January 2018 Recipes, Gluten Free

Week 1

Meal 1: Honey Ginger Salmon w/ Roasted Mushrooms & Acorn Squash 3
- Honey Ginger Salmon 3
- Roasted Mushrooms & Acorn Squash 3

Meal 2: Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup 4
- Salt & Pepper Roasted Drumsticks 4
- Sweet Potato & Pear Soup 4

Meal 3: Lamb Kofta w/ Tahini Sauce & Mediterranean Quinoa 5
- Lamb Kofta 5
- Tahini Sauce 5
- Mediterranean Quinoa 5

Meal 4: Potato & Bacon Soup 6

Salad: Mixed Greens w/ Pomegranate, Avocado, Cucumber & Walnuts 7
- Salad Components: 7
- Dressing: 7

Breakfast: "Good Luck" Scramble 8

Snack: Popcorn Baggies w/ Coconut Chips 8

Dessert: Snickerdoodles 8

Week 2

Meal 1: Cider Cream Scallops over Gluten Free Pasta 9
- Cider Cream 9
- Scallops 9
- Gluten Free Pasta 9

Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes 10
- Goat Cheese, Tomato & Spinach Stuffed Chicken 10
- Roasted Sweet Potatoes 10

Meal 3: Spaghetti Squash w/ Beef & Mushroom Marinara Sauce 11
- Beef & Mushroom Marinara Sauce 11
- Spaghetti Squash 11

Meal 4: Chipotle 3-Bean Veggie Chili w/ Corn Muffins 12
- Chipotle 3-Bean Veggie Chili 12

Salad: Mixed Greens w/ Beets, Goat Cheese & Walnuts 13
- Salad Components: 13
- Dressing: 13

Breakfast: Pumpkin "Donuts" 14

Snack: Bananas w/ Spiced Peanut Butter 14

Dessert: Honey Broiled Grapefruit 14

Week 3

Meal 1: Almond Crusted Salmon w/ Steamed Broccoli & Roasted Butternut Squash 15
- Almond Crusted Salmon 15
- Roasted Butternut Squash 15
- Steamed Broccoli 15

Meal 2: Maple Mustard Pork w/ Roasted Carrots & Parsnips 16
- Maple Mustard Pork 16
- Roasted Carrots & Parsnips 16

Meal 3: Shepherd's Pie 17

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 4: Tom Kha Gai Soup 18
Salad: Mixed Greens w/ Grapes, Avocado & Sunflower Seeds 19
Salad Components: 19
Dressing: 19
Breakfast: Lumberjack Muffins 20
Snack: Kiwi + Pistachios 20
Dessert: Cherry Berry Cobbler 21
Week 4
Meal 1: Beef & Butternut Squash Tagine over Quinoa 22
Quinoa 22
Beef & Butternut Squash Tagine 22
Meal 2: Spinach Pesto Chicken w/ Zucchini Noodles 23
Spinach Pesto Chicken 23
Zucchini Noodles 23
Meal 3: Orange-Cilantro Shrimp w/ Broccoli & Quinoa 24
Orange-Cilantro Shrimp & Broccoli 24
Quinoa 24
Meal 4: Pesto Rotini Pasta w/ Roasted Tomatoes & Mushrooms 25
Spinach Pesto 25
Rotini Pasta w/ Roasted Tomatoes & Mushrooms 25
Salad: Mixed Greens w/ Raspberries, Feta & Pistachios 26
Salad Components: 26
Dressing: 26
Breakfast: Baked Apples w/ Walnuts & Cherries 27
Snack: Roasted Mini Peppers 27
Dessert: Dark Chocolate + Almonds 27

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Week 1

Meal 1: Honey Ginger Salmon w/ Roasted Mushrooms & Acorn Squash

Honey Ginger Salmon

Ingredients:
1T grated ginger
2 garlic cloves
4T tamari*
1T honey (OR sub maple syrup)
4T olive oil
1 lemon
4 salmon fillets 4-6oz each

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

Instructions:

1. Peel and grate ginger for 1T and chop 2 cloves garlic. Set aside.
2. Whisk together the following:
   - 1T grated ginger
   - 2 garlic cloves
   - 4T tamari
   - 1T honey (or maple syrup)
   - 4T olive oil
   - 1T lemon juice from 1 lemon
3. Preheat oven to 425 F.
4. Marinate salmon for 30 minutes (or while oven preheats).
5. Remove salmon from marinade and bake for 15-18 minutes or cooked through/flaky.

Roasted Mushrooms & Acorn Squash

Ingredients:
2 acorn squash
16oz button mushrooms
3T olive oil
S&P

Instructions:

1. Preheat oven to 425 F.
2. Half both squash, remove seeds, cut into ½" crescents.
3. Cut button mushrooms in half.
4. Toss with ~3T olive oil & S&P.
5. Place acorn squash crescents and mushroom halves on a baking sheet in a single layer & roast for 20-30 minutes, tossing halfway through cook time.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 2: Salt & Pepper Roasted Drumsticks w/ Sweet Potato & Pear Soup

Salt & Pepper Roasted Drumsticks

Ingredients:
8 skin-on chicken drumsticks
S&P to taste

Instructions:
1. Preheat oven to 425 F.
2. Pat drumsticks dry with a paper towel.
3. Season with fresh ground pepper & salt; place in single layer on baking sheet.
4. Bake drumsticks for 35-40 minutes or cooked to 165 F.

Sweet Potato & Pear Soup

Ingredients:
2-3 sweet potatoes
1 yellow onion
1 clove garlic
2" fresh ginger knob
1 pear
1tsp olive oil
3c (24oz) vegetable broth*

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

Instructions:
1. Peel & roughly chop:
   - 2-3 sweet potatoes
   - 1 yellow onion
   - 1 clove garlic
   - 1 pear
   - ginger, for ~2 tsp
2. In large soup pot, heat 1tsp olive oil & sauté roughly chopped yellow onion for 3-4 minutes or until a slight change in color.
3. Add 2-3 peel & chopped sweet potatoes, 1 clove garlic & 3c (24oz) veggie broth.
4. Cover, turn heat to medium.
5. Cook 30 minutes, set aside to cool for at least 10 minutes before pureeing.
6. Place the following in a blender:
   - cooked sweet potato, onion & garlic (cooled)
   - 1 peeled/chopped pear
   - 2 tsp fresh ginger, peeled & roughly chopped
   - ¼ tsp salt
7. Blend until smooth, adding water/ broth as needed for desired consistency.
8. Season to taste as needed.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 3: Lamb Kofta w/ Tahini Sauce & Mediterranean Quinoa

Lamb Kofta

Ingredients:
1-1½# ground lamb (OR sub ground beef or bison)
1tsp cumin
2tsp coriander
1T fresh chopped parsley
S&P

Instructions:
1. Mix 1-1.5# lamb w/ 1tsp cumin, 2tsp coriander, 1T fresh chopped parsley + S&P.
2. Form into 4-8 patties.
3. Cook in large sauté pan over med-high heat for 4-5 minutes per side (or grill).

Tahini Sauce

Ingredients:
½c tahini
3T lemon juice
1-2 cloves garlic, smashed & skin removed
½c water
1T olive oil
¼tsp salt (or to taste)

Instructions:
1. Place the following in a food processor or blender:
   ½c tahini (stirred) + 3T lemon juice + 1-2 cloves garlic (smashed, skin removed) + ½c water + 1T olive oil + ¼tsp salt (or to taste).
2. Blend on high until smooth.

Mediterranean Quinoa

Ingredients:
1c quinoa
¼c fresh parsley, chopped
½ can black-eyed peas, drained & rinsed

Instructions:
1. Place 1c quinoa & 2c water in a pot. Cook over low for ~20 minutes. Set aside to cool when cooked.
2. Toss ~¼c fresh chopped parsley and 1/2 can drained black-eyed peas with cooked quinoa.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 4: Potato & Bacon Soup

Ingredients:
½# thin-sliced bacon*
2 cloves garlic
1 yellow onion
1 large carrot
4 red potatoes
4c (24oz) veggie broth*

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

Instructions:

1. Finely chop:
   - ½# thin-sliced bacon
   - 2 cloves garlic
   - 1 yellow onion
   - 1 carrot
2. Dice 4 red potatoes.
3. In large stock pot over high heat, sauté bacon + chopped vegetables (onion + garlic + carrot) for 4-5 mins.
4. Add diced potatoes + 4c (24oz) veggie broth + 4c water.
5. Bring to a boil, lower to simmer and cook for 30 minutes, adding liquid if needed.
6. Season to taste with S&P.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Salad: Mixed Greens w/ Pomegranate, Avocado, Cucumber & Walnuts

Salad Components:

½c pomegranate arils or 1 pomegranate
5oz tub mixed greens
1 cucumber
½c chopped walnuts
2 avocados

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Remove arils from pomegranate.
2. Finely dice 1 cucumber to equal 1c.
3. In a large bowl, layer salad components:
   - ½ of mixed greens
   - ½c cucumber
   - ¼c pomegranate arils
   - ¼c chopped walnuts
4. Repeat layers.
5. Chop ½ avocado per serving and add to salad.

For Balsamic Dressing:

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

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Breakfast: "Good Luck" Scramble

Ingredients:
½# thin-sliced bacon*
2 cloves garlic
1 bunch collard greens (OR sub pre-chopped collards)
½ can black-eyed peas, drained
8 eggs

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

Instructions:
1. Finely chop ½# thin-sliced bacon and 2 garlic cloves
2. Separate stems from leaves from 1 bunch collards. Finely chop both.
3. In a large sauté pan over med-high heat, add chopped bacon and cook 4-5 minutes.
4. Add chopped collards and garlic. Cook for 8-10 minutes, stirring often.
5. Add ½c drained black-eyed peas + ½ c water. Cover and simmer until greens wilt and are tender, ~10-15 mins. Adding water as needed during cook time.
6. Stir and season with S&P to taste.
7. Scramble in 8 eggs or serve scrambled eggs on the side.

Snack: Popcorn Baggies w/ Coconut Chips

Ingredients & Instructions:
1. Combine 1 bag air-popped popcorn with 1 bag dried coconut chips*.
2. Divide into individual baggies or store in air-tight container.

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

Dessert: Snickerdoodles

Ingredients:

2 eggs (omega-3)
1/3c maple syrup
2/3c cashew butter*
1tsp vanilla extract*
2.5c almond flour
½tsp baking soda
1tsp cinnamon
½c melted coconut oil
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:
1. Preheat oven to 325 F.
2. Whisk together the following:
   - 2 eggs
   - 1/3c maple syrup
   - 2/3c cashew butter
   - 1tsp vanilla extract
   - 2.5c almond flour
   - ½tsp baking soda
   - 1tsp cinnamon
   - ½c melted coconut oil
3. Refrigerate for 10-15 min, then roll into 1T balls. Option: roll in 1T cinnamon mixed with 1T coconut sugar & press with a fork.
4. Bake for 10-12 minutes. Cool.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Week 2

Meal 1: Cider Cream Scallops over Gluten Free Pasta

Cider Cream

Ingredients:
1 shallot
1 garlic clove
1 bunch basil
1T olive oil
1T apple cider vinegar
¼c apple cider juice*
¼tsp red pepper flakes
1 can full fat coconut milk

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

Instructions:
1. Mince 1 shallot and 1 garlic clove. Chop basil for 2T. Set aside.
2. Heat 1T oil in sauté pan over medium heat. Add minced shallot and garlic clove, cook for ~1 min or until aromatic.
3. Add 1T apple cider vinegar and let cook off about 1 minute. Add ¼c apple cider juice and cook for additional 1 minute.
4. Add ¼tsp red pepper flakes and 1 can coconut milk.
5. Turn heat to low and simmer until slightly thickened, ~2-4 minutes.
6. Remove from heat. Add 2T chopped basil.

Scallops

Ingredients:
2# scallops (OR sub shrimp or 2 cod fillets)
S&P
1tsp coconut oil (OR sub grassfed butter)

Instructions:
1. Remove scallops from refrigerator and pat very dry. Season with S&P.
2. Heat sauté pan to high and add 1tsp coconut oil.
3. Add scallops to pan, be sure not to crowd the pan. (May need to do in a few batches.)
4. Cook 1-2 mins, flip, cook 1-2 mins more until both sides are golden. Transfer to plate. (Don't overcook scallops, they get rubbery!)

Gluten Free Pasta

Ingredients:
1 box gluten free pasta

Instructions:
1. Put pot of water on to boil.
2. Cook GF pasta according to package directions.
3. Drain.
4. Serve pasta with sauce and scallops poured over top.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 2: Goat Cheese, Tomato & Spinach Stuffed Chicken w/ Roasted Sweet Potatoes

Goat Cheese, Tomato & Spinach Stuffed Chicken

Ingredients:
5oz baby spinach
¼c sundried tomatoes (packed in olive oil)*
2oz soft goat cheese (optional)
1# thin-cut chicken breasts (OR sub boneless, skinless)

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

Instructions:
1. Preheat oven to 425 F.
2. Place spinach in a steamer filled with ~3c hot water and steam for 4-5 minutes or until wilted.
3. Squeeze excess water from steamed spinach (cooked spinach should yield ~¼c).
4. Roughly chop ~¼c spinach & ¼c sundried tomatoes (excess oil drained) and mix in 2oz goat cheese.
5. Place chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of large cutting board.
6. Pound chicken using a mallet until thin.
7. Spread each breast with ~2T tomato, spinach, goat cheese filling and roll tightly.
8. Place chicken in an oiled baking pan, bake for 30-35minutes or until cooked through & no longer pink (internal temperature: 165F).

Roasted Sweet Potatoes

Ingredients:
2 large sweet potatoes
1T olive oil
3T herbs de Provence (or Italian herb blend)
S&P to taste

Instructions:
1. Preheat oven to 425 F.
2. Cut sweet potatoes into 1" cubes.
3. Toss with 1T olive oil, 3T herbs de Provence, S&P.
4. Place sweet potatoes on an oiled sheet tray.
5. Roast for 35-40 minutes, remove from oven and toss halfway through cooking.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 3: Spaghetti Squash w/ Beef & Mushroom Marinara Sauce

Beef & Mushroom Marinara Sauce

Ingredients:
2-3 cloves garlic
1 yellow onion
1# grassfed ground beef, 93-95% lean
16oz sliced mushrooms
25oz jar marinara sauce*
3T herbs de Provence (or Italian herb blend)*
S&P to taste
~4oz parmesan cheese (optional for garnishing)

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

Instructions:
1. Finely chop 2-3 cloves garlic for ~1T for marinara sauce.
2. Dice ½ onion.
3. In a large sauté pan add:
   - beef
   - chopped garlic
   - diced onion
   - sliced mushrooms
4. Sauté 15 minutes, breaking apart meat.
5. Add 25oz marinara sauce and S&P to taste.
6. Stir then remove from heat.

Spaghetti Squash

Ingredients:
1-2 spaghetti squash (~4#)

Instructions:
1. Preheat oven to 350 F.
2. Pierce the spaghetti squash with a knife and roast whole for ~1.5 hours for 2 small squash 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.
4. Take halved spaghetti squash and remove seeds.
5. Scoop out squash.
6. Serve marinara sauce over spaghetti squash. Option to grate parmesan over the top

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 4: Chipotle 3-Bean Veggie Chili w/ Corn Muffins

Chipotle 3-Bean Veggie Chili

Ingredients:
2-3 cloves garlic
1 yellow onion
3 bell peppers (1 each: red, yellow, & green)
1 dried chipotle pepper
1tsp oil
28oz can fire roasted tomatoes*
2T chili powder*
15oz can black bean*
15oz can kidney bean*
15oz can pinto bean*
~4oz jack cheese (optional for garnish) *
Cans: prefer no-salt added

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

Instructions:

1. Finely chop 2-3 cloves garlic for ~1T.
2. Dice ½ onion. Finely dice all 3 bell peppers.
3. Place dried chipotle pepper in hot water (~3 cups hot water) and allow to re-hydrate.
4. In a large stock pan, sauté bell peppers, diced onion & 1T garlic in 1 tsp olive oil for 10 minutes.
5. Remove & discard seeds & stem from the rehydrated chipotle pepper (option to use a few seeds as desired for added heat).
6. Place chipotle pepper in a blender with 2-3 cups of re-hydrating water and blend until smooth, adding seeds as desired (do so gradually and taste for heat before adding to chili).
7. Add pureed chili pepper to sautéed veggies.
8. Add 28oz fire roasted diced tomatoes, 2T chili powder and 3 cans of drained beans.
9. Bring to a boil then lower to low-medium heat, stirring occasionally. Add water or stock as needed.
10. Continue to cook for 30m-1 hour. Season with additional chili powder, S&P as needed.
11. Option to serve topped with jack cheese.
    The chili yields 8 servings. Option: to freeze ½ to use at a later date.

Optional: Corn Muffins (Yield 12)

Ingredients:
2c cornmeal
1T baking powder
¼tsp salt
2 eggs
1c water
¼c olive oil
¼c honey

Instructions:

1. Pre-heat oven to 375 F.
2. In large bowl, combine all dry ingredients (cornmeal, baking powder & salt).
3. In separate bowl small, whisk together liquid ingredients (eggs, water, oil & honey).
4. Add wet ingredients to dry ingredients and stir well to combine.
5. Pour into a 12-cup, well-oiled muffin tin (option to line muffin tin with papers).
6. Bake 375 F for 16-22 minutes, or until tops bounce back when pressed.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Salad: Mixed Greens w/ Beets, Goat Cheese & Walnuts

Salad Components:

4 large beets (2 red, 2 golden if available)
1-2T olive oil
S&P
1T balsamic vinegar
5oz mixed salad greens
½c chopped walnuts
4oz soft goat cheese (optional)

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

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Preheat oven to 350 F.
2. Peel beets and dice into ½" cubes. Toss w/ 1-2T olive oil + S&P. Roast for 45-55 minutes, tossing halfway through.
3. When beets are cooked through (a knife slides through the beets) remove from oven and toss with 1T balsamic vinegar. Allow to cool.
4. In large bowl layer salad components:
   - ½ mixed greens
   - ¼c chopped walnuts
   - ½ roasted beets (cooled)
   - 2oz goat cheese, crumbled
5. Repeat layers.

For Balsamic Dressing:

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

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Breakfast: Pumpkin "Donuts"

Ingredients:

Mini muffin pan liners
4 eggs, room temperature
7T melted coconut oil (OR sub grassfed butter)
½c maple syrup
2T coconut sugar
½c pumpkin puree*
2tsp vanilla extract*
½c coconut flour
¾c almond flour
1¼tsp baking soda
1T pumpkin pie spice
¼tsp salt
1½tsp cinnamon, optional

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

Instructions:

1. Line a mini muffin pan with liners (will make about 24 mini.)
2. In a large bowl, mix wet ingredients: 4 eggs, room temperature + 7T melted coconut oil (or butter) + ½c maple syrup + 2T coconut sugar + ½c pumpkin puree + 2tsp vanilla extract
3. In a second large bowl, mix dry ingredients: ½c coconut flour + ¾c almond flour + 1 ¼tsp baking soda + 1T pumpkin pie spice + ¼tsp salt
4. Stir dry mixture into wet mixture until combined. Pour batter into muffin liners just to top of the cup line.
5. Bake ~13 mins or until a toothpick comes out clean. Place on a rack to completely cool. Store at room temp or freeze extra.
6. Option to "dust" donuts with 1 ½tsp cinnamon immediately before serving.

Snack: Bananas w/ Spiced Peanut Butter

Ingredients:

½c peanut butter (OR sub nut/seed butter of choice)*
1T pumpkin pie spice
4 bananas

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

Instructions:

1. Combine ½c peanut butter with 1T pumpkin pie spice. Stir until combined.
2. Serve each banana w/ 1-2T spiced peanut butter.

Dessert: Honey Broiled Grapefruit

Ingredients:

4 grapefruit
4T honey, optional

Instructions:

1. Preheat broiler.
2. Cut grapefruit in half horizontally and loosen segments with a knife.
3. Top each with 1-2tsp honey, optional
4. Broil grapefruit for 8-10 minutes or until lightly browned.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Week 3

Meal 1: Almond Crusted Salmon w/ Steamed Broccoli & Roasted Butternut Squash

Almond Crusted Salmon

Ingredients:
1½c almonds
1T chili powder*
1T paprika
1T cumin powder
2 eggs (omega-3)
4 salmon fillets, skin removed
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:
1. Preheat oven to 400 F.
2. In a blender, blend the following until almonds are roughly to finely chopped:
   - 1.5c almonds
   - 1T chili powder
   - 1T paprika
   - 1T cumin powder
3. Place into a shallow bowl.
4. In a separate shallow bowl, whisk 2 eggs.
5. Dredge salmon in the following order:
   1: eggs
   2: almond crust
6. Repeat for all fillets.
7. Roast salmon at 400 F for 18-22 minutes or cooked through/flaky.

Roasted Butternut Squash

Ingredients:
2-3# butternut squash (OR sub 1 bag pre-cut)
1-2T olive oil
1T dried basil
S&P

Instructions:
1. Preheat oven to 400 F.
2. If not pre-cut, peel, remove seeds from butternut squash & cut into small, 1" pieces.
3. Toss w/ 1-2T olive oil + 1T dried basil + S&P.
4. Place butternut squash in single layer on baking sheet.
5. Roast for 30-35 minutes, removing to toss halfway through.

Steamed Broccoli

Ingredients:
1 head broccoli
S&P

Instructions:
1. Cut into 1" bite-sized pieces.
2. Steam (or boil) broccoli for ~5 minutes & season w/ S&P.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 2: Maple Mustard Pork w/ Roasted Carrots & Parsnips

Maple Mustard Pork

Ingredients:
¼c grainy mustard
2T maple syrup*
1-1½# pork tenderloin

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

Instructions:
1. Preheat oven to 425 F.
2. Whisk together ¼ c grainy mustard + 2T maple syrup. Coat pork loin evenly.
3. Place pork in baking pan.
4. Roast for ~30-40 minutes or until pork is cooked through (145 F).

Roasted Carrots & Parsnips

Ingredients:
3 carrots
2 parsnips
1 bunch parsley
2T olive oil
1T dried basil
1tsp salt

Instructions:
1. Preheat oven to 425 F.
2. Cut 3 large carrots & 2 parsnips into bite-sized pieces (~1").
3. Chop parsley for ~2T.
4. Toss together w/ 2T olive oil + 1T dried basil + 1tsp salt.
5. Place veggies in a single layer on baking sheet.
6. Roast for ~30-40 minutes, tossing halfway through cook time.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 3: Shepherd's Pie

Ingredients:
2 large russet potatoes
1 head cauliflower
1 yellow onion
2-3 carrots
1# ground lamb (OR sub ground beef)
1tsp dried thyme
1tsp dried basil
S&P
½c chicken broth*
1c frozen peas
2T tomato paste*

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

Instructions:

1. Preheat oven to 375 F.
2. Peel 2 russet potatoes & roughly chop into 2" pieces.
3. Roughly chop 1 head cauliflower and ½ onion. Finely chop 2-3 carrots.
4. Steam or boil chopped russet potatoes & chopped cauliflower for ~30 minutes or until cooked through/a knife inserts easily. Allow to cool.
5. Add 1# ground lamb + 1 tsp dried thyme + 1 tsp dried basil + S&P to a large sauté pan over med-high heat, and cook, breaking apart the meat.
6. Add chopped yellow onion + chopped carrots and cook for 10 minutes or until onions are translucent.
7. Add ½c chicken broth + 1c frozen peas + 2T tomato paste and cook 5 more minutes. Season to taste w/ S&P.
8. Place steamed cut russet potatoes & cauliflower head in food processor (or blender), puree until just smooth, add water as needed for smooth consistency. Season w/ S&P.
9. In a small 8x8" pan, layer the cooked meat followed by the mashed cauliflower & potatoes. Cover.
10. Bake, covered, 40-50 minutes or until heated through. Option: uncover during final 5-10 minutes of baking to brown topping.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Meal 4: Tom Kha Gai Soup

Ingredients:
2 cloves garlic
1 yellow onion
1 carrot
1 red bell pepper
1c shiitake mushrooms
1 bunch green onions
1-3" knob ginger
1 stalk lemongrass (optional)
1 jalapeño
1T coconut oil
1 bone-in, skin-on chicken leg
1 bone-in, skin-on chicken breast
3½c chicken broth*
11oz full fat coconut milk
2 limes

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

Instructions:

1. Finely chop:
   - 2 garlic cloves
   - ½ onion
   - 1 carrot
   - 1 red bell pepper
   - 1c shiitake mushrooms
   - white part of green onions
2. Chop green part of green onions, and set aside.
3. Peel & finely chop ginger to yield ~1T.
4. Remove outer layer of lemon grass, bruise by pounding with a meat tenderizer, keep whole.
5. Remove/discard jalapeño seeds. Finely chop remaining jalapeño.
6. Heat 1T coconut oil in large soup pot over medium-high heat. Add chicken leg quarter & breast, sear 1-2 minutes with the skin side down then flip.
7. Add all chopped veggies (garlic, ginger, onion, bell pepper, carrot, mushrooms, jalapeño, white part of green onion & lemongrass) except green part of green onion. Cook for 5 minutes.
8. Add 3.5c chicken broth & 1 can coconut milk. Cook 20 minutes over medium.
9. Remove chicken and allow to cool, ~5 minutes. Cut meat from chicken and return to soup.
10. Add juice + zest of 1 lime. Season to taste with salt.
11. Remove & discard whole piece of lemongrass.
12. Serve with lime wedges & chopped green onion on top.

© 2018 by Prep Dish. All rights reserved.
Recipes created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Salad: Mixed Greens w/ Grapes, Avocado & Sunflower Seeds

Salad Components:
1c seedless grapes
1-2 avocados
5oz tub mixed greens
½c sunflower seeds

Dressing:
½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Cut grapes in half lengthwise.
2. Dice avocados.
3. In large bowl layer salad components:
   - ½ mixed greens
   - ½ grapes
   - ½ avocado
   - ¼c sunflower seeds
4. Repeat layers.

For Balsamic Dressing:

1. Whisk together:
   - ½c olive oil
   - ¼c balsamic vinegar
   - Pepper to taste
2. Dress each salad portion w/ ~1-2T vinaigrette.

© 2018 by Prep Dish. All rights reserved.

Breakfast: Lumberjack Muffins

Ingredients:
1 yellow onion
1 red bell pepper
1 large russet potato
1# country sausage*
12 eggs (omega-3)
1tsp paprika
S&P
Muffin liners

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

Instructions:

1. Preheat oven to 350 F.
2. Chop 1 onion, 1 red pepper, and 1 russet potato into bite-sized pieces. Set aside, keeping onion separate.
3. Cook 1# country sausage + 1 chopped onion for 5 minutes over med-high heat, breaking up meat.
4. Add 1 chopped red pepper + 1 chopped russet potato. Cook 5 minutes, stirring often.
5. Cover and cook 5 more minutes or until potatoes are tender. Cool.
6. Whisk together 12 eggs + 1tsp paprika + S&P to taste.
7. Use ¼c to scoop meat mixture into oiled or paper-lined muffin tins.
8. Cover meat mixture w/ whisked eggs & bake 17-19 minutes.
9. Yields ~26 muffins.

Snack: Kiwi + Pistachios

Ingredients:
8 kiwi
2c pistachios (in shell)

Instructions:

1. Cut kiwi in half and scoop out w/ spoon.
2. 1 serving = 2 kiwi + ½c pistachios (in shell).

© 2018 by Prep Dish. All rights reserved.

Dessert: Cherry Berry Cobbler

Ingredients:
½c butter, unsalted (OR sub coconut oil)
1½c medjool dates (~12)
1c pecans
1¼ c almond flour
½c unsweetened shredded coconut
1T cinnamon
1tsp ground ginger
½tsp salt
10oz bag frozen dark cherries
10oz bag frozen blueberries
1tsp almond extract

Instructions:
1. Preheat oven to 375 F
2. In a food processor or blender, add:
   - ½c butter (or coconut oil)
   - 1½c medjool dates (~12)
   - 1c pecans
   - 1c almond flour
   - ½c unsweetened shredded coconut
   - 1T cinnamon
   - 1tsp ground ginger
   - ½tsp salt
3. Pulse until combined and mixture begins to form a ball.
4. In a separate bowl, toss 10oz bag frozen dark cherries + 10oz frozen blueberries together w/ ¼c almond flour & 1tsp almond extract.
5. Layer on the bottom of 9x9 pan.
6. Top with cobbler from above (does not have to cover completely). Cover with foil.
7. Bake at 375 F for ~30 minutes.

© 2018 by Prep Dish. All rights reserved.

Week 4

Meal 1: Beef & Butternut Squash Tagine over Quinoa

Quinoa

Ingredients:
1c quinoa

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

Beef & Butternut Squash Tagine

Ingredients:
1 yellow onion
¼c dried apricots*
2-3# butternut squash (OR sub 1 bag pre-cut if available)
1T cumin
1T turmeric
1T paprika
1tsp cinnamon
1# grassfed beef sirloin (cut into 1" cubes)
1tsp olive oil
1c tomato puree*
1 can garbanzo beans*

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

Instructions:
1. Slice 1 yellow onion into long strips.
2. Chop ¼c dried apricots.
3. Peel butternut squash, remove seeds & cut into 1" cubes.
4. Whisk together:
    - 1T cumin
    - 1T turmeric
    - 1T paprika
    - 1tsp cinnamon
5. Rub spices into 1# beef cubes.
6. Heat 1tsp oil over med-high heat in a large stockpot.
7. Add yellow onion slices & spiced beef cubes. Sauté for 3-4 minutes.
8. Add ¼c chopped apricots + 1c tomato puree + 1c water, cover and place in over for ~1 hour.
9. Add cubed butternut squash + 1 can garbanzo beans (drained), cover and bake another 1-2 hours.

*To use slow cooker: add seasoned beef + onions + ¼c chopped apricots + 1 can tomato puree + 1c water to slow cooker. Cook on low for 6-8 hours, adding butternut squash and garbanzo beans (drained) in last 30 minutes.

© 2018 by Prep Dish. All rights reserved.

Meal 2: Spinach Pesto Chicken w/ Zucchini Noodles

Spinach Pesto Chicken

Ingredients:
1 clove garlic
1c walnuts
1 bunch basil
5oz spinach
1oz parmesan cheese (optional)
1 lemon
¼c olive oil
4 boneless, skinless chicken breasts

Instructions:
1. Preheat oven to 375 F.
2. Blend the following until smooth:
   - 1 garlic clove
   - 1c walnuts
   - 1oz parmesan cheese (optional)
   - Large handful of fresh basil
   - 5oz spinach
   - ¼c olive oil
   - 1T lemon juice (juice of 1 lemon)
   - 4T water, or as needed for a smooth consistency
3. Coat chicken breasts in ¼c pesto (~2T/ breast). Store remaining pesto.
4. Bake pesto-covered chicken for ~30-35 minutes or cooked through to 165 F.

Zucchini Noodles

Ingredients:
2-4 med to lg zucchini (OR sub 1 package zoodles)
2 cloves garlic
1tsp olive oil

Instructions:
1. Slice zucchini into long spaghetti-like strips (best done on a spiralizer or mandolin).
2. Chop 2 cloves garlic.
3. Heat 1tsp olive oil over med-high heat.
4. Sauté zucchini noodles & garlic for 3-4 minutes or until tender.

© 2018 by Prep Dish. All rights reserved.

Meal 3: Orange-Cilantro Shrimp w/ Broccoli & Quinoa

Orange-Cilantro Shrimp & Broccoli

Ingredients:
1 head broccoli
1 jalapeño
1 clove garlic
1 orange
1 bunch cilantro
½c olive oil
1tsp salt
1½# shrimp, peeled, deveined, tails removed

Instructions:
1. Preheat oven to 425 F.
2. Cut broccoli into bite-sized pieces.
3. Remove seeds & white veins (include for heat) from jalapeño & roughly chop
4. For the marinade, blend the following until roughly combined:
   - 1 clove garlic
   - 1 roughly chopped jalapeño (no seeds or white part; option to add gradually for heat)
   - zest & juice of 1 orange
   - large handful fresh cilantro
   - ½c olive oil
   - 1 tsp salt
5. Toss chopped broccoli in 1-2T marinade and place 1½# shrimp in remaining marinade
6. Place broccoli in single layer on a sheet pan & roast for 15 minutes or cooked through.
7. Place shrimp in a baking dish, in a single layer, and bake for ~8-10 minutes or until pink and cooked through.

Quinoa

Ingredients:
1c quinoa

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

© 2018 by Prep Dish. All rights reserved.

Meal 4: Pesto Rotini Pasta w/ Roasted Tomatoes & Mushrooms

Spinach Pesto

Ingredients:
1 clove garlic
1c walnuts
1 bunch basil
5oz spinach
1oz parmesan cheese (optional)
1 lemon
¼c olive oil

Instructions:
1. Blend the following until smooth:
   - 1 garlic clove
   - 1c walnuts
   - 1oz parmesan cheese (optional)
   - Large handful of fresh basil
   - 5oz spinach
   - ¼c olive oil
   - 1T lemon juice (juice of 1 lemon)
   - 4T water, or as needed for a smooth consistency

Rotini Pasta w/ Roasted Tomatoes & Mushrooms

Ingredients:
16oz whole baby bella mushrooms
2 pints cherry tomatoes
1-2T olive oil
¼tsp salt
1 bag brown rice rotini pasta*
4oz goat cheese crumbles (optional)

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

Instructions:
1. Preheat oven to 350 F.
2. Quarter 16oz baby bella mushrooms.
3. Toss 2 pints cherry tomatoes & quartered mushrooms with 1-2T olive oil & ¼tsp salt.
4. Roast for ~20-25 minutes or until tender
5. Boil large pot of water and cook pasta according to package instructions. Drain pasta and return to pan over low.
6. Toss pasta w/ spinach pesto, roasted tomatoes & mushrooms, heating for 2-3 minutes.
7. Top w/ goat cheese crumbles.

© 2018 by Prep Dish. All rights reserved.

Salad: Mixed Greens w/ Raspberries, Feta & Pistachios

Salad Components:
5oz mixed greens
1c raspberries
4oz feta crumbles (optional)
½c pistachios

Dressing:
½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Layer salad components as follows:
    - ½ of mixed greens
    - ½c raspberries
    - 2oz feta crumbles
    - ¼c pistachios
2. Repeat layers.

For Balsamic Dressing:

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

© 2018 by Prep Dish. All rights reserved.

Breakfast: Baked Apples w/ Walnuts & Cherries

Ingredients:
¼c coconut oil
¼c medjool dates, ~2
¼c dried cherries*
¼c walnuts
1tsp vanilla extract*
4 apples
1tsp cinnamon

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

Instructions:
1. Preheat oven to 375 F.
2. Place in a blender:
   - ¼c coconut oil
   - ¼c dates, pits removed (~2)
   - ¼c dried cherries
   - ½c walnuts
   - 1 tsp vanilla
3. Blend until roughly chopped.
4. Cut 4 apples in half and scoop out center seeds.
5. Place 1T (heaping) of filling in each apple; sprinkle w/ 1 tsp cinnamon. Cover with foil.
6. Bake, covered, for 30-35 minutes. Remove cover in final 5-10 minutes of cooking.

Snack: Roasted Mini Peppers

Ingredients:
3 cloves garlic
1 bunch basil
1 bag mini sweet peppers, multicolored
2T olive oil
S&P

Instructions:
1. Preheat oven to 375 F.
2. Chop 3 cloves garlic and basil to equal ~1T each. Set aside separately.
3. Toss together 1 bag mini sweet peppers + 2T olive oil + 1T chopped garlic + S&P.
4. Place on baking sheet and bake for 15 minutes or until caramelized and starts to become golden.
5. Cool & toss w/ 1T chopped basil.

Dessert: Dark Chocolate + Almonds

Ingredients:
1c almonds
high quality dark chocolate bar or squares

Instructions:
1. 1 portion = 1-2oz dark chocolate with up to ¼c almonds.

© 2018 by Prep Dish. All rights reserved.