



March 2018 Recipes, Gluten Free

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Week 1 Meal 1: Sesame-Ginger Salmon w/ Curried Eggplant & Cauliflower

Sesame Ginger Salmon

Ingredients:

1/4c low-sodium tamari*
1T toasted sesame oil
2" ginger knob
4 salmon fillets, 4-6oz each

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

Instructions:

1. Preheat oven to 400 F.
2. Grate ginger to equal ~2T.
3. For marinade, whisk together:
 - 1/4c low-sodium tamari (or other gluten-free soy sauce)
 - 1T toasted sesame oil
 - 2T fresh grated ginger
4. Pour over 4 salmon fillets. Let marinate for at least 1 hour, but no longer than 24 hours.
5. Remove salmon from marinade and place on a parchment-lined baking sheet. Bake for 16-20 minutes or cooked through/ flaky.

Curried Eggplant & Cauliflower

Ingredients:

1 head cauliflower
1 eggplant
1/4c olive oil
1-2T red curry paste*
3/4tsp salt

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

Instructions:

1. Preheat oven to 400 F.
2. Cut 1 head cauliflower & 1 eggplant into small, bite-sized pieces, ~1/2", set aside.
3. Whisk together:
 - 1/4c olive oil
 - 3/4c water
 - 1-2T red curry paste
 - 3/4tsp salt
4. Toss above with chopped eggplant & cauliflower.
5. Place seasoned cauliflower & eggplant in a large baking pan and roast for 35-40 minutes, tossing halfway through.



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Week 1 Meal 2: Apricot-Glazed Chicken Thighs w/ Green Beans & Sweet Potatoes

Apricot-Glazed Chicken Thighs

Ingredients:

½c apricot preserves
1 bunch cilantro
1 small garlic clove
1/8tsp cayenne pepper
1-1½# chicken thighs (boneless, skinless)

Instructions:

1. Preheat oven to 425 F.
2. Place the following in a blender:
 - ½c apricot preserves
 - handful of cilantro
 - small garlic clove
 - 1/8tsp cayenne
3. Blend until smooth. Top 1-1½# chicken thighs evenly with apricot glaze.
4. Marinate for at least 1 hour.
5. Place chicken in a baking pan & bake for 35 minutes or cooked through to 165 F.

Green Beans

Ingredients:

3c green beans (trimmed/ pre-cut OK)
S&P

Instructions:

1. Trim & cut ~3c green beans into 1-2" pieces (if not trimmed/ pre-cut).
2. Steam (or boil) green beans for 6-8 minutes. Season w/ S&P.

Sweet Potatoes

Ingredients:

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

S&P

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

Instructions:

1. Preheat oven to 425 F.
2. Cut 2 lg sweet potatoes into 1" cubes. Toss w/ 1T olive oil, 3T Italian seasoning, S&P.
3. Place sweet potatoes on an oiled sheet tray, roast for 35-40min, tossing halfway through cooking.



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Week 1 Meal 3: Grassfed Beef & Mushroom Spaghetti

Gluten Free Spaghetti

Ingredients

1 pkg gluten free spaghetti

Instructions

1. Bring large pot of water to a boil. Cook gluten free spaghetti according to package instructions.

Grassfed Beef & Mushroom Marinara

Ingredients:

1# grassfed ground beef

8oz sliced mushrooms

32oz tomato sauce*

2-3T Italian seasoning*

S&P

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

Instructions:

1. In lg sauté pan, add 1# ground beef (breaking apart) + sliced mushrooms & sauté 15 min, stirring occasionally.
2. Add 32oz tomato sauce, season w/ 2-3T Italian seasoning, S&P to taste.
3. Stir to combine, shut off heat.
4. Serve over gluten free spaghetti noodles.



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Week 1 Meal 4: Sausage, Shrimp & Veggie Gumbo

Ingredients:

1 yellow onion
2 green bell peppers
3 cloves garlic
1 link (~3oz) raw andouille sausage*
2tsp Creole seasoning
~4c chicken broth*
12-16oz frozen cut okra
12oz shrimp (peeled, deveined, fresh or frozen)
1c brown rice
S&P

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

Instructions:

1. Chop the following & set aside:
 - 1 yellow onion
 - 2 green bell peppers
 - 3 cloves garlic (for ~1T)
2. In a large stock pot over med-high heat, sauté sausage (removed from casing), for 2-3 minutes, breaking apart.
3. Add chopped bell peppers + chopped onion + ~1T chopped garlic + 2tsp Creole seasoning, sauté 7-8 minutes.
4. Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.
5. Add 12-16oz frozen cut okra, 12oz peeled shrimp and 1c uncooked brown rice. Increase heat to medium allowing to simmer.
6. Cook another 20-30 min on low simmer, add more water/ broth if needed for desired consistency.
7. Season to taste w/ additional Creole seasoning, S&P.



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Week 1 Salad: Mixed Greens w/ Raspberry, Feta & Pistachios

Salad Components:

5oz mixed greens
1/2c pistachios
1 pint raspberries
4oz feta crumbles, optional

Dressing:

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

Instructions:

1. In a container layer the following:
 - 1/2 tub of mixed greens, ~2.5oz
 - 1/4c pistachios
 - 1/2 pint raspberries
 - 2oz feta cheese crumbles
2. Repeat layers.

For Balsamic Vinaigrette:

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



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Week 1 Breakfast: Asparagus, Mushroom & Goat Cheese Frittata

Ingredients:

1 bunch asparagus
~1T olive oil
8oz sliced mushrooms
S&P
8 eggs (omega 3)
4oz goat cheese crumbles, optional
1/8tsp salt

Instructions:

1. Preheat oven to 350 F.
2. Remove and discard lower 2-3" of asparagus bunch. Cut spears into 1/2" pieces and set aside.
3. Heat 1T oil over medium heat. Add 8oz sliced mushrooms, S&P and sauté ~10 min.
4. Add chopped asparagus and cook ~3-4 minutes more. Cool.
5. Whisk 8 eggs in a large bowl. Stir in the following:
 - cooked asparagus
 - mushrooms
 - 4oz goat cheese crumbles (optional)
6. Pour into oiled pie pan. Sprinkle w/ 1/8tsp salt.
7. Bake at 350 F for 25-30 min or until no longer jiggly.



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Week 1 Snack: Baba Ganoush w/ Carrots

Ingredients:

1 eggplant
1# carrots
3T tahini
1 lemon
3 cloves garlic
1/8tsp cumin
1/8tsp paprika

Instructions:

1. Preheat oven to 350 F.
2. Line baking sheet w/ parchment paper. Roast 1 whole eggplant for ~45 min - 1 hour or until tender. Allow to cool.
3. Cut 1# carrots into sticks.
4. Cut cooked & cooled eggplant in half and scoop out flesh. Add flesh to food processor (or blender) and add the following:
 - 3T tahini
 - juice of 1 lemon
 - 3 cloves garlic
 - 1/8tsp cumin
 - 1/8tsp paprika
5. Blend until pureed.
6. Serve with cut carrot sticks.

Week 1 Dessert: Cherry Parfaits

Ingredients:

10oz frozen cherries
32oz organic Greek yogurt (OR sub yogurt of choice)
1/2c toppings of choice (sliced almonds, pecans, macadamia nuts, dried coconut flakes, etc.)

Instructions:

1. Thaw cherries in fridge overnight.
2. Place 1c Greek yogurt, or yogurt of choice, into serving dish.
3. Top yogurt w/ ~1/2c cherries.
4. Top cherries w/ 1-2T sliced almonds, pecans, macadamia nuts and/or dried coconut flakes.



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Week 2 Meal 1: Roasted Sweet Potato, Caramelized Onion & Goat Cheese Tart

Ingredients:

2 large sweet potatoes
1T olive oil
3c almond flour
4T grass-fed butter (OR sub olive oil)
1 egg
1/8 tsp salt
1 red onion
4oz goat cheese crumbles
1 small bunch basil
2T aged or reduced balsamic vinegar (optional)
S&P to taste

Instructions:

1. Preheat oven to 350 F.
2. Peel and finely dice 2 large sweet potatoes. Toss with 1T olive oil + S&P.
3. Roast diced sweet potatoes in single layer on a sheet pan for 30-45 minutes, tossing halfway through cook time.
4. Place the following in a food processor and pulse until combined:
 - 3c almond flour
 - 4T butter (or 4T olive oil)
 - 1 egg
 - 1/8 tsp salt
5. Spread crust dough in a 9x13" pan. Bake at 350 F for ~15 minutes or set.
6. Chop red onion into thin strips.
7. Heat 1T oil over medium heat, add sliced red onions and a pinch of salt. Stir occasionally for 20-25 minutes or until onions brown and caramelize. Add more oil and lower heat as needed. Turn off heat and cool.
8. Top cooled crust in this order:
 - caramelized onions
 - roasted sweet potato
 - 4oz goat cheese crumbles
9. Place in 350 F oven for 5-10 minutes to melt cheese.
10. Remove stems of basil and roughly chop.
11. Top tart with chopped basil & drizzle with reduced balsamic vinegar (optional).



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Week 2 Meal 2: Whole Baked Chicken w/ Roasted Fennel & Fingerling Potatoes

Whole Baked Chicken

Ingredients:

2 lemons
1 whole chicken
1 bunch fresh thyme (OR sub fresh poultry herb mix)
Olive oil
S&P

Instructions:

1. Preheat oven to 375 F.
2. Cut 2 lemons into quarters.
3. Pat 1 whole chicken dry and stuff bird with lemon wedges, 1 bunch fresh thyme, olive oil, and S&P.
4. Season outside with olive oil and S&P. Roast for 1-1¼ hrs or until chicken reaches temp of 165 F (~30 mins/ pound).

Roasted Fennel & Fingerling Potatoes

Ingredients:

2 fennel bulbs
1½-2# fingerling potatoes
1-2T olive oil
S&P

Instructions:

1. Preheat oven to 375 F.
2. Remove & discard green fronds from 2 fennel bulbs. Slice white part into ½"-1" wedges & toss w/ 1-2T olive oil + S&P.
3. Roast fennel on parchment lined baking sheet for ~35-40 mins.
4. Toss potatoes w/ 1-2T olive oil + S&P. Roast for ~40-50 mins or knife inserts easily, tossing halfway through cook time.



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Week 2 Meal 3: Beef Fajitas w/ Not Fried Beans & Guacamole

Beef Fajitas

Ingredients:

1 red bell pepper
1 yellow bell pepper
1 red onion
2 garlic cloves
1# grass-fed stir fry beef
2T taco seasoning*
8 organic corn tortillas (OR sub with Bibb lettuce)

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

Instructions:

1. Cut 1 red bell pepper, 1 yellow bell pepper & 1 red onion into thin slices, finely chop 2 cloves garlic.
2. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onion, sauté for ~10 minutes.
3. Add 1# stir-fry beef + 2T taco seasoning, cook ~5 minutes or until just cooked.
4. Serve fajitas in warmed corn tortillas (or lettuce wraps) with guacamole, beans and lime slice on the side.

Not Fried Beans

Ingredients:

1 can refried beans* (prefer Amy's brand)

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

Instructions:

1. Preheat oven to 350 F.
2. Heat, covered for ~20 minutes or in microwave.

Guacamole

Ingredients:

2 avocados
1 bunch cilantro
1 tomato
1 jalapeño
1-2 limes
S&P to taste

Instructions:

1. Finely chop 1 tomato, ½ jalapeno (removing seeds) & 1T cilantro.
2. Mash 2 avocados.
3. Add the following to mashed avocados: chopped tomato + jalapeno + cilantro + juice of ½ lime (or more to taste) + S&P.



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Week 2 Meal 4: Turkey Minestrone

Ingredients:

1 yellow onion
1 large carrot
2 garlic cloves
1 medium zucchini
 $\frac{1}{2}$ # ground turkey, 93% lean
1T thyme
1T basil
1T oregano
14oz crushed tomatoes*
4c beef broth*
1 can white beans
S&P to taste

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

Instructions:

1. Finely dice:
 - 1 yellow onion
 - 1 carrot
 - 2 cloves garlic
 - 1 zucchini
2. Heat 1tsp oil in a large soup pot over medium high, add $\frac{1}{2}$ # ground turkey. Break apart turkey, allowing to cook.
3. Add diced yellow onion, chopped garlic & diced carrot to soup pot, sauté 6-8 minutes or until turkey is cooked.
4. Season w/ 1T each: thyme, basil, oregano.
5. Add 1 chopped zucchini, ~14oz crushed tomatoes, 4c beef broth & 4c water. Bring to boil, lower heat & simmer ~30 mins to 1 hr.
6. Add 1 can white beans (drained and rinsed) and additional water if needed.
7. Set aside and allow to cool. Season w/ S&P to taste



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Week 2 Salad: Italian Side Salad

Salad Components:

1 cucumber
1 pint cherry tomatoes
 $\frac{1}{2}$ c sliced Kalamata olives
5oz chopped romaine

Dressing:

$\frac{1}{2}$ c olive oil
 $\frac{1}{4}$ c apple cider vinegar
1T dried basil
S&P to taste

Instructions:

1. Chop 1 cucumber into small, $\frac{1}{2}$ " bite-sized pieces.
2. Halve cherry tomatoes.
3. Toss together with basil vinaigrette:
 - 1 cucumber, chopped
 - 1 pint cherry tomatoes, halved
 - $\frac{1}{2}$ c sliced Kalamata olives
4. Toss together with romaine lettuce.

For Basil Vinaigrette:

1. Whisk together:
 - $\frac{1}{2}$ c olive oil
 - $\frac{1}{4}$ c apple cider vinegar
 - 1T dried basil
 - S&P to taste



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Week 2 Breakfast: Homemade Sausage Patties w/ Poached Eggs over Mashed Sweet Potatoes

Sausage Patties

Ingredients:

1tsp ground ginger
1tsp garlic powder
1tsp dried thyme
2tsp dried sage
1T dried tarragon
½tsp sea salt
1# ground pork

Instructions:

1. Whisk together: 1tsp ground ginger + 1tsp garlic powder + 1tsp dried thyme + 2tsp dried sage + 1T dried tarragon + ½tsp sea salt
2. Add 1# ground pork and mix to combine (easiest done with hands). Form into ~8 patties.
3. Heat large sauté pan over med-high heat and cook sausage patties ~3-4min/ side or until cooked through.

Roasted Sweet Potatoes

Ingredients:

2 large sweet potatoes

Instructions:

1. Preheat oven to 350 F
2. Cut 2 sweet potatoes in half, wrap in foil & bake for 50-55 minutes or until knife inserts easily. Cool. Mash with fork.

Poached Eggs

Ingredients:

1T apple cider vinegar
4 eggs (omega 3)

Instructions:

1. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove eggs.
2. Serve eggs over mashed sweet potatoes w/ sausage on the side.



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Week 2 Snack: Apple "Nachos"

Ingredients:

3 apples

3T almond butter

1/4c dried cherries, unsweetened coconut flakes, sliced almonds, cacao nibs, etc.

Instructions:

1. Core and thinly slice 3 apples.
2. Melt ~3T almond butter and drizzle over top.
3. Top w/ 1/4c toppings of choice (dried coconut flakes, sliced almonds, dried cherries, cacao nibs, etc. or any combination of these).

Week 2 Dessert: Almond Butter Rice Crispies

Ingredients:

1/4c honey

1/2c almond butter*

2c crispy brown rice cereal*

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

Instructions:

1. Heat 1/4c honey + 1/2c almond butter over medium heat until melted, 2-3 minutes, stirring constantly.
2. Remove from heat and stir in 2c crispy brown rice cereal.
3. Press into an oiled 8x8" pan. Cool at room temperature and cut into squares.



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Week 3 Meal 1: Greek Chicken Salad

Ingredients:

1/4c balsamic vinegar
3/4c olive oil, divided
fresh ground pepper
1T salt
1# chicken breasts (boneless, skinless)
1 head romaine lettuce
1 pint cherry tomatoes
1 cucumber
~8½oz artichokes in water
½c sliced Kalamata olives
4oz feta crumbles, optional
1/4c red wine vinegar
½T oregano
S&P to taste

Instructions:

1. Preheat oven to 350 F.
2. Whisk together:
 - 1/4c balsamic vinegar
 - 1/4c olive oil
 - fresh ground pepper
 - 1T salt
3. Marinate chicken breasts ~30 minutes.
4. Finely chop lettuce for salad.
5. Cut cherry tomatoes in half.
6. Chop cucumber in ½" pieces.
7. Drain artichokes & chop into small pieces.
8. Remove chicken from marinade and bake for ~25-30 mins depending on thickness (or until cooked to 165 F). Cool & slice.
9. Toss together: chopped romaine + tomatoes + cucumber + artichokes + sliced Kalamata olives + feta crumbles (optional).
10. Top salad with sliced/cooked chicken. Drizzle with Greek Vinaigrette.

For Greek Vinaigrette:

1. Whisk together:
 - ½c olive oil
 - ¼c red wine vinegar
 - ½T dried oregano
 - S&P to taste



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Week 3 Meal 2: Salmon over Sautéed Spinach w/ Mushrooms & Feta

Salmon

Ingredients:

1 lemon
2T olive oil
S&P
4 skin-on salmon fillets, 4-6oz ea

Instructions:

1. Preheat oven to 450 F.
2. Zest 1 lemon, combine w/ 2T olive oil + S&P.
3. Place salmon fillets in baking dish & rub w/ lemon and olive oil mixture.
4. Bake 8-10 mins, or until flaky.

Sautéed Spinach w/ Mushrooms & Feta

Ingredients:

3-4 cloves garlic
2T olive oil
16oz sliced mushrooms
S&P
8oz baby spinach
4oz feta crumbles
1 lemon, juiced

Instructions:

1. Thinly slice 3-4 cloves garlic.
2. Heat 2T olive oil in large pan over med-high heat.
3. Add 16oz sliced mushrooms. Cook ~15 mins, stir occasionally, until golden brown.
4. Add garlic cloves + S&P and cook for ~1min, until fragrant and tender.
5. Add baby spinach to mushrooms and cook for ~4 mins, stirring often, or until wilted.
6. Top spinach & mushrooms w/ ~4oz feta cheese + drizzle of lemon juice and serve with salmon.



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Week 3 Meal 3: Asian Turkey Lettuce Wraps

Asian Turkey Lettuce Wraps

Ingredients:

1 head romaine lettuce
1 bunch green onion
~2-3" ginger knob
2 garlic cloves
1 red bell pepper
1 yellow onion
1 bunch cilantro
1 can water chestnuts*
1¼# ground turkey, 85% lean
1T toasted sesame oil
1T tamari*
1T rice vinegar

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

Instructions:

1. Remove leaves from romaine lettuce heads.
2. Chop 1 bunch green onions, keeping whites & greens separate.
3. Grate ginger to equal ~1T.
4. Finely chop:
 - 2 cloves garlic
 - 1 red bell pepper
 - 1 yellow onion
 - Cilantro for ~2T
 - 1 can water chestnuts (drained)
5. In lg sauté pan heat 1tsp olive oil, add 1¼# ground turkey + chopped veg (1 bell pepper, 1 onion, 2 garlic cloves) + 1T grated ginger.
6. Cook ~10-12 min, breaking apart meat.
7. Add chopped water chestnuts + cilantro + green onion tops + 1T toasted sesame oil + 1T tamari + 1T rice vinegar. Stir to combine, then remove from heat to cool.
8. Serve in large romaine lettuce leaves w/ dipping sauce.

Asian Dipping Sauce

Ingredients:

1T toasted sesame oil
1T rice vinegar
2T tamari
1tsp red chili flakes, optional

Instructions:

1. Whisk together all ingredients.



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Week 3 Meal 4: Garlic Roasted Pork Chops w/ 3 Bean Salad

Garlic Roasted Pork Chops

Ingredients:

4-8 thin cut, bone-in pork chops

1-2T garlic salt

Instructions:

1. Preheat oven to 425 F.
2. Sprinkle ~ $\frac{1}{4}$ tsp garlic salt (OR mix 2tsp garlic powder + $\frac{1}{2}$ tsp salt) over each pork chop.
3. Bake pork chops ~10-12 minutes, depending on thickness of chops. Internal temp should reach 145 F.

3 Bean Salad

Ingredients:

$\frac{1}{2}$ c olive oil

$\frac{1}{2}$ c red wine vinegar

1T dried oregano

S&P to taste

1 bunch green onions

15oz can kidney beans

15oz can butter beans

15oz can green beans (OR sub with garbanzo or lima)

Instructions:

1. In a small bowl, whisk together:
 - $\frac{1}{2}$ c olive oil
 - $\frac{1}{2}$ c red wine vinegar
 - 1T dried oregano
 - S&P to taste
2. Chop the white part of a bunch of green onions. Reserve green tops for garnish or use in another dish.
3. In a large bowl combine:
 - white part of chopped onions
 - 15oz can kidney beans, drained & rinsed
 - 15oz can butter beans, drained & rinsed
 - 15oz can green beans, drained (OR sub with garbanzo or lima)
4. Toss with vinaigrette.



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Week 3 Salad: Spinach, Pine Nut, Golden Raisin & Parmesan

Salad Components:

5oz baby spinach
1/2c pine nuts
1/2c golden raisins
4oz shaved parmesan, optional

Dressing:

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

Instructions:

1. In a large bowl layer the following:
 - 2 1/2oz baby spinach
 - 1/4c pine nuts
 - 1/4c golden raisins
 - 2oz parmesan, optional
2. Repeat layers

For Balsamic Vinaigrette:

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



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Week 3 Breakfast: GF Banana Bread Granola w/ Berries

Ingredients:

$\frac{3}{4}$ c walnuts
 $\frac{1}{2}$ c pecans
1T flax seeds
4 medjool dates (~ $\frac{1}{2}$ c)
3c GF oats
 $\frac{1}{2}$ tsp salt
 $\frac{1}{2}$ T cinnamon
 $\frac{1}{4}$ c coconut oil
1tsp vanilla
1 banana
1 pint berries of choice
Milk or yogurt of choice

Instructions:

1. In a food processor add the following:
 - $\frac{3}{4}$ c walnuts
 - $\frac{1}{2}$ c pecans
 - 1T flax seeds, optional
 - 4 medjool dates, pitted (~ $\frac{1}{2}$ c)
 2. Pulse until nuts & dates are chopped, set aside in a separate bowl.
 3. Mix in the following:
 - 3c GF oats
 - $\frac{1}{2}$ tsp salt
 - $\frac{1}{2}$ T cinnamon
 4. Add the following to the food processor and blend until smooth:
 - $\frac{1}{4}$ c coconut oil
 - 1tsp vanilla
 - 1 banana
 5. Add the nut mixture (from above) back to the food processor and pulse until just combined.
 6. Place mixture on large sheet pan lined with parchment paper and spread out into a thin layer (the mixture should be wet).
 7. Bake at 350 F for 10 mins. Remove from oven & stir, breaking apart granola.
 8. Bake 5-10 more mins (watch closely - it burns easily!). Remove from oven, cool, break apart as desired and store in an airtight container.
 9. Serve topped with berries & milk or yogurt of choice
- Granola yields ~5c or 10 servings.



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Week 3 Snack: Grapes & Cashews

Ingredients:

1 bunch grapes
1c cashews

Instructions:

1. 1 serving = 1c grapes + 1/4c cashews.

Week 3 Dessert: Peanut Butter Cups

Ingredients:

1c coconut oil
1c cacao/cocoa powder
1/4c honey
pinch of salt
4T peanut butter

Instructions:

1. Place 12 muffin liners in a muffin pan.
2. In a saucepan over low heat, whisk together the following until coconut oil is melted and ingredients are well combined:
 - 1c coconut oil
 - 1c cocoa/cocoa powder
 - 1/4c honey
 - pinch of salt
3. Remove from heat.
4. Place 1T of cocoa mixture into bottom of each liner & freeze ~10 minutes.
5. Once cocoa mixture hardens, place 1tsp peanut butter in the center of each cup and "flatten" slightly.
6. Top with additional 1-1½T cocoa mixture (enough to cover completely).
7. Place in freezer for 10 minutes or until hardened.
8. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer



March 2018 Recipes, Gluten Free

Week 4 Meal 1: Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, White Bean, Olives, & Feta

Pecan-Crusted Chicken

Ingredients:

1 can coconut milk*
1T apple cider vinegar
1# chicken tenders
1½c pecans
1T chili powder
1T smoked paprika
1T cumin
2 eggs (omega-3)

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

Instructions:

1. Preheat oven to 425 F.
2. Whisk coconut milk with 1T apple cider vinegar. Add chicken and marinate 1-2 hours in refrigerator.
3. In a food processor add:
 - 1½ cup pecans
 - 1T chili powder
 - 1T smoked paprika
 - 1T cumin powder
 - S&P
4. Blend until pecans reach breadcrumb-like texture. Put chopped pecans in a bowl.
5. In a separate shallow bowl whisk 2 eggs.
6. Remove chicken tenders from marinade. Dredge each tender in this order:
 - 1: eggs
 - 2: pecan crust
7. Repeat steps until all tenders are covered.
8. Place pecan chicken on a sheet tray. Bake 12-15 minutes or cooked through (165 F).



March 2018 Recipes, Gluten Free

Collard Green Salad w/ Tomato, White Bean, Olives, & Feta

Salad Components:

1/4c sun-dried tomatoes (in oil)

1 bunch collard greens

1/4c olive oil

1/2tsp sea salt

4oz feta cheese, optional

1/8c sliced Kalamata olives

1 can white beans*

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

Dressing:

1/4c olive oil

1/4c basil leaves

Zest & juice of 1/2 lemon

1/2tsp honey

1/16tsp salt (or to taste)

Instructions:

1. Roughly chop 1/4c sun-dried tomatoes.
2. Remove leaves from collards (discarding stems). Roughly chop leaves. Place in a large bowl.
3. Add 1/4c olive oil & 1/2tsp sea salt (coarse sea salt preferred).
4. Use your hands to "massage" the salt and oil into the leaves for 2-3 minutes, add up to and additional 1/4c oil if needed.
5. Add:
 - 1/4c chopped sundried tomatoes
 - 1T of lemon-basil vinaigrette (below)
 - 4oz crumbled Feta (optional)
 - 1/8 cup sliced Kalamata olives
 - 1 can white beans, drained
6. Toss all together.

For Lemon Basil Vinaigrette:

1. Place in blender:
 - 1/4c olive oil
 - 1/4c basil leaves
 - Zest & juice of 1/2 lemon
 - 1/2tsp honey
 - 1/16tsp salt (or to taste)
2. Blend on high until basil is finely chopped.



March 2018 Recipes, Gluten Free

Week 4 Meal 2: Salmon, Green Bean, Almond, & Strawberry Salad w/ Lemon-Basil Vinaigrette

Salmon

Ingredients:

4 salmon fillets, 4-6oz ea

S&P to taste

Instructions:

1. Preheat oven to 425 F.
2. Season salmon with S&P and bake for 18-20 minutes (or option to grill).

Green Bean, Almond, & Strawberry Salad w/ Lemon-Basil Vinaigrette

Ingredients:

1c fresh green beans

8oz strawberries

5oz mixed greens

1/2c sliced almonds

8oz feta cheese, optional

Instructions:

1. Cut green beans into 1" pieces. Steam (or boil) for 3-5 minutes or until just turning a bright green color. Place in refrigerator to cool.
2. Thinly slice strawberries.
3. Toss together in a large bowl:
 - mixed greens
 - 1/2c sliced almonds
 - sliced strawberries
 - chopped green beans
 - 4 oz crumbled feta (optional)
4. Drizzle with Lemon Basil Vinaigrette

For Lemon Basil Vinaigrette:

1. Place in blender:
 - 1/4c olive oil
 - 1/4c basil leaves
 - Zest & juice of 1/2 lemon
 - 1/2tsp honey
 - 1/16tsp salt (or to taste)
2. Blend on high until basil is finely chopped.



March 2018 Recipes, Gluten Free

Week 4 Meal 3: Grassfed Beef Tostadas

Ingredients:

1 large tomato
1 head iceberg lettuce (OR sub 1 bag pre-chopped)
8oz sliced mushrooms
2 garlic cloves
1# grassfed ground beef
2T chili powder
8 corn tortillas
2 avocados
1 can refried beans*
4oz shredded cheddar (optional)

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

Instructions:

1. Preheat oven to 400 F.
2. Finely chop 1 large tomato, 1 head iceberg lettuce, 8oz sliced mushrooms and 2 garlic cloves. Set aside separately.
3. Place 1# ground beef in a large sauté pan over medium high heat, breaking apart meat.
4. Add chopped garlic cloves + chopped mushrooms + 2T chili powder. Cook for 8-10 min.
5. Place corn tortillas on baking sheet & toast for 5 minutes.
6. Slice 2 avocados and set aside.
7. Spread tortillas w/ refried beans, meat & shredded cheddar. Place in oven for 5 min.
8. Top w/ chopped tomato, lettuce & avocados.



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Week 4 Meal 4: Broccoli & Potato Soup

Ingredients:

1 head broccoli
1 large yellow onion
3 celery stalks
1 bunch Italian parsley
3 garlic cloves
4 medium red potatoes
1T olive oil
1 bunch fresh thyme
½c white wine (OR sub vegetable broth)
4c vegetable broth
S&P

Instructions:

1. Cut 1 head broccoli into small pieces.
2. Dice 1 large yellow onion & 3 celery stalks.
3. Chop parsley for ~¼c and mince 3 garlic cloves.
4. Cut 4 red potatoes into large chunks. Steam until tender and set aside.
5. In lg pot over med heat add the following:
 - 1T oil
 - diced garlic
 - diced onion
 - diced celery
 - 3 sprigs fresh thyme
6. Sauté until veggies have softened, ~4 mins.
7. Add ½c white wine (or vegetable broth) to deglaze.
8. Add ½c coconut cream and 4c vegetable broth and bring to a boil.
9. Add in chopped broccoli & steamed potatoes; simmer until broccoli is bright green, ~3-4 mins.
10. Season w/ S&P & garnish with parsley



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Week 4 Salad: Romaine w/ Carrot, Radish, Avocado, & Sunflower Seeds

Salad Components:

1# carrots
1 pint cherry tomatoes
1-2 avocados
5oz chopped romaine
½c sunflower seeds

Dressing:

½c olive oil
¼c balsamic vinegar
S&P to taste

Instructions:

1. Grate (using food processor or lg cheese grater) 2 carrots.
2. Chop 1-2 avocados and cut 1 pint of cherry tomatoes in half
3. In large bowl layer salad components:
 - ½ of chopped romaine lettuce
 - ½ shredded (or chopped) carrot
 - ½ of cherry tomato halves
 - ¼c sunflower seeds
 - Avocado
4. Repeat layers.

For Balsamic Dressing:

Whisk together:

- ½c olive oil
- ¼c balsamic vinegar
- S&P to taste



March 2018 Recipes, Gluten Free

Week 4 Breakfast: Eggs over Zoodles w/ Sausages

Ingredients:

2 zucchini (OR sub 1 bag zoodles)

4 sausage links*

4 eggs (omega 3)

1tsp olive oil

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

Instructions:

1. Thinly slice 2 zucchini into long spaghetti-like strips (works best on a mandolin or spiralizer).
2. Heat sausage links per package in a sauté pan.
3. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add zoodles and cook 2-3 minutes.
4. Fry 4 eggs in 1tsp oil for 4-5 min or white is cooked and yolk is cooked as desired (this meal also works well with poached eggs).

Note: option to cook all/ most of this in 1 very large sauté pan at the same time.

Week 4 Snack: Tropical Green Smoothie

Ingredients:

2c frozen pineapple

2c frozen mango

4 kiwis

1 English cucumber

1 avocado

5oz fresh baby spinach

2 lemons

Instructions:

1. Peel and half 4 kiwi. Quarter the English cucumber.
2. Place the following in a blender:
 - 1c frozen pineapple
 - 1c frozen mango
 - 2 kiwis, peeled and halved
 - 1/2 English cucumber, quartered
 - 1/2 avocado
 - 2 handfuls fresh baby spinach
 - juice of 1 lemons
 - 1/2c (or more) water
3. Blend until smooth. Add water as needed for consistency.

Note: yields 2 servings. Repeat for 2 additional servings.



March 2018 Recipes, Gluten Free

Week 4 Dessert: Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries

Ingredients:

8oz strawberries
1/2c balsamic vinegar
1tsp vanilla extract
1tsp maple syrup, optional
1-2 pints vanilla coconut milk ice cream (OR sub with yogurt of choice)

Instructions:

1. Thinly slice 8oz of strawberries.
2. Whisk together:
 - 1/4c balsamic vinegar
 - 1tsp vanilla extract
 - 1tsp maple syrup (optional)
3. Pour over sliced strawberries (allow to marinate for at least 1 hour).
4. Top each scoop of ice cream with ~1/4c of marinated strawberries.



March 2018 Recipes, Gluten Free

Week 5 Meal 1: Slow Cooker Pork w/ Garlic Mojo & Mashed Sweet Potatoes

Mashed Sweet Potatoes

Ingredients:

4 large sweet potatoes

Instructions:

1. Cut 4 large sweet potatoes in half, wrap each half in foil & bake for 45-55 minutes or until knife inserts easily. Cool. Peel and mash until smooth.

Garlic Mojo Sauce

Ingredients:

2 oranges

2 limes

2 lemons

3 cloves garlic

1/4c olive oil

1/3tsp salt

1/8tsp ground black pepper

Instructions:

1. Juice 2 oranges for ~1/2c juice, 2 limes for ~1/4c juice, and 2 lemons for ~1/4c juice.
2. Mince 3 cloves garlic.
3. Whisk together the following: 1/2cc fresh orange juice (~2 oranges) + 1/4c fresh lime juice (~2 limes) + 1/4c fresh lemon juice (~2 lemons) + 3 cloves garlic, minced + 1/4c olive oil + 1/3tsp salt + 1/8tsp ground black pepper.

Slow Cooker Pork

Ingredients:

1T olive oil

~2# boneless pork shoulder

S&P

1/2c chicken broth (OR sub water)

2 small yellow onions

Instructions:

1. Heat 1T olive oil in a large pan over med-high.
2. Season pork shoulder with S&P and brown on all sides.
3. After searing pork, place in slow cooker w/ 1/2c chicken broth or water & cook ~5 hours on high or ~8 hours on low, until meat is tender.
4. Cool, then using your fingers or two forks, shred the pork into bite-sized pieces.
5. Slice 1½ onions into ½" rounds.
6. Put 2T of mojo sauce in a large skillet. Warm over high heat.
7. Add 4 servings of the shredded pork to the pan and top with the sliced onion rounds.
8. Put lid on skillet and cook for a few minutes until the pork is warm and onions are crisp-tender.
9. Serve with sweet potatoes and more garlic mojo sauce.



March 2018 Recipes, Gluten Free

Week 5 Meal 2: Marinated Flank Steak w/ Grilled Pineapple, Zucchini, Peppers & Onions

Marinated Flank Steak

Ingredients:

½c olive oil
1 bunch cilantro
2 garlic cloves
1T tamari*
1T honey, optional
½T salt
2T apple cider vinegar
1-1½# grassfed flank steak

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

Instructions:

1. Place the following in a blender:
 - ½c olive oil
 - large handful cilantro
 - 2 cloves peeled garlic
 - 1T tamari
 - 1T honey, optional
 - ½T salt
 - 2T apple cider vinegar
2. Blend until combined. Pour over flank steak and allow to marinate in the refrigerator for at least 1 hour up to 3 days.
3. Remove steak from marinade and grill for 4-6 minutes per side for medium rare, OR heat large sauté pan to med-high, sear for 3 minutes on each side and transfer to preheated 400 F oven for ~8 minutes for medium rare.
4. Allow steak to rest 5-10 minutes before cutting. Cut meat very thin against the grain like you would fajita meat.



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Grilled Pineapple, Zucchini, Peppers & Onions

Ingredients:

1 pineapple (OR sub fresh sliced)
1-2 zucchini
2 bell peppers, mixed colors
1 red onion
2T olive oil
1T dried oregano
S&P

Instructions:

1. Peel, core & cut pineapple into 1/2" thick slices.
2. Thinly slice 1-2 zucchini (1/4" thick), cut 2 bell peppers into ~8 slices each, and slice 1 red onion into thick "rings."
3. Toss zucchini, onions & bell peppers w/ 2T olive oil, 1T dried oregano & S&P.
4. Grill pineapple for 5-6 minutes, flipping occasionally, (option to eat pineapple fresh)
5. Grill veg (zucchini, peppers & onions) for 2-3 minutes & flip cooking another 2-3 min (onions may take longer). Option to bake in oven ~10-15 min at 450 F.



March 2018 Recipes, Gluten Free

Week 5 Meal 3: Mexican Pork Salad

Ingredients:

2T olive oil, separated
~2# boneless pork shoulder
½c chicken broth (OR sub water)
1 yellow onion
1 large beefsteak tomato
1 bunch green onions
1 small bunch cilantro
10oz romaine
1 avocado
1 lime
1 jar salsa of choice*

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

Instructions:

1. Heat 1T olive oil in a large pan over med-high.
2. Season pork shoulder with S&P and brown on all sides.
3. After searing pork, place in slow cooker w/ ½c chicken broth or water & cook ~5 hours on high or ~8 hours on low, until meat is tender.
4. Cool, then using your fingers or two forks, shred the pork into bite-sized pieces.
5. Finely chop:
 - ½ onion
 - 1 tomato
 - 3-4 green onions
 - cilantro for ~3T.
6. Layer ingredients w/ 10oz chopped romaine.
7. Slice 1 avocado.
8. Top salad with avocado and pork. Drizzle with 1T olive oil, juice of 1 lime and salsa, if desired.



March 2018 Recipes, Gluten Free

Week 5 Meal 4: Trout w/ Rice & Green Beans

Trout

Ingredients:

4 trout fillets, 4-6oz each (OR sub fish of choice)
1 small bunch cilantro
2T mayo (like Primal Kitchens)
1 lemon
S&P

Instructions:

1. Preheat oven to 375 F.
2. Chop cilantro for ~1T.
3. Juice 1 lemon for ~½T.
4. Combine
 - 2T mayo
 - ½T lemon juice
 - 1T fresh chopped cilantro
 - S&P
5. Spread over fish and bake 18-20 minutes.

Rice

Ingredients:

1c brown rice

Instructions:

1. Place 2c water + 1c brown rice in pan, bring to boil, lower heat to low, stir & cover w/ lid and cook 30-45 min.

Green Beans

Ingredients:

3-4c green beans

Instructions:

1. Boil green beans for 6-8 minutes and season w/ S&P.



March 2018 Recipes, Gluten Free

Week 5 Salad: Arugula w/ Tomatoes, Basil, & Mozzarella

Salad Components:

1 pint cherry tomatoes
1 bunch fresh basil
5oz arugula
5oz mini mozzarella balls, optional
1/2c pine nuts (OR sub sliced almonds)

Dressing:

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

Instructions:

1. Cut cherry tomatoes into halves.
2. Roughly chop basil.
3. In large bowl layer salad components:
 - 1/2 tub of arugula
 - 1/2c mozzarella balls (optional)
 - 1/2 cherry tomatoes
 - 1/4c pine nuts
 - 1/2 chopped basil
4. Repeat layers.

For Balsamic Dressing:

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



March 2018 Recipes, Gluten Free

Week 5 Breakfast: Sweet Potato w/ Prosciutto & Pears

Ingredients:

4 large sweet potatoes
4 pears
16 slices prosciutto

Instructions:

1. Cut 4 large sweet potatoes in half, wrap each half in foil & bake for 45-55 minutes or until knife inserts easily. Cool.
2. Peel and mash until smooth.
3. Slice 1 pear/ person and serve w/ 4 slices prosciutto/ person

Week 5 Snack: Peppers & Guac

Ingredients:

1-2 avocados
1 jar salsa of choice
2 bell peppers, mixed colors

Instructions:

1. Mash 1-2 avocados and mix w/ 1/4c salsa to make guac.
2. Slice 2 bell peppers into strips for snacking.

Week 5 Dessert: Tropical Fruit Salad

Ingredients:

1 pineapple (OR sub fresh sliced)
1 pint raspberries
1 bag coconut chips*

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

Instructions:

1. Combine:
 - 1c chopped pineapple
 - 1 pint raspberries
 - 1 bag coconut chips