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

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



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



EGG-FREE ALMOND FLOUR BREAD

Servings = 12

45 min

For a nut-free version, use sunflower or pumpkin seed flours. This recipe was adapted from Pecanbread.com.

2 1/2 cups almond flour	1/4 teaspoon sea salt
1/2- 2/3 cups pearsauce or applesauce, about 2 pears, peeled and pureed in a food processor	1 teaspoon baking soda, delete for GAPS
1/4- 1/3 cups coconut oil, melted	1 teaspoon honey (optional)

Steps:

1. Preheat oven to 350 F.
2. Blend all the ingredients together in a medium mixing bowl.
3. Spread some coconut oil all around the bottom of an 8"x 8" baking dish. Sprinkle a little almond flour on the bottom. Spread mixture into pan and smooth it out.
4. Bake 25-40 minutes or until firm in the middle and slightly browned. Let cool and cut into squares.

NUTRITIONAL INFO: Per Serving: 162 Calories; 10g Fat (51.2% calories from fat); 11g Protein; 10g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 152mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 1 Fat.

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

Almond, Apple, Baking soda, Pear

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 (EGG-FREE)

Servings = 6
25 min/1 hour

If you have leftovers, this dish is great for breakfast or lunches.

1 pound ground turkey	1/4 teaspoon ground nutmeg
1 tablespoon coconut oil	3 tablespoons dried parsley
1/2 onion, diced very fine	3/4 teaspoon sea salt
2-3 ribs celery, diced very fine	1/4 teaspoon black pepper
2 carrots, grated	1/2 cup almond flour or almond meal, or other nut meal of your choice
1 1/2 teaspoons ground sage	1 1/2 tablespoons honey (optional)
1/2- 3/4 teaspoons cinnamon	3 tablespoons dijon mustard

Steps:

1. Preheat oven to 375 F. In a medium skillet, heat the oil to medium high heat and saute 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, and almond flour. 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 to 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: If you can eat eggs, add 2 eggs to this recipe.

NUTRITIONAL INFO: Per Serving: 292 Calories; 15g Fat (46.8% calories from fat); 23g Protein; 17g Carbohydrate; 4g Dietary Fiber; 72mg Cholesterol; 553mg 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, Black or White Pepper, Carrot, Celery, Cinnamon, Dijon mustard, Flaxseed, Honey, Nutmeg, Onion, Parsley, 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

BLT WITH AVOCADO

Servings = 4

10 min

Great for breakfast, lunch, dinner or a quick snack! Use your choice of bread or search for a bread recipe that works for you in the bread section. For grain and egg free wraps, you can use a lettuce wrap or a steamed cabbage leaf. For vegetarian, you can make this an ELT sandwich with sliced hard boiled eggs. Enjoy!

1 head butter lettuce
1-2 tomatoes, sliced
1-2 avocados, sliced

8-12 pieces bacon, or sliced hard boiled eggs
8 pieces gluten or grain-free bread
mayonnaise , or mustard (optional)

Steps:

1. Cook the bacon for a few minutes on a slightly oiled skillet. Cook until desired crispiness is reached. Drain to remove excess grease. Toast your bread.
2. Assemble bacon (or sliced hard boiled eggs), lettuce, tomato, avocado and mayo on the bread and enjoy. Or, simply use the lettuce as a wrap for the bacon, tomato and avocado.
3. If you need bread ideas, check out the bread recipe section and choose one that works for your diet.

TIP: For GAPS, you will need to use a bacon without sugar, nitrates or added preservatives. US Wellness meats sells a beef bacon without these ingredients.

NUTRITIONAL INFO: Per Serving: 226 Calories; 18g Fat (66.5% calories from fat); 9g Protein; 11g Carbohydrate; 4g Dietary Fiber; 16mg Cholesterol; 324mg Sodium. Exchanges: 1 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 3 Fat.
Note: This information does not include the nutritional info for the bread in this recipe.

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

Avocado, Bacon (Turkey), Lettuce, Tomato

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: Egg-Free Week One

PRODUCE: VEGGIES

4-5 cups mixed salad greens
1 tablespoon + 1 inch ginger root
12 carrots
6-7 tomatoes
1 cucumber
5 onions
2 leeks
1 head cauliflower
3 celery ribs
1 head butter lettuce
1-2 avocados
3 cloves garlic
4 zucchinis
5-6 ribs celery
1/2 red onion
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 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

8-12 pieces bacon
5 cups frozen blueberries

DAIRY

3/4 cup cheese or dairy-free cheese

DRY GOODS

mayonnaise
8 ounces tomato sauce or Bionaturae strained
tomatoes
2 tablespoons tomato paste (Bionaturae is in glass)

DRY GOODS (CONT.)

3-4 cups veggie, chicken or beef broth
1/2- 2/3 cups pearsauce or applesauce
4-6 cups chicken broth

GRAIN, PASTA, BEANS

8 pieces gluten or grain-free bread

OILS, VINEGARS AND CONDIMENTS

1 teaspoon + 3 tablespoons dijon mustard
2 teaspoons + 583/1000 cup olive oil
1/2 cup + 3-4 tablespoons apple cider vinegar
1/4- 1/3 cups + 7-8 tablespoons coconut oil
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

1 teaspoon baking soda
3 teaspoons + 4 1/2 tablespoons honey
1 cup unsweetened shredded coconut meat
1 box Lets Do Organic Creamed Coconut
5 1/2 cups almond flour
1/2 cup almond flour or almond meal
2 tablespoons flaxmeal + 6 Tbsp boiling water OR 2
eggs
2 teaspoons honey or stevia

SPICES AND DRIED HERBS

+ 3 1/2 teaspoons + 1 tablespoon sea salt
2 teaspoons + 5 tablespoons dried parsley
1/4 teaspoon red pepper
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
1/2- 3/4 teaspoons cinnamon
1/4 teaspoon ground nutmeg

MISC.

nut bag

These ingredients will prepare the following

recipes

Nourishing Chicken and Veggie Soup

Egg-free Almond Flour Bread

Herb and Nut Crusted Salmon

Cauliflower Leek Soup

Savory Meatloaf (Egg-Free)

Steamed Broccoli with Herbs

Veggie Pizza

Garden Salad

Lemon Herb Chicken with Tomato and Zucchini Relish

BLT with Avocado

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