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This menu plan contains the following recipes and the accompanying grocery list:

MAINS

Herbed Turkey Burgers
Chicken Tacos
Pesto Pizza with Tomatoes and Olives
Potato Crusted Mahi Mahi and Green Beans
Lemon Herb Chicken with Tomato and Zucchini Relish

SIDES

Sweet Potato Fries
Guacamole
Garden Salad
Dairy-Free Sliceable Cheese
Blueberry Coconut Sherbert

Please note that recipes in this menu plan contain the following ingredients/possible allergens:

Almond	Honey
Apple Cider Vinegar	Lemon
Avocado	Lettuce
Black or White Pepper	Lime
Blueberry	Mahi Mahi
Brown Rice	Marjoram
Carrot	Nutritional Yeast
Cashew	Olive
Cayenne pepper	Olive oil
Chicken	Onion
Cilantro	Oregano
Coconut	Pine nuts
Corn	Potato
Cucumber	Rosemary
Dijon mustard	Seaweed
Garbonzo Beans	Sweet potato
Garlic	Tomato
Green Beans	Turkey
Green Chilies	Zucchini



HERBED TURKEY BURGERS

Servings = 4

25 min

1 1/3 pounds ground turkey or chicken
1 teaspoon dried oregano
2 teaspoons dried parsley
1 teaspoon sea salt
1/2 teaspoon black pepper

1-2 tablespoons olive oil
ketchup (optional), to garnish
mustard (optional), to garnish
mayo (optional), to garnish

Steps:

1. To make the burgers, place turkey meat in a mixing bowl. Add the dried herbs, salt and pepper and mix until the herbs are evenly distributed.
2. Divide meat into 5-6 equal portions and form into burgers about 1 inch thick. It is best to make the center of the burger thinner than the outside, as it will "puff" up as it cooks.
3. Cook on an oiled skillet on medium-high heat. Flip once and avoid pressing to release juices. Cook for 4 minutes on each side for medium or 5 minutes for well done.
4. Enjoy alone with condiments or with your choice of bun or bread.

NUTRITIONAL INFO: Per Serving: 237 Calories; 14g Fat (54.3% calories from fat); 26g Protein; 1g Carbohydrate; trace Dietary Fiber; 117mg Cholesterol; 673mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Black or White Pepper, Turkey

SWEET POTATO FRIES

Servings = 4

40 min

3-5 sweet potatoes, depending upon size
3 tablespoons olive oil

1 tablespoon fresh rosemary, chopped, or 1 tsp dried
(optional)
sea salt

Steps:

1. Preheat oven to 400 F. Wash and cut off ends of the sweet potatoes. Peel potatoes if desired. Cut into smallish 1/2"-1-inch cubes.
2. Oil a baking sheet with olive oil. Place sweet potatoes on the sheet, distributing evenly. Pour additional olive oil onto potatoes until they are lightly covered.
3. Move the potatoes around with your hands until they are coated in oil. Sprinkle with salt and fresh rosemary. Spread the potatoes evenly over the pan, making sure they are not overlapping. Bake for 20-25 minutes or until tender and slightly browned. The smaller the cubes, the shorter time they take to cook.

TIP: If you cannot eat sweet potatoes, you can use carrots, butternut squash or celery roots to make fries.

KID-FRIENDLY TIP: Leave out the rosemary.

NUTRITIONAL INFO: Per Serving: 192 Calories; 10g Fat (48.1% calories from fat); 2g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Rosemary, Sweet potato

CHICKEN TACOS

Servings = 4

30 min

This recipe was adapted from *Nourishing Traditions* by Sally Fallon.

1 Rotisserie chicken or 1 lb chicken breasts	1 dash cayenne (optional)
1 tablespoon olive oil	1/4- 1/2 teaspoons sea salt, to taste
1 onion, diced	1-2 cloves garlic, minced
3 tablespoons tomato paste	8 corn tortillas
1 cup chicken stock	2 cups romaine lettuce, shredded
1 teaspoon dried oregano	1 container salsa
1 teaspoon cumin	1 cup cheese or dairy-free cheese, shredded

Steps:

1. Remove chicken meat from the Rotisserie chicken and shred. This is easier if it is room temp or has been in the fridge. Set aside.
2. If you are cooking the chicken, place the chicken in a saucepan with enough water to cover it. Bring to a boil, then reduce to a simmer. Cook for 15 minutes or until cooked through. Drain, set aside to cool, then shred.
2. Sauté onions in olive oil over medium heat until soft, about 10 minutes. Add the tomato paste, stock, oregano, cumin, cayenne, garlic and salt. Stir in the chicken meat. Simmer for 15 minutes or so until most of the liquid has evaporated.
3. Meanwhile, warm the tortillas in the oven or individually on a dry skillet until warm but still soft.
4. Make tacos by placing a tortilla on each plate. Spoon chicken mixture on tortillas and serve with bowls of shredded lettuce, salsa and cheese or non-dairy cheese.

TIP: Other toppings may include sliced olives, avocado or guacamole.

KID-FRIENDLY TIP: Delete the cayenne and use less garlic.

NUTRITIONAL INFO: Per Serving: 324 Calories; 16g Fat (43.5% calories from fat); 16g Protein; 32g Carbohydrate; 5g Dietary Fiber; 60mg Cholesterol; 440mg Sodium.

NOTE: This recipe contains the following ingredients/potential allergens:

Cayenne pepper, Chicken, Corn, Garlic, Green Chilies, Onion, Tomato

GUACAMOLE

Servings = 4

15 min

2 avocados	1/4 cup fresh cilantro, chopped, or 1-2 tsp dried
1 clove garlic, minced	1/4 teaspoon sea salt
1/2 lime, squeezed	

Steps:

1. With a fork, potato masher or in a food processor, mash avocados until smooth. Add the garlic, lime juice, and chopped cilantro. Blend until smooth. Salt to taste.

KID-FRIENDLY TIP: Use garlic powder or delete garlic from recipe. Use dried herbs.

NUTRITIONAL INFO: Per Serving: 166 Calories; 15g Fat (76.4% calories from fat); 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 144mg Sodium. Exchanges: 0 Vegetable; 1/2 Fruit; 3 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Avocado, Cilantro, Garlic, Lime

PESTO PIZZA WITH TOMATOES AND OLIVES

Servings = 4
30 min

This recipe was adapted from *May All be Fed* by John Robbins. For nut-free pesto, please see the recipes Pumpkin Pesto and Spinach Basil Pesto. Enjoy!

1 gluten or grain-free pizza crust	2 tablespoons lemon juice
1 tablespoon olive oil	1/2 cup pine nut
1 cup black olives, sliced	1/2 cup nutritional yeast
2 tomatoes, sliced thin	1/3- 2/3 cups olive oil
2 cups fresh basil, washed and stemmed	1/2 teaspoon sea salt
1-3 cloves garlic, minced	

Steps:

1. Prepare you pizza crust according to directions. Please see pizza crust recipes on the site for ideas.
2. Meanwhile, add basil leaves to food processor and chop. Add garlic, lemon juice, pine nuts, nutritional yeast, salt and pulse. Add olive oil until you have a nice paste consistency.
3. Spread the pesto onto the pizza crust in an even layer. Arrange sliced tomatoes and olives over the pesto. Lightly brush a little olive oil on vegetables. Season with salt and pepper to taste.
4. Bake anther 5-10 minutes with the toppings on the pizza. Remove from oven and allow to cool for a few minutes before slicing. Enjoy!

NUTRITIONAL INFO: Per Serving : 522 Calories; 27g Fat (43.8% calories from fat); 14g Protein; 63g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 939mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Brown Rice, Garlic, Lemon, Nutritional Yeast, Olive, Pine nuts, Tomato



GARDEN SALAD

Servings = 4

15 min

4-5 cups mixed salad greens	1 teaspoon dijon mustard
3 carrots, shredded or sliced	1-2 tablespoons apple cider vinegar, or balsamic vinegar (not GAPS-legal)
1 tomato, or celery, diced (optional)	1/4 cup olive oil
1 cucumber, sliced	

Steps:

1. Make the salad by combining the greens with the veggies and anything else you may have to go into a salad. Mix up the salad dressing by combining the oil, apple cider vinegar and mustard together. Whisk until well combined. Drizzle over salad and enjoy.

NUTRITIONAL INFO: Per Serving: 295 Calories; 28g Fat (80.8% calories from fat); 2g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 47mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Apple Cider Vinegar, Carrot, Cucumber, Dijon mustard, Lettuce, Olive oil, Tomato



POTATO CRUSTED MAHI MAHI AND GREEN BEANS

Servings = 4
30 min

1/2 cup coconut milk or almond milk	1 1/3 pounds mahi mahi fillets
1/4 teaspoon sea salt	2 tablespoons coconut oil
1/4 teaspoon black pepper	4 lemon wedges
2 cloves garlic, minced	1 pound green beans, washed, ends removed
1/2-1 cups instant potato flakes	

Steps:

1. Combine the first 4 ingredients in a shallow dish. Place the potato flakes in another shallow dish. Dip fillets in the milk mixture first and then dredge them in the potato flakes until they are thoroughly covered. Set aside remaining milk mixture for green beans.
2. Heat 1 Tbsp. oil in a large nonstick skillet over medium-high heat. Add the fish and cook for about 3 minutes on each side or until golden and the fish flakes easily when tested with a fork. Serve with lemon wedges.
3. In a separate nonstick skillet, add 1 Tbsp oil and heat to medium heat. Add the green beans and sauté for 5 minutes, stirring occasionally. Add 1/4 cup of the leftover milk mixture from the mahi mahi dish and cook uncovered for another 5-8 minutes, or until liquid has evaporated and the green beans are cooked.

NUTRITIONAL INFO: Per Serving 90 Calories; 6g Fat (57.8% calories from fat); 2g Protein; 8g Carbohydrate; 4g Dietary Fiber; 8mg Cholesterol; 169mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Coconut, Garlic, Green Beans, Lemon, Mahi Mahi, Potato

LEMON HERB CHICKEN WITH TOMATO AND ZUCCHINI RELISH

Servings = 4
30 min

1 tablespoon coconut oil	1/2 red onion
1 pound chicken breast	4 tomatoes, diced
1 lime, squeezed	2 zucchinis, diced
1 teaspoon dried marjoram, or 1-2 Tbsp freshly chopped	1 teaspoon dried oregano, or 1-2 Tbsp freshly chopped
1/2 teaspoon sea salt	1 lemon, squeezed
1/4 teaspoon black pepper	sea salt
1 tablespoon coconut oil	black pepper

Steps:

1. Cut up chicken breasts into small chunks or strips and marinate in lime juice for 10 minutes. Cook chicken in large skillet over medium-high heat with coconut oil and lime juice. Sprinkle with marjoram and stir occasionally, cooking until no longer pink. Season with salt and pepper.

2. Meanwhile, saute onions in a large skillet with coconut oil over medium heat until soft and translucent. Add tomatoes and zucchini and cook about 10 minutes, or until zucchini is soft. Add oregano and lemon juice. Season with salt and pepper. Enjoy chicken with relish.

NUTRITIONAL INFO: Per Serving: 258 Calories; 16g Fat (52.8% calories from fat); 21g Protein; 11g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 336mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Black or White Pepper, Chicken, Lemon, Lime, Marjoram, Onion, Oregano, Tomato, Zucchini

DAIRY-FREE SLICEABLE CHEESE

Servings = 16

25 min/1 hour

This recipe is adapted from *The Real Food Daily Cookbook* by Ann Gentry.

2/3 cup raw cashews, soaked and dehydrated	1 3/4 cups coconut milk or almond milk
1/4 cup nutritional yeast	1 ounce agar flakes
1 teaspoon onion powder	1/4 cup olive oil
1 teaspoon sea salt	1/8 cup soy-free miso
1/2 teaspoon garlic powder	1 tablespoon lemon juice

Steps:

1. Finely grind the cashews in a food processor. Add nutritional yeast, onion powder, salt, and garlic powder. Pulse until spices are blended.
2. Combine milk, agar and oil in a saucepan. Bring to a simmer over high heat. Decrease the heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes, or until agar is dissolved.
3. Pour the milk mixture into the food processor, and blend into the cashews until very smooth and creamy. Add the miso (or additional salt and nutritional yeast) and lemon juice.
4. Pour mixture into a loaf pan or another mold to cool and harden in fridge. Use right away for melted cheese, or let harden and use within an hour or so.

TIP: For grated or sliced cheese, transfer cheese mixture into a container, cover and refrigerate. It doesn't take long to firm up, but will take about an hour to completely harden. Once it's hard, you can grate or slice it easily. For melted cheese, use the cheese immediately as melted cheese. Or, if it already hard, melt it in a saucepan over medium heat until smooth and creamy, stirring frequently. If needed, add more almond milk for a thinner consistency.

For Green Chili Cheddar Cheese: Stir in 1/4 cup green chilies into 2 cups of melted cheese.

The cheese will keep for 4 days, covered and refrigerated.

NUTRITIONAL INFO: Per Serving: 152 Calories; 14g Fat (80.6% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 201mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

NOTE: This recipe contains the following ingredients/potential allergens:

Almond, Cashew, Garbonzo Beans, Garlic, Lemon, Onion, Seaweed

BLUEBERRY COCONUT SHERBERT

Servings = 4

5 min

This recipe is from <http://www.lifeglutenfree.com/>. It is truly delicious and does not require an ice cream maker!

5 cups frozen blueberries

3 tablespoons honey

6-8 ounces coconut milk, canned or homemade

Steps:

1. Add the frozen (not thawed) blueberries to a food processor.
2. Pour in the coconut milk and add a couple tablespoons of honey or maple syrup. Blend until the ingredients are mixed well. Serve immediately. You can freeze it but it will become hard.

TIP: If you are avoiding sweeteners, you can use stevia instead. But use less, according to the package instructions.

For guar gum and BPA-free coconut milk use Natural Value.

You can also use any other dairy-free or regular dairy milk for this recipe.

Cannot eat blueberries? Most other kinds of frozen fruit will work great - bananas, peaches, etc.

KID-FRIENDLY TIP: They will love it!

NUTRITIONAL INFO: Per Serving: 216 Calories; 8g Fat (32.1% calories from fat); 2g Protein; 38g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 2 Fruit; 1 1/2 Fat; 1 Other Carbohydrates.

NOTE: This recipe contains the following ingredients/potential allergens:

Blueberry, Coconut, Honey

GROCERY LIST FOR Gluten and Casein-Free - Week One

PRODUCE: VEGGIES

4-5 cups mixed salad greens
3 carrots
7 tomatoes
1 cucumber
2 avocados
5-8 cloves garlic
3-5 sweet potatoes
1/2 red onion
2 zucchinis
1 onion
2 cups romaine lettuce
1 pound green beans

PRODUCE: FRUITS

1 1/2 limes
3 tablespoons lemon juice
1 lemon
4 lemon wedges

FRESH HERBS

2 cups fresh basil
1/4 cup fresh cilantro
1 tablespoon fresh rosemary

MEAT AND FISH

1 pound chicken breast
1 1/3 pounds ground turkey or chicken
1 1/3 pounds mahi mahi fillets
1 Rotisserie chicken or 1 lb chicken breasts

REFRIGERATED/FROZEN SECTION

5 cups frozen blueberries
8 corn tortillas
1 container salsa
1/8 cup soy-free miso

DAIRY

1 cup cheese or dairy-free cheese

DRY GOODS

3/4 cup nutritional yeast
3 tablespoons tomato paste
1 cup chicken stock
1/2-1 cups instant potato flakes
1 gluten or grain-free pizza crust

OILS, VINEGARS AND CONDIMENTS

1 teaspoon dijon mustard
7/8-1 4/25 cups + 6-7 tablespoons olive oil

OILS, VINEGARS AND CONDIMENTS (CONT.)

1 cup black olives
1-2 tablespoons apple cider vinegar
4 tablespoons coconut oil
ketchup (optional)
mayo (optional)
mustard (optional)

ETHNIC

6-8 ounces coconut milk
2 1/4 cups coconut milk or almond milk
1 ounce agar flakes

NUTS AND DRIED FRUIT

2/3 cup raw cashews
1/2 cup pine nut

BAKING

3 tablespoons honey

SPICES AND DRIED HERBS

+ 3 3/4-4 teaspoons sea salt
1 teaspoon onion powder
1/2 teaspoon garlic powder
1 teaspoon dried marjoram
+ 1 teaspoon black pepper
3 teaspoons dried oregano
2 teaspoons dried parsley
1 teaspoon cumin
1 dash cayenne

These ingredients will prepare the following recipes

Herbed Turkey Burgers

Sweet Potato Fries

Chicken Tacos

Guacamole

Pesto Pizza with Tomatoes and Olives

Garden Salad

Potato Crusted Mahi Mahi and Green Beans

Lemon Herb Chicken with Tomato and Zucchini Relish

Dairy-Free Sliceable Cheese

Blueberry Coconut Sherbert