



September 2018 Separated Recipes - Gluten Free

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September 2018 Separated Recipes - Gluten Free

Week 1 Meal 1: Bacon & Chard Stuffed Chicken w/ Potatoes & Mushrooms

Bacon & Chard Stuffed Chicken

Ingredients:

- 1 bunch swiss chard
 - 4 slices of thin-cut bacon*
 - 1 garlic clove
 - 4oz soft goat cheese log, optional
 - 4 chicken breasts, pounded thin/scallopini
- *Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 400 F.
2. Remove leaves from 1 bunch chard, finely chop leaves, and discard stems.
3. Finely chop 4 bacon slices into 1/2" pieces. Finely mince 1 garlic clove.
4. In a large sauté pan, heat chopped bacon, chopped chard and minced garlic for ~8 minutes or until bacon is cooked through.
5. Turn off heat and stir in 4oz goat cheese until melted and combined (optional).
6. Pound chicken breasts flat, if necessary. Spread 1/4 of chard/bacon/cheese mixture onto each chicken breast. Roll tightly.
7. Bake chicken for ~40 minutes or cooked through to 165 F.

Potatoes & Mushrooms

Ingredients:

- 8oz whole mushrooms
- 2 large red potatoes
- 1T olive oil
- 1T oregano
- S&P to taste

Instructions:

1. Preheat oven to 400 F.
2. Half whole mushrooms & chop 2 red potatoes into 1/2" cubes.
3. Toss w/ 1T olive oil, 1T oregano, S&P.
4. Roast for 35-40 minutes or browned/cooked through, tossing halfway through cook time.



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Week 1 Meal 2: Cajun Shrimp w/ Polenta & Asparagus

Cajun Shrimp

Ingredients:

1T Creole seasoning*

½c olive oil

2T apple cider vinegar

1# shrimp, peeled & deveined

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

Instructions:

1. Preheat oven to 425 F.
2. For the Cajun marinade, mix together:
 - 1T Creole seasoning
 - ½c olive oil
 - 2T apple cider vinegar
3. Marinate shrimp for 30 minutes to 1 hour.
4. Place shrimp in a single layer on a sheet pan. Roast ~12 minutes or until shrimp is cooked.

Polenta

Ingredients:

4c water

1c medium grind cornmeal

½tsp salt

Instructions:

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

Asparagus

Ingredients:

1 bunch asparagus

1T olive oil

S&P to taste

Instructions:

1. Chop bottom 2-3 inches off 1 bunch asparagus. Toss with 1T olive oil, S&P.
2. Place asparagus in a single layer on a sheet pan. Roast ~12 minutes or until asparagus are tender.



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Week 1 Meal 3: Vietnamese Steak Bowl

Ingredients:

1 bunch fresh cilantro
1 bunch fresh mint
1 seedless cucumber
1 bunch green onion
2 garlic cloves
1 package thin rice noodles*
½c fish sauce*
3 limes
2T honey (OR sub w/ maple syrup or agave)
2T tamari*
1T olive oil
2T rice vinegar*
1T sriracha, optional
1½# flank steak
10oz shredded carrots
14oz can bean sprouts*
1T sesame seeds, optional
¼c sliced almonds, optional
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Chop 1 bunch cilantro & 1 bunch mint. Thinly slice 1 seedless cucumber & 1 bunch green onions.
2. Finely mince 2 garlic cloves.
3. Cook 1 package of rice noodles according to package directions. Drain and cool.
4. For the Vietnamese Marinade, combine the following: ½c fish sauce + 1/3c lime juice (~3 limes) + 2T honey + 2 garlic cloves, minced + 2T tamari.
5. Reserve ½ of marinade for dressing below and store the other half to marinate flank steak.
6. For the Vietnamese Dressing, combine the following: 1T olive oil + 2T rice vinegar + 1T sriracha (optional) + ½ of Vietnamese Marinade prepared above
7. Pour reserved half of marinade over 1½# steak and marinate for at least 30 minutes (or refrigerate up to 24 hours).
8. Preheat grill to high. Brush off any excess marinade on flank steak.
9. Grill until done to taste, about 3-4 minutes per side for rare.
10. Transfer steak to cutting board and let rest 10 minutes under foil, then thinly slice steak (against the grain).
11. Arrange bowls with desired ingredients: cooked rice noodles, sliced steak, cucumber slices, shredded carrots, bean sprouts, 1T green onion, 1T chopped mint and/or cilantro, and chopped almonds and/or sesame seeds.
12. Drizzle with dressing, approximately 1-2T per serving.



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Week 1 Meal 4: Turkey & Eggplant Lasagna

Ingredients:

1 eggplant
olive oil
S&P to taste
1# lean ground turkey
8oz sliced mushrooms
2T Italian seasoning*
~24oz jar spaghetti sauce *
32oz low-fat Greek yogurt, optional
1½c shredded parmesan cheese, optional
1 package gluten free lasagna noodles*
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 350 F.
2. Thinly slice eggplant, ¼" thick - best done on mandolin, spray/ rub lightly w/ olive oil, season w/ S&P.
3. Place eggplant on sheet pan and roast for 15-20 minutes or until lightly browned (remove halfway and carefully flip).
4. Increase oven heat to 375 F.
5. For the Tomato Sauce: In a large sauté pan over med-high heat, cook 1# ground turkey, 8oz sliced mushrooms, and 2T Italian seasoning for 12 minutes. Stir in ~24oz jar of spaghetti sauce, remove from heat, and allow to cool.
6. For the "White Layer": Stir together the following: 32oz Greek yogurt + 1c shredded parmesan cheese.
7. Assemble lasagna by layering in a 9x13"pan:
 - ½ turkey-tomato sauce
 - a layer of GF lasagna noodles (Note: these do not need to be pre-cooked)
 - ¾ white mix
 - eggplant "noodles"
 - remaining ½ turkey-tomato sauce
8. Dot with remaining white mix & top with ½c parmesan cheese
9. Cover with foil and cook for ~50min-1hr or until bubbly/heated through.
10. Cool ~10 minutes.



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Week 1 Salad: Spinach w/ Blackberries, Avocado & Hemp Seeds

Salad Components:

2 avocados
5oz tub spinach
1 pint blackberries
¼c hemp seeds

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Slice 2 avocados.
2. Layer in container as follows:
 - ½ tub spinach
 - ½ pint blackberries
 - 1/8c (~2T) hemp seeds
 - 1 sliced avocado
3. Repeat layers.

For Balsamic Dressing:

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



September 2018 Separated Recipes - Gluten Free

Week 1 Breakfast: Gingered Mango Smoothie

Ingredients:

1 can full-fat coconut milk*

20oz frozen mango chunks

12oz frozen broccoli

2-3" knob ginger, optional

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

Instructions:

1. In a blender, add the following:
 - ½c full fat coconut milk
 - ½c water
 - 1¼c frozen mango
 - ¾c frozen broccoli
 - 1tsp fresh grated ginger, optional
2. Blend on high until smooth, adding additional water as needed.
3. Yields 2 servings. Repeat for additional 2 servings.

Week 1 Snack: Fruit Salad

Ingredients:

4 oranges

4 kiwi

1 pint blackberries

Instructions:

1. Peel, segment and chop 4 oranges.
2. Peel and slice 4 kiwi into rounds.
3. Toss w/ 1 pint blackberries.



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Week 1 Dessert: Almond Butter Brownies

Ingredients:

16oz jar almond butter*

1c honey (OR sub w/ agave or maple syrup)

2 eggs (omega-3)

1tsp vanilla extract*

½c cocoa powder

1tsp baking soda

1tsp cinnamon

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

Instructions:

1. Preheat oven to 350 F.
2. Whisk together wet ingredients:
 - 1 jar (16oz) almond butter
 - 1c honey (OR sub w/ agave or maple syrup)
 - 2 eggs
 - 1tsp vanilla extract
3. In a separate bowl, stir together dry ingredients:
 - ½c cocoa
 - 1tsp baking soda
 - 1tsp cinnamon
4. Add wet ingredients to dry ingredients and stir until well combined.
5. Bake in a prepared 9x13" pan for ~20-30 minutes or until cooked through/top bounces back when pressed gently.



September 2018 Separated Recipes - Gluten Free

Week 2 Meal 1: Grainy Mustard Chicken Thighs w/ Acorn Squash Halves & Sautéed Spinach

Grainy Mustard Chicken Thighs

Ingredients:

4-8 bone-in, skin-on chicken thighs

¼c grainy mustard*

S&P to taste

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

Instructions:

1. Preheat oven to 425 F.
2. Rub ~1T of grainy mustard onto each chicken thigh & underneath the skin (but leaving skin on). Season w/ S&P.
3. Bake chicken for 40-45 minutes or cooked through.

Acorn Squash Halves

Ingredients:

2 acorn squash

2T coconut oil

Salt to taste

Instructions:

1. Preheat oven to 425 F.
2. Cut 2 acorn squash in half (lengthwise) and remove seeds. Place ~½T coconut oil in each half, season w/ salt.
3. Bake squash for 40-45 minutes or cooked through.

Sautéed Spinach

Ingredients:

2-3 garlic cloves

1tsp olive oil

5oz tub baby spinach

S&P to taste

Instructions:

1. Finely chop 2-3 cloves garlic.
2. Heat 1tsp oil in large sauté pan. Add garlic & spinach to pan and sauté for 5-6 minutes.
3. Season w/ S&P.



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Week 2 Meal 2: Hazelnut Pork Chops w/ Celery Root Puree & Green Beans

Hazelnut Pork Chops

Ingredients:

3c hazelnuts
3 eggs, omega-3
4-8 thin-cut pork chops
Salt to taste

Instructions:

1. Preheat oven to 375 F.
2. In a blender or food processor, blend 3c hazelnuts until sand-like consistency. Place in a shallow bowl.
3. Whisk 3 eggs. Place in a second shallow bowl.
4. Dredge each pork chop in eggs & then hazelnut crust. Salt lightly if hazelnuts are unsalted.
5. Bake pork chops for 35-45 minutes or cooked through (145 F).

Celery Root Puree

Ingredients:

2 large celery root (OR sub w/ potato or cauliflower)
S&P to taste

Instructions:

1. Peel and roughly chop 2 large celery root.
2. Bring 4c water (or broth) to boil. Add chopped celery root and lower to medium heat. Simmer for 20 minutes. Turn off heat and cover.
3. Place cooked celery root in blender, reserving cooking liquid.
4. Add ¼c cooking liquid to blender and blend until smooth. May need to add additional liquid, add only 1-2T at a time.
5. Season to taste w/ S&P.

Green Beans

Ingredients:

3-4c green beans
1-2T olive oil
S&P to taste

Instructions:

1. Preheat oven to 375 F.
2. Trim 3-4c green beans. Toss with 1-2T olive oil, S&P.
3. Roast green beans ~10-15 minutes, tossing halfway through cook time.



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Week 2 Meal 3: Shrimp Stir Fry w/ Sesame-Almond Quinoa

Shrimp Stir Fry

Ingredients:

1 head of broccoli

1 bell pepper

2 carrots

2" knob ginger

2-3 garlic cloves

2T low-sodium tamari*

1T toasted sesame oil

1tsp coconut oil

1# shrimp, peeled, deveined, & tails removed

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

Instructions:

1. Cut 1 head of broccoli into bite-sized pieces. Cut 1 bell pepper and 2 carrots into long, thin strips.
2. Peel and grate 1T ginger for. Chop 2-3 cloves garlic, ~1T.
3. For the Stir Fry Sauce, combined 2T low-sodium tamari + 1T toasted sesame oil.
4. Add 1tsp coconut oil to a large sauté pan over high heat. Add ginger + garlic + 1# shrimp. Cook for 1 minute.
5. Add bell pepper & carrots, continuing to stir, cooking ~8-10 minutes.
6. Add broccoli & Stir Fry Sauce, stirring to coat all ingredients with sauce, cooking additional 3-4 minutes.

Sesame-Almond Quinoa

Ingredients:

1c quinoa

1-2T toasted sesame oil

½c sliced almonds

Instructions:

1. Add 2c water + 1c quinoa to large pot. Bring to a boil, turn heat to low. Cook 20-25min.
2. Toss together:
 - cooked quinoa
 - 1-2T toasted sesame oil
 - ½c sliced almonds



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Week 2 Meal 4: Sheet Pan Baked Turkey w/ Sweet Potatoes & Carrots

Ingredients:

1 large sweet potato
3 carrots
1-2T olive oil
1½# turkey breast (OR sub w/ chicken breast)
½tsp garlic powder
1tsp dried rosemary
S&P to taste

Instructions:

1. Preheat oven to 375 F.
2. Peel & cut 1 lg sweet potato + 3 carrots into 1" pieces. Toss with 1-2T olive oil.
3. Cut 1½# turkey breast into 2-inch cubes. Ok to leave skin on.
4. Place chopped sweet potatoes & carrots + turkey cubes on sheet pan lined w/ parchment, spread evenly to avoid crowding.
5. Sprinkle evenly with ½tsp garlic powder, 1tsp rosemary, S&P.
6. Bake for 25-30 mins, tossing vegetables and turkey halfway through, baking until turkey reaches 165 degrees.



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Week 2 Salad: Mixed Greens w/ Blood Oranges, Celery & Pecans

Salad Components:

2-3 celery stalks
3 blood oranges (OR sub w/ navel oranges)
5oz tub mixed greens
½c chopped pecans

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Finely dice celery for ~½c.
2. Peel & cut 3 blood oranges into small segments.
3. Layer the following:
 - ½ tub mixed greens
 - ¼c chopped pecans
 - ¼c chopped celery
 - ½ of segments from 3 blood oranges
4. Repeat layers.

For Balsamic Dressing:

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



September 2018 Separated Recipes - Gluten Free

Week 2 Breakfast: Mashed Acorn Squash w/ Poached Eggs & Avocado Slices

Ingredients:

2 acorn squash
2T coconut oil
Salt to taste
1-2 avocados
1T apple cider vinegar
4-8 eggs, omega-3
S&P to taste

Instructions:

1. Preheat oven to 425 F.
2. Cut 2 acorn squash in half (lengthwise) and remove seeds. Place ~½T coconut oil in each half and season w/ salt.
3. Bake squash for 40-45 minutes or cooked through. Allow to cool slightly.
4. Slice 1-2 avocados.
5. Once squash has cooled enough to handle, mash with a fork.
6. Bring water to a very low simmer, add 1T apple cider vinegar.
7. Crack eggs individually, slowly add 4-8 eggs & cook 5 minutes.
8. Remove eggs with slotted spot and serve over baked acorn squash halves.
9. Top with avocado slices and season with S&P.



September 2018 Separated Recipes - Gluten Free

Week 2 Snack: Celery & Cashew Butter

Ingredients:

1 bunch celery

½c cashew butter*

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

Instructions:

1. Cut celery into 3" snack-sized pieces.
2. Serve with cashew butter.

Week 2 Dessert: Cashew Butter Cups

Ingredients:

12 muffin liners

1c coconut oil

1c cocoa powder (OR sub w/ cacao powder)

¼c honey

Pinch of salt

¼c cashew butter

Instructions

1. Preheat oven to 350 F.
2. Place 12 muffin liners in a muffin pan.
3. In a saucepan over low heat, whisk together:
 - 1c coconut oil
 - 1c cocoa/cacao powder
 - ¼c honey
 - Pinch of salt
4. Whisk until coconut oil is melted and ingredients are well combined. Remove from heat
5. Place 1T of cocoa mixture into bottom of each liner & freeze ~10 minutes.
6. Once cocoa mixture hardens, place 1tsp cashew butter in center of each cup and "flatten" slightly.
7. Top with additional 1-1½T cocoa mixture (enough to cover completely).
8. Place in freezer for 10 minutes or until hardened.
9. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer.



September 2018 Separated Recipes - Gluten Free

Week 3 Meal 1: Balsamic Chicken w/ Butternut Squash, Cherry & Walnut Quinoa Pilaf

Requires chicken to be marinated for 1 hour up to 24 hours

Balsamic Chicken

Ingredients:

½c olive oil
¼c balsamic vinegar
2T Italian seasoning
1T salt
Fresh ground pepper
4 boneless, skinless chicken breasts

Instructions:

1. Preheat oven to 375 F.
2. To make the Balsamic Marinade, combine the following: ½c olive oil + ¼c balsamic vinegar + 2T Italian seasoning + 1T salt & fresh ground pepper.
3. Place chicken breasts in marinade for 1 hr up to 24 hrs.
4. Place chicken in a baking pan and bake for 35 minutes or cooked through (165 F).

Butternut Squash, Cherry & Walnut Quinoa Pilaf

Ingredients:

1 butternut squash
1c quinoa
½c walnuts
1 bunch fresh mint or basil
½c dried cherries*
¼c balsamic vinegar
S&P to taste
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Preheat oven to 375 F.
2. Peel and dice 1 butternut squash. Toss with 1T olive oil, S&P.
3. Roast squash in single layer on baking sheet for ~35 minutes or cooked through. Let cool.
4. Roughly chop ½c walnuts. Finely chop fresh basil or mint leaves (~1-2T).
5. Place 1c quinoa + 2c water in a medium pot. Bring to a boil. Lower heat to low, cover & cook for ~20 minutes.
6. Toss together: cooked quinoa (~2½-3c) + ½c chopped walnuts + ½c dried cherries + chopped/cooked butternut squash + 1-2T chopped basil or mint + ¼c balsamic vinegar + S&P to taste.
7. Option to serve pilaf cool or heated.



September 2018 Separated Recipes - Gluten Free

Week 3 Meal 2: Salmon Parchment Packs w/ Mushrooms & Zucchini

Ingredients:

16oz baby bella mushrooms (OR sub w/ button mushrooms)

4 zucchini

1T olive oil

S&P to taste

4 salmon fillets, 4-6oz each

¼tsp garlic powder

Instructions:

1. Preheat oven to 425 F.
2. Cut 16 oz baby bellas and 4 zucchini into ½" pieces. Toss with 1T olive oil. Sprinkle w/ S&P.
3. Place each piece of salmon on parchment paper or aluminum foil. Sprinkle each fillet with S&P and ¼tsp garlic powder.
4. Divide mushrooms & zucchini evenly over each salmon fillet.
5. Fold parchment pack and bake for ~18-20 mins or cooked through (internal temp = 135 F) and flaky.
6. Note: tutorial on parchment pack folding at: <http://prepdish.com/salmonpouch/>



September 2018 Separated Recipes - Gluten Free

Week 3 Meal 3: Spaghetti Squash Stuffed w/ Black Beans & Veggies

Ingredients:

2 small spaghetti squash (~4#)

1 yellow onion

1 poblano chili pepper

1 zucchini

1 yellow squash

S&P to taste

Olive oil

1tsp cumin

1tsp smoked paprika

1 can black beans*

1 small bunch cilantro

2oz Cotija cheese, optional

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

Instructions:

1. Preheat oven to 375 F.
2. Pierce 2 spaghetti squash with a knife and roast for ~1½ hours for 2 small (or until a knife easily pierces the skin).
3. While squash cooks, finely chop 1 yellow onion & 1 poblano chili, seeded.
4. Dice 1 zucchini & 1 yellow squash. Sprinkle all veggies w/ S&P.
5. Heat olive oil in large skillet over medium heat. Add onions and poblano and sauté until softened, about 4 to 5 min.
6. Add zucchini + yellow squash + 1tsp cumin + 1tsp smoked paprika + salt to taste and cook until zucchini is slightly soft, about 2 min.
7. Combine with drained and rinsed black beans.
8. Carefully slice squash in half, lengthwise, allowing heat to escape. Place in fridge and allow to cool enough to handle.
9. While squash cools, roughly chop cilantro for ~1c.
10. Once squash is cooled enough to handle, remove seeds from the spaghetti squash halves. Then shred pulp with a fork.
11. Divide black bean/veggie mixture evenly over 4 spaghetti squash halves.
12. Top each squash with ½oz grated Cotija cheese (optional) and ¼c chopped cilantro.



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Week 3 Meal 4: Chicken & Artichoke Spezzatino

Ingredients:

2 carrots
1 yellow onion
2 garlic cloves
1 large red potato
1 can artichoke hearts (in water)
1tsp olive oil
1 bone-in, skin-on chicken breast
1 bone-in, skin-on chicken leg
S&P to taste
2T Herbs de Provence*
32oz chicken broth*
26oz chopped or crushed tomatoes*
1 can white beans*

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

Instructions:

1. Finely chop 2 carrots, 1 yellow onion, 2 cloves garlic, & 1 potato.
2. Drain 1 can artichoke hearts and chop.
3. In lg soup pot add 1tsp olive oil + 1 skin-on chicken breast + 1 skin-on chicken leg quarter. Brown skin-side down for 3-5 mins, flip.
4. Add chopped veggies (1 onion, 2 carrots & 2 garlic cloves). Season w/ S&P & 2T herbs de Provence, cook 3-5 min.
5. Add 1 chopped potato, 32oz chicken broth & 26oz chopped or crushed tomatoes. Bring to boil, cover, turn to low, and cook 30 minutes.
6. Remove chicken from pot and allow to cool.
7. Once cooled enough to handle, remove meat from bone, discard skin & bone & chop meat in bite-sized pieces.
8. Add chopped chicken, artichokes & 1 can white beans (drained) to pot.
9. Add more broth/ water as needed & season w/ S&P.



September 2018 Separated Recipes - Gluten Free

Week 3 Salad: Arugula w/ Cherry Tomatoes, Avocado & Pine Nuts

Salad Components:

1-2 avocados
5oz tub arugula
1 pint cherry tomatoes
½c pine nuts (OR sub w/ sliced almonds)

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Chop avocado.
2. Layer the following:
 - ½ tub arugula
 - ½ cherry tomatoes
 - ¼c pine nuts (or sliced almonds)
3. Repeat layers
4. Add chopped avocado to salad immediately before serving.

For Balsamic Dressing:

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



September 2018 Separated Recipes - Gluten Free

Week 3 Breakfast: Overnight Oats w/ Peanut Butter & Apples

Ingredients:

2c gluten free oats

¼c chia seeds

2c almond milk (OR sub w/ milk of choice)

2tsp cinnamon

1T honey, optional

¼c peanut butter*

2 apples

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

Instructions:

1. In a med bowl combine 2c GF oats + ¼c chia seeds + 2c almond milk + 2tsp cinnamon + 1T honey (optional) + ¼c peanut butter.
2. Mix together, leaving peanut butter clumpy.
3. Allow oats to refrigerate overnight.
4. Spoon overnight oats evenly into 4 bowls. Chop 2 apples & top evenly over oats. Eat cold.



September 2018 Separated Recipes - Gluten Free

Week 3 Snack: Popcorn w/ Dried Figs & Pecan

Ingredients:

2c dried figs
1 large bag air-popped organic popcorn
2c chopped pecans
1T pumpkin pie spice* (OR sub w/ cinnamon)
sandwich baggies

Instructions:

1. Quarter 2c dried figs.
2. Combine the following:
 - 1 large bag popped popcorn
 - 2c chopped pecans
 - 2c figs, quartered
 - 1T pumpkin pie spice (or cinnamon)
3. Toss to combine and divide into baggies, ~2-3c per baggy.

Week 3 Dessert: Dates Stuffed w/ Peanut Butter & Cacao Nibs

Ingredients:

8-16 medjool dates
½c peanut butter*
1½T cacao nibs
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Remove pits from 8-16 dates.
2. Stuff each date 1-2tsp peanut butter and ½tsp cacao nibs.
3. Option to heat dates in the oven for ~10 minutes (but also good cold).
4. Serving size: 2-4 dates.



September 2018 Separated Recipes - Gluten Free

Week 4 Meal 1: Goat Cheese, Artichoke & Pinenut Stuffed Chicken w/ Roasted Butternut Squash

Goat Cheese, Artichoke & Pinenut Stuffed Chicken

Ingredients:

- 1 can artichoke hearts (in water)
- 4oz soft goat cheese, optional
- 2T pinenuts
- 4 boneless, skinless chicken breasts (pounded thin if available)

Instructions:

1. Preheat oven to 425.
2. Drain liquid from artichoke hearts and finely chop hearts.
3. Mix together 1 can chopped artichoke hearts + 4oz goat cheese (optional) + 2T pine nuts.
4. Place 4 chicken breasts between 2 pieces of parchment (or plastic wrap), place on top of a cutting board. Using a mallet, pound thin.
5. Divide artichoke mixture amongst chicken breasts, spreading out, and tightly roll.
6. Place chicken in an oiled baking pan.
7. Bake for 30-35 minutes or until cooked through and no longer pink (internal temp 165 F).

Roasted Butternut Squash

Ingredients:

- 2-3# butternut squash (OR 1# pre-cut squash)
- 1T olive oil
- 1T dried basil
- S&P to taste

Instructions:

1. Preheat oven to 425 F.
2. Peel 1 butternut squash & remove seeds.
3. Chop into 1/2" cubes & toss w/ 1T olive oil + 1T dried basil + S&P.
4. Place squash on an oiled sheet tray.
5. Roast 30-40 minutes, removing halfway through cook time to toss.



September 2018 Separated Recipes - Gluten Free

Week 4 Meal 2: Mushroom, Bean & Beef Tacos w/ Avocado & Jicama Slices

Ingredients:

1 large or 2 small jicama
2 avocados
1-1½# ground grassfed beef
5oz tub spinach
8oz sliced mushrooms
2T taco seasoning*
1 can kidney beans*
organic corn taco shells* (OR sub w/ lettuce for wraps)
*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

Instructions:

1. Peel and cut 1 large or 2 small jicama into large matchsticks. Slice 2 avocados.
2. Place 1-1½# grassfed ground beef in a large sauté pan over medium high heat, breaking apart meat.
3. Add the following to the pan:
 - 5oz spinach
 - 8oz sliced mushrooms
 - 1 can kidney beans (drained)
 - 2T taco seasoning
4. Cook w/ beef, 8-10 min.
5. Serve filling into taco shells or lettuce leaves, topping with avocado slices and jicama on the side.



September 2018 Separated Recipes - Gluten Free

Week 4 Meal 3: Mahi Mahi over Zoodles

Ingredients:

2 large zucchini (OR sub w/ GF pasta)

1 shallot

3 garlic cloves

7-8tsp olive oil

1 lemon

1c veggie broth*

1T butter, optional

4 Mahi Mahi fillets, 4-7oz each

S&P to taste

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

Instructions:

1. Thinly slice 2 zucchini into long spaghetti-like strips (best on a mandolin or spiralizer).
2. Chop 1 shallot and mince 3 garlic cloves.
3. In small skillet, heat 1 teaspoon olive oil to medium-low. Add shallot and garlic and sauté until soft, about 2 minutes. Set aside and cool.
4. Pour shallot/garlic into small bowl. Add juice of one lemon + zest of one lemon + 1c veggie broth.
5. Steam zoodles until soft, divide evenly on 4 plates.
6. Heat 1T oil + 1T butter (optional) in large skillet, cast iron works best.
7. Season Mahi Mahi with S&P and place into hot pan. Cook on each side for 5 to 6 minutes or until cooked through and flaky.
8. Remove fish fillets from pan and plate w/ zoodles.
9. Turn heat down and pour lemon shallot dressing into pan, simmer for 3 to 5 minutes, until warm and starting to reduce.
10. Spoon dressing over each serving.



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Week 4 Meal 4: Potato & Bacon Soup w/ Almond Flour Biscuits

Potato & Bacon Soup

Ingredients:

- 1 yellow onion
- 1 carrot
- 2 cloves garlic
- 3 thin slices of bacon*
- 4 red potatoes
- 4c veggie broth*

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

Instructions:

1. Finely chop 1 yellow onion + 1 carrot + 2 cloves garlic + 3 slices bacon.
2. Cut 4 red potatoes in 1/2" pieces.
3. In a large stock pan over high heat, sauté 3 slices chopped bacon + chopped veg (1 onion, 1 carrot & 2 cloves garlic), 4-5 minutes.
4. Add 4 cut red potatoes + 4c veggie broth + 4c water, bring to boil & lower to simmer 30 min, add more liquid as needed.

Almond Flour Biscuits

Ingredients:

- 2 eggs, omega-3
- 2 1/2c almond flour
- 1tsp baking soda
- 1/2tsp salt
- 1/4c coconut oil

Instructions:

1. Preheat oven to 375 F.
2. In a large bowl, whisk 2 room temp eggs.
3. Stir in the following:
 - 2 1/2c almond flour
 - 1tsp baking soda
 - 1/2tsp salt
4. Stir in 1/4c coconut oil until well combined (oil should be liquid, if it's not liquid, melt and cool as it shouldn't be "hot").
5. Drop by 1T onto baking sheet brushed with oil.
6. Bake at 375 F for 13-15 minutes.
7. Yields ~20 biscuits.



September 2018 Separated Recipes - Gluten Free

Week 4 Salad: Mixed Greens w/ Roasted Beets, Walnuts & Goat Cheese

Salad Components:

2-4 beets
1T olive oil
S&P to taste
5oz tub mixed greens
½c chopped walnuts
4oz goat cheese crumbles, optional

Dressing:

½c olive oil
¼c balsamic vinegar
Pepper to taste

Instructions:

1. Preheat oven to 350 F.
2. Peel & finely dice 2-4 beets, ~½". Toss w/ 1T olive oil and S&P. Place in a single layer on baking sheet & roast for 45 minutes - 1 hr. Let cool.
3. Layer the following:
 - ½ tub mixed greens
 - ¼c chopped walnuts
 - ½ of diced roasted beets
 - 2oz goat cheese crumbles, optional
4. Repeat layers.

For Balsamic Dressing:

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



September 2018 Separated Recipes - Gluten Free

Week 4 Breakfast: Broccoli & Cheddar Frittata w/ Grapes

Ingredients:

1 head broccoli
4oz cheddar cheese, optional
10 eggs, omega-3
½tsp black pepper
1/8tsp salt
1 bunch grapes

Instructions:

1. Preheat oven to 350 F.
2. Chop 1 head broccoli into small, bite-sized pieces.
3. Cut 4oz cheddar cheese (if using) into ¼" cubes.
4. In a large bowl, whisk together 10 eggs.
5. Stir in the following:
 - 4oz cubed cheese
 - 3-4c chopped broccoli
 - ½tsp black pepper
 - 1/8tsp salt
6. Put into a well-oiled casserole dish and bake for 25-35 minutes or until no longer jiggly (will vary depending on depth of dish).
7. Serve with grapes.



September 2018 Separated Recipes - Gluten Free

Week 4 Snack: Cinnamon Raisin Energy Bites

Ingredients:

1c raisins

1c almond butter*

½c unsweetened coconut flakes*

½c hemp seeds (OR sub w/ flax seeds)

½c pecans

1T cinnamon

1/8tsp salt

2-4tsp maple syrup, optional

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

Instructions:

1. Place following ingredients in a food processor and blend on high until all ingredients are just combined:
 - 1c raisins
 - 1c almond butter
 - ½c unsweetened coconut flakes
 - ½c hemp seeds (or flax seeds)
 - ½c pecans
 - 1T cinnamon
 - 1/8tsp salt
 - 2-4tsp maple syrup, optional
2. Use a 1T to portion out and roll into balls.
3. Yields ~30 bites, 3-4 bites/ serving.
4. Store in fridge.

Week 4 Dessert: Cherry Mousse

Ingredients:

4c frozen cherries

2 avocados

1tsp vanilla extract*

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

Instructions:

1. Add 4c frozen cherries, pulp of 2 avocados (~2c) and 1tsp vanilla extract to food processor or blender.
2. Blend on high until smooth.