

Monday: Slow-Roasted Garlic and Lemon Chicken, Asparagus and Lemon

Tuesday: Spaghetti and Olive Oil, Spring Peas with Mint

Wednesday: Chicken Noodle Soup, Coconut Cake with Strawberries and Whipped Cream

Thursday: Mexican Quinoa Salad, Corn Tortillas

Friday: Spaghetti Squash with Mushrooms, Kale, and Sausage

Snack: Kale Chips

Items marked (DS) are for dessert. If you're not making dessert this week then skip these items at the grocery store.

I've included the cooking times for each recipe. The cooking time will include cooking, prep and baking times. For instance, a recipe for brown rice will cook for 1 1/2 hours, and that will be included in the cooking time, even though this isn't time you are working on dinner.

Meat:

4 boneless, skinless chicken breasts

1 (3-4 pound) whole chicken

16 ounces kielbasa sausage

Produce:

1 bunches kale

1 bunch flat leaf parsley

1 bunch cilantro

6 sprigs fresh mint

7 sprigs fresh thyme

2 medium carrots

2 ribs celery

1 pound asparagus

1 pound mushrooms (any kind)

1 large spaghetti squash

1 medium onion

2 tomatoes

2 pints strawberries (DS)

On the Aisle:

1 small jar red pepper flakes (enough for 1/8 teaspoon) (optional)

1 bay leaf

1 (15-ounce) can black beans

1 1/2 cups quinoa

4 ounces white wine (you can substitute with chicken stock)

1 cup coconut flour (DS)

Frozen:

1 small bag frozen corn (enough for 1 cup)
1 (10-ounce) bag frozen peas
8 corn tortillas (I prefer [this brand](#))

Eggs and Dairy:

1/2 cup plain whole milk yogurt
11 tablespoons ghee or clarified butter (here's an [easy do-it-yourself recipe](#))
4 ounces Pecorino Romano cheese
8 eggs (DS)

Check Your Pantry and Fridge ([Click here](#) for a list of pantry staples):

4 teaspoons Celtic sea salt
1/2 teaspoon sea salt (DS)
1/2 teaspoon freshly ground black pepper
4 lemons
1/2 cup plus 2 tablespoons olive oil
1 tablespoon coconut oil
8 tablespoons unsalted butter
5 tablespoons unsalted butter (DS)
1 head plus 11 cloves garlic
2 cups whipping cream (DS)
1 teaspoon baking soda (DS)
4 quarts plus 1/2 cup chicken stock
1/2 cup plus 1 tablespoon honey (I used clover) (DS)
8 ounces gluten free macaroni noodles
1 pound gluten free spaghetti (I prefer Trader Joe's or Tinkyada)

Monday:

Helpful Tip: Reserve the carcass after eating all the chicken to use for chicken stock.

Slow Roasted Garlic and Lemon Chicken

Adapted from "Forever Summer" by Nigella Lawson

Serves 4

Cooking Time: 3 hours

1 3-4 pound chicken, butterflied ([click here for instructions](#))
1 head garlic, separated into unpeeled cloves
2 organic lemons, cut into eighths
3 sprigs fresh thyme
3 tablespoons ghee, melted
Celtic sea salt and freshly ground black pepper
1/2 cup white wine, or chicken stock

Preheat oven to 300°F and adjust oven to middle position. Place chicken skin-side up in a large roasting pan and arrange garlic cloves and lemon around the chicken. Pull the leaves off of 3 sprigs of thyme and sprinkle over chicken. Pour the ghee over the chicken and using your hands, rub the oil onto the skin of the chicken. Season chicken generously with sea salt and pepper. Pour white wine (or stock) in pan, around the chicken. Place a piece of parchment paper over the pan and then cover tightly with foil. Place in the oven and cook for 2 hours. Remove the foil and parchment paper from the pan, and turn up the oven to 400°F. Cook the uncovered chicken for an additional 30-45 minutes, until skin is golden brown and breast registers 170°F on a thermometer. Remove chicken from oven and let rest for 20 minutes before serving.

Asparagus and Lemon

Serves 4

Cooking Time: 10 minutes

1 pound asparagus, tough ends trimmed off
2 tablespoons unsalted butter, melted
1 lemon
Celtic sea salt

Bring a large pot of water to boil. Place asparagus in water and cook for 1 minute, until bright green. Remove asparagus and place on a serving dish. Drizzle with butter and spritz with lemon juice. Season with salt.

Tuesday:

Spaghetti and Olive Oil

Serves 6

Cooking Time: 20 minutes

1 pound gluten free spaghetti (I prefer Trader Joe's or Tinkyada)
1/4 cup extra-virgin olive oil
8 cloves garlic, minced
1/8 teaspoon red pepper flakes (optional)
1 teaspoon Celtic sea salt
1/2 cup minced flat-leaf parsley
1 cup grated Pecorino Romano cheese
Celtic sea salt

Bring a large pot of water to boil. Add pasta and cook according to package directions. Before draining, reserve 1 1/2 cups of the cooking water in a heat-proof bowl or cup. Drain and rinse with cool water (the rinsing will prevent the pasta from sticking).

Meanwhile, heat the oil and garlic over medium heat, until garlic just begins to turn golden brown (don't overcook!). Add the pepper flakes and stir until fragrant, about 20 seconds. Pour in the cooking water from the pasta and 1 teaspoon sea salt. Simmer for 3-4 minutes over medium heat, until the liquid is reduced by half. Add the pasta to the water and oil mixture, then toss. Add parsley and cheese, toss, and season to taste with salt. Serve.

Spring Peas with Mint

Serves 4

Cooking Time: 15 minutes

1 (10-ounce) bag frozen peas
1/2 cup chicken stock
2 tablespoons butter
6 sprigs fresh mint, chopped
Celtic sea salt

Place peas, stock and butter in a medium pan and heat over medium. Bring to a simmer and cook until peas are bright green and tender, about 10 minutes. Add chopped mint and season to taste with salt.

Wednesday: **Chicken Noodle Soup**

Serves 4-6

Cooking Time: 30 minutes

2 tablespoons ghee
1 medium onion, finely chopped
3 cloves garlic, minced
2 medium carrots, peeled and cut diagonally into 1/2-inch-thick slices
2 ribs celery, halved lengthwise, and cut into 1/2-inch-thick slices
4 fresh thyme sprigs
4 quarts chicken stock
1 bay leaf
4 boneless, skinless chicken breasts
8 ounces gluten free macaroni noodles
Sea salt and freshly ground black pepper
1 handful flat-leaf parsley, finely chopped

Melt ghee in a large pot over medium heat. Add the onion, garlic, carrots, celery, and thyme. Cook and stir for about 6 minutes, until the vegetables are softened but not browned. Pour in the chicken stock, bay leaf, and chicken breasts and bring the liquid to a boil. Lower to a simmer and cook about 15 minutes until chicken is cooked through. Using a pair of tongs, remove the chicken from the

pot. Add the noodles and simmer for 5-7 minutes until tender. Shred the chicken and add back to the soup. Continue to simmer for another couple of minutes to heat through; season with salt and pepper. Sprinkle with chopped parsley before serving.

Coconut Cake with Strawberries and Whipped Cream

Serves 6

Cooking Time: 2 hours (most of this is cooling time)

2 pints strawberries, sliced

2 tablespoons honey

For the cake batter:

1 cup coconut flour

1/2 teaspoon Celtic sea salt

8 large eggs

1 teaspoon baking soda

1/2 cup plain whole yogurt

5 tablespoons unsalted butter, melted

1/2 cup honey (I used clover)

1 tablespoon vanilla extract

2 cups heavy cream, whipped until soft peaks form.

Toss strawberries and honey together in a medium bowl. Cover and let sit at room temperature (the strawberries will begin to release their juices).

Preheat oven to 350° F and adjust rack to middle position. Butter a 8x8 -inch pan and dust with coconut flour (this will ensure the cake doesn't stick). Place all cake ingredients in the bowl of a food processor and blend until smooth. Pour batter into the buttered cake pan and bake for 25-30 minutes, or until just turning golden brown on top and a cake tester inserted in the middle of the cake comes out clean. Cool for ten minutes, then run a knife around the edges and invert onto a cake platter. Cool completely.

To serve: Cut a square of cake and place on a plate. Top with strawberries and whipped cream. Repeat with remaining ingredients.

Thursday:

Mexican Quinoa Salad

Serves 4

Cooking Time: 35 minutes

1 tablespoon coconut oil
1 1/2 cups quinoa
1/2 cup cilantro, chopped
2 tomatoes, chopped
1 cup corn
1 (15-ounce) can black beans
3 tablespoons lemon juice
1 teaspoon sea salt
1/4 cup olive oil

Melt coconut oil in a large saucepan over medium heat. Add quinoa and sauté 3-4 minutes until the quinoa just start to turn golden brown. Pour in 3 cups of water. Bring to a boil and then lower heat to simmer, cover, and cook for 20-25 minutes until quinoa is cooked. Cool to room temperature. Stir in cilantro, tomatoes, corn, beans, lemon juice, salt and olive oil. Season to taste with salt.

Corn Tortillas and Butter

Serves 4
Cooking Time: 10 minutes

8 corn tortillas
2 tablespoons unsalted butter
Celtic sea salt

Preheat oven to 300°F and adjust rack to middle position. Wrap tortillas in parchment then in foil (or place on a plate and top with an inverted plate to create a heating vessel). Heat tortillas in oven for 10 minutes until hot. Serve with butter and sea salt.

Friday:

Spaghetti Squash with Mushrooms, Kale and Sausage

Serves 6
Cooking Time: 75 minutes (most of this is roasting time)

1 large spaghetti squash
1 pound mushrooms (any kind)
6 tablespoons ghee or clarified butter, melted and divided
16 ounces kielbasa sausage

5 ounces kale, cut into large pieces
2 tablespoons unsalted butter
Celtic sea salt

Preheat oven to 400°F and adjust rack to middle position. Cut squash in half and place both pieces cut side down in a baking dish. Pour water so it comes up about 1-inch on the sides of the squash. Bake for 1 hour. Place mushrooms on a large pan and toss with 3 tablespoons ghee. Place the sausage on the other side of the pan. After the squash has been baking for 20 minutes, put the mushrooms and sausage in the oven. Roast mushrooms and sausage for about 30 minutes, until just turning golden brown.

Toss the kale with the remaining 3 tablespoons ghee and season with salt. After you have taken out the mushrooms, put the kale in the oven and bake for 12 minutes. Remove everything from the oven. Slice the sausage into 1/4-inch pieces.

Scoop the seeds out of the spaghetti squash and discard. Then scoop the flesh out and put on a large platter. Toss with butter and season with salt. Top squash with kale chips, mushrooms, and sausage. Serve immediately.

Snack:

Kale Chips

Serves 4

Cooking Time: 20 minutes

1 large head of kale, washed, and patted dry
2 tablespoons olive oil
Sea salt

Preheat oven to 350°F and adjust rack to middle position. Arrange leaves in a single layer on a large baking sheet. Drizzle with olive oil and using your hands, rub the olive oil onto the leaves. Season with salt. Bake for 10-12 minutes, until edges are lightly brown (if they turn completely brown they will taste bitter). Remove from oven and let sit for 1-2 minutes (they will crisp up as they cool). Serve.