

Sample Grain-Free Menu

Monday: Frittata with Sweet Potato, Sausage and Caramelized Onions

Tuesday: Tortilla Soup

Wednesday: Beef Stroganoff with Baked Potatoes, Baked Pears and Cream

Thursday: Bacon and Tomato Hash, Blanched Asparagus with Butter

Friday: Chicken with Crispy Potatoes, Broccoli and Walnut Pesto, Salted Maple Caramel Sauce with Apples

Snack: Raspberry Coconut Smoothie

NOTE: Shopping List items marked with **(DS)** are for desserts - skip those at the store if you're not making the desserts this week.

Meat:

1 pound sirloin (grass-fed preferred)

2 large boneless, skinless chicken breasts (pastured, organic preferred)

2 pounds bone-in chicken thighs (pastured, organic preferred)

3 small links (about 8-inches each) andouille sausage

8 pieces bacon, pastured preferred

Produce:

Medium bunch flat leaf parsley

6 sprigs fresh oregano

Small bunch cilantro

12 ounces button mushrooms

1 pound broccoli rabe (long, skinny broccoli stalks)

1 bunch asparagus

3 medium sweet potatoes

4 baking potatoes

1 1/2 pounds small red potatoes

3 yellow onions

6 tomatoes

1 avocado

1 lime

2 large apples **(DS)**

2 bosc or bartlett pears **(DS)**

2 bananas

On the Aisle:

1/4 cup walnuts

1 teaspoon tomato paste

4 teaspoons Worcestershire sauce

1/2 cup (8 ounces) white wine (optional)

3/4 cup maple syrup **(DS)**

Small jar or bag golden flax seeds (enough for 4 tablespoons)
1 (15-ounce) can coconut milk
1 small jar honey

Dairy:

1 cup (8 ounces) sour cream, cultured preferred
8 ounces Monterrey Jack cheese
4 ounces cheddar cheese
4 ounces Pecorino Romano cheese

Frozen:

1 bag frozen raspberries (enough for 2 cups)

Check Your Pantry:

3 teaspoons celtic sea salt
1 teaspoon freshly ground black pepper
1/3 cup olive oil
4 tablespoons coconut oil
3 sticks (3/4 lb) unsalted butter
10 cloves garlic
12 large eggs
1 1/4 cups heavy cream
3/4 cup heavy cream (**DS**)
9 cups chicken stock
1 teaspoon organic whole cane sugar or sucanat
2 teaspoons arrowroot

Monday:

Frittata with Sweet Potato, Sausage and Caramelized Onions

Serves 6

3 tablespoons unsalted butter
2 yellow onions
Celtic sea salt

3 medium sweet potatoes, cut into small cubes
3 small links (about 8-inches each) andouille sausage, cut into 1/4-inch thick slices
2 tablespoons clarified butter - see recipe below
12 large eggs
3 tablespoons heavy cream
1/2 teaspoon celtic sea salt
1/4 teaspoon freshly ground black pepper
1 cup shredded monterrey jack cheese

Melt butter in a medium pan over medium low heat. Add onions and season with salt. Cook for about 30 minutes, until caramelized, stirring occasionally.

Meanwhile, preheat oven to 400°F and adjust rack to middle position. Place potatoes, sausage and ghee (clarified butter) in a large oven-proof skillet. Put in oven and roast for about 30 minutes, stirring occasionally.

Whisk together eggs, cream, salt and pepper in a medium bowl. Remove potato mixture from oven, turn on the oven broiler and set the skillet on the stove over medium heat. Pour the eggs over top of the potatoes and sausage, sprinkle with caramelized onions. Stir the egg mixture with a spatula scraping the bottom of the skillet, until large curds form, but eggs are still very wet, about 2 minutes. Sprinkle eggs with cheese and place under broiler until cooked through (when you shake the pan the eggs should be firm), and cheese is spotty brown - about 3-4 minutes.

Clarified Butter (also called Ghee)

1 stick unsalted butter

Place the butter in a heavy [saucepan](#) and melt slowly over low heat. Remove the pan from the heat and let stand for 5 minutes.

Skim the [foam](#) from the top, and slowly pour into a container, discarding the milky solids in the bottom of pan.

Tuesday:

Helpful Tip: You will have a bit leftover tonight - perfect for lunch tomorrow!

Tortilla Soup

I like to serve this soup with lots of toppings, but you can pick the ones you like best. This soup freezes very well. Adapted from "The Best Recipe".

Serves 6

4 cloves garlic, crushed with skins on
8 cups chicken stock
6 sprigs fresh oregano
6 sprigs of cilantro, plus
2 pounds bone-in chicken thighs

Toppings:

1/2 cup roughly chopped cilantro
1 avocado, cubed
2 tomatoes, cut into bite-size chunks
1 lime, cut into quarters
1/2 cup shredded cheddar cheese

1/2 cup sour cream

Place the garlic cloves in a large Dutch oven over medium-high heat. Cook, stirring frequently until garlic begins to darken, about 2-2 1/2 minutes. Remove the pan and let it cool for about 30 seconds and then add the chicken stock, oregano, cilantro sprigs, and chicken. Place pot back on heat and bring to a boil and then reduce to a simmer. Simmer for about 30 minutes. When chicken is cooked through, remove the chicken from the broth mixture and set aside. With slotted spoon, strain out the rest of the garlic and herbs. Shred the chicken with a fork and then add back to the soup. Add salt and pepper if needed.

Serve with chopped cilantro, avocado, tomatoes, lime (for squeezing), cheese, and sour cream.

Wednesday:

Helpful Tip: Put your baking potatoes in a 400°F oven for 45 minutes until cooked through. While potatoes are baking, make the stroganoff.

Beef Stroganoff

Serves 6

Sea salt and freshly ground black pepper
1 pound sirloin
4 tablespoons coconut oil, divided
12 ounces button mushrooms, cleaned and sliced
1 cup chicken stock, divided
1 tablespoon unsalted butter
1 medium yellow onion, finely chopped
1 teaspoon tomato paste
1 teaspoon organic whole cane sugar or sucanat
2 teaspoons arrowroot
1/2 cup white wine (you can substitute with chicken stock)
1/3 cup sour cream

4 baked potatoes

Generously salt and pepper both sides of sirloin and then cut into thin strips against the grain at a sharp 45-degree angle. (Remember, sirloin has distinct lines in it. If you cut with the grain, the meat won't be as tender.)

Heat 2 tablespoons coconut oil in a large sauté pan. Sauté mushrooms over medium heat until the edges are golden brown and they have lost most of their moisture, about 10-12 minutes. Season the mushrooms with salt and pepper and then pour into a large bowl.

Using the same pan, add remaining 2 tablespoons of coconut oil. Lay sirloin pieces in a single layer and brown the sirloin on each side. Be careful not to overcrowd the pan or they will not brown. Transfer meat to the bowl with the mushrooms and then repeat until all of meat is browned.

Pour 1/2 cup of chicken stock into the pan. Scrape all of the brown bits up from the bottom of the pan and bring the broth to a simmer. Simmer until broth is reduced by half . Pour broth into the bowl with the mushrooms and meat.

Return the skillet to the stove over medium-low heat. Melt the butter. After foaming subsides, add the onion, tomato paste, and whole cane sugar. Sauté for about 6 minutes until the onion turns golden brown. Stir in the arrowroot and stir constantly for about 30 seconds. Add the remaining 1/2 cup broth and the white wine. Bring sauce to a boil and then reduce to a simmer for 2 minutes.

Spoon sour cream into a small bowl. Add 1/2 cup of the sauce to the sour cream and stir. (This will keep the sour cream from curdling.) Add the sour cream mixture to the pan, along with the beef and mushrooms. Stir until thoroughly combined. Season with salt and pepper to taste. Serve over baked potato.

Baked Pears and Cream

Serves 4

2 bosc or bartlett pears
4 tablespoons unsalted butter, melted
4 tablespoons maple syrup
1 cup heavy cream

Preheat oven to 400°F and adjust rack to middle position. Pour half of the butter and half of the maple syrup in a shallow baking dish. Place the pears, cut side down and pour the remaining butter and syrup over the pears. Bake for 10 minutes. Pour the cream over the pears and bake an additional 20 minutes. Serve warm.

Thursday:

Helpful Tip:

Bacon and Tomato Hash

Adapted from Nigella Lawson

Serves 4

4 teaspoons olive oil
8 pieces bacon, cut into 1/2-inch pieces
4 cloves garlic, minced
4 tomatoes, diced
4 teaspoons Worcestershire sauce
8 tablespoons fresh parsley, roughly chopped
Sea salt and freshly ground pepper

Heat oil in a large skillet over medium heat. When oil is hot, add the bacon and cook until crispy. Add garlic and stir until garlic is fragrant, about 30 seconds. Quickly add the tomatoes (the pan will sizzle, so stand back), Worcestershire and parsley. Stir for a minute or so until all ingredients are hot. Transfer to a plate and season generously with salt and pepper.

Blanched Asparagus with Butter

Serves 4

1 bunch asparagus, tough ends cut off
2 tablespoons unsalted butter
Sea salt and freshly cracked pepper

Bring a large pot of water to boil. Place asparagus in water and cook for 1-2 minutes, until asparagus turns bright green. Toss with butter and season with salt and pepper.

Friday:

Chicken with Crispy Potatoes, Broccoli, and Walnut Pesto

Serves 4

1 1/2 pounds small red potatoes, sliced 1/4-inch thick
5 tablespoons ghee or clarified butter, divided
Celtic sea salt
1/2 cup flat leaf parsley
1/4 cup walnuts
1/2 cup shredded Pecorino Romano cheese
1 clove garlic
1/4 cup olive oil
2 large skinless, boneless chicken breasts, cut in half length-wise
1 pound broccoli rabe

Preheat oven to 425°F and adjust rack to middle position. Toss potatoes and 3 tablespoons ghee, season with salt and spread in an even layer on an oiled baking sheet. Roast until golden, 25-30 minutes, turning occasionally.

Place parsley, walnuts, cheese and garlic in the bowl of a food processor or blender. Pulse several times to chop mixture. With processor running, slowly pour in olive oil. Season to taste with salt.

Heat the remaining 2 tablespoons ghee in a large skillet over medium-high heat. Season each side of the now 4 pieces of chicken with salt and pepper. Place chicken in pan and cook until bottom side is just golden brown around the edges. Flip and repeat until chicken is fully cooked. Place chicken on a cutting board. Add broccoli and 1/4 cup of water to the pan. Immediately cover pan and let water simmer for about 1 minute. Remove cover and continue to cook, stirring occasionally, until water has evaporated. Serve the chicken drizzled with pesto alongside the potatoes and broccoli.

Salted Maple Caramel Sauce with Apples

This caramel also makes a fabulous topping over homemade ice cream. It keeps in the fridge for 2 weeks. Makes about 1 cup

1/4 cup unsalted butter
1/2 cup maple syrup
3/4 cup heavy cream
1/8 teaspoon coarse sea salt

2 large apples, cut into wedges

Melt butter in a medium saucepan over medium heat. Whisk in maple syrup and bring to a boil. Whisk constantly for about 2 minutes. Slowly pour in cream. Bring to a boil, whisking often. Boil until sauce thickens and coats the back of a spoon (or reaches

220°F), about 5 minutes. Remove from heat and whisk in salt. Pour into a glass jar or bowl and allow to cool. Dip apples in caramel to serve.

Snack:

Raspberry Coconut Smoothie

Serves 4

4 tablespoons golden flax seeds

1 cup coconut milk

3 cups water

2 cup frozen raspberries

2 banana

2 Tablespoon honey

Blend flax seeds in blender until seeds are ground. Add coconut milk, water, berries, banana and honey. Blend until smooth.