

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

MAINS

Nourishing Chicken and Veggie Soup
Herb and Nut Crusted Salmon
Savory Meatloaf
Veggie Pizza
Lemon Herb Chicken with Tomato and Zucchini Relish
Garden Frittata

SIDES

Coconut Flour Bread
Cauliflower Leek Soup
Steamed Broccoli with Herbs
Garden Salad
Blueberry Coconut Sherbert
Ginger Tea
Coconut Milk 1
Coconut Milk Recipe 2
Chicken Broth
Beef Bone Broth
Crispy Nuts and Seeds - How to soak and dehydrate nuts
Homemade Nut or Seed Flour

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

Almond	Lemon
Apple Cider Vinegar	Lettuce
Baking soda	Lime
Basil	Marjoram
Beef	Mushroom
Black or White Pepper	Mustard
Blueberry	Olive oil
Broccoli	Onion
Carrot	Oregano
Cashew	Parsley
Cauliflower	Pecan
Celery	Pumpkin seed
Cheese	Sage
Chicken	Salmon
Coconut	Seeds
Cucumber	Sunflower seed
Dijon mustard	Thyme
Egg	Tomato
Flaxseed	Tree Nut
Garlic	Turkey
Ginger	Veggies: Cruciferous
Honey	Walnut
Leeks	Zucchini



NOURISHING CHICKEN AND VEGGIE SOUP

Servings = 4
30 min

1 tablespoon coconut oil	2 carrots, sliced
1 onion, diced	2 zucchinis, sliced
1 clove garlic, minced	1/2 lemon, squeezed
4-6 cups chicken broth	1 teaspoon sea salt
3/4 pound chicken	2 teaspoons dried parsley, or 1/4 cup chopped fresh

Steps:

1. If you do not have cooked chicken, cut up a couple chicken breasts into medium sized chunks. In a medium saucepan, add the chicken pieces and cover with water. Bring to a boil, reduce heat to a simmer and cook for 10-15 minutes, or until cooked through. Remove from heat, drain (reserving liquid for soup if needed) and set aside to cool.
2. Meanwhile, in a soup pot, heat the oil to medium-high heat and sauté the onion for 8-10 minutes, or until soft and translucent. Add the garlic and cook briefly, 1-2 minutes.
3. Add the chicken broth, carrots, zucchini, lemon juice, and salt. Bring to a boil, reduce heat to a simmer, and cook for 10-12 minutes, or until veggies are soft but still a little firm.
4. Shred or cube the chicken and add to the soup. Add the chopped or dried parsley and cook for another 5 minutes or so.

NUTRITIONAL INFO: Per Serving: 114 Calories; 5g Fat; 7g Protein; 12g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 1316mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat.

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

Carrot, Chicken, Garlic, Lemon, Onion, Parsley, Zucchini

COCONUT FLOUR BREAD

Servings = 12

1 hour

This bread recipe makes great sandwich bread. It was adapted from *Cooking with Coconut Flour* by Bruce Fife.

6 eggs, at room temperature	2/3 cup coconut flour, sifted
1/2 cup coconut oil or butter, melted	1/2 teaspoon baking soda
2 tablespoons honey, or other preferred sweetener	

Steps:

1. Preheat the oven to 350 degrees.
2. It is best to sift the coconut flour first. Then, blend all ingredients in a food processor, mixer or use a whisk until there are no lumps. Start with less flour at first. You are looking for a thick but moist batter. Add an additional egg and/or more oil if needed.
3. Pour mixture into a greased loaf pan. Bake in preheated oven for 35-40 minutes or until firm and golden brown on top.

TIP: Substitutions:

Coconut: Coconut flour cannot be substituted in other recipes part for part. Use another recipe if you can't eat coconut.

Eggs: this recipe needs eggs to work. Use another recipe if you can't eat eggs.

NUTRITIONAL INFO: Per Serving: 184 Calories; 13g Fat (65.6% calories from fat); 5g Protein; 11g Carbohydrate; 5g Dietary Fiber; 129mg Cholesterol; 86mg Sodium. Exchanges: 1/2 Lean Meat; 2 Fat; 0 Other Carbohydrates.

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

Baking soda, Coconut, Egg, Honey

HERB AND NUT CRUSTED SALMON

Servings = 5

25 min + time to marinate or chill

1 1/3 pounds wild salmon	1/2 teaspoon sea salt
1/2 cup raw pecans, roughly chopped	1/4 teaspoon black pepper
1 cup almond flour, or almond meal	1/3 cup olive oil
1 tablespoon fresh basil, chopped, or 1 tsp dried	1 tablespoon ginger root, peeled and grated finely
1 lime, squeezed	2 cloves garlic, minced

Steps:

1. Combine the olive oil, lime juice, salt, pepper, ginger and garlic. Marinade the salmon fillets in the mixture in a shallow dish or resealable bag for at least 10-15 minutes or overnight in fridge.
2. Preheat oven to 350 degrees. In a shallow bowl, combine the nuts, almond flour and chopped basil. Place each salmon fillet into the mixture and toss to coat well. Press mixture into the fish to make sure it's well coated.
3. Place fish into an oiled Pyrex pan. Place some of the extra nuts onto the tops of the fillets. Then drizzle the leftover marinade onto the fillets.
4. Bake for about 15 -25 minutes, depending on thickness of fillets. Test the fish by inserting a fork into the thickest part. If it flakes away easily, it is done.

NUTRITIONAL INFO: Per Serving: 382 Calories; 26g Fat (59.1% calories from fat); 30g Protein; 10g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 246mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat.

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

Almond, Basil, Black or White Pepper, Garlic, Ginger, Lime, Pecan, Salmon

CAULIFLOWER LEEK SOUP

Servings = 4

30 min

If you cannot eat potatoes, this soup is a great replacement for Potato Leek Soup. But it is delicious so even people who can eat potatoes will enjoy it.

1 tablespoon coconut oil	3-4 cups veggie, chicken or beef broth, preferably homemade
1/2 onion, diced	2-3 tablespoons coconut oil, or unsalted butter*
2 leeks, white and some green parts, sliced, washed very well	2 tablespoons dried parsley, or fresh
1 head cauliflower, cut into small florets	1/4 teaspoon red pepper

Steps:

1. In a large soup pot, saute the onions in the oil over medium heat until soft and translucent, about 5-8 minutes. Add the leeks and cook until softened, about 10 minutes.
2. Add the stock and cauliflower. Bring to a boil and then reduce heat to a simmer. Cover and cook until cauliflower is cooked through and soft, about 15 minutes.
3. Add the butter or coconut oil and the seasonings. Using a blending wand, blend the soup until creamy and smooth. This is the fastest and easiest way. If you don't have a blending wand, transfer soup mixture in batches to a blender and blend until smooth. Return to pot and add additional seasonings to taste.

TIP: * Use coconut oil for dairy-free and autoimmune diets.

NUTRITIONAL INFO: Per Serving: 109 Calories; 5g Fat (40.6% calories from fat); 6g Protein; 10g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 783mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.

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

Black or White Pepper, Cauliflower, Leeks, Onion, Parsley

SAVORY MEATLOAF

Servings = 5

20 min/1 hour, 15 min

If you cannot eat eggs, please see the recipe Savory Meatloaf (egg-free).

1 pound ground turkey	3 tablespoons dried parsley
1 tablespoon coconut oil	3/4 teaspoon sea salt
1/2 onion, diced fine	1/4 teaspoon black pepper
3 stalks celery, diced fine	2 eggs
2 carrots, grated or diced fine	1/2 cup almond meal, or other breadcrumb substitute
1 1/2 teaspoons ground sage	1 1/2 tablespoons honey (optional)
3/4 teaspoon cinnamon	3 tablespoons dijon mustard
1/2 teaspoon ground nutmeg	

Steps:

1. Preheat oven to 375 F. In a medium skillet, heat the oil to medium high heat and sauté the onion until translucent.
2. Add the chopped celery, carrots, sage, nutmeg, cinnamon, parsley, salt and pepper. Cook just until done. Remove from heat.
3. In a separate bowl, place the raw ground turkey, eggs, and almond meal. Stir very well. Add the vegetable-herb mixture and stir into the meat mixture.
4. Oil or butter one large or two small loaf pans. Place the turkey mixture into the pans and spread evenly.
5. In a separate bowl, mix the honey and mustard together to make a honey-mustard glaze. Mix well and drizzle over the meat in the pans. Spread evenly.
6. Bake the meat loaves at 375 F for 1 hour, 15 minutes. You will know when it is done because it will be firm in the center when you cut into it.

TIP: Substitutions: Turkey: ground chicken or beef **Mustard and honey:** homemade ketchup **Carrots:** 1 grated zucchini **Almond meal:** sunflower meal or brown rice breadcrumbs (non-GAPS); I also simply leave the almond meal out and it works fine without it. **Egg-free:** leave out, flax meal or gelatin (see egg-free meatloaf recipe)

NUTRITIONAL INFO: Per Serving: 294 Calories; 15g Fat (46.2% calories from fat); 25g Protein; 15g Carbohydrate; 2g Dietary Fiber; 157mg Cholesterol; 580mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

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

Almond, Carrot, Celery, Egg, Honey, Mustard, Onion, Sage, Turkey



STEAMED BROCCOLI WITH HERBS

Servings = 4

20 min

1 pound broccoli, cut into florets
2 tablespoons coconut oil or butter, melted
sea salt, to taste

1 teaspoon dried chives (optional)
1 tablespoon fresh parsley, or 1 tsp. dried (optional)

Steps:

1. Steam the broccoli florets until tender but still bright green, about 8-10 minutes. Transfer broccoli to a serving dish.
2. Combine the coconut oil or olive oil, salt, and herbs and drizzle over the broccoli.

KID-FRIENDLY TIP: Leave out the herbs for children.

NUTRITIONAL INFO: Per Serving: 84 Calories; 6g Fat; 3g Protein; 6g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 356mg Sodium. Exchanges: 1 Vegetable; 1 Fat.

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

Broccoli, Parsley, Veggies: Cruciferous

VEGGIE PIZZA

Servings = 4

45 min

This pizza can be made with or without eggs depending upon your diet. For nut free, use 1 part pumpkin seeds and 1 part sunflower seeds ground into flour. Please see Seed Flatbread recipe - this is the nut free and egg free version of this pizza crust.

2 tablespoons flaxmeal + 6 Tbsp boiling water OR 2 eggs
2 cups almond flour, or almond meal
2 teaspoons olive oil
1/2 teaspoon garlic powder, or 1 garlic clove, minced
1 teaspoon honey (optional)
1/2 teaspoon sea salt
2 teaspoons italian seasoning, or a mix of basil, thyme and parsley

8 ounces tomato sauce or Bionaturae strained tomatoes
2 tablespoons tomato paste (Bionaturae is in glass)
1/4 teaspoon garlic powder
1 teaspoon honey (optional)
1 teaspoon italian seasoning, or a mix of basil, thyme and parsley
2 cups veggies for pizza, your choice of mushrooms, bell peppers, broccoli, onions, tomatoes, olives
3/4 cup cheese or dairy-free cheese, grated (optional)

Steps:

1. Preheat oven to 350 F. For egg-free, combine the flax meal with the boiling water and let sit for 5 minutes. In a medium bowl, add the almond flour, olive oil, 1/2 tsp garlic powder, honey, salt and 2 tsp italian seasoning. Add the flax meal (or eggs) and mix well. If mixture does not easily form a ball, add more flour by the tablespoon.
2. Grease a pizza pan or cookie sheet, and sprinkle with a little flour. Place the ball of dough in the middle of the pan and squish it out into the shape you want. It should be about 1/4 inch thick.
3. Bake the crust for about 20 minutes at 350 degrees, until it is lightly browned and cooked through.
4. While crust is baking, saute the veggies in olive oil over medium heat until they are soft, about 5-10 minutes. Combine the sauce ingredients together in a bowl or pan.
5. Take crust out of the oven and top with sauce and other toppings. Return to oven for 5-10 minutes, or long enough for toppings to heat up and cheese to melt if you are using cheese.

TIP: You can use a combination of ground sunflower seeds and pumpkin seeds in place of the almond flour in this recipe if you cannot eat almonds.

NUTRITIONAL INFO: Per Serving: 372 Calories; 18g Fat (39.9% calories from fat); 28g Protein; 31g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 947mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.

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

Almond, Cheese, Flaxseed, Garlic, Honey, 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

GARDEN FRITTATA

Servings = 4

35 min

1 tablespoon coconut oil	7 mushrooms, sliced
1/2 onion, diced	1/4 cup fresh basil, chopped
1 zucchini, sliced	7 eggs, beaten well
1 cup broccoli, cut into small florets	1/2 teaspoon sea salt

Steps:

1. Preheat oven to a low broil.
2. In a medium (oven-safe) cast iron skillet, heat oil and sauté onions until they are soft and translucent, about 8-10 minutes.
3. Add the zucchini and broccoli and saute until slightly cooked. Add mushrooms and continue to cook until vegetables are cooked but not too soft. Add the basil and spread veggies evenly over the bottom of the skillet. Reduce heat to low.
4. Meanwhile, crack eggs into a bowl and add the salt. Beat until well mixed.
5. Add the eggs to the skillet with the vegetables (make sure veggies are even over bottom of skillet).
6. Cook the frittata on the top of the stove for a few minutes on low-medium heat. Tilt the skillet a little bit to allow the top of the eggs to go into the sides.
7. Place skillet in the oven on the second to closest rack to the top of the oven. Set timer for 3 minutes and check to see if it is cooked through. Cook another couple minutes if the top and center are not cooked through yet. You will know it is done when it is firm in the center and slightly golden brown. But do not let it get too brown, otherwise it will get overcooked.

TIP: If you cannot eat mushrooms, use more squash or add green beans, tomatoes or another preferred vegetable.

NUTRITIONAL INFO: Per Serving: 185 Calories; 12g Fat (59.8% calories from fat); 13g Protein; 6g Carbohydrate; 2g Dietary Fiber; 371mg Cholesterol; 366mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat.

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

Basil, Broccoli, Egg, Mushroom, Onion, Zucchini

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

GINGER TEA

Servings = 4

25 min

Ginger tea is soothing to the belly, helps aid digestion and can also help stimulate the bowels. If you are on a anti-yeast diet, use stevia to sweeten or leave unsweetened.

4 cups water, filtered

2 teaspoons honey or stevia, * (optional)

1 inch ginger root, peeled and sliced

Steps:

1. When making tea, always use fresh ginger root sold in the produce section of your grocery store. Peel the skin with a paring knife or the end of a spoon, and then grate or slice about once inch pieces.
2. Bring about 4 cups of water to a boil, add the ginger, and reduce to a simmer. Cook for 15 minutes or so, or until it has a strong, spicy flavor. Strain the ginger tea into your cup and add honey or stevia to sweeten. If the ginger is too strong for you, dilute it with some water.

TIP: * Use stevia or no sweetener for anti-candida or autoimmune diets.

NUTRITIONAL INFO: Per Serving: 15 Calories; trace Fat (2.4% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 0 Vegetable; 0 Other Carbohydrates.

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

Ginger



COCONUT MILK 1

Servings = 2

15 min

People on GAPS are advised not to use canned goods. If you want to use coconut milk in any recipes, you can make your own.

2 cups filtered water

1 cup unsweetened shredded coconut meat,
unsweetened

Steps:

1. Bring water to a boil and then add the coconut. Cool down and then blend well in a blender or food processor. Strain milk through cheesecloth, nut bag or a fine strainer. Store milk in a covered container in the fridge for up to 3-4 days.

NUTRITIONAL INFO: Per Serving: 142 Calories; 13g Fat (80.2% calories from fat); 1g Protein; 6g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1/2 Fruit; 2 1/2 Fat.

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

Coconut



COCONUT MILK RECIPE 2

Servings = 4

20 min

1 box Lets Do Organic Creamed Coconut nut bag
14 ounces water, filtered

Steps:

1. Bring 14 oz. of filtered water to a boil, then turn off heat. Add the creamed coconut from the bag. Stir until well combined. You can use less or more water depending upon the consistency you want. The creamed coconut will have the coconut fiber in it, so if you want a smoother coconut milk, put it through a nut-bag. You can also use a strainer but a nut bag will strain the coconut fiber out more efficiently.

NUTRITIONAL INFO: Per Serving: 142 Calories; 13g Fat (80.2% calories from fat); 1g Protein; 6g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 13mg Sodium.

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

Coconut

CHICKEN BROTH

Servings = 20

30 min/12 hours

This is a basic recipe for chicken broth. You can also use leftover chicken carcasses instead of the whole chicken to make stock. Simply freeze them after you use up a roasted chicken and then use them in place of the whole chicken when you are ready to make stock. This recipe is based on the recipe from *Nourishing Traditions* by Sally Fallon.

1 whole chicken or 2 chicken carcasses	2 carrots
4 quarts water	3 ribs celery
2 tablespoons apple cider vinegar	4 sprigs fresh thyme
1 onion	1 bunch fresh parsley

Steps:

1. In a large soup pot, place the chicken, water and the rest of the ingredients except the parsley. Let stand for 30 minutes. Bring to a boil, and remove the scum that rises to the top. Reduce heat, cover and simmer for 12-36 hours. The longer you cook the stock, the richer and more flavorful it will be. I find that simmering it for at least 24 hours makes a good stock. About 10 minutes before finishing the broth, add the parsley. This imparts additional mineral ions to the broth.
2. Remove the chicken pieces with a slotted spoon. Let cool in a large bowl or another pot. Once cool to touch, separate the bones from the meat and put the meat aside to use in a soup or another dish. The shredded chicken is great for tacos or soups.
3. Strain the rest of the stock into a large bowl and reserve in your refrigerator until the fat rises to the top and congeals. At this point you can skim off this fat or you can keep it in the stock to add more fat content to your soup. People on GAPS need extra fat so this is a good way to add more fat to your meal. Pour stock into individual containers and preserve in the refrigerator or freezer.

TIP: Broth can be frozen. Once you have a large pot of the broth and it is cool, pour it into 2-4 cup containers and label. You should get quite a few cups from this recipe so it will last quite a while. Even if it looks time consuming, it is great to have nutrient rich stock stored in your freezer when ever you need it.

If you have access to chicken feet, adding them to stock increases the gelatin content in the stock.

NUTRITIONAL INFO: Per Serving: 168 Calories; 12g Fat (63.8% calories from fat); 13g Protein; 2g Carbohydrate; 1g Dietary Fiber; 68mg Cholesterol; 67mg Sodium. Exchanges: 2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.

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

Apple Cider Vinegar, Carrot, Celery, Chicken, Onion, Parsley, Thyme

BEEF BONE BROTH

Servings = 20

30 min/12 hours

This is a basic tutorial on how to make beef bone broth. It was adapted from *Nourishing Traditions* by Sally Fallon.

4 pounds beef marrow and knuckle bones	3 celery ribs
4 quarts water	3 sprigs fresh thyme
1/2 cup apple cider vinegar	1 teaspoon green peppercorn
2 onions	1 bunch fresh parsley
3 carrots	3 pounds beef rib or neck bones

Steps:

1. Place knuckle and marrow bones in a very large pot with vinegar and cover with water. Let stand for one hour.
2. Meanwhile, place meaty bones in a roasting pan and brown at 350 degrees in the oven. When well browned, add to the pot along with the vegetables. Pour the fat out of the roasting pan, add cold water to the pan, set over a high flame and bring to a boil, stirring with a wooden spoon to loosen up coagulated juices. Add this liquid to the pot.
3. Add additional water, if necessary, to cover the bones; but the liquid should come no higher than within two inches of the rim of the pot. Bring to a boil. A large amount of scum will come to the top, and it is important to remove this with a spoon. After you have skimmed, reduce heat and add the thyme and crushed peppercorns.
4. Simmer stock for at least 12 hours and as long as 72 hours. The longer it cooks, the stronger it gets. Just before finishing, add the parsley and simmer another 10 minutes.
5. From *Nourishing Traditions*: "You will have a pot of rather repulsive looking brown liquid containing globs of gelatinous and fatty material. It doesn't even smell particularly good. But don't despair. After straining you will have a delicious and nourishing clear broth" that forms the basis for many GAPS recipes.
6. Remove bones with tongs or a slotted spoon. Strain the stock into a large bowl. Let cool in the fridge. Either remove the congealed fat that rises to the top or keep in the broth to add more fat content to the broth. People on GAPS need extra fat so this is a good way to add more fat content to your meals. Transfer to smaller containers and to the freezer for long-term storage.
7. The marrow may be removed from the bones and blended up in soups. It is healing for the bowels.

NUTRITIONAL INFO: Per Serving: 241 Calories; 18g Fat (66.2% calories from fat); 17g Protein; 3g Carbohydrate; 1g Dietary Fiber; 61mg Cholesterol; 66mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 2 Fat.

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

Apple Cider Vinegar, Beef, Black or White Pepper, Carrot, Celery, Onion, Parsley, Thyme

CRISPY NUTS AND SEEDS - HOW TO SOAK AND DEHYDRATE NUTS

Servings = 18
19 hours

This is a basic tutorial on how to soak and dehydrate your nuts and seeds.

4 cups raw almonds, or cashews, pecans, walnuts, water, filtered
sunflower or pumpkin seeds
1 tablespoon sea salt, preferably sea salt

Steps:

1. Mix nuts or seeds with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander.
2. Drain and spread nuts or seeds on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) or dehydrator for 12-24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container.

NUTRITIONAL INFO: Per Serving: 186 Calories; 16g Fat; 6g Protein; 6g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Fat.

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

Almond, Cashew, Pumpkin seed, Sunflower seed, Walnut

Making seed and nut flours is easy but a little time consuming. For people on GAPS or Detox diets, it is recommended to make your own flours out of nuts and seeds so that you are ensured that the nuts and seeds you are using are free of additives. Also, blanched almonds will be easier to digest than ones with skins. I buy raw slivered almonds for making blanched almond flour with so that I don't have to blanch the almonds. A note about flour verses meal: some recipes call for "flour" while others call for "meal". They are pretty much the same thing. However, I have come to understand that almond flour is from blanched almonds and meal is from almonds with skins, making it a bit denser and not quite as fine. Many recipes will work with either. However, cookies, pizza crust and crackers do better with blanched flour rather than almond meal.

2-4 cups raw almonds, or other preferred nut or seed

Steps:

1. To make your flour, simply use a batch of your preferred nut or seed. (Soak and dehydrate if you have not already done this.) Any of the following nuts or seeds will work but you can experiment with what tastes you like and which seeds and nuts work best for your body: pecans, hazelnuts, sunflower seeds, pumpkin seeds, walnuts, cashews or other raw and unprocessed nuts.
2. If you have a very good food processor, you may be able to use it to make the flour. However, it needs to be fine enough to not be grainy. Some food processors may not be able to handle making the flour fine enough. Another word of caution – don't process the nuts and seeds so much they become nut butter. This is easier to do with some nuts such as pecans and walnuts.
3. If you don't have a food processor, buy a coffee grinder and use it just for grinding nuts and seeds. It won't be able to store as much at once but it does a great job at grinding the nuts and seeds to a fine flour. I find that pecans and walnuts become nut butter in a coffee grinder so these may be better in a food processor. Once ground, store in airtight containers and use as needed.

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

Seeds, Tree Nut

GROCERY LIST FOR GAPS: Full Week One

PRODUCE: VEGGIES

1 tablespoon + 1 inch ginger root
4-5 cups mixed salad greens
12 carrots
5 tomatoes
1 cucumber
5 1/2 onions
2 leeks
1 head cauliflower
3 celery ribs
3 cloves garlic
5 zucchinis
7 mushrooms
3 stalks + 3 ribs celery
1/2 red onion
1 cup + 1 pound broccoli
2 cups veggies for pizza

PRODUCE: FRUITS

1 1/2 lemons
2 limes

FRESH HERBS

1 tablespoon + 2 bunches fresh parsley
7 sprigs fresh thyme
1/4 cup + 1 tablespoon fresh basil

MEAT AND FISH

3/4 pound chicken
1 pound chicken breast
1 pound ground turkey
4 pounds beef marrow and knuckle bones
3 pounds beef rib or neck bones
1 1/3 pounds wild salmon
1 whole chicken or 2 chicken carcasses

REFRIGERATED/FROZEN SECTION

15 eggs
5 cups frozen blueberries

DAIRY

3/4 cup cheese or dairy-free cheese

DRY GOODS

8 ounces tomato sauce or Bionaturae strained tomatoes
2 tablespoons tomato paste (Bionaturae is in glass)
3-4 cups veggie, chicken or beef broth
4-6 cups chicken broth

DRY GOODS (CONT.)

OILS, VINEGARS AND CONDIMENTS

1 teaspoon + 3 tablespoons dijon mustard
2 teaspoons + 5/8 3/4 cup olive oil
1/2 cup + 3-4 tablespoons apple cider vinegar
8-9 tablespoons coconut oil
1/2 cup + 2 tablespoons coconut oil or butter

ETHNIC

6-8 ounces coconut milk

NUTS AND DRIED FRUIT

1/2 cup raw pecans
6-8 cups raw almonds

BAKING

2 teaspoons + 6 1/2 tablespoons honey
1 cup unsweetened shredded coconut meat
1 box Lets Do Organic Creamed Coconut
2/3 cup coconut flour
1/2 teaspoon baking soda
1/2 cup almond meal
3 cups almond flour
2 tablespoons flaxmeal + 6 Tbsp boiling water OR 2 eggs
2 teaspoons honey or stevia

SPICES AND DRIED HERBS

2 teaspoons + 5 tablespoons dried parsley
1/4 teaspoon red pepper
+ 3 3/4 teaspoons + 1 tablespoon sea salt
1 teaspoon dried chives
1 teaspoon green peppercorn
3/4 teaspoon garlic powder
3 teaspoons italian seasoning
1 teaspoon dried marjoram
+ 3/4 teaspoon black pepper
1 teaspoon dried oregano
1 1/2 teaspoons ground sage
3/4 teaspoon cinnamon
1/2 teaspoon ground nutmeg

MISC.

nut bag

These ingredients will prepare the following recipes

Nourishing Chicken and Veggie Soup
Coconut Flour Bread
Herb and Nut Crusted Salmon
Cauliflower Leek Soup

Savory Meatloaf
Steamed Broccoli with Herbs
Veggie Pizza
Garden Salad
Lemon Herb Chicken with Tomato and Zucchini Relish
Garden Frittata
Blueberry Coconut Sherbert
Ginger Tea
Coconut Milk 1
Coconut Milk Recipe 2
Chicken Broth
Beef Bone Broth
Crispy Nuts and Seeds - How to soak and dehydrate nuts
Homemade Nut or Seed Flour