata or courgette, bacon & tomato slice with paleo coleslaw + salad
- Or baked sweet potato with grated carrot/celeriac/paleo coleslaw + salad + avocado or tuna + paleo mayo

Dinner

- Main: Steak (use recipe provided week one) with parsnip chips and a big green or tomato salad.
- Pudding: Fresh pineapple

If you want to eat out this evening see our separate eating out guide
http://www.paleo-britain.co.uk/resources-directory/eating-out-in-the-uk/

DUCK CONFIT PREPARATION

If you are going to have duck confit tomorrow then prepare the duck legs today and leave in the fridge overnight (24-48 hours)

Duck Confit

Ingredients

- 2 duck legs
- 8 sage leaves
- 2 tsp sea salt
- 2 jars of duck or goose fat (you will need this tomorrow)

Method

1. Finely chop the sage leaves, then pound them with the salt using a pestle and mortar.
2. Rub the mixture all over and into the skin of the duck legs and put the duck legs, skin-side up, on a plate and leave, uncovered, in the fridge for 24-48 hours (this draws the moisture to ensure a crispy skin when cooked).

MEAL PLAN & RECIPES - WEEK 3 - DAY 20 - SATURDAY

Breakfast

Many of us are chronically dehydrated. Start the day with a large glass or mug of water with half a freshly squeezed lemon, 1 tbsp. raw apple cider vinegar and a small pinch of unrefined sea salt. You can drink this hot or cold. If you can stomach it first thing, a mug of hot homemade stock (bone broth) would be a good alternative. Try to drink some hydrating fluids before you have a dehydrating caffeinated drink.

- Omelette made with your choice of mushrooms/onions/ spinach/tomato/ham/bacon + half an avocado
- Or paleo granola + coconut milk/homemade nut milk or homemade paleo granola bar
- Fruit: Grapefruit or orange

Lunch

- Chicken goujons (ground almond and spices for coating) with paleo coleslaw and green salad
- Or frittata or courgette, bacon & tomato slice with paleo coleslaw + salad

Dinner

- Main: Duck confit with stir-fried greens and shiitake mushrooms
- Pudding: Dates

If you want to eat out this evening see our separate eating out guide
http://www.paleo-britain.co.uk/resources-directory/eating-out-in-the-uk/

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Ingredients

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- 8 sage leaves
- 2 tsp sea salt
- 2 jars of duck or goose fat

Method

1. Finely chop the sage leaves, then pound them with the salt using a pestle and mortar.
2. Rub the mixture all over and into the skin of the duck legs and put the duck legs, skin-side up, on a plate and leave, uncovered, in the fridge for 24-48 hours (this draws the moisture to ensure a crispy skin when cooked).
3. Set the oven to Gas Mark 3/160°C. Put all the duck or goose fat into a small roasting tin/ovenproof dish (it needs to be small enough that the fat will completely cover the duck legs when you put them in) in the oven to melt and get hot.
4. Wipe the salt mixture off the duck skin with kitchen paper. Carefully put the duck legs into the hot fat, skin-side down, so the fat just covers the meat and the legs are tightly packed in. Cover with foil and cook for 1½ hours; turn them over and cook for another half an hour. They could be crisped up and eaten at this stage or cooled in the fat for serving later.
5. If you want to store the duck: Pack the duck legs tightly into a clean dish or tub. Pour the fat over them to completely cover if possible, then chill. They will keep for a few weeks in the fridge.

6. When you want to serve the duck, bring to room temperature while the oven heats up to Gas Mark 6 or 200°C.
7. Scrape the fat off the duck legs and put them in a small roasting tin. Cook for 15-20 minutes until the skin is crispy, then leave them to rest for 5 minutes before serving. Serve with lots of greens.

MEAL PLAN & RECIPES - WEEK 3 - DAY 21 - SUNDAY

Breakfast

Many of us are chronically dehydrated. Start the day with a large glass or mug of water with half a freshly squeezed lemon, 1 tbsp. raw apple cider vinegar and a small pinch of unrefined sea salt. You can drink this hot or cold. If you can stomach it first thing, a mug of hot homemade stock (bone broth) would be a good alternative. Try to drink some hydrating fluids before you have a dehydrating caffeinated drink.

- Big pan-cooked breakfast or breakfast out in a nice pub/café Choose from
- Eggs
- Bacon
- Gluten-free sausages
- Mushrooms
- Tomatoes
- *If eating out be aware that sausages may not be gluten-free
- Or fruit salad (you could drizzle your fruit with a little nut butter) + avocado slices on the side for extra healthy fats
- Or any other breakfasts you have enjoyed this week

Lunch

- Lemony prawn salad
- Or homemade soup or gazpacho + green salad with half an avocado

Dinner

- Main: Roast chicken with potatoes and veg
- Pudding: Oven baked banana drizzled with nut butter

Sunday Cook-up!

Today is also your day to get prepared for the coming week. Remember that planning and preparing is the key to sticking with the plan! Same as last Sunday you could do the following **(all optional):**

1. Roast or grill chicken for salads during the week (I'm going to poach a whole chicken today - Jamie Oliver has a recipe where you poach it then take out chicken, take all meat off and put carcass back in to make a stock. You then have all the meat for salads etc) and a stock for stews and stuff during the week. Can do it in a big pan or a slow cooker). You could also make soup from the stock by adding some veggies 10-20 minutes before the end of cooking time. Remove the vegetables once cooked and place in a blender. Add as much stock as you want for soup and blend until smooth.
2. Chop all your veggies (carrots, celery, cucumber, peppers etc) for crudites and store in an airtight container in the fridge
3. Make your granola and store in an airtight container in the fridge (this will last you for the duration of the plan)

4. Roast a batch of sweet potatoes and keep in the fridge for easy meals and snacks
5. Make a batch of soup for the week
6. Make guacamole or hummous for snacking on
7. If you want to eat boiled eggs for a snack then you can boil a few fresh ones up today. They will last in the fridge (in their shells) until the sell by date on the eggs.
8. Make your lunch for tomorrow if you won't have time to make in the morning.

Lemony prawn salad

This delicious salad is great in summer when you crave something light and fresh. Make sure you buy sustainably sourced prawns; most supermarkets now label them so it is easy to tell.

Serves 2

Ingredients

- 250-300g cooked and peeled prawns, fresh or frozen
- Extra virgin olive oil
- 1 lettuce or a bag of mixed salad leaves
- Handful of cherry tomatoes
- 1/2 avocado
- 1/2 spring onion
- 1 handful fresh mint
- 1 lemon
- 1/2 clove garlic
- Pinch of sea salt
- Freshly ground black pepper

Method

1. Remove the zest of the lemon using a fine grater and then juice the lemon.

2. In a food processor or blender place the avocado, spring onion, fresh mint, half the lemon juice, garlic and salt and blitz until combined. Add a little olive oil to thin out to the consistency of salad dressing.
3. In a frying pan heat the olive oil and fry the prawns for a few minutes until cooked through. Add the rest of the reserved lemon juice to the pan and stir. Turn off the heat.
4. Tear up the lettuce and place in a large bowl. Halve or quarter the cherry tomatoes and add to the lettuce. Pour over the dressing and toss the leaves until coated.
5. Scatter the prawns over the top of the lettuce leaves and sprinkle with the lemon zest. Season with some freshly grated black pepper.

Oven-Baked Bananas

Ingredients

- 1 banana per person
- Cinnamon
- Nutmeg
- Clarified butter/ghee
- Cashew or almond butter

Method:

1. Preheat the oven to 180 degrees Celsius.
2. Chop the banana up and place in an ovenproof dish.
3. Sprinkle with a little cinnamon and nutmeg (optional).
4. Dot with clarified butter/ghee.
5. Bake for 20 minutes.
6. Drizzle over cashew or almond butter before serving. You could also drizzle over some coconut milk or coconut cream and sprinkle over a few chopped nuts.