



PALEO QUICK TIPS

This diet is taking it back, way back, to the Paleolithic era. The focus is on foods that could be attained by means of foraging, gathering, hunting, or scavenging. Meats, fruits, and vegetables are in, while grains, dairy, legumes, and processed foods are out. Here are some tips on choosing paleo-friendly* items.

Meal planning on a specialty diet takes effort—we're here to help! Consider these substitutions when planning your next meal:

IF YOU EAT THIS	SUBSTITUTE THIS
Pasta, noodles	Spiralized butternut squash, zucchini “zoodles,” spaghetti squash
Rice, grains	Riced cauliflower or broccoli
Farm-raised fish	Wild-caught, fresh fish
Conventionally raised meat	Grass-fed beef and lamb, pasture-raised chicken and pork
Popcorn, corn chips	Nuts, veggie chips, pork rinds
Sugar, corn syrup, artificial sweeteners, sugar alcohols	Honey, stevia, maple syrup, coconut- or fruit-based sugars
Sugary soda	100% juice, cold brew, Unsweetened sparkling water, tea, bone broth
Bread, rolls, wheat flour, tortillas, pita	Lettuce wraps, portobello mushroom “buns,” nut/paleo flour, pancake mix, and dough mix
Dairy milk	Nut milks including almond, coconut, hemp, cashew

*We use paleo-friendly terminology to mean that the items or recipes are compliant based on the Paleo Foundation Certification Program Standards.



PALEO
FRIENDLY

FISH EN PAPILOTE

Serves 6

We love sealing fish, “candy-wrapper style,” in parchment to bake. Why? The presentation and unwrapping is fun—and the fish is moist and fragrant.

INGREDIENTS:

1 1/2 to 2 lb firm white fish fillets, without skin, cut into 6 pieces

1/2 cup wasabi mayonnaise

Pickled vegetables*

Ginger-Turmeric Seasoning Paste:

2 cloves garlic, crushed

2-inch piece fresh ginger, peeled and grated

1/2 cup cilantro, finely chopped

2 Tbsp toasted sesame oil

2 Tbsp fish sauce

1 Tbsp water

2 tsp ground turmeric or 2-inch piece fresh turmeric, peeled and grated

1/8 tsp dried chili flakes (optional)

DIRECTIONS:

1. To make the seasoning paste, combine all ingredients in a large bowl. Add fish fillets and turn to coat all sides. Set aside to marinate for a maximum of 30 minutes.
2. Preheat oven to 400°F. To wrap the fish, cut six sheets of parchment paper into 12x15 inch rectangles. Place one fillet, in the center of the first sheet lengthwise. Lift the two opposite long edges of the parchment to meet in the middle above the fish; fold the edges together in a double fold. Flatten the packet and twist each end 2-3 times, in the direction of the fold. (It will look like a large piece of wrapped hard candy.) Repeat for each fillet.
3. Place the wrapped fillets on a large baking sheet. Roast in oven for 15-17 minutes or until fish is done. (Open one packet and test fish with a fork—fillet should be opaque throughout and flake easily.)
4. To serve, place packets on plates, cut open. Top each fish fillet with wasabi mayonnaise and pickled vegetables.*

* To make your own pickled vegetables, go to metropolitan-market.com/recipes/fish-en-papillote

Nutrients Per Serving (6): Calories 233; Protein 16 g; Carbohydrate 7 g; Net Carbohydrates 6 g; Total Fat 17 g

Nutrient analysis does not include optional or “to taste” ingredients, garnishes, fat used to grease pans, or accompaniments unless amounts are given.



For more paleo-friendly recipes, scan this code with your mobile device or go to metropolitan-market.com/recipes/paleo