



June 2018 Recipes, Gluten Free

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Week 1 Meal 1: Grilled Balsamic Pork Chops w/ Asparagus & Honeydew Slices

Grilled Balsamic Pork Chops

Ingredients:

¼c olive oil
¼c balsamic vinegar
Pepper to taste
4-8 thin-cut pork chops

Instructions:

1. Preheat grill to med-high or 400 F.
2. Whisk together:
 - ¼c olive oil
 - ¼c balsamic vinegar
 - Pepper to taste
3. Marinate pork chops for 30 min up to 24 hours (in fridge).
4. Grill chops for 3-4 minutes per side or reaches internal temp of 145 F (option to bake at 400 F for ~10-12 minutes)

Grilled Asparagus

Ingredients:

1 bunch asparagus
1T olive oil
S&P

Instructions:

1. Preheat grill to med-high or 400 F.
2. Cut ends off 1 bunch of asparagus (bottom 2-3"), discard. Toss w/ 1T olive oil, S&P.
3. Grill asparagus directly on grill (perpendicular to grill grates), 5-7 minutes (or bake in oven for 10-12 min at 400 F).

Honeydew Slices

Ingredients:

1 honeydew melon

Instructions:

1. Cut 1 honeydew in half, scoop out seeds, then cut into wedges or slices.
2. Enjoy!



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Week 1 Meal 2: Southwestern Steak Salad w/ Salsa "Ranch"

Southwestern Steak Salad

Ingredients:

1-1½# grassfed ribeye steak
S&P
1½ red bell pepper
2 yellow bell peppers
1 bunch green onions
2 avocados
1 bunch cilantro
10oz spring mix

Instructions:

1. Preheat grill to medium heat (~375-400 F).
2. Season ribeye steak with S&P. Grill steak for ~4-5 mins/ side or internal temp reaches 140 F for medium rare. Adjust cook time based on thickness of steak. (Option to cook on stove top: Heat ½tsp oil in large sauté pan over high heat. Sear for ~4 min/ side).
3. Let steak cool. Then thinly slice.
4. Slice 1½ red + 2 yellow bell peppers into strips.
5. Slice green onions (whites and greens) into ¼" slices.
6. Slice 2 avocados.
7. Chop cilantro for ~¼c.
8. Place 10oz spring mix in bowl. Top with sliced bell peppers, green onions, sliced steak and sliced avocado.
9. Top with chopped cilantro and salsa "ranch".

Salsa "Ranch"

Ingredients:

¼c mayo
¼c coconut milk
¼c salsa
½tsp dried dill
¼tsp onion powder
¼tsp garlic powder
pinch of red pepper flakes
S&P

Instructions:

1. Blend the following in a blender until smooth: ¼c mayo + ¼c coconut milk + ¼c salsa + ½tsp dried dill + ¼tsp onion powder + ¼tsp garlic powder + pinch of red pepper flakes + S&P to taste.



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Week 1 Meal 3: Cod Picatta w/ Pancetta & Lentils

Cod Picatta

Ingredients:

Zest of 2 lemons (~1tsp)
2T lemon juice (~2-3 lemons)
5T olive oil
4T capers
4 cod fillets, 4-6oz each

Instructions:

1. For Picatta Sauce, stir together zest of 2 lemons (~1tsp) + 2T lemon juice (~2-3 lemons) + 4T olive oil + 4T capers. Set aside.
2. Heat a large sauté pan to med-high heat and add 1T oil.
3. Place 4 cod fillets in pan, cook 3-4 minutes.
4. Flip cod fillets and pour lemon-caper sauce over top, cover with lid & cook another 3-4 min or cooked through & flaky.

Lentils

Ingredients:

2c dry lentils (like French Puy)
1tsp olive oil
½ onion
9oz pancetta* (OR sub bacon)
1 bunch parsley
S&P

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

Instructions:

1. Rinse 2c lentils and place in pot with 4c water. Bring to rapid simmer over med-high heat. Reduce to low for ~25 minutes. Set aside.
2. Finely chop ½ an onion and 1 handful of fresh parsley.
3. Cube 9oz pancetta.
4. Heat small sauté pan with 1tsp olive oil. Add ½ chopped onion and 9oz cubed pancetta. Cook until pancetta is a little crispy.
5. Add onions, pancetta, and a handful of chopped parsley to lentils and season with S&P. Stir to combine.



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Week 1 Meal 4: Spaghetti Squash Chow Mein

Ingredients:

1 large or 2 small spaghetti squash
6 cloves garlic
~2" knob ginger
¼c tamari*
1T rice vinegar*
1T honey
2T toasted sesame oil*
½ yellow onion
2 stalks celery
½ red bell pepper
2 carrot sticks
1 small cabbage (OR sub 2c shredded cabbage)
S&P
2T olive oil
1c bean sprouts

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

Instructions:

1. Preheat oven to 350 F.
2. Pierce spaghetti squash with a knife. Roast whole for ~1½ hours (for 2 small) or ~2 hours for 1 large squash (or until a knife easily pierces the skin).
3. Mince 6 cloves garlic for ~3T. Grate ginger for ~1T.
4. For Chow Mein Sauce, whisk together:
 - ¼c tamari
 - ~3T minced garlic
 - ~1T grated ginger
 - 1T rice vinegar
 - 1T honey
 - 1T toasted sesame oil
5. Set Chow Mein Sauce aside.
6. Dice ½ yellow onion. Slice 2 stalks celery, ½ red bell pepper into strips & 2 carrots into thin matchsticks.
7. Shred 1 head cabbage for ~2c (best done w/ food processor).
8. When squash is done roasting, carefully slice squash in half, allowing heat to escape. Set aside and allow to cool.
9. Take halved spaghetti squash (cooked & cooled) and remove seeds. Then scoop out squash. Add 1T toasted sesame oil + S&P.
10. Heat 2T olive oil in a lg skillet over med heat. Add sliced celery & bell pepper, matchstick carrots, & chopped ½ yellow onion.
11. Cook veggies until tender, ~3-5 minutes. Stir in 2c shredded cabbage and 1c bean sprouts and cook 1-2 mins or heated through.
12. Stir in cooked spaghetti squash and Chow Mein Sauce. Toss everything together until heated.



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Week 1 Salad: Spinach, Raspberries, Sliced Almonds & Goat Cheese

Salad Components:

5oz spinach
1 pint raspberries
½c sliced almonds
4oz goat cheese crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Layer in container as follows:
 - ½ of spinach
 - ½ of raspberries
 - ¼c sliced almonds
 - ½ of goat cheese crumbles
2. Repeat layers.

For Balsamic Dressing:

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



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Week 1 Breakfast: Chocolate Cherry Decadence Smoothie Bowl

Ingredients:

½c lite coconut milk
20oz frozen dark sweet cherries
3-5oz frozen collard greens (OR sub greens of choice)
3T cocoa powder
¼c peanut butter*
½tsp cinnamon

Optional toppings:

½c chopped hazelnuts (OR sub chopped nut of choice)
1T chia seeds
¼c mini chocolate chips*
½c unsweetened coconut flakes
½c frozen pomegranate arils

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

Instructions:

1. In a blender, add the following:
 - ½c lite coconut milk
 - 20oz frozen cherries
 - 3-5oz frozen greens
 - 3T cocoa powder
 - ¼c peanut butter
 - ½tsp cinnamon
2. Blend on high until smooth. Add additional water as needed for desired consistency.
3. Pour into bowl & add optional toppings as desired.



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Week 1 Snack: Veggies w/ Salsa "Ranch"

Ingredients:

1/4c mayo
1/4c coconut milk
1/4c salsa
1/2tsp dried dill
1/4tsp onion powder
1/4tsp garlic powder
pinch of red pepper flakes
S&P
1/2 bunch celery
1/2# carrots

Instructions:

1. Blend the following in a blender until smooth:
 - 1/4c mayo
 - 1/4c coconut milk
 - 1/4c salsa
 - 1/2tsp dried dill
 - 1/4tsp onion powder
 - 1/4tsp garlic powder
 - pinch of red pepper flakes
 - S&P to taste
2. Slice celery & carrots into sticks for snacking.



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Week 1 Dessert: Gluten Free Cookie Dough Bites

Yields ~16

Ingredients:

¼c coconut oil (melted)

¼c maple syrup*

1tsp vanilla extract*

2c almond flour

¼c mini chocolate chips*

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

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.
4. Option: Drizzle with melted chocolate.



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Week 2 Meal 1: Grilled Ginger-Lime Flank Steak w/ Onions, Bell Peppers & Plums

Grilled Ginger-Lime Flank Steak

Ingredients:

~3" knob ginger
½c olive oil
2-3T lime juice (~3 limes)
½T salt
fresh ground pepper
1-1½# grassfed flank steak

Instructions:

1. Preheat grill to medium heat.
2. Grate ginger to equal ~2-3T.
3. For the Steak Marinade, whisk together:
 - ½c olive oil
 - 2-3T fresh grated ginger
 - 2-3T lime juice (~3 limes)
 - ½T salt
 - fresh ground pepper
4. Add 1-1½# flank steak to marinate for 4-48 hours.
5. Remove steak from marinade and grill for 4-6 minutes per side for medium rare.
6. Allow steak to rest 5-10 minutes before cutting. Cut meat very thin against the grain.

Grilled Onions, Bell Peppers & Plums

Ingredients:

4 plums
4 bell peppers, mixed colors
1 red onion
Olive oil
S&P

Instructions:

1. Preheat grill to medium heat.
2. Cut red onion into thick circles (to grill) & brush w/ olive oil.
3. Quarter 4 bell peppers (removing stems/ seeds) brush skin side lightly w/ olive oil.
4. Halve 4 plums and remove seeds. Brush cut side lightly w/ olive oil.
5. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
6. Grill plums cut side down for ~5 minutes.
7. Season bell pepper & onion w/ S&P.



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Week 2 Meal 2: Zesty Lemon Shrimp w/ Polenta & Green Beans

Zest Lemon Shrimp

Ingredients:

¼c olive oil
1 clove garlic
½ small bunch basil
1 lemon (juiced for ~2T)
S&P
1-1½# shrimp

Instructions:

1. Preheat oven to 425 F.
2. For Lemon Basil Sauce, add the following to a blender and blend:
 - ¼c olive oil
 - 1 clove garlic
 - ½ small bunch basil
 - juice of 1 lemon (~2T)
 - S&P to taste
3. Marinate 1-1½# shrimp for 30 minutes to 1 hour in Lemon Basil Sauce.
4. Place marinated shrimp on a sheet pan. Roast for ~8-10 minutes or until shrimp are cooked.

Polenta

Ingredients:

1c organic gluten free cornmeal
½tsp salt

Instructions:

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

Green Beans

Ingredients:

3-4c green beans
1T olive oil
S&P to taste

Instructions:

1. Pre-heat oven to 425 F.
2. Trim 3-4c green beans and toss with 1T olive oil and S&P.
3. Place on sheet pan. Roast for ~12 minutes or until green beans are tender.



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Week 2 Meal 3: Summer Pasta Salad

Ingredients:

- 1 small zucchini
 - 2 pints cherry tomatoes
 - 16oz sliced mushrooms
 - 5-6T olive oil
 - S&P
 - 1 box gluten free penne pasta*
 - 1 clove garlic
 - ½ small bunch basil
 - 1 lemon (juice for ~2T)
 - ¼c sliced Kalamata olives
 - 4oz feta crumbles, optional
 - ½c pine nuts, optional
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 375 F.
2. Cut zucchini into bite-sized pieces.
3. Toss together:
 - 2 pints cherry tomatoes
 - 16oz sliced mushrooms
 - 1 chopped zucchini
 - 1-2T olive oil
 - S&P
4. Roast veggies at 375 F in single layer on 1-2 sheet pans for 20-25 minutes.
5. Bring large pot of water to boil and cook 1 box of gluten free penne pasta according to package instructions. Drain & set aside.
5. For Lemon Basil Sauce, add the following to a blender and blend:
 - ¼c olive oil
 - 1 clove garlic
 - ½ small bunch basil
 - juice of 1 lemon (~2T)
 - S&P to taste
6. Toss cooked pasta + roasted veggies + Lemon Basil Sauce + ¼c sliced olives + 4oz feta cheese + ½c pine nuts, optional.



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Week 2 Meal 4: Garlic Butter Chicken w/ Spinach & Bacon

Garlic Butter Chicken

Ingredients:

4 slices bacon*

4 cloves garlic

2# bone-in, skin-on chicken thighs

S&P

1T grassfed butter

½c chicken broth*

1 lemon (juice for ~1tsp lemon juice)

10oz spinach

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

Instructions:

1. Preheat oven to 375 F.
2. Place 4 slices of bacon on foil-lined baking sheet. Bake for 15-20 minutes or until crispy.
3. Reserve 2T bacon fat.
4. Mince 4 cloves garlic.
5. Heat large skillet over medium heat. Add 2T bacon fat (or olive oil) and season chicken thighs with S&P.
6. Place chicken skin side down. Cook ~12 min, flip and repeat until both sides are crispy and brown. Remove chicken & set aside.
7. Add 1T butter and 4 cloves minced garlic to skillet. Cook ~1 min. Add ½c chicken broth and 1tsp lemon juice.
8. Reduce to medium-low and add chicken back to skillet. Cook 5-10 min until chicken reaches internal temp of 165 F.
9. Remove chicken from pan.
10. Add 10oz spinach to sauce in skillet, cook over medium until wilted. Add S&P to taste and top with bacon crumbles.



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Week 2 Salad: Arugula, Watermelon, & Feta Salad

Salad Components:

1c watermelon
2T red onion
5oz arugula
½c sliced almonds
4oz feta crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Cut 1c of watermelon into small ½" cubes.
2. Thinly slice red onion for ~2T.
3. Layer in contain as follows:
 - ½ of arugula
 - 1T sliced red onion
 - ½c chopped watermelon
 - ¼c sliced almonds
 - 2oz feta crumbles, optional
4. Repeat layers.

For Balsamic Dressing:

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



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Week 2 Breakfast: Lemon Blueberry Muffins

Yields ~12 muffins

Ingredients:

¾c coconut flour

½tsp salt

½tsp baking soda

5 eggs, omega 3

½c honey

½c coconut oil

1 lemon

½ pint blueberries

12 paper muffin liners (OR sub silicon muffin tin)

Instructions:

1. Preheat oven to 375 F.
2. In a large bowl, whisk together the following until smooth (or pulse together in a food processor):
 - ¾c coconut flour
 - ½tsp salt
 - ½tsp baking soda
 - 5 eggs
 - ½c honey
 - ½c coconut oil
 - 1T lemon zest
3. Gently stir in ½ pint blueberries.
4. Pour into a lined muffin tin, about ¾ full. Bake at 375 F for 20-25 mins or tops spring back when touched.
5. Note: Recommend putting any remaining muffins after 24-48 hrs (or immediately) into the freezer. Defrost 1-2 hours before eating.



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Week 2 Snack: Chocolate Bliss Energy Bites

Ingredients:

1c roasted cashews
1c medjool dates, pitted (~8)
1T chia seeds
¼c cocoa/ cacao powder
½tsp vanilla extract
¼tsp almond or peppermint extract, optional
2T nut milk of choice (OR sub water)

Instructions:

1. Combine the following ingredients into a food processor (blender works okay but food processor is best) until well combined:
 - 1c roasted cashews
 - 1c medjool dates, pitted (~8)
 - 1T chia seeds
 - ¼c cocoa/ cacao powder
 - ½tsp vanilla extract
 - ¼tsp almond or peppermint extract, optional
 - 2T nut milk of choice (OR sub with water)
2. Form into 1 inch balls. If you wet your hands it makes it easier to form into balls.
3. If you do not have almond extract you can sub for peppermint extract and they taste like thin mints!

Week 2 Dessert: Watermelon

Ingredients:

1 watermelon

Instructions:

1. Cut into wedges for snacking.



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Week 3 Meal 1: Nicoise Salad

Ingredients:

2 eggs
1 large red potato
1c green beans
5oz mixed greens
1 pint cherry tomatoes
¼c sliced Kalamata olives
4 tuna steaks, 4-6oz each (OR sub with salmon)

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Place 2 eggs in a pot, fill with water to cover. Bring to a boil and cook eggs for 3-5 minutes. Shut off heat and cover pot. Let cool.
2. Fill an additional small pot with water & bring to a boil.
3. Chop red potato into ¼" cubes. Chop green beans into ½" pieces.
4. Boil chopped potatoes for ~15-20 minutes or until a knife is easily inserted. Drain and allow to cool.
5. Steam/ boil chopped green beans for 2-4 mins (option: place green beans in steamer basket in same pot as potatoes)
6. Add the following to 5oz mixed greens:
 - 1 pint cherry tomatoes
 - 1c cooked, cooled & chopped green beans
 - 2 hardboiled eggs (cooled, peeled & quartered)
 - chopped boiled potatoes
 - ¼c sliced Kalamata olives
7. Heat 1tsp oil in sauté pan over med-high to high heat. Sear tuna 2-3 minutes per side or reaches desired doneness. Season w/ S&P.
8. Divide salads among 4 bowls, top each with a piece of seared tuna.
9. Shake vinaigrette well and drizzle on top of salads.

For Balsamic Dressing:

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



June 2018 Recipes, Gluten Free

Week 3 Meal 2: Pork, Pineapple, & Veggie Kabobs

Ingredients:

Wooden or metal skewers

4 bell peppers (mixed colors)

1 pineapple (OR sub 2c pre-cut pineapple chunks)

1-1½# boneless pork loin chops (OR sub pork cubes)

1tsp turmeric

½tsp chipotle powder (OR sub chili powder*)

1T tamari*

1T toasted sesame oil

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

Instructions:

1. If using wooden skewers, soak in water for ~30 minutes.
2. Preheat grill.
3. Cut 4 bell peppers + 1 pineapple into ~1" cubes
4. Cut pork into ~1" cubes.
5. Whisk together:
 - 1tsp turmeric
 - ½tsp chipotle powder
 - 1T tamari
 - 1T toasted sesame oil
6. Toss pork cubes with marinade. Marinate for 2-48 hours.
7. Skewer pork, pineapple & bell pepper on skewers.
8. Grill for ~15 minutes, flipping kabobs every ~5 minutes. (Option to bake in oven at 350 F for 10-15 minutes).



June 2018 Recipes, Gluten Free

Week 3 Meal 3: Bison Burgers w/ Sweet Potato Wedges & Green Apple Coleslaw

Bison Burgers

Ingredients:

1# ground bison (OR sub ground beef)

S&P

Gluten free buns, optional*

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

Instructions:

1. Form ground bison into 4 patties. Season lightly w/ S&P.
2. Grill burgers 3-4 minutes per side or desired doneness (or in a sauté pan over medium-high heat).

Sweet Potato Wedges

Ingredients:

2 large sweet potatoes

2T olive oil

1T chili powder*

1T cumin

S&P

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

Instructions:

1. Preheat oven to 375 F.
2. Cut sweet potatoes into thin wedges.
3. Toss with 1-2T olive oil + 1T chili powder + 1T cumin + S&P.
4. Roast sweet potatoes for 35-45 minutes, removing and tossing halfway through cooking.

Green Apple Coleslaw

Ingredients:

2 granny smith apples

½c olive oil

2T apple cider vinegar

1tsp honey

Salt

8oz shredded cabbage

Instructions:

1. Thinly slice 2 green apples (should be ~size of a match- works well on a mandolin).
2. Whisk together: ½c olive oil + 2T apple cider vinegar + 1tsp honey + salt to taste.
3. Toss dressing with sliced apples.
4. Toss all together with 8oz bag shredded cabbage.



June 2018 Recipes, Gluten Free

Week 3 Meal 4: Walnut Crusted Chicken w/ Sautéed Spinach & Honey-Glazed Carrots

Walnut Crusted Chicken

Ingredients:

2c walnuts
2 eggs
4 boneless, skinless chicken breasts, 4-6oz each
Salt

Instructions:

1. Preheat oven to 375 F.
2. In blender or food processor, blend 2c walnuts until they reach a breadcrumb-like texture. Place in a shallow bowl.
3. Whisk 2 eggs, place in a second shallow bowl.
4. Dredge each chicken breast in eggs & then walnut "crumbs". Salt lightly.
5. Bake chicken for 25 minutes for smaller breasts or up to 40 minutes for larger breasts (chicken should reach internal temp of 165 F).

Sautéed Spinach

Ingredients:

2-4 cloves garlic
10oz spinach
1tsp olive oil
S&P

Instructions:

1. Finely chop 2-4 cloves garlic.
2. Heat 1tsp oil in large sauté pan over high heat.
3. Add garlic & spinach to pan & cook 3-4 min or spinach just wilts. Season w/ S&P.

Honey-Glazed Carrots

Ingredients:

½# carrots
1T olive oil
1T honey
1tsp dried dill
S&P

Instructions:

1. Fill a small pot with water & bring to a boil.
2. Thinly slice carrots into bite-sized pieces.
3. Boil (or steam) sliced carrots for ~20 minutes or until a knife inserts easily.
4. Whisk together 1T olive oil + 1T honey. Toss carrots with oil & honey.
5. Season w/ 1tsp dried dill + S&P.



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Week 3 Salad: Mixed Greens w/ Grapes, Walnuts & Avocado

Salad Components:

1 small bunch seedless grapes
1-2 avocados
5oz mixed greens
½c walnuts

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Cut grapes in half, for a total of 1½c.
2. Slice 1-2 avocados.
3. Layer in container as follows:
 - 2.5oz mixed greens
 - ¼c walnuts
 - ¾c grapes
 - ½ of diced avocado
4. Repeat layers.

For Balsamic Dressing:

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



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Week 3 Breakfast: Hard Boiled Eggs w/ Oranges

Ingredients:

8 eggs
4 oranges

Instructions:

1. Place 8 eggs in a pot, fill with water to cover, bring to a boil.
2. Boil for 3-5 minutes. Shut off heat & cover pot. Let cool.
3. Option to cut oranges into wedges.
4. Peel eggs & serve with oranges.

Week 3 Snack: Curried Cashews & Raisins

Ingredients:

1T olive oil
1T yellow curry powder*
3c cashews
1c raisins
Salt

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

Instructions:

1. In a large sauté pan, heat 1T olive oil + 1T yellow curry powder over medium-high heat for ~3 min.
2. Add 3c cashews and cook 3-4 min or just toasted.
3. Remove from heat, toss w/ 1c raisins & salt to taste.
4. Allow to fully cool.
5. Store at room temperature in an airtight container.



June 2018 Recipes, Gluten Free

Week 3 Dessert: Chocolate Dipped Bananas

Ingredients:

¼c coconut oil

¼c cocoa powder

1/8tsp vanilla extract*

1/8tsp cinnamon

4 bananas

8 popsicle sticks, optional

Parchment paper or foil

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

Instructions:

1. Heat ¼c coconut oil in sauté pan over low (be careful, it can burn!). Once the coconut oil melts and is warm, turn off the heat and whisk in the following until combined:
 - ¼c cocoa powder
 - 1/8tsp vanilla
 - 1/8tsp cinnamon
2. Peel bananas and cut in half, horizontally, creating 2 "short/ stubby" pieces. Place a popsicle stick into the bottom of each half - note, this step is optional.
3. Dip bananas in chocolate mixture to coat evenly.
4. Lay bananas on a parchment or foil-lined baking sheet and put in freezer.
5. Once frozen, store in a container in the freezer, separating layers with parchment or foil.



June 2018 Recipes, Gluten Free

Week 4 Meal 1: Salmon over Mixed Greens w/ Strawberries, Cucumbers & Walnuts

Ingredients:

4 salmon fillets, 4-6oz each
1 cucumber
1/2# strawberries
5oz mixed greens
1/2c chopped walnuts
4oz feta crumbles, optional

Instructions:

1. Preheat oven to 425 F.
2. Season salmon with S&P and bake for 18-20 minutes (or option to grill).
3. Finely dice 1 cucumber into bite-sized pieces.
4. Slice 1/2# of strawberries.
5. To make salad, layer in container as follows:
 - 1/2 mixed greens
 - 1/4c chopped walnuts
 - 1/2 of sliced strawberries
 - 1/2 of chopped cucumber
 - 2oz crumbled feta, optional
6. Repeat layers.
7. Divide salad into 4 bowls and top each w/ 1 baked salmon fillet.
8. Drizzle each serving with 1-2T Balsamic Vinaigrette.

Dressing:

1/2c olive oil
1/4c balsamic vinegar
Pepper to taste

For Balsamic Dressing:

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



June 2018 Recipes, Gluten Free

Week 4 Meal 2: Grilled Lemon Tenders w/ Grilled Asparagus & Corn

Grilled Lemon Tenders

Ingredients:

- 2 lemons
- ½c olive oil
- 1T salt
- Fresh ground pepper
- ~1-1½# chicken tenders
- 1T dried herb of choice (tarragon, basil, oregano, etc.), optional

Instructions:

1. Preheat grill or oven to 400 F.
2. Whisk together:
 - juice & zest of 2 lemons
 - ½c olive oil
 - 1T salt
 - fresh ground pepper
 - optional: add 1T dried herb of choice: tarragon, basil, oregano, etc.
3. Marinate chicken 30 minutes to 24 hours.
4. Grill chicken for 2-3 minutes per side OR bake for 12-15 minutes. Internal temperature should be 165 F (time depends on size of tenders).

Grilled Asparagus

Ingredients:

- 1 bunch asparagus
- 1T olive oil
- S&P

Instructions:

1. Preheat grill or oven to 400 F.
2. Remove, discard bottom 2" of asparagus.
3. Toss with 1T olive oil + S&P.
4. Grill asparagus for 5-6 minutes, flipping occasionally. (If baking, bake for 8-10 minutes).

Corn

Ingredients:

- 4 ears corn

Instructions:

1. Preheat grill or oven to 400 F.
2. Shuck 4 ears corn if needed.
3. Grill corn for 5-6 minutes, flipping occasionally.



June 2018 Recipes, Gluten Free

Week 4 Meal 3: Steaks, Baked Potatoes & Green Beans

Steak

Ingredients:

4 grassfed tenderloin steaks, 5-7oz each

4T steak seasoning*

1-2tsp olive oil

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

Instructions:

1. Preheat oven to 350 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).
6. Option to cook steaks on the grill.

Baked Potatoes

Ingredients:

4 russet potatoes

Instructions:

1. Preheat oven to 350 F.
2. Pierce potatoes with a fork.
3. Bake at 350 F for ~60 minutes or until soft and cooked through.

Green Beans

Ingredients:

~3-4c green beans

1T olive oil

S&P

Instructions:

1. Preheat oven to 350 F.
2. Cut ends off green beans.
3. Toss w/ 1T olive oil + S&P.
4. Place on sheet pan. Roast ~12 minutes.



June 2018 Recipes, Gluten Free

Week 4 Meal 4: Mexican Zucchini Stuffed w/ Pinto Beans, Mushrooms, Bell Peppers & Tomato Sauce

Ingredients:

1 red bell pepper
1 yellow bell pepper
2 garlic cloves
1 small red onion
4 medium zucchini
8oz sliced mushrooms
1T cumin
1T chili powder*
1T oregano
1c strained tomatoes*
1 can pinto beans*
S&P
½c grated cheddar cheese, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 375 F.
2. Finely chop:
 - 2 bell peppers
 - 2 cloves of garlic
 - 1 small red onion
3. Cut 4 zucchini in ½ lengthwise, scoop out center to make a "boat," discard centers.
4. In a large sauté pan heat 1tsp oil over med-high heat.
5. Add 1 diced small red onion + 2 chopped garlic cloves + 2 chopped bell peppers + 8oz sliced mushrooms.
6. Add 1T cumin + 1T chili powder + 1T oregano. Cook for 8-10 minutes.
7. Add 1c strained tomatoes. Cook 5 minutes.
8. Add 1 can drained pinto beans.
9. Season to taste w/ S&P. Allow to cool slightly.
10. Fill scooped zucchini with cooled filling. Sprinkle each zucchini w/ ~2T grated cheddar cheese.
11. Bake zucchini for 35-45 minutes or until heated through.



June 2018 Recipes, Gluten Free

Week 4 Salad: Arugula w/ Peaches, Sliced Almonds & Goat Cheese

Salad Components:

2 peaches
5oz arugula
½c sliced almonds
4oz goat cheese crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Chop 2 peaches.
2. Layer in container as follows:
 - ½ of arugula
 - ½c chopped peaches
 - ¼c sliced almonds
 - 2oz goat cheese crumbles, optional
3. Repeat layers.

For Balsamic Dressing:

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



June 2018 Recipes, Gluten Free

Week 4 Breakfast: Strawberry Chia Jam w/ Rice Cakes

Ingredients:

4c frozen strawberries

3T chia seeds

3T maple syrup*

½tsp vanilla extract, optional*

1 package GF rice cakes (OR sub GF bread)

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

Instructions:

1. In a small pan over med-high heat, add 4c frozen strawberries. Cover and cook 10 minutes.
2. Mash strawberries with a fork, add 3T chia seeds + 3T maple syrup + ½tsp vanilla, optional.
3. Stir, cover and cook 2 more minutes. Put jam in fridge to cool for at least 30 minutes before using.
4. 1 serving =1-2T jam per rice cake (OR sub with gluten free toast).

Week 4 Snack: Seaweed Snacks

Ingredients:

1-2 packages dried seaweed snacks (Gimme, SeaSnax, Annie Chun's)*

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

Instructions:

1. Enjoy!

Week 4 Dessert: Berry Peachy Fruit Salad

Ingredients:

3 peaches

½# strawberries

2 pints blackberries

2T unsweetened coconut flakes

2T sliced almonds

Instructions:

1. Chop 3 peaches and slice ½# strawberries. Place in medium bowl.
2. Add 2 pints blackberries and gently combine fruit.
3. Top with 2T unsweetened coconut flakes and 2T sliced almonds.