



# November 2016 Recipes, Gluten Free

## November Wk 1

1. Meal 1: Ancho BBQ Glazed Salmon with Roasted Mushrooms & Sweet Potatoes.....	2
2. Meal 2: Maple Mustard Chicken Thighs & Brussels Sprouts with Bacon .....	3
3. Meal 3: Ancho BBQ Turkey Meatballs with Sautéed Swiss Chard .....	4
4. Meal 4: Butternut Squash, Caramelized Onion & Blue Cheese Tart .....	5
5. Salad: Pear, Pomegranate, Hazelnut, Celery, Blue Cheese & Balsamic Vinaigrette .....	6
6. Breakfast: Roasted Mushroom, Caramelized Onion & Goat Cheese Breakfast Frittata.....	7
7. Snack: Celery, PB & Pomegranate .....	8
8. Dessert: Spiced Butternut Squash Bars .....	8

## November Wk 2

1. Meal 1:Pesto Sea Bass with Roasted Potatoes & Broccoli.....	9
2. Meal 2: Jerk Chicken with Plantains & Sautéed Spinach.....	10
3. Meal 3: Pesto Rotini with Pine nuts & Tomatoes .....	11
4. Meal 4: Grassfed Beef, Kale & Red Bean Chili .....	12
5. Salad: Mixed Greens with Oranges, Pecans & Feta Cheese .....	13
6. Breakfast: Cranberry & Hazelnut Baked Apples.....	14
7. Snack: Popcorn Baggies with Cherries & Walnuts.....	15
8. Dessert: Chocolate Pudding topped with Cacao Nibs .....	15

## November Wk 3

1. Meal 1: Asian Salmon Pouches with Spinach, Mushroom & Bell Pepper.....	16
2. Meal 2: Chicken Stir Fry with Broccoli & Carrots.....	17
3. Meal 3: Slow Cooker White Bean & Kale Soup.....	18
4. Meal 4: Turkey Zucchini Lasagna.....	19
5. Salad: Mixed Greens with Apple, Walnuts & Goat Cheese .....	20
6. Breakfast: Oatmeal with Apricots & Pistachios .....	21
7. Snack: Cucumber Slices .....	21
8. Dessert: Dark Chocolate Dipped Orange Slices .....	21

## November Wk 4

1. Meal 1: Curried Shrimp, Eggplant & Snow Peas w/ Quinoa .....	22
2. Meal 2: Balsamic Chicken w/ Italian Quinoa Pilaf .....	23
3. Meal 3: Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce .....	24
4. Meal 4: Grass-fed Beef & Vegetable Stew .....	25
5. Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese .....	26
6. Breakfast: Cabbage & Apples w/ Sausage .....	27
7. Snack: Carrots & Celery w/ Almond Butter .....	27
8. Dessert: Honey Broiled Grapefruit.....	27

## November Wk 5

1. Meal 1: Asian Glazed Sea Bass w/ Snow Peas & Shiitake Mushrooms.....	28
2. Meal 2: Turkey Italian Meatballs w/ Herbed Sweet Potatoes & Cucumber Slices.....	29
3. Meal 3: Steaks w/ Mashed Cauliflower & Broccoli.....	30
4. Meal 4: Chicken Chil.....	31
5. Salad: Mixed Greens w/ Grapefruit, Avocado & Sliced Almonds w/ Champagne Vinaigrette.....	32
6. Breakfast: Oatmeal w/ Cherries & Walnuts.....	33
7. Snack: Pears & Cashew Butter.....	33
8. Dessert: Chai Hot Cocoa.....	33



# November 2016 Recipes, Gluten Free

## Week 1 Meal 1: Ancho BBQ Glazed Salmon with Roasted Mushrooms & Sweet Potatoes

### Ancho BBQ Glazed Salmon

#### *Ingredients:*

3T vinegar (rice, apple cider, etc)  
28oz crushed tomato  
¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)  
1 clove garlic  
1 dried ancho pepper, OR dried chipotle, etc. (re-hydrate in 1c hot water for 15 min)  
¼ tsp cayenne  
2T chili powder  
S&P to taste  
4 x salmon fillets (4-6oz/ portion)

#### *Instructions:*

1. Add the following to a blender or food processor
  - 3T rice wine vinegar (or red wine, apple cider, etc.)
  - 28oz can crushed tomato
  - ¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)
  - 1 clove garlic
  - re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)
  - ¼ tsp cayenne
  - 2T chili powder
  - S&P to taste
2. Puree until smooth.
3. Spread both sides of fish w/ BBQ sauce. Place on baking sheet and bake for 16-18 min at 425 F or until fish is flaky.

Note: extra sauce freezes well.

### Roasted Mushrooms & Sweet Potatoes

#### *Ingredients:*

1T rosemary  
2-3 large sweet potatoes  
2x 8oz whole mushrooms  
3T oil  
S&P to taste

#### *Instructions:*

1. Pre-heat oven to 425 F.
2. Finely chop rosemary.
3. Peel & dice 2-3 sweet potatoes into ½" cubes.
4. Toss together:
  - sweet potato cubes
  - 16oz whole mushrooms
  - 3T oil
  - 1T chopped rosemary
  - S&P
5. Place mushrooms & sweet potatoes on baking sheet.
6. Roast for 30-35 minutes.



# November 2016 Recipes, Gluten Free

## Week 1 Meal 2: Maple-Mustard Chicken Thighs & Brussels Sprouts with Bacon

### Maple-Mustard Chicken Thighs

*Ingredients:*

¼c grainy mustard  
2T maple syrup  
1# boneless, skinless chicken thighs

*Instructions:*

1. Pre-heat oven to 375 F.
2. Whisk together:
  - 1/4c grainy mustard
  - 2T maple syrup
3. Marinate chicken in maple-mustard sauce while oven pre-heats.
4. Place chicken in a baking pan & bake for 35 minutes.

### Brussels' Sprouts with Bacon

*Ingredients:*

2# Brussels sprouts  
4 slices bacon  
1T olive oil  
S&P to taste

*Instructions:*

1. Pre-heat oven to 375 F.
2. Cut sprouts in half.
3. Chop 2 slices bacon (¼-½" pieces).
4. Toss both with 1 T olive oil, S&P.
5. Place Brussels sprouts & bacon on baking sheet and roast for 40-45min (removing halfway through cooking remove & toss).



# November 2016 Recipes, Gluten Free

## Week 1 Meal 3: Ancho BBQ Turkey Meatballs with Sautéed Swiss Chard

### Ancho BBQ Turkey Meatballs

#### Ingredients:

3T vinegar (rice wine, apple cider, etc)  
28oz crushed tomato  
¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)  
1 clove garlic  
1 dried ancho pepper OR dried chipotle, etc. (re-hydrated in 1c hot water)  
¼ tsp cayenne  
2T chili powder  
S&P to taste  
1c almonds (OR 1.25c almond flour)  
2 eggs  
1# ground turkey  
1 Tbsp chili powder  
1 tsp pepper

#### Instructions:

1. Pre-heat oven to 350 F
2. Add the following to a blender or food processor:
  - 3T rice wine vinegar (or red wine, apple cider, etc.)
  - 28oz can crushed tomato
  - ¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)
  - 1 clove garlic
  - re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)
  - ¼ tsp cayenne
  - 2T chili powder
  - S&P to taste
3. Puree until smooth.
4. Blend 1 cups almonds to a fine, flour-like consistency (do not over-blend into almond paste).
5. In large bowl combine mixing well (works best using hands):
  - Blended almonds or 1.25c almond flour
  - 2 eggs
  - 1# ground turkey
  - ¼ cup BBQ sauce
6. Form into 12 balls and top with 1c BBQ sauce.
7. Bake meatballs for 45 minutes or until cooked through.

### Sautéed Swiss Chard

#### Ingredients:

2 Swiss chard  
1-2 cloves garlic  
1t olive oil  
S&P to taste

#### Instructions:

1. Remove stems and discard.
2. Roughly chop leaves.
3. Chop 1-2 cloves garlic.
4. Heat 1 tsp olive oil in sauté pan, add garlic & chard, stir and top w/ lid (allowing to cook/ steam).
5. Cook chard until just wilting 4-5 minutes, stirring as cooking. Season w/ S&P.



# November 2016 Recipes, Gluten Free

## Week 1 Meal 4: Butternut Squash, Caramelized Onion, & Blue Cheese Tart

### *Ingredients:*

1# butternut squash  
2 slices bacon  
1T olive oil  
3.5c almonds (or 3c almond flour)  
4T grass-fed butter (or olive oil)  
1 egg  
1/8tsp salt  
1 x red onion  
4oz blue cheese crumbles  
1 bunch basil  
2T aged or reduced balsamic vinegar (optional)  
S&P to taste

### *Instructions:*

1. Preheat oven to 350 F.
2. Peel and finely dice squash. Finely dice 2 slices of bacon. Toss squash + bacon + 1T olive oil + S&P.
3. Roast diced squash & bacon in single layer on a sheet pan for 30-45 minutes, occasionally removing to toss.
4. Place the following in a food processor:
  5. 3c almond flour
  6. 4T butter (or 4T olive oil)
  7. 1 egg
  8. 1/8tsp salt
9. Pulse until combined. Spread in a 9x13" pan and bake for ~15 minutes or set.
10. Chop red onion into thin strips.
11. Heat 1T oil over medium heat. Then add sliced red onions and a pinch of salt.
12. Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. Turn off heat and cool.
13. Top crust with:
  14. caramelized onions
  15. diced butternut squash & bacon
  16. 4oz blue cheese crumbles
17. Place in 350 F oven for 5-10 minutes to melt cheese.
18. Basil: remove stems and roughly chop.
19. Top tart with chopped basil & drizzle with reduced balsamic vinegar (optional).



## November 2016 Recipes, Gluten Free

### Week 1 Salad: Pear, Pomegranate, Hazelnut, Celery, Blue Cheese & Balsamic Vinaigrette

#### *Ingredients:*

##### Salad Components:

- 1 5oz tub mix greens
- ½c hazelnuts
- 2-3 stalks celery
- 1 pomegranate
- 4 oz blue cheese crumbles
- 2 pears

##### Dressing:

- 1 tsp. rosemary
- ½ c olive oil
- ¼c balsamic vinegar

#### *Instructions:*

1. Remove arils from pomegranate.
2. Finely dice 2-3 stalks celery.
3. Roughly chop ½ cup hazelnuts.
4. Chop pears.
5. In a large bowl layer salad components:
  - ½ of mixed greens
  - ¼c chopped hazelnuts
  - ½ chopped celery
  - ¼c pomegranate arils
  - 1 chopped pear
  - 2oz blue cheese crumblesRepeat layers.

#### For Balsamic Dressing:

1. Finely chop 1 tsp. rosemary.
2. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - 1 tsp chopped rosemary



## November 2016 Recipes, Gluten Free

### Week 1 Breakfast: Mushroom, Caramelized Onion & Goat Cheese Breakfast Frittata

#### *Ingredients:*

2-3 sprigs fresh rosemary  
1x 8oz sliced mushrooms  
~1.5T olive oil  
1 red onion  
8 eggs  
8oz soft goat cheese  
S&P to taste

#### *Instructions:*

1. Pre-heat oven to 350 F.
2. Finely chop rosemary to yield 1.5T.
3. Toss 8oz sliced mushrooms w/ 1 tsp oil & 1T chopped rosemary. Roast at 350 F for 25 minutes.
4. Chop red onion into thin strips.
5. Heat 1T oil over medium heat. Then add sliced red onions and a pinch of salt.
6. Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. Turn off heat and cool.
7. Whisk 8 eggs in a large bowl. Stir in:
  - roasted mushrooms
  - caramelized onions
  - 1 tsp chopped rosemary
8. Crumble in 8oz goat cheese and season with ½ tsp fresh ground black pepper.
9. Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt. Bake at 350 F for 34-38 minutes or until no longer jiggly. Cool.



# November 2016 Recipes, Gluten Free

## Week 1 Snack: Celery, Peanut Butter, & Pomegranate

### *Ingredients:*

- 1 pomegranate
- ½ bunch celery
- ½c peanut butter

### *Instructions:*

1. Remove arils from pomegranate.
2. Cut celery into sticks and store for snacking.
3. Per Serving: Scoop out 1T peanut butter and spread onto 5-10 celery sticks, topping w/ 2 T pomegranate arils.

## Week 1 Dessert: Spiced Butternut Squash Bars

### *Ingredients:*

- 2.25c almonds (or 2c almond flour)
- 1 tsp baking soda
- 1T pumpkin pie spice
- 1 x 15 oz. can butternut squash
- ¼c maple syrup
- 1 egg
- ½c chocolate chips (optional)

### *Instructions:*

1. Pre-heat oven to 350 F.
2. Blend 2.25 cups almonds until a fine, flour-like consistency (be careful not to over-blend into almond paste).
3. Stir together dry ingredients:
  - 2C almond flour
  - 1 tsp baking soda
  - 1T pumpkin pie spice
4. Whisk together wet ingredients:
  - 1 can cooked, mashed butternut squash
  - ¼ cup maple syrup
  - 1 egg
5. Mix wet into dry, stir in ½ cup chocolate chips (optional).
6. Bake at 350 F in an 8x8" or 9x9" pan for 35-45 minutes or until set.



# November 2016 Recipes, Gluten Free

## Week 2 Meal 1: Pesto Sea Bass with Roasted Potatoes & Broccoli

### Pesto Sea Bass

#### *Ingredients:*

- 1/3 cup olive oil
- 1/4 cup water (add more if needed for consistency)
- 1T lemon juice (about 1/2 lemon)
- 1 clove garlic
- 1/2 cup walnuts
- 1/2 cup basil
- 2oz parmesan cheese
- 4 x sea bass fillets (can sub salmon or tilapia) (4-6oz/ portion)

#### *Instructions:*

1. Pre-heat oven to 425 F.
2. In a blender, add:
  - 1/3 cup olive oil
  - 1/4 cup water (add more if needed for consistency)
  - 1T lemon juice (about 1/2 lemon)
  - 1 clove garlic
  - 1/2 cup walnuts
  - 1/2 cup basil
  - 2oz parmesan cheese
3. Blend until smooth, season as needed w/ salt and/or lemon juice.
4. Place sea bass in baking pan.
5. Spread 2-3T pesto onto each fish fillet.
6. Roast sea bass for 20-24 minutes or cooked through/ flaky.

### Roasted Potatoes & Broccoli

#### *Ingredients:*

- 4 red potatoes
- 1 bunch broccoli
- 2-3T olive oil
- 1T dried oregano
- S&P

#### *Instructions:*

1. Pre-heat oven to 425 F.
2. Cut potatoes & broccoli into 1", bite-sized pieces.
3. Toss with:
  - 2T olive oil
  - 1/2T dried oregano
  - S&P
4. Place in single layer on a baking sheet. Roast potatoes for 30-35 min or until browned/ cooked through.
  - 2T olive oil
  - 1/2T dried oregano
  - S&P



# November 2016 Recipes, Gluten Free

## Week 2 Meal 2: Jerk Chicken with Plantains & Sautéed Spinach

### Jerk Chicken

#### *Marinade Ingredients:*

1 habanero or jalapeño pepper (optional), stems, seeds & white part discarded  
1 garlic clove, peeled  
1c olive oil  
4 limes  
2T tamari  
2T thyme  
1T allspice  
1tsp ginger  
1tsp nutmeg  
½tsp cinnamon  
1T salt  
1T pepper

#### *Chicken:*

4 bone-in, skin-on chicken legs

#### *Instructions:*

1. Pre-heat oven to 375 F.
2. Place marinade ingredients in blender or food processor & blend on high until garlic & peppers are blended.
3. Marinate chicken for a minimum of 30 minutes, but ideally 12-24 hours (in fridge).
4. Remove chicken from marinade. Bake chicken for 35-40 minutes or cooked through to 165 F.

### Plantains

#### *Ingredients:*

2 plantains (with black spots)  
1-2T coconut oil  
salt to taste

#### *Instructions:*

5. Cut in half & then cut into 4 long slices.
6. Heat 1-2T coconut oil in large sauté pan.
7. Add plantain slices and cook 3-4 min/ side or until browned. May cover w/ lid to help cook.
8. Season w/ salt.

### Sautéed Spinach

#### *Ingredients:*

2 cloves garlic  
1 x 5 oz tub spinach  
1-2T coconut oil  
S&P to taste

#### *Instructions:*

1. Chop 2 cloves garlic.
2. Heat 1-2T coconut oil in large sauté pan.
3. Add chopped garlic & spinach.
4. Sauté 3-4 min or just wilted.
5. Season w/ S&P.



# November 2016 Recipes, Gluten Free

## Week 2 Meal 3: Pesto Rotini with Pine Nuts & Tomatoes

### *Ingredients:*

2 pints cherry tomatoes  
1/3 cup + 1T olive oil  
1/4 cup water (add more if needed for consistency)  
1T lemon juice (about 1/2 lemon)  
1 clove garlic  
1/2 cup walnuts  
1/2 cup basil  
2oz parmesan cheese  
8oz gfree rotini pasta  
1/2c pine nuts

### *Instructions:*

1. Pre-heat oven to 400 F. Fill a large pot with water and bring to a boil (for pasta).
2. Cut cherry tomatoes in half.
3. Toss cherry tomato halves w/ 1-2T olive oil, S&P. Place in single layer on baking sheet. Roast ~20 min. Cool.
4. In a blender, add:
  - 1/3 cup olive oil
  - 1/4 cup water (add more if needed for consistency)
  - 1T lemon juice (about 1/2 lemon)
  - 1 clove garlic
  - 1/2 cup walnuts
  - 1/2 cup basil
  - 2oz parmesan cheese
5. Blend until smooth, season as needed w/ salt and/or lemon juice.
6. Cook rotini according to package instructions, drain, and return pasta to pot. Toss w/ 1/2c pine nuts, pesto & roasted tomatoes.



# November 2016 Recipes, Gluten Free

## Week 2 Meal 4: Grassfed Beef, Kale & Red Bean Chili

### *Ingredients:*

1 dried chipotle pepper (or ancho)  
4 cloves garlic  
1 yellow onion  
1 red & 1 yellow bell pepper  
1 bunch kale  
1# grass-fed ground beef  
28oz can diced fire-roasted tomatoes  
2T chili powder  
1T cumin powder  
15oz can kidney beans  
4c low-sodium beef broth  
S&P to taste

### *Instructions:*

1. Bring 1c water to boil. Place 1 dried chipotle in water, top with lid, remove from heat, allow pepper to re-hydrate.
2. Chop 4 cloves of garlic.
3. Dice:
  - 1 yellow onion
  - 1 red bell pepper
  - 1 yellow bell pepper
4. Remove kale leaves from stem, finely chop stem & leaves.
5. In a large soup pot, add ground beef and crumble. Add 2T chili powder + 1T cumin powder.
6. Add bell peppers, onion, kale stems & 4 chopped garlic cloves, sauté for 10 min.
7. Chipotle pepper:
  - Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
  - Place in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili).
  - Taste carefully for heat, only add as much as needed for desired heat level.
8. Add to soup pot:
  - blended chipotle water
  - chopped kale leaves
  - 1 can kidney beans, drained & rinsed
  - 28oz fire roasted diced tomatoes
  - 4c beef broth
9. Stir & bring to a boil. Then lower to low-medium heat, stirring occasionally and adding water or broth as needed.
10. Continue to cook for 30m-1 hour. Season to taste w/ chili powder, S&P.

Note: the chili yields up to 8 servings, option to freeze ½ of the chili to use at a later date.



# November 2016 Recipes, Gluten Free

## Week 2 Salad: Mixed Greens with Oranges, Pecans & Feta Cheese

### *Ingredients:*

#### *Salad Components:*

2 oranges  
1 x 5 oz tub mix greens  
1/2c pecan pieces  
4oz feta crumbles

#### *Dressing:*

1/2c olive oil  
1/4c champagne vinegar  
S&P to taste  
1-2tsp honey (optional)

### *Instructions:*

1. Peel & cut oranges into wedges.
2. In a large bowl layer salad components:
  - 1/2 tub of mixed greens
  - 1/4 cup pecan pieces
  - 1/2 orange segments
  - 2 oz. feta crumbles
3. Repeat layers.

#### *For Champagne Vinaigrette:*

4. Whisk together:
  - 1/2c olive oil
  - 1/4c champagne vinegar
  - S&P
  - optional: add 1-2tsp honey



## November 2016 Recipes, Gluten Free

### Week 2 Breakfast: Cranberry & Hazelnut Baked Apples

*Ingredients:*

¼c coconut oil  
¼c dates, Medjool preferred (~5 large)  
¼c dried cranberries  
½c hazelnuts  
1tsp vanilla  
½T cinnamon  
4 red apples

*Instructions:*

1. Pre-heat oven to 400 F.
2. Place in a blender or food processor:
  - ¼c coconut oil
  - ¼ c dates, pits removed (~5 large)
  - ¼c dried cranberries
  - ½ c hazelnuts
  - 1tsp vanilla
3. Blend until roughly chopped.
4. Cut apples in half and scoop out center seeds. Place 1T (heaping) of filling per apple; sprinkle w/ ½T cinnamon. Cover with foil.
5. Bake at 400 F for 30-40 minutes or until soft. Remove foil during last 5 minutes of baking.



# November 2016 Recipes, Gluten Free

## Week 2 Snack: Popcorn Baggies with Cherries & Walnuts

### *Ingredients:*

- 1 bag organic air-popped popcorn
- ~2T cinnamon
- 2 c walnut pieces
- 1c dried cherries
- ~8 sandwich baggies for storage

### *Instructions:*

1. In a large bowl, toss together:
  - 1 bag air-popped popcorn
  - 2T cinnamon
  - 2c walnuts
  - 1c dried cherries
2. Divide among 8 sandwich baggies, ~2c/ baggy.

## Week 2 Dessert: Chocolate Pudding topped with Cacao Nibs

### *Ingredients:*

- 1/2c canned (not refrigerated) coconut milk (lite preferred)
- 3 soft avocados
- 1/2c cocoa powder
- 1T vanilla
- 1c pitted dates
- 1/4c cacao nibs (optional)
- 1/2tsp cinnamon (optional)

### *Instructions:*

1. In a blender add:
  - 1/2 cup coconut milk or 1/2c milk of choice
  - 3 avocados
  - 1/2 cup cocoa powder
  - 1T vanilla
  - 1c pitted dates
  - 1/2tsp cinnamon (if using)
2. Puree on low, gradually increasing speed, blend all until smooth, adding more milk if needed for smooth consistency.
3. Sprinkle w/ cacao nibs and serve.



## November 2016 Recipes, Gluten Free

### Week 3 Meal 1: Asian Salmon Pouches with Spinach, Mushroom & Bell Pepper

#### *Ingredients:*

1c brown rice  
2 red bell peppers  
1.5" knob ginger  
1.5T toasted sesame oil  
2T low-sodium tamari OR gluten free soy sauce  
4 salmon fillets (4-6oz/ portion)  
4 parchment paper squares OR parchment bags  
1 x 5oz tubs sliced mushrooms  
1 bag baby spinach

#### *Instructions:*

1. Pre-heat oven to 400 F.
2. Place 1c brown rice + 3c water in a small pot, cover and cook over low heat for 40-50 minutes or until done. Option: cook in a rice cooker.
3. Thinly slice 2 red bell peppers, set aside.
4. Peel and grate 2T ginger.
5. For Asian sauce whisk together the following:
  - 2T low-sodium tamari (or other gluten-free soy sauce)
  - 1.5T toasted sesame oil
  - 1T fresh grated ginger
6. Place 4 salmon fillets on 4 squares of parchment or parchment pouches & top w/ remaining 1T grated ginger (~3/4 tsp/ fillet).
7. Evenly distribute 1 tub sliced mushrooms, sliced red bell pepper & baby spinach onto the 4 parchment pieces, next to the salmon.
8. Drizzle with of the Asian sauce (above) over the 4 pouches.
9. Seal pouch (refer to [PrepDish.com/salmonpouch](http://PrepDish.com/salmonpouch) for images).
10. Bake salmon & veggie pouches 16-20 minutes.



# November 2016 Recipes, Gluten Free

## Week 3 Meal 2: Chicken Stir Fry with Broccoli & Carrots

### *Ingredients:*

1c brown rice  
2 cloves garlic  
1.5" knob ginger  
1 head broccoli  
4 carrots  
1# boneless, skinless chicken breast  
2T low-sodium tamari OR gluten free soy sauce  
1.5T toasted sesame oil

### *Instructions:*

1. Place 1c brown rice + 3c water in a small pot, cover and cook over low heat for 40-50 minutes or until done. Option: cook in a rice cooker.
2. Finely chop 2 garlic cloves.
3. Peel and grate 2T ginger.
4. Cut broccoli into bite-sized pieces & carrots into thin "coins."
5. Slice chicken into thin strips (~2" each).
6. For sauce whisk together the following:
  - 2T low-sodium tamari (or other gluten-free soy sauce)
  - 1.5T toasted sesame oil
  - 1T fresh grated ginger
7. Add 1t oil to large sauté pan over high heat, add 1T ginger, garlic & chicken, and cook 1 minute.
8. Add carrots & broccoli, continuing to stir.
9. Cook chicken & veg ~8-10min.
10. Add sauce, stirring to coat all ingredients with sauce, cook another 3-4 min.



# November 2016 Recipes, Gluten Free

## Week 3 Meal 3: Slow Cooker Kale & White Bean Soup

### *Ingredients:*

1/2 yellow onion  
2 cloves garlic  
1 bunch parsley  
2 carrots  
1 bunch kale  
1c dried/white navy beans  
8c chicken broth\*  
3T Italian seasoning

### *Instructions:*

1. Soak 1c white beans in 4c water, covered, for at least 12 hours.
2. Finely dice 1/2 of yellow onion.
3. Finely chop 2 garlic cloves.
4. Roughly chop parsley leaves.
5. Remove and discard stems from 1 bunch kale. Finely dice remaining leaves, set aside.
6. Finely dice 2 carrots into small bite-sized pieces and parsley to equal 1c, loosely packed.
7. Drain & rinse soaked beans and place in crockpot.
8. Add chopped veggies (kale, onion, garlic, carrots & parsley) & seasonings. Add 8c chicken broth.
9. Place in crockpot on low for 8-12 hours. Season to taste w/ S&P

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



# November 2016 Recipes, Gluten Free

## Week 3 Meal 4: Turkey Zucchini Lasagna

### *Ingredients:*

2 zucchini (~1/2#)  
1/2 yellow onion  
1 bunch basil  
1# ground turkey thigh  
1 x 5oz tubs sliced mushrooms  
2T Italian seasoning  
1 x 25.5oz jar marinara sauce  
32oz organic Greek yogurt  
5oz shredded parmesan (1.5c)  
1 brown rice lasagna noodles

### *Instructions:*

1. Pre-heat oven to 400F
2. Thinly slice zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin.
3. Optional: roast zucchini in a single layer, drizzled w/ olive oil at 400 F for 10-12 minutes or just browning.
4. Finely dice 1/2 yellow onion
5. Finely chop basil leaves
6. In a large sauté pan over med-high heat, cook for 12 minutes:
  - ground turkey
  - chopped onion
  - sliced mushrooms
  - 2T Italian seasoning
7. Stir in 1 jar marinara sauce, remove from heat.
8. Separately, stir together the following for the "white layer":
  - 32oz Greek yogurt
  - 1/2 chopped basil leaves
  - 1c shredded parmesan
9. Assemble lasagna by layering in a 9x13" pan:
  - 1/2 turkey-tomato sauce
  - a layer of brown rice lasagna noodles
  - 3/4 white layer mix
  - zucchini "noodles"
  - remaining 1/2 tomato sauce
  - dot w/ remaining white layer mix
  - top w/ 1/2 c parmesan
10. Cover w/ foil, and bake lasagna, for 50min-1hr or until bubbly/ heated through.



## November 2016 Recipes, Gluten Free

### Week 3 Salad: Mixed Greens with Apple, Walnuts & Goat Cheese

*Ingredients:*

*Salad Components:*

2 apples  
1 x 5oz tub mix greens  
½c walnut pieces  
4-6oz goat cheese, crumbled

*Dressing:*

½ c olive oil  
¼c balsamic vinegar

*Instructions:*

1. Chop apples.
2. In a large bowl layer salad components:
  - ½ of mixed greens
  - ¼c walnut pieces
  - ½ of chopped apples
  - 2oz goat cheese crumbles
3. Repeat layers.

*For Balsamic Dressing:*

1. Whisk together balsamic & olive oil



# November 2016 Recipes, Gluten Free

## Week 3 Breakfast: Oatmeal with Apricots & Pistachios

### *Ingredients:*

2c gluten-free oatmeal  
½c dried apricots  
½c pistachios  
1tsp cinnamon, optional  
flaked coconut, optional

### *Instructions:*

1. Bring 4c water to a boil add 2c oats. Reduce to low, 10-20 min, stir occasionally.
2. Finely chop apricots and add to oats while they cook.
3. Finely chop pistachios. Stir into cooked oats with apricots.
4. Optional: season w/ cinnamon & flaked coconut.

## Week 3 Snack: Cucumber Slices

### *Ingredients:*

1 large cucumber

### *Instructions:*

1. Cut into slices for snacking.

## Week 3 Dessert: Dark Chocolate Dipped Orange Slices

### *Ingredients:*

1c dark chocolate chips or discs (70%+ preferred)  
4 oranges

### *Instructions:*

1. Peel and pull or cut oranges into segments.
2. Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
3. Remove chocolate from heat and dip orange slices into dark chocolate.
4. Place on a piece of parchment or foil and allow to cool.



## November 2016 Recipes, Gluten Free

### Week 4 Meal 1: Curried Shrimp, Eggplant & Snow Peas w/ Quinoa

#### *Ingredients:*

1c quinoa  
3 cloves garlic  
1.5" knob ginger  
1 large eggplant  
2c snow peas  
2 limes  
1 x 13.5oz can coconut milk (full fat)  
2T red curry paste  
½tsp fish sauce (optional)  
1T olive oil  
1# shrimp, peeled, deveined, tails removed

#### *Instructions:*

1. Place 1c quinoa + 2c water in a small pot. Bring water to a boil, lower to medium heat, and cook for 18 min.
2. Finely chop 3 cloves garlic.
3. Grate ginger (1T)
4. Cut eggplant into bite-sized pieces (~½").
5. Cut snow peas into 1" pieces.
6. Cut limes into wedges.
7. Coconut-Curry Sauce: Whisk together the following:
  - 1 can coconut milk
  - 1-2T red curry paste
  - ½t fish sauce (optional)
8. Heat 1T olive oil in large sauté pan. Add eggplant, garlic & ginger and cook ~6 min, stirring.
9. Push eggplant to pan edges. Add shrimp & snow peas to the center & cook for 2-3 minutes.
10. Add coconut-curry sauce, bring to a boil and lower heat, cook 10-15 min or cooked through.
11. Serve over quinoa with lime wedges on side.



# November 2016 Recipes, Gluten Free

## Week 4 Meal 2: Balsamic Chicken w/ Italian Quinoa Pilaf

### Balsamic Chicken

#### *Ingredients:*

½c olive oil  
¼c balsamic vinegar  
2T Italian seasoning  
4 boneless, skinless chicken breasts, 4-6 oz. each  
S&P to taste

#### *Instructions:*

2. Combine the following for marinade:
  - ½c olive oil
  - ¼c balsamic vinegar
  - 2T Italian seasoning
  - 1t salt & fresh ground pepper
3. \*marinate chicken 1hr up to 24hr\*
4. Pre-heat oven to 375 F.
5. After marinating, place chicken in a baking pan & bake for 35 min or cooked through (165 F)

### Italian Quinoa Pilaf

#### *Ingredients:*

1c quinoa  
1 pint cherry tomatoes  
1 small cucumber  
2 lemons  
1 bunch parsley  
1 clove garlic  
S&P to taste

#### *Instructions:*

1. Place 1c quinoa + 2c water in a small pot, bring water to a boil, lower to medium, cook for 18 min, set aside to cool.
2. Cut cherry tomatoes in halves (or quarter if larger); cut cucumber into small, bite-sized pieces.
3. Zest 1 tsp lemon and then juice.
4. Blend the following on high:
  - 1tsp lemon zest
  - 3T lemon juice
  - ½c olive oil
  - 2-3 large handfuls of parsley leaves
  - 1 small clove garlic
5. Season with S&P to taste.
6. In large bowl mix:
  - 2c quinoa (cooled)
  - chopped tomatoes
  - 2c chopped cucumber
  - ~¼c parsley dressing



## November 2016 Recipes, Gluten Free

### Week 4 Meal 3: Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce

#### *Ingredients:*

1 small yellow onion  
3 cloves garlic  
3 red & 3 yellow bell peppers  
1 x 8oz tub sliced mushrooms  
1T cumin  
1T chili powder  
2T oregano  
1c shredded cheddar  
1c strained tomatoes/tomato sauce  
1 x 15oz can pinto beans

#### *Instructions:*

1. Preheat oven to 375 F.
2. Finely chop onion & garlic.
3. Finely dice 2 bell peppers for sautéing.
4. Cut remaining 4 bell peppers in half, scoop out any seeds, set aside.
5. In a large sauté pan heat 1t oil over med-high heat, add:
  - diced yellow onion
  - garlic (~½T)
  - diced bell pepper
  - mushrooms
  - 1T cumin
  - 1T chili powder
  - 1T oregano
6. Cook for 8-10 minutes. Add remaining 1c tomatoe sauce. Cook 5 minutes.
7. Add 1 can drained pinto beans. Season to taste w/ S&P.
8. Fill bell pepper halves with filling. Sprinkle each pepper w/ ~2T grated cheddar cheese.
9. Bake for 30-40 minutes.



# November 2016 Recipes, Gluten Free

## Week 4 Meal 4: Grass-fed Beef & Vegetable Stew

### *Ingredients:*

1 small yellow onion  
3 cloves garlic  
2 carrots  
2 lg red potatoes  
2 stalks of celery  
1T basil  
1T oregano  
1tsp salt & pepper to taste  
1# beef stew meat, cubed  
4c beef broth  
2c strained tomatoes/tomato sauce

### *Instructions:*

1. Finely chop onion & garlic.
2. Cut the following into small, bite-sized pieces:
  - Carrots
  - potatoes
  - celery
3. Heat a large soup pot to med-high heat & add ½ chopped yellow onion, chopped garlic (~½T), celery, carrots & potato.
4. Sauté for 3-4 minutes.
5. Meanwhile, rub 1T basil + 1T oregano + 1tsp salt + ground pepper into cubed beef. Add to pot and sauté 6-8 minutes.
6. Add 4c beef broth + 2c strained tomatoes.
7. Adjust heat to low, cover stew and cook a minimum of 3 hours (4-5 hours is ideal). Add water/ broth if needed. Season w/ S&P.

Note: The above can be placed in a slow cooker/ crockpot on high for 6-10 hours.



## November 2016 Recipes, Gluten Free

### Week 4 Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese

#### *Ingredients:*

#### *Salad Components:*

- 1 fennel bulb
- 1 x 5oz tub mixed greens
- ½c sliced almonds
- ½c dried cherries
- 4-6oz goat cheese, crumbled

#### *Dressing:*

- 2 lemons
- ½c olive oil
- 2-3 large handfuls of parsley leaves
- 1 small clove garlic
- S&P to taste

#### *Instructions:*

1. Remove upper green fronds from fennel & discard; thinly slice the bottom fennel bulb.
2. In a large bowl layer salad components:
  - ½ of mixed greens
  - ½ of sliced fennel
  - ¼ cup sliced almonds
  - ¼ cup dried cherries
  - 2-3oz goat cheese crumbles
3. Repeat layers.

#### *For Dressing:*

1. Zest 1 tsp lemon and then juice.
2. Blend the following on high:
  - 1tsp lemon zest
  - 3T lemon juice
  - ½c olive oil
  - 2-3 large handfuls of parsley leaves
  - 1 small clove garlic
3. Season with S&P to taste.



# November 2016 Recipes, Gluten Free

## Week 4 Breakfast: Cabbage & Apples w/ Sausage

### *Ingredients:*

3 granny smith apples  
1 head purple cabbage  
1 tsp olive oil  
1 tsp apple cider vinegar (optional)  
4 x breakfast sausage

### *Instructions:*

1. Roughly chop 3 apples & finely chop cabbage. These both chop well using a food processor attachment.
2. Heat 1tsp olive oil (or butter) over med heat & place chopped apple and cabbage in pan. Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.
3. Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking.
4. In a second large sauté pan over high heat, add breakfast sausages and sear (to add color) and continue to cook over medium until cooked through (8-10 min).

## Week 4 Snack: Carrots & Celery w/ Almond Butter

### *Ingredients:*

2 carrots  
1 bunch celery  
¼c almond butter

### *Instructions:*

1. Cut carrots & celery into 2-3" sticks.
2. Per Serving: Scoop out 1 T almond butter and spread onto 5-10 celery & carrots sticks.

## Week 4 Dessert: Honey Broiled Grapefruit

### *Ingredients:*

2 grapefruit  
4T honey

### *Instructions:*

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



# November 2016 Recipes, Gluten Free

## Week 5 Meal 1: Asian Glazed Sea Bass w/ Snow Peas & Shitake Mushrooms

### *Ingredients:*

2 garlic cloves  
1 tsp fresh ginger  
2c shitake mushrooms  
2c snow peas  
4 Chilean sea bass filets (or salmon filets)  
1T sesame oil  
2T low-sodium tamari  
1T honey  
½ tsp red chili flakes (optional)

### **Sea Bass w/ snow peas & shitake mushroom**

### *Instructions:*

1. Finely chop 2 cloves garlic.
2. Slice shiitake mushroom tops (discard stems)
3. Remove snow pea ends
4. Pre-heat oven to 425 F. Add 1 tsp Asian Glaze to each sea bass fillet. Bake for 20-22 minutes or cooked through/ flaky.
5. Heat 1 tsp oil in large sauté pan over med-high heat, add mushrooms & garlic, cooking 3-4 minutes.
6. Add snow peas & remaining Asian glaze (~1T). Cook 1-2 minutes. Season to taste w/ red chili flakes (optional).

### **Asian Glaze**

### *Instructions:*

1. Grate ginger, 1 tsp total.
2. Whisk together:
  - 2T low-sodium tamari
  - 1T sesame oil
  - 1T honey
  - 1tsp fresh grated ginger



# November 2016 Recipes, Gluten Free

## Week 5 Meal 2: Turkey Italian Meatballs

### *Ingredients:*

1# ground turkey thigh  
1 egg (omega-3)  
1/2c grated parmesan  
1c almond flour OR 2T coconut flour  
1/2c olive oil  
6oz tomato paste  
2T Italian seasoning

### *Instructions:*

1. Pre-heat oven to 375 F.
2. In a mixing bowl, combine the following:
  - 1# ground turkey thigh
  - 1c almond flour (or 2T coconut flour)
  - 1 egg
  - 2T Italian seasoning
  - 6oz tomato paste
  - 1/2c grated parmesan
  - S&P
3. Form into ~20 meatballs.
4. Bake meatballs for ~35 minutes or cooked through. Serve w/ sliced cucumber.

## Herbed Sweet Potatoes

### *Ingredients:*

2 large sweet potatoes  
1T olive oil  
3T Italian seasoning

### *Instructions:*

1. Pre-heat oven to 375 F.
2. Chop 2 sweet potatoes into 1" pieces, toss w/ 1T olive oil + 3T Italian seasoning + S&P.
3. Place sweet potatoes in a single layer on a baking sheet. Roast for 35-40 minutes.

## Cucumber Slices

### *Ingredients:*

1 cucumber

### *Instructions:*

1. Cut 1 cucumber into thin slices. Serve on side.



# November 2016 Recipes, Gluten Free

## Week 5 Meal 3: Steaks w/ Mashed Cauliflower & Broccoli

### Mashed Cauliflower

*Ingredients:*

1 head cauliflower

*Instructions:*

1. Roughly chop 1 head of cauliflower (white part only). (3)
2. Bring 4c water to a boil, add 1 chopped cauli, lower to medium, simmer 15 min, turn off heat. Cover and set aside.
3. Place cooked cauliflower in blender, reserving cooking liquid.
4. Add ¼c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.
5. Season to taste w/ salt & pepper

### Roasted Broccoli

*Ingredients:*

1 head broccoli

*Instructions:*

1. Preheat oven to 400 F.
2. Chop 1 head broccoli into bite-sized pieces. Toss w/ 1T olive oil, S&P.
3. Roast broccoli in 400 F oven for 20-25 minutes, removing and tossing halfway through cooking.

### Steaks

*Ingredients:*

4 grassfed tenderloin steaks (4-6 oz each)

4T steak seasoning

*Instructions:*

1. Season steaks w/ ~1T steak seasoning per steak.
2. Heat 1-2t olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness)



# November 2016 Recipes, Gluten Free

## Week 5 Meal 4: Chicken Chili

### *Ingredients:*

1 bunch green onion  
2 cloves garlic  
5oz sliced mushrooms  
1 jalapeno  
2 red potatoes  
1# chicken breast cut into small 1/4" dice  
1c shredded Monterey jack cheese  
4c chicken broth  
1 can white beans  
2T cumin  
¼ tsp cayenne pepper

### *Instructions:*

1. Finely chop 1 bunch green onion, 2 cloves garlic, 2 red potatoes & jalapeño (removing seeds) & chicken. Set aside.
2. In a large soup pot, add 1tsp oil and heat over med-high heat.
3. Add chopped veggies (1 bunch green onion, 2 cloves garlic, 2 red potatoes, 1 jalapeño & 8oz sliced mushrooms).
4. Sauté for 3-4 minutes and added chopped chicken + 2T cumin powder, cooking 2-3 minutes.
5. Add 4c chicken broth & 2c water, bring to a boil then lower to simmer for 30-45 minutes.
6. Add 1 can (rinsed & drained) white beans.
7. Season to taste w/ S&P and ¼tsp cayenne pepper



## November 2016 Recipes, Gluten Free

### Week 5 Salad: Mixed Greens w/ Grapefruit, Avocado & Sliced Almonds with Champagne Vinaigrette

*Ingredients:*

*Salad Components:*

1 avocado  
2 grapefruit  
5oz tub mixed greens  
1/2c sliced almonds  
1c almond flour

*Dressing:*

2T champagne vinegar  
2T olive oil  
1T honey  
S&P to taste

*Instructions:*

1. Remove peel & white outer membrane from 2 grapefruit. Cut into bite-sized wedges & reserve 2T juice, set aside.
2. Layer in container as follows:
  - 1/2 mixed greens
  - 1/2 chopped grapefruit
  - 1/4c sliced almonds
3. Repeat layers.

*For Dressing:*

1. Whisk together:
  - 2T olive oil
  - 2T reserved grapefruit juice
  - 1T honey
  - 2T champagne vinegar
2. Season with S&P to taste.
3. Shake well. Toss into salad (or add 1T/ serving).
4. Dice avocado and add to salad



# November 2016 Recipes, Gluten Free

## Week 5 Breakfast: Oatmeal w/ Cherries & Walnuts

### *Ingredients:*

2c gluten free oatmeal  
1c dried cherries  
1/2c walnuts

### *Instructions:*

1. Bring 4c water to a boil & add 2c oats reduce to low, 10-20 min, stir occasionally.
2. Add 1c dried cherries
3. Top with 1/2 cup walnuts and serve.

## Week 5 Snack: Pears & Cashew Butter

### *Ingredients:*

4 pears  
1/2c cashew butter

### *Instructions:*

1. Slice pears and serve with cashew butter
2. Per Serving: Scoop out 1 T cashew butter and spread onto 5 pear slices.

## Week 5 Dessert: Chai Hot Cocoa

### *Ingredients:*

4 chai tea bags  
2T cacao or cocoa powder  
4T honey  
1/2c lite coconut milk

### *Instructions:*

1. Brew 2-4 chai tea bags in 6c boiling water.
2. Whisk in 2T cacao powder + 1/2c lite coconut milk + 2T honey (optional).