



# Table of Contents for Gluten-Free - Week One

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

## MAINS

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

## SIDES

Sweet Potato Fries  
Guacamole  
Garden Salad  
Blueberry Coconut Sherbert

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

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

1/2 lime, squeezed

1/4 cup fresh cilantro, chopped, or 1-2 tsp dried

1/4 teaspoon sea salt

### 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

# 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





# 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.

**TIP:** Bob's Red Mill makes dehydrated potato flakes.

**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

# 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-Free - Week One

### PRODUCE: VEGGIES

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  
4-5 cups mixed salad greens  
3 carrots

### PRODUCE: FRUITS

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

### FRESH HERBS

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

### MEAT AND FISH

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

### REFRIGERATED/FROZEN SECTION

5 cups frozen blueberries  
8 corn tortillas  
1 container salsa

### DAIRY

1 cup cheese or dairy-free cheese

### DRY GOODS

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

### OILS, VINEGARS AND CONDIMENTS

1 teaspoon dijon mustard  
5/8-1000- 91/100 cups + 6-7 tablespoons olive oil  
1 cup black olives

### OILS, VINEGARS AND CONDIMENTS (CONT.)

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

### ETHNIC

6-8 ounces coconut milk  
1/2 cup coconut milk or almond milk

### NUTS AND DRIED FRUIT

1/2 cup pine nut

### BAKING

3 tablespoons honey

### SPICES AND DRIED HERBS

+ 2 3/4-3 teaspoons sea salt  
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

Lemon Herb Chicken with Tomato and Zucchini Relish

Potato Crusted Mahi Mahi and Green Beans

Blueberry Coconut Sherbert