



December 2017 Recipes, Gluten Free

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December 2017 Recipes, Gluten Free

Week 1 Meal 1: Slow Cooker Beef in Red Wine w/ Carrots, Celery & Potatoes

Ingredients:

2T dried oregano
1T cumin
1T chili powder
1T pepper
1tsp salt
4# grass-fed beef roast, rump or shoulder
1T olive oil
2 carrots
1# (3-4) red potatoes
1 bunch celery
1 yellow onion
1c red wine (OR sub 2c beef broth)

Instructions:

1. Mix together: 2T oregano + 1T cumin + 1T chili powder + 1 T pepper + 1tsp salt. Rub onto all sides of roast.
2. Add 1T oil to pan and put roast into pan, searing 1-2 minutes per side (use large tongs to flip roast). Place in slow cooker.
3. Chop:
 - carrots into ~3" pieces
 - red potatoes into large, ~2" cubes
 - stalks celery into ~3" pieces
 - onion (peel & quarter)
4. Top roast with chopped veg (carrots, red potatoes, celery, and onion)
5. Cover with 1c wine + 1c water (or sub 2c broth for both wine + water).
6. Cook on low for 8-10 hours or high for 4-6 hours. Serve.



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Week 1 Meal 2: Lemon Caper Cod w/ Butternut Squash Halves & Sautéed Spinach

Lemon Caper Cod

Ingredients:

2 lemons

4T olive oil

4T capers*

4 cod fillets, 4-6 ounces each

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

Instructions:

1. Zest 2 lemons for ~1tsp.
2. Juice lemons for ~2T.
Combine the following:
 - 1tsp lemon zest
 - 2T lemon juice
 - 4T olive oil
 - 4T capers
3. Heat 1T oil to large sauté pan over medium-high heat. Place 4 cod fillets in pan & cook 3-4 minutes.
4. Flip cod and pour lemon-caper sauce over top, cover with lid & cook another 3-4 min or cooked through.

Butternut Squash Halves & Sautéed Spinach

Ingredients:

1 large butternut squash

~1T olive oil

S&P to taste

5oz spinach

Instructions:

1. Preheat oven to 400 F.
2. Cut squash in half where the top half of the squash (neck) meets the bottom half of the squash (bulb). Cover the exposed portion of the neck and store for later use.
3. Cut the bulb in half, remove seeds, and rub with olive oil + S&P. Place on a baking sheet. Roast for ~30-45 minutes, or until tender. Cool.
4. Heat 1-2tsp oil in sauté pan over med-high. Add 5oz baby spinach, cover & cook 5-6 mins or wilted. Season w/ S&P.



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Week 1 Meal 3: Mediterranean Turkey Burgers w/ Rosemary Fries

Turkey Burgers

Ingredients:

1-1¼# ground lean turkey
½c julienned sun-dried tomatoes
1 bunch mint
~3oz feta cheese crumbles
1tsp garlic powder
S&P to taste
Romaine or Bibb lettuce for wraps

Instructions:

1. Preheat grill to medium
2. Finely chop mint to equal ~3T
3. Gently combine:
 - 1-1¼# ground lean turkey
 - ½c julienned sun-dried tomatoes
 - ~3T chopped mint
 - ~3oz feta, optional
 - 1tsp garlic powder
 - S&P to taste
4. Form into 4 patties
5. Grill turkey burgers (or cook in a sauté pan) for ~5min/side.
6. Serve plain or wrapped in a lettuce wrap.

Rosemary Fries

Ingredients:

3-4 red potatoes (~1#)
1T olive oil
1tsp dried rosemary
S&P

Instructions:

1. Preheat oven to 400 F.
2. Cut 3-4 (~1#) red potatoes into thin "fries"
3. Toss "fries" w/ the following:
 - 1T olive oil
 - 1 tsp dried rosemary
 - S&P to taste
4. Cook for 20-30 minutes on a baking sheet until tender and golden, tossing once.



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Week 1 Meal 4: Beef Fajitas w/ Sautéed Peppers, Guacamole & Refried Beans

Beef Fajitas w/ Sautéed Peppers

Ingredients:

2T oregano
1T cumin
1T chili powder
1T pepper
1 tsp salt
4# grass-fed beef roast, rump or shoulder
2 bell peppers (variety of colors)
1 red onion (small)
1-2 cloves of garlic
½c beef broth*
¼c taco seasoning*
8 organic corn tortillas*
1 can refried beans

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

Instructions:

1. Mix together: 2T oregano + 1T cumin + 1T chili powder + 1 T pepper + 1tsp salt. Rub onto all sides of roast
2. Add 1T oil to pan and put roast into pan, searing 1-2 minutes/ side (use large tongs to flip roast)
Place in a slow cooker on low for 8-10 hours or on high for 4-6 hours.
3. Cut 2 bell peppers & red onion into thin slices
4. Finely chop 1-2 cloves of garlic (~1T)
5. Slice beef roast very thin "against the grain"
6. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onions, sautéing for ~10 minutes
7. Heat refried beans in a saucepan over med heat while garlic, bell peppers & onions cook. Stir often.
8. Add beef, ½c beef broth (or water) & ¼c taco seasoning, add more water/ broth as needed, cook ~5 minutes or heated through
9. Serve fajitas in warmed corn tortillas

Note: beef requires a slow cooker, start in AM.



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Guacamole

Ingredients:

1 avocado
1 bunch cilantro
1 tomato
1 red onion
1 jalapeño
1 lime

Instructions:

1. Mash 1 avocado.
2. Chop cilantro and red onion for ~1T each and tomato for ~ ¼c.
3. Juice ½ of lime.
4. Combine the following:
 - mashed avocado
 - chopped cilantro
 - chopped red onion
 - chopped tomato
5. Season with S&P and lime juice to taste.

Refried Beans

Ingredients:

2 cans refried beans* (prefer Amy's brand)

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

Instructions:

1. Heat, covered, in preheated 350 F oven for ~30-40 minutes (or heat for ~2 min in microwave).



December 2017 Recipes, Gluten Free

Week 1 Salad: Arugula w/ Butternut Squash, Pomegranate & Pumpkin Seeds

Salad Components:

1 butternut squash (small/tiny)
1T olive oil
S&P to taste
1 pomegranate or 1/2c arils
5oz tub arugula
1/2c pumpkin seeds
4oz feta cheese (optional)
1 avocado, diced

Dressing:

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

Instructions:

1. Preheat oven to 400 F.
2. Peel & finely dice butternut squash. Toss w/ S&P & 1T olive oil.
3. Roast diced squash in single layer for ~35-40 minutes.
4. Remove arils from pomegranate.
5. In a large bowl layer salad components:
 - 1/2 tub arugula
 - 1/4c pumpkin seeds
 - 2-3oz feta cheese crumbles (optional)
 - 1/4c pomegranate arils
 - 1/2 roasted butternut squash
 - 1/2 diced avocado
6. Repeat 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: Bell Pepper & Mushroom Breakfast Tacos

Ingredients:

1 red onion
2 bell peppers
1-2 cloves garlic
10oz sliced mushrooms
5oz tub spinach
8 eggs (omega-3)
8 organic corn tortillas*
1-2c sharp cheddar, pepper-jack, or goat cheese (optional)
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Chop:
 - red onion
 - bell peppers
 - chop garlic (1T)
2. Add 1t oil to a large sauté pan over med-high heat. Add bell pepper, onion, garlic, sliced mushrooms & spinach. Sauté 10-12 minutes.
3. In a large bowl, whisk together 8 eggs. Lower heat to medium, add eggs. Cook for 3-5 minutes or until just setting and not runny. Season w/ S&P.
4. Serve eggs in warmed corn tortillas with guacamole. Option to top w/ cheese.



December 2017 Recipes, Gluten Free

Week 1 Snack: Pork Rinds & Guac

Guacamole

Ingredients:

- 1 avocado
- 1 bunch cilantro
- 1 tomato
- 1 red onion
- 1 jalapeño
- 1 lime

Instructions:

1. Mash 1 avocado.
2. Chop cilantro and red onion for ~1T each and tomato for ~¼c.
3. Juice ½ of lime.
4. Combine the following:
 - mashed avocado
 - chopped cilantro
 - chopped red onion
 - chopped tomato
5. Season with S&P and lime juice to taste.

Pork Rinds

Ingredients:

- 1 bag pork rinds*

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

Instructions:

1. Enjoy dipped in Guac!

Week 1 Dessert: Clementines

Ingredients:

- 1 bag clementine oranges

Instructions:

1. Peel & enjoy!



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Week 2 Meal 1: Pecan Crusted Salmon w/ Green Beans & Sweet Potatoes

Pecan Crusted Salmon

Ingredients:

- 1.5c pecans
- 1T chili powder
- 1T paprika
- 1T cumin powder
- 2 eggs (omega 3)
- 4 salmon fillets, skin removed (4-6oz/ portions)

Instructions:

1. Place in food processor or blender & blend until pecans are roughly to finely chopped.
 - 1.5 cup pecans
 - 1T chili powder
 - 1T paprika
 - 1T cumin powder
2. Place pecans in a shallow bowl.
3. In a separate shallow bowl, place 2 eggs, whisked.
4. Dredge each salmon fillet in the following order:
 - 1: eggs
 - 2: pecan crust
5. Roast for 18-22 minutes or cooked through/ flaky.

Green Beans

Ingredients:

- 2-3c green beans
- 1T olive oil

Instructions:

1. Preheat oven to 400 F.
2. Trim ends if needed. Toss w/ 1T olive oil, S&P.
3. Place on baking sheet spreading evenly.
4. Roast green beans ~10 minutes.

Sweet Potatoes

Ingredients:

- 4-5 sweet potatoes
- S&P to taste

Instructions:

1. Preheat oven to 350 F.
2. Wrap 4-5 sweet potatoes in foil. Bake for 50-60 min or until soft/cooked through. Cool.
3. Peel and mash potatoes. Season with S&P to taste.



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Week 2 Meal 2: Bacon & Chard Stuffed Chicken w/ Broccoli, Tomato & Mushrooms

Bacon & Chard Stuffed Chicken

Ingredients:

1 bunch Swiss chard

2 slices thick-cut bacon*

1 clove garlic

4oz soft goat cheese log (optional)

4 chicken breasts (thin, scaloppini cut)

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

Instructions:

1. Preheat oven to 400 F.
2. Remove leaves from chard, finely chop leaves (discard stems).
3. Finely chop 2 slices bacon & 1 clove garlic.
4. In a large sauté pan, cook chopped bacon, chard & garlic for ~8 minutes or until bacon is crispy.
5. Turn off heat and stir in 4oz goat cheese until melted and combined. Set aside to cool.
6. Pound chicken flat as necessary. Spread ¼ of chard/bacon/cheese mixture onto each chicken breast. Roll tightly.
7. Bake chicken ~40 minutes or cooked through to 165 F.

Broccoli, Tomato & Mushrooms

Ingredients:

1 tub mushrooms

1 pint cherry tomatoes

1 head broccoli

2-3T olive oil

1T Italian seasoning

S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Cut mushrooms & (1 pint) tomatoes in half.
3. Cut broccoli into ½" cubes.
4. Toss w/ 2-3 olive oil, 1T Italian seasoning, S&P.
5. Roast broccoli, tomatoes & mushrooms in a single layer for ~30 minutes.



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Week 2 Meal 3: Potato & Onion Frittata w/ Grapes

Ingredients:

1 yellow onion
1# baking potatoes
3-4 cloves garlic
1T olive oil
8 eggs (omega 3)
1 bag grapes

Instructions:

1. Preheat oven to 350 F.
2. Slice 1 yellow onion.
3. Thinly slice potatoes. (works best using a food processor attachment or on a mandolin)
4. Finely chop 3-4 cloves garlic.
5. In a large sauté pan heat 1T olive oil on high, add sliced onions and cook ~5 minutes. Season w/ ½t salt.
6. Add sliced potatoes & chopped garlic, season w/ S&P.
7. Add 2c water, cover w/ lid turn heat to medium and cook 15 minutes or until knife easily slides through potatoes. Set aside to cool.
8. Whisk 8 eggs in a large bowl, season w/ S&P.
9. Stir in cooked onions & potatoes.
10. Pour into an oiled pie pan.
11. Bake for 40-45 minutes or until cooked through and no longer jiggy in the center.
12. Serve with grapes on side.



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Week 2 Meal 4: Beef Minestrone Soup

Ingredients:

- 1 carrot
 - 1 zucchini
 - 1 yellow onion
 - 3-4 cloves garlic
 - ½# grassfed ground beef
 - 1T Italian seasoning*
 - 1-28oz can diced tomatoes
 - 1 bunch basil
 - 4c low-sodium beef broth*
 - ½c brown rice macaroni pasta*
 - 15oz can cannellini beans*
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely dice:
 - 1 carrot
 - 1 zucchini
 - 1 yellow onion
 - 3-4 garlic cloves
2. In a large soup pot, sauté veggies, ½# ground beef & 1T Italian seasoning for ~10 minutes, while breaking up beef.
3. In a blender add:
 - 1 large can diced tomatoes
 - large handful of fresh basil
4. Process until smooth.
5. Add blended diced tomatoes + 4c broth + 4c water to soup. Add more water as necessary for desired consistency.
6. Cook 15-20 minutes over low heat.
7. Add ½c brown rice pasta & 1 can of drained white beans.
8. Cook another 10 minutes or until pasta is cooked.
9. Season to taste w/ S&P.



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Week 2 Salad: Mixed Greens w/ Blueberries, Walnuts & Feta

Salad Components:

5o. tub mixed greens
1/2c chopped walnuts
4oz feta cheese crumbles (optional)
1 pint blueberries

Dressing:

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

Instructions:

1. In a large bowl layer salad components:
 - 1/2 tub mixed greens
 - 1/4c chopped walnuts
 - 2-3oz feta cheese crumbles
 - 1/2 pint blueberries
2. Repeat layers
3. Toss with dressing

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: Sweet Potato Waffles w/ Bacon

Ingredients:

1 pkg thin-cut bacon
4-5 sweet potatoes
S&P to taste
2tsp pumpkin pie spice
8 eggs (omega-3)
1c chopped pecans
~2T coconut oil
½ c almond butter (optional)

Instructions:

1. Preheat oven to 350 F.
2. Place bacon in a single layer on baking sheet. Bake 20-25 min or until crispy.
3. Wrap 4-5 sweet potatoes in foil. Bake for 50-60 min or until soft/cooked through. Cool.
4. Peel and mash potatoes (~4c). Season with S&P to taste.
5. Mix together:
 - ~ 4c mashed sweet potato
 - 2tsp pumpkin pie spice
 - 8 eggs
 - 1c chopped pecans
6. Heat waffle iron and brush with coconut oil
7. Place ~1/8 of batter in waffle iron and cook ~5min.
8. Repeat 7 times and serve topped with melted almond butter and bacon on the side.

Week 2 Snack: Pumpkin Seed Trail Mix

Ingredients:

1 pint blueberries
1c pumpkin seeds
1c shredded, unsweetened coconut
Sandwich baggies

Instructions:

1. Toss together in a bowl:
 - 1 pint (2c) blueberries
 - 1 c pumpkin seeds
 - 1 c shredded, unsweetened coconut
2. Using a ½c measuring cup, divide into baggies. Store in refrigerator.



December 2017 Recipes, Gluten Free

Week 2 Dessert: Dark Chocolate w/ Brazil Nuts

Ingredients:

1c Brazil nuts

4oz dark chocolate (bar or individually wrapped pieces)

Instructions:

1. Enjoy 1oz chocolate + 1/4c Brazil nuts per serving.



December 2017 Recipes, Gluten Free

Week 3 Meal 1: Orange-Basil Turkey Breast w/ Fingerling Potatoes & Brussels Sprouts

Orange-Basil Turkey Breast

Marinade Ingredients:

½c olive oil
zest & juice of 3 oranges
1 large handful fresh basil
¼c salt
2-3 cloves garlic, peeled

2-3# bone-in turkey breast

Instructions:

1. Place all marinade ingredients in a blender (everything except for turkey).
2. Blend until combined and mostly smooth.
3. Add turkey to marinade and refrigerate. Marinade for 4 hours up to 48 hours.
4. Preheat oven to 450 F.
5. Remove turkey from marinade and place in baking pan. Put in oven at 450 for 5 minutes.
6. Lower temperature to 400 F & continue to roast for ~1-1.5 hr or an internal temp of 165 F

Fingerling Potatoes

Ingredients:

1.5# fingerling potatoes
1-2T olive oil
1T dried oregano
S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Cut into 1", bite-sized pieces.
3. Toss w/ 1-2T olive oil, 1T dried oregano, S&P.
4. Roast in a single layer for 30-35 minutes or until browned/ cooked through.

Brussels Sprouts

Ingredients:

1# Brussels sprouts
1-2T olive oil
1T dried oregano
S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Trim Brussels ends. Cut into 1", bite-sized pieces.
3. Toss w/ 1-2T olive oil, 1T dried oregano, S&P.
4. Roast in a single layer for 30-35 minutes or until browned/ cooked through.



December 2017 Recipes, Gluten Free

Week 3 Meal 2: Slow-Baked Brisket with Creamy Cauliflower and Leek Soup

Brisket

Ingredients:

½tsp turmeric
2T cumin powder
2T Italian seasoning
1T garlic powder
1tsp salt
2tsp pepper
3# beef brisket

Instructions:

1. Preheat oven to 325 F
2. Mix together brisket seasonings (½tsp turmeric + 2T cumin powder + 2T Italian seasoning + 1T garlic powder + 1 tsp salt + 2 tsp pepper)
3. Spread evenly over brisket
4. Place in a pan and cover with foil, bake at 325 F for 3-5 hours.

Cauliflower and Leek Soup

Ingredients:

2 cloves garlic
2 large leeks
1 head cauliflower
1 yellow onion
1 tsp olive oil
4c chicken broth
S&P to taste

Instructions:

1. Finely chop garlic. Set aside.
2. Cut & discard top green & bottom roots of leeks. Roughly chop & place in a bowl of water, allowing any dirt to settle to the bottom of the bowl. Set aside.
3. Roughly chop cauliflower and yellow onion. Set aside.
4. In a large soup pot, heat 1tsp olive oil over med-high heat.
5. Add chopped veggies. Season w/ S&P and sauté for 5-6 minutes.
6. Add 4c chicken broth and simmer for 30 min, adding more broth as needed to just cover veggies.
7. Remove from heat and allow to cool.
8. Place cooked & cooled ingredients in a blender or food processor (may need to do in 2 batches). Puree until smooth.
9. Season w/ additional S&P as needed.



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Week 3 Meal 3: Italian Sausage Pizza Soup

Ingredients:

1 clove garlic
1 red onion
2 green bell peppers
1 pkg link Italian sausage*
1tsp olive oil
8oz sliced mushrooms
1T dried basil
1T dried oregano
4c beef broth
2 c water
28oz can diced tomatoes
2.25oz sliced black olives
S&P to taste
¼c grated parmesan, optional
*Note: read ingredient list to avoid gluten, sugars & msg.

Instructions:

1. Finely chop:
 - 1 clove garlic
 - 1 red onion
 - 2 green bell peppers
2. Slice Italian sausage links.
3. In a large soup pot, heat 1tsp olive oil over med-high heat.
4. Add chopped veg (1 garlic clove + 1 red onion + 2 green bell pepper + 8oz sliced mushrooms) and sliced Italian sausage links to soup pot.
5. Add 1T dried basil + 1T dried oregano. Sauté for 8-10 minutes.
6. Add 4c beef broth + 2c water + 28oz diced tomatoes + 2.25oz sliced black olives, drained.
7. Bring to a low boil, then lower to a simmer. Cook ~30 min.
8. Add liquid as needed. Season to taste w/ S&P. Option to top with grated parmesan when serving.



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Week 3 Meal 4: Fiesta Brisket Bowl

Brisket

Ingredients:

½ tsp turmeric
2T cumin powder
2T Italian seasoning
1T garlic powder
2tsp salt
~1tsp fresh ground pepper
~3# beef brisket

Instructions:

1. Preheat oven to 325 F.
2. Mix together brisket seasonings:
 - ½ tsp turmeric
 - 2T cumin powder
 - 2T Italian seasoning
 - 1T garlic powder
 - 2tsp salt
 - ~1tsp fresh ground pepper
3. Spread evening over brisket
4. Place in a pan and cover with foil. Bake at 325 F for 3-5 hours (OR place brisket in a slow cooker with 1c water. Cook on low for 8-10 hours or high for 4-6 hours.)
5. Thinly slice brisket "against the grain." Set aside.

Fiesta Bowl

Ingredients:

2 red bell peppers
2 garlic cloves
1 red onion
1T olive oil
Brisket (see above)
~1# fingerling potatoes
1 can black beans
1-2 avocados

Instructions:

1. Finely chop 2 garlic cloves.
2. Cut 2 red bell peppers and 1 red onion into thin slices.
3. Add 1T oil to a large sauté pan over med-high heat. Add chopped garlic, bell peppers & onion, sauté for ~10 mins.
4. Add brisket, potatoes, and 1 can drained black beans. Continue to cook until everything is warmed through.
5. Slice 1-2 avocados to use as a topping for Fiesta Bowl.



December 2017 Recipes, Gluten Free

Week 3 Salad: Spinach w/ Apples, Cherries, Walnuts & Goat Cheese

Salad Components:

2 apples
5oz baby spinach
½c dried cherries*
½c chopped walnuts
4oz goat cheese crumbles (optional)

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

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

Instructions:

1. Cut 2 apples into thin slices
2. Layer in container as follows:
 - ½ of spinach
 - 1 sliced apple
 - ¼c dried cherries
 - ¼c chopped walnuts
 - 2oz goat cheese crumbles
3. Repeat layers
4. Toss with dressing or serve dressing on side.

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - Pepper to taste



December 2017 Recipes, Gluten Free

Week 3 Breakfast: Brown Rice Cake w/ Almond Butter & Banana

Ingredients:

4-6 bananas
1/2c almond butter*
1 pkg brown rice cakes*
1 tsp cinnamon (optional)

Instructions:

1. Slice banana.
2. Spread 1-2T almond butter on 1 brown rice cake.
3. Top w/ sliced banana.
4. Option to sprinkle with cinnamon.

Week 3 Snack: Celery + Almond Butter + Cherries

Ingredients:

6-8 celery stalks
1/2c almond butter*
1/4c dried cherries*

Instructions:

1. Cut celery into sticks.
2. 1 serving = celery sticks, spread w/ 1-2T almond butter & topped w/ dried cherries.

Week 3 Dessert: Pumpkin Pie Pudding

Ingredients:

2 cans pumpkin puree* (NOT pumpkin pie filling)
11oz full fat coconut milk
1/2c maple syrup
1tsp pumpkin pie spice

Instructions:

1. Place the following in a food processor or blender:
 - 2 cans pumpkin puree
 - 11oz (~1c) full fat coconut milk
 - 1/2c maple syrup
 - 1 tsp pumpkin pie spice
2. Blend until smooth.
3. Store in refrigerator and serve chilled.

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



December 2017 Recipes, Gluten Free

Week 4 Meal 1: Steamed Crab Legs w/ Lemon Rice & Roasted Asparagus

Steamed Crab Legs

Ingredients:

~4# crab legs

4oz grass-fed butter (optional)

Instructions:

1. In a lg pot w/ steamer insert, bring water to boil (make sure water is below the level of insert).
2. Place crab legs in steamer for 6-14 min, or until heated through. Serve crab w/ melted butter, optional.

Lemon Rice

Ingredients:

1c long grain brown rice

1 lemon

Instructions:

1. Place 2c water + 1c rice in a pan, bring to a boil, lower heat to low, cover w/ a lid
2. Cook 30-45 minutes.
3. Mix w/ 1 tsp lemon zest & 1-2T fresh lemon juice.

Roasted Asparagus

Ingredients:

1 bunch asparagus

1T olive oil

S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Remove & discard lower 2-3" of asparagus. Toss spears w/ 1T olive oil and S&P to taste.
3. Place asparagus on parchment lined baking sheet and roast for 10-12 minutes, tossing halfway through cook time.



December 2017 Recipes, Gluten Free

Week 4 Meal 2: Orange Chicken & Broccoli w/ Coconut Rice

Orange Chicken & Broccoli

Ingredients:

~2" knob ginger
2-3 cloves garlic
2 oranges
1T toasted sesame oil
1T tamari
6oz tomato paste
4T honey
1tsp rice wine vinegar
1.5# boneless, skinless chicken thighs
1 head broccoli
¼c sesame seeds

Instructions:

1. Grate ginger (~1T).
2. Chop 2-3 cloves garlic (~1T).
3. Zest 1 orange (~1 tsp) & juice 2 oranges (~ ½c).
4. In a large pot, heat 1 tsp olive oil, add in 1T grated ginger, 1T chopped garlic & 1 tsp orange zest. Sauté for 2-3 minutes.
5. Whisk into pot:
 - ½c OJ
 - 1T toasted sesame oil
 - 1T tamari
 - 6oz tomato paste
 - 4T honey
 - 1 tsp rice wine vinegar
6. Add 1.5# chicken thighs, cook on med, covered, 45-60 min, stirring occasionally.
7. Chop broccoli into bite-sized pieces.
8. Add in chopped broccoli and cook another 10 minutes.
9. Sprinkle w/ ¼c sesame seeds.

Coconut Rice

Ingredients:

1c long grain brown rice
½c full fat coconut milk

Instructions:

1. Place 2c water + 1c rice in a pan, bring to a boil, lower heat to low, cover w/ a lid
2. Cook 30-45 minutes. Mix cooked rice w/ ~ ¼ - ½c coconut milk.



December 2017 Recipes, Gluten Free

Week 4 Meal 3: Penne Pasta w/ Chickpeas, Sundried Tomatoes & Broccoli

Ingredients:

12oz brown rice penne pasta
1 head broccoli
1 8.5oz jar sundried tomatoes in olive oil
1 bunch basil
1 can chickpeas
6-8oz feta cheese, optional
1-2tsp red chili flakes, optional
2oz sliced olives, optional

Instructions:

1. Chop broccoli into bite-sized pieces.
2. Bring a large pot of water to a boil, add 12oz penne pasta and chopped broccoli cook according to package instructions and broccoli is tender. Drain cooked pasta.
3. Chop sundried tomatoes, reserving oil.
4. Finely chop fresh basil.
5. Return pasta to pot, add:
 - sundried tomatoes (with 1-2T oil)
 - 1 can chickpeas (drained)
 - basil
 - feta crumbles
6. Stir and heat over low until everything is combined and cheese just starts to melt. Option to season w/ red chili flakes and top with sliced olives.



December 2017 Recipes, Gluten Free

Week 4 Meal 4: Turkey Taco Soup

Ingredients:

- 1 red bell pepper
 - 2 cloves garlic
 - 1 jalapeño
 - 1 yellow onion (small)
 - 1tsp olive oil
 - ¾# ground turkey thigh
 - 2T taco seasoning*
 - 2 cobs of corn (or 1c frozen corn)
 - 2c tomato puree
 - 4c low-sodium chicken broth*
 - 15 oz black beans*
 - 15 oz red beans*
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop:
 - 1 red bell pepper
 - 2 cloves garlic
 - 1 jalapeño (discard seeds)
 - 1 yellow onion
2. In a large soup pot over med-high heat, add: 1 tsp olive oil + chopped veggies.
3. Cook veggies for ~5 minutes, Add ¾# ground turkey thigh + 2T taco seasoning, crumbling meat & cooking 10 more minutes.
4. Cut corn from cob.
5. Add 2c tomato puree + 4c broth, turn to low, cook 30 minutes.
6. Add 1 can black beans + 1 can red beans (both drained) + corn, cook 10 minutes.



December 2017 Recipes, Gluten Free

Week 4 Salad: Arugula w/ Pear, Cranberry, Sliced Almonds & Goat Cheese

Salad Components:

2 pears

5oz tub arugula

1/2c dried cranberries*

1/2c sliced almonds

4-6 oz goat cheese crumbles (optional)

*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. Dice pears.
2. In a large bowl layer salad components:
 - 1/2 arugula
 - 1 diced pear
 - 1/4c dried cranberries
 - 1/4c sliced almonds
 - 2-3oz goat cheese crumbles
3. Repeat layers.

For Balsamic Dressing:

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



December 2017 Recipes, Gluten Free

Week 4 Breakfast: Kale, Sausage & Feta Cheese Frittata

Ingredients:

1 yellow onion

1 bunch kale

½# breakfast sausage*

8 eggs

1x 6-8oz feta cheese (optional)

½tsp fresh ground black pepper

olive oil

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

Instructions:

1. Preheat oven to 350 F.
2. Separate kale stems and leaves, and finely chop both.
3. Finely chop 1 yellow onion.
4. Place ½# breakfast sausage in large sauté pan over med-high heat. Begin to brown, breaking apart meat w/ spatula.
5. Add chopped kale (stem & leaves) & onion. Cook for ~10 minutes or until veggies & sausage are cooked through. Set aside to cool.
6. Whisk 8 eggs in a large bowl.
7. Stir in cooked sausage, kale & onions.
8. Crumble in 6-8oz feta cheese and season with ½ tsp fresh ground black pepper.
9. Pour into an oiled pie pan.
10. Bake at 350 F for 30-40 minutes or until no longer jiggly.

Week 4 Snack: Tangelos & Almonds

Ingredients:

8 tangelos

½c whole almonds

Instructions:

1. 1 serving = 1-2 tangelos + 1/8c whole almonds

Week 4 Dessert: Kiwi & Pomegranate Parfait

Ingredients:

12 kiwi

2 pomegranates

Instructions:

1. Peel & cut each kiwi into 6-8 bite-sized pieces.
2. Remove arils from pomegranate.
3. Toss together.