

# Whole30 10 Minute Meals



Recipes with love from

**The Robot Book  
Club**

# **Whole30 10 Minute Meals**

*Fast, Flavorful, and Compliant Recipes for Busy Weeknights*

The Robot Book Club

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# Preface

This book, and The Robot Book Club, is an experiment large scale AI generation. Every page, from layout to images to copy, was generated with zero human review.

The authoring and publishing teams were implemented in the Kaya scripting language. They were given only the input: 10 Minute Meals.

This is the only page authored by a human: Hello there!

— Ted Benson

# Prologue

The day has eaten you alive. Another one down, chewed up and spit out. The brief is on your desk, the kids are a blur of unfinished homework and demands, and that primal hunger gnaws. Now, the Whole30 reset. The promise of clarity, health, a clean slate. But also, the crushing reality of the clock, the endless rules, the fear of bland deprivation. That's where most good intentions go to die: at the mercy of exhaustion and a fridge full of question marks.

This isn't a collection of fussy, aspirational recipes for the weekend chef, nor some white-washed, tourist-trap version of "healthy eating." This is a battle plan. A tactical guide for the frontline cook – the working parent, the double-shift warrior, the one staring down 6 PM with nothing left to give. You don't need a culinary degree. You don't need hours. You just need a strategy born from the honest, often painful, experience of getting real food on the table when you're running on fumes.

We're stripping away the pretense. No trying to trick your brain with pale imitations of the foods you crave. No fake bread, no sad, compliant muffins that only perpetuate the cycle. That's not honest. That's just delaying the inevitable. What you'll find here is real food. Honest food, rooted in the dishes people actually cook and eat at home, adjusted with integrity. Food that adheres strictly to the program, yes, but more importantly, food that delivers flavor, texture, and genuine satisfaction, rapidly.

The golden rule? Ten minutes of your active attention. That's it. Ten minutes with a knife, a pan, a sheet of steel. Then, the oven, the stovetop, the pressure cooker takes over. Hands-off. While the food works, you decompress. Pour yourself a glass of sparkling water, kick off your shoes, and let the Maillard reaction do the heavy lifting.

This is about survival, yes. But it's also about reclaiming your kitchen, one gloriously efficient meal at a time. It's about putting something truly restorative on your table without sacrificing your sanity or your precious evening. It's about proving that even when you're exhausted, real food, properly made, is always within reach. So, the clock's ticking. Let's cook.



# A Crash Course in Whole30 Cooking (When You Have No Time)

*The substitutions, the science, and the orientation you need before turning the page.*

The classic ten-minute meal is engineered on a foundation of instant noodles, cornstarch slurries, and sugar-laden soy sauces. Whole30 completely strips away these processed carbohydrates and rapid umami cheats, demanding a radical shift in how you build flavor against the clock. Speed here can no longer rely on ultra-processed shortcuts; it requires leveraging raw thermodynamics, commercial compliant emulsions, and strategic modular assembly. Once you master this new framework, these meals remain just as fast, fiercely satisfying, and deeply flavorful.

**Assemble modular plates instead of actively cooking everything.** Stop trying to cook complex recipes in ten minutes. Combine compliant canned oceanic proteins, like salmon, with healthy fats and raw vegetable vehicles like jicama sticks. Watch out for hidden soy broths or dextrose in pre-cooked deli meats and canned fish.

**Build rapid pan sauces with fruit-sweetened aminos.** Whole30 eliminates the soy and added sugar that power traditional stir-fries. Whisk coconut aminos with compliant fruit-juice-sweetened apricot jam and a splash of fish sauce to mimic teriyaki and hoisin. Because aminos are sweeter than soy sauce, aggressively salt your dish to achieve the right balance.

**Thicken pan liquids instantly using arrowroot slurries.** Banning cornstarch destroys the standard method for quickly turning watery broth into a clinging glaze. Whisk half a tablespoon of arrowroot powder with cold water, then stir it into your simmering skillet during the final sixty seconds. Never add the powder directly to hot liquid, or it will instantly clump.

**Outsource your dressings and emulsions to commercial brands.** Whisking mayonnaise from scratch consumes precious time and introduces the risk of a broken emulsion. Stock your fridge with Whole30-Approved options like Primal Kitchen garlic aioli or Tessemae's habanero ranch to bind tuna salads instantly. Always verify the specific flavor carries the official protocol logo.

**Exploit the microwave to instantly steam sweet potatoes.** With rice and bread eliminated, sweet potatoes serve as your primary carbohydrate vessel, but baking them takes an hour. Pierce the skin, wrap the tuber in a damp paper towel, and microwave on high for six minutes. Watch the clock closely, as overcooking quickly turns the flesh desiccated and tough.

**Sauté pre-cooked cased meats for zero-risk hot protein.** Cooking dense, raw chicken breasts in ten minutes requires violent heat that often burns the exterior while leaving the center dangerously undercooked. Slice compliant beef hot dogs or apple sausages into a skillet for an instant, safe hash. Meticulously check labels to ensure zero added sugars or sulfites.

**Deploy eggs as your absolute fastest raw protein.** Because egg proteins denature rapidly at low temperatures, they transition from liquid to a fully cooked solid in under three minutes. Pour whisked eggs over sautéed bell peppers and onions for an immediate scramble. Remove them from the pan while still glossy to prevent a rubbery texture.

**Buy your cruciferous vegetables pre-riced and frozen.** Processing a head of cauliflower into rice requires machinery and cleanup that fundamentally violates a ten-minute timeframe. Dump bags of frozen cauliflower rice directly

into a scorching pan with high-heat fat. Keep the heat medium-high and avoid overcrowding so the frozen water evaporates rather than steaming the vegetables.

**Simulate deep-fried textures using an air fryer.** Frozen breaded chicken nuggets are out, and deep-frying from scratch takes too long. Toss bite-sized chicken thighs in tapioca starch, spray generously with avocado oil, and air-fry at four hundred degrees for ten minutes. Keep the pieces in a single layer so the convection currents can actually crisp the starch.

**Sear aggressively with high-smoke-point animal fats.** Speed demands blistering heat, but butter burns and inflammatory seed oils are banned. Heat your wok until smoking, then drop in clarified ghee, beef tallow, or pure avocado oil before adding your meat. Beware of violent oil splatter when introducing water-dense vegetables to smoking hot tallow.

**Cook stir-fry ingredients sequentially to maintain pan heat.** Dumping all your ingredients into a skillet simultaneously plummets the temperature, causing food to boil instead of sear. Cook thinly sliced steak for two minutes, remove it, then sear your broccoli, and finally combine everything with your sauce. Ensure uniform knife cuts so every piece cooks evenly.

**Stockpile compliant flavor boosters for instant culinary depth.** Traditional cooking builds complex flavor through hours of simmering, which you do not have. Inject immediate acidity and umami into bland dishes by tossing in capers, compliant sauerkraut, and sun-dried tomatoes. Scrutinize the jars, as commercial pickled goods are frequently contaminated with hidden sugars and artificial dyes.

The constraint is simply an invitation to cook smarter, so turn the page, heat your skillet, and let the clock start.





# BREAKFAST

*Tactical, ten-minute morning fuel for exhausted adults on a reset.*

The morning is a tactical battlefield, not a leisurely Sunday café. You have a commute to survive, a life to manage, and exactly zero time for culinary romanticism before eight o'clock. For the exhausted adult attempting a reset, breakfast is about survival and sustenance, not sad, grain-free approximations of muffins. You need real, rapid fuel that will carry you straight through to lunch without a crash.

Give the kitchen ten minutes of your active attention—rough-chopping an unpeeled potato, cracking a few eggs, tossing compliant bacon onto a sheet pan—and let the heat do the heavy lifting. From a walk-away cast iron frittata to a

leftover carnitas skillet, these are the unglamorous, highly effective morning rituals that keep the wheels turning.





# The Diner-Style Food Processor Hash Browns & Eggs

It is Day 12 of the reset, you are deep into "The Hard Part," and if you have to look at another plate of scrambled eggs and steamed spinach, you are going to lose your mind. You want diner food. True American diner hash browns are a marvel of culinary engineering: shattered, crispy exteriors giving way to creamy potato inside, achieved by pressing shreds into a massive, grease-slicked flat-top griddle for twenty minutes. You do not have a flat-top, and you certainly do not have twenty minutes to stand over a stove with a spatula. This recipe aggressively hacks the diner method. By running russets through the

shredding disc of a food processor, we condense exhausting box-grating into ten seconds of absolute mechanical superiority. Tossed in generous amounts of rich ghee and blasted on a sheet pan in a fiercely hot oven, we replicate the conductive heat of the griddle with zero babysitting. Do not apologize for the fat, do not rush the oven time, and prepare to feel human again.

## INGREDIENTS

<b>2 lb</b>	Russet potatoes <i>scrubbed clean, unpeeled</i>	<b>4 large</b>	eggs
<b>1/2 med</b>	yellow onion <i>cut to fit food processor feed tube</i>	<b>1 tbsp</b>	fresh chives or flat-leaf parsley <i>finely chopped</i>
<b>4 tbsp</b>	ghee <i>melted</i>	<b>4 slice</b>	Whole30-compliant sugar- free bacon <i>chopped (optional)</i>
<b>1 1/2 tsp</b>	kosher salt	<b>1/2 lb</b>	Whole30-compliant sausage <i>crumbled (optional)</i>
<b>1 tsp</b>	garlic powder		
<b>1/2 tsp</b>	black pepper <i>freshly cracked</i>		

## INSTRUCTIONS

- 1. Preheat the oven and prepare the pan.**  
Preheat your oven to 425°F and line a large, heavy-duty rimmed baking sheet with parchment paper.
- 2. Mechanically shred the potatoes and onion.**  
Attach the coarse shredding disc to your food processor and run the russet potatoes and onion halves through the feed tube.
- 3. Wash away the surface starch.**  
Immediately transfer the shredded mixture into a large bowl of cold water and swish vigorously with your hands until the water turns milky, then drain into a colander.

**1. Wring out the excess moisture.**

Transfer the rinsed shreds into the center of a clean, lint-free kitchen towel, twist the corners tightly, and ruthlessly squeeze out as much water as humanly possible over the sink.

**2. Season and spread.**

Dump the bone-dry shreds back into a dry bowl, pour the melted ghee over the top, add the salt, garlic powder, and black pepper, and toss vigorously before spreading into a thin, even layer on the baking sheet.

**3. Roast undisturbed.**

Bake for 25 to 30 minutes, or until the bottom and edges are deeply golden brown and fiercely crispy.

**4. Drop the eggs.**

Remove the pan from the oven, use a spoon to create small wells in the crispy potato bed, and crack an egg directly into each.

**5. Finish the bake.**

Return to the oven for 5 to 7 minutes until the whites are just set but the yolks remain jammy, then garnish heavily with fresh herbs and serve immediately.

**CHEF'S NOTES**

● **Why this swap? Ghee instead of standard diner butter.**

Authentic diners rely on canola oil or cheap butter blends. We use ghee, which is 100% Whole30 compliant because the milk solids are removed. It boasts a massive 482°F smoke point, withstanding the aggressive heat of the oven without burning while imparting an intensely rich, nutty flavor.

● **Technique Tip: Respect the Russet.**

Do not substitute waxy potatoes like Yukon Golds or Reds. Russet potatoes have a high-starch, low-moisture cellular structure that dehydrates under high heat to create that rigid, shatteringly crisp exterior.

- **Hidden-Sugar Label Check: Breakfast Meats.**

If adding bacon or sausage, check your labels like your life depends on it. Nearly all commercial bacon is cured with sugar. Specify Whole30-compliant brands only (e.g., Applegate, Pederson's, or ButcherBox).

- **Hidden-Sugar Label Check: Condiments.**

A diner breakfast demands condiments, but standard Heinz has high-fructose corn syrup, and every commercial brand of Sriracha contains sugar. Stock your fridge with Primal Kitchen or Tessemae's to preserve your reset.



# Italian-American Eggs in Purgatory

*oo-OH-vah een poor-gah-TOH-ree-oh*

**Naturally Whole30 / Traditional Neapolitan.** You are likely somewhere around Day 11, staring down the barrel of yet another scrambled egg, ready to abandon this whole enterprise. Welcome to your rescue. In Naples, they call this *ova 'mpriatorio*—eggs in purgatory. It is a masterpiece of *cucina povera*, the beautiful Italian art of dragging spectacular flavor out of the humblest pantry staples. The stark white eggs look like souls trapped in the bubbling, fiery red flames of a vicious tomato sauce. We skip the heavy cheeses and beans of the diaspora and lean hard into the old-school foundation: aggressive

garlic, vibrant tomatoes, a kick of chili, and the unapologetic richness of runny yolk bleeding into high-quality olive oil. The stove does the heavy lifting; you just reap the rewards.

## INGREDIENTS

<b>3 tbsp</b>	extra-virgin olive oil	<b>28 oz</b>	crushed tomatoes or passata
<b>1/2 med</b>	yellow onion <i>finely chopped or grated on a box grater</i>	<b>1/2 tsp</b>	fine sea salt
<b>2 large</b>	cloves garlic <i>thinly sliced or minced</i>	<b>1/4 tsp</b>	black pepper
<b>1/2 tsp</b>	crushed red pepper flakes	<b>4 large</b>	eggs
		<b>1 handful</b>	fresh basil leaves <i>roughly torn</i>

## INSTRUCTIONS

### 1. Sauté the aromatics to build a savory foundation.

Place a large cast-iron or stainless steel skillet over medium heat and add the olive oil. When the oil shimmers, add the onion and garlic. Sauté for 3 to 4 minutes until the onions soften and the garlic turns golden and fragrant. Stir in the red pepper flakes and let them toast for 30 seconds to bloom their heat.

### 2. Pour in the tomatoes and let the stove do the work.

Add the crushed tomatoes, sea salt, and black pepper. Stir well to combine the oil and tomatoes, then reduce the heat to medium-low so the sauce settles into a gentle, steady simmer. Walk away. Let the stove do the work for about 10 minutes, allowing the sauce to reduce, deepen in color, and concentrate its natural umami.

### 3. Crack the eggs into the simmering sauce and cover.

Return to the stove. Using the back of a spoon, press into the thickened tomato sauce to create small, distinct wells. Carefully crack an egg into each well. Cover the skillet with a tight-fitting lid and leave it entirely alone for 5 to 8 minutes. The exact time depends on your preference—5 minutes yields a highly runny yolk, while 8 minutes gives you a firm center. The whites should be completely opaque.

**1. Finish with fresh basil and a heavy pour of raw olive oil.**

Remove the skillet from the heat. Season each individual egg yolk with a tiny pinch of salt and black pepper. Scatter the torn fresh basil generously over the top of the entire skillet, and finish with a final, unapologetic drizzle of your best raw extra-virgin olive oil. Serve immediately.

**CHEF'S NOTES**

● **Verify your crushed tomatoes are strictly tomatoes and salt.**

Many conventional American supermarket brands sneak added sugar into their cans to artificially neutralize acidity. High-quality brands like San Marzano, Muir Glen, or Mutti do not. Look closely at the label.

● **Skip the faux-paleo bread and use roasted vegetables as your vehicle.**

The traditional move is wiping the plate clean with crusty ciabatta (la scarpetta). We don't bake SWYPO almond-flour bread here. Instead, serve this over a bed of compliant roasted potatoes or alongside aggressively charred asparagus.

● **Do not rush the onions and garlic.**

Because we aren't relying on the cheap cheat of Parmesan cheese for depth, the cooking technique has to work harder. Letting the aromatics truly soften and release their oils into the fat provides the profound savory backbone this dish requires.



# The Southern Cajun Andouille & Brussels Sheet Pan

Welcome to Day 12. You are officially in 'The Hard Part' of your reset, and if you have to look at another plate of plain, rubbery scrambled eggs, you might actually throw a pan out the window. Put it down. We are going to the bayou instead. Traditional Cajun breakfast hash is a cornerstone of Southern morning survival—a glorious, chaotic skillet of smoked sausage, peppers, and potatoes cooked in fat until deeply charred. We are capturing that exact unapologetic, smoky-spicy flavor profile, but stripping out the twenty minutes of babysitting a hot stove. By migrating the operation to a sheet pan, the high heat of the oven

does all the heavy lifting, rendering the fat from the andouille to crisp the cut faces of the Brussels sprouts and caramelize the sweet potatoes. It's spicy, it's rich, and it requires exactly eight minutes of you actually doing anything. Fat and spice are your best friends on this reset; do not apologize for using them.

## INGREDIENTS

<b>12 oz</b>	Whole30-compliant andouille sausage <i>sliced into 1/2-inch rounds (verify no sugar or sulfite additives)</i>	<b>1 tsp</b>	garlic powder
<b>1 lb</b>	Brussels sprouts <i>trimmed and halved</i>	<b>1 tsp</b>	onion powder
<b>1 med</b>	sweet potato <i>peeled and diced into 1/2-inch cubes</i>	<b>1/2 tsp</b>	dried oregano
<b>1/2 large</b>	red onion <i>roughly chopped</i>	<b>1/2 tsp</b>	dried thyme
<b>3 tbsp</b>	ghee <i>melted</i>	<b>1/4 tsp</b>	cayenne pepper
<b>1 tsp</b>	smoked paprika	<b>1 tsp</b>	kosher salt
		<b>1/2 tsp</b>	black pepper <i>freshly cracked</i>
		<b>4 large</b>	eggs

## PREPARATION

- **Prep the produce.**

Trim and halve the Brussels sprouts, peel and dice the sweet potato, and roughly chop the red onion.

- **Slice the sausage.**

Cut the andouille into 1/2-inch rounds.

## INSTRUCTIONS

**1. Preheat the oven to 400°F and grab a large, unlined rimmed sheet pan.**

Do not line the pan with foil; we want the ingredients in direct contact with the hot metal to build maximum fond and char.

**2. Dump the sausage and vegetables onto the pan, douse with ghee and spices, and toss vigorously.**

Use your hands to ruthlessly toss everything together until every sprout and potato is slicked with spiced fat. Spread the mixture out into a single, flat layer so it roasts rather than steams.

**3. Roast the mixture undisturbed for 15 minutes.**

Slide the pan into the oven. Walk away. Drink your coffee. Let the high heat soften the sweet potatoes and deeply brown the flat edges of the Brussels sprouts.

**4. Create four nests in the hash and crack an egg into each.**

Pull the pan out and give everything a quick flip with a spatula. Use the back of a spoon to carve out four little wells among the vegetables and sausage, cracking one egg directly into each.

**5. Return the pan to the oven for 5 to 8 minutes to set the eggs.**

Pull the pan when the egg whites are just set but the yolks remain jammy and runny. Serve immediately, letting that rich yolk break and act as a sauce for the smoky hash.

## CHEF'S NOTES

● **Label Check: Sausage.**

The hidden sugar survival skill applies heavily here. Authentic Cajun andouille is just pork, garlic, and smoke, but American commercial processing loves to pump sausage full of dextrose and corn syrup to balance the heat. If the ingredient label lists any form of sugar or sulfites, put it back. Brands like Pederson's Natural Farms or Applegate are safe bets.

- **Why this swap? Sweet potatoes for white potatoes O'Brien.**

Traditional Southern hash uses cubed white potatoes. While white potatoes are compliant on the Whole30, sweet potatoes provide a superior nutritional profile and a naturally sweet counter-punch to the aggressive, savory heat of the andouille and cayenne.

- **Why this swap? The sheet pan for the skillet.**

An authentic hash requires twenty minutes of babysitting a cast-iron skillet to prevent burning. The sheet pan utilizes oven convection to surround the food with even, high heat, mimicking the skillet's caramelization while giving you your morning back.

- **Why this swap? Ghee for butter.**

Classic diner hash is fried in generous amounts of butter. Butter contains milk proteins and sugars that are banned on the reset. Ghee is clarified to remove these solids, leaving pure, compliant, high-smoke-point butterfat that crisps the sprouts beautifully.



# The Leftover Sunday Corned Beef Skillet Hash

Naturally Whole30 / Irish-American Diaspora. It's Day 6. The sugar withdrawal is hitting hard, energy is lagging, and the mere thought of another plate of sad scrambled eggs makes you want to throw a spatula through a window. Enter the rescue operation. Born from 19th-century immigrant resourcefulness and diner-culture perfection, a proper corned beef hash is the ultimate comfort food. This isn't the mushy, dog-food-adjacent stuff from a can. This is crispy, deeply savory, and unapologetically rich. Because we're using Sunday's leftovers and letting the heavy heat of cast iron do the heavy lifting, you only invest eight minutes of actual work. The pan does the rest.

## INGREDIENTS

<b>2 tbsp</b>	ghee	<b>1/2 tsp</b>	freshly cracked black pepper
<b>1 med</b>	yellow onion <i>finely diced</i>	<b>1/2 tsp</b>	smoked paprika
<b>2 cup</b>	leftover Whole30-compliant corned beef <i>finely chopped</i>	<b>1/2 tsp</b>	garlic powder
<b>2 cup</b>	leftover cooked Yukon Gold potatoes <i>diced into 1/2-inch cubes</i>	<b>to taste</b>	kosher salt
		<b>2 large</b>	eggs <i>optional</i>
		<b>1 tbsp</b>	fresh parsley <i>chopped, for garnish</i>

## INSTRUCTIONS

- 1. Melt the ghee over medium-high heat in a large cast iron skillet.**  
Once shimmering, add the diced onion and sauté just until it begins to soften and take on a translucent, golden hue, about 3 minutes.
- 2. Dump the chopped corned beef and diced potatoes into the skillet.**  
Sprinkle the black pepper, smoked paprika, and garlic powder evenly over the top. Toss everything together briefly so the fat and spices coat the meat and potatoes.
- 3. Press the mixture firmly into an even, compact layer across the bottom of the skillet.**  
Now, walk away. Do not stir it. Do not touch it. Let the hash cook completely undisturbed for 5 to 7 minutes to let the heat build a thick, crispy, deeply caramelized crust on the bottom.
- 4. Flip the hash in large sections.**  
Once a deep golden-brown crust forms at the edges, use a sturdy metal spatula to flip it. Press it down flat once more and leave it undisturbed for another 5 minutes to crisp the other side.

**1. Taste a piece of potato before seasoning.**

Because corned beef is cured, it's naturally quite salty. Only add a pinch of kosher salt if it actually needs it.

**2. Crack the eggs into small wells made in the hash.**

Lower the heat to medium-low, cover the skillet, and let the eggs steam-fry for 3 to 4 minutes until the whites are set but the yolks remain runny. Garnish with parsley and serve immediately.

### CHEF'S NOTES

- **Beware of hidden sugars in commercial corned beef.**

Nearly all supermarket briskets are cured with brown sugar. To stay compliant, source a verified sugar-free brand like True Story Farms, or use leftovers from a homemade, sugar-free Sunday roast.

- **Trust the cast iron.**

The biggest mistake cooks make with hash is treating it like a stir-fry. Continuous stirring breaks down the potato starches and releases water, turning your breakfast into mush. Press it down, embrace the sizzle, and let the crust form.

- **Use pre-cooked potatoes.**

Raw potatoes hold too much internal water and will steam the beef rather than fry it. Waxy potatoes like Yukon Golds hold their shape beautifully under the intense heat.

- **Embrace the fat.**

Whole30 strips away cheap flavor shortcuts. We rely on generous, high-quality fats like ghee to carry flavor compounds across the palate and facilitate that essential crispy diner-style sear without burning.



# The Polish-American Kielbasa & Pepper Sheet Pan

*kyew-bah-sah pyeh-choh-nah z vah-zhy-vah-mee*

**Naturally Whole30 / Traditional Polish & Polish-American.** If you're staring down the barrel of day twelve and the mere thought of another scrambled egg makes you want to walk into the sea, consider this your rescue operation. In Poland, roasting hearty sausages alongside root vegetables is a revered, hands-off culinary tradition. When Polish immigrants arrived in the States, this tradition collided beautifully with the abundance of sweet bell peppers. We are skipping the Americanized, sugary glazes and returning to a native Polish secret: Pieprz Ziółowy (herbal pepper), a robust, savory spice blend that delivers massive flavor without a single non-compliant ingredient. Ten

minutes of rough knife work is all it takes before leaving the oven to transform fat, smoke, and spices into a deeply satisfying breakfast that survives the morning rush.

## INGREDIENTS

<b>1 tbsp</b>	ground coriander	<b>14 oz</b>	Whole30-compliant smoked kielbasa
<b>1 tsp</b>	dry mustard powder		
<b>1 tsp</b>	sweet paprika	<b>1 lb</b>	baby potatoes <i>cut into 1/2-inch cubes</i>
<b>1 tsp</b>	dried marjoram	<b>2 large</b>	bell peppers <i>cored and chopped into thick 1-inch pieces</i>
<b>1/2 tsp</b>	ground caraway seeds	<b>1 large</b>	red onion <i>cut into thick wedges</i>
<b>1/2 tsp</b>	garlic powder	<b>3 tbsp</b>	ghee <i>melted</i>
<b>1/4 tsp</b>	cayenne pepper	<b>1 tsp</b>	kosher salt

## PREPARATION

- **Preheat the oven to 425°F.**
- **Mix the Polish Herbal Pepper blend.**

In a small bowl, stir together the coriander, dry mustard powder, sweet paprika, dried marjoram, ground caraway seeds, garlic powder, and cayenne pepper.

## INSTRUCTIONS

### 1. **Score and portion the sausage.**

Borrow a brilliant trick from native Polish cooks: using a sharp knife, cut diagonal slits halfway through the kielbasa, spaced an inch apart. Do not cut all the way through. This allows the sausage to flex, prevents it from bursting, and lets the smoky fat render out to flavor the vegetables. Cut the scored sausage into four equal portions.

**1. Toss and season the vegetables.**

Pile the diced potatoes, chopped peppers, and onion wedges directly onto a large rimmed baking sheet. Drizzle with the melted ghee. Sprinkle the kosher salt and the entirety of your herbal pepper blend over the vegetables. Toss vigorously with your hands until every piece is slick and heavily coated in spices, then spread them out into a single, even layer.

**2. Nestle the sausage and roast.**

Tuck the scored kielbasa pieces among the vegetables, ensuring the scored cuts are facing up. Bake for 25 minutes, pausing once at the 15-minute mark to quickly toss the vegetables with a spatula, until the potatoes are fork-tender and the edges of the scored sausage are deeply browned, crispy, and caramelized.

**3. Toss in the pan sauce and serve.**

Remove from the oven. The rendered fat from the kielbasa will have mingled with the spices and ghee to create a rich, smoky liquid gold. Toss the vegetables in this sauce right on the pan before serving hot.

**CHEF'S NOTES**

● **The Hidden-Sugar Label Check.**

Commercial sausage is a minefield for the Whole30 participant. Nearly all conventional brands use dextrose, cane sugar, or corn syrup as curing agents or cheap flavor enhancers. You must specifically seek out Whole30-compliant, sugar-free kielbasa (brands like Pederson's Farms and Teton Waters Ranch are reliable), but always verify the ingredient label for hidden sugars, sulfites, and MSG before purchasing.

● **Keep your knife work rough and chunky.**

Do not slice your peppers and onions into thin, delicate strips. The high heat of a 425°F oven will incinerate thin slices before the potatoes are cooked. Keeping your vegetables rough and chunky saves you active knife time and ensures everything finishes cooking at the exact same moment.

- **Embrace the rendered fat.**

The scoring technique is non-negotiable. As the sausage roasts, the scores open up, allowing the rich, spiced interior fat to melt down into the potatoes. Don't fear this fat—it is a cornerstone of flavor-building when you don't have access to cheese or sugar.



# The "Drive-Thru" Deconstructed Sausage Patty Bake

Let's address the elephant in the drive-thru lane. You're five days into this reset, the concept of another hard-boiled egg fills you with dread, and your car practically steered itself toward the golden arches this morning. We aren't going to bake you a fake muffin out of almond flour and despair. Instead, we're weaponizing the exact flavor profile of that iconic paper-wrapped sausage patty into a sheet-pan bake that does all the work for you. By tossing plain ground pork with a heavy-handed diner-style spice blend—heavy on the sage, black pepper, and smoked paprika—we bypass the hidden sugars of commercial sausage.

You get the crispy, caramelized edges of the pork, perfectly baked eggs, and a compliant potato hash to soak it all up. Ten minutes of tossing things on a pan; the oven handles the rest.

## INGREDIENTS

<b>1 lb</b>	unseasoned plain ground pork	<b>1 lb</b>	baby potatoes <i>diced into 1/2-inch cubes</i>
<b>1 1/2 tsp</b>	dried sage	<b>1 med</b>	bell pepper <i>stemmed, seeded, and chopped</i>
<b>1 tsp</b>	garlic powder	<b>2 tbsp</b>	ghee or avocado oil <i>melted</i>
<b>1 tsp</b>	onion powder	<b>4 to 6</b>	eggs
<b>1 tsp</b>	kosher salt	<b>large</b>	
<b>1/2 tsp</b>	freshly ground black pepper	<b>1 tbsp</b>	fresh parsley or chives <i>chopped</i>
<b>1/2 tsp</b>	smoked paprika	<b>2 tbsp</b>	compliant hot sauce
<b>1/4 tsp</b>	dried fennel seeds		

## INSTRUCTIONS

### 1. Preheat your oven to 400°F.

Line a large, rimmed baking sheet with parchment paper. This is your insurance policy against morning dishwashing.

### 2. Spice the pork.

In a medium bowl, combine the ground pork, dried sage, garlic powder, onion powder, kosher salt, black pepper, smoked paprika, and fennel seeds. Use your hands to mix the spices thoroughly into the meat, but don't overwork it.

### 3. Toss the hash.

Place the diced potatoes and bell peppers directly onto the prepared sheet pan. Drizzle with the melted ghee or avocado oil, add a generous pinch of salt and pepper, and toss until evenly coated. Spread them into a single, even layer.

**1. Deconstruct the patty.**

Pinch off small, 1-tablespoon rustic dollops of the seasoned pork and scatter them evenly across the sheet pan among the vegetables. Do not press them into perfect patties—those jagged, torn edges are going to caramelize and give you maximum flavor.

**2. Bake for 15 minutes.**

The pork will render its fat, effectively roasting the potatoes in a bath of savory, sage-infused goodness.

**3. Drop the eggs.**

Remove the pan from the oven. Using the back of a spoon, create 4 to 6 small clearings among the sausage and vegetables. Carefully crack an egg into each well.

**4. Finish the bake.**

Return the pan to the oven for 5 to 8 minutes, or until the egg whites are just set and the yolks are cooked to your liking.

**5. Garnish and serve.**

Hit the pan with chopped parsley or chives and a generous splash of compliant hot sauce. Eat immediately.

**CHEF'S NOTES**

● **HIDDEN-SUGAR LABEL CHECK: Commercial sausage.**

Nearly all pre-mixed breakfast sausage sold in tubes or patties contains dextrose, corn syrup, or cane sugar to aid in caramelization, plus sulfites for preservation. Buy unseasoned plain ground pork and mix your own blend to guarantee safety.

● **Why this swap? Smoked paprika for sugar.**

Traditional fast-food sausage relies on brown sugar or dextrose not just for sweetness, but to trigger the Maillard reaction—that deep, dark crust you get on a diner flat-top. Smoked paprika provides a distinct, savory char and deepens the color of the pork, tricking the palate into perceiving that rich, griddled complexity without a gram of sugar.

- **Keep your knife work tight.**

You want the potatoes fork-tender and the edges of the pork deeply browned. Keep the potato dice small—half an inch is the sweet spot—otherwise they won't finish cooking by the time the eggs are done.



# The "Hot Grease" Southern Breakfast Salad

**Naturally Whole30 / Traditional Appalachian.** Before modern wellness culture decided salads had to be cold, crunchy, and devoid of joy, the mountain communities of Southern Appalachia were eating "Kilt Lettuce." Eaten as a rejuvenating spring tonic, the premise is brilliantly simple: take fragile, early-season greens and "kill" them by pouring boiling, vinegary pork fat directly over the top. The thermal shock causes the greens to hiss, pop, and immediately collapse into a savory, smoky breakfast. If you are currently in the "Hangover" phase of your reset—exhausted, cranky, and staring blankly into the fridge

wishing for comfort food—this is your rescue. Zero apologies for fat or flavor. Ten minutes of active work buys you a meal that fights back against diet fatigue with pure, unadulterated flavor.

## INGREDIENTS

<b>6 large slice</b>	Whole30-compliant sugar-free bacon <i>chopped into bite-sized pieces</i>	<b>4 med</b>	scallions <i>thinly sliced, white and green parts</i>
<b>1 large head</b>	tender lettuce (Butter, Boston bibb, or Spring Mix) <i>washed, thoroughly dried, and torn into bite-sized pieces</i>	<b>2 tbsp</b>	apple cider vinegar
		<b>1/2 tsp</b>	coarse kosher salt
		<b>1/2 tsp</b>	coarse black pepper
		<b>2 large</b>	soft-boiled eggs <i>peeled and halved (optional)</i>

## INSTRUCTIONS

### 1. Render the fat.

Place the chopped bacon in a cold cast-iron skillet or heavy-bottomed frying pan over medium heat, cooking and stirring occasionally until the pieces are deeply browned and crispy, about 8 to 10 minutes.

### 2. Prep the greens.

While the skillet does the work, grab a large, heat-proof mixing bowl, aggressively tear your dry lettuce leaves into it, and toss with the scallions, salt, and pepper.

### 3. Deglaze the skillet.

Once the bacon is crispy and the pan is swimming in hot rendered fat, pull the skillet off the heat and stand back slightly as you pour the apple cider vinegar directly into the grease, using a wooden spoon to quickly scrape up any browned fond from the bottom.

**1. Execute the kill.**

While the grease and vinegar mixture is still effectively boiling, pour the entire contents of the skillet—crispy bacon bits and all—directly over the waiting bowl of lettuce and onions.

**2. Toss and serve.**

The lettuce will hiss and dramatically shrink as the thermal shock softens the raw greens into tender submission; toss rapidly with tongs to coat every leaf, divide onto plates, top with halved soft-boiled eggs, and eat immediately while it radiates heat.

**CHEF'S NOTES**

● **LABEL CHECK: The Bacon Trap.**

Nearly all commercial bacon in standard supermarkets is cured with refined sugar or artificial sweeteners. To maintain strict 30-day compliance, you must verify the label and look for explicit "No Sugar Added" badges from brands like Applegate, Pederson's, or ButcherBox.

● **Technique Tip: Dry Greens Only.**

The thermal shock only works if the hot fat hits the cellular walls of the lettuce. If your greens are dripping wet from the sink, the hot grease will hit the water, sputter wildly, and leave you with a lukewarm, soggy mess.

● **The Science of the Sizzle.**

We use apple cider vinegar instead of lemon juice because its malic acid binds beautifully with the rendered pork fat to create a temporary, highly savory emulsion. Do not skip the deglazing step; lifting that browned fond off the skillet floor is where the culinary magic lives.



# The Bosphorus 8-Minute Skillet

*men-eh-men*

**Naturally Whole30 / Traditional Turkish.** You are somewhere around Day 12. The physical withdrawal has faded, but the psychological fatigue is setting in. You are staring at a carton of eggs, feeling a profound, existential boredom. Put down the frying pan and step away from the dry scramble. This is Menemen, a legendary Turkish skillet that treats eggs not as an obligatory protein, but as a luxurious binder for a rich, spicy, bubbling tomato ragù. Born on the Aegean coast and perfected in roadside diners, this dish relies entirely on high heat, generous fat, and the magic of leaving things alone. It takes about

fifteen minutes from start to finish, but only a fraction of that time demands your attention. The pan does the heavy lifting; you just reap the rewards.

## INGREDIENTS

<b>2 tbsp</b>	ghee	<b>1 tsp</b>	Aleppo pepper <i>plus more for garnish</i>
<b>1 tbsp</b>	extra-virgin olive oil	<b>1/2 tsp</b>	kosher salt
<b>1 small</b>	yellow onion <i>finely diced</i>	<b>1/4 tsp</b>	freshly cracked black pepper
<b>2 med</b>	mild green peppers <i>stemmed, seeded, and chopped</i>	<b>4 large</b>	eggs
<b>14 1/2 oz</b>	canned diced tomatoes <i>with juices</i>	<b>1/4 cup</b>	fresh flat-leaf parsley <i>roughly chopped</i>

## PREPARATION

- **Prep your produce upfront.**

Once the ghee hits the hot pan, this recipe moves fast. Chop your onions and peppers and have your spices measured out before turning on the stove.

## INSTRUCTIONS

- 1. Build the base.**

Place a 10-inch skillet over medium-high heat. Add the ghee and olive oil. Once the ghee begins to foam, toss in the diced onion and chopped peppers. Sauté actively for about 2 minutes just to coat them in the fat, then leave them alone. Let them sizzle and soften undisturbed for 4 to 5 minutes until the onion edges begin to turn golden.

**1. Concentrate the umami.**

Pour in the diced tomatoes along with their juices. Stir in the Aleppo pepper, salt, and black pepper. Lower the heat to medium and walk away for 5 to 6 minutes. Let the mixture simmer vigorously until the excess water evaporates and the tomatoes thicken into a jammy, cohesive sauce. If you want a silkier texture, use the back of a wooden spoon to gently crush the tomato chunks.

**2. Poach the eggs.**

Using your spoon, make four small indentations in the bubbling tomato sauce. Crack an egg directly into each well. Let the eggs sit undisturbed for 60 seconds so the whites begin to set in the residual heat.

**3. Execute the gentle swirl.**

Using the tip of your spoon, gently pierce the egg yolks. Swirl the yolks just slightly into the tomato sauce—do not scramble them vigorously. You want distinct ribbons of yellow and white running through the red sauce.

**4. Garnish and serve immediately.**

Pull the skillet off the heat while the eggs still look slightly glossy and underdone; they will continue to cook in the hot sauce on the way to the table. Garnish heavily with fresh parsley and an extra pinch of Aleppo pepper.

**CHEF'S NOTES**

● **Label check your canned tomatoes.**

This is an easy place for non-compliant ingredients to ambush your reset. Check the ingredient label on your canned tomatoes—some commercial brands sneak in added sugar to cut the acidity. Look for cans containing only tomatoes, tomato juice, and salt.

● **Source the right spice.**

Aleppo pepper (Pul biber) is the soul of this dish, offering a fruity, slightly salty, slow-building heat rather than a sharp burn. If you are in a pinch, substitute 1/2 teaspoon of standard red pepper flakes mixed with 1/2 teaspoon of sweet paprika.

- **Add a protein boost.**

Kıymalı Yumurta is the meat-heavy cousin of this dish. If you have compliant, pre-cooked ground beef or lamb sitting in your meal-prep containers, toss a handful into the skillet right alongside the onions to heat through.

- **Serve with roasted potatoes.**

Since the traditional crusty bread used to mop up this sauce violates the Pancake Rule, serve this skillet alongside heavily roasted, ghee-crisped breakfast potatoes to soak up the phenomenal leftover sauce.



# The Spring Equinox Herb Frittata

کوکو سبزی

*kuku sabzi*

**Naturally Whole30 / Persian.** A frittata where the eggs are merely a suggestion. In Iran, *Kuku Sabzi* is traditionally served at Nowruz, the Persian New Year occurring on the Spring Equinox, to symbolize vibrant rebirth. Unlike the sad, pale frittatas you're used to, this dish inverts the ratio: it is an unapologetic mountain of fresh herbs bound together by just enough egg to slice. It's exactly the kind of bright, tart, complex flavor bomb you need when you're on Day 12 and considering crying into a plate of scrambled eggs.

## INGREDIENTS

<b>4 large</b>	large eggs	<b>1 tsp</b>	ground turmeric
<b>3 cup</b>	fresh parsley <i>leaves and tender stems, washed and completely dried</i>	<b>1/2 tsp</b>	kosher salt
<b>3 cup</b>	fresh cilantro <i>leaves and tender stems, washed and completely dried</i>	<b>1/2 tsp</b>	black pepper
<b>1 cup</b>	fresh dill <i>washed and completely dried</i>	<b>1/3 cup</b>	raw walnuts <i>roughly chopped</i>
<b>1 bunch</b>	scallions <i>roughly chopped</i>	<b>3 tbsp</b>	dried barberries <i>soaked in water for 10 minutes and drained</i>
		<b>3 tbsp</b>	ghee

## PREPARATION

- **Preheat the oven and the pan.**

Preheat your oven to 400°F (200°C). Place the ghee in a 10-inch cast-iron skillet or baking dish and put it in the oven while it preheats. This ensures the pan is screaming hot, creating a deeply caramelized crust the moment the batter hits it.

- **Ruthlessly dry the herbs.**

If they are wet, the dish will be soggy. Pat the herbs completely dry with a kitchen towel or spin them aggressively in a salad spinner before processing.

## INSTRUCTIONS

- 1. Pulse the herbs.**

Place the parsley, cilantro, dill, and scallions into a food processor. Pulse them—do not run the machine continuously—until finely chopped but not pureed into a paste.

**1. Mix the batter.**

In a large mixing bowl, whisk the eggs, turmeric, salt, and pepper until slightly frothy. Fold in the chopped herbs, walnuts, and drained barberries. It will look like a thick green salad with barely any egg. Trust the ancient Persians; this is correct.

**2. Sizzle and bake.**

Carefully remove the hot skillet from the oven and swirl the melted ghee to coat the bottom and sides. Immediately scrape the herb mixture into the skillet, pressing it down firmly with a spatula to create an even, compact layer.

**3. Let the oven do the work.**

Return to the oven and bake for 20 to 25 minutes, or until the top is set and the edges have pulled away from the pan and turned deeply golden brown. Let it rest for 5 minutes before slicing into wedges.

**CHEF'S NOTES**

● **The Hidden-Sugar Label Check.**

Barberries (zereshk) provide an incredible, tart pop of flavor, but if you swap them for unsweetened dried cranberries or tart cherries, check the label aggressively. Commercial dried fruit is often coated in added sugar or preserved with non-compliant sulfites. If it has sugar, put it back on the shelf.

● **Moisture is the enemy.**

Do not skip drying your herbs. Excess water will steam the eggs rather than bake them, leaving you with a soggy center instead of a tight, sliceable cake.

● **Embrace the fat.**

Do not be tempted to skimp on the ghee. Whole30 removes cheap flavor shortcuts, so we must rely on technique. The hot ghee frying the edges of the herbs in the oven creates the Maillard reaction, providing the deeply savory, caramelized notes that make this dish a masterpiece.



# The Highway Griddle Scramble

तवा अंडा भुर्जी

*ta-wa ahn-da bhoor-jee*

**Naturally Whole30 / Indian Dhaba (Highway Truck Stop).** Welcome to Day 12. You are officially in the thick of the hardest phase, and if you have to look at another piece of dry meal-prep chicken, you are going to lose your mind. This dish is your rescue. Inspired by the sprawling, chaotic, and incredibly delicious dhabas (highway truck stops) of India, this scramble proves that authentic, aggressive flavor doesn't require hours of simmering. Dhabas turn out scorching-hot tawa anda bhurji (griddle scrambled eggs) to exhausted drivers at all hours of the night. We are taking those exact punchy aromatics—turmeric, fresh ginger,

blistered tomatoes, and chili—and applying them to a ruthlessly efficient sheet-pan methodology. You get the rich, buttery texture of a diner flat-top scramble, but the oven does eighty percent of the work.

## INGREDIENTS

<b>1 large</b>	red onion <i>roughly chopped</i>	<b>1 tsp</b>	ground turmeric
<b>1 pt</b>	cherry tomatoes	<b>1 tsp</b>	ground cumin
<b>1 med</b>	jalapeño or serrano pepper <i>seeded and finely diced</i>	<b>1/2 tsp</b>	red chili powder or cayenne pepper
<b>1 tbsp</b>	fresh ginger <i>peeled and minced</i>	<b>1 1/2 tsp</b>	kosher salt <i>divided</i>
<b>12 oz</b>	Whole30-compliant cooked sausage <i>sliced into half-moons</i>	<b>10 large</b>	eggs
<b>3 tbsp</b>	ghee <i>melted, divided</i>	<b>1/2 cup</b>	fresh cilantro <i>chopped</i>

## PREPARATION

- **Chop and measure all aromatics and spices before you begin**

Because the hot sheet pan waits for no one, having your onions, peppers, ginger, and spices ready to go ensures you aren't scrambling while the oven is blazing.

## INSTRUCTIONS

- 1. Preheat the oven to 425°F with a heavy-duty, rimmed aluminum baking sheet inside**

You want the pan screaming hot to mimic a diner griddle. This initial thermal shock evaporates excess water from the tomatoes and triggers the browning reaction on the sausage.

- 1. Toss the onion, tomatoes, jalapeño, ginger, and sausage with two tablespoons of the melted ghee, all the spices, and one teaspoon of the salt**  
Toss aggressively until everything is coated in the golden spices. Carefully remove the hot sheet pan from the oven, pour the mixture onto it—it should hiss immediately—and spread into a single layer.
- 2. Roast the vegetable and sausage mixture for 12 to 15 minutes**  
Let the oven do the heavy lifting. The base is ready when the tomatoes begin to burst and the sausage edges are deeply browned.
- 3. Whisk the eggs and the remaining half-teaspoon of salt vigorously until frothy**  
You want the yolks and whites completely unified. Doing this while the vegetables roast keeps your active time to an absolute minimum.
- 4. Pull the sheet pan out and pour the eggs directly over the blistering hot vegetables**  
First, drizzle the remaining tablespoon of ghee over the hot vegetables. Then pour in the eggs and use a silicone spatula to gently drag them through the hot base, forming large, immediate curds from the residual heat of the metal.
- 5. Return the pan to the oven for exactly 3 minutes to set the eggs**  
Let the convective heat gently finish the remaining liquid egg. Remove from the oven, give it one final fold with your spatula to break it into a beautiful, rustic scramble, garnish generously with fresh cilantro, and serve immediately.

#### CHEF'S NOTES

- **Verify your sausage label for hidden sugars**  
Nearly all commercial breakfast sausages use sugar, maple syrup, or dextrose as a binder or curing agent. Look for Pederson's Natural Farms, Applegate's no-sugar lines, or check the freezer section of your local health food store. If you can't find a compliant sausage, swap it for compliant sugar-free bacon or simply omit it.
- **Do not skip preheating the baking sheet**  
Whole30 takes away your access to cheap flavor shortcuts like processed dairy and sugar. High heat and caramelization are how we build that complexity back up.

- **Embrace the ghee**

Don't shy away from it. It carries the fat-soluble flavor compounds from the turmeric and cumin directly to your palate. We don't apologize for fat around here—it is the ultimate vehicle for flavor and satiety.



# The Vaquero's Iron Skillet

*de-sah-YOO-noh vah-KEH-roh*

The authentic desayuno vaquero was born on the harsh, beautiful cattle trails of Northern Mexico, a rugged masterpiece of beef fat, potatoes, and fire meant to fuel sixteen-hour days in the saddle. It survives today mostly as a dairy-drenched diner tragedy. We are taking it back to its roots, dropping it onto your Tuesday morning when you're twelve days into a reset and staring down another plate of plain scrambled eggs with mounting despair. It relies on the unapologetic, savory aggression of rendered fat, blistered potatoes, and sharp salsa. You chop, you toss, and you walk away. The cast-iron and the oven do the heavy lifting, delivering a compliant, smoky triumph.

## INGREDIENTS

<b>1 1/2 lb</b>	red potatoes <i>washed and diced into 1/2-inch cubes</i>	<b>1/2 tsp</b>	garlic powder
<b>1 large</b>	yellow onion <i>diced</i>	<b>1 tsp</b>	coarse kosher salt
<b>1 med</b>	red bell pepper <i>seeded and diced</i>	<b>1/2 tsp</b>	black pepper
<b>8 oz</b>	Whole30-compliant sugar-free bacon <i>chopped</i>	<b>4 large</b>	eggs
<b>2 tbsp</b>	ghee <i>melted</i>	<b>1 med</b>	avocado <i>sliced</i>
<b>1 tsp</b>	smoked paprika	<b>1/4 cup</b>	fresh cilantro <i>roughly chopped</i>
		<b>1/2 cup</b>	Whole30-compliant salsa verde

## PREPARATION

- **Preheat the oven and the skillet together.**

Place a large cast-iron skillet inside the oven and set it to 425°F (220°C). Heating the pan with the oven mimics a traditional open fire, jump-starting the sear on your potatoes without any stovetop babysitting.

## INSTRUCTIONS

- 1. Toss the hash.**

In a large bowl, combine the diced potatoes, onion, bell pepper, and chopped bacon. Pour the melted ghee over the top, sprinkle with the smoked paprika, garlic powder, salt, and black pepper, and toss until every piece is slick with fat and spices.

- 2. Roast the potatoes hands-off.**

Carefully remove the blazing hot skillet from the oven, dump the potato mixture in—it should sizzle instantly—and spread it flat. Return to the oven for 18 to 20 minutes until the potatoes are tender and golden and the bacon is crisp.

**1. Drop the eggs.**

Pull the skillet out, use the back of a spoon to make four small wells in the hash, and crack an egg into each.

**2. Bake to set.**

Return the skillet to the oven for 5 to 8 minutes, pulling it early for runny yolks or leaving it longer for fully set eggs.

**3. Garnish and serve.**

Top the hot skillet with generous slices of avocado, fresh cilantro, and spoonfuls of salsa verde directly before serving.

**CHEF'S NOTES**

● **Why this swap? (The Legume Rule)**

Authentic huevos vaqueros ride on a bed of frijoles charros. With legumes off the table for 30 days, we skip the beans entirely and make up the lost volume and satisfaction with a heavier hand on the roasted potatoes and bell peppers.

● **Why this swap? (The Dairy Rule)**

Modern diner skillets lean on a heavy blanket of melted cheddar to bind the dish. Dairy is out, so we rely on the rich, creamy fat of fresh avocado and the liquid gold of a runny egg yolk to bring moisture and mouthfeel. Don't apologize for the fat; it belongs here.

● **LABEL CHECK: Bacon & Chorizo**

Nearly all commercial bacon and breakfast sausage are cured with cane sugar or maple syrup. You must source explicitly sugar-free bacon (like Applegate or Pederson's) or verify your local butcher's chorizo has no hidden sweeteners or sulfites.

● **LABEL CHECK: Salsa**

Sriracha is out—it always contains sugar. Stick to fresh, authentic salsa verde, pico de gallo, or a compliant bottled hot sauce like Cholula.



# LUNCH

*Ruthless midday strategy: 10-minute prep, fat-forward dressings, and aggressively repurposed leftovers to banish the sad desk salad forever.*

Midday is the graveyard of good intentions. It is where the thirty-day reset goes to die, usually suffocating in a plastic container of dry, unseasoned chicken breast. But a proper lunch doesn't demand an hour of bleary-eyed morning prep; it requires ruthless strategy. It's about taking last night's triumphs, aggressively repurposing them, and hitting them hard with heavy, fat-forward dressings that actually keep an exhausted working adult on their feet until dinner.

There is no apologizing for the lack of bread here. This is about packing a thermos full of deeply savory pork and cabbage, or wrapping highly seasoned meats in crisp, cold lettuce. Ten minutes of brutal efficiency, and the sad, punishing desk salad is banished forever. Here is the food that gets you through the shift.





## The Un-Punishing Turkey & Bacon Lettuce Wrap

By Day 12 of a Whole30 reset, the initial surge of motivation has bled out, food boredom is creeping in, and if you have to look at one more piece of plain grilled chicken, you might scream. You don't need a wellness lecture today; you need a club sandwich. This wrap is a rescue protocol that delivers everything excellent about a classic diner staple—smoky bacon, savory turkey, creamy mayo, and acidic tomatoes—without violating a single rule. We ditch the soggy bread for a tightly wrapped cylinder of iceberg lettuce that crunches louder than a potato chip, offloading the bacon to the oven so your hands-on time stays well under ten minutes.

## INGREDIENTS

<b>4 slices</b>	Whole30-compliant sugar-free bacon	<b>1 tsp</b>	Dijon mustard
<b>1 med</b>	Roma tomato <i>sliced</i>	<b>6 slices</b>	Whole30-compliant deli turkey
<b>1 pinch</b>	kosher salt	<b>1/2 small</b>	avocado <i>pitted and sliced</i>
<b>6 large</b>	iceberg lettuce leaves <i>washed and patted completely dry</i>	<b>1 pinch</b>	black pepper <i>freshly cracked</i>
<b>2 tbsp</b>	Whole30-compliant mayonnaise		

## INSTRUCTIONS

### 1. Outsource the bacon.

Preheat the oven to 400°F (200°C), line a rimmed baking sheet with foil, lay the bacon flat, and bake for 12 to 15 minutes until deeply browned and crispy. Walk away and let the oven do its job.

### 2. Manage the moisture.

Lay the sliced Roma tomatoes on a paper towel and hit them with a small pinch of kosher salt to draw out the excess water. Let them sit for a few minutes, then pat the tops dry with another paper towel.

### 3. Build the base.

Lay a 15-inch square of parchment paper flat on the counter and arrange the iceberg lettuce leaves in the center, overlapping them heavily so there are no gaps to create a solid, leafy canvas.

### 4. Layer the payload.

Smear the mayonnaise and Dijon mustard directly in the center of the lettuce to act as a fat barrier. Shingle the turkey slices over the mayo, then top with the salted tomatoes, avocado slices, crispy bacon, and freshly cracked black pepper.

## 1. **Execute the roll and tuck.**

Grab the edge of the parchment paper closest to you, lift the parchment and lettuce over the filling, and roll it away from you, pulling the paper back slightly so it doesn't roll inside the sandwich. Once you complete half a roll, fold the left and right sides of the lettuce inward and continue rolling tightly into a firm cylinder.

## 2. **Slice and serve.**

Wrap any remaining parchment tightly around the outside and use a serrated knife to slice the wrap in half diagonally. Cut through the top layer of parchment and the lettuce, but leave the bottom layer of paper intact so it acts as a hinge to hold everything together.

### CHEF'S NOTES

- **Why this swap? (The Bread)**

Traditional club sandwiches rely on three slices of toasted bread. We swap this for overlapping iceberg lettuce, providing a massive, hydrating crunch that satisfies the Pancake Rule because we aren't trying to bake a sad, crumbly loaf of fake bread.

- **Why this swap? (The Mayo)**

Standard commercial mayonnaise is packed with soybean oil and added sugar. We swap it for a compliant avocado-oil mayonnaise to carry flavor and keep you satiated until dinner.

- **Hidden-Sugar Label Check.**

This recipe is a minefield for hidden sugars. Commercial bacon is almost always cured with brown sugar, deli turkeys hide sugar and sulfites, and some Dijon mustards use non-compliant white wine. Read every label meticulously.

- **Pro-Tip on Tomatoes.**

Standard beefsteak tomatoes have far too much water and will turn your crisp lettuce wrap into a soggy disaster. Roma tomatoes have thicker flesh and lower moisture, keeping your lunch ruthlessly efficient and intact.



# Instant Pot Egg Roll in a Bowl

包菜炒肉末

*bāocài chǎo ròumò*

We need to talk about the Instant Pot's zero-minute function. It sounds like a typo, but it is actually a thermodynamic masterclass in hands-off cooking. This dish is a hyper-efficient, stripped-down descendant of traditional Northern Chinese Bao Cai Chao Rou Mo (Cabbage with Minced Pork). By using the zero-minute pressure setting, we hijack the machine's heating cycle—the time it takes to build pressure perfectly flash-steam the rugged cabbage to a tender-crisp finish without turning it to mush. When you hit Day 11 of your reset and you are

ready to abandon ship out of sheer food boredom, make this. It is aggressively flavorful, packed with umami, ginger, and garlic, and requires exactly seven minutes of you actually standing at the counter.

## INGREDIENTS

<b>1 lb</b>	ground pork	<b>1 tsp</b>	fish sauce
<b>1 tbsp</b>	toasted sesame oil	<b>1/2 tsp</b>	black pepper
<b>4 med</b>	garlic cloves <i>minced</i>	<b>14 oz</b>	pre-shredded coleslaw mix
<b>1 tbsp</b>	fresh ginger <i>minced</i>	<b>4 med</b>	green onions <i>sliced, whites and greens separated</i>
<b>1/3 cup</b>	coconut aminos	<b>1 tbsp</b>	toasted sesame seeds <i>optional garnish</i>
<b>2 tbsp</b>	rice vinegar	<b>1 tbsp</b>	Whole30-compliant hot sauce <i>optional garnish, verify no sugar</i>
<b>1/4 cup</b>	Whole30-compliant chicken broth <i>verify no added sugar or sulfites</i>		

## PREPARATION

- **Mince the garlic and ginger.**

Chop the garlic and ginger finely before you start browning the pork.

- **Slice the green onions.**

Keep the white and green parts separated; the whites will cook with the pork, and the greens are for garnish.

## INSTRUCTIONS

**1. Render the pork and aromatics in the Instant Pot.**

Press the Sauté function and add the toasted sesame oil. Once hot, add the ground pork, the white parts of the green onions, minced garlic, and ginger. Sauté for 5 to 7 minutes, breaking the meat apart, until the pork is browned and deeply fragrant. Do not apologize for the fat here; let the pork render and build a beautiful fond.

**2. Aggressively deglaze the pot with the liquid ingredients.**

Press Cancel to kill the heat. Immediately pour in the coconut aminos, rice vinegar, chicken broth, and fish sauce. Use a wooden spoon to violently scrape the bottom of the steel insert until every browned bit of pork is loose. Skip this, and you will get a BURN error.

**3. Dump the coleslaw mix directly on top of the liquid without stirring.**

Leave the cabbage sitting like a mountain on top of the meat and broth. This ensures it steams rather than boils in the liquid below.

**4. Set the pressure cooker to high pressure for exactly zero minutes.**

Secure the lid, set the valve to Sealing, and use the manual setting to dial the timer down to 0. The pot will take 10 to 12 minutes to come to pressure. The second it reaches pressure, it will beep and the cycle will end.

**5. Perform an immediate quick release and stir the cabbage into the pork.**

Instantly flip the valve to Venting to halt the cooking process so your cabbage doesn't turn into sad, soggy mush. Once the pin drops, open the lid, stir everything together to lightly wilt the greens, and garnish with the reserved green onions, sesame seeds, and hot sauce.

## CHEF'S NOTES

- **Why this swap? Coconut aminos and fish sauce for soy and oyster sauce.**

Authentic Chinese stir-fries rely heavily on soy sauce and oyster sauce for their deep umami base. Because all soy is banned on Whole30—and commercial oyster sauces are packed with sugar and cornstarch—we use coconut aminos and a dash of fish sauce. They provide a brilliant fermented depth, balanced by a punch of compliant rice vinegar.

- **Hidden Sugar Warning: Broth and Hot Sauce.**

Read your labels like a hawk. Many commercial chicken broths contain hidden sugars or non-compliant yeast extracts. Do not reach for the classic rooster-bottle Sriracha; it is loaded with sugar. Find a Whole30-approved hot sauce brand like Yellowbird or make a quick chili paste yourself.

- **Sourcing Tip: Buy the pre-shredded cabbage.**

While you can absolutely chop a head of green cabbage yourself, spending a couple of bucks on a bag of pre-shredded coleslaw mix is the ultimate hack to keep your active time under the 10-minute threshold. The budget is 10 minutes; spend it wisely.



# Thai-American Larb Gai

ลาบไก่

*laap-gài*

Let's be honest: by Day 12 of a Whole30, if you have to look at one more piece of plain grilled chicken, you are going to lose your mind. You are deep in "The Hard Part" of the timeline, where food boredom is the enemy and your palate is begging for something with a pulse. Enter Larb Gai. Originating from the Isaan region of Northeastern Thailand, Larb is a fiercely flavorful minced meat salad that punches you in the mouth with lime juice, chili, and fish sauce. It is fast, it is cheap, and because it's traditionally eaten at room temperature, it is the undisputed champion of the packed lunch. Best of all? Authentic Isaan Larb never had sugar in it to begin with. The sugary versions you find

in American takeout joints are a modern adaptation. By omitting the sugar, you aren't making a Whole30 compromise; you are returning this dish to its badass ancestral roots. We're cooking the chicken using a traditional technique called ruan—poaching the ground meat rapidly in a tiny amount of water instead of oil. It keeps the chicken incredibly tender, takes exactly five minutes, and turns the pot into your mixing bowl. Ten minutes of work, zero palate boredom.

## INGREDIENTS

<b>3 tbsp</b>	raw cashews	<b>1/2 cup</b>	fresh cilantro <i>chopped</i>
<b>1/3 cup</b>	water	<b>1/2 cup</b>	fresh mint leaves <i>roughly chopped</i>
<b>1 lb</b>	ground chicken	<b>2</b>	scallions <i>thinly sliced</i>
<b>3 tbsp</b>	Red Boat Fish Sauce	<b>1 head</b>	butter lettuce <i>separated into cups for serving</i>
<b>3 tbsp</b>	fresh lime juice	<b>1</b>	kaffir lime leaf <i>optional</i>
<b>1 1/2 tsp</b>	red pepper flakes		
<b>1</b>	large shallot <i>peeled and thinly sliced</i>		

## INSTRUCTIONS

### 1. Toast the crunch.

Place a dry skillet over medium heat. Add the raw cashews and toast, shaking the pan frequently, until they are fragrant and golden brown, about 3 minutes. Remove from the pan, let them cool slightly, and crush them into a coarse, sandy powder using the flat side of a knife or a heavy mug. Set aside.

### 2. Ruan the chicken.

Place a medium pot over medium-high heat and add the water (along with the kaffir lime leaf, if using, to perfume the steam). Once the water is aggressively simmering, add the ground chicken.

**1. Cook and crumble.**

Using a wooden spoon, stir the chicken continuously, breaking it up into fine crumbles. Cook just until the meat turns opaque and is cooked through, about 4 to 5 minutes. Do not brown the meat; you want it tender and pale. Turn off the heat entirely and fish out the lime leaf.

**2. Build the flavor.**

Right into that same pot with the warm chicken and its juices, add the fish sauce, lime juice, and red pepper flakes. Toss well. The warm meat will absorb the dressing beautifully.

**3. Add the fresh finish.**

Add the sliced shallots, cilantro, mint, scallions, and your crushed toasted cashews. Give it a gentle toss so the herbs don't bruise too badly.

**4. Serve.**

Scoop the warm or room-temperature Larb into the lettuce cups.

**CHEF'S NOTES**

● **Why this swap?**

The defining texture of an authentic Larb comes from khao khua—raw sticky rice that is toasted and ground into a powder. It adds a smoky, nutty flavor and acts as a binder for the dressing. Since grains are out on Whole30, dry-toasting and crushing cashews perfectly mimics that nutty, sandy crunch without breaking the rules.

● **Hidden-Sugar Label Check.**

Fish sauce is the umami engine of Thai cooking, but almost every commercial brand on the supermarket shelf uses added sugar to speed up fermentation. Red Boat Fish Sauce is the gold standard here—it contains only black anchovies and sea salt. Always check your labels.

- **The Ruan Technique.**

Cooking ground meat in water instead of oil might feel strange to Western cooks, but it's a brilliant, traditional Isaan technique born out of necessity. It prevents the ground chicken from turning into tough, rubbery pebbles and creates a natural, flavorful broth that becomes part of your dressing.



# Italian-American Zuppa Toscana

Let's clear the air: if you order Zuppa Toscana in the rolling hills of Tuscany, you will be handed a rustic, hearty bowl of stale bread and beans called Ribollita. It is delicious, and it is spectacularly illegal on the Whole30. But when Americans say Zuppa Toscana, we aren't talking about Italian peasant food. We are talking about the cult-favorite, creamy, sausage-and-potato masterpiece from a certain ubiquitous casual-dining chain. You are in the second week of your reset. You are tired. You desperately want something that tastes rich, comforting, and borderline decadent. This soup is your rescue operation. By utilizing your pressure cooker, we can condense the

active work to a ruthless ten minutes of chopping and browning. The machine handles the simmering, delivering a massively flavorful, creamy, spicy broth loaded with tender potatoes and greens. We don't apologize for fat and flavor in this book, and this soup is proof.

## INGREDIENTS

<b>4 med</b>	Whole30-compliant sugar-free bacon slices <i>chopped</i>	<b>4 cup</b>	Whole30-compliant chicken broth
<b>1 lb</b>	Whole30-compliant bulk mild or spicy Italian sausage <i>verified no sugar or sulfites</i>	<b>1/2 tsp</b>	crushed red pepper flakes
<b>1/2 large</b>	yellow onion <i>diced</i>	<b>1 tsp</b>	salt
<b>3 med</b>	garlic clove <i>minced</i>	<b>1/2 tsp</b>	black pepper
<b>1 lb</b>	russet or Yukon gold potatoes <i>scrubbed and cut into bite-sized 1/2-inch cubes</i>	<b>3 cup</b>	fresh Lacinato kale <i>tough stems removed and leaves chopped</i>
		<b>1/2 cup</b>	thick coconut cream <i>scooped from the top of a chilled can of full-fat, unsweetened coconut milk</i>

## PREPARATION

- **Minimize your knife work.**

To strictly protect your ten-minute active time budget, purchase pre-washed and pre-chopped kale if available. Your only labor before dropping everything into the pot will be dicing the onion, mincing the garlic, and chopping the potatoes.

## INSTRUCTIONS

- 1. Build the foundation of the broth.**

Turn your electric pressure cooker to the sauté setting. Add the chopped bacon and cook until crisp and the fat has rendered, about 3 minutes. Add the bulk Italian sausage and cook, breaking the meat apart with a wooden spoon, until browned and mostly cooked through, about 4 minutes.

**1. Sweat the aromatics in the rendered fat.**

Add the diced onion to the pot with the meat. Sauté until the onions soften, about 2 minutes. Add the minced garlic and cook until fragrant, about 30 seconds.

**2. Deglaze the pot and assemble.**

Pour in the chicken broth and aggressively scrape the bottom of the pot with your wooden spoon to lift all those caramelized, browned bits of meat and onion into the broth. This builds massive flavor and prevents the machine from throwing a burn warning. Add the cubed potatoes, red pepper flakes, salt, and black pepper, then stir to combine.

**3. Pressure cook the soup.**

Cancel the sauté function, secure the lid on the pot, and ensure the valve is set to sealing. Set the pot to cook on manual high pressure for 5 minutes. Keep in mind it will take about 10 minutes for the pot to come to pressure before the timer begins.

**4. Finish with cream and greens.**

When the timer beeps, carefully perform a quick release by turning the valve to venting. Once the pin drops, open the lid. While the soup is still boiling hot, stir in the chopped kale and the coconut cream. Stir gently for about 60 seconds until the kale wilts and turns bright green, and the coconut cream melts completely, turning the broth into a rich, milky velvet.

**CHEF'S NOTES**

● **Why this swap? The Dairy.**

The restaurant version of this soup relies heavily on heavy whipping cream and Parmesan cheese, both of which are out on your 30-day reset. We achieve that exact same luxurious, velvety mouthfeel by using the thick, hardened cream scooped from the top of a can of full-fat coconut milk. Because the broth is so aggressively seasoned with pork fat, garlic, and red pepper flakes, you won't taste the coconut at all. It just reads as pure, rich cream.

- **Why this swap? The Meat.**

Commercial bacon and sausage are notorious hiding spots for refined sugar, maple syrup, and non-compliant preservatives. You must read your labels carefully here. Look for brands like Applegate or Pederson's that explicitly state no added sugar. If you cannot find compliant bulk Italian sausage, buy plain ground pork and thoroughly mix in 1 teaspoon of fennel seeds, 1 teaspoon of garlic powder, 1 teaspoon of salt, and 1/2 teaspoon of paprika before cooking.

- **Stovetop Alternative.**

If you don't have a pressure cooker, you can execute this exact recipe in a heavy-bottomed Dutch oven. Follow the same browning steps over medium-high heat. Once the broth and potatoes are added, bring to a boil, then reduce the heat, cover, and simmer for 15-20 minutes until the potatoes are fork-tender. Finish with the kale and coconut cream as directed.



# Tuna Ceviche Bowl

*seh-vee-cheh deh ah-toon es-tee-loh see-nah-loh-ah*

**Naturally Whole30 / Mexican Pacific Coast.** This dish is your rescue operation for Day 12. You are tired of roasted vegetables, and you are staring at your Tupperware with existential dread. Enter the Sinaloa-style ceviche bowl. Originating from the sun-drenched Pacific coast of Mexico, this style of ceviche trades the minimalist Peruvian approach for an absolute riot of flavor: sweet mango, crisp cucumber, fiery serrano, and a deep hit of umami. The best part? You aren't actually cooking anything. The citric acid in the lime juice chemically denatures the proteins in the tuna, turning it opaque and perfectly tender in the exact amount of time it takes you to clean your cutting board. This is a ten-minute active prep miracle that tastes like a luxury vacation.

## INGREDIENTS

<b>12 oz</b>	sushi-grade Ahi or Yellowfin tuna steak <i>cut into 1/2-inch cubes</i>	<b>1/2 cup</b>	fresh cilantro leaves and tender stems <i>roughly chopped</i>
<b>1 large</b>	English or Persian cucumber <i>peeled, seeded, and chopped into 1/2-inch cubes</i>	<b>1/2 cup</b>	fresh lime juice <i>freshly squeezed</i>
<b>1 cup</b>	fresh mango <i>cut into 1/2-inch cubes</i>	<b>2 tbsp</b>	coconut aminos
<b>1/2 med</b>	red onion <i>very finely diced</i>	<b>1 tsp</b>	fine sea salt
<b>2 small</b>	serrano peppers <i>finely minced</i>	<b>1/2 tsp</b>	black pepper <i>freshly ground</i>
		<b>1 large</b>	avocado <i>pitted, peeled, and cubed</i>
		<b>4 cup</b>	romaine lettuce <i>chopped</i>

## INSTRUCTIONS

### 1. Execute the chop.

Grab your sharpest chef's knife. The key to great ceviche is uniform sizing so everything marinates evenly. Toss the diced tuna, cucumber, mango, red onion, serrano, and cilantro into a large glass or ceramic mixing bowl. Avoid metal bowls, which can react negatively with the heavy acid.

### 2. Draw the acid bath.

Squeeze the fresh lime juice over the tuna and vegetable mixture. Add the coconut aminos, sea salt, and black pepper. Use a large spoon to gently fold everything together, ensuring the tuna is fully submerged in and coated by the citrus liquid.

### 3. Walk away and let chemistry work.

Place the bowl in the refrigerator for exactly 15 minutes. During this time, the citric acid breaks down the proteins in the raw tuna, firming up the exterior while keeping the inside tender and buttery.

## 1. **Assemble the bowls.**

Pull the bowl from the fridge. The tuna should look slightly opaque on the outside. Gently fold in the cubed avocado right at the end so it doesn't turn to mush. Taste the marinade—it should be aggressively bright, salty, and savory. Serve immediately, spooning the ceviche and its juices generously over a bed of crisp chopped romaine.

### CHEF'S NOTES

- **Why this swap?**

Authentic Sinaloan ceviche relies heavily on a splash of soy sauce to ground the bright citrus with a deep, salty umami flavor. Since soy and gluten are strictly out on the Whole30, we use coconut aminos. It provides that exact dark, savory depth without violating the rulebook.

- **Sourcing the Fish.**

"Sushi-grade" isn't an official FDA term, but it is the industry standard signaling that the fish has been professionally flash-frozen to sub-zero temperatures to kill parasites. Talk to your fishmonger or check the freezer section of high-end grocers for tuna specifically labeled for raw consumption.

- **Timing is Everything.**

Do not leave the tuna in the lime juice for longer than 25 minutes. Over-marinating tuna will squeeze out its moisture, leaving you with a chalky, mushy texture.

- **Hidden Sugar Warning.**

If you want to top this with an extra dash of hot sauce, read your labels carefully. Nearly all commercial Sriracha brands and many popular hot sauces contain added sugar. Stick to compliant brands like Cholula, original Tabasco, or a verified Whole30 Approved brand.



# Bone-Broth Cauliflower Fried Rice

You're on Day 12, staring into the abyss of your refrigerator, thoroughly exhausted by the mere concept of another grilled chicken breast over mixed greens. You want takeout—savory, salty, umami-dense comfort food—and you have exactly ten minutes between obligations. This is your rescue. Traditional Asian fried rice is a masterpiece of high-heat wok cookery and starchy grains, but we're achieving that exact same profile utilizing a wildly different architecture: the sheer thermal violence of a hot sheet pan in a 425°F oven. By blasting frozen cauliflower rice, we bypass the soggy, sulfurous mush that plagues stovetop preparations, aggressively layering flavor with rich ghee,

toasted sesame, and the deep, savory backbone of bone broth. The sheet pan does all the heavy lifting while you walk away. Don't apologize for craving comfort; engineer it.

## INGREDIENTS

<b>16 oz</b>	frozen riced cauliflower <i>do not thaw</i>	<b>1/2 tsp</b>	fine salt
<b>1 cup</b>	frozen mixed peas and carrots	<b>1/2 tsp</b>	garlic powder
<b>4 med</b>	scallions <i>thinly sliced, white and green parts separated</i>	<b>1/2 tsp</b>	ground ginger
<b>3 tbsp</b>	ghee <i>melted</i>	<b>2 large</b>	eggs <i>lightly beaten</i>
<b>2 tbsp</b>	Whole30-compliant bone broth powder	<b>2 tbsp</b>	coconut aminos
		<b>1 tsp</b>	toasted sesame oil
		<b>1 cup</b>	compliant cooked chicken <i>shredded or diced (optional)</i>

## INSTRUCTIONS

- 1. Position a rack in the center of your oven and place a large, bare, rimmed baking sheet directly onto the rack before preheating to 425°F.**

Letting the pan heat up with the oven is the secret weapon—when the frozen vegetables hit the hot metal, the water evaporates instantly, preventing steam and promoting a deep, wok-like sear.

- 2. In a large bowl, aggressively toss the frozen cauliflower rice, peas and carrots, and the white parts of the scallions with the melted ghee, bone broth powder, salt, garlic powder, and ground ginger.**

Ensure every frozen granule is heavily coated in fat and seasoning.

- 3. Carefully remove the blazing hot sheet pan from the oven, immediately pour the vegetable mixture onto it in a thin, even layer, and roast undisturbed for 18 to 20 minutes.**

If using leftover cooked chicken or compliant bacon, scatter it over the top now.

You are looking for the edges of the cauliflower to turn deeply golden and toasted.

- 1. Remove the pan, use a spatula to push the roasted vegetables to the outer edges to create a large center well, and pour in the beaten eggs.**

Return the pan to the oven for 3 to 4 minutes, just until the eggs are softly set.

- 2. Pull the pan out for the final time, drizzle with coconut aminos and sesame oil, and vigorously chop and toss everything together.**

Break the cooked egg into small ribbons and evenly distribute the savory liquids.

Top with the reserved dark green scallion tops and serve immediately.

## CHEF'S NOTES

- **Why this swap? Cauliflower provides an excellent vehicle for carrying savory sauces without the glycemic spike of standard grains.**

Standard white or brown rice is a grain, which is entirely eliminated during the 30-day reset to monitor inflammatory responses.

- **Why this swap? Coconut aminos deliver the identical dark, umami-rich saltiness of soy sauce without the soy or the gluten.**

Because aminos lean slightly sweeter than soy sauce, the savory addition of bone broth brings the dish back into perfect savory balance.

- **Label Check: Ensure your bone broth or powder explicitly lists only bones, water, vegetables, and spices.**

Commercial broths and bouillons are notorious hiding spots for added sugar (often listed as dextrose or caramel color) and yeast extract.

- **Technique Tip: Resist the urge to line your baking sheet with parchment paper or foil.**

Direct contact with the hot, conductive metal of the baking sheet is what triggers the Maillard reaction (browning), giving this dish its authentic, pan-fried flavor.

Clean-up is a minor trade-off for superior flavor.



## "Pork Shoulder Sunday" Carnitas Bowl

Authentic Michoacán carnitas are a masterpiece of pork confit, simmered for hours in a copper cazo bubbling with gallons of lard, cola, and evaporated milk. You, however, are on Day 12 of a dietary reset, staring down a punishing work week, and you don't own a fifteen-liter copper pot. This is your lifeline. We're extracting that deeply savory, citrus-laced soul of traditional carnitas and offloading the heavy lifting to your slow cooker. Ten minutes of upfront hustle on Sunday buys you an aggressive, unapologetic bowl of meltingly tender pork with crispy, caramelized edges to save you from sad desk lunches all week.

## INGREDIENTS

<b>3 lb</b>	boneless pork shoulder <i>trimmed of massive fat chunks with the fat cap left intact, cut into 3-inch cubes</i>	<b>1 med</b>	lime <i>halved</i>
<b>1 tbsp</b>	kosher salt	<b>2 med</b>	dried bay leaves
<b>1 tbsp</b>	dried Mexican oregano	<b>1/2 cup</b>	Whole30-compliant chicken broth
<b>2 tsp</b>	ground cumin	<b>2 med</b>	Romaine lettuce <i>shredded</i>
<b>1 tsp</b>	black pepper	<b>1/2 cup</b>	Whole30-compliant pico de gallo
<b>1 med</b>	white onion <i>roughly quartered</i>	<b>1/2 cup</b>	guacamole
<b>6 med</b>	garlic cloves <i>smashed and peeled</i>	<b>1/4 cup</b>	fresh cilantro <i>roughly chopped</i>
<b>1 large</b>	orange <i>halved</i>		

## PREPARATION

- **Clear the decks.**

You have exactly ten minutes of active work here. Get your spices measured and your knife sharp before you unwrap the pork.

## INSTRUCTIONS

- 1. Rub the meat.**

In a small bowl, mix the kosher salt, Mexican oregano, cumin, and black pepper. Aggressively massage the spice blend all over the cubed pork.

- 2. Load the slow cooker.**

Toss the seasoned pork into the pot along with the quartered onion, smashed garlic, and bay leaves.

**1. Add the citrus and broth.**

Squeeze the orange and lime juice directly over the meat. Drop the spent orange halves into the pot for their essential oils, then pour the chicken broth around the edges.

**2. Walk away.**

Secure the lid and set to LOW for 8 to 10 hours. The pork will slowly render and braise gently in its own fat and the citrus juices.

**3. Crisp the edges.**

Use a slotted spoon to transfer the tender pork to a foil-lined baking sheet. Discard the spent orange halves and bay leaves. Shred the meat roughly with two forks, ladle a quarter cup of the cooking liquid over the top, and broil on high for 3 to 5 minutes until caramelized and charred.

**4. Build the bowl.**

Pack the carnitas for the week. When ready to eat, assemble over a bed of crisp romaine lettuce and top generously with guacamole, pico de gallo, and fresh cilantro.

#### CHEF'S NOTES

● **Why this swap? No cola or condensed milk.**

Authentic street vendors use soda and dairy to tenderize the meat and force a rapid Maillard reaction for a deep golden crust. We rely on the natural enzymatic acids of fresh orange juice to tenderize, and a high-heat oven broil to replicate those deeply caramelized, crispy edges without the sugar crash.

● **Why this swap? No lard confit.**

Traditional carnitas are submerged in massive cauldrons of liquid pork lard. We achieve a similar meltingly tender texture by utilizing the naturally high fat content of the pork shoulder in a slow-cooker, allowing it to braise in its own rendered fat.

- **Hidden-Sugar Label Check.**

Always check the ingredient list on your chicken broth and store-bought salsa. Commercial brands routinely sneak in cane sugar, dextrose, or caramel coloring. Stick to compliant brands like Kettle & Fire for the broth.

- **Sourcing Tip.**

Track down authentic Mexican oregano if you can. It belongs to the verbena family and offers a floral, citrusy note that pairs perfectly with the orange juice, vastly outperforming the piney Mediterranean oregano used in Italian cooking.



# Classic Salade Niçoise

*sa-la-da nis-sar-da*

**Naturally Whole30 / Traditional Niçoise.** The version of this salad you know—laden with boiled potatoes and soggy green beans—is an invention of Auguste Escoffier that local purists view as culinary treason. The authentic recipe from Nice is entirely raw, save for a hard-boiled egg. This historic reality is a gift to your ten-minute prep budget. It requires no stove wrangling, just vibrant, aggressive flavor-building that rescues you from mid-program palate fatigue.

## INGREDIENTS

**1 med  
clove**

garlic  
*halved*

**1 pt**

cherry tomatoes  
*halved*

**1/2 med**

English cucumber  
*thinly sliced*

<b>1 med</b>	green bell pepper <i>cored and thinly sliced</i>	<b>1/2 cup</b>	Niçoise olives <i>pitted</i>
<b>5 med</b>	radishes <i>thinly sliced</i>	<b>1/4 cup</b>	fresh basil leaves <i>roughly torn</i>
<b>2 med</b>	scallions <i>thinly sliced</i>	<b>1/3 cup</b>	extra-virgin olive oil
<b>4 large</b>	eggs	<b>2 tbsp</b>	red wine vinegar
<b>10 oz</b>	Whole30-compliant tuna packed in olive oil <i>drained and roughly flaked</i>	<b>1 tsp</b>	Whole30-compliant Dijon mustard
		<b>1/2 tsp</b>	salt
		<b>1/4 tsp</b>	black pepper

## INSTRUCTIONS

- Place the eggs in a saucepan of water, bring to a boil, then remove from heat, cover, and let sit for nine minutes.**  
This hands-off cooking time allows you to prep the rest of the salad without touching the stove again.
- Vigorously rub the inside of a large wooden or ceramic serving bowl with the cut sides of the raw garlic, then discard the clove.**  
This imparts the traditional Niçois aromatic baseline without overwhelming the delicate vegetables.
- Add the tomatoes to the bowl first and salt them generously to draw out their juices, followed by the cucumber, bell pepper, radishes, and scallions.**
- In a small jar, aggressively shake the olive oil, red wine vinegar, Dijon mustard, and black pepper until fully emulsified.**
- Transfer the eggs to an ice bath, peel and quarter them, then arrange them over the vegetables alongside the flaked tuna and olives.**  
Drizzle with the dressing, scatter the torn basil, and serve immediately.

## CHEF'S NOTES

- **Check your labels.**

Ensure your canned tuna is packed in olive oil and free from non-compliant vegetable broths or soy. Verify the Dijon mustard contains no white wine, and the olives are cured without sulfites or sugar.

- **Never mix tuna and anchovies.**

Traditionalists dictate choosing one or the other. If you want a punch of intense, salty umami to break through a midday rut, swap the tuna for premium salt-packed anchovies, but never use both in the same bowl.

- **Pack it smart for the office.**

If prepping this for a workplace lunch, keep the cherry tomatoes whole and pack the dressing separately so the raw vegetables don't devolve into a soggy mess by noon.



# Chamorro Lemon-Coconut Chicken Kelaguen

*keh-LAH-gwin MAHN-nuk*

**Naturally Whole30 / Traditional Chamorro.** A masterclass in acid, fat, and fire, Kelaguen Månnok is the signature dish of Guam and your rescue operation for Day 11 food boredom. Traditional kelaguen relies on an indigenous method of "cooking" meats in potent citrus juice, fiery local peppers, and sea salt. For chicken, the Chamorro method dictates a deep, smoky char before chopping the bird fine and drowning it in a sharp, bright lemon-coconut marinade. It is profoundly flavorful, rich in healthy fats, and fiercely guarded by grandmothers across the Pacific. Best of all, the ancestral recipe requires absolutely no modern hacking to fit your Whole30. We swap

the charcoal pit for a screaming-hot oven broiler to keep your active prep under ten minutes. You do the chopping; the sheet pan and the refrigerator do the rest.

## INGREDIENTS

<b>1 1/2 lb</b>	boneless, skinless chicken thighs	<b>3/4 cup</b>	unsweetened shredded coconut
<b>1 tbsp</b>	ghee <i>melted</i>	<b>1/2 cup</b>	yellow onion <i>very finely diced</i>
<b>1 1/2 tsp</b>	coarse sea salt <i>divided</i>	<b>4 med</b>	scallions <i>trimmed and finely sliced</i>
<b>1/2 cup</b>	fresh lemon juice	<b>2 small</b>	Thai Bird's Eye chilies <i>very finely minced</i>
		<b>1 med</b>	butter lettuce <i>separated into leaves</i>

## PREPARATION

- **Do not skip the chilling phase.**

Traditional kelaguen is served cold or at room temperature. Eating it immediately after mixing will taste disjointed; the magic happens when the acid, the chicken juices, and the coconut fat are allowed to marry in the cold environment of your fridge overnight.

## INSTRUCTIONS

- 1. Broil the chicken.**

Position an oven rack four inches from the element and crank the broiler to high. Toss the chicken thighs with the melted ghee and a teaspoon of salt, lay them flat on a foil-lined sheet pan, and broil for six to eight minutes per side until they pick up a deep, aggressive char.

**1. Build the flavor base.**

While the oven does the heavy lifting, vigorously whisk the lemon juice, coconut, onion, scallions, minced chilies, and the remaining half-teaspoon of salt in a large glass or ceramic bowl. Avoid metal, which reacts poorly with the heavy acid.

**2. Chop and combine.**

Once the chicken is cool enough to handle without burning yourself, chop it ruthlessly fine. You want it small enough to eagerly drink up the marinade. Fold the meat into the lemon-coconut mixture until every piece is soaked.

**3. Let it rest.**

Taste for salt and acid, adjusting if necessary, then cover tightly and banish it to the refrigerator. Kelaguen demands time; give it at least two hours, or ideally overnight, for the acid to tenderize the meat and the coconut fat to bloom.

**4. Pack for lunch.**

Scoop the cold kelaguen into a container alongside a stack of crisp butter lettuce leaves, ready to be scooped and eaten right at your desk.

**CHEF'S NOTES**

● **Label check: The coconut trap.**

You must use unsweetened shredded or desiccated coconut. Walk straight past the baking aisle's bags of sticky, sweetened coconut flakes, which are loaded with added sugar, and look in the natural foods section.

● **The emergency shortcut.**

If even fifteen minutes of hands-off broiling is too much for your Tuesday night, you can use a store-bought rotisserie chicken. You must verify the ingredients—avoid birds injected with sugar, dextrose, or non-compliant soy-based broths. Strip the meat, chop it fine, and proceed directly to building the marinade.



# Sinaloan Chilorio Lettuce Wraps

*chee-LOH-ree-oh see-nah-loh-EN-seh*

You are in the thick of it now. The novelty of the reset is dead, your brain is actively trying to negotiate a truce with a bagel, and if you have to look at another piece of dry meal-prep chicken, you are going to scream. You need Chilorio. Originating over three hundred years ago in Sinaloa, this is an act of culinary genius—pork preserved by slow-cooking it in fat and a violently flavorful adobo of dried chiles, garlic, and vinegar. Because it relies entirely on time, fat, and spices to build its deeply complex flavor, traditional Chilorio is an absolute Whole30 powerhouse. We're outsourcing the grueling three-hour simmer to

your pressure cooker, leaving you with just ten minutes of active work to deseed some chiles and mash everything together. Wrapped in crisp lettuce, it is rich, tangy, messy, and unapologetically bold.

## INGREDIENTS

<b>2 lb</b>	boneless pork shoulder <i>cut into rough 2-inch chunks</i>	<b>1/2 tsp</b>	ground cumin
<b>1/2 med</b>	white onion	<b>1/2 tsp</b>	ground coriander
<b>2</b>	bay leaves	<b>1/4 tsp</b>	ground black pepper
<b>1 tsp</b>	kosher salt <i>for the pork</i>	<b>1/8 tsp</b>	ground cloves
<b>1/2 cup</b>	water	<b>1/2 tsp</b>	kosher salt <i>for the adobo</i>
<b>3</b>	dried Guajillo chiles <i>wiped clean, stems and seeds removed</i>	<b>2 tbsp</b>	Whole30-compliant pure lard or ghee
<b>2</b>	dried Ancho chiles <i>wiped clean, stems and seeds removed</i>	<b>1 med head</b>	Butter lettuce or Romaine hearts <i>leaves separated, washed, and dried</i>
<b>2</b>	dried Pasilla chiles <i>wiped clean, stems and seeds removed</i>	<b>1/4 cup</b>	fresh cilantro <i>chopped</i>
<b>3 large cloves</b>	garlic <i>peeled</i>	<b>1 med lime</b>	lime wedges <i>cut into wedges</i>
<b>3 tbsp</b>	apple cider vinegar	<b>1/2 med</b>	red onion <i>finely diced</i>
<b>1 tsp</b>	dried Mexican oregano		

## INSTRUCTIONS

### 1. Pressure cook the pork.

Throw the pork chunks, white onion, bay leaves, 1 teaspoon of the salt, and water into your electric pressure cooker. Secure the lid, ensure the valve is set to sealing, and program it to cook on high pressure for 45 minutes.

**1. Hydrate the dried chiles.**

While the pork cooks, boil water in a kettle. Place your deseeded Guajillo, Ancho, and Pasilla chiles into a heat-proof bowl and pour the boiling water over them until completely submerged. Let them soak for 15 minutes until they are soft and pliable.

**2. Blend the adobo.**

Using tongs, pull the softened chiles out of the water and drop them into a blender. Add the garlic, apple cider vinegar, oregano, cumin, coriander, black pepper, cloves, the remaining half teaspoon of salt, and about a quarter cup of the chile-soaking water. Blitz until it forms a smooth, thick, blood-red paste.

**3. Shred and fry the meat.**

When the pressure cooker finishes, carefully perform a quick release and discard the onion and bay leaves. Shred the pork directly in the pot using two forks, drain any excessive watery liquid, and switch the machine to the sauté function. Add the ghee and the adobo paste, stirring vigorously to let the meat fry in the fat and sauce for 3 to 5 minutes until the adobo darkens slightly and clings tightly to the meat.

**4. Assemble and serve.**

Scoop massive, generous portions of the hot Chilorio into the crisp lettuce leaves and top with fresh cilantro, diced red onion, and a heavy squeeze of lime juice to cut the richness.

**CHEF'S NOTES**

● **Why this swap? Lettuce wraps.**

Authentic Sinaloa Chilorio is almost exclusively eaten folded into massive, beautiful flour tortillas. Since all grains are off the table for the next 30 days, we're using crisp Butter lettuce. The cold, watery crunch of the lettuce provides a phenomenal textural contrast to the dense, rich, spicy pork.

- **Why this swap? Ghee.**

Traditional recipes demand manteca (lard) to fry the shredded meat. If you have access to pure, high-quality rendered pork fat from a local butcher, use it. However, commercial supermarket lard is heavily processed and often hydrogenated.

Whole30-approved ghee provides the exact rich, savory lipid profile required to fry the adobo properly without the industrial processing.

- **Check your labels.**

Verify your apple cider vinegar has no added sugar or caramel color. True vinegar is just fermented apples and water.

- **Don't fear the dried chiles.**

They are available in the Hispanic aisle of nearly every major supermarket. They cost pennies, last forever in the pantry, and form the backbone of true Mexican flavor architecture.



# The Kerala Meen Moilee

*meen mo-lee*

**Naturally Whole30 / Kerala, South India.** This is the dish that proves flavor is built, not borrowed. Legend has it that when Portuguese explorers landed on the Malabar Coast in the fifteenth century, they couldn't handle the fiery heat of the local red chili fish curries. A brilliant local cook named Molly rescued them by swapping the red chilies for mild green ones and drowning the whole thing in a luxurious bath of coconut milk. The result is Meen Moilee—a creamy, aromatic, golden-yellow stew that has survived centuries. If you are deep into your reset and staring down another piece of dry chicken with mounting despair, this is your rescue. It is wildly flavorful,

brimming with healthy fats, and requires a single pan. We skip the traditional shallow-frying step, poaching the fish directly in the broth to pull your active kitchen time down to exactly ten minutes.

## INGREDIENTS

<b>1 lb</b>	firm white fish fillets <i>cut into 3-inch portions</i>	<b>3 cloves</b>	garlic <i>minced</i>
<b>1/2 tsp</b>	kosher salt	<b>2 small</b>	green chilies <i>slit lengthwise</i>
<b>2 tbsp</b>	virgin coconut oil	<b>1 tsp</b>	ground turmeric <i>divided</i>
<b>1 small</b>	cinnamon stick	<b>1 tsp</b>	freshly ground black pepper <i>divided</i>
<b>3 small</b>	green cardamom pods <i>lightly crushed</i>	<b>13 1/2 oz</b>	Whole30-compliant full-fat coconut milk <i>unshaken</i>
<b>3 small</b>	whole cloves	<b>1 med</b>	Roma tomato <i>sliced into 1/4-inch thick rounds</i>
<b>1 sprig</b>	fresh curry leaves	<b>1 tbsp</b>	fresh lime juice
<b>1 med</b>	yellow onion <i>thinly sliced</i>		
<b>1 tbsp</b>	fresh ginger <i>minced</i>		

## INSTRUCTIONS

### 1. Season the fish and separate the coconut milk.

Pat the fish fillets dry, season them all over with 1/2 teaspoon of the turmeric, 1/2 teaspoon of the black pepper, and the kosher salt, then set aside. Open your unshaken can of coconut milk, scoop out 1/2 cup of the thick white cream at the top, and set it aside in a small bowl; pour the remaining watery milk into a measuring cup and add enough tap water to make 1 full cup of liquid.

**1. Bloom the whole spices and sweat the aromatics in coconut oil.**

Heat the coconut oil in a wide skillet with a tight-fitting lid over medium heat. Drop in the cinnamon stick, cardamom pods, and cloves to sizzle for 30 seconds, then stand back and toss in the curry leaves. Immediately add the sliced onion, ginger, garlic, and slit green chilies, sautéing constantly for 3 to 4 minutes until the onions are soft and translucent—do not let them brown, as we are building a delicate yellow stew.

**2. Simmer the thin coconut milk and poach the fish.**

Stir the remaining 1/2 teaspoon of turmeric and 1/2 teaspoon of black pepper into the softened onions for 30 seconds, then pour in the 1 cup of thin coconut milk mixture and bring to a gentle simmer. Slide the seasoned fish fillets into the bubbling broth, arrange the tomato slices in the gaps, secure the lid on the skillet, and reduce the heat to medium-low. Walk away and let the fish poach undisturbed for 8 to 10 minutes, or until opaque and yielding.

**3. Remove from the heat and swirl in the thick coconut cream.**

Pull the skillet off the heat entirely and add the reserved thick coconut cream and lime juice. Do not stir with a spoon, or you will shred the delicate fish; instead, grab the skillet handles and gently swirl the pan in a circular motion until the thick cream melts seamlessly into the hot broth. Serve immediately.

**CHEF'S NOTES**

● **Check your coconut milk labels ruthlessly.**

The American supermarket is a minefield of non-compliant coconut milks laden with added sugars, sulfites, and carrageenan. Stick to verified Whole30-compliant brands like Thai Kitchen Organic or Native Forest Simple.

● **Do not substitute curry powder for fresh curry leaves.**

Fresh curry leaves are the defining aromatic signature of South Indian cooking, offering an irreplaceable toasted citrus-pine aroma. You can find them at any Indian grocery store, but if you absolutely cannot source them, skip them entirely and add a tiny pinch of fresh lime zest to the simmering broth instead.

- **Pull the fish the second it yields to a fork.**

Fish cooks fast. At the eight-minute mark, gently press the thickest part of a fillet with a fork; if it slides apart along its natural white flakes, get the pan off the heat immediately. Residual heat will finish the job.



# DINNER

*Ten minutes of focused prep and a blistering hot oven to save your reset from the 6:30 PM slump.*

The front door shuts, the keys hit the bowl, and the exhaustion hits the bone. It is 6:30 PM on a Tuesday, the exact moment the dietary reset usually goes to die. The temptation to surrender to the delivery app is a physical weight. Don't. This isn't the time for a twenty-minute meditation on mincing garlic. It's the time for a battered sheet pan, a blistering hot oven, and exactly ten minutes of focused, unapologetic prep. Hit it with high heat, acid, and salt. Let the steel do the heavy lifting while you pour a sparkling water and decompress.

These are the meals that save the working stiff from themselves. Crispy Greek chicken thighs bubbling in their own rendered fat, skillet beef that hits the table before your blood sugar crashes, and blistered sausage and peppers that taste like a late-night street cart but act like medicine. It's not about culinary romance tonight; it's about survival, done beautifully. Ten minutes of you, twenty minutes of the fire.





# South Jersey Bruschetta Chicken

You're on day fourteen. You've eaten enough plain grilled chicken to sprout feathers, and your willpower is locked in a staring contest with the takeout menu from the local Italian deli. Put the menu down. In South Jersey, bruschetta chicken is a massive, unapologetic collision of crispy cutlets, melted cheese, and a garlicky tomato salad. We've stripped away the non-compliant crutches but kept every ounce of that loud, aggressive flavor. Ten minutes of chopping, fifteen minutes of staring blankly at the oven, and you're eating a vibrant, restaurant-quality dinner on a Tuesday night. The restrictions end. The lessons stay.

## INGREDIENTS

<b>1 1/2 lb</b>	thin-sliced boneless skinless chicken breast cutlets	<b>3 small clove</b>	garlic <i>minced</i>
<b>1 tbsp</b>	extra-virgin olive oil	<b>1/2 cup</b>	fresh basil leaves <i>thinly sliced</i>
<b>1 tsp</b>	dried Italian seasoning	<b>2 tbsp</b>	extra-virgin olive oil
<b>1 tsp</b>	garlic powder	<b>1 tbsp</b>	Whole30-compliant balsamic vinegar
<b>1/2 tsp</b>	kosher salt		
<b>1/2 tsp</b>	black pepper <i>freshly ground</i>	<b>1/4 tsp</b>	kosher salt
<b>2 cup</b>	cherry tomatoes <i>halved</i>	<b>1/4 tsp</b>	crushed red pepper flakes
<b>1/2 small</b>	red onion <i>finely diced</i>	<b>1/4 cup</b>	Whole30-compliant balsamic vinegar

## PREPARATION

- **Audit your pantry.**

Ensure your balsamic vinegar and Italian seasoning contain zero added sugars, maltodextrin, or sulfites before you begin.

## INSTRUCTIONS

- 1. Deploy the heat.**

Preheat your oven to 425°F (220°C) and line a rimmed baking sheet with parchment paper for effortless cleanup.

- 2. Season the protein.**

Place the chicken cutlets on the prepared sheet pan, drizzle with 1 tablespoon of olive oil, and rub evenly on both sides with the dried Italian seasoning, garlic powder, salt, and pepper.

**1. Roast the chicken.**

Roast in the oven for 15 to 18 minutes, or until the chicken is cooked through and the edges are beautifully browned.

**2. Build the bruschetta.**

While the chicken roasts, use your 10-minute active window to combine the halved cherry tomatoes, diced red onion, minced garlic, and fresh basil in a medium bowl.

**3. Macerate the topping.**

Drizzle the tomato mixture with 2 tablespoons of extra-virgin olive oil and 1 tablespoon of balsamic vinegar, season with salt and red pepper flakes, toss vigorously, and let sit at room temperature.

**4. Execute the balsamic hack.**

If you want the syrupy drizzle of a classic deli order, pour the remaining 1/4 cup of balsamic vinegar into a small skillet over medium heat and simmer gently for 5 to 7 minutes until it reduces by half.

**5. Assemble and serve.**

Transfer the hot, roasted chicken to plates, spoon a generous mountain of the tomato topping over each piece, drizzle with the balsamic reduction, and garnish with extra fresh basil.

**CHEF'S NOTES**

● **Why this swap? (The Cheese)**

Traditional South Jersey bruschetta chicken relies on a blanket of melted mozzarella for fat and richness. On a strict Whole30, dairy is out. We compensate by generously dressing the tomato topping in high-quality extra-virgin olive oil, which emulsifies with the acidic tomato juices to create a luscious mouthfeel. Don't apologize for the fat; it carries the flavor.

- **Why this swap? (The Glaze)**

Commercial balsamic glazes are essentially grape-flavored pancake syrup. You can achieve the exact same sweet, complex viscosity by simply simmering a compliant balsamic vinegar for a few minutes until the water evaporates and the natural fruit sugars concentrate.

- **Label check protocol.**

Balsamic vinegar is a notorious hiding spot for non-compliant additives. Always verify there is no added caramel color, sulfites, or sneaky sugars. The ingredient list should essentially just read 'grape must' and 'wine vinegar.' Check your Italian seasoning for hidden maltodextrin, too.

- **Technique tip.**

Buying pre-sliced thin cutlets at the supermarket is a massive time-saver. If you only have thick chicken breasts, carefully butterfly them horizontally before seasoning so they cook rapidly within your 10-minute prep synchronization.



# Greek Crispy Chicken Thighs & Lemon Potatoes

Κοτόπουλο Λεμονάτο με Πατάτες

*kotópoulo lemonáto me patátes*

**Naturally Whole30 / Traditional Greek.** Look, you are on Day 12. The initial rush of the reset has worn off, your kitchen sink is permanently full of plastic containers, and if you have to look at one more piece of dry, meal-prepped chicken breast, you might throw your cutting board out the window. Enter the rescue operation. This is Kotopoulo Lemonato me Patates, the Sunday roast of Greek grandmothers, stripped down to its most ruthlessly efficient form. We're using bone-in, skin-on thighs because they practically cook themselves. The potatoes don't just roast; they braise in a ridiculous, golden pool of

olive oil, lemon juice, chicken fat, and garlic until they are meltingly tender, while the chicken skin shatters like glass. Ten minutes of you whisking and chopping. Fifty minutes of you sitting on the couch while the oven turns your kitchen into a taverna in Athens. Do not apologize for the fat in this pan. Eat every bite.

## INGREDIENTS

<b>1 1/2 lb</b>	Yukon Gold potatoes <i>scrubbed and cut lengthwise into thick wedges (do not peel)</i>	<b>1 tbsp</b>	Whole30-compliant Dijon mustard
<b>6 large</b>	bone-in skin-on chicken thighs	<b>4 med cloves</b>	garlic <i>smashed and roughly chopped</i>
<b>1/3 cup</b>	extra-virgin olive oil	<b>1 1/2 tbsp</b>	dried oregano
<b>1/4 cup</b>	Whole30-compliant chicken broth	<b>1 1/2 tsp</b>	kosher salt <i>plus extra for sprinkling</i>
<b>2 large</b>	lemons <i>zested and juiced to yield about 1/3 cup juice</i>	<b>1 tsp</b>	black pepper <i>heavily ground</i>

## PREPARATION

- **Preheat your oven to 425°F (220°C).**  
Ensure the rack is positioned in the middle of the oven.
- **Gather a large, rimmed 9x13 baking dish or a deep sheet pan.**  
You want something with enough wall height to contain the bubbling liquid.

## INSTRUCTIONS

### 1. **Build the master emulsion.**

In a large measuring cup or bowl, aggressively whisk together the olive oil, chicken broth, lemon zest, lemon juice, Dijon mustard, chopped garlic, dried oregano, kosher salt, and black pepper. It should look creamy and smell bright enough to wake you up.

### 2. **Toss the potatoes.**

Throw your potato wedges directly into the baking dish. Pour about two-thirds of the lemon emulsion over them. Toss the potatoes right there with your hands until every wedge is coated, then spread them into a flat, even layer.

### 3. **Nestle the chicken and roast.**

Place the chicken thighs directly on top of the potatoes, skin-side up. Pour the remaining marinade over the chicken, using your fingers to massage a little bit under the skin where you can. Wipe your hands and sprinkle an extra pinch of kosher salt directly onto the chicken skin to force the crisping. Put the pan in the oven and walk away for 45 to 50 minutes.

### 4. **Rest and serve.**

Pull the pan from the oven when the skin is deeply golden and crackling, and a fork goes through the thickest potato wedge with zero resistance. Let it rest in the pan for 5 minutes so the potatoes can absorb the last of the pan juices.

## CHEF'S NOTES

- **Label Check: The Mustard and Broth.**

Do not skip checking your Dijon. Traditional French Dijon uses white wine, which is a hard out on the Whole30. Find one made exclusively with spirit vinegar or apple cider vinegar. Likewise, verify your chicken broth has no added sugar or unpronounceable yeast extracts.

- **The Potato Texture Rule.**

If you are expecting deep-fried, crunchy French fries, adjust your expectations.

Authentic Greek lemon potatoes are supposed to be mellow—meaning luxuriously soft and heavily saturated with broth, lemon, and olive oil. They are built for mashing into the pan sauce.



## The Carolinas Pulled BBQ Chicken

Let's be honest: you're on Day twelve. The hangover phase has passed, your headaches are gone, but you are currently staring at a package of raw chicken with a profound sense of fatigue. You don't want another salad. You want comfort. You want barbecue. In the American South, barbecue isn't something you do on a gas grill; it's a noun, a religion, and usually involves a fourteen-hour vigil over hickory coals. But because you are a working adult with exactly ten minutes to spare before the evening chaos descends, we are skipping the fire pit. We are diving into the magic of South Carolina's "Carolina Gold"—a fiercely tangy, mustard-based sauce. Whole30 takes away the cheap shortcuts

of brown sugar and honey, so our cooking has to work a little harder. Medjool dates build a deep, complex sweetness, coconut aminos bring the savory umami that normally comes from processed Worcestershire, and we lean hard into smoked paprika to cheat our way to that all-day-pit-smoked flavor. Ten minutes of you. The pot handles the rest.

## INGREDIENTS

<b>3/4 cup</b>	Whole30-compliant yellow mustard	<b>1 tsp</b>	smoked paprika
<b>4 large</b>	Medjool dates <i>pitted</i>	<b>1/2 tsp</b>	kosher salt
<b>1/3 cup</b>	apple cider vinegar	<b>1/2 tsp</b>	black pepper
<b>1/4 cup</b>	water	<b>1/4 tsp</b>	cayenne pepper
<b>2 tbsp</b>	tomato paste	<b>1/2 tsp</b>	compliant liquid smoke
<b>1 tbsp</b>	coconut aminos	<b>2 lb</b>	boneless skinless chicken thighs
<b>1 tsp</b>	garlic powder	<b>1/2 cup</b>	Whole30-compliant chicken bone broth
<b>1 tsp</b>	onion powder	<b>1 tbsp</b>	ghee

## INSTRUCTIONS

### 1. Blend the Gold.

In a high-speed blender or food processor, combine the yellow mustard, pitted dates, apple cider vinegar, water, tomato paste, coconut aminos, garlic powder, onion powder, smoked paprika, kosher salt, black pepper, cayenne, and liquid smoke. Blend on high until the dates are completely pulverized and the sauce is smooth and glossy.

**1. Prep the pot.**

Add the chicken bone broth to the bottom of your Instant Pot or slow cooker to provide the necessary steam to bring the pot to pressure without triggering a burn warning.

**2. Coat the chicken.**

Place the chicken thighs into the pot and pour exactly half of your blended Carolina Gold sauce over the meat, using tongs to ensure it is well coated. Reserve the remaining sauce in the refrigerator.

**3. Let the machine do the work.**

For an Instant Pot, secure the lid, set the valve to Sealing, and cook on Manual/High Pressure for 12 minutes, allowing a 5-minute natural release before venting. For a slow cooker, cook on Low for 4 to 6 hours until incredibly tender.

**4. Shred and serve.**

Carefully remove the chicken to a cutting board and shred the meat with two forks. Dump the watery cooking liquid out of the pot entirely, return the shredded chicken to the warm insert, stir in the ghee for a luxurious mouthfeel, and pour in the reserved half of the Carolina Gold sauce, tossing vigorously until coated.

**CHEF'S NOTES**

● **Hidden sugar label checks.**

Verify your yellow mustard contains no added sugar or white wine (stick to classic bright yellow mustard). Check that your tomato paste has exactly one ingredient—tomatoes—and ensure your chicken broth is a Whole30-Approved brand free of yeast extracts and hidden sugars.

● **Why this swap? Medjool dates for brown sugar.**

Classic Carolina Gold leans heavily on brown sugar and honey to counteract the intense acidity of the mustard and vinegar. By blending whole Medjool dates, we introduce a compliant, whole-food source of sweetness that provides a thick, velvety texture and a caramel undertone perfectly mimicking molasses.

- **Why this swap? Coconut aminos for Worcestershire sauce.**

Traditional Worcestershire sauce contains molasses and sugar. Coconut aminos give us that fermented, savory umami depth without breaking the rules.

- **Why this swap? Chicken thighs for pork shoulder.**

Real-deal Carolina BBQ is strictly pork, but we use chicken thighs because they contain the necessary fat and collagen to survive pressure cooking without turning into dry sawdust. The added tablespoon of ghee at the end replicates the rich, unctuous mouthfeel of pork fat that Whole30 dieters crave.

- **The Pancake Rule applies.**

Resist the urge to make a compliant "bun" out of almond flour and egg whites. Serve this meat gloriously piled on top of a baked sweet potato, paired with compliant coleslaw, or wrapped in sturdy Bibb lettuce leaves.



# The Heartland 10-Minute Skillet Beef & Unpeeled Baby Potatoes

It is Day 12. The cook is tired, staring into the refrigerator, and the idea of chopping another mountain of vegetables is profoundly depressing. They want the deep, restorative comfort of a Midwestern Sunday supper, but with only ten minutes of energy left to give. This skillet is a love letter to the agrarian 'meat and potatoes' tradition, stripped of mid-century industrial shortcuts and rebuilt with rigorous technique. By skipping the peeling and leaning hard into the magic of a lidded cast-iron skillet, the pan does the heavy lifting. It is rich, savory salvation on a ruthless ten-minute budget.

## INGREDIENTS

<b>1 lb</b>	grass-fed ground beef <i>85/15 blend preferred</i>	<b>1 tbsp</b>	coconut aminos
<b>1 lb</b>	baby Yukon Gold or red potatoes <i>unpeeled and halved</i>	<b>1 tsp</b>	apple cider vinegar
<b>1 med</b>	yellow onion <i>roughly chopped</i>	<b>1 tsp</b>	smoked paprika
<b>2 tbsp</b>	ghee	<b>1 tsp</b>	garlic powder
<b>1 cup</b>	Whole30-compliant beef bone broth	<b>1 tsp</b>	onion powder
<b>2 tbsp</b>	tomato paste	<b>1 tsp</b>	kosher salt
		<b>1/2 tsp</b>	coarse black pepper
		<b>1 tbsp</b>	fresh parsley <i>chopped</i>

## PREPARATION

- **Mise en place.**

Halve the potatoes and chop the onion before you begin; once the beef hits the hot pan, you will not have time to prep.

## INSTRUCTIONS

- 1. Build the crust.**

Place a large, heavy-bottomed cast iron skillet over medium-high heat and melt the ghee. Add the ground beef and chopped onion, press the beef into an even layer, and leave it entirely alone for a full two minutes to let the Maillard reaction build a deep, savory crust before breaking the meat apart.

- 2. Deglaze and season.**

Add the smoked paprika, garlic powder, onion powder, salt, and pepper, stirring for 30 seconds to toast the spices. Pour in the beef bone broth, coconut aminos, apple cider vinegar, and tomato paste, using a wooden spoon to scrape up all the beautiful browned bits from the bottom of the skillet.

## 1. Smother and walk away.

Toss the halved, unpeeled baby potatoes into the skillet, stirring to coat them in the rich broth. Bring to a rapid simmer, reduce the heat to medium-low, cover with a tight-fitting lid, and walk away for 15 to 18 minutes.

## 2. Finish and serve.

Remove the lid and test a potato with a fork; it should slide in without resistance. If the sauce is too thin, simmer uncovered for two more minutes to reduce, then garnish with fresh parsley and serve hot.

### CHEF'S NOTES

- **Label check: Beef Bone Broth.**

Verify your commercial broth has zero added sugar or caramel coloring. Kettle & Fire or homemade are safe bets.

- **Why this swap? Baby potatoes instead of peeled Russets.**

Time is the enemy of the weeknight cook. Peeling and dicing takes ten minutes; halving baby potatoes takes sixty seconds, and leaving the skins on retains vital fiber.

- **Why this swap? Coconut aminos and vinegar instead of Worcestershire.**

Traditional Worcestershire relies on molasses or cane sugar. Coconut aminos cut with apple cider vinegar perfectly mimics that complex, salty-tangy depth without breaking the rules.

- **Why this swap? Tomato paste and bone broth instead of cheese.**

Traditional casseroles lean on dairy for richness. We replicate that mouthfeel by reducing collagen-rich bone broth and finishing with tomato paste, hitting the exact same savory pleasure centers in the brain.



# Beef & Broccoli

芥蘭炒牛肉

*gài lán chǎo niú ròu*

It's Day 12 of your reset. The sugar-withdrawal headaches have passed, but food boredom is creeping in, and a very loud, very persuasive part of your brain is demanding takeout. Enter the sheet pan. This recipe takes the aggressive, umami-rich satisfaction of a restaurant staple and strips away the refined sugar, the soy, and the labor. There is no standing over a smoking wok. Instead, we lean hard into technique: a touch of baking soda velvet-tenderizes the beef exactly like they do in Cantonese restaurant kitchens, while the dry heat of the oven creates

those charred, crispy edges on the broccoli. You slice the meat, whisk a sauce, and let a 425-degree oven do the heavy lifting while you go sit down.

## INGREDIENTS

<b>1 1/2 lb</b>	flank steak <i>sliced very thinly against the grain into 2-inch strips</i>	<b>1 tbsp</b>	apple cider vinegar
<b>1 lb</b>	fresh broccoli florets	<b>2 tsp</b>	Whole30-compliant fish sauce
<b>1 tbsp</b>	avocado oil	<b>1 tbsp</b>	toasted sesame oil
<b>1/4 tsp</b>	baking soda <i>ensure it is baking soda, not baking powder</i>	<b>3 med</b>	garlic cloves <i>minced</i>
<b>1/2 tsp</b>	fine sea salt	<b>1 tbsp</b>	fresh ginger <i>grated</i>
<b>1 tbsp</b>	arrowroot powder <i>for the beef marinade</i>	<b>1/2 tsp</b>	red pepper flakes
<b>1 tbsp</b>	coconut aminos <i>for the beef marinade</i>	<b>1 tbsp</b>	arrowroot powder <i>for the sauce slurry</i>
<b>1/3 cup</b>	coconut aminos <i>for the umami garlic sauce</i>	<b>2 tbsp</b>	cold water
		<b>1 tbsp</b>	toasted sesame seeds
		<b>2 med</b>	scallions <i>sliced</i>

## PREPARATION

- **Preheat the oven to 425°F and line a large baking sheet with parchment paper.**
- **Velvet the beef.**

In a large mixing bowl, toss the thinly sliced steak with the baking soda, salt, 1 tablespoon of arrowroot powder, and 1 tablespoon of coconut aminos. Massage the mixture into the meat until it's evenly coated. This is a traditional Chinese tenderizing technique that guarantees melt-in-your-mouth beef.

- **Whisk the sauce.**

Combine the 1/3 cup coconut aminos, apple cider vinegar, fish sauce, sesame oil, minced garlic, grated ginger, and red pepper flakes in a small bowl. Stir in the remaining 1 tablespoon of arrowroot whisked with 2 tablespoons of cold water to create a slurry.

## INSTRUCTIONS

- 1. Arrange the ingredients on the sheet pan.**

Spread the marinated beef onto one half of the prepared baking sheet in a single layer. On the other half of the sheet, add the broccoli florets, drizzle with the avocado oil, and toss gently to coat.

- 2. Roast hands-off for 12 to 14 minutes.**

Place the pan in the oven. Let the dry heat do the work until the beef is cooked through with browned edges, and the broccoli is tender-crisp with slight charring.

- 3. Thicken and lacquer the meat and vegetables.**

Remove the sheet pan from the oven and switch your oven to broil. Pour the whisked sauce directly over the hot beef and broccoli right on the pan, tossing everything together with tongs. Place back under the broiler for 1 to 2 minutes until the heat activates the arrowroot, turning the liquid into a thick, glossy glaze.

- 4. Garnish and serve immediately.**

Remove from the oven and top generously with toasted sesame seeds and sliced scallions.

## CHEF'S NOTES

- **Why this swap? Coconut aminos for soy sauce.**

Traditional soy sauce contains both soy and wheat. Coconut aminos provide a beautiful, dark, savory depth without the gluten or legumes. Because aminos are naturally sweeter, we don't need to add the refined brown sugar usually found in takeout recipes.

- **Why this swap? Fish sauce for oyster sauce.**

Authentic Cantonese brown sauces rely on oyster sauce, which is unfortunately packed with sugar, caramel coloring, and cornstarch. By pairing a dash of pure fish sauce with coconut aminos, we perfectly replicate that fermented, oceanic umami depth.

- **Why this swap? Arrowroot for cornstarch.**

Corn is a grain, making cornstarch strictly non-compliant. Arrowroot powder is a phenomenal grain-free starch that not only helps tenderize the beef in the marinade but also thickens our final sauce into that glossy, sticky texture we expect from good takeout.

- **Label check: Watch out for hidden sugars.**

Always verify your ingredient list. Your fish sauce should contain only anchovies and salt (Red Boat is a gold-standard brand), and your coconut aminos should be just organic coconut tree sap and sea salt. Cheaper brands often cut their sauce with fructose.



# San Antonio Chicken Fajitas

By the second week of your Whole30, you might find yourself staring blankly into the refrigerator, hallucinating the sound of a sizzling cast-iron platter from your favorite Tex-Mex joint. The craving for a warm, heavily spiced, deeply savory basket of fajitas is real. But the traditional San Antonio method requires marinating skirt steak for days and aggressively tending a smoking skillet so the meat doesn't steam in its own juices. You do not have time for that on a Tuesday. This recipe is your rescue mission. We apply the foundational flavors of Texas—heavy cumin, smoked paprika, garlic, and bright citrus—to a ruthlessly efficient sheet pan method. Lime zest protects the chicken from turning leathery in the oven, saving the fresh juice for a finishing hit of acidity.

Ten minutes of active chopping, and the oven does the heavy lifting. Lean hard into the char, scatter fresh cilantro like you mean it, and don't apologize for the lack of cheese.

## INGREDIENTS

<b>1 tbsp</b>	smoked paprika	<b>1 large</b>	red or yellow onion <i>sliced into strips</i>
<b>1 tbsp</b>	chili powder	<b>3 tbsp</b>	avocado oil
<b>1 1/2 tsp</b>	ground cumin	<b>1 tbsp</b>	coconut aminos
<b>1 tsp</b>	garlic powder	<b>1 med</b>	lime <i>zested and juiced, kept separate</i>
<b>1 tsp</b>	dried oregano	<b>1/2 cup</b>	fresh cilantro <i>roughly chopped</i>
<b>1 tsp</b>	kosher salt	<b>1 cup</b>	guacamole
<b>1/2 tsp</b>	black pepper	<b>1 cup</b>	pico de gallo
<b>1 1/2 lb</b>	boneless skinless chicken breasts <i>cut into 1/2-inch strips</i>	<b>1 med</b>	romaine lettuce <i>separated into leaves</i>
<b>2 large</b>	bell peppers <i>cored and sliced into strips</i>	<b>head</b>	

## PREPARATION

- **Batch your knife work.**

Slice your peppers, onions, and limes before you touch the raw chicken. This keeps your cutting board workflow clean and fast, letting you slide right into mixing without pausing to wash your hands or swap boards.

## INSTRUCTIONS

- 1. Preheat the oven and build the spice blend.**

Heat the oven to 425°F (220°C) and whisk together the smoked paprika, chili powder, cumin, garlic powder, oregano, salt, and black pepper in a small bowl.

**1. Prep the vegetables for roasting.**

Toss the sliced bell peppers and onions directly on a large rimmed baking sheet with 1 tablespoon of the avocado oil and half of the spice blend, then push them to the outer edges of the pan so the center is open.

**2. Coat the chicken aggressively.**

In a medium bowl, vigorously toss the chicken strips with the remaining 2 tablespoons of avocado oil, coconut aminos, lime zest, and the remaining half of the spice blend until heavily coated.

**3. Roast in a single layer.**

Spread the chicken in the open center of the baking sheet without overlapping the pieces, allowing the heat to circulate rather than steam the meat, and roast for 12 minutes.

**4. Char and finish under the broiler.**

Switch the oven to broil on high and cook for 3 to 5 minutes, keeping a close eye on the pan, until the edges of the chicken and the vegetables are blistered and charred.

**5. Garnish and serve immediately.**

Remove the pan from the oven, immediately squeeze the fresh lime juice over the sizzling meat and vegetables, and garnish generously with cilantro before serving hot inside crisp romaine lettuce boats with guacamole and pico de gallo.

**CHEF'S NOTES**

● **Hidden Sugar Label Check.**

Pre-mixed commercial taco and fajita seasonings are notorious hiding spots for maltodextrin, cornstarch, and outright sugar. If you prefer to buy a pre-made blend to save 60 seconds, you must check the label. Building it from scratch with your pantry spices guarantees compliance and delivers a punchier, fresher flavor.

- **Why this swap? Coconut Aminos.**

Authentic modern restaurant fajita marinades almost always sneak in soy sauce or Worcestershire sauce to deepen the umami and promote browning on the grill. Since soy, wheat, and the sugar often found in Worcestershire are out for the next 30 days, we use coconut aminos. It provides that exact same savory depth and slight natural sweetness to help the chicken caramelize under the broiler, completely within the rules.

- **Why this swap? Lettuce Boats.**

The Pancake Rule (SWYPO) means we aren't going to try and bake a sad, crumbly faux-tortilla out of almond flour and egg whites. Instead, we embrace the crunch. Crisp romaine lettuce hearts provide a refreshing, sturdy vessel that perfectly contrasts the hot, heavily spiced meat.



# The Chicago Italian-American Sausage & Blistered Peppers

By Day 12 of this reset, the physical hangover is gone but the mental fatigue has moved in, and you are dangerously close to food boredom. You need a rescue—something that doesn't feel like punishment and absolutely doesn't require babysitting a skillet. Enter the Chicago-style Italian sausage and peppers. Rooted in the al forno oven-roasted traditions of Italian grandmothers and cranked to eleven by working-class immigrants in the Midwest, this is unapologetic street food built for a sheet pan. Ten minutes of slicing, and the oven's high heat handles the rest, blistering the peppers, rendering the pork fat, and

building deep flavors without a grain of added sugar. Don't apologize for the generous fats and aggressive flavors here; they are exactly what you need to cross the finish line.

## INGREDIENTS

<b>1 1/2 lb</b>	Whole30-compliant Italian sausage	<b>1 tsp</b>	dried oregano
		<b>1/2 tsp</b>	dried basil
<b>2 large</b>	red bell peppers <i>cored, seeded, and sliced into 1-inch strips</i>	<b>1/2 tsp</b>	kosher salt
<b>2 large</b>	yellow or orange bell peppers <i>cored, seeded, and sliced into 1-inch strips</i>	<b>1/2 tsp</b>	freshly cracked black pepper
		<b>1/4 cup</b>	Whole30-Approved chicken bone broth
<b>1 large</b>	yellow onion <i>halved and cut into thick slices</i>	<b>1 tbsp</b>	white wine vinegar
<b>3 large</b>	cloves garlic <i>smashed and peeled</i>	<b>1/3 cup</b>	Whole30-compliant Chicago-style giardiniera
<b>2 tbsp</b>	extra-virgin olive oil		

## INSTRUCTIONS

### 1. Preheat the oven and prepare the sheet pan.

Preheat your oven to 400°F (200°C) and line a large, rimmed baking sheet with parchment paper or foil for easy cleanup.

### 2. Toss the vegetables with olive oil and spices.

Place the sliced bell peppers, onions, and smashed garlic directly onto the sheet pan, drizzle with the olive oil, then sprinkle evenly with the oregano, basil, salt, and black pepper. Use your hands to toss everything until coated, then spread into an even layer.

- 1. Nestle the intact sausages into the vegetables.**  
Lay the whole Italian sausage links directly into the bed of peppers and onions, taking care not to pierce the casings so the meat retains its juices during the high-heat roast.
- 2. Roast undisturbed for twenty minutes.**  
Transfer the sheet pan to the middle rack of the oven and let the heat do the heavy lifting.
- 3. Flip the meat and deglaze the pan.**  
Remove the pan from the oven, carefully flip the sausages, and pour a mixture of the bone broth and white wine vinegar evenly over the hot pan to scrape up the beautiful browned bits of fond.
- 4. Finish roasting until the sausages are cooked and the peppers are blistered.**  
Return the pan to the oven for another 10 to 15 minutes until the sausages reach an internal temperature of 160°F and the peppers are deeply caramelized at the edges.
- 5. Serve in shallow bowls with a generous scoop of giardiniera.**  
Divide the sausages and blistered peppers, spoon the pan juices over the top, and finish each serving with the spicy, crunchy giardiniera.

#### CHEF'S NOTES

- **Hidden Sugar Warning: The Sausage.**  
Nearly all commercial sausages in standard supermarkets contain hidden sugars like corn syrup or dextrose for curing, which will immediately break your Whole30 compliance. You must read the label. Look for compliant brands like Pederson's or Applegate, or verify with your local butcher.
- **Hidden Sugar Warning: The Giardiniera.**  
Traditional Chicago giardiniera is a mix of pickled vegetables and hot peppers, but modern commercial brands frequently pack it in non-compliant soybean oil or sneak sugar into the brine. Look for premium brands packed in olive oil, or fresh vinegar-based varieties.

- **Why this swap? The deglazing liquid.**

Authentic Italian preparations almost always use a heavy splash of white wine to deglaze the pan and lend acidity. Since all cooking alcohol is out for your 30-day reset, we swap in high-quality bone broth mixed with a sharp vinegar to replicate that tangy, savory depth without the booze.

- **Why this swap? The bun.**

Chicago street food demands a crusty submarine roll to soak up the grease, but the Pancake Rule means no paleo bread recreations. By serving this in a shallow bowl and leveraging the intense crunch and acid of the giardiniera, you won't miss the bread at all.



# Sheet Pan Salmon & Asparagus

*oons-bahkt lahks med ahs-par-ghes*

**Naturally Whole30 / Northern European Coastal.** Originating along the rugged coastlines of Norway and Sweden—where oven-baked salmon is the undisputed king of Tuesday night survival meals—this dish proves that high-end flavor doesn't require hours of braising. Traditional Scandinavian preparations lean on a glaze of mustard and butter. By swapping in rich, high-heat ghee and a fiercely sharp, compliant Dijon, we strip away the sugar without losing an ounce of the luxury. When you're on Day 12 of your reset, staring into the fridge, exhausted, and contemplating giving up because the thought of

chopping another sweet potato makes you want to cry, this is your rescue. The oven does the heavy lifting, cleanup is exactly one pan, and the result is vibrant, fatty, and fiercely flavorful.

## INGREDIENTS

<b>1 lb</b>	asparagus <i>tough ends snapped off</i>	<b>2 tbsp</b>	Whole30-compliant Dijon mustard
<b>2 tbsp</b>	olive oil	<b>1 tbsp</b>	lemon juice <i>freshly squeezed</i>
<b>1 tsp</b>	kosher salt <i>divided</i>	<b>2 med</b>	garlic <i>minced</i>
<b>1/2 tsp</b>	black pepper <i>freshly ground, divided</i>	<b>1/4 cup</b>	fresh dill <i>roughly chopped, plus extra for garnish</i>
<b>24 oz</b>	center-cut salmon fillets <i>skin-on or skinless, patted bone-dry</i>	<b>1 med</b>	lemon <i>cut into wedges, for serving</i>
<b>2 tbsp</b>	ghee <i>melted</i>		

## PREPARATION

- **Snap the asparagus.**

Don't waste your precious 10-minute prep budget meticulously chopping ends off with a knife. Hold a spear near the base and bend it until it snaps; it will naturally break exactly where the woody, inedible part ends and the tender stalk begins.

- **Dry the salmon.**

Always pat your salmon fillets bone-dry with paper towels before placing them on the pan. Surface moisture is the enemy of the Maillard reaction and prevents proper roasting.

## INSTRUCTIONS

- 1. Heat the oven and prep the pan.**

Preheat your oven to 400°F (200°C) and line a large, rimmed baking sheet with parchment paper.

**1. Toss the asparagus.**

Pile the snapped asparagus directly onto the sheet pan, then drizzle with the olive oil, half the kosher salt, and half the black pepper. Toss with your hands until the spears are well-coated, pushing them to the outer edges of the pan to create an empty space in the center.

**2. Mix the glaze.**

In a small bowl, whisk together the melted ghee, compliant Dijon mustard, lemon juice, minced garlic, and chopped fresh dill.

**3. Prep the salmon.**

Place the bone-dry salmon fillets in the center of the sheet pan, spacing them slightly apart. Season with the remaining half of the salt and pepper.

**4. Glaze and roast.**

Generously spoon the ghee-mustard glaze over the top of each salmon fillet, using the back of the spoon to spread it evenly. Transfer the entire sheet pan to the oven and roast for 12 to 15 minutes, depending on the thickness of your fillets, until the asparagus is tender-crisp and the salmon flakes easily with a fork.

**5. Finish and serve.**

Remove the pan from the oven, scatter a little extra fresh dill over the top, and serve immediately with fresh lemon wedges for squeezing.

**CHEF'S NOTES**

● **Hidden-Sugar & Alcohol Label Check: Dijon Mustard.**

Mustard is a culinary superpower on the Whole30, acting as an emulsifier and massive flavor booster. However, many traditional Dijons are formulated with white wine (a strict rulebook violation). Read your labels. Brands like Primal Kitchen or French's deliver the required sharpness without the alcohol.

● **Embrace the fat.**

Do not apologize for the generous use of ghee and olive oil in this recipe. High-quality fats are your primary energy source on a reset, and they act as a delivery vehicle for the fat-soluble flavor compounds in the garlic and dill.



# The Gulf Coast Blackened Shrimp & Green Beans Skillet

**Naturally Whole30 / Cajun-Creole.** This is the rescue mission for your Tuesday night. When you are two weeks into your Whole30 reset and the thought of eating another piece of plain grilled chicken makes you want to fake your own death, you need the aggressive, unapologetic heat of the Louisiana bayou. Invented in 1980 by culinary legend Paul Prudhomme, true blackening isn't about burning your food; it's about using extreme heat to forge a sweet, smoky, intensely spiced crust in a matter of seconds. We are pairing these explosive shrimp with cast-iron

blistered green beans that cook almost entirely hands-off while you prep the seafood. Ten minutes of your time, one pan to clean, and zero apologies for the flavor.

## INGREDIENTS

<b>1 tbsp</b>	smoked paprika	<b>1 lb</b>	large raw shrimp <i>peeled and deveined</i>
<b>1 1/2 tsp</b>	kosher salt	<b>1 lb</b>	fresh green beans <i>ends trimmed</i>
<b>1 tsp</b>	garlic powder	<b>3 tbsp</b>	Whole30-compliant ghee <i>divided</i>
<b>1 tsp</b>	onion powder	<b>1 tbsp</b>	avocado oil
<b>1 tsp</b>	cayenne pepper	<b>3 med</b>	garlic <i>minced</i>
<b>3/4 tsp</b>	ground black pepper	<b>clove</b>	
<b>3/4 tsp</b>	ground white pepper	<b>1 med</b>	lemon <i>cut into wedges</i>
<b>1/2 tsp</b>	dried thyme		
<b>1/2 tsp</b>	dried oregano		

## INSTRUCTIONS

### 1. Blister the beans in a smoking hot pan.

Place your largest cast-iron skillet over medium-high heat and let it get aggressively hot for about 2 minutes. Add 1 tablespoon of the ghee. Once it melts and shimmers, add the trimmed green beans, toss them once to coat in the fat, and then step back. Leave them completely alone for 3 to 4 minutes to scorch and blister.

### 2. Prep the shrimp while the beans cook.

While the beans are blistering, whisk all the dry spices together in a wide bowl. Thoroughly pat your shrimp dry with paper towels, drizzle them with the avocado oil, and dump in the spice mix. Toss aggressively with your hands until every shrimp is caked in dark red spice.

**1. Finish the beans and clear the skillet.**

Give the green beans a toss—they should have beautiful, dark, blistered spots. Add the minced garlic and toss for 30 seconds just until fragrant. Immediately remove the beans and garlic to your serving platter, keeping the pan on the heat.

**2. Blacken the shrimp undisturbed.**

Add the remaining 2 tablespoons of ghee to the empty, smoking-hot skillet. The moment it melts, drop the spiced shrimp into the pan in a single, uncrowded layer. Let the shrimp sit completely undisturbed for 60 to 90 seconds until the bottoms form a dark, crusty char.

**3. Flip to finish and serve immediately.**

Flip them with tongs and sear for another 60 seconds until they curl into tight 'C' shapes and are opaque throughout. Pull the shrimp from the heat, arrange them over the blistered green beans, and squeeze a generous wedge of fresh lemon juice over the skillet to wake up the vegetables and cut the heat.

**CHEF'S NOTES**

● **Beware the hidden sugar trap.**

Ninety percent of commercial Cajun or Blackening seasonings at the supermarket use maltodextrin as an anti-caking agent, or outright add brown sugar to balance the cayenne. Spending forty-five seconds to mix your own from pantry staples guarantees compliance, saves money, and achieves a vastly superior flavor.

● **Respect the science of the sear.**

Do not skip drying the shrimp before spicing them. If they go into the pan wet, the water will instantly vaporize, dropping the temperature of the pan and steaming your seafood. True blackening requires the volatile oils in the spices to hit smoking-hot fat directly.

● **Turn on your exhaust fan.**

Authentic blackening generates smoke—that is a feature, not a bug. Turn your stove's exhaust fan on high before you drop the shrimp into the pan, or you will be having a loud conversation with your smoke detector.



# Authentic Bahian Moqueca

*moh-KEH-kah bah-YAH-nah*

**Naturally Whole30 / Traditional Bahian.** You are on day twelve. The hangover of the first week has cleared, but the food boredom is knocking loudly at the door. You have stared into the abyss of another piece of grilled chicken, and the abyss stared back. Enter Moqueca Baiana. Originating in the Brazilian state of Bahia, this dish is a spectacular synthesis of Indigenous techniques, Portuguese stews, and the lush, brilliant ingredients of the African diaspora. It relies on a magical elixir called azeite de dendê (red palm oil) and a heavy splash of coconut milk to create a broth so vibrant and fragrant that it feels

like cheating. It isn't. Here is the best part for a busy Tuesday night: traditional moqueca explicitly forbids stirring. You chop the vegetables, layer them in a pot with the fish, turn on the heat, and walk away.

## INGREDIENTS

<b>1 1/2 lb</b>	firm white fish (halibut, mahi-mahi, or cod) <i>cut into 2-inch chunks</i>	<b>1 large</b>	green bell pepper <i>cored and thinly sliced into rounds</i>
<b>1 med</b>	lime <i>juiced</i>	<b>3 med</b>	tomatoes <i>sliced into rounds</i>
<b>3 med</b>	cloves garlic <i>smashed and minced</i>	<b>14 oz</b>	full-fat coconut milk
<b>1 1/2 tsp</b>	kosher salt <i>divided</i>	<b>3 tbsp</b>	azeite de dendê (unrefined red palm oil) <i>divided</i>
<b>1/2 tsp</b>	black pepper	<b>1 tbsp</b>	extra-virgin olive oil
<b>1 large</b>	white or yellow onion <i>thinly sliced into rounds</i>	<b>1 med</b>	jalapeño or serrano pepper <i>thinly sliced (seeds removed for less heat)</i>
<b>1 large</b>	red bell pepper <i>cored and thinly sliced into rounds</i>	<b>1 large bunch</b>	fresh cilantro <i>roughly chopped</i>

## INSTRUCTIONS

- 1. Toss the fish with the lime juice, minced garlic, a half-teaspoon of the salt, and the black pepper.**

Set it aside in a bowl. This brief rest is all the time the acid needs to start denaturing the proteins while you handle the knife work.

- 2. Build the stew in layers inside a cold, heavy-bottomed Dutch oven.**

Add the olive oil and one tablespoon of the dendê oil to the bottom of the pot. Scatter half the onions, half the bell peppers, and half the tomatoes. Arrange the marinated fish in a single, even layer over the vegetables, and pour any remaining lime juice from the bowl over the top.

**1. Finish the assembly with the remaining vegetables, liquids, and fats.**

Top the fish with the rest of the onions, peppers, tomatoes, and the sliced jalapeño. Sprinkle the remaining teaspoon of kosher salt evenly over the mountain. Pour the coconut milk over everything, and drizzle with the remaining two tablespoons of dendê oil.

**2. Cover the pot, set it over medium heat, and do not touch it.**

Let the heat rise and the liquids come to a gentle simmer. Once bubbling, lower the heat to medium-low and let it cook completely undisturbed for 15 to 20 minutes. The trapped steam will gently poach the fish and collapse the vegetables into a rich, fragrant stew without turning the delicate seafood to mush.

**3. Garnish heavily with cilantro and serve immediately.**

Turn off the heat and check that the fish is opaque and flakes easily. Scatter the chopped cilantro over the top and ladle the piping hot moqueca into wide bowls, ideally over compliant cauliflower rice to soak up the brilliant orange broth.

#### CHEF'S NOTES

● **Sourcing dendê oil.**

Azeite de dendê (red palm oil) is the undisputed soul of Bahian cuisine, providing an earthy, slightly sweet flavor and a brilliant, fiery orange hue that olive oil simply cannot replicate. Find it in Latin American markets or online, but handle with care—it will permanently stain your wooden spoons, your clothes, and your kitchen counters.

● **The no-stir rule.**

Firm white fish becomes incredibly delicate as it simmers. If you agitate the pot like a traditional soup, the seafood will disintegrate into a cloudy, unappetizing mush. The native layering method ensures the fish stays perfectly intact while the vegetables melt down around it. Trust the thermal dynamics and leave the spoon alone.

- **Hidden sugar check.**

Many commercial canned coconut milks sneak in added sugars, non-compliant emulsifiers, or sulfites. Always verify the label lists only coconut and water to maintain strict Whole30 compliance.



# Deconstructed Maghrebi Merguez Skillet with Blistered Tomatoes

عجة بالمرقاز

*oj-ja bil mer-gez*

Welcome to Day 12 of your reset. If you are staring into the abyss of your refrigerator with profound dread at the thought of another plain grilled chicken breast, this skillet is your rescue. We are taking the Tunisian Ojja—a North African classic built on fire, spice, and the glorious power of rendered animal fat—and stripping it down to its chassis. By bypassing the butcher's casing and aggressively seasoning loose ground meat with a traditional blend of caraway, fennel, and

mint, you dodge the hidden sugars of commercial sausage and build a vastly superior crust in the pan. Blistered tomatoes, blooming harissa, and softly poached eggs finish the job. It takes ten minutes of actual work, but it eats like you spent your entire evening tending a clay tagine in Tunis.

## INGREDIENTS

<b>1 lb</b>	ground lamb or 80/20 ground beef	<b>1/2 cup</b>	fresh cilantro or flat-leaf parsley <i>loosely packed and roughly chopped</i>
<b>1 tbsp</b>	extra-virgin olive oil or ghee	<b>1 tbsp</b>	ground coriander
<b>1 pt</b>	cherry tomatoes	<b>1 tbsp</b>	ground caraway
<b>4 med</b>	garlic cloves <i>smashed and peeled</i>	<b>1 tsp</b>	ground fennel seeds
<b>2 tbsp</b>	Whole30-compliant harissa paste	<b>1 tsp</b>	dried mint
<b>1/2 cup</b>	Whole30-compatible bone broth	<b>1 tsp</b>	smoked paprika
<b>4 large</b>	eggs	<b>1 tsp</b>	garlic powder
		<b>1 tsp</b>	kosher salt
		<b>1/2 tsp</b>	black pepper

## PREPARATION

- **Pre-measure the spice blend.**

Combine all the dry spices in a small dish before you begin cooking. When working with hot cast iron, you don't want to be fumbling with measuring spoons while your meat burns.

## INSTRUCTIONS

### 1. **Spice the meat.**

In a medium bowl, aggressively mix the ground lamb or beef with the coriander, caraway, fennel, dried mint, smoked paprika, garlic powder, salt, and pepper. Use your hands to ensure the spices are fully incorporated.

### 2. **Build the crust.**

Place a large cast-iron or heavy-bottomed skillet over medium-high heat and add the olive oil or ghee. Once the fat is shimmering and hot, pinch off rustic, bite-sized clumps of the spiced meat and drop them directly into the pan. Do not touch them. Let the meat sear undisturbed for 3 full minutes to build a deep, caramelized crust, then flip the pieces and brown for 2 more minutes.

### 3. **Blister the tomatoes.**

Push the browned meat to the outer edges of the skillet. Drop the whole cherry tomatoes and smashed garlic cloves into the center pool of rendered, spiced fat. Let them cook for 2 to 3 minutes, shaking the pan occasionally, until the tomato skins blister, char, and begin to burst.

### 4. **Deglaze and simmer.**

Spoon the harissa paste into the center of the pan, stirring it into the fat for about 30 seconds until deeply fragrant. Pour in the bone broth. As the liquid bubbles up, use a wooden spoon to scrape all the beautiful browned bits (the fond) off the bottom of the skillet. Reduce the heat to medium-low.

### 5. **Poach the eggs.**

Use the back of your spoon to create small hollows in the simmering tomato and meat mixture. Crack an egg into each well and season lightly with a pinch of salt.

### 6. **Walk away.**

Cover the skillet with a tight-fitting lid and step away. Let the skillet simmer hands-off for 5 to 8 minutes, or until the egg whites are opaque and set, but the yolks still jiggle.

## 1. **Garnish and serve.**

Remove the skillet from the heat, scatter aggressively with the fresh cilantro or parsley, and serve immediately.

### CHEF'S NOTES

- **Why this swap?**

Authentic merguez requires sourcing compliant casings and hours of labor. Furthermore, standard supermarket sausages are almost universally cured with sugar. By deconstructing the sausage into loose ground meat, we bypass the hidden sugar completely, save 45 minutes of labor, and actually generate a better, faster crust in the skillet.

- **The Ojja distinction.**

You'll notice there are no onions in this skillet. In traditional Tunisian cooking, a tomato-and-egg stew with onions is a Chakchouka, but one built strictly on garlic and caraway-heavy spices is an Ojja. Skipping the onions isn't just authentic—it saves you five minutes of chopping and sweating.

- **HIDDEN SUGAR WARNING: Harissa.**

Harissa is a North African chili paste that gives this dish its soul. Traditional harissa is naturally Whole30 compliant (just chilies, garlic, oil, and salt), but many Western supermarket brands sneak cane sugar into the jar to appeal to American palates. Check your labels ruthlessly. Mina brand Harissa is widely available, traditionally made, and 100% compliant.

- **Technique tip.**

The magic of this dish lives in the browning. Whole30 takes away cheap flavor shortcuts like sugar and soy sauce, which means our cooking technique has to work harder. The dark crust on the meat and the blistering char on the tomatoes are what create the profound depth of flavor here. Let the pan get genuinely hot, and resist the urge to stir constantly.



# Turmeric & Cumin Sheet Pan Cabbage and Baby Potatoes

आलू पत्ता गोभी

*ah-loo pah-tah go-bee*

The traditional Indian dry curry aloo patta gobhi is a masterpiece of humble ingredients, typically requiring you to stand over a hot stove, carefully tempering spices in a wok and steaming the vegetables until tender. You don't have time for that on a Tuesday. We are taking the exact same authentic flavor profile—earthy cumin, golden turmeric, and a punch of tart mango powder—and migrating it to a 400-degree sheet pan. The oven's high, dry heat transforms the soft cabbage into crispy, caramelized ribbons and turns the baby potatoes into golden

sponges for the spiced ghee. This is the dinner you make on Day 12 when food boredom hits hard, and you need maximum flavor for a microscopic amount of effort.

## INGREDIENTS

<b>1 1/2 lb</b>	baby Yukon Gold or red potatoes <i>halved</i>	<b>1/2 tsp</b>	red chili powder or cayenne pepper
<b>3 tbsp</b>	ghee or avocado oil <i>melted and divided</i>	<b>1/2 med</b>	green cabbage <i>core removed and roughly chopped into 1-inch pieces</i>
<b>1 tsp</b>	cumin seeds	<b>1 cup</b>	frozen green peas <i>kept frozen</i>
<b>1 tsp</b>	black mustard seeds	<b>1 tsp</b>	amchur (dry mango powder) or fresh lemon juice
<b>1 tsp</b>	turmeric powder	<b>1 small</b>	green chili like serrano <i>thinly sliced</i>
<b>1 tsp</b>	coriander powder	<b>1/4 cup</b>	fresh cilantro <i>roughly chopped</i>
<b>1 tsp</b>	kosher salt		

## INSTRUCTIONS

### 1. Start the potatoes.

Preheat your oven to 400°F (200°C). Place the halved baby potatoes directly onto a large, rimmed baking sheet. Drizzle with 2 tablespoons of the melted ghee.

Sprinkle the cumin seeds, mustard seeds, turmeric, coriander, salt, and red chili powder over the potatoes. Use your hands to toss everything vigorously until the potatoes are thoroughly coated in the yellow spice blend. Spread them cut-side down in a single layer and roast for 15 minutes.

### 2. Prep the cabbage.

While the potatoes are getting a head start, use that exact 15-minute window to core and roughly chop your cabbage.

**1. The sheet pan merge.**

After 15 minutes, pull the pan from the oven. Scatter the chopped cabbage, frozen peas, and sliced green chili directly onto the pan with the potatoes. Drizzle the remaining 1 tablespoon of ghee over the cabbage. Toss everything together, spreading it back out into an even layer.

**2. Finish the roast.**

Return the pan to the oven and roast for another 15 minutes, or until the cabbage is wilted with dark, crispy charred edges, and the potatoes are fork-tender.

**3. The final hit.**

Remove from the oven. If using amchur, sprinkle it over the hot vegetables and toss; if using fresh lemon juice, give the pan a heavy squeeze. Garnish with the fresh cilantro, taste for salt, and serve immediately.

**CHEF'S NOTES**

● **Why this swap? The Method.**

Traditional aloo patta gobhi is cooked low and slow on the stovetop to retain moisture. By moving to a sheet pan, we trade the soft, steamy texture for intense, crispy caramelization. It saves you 20 minutes of babysitting a pan while delivering a wildly deeper flavor profile.

● **Why this swap? The Souring Agent.**

Authentic Indian recipes rely on amchur (dried green mango powder) for a sharp, fruity tartness without making the dish soggy. It is 100% Whole30 compliant. If you can't find it, fresh lemon juice squeezed on right at the end works beautifully as a substitute.

● **Wait, are peas allowed?**

Yes. As of 2021, the Whole30 rulebook was officially updated to explicitly allow green peas, snow peas, and sugar snap peas.

- **The Hidden Gluten Warning.**

Many traditional recipes for this dish call for a pinch of hing (asafoetida) during the spicing phase. Commercial hing is almost always compounded with wheat flour to prevent caking, which will instantly ruin your reset. We omit it here entirely to protect your 30 days.



# Coastal Greek Whole Roasted Branzino with Kalamata Olives & Lemon

Λαβράκι στο φούρνο

*lav-rah-kee sto foor-no*

**Naturally Whole30 / Coastal Mediterranean.** There is a distinct psychological shift that happens somewhere around day eighteen of a nutritional reset, when you are no longer satisfied surviving on emergency scrambled eggs and demand to actually cook. Enter the whole roasted branzino. Serving a whole fish, head and tail proudly intact, feels like an aggressive flex—the kind of thing that looks like you spent the afternoon meticulously tending a wood-fired grill at a

coastal taverna. In reality, you spent exactly seven minutes rubbing olive oil on a fish and tossing olives onto a sheet pan while the oven did the heavy lifting. The secret to pulling this off on a Tuesday without surrendering your evening is a good relationship with your fishmonger. Let them do the messy work. Your only job is to season it aggressively, stuff it with aromatics, and blast it with heat.

## INGREDIENTS

<b>2 1 1/4 lb</b>	whole branzino <i>scaled, gutted, and fins trimmed</i>	<b>1 small</b>	fresh oregano <i>left on the sprig</i>
<b>2 tbsp</b>	extra-virgin olive oil	<b>handful</b>	
<b>1 tsp</b>	kosher salt	<b>1 cup</b>	cherry tomatoes
<b>1/2 tsp</b>	black pepper <i>freshly cracked</i>	<b>1/2 cup</b>	Kalamata olives <i>pitted</i>
<b>1 med</b>	lemon <i>thinly sliced into rounds</i>	<b>3 tbsp</b>	extra-virgin olive oil
<b>4 med</b>	garlic	<b>2 tbsp</b>	lemon juice <i>freshly squeezed</i>
<b>clove</b>	<i>peeled and smashed</i>	<b>1 tsp</b>	dried oregano
<b>1 small</b>	fresh dill	<b>1/4 tsp</b>	kosher salt
<b>handful</b>	<i>left on the sprig</i>	<b>1/4 tsp</b>	black pepper

## PREPARATION

- **The fishmonger is your sous chef.**

Do not attempt to scale and gut a whole fish on a Tuesday night. Go to the seafood counter and ask for the fish to be scaled, gutted, and have the fins trimmed. It takes them two minutes; it takes you twenty.

## INSTRUCTIONS

**1. Preheat the oven to 400°F and line a rimmed baking sheet.**

Line a large, rimmed baking sheet with parchment paper to catch the rendered juices and save you from Tuesday-night dish duty.

**2. Aggressively pat the fish dry inside and out.**

This is the single most important step for crispy skin, as surface moisture is the enemy of a good roast; use paper towels to eradicate it completely.

**3. Score the skin and season aggressively.**

Using a sharp knife, make three or four shallow diagonal slits along the side of each fish, cutting just through the skin. Rub the two tablespoons of olive oil over the skin and inside the cavities, then season generously inside and out with the salt and pepper, working it into the scored slits.

**4. Stuff the cavities and scatter the pan.**

Open each fish and stuff them evenly with the lemon slices, smashed garlic cloves, dill, and fresh oregano sprigs. Scatter the cherry tomatoes and pitted olives around the fish on the parchment.

**5. Roast for 18 to 22 minutes.**

Transfer the pan to the oven and roast until the flesh in the scored slits turns stark white and flakes easily with a fork.

**6. Broil for a deeply charred finish.**

If you want that blistered, restaurant-style skin, switch the oven to broil for the final two to three minutes, watching it like a hawk so the parchment doesn't ignite.

**7. Whisk the ladolemono dressing.**

While the fish finishes, combine the three tablespoons of olive oil, fresh lemon juice, dried oregano, salt, and pepper in a small bowl, whisking vigorously until emulsified and creamy.

**1. Dress the hot fish immediately.**

Pull the pan from the oven and pour the ladolemono directly over the blistering fish, tomatoes, and olives before serving right off the sheet pan.

**CHEF'S NOTES**

● **Label check your olives.**

Kalamata olives are historically preserved in nothing but water, sea salt, and red wine vinegar, but modern commercial brands occasionally slip in sulfites or non-compliant vinegars for shelf stability. Always check the label to ensure the brine survives Whole30 scrutiny.

● **Navigate the bones like a pro.**

When eating whole fish, slide a spatula just above the spine, lifting the top fillet away. Grab the tail and gently pull the entire skeletal structure upward—it should lift out in one piece, leaving the bottom fillet perfectly intact.

● **Fish substitutions.**

If branzino (European seabass) isn't available, this exact method works beautifully for whole sea bream, red snapper, or small black sea bass in the one to one-and-a-half-pound range.



# SNACKS

*Savory, fat-forward lifesavers that require ten minutes of prep to safely bridge the gap to dinner.*

The official doctrine of the reset preaches three perfect meals and zero snacking. That's a lovely thought. But out here in the blood-and-guts reality of Day 12, when a Tuesday meeting drags two hours past schedule, an exhausted working adult is a breath away from driving their sedan through the front window of a bakery. You need an emergency brake, and you need it now.

Leave the sweet stuff at the door—there are no dates stuffed with almond butter masquerading as candy here. These are fiercely savory, fat-forward, aggressively salted lifesavers designed to shut down the hunger hormone on

impact. Ten minutes of focused prep yields real-deal deviled eggs, spicy roasted nuts, and compliant charcuterie to safely bridge the gap until dinner. It isn't a failure of willpower; it's survival.





## Charcuterie & Olive Board

You've hit Day 12. The physical sugar hangover is gone, but the mental fatigue has set in. If you have to stare down one more piece of batch-cooked Tupperware chicken, you might scream. Enter the charcuterie board. This isn't a compromise; it's a fiercely flavorful, ruthlessly efficient rescue mission. By leaning into the authentic Spanish and Italian traditions of pairing fatty, salt-cured meats with sharp, acidic pickles and crunchy roasted nuts, we bypass the need for cheese and bread entirely. It takes exactly ten minutes to build a visually stunning, palate-awakening spread that feels like a Friday night party, even on a bleak Tuesday. Don't apologize for the fat or the flavor—let the rich prosciutto and briny olives do the heavy lifting while you take your evening back.

## INGREDIENTS

<b>4 oz</b>	Whole30-compliant prosciutto <i>verified pork and salt only</i>	<b>1/2 cup</b>	roasted Marcona almonds or pistachios
<b>4 oz</b>	Whole30-compliant salami or soppressata <i>verified no added sugar, dextrose, or sulfites</i>	<b>1 small bunch</b>	red grapes or fresh figs <i>figs halved if using</i>
<b>1 cup</b>	mixed olives <i>pitted</i>	<b>1 large</b>	bell pepper <i>sliced into thick strips</i>
<b>1/2 cup</b>	cornichons or Whole30-compliant dill pickles <i>verified no added sugar</i>	<b>2 small</b>	endive heads <i>leaves separated</i>
<b>1/2 cup</b>	marinated artichoke hearts <i>verified compliant oil and no sugar</i>	<b>2 tbsp</b>	Whole30-compliant Dijon mustard <i>verified no white wine or sugar</i>

## INSTRUCTIONS

- 1. Anchor the board.**  
Place three small bowls on a large wooden cutting board or platter. Fill one with the mixed olives, one with the cornichons, and one with the mustard.
- 2. Place the meats.**  
Arrange the prosciutto in loose, voluminous folds—don't lay it flat; let it breathe—around the olive bowls. Slice the salami into thick rounds or fold into quarters if pre-sliced, layering them along the opposite edge.
- 3. Add the structural vegetables.**  
Fan out the bell pepper strips and endive leaves on the remaining edges of the board. These are your crunchy vehicles for transporting the meats and mustard. Pile the artichoke hearts nearby.
- 4. Fill the gaps.**  
Scatter the Marcona almonds and grapes into any remaining empty spaces on the board. The goal is a sense of overwhelming abundance—pack it tight.

## 1. **Serve immediately.**

Carry it to the table and eat with your hands. Zero cooking, zero guilt.

### CHEF'S NOTES

- **Label Check: The Cured Meat Minefield**

Nearly all commercial salami, sausage, and deli meats are cured with dextrose, sugar, and sulfites. You must become a label detective. Look for authentically cured imported Prosciutto di Parma (which uses only salt and air) or trusted compliant domestic brands like Applegate or Pederson's. If it contains sulfites or sugar, it stays on the shelf.

- **Label Check: Mustard and Pickles**

Check your Dijon mustard to ensure it isn't made with white wine (a violation of the cooking-alcohol rule) or sugar. Likewise, verify your cornichons or pickles are brined in vinegar and salt, not sweetened.

- **Why this swap? (No Crackers)**

The Whole30 "Pancake Rule" means we absolutely do not make almond-flour fake crackers. Instead, we use endive leaves and thick bell pepper strips to provide the necessary structural crunch to transport meat to mouth.

- **Why this swap? (No Cheese)**

Authentic European boards often rely heavily on the meats themselves, using fat as the primary flavor carrier. The rich, buttery texture of Castelvetro olives and Marcona almonds perfectly replicates the luxurious mouthfeel you'd normally get from a brie or manchego, keeping you fully compliant without feeling deprived.



## The "Church Picnic" Deviled Eggs

By day twelve of a Whole30 reset, food boredom is a heavy thing in the room, and you're likely staring blankly at yet another piece of grilled chicken. This is the rescue. These deviled eggs are a direct line to every summer potluck and Sunday picnic you've ever loved—creamy, tangy, deeply comforting, and requiring almost zero effort. We're stripping out the sugar-packed relish, leaning instead on the sharp, briny smack of dill pickles and the rich fat of avocado-oil mayonnaise to rebuild this classic without losing an ounce of its soul. Thanks to a ruthless hot-

start boiling method, your active prep is strictly limited to dropping eggs in water, a frictionless peeling process, and mashing the filling while the stove does the rest.

## INGREDIENTS

<b>6 large</b>	eggs <i>straight from the fridge</i>	<b>2 tbsp</b>	Whole30-compliant dill pickles <i>very finely minced</i>
<b>1/4 cup</b>	Whole30-compliant avocado-oil mayonnaise	<b>1 tsp</b>	dill pickle juice <i>straight from the jar</i>
<b>1 tbsp</b>	Whole30-compliant prepared yellow mustard	<b>1/4 tsp</b>	kosher salt
		<b>1/4 tsp</b>	black pepper <i>freshly cracked</i>
		<b>1/4 tsp</b>	smoked paprika

## INSTRUCTIONS

### 1. Bring a large pot of water to a rolling boil over high heat.

Ensure there is enough water to cover the eggs by at least an inch. Using a slotted spoon, gently lower the cold eggs directly into the boiling water. Reduce the heat slightly to maintain a gentle boil, set a timer for exactly 13 minutes, and walk away.

### 2. Immediately transfer the boiled eggs to an ice bath.

While the eggs boil, fill a medium bowl with cold water and a handful of ice cubes. When the 13-minute timer sounds, move the eggs into the ice water and let them sit for at least 5 minutes. This thermal shock pulls the membrane away from the shell, which is the secret to eggs that peel in seconds, not minutes.

### 3. Crack, peel, and slice each egg in half lengthwise.

Tap the cooled eggs gently on the counter to crack the shell all over. The shells will slip off in large, satisfying sheets. Gently pop the firm yellow yolks out into a medium mixing bowl, arranging the empty whites on a serving plate.

**1. Mash the yolks into fine crumbles and mix in the wet ingredients and seasonings.**

Add the avocado-oil mayo, yellow mustard, minced dill pickles, pickle juice, salt, and pepper. Stir vigorously until the mixture is smooth and intensely creamy. Taste and add a pinch more salt if the flavor doesn't immediately pop.

**2. Spoon the filling back into the egg whites and garnish generously.**

Spoon the yolk mixture back into the egg white halves, or snip the corner of a plastic zip-top bag and pipe them in if you're feeling fancy. Dust with smoked paprika and serve immediately.

**CHEF'S NOTES**

● **Why this swap: Avocado-oil mayonnaise.**

Standard commercial mayonnaise relies on soybean or canola oil, both of which are out for your 30-day reset. Avocado oil provides a rich, neutral-tasting fat that creates a perfectly stable, creamy emulsion, giving you the exact mouthfeel of the classic recipe without the inflammatory seed oils.

● **Why this swap: Dill pickles for sweet relish.**

The hallmark of a Southern church picnic egg is sweet pickle relish, which is loaded with added sugar. We swap this for finely minced dill pickles and a splash of pickle juice. This gives you the crucial textural crunch and a sharp, acetic tang that cuts through the rich egg yolk perfectly, proving you don't need sugar to build massive flavor.

● **Hidden-sugar label check: Pickles and mustard.**

Do not trust the pickle aisle. Many commercial dill pickles still sneak in sugar, chemical preservatives, or non-compliant food dyes. Look for brands where the ingredients are just cucumbers, water, vinegar, salt, and spices. Similarly, check your mustard—while yellow mustard is usually safe, some Dijon varieties contain white wine or added sugars.

- **Technique tip: The power of smoked paprika.**

Whole30 takes away cheap flavor shortcuts like sugar, meaning your ingredients have to work harder. Swapping standard, flavorless red paprika for smoked paprika introduces a subtle, woody depth that tricks the palate into perceiving a more complex, satisfying bite.



## The "NYC Delicatessen" Everything Bagel Smoked Salmon & Cucumber Boats

There is a specific kind of culinary fatigue that hits around day twelve of a Whole30, when you are tired of chewing through leftover pot roast and desperately want something cold, salty, and unapologetically bold. In New York, delicatessens handle the hot meats, but the historic appetizing shops handle the cured fish, the cream cheese, and the magic. This recipe is a five-minute rescue mission that bypasses the oven entirely. By leaning on pre-smoked, sugar-free belly lox and rich almond-milk cream cheese, it perfectly replaces the heavy bagel

without violating the program's rules. Don't apologize for the generous smear of cream cheese or the heavy hand of seasoning—this is where flavor lives.

## INGREDIENTS

<b>2 large</b>	English cucumbers <i>ends trimmed and sliced in half lengthwise</i>	<b>1/4 med</b>	red onion <i>sliced paper-thin</i>
<b>8 oz</b>	Kite Hill almond-milk cream cheese	<b>2 tbsp</b>	non-pareil capers <i>drained</i>
<b>8 oz</b>	sugar-free smoked salmon	<b>1 small bunch</b>	fresh dill <i>roughly chopped</i>
<b>2 tbsp</b>	Everything Bagel seasoning <i>ensure blend is strictly seeds, garlic, onion, and salt</i>	<b>1 med</b>	lemon <i>cut into wedges</i>

## PREPARATION

- **Dry the produce thoroughly.**

Ensure the hollowed-out cucumbers are patted completely dry with a paper towel before adding the cream cheese, otherwise the spread will slide right off.

## INSTRUCTIONS

- 1. Hollow the cucumber boats.**

Using a small metal spoon, gently scrape down the center of each cucumber half to remove the watery seed channel, creating a sturdy, dry trough for your toppings.

- 2. Schmear the cream cheese.**

Using a butter knife, generously spread the almond-milk cream cheese into the hollowed-out center of each boat, filling it flush to the edges.

**1. Layer the lox.**

Drape the smoked salmon generously over the cream cheese, letting it ripple and fold rather than laying it perfectly flat to create texture and volume.

**2. Garnish and season aggressively.**

Scatter the paper-thin red onion slices and capers over the salmon, then heavily dust the entire boat with the Everything Bagel seasoning. Do not be shy; the crunch is essential.

**3. Finish with dill and citrus.**

Top with fresh sprigs of dill and serve immediately with a heavy squeeze of fresh lemon juice over the top to cut the fat of the fish and the almond cheese.

**CHEF'S NOTES**

● **Why this swap? The cucumber.**

The Whole30 program outlaws recreating baked goods with compliant paleo flours (SWYPO). A paleo almond-flour bagel defeats the psychological reset of the program. The English cucumber respects the rulebook, providing a cold, structural crunch that acts as the perfect delivery system for dense, rich flavors.

● **Why this swap? Kite Hill cream cheese.**

Mammalian dairy is strictly eliminated on the Whole30 to address systemic inflammation. Kite Hill utilizes an almond-milk base and traditional culturing methods to replicate the lactic tang of authentic cream cheese. It is officially Whole30 Approved.

● **Hidden Sugar Label Check: Smoked Salmon.**

Modern commercial "Nova" smoked salmon is frequently cured in a brine containing brown sugar. If sugar is listed in the ingredients, it is non-compliant, even if the nutrition panel says 0g. Seek out traditional salt-cured belly lox or specifically sourced sugar-free smoked salmon brands.

- **Elevate the seasoning.**

If you are building your own Everything Seasoning from scratch, briefly toast the sesame seeds in a dry skillet for sixty seconds before mixing them with the poppy seeds, garlic, onion, and salt. The Maillard reaction draws out the essential oils, elevating a flat spice mix into an aromatic powerhouse.



# Blistered Green Beans with Crispy Prosciutto

*fah-joh-LEE-nee kohn proh-SHOO-toh*

**Naturally Whole30 / Traditional Italian Contorno.** You're somewhere around Day twelve. The headaches have passed, but you're gripped by a primal urge to demolish a bag of salty, crunchy chips. You do not want another baby carrot. This is your rescue protocol. Derived straight from the traditional Italian pan-fry, this dish delivers salt, shatter-crisp crunch, and the savory depth of rendered pork fat—without stepping one millimeter outside the rules. Skip the tedious habit of wrapping individual bean bundles. We violently roast them on a bare metal sheet pan instead. The prosciutto renders its fat before turning into shattered glass, while the beans blister and char into concentrated flavor bombs.

## INGREDIENTS

<b>1 lb</b>	fresh green beans <i>washed and trimmed</i>	<b>1/2 tsp</b>	black pepper <i>coarsely ground</i>
<b>2 tbsp</b>	extra-virgin olive oil	<b>3 oz</b>	Whole30-compliant prosciutto <i>torn into bite-sized ribbons</i>
<b>1 tsp</b>	garlic powder		
<b>1/2 tsp</b>	flaky sea salt		

## PREPARATION

- **Preheat the oven.**

Position a rack in the lower third of your oven to encourage better bottom-browning and preheat to 425°F.

## INSTRUCTIONS

- 1. Coat the beans.**

Pile the trimmed green beans directly onto a large, bare, rimmed baking sheet. Drizzle with the olive oil, then sprinkle the garlic powder, salt, and black pepper over the top. Use your hands to aggressively toss the beans, ensuring every single pod is slicked with oil and coated in spices.

- 2. Spread and drape.**

Spread the green beans out into a single, even layer. If they are piled on top of each other, they will steam instead of blister—give them breathing room. Drape the torn ribbons of prosciutto evenly over the top.

- 3. Blister and crisp.**

Transfer the sheet pan to the oven and roast for 15 to 18 minutes. Do not stir them. You want the side making contact with the hot metal to blister and char, while the prosciutto on top renders its fat and crisps up.

**1. Serve immediately.**

Pull the pan from the oven when the beans are tender-crisp and wrinkled, and the prosciutto has darkened and feels stiff to the touch. Eat them right off the sheet pan.

**CHEF'S NOTES**

● **Hidden-Sugar Label Check.**

Authentic Prosciutto di Parma contains exactly two ingredients: pork and salt. Domestic commercial brands routinely pump their deli meats full of sugar, dextrose, and chemical sulfites to speed up curing. Read the label. If you see sugar, honey, or nitrates, put it back. Look for brands like Applegate, La Quercia, or authentic imported Italian prosciutto.

● **The Science of the Blister.**

Do not use parchment paper or a silicone baking mat for this recipe. You want the green beans making direct, flesh-to-metal contact with the aluminum baking sheet. That intense conductive heat is what creates the dark, blistered char.

● **Time-Saving Tip.**

Buy the pre-washed, pre-trimmed bags of French green beans (haricots verts). They are slightly thinner, roast a minute or two faster, and save you the active time of snapping the woody ends off a pound of beans.



# Midwestern Tailgate Loaded Sweet Potato Skins with Sriracha

You are on Day twelve. The “Hangover” phase is behind you, but the psychological fatigue of the “Hard Part” has set in. If you have to stare down another piece of plain grilled chicken, you are going to lose your mind. You want sports bar food—fat, salt, crunch, and heat—and you want it without spending your entire Tuesday night chained to the stove. This is your rescue op. We are taking the patron saint of the Midwestern tailgate and rebuilding it for the Whole30 rulebook. The oven does forty-five minutes of the heavy lifting; you do ten. Do not

apologize for the fat here. Treat the ghee and the bacon as the flavor-building friends they are. You are on a reset, not a punishment, and tonight, you eat like you're watching the playoffs.

## INGREDIENTS

<b>4 med</b>	sweet potatoes <i>scrubbed clean and dried thoroughly</i>	<b>8 oz</b>	Whole30-compliant sugar-free bacon
<b>3 tbsp</b>	ghee <i>melted</i>	<b>1/4 cup</b>	Whole30-compliant date-sweetened Sriracha
<b>1 tsp</b>	kosher salt <i>divided</i>	<b>1/4 cup</b>	Whole30-compliant Ranch dressing
<b>1/2 tsp</b>	garlic powder	<b>3 med</b>	scallions <i>thinly sliced</i>

## PREPARATION

- **Preheat the oven to 400°F.**

Line a large, rimmed baking sheet with aluminum foil or parchment paper.

## INSTRUCTIONS

- 1. Pierce each sweet potato several times with a fork and place them on the prepared baking sheet alongside the bacon in a single layer.**  
Bake the bacon for 15 to 20 minutes until the fat has rendered and it is deeply crisp, then remove to a paper towel and crumble once cooled; leave the potatoes in for 45 to 55 minutes until they yield easily when squeezed.
- 2. Halve the slightly cooled sweet potatoes lengthwise and scoop out the bright orange flesh, leaving a solid quarter-inch wall intact against the skin.**  
Save the scooped flesh in the fridge—it is tomorrow's breakfast carb.
- 3. Whisk together the melted ghee, half the kosher salt, and the garlic powder, then ruthlessly paint the insides and rims of the potato boats with the mixture.**

- 1. Return the ghee-soaked skins to the oven face-up for eight to ten minutes.**  
The heat and clarified butter will work together to dehydrate the surface, creating a gorgeous, caramelized, glass-like crunch along the edges.
- 2. Divide the crumbled bacon evenly among the crispy sweet potato boats and return to the oven for two final minutes.**  
This brief return trip heats the bacon through and renders any remaining fat directly into the potato base.
- 3. Transfer the skins to a serving platter and drizzle aggressively with the compliant Sriracha and Ranch dressing.**  
Shower the entire plate with the sliced scallions and the remaining half teaspoon of kosher salt before serving immediately.

#### CHEF'S NOTES

- **LABEL CHECK Verify your bacon and hot sauce labels for the hidden sugar threat.**  
Nearly all commercial bacon and standard Sriracha are loaded with refined sugar. You must source sugar-free bacon like Applegate or Pederson's, and a date-sweetened hot sauce like Yellowbird, or you violate the protocol.
- **Why this swap? Sweet potatoes for russets.**  
While white potatoes are technically allowed, sweet potatoes offer a lower glycemic index and their natural sugars caramelize beautifully against the high heat of the oven, providing a sweet counterpoint to the aggressive, savory heat of the hot sauce.
- **Why this swap? Ghee for butter.**  
Traditional potato skins rely on dairy butter for their crispness. Whole30 eliminates dairy proteins but allows ghee (clarified butter), which has a significantly higher smoke point, giving you a shatteringly crisp edge without burning in a 400°F oven.

- **Why this swap? Avocado Ranch for cheddar and sour cream.**

We need a creamy, cooling fat to balance the intense chili heat. A compliant ranch dressing utilizing an avocado oil and egg yolk base delivers that necessary richness and textural contrast without violating the dairy restriction.



## Roast Beef & Pickle Roll-Ups

You are on Day 12 of the reset. The physical withdrawal has faded, but the mental fatigue is real, and the food boredom is setting in. You need something crunchy, salty, and fiercely flavorful, and you need it in exactly the time it takes to complain about being hungry. Welcome to the rescue. In the Midwest, this legendary potluck staple goes by many names—Pickle Wraps, Iowa Sushi, or Lutheran Sushi. Traditionally built with ham and standard cream cheese, this snack was practically engineered for communal tables. We are keeping the spirit entirely intact but trading the standard ham for hearty, savory roast beef and spiking our dairy-free cream cheese with a generous hit of horseradish. The result is a sharp, sinus-clearing, fatty, and acidic bite that requires zero cooking and exactly five minutes of your actual attention.

## INGREDIENTS

<b>4 large</b>	Whole30-compliant whole dill pickles <i>patted entirely dry, ends trimmed</i>	<b>1 tbsp</b>	Whole30-compliant prepared horseradish
<b>1/2 cup</b>	Whole30-compliant plain dairy-free cream cheese <i>softened to room temperature</i>	<b>8 slices</b>	Whole30-compliant deli roast beef <i>patted dry</i>
		<b>1 tbsp</b>	fresh chives or dill <i>finely chopped</i>

## INSTRUCTIONS

### 1. Ruthlessly dry your ingredients.

Moisture is the enemy of the pickle roll-up. Lay the trimmed pickles and the roast beef slices on paper towels and pat them completely dry. Do not skip this; if the pickles are wet, the cream cheese will slide right off.

### 2. Spike the cream cheese.

In a small bowl, aggressively stir the dairy-free cream cheese, prepared horseradish, and fresh herbs until smooth and well combined. Taste it for that sharp, sinus-clearing kick.

### 3. Build the logs.

Lay a slice of roast beef flat on a cutting board, overlapping two if they are sliced paper-thin. Spread about 2 tablespoons of the horseradish cream cheese evenly across the beef, going all the way to the edges. Place a dried pickle at one end and roll tightly, pressing gently so the cream cheese acts as glue. Repeat with the remaining ingredients.

### 4. Let the fridge do the heavy lifting.

Transfer the whole logs to a plate, cover loosely, and stash them in the refrigerator for 15 to 20 minutes. This resting time allows the plant-based cream cheese to firm up, cementing the roll together.

## 1. **Slice and serve.**

Using a very sharp chef's knife, slice the chilled logs into 1-inch-thick rounds. Discard the uneven ends—or, more realistically, eat them immediately while standing at the counter—and serve cold.

### CHEF'S NOTES

- **Why this swap?**

Traditional Midwestern pickle roll-ups rely on heavy dairy cream cheese, which is strictly prohibited on the Whole30. We swap it for an almond- or cashew-based cream cheese (like Kite Hill, an official Whole30 partner). Nut-based cheeses deliver the essential lactic tang and fatty mouthfeel needed to offset the harsh acid of the pickle, keeping the soul of the dish intact without breaking the rules.

- **Hidden Sugar Label Check: Deli Meats.**

Sourcing compliant deli meat is one of the trickier hurdles of a Whole30. Commercial roast beef, ham, and turkey are routinely pumped with dextrose, honey, and non-compliant sulfites. Look for brands with single-digit ingredient lists. Applegate Organics Roast Beef is widely available and 100 percent compliant.

- **Horseradish Warning.**

Prepared horseradish in a jar should contain just horseradish root, vinegar, and salt. Do not accidentally buy horseradish sauce, which is almost universally loaded with soybean oil, dairy cream, and high-fructose corn syrup.

- **Meal Prep Pro-Tip.**

These logs can be rolled up to 24 hours in advance. Keep them wrapped tightly as whole logs in the fridge and slice them right before you need them. If you slice them a day early, the pickle juice will weep and turn your glorious snack into a soggy tragedy.



# Classic Provençal Black Olive Tapenade

By day twelve of the reset, when you are staring despondently at a bag of baby carrots and reconsidering your life choices, you do not need another piece of grilled chicken. You need a culinary rescue mission. Enter the tapenade. Born in the bustling port of Marseille in the late nineteenth century, this raw olive paste relies entirely on the magical, umami-rich synergy between briny olives, sharp capers, and savory anchovies. Because the reset removes cheap flavor shortcuts like refined sugar, the cooking has to work harder. Here, the food processor

does all the heavy lifting, delivering a ruthlessly efficient, rustic spread that requires zero cooking and makes zero apologies for its generous use of fat.

## INGREDIENTS

<b>2 cup</b>	Niçoise or Kalamata olives <i>pitted</i>	<b>1 large clove</b>	garlic <i>peeled and green germ removed</i>
<b>3 tbsp</b>	capers <i>drained and rinsed</i>	<b>1 tbsp</b>	fresh lemon juice
<b>5 med</b>	anchovy fillets packed in olive oil <i>drained</i>	<b>1/3 cup</b>	extra-virgin olive oil
		<b>to taste</b>	freshly ground black pepper
		<b>1 tsp</b>	fresh thyme leaves

## INSTRUCTIONS

### 1. **Mince the aromatics in a food processor.**

Combine the garlic, capers, anchovies, and thyme in the bowl. Pulse five to seven times until finely minced, scraping down the sides with a rubber spatula to ensure no large chunks of raw garlic remain.

### 2. **Process the olives into a coarse paste.**

Add the pitted olives and fresh lemon juice to the processor. Pulse the machine in short, one-second bursts until the olives are roughly chopped. Do not let the machine run continuously; you want a rustic, caviar-like texture rather than a smooth purée.

### 3. **Bind the emulsion with olive oil.**

While continuing to pulse the machine briefly, slowly drizzle in the extra-virgin olive oil through the feed tube until the mixture binds together into a thick, glistening paste.

## 1. **Season and rest before serving.**

Taste the tapenade and season generously with black pepper. Do not add salt, as the olives, capers, and anchovies provide ample salinity. Transfer to a glass jar and let rest in the refrigerator for thirty minutes to allow the flavors to marry.

### CHEF'S NOTES

- **Read the labels to survive.**

Verify that your olives and capers are preserved without sulfites, a non-compliant additive frequently used to maintain color in cheap commercial brands, and ensure your anchovies contain no added sugars in their curing salt.

- **Why we skipped the Cognac.**

Chef Meynier's original 1880 Marseille recipe famously utilized a splash of Cognac to bind the paste. Since the reset enforces a strict zero-alcohol policy, we rely entirely on fresh lemon juice for our acidic bite.

- **Embrace the anchovy.**

Do not omit the anchovies out of fear. Through the magic of fermentation, they are packed with glutamates that melt into the oil, leaving behind a profound, savory umami depth that replaces the need for prohibited ingredients like Parmesan cheese.



# Basque-Style Blistered Padrón Peppers

*pee-MYEN-tos de pah-DRON*

**Naturally Whole30 / Traditional Basque Pintxo.** Welcome to the ultimate Whole30 cheat code. You are likely somewhere around Day 12. The initial adrenaline of the reset has worn off, food boredom is creeping in, and if you have to eat one more plain baby carrot for a snack, you are going to lose your mind. You need something salty, savory, and rich that feels like sitting at a dimly lit pintxo bar in San Sebastián. Enter the Padrón pepper. In Spain, eating these is a game of culinary roulette: about one in ten peppers will be surprisingly spicy, while the rest are mild, grassy, and sweet. Traditionally, these are hovered over and fried in a spattering pan of hot oil. We don't have

time for that on a Tuesday. Instead, we are utilizing the ruthless efficiency of the oven to recreate that dark, blistered char with exactly two minutes of active effort. Don't apologize for the generous coating of olive oil or the heavy hand of flaky salt—fat and flavor are the tools that will get you to Day 30.

## INGREDIENTS

<b>8 oz</b>	fresh Padrón peppers <i>washed, dried thoroughly, and stems left intact</i>	<b>2 tbsp</b>	extra-virgin olive oil
		<b>1 tsp</b>	coarse flaky sea salt

## INSTRUCTIONS

**1. Preheat your oven to 425°F.**

Make sure your peppers are completely dry; if they go into the oven wet, they will steam instead of roast, and we want that aggressive blister.

**2. Dump the dried peppers directly onto a rimmed baking sheet.**

Drizzle with the olive oil and toss them right there on the pan with your hands until every single pepper is slick and glossy, then spread them out into a single, uncrowded layer.

**3. Roast for 12 to 15 minutes.**

You do not need to flip them. Let the high heat of the metal pan do the work until the skins visibly separate from the flesh, puff up, and develop dark, near-black patches of char on the undersides.

**4. Shower with flaky salt while still screaming hot.**

The salt will adhere to the hot oil. Transfer to a serving bowl, grab them by the stems, and eat them whole.

## CHEF'S NOTES

- **The Shishito Swap.**

If you cannot find Padrón peppers at your local supermarket, look for Japanese Shishito peppers. They are botanically almost identical, share the exact same thin-walled structure, and blister just as beautifully.

- **Air Fryer Adaptation.**

If you want these even faster, toss the peppers in oil as directed, drop them in the air fryer basket in a single layer, and cook at 375°F for 7 to 9 minutes, shaking the basket exactly once halfway through.

- **The Importance of the Salt.**

Do not use standard table salt for this, which will melt into the oil and aggressively over-salt the peppers. You want a coarse, flaky sea salt—Maldon is the gold standard—for distinct, crunchy bursts of salinity against the rich, savory pepper.



# Tuna Ventresca and Caper Stuffed Piquillo Peppers

*pee-myen-tos del pee-kee-yo re-ye-nos de ben-tres-ka*

**Naturally Whole30 / Traditional Spanish Tapas.** This is not a diet hack. In the tapas bars of Navarra and the Basque Country, stuffing sweet, fire-roasted piquillo peppers with luxurious tuna belly and capers is a beloved culinary tradition. We are borrowing their brilliance because it perfectly solves the Whole30 snack dilemma: how to eat something incredibly deeply flavored, rich in healthy fats, and high in protein, without turning on the stove. Ventresca is the fatty belly of the tuna; it flakes into luscious, silky layers that demand respect. Combined with the sharp, salty punch of capers and the creamy sweetness of the pepper, this feels like an indulgence you'd order with

a glass of Albariño. Hold the wine, but keep the attitude. The best part? The preserving process did the cooking for you months ago. You just have to mix and stuff.

## INGREDIENTS

<b>10 oz</b>	jarred piquillo peppers <i>drained and gently patted dry</i>	<b>1 small</b>	shallot <i>finely minced</i>
<b>5 oz</b>	tuna ventresca packed in olive oil <i>drained</i>	<b>1 tsp</b>	sherry vinegar
<b>2 tbsp</b>	Whole30-compliant avocado oil mayonnaise	<b>1 tbsp</b>	fresh chives <i>finely minced, divided</i>
<b>1 tbsp</b>	capers <i>drained and roughly chopped</i>	<b>to taste</b>	black pepper <i>freshly cracked</i>
		<b>to taste</b>	flaky sea salt
		<b>to taste</b>	extra virgin olive oil

## INSTRUCTIONS

### 1. Prep the peppers.

Lay the drained and dried piquillos flat on a serving platter, handling them carefully like the fragile little flavor-envelopes they are.

### 2. Build the dressing.

In a small mixing bowl, combine the mayonnaise, chopped capers, minced shallot, sherry vinegar, and half of the minced chives.

### 3. Fold the tuna.

Add the drained ventresca to the bowl and gently fold it into the mixture with a fork. Take care to leave the luxurious chunks intact rather than mashing it into a paste, and season with a generous grind of black pepper.

### 4. Stuff the peppers.

Using a small spoon, carefully open the top of each pepper and fill it generously with the tuna mixture until plump.

## 1. **Finish and serve.**

Drizzle the stuffed peppers with a high-quality extra virgin olive oil, sprinkle with a pinch of flaky sea salt, and garnish with the remaining chives before serving immediately.

### CHEF'S NOTES

- **Check the labels for hidden sugar.**

While traditional piquillos are just peppers and salt, some commercial American brands sneak sugar into the brine. Verify the label. Furthermore, nearly all standard commercial mayonnaise contains sugar or non-compliant seed oils, so use a strictly compliant brand like Primal Kitchen.

- **Source the right tuna.**

If you cannot find tins labeled 'Ventresca' or 'Tuna Belly' at your standard supermarket, look for high-quality, olive-oil packed Albacore or Yellowfin in glass jars; standard water-packed chunk light tuna is too dry and mealy for this application.

- **Embrace the char.**

Piquillo peppers are roasted over an open flame and peeled by hand before jarring. If you see a stray seed or a slightly charred edge, leave it alone. That is the authentic flavor of the Ebro River Valley.



# Fire-Roasted Levantine Baba Ganoush

بابا غنوج

**Naturally Whole30 / Traditional Levantine.** Let's clear something up right away: the creamy, tahini-heavy eggplant dip you buy in plastic tubs at the grocery store isn't actually Baba Ganoush. In the Levant, that dish is called Mutabal. True Syrian Baba Ganoush doesn't use a drop of tahini. Instead, it's a vibrant, chunky, intensely smoky eggplant salad studded with crisp bell peppers, fresh tomatoes, crunchy walnuts, and an absolutely unapologetic pour of tart pomegranate molasses. If you are sitting somewhere around Day 12 of your reset, staring into the fridge and feeling the crushing weight of food

boredom, this is your rescue. We lean hard into the magic of fire-roasting; your only job is ten minutes of chopping while the fire does the work.

## INGREDIENTS

<b>1 large</b>	large globe eggplant <i>pierced several times with a fork</i>	<b>1/4 cup</b>	fresh parsley <i>finely chopped</i>
<b>1/2 cup</b>	mixed red and green bell peppers <i>finely diced</i>	<b>1/3 cup</b>	raw walnuts <i>roughly chopped</i>
<b>1 med</b>	Roma tomato <i>cored seeded and finely diced</i>	<b>3 tbsp</b>	extra virgin olive oil
<b>1/4 cup</b>	red onion <i>finely diced</i>	<b>2 tbsp</b>	fresh lemon juice
<b>2 clove</b>	garlic <i>minced or grated to a paste</i>	<b>2 tbsp</b>	Whole30 compliant pomegranate molasses
		<b>1 tsp</b>	kosher salt
		<b>1/4 cup</b>	fresh pomegranate arils

## INSTRUCTIONS

### 1. Char the eggplant.

Place the pierced eggplant directly onto an open gas flame over medium-high heat, or under a screaming-hot oven broiler on a foil-lined baking sheet. Let it char for 15 to 40 minutes, turning occasionally with tongs, until the skin is completely blackened and ashy, and the vegetable collapses into a deflated, tender husk.

### 2. Prep the crunch while the fire works.

While the eggplant roasts, get your knife moving. In a large serving bowl, combine the diced bell peppers, tomato, onion, walnuts, parsley, garlic, olive oil, lemon juice, pomegranate molasses, and salt.

**1. Extract the smoke.**

Once the eggplant is fully collapsed, transfer it to a cutting board. Let it sit for 5 minutes until cool enough to handle, then slice it in half lengthwise. Using a spoon, gently scrape the soft, smoky flesh out of the charred skin. Discard the skin.

**2. Mash and marry.**

Transfer the warm eggplant to a cutting board and roughly chop it with your knife—do not use a food processor, as we want a rustic, chunky texture. Fold the warm eggplant into the bowl with your prepared vegetables and dressing. Spread it onto a wide plate, drizzle generously with more olive oil, and scatter the pomegranate arils over the top.

**CHEF'S NOTES**

● **HIDDEN-SUGAR LABEL CHECK: Pomegranate Molasses.**

This dark, tangy syrup is the lifeblood of this dish, but nearly every commercial brand cuts their syrup with refined cane sugar to save money. Sugar is out for your 30-day reset, so you must read the label. The only ingredient should be '100% Pomegranate Juice'. If you cannot find a compliant bottle, simply simmer 2 cups of 100% unsweetened pomegranate juice in a small saucepan on the stove while the eggplant roasts, reducing it until it coats the back of a spoon (about 25 minutes).

● **Embrace the char.**

Do not be afraid of absolutely burning the exterior skin of the eggplant to a crisp. If you pull it off the heat while it is still purple and firm, the inside will be spongy and bitter. True Levantine flavor requires you to push the char until the vegetable physically collapses.





# MEAL PREP

*Abandon the toxic Sunday meal prep routine. Spend 10 active minutes building a restaurant-style arsenal of flavor anchors to carry you through the week.*

Sunday meal prep in the modern wellness space has devolved into a soulless, exhausting weekend-killer. The industry expects you to surrender your one day of rest to box up fifteen identical, desperately sad plastic containers of joyless fuel. We refuse to ask that of you. Instead, we're going to treat your kitchen like a functioning restaurant and prep your mise en place. Give up just forty-five minutes of your Sunday—with a mere ten minutes of actual, honest knife work—to set up your line.

It comes down to five anchors: a roasted protein, a properly charred vegetable, a punchy sauce, a violently crunchy slaw, and a rich, fat-forward dressing. Armed with this stash in the fridge, the exhausted, overworked adult becomes

entirely bulletproof. You aren't eating leftovers; you are pulling from an arsenal, capable of firing off brilliant, fully compliant meals in three minutes flat all week long. Save your Sunday. Eat like you give a damn.





# Sheet Pan Shredded Chicken Breast

You are likely reading this on a Tuesday night. Maybe it's Day 12 of your Whole30 reset. The Hangover phase is over, but the food boredom is setting in hard, and the absolute last thing you want to do is stand over a hot stove babysitting a skillet. This recipe is your logistical lifeline. It is built entirely on the thermodynamic magic of a tightly sealed pan and the intense heat of your oven. By creating a high-humidity microclimate under a sheet of foil, the oven braises the lean chicken in its own juices, rendering it so tender it practically shreds itself. We finish it under the broiler to create deeply savory, crispy edges—because Whole30 takes away cheap shortcuts like sugar,

meaning our cooking techniques have to work harder to build real flavor. Ten minutes of your time, and you're armed for tacos, salads, and scrambles for the rest of the week.

## INGREDIENTS

<b>2 lb</b>	boneless skinless chicken breasts <i>or a 50/50 mix of breasts and boneless thighs</i>	<b>1 tsp</b>	garlic powder
<b>2 tbsp</b>	avocado oil <i>or melted ghee</i>	<b>1 tsp</b>	smoked paprika
<b>1 1/2 tsp</b>	kosher salt	<b>1/2 cup</b>	Whole30-compliant chicken bone broth
<b>1 tsp</b>	black pepper <i>freshly cracked</i>	<b>1/2 med</b>	lime <i>juiced</i>
		<b>2 tbsp</b>	fresh cilantro <i>chopped</i>

## INSTRUCTIONS

**1. Preheat your oven to 400°F (200°C) and arrange the chicken.**

Place the chicken breasts in a 9x13-inch ceramic baking dish or a deep-rimmed quarter sheet pan. Do not spread them out too far; keeping them physically touching reduces surface-area evaporation and preserves moisture.

**2. Season the meat aggressively.**

Drizzle the chicken evenly with the avocado oil. Sprinkle with the kosher salt, black pepper, garlic powder, and smoked paprika, using your hands to rub the spices into both sides of the meat.

**3. Add the liquid and seal the pan.**

Pour the chicken broth directly into the bottom of the pan, avoiding pouring it over the chicken so you don't wash away the spices. Cover the dish tightly with heavy-duty aluminum foil. Crimp the edges hard against the rim of the pan to create a steam vault.

**1. Bake hands-off for 25 to 30 minutes.**

Let the oven do the labor. Bake until a meat thermometer registers 165°F in the thickest part of the breast.

**2. Let the chicken rest for exactly 10 minutes.**

Remove the pan from the oven but keep the foil on. Do not skip this rest period. If you tear into the meat immediately, the super-heated juices will hemorrhage out, leaving you with dry, chalky chicken.

**3. Shred the meat and reintegrate the juices.**

Carefully remove the foil, watching out for the trapped steam. Using two forks, shred the chicken directly in the pan. Once shredded, vigorously toss the meat in the accumulated pan juices at the bottom of the dish until the liquid is fully absorbed by the jagged muscle fibers.

**4. Broil to build deep flavor and crisp edges.**

Spread the saucy, shredded chicken back into an even layer in the pan. Turn your oven to Broil (High). Place the pan under the broiler for 3 to 5 minutes, watching closely, until the tips of the shredded chicken become deeply browned and crispy. Remove, squeeze fresh lime juice over the top, scatter with cilantro, and serve.

**CHEF'S NOTES**

● **The Stand-Mixer Hack**

If you are batch-cooking 4 or 5 pounds of chicken for the week, transfer the rested chicken breasts (without the liquid) to the bowl of a stand mixer fitted with the paddle attachment. Turn it on 'Low' for 20 seconds to perfectly shred the meat, then return it to the pan juices.

● **Label-Reading Survival Skill**

If you swap the garlic powder and paprika for a pre-mixed taco seasoning or BBQ rub to change the flavor profile, read the label. Nearly all commercial spice blends use sugar, dextrose, or maltodextrin as anti-caking agents, and some include non-compliant cornstarch. If in doubt, build the blend from scratch.

- **Broth Warning**

Most conventional bouillon cubes and boxed stocks contain added sugar, MSG, or non-compliant yeast extracts. Always verify you are using a Whole30-Approved brand or homemade bone broth.



## The "Texas BBQ Pit" Dry-Rubbed Pork Shoulder Steaks

**Naturally Whole30 / Traditional Texas BBQ.** You are on day twelve of this reset, you are staring blankly into the refrigerator, and if you have to eat another piece of dry, boneless, skinless chicken breast, you are going to burn the house down. Enter the Central Texas pork steak. Cut thick from the heavily marbled pork shoulder, this is the barbecue world's best-kept secret. In authentic Texas meat markets, pitmasters don't drown their meat in sugary ketchup; they trust the primal alchemy of coarse salt, heavy black pepper, smoke, and rendering fat. Because traditional Texas rub contains absolutely zero sugar, this dish is a gift from the barbecue gods—100% naturally Whole30 compliant.

We skip the six-hour fire-tending and use a screaming hot oven to mimic the pit, giving you caramelized, peppery, melt-in-your-mouth barbecue with only ten minutes of actual work.

## INGREDIENTS

<b>1 tbsp</b>	coarse kosher salt	<b>2 tbsp</b>	ghee <i>melted</i>
<b>1 tbsp</b>	16-mesh coarse black pepper	<b>2 tbsp</b>	apple cider vinegar
<b>1 tsp</b>	garlic powder	<b>1 tbsp</b>	Whole30-compliant Worcestershire sauce
<b>1 tsp</b>	smoked paprika	<b>1/2 tsp</b>	dry mustard powder
<b>4 med</b>	bone-in pork shoulder steaks <i>cut about 1-inch thick</i>	<b>1/2 tsp</b>	dried minced onion

## INSTRUCTIONS

- 1. Preheat the oven to 400°F (200°C) and line a heavy-duty rimmed baking sheet with aluminum foil.**  
Nobody has time to scrub baked-on pork fat on a Tuesday night.
- 2. Mix the Dalmatian rub.**  
In a small bowl, combine the kosher salt, coarse black pepper, garlic powder, and smoked paprika.
- 3. Season the pork aggressively.**  
Lay your pork steaks on the baking sheet and rub the spice blend heavily all over both sides. Space them out so they aren't touching.
- 4. Walk away and let the dry heat do the work.**  
Put the sheet pan in the oven and roast for 30 minutes to break down the fat and build a savory crust. Go answer an email, help with homework, or just stare at the wall.

**1. Whisk the mop sauce together.**

While the pork is in its final few minutes of roasting, quickly whisk the melted ghee, apple cider vinegar, compliant Worcestershire sauce, dry mustard, and dried onion in a small bowl.

**2. Broil to build the bark.**

At the 30-minute mark, pull the pan out and switch your oven to broil. Generously brush both sides of the pork steaks with the mop sauce, then put the pan back under the broiler for 2 to 4 minutes until the edges are crispy, charred, and bubbling.

**3. Rest the meat before serving.**

Let the steaks rest on the pan for 5 minutes so the rendered fat and juices redistribute.

**CHEF'S NOTES**

● **Hidden Sugar Warning: Worcestershire & BBQ Sauce!**

Standard commercial Worcestershire sauce is loaded with cane sugar and molasses. Always check the label. Use a verified compliant brand like Primal Kitchen Steak Sauce, or make a 10-second DIY swap: 1 tablespoon coconut aminos, 1/2 teaspoon apple cider vinegar, and a tiny dash of fish sauce. If you dip these at the table, ensure your BBQ sauce is a sugar-free, compliant brand.

● **Why Pork Shoulder Steaks?**

Pork chops are lean and dry out if you look at them wrong. Shoulder steaks are cut from the Boston butt and loaded with glorious, flavorful intramuscular fat. That fat lubricates the meat during a high-heat roast, guaranteeing a juicy, steak-like bite every time.



# Charred Broccoli and Cauliflower

زهرة مشوية بالطحينة

*Zahra Mashwiya bi-Tahini*

**Naturally Whole30 / Levantine Meze.** You are on day twelve of your reset. The initial adrenaline is gone, and you're staring at a fridge full of plain protein, wondering how to survive the next two weeks. This is your rescue. In the Levant, Zahra Mashwiya—roasted cauliflower—paired with a bright, sharp garlic-tahini sauce is a cornerstone of the culinary landscape. It is a masterclass in elemental flavor building: aggressive high-heat char, earthy cumin, and the luxurious fat of sesame paste. By throwing broccoli into the mix, we double the volume for your weekly prep. Ten minutes of active chopping and whisking,

while the oven does the heavy lifting. Don't apologize for the generous fat or the blackened edges; when cheap shortcuts are off the table, that is exactly where the flavor lives.

## INGREDIENTS

<b>1 large head</b>	cauliflower <i>chopped into med florets</i>	<b>1 1/4 tsp</b>	kosher salt <i>divided</i>
<b>1 large crown</b>	broccoli <i>chopped into med florets, stems peeled and chopped</i>	<b>1/2 tsp</b>	black pepper
<b>3 tbsp</b>	extra-virgin olive oil or melted ghee	<b>1/2 cup</b>	100% sesame tahini
<b>1 tsp</b>	ground cumin	<b>3 tbsp</b>	fresh lemon juice
<b>1 tsp</b>	smoked paprika	<b>2 med cloves</b>	garlic <i>finely minced or grated into a paste</i>
		<b>1/4 cup</b>	ice-cold water
		<b>2 tbsp</b>	fresh flat-leaf parsley <i>finely chopped</i>

## PREPARATION

- **Storage protocol**

The roasted vegetables and the tarator sauce will keep in the refrigerator for up to 5 days. Keep them in separate airtight containers so the vegetables don't become soggy. The sauce will thicken in the fridge; let it sit at room temperature for a few minutes or whisk in a drop of water to loosen before serving.

## INSTRUCTIONS

- 1. Preheat the oven to 425°F and line a large, rimmed baking sheet with parchment paper for frictionless cleanup.**

- 1. Pile the broccoli and cauliflower florets directly onto the prepared sheet pan.**  
Drizzle the olive oil or melted ghee evenly over the pile, then sprinkle with the cumin, smoked paprika, 1 teaspoon of the salt, and the black pepper. Dive in with your bare hands and toss ruthlessly until every single floret is glossy and coated in the spiced fat.
- 2. Spread the vegetables into a single, uncrowded layer.**  
If they are touching shoulder-to-shoulder, they will steam instead of roast. Divide them between two pans if necessary.
- 3. Roast for 20 to 25 minutes until the edges are deeply browned and almost blackened in spots.**  
The stems should be fork-tender. Leaving them alone without tossing ensures a beautiful, aggressive caramelization on the bottom side.
- 4. Build the tarator sauce while the vegetables roast.**  
In a small bowl, whisk the tahini, lemon juice, minced garlic, and remaining 1/4 teaspoon of salt. The tahini will immediately seize and look like a stiff, broken paste—do not panic. Slowly add the ice-cold water 1 tablespoon at a time, whisking continuously until it loosens into a smooth, luxurious, pourable cream.
- 5. Cool and store the components separately, or serve immediately.**  
If prepping for the week, let the vegetables cool completely on the pan before transferring to airtight glass containers, keeping the sauce in a separate jar. When ready to eat, reheat the vegetables until crispy and aggressively drizzle the cold tahini sauce over the top. Garnish with parsley if serving immediately.

#### CHEF'S NOTES

- **Hidden-Sugar Label Check (Tahini)**

Authentic tahini contains exactly one ingredient: roasted, hulled sesame seeds. However, hyper-commercialized brands occasionally sneak in added sugars or seed oils. Always read the label to verify it is 100% compliant.

- **The Science of the Emulsion**

Uninitiated cooks often throw away tahini when lemon juice causes it to seize into a clump, assuming it has spoiled. By continuously whisking and adding ice-cold water, you're using mechanical shear to form a stable oil-in-water emulsion. It will transform; just keep whisking.

- **Respect the Maillard Reaction**

Whole30 takes away cheap flavor shortcuts, so we rely on thermal transformation. High heat plus healthy fat plus surface area equals deep, savory flavor. Do not pull the pan early; you want those dark, charred edges.



# The "Sunday Roast" Blistered Carrots and Celery Root

**Naturally Whole30 / Traditional British.** The British Sunday Roast is a sacred institution, a meal meant to anchor the week. Strip away the fussy parboiling and flour-dusting that modern recipes insist upon, and what you are left with is pure culinary alchemy: root vegetables, animal fat, and high heat. This recipe exists for that Tuesday night when you are deep into Day 12 of your reset, staring into the fridge, and realizing a cold baby carrot isn't going to cut it. You need savory, caramelized, rib-sticking comfort with minimal human effort. Celeriac might look like a dusty meteor that crash-landed in the produce aisle, but beneath that gnarly exterior is a creamy, sweet, earthy vegetable

that transforms under the heat of the oven. Paired with thickly cut carrots and blasted in a generous pool of duck fat or ghee, the sugars naturally caramelize and the edges blister into crispy perfection. Make a massive batch. These roots earn their keep all week—tossed into tomorrow's lunch salad, refried alongside your morning eggs, or eaten straight off the sheet pan while you decide what to do next.

## INGREDIENTS

<b>1 1/2 lb</b>	celeriac <i>peeled and cut into 1-inch cubes</i>	<b>1 1/2 tsp</b>	kosher salt
<b>1 lb</b>	large carrots <i>scrubbed and cut into 1-inch thick rounds or batons</i>	<b>1/2 tsp</b>	coarsely ground black pepper
<b>3 tbsp</b>	duck fat, goose fat, or ghee <i>melted</i>	<b>6 large</b>	garlic cloves <i>unpeeled</i>
		<b>4 small</b>	fresh thyme sprigs

## PREPARATION

- **Cut the top and base off the celeriac so it sits securely on your cutting board.**  
Take your chef's knife and slice down the sides, following the curve of the root, to shear off the tough, knobby skin before cubing.
- **Give the carrots a vigorous scrub and chop them.**  
There is no need to peel them if you are pressed for time, but make sure the carrot pieces are roughly the same size as the celeriac so they cook at the same speed.

## INSTRUCTIONS

- 1. Preheat your oven to 425°F and grab your largest bare baking sheet.**  
Do not line it with parchment paper—direct contact with the hot metal is how we get those blistered, deeply caramelized edges.

- 1. Pile the celeriac, carrots, and unpeeled garlic cloves directly onto the metal pan.**  
Pour the melted duck fat or ghee over the top, then sprinkle generously with kosher salt and black pepper.
- 2. Toss everything directly on the pan with your hands until every single piece is glossy and coated.**  
Do not be shy here; the fat is doing the heavy lifting, conducting the heat to blister the vegetables while delivering a massive payload of savory flavor.
- 3. Spread the vegetables out into a strict single layer.**  
Do not crowd the pan; if they are touching shoulder-to-shoulder, they will steam instead of roast. Divide them between two sheet pans if necessary.
- 4. Toss the sprigs of thyme on top and slide into the oven to roast for 35 to 40 minutes.**  
Unless your oven has severe hot spots, leave them undisturbed. This is how you develop a deep, dark fond on the underside.
- 5. Pull them from the oven when the celeriac is fork-tender and creamy on the inside, and the carrots have dark, blistered edges.**  
Squeeze the sweet, roasted garlic paste out of the skins to eat alongside the vegetables, discard the tough thyme stems, and serve.

#### CHEF'S NOTES

- **Sourcing the fat is critical to the dish's flavor and texture.**  
Traditional British roasting relies on animal fats with high smoke points like duck or goose fat. If you cannot find them, ghee is a flawless substitute that delivers a similarly rich, nutty profile capable of withstanding a 425°F oven.
- **Roast your garlic cloves inside their papery skins.**  
This protects the delicate flesh from turning bitter and burning in the high heat. Once roasted, they transform into a mellow, sweet paste that you can squeeze out directly onto your plate.

- **These roots pay a massive meal-prep dividend all week long.**

They hold up beautifully in the fridge in an airtight container for up to 4 days. To reheat without them getting soggy, throw them in a hot skillet with a little extra ghee for 3 minutes until warmed through and re-crisped.

- **Always verify your labels for hidden sugars if pairing this with commercial meats.**

If you decide to serve these magnificent roots alongside a quick sheet-pan sausage or some chopped bacon, secure Whole30-compliant, sugar-free meats (like Applegate or ButcherBox) to protect your reset.



## Frank's & Ghee Buffalo Sauce

It's Day 12 of the reset. The novelty of label-reading has worn off, your energy is flat, and the sight of another plain grilled chicken breast might actually incite violence. Welcome to the rescue condiment. Whole30 strips away cheap flavor shortcuts, meaning you have to lean hard into the friends you have left: heat, acidity, and unapologetic fat. Traditional Buffalo sauce—born at the Anchor Bar in Buffalo, New York, in 1964—is a masterpiece of simple culinary chemistry. By swapping butter for ghee and anchoring it with savory coconut aminos, you get a ruthlessly efficient, fully compliant sauce that takes exactly five minutes to make. Pour it over roasted potatoes, toss it with shredded chicken, or drag crispy sheet-pan veggies through it. Fat carries flavor. Let it do its job.

## INGREDIENTS

<b>1 cup</b>	Frank's RedHot Original Cayenne Pepper Sauce	<b>1 tsp</b>	garlic powder
<b>1/2 cup</b>	ghee <i>solid or room temperature</i>	<b>1 tsp</b>	coconut aminos
<b>1 tbsp</b>	apple cider vinegar	<b>1/2 tsp</b>	cayenne pepper <i>optional</i>
		<b>1/4 tsp</b>	black pepper

## INSTRUCTIONS

### 1. Warm the base ingredients gently without letting them boil.

In a small saucepan over medium-low heat, combine the Frank's RedHot, apple cider vinegar, garlic powder, coconut aminos, cayenne, and black pepper. Stir gently just until the mixture begins to steam, avoiding a rolling boil that will destroy the volatile compounds and turn the sauce bitter.

### 2. Remove the saucepan from the heat entirely to emulsify the fat.

Add the ghee and immediately whisk vigorously. The residual heat will melt the pure fat while the mechanical action of the whisk suspends it within the acidic hot sauce, creating a glossy, thickened, and unified glaze.

### 3. Use the sauce immediately or store it for future deployment.

Transfer to a glass mason jar and let it cool. It keeps in the refrigerator for up to two weeks; since the ghee will solidify when chilled, simply microwave the jar briefly or run it under warm water, then shake violently to bring the emulsion back to life.

## CHEF'S NOTES

- **Why this swap? Ghee instead of butter.**

Traditional Buffalo sauce relies on whole butter, which contains milk solids that violate the 30-day reset. Ghee is clarified butter with those solids cooked off and strained out, leaving pure, nutty butterfat that balances the heat without breaking the rules.

- **Why this swap? Coconut aminos instead of Worcestershire.**

The original 1964 Anchor Bar recipe uses Worcestershire sauce for savory depth. Since commercial Worcestershire relies on molasses or sugar, coconut aminos step in to provide that same salty, umami backbone.

- **LABEL CHECK: The Hot Sauce Trap.**

Buy exactly 'Frank's RedHot Original Cayenne Pepper Sauce'—the ingredients should read nothing but aged cayenne red peppers, distilled vinegar, water, salt, and garlic powder. Avoid the 'Buffalo Wings Sauce' variation, which is a pre-mixed shortcut loaded with non-compliant artificial butter flavors and questionable oils.



## Raw Tomatillo Salsa Verde

**Naturally Whole30 / Traditional Mexican.** A great sauce is the difference between a sad diet dinner and a meal you actually give a damn about. By week two of your reset, having a jar of electric, unapologetic salsa in the fridge is pure tactical survival. This is authentic salsa verde cruda—the exact raw, vibrant puree you’ll find at any respectable Mexican taqueria. No roasting, no sugar, no shortcuts. Just the sharp bite of serrano chiles and the innate, beautiful astringency of fresh tomatillos. It takes five minutes to blend, asks nothing of your evening, and will instantly resurrect a tired piece of plain roasted chicken.

## INGREDIENTS

<b>1 lb</b>	fresh tomatillos <i>husks removed</i>	<b>2 med cloves</b>	garlic <i>smashed</i>
<b>2 med</b>	fresh serrano chiles <i>stems removed</i>	<b>1 large handful</b>	fresh cilantro <i>leaves and tender stems only</i>
<b>1/4 med</b>	white onion <i>roughly chopped</i>	<b>1 1/2 tsp</b>	kosher salt

## PREPARATION

- **Clean the tomatillos.**

Peel the papery husks off the tomatillos and rinse them under warm water, rubbing gently to remove the naturally occurring sticky sap, then quarter them.

## INSTRUCTIONS

- 1. Load the blender.**

Drop the quartered tomatillos, serrano chiles, white onion, garlic, cilantro, and salt into a blender or food processor.

- 2. Pulse to emulsify.**

Do not add water. Pulse the machine a few times until the tomatillos break down and release their juices, creating a thick, vibrant green puree.

- 3. Taste and store.**

Check the seasoning with a cucumber slice or a spoon, adjusting the salt if necessary, then transfer to an airtight jar to store in the fridge for up to five days.

## CHEF'S NOTES

- **Heat Control.**

Serranos pack a sharp, immediate heat. If you want a milder salsa, slice the chiles in half and scrape out the seeds and white membranes before tossing them in the blender, or swap them entirely for a single jalapeño.

- **The Avocado Upgrade.**

Want a creamy, dairy-free sauce that mimics sour cream? Throw one pitted, peeled avocado into the blender. Known in Mexico as salsa verde cruda con aguacate, this rich variation is phenomenal over eggs or steak.

- **Respect the Tomatillo.**

If you're used to store-bought salsa, you might expect a squeeze of lime here. Don't. Raw tomatillos are already wonderfully tart, and adding citrus pushes the salsa from bright to sour.

- **Hidden Sugar Warning.**

If you ever opt for a store-bought jar of green salsa to save time, read the label religiously. Many commercial brands sneak cane sugar into their jars to offset the acidity of cheap tomatoes.



# Vinegar Cabbage Slaw

*by-rish-er krout-zah-laht*

**Naturally Whole30 / Traditional Bavarian.** If you think coleslaw is a soggy, mayonnaise-drenched barbecue afterthought, the Bavarians are about to fundamentally change your kitchen. Long before modern mayo, Central Europeans were dressing raw cabbage with hot vinegar, rendered pork fat, and toasted seeds. This is the real deal. It relies entirely on *kneten*—kneading the cabbage with salt to instantly shatter its rigid cell walls, doing the work of an hour of cooking in sixty seconds. By pouring a hot, smoky dressing of rendered bacon fat and apple cider vinegar over the bruised leaves, you lock in massive flavor

in a fraction of the time. It thrives on neglect in your fridge, getting sharper and more complex by day three, making it the ultimate rescue for a Tuesday night.

## INGREDIENTS

<b>1 med</b>	green cabbage <i>outer leaves removed, cored, and very finely sliced</i>	<b>1 tsp</b>	whole caraway seeds
<b>1 1/2 tsp</b>	kosher salt	<b>1/3 cup</b>	apple cider vinegar
<b>4 slices</b>	Whole30-compliant sugar-free bacon <i>diced</i>	<b>3 tbsp</b>	extra-virgin olive oil
<b>1 small</b>	red onion <i>very finely diced</i>	<b>1 tbsp</b>	Whole30-compliant Dijon mustard
		<b>1 tsp</b>	freshly cracked black pepper

## PREPARATION

- **Slice the cabbage as thinly as possible.**

The mechanical breakdown relies on fine shreds; thick chunks will not yield properly to the kneading process.

## INSTRUCTIONS

- 1. Knead the cabbage with salt.**

Place the sliced cabbage in your largest mixing bowl, sprinkle with the salt, and aggressively massage it with both hands for about 60 seconds until it reduces in volume by half and becomes wet and translucent.

- 2. Render the bacon.**

In a skillet over medium heat, cook the diced bacon for 4 to 5 minutes until the fat renders out and the bits are deeply browned and crispy.

**1. Bloom the aromatics.**

Add the diced red onion and caraway seeds directly into the hot bacon fat, sautéing for 1 minute just to soften the onion and release the essential oils in the seeds.

**2. Create the hot emulsion.**

Turn off the heat, immediately pour in the apple cider vinegar, olive oil, mustard, and black pepper, and whisk vigorously to scrape up any browned fond from the bottom of the pan.

**3. Toss and marinate.**

Pour the steaming hot dressing over the massaged cabbage, toss thoroughly with tongs, and let it rest for at least 30 minutes before eating or storing.

**CHEF'S NOTES**

● **Hidden sugar survival check.**

Bacon and mustard are two of the biggest tripwires in the modern supermarket. Check your labels ruthlessly to ensure no added sugar in the bacon and no white wine in the Dijon. If compliant bacon isn't available, substitute 2 tablespoons of ghee to cook the onions and seeds, adding a dash of smoked paprika to mimic the smoke.

● **The caraway factor.**

Caraway seeds are the undisputed soul of authentic Bavarian slaw, aiding in digestion and providing an earthy warmth. If you are fiercely opposed to their anise-like flavor, substitute celery seeds or rely solely on the smoked bacon and hot vinegar.

● **Meal prep magic.**

Unlike delicate lettuce salads that die within an hour of being dressed, this slaw is virtually immortal. Pack it alongside roasted meats for lunch; you will find it tastes markedly better on day three than it did on day one.



# The "Bodega" Creamy Lemon-Herb Tahini

طحينة خضراء

*ta-hee-nah khah-drah*

**Naturally Whole30 / Levantine.** You are on Day 12. The novelty of the reset has entirely worn off, and you are staring down another tragic container of perfectly compliant, boring roasted chicken breast. You need a rescue, and you need it in under ten minutes. Enter the "Bodega" green tahini. Inspired by the vibrant Tahina Khadra of the Levant and the fiercely addictive, cilantro-heavy sauces slung by New York City street carts, this condiment is a high-voltage shock to the palate. Whole30 removes the cheap shortcuts of added sugars and processed dairy, which means our cooking has to work harder. Here,

we rely on a raw garlic punch, aggressive citrus, and a massive payload of fresh herbs, all suspended in the rich, nutty fat of pure sesame paste. The food processor does the heavy lifting. Make a double batch on Sunday; it will earn its keep across salads, grilled meats, and morning eggs all week long.

## INGREDIENTS

<b>1/2 cup</b>	pure tahini paste <i>well-stirred</i>	<b>1 small</b>	jalapeño <i>stem removed</i>
<b>1 cup</b>	fresh flat-leaf parsley and cilantro <i>tightly packed, tender stems included</i>	<b>1/4 cup</b>	fresh lemon juice
<b>2 med clove</b>	garlic <i>peeled and smashed</i>	<b>1/2 tsp</b>	fine salt
		<b>1/3 cup</b>	ice water

## INSTRUCTIONS

- 1. Combine the tahini, herbs, garlic, jalapeño, lemon juice, and salt in the bowl of a food processor.**
- 2. Pulse the mixture five or six times to roughly chop the herbs and macerate the garlic.**

The acid from the lemon will immediately interact with the tahini, causing it to seize up and look like a thick, clumpy paste. Do not panic; this is exactly what it is supposed to do.

- 3. Turn the food processor to a continuous low speed and slowly stream in the ice water.**

Watch the magic happen. Within thirty seconds, the friction and hydration will force the sauce to undergo a phase inversion, transforming from a stiff, dark clump into a wildly creamy, fluffy, bright pale-green sauce.

- 1. Stop the machine and scrape down the sides, adding up to two more tablespoons of ice water if needed.**

You are looking for the pourable, drizzly consistency of a good ranch dressing.

- 2. Taste the sauce for balance and aggressive high notes.**

It should be nutty, highly acidic, and herbaceous. Add another pinch of salt or an extra squeeze of lemon if it needs a push before transferring to a jar.

## CHEF'S NOTES

- **Why ice water?**

Blenders and food processors create heat through friction. If you use room temperature or warm water, that heat will rapidly oxidize the fragile chlorophyll in the parsley and cilantro, turning your beautiful vibrant green sauce a muddy swamp-brown. Ice water keeps the temperature down and the color neon-bright.

- **Check your tahini labels for hidden sugar and non-compliant oils.**

Tahini should have exactly one ingredient: roasted hulled sesame seeds. Beware of commercial "tahini dips" or "sesame sauces" in the international aisle, which frequently sneak in soybean oil, canola oil, or added sugars.

- **Do not waste your precious ten-minute active prep budget meticulously picking individual leaves.**

The tender upper stems of both parsley and cilantro pack incredible flavor. Just chop off the thick, woody bottom halves of the bunches and throw the rest directly into the processor.

- **The sauce will thicken slightly as it chills in the refrigerator due to the natural sesame fats.**

Store in an airtight glass jar in the fridge for up to five days. When you pull it out on a Tuesday night, simply stir in a teaspoon of cold water to bring it back to its original drizzly, fluffy glory.



## The "Steakhouse Wedge" Cashew-Ranch Dressing

Welcome to Day 12. The physical hangover is gone, but the existential dread of another piece of grilled chicken has arrived. You want comfort. You want a restaurant meal that feels like it has no business being on a 30-day health reset. Enter the Steakhouse Wedge. Unapologetic, cold, crisp, and historically drowning in savory fat. We keep the energy but strip the inflammatory dairy and hidden sugars. Soaked cashews hit a high-speed blender and transform into a heavy cream substitute that defies logic. The bacon renders hands-off in the oven; the blender does the rest. Make a double batch. Fat is flavor, and flavor is what gets you to Day 30.

## INGREDIENTS

<b>1 cup</b>	raw, unsalted cashews <i>soaked overnight, or boiled for 10 minutes and drained</i>	<b>1/2 tsp</b>	dried chives
<b>1/2 cup</b>	water	<b>1 tsp</b>	kosher salt
<b>2 tbsp</b>	Whole30-compliant mayonnaise	<b>1/2 tsp</b>	freshly cracked black pepper
<b>1 tbsp</b>	fresh lemon juice	<b>6 slices</b>	Whole30-compliant sugar-free bacon
<b>1 tbsp</b>	apple cider vinegar	<b>1 large</b>	iceberg lettuce <i>chilled</i>
<b>1 tsp</b>	garlic powder	<b>1 cup</b>	cherry tomatoes <i>halved</i>
<b>1 tsp</b>	onion powder	<b>1/4 cup</b>	red onion <i>finely diced</i>
<b>1 tsp</b>	dried dill weed	<b>1 small</b>	fresh chives or parsley
<b>1/2 tsp</b>	dried parsley	<b>handful</b>	<i>chopped</i>

## PREPARATION

- **The Quick Soak.**

If you forgot to soak your cashews overnight, don't panic. Place the raw cashews in a small saucepan, cover with water, and boil aggressively for 10 minutes. Drain, rinse with cold water, and they are ready for the blender.

## INSTRUCTIONS

- 1. Render the bacon hands-off.**

Preheat your oven to 400°F (200°C). Line a rimmed baking sheet with aluminum foil or parchment paper. Lay the sugar-free bacon strips flat and bake for 15 to 20 minutes until deeply browned and crisp. Transfer the bacon to a paper towel-lined plate to drain, let cool, and crumble into bite-sized pieces.

### 1. **Blend the ranch dressing.**

While the bacon renders, drain and rinse the soaked cashews. Toss them into a high-speed blender with the water, mayonnaise, lemon juice, apple cider vinegar, garlic powder, onion powder, dill, parsley, chives, salt, and black pepper. Blend on high for 2 to 3 minutes until totally smooth and velvety. If it is too thick, add water a tablespoon at a time until it reaches a pourable consistency.

### 2. **Prep the wedge.**

Remove any ragged outer leaves from the iceberg head. Core the lettuce by slamming the stem end firmly onto the cutting board and twisting it out. Cut the head in half vertically, then cut each half again to create four thick wedges.

### 3. **Assemble and serve.**

Place a chilled wedge on each plate. Spoon a generous amount of the cashew ranch over the top, letting it pool on the plate. Scatter with crumbled bacon, cherry tomatoes, and diced red onion. Finish with a final crack of black pepper and fresh herbs.

## CHEF'S NOTES

- **Why this swap? Cashews for Dairy.**

Traditional steakhouse dressings lean on inflammatory sour cream and blue cheese. Raw cashews, when soaked and blasted in a blender, emulsify into a remarkably rich heavy cream substitute. Lemon juice and apple cider vinegar bring the sharp lactic tang of buttermilk.

- **Why this swap? Compliant Mayo.**

A touch of Whole30-approved avocado-oil mayonnaise introduces egg yolk, a powerful emulsifier that gives the ranch a distinct, savory mouthfeel without relying entirely on the nuts.

- **Label Check: Bacon.**

Nearly all commercial bacon is cured with brown sugar or maple syrup, an immediate program violation. You must use Whole30-compliant sugar-free bacon (like Applegate or Pederson's). Read the label: zero added sugars.

- **Meal Prep Protocol.**

This yields more dressing than you need for four salads. Keep the leftover ranch in an airtight jar in the fridge for up to 7 days. Shake vigorously or stir in a splash of water before using it on roasted potatoes or compliant chicken.



# Traditional Brazilian Picanha Oven Roast

*pee-KAHN-ya no sal GROH-so*

**Naturally Whole30 / Traditional Brazilian.** Let's be honest: if you are staring down the middle of your thirty-day reset, you are probably suffering from a mild case of poultry fatigue. You are tired of chopping, tired of standing over a stove, and definitely tired of chicken thighs. Welcome to your rescue. In Brazil, picanha is the undisputed king of the barbecue—a luxurious, deeply flavorful cut famous for its rich fat cap that melts down and bastes the meat as it cooks. While it's usually skewered over open flames, Brazilian home cooks have a brilliant, hands-off trick for the oven: they bury it in coarse rock salt. By packing the beef in a mountain of salt, you create a makeshift

thermodynamic oven within your oven. It requires zero chopping, zero marinades, and about three minutes of your actual time. When it emerges, you simply crack the salt away to reveal the most tender, perfectly seasoned roast of your life. Do not apologize for the fat cap. Do not trim it. It is the architectural secret to why this cut tastes so impossibly good. You cook this once on a Sunday, and you eat like royalty until Wednesday.

## INGREDIENTS

**3 lb** whole picanha roast (top sirloin cap or coulotte)  
*fat cap left completely intact, patted entirely dry*

**4 cup** coarse kosher salt or rock salt

## INSTRUCTIONS

### 1. Prep the salt bed.

Preheat your oven to 400°F (200°C). In a roasting pan or a high-sided baking dish just slightly larger than your beef, pour in enough coarse salt to create a half-inch bed across the bottom.

### 2. Bury the beef.

Place the picanha into the pan, resting on the salt bed, with the thick white fat cap facing up. Pour the remaining coarse salt directly over the meat. Use your hands to pack it around the sides and over the top until the beef is entirely hidden under a mountain of salt.

### 3. The hands-off roast.

Transfer the pan to the middle rack of the oven and walk away. For a beautiful medium-rare to medium center, roast for 45 to 50 minutes.

## 1. **Crack and clean.**

Remove the pan from the oven. The salt will have formed a slightly hard crust. Use the back of a heavy knife or a wooden spoon to crack the crust. Pull the beef out of the salt rubble and use a pastry brush or paper towel to wipe away any excess salt clinging to the meat. Transfer the beef to a clean cutting board.

## 2. **Rest and slice.**

You must let the meat rest for 15 minutes. If you cut it now, the juices will flood the board and leave the meat dry. After 15 minutes, slice the meat against the grain into thin strips. Serve immediately, and pack the rest away for the easiest meal prep of your week.

### CHEF'S NOTES

- **Sourcing the cut.**

If your local supermarket doesn't have picanha labeled in the meat case, ring the bell and ask the butcher for a whole top sirloin cap with the fat cap left on. They usually have them in the back, and they are significantly cheaper than premium cuts like ribeye, despite being just as flavorful.

- **The physics of the grain.**

Picanha fibers run distinctively lengthwise. To ensure a tender bite, you must slice against those visible lines. Look at the direction the grain is flowing, turn your knife 90 degrees to it, and slice cleanly.

- **Hidden sugar warning.**

Only buy raw, unseasoned meat from the butcher counter. Do not buy commercially pre-marinated steakhouse roasts, which almost universally contain non-compliant sugars, soy sauce, or artificial tenderizers. The beauty of this native technique is that pure salt and good beef are all you need.



# Traditional Catalan Escalivada

*es-kah-lee-VAH-dah*

**Naturally Whole30 / Traditional Catalan.** The best dishes in traditional European cooking were invented by people who were entirely too busy to cook. Escalivada was born in the Pyrenees mountains, created by Catalan farmers who tossed whole vegetables into the dying embers of a wood fire and went back to tending their flocks. They didn't have time to peel, dice, or baby a skillet, and neither does the modern cook. This is a masterclass in hands-off flavor building. By roasting the vegetables completely whole at high heat, the tough outer skins act as little pressure cookers, while the insides collapse into a sweet, smoky, jammy masterpiece. A massive Sunday batch left to marinate in its own olive oil tastes even better by Tuesday.

## INGREDIENTS

<b>2 med</b>	eggplants <i>left whole and unpeeled</i>	<b>1 med</b>	garlic
<b>3 large</b>	red bell peppers <i>left whole and unpeeled</i>	<b>head</b>	<i>top quarter-inch sliced off to expose cloves</i>
<b>2 med</b>	yellow onions <i>left whole and unpeeled</i>	<b>1/4 cup</b>	extra virgin olive oil
		<b>1 tbsp</b>	sherry vinegar
		<b>1/2 tsp</b>	flaky sea salt

## INSTRUCTIONS

**1. Preheat the oven to 400°F and wash the eggplants and bell peppers.**

Pat them dry but do not peel them, and do not cut the stems off. Leave the onions completely unpeeled, simply brushing off any loose dirt.

**2. Roast the whole vegetables on a large, rimmed baking sheet for 45 to 60 minutes.**

The rim is critical to catch the juices. Rub the eggplants, peppers, and garlic lightly with a little olive oil. Halfway through, use tongs to flip the vegetables until they look deflated, wrinkled, and heavily charred on the outside. The onions might take the full hour.

**3. Transfer the hot peppers and eggplants to a large bowl and cover tightly to sweat.**

Use plastic wrap, a silicone lid, or foil, and let them sit for 15 minutes. This creates a steam bath that separates the charred skin from the flesh, making peeling effortless.

**4. Peel the charred skins off the peppers and eggplants and tear the flesh into long, rustic strips.**

Pull the stems off. The skins should slip right off in sheets. Do not rinse them under water, or you will wash away the smoky flavor. Peel the papery skins off the onions, cut them in half, and slice them into strips. Squeeze the roasted garlic cloves out of their skins.

**1. Transfer the torn vegetables to a container and toss with the accumulated juices, olive oil, vinegar, and salt.**

Pour every drop of liquid from the roasting pan and the sweating bowl over the top. Drizzle with the remaining olive oil and sherry vinegar, seasoning generously with flaky sea salt.

#### CHEF'S NOTES

- **The secret is in the juice.**

The native Catalan way to dress this dish relies entirely on the natural liquids the vegetables exude during roasting, emulsified with the olive oil. Do not discard the liquid in the bottom of the pan; it is liquid gold.

- **Check the label on your vinegar.**

If you are using Sherry vinegar or Red Wine vinegar, check your labels. Authentic vinegars are perfectly compliant, but some cheaper commercial brands sneak in caramel color or added sulfites and sugar to fake the aging process. Look for a brand where the only ingredient is the vinegar itself.

- **Do not fear the char.**

If the skins of the peppers are turning black and blistering in the oven, you are doing it exactly right. The flesh inside is protected and sweetening rapidly.

- **Serve at room temperature.**

Escalivada is traditionally served at room temperature or slightly chilled, making it the ultimate meal-prep side. Store it in an airtight container in the fridge for up to 5 days. The olive oil will marinate the vegetables, and the flavor will deepen significantly by Tuesday.



# Moroccan Chermoula

شرمولة

*shar-moo-lah*

**Naturally Whole30 / Traditional Moroccan.** You are on Day 12 of your reset, the initial excitement has faded, and if you have to look at another piece of plain baked chicken, you might actually scream. Consider this your rescue flare. Chermoula is the undisputed heavyweight champion of Moroccan marinades—a vibrant, unapologetic collision of fresh herbs, aggressive garlic, warm cumin, and bright citrus. It wasn't invented to be a diet food; it was perfected over centuries by North African cooks to build profound, layered flavor without relying on cheap shortcuts. This raw, pungent sauce requires

exactly five minutes and a food processor, ready to violently resurrect your dinner. Don't apologize for the flavor; let the herbs do the heavy lifting.

## INGREDIENTS

<b>1 large bunch</b>	fresh cilantro <i>thick woody bottom stems discarded</i>	<b>1 tbsp</b>	ground cumin
<b>1 small bunch</b>	fresh flat-leaf parsley <i>thick woody bottom stems discarded</i>	<b>1 tbsp</b>	sweet paprika
<b>6 large cloves</b>	garlic <i>peeled and smashed</i>	<b>1 tsp</b>	kosher salt
		<b>1/2 tsp</b>	red pepper flakes
		<b>1/4 cup</b>	fresh lemon juice
		<b>1/2 cup</b>	extra-virgin olive oil

## PREPARATION

- **Prep the herbs efficiently.**

You do not need to meticulously pluck every leaf off the herbs, as the tender upper stems pack immense flavor.

## INSTRUCTIONS

- 1. Pulse the aromatics.**

Add the cilantro, parsley, smashed garlic cloves, cumin, paprika, salt, and red pepper flakes to the bowl of a food processor and pulse eight to ten times until roughly chopped.

- 2. Emulsify the sauce.**

Add the fresh lemon juice, turn the machine on, and slowly stream in the extra-virgin olive oil through the feed tube just until incorporated.

**1. Check the texture and adjust seasoning.**

Stop the machine before it becomes a completely smooth puree—you want a thick, textured, spoonable sauce that tastes aggressively salty, herbaceous, and bright.

**CHEF'S NOTES**

- **The traditional method is best saved for Sunday.**

Moroccan cooks traditionally prepare this by aggressively pounding the herbs and spices in a heavy brass mortar to release the essential oils, but on a Tuesday at 6:00 PM, the food processor is your best friend.

- **Upgrade with preserved lemons if you can find a clean source.**

For absolute authenticity, swap the fresh lemon juice for half a finely chopped Moroccan preserved lemon, but verify the brand contains only lemons, water, and salt—strictly no non-compliant sulfites.

- **This is a meal-prep powerhouse.**

Chermoula keeps in an airtight jar in the fridge for up to a week; pour a thin layer of olive oil over the top before sealing to prevent the herbs from oxidizing and turning brown.



# Traditional Salvadoran Curtido

*koor-TEE-doh*

By Day 12 of a Whole30, you're sick of roasted vegetables and craving something that bites back. Enter curtido, the vibrant, unapologetically herbaceous cabbage slaw that serves as the cornerstone of Salvadoran cuisine. Instead of forcing you to aggressively massage raw cabbage until your hands cramp, authentic home cooks use a brilliant shortcut: a quick bath of boiling water. It instantly wilts the tough exterior, turning the cabbage into a sponge for vinegar and oregano. You get the texture of a three-week ferment in about three minutes of actual labor. Make a massive batch on Sunday; it only gets better in the fridge.

## INGREDIENTS

<b>1</b>	med green cabbage <i>cored and finely shredded</i>	<b>4 cup</b>	boiling water
<b>1</b>	large carrot <i>grated</i>	<b>1/2 cup</b>	raw apple cider vinegar <i>verify no hidden sugars</i>
<b>1/2</b>	med red or white onion <i>very thinly sliced</i>	<b>1/2 cup</b>	cold water
<b>1 to 2</b>	jalapeño peppers <i>thinly sliced</i>	<b>1 tbsp</b>	dried Mexican oregano
		<b>2 tsp</b>	kosher salt

## PREPARATION

- **Zero-knife-work hack.**

If staring down a Tuesday night means chopping a cabbage feels like climbing Mount Everest, buy two bags of pre-shredded coleslaw mix. You still need to hit it with boiling water to fix the texture, but it cuts your active prep to zero.

## INSTRUCTIONS

- 1. Blanch the cabbage.**

Place the shredded cabbage in a large colander in the sink and pour the boiling water evenly over it. Let sit for exactly one minute, rinse briefly with cold tap water to stop the cooking, and shake off all excess water.

- 2. Combine the vegetables.**

Transfer the drained cabbage to a large mixing bowl and add the grated carrot, sliced onion, and jalapeños.

- 3. Dress and toss.**

Pour the apple cider vinegar and cold water over the vegetables, then sprinkle in the Mexican oregano and kosher salt. Toss vigorously with your hands until everything is thoroughly coated and the oregano is evenly distributed.

## 1. **Pack and rest.**

Pack the mixture tightly into a large glass jar, pressing down firmly so the liquid rises to cover the vegetables. Seal and refrigerate for at least two hours, though it reaches absolute perfection if you leave it alone overnight.

### CHEF'S NOTES

- **Why this swap?**

Authentic curtido relies on vinagre de piña—a homemade pineapple vinegar fermented with unrefined cane sugar (panela). Since Whole30 strictly bans added sugars, we swap it for raw apple cider vinegar. It mimics the fruity acidity perfectly, while the natural sweetness of grated carrots balances the bite.

- **Ingredient spotlight.**

Do not substitute standard Mediterranean oregano. Mexican oregano shares a botanical lineage with the native herbs used in El Salvador, providing a bright, citrusy, almost floral bite that fundamentally defines the flavor of a true curtido.

- **Serving strategy.**

This is a meal prep champion that keeps beautifully in the fridge for up to two weeks. Pile it over compliant sausages, use it to cut the richness of a heavy beef stew, or eat it straight out of the jar at midnight.