

GAPS Full Diet Fall Menu

BREAKFAST MENUS for five mornings

All breakfasts begin with a cup of meat stock or bone broth.

If desired, have a GAPS Milkshake upon rising, one hour prior to breakfast.

Monday

- Meat stock or bone broth
- Scrambled eggs with sautéed greens

Tuesday

- Meat stock or bone broth
- Homemade yogurt with Nutola and fresh berries
- Soft boiled egg

Wednesday

- Meat stock or bone broth
- Three egg omelet with raw goat cheese, tomatoes, spinach and onions

Thursday

- Meat stock or bone broth
- Wild salmon
- Sautéed or steamed bok choy; add butter or ghee or duck fat

Friday

- Meat stock or bone broth
- Poached eggs w/ sautéed greens (kale, collards, chard) and béarnaise sauce
- Turkey or pork sausage (GAPS-legal, free of sugar, maple syrup or additives)

BREAKFAST RECIPES

Nutola

Makes over a gallon of Nutola

3 cups raw almonds, soaked

3 cups raw walnuts, soaked

3 cups cashews, soaked

1 cup pumpkin seeds, soaked

¼ to ½ cup coconut oil

¼ cup raw honey

1 tablespoon vanilla

1 tablespoon cinnamon

1 ½ teaspoons Celtic sea salt

2 cups raisins or chopped dates

1 cup shredded coconut

Soak and dehydrate nuts.

Chop nuts. It is easier to chop the different nuts if they are not mixed together.

Mix nuts.

Combine coconut oil, honey, vanilla, cinnamon and sea salt in saucepan over low heat until fully mixed. Pour this over nuts and mix well.

Add raisins and shredded coconut.

Store in airtight container. Best refrigerated.

Raw Béarnaise Sauce

Makes 1 ½ cups approximately

2 whole large eggs, pastured

2 teaspoons raw apple cider vinegar
1 teaspoon Dijon style mustard, preferably organic
2 tablespoons fresh lemon juice
1 cup ghee
1 teaspoon Celtic sea salt

Combine all ingredients, except ghee, in blender. Blend well. Melt ghee. Slowly add ghee to blender. Serve immediately. Leftovers keep well in refrigerator.

LUNCH MENUS for five lunches

Don't forget: leftovers from dinner make for wonderful lunches.

Monday

- Chicken stew
- Kim-chi

Tuesday

- Carne asada wrapped in Pure Wraps (available through our office or online store)
- Garnish with raw crème fraiche and guacamole

Wednesday

- Chicken salad (chopped chicken, homemade mayonnaise, chopped celery, chopped hard-boiled egg, Celtic sea salt to taste) served on in an avocado half
- Cup of bone broth

Thursday

- Stuffed acorn squash (baked acorn squash stuffed with turkey sausage and sautéed onions)
- Raw vegetables (carrots, cucumbers and red bell peppers) with homemade mayonnaise (add black olive tapenade to add interest and flavor)

Friday

- GAPS pancakes topped with sliced turkey and chopped tomatoes
- Kim-chi
- Cup of bone broth



WEEK ONE DINNER MENUS



Monday

- Wild Alaskan Halibut Gone Tropo
- One cup of chicken or fish bone broth
- Steamed broccoli with butter
- Mixed baby greens and radish salad with kim-chi dressing

Tuesday

- "Spaghetti" & Meatballs (with additional liver, if desired)
- Arugula salad

Wednesday

- Scarborough Fair Chicken
- One cup chicken bone broth
- Sautéed cauliflower, red bell peppers and carrots with raw Béarnaise sauce
- Romaine salad with cherry tomatoes, cucumbers and shredded carrots with Raw Dressing

Thursday

- Spanish Beef Stew
- Almond Biscuits

Friday

- Stir-fry Beef
- Cup of beef meat stock or bone broth
- Bok choy with sesame seeds, sautéed in coconut oil
- Kim-chi

Snack

Red Crispy Nut Crackers with Ranch-style Dressing

**WEEK ONE
GROCERY LIST for DINNERS**

Meats & Seafood

Alaskan halibut, 1 ½ to 2 pounds
beef chuck roast, 2 pounds bone-in
chicken, preferably soy-free pastured, 1 whole 4-5 pounds
ground beef, 1 pound
ground sausage (chicken, turkey, beef or lamb), no commercial ingredients, 1 pound
beef liver, ½ pound
sirloin tip, preferably grass-fed, 1 ½ -2 pounds
tallow or lard

Eggs & Dairy

butter, raw or cultured, unsalted (6-7 sticks)
eggs, soy-free pastured, 6 dozen
homemade whey
Parmesan cheese, 3 ounces

Nuts & Seeds

cashews (crispy), 2 cups
sesame seeds, handful

Produce

arugula, 1 large bunch
basil
bok choy, for four
broccoli, 1 pound (two meals)
cabbage, 1
carrots, 2
cauliflower, 1
celery
chayote squash, 1
coconut milk (fresh), 12 ounces (if unavailable, use Native Forest Coconut Milk)
cucumbers, 2
daikon radish, 1
garlic heads, 3
ginger root, at least 5 inches
lemons, 3-6
Napa cabbage, 1 or 1 pound bok choy oranges, 3
parsley, flat leaf or Italian, 1 bunch
red bell pepper, 1
romaine lettuce, 1 head

rosemary
sage
scallions (green onions), 1 bunch
spaghetti squash, 1
thyme
tomatoes, 2 medium
tomatoes, roma, 2
white onion, 1
yellow onion, 1
zucchini, 1

Staple Goods

baking soda, aluminum-free
basil, dried
black pepper, ground
blanched almond flour, 2 ½ cups
Celtic sea salt
chile flakes, dried
coconut oil, unrefined
Dijon style mustard
flaxseed oil, in dark glass jar (must refrigerate; never heat)
garlic powder
green or black peppercorns, whole
honey, raw
Native Forest Coconut Milk, 13.5 ounce can (eliminate if fresh coconut milk available)
olive oil, extra-virgin
oregano, dried
red wine, 1 cup
thyme, dried
tomato sauce, 2 24-ounce jars

WEEK ONE RECIPES

Monday

- Wild Alaskan Halibut Gone Tropo
- One cup of chicken or fish bone broth
- Steamed broccoli with butter
- Mixed baby greens and radish salad with kim-chi dressing

Wild Alaskan Halibut Gone Tropo

Serves 4

2 pounds wild Alaskan halibut

12 ounces fresh coconut milk or canned Native Forest 13.5 oz coconut milk

1 large or 2 medium fresh tomato, chopped

3 garlic cloves, minced

2 inch piece of raw ginger, peeled and grated

Celtic sea salt, to taste

Preheat oven to 350 degrees Fahrenheit. Rinse and pat dry Alaskan halibut. Place in buttered dish. Mix tomatoes, garlic and ginger. Add coconut milk and Celtic sea salt. Pour over fish. Place dish in oven for 18 minutes.

Tuesday

- “Spaghetti” & Meatballs (with liver, if desired)
- Arugula salad

Spaghetti & Meatballs

Serves 4

Spaghetti

1 large spaghetti squash

Meatballs

1 pound ground beef

1 pound ground sausage (chicken, turkey or lamb without commercial additives)

*1/4 pound beef liver, finely chopped (optional for times you have had your liver quota)

3 egg yolks

1/2 teaspoon Celtic salt

1/4 teaspoon pepper

1 teaspoon dried basil

1 teaspoon dried oregano

1/2 teaspoon dried rosemary

1/2 teaspoon dried thyme

1 teaspoon garlic powder

Tomato Sauce

2 24-ounces tomato sauce, no additives (preferably in glass)

3 cloves fresh garlic chopped finely

1 tablespoon Celtic sea salt

1/2 cup fresh chopped basil

1 teaspoon dried basil

1 teaspoon dried oregano

1 teaspoon garlic powder

1 teaspoon dried thyme

1/2 teaspoon pepper, ground

1 tablespoon extra-virgin olive oil

3 tablespoon tallow (lard is okay)

Squash

Preheat oven to 400F. Cut spaghetti squash in 1/2 and scoop out the seeds but not the squash and place face down in Pyrex dish with about 1 inch of water on the bottom of the pan. Another option is to brush the cut surface of the squash with olive oil and lay face down in the dish without water. This will make for a less water to drain from the squash and create a bit more flavor. Cook until the outer squash is soft. Use a fork to pull strands of squash, which will look like noodles and place in bowl and drizzle with olive oil.

Sauce

Sauté tallow, dried basil and garlic until garlic starts to turn golden. Add tomatoes, herbs, salt and pepper and simmer on low for 30 minutes. Add fresh basil and cook for 5 more minutes.

Meatballs

Combine all ingredients together and form into small meatballs. Heat just enough oil to coat the bottom of the pan in cast iron skillet and cook the meatballs until crispy shell forms on outside of meatball. Browning entire meatball. Remove meatballs and place them into the sauce. Take 1/4 cup of chicken or beef broth and deglaze the pan and then add this liquid to the tomato sauce.

Arugula Salad

1 bunch arugula

2 diced roma tomatoes

1 lemon
½ cup of extra-virgin olive oil
1 teaspoon garlic powder
Celtic sea salt and pepper, to taste
shaved Parmesan cheese

Whisk lemon, olive oil, salt and pepper in bowl until emulsified. Drizzle over arugula and tomatoes and toss. Top with shaved Parmesan cheese.

Wednesday

- Scarborough Fair Chicken
- One cup chicken bone broth
- Sautéed cauliflower, red bell peppers and carrots with raw Béarnaise sauce
- Romaine salad with cherry tomatoes, cucumbers and shredded carrots with Raw Dressing

Scarborough Fair Chicken with Onions

(my rendition of my friend and master cook, Carrie Vitt's Butterflied Chicken)

Serves 4

1 4-5 pounds chicken, butter-flied
1/3 cup butter or ghee, softened to room temperature
1 tablespoon each fresh parsley, sage, rosemary and thyme, chopped
1 teaspoon Celtic sea salt
ground green or black peppercorns, to taste
1 yellow onion, cut into wedges
1 tablespoon coconut oil
sea salt and freshly cracked pepper

Preheat oven to 375 degrees. Thoroughly pat dry chicken paying special attention to make sure the skin is dry. Lay butter-flied chicken in roasting pan. In a small bowl combine butter or ghee, fresh herbs and 1 teaspoon sea salt. Rub butter mixture under skin of breasts, thighs and legs. Season the outside of chicken with salt and pepper. Place chicken in roasting pan. Melt coconut oil in a small pan. In a medium bowl toss red onion wedges, coconut oil, Celtic sea salt and pepper. Pour onions around chicken in roasting pan. Roast chicken for 60 minutes until crisp and golden brown. Meat thermometer should reach 160 degrees in the thickest part of the breast. Take chicken out of oven and let rest for about 10 to 15 minutes before serving.

Raw Béarnaise Sauce

2 whole large eggs, pastured
2 teaspoons raw apple cider vinegar
1 teaspoon Dijon style mustard, preferably organic
2 tablespoons fresh lemon juice
1 cup ghee
1 teaspoon Celtic sea salt

Combine all ingredients, except ghee, in blender. Blend well. Melt ghee. Slowly add ghee to blender. Serve immediately. Leftovers keep well in refrigerator.

Basic Raw Salad Dressing

½ cup fresh lemon juice
1 ½ cups extra-virgin olive oil
1 tablespoon flaxseed oil
3 cloves garlic, minced

1 teaspoon Celtic sea salt
fresh herbs as desired

Place all the ingredients in blender and blend until creamy and smooth, about 2 minutes. This dressing keeps in the refrigerator for several weeks.

Thursday

- Spanish Beef Stew
- Almond Biscuits
- Cortido (see *Nourishing Traditions*) or Sauerkraut

Spanish Beef Stew

Serves 6

1 two-pound bone-in beef chuck, cut into 1-inch cubes
10 cups of beef bone broth
2 tablespoons of tallow, lard or coconut
4 cloves of garlic
½ medium white onion
2 carrots, cut into 1-inch rounds
1 celery stick, cut into 2-inch pieces
1 chayote squash cut in 2-inch strips
1 zucchini, cut into 2-inch chunks
½ head cabbage, quartered

Sautee the beef chuck cubes, garlic clove and onion in the stock pan with the fat or coconut oil. Add the bone broth and bring to a boil. Cover and reduce to a simmer. Simmer for 30 minutes. Add the carrots, celery stick, chayote squash, zucchini and cabbage. Cover and continue simmering for 30-40 minutes. Serve with a dollop of homemade raw yogurt or crème fraiche.

Almond Biscuits

2 ½ cups blanched almond flour
½ teaspoon baking soda
½ teaspoon Celtic sea salt
¼ cup butter
2 eggs
1 tablespoon raw honey

Preheat oven to 350 degrees Fahrenheit. Combine flour, salt and baking soda in a bowl. In a separate bowl blend together the butter, egg and honey. Stir the dry ingredients into the wet ingredients and mix well until dough forms. Use a tablespoon and drop heaping spoonfuls on to a parchment paper-lined cookie sheet. Bake for 10-15 minutes until done, depending upon the size of your biscuits. Serve with butter or ghee.

Friday

- Stir-fry Beef
- Cup of beef meat stock or bone broth
- Bok choy with sesame seeds, sautéed in coconut oil
- Kim-chi

Stir-fry Beef

Serves 4-6

1 ½ to 2 pounds sirloin tip, cut into 1 inch strips
1 cup red wine

3 garlic cloves, minced
3 inches fresh ginger root, peeled and grated
2 tablespoons butter, tallow or duck fat

Combine red wine, garlic and ginger root. Pour over beef and marinade for 1 to 24 hours in refrigerator. Melt animal fat in large skillet. Keep temperature medium to medium high. Sear marinated beef for 3-4 minutes, turning often. Serve on bed of sautéed Bok choy.

Kim-chi

makes two quarts

1 head Napa cabbage or 1 pound bok choy, cored and shredded
2 carrots, grated
½ cup daikon radish, grated
1 bunch green onions, chopped
2 tablespoons fresh ginger, grated
3-4 cloves garlic, peeled and minced
½ teaspoon dried chile flakes
1 tablespoon Celtic sea salt
4 tablespoons whey or additional 1 tablespoon Celtic sea salt
purified, non-chlorinated water

Prepare vegetables. Place all ingredients except water in a bowl and pound with a kraut pounder or meat hammer for 10-15 minutes, until juices are released from vegetables to the point of completely covering the vegetable mixture in the brine. If necessary, add Celtic sea salt to purified water creating additional brine. Place vegetable mixture in mason jars or Pickl-It jars. Pour the brine over the vegetable to completely cover vegetables. Cover kraut with a plate or lid that fits snugly inside the crock or glass container. Cover tightly and place in pantry at room temperature for approximately a week. Begin checking and tasting the kim-chi after five days. In cooler temperature the kim-chi will need up to three weeks to ferment. Once taste is ripe transfer container to refrigerator.

Snack

Red Crispy Nut Crackers

Two red bell peppers
2 cups crispy nuts (almonds, cashews, macadamia nuts, walnuts or a combination of any of these)*
1 teaspoon Celtic sea salt or pink salt

Roast peppers**, allow to sweat in a covered bowl and remove the skin once cool. When removing the skin resist the urge to rinse the pepper under water as this will remove lots of good flavor. Instead just use your fingers to remove all of the skin. Pull the pepper open and be ready for a fair amount of liquid to come out. Open the pepper over my food processor bowl so all the good liquid pours straight into the bowl of the food processor. Remove and discard the seeds, stem and stringy bits from the inside of the pepper.

Place roasted red peppers and two cups of crispy nuts in food processor (more nuts for a large peppers or less nuts for smaller ones). Add salt. Process until smooth. Scoop the mixture onto lined dehydrator trays. Line the trays with parchment paper. Use a spoon or small rolling pin to flatten the mixture to cracker thickness (~1/4-inch); try to achieve a uniform thickness, but don't worry if your cracker dough is not perfectly uniform.

Dehydrate about 12-24 hours at 140-145 degrees Fahrenheit. Check for doneness by breaking off a small piece and checking the underside. If moisture is still present, dehydrate for a bit longer. Once finished, allow to cool and then break or cut into crackers. Store in the refrigerator.

***Crispy nuts:** These are cashews that have been soaked 6-7 hours in water with a little Celtic sea salt and then dehydrated until crispy (note that the soaking time for cashews is less than for other nuts such as almonds and pecans). Soaking the nuts neutralizes phytic acid and enzyme inhibitors. Phytic acid blocks absorption of minerals such as calcium and magnesium. Enzyme inhibitors make nuts hard to digest. Make large batches of crispy nuts to keep on hand. It takes about 24 hours for the nuts to dry at 150 F in the dehydrator. We do not recommend dehydrating at temperatures above 150 F.

****There are two methods for roasting peppers.** The first method is done in the oven. Turn the oven to 400-425 F. Cut the bell pepper in half and place cut side down on a jelly roll pan. Place in the oven for 15 minutes. Peppers may also be roasted over a gas flame on the stove. To roast a red pepper this way, cut the pepper in half. Using tongs, hold each half directly over the gas burner on the stovetop. Turn the flame on medium and roast the pepper halves, turning each half every two minutes. The peppers should develop a nice blackness on the skin. As soon as each side has been roasted, place the hot pepper halves into a ceramic or glass bowl and cover with a plate to let the pepper halves sweat for 10 minutes.


WEEK TWO
DINNER MENUS


Monday

- Baked Cod with Tomato Coulis
- One cup of fish or chicken meat stock or bone broth
- Steamed Carrots and Broccoli
- Sauerkraut

Tuesday

- Garlicky Hearts
- Whole Roasted Chicken
- Roasted Veggies
- Cultured Carrots
- One cup of meat stock or bone broth

Wednesday

- Lamb chops, rare, sautéed in butter, lard, or coconut oil with garlic and fresh rosemary
- One cup of beef or lamb meat stock or bone broth
- Steamed vegetable(s) of choice with raw butter or coconut oil
- Fresh mixed green salad with grated carrots and beets with homemade salad dressing

Thursday

- Teriyaki Chicken
- Cauliflower Rice
- Cabbage Sauté
- One cup of meat stock or bone broth

Friday

- Turkey or beef burgers wrapped in green leaf lettuce
- One cup of meat stock or bone broth
- Roasted duck fat cauliflower
- Cucumber and carrot sticks
- Garden salad w/ Tahini Dressing

Snack

Homemade yogurt with fresh berries

WEEK TWO
GROCERY LIST

Meats & Seafood

beef heart, 1
bone broth
chicken, 1 large whole
chicken thighs, bone-in, 16
cod fillets, 1 ½-2 pounds
duck fat
ground turkey or beef, 1 1/3 pounds
lamb chops, 8-10
lard
tallow

Eggs & Dairy

3 sticks butter, unsalted
homemade whey
1 dozen eggs, pastured

Produce

Basil
Beets, 3 medium
broccoli
cabbage, 1
carrots, 10
cauliflower, 1
celery stalks, 4-5
fennel, 2 large heads
garlic, 2 heads
ginger root, 1 piece
green leaf lettuce, 1 head
lemon, 1-2
lime
onions, 2 large
oregano
thyme
red wine
rosemary
scallions (green onion), 1 bunch
tomatoes, 5 medium ripe
zucchini, 3

Staple Goods

black pepper
cayenne pepper
Celtic sea salt
celery salt
coconut oil, unrefined
crushed red pepper
cloves, ground
Dijon mustard
garlic salt or powder
olive oil, extra-virgin

plastic freezer bags, 2-3
raw honey
raw red wine vinegar
raw apple cider vinegar
sesame oil (ideally in a dark glass bottle)
sundried tomatoes, packed in olive oil
sunflower oil, expeller pressed and/or grapeseed oil
tomato paste, 12 ounces

WEEK TWO RECIPES

Monday

- Baked Cod with Tomato Coulis
- One cup of fish or chicken meat stock or bone broth
- Steamed Carrots and Broccoli
- Sauerkraut

Baked Cod with Tomato Coulis

Serves 4-6

1 ½ to 2 pounds cod fillets
2 tablespoons butter
4 medium ripe tomatoes
4 sundried tomatoes, packed in olive oil
2 cloves garlic
8 fresh basil leaves
pinch crushed red pepper
½ teaspoon Celtic sea salt

Preheat oven to 350 degrees Fahrenheit. Butter glass dish. Rinse and dry fillets of cod. Place in buttered dish. Place slabs of butter on top of cod. Lightly sprinkle with Celtic sea salt. Bake for 18 minutes. In a blender, puree fresh tomatoes with sundried tomatoes, garlic, fresh basil, crushed red pepper and salt. Remove cod from oven after 18 minutes. Serve with fresh tomato coulis on top.

Tuesday

- Garlicky Hearts
- Whole Roasted Chicken
- Roasted Veggies
- Cultured Carrots

Garlicky Hearts

Serves 4-6

1 beef heart, remove any tough parts and cut into ¼ inch slices
½ cup extra-virgin olive oil
¾ cup red wine
6 garlic cloves, minced
pinch cayenne pepper
1 teaspoon Celtic sea salt
½ teaspoon ground black pepper
1 teaspoon cumin
2 tablespoons ghee or unsalted butter
lemon or lime

Place heart slices in a bowl. Combine remaining ingredients in a bowl and stir until well mixed. Pour marinade over heart slices and marinate in the refrigerator for at least 24 hours. Remove from refrigerator and dry well. Melt ghee or butter in heavy skillet. Sauté heart pieces for one minute each side. Serve as an appetizer. A squeeze of lime or lemon makes a nice finish.

Whole Roasted Chicken with Roasted Veggies

Serves 4

1 large whole chicken

1 pat butter

1 lemon

2 cloves fresh garlic

1 teaspoon each fresh basil, thyme, rosemary, oregano,

4 teaspoons butter

1 teaspoon Celtic sea salt

1 teaspoon black pepper

1 cup bone broth

4 carrot, sliced or chopped

4-5 celery stalks, chopped

1 large onion, sliced thinly

2 large heads of fennel, sliced

3 large zucchini, sliced

½ cup extra-virgin olive oil

Preheat oven to 375 degrees Fahrenheit. Place olive oil in a bowl. Add herbs, juice of the lemon, and fresh garlic to the olive oil and stir. Rub mixture over entire outside of chicken, coating the skin well. Place pats of butter underneath the skin of the breast. Sprinkle entire chicken with salt and pepper. Butter the bottom of Dutch oven. Place chicken in Dutch oven. Pour bone broth in the bottom of the pan. Place vegetables in Dutch oven around the outside of the chicken in pan. Add additional salt and pepper to vegetables. Cover and cook for about 60 minutes or longer, as needed for meat thermometer to register 160-170 degrees Fahrenheit. Remove lid for last five minutes and allow skin to roast.

Cultured Carrots

Make at least three days in advance.

6 carrots, peeled and sliced

1 tablespoon Celtic sea salt

2 tablespoons homemade whey (if not available, use an additional 1 tablespoon salt)

1 cup purified, non-chlorinated water

Make brine by adding Celtic sea salt and whey (optional) to purified water. Place sliced carrots in a clean glass jar. Cover carrots completely with brine. Store in pantry for three days or until fermentation is to your liking. Refrigerate. Will last for at least a month.

Wednesday

- Lamb chops, rare, sautéed in butter, lard or coconut oil with garlic and fresh rosemary
- One cup of beef or lamb meat stock or bone broth
- Steamed vegetable(s) of choice with raw butter or coconut oil
- Fresh mixed green salad with grated carrots and beets with homemade salad dressing

Lamb Chops

Serves four

8-10 lamb chops

1 tablespoon butter, lard or coconut oil

3 cloves garlic, sliced
1 sprig fresh rosemary

Pat lamb chops dry. Melt fat in skillet. Add garlic and rosemary and sauté for 2 minutes. Add lamb chops. Turn after 2-3 minutes. Cook for another 2 minutes.

Thursday

- Red Wine Marinated Chicken
- Cauliflower Rice
- Cabbage Sauté
- One cup of meat stock or bone broth

Red Wine Marinated Chicken

Serves 6

16 pieces of chicken thighs on the bone

1 cup red wine

½ cup raw honey

¼ cup raw apple cider vinegar

1 tablespoons extra-virgin olive oil

3 teaspoons minced garlic

1 teaspoon fresh ginger, grated

½ teaspoon butter to wipe baking dish

2-3 freezer bags

Rinse and dry chicken thighs. Divide chicken evenly placing into freezer bags. Combine all remaining ingredients in a bowl to make marinade. Stir these ingredients until blended well. Pour marinade into the bags with the chicken thighs and marinate for at least 6 hours in refrigerator. Preheat oven to 350 degrees Fahrenheit. Coat bottom of baking dish with butter. Place chicken in baking dish and bake uncovered for about 1 hour. Turn pieces a few times during baking.

Cauliflower Rice

Serves 6

1 head cauliflower, cut into small pieces

3 tablespoons butter

2 whole eggs

1 tablespoon green onion, sliced

1 tablespoon garlic, minced

1 teaspoons Celtic sea salt

1/3 cup onion, chopped

Rinse cauliflower and cut into small pieces. Place in food process and pulse coarsely until cauliflower pieces are the size of rice. Melt butter on medium heat and sauté green onion for two minutes; then add garlic and sauté until lightly golden. Add cauliflower rice and stir well for 3-5 minutes. Make a small hole in the middle of pan and crack an egg in the hole. Stir the egg in the middle of the pan until it starts to cook. Work the egg through the rice. Cook until desired consistency is reached.

Cabbage Sauté

½-1 whole cabbage, sliced julienne style

Celtic sea salt, pepper and garlic powder, to taste

tallow, lard or coconut oil

2 tablespoons raw apple cider vinegar

1 teaspoon sesame oil (ideally in a dark glass bottle)

Heat the tallow, lard or coconut oil in a pan and add the cabbage. Sauté' until cabbage starts to brown. Add seasonings and continue to brown. Add raw apple cider vinegar and sauté for two more minutes. Toss with sesame oil and serve.

Friday

- Turkey or beef burgers wrapped in green leaf lettuce
- One cup of meat stock or bone broth
- Roasted duck fat beets
- Cucumber and carrot sticks
- Garden salad w/ Tahini Dressing

Make ketchup at least two days ahead of time and mayonnaise at least 8 hours ahead of time.

Turkey or Beef Burgers (wrapped in green leaf lettuce)

Serves 4

1 1/3 pounds ground turkey or beef

1 tablespoon butter

green leaf lettuce, four pieces

homemade mayonnaise

homemade ketchup

fresh tomato, sliced

Form four 1/3 pound patties. Melt butter in pan and cook patties three minutes on each side. Patties may also be grilled on the barbeque or broiled on a broiling pan in the oven. Top with a slice of tomato, mayonnaise and/or ketchup as desired.

Homemade GAPS-legal Mayo

1 whole egg, pastured

2 egg yolks, pastured

1 teaspoon organic Dijon mustard

1 1/2 tablespoon fresh lemon juice or raw apple cider vinegar

1 tablespoon homemade whey

1 cup expeller pressed sunflower oil, grapeseed oil and extra virgin olive oil (only using olive oil makes a much stronger tasting mayo)

large pinch of Celtic sea salt or pink salt

1-2 teaspoons raw honey

Wash eggs in warm water and dry well. Crack and place raw, washed egg and egg yolk in a food processor. Add Dijon mustard, fresh lemon juice, salt, whey and raw honey. Close the lid and pulse a few times to mix. Stream the oil of choice into the food processor via the small hole in the lid while pulsing the food processor to emulsify the oil with the other ingredients. Once thoroughly mixed, taste and add additional salt, mustard, honey or lemon just as desired. Leave in pantry or on counter for 7 hours. Set a timer or alarm. Refrigerate. Mayonnaise will last for at least a month if homemade whey has been added; otherwise it will be good for approximately two weeks.

Homemade GAPS-legal Ketchup

12 ounces bottled or canned tomato paste

3 tablespoons homemade whey

1/4 cup raw honey

3 tablespoons raw apple cider vinegar
2 teaspoons Celtic sea salt or Himalayan or pink salt
1/4 teaspoon cloves
1/4 teaspoon celery salt
1/4 teaspoon garlic salt
pinch cayenne pepper
purified water

Blend all ingredients well. Add purified water until desired consistency is reached. Ketchup will thicken as it sets so do not thin too much. Place in quart-sized wide mouth mason jar. Leave at least one inch of space below the top of the jar. Leave jar at room temperature for about 48 hours. After 48 hours store in refrigerator.

Roasted Duck Fat Beets

Serves 4

3 medium beets, rinse, peeled and cut into bit sized pieces
1/4 cup duck fat

Turn oven to 375 degrees Fahrenheit. Melt duck fat. Toss beet pieces in duck fat and sprinkle with Celtic sea salt and pepper if desired. Place on jellyroll pan or cookie sheet lined with parchment paper. Roast in oven for 30 minutes.


WEEK THREE
DINNER MENUS


Monday

- Lamb Kabobs
- One cup of beef meat stock or bone broth
- Green Beans & Shiitake Mushrooms
- Sabzi (herb salad)

Tuesday

- Lime Chicken
- Blanched Cabbage
- Caesar Salad
- One cup of meat stock or bone broth

Wednesday

- Chicken Liver Paté with Red Seed Crackers
- Cioppino Magnifico
- Veggie Sauté

Thursday

- Fillet of Beef
- Butternut Squash with Crispy Walnuts
- Spinach Salad with Cherry Tomatoes and Blue Cheese

Friday

- Wild Salmon with Lentils
- Roasted Cauliflower
- One cup of meat stock or bone broth

Snack

Sliced Granny Smith apples with Brazil nut butter

WEEK THREE

GROCERY LIST

Meats & Seafood

beef fillets, 4 -5 pounds, pastured preferred
beef meat stock or bone broth, 1 cup
chicken breasts, 3 whole (6 split) boneless chicken breasts, skin on
chicken meat stock or bone broth, 1 ½ cups
chicken or duck liver, ½ pound
clams (fresh), 1 pound
crab legs, ½ pound
duck or goose fat
chicken or duck livers, ½ pound
fish stock (or chicken stock), quart
halibut, 1 pound
lamb tenderloin, 1 ½ pounds
scallops (fresh), 1 pound
shrimp (fresh), 1 pound
wild salmon fillets, 4 8-ounce

Eggs & Dairy

blue cheese or other GAPS legal cheese, 4 ounces
butter or ghee, 4 sticks
eggs, pastured, 3
Parmesan cheese
sour cream or crème fraiche, homemade

Produce

arugula, one bunch
basil
bay leaves, 3
butternut squash, 2 pounds
green cabbage, 2 pounds
carrots, 5
cauliflower, 1 ½ pounds
celery, 4 stalks
cherry tomatoes, 1 pint
cilantro, 2 bunches
dill
fennel bulb, 1 small
garlic, 3 heads
green beans, ½ pound
leeks, 2
lemon, 1
limes, 5-6
mint
mushrooms, Shiitake or cremini, ¼ pound
oregano
red bell peppers, 2
red onions, 2
romaine lettuce, 1
rosemary, 8 sprigs
scallions, 1 bunch
shiitake mushrooms, 12

spinach, 1 large bunch
thyme
tomatoes, 6 medium
watercress, one bunch
yellow onions, 5
zuchinis, 2

Staple Goods

anchovy fillets
black ground pepper
Celtic sea salt
crispy pine nuts, ½ cup
crispy walnuts, 1 cup (can substitute pecans or pine nuts)
caraway seeds
celery seeds
chili powder
cloves, whole
coconut oil, unrefined
coriander seeds
cumin seeds
Dijon mustard
dry mustard
dry white wine, 1 cup
French lentils, ½ pound
green peppercorns, freshly ground
olive oil, extra-virgin
paprika
pink salt
raw apple cider or raw red wine vinegar
red chile flakes
rosemary, dried
saffron threads
thyme, dried
tomato paste, 8 ounces (glass jar, preferred)
vanilla extract
white wine, 1/3 cups
wooden skewers, 8

WEEK THREE RECIPES

Monday

- Lamb kabobs
- One cup of beef meat stock or bone broth
- Green beans & shiitake mushrooms, sautéed
- Sabzi (herb salad):

Lamb Kabobs

Serves 4

1 ½ pounds lamb, cut into 1" cubes

8 sprigs fresh rosemary

2 red bell peppers, seeded and cut into 1" squares

2 red onions, peeled and quartered
2 zucchinis, sliced ¼" thick
1 tablespoon paprika
2 cloves
½ teaspoon cumin seeds
2 teaspoons coriander seeds
Celtic sea salt
ground black pepper
extra-virgin olive oil
8 wooden skewers

Grind spices in mortar with pestle. Add olive oil to make a thick marinade paste. Put lamb pieces in a bowl and cover with the marinade. Allow to sit for an hour at room temperature or marinade overnight in refrigerator. Place skewer through pieces of lamb, red bell peppers, onions and zucchinis. Attach sprigs of rosemary as able. Grill for 5 minutes, turning often to prevent burning. Alternatively, skewers may be placed under a broiler and turned after 4-5 minutes. Remove from oven after 5 more minutes.

Sabzi (herb salad)

arugula, one bunch
watercress, one bunch
cilantro, one bunch
2 tablespoons fresh mint, chopped
1 tablespoon fresh dill, chopped
¼ cup scallions, chopped
3 tablespoons extra virgin olive oil
1 tablespoon fresh lemon juice
Celtic sea salt, to taste

Combine arugula, watercress, cilantro, mint, dill and scallions in a bowl. Mix olive oil, lemon juice and salt and pour over salad. Toss and serve.

Tuesday

- Lime Chicken
- Blanched Cabbage
- Mexican Caesar Salad
- One cup of meat stock or bone broth

Lime Chicken

Serves 6
3 whole (6 split) boneless chicken breasts, skin on
1 cup freshly squeezed lime juice (5 to 6 limes)
½ cup freshly squeezed orange juice (2 oranges)
1 tablespoon chili powder
1 tablespoon fresh jalapeno pepper, minced (1 pepper seeded)
1 tablespoon fresh garlic, minced (3 cloves)
2 teaspoons Celtic sea salt
1 teaspoon freshly ground black pepper

Rinse and dry chicken breasts. Combine lime juice, orange juice, chili powder, jalapeno pepper, garlic, salt and pepper in a large bowl. Place in baking dish and pour marinade over chicken. Refrigerate overnight.

If cooking on grill, brush the rack with melted butter, lard or tallow to prevent the chicken from sticking.

Remove the chicken breasts from the marinade, sprinkle well with salt and pepper and grill them skin-side down for about 5 minutes until nicely browned. Turn the chicken and cook for another 10 minutes or until just cooked through. Remove from the grill to a plate. Cover tightly and allow to rest for 5 minutes. Serve hot or at room temperature. May broil in oven as an option to grilling. If broiling, broil on each side for 6-7 minutes.

Blanched Cabbage

Serves 6

*1 two-pound head of green cabbage
4 tablespoons unsalted butter or ghee
1 teaspoon caraway seeds
½ teaspoon celery seeds
Celtic sea salt and pepper to taste*

Bring a large pot of water to a boil. Add Celtic sea salt. Peel away and discard discolored or outer leaves of cabbage head. Cut the head into quarters, through the core and cut away and discard the core. Use your hands to tear the cabbage (may use a knife) into 1-2 inch pieces. Once water is boiling add torn cabbage leaves to the pot. Submerge the leaves in the hot water. Cook for 90 seconds, then drain the pot of its water. Return the cabbage leaves to the pot. Stir four tablespoons of butter into the cabbage. Butter will melt quickly over the cabbage. Season with salt to taste. Sprinkle with caraway seeds, celery seeds and black pepper. Toss to combine.

Mexican Caesar Salad

Serves 6

*1 head romaine lettuce, torn in bite size pieces
half bunch cilantro, chopped
½ cup Parmesan cheese, grated
2 eggs, hard-boiled, quartered*

Caesar Dressing

*2 teaspoons Dijon mustard
2 teaspoons garlic, minced
2 anchovy fillets
1 tablespoons Parmesan cheese, grated
1 tablespoon fresh lemon juice
½ cup extra-virgin olive oil
1 egg yolk
¼ cup purified, non-chlorinated water
½ teaspoon chile powder, optional
freshly ground black pepper, to taste (optional)*

Place all ingredients, except olive oil, in blender or food processor and blend until smooth. While motor is running, slowly add olive oil in a thin stream and emulsify thoroughly. Refrigerate.

Wednesday

- Chicken or duck liver paté with red seed crackers (see recipe in Week One)
- Cioppino Magnifico with a dollop of homemade raw sour cream
- Veggie Sauté

Chicken or Duck Paté

Serves 6

*2 tablespoons butter
½ pound chicken or duck livers
¼ pounds Shiitake or cremini mushrooms, wiped with damp cloth and dried, chopped*

½ yellow or sweet onion, sliced
1/3 cup white wine
1 garlic clove, minced
½ teaspoon dry mustard
1/8 teaspoon dried rosemary
¼ teaspoon dried thyme
2 teaspoons fresh lemon juice
¼ stick butter, softened
1 teaspoon extra-virgin olive oil
Celtic sea salt to taste

Cioppino Magnifico

Serves 6

2 yellow onions, finely chopped
¼ cup extra-virgin olive oil
7 ounces tomato paste
1 cup dry white wine
1 quart fish stock (chicken stock can be substituted)
2 carrots, thinly sliced
1 small fennel bulb, finely chopped
4 garlic cloves, minced
6 medium tomatoes, seeded and chopped
half bunch cilantro, chopped
pinch saffron threads
2 bay leaves
1 tablespoon fresh oregano, finely chopped
1 tablespoon fresh thyme, finely chopped
1 tablespoon basil, finely chopped
½ teaspoon red chile flakes
1 teaspoon Celtic sea salt
black pepper, to taste
1 pound fresh halibut, cut into 1" pieces
1 pound fresh scallops
1 pound fresh clams
1 pound fresh shrimp, deveined and tail removed
½ pound crab legs, cut in 2" pieces

Heat olive oil in a large pot. Sauté onions for 7 minutes. Add tomato paste, wine, stock, remaining vegetables, herbs and spices. Bring to a boil and then turn heat down to a simmer. Cook for five minute. Add the seafood and simmer for 10 minutes. Serve warm.

Thursday

- Fillet of Beef
- Butternut Squash with Crispy Walnuts
- Spinach Salad with Cherry Tomatoes and Blue Cheese

Fillet of Beef

Serves 4-6

1 4 -5 pounds fillet of pastured beef, trimmed and tied
2 tablespoons butter or ghee, at room temperature
1 tablespoon Celtic sea salt
1 tablespoon coarsely ground black pepper

Preheat the oven to 475 degrees Fahrenheit. Place beef on a jellyroll or roasting pan. Pat dry with a paper towel. Spread the butter on each filet. Sprinkle evenly with salt and pepper. Roast in the oven for exactly 22 minutes for rare or 25 minutes for medium-rare. Remove the beef from the oven and allow to rest for 5-10 minutes. Remove the strings and slice the fillets thickly.

Butternut Squash with Crispy Walnuts

Serves 4-6

1 butternut squash (about 2 pounds), peeled, seeds removed, flesh cut into 1-inch cubes

3 bay leaves (if boiling the squash)

Celtic sea salt or pink salt

1 heaping cup of crispy walnuts (can substitute pecans or pine nuts)

2-3 tablespoons butter or ghee

2 teaspoons fresh ginger, grated

1-2 teaspoons vanilla extract

fresh lemon juice

½ teaspoon dried thyme

Preheat oven to 400 degrees Fahrenheit. Coat the cubed squash with a little olive oil and spread out onto a baking tray. Sprinkle with salt and roast until the cubes begin to brown, about 20 minutes. Remove from oven. Heat a large sauté pan over medium-high heat and toast the walnuts. Stir frequently to avoid burning. Once nuts start to brown and you can smell the aroma of toasted walnuts, remove from heat. Melt the butter in the pan with the walnuts over medium-high heat. Toss the walnuts to coat with butter and then add the squash. Toss so that squash is well coated. Add grated ginger, vanilla extract, black pepper, a little salt and dried thyme and toss once more. Turn off the heat and squeeze fresh lemon juice over all ingredients.

Spinach Salad with Cherry Tomatoes and Blue Cheese

Serves 4-6

1 large bunch of spinach, rinsed thoroughly and dried

1 pint cherry tomatoes

½ cup crispy pine nuts

4 ounces blue cheese or other GAPS legal cheese

Toss and serve with homemade dressing.

Friday

- Wild Salmon with Lentils
- Roasted Cauliflower
- One cup of meat stock or bone broth

Wild Salmon with Lentils

Serves 4-6

4 8-ounce wild salmon fillets

4 teaspoons butter

½ pound French lentils

2 tablespoons whey or lemon juice

¼ cup duck or goose fat (may substitute tallow or lard)

2 cups yellow onions, chopped

2 cups leeks, chopped (white and light green parts only)

1 teaspoon fresh thyme

2 teaspoons Celtic sea salt

¾ teaspoon black pepper, freshly ground

1 tablespoon fresh garlic, minced
1 ½ cups celery, chopped (4 stalks)
1 ½ cups carrots, chopped (3 carrots)
1 ½ cups homemade chicken meat stock or bone broth
2 tablespoons tomato paste
2 tablespoons raw apple cider or raw red wine vinegar

Soak lentils in warm purified water with whey or lemon juice for seven hours in a warm place. Drain and rinse lentils. Melt duck or goose fat in pot. Sauté onions, leeks and thyme over medium heat for 10 minutes or more until onions are translucent. Add garlic and cook for 2 more minutes. Add lentils to the pot with add to pot with celery, carrots, chicken meat stock or bone broth and tomato paste. Bring pot to a boil. Skim off any foam that has formed. Turn heat down to a simmer and cook for 45 minutes. Add vinegar, salt and pepper.

Preheat oven to 350 degrees Fahrenheit. Place wild salmon in buttered baking dish. Add 1 teaspoon butter to each fillet. Bake in the oven for 16-18 minutes. Spoon a mound of lentils on each plate and serve the salmon on top.

Roasted Cauliflower

Serves 4-6

1 ½ pounds cauliflower
1 tablespoon extra-virgin olive oil
1 tablespoon duck or goose fat (coconut oil, tallow or lard are fine)
Celtic sea salt
Green peppercorns, freshly ground

Preheat oven to 400 degrees F. Core cauliflower and slice cauliflower into ¼ inch pieces. Melt olive oil and animal fat. Place cauliflower pieces in a bowl and toss with fat to coat all pieces. Spread the cauliflower in a single layer on a pan. Sprinkle liberally with salt and pepper. Roast for 20-25 minutes, until tender but still crisp.

Sliced Granny Smith apples with Brazil Nut Butter

Brazil Nut Butter

- 4 cups raw Brazil nuts
- 1 tablespoon Celtic sea salt
- purified, non-chlorinated water
- 2 tablespoons flaxseed oil

Soak Brazil nuts in water with salt for up to 6 hours at room temperature. Rinse and dry nuts. Place in dehydrator at 125 degrees Fahrenheit or in a conventional oven at 150 degrees Fahrenheit for 12-24 hours. Place Brazil nuts and flaxseed oil in VitaMix and process, working up to highest setting. If necessary, add more flaxseed oil to mixture. Store in refrigerator.

Slice apples and spread Brazil nut butter on each slice.


WEEK FOUR
DINNER MENUS


Monday

- Braised Chicken and Wine Sauce
- Steamed vegetables of choice in butter, ghee or coconut oil

- Sauerkraut or kim-chi

Tuesday

- Beef and Bean Chile Verde (*prepare in advance white beans, crème fraiche and Homemade Fermented Salsa*)
- Steamed Swiss chard topped with butter

Wednesday

- Basic chicken breasts
- Fancy Green Beans
- Mashed cauliflower with sautéed garlic and butter
- One cup of meat stock or bone broth

Thursday

- New York Strip with Lentils and Tomatoes (*prepare lentils in advance*)
- Broccoli Toss

Friday

- Grilled wild salmon
- One cup chicken meat stock or bone broth
- Steamed chard
- Arugula and watercress salad with hazelnuts and ginger dressing

Snack

Raw GAPS Cream Shake

WEEK FOUR GROCERY LIST

Meats & Seafood

chicken breasts, 4 (halves)
 chicken legs and thighs, 4 pounds
 chicken stock, homemade, 1 ½ cups
 ground beef, 1 pound
 beef liver, ¼ pound
 New York strip steaks, 1 ½ to 2 pounds
 wild salmon, 2 pounds

Eggs & Dairy

Asiago or Gorgonzola cheese 1 cup
 butter, unsalted, 6 tablespoons
 tahini butter, 2 tablespoons
 unsalted butter, tallow, duck fat or lard 2 tablespoons

Produce

arugula, 1 large bunch
 broccoli florets, 4 cups
 cilantro. 2 bunches
 pecans, crispy
 pine nuts, crispy
 currants
 oregano, dried
 garlic, 2-3 heads
 ginger root
 green beans, 1 pound
 hazelnuts (crispy)
 lemons, 4

lentils, 1 cup
limes, 4
navy beans (white beans), 3 cups
orange, 1
pear, 1
red bell pepper, 2 large
ripe tomatoes, 6 medium
scallions (green onions), 1 bunch
shallots, 3 small
tomatoes (plum), 4
yellow onions, 2
watercress, 1 bunch

Staple Goods

black olives, pitted (without additives)
cayenne pepper $\frac{1}{4}$ teaspoon
Celtic sea salt
chile pepper (Anaheim, jalapeño, serrano or habenero), $\frac{1}{2}$ cup
coconut oil, unrefined
crispy pecans, $\frac{1}{2}$ cup
chili powder, 1 tablespoon
drained capers, 2 tablespoons
olive oil, extra-virgin
ground cumin
homemade crème fraîche, $\frac{1}{2}$ cup
homemade fermented salsa, 2 cups
homemade whey, 4 tablespoons
homemade whey or fresh lemon juice, 1 tablespoon
pepper
white wine, 1 cup

WEEK FOUR DINNER RECIPES

Monday

- Braised Chicken with Wine Sauce
- Steamed vegetables of choice in butter, ghee or coconut oil
- Sauerkraut or kim-chi

Braised Chicken with Wine Sauce

Serves 6

chicken legs and thighs, about 4 pounds

Celtic sea salt and freshly ground pepper, to taste

2 tablespoons extra-virgin olive oil

3 shallots, thinly sliced

4 garlic cloves, minced

1 cup white wine

1 $\frac{1}{4}$ cups homemade chicken stock

1 orange, cut into 1/4-inch slices

$\frac{3}{4}$ cup black olives

2 tablespoons unsalted butter, at room temperature

Season the chicken with salt and pepper. In a large pan (saucier) over medium-high heat, warm the olive oil. Working in batches, add the chicken, skin side down, and cook, turning once, until golden on both sides, about 3 to 4 minutes per side. Transfer to a baking sheet. Set aside. Pour off all but 2 tablespoons of the fat from the pan. Reduce the heat to medium, add the shallots and garlic and cook, stirring occasionally, until tender and translucent, about 2 minutes. Deglaze the pan with the wine and then add the chicken stock. Bring to a boil, stirring to scrape up the browned bits from the pan bottom. Return the chicken to the pan and add the orange slices and olives. Spoon some of the sauce over the chicken. Cover the pan, reduce the heat to medium-low and cook until the juices run clear when the chicken is pierced with a knife, 45 to 50 minutes.

Transfer the chicken to a warmed platter and cover loosely with parchment paper and then aluminum foil. Whisk the butter into the sauce, increase the heat to medium-high and cook until the sauce is thickened, 2 to 3 minutes. Pour the sauce over the chicken and serve immediately.

Tuesday

- Beef and Bean Chile Verde (*prepare in advance white beans, crème fraiche and Homemade Fermented Salsa*)

Beef and Bean Chile Verde

Serves 4-6

1 large red bell pepper, chopped
1 large yellow onion, chopped
3 tablespoons unsalted butter
1 pound ground beef
¼ pound beef liver, chopped
6 cloves garlic, chopped
1 tablespoon chili powder
2 teaspoons ground cumin
¼ teaspoon cayenne pepper, or to taste
¼ cup water
2 cups navy beans (white beans), previously soaked and cooked
½ cup homemade crème fraiche
2 cups Homemade Fermented Salsa

Prepare beans a day ahead of this recipe. See *Basic Beans* recipe below. Melt butter in large saucepan. Add onion and red bell pepper and sauté for 7 minutes. Add ground beef and liver onions and red bell peppers, crumbling the meat with a wooden spoon. Cook until the meat is browned for 8 minutes. Add garlic, chili powder, cumin and cayenne; cook until fragrant, about 15 seconds. Stir in salsa (or sauce) and water; bring to a simmer. Reduce heat to medium-low, cover and cook, stirring occasionally, until the vegetables are tender, 10 to 15 minutes. Stir in beans and cook until heated through, about 1 minute. Serve over a bed of lettuce and top with favorite raw cheese and a scoop of crème fraiche.

Basic Beans

Makes 4 cups of beans

1 cup white beans (Navy beans)
1 tablespoon homemade whey or fresh lemon juice
2 tablespoons unsalted butter, tallow, duck fat or lard
½ yellow onion, chopped
1 garlic clove, minced
purified, non-chlorinated water or meat stock
Celtic sea salt, to taste after cooked

Cover beans with water and add whey or lemon juice. Leave in the pantry or a warm cupboard for 14 hours. When you are soaking larger beans you will need a longer soaking time, up to 24 hours. After 14 hours, drain and rinse beans. Melt butter or animal fat in a pot. Sauté onion and garlic for 2 minutes. Add beans to pot, along with enough water or meat stock (or a combination of the two) to cover beans by 1 inch. Bring to a boil and skim off foam that forms. Lower heat to a simmer. Simmer for 6-7 hours. Check the water level in the pot periodically and add water when needed. Add salt to taste once cooking is finished.

Homemade Fermented Salsa

Makes about 1 quart

6 medium ripe tomatoes, seeded and diced

1 bunch scallions (green onions), chopped

6 cloves garlic, chopped or minced

½ cup chile pepper (Anaheim, jalapeño, serrano or habenero), seeded and finely chopped; please note that chili peppers are arranged in order of mildest to hottest

1 red bell pepper, seeded and chopped (optional)

1 bunch cilantro, chopped (stems removed)

1/3 cup fresh lemon or lime juice

1 teaspoon dried oregano

1 ¼ tablespoons Celtic sea salt

4 tablespoons homemade whey (may use additional 1 tablespoon Celtic sea salt if whey is unavailable)

Combine all ingredients in a quart-size glass jar. Please down gently with a kraut pounder or meat mallet for about 30 seconds. Add additional water if needed to ensure that the vegetables are completely covered. Allow for 1-2 inches of space between the salsa and the top of the jar. Cover tightly. Set jar in a warm pantry or cupboard for 48 hours. Refrigerate after 48 hours. Should last for a month or more.

Wednesday

- Basic chicken breasts
- Fancy green beans
- Mashed cauliflower with sautéed garlic and butter
- One cup of meat stock or bone broth

Basic Chicken Breasts

Serves 4

4 chicken breasts (halves)

2 tablespoons extra-virgin olive oil or butter

Celtic sea salt, to sprinkle

Preheat oven to 350 degrees Fahrenheit. Rinse chicken breasts halves and dry thoroughly. Place in a well-buttered or oiled baking dish. Brush with olive oil or melted butter. Sprinkle with Celtic sea salt. Bake for 35-40 minutes. Breast should register 160-170 degrees Fahrenheit on a meat thermometer.

Fancy Green Beans

Serves 4

1 pound long thin green beans, trimmed

2 tablespoons butter

½ cup crispy pecans

1 small shallot, chopped

Steam green beans for 5 minutes. Remove from the stove and empty water. Melt butter in skillet. Add pecans and toast for one minute. Add shallots and green beans and sauté for 2 minutes.

Thursday

- New York Strip with Lentils and Tomatoes
- Broccoli Toss
- One cup of meat stock or bone broth

New York Strip with Lentils and Tomatoes

Serves 4-6

1 ½ to 2 pounds New York strip steaks
1 cup lentils, cooked (prepare day in advance)
2 cups purified, non-chlorinated water
2 tablespoons butter or duck fat
Celtic sea salt
pepper
4 plum tomatoes, sliced into half-moons
½ cup fresh cilantro, chopped
2 tablespoons fresh lemon juice
1 cup crumbled Asiago or Gorgonzola cheese

Lentils

Soak lentils in warm purified water with whey or lemon juice for seven hours in a warm place. Drain and rinse lentils. Place in a pot with 2 cups fresh purified water. Bring pot to a boil. Skim off any foam that has formed. Turn heat down to a simmer and cook for 45 minutes.

New York Strip with Lentils and Tomatoes

Heat 1 tablespoon butter or fat in a large skillet over medium heat. Season the steaks with salt and pepper. Cook the steaks to desired doneness (4 to 6 minutes per side for medium-rare. Transfer to a cutting board and allow to sit for 5 minutes prior to slicing. Melt remaining fat in skillet. Drain lentils. Add to skillet and heat for 5 minutes. Add tomatoes, cilantro, lemon juice, ½ teaspoon salt and ¼ teaspoon pepper. Serve steak on bed of lentils and tomato mixture with cheese crumbled on top.

Broccoli Toss

Serves 4-6

2 tablespoons butter or duck fat
4 cups broccoli florets
1/3 cup dried currants
2 tablespoons drained capers
¼ cup crispy pecans or pine nuts
2 cloves garlic, minced

In skillet, heat olive butter or fat over medium heat. Add broccoli. Cook about 3 minutes. Cover broccoli with water. Add currants and capers. Cover and cook for 3 more minutes. Remove lid and add pine nuts and garlic. Cook for 5 minutes more.

Friday

- Grilled wild salmon
- One cup chicken meat stock or bone broth
- Steamed chard
- Arugula and watercress salad

Grilled Wild Salmon

Serves 4-6

2 pounds wild salmon

Celtic sea salt to taste
Coconut oil, unrefined
Fresh lime juice

Place salmon on a hot grill previously oiled with coconut oil. Cook 4 minutes on each side for medium-rare. Squeeze lime juice on salmon and season to taste with Celtic sea salt.

Arugula and Watercress Salad

Serves 4-6

1 large bunch arugula, torn into bite size pieces
1 bunch watercress
1 pear, thinly spliced
¼ cup hazelnuts, chopped

Combine in bowl and toss with Ginger Salad Dressing

Ginger Salad Dressing

½ cup fresh lemon or orange juice
1 ½ cups extra-virgin olive oil
2 tablespoons of tahini butter
2 tablespoons ginger, minced
3 cloves garlic, minced
1 teaspoon Celtic sea salt

Place all the ingredients in blender and blend until creamy and smooth about 2 minutes. This dressing keeps in the refrigerator for several weeks.

Snack

Raw GAPS Cream Shake

2 to 4 ounces raw organic sour cream or coconut cream (Artisana coconut cream)
1 teaspoon organic, unrefined coconut oil
1 cup berries, fresh or frozen
2 raw organic egg yolks
½ teaspoon raw honey

Place all ingredients in blender or food processor and process until smooth. Enjoy!