

The Paleo Approach Cookbook

Quick&Easy Meals

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:

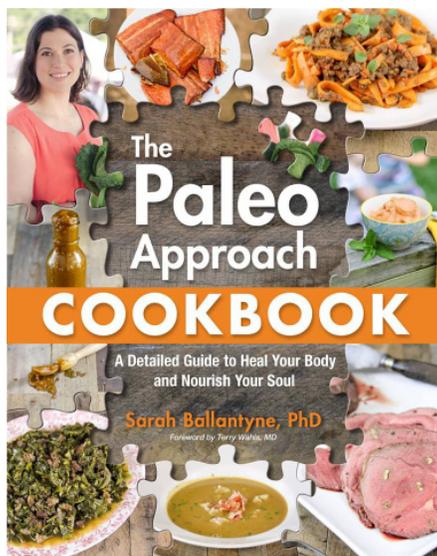
- over 200 recipes! Each recipe includes cook time, prep time, servings, tips, variations, nutrition facts, FODMAP alerts, and a photograph for every recipe!
- hundreds of recipe variations! So you're never bored!
- 6 one-week meal plans! Complete with Shopping Lists and Plan Ahead guide. Two of the 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 uses recipes from [The Paleo Approach Cookbook](#) to help you heal your body with meals that are quick and easy and do not require much time or energy.

[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. Those recipes account for about one third of the total number of recipes in the book and include ingredients that you might not find in your standard grocery store but can find from local farmers, speciality stores like Whole Foods, and/or online. This guide includes information on how to find those ingredients and how to substitute them in a pinch. It also singles out those remaining two thirds of the recipes in the book that use common ingredients and will explain how to shop for this diet, how to minimize the amount of time spent in the kitchen, and how to make cooking easier!



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!

Everyday Ingredients

These recipes only use ingredients that you should be able to find in most conventional grocery stores and kitchen tools that are fairly ubiquitous (no expensive food processors or dehydrators required!). This list doesn't include any recipes with specialty ingredients like red palm oil or plantains, unless that ingredient can be easily swapped for an "everyday 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. And check out the Where To Source Guide on page 4 of this guide to open up even more recipe possibilities!



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.



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Pre-Prepared Ingredients

Buying some ingredients pre-prepared is a great way to save time and energy in the kitchen.

- There are a number of places to find bone broth already prepared. [US Wellness Meats](#) carries chicken, beef, and duck broth. [Salt Fire and Time](#) offers beef, chicken, lamb, and turkey broth. Chicken and turkey broths are also available from [Pacific](#).
- Animal fats for cooking with can also be purchased online. [US Wellness Meats](#) carries tallow, duck fat, and lard. [Tendergrass Farms](#) carries lard. They also provide unrendered fat in the event that you want to render your own.
- Don't have the time to ferment? [Salt Fire and Time](#) carries coconut-milk yogurt. [Cultured Traditions](#) makes beet kvass. Ready-made kombucha and sauerkraut can be found in many grocery and specialty food stores.

Where to Source Ingredients

- Standard grocery stores: More and more grocery stores are stocking grass-fed meat, free-range chicken, wild-caught seafood, and organic produce. If you don't see grass-fed meat or wild-caught fish, you can ask the butcher or fishmonger at the meat or fish counter. Some stores stock only frozen wild-caught fish, and it's kept in a different aisle from the fresh fish. Many of the flavoring and pantry ingredients that will become staples in your kitchen can be found in the organic food aisles, gluten-free aisles, vegetarian food aisles, and cultural/international foods aisles. When in doubt, ask.
- Specialty stores: From big-chain natural food stores to mom-and-pop cultural food markets, these stores can be a boon to seekers of unusual ingredients and high-quality foods. When searching for a nonperishable item, it's helpful to know if it has an alternative name and the cultural background of that food. Cultural markets are a great place to find unusual fruits and vegetables, too. Even supplement and small health food stores often stock local produce. When in doubt, ask a store clerk or manager about a specific ingredient or about where the store sources the foods it carries.
- Local farmers: Sourcing food from local farmers is one of the best ways to maximize the quality of your food and can be a vital tool for getting high quality on a tight budget. Shopping at a farmer's market is convenient and gives you access to several farmers in one place. Many also sell their products at farm stands at the farm or in a more central location. Some offer pick-your-own produce for a reduced price. Many offer a farm share program or CSA where you subscribe to get a box of each week's harvest for reduced prices but also without much say in what will be in your box. In many places, you can

also join co-ops that source food from local farms.

- Online: The full range of unusual ingredients listed in this cookbook are available online, often cheaper. In addition to nonperishable specialty foods, you have a dizzying array of grass-fed and pasture-raised meat producers to choose from, all ready to ship fresh or frozen right to your door. Some offer subscriptions, and from others you order à la carte. Some establish minimums in order to get free shipping. Some offer pre-seasoned or uncured deli meats. There's even a growing number of online options for farm-fresh produce and other fresh foods. Find some of my favorites below!



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Shopping Online

- [Anchovy paste](#)
- [Apple cider vinegar](#)
- [Arrowroot flour](#)
- [Avocado oil](#)
- [Balsamic vinegar](#)
- [Banana](#) and [plantain chips](#)
- [Beef plasma](#) protein powder
- [Blackstrap molasses](#)
- [Bonito flakes](#) and [kombu](#)
- Canned [anchovies](#), [albacore tuna](#), [clams](#), [crab](#), [oysters](#), and [sardines](#)
- Canned [bamboo shoots](#), [pumpkin](#), and [water chestnuts](#)
- [Carob powder](#)
- [Cream of tartar](#)
- [Coconut aminos](#)
- [Coconut cream](#)
- [Coconut flour](#)
- [Coconut milk](#)
- Coconut oil, palm shortening, and red palm oil can be found at [Tropical Traditions](#)
- [Coconut water vinegar](#)
- [Coconut wraps](#)
- [Cricket flour](#)
- [Extra virgin olive oil](#)
- [Evaporated cane juice](#)
- Grass-fed meats, gelatin, broth, and animal fats can be purchased from [US Wellness Meats](#), [Grass-Fed Traditions](#), and [Tendergrass Farms](#)
- [Fish sauce](#)
- [Honey](#)
- [Kelp noodles](#)
- [Kuzu starch](#)
- [Lemon](#) and [lime juice](#)
- [Macadamia nut oil](#)
- [Maple sugar](#)
- [Maple syrup, grade B](#)
- [Molasses](#)
- [Nori sheets](#)
- [Nutritional yeast](#)
- [Muscovado sugar](#)
- [Pomegranate molasses](#)
- [Red wine vinegar](#)
- [Shredded unsweetened coconut](#)
- [Sweet potato noodles \(dangmyeon\)](#)
- [Tamarind paste](#)
- [Tapioca starch](#)
- [Truffle oil](#) and [truffle salt](#)
- [Umeboshi paste](#)
- [Vanilla extract](#)
- [Vanilla powder](#)
- [Wakame noodles](#)
- [Walnut oil](#)
- [Water chestnut flour](#)
- [White wine vinegar](#)



Illustration by Rob Foster

Need help finding local farms, farmer's markets, CSAs, or pick-your-own farms near you? Try these great online directories:

www.eatwellguide.org

www.localharvest.org

www.pickyourown.org

No-Fuss Easy Recipes

These recipes include all those with ten minutes preparation time or less and a no-fuss cooking technique (nothing that needs constant stirring or fiddling) or no cooking required! Recipes in red ALSO only use everyday ingredients and don't require special kitchen gadgets.

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Tips for making cooking easier:

- Buy precut vegetables
- Use broccoli slaw for noodles
- Ask the butcher to prepare your meat
- Cook large cuts of meat that only need seasoning and some time in the oven

30-Minute Recipes

From pulling ingredients out of the fridge or cupboard to putting the finished dish on your plate, these recipes are all 30 minutes or less. Recipes in red ALSO only use everyday ingredients.



Illustration by Rob Foster

Time-Saving Tips

- **Batch Cooking:** Batch cooking simply means that you are cooking a larger quantity of food than you would make for a single meal. Even though it may take a little longer to cook a double or triple batch of a recipe, the time you save over cooking that recipe on two or three separate occasions can be significant. Having a freezer full of already-cooked meals, ready to be reheated in a flash, can be a life-saver. You can simply pull a meal out of the freezer and throw it directly into the microwave.
- **Planning Ahead:** It's important to know in advance what you're going to eat on a rushed weeknight, how you're going to handle getting out the door in a hurry in the morning, and what you'll do when the rest of your family is enjoying a tempting treat. You can put ingredients in a slow cooker in the morning so that dinner will be ready when you get home. Maybe planning ahead just means that you take some meat out of the freezer to thaw the night before you'll be ready to cook it. Maybe planning ahead means ordering some ingredients online. It also encompasses food prep that can be done ahead of time, like chopping some vegetables when you have a few spare minutes. Or it might mean combining the ingredients for a sauce or dressing or putting a meat into a marinade in the fridge before you leave for work.
- **Using the Right Tools:** As simple as it sounds, having the right kitchen tools can make all the difference in the world.

Whether it means having sharp knives as opposed to dull ones, or using an immersion blender instead of a wire potato masher, or having a pair of tongs to flip slippery foods instead of struggling with a spatula, the right tools can have a significant impact on the amount of time it takes you to accomplish any task in the kitchen.

- **Pulling Together Quick Meals:** Having a solid repertoire of quick meals that you can pull together in a pinch is an absolute must. If you're going to have some time in the morning for food prep, you can chop or even precook vegetables, season meat, assemble sauces and dressings, and make a salad. Then it might just be a matter of throwing everything into a frying pan or under the broiler at dinnertime. There are premade foods that will work in a pinch. That said, if you find that you just can't ever make time to cook, it's time to reevaluate your schedule and your priorities. Maybe you can do some batch cooking on the weekend so that meals during the week are composed of leftovers and frozen favorites.
- **Leftovers, Leftovers, Leftovers!** There are lots of ways to use leftovers and not feel bored by repetition in your meals. One simple way is to cook a large batch of meat while switching up your side dishes every night. Even leftover vegetables can be changed up by adding a dressing, tossing them with some chopped fresh herbs, or simply mixing together two

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different dishes of leftover veggies.

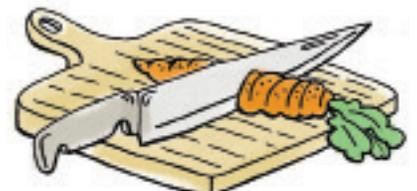
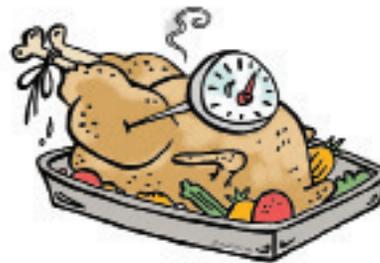
- **Using Convenience Foods:** Precut veggies in microwavable steamer bags, prewashed salad greens, precut fruits and raw veggies that don't require any preparation, packaged sweet potato chips and plantain chips, and frozen vegetables ready to be added to a pot are all great ways to save time. Meat that your butcher has already sliced (usually for no extra fee), fish that your fishmonger has already filleted (sometimes for a higher price per pound), and Paleo Approach-friendly prepared meats, like naked rotisserie chicken, as well as precooked shrimp, canned or smoked fish, and some deli meats, can save you a ton of time when it comes to getting quality protein on your plate. Canned coconut milk or cream, specialty flours, and other specialty foods like coconut wraps, nori wraps, and seaweed snacks can all save you time and help you pull together a meal when your schedule is packed.
- **Sharing the Joy:** If you're going to spend substantially more time in the kitchen, finding a helper or two or three can make a huge difference. Whether you recruit your spouse to chop some vegetables or get your kids to set the table, having someone else do even a small proportion of the work can relieve a large proportion of the burden of food preparation. This is also an opportunity to turn a chore into quality family time.

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Make-Your-Own Soup

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 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

What you need:
Broth
Some kind of cooked meat
Some vegetables

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, 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!



Make-Your-Own Stir-Fry

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

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

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 slaw, asparagus, fennel bulb, kohlrabi, kelp noodles, sweet potato noodles (boil

first), wakame noodles, mushrooms, seaweed (wakame, kombu or arame). Cut into bite-size pieces.

- 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 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!



Make-Your-Own Salad

- Prep Time: 20 minutes
- Cook Time: none

What you need:

- Salad Dressing, p. 126
- Salad Greens and Veggies, p. 160
- Some kind of cooked meat or seafood



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 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!



Shopping List

Meat	Vegetables	Pantry Items
bacon (8 oz. plus extra for Bacon Bits)	butternut squash (2 pounds)	oil (avocado or olive)
ground beef (1 pound)	cauliflower (1 head)	dried rubbed sage
ground pork (5 pounds)	celery (2 stalks)	dried thyme
lamb chops (1 pound)	fresh oregano (1/2 Tsp)	grade B maple syrup
pork chops (2 pounds)	fresh parsley (1/8 cup)	ground cinnamon
whole chickens (2 4-6 pound chickens)	fresh thyme (1 Tsp)	ground ginger
	garlic (4-5 cloves)	ground mace
	kabocha squash (1)	ground turmeric
	large lettuce leaves for Tuna Salad Wraps (enough for 2 meals)	plantain, banana, or sweet potato chips(for lunch) (enough for 2 meals)
	mushrooms (4-6 large)	red palm oil
	onions (2)	salt
	red onion (4 Tsp)	truffle salt (optional)
	sweet potatoes for Roasted Whole Sweet Potatoes (enough for 3 meals)	vinegar (for salad dressing)
	vegetables for salad (enough for 7 meals)	
	vegetables for MYO Soup (enough for 3 meals)	
	vegetables for MYO Stir-Fry (enough for 2 meals)	
	vegetables for Perfect Steamed Vegetables (enough for 4 meals)	
Fruits		
avocado (1)		
berries or citrus for breakfast (enough for 2 meals)		
fruit for Garden Salad (enough for 5 meals)		
lemons for juicing and zesting (2)		
Nonperishables		
albacore tuna (2 5-oz. cans)		
broth (or make ahead)		
canned fish for MYO Salad (enough for 1 meal)		
capers (4 tsp)		
pickles for Tuna Salad Wraps		
Other		
cooking fats (coconut oil, duck fat, lard, or tallow)		



Easy Meal Plan

	Breakfast	Lunch	Dinner
SUNDAY	Crispy Bacon (page 120): If you like bacon bits on your salad, make extra to enjoy on salads all week.	Tuna Salad Wraps (page 260): Keep it simple by using store-bought pickles or omitting the pickles altogether.	Roasted Chicken (page 209): Make 2 chickens to have enough for leftover meals all week. Cut up leftover chicken meat into bite-size pieces and freeze.
	Cup of broth: If you don't have home-made, you can buy from US Wellness Meats, Salt, Fire & Thyme, and Pacific	Store-bought plantain chips, sweet potato chips, or a banana	Roasted whole sweet potato: Rub some whole sweet potatoes with any cooking fat and add to the roasting pan around the chickens.
	Berries or citrus fruit		Perfect Steamed Vegetables (page 296): Make enough for leftovers for at least 2 breakfasts.
	Make ahead for the week while you're cooking dinner: Make salad dressing. Add spices to ground pork for Breakfast Sausage, mix together thoroughly, then press into two cake or lasagna pans. Cover and place in the fridge.		
MONDAY	Breakfast 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.	MYO Soup with leftover chicken: Make enough for 3 meals, or make soup fresh again on Thursday and Friday.	Lemon-Thyme Broiled Pork Chops (page 230): Make enough for two meals
	leftover sweet potato and steamed veggies		Maple-Braised Butternut Squash (page 309): save time by buying pre-cut squash
			Garden Salad (page 160): Make with the salad dressing you made ahead. Make enough for lunch tomorrow.
TUES	Leftover sausage	MYO Salad with leftover chicken: You can also make this meal more like leftover chicken with a side salad if you prefer. Make with the salad dressing you made ahead.	MYO Stir Fry with leftover chicken
	Leftover sweet potato and steamed veggies		
WED	Leftover sausage	Tuna Salad Wraps (page 260): Keep it simple by using store-bought pickles or omitting the pickles altogether.	MYO Stir Fry with leftover pork: Use different veggies and/or different flavoring liquid to make it different from Tuesday's dinner.
	Leftover squash	Store-bought plantain chips, sweet potato chips, or a banana	
THURSDAY	Leftover sausage	MYO Soup with leftover chicken: Did you make enough Monday for leftovers?	Burgers with Caramelized Onions and Portobello "Buns" (page 228): Keep it simple by sauteing regular mushrooms with the onions and skip the portobello buns. Use instructions for baking the burgers.
	Leftover squash		Roasted Winter Squash (page 324): Start cooking the squash while you prep the burgers. Acorn squash is the easiest to prepare. Make sure you position your oven racks to have room for two pans.
			Garden Salad (page 160): Make enough for tomorrow's lunch.
FRIDAY	Leftover sausage: Tired of sausage? Do you have any other leftovers from the week?	MYO Soup with leftover chicken: Did you make enough Monday for leftovers?	leftover burgers and squash
	Berries or citrus fruit		Garden Salad (page 160): Mix it up with some different greens and veggies
SATURDAY	leftover sausage or any other leftovers from the week	MYO Dinner Salad with salad shrimp or canned fish	Greek-Inspired Lamb Chops (p 217): Cook Cauliflower first, remove from oven, then turn on broiler to cook the lamb.
	fruit or leftover veggies from the week		Roasted Cauliflower (page 302): Follow variation for Roasted Broccoli, but use cauliflower instead. It cooks in a little less time, closer to 25 minutes.
			Perfect Steamed Vegetables (page 296)