



December 2016 Recipes, Gluten Free

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Week 1 Meal 1: Beef Braised in Red Wine w/ Carrots, Celery & Potatoes

Ingredients:

2T dried oregano
1T cumin
1T chili powder
1T pepper
~1.5-2 # grass-fed beef roast, rump, or shoulder
1T oil
2c red wine
2c beef broth
2 carrots
1# (3-4) red potatoes
3 celery stalks
1 yellow onion

Instructions:

1. Pre-heat oven to 325 F.
2. Place a large stockpot on stovetop over med-high.
3. Mix together: 2T oregano + 1T cumin + 1T chili powder + 1 T pepper + 1tsp salt. Rub onto all sides of roast.
4. Add 1T oil to pan and put roast into pan, searing 1-2 minutes/ side (use large tongs to flip roast).
5. Add 2 cups wine (or broth) and 2 cups water (or broth).
6. Place lid securely on pot and transfer to 325 F oven.
7. Chop:
 - carrots into ~3" pieces
 - red potatoes into large, ~2" cubes
 - stalks celery into ~3"pieces
 - onion (peel & quarter)
8. Add veggies & additional water/broth to roast & bake, covered, for 4-6 hours*. Remove from oven & serve.

* Note: option to remove from oven a few times and add liquid as needed.

Option to cook in a crockpot instead of an oven.



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Week 1 Meal 2: Spinach-Pesto Salmon & Balsamic Quinoa Salad w/ Cranberries, Cucumber & Walnuts

Spinach-Pesto Salmon

Pesto Ingredients:

½ cup olive oil
½c walnuts
~1oz parmesan
1 clove garlic
1 bunch basil
2c baby spinach
1 x lemon

4 x salmon fillets (4-6oz/ portions)

Instructions:

1. Pre-heat oven to 425 F.
2. In a blender, add all pesto ingredients (everything except for the salmon).
3. Blend until smooth, season as needed w/ salt and/or lemon juice.
4. Spread 2-3T pesto onto each salmon fillet.
5. Bake salmon for 18-20 minutes or cooked through/ flaky.



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Balsamic Quinoa Salad w/ Cranberries, Cucumber & Walnuts

Ingredients:

1.5c quinoa

3c veggie broth*

1 cucumber

1/2c walnuts

basil (optional)

1/2c dried cranberries*

1/4c balsamic vinegar

S&P to taste

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

Instructions:

1. Add 3c veg broth (or water) & 1.5c quinoa to large pot. Bring to a boil, turn heat to low, and cook for 20-25 minutes.
2. Finely chop:
 - cucumber
 - 1/2c walnuts
 - basil (optional)
3. Toss together:
 - cooked quinoa
 - 1 chopped cucumber (~2c)
 - 1/2 cup chopped walnuts
 - 1/2 c dried cranberries
 - 1-2T chopped basil (optional)
 - 1/4 c balsamic vinegar
 - S&P to taste



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Week 1 Meal 3: Broccoli, Mushroom & Onion Stir Fry w/ Sesame Quinoa

Broccoli, Mushroom & Onion Stir Fry

Ingredients:

1 head broccoli
4 portabellas
1 yellow onion (small)
2" knob ginger
1-2 cloves garlic
1-2T coconut oil
¼c tamari
¼c rice vinegar
1T toasted sesame oil
1-2tsp chili flakes (optional)

Instructions:

1. Cut broccoli into 2-3" pieces.
2. Thinly slice 4 portabella mushrooms.
3. Thinly slice yellow onion.
4. Peel & grate ginger (~1-1.5T).
5. Finely chop 1-2 cloves of garlic (1T).
6. Add ½T coconut oil to a sauté pan over med-high heat. Add garlic, ginger, onions, broccoli & mushrooms, sauté for 10 minutes.
7. Add:
 - ¼c tamari
 - ¼c rice vinegar
 - 1T toasted sesame
8. Cook another 2-3 minutes. Option to season w/ red chili flakes

Sesame Quinoa

Ingredients:

3c veg broth* (or water)
1.5c quinoa
1-2T toasted sesame oil
S&P to taste

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

Instructions:

1. Add 3c veg broth (or water) & 1.5c quinoa to large pot. Bring to a boil, turn heat to low, and cook for 20-25 minutes.
2. Toss together quinoa with 1-2T toasted sesame oil. Season with S&P to taste.



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Week 1 Meal 4: Beef & Roasted Pepper Fajitas w/ Guacamole & Refried Beans

Beef & Roasted Pepper Fajitas

Ingredients:

- 1# grass-fed beef strip steak
- 2 bell peppers (variety of colors)
- 1 red onion (small)
- 1-2 cloves of garlic
- ½c beef broth*
- ¼c taco seasoning*
- 1 lime to taste
- 8 organic corn tortillas*

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

Instructions:

1. Cook steak in a large sauté pan on both sides, 2-3 min/ side.
2. Transfer to steak to oven for ~10 min or ~145 F. Allow to rest 5 minutes.
3. Cut 2 bell peppers into thin slices,
4. Slice red onion into thin slices.
5. Finely chop 1-2 cloves of garlic (1T).
6. Slice steak very thin "against the grain".
7. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onions, sautéing for ~10 minutes.
8. Add beef, ½c beef broth (or water) & ¼c taco seasoning, add more water/ broth as needed, cook ~5 minutes or heated through.
9. Serve fajitas in warmed corn tortillas.

Guacamole

Ingredients:

- 2 avocados
- 1T chopped cilantro
- ~¼c chopped tomato
- ~1T chopped jalapeño (seeds & ribs removed)
- ~1T chopped red onion
- 1 lime

Instructions:

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



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Refried Beans

Ingredients:

2 cans refried beans (prefer Amy's brand)

Instructions:

1. Heat in pre-heated 350 F oven covered, in 350F oven for ~30-40 minutes (or heat in microwave).



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Week 1 Salad: Arugula w/ Butternut Squash, Pomegranate & Pumpkin Seeds

Salad Components:

1 butternut squash (small/tiny)
1T olive oil
S&P to taste
1 pomegranate or 1/2c arils
1 x 5oz. tub arugula
1/2c pumpkin seeds
4oz feta cheese (optional)
1 avocado, diced

Dressing:

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

Instructions:

1. Pre-heat oven to 400 F.
2. Peel & finely dice butternut squash. Toss w/ S&P & 1T olive oil.
3. Roast diced squash in single layer for ~35-40 minutes.
4. Remove arils from pomegranate.
5. In a large bowl layer salad components:
 - 1/2 tub arugula
 - 1/4c pumpkin seeds
 - 2-3oz feta cheese crumbles (optional)
 - 1/4c pomegranate arils
 - 1/2 roasted butternut squash
 - 1/2 diced avocado
 - Repeat layers

For Balsamic Dressing:

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



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Week 1 Breakfast: Bell Pepper & Mushroom Breakfast Tacos w/ Guacamole

Bell Pepper & Mushroom Breakfast Tacos

Ingredients:

- 1 red onion
 - 2 bell peppers
 - 1-2 cloves garlic
 - 10oz sliced mushrooms
 - 1 x 5oz. tub spinach
 - 8 eggs (omega-3)
 - 8 organic corn tortillas*
 - 1-2c sharp cheddar, pepper-jack, or goat cheese (optional)
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Chop:
 - red onion
 - bell peppers
 - chop garlic (1T)
2. Add 1t oil to a large sauté pan over med-high heat. Add bell pepper, onion, garlic, sliced mushrooms & spinach. Sauté 10-12 minutes.
3. In a large bowl, whisk together 8 eggs. Lower heat to medium, add eggs. Cook for 3-5 minutes or until just setting and not runny. Season w/ S&P.
4. Serve eggs in warmed corn tortillas with guacamole. Option to top w/ cheese.

Guacamole

Ingredients:

- 2 avocados
- 1T chopped cilantro
- ~1/4c chopped tomato
- ~1T chopped jalapeño (seeds & ribs removed)
- ~1T chopped red onion
- 1 lime
- S&P to taste

Instructions:

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



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Week 1 Snack: Kale Chips

Ingredients:

1 x bunch dinosaur or lacinto kale
2-4T olive oil
sea salt to taste
~1oz parmesan (optional)

Instructions:

1. Pre-heat oven to 325 F.
2. Wash kale and dry well (using a towel works best).
3. Using hands, tear off leaves into 2-3" "chips," removing the inner stem.
4. Place leaves in a large bowl, toss with 2-4T olive oil and sea salt. Rub oil into leaves, ensuring it's distributed evenly over all leaves.
5. Place in a single layer on an oiled baking sheet so leaves are not touching (may need to bake in a few batches).
6. Sprinkle lightly w/ sea salt. Option to sprinkle with fresh grated parmesan.
7. Bake at 325 for ~10-15 minutes or until leaves are completely crisp, being careful not to burn.
8. Remove from pan and place on a paper towel to drain excess oil. Add salt to taste if needed.
Store uncovered at room temperature.

Week 1 Dessert: Clementine Oranges

Ingredients:

1 bag clementine oranges

Instructions:

1. Peel & enjoy!



December 2016 Recipes, Gluten Free

Week 2 Meal 1: Pecan Crusted Salmon w/ Green Beans & Roasted Butternut Squash

Pecan Crusted Salmon

Ingredients:

- 1.5c pecans
- 1T chili powder
- 1T paprika
- 1T cumin powder
- 2 eggs (omega 3)
- 4 salmon fillets, skin removed (4-6oz/ portions)

Instructions:

1. Place in food processor or blender & blend until pecans are roughly to finely chopped.
 - 1.5 cup pecans
 - 1T chili powder
 - 1T paprika
 - 1T cumin powder
2. Place pecans in a shallow bowl.
3. In a separate shallow bowl, place 2 eggs, whisked.
4. Dredge each salmon fillet in the following order:
 - 1: eggs
 - 2: pecan crust
5. Roast for 18-22 minutes or cooked through/ flaky.

Green Beans

Ingredients:

- 2-3c green beans
- 1T olive oil

Instructions:

1. Pre-heat oven to 400 F.
2. Trim ends if needed. Toss w/ 1T olive oil, S&P.
3. Place on baking sheet spreading evenly.
4. Roast green beans ~10 minutes.



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Roasted Butternut Squash

Ingredients:

1-2# pre-cut butternut squash (or 1 whole)

1T olive oil

1T dried basil

Instructions:

1. Pre-heat oven to 400 F.
2. Peel & cut into 1" cubes. (if not pre-cut)
3. Toss w/ 1T olive oil, 1T dried basil, S&P.
4. Place on baking sheet, spreading evenly.
5. Roast for 30-35 minutes. (remove and toss halfway through)



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Week 2 Meal 2: Bacon & Chard Stuffed Chicken w/ Broccoli, Tomato & Mushrooms

Bacon & Chard Stuffed Chicken

Ingredients:

1 bunch Swiss chard

2 slices thick-cut bacon*

1 clove garlic

4oz soft goat cheese log (optional)

4 chicken breasts (thin, scaloppini cut)

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

Instructions:

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

Broccoli, Tomato & Mushrooms

Ingredients:

1 tub mushrooms

1 pint cherry tomatoes

1 head broccoli

2-3T olive oil

1T Italian seasoning

S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Cut mushrooms & (1 pint) tomatoes in half.
3. Cut broccoli into $\frac{1}{2}$ " cubes.
4. Toss w/ 2-3 olive oil, 1T Italian seasoning, S&P.
5. Roast broccoli, tomatoes & mushrooms in a single layer for ~30 minutes.



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Week 2 Meal 3: Potato & Onion Frittata w/ Grapes

Ingredients:

1 yellow onion
1# baking potatoes
3-4 cloves garlic
1T olive oil
8 eggs (omega 3)
1 bag grapes

Instructions:

1. Pre-heat oven to 350 F.
2. Slice 1 yellow onion.
3. Thinly slice potatoes. (works best using a food processor attachment or on a mandolin)
4. Finely chop 3-4 cloves garlic.
5. In a large sauté pan heat 1T olive oil on high, add sliced onions and cook ~5 minutes. Season w/ ½t salt.
6. Add sliced potatoes & chopped garlic, season w/ S&P.
7. Add 2c water, cover w/ lid turn heat to medium and cook 15 minutes or until knife easily slides through potatoes. Set aside to cool.
8. Whisk 8 eggs in a large bowl, season w/ S&P.
9. Stir in cooked onions & potatoes.
10. Pour into an oiled pie pan.
11. Bake for 40-45 minutes or until cooked through and no longer jiggly in the center.
12. Serve with grapes on side.



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Week 2 Meal 4: Beef Minestrone Soup

Ingredients:

1 carrot
1 zucchini
1 yellow onion
3-4 cloves garlic
½# grass-fed ground beef
1T Italian seasoning*
1-28oz can diced tomatoes
1 bunch basil
4c low-sodium beef broth*
½c brown rice macaroni pasta*
1-15oz cans cannellini beans*

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

Instructions:

1. Finely dice:
 - 1 carrot
 - 1 zucchini
 - 1 yellow onion
 - 3-4 garlic cloves
2. In a large soup pot, sauté veggies, ½# ground beef & 1T Italian seasoning for ~10 minutes, while breaking up beef.
3. In a blender add:
 - 1 large can diced tomatoes
 - large handful of fresh basil
4. Process until smooth.
5. Add blended diced tomatoes + 4c broth + 4c water to soup. Add more water as necessary for desired consistency.
6. Cook 15-20 minutes over low heat.
7. Add ½c brown rice pasta & 1 can of drained white beans.
8. Cook another 10 minutes or until pasta is cooked.
9. Season to taste w/ S&P.



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Week 2 Salad: Mixed Greens w/ Blueberries, Walnuts & Feta

Salad Components:

1x 5 oz. tub mixed greens
1/2c chopped walnuts
4oz feta cheese crumbles (optional)
1 pint blueberries

Dressing:

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

Instructions:

1. In a large bowl layer salad components:
 - 1/2 tub mixed greens
 - 1/4c chopped walnuts
 - 2-3oz feta cheese crumbles
 - 1/2 pint blueberries
 - Repeat layers
2. Toss with dressing.

For Balsamic Dressing:

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



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Week 2 Breakfast: Almond Flour Pancakes

Ingredients:

1c milk
2c almond flour
4 eggs

Instructions:

1. Place the following in a bowl:
 - 2c almond flour
 - 4 eggs
 - 1c milk (almond or coconut works)
2. Use a whisk to blend until smooth.
3. Cook on pancake griddle (or sauté pan), on med heat, 2-3 min/ side.

Week 2 Snack: Broccoli & Tomatoes w/ Hummus

Ingredients:

1 head broccoli
1 pint cherry tomatoes
1tsp balsamic vinegar
1 garlic clove
1-15oz cans cannellini beans
1 bunch basil
3-4T olive oil
S&P to taste

Instructions:

1. Cut 1 broccoli head into bite-sized pieces for snacking, and mix with 1 pint cherry tomatoes.
2. Blend the following until smooth:
 - 1 tsp balsamic vinegar
 - 1 garlic clove
 - 15oz cannellini beans, drained & rinsed
 - large handful of basil
3. Add olive oil, 1T at a time as needed for a smooth consistency.
4. Season w/ fresh ground pepper, ¼ tsp sea salt.

Week 2 Dessert: Dark Chocolate w/ Brazil Nuts

1c Brazil nuts
4oz dark chocolate (bar or individually wrapped pieces)



December 2016 Recipes, Gluten Free

Week 3 Meal 1: Orange-Basil Turkey Breast w/ Fingerling Potatoes & Brussels Sprouts

Orange-Basil Turkey Breast

Marinade Ingredients:

½c olive oil
zest & juice of 3 oranges
1 large handful fresh basil
¼c salt
2-3 cloves garlic, peeled

2-3# bone-in turkey breast

Instructions:

1. Place all marinade ingredients in a blender (everything except for turkey).
2. Blend until combined and mostly smooth.
3. Add turkey to marinade and refrigerate. Marinade for 4 hours up to 48 hours.
4. Pre-heat oven to 450 F.
5. Remove turkey from marinade and place in baking pan. Put in oven at 450 for 5 minutes.
6. Lower temperature to 400 F & continue to roast for ~1-1.5 hr or an internal temp of 165 F

Fingerling Potatoes

Ingredients:

1.5# fingerling potatoes
1-2T olive oil
1T dried oregano
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Cut into 1", bite-sized pieces.
3. Toss w/ 1-2T olive oil, 1T dried oregano, S&P.
4. Roast in a single layer for 30-35 minutes or until browned/ cooked through.

Brussels Sprouts

Ingredients:

1# Brussels sprouts
1-2T olive oil
1T dried oregano
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Trim Brussels ends. Cut into 1", bite-sized pieces.
3. Toss w/ 1-2T olive oil, 1T dried oregano, S&P.
4. Roast in a single layer for 30-35 minutes or until browned/ cooked through.



December 2016 Recipes, Gluten Free

Week 3 Meal 2: Slow Baked Brisket with Creamy Cauliflower and Leek Soup

Brisket

Ingredients:

½ tsp turmeric
2 T cumin powder
2 T Italian seasoning
1 T garlic powder
1 tsp salt
2 tsp pepper

3# beef brisket

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

Instructions:

1. Preheat oven to 325 F
2. Mix together brisket seasonings
3. Spread evenly over brisket
4. Place in a pan and cover with foil, bake at 325 F for 3-5 hours.

Cauliflower and Leek Soup

Ingredients:

2 cloves garlic
2 large leeks
1 head cauliflower
1 yellow onion
1 tsp olive oil
4 c chicken broth
S&P to taste

Instructions:

1. Finely chop garlic. Set aside.
2. Cut & discard top green & bottom roots of leeks. Roughly chop & place in a bowl of water, allowing any dirt to settle to the bottom of the bowl. Set aside.
3. Roughly chop cauliflower and yellow onion. Set aside.
4. In a large soup pot, heat 1tsp olive oil over med-high heat.
5. Add chopped veggies. Season w/ S&P and sauté for 5-6 minutes.
6. Add 4c chicken broth and simmer for 30 min, adding more broth as needed to just cover veggies.
7. Remove from heat and allow to cool.
8. Place cooked & cooled ingredients in a blender or food processor (may need to do in 2 batches). Puree until smooth.
9. Season w/ additional S&P as needed.



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Week 3 Meal 3: Pizza Soup

Ingredients:

1 clove garlic
1 red onion
2 green bell peppers
4oz pepperoni
1, 8oz tub sliced mushrooms
2T dried oregano
1T dried basil
4 c beef broth
2 c water
28oz can diced tomatoes
2.25oz sliced black olives
S&P to taste
Olive oil

Instructions:

1. Finely chop:
 - 1 clove garlic
 - 1 red onion
 - 2 green bell peppers
 - 4oz pepperoni
2. In a large soup pot, heat 1tsp olive oil over med-high heat.
3. Add chopped veg (1 garlic clove + 1 red onion + 2 green bell pepper + 8oz sliced mushrooms).
4. Add 1T dried basil + 1T dried oregano. Saute for 8-10 minutes.
5. Add 4c beef broth + 2c water + 4oz chopped pepperonis + 28oz diced tomatoes + 2.25oz sliced black olives, drained.
6. Bring to a low boil, then lower to a simmer. Cook ~30 min.
7. Add liquid as needed. Season to taste w/ S&P.



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Week 3 Meal 4: Leek & Mushroom Frittata & Blueberries

Ingredients:

2-3 cloves garlic
1 large leek
1x 5oz tub sliced mushrooms
8 eggs (omega-3)
4oz feta crumbles (optional)
½ tsp fresh ground black pepper
Oil for pan

2c blueberries

Instructions:

1. Pre-heat oven to 350 F.
2. Finely chop 2-3 cloves garlic (1T).
3. Cut & discard top green of leek and bottom roots. Cut remaining leek lengthwise then chop finely. Place in a bowl of water allowing any dirt to settle to bottom of bowl.
4. Heat 1T oil in a large sauté pan over medium heat, add chopped leeks + 1 tub sliced mushrooms + 1T chopped garlic + a pinch of salt. Sauté for 10-12 minutes. Turn off heat and allow to cool.
5. Whisk 8 eggs in a large bowl.
6. Stir in sautéed leeks & mushrooms, feta crumbles and season with ½ tsp fresh ground black pepper.
7. Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt.
8. Bake at 350 F for 34-38 minutes or until no longer jiggly.
9. Serve with blueberries.



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Week 3 Salad: Arugula w/ Apples, Cherries, Walnuts & Goat Cheese

Salad Components:

2 apples, chopped

5oz arugula

1/2c chopped walnuts

1/2c dried cherries*

4oz goat cheese crumbles (optional)

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

Dressing:

1/2c olive oil

1/4c balsamic vinegar

S&P to taste

Instructions:

1. In a large bowl toss together all salad ingredients.
2. Toss with dressing or serve dressing on side.

For Balsamic Dressing:

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



December 2016 Recipes, Gluten Free

Week 3 Breakfast: Brown Rice Cake w/ Almond Butter & Banana

Ingredients:

4-6 bananas

½c almond butter*

1 pkg brown rice cakes*

1 tsp cinnamon (optional)

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

Instructions:

1. Slice banana.
2. Spread 1-2T almond butter on 1 brown rice cake.
3. Top w/ sliced banana.
4. Option to sprinkle with cinnamon.

Week 3 Snack: Celery + Almond Butter

Ingredients:

6-8 celery stalks

½c almond butter*

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

Instructions:

1. Cut celery into sticks.
2. 1 serving = celery sticks, spread w/ 1-2T almond butter.

Week 3 Dessert: Pumpkin Pie Pudding

Ingredients:

2 cans pumpkin puree* (NOT pumpkin pie filling)

11oz full fat coconut milk

½c maple syrup

1 tsp pumpkin pie spice

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

Instructions:

1. Place the following in a food processor or blender:
 - 2 cans pumpkin puree
 - 11oz (~1c) full fat coconut milk
 - ½ c maple syrup
 - 1 tsp pumpkin pie spice
2. Blend until smooth.
3. Store in refrigerator and serve chilled.



December 2016 Recipes, Gluten Free

Week 4 Meal 1: Shrimp & Mushrooms Baked in Tomato Sauce w/ Lemon Rice

Shrimp & Mushrooms Baked in Tomato Sauce

Ingredients:

- 1 bunch parsley (small)
 - 3-4 cloves garlic
 - 1 tsp olive oil
 - 1 tub sliced mushrooms
 - 1 x 25.5oz tomato sauce*
 - 1# shrimp (peeled, deveined, no tails)
 - 1x 4 oz. feta cheese (optional)
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 450 F.
2. Finely chop parsley (~2T chopped). Finely chop 3-4 cloves garlic.
3. In a large sauté pan over med-high heat, add 1 tsp olive oil + sliced mushrooms + chopped garlic, sauté for 10 minutes, cool.
4. Add 1 jar tomato sauce, chopped parsley & 2oz crumbled feta.
5. Place in glass dish, top w/ shrimp, remaining 2oz feta, S&P.
6. Bake shrimp in tomato sauce, covered, for 50-55 minutes.
7. Remove cover & bake for an additional 5-10 minutes, until shrimp change from translucent to a white color. If excess liquid develops, remove & discard. (especially if using previously frozen shrimp)

Lemon Rice

Ingredients:

- 1c long grain brown rice
- 1 lemon

Instructions:

1. Place 2c water + 1c rice in a pan, bring to a boil, lower heat to low, cover w/ a lid
2. Cook 30-45 minutes.
3. Mix w/ 1 tsp lemon zest & 1-2T fresh lemon juice.



December 2016 Recipes, Gluten Free

Week 4 Meal 2: Orange Chicken & Broccoli w/ Coconut Rice

Orange Chicken & Broccoli

Ingredients:

1 knob ginger
2-3 cloves garlic
2 oranges
1T toasted sesame oil
1T tamari
6oz tomato paste
4T honey
1 tsp rice wine vinegar
1.5# boneless, skinless chicken thighs
1 head broccoli
¼c sesame seeds

Instructions:

1. Grate ginger (~1T).
2. Chop 2-3 cloves garlic (~1T).
3. Zest 1 orange (~1 tsp) & juice 2 oranges (~ ½c).
4. In a large pot, heat 1 tsp olive oil, add in 1T grated ginger, 1T chopped garlic & 1 tsp orange zest. Sauté for 2-3 minutes.
5. Whisk into pot:
 - ½c OJ
 - 1T toasted sesame oil
 - 1T tamari
 - 6oz tomato paste
 - 4T honey
 - 1 tsp rice wine vinegar
6. Add 1.5# chicken thighs, cook on med, covered, 45-60 min, stirring occasionally.
7. Chop broccoli into bite-sized pieces.
8. Add in chopped broccoli and cook another 10 minutes.
9. Sprinkle w/ ¼c sesame seeds.

Coconut Rice

Ingredients:

1c long grain brown rice
½c full fat coconut milk

Instructions:

1. Place 2c water + 1c rice in a pan, bring to a boil, lower heat to low, cover w/ a lid
2. Cook 30-45 minutes. Mix cooked rice w/ ~ ¼ - ½c coconut milk.

Week 4 Meal 3: Penne Pasta w/ Chickpeas, Sundried Tomatoes & Broccoli



December 2016 Recipes, Gluten Free

Ingredients:

12oz brown rice penne pasta
1 head broccoli
1 8.5oz jar sundried tomatoes in olive oil
1 bunch basil
1 can chickpeas
1x 6-8oz feta cheese (optional)
1-2tsp red chili flakes (optional)

Instructions:

1. Bring a large pot of water to a boil, add 12oz penne pasta & cook according to package instructions. Drain cooked pasta.
2. While pasta cooks, chop broccoli into bite-sized pieces.
3. Chop sundried tomatoes, reserving oil.
4. Finely chop fresh basil.
5. Return pasta to pot, add:
 - sundried tomatoes (with 1-2T oil)
 - 1 can chickpeas (drained)
 - broccoli
 - basil
 - feta crumbles
6. Stir and heat over low until everything is combined and cheese just starts to melt. Option to season w/ red chili flakes.



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Week 4 Meal 4: Turkey Taco Soup

Ingredients:

1 red bell pepper
2 cloves garlic
1 jalapeño
1 yellow onion (small)
1tsp olive oil
¾# ground turkey thigh
2T taco seasoning*
2 cobs of corn (or 1c frozen corn)
2c tomato puree
4c low-sodium chicken broth*
15 oz black beans*
15 oz red beans*

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

Instructions:

1. Finely chop:
 - 1 red bell pepper
 - 2 cloves garlic
 - 1 jalapeño (discard seeds)
 - 1 yellow onion
2. In a large soup pot over med-high heat, add: 1 tsp olive oil + chopped veggies.
3. Cook veggies for ~5 minutes, Add ¾# ground turkey thigh + 2T taco seasoning, crumbling meat & cooking 10 more minutes.
4. Cut corn from cob.
5. Add 2c tomato puree + 4c broth, turn to low, cook 30 minutes.
6. Add 1 can black beans + 1 can red beans (both drained) + corn, cook 10 minutes.



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Week 4 Salad: Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese

Salad Components:

2 pears

1x 5oz tub arugula

½c dried cranberries*

½c sliced almonds

4-6 oz goat cheese crumbles (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. Dice pears.
2. In a large bowl layer salad components:
 - ½ arugula
 - 1 diced pear
 - ¼c dried cranberries
 - ¼c sliced almonds
 - 2-3oz goat cheese crumbles
 - Repeat layers.

For Balsamic Dressing:

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



December 2016 Recipes, Gluten Free

Week 4 Breakfast: Kale, Sausage & Feta Cheese Frittata

Ingredients:

1 yellow onion

1 bunch kale

½# breakfast sausage*

8 eggs

1x 6-8oz feta cheese (optional)

½tsp fresh ground black pepper

olive oil

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

Instructions:

1. Pre-heat oven to 350 F.
2. Separate kale stems and leaves, and finely chop both.
3. Finely chop 1 yellow onion.
4. Place ½# breakfast sausage in large sauté pan over med-high heat. Begin to brown, breaking apart meat w/ spatula.
5. Add chopped kale (stem & leaves) & onion. Cook for ~10 minutes or until veggies & sausage are cooked through. Set aside to cool.
6. Whisk 8 eggs in a large bowl.
7. Stir in cooked sausage, kale & onions.
8. Crumble in 6-8oz feta cheese and season with ½ tsp fresh ground black pepper.
9. Pour into an oiled pie pan.
10. Bake at 350 F for 30-40 minutes or until no longer jiggly.

Week 4 Snack: Tangelos & Almonds

Ingredients:

8 x tangelos

½c whole almonds

Instructions:

1. 1 serving = 1-2 tangelos + 1/8c whole almonds



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Week 4 Dessert: Kiwi & Pomegranate Parfait

Ingredients:

12 kiwi

2 pomegranates

Instructions:

1. Peel & cut each kiwi into 6-8 bite-sized pieces.
2. Remove arils from pomegranate.
3. Toss together.