



February 2018 Recipes, Gluten Free

Week 1

Week 1 Meal 1: Ginger-Lime Salmon Pouches w/ Red Pepper & Sweet Potato Soup.....	2
Week 1 Meal 2: Oriental Cashew Chicken w/ Rice Noodles.....	3
Week 1 Meal 3: Roasted Pork w/ Apples & Rutabaga	4
Week 1 Meal 4: Slow Cooker Classic Beef & Root Veggie Stew.....	5
Week 1 Salad: Spinach w/ Blueberries, Sliced Almonds & Goat Cheese.....	6
Week 1 Breakfast: Peanut Butter & Cherry Breakfast Cookies	7
Week 1 Snack: Plantain Chips w/ Avocado.....	7
Week 1 Dessert: Gluten Free Cookie Dough Bites.....	7

Week 2

Week 2 Meal 1: Shrimp, Mushrooms & Feta in Tomato Sauce w/ Brown Rice.....	8
Week 2 Meal 2: Sausage, White Bean, Potato & Chard Soup.....	9
Week 2 Meal 3: Chicken w/ Peanut Dipping Sauce, Sesame Broccoli & Brown Rice.....	10
Week 2 Meal 4: Turkey & Zucchini Lasagna	12
Week 2 Salad: Grapefruit & Avocado Salad	13
Week 2 Breakfast: Oatmeal w/ PB & Bananas.....	14
Week 2 Snack: Bell Pepper Slices w/ Peanut Dipping Sauce	14
Week 2 Dessert: PB-Cocoa Oatmeal Cookies.....	15

Week 3

Week 3 Meal 1: Paprika Roasted Chicken w/ Trio of Roasted Veggies.....	16
Week 3 Meal 2: Cauliflower Chowder	17
Week 3 Meal 3: Slow Cooker Curried Short Ribs w/ Polenta	18
Week 3 Meal 4: Turkey Taco Soup	19
Week 3 Salad: Classic Side Salad	20
Week 3 Breakfast: Pear Muffins	21
Week 3 Snack: Olives & Cheese	21
Week 3 Dessert: Cinnamon Honey Coconut "Ice Cream" w/ Walnuts.....	22

Week 4

Week 4 Meal 1: Beef Stir Fry w/ Broccoli & Sesame Quinoa	23
Week 4 Meal 2: Chili Roasted Sea Bass w/ Mexican Quinoa Pilaf	24
Week 4 Meal 3: Lemon-Parsley Pork Chops w/ Cabbage & Apples.....	25
Week 4 Meal 4: Pinto Bean, Kale & Sweet Potato Soup	26
Week 4 Salad: Mixed Greens w/ Strawberries, Pecans & Goat Cheese	27
Week 4 Breakfast: Sweet Potato Bird's Nests	28
Week 4 Snack: Pear w/ Sunflower Seed Butter	29
Week 4 Dessert: Strawberries & Dark Chocolate	29



February 2018 Recipes, Gluten Free

Week 1

Week 1 Meal 1: Ginger-Lime Salmon Pouches w/ Red Pepper & Sweet Potato Soup

Ginger-Lime Salmon Pouches

Ingredients:

2 limes
2" knob ginger
4 salmon fillets (or substitute with seabass or tilapia)
4 x 8" squares of parchment paper
Salt to taste

Instructions:

1. Preheat oven to 400 F.
2. Thinly slice 2 limes and grate a 2" knob of ginger for ~1T.
3. Place each salmon fillet on a separate ~8" square parchment paper.
4. Spread 1T grated ginger & sprinkle salt evenly over all 4 fillets.
5. Top each fillet with a single layer of thinly sliced limes (~3 slices/ salmon). Fold over parchment to make "pouches". See how-to photos at PrepDish.com/salmonpouch.
6. Bake for 16-18 minute or just cooked through/ flaky. Note: remove lime slices, do not eat.

Red Pepper & Sweet Potato Soup

Ingredients:

2 sweet potatoes, ~1#
2 red bell peppers
1 large yellow onion
3 cloves garlic
4c vegetable broth*
¼tsp chipotle or ancho chili powder*
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Roughly chop 2 sweet potatoes, 2 red bell peppers, 3 garlic cloves & yellow onion. (This will eventually be pureed, so the chop can be rough and fairly large, ~2-3").
2. In a large soup pot heat 1tsp olive oil + 1 chopped onion + 3 chopped garlic cloves + 2 chopped red bell peppers, cook over medium-high heat for 10 minutes.
3. Add 2 chopped sweet potato and cook 5 more minutes.
4. Add 4c vegetable broth, lower to a simmer and cook for 30 minutes or sweet potato is cooked through (a knife slides easily in/out). Option: Allow to cool to make handling easier.
5. Place cooked and cooled veggies into blender w/ ¼tsp salt. Blend until smooth adding water as needed. Note: Blend in 2-3 batches as necessary.
6. Add salt & ¼tsp chipotle powder to taste (chipotle adds spice, adjust accordingly, for less spice replace w/ 1T chili powder).



February 2018 Recipes, Gluten Free

Week 1 Meal 2: Oriental Cashew Chicken w/ Rice Noodles

Oriental Sauce

Ingredients:

3 cloves garlic
1½" knob ginger
2 green onions
1T olive oil
3T tamari*
1T rice vinegar
½c toasted cashews

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

Instructions:

1. Mince 3 cloves garlic and grate 1tsp ginger.
2. Slice 2 green onions, separating white and green sections. Set aside green sections.
3. Heat 1T olive oil in a sauce pan over low heat.
4. Add 3 cloves minced garlic + 1tsp grated ginger + sliced white part of green onions.
5. Cook over low heat for 3-5 min.
6. Add 3T tamari + 1T rice vinegar + ½c toasted cashews.
7. Cook for 2-3 more minutes.

Rice Noodles

Ingredients:

1 package rice noodles

Instructions:

1. Cook rice noodles as directed.

Oriental Cashew Chicken

Ingredients:

6 boneless, skinless chicken thighs, ~1#
1T sesame seeds
1T toasted sesame oil
Pinch of red pepper flakes, optional

Instructions:

1. Cut the chicken thighs into strips, ~1" thick.
2. In a large sauté pan, combine oriental sauce & sliced chicken thighs.
3. Cook over med-high heat until chicken is cooked, ~5-8 mins.
4. Divide chicken mixture over rice noodles and sprinkle w/ sesame seeds and sliced green onion (green part).
5. Top w/ 1T toasted sesame oil and pinch of red pepper flakes, optional.



February 2018 Recipes, Gluten Free

Week 1 Meal 3: Roasted Pork w/ Apples & Rutabaga

Ingredients:

1 large rutabaga, ~2# (OR sub radishes or potatoes)
2 medium apples (like gala or granny smith)
1 lemon
3T grass-fed butter (OR sub olive oil)
1# boneless pork chops, ~¾" thick
S&P
2T apple cider vinegar
½tsp dried rosemary

Instructions:

1. Preheat oven to 375F.
2. Peel & cut rutabaga into 1" cubes. Cut 2 apples into 1" slices. Sprinkle rutabaga and apples with lemon juice so they do not oxidize.
3. In an oven safe skillet or Dutch oven, melt 3T butter or olive oil over high heat.
4. Season pork chops with S&P and cook for 1-2 mins/ side.
5. Add 2T apple cider vinegar to pan & place cubed rutabaga on top of pork. Season w/ S&P.
6. Top w/ sliced apples & ½tsp rosemary.
7. Cook covered for 30 mins. Remove cover and cook for an additional 15 mins.



February 2018 Recipes, Gluten Free

Week 1 Meal 4: Slow Cooker Classic Beef & Root Veggie Stew

Ingredients:

2 large carrots
3 stalks celery
2 parsnips, ~1/4 #
1 large yellow onion
2 garlic cloves
1 1/2# grassfed beef stew meat
14.5oz can diced tomatoes*
1c red wine (OR sub beef broth OR water)
3T Italian seasoning*
S&P
1/4# mini red potatoes
4-6c beef broth*

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

Instructions:

1. Chop 2 carrots, 3 stalks celery, 2 parsnips & 1 yellow onion. Finely chop 2 garlic cloves.
2. Cut 1 1/2# beef stew meat into 1" cubes if not pre-cut. Set aside.
3. In a lg bowl, combine:
 - 1 can diced tomatoes
 - 1c red wine (can sub beef broth or water)
 - 1c water (can sub beef broth)
 - 3T Italian seasoning
4. Toss combination all together with 1 1/2# beef stew meat + S&P.
5. Place chopped veggies + 1/4# mini red potatoes (cut in 1/2 if larger than a ping pong ball) + seasoned stew meat + 4c beef broth in a slow cooker.
6. Cook on low for ~8-10 hours or high for 4-6 hours.

Note: Extra carrots & parsnips? Dice into 1" coins, toss w/ 1T olive oil, S&P & roast at 375 F for ~30 min. Great for a side or snack!



February 2018 Recipes, Gluten Free

Week 1 Salad: Spinach w/ Blueberries, Sliced Almonds & Goat Cheese

Salad Components:

1-pint blueberries
5oz baby spinach
½c sliced almonds
4oz goat cheese crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. In a container layer the following (option to store in the salad tub):
 - ½ of spinach
 - ¼c sliced almonds
 - ½ pint blueberries
 - 2oz goat cheese crumbles (optional)
2. Repeat layers.

For Balsamic Dressing:

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



February 2018 Recipes, Gluten Free

Week 1 Breakfast: Peanut Butter & Cherry Breakfast Cookies

Ingredients:

- 1 egg (omega-3)
- 1c medjool dates, ~8
- 1c peanut butter*
- ½c dried cherries*

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

Instructions:

1. Preheat oven to 325 F.
2. Place 1 egg & 1c pitted medjool dates (~8) in a blender or food processor. Blend until smooth (3-4 minutes).
3. Add in 1c peanut butter, blending until mixed through.
4. Stir in ½c dried cherries.
5. Drop by spoonful (best to use a 1.5T ice cream scoop) onto an oiled baking sheet.
6. Bake in 325 F oven for ~15 minutes.

Week 1 Snack: Plantain Chips w/ Avocado

Ingredients:

- 2 avocados
- 1-2 limes
- Salt to taste
- 1 bag plantain chips

Instructions:

1. Slice 2 avocados (½ avocado per serving), sprinkle with lime juice & salt. Serve w/ plantain chips

Week 1 Dessert: Gluten Free Cookie Dough Bites

Ingredients:

- ¼c coconut oil, melted
- ¼c maple syrup
- 1tsp vanilla
- 2c almond flour
- ¼c mini chocolate chips

Instructions:

1. Whisk together: ¼c coconut oil (melted) + ¼c maple syrup + 1tsp vanilla
2. Gently stir in: 2c almond flour + ¼c mini chocolate chips
3. Roll into 1T sized balls. Store in fridge or freezer.
4. Option to drizzle with melted chocolate.

Yields ~16



February 2018 Recipes, Gluten Free

Week 2

Week 2 Meal 1: Shrimp, Mushrooms & Feta in Tomato Sauce w/ Brown Rice

Shrimp, Mushrooms & Feta in Tomato Sauce

Ingredients:

- 1 small yellow onion
 - 2-3 cloves garlic
 - 1 bunch basil
 - 1 bunch dill
 - 2-3tsp olive oil
 - 8oz sliced mushroom
 - 24oz tomato sauce*
 - 4oz crumbled feta, optional
 - 1-1½# shrimp (peeled & deveined)
 - S&P to taste
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 450 F. Note: If shrimp has excess liquid, be sure to drain off before baking, (esp w/ previously frozen shrimp).
2. Finely chop yellow onion.
3. Finely chop 2-3 cloves of garlic (~1-2T).
4. Finely chop 1 bunch basil. Finely chop dill for ~2-3T.
5. In large sauté pan over med-high heat, add 2-3tsp olive oil + chopped onion + 1-2T chopped garlic + 8oz sliced mushrooms. Sauté for 10 mins, cool.
6. Add 24oz tomato sauce, chopped basil, 2-3T chopped dill & 2oz crumbled feta (optional).
7. Place in dish, top w/ 1-1½# shrimp, 2oz feta (optional) & S&P.
8. Bake shrimp in tomato sauce, covered, for ~40 mins.
9. Remove cover, bake for an additional 5-10 mins, until shrimp change from translucent to a white color. Allow to cool.

Brown Rice

Ingredients:

- 1c brown rice

Instructions:

1. Place 2c water + 1c brown rice in a pan and bring to a boil, lower heat to low, cover with a lid and cook 30-45 mins.



February 2018 Recipes, Gluten Free

Week 2 Meal 2: Sausage, White Bean, Potato & Chard Soup

Ingredients:

2-3 cloves garlic
1 small yellow onion
1# Yukon gold potatoes (~2 med potatoes)
1 carrot
1 bunch Swiss chard
1/2# raw chicken sausage*
4c chicken broth*
2T Italian seasoning*
15oz can cannellini beans*
S&P to taste
2oz shredded parmesan, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop & set aside separately:
 - 2-3 cloves garlic
 - 1 small yellow onion
 - 1# potatoes
 - 1 carrot
 - chard stems
 - chard leaves
2. Heat 1tsp olive oil in large pot over med-high heat. Add sausage (breaking apart), garlic & chopped veggies (onion, potatoes, carrot & chart stems)
3. Cook for 10 mins.
4. Add 4c chicken broth + 4c water + 2T Italian seasoning, simmer for 20-30 minutes, stirring occasionally.
5. Add chopped chard leaves & 15oz cannellini beans (drained & rinsed). Simmer 5-10 minutes & season w/ S&P.
6. Option to top w/ parmesan.



February 2018 Recipes, Gluten Free

Week 2 Meal 3: Chicken w/ Peanut Dipping Sauce, Sesame Broccoli & Brown Rice

Peanut Dipping Sauce

Ingredients:

14oz can lite coconut milk*

1/2c peanut butter*

1" knob ginger

1tsp red curry paste*

1tsp honey

1 lime

1tsp low-sodium tamari*

S&P to taste

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

Instructions:

1. In a blender combine:
 - 3/4c lite coconut milk
 - 1/2c peanut butter
 - 2" fresh ginger, peeled, roughly chopped
 - 2tsp red curry paste (adjust according to desired heat)
 - 1tsp honey
 - 2tsp lime juice (~juice of 1 lime)
 - 1tsp low-sodium tamari
2. Refrigerate half of sauce for later use.

Chicken

Ingredients:

4 boneless, skinless chicken breasts

2T olive oil

Instructions:

1. Preheat oven to 425 F.
2. Brush 4 chicken breasts with olive oil.
3. Roast 30-40 mins until cooked to 165F (option to cook on same sheet pan as broccoli).
4. Serve with peanut dipping sauce.



February 2018 Recipes, Gluten Free

Sesame Broccoli

Ingredients:

1 head broccoli
2T toasted sesame oil
1-2T chili flakes, optional
S&P to taste

Instructions:

1. Preheat oven to 425 F.
2. Chop broccoli into bite-sized pieces.
3. Toss w/ 2T toasted sesame oil + 1-2T red chili flakes (optional), S&P.
4. Place broccoli on sheet pan in a single layer.
5. Roast for ~30-35 minutes, tossing halfway through.

Brown Rice

Ingredients:

1c brown rice

Instructions:

1. Place 2c water + 1c brown rice in a pan and bring to a boil, lower heat to low, cover with a lid and cook 30-45 minutes.



February 2018 Recipes, Gluten Free

Week 2 Meal 4: Turkey & Zucchini Lasagna

Ingredients:

1 small yellow onion
1-2 cloves garlic
1 bunch basil
2 zucchini (~1/2#)
1# ground turkey, 85% lean
1T Italian seasoning mix*
24oz tomato sauce
32oz organic Greek yogurt, optional
5oz shredded parmesan, optional
15oz can cannellini beans* (only if making dairy-free lasagna)
Brown rice lasagna noodles
S&P to taste

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

Instructions:

1. Preheat oven to 400 F.
 2. Finely chop yellow onion, 1-2 cloves of garlic & 1 bunch basil.
 3. Thinly slice 2 zucchini into long strips lengthwise (resembling lasagna noodles). This works best on a mandolin.
 4. In a large sauté pan over med-high heat, cook 1# ground turkey + 1 chopped small yellow onion + 1T Italian seasoning + 1tsp chopped garlic for ~12 minutes.
 5. Stir in ~24oz tomato sauce, remove from heat, allowing to cool.
 6. Stir together the following for the "white layer":
 - 32oz yogurt
 - 1/2 of chopped basil
 - 1c shredded parm
- *** (Option: omit white layer or replace w/ 1 can white beans, pureed until smooth with chopped basil)
7. Assemble lasagna by layering in a 9x13" pan:
 - 1/2 turkey-tomato sauce
 - a layer of brown rice lasagna noodles (uncooked is fine)
 - 3/4 of "white layer"
 - zucchini "noodles"
 - remaining 1/2 tomato sauce
 8. Dot w/ remaining "white layer" & top w/ 1/2 c parmesan and remaining chopped basil (optional).
 9. Cover with foil and bake for ~50min to 1 hr, or until bubbly & heated through.
 10. Allow to cool ~10 minutes.



February 2018 Recipes, Gluten Free

Week 2 Salad: Grapefruit & Avocado Salad

Salad Components:

2 large grapefruit
1 avocado
5oz mixed greens
½c sliced almonds

Dressing:

2T olive oil
2T grapefruit juice
1T honey
2T champagne vinegar

Instructions:

1. Remove peel (and white outer membrane) from grapefruit.
2. Cut in bite-sized pieces, reserve 2T grapefruit juice for dressing.
3. Dice avocado.
4. Layer in container as follows:
 - ½ mixed greens
 - ½ chopped grapefruit
 - ¼c sliced almonds
5. Repeat layers.
6. Add avocado to top of salad.

For Champagne Vinaigrette:

1. Whisk together:
 - 2T olive oil
 - 2T reserved grapefruit juice
 - 1T honey
 - 2T champagne vinegar



February 2018 Recipes, Gluten Free

Week 2 Breakfast: Oatmeal w/ PB & Bananas

Ingredients:

2c gluten-free oatmeal

4 bananas

~1/2 c peanut butter*

Optional add-ins: cinnamon, coconut milk, or cocoa powder

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

Instructions:

1. Bring 4c water to a boil add 2c oats reduce to low, 10-20 mins, stir occasionally.
2. Stir in ~2T peanut butter & 1 sliced banana for each portion.
3. Option to add coconut milk, sprinkle of cinnamon or 1-2T cocoa powder.

Week 2 Snack: Bell Pepper Slices w/ Peanut Dipping Sauce

Ingredients:

4 bell peppers (variety of colors)

14oz can lite coconut milk*

1/2c peanut butter*

1" knob ginger

1tsp red curry paste*

1tsp honey

1 lime

1tsp low-sodium tamari*

S&P to taste

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

Instructions:

1. Chop bell pepper into strips (for snacking).
3. In a blender combine:
 - 3/4c lite coconut milk
 - 1/2c peanut butter
 - 2" fresh ginger, peeled, roughly chopped
 - 2tsp red curry paste (adjust according to desired heat)
 - 1tsp honey
 - 2tsp lime juice (~juice of 1 lime)
 - 1tsp low-sodium tamari
4. Refrigerate half of sauce for later use.
5. Serve bell peppers with Peanut Butter Dipping Sauce.



February 2018 Recipes, Gluten Free

Week 2 Dessert: PB-Cocoa Oatmeal Cookies

Ingredients:

½c honey

¼c coconut oil

¼c lite coconut milk*

¼c unsweetened cocoa powder

1tsp vanilla*

¼c peanut butter*

½tsp cinnamon

2c gluten-free oatmeal

Parchment paper (OR foil)

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

Instructions:

1. In a medium pot over high heat, cook until just bubbly:
 - ½c honey
 - ¼c coconut oil
 - ¼c lite coconut milk
 - ¼c cocoa powder
2. Let bubble on low for ~1 min, stirring constantly.
3. Remove from heat and stir in:
 - 1tsp vanilla
 - ¼c peanut butter
 - ½tsp cinnamon
4. Stir in 2c oats.
5. Drop by the tablespoonful onto parchment paper or foil.
6. Allow to cool. Yield ~20 cookies.



February 2018 Recipes, Gluten Free

Week 3

Week 3 Meal 1: Paprika Roasted Chicken w/ Trio of Roasted Veggies

Paprika Roasted Chicken

Ingredients:

- ¼c olive oil
- 2T smoked paprika
- 1tsp salt
- 4 chicken leg quarters (OR sub chicken breasts)

Instructions:

1. Preheat oven to 425 F.
2. Whisk together:
 - ¼c olive oil
 - 2T smoked paprika
 - 1tsp salt
3. Add 4 chicken legs, covering completely.
4. Roast for ~35-40 minutes or chicken is cooked through (165 F).

Trio of Roasted Veggies

Ingredients:

- 2 carrots
 - 2 parsnips
 - 1 bulb fennel
 - 1T olive oil
 - 1T Italian seasoning*
 - 1tsp salt
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 425 F.
2. Slice 2 carrots & 2 parsnips into bite-sized pieces (~1").
3. Cut white bulb of fennel into 1" slices, discard green fronds.
4. Toss all together with
 - 1T olive oil
 - 1T Italian seasoning
 - 1t salt
5. Place vegetables in a single layer on a baking sheet.
6. Roast for ~35-40 minutes.



February 2018 Recipes, Gluten Free

Week 3 Meal 2: Cauliflower Chowder

Ingredients:

1 yellow onion
2 stalks celery
2 carrots
1 red bell pepper
4 slices bacon*
3 cloves garlic
1 head cauliflower
1T sherry vinegar
2c vegetable broth*
1 can full fat coconut milk
S&P

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

Instructions:

1. Dice 1 onion, 2 stalks celery, 2 carrots, ½ red bell pepper & 4 slices bacon. Set aside separately.
2. Mince 3 cloves garlic.
3. Roughly chop 1 head cauliflower. Keep separate from other veggies.
4. In a large stock pot over medium heat, add 4 slices diced bacon and cook until brown and crispy.
5. Remove bacon and set aside for garnish.
6. To the same pot, add 1 diced onion + 2 diced carrots + 2 diced stalks celery + minced garlic to bacon fat.
7. Stir occasionally until tender.
8. Add in 1 head chopped cauliflower and cook until barely tender, ~3-4 mins.
9. Add 1T sherry vinegar and let cook off a bit.
10. Add 2c veggie broth, bring to a boil.
11. Add 1 can full fat coconut milk & simmer until cauliflower is tender.
12. Add S&P to taste.
13. Serve w/ garnish of bacon and diced red bell pepper.

*Option: for a smoother texture, puree some (or all) of the soup using an immersion blender.



February 2018 Recipes, Gluten Free

Week 3 Meal 3: Slow Cooker Curried Short Ribs w/ Polenta

Curried Slow Cooker Ribs

Ingredients:

2 yellow onions

1 can lite coconut milk

3T red curry paste*

¼c low sodium tamari

1T apple cider vinegar

2# grassfed beef short ribs

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

Instructions:

1. Roughly chop 2 yellow onions.
2. For curry mixture, whisk together:
 - 1 can lite coconut milk
 - 3T red curry paste
 - ¼c tamari
 - 1T apple cider vinegar
3. In a slow cooker, place:
 - chopped onion
 - 2# beef short ribs
 - curry mixture
4. Cover over low for 10-12 hours (or high for 5-6 hours).

Note: To cook in oven, place sauce & ribs in a 9x13 pan topped with foil or in a Dutch oven at 325 F for 2-3 hours

Polenta

Ingredients

1c cornmeal

½tsp salt

Instructions

1. Bring 4c water to a boil and add 1c cornmeal, whisking constantly.
2. Add ½tsp salt, reduce heat to low & continue to cook for 30-35 min.
3. Whisk occasionally, making sure to scrape edges/ bottom of pan to avoid sticking.



February 2018 Recipes, Gluten Free

Week 3 Meal 4: Turkey Taco Soup

Ingredients:

1 yellow onion
2 red bell peppers
2 garlic cloves
1 jalapeño
1 corn cob
1tsp olive oil
¾# ground turkey, ~93% lean
2T taco seasoning*
2c tomato puree*
4c chicken broth*
1 can black beans*
1 can red beans*
1 avocado, optional
Greek yogurt and/or shredded cheese, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Finely chop & set aside separately:
 - 1 yellow onion
 - 1½ red bell peppers
 - 2 cloves garlic
 - 1 jalapeño (discard seeds)
 - cut corn from cob
2. In a large soup pot over med-high heat, add: 1tsp olive oil + chopped veggies (1 yellow onion + 1½ bell pepper + 2 garlic cloves + 1 jalapeño).
3. Cook veggies for ~5 minutes.
4. Add ¾# ground turkey + 2T taco seasoning, crumbling meat & cooking additional 10 mins.
5. Add 2c tomato puree + 4c broth, turn to low, cook for 30 minutes.
6. Add 1 can drained black beans + 1 can drained red beans + corn. Cook for 10 minutes.
7. Dice 1-2 avocados.
8. Top soup with diced avocado, Greek yogurt and/or shredded cheese as desired.



February 2018 Recipes, Gluten Free

Week 3 Salad: Classic Side Salad

Salad Components:

1 small cucumber
1 pint cherry tomatoes
1 avocado, optional
5oz mixed greens

Italian Vinaigrette:

½c olive oil
¼c red wine vinegar
1T honey, optional
1T Italian seasoning*
S&P to taste

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

Instructions:

1. Chop cucumber into bite sized pieces.
2. Halve cherry tomatoes.
3. Dice avocado (optional).
4. Layer in container as follows:
 - ½ of mixed greens
 - ½ chopped cucumber
 - ½ pint cherry tomato halves
5. Repeat layers.
6. Optional: Add diced avocado to top of salad.

For Italian Vinaigrette:

1. Whisk together:
 - ½ c olive oil
 - ¼c red wine vinegar
 - 1T honey (optional)
 - 1T Italian seasoning
 - S&P to taste



February 2018 Recipes, Gluten Free

Week 3 Breakfast: Pear Muffins

Ingredients:

4 pears, soft
3c almond flour
1½tsp baking soda
1½tsp baking powder
1T pumpkin pie spice
4 eggs
1/3c maple syrup
1tsp vanilla extract
Muffin liners

Instructions:

1. Preheat oven to 350 F.
2. Finely dice 2 pears, set aside; roughly chop 2 pears (these 2 will be pureed), set aside.
3. Stir together in large bowl:
 - 3c almond flour
 - 1½tsp baking soda
 - 1½tsp baking powder
 - 1T pumpkin pie spice
4. In blender, puree together:
 - 4 eggs
 - 1/3c maple syrup (or brown sugar)
 - 1tsp vanilla extract
 - 2 pears, roughly chopped
5. Add wet ingredients to dry and stir in 2 diced pears.
6. Place muffin liners in muffin tin. Fill 2/3 full and bake at 350F for 32-38 minutes or until tops spring back when pressed.
(Yields 20-22 muffins)

Week 3 Snack: Olives & Cheese

Ingredients:

4oz grassfed mozzarella (OR sub cheese of choice)
1 jar Kalamata olives

Instructions:

1. Chop 4oz mozzarella into cubes for snacking.
2. 1 serving = 1oz mozzarella with 4 Kalamata olives.



February 2018 Recipes, Gluten Free

Week 3 Dessert: Cinnamon Honey Coconut "Ice Cream" w/ Walnuts

Ingredients:

3 cans full fat coconut milk
½ c honey
1T vanilla extract
2 tsp cinnamon
½c walnuts, optional

Instructions:

1. Place the following in a blender:
 - 3 cans full fat coconut milk
 - ½c honey
 - 1T vanilla extract
 - 2tsp cinnamon
 - ½c walnuts (optional)
2. Blend until combined and walnuts are chopped.
3. Place ice cream maker bowl in the freezer- it can take up to 24 hours to freeze.
4. Chill mixture completely through in the fridge until ice cream maker bowl is ready to make the ice cream.
5. Place ice cream mixture in ice cream maker according to machine instructions. Best to eat immediately. *

*If ice cream is frozen prior to eating, let it set on counter for 5-10 minutes before serving, allowing to soften.

Note: if you don't have an ice cream maker, freeze the above mixture into popsicle molds.



February 2018 Recipes, Gluten Free

Week 4

Week 4 Meal 1: Beef Stir Fry w/ Broccoli & Sesame Quinoa

Beef Stir Fry w/ Broccoli

Ingredients:

- 1 head broccoli
 - 3 cloves garlic
 - ~3" ginger knob
 - ¼c low-sodium tamari*
 - 1T toasted sesame oil
 - 1# grass-fed beef stir-fry meat (cut into thin strips)
 - Red chili flakes, optional
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Chop broccoli into small bite-sized pieces.
2. Finely chop 3 cloves garlic.
3. Grate ginger to equal ~2T.
4. Whisk together:
 - ¼c low-sodium tamari
 - 1T toasted sesame oil
 - 2T fresh grated ginger
 - 3 cloves chopped garlic
5. Pour mixture over 1# sliced stir fry beef to marinate.
6. Heat 1tsp oil in large sauté pan or wok over medium-high heat.
7. Cook broccoli 10 mins.
8. Scoot veggies to side & add beef to pan (including marinade). Cook for 3-5 minutes, or until the pink of the meat is just disappearing.
9. Option to top stir-fry with red chili flakes as desired.
10. Serve immediately over quinoa.

Sesame Quinoa

Ingredients:

- 1c quinoa
- 2T toasted sesame oil

Instructions:

1. Add 2c water + 1c quinoa to large pot.
2. Bring to a boil, turn heat to low.
3. Cook 20-25 minutes.
4. Toss cooked quinoa (~3c) w/ 2T toasted sesame oil.



February 2018 Recipes, Gluten Free

Week 4 Meal 2: Chili Roasted Sea Bass w/ Mexican Quinoa Pilaf

Chili Roasted Sea Bass

Ingredients:

2T olive oil
2tsp chili powder*
1tsp salt
4 Chilean sea bass fillets (OR sub salmon)
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 425 F.
2. In a bowl whisk together: 2T olive oil + 2tsp chili powder + 1tsp salt.
3. Evenly spread above marinade over sea bass.
4. Place fish in baking pan & roast for 20-22 minutes or until cooked through/ flaky.

Mexican Quinoa Pilaf

Ingredients:

1c quinoa
1 pint cherry tomatoes
1 bunch fresh cilantro
1 can black beans*
½c pumpkin seeds
2-3 limes
¼c olive oil
S&P
1-2 avocados
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Add 2c water + 1c quinoa to large pot. Bring to a boil, and turn heat to low.
2. Cook for 20-25 minutes then allow to cool.
3. Quarter 1 pint cherry tomatoes and chop cilantro for ~2T.
4. In large bowl toss together the following:
 - 3c cooked quinoa
 - chopped cherry tomatoes
 - 1 can black beans, drained/ rinsed
 - ½c pumpkin seeds
 - ~2T cilantro
 - juice of 2-3 limes
 - ¼c olive oil
 - S&P to taste
5. Mash 1-2 avocados and season w/ lime juice, S&P. Serve on side.



February 2018 Recipes, Gluten Free

Week 4 Meal 3: Lemon-Parsley Pork Chops w/ Cabbage & Apples

Lemon Parsley Pork Chops (*marinate in fridge 1 hour up to 24 hours*)

Ingredients:

2 lemons
½c olive oil
1 bunch fresh parsley
1tsp salt
4-8 thin-cut, bone-in pork chops

Instructions:

1. Preheat oven to 425 F.
2. Blend the following until the parsley is chopped:
 - juice of 2 lemons
 - ½c olive oil
 - large handful fresh parsley
 - 1tsp salt
3. Place pork chops in marinade for at least 1 hour.
4. Remove pork chops from marinade.
5. Bake pork chops in single layer on a baking sheet for 12-15 minutes or until 150 F internal temp.

Cabbage & Apples

Ingredients:

1 head purple cabbage
2 granny smith apples
1tsp apple cider vinegar, optional
1tsp butter or ghee
S&P to taste

Instructions:

1. Chop cabbage into thin 2" strips (can also use a food processor attachment for this), set aside.
2. Chop 2 granny smith apples into bite-sized pieces, set aside.
3. Heat 1tsp butter (option: ghee or coconut oil) over med heat & place chopped apple and cabbage in pan.
4. Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.
5. Cover and cook over medium heat for ~30-40 minutes, stirring occasionally.
6. Remove lid during final 5-10 mins of cooking.



February 2018 Recipes, Gluten Free

Week 4 Meal 4: Pinto Bean, Kale & Sweet Potato Soup

Ingredients:

3 cloves garlic

1 bunch kale

1 large sweet potato

1 small yellow onion

1tsp olive oil

2T chili powder*

1T cumin

1tsp ancho chili powder, optional

4c vegetable broth*

1 can pinto beans*

S&P to taste

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

Instructions:

1. Finely chop 3 cloves garlic.
2. Remove leaves from stems of kale and finely chop both leaves and stems separately.
3. Finely chop 1 sweet potato into small bite-sized pieces.
4. Finely chop 1 small yellow onion.
5. In a large soup pot heat 1tsp oil over med-high heat. Add:
 - 2T chili powder
 - 1T cumin
 - 1tsp ancho chili powder (adjust for heat preference)
 - Chopped garlic cloves
 - Chopped sweet potatoes
 - Chopped kale stems
 - Chopped onion
6. Sauté for 8-10 minutes.
7. Add 4c low sodium vegetable broth + 4c water.
8. Add finely chopped kale leaves.
9. Bring to a boil, lower to a simmer and cook for 20 minutes.
10. Add 1 can pinto beans (drained).
11. Season to taste with S&P and additional ancho powder as desired.



February 2018 Recipes, Gluten Free

Week 4 Salad: Mixed Greens w/ Strawberries, Pecans & Goat Cheese

Salad Components:

1 pint strawberries
5oz mixed greens
½c chopped pecans
4oz goat cheese crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Slice strawberries into bite-sized pieces.
2. Layer in container as follows:
 - ½ of mixed greens
 - ½ of sliced strawberries
 - ¼c chopped pecans
 - 2oz goat cheese (optional)
3. Repeat layers.

For Balsamic Dressing:

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



February 2018 Recipes, Gluten Free

Week 4 Breakfast: Sweet Potato Bird's Nests

Ingredients:

- 8 muffin liners, optional
- 1 large sweet potato (OR sub 1 bag spiralized sweet potato)
- 1 small yellow onion
- 3 baby Portobello mushrooms
- 12oz ground breakfast sausage*
- 8 eggs (omega-3)
- S&P to taste
- * Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 350F.
2. Grease or line 8 cups of a muffin pan.
3. With a spiralizer, spiralize 1 large sweet potato. (*If not using a spiralizer, bake instead by wrapping in foil and baking in 350F oven for 1-1½ hr or until knife inserts easily. Remove from oven and cool).
4. Finely chop 1 small onion for ~2T and dice 3 mushrooms. Set aside together.
5. In a large skillet, brown 12oz ground breakfast sausage. Cool.
6. Place spiralized sweet potato, evenly, into muffin tins until they are about halfway full.
7. Crack 1 egg and place on top of spiralized sweet potato.
8. Top w/ ground sausage, 2T yellow onion & diced mushrooms.
9. Sprinkle w/ S&P, cover w/ foil and bake for 15 mins.
10. Remove foil & cook for ~5 mins to crisp sweet potato if desired.

*Note: If you do not have a spiralizer and chose to make mashed sweet potatoes, serve sweet potatoes on side. The egg cups will require less time to bake as well since they will not have sweet potato on the bottom.



February 2018 Recipes, Gluten Free

Week 4 Snack: Pear w/ Sunflower Seed Butter

Ingredients:

½c sunflower seed butter*

4 pears

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

Instructions:

1. Use an apple slicer (or knife) to slice pear.
2. 1 serving = 1 pear + 1-2T sunflower seed butter.

Week 4 Dessert: Strawberries & Dark Chocolate

Ingredients:

1 pint strawberries

1 bar dark chocolate*

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

Instructions:

1. 1 serving = 4 strawberries + 1 square dark chocolate.