

Eat Good Fat

Nourish Your Body
with Over 100 Healthy,
Fat-Fuelled Recipes

Lee Capatina

FEATURING
KETO AND
PALEO-FRIENDLY
RECIPES



the mind and body, balance blood sugar levels, help with the absorption of vitamins, lower bad cholesterol, and keep you full for longer. Most importantly, fats make food taste great!

Eat Good Fat makes eating healthy simple with 100 delicious recipes that use whole food ingredients and plenty of good fats. Each recipe is part of a road map that will guide you in using fats correctly and in a healthy way. To accomplish this, I've been mindful of carefully considering both the cooking properties and the flavours of each type of fat. Whereas you can get the most goodness from certain fats, such as olive oil, in their unheated form, others really shine when cooking at high temperatures. For example, coconut oil and ghee can both be used at high temperatures, but frying eggs in coconut oil may not produce the best flavour. Cooking eggs in ghee, on the other hand, adds an irresistible butteriness and is a total game changer.

I hope that by making the recipes in this book, you will gain confidence in using good fats in your kitchen to cook healthy, delicious meals at home that you can feel good about. Eating healthy food does not have to be complicated or overwhelming. It begins with the small decisions we make every single day—it begins with eating good fat!

My philosophy is that it is not the diet you follow but the quality of what you eat that counts. My body thrives on eating a variety of whole foods, including complex carbohydrates, in addition to healthy protein, an abundance of vegetables, and good fats. My husband, Sebastian, on the other hand, eats a mostly paleo diet that includes plenty of good fats, high-quality animal protein, and a lot of vegetables while limiting most carbohydrates in the form

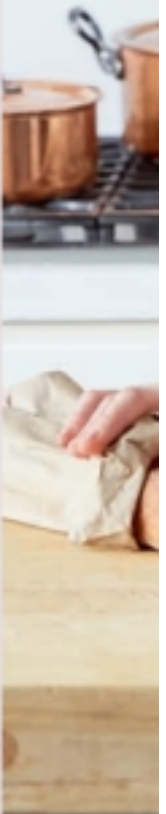


♦ Introduction

When I was thirteen years old, I was scouted to become a model. Shortly after, I signed with a Toronto-based agency that was known for launching “new faces.” What followed were years of jet-setting to places like Tokyo, Singapore, Milan, Paris, Auckland, and New York—all before I turned eighteen. Modelling helped me gain confidence and become more independent, and it shaped who I am today, but it came at a cost.

I was taught that my self-worth was tied to how I looked, regardless of how I felt. Throughout my career, I was under constant pressure to lose weight by whatever means possible. The idea was to follow a low-fat diet and intense workout regimen with the hopes of fitting into standard-size sample garments for shows. This consisted of eating foods that made me feel hungry and deprived. In extreme cases, when I had to lose extra weight quickly (such as before fashion week), I would restrict myself further by going on detoxes like the Master Cleanse or Cabbage Soup Diet. These fad diets caused me to have headaches, low energy, and uncontrollable food cravings. This led to cycles of binge eating and subsequent weight gain—putting me right back where I started. While low-fat diets may have short-term benefits, they don’t work over the long term. After several years of yo-yo dieting and feeling terrible, I decided to quit modelling once and for all.

I began soul searching for a happier, healthier way of life. I moved to Brooklyn, New York, where I was introduced to a thriving local food community. I started shopping at farmers markets, became friends with entrepreneurs who had small food businesses, and learned about new things like urban farming and beekeeping. This planted the seed for what would become an enduring passion for healthy food and sustainability. One day, a friend brought me to a seminar on Ayurveda, traditional Indian medicine. This is where I first learned about ghee



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and its benefits. I was fascinated and taught myself to make it at home shortly after. I started using it in my everyday cooking: for frying eggs, adding to smoothies, and smearing on toast. I fell in love with its buttery flavour and the nourishment it provided. This was the beginning of a new way of thinking about fats and a lifelong affair with ghee.

Eager to learn more about Ayurveda and sustainability, I travelled to India to work on an organic farm. There, I found myself surrounded by people from around the world who were just as keen as I was to connect with food in a meaningful way. I loved working the land and felt a sense of total freedom in the fields, but the place I found myself drawn to the most was the farm kitchen. I learned how to cook simple Ayurvedic recipes, such as kitchari, with fresh ingredients like turmeric, ginger, ghee, and vegetables grown on the farm. After several weeks on the farm and travelling throughout India, I became homesick and felt the desire to go home to Canada and plant my roots.


I enrolled in nutrition school in Toronto to become a certified holistic nutritionist, but the universe had other plans for me. The summer before school began, I was showing a friend how to make ghee, and he jokingly suggested that I start a company called Lee's Ghee. I took his suggestion to heart and began selling mason jars full of organic ghee at a local farmers market. I didn't really consider that this summer gig might have the potential to turn into a full-fledged business. When school began, the teachers and students found out about my ghee and wanted to get their hands on it. At the same time, I was getting phone calls from retailers who had heard about what I was doing and wanted to stock it on their shelves. I felt a powerful pull to follow this path, so I put school on hold and scrambled to find a commercial kitchen to fill all the orders that I was receiving. I had no business degree, no money, and frankly no idea what I was doing, but I felt that I had finally found my calling. I decided then and there that I would do whatever it took to pursue my passion.

Since then, the business has grown in ways I never could have imagined. The company evolved from being called Lee's Ghee to Lee's Provisions to encompass other product lines, such as our line of Good Fat Blends made of coconut oil and ghee and our organic tulsi wellness teas—with many more products launching in the future! I've worked tirelessly to create a business that nourishes people with good fats, supports farmers using sustainable agricultural practices, and gives back to causes I believe in. I have convinced hundreds of stores to carry my products, sold thousands of jars of ghee across the country, and educated many about the benefits of eating good fat. But I am not slowing down now—the next step is to convince the entire world to eat good fat!

As a holistic nutritionist, I have been obsessed with learning about health and nutrition since my early twenties and continue to take courses whenever I have time. My passion is for healthy fats and eating whole foods. The Food and Drug Administration and the Canadian Food Inspection Agency have not evaluated the information in this book and the book is not intended to diagnose, treat, or cure any disease. You should always consult with your doctor before making drastic changes to your diet.

**EAT
GOOD
FAT**



A photograph of two bowls of chocolate soup. The bowl in the foreground is a light-colored ceramic bowl with horizontal ridges and a handle, filled with a frothy chocolate soup. The bowl in the background is similar but without a handle. A small, heart-shaped golden spoon with some soup residue is in the bottom right. The background is a soft-focus white cloth.

*For Sebastian, my hero.
Thank you for holding down the fort.*

Soups and Salads

Unlike many soups and salads, these ones will not leave you feeling hungry afterwards. They contain plenty of good fats and healthy protein. I use coconut milk and ghee to make soups like Lobster and Wild Salmon Bisque (page 91) unctuous, velvety, and creamy. Homemade Bone Broth (page 272) is the perfect base for a soup and adds staying power and collagen—an essential nutrient for your skin and gut health. The salads, such as Avocado Rocket Salad with Mustard Lemon Vinaigrette (page 101), are full of nourishing ingredients like sheep's milk cheese, avocado, nuts, and seeds. Some of the salads hold their own as a main course, whereas others are better suited for serving alongside any grilled protein at lunch or dinner. I often like to pair a soup and salad for a light, energizing lunch.

Mains and Sides

This chapter is a collection of main courses and side dishes that are hearty and nutrient dense. All of these recipes include a balance of healthy protein, good fats, and complex carbohydrates. I made a point to include plenty of main courses in this book, as they form the bulk of what we eat every day. Some of them can be made on a single sheet pan, like Sheet Pan Sausage Dinner with Caramelized Cabbage and Red Onion (page 140), or in one pot, like One-Pot Sweet Potato, Spinach, and Chickpea Stew (page 167). Others are more involved and require performing steps ahead of time. The sides are simple additions that help round out a meal by adding extra vegetables, fibre, and nutrients. In addition to recipes that incorporate a variety of healthy animal proteins, there are a few vegetarian options in this chapter, like Millet Risotto with Crispy Roasted Mushrooms and a Poached Egg (page 116).

Snacks and Small Bites

This chapter features small bites that are perfect for taking with you to work, enjoying as an afternoon snack, or serving as an appetizer. I like to make a batch of Tahini-Coconut Fat Balls (page 187) to snack on for a clean energy boost mid-afternoon, and I serve savoury spreads like Kalamata Olive Tapenade (page 200) with nutrient-dense Seedy Almond Pulp Crackers (page 192) as a fat-fuelled appetizer. I've also been known to eat appetizers as snacks and to serve snacks as appetizers. The truth is, there are no rules, and you are free to enjoy the recipes in any way you want!

| Drinks

This chapter includes fat-fuelled smoothies, lattes, and drinks that are focused on providing energy to your mind and body. They can be made first thing in the morning, before a workout, or during an afternoon hanger slump—whenever you want something light and energizing to tide you over until your next meal. Although I focus on using good fats as the primary source of energy in all of these drinks, I like to amp up my Almond Butter Date Shake (page 217) and I Love You So Matcha (page 227) by adding adaptogenic herbs such as energy-boosting maca or stress-busting ashwagandha. I also highly recommend adding a scoop of collagen protein for its renowned skin and gut-loving benefits.

| Desserts

Although sweets are best consumed in moderation, we all need to treat ourselves sometimes. This chapter includes some of my favourite desserts. I like to serve the Cardamom Date Cake with Goat Cheese Frosting (page 255) with tea or coffee during an afternoon break. We always make Sebastian's German Cherry Cake (page 252) for special occasions, and I love eating leftover Coconut Black Rice Pudding (page 263) for breakfast! The desserts derive their natural sweetness from ingredients like Medjool dates, maple syrup, and honey. Since the sweeteners used are unprocessed and unrefined, they contain the nutrients required to metabolize the sugars, while the good fats and fibre in the recipes work to keep blood sugar in check. This means you can feel good about consuming these desserts on special occasions. Besides, you should never feel guilty for indulging a bit.

| Staples

This chapter includes staple recipes to have on hand for adding healthy fats and flavour to the recipes in the book. Recipes include some of my favourite kitchen staples like Plain Jane Ghee (page 271), Fresh Pesto (page 276), and Homemade Almond Butter (page 275). I also outline three easy, straight-forward ways to cook your eggs to amp up the nutrition of any meal. These recipes form the basis of many recipes in the book, so you will want to refer back to this chapter often.

of bread, legumes, and grains. It would be complicated to make separate meals, so I like to cook in a way that is easily adapted. It can be as simple as leaving out the English muffin when having Eggs Florentine with Smoked Salmon and Ghee Hollandaise (page 64) for breakfast. The important thing is to know your own body and what makes you feel best. Each of us is unique, and we all have different needs.

The recipes in this book were designed to have a broad appeal to anyone looking to embrace good fat (in all its delicious glory). I've made a point to include variations wherever appropriate and encourage you to adjust the recipes to suit your individual lifestyle choices or dietary restrictions. My general rule is that if you are using whole food ingredients and cooking from scratch, you are off to a good start!

You can find many of the ingredients for the recipes in this book along the perimeter or in the natural aisle of a well-stocked grocery store; the rest of the ingredients can be found on a trip to the farmers market or health food store. If available to you, I highly recommend sourcing eggs, dairy products, and meat directly from producers who can attest that their animals live in a natural environment and can roam outdoors. Although higher welfare animal products come with a higher price tag, the truth is that you really get what you pay for. Meat, poultry, eggs, and dairy from pasture-raised or organic animals not only taste much better, but also provide far superior nutritional profiles when compared to their factory-farmed counterparts.

This book is intended to make it easy for you to incorporate good fats into your daily cooking. Each chapter includes delicious, nutrient-dense recipes that are simple to make and will help keep you feeling satiated and energized all day long!

Morning Eats

This chapter consists of recipes that will get your day started off on the right foot. In the morning, it is especially important to eat a balanced breakfast that incorporates healthy protein, good fats, and complex carbohydrates. This combination is essential to stabilize your energy levels and keep you satisfied until lunchtime. Recipes like Crispy Sweet Potato Egg Nests (page 60) and Buckwheat Chia Pudding with Almond Butter Drizzle (page 55) deliver all that and more! There are both sweet and savoury breakfast options—many, like Ghee Toast (page 38), are quick and easy enough to make during the week, whereas others, like Eggs Florentine with Smoked Salmon and Ghee Hollandaise (page 64), are best reserved for leisurely weekend brunches.

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About the Book— Fat Is Back!

Fat is back! Although fats have been demonized for a long time, we have finally realized what our ancestors knew all along—that fats are essential for our health. The growing popularity of good fat is evident in the sudden explosion of high-fat, low-carbohydrate diets like the keto and paleo diets. As a result, everyone is looking for ways to eat good fats as part of a healthy lifestyle.

Modern research is showing that fat does not make you fat. Most of us are not eating nearly enough good fats and could benefit from radically increasing them in our diets. Good fats provide a rich source of energy for



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