



Low FODMAP Diet Meal Ideas

Please note that these are generalized recipes. Please follow your food guide for specific foods you should eat/avoid.

Breakfast:

- Almond pancakes with fresh berries, topped with 1 Tbsp maple syrup
- Smoothie made with Repairvite powder, protein powder, fruit, spinach, + veggies
- Eggs (fried, scrambled, boiled, omelet) with a side of sautéed veggies and bacon/sausage
- Coconut or almond yogurt topped with fresh berries, coconut flakes, and nuts/seeds
- Breakfast sausage patties (Applegate or homemade) with a side of berries or roasted veggies (zucchini, squash, acorn squash, butternut, rutabaga) or with 1/8 avocado, sliced
- Veggie frittata (baked egg pie) filled with ground meat, spinach, peppers, and other veggies
- Baked egg cups (scrambled eggs with veggies or meat, baked in muffin pan)
- Breakfast hash with rutabaga, ground meat, kale, and zucchini
- Breakfast taco with Siete cassava tortilla, eggs, bacon, or ground meat
- Ham/turkey/chicken deli cubes with ¼ cup mixed berries and 10 almonds or walnuts
- Sweet potato “toast” topped with 1/8th avocado and tomatoes OR almond butter and berries

Salad Ideas:

- Toppings for salads: artichoke hearts (1/8th cup), bamboo shoots, beets (2 slices), carrots, cabbage, chives, cucumber, olives, sweet peppers, radish, roasted squash, and tomatoes
- Mixed greens with shredded carrots, chopped bell peppers, sliced radishes, sliced cucumber, and sprouts
- Mixed greens with shredded red cabbage, chopped cucumber, tomatoes, and pumpkin seeds
- Romaine lettuce with shredded carrots, chopped red bell peppers, cubed 1/4 avocado, and tomatoes
- Shredded cabbage with chopped cucumbers, shredded carrots, tomatoes, and sliced bell peppers
- Finely chopped kale with finely chopped broccoli (1/2 cup) and red cabbage, shredded carrots, almonds, and avocado slices (1/4 of an avocado)
- Mixed greens with strawberries, walnuts, sliced radishes, and cucumbers
- Spinach with dried cranberries, orange segments, and toasted slivered almonds or walnuts
- Shredded cabbage with chopped cucumbers, sesame seeds, cilantro, and almonds
- Spinach, shredded carrots, cubed avocado, sliced cabbage, green onions, and pumpkin seeds

Lunch:

- Salads (above)
- Soup
- Wraps made with lettuce, collard greens, Nuco coconut wraps, or Siete cassava flour tortillas
- Snack medley with deli meats, aged cheese, raw veggies, fruit, nuts or seeds
- Leftovers from the night before
- Buddha bowls

Easy Side Ideas:

- Zucchini or yellow squash: sauteed, steamed, or roasted. Can also be enjoyed raw.
- Cabbage: vinegar or mayo-based coleslaw, sauteed, steamed, roasted, or used as a wrap
- Bok choy: sauteed, roasted, or shredded raw in a salad
- Carrots: roasted, stir-fried, raw (shredded on top of salads or baby carrots)
- Potatoes (if permitted for you): mashed, baked potatoes, roasted potato wedges, hash browns, diced and sauteed into a hash
- Broccoli (3/4 cup): roasted, stir-fried, steamed, sauteed
- Sautéed leafy greens like spinach, kale, Swiss chard, collard greens, or turnip greens
- Veggie roasts: sweet potatoes (if permitted for you), eggplant, carrots, rutabaga, fennel, bell peppers, radish, squash, green beans, and tomatoes
- Stir fries: broccoli, carrots, green beans (15), cabbage, Bok choy, zucchini, yellow squash, bell peppers, eggplant, or hearts of palm

Sides:

- Pan fried summer squash with tomatoes, peppers, and basil (see recipe)
- Gingered Bok choy (see recipe)
- Roasted carrots, butternut squash, and fennel (see recipe)
- Cabbage slaw (cabbage, bell peppers, cilantro, green onions) with lemon or FODY dressing
- Lentil salad with tomatoes, olives, roasted bell peppers, and roasted fennel with lemon dressing
- Rutabaga mash (see recipe)
- Sautéed kale or any dark leafy greens: sauté with bacon and red chili flakes for heat
- Rutabaga rice (see recipe)
- Garlic mashed faux-tatoes
- Veggie roasts: eggplant, carrots, celeriac, rutabaga, fennel, peppers, radish, squash, and tomatoes
- Mixed leafy greens topped with low FODMAP veggies, fruits, and nuts/seeds

Main Dishes:

- Stir fries vegetable options: Bok choy, cabbage, carrot, broccoli (3/4 cup), green beans (15 total consumed), and bell peppers with beef, shrimp, chicken, or pork
- Beef and broccoli over spaghetti squash or bamboo shoot noodles
- Shredded cabbage with bacon and chicken sausage
- Eggplant marinara (baked eggplant with FODY marinara, served over Miracle Noodles or Jovial Grain-Free noodles)
- Stuffed bell peppers with ground turkey, zucchini, bell peppers, and tomatoes
- Soups
- Pecan crusted white fish or chicken
- Chicken satay with almond dipping sauce
- Thai red curry chicken
- Beef or chicken fajitas with sautéed peppers, zucchini, and yellow squash
- Slow cooker or instant pot carnitas or pulled chicken; wrapped in lettuce leaves or Siete tortillas
- Pot roast with rutabagas, green bell peppers, tomatoes, and carrots
- Roasted chicken with a side salad and steamed broccoli with lemon (see recipe)

- Club sandwich wraps (ham, aged cheese, lettuce, tomato, garlic-free ranch, in a Siete tortilla or lettuce wrap)
- Instant Pot or roasted pork tenderloin (salt, pepper, thyme, rosemary, lemon, paprika)
- Zucchini boats (hollowed out zucchini) topped with ground meat topped with FODY marinara
- Beef or turkey patties with potatoes of choice (if permitted) and roasted veggies
- Instant Pot or baked lemon and herb chicken thighs (lemon, salt, pepper, thyme)
- Instant Pot chicken cacciatore (chicken stew with olives and tomatoes)
- Crockpot herbed chicken
- Sheet pan chicken and veggies
- Sheet pan stir fry beef (add beef strips, peppers, eggplant, and squash to a sheet pan with coconut aminos or tamari, chili flakes, and pepper- and bake)
- Taco salad made with ground beef over lettuce, tomatoes, and peppers
- Pork chops with sauteed cabbage and shredded carrots
- Zucchini noodles, Miracle noodles, Jovial grain-free cassava noodles, or rice noodles (if permitted) with FODY marinara, or simple sautéed with oil, tomatoes, chicken broth, zucchini, and basil.

Snacks:

- Dips: Baba ghanoush (eggplant dip), carrot and jalapeno dip, zucchini hummus (see recipe)
- Rutabaga, carrot, or kale chips
- Vinegar pickled vegetables or olives (no sugar, onions, or garlic)
- Cucumber sliced topped with chicken, tuna, or salmon salad
- Cucumber sliced filled with deli meat, lettuce, and tomatoes
- Boiled or deviled eggs
- Aged cheese cubes (limit)
- Nuts and seed mix
- ¼ to ½ cup berries (blueberries, raspberries, or strawberries)
- Small orange or sliced fruit (cantaloupe, melon, kiwi, papaya) or grapes
- Deli meat slices or cubes with veggies and fruit
- Crudités (cucumbers, carrots, tomatoes, zucchini) with dip
- Yogurt with nuts and berries, topped with ½ tsp honey
- Bare Fruit chips or Dang coconut chips
- Cassava chips with a small side of guacamole
- Pork rinds (no onions or garlic)

Tips:

- Buy frozen veggies for a quick veggie-packed side. Options include such as spinach, turnip greens, collard greens, broccoli, butternut squash, green beans, and carrots.
- Utilize the same types of veggies during the week so you do not have to buy such a large variety.
- Meal prep ahead! Make large batches of chia pudding, veggie hashes, soups, and meat patties on Sunday. During the week, simply grab what you need and heat. Salads can also be made in advance as well.
- Utilize pre-made or pre-chopped ingredients such as pre-roasted beets and chopped butternut squash, broccoli, carrot sticks, pre-washed lettuce mixes, coleslaw kits, and pre-washed kale or greens.

Smoothies

Carrot-Orange Smoothie

Ingredients:

- 1 frozen green-yellow banana, previously sliced and frozen
- ½ medium/large carrot or 2 small carrots
- 1 small orange, peeled and segmented (seeds removed)
- Juice of ½ lemon
- ½ tsp vanilla
- 1 Tbsp flax seeds
- 1-2 scoops collagen peptides or paleo protein
- 6-8 oz water or almond/coconut/macadamia nut milk
- Optional: splash of orange juice

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Dr. Cat's Basic Smoothie Recipe

Ingredients:

- 1 frozen green-yellow banana, previously sliced and frozen
- ¼ to ½ cup frozen berries
- 1 handful spinach or baby kale
- 1 Tbsp almond butter OR 1 Tbsp flax or chia seeds
- 1 scoop low FODMAP protein powder, such as bone broth protein or collagen peptides
- Supplements: Repairvite
- 6-8 oz unsweetened coconut or almond milk
- ½ cup ice cubes

Instructions:

1. Place all ingredients in a high-speed blender and blend until smooth.

Green Extreme Smoothie

Recipe by Kate Scarlata and Dede Wilson

Makes about 2 cups

Ingredients:

- 1 cup seedless green grapes
- 1 6-inch piece unpeeled English cucumber, chopped
- 1 handful baby spinach
- 2 medium-sized kale leaves, stemmed and chopped
- Juice of ½ lime
- 4-6 oz water
- 1 cup ice cubes
- 1-2 scoops collagen peptides or paleo protein- or favorite low FODMAP protein

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Cran-Berry Spinach Smoothie

Ingredients:

- ¼ cup frozen raspberries OR ½ cup frozen strawberries
- ½ cup unsweetened organic cranberry juice (to taste)
- 1 handful baby spinach or 1/3 cup frozen spinach
- Juice of ½ lemon
- 2 Tbsp pumpkin seeds
- 4-6 oz water
- 1 cup ice cubes
- 1-2 scoops collagen peptides or paleo protein

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Blueberry Banana-Nut Smoothie

Ingredients:

- 1 frozen green-yellow banana, previously sliced and frozen
- 1/3 cup frozen blueberries
- 2 medium-sized kale leaves, stemmed and chopped OR a handful of baby kale or spinach
- 1 Tbsp almond, sunflower seed, or macadamia nut butter
- Juice of ½ lemon
- 6-8 oz water or almond/coconut/macadamia nut milk
- 1-2 scoops collagen peptides or paleo protein

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Strawberry-Carrot Smoothie

Ingredients:

- ½ cup frozen strawberries
- 1 frozen green-yellow banana, previously sliced and frozen
- ½ medium/large carrot
- 1 Tbsp hemp seeds
- 1-2 scoops low FODMAP powder, such as collagen peptides or Paleo Powder
- 6-8 oz water or almond/coconut/macadamia nut milk

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Zucchini-Berry Smoothie

Ingredients:

- ½ frozen green-yellow banana, previously sliced and frozen
- ¼ cup frozen blueberries
- ½ medium-large zucchini, diced
- 1 Tbsp macadamia nut butter or 5-6 macadamia nuts
- 1-2 scoops low FODMAP powder, such as collagen peptides or Paleo Powder
- 6-8 oz water or almond/coconut/macadamia nut milk
- Optional: add ½ tsp honey for added sweetness

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Avo-Berry Smoothie

Ingredients:

- 1/8th of a fresh avocado
- ½ cup frozen blueberries or raspberries
- 1 Tbsp hemp seeds
- Juice of ½ lemon
- 1-2 scoops low FODMAP powder, such as collagen peptides or Paleo Powder
- 6-8 oz water or almond/coconut/macadamia nut milk
- ½ cup ice cubes
- Optional: add ½ tsp honey for added sweetness

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Cran-Orange Smoothie

Ingredients:

- ½ frozen green-yellow banana, previously sliced and frozen
- ½ cup unsweetened organic cranberry juice
- 1-2 small oranges, peeled and seeds removed
- 2 Tbsp pumpkin seeds or 5-6 macadamia nuts
- ½ cup water
- 1-2 scoops collagen peptides or paleo protein

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Cucumber-Kiwi Smoothie

Ingredients:

- 1 frozen green-yellow banana, previously sliced and frozen
- 1 kiwi, peeled and chopped
- 1 medium cucumber, deseeded and cubed
- Juice of ½ lemon or lime
- 1-2 scoops low FODMAP powder, such as collagen peptides or Paleo Powder
- 6-8 oz water
- Optional: additional ice

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Strawberry Banana Smoothie

Ingredients:

- 1 frozen green-yellow banana, previously sliced and frozen
- ½ cup frozen strawberries
- ½ tsp vanilla
- 1 Tbsp almond butter
- Juice of ½ lemon
- 1-2 scoops low FODMAP powder, such as collagen peptides or Paleo Powder
- 6-8 oz water or almond/coconut/macadamia nut milk

Instructions:

1. Place the ingredients in a high-speed blender. Pulse on and off to get started, then blend on high speed until smooth.

Breakfast

Almond Pancakes

Recipe by: Rebecca Coomes

Makes about 4 small pancakes

Ingredients:

- 2 Tbsp almond meal
- 1 Tbsp coconut flour
- ¼ tsp vanilla, or more for extra flavor
- 1 egg
- 1 egg white
- ¼ sparkling water
- Pinch of sea salt
- Avocado or coconut oil for cooking

Instructions:

1. Preheat pan or griddle and add cooking oil
2. Mix all ingredients together in a bowl until there are no lumps.
3. Use ¼ size measuring cup to spoon mixture onto prepared griddle
4. Cook until done; look for bubbling or browning of the edges before flipping.

Turkey Breakfast Patties

Ingredients:

- 1 lb ground turkey or chicken
- 1 Tbsp green onions, green tops only, finely minced
- 1 tsp poultry seasoning
- ½ tsp salt
- ¼ tsp pepper
- Pinch of red pepper flakes
- 2 Tbsp avocado oil

Instructions:

1. Place all ingredients in a large bowl and mix until just combined. Over-working the mixture will make the patties tough.
2. Divide mixture into eight equal portions. Form into 1/2-inch-thick patties, set aside on a plate.
3. Heat 1 tablespoon of oil in a large skillet over medium heat. Cook patties, four at a time, about 3 to 4 minutes per side or until they are nicely browned and cooked through. Repeat with remaining patties.
4. Serve or refrigerate patties for future use. The patties can also be frozen and reheated.

Salmon and Spinach Frittata

Recipe by: Rebecca Coomes

Ingredients:

- 1 Tbsp avocado oil
- 10 eggs, whisked
- 1 large can of salmon, wild-caught, drained
- 1 cup fresh spinach leaves, chopped
- ½ tsp dried thyme
- ½ tsp dried basil
- ½ tsp dried rosemary
- ½ tsp salt
- ¼ tsp pepper

Instructions:

1. Preheat oven to 350° F.
2. Grease glass baking dish or glass pie pan with oil.
3. Add eggs into a large bowl and whisk to combine. Add drained salmon, chopped spinach, spices, salt, and pepper. Whisk to combine.
4. Pour into prepared baking dish.
5. Bake for 18-20 minutes or until middle of frittata is completely cooked through

Recipe Notes:

- Consider adding in extra veggies such as shredded zucchini or carrots, or cherry tomatoes.
- Serve with sliced tomato and 1/8th avocado.
- Fresh herbs can also be used instead of dried herbs.

Kale, Butternut Squash, and Bacon Hash

Ingredients:

- 3 cups ½ to 1-inch cubed butternut squash or sweet potato (if permitted)
- 1 Tbsp melted ghee or avocado oil
- 6-7 slices of turkey or normal bacon, cut into 1–2-inch pieces
- 4 cups chopped kale

Instructions:

1. Preheat oven to 375° F. Line a baking sheet with foil or parchment paper. Lightly grease the baking sheet with ghee or avocado oil.
2. Add the butternut squash or sweet potato to the pan and pour over melted ghee or oil and sprinkle over a pinch or two of salt. Using your hands or a spoon, toss to combine.
3. Spread the squash out in a single layer. Place baking sheet in the oven and roast squash for 30 minutes or until soft.
4. Meanwhile, add the bacon pieces to a large skillet and cook until about ¾ done. Drain excess grease but leave some to cook the kale.
5. Add the chopped kale to the pan and cook for about 5 minutes, until kale is bright green and wilted.
6. Add in the roasted butternut squash to the pan and stir to combine.
7. Taste and adjust for seasonings with salt and pepper. Serve hot.

“Egg in the Hole” Peppers

Ingredients:

- 1 bell pepper, any color, de-seeded
- 2 tsp avocado oil
- 4 eggs
- Cilantro, chopped for garnish
- Salt and pepper to taste

Instructions:

1. Slice tops and bottoms off bell peppers and finely dice. Remove and discard seeds and membranes. Slice the pepper into four 1/2-inch-thick rings.
2. Heat 2 tsp oil in a large nonstick skillet over medium heat. Add 4 bell pepper rings, then crack 1 egg into the middle of each ring. Season with salt and pepper.
3. Cook the eggs until the whites are mostly set but the yolks are still runny, about 2 to 3 minutes.
4. Gently flip and cook 1 minute more for runny yolks, 1 1/2 to 2 minutes more for firmer yolks.
5. Transfer to serving plates and garnish with salsa and cilantro.

Rutabaga Hash

Ingredients:

- 2 Tbsp avocado or coconut oil
- 2-3 small rutabaga or 1-2 medium rutabaga, peeled and cubed into bite-sized pieces
- 1 red bell pepper, de-seeded and chopped
- 1 tsp chili powder (optional)
- ½ tsp cumin (optional)
- Salt and pepper to taste
- 1 zucchini, cubed
- 1 small yellow squash, cubed

Instructions:

1. Preheat oil in a large skillet over medium heat. Add in rutabaga cubes, pepper, and spices. Cook for 5 minutes, stirring occasionally.
2. Add in squashes. Stir to combine and cover with a lid. Let cook, stirring often, for 15 minutes, until rutabagas are tender and cooked. If the rutabagas are browning too much or burning, lower heat and add in a few tablespoons of water, stir, and then cover with lid. If too much liquid, remove lid and let water evaporate.
3. Alternatively, place the veggies on a prepared sheet pan and drizzle over oil and mix in spices. Bake in a 400° F oven for 20-30 minutes, stirring occasionally.

Recipe Notes:

- Feel free to add in ground meat or breakfast sausage to recipe. To do this, add the meat to the pan first, then add veggies.
- Add in kale, spinach, or fresh herbs for extra nutrition, texture, and flavor. Or top with chopped green onion, be sure they are the green tops only.
- If permitted, substitute rutabaga with white potatoes or sweet potatoes.

Spinach and Zucchini Egg Cups

Ingredients:

- 10 eggs
- 6 Tbsp unsweetened almond milk
- 2 tsp turmeric
- ½ tsp salt
- ¼ tsp pepper
- 2 Tbsp avocado oil, extra for greasing
- 2 medium zucchini, cubed
- 2 scallions, green tops only, chopped
- 4 cups baby spinach, chopped

Instructions:

1. Preheat oven to 350° F.
2. Lightly grease a 12-cup muffin pan with ghee or avocado oil.
3. In a large bowl, whisk together eggs, almond milk, and turmeric. Season with salt and pepper. Set aside.
4. In a medium pan, heat the oil and add the zucchini. Cook for 7-8 minutes or until it starts to lightly brown and soften.
5. Add the scallions and spinach. Cook another 2-3 minutes. Once the zucchini is slightly tender and the spinach is wilted, set aside to cool.
6. Add the veggies to the egg mixture. Mix to combine.
7. Carefully pour egg batter into the prepared muffin cups to make 10-12 frittatas.
8. Bake for 20-30 minutes or until slightly puffy and lightly browned.

Recipe Notes:

- Consider adding in extra veggies such as peppers, kale, carrots, or cherry tomatoes.
- Serve with sliced tomato and 1/8 avocado.
- Add fresh herbs such as parsley and basil for additional flavor.
- If you tolerate dairy, add freshly grated aged cheese for additional flavor.

Sheet Pan Roasted Vegetable Frittata

Ingredients:

- 2 large zucchinis, thinly sliced
- 8 scallions, green tops only, chopped
- 4 roasted peppers, jarred, sliced
- 2 cup kale, spines removed and shredded
- 12 eggs
- ½ tsp salt
- ¼ tsp black pepper

Instructions:

1. Thinly slice zucchini, about 1/4" thick.
2. Chop scallions, drain and slice peppers. Shred kale (or use pre-washed kale).
3. Preheat oven to 350° F. Line sheet pan with parchment paper and brush lightly with avocado oil. Be sure to grease the sides so the eggs do not stick.
4. Evenly space out zucchini, peppers, scallions, and kale on the pan.
5. Add the eggs to a medium bowl and season with salt and pepper and whisk to combine.
6. Pour eggs over vegetables and push around the pan to coat.
7. Bake until eggs are set, about 20 minutes.
8. Remove from oven and cut into eight squares.

Baked Egg skillet

Ingredients

- 1 Tbsp garlic infused olive oil
- 2 red bell peppers (thinly sliced)
- ½ tsp smoked paprika
- 1 cup chopped fresh tomatoes
- Salt and pepper to taste
- 4 medium eggs
- Parsley, chopped, garnish

Instructions

1. Heat the oil in a large saucepan over a medium heat and cook the peppers, stirring frequently, until soft. About 6-8 minutes.
2. Add the smoked paprika, chili, and chopped tomatoes and cook for 3-4 minutes.
3. Season with salt and pepper to taste.
4. Make 4 indents in the mixture.
5. Break the eggs into each of the indents and place under the broiler under a medium heat for approximately 5 minutes, until the eggs are cooked. Top with parsley and serve.

Mexican Frittata

Ingredients:

- 1 Tbsp avocado oil
- 6 scallions, green tops only, chopped
- 2 tsp cumin, ground
- 2 tsp chili powder
- 1 pint cherry tomatoes, halved
- 1 red bell pepper, chopped
- 1 cup kale, shredded
- ½ tsp salt
- ¼ tsp pepper
- 6 eggs

Instructions:

1. Preheat oven to 350° F.
2. Add oil to medium skillet and heat over medium heat. Sauté scallions, peppers, tomatoes, cumin, and chili powder until softened. Add kale and continue sautéing until wilted. Season with salt and pepper. Once done, set aside, and let cool.
3. In a large bowl, whisk eggs and season with salt and pepper.
4. Pour sautéed veggies into the whisked eggs and stir to combine.
5. Pour egg mixture in a greased glass baking dish or oven-safe pan. Bake for about 20 minutes until center is set.
6. Remove from oven, slice, and serve.

Quiche Lorraine

Ingredients:

- Avocado oil or ghee for greasing
- 3 large strips no-sugar bacon, chopped
- 5 eggs
- 1 cup almond milk, unsweetened
- 3 scallions, sliced
- Salt and pepper

Instructions:

1. Pre-heat the oven to 350°F.
2. Grease a round glass baking dish or pie pan.
3. Heat a non-stick frying pan over a medium heat. Add the bacon and cook through. Set aside.
4. In a large bowl, whisk the eggs until combined. Add in the almond milk and mix to combine. Add in the bacon, and spring onions. Season with salt and pepper. Stir to combine.
5. Carefully pour into the prepared glass dish.
6. Bake for 40-50 minutes until the quiche is cooked through and golden on top. Remove from the oven.
7. The quiche can be eaten hot or cold.

Meaty and Spinach Frittata

Ingredients:

- Avocado oil, for greasing
- 5 strips of no-sugar bacon
- 1 lb ground turkey, chicken, or beef
- 10 eggs, whisked
- 1 ½ cup baby spinach
- ½ tsp dried thyme
- ½ tsp dried basil
- Salt and pepper to taste

Instructions:

2. Preheat oven to 350° F.
3. Grease glass baking dish or glass pie pan with oil.
4. In a large skillet, sauté bacon and cook until crispy. Remove and let cool. Reserve bacon grease for other use. Using the same skillet, sauté ground meat and season with spices, salt, and pepper. When the sausage is almost cooked through, add in spinach by the handful and let wilt.
5. Place sausage-spinach mixture in a large bowl and crumble bacon on top. Add in eggs and spices. Gently combine.
6. Pour into prepared baking dish.
7. Bake for 18-20 minutes or until middle of frittata is completely cooked through.

Recipe Notes:

- Instead of pouring contents into a baking dish, make egg muffin cups. Liberally grease muffin tins and pour mixture into the tin. Bake for the same duration.
- Consider adding in extra veggies such as shredded zucchini or carrots, red bell peppers, or cherry tomatoes.
- Serve with sliced tomato.
- Fresh herbs can also be used instead of dried herbs.

Grain Free Granola

Ingredients:

- ½ cup of hemp seeds
- ½ cup chia seeds
- ¼ cup ground flaxseed
- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- ½ cup unsweetened coconut flakes
- ½ cup coarsely chopped walnuts
- ½ cup coarsely chopped pecans
- 1 Tbsp ground cinnamon

Instructions:

1. Mix all the dry ingredients in a large bowl. Then pour in a container that can be sealed shut. Store in your pantry.

Recipe Notes:

- For serving, scoop ½ cup of seed cereal into a bowl, add ¼ cup berries of choice, and add a few drops of stevia. Finally add the desired amount of warm hemp, coconut, or almond milk, stir and enjoy.
- You can use this granola as a topping for any yogurt or chia pudding.

Low FODMAP Yogurt Parfait

Ingredients:

- 1 cup low FODMAP yogurt such as Green Valley Lactose-Free yogurt, Kite Hill Unsweetened Greek Yogurt, CocoYo coconut yogurt, or HEB brand coconut or almond yogurt
- ½ tsp honey
- ¼ cup sliced strawberries
- ¼ cup raspberries
- 2 Tbsp grain-free granola (recipe above)

Instructions:

1. Place yogurt in a bowl and pour in honey. Mix thoroughly.
2. Top with berries and nuts. Serve and enjoy!

Homemade 24-Hour Yogurt

Recipe by: Danielle Walker from *Against all Grain*

Ingredients:

- 1 13.5 ounce cans unsweetened full fat coconut milk, divided
- 3 tsp unflavored gelatin
- 2 Tbsp honey or stevia (to taste)
- 1 50 billion IU probiotic or 1 dairy-free probiotic yogurt starter

Instructions:

1. Place ¼ cup of coconut milk in a bowl. Sprinkle the gelatin over it and set aside to “bloom” for 10 minutes.
2. Heat the remaining coconut milk in a small saucepan over medium heat until it reaches 150°F, about 10 minutes.
3. Remove from heat and whisk in the softened gelatin mixture and honey.
4. Allow milk to cool to 101°F, then whisk the contents of the 1 probiotic capsule or yogurt starter.
5. Pour the mixture through a mesh sieve into sterilized jars and screw on the lids.
6. Place the jars in a yogurt maker and ferment for 24 hours. Alternatively, ferment in a dehydrator without the trays on 120°F for the same time.
7. The yogurt will be liquid, and the coconut cream may have separated. Place the jars in the refrigerator for 4 hours to allow the gelatin to set and the yogurt to thicken. Once set, whisk or stir vigorously to blend the yogurt or pulse in blender.

Recipe Notes:

- Be sure to purchase a good-quality probiotic if you are using a probiotic capsule.
- If you want to purchase a yogurt starter, Cultures for Health (website) has great non-dairy yogurt starters and yogurt making equipment.

Strawberry Muffins

Recipe by Lisa Richards, CNC

Ingredients:

- 1/2 cup coconut flour
- 1/4 tsp baking soda
- Pinch of salt
- 1/2 cup unsweetened, canned coconut milk
- 1/2 tsp stevia
- 2 Tbsp coconut oil, melted
- 3 eggs
- 1/2 tsp vanilla
- 1/2 cup diced fresh strawberries
- 6 fresh strawberry slices for garnish

Instructions:

1. Preheat oven to 350°F. Line 6 cups of a 12-cup muffin tin with paper baking cups or brush generously with oil, set aside.
2. In a medium bowl, sift coconut flour, baking soda and salt, whisk to combine.
3. In another medium bowl, add unsweetened coconut milk, stevia, melted coconut oil, eggs, and vanilla, whisk thoroughly.
4. Pour liquid ingredients into the bowl with dry ingredients, stir to combine for one minute as coconut flour absorbs liquids. Fold diced strawberries.
5. Spoon muffin batter into the prepared tin, smoothing tops, then press a strawberry slice on the top of each.
6. Bake muffins until golden brown, about 30 to 35 minutes. Cool, serve.

Breakfast Bento Box

Ingredients:

- Protein:
 - Smoked salmon slices
 - Roasted salmon
 - Salmon packs
 - Homemade turkey patties
 - Applegate Farms No-Sugar Chicken Links
 - No-sugar bacon
 - Sauteed cubed chicken breasts
 - Cubed ham
- Veggies:
 - Raw carrots, celery, bell peppers, cucumber
 - Roasted zucchini, yellow squash butternut squash
- Fruits: strawberries, blueberries, raspberries, kiwi, banana, orange slices, grapes
- Fats:
 - 1/8th avocado, sliced
 - Macadamia nuts, pecans, walnuts, almonds
 - Seeds: sunflower, hemp, pumpkin
 - Coconut flakes

Instructions:

1. Cook or roast ingredients in advance, if using cooked foods.
2. Place 1-2 foods from each category above in the portion sizes of your choice in a glass or Tupperware container. Take with you on the go and enjoy! You can also serve on a plate.
3. Make several containers in advance for quick grab-and-go breakfasts.

Butternut Squash Breakfast

Ingredients:

- 2 cups cubed butternut squash
- 1 cup almond or coconut milk
- 1 tsp vanilla
- Pinch of salt
- ½ tsp honey or maple syrup

Instructions:

1. Place all ingredients in medium saucepan and stir to combine. Cover with a lid and cook over medium heat for 20-25 minutes, until butternut squash is soft when pierced.
2. If the mixture is looking dry, add in a splash or two of more milk or water.
3. Once tender, mash with a potato masher or back of a fork. Alternatively, blend in a food processor until smooth.
4. Taste adjust sweetness with honey or maple syrup if necessary.
5. Spoon desired portion into a bowl and top with coconut cream, berries, grain-free granola, hemp seeds, nuts, almond butter. Serve warm.

Sweet Potato Toast *(Only eat if you were permitted to eat sweet potatoes)*

Ingredients:

- 2-3 medium-large sweet potatoes, preferably wide and uniform in shape
 1. Look for sweet potatoes, not yams. Yams tend to be dry.
- 1-2 Tbsp melted ghee or avocado oil
- ½ tsp salt

Instructions:

1. Preheat oven to 400° F. Line a baking sheet with foil or parchment paper. Grease the baking sheet with ghee or avocado oil.
2. Scrub the potatoes clean, removing any dirt or blemishes. You may peel the potatoes or leave them unpeeled for additional fiber and nutrition.
3. Using a sharp knife or a mandolin, carefully slice the sweet potatoes lengthwise in to ¼ to ½ inch slices. You should be left with long cross-section of potato that resembles “toast” or a slice of bread. You may also cut width-wise, to have sweet potato circles.
4. Place the sliced sweet potatoes on the baking sheet and coat with melted ghee or avocado oil. Using your hands, rub the oil into each sweet potato. Sprinkle with salt.
 - If you’d like, you can also sprinkle with cinnamon.
5. Align the potatoes in a single layer on the baking sheet. If a lot of slices, you may need more than 1 baking pan.
6. Place the pan in the oven and bake for 30 minutes. Thicker slices may need more time. If the potatoes look like they are burning at the bottom, flip them over.
7. To store, wait until “toasts” are cool, then store a glass or Tupperware container in the fridge. The “toasts” can be reheated in the toaster when read to serve.
8. To serve, top with toppings of choice. Ideas include: mashed avocado and hemp seeds almond butter with hemp seeds and berries, mashed avocado with turkey bacon, and avocado slices and smoked salmon.

Zucchini Fritters

Ingredients:

- 1 zucchini, grated
- 2 free-range eggs
- 2 Tbsp coconut flour
- 2 tsp ghee or avocado oil
- Salt and pepper

Instructions:

1. Squeeze the excess moisture out of the grated zucchini by grabbing a handful of it and squeezing it over the sink or a bowl.
2. Place the zucchini in a large bowl. Add in the eggs and coconut flour. Mix to combine. Add more coconut flour if the mixture is too wet. If the mixture is too dry, add in a drop of water. Season with salt and pepper.
3. In a large frying pan, heat over a medium heat and melt the ghee or avocado oil. To cook the fritters, add in a large spoonful of batter. Repeat until you have filled the pan ensuring you have left room to flip the fritters.
4. Cook for 2-3 minutes on one side and then flip and cook on the other side until golden brown and cooked through. Remove from the pan and place on serving platter. Serve.

Breakfast Tacos

Ingredients:

- 1 Tbsp avocado oil
- 1 lb ground turkey or chicken
- 1 tsp cumin
- 1 Tbsp chili powder
- ½ tsp salt
- ¼ tsp pepper
- Pinch of red pepper flakes
- 1 large sweet potato, cubed (if permitted, if not use rutabagas or carrots)
- Cassava tortillas, such as Siete or Mikey's
- Onion-free pico de gallo

Instructions:

1. Heat 1 tablespoon of oil in a large skillet over medium heat.
2. Add in meat and seasonings. Cook until ¾ done.
3. Add in sweet potatoes and stir to combine.
4. Cover with a lid and cook for 15-20 minutes until potatoes are tender when pierced. Stir often during this time. If too much water is in the pan, uncover and let evaporate.
5. To make tacos, heat tortillas on comal or flat skillet. Scoop meat and potato mixture into the center of each tortilla and top with tomato-free pico de gallo.

Baked Sweet Potato Nest *(Only eat if you were permitted to eat sweet potatoes)*

Ingredients:

- 1 11 oz package spiralized sweet potatoes or butternut squash
- 1 Tbsp avocado oil or melted ghee, plus more for greasing
- ½ tsp cinnamon
- Stevia, to taste
- 1 pinch salt

Instructions:

1. Preheat oven to 350 °F. Lightly grease a muffin tin with avocado oil or melted ghee.
2. Add spiralized sweet potatoes to a medium mixing bowl. Pour over oil/ghee, cinnamon, stevia, and a pinch of salt. Mix gently with hands, making sure oil and spices coat spirals without breaking them apart.
3. Taste a small piece and adjust sweetness if necessary.
4. Using your hands or tongs, gently fill each muffin portion with the spirals until about halfway full.
5. Bake for 25-30 minutes, until sweet potatoes are tender when pierced. Serve warm with a spoonful of coconut cream or plant-based yogurt, topped with fresh berries.

Dr. Cat's Favorite Kale and Butternut Tacos with Pecan Pesto

Ingredients:

- 2 Tbsp avocado oil, divided
- 2 cups cubed butternut squash
- ½ tsp salt
- ¼ tsp pepper
- Pinch of red pepper flakes
- 4 cups chopped kale
- ¼ cup pecans
- 1 handful of cilantro leaves
- ¼ tsp cumin
- ½ tsp chili powder
- 1 pinch salt
- Cassava tortillas, such as Siete or Mikey's

Instructions:

1. Heat 1 Tbsp of oil in a large skillet over medium heat.
2. Add in butternut squash along with salt and pepper. Cook until squash is nearly tender, stirring often.
3. Add in kale and stir to combine. Continue to cook, stirring often, until butternut squash is tender and kale is slightly wilted, but bright green.
4. While butternut squash is cooking, make a pecan pesto. Add pecans, cilantro, cumin, chili powder, salt, and 1 Tbsp of oil to a food processor and blend until pecans are in fine pieces. Set aside.
5. To make tacos, heat tortillas on comal or flat skillet. Scoop butternut and kale mixture into the center of each tortilla and top with pecan pesto. Serve and enjoy!

Salads and Dressings

White or Red Wine-Walnut Vinaigrette

Ingredients:

- 1 Tbsp white or red wine vinegar
- 1 Tbsp fresh lemon juice
- 3 Tbsp walnut oil (can also use avocado oil)
- 3 Tbsp extra-virgin olive oil or avocado oil
- ½ to 1 tsp mustard
- 1 tsp honey
- Fresh herbs (parsley, dill, basil, thyme)
- Salt and pepper to taste

Instructions:

1. Combine all ingredients into a bowl and whisk together. Alternatively, you can combine all ingredients into a small jar with a lid and shake to combine.

Recipe Notes:

- You can adjust the acidity based on how much vinegar or lemon juice you add. Feel free to omit vinegar and just use lemon, or vice-versa.
- Mustard is optional, but it helps emulsify the vinaigrette into a cohesive mixture.
- Add any herbs you like; different combinations will lead to different flavors.
- You can use all olive oil or all walnut oil-your choice!

Simple Lemon Vinaigrette

Ingredients:

- ¾ -1 cup olive, walnut, or avocado oil
- ¼ cup lemon juice
- 1 tsp honey
- ¼ cup fresh parsley, dill, or chives, chopped
- Salt and pepper to taste

Instructions:

1. Mix all ingredients in a small bowl and whisk together until combined. Alternatively, add ingredients into a small mason jar, screw on lid, and shake until mixed.

Sesame Vinaigrette

Recipe adapted from Myra Goodman

Ingredients:

- 2 Tbsp white wine vinegar
- 2 Tbsp coconut aminos
- 1 Tbsp toasted sesame oil
- ¼ tsp hot sauce or a pinch of chili flakes (optional)
- 1 Tbsp fresh grated ginger

Instructions:

1. Combine all ingredients in a bowl and whisk together. Alternatively, you can combine all ingredients into a small jar with a lid and shake to combine.

Recipe Note:

- For some freshness and different flavor, add 2 Tbsp freshly squeezed orange juice.

Kale Salad Dressing

Ingredients:

- 3 sprigs of scallions, diced (green tops only)
- 1 cup baby kale or chopped kale leaves
- 1/3 cup coconut aminos
- 1/3 cup lemon juice freshly squeezed
- 1/3 cup extra virgin olive or avocado oil
- 1 tsp Dijon mustard
- ¼ tsp cayenne pepper (optional)
- Salt and pepper, to taste

Instructions:

1. Blend all the ingredients in a highspeed blender until smooth and creamy

Classic Greek Vinaigrette

Ingredients:

- ¼ cup olive oil or avocado oil – more if needed
- Juice of 1 lemon
- 2 Tbsp red wine vinegar
- 1 tsp dried oregano
- Salt and pepper to taste

Instructions:

1. Mix all ingredients in a small bowl and whisk together until combined. Alternatively, add ingredients into a small mason jar, screw on lid, and shake until mixed.

Dairy-Free Ranch Dressing

Adapted from Good Noms Honey

Ingredients:

- 1 cup mayonnaise, preferably by Primal Kitchens
- 2 Tbsp garlic-infused olive oil or avocado oil
- 1 Tbsp lemon juice
- 2 Tbsp green onions (green tops only), finely chopped
- 2 Tbsp fresh parsley, chopped
- 1 Tbsp fresh dill, chopped
- 1 tsp salt
- ½ tsp pepper
- 1-4 Tbsp unsweetened almond or coconut milk

Instructions:

1. Add all ingredients into a bowl and mix. Add in coconut or almond milk to create desired consistency. Alternatively, do not chop herbs. Instead add all ingredients to a food processor and blend until herbs are in tiny specks.

Recipe Notes:

- For a Mexican flavor, add in fresh cilantro, lime juice instead of lemon, and 1 tsp cumin.

Raspberry Vinaigrette:

Ingredients:

- ½ cup raspberries
- 3 Tbsp red wine vinegar
- 1 tsp Dijon mustard
- 2 Tbsp avocado oil
- ½ tsp honey

Instructions:

1. Add all ingredients into a food processor and blend to combine. Scrape contents out of blender and store in a glass container or serve.
2. Alternatively, add all ingredients to a mason jar. Screw lid on and shake vigorously to combine. Serve.

Dijon Vinaigrette

Ingredients:

- 3 Tbsp red wine vinegar
- 1 tsp Dijon mustard
- 6 Tbsp avocado oil
- Salt and pepper to taste
- 1 tsp honey

Instructions:

1. Mix all ingredients in a small bowl and whisk together until combined. Alternatively, add ingredients into a small mason jar, screw on lid, and shake until mixed.

Balsamic Dijon Vinaigrette

Ingredients:

- 1/3 cup balsamic vinegar
- 2 tsp Dijon mustard
- ¾ cup avocado oil
- Salt and pepper to taste
- 1 tsp honey

Instructions:

1. Mix all ingredients in a small bowl and whisk together until combined. Alternatively, add ingredients into a small mason jar, screw on lid, and shake until mixed.

Golden Milk Dressing

Ingredients:

- ½ cup coconut yogurt, such as Cocoyo yogurt
- 1 Tbsp avocado oil
- 1 Tbsp lemon juice
- ½ tsp ground turmeric
- Salt and pepper, to taste

Instructions:

1. Mix all ingredients in a small bowl and whisk together until combined. Alternatively, add ingredients into a small mason jar, screw on lid, and shake until mixed.
2. Taste vinaigrette and adjust seasoning, adding salt and pepper if necessary.

Red Wine Vinaigrette

Ingredients:

- ½ cup extra virgin olive oil or avocado oil
- 2 Tbsp red wine vinegar, ensure sulfite free, such as Pompeian Organic or Napa Valley Naturals
- 1 tsp Dijon mustard
- 1 tsp dried thyme
- Salt and pepper, to taste

Instructions:

1. Mix all ingredients in a small bowl and whisk together until combined.
2. Taste vinaigrette and adjust seasoning, adding salt and pepper if necessary.

Lemon Chia Dressing

Ingredients:

- 2 Tbsp Dijon mustard
- 2 Tbsp water
- 2 Tbsp chia seeds
- 1/3 cup fresh lemon juice
- ¼ cup avocado oil

Instructions:

1. Add all ingredients into a bowl and whisk to combine.
2. Taste dressing and adjust seasoning, adding salt and pepper if necessary.

Lemon Tahini Dressing

Ingredients:

- ½ cup tahini (sesame paste)
- ½ cup extra virgin olive oil or avocado oil
- 2 Tbsp lemon juice
- 1 tsp lemon zest
- Salt and pepper, to taste

Instructions:

3. Add all ingredients into a bowl and whisk to combine.
4. Taste dressing and adjust seasoning, adding salt and pepper if necessary.

Sesame Tahini Dressing

Ingredients:

- ½ cup tahini (sesame paste)
- ¼ cup water
- 1 Tbsp avocado oil
- 2 Tbsp lemon juice
- 1 Tbsp coconut aminos
- 1 tsp sesame oil
- 1 tsp grated garlic
- Salt and pepper, to taste

Instructions:

1. Add all ingredients into a bowl and whisk to combine.
2. Taste dressing and adjust seasoning, adding salt and pepper if necessary. Add more sesame oil for additional sesame flavor.

Moroccan Carrot Salad

Ingredients:

- 3 medium carrots, peeled and grated (leave unpeeled if you desire more fiber)
- 2 Tbsp extra virgin olive oil
- 2 Tbsp freshly squeezed lemon juice
- 2 Tbsp chopped fresh cilantro or parsley
- ¼ tsp ground cumin
- ¼ tsp ground paprika
- 1 dash cinnamon
- ½ tsp salt
- ¼ tsp cayenne pepper (optional)

Instructions:

1. Combine carrots, oil, lemon juice, cilantro, cumin, paprika, cinnamon, salt, and cayenne in a large bowl; mix well. Cover and marinate in refrigerator for 2 to 3 hours before serving.

Tuscan Kale Salad

Ingredients:

- 4-6 cups Lacinato kale, middle ribs removed and sliced thinly
- Juice of 1 lemon
- 3-4 Tbsp extra virgin olive oil or walnut oil
- ¼ tsp Italian oregano finely chopped (dry or fresh)
- Salt & pepper, to taste
- Hot red pepper flakes, to taste

Instructions

1. In a small bowl, whisk together lemon juice, olive oil, oregano, salt, pepper, and a generous pinch (or more to taste) of hot red pepper flakes.
2. Place kale in a serving bowl and pour dressing over the greens.
3. Massage the dressing into the kale for 3-5 minutes, until kale is tender.

Mixed Greens with Strawberries

Ingredients:

- 5 organic strawberries, rinsed, dried, and quartered
- 4 oz mixed greens (any type)
- 7-10 walnut halves; can be chopped into pieces
- 2 Tbsp hearts of palm, sliced

Instructions:

1. Add mixed greens into a large bowl and top with strawberries, and walnuts. Serve with white wine-walnut vinaigrette or raspberry vinaigrette (see recipe).

Recipe Notes:

- This recipe was made for 1 serving; feel free to double or triple recipe for more servings.
- Instead of strawberries, substitute them for roasted red bell peppers. Add in sliced (or roasted) tomatoes and fresh herbs like basil, and serve with red wine-walnut vinaigrette.

Farm Salad

Ingredients:

- Salad greens of your choice (romaine, green leaf, spring mix, spinach)
- 2 medium or large carrots, peeled and cut into matchstick pieces
- 1 cucumber, halved lengthwise and cut into thin slices
- 1 red tomato, cut into bite-size wedges or cubes
- ½ cup thinly sliced radishes
- ¼ to ½ cup sliced scallions, green tops only
- 2 Tbsp sunflower seeds

Instructions:

1. Add mixed greens into a large bowl and top ingredients listed above. Serve with white wine-walnut vinaigrette or low FODMAP ranch (see recipe) or dressing of your choosing.

Mediterranean Salad

Ingredients:

- 1 large cucumber, peeled and de-seeded (if desired), sliced into half-moon shapes
- 1 medium to large tomato or 1 cup cherry tomatoes, cubed
- ½ cup pitted black olives (not from a can)
- ¼ cup olive, walnut, or avocado oil
- 2 Tbsp lemon juice
- 2 Tbsp fresh parsley, chopped
- 2 Tbsp fresh mint, chopped
- Salt and pepper to taste

Instructions:

1. In a small bowl, whisk together oil, lemon juice, parsley and mint. Season to taste.
2. In a large bowl, combine and mix cucumber, tomato, and olives.

Recipe Note:

- This salad can be enjoyed by itself or over greens or in the middle of endive leaves.
- If you desire more protein, add in low-mercury tuna or salmon.

Salad Niçoise Mason Jar Salad

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- 1 canned tuna, drained
- ½ cup diced cherry tomatoes
- 1 hard-boiled egg
- 15 green beans
- 4 oz mixed greens
- ¼ cup sliced radishes
- Oil and vinegar dressing

Instructions:

1. In a large mason jar, pour 2 Tbsp of dressing, so that it sits at the bottom.
2. Add in ingredients in the order they were listed, making sure you leave enough room at the top so that it is possible to shake the jar and eat out of.

BLT Mason Jar Salad

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- Cooked diced chicken breast, diced tomatoes or cherry tomatoes, crumbled bacon, and mixed greens or baby spinach. Optional: bleu cheese
- Oil and vinegar dressing or your favorite dressing

Instructions:

1. In a large mason jar, pour 2 Tbsp of dressing, so that it sits at the bottom.
2. Add in ingredients in the order they were listed, making sure you leave enough room at the top so that it is possible to shake the jar and eat out of.

Rainbow Mason Jar Salad

Recipe by Kate Scarlata and Dede Wilson, adapted by Catheryn Eichman

Ingredients:

- Max ¼ cup canned chickpeas (drained and rinsed), red cabbage, red bell pepper, shredded carrots, mixed greens, and green onion (green tops only)
- Oil and vinegar dressing or your favorite dressing

Instructions:

1. In a large mason jar, pour 2 Tbsp of dressing, so that it sits at the bottom.
2. Add in ingredients in the order they were listed, making sure you leave enough room at the top so that it is possible to shake the jar and eat out of.

Greek Salad

Ingredients:

- 1 head romaine lettuce, chopped
- 3 Roma tomatoes, chopped
- 1 medium cucumber, peeled, cut lengthwise, sliced
- 1 red bell pepper, de-seeded and cubed
- 15-20 Kalamata olives, pitted and sliced
- Dressing
 - 1-2 Tbsp lemon juice
 - ¼ cup olive or avocado oil
 - 1 tsp Dijon mustard
 - 1 tsp dried oregano

Instructions:

1. In a large bowl, combine all ingredients, except dressing ingredients.
2. In a small bowl, whisk together dressing ingredients. Drizzle over salad and toss. Serve.

Kale Carrot Salad

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- Salad:
 - ½ navel orange, segmented
 - 2 cups pre-washed/bagged kale leaves, finely chopped
 - 2 medium sized carrots, peeled and shredded
 - 2 Tbsp toasted sliced almonds
 - 2 Tbsp dried cranberries
- Dressing:
 - 1.5 Tbsp extra-virgin olive oil or avocado oil
 - ½ Tbsp Dijon mustard
 - ½ Tbsp lemon juice
 - ½ Tbsp red wine or white wine vinegar
 - Salt and pepper to taste

Instructions:

1. First prepare the dressing, add all ingredients into a small bowl and whisk to combine.
2. To prepare the salad, place the kale leaves in a large bowl. Top with sliced navel oranges, shredded carrots, almonds, and cranberries. Pour dressing on top and toss to combine.

Appetizers, Snacks, and Dips

Baba Ghanoush (Eggplant Dip)

Ingredients:

- 3 pounds eggplant, washed and dried
- 2 tablespoons roasted sesame oil (or your oil of choice)
- 2 Tbsp fresh lemon juice
- Salt
- Cayenne pepper or chili powder or smoked paprika to taste (optional)
- ¼ cup chopped parsley

Instructions:

1. Preheat broiler.
2. Line baking sheet with parchment paper.
3. Place whole eggplants onto baking sheet and broil for 15-20 minutes, until soft and tender. Rotate and turn eggplants once or twice while broiling.
4. Remove eggplants from the oven and let cool for about 10 minutes.
5. Peel off and discard skin and stems. Coarsely chop remaining eggplant.
6. In a small bowl, whisk together oil, lemon juice, and 2 tsp salt.
7. Add chopped eggplant into a food processor and blend. While blending, add in oil mixture slowly. Blend until smooth. Adjust salt if necessary.
8. Transfer to a bowl or serving dish and garnish with cayenne pepper, parsley, and extra oil.

Recipe Notes:

- Substitute plain oil or garlic-infused oil.
- For added flavor, add in 1 Tbsp tahini (sesame seed paste). As you progress through the low FODMAP diet, you can add up to ¼ cup tahini.
- Consider adding in roasted zucchini for extra flavor and body.

Roasted Carrot and Jalapeno Dip

Recipe by Phoebe Lapine

Ingredients:

- 1-pound carrots, peeled and cut into ½ inch thick matchsticks
- 1 medium jalapeno, halved (may de-seed, if desired)
- 1 Tbsp olive or avocado oil
- ½ tsp sea salt
- ¼ to ½ tsp ground cumin
- ½ tsp chili powder
- ¼ tsp dried oregano
- 2 Tbsp pumpkin seeds
- 2 Tbsp fresh lime juice
- ½ cup water

Instructions:

1. Preheat the oven to 425° F.
2. Line a baking sheet with parchment paper and lightly brush/spray with avocado oil.
3. Toss the carrots, jalapenos, olive oil, sea salt, cumin, chili powder, and oregano together on the lined baking sheet until well-combined. Arrange vegetables in an even layer on the baking sheet, making sure the jalapeno is cut-side down.
4. Roast in the oven until the carrots are tender and caramelized, about 30 minutes.
5. Remove the pan from the oven and reserve the jalapenos on a cutting board. Transfer the carrots to a blender or food processor.
6. When the peppers are cool enough to touch, remove the seeds and ribs with a spoon or paring knife and discard (if not de-seeded already).
7. Add the jalapenos to the carrots, along with the pumpkin seeds, lime juice, and 1/2 cup of water. Puree until smooth, adding more water as needed to reach the consistency of a thick tomato sauce.
8. Taste for seasoning and add more salt as necessary.
9. Serve the dip alongside crudités.

Tapenade

Ingredients:

- 1 jar pitted black or green olives, drained, juice discarded
- ¼ tsp cayenne pepper
- 2 Tbsp extra virgin olive oil
- ½ bunch of basil

Instructions:

1. Place all ingredients in a food processor and pulse few times until well combined.
2. Serve on top of your favorite protein such as fish or chicken or serve with crackers or on top of a salad.

Zucchini Hummus

Ingredients:

- 1 medium sized zucchini, chopped into 1 inch pieces
- 3 Tbsp fresh flat-leaf parsley
- Zest and juice of 1 lemon
- 1 Tbsp garlic-infused oil, plus extra to drizzle
- 1 Tbsp tahini
- ¼ tsp freshly ground black pepper
- ¼ tsp sea salt

Instructions:

1. Preheat the oven to 375°F and line a baking tray with parchment paper.
2. Arrange the zucchini on the prepared baking tray in a single layer and roast for 10–15 minutes, or until softened.
3. Transfer the roasted zucchini to a food processor with the remaining ingredients and blitz to a smooth puree.
4. Serve with carrots, cucumbers, or sliced bell peppers. Or use as a dipping sauce for your favorite protein. You can also serve on top of a salad.

Cucumber Rolls

Ingredients:

- 1 large seedless cucumber, peeled
- 2 cups canned tuna, salmon, or pulled chicken
- ¼ cup mayonnaise, garlic-free
- 1 tsp mustard
- ¼ tsp chili flakes
- 1 Tbsp dried parsley flakes
- 2 Tbsp chopped almonds or walnuts
- ¼ cup minced red bell pepper
- ¼ cup chopped olives (optional)
- Salt and pepper to taste

Instructions:

1. Using a mandolin, slice the cucumber lengthwise into long, thin strips. Or using knife, carefully cut strips or you can even cut coins. Lay the strips on paper toweling to absorb excess moisture, set aside.
2. In a medium bowl, add mayo, mustard, red pepper, bell pepper, black olives, almonds, parsley, salt, and pepper, then stir to combine.
3. To make rolls, place a rounded teaspoonful of the filling on one end of each cucumber strip, then gently roll and tie in place with fresh chive stems.
4. If using cucumber coins, place filling on top.
5. Chill and then serve.

Pico De Gallo

Ingredients:

- 1 cup chopped Roma or cherry tomatoes
- 1 jalapeno, de-seeded and minced
- 1 yellow or orange bell pepper, minced
- ½ cup cilantro, minced
- Salt and pepper to taste

Instructions:

1. Add all ingredients into a large bowl and mix until well combined.

Rutabaga Chips

Ingredients:

- 1 rutabaga, peeled and thinly sliced
- 1 Tbsp avocado oil
- Salt and pepper to taste
- Optional: cumin, chili powder, paprika, cayenne pepper

Instructions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper and lightly brush/spray with avocado oil.
3. Place thinly sliced rutabagas on prepared baking sheet and drizzle with avocado oil, salt, and optional spices. Mix so that the oil and seasonings coat all surfaces of the rutabaga.
4. Rearrange rutabaga into a single layer.
5. Bake for 30-35 minutes, flipping half-way through.

Zucchini Roll Ups with Kale Pesto

Ingredients:

- 2 zucchini, thinly sliced lengthwise
- 1 red bell pepper, cut into thin strips or julienned
- 1 yellow bell pepper, de-seeded and cut into thin strips or julienned
- 1 carrot, julienned
- Sprouts/micro greens of choice
- Cilantro, optional
- Salt and pepper, to taste
- Toothpicks
- Kale Pesto:
 - 1 cup fresh basil leaves
 - 1 cup kale, stems removed and chopped
 - 2 Tbsp almonds
 - 2 Tbsp tahini, optional
 - 3 Tbsp garlic infused oil

Instructions:

1. To make the pesto, place ingredients into food processor and process until desired consistency. Taste for seasoning.
2. Place zucchini flat on a hard surface, layer with the pesto, place sprouts and 1 of each veggie in a mound on one end. Roll into a wrap and stick with a toothpick in the center.
3. Top with salt and pepper. Serve immediately or refrigerate until ready to eat.

Almond Dipping Sauce

Ingredients:

- ¼ cup almond butter
- Juice of 1 lime
- 2 Tbsp coconut aminos
- 1 Tbsp water
- 1 tsp grated fresh ginger
- 1 ½ Tbsp rice vinegar or apple cider vinegar

Instructions:

1. Add all ingredients to medium bowl. Mix and stir thoroughly to combine.
2. Taste a small amount and adjust seasonings, if necessary.

Recipe Notes:

- Use this dipping sauce with lettuce or coconut wraps, an Asian-inspired salad, or as a dipping sauce for chicken satays or kabobs.

Soups

Carrot Fennel Soup

Ingredients:

- 1 Tbsp avocado oil or garlic-infused oil
- 2 fennel bulbs, stalks removed, and bulbs diced
- 1 bunch leeks, green tops only, washed and chopped (discard white portion)
- 6 extra-large carrots, chopped (leave peel on for extra fiber)
- ½ tsp salt
- 1 pinch (1/4 tsp) ground black pepper
- ½ tsp ground turmeric
- 3 cups low FODMAP broth or water

Instructions:

1. In a large pot over medium heat, heat the avocado oil. Cook the fennel, leeks, and the carrots with salt, turmeric, and pepper until they become tender and translucent, about 5-7 minutes.
2. Add broth or water, reduce the heat to medium-low heat and simmer until the carrots are soft all the way through, about 10 minutes.
3. Transfer to a blender and blend on low, then move to high speed after a few seconds.
4. After blending all three batches return to simmer for 5-10 more minute then serve with a garnish of fresh dill and fennel sprigs.

Yellow Squash Coconut Soup**Ingredients:**

- 1 Tbsp avocado oil or garlic-infused oil
- 1 can coconut milk (with no thickeners, such as Native Forrest)
- 2 cups water or low FODMAP broth, divided
- 4 medium yellow squash, cubed
- 1 bunch leeks, green tops only, washed and chopped (discard white portion)
- ½ tsp salt
- ¼ tsp pepper
- Herbal blend (fresh herbs, like basil or dill) or turmeric, cumin, paprika, or ginger, to taste

Instructions:

1. In a large pot over medium heat, heat the avocado oil. Cook the leeks and yellow squash. Season with salt and pepper. Cook veggies until the squash become tender, about 5-7 minutes.
2. Add coconut milk and water/broth.
3. Simmer for 10 minutes, until squash is tender.
4. Season with herbs for additional flavor. Adjust seasonings, if needed.
5. Soup can be blended or served as is.

Chicken Zoodle Soup**Ingredients:**

- 1 Tbsp ghee or avocado oil
- 1 bunch leeks, green tops only, washed and chopped (discard white portion)
- 1 stalk celery, chopped
- 2 medium carrots, peeled and chopped
- 3 organic chicken breasts, bone in
- 5-6 cups water
- 1 tsp salt
- ¼ tsp pepper
- ½ tsp poultry seasoning
- 1 whole bay leaf
- 4 cup zucchini noodles (zoodles)

Instructions:

1. In a large pot over medium heat, heat the avocado oil. Add in celery, leeks, and carrots and sauté for 5-7 minutes, until tender.
2. Add the water, chicken, salt, pepper, poultry seasoning, and bay leaf. Cook over low heat for 35-45 minutes (or until chicken is tender).
3. Remove chicken breasts from the pot and set on a cutting board. Allow to cool for several minutes. Discard the bay leaf.
4. Using tongs, a fork, or your hands, shred apart chicken and remove from bone.
5. Add shredded chicken back to the broth along with zoodles. Stir to combine and let sit for 5 minutes, until the zoodles are soft.
6. Taste and adjust seasonings if necessary. Serve.

Chicken or Turkey Chili

Ingredients:

- 2 lbs. ground organic chicken or turkey
- 2 red or green bell peppers, de-seeded and chopped
- 2 Tbsp garlic-infused oil
- 1 tsp cumin
- 1-2 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp paprika
- Salt and pepper, to taste
- 1 can organic tomato sauce
- 2 cups chicken broth

Instructions:

1. Heat oil a large pot or Dutch oven over medium heat. Add ground poultry and spices. Let cook for 3-4 minutes.
2. Add in bell peppers and cook until meat is browned.
3. Add in chicken broth and tomato sauce, let simmer on the stove for 20-45 minutes.
4. Adjust seasoning if necessary.

Recipe Notes:

- For more nutrition and body, feel free to add in additional vegetables such as zucchini, butternut squash, rutabaga, carrots, pre-cooked lentils, kale, and whole cherry tomatoes.
- Can serve with chopped green onion (greens only) and jalapeno on top for additional flavor.
- When on yellow level, feel free to add in black beans.

Ingredients:

- 1 tablespoon garlic-infused oil
- 1 medium-sized rutabaga, peeled and chopped into medium-sized pieces
- 2 medium-sized carrots, diced
- 2 pounds Italian Sausage (garlic free) or ground pork
- 4 cups low FODMAP chicken, beef, or vegetable broth
- 2 cups water
- 1/2 teaspoon salt
- 1 cup lite coconut milk
- 3 cups chopped kale
- 12 ounces sugar-free bacon, chopped and cooked
- 1/2 cup diced green onion, green tops only
- 2 Tbsp chopped Italian parsley

Instructions:

1. In a large pot or Dutch oven, heat oil over medium heat. Add in chopped rutabaga and carrots, and sauté until tender, about 5-7 minutes.
2. Add in the Italian sausage or pork, breaking into small pieces as it cooks, and cook until lightly browned.
3. Add in broth, water, and salt. Bring to a boil over medium-high heat, then reduce the heat to low, cover, and cook until the rutabaga is tender- about 10-13 minutes.
4. Turn off the heat and add in the coconut milk. Using an immersion blender, blend a little to get creamy while leaving some potatoes whole. This step is optional but results in a creamier soup.
5. Add in bacon and kale. Turn heat back on to medium (if needed) and cook until kale is wilted. Garnish with green onion and parsley.

Instant Pot Option

1. Add the sausage to the Instant Pot with the garlic oil and hit the "sauté" button. Cook, stirring regularly, until browned. Hit "cancel", add in the rutabaga, carrots, and broth (not the water, it's not necessary). Place the lid on, close the valve and cook for 10 minutes on high.
2. Sauté the bacon on the stovetop while the soup is cooking. Once cooked, break into small pieces.
3. Release pressure, add in the coconut milk, kale, and bacon. Cook on "sauté" for 5 more minutes to cook the kale. Garnish with green onion and parsley.

Ingredients:

- 2 large cucumbers, diced
- 2 Tbsp fresh dill
- ½ bunch green onion, green parts only
- 2 Tbsp chopped fresh Italian parsley
- 1 tsp Dijon mustard
- 2 Tbsp lemon juice
- ½ tsp salt
- ¼ cup coconut yogurt, plain (CocoYo brand)
- ½ - 1 cup water (depending on consistency)

Instructions:

1. In a food processor or high-speed blender, add all ingredients except for water. Pulse on and off until ingredients are slightly mixed. With blender on, slowly add in water until desired consistency is met.
2. Place in a bowl and cover. Chill before serving.

Egg Roll Soup**Ingredients:**

- 1 Tbsp garlic-infused oil
- 1 lb ground pork, turkey, or chicken
- 1 cup chopped carrots
- 1 tsp minced ginger
- 1 small green cabbage, chopped OR use 2 packaged of cole slaw mix
- 6 cups low FOMDAP beef, vegetable, or chicken broth OR water
- 1/2 tsp sea salt
- 1 Tbsp coconut aminos
- ¼ tsp sesame oil
- 2 Tbsp chopped green onion, green tops only

Instructions:

1. In a large pot or Dutch oven, heat oil over medium heat. Add in chopped carrots and ginger, and sauté until tender, about 3-5 minutes.
2. Add in the pork, breaking into small pieces as it cooks, and cook until lightly browned. Add in coconut aminos, sesame oil, and cabbage and cook for an additional 1-2 minutes.
3. Add in broth and salt. Bring to a boil over medium-high heat, then reduce the heat to low, cover, and cook until the cabbage is tender- about 10-13 minutes.
4. Garnish with green onion and serve.

Vegetable Soup

Ingredients:

- 1 Tbsp garlic-infused oil
- 1 medium-sized rutabaga, peeled and chopped into medium-sized pieces
- 2 medium-sized carrots, chopped into medium-sized pieces
- 1 small celeriac (celery root), peeled and chopped
- 2 cups butternut or acorn squash, peeled and chopped
- 4 cups low FODMAP chicken, beef, or vegetable broth
- 2 cups water
- 1/2 Tsp salt
- ½ tsp dried basil
- ¼ tsp dried thyme
- 1 tsp dried dill
- 1 bay leaf
- 3 cups chopped kale or collard greens
- 1/2 cup diced green onion, green tops only
- 2 Tbsp chopped Italian parsley

Instructions

1. In a large pot or Dutch oven, heat oil over medium heat. Add in chopped rutabaga, celery root, butternut squash and carrots, and sauté until tender, about 5-7 minutes.
2. Add in broth, water, salt, and herbs. Bring to a boil over medium-high heat, then reduce the heat to low, cover, and cook until the vegetables are tender- about 10-13 minutes. Adjust for seasoning.
3. Add in kale. Turn heat back on to medium (if needed) and cook until kale is wilted. Remove bay leaf and discard. Garnish with green onion and parsley. Serve.

Low FODMAP Beef or Bison Chili

Ingredients:

- 2 lbs ground beef or bison
- 2 medium sized carrots
- 2 cups butternut squash, chopped
- 2 Tbsp garlic-infused oil
- 1 tsp cumin
- 1-2 Tbsp chili powder
- 1 tsp dried oregano
- 1 tsp paprika
- Salt and pepper, to taste
- 1 can organic tomato sauce
- 2 cups chicken broth

Instructions:

1. Heat oil a large pot or Dutch oven over medium heat. Add ground beef and spices. Let cook for 3-4 minutes.
2. Add in carrot and butternut squash and cook until meat is browned.
3. Add in chicken broth and tomato sauce, let simmer on the stove for 20-45 minutes.
4. Adjust seasoning if necessary.

Recipe Notes:

- For more nutrition and body, feel free to add in additional vegetables such as rutabaga, pre-cooked lentils, kale, and whole cherry tomatoes.
- Can serve with chopped green onion (greens only) and jalapeno on top for additional flavor.

Lunch Dishes

Lunch Wraps

Ingredients:

- Wrap ideas:
 - Bibb lettuce leaves
 - Nuco coconut wraps
 - Siete cassava or almond flour tortillas
- Filling ideas:
 - Romaine or bibb lettuce
 - Mixed leafy greens or spinach
 - Nitrate-free turkey, ham, or chicken deli meat
 - Leftover pulled or shredded chicken from the night before
 - Canned or baked salmon/tuna
 - No-sugar bacon
 - Bell peppers, any color
 - Sprouts
 - Cabbage or coleslaw mix
 - Shredded carrots
 - Thinly sliced cucumbers
 - Tomatoes
 - Thinly sliced radishes
 - Green tops of scallions
 - Aged cheese (if permitted)
 - Homemade dairy-free ranch (see recipe)

Instructions:

1. Place wrapping of choice on a flat surface.
2. Place filling of your choice on one side of wrap, roll inwards creating a wrap. Use a toothpick to hold wrap together, if necessary.
3. Use FODY dressings or homemade low FODMAP dressings for dipping.

Dr. Cat's Chicken Salad

Ingredients:

- 1 baked or rotisserie chicken
- ½ cup mayonnaise, Primal Kitchen brand
- 2 Tbsp Dijon mustard (garlic free)
- ½ -1 cup green or red grapes, sliced
- ¼ cup walnuts, sunflower seeds, or pecans
- ¼ cup flat leafed parsley, chopped
- ¼ cup green onion (green tops only)
- Salt and pepper to taste

Instructions:

1. Remove skin from chicken. Using hands or a fork, remove meat from bones and chop or shred.
2. Add chicken to a large bowl. Mix in the above ingredients and stir to combine.

Recipe Notes:

- For added crunch, consider adding in chopped cucumbers, bell peppers, olives, bamboo shoots, and radishes. Serve on top of salad, in an endive leaf, or by itself.

Tarragon Chicken Salad with Grapes and Pecans

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- 2 cups diced or shredded pre-cooked chicken
- ¼ cup avocado oil mayonnaise
- 2 Tbsp minced fresh tarragon OR 1 Tbsp dried
- 1 Tbsp garlic-free Dijon mustard
- 1 tsp freshly squeezed lemon juice
- 1/2 cup seedless red grapes
- 2 Tbsp pecans (lightly toast for more flavor)
- Salt and pepper, to taste

Instructions:

1. In a large bowl, combine the chicken, mayo, mustard, tarragon, and lemon juice. Gently fold together until well-mixed. Season with salt and pepper, to taste. Then fold in the grapes and pecans.
2. Serve with celery sticks, in a lettuce wrap, on endive leaves, on top of your favorite salad, with almond flour crackers, or cucumber slices.

Best-Ever Low-FODMAP Tuna Salad

Recipe by Kate Scarlata and Dede Wilson, modified by Catheryn Eichman

Makes 2 cups tuna salad

Ingredients:

- 2 5-ounce cans of tuna or canned/package salmon
- ¼ cup diced Bok choy stems or diced hearts of palm
- 2/3 cup avocado oil mayonnaise
- 1 Tbsp garlic-free Dijon mustard
- 1 tsp freshly squeezed lemon juice
- ½ tsp dried dill, more if desired
- 2 Tbsp diced green onions, green tops only
- Salt and pepper, to taste

Instructions:

1. Place the tuna in a wire-mesh strainer and set over a bowl. Squeeze out as much liquid as possible using the back of a wooden spoon. Discard the liquid.
2. In a large bowl, combine the tuna, mayo, mustard, dill, green onions, and lemon juice. Gently fold together until well-mixed. Season with salt and pepper, to taste.
3. Serve with celery sticks, in a lettuce wrap, on endive leaves, on top of your favorite salad, with almond flour crackers, or cucumber slices.

Rainbow Salad

Ingredients:

- 2 cups chopped kale
- 2 cups chopped romaine
- 1 cup chopped Bok choy
- 1 cup shredded red cabbage
- 1 cucumber, chopped
- 6 oz green beans, trimmed and cut in half
- 3 carrots, shredded
- 1 scallion, green parts only, chopped
- ¼ cup parsley
- ½ cup pumpkin seeds and almonds

Instructions:

1. Mix all ingredients in a bowl. Top with balsamic Dijon dressing (recipe in another section). Serve.

Coconut Chicken Collard Wraps

Ingredients:

- Chicken:
 - 1 lb boneless, skinless, chicken breasts
 - 1 cup full fat coconut milk
 - ¼ tsp salt
 - ¼ tsp pepper
 - ½ tsp cumin
 - 1 Tbsp lime juice
 - 1 Tbsp chopped fresh cilantro
- Wraps:
 - Fresh uncut collard greens
 - Sliced bell peppers
 - Julienned cucumbers
 - 1/8 avocado
 - Grated carrots
 - Red cabbage
 - Sprouts
 - Cilantro
- Dipping sauce: see almond dipping sauce recipe

Instructions:

1. Add all of the chicken ingredients to a crock pot. Cook on high for 3-4 hours, until the chicken is done. Alternatively, cook in an Instant pot for 35-40 minutes. Shred chicken once it is done.
2. To make the wraps, cut most of the tough stem out of the collard greens/ Spread on almond dipping sauce (recipe on other page), grated carrots, sliced peppers, sliced avocados, chicken and some fresh cilantro. Add any other toppings you would like. The possibilities are endless. Fold the corners of the collard in and roll tightly until you have a small package.
3. Continue wrapping until all collard greens have been filled and filling is gone.

Recipe Notes:

- If you want to skip making the chicken, use rotisserie chicken instead.

Avocado Salmon Dip or Salad

Ingredients:

- ¼ avocado, mashed
- ½ Tbsp lime juice
- ¼ tsp cumin
- 1 2.5oz packet wild-caught salmon (packed in water), liquid drained
- 2-3 tablespoons finely chopped bell pepper (any color)
- 1 Persian cucumber, diced into small cubes
- 1 Tbsp chopped scallions, green tops only
- 1 tsp chopped cilantro
- Salt and pepper, to taste

Instructions:

1. In a small bowl, mash avocado until mostly smooth.
2. Add in cumin and lime juice. Stir to combine.
3. Add in remaining ingredients and stir gently to combine. Season to taste.
4. Serve immediately or cover and chill in refrigerator before serving.
5. Serve over a salad, with cassava chips, on toast, or with crackers or veggie crudités.

Side Dishes

Creamy Coleslaw

Ingredients:

- 2 cups cabbage, a mix of red and green, thinly sliced
- 2 radishes, grated
- ½ tsp celery seed
- ¼ cup mayonnaise
- 1 Tbsp Dijon mustard
- 2 tsp apple cider vinegar
- 1 tsp lemon juice
- A few drops stevia or honey for sweetness
- ¼ tsp salt
- Pepper to taste

Instructions:

1. In a medium bowl, combine cabbage, radish, and celery seed, set aside.
2. In a small bowl, whisk together yogurt, apple cider vinegar, mustard, lemon juice, stevia, salt and pepper.
3. Pour mayo mixture over cabbage mixture, toss to combine.

Mexican Rainbow Salad

Ingredients:

- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1 small can sliced black olives
- 1 small can hatch green chilies, drained
- 6 radishes, chopped
- 2 medium tomatoes, chopped
- ¼ cabbage, chopped
- 1 bunch cilantro, minced
- 1 tsp cumin
- Drizzle of garlic infused olive oil
- Salt and pepper to taste

Instructions:

1. Add all ingredients into a large bowl and mix until well combined.

Asian Cabbage Slaw

Ingredients:

- 2 cups red or green cabbage, thinly sliced
- 2 medium carrots, peeled and julienned or shredded
- ½ cup seedless cucumber, julienned or shredded
- 1 jalapeno pepper, de-seeded, finely diced
- 1 red, orange, or yellow bell pepper, de-seeded and thinly sliced
- 1 cup broccoli florets
- 3 Tbsp fresh cilantro, finely chopped
- 2 Tbsp fresh lime juice
- 2 Tbsp avocado oil
- 2 Tbsp apple cider vinegar
- 2 tsp coconut aminos
- ¼ tsp dried chili flakes (optional)
- Salt and pepper, to taste
- 2 tsp sunflower seeds or sesame seeds

Instructions:

1. In a small bowl, whisk together lime juice, avocado oil, vinegar, coconut aminos, chili flakes, and salt and pepper to taste.
2. In a large bowl, combine and mix together all vegetables and herbs.
3. Pour over dressing to desired amount and mix. Top with sunflower or sesame seeds.
4. Serve and enjoy.

Recipe Notes:

- To create a lunch or dinner dish, top with roasted salmon or shredded chicken.

Summer Squash Medley

Ingredients:

- 2 Tbsp avocado oil
- 1-3 medium to large zucchini and/or yellow squash; washed and cut in half lengthwise and then cut crosswise into slices
- 2 medium tomatoes, cored and cut into cubes (may sub for cherry tomatoes)
- 1-2 red, yellow, or orange bell peppers, de-seeded and cut into cubes
- ½ cup chopped fresh basil leaves
- Salt and pepper to taste

Instructions:

1. Heat the avocado oil in a large skillet over medium heat. Add in the zucchini, yellow squash, and bell peppers, stir, and cook covered for 5 minutes or until crisp, but tender. Stir occasionally.
2. Add in tomatoes and cook covered for 2-3 minutes.
3. Add in basil and seasonings. Cover and cook for an additional 1 minute.
4. Serve and enjoy.

Recipe Notes:

- Increase or decrease cooking time to your desired tenderness.
- If skillet is too hot and veggies are burning or getting too crisp; add ¼ - ½ cup chicken or vegetable broth to pan, stir, and cook uncovered.

Roasted Broccoli

Ingredients:

- 1 head broccoli, trimmed and cut into florets
- 2 Tbsp garlic infused olive oil
- Juice of ½ lemon
- Salt and pepper to taste
- Dried herbs (optional)

Instructions:

1. Preheat the oven to 375°F and line a baking tray with parchment paper.
2. Place the broccoli on the prepared baking tray, sprinkle over spices and herbs, and drizzle with oil and lemon juice. Season with salt and pepper. Mix thoroughly.
3. Then arrange broccoli in a single layer and roast for 30-45 minutes, or until crispy brown on the edges, flipping or stirring halfway through.

Recipe Note:

- If permitted, grate parmesan cheese over broccoli and roast as outlined.

Carrot Fries

Ingredients:

- 3-4 large carrots, washed
- 2 Tbsp garlic-infused olive oil or avocado oil
- 1 tsp paprika (optional)
- 1 Tbsp dried parsley
- Salt and pepper to taste

Instructions:

1. Preheat oven to 425°F. Line a baking sheet with parchment paper and grease.
2. Cut carrots into large-matchsticks resembling fries.
3. Place carrots on baking sheet. Drizzle over oil and season with spices and salt and pepper. Toss to combine. Then spread carrots in a single layer.
4. Bake for 20-25 minutes or until tender and slightly crispy. Be sure to flip halfway.

Green Bean Salad

Ingredients:

- 2-3 cups green beans, trimmed
- 1 cup cherry tomatoes, halved
- 3 Tbsp sliced almonds
- 2 Tbsp garlic-infused olive oil or avocado oil
- 1 Tbsp apple cider vinegar or lemon juice
- 1 tsp mustard
- ½ tsp honey
- Salt and pepper to taste

Instructions:

1. Bring a large pot of water to a boil and add a generous portion of salt. As the water is approaching a boil, prepare an ice bath. Fill a large bowl with cold water and add in several cups of ice.
2. Once the water is boiling, add in the green beans and blanch for 2-4 minutes or until desired tenderness. Drain in a colander and add green beans to water bath for 1-2 minutes or until chilled. Strain, reserving green beans.
3. Add green beans, tomatoes, and almond slivers to a large bowl.
4. Make vinaigrette by whisking together oil, vinegar, honey, and mustard. Season with salt and pepper. Pour vinaigrette over green beans and toss to combine. Serve cold.

Cabbage Steaks

Recipe by: Erin Clarke

Ingredients:

- 1 small-medium head of green cabbage
- ¼ cup garlic-infused olive oil
- 1 tsp salt
- ½ tsp pepper
- ¼ tsp chili flakes
- 1 small lemon, juiced

Instructions:

1. Preheat oven to 400° F. Prepare a baking sheet with parchment paper and generously coat with avocado oil.
2. Cut off the bottom root end of the cabbage and place it on a cutting board sitting up so that the flat end is on the cutting board. Cut top to bottom into 3/4- to 1-inch thick slices. Place on the prepared baking sheet. If you have more slices than fit on your baking sheet without touching, divide them between two baking sheets.
3. In a small bowl, whisk together the olive oil, salt, and pepper. Brush over one side of the cabbage, then flip the cabbage over and brush the other side. Roast the cabbage for 25-30 minutes, or until crispy at the edges and tender in the center. (If you are using one pan, roast it on the center rack; if two, use the upper and lower-third racks.) Halfway through the baking time, rotate the pan(s) 180 degrees; if you are using two pans, switch their positions on the upper and lower racks at this point too. No need to flip the cabbage over.
4. Sprinkle the roasted cabbage with Parmesan and fresh herbs. Squeeze the lemon over the top, then finish with the chopped roasted nuts (optional). Serve hot.

Roasted Carrots, Rutabaga, and Fennel

Ingredients:

- 2-3 medium to large carrots, peeled and cubed
- 1 small rutabaga, peeled, de-seeded, and cubed
- 1 small to medium fennel bulb, cubed
- 2-3 Tbsp avocado oil
- 1 tsp dried thyme or 1 Tbsp fresh thyme
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper. Brush or spray paper with avocado oil.
3. Place the carrots, rutabaga, and fennel on the baking sheet. Sprinkle salt, pepper, thyme, and avocado oil over veggies and mix thoroughly with hands, making sure oil and seasoning covers the veggies evenly.
4. Roast veggies for 30-40 minutes until roasted and tender.

Garlic Mashed Faux-Tatoes

Recipe by: Danielle Walker

Ingredients:

- 4 fennel bulbs, stalks and leaves removed
- 2 Tbsp garlic-infused oil
- Salt and pepper to taste
- 3 celeriac, peeled and cubed, about 4 cups
- 3 Tbsp ghee
- ½ cup unsweetened almond milk

Instructions:

1. Preheat oven to 450 F.
2. Cut the fennel into quarters and place them in an oven safe dish. Drizzle with garlic flavored oil and sprinkle with salt and pepper to taste. Cover the dish and roast for 25 minutes.
3. Bring a large pot of water to a boil and boil celeriac until soft, 10-15 minutes. Drain and add to a food processor.
4. Add the fennel along with ghee, almond milk, and salt/pepper to taste. Process until smooth.

Roasted Acorn Squash

Ingredients:

- 1 large acorn squash, seeded and cut into slices
- 2 Tbsp avocado oil
- Salt and pepper to taste
- ¼ chili flakes or hot sauce (optional)
- 1 Tbsp freshly chopped basil
- 1 Tbsp freshly chopped cilantro
- 1 Tbsp freshly chopped oregano

Instructions:

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper and lightly brush/spray with avocado oil.
3. Place acorn squash on baking sheet and drizzle with avocado oil.
4. Sprinkle with salt and pepper (to taste) and chili flakes.
5. Roast squash in the oven for 20 minutes, until caramelized.
6. Remove from oven and place on serving dish. Top with fresh herbs and enjoy.

Recipe Note:

- Substitute acorn squash for kombucha, delicata, or butternut squash.
- For a crunch factor, add toasted nuts on top.
- For a sweet variation, omit the savory seasoning and instead season with cinnamon, vanilla, and stevia.
- The herbs are optional. The squash is delicious on its own.

Gingered Baby Bok Choy

Ingredients:

- 1 Tbsp garlic infused oil
- 1 inch piece of fresh ginger, peeled and minced
- ½ tsp salt
- ¼ cup water
- 2 Tbsp coconut aminos
- 4 baby Bok choy, sliced in half
- Garnish: sesame oil, chili flakes

Instructions:

1. In a large skillet, add oil and ginger. Sauté for 1 minute, until fragrant.
2. Add the Bok choy, cut side down. Sprinkle over the salt. Add in the water and coconut aminos.
3. Cover and bring to a simmer for 5-7 minutes over low to medium heat. Cook until Bok choy is tender.
4. To serve, remove Bok choy from the skillet and place on a serving platter. Pour juices on top. Drizzle with sesame oil, chili flakes, and extra coconut aminos. Serve and enjoy.

Sautéed Kale

Ingredients:

- 1 bunch kale, stems removed and chopped
- 2 Tbsp avocado oil
- ¼ - ½ cup chicken broth
- ¼ tsp chili flakes (optional)
- Lemon juice, ½ lemon
- Salt and pepper to taste

Instructions:

1. Heat avocado over medium heat in a skillet.
2. Add kale and sauté for 5 minutes. Add seasoning, chili flakes, and lemon juice. Let cook for 1 additional minute.
3. Add chicken broth, stir, and cover. Let simmer for 10-15 minutes, occasionally stirring.
4. If too liquidy, remove lid and let excess chicken broth evaporate and reduce.

Recipe Notes:

1. If desired, add in other leafy greens like spinach, turnip greens, collard greens, Bok choy, and Swiss chard.

Zucchini and Summer Squash Salad

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- 3 medium sized zucchini squash
- 3 medium sized yellow squash
- 3 Tbsp extra-virgin olive oil or avocado oil
- 1 Tbsp lemon juice
- Salt and pepper to taste
- Dried oregano, to taste

Instructions:

1. Wash and dry the squash. Cut off and discard both ends of each squash. Using a vegetable peeler, peel broad ribbons into a large mixing bowl. You will begin to see seeds once you get to the center of each squash, flip the squash over and start peeling the other side. When you see seeds again, discard the squash core and move on to the next squash.
2. In a small bowl, whisk together the oil and lemon juice and then drizzle over the ribbons.
3. Season to taste with salt, pepper, and oregano. Toss to coat and serve.

Asian Cucumber Salad

Ingredients:

- For the salad:
 - 2 large seedless cucumbers, sliced into thin pieces or shaved
 - 2 large carrots, cut into matchsticks
 - 1 sweet bell pepper, de-seeded and cut into matchsticks
 - 1 tsp salt
 - 1 Tbsp sesame seeds
 - 1 green onion, green tops only, chopped
 - 2 Tbsp fresh chopped cilantro
- For the dressing:
 - 2 Tbsp apple cider vinegar
 - 1 Tbsp fresh lime juice
 - 1 Tbsp coconut aminos
 - 1 tsp fresh grated ginger
 - 2 tsp sesame oil
 - Salt and pepper to taste

Instructions:

1. In a small bowl, add dressing ingredients and whisk together until combined.
2. In a large bowl, add salad ingredients. Pour over dressing and toss to combine.

Roasted Carrots, Butternut Squash, and Fennel

Ingredients:

- 2-3 medium to large carrots, peeled and cubed
- 1 small butternut squash, peeled, de-seeded, and cubed
- 1 small to medium fennel bulb, cubed
- 2-3 Tbsp avocado oil
- 1 tsp dried thyme or 1 Tbsp fresh thyme
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper. Brush or spray paper with avocado oil.
3. Place the carrots, butternut squash, and fennel on the baking sheet. Sprinkle salt, pepper, thyme, and avocado oil over veggies and mix thoroughly with hands, making sure oil and seasoning covers the veggies evenly.
4. Roast veggies for 30-40 minutes until roasted and tender.

Recipe Note:

- If you purchased the whole fennel plant; use the green fennel fronds as a garnish to this dish.
- Experiment with herbs, consider adding dried rosemary, oregano, or Italian seasoning. For a Mexican flare, add cumin, paprika, oregano, and chile powder.
- For a more savory flavor, add pre-cooked bacon pieces or pancetta.
- You can really use any vegetable or squash (summer or winter) in this recipe. You can't go wrong with roasting veggies!

Mashed Rutabagas

Ingredients:

- 2 to 3 pounds rutabagas; peeled and cubed
- 2 teaspoons salt
- 1/3 cup ghee
- 1/2 teaspoon freshly ground black pepper

Instructions:

1. Add cubed rutabagas to a large pot and cover with water. Bring to a boil and boil for 25-30 minutes until tender.
2. Strain water using a colander in the sink.
3. Add rutabagas back to pot and mash with butter and salt and pepper.

Recipe Note:

- For a garlic flavor, substitute butter for garlic infused oil.
- Garnish with fresh chopped parsley, dill, or green onion tops.

Rutabaga Rice

Ingredients:

- 1 medium rutabaga
- 1 cup chicken (or vegetable) broth
- Salt and pepper to taste

Instructions:

1. Using a sharp knife or potato peeler, remove peel of rutabaga and slice off ends.
2. Place the rutabaga in a vegetable spiralizer and create noodles.
3. Place a third or a half of rutabaga spirals in a food processor and pulse until the noodles now look like rice.
4. To cook: add the rice to a heated and oiled skillet. Sauté and then add 1 cup of broth or water and simmer until the liquid absorbs, about 8-10 minutes. If you desire a softer rice, add in ¼ more of broth and cook until the liquid evaporates.

Roasted Eggplant and Zucchini with Basil Vinaigrette

Recipe by Lilly Diamond

Ingredients:

- 2 small-medium zucchini, washed and sliced lengthwise, about ¼ inch thick
- 2 small-medium eggplants, washed and sliced lengthwise, about ¼ inch thick
- 1/4 cup olive oil
- 1 teaspoon + sea salt
- Pepper, to taste
- 1 cup fresh basil leaves
- 1/4 cup olive oil
- 1 1/2 tablespoons lemon juice
- 1/4 teaspoon sea salt
- 1/2 tomato slices (or ½ pint cherry tomatoes)

Instructions:

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper and lightly brush/spray with avocado oil.
3. Lay the zucchini and eggplant slices on the baking sheet. Sprinkle eggplant with salt only, rub in.
4. Let sit 5-10 minutes, then gently squeeze water from eggplant with paper towel. Replace on baking sheet.
5. Drizzle veggies with olive oil, sprinkle zucchini only with sea salt, sprinkle with pepper.
6. Roast veggies for 10 minutes, then remove eggplant. Let zucchini roast for an additional 3-5 minutes longer. Remove from oven and let cool.
7. For the dressing, add basil, olive oil, lemon juice, and sea salt to a blender and blend until the basil is in small flecks.
8. Assemble salad by tossing roasted veggies with slices of tomato. Drizzle with dressing, to taste.

Recipe Notes:

- For extra flavor, consider roasting the above with cherry tomatoes and red bell peppers.
- Serve by itself or over low FODMAP pasta.

Brown Lentils

Ingredients:

- 1 cup brown lentils, previously soaked for 12 hours
- 1 bay leaf
- 2 cups water or broth
- Salt

Instructions:

1. Place soaked lentils in a colander and remove any debris you may see. Rinse under running water.
2. Place rinsed lentils in a pot and cover with 2 cups of water or broth. Add in bay leaf.
3. Over medium to high heat, bring lentils to a rapid simmer. Reduce heat to low and let gently simmer for 20-30 minutes, uncovered.
4. If water gets low, add in extra to just cover the lentils.
5. Once tender, remove from the heat and strain. Remove bay leaf. Add in salt to taste.

Recipe Notes:

- To soak lentils, first rinse lentils and inspect for any debris. Place lentils in a bowl and cover with water. Add 1 Tbsp apple cider vinegar and then cover with a cloth. Let soak for 12 hours or overnight.
- You can add any vinaigrette and vegetables to the lentils to make a delicious salad.
- Lentils can also be used to stuff zucchini, bell peppers, tomatoes, and squash.

Mediterranean Roasted Beets

Ingredients:

- 3 cups medium beets, peeled and cut into ½ inch cubes
- 2 tsp avocado oil
- Salt, to taste
- ½ tsp dried oregano
- 1 Tbsp finely chopped parsley
- 1 Tbsp fresh lemon

Instructions:

1. Preheat oven to 400 degrees F.
2. Combine beets with oil, salt, and oregano. Mix well.
3. Arrange beets in a single layer on a baking sheet.
4. Bake for 45 minutes or until tender. Remove from oven. Cool for 30 minutes.
5. Combine beets with parsley and lemon in medium bowl; toss gently to blend. Serve warm or chilled.

**Suggestion Serving per meal: ¼ cup. Beets are a FODMAP. Eat in moderation!!

Main Dishes

Asian Stir Fry

Ingredients:

- 1 Tbsp coconut oil or avocado oil
- 1 Tbsp grated fresh ginger
- 1-2 medium carrots, cut into thin diagonal slices
- ½ cup broccoli florets
- 1 medium red bell pepper, de-seeded and sliced
- 1 ½ tsp sesame oil
- 1 Tbsp coconut aminos

Instructions:

1. Heat oil in large skillet or wok over high heat.
2. Add ginger and carrot; cook stirring constantly, for 1 minute.
3. Add broccoli; cook stirring frequently for 4-5 minutes.
4. Reduce heat to medium and add bell peppers. Cook 2-3 minutes or until tender crisp.
5. Turn off heat. Add sesame oil and coconut aminos, mix well.

Zucchini Boats

Ingredients:

- 3-4 large zucchini
- 1 lb ground meat of choice
- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- ½ tsp salt
- 1/4 tsp pepper
- 1 red, yellow, or orange bell pepper, de-seeded and finely chopped
- 1 1/2 cup cherry tomatoes, diced
- 1 jar FODY marinara sauce

Instructions:

1. Preheat oven to 350°F.
2. Cut 3 zucchini squash in half long ways. Using a spoon, scoop out the center, making room for the filling. Discard center.
3. Cut the 1 extra zucchini into small cubes.
4. Place the zucchini, lined up in rows, in a glass baking dish.
5. In a large skillet, heat 1 Tbsp of oil. Once the oil is hot, add ground meat with herbs, salt, and pepper. Cook for 5 minutes, until nearly brown.
6. Add in the cubed zucchini, tomatoes, and bell peppers and cook for an additional 10 minutes, until veggies are cooked and soft. Turn off heat and let cool slightly.
7. Spoon filling into the middle of each zucchini boat. Top with spoonfuls of FODY sauce.
8. Bake for 25 minutes or until zucchini is tender and sauce is slightly caramelized.
9. Serve hot with additional sauce.

Taco Salad with Cilantro Lime Ranch

Ingredients:

- 1 lb ground chicken or turkey
- 1-2 Tbsp avocado oil
- 1 tsp cumin
- 1 tsp dried oregano
- 1 Tbsp chili powder
- 2 Tbsp coconut aminos
- Salt and pepper to taste
- Mixed greens or romaine lettuce
- Tomatoes, diced
- 1 small to medium jalapeno, diced
- 1 green bell pepper, de-seeded and diced
- 1/4 cup green onion (green tops only)
- ¼ cup cilantro, chopped (optional)

For the dressing:

- 1 cup mayonnaise, by Primal Kitchens
- 2 Tbsp garlic-infused olive oil
- 1 Tbsp lime juice
- 2 Tbsp green onions (green tops only), finely chopped
- 2 Tbsp fresh cilantro, chopped
- 2 Tbsp fresh parsley, chopped
- 1 Tbsp fresh dill, chopped
- 1 tsp salt
- ½ tsp pepper
- 1-4 Tbsp unsweetened almond or coconut milk

Instructions:

1. To make the taco meat, heat oil in a skillet over medium heat. Add in ground meat, spices, and coconut aminos. Stir and cook until browned. Strain of excess fat and set to the side to cool.
2. To make the dressing, add all ingredients into a bowl and mix. Add in coconut or almond milk to create desired consistency. Alternatively, do not chopped herbs. Instead add all ingredients to a food processor and blend until herbs are in tiny specks.
3. To make the salad, place lettuce in a small bowl and top with chopped vegetables and herbs. Sprinkle browned meat on top and serve with dressing.

Homemade Tomato Sauce

Ingredients:

- 3 Tbsp garlic-infused olive oil
- 1 cup diced carrots (leave peel on for extra fiber)
- 1 red, green, or yellow bell pepper, de-seeded and diced
- 1 bunch leeks, green tops only, washed and chopped (discard white portion)
- 28oz canned whole tomatoes
- 28 oz canned crushed tomatoes
- ½ cup water
- ¼ cup fresh basil, chopped
- 1 tsp dried oregano
- 1 tsp dried parsley
- Salt and pepper to taste

Instructions:

1. Heat oil in a large pot or Dutch oven.
2. Add in carrots, leeks, and bell pepper, sauté for 5 minutes or until soft.
3. Add in canned tomatoes and gently break apart with a spoon.
4. Add in seasonings and water. Let simmer on low heat, uncovered, for 20-30 minutes.

Recipe Note:

- If you do not want to use canned tomatoes, you may use fresh. If using whole tomatoes, slice in half and de-seed. Cherry tomatoes are also a good option. The sauce will need to simmer longer to break down tomatoes.
- Add in zucchini, eggplant, and/or spinach for extra veggies and nutrition.
- To make low FODMAP serve with zucchini noodles, Jovial grain-free noodles, or Miracle Noodles.
- If you can have grains, serve with Tinkyada brown rice spaghetti.

Herb Roasted Chicken

Ingredients:

- Whole organic chicken (5-6 lbs)
- 2-3 Tbsp ghee or butter
- 1 Tbsp dried oregano
- 2 tsp paprika
- 2 Tbsp dried parsley
- 1 tsp ground sage
- 2 tsp dried thyme leaves
- 1 tsp celery seed
- 1 tsp sea salt
- 1 tsp pepper
- Zest of ½ lemon
- ¼ tsp cayenne pepper (optional)

Instructions:

1. Preheat oven to 425° F.
2. Add ghee into a small bowl and blend in seasonings and zest, mix thoroughly. You may omit any seasonings you do not like.
3. Rub seasoned ghee over chicken and under the chicken skin.
4. Cook for 1.5 hours or until internal temperature of breast measures 165° F with a meat thermometer.
5. Remove the chicken and cover with foil for 20 minutes.

Pecan Crusted Chicken or Fish

Ingredients:

- 4 skinless chicken breasts (can be thinly sliced for faster cooking time)
- 1 cup raw pecans, finely chopped or blitzed in food processor
- 1 tsp smoked paprika
- ½ tsp salt
- ¼ tsp pepper
- 1 tsp dried parsley flakes (optional)
- 2 eggs, lightly beaten

Instructions:

1. Preheat oven to 400°F.
2. Line baking sheet with parchment paper. Brush or spray paper with avocado oil.
3. In a medium bowl, add chopped pecans, smoked paprika, salt, pepper, and parsley flakes.
4. In another small bowl, crack and beat the eggs. You may add a pinch of the same seasonings to the eggs to add more layers of flavor.
5. Pat the chicken breasts dry. Then dredge the chicken breasts in the beaten eggs front and back, until nicely coated. Then dredge in pecan mixture, pressing in the mixture, until coated evenly.
6. Place the chicken breasts on the prepared baking sheet and bake, uncovered, for 25 minutes or until the internal temperature reads 165°F.

Recipe Note:

- Instead of baking chicken, you may pan fry them in 2 Tbsp of avocado oil. Sauté for 5-6 minutes per side, being careful the pecans do not burn. Be sure the internal temperature reads 165°F with a meat thermometer.
- Instead of chicken, try a white fish, such as cod or flounder. The fish may be pan fried 3-5 minutes per side in avocado oil or baked at 400°F uncovered for about 15-20 minutes. May finish with a squeeze of lemon juice.

Roasted Spaghetti Squash with Topping Ideas

Ingredients:

- 1 large spaghetti squash, cut in half and seeds removed
- 1 Tbsp avocado oil
- 1/4 tsp sea salt

Instructions:

1. Preheat oven to 400°F.
2. Line a baking sheet with parchment paper.
3. Place spaghetti squash halves on lined baking sheet. Brush or drizzle the flesh with avocado oil and sprinkle with sea salt.
4. Place the squash cut side down on the prepared baking sheet. Roast for 45 minutes or until a knife easily pierces the skin and flesh. Remove from the oven and set aside.
5. Once cool enough to handle, flip the flesh-side up and use a fork to scrape out the stringy flesh.

Recipe Note:

- There are endless possibilities when it comes to toppings! You can keep it simple with a drizzle of olive oil, avocado oil, or ghee and a pinch of salt and pepper. Or you can top with your favorite marinara or pesto sauce (see recipe). Other topping ideas include:
 - Ground turkey or chicken sautéed with red bell peppers, cherry tomatoes, and Italian seasonings.
 - Ground turkey or chicken sautéed with broccoli, ginger, and coconut aminos.
 - Nitrate-free chicken sausage with green bell peppers, celery, diced tomatoes, and Cajun seasoning (look out for MSG and food dyes).
 - Sautéed chicken breast or salmon with a vegetable medley (asparagus, zucchini, bell peppers), seasoned with coconut aminos.
 - Ground turkey or chicken sautéed with zucchini and bell peppers seasoned with chile powder, oregano, paprika, and cumin. Topped with fresh avocado and salsa.
 - Sautéed spinach or kale in avocado oil.

Asian Chicken Lettuce Wraps

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- 2 tsp garlic-infused oil
- 2 tsp finely grated ginger
- 1 lb ground chicken or turkey
- 1 medium-sized carrot, peeled and shredded
- ½ medium-sized red bell pepper, de-seeded and chopped
- ½ cup chopped green onion, green tops only
- 2 Tbsp oyster sauce (gluten-free Kikkoman brand)
- 1 Tbsp organic tamari (gluten-free soy sauce) OR coconut aminos
- 1 Tbsp toasted sesame oil
- 2 heads Boston butter lettuce, washed, dried, cored, and 8 largest leaves removed
- 1/3 cup chopped roasted peanuts (optional)
- 2 Tbsp chopped fresh cilantro

Instructions:

1. Heat the oil in a large skillet over medium heat. Add the ginger and stir-fry, stirring constantly, for about 1 minute.
2. Crumble in the chicken or turkey and stir-fry for about 2 minutes, until beginning to brown. Add the carrot, bell pepper, and half of the green onions, and stir-fry for 1 minute to combine. Then add the oyster sauce, soy sauce, and sesame oil and continue to stir-fry for several more minutes, until the chicken is cooked through.
3. Meanwhile, place the lettuce on plates. Once the chicken is cooked, divide among the lettuce leaves. Sprinkle with peanuts, green onions, and cilantro. Serve. To eat, wrap the chicken up in the lettuce leaves and eat.

Chicken Satay

Recipe by Kate Scarlata and Dede Wilson

Makes about 20 skewers

Ingredients:

- ½ cup canned full-fat or lite coconut milk, preferably Native Forest
- ½ cup finely chopped green onions, green tops only
- ¼ cup smooth peanut butter
- ¼ cup coconut aminos or organic tamari
- 1 Tbsp maple syrup
- 2 Tbsp lemon juice
- 2 1-inch slices of fresh ginger
- ¼ tsp ground coriander
- ¼ tsp ground cumin
- 1/8 tsp cayenne pepper (optional)
- 1.5 lbs boneless, skinless chicken thighs
- ¼ cup chopped cilantro
- Avocado oil

Instructions:

1. Combine the coconut milk, ¼ cup green onions, peanut butter, coconut aminos/tamari, maple syrup, lemon juice, ginger, coriander, cumin, and cayenne in a blender and process until smooth. Set aside ½ cup of the sauce to use for later, then pour the remaining sauce into a mixing bowl.
2. Cut the chicken into strips, about 1 inch by 3-4 inches long. Add the chicken to the mixing bowl with sauce and toss to coat. Cover and refrigerate for at least 3-4 hours or overnight. Cover and refrigerate the remaining sauce as well.
3. When ready to cook, prepare a grill outside or a grill pan inside. Brush with oil
4. Remove the chicken from the refrigerator and thread the chicken onto the skewers down the length of the chicken strip, weaving the skewer in and out for the chicken so that it stays in place during cooking. Discard any leftover marinade.
5. Place the chicken on the grill or grill pan. Cook for 3-4 minutes, then flip over and cook for an additional 3-4 minutes, or until the chicken is cooked through.
6. Remove from the grill and immediately brush with reserved sauce. Sprinkle with chopped cilantro and remaining green onions. Serve.

Maple Dijon Pork Chops

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- ¼ cup avocado oil
- ½ cup finely chopped leek, green parts only
- 4 center-cut bone in pork chops or boneless pork loin chops, at least ¾ inch/2 cm thick
- Salt and pepper to taste
- ½ tsp dried thyme
- 1/3 cup low FODMAP chicken stock
- 1 Tbsp Dijon mustard
- 2 tsp maple syrup

Instructions:

1. Heat oil in a large skillet over medium-low heat and add leeks. Sauté until soft.
2. Season the pork chops on both sides with salt, pepper, and thyme. Increase the heat to medium and add the pork chops to the pan. Cook for about 1 ½ minutes on each side.
3. Meanwhile, whisk together the chicken stock the mustard and maple syrup.
4. After the second side of the pork chop has cooked, add in the chicken stock mixture. Shake up the pan a little bit to spread the sauce around, then cover. Let cook for another 4-5 minutes, just until the pork is cooked through. Remove from the heat and let rest for a few minutes.
5. Serve with a side salad or roasted carrots.

Pan Seared Salmon and Spinach

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- 2 5-6 ounce salmon filets
- Salt and pepper to taste
- 3 Tbsp balsamic vinegar
- 2 Tbsp water
- 1 ½ tsp maple syrup
- 1 Tbsp + 2 tsp avocado oil, divided
- 6 oz baby spinach or arugula

Instructions:

1. Pat the salmon dry with a paper towel and season with salt and pepper. In a small bowl, stir together vinegar, water, and maple syrup, set aside.
2. Pour 1 Tbsp oil in a large skillet and heat over medium-high heat. Sear the salmon, skin side down, for 2-4 minutes, or until skin is crispy. Carefully turn the fish over and cook for 2-4 minutes more. Cook for a few minutes more if you prefer a well-done center. Remove fish onto a warm plate and cover.
3. Add the remaining oil and add greens to the skillet. Let cook for 1-2 minutes, until wilted, then remove from pan.
4. Add the vinegar mixture to the hot skillet and cook for 30 seconds to 1 minute, until the mixture is reduced and slightly thickened. Pour the glaze over the salmon and serve.

Dijon Salmon or Cod

Ingredients:

- 4 salmon or cod filets (or any white fish)
- 4 Tbsp Dijon mustard
- 1 lemon, sliced into thin slices
- Salt and pepper, to taste
- 1 Tbsp fresh chopped Italian parsley

Instructions:

1. Preheat oven to 350 °F. Line a baking sheet with parchment paper and lightly grease. Alternatively, grease a glass baking dish.
2. Place fish on baking sheet or in baking dish. If skin is on fish, place skin side down. Place 1 Tbsp mustard on each filet and season with salt and pepper to taste. Top with lemon slices.
3. Bake for 20 minutes, until fish is cooked through and flakes with a fork.
4. Take out of oven and place on serving dish. Garnish with parsley and squeeze extra lemon.

Grilled Swordfish with Pineapple Salsa

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- Salsa:
 - 1 cup diced pineapple
 - ½ medium red bell pepper, de-seeded and chopped finely
 - 3 Tbsp finely chopped fresh cilantro
 - 3 Tbsp finely chopped green onion, green tops only
 - 1 Tbsp seeded and finely chopped jalapeno
 - 1 Tbsp lime juice
 - Salt to taste
- Fish:
 - 2 Tbsp garlic-infused olive oil
 - 1 Tbsp lemon juice
 - ¼ tsp cumin
 - Salt and pepper, to taste
 - 4 swordfish steaks (2-2.5cm thick) or another hearty fish, such as tuna or salmon

Instructions:

1. First prepare the salsa, combine all ingredients into a bowl and serve.
2. To prepare fish, whisk oil, lemon juice, cumin, salt, and pepper in a large bowl. Add the fish, turning the pieces over to coat and allow to marinate for 10 minutes.
3. Meanwhile, set a gas grill to high outside or heat a grill pan over medium heat indoors. Brush the grill or grill pan with additional oil.
4. Take the swordfish out of the marinade and grill the swordfish for 3-4 minutes on each side. When ready, the flesh should be opaque. Discard the additional marinade.
5. Serve immediately with salsa on top.

Mediterranean Fish with Fennel, Tomatoes, and Zucchini

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- 2 Tbsp + 2 tsp garlic-infused olive oil
- 2 medium zucchini, sliced into rounds
- 1 small fennel bulb, stalks discarded, and leaves reserved
- 1 pint cherry or grape tomatoes, halved
- ½ cup pitted kalamata olives
- 2 Tbsp capers, drained
- Salt and pepper, to taste
- 1.5 lbs cod loins or other white fish such as grouper, flounder, halibut, bass, catfish, redfish, or trout
- 1 lemon, halved

Instructions:

1. Preheat oven to 450°F. Position oven rack in the center.
2. Prepare a sheet pan with foil and lightly grease with 2 Tbsp avocado oil.
3. Cut fennel bulb in half vertically, then cut into ¼ inch slices to equal 1 cup of thin slices.
4. Add the zucchini, fennel, tomatoes, olives, and capers to the pan and toss in oil. Season with salt and pepper. Cover the pan with foil and roast for 15 minutes. Remove the foil, stir, then continue to roast for an additional 15 minutes.
5. Then place fish pieces on top of veggies, drizzle with remaining 2 tsp oil, sprinkle with chopped fennel fronds, and season with salt and pepper. Bake until the fish is just cooked, about 5-10 minutes (depending on thickness of the fish).
6. Squeeze with lemon juice and serve.

Shrimp and Broccoli Stir Fry

Recipe by Kate Scarlata and Dede Wilson

Ingredients:

- 2 Tbsp garlic-infused olive oil
- ½ cup low FODMAP chicken stock or water
- 2 Tbsp organic tamari (gluten-free soy sauce) OR coconut aminos
- 1 tsp maple syrup
- ¼ tsp red chili flakes
- 2 Tbsp peeled and finely chopped fresh ginger
- 2 cups small broccoli florets
- 1 lb large shrimp, peeled and deveined
- 2 tsp sesame oil
- ¼ cup chopped green onions, green part only

Instructions:

1. In a small bowl, whisk together stock, tamari, and maple syrup.
2. In a large skillet or wok, heat the oil over medium heat. Add the ginger and stir-fry for about 1 minute. Increase heat to high and add the broccoli, stir-fry for 2 minutes. Add the shrimp to the skillet and stir-fry for about 30 seconds, or just until they begin to turn pink. Add the stock mixture and keep tossing and stirring the shrimp until the shrimp are opaque and cooked through.
3. Drizzle with sesame oil and garnish with green onions. Serve.

Instant Pot Chicken Cacciatore

Ingredients:

- 6-8 bone-in, skin-on chicken thighs
- 2 Tbsp garlic-infused olive oil
- 2 red bell peppers, chopped
- 2 large carrots, peeled and cut on the bias
- 14 oz can diced tomatoes, with juice
- 1 Tbsp low FODMAP Italian seasoning
- 1 tsp dried oregano
- 1½ tsp salt
- 1/2 tsp freshly ground black pepper

Instructions:

1. Dry chicken thighs well with paper towel and season with salt and pepper on both sides.
2. Press the “Sauté” button on the Instant Pot and add the garlic-infused olive oil to the pot. Once the display reads “Hot,” add half of the thighs, skin side down, and sear for 5 minutes or until the chicken skin releases easily from the pot. Flip and sear on the other side for 2 minutes. Remove chicken to a plate and follow the same steps for the remaining thighs.
3. After all the chicken thighs are fully seared and removed to a plate, add the bell pepper and carrots and stir-fry for 3 minutes.
4. Hit “Cancel” on the Instant Pot. Pour in the diced tomatoes with their juices/
5. Add Italian seasoning, oregano, 1 ½ tsp salt, ½ tsp pepper to the pot and gently stir.
6. Place the chicken in one layer, skin side up, on top of the veggies and broth. Close the lid, set the pressure release valve to “Sealing,” hit the “Pressure Cook” or “Manual” button, and set the timer for 15 minutes.
7. Once the cooking cycle has completed, quick release the pressure. Using a fresh set of tongs, remove the chicken to a platter and cut through to ensure doneness. You may also check the temperature of the thickest piece of chicken with a meat thermometer. Chicken must be at least 165° F to be safely consumed.
8. Serve with rice or mashed potatoes.

Instant Pot Roast Beef

Ingredients:

- 2 Tbsp garlic-infused olive oil
- 3–4 lb beef chuck roast
- 1 cup leek, dark green leaves only, finely chopped (rinse before using)
- 1½ low FODMAP chicken broth, such as 365 Chicken Broth
- 2 Tbsp tomato paste
- 1 Tbsp coconut aminos or tamari
- 1 tsp dried thyme
- 1 tsp salt
- ½ tsp pepper
- 4 large carrots, peeled and chopped or 1 lb baby carrots
- 1 lb red potatoes, chopped into ½" pieces

Instructions:

1. Press the "Sauté" button on the Instant Pot and add garlic-infused olive oil. While the Instant Pot is heating up, dry roast well with paper towels. Sprinkle with salt and pepper.
2. Once the display on the Instant Pot reads "Hot," using tongs, add roast to the pot and sear for 2 minutes on each long side and 1 minute on each short side until all sides are brown. Remove roast to a plate.
3. Add leek and sauté for 2 minutes, stirring frequently so that it does not burn.
4. Press "Cancel" on the Instant Pot. Add broth to deglaze the pot, then scrape the bottom of the pot clean with your spoon.
5. Add tomato paste, coconut aminos, thyme, 1 tsp salt and ½ tsp black pepper to the pot and stir. Put the roast back in the pot. Close the lid of the Instant Pot and set pressure release valve to "Sealing." Press the "Meat" button and set timer for 50 minutes. While the roast is cooking, chop carrots and potatoes.
6. Once the cooking cycle has completed, quick release the pressure. Using a fresh set of tongs, carefully flip the roast over to the opposite side in the pot. Add the carrots and potatoes to the broth around the roast. Use the tongs or spoon to gently push the vegetables as far down into the broth as possible.
7. Close the lid of the Instant Pot and set pressure release valve to "Sealing." Press the "Pressure Cook" or "Manual" button and set timer for 3 minutes.
8. Once the cooking cycle has completed, quick release the pressure. Carefully remove roast to a serving platter using tongs or shred roast directly in the Instant Pot. Using a slotted spoon, remove vegetables to a serving vessel, or leave in the pot. Pour pan juices into a measuring cup or gravy boat and serve over the meat and potatoes.

Recipe Notes:

- Instead of an Instant Pot, you may also make this recipe in a crock pot (low heat: 6 hours, high heat: 4 hours) or in the oven (roast at 325 for 3-5 hours).

Crockpot Herbed Chicken

Ingredients:

- 1 whole chicken (about 3-4 lbs)
- 1 tsp salt
- 1 tsp garlic-infused oil
- 1 Tbsp ghee
- 1 Tbsp Italian herb seasoning
- 4 large carrots, scrubbed clean and chopped into large pieces
- 1 lb baby potatoes or sliced red potatoes (if permitted)
 - If you can't eat potatoes, substitute for turnips or rutabagas instead

Instructions:

1. Line the bottom of the crockpot with potatoes/rutabagas and carrots.
2. Remove any giblets from the chicken (save for broth or discard).
3. In a small bowl, mix oil, ghee, herbs, and salt together. Rub the ghee mixture into the skin.
4. Put prepared chicken in a slow cooker, cover it, and turn it on to high. There is no need to add any liquid.
5. Cook for 4-5 hours on high or until the chicken is falling off the bone.
6. Serve with steamed veggies or if permitted, rice or quinoa.

Instant Pot Pulled Chicken

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 can Rotel
- ½ cup water
- ½ tsp salt
- ½ tsp pepper
- 1 tsp dried oregano

Instructions:

1. Place the chicken in one layer, add Rotel, oregano, salt, pepper, and water. Stir to combine. Close the lid, set the pressure release valve to "Sealing," hit the "Pressure Cook" or "Manual" button, and set the timer for 30 minutes.
2. Once the cooking cycle has completed, quick release the pressure. Using tongs or a fork, shred chicken apart. Stir chicken in its juices.
3. Serve with rice or in cassava tortillas or lettuce wraps.

Instant Pot Pork Tenderloin

Ingredients:

- 1 lb pork tenderloin, cut in half crosswise
- 1 tsp salt
- ½ tsp pepper
- 1 Tbsp garlic-infused oil
- ½ tsp dried thyme
- ¼ tsp chili flakes (optional)

Instructions:

1. Season pork with salt and pepper. Turn Instant Pot to “sauté” setting and heat oil. When oil is shimmering, add pork. Sear until golden all over, about 6 minutes. Remove pork to a plate.
2. Turn off “sauté” setting. Place trivet in Instant Pot, add 1 cup of water, and arrange pork on trivet. Lock lid and set to “Pressure Cook” on high for 5 minutes.
3. Allow pressure to naturally release for 1 minute, then quick-release remaining pressure.
4. Let meat rest for 5 minutes before slicing against the grain and serving.

Recipe Notes:

- If you do not have an Instant Pot, this recipe can be easily made in the oven. Simply prepare the pork as directed and place in a baking dish or on a prepared baking sheet. Bake in a 375°F oven for 30-45 minutes, until the internal temperature reads 160°F.

Sheet Pan Greek Chicken and Veggies

Ingredients:

- 1¾ lbs boneless chicken thighs or chicken breasts, cut into 1" wide pieces
- 3 Tbsp garlic-infused oil
- Juice of 1 lemon
- 1 Tbsp dried oregano
- 1 green bell pepper, de-seeded and sliced
- 1 red bell pepper, de-seeded and sliced
- 2 zucchini, sliced
- ½ cup pitted black olives
- 1 pint tomatoes

Instructions:

1. Preheat the oven to 375° F. Line a sheet pan with parchment paper and lightly coat with avocado oil.
 2. In a large mixing bowl, add chicken cubes, oil, lemon juice, and oregano. Mix to combine.
 3. Place chopped bell peppers, zucchini, olives, and tomatoes on the prepared baking sheet and top with the chicken and marinade. Mix to combine, making sure the marinade covers the vegetables.
 4. Bake in the oven for about 30 minutes or until the chicken is cooked through.
 5. Top baked chicken and veggies and squeeze some extra lemon juice on top for garnish.
-

Baked Chicken

Ingredients:

- 1 lb bone in chicken breast, thighs, or drumsticks OR boneless skinless chicken breasts
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp poultry seasoning
- 2 Tbsp garlic-infused oil or ghee

Instructions:

1. Preheat oven to 375°F. Line a baking sheet with foil or parchment paper.
2. Add chicken of choice into a large bowl and add in remaining ingredients, mix until chicken is coated.
3. Place chicken on the baking sheet in a single layer. Then place in the oven. Bake for 30-45 minutes, or until chicken is cooked through and reaches an internal temperature of 165°F. Cooking times will vary, chicken with bones will take longer to cook. Serve hot.

Basic Meatballs

Ingredients:

- 2 lb ground turkey, chicken, or bison
- 1 ½ tsp Italian seasoning
- 1 tsp salt
- ½ tsp pepper
- ¼ tsp chili flakes (optional)
- Avocado oil, for cooking

Instructions:

1. Combine all ingredients in a large mixing bowl using your hands. Be careful not to overmix, as this will toughen the meat.
2. Using your hands or a spoon, form 1 to 1 ½ inch meatballs.
3. Heat a layer of avocado oil in a skillet over medium heat. Once heated, place meatballs in skillet and cook until browned on all sides. Meatballs may be cooked in batches for more even cooking.
4. Serve with rice or quinoa noodles (if permitted) with a low FODMAP marinara sauce. Alternatively, serve with Miracle Noodles, Jovial grain-free pasta, or zucchini noodles.

Recipe Notes:

- Please note that meatballs made without a binder (i.e. breadcrumbs and eggs) will be very fragile. Handle with care.
- If you do not want to pan fry meatballs, place in a 375°F oven and bake for 25-30 minutes.
- If pan frying creates too much of a crust (or may look like it's burning), finish meatballs in oven or add your favorite sauce into skillet and simmer for an additional 10 minutes.

One Pan Chicken Dinner

Ingredients:

- 1 to 1 ½ lb boneless, skinless chicken thighs
- 1 lb potatoes, scrubbed and diced into 1" pieces (if permitted)
 - If not permitted for you, substitute with chopped rutabaga or turnips
- 1 cup frozen broccoli
- 1 cup frozen carrots
- 1 tsp salt
- 1 tsp Italian herb seasoning
- ½ tsp pepper
- 3 Tbsp ghee, melted

Instructions:

1. Preheat oven to 350°F. Grease a 13 x 9" baking pan with oil or butter.
2. Place the chicken thighs down the middle of the baking pan. Place potatoes/rutabagas to one side of the chicken and broccoli and carrots on the other side.
3. Combine the melted butter with the salt, pepper, and spices. Drizzle the mixture over the chicken and veggies.
4. Cover with foil and bake for 45 minutes to 1 hour, or until the chicken is cooked through and the veggies are soft. Serve.

Sheet Pan Stir Fry

Ingredients:

- 1 lb boneless, skinless chicken breasts or thighs, cubed
- 1 bunch broccoli, cut into florets
- 2 colored bell peppers, de-seeded and chopped into large bite-sized pieces
- 2 cups trimmed and cut green beans (can be the frozen variety)
- 1 large carrot, washed, peeled, and cut into diagonal coins
- 1 Tbsp avocado oil
- 2 Tbsp coconut aminos
- 2 tsp sesame oil
- Salt and pepper, to taste

Instructions:

1. Preheat oven to 350°F. Line a baking sheet with parchment paper. Brush with oil.
2. Add all ingredients to the pan, season with salt and pepper, and toss to combine. Cook for 20-30 minutes or until chicken is cooked through and veggies are soft.

Salmon Cakes

Ingredients:

- 1 6 oz can of wild salmon
- 2 medium carrots, washed, peeled, and shredded
- 2 green onions, green tops only, chopped
- Zest of 1 lemon
- ¼ tsp cumin
- ½ Tbsp coconut flour
- ½ Tbsp avocado oil
- ½ tsp salt

Instructions:

1. Preheat the oven to 400°F. Line a baking sheet with parchment paper, grease lightly with oil.
2. Remove salmon from the can and strain out any excess water.
3. Add salmon, shredded carrots, green onions, lemon zest, cumin, coconut flour, and salt to a food processor and process until everything is well combined.
4. Form the mixture into small cakes- they should be about 4" in diameter. Use a paper towel to wipe off excess moisture.
5. Place the cakes on the prepared baking sheet, ensuring there is some space between them.
6. Bake for 40 minutes, until lightly crisp. If you desire more crispiness, broil for a few minutes.
7. Serve. Suggestions include on top of a salad, in a Bento box, or alongside zucchini hummus.

Sticky Baked Ribs

Ingredients:

- 2 racks (about 3 lbs) pork ribs
- 1 Tbsp smoked paprika
- 1 tsp cayenne pepper
- 1 tsp salt
- 1 tsp pepper
- 1 5 oz can tomato paste
- 2 Tbsp coconut aminos
- 1 Tbsp honey
- 2 tsp apple cider vinegar
- Salt and pepper, to taste

Instructions:

1. Mix the smoked paprika, cayenne pepper, salt, and pepper together in a small bowl.
2. Rub the spice mix thoroughly over the ribs, ensuring all areas are covered.
3. Allow to marinate in the fridge for 6 hours or preferably overnight.
4. Once marinated, pre-heat the oven to 325° F.
5. Place the ribs in a large roasting tray and cover tightly with foil. Place in the oven and cook for 2 hours or until the meat is very tender.
6. To make the sauce, place tomato paste, coconut aminos, honey, apple cider vinegar, and 1/4 cup water. Stir to combine and season with salt and pepper.
7. Increase the oven to 375° F. Uncover the ribs and baste liberally with the sauce. Repeat this process 2-3 times over 20-30 minutes, turning the ribs over so both sides are covered. The ribs are done when the sauce has started to caramelize, and the meat is falling off the bone.

Chicken Piccata

Ingredients

- 2 boneless skinless chicken breasts, cut in half to create 4 thin pieces OR 4 pieces thinly sliced chicken breasts (these can be found at HEB)
- Salt and pepper, to taste
- 3 to 4 Tbsp garlic-infused olive oil
- ½ cup chicken bone broth, such as HEB Bone Broth
- 1 Tbsp ghee
- 1/3 cup fresh lemon juice
- ¼ cup green olives or capers, coarsely chopped
- 2 Tbsp fresh parsley, finely chopped
- Thin slices of lemon for garnish

Instructions

1. Season both sides of thinly sliced chicken with salt and pepper.
2. In a large skillet, heat one tablespoon oil over medium-high heat. Add 2 chicken slices to skillet and cook 1 to 2 minutes on each side or until cooked through and lightly browned. Repeat with remaining chicken slices, adding a tablespoon of oil as needed. Transfer chicken to a platter and keep in warm oven (around 250°F) until ready to serve.
3. Remove the pan from the heat and add in chicken stock, lemon juice, and capers/olives. Return to the heat and bring to a boil, scraping up any bits left in the pan. Season as needed. Reduce until sauce has thickened, about 2-3 minutes. Add in remaining 1 Tbsp ghee and whisk vigorously. In the same skillet, heat one tablespoon of oil over medium heat.
4. Pour sauce over chicken and sprinkle with parsley and garnish with lemon slices. Serve.

Sheet Pan Beef and Broccoli

Ingredients:

- 1 1/2 lb flank steak, thinly sliced against the grain
- 2 cups fresh broccoli florets
- ¼ cup coconut aminos
- ¼ cup garlic-infused olive oil
- ¼ tsp chili flakes
- Salt and pepper to taste
- ½ tsp dried ginger
- Sauce:
 - 2 Tbsp coconut aminos (you can also use soy sauce or tamari)
 - 1 Tbsp garlic-infused olive oil
 - 1 tsp fresh minced ginger (or ¼ teaspoon ginger powder)
 - Salt and pepper, to taste

Instructions

1. In a medium bowl or dish, whisk together all the ingredients coconut aminos, olive oil, chili flakes, ginger, and salt and pepper. Toss the meat with the marinade, making sure it is coated. Allow the meat to marinate for at least 10 - 15 minutes or marinate up to 8 hours or overnight.
2. Preheat the oven to 425°F.
3. In a small bowl, mix together the ingredients for the sauce. Place the broccoli on a prepared baking sheet then pour over the sauce and toss to mix. Arrange the broccoli in a single layer on the sheet pan.
4. Add the marinated beef to sheet pan with broccoli, making sure to leave room between everything. You don't want to steam the food, so it's important to not crowd the pan. If you need to, use 2 sheet pans.
5. Place the pan in the oven and bake for 10-15 minutes, until the steak is done to your liking and broccoli is just tender. If you would like additional browning, turn on the broiler and broil for 2 minutes or until you char the beef and broccoli to your liking.
6. Serve with rutabaga rice, Asian slaw, cucumber salad, or a side salad. If permitted, you may also serve with rice or quinoa.

Veggie Turkey Burgers

Ingredients:

- 1 bunch green onion, green tops only, finely chopped
- 1 red bell pepper, finely diced
- 1 Tbsp garlic-infused olive oil or avocado oil
- 1 medium carrot, finely diced
- 1 teaspoon sea salt
- 3 cups (about 3 leaves) finely chopped destemmed kale or spinach
- ½ teaspoon freshly ground black pepper
- 1 lb ground turkey white meat
- 1 lb ground turkey dark meat
- ½ cup fresh basil, finely chopped
- 3 Tbsp finely chopped fresh Italian parsley or 1 Tbsp dried parsley
- 1 Tbsp avocado oil, for cooking

Instructions:

1. In a large skillet, add garlic-infused olive oil and bring to medium heat. Sauté green onion and carrot for a few minutes.
2. Add bell pepper and sauté another minute. Add kale or spinach and sauté until wilted.
3. Transfer sautéed veggies to a large bowl. Add ground turkey, salt, pepper, and fresh herbs. Mix until evenly incorporated.
4. Heat a skillet over medium heat and add in 1 Tbsp avocado oil.
5. Form turkey into ½ inch thick palm-sized patties. Add patties to skillet and brown on both sides, about 5 minutes per side.
6. If you'd like, continue cooking on stove top until turkey is done (165° F internal temperature). Or transfer to a parchment-lined baking sheet and bake at 350°F for an additional 5-10 minutes until cooked.
7. Serve on a lettuce bun or over shredded lettuce. Serve with favorite burger condiments (garlic-free ketchup, mustard, and mayo) or sautéed/grilled veggies.

Egg Roll in a Bowl

Ingredients:

- 2 Tbsp garlic-infused oil, divided
- 1 lb ground turkey or chicken
- 1 tsp grated fresh ginger
- 1 tsp tomato-free hot sauce
- 1 14oz bag coleslaw mix
- ½ cup shredded carrots
- 1 colored bell pepper, de-seeded and cut into thin strips
- 3 Tbsp coconut aminos
- 1 Tbsp apple cider vinegar
- ¼ tsp sesame oil
- Salt and pepper to taste
- 6 green onions, green tops only, chopped

Instructions:

1. Over medium heat, heat 1 Tbsp oil in a large skillet or wok.
2. Add in ground poultry, ginger, and hot sauce and cook until meat is browned. About 7-10 minutes. Remove meat from the skillet, and place in a bowl.
3. Add a bit more oil to the pan, then add coleslaw mix, peppers, shredded carrots, coconut aminos, vinegar, and salt and pepper. Cook, stirring frequently, for about 5 minutes, until cabbage is tender.
4. Add meat to the skillet with the cabbage. Season with extra sesame oil and stir to combine.
5. Serve and garnish with chopped green onions and sesame seeds.

Tacos

Ingredients:

- 1 lb ground turkey (or chicken)
- 1-2 Tbsp avocado oil
- 1 tsp cumin
- 1 tsp dried oregano
- 1 Tbsp chili powder
- 2 Tbsp coconut aminos
- Salt and pepper to taste
- 6-8 large bibb lettuce leaves or green leaf lettuce OR cassava tortillas

Instructions:

1. Heat oil in a skillet over medium heat. Add in ground meat, spices, and coconut aminos. Season to taste. Stir and cook until browned. Strain of excess fat, if any.
2. Place taco meat in the middle of the bibb lettuce leaves or tortillas and serve with your favorite toppings!
 1. Toppings can include garlic-free salsa, pico de gallo, lettuce, radishes, cabbage, jalapenos, raw red or green bell peppers, tomatoes, and cilantro.

Recipe Notes:

- For an Asian twist, omit oregano, cumin, and chili powder and add ground ginger, scallions, sesame seeds, lime juice, and extra coconut aminos.
- Substitute ground meat for grilled chicken breast, pan-seared fish, or slow-cooked/pressure-cooked pulled chicken.
- Serve with lime ranch dressing for added flavor. To find this recipe, look up the dairy-free ranch dressing. Add lime juice, cumin, and cilantro to the dressing mix.

Chile Relleno

Ingredients:

- 4-6 large poblano peppers (or green bell peppers)
- 1 lb ground turkey (or chicken)
- 1-2 Tbsp avocado oil
- 1 cup carrots, shredded
- 2 cups baby spinach
- 1 zucchini, finely diced
- 2 tsp cumin
- 1 tsp dried oregano
- 1 Tbsp chili powder
- Salt and pepper to taste
- Veggies for toppings

Instructions:

1. Preheat oven to 375°F.
2. Bring a large pot of water to a boil.
3. To prepare the peppers, cut a slit lengthwise across each pepper. Scrape out the seeds and discard. Alternatively, cut the top off each pepper and remove seeds.
4. Once at a boil, add the prepared bell peppers and blanch for 3-5 minutes, until lightly soft, but not mushy. Strain the water from the peppers and set the peppers aside to cool off and dry.
5. Meanwhile, heat oil in a skillet over medium heat. Sauté carrots and zucchini for 2-3 minutes, until softened.
6. Add in ground meat and spices. Stir and cook until browned.
7. Add in spinach and cook for an additional 1-2 minutes, until spinach is wilted. Strain of excess fat, if any.
8. Stuff each pepper with the mixture and arrange them in a glass baking dish.
9. Bake covered for 20 minutes, then uncover and bake for 15 minutes or until pepper is cooked through and soft.
10. Serve with garlic-free salsa or pico de gallo.