

Nourish: The Paleo Healing Cookbook Recipe Index

W30 = suitable for the Whole30

CF = Coconut Free

CA = Coconut Adaptation

Bring on Breakfast!	19		
Coconut "Oatmeal" Five Ways	20		
Slow Cooker Breakfast Meatloaf	23	W30	CF
Kedgeree with Smoked Haddock	24	W30	
Sausage Gravy "Benedict" in Portobello Mushroom Caps	27	W30	CF
Plantain Hash Browns	28	W30	CF
Butternut Squash Skillet	29	W30	CF
Maximizing Meat	31		
Chicken Street Tacos with Blueberry Salsa	32	W30	CA
Chicken Fried Steak with Creamy Onion Gravy	35	W30	
Baked Swedish Meatballs in Gravy	36	W30	
Pork Belly Carnitas with Apple	39	W30	CF
Pesto Pork with Littleneck Clams	40	W30	CF
Slow Cooker Bison "Chili" with Hidden Veggies	43	W30	CF
Warm Chicken "Grain" Salad with Roasted Butternut Squash	44	W30	CF
Lamb Loin Chops with Herb Whipped Artichoke "Butter"	47	W30	CF
Thai Chicken Soup with Coconut Milk	48		CA
Grilled Thai Beef Skewers with Pineapple & Green Onions	49		CA
Duck Fat Burgers with Mango & Smoky Avocado Spread	50	W30	CF
Cuban Style Picadillo with Green Olives	53	W30	CF
Oven Baked Ribs with Sweet & Tangy BBQ Sauce	54		CF
Oven Baked Chinese Pork Jerky with Orange & Ginger	57	W30	CF
"Ponzu" Marinated Steak with Daikon & Green Onion	58	W30	CA
Perfect Sliced Roast Beef with Herbs	59	W30	CF
Braised Short Ribs with Pan Gravy	60	W30	CF
Pastitsio Pie with Creamy "Béchemel" Sauce	61	W30	
Glazed & Baked Chicken Wings with Mango & Lime	63	W30	CA
Steak Fajitas with Grilled Onions, Nopales & Summer Squash	64	W30	CF
Lamb & Leek Burgers with Lemon "Cream"	67	W30	
The Ultimate Liver Hater's Pâté with Apple & Thyme	68	W30	CF
Pork Shoulder with Roasted Grape Sauce	71	W30	CF
Crispy Beef Tongue Wraps with Herbed Horseradish Sauce	72	W30	CF
Rosemary Flatbread with Prosciutto & Plums	75		
Loaded Sweet Potatoes with BBQ Chicken & "Cheese" Sauce	76		

Braised Spring Chicken with Artichokes & Olives	79	W30	CF
Quick Beef Noodle Bowl with Shiitake Mushrooms	80	W30	CF
Chicken Curry with Creamy Spiced Pumpkin	83	W30	CA
Lamb Lettuce Cups with Cucumber Sauce	84	W30	CF
Chicken and Bacon Bites with Green Onion & Sage	87	W30	CF
Slow Cooker Pork Shanks with Mushroom Gravy	88	W30	CF
Slow Cooker Rabbit Ragù with Porcini Mushrooms	89	W30	CF
Beef Cheek Stew with Pearl Onions	90	W30	CF
Bacon Wrapped Chicken Hearts	92	W30	CF
Baked Chicken with Peach Sauce	93	W30	CF
Crispy Orange Vanilla Duck Legs	95	W30	CF
Braised Pork Cheeks with Pumpkin & Sage	96	W30	CF
Beef & Broccoli Slaw Stir Fry with Shiitake Mushrooms	97	W30	CA

Super Seafood

99

Crispy Shrimp with Preserved Lemon & Chive “Mayo”	100	W30	CF
Salmon & Avocado Tartare with Crispy “Crackers”	103	W30	CF
Pan Fried Sardines with Lime, Cilantro & Mint	104	W30	CF
Bay Scallop Ceviche with Grapefruit & Mint	107	W30	CF
Shrimp Cakes with Cilantro	108	W30	CF
Fisherman’s Pie with Parsnip Mash	111	W30	CF
Teriyaki Glazed Salmon with Watercress	112		CF
Garlic Roasted Mackerel with Salsa Verde	113	W30	CF
Hot & Sour Soup with Shrimp “Dumplings” & Seaweed	114	W30	CA
Seared Scallops with Cauli-Leek Puree & Anchovy Dressing	117	W30	CF
Creamy Leek Chowder with Salmon	118	W30	CA
Poached Cod with Berry Salsa	119	W30	CF
Shucked Oysters with Strawberry “Mignonette”	120	W30	CF
Steamed Mussels with Garlic Potato Puree	123	W30	CF
Crab Soup with Radishes	124	W30	CF
Prosciutto Wrapped Trout Rolls with Zucchini Leek Stuffing	126	W30	CF
Smoked Seafood Spread with Sardines & Oysters	127	W30	CA
Quick Pickled Shrimp	129	W30	CF
Anchovy Stuffed Portobellos with Pancetta	130	W30	CF
Sneaky Tuna Salad with Green Onion Dressing	131	W30	
Salt Cured Salmon with Orange & Dill	132	W30	CF

Eat The Rainbow

135

Parsnip Wedges with Garlic “Mayo” Dipping Sauce	136	W30	CF
Green Papaya Salad with Shrimp	139	W30	CA
Caramelized Brussels Sprouts with Lime & Crispy Shallots	140	W30	CF
Sweet Potato Gratin with Caramelized Onions	143	W30	
Herbed Spaghetti Squash with Bacon & “Bread Crumbs”	144	W30	CF

Collard Greens with Parsnip "Cream"	145	W30	CF
Orange Salad with Olive Rosemary Tapenade	147	W30	CF
Roasted Asparagus with Double Apple Dressing	148	W30	CF
Plantain Croquettes with Pancetta & Red Onion	151	W30	CF
Watermelon Gazpacho with Basil	152	W30	CF
Spinach Blackberry Salad with Warm Bacon Sage Dressing	154		CF
Roasted Okra with Hot & Sour Dipping Sauce	155	W30	CA
Balsamic Glazed Mushrooms with Kabocha Squash Puree	157	W30	CF
German Potato Salad with Bacon & Herbs	158	W30	CF
Summer Squash Soup with Lemon	161	W30	CF
Apple & Cucumber Salad with Smoked Salmon	162	W30	CF
Indian Spiced "Rice" with Lemon & Raisins	163	W30	CF
Spring Soup with Crispy Prosciutto	164	W30	CF
Chilled Honeydew Soup with Cucumber & Avocado	165	W30	CF
Carrot & Parsnip Salad with Pomegranate & Mint	167		CF
Cider Braised Greens with Crispy Bacon	168	W30	CF
Roasted Sunchokes with Apples & Onions	169	W30	CF
Radish Salad with Radish Greens Pesto	170	W30	CA
Green "Couscous" Salad with Oregano Dressing	173	W30	CF
Garlic Lovers Roasted Beets with Lemon Zest & Thyme	174	W30	CF
Watercress Salad with Avocado & Basil	176	W30	CF
Sautéed Rapini with Garlic & Sausage	177	W30	CF
Purple Slaw with Fennel & Dill	179	W30	CF
Whipped Sweet Potatoes with Parsnips & Rosemary	180	W30	CA

How To Do Dessert

183

Balsamic Roasted Strawberry Popsicles	184		
Spiced Banana Carob Pudding with Crispy Bacon	187		CF
"Soft Serve" Sundae with Salted Caramelized Plantains	188		CF
Layered Coconut Mousse with Mandarin Orange	190		
Peach Granita with Thyme & Ginger	191		CF
Mango Sorbet with Mint	193		CF

Add A Little Extra

195

Eggless "Mayo"	196	W30	CF
Double Apple Dressing with Lemon & Shallot	198	W30	CF
Smoky Avocado Spread	199	W30	CF
BBQ Sauce	201		CA
Thai Green "Curry" Paste	202		CF
No Nightshade Salsa with Cucumber, Lime & Cilantro	205	W30	CF
Creamy Green Onion Dressing with Lemon	206	W30	
Creamy Artichoke Dip with Spinach	209	W30	CF
Speedy Caramelized Onions with Thyme	210	W30	CF

Grilled Pineapple Guacamole	213	W30	CF
Cherry Sauce with Thyme	214	W30	CF
Zucchini Leek Spread with Shallots & Lemon	215	W30	CF
Finishing Salts Four Ways	216	W30	CF
Horseradish Two Ways	218	W30	CF
Taco Seasoning	219	W30	CF
Jicama "Raita" with Mint	221	W30	
Pita Wedges	222		
Crunchy Salad or Sundae Topper	223	W30	CF
The Best Broths	224	W30	CF

Make A Menu

Indian Feast	226		
Thai Takeout	227		
BBQ & Fixin's	228		
Get Your Greek On	229		
Fajita Night	230		
Go, Team!	231		
Picnic Or Patio Lunch	232		
Swedish Meatball Plate	233		
	234		

meatified