

Table of Contents for Autoimmune Fall-Winter 2

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

MAINS

Breakfast Pumpkin Cookies (fruit-sweetened)
Moroccan Chicken with Carrots
Asian Style Stuffed Cabbage with Turkey
Slow Cooked Rosemary Beef
Nightshade-free Chicken Tacos

SIDES

Coconut Yogurt (nut-free)
Saffron Cauliflower Rice with Peas
Sautéed Swiss Chard
Creamy Butternut Squash Soup
Guacamole
Cucumber Daikon Salsa
Baked Zucchini Chips
Vanilla Coconut Cream Candy

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

Apple	Gelatin (Beef)
Apple Cider Vinegar	Ginger
Avocado	Green Onions
Beef	Green Pea
Black or White Pepper	Lettuce
Butternut Squash	Lime
Cabbage	Nutmeg
Cardamom	Olive
Carrot	Onion
Cauliflower	Oregano
Chicken	Parsley
Cilantro	Pumpkin
Cinnamon	Rosemary
Cloves	Saffron
Coconut	Stevia
Coriander	Swiss Chard
Cucumber	Turkey
Cumin	Turmeric
Daikon	Vanilla Extract
Garlic	Zucchini

BREAKFAST PUMPKIN COOKIES (FRUIT-SWEETENED)

Servings = 4
16 hours

This recipe is based on the Breakfast Pumpkin Cookies. They are fruit sweetened and autoimmune friendly.

1/2 cup coconut butter	3/4 teaspoon ground ginger
1/2 cup applesauce	1/4 teaspoon ground cloves
1 cup cooked pumpkin, drained if need be and pureed	1/4 teaspoon cardamom
3/4 teaspoon ground nutmeg	1/2 teaspoon cinnamon
1/2 teaspoon allspice	3 drops stevia

Steps:

1. Combine all ingredients together in a medium mixing bowl. If the coconut cream is very hard, melt it first in a saucepan over very low heat. Use a blending wand or a blender to blend ingredients evenly if need be.
2. Place small heaps - about 1 1/2 to 2 Tbsp. - of batter onto nonstick dehydrator sheets. You could also use parchment paper on a dehydrator rack. If drying in the oven, place parchment paper over a cookie sheet, then place batter on top of the parchment.
3. Pat the cookies down with your fingers so that they are flat, round and about 2-3 inches in diameter.
4. Dry in a warm oven on the lowest setting or in a dehydrator at 130 F for about 6-12 hours. If using an oven, you may want to prop your oven open a little bit to keep the temperature down. Flip them over gently and then dehydrate for another 4-8 hours more or until preferred consistency is reached. The cookies should still be soft but firm.
5. Enjoy for breakfast, snacks or dessert. Keep in the fridge in an airtight container to preserve once finished dehydrating. You can also freeze them.

TIP: Artisana, Tropical Traditions and Lets Do Organic Coconut Cream Concentrate all work well.

You could use cooked butternut squash or other winter squash for this recipe.

NUTRITIONAL INFO: Per Serving: 190 Calories; 11g Fat (47.1% calories from fat); 2g Protein; 25g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 2 Fat; 1 Other Carbohydrates.

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

Apple, Cardamom, Cinnamon, Cloves, Coconut, Ginger, Nutmeg, Pumpkin, Stevia

COCONUT YOGURT (NUT-FREE)

Servings = 4

24 hours

This recipe is from <http://gapsdietjourney.com>. If you do not eat dairy, this recipe is a great alternative without the extra sugar and additives that store-bought coconut yogurt contains. Enjoy!

2 cans coconut milk, please see tips for brands

1/8 teaspoon GI ProStart, see tip for source

2 teaspoons gelatin, grass-fed, see tip

Steps:

1. Place coconut milk in a pan and heat until warm enough that the milk is smooth. Please see tips for brands of coconut milk.
2. In a small bowl add 1/2 cup of the warm coconut milk and 2 teaspoons to 2 tablespoons of powdered gelatin. You can play around with the amount to see what you like. Less gelatin will make the yogurt thinner while more will be thicker. Mix well.
3. In a small bowl place 1/8 teaspoon yogurt starter and a teaspoon of coconut milk. Mix well. I use the back of the spoon to mash and mix as the starter clumps.
4. Mix gelatin, yogurt starter and coconut milk together in a bowl.
5. Separate into individual jars, or place in a quart yogurt maker. You can also use a dehydrator set to 105 F.
6. Once the mixture is heated for a few hours, stir yogurt to make sure everything is mixed together well.
7. Let the yogurt culture from 15 to 24 hours.
8. Remove from the yogurt maker and stir before placing in the refrigerator. It will separate with thicker yogurt at the top and water at the bottom. Mix while it is still warm and it will hold together once refrigerated.
9. For the super thick yogurt I blended it with my hand mixer so that it would have a creamy texture.

TIP: For BPA and guar gum-free coconut milk, please use Natural Value canned coconut milk.

You can also make your own coconut milk. Please see the two coconut milk recipes on the member site.

Good brands of gelatin include Great Lakes (I prefer this brand) or Bernard and Jensen.

You can order all of these products including the yogurt starter on Amazon.

NUTRITIONAL INFO: Per Serving: 278 Calories; 29g Fat (86.8% calories from fat); 3g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 19mg Sodium. Exchanges: 1/2 Fruit; 6 Fat; 0 Other Carbohydrates.

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

Coconut, Gelatin (Beef)

MOROCCAN CHICKEN WITH CARROTS

Servings = 4
30 min

This recipe was adapted from Moroccan Chicken Casserole at Marks Daily Apple.
<http://www.marksdailyapple.com/> Serve with Cauliflower Rice or Brown Rice and Peas.

2 tablespoons coconut oil	1/2 teaspoon coriander
1 onion, diced	1/2 teaspoon turmeric
1 tablespoon ginger root, grated	1/2 teaspoon cinnamon
2-3 cloves garlic, minced	1/4 teaspoon black pepper
4 carrots, peeled and sliced	1/2 teaspoon sea salt
1 pound chicken thigh without skin, cut into small pieces	1/3 cup fresh cilantro, chopped
1 teaspoon cumin	

Steps:

1. Heat a large skillet with 1 Tbsp of the coconut oil. Heat the onions and cook for about 8 minutes. Add the ginger root and cook for another minute. Add the garlic, carrots, and chicken. Then sprinkle the spices over the chicken.
2. Cook chicken and veggies for about 15 minutes, or until chicken is cooked through. Stir occasionally. Season with salt and pepper to taste.
3. Serve veggies and chicken over rice or cauliflower rice and garnish with cilantro.

NUTRITIONAL INFO: Per Serving: 126 Calories; 3g Fat (20.3% calories from fat); 14g Protein; 11g Carbohydrate; 3g Dietary Fiber; 54mg Cholesterol; 319mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 2 Vegetable; 0 Fat.

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

Black or White Pepper, Carrot, Chicken, Cilantro, Cinnamon, Coriander, Cumin, Garlic, Ginger, Onion, Turmeric

SAFFRON CAULIFLOWER RICE WITH PEAS

Servings = 4
25 min

2 tablespoons coconut oil	1 cup green peas
1 head cauliflower, grated or chopped very finely in a food processor	1/4 teaspoon sea salt
1 teaspoon saffron	black pepper, to taste

Steps:

1. Heat a large skillet to medium heat. Add the oil and let it melt. Add the cauliflower and saffron, and saute on medium heat for about 12-15 minutes. Stir very frequently to prevent burning and for even cooking.
2. 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.
3. 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: 95 Calories; 7g Fat (63.4% calories from fat); 2g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 127mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fat.

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

Black or White Pepper, Cauliflower, Green Pea, Saffron

ASIAN STYLE STUFFED CABBAGE WITH TURKEY

Servings = 4
35 min

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

1 cabbage	1 tablespoon sesame oil, delete for autoimmune diet (optional)
1 tablespoon coconut oil	1/2-1 lime
1 bunch green onions, sliced	2-3 tablespoons gluten-free tamari or soy-free coconut aminos, *
1-2 tablespoons ginger root, grated	sea salt, to taste
1-3 cloves garlic, minced	black pepper, to taste
1 pound ground turkey	1/2 cup cilantro, chopped

Steps:

1. Peel off about 8 cabbage leaves and then steam them for about 15-20 minutes. These are going to be the wraps, so try to keep them as whole as possible. You can also core the cabbage, then steam the entire head until the leaves come off. Dry off steamed leaves before using as wraps.
2. In a large skillet, heat the coconut oil to medium heat. Add the green onions and saute for about 5 minutes. Add the ginger root and garlic and saute briefly.
3. Add the ground turkey and cook, breaking it up with a spatula as it cooks.
4. Add the sesame oil (optional), tamari or coconut aminos and lime juice while the meat is cooking. Continue cooking until turkey is cooked through and chopped in small pieces.
5. Season turkey with salt and pepper and fresh cilantro. Serve by using a cabbage leaf as a wrap for the turkey stuffing.

TIP: * Use coconut aminos by Coconut Secret for autoimmune or soy-free diets.

KID-FRIENDLY TIP: Use less garlic, ginger and lime juice when cooking for young children.

NUTRITIONAL INFO: Per Serving: 261 Calories; 16g Fat (56.3% calories from fat); 23g Protein; 6g Carbohydrate; 1g Dietary Fiber; 90mg Cholesterol; 874mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.

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

Black or White Pepper, Cabbage, Cilantro, Coconut, Garlic, Ginger, Green Onions, Lime, Turkey



SAUTEED SWISS CHARD

Servings = 4

25 min

1 tablespoon coconut oil	1-2 cloves garlic, minced
1/2 onion, chopped	2 teaspoons ginger root, grated
2 bunches swiss chard, chopped	2 teaspoons apple cider vinegar
1-2 tablespoons gluten-free tamari or soy-free coconut aminos, *	

Steps:

1. Use a large saute pan for this recipe. Saute the onion in coconut oil over medium heat until soft and translucent, about 8 minutes.
2. Add the chard to the onions. If it does not all fit, add what you can. Then add the rest as it begins to cook down.
3. Add the rest of the ingredients and let cook, stirring occasionally, for about 8-15 minutes depending upon how done you like your greens.

TIP: * Use coconut aminos by Coconut Secret for autoimmune or soy-free diets.

NUTRITIONAL INFO: Per Serving: 41 Calories; 3g Fat (71.0% calories from fat); 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 271mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

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

Apple Cider Vinegar, Garlic, Ginger, Onion, Swiss Chard



SLOW COOKED ROSEMARY BEEF

Servings = 4

5 hours

2-3 pounds boneless beef chuck roast	1 teaspoon dried oregano
1 tablespoon olive oil	1/2 teaspoon sea salt
1 tablespoon apple cider vinegar, or lemon juice (optional)	1/4 teaspoon black pepper
1-2 tablespoons fresh rosemary, finely chopped, or 1-2 teaspoons dried	1-2 cloves garlic, minced (optional)

Steps:

1. Place the chuck roast in a medium sized slow cooker. Drizzle the olive oil and apple cider vinegar over the top. Sprinkle with herbs, salt and pepper on each side.
2. Cook on low for about 6-8 hours or on high for about 4-5 hours.

NUTRITIONAL INFO: Per Serving: 310 Calories; 24g Fat; 22g Protein; 1g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 282mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Fruit; 3 Fat.

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

Apple Cider Vinegar, Beef, Black or White Pepper, Oregano, Rosemary



CREAMY BUTTERNUT SQUASH SOUP

Servings = 4

45 min

1 onion, diced	1/2 teaspoon sea salt
4 cups butternut squash, peeled, seeded and cubed	black pepper, to taste
2 cups cauliflower, chopped	1/4 cup fresh parsley, chopped, or cilantro
5-6 cups veggie, chicken or beef broth	

Steps:

1. Prepare veggies and then cook them in the stock until soft, about 25 minutes.
2. Add salt, pepper and parsley. Using a blending wand, blend the soup until creamy, or transfer soup in batches to a blender and then return to pot.

TIP: If you can eat garlic, you can add 1-2 cloves to the veggies. Or, add a bit of garlic powder as the veggies cook.

NUTRITIONAL INFO: Per Serving: 104 Calories; trace Fat; 4g Protein; 20g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2973mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable.

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

Black or White Pepper, Butternut Squash, Cauliflower, Parsley



NIGHTSHADE-FREE CHICKEN TACOS

Servings = 4

30 min

- | | |
|--|---|
| 1 tablespoon coconut oil | 1/2 teaspoon sea salt, to taste |
| 1 onion, diced | 1/4- 1/2 teaspoons black pepper, to taste |
| 1 1/3 pounds chicken thigh without skin, cut into chunks | 1/4 cup fresh cilantro |
| 2-3 cloves garlic, minced | 1 avocado |
| 1 1/2 teaspoons cumin | 1/3 cup black olives |
| 1 1/2-2 teaspoons dried oregano | 8 romaine lettuce leaves, for wraps |

Steps:

1. Heat the oil to medium heat in a large skillet. Add the onion and saute for about 8 minutes or until soft and translucent.
2. Add the chicken. Sprinkle the herbs, spices and salt and pepper over the chicken evenly. Allow to cook for about 15-25 minutes, or until chicken is cooked through and no longer pink. Stir occasionally and continue to cut the chicken up with a spatula if you want smaller pieces.
3. Enjoy chicken in lettuce wraps with nightshade-free salsa, black olives, chopped cilantro and avocado or guacamole.

TIP: Please see the nightshade-free salsa recipes: Cucumber Daikon Salsa (autoimmune-friendly) and the Peach Mango Salsa.

NUTRITIONAL INFO: Per Serving: 241 Calories; 16g Fat (57.0% calories from fat); 18g Protein; 8g Carbohydrate; 3g Dietary Fiber; 70mg Cholesterol; 414mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.

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

Avocado, Black or White Pepper, Chicken, Cilantro, Cumin, Garlic, Lettuce, Olive, Onion, Oregano

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

CUCUMBER DAIKON SALSA

Servings = 4

20 min

This recipe is from <http://www.nourishingmeals.com>. It is great for nightshade-free diet. Enjoy!

2 1/2 cups cucumber, peeled and finely chopped	1/3 cup fresh cilantro, chopped
1 cup daikon, grated or finely chopped	1/2 teaspoon sea salt, to taste
1/2 cup sweet onion, finely chopped	1 lime, squeezed

Steps:

1. Combine all ingredients together in a medium bowl. Marinate for about an hour before serving if you have time. Enjoy!

NUTRITIONAL INFO: Per Serving: 25 Calories; trace Fat (5.0% calories from fat); 1g Protein; 6g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 243mg Sodium. Exchanges: 1 Vegetable; 0 Fruit.

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

Cilantro, Cucumber, Daikon, Lime, Onion

BAKED ZUCCHINI CHIPS

Servings = 4

3 hours

These are great for snacks and for on the go. This recipe comes from www.cookingwithmichele.com.

4 zucchinis, sliced very thin
1 tablespoon olive oil, as needed

sea salt, to taste
parchment paper

Steps:

1. Using a mandolin, cut the zucchini very thinly. If you do not have a mandolin, cut them as evenly and thinly as you can with a knife.
2. Line baking sheets with a silicone baking mat or parchment paper and coat evenly with olive oil. Lay zucchini slices on baking sheets (do not overlap) and brush the top of slices very lightly with olive oil. Sprinkle lightly with salt taking care not to over-salt as the zucchini shrinks.
3. Bake at your oven's lowest temperature (150-200 F is ideal) until completely crisp, about 2-3 hours. Let cool on baking sheet then store in a covered container at room temperature.

TIP: These chips are crispiest when eaten straight from the oven. Once they cool, and over time, they become slightly chewy again, so eat them warm! - from www.cookingwithmichele.com.

You can also use a dehydrator to make these chips if you have one. Cut them the same way and season with olive oil and salt. Place on the dehydrator sheets and dry at 135 F for about 4 hours.

Enjoy chips plain or with guacamole or other dips.

NUTRITIONAL INFO: Per Serving: 57 Calories; 4g Fat (50.8% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat.

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

Zucchini

VANILLA COCONUT CREAM CANDY

Servings = 15

30 min

This recipe was adapted from www.freecoconutrecipes.com.

1 cup coconut butter or coconut cream concentrate
1-2 teaspoons vanilla extract, delete for autoimmune
diet

1/4- 1/2 teaspoons liquid vanilla stevia, or 1/8 cup raw
honey, to taste*

1/3 cup unsweetened shredded coconut meat, or
chopped walnuts*

Steps:

1. Place the coconut butter in a closed container such as a jar. Then place it in a bowl or pan of hot water until it can be stirred.
2. Stir the stevia (or honey), vanilla and shredded coconut into the coconut cream concentrate until well mixed.
3. Before it hardens, shape mixture into a roll and wrap in waxed paper or parchment paper. Let harden in the refrigerator and slice into rounds to eat as candy once firm. Store in refrigerator or at room temperature if below 75 degrees.

TIP: Artisana Coconut Butter is a wonderful brand. You can also buy coconut cream concentrate from www.tropicaltraditions.com.

You may need less stevia depending upon how concentrated the brand is that you are using.

*Use stevia and coconut meat for autoimmune, detox/elimination and anti-candida diets.

NUTRITIONAL INFO: Per Serving: 65 Calories; 7g Fat; 1g Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1 1/2 Fat.

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

Coconut, Stevia, Vanilla Extract

GROCERY LIST FOR Autoimmune Fall-Winter 2

PRODUCE: VEGGIES

1/2 cup sweet onion
8-14 cloves garlic
4 cups butternut squash
2 cups + 1 head cauliflower
3 1/2 onions
2 bunches swiss chard
2 teaspoons + 2-3 tablespoons ginger root
3 avocados
4 zucchinis
4 carrots
1 cabbage
1 bunch green onion
1 cup cooked pumpkin
8 romaine lettuce leaves
2 1/2 cups cucumber
1 cup daikon

PRODUCE: FRUITS

2-2 1/2 limes

FRESH HERBS

1/4 cup fresh parsley
1/2 cup cilantro
1 83/500 cups fresh cilantro
1-2 tablespoons fresh rosemary

MEAT AND FISH

2-3 pounds boneless beef chuck roast
2 1/3 pounds chicken thigh without skin
1 pound ground turkey

REFRIGERATED/FROZEN SECTION

1 cup green peas

DRY GOODS

1/2 cup applesauce
5-6 cups veggie, chicken or beef broth

OILS, VINEGARS AND CONDIMENTS

2 tablespoons olive oil
1 tablespoon sesame oil
1/2 cup coconut butter
1/3 cup black olives
2 teaspoons + 1 tablespoon apple cider vinegar
7 tablespoons coconut oil
3-5 tablespoons gluten-free tamari or soy-free
coconut aminos
1 cup coconut butter or coconut cream concentrate

OILS, VINEGARS AND CONDIMENTS (CONT.)

ETHNIC

2 cans coconut milk

BAKING

1-2 teaspoons vanilla extract
1/4- 1/2 teaspoons liquid vanilla stevia
1/3 cup unsweetened shredded coconut meat
2 teaspoons gelatin
3 drops stevia

SPICES AND DRIED HERBS

2 1/2-3 teaspoons dried oregano
+ 3 teaspoons sea salt
+ 3/4-1 teaspoons black pepper
2 1/2 teaspoons cumin
1/2 teaspoon coriander
1/2 teaspoon turmeric
1 teaspoon cinnamon
1 teaspoon saffron
3/4 teaspoon ground nutmeg
1/2 teaspoon allspice
3/4 teaspoon ground ginger
1/4 teaspoon ground cloves
1/4 teaspoon cardamom

MISC.

1/8 teaspoon GI ProStart
parchment paper

These ingredients will prepare the following recipes

Breakfast Pumpkin Cookies (fruit-sweetened)
Coconut Yogurt (nut-free)
Moroccan Chicken with Carrots
Saffron Cauliflower Rice with Peas
Asian Style Stuffed Cabbage with Turkey
Sauteed Swiss Chard
Slow Cooked Rosemary Beef
Creamy Butternut Squash Soup
Nightshade-free Chicken Tacos
Guacamole
Cucumber Daikon Salsa
Baked Zucchini Chips
Vanilla Coconut Cream Candy