



Elimination/Detox Menu - 1

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

Basics:

Crispy Nuts and Seeds - How to soak and dehydrate nuts
Homemade Nut or Seed Flour
Cabbage Wraps

Breakfast:

Egg and Grain-Free Breakfast Burrito
Turkey Sausages
Coconutty Avocado Sunflower Bowl

Lunch:

Entrees:

Pumpkin Seed Avocado Wraps
Seed Flatbread
Green Pea Soup

Sides:

Asparagus Soup
Italian Veggies with Artichoke Hearts
Green Salad with Pumpkin Seeds

Dinner:

Entrees:

Lemon Herb Chicken
Coconut Ginger Salmon
Slow Cooked Rosemary Beef
Coconut Fried Chicken
Saffron Lemon Chicken

Sides:

Zucchini Relish
Steamed Broccoli with Herbs
Creamy Butternut Squash Soup
Mashed Cauliflower
Lemony Green Beans

Dessert:

Cinnamon Sunflower Seed Cookies

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

Almond	Ginger	Thyme
Apple Cider Vinegar	Green Beans	Tree Nut
Artichoke	Green Onions	Turkey
Asparagus	Green	Vanilla Extract
Avocado	Green Pea	Veggies: Cruciferous
Basil	Honey	Walnut
Beef	Lemon	Zucchini
Black or White Pepper	Lettuce	
Broccoli	Lime	
Butternut Squash	Marjoram	
Cabbage	Nutmeg	
Cashew	Onions	
Cauliflower	Oregano	
Celery	Parsley	
Chicken	Pumpkin seed	
Cilantro	Rosemary	
Cinnamon	Sage	
Coconut	Salmon	
Coconut oil	Seeds	
Cucumber	Spinach	
Dill	Stevia	
Fennel	Sunflower seed	
Flaxseed	Sunflower sprouts	
Garlic	Thyme	



CRISPY NUTS AND SEEDS - HOW TO SOAK AND DEHYDRATE NUTS

Servings = 18
19 hours

This is a basic tutorial on how to soak and dehydrate your nuts and seeds.

4 cups almonds, or cashews, pecans, walnuts, water, filtered
sunflower or pumpkin seeds
1 tablespoon sea salt, preferably sea salt

Steps:

1. Mix nuts or seeds with salt and filtered water and leave in a warm place for at least 7 hours or overnight. Drain in a colander.
2. Drain and spread nuts or seeds on a stainless steel baking pan and place in a warm oven (no more than 150 degrees) or dehydrator for 12-24 hours, turning occasionally, until completely dry and crisp. Store in an airtight container.

NUTRITIONAL INFO: Per Serving: 186 Calories; 16g Fat; 6g Protein; 6g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 3 Fat.

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

Almond, Cashew, Pumpkin seed, Sunflower seed, Walnut

Making seed and nut flours is easy but a little time consuming. For people on GAPS or Detox diets, it is recommended to make your own flours out of nuts and seeds so that you are ensured that the nuts and seeds you are using are free of additives. Also, blanched almonds will be easier to digest than ones with skins. I buy raw slivered almonds for making blanched almond flour with so that I don't have to blanch the almonds.

A note about flour verses meal: some recipes call for "flour" while others call for "meal". They are pretty much the same thing. However, I have come to understand that almond flour is from blanched almonds and meal is from almonds with skins, making it a bit denser and not quite as fine. Many recipes will work with either. However, cookies, pizza crust and crackers do better with blanched flour rather than almond meal.

2-4 cups almonds, or other preferred nut or seed

Steps:

1. To make your flour, simply use a batch of your preferred nut or seed. (Soak and dehydrate if you have not already done this.) Any of the following nuts or seeds will work but you can experiment with what tastes you like and which seeds and nuts work best for your body: pecans, hazelnuts, sunflower seeds, pumpkin seeds, walnuts, cashews or other raw and unprocessed nuts.
2. If you have a very good food processor, you may be able to use it to make the flour. However, it needs to be fine enough to not be grainy. Some food processors may not be able to handle making the flour fine enough. Another word of caution – don't process the nuts and seeds so much they become nut butter. This is easier to do with some nuts such as pecans and walnuts.
3. If you don't have a food processor, buy a coffee grinder and use it just for grinding nuts and seeds. It won't be able to store as much at once but it does a great job at grinding the nuts and seeds to a fine flour. I find that pecans and walnuts become nut butter in a coffee grinder so these may be better in a food processor. Once ground, store in airtight containers and use as needed.

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

Seeds, Tree Nut

CABBAGE WRAPS

Servings = 4

30 minutes

1 cabbage

Method one:

Steam entire cabbage head for 20-30 minutes. Check cabbage after 15 minutes and take off outer leaves that are cooked. Cook cabbage until cooked through. Remove from heat and peel off the cabbage leaves when cool to touch. Use for burrito or sandwich wraps.

Method two:

Step one: Buy a medium to large cabbage. Small ones will work but it will be harder to get the leaves off and you won't get as many tacos out of the head of cabbage.

Step two: Find the cabbage leaf that is on top of all of the rest. Find the base of the leaf at the bottom of the cabbage. Cut the leaf at the very bottom and only cut this one leaf. The first one or two will fall right off of the cabbage once you cut the bottom.

Step three: Continue to cut the leaves at the bottom of the cabbage. After the second or third cabbage leaf, they will start to stick to the cabbage head. The best thing I have found to do is to insert the knife under the cabbage leaf at the base of the cabbage. (A wide knife works well for this. If you use one with a point, it will probably pierce the leaf.) Gently wiggle the knife under the cabbage, being careful not to tear it. As you move it under the leaf, it will come off the head in one piece.

Step four: Continue to cut and peel the leaves away gently with the knife. I usually get about 10 leaves that are a good size for making tacos or burritos. You can keep going, you'll just have smaller leaves. I use the rest of the cabbage for making stir fries or steamed cabbage.

Step five: Stack the leaves gently on top of each other and then place them in a large pot with a steamer basket and about 2 inches of water. Steam for about 15-20 minutes or until they are soft and no longer bright green.

Step six: After they have cooked, let them sit with the lid off to let the steam out of the pot. Also remove them from the heat. Remove a cabbage leaf with tongs (or tough fingers) and place on a towel. This is an important step if you don't want soggy tacos. Dry off the leaf.

Step seven: Transfer cabbage leaf to a plate. Add your taco fillings. From here, you can just fold the leaf in half and eat it like a taco.

Step eight: If you want it more like a wrap or a burrito, first fold the thick stem part of the cabbage leaf over with your fingers.

Step nine: Fold in the sides of the leaf over the thick part and then fold over the top part of the leaf. Voila! Here is your cabbage burrito!

NUTRITIONAL INFO: Per Serving: 12 Calories; trace Fat; 1g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Vegetable.

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

Cabbage, Veggies: Cruciferous



EGG AND GRAIN-FREE BREAKFAST BURRITO

Servings = 4
40 minutes

See the Cabbage Wrap recipe for full instructions on how to make cabbage wraps.

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

Steps:

1. Sauté the onion in the coconut oil over medium heat until soft and translucent, about 5-8 minutes.
2. Add the zucchini, ground meat, spinach, oregano and cumin. Cook, stirring occasionally to break up the meat, until the meat is cooked through. Add the salt and pepper to taste.
3. Garnish with fresh cilantro if you have it on hand. Enjoy in a steamed cabbage leaf or raw lettuce leaf to make a burrito.

TIP: Prepare steamed cabbage leaves ahead of time so that this is quick and easy.

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

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

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



TURKEY SAUSAGES

Servings = 4

25 minutes

1 1/3 pounds ground turkey
1/2 teaspoon ground ginger
1 teaspoon sea salt

1 teaspoon ground sage
1 teaspoon black pepper
1 tablespoon coconut oil

Steps:

1. In a large bowl, mix the ground turkey, ginger, salt, sage, and black pepper until well blended.
2. Heat a skillet over medium-high heat, and coat with coconut oil. Form the turkey sausage into patties, and fry until browned on both sides, and no longer pink in the center. This should take about 10-15 minutes depending upon size of patties. You can make 5-6 large ones or up to 10 small ones.

TIP: Enjoy with a serving of berries such as strawberries, blackberries or raspberries if you would like something to pair with it.

NUTRITIONAL INFO: Per Serving: 223 Calories; 12g Fat; 26g Protein; 1g Carbohydrate; trace Dietary Fiber; 117mg Cholesterol; 672mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Fat.

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

Black or White Pepper, Ginger, Sage, Turkey



COCONUTTY AVOCADO SUNFLOWER BOWL

Servings = 4
10 minutes

2 avocados, at room temperature, cubed
2 cups sunflower seeds, preferably soaked and dehydrated

1/3 cup coconut butter or coconut cream concentrate

Steps:

1. Melt the coconut butter over low heat in a small pan. Stir and heat just until it starts to melt.
2. Combine the avocado and sunflower seed together in a medium bowl. Pour the coconut butter over and mix. Enjoy!

NUTRITIONAL INFO: Per Serving: 638 Calories; 58g Fat; 19g Protein; 22g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Fruit; 10 1/2 Fat.

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

Avocado, Coconut, Sunflower seed



PUMPKIN SEED AVOCADO WRAPS

Servings = 4

25 minutes

Surprisingly filling, very easy and tasty, these little wraps are great for lunch or for a snack. Artisana makes a wonderful coconut butter and Tropical Traditions makes coconut cream concentrate.

3-4 avocados, ripe	1 cup raw pumpkin seeds, preferably soaked and dehydrated
1 lime, squeezed	3 green onion, green and white parts, diced finely (optional)
1/2-1 clove garlic, minced, or 1/4 tsp garlic powder (optional)	12-16 spinach leaves, washed
1/2 cup fresh cilantro	

Steps:

1. In a food processor, combine the avocados, lime juice, coconut butter, cilantro and garlic. Process until smooth. Add the raw pumpkin seeds and pulse until they are coarsely chopped. Put the mixture into a bowl, scraping the sides. Add the sliced scallions (optional) and stir until well combined.
2. Make each wrap by spooning a portion of the mix into a spinach leaf. Enjoy!

TIP: Use sunflower seeds if you prefer them over pumpkin seeds.

NUTRITIONAL INFO: Per Serving: 329 Calories; 30g Fat; 4g Protein; 17g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 100mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 6 Fat.

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

Avocado, Cilantro, Coconut, Garlic, Green Onions, Pumpkin seed, Spinach



ASPARAGUS SOUP

Servings = 4

30 minutes

This recipe is adapted from the book Great Good Food by Julie Rosso. It is very simple but very yummy. If you do not like dill, try using basil or another favorite herb.

1 pound asparagus	1 dash nutmeg
4 cups stock, your choice of veggie, chicken or beef	1 tablespoon lemon juice
1 1/2 cups spinach	1/2 teaspoon sea salt
1/2 cup fresh dill, or basil or parsley	1/4 teaspoon black pepper

Steps:

1. Trim the ends from the asparagus and cut into 1" pieces.
2. Place the broth and pieces of asparagus in a large pot and bring to a boil. Reduce the heat and simmer, covered, for 20 minutes. Add the spinach, dill (or other herb), lemon juice and nutmeg, and simmer uncovered for 5 minutes. Season with salt and pepper.
3. Either using a hand blender, or transferring soup in batches to a blender, puree until well blended. Taste and adjust seasonings.

TIP: If you do not have or do not like asparagus, other veggies that work well with this recipe are green beans, zucchini, yellow squash or broccoli.

NUTRITIONAL INFO: Per Serving: 32 Calories; trace Fat; 3g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 289mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fat.

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

Asparagus, Dill, Lemon, Nutmeg, Spinach

SEED FLATBREAD

Servings = 4

45 minutes

Great bread substitute tasty enough for everyone.

1 1/2 cups raw pumpkin seeds, ground into flour	2 teaspoons olive oil
1 1/2 cups sunflower seeds, ground into flour	1-2 pinches green leaf stevia powder (optional)
1 teaspoon sea salt	1/2 teaspoon garlic powder, or 1 garlic clove, minced
2 tablespoons flax meal	1 teaspoon dried basil
6 tablespoons boiling water	1 teaspoon dried parsley

Steps:

1. Preheat oven to 350 F degrees. Grind the seeds before measuring out 1 cup flour of each to total 2 cups of flour. (You may need less or slightly more than 1.5 cup seeds to make 1 cup flour). Combine the flax seed meal and hot water and let sit for 5 minutes.
2. Combine all ingredients together in a mixing bowl. I like to knead the dough with my hands until everything is mixed. The dough will be very stiff. Add more pumpkin or sunflower seed flour if dough seems too wet and a little more olive oil if dough seems too dry.
3. Grease a pizza sheet and sprinkle it with coarsely ground pumpkin seeds. Pat the dough into a ball shape and place it in the middle of the cookie sheet. Beginning in the center and moving outwards, squish the dough flat with your hands. You can use a rolling pin or even a drinking glass to roll out the dough.
4. Bake for 20 minutes until browned (or longer if not cooked through). Remove from heat and enjoy as a pizza crust or simply as flat bread with veggies.

NUTRITIONAL INFO: Per Serving: 337 Calories; 26g Fat; 11g Protein; 19g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 538mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 4 Fat; 0 Other Carbohydrates.

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

Flaxseed, Garlic, Honey, Pumpkin seed, Sunflower seed



ITALIAN VEGGIES WITH ARTICHOKE HEARTS

Servings = 4
25 minutes

1 tablespoon coconut oil	1/2 lemon, squeezed
1/2 red onion, diced	sea salt, to taste
1 zucchini, sliced	1/4 teaspoon black pepper
1 cup green beans, cut into 2 inch pieces	1 teaspoon dried basil
4 cups spinach leaves	1 teaspoon dried oregano
1 cup artichoke hearts, halved	

Steps:

1. Heat the coconut oil in a saute pan over medium heat. Cook the onions for about 8 minutes on medium heat or until cooked through. Add the green beans and zucchini and saute about 5-8 minutes or until almost cooked. Add the spinach and saute another 5-8 minutes until cooked through. Add the lemon juice, artichoke hearts, salt, pepper and herbs. Heat through another 5 minutes.

TIP: Be sure to check ingredients on artichoke hearts - if they are canned, they may contain citric acid, which is derived from corn. To be fully GAPS-legal, use frozen artichoke hearts without any additives, or replace with more veggies of your choice.

NUTRITIONAL INFO: Per Serving: 79 Calories; 4g Fat; 3g Protein; 11g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 335mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fruit; 1/2 Fat.

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

Artichoke, Basil, Green Beans, Lemon, Onions, Oregano, Spinach, Zucchini



GREEN PEA SOUP

Servings = 4

25 minutes

2 tablespoons coconut oil

1 onion, diced

4 cups veggie, chicken or beef broth, preferably homemade

20 ounces frozen peas

1/2 cup fresh cilantro, freshly chopped, or 1-2 tsp dried

1/2 teaspoon sea salt

1 teaspoon black pepper

Steps:

1. Heat the oil in heavy large saucepan over medium heat. Add the onion and sauté until tender, about 10 minutes.
2. Add 4 cups broth and peas and bring to boil. Reduce heat; simmer until peas are very tender, about 15 minutes. Season with salt and pepper. Puree in blender in batches or in the pot with a blending wand. Thin with more broth if desired.
3. Garnish with chopped cilantro.

NUTRITIONAL INFO: Per Serving: 203 Calories; 8g Fat; 9g Protein; 26g Carbohydrate; 9g Dietary Fiber; 0mg Cholesterol; 283mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

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

Black or White Pepper, Cilantro, Green Pea, Onions



GREEN SALAD WITH PUMPKIN SEEDS

Servings = 4

20 minutes

12 ounces mixed salad greens	2 tablespoons apple cider vinegar, or lemon juice
2 stalks celery, diced finely	1/3 cup olive oil
1 cucumber, peeled and diced	2 dashes sea salt
1 cup sunflower sprouts, cut into 1 inch pieces	1-2 dashes black pepper
1 avocado, diced	1 teaspoon dried thyme
1 cup raw pumpkin seeds, toasted on a pan	1 teaspoon dijon mustard

Steps:

1. Combine the salad greens, cucumber, celery, avocado and sprouts together in a salad bowl. Sprinkle the pumpkin seeds on top.
2. Mix the olive oil, apple cider vinegar, salt, pepper and thyme together in a small bowl. Add a little mustard if you are able to eat it to help emulsify the dressing. Otherwise, mix well and then drizzle over the salad.

NUTRITIONAL INFO: Per Serving: 176 Calories; 14g Fat; 2g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 47mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Vegetable; 0 Fruit; 2 1/2 Fat; 0 Other Carbohydrates.

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

Apple Cider Vinegar, Avocado, Black or White Pepper, Celery, Cucumber, Lettuce, Pumpkin seed, Sunflower sprouts, Thyme



LEMON HERB CHICKEN WITH ZUCCHINI RELISH

Servings = 4
30 minutes

1 tablespoon coconut oil	1 red onion, diced
1 pound chicken, breast or thighs, diced	3 zucchinis, diced
1 lime, squeezed	1 tablespoon fresh oregano, freshly chopped, or 1-2 tsp dried
1 tablespoon fresh marjoram, freshly chopped, or 1-2 tsp dried	1 lemon, squeezed
1/2 teaspoon sea salt	sea salt, to taste
1/4 teaspoon black pepper	black pepper, to taste
1 tablespoon coconut oil	

Steps:

1. Cut up chicken breasts and marinate in lime juice for 10 minutes. Heat coconut oil in a medium skillet to medium heat and cook the chicken with the lime juice (from marinade). Sprinkle with marjoram and stir occasionally, cooking until no longer pink. Season with salt and pepper.

2. Meanwhile, saute onions in a large skillet with coconut oil over medium heat until soft and translucent. Add zucchini and cook about 10 minutes, or until zucchini is soft. Add chopped oregano and lemon juice. Season with salt and pepper. Enjoy chicken with relish.

NUTRITIONAL INFO: Per Serving: 261 Calories; 16g Fat; 21g Protein; 11g Carbohydrate; 3g Dietary Fiber; 58mg Cholesterol; 330mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 1/2 Fat.

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

Black or White Pepper, Chicken, Lemon, Lime, Marjoram, Onions, Oregano, Zucchini

COCONUT GINGER SALMON

Servings = 4

25 minutes

This recipe is from www.wildhealthfood.com.

1/2 onion, diced	1 tablespoon lemon juice
1 tablespoon coconut oil	1/2 tablespoon lemon zest
1 tablespoon ginger root, grated	1/3 pound wild salmon
1/2 teaspoon ground fennel	1/4 cup fresh cilantro, freshly chopped, or 1-2 tsp dried
1/2 teaspoon cinnamon	sea salt, to taste
1 cup coconut milk	

Steps:

1. Sauté the onion in the oil until onions are translucent, about 10 minutes. Add the ginger, spices and cook for another minute.
2. Add the coconut milk, lemon juice and zest and stir to combine. Place the whole fish fillet into the sauce and cook over low heat for about 7-10 minutes, or until fish flakes away with a fork at the thickest part.
3. Garnish with chopped cilantro and salt to taste.

TIP: This recipe can be used with any kind of fish.

NUTRITIONAL INFO: Per Serving: 181 Calories; 18g Fat; 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 3 1/2 Fat.

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

Cilantro, Cinnamon, Coconut, Fennel, Ginger, Lemon, Onions, Salmon



STEAMED BROCCOLI WITH HERBS

Servings = 4

20 minutes

1 pound broccoli florets

2 tablespoons coconut oil or olive oil

1/2 teaspoon sea salt

1 teaspoon dried chives

1 tablespoon fresh parsley

Steps:

1. Steam or boil the broccoli florets until tender but still bright green, about 8-10 minutes. Transfer broccoli to a serving dish.

2. Combine the coconut oil or olive oil, salt, and herbs and drizzle over the broccoli.

NUTRITIONAL INFO: Per Serving: 84 Calories; 6g Fat; 3g Protein; 6g Carbohydrate; 3g Dietary Fiber; 16mg Cholesterol; 356mg Sodium. Exchanges: 1 Vegetable; 1 Fat.

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

Broccoli, Parsley, Veggies: Cruciferous



SLOW COOKED ROSEMARY BEEF

Servings = 4

5 hours

1 1/2 pounds beef chuck roast	1 teaspoon dried oregano
1 tablespoon olive oil	1/2 teaspoon sea salt
2 teaspoons apple cider vinegar, or lemon juice (optional)	1/4 teaspoon black pepper
2 teaspoons dried rosemary, or 1-2 Tbsp freshly chopped	

Steps:

1. Place the chuck roast in a medium sized slow cooker. Drizzle the olive oil and apple cider vinegar over the top. Sprinkle with herbs, salt and pepper.
2. Cook on low for about 5-6 hours or on high for about 3-4 hours.

NUTRITIONAL INFO: Per Serving: 310 Calories; 24g Fat; 22g Protein; 1g Carbohydrate; trace Dietary Fiber; 79mg Cholesterol; 282mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Fruit; 3 Fat.

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

Apple Cider Vinegar, Beef, Black or White Pepper, Oregano, Rosemary



CREAMY BUTTERNUT SQUASH SOUP

Servings = 4

45 minutes

1 onion, diced	1/2 teaspoon sea salt
4 cups butternut squash, peeled, seeded and cubed	black pepper, to taste
2 cups cauliflower, chopped	1/4 cup fresh parsley
5-6 cups veggie, chicken or beef broth	

Steps:

1. Prepare veggies and then cook them in the stock until soft, about 25 minutes.
2. Add salt, pepper and parsley. Using a blending wand, blend the soup until creamy, or transfer soup in batches to a blender and then return to pot.

NUTRITIONAL INFO: Per Serving: 104 Calories; trace Fat; 4g Protein; 20g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 2973mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable.

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

Black or White Pepper, Butternut Squash, Cauliflower, Parsley



COCONUT FRIED CHICKEN

Servings = 4

30 minutes

This recipe is great for nut-free and egg-free diets, and it is kid-friendly!

1 pound boneless and skinless chicken thighs	1/4 teaspoon black pepper
1 cup coconut milk	4-6 tablespoons coconut oil
1-2 cups coconut flour	1 cup unsweetened coconut meat
1/2 teaspoon sea salt	

Steps:

1. In a medium bowl, combine the flour, salt and pepper. In another medium bowl, add the coconut milk. In a third bowl, place the dried coconut meat.
2. Dip each chicken thigh into the coconut milk then dip into the flour mixture. Cover the chicken completely with the flour. Dip the chicken in the coconut milk again, then dredge in the dried coconut meat. Place the chicken on a plate until you have breaded all the chicken.
3. Heat a non-stick skillet to medium heat with 1-2 Tbsp of coconut oil to start.
3. Cook chicken in the oil over medium heat. Make sure there is plenty of oil and the pan does not get dry. This will prevent burning and also help the chicken to fry. Cook each side about 10 minutes, or until chicken is cooked through, and browned on the outside.

TIP: Add oil as needed and be generous. Also, you can cover the chicken half way through the cooking time to help it cook and prevent burning. You may need to turn down the heat to prevent burning.

NUTRITIONAL INFO: Per Serving: 429 Calories; 26g Fat; 20g Protein; 31g Carbohydrate; 19g Dietary Fiber; 43mg Cholesterol; 360mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 3 1/2 Fat.

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

Black or White Pepper, Chicken, Coconut, Coconut oil



MASHED CAULIFLOWER

Servings = 4

25 minutes

1 head cauliflower
1/2 teaspoon sea salt

1/4 teaspoon black pepper
2-4 tablespoons coconut oil

Steps:

1. Steam the cauliflower in a large pot for about 10-15 minutes, or just until soft. Drain the cauliflower.
2. To a food processor, add the steamed cauliflower, salt and butter or oil. Process until smooth.

NUTRITIONAL INFO: Per Serving: 124 Calories; 14g Fat; 1g Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 274mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 2 1/2 Fat.

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

Cauliflower



SAFFRON LEMON CHICKEN

Servings = 4

30 minutes

1 pound chicken breast, whole	1/2 teaspoon sea salt
1 cup coconut milk, homemade for GAPS	1/4 teaspoon red pepper
1/2 lemon, squeezed	2 teaspoons fresh parsley, chopped, or 1-2 tsp dried
1/2 tablespoon lemon zest	1/2 cup frozen peas
2 pinches saffron	

Steps:

1. Pound the chicken with a meat mallet to tenderize the meat.
2. Pour the coconut milk and lemon juice into a wide saucepan with a lid. Add the saffron, lemon zest and stir gently into the coconut milk.
3. Bring mixture to a low boil, add the whole chicken breasts, reduce the heat to a simmer and cover for 10 minutes, or until the chicken is just cooked through. Add the green peas and cook for one more minute.
4. Salt and pepper to taste and sprinkle the dried or fresh parsley over the chicken to garnish.
5. Serve chicken with saffron-lemon sauce drizzled on top.

NUTRITIONAL INFO: Per Serving: 331 Calories; 27g Fat; 17g Protein; 7g Carbohydrate; 2g Dietary Fiber; 75mg Cholesterol; 334mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Fruit; 4 Fat.

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

Chicken, Coconut, Green Pea, Lemon, Parsley



LEMONY GREEN BEANS

Servings = 4

25 minutes

1 tablespoon coconut oil	1 lemon, squeezed
1/2 tablespoon ginger root, freshly grated, or 1/2 tsp dried	1 teaspoon lemon zest
1-2 clove garlic, minced	1 teaspoon dried basil
1 pound green beans, stems removed	teaspoon sea salt, to taste

Steps:

1. In a cast iron skillet or nonstick pan, heat the coconut oil to medium-high heat. Add ginger and garlic and sauté briefly.
2. Add the green beans, lemon juice, zest and 1-2 Tbsp of water and sauté/steam over medium heat for 10 minutes, stirring occasionally.
3. Add the salt and basil and continue cooking the beans until they are soft but not overcooked. Add a bit more water or oil if needed.

NUTRITIONAL INFO: Per Serving: 67 Calories; 4g Fat; 2g Protein; 10g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 273mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Fruit; 1/2 Fat.

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

Basil, Garlic, Ginger, Green Beans, Lemon



CINNAMON SUNFLOWER SEED COOKIES

Servings = 18-20

12 hours, 30 minutes

If you are on a very limited diet, these are great little cookies.

2 cups sunflower seeds, soaked for 3 hours, drained

1/2 teaspoon green leaf stevia powder

1 teaspoon vanilla extract

2 teaspoons cinnamon

4 tablespoons coconut oil, melted over low heat

Steps:

1. In a food processor, combine the seeds, stevia, oil, cinnamon and vanilla. Process until a dough is formed. On a dehydrator tray lined with a solid sheet, make approximately 18 3-inch rounds about 1/4" thick. Dehydrate at 150 F until dry throughout for 12 hours or more.

2. Check the cookies every few hours and turn over when the tops are dry. The cookies can also be dehydrated in the sun or, less desirably, in an oven that is intermittently warmed and shut off, maintaining the lowest temperature possible. Refrigerate cookies in an airtight container or freeze them.

TIP: This recipe also works with pumpkin seeds or any other soaked nuts you can eat.

NUTRITIONAL INFO: Per Serving: 89 Calories; 8g Fat; 3g Protein; 2g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fat.

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

Cinnamon, Stevia, Sunflower seed, Vanilla Extract

GROCERY LIST FOR Elimination/Detox Menu - 1

PRODUCE: VEGGIES

12-16 + 7 cups spinach leaves
8 cabbage leaves
1 cabbage
1 1/2-3 clove garlic
3 green onion
1 1/2 red onions
1 cup + 1 pound green beans
1 1/2 tablespoons ginger root
4 cups butternut squash
2 cups + 1 head cauliflower
1 pound broccoli florets
12 ounces mixed salad greens
2 stalks celery
1 cucumber
3 avocados
1 pound asparagus
1 1/2 cups spinach
3 onions
4 + 1 cup zucchini
1 cup sunflower sprouts

PRODUCE: FRUITS

2 limes
3-4 avocados
3 lemon
1 teaspoon + 1 tablespoon lemon zest
2 tablespoons lemon juice

FRESH HERBS

1 tablespoon fresh marjoram
2 teaspoons + 1/4 cup + 1 tablespoon fresh parsley
1/2 cup fresh dill
1 1/2 cups fresh cilantro
1 tablespoon fresh oregano

MEAT AND FISH

1 1/2 pounds beef chuck roast
1 pound chicken
1 pound chicken breast
2 1/3 pounds ground turkey
1/3 pound wild salmon
1 pound boneless and skinless chicken thighs

REFRIGERATED/FROZEN SECTION

1 cup artichoke hearts
1/2 cup + 20 ounces frozen peas

DRY GOODS

water

4 cups stock
9-10 cups veggie, chicken or beef broth

OILS, VINEGARS AND CONDIMENTS

1 teaspoon dijon mustard
2 teaspoons + 1/3 cup + 1 tablespoon olive oil
2 teaspoons + 2 tablespoons apple cider vinegar
18 1/2-22 1/2 tablespoons coconut oil
2 tablespoons coconut oil or olive oil
1/3 cup coconut butter or coconut cream concentrate

ETHNIC

3 cups coconut milk

NUTS AND DRIED FRUIT

6-8 cups almonds
3 1/2 cups raw pumpkin seeds
5 1/2 cups raw sunflower seeds

BAKING

1-2 cups coconut flour
1 cup unsweetened coconut meat
1 teaspoon vanilla extract
2 tablespoons flax meal
1/2 teaspoon + 1-2 pinches green leaf stevia powder

SPICES

3 teaspoons dried basil
1 teaspoon dried parsley
+ 3 3/4-2 3/4 teaspoons + 1-2 dashes black pepper
3 teaspoons dried oregano
1 teaspoon cumin
2 teaspoons dried rosemary
2 1/2 teaspoons cinnamon
2 pinches saffron
1/4 teaspoon red pepper
1 teaspoon dried chives
1/2 teaspoon ground fennel
1 teaspoon dried thyme
1 dash nutmeg
1/2 teaspoon ground ginger
1 teaspoon ground sage
+ 7 teaspoons + 1 tablespoon + 2 dashes sea salt
1/2 teaspoon garlic powder

These ingredients will prepare the following recipes

Crispy Nuts and Seeds - How to soak and dehydrate nuts

Homemade Nut or Seed Flour

Cabbage Wraps

Egg and Grain-Free Breakfast Burrito

Turkey Sausages



Coconutty Avocado Sunflower Bowl
Pumpkin Seed Avocado Wraps
Asparagus Soup
Seed Flatbread
Italian Veggies with Artichoke Hearts
Green Pea Soup
Green Salad with Pumpkin Seeds
Lemon Herb Chicken with Zucchini Relish
Coconut Ginger Salmon
Steamed Broccoli with Herbs
Slow Cooked Rosemary Beef
Creamy Butternut Squash Soup
Coconut Fried Chicken
Mashed Cauliflower
Saffron Lemon Chicken
Lemony Green Beans
Cinnamon Sunflower Seed Cookies