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

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Hearty Fish Chowder

SIDES

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Curried Butternut Squash Soup
Guacamole
Apple Carrot and Pine Nut Salad
Easy Zucchini Saute
Cinnamon Spice Granola
Almond Milk
Almond Flour Tortillas
Berry Cake
Homemade Nut or Seed Butter

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

Almond	Honey
Apple	Lemon
Apple Cider Vinegar	Lettuce
Avocado	Lime
Basil	Mint
Black or White Pepper	Mushroom
Butternut Squash	Olive oil
Cabbage	Onion
Carrot	Oregano
Cashew	Parsley
Cauliflower	Pine nuts
Cayenne pepper	Pistachio
Celery	Pumpkin seed
Chicken	Raisins
Cilantro	Salmon
Coconut	Seeds
Coconut oil	Strawberry
Cumin	Sunflower seed
Curry Powder	Tomato
Dijon mustard	Tree Nut
Egg	Turkey
Fish	Veggies: Cruciferous
Flaxseed	Walnut
Garlic	Yogurt
Green Chilies	Zucchini
Green Pea	

MEATY MUSHROOM MARINARA AND NOODLES

Servings = 4
35 min

For a nightshade free version, use the Nightshade Free Marinara Sauce recipe.

4 zucchinis	sea salt, to taste
2 tablespoons coconut oil	black pepper, to taste
1/2 onion, diced	1 jar marinara sauce, sugar, dairy and soy-free
2 cloves garlic, minced	1/2 cup fresh basil
1 cup mushroom, sliced, or other favorite veggie (optional)	1 teaspoon dried oregano
1 pound ground beef, lamb, buffalo, turkey or chicken	

Steps:

1. Saute the onion with the oil at medium heat until soft and translucent. Add the garlic and mushrooms and cook until the mushrooms begin to give off liquid.

2. Add the ground meat and break it up with a spoon as it cooks. When completely cooked, add the entire jar of tomato sauce, salt, pepper, basil and other herbs. Stir and let cook for 5-10 more minutes, or until the flavors are combined.

Noodles:

3. Cut the ends off of the zucchinis. With a vegetable peeler or julienne peeler, start peeling a zucchini, from the bottom to the top as best as you can. Rotate the zucchini as you go. You can peel off the green skin first and then just use the white flesh. I like to include the green skin as part of the noodles.

4. Keep peeling until you reach the seeds of the zucchini. Peel the rest of the zucchinis the same way until you have a pile of zucchini noodles. Place zucchini cores into a plastic ware container to use in soup or other dishes.

5. Heat a medium-large saute pan to medium heat with a little olive oil. Add all of the zucchini noodles to the pan and saute for 10-12 minutes, or until noodles are cooked but not mushy. Stir them as they cook so that they cook evenly. Add salt and pepper to taste. You can cover them and let them steam a little bit to cook faster.

6. Serve by placing a serving of noodles and sauce on each plate. Enjoy.

TIP: If you can eat rice, you could use brown rice pasta. I like Tinkyada brand.

NUTRITIONAL INFO: Per Serving: 288 Calories; 17g Fat (50.5% calories from fat); 24g Protein; 13g Carbohydrate; 4g Dietary Fiber; 90mg Cholesterol; 885mg 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:

Basil, Black or White Pepper, Garlic, Mushroom, Onion, Oregano, Tomato, Turkey, Zucchini

LACTO-FERMENTED SAUERKRAUT

Servings = 10

120 hours

1 head cabbage, finely shredded
2 carrots, shredded
2 tablespoons sea salt, sea salt works best

1 tablespoon caraway seeds, or dill seeds, black pepper corns, ginger or any other spicy seeds (optional)
water, if needed (optional)

Steps:

1. Using a food processor or knife, shred the cabbage very finely. Shred the carrots in the food processor using the shredding disk, or use a vegetable grater.
2. In an unbreakable bowl, mix cabbage with carrots, caraway seeds or other seeds and salt. Pound the cabbage with a wooden mallet or meat hammer for about 10 minutes to release the juices. I found that processing some of the cabbage in the food processor helped to release more of the juices with less effort.
3. Place mix in 1 or 2 quart-sized, wide mouth mason jars and press down firmly with a mallet or meat hammer until the juices come to the top of the cabbage. If needed, add a little salted filtered water.
4. The top of the cabbage should be at least 1 inch below the top of the jar. Close jars with lids and cover with a kitchen towel to keep them in the dark. Keep at room temperature (70-80 F) for about 5-7 days before transferring to cold storage. The sauerkraut may be eaten immediately, but it also improves with age.

TIP: Serving suggestions: Add to soups (once cool), salads, or just eat as a condiment with foods to aid digestion.

NUTRITIONAL INFO: Per Serving: 11 Calories; trace Fat; trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1286mg Sodium. Exchanges: 1/2 Vegetable; 0 Fat.

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

Cabbage, Carrot, Veggies: Cruciferous



LEMON PISTACHIO CHICKEN OVER GREENS

Servings = 4
35 min

3/4 cup almond flour	2 tablespoons honey
4 tablespoons pistachios, shelled	2-3 tablespoons coconut oil or olive oil
1 teaspoon lemon zest	4 cups mixed salad greens
1/2 teaspoon sea salt	1 tablespoon lemon juice
1-1 1/3 pounds boneless and skinless chicken thighs, *	1 tablespoon olive oil

Steps:

1. Combine almond flour, pistachios, lemon zest and salt. Blend in a food processor until coarsely ground. Place in a shallow dish.
2. Brush each chicken piece with honey. Dredge in crumb mixture.
3. Heat a large nonstick skillet with the coconut oil at medium heat. Add the chicken and cook for 5 minutes (or until golden brown) on the first side. Flip, lower heat to low-medium and cover the chicken. Cook for another 5-10 minutes or until chicken is cooked through. Add more oil if need be. Cut chicken into 1-inch strips; set aside.
4. Place salad greens in large bowl and toss with lemon juice, olive oil, salt to taste.
5. Place greens on plates and divide chicken evenly into four portions.

TIP: Lower the heat and cover the chicken if it begins to burn. Also use plenty of oil.

* If you want to use boneless breasts, pound them first with a meat mallet and cut them in half. Then follow the directions from there.

NUTRITIONAL INFO: Per Serving: 468 Calories; 32g Fat (59.7% calories from fat); 30g Protein; 18g Carbohydrate; 1g Dietary Fiber; 97mg Cholesterol; 358mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates.

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

Almond, Chicken, Honey, Lemon, Lettuce, Pistachio

CURRIED BUTTERNUT SQUASH SOUP

Servings = 4

40 min

4 cups butternut squash, seeded
4 cups veggie, chicken or beef broth, preferably
homemade
1/2 cup raw cashews, preferably soaked for 4-6 hours,
drained

1-2 teaspoons curry powder, to taste
1/2 teaspoon sea salt, to taste
1/4 cup fresh parsley, freshly chopped, or 1-2 tsp dried

Steps:

1. Preheat oven to 375. Place squash, skin side up, into a Pyrex pan with about an inch of water, and bake for about 45 min. or until soft. You can also seed and peel the squash. Cube it and cook in the chicken stock until soft.
2. Let squash cool by turning it over if baking. (You can also do this the night before.)
3. Drain the cashews. In a blender, blend the cashews with about 1 cup of the stock until very smooth.
4. Scoop out squash from the skin and put into the blender and add one more cup of broth. Blend until smooth. You may need to blend the squash in a couple of batches. Add the curry powder to the squash as you blend it.
5. Put the blended soup into a soup pot and add the salt and parsley. Add more broth as needed to create the consistency you want. Stir and heat to medium heat and cook for a few minutes to allow the flavors to meld. Garnish with fresh parsley sprigs and salt to taste.

TIP: If you have a blending wand or hand blender it will be very useful in this recipe. You can blend all of the ingredients in the soup pot instead of the blender.

NUTRITIONAL INFO: Per Serving: 182 Calories; 8g Fat (40.3% calories from fat); 5g Protein; 23g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2425mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 1 1/2 Fat.

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

Butternut Squash, Cashew, Curry Powder, Parsley

CHICKEN TACOS (GRAIN-FREE)

Servings = 4

40 min

If you are on GAPS, make sure that your cayenne does not have anti-caking agents in it. If it does, delete it and use black pepper instead.

1 pound chicken, cooked and shredded	1/2 teaspoon sea salt
1 tablespoon coconut oil	1/4 teaspoon black pepper
1 onion, diced	1 clove garlic, minced
1/4 cup tomato paste (Bionaturae is in glass)	8 lettuce leaves or steamed cabbage leaves, for wraps
1 cup chicken stock, preferably homemade	2 cups romaine lettuce
1 teaspoon dried oregano	salsa or chopped tomatoes and cilantro
1/2 teaspoon cumin	1 cup cheese or dairy-free cheese, shredded (optional)
1 dash cayenne	

Steps:

1. If you don't have excess cooked chicken, place 1 lb of boneless chicken in a saucepan. Cover with filtered water and bring to a boil. Reduce heat to simmer, and then cook for about 15-20 minutes or until cooked through. Drain and set aside to cool. When cool to touch, shred or chop into small pieces.

2. Sauté onions in olive oil over medium heat until soft, about 10 minutes. Add the tomato paste, stock, oregano, cumin, cayenne, garlic and salt. Stir in the chicken meat. Simmer for 15 minutes or so until most of the liquid has evaporated.

3. Spoon chicken mixture onto lettuce or steamed cabbage leaves and serve with bowls of shredded lettuce, salsa or guacamole, and cheese if tolerated.

TIP: If you're using steamed cabbage leaves for wraps, dry them off first before spooning the taco ingredients into them.

NUTRITIONAL INFO: Per Serving: 263 Calories; 17g Fat (56.9% calories from fat); 17g Protein; 12g Carbohydrate; 3g Dietary Fiber; 75mg Cholesterol; 1276mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 2 Vegetable; 2 Fat.

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

Black or White Pepper, Cabbage, Cayenne pepper, Chicken, Cumin, Garlic, Green Chilies, Lettuce, Onion, Oregano, Tomato

GUACAMOLE

Servings = 4

15 min

2 avocados

1 clove garlic, minced

1/2 lime, squeezed

1/4 cup fresh cilantro, chopped, or 1-2 tsp dried

1/4 teaspoon sea salt

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



TILAPIA WITH YOGURT PESTO SAUCE

Servings = 4

30 min

1 1/3-1 1/2 pounds tilapia fillets
1 tablespoon olive oil
1 cup yogurt, use 24 hour yogurt for GAPS
2 tablespoons olive oil
1 tablespoon lemon juice

1/4- 1/2 teaspoons sea salt, to taste
1/2 cup fresh basil, chopped
1/2 teaspoon garlic, minced
1/4 cup raw walnuts, chopped, preferably soaked and dehydrated

Steps:

1. Bake the tilapia fillets on an oiled baking sheet at 350 F for 15-20 minutes, depending on thickness of fillets. Do not overcook.
2. Combine all remaining ingredients together in a bowl. Chop nuts by hand, and add to creamy pesto mixture.
3. Serve fish with creamy pesto drizzled on top.

NUTRITIONAL INFO: Per Serving: 140 Calories; 15g Fat (89.9% calories from fat); 2g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 235mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 3 Fat.

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

Basil, Fish, Garlic, Lemon, Olive oil, Walnut, Yogurt



APPLE CARROT AND PINE NUT SALAD

Servings = 4
15 min

5 cups mixed salad greens	1/2 teaspoon dijon mustard
2-3 carrots, shredded	1 tablespoon apple cider vinegar, or lemon juice
1 apple, chopped	1/4 cup olive oil
1/3 cup pine nuts, soaked and dehydrated	1 tablespoon fresh mint, chopped

Steps:

1. In a salad bowl, combine the greens, carrot, apple and pine nuts.
2. Combine the mustard, apple cider vinegar, olive oil and fresh mint in a small bowl. Whisk to combine and drizzle over salad.

KID-FRIENDLY TIP: Leave the mint out of the salad dressing. Use veggies and nuts your child likes.

NUTRITIONAL INFO: Per Serving: 175 Calories; 14g Fat (68.3% calories from fat); 2g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 39mg Sodium.

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

Apple, Apple Cider Vinegar, Carrot, Dijon mustard, Lettuce, Mint, Pine nuts

HEARTY FISH CHOWDER

Servings = 5

30 min

1 tablespoon coconut oil or olive oil	1/2 teaspoon black pepper
1 onion, diced	1/2 teaspoon ground nutmeg
2 cloves garlic, minced	1 pound salmon fillets, skinned and deboned
3-5 cups vegetable broth, or fish stock, preferably homemade	1/2 cup frozen peas
1-2 carrots, sliced	1 cup coconut milk
2-3 stalks celery, chopped	1 teaspoon lemon juice, or apple cider vinegar
1-2 cups cauliflower, cut into small florets	2 tablespoons fresh parsley, chopped
1/2-1 teaspoons sea salt	

Steps:

1. Heat oil in a large soup pot to medium-high heat and sauté the onion until it is soft and translucent. Add the garlic and cook for 2-3 minutes.
2. Slowly stir in vegetable or fish stock, carrots, celery, cauliflower, black pepper, sea salt and nutmeg. Cook, covered, for 5 minutes over low to medium heat.
3. While the vegetables are cooking, wash the fish and cut into 1-inch cub. Add the fish and peas to the vegetable mixture and simmer over low, covered, until the vegetables are tender and the fish is flaky. Stir in coconut milk, lemon juice and parsley. Heat through and serve. Add more salt and pepper if needed. Enjoy!

TIP: You can use canned wild salmon for this recipe to make it even easier.

NUTRITIONAL INFO: Per Serving: 379 Calories; 20g Fat; 25g Protein; 27g Carbohydrate; 6g Dietary Fiber; 49mg Cholesterol; 1498mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 3 1/2 Fat.

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

Black or White Pepper, Carrot, Cauliflower, Celery, Coconut, Fish, Garlic, Green Pea, Lemon, Onion, Parsley, Salmon



EASY ZUCCHINI SAUTE

Servings = 4

15 min

2-3 zucchinis, sliced

1-2 tablespoons coconut oil or olive oil

1-2 teaspoons dried oregano

1/2 teaspoon sea salt, to taste

1/2 teaspoon black pepper

Steps:

1. Cut the ends off the zucchinis and then cut lengthwise into fourths. Then slice the zucchini pieces.
2. Heat oil in a large skillet to medium heat. Add the zucchini, herbs, salt and pepper. Stir frequently until zucchini is soft, about 10 or so minutes. Take care not to overcook.

NUTRITIONAL INFO: Per Serving: 33 Calories; 3g Fat; trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 533mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fat.

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

Black or White Pepper, Oregano, Zucchini

CINNAMON SPICE GRANOLA

Servings = 12

45 min

This recipe was adapted from www.thenourishinggourmet.com.

1/2 cup raw cashews, soaked and dehydrated*	1 teaspoon cinnamon
1 1/2 cups raw pumpkin seeds, soaked and dehydrated	1 teaspoon ground ginger
1 cup raw almonds, soaked and dehydrated	1/4 teaspoon ground nutmeg
1/2 cup raw sunflower seeds, soaked and dehydrated	1/8 cup honey
1 cup raisins	1/4 cup coconut oil
1/2 teaspoon sea salt	

Steps:

1. Preheat oven to 320 degrees and butter or oil a 9 x 13 casserole dish. Using your food processor, grind the cashews, almonds and 1 cup pumpkin seeds into a coarse nut flour.
2. Put the nut/seed meal into a medium size bowl and stir in the remaining pumpkin seeds, sunflower seeds, raisins, salt and spices.
3. Melt the coconut oil and honey in a small saucepan over low heat. Add to the nut and seed mixture and stir well until everything is combined.
4. Press mixture evenly into the prepared casserole dish and bake for 15-20 minutes, or until it is lightly browned on top. Let cool, then crumble mixture and put into an airtight cereal container. Serve with almond milk or another dairy-free milk.

TIP: Because this recipe is baked, soaking and dehydrating is optional but does help to improve the digestibility of the nuts and seeds.

NUTRITIONAL INFO: Per Serving: 258 Calories; 18g Fat (58.5% calories from fat); 7g Protein; 22g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 94mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 3 Fat; 0 Other Carbohydrates.

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

Almond, Cashew, Coconut oil, Honey, Pumpkin seed, Raisins, Sunflower seed

ALMOND MILK

Servings = 5

15 min

You can use blanched almonds for this recipe if you prefer a smoother milk.

1 cup raw almonds
5 cups water, filtered

2 teaspoons honey (optional)

Steps:

1. To make your own almond milk, soak 1 cup almonds overnight. Drain the water, then blend with 5 cups filtered water and a bit of raw honey. Strain through a mesh strainer or "nut bag." It will keep in the fridge for 3-4 days in a sealed container.

Other ideas:

Add 1-2 dates (soaked preferably) to the almonds and water to sweeten.

Add cinnamon or other spices to make spiced milk.

Add a bit of vanilla extract for vanilla flavor.

If you eat chocolate or carob, you can make chocolate milk by adding a bit of cocoa powder to the mix.

NUTRITIONAL INFO: Per Serving: 176 Calories; 15g Fat (70.7% calories from fat); 6g Protein; 8g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 10mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 1/2 Fat; 0 Other Carbohydrates.

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

Almond, Honey

ALMOND FLOUR TORTILLAS

Servings = 8

50 min

These tortillas are great for tostadas because they are not very flexible. To make your own flour, soak and dehydrate almonds or other preferred nuts, then grind them in a coffee grinder.

3 cups almond flour	2 teaspoons honey
1 teaspoon sea salt	1 egg
2 teaspoons flaxmeal	1/4 cup water

Steps:

1. Mix the dry ingredients together in a bowl. Beat the egg in a separate bowl and add the water – use less to start. Combine mixtures until it forms a firm dough that is not too sticky to handle. If it is sticky, add more flour. (Be very conservative with the water at the beginning for this reason.)
2. Make one large ball of dough and then divide the dough into 6-8 sections with a knife. Make little balls out of each section and then roll each one on a piece of plastic wrap with a rolling pin. Oil the rolling pin a little bit to prevent sticking and tearing. Roll as thin as possible without them tearing and falling apart - about 1/4" thick. You can also use a little almond flour to help prevent sticking.
3. Oil a cast iron skillet with olive or coconut oil and then heat skillet to medium heat. Heat it well before you add the first tortilla. When hot, gently put your hand underneath the tortilla and plastic wrap. Then quickly flip it into the skillet, trying to make it land flat in the middle of the pan. If there are folds, try to even them out, or just mush them down. Hold onto the plastic wrap and use for the next tortilla.
4. Cook for about 1 minute on each side, or until they are golden brown. Cook each tortilla, one at a time. (Or two if they are small). The skillet gets hotter as you use it so you may need to turn it down to prevent burning. Also, add a little oil to the skillet each time you cook a tortilla.

TIP: Don't expect perfection – these are not going to be your ordinary completely round tortillas like you buy in the store. Each one of these tortillas has a personality and uniqueness – they will have jagged edges, and some little holes here and there but that's okay! Mine usually turn out oval for some reason.

This is a great weekend project to do with the kids. Freeze tortillas for later use during the week.

NUTRITIONAL INFO: Per Serving: 226 Calories; 10g Fat (37.6% calories from fat); 21g Protein; 16g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 248mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Fat; 0 Other Carbohydrates.

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

Almond, Egg, Flaxseed, Honey



BERRY CAKE

Servings = 16

1 hour, 25 min

16 ounces roasted almond butter, creamy, or other nut butter*	1/4 teaspoon baking soda
1/2 cup honey	1 teaspoon apple cider vinegar
2 eggs	1/2 cup berries, fresh or frozen
1/4 teaspoon sea salt, omit if almond butter is salted	

Steps:

1. Preheat oven to 325 F. In a large bowl, mix nut butter and honey until creamy with a hand blender. Add the eggs, salt, baking soda and vinegar and mix until well blended.
2. Remove the beaters and tap the batter off. Add the berries and fold into the batter with a spatula. (Slice strawberries first to make them smaller, or use raspberries or blueberries as is.)
3. Pour batter into a well greased 9 x 9 inch square Pyrex baking dish. Bake at 325° for 55-60 minutes, or until it is cooked through the center. Let cool for 15-20 minutes, then cut and serve.

TIP: * You can use cashew butter or sunflower butter instead of almond butter.

NUTRITIONAL INFO: Per Serving: 225 Calories; 16g Fat (61.5% calories from fat); 7g Protein; 15g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 59mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

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

Almond, Egg, Honey, Strawberry

HOMEMADE NUT OR SEED BUTTER

Servings = 4

15 min

This recipe is from <http://heathereatsalmondbutter.com/>. You will need a very good food processor to make this recipe. If you are able to, soak and dehydrate the nuts or seeds first before making the butter.

6 ounces raw almonds, or cashews, pecans, walnuts,
sunflower or pumpkin seeds

Steps:

1. Put the nuts or seeds into the food processor and turn it on. Let it run for a few minutes until the nuts or seeds are ground up into a fine powder. Stop the food processor and scrape down the sides. Let it run for several more minutes until the nut butter begins to form. For me, it only takes about 8 minutes to make 6 oz. of nut butter. You could try making more at one time but I haven't yet tried this.

2. You'll know it is done because it will be creamy and smooth like nut butter. Add salt if desired or any other flavoring like honey, cinnamon, other spices, vanilla, etc.

NUTRITIONAL INFO: Per Serving: 250 Calories; 22g Fat (74.4% calories from fat); 8g Protein; 9g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 4 Fat.

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

Seeds, Tree Nut

GROCERY LIST FOR GAPS: Full Week Two

PRODUCE: VEGGIES

1 head cabbage
5-7 carrots
2 1/2 onions
1/2 teaspoon + 6 cloves garlic
2-3 stalks celery
1-2 cups cauliflower
6-7 zucchinis
1 cup mushroom
2 cups romaine lettuce
2 avocados
9 cups mixed salad greens
4 cups butternut squash
8 lettuce leaves or steamed cabbage leaves

PRODUCE: FRUITS

1 teaspoon + 2 tablespoons lemon juice
1/2 lime
1 teaspoon lemon zest
1 apple
1/2 cup berries

FRESH HERBS

1/4 cup + 2 tablespoons fresh parsley
1 tablespoon fresh mint
1 cup fresh basil
1/4 cup fresh cilantro

MEAT AND FISH

1 pound salmon fillets
1 1/3-1 1/2 pounds tilapia fillets
1 pound chicken
1-1 1/3 pounds boneless and skinless chicken thighs
1 pound ground beef, lamb, buffalo, turkey or chicken

REFRIGERATED/FROZEN SECTION

1/2 cup frozen peas
3 eggs

DAIRY

1 cup yogurt
1 cup cheese or dairy-free cheese

DRY GOODS

3-5 cups vegetable broth
1 jar marinara sauce
1/4 cup tomato paste (Bionaturae is in glass)
1 cup chicken stock
salsa or chopped tomatoes and cilantro

DRY GOODS (CONT.)

4 cups veggie, chicken or beef broth

OILS, VINEGARS AND CONDIMENTS

1/4 cup + 4 tablespoons olive oil
1/2 teaspoon dijon mustard
1 teaspoon + 1 tablespoon apple cider vinegar
1/4 cup + 3 tablespoons coconut oil
4-6 tablespoons coconut oil or olive oil

ETHNIC

1 cup coconut milk

NUTS AND DRIED FRUIT

1/4 cup raw walnuts
4 tablespoons pistachios
1/3 cup pine nuts
1 cup raw cashews
1 1/2 cups raw pumpkin seeds
1 cup raisins
16 ounces roasted almond butter
1/2 cup raw sunflower seeds
2 cups + 6 ounces raw almonds

BAKING

2 teaspoons flaxmeal
4 teaspoons + 5/8 cup + 2 tablespoons honey
1/4 teaspoon baking soda
3 3/4 cups almond flour

SPICES AND DRIED HERBS

+ 4 3/4-5 1/2 teaspoons + 2 tablespoons sea salt
1 tablespoon caraway seeds
+ 1 1/4 teaspoons black pepper
3/4 teaspoon ground nutmeg
3-4 teaspoons dried oregano
1/2 teaspoon cumin
1 teaspoon cinnamon
1 teaspoon ground ginger
1 dash cayenne
1-2 teaspoons curry powder

These ingredients will prepare the following recipes

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Chicken Tacos (Grain-Free)
Guacamole
Tilapia with Yogurt Pesto Sauce



Apple Carrot and Pine Nut Salad

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Cinnamon Spice Granola

Almond Milk

Almond Flour Tortillas

Berry Cake

Homemade Nut or Seed Butter