

Table of Contents for Nourishing Foods - Winter 21 (Nut-free)

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

MAINS

Banana Pancakes
Chicken and Rice Soup (Grain-Free)
Spaghetti Squash with Marinara and Mushrooms
Seafood Curry
Buffalo Chili

SIDES

Mango Smoothie
Coconut Butter Sandwich Bread
Lentil and Beet Salad with Honey Lemon Dressing
Simply Steamed Veggies
Roasted Cabbage Wedges
Coconut Macaroons

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

Baking soda	Egg White
Banana	Garlic
Basil	Ginger
Beet	Honey
Black or White Pepper	Legumes
Broccoli	Lemon
Buffalo	Lentil
Cabbage	Lime
Carrot	Mango
Cauliflower	Mushroom
Cayenne pepper	Navy bean
Chicken	Olive oil
Chili powder	Onion
Cilantro	Parsley
Coconut	Thyme
Codfish	Tomato
Curry Powder	Vanilla
Dill	Veggies: Squash
Egg	

BANANA PANCAKES

Servings = 4

20 min

These pancakes are a bit more like crepes but very delicious!

2 ripe banana

2-3 tablespoons coconut oil

6 eggs

honey, to taste

Steps:

1. Blend the bananas and eggs together in a blender or with a blending wand. Pour medium sized pancakes onto a greased griddle that's been preheated to medium. Cook until done on one side, flip and watch carefully as second side seems to cook more quickly. Turn down the heat as they cook if they start to burn.

2. Serve with butter, honey, homemade jam or homemade fruit syrup. Or, sprinkle with cinnamon.

NUTRITIONAL INFO: Per Serving: 323 Calories; 24g Fat (64.0% calories from fat); 12g Protein; 18g Carbohydrate; 2g Dietary Fiber; 318mg Cholesterol; 107mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Fruit; 3 1/2 Fat.

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

Banana, Egg

MANGO SMOOTHIE

Servings = 2

10 min

This recipe was adapted from <http://www.realsimple.com>.

2 cups mango	1/2 cup ice
1 cup coconut milk	1 tablespoon honey
1/2 cup plain yogurt or plain dairy-free yogurt, see Coconut Yogurt recipe	

Steps:

1. Place the mango, milk, ice, yogurt, and honey in a blender. Blend until smooth and frothy.

TIP: For soy-free, nut-free and dairy-free yogurt, try coconut or rice based yogurt.

NUTRITIONAL INFO: Per Serving: 453 Calories; 31g Fat (57.3% calories from fat); 6g Protein; 46g Carbohydrate; 6g Dietary Fiber; 8mg Cholesterol; 52mg Sodium. Exchanges: 2 Fruit; 0 Non-Fat Milk; 6 Fat; 1 Other Carbohydrates.

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

Coconut, Honey, Mango



CHICKEN AND RICE SOUP (GRAIN-FREE)

Servings = 4
40 min

1/2-1 onion, diced
2 cloves garlic, minced
5 cups chicken broth, preferably homemade
3-4 carrots, sliced
1 cup celery, sliced

1 teaspoon dried thyme
1 pound cooked chicken breast halves, shredded or diced
1/2-1 heads cauliflower, grated or chopped very finely in a food processor
1/2 teaspoon sea salt
1/4 teaspoon black pepper

Steps:

1. To a large soup pot, add the stock, onions, garlic, carrots, thyme and celery. Bring to a boil, reduce to a simmer, and let cook about 10 minutes, or until veggies are just about cooked through.
2. Add the grated cauliflower and shredded chicken to the pot. Let simmer for about 10-13 minutes longer, or until the cauliflower is cooked.
3. If you have raw chicken, add it to the veggies before you add the cauliflower. (You can just add the whole pieces of boneless chicken.)
4. You'll need to cook it a bit longer with the veggies until it's cooked though. Then use a slotted spoon to take it out before you add the cauliflower rice. Let the chicken cool, then shred with your fingers. Or simply chop it up with a knife and add back into the soup. Add salt and pepper to taste. Enjoy!

NUTRITIONAL INFO: Per Serving: 267 Calories; 15g Fat; 22g Protein; 11g Carbohydrate; 3g Dietary Fiber; 75mg Cholesterol; 1306mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 2 Vegetable; 1 1/2 Fat.

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

Carrot, Cauliflower, Chicken, Garlic, Onion

COCONUT BUTTER SANDWICH BREAD

Servings = 12
1 hour, 30 min

This recipe comes from <http://www.lovingourguts.com>.

5 eggs	1/2 teaspoon sea salt
1/4 cup coconut oil or butter, melted	3/4 teaspoon baking soda
1 1/8 cups coconut butter, softened	

Steps:

1. Preheat your oven to 300 F. Soften your coconut butter. You can do this by placing the jar in a bowl of hot water. This takes about 20 minutes. Or, a quicker way is to measure the coconut butter and then place it in a saucepan. Gently heat it on low, just until it begins to melt. Keep an eye on it the whole time so that it does not overheat. Remeasure it when softened to make sure you have the correct amount.
2. Grease a 5 x 9 loaf pan.
3. Put the ingredients in a food processor or blender in the order given. Blend until smooth. Pour into the prepared loaf pan. Bake for 40-50 minutes or until a toothpick inserted in the center comes out clean. Let cool for 10 min and then remove from pan before cooling completely.
4. Once fully cooled slice and eat. Keep the loaf in the fridge and tightly wrapped to keep it from drying out.

NUTRITIONAL INFO: Per Serving: 206 Calories; 20g Fat (82.8% calories from fat); 4g Protein; 5g Carbohydrate; 4g Dietary Fiber; 78mg Cholesterol; 188mg Sodium. Exchanges: 1/2 Lean Meat; 1 Fat.

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

Baking soda, Coconut, Egg

SPAGHETTI SQUASH WITH MARINARA AND MUSHROOMS

Servings = 4
40 min

1 spaghetti squash	1/2 teaspoon garlic powder, GAPS approved
2 tablespoons butter, coconut oil or olive oil	1-2 teaspoons dried basil
1/2 onion	1 teaspoon dried thyme
8-10 mushrooms, sliced, or other favorite veggie (optional)	2 teaspoons dried parsley
1 jar Bionaturae Strained Tomatoes, or other sugar and soy-free tomato sauce	1-2 teaspoons dried oregano
1/4 teaspoon black pepper	1 teaspoon honey
1/2- 3/4 teaspoons sea salt	

Steps:

1. Cut the squash in half and spoon out the seeds. Cut each piece in half again. In a large soup pot, place a steamer basket and a few inches of water with the squash pieces skin-side up.
2. Cover and steam for 25-30 minutes or until squash is soft. You can also slow cook the squash in a slow cooker for about 3 hours ahead of time or bake it in the oven with a little water for about an hour and a half.
3. In a separate saucepan, sauté the onion in 1 Tbsp. oil over medium heat for 10 minutes, or until onions are soft and translucent. Add the mushrooms and cook for another 5 or so minutes. Add the tomato sauce, dried herbs, garlic and salt and pepper. Cook for another 5 minutes on low to combine the flavors. Add 1 tsp honey if you wish to make it a bit sweeter and less acidic.
4. When squash is finished cooking, scoop the squash out of the skin with a spoon into a bowl. Add salt, pepper and butter or oil to taste.
5. Serve squash with sauce on top like you would spaghetti.

TIP: Substitutions: Spaghetti squash: regular or GF spaghetti. **Mushrooms:** leave out or use other veggies like zucchini, summer squash or peppers. **Spaghetti sauce:** sautéed veggies like zucchini, asparagus, and mushrooms with olive oil and herbs. Or, please see the Nightshade-free Marinara Sauce.

NUTRITIONAL INFO: Per Serving: 87 Calories; 3g Fat (31.4% calories from fat); 2g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 314mg Sodium. Exchanges: 2 1/2 Vegetable; 1/2 Fat.

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

Basil, Black or White Pepper, Garlic, Honey, Mushroom, Onion, Parsley, Thyme, Tomato, Veggies: Squash



LENTIL AND BEET SALAD WITH HONEY LEMON DRESSING

Servings = 4
35 min

2 cups cooked brown lentils, *	1 tablespoon honey
4 beets, peeled and diced into medium chunks	1 tablespoon olive oil
1/2 cup feta cheese or dairy-free feta cheese, see recipe for Almond Feta Cheese	1/2 teaspoon dried dill
1/4 cup lemon juice	

Steps:

1. Steam the beets after you peel and chop them. They will take about 20-25 minutes, depending upon how small you cut them. Drain and let cool.

2. In a medium-sized bowl, combine cooked lentils, steamed beets, and the cheese. In a small bowl or measuring cup, whisk together the lemon juice, honey, oil and dill, and pour it over the salad. Toss gently, and serve immediately or chill it for up to 3 days.

TIP: * To cook the lentils, soak 1 cup lentils overnight in a bowl of water. Drain, and then place in a large pot with 2 cups fresh water. Bring to a boil, reduce the heat, cover the pan, and simmer the lentils for 25-30 minutes until they are tender. Drain any remaining liquid. Season the lentils with salt to taste. Measure out 2 cups of cooked lentils for the recipe.

For nut and dairy-free, simply delete the cheese from the recipe.

NUTRITIONAL INFO: Per Serving: 264 Calories; 9g Fat (29.3% calories from fat); 15g Protein; 34g Carbohydrate; 10g Dietary Fiber; 15mg Cholesterol; 116mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

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

Beet, Dill, Honey, Legumes, Lemon, Lentil, Olive oil

SEAFOOD CURRY

Servings = 4

30 min

Make sure your curry powder is free of anti-caking agents if you are on GAPS or sensitive to chemicals.

1 tablespoon coconut oil	1 cup fish stock, or veggie or chicken stock
1/2 onion, diced	2 tablespoons lime juice
1 tablespoon ginger root, freshly grated	1 1/4 pounds cod fillets, cut into 1 inch pieces
1-2 cloves garlic, minced	1-1 1/2 cups coconut milk, homemade for GAPS
1 1/2-2 tablespoons curry powder	1/3 cup fresh cilantro, chopped

Steps:

1. In a large cast iron skillet, heat the oil to medium heat and cook the diced onion until soft and translucent, about 8 minutes. Add the ginger and garlic and stir into the onions. Cook for 1-2 minutes.
2. Add the stock, curry powder and lime juice, and mix until combined. Add the fish, bring to a boil briefly, then reduce to a simmer. Cook for about 5 minutes or until fish is cooked through. Add the coconut milk and cook for another 5 minutes on low heat. Add the cilantro and stir into the seafood curry.

TIP: Use cooked chicken instead of fish if you cannot eat fish.

NUTRITIONAL INFO: Per Serving: 329 Calories; 20g Fat (56.3% calories from fat); 27g Protein; 8g Carbohydrate; 3g Dietary Fiber; 65mg Cholesterol; 148mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

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

Cayenne pepper, Cilantro, Coconut, Codfish, Curry Powder, Garlic, Ginger, Lime, Onion



SIMPLY STEAMED VEGGIES

Servings = 4

25 min

1/2 onion, sliced
2 carrots, peeled and sliced
2 cups broccoli, cut into small florets
2 cups cauliflower, cut into small florets

1-2 tablespoons coconut oil or butter, *
sea salt, to taste
black pepper, to taste

Steps:

1. Place all of the veggies in a steamer basket in a large pot with about 2 inches of water. Steam the veggies just until just cooked, about 8-10 minutes.
2. Drain the water from the pot and then remove the steamer basket carefully. Add the oil or butter and season to taste with salt and pepper.

TIP: Use any other veggies that you enjoy.

Use coconut oil for autoimmune diet.

NUTRITIONAL INFO: Per Serving: 100 Calories; 7g Fat (58.6% calories from fat); 2g Protein; 9g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 1 1/2 Vegetable; 1 1/2 Fat.

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

Broccoli, Carrot, Cauliflower, Onion

BUFFALO CHILI

Servings = 4

30 min

2 tablespoons coconut oil or olive oil
1/2-1 onion, diced
1 pound ground buffalo, or beef or turkey
2 cloves garlic, minced
1 tablespoon chili powder
1-2 teaspoons cumin
1-2 dashes cayenne (optional)

1 1/2 cups cooked black, pinto or white beans, use white beans for GAPS
1 1/2-2 cups tomato, diced
1-2 cups chicken or veggie stock
2 tablespoons tomato paste
1/4 cup fresh cilantro, chopped
1 teaspoon sea salt, to taste
1/2 teaspoon black pepper, to taste

Steps:

1. Heat the oil in a large skillet over medium heat. Sauté the onion for 10 minutes or until soft and translucent.
2. Crumble the ground meat into the skillet. Cook, stirring to break it up with a spatula until the meat begins to brown, about 5 minutes.
3. Add the chili powder, cumin and garlic and cook briefly, about 2 minutes.
4. Add the beans, tomatoes, tomato paste, and stock or water. Bring to a boil and then reduce the heat to a simmer. Cook, covered for 15 minutes. Add salt and pepper to taste.
5. Add the fresh chopped cilantro and stir into the chili.

KID-FRIENDLY TIP: Delete the cayenne and use a bit less chili powder and garlic.

NUTRITIONAL INFO: Nutritional info: Per Serving: 324 Calories; 13g Fat (34.6% calories from fat); 28g Protein; 26g Carbohydrate; 6g Dietary Fiber; 90mg Cholesterol; 524mg Sodium.

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

Buffalo, Cayenne pepper, Chili powder, Garlic, Navy bean, Tomato



ROASTED CABBAGE WEDGES

Servings = 6

55 min

This recipe is adapted from MarthaStewart.com.

3 tablespoons olive oil

1 green cabbage, cut into 1 inch rounds

sea salt

black pepper

Steps:

1. Preheat oven to 400 degrees. Brush a rimmed baking sheet with 1 tablespoon extra-virgin olive oil. Place the cabbage rounds in a single layer on the sheet and brush with 2 tablespoons oil.
2. Season with coarse salt and ground pepper. Roast until cabbage is tender and edges are golden, 40 to 45 minutes.

NUTRITIONAL INFO: Per Serving: 60 Calories; 7g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1 1/2 Fat.

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

Black or White Pepper, Cabbage

COCONUT MACAROONS

Servings = 24

50 min

This recipe is adapted from www.Pecanbread.com You can make 24 miniature macaroons or 12-15 full sized.

3 egg whites

1 pinch sea salt

1/3 cup honey

1 teaspoon vanilla extract

1 1/4 cups unsweetened shredded coconut meat

24 muffin papers

Steps:

1. Preheat oven to 300 F. Place the egg whites and salt in a mixing bowl and beat until stiff. Make sure your mixing bowl does not have any water in it.
2. Slowly add honey to mixture, beating constantly. Fold in vanilla and coconut.
3. Fill miniature or regular sized paper muffin cups, or oiled muffin cups with mixture. Fill each cup halfway. Bake for about 20-30 minutes for full size or 10-15 minutes for miniature, or until tops are lightly browned.

NUTRITIONAL INFO: Per Serving: 41 Calories; 2g Fat (36.0% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

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

Coconut, Egg White, Honey, Vanilla

GROCERY LIST FOR Nourishing Foods - Winter 21 (Nut-free)

PRODUCE: VEGGIES

2 1/2-3 1/2 onions
1 tablespoon ginger root
5-6 cloves garlic
1 spaghetti squash
8-10 mushrooms
2 cups + 1/2-1 heads cauliflower
5-6 carrots
1 cup celery
1 1/2-2 cups tomato
4 beets
1 green cabbage
2 cups broccoli

PRODUCE: FRUITS

2 tablespoons lime juice
2 ripe banana
1/4 cup lemon juice
2 cups mango

FRESH HERBS

583/1000 cup fresh cilantro

MEAT AND FISH

1 1/4 pounds cod fillets
1 pound cooked chicken breast halves
1 pound ground buffalo

REFRIGERATED/FROZEN SECTION

11 eggs
3 egg whites

DAIRY

1/2 cup feta cheese or dairy-free feta cheese
1/2 cup plain yogurt or plain dairy-free yogurt

DRY GOODS

1-2 cups chicken or veggie stock
2 tablespoons tomato paste
5 cups chicken broth
1 cup fish stock
1 jar Bionaturae Strained Tomatoes

GRAIN, PASTA, BEANS

2 cups cooked brown lentils
1 1/2 cups cooked black, pinto or white beans

OILS, VINEGARS AND CONDIMENTS

4 tablespoons olive oil
1 1/8 cups coconut butter

OILS, VINEGARS AND CONDIMENTS (CONT.)

2 tablespoons butter, coconut oil or olive oil
3-4 tablespoons coconut oil
2 tablespoons coconut oil or olive oil
1/4 cup + 1-2 tablespoons coconut oil or butter

ETHNIC

2-2 1/2 cups coconut milk

BAKING

+ 1 teaspoon + 1/3 cup + 2 tablespoons honey
1 teaspoon vanilla extract
1 1/4 cups unsweetened shredded coconut meat
3/4 teaspoon baking soda
24 muffin papers

SPICES AND DRIED HERBS

+ 2 1/2-2 3/4 teaspoons + 1 pinch sea salt
+ 1 teaspoon black pepper
1/2 teaspoon garlic powder
1-2 teaspoons dried basil
2 teaspoons dried thyme
2 teaspoons dried parsley
1-2 teaspoons dried oregano
1 tablespoon chili powder
1-2 teaspoons cumin
1/2 teaspoon dried dill
1-2 dashes cayenne
1 1/2-2 tablespoons curry powder

MISC.

1/2 cup ice

These ingredients will prepare the following recipes

Banana Pancakes
Mango Smoothie
Chicken and Rice Soup (Grain-Free)
Coconut Butter Sandwich Bread
Spaghetti Squash with Marinara and Mushrooms
Lentil and Beet Salad with Honey Lemon Dressing
Seafood Curry
Simply Steamed Veggies
Buffalo Chili
Roasted Cabbage Wedges
Coconut Macaroons