



THE CASTAWAY WHOLE30 EBOOK

Real food recipes made with minimal ingredients and lots of flavor, so you can start and finish your Whole30 with ease.

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WHAT I LEARNED FROM MY FIRST WHOLE30

Let's start from the beginning... If you told me 7 years ago that I had to abstain from grains, sugar, alcohol, gluten, nightshades & many of the packaged foods that made my day to day life more convenient. No way! Wasn't happening. Especially the sugar & alcohol part. I was so convinced that I ate healthy *enough*. That there was nothing to be done about my skin condition. I had settled into a life of mediocre health with occasional debilitating days. Hidradenitis Suppurativa isn't the kind of disease people talk about. Inverted acne, large, painful & in very sensitive areas. I never talked about it. I suffered in silence. I settled.

Fast forward to today, armed with the knowledge of autoimmune diseases, the guts' role in immune health and how foods can trigger autoimmune responses- I changed. I've been eliminating foods from my diet for over a year now and have found that *gluten, nightshades & refined sugar* cause reactions. I'm not in 100% remission- but it's better, much better. Maybe it speaks to how I have evolved as a person, a mother. I don't even consider my trigger foods anymore. Maybe it's because my relationship with myself has evolved too. I finally feel I'm worth it.

As I turn 30, I wanted to bring in this new decade of my life in optimal health. Now that my son was finally weaned, I wanted to get my body back. So many reasons. Especially as a person who has always been big. Healthy, active, but always slightly (sometimes not so slightly) overweight. This is it, this is the time to finally break that cycle. I want to be fit for me, I want to be able to do all the things my son wants to do & not be restricted; by the HS, weight or self-esteem.

What Whole30 *showed me* was the flaw in my *habits*. I thought I had it all figured out when it came to food. I've been working in farm to table kitchens for years, I come from a family of talented cooks & health-conscious food aficionados. *I know food*. I know what to eat. What I didn't see, or didn't want to, was all the mindless snacking. Whole30 made me hyper-vigilant of what I put in my body- and it immediately eliminated the bites of my son's snack, the taste of my husband's lunch, the late night munchies, *all the little bites*. While I cooked, or cleared the table while packing snacks to go on a hike.

WHAT I LEARNED FROM MY FIRST WHOLE30

So many little bites that added up to “feeling stuck” with my weight, to never seeing results, yo-yoing. Never feeling really hungry. I ate a lot. I ate too often. In the last 30 days my diet has totally changed. I am eating high fat, high protein meals, 3 meals a day. No snacks, maybe 1 fruit between a meal. I’m not starving- ever- but I am hungry when I sit down to eat. It feels great. I feels great to be out and about 3 hours after lunch and still feel satisfied, knowing I have not eaten anything else. **I see results. In my face, my skin, my body.**

I’ve decided to continue on a strictly paleo diet because feel amazing- because I know now that a Paleo diet, free of nightshades is what is right for me.

Life between Whole30’s....I will resume enjoying the occasional #sywpo (treats), grain free bread, paleo confections & chocolate. I will still enjoy a glass of wine every now & then.

I will continue to be meticulous about my food choices. I will be accountable.

Food is emotional for me- but not as a coping mechanism. I love to cook! I love to cook beautiful food and that is my therapy- *not the eating part.*

My 30th birthday is this Friday. I plan on making a spectacular, paleo birthday cake, which I will enjoy in moderation, because I am Whole30.

I think the best part of this experience... **I am proud of myself.**

COSTCO WHOLE30 SHOPPING LIST

Living in Hawaii, as a military family, we're always on a budget. Cost of living here is pretty outrageous. Rivaling cities like New York and San Francisco in rental prices, gas and food. Doing your Whole30 Costco shopping for bulk items that will last long, or fresh items I can prep and freeze go a long way.

This list includes ALL of the things I buy at Costco although I don't always buy them if that makes sense. These are the Whole30 compliant products that I like. Usually when I go I like to keep my budget around \$300, and buy pantry things that will last 2-3 months and fresh/frozen things for 2 weeks to 1 month. That way there is still enough budget left for weekly grocery trips. However your budget, your strategy might be different!

MAKING A WHOLE30 COSTCO BUDGET LAST

Things you won't find on the list... RX Bars, Beef Jerky or other really pricey items that may or may not be compliant. Also... buying a GIANT box of one or two flavors of the same snack... well, my family gets bored and it's a struggle to even finish it. When trying to save money when eating healthy, keeping it simple and sticking to INGREDIENTS is what will get you there. Alrighty, you are ready to rock your Whole30 Costco Haul!

Costco is a great budgeting tool when you stick to the basics! Check out my lists below in printable and pinnable format!

***NOTE:** Always check labels! Different stores often carry different brands of the same item. Just because it's on the list does not mean your Costco will have the compliant version, so always double check.*

**Continue to the next page for your
Costco Whole30 Shopping List**

COSTCO WHOLE30 SHOPPING LIST

Cooking Oils

- ☐ Sesame Seed Oil
- ☐ Organic Coconut Oil
- ☐ Extra Virgin Olive Oil
- ☐ Avocado Oil
- ☐ Seeds and Nuts
- ☐ Whole Organic Cashews
- ☐ Manitoba Harvest Hemp Hearts
- ☐ Blue Diamond Almond Flour/M Meal
- ☐ Chia Seeds

Fresh Produce

- ☐ Lemon
- ☐ Avocado
- ☐ Broccoli
- ☐ Raspberries
- ☐ Blueberries
- ☐ Blackberries
- ☐ Carrots
- ☐ Brussels
- ☐ Asparagus
- ☐ Mushrooms
- ☐ Bok Choy
- ☐ Romaine Lettuce
- ☐ Zucchini
- ☐ Cucumber
- ☐ Diced Butternuts
- ☐ Cabbage
- ☐ Limes
- ☐ Ginger
- ☐ Oranges

Spiced, Dried Herbs, Coffee, Etc.

- ☐ Sea Salt
- ☐ Pink Himalayan Salt
- ☐ Ground Black Pepper
- ☐ Dried Italian Herb Seasoning Blend
- ☐ Garlic Powder
- ☐ Nutiva Cacao Powder
- ☐ Coffee Beans

Canned Foods

- ☐ Hearts of Palm
- ☐ Wild Caught Canned Salmon
- ☐ Canned Tuna
- ☐ Primal Kitchen Mayo (select stores)

Frozen Produce

- ☐ Frozen Organic Blueberries
- ☐ Organic Frozen Riced Cauliflower
- ☐ Frozen Broccoli
- ☐ Frozen Brussels Sprouts

Proteins

- ☐ Organic Whole Chickens
- ☐ Prosciutto
- ☐ Turkey Bacon, check labels
- ☐ Ground Beef
- ☐ Organic Chicken Breast
- ☐ Organic Chicken Thighs
- ☐ Organic Deli Turkey
- ☐ Wild Caught Fresh Salmon
- ☐ Wild Caught Frozen Shrimp
- ☐ Wild Caught Frozen Scallops
- ☐ Wild Caught Frozen Mahi

MUST-HAVE WHOLE30 PANTRY ITEMS

A few of my favorite brands and items that make Whole30 a bit easier.

Cooking Fats + Sauces

- ☐ Primal Kitchen Mayo
- ☐ Kasandrinos Extra Virgin Olive Oil
- ☐ The New Primal Coconut Aminos
- ☐ Fourth and Heart Ghee
- ☐ Annie's Homegrown Dijon Mustard
- ☐ Red Boat Fish Sauce

Seasoning

- ☐ Simply Organic Ceylon Cinnamon
- ☐ Simply Organic Ground Ginger
- ☐ Simply Organic Turmeric Root
- ☐ Simply Organic Garlic Powder
- ☐ McCormick Gourmet Lemon Peel
- ☐ McCormick Gourmet Valencia Orange
- ☐ Redmond Real Salt

Misc.

- ☐ Vital Proteins Gelatin
- ☐ Aroy-D Coconut Milk
- ☐ Crown and Prince Smoked Oysters in Olive Oil
- ☐ Bob's Red Mill Hemp Hearts
- ☐ Bonafide Bone Broth

Cooking Tools

- ☐ Parchment Paper
- ☐ Coconut Oil Spray
- ☐ Avocado Oil Spray
- ☐ High Powered Blender (I have a Blendtec)
- ☐ 21x15 inch rimmed baking sheet

DAIRY FREE CREAMER



Nutrition Information (Per 1/4 Cup)

Calories: 209 • **Protein:** 2.4g

Fat: 20.7g • **Total Carbs:** 3.6g

Yield: 5 cups

Prep: 4 hours • **Cook:** 0 minutes

Total Time: 4 hours

INGREDIENTS

- ☐ 1 1/2 cups soaked*, raw cashews (use hemp hearts or pumpkin seeds for nut free)
- ☐ 1 1/2 cup MCT oil (or full-fat coconut milk)
- ☐ 1 1/2 cups filtered water
- ☐ 1/2 teaspoon pink Himalayan salt
- ☐ 1 teaspoon vanilla bean powder
- ☐ 1 teaspoon Ceylon cinnamon
- ☐ 1/2 cup collagen peptides (optional)

*To activate nuts soak them in filtered water with 1/2 a teaspoon salt for four hours. Drain and rinse well before use.

DIRECTIONS

1. Make sure you soak the cashews (or seeds). Rinse and drain, then place in a high power blender.
2. Add in the rest of the ingredients (water, MCT/coconut milk, salt, vanilla, cinnamon, and collagen) to the blender and blend until smooth, about 30-40 seconds in my Vitamix. This may take a little extra juice in a regular blender, you want the mix smooth and frothy... almost fluffy! IF you still have a grainy texture, like if you have a Ninja, strain your creamer with a fine mesh sieve.
3. Makes about 5 cups, I like to store it in 5, 8-ounce mason jars in the fridge for up to 8 days. You can also freeze the jars and then thaw in the fridge when you want to use.
4. Add 2-4 tablespoons to your coffee and stir well to combine. Works great for hot and iced coffee.

PIZZA EGG SAUSAGE CUPS



Nutrition Information (2 Sausage Cups)

Calories: 468.3 • **Protein:** 23.1g

Fat: 40g • **Total Carbs:** 3.3g

Yield: 12 Cups

Prep: 15 minutes • **Cook:** 20 minutes

Total Time: 35 minutes

INGREDIENTS

- ☐ 1 pound ground breakfast sausage or ground Italian sausage
- ☐ 1/4 cup compliant marinara sauce
- ☐ 12 small eggs (or 12 yolks only if you have large eggs)
- ☐ 1/4 cup nutritional yeast flakes
- ☐ 1 teaspoon Italian herb blend
- ☐ 1/2 teaspoon fine salt, divided
- ☐ minced chives

TIPS FOR SUCCESS

When you par cook the sausage it will shrink, that's okay. Carefully drain fluid from the muffin tin if needed. Give everything a nice coconut oil spray. That way, if your egg spill outs of the cup, it won't stick.

You only need a teaspoon and maybe drop more of sauce per cup. Too much and they will be mushy.

Use small eggs! Most folks always use large eggs from the store, if that's what you have, use only the large yolks, they will fit perfectly into the little sausage cups and you can add egg white to your liking.

DIRECTIONS

1. Preheat oven to 350F.
2. Divide the sausage into 12 small balls, one for each mold in the muffin tin. Press it down then use a small bottle, like a spice bottle to press it in and make a cup. Sprinkle with 1/4 teaspoon salt.
3. Bake for 5 minutes. Remove from the oven (drain fluid if needed). Spoon 1 teaspoon of marinara in each sausage cup, then put the egg yolks or in each cup or crack the small eggs into them (it's okay if it spills over).
4. Sprinkle remaining salt, nutritional yeast, and herb seasoning over the eggs.
5. Bake for 15-20 minutes until eggs are done. The outer eggs will cook through and the inner cups will stay jammy! Just make sure the whites no longer jiggle. It's perfect for a crowd that has varied egg preferences.
6. Use a spatula to unmold the egg cups once they have cooled off a bit. Garnish with chives, add more salt to taste and drizzles of marinara... and dig in!

BREAKFAST SAUSAGE NOODLE SKILLET



Nutrition Information (Per Serving)

Calories: 697 • **Protein:** 40g

Fat: 52g • **Total Carbs:** 14g

Yield: 2 Servings

Prep: 10 minutes • **Cook:** 20 minutes

Total Time: 30 minutes

INGREDIENTS

- ☐ 1 pound of ground breakfast sausage
- ☐ 2 tablespoons bacon fat
- ☐ 2 cups carrot, turnip or kohlrabi noodles
- ☐ 1/2 teaspoon salt
- ☐ 2 sprigs thyme
- ☐ a squeeze of lemon (optional)
- ☐ 1 teaspoon granulated garlic
- ☐ 1 cup fresh arugula
- ☐ seedy or spicy mustard (optional)

DIRECTIONS

1. Heat a large cast iron skillet over medium heat (for about 5 minutes).
2. Add the sausage by crumbling it up in to the pan. Cook, stirring often until the sausage is browned.
3. Add in bacon fat and veggie noodles. Stir well then let it cook undisturbed for 4 minutes.
4. Scrape from the bottom of the skillet and turn the noodle and pork mixture with a large spatula and cook, undisturbed, another 4 minutes.
5. Add in salt, thyme, lemon, garlic. Stir well, and cover. Cook another 3-4 minutes.
6. Take off the lid, scrape, and mix.
7. Serve and garnish with fresh arugula and mustard!

BACON, BASIL, & GREEN EGGS ROLL-UPS



Nutrition Information (Per 1 Piece)

Calories: 264 • **Protein:** 14g

Fat: 22g • **Total Carbs:** 3g

Yield: 6 Pieces

Prep: 15 minutes • **Cook:** 20 minutes

Total Time: 35 minutes

INGREDIENTS

- ☐ 10 large eggs
- ☐ 1/2 cup cashew milk
- ☐ pinch of salt
- ☐ dash of pepper
- ☐ teaspoon of mustard
- ☐ 8 slices of bacon
- ☐ coconut or avocado oil spray
- ☐ 1 cup chives
- ☐ 2 handfuls fresh basil leaves
- ☐ 1 cup fresh arugula
- ☐ 1 ripe avocado
- ☐ 3 tbsps paleo mayo*

*If you're making for meal prep, skip the avocado, or it will brown and get mushy.

YOU WILL NEED

- ☐ 1 half sized sheet pan with a 1 to 2-inch rim (21x15in)
- ☐ a blender
- ☐ parchment paper

DIRECTIONS

1. Lay your bacon flat on a baking sheet, without overlapping. Pop the sheet pan in the oven, middle rack. Set to 400F.
2. When the oven reaches 400F, check the bacon. Set a timer for 8-10 minutes and cook until crispy. In the meantime, crack the eggs into the blender. Add in the salt, pepper, milk, and mustard. Dice chives. Get your basil leaves and arugula ready.
3. When the bacon is ready, remove from the oven. Use tongs to transfer to a cutting board. Drain the fat from the sheet pan (and save for cooking). Don't clean the pan, leave oven on.
4. Line the pan with parchment. Center so the sides reach the rim, leave a little slack on either end. Spray the top of the paper lightly with oil.
5. Blend the egg mix on high for 30 seconds. Make sure your sheet pan is on an even, flat surface and pour in the egg mix. Smooth with a spatula, if needed.
6. Sprinkle the chives evenly all over your eggs. Chop up the crispy bacon and sprinkle over the egg.
7. Bake for 20 minutes or until edges are golden and the center is completely set (it shouldn't jiggle at all). Remove the sheet pan from the oven and let it cool for 10 minutes.

(CONTINUED)

BACON, BASIL, & GREEN EGGS ROLL-UPS



Nutrition Information (Per 1 Piece)

Calories: 264 • **Protein:** 14g

Fat: 22g • **Total Carbs:** 3g

Yield: 6 Pieces

Prep: 15 minutes • **Cook:** 20 minutes

Total Time: 35 minutes

DIRECTIONS (CONTINUED)

8. If it is sticking to the parchment paper, use the parchment paper to slide it onto the cutting board, then flip it quickly. Peel the parchment paper, starting on a corner and using your fingers to old the omelet down. Otherwise, pick it up carefully and place it bottom side up on the cutting board.
9. Once all the parchment paper has been removed, use a spatula to smear mayo all over.
10. Starting about 2 inches from one end, let's say the left side, arrange your avocado slices in a vertical stripe. Next, the basil leaves and then the arugula, alternating until you have about an inch left.
11. Make sure your avocado is flat and there aren't any hard edges, those could puncture your egg.
12. From the left side (where you have the two inches) gently pick it up and pull it over your avocado then fold in with your fingers and begin to roll it as you would a burrito. If it tears a little at the sides in the first or second pass, don't worry, the outer layers will still hold it together.
13. Once you've rolled it up and have a massive egg log. Yes, it will be beastly! Slice it up. I like to cut it into 2-inch pieces.
14. Serve right away to a crowd or store in an airtight container for meal prep.

AIP BREAKFAST BOWL



Nutrition Information (Per Serving)

Calories: 203 • **Protein:** 42g

Fat: 4g • **Total Carbs:** 19g

Yield: 2 Servings

Prep: 10 minutes • **Cook:** 10 minutes

Total Time: 20 minutes

INGREDIENTS

- ☐ 1 large broccoli crown
- ☐ 1 small head of cauliflower
- ☐ 1 small vidalia onion
- ☐ 2 garlic cloves
- ☐ 1 cup water (or bone broth)
- ☐ 1 1/2 tsp pink himalayan salt, divided
- ☐ 2 slices bacon
- ☐ 6–10 shrimp, depending on size
- ☐ 1 tbsp coconut aminos
- ☐ 1 tsp dried cilantro

DIRECTIONS

1. Place bacon on a sheet pan and put it in the oven. Set to the oven to 375F.
2. In the mean time, chop up broccoli, cauliflower, onion and garlic. Add to your pressure cooker, then add in the water and 1/2 teaspoon salt. Close and set to the vegetable setting, or on low for 7 minutes.
3. In a bowl, toss together the shrimp and salt.
4. When the oven reaches 375F, check on the bacon. When it's almost done, add the shrimp to the same sheet pan. Roast it all together for 5 minutes.
5. Open the oven, give the sheet pan a shake. Roast another 2-3 minutes.
6. By now the pressure cooker should be done with the vegetables. Add all the veggies and half the liquid in to a blender, and puree until smooth. You can add the remaining liquid if you want it less thick.
7. Divide the vegetable puree into 2 bowls, you will have a lot left over!
8. Remove shrimp and bacon from oven. Chop carefully and serve over vegetable puree.
9. Drizzle bacon fat over your dish, then coconut aminos and lastly cilantro.

CUBAN PICADILLO FRITTATA



Nutrition Information (Per Serving)

Calories: 247 • **Protein:** 17g

Fat: 16g • **Total Carbs:** 12g

Yield: 8 Servings

Prep: 5 minutes • **Cook:** 30 minutes

Total Time: 35 minutes

INGREDIENTS

- ☐ 1 pound ground turkey
- ☐ 1 medium yellow onion
- ☐ 2 garlic cloves
- ☐ 2 large carrots
- ☐ 2 slices bacon
- ☐ 1 can green olives
- ☐ 6 large eggs
- ☐ 2 tablespoon almond milk
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon onion salt
- ☐ 1 teaspoon black pepper
- ☐ 1 tablespoon dried parsley
- ☐ 2 tablespoons olive oil

DIRECTIONS

1. Pre-heat oven to 350F. Heat a large skillet on medium heat.
2. Small dice your onion, carrot and garlic.
3. When the skillet is heated add in the olive oil. Add in the diced vegetables.
4. Chop up the bacon and mix in. Stir frequently, cook for 8 minutes.
5. Add in the ground turkey with the parsley, salt and pepper, stirring constantly until it's all crumbled up and browned, about 5 minutes.
6. Open and drain your canned olives. Place them on a cutting board and chop.
7. Add the olives and raisins to your skillet. Mix well.
8. Crack your eggs open into a bowl or blender. Add in the milk and onion salt. Blend or whisk until frothy.
9. Pour into skillet evenly. Let sit on the stove for 2-3 minutes until the edges begin to cook. Then carefully place skillet in the oven, on the middle rack.
10. Bake at 350F for 15 minutes.
11. After fifteen minutes, it should be done. You will know it's done when the center is set.
12. Remove from oven and let it sit a few minutes before slicing and serving!
13. Top with avocado and salsa, yum!

GRILLED COFFEE CRUSTED STEAK AND EGGS



Nutrition Information (Per Serving)

Calories: 564 • **Protein:** 30g

Fat: 46g • **Total Carbs:** 7g

Yield: 4 Servings

Prep: 10 minutes • **Cook:** 10 minutes

Total Time: 20 minutes

INGREDIENTS

FOR THE STEAK

- ☐ 2 beef tenderloin steaks
- ☐ 3 tablespoon Kona Coffee grounds
- ☐ 1 tablespoon black pepper
- ☐ 2 teaspoon pink himalayan salt
- ☐ 1 tablespoon ground shiitake mushroom powder
- ☐ 2 tablespoon coconut aminos
- ☐ 1 tablespoon ghee

FOR THE EGGS

- ☐ 4 large pastured eggs
- ☐ 1 bunch fresh sage
- ☐ 2 tablespoon avocado oil
- ☐ 1 tablespoon ghee
- ☐ salt to taste

FOR THE GREENS

- ☐ 4 bunches choy sum or 2 hearts of romaine
- ☐ 1 tablespoon ghee

DIRECTIONS

1. In a shallow bowl mix coffee grounds, black pepper, mushroom powder, and coconut aminos.
2. Rinse and pat dry your tenderloin steaks, pat salt on to them, and place in bowl with coffee mix. Press down gently, flip, and repeat. Set aside.
3. Turn grill on, all burners on high. Massage avocado oil in to cast iron skillet and set it on one side of the grill. Close the lid, and let it heat to 450F. While the grill heats, prep all your ingredients on a board to take outside: eggs in a bowl, pick sage leaves off, measure out cooking fat etc.
4. When the grill is hot, carefully open the lid. Smear a little ghee on the top of your steaks and place them on the hot grill, fat side down.
5. Add a little ghee to the skillet, don't touch the handle, it will be hot! Crack eggs on to skillet. Add sage leaves and salt to egg whites.
6. Rub greens down with a little fat and find a place for them on the grill. Use tongs to handle the greens, these will be done first, one minute a side or so. Sprinkle with salt, and set on the cutting board.
7. After 2 minutes add a little ghee to your steaks and flip them.
8. Your eggs should be almost done by now, you can turn off the heat on that side of the grill. Wrap a kitchen towel around the handle of the skillet and move it the edge grill while the steaks finish.
9. After another two minutes remove steaks from the grill and set on the cutting board. Let them rest 3-5 minutes. Slice with a sharp knife.
10. Add eggs to the board, they should slide right off the cast iron skillet. Set out forks and knives and dig in!

CREAMY BACON QUICHE WITH SWEET POTATO CRUST



Nutrition Information (Per Serving)

Calories: 450 • **Protein:** 21.2g

Fat: 34.6g • **Total Carbs:** 17.2g

Yield: 4 Servings

Prep: 20 minutes • **Cook:** 40 minutes

Total Time: 60 minutes

INGREDIENTS

- ☐ 8 eggs
- ☐ 1 cup coconut milk
- ☐ 1 garnet sweet potato
- ☐ 2 cups spinach
- ☐ 4 slices Whole30 approved bacon
- ☐ 1 cup green beans (or other green veg)
- ☐ 1 tablespoon olive oil
- ☐ 2–3 teaspoons salt
- ☐ 1 teaspoon pepper
- ☐ 3 garlic cloves

DIRECTIONS

1. Arrange your bacon on a cooling rack, over a sheet pan. Place in your oven, yes, while it's still off, then set to 350F.
2. Slice garnet sweet potato in 1/4 inch thick slices. Toss with olive oil and add to oven once it reaches 350F.
3. Roast sweet potato until tender, about 20 minutes.
4. Bacon should be done about 10 minutes after the oven reaches 350F, remove from oven. Then let cool.
5. While the potato finishes cooking, sauté 2 cups spinach with minced garlic.
6. Next sauté 1 cup green beans. Set aside.
7. Remove sweet potatoes from oven and let them cool. Leave your oven on.
8. Line a 6×8 or 8×8 baking dish with sweet potato rounds on the bottom and sides, then sprinkle with salt.
9. Add the sautéed spinach with minced garlic on top of the sweet potato crust.
10. Whisk 8 eggs with 1 cup coconut milk, 1 teaspoon salt, and pepper. You can also do this in a blender. Pour into the baking dish.
11. Top with green beans and chopped up bacon.
12. Bake at 350F until center is set, about 40 minutes. Enjoy!

NIGHTSHADE FREE SHAKSHUKA



Nutrition Information (Per Serving)

Calories: 477 • **Protein:** 20g

Fat: 26.8g • **Total Carbs:** 41g

Yield: 2 Servings

Prep: 10 minutes • **Cook:** 20 minutes

Total Time: 30 minutes

INGREDIENTS

- ☐ 1 large sweet onion
- ☐ 2 cloves garlic
- ☐ 3 medium carrots
- ☐ 2-3 cups compliant no-mato sauce
- ☐ 1/2 cup bone broth
- ☐ 5 leaves dino kale
- ☐ 4 eggs
- ☐ 1 tablespoon coconut oil
- ☐ 2 bay leaves
- ☐ 2 teaspoon black pepper
- ☐ 1 teaspoon ginger powder
- ☐ 1 teaspoon mustard powder
- ☐ 1 teaspoon celery salt
- ☐ 1 pinch cinnamon
- ☐ pink himalayan salt to taste
- ☐ 2 tablespoon chimichurri (optional)

DIRECTIONS

1. Cut carrots and onion in long thin strips, julienne. Mince garlic, remove stems from kale, and set aside.
2. Heat coconut oil in a large, deep skillet. Add in onion, carrots, garlic, and bay leaves. Saute on medium until onions are tender.
3. Add in no-mato sauce & seasoning, let it simmer for 5-8 minutes.
4. Stir in bone broth, especially if it's getting too thick. Layer the kale over the sauce mixture, let them wilt a little. Do not mix in. Crack eggs into skillet and cover with a lid partially.
5. Let it simmer until the egg whites are no longer translucent.
6. Garnish as desired, I highly recommend the chimichurri.
7. Serve alone, with cauli rice or roasted sweet potato

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BREAKFAST RECIPES
ON THE BLOG



DAIRY FREE SHRIMP AND GRITS



Nutrition Information (Per Serving)

Calories: 225 • **Protein:** 35g

Fat: 10g • **Total Carbs:** 14g

Yield: 4 Servings

Prep: 20 minutes • **Cook:** 20 minutes

Total Time: 40 minutes

INGREDIENTS

FOR THE GRITS

- ☐ 1 head cauliflower
- ☐ 2 tablespoons coconut oil
- ☐ 2 garlic cloves
- ☐ 1 teaspoon marjoram
- ☐ 1 teaspoon black pepper
- ☐ 2 bay leaves
- ☐ 1 teaspoon coconut aminos
- ☐ 1 cup bone broth

FOR THE SHRIMP

- ☐ 1 large onion
- ☐ 3 slices uncured bacon
- ☐ 1 pound peeled, clean, wild caught shrimp

SPICE MIX

- ☐ 1 teaspoon salt
- ☐ 2 teaspoon black pepper
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon rosemary
- ☐ 1 teaspoon sage
- ☐ 1 teaspoon oregano

DIRECTIONS

1. Start by ricing your cauliflower (remove greens and shred with a cheese grater or food processor), and mincing your garlic.
2. Heat coconut oil in a medium-sized pot. Add in garlic & cauliflower, coconut aminos, marjoram, 1 tsp black pepper and bay leaves.
3. Stir constantly for 2 minutes. Pour in broth. Stir well and cover. Bring to a boil, then lower heat to medium & cover. Let it simmer until the liquid is reduced by half.
4. In the meantime, cook bacon in a large skillet, I like mine crispy, I cook it in cast iron, on medium high about 2 minutes each side. Remove bacon from skillet and lower heat to medium.
5. Slice onion in ¼ inch slices and add into skillet.
6. Lower heat again, to medium-low. Stir the onions occasionally. After about 8 minutes, they should be tender and sweet. Bring heat back up to medium-high and throw in shrimp with spice mix.
7. Stir frequently until the shrimp are pink and coiled. Remove from heat. Chop bacon into small pieces.
8. You can also use parsley, cilantro or chives to garnish. Serve cauli-grits in a bowl, top with a heaping portion of onion & shrimp. Lemon or lime on the side. Sprinkle with bacon & herbs. Enjoy!

NOSE TO TAIL BURGERS



Nutrition Information (Per Serving)

Calories: 263 • **Protein:** 20.7g

Fat: 18.1g • **Total Carbs:** 3.5g

Yield: 15 Servings

Prep: 30 minutes • **Cook:** 35 minutes

Total Time: 65 minutes

INGREDIENTS

- ☐ 2 pounds ground beef
- ☐ 10 ounces bacon diced or ground sausage
- ☐ 3/4 pound beef heart, cubed
- ☐ 1/2 pound beef liver, cubed
- ☐ 1 large onion, diced
- ☐ 4 cloves garlic, sliced
- ☐ 3 sprigs rosemary, leaves only
- ☐ 2 teaspoons fine salt
- ☐ 2 teaspoons kelp granules
- ☐ 2 teaspoons ground ginger
- ☐ 2 teaspoons ground cumin
- ☐ 2 teaspoons ground turmeric
- ☐ 2 teaspoons black pepper
- ☐ 1/2 teaspoon 5 spice
- ☐ 1/2 cup almond meal or coconut flour

DIRECTIONS

WITH A MEAT GRINDER

- Put the bacon, heart, liver and then garlic, onion and rosemary through the grinder until it all comes out the other end and into a large bowl.

WITH A FOOD PROCESSOR

- Pulse the bacon, and heart until minced then transfer to a bowl. Then pulse the liver, garlic onion and rosemary until minced and add to the bowl.
- Add in the rest of the ingredients and mix well until fully combined. I use gloves to I can really get in there and mix it well. Then I use a 4-ounce scoop to shape even sized patties.

WITH A SMOKER

- Cook in your smoker at 375F for 25 minutes then switch to just smoke for 10 minutes.

WITH AN OVEN

- Place on a sheet pan and roast at 375F for 30 minutes, broil for 2-3 minutes.

GINGER ROSEMARY BRAISED PORK LOIN AND SPAGHETTI SQUASH



Nutrition Information (Per Serving)

Calories: 487.7 • **Protein:** 44.8g

Fat: 28.7g • **Total Carbs:** 12.3g

Yield: 2-3 Servings

Prep: 15 minutes • **Cook:** 30 minutes

Total Time: 45 minutes

INGREDIENTS

FOR THE SPAGHETTI SQUASH

- ☐ 1 medium squash
- ☐ 2 tablespoons extra virgin olive oil
- ☐ 1 teaspoons salt

FOR THE PORK MEDALLIONS

- ☐ 1 pound pork tenderloin
- ☐ 1 teaspoon fine salt
- ☐ 4 cloves garlic, minced
- ☐ 2 inch nub of ginger, peeled and minced
- ☐ 3 sprigs fresh rosemary, minced
- ☐ 2 tablespoons extra virgin olive oil
- ☐ 2 tablespoons white wine vinegar
- ☐ 1/2 cup unsweetened dairy free milk

**HOW TO COOK
SPAGHETTI SQUASH:**
[**CLICK HERE**](#)

DIRECTIONS

1. Pre-heat oven to 400°F.
2. Cut the spaghetti squash in half and remove seeds, see tips. Brush with olive oil, sprinkle with salt, then place cut face down on a sheet pan and roast for 30 minutes while you prepare the pork.
3. Trim any excess fat on the tenderloin, using a sharp knife to trim the silver skin off. Do this by pulling up on the skin, angling your knife under it with upward pressure, so you're not cutting into the meat. Cut the film off.
4. Cut the loin into medallions, about 6 2-inch thick rounds. Salt and set aside.
5. Mince all of the ginger, garlic and rosemary. Then toss the pork with the minced aromatics and toss with olive oil.
6. Heat a large cast iron skillet over medium for 8-10 minutes. Put the medallions flat side down on the pan and sear for 5 minutes. Flip and sear another 5 minutes. Add the minced aromatics to the skillet.
7. Using tongs, sear the sides for about 2 minutes. Then add in the vinegar and deglaze the skillet, sautéing the medallions. Add in 1/2 cup milk and lower the heat. Simmer for 4-5 minutes.
8. Remove the squash from the oven, use forks for shred it out into two or three bowls. Sprinkle with salt. Serve 3 medallions per plate (or 2 per plate, serving 3). Spoon the sauce all over! Yum! Serve hot.

HERBED MEATBALLS AND SWEET TANGY KALE AND MUSHROOM CHIPS



Nutrition Information (Per Serving)

Calories: 529 • **Protein:** 42.2g

Fat: 37g • **Total Carbs:** 7.9g

Yield: 5 Servings

Prep: 10 minutes • **Cook:** 28 minutes

Total Time: 38 minutes

INGREDIENTS

FOR THE MEATBALLS

- ☐ 2 pounds ground beef, 85% lean
- ☐ 2 teaspoons fine salt
- ☐ 2 teaspoons herbs de Provence
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon garlic powder
- ☐ 1 tablespoon fine ground almond meal
- ☐ 1 cup almond meal
- ☐ 1 large egg
- ☐ 2 tablespoons extra virgin olive oil

FOR THE KALE

- ☐ 2 tablespoons bacon grease, lard, ghee or coconut oil
- ☐ 1 large onion, sliced
- ☐ 1 bay leaf
- ☐ 1/2 teaspoon fine salt, divided
- ☐ pinch of nutmeg
- ☐ 2 bunch lancinato/dino kale, about 3 cups chopped up
- ☐ juice of 2 lemons
- ☐ 2 teaspoons coconut aminos

DIRECTIONS

1. Preheat oven to 400F. Combine all of the meatball ingredients except the olive oil in a large bowl. Mix well. Shape 20 medium meatballs
2. Brush a sheet pan with some of the olive oil, and line up all the meatballs on the sheet pan and brush the remaining oil. Place in the oven (with the mushrooms, see post above) and cook for 25 minutes. While these are in the oven, make the kale.
3. Heat a large, 16" inch, skillet over medium heat. When it comes to temperature, put the cooking fat in the skillet, the onion, bay leaf and 1/4 teaspoon salt. Cook here, stirring occasionally for 10-15 minutes, or until very tender and browned.
4. While the onion cooks down, prepare the kale by ripping the leaves from the stems, bunching up the torn leaves in a tight pile and slicing thinly with a knife. Then sprinkle the pile with the remaining salt and massage the leaves until they become wet, dark and tender.
5. Add the kale to the onions and stir well. Sauté here for 8 minutes or until bits begin to brown. Stir in the lemon juice and coconut aminos and sauté until the liquid has simmered off.
6. Remove the meatballs from the oven and mushrooms and serve all together!

DAIRY FREE CREAMY MUSHROOM AND CRAB BISQUE WITH



Nutrition Information (Per Serving)

Calories: 417 • **Protein:** 43.4g

Fat: 23.6g • **Total Carbs:** 10.6g

Yield: 3 Servings

Prep: 10 minutes • **Cook:** 20 minutes

Total Time: 30 minutes

INGREDIENTS

- ☐ 3 tablespoons ghee or coconut oil, divided
- ☐ 4 cloves garlic minced
- ☐ 1 pound sliced cremini mushrooms
- ☐ 2 tablespoons fresh thyme leaves minced
- ☐ 2 tablespoons white wine vinegar
- ☐ 1 teaspoon fine salt
- ☐ 1/2 teaspoon ground black pepper
- ☐ pinch of nutmeg
- ☐ 3 cups bone broth
- ☐ 2 tablespoons tahini (or sunflower seed butter)
- ☐ 1 pound jumbo lump crab meat
- ☐ juice of one lemon

DIRECTIONS

1. Heat a 6-quart pot over medium heat. When it comes to temperature, add in 2 tablespoons ghee. Once the ghee has melted and begins to brown, add in the garlic, mushrooms and thyme. Sauté until tender, stirring often, about 10 minutes.
2. Mix in the salt and black pepper, then deglaze the skillet with the vinegar and stir in the bone broth. Bring to a simmer, and let simmer for 5 minutes. Turn off the heat.
3. Carefully transfer the soup to a blender. Add in the tahini and blend until smooth.
4. Add the remaining ghee to the pot, heat over medium heat. Add the crab to the pot and the lemon juice, stir here until warmed through.
5. Serve the creamy soup into three bowls and pile warm crab into each bowl. Dig in!

SHEET PAN SPICED CHICKEN & BALSAMIC WINTER SQUASH



Nutrition Information (Per Serving)

Calories: 460 • **Protein:** 53g

Fat: 19.4g • **Total Carbs:** 17.7g

Yield: 4 Servings

Prep: 10 minutes • **Cook:** 20 minutes

Total Time: 30 minutes

INGREDIENTS

FOR THE SQUASH

- ☐ 12 ounces diced acorn squash or kabocha squash
- ☐ 1 crown broccoli diced
- ☐ ½ teaspoon salt
- ☐ ½ teaspoon ground cinnamon
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon balsamic vinegar

FOR THE CHICKEN

- ☐ 2 pounds chicken tenders
- ☐ 2 teaspoons cacao powder
- ☐ 2 teaspoons decaf ground coffee (optional)
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon black pepper
- ☐ 1 teaspoon garlic powder
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon turmeric
- ☐ 2 tablespoon ghee or tallow, melted
- ☐ diced avocado and extra balsamic, to garnish

DIRECTIONS

1. Pre-heat oven to 400F.
2. Toss the diced squash and broccoli with salt, cinnamon and olive oil. Spread out over a sheet pan, drizzle with balsamic vinegar, and roast for 10 minutes on the center rack.
3. Combine the chicken and all of the seasonings in a bowl. Toss well to coat, then mix in the melted fat. Toss well to coat again, then arrange the tenders flat on a sheet pan. Add the sheet pan to the oven, bottom rack.
4. Roast everything at 400F for 20 minutes. Remove the chicken from the oven and then broil the veggies for 2-3 min.
5. Serve with extra balsamic and avocado.

INSTANT POT BEEF & BROCCOLI SOUP



Nutrition Information (Per Serving)

Calories: 345 • **Protein:** 4½g

Fat: 17.7g • **Total Carbs:** 8.1g

Yield: 3 Servings

Prep: 10 minutes • **Cook:** 20 minutes

Total Time: 30 minutes

INGREDIENTS

- ☐ 1 pound steak tips
- ☐ 1 teaspoon baking powder
- ☐ 1 tablespoon coconut aminos
- ☐ 1 tablespoon fish sauce
- ☐ 2 tablespoons ghee or coconut oil for AIP
- ☐ 3 cloves garlic, minced
- ☐ 2 teaspoons ground ginger
- ☐ 1 teaspoon fine salt
- ☐ 2 cups broccoli florets
- ☐ 1 ½ cup bone broth
- ☐ 2 tablespoon cashew butter

DIRECTIONS

1. Heat pressure cooker on sauté mode. While it heats toss the beef with the baking powder, let it sit for 2 minutes then add in the coconut aminos and fish sauce and toss to combine.
2. When the pot comes to temperature add in the ghee. The place the chunks of beef in the ghee, reserving the marinade. Sear for 3 minutes each side. Add in the marinade. Add in the garlic, ginger, salt and broccoli and stir well.
3. Add in the bone broth and stir well to deglaze the pot. Cancel the saute function. Seal the lid and set to pressure cook on high for 15 minutes, when it's done cooking release the pressure manually.
4. Open the lid and use a slotted spoon or tongs to remove the beef chunks from the soup, set aside. Add in the cashew cream and use an immersion blender to blend the broccoli mix until smooth.
5. Add the beef chunks back in and stir. Serve hot!

BROILED SALMON



Nutrition Information (4 Ounces)

Calories: 260 • **Protein:** 20g

Fat: 18g • **Total Carbs:** 3g

Yield: 6 Servings

Prep: 20 minutes • **Cook:** 8 minutes

Total Time: 28 minutes

INGREDIENTS

- ☐ 1 1/2 lb side of wild caught salmon
- ☐ 1 teaspoon fine salt
- ☐ 2 tablespoon olive oil
- ☐ 1/4 cup coconut aminos
- ☐ 1/4 cup fresh squeezed orange juice
- ☐ chives to garnish

DIRECTIONS

1. Line your sheet pan with parchment paper (or you will scrub forever). Set aside.
2. Salt your salmon all over.
3. Combine the coconut aminos, olive oil, and orange juice in a shallow bowl or container, large enough for the salmon.
4. Put your salmon meat side down in the marinade. Let it sit for 20 minutes.
5. Set the oven to broil 550F.
6. Place the salmon skin side down on the parchment paper. Pour the marinade (olive oil, juice and aminos) over it.
7. Broil for 8 minutes right under the broiler, or until the salmon is cooked, flakes easily with a fork. Check every minute after 8 minutes until it's done.
8. Remove from the oven garnish with chives. Serve hot! Goes well with [The Best Roasted Broccoli](#), [Crispy Fried Rice](#) or [Brussel Sprouts](#).

CACAO BUTTER ROMESCO SAUCE WITH CRISPY CHICKEN THIGHS



Nutrition Information (Per Serving)

Calories: 365 • **Protein:** 30g

Fat: 23g • **Total Carbs:** 7g

Yield: 6 Servings

Prep: 10 minutes • **Cook:** 40 minutes

Total Time: 50 minutes

INGREDIENTS

FOR THE SAUCE

- ☐ 1/2 cup melted cacao butter
- ☐ 1/2 red onion, sliced
- ☐ 1/4 cup raw cashews (hemp hearts or pumpkin seeds for nut free)
- ☐ 1/2 teaspoon garam masala
- ☐ 1/2 teaspoon toasted ground cumin
- ☐ 1/2 teaspoon fine salt
- ☐ 1/4 cup coconut aminos
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1 tablespoon aged balsamic vinegar

FOR THE CHICKEN

- ☐ 2 pound boneless skinless chicken thighs
- ☐ 3 tablespoons bacon fat
- ☐ 2 teaspoons salt
- ☐ 1 teaspoon black pepper

DIRECTIONS

1. Heat a small sauce pot over medium heat with the cacao butter.
2. Once hot, add in the onion and cashews. Fry, stirring occasionally for 5 minutes, or until the onions and cashews are golden and toasty.
3. Pour everything into a blender, add in the seasonings, aminos, vinegar and sweetener if you're using it. Blend until smooth.
4. **To make the chicken:** pre-heat oven to 425F.
5. Toss the chicken thighs, bacon fat, salt, and pepper together then lay the thighs flat on a sheet pan, so none of them overlap or touch.
6. Roast for 30 minutes, then flip over and roast another 10. Use a spatula to scrape them up off the sheet pan.
7. Serve over greens, drizzle the sauce all over them!

HEALTHY CREAM OF BROCCOLI SOUP



Nutrition Information (Per Serving)

Calories: 259 • **Protein:** 9.6g

Fat: 17.3g • **Total Carbs:** 13.2g

Yield: 5 Servings

Prep: 5 minutes • **Cook:** 35 minutes

Total Time: 40 minutes

INGREDIENTS

FOR THE SOUP

- ☐ 2 pounds broccoli florets
- ☐ 1 head of garlic
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon fine salt
- ☐ 3 cups warm bone broth
- ☐ 1 cup coconut milk
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 1/2 teaspoon orange zest
- ☐ 1 teaspoon fine salt

FOR THE GARNISH

- ☐ 1/4 cup toasted pine nuts
- ☐ fresh herbs or microgreens

DIRECTIONS

1. Preheat oven to 400F.
2. Toss all of the broccoli with 1 tablespoon olive oil and sprinkle with salt.
3. Spread out over a sheet pan.
4. Trim the top of a head of garlic, place it among the broccoli, drizzle with olive oil.
5. Roast the broccoli and garlic for 30 minutes.
6. Transfer the roasted broccoli to a blender. Squeeze the tender cloves out of the head of garlic and add to the blender. Add in the warm broth, coconut milk and seasonings. Blend until desired creaminess.
7. Serve hot and garnish with pine nuts and herbs.

ORANGE GINGER SALMON SKILLET



Nutrition Information (Per Serving)

Calories: 685 • **Protein:** 48.9g

Fat: 47.3g • **Total Carbs:** 18.4g

Yield: 2 Servings

Prep: 8 minutes • **Cook:** 20 minutes

Total Time: 28 minutes

INGREDIENTS

FOR THE SALMON

- ☐ 1 orange
- ☐ 2 teaspoons coconut aminos
- ☐ 2 teaspoons orange zest
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon garlic powder
- ☐ 1 pound king salmon, cut into 2 1/2-pound filets
- ☐ 1/2 teaspoon fine salt
- ☐ 1 tablespoon ghee or coconut oil

FOR THE VEGGIES

- ☐ 2 tablespoon ghee or coconut oil
- ☐ 3 medium carrots, cut into matchsticks
- ☐ 3 cloves garlic, sliced
- ☐ 2 cups sliced shiitake mushrooms
- ☐ 1/2 teaspoon fine salt
- ☐ splash of fish sauce
- ☐ splash of coconut aminos

TO GARNISH

- ☐ 2 green onion cut on the bias
- ☐ 1 teaspoon sesame seeds

DIRECTIONS

1. Juice the orange into a medium bowl, mix in the aminos, orange zest, ground ginger and garlic powder. Place the salmon filets meat side down in the marinade, not getting the skin wet.
2. Heat a large skillet over medium heat. When it comes to temperature, melt the 2 tablespoons ghee in the skillet. Then add in the carrots, and salt, and sauté for 2-3 minutes or until beginning to brown. Stir in the garlic and mushrooms, sauté for 10 minutes or until tender, toasty, and aromatic. Stir in the aminos and fish sauce and stir well.
3. Transfer the veggies to a bowl, cover and set aside. Put another tablespoon of ghee in the skillet then place the salmon filets, skin side down in the melted ghee. Cook here, undisturbed for 5 minutes. Then sear the filets for 30 seconds on all remaining sides.
4. Arrange the salmon skin side down again on the skillet and pour the remaining marinade over the salmon filets. Remove them from the skillet and serve over the veggies.
5. Garnish with green onion and sesame seeds. Enjoy!

STIR FRY MEATBALLS



Nutrition Information (4 Meatballs + Sauce)

Calories: 384.2 • **Protein:** 31.3g

Fat: 25.6g • **Total Carbs:** 7.7g

Yield: 24 Meatballs

Prep: 15 minutes • **Cook:** 30 minutes

Total Time: 45 minutes

INGREDIENTS

FOR THE MEATBALLS

- ☐ 2 pounds ground pork
- ☐ 1 cup shredded broccoli
- ☐ 1 cup shredded carrots
- ☐ 3 green onion, minced
- ☐ 2 teaspoons garlic powder
- ☐ 2 teaspoons fine salt
- ☐ 2 teaspoons dried cilantro or parsley
- ☐ 2 teaspoons ground ginger
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon cumin
- ☐ 1/4 teaspoon 5 spice
- ☐ 2 tablespoon coconut aminos
- ☐ 2 tablespoons flax meal
- ☐ 2 teaspoons sesame seeds
- ☐ coconut oil spray

FOR THE SAUCE

- ☐ 2 tablespoons coconut aminos
- ☐ 2 tablespoons Primal Kitchen Spicy Mustard
- ☐ 2 tablespoons cold bone broth
- ☐ 1 tablespoon rice wine vinegar or white wine vinegar
- ☐ 1 teaspoon fish sauce
- ☐ 1 teaspoon toasted sesame seed oil

DIRECTIONS

1. Pre-heat oven to 350F.
2. In a large bowl mix the ground pork, veggies, dry seasonings, coconut aminos and flax meal.
3. Shape 24 large meatballs. And place on a lightly greased sheet pan. Give them a light spray with coconut oil. Sprinkle with sesame seeds.
4. Bake for 30-40 minutes until fully cooked and golden brown.
5. While they cook, make the sauce. Whisk all of the sauce ingredients together until smooth. Be sure to use a good bone broth that is gelatinous when cold, it will help thicken the sauce!
6. When the meatballs are done, remove them from the oven, use a spatula to remove them from the sheet pan. Serve with dipping sauce! Enjoy!

KETO FRIED FISH



Nutrition Information (2 Pieces)

Calories: 475.8 • **Protein:** 51.7g

Fat: 27.4g • **Total Carbs:** 7.8g

Yield: 4 Servings

Prep: 20 minutes • **Cook:** 40 minutes

Total Time: 60 minutes

INGREDIENTS

- ❑ 1 1/2–2 pounds of wild caught halibut or center cut mahi mahi filets
- ❑ 1/2 cup coconut flour or gingersnut flour
- ❑ 2 teaspoons fine salt
- ❑ 1 teaspoon garlic powder
- ❑ 1 teaspoon onion powder
- ❑ 1/2 teaspoon ground mustard
- ❑ 1/2 teaspoon black pepper
- ❑ 2 eggs, whisked
- ❑ 1 tablespoon apple cider vinegar
- ❑ 2 cups almond meal
- ❑ 1 cup saturated fat for frying (tallow, coconut oil, or lard)
- ❑ 16" cast iron skillet

DIRECTIONS

1. Heat the skillet over medium heat while you prepare the fish. Add the fat to the skillet so you have about half an inch of depth.
2. Pat your fish dry and remove any skin or bones. Cut it into 3 ounce pieces, you should have about 8 pieces total.
3. In a shallow bowl, combine the seasonings and coconut flour. In a second shallow bowl, combine the eggs and vinegar. In the third shallow bowl, add the panko.
4. Test to see if the oil is ready by putting a wooden spoon in the oil. When it sizzles it's ready, then you can begin frying.
5. One at a time, dredge the pieces of fish in the coconut flour mix, then the egg, and lastly the panko. Carefully place each breaded piece in the hot cooking fat. Cook 3-4 pieces at a time, so you don't crowd the skillet.
6. Fry for 4 minutes on each side. Use tongs to place the cooked pieces on a wire rack while you fry the rest. If you double the recipe, you can keep the cooked pieces in the oven at 300F to keep them warm while you finish frying.
7. Serve hot with a dipping sauce, like my [One Minute Mayo](#) or [Cilantro Aioli](#), plus a fresh lemon wedge.

MORE WHOLE30
LUNCH AND DINNER RECIPES
ON THE BLOG



FRIED GARLIC AND BACON DEVILED EGGS



Nutrition Information (2 Eggs)

Calories: 269 • **Protein:** 15g

Fat: 23g • **Total Carbs:** 2g

Yield: 10 Eggs

Prep: 20 minutes • **Cook:** 0 minutes

Total Time: 20 minutes

INGREDIENTS

- ☐ 10 large eggs, hard boiled
- ☐ 1/4 cup [One Minute Mayo](#)
- ☐ 2 tablespoons Dijon Mustard
- ☐ 1/2 teaspoon ground white pepper
- ☐ 5 slices bacon
- ☐ 4 cloves garlic
- ☐ pinch of salt, optional

HOW TO BOIL EGGS

I like to bring a large pot of water to a rapid boil. I add a bit of vinegar to the water. I gently add the 10 large eggs in the water with a wooden spoon and cook for 10 minutes at a rapid boil. Then I remove from the heat, drain the water from the pot and quickly fill it with cold water and ice. Let the eggs sit in ice water 2 minutes before peeling.

DIRECTIONS

1. Heat a large skillet over medium heat. Put the bacon in the skillet and cook 5-6 minutes per side or until very crispy. Remove the bacon and add in the minced garlic. Fry in the fat until golden brown and aromatic. Use a spoon to remove from the fat and put on a paper-lined plate to drain.
2. Halve all your eggs and gently remove the yolks. Add them all to a bowl and mix with the mayo, mustard, pepper, garlic. Mince up the bacon and add it to the bowl too. Mix well! Taste, add salt as needed.
3. Use a small scoop or teaspoon to fill the egg whites with the fried garlic and bacon yolk mix. I used a small 1-ounce scoop to make then look all purdy! Enjoy!

SWISS CHARD ROMESCO



Nutrition Information (Per Serving)

Calories: 150 • **Protein:** 1.7g

Fat: 15.2g • **Total Carbs:** 3g

Yield: 12 Servings

Prep: 5 minutes • **Cook:** 15 minutes

Total Time: 20 minutes

INGREDIENTS

- ☐ 1/2 cup diced red onion
- ☐ 1 bunch Swiss chard, chopped (2 cups)
- ☐ 2/3 cup, plus 1 tablespoon extra virgin olive oil, divided
- ☐ 1 1/8 teaspoon fine salt, divided
- ☐ 1 teaspoon turmeric
- ☐ 1/4 teaspoon black pepper
- ☐ 1 1/2 tablespoon red wine vinegar
- ☐ 4 cloves garlic, peeled
- ☐ 1/2 cup Marcona almonds

DIRECTIONS

1. Preheat oven to 400F.
2. In a sheet pan combine the red onion and chard. Sprinkle with 1/8 teaspoon salt and drizzle with 1 tablespoon olive oil. Roast for 15 minutes until the vegetables are tender with browned bits.
3. Transfer the roasted veggies to a blender. Add in the remaining ingredients. Blend until smooth, like the consistency of pesto.
4. Store in an airtight container in the fridge for up to 2 weeks.

EGG ROLL POPPERS



Nutrition Information (5 Poppers + Sauce)

Calories: 485 • **Protein:** 33g

Fat: 36g • **Total Carbs:** 7g

Yield: 35 Poppers

Prep: 15 minutes • **Cook:** 30 minutes

Total Time: 45 minutes

INGREDIENTS

FOR THE POPPERS

- ☐ 1/4 cup coconut oil (for frying)
- ☐ 4 cups shredded broccoli
- ☐ 2 pounds ground pork
- ☐ 4 cloves garlic, fine minced
- ☐ 2 tablespoons fresh minced ginger, like a paste (or 2 teaspoons ground ginger)
- ☐ 3 teaspoons fine salt
- ☐ 2 teaspoons ground mustard seeds
- ☐ 1 teaspoon black pepper
- ☐ 3 teaspoons coconut aminos
- ☐ 3 ounces almond meal
- ☐ 2 large eggs

FOR THE SAUCE

- ☐ 1/3 cup coconut yogurt
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame seeds (or everything bagel seasoning)
- ☐ 1 teaspoon fresh ginger
- ☐ 1 tablespoon coconut aminos
- ☐ splash of fish sauce

DIRECTIONS

1. Heat your broccoli slaw in a large skillet with a tight-fitting lid with 2 tablespoons water for 10 minutes over medium heat. Let cool, then strain through a fine-mesh sieve or kitchen towel to remove as much water as possible. Alternatively, you may microwave the slaw for 2 minutes on high heat before straining the water out.
2. Heat a large skillet over medium heat with the coconut oil while you prepare the mix and the poppers.
3. In a large bowl combine the pork, broccoli, garlic, ginger, salt, black pepper, mustard seed, coconut aminos, almond meal and eggs. Mix well until evenly combined.
4. Shape 35 small balls and gently flatten. Check the oil, when a wooden spoon inserted sizzles, it's ready to fry.
5. Fry 6-7 poppers in the hot coconut oil, 3 minutes per side. Don't overcrowd the skillet. The oil should come up to half way up the poppers when 6-7 are in the oil.
6. Fry in batches until all the poppers are done. As you remove from the oil, place them on a paper towel lined plate.
7. To make the sauce, combine all of the sauce ingredients in a bowl and stir well.

DELICATA SQUASH STEAK NACHOS



Nutrition Information (Per Serving)

Calories: 382 • **Protein:** 31g

Fat: 24g • **Total Carbs:** 10g

Yield: 2 Servings

Prep: 20 minutes • **Cook:** 20 minutes

Total Time: 40 minutes

INGREDIENTS

- ☐ 4 slices sugar free bacon
- ☐ 1 teaspoon fine salt, divided
- ☐ 1/2 teaspoon dried oregano
- ☐ 1/2 pound pastured skirt steak or flap meat
- ☐ 1 small delicata squash (about 6 inches long)
- ☐ 1 ripe hass avocado
- ☐ 2 cloves garlic
- ☐ 1/4 cup coconut cream
- ☐ juice of 1 lemon
- ☐ 1/2 cup chopped cilantro

ADDITIONAL GARNISHES

- ☐ more cilantro
- ☐ pickled red onions
- ☐ diced strawberries
- ☐ thinly sliced radishes

DIRECTIONS

1. Heat a large cast iron skillet over medium heat. Add the bacon to the skillet while it heats. Cook about 5-7 minutes per side until very crispy. Remove from the skillet and set aside.
2. Score your steak on once side in shallow cuts creating a grid like pattern. Sprinkle all over with 1/2 teaspoon salt and 1/2 teaspoon dried oregano.
3. Cook on the hot skillet, in the bacon grease for 4 minutes a side. Don't move it once you put it down, you want it to get a nice char.
4. While the steak cooks, slice your squash into 1/4 inch thick slices. Run the knife around the inside of the rings to seed.
5. When the steak is done remove it from the skillet and add the squash in one even layer. Cook 3 minutes a side until they are toasty! Cook 6-8 pieces at a time, to not crowd the skillet.
6. While the squash cooks, combine the avocado, garlic, lemon juice, cilantro, 1/2 a teaspoon salt and coconut cream in a blender or a food processor. Pulse until a light green, almost smooth sauce forms. Use a spatula to gather it together.
7. When the squash is done, layer it all over a large plate. Sprinkle with a little salt. Use a big scoop to shape a mound of avocado crema. Then slice your steak into very thin slices and put it next to the crema. Chop up the bacon and sprinkle it all over. Add remaining garnishes! Dig in!

GRILLED SHRIMP AND AVOCADO APPETIZER



Nutrition Information (Per Stack)

Calories: 373 • **Protein:** 22.7g

Fat: 21.7g • **Total Carbs:** 23.4g

Yield: 3 Stacks

Prep: 15 minutes • **Cook:** 6 minutes

Total Time: 21 minutes

INGREDIENTS

- ☐ 6–9 16 count shrimp (that means 16 shrimp to a pound, or jumbo shrimp, I buy them shell and tail on)
- ☐ 1/2 teaspoon salt, more to taste
- ☐ 1 teaspoon black pepper
- ☐ 1 tablespoon onion powder
- ☐ 1 lemon
- ☐ 2 tablespoons coconut aminos
- ☐ 2 tablespoons avocado oil
- ☐ 2 ripe hass avocado
- ☐ chives

DIRECTIONS

1. Clean and peel your shrimp: use scissors to cut a slit into the top, use your fingers to remove the little black vein, then peel the shell outwards. Leave the last segment and tail on.
2. Place the peeled shrimp in a bowl. Add in the salt, pepper, onion powder, coconut aminos and juice of one half of the lemon. Toss to combine.
3. Heat your grill or your cast iron skillet on medium heat to temperature. Add a little more avocado oil and place your shrimp on the hot surface so they are all laying flat. Cook 3 minutes per side. Use tongs to flip.
4. Remove the shrimp from the heat and let them cool while you prepare the avocado base.
5. Scoop out your avocado into a bowl. Sprinkle in a little salt and the remaining lemon juice. Use a fork to gently mash, leaving some chunks.
6. Set out three plates, or one serving platter. Use a cookie cutter or another 3" round to shape the "guac cakes". Do this by filling the round with spoonfuls of the avocado mix and gently pressing down, sliding the mold straight up.
7. Arrange your shrimp, 2-3 per guac round, tails up. Garnish with minced chives and lemon slices.

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