

Table of Contents for Nourishing Foods - Spring 63

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

MAINS

Chunky Monkey Protein Smoothie
Savory Chicken Wings
Thai Beef and Mango Salad
Lemony Cod Cakes (nut-free)
Artichoke, Olive and Tomato Pizza

SIDES

Coconut Crepes
Summer Squash and Basil Saute
Cheesy Kale Chips (nightshade-free)
Fish Stick Dipping Sauce
Paleo Egg-free Pizza Crust
Homemade Raspberry Jam
Mint Chocolate Chip Ice Cream

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

Almond	Green Onions
Apple Cider Vinegar	Honey
Arrowroot	horseradish
Artichoke	Kale
Avocado	Lemon
Baking Powder	Lettuce
Banana	Lime
Basil	Mango
Beef	Mint
Black or White Pepper	Nutritional Yeast
Cacao	Olive
Carrot	Onion
Cashew	Paprika
Chicken	Raspberry
Cilantro	Stevia
Coconut	Sunflower seed
Codfish	Thyme
Dijon mustard	Tomato
Egg	Vanilla Extract
Garlic	Yellow Squash
Gelatin (Beef)	Zucchini



CHUNKY MONKEY PROTEIN SMOOTHIE

Servings = 2
10 min

This smoothie is filling and yummy! If you would like a more smooth smoothie, simply use raw cacao powder instead of the nibs.

2 bananas, frozen or fresh	2-3 tablespoons gelatin, collagen hydrolysate, *
1/2 cup coconut milk	6-8 drops liquid chocolate stevia, or regular or vanilla stevia
2-3 tablespoons raw cacao nibs, or raw cacao powder	filtered water, as needed (optional)
3-4 tablespoons peanut or sunflower butter, unsweetened	

Steps:

1. Combine all ingredients together in a blender except for the water. Frozen bananas will make a thicker, cold shake. If using frozen, chop them up first.
2. Blend until smooth, adding water as needed to reach the desired consistency.
3. Taste and add more stevia, cacao or peanut butter to your liking. Enjoy!

TIP: This product comes from Great Lakes and comes in the green container. It is water soluble so it does not make smoothies thick and it is a great protein source.

NUTRITIONAL INFO: Per Serving: 546 Calories; 37g Fat (54.8% calories from fat); 25g Protein; 44g Carbohydrate; 13g Dietary Fiber; 0mg Cholesterol; 165mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 2 Fruit; 5 Fat.

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

Banana, Cacao, Coconut, Gelatin (Beef), Stevia, Sunflower seed



SAVORY CHICKEN WINGS

Servings = 4

25 min

This is a very easy recipe but a bit messy to eat. Enjoy!

1 tablespoon coconut oil

2 pounds chicken wings

1/4- 1/2 teaspoons sea salt, to taste

1/4 teaspoon black pepper, to taste

1/4- 1/2 teaspoons paprika, to taste

1/2-1 teaspoons dried thyme, to taste

1/4- 1/2 teaspoons garlic powder, to taste

Steps:

1. Heat a medium to large skillet to medium heat and add the oil. Rinse the chicken wings and shake the water off. Place the wings in one layer in the skillet. Sprinkle the wings evenly with the herbs and spices.

2. Cook on the first side for 5 or so minutes or until they start to brown. Flip over and add a bit more seasoning to the other side.

3. Continue cooking until wings are cooked through, about 15-20 minutes. You can cover the wings or use a splatter pan to avoid grease splatters. Flip wings and/or turn down the heat if they start to burn. Enjoy!

NUTRITIONAL INFO: Per Serving: 301 Calories; 23g Fat (69.7% calories from fat); 22g Protein; 0g Carbohydrate; 0g Dietary Fiber; 94mg Cholesterol; 89mg Sodium. Exchanges: 3 Lean Meat; 2 1/2 Fat.

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

Black or White Pepper, Chicken, Garlic, Paprika, Thyme

THAI BEEF AND MANGO SALAD

Servings = 4

30 min

- | | |
|---|--|
| 2 limes, about 1/3 -1/2 cup | 2 cups shredded carrots |
| 2 tablespoons honey | 1/2 cup fresh cilantro, or fresh basil, chopped |
| 4 tablespoons gluten-free tamari or soy-free coconut aminos | 1 mango, peeled and sliced |
| 2 tablespoons olive oil, or sesame oil | 1 head Boston lettuce, torn into bite sized pieces |
| 1 pound top sirloin steak, or boneless chicken breasts | 1 avocado |
| 2 green onions, finely chopped (optional) | |

Steps:

1. In a medium bowl, whisk together the lime juice, honey, coconut aminos or tamari and oil. Lay the steak in a flat dish with sides and pour half the marinade over it, and flip it to coat the meat thoroughly. Set it aside and reserve the remaining marinade to use as a dressing for the salad.
2. Allow meat to marinate for at least 15 minutes, or overnight in the fridge. (Allow meat to come to room temp. before cooking.)
3. In a salad bowl, combine the lettuce, scallions, carrots, cilantro or basil, mango and avocado.
4. Heat a heavy skillet over medium-high heat. Remove the steak from the marinade, discarding the marinade, and cook it for about 5 minutes per side until it is just cooked to desired doneness. If the outside of the steak is cooking too quickly, reduce the heat and partially cover the pan.
5. Transfer the steak to a cutting board, allow it to cool slightly, and slice it across the grain into 1/2-inch wide strips. Dress the salad with the reserved marinade (not the marinade you used for the steak) and serve the salad topped with slices of steak.

TIP: To prepare a mango, I find it is easiest to peel it first with a good vegetable peeler. Then cut the mango flesh along side the pit as close as possible. Cut large pieces into small bite-sized pieces.

NUTRITIONAL INFO: Per Serving: 321 Calories; 12g Fat (32.2% calories from fat); 27g Protein; 30g Carbohydrate; 4g Dietary Fiber; 66mg Cholesterol; 1096mg Sodium. Exchanges: 3 1/2 Lean Meat; 1 1/2 Vegetable; 1 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

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

Avocado, Beef, Carrot, Cilantro, Green Onions, Honey, Lettuce, Lime, Mango

LEMONY COD CAKES (NUT-FREE)

Servings = 4

30 min

These fish cakes are very yummy!

1 pound cod fillet	1 tablespoon lemon juice
3 eggs	2 teaspoons lemon zest
2 green onions, finely sliced	1/2 teaspoon sea salt
5 teaspoons coconut flour	1/4 teaspoon black pepper
1/4 cup fresh basil, chopped	3-5 tablespoons coconut oil, use generously as needed

Steps:

1. Steam the fish gently until the fish is tender, about 10 minutes. Drain and let cool. Remove the steamer basket.
2. With a fork, remove bones and skin. Then break the fish up with a fork.
3. Add the remaining ingredients (except oil) together in the pot and mix well, as long as it is drained of all water. If mixture is very wet, add 1 more tsp. of coconut flour.
2. Heat a nonstick skillet to medium heat with 2 Tbsp. coconut oil. I scoop about 2-3 Tbsp. of mixture onto the pan for each fish cake, making about 5 patties per batch.
3. Fry the patties in oil until golden and the egg is cooked, about 3-5 minutes on each side. Reduce heat if they begin to burn. Add more oil for each batch as needed.

TIP: You can use other kinds of fish for this recipe such as salmon or haddock.

It is easier to buy boneless fish so that you don't have to pick out the bones.

NUTRITIONAL INFO: Per Serving: 268 Calories; 16g Fat (53.0% calories from fat); 26g Protein; 5g Carbohydrate; 3g Dietary Fiber; 208mg Cholesterol; 363mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat.

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

Basil, Black or White Pepper, Coconut, Codfish, Egg, Green Onions, Lemon



ARTICHOKE, OLIVE AND TOMATO PIZZA

Servings = 6
45 min

Use your choice of pizza crust for this recipe. Please see the tip section for ideas. Enjoy!

1 gluten or grain-free pizza crust	1 tomato, sliced
1 cup tomato sauce	1/3- 1/2 cups artichoke hearts, quartered
1/3- 1/2 cups black olives, sliced	1 cup cheese or dairy-free cheese, grated

Steps:

1. Make your pizza crust according to instructions.
2. Bake crust for time indicated. Then add the tomato sauce, veggies and top with cheese.
3. 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: See the following crust recipes: Paleo Egg-free Pizza Crust, Almond Flour Pizza Crust, Egg-Free Almond Flour Pizza Crust, Coconut Flour Pizza Crust, Sunflower Pizzazz Crust, Quinoa Pizza Crust and Cauliflower Pizza Crust.

For nightshade-free, use the Nightshade-free Marinara Sauce recipe and use another veggie to replace the tomatoes.

NUTRITIONAL INFO: Per Serving: 248 Calories; 4g Fat (15.0% calories from fat); 8g Protein; 45g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 874mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Vegetable; 0 Fruit; 1 Fat.

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

Artichoke, Olive, Tomato

COCONUT CREPES

Servings = 4

30 min

This recipe is truly delicious! Many people who do not follow GAPS will enjoy these crepes. This recipe comes from <http://grainfreefoodie.blogspot.com>.

2 tablespoons coconut oil or butter, melted	1/2 teaspoon vanilla extract
2 eggs	1/3 cup coconut milk, homemade for GAPS
1 teaspoon honey	2 tablespoons coconut flour
1/8 teaspoon sea salt	

Steps:

1. Blend together butter or oil, eggs, honey, vanilla and salt. Stir in coconut milk. Thoroughly mix in coconut flour.
2. Heat 1/2 teaspoon coconut oil in a small skillet.
3. Pour one tablespoon of the batter into the skillet. Immediately rotate skillet until there is a thin even layer of batter. Crepe should be about 4 inches in diameter.
4. Cook until batter is bubbly and slightly browned around the edges.
5. Turn and cook the other side for a moment. Cover one side of crepes with your choice of chopped fruits, nuts, honey, coconut butter, yogurt cheese, apple butter or homemade jam. Roll up and serve.

TIP: You can easily double this recipe and if you have leftovers, they keep well in the fridge.

NUTRITIONAL INFO: Per Serving: 112 Calories; 9g Fat (72.4% calories from fat); 3g Protein; 5g Carbohydrate; 2g Dietary Fiber; 73mg Cholesterol; 108mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

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

Coconut, Egg, Honey, Vanilla Extract



SUMMER SQUASH AND BASIL SAUTE

Servings = 4

20 min

1-2 tablespoons coconut oil
1/2 onion, diced
2 yellow squashes, halved and sliced

1 zucchini, halved and sliced
1/4 cup fresh basil, chopped
sea salt, to taste

Steps:

1. Heat the oil in a large saute pan to medium heat. Add the onion and cook for 8 or so minutes or until soft. Add the squash and basil.
2. Stirring frequently, cook over medium-low heat for 8-12 minutes or until squash is just cooked. Try not overcook the squash. Season with salt and pepper.

NUTRITIONAL INFO: Per Serving: 55 Calories; 4g Fat (55.0% calories from fat); 1g Protein; 5g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1 Vegetable; 1/2 Fat.

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

Onion, Yellow Squash, Zucchini



CHEESY KALE CHIPS (NIGHTSHADE-FREE)

Servings = 4
12 hours

These kale chips use a dehydrator, but if you are looking for a recipe that uses the oven, please see the Kale Chips recipe.

1 cup raw cashews, preferably soaked and dehydrated	1/4 teaspoon sea salt
2 tablespoons lemon juice	1/4 teaspoon garlic powder
1/2 cup nutritional yeast	1 bunch kale, washed, large stems removed, torn into bite size pieces
6 tablespoons water	

Steps:

1. Put all ingredients except the kale into a food processor. Blend until smooth. Using your hands, massage coating onto kale pieces getting it inside of curls.
2. Put on Teflex sheets (do not worry about flattening them, they are better bunched up) and dehydrate at 105 overnight or until coating is dry. Slide onto mesh screens and dehydrate 4-12 hours, or until very crispy.

NUTRITIONAL INFO: Per Serving: 132 Calories; 11g Fat (66.9% calories from fat); 4g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 87mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat.

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

Cashew, Garlic, Kale, Lemon, Nutritional Yeast



FISH STICK DIPPING SAUCE

Servings = 4

10 min

This sauce was adapted from Martha Stewart's [herb dipping sauce](#).

1/2 cup soy and gluten-free mayonnaise, homemade for GAPS

1 tablespoon gluten-free Dijon mustard

1 tablespoon lemon juice, fresh

2 tablespoons prepared white horseradish

Steps:

1. In a small bowl, stir together mayonnaise, mustard, lemon juice, and horseradish. Season with salt and pepper. Serve with fish sticks and lemon wedges on the side

NUTRITIONAL INFO: Per Serving: 52 Calories; 4g Fat (59.6% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 17mg Cholesterol; 225mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.

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

Dijon mustard, Egg, horseradish, Lemon

PALEO EGG-FREE PIZZA CRUST

Servings = 8

45 min

This recipe was adapted from <http://glutenfreeskinny.net>. Enjoy!

2 cups almond flour	1/4 cup boiling water + 1 Tbsp.
1 cup arrowroot, or tapioca flour	1/2 cup coconut milk, or other preferred milk
1 1/2 teaspoons baking powder	1 tablespoon coconut oil, melted
1 teaspoon sea salt	1/2 teaspoon apple cider vinegar
1 1/2 tablespoons gelatin, grass-fed, see tip	parchment paper
1/4 cup cold water	

Steps:

1. Preheat oven to 425 F. Line a pizza pan or cookie sheet with parchment paper and lightly grease. Combine the almond flour, arrowroot or tapioca flour, baking powder and salt in a mixing bowl.
2. In a small bowl add the gelatin. Add the cold water and stir. Add the hot water and stir until clear. Add the coconut oil and stir.
3. Add this mixture to the dry ingredients. Add the coconut milk and vinegar and mix well. Batter will be wet.
4. Pour the batter onto the pan and spread pizza crust evenly to about 10 inches with a spatula.
5. Bake crust in the oven for 20 minutes or until it becomes slightly golden. Take crust out of the oven and add your toppings. Return to the oven for 5 -10 or so more minutes or until topping are melted and warmed through.
6. Allow to cool for 5 minutes, slice and enjoy!

TIP: This recipe is not GAPS friendly. If you are on GAPS, please see the many other options for pizza crust on the site.

Good brands of gelatin include Bernard and Jensen's and Great Lakes.

NUTRITIONAL INFO: Per Serving: 249 Calories; 12g Fat (39.7% calories from fat); 14g Protein; 26g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 333mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

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

Almond, Apple Cider Vinegar, Arrowroot, Baking Powder, Coconut, Gelatin (Beef)

HOMEMADE RASPBERRY JAM

Servings = 8

20 min

We've been making homemade jam from our fresh raspberries and it is very simple and yummy. You can also make jam from other fruit such as strawberries. Enjoy!

3-4 cups fresh raspberries, or other preferred berries or fruit	1/2 teaspoon gelatin
1 teaspoon cold water	1-2 tablespoons honey, to taste

Steps:

1. Prepare fruit by removing stems if need be. If you need to wash them, dry them gently on a towel.
2. Place raspberries in a saucepan and heat to low-medium. Using a potato masher, mash the raspberries. Stirring frequently, cook for about 10 minutes or until the raspberries smell fragrant and most of the moisture has evaporated off, leaving a thick raspberry sauce. Remove from heat.
3. In a small bowl, combine the cold water and the gelatin. Mix until combined. Add this to the raspberry sauce while it is still hot. Mix until it is incorporated into the raspberries. Add the honey at the end and adjust as needed to taste.
4. Pour the jam into a glass jar and place in the fridge with the lid off. Allow to cool for a couple hours.
5. Enjoy on bread, in yogurt, or on pancakes.

TIP: Other fruit that you could try includes peaches, strawberries, blueberries, apricots, etc. You may want to peel the peaches depending on if you want the peels in the jam.

You can leave the gelatin and water out of the recipe but it does help to thicken it up a bit. You can use pectin if you can eat pectin.

NUTRITIONAL INFO: Per Serving: 31 Calories; trace Fat (8.7% calories from fat); 1g Protein; 7g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Fruit; 0 Other Carbohydrates.

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

Gelatin (Beef), Honey, Raspberry

MINT CHOCOLATE CHIP ICE CREAM

Servings = 4

45 min

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

13 1/2 ounces coconut milk
1 avocado, peeled and pitted
4 tablespoons honey, or other preferred sweetener, to taste

1 teaspoon peppermint extract, or 6-8 drops
peppermint essential oil
1 teaspoon vanilla extract (optional)
1/3 cup chocolate chips, preferably homemade, see recipe

Steps:

1. Place all ingredients into a blender or food processor except the chocolate chips. Blend until very smooth.
2. Follow the instructions for your ice cream maker and pour the mixture into the bowl of the ice cream maker.
4. Once the ice cream is soft-serve consistency, stir in the chocolate chips. Enjoy! If you do not eat it all, you can freeze it in a sealed container for later. Take ice cream out of the fridge 10-15 minutes to soften before enjoying.

TIP: Use the homemade chocolate recipe on the site to make your own chocolate chips.

NUTRITIONAL INFO: Per Serving: 513 Calories; 42g Fat (68.0% calories from fat); 5g Protein; 40g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 1/2 Fruit; 8 1/2 Fat; 2 Other Carbohydrates.

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

Avocado, Cacao, Coconut, Honey, Mint, Vanilla Extract

GROCERY LIST

PRODUCE: VEGGIES

1/2 onion
2 yellow squashes
1 zucchini
1 bunch kale
1 tomato
2 avocados
4 green onions
2 cups shredded carrots
1 head Boston lettuce

PRODUCE: FRUITS

4 tablespoons lemon juice
2 limes
1 mango
3-4 cups fresh raspberries
2 bananas
2 teaspoons lemon zest

FRESH HERBS

1/2 cup fresh basil
1/2 cup fresh cilantro

MEAT AND FISH

2 pounds chicken wings
1 pound top sirloin steak
1 pound cod fillet

REFRIGERATED/FROZEN SECTION

5 eggs
1/3- 1/2 cups artichoke hearts

DAIRY

1 cup cheese or dairy-free cheese

DRY GOODS

1/2 cup nutritional yeast
1 cup tomato sauce
2-3 tablespoons gelatin, collagen hydrolysate
1 gluten or grain-free pizza crust

OILS, VINEGARS AND CONDIMENTS

1/2 cup soy and gluten-free mayonnaise
1 tablespoon gluten-free Dijon mustard
2 tablespoons prepared white horseradish
1/3- 1/2 cups black olives
2 tablespoons olive oil
1/2 teaspoon apple cider vinegar
6-9 tablespoons coconut oil
4 tablespoons gluten-free tamari or soy-free coconut aminos

OILS, VINEGARS AND CONDIMENTS (CONT.)

2 tablespoons coconut oil or butter

ETHNIC

1 1/3 cups + 13 1/2 ounces coconut milk

NUTS AND DRIED FRUIT

1 cup raw cashews
3-4 tablespoons peanut or sunflower butter

BAKING

1 teaspoon + 7-8 tablespoons honey
1 1/2 teaspoons vanilla extract
5 teaspoons + 2 tablespoons coconut flour
1 teaspoon peppermint extract
1/3 cup chocolate chips
1/2 teaspoon + 1 1/2 tablespoons gelatin
1 cup arrowroot
1 1/2 teaspoons baking powder
2 cups almond flour
6-8 drops liquid chocolate stevia
2-3 tablespoons raw cacao nibs

SPICES AND DRIED HERBS

+ 2 1/8-2 3/8 teaspoons sea salt
1/2- 3/4 teaspoons garlic powder
1/2 teaspoon black pepper
1/4- 1/2 teaspoons paprika
1/2-1 teaspoons dried thyme

MISC.

parchment paper

These ingredients will prepare the following recipes

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Savory Chicken Wings
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Coconut Crepes
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Fish Stick Dipping Sauce
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