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

MAINS

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Herbed Turkey Burgers
Chicken Tacos- Nightshade Free
Pesto Pizza with Mushrooms and Olives
Lemon Herb Chicken with Zucchini Relish

SIDES

Sauteed Green Beans with Red Onions
Sweet Potato Fries
Guacamole
Garden Salad (nightshade-free)
Dairy-Free Sliceable Cheese
Blueberry Coconut Sherbert

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

Almond	Garbonzo Beans
Avocado	Garlic
Balsamic Vinegar	Green Beans
Basil	Honey
Black or White Pepper	Lemon
Blueberry	Lettuce
Brown Rice	Lime
Carrot	Marjoram
Cashew	Mushroom
Celery	Nutritional Yeast
Chicken	Olive
Cilantro	Onion
Coconut	Oregano
Codfish	Pine nuts
Corn	Rosemary
Cucumber	Seaweed
Dijon mustard	Sweet potato
Egg	Turkey
Fish	Zucchini

FISH STICKS

Servings = 4

30 min

This recipe is adapted from www.elanaspantry.com.

1 pound cod fillet, or haddock, tilapia	1/2-1 teaspoons sea salt, to taste
1 egg, or 1/4 cup coconut milk	1/3 cup coconut oil or olive oil
1-1 1/2 cups almond flour, or other nut meal	

Steps:

1. Rinse fish fillets in cold water and remove bones. Cut fish into 1 inch by 5 inch pieces.
2. Place milk in one dish and flour and salt in another. Dip fish sticks in the egg or milk, then flour. Place on a plate.
3. Put 2 tablespoons coconut oil in a large nonstick skillet and heat oil on medium high. Place half the fish sticks in the pan, leaving enough room around them so that they are not crowded.
4. Cook for a few minutes on each side, until well browned, then remove fish sticks to a plate lined with a paper towel.
5. Add 2 tablespoons coconut oil to pan and fry remaining batch of fish sticks.

NUTRITIONAL INFO: Per Serving: 319 Calories; 20g Fat (55.6% calories from fat); 28g Protein; 8g Carbohydrate; 0g Dietary Fiber; 52mg Cholesterol; 490mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 3 Fat.

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

Almond, Coconut, Codfish, Egg, Fish



SAUTEED GREEN BEANS WITH RED ONIONS

Servings = 4
25 min

2 tablespoons coconut oil
1 red onion, sliced
1 pound green beans, ends removed

sea salt, to taste
black pepper, to taste

Steps:

1. Heat a large skillet to medium heat with the coconut oil. Add the red onion and saute for about 10-12 minutes. Stir frequently and cook until very soft.
2. Add the green beans and cover. Reduce heat to medium-low and cook for 10-15 minutes or until green beans are cooked through. Stir occasionally. Season with salt and pepper.

NUTRITIONAL INFO: Per Serving: 110 Calories; 8g Fat; 2g Protein; 11g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 2 Vegetable; 23 Fat.

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

Green Beans, Onion



HERBED TURKEY BURGERS

Servings = 4

25 min

1 1/3 pounds ground turkey or chicken
1 teaspoon dried oregano
2 teaspoons dried parsley
1 teaspoon sea salt
1/2 teaspoon black pepper

1-2 tablespoons olive oil
ketchup (optional), to garnish
mustard (optional), to garnish
mayo (optional), to garnish

Steps:

1. To make the burgers, place turkey meat in a mixing bowl. Add the dried herbs, salt and pepper and mix until the herbs are evenly distributed.
2. Divide meat into 5-6 equal portions and form into burgers about 1 inch thick. It is best to make the center of the burger thinner than the outside, as it will "puff" up as it cooks.
3. Cook on an oiled skillet on medium-high heat. Flip once and avoid pressing to release juices. Cook for 4 minutes on each side for medium or 5 minutes for well done.
4. Enjoy alone with condiments or with your choice of bun or bread.

NUTRITIONAL INFO: Per Serving: 237 Calories; 14g Fat (54.3% calories from fat); 26g Protein; 1g Carbohydrate; trace Dietary Fiber; 117mg Cholesterol; 673mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1/2 Fat.

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

Black or White Pepper, Turkey

SWEET POTATO FRIES

Servings = 4

40 min

3-5 sweet potatoes, depending upon size
3 tablespoons olive oil

1 tablespoon fresh rosemary, chopped, or 1 tsp dried
(optional)
sea salt

Steps:

1. Preheat oven to 400 F. Wash and cut off ends of the sweet potatoes. Peel potatoes if desired. Cut into smallish 1/2"-1-inch cubes.
2. Oil a baking sheet with olive oil. Place sweet potatoes on the sheet, distributing evenly. Pour additional olive oil onto potatoes until they are lightly covered.
3. Move the potatoes around with your hands until they are coated in oil. Sprinkle with salt and fresh rosemary. Spread the potatoes evenly over the pan, making sure they are not overlapping. Bake for 20-25 minutes or until tender and slightly browned. The smaller the cubes, the shorter time they take to cook.

TIP: If you cannot eat sweet potatoes, you can use carrots, butternut squash or celery roots to make fries.

KID-FRIENDLY TIP: Leave out the rosemary.

NUTRITIONAL INFO: Per Serving: 192 Calories; 10g Fat (48.1% calories from fat); 2g Protein; 24g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 1/2 Grain(Starch); 2 Fat.

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

Rosemary, Sweet potato

CHICKEN TACOS- NIGHTSHADE FREE

Servings = 4

30 min

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

1 Rotisserie chicken or 1 lb chicken breasts	1/4- 1/2 teaspoons sea salt, to taste
1 tablespoon olive oil	1-2 cloves garlic
1 onion	8 corn tortillas, or rice tortillas
1/2 cup chicken or veggie stock	2 cups romaine lettuce, finely shredded
1-2 teaspoons oregano	1-2 cups monterey jack cheese or dairy free cheese, shredded
3/4-1 teaspoons cumin	1/4 cup fresh cilantro, chopped

Steps:

1. Remove chicken meat from the Rotisserie chicken and shred. This is easier if it is room temp or has been in the fridge. Set aside.
2. If you cooking the chicken breasts, place them in a medium saucepan and cover with water. Bring to a boil and then reduce to a simmer. Cook for 10-15 minutes or until cooked through. Drain and set aside to cool. Shred or chop.
3. Sauté onions in olive oil over medium heat until soft, about 10 minutes. Add the stock, oregano, cumin, garlic and salt. Stir in the chicken meat. Simmer for 15 minutes or so until most of the liquid has evaporated.
4. Meanwhile, warm the tortillas in the oven, or individually on a dry skillet until warm but still soft.
5. Make tacos by placing a tortilla on each plate. Spoon chicken mixture on tortillas and serve with bowls of shredded lettuce, guacamole (see recipe), and non-dairy cheese.

NUTRITIONAL INFO: Per Serving: 324 Calories; 16g Fat (43.5% calories from fat); 16g Protein; 32g Carbohydrate; 5g Dietary Fiber; 60mg Cholesterol; 440mg Sodium.

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

Avocado, Chicken, Corn, Garlic, Lettuce, Onion

GUACAMOLE

Servings = 4

15 min

2 avocados	1/4 cup fresh cilantro, chopped, or 1-2 tsp dried
1 clove garlic, minced	1/4 teaspoon sea salt
1/2 lime, squeezed	

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

PESTO PIZZA WITH MUSHROOMS AND OLIVES

Servings = 4
30 min

Great for people who cannot eat nightshades. Enjoy!

1 14-inch GF and soy free pizza crust	2 cloves garlic, minced
1 tablespoon coconut oil	1/2 cup pine nuts, soaked and dehydrated
1 cup black olives, sliced	1/2 cup nutritional yeast
1 1/2 cups mushroom, sliced	3/4 teaspoon sea salt
3 cups fresh basil, chopped	1/3 cup olive oil

Note:

Follow the instructions on the package of the pizza crust, adding the pesto and vegetables when appropriate.

Steps:

1. Place rack in middle of oven and preheat to 425°. Grease a pizza pan or cookie sheet with olive oil. Set pizza crust on the pan.
2. Meanwhile, add basil leaves to food processor and chop. Add garlic, pine nuts, nutritional yeast, and salt. Pulse. Add olive oil until you have a nice paste consistency.
3. Spread the pesto onto the pizza crust in an even layer. Arrange sliced mushrooms and olives over the pesto. Lightly brush a little olive oil on vegetables. Season with salt and pepper to taste.
4. Bake until edges are crisp, 13-15 minutes (or for however long the pizza crust instructions indicate), rotating once or twice. Remove from oven and let pizza rest a few minutes before slicing.

TIP: You can use any pizza crust that works for you for this recipe.

Kinnikinnick Frozen pizza crust is dairy, gluten and soy free. Namaste Pizza Dough mix is also dairy, soy and gluten free but is a bit more work.

NUTRITIONAL INFO: Per Serving: 492 Calories; 35g Fat (62.3% calories from fat); 11g Protein; 38g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 981mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 1/2 Fat.

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

Basil, Brown Rice, Garlic, Mushroom, Nutritional Yeast, Olive, Pine nuts



GARDEN SALAD (NIGHTSHADE-FREE)

Servings = 4

15 min

12 ounces mixed salad greens

2-3 carrots, sliced into rounds or shredded

2 stalks celery, chopped

1 cucumber, peeled and cut into half moons

1 teaspoon dijon mustard

2 tablespoons balsamic or apple cider vinegar

1/3 cup olive oil

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 mustard, vinegar and olive oil for the dressing and serve.

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:

Balsamic Vinegar, Carrot, Celery, Cucumber, Dijon mustard, Lettuce

LEMON HERB CHICKEN WITH ZUCCHINI RELISH

Servings = 4
30 min

1 tablespoon coconut oil	1 red onion, finely diced
1 pound chicken, breast or thighs, diced	3 zucchinis, finely diced
1 lime, squeezed	1 tablespoon fresh oregano, freshly chopped, or 1-2 tsp dried
1 tablespoon fresh marjoram, freshly chopped, or 1-2 tsp dried	1 lemon, squeezed
1/2 teaspoon sea salt	sea salt, to taste
1/4 teaspoon black pepper	black pepper, to taste
1 tablespoon coconut oil	

Steps:

1. Cut up chicken breasts and marinate in lime juice for 10 minutes. Heat coconut oil in a medium skillet to medium heat and cook the chicken with the lime juice (from marinade). 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 zucchini and cook about 8-10 minutes, or until zucchini is soft. Add chopped oregano and lemon juice. Season with salt and pepper. Enjoy chicken with relish.

NUTRITIONAL INFO: Per Serving: 261 Calories; 16g Fat; 21g Protein; 11g Carbohydrate; 3g Dietary Fiber; 58mg Cholesterol; 330mg 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, Zucchini

DAIRY-FREE SLICEABLE CHEESE

Servings = 16

25 min/1 hour

This recipe is adapted from *The Real Food Daily Cookbook* by Ann Gentry.

2/3 cup raw cashews, soaked and dehydrated	1 3/4 cups coconut milk or almond milk
1/4 cup nutritional yeast	1 ounce agar flakes
1 teaspoon onion powder	1/4 cup olive oil
1 teaspoon sea salt	1/8 cup soy-free miso
1/2 teaspoon garlic powder	1 tablespoon lemon juice

Steps:

1. Finely grind the cashews in a food processor. Add nutritional yeast, onion powder, salt, and garlic powder. Pulse until spices are blended.
2. Combine milk, agar and oil in a saucepan. Bring to a simmer over high heat. Decrease the heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes, or until agar is dissolved.
3. Pour the milk mixture into the food processor, and blend into the cashews until very smooth and creamy. Add the miso (or additional salt and nutritional yeast) and lemon juice.
4. Pour mixture into a loaf pan or another mold to cool and harden in fridge. Use right away for melted cheese, or let harden and use within an hour or so.

TIP: For grated or sliced cheese, transfer cheese mixture into a container, cover and refrigerate. It doesn't take long to firm up, but will take about an hour to completely harden. Once it's hard, you can grate or slice it easily. For melted cheese, use the cheese immediately as melted cheese. Or, if it already hard, melt it in a saucepan over medium heat until smooth and creamy, stirring frequently. If needed, add more almond milk for a thinner consistency.

For Green Chili Cheddar Cheese: Stir in 1/4 cup green chilies into 2 cups of melted cheese.

The cheese will keep for 4 days, covered and refrigerated.

NUTRITIONAL INFO: Per Serving: 152 Calories; 14g Fat (80.6% calories from fat); 3g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 201mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

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

Almond, Cashew, Garbonzo Beans, Garlic, Lemon, Onion, Seaweed

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

GROCERY LIST FOR Nightshade, Dairy, Gluten and Soy-Free Wk 1

PRODUCE: VEGGIES

2 red onions
3 zucchinis
1 pound green beans
2 avocados
4-5 cloves garlic
1 1/2 cups mushroom
12 ounces mixed salad greens
2-3 carrots
2 stalks celery
1 cucumber
3-5 sweet potatoes
1 onion
2 cups romaine lettuce

PRODUCE: FRUITS

1 1/2 limes
1 lemon
1 tablespoon lemon juice

FRESH HERBS

1 tablespoon fresh marjoram
3 cups fresh basil
1/2 cup fresh cilantro
1 tablespoon fresh rosemary
1 tablespoon fresh oregano

MEAT AND FISH

1 pound chicken
1 pound cod fillet
1 1/3 pounds ground turkey or chicken
1 Rotisserie chicken or 1 lb chicken breasts

REFRIGERATED/FROZEN SECTION

1 egg
5 cups frozen blueberries
8 corn tortillas
1/8 cup soy-free miso
1 14-inch GF and soy free pizza crust

DAIRY

1-2 cups monterey jack cheese or dairy free cheese

DRY GOODS

3/4 cup nutritional yeast
1/2 cup chicken or veggie stock

OILS, VINEGARS AND CONDIMENTS

91/100 cup + 5-6 tablespoons olive oil
1 cup black olives

OILS, VINEGARS AND CONDIMENTS (CONT.)

1 teaspoon dijon mustard
5 tablespoons coconut oil
1/3 cup coconut oil or olive oil
2 tablespoons balsamic or apple cider vinegar
ketchup (optional)
mayo (optional)
mustard (optional)

ETHNIC

6-8 ounces coconut milk
1 3/4 cups coconut milk or almond milk
1 ounce agar flakes

NUTS AND DRIED FRUIT

2/3 cup raw cashews
1/2 cup pine nuts

BAKING

3 tablespoons honey
1-1 1/2 cups almond flour

SPICES AND DRIED HERBS

+ 4 1/4-5 teaspoons sea salt
+ 3/4 teaspoon black pepper
1 teaspoon onion powder
1/2 teaspoon garlic powder
1 teaspoon dried oregano
2 teaspoons dried parsley
1-2 teaspoons oregano
3/4-1 teaspoons cumin

These ingredients will prepare the following recipes

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Sauteed Green Beans with Red Onions
Herbed Turkey Burgers
Sweet Potato Fries
Chicken Tacos- Nightshade Free
Guacamole
Pesto Pizza with Mushrooms and Olives
Garden Salad (nightshade-free)
Lemon Herb Chicken with Zucchini Relish
Dairy-Free Sliceable Cheese
Blueberry Coconut Sherbert