

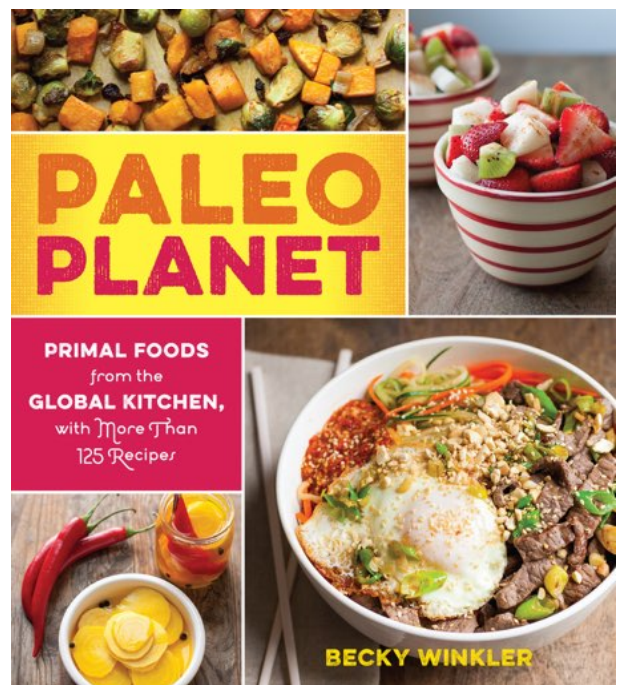
WHOLE30-COMPLIANT RECIPES IN PALEO PLANET

Spice Blends, Pantry Staples, and Sauces:

Za'atar	20
Garam Masala	22
Creole Seasoning	23
Dukkah	25
Date Syrup	26
Ghee	27
Nitter Kibbeh	28
Almond Milk	31
<small>(sweetened variation is not Whole30 compliant)</small>	
Almond Butter	32
Cashew Cream	33
<small>(sweetened variation is not Whole30 compliant)</small>	
Romesco Sauce.....	34
Ancho Chile Salsa	37
Salsa Verde	38
<small>(omit honey)</small>	
Sherry Vinaigrette	40
<small>(omit honey)</small>	
Slow-Cooker Caramelized Onions	41
Mint Chutney	45

Appetizers, Soups, Salads, and Snacks:

Garlicky Shrimp (Gambas al ajillo)	48
Rosemary & Black Pepper-Roasted Almonds	49
Tortilla Española	51
Tostones with Guasacaca	52
Prosciutto & Papaya with Spiced Balsamic Glaze	59
Cauliflower & Mushroom Soup with Gomasio ..	63
Sweet Potato & Roasted Garlic Soup with Garam Masala	64
Kale Salad with Satsuma-Ginger Vinaigrette	68



Poultry:



Peruvian Roast Chicken (page 94)

Yu Hsiang Chicken & Eggplant	81
(use all-fruit orange marmalade instead of honey)	
Indochinese Chile Chicken	82
(use all-fruit jam instead of honey)	
Pineapple Fried Cauliflower Rice	84
Spicy Pecan Chicken	87
Pollo al horno porteño	88
Chicken, Prosciutto, & Sage Roulades	91
Roast Chicken with Za'atar & "Yogurt" Sauce	92
Peruvian Roast Chicken	94
Chicken Meatballs with Garlic-Kale Marinara ..	96
Braised Chicken with Leeks & Scallions	98
Coconut Tamarind Curry	100
Ají de Gallina	103
Double Salsa Slow-Cooker Chicken	107
(make sure salsa verde is made without honey)	
Chiles Rellenos with Pepita-Avocado Crema ..	108
(make sure salsa verde is made without honey)	

Drumsticks with Mole Poblano	110
(omit honey)	
Dovi (Chicken & Almond Butter Stew	116
Spiced Turkey Drumsticks & Gravy	118

Beef, Pork, and Lamb:

Ribeye Steak with Chimichurri	123
Kratiem Prik Thai Short Ribs	127
Marinated Skirt Steak with Cilantro-Lime Ghee	128
Milanese	132
Lega Tibs	138
Moussaka	139
Swedish Meatballs	144
Milanese	132
Moroccan Beef with Apricots & Dates	147
Shepherd's Pie with Rutabaga	150
Pan-Seared Pork Chops with Cumin & Salsa Verde	153
(make sure salsa verde is made without honey)	
Date-Glazed Pork Tenderloin.....	154
Pork Adobo with Pineapple	159
Slow-Cooker Carnitas Lettuce Wraps with Pineapple-Avocado Salsa	160
Citrus-Braised Lamb Shanks with Winter Vegetables	162
Lamb Meatballs with Saffron Sauce	164

Seafood:

Cilantro-Lime Shrimp Scampi with Zucchini Noodles	170
Seared Scallops with Lime & Sautéed Spinach	178
Crab Cakes with Gomasio	181
Seared Calamari with Capers	182
Pan-Seared Salmon with Dukkah	184
Sole Meunière	188
Monkfish with Lemongrass-Scallion Sauce	191
Lemon-Marinated Swordfish with Romesco Sauce	192



Seared Calamari with Capers (page 182)

Vegetables

Roasted Asparagus with Gremolata.....	199
Orange-Glazed Brussels Sprouts	203
Cauliflower Rice	204
Ethiopian Collard Greens	207

Colcannon	208
Mushroom Saag	211
Bhindi Masala	212
Ginger-Lime Parsnip Puree	214
Aromatic Spaghetti Squash	217
Curried Roasted Squash & Brussels Sprouts ..	221
Smoky Sweet Potato Latkes	222
Salt & Pepper Roasted Radishes	225

Breakfast and Brunch:

Mini Quiches with Duxelles and Baby Broccoli	232
Spinach & Bacon Soufflé	234
<small>(make sure to use Whole30-compliant, sugar-free bacon)</small>	
Creole Hash & Eggs	237
Huevos Divorciados with Sweet Potato Hash	238
<small>(make sure salsa verde is made without honey)</small>	
Pesto Baked Eggs with Avocado Hollandaise	240
Shakshuka with Greens	244
Squash Noodles with Everything Pesto and Fried Eggs	247



Pesto Baked Eggs with Avocado Hollandaise (page 182)

Desserts

Pico de Gallo de Frutas 251

Malagasy Banana Fritters 234
(use seeds from 1 vanilla bean instead of extract; omit honey)



Pico de Gallo de Frutas (page 251)

Questions?

Feel free to email me
(becky(at)acalculatedwhisk(dot)com) if you
have any questions about Paleo Planet!

You can also find me on social media by
following these links:

- [Facebook](#)
- [Instagram](#)
- [Pinterest](#)
- [Twitter](#)

If you're cooking from the book, use the
hashtag #PaleoPlanet when you share
photos. I would love to see what you've
made!

Looking forward to connecting with you!
—Becky