

50 EVERYDAY

MS-Friendly Recipes

by: MS Living Symptom Free
www.mslivingsymptomfree.com



50
MS-Friendly
Recipes

• MS Living Symptom Free •



MS - Living Symptom Free

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1. Introduction

Diet and You

When it comes to diets, the possibilities are nearly limitless. If you Google '*diet plans*' you will find thousands of diet suggestions for almost any symptom, disease, or issue - the same is true for MS. The fact of the matter is, diet can play an essential role in helping to reduce inflammation in the body and potentially minimize exacerbations and symptoms associated with the disease.

It is important for me to make the distinction that I am neither a doctor, nor a dietician, nor a nutritionist. Like you, I am an MS patient who has spent countless hours over the last decade researching and personally testing the various diets that are suggested for people with MS. In this Recipe eBook, I will share with you many of the recipes I have tried to help me manage my MS. I have found great success in these recipes, as they did not exacerbate my symptoms and helped me reduce symptom flare-ups.

I am in no way suggesting that these recipes will do the same for you or cure any disease. I am simply sharing what has worked for me over the years, in hopes you will find what works for you. Most of the recipes I have success with are generally gluten-free, dairy-free, legume-free, low sugar, and some are even Paleo-friendly.

The Bottom Line

The diet that works best for me may not be the same diet that works best for you. Learning what triggers or exacerbates your symptoms is a process of trial and error. Many physicians will recommend ELISA tests to help determine food sensitivities that may act as triggers for you. The Paleo Diet can also be helpful in avoiding many of the foods that are seen to exacerbate symptoms. The road to the right diet for you will be different than mine. But it's my hope that my experience can help you see that there may be a diet out there that can offer you significant improvement to your MS symptoms.

I hope you enjoy these recipes as much as I do and that they benefit your MS. I wish you nothing but the best and ultimate health and happiness for you and your family.

From one MS patient to another,



Daryl Bryant

Author and MS Patient

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Soups

to warm the soul



Turkey Rice Soup

Ingredients

- Leftover turkey parts with meat (wings, drumsticks, legs)
- Peppercorns
- 4 celery stalks, sliced
- Bay leaves
- Half an onion, quartered
- 4 Carrots, sliced
- Celery, chopped
- Onions, chopped
- Thyme (fresh or dry)
- Gluten-free Chicken bouillon (or no bouillon and substitute water with chicken or vegetable stock)
- 2 cups cooked brown rice (or cauliflower rice)



Directions

Place all leftover turkey and turkey bones in pot, cover with water. Add bay leaves and peppercorns to pot. Cover and cook on medium heat for 90 minutes or until meat begins to fall off bone.

Remove turkey meat. Cool meat then pick off bones and set aside.

Add carrots, celery and onion. Add thyme, salt, pepper, and bouillon. Cook until veggies are soft.

Add turkey meat back in and cook an additional 20 minutes.

Put rice in bowl and ladle turkey soup on top.

Serve and enjoy!

Hearty Hot or Cold Roasted Tomato Soup

Original Recipe Yield 6 servings

Ingredients

- 2 pounds Roma (plum) tomatoes, quartered
- 3 tablespoons olive oil
- 4 cloves garlic
- 1 quart chicken stock
- 1/4 cup chopped fresh basil
- 1/2 tablespoon balsamic vinegar
- Salt to taste
- Ground black pepper to taste



Directions

Place the tomato halves, cut side up, on a baking tray with the garlic cloves. Drizzle with the oil, and sprinkle with salt and pepper. Roast at 375 degrees F (195 degrees C) for 1 hour.

Snip the ends off the garlic cloves, and squeeze the insides into the bowl of a food processor along with the entire contents of the baking tray. Add stock, basil, and vinegar; blend until smooth. Season to taste.

Serve either hot or cold.

This recipe is courtesy of Rosa on allrecipes.com

Grandma's Chicken and Vegetable Soup

Original Recipe Yield 6 servings

Ingredients

- 1 large whole chicken
- 2 Bay leaves
- Peppercorns
- 1 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 1 tablespoon thyme
- Salt and pepper to taste
- 1 gluten-free chicken bouillon (or no bouillon and substitute water with chicken or vegetable stock)



Directions

Place the chicken in a large boiling pot with celery, onions, carrots, bay leaf, peppercorns and cover with water. Cover pot with lid and boil on medium heat until chicken is cooked through.

Remove chicken and set aside to cool. Add thyme, salt, pepper, and gluten-free chicken bouillon.

After chicken has cooled, remove meat from the bone. Put all chicken pieces in the pot and simmer for an additional 20 minutes.

Serve as is or over rice (try cauliflower rice) and enjoy!

Simple Carrot Ginger Soup

Original Recipe Yield 6 servings

Ingredients

- 3 tablespoons olive oil
- 1 yellow or white onion, chopped
- 1/3 cup peeled and finely chopped ginger root
- 3 cloves garlic, minced
- 6 cups vegetable or chicken stock
- 1 1/2 pounds carrots, peeled and cut into 1/2 inch chunks
- 1 teaspoon turmeric (optional)
- Salt & ground pepper
- Optional Garnishes: chives or parsley



Directions

Sauté onion, ginger and garlic in olive oil for 5-10 minutes.

Add the stock, carrots and bring to boil. Reduce heat and simmer uncovered over medium heat until the carrots are very tender, about 30 minutes.

Puree the soup with an immersion blender or in batches in a blender or food processor.

Season with turmeric, salt and pepper to taste.

Serve and enjoy!

Paleo Butternut Squash Soup

Original Recipe Yield 6 to 8 servings

Ingredients

- 1 large butternut squash (peeled, chopped)
- 1 Medium onion (chopped)
- 1 quart chicken stock (substitute vegetable stock for vegetarian version)
- 1 teaspoon cinnamon (ground)
- 1 teaspoon salt
- 1 teaspoon nutmeg (freshly ground)
- 2 tablespoons coconut oil
- 2 oz. pecans (finely chopped)



Directions

In a large pot over medium heat, add your coconut oil and onion, sautéing until onion is translucent.

Next, add butternut squash, broth, cinnamon, nutmeg and salt.

Bring the pot to a boil and allow the squash to cook until fork tender.

Once squash is tender, use either a food processor, blender or immersion blender to puree the ingredients until smooth.

Garnish the soup with a dash of cinnamon and a handful of chopped pecans.

Serve and enjoy!



Salads

— healthy with a crunch —



Mediterranean Salad

Original Recipe Yield 4 servings

Ingredients:

- 3 tablespoons extra-virgin olive oil
- 1/4 teaspoon sea salt
- 6 cups organic arugula (about 4 ounces)
- 1 cup thinly sliced green onions
- 1/2 cup tomatoes, chopped
- 1/4 cup thinly sliced basil leaves
- 1 1/2 tablespoons apple cider vinegar



Directions

Combine arugula, green onions, basil, vinegar, tomatoes and 3 tablespoons olive oil in large bowl and toss. Season with salt and pepper.

Divide greens among plates.

Serve and enjoy!

Greek Salad

Original Recipe Yield 4 servings

Ingredients:

- 1 cup tomato, diced
- 2 tablespoons red-wine vinegar
- 2 tablespoons extra-virgin olive oil
- 1/2 seedless cucumber, halved lengthwise, cored, and diced (1 cup)
- 1/2 cup pitted Kalamata olives, slivered
- 1/3 cup thinly sliced red onion
- 2 tablespoons fresh lemon juice
- 2 tablespoons chopped flat-leaf parsley
- 1 tablespoon finely chopped oregano
- 2 to 3 cups coarsely chopped romaine
- 4 to 8 pepperoncini



Directions

Toss tomato, parsley, vinegar, 1 tablespoon oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Set aside and marinate in refrigerator for 15 minutes.

Toss remaining tablespoon oil, cucumber, olives, onion, lemon juice, oregano, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl.

Blend ingredients all together and divide mixture among plates on top of romaine lettuce.

Add 1 or 2 pepperoncini to each plate.

Serve and enjoy!

Apple Pecan Chicken Spinach Salad

Original Recipe Yield 4 servings

Ingredients

- 8 cups spinach
- 1 1/2 cup cooked, shredded rotisserie chicken breast
- 1/4 cup chopped pecans, toasted
- Red onion, sliced very thin
- Tomatoes
- 4 medium apples, chopped



Apple Cider Vinaigrette

- 2 tablespoon apple juice concentrate
- 2 tablespoon apple cider vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/3 cup olive oil

Directions

Toss spinach, chicken, onion, tomato, pecan and apple together in a large salad bowl.

Whisk together remaining ingredients and pour over salad. Serve immediately and enjoy.

Spinach and Avocado Salad with Apple Cider Vinaigrette

Original Recipe Yield 3 servings

Ingredients

- 1 bag fresh spinach, about 10 to 12 ounces
 - Or Use Spring Salad mix (as pictured)
- 1/2 cup tomatoes, chopped
- 1 avocado, sliced
- 1/2 cup apple cider vinegar
- 1/2 teaspoon sea salt
- 1/2 teaspoon oregano
- 1/4 cup olive oil



Directions

Wash spinach and let dry. Whisk together vinegar, oil, sea salt, and oregano. Refrigerate spinach and dressing separately until serving time.

Add chopped tomatoes and avocado. Pour dressing over salad just before serving and toss.

Serve and enjoy!



Sides & Apps

— appetizing small plates —



Guacamole

Original Recipe Yield 3 servings

Ingredients

- 2 ripe Hass avocados
- 1 lime, juiced
- 1/2 small onion, chopped
- 1 garlic clove, minced
- 1 jalapeño, chopped
- 1 handful fresh cilantro leaves, roughly chopped
- Sea salt and freshly ground black pepper
- Drizzle olive oil



Directions

Halve and pit the avocados. With a tablespoon, scoop out the avocado into a mixing bowl. Mash the avocados with a fork, leaving them still a bit chunky.

Add the rest of the ingredients, and mix or fold everything together.

Place plastic wrap on top of guacamole (so it doesn't brown) and chill in refrigerator before serving.

Quick Sautéed Kale with Garlic

Original Recipe Yield 3 servings

Ingredients

- 1 bunch organic kale
- 4 tablespoons olive oil
- 2 garlic cloves, minced
- Salt and pepper

Directions

Fold each kale leaf lengthwise in half; cut stem away along crease. Tear leaves coarsely.

Heat oil in heavy large pot over medium heat. Add garlic; heat for about 3 minutes, cautious not to burn garlic.

Add kale. Cook until kale wilts slightly, tossing often, every 2 to 3 minutes.

Season to taste with salt and pepper. Transfer to bowl.

Serve and enjoy!



Turmeric Cauliflower Rice Side Dish

Original Recipe Yield 4 servings

Ingredients

- 1 tablespoon ghee
- 1 cup cauliflower rice
- 2 cups vegetable broth
- 2 teaspoons chopped garlic
- 2 tablespoons chopped fresh parsley
- 1/2 tablespoon chopped fresh thyme
- 1/2 to 1 teaspoon ground turmeric
- 1/2 cup cherry tomatoes (halved)
- 1/4 teaspoon salt
- 1 small onion, finely chopped
- 1 dash fresh lemon juice (optional)



Directions

Melt ghee in a saucepan over medium heat. Add the cauliflower rice, and garlic and stir occasionally, about 4-5 minutes. Stir in broth, and bring up heat. Cover, and cook for 15 minutes or until cauliflower is tender.

In a bowl, toss cauliflower together with parsley, thyme, turmeric, tomatoes, salt, and onion. Sprinkle with lemon juice, and serve.

Sugar Snap Peas with Mint



Original Recipe Yield 4 servings

Ingredients

- 2 teaspoons olive oil
- 3/4 pound sugar snap peas, trimmed
- 3 radishes sliced thin
- ¼ white onion sliced thin
- 3 green onions, chopped
- 1 clove garlic, chopped
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon chopped fresh mint

Directions

Heat oil in a large skillet over medium heat. Add the sugar snap peas and garlic. Season with salt and pepper. Stir-fry for 4 minutes, then remove from heat and stir in the mint leaves, green onion, white onion and radishes.

This recipe is courtesy of ORNERY on allrecipes.com

Roasted Vegetables

Original Recipe Yield 12 servings

Ingredients

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt and freshly ground black pepper



Directions

Preheat oven to 475 degrees F (245 degrees C).

In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.

In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.

Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Recipe is courtesy of allrecipes.com

Baked Sweet Potatoes with Ginger and Honey

Original Recipe Yield 12 servings (cut ingredients in half to reduce servings to 6)

Ingredients

- 9 sweet potatoes, peeled and cubed
- 1/2 cup honey
- 3 tablespoons grated fresh ginger
- 2 tablespoons walnut oil
- 1 teaspoon ground cardamom
- 1/2 teaspoon ground black pepper



Directions

Preheat oven to 400 degrees (205 degrees C).

In a large bowl, combine the sweet potatoes, honey, ginger, oil, cardamom and pepper. Transfer to a large cast iron frying pan. Bake for 20 minutes.

Turn the mixture over to expose the pieces from the bottom of the pan. Bake for another 20 minutes, or until the sweet potatoes are tender and caramelized on the outside.

This recipe is courtesy of Christine L. on allrecipes.com

Roasted Brussels Sprouts

Original Recipe Yield 6 servings

Ingredients

- 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Directions

Preheat oven to 400 degrees F (205 degrees C).

Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large re-sealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.

Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately.

This recipe is courtesy of JAQATAC on allrecipes.com





Breakfast

healthy starts to the day



Paleo Avocado and Onion Egg White Omelet

Original Recipe Yield 1 omelet

Ingredients

- 3 Large Egg Whites
- 1/2 avocado
- 1/2 medium white onion, sliced or diced
- 2 tablespoons olive oil
- Sea salt and pepper to taste



Directions

Put 2 tablespoons olive oil and onions into pan or skillet over medium heat. Cook onions for a few minutes.

Pour egg whites into skillet and continue cooking until egg is fully cooked.

Add avocado to half of egg. Flip the other half of the egg over the top to make the omelet

Remove from heat and enjoy!

****For a spicy omelet, add 1/2 fresh jalapeno or 1/2 teaspoon red pepper flakes**

Serve and enjoy!

Gluten Free Pancakes

Original Recipe Yield 4 servings

Ingredients

- 1 egg
- 3/4 cup gluten-free baking mix
- 1 1/2 teaspoons baking soda
- 1 tablespoon canola oil
- 1 teaspoon gluten-free baking powder
- 3/4 cup water
- 1/4 cup tapioca flour (not starch)



Directions

Beat egg in bowl with fork. Sift together baking soda, baking powder, baking mix and tapioca flour. Mix all ingredients together and let stand for 5 minutes.

Fry on 375-degree skillet until done. Best if flipped only once.

**** Add chocolate chips to pancake batter for a little treat ****

Serve and enjoy!

Gluten Free Granola with Fruit

Original Recipe Yield 1 serving

Ingredients

- 1/2 cup gluten-free granola
- 1/2 cup almond, coconut, rice, or hemp milk
- 1/4 cup fresh sliced strawberries
- 1/4 cup fresh sliced banana

Directions

Add granola, cinnamon, fresh fruit to breakfast bowl.

Add almond, coconut, rice or hemp milk.

Serve and enjoy!



Zucchini and Egg Breakfast

Original Recipe Yield 1 Serving

- Ingredients
- 1/2 cup diced zucchini;
- 1/2 cup diced yellow squash;
- 1/2 onion, cut into chunks;
- 1 whole tomato;
- 1 or 2 whole eggs;
- 1 teaspoon apple cider vinegar;
- 1 tablespoon ghee;



Directions

Melt the ghee in a skillet placed over a medium-high heat.

Add the onions and cook until soft, about 4 to 5 minutes.

Add the zucchini and yellow squash to the skillet. Season to taste, cook for 5 to 7 minutes, and remove from the heat.

Grill the tomato on a grill pan or simply sear in a hot skillet, and set aside.

Bring a medium saucepan filled with water to a boil, and add the apple cider vinegar.

Crack the egg into the water and allow it to swirl around in the water until the egg begins to set, about 1 or 2 minutes.

Place the vegetables in a bowl and set the eggs on top. Lay the tomato on the side.

Sprinkle the eggs with some extra salt and pepper and serve.

Tomato Basil Egg Frittata

Original Recipe Yield 4 servings

Ingredients

- 10 large eggs;
- 5 bacon slices, cut into small chunks;
- 1 large red onion, thinly sliced;
- 4 oz. baby spinach leaves;
- 2 small ripe tomatoes, thinly sliced;
- 3 teaspoon wholegrain or homemade mustard;
- Fresh basil leaves to taste (for garnishing);
- 1 tablespoon Paleo cooking fat or clarified butter;
- Sea salt and freshly ground black pepper to taste;



Directions

Preheat your oven to 350 F.

Whisk the eggs and mustard in a bowl, and season to taste.

Heat the cooking fat in an ovenproof skillet over a medium heat. Cook the bacon and onion until the onion is golden (about 5 to 6 minutes).

Add the spinach to the skillet, and cook for another minute or two or until the spinach wilts.

Pour the egg mixture into the skillet. Cook until it hardens just a little, and place the tomatoes on top.

Once the frittata is set around the edges but still runny in the center, transfer the skillet to the oven and bake for 30 minutes or until the frittata turns to a nice golden color.

Sprinkle some basil leaves on top and serve.

Recipe Courtesy of paleoleap.com

Paleo Bananalicious Nut Oatmeal

Original Recipe Yield 1 serving

Ingredients

- 1 large ripe banana
- 1/4 cup almond, coconut, rice, or hemp milk
- 1/4 cup fresh sliced banana
- 1/4 cup almonds
- 1/2 teaspoon cinnamon

Directions

Heat banana in microwave for 30 seconds.

Mash banana.

Add almond milk, sliced bananas, cinnamon, and almonds to breakfast bowl. Stir.

Microwave for additional 30 seconds to 1 minute.

Serve and enjoy!





Lunch

tasty mid-day entrees



Gluten Free PB & J (with almond or sunflower butter)

Original Recipe Yield 1 sandwich

Ingredients

- 2 slices gluten-free bread
- All natural fruit preserves
- All natural almond butter (crunchy or original, or sunflower butter)

Directions

Toast bread slices.

Put almond or sunflower butter on one side and fruit preserves on other. Put slices together and enjoy with your favorite gluten-free chips.



Fresh Fruit Protein Smoothie

Original Recipe Yield 4 cups

Ingredients

- 1 cup fresh fruit (organic blueberries, pineapple, etc.)
- 1 fresh, ripe banana
- 1 cup almond milk (you may also use rice, coconut, or hemp milk)
- 1 scoop hemp or brown rice protein powder (optional)
- 4 ice cubes

Directions

Combine almond milk, fresh fruit, protein powder, and ice cubes in a blender.

Blend until smooth. Serve and enjoy!



Gluten Free English Muffin Pizzas

Original Recipe Yield 1 serving

Ingredients

- 1 gluten-free English muffin
- 1/3 shredded dairy-free mozzarella (generally rice milk based)
- 2 tablespoons of marinara sauce
- Pepperoni or other toppings (optional)

Directions

Slice English muffin. Place tomato sauce and then the dairy-free cheese on each half of the English muffin.

Top your pizza with a few pepperoni slices or other favorite pizza toppings.

Preheat oven to 350 F. Place your completed pizzas on an aluminum foil-lined baking sheet in oven or toaster oven.

Bake for approximately 7 - 10 minutes, depending on how crispy you like your pizza and until cheese is fully melted.

Serve and enjoy!



Paleo Avocado Egg Salad Lettuce Wraps with Bacon

Original Recipe Yield 2 servings

Ingredients

- 1 ripe avocado
- Juice of 1/2 lemon
- 4 hard boiled eggs, chilled
- 2 tablespoons celery
- 1 tablespoon chopped parsley
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 head butter crunch lettuce or 4-5 endive bulbs
- 1-2 slices of cooked bacon



Directions

In a medium bowl, mash avocado and lemon juice together with a fork until it is creamy and smooth. It's okay if there are still a few lumps.

With a box grater over the bowl, grate in the four hardboiled eggs. Add the chopped celery, parsley, and seasonings to the bowl.

Combine gently with a fork until everything is incorporated. Taste the egg salad and adjust the seasonings as needed. At this point the mixture can be refrigerated for up to 2 hours,

Break off the lettuce or endive leaves and arrange them on a plate. Spoon the egg salad into the lettuce cups and top with chopped bacon and more parsley. Serve at once.

Recipe courtesy of simplebites.net

Paleo Spiralized Zucchini Noodles (Zoodles) with Tomatoes and Pesto

The original recipe yields 4 servings.

Ingredients:

For the Pesto:

- 1 cup packed fresh basil
- 1 clove garlic
- Kosher salt & pepper to taste
- 1/4 cup pine nuts (Cashews and walnuts also make a nice pesto)
- 3 tablespoons extra virgin olive oil

For the zoodles:

- 3 medium or 4 small zucchinis
- 1 cup grape or cherry tomatoes, halved
- Sea salt and black pepper to taste



Directions:

In a food processor pulse basil, garlic, nuts, salt and pepper until smooth. Slowly add the olive oil while pulsing. Set aside.

Spiralize the zucchini.

Toss with the pesto and tomatoes and season with salt and pepper.

Greek Pasta with Tomatoes, Olives and Spinach

Original Recipe Yield 6 servings

Ingredients

- 2 (14.5 ounce) cans Italian-style diced tomatoes
- 10 ounces fresh spinach, washed and chopped
- 8 ounces of your favorite olives
- 2 garlic cloves, chopped
- 8 ounces penne brown rice pasta

Directions

Cook the pasta in a large pot of boiling salted water until al dente.

Meanwhile, combine tomatoes, garlic and olives in a large non-stick skillet. Bring to a boil over medium high heat. Reduce heat, and simmer 10 minutes.

Add spinach to the sauce; cook for 2 minutes or until spinach wilts, stirring constantly.

Add pasta and stir for 2 minutes. Serve and enjoy.





Dinner

delicious dinner entrees



Seared Wild Salmon with Broccolini, Olives, and Garlic

Original Recipe Yield 2 servings

Ingredients

- 3 tablespoons extra-virgin olive oil, plus additional for drizzling
- 1 bunch broccolini
- 1/4 cup water
- 2 large garlic cloves, chopped
- 1/3 cup halved pitted black olives
- 2 6-8 ounce wild salmon fillets with skin on (each about 1/2 to 3/4 inch thick)
- 2 tablespoons (or more) balsamic vinegar

Directions

Heat 2 tablespoons oil in large skillet over medium heat. Add broccolini and stir for 1 minute.

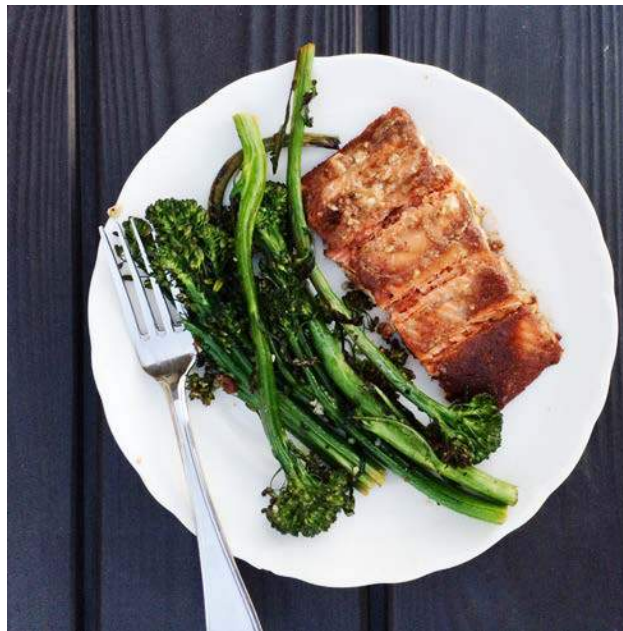
Pour 1/4 cup water, cover, and steam for 5 minutes until broccolini is crisp and tender. Add olives and garlic and stir for 1 minute. Turn off heat and set aside in bowl.

Heat 1-tablespoon oil in same skillet (not cleaned) over medium heat. Season salmon with salt and pepper on both sides and add fillets, skin down, and cook until skin is crisp, about 3-4 minutes. Turn salmon fillets over and cook another 2 minutes, cautious not to overcook.

Transfer salmon fillets to plate. Return broccolini mixture to same skillet on medium heat and add 1-tablespoon balsamic vinegar. Season to taste with salt and pepper.

Spoon mixture to plate with salmon. Drizzle fish lightly with oil and 1 tablespoon balsamic vinegar.

Serve and enjoy.



Maple Salmon

Original Recipe Yield 4 servings

Ingredients

- 1/4 cup maple syrup
- 2 tablespoons gluten-free soy sauce
- 1 clove garlic, minced
- 1/4 teaspoon garlic salt
- 1/8 teaspoon ground black pepper
- 1 pound salmon

Directions

In a small bowl, mix the maple syrup, soy sauce, garlic, garlic salt, and pepper.

Place salmon in a shallow glass-baking dish, and coat with the maple syrup mixture. Cover the dish, and marinate salmon in the refrigerator 30 minutes, turning once.

Preheat oven to 400 degrees F (200 degrees C).

Place the baking dish in the preheated oven, and bake salmon uncovered 20 minutes, or until easily flaked with a fork.

Serve and enjoy!



Chipotle Crusted Pork Tenderloin

Original Recipe Yield 6 servings

Ingredients

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 3 tablespoons chipotle chile powder
- 1 1/2 teaspoons salt
- 4 tablespoons brown sugar
- 2 (3/4 pound) pork tenderloins

Directions

Preheat grill for medium-high heat.

In a large reseal-able plastic bag, combine the onion powder, garlic powder, chipotle Chile powder, salt, and brown sugar. Place tenderloins in bag and shake, coating meat evenly. Refrigerate for 10 to 15 minutes.

Lightly oil grill grate, and arrange meat on grate. Cook for 20 minutes, turning meat every 5 minutes. Remove from grill, let stand for 5 to 10 minutes before slicing.

Serve and enjoy!



Chicken Vegetable Stir Fry

Original Recipe Yield 4 servings

Ingredients

- 1 pound chicken breast, cut in 1-inch cubes
- 3 tablespoons olive oil
- 1 medium onion, sliced
- 1 cup snow peas
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 4 green onions, cut in 3/4 inch pieces
- 1/2 cup water
- 2 tablespoons gluten-free soy sauce
- 1 tablespoon cornstarch
- 1/2 tablespoon ginger minced (or 1/2 teaspoon ground ginger)



Directions

Mix water, cornstarch, soy sauce and ginger in a small bowl and set aside.

Stir-fry chicken in a large skillet or wok with olive oil 3 minutes or until chicken is no longer pink.

Add onions, peppers and snow peas. Stir fry and additional 3 minutes.

Add broccoli, and then pour gravy mixture over chicken and vegetables and stir fry for additional 3 minutes.

Stir-fry until vegetables are cooked, yet still tender crisp, serve and enjoy.

Spaghetti with Red Wine Sauce

Original Recipe Yield 4 servings

Ingredients

- 1 teaspoon Organic Coconut Oil
- 1 Vidalia Onion, chopped
- 3 cloves Garlic, minced
- 1 cup fresh Basil, finely chopped
- 2 pounds Ground Beef, 85/15
- 1 cup red Wine
- 28 fl. oz. Tomato Sauce, (no salt added)
- 2 teaspoon Salt
- 2 teaspoon Black Pepper
- 3 whole Yellow Squash, peeled with julienne peeler
- 2 whole Zucchini, peeled with julienne peeler



Directions

Heat coconut oil in a large pot on medium heat.

Add onion and garlic to pot and sauté until onion has softened slightly.

Add basil to the pot and continue to sauté for a minute or two.

Add beef to pot and continue to sauté all ingredients until beef is browned.

Add red wine, tomato sauce, salt, and pepper, and stir until all ingredients are evenly combined.

Bring sauce to a bubble, then turn down to low, cover, and allow to simmer for 45 minutes.

Peel squash into "noodles" with a julienne peeler, until you reach the seeds. Discard the seeds.

Place "noodles" into a large soup pot and steamer basket, and steam until squash is slightly tender, about 10-15 minutes.

Serve squash noodles topped with the sauce, and garnish with a sprig of basil.

Recipe courtesy of primalpalate.com

Asian Zucchini Noodle Stir-Fry with Shrimp

Original Recipe Yield 4 Servings

Ingredients

- 1/2 cup chicken or vegetable broth
- 1/4 cup hoisin sauce
- 1 tablespoon low sodium soy sauce
- 2 teaspoons cornstarch
- 3 tablespoons olive oil, divided
- 1 tablespoon minced garlic
- 1 teaspoon minced fresh ginger
- 1 pound jumbo shrimp, deveined
- 1 medium bell pepper, sliced
- 1/2 cup shredded carrots
- 2/3 cup sliced red onions
- 1 cup sugar snap peas
- 2 medium zucchini, cut into noodles
- Toasted sesame seeds, for garnish



Directions:

In a small bowl, whisk together the vegetable broth, hoisin sauce, soy sauce and cornstarch. Set aside.

Place a large sauté pan or wok over medium-low heat. Add 2 tablespoons olive oil and heat it for 1 minute. Add the garlic and ginger and cook for 2 minutes, stirring constantly.

Add the shrimp to the pan and cook, stirring as needed, until the shrimp are cooked throughout and pink on all sides, about 3 minutes. Season the shrimp with salt and pepper and then transfer them to a bowl, leaving any liquid in the pan.

Increase the heat to medium. Add the remaining 1-tablespoon of olive oil to the pan, and then add the bell pepper, carrots, red onions and snow peas and cook, stirring constantly, for 3 to 4 minutes until the vegetables are crisp but tender. Add the prepared sauce and cook, stirring constantly, for 2 minutes until the sauce thickens slightly. Return the shrimp to the pan, stirring to combine, then add the zucchini noodles and cook, tossing to coat, for 1 minute.

Transfer the stir-fry to serving plates, garnish with toasted sesame seeds and serve immediately.

Recipe Courtesy of justataste.com

Curry Chicken Bowl with Basil-Lemon Vinaigrette

Original Recipe Yield 4 Servings

Ingredients

Curry Chicken

- 1 pound chicken breast, cut into strips
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon lime juice
- 3/4 teaspoon sea salt
- 3 garlic cloves, minced
- 1 teaspoon curry powder
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground coriander

Salad

- 6 cups greens (spring or spinach)
- 1 cup cherry tomatoes, halved
- 2 handfuls fresh basil leaves, cut
- 1 avocado, sliced

Basil-Lemon Vinaigrette

- 2 large handfuls fresh basil leaves
- 1 clove garlic, smashed
- ½ teaspoon fine grain sea salt
- 2 tablespoons fresh lemon juice
- 5 tablespoons olive oil



Directions

In a bowl whisk olive oil, lemon, lime, garlic, salt, curry powder, cumin and coriander until combined.

In a shallow sealable container or in a large Ziploc bag, combine chicken strips and marinade.

Put in refrigerator and marinate over night.

Heat a large nonstick skillet over medium-high heat. Add a tiny bit of olive oil, add the chicken and cook until golden brown and cooked through, about 6 to 8 minutes turning regularly, until juices run clear.

In the meantime make the vinaigrette. In a food processor (or small blender), process the basil, garlic, salt, and lemon juice until smooth. With the motor running, slowly add the oil. Blend until combined.

To make the salads, add the greens in a bowl and toss with a sprinkle of salt and pepper. Add the chicken on top with the tomatoes, basil, and avocado. Drizzle the bowl with the basil-lemon vinaigrette.

Serve and enjoy!

Roast Beef Recipe

Original Recipe Serves 4

Ingredients

- 3 pound beef chuck roast, boneless
- 2 to 3 sweet potatoes, cut into big pieces
- 4 carrots, cut into big pieces
- 1 onion, sliced
- 2 sprigs of fresh rosemary
- 2 bay leaves
- 2 cloves garlic, minced
- 1 cup red wine (optional)
- 1/3 cup balsamic vinegar
- 1 1/2 cup beef stock
- 2 tablespoon cooking fat
- Sea salt and freshly ground black pepper to taste



Directions

Season the roast on all sides with sea salt and black pepper.

Melt some cooking fat over a medium-high heat in a large skillet, and sear the roast for 2-3 minutes on each side.

Place the meat in the slow cooker and top with the onion, minced garlic, balsamic vinegar, beef stock, bay leaves, rosemary sprigs and red wine (if using).

Cover the slow cooker, turn it on low, and cook for 6 hours.

Add the carrots and sweet potatoes, set the slow cooker to high, and cook for about another 3 hours, or until the vegetables are nice and soft and the meat is fork tender.

Remove and discard the 2 bay leaves and rosemary sprigs.

Pour the liquid from the slow cooker into a saucepan and bring to a slow boil over a medium-high heat. Keep it boiling and let it reduce until you get the desired consistency for your sauce.

Pour the sauce back in the slow cooker and serve with the meat and vegetables.

Recipe Courtesy of paleoleap.com

Chicken and (Cauliflower) Rice

Original Recipe Yield 6 servings

Ingredients

- 2 pounds of chicken, cut into small pieces
- 4 tablespoons extra virgin olive oil
- 1 chopped onion
- 2 garlic cloves, chopped
- Salt and pepper
- Handful fresh parsley, coarsely chopped
- 1 chopped red bell pepper
- 1 teaspoon turmeric
- 1 teaspoon paprika
- 2 1/2 cups of chicken broth
- 1/2 cup dry white wine
- 1 1/2 cups rice (I prefer cauliflower rice)



Directions

Sprinkle the chicken with salt and pepper. In a large deep pan (rice will be cooked here, too) heat the oil and sauté the chicken until golden on all sides. Remove chicken to a warm platter.

Add onion, garlic, and parsley to the oil and sauté until the onion is soft and translucent. Add the turmeric, saffron, broth, wine, salt, and pepper and bring to a boil.

Add the rice and cook over medium high heat, uncovered, for about 20 minutes, stirring frequently until the rice is cooked.

Add chicken burry below rice. Cover and cook over low heat for 10 minutes. Turn the rice and the chicken over with a fork. Cover and simmer for another 10 minutes.

Transfer rice and chicken to a serving platter and garnish with parsley. Serve and enjoy.

Vegetarian Ratatouille

Original Recipe Yield 8 servings

Ingredients

- 3 garlic cloves, chopped
- 2 medium zucchini, chopped
- 1 medium onion, chopped
- 15 ounces canned tomatoes
- 1 cup all natural vegetable stock
- 1 medium green or red pepper, chopped
- 2 large eggplant, chopped into ½ inch squares
- 5 tablespoons olive oil
- Bay leaf
- Dried thyme
- Sea salt and pepper to taste



Directions

Add oil and garlic to pan, cook until garlic is soft. Add onions and cook for 3 minutes. Add eggplant, zucchini, pepper and stock. Cook until soft. Add tomatoes and season with salt and pepper. Cook for 10 minutes on medium-low heat until flavors have blended.

Vegetarian Stuffed Bell Peppers

Original Recipe Yield 4 servings

Ingredients

- 4 medium bell peppers (.5 pound each)
- 1-1/2 cups cooked rice (or cauliflower rice)
- 3 tablespoons live oil
- 1/2 cup onion, chopped
- 8 oz. marinara sauce
- 1-2 cloves garlic, chopped



Directions

Cut the tops off the peppers and remove all the seeds. Chop up the pepper tops you've removed, chop small and reserve. In a large pot of boiling water, parboil the peppers until just tender, 2 to 3 minutes. Remove with a slotted spoon and dry on paper towels.

In a large sauté pan or skillet, heat the oil over medium-high heat. Add the onions and chopped bell peppers and cook, stirring, until soft, about 3 minutes. Add the ground meat, garlic, oregano, salt and pepper. Cook until the meat is browned, stirring with a heavy wooden spoon to break up the lumps, about 6 minutes. Add the rice and tomato sauce and stir well. Remove from the heat and adjust the seasoning, to taste.

Pour enough water into a baking dish to just cover the bottom, about 1/8-inch deep. Stuff the bell peppers with the rice mixture and place in the baking dish. Bake until the peppers are very tender and the filling is heated through, 25 to 30 minutes.

Remove from the oven and let rest for 10 minutes before serving. Enjoy!

Grilled Sirloin with Sautéed Broccoli Rabe for Two

Original Recipe Yield 2 servings

Ingredients

- 2 - 12 oz. sirloin steaks (or
- 1 broccoli rabe bunch, chopped
- 3 tablespoons olive oil
- 2 garlic cloves, chopped
- Sea salt and pepper to taste
- 2 – medium sweet potatoes

Directions

Sirloin - Season sirloin steaks with salt and pepper and grill for approximately 7 minutes on each side or until desired cooking temperature.

Sweet Potatoes - Preheat oven to 400F. Microwave sweet potatoes on high for 5 minutes, on a plate. Wrap sweet potatoes in aluminum foil and transfer to oven. Cook at 400F for 15-20 minutes.

Broccoli Rabe - Add 3 tablespoons olive oil and chopped broccoli rabe unto large pan. Cook on medium heat for 5 minutes, stirring frequently. Add garlic, sea salt and pepper and cook for additional 3 minutes.

Serve and enjoy!



Simple Beef Stew

Original Recipe Yield 8 servings

Ingredients

- 1-1/2 pounds lean cubed beef
- 4 tablespoons gluten-free flour
- 1 dash paprika
- 1 gluten-free beef bouillon cube
- 2 teaspoons olive oil
- 4 carrot, 1 inch thick
- 2 potatoes, cubed
- 1 medium onion, chopped
- 15 ounces stewed tomatoes, canned with juices
- 15 ounces corn, canned with juices
- 15 ounces peas, canned with juices
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/2 teaspoon pepper



Directions

Dredge meat in flour, brown in hot oil.

Add meat and all other ingredients into crockpot and cook on low for 6-8 hours or high for 2-4 hours.

Or cover and simmer on medium for 90 minutes. Serve and enjoy!

Simple Chili

Original Recipe Yield 6 servings

Ingredients

- 4 cans kidney beans
- 2 pounds ground beef
- 1 medium onion chopped
- 1 30 oz. can stewed tomatoes
- 2 pkgs gluten-free chili seasoning
- 1 small green or red bell pepper, chopped



Directions

Brown ground beef, drain grease.

Combine all ingredients in crock-pot, stir and let cook 6 hours.

You can substitute ground turkey or buffalo/bison meat in this recipe too.

Serve and enjoy!

Spaghetti and Turkey Meatballs

Original Recipe Yield 6 servings

Your favorite gluten-free sauce or

Sauce Ingredients

- 1 large can crushed tomatoes
- 2 cloves of crushed garlic
- Minced onion
- 1 tablespoon olive oil
- Salt, pepper, oregano, and basil to taste.

Directions

Sauté garlic and minced onion in olive oil.

Add crushed tomatoes and paste. Add crushed garlic. Let simmer while you make meatballs.

Meatballs Ingredients

- 1 pound ground turkey
- 2 teaspoon sea salt
- Pepper to taste
- 2 cloves crushed garlic
- 1/4 cup coconut flour
- 2 tablespoons olive oil
- 2 egg whites
- Italian spices

Directions

Mix all ingredients together with hands.

Form small balls and drop into sauce, cover and simmer for approximately 1 hour, while stirring occasionally.

Serve over your favorite gluten-free pasta. Enjoy!





Desserts

— yummy snacks and treats —



GLUTEN FREE BLUEBERRY AND COCONUT SCONES

Original Recipe Yield 8 Scones

Ingredients

- 1 organic egg
- 1/4 cup coconut oil
- 1/4 cup unrefined sugar
- 1 1/2 cup almond flour
- 2 tablespoon arrowroot powder, or cornstarch
- 1 teaspoon vanilla
- 6 oz. fresh organic blueberries
- 1/4 cup unsweetened shredded coconut
- 1 teaspoon aluminum free baking powder
- 1 teaspoon coarse sugar, to sprinkle the scones, optional



Directions:

Preheat oven to 350F. Line a 9-inch round baking pan with unbleached parchment paper all the way up to the sides of the baking pan, just like in the pictures. Set aside.

In a mixing bowl, add the egg, sugar and coconut oil. With a hand mixer beat until combined. Add the remainder of the ingredients except the blueberries and mix through. Add the blueberries and gently with your hands incorporate them into the batter.

Press the batter into the prepared baking pan and sprinkle some coarse sugar over the top. Bake for 35-40 minutes.

Let the scones cool for at least 15 minutes. Pulling from the parchment paper, lift the scones up from the pan and cut into 8 pieces. You can store them on a cake stand for up to two days.

Recipe Courtesy of eatgood4life.com

Fig and Berry Pecan Bars

Original Recipe Yield 16 Servings

Ingredients

- 1 cup dried figs
- 1 cup dried berries (strawberries, raspberries, blueberries, etc.)
- 1/2 teaspoon salt
- 2 tablespoons honey (locally preferred)
- 1 tablespoons coconut oil
- 1 cup unsalted nuts (pecans)

Instructions

In a food processor, add the figs and berries and process for 30 seconds. Add in salt and coconut oil and slowly add in the honey while still processing.



Pulse in pecans until desired sized of pecans is achieved.

Line an 8x8 pan with wax paper and press the mixture into the pan. Use a second sheet of wax paper to press the mixture down and not have it stick to your hands.

Refrigerate for 2 hours then cut into desired bar sizes or squares.

Enjoy this tasty snack!

Fudgy Gluten-Free Brownies

Original Recipe Yield 16 servings

Ingredients

- 1/2 cup whole almonds or 2/3 cup almond flour
- 1/3 cup brown rice flour
- 1 cup Bittersweet Chocolate Chips
- 6 tablespoons ghee, cut into chunks
- 1/2 teaspoon salt
- 3/4 cup sugar
- 1 teaspoon vanilla extract
- 2 eggs
- 1 cup walnut or pecan pieces (optional)



Directions

Preheat the oven to 325 degrees with a rack in the lower third of the oven. Line an 8x8-inch metal baking pan across the bottom and up two opposite sides with parchment paper.

If using whole almonds, add them to a food process with the rice flour and pulse until the nuts are finely ground. If using almond flour, mix it with the rice flour. Set aside.

Place the chocolate, ghee and salt in the top of a large double boiler over barely simmering water. Stir frequently until the chocolate is melted and the mixture is smooth. Remove the bowl and let cool for 5 minutes. Stir in the sugar and vanilla. Stir in the eggs one at a time. Add the almond and rice flour mixture and stir until moistened, and then mix briskly about 40 strokes. Stir in the walnuts or pecans if using.

Scrape the batter into the prepared pan and spread it evenly. Bake 20 to 25 minutes or until the brownies are slightly puffed all over and a toothpick inserted into the center comes out moist but clean. Cool the pan on a rack. Run a knife along the unlined sides of the pan to detach the brownies. Lift the edges of the parchment paper to remove the brownies. Cut into squares. Enjoy!

This recipe is courtesy of Ghirardelli® on allrecipes.com

Avocado Smoothie

Original Recipe Yield 4 cups

Ingredients

- 1 ripe avocado, halved and pitted
- 1 cup almond milk (you may also use rice, coconut, or hemp)
- 1/4 cup canned coconut milk
- 3 tablespoons raw honey (local preferred)
- 8 ice cubes



Directions

Combine the avocado, almond milk, coconut milk, honey, and ice cubes in a blender; blend until smooth.

Sip and enjoy!

Turmeric and Pineapple – Nature’s Natural Inflammatory

Original Recipe Yield 2 servings

Ingredients

- 2 cups fresh pineapple
- 1 teaspoon turmeric

Directions

Slice or cube pineapple. Sprinkle turmeric over pineapple and mix together.

Chill in refrigerator for 20 minutes and serve.

Enjoy!



Flourless and Sugar-Free Sunflower Butter Cookies

Original Recipe Yield 16-24 cookies

Ingredients

- 1 cup sunflower (or creamy almond) butter
- 1 cup granular Stevia (or coconut sugar)
- 1 tablespoon baking powder
- 1 tablespoon water
- 1 egg



Directions

Preheat oven to 350 degrees F.

Combine all ingredients and use a teaspoon to place on non-stick cookie sheet.

Bake for 8 minutes. Let cool and rest for 20 minutes.

Serve and enjoy!

Flourless and Sugar-Free Chocolate Cake

Original Recipe Yield one 8-inch cake

Ingredients

- 4 ounces fine-quality bittersweet chocolate
- 1/2 cup ghee
- 3/4 cup granulated Stevia
- 3 large eggs
- 1/2 cup unsweetened cocoa powder plus additional for sprinkling



Directions

Preheat oven to 375 F. Butter an 8-inch round baking pan.

Chop chocolate into small pieces.

In a double boiler or glass bowl, set over a saucepan of slowly simmering water. Add chocolate and ghee and stir together until fully melted and smooth.

Remove top of double boiler or bowl from heat and whisk sugar substitute into chocolate mixture.

Add eggs and whisk well. Sift 1/2 cup cocoa powder over chocolate mixture and whisk until just combined.

Pour batter into pan and bake in middle of oven for 25 minutes, or until the top has formed a thin crust.

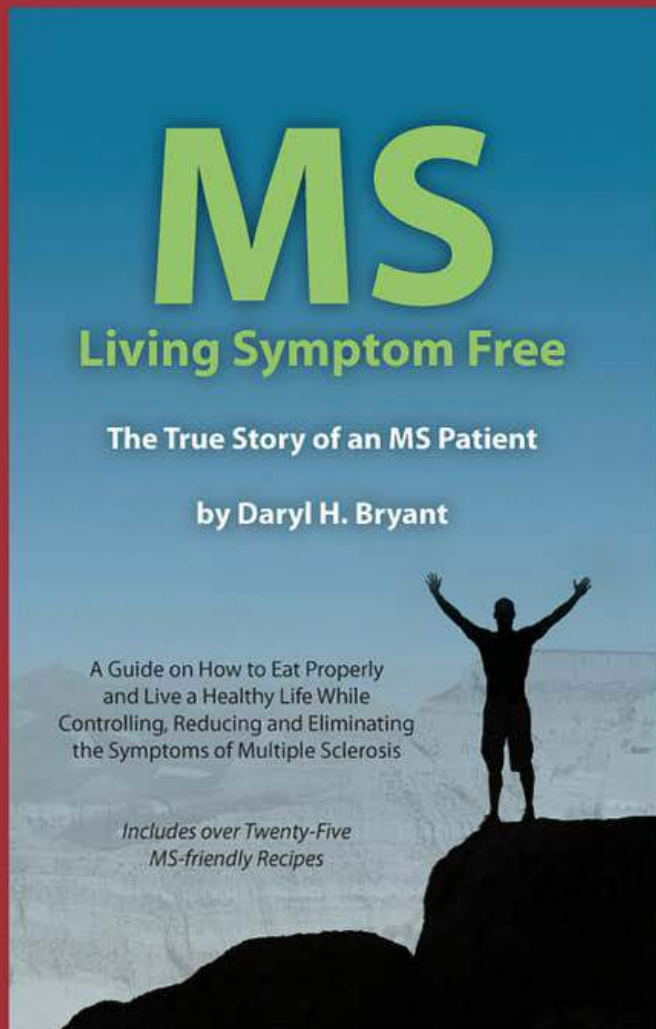
Remove cake and cool on a rack for 10 minutes. Turn upside down and onto a serving plate.

Dust cake with additional cocoa powder. Serve and enjoy!

THANK YOU!!!

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