



*Lead Yourself To Health
&
The Autoimmune Foodie's*

**Gluten-Free
Holiday Menu Plans**

**Your Complete Guide to
TWO Holiday Meals!**

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About The Autoimmune Foodie

Hi, this is Shannon, AKA The Autoimmune Foodie. I struggled for years with chronic illness. I was diagnosed with six autoimmune diseases over a 30 year period before being diagnosed with my seventh: systemic lupus. By August 2014, lupus was attacking my heart, lungs, DNA, and GI tract and I was fearful of dying young. So I decided I had to make some diet and lifestyle changes. I started by following an autoimmune eating protocol. After 5 years using food, faith, functional medicine and biohacking, I have achieved complete remission from lupus, fibromyalgia, endometriosis, narcolepsy, restless leg, periodic leg movement disorder, asthma, colitis, gastroparesis, lyme, cancer and more.

I love food and I love baking, so one of the hardest parts of my journey was re-learning to cook and bake without gluten, dairy or refined sugar. This eBook shares gluten and sugar free versions of my 2 favorite meals of the year: Thanksgiving and Christmas. Many of these recipes are also dairy-free or have dairy-free versions. Many recipes are also egg-free and/or nightshade-free.

Be sure to visit my website www.autoimmunefoodie.com and subscribe to my email list to be alerted to new eBooks, blogs, and recipes. Connect with me on Instagram @AutoimmneFoodie or follow my Facebook Page “Autoimmune Foodie”.

I am most excited to have partnered with my friend and fellow coach, Bianca Capo to launch a new community for women. If you are a women looking for a healing community, be sure to join our Facebook Community called “Lead Yourself To Health: A Community For Women.”

Replace despair, stress and overwhelm with hope, empowerment and community in 2020. Learn more on the next page!

About The Lead Yourself To Health Program

We understand what it feels like to be diagnosed with a chronic illness. We understand how overwhelming it can be to try to determine how to take back your health and your life. Where do you start? Who do you trust? What happens when your doctor says you can't be cured? We even know what it's like to fear hope - to be afraid to hope that you can heal.

We understand the feeling of isolation that comes with living with a serious illness - even if you have a supportive family - it can feel like no one really understands. And with a "health guru" on every corner selling a new diet or pill or device, it seems like taking back your health is a never-ending drain on your finances. And even if you do commit to a plan of action to help yourself, there is the fear of losing motivation or not staying on track. It's so hard to do this alone. We just want our normal life back!

That's why we created a new online community to help you create the health and wellbeing plan that's right for you. We spent the last 5 years researching health restoration for our own benefit. And now we want to share our knowledge with you so you don't have to spend the next 5 years researching, too.

Food is just the beginning. Achieving wellness is about addressing every aspect of physical, mental and spiritual well-being. That's why we developed the Lead Yourself To Health program: We simply developed the resources that we wished we had when we started our journey. We've done the legwork for you.

Lead Yourself To Health is a program we created to empower you to self-navigate your own path to wellbeing. We understand that everyone has a limit to the time, money, energy and emotional resources they have to invest in getting their life back into balance, so our program lets you custom design the plan that's right for you.

You don't have to do this alone or worry about fear of failure. We created an engaging points system for you to acknowledge and celebrate every step you take towards health - and to do so under the guidance of experienced coaches and a support community to cheer you on!

Be one of the first people to join our new online program:

LEAD YOURSELF TO HEALTH: A 90 Day Health and Wellbeing Online JUMPSTART program.

Register for one of our FREE webinars to learn more about this amazing opportunity.. AND just for registering for the FREE webinar, we will email you a FREE PDF of The Autoimmune Foodie's Gluten-Free Holiday Menu Guide - available exclusively to women who register for one of our webinars. Register for our webinar today at....

Webinars are open to the first 100 people who sign up - 4 times are available.. And webinar participants will be offered a 50% off discount on this program!

We are not just another "health guru" telling you what to do. We want you to do what's best for you!

When you join us, expect to:

Turn Overwhelm into Empowerment: We will sort through the information overwhelm. You will access your inner intuitive wisdom to make the right choices for your journey with confidence.

Turn Fear into Fun: Turn off your fears. You will be motivated and supported to stay on track with your plan. Use our unique system to make empowered choices and celebrate progress.

Turn Isolation into Community: You are not alone. We have walked in your shoes and we understand. You don't need to feel guilty about self-care or worry about how to ask for help - we are in this journey together.

HOLIDAY MENU #1

DRINK: Spiced Tea

APPETIZER: Spinach Dip

MEAL: Turkey + Gravy

Cornbread

Stuffing

Apple Salad

Pumpkin Soup

Ginger Sweet Potato Soufflé

Parsnip Mash

Cranberry

Fried Oka

Green Bean with Onion

DESSERT: Pumpkin Pie

DAY AFTER THANKSGIVING:

Sammies

HOLIDAY MENU #2

MORNING: Cranberry Scones

DRINK: Mint Tea

APPETIZER: Garlicky Nuts

MEAL: Biscuits

**Roast + Gravy
Sauce**

Festive Salad

Potato Mash

Roasted Root Veggies

Brussel Sprouts

Cream Spinach

DESSERT: Spiced Cookies

Drink: Menu #1

Spiced Tea

#gluten-free #dairy-free #sugar-free #egg-free #keto

This “sweet” tea is so delicious, you won’t believe it’s sweetener-free!

✓ Celestial Seasonings Bengal Spice Caffeine Free Herbal Tea

✓ Whole Foods Organic Mulling Spice

✓ 8 cups filtered water

- ▶ Heat 2 cups filtered water to a boil.
- ▶ Turn heat off and add 6-8 tea bags to the water.
- ▶ Add 1/2 container of spice to the water
- ▶ Steep tea 10 minutes.
- ▶ Strain tea into a pitcher to remove tea bags and spices.
- ▶ Add 6 cups filtered water.
- ▶ Refrigerate until cold. Serve over ice.

💡 This tea is also delicious served hot.



Appetizer: Menu #1

Spinach Dip

#gluten-free #dairy-free OPTION #sugar-free #egg-free #keto

- ✓ 1 Package frozen organic spinach
 - ✓ 1/3 cup plain grass-fed whole milk yogurt (no sugar or sweetener)
OR 1/3 cup sour cream
OR Dairy-Free option: use coconut cream from the top of a can of coconut milk mixed with 1 TB. lemon juice
 - ✓ 1/4 minced onion
 - ✓ 1 tsp. Adobo Spice (or garlic salt)
 - ✓ 1 tsp. Dill
 - ✓ Sea Salt to taste
 - ✓ Crudités: Raw carrots, cucumber, celery, jicama
- ▶ Thaw spinach and squeeze as much water out as possible. Mix in bowl with all ingredients. Refrigerate until cold. Serve with crudités.

💡 You can also serve this with gluten-free crackers or gluten-free toasted bread



MEAL: Menu #1

Turkey + Gravy

#gluten-free #dairy-free *OPTION* #sugar-free #egg-free #keto



✓ 1 turkey

✓ 1/4 cup grass fed butter or ghee

✓ 1 TB Sea Salt

▶ Rub turkey with grass fed butter or ghee (Use olive oil for Dairy-Free) and salt.

▶ Cook according to directions on turkey package (cook to 165 degrees).

▶ Rest for 30 minutes before slicing.

✓ 2 Turkey legs

✓ 1 stalk chopped celery

✓ 1/2 onion chopped

✓ 3 cups turkey broth

✓ 1/4 tsp thyme

✓ Thickener (arrowroot or corn starch)

✓ salt and pepper

✓ 1/4 cup water or turkey broth

▶ Put turkey legs, celery, onion, broth and thyme in a pot and simmer for 2 hours. Strain. (Reserve meat for sandwiches or chop and add to finished gravy). You need 3 cups liquid (if there is more than 3 cups, cook down. If there is less, add water).

▶ Add 2 TB Thickener to a cup with 1/4 cup water or turkey broth and mix. Slowly add the liquid with thickener to the hot liquid and stir until desired thickness. Add salt and pepper to taste (do this 2-3 days in advance if desired. Gravy can be refrigerated and re-heated).

Cornbread + Stuffing

#gluten-free #diary-free *OPTION* #sugar-free

- ✓ 2 cups GF corn meal
- ✓ 1 tsp baking soda
- ✓ 1 tsp baking powder
- ✓ 1 tsp salt
- ✓ 1 TB honey (Optional)
- ✓ 1 cup kefir or buttermilk
OR coconut milk (if using coconut milk, stir in 1 TB coconut vinegar and let sit 5 minutes)
- ✓ 2 eggs
- ✓ 1/2 cup warm water
- ✓ 4 TB melted butter or ghee (OR olive oil for dairy-free)

- ▶ Mix all dry ingredients. Mix all wet ingredients separately. Pour wet ingredients into dry.
- ▶ Mix well. Pour into greased cornbread pan. Bake 350 degrees for 25 minutes. Let cool.



- ✓ 1 tsp baking powder
- ✓ 1 package fresh sage (or 1 TB powder)
- ✓ 4 stalks rosemary (or 1 TB dry)
- ✓ 2 tsp dry or fresh thyme
- ✓ 1 cup chop onion
- ✓ 1 cup chop celery
- ✓ 1 TB + 2 TB butter or ghee (or olive oil)
- ✓ 3 eggs
- ✓ 2 cups turkey broth
- ✓ 1 tsp salt

- ▶ Crumble up pan of cornbread. Sprinkle with baking powder and salt. Toss **LIGHTLY**.
- ▶ Sauté onion and celery in butter or ghee or oil until soft.
- ▶ Add celery and onion and herbs to cornbread (you can do this early in the day or the day before and just cover and set aside).
- ▶ When ready to cook: Beat 3 eggs with 2 cups turkey broth. Pour over cornbread and toss **LIGHTLY**. Add to 9" x 11" greased baking dish. Pour 2 TB melted butter or ghee over top.
- ▶ Cook 30 minutes at 350 (cook until golden brown and cooked through about 30-45 minutes).



OPTIONAL: Bread Stuffing

#gluten-free #diary-free OPTION #sugar-free #corn-free

I recommend cornbread stuffing for gluten-free stuffing. But if you can't have corn at all, I recommend you buy the #gluten-free bag of dry stuffing croutons from Whole Foods and follow the stuffing recipe on the package. As a last resort, substitute 24 ounces of firm #gluten-free cubed day-old bread in the recipe above instead of cornbread.



Waldorf Apple Pecan Salad

#gluten-free #dairy-free OPTION #sugar-free OPTION

- ✓ 2 cups chopped apples
 - ✓ 3/4 cup chopped celery
 - ✓ 1 cup pecans lightly toasted (oven roast at 350 degrees F for 10 minutes and let cool)
(can do this up to 1 week ahead)
 - ✓ OPTIONAL: grapes, dried raisins, dried currants, dried cranberry
 - ✓ 2 TB paleo mayo
 - ✓ 2 TB sour cream*
 - ✓ 1 TB honey (or 1 tsp stevia or sweetener of choice)
 - ✓ 1/4 tsp salt
-
- ▶ Put apples, celery and pecans in a bowl
 - ▶ Mix mayo plus sour cream plus sweetener plus salt and pour over apples/celery/pecans and toss
 - ▶ OPTIONAL: Add grapes or dried raisins/cranberry/currants is desired
 - ▶ *Dairy-free option: Omit sour cream, increase mayo to 4 TB mixed with 1.5 tsp lemon juice

Cinnamon Pumpkin Soup with Fried Sage



#gluten-free #diary-free #sugar-free #egg-free #keto

- ✓ 1/2 Mason Jar of Beef Stock (see last recipe at end of eBook for a homemade recipe).
- ✓ 1 cup small sweet pie pumpkin, peeled and diced
- ✓ 1 large parsnip or 2 small parsnips, diced
- ✓ 1/2 tsp Cinnamon
- ✓ 1/16 tsp Ground White Pepper
- ✓ 1 tsp Sea Salt
- ✓ Sage
- ✓ Coconut Oil

- ▶ Simply put stock, pumpkin and parsnip in a pot and bring to a boil.
- ▶ Reduce to a simmer, cover, and cook 20-40 Minutes until veggies are soft.
- ▶ Add ingredients to blender with salt, white pepper, and cinnamon.
- ▶ Blend until creamy.
- ▶ Serve into bowls. Cover with fried sage if desired (simply fry sage in cooking oil until crispy).

💡 Use less stock for a thick soup. Use more stock for a thin soup. The pumpkin I used was very sweet. If you happen to get a bitter pumpkin, a tsp of honey will sweeten it up.



Ginger Sweet Potato Soufflé

#gluten-free #diary-free *OPTION* #sugar-free *OPTION*

- ✓ 2 pounds sweet potato, unpeeled
 - ✓ 1 zested lemon
 - ✓ 1/2 tsp sea salt
 - ✓ 1/3 cup crystalized ginger (you can use 1 TB fresh minced ginger instead)
 - ✓ 1 cup heavy cream (or SUB coconut milk)
 - ✓ 1/4 tsp nutmeg
 - ✓ 4 egg whites
 - ✓ *OPTIONAL*: add 2 TB honey or maple syrup, especially if using fresh ginger
-
- ▶ Place sweet potatoes in large pot and add water to cover. Bring to boil then reduce heat, cover, and cook until tender (about 30-40 minutes). Drain and cool.
 - ▶ Turn over to 350 degrees F.
 - ▶ Butter or oil a 2-quart soufflé or oven dish.
 - ▶ Peel sweet potatoes and add to a blender or food processor and process into a smooth mash. Transfer to a bowl and stir in lemon zest, salt and ginger. Then stir in cream or coconut mil and nutmeg to taste.
 - ▶ In a separate bowl, use an electric mixer to beat egg whites until forms soft folds. Add 1/4 egg into potato mix and stir well to lighten mix. Then use a spatula to gently “fold” in remaining egg whites.
 - ▶ Spoon into prepared dish.
 - ▶ Bake until golden on top, about 40-50 minutes.



Parsnip Mash

#gluten-free #diary-free OPTION #sugar-free #egg-free #keto

This is the perfect replacement for mashed potato!

- ✓ Parsnips.
 - ✓ Grass Fed Butter or Ghee at room temperature
OR coconut milk
 - ✓ Sea Salt
-
- ▶ Peel and dice parsnips
 - ▶ Steam parsnips until soft
 - ▶ Add parsnips to a blender with butter or ghee or coconut milk and blend. Use enough soft or gently melted butter or ghee or coconut milk to blend parsnips into a smooth mash. Then add salt to taste.



Cranberry

#gluten-free #diary-free #sugar-free OPTION #egg-free

- ✓ 1 Package Frozen Organic Cranberry
 - ✓ 1/2 cup water
 - ✓ 1/4 cup honey or 1/4 cup monk fruit (or sweetener of choice to taste)
-
- ▶ Bring cranberries to boil. Simmer until cranberries pop - about 5 minutes. You can make this ahead of time and refrigerate. Serve cold or re-heated.



Fried Okra

#gluten-free #diary-free #sugar-free #egg-free

- ✓ Fresh okra
- ✓ 2 TB filtered water
- ✓ 1/2 cup almond flour
- ✓ 1/2 cup tapioca flour
- ✓ 1 tsp salt
- ✓ 1 inch of palm shortening or coconut oil

- ▶ Chop okra - discard tops
- ▶ Toss in 2 TB water
- ▶ Put okra into bag with salt and flowers and shake
- ▶ Pan fry in oil (I like palm shortening)



Green Beans with Pearl Onion

#gluten-free #diary-free OPTION #sugar-free #egg-free #keto

- ✓ 1 Package Frozen Organic green beans
- ✓ 1 TB butter or ghee (or olive oil)
- ✓ 2 tsp salt
- ✓ 1 package frozen pearl onions.
- ✓ OPTIONAL: chopped bacon or almonds

- ▶ Add green beans and 1/2 cup water and butter/ghee/oil and salt to pan and simmer about 10 minutes. Then add onions and simmer until cooked down - about another 10 minutes.



Dessert: Menu #1

Pumpkin Pie

#gluten-free #diary-free OPTION #sugar-free #keto

- ✓ 1 cup almond flour
- ✓ 1/4 cup oat flour
- ✓ 1/4 cup coconut flour
- ✓ 1/2 tsp baking powder
- ✓ dash of salt
- ✓ 1/2 stick melted butter or ghee (or coconut oil for dairy-free)
- ✓ 1 egg white (save yolk for pie filling)
- ✓ 1/2 tsp vanilla

- ▶ Add dry ingredients to bowl. Mix vanilla and butter. Pour into dry ingredients and mix. Add egg white and stir with fork. Press dough into pie plate. Prick with fork. Bake 8 minutes at 350.

- ✓ 1 can organic pumpkin
- ✓ 1 cup heavy cream (or thick coconut milk)
- ✓ 1/3 cup monk fruit (or erythritol)
- ✓ 1 and 1/2 tsp cinnamon
- ✓ 1 tsp ginger
- ✓ 2 large eggs plus yolk from crust recipe
- ✓ 1/2 tsp nutmeg
- ✓ 1/2 tsp cloves
- ✓ 1/2 tsp salt
- ✓ 1 TB vanilla

- ▶ Mix cream, pumpkin and eggs and whisk.
- ▶ Add sweetener and spices and vanilla and whisk.
- ▶ Taste. If not sweet enough, add more sweetener.
- ▶ Pour into pie crust.
- ▶ Cook 335 degrees for 35-40 minutes (or until knife inserted into center comes out clean)

💡 **OPTIONAL:** substitute 1 TB pumpkin pie spice or the list of spices above)



LEFTOVERS!

Don't forget to make enough to enjoy later!

Just pile leftover turkey, stuffing and cranberry on bread of your choice. See below for a gluten-free bread option. Add paleo mayo if desired. Or skip the bread and just enjoy the leftovers!



Gluten-Free Bread for SAMMIES!

#gluten-free #diary-free OPTION #egg-free OPTION

- ✓ 1/2 cup tapioca starch
- ✓ 1/2 potato starch
- ✓ 1/4 cup teff
- ✓ 1/2 cup white rice flour
- ✓ 1/2 cup coconut flour
- ✓ 2 eggs (OR 2 TB neat egg + 4 TB H₂O)
- ✓ 2 tsp baking powder
- ✓ 2 TB honey
- ✓ 1/2 tsp salt
- ✓ 1/2 cup melted coconut oil or ghee
- ✓ 1 tsp apple cider vinegar
- ✓ 1/2 cup warm water or milk

- ▶ Add all dry ingredients.
- ▶ In a separate bowl beat eggs and honey and oil and vinegar and water.
- ▶ Add to dry ingredients and mix.
- ▶ Pour into oiled bread pan.
- ▶ Drizzle with oil or ghee and salt.
- ▶ Cook 350 for 25 minutes.



Breakfast: Menu #2

Scones

#gluten-free #diary-free #egg-free

- ✓ 1.5 cups oat flour
- ✓ 1.5 cups white rice flour
- ✓ 1.5 cups un-blanchd almond flour
- ✓ 1/2 cup potato starch
- ✓ 1/2 cup arrowroot
- ✓ 1/2 tsp vanilla
- ✓ 1 tsp cinnamon OPTIONAL
- ✓ 1 tsp baking powder
- ✓ 1/2 tsp baking soda
- ✓ 3/4 tsp sea salt
- ✓ 1 cup gently melted palm oil
- ✓ 3/4 cup honey
- ✓ 1 and 1/4 cup almond milk
- ✓ 1 pint fresh cranberries
- ✓ 1 lemon
- ✓ monk fruit



- ▶ Put all dry ingredients together and whisk.
- ▶ Put palm oil, honey and almond milk together and whisk. Add 1 squeeze of lemon and mix with mixer. Keep mixer on and slowly add dry ingredients until dough is firm. If dough isn't firm enough to form a ball, add almond flour until it is. You want it stiff and not sticky. If too dry, add almond milk.
- ▶ Add cranberries and gently mix in.
- ▶ Divide dough into 6 baseball size portions. Roll into balls. Place on cookie sheet lined with unbleached parchment. Press to flatten.
- ▶ Sprinkle with monk fruit.
- ▶ Bake at 325 degree F for 25 minutes.

Appetizer: Menu #2

Garlicky Nuts

#gluten-free #diary-free #sugar-free #keto

- ✓ 4 cups mixed nuts
- ✓ 1 TB olive oil
- ✓ 1 tsp garlic salt or adobo spice

- ▶ Bake in oven 350 degrees for 10 minutes.

MEAL: Menu #2

Biscuits

#gluten-free #diary-free #sugar-free

- ✓ 1/2 cup tiger nut flour or almond flour
- ✓ 1/2 cup arrowroot
- ✓ 1/2 cup oat flour
- ✓ 1 TB baking powder
- ✓ 1/2 tsp baking soda
- ✓ 1/2 tsp salt
- ✓ 3/4 cup coconut milk
- ✓ 2 tsp vinegar
- ✓ 1 egg
- ✓ 4 TB shortening

- ▶ Mix dry ingredients. Cut in shortening. Mix vinegar and coconut milk. Add egg. Mix. Form dough. Put oat flour on sheet and form dough into sheet and cut with biscuit cutter. Can use butter and buttermilk. Brush with ghee.



MEAL: Menu #2

Roast + Juice

#gluten-free #diary-free OPTION #sugar-free #egg-free #keto

- ✓ 1 standing rib roast (ask butcher to cut ribs off and tie underneath roast)
 - ✓ Olive oil or butter or ghee
 - ✓ salt
 - ✓ OPTIONAL: add herbs like rosemary if desired
-
- ▶ Rub roast with butter or ghee or oil plus salt. Refrigerate overnight uncovered. Bring to room temperature before cooking.
 - ▶ Heat oven to 450 degrees. Place bones down in a roasting pan. Roast 20 minutes. Reduce heat to 350 and cook to desired temperature (up to 1.5-2.5 hours): 115 degrees F for rare, 125 degrees F for medium. Rest 20 minutes and then carve.
 - ▶ Recover pan drippings and spoon off fat. Season with salt and pepper. Add beef broth and gently boil. Use juice on side.



Horseradish Sauce

#gluten-free #diary-free OPTION #sugar-free #egg-free #keto

- ✓ 1/2 cup paleo mayo
- ✓ 1/2 cup sour cream (or SUB coconut milk mixed with 1-2 tsp lemon juice)
- ✓ 1-2 TB horseradish to taste

Blend together and adjust to taste.



Festive Salad

#gluten-free #diary-free #refined sugar-free #egg-free

- ✓ Romaine lettuce
 - ✓ Pomegranate seeds
 - ✓ orange slices
 - ✓ pumpkin seeds
 - ✓ olive oil
 - ✓ honey
 - ✓ lemon juice
 - ✓ salt
 - ✓ OPTIONAL: Add pepper or garlic salt if desired
 - ✓ OPTIONAL: Add coconut milk and poppy seeds if you like
- ▶ Add 1/4 cup olive oil, 2 TB lemon juice, 1 TB honey, 1/2 tsp salt and whisk.
▶ Drizzle over salad. Adjust ingredients to taste.



Potato Mash

#gluten-free #diary-free *OPTION* #sugar-free #egg-free

- ✓ 3-4 cups cubed potato
- ✓ 2 tsp salt
- ✓ 1/4 cup cream or thick coconut milk.
- ✓ 4 TB butter or ghee (OPTIONAL)

- ▶ BBoil potato in water with 2 tsp salt until tender. Drain.
- ▶ Mash with potato ricer.
- ▶ Stir in cream or coconut milk plus butter or ghee.
- ▶ Add 1/2 tsp salt and pepper to taste.



Roasted Root Veggies

#gluten-free #diary-free #sugar-free #egg-free #keto

- ✓ Peel and chop root veggies such as carrots and parsnip
(you can also add beet, potato, sweet potato, turnip, celeriac root, or kohlrabi)
 - ✓ Optional add onion
 - ✓ 1/4 cup oil such as bacon grease, coconut oil or palm shortening
 - ✓ 1 tsp salt
-
- ▶ Add ingredients to bowl and toss with oil and salt
 - ▶ Put on cookie sheet lined with unbleached parchment
 - ▶ Roast on 350 for 45 minutes, stir occasionally

Roasted Brussel Sprouts

#gluten-free #diary-free #sugar-free #egg-free #keto

- ✓ Brussel sprouts - cut off ends, remove outer leaves, cut into quarters
 - ✓ Bacon, chop and slightly brown
 - ✓ Coconut Aminos
 - ✓ 1 tsp Sea
 - ✓ 1 tsp Apple Cider Vinegar
-
- ▶ Chop and slightly brown bacon in a wok or pan.
 - ▶ Add Brussel sprouts to pan with bacon and grease and cook over medium until Brussels are cooked.
 - ▶ Sprinkle with salt and aminos.
 - ▶ Turn heat up and brown Brussels.
 - ▶ Toss with apple cider vinegar and serve.



Cream Spinach

#gluten-free #sugar-free #keto #egg-free

- ✓ 1 Package frozen spinach
- ✓ 1/2 cup water
- ✓ 1/2 tsp salt
- ✓ 2 TB cream cheese
- ✓ 1/2 cup whipping cream
- ✓ 1 tsp lemon juice
- ✓ 1/4 tsp nutmeg OPTIONAL
(If not using Nutmeg, you can use garlic salt instead of salt above)
- ✓ OPTIONAL: 1/4 cup parmesan cheese
- ✓ OPTIONAL: 1/3 diced onion

- ▶ Add spinach and water and salt to pan.
- ▶ Cover and cook on low for 10 minutes.
- ▶ Add 2 TB cream cheese, cream and lemon.
- ▶ Add nutmeg.
- ▶ Cook over low heat until thick.
- ▶ OPTIONAL: If using parmesan cheese, stir in at end
- ▶ OPTIONAL: If using onion, add to spinach and water in Step 1.



Dessert: Menu #2

Spiced Cookies

#gluten-free #diary-free #egg-free #refined-sugar-free

- ✓ 2 cups unbleached almond flour
- ✓ 2 cups GF whole rolled oats
(I use Bob's Red Mill GF old fashion oats)
- ✓ 1/2 tsp baking soda
- ✓ 1/2 tsp sea salt
- ✓ 1/2 cup honey
- ✓ 1/2 tsp vanilla
- ✓ 2 TB lemon juice
- ✓ 2-4 TB almond milk or coconut milk
- ✓ 2/3 cup palm shortening (Spectrum Organics)
- ✓ 1 tsp cinnamon
- ✓ OPTIONAL: 1/8 tsp allspice
- ✓ Raisins
- ✓ Walnuts



- ▶ Mix all dry ingredients well. I
- ▶ n a separate bowl, whisk wet ingredients well. Do NOT melt shortening - use it at room temperature. The wet mix should be creamy (small lumps are ok).
- ▶ Mix the wet ingredients into the dry until smooth dough. If too dry, add a bit of almond or coconut milk.
- ▶ Mix in raisins and nuts.
- ▶ Put 1/4 cup size balls of dough onto cookie sheet lined with unbleached parchment.
- ▶ Press slightly to flatten a little.
- ▶ Bake at 350 for 8-10 minutes until edges are slightly brown.
- ▶ Cool and transfer to wire rack.

Drink: Menu #2

Mint Tea

#gluten-free #dairy-free #sugar-free #egg-free #keto

This “sweet” tea is so delicious, you won’t believe it’s sweetener-free!

✓ Celestial Seasonings Peppermint Caffeine Free Herbal Tea

✓ 8 cups filtered water

- ▶ Heat 2 cups filtered water to a boil
- ▶ Turn heat off and add 6-8 tea bags to the water
- ▶ Steep tea 10 minutes.
- ▶ Strain tea into a pitcher to remove tea bags and spices.
- ▶ Add 6 cups filtered water.
- ▶ Refrigerate until cold. Serve over ice.

💡 This tea is also delicious served hot.



BONUS: Basic Beef Stock

This recipe is for the basic beef stock that will be used for every soup in this eBook. Why beef stock? See the FAQs on page 6.

BASIC BEEF STOCK

- ✓ Place 1 (2 pound) package of meaty grass feed beef soup bones in a crock pot or ask a butcher for bones.
- ✓ Add fresh herbs to the crock pot such as oregano and thyme. Bay or rosemary are also good. Do not use dried herbs as they are higher mold toxin. Or skip the herbs.
- ✓ Add Water to fill crock pot at least 3/4 full.
- 💡 I did not use Apple Cider Vinegar because this is not bone broth, it's a stock
- 💡 I prefer a crock pot over an instant pot for this nourishing stock
- ✓ Cook on low (300 degrees Fahrenheit) for 12 hours. Let cool.
- ✓ When stock is cool enough to handle, pour through strainer into large pot. Place meat, bones, and meat bits on a cutting board.
- ✓ Pull meat, marrow and fat off and out of bones. Discard bones and bone fragments. Use fingers to “smoosh” meat and fat to identify and discard any additional bone fragments or hard bits. Use a knife to finely chop meat, fat and marrow. Mix together and put in glass storage container.
- ✓ Pour strained stock into 3 mason jars.
- ✓ You now have meat and stock for several days of gut healthy soups. I repeat this process every 3-4 days. Then I just use meat and stock plus veggies for a different soup every night!

📷 Photo 1: stock and meat yielded from this recipe

📷 Photo 2: soup bone package.

📷 Photo 3: soup & herbs bones in crock pot.

📷 Photo 4: finished meat stock.

📷 Photo 5: bones, meats and bits on a cutting board.

📷 Photo 6: meat mixed with fat and marrow in storage container.



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