

Table of Contents for Free Sample (7 Common Allergen-Free)

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

MAINS

Turkey Sausages
Chicken Zucchini Noodle Soup
Lentil, Mushroom and Spinach Stew
Beef Tacos
Slow Cooked Herb Chicken

SIDES

Chocolate Milk
Strawberry Avocado Salad
Carrot Fries
Cauliflower Rice with Peas
Curry Pea Soup
Cinnamon Banana Ice Cream

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

Apple Cider Vinegar
Avocado
Balsamic Vinegar
Banana
Basil
Bay Leaf
Beef
Black or White Pepper
Carrot
Cauliflower
Celery
Chicken
Chili powder
Cilantro
Cinnamon
Coconut
Cumin
Curry Powder
Garlic
Ginger

Green Pea
Honey
Hot Peppers
Lentil
Lettuce
Mushroom
Mustard
Olive
Onion
Oregano
Paprika
Pumpkin seed
Rosemary
Sage
Spinach
Stevia
Strawberry
Tomato
Turkey
Zucchini



TURKEY SAUSAGES

Servings = 4

25 min

1 1/3 pounds ground turkey or chicken
1/2 teaspoon ground ginger
1 teaspoon sea salt

1 teaspoon ground sage
1 teaspoon black pepper
1-2 tablespoons coconut oil, as needed for frying

Steps:

1. In a large bowl, mix the ground turkey, ginger, salt, sage, and black pepper until well blended.
2. Heat a skillet over medium-high heat, and coat with coconut oil. Form the turkey sausage into patties, and fry until browned on both sides, and no longer pink in the center. This should take about 10-15 minutes depending upon size of patties. You can make 5-6 large ones or up to 10 small ones.

NUTRITIONAL INFO: Per Serving: 223 Calories; 12g Fat; 26g Protein; 1g Carbohydrate; trace Dietary Fiber; 117mg Cholesterol; 672mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Fat.

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

Black or White Pepper, Ginger, Sage, Turkey

CHICKEN ZUCCHINI NOODLE SOUP

Servings = 4

30 min

Great for most diets, this soup is satisfying, nourishing and is a great replacement for the regular noodle version. To make this soup with already-cooked chicken, please see the tip. If you roast or slow cook a chicken during the week, this soup is a great way to use your leftover meat.

5-6 cups chicken stock, preferably homemade	2 zucchinis
1/2 onion, diced	1/2 teaspoon sea salt
3 stalks celery, diced	1/4 teaspoon black pepper
3 carrots, cut into half moons	2 teaspoons dried parsley
1 pound cooked or raw chicken, thighs or breast	

Steps:

1. Place the stock, diced onions, celery, carrots and raw chicken thighs or (halved) breasts into a large soup pot. Bring to a boil, then reduce to a simmer. Let cook for about 10-15 minutes, or until the chicken is cooked through and the carrots are soft. (If you have cooked chicken, add it towards the end once the veggies are cooked.)
2. Using a slotted spoon, spoon the chicken out of the pot and place in a bowl. Let cool.
3. To make zucchini noodles, cut off the ends of the zucchinis. With a vegetable peeler or a julienne peeler, peel the zucchinis into long strips. Rotate the zucchini in your hand as you go. Keep peeling until you reach the seeds. Set the cores aside for zucchini soup.
4. To make the noodles easier to eat, put them in a pile and then cut them into thirds, lengthwise. Place them in the pot and simmer for 5 minutes or until cooked through. Try not to overcook them.
5. Once chicken is cool to touch, either chop it up on a cutting board or shred with your fingers or a fork. Place back into the pot.
6. Warm through and add salt, pepper and parsley, or any other dried herbs like basil that you prefer. Enjoy!

TIP: If you already have about a pound of cooked chicken from a roasted or slow cooked chicken, simply add it at the end after the veggies and noodles are cooked through.

NUTRITIONAL INFO: Per Serving: 238 Calories; 13g Fat; 16g Protein; 9g Carbohydrate; 2g Dietary Fiber; 75mg Cholesterol; 3054mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

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

Black or White Pepper, Carrot, Celery, Chicken, Onion, Zucchini

LENTIL, MUSHROOM AND SPINACH STEW

Servings = 4
45 min

This recipe comes from Delicious Living magazine. Enjoy!

2 tablespoons coconut oil	1/2 teaspoon rosemary
1 onion, diced	1/2 teaspoon dried oregano
2 carrots, diced	1 teaspoon dried basil
1 stalk celery, diced	1/2 teaspoon sea salt
1 1/2 cups cremini mushrooms, sliced	1/4 teaspoon black pepper
1 cup dry brown lentils, soaked overnight and drained	3 cloves garlic, minced
7-8 cups vegetable broth	4 cups baby spinach
3 bay leaves	1 tablespoon balsamic vinegar (optional)

Steps:

1. In a medium soup pot, heat oil and saute onion, carrots, celery, and mushrooms until onions are just tender, 3-5 minutes. Stir in lentils. Add 7 cups broth, bay leaves, rosemary, oregano, basil, red pepper flakes, and garlic. Bring to a boil, reduce heat, and cook on medium, covered, for about 20 minutes, until lentils are tender.
2. Remove bay leaves. Puree half of the mixture and return to pot. If desired, add remaining 1 cup stock to reach desired consistency. Stir in baby spinach leaves and cook for 1 minute. Season with salt and pepper. Add balsamic vinegar if desired.

NUTRITIONAL INFO: Per Serving: 290 Calories; 8g Fat (22.9% calories from fat); 13g Protein; 44g Carbohydrate; 12g Dietary Fiber; 2mg Cholesterol; 1757mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.

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

Balsamic Vinegar, Basil, Bay Leaf, Black or White Pepper, Carrot, Celery, Garlic, Lentil, Mushroom, Onion, Oregano, Rosemary, Spinach

BEEF TACOS

Servings = 4

30 min

1 tablespoon coconut oil	1/4 teaspoon black pepper, to taste
1/2 onion, diced	8 romaine lettuce leaves
1 pound ground beef	1 tomato, diced
1-2 teaspoons chili powder	1 avocado, cubed
1/2-1 teaspoons paprika	1/3 cup black olives, sliced
1/2-1 teaspoons cumin	2 cups lettuce, sliced very thin
1-2 teaspoons dried oregano	1 cup salsa
1/4- 1/2 teaspoons garlic powder	1/3 cup cheese or dairy-free cheese, grated
1/2 teaspoon sea salt, to taste	

Steps:

1. Saute the onion in the coconut oil in a medium skillet over medium heat. Saute for about 5-8 minutes, or until they are soft.
2. Add the ground beef and then sprinkle the salt, pepper, chili powder, paprika, cumin, garlic, and oregano evenly over the meat.
3. Break the meat up with a spatula as it cooks. Continue to cook the meat for about 12-15 minutes, or until the meat is cooked through.
4. Make tacos by spooning 1/4 - 1/3 cup of taco meat into a lettuce leaf. Add avocado, tomato, salsa, olives, and dairy-free or regular cheese.

TIP: See recipes for Tomatillo Salsa and Chismole on the website for salsa ideas.

KID-FRIENDLY TIP: Use the lesser amount of spices for the meat.

NUTRITIONAL INFO: Per Serving: 467 Calories; 36g Fat (68.8% calories from fat); 23g Protein; 14g Carbohydrate; 5g Dietary Fiber; 85mg Cholesterol; 712mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.

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

Avocado, Beef, Black or White Pepper, Chili powder, Cumin, Garlic, Hot Peppers, Lettuce, Olive, Onion, Oregano, Paprika, Tomato



SLOW COOKED HERB CHICKEN

Servings = 6

5 hours

This dish can be quickly assembled in the morning and then you have dinner waiting for you when you get home. Enjoy!

- | | |
|---|--|
| 1 whole chicken, about 4-5 lbs | 1 tablespoon apple cider vinegar, or lemon juice |
| 1/2 teaspoon sea salt | 1 tablespoon olive oil |
| 1 teaspoon dried basil | 2 cloves garlic, minced (optional) |
| 1 teaspoon dried parsley | 1 onion, sliced |
| 1 tablespoon fresh rosemary, or 1-2 tsp dried | |

Steps:

1. Place the onions on the bottom of a medium to large crock pot. Rinse the chicken under cold water. Then place the chicken on top of the onions. For now, keep the breast facing up.
2. Drizzle with lemon juice and olive oil. Rub with the garlic and then sprinkle evenly with the herbs.
3. Flip the chicken over so that the breast is facing down. Sprinkle a bit more herbs on the back of the chicken.
4. Cook on low for 6-8 hours or on high for 4-5 hours. Enjoy!

TIP: You can slow cook chickens in the summer to have chicken meat on hand for chicken salads. It is a much cooler method verses baking them in the oven.

NUTRITIONAL INFO: Per Serving: 401 Calories; 28g Fat (64.5% calories from fat); 32g Protein; 3g Carbohydrate; 1g Dietary Fiber; 157mg Cholesterol; 280mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.

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

Apple Cider Vinegar, Chicken, Garlic, Onion



CHOCOLATE MILK

Servings = 2

5 min

This is a very yummy way to make chocolate milk that is also candida-friendly. The recipe uses liquid chocolate stevia drops from Sweet Leaf. Enjoy!

2 cups dairy-free or raw milk

8-10 drops liquid chocolate stevia

Steps:

1. Combine milk with desired amount of liquid chocolate stevia drops and enjoy. Warm gently on the stove top if you want a warm beverage.

TIP: Stevia is not GAPS-legal but some people can tolerate it. Please see the Hot Cocoa recipe if you cannot eat stevia.

NUTRITIONAL INFO: Per Serving: 150 Calories; 8g Fat (48.6% calories from fat); 8g Protein; 11g Carbohydrate; 0g Dietary Fiber; 33mg Cholesterol; 120mg Sodium. Exchanges: 1 Non-Fat Milk; 1 1/2 Fat.

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

Coconut, Stevia



STRAWBERRY AVOCADO SALAD

Servings = 4

15 min

4 cups mixed salad greens	1/4 cup olive oil
1-2 avocados, sliced	2 tablespoons apple cider vinegar
1 1/2 cups strawberries, sliced	1 teaspoon dijon mustard
1/2 cup raw pumpkin seeds, soaked and dehydrated	1-2 pinches sea salt

Steps:

1. In a salad bowl combine the mixed greens, avocado, strawberries and pumpkin seeds.
2. In a small measuring cup, combine the olive oil, vinegar, mustard and salt. Whisk to combine. Enjoy dressing with salad.

NUTRITIONAL INFO: Per Serving: 264 Calories; 23g Fat (74.4% calories from fat); 4g Protein; 14g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 37mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 4 1/2 Fat; 0 Other Carbohydrates.

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

Apple Cider Vinegar, Avocado, Lettuce, Mustard, Pumpkin seed, Strawberry

CARROT FRIES

Servings = 4

25 min

A great replacement for potato fries, these will hit the spot with your children. Serve by themselves or with ketchup if you can eat it.

10-12 carrots

1/2 teaspoon sea salt

2 tablespoons olive oil

Steps:

1. Preheat oven to 425 degrees. You can either cut the carrots into match sticks like regular fries or simply cut them into rounds. I like to cut the carrots on an angle to make the rounds bigger.
2. Place carrots on a roasting pan with the olive oil and salt. Mix the carrots gently with your hands so that the olive oil covers the carrots. Space the carrots over the pan so that they are not overlapping.
3. Roast in the oven for 15-25 minutes, depending on thickness of carrots and if you like them crispy or soft.

NUTRITIONAL INFO: Per Serving: 103 Calories; 7g Fat (58.0% calories from fat); 1g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 302mg Sodium. Exchanges: 2 Vegetable; 1 1/2 Fat.

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

Carrot

CAULIFLOWER RICE WITH PEAS

Servings = 4

25 min

1-2 tablespoons coconut oil

1 cup green peas

1 head cauliflower, grated or chopped very finely in a food processor

1/4 sea salt, to taste

Steps:

1. Heat a large skillet to medium heat. Add the oil and let it melt. Add the cauliflower, and saute on medium heat for about 12-15 minutes. Stir very frequently to prevent burning and for even cooking. Cook until soft but still firm, like the texture of rice. You can cover it for a while if you wish. Add the green peas during the last 5 minutes of cooking.

2. Add additional olive oil or butter, if desired, salt, pepper and dried or fresh herbs. Enjoy with curries or other favorite dishes that use rice.

TIP: Cauliflower heads vary in size so you may only need half of a very large one for this recipe.

NUTRITIONAL INFO: Per Serving: 94 Calories; 7g Fat (63.7% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.

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

Cauliflower, Green Pea

CURRY PEA SOUP

Servings = 4

25 min

This recipe is adapted from <http://www.epicurious.com>.

2 tablespoons coconut oil

1 onion, diced

3-5 teaspoons curry powder

4 cups veggie, chicken or beef broth, preferably
homemade

20 ounces frozen peas

1/3- 1/2 cups fresh cilantro, chopped

1/2 teaspoon sea salt

Steps:

1. Heat the oil in heavy large saucepan over medium heat. Add the onion and sauté until tender, about 10 minutes. Add curry and stir 30 seconds.

2. Add 4 cups broth and peas and bring to boil. Reduce heat; simmer until peas are very tender, about 15 minutes. Season with salt and pepper. Puree in blender in batches or in the pot with a blending wand. Thin with more broth if desired.

3. Garnish with chopped cilantro.

NUTRITIONAL INFO: Per Serving: 203 Calories; 8g Fat (33.6% calories from fat); 9g Protein; 26g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 283mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

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

Cilantro, Curry Powder, Green Pea, Onion

CINNAMON BANANA ICE CREAM

Servings = 4

25 min

This is a yummy twist on the Banana Ice Cream recipe. Adding cinnamon makes it taste a bit like banana bread. If you can eat them, add soaked and dehydrated chopped walnuts.

2 cups coconut milk

2 tablespoons honey

3 bananas, frozen or fresh

1 teaspoon cinnamon, to taste

Steps:

1. Combine all ingredients in a blender or food processor. Cut the bananas up if they are frozen. Blend until smooth and creamy. Taste and add more cinnamon to taste.
2. Add mixture to your ice cream maker and follow instructions from manual.

NUTRITIONAL INFO: Per Serving: 391 Calories; 29g Fat (61.9% calories from fat); 4g Protein; 37g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Fruit; 6 Fat; 1/2 Other Carbohydrates.

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

Banana, Cinnamon, Coconut, Honey

GROCERY LIST

PRODUCE: VEGGIES

2 cups lettuce
4 cups baby spinach
1 head cauliflower
4 onions
4 stalks celery
15-17 carrots
2 zucchinis
5 cloves garlic
4 cups mixed salad greens
2-3 avocados
8 romaine lettuce leaves
1 tomato
1 1/2 cups cremini mushrooms

PRODUCE: FRUITS

3 bananas
1 1/2 cups strawberries

FRESH HERBS

1/3- 1/2 cups fresh cilantro
1 tablespoon fresh rosemary

MEAT AND FISH

1 1/3 pounds ground turkey or chicken
1 whole chicken
1 pound ground beef
1 pound cooked or raw chicken

REFRIGERATED/FROZEN SECTION

20 ounces frozen peas
1 cup salsa
1 cup green peas

DAIRY

1/3 cup cheese or dairy-free cheese
2 cups dairy-free or raw milk

DRY GOODS

5-6 cups chicken stock
7-8 cups vegetable broth
4 cups veggie, chicken or beef broth

GRAIN, PASTA, BEANS

1 cup dry brown lentils

OILS, VINEGARS AND CONDIMENTS

1/4 cup + 3 tablespoons olive oil
1 teaspoon dijon mustard
1/3 cup black olives

OILS, VINEGARS AND CONDIMENTS (CONT.)

1 tablespoon balsamic vinegar
3 tablespoons apple cider vinegar
7-9 tablespoons coconut oil

ETHNIC

2 cups coconut milk

NUTS AND DRIED FRUIT

1/2 cup raw pumpkin seeds

BAKING

2 tablespoons honey
8-10 drops liquid chocolate stevia

SPICES AND DRIED HERBS

1/2-1 teaspoons cumin
1 1/2-2 1/2 teaspoons dried oregano
1/4- 1/2 teaspoons garlic powder
3 bay leaves
1/2 teaspoon rosemary
1 teaspoon cinnamon
1/4 + 4 teaspoons + 1-2 pinches sea salt
1 3/4 teaspoons black pepper
3 teaspoons dried parsley
1/2 teaspoon ground ginger
1 teaspoon ground sage
2 teaspoons dried basil
1-2 teaspoons chili powder
1/2-1 teaspoons paprika
3-5 teaspoons curry powder

These ingredients will prepare the following recipes

Turkey Sausages
Chicken Zucchini Noodle Soup
Lentil, Mushroom and Spinach Stew
Beef Tacos
Slow Cooked Herb Chicken
Chocolate Milk
Strawberry Avocado Salad
Carrot Fries
Cauliflower Rice with Peas
Curry Pea Soup
Cinnamon Banana Ice Cream