



September 2016 Recipes, GF

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September 2016 Recipes, GF

Week 1 Meal 1: Bacon & Chard Stuffed Chicken w/ Potatoes & Mushrooms

Bacon & Chard Stuffed Chicken

Ingredients:

- 1 bunch swiss chard
- 4 slices of thin-cut bacon*
- 1 garlic clove
- 4oz soft goat cheese log
- 4 chicken breasts, pounded thin/scallopini
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 400 F.
2. Remove leaves from chard, finely chop leaves, and discard stems.
3. Finely chop bacon slices & garlic.
4. In a large sauté pan, heat chopped bacon, chard, and garlic for ~8 minutes or until bacon is cooked through.
5. Turn off heat and stir in goat cheese until melted and combined (optional).
6. Pound chicken flat as necessary. Spread ¼ of chard/bacon/cheese mixture onto each chicken breast. Roll tightly.
7. Bake chicken for ~40 minutes or cooked through to 165 F.

Potatoes & Mushrooms

Ingredients:

- 8oz whole mushrooms
- 2 large red potatoes (or sweet potatoes)
- 1T oil
- 1T oregano
- S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Cut whole mushrooms in half & chop potatoes into ½" cubes. Toss w/ olive oil, oregano, S&P.
3. Roast for 35-40 minutes or browned/cooked through.



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Week 1 Meal 2: Cajun Shrimp w/ Polenta & Green Beans

Cajun Shrimp

Ingredients:

1T Creole seasoning*

1/2c olive oil

2T apple cider vinegar

1# shrimp, peeled & deveined

3c green beans

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

Instructions:

1. For the Cajun marinade, mix together:
 - Creole seasoning
 - olive oil
 - apple cider vinegar
2. Marinate shrimp for 30 minutes to 1 hour.
3. Pre-heat oven to 425 F.
4. Place shrimp & green beans on sheet pans.
5. Roast ~12 minutes or until shrimp is cooked.

Polenta

Ingredients:

4c water

1c medium grind cornmeal

1/2tsp salt

Instructions:

1. Bring 4c water to a boil, add 1c cornmeal, whisking constantly.
2. Add 1/2tsp salt and reduce heat to low. Continue to cook for 30-35minutes.
3. Whisk occasionally, making sure to scrape edges/bottom of pan to avoid sticking.



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Week 1 Meal 3: Taco Salad

Taco Salad

Ingredients:

- 1 head romaine lettuce
- 1 yellow bell pepper
- 1 jicama
- 1 x carrot
- 1 pint cherry tomatoes
- 2 corn cobs (OR 1c frozen kernels)
- 2T taco seasoning*
- S&P to taste
- 1/2c pumpkin seeds
- 2 avocados
- 1 can kidney beans

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

Instructions:

1. Chop into 1" pieces:
 - Romaine
 - Yellow bell pepper
 - Peeled jicama
 - Carrot
2. Halve cherry tomatoes.
3. Cook ground bison in large sauté pan, breaking apart. Add 2T taco seasoning, S&P.
4. Layer in container as follows:
 - 1/2 chopped romaine
 - 1/2 chopped bell pepper, carrot, jicama, tomato, corn kernels
 - 1/4c pumpkin seedsRepeat layers
5. Top salad with chopped avocado, drained kidney beans, & drizzle with vinaigrette.



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Cilantro-Lime Vinaigrette

Ingredients:

1/2c olive oil
2-3T lime juice (4-6 limes)
1 bunch cilantro
1T honey (optional)
1/4tsp salt
pepper to taste

Instructions:

1. Place the following in a blender & blend until just smooth:
 - Olive oil
 - Lime juice
 - Cilantro leaves
 - Honey
 - S&P



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Week 1 Meal 4: Beef & Eggplant Lasagna

Ingredients:

1 Eggplant
S&P to taste
1# ground grassfed beef, 95% lean
8oz sliced mushrooms
2T Italian seasoning*
1 x 25oz spaghetti sauce *
32oz low-fat Greek yogurt (optional)
1.5 c shredded parmesan cheese (optional)
Brown rice lasagna noodles*
* Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 350 F.
2. Thinly slice eggplant 1/4" (best done on a mandolin).
3. Spray/rub eggplant lightly w/ olive oil, season w/ S&P.
4. Place on a sheet pan and roast eggplant for 15-20 minutes, or until lightly browned. Carefully flip 1/2 way. Allow to cool.
5. Increase oven heat to 375 F.
6. For the Tomato Sauce, in a large sauté pan over med-high heat, cook ground beef, mushrooms, and Italian seasoning for 12 minutes. Stir in 1 jar of tomato sauce, remove from heat, and allow to cool.
7. Stir together the following for the "white layer": yogurt and 1c shredded parmesan cheese.
8. Assemble lasagna by layering in a 9x13"pan:
 - 1/2 beef-tomato sauce
 - a layer of brown rice lasagna noodles
 - 3/4 white mix
 - eggplant "noodles"
 - remaining 1/2 tomato sauce
 - dot with remaining white mix
 - top with 1/2c parmesan cheese
9. Cover with foil and cook for ~50min-1hr or until bubbly/heated through.
10. Cool ~10 minutes.



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Week 1 Spinach Salad w/ Dried Cranberries, Walnuts & Feta

Salad Components:

½c walnuts
5oz tub spinach
1/2c dried cranberries
4-6oz feta crumbles (optional)

Dressing:

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

Instructions:

1. Roughly chop ½c walnuts.
2. Layer in container as follows:
 - ½ tub spinach
 - 1/4c dried cranberries
 - ¼c chopped walnuts
 - 2oz 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: Oatmeal w/ Cranberries & Sliced Almonds

Ingredients:

1/2c dried cranberries
2c gluten free oatmeal
1/2c sliced almonds

Instructions:

1. Bring 4c water to a boil.
2. Add 2c oats, reduce to low for 10-20 minutes, stirring occasionally.
3. Stir in 1/2c dried cranberries.
4. Stir in 2-3T sliced almonds/serving.



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Week 1 Snack: Asian Pears & Walnuts

Ingredients:

4 Asian pears

1c walnuts

Instructions:

1. Chop 1c walnuts
2. Slice 1 pear (I love using an apple slicer) + 1/4c walnuts (per serving).



September 2016 Recipes, GF

Week 1 Dessert: Almond Butter Brownies

Ingredients:

2 eggs (omega-3)
1 x 16oz jar almond butter
1c maple syrup, honey, OR agave
1tsp vanilla extract
1/2c cocoa powder
1tsp baking soda
1tsp cinnamon

Instructions:

1. Pre-heat oven to 350 F.
2. Whisk together wet ingredients:
 - Eggs
 - Almond butter
 - Maple syrup, honey, or agave
 - Vanilla
3. Stir together dry ingredients:
 - Cocoa
 - Baking soda
 - Cinnamon
4. Stir together wet & dry ingredients until well combined.
5. Bake in a prepared 9x13" pan for ~20-30 minutes or until cooked through/top bounces back when pressed gently.



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Week 2 Meal 1: Grainy Mustard Chicken Thighs w/ Acorn Squash Halves & Sautéed Spinach

Ingredients:

4-8 bone-in, skin-on chicken thighs (OR sub w/ 1 whole chicken)

1/4c grainy mustard*

2 acorn squash

2T coconut oil

2-3 garlic cloves

5oz tub of spinach

S&P to taste

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

Instructions:

1. Pre-heat oven to 425 F.
2. Rub ~1T of mustard on each thigh, underneath the skin (but leaving the skin on).
3. Cut squash in half (lengthwise) and remove seeds. Place ~1/2T coconut oil in each half, season with salt.
4. Bake chicken & squash for 40-45 minutes or cooked through.
5. Finely chop garlic cloves.
6. Heat 1tsp oil in large sauté pan. Add garlic & spinach. Sauté for 5-6 minutes. Season w/ S&P.



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Week 2 Meal 2: Hazelnut Pork Chops w/ Celery Root Puree & Green Beans

Hazelnut Pork Chops

Ingredients:

3c hazelnuts
3 eggs
4 thin-cut pork chops
3-4c green beans
1-2T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 375 F.
2. In a blender or food processor, blend hazelnuts until sand-like consistency. Place crust in a shallow bowl.
3. Whisk eggs. Place in a second shallow bowl.
4. Dredge each pork chop in eggs & then hazelnut crust. Salt lightly if hazelnuts are unsalted.
5. Trim green beans if needed. Toss with 1-2T olive oil, S&P.
6. Bake pork chops for 35-45 minutes or cooked through (145 F).
7. Roast green beans ~10-15 minutes.

Celery Root Puree

Ingredients:

2 large celery root (OR sub potato or cauliflower)
S&P to taste

Instructions:

1. Peel and roughly chop celery root.
2. Bring 4c water (or broth) to boil. Add the celery root and lower to medium heat. Simmer for 20 minutes. Turn off heat and cover.
3. Place cooked celery root in blender, reserving cooking liquid.
4. Add 1/4c cooking liquid to blender and blend until smooth.
5. May need to add additional liquid, add only 1-2T at a time. Season w/ S&P.



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Week 2 Meal 3: Shrimp Stir-fry w/ Sesame-Almond Quinoa

Shrimp Stir-fry

Ingredients:

1 head of broccoli
2 bell peppers, mixed colors
1 knob ginger
2-3 garlic cloves
2T low-sodium tamari (or coconut aminos)
1T toasted sesame oil
1tsp coconut oil
1# shrimp, peeled, deveined, & tails removed

Instructions:

1. Cut broccoli into bite-sized pieces & bell peppers into long strips.
2. Peel & grate 1T ginger and chop garlic cloves (~1T) .
3. For the stir-fry sauce, combined tamari and sesame oil.
4. Add 1tsp coconut oil to a large sauté pan over high heat. Add ginger, garlic & shrimp. Cook for 1 minute.
5. Add bell pepper, continuing to stir. Cook shrimp & peppers ~10 minutes.
6. Add broccoli & stir fry sauce, stirring to coat all ingredients with sauce. Cook for 3-4 minutes.

Sesame-almond quinoa

Ingredients:

2c quinoa
1-2T toasted sesame oil
1/2c sliced almonds

Instructions:

1. Add 4c water and 2c quinoa to a large pot. Bring to boil.
2. Turn heat to low and cook for 20-25 minutes. Let cool.
3. Toss together: cooked quinoa, toasted sesame oil, and sliced almonds.



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Week 2 Meal 4: Cornish Game Hens w/ Roasted Fennel & Fingerling Potatoes

Cornish Game Hens w/ Roasted Fennel

Ingredients:

4 cornish game hens
1/2T olive oil
2 lemons
1 bunch fresh thyme (OR fresh poultry mix)
S&P to taste

Instructions:

1. Pre-heat oven to 450 F.
2. Cut lemons into quarters.
3. Stuff hens with lemon wedges, fresh thyme, 1/2T olive oil, S&P.
4. Roast for 10 minutes.
5. Lower heat to 400 F and roast for 40-50 minutes.

Roasted Fennel & Fingerling Potatoes

Ingredients:

1.5-2# fingerling potatoes
2 fennel bulbs
~4T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Toss potatoes w/ 1-2T olive oil & S&P.
3. Remove & discard top green fronds of fennel. Slice white bulb into wedges (~1/2"-1" wide). Toss with 1-2T olive oil & S&P.
4. Roast potatoes for 40-50 minutes.
5. Roast fennel for 35-45 minutes.



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Week 2 Salad: Mixed Greens w/ Apples, Celery & Pecans

Salad Components:

5oz tub mixed greens

2 apples

1 bunch celery

1/2c chopped pecans

4oz cheddar cheese (optional)

Dressing:

1/2c olive oil

1/4c balsamic vinegar

pepper to taste

Instructions:

1. Finely dice celery.
2. Chop 1-2 apples.
3. In a large bowl layer salad components:
 - 1/2 tub mixed greens
 - 1/4c chopped pecans
 - 1/4c chopped celery
 - 2oz cheddar cubes (optional)Repeat layers
4. Add chopped apples to top

For Balsamic Dressing:

1. Combine together:
 - 1/2c olive oil
 - 1/4c balsamic vinegar
 - pepper to taste



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Week 2 Breakfast: Mashed Acorn Squash w/ Poached Eggs & Avocado Slices

Ingredients:

2 x acorn squash
2T coconut oil
1T apple cider vinegar
4-8 eggs
1-2 avocado
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut acorn squash in half (lengthwise) and remove seeds. Place ~1/2T coconut oil in each half and season w/ salt.
3. Bake squash for 40-45 minutes or cooked through.
4. Mash squash with a fork.
5. Bring water to a very low simmer, add apple cider vinegar.
6. Crack eggs individually, slowly add 4-8 eggs & cook 5 minutes.
7. Remove eggs with slotted spoon and serve over baked acorn squash halves.
8. Top with avocado slices and season with S&P.



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Week 2 Snack: Celery & Cashew Butter

Pie Ingredients:

1 bunch celery
1/2c cashew butter

Instructions:

1. Cut celery into 3" snack-sized pieces.
2. Serve with cashew butter.

Week 2 Dessert: Cashew Butter Cups (makes 12 servings)

Crust Ingredients:

12 muffin liners
1c coconut oil
1c cocoa/cacao powder
1/4c honey
salt
1/4c cashew butter

Crust Instructions

1. Pre-heat oven to 350 F.
2. Place 12 muffin liners in a muffin pan.
3. In a saucepan over low heat, whisk together:
 - Coconut oil
 - Cocoa/cacao powder
 - Honey
 - Pinch of salt
4. Whisk until oil is melted and ingredients well combined. Remove from heat
5. Place 1T of cocoa mixture into bottom of each liner & freeze ~10 minutes.
6. Once cocoa mixture hardens, place 1tsp cashew butter in center of each cup and "flatten" slightly.
7. Top with additional 1-1.5T cocoa mixture (enough to cover completely).
8. Place in freezer for 10 minutes or until hardened.
9. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer.



September 2016 Recipes, GF

Week 3 Meal 1: Balsamic Chicken w/ Butternut Squash, Cherry & Walnut Quinoa Pilaf

Requires chicken to be marinated for 1 hour up to 24 hours

Balsamic Chicken

Ingredients:

1/2c olive oil
1/4c balsamic vinegar
2T Italian seasoning
1T salt
Fresh ground pepper
4 x boneless, skinless chicken breasts

Instructions:

1. Pre-heat oven to 375 F.
2. For the balsamic marinade, mix together:
 - olive oil
 - balsamic vinegar
 - Italian seasoning
 - salt
 - Fresh ground pepper
3. Place chicken breasts in marinade for 1 hour up to 24 hours.
4. Place chicken in a baking pan and bake for 35 minutes or cooked through (165 F).



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Butternut Squash, Cherry & Walnut Quinoa Pilaf

Ingredients:

1 butternut squash

2c quinoa

1/2c walnuts

1 bunch fresh mint or basil

1/2c dried cherries*

1/4c balsamic vinegar

S&P to taste

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

Instructions:

1. Pre-heat oven to 375 F.
2. Peel and dice butternut squash. Toss with 1T olive oil, S&P.
3. Roast in single layer on baking sheet for 30-35 minutes or cooked through. Let cool.
4. Place 2c quinoa and 4c water in a medium pot. Bring water to a boil. Lower to medium heat and cook for 18 minutes.
5. Roughly chop 1/2c walnuts. Finely chop fresh basil or mint leaves (~1-2T).
6. Toss together cooked quinoa, walnuts, dried cherries, butternut squash, chopped basil or mint, balsamic vinegar, and S&P.
7. Serve pilaf heated or cooled.



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Week 3 Meal 2: Cilantro-Pesto Crusted Salmon w/ Roasted Mushrooms & Zucchini

Cilantro-Pesto Crusted Salmon

Ingredients:

1c olive oil
1 cilantro (OR sub basil)
1c walnuts
2 garlic cloves
1-2 lemons
4 x salmon fillets

Instructions:

1. Pre-heat oven to 425 F.
2. For the cilantro-pesto*, place the following in a blender and blend until smooth:
 - olive oil
 - 3 large handfuls cilantro (can use stems)
 - walnuts
 - garlic
 - juice of 1-2 lemons (to taste)
3. Spread 1-2T pesto over salmon fillets.
4. Place salmon on an oiled baking sheet.
5. Bake for ~18-20 minutes or cooked through (135 F).

*Pesto will make more than actually needed for this recipe.

Roasted Mushrooms & Zucchini

Ingredients:

16oz baby bella mushrooms (OR button mushrooms)
4 zucchini
1-2T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut mushrooms and zucchini into ½" pieces. Toss with 1-2T olive oil and S&P.
3. Place on oiled baking sheet.
4. Roast for 20-25 minutes.



September 2016 Recipes, GF

Week 3 Meal 3: Spaghetti Squash w/ Bison & Cilantro Pesto

Cilantro Pesto

Ingredients:

1c olive oil
1 cilantro (OR sub basil)
1c walnuts
2 garlic cloves
1-2 lemons

Instructions:

1. Place the following in a blender and blend until smooth:
 - olive oil
 - 3 large handfuls cilantro (can use stems)
 - walnuts
 - garlic
 - juice of 1-2 lemons (to taste)

*Note: Pesto will make more than actually needed for this recipe.

Spaghetti Squash w/ Bison & Pesto

Ingredients:

1-2 spaghetti squash (~4#)
1# ground bison
Cilantro-pesto from above, to taste

Instructions:

1. Pre-heat oven to 375 F.
2. Pierce the spaghetti squash with a knife and roast for ~1.5hours for 2 small or ~2 hours for 1 large squash (or until a knife easily pierces the skin).
3. Carefully slice squash in half, slowing heat to escape. Place in fridge and allow to cool.
4. Take halved squash (already cooked & cooled) and remove seeds. Then scoop out squash.
5. In a large sauté pan, add ground bison, cook for 8-10 minutes, breaking apart meat.
6. Add pesto & squash. Stir to combine squash & bison w/ pesto.



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Week 3 Meal 4: Chicken & Artichoke Spezzatino

Ingredients:

2 x carrots
1 large red potato
1 yellow onion
2 garlic cloves
1 can artichoke hearts (in water)
1 bone-in, skin-on chicken breast
1 bone-in, skin-on chicken leg
2T Herbs de Provence
32oz chicken broth*
26oz chopped or crushed tomatoes
1 can white beans
S&P to taste

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

Instructions:

1. Finely chop carrots, potato, yellow onion, garlic cloves.
2. Drain artichoke hearts and chop.
3. In a large soup pot, add 1tsp olive oil, skin-on chicken breast and skin-on chicken leg.
4. Brown chicken on for 3-5 minutes, flip.
5. Add chopped onion, carrot, and garlic. Season w/ S&P & 2T Herbs de Provence. Cook 3-5 minutes.
6. Add chopped potato, 4c chicken broth & 26oz tomatoes.
7. Bring to a boil, then cover, turn to low, and cook for 30 minutes.
8. Remove chicken from pot and allow to cool.
9. Remove meat from bone, discard skin & bone, and chop meat in bite-sized pieces.
10. Add chopped chicken, artichokes, and beans to pan.
11. Add more broth/water as needed and season with S&P.



September 2016 Recipes, GF

Week 3 Salad: Arugula w/ Cherry Tomatoes, Avocado & Pine Nuts

Salad Components:

5oz tub arugula
1 pint cherry tomatoes
1-2 avocados
½c pine nuts (OR sliced almonds)

Dressing:

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

Instructions:

1. Chop avocado.
2. In a large bowl layer salad components:
 - ½ tub mixed arugula
 - ½ cherry tomatoes
 - 1/4c pine nuts (or sliced almonds)Repeat layers
3. Add chopped avocado to salad immediately before serving.

For Balsamic Dressing:

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



September 2016 Recipes, GF

Week 3 Breakfast: Pumpkin Pie Smoothie

*Recipe requires bananas to be frozen.

Ingredients:

4 x bananas

1 can pumpkin puree*

1 can coconut milk

1c water

1/2T pumpkin pie spice

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

Instructions:

1. Roughly chop & store bananas in freezer (store in a single layer so the pieces don't freeze together).
2. Place in a blender: pumpkin puree, coconut milk, frozen bananas, water, and pumpkin pie spice.
3. Blend on high until smooth.
4. Divide among 4 cups.



September 2016 Recipes, GF

Week 3 Snack: Popcorn w/ Dried Figs & Pecan

Ingredients:

2c dried figs
2c chopped pecans
1T pumpkin pie spice
air-popped organic popcorn
sandwich baggies

Instructions:

1. Quarter dried figs.
2. Combine the following: popped popcorn, pecans, chopped figs. Sprinkle pumpkin pie spice (or cinnamon).
3. Toss to combine and divide into baggies, ~2-3c per baggy.

Week 3 Dessert: Dates stuffed w/ Walnut Butter

Ingredients:

1c medjool dates
1/2c walnut butter*

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

Instructions:

1. Remove seeds from dates and stuff each w/ 1-2tsp walnut butter
2. Option to heat dates in the oven for ~10 minutes (but also good cold).
3. Serving size: 2-4 dates



September 2016 Recipes, GF

Week 4 Meal 1: Goat Cheese, Artichoke & Pinenut Stuff Chicken w/ Roasted Butternut Squash

Goat Cheese, Artichoke & Pinenut Stuffed Chicken

Ingredients:

- 1 can artichoke hearts
- 4oz soft goat cheese (optional)
- 2T pinenuts
- 4 x chicken breasts (pounded thin if available)

Instructions:

1. Pre-heat oven to 425.
2. Drain liquid from artichoke hearts and finely chop hearts.
3. Mix together artichoke hearts, goat cheese (optional), and pinenuts.
4. Place chicken breasts between 2 pieces of parchment (or plastic wrap). Place on top of a cutting board. Using a mallet, pound thin.
5. Spread each breast w/ artichoke mixture, and tightly roll.
6. Place chicken in an oiled baking pan.
7. Bake for 30-35 minutes or until cooked through and no longer pink (internal temp 165 F).

Roasted Butternut Squash

Ingredients:

- 2-3# butternut squash (OR 1# pre-cut squash)
- 1T olive oil
- 1T dried basil
- S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Peel squash & remove seeds.
3. Chop into ½" cubes. Toss w/ olive oil, dried basil, S&P.
4. Place squash on an oiled sheet tray.
5. Roast 30-40 minutes, removing halfway to toss.



September 2016 Recipes, GF

Week 4 Meal 2: Mushroom, Bean & Beef Tacos w/ Avocado & Jicama Slices

Ingredients:

1 large or 2 small jicama
2 avocados
1-1.5# ground grassfed beef
5oz tub spinach
8oz sliced mushrooms
2T taco seasoning*
1 can kidney beans
organic corn taco shells*
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Peel and cut jicama into large matchsticks. Slice avocado.
2. Place beef in a large sauté pan over medium high heat, breaking apart meat.
3. Add spinach, mushrooms, taco seasoning & kidney beans (drained). Cook with beef for 8-10 minutes.
4. Serve filling into taco shells or lettuce leaves, topping with avocado slices and jicama.



September 2016 Recipes, GF

Week 4 Meal 3: Walnut-Crusted Salmon & Roasted Brussels Sprouts w/ Bacon & Pomegranate

Walnut-Crusted Salmon

Ingredients:

2c walnuts (~1/2c chopped)

4 x salmon fillets, 4-6oz each

S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Place walnuts in a blender, blend until finely chopped.
3. Dredge salmon fillets in 1/2c chopped walnuts. Season lightly w/ S&P.
4. Bake fish for 16-20 minutes or until cooked/flaky.

Roasted Brussel Sprouts w/ Bacon & Pomegranate

Ingredients:

3 x thin slices bacon*

1.5# Brussel sprouts

1T olive oil

1 pomegranate (or 1/2c arils)

S&P to taste

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

Instructions:

1. Pre-heat oven to 425 F.
2. Finely chop 3 slices of bacon.
3. Cut sprouts in half. Toss with 3 slices chopped bacon, 1T olive oil, S&P to taste.
4. Quarter pomegranate & remove arils from pith (recommend doing in a bowl of water in the sink).
5. Place sprouts on baking sheet.
6. Roast 35-45 minutes, removing half way to toss.
7. Toss sprouts with pomegranate arils immediately before serving.



September 2016 Recipes, GF

Week 4 Meal 4: Lentil Soup

Ingredients:

3 x thin slices bacon*

1 yellow onion

1 x carrot

2 garlic cloves

4c dried lentils

4c veggie broth*

4c water

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

Instructions:

1. Finely chop 3 slices bacon, onion, carrot, and garlic.
2. In a large stock pan over high heat, sauté bacon and chopped veggies (onion, carrot, garlic) for 4-5 minutes.
3. Add dried lentils, veggie broth, water. Bring to a boil.
4. Lower to simmer for 30 minutes. Add more liquid as needed.



September 2016 Recipes, GF

Week 4 Salad: Mixed Greens w/ Roasted Beets, Walnuts & Goat Cheese

Salad Components:

2-4 beets
1T olive oil
S&P to taste
5oz tub mixed greens
1/2c walnuts
4oz goat cheese crumbles (optional)

Dressing:

1/2c olive oil
1/4c balsamic vinegar
S&P to taste

Instructions:

1. Pre-heat oven to 350 F.
2. Peel & finely dice beets, ~1/2". Toss w/ 1T olive oil and S&P. Place in a single layer on baking sheet & roast for 45mins-1hr. Let cool.
3. Place 1/2c walnuts in a blender, blend until chopped.
4. In a large bowl layer salad components:
 - 1/2 tub mixed greens
 - 1/4c chopped walnuts
 - 1/2 diced roasted beets
 - 2oz goat cheese crumblesRepeat layers

For Balsamic Dressing:

1. Whisk together:
 - 1/2c olive oil
 - 1/4c balsamic vinegar
 - S&P to taste



September 2016 Recipes, GF

Week 4 Breakfast: Broccoli & Cheddar Frittata

Ingredients:

1 head broccoli
10 eggs (omega-3)
4oz cheddar cheese (optional)
1/2tsp black pepper
1/8tsp salt

Instructions:

1. Pre-heat oven to 350 F.
2. Chop broccoli into small, bite-sized pieces.
3. Cut cheese into 1/4" cubes.
4. In a large bowl, whisk together eggs.
5. Stir in 4oz cubed cheese, 3-4c chopped broccoli, black pepper, and salt.
6. Put into a well-oiled casserole dish and bake for 25-35 minutes or until no longer jiggly (will vary depending on depth of dish).
7. Serve with grapes



September 2016 Recipes, GF

Week 4 Snack: Grapes + Almonds

Ingredients:

4c grapes
1/2c almonds
snack baggies (optional)

Instructions:

1. Place 1c grapes + 1/8c almonds in 4 snack baggies/containers for a grab-and-go snack.

Week 4 Dessert: Cherry-Walnut Baked Apples (8 servings)

Ingredients:

1/4c coconut oil
1/4c medjool dates, pits removed (5 large)
1/4c dried cherries
1/2c walnuts
1tsp vanilla extract
4 x apples
1/2T cinnamon

Instructions:

1. Place in a blender and blend until chopped:
 - Coconut oil
 - Dates, pits removed
 - Dried cherries
 - Walnuts
 - Vanilla
2. Cut apples in half and scoop out center seeds.
3. Place 1T (heaping) of filling in each apple
4. Sprinkle with 1/2T cinnamon
5. Bake, covered, for 30-35 minutes.
6. Remove cover in final 5-10 minutes of cooking.