



November 2017 Recipes, Gluten Free

November Wk 1

1. Meal 1: Cucumber Dill Salmon w/ Cauliflower Couscous.....	2
2. Meal 2: Herb Roasted Chicken w/ Brussels Sprouts	3
3. Meal 3: Italian Turkey Meatballs w/ Sautéed Swiss Chard	4
4. Meal 4: Butternut Squash, Caramelized Onion & Blue Cheese Tart.....	5
5. Salad: Pear, Pomegranate, Hazelnut, Celery & Blue Cheese	6
6. Breakfast: Fried Eggs w/ Butternut Squash, Bacon & Roasted Mushrooms	7
7. Snack: Celery Stuffed w/ PB & Pomegranate.....	8
8. Dessert: Cranberry Orange Cookies.....	8

November Wk 2

1. Meal 1: Pesto Sea Bass with Roasted Potatoes & Broccoli	9
2. Meal 2: Moroccan Chicken Salad	10-11
3. Meal 3: Pesto Rotini with Pine nuts & Tomatoes.....	12
4. Meal 4: Slow Cooker Chicken Pozole	13
5. Salad: Mixed Greens with Oranges, Pecans & Feta Cheese.....	14
6. Breakfast: Cranberry & Hazelnut Baked Apples	15
7. Snack: Spice Roasted Chickpeas	16
8. Dessert: Chocolate Pudding topped w/ Cacao Nibs.....	17

November Wk 3

1. Meal 1: Asian Salmon Pouches with Spinach, Mushroom & Bell Pepper	18
2. Meal 2: Chicken Stir Fry with Broccoli & Carrots	19
3. Meal 3: Pork and Collards Stew.....	20
4. Meal 4: Turkey Zucchini Lasagna	21
5. Salad: Mixed Greens with Apple, Walnuts & Goat Cheese	22
6. Breakfast: Oatmeal with Apricots & Pistachios.....	23
7. Snack: Carrot Chips	23
8. Dessert: Dark Chocolate Dipped Orange Slices.....	23

November Wk 4

1. Meal 1: Curried Shrimp, Eggplant & Snow Peas w/ Quinoa.....	24
2. Meal 2: Balsamic Chicken w/ Italian Quinoa Pilaf.....	25
3. Meal 3: Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce.....	26
4. Meal 4: Grass-fed Beef & Vegetable Stew	27
5. Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese.....	28
6. Breakfast: Cabbage & Apples w/ Sausage.....	29
7. Snack: Carrots & Celery w/ Almond Butter.....	29
8. Dessert: Honey Broiled Grapefruit.....	29

November Wk 5

1. Meal 1: Asian Glazed Sea Bass w/ Snow Peas & Shiitake Mushrooms.....	30
2. Meal 2: Garlic Roasted Pork Chops w/ Herbed Sweet Potatoes & Cucumber Slices.....	31
3. Meal 3: Steaks w/ Mashed Cauliflower & Broccoli.....	32
4. Meal 4: White Bean & Chicken Chili.....	33
5. Salad: Mixed Greens w/ Grapefruit, Avocado & Sliced Almonds w/ Champagne Vinaigrette.....	34
6. Breakfast: Shakshuka.....	35
7. Snack: Pears & Cashew Butter.....	35
8. Dessert: Chai Hot Cocoa.....	35



November 2017 Recipes, Gluten Free

Week 1 Meal 1: Cucumber Dill Salmon w/ Cauliflower Couscous

Cucumber Dill Salmon

Ingredients:

8oz yogurt (OR sub ¼c mayo)
1 cucumber
1 bunch dill
1 shallot
1 lemon
1tsp honey
4 salmon fillets, 4-6oz each
S&P

Instructions:

1. Preheat broiler. Peel and mince 1 cucumber for ~½c.
2. Mince fresh dill and 1 shallot for ~1T each.
3. Combine 8oz yogurt (or ¼c mayo) with minced cucumber, dill and shallot.
4. Add 1tsp lemon zest + 1tsp honey + S&P, to taste. Stir to combine and set aside.
5. Season salmon w/ S&P.
6. Place fillets skin side up on broiler rack brushed w/ oil. Broil 7 mins. Turn fillets over; broil 5 to 7 minutes or until fish flakes easily when tested with a fork. (WATCH - broilers in ovens can vary)
7. Serve salmon topped w/ cucumber dill sauce and cauliflower couscous on the side.

Cauliflower Couscous

Ingredients:

1 head cauliflower
1 garlic clove
2T olive oil
1tsp paprika
1tsp cumin
1tsp turmeric
S&P to taste
½c toasted almonds
1 bunch parsley
1 bunch onion
Juice of 1 lemon
1T olive oil
½c dried cranberries

Instructions:

1. Remove core, leaves, & any dark spots from 1 cauliflower. Make sure it is completely dry, coarse chop.
2. Roughly chop ½c toasted almonds and chop ½c parsley + ½c green onions. Set aside.
3. Place chopped cauliflower and 1 garlic clove into food processor. (May have to do in multiple batches.)
4. Pulse several times until it crumbles and resembles couscous. Do not over process or it will become mushy.
5. Heat 2T olive oil in large pan over med-high heat, add cauli couscous. Cook for ~5-7 minutes until the cauliflower is tender.
6. Add 1tsp paprika + 1tsp cumin + 1tsp turmeric + S&P, to taste. Cook, stirring frequently for 4-5 minutes. Remove from heat.
7. Stir in the following and then let cool: ½c toasted almonds + ½c chopped parsley + ½c green onions + juice of 1 lemon + 1T olive oil + ½c dried cranberries.



November 2017 Recipes, Gluten Free

Week 1 Meal 2: Herb Roasted Chicken w/ Brussels Sprouts

Herb Roasted Chicken

Ingredients:

1 bunch basil
1 bunch dill
1 bunch parsley
1 garlic clove
¼c olive oil
1.5# bone-in, skin-on chicken thighs

Instructions:

1. Preheat oven to 375 F.
2. Finely chop herbs to yield ~4T.
3. Chop 1 clove garlic.
4. Mix together with 1/4c olive oil.
5. Rub on chicken thighs. Season with S&P to taste.
6. Place chicken in a baking pan and roast for ~35 minutes or until internal temp reaches 165 F.

Brussels' Sprouts with Bacon

Ingredients:

2# Brussels sprouts
4 slices bacon
1T olive oil
S&P to taste

Instructions:

1. Preheat oven to 375 F.
2. Cut sprouts in half.
3. Chop 2 slices bacon (¼-½" pieces).
4. Toss both with 1T olive oil, S&P.
5. Place Brussels sprouts & bacon on baking sheet and roast for 40-45min (removing halfway through cooking remove & toss).



November 2017 Recipes, Gluten Free

Week 1 Meal 3: Italian Turkey Meatballs with Sautéed Swiss Chard

Italian Turkey Meatballs

Ingredients:

1# dark meat ground turkey
1 zucchini
1c almond flour (or 2T coconut flour)
1 egg
2T Italian seasoning
6oz tomato paste
½c grated parmesan, optional
S&P to taste

Instructions:

1. Preheat oven to 375 F.
2. Grate 1 zucchini.
3. In a mixing bowl, combine the following:
 - 1# dark meat ground turkey
 - 1 grated & drained zucchini
 - 1c almond flour (or 2T coconut flour)
 - 1 egg
 - 2T Italian seasoning
 - 6oz tomato paste
 - ½c grated parmesan, optional
 - S&P to taste
4. Form into ~20 meatballs
5. Bake meatballs in a single layer for 35 minutes or reaches an internal temp of 165 F

Sautéed Swiss Chard

Ingredients:

2 Swiss chard
1-2 cloves garlic
1t olive oil
S&P to taste

Instructions:

1. Remove stems and discard.
2. Roughly chop leaves.
3. Chop 1-2 cloves garlic.
4. Heat 1 tsp olive oil in sauté pan, add garlic & chard, stir and top w/ lid (allowing to cook/ steam).
5. Cook chard until just wilting 4-5 minutes, stirring as cooking. Season w/ S&P.



November 2017 Recipes, Gluten Free

Week 1 Meal 4: Butternut Squash, Caramelized Onion, & Blue Cheese Tart

Ingredients:

1# butternut squash
2 slices bacon
1T olive oil
3.5c almonds (or 3c almond flour)
4T grass-fed butter (or olive oil)
1 egg
1/8tsp salt
1 red onion
4oz blue cheese crumbles
1 bunch basil
2T aged or reduced balsamic vinegar (optional)
S&P to taste

Instructions:

1. Preheat oven to 350 F.
2. Peel and finely dice squash. Finely dice 2 slices of bacon. Toss squash + bacon + 1T olive oil + S&P.
3. Roast diced squash & bacon in single layer on a sheet pan for 30-45 minutes, occasionally removing to toss.
4. Place the following in a food processor:
 - 3c almond flour
 - 4T butter (or 4T olive oil)
 - 1 egg
 - 1/8tsp salt
5. Pulse until combined. Spread in a 9x13" pan and bake for ~15 minutes or set.
6. Chop red onion into thin strips.
7. Heat 1T oil over medium heat. Then add sliced red onions and a pinch of salt.
8. Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. Turn off heat and cool.
9. Top crust with:
 - caramelized onions
 - diced butternut squash & bacon
 - 4oz blue cheese crumbles
10. Place in 350 F oven for 5-10 minutes to melt cheese.
11. Basil: remove stems and roughly chop.
12. Top tart with chopped basil & drizzle with reduced balsamic vinegar (optional).



November 2017 Recipes, Gluten Free

Week 1 Salad: Pear, Pomegranate, Hazelnut, Celery, Blue Cheese

Ingredients:

Salad Components:

5oz tub mix greens
1/2c hazelnuts
2-3 stalks celery
1 pomegranate
4 oz blue cheese crumbles
2 pears

Dressing:

1tsp rosemary
1/2c olive oil
1/4c balsamic vinegar

Instructions:

1. Remove arils from pomegranate.
2. Finely dice 2-3 stalks celery.
3. Roughly chop 1/2c hazelnuts.
4. Chop pears.
5. In a large bowl layer salad components:
 - 1/2 of mixed greens
 - 1/4c chopped hazelnuts
 - 1/2 chopped celery
 - 1/4c pomegranate arils
 - 1 chopped pear
 - 2oz blue cheese crumbles
6. Repeat layers.

For Balsamic Dressing:

1. Finely chop 1 tsp rosemary.
2. Whisk together:
 - 1/2c olive oil
 - 1/4c balsamic vinegar
 - 1tsp chopped rosemary



November 2017 Recipes, Gluten Free

Week 1 Breakfast: Fried Eggs w/ Butternut Squash, Bacon, & Roasted Mushrooms

Butternut Squash

Ingredients:

1# butternut squash
1T olive oil (or coconut oil)
S&P to taste

Instructions:

1. Preheat oven to 350 F.
2. Remove the top half of the butternut squash (the neck). Store for later use.
3. Remove seeds from bottom half of squash (the bulb), rub with olive or coconut oil + S&P.
4. Place bulb onto a sheet pan
5. Roast ~30-45 minutes until tender. Cool.
6. Scoop squash out of bulb.

Bacon

Ingredients:

1# bacon

Instructions:

1. Place bacon slices on baking sheet in a single layer.
2. Bake ~15-20 mins or crispy.

Roasted Mushrooms

Ingredients:

8oz sliced mushrooms
1 tsp olive oil
S&P

Instructions:

1. Toss 8oz sliced mushrooms w/ 1tsp oil & S&P.
2. Roast for 25 minutes. Cool.

Eggs

Ingredients:

2T olive oil (or coconut oil), separated
Butternut squash (see above)
Mushrooms (see above)
Bacon (see above)
4-8 eggs (1-2 per person)

Instructions:

1. Add 1T olive oil (or coconut oil) to pan and crack 1-2 eggs per person in pan and fry until desired doneness.
2. Serve with butternut squash, bacon and mushrooms



November 2017 Recipes, Gluten Free

Week 1 Snack: Celery Stuffed w/ Peanut Butter & Pomegranate

Ingredients:

1 pomegranate
½ bunch celery
½c peanut butter

Instructions:

1. Remove arils from pomegranate.
2. Cut celery into sticks and store for snacking.
3. Per Serving: Scoop out 1T peanut butter and spread onto 5-10 celery sticks, topping w/ 2 T pomegranate arils.

Week 1 Dessert: Cranberry Orange Cookies

Dry Ingredients:

2c almond flour
¼c shredded, unsweetened coconut
2T coconut flour
½tsp sea salt
½tsp baking soda
½tsp cinnamon

Wet Ingredients:

2 eggs, lightly beaten
1/3c coconut oil, melted
¼c honey
1tsp orange zest
1tsp vanilla

½c dried cranberries*
1/3c chopped pecans

Instructions:

1. Preheat oven to 350 F.
2. Line a baking sheet with parchment paper.
3. In a mixing bowl, whisk together dry ingredients (2c almond flour + ¼c shredded, unsweetened coconut + 2T coconut flour + ½tsp sea salt + ½tsp baking soda + ½tsp cinnamon).
4. In a second bowl, whisk together wet ingredients (2 eggs, lightly beaten + 1/3c coconut oil, melted + ¼c honey + 1tsp orange zest + 1tsp vanilla).
5. Add wet to dry and mix until well combined (option to use an electric mixer or spoon).
6. Add ½c dried cranberries + 1/3c chopped pecans. Mix until combined.
7. Drop 1/4c batter, about 1 inch apart, on baking sheet. Flatten out a bit to shape like a round cookie.
8. Bake for ~15-20 mins until centers are no longer doughy.
9. Let cool on sheet pan and move to a rack to cool completely.

Can freeze up to 3 months. Yields 8 cookies serving size 1 cookie.



November 2017 Recipes, Gluten Free

Week 2 Meal 1: Pesto Sea Bass with Roasted Potatoes & Broccoli

Pesto Sea Bass

Ingredients:

- 1/3c olive oil
- ¼c water (add more if needed for consistency)
- 1T lemon juice (about ½ lemon)
- 1 clove garlic
- ½c walnuts
- ½c basil
- 2oz parmesan cheese
- 4 sea bass fillets (can sub salmon or tilapia) (4-6oz/ portion)

Instructions:

1. Preheat oven to 425 F.
2. In a blender, add:
 - 1/3 cup olive oil
 - ¼ cup water (add more if needed for consistency)
 - 1T lemon juice (about ½ lemon)
 - 1 clove garlic
 - ½ cup walnuts
 - ½ cup basil
 - 2oz parmesan cheese
3. Blend until smooth, season as needed w/ salt and/or lemon juice.
4. Place sea bass in baking pan.
5. Spread 2-3T pesto onto each fish fillet.
6. Roast sea bass for 20-24 minutes or cooked through/ flaky.

Roasted Potatoes & Broccoli

Ingredients:

- 4 red potatoes
- 1 bunch broccoli
- 2-3T olive oil
- 1T dried oregano
- S&P

Instructions:

1. Preheat oven to 425 F.
2. Cut potatoes & broccoli into 1", bite-sized pieces.
3. Toss with:
 - 2T olive oil
 - ½T dried oregano
 - S&P
4. Place in single layer on a baking sheet. Roast potatoes for 30-35 min or until browned/ cooked through.
 - 2T olive oil
 - ½T dried oregano
 - S&P



November 2017 Recipes, Gluten Free

Week 2 Meal 2: Moroccan Chicken Salad

Moroccan Chicken & Spice Roasted Chickpeas

Moroccan Chicken:

Spice Mix Ingredients:

1tsp cumin
2tsp paprika
1tsp turmeric
2tsp olive oil
S&P

Chicken:

2-3 boneless, skinless chicken breasts. ~1.5#

Spice Roasted Chickpeas Ingredients:

1T olive oil
1/2tsp paprika
1tsp cumin
1/2tsp dried dill
1tsp garlic powder
1/4tsp coriander
1/4tsp cinnamon
1/4tsp cayenne (optional for more spice)
1/2tsp S&P
15oz can chickpeas

Instructions:

1. Preheat oven to 400F.
2. For the Spice Mix, combine 1tsp cumin + 2tsp paprika + 1tsp turmeric + 2tsp olive oil + S&P
3. Rub spice mix all over chicken breasts and place onto a parchment lined sheet pan. Set aside.
4. For the Roasted Chickpeas, combine in a bowl & toss together: 1T olive oil + 1/2tsp paprika + 1tsp cumin + 1/2tsp dried dill + 1tsp garlic powder + 1/4tsp coriander + 1/4tsp cinnamon + 1/4tsp cayenne (optional- for more spice) + 1/2tsp S&P + chickpeas.
5. Place on baking sheet in a single layer.
6. Bake chicken at 400 F for 15-20 minutes depending on thickness of chicken or until chicken reaches 165 degrees. Cool.
7. Bake chickpeas at 400F for 25 minutes or until chickpeas become slightly brown and crispy. Cool.
 - a. Set aside 1/4c for this recipe and store the rest for snacking



November 2017 Recipes, Gluten Free

Moroccan Salad

Roasted Veggies Ingredients:

2 parsnips

2 turnips

1T ras el hanout (Moroccan seasoning) (OR sub 1T ground coriander)

1T olive oil

Dressing Ingredients:

1 lemon

1/4c oil

S&P

Salad Ingredients:

5oz arugula/spinach blend

1/2c diced apricots

1/2c pitted oil cured olives (or sub olives of choice)

1/4c sliced almonds

Instructions:

1. Preheat oven to 400F.
2. Peel & cut 2 parsnips into small sticks. Peel & cube 2 turnips into ~1" cubes. Quarter 1 lemon.
3. Toss all w/ 1T ras el hanout + 1T olive oil.
4. Bake seasoned chopped veggies (2 parsnips & 2 turnips) + quartered lemon in a single layer for ~10-15 mins or tender. Cool.
5. For dressing, juice baked lemon & whisk in 1/4c olive oil & S&P.
6. Toss arugula/spinach blend with lemon dressing.
7. Slice cooked chicken breasts (see above).
8. Top greens with sliced chicken, turnips, parsnips, diced apricots, pitted olives, sliced almonds and 1/4c roasted chickpeas (see above).



November 2017 Recipes, Gluten Free

Week 2 Meal 3: Pesto Rotini with Pine Nuts & Tomatoes

Ingredients:

2 pints cherry tomatoes
1/3c + 1T olive oil
1/4c water (add more if needed for consistency)
1T lemon juice (about 1/2 lemon)
1 clove garlic
1/2c walnuts
1/2c basil
2oz parmesan cheese
8oz gfree rotini pasta
1/2c pine nuts

Instructions:

1. Preheat oven to 400 F. Fill a large pot with water and bring to a boil (for pasta).
2. Cut cherry tomatoes in half.
3. Toss cherry tomato halves w/ 1-2T olive oil, S&P. Place in single layer on baking sheet. Roast ~20 min. Cool.
4. In a blender, add:
 - 1/3c olive oil
 - 1/4 cup water (add more if needed for consistency)
 - 1T lemon juice (about 1/2 lemon)
 - 1 clove garlic
 - 1/2c walnuts
 - 1/2c basil
 - 2oz parmesan cheese
5. Blend until smooth, season as needed w/ salt and/or lemon juice.
6. Cook rotini according to package instructions, drain, and return pasta to pot. Toss w/ 1/2c pine nuts, pesto & roasted tomatoes.



November 2017 Recipes, Gluten Free

Week 2 Meal 4: Slow Cooker Chicken Pozole

Ingredients:

2-4 stalks celery (~1c)
2-4 carrots (~1c)
1 small red onion
3 garlic cloves
2 bone-in chicken breasts
2 bone-in chicken leg quarters
S&P to taste
1 can chipotle in adobo (sauce only)
1T dried oregano
2 can white hominy
Salt to taste
1 avocado

Instructions:

1. Finely dice 2-4 stalks celery (~1c) + 2-4 carrots (~1c) + 1 small red onion + 3 garlic cloves. Add to a slow cooker.
2. Top with 2 thawed bone-in chicken breasts and 2 leg quarters, seasoned with S&P.
3. Cover chicken with water + 1T chipotle in adobo (sauce only) + 1T dried oregano. Cook on low for 6-10 hours.
4. After chicken is cooked, remove from bones and chop meat.
5. Add 2 cans white hominy + chopped chicken to slow cooker and heat until warmed.
6. Season w/ salt. Option to add additional chipotle in adobo sauce to taste.
7. Slice 1 avocado to top soup.

Note: This recipe requires a slow cooker. Please start in AM.



November 2017 Recipes, Gluten Free

Week 2 Salad: Mixed Greens with Oranges, Pecans & Feta Cheese

Ingredients:

Salad Components:

2 oranges
5oz tub mix greens
1/2c pecan pieces
4oz feta crumbles

Dressing:

1/2c olive oil
1/4c champagne vinegar
S&P to taste
1-2tsp honey (optional)

Instructions:

1. Peel & cut oranges into wedges.
2. In a large bowl layer salad components:
 - 1/2 tub of mixed greens
 - 1/4 cup pecan pieces
 - 1/2 orange segments
 - 2 oz. feta crumbles
3. Repeat layers.

For Champagne Vinaigrette:

4. Whisk together:
 - 1/2c olive oil
 - 1/4c champagne vinegar
 - S&P
 - optional: add 1-2tsp honey



November 2017 Recipes, Gluten Free

Week 2 Breakfast: Cranberry & Hazelnut Baked Apples

Ingredients:

¼c coconut oil
¼c dates, Medjool preferred (~5 large)
¼c dried cranberries
½c hazelnuts
1tsp vanilla
½T cinnamon
4 red apples

Instructions:

1. Preheat oven to 400 F.
2. Place in a blender or food processor:
 - ¼c coconut oil
 - ¼ c dates, pits removed (~5 large)
 - ¼c dried cranberries
 - ½ c hazelnuts
 - 1tsp vanilla
3. Blend until roughly chopped.
4. Cut apples in half and scoop out center seeds. Place 1T (heaping) of filling per apple; sprinkle w/ ½T cinnamon. Cover with foil.
5. Bake at 400 F for 30-40 minutes or until soft. Remove foil during last 5 minutes of baking.



November 2017 Recipes, Gluten Free

Week 2 Snack: Spice Roasted Chickpeas

Ingredients:

1T olive oil
1/2tsp paprika
1tsp cumin
1/2tsp dried dill
1tsp garlic powder
1/4tsp coriander
1/4tsp cinnamon
1/4tsp cayenne (optional for more spice)
1/2tsp S&P
15oz can chickpeas

Instructions:

1. Pre-heat oven to 400F.
2. In a bowl combine & toss together:
 - 1T olive oil
 - 1/2tsp paprika
 - 1tsp cumin
 - 1/2tsp dried dill
 - 1tsp garlic powder
 - 1/4tsp coriander
 - 1/4tsp cinnamon
 - 1/4tsp cayenne (optional- for more spice)
 - 1/2tsp S&P
 - chickpeas.
3. Place on baking sheet in a single layer.
4. Bake chickpeas at 400F for 25 minutes or until chickpeas become slightly brown and crispy.
5. Cool.



November 2017 Recipes, Gluten Free

Week 2 Dessert: Chocolate Pudding w/ Cacao Nibs

Ingredients:

½c full fat coconut milk (or milk of choice)
1T vanilla
3 soft avocados
½c cocoa powder
1c pitted medjool dates (~8 large)
¼c cacao nibs (optional)

Instructions:

1. In a blender add:
 - ½c full fat coconut milk (or milk of choice)
 - 1T vanilla
 - 3 soft avocados
 - ½c cocoa powder
 - 1c pitted medjool dates (~8 large)
2. Puree on low, gradually increasing speed, blend all until smooth, adding more milk if needed for smooth consistency.
3. Sprinkle with cacao nibs (optional) and serve.



November 2017 Recipes, Gluten Free

Week 3 Meal 1: Asian Salmon Pouches with Spinach, Mushroom & Bell Pepper

Ingredients:

1c brown rice
2 red bell peppers
~2" knob ginger
1.5T toasted sesame oil
2T low-sodium tamari OR gluten free soy sauce
4 salmon fillets (4-6oz/ portion)
4 parchment paper squares OR parchment bags
8oz tub sliced mushrooms
5oz baby spinach

Instructions:

1. Preheat oven to 400 F.
2. Place 1c brown rice + 3c water in a small pot, cover and cook over low heat for 40-50 minutes or until done. Option: cook in a rice cooker.
3. Thinly slice 2 red bell peppers, set aside.
4. Peel and grate 2T ginger.
5. For Asian sauce whisk together the following:
 - 2T low-sodium tamari (or other gluten-free soy sauce)
 - 1.5T toasted sesame oil
 - 1T fresh grated ginger
6. Place 4 salmon fillets on 4 squares of parchment or parchment pouches & top w/ remaining 1T grated ginger (~3/4 tsp/ fillet).
7. Evenly distribute 1 tub sliced mushrooms, sliced red bell pepper & baby spinach onto the 4 parchment pieces, next to the salmon.
8. Drizzle with of the Asian sauce (above) over the 4 pouches.
9. Seal pouch (refer to PrepDish.com/salmonpouch for images).
10. Bake salmon & veggie pouches 16-20 minutes.



November 2017 Recipes, Gluten Free

Week 3 Meal 2: Chicken Stir Fry with Broccoli & Carrots

Ingredients:

1c brown rice
2 cloves garlic
1.5" knob ginger
1 head broccoli
4 carrots
1# boneless, skinless chicken breast
2T low-sodium tamari OR gluten free soy sauce
1.5T toasted sesame oil

Instructions:

1. Place 1c brown rice + 3c water in a small pot, cover and cook over low heat for 40-50 minutes or until done. Option: cook in a rice cooker.
2. Finely chop 2 garlic cloves.
3. Peel and grate 2T ginger.
4. Cut broccoli into bite-sized pieces & carrots into thin "coins."
5. Slice chicken into thin strips (~2" each).
6. For sauce whisk together the following:
 - 2T low-sodium tamari (or other gluten-free soy sauce)
 - 1.5T toasted sesame oil
 - 1T fresh grated ginger
7. Add 1t oil to large sauté pan over high heat, add 1T ginger, garlic & chicken, and cook 1 minute.
8. Add carrots & broccoli, continuing to stir.
9. Cook chicken & veg ~8-10min.
10. Add sauce, stirring to coat all ingredients with sauce, cook another 3-4 min.



November 2017 Recipes, Gluten Free

Week 3 Meal 3: Pork and Collards Stew

Ingredients:

1½# pork tenderloin
2tsp cumin
1tsp paprika
S&P
2T olive oil & 2T olive oil, separated
1.5# sweet potatoes
1 bunch parsley
4 garlic cloves
½ medium yellow onion
Salt to taste
16oz chopped collard greens, frozen
3c chicken broth*
8oz chopped okra, frozen (optional)

Instructions:

1. Cut 1½# pork tenderloin into 1" cubes. Season w/ 2tsp cumin + 1tsp paprika + S&P.
2. Peel & cut 1½# sweet potatoes into 1" squares. Chop parsley for ~1c. Set aside separately.
3. Brown pork cubes in a large pot w/ 2T olive oil for ~2 mins per side.
4. Remove pork to a side plate.
5. Chop 4 cloves of garlic and ½ onion.
6. Add additional 2T olive oil to pot + cubed sweet potatoes + 4 chopped garlic cloves + ½ chopped onion + salt to taste. Cook for ~2 mins or until onion starts to soften.
7. Add frozen collards and 3c chicken broth. Cover and bring to a boil, then uncover and reduce heat to medium. Simmer for ~10 mins or until vegetables are tender.
8. Reduce heat to low. Remove 1c of vegetables with some broth and place in blender w/ 1c parsley. Puree until semi smooth.
9. Add vegetable puree + pork + 1c okra back to pot. Simmer 5- 10 mins until pork is cooked through and okra is tender.

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



November 2017 Recipes, Gluten Free

Week 3 Meal 4: Turkey Zucchini Lasagna

Ingredients:

2 zucchini (~1/2#)
1/2 yellow onion
1 bunch basil
1# ground turkey thigh
8oz sliced mushrooms
2T Italian seasoning
~25oz jar marinara sauce
32oz organic Greek yogurt
5oz shredded parmesan (1.5c)
1 brown rice lasagna noodles

Instructions:

1. Preheat oven to 400F
2. Thinly slice zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin.
3. Optional: roast zucchini in a single layer, drizzled w/ olive oil at 400 F for 10-12 minutes or just browning.
4. Finely dice 1/2 yellow onion
5. Finely chop basil leaves
6. In a large sauté pan over med-high heat, cook for 12 minutes:
 - ground turkey
 - chopped onion
 - sliced mushrooms
 - 2T Italian seasoning
7. Stir in 1 jar marinara sauce, remove from heat.
8. Separately, stir together the following for the "white layer":
 - 32oz Greek yogurt
 - 1/2 chopped basil leaves
 - 1c shredded parmesan
9. Assemble lasagna by layering in a 9x13" pan:
 - 1/2 turkey-tomato sauce
 - a layer of brown rice lasagna noodles
 - 3/4 white layer mix
 - zucchini "noodles"
 - remaining 1/2 tomato sauce
 - dot w/ remaining white layer mix
 - top w/ 1/2 c parmesan
10. Cover w/ foil, and bake lasagna, for 50min-1hr or until bubbly/ heated through.



November 2017 Recipes, Gluten Free

Week 3 Salad: Mixed Greens with Apple, Walnuts & Goat Cheese

Ingredients:

Salad Components:

2 apples

5oz tub mix greens

½c walnut pieces

4-6oz goat cheese, crumbled

Dressing:

½c olive oil

¼c balsamic vinegar

Instructions:

1. Chop apples.
2. In a large bowl layer salad components:
 - ½ of mixed greens
 - ¼c walnut pieces
 - ½ of chopped apples
 - 2oz goat cheese crumbles
3. Repeat layers.

For Balsamic Dressing:

1. Whisk together balsamic & olive oil



November 2017 Recipes, Gluten Free

Week 3 Breakfast: Oatmeal with Apricots & Pistachios

Ingredients:

2c gluten-free oatmeal
½c dried apricots
½c pistachios
1tsp cinnamon, optional
flaked coconut, optional

Instructions:

1. Bring 4c water to a boil add 2c oats. Reduce to low, 10-20 min, stir occasionally.
2. Finely chop apricots and add to oats while they cook.
3. Finely chop pistachios. Stir into cooked oats with apricots.
4. Optional: season w/ cinnamon & flaked coconut.

Week 3 Snack: Carrot Chips

Ingredients:

5-6 lg carrots
2T coconut oil
2tsp cumin
1/2tsp paprika
S&P to taste

Instructions:

1. Preheat oven to 420F.
2. Thinly slice 5-6 lg carrots into coins (~3c). Toss w/ 2T coconut oil + 2tsp cumin + ½tsp paprika + S&P to taste.
3. Place 3c spiced carrot coins in a single layer on parchment paper lined baking sheet. (May need more than one or make in batches.)
4. Bake at 420 F for 8-10 minutes until cooked - watch carefully to not burn!
5. Cool and store in airtight container at room temperature.

Week 3 Dessert: Dark Chocolate Dipped Orange Slices

Ingredients:

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

Instructions:

1. Peel and pull or cut oranges into segments.
2. Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted.
3. Remove chocolate from heat and dip orange slices into dark chocolate.
4. Place on a piece of parchment or foil and allow to cool.



November 2017 Recipes, Gluten Free

Week 4 Meal 1: Curried Shrimp, Eggplant & Snow Peas w/ Quinoa

Ingredients:

1c quinoa
3 cloves garlic
~2" knob ginger
1 large eggplant
2c snow peas
2 limes
13.5oz can coconut milk (full fat)
2T red curry paste
½tsp fish sauce (optional)
1T olive oil
1# shrimp, peeled, deveined, tails removed

Instructions:

1. Place 1c quinoa + 2c water in a small pot. Bring water to a boil, lower to medium heat, and cook for 18 min.
2. Finely chop 3 cloves garlic.
3. Grate ginger (1T)
4. Cut eggplant into bite-sized pieces (~½").
5. Cut snow peas into 1" pieces.
6. Cut limes into wedges.
7. Coconut-Curry Sauce: Whisk together the following:
 - 1 can coconut milk
 - 1-2T red curry paste
 - ½t fish sauce (optional)
8. Heat 1T olive oil in large sauté pan. Add eggplant, garlic & ginger and cook ~6 min, stirring.
9. Push eggplant to pan edges. Add shrimp & snow peas to the center & cook for 2-3 minutes.
10. Add coconut-curry sauce, bring to a boil and lower heat, cook 10-15 min or cooked through.
11. Serve over quinoa with lime wedges on side.



November 2017 Recipes, Gluten Free

Week 4 Meal 2: Balsamic Chicken w/ Italian Quinoa Pilaf

Balsamic Chicken

Ingredients:

½c olive oil
¼c balsamic vinegar
2T Italian seasoning
4 boneless, skinless chicken breasts, 4-6 oz. each
S&P to taste

Instructions:

6. Combine the following for marinade:
 - ½c olive oil
 - ¼c balsamic vinegar
 - 2T Italian seasoning
 - 1t salt & fresh ground pepper
7. *marinate chicken 1hr up to 24hr*
8. Pre-heat oven to 375 F.
9. After marinating, place chicken in a baking pan & bake for 35 min or cooked through (165 F)

Italian Quinoa Pilaf

Ingredients:

1c quinoa
1 pint cherry tomatoes
1 small cucumber
2 lemons
1 bunch parsley
1 clove garlic
S&P to taste

Instructions:

1. Place 1c quinoa + 2c water in a small pot, bring water to a boil, lower to medium, cook for 18 min, set aside to cool.
2. Cut cherry tomatoes in halves (or quarter if larger); cut cucumber into small, bite-sized pieces.
3. Zest 1 tsp lemon and then juice.
4. Blend the following on high:
 - 1tsp lemon zest
 - 3T lemon juice
 - ½c olive oil
 - 2-3 large handfuls of parsley leaves
 - 1 small clove garlic
5. Season with S&P to taste.
6. In large bowl mix:
 - 2c quinoa (cooled)
 - chopped tomatoes
 - 2c chopped cucumber
 - ~¼c parsley dressing



November 2017 Recipes, Gluten Free

Week 4 Meal 3: Mexican Stuffed Bell Peppers w/ Pinto Bean, Mushrooms & Tomato Sauce

Ingredients:

1 small yellow onion
3 cloves garlic
3 red & 3 yellow bell peppers
8oz tub sliced mushrooms
1T cumin
1T chili powder
2T oregano
1c shredded cheddar
1c strained tomatoes/tomato sauce
15oz can pinto beans

Instructions:

1. Preheat oven to 375 F.
2. Finely chop onion & garlic.
3. Finely dice 2 bell peppers for sautéing.
4. Cut remaining 4 bell peppers in half, scoop out any seeds, set aside.
5. In a large sauté pan heat 1t oil over med-high heat, add:
 - diced yellow onion
 - garlic (~1/2T)
 - diced bell pepper
 - mushrooms
 - 1T cumin
 - 1T chili powder
 - 1T oregano
6. Cook for 8-10 minutes. Add remaining 1c tomato sauce. Cook 5 minutes.
7. Add 1 can drained pinto beans. Season to taste w/ S&P.
8. Fill bell pepper halves with filling. Sprinkle each pepper w/ ~2T grated cheddar cheese.
9. Bake for 30-40 minutes.



November 2017 Recipes, Gluten Free

Week 4 Meal 4: Grass-fed Beef & Vegetable Stew

Ingredients:

1 small yellow onion
3 cloves garlic
2 carrots
2 lg red potatoes
2 stalks of celery
1T basil
1T oregano
1tsp salt & pepper to taste
1# beef stew meat, cubed
4c beef broth
2c strained tomatoes/tomato sauce

Instructions:

1. Finely chop onion & garlic.
2. Cut the following into small, bite-sized pieces:
 - Carrots
 - potatoes
 - celery
3. Heat a large soup pot to med-high heat & add ½ chopped yellow onion, chopped garlic (~½T), celery, carrots & potato.
4. Sauté for 3-4 minutes.
5. Meanwhile, rub 1T basil + 1T oregano + 1tsp salt + ground pepper into cubed beef. Add to pot and sauté 6-8 minutes.
6. Add 4c beef broth + 2c strained tomatoes.
7. Adjust heat to low, cover stew and cook a minimum of 3 hours (4-5 hours is ideal). Add water/ broth if needed. Season w/ S&P.

Note: The above can be placed in a slow cooker/ crockpot on high for 6-10 hours.



November 2017 Recipes, Gluten Free

Week 4 Salad: Mixed Greens w/ Dried Cherries, Shaved Fennel, Sliced Almonds & Goat Cheese

Ingredients:

Salad Components:

1 fennel bulb
5oz tub mixed greens
½c sliced almonds
½c dried cherries
4-6oz goat cheese, crumbled

Dressing:

2 lemons
½c olive oil
2-3 large handfuls of parsley leaves
1 small clove garlic
S&P to taste

Instructions:

1. Remove upper green fronds from fennel & discard; thinly slice the bottom fennel bulb.
2. In a large bowl layer salad components:
 - ½ of mixed greens
 - ½ of sliced fennel
 - ¼ cup sliced almonds
 - ¼ cup dried cherries
 - 2-3oz goat cheese crumbles
3. Repeat layers.

For Dressing:

1. Zest 1 tsp lemon and then juice.
2. Blend the following on high:
 - 1tsp lemon zest
 - 3T lemon juice
 - ½c olive oil
 - 2-3 large handfuls of parsley leaves
 - 1 small clove garlic
3. Season with S&P to taste.



November 2017 Recipes, Gluten Free

Week 4 Breakfast: Cabbage & Apples w/ Sausage

Ingredients:

3 granny smith apples
1 head purple cabbage
1 tsp olive oil
1 tsp apple cider vinegar (optional)
4 breakfast sausage links

Instructions:

1. Roughly chop 3 apples & finely chop cabbage. These both chop well using a food processor attachment.
2. Heat 1tsp olive oil (or butter) over med heat & place chopped apple and cabbage in pan. Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.
3. Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking.
4. In a second large sauté pan over high heat, add breakfast sausages and sear (to add color) and continue to cook over medium until cooked through (8-10 min).

Week 4 Snack: Carrots & Celery w/ Almond Butter

Ingredients:

2 carrots
1 bunch celery
¼c almond butter

Instructions:

1. Cut carrots & celery into 2-3" sticks.
2. Per Serving: Scoop out 1 T almond butter and spread onto 5-10 celery & carrots sticks.

Week 4 Dessert: Honey Broiled Grapefruit

Ingredients:

2 grapefruit
4T honey

Instructions:

1. Pre-heat broiler.
2. Cut grapefruit in half (straight down the middle) loosen segments with a knife. Top each half w/ 1T honey.
3. Broil grapefruit for 8-10 minutes or until lightly browned.



November 2017 Recipes, Gluten Free

Week 5 Meal 1: Asian Glazed Sea Bass w/ Snow Peas & Shitake Mushrooms

Ingredients:

2 garlic cloves
1 tsp fresh ginger
2c shitake mushrooms
2c snow peas
4 Chilean sea bass filets (or salmon filets)
1T sesame oil
2T low-sodium tamari
1T honey
½ tsp red chili flakes (optional)

Sea Bass w/ snow peas & shitake mushroom

Instructions:

1. Finely chop 2 cloves garlic.
2. Slice shiitake mushroom tops (discard stems)
3. Remove snow pea ends
4. Pre-heat oven to 425 F. Add 1tsp Asian Glaze to each sea bass fillet. Bake for 20-22 minutes or cooked through/ flaky.
5. Heat 1tsp oil in large sauté pan over med-high heat, add mushrooms & garlic, cooking 3-4 minutes.
6. Add snow peas & remaining Asian glaze (~1T). Cook 1-2 minutes. Season to taste w/ red chili flakes (optional).

Asian Glaze

Instructions:

1. Grate ginger, 1 tsp total.
2. Whisk together:
 - 2T low-sodium tamari
 - 1T sesame oil
 - 1T honey
 - 1tsp fresh grated ginger



November 2017 Recipes, Gluten Free

Week 5 Meal 2: Garlic Roasted Pork Chops w/ Herbed Sweet Potatoes and Cucumber Slices

Garlic Roasted Pork Chops Herbed

Ingredients:

4-8 thin-cut, bone-in pork chops
1-2T garlic salt (2) (OR sub ~1T garlic powder)

Instructions:

1. Preheat oven to 425 F.
2. Sprinkle ~1/4tsp garlic salt (OR mix 2tsp garlic powder + 1/2tsp salt) over each pork chop.
3. Bake pork chops for ~12-15 mins, depending on thickness of chops, or until internal temp reaches 145 F.

Sweet Potatoes

Ingredients:

2 large sweet potatoes
1T olive oil
3T Italian seasoning

Instructions:

1. Preheat oven to 375 F.
2. Chop 2 sweet potatoes into 1" pieces, toss w/ 1T olive oil + 3T Italian seasoning + S&P.
3. Place sweet potatoes in a single layer on a baking sheet. Roast for 35-40 minutes.

Cucumber Slices

Ingredients:

1 cucumber

Instructions:

1. Cut 1 cucumber into thin slices. Serve on side.



November 2017 Recipes, Gluten Free

Week 5 Meal 3: Steaks w/ Mashed Cauliflower & Broccoli

Mashed Cauliflower

Ingredients:

1 head cauliflower

Instructions:

1. Roughly chop 1 head of cauliflower (white part only). (3)
2. Bring 4c water to a boil, add 1 chopped cauli, lower to medium, simmer 15 min, turn off heat. Cover and set aside.
3. Place cooked cauliflower in blender, reserving cooking liquid.
4. Add ¼c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.
5. Season to taste w/ salt & pepper

Roasted Broccoli

Ingredients:

1 head broccoli

Instructions:

1. Preheat oven to 400 F.
2. Chop 1 head broccoli into bite-sized pieces. Toss w/ 1T olive oil, S&P.
3. Roast broccoli in 400 F oven for 20-25 minutes, removing and tossing halfway through cooking.

Steaks

Ingredients:

4 grassfed tenderloin steaks (4-6 oz each)

4T steak seasoning

Instructions:

1. Season steaks w/ ~1T steak seasoning per steak.
2. Heat 1-2t olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness)



November 2017 Recipes, Gluten Free

Week 5 Meal 4: White Bean & Chicken Chili

Ingredients:

1 bunch green onion
2 cloves garlic
5oz sliced mushrooms
1 jalapeno
2 red potatoes
1# chicken breast cut into small ¼" dice
1c shredded Monterey jack cheese
4c chicken broth
1 can white beans
2T cumin
¼ tsp cayenne pepper

Instructions:

1. Finely chop 1 bunch green onion, 2 cloves garlic, 2 red potatoes & jalapeño (removing seeds) & chicken. Set aside.
2. In a large soup pot, add 1tsp oil and heat over med-high heat.
3. Add chopped veggies (1 bunch green onion, 2 cloves garlic, 2 red potatoes, 1 jalapeño & 8oz sliced mushrooms).
4. Sauté for 3-4 minutes and added chopped chicken + 2T cumin powder, cooking 2-3 minutes.
5. Add 4c chicken broth & 2c water, bring to a boil then lower to simmer for 30-45 minutes.
6. Add 1 can (rinsed & drained) white beans.
7. Season to taste w/ S&P and ¼tsp cayenne pepper



November 2017 Recipes, Gluten Free

Week 5 Salad: Mixed Greens w/ Grapefruit, Avocado & Sliced Almonds with Champagne Vinaigrette

Ingredients:

Salad Components:

1 avocado
2 grapefruit
5oz tub mixed greens
½c sliced almonds
1c almond flour

Dressing:

2T champagne vinegar
2T olive oil
1T honey
S&P to taste

Instructions:

1. Remove peel & white outer membrane from 2 grapefruit. Cut into bite-sized wedges & reserve 2T juice, set aside.
2. Layer in container as follows:
 - ½ mixed greens
 - ½ chopped grapefruit
 - ¼c sliced almonds
3. Repeat layers.

For Dressing:

1. Whisk together:
 - 2T olive oil
 - 2T reserved grapefruit juice
 - 1T honey
 - 2T champagne vinegar
2. Season with S&P to taste.
3. Shake well. Toss into salad (or add 1T/ serving).
4. Dice avocado and add to salad



November 2017 Recipes, Gluten Free

Week 5 Breakfast: Shakshuka

Ingredients:

1 bunch parsley
24oz marinara*
5oz baby spinach
8 eggs
S&P

Instructions:

1. Chop parsley to equal ~2T. Set aside.
2. In a lg sauté pan over med-high add ~24oz marinara + 5oz baby spinach.
3. Cover & cook for 5-7 min (or spinach is wilted). Stir.
4. Add 8 eggs to pan, one at a time "nesting" into sauce.
5. Cover, cook for another 3-4 min or until eggs reach desired doneness.
6. Season w/ S&P and 2T chopped parsley.

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

Week 5 Snack: Pears & Cashew Butter

Ingredients:

4 pears
½c cashew butter

Instructions:

1. Slice pears and serve with cashew butter
2. Per Serving: Scoop out 1 T cashew butter and spread onto 5 pear slices.

Week 5 Dessert: Chai Hot Cocoa

Ingredients:

4 chai tea bags
2T cacao or cocoa powder
4T honey
½c lite coconut milk

Instructions:

1. Brew 2-4 chai tea bags in 6c boiling water.
2. Whisk in 2T cacao powder + ½c lite coconut milk + 2T honey (optional).