

# Table of Contents for Nourishing Foods - Spring 58 (Kid-friendly)

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

## MAINS

Very Berry Breakfast Ice Cream  
Spiced Chicken Tacos  
Zucchini Pizza Casserole  
Sesame Buffalo Wings  
Turkey Chili

## SIDES

Sunbutter Cacao Nib Spread  
Chismole  
Veggie Platter  
Carrot-Raisin Salad  
Almond Flour Drop Biscuits  
Vanilla Raspberry Cake  
Homemade Goddess Dressing

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

Almond	Hot Peppers
Apple Cider Vinegar	Lemon
Avocado	Lettuce
Baking soda	Lime
Basil	Navy bean
Bell Peppers	Olive
Black or White Pepper	Olive oil
Cacao	Onion
Carrot	Orange
Chia seed	Oregano
Chicken	Pecan
Chili powder	Pineapple
Cilantro	Raisins
Cinnamon	Raspberry
Coconut	Sesame seed
Coconut oil	Strawberry
Cucumber	Sugar snap pea
Cumin	Sunflower seed
Curry Powder	Thyme
Egg	Tomato
Egg Yolk	Turkey
Garlic	Vanilla Extract
Ginger	Walnut
Honey	Zucchini



# VERY BERRY BREAKFAST ICE CREAM

Servings = 4  
15 min

This recipe was adapted from <http://www.nourishingdays.com>. Enjoy!

3 cups frozen strawberries, or other frozen berries or fruit	2 tablespoons chia seeds (optional)
1 cup raw almonds or walnuts, soaked overnight with a pinch of salt, drained	1/2 teaspoon vanilla extract
2 egg yolks	1 tablespoon honey, or a pinch of stevia
1 1/2 cups coconut milk or almond milk, or plain yogurt	

## Steps:

1. Chop the strawberries into smaller pieces if they are very large. Combine all ingredients together in a blender and process until smooth and creamy. Add more milk or yogurt until you reach the desired consistency. Enjoy immediately.

**TIP:** For nut-free, delete the nuts and use more chia seeds, about 1-2 tbsp. more.

**NUTRITIONAL INFO:** Per Serving: 628 Calories; 44g Fat (58.4% calories from fat); 13g Protein; 57g Carbohydrate; 7g Dietary Fiber; 106mg Cholesterol; 22mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 3 Fruit; 8 Fat; 1/2 Other Carbohydrates.

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

Chia seed, Coconut, Egg Yolk, Strawberry, Vanilla Extract, Walnut



# SUNBUTTER CACAO NIB SPREAD

Servings = 12

5 min

While raw cacao nibs are bitter, when they are combined with the honey in this spread they become sweet. Enjoy this crunchy, yummy spread!

1/2 cup sunflower butter

1/4 cup raw cacao nibs

2-3 tablespoons raw honey, to taste

2 apples, sliced (optional)

## Steps:

1. Combine the sunbutter and honey together and mix well. Add the cacao nibs and mix until combined. Enjoy on bananas, bread of choice, apple slices or as is.

**TIP:** You can also use any other kind of nut butter or peanut butter that you enjoy and works for your diet for this spread.

**NUTRITIONAL INFO:** Per Serving: 94 Calories; 8g Fat (70.7% calories from fat); 2g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Fat; 0 Other Carbohydrates.

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

Cacao, Honey, Sunflower seed

# SPICED CHICKEN TACOS

Servings = 4

30 min

1 tablespoon coconut oil	1 teaspoon cumin
1 red bell pepper, cored and chopped	1/2 teaspoon cinnamon
1 pound boneless skinless chicken breast, cut in half	1 teaspoon honey
1 cup salsa	1 bunch romaine lettuce leaves or brown rice tortillas
1/3 cup chicken broth, or water	1 avocado, peeled and diced

## Steps:

1. In a large heavy skillet, heat the oil over medium heat. Add the bell peppers and cook them for 4 - 5 minutes until they start to get tender.
2. Add the chicken to the skillet and cook it for about 2 minutes per side until the outsides start to brown.
3. Pour the salsa, broth or water, spices and honey over the chicken, stir to combine, and simmer it for 8 to 10 minutes, flipping the chicken once or twice.
4. When the chicken is just cooked through, remove it from the sauce. Let it cool to touch. Then either shred it with your fingers or chop it with a knife. Return the chicken to the sauce to warm it.
5. If you are using tortillas, heat in a toaster oven or on the stove top in a cast iron skillet.
6. Serve the chicken inside the lettuce leaves or tortillas (use a slotted spoon to avoid getting too much of the liquid in the tacos), topped with the avocado, if desired.

**NUTRITIONAL INFO:** Per Serving: 300 Calories; 13g Fat (38.3% calories from fat); 32g Protein; 16g Carbohydrate; 6g Dietary Fiber; 66mg Cholesterol; 441mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.

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

Avocado, Bell Peppers, Chicken, Cinnamon, Coconut, Cumin, Honey, Hot Peppers, Lettuce, Tomato

## CHISMOLE

Servings = 4

15 min

This recipe comes from *Nourishing Traditions* by Sally Fallon.

4 tomatoes, diced	1 bunch fresh cilantro, chopped
1/2 red onion, finely chopped	1 teaspoon dried oregano
2 lemons, squeezed	

**Steps:**

1. Mix all ingredients together. Cover and let stand for 1 hour before serving.

**NUTRITIONAL INFO:** Per Serving: 42 Calories; 1g Fat (9.2% calories from fat); 2g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Fat.

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

Cilantro, Lemon, Onion, Tomato

# ZUCCHINI PIZZA CASSEROLE

Servings = 4

50 min

This recipe is adapted from [www.nourishingdays.com](http://www.nourishingdays.com).

3 tablespoons coconut oil	1 teaspoon dried oregano
3 zucchinis, sliced 1/8 inch thick	1/4 garlic powder
1-1 1/2 cups marinara sauce, or 2-3 diced fresh tomatoes*	sea salt, to taste
3/4-1 pounds cheese or dairy-free cheese, grated	1 cup fresh basil, chopped

## Steps:

1. In a large skillet, heat coconut oil over medium heat. Add enough zucchini to just fill the pan and allow to brown for a few minutes before flipping. Brown on other side. Transfer to a bowl or a plate and start on your next batch, adding more oil as needed. Continue until all of the zucchini is done.
2. Once all of the zucchini is browned preheat the oven to 400 degrees. Season the zucchini with salt, oregano, and garlic powder. Move zucchini back to skillet, ridding it of as much moisture as possible.
3. Place the zucchini in a single, even layer. Pour marinara sauce evenly over top. If you have a lot of fresh tomatoes on hand you can slice, salt, drain on a towel, and layer over your zucchini in place of the marinara sauce.
4. If using fresh tomatoes, sprinkle with additional sea salt, garlic powder, and dried oregano. Lay shredded cheese on top of sauce or tomatoes.
5. Place in upper third of oven and bake until cheese is melted and starting to brown, 20-30 minutes. Remove and allow to cool 5-10 minutes before serving. It is okay if it appears a little watery. Just leave some of that moisture in the pan when you serve.

**TIP:** \* You can use the Nightshade-free Marinara sauce in this recipe if you do not eat tomatoes.

**NUTRITIONAL INFO:** Per Serving: 353 Calories; 29g Fat (71.6% calories from fat); 18g Protein; 7g Carbohydrate; 2g Dietary Fiber; 67mg Cholesterol; 342mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Vegetable; 4 1/2 Fat.

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

Basil, Coconut oil, Garlic, Oregano, Tomato, Zucchini

## VEGGIE PLATTER

Servings = 4

20 min

You can use any veggies for this dish that you can imagine dipping into salad dressing. Some other ideas include radishes, celery, avocados, fennel, broccoli, and cauliflower.

2 carrots, cut into matchsticks	1 cup sugar snap peas, ends removed
1 red bell pepper, cut into strips	1 cup cherry tomato
1 cucumber, cut into matchsticks	Your choice of GF salad dressing
1 cup olives	

### Steps:

1. Wash and prepare carrots, peppers, and cucumber into slices or sticks. Arrange on platter with olives, snap peas and whole cherry tomatoes. Enjoy dipping into your choice of salad dressing, meat salads or hummus.

**TIP:** A great dressing for this dish is the Tahini Salad Dressing. You can also use the leftover dressing from the Tuna Tahini Salad for dipping.

**NUTRITIONAL INFO:** Per Serving: 93 Calories; 4g Fat (35.0% calories from fat); 2g Protein; 14g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 315mg Sodium. Exchanges: 2 Vegetable; 0 Fruit; 1/2 Fat.

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

Bell Peppers, Carrot, Cucumber, Olive, Sugar snap pea, Tomato

# SESAME BUFFALO WINGS

Servings = 4

3 hours

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

12-15 chicken wings, separated at the joints	1/2 teaspoon curry powder
1/4 cup gluten-free tamari or soy-free coconut aminos	1/8 teaspoon ground ginger
1/4 cup apple cider vinegar	1/4 teaspoon dried oregano
1 tablespoon honey	1/4 teaspoon dried thyme
1 lemon, squeezed	1/4 teaspoon black pepper
1 teaspoon lemon zest	1 1/2 tablespoons olive oil, or melted butter
1 clove garlic, minced	1/8 cup sesame seeds

## Steps:

1. Place the chicken wings in dish or baking pan to marinate. Combine the rest of the ingredients except the olive oil and sesame seeds. Pour the marinade over the chicken and marinate for several hours or overnight in the fridge.
2. Remove wings from mixture and pat dry. Place the wings in a baking pan. Brush wings with olive oil or melted butter and sprinkle with sesame seeds. Bake at 350 F for about 40 minutes or as long as 1 1/4 hours, or until wings are golden brown and cooked through. If you want to serve wings with the marinade, heat it gently over medium heat and enjoy as a dip.

**NUTRITIONAL INFO:** Per Serving: 432 Calories; 31g Fat (63.7% calories from fat); 30g Protein; 10g Carbohydrate; 1g Dietary Fiber; 113mg Cholesterol; 1115mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat; 1/2 Other Carbohydrates.

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

Apple Cider Vinegar, Black or White Pepper, Chicken, Curry Powder, Garlic, Ginger, Honey, Lemon, Oregano, Sesame seed, Thyme

## CARROT-RAISIN SALAD

Servings = 4

20 min

This recipe is adapted from *Nourishing Traditions* by Sally Fallon. It gets better the longer it sits, so you can make it a day ahead of time.

1 pound grated carrots, or about 7-9 medium ones	1 tablespoon fresh parsley, chopped (optional)
1 cup pineapple, chopped	2 oranges, squeezed, to make 1/2 cup juice
1/4 cup raisins	1-2 limes, squeezed, to make 1/4 cup juice
1/3 cup raw pecans, chopped, preferably soaked and dehydrated	1 tablespoon ginger root, grated, or 1/2 tsp dried

### Steps:

1. Using the grating device on your food processor, grate the carrots. Add to a bowl and combine with the remaining ingredients. Mix well. This salad gets better the more it sits.

**TIP: Substitutions: Carrots:** raw butternut squash, grated. **Raisins:** currants, dried cranberries, or delete

**KID-FRIENDLY TIP:** Most kids will enjoy this salad but go easy on or delete the ginger because it can be strong.

**NUTRITIONAL INFO:** Per Serving: 217 Calories; 7g Fat (28.0% calories from fat); 3g Protein; 39g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 66mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 3 1/2 Vegetable; 1 1/2 Fruit; 1 1/2 Fat.

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

Carrot, Ginger, Lime, Orange, Pecan, Pineapple, Raisins

## TURKEY CHILI

Servings = 4

30 min

This recipe can be made with the nightshade-free marinara sauce if you cannot eat tomatoes. Please see the recipe available on the member site.

1 tablespoon coconut oil	1 teaspoon dried oregano
1/2-1 onion, diced fine	1 1/2 cups cooked black, pinto or white beans, use navy beans for GAPS
1 pound ground turkey	1 1/2 cups tomato, chopped, or nightshade-free sauce
2-3 cloves garlic, crushed	1/4 cup fresh cilantro, chopped
1-2 teaspoons chili powder	1/2 teaspoon sea salt, to taste
1-2 teaspoons cumin	1/4 teaspoon black pepper, to taste

### Steps:

1. Heat the oil in a large skillet or saucepan over medium heat. Saute the onion for 10 minutes or until soft and translucent.
2. Crumble the ground meat into the skillet. Cook, stirring to break up the turkey, until the meat begins to brown, about 5 minutes.
3. Add the chili powder, cumin, oregano and garlic and cook briefly, about 2 minutes.
4. Add the beans and tomatoes. Cook over medium-low heat for 5-10 minutes. Then season with salt, pepper and fresh cilantro.

**NUTRITIONAL INFO:** Per Serving: 323 Calories; 14g Fat (37.8% calories from fat); 27g Protein; 24g Carbohydrate; 5g Dietary Fiber; 90mg Cholesterol; 357mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1 Vegetable; 1 Fat.

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

Black or White Pepper, Chili powder, Cilantro, Cumin, Garlic, Navy bean, Onion, Oregano, Tomato, Turkey

# ALMOND FLOUR DROP BISCUITS

Servings = 10

40 min

These biscuits were adapted from the Classic Drop Biscuits at Elana's Pantry.

2 1/2 cups almond flour, or other nut flour of your choice  
1/2 teaspoon sea salt  
1/2 teaspoon baking soda, delete for GAPS  
1/4 cup coconut oil, melted

1/4 cup honey  
2 tablespoons flaxmeal + 6 Tbsp boiling water OR 2 eggs  
1 teaspoon lemon juice, delete if not using baking soda

## Steps:

1. Preheat oven to 350 degrees. Grease a baking sheet with butter or oil.
2. Combine 2 Tbsp flax meal with 6 tbsp boiling water. Let sit for 5 minutes. You can also simply use 2 eggs instead of the flaxmeal mixture if you can eat them.
3. Mix the dry ingredients in a large bowl. Mix the wet ingredients in a medium bowl. Combine both in the large bowl until thoroughly mixed. If you're not using baking soda, also delete the lemon juice.
4. Drop the batter in scant 1/4 cups onto baking sheet (will make 8-10 biscuits). Bake for 15-20 minutes until golden brown and cooked through.

**NUTRITIONAL INFO:** Per Serving: 228 Calories; 13g Fat (47.3% calories from fat); 15g Protein; 17g Carbohydrate; trace Dietary Fiber; 42mg Cholesterol; 174mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

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

Almond, Baking soda, Egg, Honey, Lemon

# VANILLA RASPBERRY CAKE

Servings = 12

1 hour, 30 min

1/4 cup coconut oil or butter, melted	1/4 teaspoon sea salt
1 cup honey	1/3 cup coconut milk
8 eggs	1 tablespoon vanilla extract
2 egg yolks	1 tablespoon lemon juice
2 cups coconut flour	2 cups raspberries
1 teaspoon baking soda	2 tablespoons honey

## Steps:

1. Preheat oven to 350 degrees. Grease two round 9 or 8 inch cake pans with coconut oil and dust with coconut flour.
2. In the bowl of an electric mixer fitted with the whisk attachment, beat the butter or oil and honey together until well combined. Add the egg yolks into the mixture and beat together until well blended. Add the rest of the eggs in one at a time, beating mixture after each addition.
3. In a separate bowl, combine all the dry ingredients together. With mixer on low speed, add the flour mixture, coconut milk and vanilla to the egg mixture, scraping bowl when needed.
4. When all the milk and flour mixture is used up, beat the cake batter together for about five minutes, until the color is a bit lighter and the batter is light and fluffy. Blend in the lemon juice until well combined.
5. Spoon the batter into the prepared cake pans and smooth out the tops. Bake in a preheated, 350 degree oven for about 30-40 minutes, or until toothpick inserted in center of cake comes out clean.
6. Place the cake pans on a wire rack and let them cool for about five minutes in the pan. Run a butter knife along the edges of the cakes before removing from pan. When cakes are completely cool, spread a layer of berry sauce between the cake layers. Then spread the rest of the sauce on top of the cake once assembled.
7. To make the berry sauce, place the raspberries, honey and a very small amount of water in a sauce pan and bring to a simmer. Stir frequently to prevent sticking and break the berries up with the spoon as you go. Simmer until thick enough to spread on the cake, about 15-20 minutes.

**NUTRITIONAL INFO:** Per Serving: 594 Calories; 39g Fat (57.5% calories from fat); 11g Protein; 53g Carbohydrate; 16g Dietary Fiber; 177mg Cholesterol; 287mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 6 Fat; 1 1/2 Other Carbohydrates.

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

Baking soda, Coconut, Egg, Honey, Lemon, Raspberry, Vanilla Extract



# HOMEMADE GODDESS DRESSING

Servings = 18

15 min

This dressing is adapted from Johns Tahini Dressing in *May All Be Fed* by John Robbins.

1/4 cup lemon juice, or apple cider vinegar	1 tablespoon onion, chopped
1/2 cup olive oil	1 clove garlic, minced
1/4 cup gluten-free tamari or soy-free coconut aminos	1 tablespoon honey, or other preferred sweetener
1/3 cup tahini	1/4 cup water

## Steps:

1. Combine all ingredients in a blender and blend until smooth.

Makes about 1.5 cups.

**NUTRITIONAL INFO:** Per Serving: 87 Calories; 8g Fat (83.5% calories from fat); 1g Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 229mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

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

Coconut, Garlic, Honey, Lemon, Olive oil, Onion, Sesame seed

## GROCERY LIST FOR Nourishing Foods - Spring 58 (Kid-friendly)

### PRODUCE: VEGGIES

2 carrots  
2 red bell peppers  
1 cucumber  
1 cup sugar snap peas  
1 cup cherry tomato  
1 pound grated carrots  
1 tablespoon ginger root  
4 + 1 1/2 cups tomato  
1/2 red onion  
1/2-1 + 1 tablespoon onion  
4-5 cloves garlic  
1 avocado  
3 zucchinis  
1 bunch romaine lettuce leaves or brown rice tortillas

### PRODUCE: FRUITS

1 cup pineapple  
2 oranges  
1-2 limes  
1 teaspoon + 1/4 cup + 1 tablespoon lemon juice  
2 cups raspberries  
3 lemons  
2 apples  
1 teaspoon lemon zest

### FRESH HERBS

1 tablespoon fresh parsley  
1 cup fresh basil  
1/4 cup + 1 bunch fresh cilantro

### MEAT AND FISH

1 pound boneless skinless chicken breast  
1 pound ground turkey  
12-15 chicken wings

### REFRIGERATED/FROZEN SECTION

8 eggs  
4 egg yolks  
3 cups frozen strawberries  
1 cup salsa

### DAIRY

3/4-1 pounds cheese or dairy-free cheese

### DRY GOODS

1 cup olives  
1-1 1/2 cups marinara sauce  
1/3 cup chicken broth

### DRY GOODS (CONT.)

### GRAIN, PASTA, BEANS

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

### OILS, VINEGARS AND CONDIMENTS

your choice of salad dressing  
1/2 cup + 1 1/2 tablespoons olive oil  
1/4 cup apple cider vinegar  
1/4 cup + 5 tablespoons coconut oil  
1/2 cup gluten-free tamari or soy-free coconut aminos  
1/4 cup coconut oil or butter

### ETHNIC

1/3 cup coconut milk  
1 1/2 cups coconut milk or almond milk

### NUTS AND DRIED FRUIT

1/4 cup raisins  
1/3 cup raw pecans  
1/3 cup tahini  
1/2 cup sunflower butter  
1/8 cup sesame seeds  
1 cup raw almonds or walnuts

### BAKING

1 teaspoon + 1 1/4 cups + 5 tablespoons honey  
2 cups coconut flour  
1 1/2 teaspoons baking soda  
1/2 teaspoon + 1 tablespoon vanilla extract  
2 tablespoons chia seeds  
2-3 tablespoons raw honey  
2 1/2 cups almond flour  
2 tablespoons flaxmeal + 6 Tbsp boiling water OR 2 eggs  
1/4 cup raw cacao nibs

### SPICES AND DRIED HERBS

+ 1 1/4 teaspoons sea salt  
3 1/4 teaspoons dried oregano  
2-3 teaspoons cumin  
1/2 teaspoon cinnamon  
1/4 garlic powder  
1-2 teaspoons chili powder  
1/2 teaspoon black pepper  
1/8 teaspoon ground ginger  
1/4 teaspoon dried thyme  
1/2 teaspoon curry powder

### These ingredients will prepare the following recipes

Very Berry Breakfast Ice Cream



Sunbutter Cacao Nib Spread  
Spiced Chicken Tacos  
Chismole  
Zucchini Pizza Casserole  
Veggie Platter  
Sesame Buffalo Wings  
Carrot-Raisin Salad  
Turkey Chili  
Almond Flour Drop Biscuits  
Vanilla Raspberry Cake  
Homemade Goddess Dressing