



October 2017 Recipes, Gluten Free

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Week 1 Meal 1: Pumpkin Seed Crusted Chicken with Vegan Broccoli Soup

Pumpkin Seed Crusted Chicken

Ingredients:

4 boneless skinless chicken breast
1 cup pumpkin seeds
¼ tsp salt
¼ tsp cayenne
1 T cumin
1 T paprika
2 eggs

Instructions:

1. Pre-heat oven to 375 F.
2. Blend until sand-like consistency: 1c pumpkin seeds, ¼ tsp salt, ¼ tsp cayenne, 1T cumin, 1T paprika. Place in bowl.
3. In a separate shallow bowl, whisk together 2 eggs.
4. Dredge chicken in eggs & then pumpkin seeds
5. Bake chicken for 25 minutes for smaller breasts, up to 40 minutes for larger breasts, or until cooked to 165 F.

Vegan Broccoli Soup

Ingredients:

1 head broccoli
1 yellow onion
1 tsp olive oil
2 cloves garlic, peeled
1 cup vegetable broth
4 cups water
1 cup cashews
S&P to taste

Instructions:

1. Roughly chop broccoli & 1 yellow onion (these will eventually be pureed).
2. Heat 1 tsp oil in large pot over med-high heat. Add roughly chopped onion + broccoli + 2 peeled garlic cloves; sauté for 2-3 min.
3. Add 1 cup vegetable broth + 3c water (or water to just cover veggies). Bring to a low simmer, cook for 30 minutes then set aside to cool.
4. In a separate small pot bring 1 cup water to boil. Remove from heat and add 1 cup cashews. Allow to soak, set aside.
5. Blend the following on high until smooth: Soaked cashews + soaking water + cooked broccoli & onions. Add water if needed for consistency. Season w/ S&P.



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Week 1 Meal 2: Lemon-Basil Shrimp with Italian Quinoa Salad

Lemon-Basil Shrimp

Ingredients:

1-pound shrimp, peeled and deveined
1 T fresh lemon juice
1 T lemon zest
1 T olive oil
½ cup vegetable broth
2-3 large handfuls basil leaves
1 clove garlic

Instructions:

1. Preheat oven to 425 F.
2. Marinade: Blend the following until smooth:
 - a. 1 T fresh lemon juice
 - b. 1 T lemon zest
 - c. 1 T olive oil
 - d. ½ cup vegetable broth
 - e. 2-3 large handfuls basil leaves
 - f. 1 clove garlic
3. Set aside ¼ cup marinade for Italian Quinoa Salad.
4. Add shrimp to remaining marinade and marinate in fridge for ~1 hour prior to baking.
5. Bake shrimp for 12 minutes or cooked through. Serve with Quinoa Salad.

Italian Quinoa Salad

Ingredients:

1 cup quinoa
2 cup chopped cucumber
1 pint cherry tomatoes, halved or quartered if larger

Instructions:

1. Add 2c water and 1c quinoa to large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally.
2. In a large bowl, mix 2 cup quinoa, chopped tomatoes, 2 cup chopped cucumber and ¼ cup lemon basil marinade. Serve with Lemon-Basil Shrimp.



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Week 1 Meal 3: Beef and Butternut Squash Tagine over Quinoa

Beef and Butternut Squash Tagine

Ingredients:

1 yellow onion, sliced into long strips
1-2 pound butternut squash (1 bag pre-cut is available)
1T cumin
1T turmeric
1T paprika
1tsp cinnamon
1 pound grassfed beef sirloin, cut into 1" cubes
¼ cup dried apricots, chopped
1 cup tomato puree
1 can chickpeas, drained and rinsed

Instructions:

1. Preheat oven to 350 F.
2. Peel butternut squash, remove seeds, cut into 1" cubes.
3. Whisk together 1T cumin, 1T turmeric, 1T paprika and 1 tsp cinnamon. Rub spices into beef cubes.
4. In a large stockpot, heat 1 tsp oil over med-high heat. Add yellow onion slices & spiced beef cubes; sauté for 3-4 minutes.
5. Add ¼ cup chopped dried apricots, 1 cup tomato puree, 1 cup water, cover and place in oven for ~ 1.5 hours.
6. Remove from oven and add butternut squash, chickpeas, cover and bake another 1-2 hours.
7. Serve with quinoa.

Quinoa

Instructions:

1 cup quinoa

Instructions:

1. Add 2c water and 1c quinoa to large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally.
2. Serve with Beef and Butternut Squash Tangine.



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Week 1 Meal 4: Veggie Taco Soup

Veggie Taco Soup

Ingredients:

1 tsp olive oil
1 yellow onion, finely chopped
1 red bell pepper, finely chopped
2 cloves garlic, finely chopped
1 jalapeno, seeded and finely chopped
2 T taco seasoning
2 cup tomato puree
2 ½ cup vegetable broth
1 can black beans, drained and rinsed
1 can red beans, drained and rinsed
2 ears corn cut from cob or 1 cup frozen
avocado (optional)
cheddar cheese (optional)
sour cream (optional)
Greek yogurt (optional)

Instructions:

1. In a large soup pot over med-high heat, add: 1t olive oil, onion, bell pepper, garlic and jalapeno. Cook for ~10 minutes.
2. Add 2 T taco seasoning, 2 cup tomato puree, 2½ cup broth, turn to low and cook for 30 minutes.
3. Add black beans, red beans and corn and cook for 10 more minutes.
4. Option to top with: sliced avocado, cheddar cheese, sour cream or Greek yogurt.



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Week 1 Salad: Mixed Greens with Pomegranate, Walnuts and Blue Cheese with Balsamic Vinaigrette

Salad Components:

1/2c walnuts
1 pomegranate or 1 bag fresh pom kernels
5oz tub mixed greens
4oz blue cheese (optional)

Dressing:

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

Instructions:

1. Roughly chop 1/2c walnuts.
2. Cut pomegranate in half, place first half in a bowl of water in sink, remove kernels from white pith and strain, repeat with second half.
3. In a large bowl layer salad components:
 - 1/2 mixed greens
 - 1/2 pomegranate kernels
 - 2oz blue cheese (optional)
 - 1/4 cup chopped walnutsRepeat layers

For Balsamic Dressing:

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



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Week 1 Breakfast: Swiss Chard, Mushroom, Onion and Goat Cheese Frittata

Ingredients:

1 T olive oil
1 red onion, thinly sliced
¼ tsp salt
1 bunch swiss chard, stems finely chopped, leaves roughly chopped
8oz sliced mushrooms
4 cloves garlic, chopped
10 eggs
black pepper to taste
1/8 tsp salt
4oz goat cheese (optional)

Instructions:

1. Pre-heat oven to 350 F. Spray a 9x13" pan with olive oil.
2. In a large sauté pan, over medium heat, add 1T olive oil, sliced red onion and ¼ t salt. Sauté for 15 min, stirring occasionally.
3. Add chard stems, sliced mushrooms and chopped garlic, cook 10 minutes.
4. Add chard leaves and cook a final 10 minutes, remove from heat and set aside.
5. In a large bowl, whisk together 10 eggs, pepper and 1/8t salt. Stir in cooled veggies.
6. Pour eggs mixture in pan.
7. Bake in 350 F oven for 25 min.
8. Top with goat cheese (optional), return to oven 2-3min or cheese is melty.



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Week 1 Snack: Grapes and Pistachios

Ingredients:

1 bunch grapes

2 cups in shell pistachios

Instructions:

1. Serve 1 cup grapes with ½ cup pistachios.



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Week 1 Dessert: Cranberry-Pecan Baked Pears

Ingredients:

1/4 cup coconut oil
1/4 cup medjool dates, pits removed
1/4 cup dried cranberries
1/2 cup pecans
1 tsp vanilla
4 just soft pears, halved
1 T cinnamon

Instructions:

1. Blender coconut oil, dates, dried cranberries, pecans and vanilla until roughly chipped. Set aside.
2. Scoop out center seeds of pears. Place 1T (heaping) into each pear, sprinkle pars with cinnamon.
3. Bakes for 30 minutes or until soft (less ripe/ firmer pears require longer baking time, but cover to avoid burning).



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Week 2 Meal 1: Spaghetti Squash with Grass-fed Beef and Mushroom Marinara

Ingredients:

1-2 spaghetti squash (~4 pounds)
1 pound grass-fed, organic ground beef, 95% lean
1 T chopped garlic
16oz sliced mushrooms
½ yellow onion, diced
25.5oz tomato sauce
3 T herbs de Provence (or Italian herb blend)
S&P to taste
4oz parmesan cheese (optional)

Instructions:

1. Preheat oven to 375 F.
2. Pierce the spaghetti squash with a knife and roast for ~1.5 hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin).
3. Carefully slice squash in half, allowing heat to escape. Set aside and allow to cool, remove seeds, then scoop out squash. Reduce oven temperature to 350 F.
4. In a large sauté pan, add beef, 1 T garlic, chopped onion, sliced mushrooms, and sauté 15 min, continuing to break apart meat and stirring occasionally.
5. Add 25.5oz jar of tomato sauce + 3T herbs de Provence + S&P. Stir to combine.
6. Serve spaghetti squash topped with tomato sauce. Option to grate parmesan overtop.



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Week 2 Meal 2: Carrot and Snow Pea Stir Fry with Peanuts and Brown Rice

Ingredients:

1.5 cup brown rice
¼ cup tamari
¼ cup rice vinegar
1 T sesame oil
½ T olive oil
1-1.5 T ginger, peeled and grated
1 T garlic, finely chopped
4 carrots, chopped into bite-sized pieces
~2 cups snow peas, chopped into bite-sized pieces
½ cup roasted peanuts

Instructions:

1. Add rice to a medium pot and cover with 3 cups water. Bring to a boil and then reduce to simmer and cover, cook ~1hour, set aside (covered) to cool.
2. Prepare stir fry sauce by whisking together tamari, rice vinegar and sesame oil. Set aside.
3. Add olive oil to a sauté pan over medium high heat. Add garlic, ginger, carrots & snow peas, sauté for 10 minutes.
4. Add stir fry sauce and cook another 2-3 minutes.
5. Top with peanuts.
6. Serve over rice.



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Week 2 Meal 3: Parsley Roasted Chicken Legs with Acorn Squash Halved and Sautéed Swiss Chard

Ingredients:

½ cup olive oil
1 bunch parsley, rinsed
2 cloves garlic, peeled
juice of two lemons (~2 T)
1 T salt
pepper to taste
4 bone-in, skin-on chicken legs
2 acorn squash, halved, seeds discarded
1 tsp coconut oil
S&P to taste
1 tsp olive oil
2 bunches swiss chard, stems removed and discarded, leaves roughly chopped
S&P to taste

Instructions:

1. Preheat Oven to 400 F.
2. Prepare marinade but placing the following in a blender and blending until smooth:
 - olive oil
 - parsley
 - garlic
 - lemon juice
 - S&P
3. Marinate chicken for 1 hour up to 24 hours (in fridge).
4. Remove from marinade and place in single layer in baking pan.
5. Rub inside of acorn squash half w/ ~1tsp coconut oil each, season with S&P.
6. Roast chicken legs & acorn squash halves uncovered for 45-55 min.
7. During final 5 min of cooking, heat 1 tsp olive oil in large sauté pan and cook chard/garlic for 3-5 minutes, season w/ S&P.



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Week 2 Meal 4: Shrimp and Veggie Gumbo

Shrimp and Veggie Gumbo

Ingredients:

- 1 link (3oz) raw andouille pork sausage
- 1 red and green bell pepper, finely diced
- ½ yellow onion, chopped
- 1 T garlic, finely chopped
- 2 tsp Creole seasoning
- 4 cups vegetable broth
- 12-16oz chopped okra
- 12oz shrimp (peeled, deveined, no tails, fresh or frozen)
- 1 cup cooked brown rice

Instructions:

1. In a large stock pan over high heat, sauté sausage, for 2-3 minutes, breaking apart.
2. Add bell peppers, onion, garlic and 2 tsp Creole seasoning, sauté 7-8 minutes.
3. Add 2 cups water and 4 cups broth, bring to boil and lower to simmer for 15-20 minutes.
4. Add chopped okra, shrimp and 1 cup cooked brown rice. Increase heat to medium allowing to simmer for 20-30 minutes, adding more water/ broth if needed for desired consistency.
5. Season to taste with additional Creole seasoning, S&P. Remove from heat and serve.



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Week 2 Salad: Crunchy Chopped Salad

Salad Components:

2 bell peppers (mix of red, orange or yellow)
2 stalks celery
1 bulb fennel
5oz bag chopped romaine

Dressing:

1c olive oil
2 peeled garlic cloves
1 can full fat coconut milk
2T apple cider vinegar
1 bunch parsley
S&P to taste

Instructions:

1. Finely dice 2 bell peppers + 2 stalks celery.
2. Finely chop 1 bulb fennel (white part). Toss with 2 chopped peppers, 2 chopped celery stalks & 1 bag chopped romaine.
3. Top with ranch below.

For Ranch Dressing:

1. Blend the following in a blender until smooth:
 - 1c olive oil
 - 2 peeled garlic cloves
 - 1 can full fat coconut milk
 - 2T apple cider vinegar
 - ¼tsp each salt & pepper
2. Add 1 large handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped.**
Note: Don't over-blend the parsley or it may become bitter.
3. Shake "Ranch" dressing well and drizzle over salad, ~1-2T/ serving.

**Note: Ranch dressing will be used for both the Chopped Salad and for dipping Brussels sprouts for snack.



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Week 2 Breakfast: Baked Acorn Squash with Poached Eggs

Ingredients:

2 acorn squash, cut in half, seeds discarded
1 tsp coconut oil
S&P to taste
1 T apple cider vinegar
4 eggs

Instructions:

1. Preheat Oven to 400 F.
2. Rub inside of squash half with ~1tsp coconut oil each, season w/ S&P. Roast acorn squash halves uncovered for 45-55 min.
3. Bring a pot of water to a very low simmer, add 1 T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove.
4. Serve eggs over baked squash halves. Season with S&P.



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Week 2 Snack: Brussels Sprouts

Ingredients:

2 pounds Brussels sprouts

1-2 T olive oil

Instructions:

1. Preheat oven to 375 F.
2. Toss Brussels sprouts with 1-2 T olive oil and S&P , place on a baking sheet and bake for 45-55 min (removing from oven 1/2 way through cooking and toss).
3. Time will vary depending on size.
4. Shake "Ranch" dressing well (prepared earlier for salad) and serve along with the tossed Brussels sprouts.



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Week 2 Dessert: Sunflower Bites

Ingredients:

1c (~8-10) medjool dates

1c shredded coconut (unsweetened)

½c hemp seeds

1c sunflower seed butter*

1tsp cinnamon

¾c chocolate chips, optional

½c cacao nibs, optional

½c dried cranberries, optional

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

Instructions:

1. In food processor combine the following until smooth:
 - 1c dates (~8-10), pitted
 - 1c shredded, unsweetened coconut
 - ½c hemp seeds
 - 1c sunflower seed butter
 - 1tsp cinnamon
2. Option to fold in any combination of ¾c chocolate chips, ½c cacao nibs or ½c dried cranberries.
3. Drop by 1T onto parchment lined baking sheet and freeze in a single layer.
4. Once frozen, you can store in a container or baggy (these also work at room temp/ refrigerated, but my preference is frozen!). Yields ~28-30.



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Week 3 Meal 1: Italian Almond Crusted Pork Chops with Roasted Potatoes and Broccoli

Italian Almond Crusted Pork Chops

Ingredients:

4 bone in pork chops
2 eggs, whisked
1c almond flour
1T dried basil
1T dried oregano
2T grated parmesan (optional)

Instructions:

1. Preheat oven to 375 F.
2. In 2 shallow bowls or containers, place the following separately:
 - 1: 2 eggs, whisked
 - 2: almond flour, dried basil, dried oregano and (if using) grated parmesan (all whisked together)
3. Dredge each pork chop in the following order:
 - 1: whisked eggs
 - 2: seasoned almond flour
4. Repeat steps until all pork chops are covered.
5. Bake pork chops for 35-45 minutes or until cooked through (145 F).

Roasted Potatoes with Broccoli

Ingredients:

4-6 red potatoes, chop into bite-sized pieces
1 head broccoli, chop into bite-sized pieces
1T olive oil
1T oregano
1T grated parmesan (optional)
S&P to taste
1T olive oil
1T parmesan cheese (optional)
S&P to taste

Instructions:

1. Place chopped potatoes on sheet pan. Toss with 1T olive oil, 1T oregano, 1T grated parmesan, S&P.
2. Place broccoli on sheet pan. Toss with 1T olive oil, 1T parmesan, S&P.
3. Roast potatoes for 35-40 min or browned/cooked through.
4. Roast broccoli for 30-40 min Remove halfway through to toss.



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Week 3 Meal 2: Slow Cooker Fiesta Bowls

Ingredients:

1c white rice
1 yellow onion
1 bunch cilantro
3# boneless, skinless chicken thighs
~16oz salsa*
1 avocados
1 lime
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Chop 1 bunch cilantro.
2. Dice 1 onion.
3. Place the following in slow cooker:
 - 1 chopped yellow onion
 - 3# boneless, skinless chicken thighs
 - ~16oz salsa.
4. Cook on low ~6 hours.
5. Place 1¾c water + 1c white rice in a pan, bring to a boil, turn heat to low, cover w/ lid, cook 16-18 min.
6. Shred chicken and slice 1 avocado. Divide rice into 4 bowls.
7. Serve chicken over rice and top with sliced avocado, chopped cilantro and fresh lime (¼ lime/serving).
8. Store remaining chicken for Meal 3.



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Week 3 Meal 3: Fiesta Chicken Tacos w/ Sweet Potato Fries

Ingredients:

2 large Japanese sweet potatoes
2T olive oil
8 Corn tortillas (OR sub lettuce)
1 avocado
1 lime
1 bunch cilantro

If not using leftover chicken:

1 yellow onion
3# boneless, skinless chicken thighs (if not using chicken from meal 2)
~16oz salsa*

S&P to taste

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

Instructions:

If not using chicken from meal 2:

1. Chop 1 bunch cilantro.
2. Dice 1 onion.
3. Place the following in slow cooker:
 - 1 diced yellow onion
 - 3# boneless, skinless chicken thighs
 - ~16oz salsa.
4. Cook on low ~6 hours

If using leftover chicken, start here:

5. Preheat oven to 425 F.
6. Peel & cut 2 large potatoes into "fries". Toss w/ 2T olive oil + S&P. *
7. Place sweet potatoes on an oiled sheet tray and roast for 35-40min, tossing halfway through cook time.
8. Reheat chicken thighs on stove or microwave. While chicken reheats, slice 1 avocado.
9. Serve in corn tortillas, topped w/ 1 sliced avocado, chopped cilantro and fresh lime (¼ lime/serving).



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Week 3 Meal 4: Kale & Caramelized Onion Frittata w/ Grapes

Ingredients:

1T olive oil
2 red onions, cut into long, thin strips
1 bunch kale, leaves removed from stems, finely chop both
8 eggs
4-6oz feta cheese crumbles (optional)
S&P to taste
1 bag grapes

Instructions:

1. Pre-heat oven to 350 F.
2. Heat olive oil over medium heat in a large sauté pan, add onions and a pinch of salt. Sauté for 5-10 min.
3. Add chopped kale leaves & stems, cook for 20-25min, add more oil/ lower heat as needed. Turn off heat and allow to cool.
4. Whisk 8 eggs in a large bowl.
5. Stir in sautéed onions & kale, feta crumbles (optional) and season with ½ tsp fresh ground black pepper.
6. Pour into an oiled 8x8" or 9x9" pan. Sprinkle w/ 1/8 tsp salt.
7. Bake for 34-38 minutes or until no longer jiggly. Serve with grapes.



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Week 3 Salad: Salad Greens w/ Shredded Carrot, Radish & Sunflower Seeds

Salad Components:

5oz tub mixed salad greens
½ c sunflower seeds
2 carrots, grated or chopped into ½ inch cubes
1 bunch radishes, grated or chopped into ½ inch cubes

Dressing:

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

Instructions:

1. In a large bowl layer salad components:
 - ½ tub mixed salad greens
 - ¼c sunflower seeds
 - ¼c shredded carrot & radishRepeat layers

For Balsamic Dressing:

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



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Week 3 Breakfast: Banana Walnut Muffins

Ingredients:

4 bananas (the more ripe the better)

4 eggs

2T coconut oil

½c almond butter*

1tsp vanilla extract*

½c coconut flour

½c chopped walnut pieces

2tsp cinnamon

1tsp baking powder

1tsp baking soda

muffin liners

½tsp nutmeg, optional

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

Instructions:

1. Pre-heat oven to 350 F.
2. Place in food processor or blender and pulse until combined and has smooth consistency:
 - 4 bananas
 - 4 eggs
 - ½c almond butter
 - 2T coconut oil, melted
 - 1tsp vanilla extract
3. In a large bowl mix together:
 - ½c coconut flour
 - ½c chopped walnut pieces
 - 2tsp cinnamon
 - ½tsp nutmeg, optional
 - 1tsp baking powder
 - 1tsp baking soda
4. Add wet ingredients to dry ingredients & mix well. Line a muffin tin with cups. Fill ~2/3 full of batter.
5. Bake at 350 F or 20-25 minutes, until a toothpick comes out clean. Cool completely.



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Week 3 Snack: Pears w/ Peanut Butter

Ingredients:

4 pears

½c peanut butter

Instructions:

1. Slice pear and eat dipped in 1-2T peanut butter



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Week 3 Dessert: Chocolate Cashew Milk

Ingredients:

1c cashews
9c water, divided
1c (~8-10) medjool dates
¼c cocoa powder
¼tsp cinnamon

Instructions:

1. Bring 1c water to a boil and pour over 1c cashews. Add 1tsp salt and set aside to soak for ~1hr.
2. Blend the following on high until smooth:
 - 1c rehydrated cashews (drained, you do not want the soaking water)
 - 1c dates, pitted
 - 8c water
 - ¼c cocoa powder
 - ¼tsp cinnamon

Note: for extra smooth texture, pass mixture through a sieve to strain out any solids.



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Week 4 Meal 1: Lemon Garlic Baked Salmon w/ Whole Roasted Carrots & Asparagus

Ingredients:

~1# carrots
2-3T olive oil
1 bunch asparagus
2 lemons
4 salmon fillets, 4-6oz ea
~1/4tsp garlic powder
S&P to taste

Instructions:

1. Preheat oven to 350 F.
2. Toss 1# whole carrots (peeling optional) in 1T olive oil + S&P.
3. Bake ~1-1½ hours until roasted & just browned.
4. Remove bottom 2-3" from 1 bunch asparagus. Toss remaining spears w/ 1-2T olive oil + S&P to taste.
5. Thinly slice 2 lemons for salmon.
6. Preheat oven to 400 F.
7. Place 4 salmon fillets on a lined baking sheet. Sprinkle with garlic powder (~¼ tsp total) + S&P & top with a layer of lemon slices.
8. Place asparagus on same baking sheet as salmon.
9. Roast salmon & asparagus for ~13-15 minutes or salmon is flaky and just cooked through. Toss asparagus halfway through cooking.



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Week 4 Meal 2: Maple Mustard Chicken w/ Baked Potatoes & Swiss Chard

Baked Potatoes

Ingredients:

4 baking potatoes

Instructions:

1. Preheat oven to 350 F.
2. Poke 6-10 holes in each potato.
3. Bake in covered dish for ~1 hour or until soft/ cooked through.

Maple Mustard Chicken

Ingredients:

1/2c grainy mustard

1/4c maple syrup (optional)

1/4c olive oil

1/2tsp salt

8 thin cut, boneless, chicken thighs

Instructions:

1. Pre-heat oven to 375 F.
2. Mix the following ingredients:
 - 1/2c grainy mustard
 - 1/4c maple syrup (optional)
 - 1/4c olive oil
 - 1/2tsp salt
3. Marinate chicken with maple mustard marinade for 1hr up to 24 hrs.
4. Remove from marinade and bake for 30-40 minutes or until cooked through.

Swiss Chard

Ingredients:

2 bunches Swiss chard, leaves finely chopped, stems discarded

1tsp chopped garlic

1tsp olive oil

Instructions:

1. Heat 1t oil in large sauté pan over med-high heat, add garlic and chard leaves, sauté for 5-10 min, season w/ S&P.
2. Serve with chicken and baked potato.



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Week 4 Meal 3: Spaghetti w/ Pesto, Mushrooms, Broccoli & White Beans

Pesto

Ingredients:

½c olive oil
¼c broth
1c walnuts
2oz parmesan (size of 2 dominos)
1 small garlic clove (~1t)
~1c fresh basil leaves
~2-3T lemon juice (add to taste)

Instructions:

1. Place the all ingredients in blender or food processor. Blend until smooth, taste and season as needed w/ salt and/or lemon juice.

Spaghetti

Ingredients:

1 tsp olive oil
16oz sliced mushrooms
small head broccoli, chipped into bite sized pieces
1 can white beans, drained and rinsed
16oz brown rice spaghetti

Instructions:

1. Add oil to a large sauté pan over med-high heat. Add mushrooms & broccoli, cook ~8-10 minutes
2. Add 1 can drained white beans and mix to combine.
3. Cook spaghetti according to package instructions.
4. Drain and return pasta to pot, toss w/ ¾c pesto & cooked veggies.



October 2017 Recipes, Gluten Free

Week 4 Meal 4: Grass-fed Beef Chili (Makes 8 servings)

Ingredients:

1 dried chipotle pepper (OR ancho/ other dried pepper)
1# grass-fed, organic ground beef, 95%
1 red bell pepper, diced
1 yellow onion, diced
2 bunches Swiss chard stems, chopped (save leaves for other uses)
1T garlic, finely chopped
28oz can fire roasted diced tomatoes
2T chili powder
1 can pinto, drained and rinsed
1 can black beans, drained and rinsed
3c chicken broth
S&P to taste

Instructions:

1. Rehydrate chipotle pepper: boil 1c water in a small pan, remove from heat, add 1 dried chipotle and cover w/ lid. Allow to re-hydrate.
2. In a large soup pot, sauté ground beef, crumbling. Add bell pepper, onion, chard stems and garlic, sauté for 10 min.
3. While vegetables are cooking, remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
4. Place chipotle in a blender with 2-3 cups of steam water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili).
5. Add pureed chili/water to sautéed veggies.
6. Add 28oz fire roasted diced tomatoes, chili powder, pinto beans, black beans & 3c broth.
7. Bring to a boil then lower to low-medium heat, stirring occasionally and adding water or broth as needed.
8. Continue to cook for 30m-1 hour.
9. Season to taste w/ chili powder, S&P.



October 2017 Recipes, Gluten Free

Week 4 Salad: Mixed Greens w/ Apples, Cherries, Cheddar & Almonds

Salad Components:

5oz tub mixed greens

½ c sliced almonds

½ c dried cherries

4oz cheddar cubes (optional)

Dressing:

½c olive oil

¼c balsamic vinegar

S&P to taste

Instructions:

1. Layer the following:
 - ½ tub mixed salad greens
 - ¼c sliced almonds
 - ¼c dried cherries
 - 2oz cheddar cubes (optional)Repeat layers.

For Balsamic Dressing:

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



October 2017 Recipes, Gluten Free

Week 4 Breakfast: Pumpkin Pie Smoothie Bowl

Ingredients:

4T chia seeds

1 avocado

1 can pumpkin puree*

1tsp cinnamon

½c sliced pecans, optional

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

Instructions:

1. In a blender, add 2T chia + ½c water + ½c ice + ½ avocado + ½ can pumpkin + ½tsp cinnamon.
2. Blend on high until smooth, adding additional water, up to ½c, as needed.
3. Pour into bowl and top with 2T sliced pecans per serving.

Note: this recipe yields 2 servings. Repeat for additional 2 servings



October 2017 Recipes, Gluten Free

Week 4 Snack: Broccoli Dipped in Pesto

Pesto

Ingredients:

½c olive oil

¼c broth

1c walnuts

2oz parmesan (size of 2 dominos)

1 small garlic clove (~1t)

~1c fresh basil leaves

~2-3T lemon juice (add to taste)

1 head broccoli, chopped in bite sized pieces

Instructions:

1. Place the all ingredients in blender or food processor. Blend until smooth, taste and season as needed w/ salt and/or lemon juice.
2. Dip broccoli in 1-2T pesto.



October 2017 Recipes, Gluten Free

Week 4 Dessert: Dark Chocolate Apricots

Ingredients:

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

1c dried apricots

Instructions:

1. Place dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
2. Dip apricot halves into chocolate and drop onto parchment or foil. Allow to cool.