



August 2017 Recipes, Gluten Free

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Week 1 Meal 1: Italian Foil Packets w/ Roasted Cauliflower & Broccoli

Italian Foil Packets

Ingredients:

8oz cherry tomatoes

1 shallot

2 garlic cloves

1 whole fennel

4tsp Italian seasoning*

4T white wine*

(OR sub veg/chicken broth)

4 salmon fillets, 4-6oz each (skinless preferred)

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

Instructions:

1. Preheat oven to 400 F. Lay out 4 pieces of foil and brush lightly with olive oil.
2. Halve 8oz cherry tomatoes. Dice 1 shallot and mince 2 garlic cloves. Slice 1 fennel bulb and mince fronds for ~1T.
3. Divide 1 pint sliced cherry tomatoes + 1 diced shallot + 2 minced garlic cloves + 1 sliced fennel bulb amongst the 4 pieces of foil.
4. Fold foil edges up to keep in juices and drizzle each with 1tsp lemon juice and 1T white wine/broth.
5. Option to remove skin from salmon fillets and then place one piece on top of each veggie packet.
6. Lightly brush salmon w/ olive oil & season each with 1tsp fennel fronds, ½tsp Italian seasoning, and S&P.
7. Place salmon packets on a sheet pan and bake for ~18-20 min or until opaque & flaky.

Roasted Cauliflower and Broccoli

Ingredients:

1 head cauliflower

1 head broccoli

1T olive oil

1tsp paprika

S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Slice broccoli and cauliflower into bite-sized pieces.
3. On parchment lined sheet pan, place broccoli & cauliflower in single layer.
4. Roast for ~18-20 min, tossing halfway through.



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Week 1 Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Snap Peas, Walnuts & Goat Cheese

Balsamic Chicken

Ingredients:

¼c balsamic vinegar

¼c olive oil

1T Italian seasoning

S&P

4 chicken breasts, boneless, skinless, 5-7oz each

Instructions:

1. Pre-heat oven to 400 F.
2. Prepare Balsamic Chicken Marinade by whisking together in a large bowl or container:
 - ¼c balsamic vinegar
 - ¼c olive oil
 - 1T Italian seasoning
 - S&P
3. Add 4 chicken breasts and allow to marinate in the refrigerator for at least 30min up to 4 hours.
4. Remove chicken from marinade and place in a lightly oiled baking pan.
5. Roast for 30min or until cooked to 165 F. Allow to cool.

Balsamic Salad Dressing

Ingredients:

½c olive oil

¼c balsamic vinegar

pepper to taste

Instructions:

1. Whisk together dressing ingredients.



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Balsamic Spinach Chicken Salad

Ingredients:

2c snap peas
1/2c walnuts
1/2 large tub of spinach
1c fresh raspberries
5oz goat cheese crumbles (optional)
4 balsamic roasted chicken
Balsamic dressing

Instructions:

1. Chop 2c snap peas into bite-sized pieces and roughly chop 1/2c walnuts.
2. Layer as follows in 4 separate bowls:
 - 1/4c tub of spinach
 - 1/4c raspberries
 - 1/2c chopped snap peas
 - 2T walnuts
 - ~1oz goat cheese crumbles (optional)
3. Slice balsamic roasted chicken and add 1 breast to each salad.
4. Top with dressing as desired.



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Week 1 Meal 3: Black Bean & Mushroom Tacos

Black Bean & Mushroom Tacos

Ingredients:

2 garlic cloves
2 portabella mushrooms
1 red onion
2T taco seasoning
1 can black beans
16oz tub of spinach
~1/2tsp salt
8 organic corn tortillas
~2 avocado (optional)
1/2c salsa* (optional)
1c shredded cheese (optional)
*Note: use your favorite salsa!

Instructions:

1. Pre-heat oven to 400 F.
2. Finely chop garlic cloves.
3. Slice 2 portabella mushrooms.
4. Slice 1 red onion into long, thin strips.
5. Heat 1-2T olive oil in large sauté pan over medium-high heat.
6. Add sliced portabella mushrooms, onion, & garlic. Cook ~10-12min, lower heat if needed.
7. Add 1-2T taco seasoning, stir well.
8. Add black beans, 3 large handfuls baby spinach & 1/4c water. Cook down for 2-4 more minutes (on low to medium heat).
9. Season to taste with salt (~1/2tsp).
10. Serve cooked veggies on heated corn tortillas.
11. Option: top with avocado, salsa and/or cheese.



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Week 1 Meal 4: Beef Kabobs w/ Zucchini & Tomatoes

****Note: 1 hour - 24 hours marinating time****

Ingredients:

2 zucchinis
1# grass-fed beef sirloin
1/4c olive oil
1/4c red wine vinegar
2T cumin
1T paprika
1T oregano
1/2T turmeric
Freshly ground pepper
1 tub cherry tomatoes

Instructions:

1. Pre-heat grill.
2. Cut zucchini into ~1" bite-sized pieces.
3. Cut beef into 1-2" cubes.
4. Kabob marinade: Whisk together
 - 1/4c olive oil
 - 1/4c red wine vinegar
5. Marinate seasoned beef for at least 1 hour or up to 24 hours.
6. Spice Mix: Combine & rub on beef cubes:
 - 2T cumin
 - 1T paprika
 - 1T oregano
 - 1/2T turmeric
 - Fresh ground black pepper
7. Skewer beef, zucchini & cherry tomatoes.
8. Grill kabobs for ~10-12 minutes, or until beef is just cooked through/desired doneness, flipping halfway through cooking.

Note: skewers may also be cooked on an indoor grill (like a George Foreman), but reduce time by ~3-4 minutes.



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Week 1 Salad: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds

Salad Components:

1 bunch curly kale
1 just soft, large avocado
1 lemon
1 orange
~1/3c olive oil
1tsp coarse sea salt
1c blueberries
1/4c pumpkin seeds

Instructions:

1. Remove leaves from stems off 1 bunch kale, discarding stems.
2. Roughly chop kale leaves into bite-sized pieces.
3. Dice 1 large avocado.
4. Zest 1 lemon & 1 orange (about 1tsp of each).
5. Set zest aside for salad and save the citrus for the citrus marinade.
6. In a mixing bowl, combine:
 - Chopped 1 bunch kale leaves
 - 1-2T olive oil
 - 1tsp coarse sea salt
7. Using your hands, massage the oil and salt into the kale leaves for 2-3 minutes. The leaves should decrease in size by at least half.
8. Toss the diced avocado with the citrus vinaigrette.
9. Toss together all salad ingredients:
 - Kale
 - Citrus zest
 - Avocado
 - Citrus vinaigrette
 - 1c blueberries
 - 1/4c pumpkin seeds.

For Citrus Vinaigrette:

1. Whisk together:
 - 1/4c olive oil
 - Juice of 1 orange
 - Juice of 1 lemon



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Week 1 Breakfast: Veggie Breakfast Tacos

Ingredients:

2 cloves garlic
2 bell peppers (mixed colors)
1 small yellow onion
8oz sliced mushrooms
6 eggs (omega-3)
5oz tub of spinach
S&P to taste
8 organic corn tortillas
~2 avocado (optional)
1/2c salsa* (optional)
1c shredded cheese (optional)
*Note: use your favorite salsa!

Instructions:

1. Finely chop cloves of garlic.
2. Finely dice bell peppers & onion
3. Heat 1tsp oil in large sauté pan over medium-high heat.
4. Add sliced mushrooms, chopped bell pepper, yellow onion & garlic.
5. Cook for ~6-8 minutes, lower heat if needed.
6. Meanwhile, crack eggs into a bowl & whisk together.
7. Add 2-3 handfuls of spinach to the pan, allowing to cook down.
8. Pour eggs into pan with cooked veggies, moving around with a spatula and cooking until no longer runny, ~3-4 minutes.
9. Season to taste w/ S&P.
10. Serve cooked eggs & veggies in heated corn tortillas.
11. Option: top with avocado, salsa and/or cheese.



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Week 1 Snack: Spiced Popcorn Baggies

Ingredients:

~1T cumin
~1tsp paprika
~1tsp oregano
~1/2tsp turmeric
Fresh ground pepper
1 bag organic air-popped popcorn
2c walnuts
8 sandwich baggies

Instructions:

1. Spice Mix: Combine:
 - 1T cumin
 - 1tsp paprika
 - 1tsp oregano
 - 1/2tsp turmeric
 - Fresh ground pepper
2. In a large bowl, toss together 1 bag air-popped popcorn + spice mix + 2c walnuts
3. Divide among sandwich baggies, ~2c/bag.



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Week 1 Dessert: Mango & Blueberry Popsicles

Ingredients:

1c fresh blueberries

10oz bag frozen mango

Instructions:

1. Place frozen mango chunks at room temperature to defrost, 30-45 minutes.
2. Blend 10oz thawed mango chunks, pour into popsicle molds, filling $\frac{3}{4}$ full.
3. Gently add 6-8 blueberries to each popsicle, pushing into popsicle.
4. Place stick in popsicle.
5. Freeze.



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Week 2 Meal 1: Cajun Turkey Burgers w/ White Sweet Potato Fries

Cajun Turkey Burgers

Ingredients:

- 1 jalapeno
 - ¼ red onion
 - 3 cloves garlic (~1T)
 - ½ bunch green onions
 - ¼c Cajun seasoning*
 - 1# ground turkey thigh
 - 1 avocado
 - 4 hamburger buns (optional)
 - Lettuce for lettuce wrapped burgers (optional)
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Turn grill on (if grilling outdoors) or pre-heat oven to 425 F (if baking indoors).
2. Finely chop 1 jalapeno (remove seeds & white membrane), dice ¼ red onion, chop garlic, and chop the white part of green onions
3. Heat 1T olive oil in a large sauté pan, over medium-high heat.
4. Add:
 - 1T jalapeno
 - 1T garlic
 - ¼ red onion
 - ½ green onion (white only)
 - ¼c Cajun seasoning
5. Sauté for 5-7 minutes, sitting occasionally. Let cool.
6. Mix turkey thigh with sautéed, cooled veggies/spices. Form into 4 patties.
7. Cook burgers on grill (outdoor or indoor) for ~4-5min/side OR bake in 425 F oven ~20-25min.
8. Slice 1 avocado for topping. Serve on buns or lettuce wraps.

White Sweet Potato Fries

Ingredients:

- 2 large white sweet potatoes (Hannah or Japanese)
- 2T coconut oil
- 1T paprika
- S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut the sweet potatoes into thin "fries".
3. Toss with 1-2T coconut oil, 1T paprika, S&P.
4. Place sweet potato fries in oven and roast for 45-55 minutes, tossing halfway through.



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Week 2 Meal 2: Balsamic Roasted Pork Tenderloin w/ Zucchini Tian & Quinoa

Pork needs to marinate for 24-48hrs.

Balsamic Roasted Pork Tenderloin

Ingredients:

1/2c olive oil
1/4c balsamic vinegar
~1-1.5# pork tenderloin

Instructions:

1. Whisk together:
 - 1/2c olive oil + 1/4c balsamic vinegar
2. Marinate the pork 24-48 hours.
3. Pre-heat oven to 400 F.
4. Remove pork from marinade and bake for 20-30min or a temp of 145 F.

Zucchini Tian

Ingredients:

1/2 red onion
3 garlic cloves
1 zucchini
1 yellow summer squash
4tsp olive oil
1 lemon
1/2tsp salt
Freshly ground pepper, to taste
2oz Parmesan cheese (optional)

Instructions:

1. Pre-heat oven to 400 F.
2. Finely dice 1 red onion and chop garlic cloves.
3. Thinly slice zucchini & summer squash into 1/8" thick rounds.
4. Place zucchini & summer squash coins in a large bowl and toss with the following:
 - 1T olive oil
 - zest & juice of 1 lemon
 - 1/2tsp salt
 - Fresh ground pepper
5. Heat 1tsp olive oil in large sauté pan & cook red onion + 1T garlic. Cook for 5-7min or until translucent.
6. In a pie pan or small dish, layer in the following order:
 - Cooked red onion/garlic.
 - Zucchini & summer squash coins
7. 2T fresh grated Parmesan (optional).
8. Bake for 30-35min.



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Quinoa

Ingredients:

1c quinoa*

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

Instructions:

1. Add 2c water & 1c quinoa to large pot.
2. Bring to a boil, turn heat to low.
3. Cover & cook for 20-25min.



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Week 2 Meal 3: Bison Steaks w/ Baked Potatoes & Broccoli

Bison Steaks

Ingredients:

4 x bison steaks ribeye, 5-8oz each

4T steak seasoning*

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

Instructions:

1. Pre-heat oven to 400 F.
2. Coat each steak with ~1T steak seasoning.
3. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat.
4. Cook steaks 2-3min/side or until color develops.
5. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness)

Baked Potatoes & Broccoli

Ingredients:

4 x baking potatoes

1 large head broccoli

1T olive oil

S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Pierce potatoes with a fork.
3. Cut broccoli into small, bite-sized pieces. Toss w/ 1T olive oil & S&P.
4. Bake potatoes for ~1hr or until soft/cooked through.
5. Bake broccoli for 15-20 minutes or heated through.



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Week 2 Meal 4: Farmer's Market Tart

Ingredients:

1 bunch swiss chard
1 red onion
1 bunch asparagus
3c almond flour
5T butter or olive oil
1 egg
16oz sliced mushrooms
4oz goat cheese, optional

Instructions:

1. Preheat oven to 350 F.
2. Separate swiss chard stems from chard leaves. Chop 1 red onion and the chard stems.
3. Finely chop 1 bunch asparagus.
4. Finely chop the swiss chard leaves.
5. Combine 3c almond flour + 4T butter or olive oil + 1/8tsp salt + 1 egg in a food processor and pulse until dough comes together (or use a fork to combine in a bowl).
6. Press onto bottom of 9x13" pan and bake for 10-15 min.
7. Melt 1T butter or olive oil over med-low heat. Add 1 chopped red onion + chopped chard stems. Season w/ salt and cook 15 min.
8. Add 16 oz sliced mushrooms and cook 10 min (add 2-3T water as needed to prevent burning). Season w/ salt.
9. Add 1 bunch finely chopped asparagus, cook 5 min. Add 1 bunch finely chopped swiss chard leaves, cook 5 min more. Add S&P to taste.
10. Top crust with cooked veggies & 4oz goat cheese crumbles (optional). Return to oven and cook ~10 min until goat cheese melts.



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Week 2 Salad: Mixed Greens, Grapes, Celery, Pecans & Cheddar

Salad Components:

1 bunch celery
4oz cheddar cheese (optional)
1c grapes
5oz mixed greens
1/2c chopped pecans

Dressing:

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

Instructions:

1. Finely chop celery for salad (enough for 3/4c).
2. Cut cheddar cheese into small cubes.
3. Cut grapes in half (enough for 1c).
4. Layer as follows:
 - 1/2 mixed greens
 - 1/2c grapes
 - 2oz chopped cheddar (if using)
 - 1/4c chopped pecans
 - 1/3-1/2c chopped celeryRepeat layers

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: Purple Haze Smoothie

Ingredients:

2c water

½c chia seeds

1 can full fat coconut milk

4 bananas

4c frozen blueberries

4c frozen cauliflower

Instructions:

1. Add 1c water + ¼c chia seeds to blender and allow to “hydrate” for ~1 min (while you add other ingredients to the blender).
2. Add ½c full fat coconut milk + 2 bananas + 2c frozen blueberries + 2c frozen cauliflower.
3. Blend on high until smooth, adding additional water as needed.

Yields 2 servings. Repeat for additional 2 servings.



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Week 2 Snack: Celery w/ Almond Butter

Ingredients:

1 bunch celery

1/2c almond butter

Instructions:

1. Cut celery into sticks.
2. Dip in almond butter.



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Week 2 Dessert: Chocolate Brownie Brittle

Ingredients:

½c almond flour
½tsp baking powder
¼tsp salt
2 eggs
3T cocoa powder
½c honey
¼c melted coconut oil
1tsp vanilla
½c chocolate chips

Instructions:

1. Preheat oven to 375 F.
2. Line a sheet tray with parchment paper.
3. In one bowl combine: ½c almond flour + ½tsp baking powder + ¼tsp salt.
4. In 2nd bowl: whisk 2 egg whites until frothy (~1 min). Add 3T cocoa powder + ½c honey + ¼c melted coconut oil + 1tsp vanilla. Add almond flour mixture to liquid mixture and whisk until smooth. Add ½c chocolate chips and stir to combine.
5. Pour onto sheet pan and spread out in pan. Bake for 15 minutes then cut into squares and bake another 5-8 minutes. Remove from oven and let cool.
6. Take parchment off tray and spread squares apart from each other. Let completely cool and place pieces into an airtight container and store at room temperature.



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Week 3 Meal 1: Pesto Salmon w/ Purple Potatoes & Asparagus

Pesto salmon

Ingredients:

1/2c olive oil
1c walnuts
2oz parmesan cheese, size of 1 domino (optional)
1 large garlic clove
1 bunch basil
1 lemon
4 x salmon fillets, 4-6oz each

Instructions:

1. Pre-heat oven to 425 F.
 2. *Pesto: place the following in a blender or food processor and blend until smooth:
 - 1/2c olive oil
 - 1/4c water
 - 1c walnuts
 - 2oz parmesan (optional)
 - ~1tsp garlic
 - ~1-2c fresh basil leaves
 - 1/2tsp lemon zest
 - ~2T lemon juice
 3. Spread 2-3T pesto onto each salmon fillet.
 4. Place salmon on an oiled baking sheet and bake for ~20min or until fish is cooked and flaky.
- *Note: will make more pesto than actually needed for salmon.

Purple Potatoes & Asparagus

Ingredients:

1.5# purple potatoes
1 bunch asparagus
~3T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Cut potatoes into 1/2" pieces, toss with 1-2T olive oil * S&P.
3. Remove ends from asparagus and discard. Toss remaining tips with 2tsp olive oil & S&P.
4. Place potatoes (optional: toss with 1-2T grated parmesan) on oiled baking sheet.
5. Roast Potatoes ~35-40min. Remove & toss after ~20min.
6. Place asparagus on a separate oiled baking sheet.
7. Roast for 10-12mins.



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Week 3 Meal 2: Mustard Rosemary Lamb Chops w/ Summer Vegetable Ribbon Salad

Mustard Rosemary Lamb Chops

Ingredients:

1 bunch fresh rosemary
2 garlic cloves
2T Dijon mustard
½tsp salt
¼tsp pepper
4-8 lamb chops, ~¾" thick
4T pomegranate molasses (optional) OR sub with mustard

Instructions:

1. Finely chop fresh rosemary (2T) & garlic. Mix with 2T Dijon mustard + ½tsp salt and ¼tsp pepper.
2. Rub the above mix onto lamb chops.
3. Heat grill (or sauté pan) to med-high.
4. Cook lamb chops 4-5min/side for medium rare.

Summer Vegetable Ribbon Salad

Ingredients:

¼c pine nuts
1/3c olive oil
2T lemon juice (~2 lemons)
¼tsp red pepper flakes
2 zucchini
1 yellow squash
1 carrot
1 bunch basil
1 bunch green onions
~1oz parmesan cheese
S&P to taste

Instructions:

1. Toast ¼c pine nuts on a sheet pan at 350 F for ~5 mins (watch closely, nuts burn easily).
2. Whisk together to make ribbon dressing: 1/3c olive oil + 2T lemon juice (~2 lemons) + ¼tsp red pepper flakes + S&P to taste.
3. Make large ribbons w/ a peeler from 2 zucchini, 1 carrot and 1 yellow squash. Place in bowl and mix veggie ribbon salad dressing.
4. Chop ½c basil and both white and green parts of green onions to make ¼c. Add to salad with toasted pine nuts. and 1/2c sliced green onions.
5. Toss to combine and top with 1/4c parmesan cheese (~1 oz), if desired.



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Week 3 Meal 3: Balsamic Marinated Chicken w/ Grilled Eggplant & Tomato Mozzarella Stacks

**Note: Requires that chicken be marinated for minimum of 30 minutes and up to 12 hours.

Balsamic Marinated Chicken

Ingredients:

½c olive oil
¼c balsamic vinegar
Pepper to taste
4 chicken breasts, boneless, skinless, 5-8oz each

Instructions:

1. Pre-heat grill to med-high heat
2. For the Balsamic Marinade, whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - Pepper to taste
3. Marinate for minimum of 30min up to 12hrs
4. Remove chicken from marinade and grill 5-8min/side or cooked through to 165 F.



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Grilled Eggplant & Tomato Mozzarella Stacks w/ Pesto

Ingredients:

2 x beefsteak tomatoes
4oz fresh mozzarella ball
1 x large eggplant
1/2c olive oil
1c walnuts
2oz parmesan cheese, size of 1 domino (optional)
1 large garlic clove
1 bunch basil
1 lemon

Instructions:

1. Thinly slice 2 beefsteak tomatoes & 4oz mozzarella.
 2. Slice 1 eggplant into 1/2" thick rounds.
 3. *For the pesto: place the following in a blender or food processor and blend until smooth:
 - 1/2c olive oil
 - 1/4c water
 - 1c walnuts
 - 2oz parmesan (optional)
 - ~1tsp garlic
 - ~1-2c fresh basil leaves
 - 1/2tsp lemon zest
 - ~2T lemon juice
 4. Brush or spray eggplant with olive oil, S&P.
 5. Grill eggplant ~5min/side.
 6. Layer eggplant + mozzarella + tomato + pesto.
- *Note: will make more pesto than actually needed for stacks.



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Week 3 Meal 4: B.L.T.A. Burgers w/ Roasted Carrots & Parsnips

B.L.T.A. Burgers

Ingredients:

1/2 package bacon
2 beefsteak tomatoes
1-1.5# ground bison
S&P to taste
1-2 avocado
Romaine lettuce
4 GF hamburger buns (OR sub with lettuce wraps)

Instructions:

1. Pre-heat grill or large sauté pan.
2. Bake 1/2 the packaged bacon in a single layer for 20-25min or until cooked through and just crispy.
3. Thinly slice 2 beefsteak tomatoes.
4. Season bison with S&P. Form into 4 patties.
5. Grill (or cook in sauté pan) burgers for 4-6 min/side or desired doneness.
6. Slice avocado for topping on burgers
7. Serve burgers on gluten-free buns with bacon, sliced avocado, tomatoes & lettuce.

Roasted Carrots & Parsnips

Ingredients:

4 x carrots
4 x parsnips
1-2T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 400 F.
2. Cut carrots and parsnips into 1" slices.
3. Toss with 1-2T olive oil. Season with S&P.
4. Place veggies in a single layer on a baking sheet.
5. Roast veggies for ~30-35 minutes, removing halfway through baking and toss.



August 2017 Recipes, Gluten Free

Week 3 Salad: Mixed Greens w/ Pears, Dried Cherries, Cucumbers, Pecans & Bacon

Salad Components:

1 cucumber
5oz tub mixed greens
1/2c dried cherries*
1/2c pecans
2 pears

*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. Cut cucumber into small, 1/4" pieces (option to peel and de-seed if preferred).
2. In a large bowl layer salad components:
 - 1/2 mixed greens
 - 1/2c chopped cucumber
 - 1/4c dried cherries
 - 1/4c pecansRepeat layers
3. Chop 1-2 pears and add to salad. Drizzle w/ balsamic vinaigrette.

For Balsamic Dressing:

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



August 2017 Recipes, Gluten Free

Week 3 Breakfast: GF Banana Bread Granola

Ingredients:

¾c chopped walnuts
½c chopped pecans
3c GF oats
1T flax seeds
½tsp salt
½T cinnamon
¼c coconut oil
1/3c honey
1tsp vanilla
1 banana
5 dates

Instructions:

1. Pre-heat oven to 350 F.
2. Line a sheet pan with parchment paper and lightly grease paper with coconut oil. Combine dry ingredients in a large bowl:
 - ¾c chopped walnuts
 - ½c chopped pecans
 - 3c GF oats
 - 1T flax seeds
 - ½tsp salt
 - ½T cinnamon
3. Add liquid ingredients to a food processor:
 - ¼c coconut oil
 - 1/3c honey
 - 1tsp vanilla
 - 1 mashed banana
 - 5 dates, pitted & choppedPulse until mixture is smooth.
4. Add liquid mixture to the dry ingredients in large bowl and stir to combine.
5. Place mixture on sheet pan. Press down and spread to cover whole pan. Bake for 10 minutes, stir and bake another 10-15 minutes. At this point keep checking granola as it can burn easily!
6. Take granola out when it is lightly golden, it will continue to cook when you take it out of the oven. Let cool and break up into chunks or pieces depending on preference. Store in airtight container.



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Week 3 Snack: Plums

Ingredients:

8 plums

Instructions:

1. Enjoy!



August 2017 Recipes, Gluten Free

Week 3 Dessert: Peach Cobbler

Ingredients:

1/2c grass-fed butter (OR sub with coconut oil)
1c medjool dates
1c pecans
1c almond flour
1/2c unsweetened coconut flakes
1T cinnamon
1tsp ground ginger
1/2tsp salt
2# peaches

Instructions:

1. Pre-heat oven to 375 F.
 2. Place in food processor or blender:
 - 1/2c (1 stick) butter** or coconut oil
 - 1c dates (pits removed)
 - 1c pecans
 - 1c almond flour
 - 1/2c unsweetened coconut flakes
 - 1T cinnamon
 - 1tsp ground ginger
 - 1/2tsp salt
 3. Pulse until combined and it begins to form a ball.
 4. Place diced peaches in a small baking dish (~9x9" pan) and cover w/ cobbler (does not need to cover completely).
 5. Bake for ~30 minutes or filling is warmed and bubbly and topping is beginning to brown.
- ** Note: if using blender & butter, cut butter into quarters before pulsing.



August 2017 Recipes, Gluten Free

Week 4 Meal 1: Brined Pork Chops w/ Sautéed Cabbage & Apples

**Note: Pork is best when marinated for 12-48 hours (less time is ok).

Brined Pork Chops

Ingredients:

1T juniper berries (optional)
1T whole peppercorns
1 garlic clove
2 bay leaves
4 thin-cut bone-in pork chops

Instructions:

1. Bring 4-6c water to a boil.
2. Whisk in:
 - 1T sea salt
 - 1T juniper berries
 - 1T whole black peppercorns
 - 1 "smashed" garlic clove
 - 2 bay leaves
 - Cool in fridge for ~30 minutes.
3. Place pork in brine for 12-48 hours.
4. Pre-heat oven to 400 F.
5. Remove chops from brine and pat dry.
6. Heat 1-2tsp oil in sauté pan and cook until brown on both sides (3-4min/side).
7. Transfer to oven and bake for ~16-18 minutes or cooked to 145 F.
8. Option: skip browning and bake for 30 minutes at 400 F.

Sautéed Cabbage & Apples

Ingredients:

1tsp butter (or coconut oil)
2-3 apples
1 head purple cabbage (pre-chopped if available)
S&P to taste
1tsp apple cider vinegar (optional)

Instructions:

1. Heat 1tsp butter (or coconut oil) over med heat and place 2-3 chopped apples and 1 head cabbage, chopped, in pan. Season with S&P.
2. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.
3. Cover and cook over medium heat for ~30-40 minutes, stirring occasionally.
4. Remove lid during final 5-10 minutes of cooking.



August 2017 Recipes, Gluten Free

Week 4 Meal 2: Cilantro-Citrus Shrimp with Brown Rice & Cucumber Slices

Cilantro-Citrus Shrimp

Ingredients:

1-1.5# shrimp, peeled, deveined, tail removed*
2 limes
1 orange
1 lemon
1 bunch cilantro
1/2c olive oil
2tsp salt
2 garlic cloves

Instructions:

1. *If using frozen shrimp, remove from freezer & place in fridge the night before or in the morning.
2. Pre-heat oven to 400 F.
3. For the shrimp marinade, blend the following until smooth:
 - Zest and juice of 2 limes
 - Zest and juice of 1 orange
 - Zest and juice of 1 lemon
 - Large handful cilantro
 - 1/2c olive oil
 - 1/2c water
 - 2tsp salt
 - 2 garlic cloves, peeled
4. Place shrimp in marinade for at least 30 minutes (or up to 2 hours) prior cooking.
5. Bake shrimp for ~10 minutes or until just pink/cooked through.

Brown Rice

Ingredients:

1c brown rice

Instructions:

1. Place 2c water + 1c brown rice in a pan, bring to a boil.
2. Turn down heat to low, cover with a lid.
3. Cook for 30-45min.

Cucumber Slices

Ingredients:

1 cucumber

Instructions:

1. Cut cucumber into slices.



August 2017 Recipes, Gluten Free

Week 4 Meal 3: Summer Pasta

Ingredients:

1 large zucchini
2 pints cherry tomatoes
2 x 8oz sliced mushrooms
~1/2c olive oil
S&P to taste
1 box gluten free penne pasta
1 garlic clove
1 bunch fresh basil
1 lemon
15oz chickpeas, drained
1/4c sliced kalamata olives
4oz feta cheese (optional)
1/2c pine nuts (optional)

Instructions:

1. Pre-heat oven to 425 F.
2. Chop 1 zucchini into 1/2" bite-sized pieces.
3. Toss cherry tomatoes, slices mushrooms, chopped zucchini, 1-2T olive oil & S&P.
4. Roast in a single layer on 1-2 sheet pans for 20-25 minutes.
5. Turn down oven to 375 F when finished cooking veggies.
6. Bring a large pot of water to boil and cook pasta according to package instructions.
7. For the lemon basil sauce, in a blender, blend:
 - 1/4c olive oil
 - 1 garlic clove
 - large handful fresh basil
 - juice of 1 lemon (~2T)
 - S&P
8. Toss the pasta, roasted vegetables, lemon basil sauce, chickpeas, 1/4c sliced olives, 4oz feta cheese (optional) & 1/2c pine nuts (optional).



August 2017 Recipes, Gluten Free

Week 4 Meal 4: Orange-Ginger Grilled Chicken w/ Veggie Stir Fry & Brown Rice

**Note: The chicken sausage needs 24-48 hours to marinate.

Orange-Ginger Grilled Chicken Legs

Ingredients:

- 1c olive oil
- 1T toasted sesame oil
- 1/4c tamari*
- 1/2 ginger knob (3")
- 1T honey (optional)
- 1 orange
- 4 chicken leg quarters

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

Instructions:

1. For the marinade, blend the following until smooth:
 - 1c olive oil
 - 1T toasted sesame oil
 - 1/4c tamari
 - 1-2" peeled ginger knob
 - 1T honey (optional)
 - Zest and juice of 1 orange
2. Marinate the chicken leg quarters for 24-48 hours prior to cooking
3. Pre-heat grill to medium (350 F).
4. Drain & discard marinade from chicken legs.
5. Grill chicken for 25-30 minutes or until cooked to 165 F.



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Veggie Stir Fry

Ingredients:

1 red onion
1 head broccoli
4 x portabella mushrooms
1/2 ginger knob (3")
~2 cloves garlic (~1T)
1/4c tamari*
1/4c rice vinegar
1T toasted sesame oil
1T coconut oil
1tsp red chili flakes (optional)

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

Instructions:

1. Thinly slice red onion.
2. Cut 1 head of broccoli into 2-3" pieces and slice 4 portabella mushrooms.
3. Peel & grate 1/2 of ginger (~1T) & chop 1T garlic.
4. For the stir fry sauce, combine:
 - 1/4c tamari
 - 1/4c rice vinegar
 - 1T toasted sesame oil
5. Add 1T coconut oil to a sauté pan over med-high heat.
6. Add garlic, ginger, onions, broccoli & mushrooms. Saute for 10 minutes.
7. Add sauce and cook another 2-3 minutes.
8. Option to season with red chili flakes.
9. Serve over brown rice.

Brown Rice

Ingredients:

1c brown rice

Instructions:

4. Place 2c water + 1c brown rice in a pan, bring to a boil.
5. Turn down heat to low, cover with a lid.
6. Cook for 30-45min.



August 2017 Recipes, Gluten Free

Week 4 Salad: Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio

Salad Components:

1 x watermelon
1 red onion
5oz tub arugula
1 bunch fresh mint
1/4c chopped pistachios
4oz feta crumbles, optional

Dressing:

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

Instructions:

1. Cut 1c watermelon into small 1/2" cubes.
2. Thinly slice 1 red onion.
3. In a large bowl layer salad components:
 - 1/2 tub arugula
 - 1T sliced red onion
 - Small handful mint leaves (gently tear into small pieces)
 - 1/2c cubed watermelon
 - 1/4c chopped pistachios
 - 2-3oz feta crumbles (optional)Repeat layers

For Balsamic Dressing:

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



August 2017 Recipes, Gluten Free

Week 4 Breakfast: Ponana Breakfast Cookies

Ingredients:

1 medium sweet potato
1T chia seeds
1 medium banana
2 eggs (OR sub ¼c almond butter for egg-free)
½tsp cinnamon
2T dark chocolate chips, optional

Instructions:

1. Pre-heat oven to 350 F.
2. Wrap 1 medium sweet potato in foil and bake for 1- 1/2 hours or until knife inserts easily. Cool. Peel and mash (for ~¾c)
3. In a small bowl, “hydrate” 1T chia seeds in 1T water for ~1-2 minutes.
4. In a large bowl, mix together: ¾c mashed banana (~1 medium) + ¾c mashed sweet potato + 2 eggs (note: for egg free, replace w/ ¼c almond butter) + ½tsp cinnamon + hydrated chia seeds (do not drain). Optional: gently fold in 2T dark chocolate chips.
5. Drop by 1/8c (or 2T) scoop on cookie sheet and bake at 350 F for ~10 min. Yields ~16 cookies

Week 4 Snack: Figgy Energy Bites

Ingredients:

1c dried figs
1c medjool dates
½c dried cranberries*
½c almond butter*
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. In blender or food processor add: 1c dried figs (no stems) + 1c medjool dates (pitted) + ½c dried cranberries. Pulse until combined.
2. Stir in ½c almond butter. Roll mixture into 1T balls. Place in single layer on baking sheet and freeze. Yields ~24.
Note: you can later transfer frozen bites into a container or baggy and freeze.



August 2017 Recipes, Gluten Free

Week 4 Dessert: Watermelon

Ingredients:

1 x watermelon

Instructions:

1. Cut watermelon into wedges for dessert.



August 2017 Recipes, Gluten Free

Week 5 Meal 1: Smokey Paprika Chicken & Herb Roasted Trio Fall Veggies

Smokey Paprika Chicken

Ingredients:

- 1/4c olive oil
- 2T smoked paprika
- 1tsp salt
- 4 bon-in, skinless chicken leg quarters (OR breasts if preferred)

Instructions:

1. Pre-heat oven to 425 F.
2. For chicken marinade, whisk together:
 - 1/4c olive oil
 - 2T smoked paprika
 - 1tsp salt
3. Marinate chicken, covering completely.
4. Remove chicken and place in baking pan. Roast for ~35-40 minutes or until cooked through (165F).

Herb Roasted Trio Fall Veggies

Ingredients:

- 1# bag carrots
 - 2 x parsnips
 - 1 x bulb of fennel
 - 1T olive oil
 - 1T Italian seasoning*
 - 1tsp salt
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Pre-heat oven to 425 F.
2. Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Option: cut remaining carrots for snacking
3. Cut white bulb of fennel into 1" slices, discard greens.
4. Toss together with 1T olive oil, 1T Italian seasoning & 1tsp salt.
5. Place vegetables in a single layer on a baking sheet.
6. Roast for ~35-40 minutes.



August 2017 Recipes, Gluten Free

Week 5 Meal 2: Bruschetta Salsa Topped Cod w/ Swiss Chard & Shiitakes

Bruschetta Salsa Topped Cod

Ingredients:

2 large tomatoes (~2c)
1 bunch basil
2oz sliced Kalamata olives
2 cloves garlic
¼c olive oil
1T balsamic vinegar
1tsp dried oregano
S&P, to taste
4 cod fillets, 4-6oz ea

Instructions:

1. Pre-heat oven to 400 F.
2. Chop 2 lg tomatoes (for ~2c) + basil (for ~1/4c) + 2oz Kalamata olives. Mince 2 garlic cloves. Set aside in a bowl.
3. Whisk together:
 - ¼c olive oil
 - 1T balsamic vinegar
 - 1tsp dried oregano
 - S&P, to taste
4. Pour over chopped tomatoes and stir to combine
5. Line a sheet pan with parchment paper and lightly brush with olive oil.
6. Place cod fillets on sheet pan and sprinkle with S&P. 3. Top each fillet with ½c bruschetta salsa and bake for ~15-18 minutes or until fish is opaque and flaky.

Swiss Chard & Shiitakes

Ingredients:

2 bunches Swiss chard
8oz shiitake mushrooms
2 cloves garlic
2tsp olive oil
S&P

Instructions:

1. Remove stems from 2 bunches Swiss chard, discard.
2. Finely chop remaining leaves + 8oz shiitake mushrooms + 2 cloves garlic.
3. Heat lg sauté pan w/ 1-2tsp olive oil. Add chard, garlic & mushrooms. Cook 8-10 mins until tender, stirring often. Season w/ S&P.



August 2017 Recipes, Gluten Free

Week 5 Meal 3: Pizza Soup

Ingredients:

1 garlic clove
1 red onion
2 green bell peppers
4oz pepperoni*
8oz sliced mushrooms
1T dried basil
1T dried oregano
4c beef broth*
28oz can diced tomatoes
2.25oz sliced black olives, drained
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop garlic, red onion, green bell pepper, pepperoni.
2. In a large soup pot, heat 1tsp olive oil over med-high heat and add garlic, red onion, green bell pepper, & 8oz sliced mushrooms.
3. Add 1T dried basil & 1T dried oregano.
4. Saute for 8-10 minutes.
5. Add beef broth, 2c water, chopped pepperonis, diced tomatoes & sliced black olives.
6. Bring to a low boil and then lower to a simmer.
7. Cook ~30 minutes.
8. Add liquid as needed.
9. Season with S&P as needed.



August 2017 Recipes, Gluten Free

Week 5 Meal 4: Black Bean Burgers w/ Avocado & Paprika Roasted Cauliflower

Black Bean Burgers

Ingredients:

- 1.5c gluten free rolled oats
 - 2 x 15oz cans rinsed/drained black beans
 - 2 eggs, omega-3
 - 1 small bunch cilantro
 - 2tsp chili powder*
 - 1tsp smoked paprika
 - 1tsp garlic salt
 - 1/8tsp cayenne
 - 4oz pepperjack or Swiss cheese slices (optional)
 - 2 x avocado (optional)
 - GF hamburger buns (OR sub lettuce for wrap)
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. In a food processor, pulse gluten free oats until coarsely ground.
2. Add black beans, eggs, 1/4c roughly chopped cilantro, chili powder, paprika, garlic salt, 1/2tsp salt, and cayenne (optional for heat).
3. Pulse until combined.
4. Form batter into 4-6 patties. Tip: slightly wet hands when forming each patty to help prevent sticking.
5. Heat 1T oil in a large sauté pan over med-high heat.
6. Add patties and cook 4-5min/side or until golden brown.
7. Optional: top each burger with 1 slice pepperjack or Swiss cheese and avocado slices.

Paprika Roasted Cauliflower

Ingredients:

- 1 x head cauliflower
- 1T olive oil
- 1T paprika
- 1tsp salt

Instructions:

1. Pre-heat oven to 450 F.
2. Cut cauliflower into 1-2" bite-sized pieces. Toss with 1T olive oil, 1T paprika, 1tsp salt.
3. Place cauliflower in a single layer on a baking sheet.
4. Roast for ~30-35 minutes, removing halfway through to toss.



August 2017 Recipes, Gluten Free

Week 5 Salad: Italian Side Salad

Salad Components:

1 x cucumber
1x carrot
5oz tub mixed greens
1 pint cherry tomatoes
1/4c sliced almonds

Dressing:

1/2c olive oil
1/4c red wine vinegar
1T Italian Seasoning*
S&P to taste

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

Instructions:

1. Dice 1 cucumber into 1c bite-sized pieces. Option: save any remaining for snacking.
2. Cut 1 carrot into small pieces (or grate)
3. In a large bowl layer salad components:
 - 1/2 tub salad greens
 - 1/2c chopped cucumber
 - 1/2 chopped/grated carrot
 - 1/2 pint cherry tomatoes
 - 1/8 sliced almondsRepeat layers

For Italian Dressing:

1. Whisk together:
 - 1/2c olive oil
 - 1/4c red wine vinegar
 - 1T Italian Seasoning
 - S&P



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Week 5 Breakfast: Gluten-Free Banana Pancakes

Ingredients:

4 ripe bananas

4 eggs, omega-3

4T almond butter* (optional)

1/2T cinnamon

4T maple syrup (optional)

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

Instructions:

1. Pre-heat oven to 400 F.
2. Place the following in a blender and blend until smooth:
 - Bananas
 - Eggs
 - Almond butter
 - Cinnamon
3. Cook on pancake griddle or sauté pan on medium, 2-3 minutes/side.
4. Optional: spread with any remaining almond butter & drizzle with maple syrup.

Week 5 Snack: Apples w/ Pecan Butter

Ingredients:

4 apples

1/2c pecan butter*

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

Instructions:

1. Slice apple w/ apple slicer or knife.
2. Use a tablespoon to scoop out pecan butter.
3. 1 serving = 1 apple + 1T pecan butter



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Week 5 Dessert: Cranberry-Walnut Dark Chocolate Drops

Ingredients:

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

1/2T cinnamon

1c walnuts

1/4c cranberries, dried

Instructions:

1. Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
2. Remove chocolate from heat and stir in 1/2T cinnamon, 1c walnuts & 1/4c dried cranberries.
3. Use a tablespoon and drop onto parchment or foil.
4. Allow to cool in refrigerator.
5. Can store in freezer.