



July 2018 Recipes, Gluten Free

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Week 1 Meal 1: Spiced Tuna Steaks w/ Sautéed Peppers, Quinoa & Avocado Salsa

Spiced Tuna Steaks

Ingredients:

4 ahi tuna steaks (OR sub salmon)
2tsp cumin
S&P
2T olive oil
1 lime

Instructions:

1. Pat tuna steaks dry and sprinkle with 2tsp cumin powder + S&P.
2. Heat 2T olive oil in large sauté pan over medium-high heat.
3. Add tuna steaks, turn heat down to medium.
4. Drizzle tuna with juice of 1 lime and cook about 2-3 minutes per side, more if you like it well done and less if rare.
5. Spoon pan sauce over tuna steaks and plate topped with peppers & onions, quinoa and avocado salsa (recipe below).

Sautéed Peppers

Ingredients:

2 garlic cloves
2 red bell peppers
2 red onions
2tsp paprika
2tsp cumin
2T apple cider vinegar
2T olive oil

Instructions:

1. Finely chop 2 cloves of garlic for ~1T.
2. Slice 2 red bell peppers & 2 red onions into thin strips. Toss with 2tsp paprika + 2tsp cumin + 1T chopped garlic + 2T apple cider vinegar.
3. In sauté pan, heat 2T olive oil over med-high.
4. Add onions + peppers to pan & cook ~5-7 min, stirring occasionally, until softened & slightly browned.

Quinoa

Ingredients:

1c uncooked quinoa

Instructions:

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



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Avocado Salsa

Ingredients:

4T cilantro
2 avocados
1 lime
S&P

Instructions:

1. Chop 4T cilantro & cut 2 avocados, place into a bowl. Add juice of 1 lime + S&P to taste. Mash, leaving chunky.



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Week 1 Meal 2: Peachy Pork Tenderloin Medallions w/ Roasted Green Beans

Pork Tenderloin Medallions

Ingredients:

1# pork tenderloin

Instructions:

1. Preheat oven to 425 F.
2. Thinly slice the pork tenderloin into medallions (~12 pieces).
3. Place pork on sheet pan.
4. Roast pork for ~15-20 minutes.
5. Serve pork with peach sauce on the side (recipe below).

Peach Sauce

Ingredients:

1" knob ginger
~3 garlic cloves
1 red onion
4T cilantro
4 small peaches
1tsp olive oil
½tsp salt
¼c apple cider vinegar

Instructions:

1. Peel and finely grate ginger for ~ 1T.
2. Finely chop ~3 cloves of garlic + 1 red onion + 4T cilantro. Roughly chop 4 peaches.
3. Add the following to a large sauté pan over medium-high heat:
 - 1tsp olive oil
 - ~3 cloves chopped garlic
 - 1T grated ginger (option: start w/ ½T and gradually add more up to 1T)
 - 1 red onion, finely chopped
 - ½tsp salt
4. Sauté for 5 minutes. Add 4 chopped peaches and ¼c apple cider vinegar.
5. Cook on low for 30 minutes, stirring occasionally. Allow to cool.
6. Stir in chopped cilantro.

Roasted Green Beans

Ingredients:

2c fresh green beans
1tsp olive oil
S&P

Instructions:

1. Preheat oven to 425 F.
2. Cut ends off of green beans. Toss with 1tsp olive oil + S&P.
3. Place green beans in oven (single-layer on sheet pan). Roast for ~10-15 minutes.



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Week 1 Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce & Sesame Quinoa

Asian Turkey Lettuce Wraps

Ingredients:

- 1 small yellow onion
- 2 large carrots
- 2 red bell peppers
- 4 cloves garlic
- 4T cilantro
- 1" knob ginger
- 1 can water chestnuts
- 1 bunch green onions
- 1tsp olive oil
- 1# ground turkey, 85-93% lean
- 8oz sliced mushrooms
- 1T toasted sesame oil
- 1T low-sodium tamari*
- 1T rice vinegar
- 1 head Bibb or green leaf lettuce

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

Instructions:

1. Finely chop 1 yellow onion, 2 carrots, 2 red bell peppers, ~4 cloves of garlic & 4T cilantro.
2. Peel and finely grate ginger for ~1T.
3. Drain 1 can water chestnuts & finely chop.
4. Chop green onions, keeping the whites & greens separate.
5. In large sauté pan heat 1tsp olive oil, add 1# ground turkey + finely chopped veggies (1 yellow onion, 2 carrots & 2 bell peppers) + ~2-3 chopped garlic cloves + ~1T grated ginger + white part of green onions + 8oz sliced mushrooms.
6. Cook for ~10-12 minutes, breaking apart ground turkey. Add chopped water chestnuts + chopped cilantro + green onion tops + 1T toasted sesame oil + 1T tamari+ 1T rice vinegar.
7. Remove 8-16 large leaves of lettuce from lettuce head.
8. Serve ~¼c filling in a folded lettuce leaf w/ Dipping Sauce & Quinoa on the side (recipe below).

Sesame Quinoa

Ingredients:

- 1c uncooked quinoa
- 1T toasted sesame oil

Instructions:

1. Combine 2c water + 1c quinoa in large pot, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally.
2. Toss quinoa with 1T toasted sesame.

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Dipping Sauce

Ingredients:

1T toasted sesame oil
1T rice vinegar*
2T low-sodium tamari*
1tsp red chili flakes, optional
1tsp honey, optional

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

Instructions:

1. Whisk together:
 - 1T toasted sesame oil
 - 1T rice vinegar
 - 2T tamari
 - 1tsp red chili flakes, optional
 - 1tsp honey, optional



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Week 1 Meal 4: Veggie Tostados

Ingredients:

4T cilantro
2 green onions
1 beefsteak tomato
1 head Bibb or green leaf lettuce
2 avocados
15oz can refried beans* (recommend Amy's brand)
8 organic corn tortillas
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 400 F.
2. Finely chop the following:
 - 4T cilantro
 - 2 green onions
 - 1 beefsteak tomato
 - Lettuce for ~2c
3. Slice 2 avocados.
4. Place corn tortillas on baking sheet & toast for 5 minutes.
5. Spread ~2-3T refried beans on each tortilla. Place back in oven for 5 minutes.
6. Top Tostados with chopped tomato, lettuce, green onions, cilantro & avocado as desired.



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Week 1 Salad: Red, White & Blue Salad

Salad Components:

5oz mixed greens
1 pint blackberries
1 pint raspberries
4-6oz feta crumbles, optional
½c sliced almonds

Dressing:

½c olive oil
¼c balsamic vinegar
Ground black pepper

Instructions:

1. Layer the following in a container:
 - ½ of mixed greens
 - ½ pint blackberries
 - ½ pint raspberries
 - 2-3oz feta crumbles
 - ¼c sliced almonds
2. Repeat layers.
3. Top with balsamic dressing below.

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - Pepper to taste
2. Drizzle ~1T dressing over each serving of salad.



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Week 1 Breakfast: Stuffed Sweet Potatoes w/ Sausage & Eggs

Ingredients:

2 medium sweet potatoes
½tsp freshly chopped rosemary
1# ground turkey, 85-93% lean
1tsp ground ginger
1tsp garlic powder
1tsp dried thyme
2tsp dried sage
½tsp salt
4 eggs
S&P

Instructions:

1. Preheat oven to 375 F.
2. Wrap 2 sweet potatoes in foil and bake for 50-60 min until soft/ cooked through. Remove & cool.
3. While sweet potatoes cook, finely chop rosemary for ~½tsp.
4. Place 1# ground turkey into a large sauté pan over med-high heat.
5. Add in the following spices:
 - 1tsp ground ginger
 - 1tsp garlic powder
 - 1tsp dried thyme
 - 2tsp dried sage
 - ½tsp salt
6. Cook the turkey sausage mixture for ~8-10 min until cooked through, breaking meat into pieces.
7. Once sweet potatoes are cool, cut in half, lengthwise, and scoop out the middle without breaking the skin. Mash sweet potato in bowl and add cooked turkey sausage, ½tsp chopped rosemary and S&P to taste.
8. Increase temperature of the oven to 400 F. Place sweet potatoes on parchment lined sheet tray.
9. Add the turkey sausage mixture back to sweet potato shell, creating a divot in the center for the egg.
10. Break one egg into each divot. Cook for 15 minutes until yoke is set.



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Week 1 Snack: Rosemary Spiced Almonds

Ingredients:

1T olive oil
1T freshly chopped rosemary
1tsp chili powder*
¾tsp salt
dash ground pepper
2c raw, whole almonds
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 350 F.
2. Mix together:
 - 1T olive oil
 - 1T chopped rosemary
 - 1tsp chili powder
 - ¾tsp salt
 - dash of black pepper
 - 2c raw, whole almonds
3. Bake on a foil-lined baking sheet for ~10 minutes, until toasted and aromatic.
4. Watch closely to prevent burning.
5. Store in airtight container in pantry.

Week 1 Dessert: Peanut Butter-Banana "Ice Cream"

Ingredients:

4 large bananas
2T peanut butter*
½tsp vanilla extract*
1tsp cinnamon
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Cut 4 lg bananas into quarters. Place in single layer on baking sheet and freeze for 1 hr.
2. In a blender or food processor blend the following until smooth:
 - 4 large frozen bananas
 - 2T peanut butter
 - ½tsp vanilla
 - 1tsp cinnamon
3. Serve immediately.
4. Store any remaining in a freezer-safe container. Be sure to soften for 1 hour before serving.



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Week 2 Meal 1: Grilled Shrimp Kabobs w/ Goat Cheese, Cucumber & Grilled Peach Salad

Grilled Shrimp Kabobs

Ingredients:

1-1½# shrimp, peeled & deveined
1tsp paprika
1tsp garlic powder
S&P
Wooden or metal skewers
Olive oil

Instructions:

1. Preheat grill to med high.
2. Combine 1-1½# shrimp + 1tsp paprika + 1tsp garlic powder + S&P.
3. Skewer shrimp. (If using wooden skewers, soak in water for 30 mins prior to skewering).
4. Brush shrimp with olive oil and grill 2-3 min/ side until cooked through and pink.

Goat Cheese, Cucumber & Grilled Peach Salad

Ingredients:

4 peaches
Olive oil (OR sub coconut oil)
1 small cucumber
5 oz mixed greens
½c pumpkin seeds
4oz goat cheese crumbles, optional (OR sub 1 avocado)

Instructions:

1. Preheat grill to med high.
2. Halve 4 peaches, remove pits & rub surface w/ olive oil (can use coconut). Grill cut side down for ~5 mins. Cool and then slice thin.
3. Dice 1 cucumber.
4. Layer the following: ½ of mixed greens + ½ of chopped cucumber + ¼c pumpkin seeds + 2oz goat cheese crumbles.
5. Repeat layers.
6. Top salad with sliced peaches and shrimp (recipe above).
7. Drizzle w/ Dijon Maple Dressing (recipe below).

Dijon Maple Dressing

Ingredients:

½c olive oil
½c Dijon mustard
2T maple syrup
½T apple cider vinegar

Instructions:

1. Combine the following: ½c olive oil + ½c Dijon mustard + 2T maple syrup + ½T apple cider vinegar.
2. Drizzle ~1T dressing over each serving of salad.



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Week 2 Meal 2: Grassfed Beef Burgers w/ Baked Potato Wedges & Snap Peas

Grassfed Beef Burgers

Ingredients:

1# grassfed ground beef
Gluten free hamburger buns (OR sub with lettuce wraps)
S&P

Instructions:

1. Preheat grill to med high heat.
2. Form ground beef into 4 patties. Season lightly w/ S&P.
3. Grill burgers 3-4 minutes/ side or desired doneness (or in a saute pan over medium-high heat).
4. Serve burgers in GF bun or lettuce wrap w/ Baked Potato Wedges & Snap Peas on the side (recipe below).

Baked Potato Wedges

Ingredients:

2 large russet potatoes
1-2T olive oil
1T paprika
1tsp garlic powder
S&P
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 400 F.
2. Cut 2 russet potatoes into thin wedges. Toss w/ the following:
 - 1-2T olive oil
 - 1T paprika
 - 1tsp garlic powder
 - S&P
3. Roast wedges in single layer on parchment-lined sheet pan for 30-45 minutes.
4. Remove and toss halfway through cook time.

Snap Peas

Ingredients:

2-3c snap peas
Salt

Instructions:

1. Bring a steamer or small pot of water to boil.
2. Steam/ boil snap peas for 3-4 minutes. Remove & salt.



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Week 2 Meal 3: Coconut Chicken w/ Honey Orange Sauce & Watermelon Mint Salad

Coconut Chicken

Ingredients:

Parchment paper
1 1/2# boneless, skinless chicken breasts
1/2c coconut flour
2 eggs
1T Dijon mustard*
1/2c full fat coconut milk, optional
1c unsweetened finely shredded coconut
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 400 F. Line a large baking sheet with parchment paper.
2. Pound out chicken breasts and cut into strips.
3. In one bowl add 1/2c coconut flour.
4. In another bowl whisk together 2 eggs + 1T Dijon mustard + 1/2c full fat coconut milk (optional, for more coconut flavor).
5. In a third bowl add 1c unsweetened shredded coconut.
6. Dredge chicken into coconut flour then egg mixture and then shredded coconut. Place on baking sheet.
7. Bake for 10 mins, flip and bake for another 8-10 mins depending on thickness.
8. Option: broil for 1 min to brown & crisp coating.

Honey Orange Sauce

Ingredients:

1/2c orange preserves* (OR sub apricot preserves)
1/4c honey
3T Dijon mustard*
1tsp crushed red pepper flakes, optional
Salt
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Whisk together 1/2c orange preserves + 1/4c honey + 3T Dijon mustard + 1tsp crushed red pepper (optional – add even more for extra spice) + salt to taste.

Watermelon Mint Salad

Ingredients:

2c watermelon
1 lime
1T fresh mint

Instructions:

1. Cut ~2c watermelon into 1/2" cubes. Add juice of 1 lime and set aside.
2. Finely chop mint to equal ~1T.
3. Toss watermelon and mint together.



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Week 2 Meal 4: Sweet Potato Frittata

Ingredients:

1 medium sweet potato (OR sub ½# spiralized sweet potato)
1 small onion
1 red or orange bell pepper
1T olive oil
6 eggs, omega-3
½c full fat coconut milk
1T Italian seasoning*
S&P
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 400 F.
2. Spiralize or grate 1 sweet potato.
3. Dice 1 small onion and 1 bell pepper.
4. In a cast iron skillet or other oven safe skillet (must be oven proof!), heat 1T olive oil over medium heat.
5. Add the spiralized or shredded sweet potato and cook for ~5 minutes until sweet potato starts to become tender.
6. In a bowl, whisk 6 eggs. Add ½c full fat coconut milk + 1T Italian seasoning +S&P to the bowl. Mix together.
7. Add 1 diced onion and 1 diced bell pepper to bowl. Whisk until well combined.
8. Pour mixture into oven safe skillet and cook on stove top until egg starts to set around the edges ~5-6 minutes.
9. Once egg has started to set, carefully move skillet to oven and cook for ~15-20 minutes.



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Week 2 Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds

Salad Components:

2 carrots
1 bunch radishes
2 avocados
5oz chopped romaine
½c sunflower seeds

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Grate (using large cheese grater) 2 carrots & 1 bunch radishes (or option to thinly slice/ chop).
2. Chop 2 avocados.
3. Layer the following in a container:
 - ½ of chopped romaine lettuce
 - ½ shredded (or chopped) carrot & radish
 - ¼c sunflower seeds
4. Repeat layers.
5. Top with chopped avocados.

For Balsamic Dressing:

1. Whisk together:
 - ½c olive oil
 - ¼c balsamic vinegar
 - Pepper
2. Drizzle ~1T dressing over each serving of salad.



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Week 2 Breakfast: Strawberry-Mango Smoothie

Ingredients:

1 can lite coconut milk
10oz frozen mango
10oz frozen strawberries
1c walnuts
5oz baby spinach
2T fresh mint, optional

Instructions:

1. In blender, combine:
 - 1/2 can lite coconut milk
 - 3/4c frozen mango
 - 3/4c frozen strawberries
 - 1/2c walnuts
 - 2.5oz baby spinach
 - 1/4c water
 - 1T fresh mint, optional
2. Blend on high until smooth. Add water/ milk if needed for consistency.
3. Note: Yields: 2 servings. Repeat for additional 2 servings

Week 2 Snack: Cucumber & Carrot Slices

Ingredients:

2 cucumbers
1/2# carrots

Instructions:

1. Cut cucumber into slices & carrots into sticks for snacking.

Week 2 Dessert: Watermelon

Ingredients:

1 small to med watermelon

Instructions:

1. Slice 1 watermelon into wedges.



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Week 3 Meal 1: Superfood Salad w/ Crispy Chickpeas

Ingredients:

- 1 can chickpeas*
 - 1T olive oil
 - S&P
 - ¼c sliced almonds
 - 1 bunch green kale
 - 1 head romaine lettuce
 - 1 bunch radishes
 - 1 avocado
 - ¼c dried cranberries*
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Cashew Dressing:

- ½c raw cashews
- ½tsp salt
- 1T fresh parsley
- 1 lemon, juiced for ~1T
- 1tsp apple cider vinegar
- 1T olive oil
- S&P

Instructions:

1. Preheat oven to 400 F.
2. Drain 1 can chickpeas and pat dry. Toss with 1T olive oil and S&P to taste. Place in single layer on sheet pan and roast 45-50 min until crispy. Set aside to cool.
3. Toast ¼c sliced almonds on sheet pan for ~5 min or until golden brown. Cool then toss together with cooled chickpeas.
4. Cut 1 bunch kale and 1 head romaine lettuce into bite-sized pieces. Thinly slice radishes to equal ~1c.
5. Dice 1 avocado.
6. Toss together chopped kale + chopped romaine + ¼c dried cranberries + 1c sliced radishes + ¼c toasted almonds + toasted chickpeas.
7. Top with diced avocado and Cashew Dressing (recipe below).

For Dressing:

1. Place ½c cashews in a medium bowl. Bring ½c water to a boil and pour over cashews. Add ½tsp salt and soak for ~1 hour.
2. In blender combine:
 - soaked cashews (drained, but keeping extra soaking water)
 - 1T fresh parsley
 - 1T lemon juice
 - 1tsp apple cider vinegar
 - 1T olive oil
 - S&P
3. Blend until smooth adding extra soaking water to thin out consistency, if needed.
4. Drizzle ~1T dressing over each serving of salad.



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Week 3 Meal 2: Lemon-Parsley Salmon w/ Tomato & Cucumber Quinoa Pilaf

Lemon-Parsley Salmon

Ingredients:

½c olive oil
1 bunch parsley
1 clove garlic
2 lemons
1tsp salt
1-2tsp honey, optional
4 salmon fillets, 4-6oz each

Instructions:

1. Preheat oven to 425 F.
2. For the Lemon Parsley Sauce, place the following in a blender:
 - ½c olive oil
 - large handful of fresh parsley
 - 1 clove garlic
 - juice of 2 lemons
 - 1tsp salt
 - 1-2tsp honey, optional
3. Blend until smooth, set aside 2-3T for Tomato & Cucumber Quinoa Pilaf (recipe below).
4. Marinate salmon in Lemon Parsley Sauce while oven preheats (or marinate up to 1 hour).
5. Remove salmon from marinade & bake ~18-20 minutes or cooked through (135 F) & flaky. Serve with Tomato & Cucumber Quinoa Pilaf (recipe below).

Tomato & Cucumber Quinoa Pilaf

Ingredients:

1c uncooked quinoa
1 cucumber
½ bunch basil, optional
1 pint cherry tomatoes
½c chopped walnuts

Instructions:

1. Add 2c water + 1c quinoa to lg pan. Bring to low boil, lower heat to low. Cook 20-25min. Allow to cool.
2. Finely chop 1 cucumber & fresh basil for ~2-3T. Halve 1 pint cherry tomatoes (or quarter).
3. Toss together:
 - cooked & cooled quinoa (~3c)
 - 1 chopped cucumber (~2c)
 - ½c chopped walnuts
 - 1 pint chopped cherry tomatoes
 - 2-3T Lemon Parsley Sauce (recipe above)
 - S&P
 - 2-3T chopped basil, optional



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Week 3 Meal 3: Chinese Pork Stir Fry over Sesame Quinoa

Chinese Pork Stir Fry

Ingredients:

1 bell pepper, color of choice
1 bunch green onions
1 bunch bok choy
3 cloves garlic
~2" knob ginger
1½# pork loin roast (OR sub pre-cut ¼" slices)
2T rice vinegar*
2T low-sodium tamari*
2T honey
1tsp toasted sesame oil*
1tsp fish sauce, optional*
2T olive oil
S&P
2oz sliced mushrooms
1tsp sesame seeds

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

Instructions:

1. Slice 1 bell pepper into strips and green onions for ~¼c. Slice whites & greens of bok choy (removing bottom ~2").
2. Mince 3 cloves garlic. Peel and grate ginger to equal ~1T.
3. Slice pork thin (~¼" thick).
4. For the Stir Fry Sauce, combine the following:
 - 3 cloves minced garlic
 - 2T rice vinegar
 - 2T tamari
 - 2T honey
 - 1tsp toasted sesame oil
 - ~1T grated ginger
 - 1tsp fish sauce, optional
5. Add 2T of oil to lg sauté pan over med. Add thinly sliced pork, season w/ S&P. Cook ~2 mins/side until almost all pink gone.
6. Remove pork from pan. Add 8oz sliced mushrooms, sliced bell pepper & bok choy to pan. Cook until veg are tender, ~5-8 min.
7. Return pork to pan and add Stir Fry Sauce. Cook for 2-3 min, stirring occasionally.
8. Reduce heat to low and cook 1-2 min to thicken sauce. Serve over Sesame Quinoa (recipe below) & top w/ 1tsp sesame seeds.

Sesame Quinoa

Ingredients:

1c uncooked quinoa
1-2T toasted sesame oil

Instructions:

1. Add 2c water + 1c quinoa to lg pan. Bring to low boil, lower heat to low. Cook 20-25min
2. Toss cooked quinoa (~3c) w/ 1-2T toasted sesame oil.



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Week 3 Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper

Bison Strip Steaks

Ingredients:

4 bison strip steak, 5-7oz each
2T steak seasoning*

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

Instructions:

1. Preheat grill to med-high or 375 F.
2. Season each strip steak well w/ steak seasoning (1-2tsp per fillet).
3. Grill steaks for ~4-6min/ side depending on size/ desired doneness.

Grilled Zucchini, Onion & Bell Pepper

Ingredients:

1-2 large zucchini
3 bell peppers, colors of choice
1 red onion
2T olive oil
S&P
1T dried oregano

Instructions:

1. Preheat grill to med-high or 375 F.
2. Thinly slice 1-2 zucchini (1/4" thick).
3. Cut 3 bell peppers into ~8 slices each.
4. Slice 1 red onion into thick "rings".
5. Toss zucchini, onion & bell pepper with 2T olive oil + S&P + 1T dried oregano.
6. Grill veg for 2-3 minutes & flip cooking another 2-3 min (onions may take longer).



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Week 3 Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella

Salad Components:

2 beefsteak tomatoes
1 bunch basil (~1/2c)
5oz tub mixed greens
8oz mini mozzarella balls, optional

Dressing:

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

Instructions:

1. Slice beefsteak tomatoes and chop basil leaves.
2. Layer in container as follows:
 - 1/2 of mixed greens
 - 1/2 of mozzarella balls (drained)
 - 1/4c loosely packed basil leaves
 - 1/2 of sliced tomatoes
3. Repeat layers.

For Balsamic Dressing:

1. Whisk together:
 - 1/2c olive oil
 - 1/4c balsamic vinegar
 - Pepper
2. Drizzle ~1T dressing over each serving of salad.



July 2018 Recipes, Gluten Free

Week 3 Breakfast: Very Berry Muffins

Ingredients:

1 very ripe medium banana
5 large eggs, omega-3
½c almond butter*
1c ground flax meal/seeds (like Bob's Red Mill brand)
1T baking powder
4T honey
2tsp vanilla extract*
1T cinnamon
½tsp salt
1/3c coconut oil
Parchment muffin liners, optional
½ pint blueberries
½ pint raspberries

Instructions:

1. In a food processor or blender, combine the following until well combined:
 - 1 very ripe medium banana
 - 5 large eggs, room temperature
 - ½c almond butter
 - 1c ground flax meal/seeds
 - 1T baking powder
 - 4T honey
 - 2tsp vanilla extract
 - 1T cinnamon
 - ½tsp salt
 - 1/3c coconut oil, melted
 - ¼c water
2. Grease a muffin pan or line w/ parchment liners. Fill ~3/4 the way full (these will not rise much).
3. Evenly distribute ½ pint blueberries + ½ pint raspberries into the muffin batter.
4. Bake for 20-22 minutes or until a toothpick comes out clean.
5. Yields ~12 muffins.



July 2018 Recipes, Gluten Free

Week 3 Snack: Prosciutto w/ Melon

Ingredients:

1 cantaloupe
8 slices prosciutto*

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

Instructions:

1. Slice cantaloupe into 8 pieces, removing rind and seeds.
2. Wrap each piece of melon with a slice of prosciutto.
3. Enjoy!

Week 3 Dessert: Fresh Cherries

Ingredients:

4c fresh cherries

Instructions:

1. Enjoy!



July 2018 Recipes, Gluten Free

Week 4 Meal 1: Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli

Sundried Tomato Pesto Chicken

Ingredients:

5oz sundried tomatoes in olive oil
1 clove garlic
1c walnuts
1oz parmesan, optional
1 bunch basil
4 boneless, skinless chicken breasts, 4-6oz each

Instructions:

1. Preheat oven to 400 F.
2. Make Sundried Tomato Pesto by blending the following until smooth:
 - 4T oil (from sundried tomatoes or use olive oil)
 - 1 garlic clove
 - 1c walnuts
 - 1oz parmesan, optional
 - 1-2 large handfuls fresh basil
 - ¼c sundried tomatoes

****Note:** can thin mixture, if needed, with additional olive oil or water. Add 1T at a time. You want consistency thick enough to spread and stick onto chicken breasts below.
3. Coat 4 chicken breasts in pesto (~2T/ breast).
4. Bake chicken for ~30-40 minutes or until cooked through to internal temperature of 165 F.

Roasted Mushrooms & Broccoli

Ingredients:

8oz whole mushrooms
1 head broccoli
1-2T olive oil
S&P
Pinch of red chili flakes, optional
1oz parmesan, optional

Instructions:

1. Preheat oven to 400 F.
2. Quarter mushrooms & chop broccoli in 1" bite-sized pieces.
3. Toss w/ 1-2T olive oil & season w/ S&P. Option to add a pinch of red chili flakes.
4. Roast mushroom & broccoli for ~25-35 minutes or until just browning. Option to top with shredded parmesan.



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Week 4 Meal 2: Mahi-Mahi w/ Pineapple Salsa & Asparagus

Mahi-Mahi

Ingredients:

4 Mahi Mahi fillets (OR sub salmon or halibut)

S&P

Instructions:

1. Preheat oven to 400 F.
2. Bake Mahi Mahi for 14-16 minutes or cooked and flaky OR option to grill, 4-6 minutes/ side.
3. Season w/ S&P.
4. Serve fish topped with Pineapple Salsa (recipe below).
5. Optional: serve with a lime wedge on side.

Pineapple Salsa

Ingredients:

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

1 jalapeño

1 red bell pepper

1T chopped green onion

1-2tsp lime juice

¼tsp salt (or to taste)

Instructions:

1. Peel, core and cut 1 pineapple into quarters. Finely dice ¼ of the pineapple for salsa (~1-2c)
2. Finely dice 1 jalapeño (discarding seeds) + 1 red bell pepper + green onions (for ~1T).
3. Toss together:
 - 1c diced pineapple
 - 1 diced red bell pepper
 - 1 diced jalapeño
 - 1T chopped green onion
 - lime juice to taste (1-2tsp)
 - ¼tsp salt (or to taste)

Asparagus

Ingredients:

1 bunch asparagus

1T olive oil

S&P

Instructions:

1. Preheat oven to 400 F.
2. Remove and discard lower 2-3" of asparagus.
3. Toss spears w/ 1T olive oil + S&P.
4. Roast asparagus for 10-12 minutes, tossing halfway through cook time.



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Week 4 Meal 3: Slow Cooker BBQ Ribs w/ Corn on the Cob & Smoky Lime Carrots

Slow Cooker BBQ Ribs

Note: Cooks all day in slow cooker

Ingredients:

2c strained or pureed tomatoes*

3T chili powder*

¼c apple cider vinegar

½c honey

S&P

~3# baby back ribs

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

Instructions:

1. Make Honey BBQ Sauce by whisking together (can also use a blender):
 - 2c strained or pureed tomatoes
 - 3T chili powder
 - ¼c apple cider vinegar
 - ½c honey
 - S&P (~¼ tsp salt)
2. Place ribs & Honey BBQ Sauce in slow cooker on high for 4-6 hours or low for 8-10 hours.

Smoky Lime Carrots

Ingredients:

1# carrots

2T olive oil

1 lime

1tsp honey

½tsp salt

½tsp cumin

½tsp coriander

½tsp smoked paprika

Instructions:

1. Preheat oven to 400 F.
2. Cut 1# carrots into 1" pieces, peeling optional.
3. Whisk together: 2T olive oil + juice and zest of 1 lime + 1tsp honey + ½tsp salt + ½tsp cumin + ½tsp coriander + ½tsp smoked paprika.
4. Toss with carrots and roast for ~20-25 min until the carrots are just tender.

Corn on the Cob

Ingredients:

4 ears of corn

2T grass-fed butter, optional

S&P

Instructions:

1. Shuck and clean corn on cob.
2. Boil corn on the cob for ~5 minutes. Option to serve w/ pat of butter +S&P.



July 2018 Recipes, Gluten Free

Week 4 Meal 4: Mediterranean Stuffed Bell Peppers

Ingredients:

2 cloves garlic
1 shallot (OR sub ½ small onion)
~8oz artichokes, in water
~8oz sundried tomatoes, in olive oil
1 bunch parsley
8 red or orange bell peppers
1tsp olive oil
1# ground turkey, 85% lean
8oz crumbled feta cheese, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 450 F.
2. Chop 2 cloves garlic and 1 shallot (or ½ small onion).
3. Chop 1c artichokes (reserving 2T liquid from can) + 1c sun dried tomatoes + fresh parsley to equal ~1c each.
4. Cut tops off 8 peppers and carefully scoop seeds out. May need to trim bottoms so they can "stand".
5. Heat skillet with 1tsp olive oil over medium. Add the following:
 - 1# ground turkey
 - 1 shallot/onion, chopped
 - 2 garlic cloves, chopped
6. Cook 10-12 mins, breaking apart meat until turkey browns and is cooked through. Cool slightly.
7. In a bowl, toss the following:
 - cooked turkey
 - 1c chopped artichokes
 - 2T liquid from artichoke jar
 - 1c chopped sun dried tomatoes
 - 1c parsley
 - 8oz feta crumbles, optional
8. Lightly oil baking dish and stand peppers. Fill each with the turkey/veggie mixture, pressing down to stuff the peppers. Cover.
9. Bake stuffed peppers covered w/ foil for 15 min. Remove foil & bake another 10-15 min until peppers are tender & meat reheated.



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Week 4 Salad: Broccoli & Apple Slaw

Salad Components:

- 1 small bunch green onions
- 2 honey crisp apples (OR sub any tart apple)
- ~10oz bag broccoli slaw (OR sub cabbage slaw)
- ¼c dried cherries*
- ¼c sunflower seeds

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

Dressing:

- 1 lemon
- 1/3c mayo*
- 1T apple cider vinegar
- 1tsp horseradish, optional*
- 1½tsp honey
- S&P

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

Instructions:

1. Thinly slice green onions to yield ~¼c.
2. Thinly slice 2 honey crisp apples into thin matchsticks or bite-sized pieces.
3. Toss together:
 - ~10oz broccoli slaw (or cabbage slaw)
 - ¼c chopped green onion
 - ¼c dried cherries
 - ¼c sunflower seeds
4. Top salad with sliced honey crisp apples.
5. Note: Can mix salad with dressing 1-2 hours before serving to soak in dressing.

For Dressing:

1. Zest & juice 1 lemon.
2. Whisk together:
 - 1/3c mayo
 - zested and juiced lemon
 - 1T apple cider vinegar
 - 1tsp horseradish, optional
 - 1½tsp honey
 - S&P



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Week 4 Breakfast: Poached Eggs over Sweet Potatoes & Sliced Avocado

Ingredients:

2 avocados
 4 small sweet potatoes
 1T apple cider vinegar
 4 eggs, omega 3
 S&P

Instructions:

1. Preheat oven 375 F.
2. Slice 2 avocados & set aside.
3. Wrap 4 sweet potatoes in foil. Bake at 375 F for 50-60 mins or until soft/ cooked through. Cool and peel.
4. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 minutes. Remove.
5. Serve eggs over baked sweet potatoes & topped with avocado slices. Season with S&P.

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Week 4 Snack: Apricots & Almonds

Ingredients:

8 apricots
 1c almonds
 snack baggies, optional

Instructions:

1. Place 1/4c almonds + 2 apricots in snack bag. Repeat for 4 servings.
2. 1 serving = 1/4c almonds + 2 apricots.

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Week 4 Dessert: Pineapple Nice Cream

Ingredients:

1 can full fat coconut milk*
 1 pineapple (OR sub 5-6c precut)
 ~2" knob ginger, optional

Instructions:

1. Place 1 can full fat coconut milk in fridge for a few hours until cold.
2. Peel, core and cut pineapple into ~1" pieces (~5-6c).
3. Freeze pineapple in single layer on sheet tray for 1 hr.
 Note: Go to <http://prepdish.com/easily-cut-pineapple/> for a video on how to cut a pineapple.
4. Finely grate ginger for 2-3tsp, optional.
5. Place 1 can chilled, full fat coconut milk in food processor or blender. (Note: Food processor works best).
6. Add frozen chopped pineapple (~5-6c) and blend on high until smooth (this may take 5-10 min of blending).
7. Pulse in 2-3tsp grated ginger, if desired, until well combined.
8. Serve immediately and store any remaining in freezer. Allow 1 hour to soften if frozen.
9. Yields 4-8 servings.