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

MAINS

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Braised Chickpeas

SIDES

Egg-free Almond Flour Bread
Veggie Platter
Autumn Greens
Brown Rice with Peas
Lemon Zest Broccoli
Peppermint Patty Coconut Bark

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

| | |
|-----------------------|-------------------|
| Almond | Lettuce |
| Apple | Mint |
| Baking soda | Nutritional Yeast |
| Basil | Olive |
| Bell Peppers | Olive oil |
| Black bean | Onion |
| Black or White Pepper | Paprika |
| Broccoli | Parsley |
| Brown Rice | Pear |
| Butternut Squash | Pumpkin seed |
| Carrot | Raisins |
| Cayenne pepper | Rice |
| Celery | Rosemary |
| Chocolate | Sage |
| Cinnamon | Spinach |
| Coconut | Sugar snap pea |
| Cucumber | Sweet potato |
| Garbonzo Beans | Thyme |
| Garlic | Tomato |
| Ginger | Turmeric |
| Green Onions | Vanilla Extract |
| Green Pea | Vinegar |
| Honey | Zucchini |
| Lemon | |



SIMON AND GARFUNKEL BLACK BEAN SOUP

Servings = 4
30 min

This recipe is adapted from Meals that Heal by Lisa Turner.

| | |
|---------------------------|---|
| 1 tablespoon olive oil | 1/2 cup sweet potato, peeled and diced in medium chunks |
| 1/2 red onion, diced | 3 cups vegetable stock, preferably homemade |
| 1 teaspoon sea salt | 2-2 1/2 cups cooked black beans |
| 1/2 teaspoon black pepper | 1/4 cup fresh parsley, chopped, or 1-2 tsp dried |
| 1/2 cup carrot, diced | 1/4 cup fresh sage, chopped, or 1-2 tsp dried |
| 1/2 cup tomato, diced | 1/4 cup fresh rosemary, chopped, or 1-2 tsp dried |
| 1/2 cup celery, chopped | 1/4 cup fresh thyme, chopped, or 1-2 tsp dried |

Steps:

1. Heat oil in a large soup pot to medium-high heat. Sauté the onion, salt and pepper until onion is soft and translucent.
2. Stir in the carrots, tomatoes, celery, and sweet potatoes. Sauté until tomato pieces begin to give up their juices. Add the vegetable stock and simmer, covered, until vegetables are tender.
3. Add the beans, parsley, sage, rosemary and thyme and heat through until flavors are well blended (5-10 minutes.)

NUTRITIONAL INFO: Per Serving: 317 Calories; 7g Fat (19.7% calories from fat); 14g Protein; 52g Carbohydrate; 13g Dietary Fiber; 2mg Cholesterol; 1779mg Sodium. Exchanges: 3 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 1 1/2 Fat.

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

Black bean, Carrot, Celery, Onion, Parsley, Rosemary, Sage, Sweet potato, Thyme, Tomato

EGG-FREE ALMOND FLOUR BREAD

Servings = 12

45 min

For a nut-free version, use sunflower or pumpkin seed flours. This recipe was adapted from Pecanbread.com.

2 1/2 cups almond flour

1/2- 2/3 cups pearsauce or applesauce, about 2 pears,
peeled and pureed in a food processor

1/4- 1/3 cups coconut oil, melted

1/4 teaspoon sea salt

1 teaspoon baking soda, delete for GAPS

1 teaspoon honey (optional)

Steps:

1. Preheat oven to 350 F.
2. Blend all the ingredients together in a medium mixing bowl.
3. Spread some coconut oil all around the bottom of an 8"x 8" baking dish. Sprinkle a little almond flour on the bottom. Spread mixture into pan and smooth it out.
4. Bake 25-40 minutes or until firm in the middle and slightly browned. Let cool and cut into squares.

NUTRITIONAL INFO: Per Serving: 162 Calories; 10g Fat (51.2% calories from fat); 11g Protein; 10g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 152mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 1 Fat.

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

Almond, Apple, Baking soda, Pear

AUTUMN PAELLA

Servings = 4

40 min

| | |
|--|--|
| 2 tablespoons coconut oil or olive oil | 1/2 teaspoon saffron |
| 1/2 onion, diced | 1/2 teaspoon sea salt |
| 2 cups butternut squash, peeled and diced in medium chunks | 1-2 dashes cayenne |
| 1 red bell pepper, cut into small chunks | 1 teaspoon paprika |
| 2 cloves garlic, minced | 1 1/2 cups garbanzo beans, cooked |
| 1 cup white basmati rice | 1 cup frozen peas |
| 2-3 cups vegetable broth, preferably homemade | 3 tablespoons fresh parsley, chopped, or 1-2 tsp dried |

Steps:

1. In a large saucepan, heat the olive oil to medium-high heat and add the onions. Sauté until soft and translucent, stirring occasionally, about 10 or so minutes.

2. Add the red pepper, butternut squash, garlic, rice, stock, saffron, salt, cayenne, and paprika and bring to a boil. Reduce the heat to a simmer, cover and cook for 20 minutes or until the rice is cooked through. Add more stock if need be. When paella is almost done, add the garbanzo beans and frozen peas and mix into the rice. Garnish with parsley or cilantro.

TIP: If you cannot eat rice, you can use quinoa or millet instead. Also, see the Grain-Free Autumn Paella recipe made with cauliflower rice.

KID-FRIENDLY TIP: Leave out the cayenne and use veggies your child enjoys.

NUTRITIONAL INFO: Per Serving: 590 Calories; 12g Fat (18.6% calories from fat); 20g Protein; 103g Carbohydrate; 16g Dietary Fiber; 1mg Cholesterol; 1140mg Sodium. Exchanges: 6 1/2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 2 Fat.

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

Bell Peppers, Butternut Squash, Cayenne pepper, Garbonzo Beans, Garlic, Green Pea, Olive oil, Onion, Paprika, Parsley, Rice

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

TORTILLA LASAGNA

Servings = 4

30 min

This recipe was adapted from www.lifeglutenfree.com.

| | |
|--|--|
| 3 brown rice tortillas, from Food for Life | 2 cups frozen spinach |
| 1 1/2 cups pasta sauce, sugar-free | 1 can black olives, sliced |
| 1 tablespoon olive oil | 2 tablespoons butter, coconut oil or olive oil |
| 1/2 onion, diced | 1 cup cheese or dairy-free cheese, grated (optional) |
| 1 clove garlic, minced | |

Steps:

1. Preheat oven to 350 F. In a medium saucepan, sauté the onion and garlic in olive oil until soft, about 7 minutes. Add the frozen spinach and sauté until defrosted, about 5 minutes.
2. Lay one tortilla down in the bottom of an oiled 8x8 pan. Add to that layer some of the pasta sauce, half of the spinach or veggies, olives and 1 tablespoon of butter, olive oil or coconut oil.
3. Place the second tortilla on top of that layer. Add another layer of pasta sauce, spinach or veggies, olives, and another 1 tablespoon of butter or butter substitute. Add the last tortilla and then spread the cheese on top, or another tablespoon of butter or substitute.
4. Bake at 350 degrees for 15 - 20 minutes, until the top tortilla begins to turn golden brown around the edges. Be sure to not let it burn or get too crispy.

NUTRITIONAL INFO: Per Serving: 267 Calories; 13g Fat (44.1% calories from fat); 5g Protein; 32g Carbohydrate; 2g Dietary Fiber; 16mg Cholesterol; 339mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 2 1/2 Fat.

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

Brown Rice, Garlic, Olive, Onion, Spinach, Tomato

AUTUMN GREENS

Servings = 4

15 min

This salad is a wonderful side dish for steak or another hearty meal.

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|---|--|
| 10 ounces mixed salad greens | 1/2 tablespoon balsamic or apple cider vinegar |
| 2 apples, chopped | 2 tablespoons olive oil |
| 1/3 cup goat cheese or dairy-free cheese (optional) | 1/4 teaspoon dried thyme |
| 1/3 cup raw pumpkin seeds, preferably soaked and dehydrated, or toasted | 1 tablespoon fresh parsley |
| 1 tablespoon lemon juice | 1 green onion |
| 1/2 tablespoon honey | |

Steps:

1. In a bowl, whisk the lemon juice, honey, and vinegar until thick. Add the olive oil and mix thoroughly. Add the thyme, green onion and parsley. Stir well until incorporated.

2. Put the greens and apple in a large salad bowl. Drizzle desired amount of salad dressing onto the greens and toss well. Add salt and pepper to taste. Top with goat cheese or non-dairy cheese and pumpkin seeds.

TIP: Substitutions: Apples – cucumbers, carrots, mandarin oranges, pomegranate seeds, tomatoes, etc. **Almonds** – walnuts, cashews, sesame seeds, sunflower seeds, etc. **Goat cheese** – delete or add a different kind of cheese if you are not allergic to milk.

For a GAPS-legal recipe, use apple cider vinegar. For a yeast-free diet, use additional lemon juice instead of vinegar and stevia instead of honey.

KID-FRIENDLY TIP: Children may enjoy a simpler salad with carrots and or cucumbers instead of apples. Leave out the goat cheese and put the dressing on the side for them. Take out the green onion.

NUTRITIONAL INFO: Per Serving: 231 Calories; 16g Fat (56.8% calories from fat); 7g Protein; 20g Carbohydrate; 6g Dietary Fiber; 9mg Cholesterol; 50mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

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

Apple, Green Onions, Honey, Lemon, Lettuce, Olive oil, Parsley, Pumpkin seed, Thyme, Vinegar

TANGINE OF MOROCCAN VEGGIES AND WHITE BEANS

Servings = 6
30 min

| | |
|---|---------------------------------|
| 2 tablespoons coconut oil | 3 carrots, sliced |
| 1/2 onion, diced | 2 cups tomato, diced |
| 2 cloves garlic, minced | 1 cup vegetable stock |
| 1 teaspoon turmeric | 1 zucchini, cut into half moons |
| 1/2 teaspoon ground ginger, or 1 Tbsp fresh | 1 red bell pepper, sliced thin |
| 1/2 teaspoon cinnamon | 1-2 cups cooked navy beans |
| 1/2 teaspoon sea salt | 1/2 cup raisins |
| 1-3 dashes cayenne (optional) | |

Steps:

1. In a large saucepan, heat oil over medium heat. Add the onions and garlic. Saute until translucent, about 8 minutes.

2. Add all of the spices to the onions and sauté for one minute, stirring frequently.

3. Add carrots, tomatoes, stock, zucchini and bell pepper. Cook over medium heat until veggies are soft, about 10-15 minutes. Add garbanzos and raisins at the end and warm through.

NUTRITIONAL INFO: Per Serving: 247 Calories; 7g Fat (24.2% calories from fat); 9g Protein; 41g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 208mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1/2 Fruit; 1 Fat.

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

Bell Peppers, Black or White Pepper, Carrot, Cayenne pepper, Cinnamon, Garbonzo Beans, Garlic, Ginger, Onion, Raisins, Tomato, Turmeric, Zucchini



BROWN RICE WITH PEAS

Servings = 4

40 min

| | |
|--|------------------------|
| 1 tablespoon coconut oil or olive oil | 1/2 cup frozen peas |
| 1 cup brown rice | 1 teaspoon dried basil |
| 2 1/2-3 cups water or broth, preferably homemade | 1 teaspoon dried thyme |

Steps:

1. Sauté rice in olive oil until slightly white. Add water or stock and bring to a boil.
2. Reduce heat and add herbs.
3. Cook for 35 minutes or until water is fully absorbed into the rice.
4. Take off the heat and add the peas. Cover until peas defrost.

NUTRITIONAL INFO: Per Serving: 302 Calories; 5g Fat (16.0% calories from fat); 6g Protein; 57g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 28mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 Fat.

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

Basil, Brown Rice, Green Pea, Olive oil, Thyme

BRAISED CHICKPEAS

Servings = 4

25 min

This recipe is adapted from the *Versatile Vegetarian Cookbook*.

| | |
|----------------------------------|---|
| 1 tablespoon coconut oil | 1/3 cup fresh parsley, freshly chopped, or 1-2 tsp dried |
| 1 onion, diced | 3 tablespoons fresh mint, freshly chopped, or 1-2 tsp dried |
| 1 clove garlic, minced | 1/4 teaspoon black pepper |
| 2-3 tomatoes, diced | 1/2 teaspoon sea salt |
| 2 1/2 cups cooked garbonzo beans | 1 tablespoon lemon juice |

Steps:

1. In a large nonstick skillet, heat the oil to medium-high heat. Add the onions and cook, stirring as needed, until they are soft and translucent, about 8-10 minutes.
2. Add the garlic and cook for about 1 minute. Stir in the chickpeas, tomatoes, parsley, mint, salt and pepper and bring to a boil. Reduce the heat to a simmer, uncovered, until thickened, about 5-10 minutes. Stir in the lemon juice and enjoy.

TIP: Substitutions: Chickpeas: lentils, white beans, etc. **Tomatoes:** spinach, mushrooms. **Parsley:** cilantro, basil

KID-FRIENDLY TIP: This is a simple, mild dish but you could put the herbs on the side to be safe.

NUTRITIONAL INFO: Per Serving: 510 Calories; 11g Fat (19.1% calories from fat); 25g Protein; 81g Carbohydrate; 23g Dietary Fiber; 0mg Cholesterol; 306mg Sodium. Exchanges: 5 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.

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

Black or White Pepper, Garbonzo Beans, Garlic, Lemon, Mint, Olive oil, Onion, Parsley, Tomato



LEMON ZEST BROCCOLI

Servings = 4

18 min

1 pound broccoli, cut into small florets
2 tablespoons coconut oil or olive oil
1 teaspoon garlic, minced
2 teaspoons lemon zest

1 tablespoon fresh parsley, chopped, or 1-2 tsp dried
1 tablespoon nutritional yeast (optional)
1/2 teaspoon sea salt

Steps:

1. Steam broccoli for 8-10 minutes, until tender. Remove from heat, drain, then cover to keep warm.
2. Meanwhile, heat the oil over low-medium heat. Add the garlic, lemon zest, parsley, salt and nutritional yeast. Cook briefly, 2-3 minutes.
3. Put the broccoli in a bowl and then pour the mixture over the broccoli. Stir well so that it gets covered by the lemon zest mixture.

NUTRITIONAL INFO: Per Serving: 51 Calories; 4g Fat; 2g Protein; 4g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 286mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 1/2 Fat.

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

Broccoli, Garlic, Lemon, Nutritional Yeast, Parsley



PEPPERMINT PATTY COCONUT BARK

Servings = 15

30 min

This delicious recipe comes from www.gnowfglins.com.

| | |
|--------------------------------|---|
| 1 cup coconut oil, semi-solid | 1/4 cup unsweetened cocoa powder, delete for GAPS |
| 1 teaspoon vanilla extract | 1/8 cup honey |
| 2 teaspoons peppermint extract | 1 cup unsweetened shredded coconut meat |

Steps:

1. Line a 9" by 13" baking pan with unbleached parchment paper. Set aside.
2. Using a food processor, mix the coconut oil, extracts, cocoa powder (if using) and honey until smooth and warm, and exhibits some fluidity. Add the coconut, and pulse to incorporate. Don't over mix or you risk chopping up the coconut.
3. Using a spatula, spread the mixture out thinly (1/4-inch to 1/8-inch thick) on the parchment paper. Transfer to a level spot in the freezer. Let freeze for 10 to 15 minutes.
4. Enjoy frozen; break off pieces the size you desire. It will melt at room temperature so keep it frozen.

NUTRITIONAL INFO: Per Serving: 174 Calories; 18g Fat (88.8% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 3 1/2 Fat; 0 Other Carbohydrates.

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

Chocolate, Coconut, Honey, Vanilla Extract

GROCERY LIST FOR Vegan: Dairy, Gluten and Soy Free - Winter 1

PRODUCE: VEGGIES

2 1/2 onions
2-3 + 2 1/2 cups tomato
1 teaspoon + 6-5 cloves garlic
10 ounces mixed salad greens
1 green onion
3 red bell peppers
2 cups butternut squash
1/2 red onion
5 + 1/2 cup carrot
1/2 cup celery
1/2 cup sweet potato
1 cucumber
1 cup sugar snap peas
1 cup cherry tomato
1 zucchini
1 pound broccoli

PRODUCE: FRUITS

2 tablespoons lemon juice
2 apples
2 teaspoons lemon zest

FRESH HERBS

583/1000 cup + 5 tablespoons fresh parsley
1/4 cup fresh sage
1/4 cup fresh thyme
3 tablespoons fresh mint
1/4 cup fresh rosemary

REFRIGERATED/FROZEN SECTION

1 1/2 cups frozen peas
2 cups frozen spinach
3 brown rice tortillas

DAIRY

1/3 cup goat cheese or dairy-free cheese
1 cup cheese or dairy-free cheese

DRY GOODS

2-3 cups vegetable broth
4 cups vegetable stock
1 cup olives
1 1/2 cups pasta sauce
1 tablespoon nutritional yeast
1/2- 2/3 cups pearsauce or applesauce
2 1/2-3 cups water or broth

GRAIN, PASTA, BEANS

1 1/2 cups garbanzo beans

1 cup brown rice
2-2 1/2 cups cooked black beans
1-2 cups cooked navy beans
2 1/2 cups cooked garbanzo beans
1 cup white basmati rice

OILS, VINEGARS AND CONDIMENTS

4 tablespoons olive oil
your choice of salad dressing
1 can black olives
2 tablespoons butter, coconut oil or olive oil
1 1/4-1 1/3 cups + 3 tablespoons coconut oil
5 tablespoons coconut oil or olive oil
1/2 tablespoon balsamic or apple cider vinegar

NUTS AND DRIED FRUIT

1/3 cup raw pumpkin seeds
1/2 cup raisins

BAKING

1 teaspoon vanilla extract
2 teaspoons peppermint extract
1/4 cup unsweetened cocoa powder
1 teaspoon + 1/8 cup + 1/2 tablespoon honey
1 cup unsweetened shredded coconut meat
1 teaspoon baking soda
2 1/2 cups almond flour

SPICES AND DRIED HERBS

3/4 teaspoon black pepper
3 1/4 teaspoons sea salt
1 1/4 teaspoons dried thyme
1/2 teaspoon saffron
1 teaspoon paprika
1 teaspoon dried basil
1 teaspoon turmeric
1/2 teaspoon ground ginger
1/2 teaspoon cinnamon
2-5 dashes cayenne

These ingredients will prepare the following recipes

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Egg-free Almond Flour Bread
Autumn Paella
Veggie Platter
Tortilla Lasagna
Autumn Greens
Tangine of Moroccan Veggies and White Beans
Brown Rice with Peas
Braised Chickpeas



Lemon Zest Broccoli
Peppermint Patty Coconut Bark