

|  | Dairy-Free (or simple DF adaptation) | Nut-Free            | Egg-Free            | Grain-Free | Coconut-Free | Paleo (or simple Paleo adaptation) | Sugar-Free (not even honey or maple syrup) |
|--|--------------------------------------|---------------------|---------------------|------------|--------------|------------------------------------|--|
| <b>Breakfast</b>   |                                      |                     |                     |            |              |                                    |  |
| Biscuits   | X                                    |                     | X                   | X          |              | X                                  | X  |
| Quick Chia Seed Strawberry Jam                                 | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Coconut, Berry and Spinach Smoothie                            | X                                    | X                   | X (egg is optional) | X          |              | X                                  |  |
| Fluffy Pancakes  | X                                    |                     |                     | X          |              | X                                  |  |
| Ham and Egg Cups   | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Spinach and Sausage Strata                                     | X                                    |                     |                     | X          |              | X                                  | X  |
| Egg Scramble with Bacon, Onion and Chard                       | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Zucchini and Granola Muffins                                   | X                                    | X                   |                     | X          |              | X                                  |  |
| Berries with Mint  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Bacon and Cheddar Waffles                                      | X                                    |                     |                     | X          |              | X                                  |  |
| Creamed Kale and Eggs  | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Pork Carnitas Breakfast Tacos                                  | X                                    | X                   |                     | X          |              | X                                  | X  |
| Pumpkin, Currant and Pecan Breakfast Cookies                   | X                                    |                     |                     | X          |              | X                                  |  |
| Broccoli, Bacon and Red Onion Frittata                         | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Coconut Crepes with Whipped Cream and Strawberries             | X                                    | X                   |                     | X          |              | X                                  |  |
| Cauliflower and Bacon Hash                                     | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Cinnamon Rolls   | X                                    |                     |                     | X          |              | X                                  |  |
| <b>Starters</b>  |                                      |                     |                     |            |              |                                    |  |
| Avocado with Mango-Shrimp Salsa                                | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| No-Sugar-Added Margarita                                       | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Seed Crackers  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Tater Tots   | X                                    | X                   |                     | X          |              | X                                  | X  |
| Garlicky Bone Marrow   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Sausage Cheese Balls   | X                                    |                     | X                   | X          |              | X                                  | X  |
| Spinach and Roasted Garlic Dip                                 | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Hot Bacon and Mushroom Dip                                     | X                                    | X                   | X                   | X          |              | X                                  | X  |
| Crispy Sweet Potato Cakes with Cilantro Salsa                  | X                                    | X                   |                     | X          |              | X                                  | X  |
| “Cheesy” Kale Chips  | X                                    |                     | X                   | X          | X            | X                                  | X  |
| Apricot Zingers  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Fighter Pilot Loaded Fries                                     | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Egg Salad in Bacon Cups  | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Thyme and Cheddar Crackers                                     | X                                    |                     | X                   | X          |              | X                                  | X  |
| Antipasti Bites  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| <b>Salads</b>  |                                      |                     |                     |            |              |                                    |  |
| Salmon, Avocado, and Chickpea Salad                            | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Steak and Romaine Salad with Red Pepper Dressing               | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Baby Greens, Avocado, Red Onion and Strawberry Salad           | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Bacon, Lettuce and Tomato Salad with a Fried Egg               | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Arugula Salad  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Shrimp Salad with Chicken, Peaches and Stilton                 | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Blueberry and Fennel Salad                                     | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Cauliflower “Rice” Salad with Herbs and Dried Fruit            | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Pecan Chicken Salad with Squash, Pears and Goat Cheese         | X                                    |                     |                     | X          | X            | X                                  | X  |
| Citrus Salad with Shallots and Pistachios                      | X                                    | X                   | X                   | X          | X            | X                                  |  |
| <b>Sides</b>   |                                      |                     |                     |            |              |                                    |  |
| Sautéed Bell Peppers with Chimichurri Sauce                    | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Butternut Squash, Zucchini and Tomato Gratin                   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Green Beans with Onion and Ham                                 | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Sweet Buttered Peas with Orange and Mint Gremolata             | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Leafy Greens with Red Onion and Bacon                          | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Zucchini Fritters  | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Bacon, Mushroom and Chard “Rice” Bowl                          | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Grain-Free Stuffing  | X                                    |                     |                     | X          |              | X                                  | X  |
| Roasted Red Onions   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Cauliflower “Fried Rice”                                       | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Sweet Potato Casserole   | X                                    |                     |                     | X          |              | X                                  |  |
| Sautéed Kale with Raisins and Walnuts                          | X                                    |                     | X                   | X          | X            | X                                  | X  |
| Roasted Vegetables with Caramelized Onion Mayonnaise           | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Green Bean Casserole   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Honey-Roasted Parsnips and Beets                               | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Creamed Cauliflower  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| <b>Main Dishes</b>   |                                      |                     |                     |            |              |                                    |  |
| Maple-Glazed Salmon with Spinach and Bell Peppers              | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Eggplant and Zucchini Lasagna                                  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Creamy Chicken, Vegetable and Tomato Soup                      | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Grilled Asian Pork Chops with Cremini Mushrooms and Scallions  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| General Tso’s Chicken  | X                                    | X                   |                     | X          | X            | X                                  |  |
| Beef Taco Bowl   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Bunless Turkey-Spinach Burgers with Sun-Dried Tomato Pesto     | X                                    |                     | X                   | X          | X            | X                                  | X  |
| Southwestern Stuffed Bell Peppers                              | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Slow Cooker Sunday Roast                                       | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Chicken Parmesan with Zucchini Noodles                         | X                                    |                     |                     | X          | X            | X                                  | X  |
| Bacon-Wrapped Meatloaf   | X                                    |                     |                     | X          | X            | X                                  | X  |
| Sautéed Chicken with Squash and Carrot Ribbons                 | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Grilled Rib Eye with Asparagus                                 | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Creamy Chicken and Mushroom Pot Pie                            | X                                    |                     | X                   | X          |              | X                                  | X  |
| Pork Carnitas  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Chicken Verde Enchiladas                                       | X                                    | X                   |                     | X          |              | X                                  | X  |
| Cauliflower “Steak” with Olives, Sun-Dried Tomatoes and Capers | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Sautéed Round Steak with Onions and Mushrooms                  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Roasted Garlic Cauliflower Alfredo with Chicken and Vegetables | X                                    | X (nut-free option) | X                   | X          | X            | X                                  | X  |
| <b>Desserts</b>  |                                      |                     |                     |            |              |                                    |  |
| Grapefruit Granita with Minted Whipped Cream                   | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Vanilla Pudding with Bananas and Honey-Caramel Sauce           | X                                    | X                   |                     | X          | X            | X                                  |  |
| Frozen Key Lime Pie  | X                                    |                     |                     | X          |              | X                                  |  |
| Honey-Sweetened Cheesecake                                     | X                                    |                     |                     | X          |              | X                                  |  |
| Doughnut Holes with Maple Glaze                                | X                                    | X                   |                     | X          |              | X                                  |  |
| Carrot Cake Cupcakes with Cream Cheese Frosting                | X                                    |                     |                     | X          |              | X                                  |  |
| Chia Seed Pudding  | X                                    | X                   | X                   | X          |              | X                                  |  |
| Lemon Bars   | X                                    |                     |                     | X          |              | X                                  |  |
| Classic Yellow Cake with Buttercream Frosting                  | X                                    | X                   |                     | X          |              | X                                  |  |
| Apricot Pecan Cookies  | X                                    |                     | X                   | X          |              | X                                  |  |
| Cheesecake Ice Cream   | X                                    | X                   |                     | X          | X            | X                                  |  |
| Homemade Waffle Cones  | X                                    |                     | X                   | X          |              | X                                  |  |
| Lemon Poppy Seed Cake with Honey-Coconut Glaze                 | X                                    |                     |                     | X          |              | X                                  |  |
| Blackberry Apple Crisp   | X                                    |                     | X                   | X          |              | X                                  |  |
| Madeleines   | X                                    | X                   |                     | X          |              | X                                  |  |
| Pecan Pie  | X                                    |                     |                     | X          |              | X                                  |  |
| Baked Pears and Cream  | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Ice Cream and Apricot Slice                                    | X                                    |                     | X                   | X          |              | X                                  |  |
| <b>Kid’s Favorites</b>   |                                      |                     |                     |            |              |                                    |  |
| Granola  | X                                    |                     | X                   | X          |              | X                                  |  |
| Nut- or Seed-Butter Shake                                      | X                                    | X                   | X (egg is optional) | X          |              | X                                  |  |
| Chicken Nuggets  | X                                    |                     |                     | X          |              | X                                  | X  |
| Grilled Cheese   | X                                    |                     |                     | X          |              | X                                  | X  |
| Tomato Soup  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Graham Crackers  | X                                    |                     | X                   | X          |              | X                                  |  |
| Fruit Snacks   | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Banana Maple Ice Pops  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| The Perfect Grain-Free Pizza Crust                             | X                                    | X                   |                     | X          |              | X                                  |  |
| “Tortilla” Soup  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Kid’s Squash and Cheese  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Cut-Out or Slice-and-Bake Cookies                              | X                                    |                     | X                   | X          |              | X                                  | X  |
| <b>Basics</b>  |                                      |                     |                     |            |              |                                    |  |
| Chicken Stock  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Ghee   |                                      | X                   | X                   | X          | X            | X                                  | X  |
| Ranch Dressing   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Homemade Nut Butter  | X                                    |                     | X                   | X          | X            | X                                  | X  |
| Sauerkraut   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Flavored Kombucha  | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Homemade Nut Milk  | X                                    |                     | X                   | X          | X            | X                                  | X (sweetener is optional)                  |
| “Riced” Cauliflower  | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Savory Cashew “Cheese”   | X                                    |                     | X                   | X          | X            | X                                  | X  |
| Sweet Cashew “Cheese”  | X                                    |                     | X                   | X          | X            | X                                  |  |
| Grain-Free Bread   | X                                    |                     |                     | X          |              | X                                  |  |
| Grain-Free Pie Crust   | X                                    |                     | X                   | X          |              | X                                  | X (sweetener is optional)                  |
| Thick, Homemade Yogurt   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Whipped Coconut Milk   | X                                    | X                   | X                   | X          |              | X                                  | X  |
| Dairy-Free Icing   | X                                    | X                   | X                   | X          |              | X                                  |  |
| Grain-Free Baking Powder                                       | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Coconut Butter   | X                                    | X                   | X                   | X          |              | X                                  | X  |
| Pure Vanilla Extract   | X                                    | X                   | X                   | X          | X            | X                                  | X  |
| Sweetened Condensed Milk                                       | X                                    | X                   | X                   | X          |              | X                                  |  |
| Soaked and Dehydrated Nuts and Seeds                           | X                                    |                     | X                   | X          | X            | X                                  | X  |
| Savory Crepes  | X                                    | X                   |                     | X          |              | X                                  | X  |
| Bacon Mayonnaise   | X                                    | X                   |                     | X          | X            | X                                  | X  |
| Quick Homemade Ketchup   | X                                    | X                   | X                   | X          | X            | X                                  |  |
| Dandelion and Chicory Root Tea                                 | X                                    | X                   | X                   | X          | X            | X                                  | X  |