



# May 2018 Recipes, Gluten Free

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## May 2018 Recipes, Gluten Free

### Week 1 Meal 1: Shrimp Cobb Salad

#### *Ingredients:*

1 head romaine lettuce  
1 pint cherry tomatoes  
1-1½# shrimp, peeled and deveined  
4 eggs (omega-3)  
4 slices thin-cut bacon\*  
2 avocados  
4oz blue cheese crumbles, optional  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

#### *Dressing:*

½c olive oil  
¼c red wine vinegar  
½T dried basil  
Pepper to taste

#### *Instructions:*

1. Preheat oven to 350 F.
2. Finely chop 1 head romaine lettuce.
3. Halve 1 pint cherry tomatoes.
4. Bring a medium pot of water to a boil. Add 1-1½# shrimp and cover. Remove from heat and let stand for 10 minutes or until just cooked.
5. Place 4 eggs in a separate pot & cover with water. Bring to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
6. Bake 4 slices of bacon in single layer on sheet pan, ~20 minutes or cooked/ crispy.
7. Slice 2 avocados.
8. Peel & quarter 4 hardboiled eggs.
9. Toss chopped romaine & tomatoes with avocado + shrimp + eggs + crumbled bacon + 4oz blue cheese crumbles. Top with red wine vinaigrette.

#### *For Red Wine Vinaigrette:*

1. Whisk together:
  - ½ cup oil
  - ¼c red wine vinegar
  - ½T dried basil
  - Pepper to taste



## May 2018 Recipes, Gluten Free

### **Week 1 Meal 2: Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus**

#### **Honey Mustard Chicken**

*Ingredients:*

¼c grainy mustard\*

2T honey

1T olive oil

4 boneless, skinless chicken breasts, 4-6oz each

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

*Instructions:*

1. Preheat oven to 375 F.
2. Whisk together:
  - ¼c grainy mustard
  - 2T honey
  - 1T olive oil
3. Pour over chicken breasts.
4. Place marinated chicken into a baking pan and bake for ~35 minutes or until cooked through until meat thermometer reaches 165F.

#### **Tarragon Roasted Sweet Potatoes**

*Ingredients:*

3 large Hannah sweet potatoes (OR sub with jewel)

1-2 T olive oil

1T tarragon

S&P

*Instructions:*

1. Preheat oven to 375 F.
2. Peel & cut 3 sweet potatoes into small, ½" cubes.
3. Toss with 1-2T olive oil + 1T tarragon + S&P.
4. Place sweet potatoes on a single layer on a sheet pan. Roast for 30-40 minutes or just browned and tender. Toss halfway through cooking.

#### **Asparagus**

*Ingredients:*

1 bunch asparagus

1T olive oil

S&P

*Instructions:*

1. Preheat oven to 375 F.
2. Cut ends off 1 bunch asparagus. & toss with 1T olive oil + S&P.
3. Place asparagus on baking sheet in single layer and roast for 10-12 minutes, tossing halfway through cook time.



## May 2018 Recipes, Gluten Free

### Week 1 Meal 3: Grassfed Steaks w/ Baked Potatoes & Green Beans

#### Grassfed Steaks

*Ingredients:*

4 grassfed tenderloin steaks 5-7oz each

¼c steak seasoning\*

1-2tsp olive oil

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

*Instructions:*

1. Preheat oven to 400 F.
2. Coat each steak with ~1T steak seasoning.
3. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat.
4. Cook steaks 2-3 minutes per side or until color develops.
5. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

#### Baked Potatoes

*Ingredients:*

4 small russet potatoes

*Instructions:*

1. Preheat oven to 350 F.
2. Pierce 4 russet potatoes with a fork. Bake at 350 F for 55-65 minutes or until soft/ cooked through.

#### Green Beans

*Ingredients:*

3-4c green beans

1T olive oil

S&P

*Instructions:*

1. Preheat oven to 400 F.
2. Cut ends off 3-4c green beans. Toss with 1T olive oil + S&P.
3. Place green beans a single layer on sheet pan.
4. Roast for ~20 minutes, tossing halfway through cook time.



## May 2018 Recipes, Gluten Free

### Week 1 Meal 4: Mediterranean Frittata

#### *Ingredients:*

1 red onion  
2 cloves garlic  
14oz can artichoke hearts in water  
1 pint cherry tomatoes  
1tsp olive oil  
1T herbes de Provence\* (OR sub w/ Italian seasoning)  
S&P  
5oz baby spinach  
½c sliced Kalamata olives  
8 eggs (omega-3)  
4oz feta crumbles, optional  
1 pint strawberries

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

#### *Instructions:*

1. Preheat oven to 350 F.
2. Finely chop 1 red onion + 2 cloves garlic + 1 can artichoke hearts, drained.
3. Cut 1 pint tomatoes in half.
4. Heat 1tsp oil in large sauté pan, over med-high heat. Add 1 chopped red onion + 1 pint halved cherry tomatoes + 2 chopped garlic cloves + 1T herbes de Provence + S&P. Cook 6-8 min.
5. Add 5oz baby spinach + chopped artichoke hearts + ½c sliced Kalamata olives, cook for 2 more min. Set aside to cool slightly.
6. In a large bowl, whisk together 8 eggs & stir in:
  - sautéed veggies (from above)
  - 4oz crumbled feta (optional)
  - S&P
7. Put into oiled 9x9" pan or pie pan and bake at 350F for 40-45 minutes or no longer jiggly (will vary depending on depth of dish).
8. Serve with fresh strawberries.



## May 2018 Recipes, Gluten Free

### **Week 1 Salad: Spinach Salad w/ Oranges, Fennel & Avocado**

#### *Salad Components:*

2 oranges  
1 small fennel bulb  
2 avocados  
5oz baby spinach

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper to taste

#### *Instructions:*

1. Peel & cut 2 oranges into small segments.
2. Thinly slice 1 fennel, bulb only (works well using a mandolin).
3. Dice 1-2 avocados.
4. In a large bowl layer salad components:
  - ~2.5oz of baby spinach
  - ½ of segments from 2 oranges
  - ½ chopped fennel bulb
  - ½ avocados
5. Repeat layers.

#### *For Balsamic Dressing:*

1. Whisk together:
  - ½c olive oil
  - ¼c balsamic vinegar
  - Pepper to taste
2. Add 1T dressing/ serving of salad.



## May 2018 Recipes, Gluten Free

### Week 1 Breakfast: Grain-Free Cranberry Pecan Granola

#### *Ingredients:*

1c medjool dates, ~8

2c pecans

1c walnuts

½c dried cranberries

¼c coconut oil

4 bananas or fruit of choice to serve with granola, optional

choice of milk or yogurt for granola

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

#### *Instructions:*

1. Preheat oven to 350 F.
2. Place the following in a food processor or blender:
  - 1c medjool dates, ~8 (pits removed)
  - 2c pecans
  - 1c walnuts
  - ½c dried cranberries
  - ¼c coconut oil (or butter)
3. Blend until chopped and combined.
4. Place in a single layer on a baking sheet. Bake at 350 F for 15-20 minutes or until just toasted. Allow to cool.
5. Store in air-tight container at room temperature for up to 1 week or in the fridge for up to 2 months.
6. Option to serve over yogurt or with milk of choice and/or serve with sliced bananas or berries of choice.



## May 2018 Recipes, Gluten Free

### **Week 1 Snack: Hard Boiled Eggs**

*Ingredients:*

8 eggs (omega-3)

*Instructions:*

1. Place 8 eggs in a pot & cover with water. Bring to a boil for ~5 minutes. Cover with lid & remove from heat for 20 minutes.
2. Cool completely.
3. Peel & enjoy.
4. 1 serving = 2 eggs

### **Week 1 Dessert: Banana Cherry Nice Cream**

*Ingredients:*

8 bananas

2c frozen cherries

*Instructions:*

1. Cut 8 bananas into quarters and freeze in a single layer. Once frozen you can place in baggy or container.
2. In a food processor or blender, add 2 frozen bananas (8 quarter pieces) + 1/2c frozen cherries and blend on high until smooth.
3. Yields ~2 servings, repeat as desired for additional servings.
4. Note: it may help to allow fruit to defrost at room temp for 3-5 min before blending.



## May 2018 Recipes, Gluten Free

### **Week 2 Meal 1: Roasted Sea Bass w/ Mango Salsa, Forbidden Rice & Cucumber**

#### **Roasted Sea Bass**

##### *Ingredients:*

4 Chilean sea bass fillets, 5-7oz each (OR sub tilapia, salmon, etc.)  
S&P

##### *Instructions:*

1. Preheat oven to 425 F.
2. Place sea bass on a baking sheet, season w/ S&P, and bake at 425 F for ~20min or until fish is flaking and cooked through.
3. Serve w/ rice, mango salsa & sliced cucumber (below).

#### **Mango Salsa & Cucumber Slices**

##### *Ingredients:*

1 large cucumber  
1 mango  
½ jalapeno  
1 bunch green onions  
¼ small red onion  
1 lime  
Salt to taste

##### *Instructions:*

1. Slice 1 cucumber into preferred shape to serve as a side with sea bass.
2. Peel and finely chop 1 mango.
3. Finely chop ½ jalapeno. Caution using seeds & ribs - they contain heat!
4. Finely chop green onion tops (green part).
5. Finely dice ¼ of a red onion.
6. Combine:
  - ½c chopped mango
  - ½ of a jalapeño, chopped (use seeds/ribs for heat, otherwise discard)
  - ¼ red onion, diced
  - chopped green onion tops
  - juice of 1 lime
  - salt to taste
7. Serve salsa & cucumber with roasted fish.

#### **Forbidden Rice**

##### *Ingredients:*

1c black rice

##### *Instructions:*

1. Add 2c water & 1c black rice to a pot & bring to a boil.
2. Reduce to simmer. Cover & cook for ~1 hour.



## May 2018 Recipes, Gluten Free

### Week 2 Meal 2: Cajun Turkey Burgers w/ Roasted Carrots & Parsnips

#### Cajun Turkey Burgers

*Ingredients:*

½ red onion

3-4 cloves garlic

1 bunch green onions

½ jalapeno

1T olive oil

¼c Cajun seasoning\*

1# ground turkey, 85% lean

1 avocado

Gluten free hamburger buns (OR sub lettuce wraps)

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

*Instructions:*

1. Finely chop:
  - ½ red onion
  - 3-4 cloves garlic
  - white part of green onions
  - ½ jalapeno
2. Heat 1T olive oil in a large sauté pan, over med-high heat, add: ½ jalapeno + 1T garlic, ½ red onion + white parts of green onion + ¼c Cajun seasoning.
3. Sauté 3-5 minutes, stirring occasionally. Set aside to cool slightly.
4. In a bowl, mix sautéed Cajun veggies into 1# ground turkey (recommend using hands). Form in 4 patties.
5. Cook burgers on a grill (outdoor or indoor) for ~4-5 minutes per side. Or bake in 425 F oven ~20-25 minutes.
6. Slice 1 avocado.
7. Serve burgers in gluten-free buns or lettuce wraps topped w/ avocado slices.

#### Roasted Carrot & Parsnips

*Ingredients:*

2-4 carrots

3 large parsnips

1T olive oil

1T thyme

S&P

*Instructions:*

1. Preheat oven to 400 F.
2. Slice 2-4 carrots & 3 parsnips into ~1" slices.
3. Toss with 1T olive oil, 1T thyme, S&P.
4. Place carrots & parsnips in oven and roast for 25-30 minutes, tossing halfway through cook time.



## May 2018 Recipes, Gluten Free

### Week 2 Meal 3: Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Oranges

#### Moroccan Spice Blend

*Ingredients:*

2T cumin  
2T ginger  
2T coriander  
2T cinnamon  
2T paprika  
2T turmeric  
1T chili powder\*  
~1tsp fresh ground pepper  
¼tsp salt  
¼tsp ground nutmeg (optional)

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

*Instructions:*

1. Combine the following: 2T cumin + 2T ground ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + ¼tsp salt + ¼tsp ground nutmeg, optional.
2. Note: if you have extra Moroccan seasoning mix, it's great to toss into popcorn, make spiced nuts, or use as a rub on chicken.

#### Moroccan Pork

*Ingredients:*

2tsp-4tsp Moroccan Spice Blend  
1-2tsp olive oil  
4-8 thin-cut, boneless pork chops

*Instructions:*

1. Rub ½tsp Moroccan seasoning mix on each pork chop.
2. Heat 1-2tsp olive oil a sauté pan over med-high heat. Sear each pork chop for 3-4 minutes per side for thin-cut, boneless chops. \*\*Note: Adjust cooking time as needed for larger chops.



## May 2018 Recipes, Gluten Free

### **Roasted Zucchini and Tomatoes**

*Ingredients:*

2 large zucchini  
1 pint cherry tomatoes  
8oz sliced mushrooms  
3T olive oil  
S&P

*Instructions:*

1. Preheat oven to 400 F.
2. Slice 2 zucchini in half lengthwise & then cut into 1/4" thick half coins or moons.
3. Combine with 1 pint cherry tomatoes and 8oz sliced mushrooms. Toss all veggies with 3T olive oil and S&P to taste.
4. Place veggies in a single layer on a sheet pan, roast for 30-35 minutes. Toss halfway through cook time.

### **Oranges**

*Ingredients:*

4 oranges

*Instructions:*

1. Cut 4 oranges into wedges.
2. Serve as a side with Moroccan Pork Chops.



## May 2018 Recipes, Gluten Free

### Week 2 Meal 4: Soy Marinated Chicken Thighs w/ Sautéed Spinach & Rice

#### Soy Marinated Chicken Thighs

*Ingredients:*

1-2# boneless, skinless chicken thighs

1/2c low-sodium tamari\*

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

*Instructions:*

1. Preheat oven to 400 F.
2. Marinate chicken thighs in 1/2c tamari.
3. Remove chicken from marinade and bake in a single layer for 35-40 minutes or cooked through to 165 F.

#### Sautéed Spinach

*Ingredients:*

3-4 cloves garlic

1tsp olive oil

10oz spinach

S&P

*Instructions:*

1. Finely chop 3-4 cloves garlic for ~1T.
2. Heat 1tsp olive oil in a lg sauté pan over med-high heat.
3. Add 1T chopped garlic & 10oz spinach.
4. Cook 5-7 min & season w/ S&P.

#### Rice

*Ingredients:*

1c black rice

*Instructions:*

1. Add 2c water & 1c rice to a pot & bring to a boil.
2. Reduce to simmer, cover & cook for ~1 hour.



## May 2018 Recipes, Gluten Free

### Week 2 Salad: Mango, Avocado & Macadamia Nut Salad

#### *Salad Components:*

1 mango  
¼ red onion  
1 avocado  
5oz tub arugula  
½c macadamia nuts

#### *Dressing:*

¼c olive oil  
1 lemon  
1tsp honey  
S&P

#### *Instructions:*

1. Peel and finely chop mango.
2. Finely chop ¼ of red onion.
3. Cut 1 avocado.
4. In a large bowl layer salad components:
  - 2.5oz arugula
  - ½ of chopped mango
  - ¼c macadamia nuts (option to chop before adding to salad, if desired)
  - half of chopped red onion
  - ½ of sliced avocado
5. Repeat layers.
6. Drizzle 1-2T of dressing for 1 serving of salad.

#### *For Dressing:*

1. Whisk together:
  - ¼c olive oil
  - juice 1 lemon (~1T)
  - 1tsp honey
  - S&P to taste



## May 2018 Recipes, Gluten Free

### Week 2 Breakfast: Moroccan Hash

#### Moroccan Spice Blend

*Ingredients:*

- 2T cumin
  - 2T ginger
  - 2T coriander
  - 2T cinnamon
  - 2T paprika
  - 2T turmeric
  - 1T chili powder\*
  - ~1tsp fresh ground pepper
  - ¼tsp salt
  - ¼tsp ground nutmeg (optional)
- \*Note: read all ingredient lists; avoid added msg, gluten, salt, etc.

*Instructions:*

1. Combine the following: 2T cumin + 2T ground ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + ¼tsp salt + ¼tsp ground nutmeg, optional.
2. Note: if you have extra Moroccan seasoning mix, it's great to toss into popcorn, make spiced nuts, or use as a rub on chicken.

#### Moroccan Hash

*Ingredients:*

- 1 large yellow onion
- 2 medium sweet potatoes
- 1 bunch swiss chard (OR sub 5oz spinach)
- 1# ground lamb (OR sub ground beef)
- 1-2T Moroccan Spice Blend
- 4-8 eggs, omega-3

*Instructions:*

1. Finely dice 1 yellow onion. Peel & finely chop 2 sweet potatoes.
2. Remove stems from 1 bunch swiss chard and discard, then finely chop remaining leaves.
3. In a sauté pan over mid-high heat, add 1# ground lamb and 1 finely diced yellow onion, breaking apart lamb.
4. Season w/ 1-2T Moroccan spice blend.
5. Add 2 chopped sweet potatoes and chopped swiss chard leaves.
6. Turn heat to medium and cover with a lid. Cook ~10-15 minutes or until sweet potatoes are cooked through.
7. Remove lid and season to taste as needed.
8. Top with 1-2 poached/fried eggs per person.
  - To Poach Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5min or desired doneness.
  - To Pan Fried Egg: Heat 1-2tsp oil or butter in a sauté pan over med, add eggs, cover with a lid & cook until desired doneness.



## May 2018 Recipes, Gluten Free

### Week 2 Snack: Snap Peas

*Ingredients:*

4c snap peas

*Instructions:*

1. Enjoy!

### Week 2 Dessert: Peanut Butter Brownies

*Ingredients:*

~18oz jar peanut butter\*

1c maple syrup

2 eggs (omega-3)

1tsp vanilla extract\*

½c cocoa powder

1tsp baking soda

1t cinnamon

½c chocolate chips, optional\*

Oil

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

*Instructions:*

1. Preheat oven to 325 F.
2. Combine wet ingredients:
  - 1 jar (~18oz) of peanut butter
  - 1c maple syrup
  - 2 eggs
  - 1tsp vanilla extract
3. Separately, combine dry ingredients:
  - ½c cocoa powder
  - 1tsp baking soda
  - 1tsp cinnamon
4. Stir together wet & dry ingredients until combined. Option to mix in ½c chocolate chips.
5. Bake in an oiled 9x13" pan at 325 F for ~25-30 mins or until cooked through/ top bounces back when pressed gently. Cool.
6. Store leftovers in a refrigerator.



## May 2018 Recipes, Gluten Free

### **Week 3 Meal 1: Penne Pasta w/ Mushrooms, Spring Peas & Spinach**

*Ingredients:*

4oz chopped pancetta\* (OR sub with bacon)

16oz sliced mushrooms

5oz baby spinach

2c frozen peas

S&P

1 box GF penne pasta\*

2oz parmesan, optional

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

*Instructions:*

1. Bring large pot of water to boil.
2. Heat large sauté pan over med-high heat. Add 4oz chopped pancetta (or bacon), cook 4-5 minutes.
3. Add 16oz sliced mushrooms + 5oz baby spinach + 2c frozen peas to sauté pan w/ pancetta.
4. Cook 8-10 mins. Season w/ S&P.
5. Cook GF penne pasta according to package instructions. Drain and toss with veggies.
6. Option: top w/ parmesan.



## May 2018 Recipes, Gluten Free

### **Week 3 Meal 2: Cilantro Citrus Chicken over Mixed Greens w/ Black Beans, Cucumber & Avocado**

#### **Cilantro Citrus Dressing**

##### *Ingredients:*

1c olive oil  
4 limes  
2 oranges  
1 bunch cilantro  
2tsp honey, optional  
1tsp salt

##### *Instructions:*

1. Place the following into a blender:
  - 1c olive oil
  - ¼c lime juice (~4 limes)
  - ¼c orange juice (~2 oranges)
  - 2 handfuls cilantro
  - 2tsp honey, optional
  - 1tsp salt
2. Blend until cilantro is finely chopped.

#### **Cilantro Citrus Chicken over Mixed Greens w/ Black Beans, Cucumber & Avocado**

##### *Ingredients:*

4 boneless, skinless chicken breasts, 5-7oz each  
1 cucumber  
1 pint cherry tomatoes  
2 avocados  
5oz tub mixed greens  
1 can black beans\*

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

##### *Instructions:*

1. Preheat oven to 375 F.
2. Marinate 4 chicken breasts in ½ of Cilantro Citrus Dressing for a minimum of 30 minutes. Save the other ½ for salad dressing.
3. Remove chicken from marinade and bake for 30-35 minutes or cooked through to 165 F. Set aside to cool.
4. Chop cucumber into bite-sized pieces. Cut 1 pint cherry tomatoes in half (or quarters for larger tomatoes).
5. Slice 2 avocados & cooked chicken.
6. Place 5oz mixed greens into a large bowl.
7. Top w/ sliced chicken, chopped cucumber & cherry tomatoes, 1 can black beans (drained and rinsed), and chopped avocado.
8. Toss dressing into salad (or top each individual serving with ~1T dressing).



## May 2018 Recipes, Gluten Free

### Week 3 Meal 3: Grassfed Beef Tostadas

#### *Ingredients:*

1 large tomato  
1 head iceberg lettuce  
8oz sliced mushrooms  
2 cloves garlic  
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 the following & set aside separately:
  - 1 tomato
  - head of iceberg lettuce
  - 8oz sliced mushrooms
  - 2 cloves garlic
3. Place 1# ground beef in a large sauté pan over medium high heat, breaking apart meat.
4. Add 2 chopped garlic cloves + 8oz sliced & chopped mushrooms + 2T chili powder, cook additional 8-10 minutes.
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 mins.
8. Top w/ chopped tomato, lettuce & 2 avocados.



## May 2018 Recipes, Gluten Free

### Week 3 Meal 4: Mexican Jicama Shrimp Sauté

#### *Ingredients:*

1-1½# frozen shrimp (peeled & deveined) or purchased thawed  
~1# jicama bulb (OR sub 1# red potatoes)  
1 red bell pepper  
1 medium red onion  
1 jalapeno  
3 cloves garlic  
1 bunch cilantro  
2½T grassfed butter (OR sub coconut oil)  
½tsp salt  
1tsp cumin  
½tsp pepper  
½tsp oregano  
1 lime

#### *Instructions:*

1. Defrost 1-1½# frozen shrimp in fridge for 12-48 hours before cooking.
2. Peel and dice jicama into ½" cubes.
3. Dice 1 red bell pepper & 1 medium red onion.
4. Mince jalapeño (with or without seeds depending on desired spice level) + 3 cloves garlic + cilantro for ~¼c.
5. Add 1½T butter (or coconut oil) to a large skillet over medium heat.
6. Add diced jicama and cook, covered, for ~10 minutes until slightly soft, stirring occasionally. If using potatoes, cooking time may increase.
7. Remove lid and add:
  - ½tsp salt
  - 1tsp cumin
  - ½tsp pepper
  - ½tsp oregano
8. Stir to coat evenly.
9. Move jicama to one half of the skillet. Add 1T of butter (or coconut oil) to the empty side.
10. Add 1 diced red onion + 1 diced bell pepper + 1 minced jalapeno. Cook ~2 minutes or until softened.
11. Add 3 cloves minced garlic. Cook for another minute.
12. Move mixture to 1 side of pan. Add thawed shrimp and cook for 1-2 mins/ side until pink. Cooking time varies on size of shrimp - watch to not overcook shrimp.
13. Remove pan from heat.
14. Squeeze juice of 1 lime over top and mix in ¼c minced cilantro.



## May 2018 Recipes, Gluten Free

### **Week 3 Salad: Mixed Greens w/ Strawberries, Pecans & Feta**

#### *Salad Components:*

8oz strawberries  
5oz tub mixed greens  
½c chopped pecans  
4oz feta crumbles, optional

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper

#### *Instructions:*

1. Remove stems from 8oz of strawberries and slice into small, bite-sized pieces.
2. In a large bowl layer salad components:
  - 2.5oz mixed greens
  - ½ of sliced strawberries
  - ¼c chopped pecans
  - 2oz feta crumbles
4. Repeat layers.
5. Drizzle 1-2T/ serving of salad.

#### *For Balsamic Dressing:*

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



## May 2018 Recipes, Gluten Free

### **Week 3 Breakfast: Strawberry-Mango Smoothies w/ Peanut Butter**

*Ingredients:*

1½c lite coconut milk\*

2c frozen strawberries\*

2c frozen mangos\*

½c peanut butter\*

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

*Instructions:*

1. Place the following in a blender:
  - 1½c water
  - 1½c coconut milk
  - 2c frozen strawberries
  - 2c frozen mango
  - ½c peanut butter
2. Blend until smooth. Add liquid as needed. Yields 4 servings.
3. Note: May need to blend in 2 batches depending on blender size.

### **Week 3 Snack: Carrots & Sunflower Butter**

*Ingredients:*

1# carrots

½c sunflower butter\* (OR sub peanut butter)

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

*Instructions:*

1. Chop carrots into sticks for snacking, peeling optional.
2. Enjoy carrots + 2T sunflower butter per serving.



## May 2018 Recipes, Gluten Free

### Week 3 Dessert: Blueberry Crisp

*Ingredients:*

½c coconut oil

1c medjool dates, ~8

2c walnuts

1tsp vanilla extract\*

¼tsp salt

4c frozen blueberries

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

*Instructions:*

1. Preheat oven to 375 F.
2. Place in a blender:
  - ½c coconut oil
  - 1c medjool dates, pits removed (~8)
  - 2c walnuts
  - 1tsp vanilla extract
  - ¼tsp salt
3. Blend until roughly chopped.
4. Place 4c blueberries in a small baking dish and top with crisp.
5. Bake 375 F for ~30 minutes or warmed/ bubbly and crisp is beginning to brown.



## May 2018 Recipes, Gluten Free

### **Week 4 Meal 1: Fish Tacos w/ Cabbage & Not Fried Black Beans**

*Ingredients:*

2 cans refried black beans\*  
1 head Napa cabbage  
4 cod fillets, 4-6oz each (OR sub with sea bass or tilapia)  
~3T taco seasoning\*  
1 pkg organic corn tortillas\* (OR sub with lettuce wraps)  
2 limes  
2 avocados  
8oz plain Greek yogurt or sour cream, optional\*  
\*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

*Instructions:*

1. Preheat oven to 400 F.
2. Heat 2 cans refried beans, covered, for ~40 minutes or until heated through.
3. Thinly slice or shred 1 head of Napa cabbage.
4. Top each fish fillet with 1-2tsp taco seasoning.
5. Place fish on baking sheet & bake 14-16 minutes or until cooked & flaky.
6. Heat tortillas in oven.
7. Cut 2 limes into wedges.
8. Slice 2 avocados.
9. Serve cooked fish in warm tortillas (or lettuce wraps)
10. Top with lime wedges, avocado, cabbage & yogurt (optional) with beans on side.



## May 2018 Recipes, Gluten Free

### Week 4 Meal 2: Slow Cooker BBQ Pulled Pork w/ Corn Muffins & Coleslaw

#### BBQ Pulled Pork

*Ingredients:*

- ~15oz strained (or pureed) tomatoes
- 2-3T chili powder
- ¼c apple cider vinegar
- ½c honey
- S&P (~¼tsp salt)
- 1 red onion
- 4# boneless pork roast (OR sub with beef roast)

*Instructions:*

1. For BBQ sauce, whisk together (can also use a blender):
  - ~15oz strained (or pureed) tomatoes
  - 2-3T chili powder
  - ¼c apple cider vinegar
  - ½c honey
  - S&P (~¼tsp salt)
2. Thinly slice red onion.
3. In a slow cooker, place 1 sliced red onion. Top with 4# boneless pork roast + BBQ sauce (reserve 1/2-1c for dipping).
4. Cook on low for 7-8 hours or high for 4-6 hours.
5. Shred or "pull" pork with 2 forks. Serve w/ extra BBQ sauce.
6. Leftover BBQ Pulled Pork will be used with Meal 4.

#### Corn Muffins

*Ingredients:*

- 2c GF organic cornmeal
- 1T baking powder
- ¼tsp salt
- 2 eggs, omega-3
- ¼c olive oil
- ¼c honey

*Instructions:*

1. Preheat oven to 375 F.
2. In large bowl, combine dry ingredients: 2c cornmeal + 1T baking powder + ¼tsp salt.
3. In separate small bowl, whisk together wet ingredients: 2 eggs + 1c water + ¼c olive oil + ¼c honey.
4. Add wet to dry ingredients and stir well to combine.
5. Pour into a 12 cup, oiled muffin tin (option to line muffin tin w/ liners).
6. Bake 375 F for 16-22 minutes, or until tops bounce back when pressed. Cool completely, cover and store at room temperature.
7. Yields: 12.
8. Option: store batter in refrigerator and bake fresh at time of meal.



## May 2018 Recipes, Gluten Free

### **Coleslaw**

#### *Ingredients:*

½c olive oil

2T apple cider vinegar

1tsp honey

salt

1 bag coleslaw mix (OR sub chopped cabbage)

#### *Instructions*

1. Whisk together:
  - ½c olive oil
  - 2T apple cider vinegar
  - 1tsp honey
  - salt to taste
2. Toss together with 1 bag of coleslaw mix or chopped cabbage.



## May 2018 Recipes, Gluten Free

### **Week 4 Meal 3: Bacon-Avocado Grassfed Burgers w/ Roasted Zucchini & Sweet Potatoes**

#### **Bacon-Avocado Grassfed Burgers**

*Ingredients:*

1 package thin-cut bacon\*

1# grassfed ground beef

S&P

4 GF hamburger buns\* (OR sub w/ lettuce wraps)

2 avocados

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

*Instructions:*

1. Preheat oven to 375 F.
2. Place 1 package thin-sliced bacon in single layer on a baking sheet, bake 20-25 min or until cooked.
3. Form 1# ground beef into 4 patties. Season lightly with S&P.
4. Grill burgers for 3-4 minutes per side or to desired doneness (or cook in sauté pan over med-high).
5. Slice 2 avocados.
6. Serve in buns (or use lettuce wraps) with bacon & avocado.

#### **Roasted Zucchini & Sweet Potato**

*Ingredients:*

2-3 large sweet potatoes

2 medium zucchini

2T olive oil

2T dried basil

S&P

*Instructions:*

1. Preheat oven to 375 F.
2. Cut 2-3 sweet potatoes & 2 zucchini into ~1" cubes.
3. Toss with 2T olive oil + 2T basil + S&P.
4. Roast sweet potatoes & zucchini for 30-35 minutes, tossing halfway through cooking.



## May 2018 Recipes, Gluten Free

### **Week 4 Meal 4: BBQ Pork Stuffed Baked Potatoes w/ Steamed Broccoli**

*Ingredients:*

4 medium baking potatoes  
Leftover BBQ Pulled Pork from Meal 2  
1 head broccoli  
S&P  
Leftover BBQ sauce from Meal 2

*Instructions:*

1. Preheat oven to 375 F.
2. Pierce 4 russet potatoes with a fork. Bake at 375F for 55min-65min or until soft/ cooked through.
3. Reheat pulled pork (from Meal 2) in skillet over med-high heat until heated through, ~5-7 minutes.
4. Chop broccoli into 1" pieces.
5. Steam or boil broccoli for 5-6 minutes. Season to taste w/ S&P.
6. Cut open potatoes and stuff with reheated pulled pork and steamed broccoli. Option to top w/ additional BBQ sauce.



## May 2018 Recipes, Gluten Free

### **Week 4 Salad: Mixed Greens w/ Raspberries, Mint & Cucumber**

#### *Salad Components:*

5oz mixed greens  
1 pint of raspberries  
1 cucumber  
1 bunch mint

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper

#### *Instructions:*

1. Dice cucumber and finely chop mint for ~2T.
2. In a large bowl layer salad components:
  - 2½oz mixed greens
  - ½ pint raspberries
  - ½ of chopped cucumber
  - 1T chopped mint
3. Repeat layers.

#### *For Balsamic Dressing:*

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



## May 2018 Recipes, Gluten Free

### **Week 4 Breakfast: Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata**

#### *Ingredients:*

1 red onion  
1T olive oil  
2 links (~1/2#) raw chicken sausage\*  
5oz baby spinach  
8 eggs (omega-3)  
4oz goat cheese crumbles, optional  
S&P

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

#### *Instructions:*

1. Preheat oven to 375 F.
2. Thinly slice 1 red onion.
3. Heat 1T olive oil in a lg sauté pan over medium, add 1 sliced red onion and a pinch of salt.
4. Sauté for ~20 mins, stirring occasionally.
5. Remove 2 sausage links from casings. Add to onions, cook 10 min, breaking meat apart.
6. Add 5oz baby spinach, cooking ~5 mins or wilted. Set aside to cool.
7. In a large bowl, whisk together 8 eggs & stir in:
  - cooked onions, sausage & spinach
  - 4oz goat cheese crumbles (optional)
  - S&P
8. Pour into well-oiled pie pan or 8x8" pan, bake at 375 F for 30-40 minutes or until no longer jiggly (will vary depending on depth of dish).



## May 2018 Recipes, Gluten Free

### Week 4 Snack: Cranberry Almond Energy Bites

#### *Ingredients:*

½c medjool dates, ~4

¼c almonds

¼c dried cranberries\*

½c almond butter\*

¼c GF oats\*

½tsp cinnamon

1/8tsp salt

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

#### *Instructions:*

1. Blend ½c (~4) medjool dates, pitted + ¼c almonds in a blender or food processor until well chopped.
2. In a large bowl, stir the following together until well combined:
  - ¼c dried cranberries
  - ½c almond butter
  - ¼c gluten free oats
  - ½tsp cinnamon
  - 1/8tsp salt
3. Add in blended dates & almonds. Form into 1T balls and store in air-tight container in fridge or freezer. Yields ~18.

### Week 4 Dessert: Minted Strawberry & Orange Fruit Salad

#### *Ingredients:*

1 bunch mint

5 oranges

1 pint strawberries

2T olive oil

1 lime

1T honey

#### *Instructions:*

1. Finely chop 1 bunch mint for ~2T.
2. Peel and slice 3 oranges into segments (option to chop if segments are large), removing white piths first.
3. Slice 1 pint of strawberries
4. For Dressing, whisk together 2T olive oil + juice of 1 lime (~1T) + juice of 2 oranges (~1/4c) + 1T honey + 2T chopped mint.
5. Top each portion of oranges and strawberries with 1-2T of dressing.
6. \*\*Note: if you have extra mint, use it to flavor a glass of water or iced tea. It's delish!



## May 2018 Recipes, Gluten Free

### Week 5 Meal 1: Dilled Cod w/ Cauliflower Steaks & Quinoa

#### Dilled Cod

*Ingredients:*

2T mayo\* (recommend Primal Kitchens)  
4 cod fillets, 4-6oz each  
¼tsp dried dill  
Salt

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

*Instructions:*

1. Preheat oven to 400 F.
2. Spread 2T mayo in thin layer over cod fillets. Sprinkle w/ ¼tsp dried dill & salt.
3. Bake ~12-16 mins or until flaky.

#### Cauliflower Steaks

*Ingredients:*

1 bunch Italian parsley  
2 heads cauliflower  
Olive oil  
S&P  
¼c pine nuts  
½c golden raisins\*  
2T grassfed butter (OR sub with olive oil)

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

*Instructions:*

1. Preheat oven to 400 F.
2. Finely chop parsley for ~½c.
3. Cut both cauliflower heads, vertically, into ½" thick steaks (~4-6 slices per head).
4. Place cauli steaks on baking sheet. Drizzle w/ olive oil & S&P both sides. Bake 20-25 mins or golden brown, flip half way through. Remove from oven.
5. In small bowl combine ¼c pine nuts + ½c golden raisins + ½c chopped parsley for cauliflower topping.
6. In small sauté pan over med-high add 2T butter or olive oil. Add cauliflower topping & sauté 3-5 mins or pine nuts begin to toast.
7. Top cauliflower steaks with pine nut/raisin mixture and serve with cod.

#### Quinoa

*Ingredients:*

1c quinoa

*Instructions:*

1. Add 2c water + 1c quinoa in large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally.



## May 2018 Recipes, Gluten Free

### Week 5 Meal 2: Grilled Chicken w/ Pineapple Salsa & Grilled Zucchini

#### Grilled Chicken

*Ingredients:*

2 limes  
1 lemon  
1 orange  
1 bunch cilantro  
¼c olive oil  
1T salt  
2 garlic cloves  
4 boneless, skinless chicken breasts, 4-6oz each

*Instructions:*

1. For marinade, blend the following until smooth:
  - zest and juice of 2 limes
  - zest and juice of 1 lemon
  - zest of 1 orange
  - handful of cilantro
  - ¼c olive oil
  - ¼c water
  - 1T salt
  - 2 garlic cloves
2. Marinate chicken in fridge for 2-12 hours prior to grilling, if not done overnight.
3. Preheat grill to med-high & remove chicken from marinade.
4. Grill for ~5 min/ side or cooked through to 165 F. (Note: Can also bake chicken in oven at 375 F for 30 minutes or reaches internal temp of 165 F. Cook longer if bone-in.)

#### Pineapple Salsa

*Ingredients:*

1 fresh pineapple (OR sub ~1c precut chunks)  
1 jalapeno  
1 bunch cilantro  
1/8 red onion  
1 limes  
1/8 tsp salt

*Instructions:*

1. Finely dice 1 pineapple for ~1c.
2. Remove seeds & ribs from 1 jalapeno & finely chop. Set aside. Note: seeds add heat, gradually add if desired.
3. Finely chop cilantro for ~1T & 1/8 red onion.
4. Toss together: diced pineapple + chopped jalapeno + chopped cilantro + red onion + lime juice to taste (1 lime) + 1/8tsp salt.



## May 2018 Recipes, Gluten Free

### **Grilled Zucchini**

*Ingredients:*

2 zucchini

Olive oil

S&P

*Instructions:*

1. Thinly slice 2 zucchinis, lengthwise, ~1/2" thick (works well using a mandolin).
2. Brush zucchini lightly w/ olive oil and season w/ S&P.
3. Grill for 4-6 minutes, flipping halfway through.



## May 2018 Recipes, Gluten Free

### Week 5 Meal 3: Gingered Beef & Veggie Stir Fry w/ Sesame Quinoa

#### Gingered Beef & Veggie Stir Fry

*Ingredients:*

2-3" knob ginger

2 garlic cloves

¼c low-sodium tamari\*

1T toasted sesame oil

1½# grassfed beef stir fry meat

3 bell peppers, mixed colors

1 red onion

1tsp olive oil (OR sub with coconut oil)

1T red chili flakes, optional

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

*Instructions:*

1. Peel and grate ginger for ~2T.
2. Finely chop 2 garlic cloves.
3. For Stir Fry Sauce, whisk together:
  - ¼c low-sodium tamari
  - 1T toasted sesame oil
  - 2T fresh grated ginger
  - 2 cloves chopped garlic
4. Marinate sliced beef in stir fry sauce for 30 minutes up to 12 hours in fridge, if not done overnight.
5. Slice 3 bell peppers + 1 red onion into long, thin strips.
6. Heat 1tsp olive oil (or coconut oil) in large sauté pan or wok over medium-high heat.
7. Cook onion & bell pepper for 10 mins. Scoot to side, add beef + marinade to pan & cook 3-5 min, or pink is just disappearing.
8. Option to top stir fry w/ red chili flakes as desired.
9. Serve immediately over Sesame Quinoa.

#### Sesame Quinoa

*Ingredients:*

1c quinoa

2-3T toasted sesame oil

*Instructions:*

1. Add 2c water + 1c quinoa in large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally.
2. Toss cooked quinoa w/ 2-3T toasted sesame oil.



## May 2018 Recipes, Gluten Free

### Week 5 Meal 4: Mushroom Pork Roulades w/ Lemony Kale & Mashed Sweet Potatoes

#### Mushroom Pork Roulades

*Ingredients:*

8oz sliced baby bella mushrooms  
2 shallots  
1 garlic clove  
1 bunch fresh sage (OR sub with 1tsp dried sage)  
2T grassfed butter (OR sub olive oil)  
½tsp salt  
½tsp pepper  
½tsp onion powder  
Parchment paper  
1-1½# boneless pork loin chops (~½" thick)  
Toothpicks

*Instructions:*

1. Preheat oven to 375 F.
2. Dice 8oz sliced baby bella mushrooms.
3. Mince 2 shallots + 1 garlic clove + fresh sage for ~1T.
4. Over medium heat, melt 1½T butter (or olive oil) in large sauté pan.
5. Add 8oz diced baby bella mushrooms and 2 minced shallots. Cook until soft, ~5-10 minutes.
6. Add 1 minced garlic clove and cook ~1 minute until fragrant.
7. Add in ½tsp salt + ½tsp pepper + ½tsp onion powder. Remove from heat and add ~1T minced sage (or 1tsp dried sage). Cool.
8. Line a butcher block/cutting board with parchment paper and tear off an additional sheet of parchment paper.
9. Place 1 pork chop between parchment paper & flatten w/ mallet until ~¼" thick. Season both sides w/ S&P.
10. Repeat w/ all chops.
11. Take one flattened pork chop, place ~2T of mushroom filling towards one end. Roll up pork chop and secure with a toothpick. Repeat with remaining chops.
12. Brush roll-ups with ½T melted butter (or olive oil). Bake for 15-17 mins, remove toothpicks, then broil for 2-3 mins or golden brown.



## May 2018 Recipes, Gluten Free

### **Lemony Kale**

*Ingredients:*

2 garlic cloves  
1 bunch curly kale  
1T olive oil  
1 lemon  
S&P

*Instructions:*

1. Finely chop 2 cloves garlic.
2. Remove and discard middle stem from 1 bunch kale. Chop the leaves.
3. In sauté pan heat ~1T olive oil over medium. Add 2 chopped garlic cloves + 1 bunch chopped kale and cook for 8-10 min.
4. Add juice from ½-1 lemon + S&P and cook 2-3 minutes more.

### **Mashed Sweet Potatoes**

*Ingredients:*

2 large sweet potatoes  
S&P

*Instructions:*

1. Peel 2 lg sweet potatoes. Cut into eighths.
2. Place in a large pot, add water to just cover potatoes.
3. Boil 15 to 20 mins or until tender.
4. Drain, return to pot, and the mash potatoes.
5. Season w/ S&P.



## May 2018 Recipes, Gluten Free

### **Week 5 Salad: Mixed Greens w/ Blueberry, Walnut & Goat Cheese**

#### *Salad Components:*

5oz mixed greens  
1c blueberries  
½c walnuts  
5oz goat cheese crumbles, optional

#### *Dressing:*

½c olive oil  
¼c balsamic vinegar  
Pepper

#### *Instructions:*

1. In a large bowl layer salad components:
  - ½ of mixed greens
  - ½c blueberries
  - ¼c walnuts
  - ½ of goat cheese crumbles, optional
2. Repeat layers.
3. Drizzle ~1T over each serving of salad.

#### *For Balsamic Dressing:*

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



## May 2018 Recipes, Gluten Free

### Week 5 Breakfast: Tropical Breakfast Smoothie

*Ingredients:*

1 can lite coconut milk  
8oz tropical frozen fruit (OR sub with fruit of choice)  
5oz baby spinach

*Instructions:*

1. For 4 servings, blend: ½ can coconut milk w/ 8oz frozen tropical fruit.
2. When smooth, add 5oz baby spinach and blend well.
3. Add water/ coconut milk as needed.
4. Option: freeze leftover coconut milk in ice cube tray to use later.

### Week 5 Snack: Plantain Chips w/ Pineapple Salsa

*Ingredients:*

1 fresh pineapple (OR sub ~1c precut chunks)  
1 jalapeno  
1 bunch cilantro  
1/8 red onion  
1 lime  
1/8 tsp salt  
1 bag plantain chips

*Instructions:*

1. Finely dice 1 pineapple for ~1c.
2. Remove seeds & ribs from 1 jalapeno & finely chop. Set aside. Note: seeds add heat, gradually add if desired.
3. Finely chop cilantro for ~1T & 1/8 red onion.
4. Toss together: diced pineapple + chopped jalapeno + chopped cilantro + red onion + lime juice to taste (1 lime) + 1/8tsp salt.
5. Serve salsa w/ plantain chips.



## May 2018 Recipes, Gluten Free

### Week 5 Dessert: Watermelon "Mojito" Popsicles

*Ingredients:*

1 watermelon (OR sub with ~5c precut)  
1 bunch fresh mint  
1 lime  
Salt  
~1T honey, optional  
1T chia seeds

*Instructions:*

1. Cube watermelon for ~5c.
2. In blender, blend the following until smooth:
  - ~5c cubed watermelon
  - small handful of mint leaves, torn
  - juice of 1 lime
  - pinch of salt
  - ~1T honey, optional (depending on sweetness of watermelon)
3. Add 1T chia seeds and mix with a spoon. Pour mixture into popsicle molds and freeze 5 hours or overnight.
4. Note: Use leftover mint leaves in your water or iced tea this week - delish!