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

MAINS

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Tuna Tahini Salad Spinach Wraps
Lemon Herb Chicken with Tomato and Zucchini Relish
Beef Burrito Bowl

SIDES

Celery Root Hashbrowns
Squash Noodles
Sauteed Broccoli
Roasted Asparagus
Peach Mango Salsa (nightshade-free)
Blueberry Coconut Sherbert

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

Asparagus	Lemon
Avocado	Lettuce
Basil	Lime
Beef	Mango
Black or White Pepper	Marjoram
Blueberry	Onion
Broccoli	Oregano
Cabbage	Parsley
Celery Root	Peach
Chicken	Pumpkin seed
Cilantro	Sesame seed
Coconut	Spinach
Cucumber	Sunflower seed
Cumin	Tomato
Garlic	Tuna
Green Chilies	Turkey
Honey	Zucchini

SPINACH BREAKFAST BURRITO

Servings = 4

40 min

1/2 tablespoon coconut oil	1/2 teaspoon sea salt
1/2 onion	1/4 teaspoon black pepper
1 zucchini, quartered and sliced	3-4 cups spinach leaves, washed well and chopped
1 pound ground turkey, or leftover cooked turkey	1/4 cup fresh cilantro, chopped, or 1-2 tsp dried
1 teaspoon dried oregano	8 cabbage leaves, whole leaves, washed
1 teaspoon cumin	

Steps:

1. Remove 6-8 cabbage leaves from a head of cabbage. Steam them for 10-15 or until soft. Remove from heat, drain, and pat dry. Keep covered to stay warm.
2. Sauté the onion in the coconut oil over medium heat until soft and translucent, about 5-8 minutes.
3. Add the zucchini, ground meat, oregano, cumin, salt and pepper. Cook, stirring occasionally to break up the meat, until the meat is cooked through. Add the spinach and continue cooking, stirring the spinach into the meat until it is wilted.
4. Garnish with fresh cilantro if you wish. Enjoy in a steamed cabbage leaf or raw lettuce leaf to make a burrito.

TIP: Prepare steamed cabbage leaves ahead of time so that this is quick and easy. Or, you can use romaine or butter lettuce leaves for wraps.

NUTRITIONAL INFO: Per Serving: 216 Calories; 11g Fat; 22g Protein; 6g Carbohydrate; 3g Dietary Fiber; 90mg Cholesterol; 402mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 1/2 Fat.

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

Black or White Pepper, Cabbage, Cilantro, Onion, Spinach, Turkey, Zucchini

CELERY ROOT HASHBROWNS

Servings = 4

25 min

Great for breakfast, lunch or dinner. These hash browns are a great replacement for the regular potato ones, and they are easier. Enjoy.

2-3 tablespoons coconut oil

1/2 onion, diced

1-2 celery roots, peeled and grated

sea salt, to taste

black pepper, to taste

dried parsley, to taste

Steps:

1. In a large saute pan or cast iron skillet, saute the onion in 1 Tbsp. oil at medium heat for about 8-10 minutes, or until soft and translucent.

2. Meanwhile, cut the ends off of the celery roots and peel them. Cut them into medium sized chunks and then grate them. It is easiest to use a food processor for this.

3. Add the celery root to the pan and saute for about 15-20 minutes with additional oil, or until they are cooked through and slightly browned. Stir occasionally to avoid burning. Turn down heat as needed.

3. Season with salt, pepper and dried parsley. For a bit more kick, add garlic powder. Enjoy.

NUTRITIONAL INFO: Per Serving: 68 Calories; 7g Fat (85.5% calories from fat); trace Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 52mg Sodium. Exchanges: 1/2 Vegetable; 1 1/2 Fat.

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

Black or White Pepper, Celery Root, Onion

PUMPKIN PESTO CHICKEN

Servings = 4

25 min

This recipe was adapted from the Presto Pesto with Pumpkin Seed recipe on bodyecology.com.

1 tablespoon coconut oil	2 tablespoons fresh parsley
1 1/3 pounds chicken breast, cut into 1 inch pieces	1 tablespoon olive oil
1 clove garlic, minced	1 1/2 cups raw pumpkin seeds, soaked for 1-6 hours
1 cup fresh basil, stems removed	1/2 teaspoon sea salt, to taste

Steps:

1. Heat oil in a skillet over medium heat and sauté chicken for about 5-10 minutes, stirring frequently. Turn off heat, but leave on the burner to stay warm once the chicken is no longer pink.
2. Meanwhile, add basil and parsley leaves to food processor and chop. Add garlic, pumpkin seeds, salt, and pulse. Add olive oil until you have a nice paste consistency.
3. Add pesto to chicken and stir. Enjoy!

NUTRITIONAL INFO: Per Serving: 372 Calories; 22g Fat; 29g Protein; 13g Carbohydrate; 3g Dietary Fiber; 76mg Cholesterol; 315mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 0 Vegetable; 2 Fat.

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

Basil, Chicken, Garlic, Parsley, Pumpkin seed

SQUASH NOODLES

Servings = 4

20 min

4 zucchinis, or yellow squash
1 tablespoon coconut oil

sea salt, to taste
black pepper, to taste

Steps:

1. 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.
2. Peel the rest of the zucchinis the same way until you have a pile of zucchini noodles. Keep peeling until you reach the seeds of the zucchini. Place zucchini cores into a storage container to use in soup or other dishes.
3. You can either steam the noodles for about 2-3 minutes or saute them. If sauteing, heat a medium-large saute pan to medium heat with a little coconut oil. Add all of the zucchini noodles to the pan and saute for 5 or so 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.

NUTRITIONAL INFO: Per Serving: 29 Calories; 3g Fat; 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: 1/2 Fat.

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

Zucchini

TUNA TAHINI SALAD SPINACH WRAPS

Servings = 4
20 min

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

16 ounces canned tuna	1/2 teaspoon sea salt
1 cup tahini	1 teaspoon dried parsley
1 pinch cumin	1/4 cup fresh cilantro, chopped
1 clove garlic, minced	8 spinach leaves, washed, whole
1 lemon, squeezed	1 cucumber, chopped
1/2 cup water	

Steps:

1. Make the tahini sauce by combining the tahini, lemon, water, garlic, cumin, salt and parsley. Stir well. Use a blender if tahini is too thick.
2. Flake the tuna into a medium bowl and mix 1 cup of the sauce (or use more to taste). Stir in cilantro.
2. Make wraps by spooning tuna salad, chopped cucumber and additional tahini sauce into spinach leaves.

TIP: If you cannot eat fish, you can easily make this salad with cooked chicken or turkey breast.

NUTRITIONAL INFO: Per Serving: 539 Calories; 38g Fat (60.7% calories from fat); 38g Protein; 17g Carbohydrate; 7g Dietary Fiber; 43mg Cholesterol; 368mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 6 Fat.

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

Cilantro, Cucumber, Garlic, Lemon, Sesame seed, Spinach, Tuna

SAUTEED BROCCOLI

Servings = 4

25 min

Easy and simple!

1 pound broccoli floret, cut into small florets

sea salt, to taste

2 tablespoons coconut oil

black pepper, to taste

Steps:

1. Cut the broccoli into small to medium sized florets. You can use the stems but you will need to peel and slice them first.
2. Heat a large skillet to medium heat and add the oil. Add the broccoli and stir to coat the broccoli with the oil evenly.
3. Cook over medium heat for about 15 minutes, stirring occasionally. You can cover for most of this time to help it cook more quickly. Lower the heat or add more oil if it begins to burn. However, some broccoli will get browned in the process of sauteing.
4. Cook until tender (easily poked with a fork) and take care not to overcook the broccoli. Season with salt and pepper and enjoy.

TIP: You can saute just about any veggie, but the cooking time will vary.

NUTRITIONAL INFO: Per Serving: 92 Calories; 7g Fat (63.6% calories from fat); 3g Protein; 6g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 1 Vegetable; 1 1/2 Fat.

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

Broccoli

LEMON HERB CHICKEN WITH TOMATO AND ZUCCHINI RELISH

Servings = 4
30 min

1 tablespoon coconut oil	1/2 red onion
1 pound chicken breast	4 tomatoes, diced
1 lime, squeezed	2 zucchinis, diced
1 teaspoon dried marjoram, or 1-2 Tbsp freshly chopped	1 teaspoon dried oregano, or 1-2 Tbsp freshly chopped
1/2 teaspoon sea salt	1 lemon, squeezed
1/4 teaspoon black pepper	sea salt
1 tablespoon coconut oil	black pepper

Steps:

1. Cut up chicken breasts into small chunks or strips and marinate in lime juice for 10 minutes. Cook chicken in large skillet over medium-high heat with coconut oil and lime juice. 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 tomatoes and zucchini and cook about 10 minutes, or until zucchini is soft. Add oregano and lemon juice. Season with salt and pepper. Enjoy chicken with relish.

NUTRITIONAL INFO: Per Serving: 258 Calories; 16g Fat (52.8% calories from fat); 21g Protein; 11g Carbohydrate; 2g Dietary Fiber; 58mg Cholesterol; 336mg 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, Tomato, Zucchini



ROASTED ASPARAGUS

Servings = 4

15 min

This recipe is easy and simple. Enjoy!

1 pound asparagus

sea salt

1 tablespoon olive oil, or as needed to lightly coat

Steps:

1. Preheat your oven to 425 F. Oil a baking sheet with olive oil. Trim the ends off of the asparagus. Then place them on the pan and drizzle with a bit more oil. Rub them with your hands until they are covered in the oil. Salt to taste.

2. Roast in the oven for 8-13 minutes, or until tender and slightly browned. Smaller stalks will take less time while thicker ones will take more time.

NUTRITIONAL INFO: Per Serving: 44 Calories; 3g Fat (65.9% calories from fat); 1g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1/2 Vegetable; 1/2 Fat.

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

Asparagus

BEEF BURRITO BOWL

Servings = 4

30 min

1 pound ground beef, grass-fed
1 tablespoon coconut oil
1/2 onion, diced
1 teaspoon cumin
1 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon sea salt

1/2 teaspoon black pepper
1 tomato, diced
1 avocado, sliced
3-4 cups lettuce, chopped
1/4- 1/2 cups salsa verde
1/2 cup raw sunflower seeds, preferably soaked and dehydrated (optional)
1 cup cheese or dairy-free cheese, grated (optional)

Steps:

1. Saute the onion in a pan over medium heat with the coconut oil. Cook until soft, about 8 minutes. Add the beef meat, garlic, spices, herbs, salt and pepper. Stirring frequently, use a spatula to break up the meat until it is cooked through, about 10-15 minutes. Remove from heat.

2. Meanwhile, prepare the vegetables. Make the burrito bowl by layering lettuce, then meat, tomatoes, avocado, salsa, sunflower seeds and optional cheese.

NUTRITIONAL INFO: Per Serving: 475 Calories; 40g Fat (74.8% calories from fat); 20g Protein; 11g Carbohydrate; 4g Dietary Fiber; 77mg Cholesterol; 324mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 6 1/2 Fat.

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

Avocado, Beef, Black or White Pepper, Cumin, Garlic, Green Chilies, Lettuce, Onion, Oregano, Sunflower seed, Tomato

PEACH MANGO SALSA (NIGHTSHADE-FREE)

Servings = 4
20 min

This is a great recipe for people who cannot eat nightshades. It comes from <http://reluctantveggie.com>.

1 mango, peeled and chopped	1-3 cloves garlic, minced
1 peach, chopped, fresh or frozen (defrosted)	1 lime, squeezed
1/2 red onion, diced very fine	

Steps:

1. Mix all ingredients together in a bowl. Enjoy immediately or chill in the fridge to let the flavors meld for at least 30 minutes.

TIP: You could also use green onions diced very fine in place of the red onion. This may be more mild for children.

KID-FRIENDLY TIP: Use only 1 clove of garlic, less onion and make sure you dice the onion very small.

NUTRITIONAL INFO: Per Serving: 59 Calories; trace Fat (3.0% calories from fat); 1g Protein; 16g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 1 Fruit.

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

Garlic, Lime, Mango, Onion, Peach

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 Soy, Gluten, Dairy-free Spring-Summer 1

PRODUCE: VEGGIES

3-4 cups lettuce
7 zucchinis
8 + 3-4 cups spinach leaves
8 cabbage leaves
3-5 cloves garlic
1 cucumber
1-2 celery roots
1 pound asparagus
1 red onion
1 pound broccoli floret
1 1/2 onions
5 tomatoes
1 avocado

PRODUCE: FRUITS

1 peach
2 lemons
2 limes
1 mango

FRESH HERBS

2 tablespoons fresh parsley
1 cup fresh basil
1/2 cup fresh cilantro

MEAT AND FISH

1 pound ground beef
1 pound ground turkey
2 1/3 pounds chicken breast
16 ounces canned tuna

REFRIGERATED/FROZEN SECTION

5 cups frozen blueberries

DAIRY

1 cup cheese or dairy-free cheese

OILS, VINEGARS AND CONDIMENTS

2 tablespoons olive oil
9 1/2-10 1/2 tablespoons coconut oil

ETHNIC

1/4- 1/2 cups salsa verde
6-8 ounces coconut milk

NUTS AND DRIED FRUIT

1 1/2 cups raw pumpkin seeds
1 cup tahini
1/2 cup raw sunflower seeds

NUTS AND DRIED FRUIT (CONT.)

BAKING

3 tablespoons honey

SPICES AND DRIED HERBS

+ 2 1/2 teaspoons sea salt
+ 1 teaspoon black pepper
+ 1 teaspoon dried parsley
1 teaspoon dried marjoram
2 teaspoons + 1 pinch cumin
3 teaspoons dried oregano
1/2 teaspoon garlic powder

These ingredients will prepare the following recipes

Spinach Breakfast Burrito
Celery Root Hashbrowns
Pumpkin Pesto Chicken
Squash Noodles
Tuna Tahini Salad Spinach Wraps
Sauteed Broccoli
Lemon Herb Chicken with Tomato and Zucchini Relish
Roasted Asparagus
Beef Burrito Bowl
Peach Mango Salsa (nightshade-free)
Blueberry Coconut Sherbert