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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 1/2" 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)  
8 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.



# January 2017 Recipes, Paleo

## 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.



## Meal 3: Lamb Kofta w/ Tahini Sauce & Parsley Cauliflower Rice

### 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 Cauliflower Rice

#### *Ingredients:*

1 head cauliflower  
½ yellow onion  
1T coconut oil  
2T fresh parsley, chopped

#### *Instructions:*

1. Remove core, leaves & any dark spots from cauliflower.
2. Make sure cauliflower is completely dry and coarse chop.
3. Place in food processor (may have to do in multiple batches). Pulse until reaches small rice-like texture.  
Note: be careful not to go too far or it will be mushy.
4. Finely dice ½ of a yellow onion.
5. Heat 1T coconut oil (or olive) in large sauté pan, add chopped onion, sauté ~10 min or translucent.  
Add the cauliflower rice.
6. Cover & cook ~ 5 min stirring frequently until cauliflower is crisp on outside & tender on inside. Season w/ S&P & 2T chopped parsley.



## January 2017 Recipes, Paleo

### Meal 4: "Good Luck" Soup

#### *Ingredients:*

2 slices thick cut peppered bacon\*  
2 cloves garlic  
2 yellow onion  
1 bunch collards  
1 large red potato (optional, could sub w/ 1/2# carrots)  
1/2# ground bison  
~4c chicken broth\*  
1/8 tsp cayenne

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

#### *Instructions:*

1. Finely chop:
  - bacon
  - yellow onion
  - garlic
  - collard stems
  - collard leaves
  - red potato
2. In a large soup pot, sauté bacon + ground bison + chopped onion + garlic + collard stems & leaves for 3-4 minutes.
3. Add chopped potatoes + 4 cups broth + 2c water & 1/8 tsp cayenne.
4. Bring to a boil, lower to simmer

### Salad: Mixed Greens w/ Pomegranate, Cucumber, Avocado & Walnuts

#### **Salad Components:**

1/2c pomegranate arils or 1 pomegranate  
5oz tub mixed greens  
1/2c chopped walnuts  
2 avocado  
4oz blue cheese crumbles (optional)

#### **Dressing:**

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

#### *Instructions:*

1. Remove arils from pomegranate if needed.
2. Finely dice 1c cucumber. Chop remaining for snacking.
3. In a large bowl layer salad components:
  - 1/2 mixed greens
  - 1/2 pomegranate arils
  - 1/2 c cucumber
  - 2oz blue cheese
4. Repeat layers.
5. Chop 2 avocados and add to salad.

#### *For Balsamic Dressing:*

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



# January 2017 Recipes, Paleo

## **Breakfast: Mixed Berry Green Smoothie**

### *Ingredients:*

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

### *Instructions:*

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

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

## **Snack: Golden Turmeric Milk**

### *Ingredients:*

32oz (1qt) almond milk\*  
(OR milk of choice)  
2T honey  
¼c turmeric  
2T cinnamon  
1T ground ginger  
1/8 tsp nutmeg

### *Instructions:*

1. Combine: ¼c turmeric + 2T cinnamon + 1T ground ginger + ½tsp salt & pepper + 1/8tsp nutmeg.
2. In small saucepan, combine 2c almond milk (or milk of choice) + 2tsp spice mix (above) + 1-2tsp honey or maple syrup as desired.
3. Whisk until smooth and heat for 4-5 min on med-high or heated and before it begins to boil.

Note: This yields 2 servings, you can increase/ decrease as needed. Use leftover spice mix on baked sweet potatoes!

## **Boozy Puerto Rican Rum Balls**

### *Ingredients:*

¼c dark rum  
¼c maple syrup  
¼c coconut oil, melted  
1c shredded coconut, unsweetened  
¼c cocoa powder  
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  
- Then stir in the following until well combined: 1c unsweetened shredded coconut + ¼ c cocoa powder + 1 ½ c almond flour + 1/8 tsp salt  
Note: add additional almond flour, 1T at a time, if needed for thicker consistency.
2. Roll into 1T balls.
3. 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 Mashed Cauliflower

#### *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 head cauliflower  
4 swordfish filets, 5-7oz ea  
(OR sub white fish like cod)

#### *Instructions:*

1. Roughly chop 1 cauliflower and place in a large steamer or soup pot.
2. Boil or steam cauliflower in 3-4" of water for ~20 minutes or a knife inserts easily. Drain & set aside to cool.
3. Finely chop parsley leaves to equal 2-3T.
4. 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
5. Cook 10 minutes on med-high heat, stirring occasionally.
6. Place cooked, cooled cauliflower in a food processor/blender, add 1/4c water (or stock) and blend until just smooth. Season with S&P and top with 2T chopped parsley.
7. Add swordfish filets to sauce, cover and cook another ~10 minutes or until fish is cooked/flaky.



## January 2017 Recipes, Paleo

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

#### Goat Cheese, Tomato & Spinach Stuffed Chicken

*Ingredients:*

1 bag spinach  
1/4c 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 ~1/4c).
4. Roughly chop ~1/4c spinach & 1/4c 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.



## January 2017 Recipes, Paleo

### **Meal 3: Meatza**

#### *Ingredients:*

1.5# raw, ground pork sausage\* (Italian seasoning is okay)  
½ of red onion  
½ c marinara sauce\*  
2 handfuls of spinach (can use more if desired)  
½ c Kalamata olives  
1c shredded mozzarella

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

#### *Instructions:*

1. Preheat oven to 400 F
2. Spread 1.5# ground pork sausage into a 9x13" pan to form pizza "crust". Be sure to go up the edges as the meat will shrink.
3. Bake at 400 for 15 minutes. Allow to cool.
4. Thinly slice ½ of a red onion
5. On top of cooled meat crust, layer 1/2c marinara sauce, spinach and Kalamata olives.
6. Sprinkle with shredded mozzarella cheese.
7. Bake at 400 F for 15 minutes or heated through.



## Meal 4: Chipotle Bison & Veggie Chili

### Chipotle 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\*  
~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 1# ground bison for 5 minutes. Add 3 diced 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.



## January 2017 Recipes, Paleo

### 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 ~35 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



## Breakfast: Strawberry Jam w/ Paleo Banana Pancakes

### Strawberry Jam

#### *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 pancakes.

### Paleo Banana Pancakes

#### *Ingredients:*

4 bananas  
6 eggs  
½ tsp baking soda  
3T coconut flour  
1tsp vanilla (optional)  
½ tsp cinnamon

#### *Instructions:*

- 1 In a blender, add bananas through cinnamon. Blend until smooth.
- 2 Pre-heat a griddle over medium heat.
- 3 Ladle mixture onto griddle and cook 2-3 minutes per side.



## January 2017 Recipes, Paleo

### Snack: Bananas w/ Spiced Almond Butter

*Ingredients:*

½c almond butter\*  
1T pumpkin pie spice\*  
4 bananas

*Instructions:*

1. Combine ½ c almond 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.



## **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.



## 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.



## 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.



## Meal 4: Tom Kha Gai Soup

### *Ingredients:*

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

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

### *Instructions:*

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



## January 2017 Recipes, Gluten Free

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

#### *Salad Components:*

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

#### *Dressing:*

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

#### *Instructions:*

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

#### *For Balsamic Dressing:*

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



# January 2017 Recipes, Gluten Free

## **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 + 1/2c pistachios (in shell).



## January 2017 Recipes, Gluten Free

### 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.



## 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.



# January 2017 Recipes, Gluten Free

## 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.



# January 2017 Recipes, Gluten Free

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

### Orange-Cilantro Shrimp & Broccoli

#### *Ingredients:*

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

#### *Instructions:*

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

### Sweet Potato Wedges

#### *Ingredients:*

2-3 large sweet potatoes  
2-3T olive 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.



## Meal 4: Pesto Salmon w/ Roasted Tomatoes & Mushrooms

### Spinach Pesto Salmon

*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 salmon fillets, 4-6 oz ea

*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. Coat salmon in pesto (~2T/ fillet).
5. Bake for 16-18 minutes or until flaky.

### Roasted Tomatoes & Mushrooms

*Ingredients:*

2 pints whole baby bella mushrooms  
2 pints cherry tomatoes  
1-2 T olive oil  
¼ tsp salt

*Instructions:*

1. Pre-heat oven to 425 F.
2. Quarter mushrooms.
3. Toss cherry tomatoes & quartered mushrooms with 1-2T olive oil & ¼t salt.
4. Roast veggies for 30 minutes.



## January 2017 Recipes, Gluten Free

### Salad: Mixed Greens w/ Raspberries, Feta & Pistachios

#### **Salad Components:**

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

#### **Dressing:**

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

#### *Instructions:*

1. Toss together salad ingredients.

#### *For Balsamic Dressing:*

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



## **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.