

COTTER CRUNCH EASY MEAL PREP GLUTEN FREE MEAL PLAN



**Recipes compiled into PDF format from
EASY MEAL PREP RECIPES GLUTEN FREE MEAL PLAN**

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BREAKFAST

HONEY SESAME STRAWBERRY OVERNIGHT OATMEAL

{GLUTEN FREE, VEGAN FRIENDLY}

Preparation: 10 hr Total Time: 10:00

Serves: 2-3 ADJUST SERVINGS

Ingredients

- 1 cup gluten free quick oats (see notes for gluten free/vegan brand)
- 1 cup water (or milk of choice)
- 1/4 cup light coconut milk or cream
- 1 - 2 tbsp honey or maple syrup (some for topping as well if preferred)
- 1 tbsp (heaping) of creamy almond butter or other nut butter of choice
- 1 tbsp all natural strawberry preserves
- 1/2 tsp vanilla
- Pinch of salt
- 1 tbsp sesame (divided)
- 1 handful of strawberries (slices)
- Optional - chia seed (1 to 2 sp)

Instructions

1. Combine oats, water (or milk), coconut cream, nut butter, ½ tbsp sesame, optional chia seed, salt, vanilla, preserves, and honey into a small mixing bowl. Mix well and then let it sit overnight in fridge.
2. Remove from fridge and spoon into bowls. Add sliced strawberry on top extra sesame seed. Add more milk and honey if you want it creamier. Enjoy!

Notes

For gluten free quick oats we used Lovegrown foods brand.

Recipe Notes

340 to 475 calories, depending on your serving size and type of milk you use. It's still relatively lower in sugar compared to most other packaged flavored oatmeal (12 -15 grams), has over 11 grams protein, and 45-60 grams carbs, 10 grams fiber.

CREAMY CARAMEL PEAR OATMEAL CRISP SMOOTHIE {GLUTEN FREE}

Preparation: 5 min Cook Time: 5 min Total Time: 0:10

Serves: 2

Gluten Free Caramel Pear Oatmeal Crisp Smoothie! A healthy dessert style smoothie you can enjoy for breakfast, post workout, snacking, or anytime the craving hits! Super creamy, packed full of fiber and protein, delicious, and made with wholesome real ingredients.

Ingredients

Caramel Sauce -

1 tbsp coconut butter (melted)

1/2 tbsp coconut sugar or brown sugar

1 tsp vanilla

1 tsp honey or maple syrup

You can also use my Vegan Dulce De Leche Sauce on top

FOR SMOOTHIE

1 medium pear

1/2 cup creamy full-fat Greek yogurt or kefir yogurt

1/2 cup ice

1/4 cup raw gluten free oats (we use love grown super oats)

dash of cinnamon

8 oz almond milk or coconut milk

1/2 banana (optional for more thickness)

Instructions

1. First make your caramel sauce.
2. Mix together melted coconut butter, coconut sugar, extract, and honey. Mix until smooth.
3. Next, place your remaining ingredients in blender and blend until mixed.
4. Add your caramel sauce and blend until smooth and creamy.
5. Pour into 1 large cup or 2 smaller cups.
6. For overnight oat smoothie, keep cups in fridge for 6-8hrs.

7. Stir in the morning and enjoy!

Recipe Notes

Lovegrown foods (<http://www.lovegrownfoods.com>) gluten free vegan super oats has chia as well, so when you place smoothie in cup overnight, it thickens even more with the chia! So good!

FLOURLESS PEANUT BUTTER WAFFLES

Preparation: 20 Cook Time: 10 Total Time: 0:00

Serves: 2

Protein rich Flourless Peanut Butter Waffles {Gluten Free, Dairy Free}

Ingredients

1 c gluten free rolled oats

1/4c unsweetened apple sauce

3 tbsp to 1/4 c Naturally More Peanut Butter (with protein)

1 egg

1 tsp Vanilla

1/2 tbsp Apple Cider Vinegar

1 tsp baking powder

Pinch of Salt

Pinch of cinnamon

1/2 c almond or non-dairy milk of choice

Optional honey to sweeten

Optional Toppings : Melted Peanut butter, maple syrup, berries, banana, or dark chocolate chips

Instructions

First place gluten free oats (<http://amzn.to/2t4DJEu>) in blender or food processor. Blend until you get a flour or close to it. Next add the rest of your ingredients. Blend until a thick batter is formed. You might need to stop a few times and scrape the sides. Once a batter is formed, let it sit in fridge for 20 minutes.

Heat a waffle iron on medium to high. Add a smidgen of coconut spray (<http://amzn.to/2tYO7iC>) or butter.

Pour half the batter (depending on your size waffle iron) and heat for about 5 minutes or until waffles are brown and fluffy.

Remove and repeat. This should make 2 6inch waffles (or 8 section of waffles).

See notes for making a bigger batch.

Plate and top with extra melted peanut butter, fruit, and/or maple syrup.

If you are not eating these right away, feel free to place in foil and freezer for later. Then pop in toaster oven before eating again. EASY!

Recipe Notes

If you want to double the batch start, simple make 2 batters in blender, then combine. Always grinding oats first.

Estimated Nutrition Per Waffle

350 calories; 15 grams of fat, 2.8 grams saturated fat, 38 carbohydrates, 8 grams of fiber, 9 grams of sugar, 15-16 grams of protein.

LUNCH

PICNIC READY MASON JAR SALAD WITH SESAME YOGURT DRESSING {VEGETARIAN}

Preparation: 10 min Total Time: 0:10

Serves: 2 ADJUST SERVINGS

Picnic ready vegetarian Mason Jar salad packed full of seasonal vegetables and tossed in natural sweetened sesame yogurt dressing! Healthy, portable, protein packed ya'll!

Ingredients

Sesame Yogurt Dressing

4.4 ounce container of yogurt (siggi's strawberry & rhubarb whole-milk yogurt). Or See notes for siggi's plain yogurt option

1/4 c olive oil

1 to 2 tsp Lemon juice (if using plain yogurt, feel free to add a tsp. more lemon juice)

2 tsp red wine vinegar

1 to 2 tsp Honey (If using plain yogurt you can adjust sweetness a bit more.)

1-2 tsp regular or toasted sesame seeds

Salt/Pepper to taste

1/2 tsp ground ginger

(You will have extra dressing for future salad recipes)

Mason Jar Salads - These are ingredients for two large jars

2 -4 tsp Sesame Yogurt Dressing (divided)

1 cup mixed greens (salad)

1 cup chopped Brussel sprouts (1 1/2 c whole)

1 cup cooked quinoa (divided)

2 - 4 orange slices cut 1 inch thick

1 cup microgreen Sprouts

1 summer squash (1/2 in each jar, spiralized or cut julienne)

1/3 cup roasted chickpeas (You can use plain cooked or canned (drained) as well)

Cilantro to garnish.

Lemon or lime wedge for garnishing

Salt/pepper to taste

Instructions

1. For the sesame yogurt dressing, whisk all ingredients together in a bowl. You will have extra for future uses. Store in an air tight container until ready to use.

2. For the mason jar salads, the ingredient listed are for two large mason jars. Simple layer half the amount into each jar. Starting with the yogurt dressing on the bottom, then quinoa, greens, orange, chickpeas, Brussels sprouts, squash noodles, and herbs and sprouts on top. The edible flowers are just fun to add. Salt and pepper the salad half way through layering if desired.

3. Then all you have to do is shake it a little, then pour the contents into bowl or plate for eating on the go!

Recipe Notes

If you are using siggi's plain yogurt for the dressing, you can use 4-5 ounces of a container. Adjust lemon juice and olive oil to desired amount to make thicker or thinner.

Estimated Nutrition with 2 tbsp dressings 250 calories 5 grams of fat, 43 g carbs, 9 grams of fiber, 8 grams of sugar, 12 grams protein

HONEY BBQ BAKED SALMON BOWLS {MEAL PREP RECIPE}

Preparation: 15 min Cook Time: 10 min Total Time: 0:25

Serves: 3-4

Honey BBQ Baked Salmon Bowls {Meal Prep Recipe, Gluten Free, Dairy Free}

Ingredients

For the Salmon

2 Salmon fillets

or 10-12 oz of Salmon (We use Sizzlefish, See link below)

1/2 c Gluten Free BBQ sauce (lower sugar if possible)

1 tsp minced garlic

1/2 tsp pepper

Salt to taste

1 tbsp Apple Cider Vinegar or balsamic vinegar

1 tbsp honey!*Bowl Ingredients*

1 cup uncooked Quinoa (see notes for paleo option)

2 c water or broth

Pinch of sea salt

1 tbsp olive oil

2 zucchini (spiralized)

1 bunch cilantro

Lemon

1/4 c pepitas (pumpkin seeds)

2 -3 tsp (or more) Red pepper flakes

1 Avocado

Extra BBQ sauce

Instructions

For the baked salmon

1. Preheat oven 400F. Line a baking sheet with foil. Set aside.
2. In a small bowl, Mix BBQ sauce and remaining ingredients/spices.
3. Spread 2 tbsp on each 4-6 ounce fillet or ¼ cup on over 10-12 oz of salmon
4. Bake 10-12 minutes. Broil 1-2 minutes until BBQ sauce browns on edge of salmon. be sure not to overcook so check at 8 minutes first. Add pinch of salt over salmon after cooked.
5. Cut or break up salmon with fork.
6. For the bowl prep
7. Cook quinoa according to instructions (<http://www.thekitchn.com/how-to-cook-quinoacooking-lessons-from-the-kitchn-63344>) (on stove or rice maker) with 2 cup broth or water and oil mixed in. Cook until fluffy. Set aside.
8. Julienne slice or spiralize (<http://amzn.to/2jX728x>) your zucchini. Press extra napkin or towel on zucchini to remove excess water.
9. Next prepare Each Bowl/Meal prep
10. 1/3 c Quinoa cooked (for paleo option, use cauliflower rice (<http://www.cottercrunch.com/thai-cauliower-rice-salad-avocado-cream-dressing/>))
11. 3 ounces salmon
12. 3 -4 Avocado slices
13. 1 cup zoodles
14. Add red pepper, extra BBQ sauce on top
15. Hand full of cilantro, squeeze of lemon, 1 -2 tbso pumpkin seeds
16. Makes about 3-4 bowls for meal prep.
17. *Storing Zucchini * Spiralize zucchini before or slice if making night before, add dash of lemon to zucchini to stay fresh.
18. You will have enough Quinoa for 4-5 people. Extra.

Recipe Notes

Makes about 3-4 bowls for meal prep.

*Storing Zucchini * Spiralize zucchini before or slice if making night before, add dash of lemon to zucchini to stay fresh. You will have enough Quinoa for 4-5 people. Extra.

products we love – Sizzlefish (<http://www.shareasale.com/r.cfm?>

[u=1089553&b=738723&m=59668&afftrack=&urlink=www%2Esizzlesh%2Ecom](http://www.shareasale.com/r.cfm?u=1089553&b=738723&m=59668&afftrack=&urlink=www%2Esizzlesh%2Ecom)))

natural (<http://amzn.to/2kyZdsG>) BBQ sauce (GF)

CALIFORNIA QUINOA SALAD COLLARD WRAPS WITH EDAMAME PESTO

{VEGAN, GLUTEN FREE}

Preparation: 15 min Cook Time: 20 min Total Time: 0:35

Serves: 5 - 6

Ingredients

FOR the EDAMAME PESTO

1 1/2 cup shelled edamame soybeans (cooked and cooled)

1 garlic clove

1/4 cup sunflower seeds

3-4 tbsp olive oil

1/2 tbsp lemon juice

Dash of sea salt and pepper

FOR the CALIFORNIA QUINOA SALAD

2 to 2 1/2 cup cooked quinoa (about 2/3 uncooked)

1/2 c chopped red onion

1 roma tomato (diced)

1/2 to 2/3 cup diced mango (peeled)

1/2 chopped red or orange bell pepper

4 tbsp chopped cilantro

1/3 dried cranberries or raisins

1/3 cup sunflower seeds (raw or roasted)

2 tbsp red wine vinegar

1/2 tsp sea salt

1/4 tsp black pepper

4-5 large collard green leaves

Instructions

1. First make your pesto.
2. Deshell your edamame pods. Then simply combine your edamame, seeds, garlic, in a food processor. Blend then add in your oil, lemon, and salt/pepper. Blend again until thick pesto is formed. Scoop into a bowl and set aside or cover and store in fridge for later. Makes around 1 cup.
3. For the CALIFORNIA QUINOA SALAD.
4. Make sure you have your quinoa cooked first. This is great use of leftover quinoa as well. See notes for how to cook quinoa.
5. Dice/chop all your veggies and peeled mango. Combine them in a large bowl with the quinoa. Add your seeds, cranberries, and cilantro and toss all together. Add in your red wine vinegar and sea salt/pepper and toss again.
6. Next trim your collard green leaves so that the stem is cut off just leaving the whole leaf. Rinse each leaf then dry and place in between a paper towel. Keep them in a paper towel and place in microwave for 10 seconds or so to lightly steam and soften.
7. Remove and lay flat on cutting board or plate.
8. Next scoop 2-4 tbsp of pesto onto each wrap then 1/4 to 1/3 cup of the quinoa salad. Roll up tightly.
9. Repeat until your quinoa and pesto are all used up or store the rest for later.

Recipe Notes

You can use previously frozen mango to save time.

If you need to cook quinoa before-hand then first rinse your quinoa. Add 1 cup quinoa, 1/4 tsp salt, and you need about 2 cups liquid. Bring liquid to a boil with quinoa, then reduce heat to medium low and cover for 20 minutes or until fluffy.

Set aside.

This will make around 3 cups cooked so you will have extra after making the quinoa salad.

QUICK TIP - Make the quinoa ahead and ever EASIER by using a rice cooker. It's so nice to just push one setting and leave it until it's done. Same ratio of water/quinoa. You can also use broth instead of water to make it more flavorful.

QUICK SAUSAGE CASSOULET WITH ENGLISH MUFFIN BREADCRUMBS {GLUTEN FREE}

Preparation: 10 min Cook Time: 23 min Total Time: 0:33

Serves: 6-7

QUICK SAUSAGE CASSOULET WITH GLUTEN FREE ENGLISH MUFFIN BREADCRUMBS! Super easy one-pot meal! It's great for meal prep, a hearty breakfast, or a wholesome dinner!

Ingredients

2 -3 Gluten Free English muffins (toasted) - We used Udi's Gluten Free Whole Grain English Muffins. You will need Extra, sliced, to serve with the dish.

2/3 cup chopped onion (shallot or red onion)

1 small yellow squash - sliced

2 tbsp olive oil or salted butter (divided)

12 oz gluten free chicken or pork sausage (pre-cooked for quickest results)

1/2 cup chopped bacon

1/2 tsp dried oregano

3 thyme sprigs

Salt/pepper to taste (at least 1/2 tsp each or more)

1 tsp minced garlic (2 large garlic cloves)

Two 8oz stewed plum tomatoes (canned). Optional to keep juice.

1 large celery stalk (1/2 cup chopped)

2/3 cup chicken or vegetable broth

20-25 oz (around 2.5 cups to 3 cups) canned Cannellini white beans, drained. See notes for best brand.

3 tbsp tomato sauce

1 cup steamed greens (kale, swiss chard, or spinach work)

optional parmesan to top (1/2 cup)

Fresh Parsley to garnish.

optional hard boiled or friend eggs to top each serving (optional)

Instructions

1. 2 Udi's Gluten Free (<http://udisglutenfree.com/products/wholegrain-english-muns/>) English muffins placed in food processor to make crumbs.
2. Add Muffins to pan/dutch oven pot with 1 tsp oil or butter and 1 tsp Garlic powder.
3. Toast in pot until browned (around 5 minutes).
4. Remove from pan and set aside.
5. Add 1/2 cup chopped bacon and 8 oz of diced gluten free sausage or chicken sausage to your pan.
6. Fry until cooked or if using pre-cooked, just cook until bacon is browned.
7. Remove and leave a little bacon grease in pan.
8. Add more oil to pot and then add onions, all yellow squash, onion, greens, celery, garlic, and salt/pepper to taste. Sauté until fragrant.
9. Add your sausage, broth, drained beans, tomatoes, tomato sauce, and bring to a boil.
10. Add thyme, 1 tsp dried oregano. Reduce and simmer 10 -20 minutes or until avors combine and veggies are cooked. Taste and see if more seasoning is needed.
11. Once the taste is to your liking, add your toasted English muffin breadcrumbs on top!
12. Fresh Parsley to garnish. Optional parmesan to top!
13. Spoon into bowls with half a toasted English muffin.
14. OPTIONAL -> Add fried egg or whole hard-boiled egg to each serving. Great source of choline and extra boost of protein.
15. Extra salt/pepper/parmesan to taste.
16. Keep in fridge for week or freeze for later. Store in air tight container.

Recipe Notes

For authentic white beans (canned) we use Carmelina Brands Italian Cannellini Beans

(<http://amzn.to/2sepZK5>)

This make a great dish for summer or meal prep! Great with pre-cooked chicken sausage or even vegetarian!

Estimated Nutrition 425 calories 15-18 grams fat. 40 carbs 8 grams of fiber 8 grams sugar. 22 grams of protein. Nutrition varies depending on sausage being used.

QUICK SWEET POTATO MOLE TURKEY CHILI {PALEO FRIENDLY}

Preparation: 5 min Cook Time: 40 min Total Time: 0:45

Serves: 5-6

Ingredients

For the pot (or Dutch oven)

16 oz ground lean turkey

2/3 c chopped onion

1 tbsp olive oil

For Sweet Potato Mole Sauce

2 c sweet potato mashed (no skin) or 1-2 small potatoes (no skin)

1 tbsp chili powder

2 tbsp creamy almond butter

1 tsp cumin

1/4 tsp cinnamon

Pinch of ground cloves (optional)

1 tsp olive oil

2 garlic cloves (or 1 tsp minced)

1/2 c chopped red onion or shallot

1/4 c (around 1- 2 oz) baking chocolate (or dark chocolate works). To reduce sugar I used unsweetened dark chocolate.

2 c Chicken or Vegetable broth

1 tsp cocoa powder

Pinch of sea salt

To add to the Pot after adding the mole sauce*

2 c chopped bell pepper

1 can (14 oz) fire roasted tomatoes (or salsa)

1/2 tsp sea salt

1/2 tsp cayenne

1 tsp minced garlic

1/2 tsp pepper

1 more tbsp chili powder

Toppings

Sliced jalapeños and cilantro. Any extra spiced you'd like. Pepitas (pumpkin seeds)

Optional - Cheese (not paleo) or paleo sour cream

Instructions

1. Note before you begin, I would cut/clean/peel prepare all your veggies so they are ready to use.
2. First, brown meat with 2/3 cup chopped onion and 1 tbsp oil. Drain fat where needed. Once browned, keep in pot on low .
3. While meat is browning, make mole sauce.
4. For the mole sauce, peel then heat the sweet potatoes in microwave 3 minutes. Then mash in a bowl. If you want to use a sweet potato puree, that is fine too. Sauce will be thinner but delicious.
5. Next, blend the garlic/onion/olive oil together. Add that to a separate small pot then add in your chocolate, creamy almond butter, salt, and other spices listed for the sauce.
6. Melt all together, then add your cooked sweet potato mash and broth. Stir together then simmer 20 minutes.
7. Once melted together, use a blender or Immersion Blender (<http://amzn.to/2eKbDd0>) to make the sauce smooth.
8. Add mole sauce to your browned turkey pot mix. Mix together.
9. Then add the rest of your ingredients listed to the pot, chopped bell pepper, fire roasted tomatoes (or salsa), sea salt, tsp cayenne, minced garlic, pepper, 1 more tbsp chili powder.
10. Simmer 20 minutes.
11. Taste and adjust to see if you need more spices.
12. Ex: smoked paprika, cumin, chili pepper
13. Garnish with cilantro, pepitas, and jalapeños .
14. Optional: Cheese or sour cream

Recipe Notes

You can use semi-sweet chocolate but it will definitely be sweeter. For the unsweetened chocolate, I used this baking chocolate (<http://amzn.to/2hBzh>)

You can make this chili extra thick with less broth or thinner with extra broth.

Adjust the spice to your liking. Throw in some ancho peppers.

GLUTEN-FREE PANKO CRUSTED PAPRIKA CHICKEN {HEALTHY QUICK RECIPE}

Preparation: 10 min Cook Time: 25 min Total Time: 0:35

Serves: 6

A Crowd pleasing Gluten Free Recipe! Gluten Free Panko Crusted Paprika Chicken with veggies!
Dairy Free Friendly and Ready in under 45 minutes!

Ingredients

2 lbs chicken breast (skinless)

200 grams 4-5 pieces gluten free bread (Udi's millet/chia bread)

1 tsp or more smoked paprika

1/2 tsp garlic powder

Pinch of ginger

1 sprig oregano (extra for garnishing)

1/4 tsp turmeric powder (optional)

salt/pepper to taste (around 1/2 tsp)

2 eggs whisked with 1 tsp dijon mustard

1/4 cup or more almond meal.

Extra sea salt to taste

Optional Veggies for one pan meal

1/2 lb asparagus spears

Olive or Avocado Oil

Lemon

Instructions

1. Preheat oven 415F. Clean your chicken and place on large pan or plate.
2. Line a sheet pan with foil or parchment paper. Set aside.
3. Next, tear your gluten free bread into smaller pieces and place in food processor or blender.
4. Add in you garlic, paprika, salt/pepper, leaves from oregano sprig, ginger, and optional turmeric.
5. Blend until a panko/meal crumb batter is formed.

6. Place gluten-free panko in a small bowl. Place your almond meal in a separate bowl.
7. Whisk your eggs/mustard together in a third bowl.
8. Coat each piece of chicken with almond meal, then generally salt.
9. Douce the chicken in your egg mix then roll it in the panko/bread seasoned mix.
10. Place on sheet pan.
11. Place in oven at 415 F for 25 minutes or so. Instructions for adding veggies
 1. If you want to add vegetable, then add your asparagus spears to the pan after the chicken as baked for 10 minutes by itself. Just remove pan from oven, add your asparagus, drizzle ½ tbsp olive oil over the asparagus. Then add salt/pepper.
 2. Place back in oven for another 15 minutes or until chicken is no longer pink in the middle.
 3. Remove and squeeze fresh lemon juice on top of veggies. Serve and garnish with extra oregano leaves, paprika, and pepper.
 4. This serves 6 people for 5 oz chicken breast
 5. * Serving sauce Option* If you don't have a dairy allergy, this goes great with a tangy yogurt dipping sauce or dressing.

Recipe Notes

You can find Udi's Gluten-free Chia Millet Bread (<http://amzn.to/2orls5y>) and whole foods or most local grocers. It's also available on amazon.

Feel free to use more paprika or smoked paprika!

Estimated Nutrition per 5 ounce crusted chicken breast 250 calories 7 grams fat 7 Carbohydrates 36 grams protein

SWEET AND SPICY SRIRACHA PALEO MEATBALLS {EASY}

Preparation: 10 min Cook Time: 30 min Total Time: 0:40

Super Easy Sweet and Spicy Sriracha Paleo Meatballs {freezer friendly}

Ingredients

For the Paleo Meatballs

1 lbs ground beef or chicken (90- 95% Lean)

2 tbsp or more Sriracha or paleo Sriacha. See note for whole 30 option

1 tbsp apple cider vinegar

1 tsp minced garlic

1/4 tsp sea salt

dash of black pepper

2 tbsp tapioca or potato starch (arrowroot starch works too)

1/2 tsp ground ginger

1 whisked egg

Garnishes - cilantro, chili pepper, optional coconut sugar to top.

For the sweet and spicy Sriracha Sauce

1/4 cup diced onion or shallot

1 cup crushed tomatoes (drained excess water if used canned)

1/2 cup natural ketchup

3-4 tbsp Sriracha (more the spicier)

Crushed pineapple (about 1/2 cup drained to mix into the sauce)

1.5 tbsp Apple Cider Vinegar

1/4 tsp ground ginger

1 tbsp red pepper flakes (to make spicier add more)

2 tbsp maple syrup or honey

1 tbsp minced garlic

salt/pepper to taste

Instructions

1. Preheat oven to 450F.
2. Place all your meatballs ingredients (whisked egg last) in a large bowl. Using a hands or a mixer, mix all ingredients until combined. I find a stand mixer works best.
3. Next Roll meat batter into balls (a little larger size than a golf ball)
4. Place on greased baking sheet.
5. Bake at 450F for 12-14 minutes or until they are firm and slightly cooked/browned.
6. While the meatballs are baking, blend up your sweet and spicy Sriracha sauce.
7. Blend together all ingredients listed in the sauce. Best to use a hand held blender, food processor, or blender,. Then pour the sweet and spicy sauce in medium pan.
8. Bring to a soft boil then reduce.
9. Place your baked meatballs in sauce. Add 1/2 cup crushed pineapple (drained if canned).
10. Simmer for 10 -15 minutes coating all the meatballs evenly.
11. Once cooked, remove and Garnish with extra cilantro, chili pepper flakes, and optional sprinkle of coconut sugar to top.
12. If not serving right away, keep in sealed container in fridge or freeze for later.

Recipe Notes

To make whole 30 friendly, replace ketchup with regular tomato sauce and omit honey. Feel free to use an unsweetened chili paste instead of sriracha. Or nom nom paleo has a whole 30 sriracha (<http://nomnompaleo.com/post/53690118029/whole30-sriracha>) sauce.

Also, you can use pork, beef, chicken, turkey, etc.

SUPER FOOD BAKED SALMON - ONE PAN MEAL

Preparation: 5 min Cook Time: 15 min Total Time: 0:20

Serves: 4

Super Food Baked Salmon {Paleo One Pan Meal, Whole 30 Friendly}

Ingredients

3 to 4 salmon fillets

(4-5 ounces each) or 16 oz fillet

(We use Sizzlefish Atlantic Salmon)

2 cups Brussels sprouts (quartered)

1 cup fresh blueberry (to be mashed)

1/4 to 1/3 cup chopped fresh basil

1/4 to 1/3 olive oil (divided)

3 tbsp balsamic vinegar

2 cloves or 1 tsp minced garlic

1/4 to 1/2 tsp crush black Pepper

Sea Salt (divided)

1 Lemons (juiced) with slices

Instructions

1. Preheat oven to 400F
2. Clean your salmon fillets and place on lined sheet pan.
3. Clean and chop your Brussels sprouts. Place on pan with salmon.
4. Generously sprinkle sea salt on top of salmon and veggies. Set aside.
5. Next, place your blueberry in a bowl. Mash with fork a bit.
6. Add in 1/4 cup olive oil, 1/4 tsp salt/pepper, your basil, garlic, and balsamic vinegar.
7. Mix all together.
8. Drizzle another 2 -3 tbsp olive oil over your salmon and Brussel sprouts.
9. Spoon the balsamic basil blueberry mix over salmon fillets.

10. Squeeze fresh lemon on top of salmon and veggies. Place lemon slices on top of veggies on the sheet pan.
11. Sprinkle with extra black pepper.
12. Place in oven for 15 minutes.
13. Broil for 1 -2 minutes extra to make Brussel sprouts and baked salmon skin extra crispy.
14. Remove from oven.
15. Serve and enjoy!

Recipe Notes

We use Sizzlefish (<http://www.cottercrunch.com/product/sizzle-sh/>) salmon which has both Atlantic and wild caught.

Frozen blueberries work just as well!

Estimated Calories for meal- 395 Carbohydrates - 12 Fat 26-28 grams Protein - 24 grams

SNACKS/DESSERT

VEGAN DARK CHOCOLATE CHEWY ENERGY BITES {BLENDER RECIPE, WHOLE 30 FRIENDLY}

Preparation: 10 min Total Time: 0:10

Serves: 20

Vegan Dark Chocolate Chewy Energy Bites {Blender Recipe, Whole 30 friendly}

Ingredients

1/2 cup dark chocolate chips (100% cacao for whole 30)

1 cup almonds

5 ounces sun dried apricot halves (no sugar added)

cocoa powder (unsweetened)

Pinch of sea salt

Instructions

1. Combine the chocolate, apricots, and almonds in the blender.
2. Blender until batter is formed.
3. Add a pinch of salt
4. Blend again.
5. Remove from blender and place in bowl.
6. Roll into bite size balls (a little smaller than golf ball size. Around 18 grams).
7. Coat (or roll) each ball in cocoa powder.
8. Place on a baking dish or tray with parchment paper.
9. Continue rolling and coating until you have around 18-20 bites.
10. Sprinkle a little sea salt over each if desired.
11. Once done, place in freezer for 30 minutes to set.
12. Remove. Place bites in ziplock or sealed container and store in fridge for up to 8 weeks.
13. These are delicious any time of day!

Recipe Notes

Pulse blender if batter keeps getting stuck.

INSTANT POT CANDIED CHICKPEA CAJUN TRAIL MIX

Preparation: 00:00 Cook Time: 15-17 Total Time: 0:00

Serves: 5 cups

Spicy candied Cajun trail mix made easy in the instant pot! The perfect quick and healthy snack.

Vegan Option.

Ingredients

- * 1 1/2 cups raw pecans halves
- * 1 cup raw almonds
- * 1 cup or more (10 ounces) drained chickpeas
- * 1/3 - 1/2 cup cashews
- * 1/4 cup raw sunflower seeds
- * 2-3 tbsp butter or non-dairy (vegan) butter
- * optional tbsp of water
- * 1/2 cup pure maple syrup
- * 1/2 to 1 tbsp spicy Cajun seasoning or mix (you can also use 1/4 to 1/2 tsp each of cayenne, garlic, onion powder, paprika, and pepper)
- * pinch of ground ginger
- * pinch of sea salt
- * 6 ounces regular dried mango or spicy chili dried mango to add after (if desired)

Instructions

Place all ingredients minus the butter into Instant Pot. Mix thoroughly.

Saute with plastic spatula until butter is melted and nuts/ chickpeas are coated with the seasoning and maple syrup. If batter seems too sticky/thick once sautéing, add the 1 tbsp water.

Switch to pressure cooker onto Manual cooking mode for 10 minutes. Use the Quick Release one timer is done. Remove from pot & spread the nut mix onto a lined cooking sheet. Bake on 375 7-10 minutes; turning nuts/seeds half way. Any longer might burn the nuts. The chickpeas will be a little less cooked but still tasty! See notes for other options.

Remove from oven and Let Cajun trail mix completely cool.

Lastly, dice you mango into small pieces. Then add to your candied Cajun trail mix and stir all together. It's easiest to this this in large ziplock or air tight container. If you are using plain dried mango, feel free to add more spices to the mix to coat.

Store in air tight container. Makes 5 cups or so.

Recipe Notes

Note if you don't have an Instant pot (<http://amzn.to/2qMkEsj>), just use my slow cooker trail mix (<http://www.cottercrunch.com/slow-cooker-paleo-pumpkin-spice-trail-mix/>) method with this recipe and forgo the oven. Be sure to watch the cooking times so the nuts don't burn.

You can make this more paleo friendly but taking out the chickpeas.

If want crispier chickpeas, try adding in roasted chickpeas snacks (<http://amzn.to/2rxOZfa>) after cooking, instead of cooking the canned.

Estimated Nutrition:

Around 210 calories per serving. 12 grams fat 22 carbohydrates 3 grams fiber. 13 grams sugar 3.9 grams protein.

PALEO COCONUT ALMOND BUTTER JELLY ENERGY BARS

Preparation: 15 min Cook Time: 30 min Total Time: 0:45

Serves: 10-11 bars

These Paleo Almond Butter Jelly Energy Bars are one of our favorite bars that fuel us for workouts and snacking on the go. Made with few ingredients; no oils and no refined sugar.

Ingredients

For the Almond Butter Bar Base

- 1 1/2 c almond meal/flour
- 1/2 c coconut flour (sifted or fine)
- 1/2 c unsweetened coconut, shredded
- 1 tsp baking powder
- 1/2 tsp Cinnamon
- 1/4 tsp sea salt
- 1 egg
- 1/3 c nonairy milk (almond or coconut)
- 1 c dried plums (prunes)
- 1/2 c natural creamy almond butter (no sugar added)
- 1 tsp vanilla

Topping

- 1 tbsp natural creamy almond butter
- 1/3 cup 1/2 c prunes
- 2-3 tbsp almond or coconut milk
- Extra unsweetened coconut, shredded, to top

Instructions

1. Preheat oven to 350F. Grease or line an 8x8 pan with parchment paper. Set aside.
2. Sift coconut flour and almond meal together in a bowl. Add shredded coconut, baking powder, salt, and cinnamon and mix.

3. Blend dried plums and creamy almond butter. I used a Food Processor (<http://amzn.to/2lbiHCl>) for this. After blending, set aside.
4. Whisk the egg, milk, and vanilla together.
5. Add your blended almond butter and prune mix to dry ingredients. Stir gently. Then fold in the egg/milk/vanilla.
6. Mix thoroughly.
7. Press batter into lined or greased 8x8 pan. Once that's set, make your topping.
8. Blend together 2-3 tbsp coconut or almond milk, 1 tbsp almond butter, and 1/2 cup or less of prunes. Best in food processor to blend ingredients until jam or jelly paste is formed.
9. Spread this over the batter in your 8x8 pan.
10. Bake 350F for 15 minutes. Remove and sprinkle shredded coconut on top. Place back in oven for another 15-20 minutes.
11. Store in fridge for 30 minutes before slicing.
12. Keeps best in fridge.

Recipe Notes

You can add coconut topping before you bake and then bake for a total of 30-35 minutes. I didn't want to toast the coconut much longer, so I took it out half way.

To make more whole30 friendly try the no bake option and replace the egg with chia or flax egg.

Keep in fridge for 1 hr to set before slicing.