

The Autoimmune Paleo
Cookbook

Preview Copy

by Mickey Trescott
photographed by Kyle Johnson



Table of Contents:

Introduction	11
The Autoimmune Protocol	14
Tips + Tricks	18
How to Use This Book	19
Food Quality	20
Shopping Guide	21
Batch Cooking	22
Thoughts on Breakfast	23
Recommended Tools	25
Skills + Staples	27
Healing Foods + Staples	28
Bone Broth	29
Fermented Vegetables	31
Kombucha	32
Water Kefir	33
Coconut Cream	34
Coconut Milk	35
Meal Plans	37
About the Meal Plans	38
Complete 4-Week Meal Plan	40
Complete 4-Week Shopping List	42
Alternate 4-Week Meal Plan	43
Alternate 4-Week Shopping List	45
Recipes	47
Appetizers	49
Crispy Kale Chips	50
Bacon Beef Liver Paté	51
Olive Tapenade	51
Rainbow Root Vegetable Chips	52
Roasted Red Beet Dip	53
Parsley-Garlic Dip	53
Bacon-Wrapped Pears	54
Fig Energy Bites	55
Beverages	57
Coconut Milk Chai	58
Banana-Blueberry Green Smoothie	59
Mango Dream Smoothie	59
Raspberry Cream Smoothie	60
Green Power Juice	61
Ginger Boost Juice	61
Dressings + Sauces	63
Citrus-Avocado Dressing	64
Ginger-Plum Vinaigrette	65
Apple-Cider Vinaigrette	65
Caesar Salad Dressing	66
Coconut Butter	67
Coconut Pesto	67
Blood-Orange Vinaigrette	68
Guacamole	69

<u>Ginger-Lime Coconut Cream Dressing</u>	69
<u>Garlic "Mayo"</u>	70
<u>Olive-Avocado Dressing</u>	71
<u>"Ranch" Dressing</u>	71
<u>Mango Salsa</u>	72
<u>Salads</u>	74
<u>Bacon, Radish and Cabbage Salad with Creamy Coconut Dressing</u>	75
<u>Cucumber-Mint Salad</u>	76
<u>Jicama, Pear, and Mint Salad</u>	76
<u>Chicken Caesar Salad</u>	77
<u>Cabbage Salad with Olive-Avocado Dressing</u>	78
<u>Emerald Kale Salad</u>	78
<u>Pomegranate and Arugula Salad with Fennel and Blood-Orange Vinaigrette</u>	79
<u>Market Salad</u>	80
<u>Mediterranean Salmon Salad</u>	80
<u>Seared Ahi Tuna Salad with Orange-Avocado Dressing</u>	81
<u>Citrus Spinach Salad</u>	82
<u>Radish and Jicama Tabbouli</u>	82
<u>Shredded Beet and Carrot Salad</u>	83
<u>Soups</u>	85
<u>Beef and Butternut Stew with Pear and Thyme</u>	86
<u>Beet and Fennel Soup</u>	87
<u>Carrot Ginger Soup</u>	87
<u>Cold Avocado Cucumber Soup</u>	88
<u>Classic Chicken Soup</u>	89
<u>Celeriac Leek Soup</u>	90
<u>Chicken Soup with Acorn Squash</u>	91
<u>Winter Squash Soup</u>	92
<u>Hearty Vegetable Soup</u>	93
<u>Moroccan Lamb Stew</u>	94
<u>Under the Weather Soup</u>	95
<u>Vegetables</u>	97
<u>Bacon Brussels Sprouts</u>	98
<u>Cabbage Sauté with Coconut Aminos</u>	99
<u>Cauliflower Fried "Rice"</u>	99
<u>Curried Cauliflower</u>	100
<u>Cinnamon Butternut Squash</u>	101
<u>Lemon Sautéed Green Beans</u>	101
<u>Rainbow Roasted Root Vegetables</u>	102
<u>Mashed Sweet Potatoes</u>	103
<u>Puréed Parsnips</u>	103
<u>Roast Mixed Vegetables</u>	104
<u>Rosemary Roasted Carrots and Parsnips</u>	105
<u>Roasted Spaghetti Squash</u>	105
<u>Sautéed Market Greens</u>	106
<u>Rosemary Grilled Asparagus</u>	107
<u>Stuffed Acorn Squash</u>	107
<u>Stuffed Portobello Mushroom Caps</u>	108
<u>Sweet Potato Fries with Garlic "Mayo"</u>	109
<u>Seared Broccolini with Garlic Chips and Coconut Pesto</u>	110
<u>Chicken</u>	112

<u>Curried Chicken Salad</u>	113
<u>Chicken Liver with Raw Garlic and Thyme</u>	114
<u>Chicken Pesto</u>	114
<u>Garlic-Sage Chicken Patties</u>	115
<u>Asian Marinated Grilled Chicken</u>	116
<u>Lemon-Garlic Marinated Chicken Breast</u>	116
<u>Herbed Roast Chicken</u>	117
<u>Shredded Chicken Breast</u>	118
<u>Chicken Stir-Fry</u>	118
<u>Sage-Braised Chicken Legs</u>	119
<u>Seafood</u>	121
<u>Clam Chowder</u>	122
<u>Coconut-Amino Marinated Salmon</u>	123
<u>Citrus-Ginger Marinated Salmon</u>	123
<u>Coconut Crusted Cod</u>	124
<u>Mediterranean Salmon</u>	125
<u>Ginger-Baked Salmon</u>	125
<u>Classic Tuna Salad</u>	126
<u>Sole Fillets with Tarragon-Caper Sauce</u>	127
<u>Sear-Roasted Halibut</u>	127
<u>Seared Ahi Tuna Steaks</u>	128
<u>Salmon Salad with Olives and Cucumbers</u>	129
<u>Beef + Lamb</u>	131
<u>Cranberry-Braised Short Ribs</u>	132
<u>Cinnamon-Sage Dry Rubbed Steak</u>	133
<u>Citrus-Thyme Pot Roast</u>	133
<u>Braised Lamb Shanks with Parsnip Purée</u>	134
<u>Garlic Beef and Broccoli</u>	135
<u>Lamb Meatballs with Garlic and Spinach</u>	135
<u>Herb Dry Rubbed Steak</u>	136
<u>Portobello Burger</u>	137
<u>Rosemary Shredded Beef Skillet</u>	137
<u>Three-Herb Beef Patties</u>	138
<u>Shredded Roast Beef</u>	139
<u>Desserts</u>	141
<u>Cinnamon-Ginger Baked Pears</u>	142
<u>Apple-Cinnamon Bars</u>	143
<u>Apple-Spice Tea Cookies</u>	143
<u>Lemon Macaroons</u>	144
<u>Coconut Macaroons</u>	145
<u>Blueberry Macaroons</u>	145
<u>Raspberry Coconut "Cheesecake"</u>	146
<u>Mango Mint Sorbet</u>	147
<u>Peach Basil Sorbet</u>	148
<u>Blueberry-Lemon "Cheesecake"</u>	149
<u>Resources</u>	152
<u>About the Author</u>	153
<u>About the Photographer</u>	153
<u>Gratitude</u>	154
<u>Index</u>	155

Foods to Include

Vegetables	Roots	Fruit	Herbs	Pantry Items
artichoke arugula asparagus bok choi broccoli brussels sprout cabbage cauliflower celery chard collard green cucumber fennel green bean kale leek lettuce mushroom rhubarb snap pea spinach squash watercress	beet carrot celeriac jicama onion parsnip turnip radish rutabaga shallot sweet potato yam	apple apricot avocado banana blackberry blueberry cantaloupe cherry clementine coconut date fig grape grapefruit guava huckleberry honeydew kiwi lemon lime mango marionberry nectarine orange papaya peach pear persimmon plum pineapple pomegranate raspberry strawberry tangerine watermelon	basil bay leaves chamomile chives cilantro dill lavender lemongrass marjoram mint parsley peppermint rosemary sage spearmint tarragon thyme	apple-cider vinegar anchovies arrowroot powder coconut flour coconut flakes coconut vinegar coconut aminos dates dried fruit olives salmon sardines tuna ume plum vinegar
	Meats			Ferments
	beef bison buffalo lamb fish shellfish chicken turkey duck pork rabbit venison		Spices	sauerkraut fermented vegetables (carrot, beet, other veg) kombucha water kefir
Fats				
animal fat avocado oil coconut oil duck fat lard olive oil palm oil tallow	Offal			
	bone broth liver kidney heart			

Breakfast Ideas:

- **Meat Patties** - If you have at least two different kinds in your freezer, you can avoid having the same thing for breakfast every morning. Just grab out of the freezer and reheat in a skillet.
- **Bone Broth** - Breakfast is a great time to get a mug of bone broth in. It can replace your morning coffee or tea.
- **Fermented Vegetables** - Sauerkraut or other fermented vegetables can be stored in your fridge and just need to be scooped out on your plate to add to breakfast.
- **Leftover Vegetables** - If you have any leftover veggies from the dinner the day before, you can throw them into the skillet to heat up with the meat patties. You can also batch-cook a big vegetable hash every week to quickly reheat for breakfasts.
- **Raw Fruit or Vegetables** - You can eat a piece of fruit or some raw vegetables with your breakfast, but I would not choose this in lieu of quality protein or fat.
- **Canned Fish** - If you run out of patties or are in a rush, a bpa-free can of fish (salmon or sardines are nice) mashed up with some raw veggies can be a quick solution.
- **Bacon** - Always a nice addition to breakfast. Make sure to purchase the pastured, sugar-free variety.
- **Leftover Meals** - Forget your prior conception of breakfast. If you have a leftover portion of stew or other hearty meal with protein, eat it for breakfast!



Skills + Staples

<u>Healing Foods + Staples</u>	28
<u>Bone Broth</u>	29
<u>Fermented Vegetables</u>	31
<u>Kombucha</u>	32
<u>Water Kefir</u>	33
<u>Coconut Cream</u>	34
<u>Coconut Milk</u>	35



Healing Foods

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



Other Staples

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

Autoimmune Paleo

Week 1

Complete Four-Week Meal Plan

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Beef Breakfast Patties (p.138) (also make Garlic-Sage Chicken Patties p.115)	Beef Breakfast Patties	Garlic-Sage Chicken Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Beef Breakfast Patties	Beef Breakfast Patties
Lunch	Ginger-Baked Salmon (p.125) Cauliflower Fried Rice (p.99)	Chicken and Acorn Squash Soup	Ginger-Baked Salmon Cauliflower Fried Rice	Chicken and Acorn Squash Soup	Beef and Broccoli Radish and Jicama Tabbouli	Curried Chicken Salad Emerald Kale Salad	Mediterranean Salmon Rosemary Asparagus Market Greens
Dinner	Chicken and Acorn Squash Soup (p.91) *	Ginger-Baked Salmon Cauliflower Fried Rice	Beef and Broccoli (p.135) Radish and Jicama Tabbouli (p.82)	Shredded Ck Breast (p.118) Curried Chicken Salad (p.113) Emerald Kale Salad (p.78)	Curried Chicken Salad Emerald Kale Salad	Mediterranean Salmon (p.125) Rosemary Asparagus (p.107) Market Greens (p.106)	Beef and Butternut Stew (p.86) *

Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Garlic-Sage Chicken Patties	Mediterranean Salmon Salad (p.80)	Mediterranean Salmon Salad	Garlic-Sage Chicken Patties	Garlic-Sage Chicken Patties	Garlic-Sage Chicken Patties	Beef Breakfast Patties (p.138) (also make Garlic-Sage Chicken Patties p.115)
Lunch	Mediterranean Salmon Rosemary Asparagus Market Greens	Beef and Butternut Stew	Chicken Stir-Fry Curried Cauliflower	Coconut-Amino Salmon Cabbage-Avo Salad	Coconut-Amino Salmon Cabbage-Avo Salad	Rosemary Beef Skillet Emerald Kale Salad	Asian Marinated Chicken Breast Carrot Ginger Soup
Dinner	Beef and Butternut Stew Shredded Beef (p.139) (save for later in week)	Shredded Ck Breast (p.118) Chicken Stir-Fry (p.118) Curried Cauliflower (p.100)	Coconut-Amino Salmon (p.123) Cabbage-Avo Salad (p.78)	Rosemary Beef Skillet (p.137) Emerald Kale Salad (p.78)	Rosemary Beef Skillet Emerald Kale Salad	Asian Marinated Chicken Breast (p.116) Carrot Ginger Soup (p.87) **	Citrus-Ginger Salmon (p.123) Market Salad (p.80)

* freeze two servings **freeze one serving

Alternate Four-Week Meal Plan

Shopping List

Pantry

Week 1

Week 2

Week 3

Week 4

Pantry Items:

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

Items to keep in stock:

yellow onions
red onions
fresh garlic
fresh ginger
lemons
BPA-free canned salmon
BPA-free canned tuna

Have ready:

fermented vegetables
bone broth

Saturday:

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

Wednesday:

12 ounces pastured chicken breast
1 bunch curly-leafed kale
1 ½ pounds sweet potatoes
1 head lettuce
1 bunch radishes
2 cucumbers
½ pound jicama
fresh mint
fresh parsley
¼ cup raisins

Saturday:

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

Wednesday:

1 pound wild-caught salmon
2 bunches dark green leafy (kale, collard greens, chard)
1 pound portobello mushroom caps
2 pounds green beans
1-2 bunches spinach
1 bunch celery
2 carrots
1 cucumber
1 avocado
1 orange

Saturday:

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

Wednesday:

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

Saturday:

12 ounces sole
6 slices sugar-free bacon
1 bunch curly-leafed kale
1 ½ pounds brussels sprouts
1 head lettuce
2 carrots
1 beet
3 cucumbers
½ cup mushrooms
1 avocado
fresh tarragon
fresh parsley
fresh mint

Wednesday:

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

Appetizers + Snacks



<u>Crispy Kale Chips</u>	50
<u>Bacon Beef Liver Paté</u>	51
<u>Olive Tapenade</u>	51
<u>Rainbow Root Vegetable Chips</u>	52
<u>Roasted Red Beet Dip</u>	53
<u>Parsley-Garlic Dip</u>	53
<u>Bacon-Wrapped Pears</u>	54
<u>Fig Energy Bites</u>	55



Mango Salsa

Time: 15 minutes ~ Makes 2 cups

Ingredients:

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



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

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

Rainbow Roasted Root Vegetables

Time: 1 hour ~ Serves 4

Ingredients:

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



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

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

Curried Chicken Salad

Time: 15 minutes ~ Serves 3-4

Ingredients:

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



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

Note: Keeps for a few days in the refrigerator.

Coconut-Crusted Cod

Time: 45 Minutes ~ Serves 4

Ingredients:

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



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



Beef + Lamb

<u>Cranberry-Braised Short Ribs</u>	132
<u>Cinnamon-Sage Dry Rubbed Steak</u>	133
<u>Citrus-Thyme Pot Roast</u>	133
<u>Braised Lamb Shanks</u>	
<u>with Parsnip Purée</u>	134
<u>Garlic Beef and Broccoli</u>	135
<u>Lamb Meatballs</u>	
<u>with Garlic and Spinach</u>	135
<u>Herb Dry Rubbed Steak</u>	136
<u>Portobello Burger</u>	137
<u>Rosemary Shredded Beef Skillet</u>	137
<u>Three-Herb Beef Patties</u>	138
<u>Shredded Roast Beef</u>	139





About me:

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

I have a background working privately as a home chef, helping people provide delicious, nutrient-dense foods for their families. I also have a passion for the organization and preparation that goes into keeping a kitchen stocked full of wholesome home-cooked meals, even while on a restricted diet. In addition to cooking for people in their homes, I practice nutritional therapy and blog about the autoimmune protocol at autoimmune-paleo.com.

I hope you enjoyed this preview of the [Autoimmune Paleo Cookbook!](#)

The first half of the book is all about the autoimmune protocol and how to go about an elimination diet, complete with how-to pages and meal plans. In the second half of the book, there are recipes for every meal and occasion - appetizers and snacks, sauces and dressings, salads, soups and stews, vegetables, chicken, beef and lamb, seafood, and desserts. Recipes range from quick lunches and weeknight dinners to elaborate meals for parties or gatherings.

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

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

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

To purchase the e-cookbook, please visit the following link:

<http://autoimmune-paleo.com/drruscio>