



Week Eight Menu...

Sunday

Taco Pizza Supreme (Gluten Free)

Monday

Sesame Coconut Crispy Chicken

Tuesday

Baked Mac and Cheese (Dairy and Gluten Free)

Wednesday

Baked Chicken Chile Rellenos

Thursday

Caveman MeatBall Sub

With Almond Bread



This week's grocery list...

Meat / Seafood / Egg

- 1 lb Ground Turkey (Organic, Free-Range)
- 1.5 lbs. Chicken Breasts (Boneless, Skinless)
- 2lb Bone-in Lamb Meat
- 2 lbs. Ground Beef (Grass-Fed)
- 8 Eggs (Organic, Omega-3)

Produce

- 3 yellow onions
- 6-8 Yellow Zucchini Squash
- 1 Tomato
- 1 Head Romaine Lettuce
- 1 cup shredded lettuce
- 1 Sweet Potato
- 2 Lemons
- 2 Anaheim Chile Peppers
- 5 Carrots

Fresh Herbs & Flavors

- 7 cloves Garlic
- 1 Tbsp Fresh Ginger
- 2 Tbsp Fresh Dill
- 1 bunch Fresh Parsley

Pantry Items

- 3/4 cup Extra Virgin Olive Oil
- 32oz Organic Beef Broth
- 3 tsp Apple Cider Vinegar
- 2 Tbsp Dijon Mustard (gluten free)
- 1 cup guacamole
- 1 medium sized jar Salsa
- 1 jar Marinara Sauce (organic)
- 1/4 cup Shredded Coconut, Unsweetened
- 6oz Dried Apricots
- 5 Tbsp Coconut Flour
- 6 cups Blanched Almond Flour
- 1/2 cup Arrowroot Starch
- 1/2 cup Nutritional Yeast
- 1 packet Dry Active Yeast
- 12oz Raw Cashews
- 3 Tbsp Raw Honey
- 1/3 cup Coconut Milk (canned-full fat)
- 2 Tbsp Coconut Oil
- 1 tsp Baking Soda
- 1/3 cup Sesame Seeds
- 1 tsp Toasted Sesame Oil
- 1/2 cup pecans

Spices

- Salt
- Pepper
- Sweet Paprika
- Dried Oregano
- Dried Basil
- Onion Powder
- Smoked Paprika
- Dried Rosemary
- Turmeric

Taco Pizza Supreme (Gluten Free)

Prep: 35 minutes **Bake:** 12 minutes **Oven:** 425 **Makes:** 12 servings

One serving equals:

223 calories, 11g fat, 230mg sodium, 13g carbohydrate, 3g fiber, and 16g protein



Here's what you need:

- 1 Tablespoon raw honey
- 1 packet (2 tsp) active dry yeast
- 1/4 cup warm, filtered water
- 3/4 cup blanched almond flour
- 3 Tablespoons coconut flour
- 1/2 cup arrowroot starch
- 1/4 teaspoon sea salt
- 1 omega-3 egg
- 1 Tablespoon olive oil
- 1 teaspoon apple cider vinegar

Toppings:

- 1 jar medium salsa
- 1 pound grass fed, ground beef
- 1 cup guacamole
- 1/2 cup chopped organic tomato
- 1 cup shredded lettuce



1. Preheat oven to 425 degrees F. Lightly grease a baking sheet with olive oil.
2. In a small bowl combine the honey, yeast and warm water. Mix carefully with a fork. Set aside for 5 minutes, until foamy.
3. In a medium bowl combine the almond flour, coconut flour, arrowroot starch and salt. Work out the lumps with a fork. Add the egg, olive oil and vinegar to the yeast mixture and mix to combine.
4. Add the wet ingredients to the dry ones. Mix well and form a ball of dough. Work the dough for about 30 seconds with your hands, smoothing out any lumps.
5. Place the dough ball in the middle of your prepared pan. Dip your fingers in olive oil, then use them to flatten the dough into a big circle. Place the dough in preheated oven for 10-12 minutes until golden.
6. While the crust cools slightly, brown the ground beef in a skillet. Add a dash of onion powder, garlic powder, cumin, sweet paprika and salt. Drain off excess fat.
7. Spread the salsa over your cooked crust. Top with the ground beef, guacamole, lettuce and tomatoes.
8. Slice and watch how quickly this stuff disappears!

Sesame Coconut Crispy Chicken

Prep: 35 minutes **Bake:** 25 minutes **Oven:** 450 **Makes:** 4 servings

One serving equals:

346 calories, 17g fat, 330mg sodium, 4g carbohydrate, 2g fiber, and 38g protein



Here's what you need:

- 1.5 lb organic, boneless, skinless chicken breast – cut into 1 inch squares
- 1/3 cup canned, full fat coconut milk
- 1 egg yolk
- 2 Tablespoons Dijon mustard
- 1 teaspoon toasted sesame oil
- dash of salt and pepper
- 1/3 cup sesame seeds
- 1/4 cup unsweetened, shredded coconut

1. Preheat oven to 450 degrees F. Lightly grease a baking sheet with coconut oil.
2. In a medium bowl combine the coconut milk, egg yolk, Dijon, sesame oil, salt and pepper. Mix well then add the 1 inch chicken pieces. Mix to coat.
3. On a plate, combine the sesame seeds and coconut shreds. Briefly place the chicken pieces on the plate, then sprinkle the tops with more of the sesame coconut mixture. Place on the prepared pan.
4. Bake for 20-22 minutes, then turn on the high broil for 1-3 minutes to toast the tops.



Baked Mac and Cheese **(Dairy & Gluten Free)**

Prep: 35 minutes **Bake:** 25 minutes **Oven:** 350 **Makes:** 12 servings

One serving equals:

288 calories, 22g fat, 137mg sodium, 15g carbohydrate, 4g fiber, and 10g protein



Here's what you need:

For the Cheese Sauce:

- 12 oz (about 2 cups) raw cashews, soaked for 1-2 hours
- 2 Tablespoons lemon juice
- 2 Tablespoons water (plus more if needed)
- 1/2 cup olive oil
- 1 teaspoon salt
- 1/2 cup nutritional yeast
- 1/2 teaspoon onion powder
- 1/2 teaspoon sweet paprika
- 1/4 teaspoon turmeric
- 1 clove garlic
- dash of pepper

For the Casserole:

- 6-8 yellow squash (the ones shaped like zucchini)
- 1/2 cup finely chopped pecans (optional)

1. Preheat the oven to 350 degrees F. Lightly grease a casserole pan with olive oil.



2. Discard the cashew soaking water. Combine all of the cheese sauce ingredients into a high speed blender. Mix until completely smooth. If the mixture is too thick add an extra tablespoon or two of water.
3. Wash the squash, then slice the long way into fourths. Cut out the seeds.
4. To make the noodles you could use a mandoline slicer or a spiral slicer. If you don't have any of those, or just don't want to fish them out from the back of your cupboard, then a simple vegetable peeler works perfectly fine. Hold one of the squash pieces in the middle and peel along the edge of the piece. Once you've peeled as far as you can, turn the piece over and peel the other side. Do this with all of the squash pieces, putting the squash noodles into a large colander. Sprinkle with a touch of salt and allow to sit for 15 minutes.
5. In a large bowl combine the squash noodles with the cheese sauce. Spread into the prepared pan and sprinkle with the chopped pecans if desired.
6. Bake for 25 minutes or until the pecans are golden and the noodles are warmed.



Lamb and Apricot Slow Cooker Stew

Prep: 15 minutes **Bake:** 6-8 hours **Slow Cooker:** low **Makes:** 8 servings

One serving equals:

352 calories, 12g fat, 418mg sodium, 25g carbohydrate, 4g fiber, and 36g protein



Here's what you need:

- 2 Tablespoons coconut oil, divided
- 2 yellow onions, thinly sliced
- 5 carrots, sliced into rounds
- 1 sweet potato, peeled and cubed
- 2 cloves garlic, minced
- 1 Tablespoon fresh ginger, minced
- 2 Anaheim chili peppers, seeded and diced
- 6oz dried apricots, chopped
- 2 pounds lamb meat, bone-in
- 32 oz organic beef broth
- 1 Tablespoon lemon juice
- 2 Tablespoons fresh dill, minced
- 1/4 cup fresh parsley, minced
- 1 teaspoon dried basil
- salt and pepper

1. In a large skillet melt one Tablespoon of the coconut oil over medium high heat. Add the onions, carrots, sweet potato, garlic, ginger, chili pepper and apricots. Sauté for 10 minutes and then transfer everything to the slow cooker.
2. Salt and pepper the lamb. Add a Tablespoon of coconut oil to the skillet and brown the lamb, about 6 minutes. Transfer the lamb to the slow cooker.
3. In a medium bowl combine the broth, lemon juice, and remaining fresh and dried herbs. Mix well then pour into the slow cooker.
4. Cook on low for 6 to 8 hours. Salt and pepper to taste and then serve.

Caveman MeatBall Sub (with Almond Bread)

Prep: 45 minutes **Bake:** 45 minutes **Oven:** 300 **Makes:** 6 servings

One serving equals:

512 calories, 28g fat, 365mg sodium, 15g carbs, 6g fiber, and 46g protein



For the Almond Bread:

- 5 cups Blanched Almond Flour
- 1 heaping teaspoon baking soda
- 1/2 teaspoon salt
- 6 omega-3, free range eggs
- 2 Tablespoons raw honey
- 2 teaspoons apple cider vinegar

1. Preheat oven to 300 degrees F. Generously grease a loaf pan with coconut oil.
2. In a large bowl combine all of the dry ingredients.
3. In a separate bowl, whisk eggs then add honey and vinegar. Add the wet ingredients to dry ones and mix until fully combined.
4. Fill prepared loaf pan. Bake for 45 mins or until golden brown.
5. Loosen side of bread immediately after removing from oven, then allow to cool completely before removing from pan.



Here's what you need for the MeatBalls:

- 1 pound grass-fed ground beef
- 1 pound organic ground turkey
- 1 cup yellow onion, chopped
- 3 cloves garlic, minced
- 1/4 cup fresh parsley, chopped
- 1/2 teaspoon sea salt
- 1 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon black pepper
- 2 Tablespoons coconut flour
- 2 Tablespoons almond meal
- Olive oil for cooking

For the Sauce:

- 1 Tablespoon olive oil
- 1/4 cup yellow onion, minced
- 1 clove garlic, minced
- 3 Tablespoons parsley, chopped
- 1/2 teaspoon smoked paprika
- 1 jar organic, marinara sauce

1. Combine all of the meatball ingredients in a bowl, mix it all up with your hands until fully combined. Form 1.5 inch balls.
2. Place some olive oil in a large skillet over medium high heat. Evenly space the meatballs around the pan. After a few minutes turn to brown on all sides.
3. For the Sauce: Place the olive oil in a medium saucepan over medium heat. Add the onion, garlic, parsley and paprika. Cook for a few minutes, stirring often. Add the jar of marinara and continue to heat for 5 minutes.
4. Assemble your Caveman MeatBall Subs: Place a slice of almond bread on each plate. Spread with some sauce, top with meatballs and more sauce.