January 2017 Recipes, Gluten Free

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Week 1

Meal 1: Honey Ginger Salmon w/ Acorn Squash & Sautéed Mushrooms

Honey Ginger Salmon

Ingredients:
1T grated ginger
2 garlic cloves
4T tamari (coconut aminos for Paleo)
1T honey (or maple syrup)
4T olive oil
1T lemon juice
4 x salmon fillets (4-6oz/ portions)

Instructions:

1. Whisk together the following:
   - 1T grated ginger
   - 2 garlic cloves
   - 4T tamari (coconut aminos for Paleo)
   - 1T honey (or maple syrup)
   - 4T olive oil
   - 1T lemon juice
2. Pre-heat oven to 425 F.
3. Marinate salmon for 30 minutes (or while oven pre-heats).
4. Remove salmon from marinade and bake 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: Lamb Kofta w/ Tahini Sauce & Parsley Quinoa

Lamb Kofta

Ingredients:
1-1.5# ground lamb (can sub ground beef or bison)
1tsp cumin
2tsp coriander
1T fresh chopped parsley
S&P

Instructions:
1. Mix 1-1.5# lamb w/ 1tsp cumin, 2tsp coriander, 1T fresh chopped parsley + S&P.
2. Form into 4-8 patties.
3. Cook in large sauté pan over med-high heat for 4-5 minutes per side (or grill).

Tahini Sauce

Ingredients:
½ c tahini
3T lemon juice
1-2 cloves garlic, smashed & skin removed
½ c water
1T olive oil
¼ tsp salt (or to taste)

Instructions:
1. Place the following in a food processor or blender:
   ½c tahini (stirred) + 3T lemon juice + 1-2 cloves garlic (smashed, skin removed) + ½c water + 1T olive oil + ¼tsp salt (or to taste).
2. Blend on high until smooth.

Parsley Quinoa

Ingredients:
1c quionoa
¼ c fresh parsley, chopped
½ can black-eyed peas, drained & rinsed

Instructions:
1. Place 1c quinoa & 2c water in a pot. Cook over low for ~20 minutes. Set aside to cool when cooked.
2. Toss ~¼c fresh chopped parsley and 1/2 can drained black-eyed peas with cooked quinoa.

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Meal 4: Potato & Bacon Soup

Ingredients:
½# thin-sliced bacon*
2 cloves garlic
1 yellow onion
1 large carrot
4 red potatoes
4c veggie broth*

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

Instructions:

1. Finely chop:
   - ½# thin-sliced bacon
   - 2 cloves garlic
   - 1 yellow onion
   - 1 carrot
2. Dice 4 red potatoes
3. In large stock pot over high heat, sauté bacon + chopped vegetables (onion + garlic + carrot) for 4-5 mins.
4. Add diced potatoes + 4c veggie broth + 4c water.
5. Bring to a boil, lower to simmer and cook for 30 minutes, adding liquid if needed.
6. 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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"Good Luck" Scramble

Ingredients:
½# thin-sliced bacon*
1 bunch collard greens
(OR pre-chopped collards)
2 cloves garlic
½ can black-eyed peas, drained
8 eggs

Instructions:
1. Finely chop ½# thin-sliced bacon and 2 garlic cloves
2. Separate stems from leaves from 1 bunch collards. Finely chop both.
3. In a large sauté pan over med-high heat, add chopped bacon and cook 4-5 minutes.
4. Add chopped collards and garlic. Cook for 8-10 minutes, stirring often.
5. Add black-eyed peas + ½ c water. Cover and simmer until greens wilt and are tender, ~10-15 mins. Addding water as needed during cook time.
6. Stir and season with S&P to taste.
7. Scramble in 8 eggs or serve scrambled eggs on the side.

Snack: Popcorn Baggies w/ Coconut Chips

Ingredients & Instructions:
1. Combine 1 bag air-popped popcorn with 2 bag coconut chips*.
2. Divide into individual baggies or store in air-tight container.

Boozy Puerto Rican Rum Balls

Ingredients:
¼c dark rum
¼c maple syrup
¼c coconut oil, melted
1c shredded coconut, unsweetened
1 ½ c almond flour
1/8 tsp salt

Instructions:
1. In a large bowl, whisk together:
   - ¼ c dark rum
   - ¼ c maple syrup
   - ¼ c melted coconut oil
2. Then stir in the following until well combined:
   - 1c unsweetened shredded coconut
   - ¼ c cocoa powder
   - 1 ½ c almond flour
   - 1/8 tsp flour

   Note: add additional almond flour, 1T at a time, if needed for thicker consistency.
3. Roll into 1T balls.
4. Refrigerate for up to 1 week. Yields ~20.

To make kid friendly, omit rum and increase maple syrup to ½ cup.

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

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Week 2

Meal 1: Swordfish Puttanesca over Gluten Free Pasta

Ingredients:
1 bunch parsley
25oz marinara sauce*
½ c sliced green olives, drained
1T capers, drained
1 can anchovies, drained (optional)
½ tsp red chili flakes
2tsp lemon juice
1 box gluten free pasta
4 swordfish filets, 5-7oz ea
(OR sub white fish like cod)

Instructions:
1. Bring water to boil for pasta & cook according to package instructions.
2. Finely chop parsley leaves to equal 2-3T.
3. In a large sauté pan, combine the following:
    - 2-3T chopped parsley
    - 25oz marinara sauce
    - ½ c sliced green olives, drained
    - 1T capers, drained
    - 1 can anchovies, drained (optional)
    - ½ tsp red chili flakes
    - 2tsp lemon juice
4. Cook 10 minutes on med-high heat, stirring occasionally.
5. Add swordfish filets to sauce, cover and cook another -10 minutes or until fish is cooked/flaky.
6. Serve over GF pasta.

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)
25-32 oz 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.

Optional: 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.

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

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 beet 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: Strawberry Jam w/ Rice Cakes

Ingredients:
4c frozen strawberries
3T chia seeds
3T maple syrup*
½ tsp vanilla, optional
1 package rice cakes

Instructions:
1 In a small pan over med-high heat, add 4c frozen strawberries. Cover and cook 10 minutes.
2 Mash strawberries with a fork, then add 3T chia seeds, 3T maple syrup & 1/2tsp vanilla (optional).
3 Stir, cover and cook 2 more mins.
4 Put jam in fridge to cool for at least 30 minutes before using.
5 Serve with rice cakes.

Snack: Bananas w/ Spiced Peanut Butter

Ingredients:
½c peanut butter*
1T pumpkin pie spice*
4 bananas

Instructions:
1. Combine ½ c peanut butter with 1T pumpkin pie spice.
2. Stir until combined.
3. Serve with sliced bananas.

Dessert: Chocolate Mousse

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 medjool dates, pitted
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.

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

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Week 3

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
1carrot
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.

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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

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Breakfast: Shakshuka

Ingredients:
1 bunch parsley
1 jar marinara sauce*
5oz baby spinach
8 eggs
S&P

Instructions:
1. Finely chop 2T parsley
2. In a lg saute pan over med-high heat, add 1 jar marinara + 5oz baby spinach.
3. Cover & cook for 5-7 min (or until spinach is wilted). Stir.
4. Add 8 eggs to pan, one at a time, "nesting" into sauce. Cover, cook for another 3-4 min or until eggs reach desired doneness.
5. Season w/ S&P and 2T chopped parsley.

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

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 + ½c pistachios (in shell).

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Dessert: Cherry Berry Cobbler

Ingredients:
½ c butter (or coconut oil)
1½ c medjool dates
1c pecans
1¼ c almond flour
½ c unsweetened shredded coconut
1T cinnamon
1tsp ground ginger
½tsp salt
10oz bag frozen cherries
10oz bag frozen blueberries
1tsp almond extract

Instructions:

1. Pre-heat oven to 375 F
2. In a food processor or blender, add:
   - ½ c butter (or coconut oil)
   - 1½ c medjool dates
   - 1c pecans
   - 1¼ c almond flour
   - ½ c unsweetened shredded coconut
   - 1T cinnamon
   - 1tsp ground ginger
   - ½tsp salt
3. Pulse until combined and mixture begins to form a ball.
4. In a separate bowl, toss 10oz bag frozen dark cherries + 10oz frozen blueberries together w/ ¼ c almond flour & 1tsp almond extract.
5. Layer on the bottom of 9x9 pan.
6. Top with cobbler from above (does not have to cover completely). Cover with foil.
7. Bake at 375 F for ~30 minutes.

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Week 4

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.

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Meal 2: Spinach Pesto Chicken w/ Zucchini Noodles

Spinach Pesto Chicken

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.

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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.

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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.

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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

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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.

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