

Sample Grain Free Menu Plan- Spring

	Sunday	Monday	Tuesday
<p>Prepare:</p> <p>Soaked Walnuts Thaw lamb chops Soak beans Kimchi</p>	<p>Day 1</p> <p>Breakfast: Cinnamon Apple Scones Fruit Salad</p> <p>Lunch: Pumpkin Seed Crackers Salmon Salad</p> <p>Dinner: Lamb chops Roasted Vegetables Kimchi</p> <p>Sweets/Snack: Trail Mix</p> <p>Prepare: Thaw beef liver Start lamb stock Cook soaked beans</p>	<p>Day 2</p> <p>Breakfast: Chicken Pancakes Kimchi Leftover fruit salad</p> <p>Lunch: Veggie Sandwich</p> <p>Dinner: Taco Salad Southwestern Squash Cubes</p> <p>Sweets/Snack: Apple Cobbler Date Macadamia Nut Balls</p> <p>Prepare: Soak Liver</p>	<p>Day 3</p> <p>Breakfast: Strawberry Banana Smoothie Coconut Flour Crepes</p> <p>Lunch: Almond Butter Banana Roll Up</p> <p>Dinner: Superfood Muffins Baked Onions Steamed broccoli Kimchi</p> <p>Sweets/Snack: Dried Pears</p> <p>Prepare: Dilly Carrot Sticks</p>

Grocery List

Meat and Poultry

(Meat is [available to purchase here](#))

Chicken, 1 whole
Salmon, 6-8 ounce canned
Lamb chops, 2", 6-8
Ground beef, 3 pounds
Beef liver, 1 pound

Eggs and Dairy

Milk, ½ gallon (optional)
Yogurt starter ([available for purchase here](#))
Butter (available here) (optional)
Cheddar cheese, 1 pound (optional)
Eggs, 3 dozen

Produce

Napa Cabbage, 1
Green onions, 1 bunch
Carrots, 12
Squash, 1 winter or summer
Squash, butternut, 1
Onions, white or red, 9
Asparagus, ½ pound
Celery root, 1 (optional)
Radishes, 1 bunch
Chili peppers, 4
Anaheim chili, 1
Celery, 1 bunch
Spinach, ¼ pound
Lettuce, any kind, 1 head
Tomato, 2
Avocado, 2
Bean sprouts, ½ cup (optional)
Broccoli, 1 pound
Assorted fruit, 5-10 lbs for fruit salad (kiwi, mangos, bananas, apples, berries, pineapple, plums, etc)
Lemons, 3
Apples, 6
Pears, 6-12
Bananas, 1 bunch (extra ripe)
Strawberries, ½ cup (frozen)
Ginger, 1 small root
Garlic, 2 heads

Pantry Items

Navy Beans, 1 pound
Apple cider vinegar
Walnuts, 2-3 lbs
Almond flour, 3 cups cups ([available here](#))
Coconut flour, ¼ cup ([available here](#))
Pumpkin seeds, hulled, 1 cup
Sesame seeds, hulled, 1 cup
Honey
Coconut oil
Olive oil
Coconut milk, 1 can
Almond butter
Tomato paste, 1 can
Raisins, ½ cup
Dried cranberries, no sugar, ½ cup
([High quality seasonings can be purchased here](#))
Sea salt
Black pepper
Cinnamon
Cayenne pepper
Cumin
Basil
Dill
Paprika, smoked

Recommended Books

Gut and Psychology Syndrome ([available here](#))
Breaking The Vicious Cycle ([available here](#))
Herbal Nurturing ([available here](#))



Prepare:

In the Grain Free Meal Plan we will be preparing items such as these a few times a week so this much cooking at once is not usually required.

Soak beans:

Rinse one pound (2 cups) of navy beans in a colander, removing any rocks or debris that may be in the package. Put in a large bowl (they will swell to triple their current size) and cover with filtered water so that they are covered by an inch or more. Allow to soak for 24 hours, changing the water once during this timeperiod.

Cooked Chicken:

1 whole chicken, preferably pastured organic
Crockpot
Optional seasonings, a pinch of any or all:
Sea salt, ground pepper, paprika, chili powder, thyme, ground ginger

Crockpot Instructions:

Remove chicken from packaging. Reach inside cavity and remove giblet package. Place chicken in Crockpot, Sprinkle with seasonings if desired.. Cover, and turn on low overnight. In the morning turn off, and allow to cool before picking the meat off as described in tomorrow's instructions.

Chicken stock:

Ingredients
Cooked chicken from the crock pot
2 tablespoons apple cider vinegar
Optional: 2 tablespoons thyme, 6 cloves garlic, 1 onion, 1 inch of ginger root, vegetable scraps such as the ends of onions and carrots, core of the cabbage, leaves from celery, etc

Directions:

Using your fingers, remove all the meat from the chicken. Reserve drippings, skin, and bones. Using a large stock pot, place bones, drippings, and skin in. Break large bones to allow the nutritious marrow to get into the stock. Fill pot $\frac{3}{4}$ full with filtered water and add the apple cider vinegar and any optional herbs and vegetables. Cook on medium-high until bubbling, then reduce heat to low and allow to simmer, covered, at least 8 hours. When done, allow to cool then pour stock through a strainer and transfer to mason jars to store in the fridge. To strain, I use a mesh strainer over a pitcher-style 4-cup measuring cup. This makes transferring the stock to the mason jars easier; I do one jar at a time, cleaning out the strainer as needed during the process. The fat will rise to the top of the jars in the fridge, which can be included in soups or used as a fat for cooking. Pick any more meat off the bones that you can after the chicken stock has been removed. Discard the remaining bones/skin in the pot.

Crispy Walnuts:

To soak nuts: Place 2-3 lbs raw nuts in a large bowl (they will swell, so only fill $\frac{2}{3}$ full, using another bowl if needed). Add 2 tablespoons sea salt and cover the nuts with filtered water. Allow to soak overnight at room temperature (on the counter). No need to cover.

To dry:

Drain in a colander and start dehydrating the nuts you soaked last night, or roast in a pan as low as your oven will go. Dehydrate all day.

Kimchi

1 Napa cabbage
1 bunch of Green onions
3 Carrots
1 bunch of Radishes
1 tablespoon fresh Ginger, grated
4 cloves of Garlic
4 chili peppers (mild or spicy, depending on your taste preference)
4 teaspoons sea salt
1 teaspoon whey per mason jar (optional)

Makes 4 pint jars full

Aside from the ginger and carrots, which you might want to grate smaller, thinly slice all the vegetables and mix with the salt. Place into jars, pounding down to release

juice. Add whey over the top, cover with a lid, and set in a room temperature place to ferment for 2-3 days without opening (I leave mine in the basement so they're off my countertop, but I've left my ferments on my counter many times). Transfer to fridge after that and enjoy now or later. Left unopened, my ferments last months in my fridge, but once you open them and use within a couple weeks.

(Optional)

* Yogurt is a wonderfully nourishing food, rich in dairy protein, fat, and probiotics. Yogurt makes a lovely topping for pancakes, dip for just about anything dipable, and snack!

For those who do not tolerate dairy, almond and coconut milk can be made into nondairy yogurt, nondairy starters are [available online](#).

24-hour SCD Yogurt

Commercial yogurt is not allowed as it has not been incubated long enough to use up all the lactose. The 24-hour incubation at 100 degrees F gives the culture sufficient time to use up the vast majority of the lactose, making yogurt acceptable on the diet.

Ingredients:

$\frac{1}{2}$ gallon milk (goat or cow, raw or pasteurized. Preferably raw and from cows or goats eating fresh pasture)
Yogurt starter. The Specific Carbohydrate Diet requires [a yogurt starter with only acidophilus](#), on the GAPS diet plain high quality yogurt from the health food store can be used as the starter.

Directions:

In a stock pot, heat milk gently on medium heat, stirring approximately every 10 minutes, until milk is close to a boil. Cover, remove from burner, and allow to cool until the yogurt is comfortable to the touch, 90-110* F. Make sure the yogurt is not too hot at this stage, or you will kill the good bacteria that are going to make your yogurt into milk. Pour nearly warm milk into jars, I use quart sized jars usually. Using one tablespoon of commercial yogurt per quart, (or follow the directions that came with your powdered starter) mix yogurt or starter into the jars of warm milk. Cover, and shake to distribute culture. Keep warm in a yogurt maker, Excalibur dehydrator, or cooler at 100 degrees for a full 24 hours. Yogurt is now done and should be kept in the refrigerator.

Sunday

Breakfast:

Cinnamon Apple Scones

Ingredients:

- 2-1/2 cups of almond flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon sea salt
- 2 eggs
- 4 tablespoons honey
- 1/3 cup melted butter or coconut oil
- 1 apple, chopped

Directions:

Preheat oven to 350. Grease a baking sheet with butter or coconut oil or line with parchment paper.

Mix all ingredients well.

Fold in apple.

Drop 1/4 cup of dough onto the baking sheet, shape into triangle shapes.

Bake 15 minutes.

Fruit Salad

Slice an assortment of 5-10 pounds of fruit; bananas, apples, oranges, grapefruit, pineapple, kiwi, pears. Toss with the juice of 1-2 lemons to preserve color.

Store leftovers in individual containers for easy-to-grab snacks for the week ahead.

Lunch:



Pumpkin Seed Crackers:

- 1 cup unsalted pumpkin seeds, hulled
- 1 teaspoon sea salt (the coarse kind is fine)
- 3 cloves of garlic, peeled
- 1 cup sesame seeds, hulled
- Up to 1/4 cup water

Preheat oven to 375* F. In the bowl of the food processor, using the regular metal blade, combine the sunflower seeds, salt, and garlic. Turn food processor on and let it whirl for 2-3 minutes until the seeds have turned into a dense flour. Add in the sesame seeds and pulse to mix (the sesame seeds don't need to mix all the way in). Slowly add in the water, a couple tablespoons at a time, until the seeds all clump together in a ball. Remove and knead to distribute the sesame seeds through the sunflower seed mixture. The mixture isn't a very pretty

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color at this point, but it improves beautifully with baking.

Between parchment paper, roll the dough out until it is 1/8" thick, in as close to a rectangle shape as possible. Using the parchment paper, flip the whole rectangle of dough onto a cookie sheet. Cut into rectangles with a pizza cutter or sharp knife. We'll use the cut lines to break the crackers on after they're cooked.

Bake for 15-20 minutes, or until golden brown. Allow to cool while still on the cookie sheet, then break along scored lines and serve.

Salmon Salad

- 6-8 ounces canned salmon, drained
- 1 rib celery, sliced
- 1 pickle, diced
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup mayonnaise {see recipe under Monday: Lunch}

Mix all ingredients, adding more mayonnaise if needed to get to desired consistency. If you had to make mayonnaise to make this salad, it can all be made by pulsing ingredients in the bowl of the food processor a few times to save dishes.

Dinner:

I find lamb to be a wonderfully energizing food. This wholesome meal is extended by making stock out of the bones and ends of the vegetables.

Roasted Vegetables:

- 4 carrots
- 1 winter or summer squash (acorn, butternut, zucchini, patty pan, yellow, etc)
- 2 onions
- 1/2 pound asparagus
- 1 celery root (optional)
- 2 tablespoons chicken or beef fat
- 1/2 teaspoon sea salt, coarse is fine

Instructions: Preheat oven to 350* F. Wash all vegetables. Peel the squash, celery root and the onions, snap off the tough bottom 2 inches of the asparagus. *Reserve the peelings and ends of the vegetables for stock if desired.*

Cut open squash and scoop out pulp. Chop all vegetables into bite-sized pieces and place in a glass baking dish. Dot the top of the vegetables with fat, and bake for 1 hour

uncovered, until vegetables are still firm but cooked.

Lamb Chops

- 6-8 lamb chops, approx. 2 inches thick
- Sea salt
- Black pepper
- 2 cloves garlic, crushed

Remove meat from fridge, sprinkle both sides of the chops with salt and pepper and top with crushed garlic. Allow meat to sit out, covered, for half an hour- this allows it to cook more evenly.

Move the rack in the oven to the top or second from top slot, so the meat will be about 2 inches from the element. Preheat the oven to broil on high.

Place meat on a broiler-proof pan or cookie sheet. When oven is preheated, broil for 5-7 minutes on each side, testing for doneness by cutting into the thickest lamb chop with a knife. Lamb will continue to cook a bit as it cools.

Reserve bones and drippings for stock.

Snacks/Sweets:

Trail Mix:

- 1 cup crispy walnuts
- 1/2 cup raisins
- 1/2 cup dried cranberries, no sugar added

Prepare For The Next Day:

Thaw beef liver

Thaw breakfast sausage

Cook soaked beans in crock pot overnight on low with 2 quarts chicken stock and 2 quarts of water, adding a pinch of baking soda if they do not get soft.

Lamb Stock:

- Bones and drippings from lamb chops
- Odds and ends from vegetables
- Filtered water
- 1 teaspoon apple cider vinegar

Directions: In a stock pot, place bones, drippings, and veggies. Fill pot nearly full with filtered water, add apple cider vinegar. Cook covered at a simmer over low heat 8-24 hours, adding more water as necessary. Strain stock through a colander or sieve and store in quart mason jars to add to soup, cook beans in, and use as a liquid in all your savory dishes.

Monday

Breakfast:

Chicken pancakes:

Using the chicken picked off the bones from chicken stock, puree together:

2 cups of chicken meat, from cooked chicken

6 eggs

½ teaspoon salt

¼ cup almond flour or homemade almond meal (crispy nuts pureed in the food processor until as fine as they will get) seasonings to taste (a small pinch of cayenne pepper is great!)

Fry in butter, ghee, or coconut oil, flipping once the first side is set; 2-3 minutes per side. *Reserve half the pancakes to use as 'sandwich bread' for lunch.*



Lunch:

Veggie Sandwich:

On chicken pancakes, spread mayonnaise and mustard and layer inside:

Spinach leaves

Sliced ripe tomatoes

Sliced avocado

Bean sprouts

Cheddar cheese (optional)

Homemade Mayonnaise:

Ingredients:

2 raw farm fresh eggs, room temperature

2 cups oil; olive, grapeseed, or sunflower oil

Pinch of salt

Directions:

Use two room temperature raw eggs that have been free range, preferably where you know where they came from.

2 cups of oil- Olive oil makes a more flavorful mayonnaise, and that's what we use. Grapeseed oil has less of a flavor, but the brands of extra virgin grapeseed oil that I've used have been bright green.

Put the eggs in the food processor or blender, turn on, and take a full minute to pour in each cup of oil. I have a clock with a

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second hand up above my counter, that helps.

By the time two minutes are up (or one minute for one egg/cup of oil) it should be thick! In my experience you have to pour it slowly- dumping it all in at once and then letting it run for a minute doesn't seem to work.

Then I add a small pinch of sea salt and let it mix in.

It does thicken a little more in the fridge.

Dinner:

Taco Salad

Refried beans

Taco Meat

Grated cheese (optional)

Onions, chopped

Tomatoes, chopped

Avocado, cubed

Yogurt (as sour cream, optional)

Shred lettuce, mix all other ingredients and place on top of lettuce.

Refried Beans

1 pound navy beans, cooked well and drained

1 cup chicken stock

¼ cup chicken fat, tallow, ghee, or butter

1 teaspoon salt to start (more may be needed)

¼ teaspoon cayenne pepper

In a large pot, melt fat over medium heat. Keeping the heat on, add ¼ of the cooked beans and smash well with the back of a spoon. Add in chicken stock and allow to heat through. Add remaining beans and continue to smash, using a potato masher if necessary. Scrape the bottom of the pan with the spoon. Add more chicken stock or water if necessary to achieve a good refried bean consistency. Add salt and mix in for a few minutes. Taste and add salt as needed. Remove from heat, store any extra in the freezer to use the next time you need refried beans.

Taco Meat:

1 pound ground beef

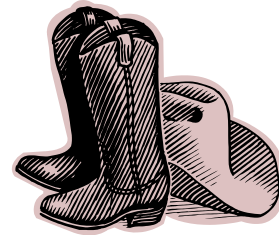
½ teaspoon cumin

½ teaspoon smoked paprika

½ teaspoon sea salt

¼ teaspoon cayenne pepper

Brown ground beef in a skillet, sprinkling with seasonings as it browns.



Southwestern Squash and Onions

1 butternut squash

2 onions

1 Anaheim chili

1 teaspoon smoked paprika

½ teaspoon sea salt

2 teaspoons butter, tallow, or chicken fat

Directions: Preheat oven to 350°F.

Peel, remove seeds and pulp, and cube squash into ½ inch cubes with a . Peel and chop onions. Wash chili and remove top, slit alongside the bottom and remove seeds under running water. Finely dice chili. In a glass baking dish, toss the prepared vegetables with the paprika, salt, and fat. Bake uncovered for 45 minutes to an hour or until vegetables are cooked.

Snacks/Sweets:

Apple Cobbler

Ingredients:

6 apples, cored and sliced

1 tablespoon honey

¼ teaspoon cinnamon

2 tablespoons coconut oil or butter (optional)

2 cups crispy nuts

2 tablespoons butter, ghee, or coconut oil

¼ cup honey

1 egg (optional)

Directions:

Preheat oven to 375* F. Core and slice the apples, as if making apple pie. Place in a pie pan and top with honey, cinnamon and optional fat.

In a food processor, pulse crispy nuts to chop into a coarse flour. Add fat, honey, and optional egg and whirl until thoroughly mixed. Spread this mixture on top of the sliced apples evenly. Bake uncovered for 30-45 minutes or until the apples are soft and bubbly and the topping is well cooked. Serve warm or cooled.

Prepare For The Next Day:

Soak Liver:

Drain any blood from thawed liver. Place in a bowl. Cover with the juice of one lemon and filtered water until the liver is completely covered. Cover bowl with lid or plastic wrap and return to the fridge.

Tuesday

Breakfast:

Strawberry Banana Ice Cream Smoothie

1-1/2 cups kefir or yogurt, or 1 can coconut milk
1/2 cup strawberries, frozen
1 frozen banana
2-3 egg yolks (raw) from pastured chickens

Coconut Flour Crepes

Makes 8 crepes, *save half for lunch*

Ingredients:

12 eggs
4 tablespoons coconut flour
1/8 teaspoon sea salt
6 teaspoons refined coconut oil, to fry

Directions:

Mix all ingredients well, making sure all clumps of coconut flour are broken up. Allow to sit for a few minutes.

In a skillet over medium-low heat melt 1 teaspoon of coconut oil, tilting pan to coat. Add about 2 tablespoons of batter and tilt to make a 6-inch circle. Cook until bubbles start to form and the middle of the pancake looks slightly cooked. Flip gently with a thin spatula and cook until the other side is golden; about 5 minutes on the first side, 2 on the second.

Lunch:

Almond Butter Banana Roll Ups

1/4 cup almond butter*
2 bananas, ripe
Spread almond butter over 2/3 of the crepes, leaving the top plain. Then cover almond butter with thinly sliced bananas. Roll, starting at the bottom. The lack of filling at the top allows the almond butter and banana to squish a bit without oozing out. Wrap roll up in plastic wrap, foil, or waxed paper to keep.

*If desired, these can be made with shredded cheese, chicken, sliced veggies, etc instead.

Dinner:

Superfood Muffins:

Makes one dozen superfood meat muffins

1 pound of organic grassfed liver (soaked overnight in lemon juice or orange juice)
2 pounds ground beef
6 cloves of garlic, crushed
1/4 cup ketchup or tomato paste
2 tablespoons basil (or parsley or whatever you'd like to use)
1/2 teaspoon ground sea salt
1/2 teaspoon freshly ground pepper
Instructions: In your food processor, pulse the liver (or dice if you don't have a food processor). Add remaining ingredients, and pulse again until the whole thing is hamburger consistency. There was enough fat in the meat to not have to grease my muffin pans. Top with ketchup if desired. Bake at 375* for 30 minutes or until thoroughly cooked. Cool a bit, and serve.

Baked Onions

4 large white onions
4 teaspoons Butter, ghee, or coconut oil
Sea salt

Foil or a lidded casserole dish

Preheat oven to 350*

Lay out four square sheets of foil. Slice the ends off onions and peel off the papery outer layer. Stand onion up in the middle of the foil, top with a teaspoon of fat and sprinkle a pinch of salt over the top. Wrap the foil around the onion like a package and place in an oven-proof dish (if using a lidded casserole dish, skip this step). Repeat with the remaining onions. Cover with a lid if skipping the foil step.

Bake for 45-60 minutes or until sweet, translucent, and tender. To serve, slice across in 4-6 slices and eat as a 'flower'.

Tip: If stored in the fridge, onions are much less tear-jerking! I always keep half a dozen onions in the fridge so that I don't ever have to cry while cooking with them!

Steamed Broccoli:

Ingredients:
1 head of broccoli or 1 pound package frozen broccoli
Filtered Water

Directions:

In a medium saucepan with a lid, place a steamer basket in the bottom. Fill the bottom with 2 inches of filtered water, or to the bottom of the basket.

If using fresh broccoli, rinse clean. Using a paring knife, slice the florets from the stem and into the steamer basket. Reserve the stem for stock if you wish.

If using frozen broccoli, simply dump the contents of the bag into the steamer basket. Turn the pot on high, cover, and allow to steam for 5-7 minutes or until the broccoli is bright green and hasn't started to turn dark yet. Remove from heat and keep covered until ready to serve.

Snacks/Sweets:

Dried Pears

6-12 pears, ripe

Wash pears and slice 1/4 inch thick. Place on dehydrator tray and dehydrate at any temperature; the hotter the temp, the less time they will take.

Prepare For The Next Day:

Lacto-Fermented Dilly Carrot Sticks

6 medium carrots, peeled and cut into sticks
1 tablespoon whey
1 tablespoon sea salt
1 tablespoon chopped fresh dill, or 1 teaspoon dried
3 cloves of garlic, quartered (optional)
Filtered water

Place the carrot sticks into a quart mason jar (or other quart sized container with a lid that fits snugly) and add the rest of the ingredients, shaking gently to settle the carrots if needed.

Fill to within one inch of the top with filtered water.

Cover tightly and allow to sit at room temperature for 4-7 days; you can try them at 4 days and see if you want them to be more sour or not, to get them more sour/soft leave them out at room temperature longer. Because the carrots are more dense, they take longer to ferment than other lactoferments like sauerkraut or pickles. They also stay crunchier, which we like!

After fermenting at room temperature, keep in your fridge- they last for months!

Thank you for giving Grain Free Meal Plans a try!

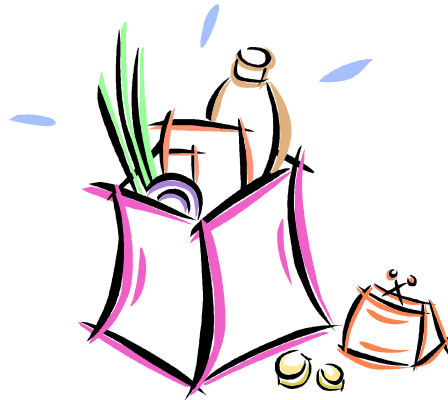


Please feel free to pass this sample menu along to anyone you think may find it useful.

Our goal with Grain Free Meal Plans is to make meal planning less time consuming for you so that you can spend more time with the people you love and doing the things you enjoy.

You can purchase monthly or yearly subscriptions at HealthHomeHappy.com

Included in the meal plan subscription is access to a members-only website with articles about eating grain free, an ingredient guide, and members-only discussion boards.



If we look at the supermarket shelves, we will see that the bulk of the processed foods are carbohydrates. All those breakfast cereals, crisps, biscuits, crackers, breads, pastries, pastas, chocolates, sweets, jams, condiments, starches, and batter are highly processed carbohydrates.

Gut and Psychology Syndrome p 84