# Nourish: The Paleo Healing Cookbook Recipe Index

W30 = suitable for the Whole30  
CF = Coconut Free  
CA = Coconut Adaptation

## Bring on Breakfast!

Coconut “Oatmeal” Five Ways  
Slow Cooker Breakfast Meatloaf  
Kedgeree with Smoked Haddock  
Sausage Gravy “Benedict” in Portobello Mushroom Caps  
Plantain Hash Browns  
Butternut Squash Skillet

## Maximizing Meat

Chicken Street Tacos with Blueberry Salsa  
Chicken Fried Steak with Creamy Onion Gravy  
Baked Swedish Meatballs in Gravy  
Pork Belly Carnitas with Apple  
Pesto Pork with Littleneck Clams  
Slow Cooker Bison “Chili” with Hidden Veggies  
Warm Chicken “Grain” Salad with Roasted Butternut Squash  
Lamb Loin Chops with Herb Whipped Artichoke “Butter”  
Thai Chicken Soup with Coconut Milk  
Grilled Thai Beef Skewers with Pineapple & Green Onions  
Duck Fat Burgers with Mango & Smoky Avocado Spread  
Cuban Style Picadillo with Green Olives  
Oven Baked Ribs with Sweet & Tangy BBQ Sauce  
Oven Baked Chinese Pork Jerky with Orange & Ginger  
“Ponzu” Marinated Steak with Daikon & Green Onion  
Perfect Sliced Roast Beef with Herbs  
Braised Short Ribs with Pan Gravy  
Pastitsio Pie with Creamy “Béchemel” Sauce  
Glazed & Baked Chicken Wings with Mango & Lime  
Steak Fajitas with Grilled Onions, Nopales & Summer Squash  
Lamb & Leek Burgers with Lemon “Cream”  
The Ultimate Liver Hater’s Pâté with Apple & Thyme  
Pork Shoulder with Roasted Grape Sauce  
Crispy Beef Tongue Wraps with Herbed Horseradish Sauce  
Rosemary Flatbread with Prosciutto & Plums  
Loaded Sweet Potatoes with BBQ Chicken & “Cheese” Sauce
Braised Spring Chicken with Artichokes & Olives 79 W30 CF
Quick Beef Noodle Bowl with Shiitake Mushrooms 80 W30 CF
Chicken Curry with Creamy Spiced Pumpkin 83 W30 CF
Lamb Lettuce Cups with Cucumber Sauce 84 W30 CF
Chicken and Bacon Bites with Green Onion & Sage 87 W30 CF
Slow Cooker Pork Shanks with Mushroom Gravy 88 W30 CF
Slow Cooker Rabbit Ragù with Porcini Mushrooms 89 W30 CF
Beef Cheek Stew with Pearl Onions 90 W30 CF
Bacon Wrapped Chicken Hearts 92 W30 CF
Baked Chicken with Peach Sauce 93 W30 CF
Crispy Orange Vanilla Duck Legs 95 W30 CF
Braised Pork Cheeks with Sage 96 W30 CF
Beef & Broccoli Slaw Stir Fry with Shiitake Mushrooms 97 W30 CA

Super Seafood

Crispy Shrimp with Preserved Lemon & Chive “Mayo” 100 W30 CF
Salmon & Avocado Tartare with Crispy “Crackers” 103 W30 CF
Pan Fried Sardines with Lime, Cilantro & Mint 104 W30 CF
Bay Scallop Ceviche with Grapefruit & Mint 107 W30 CF
Shrimp Cakes with Cilantro 108 W30 CF
Fisherman’s Pie with Parsnip Mash 111 W30 CF
Teriyaki Glazed Salmon with Watercress 112 CF
Garlic Roasted Mackerel with Salsa Verde 113 W30 CF
Hot & Sour Soup with Shrimp “Dumplings” & Seaweed 114 W30 CA
Seared Scallops with Cauli-Leek Puree & Anchovy Dressing 117 W30 CF
Creamy Leek Chowder with Salmon 118 W30 CA
Poached Cod with Berry Salsa 119 W30 CF
Shucked Oysters with Strawberry “Mignonette” 120 W30 CF
Steamed Mussels with Garlic Potato Puree 123 W30 CF
Crab Soup with Radishes 124 W30 CF
Prosciutto Wrapped Trout Rolls with Zucchini Leek Stuffing 126 W30 CF
Smoked Seafood Spread with Sardines & Oysters 127 W30 CA
Quick Pickled Shrimp 129 W30 CF
Anchovy Stuffed Portobello with Pancetta 130 W30 CF
Sneaky Tuna Salad with Green Onion Dressing 131 W30 CA
Salt Cured Salmon with Orange & Dill 132 W30 CF

Eat The Rainbow

Parsnip Wedges with Garlic “Mayo” Dipping Sauce 136 W30 CF
Green Papaya Salad with Shrimp 139 W30 CA
Caramelized Brussels Sprouts with Lime & Crispy Shallots 140 W30 CF
Sweet Potato Gratin with Caramelized Onions 143 W30 CA
Herbed Spaghetti Squash with Bacon & “Bread Crumbs” 144 W30 CF
Collard Greens with Parsnip “Cream” 145 W30 CF
Orange Salad with Olive Rosemary Tapenade 147 W30 CF
Roasted Asparagus with Double Apple Dressing 148 W30 CF
Plantain Croquettes with Pancetta & Red Onion 151 W30 CF
Watermelon Gazpacho with Basil 152 W30 CF
Spinach Blackberry Salad with Warm Bacon Sage Dressing 154 CF
Roasted Okra with Hot & Sour Dipping Sauce 155 W30 CF
Balsamic Glazed Mushrooms with Kabocha Squash Puree 157 W30 CF
German Potato Salad with Bacon & Herbs 158 W30 CF
Summer Squash Soup with Lemon 161 W30 CF
Apple & Cucumber Salad with Smoked Salmon 162 W30 CF
Indian Spiced “Rice” with Lemon & Raisins 163 W30 CF
Spring Soup with Crispy Prosciutto 164 W30 CF
Chilled Honeydew Soup with Cucumber & Avocado 165 W30 CF
Carrot & Parsnip Salad with Pomegranate & Mint 167 CF
Cider Braised Greens with Crispy Bacon 168 W30 CF
Roasted Sunchokes with Apples & Onions 169 W30 CF
Radish Salad with Radish Greens Pesto 170 W30 CA
Green “Couscous” Salad with Oregano Dressing 173 W30 CF
Garlic Lovers Roasted Beets with Lemon Zest & Thyme 174 W30 CF
Watercress Salad with Avocado & Basil 176 W30 CF
Sautéed Rapini with Garlic & Sausage 177 W30 CF
Purple Slaw with Fennel & Dill 179 W30 CF
Whipped Sweet Potatoes with Parsnips & Rosemary 180 W30 CA

How To Do Dessert 183

Balsamic Roasted Strawberry Popsicles 184
Spiced Banana Carob Pudding with Crispy Bacon 187 CF
“Soft Serve” Sundae with Salted Caramelized Plantains 188 CF
Layered Coconut Mousse with Mandarin Orange 190
Peach Granita with Thyme & Ginger 191 CF
Mango Sorbet with Mint 193 CF

Add A Little Extra 195

Eggless “Mayo” 196 W30 CF
Double Apple Dressing with Lemon & Shallot 198 W30 CF
Smoky Avocado Spread 199 W30 CF
BBQ Sauce 201 CA
Thai Green “Curry” Paste 202 CF
No Nightshade Salsa with Cucumber, Lime & Cilantro 205 W30 CF
Creamy Green Onion Dressing with Lemon 206 W30 CF
Creamy Artichoke Dip with Spinach 209 W30 CF
Speedy Caramelized Onions with Thyme 210 W30 CF

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Grilled Pineapple Guacamole 213 W30 CF
Cherry Sauce with Thyme 214 W30 CF
Zucchini Leek Spread with Shallots & Lemon 215 W30 CF
Finishing Salts Four Ways 216 W30 CF
Horseradish Two Ways 218 W30 CF
Taco Seasoning 219 W30 CF
Jicama "Raita" with Mint 221 W30
Pita Wedges 222
Crunchy Salad or Sundae Topper 223 W30 CF
The Best Broths 224 W30 CF

Make A Menu 226

Indian Feast 227
Thai Takeout 228
BBQ & Fixin's 229
Get Your Greek On 230
Fajita Night 231
Go, Team! 232
Picnic Or Patio Lunch 233
Swedish Meatball Plate 234