

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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. blackstrap molasses (high in minerals)
- 1 tbsp. coconut oil
- ¼ tsp. ground ginger or cinnamon

Place ingredients in a mug and pour in boiling water and stir. Let cook until still hot but drinkable and enjoy! I often blend this one as well.

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 – chamomile, peppermint etc

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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 thoroughly and serve!

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

Coconut Bircher Muesli – leave to soak overnight



Ingredients (serves 1):

- ½ mug desiccated coconut
- Handful of goji berries
- Handful of mixed seeds
- Other dried fruit such as sultanas or raisins (optional)
- Tin of full-fat additive-free coconut milk (or nut milk)
- 1 apple
- Mixed berries
- Chopped nuts

Method:

1. Place the dessicated coconut, goji berries and seeds (plus any other dried fruit if you are using) in a bowl and cover with milk (coconut or nut milk). Leave in the fridge overnight.
2. In the morning, grate an apple and stir into the bowl. Place into serving bowls, adding a little more coconut milk or nut milk if the consistency is too dry.
3. Top with mixed berries and chopped nuts.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

Baked Eggs – 20 minutes to prepare



Ingredients (serves 2):

- 2 large handfuls of spinach
- 2 chopped tomatoes
- 2 eggs
- 2 rashers of bacon

Method:

1. Preheat the oven to 200 degrees Celsius/180 fan/Gas Mark 6.
2. Place the spinach in a colander or sieve and pour over boiling water to wilt it. Squeeze out the excess water using the back of a spoon and then place the spinach in the bottom of two ramekins.
3. Place the chopped tomatoes on top of the spinach. Season well.
4. Make a bit of a well on top of the spinach and tomatoes and crack an egg into each ramekin.
5. Using scissors, spin the bacon into small pieces and scatter over each ramekin.
6. Bake in the oven for 12-15 minutes, depending on how you like your egg cooked.

Variations:

- Add chopped ham in with the tomatoes instead of using bacon on top.
- Instead of using bacon, fry some chopped cooking chorizo in a little olive oil and then mix in with the tomatoes and some chilli flakes.
- Use shredded ham hock underneath the eggs and drizzle the eggs with a little truffle oil before serving.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

Courgette pancakes – 5-10 minutes to prepare



Serves 2

Ingredients:

- 1 courgette, grated (you can also swap this for carrot or use a mixture of both)
- Optional: 1 chopped spring onion
- 1 egg
- 1 tbsp. coconut flour
- Salt and pepper
- Optional: 1 tbsp. chopped mixed seeds (sunflower, sesame, pumpkin etc.)

Method:

1. Add all the ingredients to a bowl and beat together.
2. Heat some olive oil in a frying pan.
3. Add about 1 tbsp. of the mixture to the pan per pancake, fry for a couple of minutes until golden brown on the bottom. Flip and cook on the other side.
4. Serve with bacon, ham or chopped tomatoes and avocado. Sometimes I finely chop some ham and add it to the mixture before frying.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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, gelatin
Ice to thicken your smoothie

Liquid: almond or other nut milks, coconut milk, coconut yogurt, coconut water, maple water, filtered water

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

Parsnip & Pear Fritters



These are delicious for breakfast but can also be eaten for lunch or dinner – they are great with any kind of pork - from bacon or sausages to a full-scale roast. Makes eight cakes. You can actually do a combination of apple or pear instead of parsnip and make a sweet fritter. Omit the salt and pepper and use a little ground cinnamon and ginger to flavour instead.

Ingredients:

- 1 large parsnip
- 2 pears (or you could substitute pears for apples)
- 1 egg
- 1 level tbsp. coconut flour
- Salt and freshly ground black pepper
- Olive oil, ghee or coconut oil, for frying

Method:

1. Peel the parsnip, quarter it and remove any tough core. Quarter the pears and cut out the cores, but don't bother peeling them.
2. Grate the parsnip and pears, combine the two, then add the egg, coconut flour and plenty of salt and pepper, and mix well.
3. Heat a nonstick frying pan over a medium heat and add enough oil to coat the base all over. When the oil is hot, take a handful of the parsnip and pear mixture and squash into a rough patty. Squeeze out any excess liquid (there may not be any - it depends on the juiciness of your pears).
4. Put the patty in the pan and press down with a spatula to make a thin cake. Repeat with more of the mixture (you'll probably have to make these in two batches).
5. Turn down the heat a little and fry for about 5-10 minutes, or until golden brown on the base, then turn carefully and fry the other side until golden brown. Keep the heat fairly low and fry the cakes slowly, to avoid burning. Serve hot.

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 consistency.
3. Blend in the flavours/herbs/spices you have chosen
4. Slowly pour in the water

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

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.

If you don't want to make your own seed crackers then **RAW Health UK** sell a good range – you can buy them from www.ocado.com or www.perfectlypaleo.co.uk

Raw Health Organic Flax Piquant Crackers 90g

Ingredients: Brown Flax Seeds, Golden Flax Seeds, Sunflower Seeds, Tomatoes, Unrefined Sea Salt, Chilli Powder

Raw Health Organic Flax Pumpkin Crackers 90g

Ingredients: Brown Flax Seeds, Pumpkin Seeds, Onions, Ground Caraway Seeds, Unrefined Sea Salt

Raw Health Organic Deeply Dense Pitta Bread 90g

Ingredients: Brown Flax Seeds, **Brazil Nuts**, Carrots, Onions, Garlic, Unrefined Sea Salt, Dried Marjoram, Dried Caraway Seeds

Raw Health Raw-Tilla Dippers Ruby Roots Beetroot 85g

Ingredients: Organic Sunflower Seeds, Organic Golden Flax Seeds, Organic Beetroot, Organic Mustard Seeds, Pink Himalyan Salt, Organic Lemon Juice

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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.

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

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>

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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

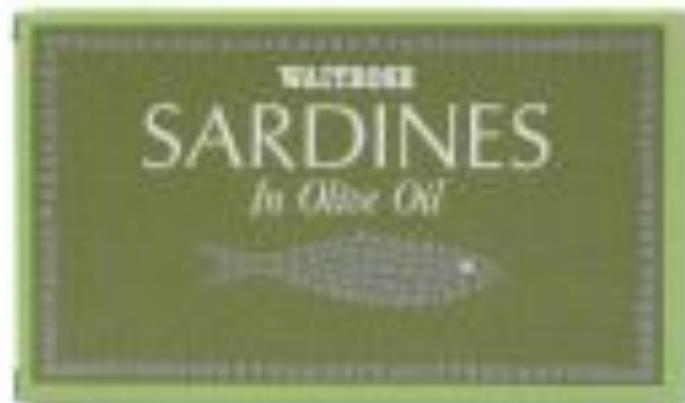
Method:

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.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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
- Freshly squeezed juice of 1 lemon

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

- 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

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

**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

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

- 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 180°C. 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.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 22 - 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 green smoothie – spinach + lime juice + banana or mango + avocado + optional soaked cashew nuts
- Or coconut bircher muesli
- Fruit: half a punnet of blueberries

Lunch

- Crudités 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: Moroccan chicken stew in slow cooker or in a pan served with greens using leftover roast chicken
- Or Mexican-inspired chicken with guacamole, sweet potato wedges and salad using leftover roast chicken
- Pudding: Half a melon

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

Monday Dinner: Moroccan Chicken Stew with Lemon and Olives



Serves 2

Ingredients:

- Cooking fat of your choice
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 2.5cm piece fresh ginger, finely grated
- 1/2 tsp turmeric powder
- 2 skinless chicken breasts or skinless, boneless chicken thighs, chopped into chunks
- 1 small cinnamon stick
- 300ml stock, hot, preferably homemade
- Grated zest and juice of 1 small lemon and 1 extra lemon cut into slices
- Handful each fresh mint and fresh flat-leaf parsley, finely chopped
- 25g small black or green olives

Method:

1. Heat the fat in a large pan. Add the onion and a pinch of salt and cook, stirring occasionally, for 5 minutes, until softened.
2. Add most of the crushed garlic (reserving a teaspoon), ginger and turmeric and cook, stirring, for 1 minute. Add the chicken, cinnamon, stock, lemon juice and lemon slices.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

3. Season, bring to a simmer and cook, uncovered, for 20 minutes or until the chicken is tender.
4. Meanwhile, mix together the remaining garlic, lemon zest, mint and parsley to make a gremolata (a classic fresh herb flavouring). Set aside.
5. Lift the cooked chicken onto a plate with a slotted spoon. Cover to keep hot. Increase the heat and boil the sauce for 10 minutes or until reduced by about half and well-flavoured.
6. Return the chicken to the pan along with the olives and stir. Sprinkle over the gremolata.
7. Serve with cauliflower rice or mash and greens such as wilted spinach.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

Alternative Monday Dinner: Mexican Inspired Chicken



Serves 2

Ingredients:

- Cooking fat of your choice
- 1 onion, sliced
- 2 garlic cloves, crushed
- 1 red, green or yellow pepper, sliced
- ½ tsp. paprika or smoked paprika
- ½ tsp. ground cumin
- ½ tsp. ground coriander
- 2 tbsp. tomato puree
- Leftover roast chicken – enough to serve 2 people, or 2 skinless chicken breasts, chopped into pieces
- 1 lime
- Handful of fresh coriander, chopped
- Lettuce leaves, sweet potatoes wedges and guacamole to serve

Method:

1. Prepare your sweet potato wedges – they will need around 25-30 minutes in the oven.
2. Heat the fat in a large frying pan or wok and add the onions and pepper. Stir-fry for 3 minutes then add the garlic and fry for a further minute.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

3. Add the chicken and the spices and stir to coat everything. Fry on a high heat for 2 minutes. Add the tomato puree. Keep cooking and stirring until the chicken is heated through/cooked through – about a further 5 minutes.
4. Turn off the heat and squeeze over the juice of the lime. Sprinkle the chicken with the fresh coriander.
5. Serve the chicken inside lettuce leaves with the sweet potato wedges and guacamole and a tomato & coriander salad on the side.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 23 - 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.

- Eggs scrambled with onion and kale served with half an avocado
- Or baked eggs
- Or courgette/seed pancakes with avocado salsa + bacon
- Fruit: half a punnet of raspberries or an apple

Lunch

- Soft boiled eggs + grilled asparagus to dip
- Or baked sweet potato with ham + grated carrot/celeriac/paleo coleslaw + salad + avocado or tuna + paleo mayo

Dinner

- Main: Pork medallions with homemade apple sauce (no added sugar) and roasted veg (using your pork tenderloin left from last week)
- Pudding: Half a melon

Optional: Make Courgette, Tomato and Bacon Slice to have for lunches this week (recipe below).

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

**Tuesday Dinner: Pork medallions with homemade
applesauce and roasted veg**



Serves 2

Ingredients:

- Cooking fat – I use half ghee, half olive oil
- Half a pork tenderloin fillet (left over from last week)
- 1 tsp. dried mixed herbs
- Sea salt
- Freshly ground black pepper

For the applesauce

- 4 eating apples or 2 Bramley apples
- Pinch ground cinnamon
- Pinch ground nutmeg
- ¼ tsp. sea salt
- 2 slices fresh lemon
- Water

For the roasted vegetables

- Root vegetables of your choice such as parsnips, celeriac, carrots cut into chips
- Cooking fat

Method:

1. Preheat the oven to 180 degrees Celsius.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

2. Place the vegetables in a roasting tin, season and drizzle with olive oil or other cooking fat. Roast for 30 minutes, turning half way through.
3. Peel and core apples (I prefer to leave the skin on a few of them because I like the taste and texture). Cut the apples into cubes.
4. Add all the ingredients for the applesauce to a pan, adding just enough water to stop the apples sticking. Bring to a boil, then cover and reduce heat to very low. Simmer for 20 minutes or until the apples have softened significantly. Stir frequently, making sure that the apples are not sticking to the bottom of the pan and adding more water if necessary.
5. Remove the lemon slices before serving the applesauce.
6. While the vegetables and applesauce are cooking prepare the pork. On a chopping board sprinkle some dried mixed herbs, salt and pepper and roll your pork tenderloin fillet in the mixture to coat it. Cut the fillet into medallions about 2 cm thick.
7. Heat 1-2 tbsp. of fat in a large frying pan and cook the medallions for 3-4 minutes per side. Cover to keep warm and allow to rest for 5 minutes.
8. Serve the pork with the roasted vegetables and the applesauce.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 24 - 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 spinach, mushrooms and tomatoes, 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 soup + tomato & avocado salad + chicken/turkey/ham

Dinner

- Main: Pan fried and grilled fillet of salmon with cauliflower mash and kale cooked with fresh lemon juice & zest. Alternatively serve the salmon over a bed of simply stir fried vegetables (stir fried in coconut oil with fresh ginger, garlic and chillies).
- Pudding: fresh pineapple

Wednesday Dinner: Pan-fried and Grilled Fillet of Salmon



This recipe combines two cooking methods, grilling and pan-frying, to give the perfect treatment to any piece of skin-on salmon. The pan-frying produces a crisp, salty skin whilst the grilling results in soft flesh with a lovely caramelised outer texture. Served with a lemon-caper butter this dish is a sure fire winner every time. Alternatively serve the salmon over a bed of simply stir-fried vegetables (stir fried in coconut oil with fresh ginger, garlic and chillies).

Ingredients:

- Fresh salmon fillet, portioned - 200g per portion is a good size
- 1 tbsp. olive oil
- Sea salt
- Black pepper, freshly ground
- 1 tbsp. small capers (per person)
- 25g butter (per person)
- 1 lemon
- 1 tsp. chopped dill

Method:

1. Preheat grill to very hot.
2. Ensure that the salmon skin is quite dry by patting it with a paper towel. When dry, sprinkle a little sea salt over the skin.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

3. Heat the oil in a heavy frying pan or skillet until shimmering (but not smoking). Carefully lay the salmon skin side down in the pan and press it down gently to prevent the skin from curling up. Hold it there for 10 seconds before letting go.
4. Reduce the pan heat and allow the skin to crisp in the oil for 5-6 minutes. Carefully transfer the salmon to a baking sheet, again skin side down, and place under the hot grill - not too close, around 10 cm away from the heat source. Grill until the flesh begins to crisp and colour. This should take around 7 or 8 minutes.
5. Meanwhile, drain the oil from the pan that you used to fry the salmon, place on a medium heat, and add the butter. When the butter begins to foam, add the capers and move them around in the pan for 10 seconds or so - the butter should continue to foam and begin to turn brown at the edges of the pan. Add a good squeeze of lemon juice and remove from the heat.
6. Season the butter with a turn of black pepper and add the dill.
7. To serve, pour the caper butter into the centre of a plate and place the salmon skin-side-up on top of it.
8. Alternatively serve the salmon over a bed of simply stir-fried vegetables (stir fried in coconut oil with fresh ginger, garlic and chillies).

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 25 - 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 smoothie bowl – blend just the creamy part of a can of coconut milk with 1 banana and a handful of cashews to make a thick yogurt-type consistency then top with fruit/nuts/seeds
- 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: Gluten-free pure pork sausages with ratatouille and/or root veg mash
- Pudding: plums or pear

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

**Thursday Dinner: Ratatouille – 30 minutes to prepare.
Great served with meat or fish**



Ingredients

- Olive oil
- 1 onion
- 2 garlic cloves, crushed
- 1 courgette
- 1 aubergine (optional, you could use 2 courgettes instead)
- 1 red pepper
- 2 tins tomatoes
- 1 tsp. dried oregano
- Sea salt
- Freshly ground black pepper

1. Finely dice all the vegetables into evenly sized pieces.
2. In a large frying pan heat 2 tbsp. olive oil and add the onion and the garlic. Fry gently with a generous pinch of sea salt (which will stop the vegetables from browning) for 5 minutes until softened.
3. Add the rest of the vegetables and the oregano and fry for 10 minutes.
4. Add the two tins of tomatoes to the pan then fill one tin with water and add that to the vegetables. Season with freshly ground black pepper and a little more salt to taste.

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

5. Bring to the boil and then simmer gently for 15 minutes until the liquid has reduced. You could sprinkle with chopped fresh herbs such as parsley before serving.

Serve with sausages or any meat or simply prepared fish. You could also serve this on top of cauliflower rice, mash or courgette spaghetti for a simple veggie main dish.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 26 - 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 mixed fruit platter + boiled eggs and avocado
- 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: Homemade meatballs/burgers or paleo lasagna with sweet potato chips and salad
- Paleo lasagna recipe: <http://eatdrinkpaleo.com.au/show-off-paleo-lasagna/>
- Pudding: Peach

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/>

Friday Dinner: Meatballs



Introduction:

Meatballs are an infinitely versatile ingredient. Paired with a simple tomato sauce they make a traditional Mediterranean supper. In Thailand or Vietnam they might be poached in an aromatic broth. They can be braised, grilled, fried, poached or roast, and work with a variety of flavours and cuisines. They can be made from most any type of meat, so long as it is minced: pork, beef, venison, fish, shellfish, chicken, turkey, and much more. The only thing to remember is that when they are made using leaner meats - such as chicken, turkey or fish - they should be cooked using a more gentle method. Other than that, there are no rules... experiment away! The recipe given is for beef meatballs but also utilises a little pork, as beef can tend to dry out quite easily. The pork helps to keep them moist.

Serves: 4

Preparation time: 15 minutes. Cooking time: 20 minutes

Ingredients:

- 400g minced beef
- 200g minced pork

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

- 1 tsp. fresh thyme leaves, picked from the stalks
- 1 tsp. sea salt
- Freshly ground black pepper
- 1 tbsp. cooking fat
- Optional: 500 ml fresh tomato sauce or passata

Method:

1. Place the minced beef and pork in a bowl and add the salt. Gently mix the two meats together to combine, and to disperse the salt evenly. Cover and refrigerate for 10 minutes. This allows the salt to bond the proteins in the meat, firming it up and giving a better cooked texture.
2. Remove the meat from the refrigerator after 10 minutes and add the thyme and a good few turns of black pepper. Form into balls approx. 5cm in diameter.
3. Heat the fat in a frying pan and sear the meatballs to seal them all over and add a little colour.
4. Optional: In a separate saucepan, heat the tomato sauce. Add the seared meatballs to the sauce and cook over a low flame for 10-12 minutes until the meatballs are cooked through. If you are not cooking the meatballs with tomato sauce, simply fry them until they are cooked through.

Serving suggestions:

A variety of herbs and spices can be used with this recipe. Fennel seeds, for example, are a great match to both pork and beef, and smoked paprika works well, as do fresh basil, sage, or cumin. Modify the seasoning used to depending on what you intend to serve with them. Courgette spaghetti makes a great accompaniment to meatballs in tomato sauce.

Alternative Friday Dinner: Paleo Burgers

Introduction:

Burgers are a weekly staple in our house because they are quick to make, cheap, versatile and always delicious. You can use any kind of meat – the classic beef, or lamb, pork, chicken or turkey mince. Vary the fresh herbs you use and choose a selection. Thyme or oregano go well with beef, mint goes well with lamb, marjoram, sage or rosemary work with pork, tarragon or basil with chicken, parsley and chives with turkey.

Ingredients:

- 1 onion, finely chopped
- Olive oil, coconut oil or ghee
- 500g mince (beef, lamb, pork, chicken or turkey)
- 1 egg

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

- 1tsp Dijon or English mustard
- Handful fresh herbs (see note above)
- Sea salt
- Freshly ground black pepper

Method:

1. Fry the chopped onion in the oil/ghee then allow to cool for 5 minutes.
2. Mix the onions in a food processor with 500g mince, 1 egg, 1tsp Dijon or English mustard, the fresh herbs and salt and pepper to taste. If you don't have a food processor you can mix everything in a large bowl using your hands.
3. Shape into 6 burgers then BBQ or grill to your liking.

Serving Suggestions:

Gherkins, beef tomato slices, salad leaves, fried onions, guacamole, bacon and chips! You can also grill large portobello mushrooms and use to make 'buns'.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 27 - 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 porridge topped with fruit/nuts/seeds
- 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: White fish with olive tapenade wrapped in parma ham (optional) with celeriac & parsnip mash and greens
- Pudding: Baked banana drizzled with cashew butter

***If you want to eat out this evening see our separate eating out guide**

Saturday Dinner: White Fish with Olive Tapenade



Ingredients:

- 200g whole black olives, preferably niçoise or kalamata
- 3 tbsp capers, well rinsed if packed in salt
- 2 anchovies, well rinsed if packed in salt, roughly chopped (optional)
- 1 fat clove of garlic, crushed
- 2 tbsp freshly chopped basil plus extra to garnish
- Juice of ½ lemon
- 5 tbsp extra-virgin olive oil
- 2 x white fish fillets (Cod, Haddock, Hake, Halibut, Pollack etc)
- 4 x slices of Parma or Serrano ham (optional)

Method:

1. Remove the stones from the olives with a pitter or a sharp knife. Put in a food processor with the capers, anchovies, garlic and basil, and whizz to a rough puree. Squeeze in the lemon juice and, with the motor still running, add the oil.
2. Alternatively, pound the garlic, anchovies, capers and thyme together in a pestle and mortar until smooth, followed by the olives, leaving these slightly more chunky, then gradually add the oil and lemon juice, pounding between pours.
3. Taste, and add pepper and more lemon juice if necessary.

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

4. To make up the fish – if using - place two pieces of Serrano or Parma ham, slightly overlapping on a chopping board and place the fish fillet on top.
5. Add a couple of tablespoons of tapenade to the top of the fish then wrap the ham around. Place onto a piece of foil and loosely close the foil to make a parcel. If not using the ham then just place the fish onto a piece of foil, add the tapenade to the top and loosely close the foil around the fish.
6. Bake at 180 degrees for 15-20 minutes. Alternatively you can pan-fry the fish and then serve with the tapenade on top. Garnish with fresh basil and drizzle with olive oil before serving.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 28 - 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.

- 2 x poached eggs, with 2 x gluten-free sausages and tomatoes
- Or parsnip & pear fritters
- Fruit: orange

Lunch

- Baked sweet potato with tuna and paleo mayo or ham and paleo coleslaw

Dinner

- Main: Crispy Pork Belly with greens and roasted sweet potato
- Pudding: Chopped dates and nuts with cubes of fresh apples and whipped coconut milk.

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

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

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.

Sunday Dinner: Crispy Pork Belly – two methods



Of all the techniques that claim to give the perfect crisp roast pork every time, one stands head and shoulders above the rest: brining. Curing the pork in a brine solution not only tenderises the meat but also helps to retain moisture within the cooked joint, whilst simultaneously removing excess water from the fat, which results in a wonderfully dense, crisp crackling. This honey brine recipe imbues the pork with a subtle sweetness that you will want to repeat again and again.

The recipe given uses pork belly as this gives the best crackling, but the brining method works equally well for all other pork joints, from knuckles and shanks to shoulders, neck, or even pork chops. The pork should be brined for at least 24 hours, up to a maximum of 48.

Ingredients

- 1 kg pork belly, boned
- 1 litre of water
- 200g coarse sea salt or kosher salt
- 150g honey
- 12 black peppercorns
- 2 cloves
- 1 bay leaf
- 1 sprig of thyme

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

- (you can play about with the spice content of the brine to find a flavour that best suits your taste - white peppercorns, coriander seeds, fennel seeds, and mustard seeds all work well with pork)

BEST METHOD

For the brine:

1. Place all of the ingredients in a pan and bring to the boil, stirring to ensure that the salt and honey have dissolved.
2. Once fully dissolved, remove from the heat and allow to cool completely.

For the pork belly:

1. Place the pork belly in a suitable, non-metallic container (the brine does not react well to metallics) and pour over the cooled brine solution. Cover and refrigerate for 24 to 48 hours.
2. Once brined, remove the pork from the solution and pat it dry using a clean kitchen towel or kitchen paper. There is no need to score the skin.
3. Place the pork on a wire rack and sit the rack on top of a roasting dish (this allows the fat to render away from the pork without the meat having to sit in it). Place in an oven preheated to 150°C/300F/Gas mark 2 for around 2 ½ to 3 hours, until the skin is deep golden in colour and crisp.
4. Remove from the oven and allow to rest, uncovered, for at least 30 minutes before carving.

QUICK METHOD

Brining is by far the best method to achieving that perfect roast pork belly, but it is time consuming and requires plenty of preparation time. The most effective short cut involves acid (lemon) and salt.

Using a very sharp knife - a Stanley knife works well - score the surface skin of the pork belly (or other roasting joint), taking care to score the skin alone and not the muscle beneath it. Cut a lemon in half and rub the cut side all over the skin - this helps to open the pores. Next, sprinkle liberally with salt and use your hands to rub it quite firmly into the skin. You can also add a little picked thyme at this point for added flavor.

Place the pork in a very hot preheated oven - around 250°C/475F/Gas Mark 9 - for 10 to 15 minutes, and then turn down the temperature to 150°C/300F/Gas Mark 2 and allow to slowly roast until the skin has become deep golden and crisp. A kilo of unrolled pork belly will need around 2 hours cooking time, but timings for other thicker joints will vary according to their size

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 29 - 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. Add extra veggies like watercress or spinach.
- Or smoothie – fruit + coconut oil + coconut milk. Try adding half an avocado to your smoothie, they go well with bananas. You could also add grass-fed gelatin for extra protein.
- Fruit: half a punnet of blueberries

Lunch

- Crudités 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, smoked salmon

Fat

Avocado, olives, dressing

Dinner

- Starter: Big bowl of green salad with dressing
- Main: Spaghetti bolognese with courgette spaghetti or paleo shepherds pie
- Pudding: Half a melon

30 Days to Change your Life
Recipes Week 4

www.paleo-britain.co.uk

Monday Dinner: Spaghetti Bolognese



A slow-cooked Bolognese sauce is one of my absolute favourite meals. You don't have to slow cook this, but for best results try to give the sauce at least 45 minutes. I add liver to the sauce, which once cooked, simply lends richness to it and you can't really taste the liver. If you want to try adding the liver but are worried about the taste, start with just a small amount and build up gradually. If you have a food processor then add the livers, the bacon and the mince to the processor and pulse a few times to combine the meats. If not then finely chop the livers and the bacon by hand and mix in with the mince in the pan. To further increase the nutrients use homemade beef stock (bone broth), but if that is unavailable you can just use water.

Ingredients:

- Olive oil
- 1 onion, finely chopped
- 1 leek, finely chopped
- 2 sticks of celery, finely chopped
- 1 carrot, finely chopped
- 1-2 cloves garlic, crushed or finely chopped
- 500g grass-fed beef mince
- Optional - 2 rashers organic bacon, finely chopped
- Optional - 100g chicken or beef liver, either very finely chopped or minced
- 2 tins tomatoes

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

- 1 tin tomato puree
- 1 tsp. dried oregano
- 500ml beef stock (homemade if possible) or water
- Sea salt
- Freshly ground black pepper

Method:

1. In a large frying pan heat the olive oil. Add the onion, leek, celery, carrot and garlic, plus a pinch of salt to stop the vegetables browning as they soften.
2. Gently fry for 5-10 minutes until the vegetables have softened. Remove the vegetables from the pan and set aside. At this stage I puree the vegetables so that they are undetectable in the finished sauce (so that fussy children will eat it) but this is optional!
3. Add the bacon, beef mince and livers (if using) to the pan and fry until browned. Add the vegetables back and stir to combine everything.
4. Add the dried oregano to the pan followed by the tinned tomatoes, the tomato puree and the stock or water. Season with salt and pepper.
5. Bring to the boil and then turn the heat right down, cover and leave to simmer for at least 45 minutes but up to 2 hours, stirring occasionally. Top up with a little extra stock/water as it cooks, if needed.

*If you have a slow cooker you could transfer the mixture to a slow cooker now and leave on low for up to 8 hours, which will create wonderfully tender meat. You will not need as much stock if you are using the slow cooker as the liquid doesn't boil away, so only add enough stock to loosen the mixture.

*If you have an Instant Pot pressure cooker this will be beautifully tender after 30 minutes in the Instant Pot

Monday Dinner: Courgette spaghetti – 5 minutes to prepare (if you skip the salting step)



Equipment needed: Julienne Peeler

Ingredients:

- 1-2 large courgettes per person

Method:

1. Using a julienne peeler, julienne the courgettes. Once you get down to the middle you can discard the courgette as the middle bit makes the spaghetti a bit watery.
2. You can cook the courgettes straight away or you can let them stand with salt as follows to remove some of the water: toss the courgettes with salt and put into a colander or sieve over a bowl for half an hour to remove some of the water. After half an hour, pat dry with kitchen paper.
3. In a dry frying pan with no oil, fry the courgettes for 2-3 minutes. Do not cook them too long as they lose their pasta-type texture.
4. Add a drizzle of olive oil and stir through the courgettes for another 30 seconds.
5. Serve under Bolognese sauce instead of pasta.

To have courgette spaghetti on it's own: In a tablespoon of olive oil fry a crushed clove of garlic and a little chopped red chilli, then remove from the pan. Cook the courgettes as above then stir the garlic and chilli through the courgettes with some chopped fresh parsley and salt and pepper.

Alternative Monday Dinner: Shepherd's Pie



Introduction:

Classic shepherd's pie but with an alternative mash topping. The sweetness of parsnips and earthy flavour of celeriac compliment the meat beautifully. Alternatively, sweet potatoes mash particularly well (oven bake them rather than boiling them, remove the skin and mash with ghee) as does cauliflower for a lower carb version. This is another recipe where you can sneak some liver in with the mince, but this is of course optional. To further increase the nutrients use homemade stock (bone broth).

Ingredients:

- 500g grass-fed beef or lamb mince
- 100g lambs or chicken liver (optional), finely chopped or minced
- 2 medium onions, finely chopped
- 3 sticks of celery, finely chopped
- 4 medium carrots, peeled and finely chopped
- 1 small leek, washed and finely chopped
- 1 tbsp. picked thyme leaves
- 1 tbsp. tomato puree
- 500ml lamb, beef or chicken stock, preferably homemade
- Your choice of ghee, coconut oil or olive oil
- Sea salt
- Freshly ground black pepper
- For the mash topping

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

- 1 medium celeriac, peeled and diced
- 4 medium parsnips, peeled and diced
- 50g ghee or butter

Method:

1. Preheat oven to 180°C/Gas 4/350F.
2. Heat 1 tbsp. ghee, coconut oil or olive oil in a large pan and add the minced beef or lamb and livers (if using). Cook until the meat is completely coloured. Remove from the pan, leaving the fat behind in the pan and put to one side.
3. In the same pan, add the onions and sweat gently until softened. Add the celery, carrots, and leek, and sweat for a further 5 minutes without colouring.
4. Return the meat to the pan and stir-in the tomato purée and thyme. Mix well.
5. Add the stock and salt & pepper to season. Bring to the boil, reduce the heat, and allow to gently simmer for 45 mins to 1 hour. You could also put the mixture into your slow cooker and leave on high for 3-4 hours or low for 6-8 hours. If doing this in the slow cooker you need less stock as it won't reduce down. Add just enough to cover the meat and vegetables.
6. Meanwhile, place the diced celeriac and parsnips in a saucepan and pour over water to cover them. Gently heat until simmering and leave to slowly cook for approx 20-25 minutes, or until the celeriac is tender (the parsnips will cook a little faster than the celeriac). Remove from the heat and drain.
7. Add ghee or butter and mash as you would with potatoes until all of the ingredients are thoroughly mixed together. Season with salt and pepper. The resulting mash won't be as smooth as a potato mash, it will have a little more texture, which is nice in the finished dish.
8. Transfer the meat mixture into an oven-proof dish and top with the mash. Place in the preheated oven for approx. 30 minutes, or until the mash has taken a little colour.

Serving Suggestions:

I love to serve dark leafy greens (like kale, Cavalo Nero or spinach) with shepherd's pie – simply boil or steam the leaves, drain and add butter or ghee plus salt, pepper and a squeeze of lemon juice. Any other green vegetable would also work well.

30 Days to Change your Life

Recipes Week 4

www.paleo-britain.co.uk

MEAL PLAN & RECIPES - WEEK 4 - DAY 30 - 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 + extra veggies such as spinach
- Or courgette/seed pancakes with avocado salsa + bacon/ham
- Fruit: half a punnet of raspberries or an apple

Lunch

- Soft boiled eggs + grilled asparagus to dip
- Or smoked salmon with capers & shallots + watercress & avocado salad
- Or baked sweet potato with ham/tuna + grated carrot/celeriac/paleo coleslaw + salad + avocado + paleo mayo

Dinner

- Main: Chicken legs baked with fresh tomatoes and herbs + avocado & green salad + cauliflower mash. If you are on a budget you could use chicken wings instead of legs.
- Pudding: Half a melon

Tuesday Dinner: Chicken Legs or Thighs baked with Tomatoes & Herbs – quick to prepare



This is a really simple & quick recipe to prepare, takes a little while to cook but always comes out delicious! You can prepare this the night before or in the morning then you just need to pop in the oven when you get in from work.

Ingredients:

- Chicken legs or thighs
- 1 onion, chopped
- Punnet of cherry tomatoes
- A mix of your favourite fresh herbs like thyme, parsley, oregano
- 1tsp dried mixed herbs or oregano
- 2-3 crushed garlic cloves
- Balsamic vinegar
- Olive oil
- Salt and pepper

Method:

1. Preheat your oven to 180°C/gas 4.
2. Place the tomatoes and chopped onion in the bottom of an ovenproof dish.
3. Season your chicken pieces and place on top of the tomatoes.

30 Days to Change your Life Recipes Week 4

www.paleo-britain.co.uk

4. Scatter on top the crushed garlic and fresh and dried herbs and drizzle over some balsamic vinegar and olive oil. Season everything well.
5. Place in the oven for 1-1½ hours, until the chicken skin is crisp and the meat falls off the bone.
6. To cook this in the slow cooker, brown the chicken legs completely in a frying pan. Add all the ingredients to the slow cooker with the chicken legs on top. Turn on low for 8 hours.

Serve with a large green salad with avocado, and some cauliflower mash (or other alternative mash).

Tuesday Dinner: Cauliflower Mash



This is a really nice alternative to mashed potato. One cauliflower will be enough for 2-3 people

Ingredients:

- 1 cauliflower
- Ghee
- Extra virgin olive oil
- Sea salt
- Freshly ground black pepper

Method:

1. Chop up the cauliflower florets and boil for 20 minutes (it needs this long to become a nice mash texture). Drain the florets and allow to stand for a couple of minutes so any excess moisture steams away.
2. Puree in a blender/food processor with ghee, olive oil, salt and pepper. (You can also mash by hand but the texture will not be as similar to mashed potatoes).