



March 2016 Recipes, Gluten Free

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Week 1 Meal 1: Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower

Sesame-Ginger Salmon

Ingredients:

¼c low-sodium tamari
1T toasted sesame oil
2" ginger knob
4 salmon fillets (4-6 oz)

Instructions:

1. Pre-heat oven to 400 F.
2. Marinade: Whisk together:
 - ¼c low-sodium tamari (or other gluten-free soy sauce)
 - 1T toasted sesame oil
 - 2T fresh grated ginger
3. Pour over salmon fillets & marinate for at least 30 minutes.
4. Remove salmon from marinade and place on a baking sheet.
5. Bake for 16-20 minutes or cooked through/ flaky.

Curried Eggplant & Cauliflower

Ingredients:

1 sm cauliflower
1 lg eggplant
¼c olive oil
2T red curry paste*
¾tsp salt

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 400 F.
2. Cut cauliflower & eggplant into small, bite-sized pieces, ~½."
3. Whisk together:
 - ¼c olive oil
 - ¾c water
 - 1-2T red curry paste
 - ¾tsp salt
4. Toss with chopped eggplant & cauliflower.
5. Place cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.



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Week 1 Meal 2: Apricot-Glazed Chicken w/ Green Beans & Sweet Potatoes

Apricot-Glazed Chicken Thighs

Ingredients:

½c apricot preserves*

1 bunch cilantro

1 garlic clove

1/8tsp cayenne pepper

1-1.5# chicken thighs (boneless, skinless)

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 425 F.
2. Place the following in a blender:
 - ½c apricot preserves
 - handful of cilantro
 - small garlic clove, roughly chop
 - 1/8tsp cayenne
3. Blend until smooth.
4. Top chicken thighs with apricot glaze. Place chicken in a baking pan & bake for 35 minutes or cooked through to 165 F.

Green Beans

Ingredients:

~3c green beans (trimmed/ pre-cut ok)

S&P to taste

Instructions:

1. Trim & cut into 1-2" pieces (if not trimmed/ pre-cut).
2. Steam (or boil) green beans for 6-8 minutes.
3. Season with S&P.

Sweet Potatoes

Ingredients:

2 lg sweet potatoes

1T olive oil

3 T Italian seasoning

S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut into 1" cubes. Toss with 1T olive oil, 3T Italian seasoning, S&P.
3. Place potatoes on sheet tray, roast for 35-40 min, remove from oven to toss halfway through.



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Week 1 Meal 3: Grass-fed Beef & Mushroom Spaghetti

Ingredients:

1# ground beef, grass-fed

5oz sliced mushrooms

32oz tomato sauce

2-3T Italian seasoning*

1 pkg. brown rice spaghetti

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. In large sauté pan, add ground beef (breaking apart), 1 tub sliced mushrooms & sauté 15 minutes, stirring occasionally.
2. Bring large pot of water to a boil.
3. Add 32oz jar tomato sauce, season with 2-3T Italian seasoning, S&P to taste. Stir to combine. Simmer for 30 minutes.
4. Cook brown rice spaghetti according to package instructions.



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Week 1 Meal 4: Red Bean & Kale Chili

Ingredients:

1 dried chipotle chili (or ancho)
2 bell peppers (red preferred)
4 garlic cloves
1 yellow onion
1 bunch kale
28oz fire roasted diced tomato*
2T chili powder
1 can kidney beans
shredded cheddar cheese, optional
S&P to taste

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Bring 2c water to a boil. Turn off heat, add dried chipotle (or ancho), cover with lid and allow chili to rehydrate.
2. Finely dice 2 bell peppers, 4 cloves garlic & 1 yellow onion.
3. Remove leaves from stems & finely chop both.
4. In a large stock pan, heat 1tsp oil & sauté chopped bell peppers, onion, garlic, kale (stems & leaves) for 10 minutes.
5. Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
6. Place chipotle in a blender with remaining boiling water + 28oz can fire roasted tomatoes & blend until smooth.
7. Add pureed chili + tomatoes to sautéed veggies. Also add 2T chili powder + 1 can kidney beans.
8. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or stock as needed.
9. Cook 30 minutes-1hr. Season to taste with S&P and additional chili powder if needed.
10. Serve with option to top with cheddar cheese.



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Week 1 Salad: Mixed Greens w/ Raspberry, Feta, & Pistachios

Salad Components:

5oz mixed greens

½c pistachios

1 pint raspberries

4oz feta crumbles, optional

Dressing:

½c olive oil

¼c balsamic vinegar

S&P to taste

Instructions:

1. In a large bowl layer salad components:
 - ½ tub mixed greens
 - ¼c pistachios
 - ½ pint raspberries
 - 2 oz. feta crumbles (optional)Repeat layers

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - S&P to taste



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Week 1 Breakfast: Leek, Mushroom, & Goat Cheese Frittata

Ingredients:

2 leeks
1T oil
5oz sliced mushrooms
8 eggs (omega 3)
4oz goat cheese crumbles, optional
1/8 tsp salt

Instructions:

1. Pre-heat oven to 350 F.
2. Cut leeks in half lengthwise & cut into 1/2" pieces. Place in bowl of water and separate layers, then lift leeks out of water, allowing sediment to fall to bottom.
3. Heat 1T oil over medium heat.
4. Add chopped leeks + 1 tub sliced mushrooms, S&P. Sauté ~15 minutes, stirring. Cool slightly.
5. Whisk 8 eggs in a large bowl. Stir in cooked leeks & mushrooms + goat cheese crumbles (optional).
6. Pour into oiled 9x9" pan. Sprinkle with 1/8 tsp salt.
7. Bake at 350 F for 34-38 minutes or until no longer jiggly.

Week 1 Snack: Apples & Sunflower Seed Butter

Ingredients:

4 apples
1/2c sunflower seed butter*

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Cut apples into slices for snacking.



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Week 1 Dessert: Date & Pecan Chia Pudding

Ingredients:

11 oz lite coconut milk*

4 Medjool dates

1 tsp cinnamon

1 tsp vanilla

½c pecans

¾c chia seeds

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. In a blender add:
 - 11oz lite coconut milk
 - 2c water
 - 4 Medjool dates (~1/2c), pits removed
 - 1 tsp cinnamon
 - 1 tsp vanilla
 - ½c pecans
2. Puree on medium, gradually increasing speed, blend all until dates & pecans are chopped, ~30 seconds.
3. Stir ¾c chia seeds with pureed mixture. Store in fridge
4. Allow to soak overnight in fridge, removing & stirring 1-2x before eating.



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Week 2 Meal 1: Shrimp, Avocado, & Grapefruit Salad

Ingredients:

1.5# shrimp, peeled, deveined, tails removed

1 grapefruit

2 avocados

5oz tub mixed greens

$\frac{3}{4}$ c sliced almonds

2T olive oil

1T honey

2T champagne vinegar

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Boil shrimp for 4-5 minutes or until color has turned. Cool.
2. Cut 1 grapefruit over a bowl (to collect juice). Cut into $\frac{1}{2}$ " segments. Reserve 2T juice for vinaigrette.
3. Chop 2 avocados.
4. Toss mixed greens with cooked shrimp, cut grapefruit & avocado, $\frac{3}{4}$ c sliced almonds.
5. Top with champagne vinaigrette. (below)

For Champagne Vinaigrette:

Whisk together:

- 2T olive oil
- 2T reserved grapefruit juice
- 1T honey
- 2T champagne vinegar
- S&P to taste



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Week 2 Meal 2: Macadamia Crusted Chicken w/ Napa Cabbage Slaw & Apricot Dipping Sauce

Macadamia Crusted Chicken

Ingredients:

1½ c macadamia nuts, unsalted
1/3 c coconut flakes, unsweetened
2 eggs (omega 3)
1.5# chicken tenders

Instructions:

1. Pre-heat oven to 350 F.
2. Place in a blender or food processor:
 - 1.5c unsalted macadamia nuts
 - 1/3c coconut flakes, unsweetened
3. Blend until nuts are roughly to finely chopped. Place in a shallow bowl.
4. Whisk 2 eggs in a separate shallow bowl.
5. Dredge chicken tenders in beaten eggs and then in macadamia crust. Sprinkle lightly with salt.
6. Bake chicken tenders for 18-20 minutes.

Napa Cabbage Slaw

Ingredients:

1 Napa cabbage
½ jalapeno
½c olive oil
2T apple cider vinegar
1 bunch cilantro
½ T honey
¼ tsp salt to taste

Instructions:

1. Finely chop Napa cabbage.
2. Roughly chop ½ of jalapeno (removing seeds).
3. Place the following in a blender:
 - ½c olive oil
 - 2T apple cider vinegar
 - ½ jalapeno, seeds removed
 - small handful cilantro
 - ½ T honey
 - ¼ tsp salt or to taste
4. Blend on high until smooth.
5. Toss with 1 head chopped Napa cabbage with dressing.



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Apricot Dipping Sauce

Ingredients:

½ c apricot preserves*

1 bunch cilantro

1 garlic clove

1/8 tsp cayenne

1" knob ginger

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Place the following in a blender:
 - ½ c apricot preserves
 - handful of cilantro
 - small garlic clove, roughly chop
 - 1/8tsp cayenne pepper
 - 1T fresh grated ginger
2. Blend until smooth.



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Week 2 Meal 3: Beef Fajitas w/ Not Fried Beans & Guacamole

Beef Fajitas

Ingredients:

1 red bell pepper
1 yellow bell pepper
1 red onion
2 garlic cloves
1# grass-fed stir-fry beef
2T taco seasoning*
8 organic corn tortillas
(OR sub with Bibb lettuce)

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Cut 2 bell peppers & 1 red onion into thin slices, finely chop 2 cloves garlic.
2. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onion, sauté for ~10 minutes.
3. Add beef + 2T taco seasoning, cook ~5 minutes or until just cooked.
4. Serve fajitas in warmed corn tortillas (or lettuce wraps) with guacamole & beans on side.

Refried Beans

Ingredients:

1 can refried beans* (prefer Amy's brand)

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 350 F.
2. Heat, covered, in 350F oven for ~20 minutes or in microwave.

Guacamole

Ingredients:

4 avocados
1T chopped cilantro
~¼c chopped tomato
~1T chopped jalapeño (seeds & ribs removed)
1 lime
S&P to taste

Instructions:

1. Mash avocados.
2. Stir in remaining ingredients.
3. Season with S&P and lime juice to taste.



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Week 2 Meal 4: Turkey Minestrone

Ingredients:

1 yellow onion
1 carrot
2 garlic cloves
1 zucchini
½# ground turkey breast
1T thyme
1T basil
1T oregano
14oz crushed tomatoes*
4c beef broth*
1 can white beans
S&P to taste

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely dice:
 - 1 yellow onion
 - 1 carrot
 - 2 cloves garlic
 - 1 zucchini
2. Heat 1tsp oil in a large soup pot over medium high, add ½ lbs. ground turkey. Break apart turkey, allowing to cook.
3. Add onion, carrots & garlic, and sauté 6-8 minutes or until turkey is cooked.
4. Season with 1T each: thyme, basil, oregano. Add chopped zucchini, 14oz crushed tomatoes, 4c beef broth & 4-8c water.
5. Bring to boil, lower heat & simmer ~1hr. Add 1 can white beans.
6. Season with S&P to taste.



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Week 2 Salad: Italian Side Salad

Salad Components:

1 cucumber
1 pint cherry tomatoes
½c sliced Kalamata olives
5oz chopped romaine

Dressing:

½c olive oil
¼c apple cider vinegar
1T dried basil
S&P to taste

Instructions:

1. Chop 1 cucumber into small, ½" bite-sized pieces.
2. Halve cherry tomatoes.
3. Toss together with basil vinaigrette:
 - 1 cucumber, chopped
 - 1 pint cherry tomatoes, halved
 - ½ c sliced Kalamata olives
4. Serve on top of chopped romaine lettuce.

For Basil Vinaigrette:

1. Whisk together:
 - ½c olive oil
 - ¼c apple cider vinegar
 - 1T dried basil
 - S&P to taste



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Week 2 Breakfast: Hard Boiled Eggs & Grapes

Ingredients:

8 eggs (omega 3)

~4c grapes

Instructions:

1. Place 8 eggs in a small pot, add cold water, place on stovetop, turn heat to high and bring to a boil.
2. Lower the heat and simmer for 5 minutes.
3. Turn off heat and cover pan with a lid.
4. Let sit for 15-20 minutes, while eggs continue to cook
5. Cool, peel, & enjoy with grapes.

Week 2 Snack: Carrots & Guacamole

Carrots

Ingredients:

1 bag carrots

Instructions:

1. Cut into sticks for snacking.

Guacamole

Ingredients:

4 avocados

1T chopped cilantro

~¼c chopped tomato

~1T chopped jalapeño (seeds & ribs removed)

1 lime

S&P to taste

Instructions:

1. Mash avocados.
2. Stir in remaining ingredients.
3. Season with S&P and lime juice to taste.



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Week 2 Dessert: Almond Butter Rice Crispies

Ingredients:

½c honey

½c almond butter*

2c crispy brown rice cereal*

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Heat ½c honey + ½c almond butter over medium heat until melted, 2-3 minutes, stirring constantly.
2. Remove from heat and stir in 2c brown rice cereal. Press into an oiled 8x8" pan. Cool at room temperature and cut.



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Week 3 Meal 1: Greek Chicken Salad

Ingredients:

¼c balsamic vinegar
¾c olive oil
fresh ground pepper
1 T salt
1# chicken breasts
1 romaine head
1 pint cherry tomatoes
1 cucumber
8.5oz. artichokes in water
½c sliced Kalamata olives
4oz feta crumbles, optional
½c red wine vinegar
½T oregano
S&P to taste

Instructions:

1. Pre-heat oven to 350 F.
2. Whisk together:
 - ¼c balsamic vinegar
 - ¼c olive oil
 - fresh ground pepper
 - 1T salt
3. Marinate chicken ~20-30 minutes.
4. Finely chop lettuce for salad.
5. Cut cherry tomatoes in half.
6. Chop cucumber in ½" pieces.
7. Drain artichokes & chop into small pieces.
8. Remove chicken from marinade and bake for ~40 minutes or until cooked through (165 F). Cool & slice.
9. Toss together: chopped romaine + tomatoes + cucumber + artichokes + sliced Kalamata olives + feta crumbles (optional).
10. Top salad with sliced/cooked chicken. Drizzle with vinaigrette. (below)

For Greek Vinaigrette:

1. Whisk together:
 - ½c olive oil
 - ¼c red wine vinegar
 - ½T dried oregano
 - S&P to taste



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Week 3 Meal 2: Lemon-Caper Salmon w/ Parmesan Roasted Cauliflower & Broccoli

Lemon-Caper Salmon

Ingredients:

2 lemons
4T olive oil
4T capers
4 salmon fillets (4-6 oz. each)

Instructions:

1. Stir together:
 - Zest of 2 lemons (~1tsp)
 - 2T lemon juice (~2-3 lemons)
 - 4T olive oil
 - 4T capers
2. Heat a large sauté pan to medium-high heat and add 1T oil.
3. Place 4 salmon fillets in pan, flesh side down, and cook for 3-4 minutes.
4. Flip salmon and pour lemon-caper sauce over the top. Cover with lid & cook another 3-4 minutes or until cooked through.

Parmesan Roasted Cauliflower & Broccoli

Ingredients:

1 cauliflower
1 head broccoli
½c shredded parmesan, optional
1 lemon
1 T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut cauliflower & broccoli into 1" pieces.
3. Toss with:
 - ½c shredded parmesan
 - 1T lemon zest
 - 1T olive oil
 - S&P to taste
4. Roast cauliflower & broccoli in a single layer on a sheet tray and for 30-35 minutes.



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Week 3 Meal 3: Asian Turkey Lettuce Wraps w/ Soy Dipping Sauce

Asian Turkey Lettuce Wraps

Ingredients:

- 1 romaine head
 - 2-3" ginger knob
 - 1 bunch green onion
 - 2 garlic cloves
 - 1 red bell pepper
 - 1 yellow onion
 - 1 bunch cilantro
 - 1 can water chestnuts*
 - 1.25# ground turkey thigh
 - 1T toasted sesame oil
 - 1T tamari*
 - 1T rice vinegar
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Remove leaves from romaine lettuce heads.
2. Chop 1 bunch green onions, keeping whites & greens separate.
3. Grate 1T ginger.
4. Finely chop:
 - 2 cloves garlic
 - 1 red bell pepper
 - 1 yellow onion
 - 2T cilantro
 - 1 can water chestnuts (drained)
5. In large sauté pan heat 1 tsp olive oil, add ground turkey, chopped bell pepper, onion, garlic, ginger, white part of green onion.
6. Cook for ~10-12 minutes, breaking apart ground turkey.
7. Add chopped water chestnuts, cilantro, green onion tops, 1T toasted sesame oil, 1T tamari, 1T rice wine vinegar. Stir to combine.

Soy Dipping Sauce

Ingredients:

- 1T toasted sesame oil
- 1T rice vinegar
- 2T tamari
- red chili flakes, optional

Instructions:

1. Combine all ingredients.



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Week 3 Meal 4: Potato & Onion Frittata w/ Orange Wedges

Ingredients:

1 yellow onion
1# baking potatoes
3 garlic cloves
8 eggs (omega 3)
4 oranges
S&P to taste

Instructions:

6. Pre-heat oven to 350 F.
7. Slice 1 yellow onion.
8. Thinly slice baking potatoes (works best on a mandolin).
9. Finely chop 3 cloves garlic.
10. In a large sauté pan heat 1T olive oil on high, add sliced onion and cook ~5 minutes. Season with ½ tsp salt.
11. Add sliced potatoes & chopped garlic, season with S&P.
12. Add 2c water, cover with lid turn heat to med and cook for 15 minutes or until knife easily slides through potatoes. Set aside to cool slightly.
13. Whisk 8 eggs in a large bowl, season with S&P. Stir in cooked onions & potatoes. Pour into an oiled pie pan.
14. Bake at 350 F for 40-45 minutes or until cooked through and no longer jiggly in the center.
15. Cut oranges into quarters (wedges). Serve on side.



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Week 3 Salad: Mixed Greens, Dried Figs, Walnuts, & Goat Cheese

Salad Components:

½c dried figs

½c walnuts

5oz mixed greens

4oz goat cheese crumbles, optional

Dressing:

½c olive oil

¼c balsamic vinegar

S&P to taste

Instructions:

1. Roughly chop dried figs & ½c walnuts.
2. In a large bowl layer salad components:
 - ½ tub of mixed greens
 - ¼c chopped walnuts
 - ¼c chopped dried figs
 - 2 oz goat cheese crumbles (optional)

Repeat layers

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - S&P to taste



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Week 3 Breakfast: Almond Butter, Strawberry, & Banana Smoothie

Ingredients:

2 bananas
1 bag frozen strawberries (8-10oz)
1 bag frozen spinach (8-10oz)
½c almond butter

Instructions:

1. In a blender combine:
 - 3-4c water
 - 8oz frozen strawberries
 - 2 bananas
 - frozen spinach (~2c)
 - ½c almond butter
2. Blend until smooth.
3. This yields 4 smoothies. Depending on blender size it may be best to do in 2 batches.

Week 3 Snack: Grapes & Cashews

Ingredients:

1 bunch grapes
1c cashews

Instructions:

1. 1 serving = 1c grapes + ¼c cashews.



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Week 3 Dessert: Peanut Butter Cups

Ingredients:

1c coconut oil
1c cacao/cocoa powder
¼c honey
pinch of salt
4T peanut butter

Instructions:

1. Place 12 muffin liners in a muffin pan.
2. In a saucepan over low heat, whisk together, until coconut oil is melted and ingredients are well combined. Remove from heat.
3. Place 1T of cocoa mixture into bottom of each liner & freeze ~10 minutes Once cocoa mixture hardens, place 1tsp peanut butter in the center of each cup and "flatten" slightly.
4. Top with additional 1-1.5T cocoa mixture (enough to cover completely). Place in freezer for 10 minutes or until hardened.



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Week 4 Meal 1: Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, White Bean, Olives, & Feta

Pecan-Crusted Chicken

Ingredients:

1 can coconut milk*

1T apple cider vinegar

1# chicken tenders

1½ c pecans

1T chili powder

1T smoked paprika

1T cumin

2 omega-3 eggs

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

2. Pre-heat oven to 425 F.
3. Whisk coconut milk with 1T apple cider vinegar. Add chicken and marinate 1-2 hours in refrigerator.
4. In a food processor add:
 - 1½ cup pecans
 - 1T chili powder
 - 1T smoked paprika
 - 1T cumin powder
5. Blend until pecans are finely to roughly chopped. Put chopped pecans in a bowl.
6. In a separate bowl whisk 2 eggs.
7. Remove chicken tenders from marinade. Dredge each in this order:
 - 1: eggs
 - 2: pecan crustRepeat steps until all fillets are covered.
8. Place pecan chicken on a sheet tray. Bake 12-15 minutes or cooked through (165 F).

Collard Green Salad w/ Tomato, White Bean, Olives, & Feta

Salad Components:

¼c sun-dried tomatoes (in oil)

1 bunch collard greens

¼ c olive oil

½ tsp salt

8oz Feta cheese, optional

1/8c sliced Kalamata olives

1 can white beans*

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Dressing:

½c olive oil



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½c basil leaves

Zest & juice of 1 lemon

1 tsp honey

S&P to taste

Instructions:

1. Roughly chop ¼c sun-dried tomatoes.
2. Remove leaves from collards (discarding stems). Roughly chop leaves. Place in a large bowl.
3. Add ¼ c olive oil & ½ tsp sea salt (coarse sea salt preferred).
4. Use your hands to “massage” the salt and oil into the leaves for 2-3 minutes, add up to and additional ¼c oil if needed.
5. Add:
 - ¼c chopped sundried tomatoes
 - 1T of lemon-basil vinaigrette (below)
 - 4oz crumbled Feta (optional)
 - 1/8 cup sliced Kalamata olives
 - 1 can white beans, drained
6. Toss all together.

For Lemon Basil Vinaigrette:

1. Place in blender:
 - ½c olive oil
 - ½c basil leaves
 - Zest & juice of 1 lemon
 - 1 tsp honey
 - 1/8 tsp salt or to taste
2. Blend on high until basil is finely chopped.



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Week 4 Meal 2: Salmon, Green Bean, Almond, & Strawberry Salad w/ Lemon-Basil Vinaigrette

Salmon

Ingredients:

4 salmon fillets (4-6 oz.)

S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Season salmon with S&P and bake for 18-20 minutes (or option to grill).

Green Bean, Almond, & Strawberry Salad w/ Lemon-Basil Vinaigrette

Ingredients:

1 cup fresh green beans

8 oz strawberries

1 small tub mixed greens

½ c sliced almonds

8oz Feta cheese, optional

Instructions:

1. Cut green beans into 1" pieces. Steam (or boil) for 3-5 minutes or until just turning a bright green color. Place in refrigerator to cool.
2. Thinly slice 8 oz. of strawberries.
3. Toss together in a large bowl:
 - mixed greens
 - ½c sliced almonds
 - sliced strawberries
 - chopped green beans
 - 4 oz crumbled feta (optional)
4. Drizzle with lemon basil vinaigrette (below)

For Lemon Basil Vinaigrette:

3. Place in blender:
 - ½c olive oil
 - ½c basil leaves
 - Zest & juice of 1 lemon
 - 1 tsp honey
 - 1/8 tsp salt or to taste
4. Blend on high until basil is finely chopped.



March 2016 Recipes, Gluten Free

Week 4 Meal 3: Chicken Sausage, Broccoli, & Chickpeas over Zucchini Pesto “Pasta”

Ingredients:

1 broccoli
2 zucchini
1/3c olive oil
1 lemon
1 garlic clove
2 oz. parmesan, optional
1/2c walnuts
1 bunch basil
1 small bag spinach
1# uncooked chicken sausage
1 can chickpeas
optional: red chili flakes

Instructions:

1. Chop broccoli into bite-sized pieces, set aside.
2. Thinly slice 2 zucchini in long spaghetti-like strips (best on a mandolin or spiralizer).
3. For pesto, combine the following in a blender:
 - 1/3c olive oil
 - 1/4c water or broth (add more if needed for consistency)
 - 1T lemon juice (about 1/2 lemon)
 - 1 clove garlic
 - 2 oz parmesan (optional)
 - 1/2c walnuts
 - 1/2c basil
 - 1c large handful of spinach
4. Blend until smooth.
5. Brown 1lb chicken sausage in a large sauté pan on medium high for 10-12 minutes or cooked through.
6. Add chopped broccoli to chicken sausage and sauté additional 3 minutes.
7. Add pesto & 1 can drained chickpeas. Stir to combine.
8. In a separate sauté pan, heat 1tsp olive oil over med-high heat.
9. Add zucchini “spaghetti” and cook 2-3 minutes.
10. Add sausage, broccoli, chickpeas & pesto. Option to season with red chili flakes and/or parmesan.



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Week 4 Meal 4: Zucchini, Corn, & Potato Soup

Ingredients:

1 zucchini
1 summer squash
1 yellow onion
2 garlic cloves
1 russet potato
4 celery stalks
2 ears corn
1 tsp olive oil
32oz vegetable broth*
1 lemon
4-6oz Parmesan, optional
S&P to taste

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Roughly chop
 - 1 zucchini
 - 1 yellow summer squash
 - 1 yellow onion
 - 2 garlic cloves
 - 1 potato
 - 4 celery stalks
2. Remove corn from cob (option to set aside ¼c to top soup at end).
3. In large soup pot, add 1tsp olive oil and roughly chopped veggies (zucchini, squash, onion, garlic, celery, corn, & potato).
4. Sauté veggies for 5 minutes. Add 3c veggie broth + 3c water and cook for 30-45 minutes or until a knife easily slides through potatoes.
5. Turn heat off of soup and let cool slightly. Puree soup until smooth (may need to do this in batches).
6. Season soup with: 1T lemon juice, zest of 1 lemon (about 1tsp), 2oz parmesan (optional), S&P to taste.
7. Stir in any reserved corn. Option to top with grated parmesan.



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Week 4 Salad: Romaine w/ Carrot, Radish, Avocado, & Sunflower Seeds

Salad Components:

- 1 large carrot
- 1 bunch radishes
- 2 avocados
- 1 sm bag chopped romaine
- ½c sunflower seeds

Dressing:

- ½c olive oil
- ¼c balsamic vinegar
- S&P to taste

Instructions:

7. Grate (using food processor or large cheese grater) 2 carrots & radishes (or thinly slice/ chop).
8. Chop 1-2 avocados.
9. In a large bowl layer salad components:
 - ½ bag chopped romaine lettuce
 - ½ shredded (or chopped) carrot & radish
 - avocado
 - ¼c sunflower seedsRepeat layers

For Balsamic Dressing:

8. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - S&P to taste



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Week 4 Breakfast: PB&B Brown Rice Cakes

Ingredients:

brown rice cakes*

1c peanut butter*

1 bunch bananas

1tsp cinnamon

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Spread 1.5T peanut butter on 2 brown rice cakes.
2. Add 1 banana sliced and a sprinkle of cinnamon.

Week 4 Snack: Mango, Banana, & Spinach Smoothies

Ingredients:

10 oz bag mango chunks

1 bunch bananas

1 small bag spinach

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. In a blender add:
 - 3-4c water
 - 10oz frozen mangos (~3c)
 - 2 bananas
 - spinach (~4c)Blend on high until smooth.
2. This yields 4 smoothies. Depending on blender size it may be best to do in 2 batches.



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Week 4 Dessert: Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries

Ingredients:

½c balsamic vinegar

1tsp vanilla

1tsp maple syrup, optional

8 oz strawberries

1 pint vanilla coconut milk ice cream OR substitute with yogurt of choice

Instructions:

1. Thinly slice 8 oz. of strawberries.
2. Whisk together:
 - ¼c balsamic vinegar
 - 1tsp vanilla
 - 1tsp maple syrup (optional)
3. Pour over sliced strawberries (allow to marinate for at least 1 hour).
4. Scoop of ice cream and top with ~1/4c of marinated strawberries.



March 2016 Recipes, Gluten Free

Week 5 Meal 1: Mahi Mahi w/ Pineapple-Black Bean Salsa & Asparagus

Mahi Mahi

Ingredients:

4 mahi mahi fillets
1 lime
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Bake Mahi Mahi for 14-16 minutes or cooked/ flaky OR option to grill, 4-6 minutes/ side.
3. Season with S&P.
4. Cut 1 lime into wedges & serve with fish.

Pineapple-Black Bean Salsa

Ingredients:

1 fresh pineapple
1 red bell pepper
1 jalapeno
1 bunch chives (or green onion or cilantro)
1 can black beans
1 lime
Salt to taste

Instructions:

1. Finely dice:
 - 1c pineapple
 - 1 red bell pepper
 - 1 jalapeno
 - 1T chopped chives (or green onion or cilantro)
2. Toss all together with:
 - 1 can black beans (drained & rinsed)
 - lime juice to taste (1-2t)
 - 1/4t salt (or to taste)

Asparagus

Ingredients:

1 bunch asparagus
1T olive oil

Instructions:

1. Pre-heat oven to 400 F.
2. Remove & discard lower 2-3" of asparagus. Toss with 1T olive oil, S&P.
3. Roast asparagus for 10-12 minutes.



March 2016 Recipes, Gluten Free

Week 5 Meal 2: Turkey Meatloaf w/ Mashed Sweet Potatoes & Snap Peas

Turkey Meatloaf

Ingredients:

1# ground turkey thigh
1T chili powder*
1c almond flour
1 egg
½c tomato sauce*

Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 400 F.
2. Place the following in a large bowl:
 - 1# ground turkey thigh
 - 1c almond flour
 - 1T chili powder
 - 1 egg
 - ½c tomato sauce
3. Mix all ingredients to combine (works best using hands). Place in an oiled baking pan and cover.
4. Bake meatloaf for 45-50 minutes or cooked through.

Mashed Sweet Potatoes

Ingredients:

2 lg sweet potatoes (~2#)

Instructions:

1. Use knife to poke holes in 2 potatoes.
2. Place in a large pot, cover with water & boil for 1-1.5hr or until a knife inserts easily.
3. Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth.

Snap Peas

Ingredients:

3-4c snap peas
Salt to taste

Instructions:

1. Steam (or boil) snap peas for 2-3 minutes.
2. Season lightly with salt.



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Week 5 Meal 3: Marinated Flank Steak w/ Spanish Rice & Green Beans

Marinated Flank Steak

Ingredients:

½c olive oil

1 bunch cilantro

2 garlic cloves

1T tamari*

1T honey, optional

½T salt

2T apple cider vinegar

1-1.5# grass-fed flank steak

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Place the following in a blender:
 - ½c olive oil
 - large handful cilantro
 - 2 cloves peeled garlic
 - 1T tamari
 - 1T honey
 - ½T salt
 - 2T apple cider vinegar
2. Blend until combined. Pour over flank steak and allow to marinate in the refrigerator for at least 1 hour up to 3 days.
3. Remove steak from marinade and grill for 4-6 minutes per side for medium rare, OR heat large sauté pan to med-high, sear for 3 minutes on each side and transfer to pre-heated 400 F oven for ~8 minutes for medium rare.
4. Allow steak to rest 5-10 minutes before cutting. Cut meat very thin against the grain like you would fajita meat.



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Spanish Rice

Ingredients:

1c brown rice
1 small yellow onion
2-3 garlic cloves
1c tomato sauce*

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Place 2c water + 1c brown rice in a pan, bring to a boil, lower heat to low, cover with a lid and for cook 30-45 minutes.
2. Finely chop 1 yellow onion.
3. Finely chop 2-3 cloves garlic.
4. Place chopped onion + chopped garlic + 1c tomato sauce* in a small pot. Bring to a simmer and cook on low for 30 minutes.
5. Add cooked rice (2-3 cups) stir to combine.

Green Beans

Ingredients:

3-4c green beans
S&P to taste

Instructions:

1. Boil green beans for 6-8 minutes.
2. Season to taste with S&P.



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Week 5 Meal 4: Veggie Minestrone

Ingredients:

1 carrot
1 zucchini
1 yellow onion
2-3 garlic cloves
1T thyme
1T basil
1T oregano
14oz diced tomatoes*
4c vegetable broth*
1 can white beans*
S&P to taste

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop:
 - 1 carrot
 - 1 zucchini
 - 1 yellow onion
 - 2-3 cloves garlic
2. Heat 1tsp oil in a large soup pot over medium high, add chopped garlic (~1T), chopped onion & chopped carrot, sauté for 6-8 minutes.
3. Season with 1T each: thyme, basil, oregano.
4. Add 1 chopped zucchini, 14oz diced tomatoes, 4c vegetable broth & 4-8c water.
5. Bring to boil, lower heat & simmer ~1hr.
6. Add white beans. Season with S&P to taste.



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Week 5 Salad: Arugula w/ Tomatoes, Basil, & Mozzarella

Salad Components:

1 pint cherry tomatoes
1 bunch fresh basil
5oz arugula tub
1 tub mini mozzarella balls, optional
½c pine nuts

Dressing:

½c olive oil
¼c balsamic vinegar
S&P to taste

Instructions:

1. Cut cherry tomatoes into half.
2. Roughly chop basil
3. In a large bowl layer salad components:
 - ½ tub of arugula
 - ½c mozzarella balls (optional)
 - ½ cherry tomatoes
 - ¼c pine nuts
 - ½ chopped basilRepeat layers

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - S&P to taste



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Week 5 Breakfast: Asparagus & Bacon Frittata w/ Feta

Ingredients:

2-3 garlic cloves

4 slices thin, peppered bacon*

1 bunch asparagus

8 eggs (omega-3)

black pepper to taste

4oz feta crumbles, optional

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 350 F.
2. Finely chop 2-3 cloves garlic.
3. Finely chop 4 slices bacon.
4. Remove & discard lower 2" of asparagus & cut into 1/2" pieces.
5. Place chopped bacon in sauté pan, cook 3-4 minutes, add chopped asparagus & garlic, and continue to cook for 3-4 minutes or until bacon is cooked/ crispy.
6. Whisk 8 eggs in a large bowl & season with black pepper. Stir in cooked bacon & asparagus.
7. Pour into a prepared pie pan. Top with 4oz crumbled feta.
8. Bake at 350 F for 20-30 minutes or until no longer jiggly.

Week 5 Snack: Cucumber Slices & Sunflower Seed Butter

Ingredients:

1 cucumber

1/2c sunflower seed butter*

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Cut cucumber into slices for snacking.

Week 5 Dessert: Fresh Pineapple

Ingredients:

1 pineapple

Instructions:

1. Slice pineapple. Enjoy!