

COTTER CRUNCH LOWER SUGAR GLUTEN FREE MEAL PLAN



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BREAKFAST

CHOCOLATE BANANA QUINOA MICROWAVE MUG CAKE

{GLUTEN FREE, DAIRY FREE}

Preparation: 5 min Cook Time: 1 min Total Time: 0:06

Serves: 1

Ingredients

2 tbsp cooked quinoa

1 tbsp chia seed

30 grams protein powder or cocoa powder (or half of both to equals 30 grams)

1/2 banana

1 egg

Optional vanilla (1/4 tsp)

Optional honey to make it sweeter (1 tbsp)

Drizzle with dark chocolate sauce

Cocoa powder (unsweetened) to sprinkle on top

Instructions

1. Mash your banana. Then add all ingredients to a large microwave safe mug. Mix thoroughly until batter is formed.

2. Microwave for 30 seconds. Wait 10 seconds, then microwave again for 15 seconds. wait one more time and then microwave for an addition 10-15 seconds or until cake starts to expand past mug.

3. Remove from oven and gently flip mug over onto a plate. Cake will have form. Drizzle will any additional chocolate sauce, honey, cocoa, etc. of your choice! Enjoy!

Recipe Notes

Serving size: 1 cake Calories: 215 Fat: 8.5 Saturated fat: 2 Carbohydrates: 27 Sugar: 8 Sodium: 76 Fiber: 7.8 Protein: 11

INDIAN SPICED BAKED POTATO AND EGG FOIL PACKETS

{GLUTEN FREE, PALEO FRIENDLY}

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

Serves: 4

303 calories, 18 grams fat, 26 carbs, 3 grams fiber, 9.5 grams protein. 1.5 grams sugar, 12% IRON and 35% vitamin C

Ingredients

4 cups of sliced golden yellow potatoes (use sweet potato is paleo)

1/4 cup olive oil

1/2 tsp smoked paprika

1/2 tsp minced garlic (dried or fresh)

1/2 tsp curry powder seasoning with turmeric

1/4 tsp sea salt and black pepper each

Foil

4 eggs

Optional topping - red pepper/sriracha, etc.

Instructions

1. preheat oven to 400F.
2. Slice your potatoes and toss them with olive oil and your seasonings.
3. Place about 1 cup of potatoes in a 8x8 or 9x9 piece of foil (packet or cupped).
4. Repeat until you get 4 packets. Place packets on baking tray or straight on oven rack for about 25-30 minutes until potatoes are tender but not fully cooked.
5. Remove tray and place and crack an egg on top of each foil pack.
6. place back in oven for about 10 minutes or until yolks look firm but not overcooked.
7. Remove and garnish with any extra spices.
8. Place on plate or bowls and enjoy!
9. Great with avocado or ranch added.
10. Feel free to pack in more veggies when you cook your potatoes. Super easy and fun!

Recipe Notes

These can easily be made on the grill or over a campfire as well. Cook the potatoes first for about 20 mins or until tender then add your egg! Simple.

PALEO BANANA MUFFINS WITH TOASTED COCONUT

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

Serves: 18 ADJUST SERVINGS

Ingredients

- 2 1/4 cup almond flour
- 3 tbsp chia or flaxseed
- 3 large ripe bananas
- Pinch of sea salt
- 1/2 tsp of cinnamon and ginger
- 3 eggs
- 4 tbsp oil (coconut or avocado oil works great)
- 4 tbsp of either honey or molasses (i used 2 tbsp each)
- 1/2 tsp baking soda
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1/2 cup shredded (large flake) coconut
- 1 tbsp lemon juice or apple cider vinegar

Instructions

1. First preheat oven to 350F
2. Mix your almond meal, baking powder, spices, coconut, and flax. In another bowl whisk your eggs, banana, vanilla, and oil. I found it best to blend it all together in Vitamix.
3. In a small bowl, combine your baking soda and lemon or vinegar (the acid of your choice). Wait till it bubbles then add this to your banana mix. Then pour your banana mix in with the almond batter and mix all together. Spoon into muffin cups or a bread pan (either works), top with extra coconut, and bake for 25-30 minutes.
4. If you want it sweeter, then add 1/4 cup baking Stevia or sugar (optional).

SNACKS

LOWER SUGAR HOMEMADE HEALTHY FRUIT SNACKS

Ingredients

2 bananas or plantains

1 bag frozen or fresh unsweetened dried cranberries or other fruit of choice

2-4 tbsp melted coconut butter or oil

Cinnamon

*I love using sweet spreads cinnamon roll coconut butter melted in this recipe.

Instructions

1. Slice your bananas and combine with berries into a large bowl. Coat with the oil and cinnamon.
2. Lay flat on parchment paper or in a dehydrator.
3. For the dehydrator, place on low for 8-10 hrs at 135F. If you want to try this in the oven, then crack the door open a little bit and keep the oven on low at 140F for 6 hrs or so.
4. You can keep them there longer if you want them more crispy, less chewy.

HOW TO MAKE HOMEMADE SNAP PEA CHIPS {OVEN OR DEHYDRATOR}

Preparation: 10 min Cook Time: 6 hrs Total Time: 6:10

Serves: 4

Easy and healthy. How to make Snap Pea Chips! Oven baked or dehydrated!

Ingredients

3-4 cups Fresh or Frozen snap peas

1/2 tsp sea salt

1/2 tsp onion or garlic powder

Optional 3-4 tbsp nutritional yeast (vegan option for "cheesy" taste)

2 -3 tsp oil

Instructions

1. Lay your snap peas on a paper towel or parchment paper. Blot off any extra water.
2. Lightly drizzle with oil then season with sea salt, onion powder, and nutritional yeast. Toss to coat the snap peas then place at Dehydrate in dehydrator at 135-140F for 8hrs or so. (Oven dried option below)
3. Let them sit another hour at room temp before packaging. If you are using fresh vs frozen snap peas, the dehydrating time will be faster, so check around 6 hrs.

Oven dried option

1. Place seasoned snap peas on baking sheet. Set your temp at 170F and Place tray of snap peas in center rack. Prop the oven door open about 1 inch. You can use a piece of foil that's bunched up to do that.
2. The cooking time will be shorter, so check around 4 hrs.
3. Season more once dried if desired. The oven dried chips will be crispy for a day but then lose crispiness after a few days if not dried long enough to begin with.
4. For QUICK BAKING instructions (quicker) See Notes.

Recipe Notes

For baked version, just bake 350F 15-20 min. Best to Flip them over after 10-15 minutes.

The oven dried will turn out a darker/yellow green in color versus when dried in a dehydrator. They will keep more green hue if dried in dehydrator. Just note that.

MAPLE VANILLA NUT LATTE PROTEIN BITES {NO BAKE, GRAIN FREE}

Preparation: 10 min Total Time: 0:10

Serves: 18-20

Ingredients

1/4 cup finely chopped nuts (hazelnuts are awesome)

2/3 cup almond meal or coconut flour

1/3 to 1/2 cup natural nut butter (no stir works best)

1- 2 tbsp ground coffee

1/4 to 1/3 cup Vanilla bean Protein of choice (extra for coating)

1/4 to 1/3 cup maple syrup. You can also use honey if maple syrup is not available.

Optional- 1/4 tsp each: pure vanilla bean extract, maple extract

BONUS - 1/4 melted dark chocolate to coat if desired.

Instructions

1. Chop nuts in food processor if they aren't already finely chopped. pulse in blender or processor to make more like a nut meal flour.
2. . Transfer into a large bowl and add in all the remaining ingredients with the honey/maple syrup being the last . Mix well (I use my hands) and roll into bite size balls
3. Coat bites (once frozen) with extra protein powder and/or coffee. Makes about 20 balls. Freeze or keep in refrigerator to maintain freshness.
4. Bonus
5. You can also roll the bites in melted dark chocolate and then freeze for a mocha latte bite flavor!

Recipe Notes

Depending on the type of flour and nut butter you use, you might need to adjust the amount. Add all in bowl, then if batter is too thin, add in more almond flour.

If batter is too thick, add more honey or nut butter.

LUNCH

RAINBOW POWER GREENS SALAD WITH BLACK EYED PEAS

{VEGAN, GLUTEN FREE}

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

Serves: 2-3

Ingredients

2 cups cooked black eyed peas (or you can cook a whole bag and use part of it for salad. See below for instructions)

1 tbsp apple cider vinegar (if cooking peas from scratch)

2-3 cup chopped purple cabbage

5 cups chopped collard greens and/or mustard greens/kale

2 tbsp oil

1/2 of a shallot chopped

1 tsp minced garlic

1/2 tsp sea salt

1 to 1 1/2 cup shredded carrot

1/2 cup cooked quinoa (optional)

black pepper

oil/vinegar

lemon juice

Instructions

1. If you are going to cook black eyed peas from scratch, see notes.
2. Rinse your chopped greens and cabbage.
3. In a medium pan, add 1 tbsp oil, shallot, garlic, and cabbage. Saute for 1-2 minutes on medium heat.
4. Next add in your collard green, 1 more tbsp oil, and sea salt. Cover for 3 to 4 minutes on medium heat or until greens are wilted.
5. Remove from heat and place all the ingredients from the pan into a large bowl.
6. Add in your carrots, cooked quinoa, cooked black eyed peas, and a splash of lemon juice.

7. Season with more salt/pepper if desired.
8. Toss together and serve with oil/vinegar.

Recipe Notes

If you want to cook peas from scratch. First place a 16oz bag of peas in a pot and cover with water and 1 tbsp apple cider vinegar. Let it soak for 1 hr or more. Rinse then refill pot with water, dash of salt, and simmer peas for 2 hrs on medium. If they are still not tender after 2 hrs, simmer for 20 minutes longer. Rinse, drain, and keep in a airtight container until ready to eat.

CHILLED ARTICHOKE AVOCADO SPRING PEA SOUP {RAW, VEGAN, GLUTEN FREE}

Preparation: 10 min Total Time: 0:10

Serves: 2-3

Ingredients

10 oz fresh or frozen green peas

1 medium avocado

1/3 cup artichoke hearts

1 garlic clove

2 basil leaves

1/2 cup purified water

1/2 cup almond or coconut milk

1/4 tsp each sea salt and black pepper

1/2 tsp red chili pepper

Topping - coconut cream, chili sauce, cracked pepper, and a drizzle of olive oil

Instructions

1. Peel avocado and remove core. Place all ingredients minus the topping in a blender.
2. Blend on medium to medium high for 2-3 minutes until creamy texture is formed.
3. Feel free to thin it out with extra milk or water.
4. Spoon into bowls and drizzle with chili sauce/olive oil and a touch of cream if desired.
5. Garnish with cracked pepper and extra basil.

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.

DINNER

GINGER LIME TAMARI BAKED COD

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

Serves: 2

Ingredients

2 Alaskan Cod fillets - We use Sizzlefish

1/4 cup gluten free tamari sauce

2-4 tbsp lime juice

Sesame or avocado oil (about 1 tbsp)

1 tbsp honey

Black pepper and sea salt

2-3 slices of fresh ginger

Optional- chili pepper seasoning

Instructions

1. Clean your fillets and then place on baking dish.
2. Next combine your gluten free tamari sauce, lime juice, oil, honey, ginger, black pepper and sea salt (about 1/4 tsp each for seasoning).
3. Mix in a bowl then drizzle over your fish fillets.
4. There will be some juice that is sitting in dish while baking. Be sure to leave out the ginger till the last few minutes.
5. Roast at 400F for about 10-15 minutes.
6. I usually cover with foil for the first 8 minutes then uncover for the rest when I add my ginger.
7. Optional -Garnish with chili pepper flakes/seasoning

Recipe Notes

Note: if you don't have tamari you can use gluten free soy sauce or even balsamic vinegar.

HEALTHY TEX MEX BREAKFAST LASAGNA {GLUTEN FREE}

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

Serves: 4

Ingredients

4 large oven ready (pre-boiled) gluten free or grain free lasagna noodles (feel free to use eggplant or zucchini slices too)

3 eggs

1/3 cup milk of choice (I used almond milk)

1/2 tsp garlic minced

1/4 tsp organic taco seasoning

1/2 cup thick chunky salsa of choice.

1/4 cup parmesan

1/3 cup cooked pinto beans

Optional 1/4 cup shredded cooked beef/chorizo/sausage/tempeh or even extra greens!

1/4 cup to 1/3 cup Tangy or Spicy BBQ Sauce (gluten free)

TOPPING

Extra parmesan (just a few tbsp on each)

Optional -1/3 cup jack cheese if you want it extra cheesy

Black pepper to taste

Chili Pepper flakes

For topping

Instructions

1. First make sure you have pre boiled gluten free noodles or oven ready noodles. You can easily buy gluten free lasagna and cook them first too. If you are using eggplant or zucchini, no need to cook prior.
2. Mix your eggs and milk together. Scramble over a skillet but keep a little runny, not overcooked.
3. Add in your cooked black beans, cheese, and salsa and mix again.

4. Scoop 1/4 cup to 1/3 cup mixture onto a lasagna sheet and roll it up tightly.
5. Repeat the procedure until egg mixture is all gone. It should use about 4 large noodles worth.
6. Place lasagna rolls in greased baking pan. Spread 2-3 tbsp BBQ sauce over each lasagna. Add optional jack cheese to the topping of your lasagna rolls if you want extra cheesy.
7. Make sure you spread it out evenly. I did not add extra cheese (as seen above).
8. Bake at 350F for 15-20 minutes or until noodles are hot and cheese is cooked. Noodles will brown on edges.
9. Remove and add, little extra parmesan topping, chili pepper flakes, and black pepper. Feel free to add more sea salt or even cilantro on top if desired.

Recipe Notes

The eggs are the main filling, so feel free to add in more greens or protein. If using extra cheese on top, check oven after 15 minutes vs 20.

Nutrition for Regular GF Noodles and no Meat added – 285 Calories (per lasagna roll), 8 grams fat, 35 carbs, 4 grams fiber, 6 grams sugar, 16 grams protein. Now that is pretty good. Using the grain free option would slash the carbs in half but keep the protein up. Note → Do what's BEST for your nutritional needs. Carbs are our friends.

EASY VEGGIE PACKED PALEO SALMON CAKES

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

Serves: 6-8

Healthy Vegetable Packed Paleo Salmon Cakes! Super easy, super simple, super delicious! Great for a healthy meal, snacks, party appetizers, and are freezer friendly.

Ingredients

6 oz chopped or finely diced salmon (raw or canned works. See notes for specifics)

1/3 cup butternut squash (pureed or mashed)

2 eggs

3 -5 tbsp coconut flour

1 rosemary sprig or 1 tsp dried herb of choice

1/4 tsp regular or smoked paprika

1/4 tsp sea salt

1/4 tsp black pepper

1/2 tsp garlic (minced)

1/4 tsp curry powder (optional)

1 tsp honey (optional - omit if whole30)

1 tbsp oil or butter/ghee for cooking

Instructions

1. First clean and slice up your raw salmon if you are using fresh versus canned. Remove any extra skin.
2. Place in bowl and then add in the your eggs and coconut flour. Mix well. Finally add in your herbs, squash, and seasonings. squash options You can used canned squash to make a fast prep. Or simply cut squash in half, remove seeds, and place in a microwave safe bowl with 2 tbsp water. Cook on high for about 3-4 minutes. Scoop inside and then mash or puree with blender. That's the other option.
3. Mix well into a batter.
4. If batter is too runny, add 1 tbsp more coconut flour.
5. Form into 8 small balls or roll into larger 5-6 balls.

6. Lay them on parchment paper.
7. Press them into patties/cakes so they are around 1 inch thick.
8. Now turn on your skillet to medium high. Add your butter or oil.
9. Once heated, add in 3-4 patties/cakes at a time or less. Cook for 3 to 4 minutes on each side or until you see the salmon is cooked thoroughly. If you are using canned salmon, they will cook faster.
10. Remove from skillet. Add more 1 tsp more or so of butter/oil and repeat for the next batch of 3-4 patties/cakes.
11. Garnish with extra rosemary, black pepper, chili flakes, or garlic if desired and serve with your choice of dip/sauce or as is.

Recipe Notes

I used 6 oz fillet (skinned) of sizzlesfish (<http://www.sizzlesh.com>) coho salmon. Feel free to use canned but it will cook faster, so watch the patties when cooking.

These are freezer friendly and great to make for meal prep or party prep.

If you are using canned salmon, you might need to add an extra egg for binding.