



# January 2018 Recipes, Paleo

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## Week 1

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

#### **Honey Ginger Salmon**

**Ingredients:**

1T grated ginger  
2 garlic cloves  
4T coconut aminos  
~2T honey (OR sub maple syrup)  
4T olive oil  
1 lemon  
4 salmon fillets 4-6oz each

*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 coconut aminos
  - 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 1/2" 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.



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

### **Salt & Pepper Roasted Drumsticks**

#### *Ingredients:*

8 chicken drumsticks (bone-in, skin on)  
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# sweet potatoes (3 medium)  
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.



## **Meal 3: Lamb Kofta w/ Tahini Sauce & Parsley Cauliflower Rice**

### **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 1-1½# 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.

### **Parsley Cauliflower Rice**

#### *Ingredients:*

1 head cauliflower (OR sub 1 bag cauli rice)  
1 yellow onion  
1 bunch fresh parsley  
1T coconut oil (OR sub olive oil)

#### *Instructions:*

1. Remove core, leaves & any dark spots from cauliflower.
2. Make sure cauliflower is completely dry and coarse chop.
3. Place in food processor (may have to do in multiple batches). Pulse until reaches small rice-like texture. Be careful not to go too far or it will be mushy.
4. Finely dice ½ of a yellow onion. Chop parsley for ~2T.
5. Heat 1T coconut oil (or olive) in large sauté pan, add chopped onion, sauté ~10 min or translucent. Add the cauliflower rice.
6. Cover & cook ~ 5 min stirring frequently until cauliflower is crisp on outside & tender on inside. Season w/ S&P & 2T chopped parsley.



## **Meal 4: "Good Luck" Soup**

### *Ingredients:*

2 slices thick cut peppered bacon  
1 yellow onion  
2 garlic cloves  
1 large red potato (OR sub 1 sweet potato)  
1 bunch collards (OR sub 1 bag pre-chopped)  
½# ground bison (OR sub ground beef)  
1 can black-eyed peas, optional since not paleo  
4c (32oz) vegetable broth\*  
1/8tsp cayenne

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

### *Instructions:*

1. Finely chop:
  - 2 slices bacon
  - ½ yellow onion
  - 2 cloves garlic
  - 1 red (or sweet) potato
  - collard stems
  - collard leaves
2. In a large soup pot, sauté 2 slices chopped bacon + ½# ground bison + chopped veg (½ onion + 2 garlic cloves + collards) for 3-4 minutes.
3. Add 1 chopped red (or sweet) potato + 1 can black-eyed peas, drained (optional) + 4c (32oz) veggie broth + 2c water & 1/8tsp cayenne.
4. Bring to a boil, lower to simmer and cook for 30 minutes.
5. Season to taste w/ S&P.



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### **Salad: Mixed Greens w/ Pomegranate, Cucumber, Avocado & 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

### **Breakfast: Mixed Berry Green Smoothie**

#### *Ingredients:*

8oz bag frozen mixed berries (OR sub mixed fruit of choice)  
2 bananas  
5oz baby spinach

#### *Instructions:*

1. Place 2c water (or OJ, milk, etc) + 8oz frozen mixed berries in a large blender.
2. Blend on high until smooth.
3. Add 2 bananas & 2 large handfuls spinach, blend on high until smooth.
4. Add more liquid as needed for desired consistency.
5. Note: depending on blender size, may need to blend above in multiple batches. Serves ~4.



## **Snack: Golden Turmeric Milk**

### *Ingredients:*

¼c turmeric  
2T cinnamon  
1T ground ginger  
1/8 tsp nutmeg  
32oz (1qt) almond milk\* (OR sub milk of choice)  
2T honey (OR sub maple syrup)

### *Instructions:*

1. For spice mix, combine:
  - ¼c turmeric
  - 2T cinnamon
  - 1T ground ginger
  - ½tsp salt & pepper
  - 1/8tsp nutmeg
2. In small saucepan, combine 2c almond milk (or milk of choice) + 2tsp spice mix + 1-2tsp honey or maple syrup as desired.
3. Whisk until smooth and heat for 4-5 min on med-high or heated and before it begins to boil.
4. Note: The yield is 2 servings, you can increase/ decrease as needed. Use leftover spice mix on baked sweet potatoes!

## **Dessert: Snickerdoodles**

### *Ingredients:*

2 eggs (omega-3)  
1/3c maple syrup  
2/3c cashew butter\*  
1tsp vanilla extract\*  
2½c 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



## Week 2

### **Meal 1: Cider Cream Scallops over Mashed Cauliflower**

#### **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.
7. 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. (Don't overcook scallops, they get rubbery!)
5. Turn heat down to medium, add cider cream and let simmer.

#### **Mashed Cauliflower**

*Ingredients:*

1 head cauliflower

*Instructions:*

1. Roughly chop 1 head cauliflower and place in a large steamer or soup pot.
2. Boil or steam in 3-4" of water for ~20 minutes or a knife inserts easily. Set aside to cool.
3. Place cauliflower into a blender or food processor without liquid.
4. Add ¼c water (or stock), blend until just smooth.
5. Season w/ S&P.
6. Serve with cider cream scallops poured over top.



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

#### **Goat Cheese, Tomato & Spinach Stuffed Chicken**

*Ingredients:*

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

\*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.



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### **Meal 3: Meatza**

#### *Ingredients:*

1½# raw, ground pork sausage\* (Italian seasoning is okay)  
1 red onion  
~4oz marinara sauce\*  
2 handfuls of spinach (can use more if desired)  
½c sliced Kalamata olives  
1c shredded mozzarella cheese, optional

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

#### *Instructions:*

1. Preheat oven to 400 F
2. Spread 1½# ground pork sausage into a 9x13" pan as if making a pizza crust. Be sure to go up the edges as the meat will shrink.
3. Bake ~20-25 minutes. Allow to cool.
4. Thinly slice ½ of a red onion
5. Top cooled sausage "crust" with the following:
  - ~4oz marinara sauce
  - ½ of slices red onion
  - 2 handfuls baby spinach
  - 1/3c sliced Kalamata olives
6. Sprinkle ~1c shredded mozzarella cheese on top.
7. Bake for 15 minutes or heated through.



## **Meal 4: Chipotle Bison & Veggie Chili**

### **Chipotle Chili**

#### *Ingredients:*

2-3 cloves garlic  
1 red onion  
3 bell peppers (various colors)  
1 dried chipotle pepper  
1tsp olive oil  
28oz can fire roasted tomatoes\*  
2T chili powder\*  
~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. Boil ~3c water.
  2. Finely chop 2-3 cloves garlic for a total ~1T.
  3. Finely dice 1/2 onion and all 3 bell peppers.
  4. Remove water pot from boil. Place dried chipotle pepper in hot steam water (~3 cups hot water) and allow to re-hydrate.
  5. In a large pot, sauté 1# ground bison for 5 minutes. Add 3 diced bell peppers + diced onion + 1T chopped garlic. Cook for 10 minutes.
  6. Remove & discard seeds & stem from the rehydrated chipotle (option to use a few seeds as desired for added heat).
  7. Place chipotle 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).
  8. Add pureed chili to sautéed veggies.
  9. Add 28oz fire roasted diced tomatoes + 2T chili powder to the chili.
  10. Bring to a boil then lower to low-medium heat, stirring occasionally. Add water or stock as needed.
  11. Continue to cook for 30mins-1 hour.
  12. Season with additional chili powder, S&P as needed.
  13. Remove from heat.
  14. Option to serve topped with jack cheese.
- The chili yields 8 servings. Option: to freeze 1/2 to use at a later date.



### **Salad: Mixed Greens w/ Beets, Shaved Fennel, 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



## **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 + 1¼tsp 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 Almond Butter**

### *Ingredients:*

½c almond 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 almond 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.



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



## January 2018 Recipes, Paleo

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

#### **Maple Mustard Pork Loin**

*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.



### **Meal 3: Shepherd's Pie**

#### *Ingredients:*

2 heads cauliflower  
1 yellow onion  
2-3 carrots  
1 head broccoli  
1# ground lamb (OR sub ground beef)  
1tsp dried thyme  
1tsp dried basil  
S&P  
½c chicken broth\*  
2T tomato paste\*

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

#### *Instructions:*

1. Preheat oven to 375 F.
2. Roughly chop 2 heads cauliflower (~2" pieces) and ½ onion.
3. Finely chop 2-3 carrots.
4. Cut 1 head broccoli into small ½" pieces for ~2c.
5. Steam or boil chopped cauliflower for ~30 minutes or until cooked through/a knife inserts easily. Set aside.
6. 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.
7. Add chopped yellow onion + chopped carrots + chopped broccoli and cook for 10 minutes or until onions are translucent.
8. Add ½c chicken broth + 2T tomato paste and cook 5 more minutes. Season to taste w/ S&P.
9. Place steamed cauliflower pieces in food processor (or blender), puree until just smooth, add water as needed for smooth consistency. Season w/ S&P.
10. In an 8x8" pan, layer the cooked meat followed by the mashed cauliflower. Cover.
11. Bake, covered, 40-50 minutes or until heated through. Option: uncover during final 5-10 minutes of baking to brown topping.



## **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 lemongrass, 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 3½c 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.



## January 2018 Recipes, Gluten Free

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

#### **Salad Components:**

1c seedless grapes  
1-2 avocados  
5oz 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.



# January 2018 Recipes, Gluten Free

## **Breakfast: Lumberjack Muffins**

### *Ingredients:*

1 yellow onion  
1 red bell pepper  
1 large russet potato (OR sub sweet 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 (or sweet) 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 (or sweet) 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).



### **Dessert: Cherry Berry Cobbler**

#### *Ingredients:*

½c butter, unsalted (OR sub coconut oil)  
1½c medjool dates, pitted (~12)  
1c pecans  
1¼c 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, pitted (~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.



## Week 4

### **Meal 1: 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\*

\*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, 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 in last 30 minutes.



## **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.



## **Meal 3: Orange-Cilantro Shrimp & Broccoli w/ Sweet Potato Wedges**

### **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
  - 1tsp 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.

### **Sweet Potato Wedges**

#### *Ingredients:*

2-3 large sweet potatoes  
2-3Tolive oil  
S&P to taste

#### *Instructions:*

1. Preheat oven to 425 F.
2. Cut sweet potatoes into ½" wedges (thick fries).
3. Toss w/ 2-3T olive oil, S&P.
4. Roast sweet potato in a single layer for 30 minutes or cooked/lightly browned., tossing halfway through cook time.



# January 2018 Recipes, Gluten Free

## **Meal 4: Pesto Salmon w/ Roasted Tomatoes & Mushrooms**

### **Spinach Pesto Salmon**

#### *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
2. Spread 1-2T pesto on each salmon fillet.
3. Bake salmon for 18-20 minutes.

### **Roasted Tomatoes & Mushrooms**

#### *Ingredients:*

16oz whole baby bella mushrooms  
2 pints cherry tomatoes  
2T olive oil  
S&P

#### *Instructions:*

1. Preheat oven to 425 F.
2. Quarter 16oz baby bella mushrooms.
3. Toss cherry tomatoes & quartered mushrooms with 2T olive oil + S&P.
4. Roast veggies for 30 minutes.



## January 2018 Recipes, Gluten Free

### **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



## **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 multicolored peppers  
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 dark chocolate with up to ¼c almonds.