

# The Paleo Approach Cookbook Ultimate Costco Guide

## Introduction

[The Paleo Approach](#) (also known as the autoimmune protocol or AIP) is a more specific version of the paleo diet aimed at regulating the immune system and giving the body the opportunity to heal from the damage of autoimmune disease. It works by addressing four key areas known to be important contributors to immune and autoimmune diseases. Drawing on insights gleaned from more than 1,200 scientific studies, these diet and lifestyle recommendations specifically target:

- nutrient density (by focusing on consuming the most nutrient-dense foods available, which enables a synergistic surplus of micronutrients to correct both deficiencies and imbalances. A nutrient-dense diet further provides the building blocks that the body needs to heal damaged tissues.)
- gut health (by supporting the growth of healthy levels and a healthy variety of gut microorganisms and removing foods that damage the lining of the gut while endorsing foods that help restore gut barrier function.)
- hormone regulation (by addressing dietary factors like eating too much sugar or grazing rather than eating larger meals spaced farther apart as well as lifestyle factors like how much sleep we get, how much time we spend outside, how much and what kinds of activity we get, and how well we manage stress.)
- immune system regulation (by restoring a healthy diversity and amount of gut microorganisms, restoring the barrier function of the gut, providing sufficient amounts of micronutrients, and regulating the key hormones that in turn regulate the immune system.)

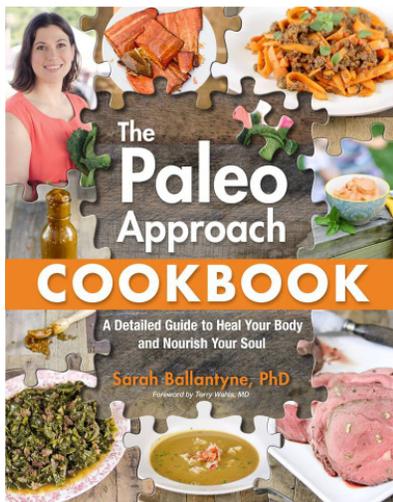
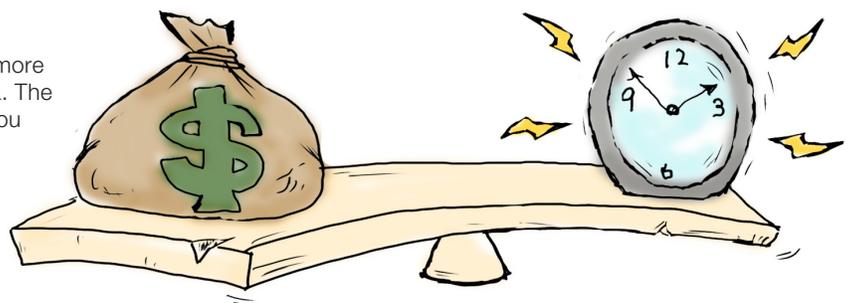
[The Paleo Approach Cookbook](#) is the highly anticipated companion cookbook to the groundbreaking guidebook [The Paleo Approach](#). While [The Paleo Approach](#) explains the science and practical aspects of an autoimmune-friendly diet in more depth,

[The Paleo Approach Cookbook](#) features:

- over 200 recipes! Each recipe includes cook time, prep time, servings, tips, variations, nutrition facts, FODMAP alerts, and a photograph for every recipe!
- hundreds of recipe variations! So you're never bored!
- 6 one-week meal plans! Complete with Shopping Lists and Plan Ahead guide. Two of the meal plans are low-FODMAP.
- summary of the Paleo Approach diet! Without all the detailed science. Includes complete food lists, budget tips, important things to keep in mind when making food choices, and where to source quality foods.
- over 100 pages of resources! Including cooking guides, kitchen How-Tos, shopping lists, food storage guides, kitchen tool essentials, cooking glossary of terms, time management strategies, how to read labels, recipe Top Ten, alphabetical Yes-No-Maybe-So list of foods, and MORE!
- 8 tear-away guides! Including the six meal plans with shopping lists and reading labels guides.
- easy navigation! Complete Table of Contents, Chapter Contents, Visual Thumbnail Index, and Complete Topic-Ingredient-Recipe Index!

However, common side effects of autoimmune disease include fatigue, joint and muscle aches, mood issues, and other debilitating symptoms. It's a catch 22 that the best diet to feel better involves more effort shopping for ingredients and preparing meals, which you might not have the time, energy, or ability to do! This short guide for [The Paleo Approach Cookbook](#) includes shopping tips to find pre-prepared ingredients and pre-packaged foods that are The Paleo Approach-Approved at Costco to save on time and budget.

So often, the best way to save money in the kitchen is to spend more time in the kitchen, and vice versa. The great thing about Costco is that you can do both simultaneously!



[The Paleo Approach Cookbook](#) has over 200 recipes to choose from, all strict autoimmune protocol, so there is something for everyone regardless of how much time, energy, or experience you have. The reason there are so many recipes in [The Paleo Approach Cookbook](#) compared to other cookbooks at its price point is that including more innovative and unusual recipes was extra, a bonus over an already big cookbook. This guide includes information on how to find those ingredients and how to substitute them in a pinch. It also singles out the recipes in the book that are budget-friendly and will explain how to shop for this diet at Costco, saving time and money!

This guide is a companion to [The Paleo Approach Cookbook](#). Don't have [The Paleo Approach Cookbook](#) yet? You can find it at the following places:

- [Amazon](#)
- [Barnes & Noble](#)
- Find it locally using [Indiebound](#)
- Shipping internationally? [Book Depository](#) ships for FREE all over the world!

## Budget-Friendly

These recipes use ingredients that are typically less expensive or use ingredients that you can make yourself to save money. Prices do vary by region or time of year, and of course individual household budgets also vary. This list doesn't include any recipes with expensive ingredients, unless that ingredient can be easily swapped for a "budget-friendly ingredient" or is optional in the recipe. In some cases, you'll need to read the Tips and Variations section of the recipe for ingredient swaps, or use the Swap Guide below or the Simple Cooking Substitutions on page 84. For recipes that do not require any specialty ingredients or kitchen tools or recipes that do not require much time, check out my [The Paleo Approach Quick and Easy Meal Guide](#).

## Swap Guide

- **Arrowroot powder, kuzu starch, and tapioca flour:** These thickeners are usually interchangeable. Sweet potato starch is another good substitute.
- **Coconut aminos:** The only substitute is tamari soy sauce, which may not be tolerated due to the soy.
- **Fats:** If a non-baking recipe calls for coconut oil, butter, ghee, lard, tallow, avocado oil, or palm shortening, you can usually substitute any of the others in that list. Palm shortening and refined versions of fats/oils have the most neutral flavors, so if you're concerned about altering the flavor of the dish, those are the best bet. For baking, a general rule of thumb is that if the fat is solid at room temperature, you can swap it out for any other fat that is solid at room temperature. If the oil called for is liquid at room temperature, you can swap for any other oil that is liquid at room temperature. Coconut oil lies in between. If a recipe calls for coconut oil, try a 50/50 mix of a solid and liquid fat. If a recipe calls for a different type of fat and you'd prefer to use coconut oil, just go for it, but know that you may end up with a different texture in your finished product.
- **Granulated sweeteners:** Sugars like muscovado, evaporated cane juice, and maple sugar can often substitute each other.
- **Homemade broth:** You can use store-bought broth. Check the ingredients! You can get high-quality broth from [US Wellness Meats](#), [Salt Fire and Time](#), and [Pacific](#).
- **Homemade coconut milk:** You can use store-bought instead, but check the ingredients! I recommend [Natural Value](#), which is guar-gum and BPA-free.
- **Liquid sweeteners:** Liquid sweeteners like honey, grade B maple syrup, molasses, and blackstrap molasses can often substitute each other.
- **Truffle salt:** Use sea salt instead.
- **Vinegars:** All vinegars except balsamic can be freely substituted for each other. For balsamic vinegar, the best substitute is red wine vinegar.
- **Coconut flour:** Coconut flour is difficult to substitute, but you may be able to use vegetable flours like plantain or sweet potato in a larger amount.



| Budget-Friendly Recipes                                   |     |
|---|-----|
| Tallow and Lard   | 107 |
| Handy-Dandy Spice Blends: Garlic Salt                     | 108 |
| Handy-Dandy Spice Blends: Greek Seasoning                 | 108 |
| Handy-Dandy Spice Blends: Italian Seasoning               | 108 |
| Handy-Dandy Spice Blends: Herbes de Provence              | 108 |
| Handy-Dandy Spice Blends: Poultry Seasoning               | 108 |
| Handy-Dandy Spice Blends: Tarragon Salt                   | 108 |
| Homemade Garlic Powder                                    | 108 |
| Homemade Onion Powder                                     | 108 |
| Homemade Dried Lemon Zest                                 | 108 |
| Homemade Dried Herbs                                      | 108 |
| Bone Broth: Chicken or Turkey                             | 110 |
| Bone Broth: Beef, Bison, Lamb or Pork                     | 110 |
| Bone Broth: Fish Broth                                    | 110 |
| Sauerkraut  | 112 |
| Green Tea and Garlic Pickles                              | 114 |
| Coconut Milk  | 116 |
| Coconut Cream   | 116 |
| Coconut Whipped Topping                                   | 116 |
| Coconut Flour   | 116 |
| Coconut Whipped Topping-Stuffed Strawberries              | 116 |
| Coconut Milk Yogurt                                       | 118 |
| Fruit-Flavored Yogurt                                     | 119 |
| Vanilla Yogurt  | 119 |
| Greek-Style Yogurt  | 119 |
| Crispy Bacon and Bacon Bits                               | 120 |
| Homemade Fruit and Vegetable Flours: Pumpkin Flour        | 121 |
| Homemade Fruit and Vegetable Flours: Sweet Potato Flour   | 121 |
| Homemade Fruit and Vegetable Flours: Plantain Flour       | 121 |
| Homemade Fruit and Vegetable Flours: Water Chestnut Flour | 121 |
| Pumpkin Puree   | 121 |
| Sweet Potato Mash   | 121 |
| Applesauce  | 122 |
| Spiced Applesauce   | 122 |
| Spiced Applesauce Sorbet                                  | 122 |

*continued...*

| Budget-Friendly Recipes (Continued)                    |     |
|--|-----|
| Cauliflower Gravy                                      | 123 |
| Cream of Cauliflower Soup                              | 123 |
| Barbecue Sauce   | 124 |
| Salad Dressing: Basic Vinaigrette                      | 126 |
| Salad Dressing: Creamy Balsamic Dressing               | 126 |
| Salad Dressing: Greek Salad Dressing                   | 126 |
| Salad Dressing: Thai Salad Dressing                    | 126 |
| Salad Dressing: Italian Vinaigrette                    | 126 |
| Homemade Sausage: English Bangers                      | 131 |
| Homemade Sausage: Breakfast Sausage                    | 131 |
| Homemade Sausage: Irish Sausage                        | 131 |
| Homemade Sausage: Pork Sausage                         | 131 |
| Homemade Sausage: Sweet Italian Sausage                | 131 |
| Homemade Sausage: Beef Sausage                         | 131 |
| Homemade Sausage: Lamb Sausage                         | 131 |
| Homemade Sausage: Beef Heart Sausage                   | 131 |
| Homemade Sausage: Apple Chicken Sausage                | 131 |
| Bacon Fruit Cups                                       | 136 |
| Taro Hash  | 138 |
| Plantain and Apple Fritters                            | 139 |
| Breakfast Brew   | 142 |
| Cinnamon Broiled Grapefruit                            | 143 |
| Plantain Crackers                                      | 149 |
| Herb Crackers  | 149 |
| Dessert Crackers                                       | 149 |
| Bacon and Bison Liver Pâté with Fresh Fig Jam: Fig Jam | 152 |
| Pot Sticker Meatballs                                  | 157 |
| Garden Salad   | 160 |
| Toasted Coconut  | 160 |
| Radish Salad   | 162 |
| Turnip Salad   | 162 |
| Sardine Salad  | 163 |
| Cran-Apple Coleslaw                                    | 164 |
| Carrot-Raisin Coleslaw                                 | 164 |
| Kale Chips   | 166 |
| Pork Rinds   | 167 |
| Sweet Potato Chips                                     | 168 |
| Root Vegetable Chips                                   | 168 |
| Fried Plantain Chips                                   | 168 |
| Dehydrator Plantain Chips                              | 170 |
| Sweet and Salty Plantain Chips                         | 170 |
| Guacamole  | 171 |
| Veggies and Dip: Avocado Dip                           | 172 |
| Veggies and Dip: Yogurt Dip                            | 172 |

| Budget-Friendly Recipes (Continued)   |     |
|---|-----|
| Prosciutto-Wrapped Melon  | 173 |
| Sweet-and-Sour Beef Heart Jerky   | 178 |
| “Cream” of Broccoli Soup  | 183 |
| Garden Green Vichyssoise  | 188 |
| Carrot-Ginger Soup  | 189 |
| Winter Squash Soup  | 189 |
| Oxtail and Pearl Onion Soup   | 191 |
| Beef Heart Borscht  | 192 |
| Vegetable Soup with Chicken Sausage   | 194 |
| Italian Wedding Soup  | 194 |
| Chicken Noodle Soup   | 194 |
| Asian-Inspired Noodle Soup  | 195 |
| Beef Cheek and Daikon Radish Stew   | 198 |
| Basic Stew  | 198 |
| Roasted Garlic  | 200 |
| Homemade Horseradish Sauce  | 205 |
| Leg of Lamb with Mint Vinegar: Lamb   | 206 |
| Leg of Lamb with Mint Vinegar: Mint Vinegar                                   | 206 |
| Tarragon Roasted Pork   | 208 |
| Roasted Pork with Crackline   | 208 |
| Roasted Chicken   | 209 |
| Slow-Roasted Chicken  | 209 |
| Roasted Chicken Pieces  | 209 |
| Whole Turkey with Mofongo Stuffing: Mofongo Stuffing                          | 210 |
| Whole Turkey with Mofongo Stuffing: Turkey                                    | 210 |
| Pan Gravy   | 211 |
| Kufu Stuffing   | 211 |
| Rustic Bison Pot Roast  | 212 |
| Beef Pot Roast  | 212 |
| Pot Roast Gravy   | 212 |
| Garlic-Roasted Pork Shoulder  | 214 |
| Barbecue Pulled Pork  | 214 |
| BBQ Pork Ribs   | 216 |
| Chicken Souvlaki Skewers  | 217 |
| Simple Grilled Steak with Rhubarb Chutney: Rhubarb Chutney                    | 218 |
| Braised Pork Chops with Apple and Fennel                                      | 220 |
| Bacon-Apple Chicken Burgers with Maple-Cranberry Sauce                        | 222 |
| Bacon-Apple Chicken Burgers with Maple-Cranberry Sauce: Maple Cranberry Sauce | 222 |
| “Spaghetti”   | 224 |
| Spaghetti Squash Noodles  | 224 |
| Sweet Potato Linguine with Bolognese Sauce                                    | 226 |
| Burgers with Caramelized Onions and Portobello “Buns”: Caramelized Onions     | 228 |

*continued...*

| Budget-Friendly Recipes (Continued)                                      |     |
|--|-----|
| Burgers with Caramelized Onions and Portobello "Buns": Portobello "Buns" | 228 |
| Burgers with Caramelized Onions and Portobello "Buns": Hamburgers        | 228 |
| Lemon-Thyme Broiled Pork Chops   | 230 |
| Pork Pie—Stuffed Acorn Squash  | 231 |
| Lamb "Biryani"   | 232 |
| Pork Pad Thai  | 234 |
| Chicken Pad Thai   | 234 |
| Baked Whole Fish   | 240 |
| Lemon and Thyme Broiled Salmon with Blood Orange Salsa: Salsa            | 242 |
| Lemon and Thyme Broiled Salmon with Blood Orange Salsa: Salmon           | 242 |
| Mango Salsa  | 242 |
| Lemon and Thyme Baked Chicken  | 242 |
| Simple Baked Whitefish   | 244 |
| Salmon with Maître D' "Butter"   | 245 |
| Mediterranean Mahi Mahi  | 246 |
| Lemon and Herb Poached Salmon  | 250 |
| Teriyaki Marinade  | 250 |
| Pan-Fried Sardines   | 252 |
| Bacon-Braised Whitefish and Brussels                                     | 254 |
| Bacon-Braised Squid and Brussels   | 254 |
| Calamari with Tzatziki Sauce: Calamari                                   | 258 |
| Calamari with Tzatziki Sauce: Tzatziki Sauce                             | 258 |
| Tuna Salad Wraps   | 260 |
| Asian-Inspired Salmon en Papillote                                       | 262 |
| Marrow Spread with Parsley Salad: Marrow                                 | 267 |
| Marrow Spread with Parsley Salad: Parsley Salad                          | 267 |
| Fried Kidney with Kumquat and Cranberry Chutney: Chutney                 | 268 |
| Fried Kidney with Kumquat and Cranberry Chutney: Kidney                  | 268 |
| Beef Tongue with Celery Root and Fennel Slaw                             | 270 |
| Hidden Liver Meatloaf  | 272 |
| Steak and Kidney Pot Pie   | 274 |
| Stuffed Heart Roast  | 276 |
| Beef Heart "Chow Mein"   | 278 |
| Thai-Inspired Pork Jowl  | 280 |
| Liver and Onions   | 281 |
| Hidden Offal Swedish Meatballs   | 282 |
| Oxtail-Braised Greens  | 284 |
| Deep-Fried Fish Heads  | 285 |
| French-Inspired Stewed Tripe with Saffron                                | 286 |
| Rocky Mountain Oysters   | 288 |

| Budget-Friendly Recipes (Continued)             |     |
|---|-----|
| 50/50/50 Burgers                                | 289 |
| Honey-Garlic Roasted Pork Trotters              | 290 |
| Honey-Garlic Chicken Wings                      | 290 |
| Cauliflower Mash                                | 295 |
| Perfect Steamed Vegetables                      | 296 |
| Cauliflower Rice—Three Ways: Plain              | 298 |
| Cauliflower Rice—Three Ways: Lemon-Parsley      | 298 |
| Cauliflower Rice—Three Ways: Asian-Inspired     | 298 |
| Braised Greens                                  | 300 |
| Bacon-Braised Greens                            | 300 |
| Roasted Broccoflower                            | 302 |
| Roasted Broccoli                                | 302 |
| Asian-Inspired Roasted Cauliflower              | 302 |
| Garlicky Artichoke Hearts                       | 303 |
| Garlicky Baby Artichoke                         | 303 |
| Balsamic-Roasted Beets                          | 304 |
| Beet, Pear and Arugula Salad                    | 304 |
| Easy Broiled Asparagus                          | 306 |
| Mashed Acorn Squash with Forty Cloves of Garlic | 307 |
| Roasted Butternut Squash                        | 308 |
| Maple-Braised Butternut Squash                  | 309 |
| Mint Pesto Zucchini "Pasta"                     | 310 |
| Traditional Pesto                               | 310 |
| Arugula Pesto                                   | 310 |
| Carrot Green Pesto                              | 310 |
| Zucchini Noodles                                | 310 |
| Fiddleheads                                     | 312 |
| Roasted Sweet Potato                            | 313 |
| Spiced Sweet Potato                             | 313 |
| Bacon-Braised Savoy Cabbage and Apple           | 314 |
| Whole Carrot "Tabouleh"                         | 315 |
| Cauliflower "Rice" Tabouleh                     | 315 |
| Vegetable Terrine                               | 316 |
| Kufu  | 318 |
| Mofongo   | 318 |
| Savory Roasted Taro                             | 320 |
| Bacon-Braised Brussels Sprouts                  | 321 |
| Roasted Radishes                                | 322 |
| Roasted Turnips                                 | 322 |
| Roasted Rutabega                                | 322 |
| French Fries                                    | 323 |
| Spiced Kabocha Squash                           | 324 |
| Roasted Winter Squash                           | 324 |
| Roasted Parsnips                                | 325 |
| Russ' Flatbread                                 | 326 |

*continued...*

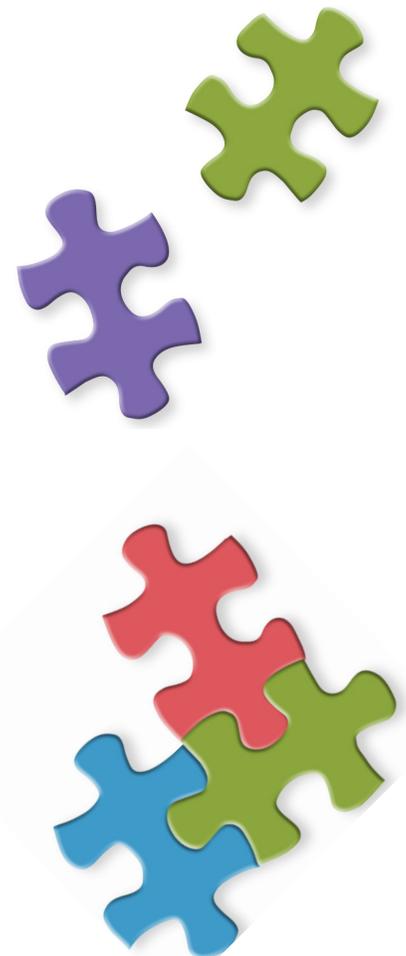
**Budget-Friendly Recipes (Continued)**

|  |     |
|--|-----|
| Root Vegetable Biscuits                      | 328 |
| Honey-Candied Ginger                         | 333 |
| Spa Water—Six Ways                           | 334 |
| Fruit Salad: Thai-Inspired                   | 336 |
| Fruit Salad: Tropical                        | 336 |
| Fruit Salad: Stone Fruits with Balsamic      | 336 |
| Fruit Salad: Red and Green                   | 336 |
| Strawberry Fro-Yo                            | 338 |
| Vanilla-Mango Fro-Yo                         | 338 |
| Berry Fro-Yo                                 | 338 |
| Straw-Nana Fro-Yo                            | 338 |
| Apricot-Ginger Fro-Yo                        | 338 |
| Honeydew Ice “Cream”                         | 340 |
| Mango Lime Ice “Cream”                       | 340 |
| Pineapple-Lychee Ice “Cream”                 | 340 |
| Orangesicle Ice “Cream”                      | 340 |
| Berris ‘n’ Cream Ice “Cream”                 | 340 |
| Melon Ice “Cream”                            | 340 |
| Grilled Peach and Candied Ginger Ice “Cream” | 340 |
| Berry Terrine                                | 342 |
| Gingerbread Ice “Cream”                      | 343 |
| Orange and Banana Sorbet                     | 344 |
| Banana-Orange Popsicles                      | 344 |
| Apple Pie—Stuffed Apples                     | 350 |
| Parsnip Vanilla Custard                      | 351 |
| Frozen Custard                               | 351 |
| Blueberry Crisp                              | 352 |
| Apple Crisp                                  | 352 |
| Carob Ganache Mini Tortes                    | 360 |

**Pre-Prepared Ingredients**

Buying some ingredients pre-prepared is a great way to save time and energy in the kitchen. Costco carries a huge variety of pre-prepared ingredients to choose from:

- Look for Pacific broth in the soup aisle for any recipe that calls for broth.
- Coconut oil and avocado oil can be used for cooking in most recipes. Find them in the pantry section.
- Pre-chopped vegetables such as broccoli and butternut squash can save a lot of time. Look for them in the frozen or refrigerated sections.
- See the [Time-Saving Superstars](#) on page 8 for more suggestions.



## Budget-Friendly Tips

Following a restricted diet on a budget requires the same tools as doing anything else on a budget—namely knowing your prices, comparison shopping, taking advantage of sales and coupons, buying in bulk, and knowing how to get the best bang for your buck. Costco is an excellent place to shop for the best bulk prices!

Almost everything goes on sale. Even online retailers have sales and coupons. Subscribing to a company’s newsletter is typically the best way to find out about discounts. Having freezer space is useful when it comes to taking advantage of sales, but even if your freezer space is limited, you can benefit.

Buying in bulk is a great way to save money. The price per pound often decreases as you buy more. Many local farmers will give you a deal when you buy a quarter, half, or whole cow or pig. For example, you might pay \$7 per pound for grass-fed ground beef, but if you buy a quarter or half a cow, you get a variety of cuts, from ground beef to prime rib, for \$4 or \$5 per pound (or less!). If you don’t have the freezer space for half a cow, find some friends or family members to share a quarter cow with.

It’s helpful to know what you can get at heavily discounted prices. You know those foods that jumped out at you as being “weird”? Well, when lots of people think that a food is too weird to eat, there typically isn’t as much of a market for it, so prices are lower. So, yes, organ meat can be some of the cheapest meat available. Sometimes local farmers will give it to you for free (or at a heavy discount) because they can’t find anyone to buy it. It also helps to know what is typically thrown away. If you ask, a butcher will put aside the grass-fed beef trimmings for you so that you can render your own tallow (and typically will give it to you for free or at a heavy discount). Fish heads might normally be thrown away, but if you ask at the fish counter, the fishmonger may give them to you for free (and you can make soup or cook them in other ways).

It’s also helpful to know which meats tend to be cheaper per pound and which vegetables and fruits will stretch a meal further. Depending on where you live, chicken may be cheaper than pork, which is cheaper than beef. And when buying high-quality meat, it’s helpful to know that in most places, grassfed beef is cheaper than pasture-raised pork, which is cheaper than pasture-raised chicken. Tougher cuts of meat, like chuck roast, stew meat, pork shoulder, shanks, and short ribs, are usually less expensive (and very flavorful). Certain vegetables give you great bang for your buck. Cabbage, for example, is typically extremely inexpensive as compared with baby greens. In fact, cruciferous vegetables in general, except perhaps for the most common cauliflower and broccoli, tend to be very inexpensive. Using root vegetables and plantains is a fantastic way to stretch a meal. Bananas tend to be much cheaper than apples, which tend to be much cheaper than grapes or berries. And when you can buy vegetables in bulk, you’ll save even more.

Food that you have to put more time into also tends to be cheaper. For example, a whole chicken is typically cheaper per pound than a chicken cut into parts. A beef roast is cheaper per pound than steaks, and a pork roast is cheaper per pound than chops. Vegetables that require peeling and chopping tend to be cheaper than those that can be thrown straight into a pot or onto a plate, which are cheaper than preprepared or prewashed vegetables in plastic containers or microwave-safe bags.

Canned and frozen foods are often cheaper than fresh. While you probably won’t want to buy canned vegetables because of additives, canned fish and shellfish are fantastic inexpensive options for increasing your seafood intake. (Look for BPA-free cans!) Canned seafood is typically cheaper than frozen, which is typically cheaper than fresh. However, when fish and shellfish are in season, they tend to go on sale, so knowing when your favorite types of seafood are in peak season can be a great way to save money. Frozen vegetables are a fantastic

way to increase nutrient density since they are typically picked at their peak and frozen soon after. In fact, frozen vegetables tend to have more nutrients than fresh vegetables from the grocery store because the ones in the produce aisle tend to be picked before they are ripe and lose nutrients during shipping and storage before they make it into your grocery cart.

When foods do go on sale or are offered in bulk, you can save money by freezing your own. You can freeze the raw food right in the package you bought it in, preprepare the food so that it saves you time when you’re ready to use it (like chopping or blanching veggies before freezing; some vegetables are best when blanched before being frozen, but not all), or cook and freeze meals for convenience on a busy weeknight. You can also ferment fruits and vegetables as an alternative to freezing them. For example, when cabbage is in season, you can make a large batch of sauerkraut to take advantage of both peak-season produce and the typically cheaper peak-season prices. Buying what’s on sale is also a great way to buy in-season produce, since spikes in supply are one of the major reasons for drops in price.

Probably the most helpful tool I can give you to stay within your means is to help you prioritize which foods are worth spending a little more on and which ones are okay to purchase in the conventionally produced, non-organic varieties.

When your budget is tight, the single best place to spend a few extra pennies is on your cooking and dressing fats. The best, most nutrient-dense choices are grass-fed tallow, pasture-raised lard, extra-virgin coconut oil, red palm oil, extra-virgin olive oil, and extra-virgin avocado oil. Tallow and lard can be rendered very inexpensively at home, whereas coconut, red palm, olive, and avocado oils tend to be cheapest when bought in bulk and online. Refined or semirefined fats (like refined coconut oil, palm oil, palm shortening, and virgin olive oil) contain fewer vitamins and antioxidants but are still good options in a pinch.

Even if the only food you can afford or source is the conventionally produced meat, seafood, and produce on sale, that’s okay. The point is to make you aware of the differences so that you can make the best choices within your means—not to bankrupt you! Many people find that as they progress on their health journey, they are able to dedicate more funds to quality foods. This might reflect money saved by avoiding restaurants, fast food, and prepackaged foods. Or it might reflect reduced medical expenses once you start feeling better. Sometimes it just reflects a shift in priorities and a choice to reduce expenses or go without in some other area of life in order to free up funds for local, grass-fed meat.



Illustration by Rob Foster

### Budget-Friendly Tips:

Shop around

Look for sales

Buy in bulk

Know what foods can be gotten at heavily discounted prices

## Meat Quality

### Best

- Organ meat from Grass-fed and Pasture-raised Animals: Organ meat is more densely packed with just about every vitamin and mineral and the fat content is also extremely healthy.
- Wild-Caught Fish and Shellfish: Wild-caught fatty fish can be found fresh, canned, or frozen. Look for sales in the late summer and early fall.
- Grass-fed Beef, Bison, Lamb, Venison, or Goat: Ground meat is always the cheapest. Some local farmers will sell bulk meat at a very discounted rate.
- Wild Game: You can buy wild game if you do not hunt.

### Better

- Organ Meat from Organic and Conventional Animals: The fat profile is less favorable, but the organs still contain denser nutrition than muscle meat.
- Farmed Fish and Shellfish: Even farmed fish has contains extremely beneficial fats and is rich in amino acids, vitamins, and minerals that aren't as easy to get from meat and poultry.
- Pasture-Raised Pork and Free-Range Poultry: Look for ones that are not fed soy or corn if you can.

### Good

- Organic Meat and Conventional Lamb and Veal: These animals do spend some time in pasture and do eat at least some grass.
- Lean Cuts of Beef: Marbled steaks typically contain 10-15 times more omega-6 than omega-3.
- Lean Pork: Usually, the lighter colored the meat, the lower the fat content.

### Moderate or Avoid

- Fatty Cuts of Conventional Beef and Pork: Ideally, this would only be an occasional treat.
- Conventional Chicken and Turkey: Battery-raised chicken can have some of the highest omega-6 levels of any meat.

## The Dirty Dozen

The EWG's Dirty Dozen is a list of the top twelve fresh produce items most contaminated with pesticides, and the Clean Fifteen are the fifteen with the least pesticide residues. These lists include only those Dirty Dozen and Clean Fifteen foods that are also Paleo Approach friendly. For the complete and most current Dirty Dozen and Clean Fifteen lists, visit the Environmental Working Group website, [www.ewg.org](http://www.ewg.org).

### 2014 Dirty Dozen

- Apples
- Celery
- Cucumbers
- Grapes
- Kale/collard greens
- Nectarines
- Peaches
- Spinach
- Strawberries

### 2014 Clean Fifteen

- Asparagus
- Avocados
- Cabbage
- Cantaloupe
- Cauliflower
- Grapefruit
- Kiwi
- Mangoes
- Onions
- Papayas
- Pineapples
- Sweet potatoes



## Produce Quality

### Best

- Wild edibles: Wild varieties of mushrooms, alliums, leafy greens, and berries are some of the most nutrient-dense foods on the planet. Learn which edible plants grow near you so that you can forage (or get to know a local farmer who forages and sells the bounty at a nearby farm stand or farmer's market). Be careful of wild mushrooms, since misidentifying them can be very dangerous.
- Local, organic, in-season fresh produce: Next to wild plants, this is the most nutrient-dense produce you can get. Look for a farmer who is passionate about the quality of her soil.
- Home-grown vegetables, fruits, and herbs: Even if your space is limited, many edible plants grow well in flowerpots. You'll notice the savings just from growing fresh herbs.
- Organic frozen produce: Picked at the peak of ripeness and frozen soon after harvest, organic frozen produce can be more nutrient dense than fresh.

### Better

- Local, non-organic, in-season fresh produce: Local, in-season produce is still nutrient dense even if it is not certified organic or naturally grown. Avoid non-organic produce from the Dirty Dozen list unless you can talk to the farmer about pesticide policies. Some farms use pesticides very sparingly, but enough that they are unable to be certified organic. Produce from these farms is usually a good option.
- Organic fresh or frozen produce off the Dirty Dozen list: When buying produce off the Dirty Dozen list, buy organic whenever possible, preferably in season.
- Conventional fresh or frozen produce off the Clean Fifteen list: When buying off the Clean Fifteen list, conventional produce, preferably in season, is a great option.
- Organic dried or frozen herbs and spices: While fresh herbs are more nutrient dense (and typically more flavorful), dried organic herbs and spices are still great options. Using frozen herbs is a great way to get the flavor of fresh herbs in your cooking while preserving nutrients. You can freeze your own when herbs are in season.

### Good

- All other conventional produce: It's important to eat lots of vegetables, even if your budget or location limits you to conventional store-bought options. Peeling fruits and vegetables is a very good way to limit your exposure to pesticides and produce waxes (some of which contain soy or gluten). If you are limited to conventional produce, choose those on the Dirty Dozen list less often, wash thoroughly, and peel if possible.
- Additive-free vegetables and fruits in BPA-free cans: Canning does preserve nutrients, though not as well as freezing. As long as these products don't contain preservatives or other additives, they are good options.
- Non-organic herbs and spices: Using frozen herbs is a great way to get the flavor of fresh herbs in your cooking while preserving nutrients. You can freeze your own when herbs are in season. Dried spices are also great options for flavoring foods and are great to include in your diet even if you can't afford or source organic versions.

### Moderate or Avoid

- Conventional produce off the Dirty Dozen list: If you do buy conventional produce off the Dirty Dozen list, wash it thoroughly and peel it whenever possible.
- Canned vegetables or fruits with preservatives, additives, added sugars, or salts or in BPA-lined cans: Many of the preservatives and additives in canned vegetables and fruits are antinutrients or gut irritants.

## Costco The Paleo Approach-Approved Groceries

The availability of specific items will vary by location. All items listed are Kirkland Signature brand unless otherwise noted. As items' ingredients can be subject to change, read the labels to be sure. See my [Reading Labels](#) and [Foods to Avoid](#) guides (available as free downloads) for more information.

Sometimes eating on a budget means saving money elsewhere so you can increase your food budget. Buying household goods (like toilet paper, paper towels, detergent, tissues, and baby wipes) in bulk from Costco is an excellent way to save money! Look for eco-friendly brands like Seventh Generation.

### Books

- o The Paleo Approach
- o The Paleo Approach Cookbook

### Pantry Items

- o 100% Pure Maple Syrup
- o avocado oil (Chosen Foods)
- o balsamic vinegar
- o extra virgin olive oil
- o fresh medjool dates (Royal)
- o minced garlic
- o organic coconut oil
- o organic honey
- o organic lemon juice (Italian Volcano)
- o organic strawberry spread
- o organic toasted coconut chips (Creative Snacks Co)
- o pitted dates (Hadley)
- o pure vanilla extract
- o spices except nightshade- and seed-based spices or spice blends containing nightshade- or seed-based spices
- o toasted coconut chips (Made in Nature)
- o unrefined coconut oil (Carrington Farms)
- o white truffle oil (Urbani)

### Nonperishable Items

- o all natural fruit clusters (Brothers)
- o applesauce (GoGo Squeez)
- o Atlantic salmon
- o bacon crumbles
- o black ripe pitted olives (Lindsay Naturals)
- o California organic raisins (Sunmaid)
- o chicken broth (Pacific)
- o chunk light skipjack tuna in water

- o diced peaches in grape juice
- o dried California apricots
- o dried figs (Made in Nature)
- o dried mangoes (Philippine)
- o dried plums
- o fresh organic mushrooms (Festival)
- o Granny Smith apple chips (Bare)
- o hearts of palm (Del Destino)
- o Mandarin oranges (Dole)
- o natural fruit strips (Stretch Island Co)
- o organic fruit rope (Clif Kid)
- o pineapple chunks (Dole)
- o pink salmon (Bear and Wolf)
- o real sliced fruit
- o sardines in olive oil (Season Brand)
- o sea salt pickles (Vlasic)
- o sliced peaches
- o solid white albacore tuna
- o whole artichoke hearts
- o wild albacore tuna (Wild Planet)

### Refrigerated Items

- o boneless ham steak
- o cranberry sauce (Bistro 28)
- o extra lean ham
- o fresh peeled garlic (Chef Cuisine)
- o kalamata olives (Krinos)
- o Mediterranean olives (Bel Frantoio)
- o organic beets (Love Beets)
- o prosciutto (Parma)
- o red grapefruit slices
- o rotisserie seasoned chicken breast (Colombia)
  - o scallops wrapped in applewood smoked bacon (J. Scott)
- o sliced bacon
- o sliced turkey breast
- o smoked sockeye salmon

### Beverages

- o bottled water
- o coconut water (Harmless Harvest)
- o mineral water
- o natural 100% juice (Hansen's)
- o organic apple juice (Apple and Eve)
- o organic iced green tea (Tazo)
- o organic juice drink (Honest Kids)
- o sparkling mineral water (Perrier and San Pellegrino)

### Frozen Foods

- o Alaskan halibut
- o Atlantic salmon
- o ahi tuna steaks (Soho Seafood NYC)
- o chicken breasts
- o frozen broccoli (Pure Nature)
- o frozen fruit (Nature's Touch)
- o ground beef
- o ground beef patties
- o hake
- o mahi mahi
- o Normandy-style vegetable blend
- o Pacific cod
- o shrimp
- o sockeye salmon
- o tilapia

### Fresh Produce

- o all produce (except legumes like green beans and peas, nightshades like peppers and tomatoes, and corn)
- o pre-sliced fruits and vegetables
- o pre-washed leafy greens

### Fresh Meat and Seafood

- o all meat and seafood (except breaded, seasoned, or other pre-prepared items containing foods to avoid)

### Time-Saving Superstars

- o bacon crumbles
- o canned fruits and vegetables (look for BPA-free cans)
- o chicken broth (Pacific)
- o cranberry sauce (Bistro 28)
- o frozen vegetables that are already chopped
- o minced garlic
- o organic beets (Love Beets)
- o pre-sliced fruit or vegetables (like pineapple, watermelon, and butternut squash)
- o pre-washed leafy greens
- o red grapefruit slices
- o rotisserie seasoned chicken breast (Colombia)
- o scallops wrapped in applewood smoked bacon (J. Scott)
- o sliced turkey breast
- o smoked sockeye salmon

### Budget-Friendly Superstars

- o broccoli
- o butternut squash
- o cabbage
- o carrots
- o canned seafood
- o ground beef
- o hake
- o leg of lamb
- o pink salmon
- o pork
- o spinach
- o sweet potatoes
- o tilapia
- o whole chickens



## Recipes

One of the great things about shopping at Costco is that there are so many products that are ready to cook, making things like Make-Your-Own soups, salads, and stir-fries especially easy!

## Make-Your-Own Salad

### What you need:

Salad Dressing, p. 126

Salad Greens and Veggies, p. 160

Some kind of cooked meat or seafood

- Prep Time: 20 minutes

## Make-Your-Own Soup

### What you need:

Broth

Some kind of cooked meat

Some vegetables

There are two secrets to super quick and easy soup. First, have broth at hand, whether it's your own homemade broth or good quality bone broth purchased online or in a store. Second, have leftover cooked meat, whether it's leftover from dinner or precooked unseasoned meat that you bought from the deli section of your local store (like leftover meat from a

## Make-Your-Own Stir-Fry

### What you need:

Some high smoke point fat

Some veggies, chopped into bite-size pieces

Some meat, raw or cooked

Optional: flavorful liquid for extra flavor, ginger, garlic, salt

- Prep Time: 20 minutes
- Cook Time: 20 minutes

### More details on what you need:

- High Smoke Point Fat: [Coconut oil](#), [lard](#), [tallow](#), [avocado oil](#), refined olive oil (don't use extra virgin), [palm oil](#) or [shortening](#) (ethically sourced) are all good choices.
- Good Vegetables to use: carrots, onion, broccoli, cauliflower, bok choy, canned bamboo shoots, canned water chestnuts, sui choi cabbage, broccoli

- Cook Time: none

### More details on what you need:

- How to make Salad Dressing: There are 5 recipes on page 126. The simplest to make is the Basic Vinaigrette. All you need is 3 Tablespoons of some kind of oil (like [olive oil](#)) and 2 Tablespoons of some acidic liquid (like [lemon juice](#) or [vinegar](#)). Then just mix and pour!
- Good Greens and Vegetables to use: There's a complete list of great salad ingredients on page 160. Keep it simple and use some lettuce, shredded carrot, sliced cucumber, and sliced radishes.
- Good Meat to use: leftover chicken, pork, beef, lamb, sausage, salmon, scallops, tuna, shrimp; precooked salad

naked rotisserie chicken). Then it's just a question of chopping up some veggies and throwing everything together in a pot!

- Prep Time: 10 minutes
- Cook Time: 15 minutes

### More details on what you need:

- Where to get broth: [Salt Fire and Time](#); [US Wellness Meats](#); [Pacific](#); or make your own using the recipes on page 110-111
- Good Meat to use: leftover chicken, pork, beef, lamb, sausage. Cut into bite-size pieces.
- Good Vegetables to use: onion, celery, carrots, turnips, rutabaga, radishes,

slaw, asparagus, fennel bulb, kohlrabi, kelp noodles, sweet potato noodles (boil first), wakame noodles, mushrooms, seaweed (wakame, kombu or arame).

- Good Meat to use: chicken, pork, beef, lamb, shrimp.
- Flavorful liquids: Teriyaki Marinade (page 250), or make your own with any or all of the following: Broth (page 110), [fish sauce](#) (use sparingly), [coconut aminos](#), vinegar ([coconut water](#), [apple cider](#) or [white wine](#)), [lemon juice](#), [lime juice](#), orange juice, white wine. You can dilute stronger flavors like coconut aminos, fish sauce and vinegar in broth or water.

### What you do:

1. Heat a wok or large frying pan on the stove top over medium-high heat. Add 2-3 tablespoons of fat to the hot wok. If you're using ginger and garlic, add it now.
2. If using raw meat, add meat to hot

shrimp (often sold frozen); precooked bacon (see page 120); canned sardines, tuna or salmon. Cut into bite-size pieces.

### What you do:

1. Toss all of your ingredients together. If you're going to make ahead of time, add salad dressing to the rest of the ingredients right before serving.
2. Enjoy!



kohlrabi, leeks, broccoli, seaweed (wakame, kombu or arame), parsnip, green plantain, cauliflower, winter squash, zucchini, spinach, kale, collard greens. Chop into bite size pieces.

### What you do:

1. Bring broth to a simmer on the stove. Add the vegetables. If you have leafy greens or seaweed, add those at the same time as your meat.
2. Once the veggies are cooked to your liking (usually something like 10 minutes), add the meat and any leafy greens or seaweed. Cook 2-3 more minutes.
3. Enjoy!

oil. Cook, stirring frequently, until fully cooked. Remove the cooked meat from the wok and set aside.

3. Add vegetables to hot oil (if you cooked meat and there's not much oil left in the wok, add a little more before adding your veggies. Cook, stirring frequently, until vegetables are cooked to your liking. Add veggies that are quick to cook or cut into very small pieces after larger veggies are most of the way cooked (seaweed, leafy greens, broccoli slaw, can all be added toward the end). If the veggies are releasing a lot of liquid into the wok, turn the heat up.
4. Add your flavorful liquid to the mostly cooked veggies. About ¼ cup of liquid will be enough to flavor the dish. Add your cooked meat (whether you just cooked it or are using precooked meat) to the wok. Keep stirring. Once the liquid has evaporated, serve.
5. Enjoy!

## Costco Meal Plan

|           | Breakfast   | Lunch  | Dinner   | Notes   |
|-----------|---|--|--|---|
| SUNDAY    | Crispy Bacon (page 120)   | MYO Greek Salad with leafy greens, cucumber, red onion, black olives, chopped rotisserie chicken and Greek Salad Dressing (page 126) | Tarragon Roasted Pork (page 208)   | <b>Tip:</b> Save the bones from the chicken to make broth.<br><b>Time-Saving Tip:</b> Buy pre-made applesauce instead of making your own.<br><b>Costco Tip:</b> Red wine vinegar can be used instead of apple cider vinegar in the salad dressing.                                |
|           | Berries   |  | Roasted Sweet Potatoes (page 313)  |   |
|           | Cup of broth  |  | Perfect Steamed Vegetables with broccoli, cauliflower and carrots (page 296)   |   |
|           |   |  | Applesauce (page 122)  |   |
| MONDAY    | Irish Sausage (page 131): Put pans into the oven (remember to remove the cover). Cook at 400F for 35-40 minutes. Let cool, cut into squares. Freeze at least half of the batch. | Cream of Broccoli Soup (page 183) with chunks of rotisserie chicken  | Lemon and Thyme Broiled Salmon with Mango Salsa Variation (page 242)   | <b>Dinner Tips:</b> Pink salmon is typically inexpensive, but you can make this dish with hake or tilapia to fit an even tighter budget. Make the Garden Salad with the dressing you made ahead. Use 1 teaspoon dried thyme in the salmon instead of fresh thyme.                 |
|           | leftover sweet potato and steamed veggies   |  | Cauliflower Rice (page 298)  |   |
|           |   |  | Garden Salad (page 160) with leafy greens, sliced mushrooms, sliced cucumber, sliced radishes, sliced red onion, and Greek salad dressing. |   |
| TUESDAY   | Leftover sausage  | Leftover cream of broccoli soup with chicken   | Leftover pork roast  | <b>Budget Tip:</b> Use regular sea salt instead of truffle salt for the Asparagus.<br><b>Dinner Tips:</b> Roast bunnernut squash first, then turn on the broiler for the asparagus<br>Use 3/4 teaspoon dried thyme for the squash instead of fresh thyme.                         |
|           | Leftover sweet potato and steamed veggies   |  | Roasted Butternut Squash (page 308)  |   |
|           |   |  | Easy Broiled Asparagus (page 306)  |   |
| WEDNESDAY | Leftover sausage  | Leftover salmon and mango salsa  | MYO Stir Fry with leftover pork and/or chicken, carrots, onion, mushrooms, broccoli, cauliflower   |   |
|           | Leftover squash   | Leftover cauliflower rice  |  |   |
|           | Leftover braised spinach  | Garden salad   |  |   |
| THURSDAY  | Leftover sausage  | Carrot-Ginger Soup (page 189) with leftover pork and/or chicken  | Burgers with Caramelized Onions and Portobello "Buns" (page 228)   | <b>Dinner Tips:</b> Keep it simple by sauteing regular mushrooms with the onions and skip the portobello buns. Use instructions for baking the burgers.<br>Start cooking the squash while you prep the burgers. Make sure you position your oven racks to have room for two pans. |
|           | Leftover squash   |  | Beets  |   |
|           | Leftover braised spinach  |  | Garden Salad (page 160)  |   |
| FRIDAY    | Leftover sausage  | Tuna Salad Wraps (page 260)  | Leftover burgers with carmelized onions and mushrooms  | Tired of sausage? Do you have any other leftovers from the week?  |
|           | Leftover Carrot-Ginger Soup   | Berries  | Guacamole (page 171)   |   |
|           |   |  |  | Garden Salad (page 160)   |
| SATURDAY  | Leftover sausage or any other leftovers   | MYO Greek Salad with leafy greens, cucumber, red onion, black olives, leftover chicken or pork, and Greek Salad Dressing (page 126)  | Bacon-braised whitefish with brussels (page 254) (halve the recipe to yield two servings)  |   |
|           | Any other leftover veggies from the week  |  |  |   |

## Meal Plan Shopping List

| Meat                                   |
|--|
| Bacon (1 package)                      |
| Ground beef (1 pound)                  |
| Ground pork (5 pounds)                 |
| Pork roast (4-5 pounds)                |
| Rotisserie chicken (check ingredients) |

| Seafood             |
|---------------------|
| Salmon (2 pounds)   |
| Whitefish (1 pound) |

| Fruits                              |
|-------------------------------------|
| Berries (4 servings)                |
| Lemons for juicing and zesting (4)  |
| Limes for juicing and zesting (2-3) |
| Mangos (2 pounds)                   |

| Nonperishables                |
|-------------------------------|
| albacore tuna (1 5-ounce can) |
| black olives (1 can)          |
| capers (2 teaspoons)          |

| Other  |
|--|
| white wine, fresh orange juice, or apple juice (1/2 cup) |

| Pantry Items                              |
|---|
| apple cider or red wine vinegar (1/3 cup) |
| avocado oil                               |
| extra virgin coconut oil                  |
| extra virgin olive oil                    |
| mace (ground)                             |
| marjoram (dried)                          |
| oregano (dried)                           |
| rosemary (dried)                          |
| salt                                      |
| tarragon (dried)                          |
| thyme (dried)                             |
| truffle salt (optional)                   |
| turmeric (ground)                         |

| Vegetables  |
|---|
| avocados (1 bag)  |
| asparagus (1 bag)   |
| beets (pre-cooked, look for organic Love Beets) (2 servings)            |
| butternut squash (1 tub)  |
| broccoli (1 bag)  |
| Brussels sprouts (1 bag)  |
| carrots (1 bag)   |
| cauliflower (1 bag)   |
| celery (1 bag)  |
| cilantro (fresh, 1/2 cup)   |
| cucumber (1 bag)  |
| garlic (1 head)   |
| ginger (fresh, 1 thumb)   |
| kale (1/2 small bunch)  |
| mushrooms (1 package)   |
| onion (1 bag)   |
| red onion (1 medium)  |
| spinach for braising (1 bag)  |
| sweet potatoes (1 bag)  |
| turmeric root (fresh, 3" piece) (or use dried)                          |
| thyme (fresh, 5 teaspoons) (or use dried)                               |
| variety of lettuces for salads (1 bag)                                  |
| seasonings for Cauliflower Rice (garlic, herbs, lemon, etc.) (optional) |

Note that the availability of specific items will vary by region and time of year. If you cannot find a certain ingredient at your Costco location, look for it at other grocery stores, specialty food stores like Whole Foods, or farmer's markets.

Costco quantities are often more than you can use up in a week. See pages 58-59 in [The Paleo Approach Cookbook](#) for the best way to freeze extras and leftovers

## Plan Ahead

- Applesauce: Look for GoGo Squeez or other autoimmune protocol-friendly brands at Costco.
- Bacon: Make extra Crispy Bacon on Sunday to serve on salads throughout the week
- Broth (12 1/2 cups): Make your own or buy Pacific brand
- Irish Sausage: On Monday, add the spices to ground pork for breakfast sausage, mix thoroughly, then press into two cake or lasagna pans. Cover and refrigerate until ready to cook.
- Salad Dressing: On Sunday, make enough Salad Dressing for the week.
- Green Tea and Garlic Pickles (page 114) for Tuna Salad Wraps: Substitute with store-bought pickles or omit.

