

Good Combo Recipe Booklet

Smoothie for Cereal:

- 1 can coconut milk (13 oz) plus 1 can water
- 2 scoops protein powder
- 2 frozen bananas

Place in blender and blend until smooth. Serve over cereal. (With entire box of rice cereal, \$1.35 and 480 calories per person.)

Scrambled Eggs:

- 12 eggs, plus $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup fat
- spices, herbs, salt

Blend eggs and water in blender. Melt fat over medium heat. Slowly pour in blended eggs. (Too fast and they will sizzle and pop, possibly burning you.) Stir with spatula until nearly cooked through. They should look just a little wet. Turn off heat and serve. (With sausage, \$0.70 and 390 calories per person.)

Fried Eggs:

- 12 eggs
- $\frac{1}{2}$ cup fat
- spices, herbs, salt

Melt fat over medium heat. Slowly crack the eggs into the pan. (Too fast and they will sizzle and pop, possibly burning you.) Cook until they should look just a little wet. Turn off heat and serve. (With sausage, \$0.70 and 390 calories per person.)

Tapioca Pudding:

- 2 eggs
- 6 c almond milk
- $\frac{2}{3}$ c sugar
- $\frac{1}{2}$ c Minute Tapioca
- 2 t vanilla

Whisk egg and milk in large saucepan until blended. Stir in sugar and tapioca. Let stand 5+ minutes. Bring to full boil (a boil that doesn't stop bubbling when stirred) on medium heat, stirring constantly. Remove from heat. Stir in vanilla. Chill and serve. From Kraft Minute Tapioca box. (93 cents, 200 calories per person)

Chia Pudding

- 1 can coconut milk plus 1 can water
- $\frac{1}{2}$ cup honey or sweetener
- 1 T vanilla
- $\frac{2}{3}$ cup whole chia seeds
- 1 pound frozen fruit

Place frozen fruit in the bottom of a 9x13 pan. Blend together milk, sweetener, and vanilla. Once well-blended, turn down speed, and add chia seeds quickly to mix, but not break apart. Pour into pan over fruit and refrigerate overnight. (\$1.15 cents, 350 calories per person)

Hardboiled Eggs

- 12 eggs (can be doubled, works best with older eggs)
- 1 cup water

Place in electric pressure cooker (manual, 8 minutes) and cook. Cool, peel, and serve. (With 2 hashbrowns, 65 cents and 440 calories per person)

Manna Toast

Makes 2 loaves (10 slices and 5 servings per loaf)

- 2 cups coconut butter (softened, homemade from one pound of shredded coconut)
- 10 eggs
- ½ cup fat
- 1 t salt
- 1.5 t baking soda

Mix ingredients. Grease 2 5x9 loaf pans. Bake for 50 minutes at 300 degrees. Cool. From Heal Your Gut (Hilary Boynton) (with ½ jar PB on each loaf, 75 cents and 670 calories per person.)

Banana Bread

Makes 2 loaves (10 slices and 5 servings per loaf)

- 4 cups GF flour
- 1 t salt
- 2 t baking powder
- 1 c sugar
- 2 sticks butter, softened
- 4 eggs
- 2 t vanilla extract
- 1 1/3 cup buttermilk (make with apple cider vinegar)
- 4 frozen, thawed bananas

Preheat oven to 350 degrees. Grease 2 9x5 bread pans. Puree liquids in blender. Add to dry ingredients in bowl and stir until moist. Add batter to pans and bake 45 minutes. Cool before cutting. (With one stick of butter on top, \$1.10 and 600 calories per person.)

Clafoutis (Cla-foo-tay)*

- 12 eggs
- ½ cup honey
- 1 cup liquid
- 1 cup fat
- 4 t vanilla or almond extract
- 1 cup almond flour

Blend ingredients in blender, adding flour last. Pour into greased 9x13 pan, or tall 8x8 pan. Bake at 300 degree for 90 minutes. (700 calories and \$1.00 per person.)

*Recipe can be doubled and frozen. It can be made with different flavors—those are not included in the shopping list. Add pumpkin, rhubarb, strawberries, apple chunks, etc.)

Pancakes

Makes approximately 32 -4" pancakes

- 4 cups of “milk”
- 4 tablespoons of lemon juice
- 4 cups GF flour
- ½ c of sugar
- 4 teaspoons of baking powder
- 2 teaspoon baking soda
- 1 teaspoon salt
- 4 eggs
- 4 teaspoons of vanilla
- 7 T fat
- butter to grease the skillet

Pour milk into measuring cup and add lemon juice. This will create “buttermilk” for you. Put it aside. Pour flour, sugar, baking powder and baking soda into a large mixing bowl and whisk until blended. Turn medium heat on to warm up your skillet. Add milk to the dry mixture and whisk. Add egg, butter and vanilla. Whisk until smooth. Preheat griddle to 325 degrees. Pour 4” pancakes into the griddle. Flip once you see bubbles forming throughout, approx. 4 minutes. Let them cook for another 3-4 minutes and serve immediately. (Bonbon Break) (With butter as topping, \$2.10 and 600 calories per person.)

Banana Peak Pancakes

- 12 eggs
- 4 bananas
- 1 cup (half small jar) peanut butter

Mix together in blender. Preheat griddle to 325 degrees. Pour onto griddle, fitting eight onto the griddle. Flip once bubbles appear and pop on the pancakes. Serve with one stick of butter, drizzled with honey. (With butter—not honey-- 750 calories and 80 cents per person.)

Snack Recipes:

Ants on a Log:

- celery sticks (about 1 stick per person)
- peanut butter (up to ½ peanut butter total)
- raisins (about 2 T per person)

Put peanut butter and raisins on the celery sticks or dip sticks into the peanut butter.

Jello

Makes 1 8x8 pan (cut into 12 servings)

- 4 c juice plus 2 c water
- 6 packets gelatin (or about 6 T)

Microwave 2 cups of juice. Pour 6 cups juice into an ungreased 8x8 pan. Pour gelatin over the top. Pour hot juice over the gelatin and stir gently with a fork for 2 minutes. Cool on counter. Refrigerate before serving.

Lunch Main Dish:

Tuna Pasta Salad

- 12 cans drained tuna
- 1 small jar healthy mayo
- 1 lbs cooked rice pasta
- colorful sliced raw veggies, like peppers, tomatoes, celery
- ½ bottle Italian dressing

Toss and serve.

Split Pea and Ham Soup

- 2 lbs diced ham
- 12 c ham broth
- 2 lbs split peas
- 2-3 lbs sliced carrots
- 2 sliced onions

Simmer together 30 minutes to soften the peas.

Chicken Soup

- 1 whole chicken
- 2 diced onions
- ½ stalk celery, diced
- 2 lbs carrots, diced
- 1 T salt and 1 T ACV
- 2 lbs peas or winter mix

Add all ingredients but frozen veggies to dutch oven. Cook in oven at 350 for 2-3 hours. Remove chicken carcass, dice meat, and add back to soup. Add frozen veggies. Bring to a boil to cook veggies before serving. May add rice to soup.

Tusca Zoppata

- 12 c chicken or turkey broth
- 3 lbs sliced kielbasa
- 2 24 oz cans tomatoes
- 2 lbs soaked lentils
- 2 lbs chopped carrots
- 2 diced onions
- 1 lb cabbage
- 1 lb spinach

Simmer ingredients together 30 minutes to soften lentils.

Taco Salad

- 3 lbs ground meat
- ¼ c taco spice (4 parts cumin, 2 parts paprika, 2 parts onion, 1 part oregano, 1 part salt, 1 part cayenne pepper)
- 3 hearts or 1 lb shredded romaine lettuce
- 1 jar salsa
- crumbled tortilla chips

Toss and serve.

Chili

- 3 lbs ground sausage meat
- 12 cups broth
- 2 lbs soaked lentils
- 3 diced green peppers or celery
- 2 diced purple onions
- 28 oz can crushed tomatoes
- 12 oz tomato paste
- 1/2 tsp cayenne
- 1 T cumin
- salt to taste

Cook 60 minutes on manual in the Instapot, or 90 minutes on the stovetop.

Waldorf Turkey Salad

- 3 lbs cooked turkey breast
- 2 lbs sliced grapes
- 1 jar healthy mayo
- 3 diced apples
- 1 lb chopped pecans
- 1/2 stalk sliced celery

Toss together and serve.

Seven-Layer Salad

Layer in this order (rainbow color):

- 2 cans sliced olives.
- Finely shredded purple cabbage
- 1 head romaine or 1/3 lb lettuce or spinach
- 1 lb frozen peas
- 2 shredded carrots
- 1 jar salsa

Beef Stew

- 3 lbs raw stew meat
- 12 cups water or broth
- 2 lbs sliced carrots
- 1/2 stalk sliced celery
- 2 lbs frozen cauliflower
- 5 cubed potatoes

Simmer on stovetop 2 hours.

Herbed Pork Soup

- 3 lb meaty pork bone
- 12 c water
- 1 head chopped cabbage
- 2 lbs diced carrots
- 2 diced onions
- 1 lb frozen zucchini
- 24 oz diced tomatoes

- 2 T dried parsley
- 2 T dried basil

Simmer everything but the herbs on the stovetop for 90 minutes. Remove the pork bone and shred the meat. Add to pot. Add herbs and simmer for 10 additional minutes.

Stuffed Pepper Soup

- 3 lbs ground sausage meat
- 12 cups chicken or turkey broth
- 2 cans coconut milk
- 48 oz tomatoes
- 3 lbs frozen peppers
- 3 sliced onions
- 12 oz tomato paste.
- 3 cups dry rice

Simmer on stovetop for 90 minutes.

Lunch Side Dishes:

Shopping list includes approximately 4 T of butter or coconut oil being used for topping the breads at lunch each day.

Flax Foccacia Bread

Makes 3 Loaves (10 servings each)

- 6 cups flax meal
- 3 T baking powder
- 3 t salt
- 12 eggs
- 3/4 cup oil
- 1.5 c cup water (maybe more)

Add wet and dry ingredients. Let rest for 5 minutes. Grease 2 baking sheets. Spread dough onto sheets in circular shapes. Bake 350 for 20 minutes.

Almond “Corn” Bread

Makes 2 8x8 pans (15 servings each)

- 4 cups almond flour
- 4 T coconut flour
- 1 t baking soda
- 1 t salt
- 8 eggs
- 1/2 c fat
- 2/3 cup liquid (like almond milk)
- 1/2 c honey
- 2 t apple cider vinegar

Bake 350 degrees for 30 minutes in 2 greased 8x8 pans.

Snacks:

Chewy Cookies

Makes 2 dozen.

- 2 sticks butter
- $\frac{3}{4}$ c honey
- 2 T almond extract
- 5 cups almond flour
- 1 t salt
- $\frac{1}{2}$ t baking soda
- 2 t cinnamon

Stir ingredients together and roll into balls. Roll in sweetener. Place on baking sheet. Flatten slightly. Bake for 32 minutes at 350 degrees on the bottom rack. Let cool before removing from baking sheets. From Nourishing Eats (Sarah Smith)

PB Cookies

Makes 2 dozen.

- 2 c peanut butter
- $\frac{2}{3}$ c sweetener
- 2 eggs
- 1 t baking soda
- 1 t salt
- (1 c chocolate chips)

Preheat oven to 350. Mix in bowl. Roll onto cookie sheet. Bake for 20 minutes. Cool before removing from pan.

Berry Muffins

Makes 2 dozen.

- 4 cups GF baking flour
- 4 tsp baking powder
- 1 t salt
- 2 sticks butter
- 2 cups sweetener
- 4 eggs
- 1 cup liquid, like Almond Milk
- 2 cups frozen blueberries

Preheat oven to 375. Line muffin tins with papers. Blend dry ingredients together. Add wet ingredients. Fold blueberries into the batter. Bake for 30 minutes. Cool at least 5 minutes.

From Bob's Red Mill

Date Balls

Makes 24 balls (12 servings)

- 2 c raisins
- 1 c sunflower seeds
- 1 c coconut shreds

Roll into balls.

Yellow Cupcakes (with chocolate frosting)

Makes 2 dozen cupcakes.

- 1 cup fat
- 1 cup honey
- 1.5 t salt
- 12 eggs
- 3 t vanilla extract
- 1 t almond extract
- 1.5 cups coconut flour

Blend wet ingredients; add to dry ingredients. Line muffin pan with papers. Place 3 T of batter into each muffin paper. Bake at 325 degrees for about 30 minutes. Cool completely before frosting. (From Nourishing Eats, Sarah Smith)

For Frosting:

- 2 sticks of soft, unsalted butter
- ¼ c honey
- 1/3 c cocoa powder

Use mixer to blend.

Sunflower Cake

Makes 2 Cakes, 12 servings each

- 5 cups moist sunflower seeds (after soaking and draining)
- ½ stick (4 T) butter
- ¾ cup sweetener
- 8 eggs
- 4 t cinnamon

Grind the seeds and mix the ingredients together into a dough. Grease 2 8x8 pans. Bake 350 for 60 minutes. (From Internal Bliss, Campbell-McBride)

Amazingly Delicious Carrot Cake

Makes One Cake (12 servings, 9x13 pan)

2 cups coconut manna (softened)

¼ cup honey

1 cup shredded carrots

1 T cinnamon

½ cup raisins

1 t salt

2 t baking soda

1 t vanilla extract

10 eggs

Blend ingredients together. Pour into a greased 9x13 pan. Bake for 40 minutes at 300 degrees. (From Heal Your Gut, Hilary Boynton)

Supper:

GF Pizza Crust

Yields 2 crusts on cookie sheet, one for week one, and one for week three. Top each crust with 8 oz dairy-free “cheeze.”

- 3 cups GF flour
- 2 T sugar
- 2 packets xanthan gum
- 2 T or packets yeast
- 1 t salt
- 2 cups warm water (about 100 degrees)
- 2 tsp ACV
- 2 T olive oil

Mix all dry ingredients together. Add wet ingredients and mix well. Grease a cookie sheet and spread the crust onto it. Let rise for 30 minutes. Preheat oven to 425 degrees. Bake crust 7 minutes. Take out from oven, add toppings, and bake an additional 15 minutes. Remove and let rest 10 minutes before cutting. (Frugal Farmwife)

Pizza Sauce

(for 2 pizzas)

- 6 oz tomato paste
- 6 oz water
- 1 T sugar
- 1 tsp salt
- 1 tsp oregano

Meatloaf

- 3 lbs ground meat
- ½ c minced dry onion
- ½ c ketchup
- ½ c aminos
- 1 T salt
- ½ c milled flax

Mix together and press into 9x13 pan. Bake at 350 for 45 minutes.

Sloppy Joes

- 3 lbs cooked ground meat
- ½ c onion
- ¾ c ketchup
- ½ c water
- 1/8 c celery
- 1 T sugar
- 2 T lemon juice
- 2 t salt
- 2 t aminos
- 1 t vinegar

- squeeze mustard

Spaghetti Sauce

- 48 oz canned diced tomatoes with liquid
- 12 oz tomato paste
- herbs like oregano or Italian seasoning

Blend in Vitamix.

Find or create all other supper recipes, or follow directions on the package. All suppers include 2-3 lbs of meat and 1-2 lbs of veggies included in the shopping list.

Sides:

Find or create recipes of your own for side dishes.

Basic Dressing Recipe:

- $\frac{3}{4}$ cup oil (liquid coconut oil or olive oil)
- $\frac{1}{4}$ cup sour (lemon juice, apple cider vinegar, mustard, balsamic)
- Sweetener and spices to taste ($\frac{1}{2}$ c blended berries, 2 T honey, 1 T spices)

Desserts:

Rice Krispies

Gently melt 10 oz marshmallows in a pan with 4 T butter. Stir in 6 cups of cereal. Press into a greased 9x13 pan. Chill and cut. (This recipe contains only half of the marshmallows in traditional recipes. But it still plenty delicious!)

Brownies

Makes 16 brownies in an 8x8 pan

- 1.5 cups sweetener
- ½ cup butter
- 1 t vanilla
- ¾ c cocoa powder
- 1 tsp baking powder
- ¾ c GF flour
-

Bake at 325 for 35 minutes. Chill and serve.

Lemon Bars

Makes 16 bars in an 8x8 pan

- 1 2/3 cups (233 g) basic gum-free gluten free flour blend
- 1/2 cup (58g) confectioners' sugar, plus more for dusting
- 1/2 teaspoon kosher salt
- Zest of 1 large lemon
- 9 tablespoons (126g) unsalted butter, melted and cooled
- 4 eggs (200 g, weighed out of shell)
- 1 cup (200 g) granulated sugar
- 3/4 teaspoon baking powder
- 2/3 cup freshly squeezed lemon juice (juice of about 4 lemons)

Preheat your oven to 325°F. Grease an 8-inch square baking pan, line with criss-crossed pieces of parchment paper that overhang the sides, and grease the parchment paper. Set the pan aside.

Make the crust. In a medium-sized bowl, combine 1 cup (140 g) of the flour, confectioners' sugar, salt and lemon zest and whisk to combine, breaking up any clumps of lemon zest. Add the butter and mix with a fork until well-combined. Press the mixture into the bottom of the prepared baking dish in an even layer. Place the baking dish in the center of the preheated oven and bake for about 15 minutes or until firm. Remove from the oven and allow to cool briefly.

Make the custard layer. In a medium-sized bowl, place the eggs, granulated sugar, baking powder, lemon juice and remaining 2/3 cup (93 g) flour, whisking vigorously to combine after each addition. Pour the custard mixture into the baked crust and return the pan to the center of

the oven. Bake until just set (20 to 25 minutes). The custard is set when it does not jiggle more than a tiny bit in the center when the pan is shaken gently back and forth. Remove the pan from the oven and allow to cool in the pan for about 20 minutes.

Place in the refrigerator to chill until firm, about 2 hours and up to overnight. Remove the bars from the pan by running a butter knife or thin spatula around the perimeter of the baking dish, and then lifting the bars out of the pan by the overhung pieces of parchment paper. Dust lightly with confectioners sugar, and slice into 9 or 12 squares with a large knife. Serve chilled. (From Gluten-Free on a Shoestring)

One Bowl Gluten-free Chocolate Cake

Yields 2 cakes in 8x8 pans (cut each cake into 16 pieces)

- 3 cups GF flour
- 2 packets xanthan gum
- 1 cups cocoa powder
- 1 t salt
- 1 t baking soda
- 2 c sugar
- 1.5 c almond or coconut milk with 1 t ACV
- 1 liquid coconut oil
- 4 eggs (or equivalent egg replacer
- 1.5 c water

Preheat oven to 350. Thoroughly sift dry ingredients together in a big bowl. Stir in the wet ingredients. Pour into two separate greased 8x8 baking pans. Bake for 30 minutes. Cool before frosting. (Adapted from Gluten-free on a Shoestring.)