



January 2016 Recipes, Gluten Free

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Meal 1: Romesco Baked Salmon w/ Acorn Squash & Sautéed Mushrooms

Romesco Baked Salmon

Ingredients:

1 red bell pepper
1 clove garlic
4 Roma tomatoes
1T olive oil
¼c blanched almonds
¼c hazelnuts
¼c olive oil
1 tsp red wine vinegar
1 tsp paprika
salt
4 x salmon fillets (4-6oz/ portions)

Instructions:

1. Pre-heat oven to 400 F.
2. Cut 1 red bell pepper into 4 pieces (remove/ discard stem & seeds).
3. Peel 1 clove garlic.
4. Place: 4 whole Roma tomatoes + red bell pepper pieces + peeled garlic on a 9x13 baking pan.
5. Drizzle with 1T olive oil. Roast at or 40-45 minutes, cool lightly.
6. Place ¼c almonds & ¼c hazelnuts in a single layer on a sheet pan & roast for 8-10 minutes, cool lightly.
7. Adjust oven temperature to 425 F.
8. Place the following in a blender:
 - ¼c olive oil
 - roasted tomatoes (option to remove peel), garlic & bell pepper
 - toasted almonds & hazelnuts (option to remove peel)
 - 1 tsp red wine vinegar (or sub apple cider vinegar)
 - 1 tsp paprika
 - ¼ tsp salt
9. Blend until just smooth or desired consistency. Season to taste with additional salt or a splash of vinegar.
10. Spread salmon fillets with 1-2T sauce per fillet.
11. Bake salmon for ~16-18 minutes or cooked through/ flaky.

Acorn Squash

Ingredients:

2 acorn squash
3T olive oil
pinch of nutmeg (optional)

Instructions:

1. Pre-heat oven to 425 F.
2. Half both squash, remove seeds, cut into ½" crescents.
3. Toss with ~3T olive oil, 1/8 tsp nutmeg (optional), & S&P.
4. Place acorn squash crescents on a baking sheet in a single layer & roast for 20-30 minutes.

Sautéed Mushrooms

Ingredients:

1-2 tsp butter (or olive oil)
16 oz. sliced mushrooms

Instructions:

1. Heat 1-2 tsp butter or olive oil in a large sauté pan.
2. Cook sliced mushrooms for 10-12 minutes. Season with S&P to taste.



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Meal 2: Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup

Salt & Pepper Roasted Drumsticks

Ingredients:

8 skin-on chicken drumsticks
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Pat drumsticks dry with a paper towel.
3. Season with fresh ground pepper & salt; place in single layer on baking sheet.
4. Bake drumsticks for 35-40 minutes or cooked to 165 F.

Sweet Potato & Pear Soup

Ingredients:

2# Jewel or Garnett sweet potato (3 medium)
1 yellow onion
1 clove garlic
2" fresh ginger knob (optional)
1 pear
1 tsp olive oil
3c chicken broth*

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

Instructions:

1. Peel & roughly chop:
 - ~3 sweet potatoes
 - 1 yellow onion
 - 1 clove garlic
 - 1 pear
 - ginger, for ~2 tsp
2. In large soup pot, heat 1tsp olive oil & sauté yellow onion for 3-4 minutes or until a slight change in color.
3. Add sweet potatoes, 1 clove garlic & 3c broth.
4. Cover, turn heat to medium.
5. Cook 30 minutes, set aside to cool for at least 10 minutes before pureeing.
6. Place the following in a blender:
 - cooked sweet potato, onion & garlic (cooled)
 - 1 peeled/chopped pear
 - 2 tsp fresh ginger, peeled & roughly chopped (optional)
 - ¼ tsp salt
7. Blend until smooth, adding water/ broth as needed for desired consistency.
8. Season to taste as needed.



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Meal 3: Flank Steak w/ Romesco Sauce, Plantains & Green Beans

Flank Steak w/ Romesco Sauce

Ingredients:

1 red bell pepper
1 clove garlic
4 Roma tomatoes
1T olive oil
¼c blanched almonds
¼c hazelnuts
¼c olive oil
1 tsp red wine vinegar
1 tsp paprika
salt
1 tsp coconut oil
1-1.5# grass-fed flank steak

Instructions:

1. Pre-heat oven to 400 F.
2. Cut 1 red bell pepper into 4 pieces (remove/ discard stem & seeds).
3. Peel 1 clove garlic.
4. Place: 4 whole Roma tomatoes + red bell pepper pieces + peeled garlic on a 9x13 baking pan.
5. Drizzle with 1T olive oil. Roast at or 40-45 minutes, cool lightly.
6. Place ¼c almonds & ¼c hazelnuts in a single layer on a sheet pan & roast for 8-10 minutes, cool lightly.
7. Adjust oven temperature to 425 F.
8. Place the following in a blender:
 - ¼c olive oil
 - roasted tomatoes (option to remove peel), garlic & bell pepper
 - toasted almonds & hazelnuts (option to remove peel)
 - 1 tsp red wine vinegar (or sub apple cider vinegar)
 - 1 tsp paprika
 - ¼ tsp salt
9. Blend until just smooth or desired consistency. Season to taste with additional salt or a splash of vinegar.
10. Heat 1T coconut oil in a grill pan and cook flank steak 4-5/ minutes per side for med-rare. Set aside to rest for 3-4 minutes.
11. Serve with sauce.

Plantains & Green Beans

Ingredients:

2-4 plantains with dark spots
~3c green beans
~3T coconut oil

Instructions:

1. Peel plantains, cut in half & then cut each half into 4 long slices.
2. Remove ends from green beans and cut into 2" pieces.
3. Heat 2T coconut oil in a large sauté pan. Add plantain slices, cook 3-4 minutes/ side or until browned. Season with salt & scoot to side.
4. In the same sauté pan, turn to med-high heat and add 1T oil. Add green beans & cook 8-10 minutes. Season with S&P.



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Meal 4: Black Eyed Pea, Potato & Collards Soup

Ingredients:

2 slices thick cut peppered bacon*
2 cloves garlic
2 yellow onion
1 bunch collards
1 large red potato
~4c chicken broth*
1/8 tsp cayenne
1 can black-eyed peas*

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

Instructions:

1. Finely chop:
 - bacon
 - yellow onion
 - garlic
 - collard stems
 - collard leaves
 - red potato
2. In a large soup pot, sauté bacon + chopped onion + garlic + collard stems & leaves for 3-4 minutes.
3. Add chopped potatoes + 4 cups broth + 2c water + 1/8 tsp cayenne & drained, rinsed black-eyed peas.
4. Bring to a boil, lower to simmer and cook for 30 minutes.
5. Season to taste with S&P.



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Salad: Mixed Greens w/ Pomegranate, Blue Cheese & Walnuts

Salad Components:

½c pomegranate arils or 1 pomegranate
5oz tub mixed greens
½c chopped walnuts
4oz blue cheese crumbles (optional)

Dressing:

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

Instructions:

1. Remove arils from pomegranate.
2. In a large bowl layer salad components:
 - ½ mixed greens
 - ½ pomegranate arils
 - ¼c chopped walnuts
 - 2oz blue cheese
 - Repeat layers.

For Balsamic Dressing:

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



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Breakfast: Mixed Berry Green Smoothie

Ingredients:

2 large bananas
1 small bag of baby spinach
8oz bag frozen mixed berries (or mixed fruit of choice)*

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

Instructions:

1. Place 2c water (or OJ, milk, etc) + 8oz frozen mixed berries in a large blender. Blend on high until smooth.
2. Add 2 bananas & 2 large handfuls spinach, blend on high until smooth.
3. Add more liquid as needed for desired consistency.

Note: depending on blender size, may need to blend above in multiple batches.

Snack: Cheese & Olives

Ingredients:

4oz grass-fed Buffalo mozzarella (optional)
1 jar Kalamata olives

Instructions:

1. Slice mozzarella as needed & enjoy!

Dessert: Cranberry-Walnut Baked Green Apples

Ingredients:

¼c coconut oil
¼c Medjool dates
¼c dried cranberries
1c chopped walnuts
1t vanilla extract
4 green apples
½T cinnamon

Instructions:

1. Preheat oven to 375 F.
2. Place the following in a blender:
 - coconut oil
 - dates, pits removed (~5 large)
 - dried cranberries
 - walnuts
 - vanilla
3. Blend until roughly chopped.
4. Cut apples in half and scoop out center seeds.
5. Place 1T (heaping) of filling in each apple; sprinkle with ½T cinnamon.
6. Bake, covered for 30-35 minutes. Remove cover for the final 5-10 minutes.



January 2016 Recipes, Gluten Free

Meal 1: Cornmeal-Crusted Catfish w/ Collards & Corn Muffins

Cornmeal-Crusted Catfish

Ingredients:

1c cornmeal
1.5-2# fresh catfish fillets (option: sub tilapia or salmon)
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
 2. Place 1c cornmeal in a bowl and dredge catfish to coat. Season with S&P.
 3. Bake fish for 10-12 minutes (for thinner, smaller fish) up to 16-18 minutes (for thicker, larger fish).
- Optional: whisk 1-2 eggs and first dredge fish in egg batter before dredging in cornmeal.

Collards

Ingredients:

2-3 cloves garlic
1 bunch collards
1 tsp oil
½c water

Instructions:

1. Finely chop 2-3 cloves garlic.
2. Remove leaves from collards (saving stems) and roughly chop.
3. Finely dice the collard stems.
4. Heat 1t oil in a large sauté pan over high heat.
5. Add garlic & collard stems, sauté for 5-6 minutes.
6. Add collard leaves & turn to med-high heat.
7. Add ½c water to the collards and sauté for 15-20 minutes or until wilted & cooked down. Season to taste with salt & pepper.

Corn Muffins

(Yield 12)

Ingredients:

2c cornmeal
1T baking powder
¼ tsp salt
2 eggs
1c water
¼c olive oil
¼c honey

Instructions:

1. Pre-heat oven to 375 F.
2. In large bowl, combine all dry ingredients (cornmeal, baking powder & salt).
3. In separate bowl small, whisk together liquid ingredients (eggs, water, oil & honey).
4. Add wet ingredients to dry ingredients and stir well to combine.
5. Pour into a 12-cup, well-oiled muffin tin (option to line muffin tin with papers).
6. Bake 375 F for 16-22 minutes, or until tops bounce back when pressed.
7. Note: leftovers freeze well.



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Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes

Goat Cheese, Tomato & Spinach Stuffed Chicken

Ingredients:

1 bag spinach

¼c sundried tomatoes (packed in olive oil)

2oz soft goat cheese (optional)

4 organic boneless, skinless chicken breasts (if available buy thinly pounded/ sliced, scallopini breasts)

Instructions:

1. Pre-heat oven to 425 F.
2. Place spinach in a steamer filled with ~3c hot water and steam for 4-5 minutes or until wilted.
3. Squeeze excess water from steamed spinach (cooked spinach should yield ~¼c).
4. Roughly chop ~¼c spinach & ¼c sundried tomatoes (excess oil drained) and mix in 2oz goat cheese.
5. Place chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of large cutting board.
6. Pound chicken using a mallet until thin.
7. Spread each breast with ~2T tomato, spinach, goat cheese filling and roll tightly.
8. Place chicken in an oiled baking pan, bake for 30-35minutes or until cooked through & no longer pink (internal temperature: 165F).

Roasted Sweet Potatoes

Ingredients:

2 lg sweet potatoes

1T olive oil

3T herbs de Provence (or Italian herb blend)

S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut sweet potatoes into 1" cubes.
3. Toss with 1T olive oil, 3T herbs de Provence, S&P.
4. Place sweet potatoes on an oiled sheet tray.
5. Roast for 35-40 minutes, remove from oven and toss halfway through cooking.



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Meal 3: Spaghetti Squash w/ Beef & Mushroom Marinara Sauce

Beef & Mushroom Marinara Sauce

Ingredients:

2-3 cloves garlic
1 sm yellow onion
1# grass-fed, organic ground beef, 95%
2 x 8oz sliced mushrooms (16oz total)
25-32oz tomato sauce or pureed tomatoes*
3T herbs de Provence (or Italian herb blend)*
S&P to taste
~4 oz. parmesan cheese (optional for garnishing)

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

Instructions:

1. Finely chop 2-3 cloves garlic, 1T for tomato sauce.
2. Dice onion.
3. In a large sauté pan add:
 - beef
 - garlic
 - chopped onion
 - sliced mushrooms
4. Sauté 15 minutes, breaking apart meat.
5. Add 25-32oz tomato sauce/pureed tomatoes.
6. Season with 2-3T herbs de Provence, S&P to taste.

Spaghetti Squash

Ingredients:

1-2 spaghetti squash (~4#)

Instructions:

7. Pre-heat oven to 375 F.
8. Pierce the spaghetti squash with a knife and roast whole for ~1.5 hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin).
9. Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool until able to handle without burning yourself.
10. Take halved spaghetti squash and remove seeds.
11. Scoop out squash.



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Meal 4: Chipotle 3-Bean Veggie Chili w/ Corn Muffins

Chipotle 3-Bean Veggie Chili

Ingredients:

2-3 cloves garlic
1 sm yellow onion
3 bell peppers (1 each: red, yellow, & green)
1 dried chipotle pepper
1 tsp oil
28oz can fire roasted tomatoes*
2T chili powder*
15oz can black bean*
15oz can kidney bean*
15oz can pinto bean*
~4 oz. jack cheese (optional for garnish)*

Cans: prefer no-salt added

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

Instructions:

1. Boil 2-3 c water.
2. Finely chop 2-3 cloves garlic, 1T for chili.
3. Dice onion.
4. Finely dice all 3 bell peppers.
5. Place dried chipotle pepper in hot water (~3 cups hot water) and allow to re-hydrate.
6. Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
7. Place chipotle in a blender with 2-3 cups of re-hydrating water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili).
8. In a large stock pan, sauté bell peppers, diced onion, 1T garlic in 1 tsp oil for 10 minutes.
9. Add pureed chili to sautéed veggies.
10. Add 28oz fire roasted diced tomatoes, 2T chili powder and 3 cans of drained beans.
11. Bring to a boil then lower to low-medium heat, stirring occasionally. Add water or stock as needed.
12. Continue to cook for 30m-1 hour. Season with additional chili powder, S&P as needed.
13. Option to serve topped with jack cheese.
The chili yields 8 servings. Option: to freeze ½ to use at a later date.

Corn Muffins

(Yield 12)

Ingredients:

2c cornmeal
1T baking powder
¼ tsp salt
2 eggs
1c water
¼c olive oil
¼c honey

Instructions:

1. Pre-heat oven to 375 F.
2. In large bowl, combine all dry ingredients (cornmeal, baking powder & salt).
3. In separate bowl small, whisk together liquid ingredients (eggs, water, oil & honey).
4. Add wet ingredients to dry ingredients and stir well to combine.
5. Pour into a 12-cup, well-oiled muffin tin (option to line muffin tin with papers).
6. Bake 375 F for 16-22 minutes, or until tops bounce back when pressed.



January 2016 Recipes, Gluten Free

Salad: Mixed Greens w/ Beets, Shaved Fennel, Goat Cheese & Walnuts w/ Balsamic Vinaigrette

Salad Components:

- 4 lg beets (2 red, 2 golden if available)
- 1-2T olive oil
- 1 small fennel bulb
- ½c walnuts
- 1T balsamic vinegar
- 5 oz. mixed salad greens
- 4 oz. soft goat cheese (OR almond, soy, dairy, rice)* (optional)

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

Dressing:

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

Instructions:

1. Pre-heat oven to 375 F.
2. Peel beets and dice into ½" cubes. Toss + 1-2T olive oil +S&P. Roast for 40-45 minutes at 375 F, removing halfway through to toss.
3. Remove top of fennel, leave only white bulb, and slice thinly (works well on a mandolin).
4. Roughly chop walnuts.
5. When beets are cooked through (a knife slides through the beets) remove from oven and toss with 1T balsamic vinegar. Allow to cool.
6. In a large bowl layer salad components:
 - ½ mixed greens
 - ½ thinly sliced fennel
 - ¼c chopped walnuts
 - ½ roasted beets (cooled)
 - 2oz goat cheese
 - Repeat layers.

For Balsamic Dressing:

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



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Breakfast: Hard Boiled Eggs & Cuties

Ingredients:

8 eggs
1 bag of cuties (clementines)

Instructions:

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

Snack: Pears w/ Almond Butter

Ingredients:

4 pears (Bosc or any of your choice)
½c almond butter*

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

Instructions:

1. Slice pears and serve with 1-2T almond butter per pear.

Dessert: Chocolate Pudding

Ingredients:

½c coconut milk, lite or full fat* (or use other milk of choice)
1c Medjool dates (or sub honey or maple syrup)
1T vanilla extract
3 lg ripe avocados
½c cocoa powder

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

Instructions:

1. In a food processor (or blender) add:
 - ½ cup coconut milk
 - 1T vanilla
 - 1c pitted dates
2. Puree on low, gradually increasing speed until dates are smooth.
3. Add:
 - 3 avocados, pitted & peeled
 - ½ cup cocoa
4. Blend until smooth, adding more milk if needed for smooth consistency.



January 2016 Recipes, Gluten Free

Meal 1: Almond Crusted Salmon w/ Steamed Broccoli & Roasted Butternut Squash

Almond Crusted Salmon

Ingredients:

1.5c almonds
1T chili powder*
1T paprika
1T cumin powder
2 eggs (omega-3)
4 salmon fillets, skin removed

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

Instructions:

1. Pre-heat oven: 400 F.
2. Blend : until almonds are roughly to finely chopped
 - 1.5 cup almonds
 - 1T chili powder
 - 1T paprika
 - 1T cumin powder
3. Place almonds in a shallow bowl.
4. In a separate shallow bowl, place 2 eggs, whisked.
5. Dredge salmon in the following order:
 - 1: eggs
 - 2: almond crust
6. Roast salmon at 400 F for 18-22 minutes or cooked through/ flaky.

Roasted Butternut Squash

Ingredients:

1-2# pre-cut butternut squash (or 1 whole)
1-2T olive oil
1T basil
S&P to taste

Instructions:

1. Pre-heat oven: 400 F.
2. If not pre-cut, peel, remove seeds & cut into small, 1" pieces.
3. Toss w/ 1-2T olive oil + 1T basil + S&P.
4. Place butternut squash in single layer on baking sheet.
5. Roast for 30-35 minutes. (removing to toss halfway through)

Steamed Broccoli

Ingredients:

1 broccoli
S&P to taste

Instructions:

1. Cut into 1" bite-sized pieces.
2. Steam (or boil) broccoli for ~5 minutes & season w/ S&P.



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Meal 2: Maple Mustard Pork Loin w/ Roasted Carrots & Parsnips

Maple Mustard Pork Loin

Ingredients:

¼c grainy mustard
2T maple syrup
1-1.5# pork loin

Instructions:

1. Pre-heat oven to 425 F.
2. Whisk together ¼ c grainy mustard & 2T maple syrup. Coat pork loin evenly.
3. Place pork in baking pan.
4. Roast for ~30-40 minutes or pork is cooked through (145 F).

Roasted Carrots & Parsnips

Ingredients:

3 lg carrots
2 lg parsnips
2T olive oil
1T dried basil

Instructions:

1. Pre-heat oven to 425 F.
2. Cut 3 large carrots & 2 parsnips into bite-sized pieces (~1"),
3. Toss w/ 2T olive oil + 1T basil + 1t salt.
4. Roast for ~30-40 minutes.



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Meal 3: Shepherd's Pie

Ingredients:

1 yellow onion
2 lg russet potatoes
1 cauliflower
2-3 carrots
1# ground lamb
1 tsp dried thyme
1 tsp dried basil
½c chicken broth*
1c peas
2T tomato paste

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

Instructions:

1. Pre-heat oven to 375 F.
2. Peel 2 russet potatoes. Roughly chop potatoes & cauliflower into ~2" pieces.
3. Steam or boil 2 cut russet potatoes & 1 head cauliflower for ~30 minutes or until cooked through/ a knife inserts easily. Allow to cool.
4. Chop onion.
5. Finely chop carrots.
6. Add 1# ground lamb + 1 tsp dried thyme + 1 tsp dried basil + S&P to a large sauté pan over med-high heat, and cook, breaking apart the meat.
7. Add 1 chopped yellow onion + chopped carrots and cook for 10 minutes or until onions are translucent.
8. Add ½c chicken broth + 1c peas + 2T tomato paste and cook 5 more minutes. Season to taste w/ S&P.
9. Place steamed cut russet potatoes & cauliflower head in food processor (or blender), puree until just smooth, add water as needed for smooth consistency. Season w/ S&P.
10. In a small 8x8" pan, layer the meat followed by the mashed cauliflower & potatoes.
11. Bake, covered, 40-50 minutes or until heated through. Option: uncover during final 5-10 minutes of baking.



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Meal 4: Tom Kha Gai Soup

Ingredients:

2-3 cloves garlic
1 sm yellow onion
1 carrot
1 red bell pepper
1c shiitake mushrooms
1 bunch green onions
1-3" knob ginger
1 stalk lemon grass (optional)
1 jalapeño
1T coconut oil
1 bone-in, skin-on chicken leg
1 bone-in, skin-on chicken breast
3.5c chicken broth*
11oz full fat coconut milk
2 limes,

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

Instructions:

1. Finely chop:
 - 2-3 garlic cloves
 - onion
 - 1 carrot
 - 1 red bell pepper
 - 1c shiitake mushrooms
 - white part of green onions
2. Chop green part of green onions, and set aside.
3. Peel & finely chop ginger (to yield ~1T).
4. Remove outer layer of lemon grass, bruise by pounding with a meat tenderizer, keep whole.
5. Remove/ discard jalapeño seeds. Finely chop remaining jalapeño.
6. Heat 1T coconut oil in large soup pot over medium-high heat. Add chicken leg & breast, cook for 1-2 minutes with the skin side down then flip.
7. Add all chopped veggies except green part of green onion (garlic, ginger, onion, bell pepper, carrot, mushrooms, jalapeño, white part of green onion & lemon grass). Cook for 5 minutes.
8. Add 3.5c chicken broth & coconut milk. Cook 20 minutes over medium.
9. Remove chicken and allow to cool, ~5-10 minutes. Cut meat from chicken and return to soup.
10. Add juice + zest of 1 lime. Season to taste with salt.
11. Remove & discard whole piece of lemon grass.
12. Serve with lime wedges & chopped green onion on top.



January 2016 Recipes, Gluten Free

Salad: Mixed Greens w/ Grapes, Avocado & Sunflower Seeds

Salad Components:

2c seedless grapes
1-2 avocado
5oz tub mixed greens
½c sunflower seeds

Dressing:

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

Instructions:

1. Cut grapes in half lengthwise.
2. Dice avocado
3. In a large bowl layer salad components:
 - ½ mixed greens
 - ½ grapes
 - ½ avocado
 - ¼c sunflower seeds
 - Repeat layers.

For Balsamic Dressing:

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



January 2016 Recipes, Gluten Free

Breakfast: Black-Eyed Pea, Collards & Feta Frittata

Ingredients:

2-3 cloves garlic
1 bunch collard greens
1 sm yellow onion
1 tsp oil
8 eggs (omega-3)
1 can black-eyed peas*
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 garlic cloves.
3. Separate collard green stems from leaves. Finely chop both.
4. Finely chop 1 onion.
5. Heat 1t oil in large sauté pan, add collard greens, yellow onion & chopped garlic. Cook 10-12 minutes. Cool.
6. Whisk 8 eggs in a large bowl. Season with fresh ground pepper.
7. Stir in:
 - sautéed collards, onions & garlic
 - 1 can rinsed & drained black-eyed peas
 - 4oz feta crumbles
8. Pour into an oiled 8x8" or 9x9" pan. Sprinkle with 1/8 tsp salt.
9. Bake at 350 F for 34-38 minutes or until no longer jiggly.

Snack: Kiwi + Pistachios

Ingredients:

8 kiwi
2c pistachios (in shell)

Instructions:

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + 1/2c pistachios (in shell).

Dessert: Honey Broiled Grapefruit

Ingredients:

4 grapefruit
8-10T honey

Instructions:

1. Pre-heat broiler.
2. Cut grapefruit in half (straight down the middle).
3. Loosen segments with a knife.
4. Top each half w/ 1-2T honey.
5. Broil grapefruit for 8-10 minutes or until lightly browned.



January 2016 Recipes, Gluten Free

Meal 1: Mexican Pork Stew

Ingredients:

1 jalapeño
2 carrots
2 bell peppers
1 red onion
2-3 cloves garlic
4 limes
1T cumin powder
1 tsp cayenne
2T chili powder*
4c chicken broth*
1-1.5# pork stew meat
1 large handful cilantro

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

Instructions:

1. Remove seeds & white veins (include for heat) from jalapeño; finely dice.
2. Dice or finely chop:
 - carrots
 - bell peppers
 - red onion
 - cloves garlic.
3. Whisk together:
 - Juice of 3 limes (~2T)
 - ~1T chopped garlic
 - 2T chili powder
 - 1T cumin powder
 - 1 tsp cayenne pepper (optional for heat).
4. Toss marinade with pork stew meat.
5. Toss chopped veggies + seasoned meat + broth into a crockpot or soup pot and cook 4-8 hrs.
(Optional: before adding to crockpot, add 2 tsp oil to a sauté pan and sear meat, 2-3 minutes, remove, add veggies, sauté 4-5 minutes.)
6. Chop cilantro & serve with fresh lime wedges on the side.



January 2016 Recipes, Gluten Free

Meal 2: Spinach Pesto Chicken w/ Zucchini Noodles

Spinach Pesto Chicken

Spinach Pesto Ingredients:

1 clove garlic
1c walnuts
1 bunch basil
1 bag baby spinach (5 oz.)
~1oz parmesan (optional)
1 lemon (1T juice)
¼c olive oil
4T water, or as needed for a smooth consistency

4 boneless, skinless chicken breasts

Instructions:

1. Pre-heat oven to 375 F.
2. In a blender, add all pesto ingredients (everything except for the chicken).
3. Blend until smooth, season as needed w/ salt and/or lemon juice.
4. Coat chicken breasts in pesto (~2T/ breast).
5. Bake chicken for 30-35 minutes or cooked through to 165 F.

Zucchini Noodles

Ingredients:

2-4 large zucchini
2 cloves garlic
1 tsp olive oil

Instructions:

1. Slice zucchini into long spaghetti-like strips (best done on a spiralizer or mandolin)
2. Chop garlic.
3. Heat 1t olive oil over med-high heat.
4. Sauté zucchini & garlic for 3-4 minutes.



January 2016 Recipes, Gluten Free

Meal 3: Orange-Cilantro Shrimp & Broccoli w/ Sweet Potato Wedges

Orange-Cilantro Shrimp & Broccoli

Ingredients:

1 head broccoli
1 jalapeño
1 clove garlic
1 orange
1 bunch cilantro
½c coconut oil
1 tsp salt
1.5# shrimp, peeled, deveined, tails removed

Instructions:

1. Pre-heat oven to 425 F.
2. Cut broccoli into bite-sized pieces.
3. Remove seeds & white veins (include for heat) from jalapeño & roughly chop
4. Blend the following until roughly combined:
 - garlic
 - jalapeño (no seeds or white part; option to add gradually for heat)
 - zest & juice of 1 orange
 - large handful fresh cilantro
 - ½c coconut oil (or olive oil)
 - 1 tsp salt
5. Toss chopped broccoli w/ 1-2T marinade. Marinate shrimp in remaining marinade for ~30 minutes.
6. Place broccoli & shrimp in single layer on a sheet pan & roast for 15 minutes or cooked through.

Sweet Potato Wedges

Ingredients:

2-3 large sweet potatoes
2-3Tolive oil
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut sweet potatoes into ½" wedges (thick fries).
3. Toss w/ 2-3T olive oil, S&P.
4. Roast sweet potato in a single layer for 30 minutes or cooked/ lightly browned.



January 2016 Recipes, Gluten Free

Meal 4: Pesto Rotini Pasta w/ Roasted Tomatoes & Mushrooms

Spinach Pesto

Ingredients:

1 clove garlic
1c walnuts
1 bunch basil
1 bag baby spinach (5 oz.)
~1oz parmesan (optional)
1 lemon (1T juice)
¼c olive oil
4T water, or as needed for a smooth consistency

Instructions:

1. In a blender, add all pesto ingredients.
2. Blend until smooth, season as needed w/ salt and/or lemon juice.

Rotini Pasta w/ Roasted Tomatoes & Mushrooms

Ingredients:

2 pints whole baby bella mushrooms
2 pints cherry tomatoes
1-2 T olive oil
¼ tsp salt
1 bag brown rice rotini pasta*
4oz goat cheese crumbles (optional)

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

Instructions:

1. Pre-heat oven to 350 F.
2. Quarter mushrooms.
3. Toss cherry tomatoes & quartered mushrooms with 1-2T olive oil & ¼t salt.
4. Roast for 30 minutes.
5. Boil large pot of water and cook pasta according to package instructions. Drain pasta and return to pan over low.
6. Toss pasta w/ **spinach pesto** and roasted tomatoes & mushrooms, heating for 2-3 minutes.
7. Top w/ goat cheese crumbles.



January 2016 Recipes, Gluten Free

Salad: Mixed Greens w/ Raspberries, Feta & Pistachios

Salad Components:

5oz tub mixed greens
1c raspberries
4oz feta crumbles (optional)
½c pistachios

Dressing:

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

Instructions:

1. Toss together salad ingredients.

For Balsamic Dressing:

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



January 2016 Recipes, Gluten Free

Breakfast: Baked Apples w/ Walnuts & Cherries

Ingredients:

¼c coconut oil
¼c Medjool dates (~5 dates)
¼c dried cherries
¼c walnuts
1 tsp vanilla
4 apples
1 tsp cinnamon

Instructions:

1. Pre-heat oven to 375 F.
2. Place in a blender:
 - ¼c coconut oil
 - ¼c dates, pits removed (~5 large)
 - ¼c dried cherries
 - ½c walnuts
 - 1 tsp vanilla
3. Blend until roughly chopped.
4. Cut apples in half and scoop out center seeds.
5. Place 1T (heaping) of filling in each apple; sprinkle w/ 1 tsp cinnamon. Cover with foil.
6. Bake, covered, for 30-35 minutes. Remove cover in final 5-10 minutes of cooking.

Snack: Baby Carrots w/ White Bean Hummus

Ingredients:

1 tsp balsamic vinegar
1 clove garlic
1 can white beans
1 bunch basil
S&P to taste
1 bag baby carrots

Instructions:

1. Blend the following until smooth:
 - 1 tsp balsamic vinegar
 - 1 small clove garlic
 - 15oz white beans, drained & rinsed
 - basil (large handful)
2. Add olive oil, 1T at a time as needed for a smooth consistency
3. Season w/ fresh ground pepper, ¼ tsp sea salt.

Dessert: Dark Chocolate + Almonds

Ingredients:

1c almonds
high quality dark chocolate bar or squares*

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

Instructions:

1. 1 portion = 1-2oz dark chocolate with up to ¼c almonds.