



July 2017 Recipes, Gluten Free

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July 2017 Recipes, Gluten Free

Week 1 Meal 1: Spiced Tuna Steaks w/ Sauteed Peppers, Quinoa & Avocado Salsa

Spiced Tuna Steaks

Ingredients:

2tsp cumin
2T olive oil
4 tuna steaks
1 lime
S&P to taste

Instructions:

1. Pat tuna steaks dry and sprinkle with 2 tsp cumin, S&P.
2. Heat 2T olive oil in large sauté pan over medium-high heat.
3. Sear tuna 2-3 minutes per side or to desired doneness and drizzle with juice of 1 lime.
4. Spoon sauce (leftover lime juice from pan) over steaks and plate.

Sauteed Peppers

Ingredients:

2 garlic cloves
2 red onions
2 red peppers
2tsp paprika
2tsp cumin
2T apple cider vinegar
2T olive oil

Instructions:

1. Finely chop ~2 cloves of garlic and slice 2 red peppers and 2 red onions.
2. Toss with 2tsp paprika, 2tsp cumin and 2T apple cider vinegar.
3. Heat 2T oil in large sauté pan over med-high to high heat.
4. Cook veggies ~5-7min until softened and slightly brown.

Quinoa

Ingredients:

1c uncooked quinoa
S&P to taste

Instructions:

1. 2c water + 1c quinoa in pot, bring to boil, lower to medium, and cook for ~20 minutes.
2. Season to taste with S&P.



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Avocado Salsa

Ingredients:

2 avocados

4T cilantro

1 lime

S&P to taste

Instructions:

1. Chop 4T cilantro and dice 1 avocado.
2. Mash to desired consistency with juice of 1 lime and S&P to taste.



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Week 1 Meal 2: Peachy Pork Tenderloin Medallions w/ Roasted Green Beans

Peachy Pork Tenderloin Medallions

Ingredients:

~3 garlic cloves
1" knob ginger
1 small red onion
4 small peaches
fresh cilantro
1# organic pork tenderloin
1tsp olive oil
½tsp salt
¼c apple cider vinegar

Instructions:

1. Pre-heat oven to 425 F.
2. Peel and finely grate ginger.
3. Finely chop ~3 cloves of garlic.
4. Finely chop 1 red onion.
5. Roughly chop 4 peaches.
6. Finely chop leaves 2-3 T of cilantro.
7. Thinly slice the pork tenderloin into medallions (~12 pieces).
8. Peach Sauce: Add the following to a large sauté pan over medium-high heat:
 - 1 tsp olive oil
 - ~3 cloves chopped garlic & grated ginger (up to 1T)
 - 1 red onion, finely chopped
 - ½ tsp salt
9. Sauté for 5 minutes.
10. Add 4 diced peaches and ¼c apple cider vinegar.
11. Cook on low for 30 minutes, stirring occasionally. Allow to cool. Stir in chopped cilantro.
12. Place pork on sheet pan.
13. Roast pork for ~15-20 minutes.
14. Serve pork with peach chutney on the side.

Roasted Green Beans

Ingredients:

2c fresh green beans
1tsp olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut ends off of green beans. Toss with 1tsp olive oil, S&P.
3. Place green beans in oven (single-layer on sheet pan). Roast for ~10-15 minutes.



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Week 1 Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce & Sesame Quinoa

Asian Turkey Lettuce Wraps w/ Dipping Sauce

Ingredients:

1 small yellow onion
2 large carrots
2 red bell peppers
1 garlic bulb
cilantro
2" knob ginger
1 can water chestnuts
1 bunch green onion
1tsp olive oil
1# ground turkey thigh
8oz tub sliced mushrooms
4T toasted sesame oil
3T low-sodium tamari*
2T rice vinegar*
1 head romaine lettuce
1tsp honey, optional
1T red chili flakes, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop:
1 yellow onion, 2 carrots, 2 bell peppers, ~3-4 cloves of garlic, 2-3T cilantro
2. Peel and finely grate ginger.
3. Drain 1 can water chestnuts, finely chop.
4. Chop green onions, keeping the whites & greens separate.
5. In large sauté pan heat 1 tsp olive oil,
6. Add: 1# ground turkey, yellow onion, garlic, ~1T grated ginger, carrots, 2 red bell pepper, white part of green onion, & sliced mushrooms.
7. Cook for ~10-12 minutes, breaking apart ground turkey.
8. Add 1 can chopped water chestnut, chopped cilantro, green onion tops, 1T sesame oil, 1T tamari, 1T rice vinegar.
9. Remove 8-16 large leaves.
10. Soy Dipping Sauce: Whisk together:
 - 1T toasted sesame oil
 - 1T rice vinegar
 - 2T tamari
 - 1tsp red chili flakes (optional)
 - 1tsp honey (optional)
11. Serve ~¼c filling in a folded lettuce leaf with dipping sauce.



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Sesame Quinoa

Ingredients:

1c uncooked quinoa
1T toasted sesame oil
S&P to taste

Instructions:

1. 2c water + 1c quinoa in pot, bring to boil, lower to medium, and cook for ~20 minutes.
2. Mix cooked quinoa with 1T toasted sesame oil & season to taste with S&P.



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Week 1 Meal 4: Veggie Tostados

Ingredients:

1 bunch cilantro
2 green onions
1 beefsteak tomato
1 head romaine lettuce
2 avocados
1-15oz can refried beans*
8 organic corn tortillas*

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

Instructions:

1. Pre-heat oven to 400 F.
2. Finely chop leaves 2-3 T of cilantro.
3. Chop 2 green onions.
4. Chop tomato.
5. Finely chop 2 cups lettuce.
6. Slice 2 avocados.
7. Place corn tortillas on baking sheet & toast for 5 minutes.
8. Spread ~2-3T refried beans per tortilla. Return to oven for 5 minutes.
9. Top tostados with chopped tomato, lettuce, green onion, cilantro & avocado as desired.



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Week 1 Salad: Red, White & Blue Salad

Salad Components:

5oz mixed greens
1/2c sliced almonds
1 pint raspberries
1 pint blackberries
4-6oz feta crumbles, optional

Dressing:

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

Instructions:

1. In a large bowl layer salad components:
 - 1/2 of 5oz tub mixed greens
 - 1/2 pint blackberries
 - 1/2 pint raspberries
 - 2-3oz feta crumbles (optional)
 - 1/4c sliced almonds
2. Repeat layers.
3. Top with balsamic dressing below.

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: Stuffed Sweet Potatoes w/ Sausage & Eggs

Ingredients:

2 medium sweet potatoes
1# ground turkey (85-93% lean)
1tsp ginger powder
1tsp garlic powder
1tsp dried thyme
2tsp dried sage
4 eggs
½tsp minced rosemary, optional
S&P to taste

Instructions:

1. Preheat oven to 400 F. Wrap 4 sweet potatoes in foil and bake for 40-45 min until soft. Cool.
2. Place 1# ground turkey into a large saute pan over med-high heat.
3. Add:
 - 1 tsp ginger powder
 - 1tsp garlic powder
 - 1tsp dried thyme
 - 2tsp dried sage
 - ½ tsp salt
4. Cook the turkey sausage mixture for ~8-10 min until cooked through, breaking meat into pieces.
5. Once turkey is cooked through and sweet potatoes are cool, cut sweet potatoes lengthwise and scoop out middle without breaking the skin.
6. Mash sweet potato in bowl. Add cooked turkey, ½tsp minced rosemary and S&P.
7. Add mash back to sweet potato shell.
8. Place sweet potatoes on parchment lined tray. Create a divot for egg and break one egg into each divot. Cook for 15 min at 400 F until yoke is set.

Week 1 Snack: Rosemary Spiced Almonds

Ingredients:

1T olive oil
1T chopped rosemary
1tsp chili powder*
¾ tsp sea salt
dash ground pepper
2c raw, whole almonds
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 350 F.
2. Mix together all ingredients and bake on a foil lined tray for 15-20 minutes, until toasted & aromatic. Watch closely to prevent burning.



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Week 1 Dessert: Peanut Butter-Banana “Ice Cream”

Ingredients:

4 large frozen bananas
2T peanut butter *
½tsp vanilla
1tsp cinnamon

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

Instructions:

1. Blend the following until smooth:
 - 4 large frozen bananas
 - 2T peanut butter
 - ½tsp vanilla
 - 1tsp cinnamon
2. Serve immediately.
3. Store any remaining in a freezer-safe container. Be sure to soften for 1 hour before serving.



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Week 2 Meal 1: Cold Creamy Gazpacho w/ Grilled Shrimp Kabobs

Cold Creamy Gazpacho

Ingredients:

¼ small red onion
3# tomatoes
1 red pepper
1 cucumber
½ jalapeno pepper
3 cloves garlic
½c olive oil
2T sherry vinegar or red wine vinegar
S&P to taste

Instructions:

1. Roughly chop ¼ of onion.
2. Core and roughly chop 3# tomatoes. Set aside 1c and place remaining 2c into blender bowl.
3. Peel 1 cucumber & cut in half. Cut 1 red pepper & 1 jalapeno in half (removing seeds & stem from both).
4. Finely chop and set aside to add after gazpacho is blended:
 - ½ peeled cucumber
 - ½ red bell pepper
5. Place the following into blender bowl w/ 2c chopped tomatoes:
 - ½ of peeled cucumber
 - ½ of bell pepper
 - ¼ red onion
 - 3 cloves garlic
 - ½ jalapeno, stemmed and halved (note: add more jalapeno if you like spicy)
 - 1tsp salt
6. Blend veggies until smooth and soup-like texture is reached.
7. Add 1/4c water + ½c olive oil + 2T sherry vinegar. Pulse to combine.
8. Pour into large storage container.
9. Add chopped veggies to pureed veggies + S&P to taste.

Grilled Shrimp Kabobs

Ingredients:

1# shrimp, peeled and deveined
1tsp paprika
1tsp garlic powder
S&P to taste

Instructions:

1. Season shrimp with 1tsp paprika, 1 tsp garlic powder and S&P
2. Skewer shrimp. (If using wooden skewers, soak in water for 30 mins prior to skewering).
3. Preheat grill or grill pan to medium high.
4. Oil grill or brush shrimp with oil and grill 2-3 min/ side until cooked through and pink.



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Week 2 Meal 2: Grass-fed Beef Burgers w/ Baked Potato Wedges & Snap Peas

Grass-fed Beef Burgers

Ingredients:

1# grass-fed ground beef

bib or butter lettuce for burgers

gfree buns*, optional

S&P to taste

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

Instructions:

1. Form ground beef into 4 patties. Season lightly w/ S&P.
2. Grill burgers 3-4 minutes/ side or desired doneness (or in a saute pan over medium-high heat).

Baked Potato Wedges

Ingredients:

2 large baking potatoes

1-2T olive oil

1T paprika

1tsp garlic powder

S&P to taste

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

Instructions:

1. Pre-heat oven to 375 F.
2. Cut potatoes into thin wedges. Toss w/ 1-2T olive oil + 1T paprika + 1 tsp garlic powder + S&P.
3. Roast wedges in single layer on parchment-lined sheet pan for 30-45 minutes. Remove and toss halfway.

Snap Peas

Ingredients:

2-3c snap peas

Instructions:

1. Bring a steamer or small pot of water to boil.
2. Steam/ boil snap peas for 3-4 minutes. Remove & salt.



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Week 2 Meal 3: Coconut Chicken w/ Honey Orange Sauce & Watermelon Mint Salad

Coconut Chicken

Ingredients:

3 large boneless, skinless chicken breasts (~1.5#)
1c unsweetened shredded coconut, small shred*
½c coconut flour
1tsp salt
½tsp pepper
1tsp garlic powder
2 eggs
½c full fat coconut milk, optional for more coconut flavor*
1T Dijon mustard

Instructions:

1. Preheat oven to 400 F. Line a large baking sheet with parchment paper.
2. Pound out chicken breasts and cut into strips.
3. In one bowl add ½c coconut flour.
4. In another bowl whisk 2 eggs + 1T Dijon mustard and ½c coconut milk together (optional, for more coconut flavor).
5. In a third bowl add 1c unsweetened shredded coconut.
6. Dredge chicken into coconut flour then egg mixture and then shredded coconut. Place on baking sheet.
7. Bake for 10 mins, flip and bake for another 8-10 mins depending on thickness. Option: broil for 1 min to brown & crisp coating.

Honey Orange Sauce

Ingredients:

½c orange or apricot preserves*
¼c honey
3T Dijon mustard*
1tsp crushed red pepper flakes (optional for more spice)
salt to taste

Instructions:

1. Whisk together ½c orange preserves + ¼c honey + 3T Dijon mustard + 1tsp crushed red pepper (optional more for spicier) + salt to taste.

Watermelon Mint Salad

Ingredients:

1 small to med watermelon
1 lime
1 small bunch mint

Instructions:

1. Chop watermelon to equal ~2c and mint to equal ~1T.
2. Toss together with juice of 1 lime.

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



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Week 2 Meal 4: Sausage & Kale Frittata

Ingredients:

1 bunch kale

6oz raw Italian sausage, pork or chicken*

8 eggs, omega 3

2oz shredded parmesan, optional

S&P to taste

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

Instructions:

2. Preheat oven to 350F.
3. Remove kale stems from leaves. Finely chop stems; finely chop leaves.
4. Place raw sausage in sauté pan, over med-high heat, and cook for 3-4 minutes while breaking apart.
5. Add chopped kale (stems & leaves). Season with S&P. Continue to cook for 8 minutes or sausage is no longer pink.
6. Whisk 8 eggs in a large bowl & season w/ black pepper. Stir in cooked sausage & kale.
7. Pour into a prepared pie pan. Optional: Top w/ 2oz shredded parmesan.
8. Bake at 350 F for 20-30 minutes or until no longer jiggly.



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Week 2 Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds

Salad Components:

2 carrots
1 bunch radishes
2 avocados
5oz chopped romaine
½c sunflower seeds

Dressing:

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

Instructions:

1. Grate (using large cheese grater) 2 carrots & 1 bunch radishes (or option to thinly slice/ chop).
2. Chop 2 avocados.
3. In a large bowl layer salad components:
 - ½ bag chopped romaine lettuce
 - ½ shredded (or chopped) carrot & radish
 - 1 avocado
 - ¼ c sunflower seeds

Repeat layers

For Balsamic Dressing:

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



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Week 2 Breakfast: Strawberry-Mango Smoothie

Ingredients:

1 can lite coconut milk*
10oz frozen mango*
10oz frozen strawberries*
½c walnuts
1 bag spinach*

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

Instructions:

1. In a blender, combine:
 - ½ can coconut milk
 - ¾c frozen mango
 - ¾c strawberries
 - ½c walnuts
 - ½bag spinach
2. Blend on high until smooth.
3. Add water/ milk if needed for consistency.
Yields: 2 servings. Repeat for additional 2 servings.

Week 2 Snack: Cucumber Slices

Ingredients:

2 cucumbers

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

Instructions:

1. Cut cucumber into slices for snacking.

Week 2 Dessert: Sliced Watermelon

Ingredients:

1 small watermelon

Instructions:

1. Slice 1 watermelon into wedges.



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Week 3 Meal 1: Superfood Salad w/ Crispy Chickpeas

Ingredients:

1 can chickpeas*
1/4c sliced almonds
1 bunch green kale
1 head romaine lettuce
1 bunch radishes
1 avocado
1/4c dried cranberries*

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

Dressing:

1/2c raw cashews
1T chopped parsley
1 lemon
1tsp apple cider vinegar
1T olive oil
S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Drain 1 can chickpeas and pat dry. Toss with 1T olive oil and S&P to taste. Place in single layer on sheet pan and roast 20-30 min until crispy.
3. Toast 1/4c sliced almonds on sheet pan for ~2-4 min until golden brown. Cool.
4. Cut 1 bunch kale and 1 head lettuce into bite-sized pieces. Thinly slice radishes to equal ~1c.
5. Dice 1 avocado.
6. Toss together chopped kale, chopped romaine, 1/4c dried cranberries, 1/4c toasted almonds, 1c sliced radishes, and toasted chickpeas. Top with diced avocado and cashew dressing.

For Dressing:

1. Place 1/2c cashews in a medium bowl. Bring 1/2c water to a boil and pour over cashews. Add 1/2tsp salt and soak for ~1 hour.
2. In blender combine:
 - soaked cashews (drained, but keeping soaking water)
 - 1T fresh parsley
 - 1T lemon juice
 - 1tsp apple cider vinegar
 - 1T olive oil
 - S&P, to taste
3. Blend until smooth adding extra soaking water to thin out consistency, if needed.



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Week 3 Meal 2: Lemon-Parsley Salmon w/ Tomato & Cucumber Quinoa Pilaf

Lemon-Parsley Salmon

Ingredients:

½c olive oil
1 bunch parsley
1 clove garlic
2 lemons
1tsp salt
1-2tsp honey, optional
4 salmon fillets, 4-6oz each

Instructions:

1. Pre-heat oven to 425 F.
2. Lemon Parsley Sauce: Place in a blender:
 - ½ c olive oil
 - large handful of fresh parsley
 - 1 clove garlic
 - juice of 2 lemons
 - 1tsp salt
 - 1-2tsp honey (optional)
3. Blend until smooth, **set aside 2-3T for quinoa pilaf**, store remaining for salmon marinade.
4. Marinate salmon in lemon-parsley sauce while oven pre-heats (or up to 1 hour).
5. Remove salmon from marinade & bake ~18-20 minutes or cooked through (135 F).

Tomato & Cucumber Quinoa Pilaf

Ingredients:

1c quinoa
1 cucumber
1 bunch basil
1 pint cherry tomatoes
½c walnuts

Instructions:

1. Place 1c quinoa + 2c water in small pot, cook on low-med for ~20 minutes or just cooked.
2. Finely chop 1 cucumber & fresh basil.
3. Halve 1 pint cherry tomatoes (or quarter).
4. Quinoa Pilaf Toss together:
 - 2.5c cooked quinoa
 - 1 chopped cucumber (~2c)
 - ½c chopped walnuts
 - 1 pint chopped cherry tomatoes
 - 2-3T lemon-parsley sauce (ABOVE)
 - S&P



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Week 3 Meal 3: Chicken Stir-fry w/ Portabella Mushrooms & Snow Pea & Sesame Quinoa

Chicken Stir-fry w/ Portabella Mushrooms & Snow Pea

Ingredients:

4 portabella mushrooms
1-1.5# boneless, skinless chicken breast
garlic
2" ginger knob
¼c tamari
¼c rice vinegar
1T toasted sesame oil
1tsp coconut oil
2c snow peas
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Thinly slice 4 portabella mushrooms.
2. Slice chicken into thin strips (~2" each).
3. Finely chop 1T garlic & grate ginger.
4. For Stir Fry Sauce whisk together the following:
 - ¼c tamari
 - ¼c rice vinegar
 - 1T toasted sesame oil
5. Add 1t coconut oil to large saute pan over high heat,
6. Add ginger, garlic & chicken, and cook for 1 minute.
7. Add mushrooms, and continue to stir.
8. Cook chicken & mushrooms ~8-10 minutes.
9. Add snow peas & stir-fry sauce, stirring to coat all ingredients.
10. Cook for 1 minute longer.

Sesame Quinoa

Ingredients:

2c quinoa
2T toasted sesame oil

Instructions:

1. Add 2c water + 1c quinoa to large pot.
2. Bring to a boil, and turn heat to low.
3. Cook for 20-25 minutes.
4. Toss cooked quinoa (~3c) w/ 2T toasted sesame oil.



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Week 3 Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper

Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper

Ingredients:

4 bison strip steak, 5-7oz each

2T steak seasoning*

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

Instructions:

1. Pre-heat grill to med-high or 375 F.
2. Season each fillet well w/ steak seasoning (1-2tsp per fillet).
3. Grill steaks for ~4-6min/ side depending on size/ desired doneness.

Grilled Zucchini, Onion & Bell Pepper

Ingredients:

1-2 large zucchini

3 bell peppers

1 red onion

2T olive oil

1T oregano

S&P to taste

Instructions:

1. Pre-heat grill to med-high or 375 F.
2. Thinly slice 1-2 zucchini (1/2" thick).
3. Cut bell peppers into ~8 slices each.
4. Slice 1 red onion into thick "rings."
5. Toss veg for grill with 2T olive oil, S&P & 1T dried oregano.
6. Grill veg for 2-3 minutes & flip (onions may take longer)



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Week 3 Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella

Salad Components:

2 heirloom tomatoes
1 bunch basil
5oz tub mixed greens
8oz tiny fresh mozzarella balls, optional

Dressing:

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

Instructions:

1. Slice heirloom tomatoes and chop basil leaves.
2. In a large bowl layer salad components:
 - ½ mixed greens
 - ½ mozzarella balls, drained (optional)
 - ¼c loosely packed basil leavesRepeat layers

For Balsamic Dressing:

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



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Week 3 Breakfast: Hard Boiled Eggs + Peaches

Ingredients:

8 eggs (omega-3)
4 peaches

Instructions:

1. Place 8 eggs in a pot & cover with water. Bring to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
2. Cool completely.
3. Peel & enjoy with peaches.

Week 3 Snack: Prosciutto w/ Melon

Ingredients:

1 cantaloupe
8 slices prosciutto*

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

Instructions:

1. Slice cantaloupe into 8 pieces and remove rind and seeds.
2. Wrap each piece of melon with a slice of prosciutto.

Week 3 Dessert: Fresh Cherries

Ingredients:

4c fresh cherries

Instructions:

2. Enjoy!



July 2017 Recipes, Gluten Free

Week 4 Meal 1: Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli

Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli

Ingredients:

1 jar sundried tomatoes, in olive oil*
1 clove garlic
1c walnuts
1oz parmesan, optional
1 bunch basil
4 chicken breasts, 4-6oz each

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

Instructions:

1. Pre-heat oven to 400 F.
2. Make Sundried Tomato Pesto by blending the following until smooth:
 - 4T oil (from sundried tomatoes or use olive oil)
 - 1 garlic clove
 - 1c walnuts
 - 1oz parmesan (optional)
 - 1-2 large handfuls fresh basil
 - ¼c sundried tomatoes
3. Coat 4 chicken breasts in pesto (~2T/ breast).
4. Bake chicken for ~30-40 minutes or until cooked through to 165 F.

Roasted Mushrooms & Broccoli

Ingredients:

8oz baby bella mushrooms
1 head broccoli
1-2T olive oil
red chili flakes, optional
1oz parmesan, optional
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Quarter mushrooms & chop broccoli in 1" bite-sized pieces. Toss w/ 1-2T olive oil & season w/ S&P. Option: add a pinch of red chili flakes.
3. Roast mushroom & broccoli for ~25-35 minutes or until just browning. Option to top with shredded parmesan.



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Week 4 Meal 2: Mahi-Mahi w/ Pineapple Salsa & Asparagus

Mahi-Mahi w/ Pineapple Salsa

Ingredients:

- 1 fresh pineapple
- 1 jalapeno
- 1 red bell pepper
- 1 bunch chives (OR green onion or cilantro)
- 2 limes
- ¼tsp salt
- 4 mahi mahi fillets

Instructions:

1. Pre-heat oven to 400 F.
2. Finely dice 1c pineapple + 1 jalapeno (discard seeds) + 1 red bell pepper + chives (for ~1T).
3. Toss together:
 - 1c diced pineapple
 - 1 diced red bell pepper
 - 1 jalapeno, diced
 - 1T chopped chives (or green onion or cilantro)
 - lime juice to taste (1-2t)
 - ¼t salt (or to taste)
4. Bake Mahi Mahi for 14-16 minutes or cooked and flaky OR option to grill, 4-6 minutes per side.
5. Season w/ S&P.
6. Serve fish topped with salsa.
7. Optional: serve with a lime wedge on side.

Asparagus

Ingredients:

- 1 bunch asparagus
- 1T olive oil
- S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Remove and discard lower 2-3" of asparagus.
3. Toss spears w/ 1T olive oil + S&P.
4. Roast asparagus for 10-12 minutes.



July 2017 Recipes, Gluten Free

Week 4 Meal 3: Crockpot BBQ Ribs w/ Corn-on-the-Cob & Smoky Lime Carrots

Crockpot BBQ Ribs *Cooks All Day In Crockpot*

Ingredients:

2c strained or pureed tomatoes*

3T chili powder*

¼c apple cider vinegar

½c honey

~3# baby back ribs

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

Instructions:

1. Make Honey BBQ Sauce by whisking together (can also use a blender):
 - 2c strained or pureed tomatoes
 - 3T chili powder
 - ¼c apple cider vinegar
 - ½c honey
 - S&P (~¼ tsp salt).
2. Place ribs & BBQ sauce in crockpot on high for 4-6 hours or low for 8-10 hours.

Smoky Lime Carrots

Ingredients:

1# carrots

2T olive oil

1 lime

1tsp honey

½tsp salt

½tsp cumin

½tsp coriander

½tsp smoked paprika

S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Cut 1# carrots into 1" pieces, peeling optional.
3. Whisk together
 - 2T olive oil
 - juice and zest of 1 lime
 - 1tsp honey
 - ½tsp salt
 - ½tsp cumin
 - ½tsp coriander
 - ½tsp smoked paprika
4. Toss with carrots and cook 20-25min until the carrots are just tender.



July 2017 Recipes, Gluten Free

Corn-on-the-Cob

Ingredients:

4 organic corn-on-cob
2T grass-fed butter
S&P to taste

Instructions:

1. Shuck and clean corn-on-cob.
2. Boil corn-on-cob for ~5 minutes. Option to serve w/ pat of butter, S&P.



July 2017 Recipes, Gluten Free

Week 4 Meal 4: Mediterranean Stuffed Bell Peppers

Ingredients:

1# ground turkey thigh
2 cloves garlic
1 shallot or ½ small onion
~8oz artichokes, in water*
~8oz sundried tomatoes, in oil*
1c fresh parsley
8oz crumbled feta cheese, optional
8 red or orange bell peppers
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 450 F.
2. Chop 2 cloves garlic and 1 shallot (or ½ small onion).
3. Chop 1c artichokes (reserving 2T water from can), 1c sun dried tomatoes and fresh parsley to equal ~1c.
4. Cut tops off 8 peppers and carefully cut seeds out. May need to trim bottoms so they can "stand".
5. Heat skillet with 1tsp olive oil over medium. Add 1# ground turkey + 1 shallot/onion, chopped + 2 garlic cloves, chopped. Cook 10-12 mins, breaking apart meat, or until turkey is cooked through. Cool slightly.
6. In a bowl, toss cooked turkey + 1c chopped artichokes + 2T liquid from artichoke jar + 1c chopped sun dried tomatoes + 1c parsley. Option to mix in 8oz feta crumbles.
7. Lightly oil baking dish and stand peppers. Fill each with the turkey/veggie mixture, making sure to press down to stuff the peppers.
8. Bake stuffed peppers covered w/ foil for 15 min. Remove foil & bake another 10-15 min until peppers are tender & meat reheated.



July 2017 Recipes, Gluten Free

Week 4 Salad: Broccoli & Apple Slaw

Salad Components:

- 1 bunch green onions
- 2 honey crisp apples (OR sub tart apple)
- ~10oz bag broccoli slaw (OR sub cabbage slaw)
- 1/4c dried cherries*
- 1/4c sunflower seeds

Dressing:

- 1 lemon
 - 1/3c mayo*
 - 1T apple cider vinegar
 - 1tsp horseradish*, optional
 - 1 1/2tsp honey
 - S&P to taste
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

For Dressing:

1. Whisk together:
 - Zest and juice of 1 lemon
 - 1/3c mayo
 - 1T apple cider vinegar
 - 1tsp horseradish, optional
 - 1 1/2tsp honey
 - S&P to taste

Instructions:

1. Thinly slice green onions to make 1/4c.
2. Thinly slice apples into match sticks or bite-sized pieces.
3. In a large bowl add salad components:
 - ~10oz bag broccoli slaw
 - 1/4c green onions, sliced
 - 2 sliced honey crisp apples
 - 1/4c dried cherries
 - 1/4c sunflower seeds.
4. Top salad with dressing.

**Note: can mix 1-2 hours before serving to soak in dressing.



July 2017 Recipes, Gluten Free

Week 4 Breakfast: Poached Eggs over Sweet Potatoes & Sliced Avocado

Ingredients:

2-4 sweet potatoes (small or medium)
1T apple cider vinegar
4 eggs, omega 3
2 avocados
S&P to taste

Instructions:

1. Pre-heat oven 375 F
2. Pierce 2-4 potatoes with a fork. Bake at 375F for 55-65 minutes or until soft/ cooked through.
3. Slice sweet potatoes in half and hold warm.
4. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 minutes. Remove.
5. Serve eggs over baked sweet potatoes & topped with avocado slices. Season with S&P.

Week 4 Snack: Apricots & Almonds

Ingredients:

8 apricots
1c almonds*
snack baggies, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Optional: put $\frac{1}{8}$ c almonds + 1 apricot in snack bag; repeat for 8 servings.
2. 1 serving = $\frac{1}{8}$ - $\frac{1}{4}$ c almonds + 1—2 apricots.

Week 4 Dessert: Pineapple Nice Cream

Ingredients:

1 can full fat coconut milk
1 pineapple
~2" knob ginger, optional

Instructions:

1. Place 1 can full fat coconut milk in fridge for a few hours until cold.
2. Peel, core and cut pineapple into ~1" pieces (~6-7c).
3. Freeze in single layer on sheet tray for 1 hr.
Go to <http://prepdish.com/easily-cut-pineapple/> for a video on how to cut a pineapple.
4. Grate ginger for 2-3tsp (optional).
5. Place 1 can chilled, full fat coconut milk in food processor or blender.
**Note: Food processor works best.
6. Add frozen chopped pineapple (~6-7c) and blend on high until smooth (this may take 5-10min).
7. Pulse in 2-3tsp grated ginger, if desired, until well combined.
8. Serve immediately and store any remaining in freezer. Allow 1 hour to soften if frozen.