



# THE WHOLE30<sup>®</sup>

The 30-DAY Guide to TOTAL HEALTH and FOOD FREEDOM

From the best-selling authors of *IT STARTS WITH FOOD*

Melissa Hartwig and Dallas Hartwig



# seared salmon benedict

## SERVES 2

**PREP TIME:** 15 minutes

**COOK TIME:** 10 minutes

**TOTAL TIME:** 25 minutes

2 salmon fillets (5 ounces each), skin removed

1 teaspoon salt

½ teaspoon black pepper

3 tablespoons cooking fat

2 large eggs, poached (see page 150)

½ cup Hollandaise (page 314)

1 pinch cayenne pepper

**It's important that the fat be very hot to properly sear fish. To test, toss in a few grains of sea salt, or a small piece of your ingredients (like a bit of garlic or a small square of onion). If it sizzles, your pan is ready! You can also stick the end of a chopstick or a wooden spoon into the oil. If bubbles form around the wood, you've reached the right temperature.**

PREHEAT the oven to 350°F.

SEASON both sides of salmon evenly with the salt and pepper. In a large oven-safe skillet, heat the cooking fat over medium-high heat, swirling to coat the bottom of the pan. When the fat is hot, add the salmon fillets skinned-side down. Sear the salmon until you see the edges start to pull away from the pan, 3 to 4 minutes. Slide a metal spatula under each fillet and turn. (If they are ready, they will come off with little effort, so don't rush this step! If the fillets don't readily release, allow another minute before turning them over.)

TRANSFER the pan to the oven and bake for 5 to 7 minutes, until white "curd" protein starts to show on the sides of the salmon. Check often, as thinner salmon will cook faster. Transfer the cooked salmon to a plate.

PLACE the poached eggs over the salmon fillets and drizzle evenly with the hollandaise. Top with a dash or two of cayenne pepper and black pepper.

★ **SKINNING SALMON** *To remove the skin from salmon, place the fillet skin-side down on a flat surface. Pressing gently on the top of the fillet to hold it in place, slide a sharp knife between the skin and the flesh closest to your body. While holding on to the flap of skin you just created, slide the knife away from you, separating the skin from the flesh. Discard the skin. Most fish markets and health food stores will skin your fish for you, so feel free to ask your fishmonger for this service before he wraps up your purchase.*



# hollandaise

**MAKES 2 CUPS**

**PREP TIME:** 15 minutes

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**1½ cups clarified unsalted butter or ghee**

**4 large egg yolks**

**2 tablespoons lemon juice**

**1 teaspoon salt**

**⅛ teaspoon cayenne pepper (optional)**

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**Most people think of hollandaise as a topping for poached eggs (see page 150), but it's also great over grilled fish, smoked salmon, and vegetables like asparagus, green beans, Brussels sprouts, and potatoes.**

IN a medium saucepan over low heat, melt the butter or ghee until warm but not bubbling.

COMBINE the egg yolks, lemon juice, salt, and cayenne pepper (if you like) in a food processor or blender and pulse 10 to 15 times to combine. Slowly drizzle in the warm butter or ghee while mixing on low speed, until the sauce emulsifies and thickens. If the sauce becomes too thick, blend in a tablespoon of warm water.

SERVE the sauce immediately, or hold covered in a small saucepan on the lowest heat setting for up to an hour. Make your hollandaise fresh every time you serve it, as it doesn't store well in the refrigerator.

★ **IT'S IMPORTANT** *that your butter or ghee is warm but not hot—if it's too hot, the sauce could curdle. If you made clarified butter with salted butter, skip the salt in this recipe. You can always add a dash after tasting if it needs more.*

# perfect poached eggs

## SERVES 2

**PREP TIME:** 3 minutes

**COOK TIME:** 3 to 5 minutes

**TOTAL TIME:** 6 to 8 minutes

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2 teaspoons white vinegar

1 teaspoon salt

4 eggs, large

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FILL a large skillet with 2 to 3 inches of water and add the vinegar and salt. Bring the water to a boil over high heat.

WHILE waiting for the water to boil, carefully crack each egg into separate small bowls.

WHEN the water comes to a boil, gently pour each egg into the water. As soon as all of the eggs are in the pan, remove the pan from the heat, cover, and let sit for 3 minutes (for very soft yolks), or 5 minutes (for firm yolks).

REMOVE the cooked eggs from the pan with a slotted spoon, allowing any excess water to drain. Serve warm.

 **PRO TIP** *Use the freshest eggs you have when poaching, as the egg white is thicker when fresh. You can also use poaching cups or a poaching tray; both are inexpensive kitchen tools that make the process a bit more foolproof. (Cooking times may vary from above when using these gadgets.)*

# chicken cacciatore

## SERVES 2

**PREP TIME:** 15 minutes

**COOK TIME:** 40 minutes

**TOTAL TIME:** 55 minutes

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- 4 tablespoons cooking fat
  - 1 pound chicken legs (bone-in, skin-on)
  - ½ pound chicken thighs (boneless)
  - ½ teaspoon salt
  - ½ teaspoon black pepper
  - ½ onion, minced
  - ½ red bell pepper, finely diced
  - 1 cup mushrooms, sliced
  - 2 cloves garlic, minced
  - 1 tablespoon capers, drained
  - 1 14.5-ounce can diced tomatoes
  - 1 cup chicken broth or water
  - 1 tablespoon fresh basil leaves, rough chopped
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While you could make this dish with boneless, skinless everything, you'd be missing out. The chicken skin holds the fat, and fat equals flavor. Plus, skin-on chicken retains the sauce better, and gives a warm, rustic look to the dish. While it's not an official rule, we'd recommend purchasing pastured and/or organic chicken, especially when you are making dishes that include the chicken skin.

IN a large skillet with high edges, heat 2 tablespoons of the cooking fat over medium-high heat, swirling to coat the bottom of the pan. Season the chicken with the salt and pepper and place in the pan. Sear the chicken until golden brown, about 3 minutes on each side. Remove the chicken from the pan and set aside.

WITH the same pan still on medium-high heat, add the remaining 2 tablespoons of cooking fat, onions, and peppers and sauté for 2 to 3 minutes, until the onion becomes translucent. Add the mushrooms and continue to cook, stirring for 2 minutes. Add the garlic and stir until aromatic, about 1 minute. Add the capers and diced tomatoes.

RETURN the chicken to the pan and cover everything with the chicken broth or water. Reduce the heat to medium and bring everything to a simmer. Turn the heat down to low and continue to simmer (not boil) until the chicken reaches an internal temperature of 160°F, about 30 minutes.

GARNISH with the chopped basil and serve.

★ **WITH A LITTLE PLANNING**, you could buy a 2½ to 3 pound whole chicken and use it to make this entire dish. First, roast the chicken using the technique on page 157. Strip the meat from the legs and thighs (keep the skin!) and refrigerate for later. Then, take the chicken carcass and make broth using the technique on page 177. When you're ready to make this meal, start at the cacciatore instructions above, adding the roasted meat to the sauce and simmering for just 10 minutes to heat it all the way through. This reduces the cooking time to just 15 minutes, and makes the most of the whole chicken.



**MAKE IT A MEAL:** This one-pot meal technically stands alone, but to add even more nutritional power, serve over Cauliflower Rice (page 272), a plate of fresh baby spinach leaves, or a thin layer of mashed potatoes. For more of an Italian feel, serve over zucchini noodles (see technique on page 272) or Roasted Spaghetti Squash (page 294).

# pesto

## MAKES 2 CUPS

**PREP TIME:** 10 minutes

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½ cup walnuts

3 cloves garlic, minced

3 cups packed fresh basil leaves

1 cup spinach leaves

Juice of ½ lemon

1 ½ cups extra-virgin olive oil

½ teaspoon salt

½ teaspoon black pepper

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Use this pesto in place of tomato sauce; try it mixed in with our Italian-inspired Perfect Ground Meat (page 152), or drizzled over Stuffed Peppers (page 222). Another one of our favorite “ingredient” meals is to make Roasted Spaghetti Squash (page 294), add sun-dried tomatoes and Whole30-compliant sausage or chicken sausage, and top with pesto and a sprinkle of pine nuts. It’s also delicious on eggs, or mixed into your favorite Protein Salad (page 161).

HEAT a dry skillet over medium-high heat. When the pan is hot (sprinkle some water on the dry pan—if it sizzles, it’s hot), add the walnuts in a single layer and stir or shake frequently until lightly browned, about 2 minutes.

COMBINE the walnuts and garlic in a food processor and pulse a few times to combine. Add the basil and spinach and pulse until coarsely chopped. Add the lemon juice. While mixing on low speed, add the olive oil in a slow stream until all the ingredients are fully blended. Add the salt and pepper and pulse a few more times to combine.

STORE in the refrigerator for up to 2 to 3 days, or freeze in ice cube trays (see technique on page 306).

★ **PESTO NUTS** *Traditional pesto uses pine nuts, but these can be expensive. We’ve used walnuts instead, but free to substitute whatever nuts you have on hand—pecans or almonds would work just as well.*

# banger sausage patties with sweet potato mash and caramelized onions

## SERVES 2

**PREP TIME:** 25 minutes

**COOK TIME:** 25 minutes

**TOTAL TIME:** 50 minutes

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### FOR THE SAUSAGE

**1 pound ground pork**

**¼ teaspoon ground sage**

**¼ teaspoon garlic powder**

**¼ teaspoon dried thyme**

**¼ teaspoon onion powder**

**⅛ teaspoon cayenne pepper**

**⅛ teaspoon nutmeg**

**1 teaspoon salt**

**⅛ teaspoon black pepper**

**Grated zest of 1 lemon**

**2 medium sweet potatoes, peeled  
and cut into large dice**

**4 tablespoon ghee or clarified butter**

**½ cup full-fat coconut milk**

**1 onion, thinly sliced**

**¼ teaspoon salt**

**¼ teaspoon black pepper**

**PREHEAT** the oven to 350°F. Bring 4 cups of water to a boil in a medium pot over medium-high heat. Line a baking sheet with parchment paper.

**PREPARE THE SAUSAGE:** In a large mixing bowl, mix all the sausage ingredients. Form into 8 equal patties. Place on a plate and chill in the freezer for 10 to 15 minutes while starting the sweet potato mash.

**COOK** the sweet potatoes in the boiling water until fork tender, 10 to 15 minutes. Drain and return the potatoes to the pot. Add 1 tablespoon of the ghee and coconut milk. Using a potato masher, immersion blender, or large kitchen fork, mash and mix the sweet potatoes with the ghee and the coconut milk. Cover the pot to keep warm and set aside.

**REMOVE** the sausage from the freezer and place on the parchment paper-lined baking sheet. Bake the sausage patties in the oven for 12 to 15 minutes, until the internal temperature reaches 145°F, and no pink remains in the middle of the patty.

**MEANWHILE,** heat the remaining 3 tablespoons of ghee in a large skillet over medium heat, swirling to coat the bottom of the pan. When the ghee is hot, add the onion and cook for 15 minutes, turning them periodically as they begin to brown and caramelize. (Do not rush this step—the browner the color, the more concentrated the flavor will be.)

**TRANSFER** the mashed sweet potatoes to a bowl or serving dish and top with the caramelized onions. Season with salt and pepper and stir to combine. Serve with the sausage patties.

Don't be intimidated by the long list of spices in this fancier sausage mixture—measuring and mixing is actually really quick. To make it easier on future you, quadruple the spice mixture (the ingredients from sage to pepper), use one-fourth of it (2 heaping teaspoons) in this batch, and store the rest in an airtight container in your pantry for the next time you want to make the sausage.

**MAKE IT A MEAL:** Double the sweet potato mash recipe and you've got an easy side dish for tomorrow night's dinner—serve with Braised Beef Brisket (page 214), Walnut-Crusted Pork Tenderloin (page 252), or Halibut with Citrus-Ginger Glaze (page 240).

★ **CARAMELIZING ONIONS** *Caramelizing the onion adds so much flavor to this dish, but it takes care and patience. First, don't slice the onions too thin or they'll dry out too much while cooking. Aim for slices about 1/8 inch thick. Make sure you use a large enough pan—crowd your onions and they'll steam instead of caramelize. Finally, don't rush the process! Onions should be soft in texture and a rich brown color before you pull them off the stove.*

# grilled steak with garlic-shallot puree and avocado

## SERVES 2

**PREP TIME:** 15 minutes

**COOK TIME:** 25 minutes

**TOTAL TIME:** 40 minutes

2 steaks (5 ounces each) for grilling  
(sirloin, strip, rib eye, tenderloin)

1 teaspoon salt

1 teaspoon black pepper

2 cloves garlic, peeled

1 shallot, peeled

2 tablespoons extra-virgin olive oil

1 avocado, split lengthwise, pitted,  
and peeled

Roasting the shallot and garlic imparts a rich, deep flavor, but you could cut about 20 minutes off your cooking time by sautéing instead of roasting: First mince the shallot and garlic. Heat a large skillet over medium-high heat. Add 1 tablespoon cooking fat and swirl to coat the bottom of the pan. Add the shallot and cook until translucent (2 to 3 minutes), then add the garlic and cook until aromatic (about 1 minute). Puree in the blender as directed.

REMOVE the steaks from the refrigerator 30 minutes before cooking. Preheat a grill to high heat (500°F) and the oven to 350°F. Line a baking sheet with foil.

MIX the salt and pepper in a small bowl and use two-thirds of the mixture to season the steaks.

TOSS the garlic and shallot in 1 tablespoon of the olive oil and arrange on the prepared baking sheet. Season evenly with the remaining salt and pepper. Roast in the oven for 25 minutes, until the cloves are soft throughout. Transfer the garlic and shallots to a food processor, add the remaining 1 tablespoon olive oil, and puree. Transfer the puree to a dish, cover with foil to keep warm, and set aside.

LAY the steaks on the hot grill and sear for 2 to 3 minutes. The steaks should pull off easily when they are seared. Turn the steaks over and sear the other side—the second side doesn't take as long, 1 to 2 minutes, or to desired doneness (see chart on page 154). Let the steaks rest for 5 to 10 minutes.

MEANWHILE, sear the avocado halves pitted side down on the grill until lightly browned, 3 to 4 minutes.

ARRANGE the avocado and steaks on plates and top the steaks with the warm garlic and shallot puree.

**MAKE IT A MEAL:** This flavorful steak goes great with the Roasted Beet, Orange, and Avocado Salad (page 290) or Green Beans with Sautéed Onion, Mushrooms, and Peppers (page 280).



★ **GRILLING STEAK** *Grilling room-temperature steak keeps the outside from overcooking while waiting for the cold inside to reach the right temperature. And don't just tuck right into that gorgeous steak when you pull it off the grill—let it rest! If you cut into your steak fresh off the grill (or out of the pan), all those juices (and flavor) will spill out onto your plate, making your meat both drier and less tasty. Letting it rest allows the steak to cool slightly, causing the muscle fibers to relax and retain all those delicious juices in the meat.*

# romesco garlic shrimp with zucchini noodles

## SERVES 2

**PREP TIME:** 45 minutes

**COOK TIME:** 10 minutes

**TOTAL TIME:** 55 minutes

4 medium zucchini (about 4 cups of “noodles”)

2 tablespoons cooking fat

¼ onion, finely chopped

2 cloves garlic, minced

1 pound large shrimp, peeled and deveined

1 teaspoon salt

½ teaspoon black pepper

2 teaspoons chopped fresh parsley leaves

Romesco Sauce (page 318)

You can save yourself 25 minutes of prep time and make your Romesco Sauce up to two days in advance. This dish is just as delicious served cold, substituting Pesto (page 315) for the Romesco Sauce, and cold cucumber noodles instead of steamed zoodles. You can also cheat and buy cooked shrimp—just skip the ¼ cup water and covered cooking at the end of the third step.

PEEL the zucchini with a regular peeler. Then, using a julienne peeler, make long slices along one side of each zucchini until you get down to the seeded core. Rotate the zucchini and continue to peel until you’ve done all four sides. (If you have a spiral slicer, you can use that instead of a julienne peeler.) Discard the core, and set the noodles aside.

ADD 2 cups of water to a large pot over medium-high heat and bring to a boil while you begin cooking the shrimp.

MELT the cooking fat in a large skillet over medium heat, swirling to coat the bottom of the pan. When the fat is hot, add the onion and cook, stirring, until translucent, about 2 minutes. Stir in the garlic and cook until aromatic, about 1 minute. Add the shrimp, toss to coat with the onion and garlic, and cook stirring, for 2 minutes. Add ¼ cup water to the skillet and cover with a lid. Cook until the shrimp form the shape of a “C,” 4 to 6 minutes. Transfer to a serving bowl (draining any remaining water), and season with the salt and pepper.

AFTER you add the water and cover the shrimp, place a colander or steamer inside the large pot of boiling water. Add the zucchini noodles, cover, and steam until the zucchini is al dente in texture, 2 to 3 minutes. Drain the “zoodles” and transfer to a serving dish or individual plates.

SPRINKLE the shrimp with the parsley, toss, and spoon over the zoodles. Spoon the Romesco Sauce over the shrimp and zucchini and serve.

★ **SHRIMP** *Shrimp are quite easy to prepare, but they get tougher the longer you cook them. Perfectly cooked shrimp will be pink in color, and shaped like a “C”—if they are curled up tightly into an “O” shape, they’re overcooked. If you’re using frozen shrimp, make sure they are completely thawed before you start cooking.*

