The Autoimmune Paleo Cookbook

Preview Copy

by Mickey Trescott
photographed by Kyle Johnson

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# Meats

beef
bison
buffalo
chicken
turkey
duck
pig
rabbit
venison

# Fruits

apple
apricot
avocado
banana
blackberry
blueberry
cantaloupe
cherry
clementine
coconut
date
fig
grape
grapefruit
guava
huckleberry
honeydew
kiwi
lemon
lime
mango
marionberry
nectarine
orange
papaya
peach
pear
persimmon
plum
pineapple
pomegranate
raspberry
strawberry
tangerine
watermelon

# Herbs

basil
bay leaves
chamomile
chives
cilantro
dill
lavender
lemon grass
marjoram
mint
parsley
peppermint
rosemary
sage
spearmint
tarragon
thyme

# Pantry Items

apple-cider vinegar
anchovies
arrowroot powder
coconut flour
coconut flakes
coconut vinegar
coconut aminos
dates
dried fruit
olives
salmon
sardines
tuna
ume plum vinegar

# Ferments

sauerkraut
fermented vegetables
(carrot, beet, other veg)
kombucha
water kefir
Breakfast Ideas:

- **Meat Patties** - If you have at least two different kinds in your freezer, you can avoid having the same thing for breakfast every morning. Just grab out of the freezer and reheat in a skillet.

- **Bone Broth** - Breakfast is a great time to get a mug of bone broth in. It can replace your morning coffee or tea.

- **Fermented Vegetables** - Sauerkraut or other fermented vegetables can be stored in your fridge and just need to be scooped out on your plate to add to breakfast.

- **Leftover Vegetables** - If you have any leftover veggies from the dinner the day before, you can throw them into the skillet to heat up with the meat patties. You can also batch-cook a big vegetable hash every week to quickly reheat for breakfasts.

- **Raw Fruit or Vegetables** - You can eat a piece of fruit or some raw vegetables with your breakfast, but I would not choose this in lieu of quality protein or fat.

- **Canned Fish** - If you run out of patties or are in a rush, a bpa-free can of fish (salmon or sardines are nice) mashed up with some raw veggies can be a quick solution.

- **Bacon** - Always a nice addition to breakfast. Make sure to purchase the pastured, sugar-free variety.

- **Leftover Meals** - Forget your prior conception of breakfast. If you have a leftover portion of stew or other hearty meal with protein, eat it for breakfast!
Skills + Staples

- Healing Foods + Staples: 28
- Bone Broth: 29
- Fermented Vegetables: 31
- Kombucha: 32
- Water Kefir: 33
- Coconut Cream: 34
- Coconut Milk: 35
In addition to strictly avoiding certain foods on the autoimmune protocol, a big part of being successful is to incorporate gut healing foods like bone broth and ferments into your diet. I am a proponent of getting some ferments in every day, whether that be fermented vegetables (with breakfast is my favorite) or a probiotic beverage like kombucha or water kefir. Bone broth can be enjoyed as a warming beverage in the morning or afternoon instead of coffee, and your gut will thank you for all of the healing minerals and nutrients contained within. Even if you don’t want to drink it by itself, a large majority of recipes in this book call for bone broth, so it is something you should have on hand either fresh or frozen in advance.

I like to use coconut cream and coconut milk to thicken and add “creaminess” to my recipes. I recommend having at least coconut cream made so that those recipes go more quickly. Alternatively, you can buy it at the store, and it keeps for a while at room temperature so there isn’t much of a storage issue. Coconut milk is another item I like to have on-hand, although it only lasts for a few days in the refrigerator. Making it yourself is preferable to store-bought because it is very difficult to find varieties without gut-irritating thickeners.
## Autoimmune Paleo

### Complete Four-Week Meal Plan

#### Week 1

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<td>Mediterranean Salmon Salad (p.80)</td>
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<td>Ginger-Baked Salmon (p.125) Cauliflower Fried Rice (p.99)</td>
<td>Chicken and Acorn Squash Soup</td>
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<td>Shredded Ck Breast (p.118) Curried Chicken Salad (p.113) Emerald Kale Salad (p.78)</td>
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* freeze two servings  **freeze one serving
## Pantry

### Pantry Items:
- solid cooking fat of your choice (lard, tallow, duck fat)
- coconut oil
- extra-virgin olive oil
- coconut cream
- ginger powder
- turmeric powder
- sage powder
- cinnamon powder
- bay leaves
- sea salt
- coconut flour
- kalamata olives
- capers
- apple-cider vinegar
- coconut aminos
- shredded coconut flakes

### Items to keep in stock:
- yellow onions
- red onions
- fresh garlic
- fresh ginger
- lemons
- BPA-free canned salmon
- BPA-free canned tuna

### Have ready:
- fermented vegetables
- bone broth

## Shopping List

### Week 1

**Saturday:**
- 2 pounds grass-fed ground beef
- 2 pounds pastured chicken thigh, ground
- 12 ounces wild-caught salmon
- 12 ounces grass-fed sirloin steak
- 1 bunch broccoli or broccolini
- 1 large head cauliflower
- 2 bunches dark leafy greens (kale, chard, collard greens)
- 1 bunch chard
- 3 pounds carrots
- 1 pound parsnips
- 1 zucchini
- 1 sweet potato
- 2 cups mushrooms
- fresh sage x2
- fresh rosemary
- fresh thyme
- fresh chives

**Wednesday:**
- 12 ounces pastured chicken breast
- 1 bunch curly-leafed kale
- 1½ pounds sweet potatoes
- 1 bunch broccoli or broccolini
- 1 head lettuce
- 2 bunches dark leafy greens (kale, collards, chard)

**Alternate Four-Week Meal Plan**

### Week 2

**Saturday:**
- 2 pounds grass-fed beef roast or stew meat
- 12 ounces ground lamb
- 1 head savoy cabbage
- 1 butternut squash
- 2 pounds carrots
- 1 cup mushrooms
- 3 beets
- 3 parsnips
- 1 rutabaga
- 1 or 2 avocados
- 2 pears
- 2 blood oranges (or valencia)

**Wednesday:**
- 1 pound wild-caught salmon
- 2 bunches dark green leafy (kale, collards, chard)
- 1 pound portobello mushroom caps
- 2 pounds green beans
- 1 bunch celery
- 2 carrots
- 1 cucumber
- 1 avocado
- fresh thyme
- fresh rosemary
- fresh parsley

### Week 3

**Saturday:**
- 2 pounds grass-fed ground beef
- 2 pounds pastured chicken thigh, ground
- 12 ounces pasture-raised chicken breast
- 3 pounds butternut squash
- 1 head savoy cabbage
- ½ head purple cabbage
- 3 pounds beets
- 1 large fennel bulb
- 1 bunch radishes
- 1 head of lettuce
- 2 carrots
- 1 cucumber
- ½ cup mushrooms
- 2 avocados
- fresh sage x2
- fresh parsley
- fresh rosemary
- fresh thyme

**Wednesday:**
- 2 acorn squash
- 2 carrots
- 1 bunch celery
- 1 head cauliflower
- 1 cup mushrooms
- 1 bunch spinach
- 4 zucchini
- 2 portobello mushroom caps
- fresh rosemary

### Week 4

**Saturday:**
- 2 pounds pasture-raised beef roast or stew meat
- 12 ounces grass-fed lamb
- 1 head green cabbage
- 3 pounds butternut squash
- 1 head purple cabbage
- 3 pounds beets
- 1 large fennel bulb
- 1 bunch radishes
- 1 head of lettuce
- 2 carrots
- 1 cucumber
- ½ cup mushrooms
- 2 avocados
- fresh sage x2
- fresh parsley
- fresh rosemary
- fresh thyme

**Wednesday:**
- 1 pound pastured chicken legs and thighs
- 12 ounces wild-caught salmon
- 2 bunches dark leafy greens (kale, collards, chard)
- ½ head savoy cabbage
- 1 head cauliflower
- 1 ½ pounds parsnips
- 3 cups mushrooms
- 6 carrots
- 1 zucchini
- 3 beets
- 3 parsnips
- 1 rutabaga
- fresh sage x2
- fresh chives
Appetizers + Snacks

Crispy Kale Chips ...........................................50
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Bacon-Wrapped Pears ....................................54
Fig Energy Bites .............................................55
Mango Salsa

Time: 15 minutes ~ Makes 2 cups

Ingredients:

1 large mango, peeled and diced
1 avocado, cubed
½ small red onion, diced
1 cucumber, diced
1 bunch cilantro, chopped
2 cloves garlic, minced
½ teaspoon sea salt
1 tablespoon olive oil
1 lime, juiced

1. Combine all of the ingredients in a bowl and mix to incorporate. Serve immediately.

Serving Suggestions: Serve on shredded beef lettuce boats, coconut crusted cod, and salads.
Rainbow Roasted Root Vegetables

Time: 1 hour ~ Serves 4

Ingredients:

5 medium carrots, cut into 1-inch pieces
3 medium beets, peeled and cut into 1-inch pieces
3 medium parsnips, cut into 1-inch pieces
1 small rutabaga, peeled and cut into 1-inch pieces
3 tablespoons solid cooking fat, melted
sea salt to taste

1. Preheat oven to 400 degrees. Combine the carrots, beets, parsnips, and rutabaga in a bowl and coat with the cooking fat and sea salt.
2. Transfer to a baking dish and bake until soft and browned on the outside, about 1 hour. Make sure to stir a couple of times while cooking. Serve warm.

Note: Feel free to use a variety of root vegetables for this recipe, not just the ones called for. Sweet potato, celeriac, and turnips make lovely additions or substitutions to any of the above.
Curried Chicken Salad

Time: 15 minutes ~ Serves 3-4

Ingredients:

½ cup garlic “mayo” (p.70), slightly warmed
1 teaspoon apple-cider vinegar
½ lemon, juiced
2 teaspoons powdered turmeric
1 teaspoon powdered ginger
¼ teaspoon sea salt
1 lb pastured chicken breast, shredded (p.118)
¼ cup chopped red onion
¼ cup raisins
2 tablespoons chopped parsley

1. Combine the mayo, apple-cider vinaigrette, lemon juice, turmeric, ginger, and sea salt in a bowl and whisk to combine.
2. Add the chicken breast, red onion, and raisins and stir. Serve garnished with chopped parsley.

Note: Keeps for a few days in the refrigerator.
Coconut-Crusted Cod

Time: 45 Minutes ~ Serves 4

Ingredients:

- 24 ounces cod fillets, cut into 2 inch thick strips
- 1 ½ cups coconut flour
- 1 ½ teaspoons ginger powder
- ¼ teaspoon salt
- 2 cups coconut milk
- 1 cup finely shredded coconut
- 2 tablespoons coconut oil
- mango salsa (p.72)

1. Wash, dry, and debone the cod fillets.
2. Combine the coconut flour, ginger powder and salt on a plate or shallow bowl. Place the coconut milk in another shallow bowl, as well as the shredded coconut. Dip the cod strips into the coconut milk, then the coconut flour mixture, back into the coconut milk, and finally into the shredded coconut, paying special attention to creating a thick breading.
3. Heat the coconut oil in the bottom of a skillet on high heat. When it is hot, cook the cod strips for five minutes a side depending on thickness of the fish, or until the top and bottom are nice and browned and the fish is cooked throughout. Once the cod strips are in the pan, try not to fuss with them too much – because there is no egg in the breading, they are a little delicate.
4. Serve with mango salsa.
Beef + Lamb

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About me:

I decided to write this book after having great success using the autoimmune protocol in my own life after being diagnosed with both Celiac and Hashimoto’s disease. Although it was a relief to have a diagnosis, my health continued to decline until I was able to get to the root of my food allergies and sensitivities by using the autoimmune protocol. Now that I have found health again, I enjoy gardening, knitting, and spending time outdoors in my home state of Washington.

I have a background working privately as a home chef, helping people provide delicious, nutrient-dense foods for their families. I also have a passion for the organization and preparation that goes into keeping a kitchen stocked full of wholesome home-cooked meals, even while on a restricted diet. In addition to cooking for people in their homes, I practice nutritional therapy and blog about the autoimmune protocol at autoimmune-paleo.com.
The first half of the book is all about the autoimmune protocol and how to go about an elimination diet, complete with how-to pages and meal plans. In the second half of the book, there are recipes for every meal and occasion - appetizers and snacks, sauces and dressings, salads, soups and stews, vegetables, chicken, beef and lamb, seafood, and desserts. Recipes range from quick lunches and weeknight dinners to elaborate meals for parties or gatherings.

In addition to the recipes, you will find information on:

- **Foods to eat or avoid.** Included are detailed guides on what to eat and what to avoid while on the autoimmune protocol.
- **Two 4-week meal plans.** Both meal plans are linked to corresponding recipes throughout the book.
- **Shopping lists.** Each meal plan comes with complete bi-weekly shopping lists and instructions for modifications.
- **Tips and tricks.** These are sections on how to get the most out of the autoimmune protocol - included are sections on food quality, a shopping guide, and ideas for batch cooking and breakfast inspiration.
- **Skills and staples.** For those who want a more intensive healing approach, there is information about traditional healing foods like bone broth, fermented vegetables and fermented beverages.

The book is sold as a downloadable .pdf, able to be read on a desktop, laptop, ipad, kindle, or other e-reader with .pdf capability.

To purchase the e-cookbook, please visit the following [link](http://bit.ly/aicookbook):