

APPENDIX B

MEAL IDEAS AND OTHER PRACTICAL TIPS

WHEN A FEW YEARS AGO ONE OF the authors learned that a friend had been diagnosed with type 2 diabetes, they were dismayed when the diet that had been recommended to help control the condition was described. Reducing sugar was to be expected, such as in cakes, muffins, desserts and other sugary snacks. But refined carbs were out as well – breakfast cereals, croissants, bread. *And bread?* Surely not! No toast with breakfast, no lunchtime sandwich, no bread and cheese in the evening while watching *The Great British Bake Off*. No hamburgers, no hot dogs, no bacon rolls. It sounded like a joyless existence.

Yet now, the authors opt to not eat all those things, and out of choice, not necessity. And it's far from joyless.

We realize that it is unrealistic for most to stick to the Sapiens diet 100% of the time – even we don't manage it. With this in mind, here are some meal plans which include low-carb, paleo, keto and Sapiens diet suggestions. Obviously, aim for Sapiens meals as much as you can but low-carb, paleo and keto meals are not bad runners-up.

Before embarking on any of these diets, if you are on any medication or suffer from any medical condition, consult a specialist (preferably one with experience of keto diets) before making any changes. Remember, these diets are as powerful as drugs – just as you wouldn't start a new drug without consulting a doctor, so you shouldn't start these diets without consulting a specialist if you suffer from any medical condition. These diets lower blood glucose, blood insulin and blood pressure dramatically within days of starting the diet. If you are on medication for any of these conditions, then your blood glucose and blood pressure could drop to dangerously low levels if your medication isn't adjusted when starting the diet. And owing to the fact that many psychiatric conditions improve too, medication for these conditions might also need adjusting. The good news is that you might eventually be able to stop all your medication.

There are many resources to help you along the way. Some of the best ones are:

- Georgia Ede, *Change Your Diet, Change Your Mind*
- dietdoctor.com has many, many recipes
- diabetes.co.uk: www.diabetes.co.uk/reversing-diabetes.html

When embarking on one of these diets, a sensible path to take would be to start off low-carb, and then progress to paleo, then keto and then the Sapiens diet. Allow yourself at least one month on each diet. And if you want to track any markers to monitor changes, here are a few suggestions.

- If you are overweight, check your weight once a week (first thing in the morning before having anything to eat or drink).
- Blood pressure, blood glucose, leaky gut test (zonulin or PEG 400 test), Kraft insulin test, waist to height ratio (the lower the better), blood triglyceride level.
- It would be worth making a list of minor ailments and/or any skin conditions that you might be suffering from before embarking on any of these diets. And take a photo of yourself before – many skin conditions also improve quite quickly.

Here is a list of common conditions that often get better:

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|----------------------------|--------------------|---|
| • Acne | • Sinus congestion | • Fatigue |
| • Dry and sensitive skin | • Sneezing | • Pigmentation on face, elbows, knees and armpits (known as 'acanthosis nigricans') |
| • Eczema | • Wheezing | |
| • Heartburn | • Coughing | |
| • Dermographism | • Bloating | |
| • Dark circles around eyes | • Constipation | |
| | • Diarrhoea | • General aches and pains |
| | • Reflux | |

At the outset, it is a good idea to clear out your kitchen of foods that you shouldn't be eating. Have a final binge, or give them away, or chuck them.

If you do manage to follow the Sapiens diet most of the time, you should feel full enough to have only two meals a day and not need to snack at all. We usually skip breakfast and have lunch between noon and one p.m. and then dinner between six and seven p.m., even on days when we don't keep to the Sapiens diet.

One of the most important things to remember is to include some offal in your diet at least twice a week – the best being brain, bone marrow and liver. These are the most nutritious foods of all. If you can't stomach these in unadulterated forms, then liver pâté is a good alternative. Or try adding small amounts of minced offal to meat burgers. Bone marrow fat does not have a strong taste and can be added to gravy or used as a cooking oil.

Prioritize offal in your diet. Instead of trying to include some fruit and vegetables every day, include a bit of liver or liver pâté instead. (We usually have a couple of pieces of fried liver with our brunch every morning, to get it over and done with at the beginning of the day.)

If you find the taste of liver too strong, try cooking it with garlic, salt, pepper, paprika and butter or cream (this is similar to the liver that Nando's sell, and is delicious). A good friend adds a small piece of dark chocolate to her liver recipe ...

A FEW COOKING HACKS

Nearly all cuts of meat can be cooked until they are meltingly tender in a slow cooker. We think it is worth investing in a slow cooker – it can stay on even when you aren't around and is safer than leaving an oven on unattended.

If you are into making bone marrow broth, skim off the fat and use it as a cooking fat – it keeps in the fridge for a couple of days and in the freezer for a couple of months. After boiling the bones, wait until the broth has cooled in a fridge and you can just lift off the fat layer quite easily. Most of the nutrients from bone marrow are in the fat – it is incredibly nutrient-dense – so don't throw it away, eat it!

Ask your butcher for beef fat trimmings and make your own beef dripping (many butchers will give it away for free). Heat the fat gently for an hour or so, strain the melted fat and store in jars in the fridge.

Don't discard fat from any cuts of meat – cook them and eat them! A good way of making fat easier to eat is to cut it into small bits and fry. For example, the fat on the sides of steaks such as sirloin steaks can be done in this way.

For keto recipes use beef dripping or ghee or butter instead of cooking oil.

For Sapiens recipes use beef dripping or lard or bone marrow (skimmed off bone broth) instead of cooking oil.

If slow cooking anything, make enough for two days or even more and freeze some for another day.

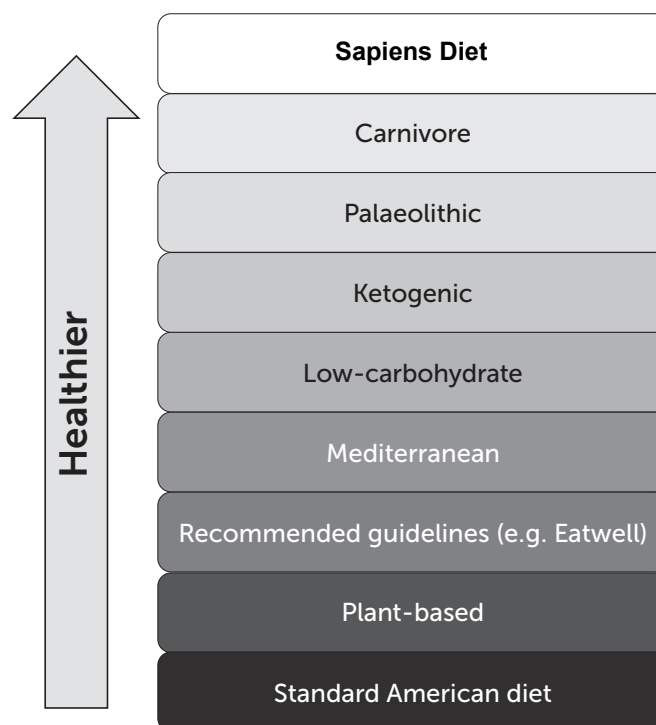
If you can't be bothered with cooking, most of the big supermarkets (Iceland, Waitrose, M&S, etc. ...) now do excellent, slow-cooked ready meals. They don't usually have any unnatural additives in them – just meat with herbs or spices and a sauce.

Cow sharing. Get together with a group of friends and you can buy a whole cow together – this works out cheaper than buying beef in a supermarket.

GENERAL TIPS

Buy meat and eggs from a local farm (if you can't make it in person, many farms sell direct to customers online).

- Browse websites such as the Ethical Butcher – they sell regeneratively farmed meat.
- Try and source pork and eggs from farms that breed outdoor pigs and chickens in good conditions.
- Avoid eating raw vegetables – they have higher levels of anti-nutrients than when cooked.
- Do bear this hierarchy in mind when planning your diet and the meals to go with it:



BREAKFAST/BRUNCH/LUNCH OPTIONS

- ▶ Liver with garlic, salt, pepper and paprika in beef dripping (*low-carb and keto, Sapiens if no garlic or paprika*)
- ▶ Fried, scrambled or poached eggs (*low-carb, keto, Sapiens*)
- ▶ Eggs royale, Benedict or Florentine without a muffin (*low-carb, keto*)
- ▶ Eggs royale, Benedict or Florentine with a gluten-free muffin (*paleo*)
- ▶ Plain omelette (*low-carb, keto, carnivore, Sapiens*)
- ▶ Omelette with a filling: cheese, ham, vegetables, salmon, etc. (*low-carb, keto*)
- ▶ Classic bacon and eggs (*carnivore, low-carb and keto if cooked in ghee, butter or vegetable oil, Sapiens if cooked in beef dripping*)
- ▶ Beef, lamb or chicken liver pâté (*low-carb, keto, carnivore, Sapiens*)

It doesn't take long to get used to having bacon and eggs or any kind of breakfast without toast or any other carbs. If you need something 'carby' while transitioning, have potato or parsnips in one form or another.

POTATO AND PARSNIP OPTIONS

- Roast parsnips or roast potatoes in dripping, hash browns, rosti, potato mash, parsnip mash, potato waffles, jacket potatoes, boiled potatoes, potatoes Dauphinoise, potato gratin, homemade chips (in dripping) or frozen chips.

All the potato options can be made from scratch or bought readymade.

Potatoes are a 'nightshade' vegetable that contain alkaloids which can be a problem for people with autoimmune conditions. It's best to avoid eating potato skins, as they have the highest concentration of alkaloids and other anti-nutrients.

LUNCH AND DINNER OPTIONS

- ▶ Meatballs: lamb, beef or venison (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Meatball curry (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Meatballs in marinara sauce (homemade or readymade) (*low-carb, paleo, keto, Sapiens*)
- ▶ Lamb kofta (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Lamb kebabs (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Slow-cooked shoulder of lamb with korma sauce (homemade or readymade) (*low-carb, paleo, keto, Sapiens*)

- ▶ Slow-cooked shoulder of lamb with gravy (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Slow-cooked shoulder of lamb with mint sauce (*low-carb, paleo, keto, Sapiens*)
- ▶ Coddled eggs with smoked haddock and spinach (*low-carb, keto*)
- ▶ ‘Spaghetti’ bolognese (use a spiralizer to make ‘spaghetti’ from courgettes, or some supermarkets sell it readymade) (*low-carb, paleo, keto, Sapiens*)
- ▶ Slow-cooked ribs: plain, with gravy, or glazed with barbeque, honey or date sauce (*low-carb, paleo, keto, Sapiens*)
- ▶ Beef goulash (*low-carb, keto*)
- ▶ Pork belly, slow-cooked with pork crackling, sweet date sauce or apple sauce or cider jus (*low-carb, paleo, keto, Sapiens*)
- ▶ Steak. Try cutting off any side-fat, cube it and then fry alongside the steak (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Rack of lamb (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Leg of lamb with mint sauce (*low-carb, paleo, keto, Sapiens*)
- ▶ Pork shoulder (slow-cooked) (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Shepherd’s pie (*low-carb, paleo*)
- ▶ Roast chicken. Cover in a muslin cloth that has been soaked in melted butter, then roast in dripping or goose fat with mixed herbs, garlic, paprika and onions (*low-carb, paleo, keto, Sapiens*)
- ▶ Steamed mussels in white wine sauce (*low-carb, keto*)
- ▶ Stir-fried prawns with garlic and chilli (*low-carb, paleo, keto*)
- ▶ Pan-fried salmon or sea bass, with optional dollop of butter and/or poached egg on top (*low-carb, keto*)
- ▶ Pastry-less quiche (traditional quiche Lorraine, or quiche with salmon or with vegetables. Just throw away the pastry, or if cooking it yourself, make it in a pie dish without pastry. Some supermarkets sell ‘crustless’ quiche – simply discard the pastry base) (*low-carb, keto*)
- ▶ Pasta-less lasagne. Use pan-fried courgettes or carrots instead of pasta, and gluten-free flour for the white sauce. Try adding garlic and a touch of paprika when cooking the mince (*low-carb, paleo, keto*)
- ▶ Moussaka (*low-carb, paleo*)
- ▶ Cottage pie (*low-carb, paleo*)
- ▶ Twice-baked cheese soufflé (use gluten-free flour for the white sauce base) (*low-carb*)
- ▶ Smoked salmon or mackerel (*low-carb, paleo, keto, carnivore, Sapiens*)
- ▶ Salmon terrine or mackerel pâté (*low-carb, keto*)

VEGETABLE OPTIONS (IF YOU MUST)

- ▶ Mushrooms in butter, cream and parmesan with mixed herbs and a touch of paprika. (Cook the mushrooms over a low heat in butter or ghee until all the fluid from the mushrooms has dried out, fry the garlic in butter or ghee, add the fried garlic, herbs, cream and parmesan to the mushrooms)
- ▶ Spinach with garlic and butter, with or without cream, or with cream and cheese (such as Gruyère or parmesan)
- ▶ Cauliflower cheese (use gluten-free flour for the white sauce)
- ▶ Cauliflower rice
- ▶ Veggie 'noodles' or 'spaghetti' (spiralized vegetables – looks like spaghetti or noodles – courgette, butternut squash, carrots)
- ▶ Coleslaw (chopped cabbage and carrots with mayonnaise; but beware uncooked vegetables and also the vegetable oil in the mayonnaise)
- ▶ Low-carb vegetable salads

Depending on which vegetables and how much of them you eat, these are okay for all the diets except for the carnivore diet and for the strictest version of Sapiens.

SAUCES

- ▶ Hollandaise sauce (good substitute for mayonnaise but has to be used straight away) *and* béarnaise sauce (*low-carb, keto, Sapiens if the hollandaise and béarnaise sauces are homemade with dripping and a teaspoon of honey*)
- ▶ Barbeque sauce, tomato ketchup or brown sauce (in modest amounts) (*low-carb, keto*)
- ▶ Mayonnaise (beware that most are made with vegetable oils, so better to choose low-fat/diet versions) (*low-carb, keto*)
- ▶ Mint sauce (*low-carb, keto*)

You're all set. *Bon appétit!*