

# COTTER CRUNCH DAIRY FREE/GLUTEN FREE MEAL PLAN



Recipes compiled into PDF format from

<http://www.cottercrunch.com/dairy-free-gluten-free-meal-plan/>

**BREAKFAST**

## HONEY LEMON VANILLA GLUTEN FREE FRENCH TOAST {VEGAN FRIENDLY}

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

Serves: 2

### Ingredients

1 cup almond milk (regular or vanilla)

1 tsp vanilla extract

1 tbsp nutritional yeast flakes

1 tbsp chia ground up (which is about 2 tbsp seeds- see notes for making chia flour)

1 tsp cinnamon

Dash of sea salt

Mix in 1 tbsp of honey if you want toast more sticky. (agave for vegans)

4-5 pieces of gluten free bread (I used Udi's Gluten Free Multigrain)

Powdered sugar

Lemon slices

### LEMON CREAM SAUCE

1-2 tbsp Earth Balance coconut spread or unsalted real butter (softened or melted)

2-3 tbsp honey (agave if vegan)

1/2 lemon squeezed

Extra honey if desired

Sauce Makes about 1/4 cup so double if you are serving more than 2 people.

### Instructions

1. Combine your milk, vanilla, chia flour (see notes), cinnamon, salt, nutritional yeast, and optional honey in a large mixing bowl. Mix and let it sit for 10 minutes.

2. While the batter is sitting. Preheat griddle or frying pan to medium high (350F). Use oil/butter and spread it evenly.

3. Once batter has sat for 10 minutes, dip bread into batter (one at a time) and place on griddle. Make sure not to soak it too much or bread will fall apart. Fry for 3-4 minutes and then CAREFULLY use a spatula to flip and fry/cook another 3-4 minutes or until golden brown.

4. Repeat until all pieces of bread are cooked and placed on a plate.
5. Next combine your butter, honey, and lemon in a small cup and stir until it's made into a sauce.
6. Pour over French toast and garnish with lemon slices and powdered sugar. Sauce makes about 1/4 cup so double if you are serving more than 2 people.

### **Recipe Notes**

For chia flour, just combine 2-3 tbsp chia seed in a high-powered mixer/blender. Use 1 tbsp of that for the chia flour.

If you don't want to use chia or nutritional yeast, replace with one egg instead.

Feel free to heat the sauce up for 15 seconds before serving. You can also use coconut butter if you don't have Earth Balance/real butter.

Don't feel like making the sauce? Just use regular butter/coconut oil and honey to top!

Vegans can use egg free bread and agave nectar instead of honey.

## COCONUT MATCHA GREEN TEA OATMEAL {GLUTEN FREE, VEGAN}

Preparation: 5 min    Cook Time: 10 min    Total Time: 0:15

Serves: 4-5

### Ingredients

2 tea bags of matcha green tea or regular Japanese green tea bags

1 cup coconut milk (regular or unsweetened light from an organic brand)

1 1/2 cups gluten free raw oats

1/4 to 1/3 cup coconut sugar or brown sugar (add more if you want sweeter)

1/2 to 1 tbsp coconut oil

Cinnamon

Sea salt

2/3 cup shredded coconut shavings (unsweetened) optional

1 tbsp matcha powder

1 tbsp maple syrup or honey

Sliced banana on top

### Instructions

1. First heat your milk on stove or microwave. You want to make it hot but not a full boil. A low boil or simmer if on stove. About 70-90 seconds if in microwave.
2. Place tea bags in milk and let them steep for 3 minutes. Remove tea bags after 5 minutes or so.
3. Next prepare your oats according to directions but leave out 1/3 cup of the recommended water so that the oats are thicker. On stovetop or microwave works. (See notes for how to cook oats on stove tops.)
4. When oats are halfway through cooking, add in your coconut milk with green tea and then finish cooking until oats are creamy but still thick. Not runny.
5. Once cooked, remove from heat and add in your coconut sugar, dash of salt, cinnamon, and coconut oil.
6. Stir all together.
7. Add coconut shavings into the oats if you desire and stir again.

8. This makes about 4 cups.

9. Spoon into bowls and sprinkle with matcha powder. Drizzle honey or maple syrup on top then add your sliced banana.

10. Enjoy.

### **Recipe Notes**

For cooking oats on stove top:

1 1/2 cup rolled oats

2 cups water or a combination of both (<http://matchasource.com/how-to-prepare-matcha-greentea/>)

Combine oats and water in a pot over medium-low heat.

Bring to a simmer, stirring frequently.

Serving size: 3/4 cup to 1 cup Calories: 355 Fat: 14 Carbohydrates: 48 Sugar: 15 Fiber: 8 Protein: 10

Once the oats begin to soften and the liquid thickens, you can add your tea/milk combo.

Simmer and stir until the oats reach your desired texture and consistency. Top with goodies and serve.

(<http://matchasource.com/how-to-prepare-matcha-green-tea/>)

Want to brew the matcha powder by itself? Check out instructions here -->

(<http://matchasource.com/how-to-prepare-matcha-green-tea/>)

(<http://matchasource.com/how-toprepare-matcha-green-tea/>)

## **BLENDER RICE BANANA GLUTEN FREE WAFFLES {FREEZER FRIENDLY, VEGAN OPTION}**

Preparation: 5 min    Cook Time: 10 min    Total Time: 0:15

Serves: 3 waffles

### **Ingredients**

- 2 eggs (see notes for vegan option)
- 2 cups cooked rice (white works best)
- 1 medium banana
- 1 tbsp coconut oil
- 1/4 cup coconut sugar
- 1/2 tsp baking powder
- Dash of salt
- 1 tsp vanilla
- 1 tbsp tapioca flour or potato flour
- 1/2 cup almond milk (cashew milk or coconut milk work too)
- Optional: tsp of Cinnamon

### **Instructions**

1. Place everything in a blender besides the milk. Pulse blend until mixed, then turn on low and add your milk last.
2. Blend until smooth and thick.
3. Keep batter in blender.
4. Grease a waffle iron. Make sure it's pre-heated.
5. Pour mix onto hot waffle iron. Cook until golden brown. Around 7-10 minutes per waffle. Remove and serve hot or let cool then wrap in foil and place in freezer for later.
6. Recipe for vegan in notes. Please be aware that the vegan waffles take 2x as long.

## Recipe Notes

VEGAN VERSION will take 20 minutes or so per waffle due to no egg.

\*\* 1 heaping tbsp chia seed \*\* 2 cups cooked rice (white works best) \*\* 1 medium banana \*\* 2  
tbsp coconut oil \*\* 1/4 cup coconut sugar \*\* 1/2 tsp baking powder \*\* dash of salt \*\* 1 tsp  
vanilla \*\* 3 tbsp tapioca flour or potato flour \*\* 1 cup almond milk

Same directions as above but let the batter sit for 10 minutes before cooking. Then pour in  
waffle iron.

It will take a good 20 minutes to cook the waffle through. Depending on your waffle iron. Be  
PATIENT and don't open waffle iron until at least 12 -15 minutes has passed to check. They are  
delicious though. More sticky rice waffle like. And they will look darker in color.



**LUNCH**

## 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 a 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 beforehand 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.

## **CROCK POT FIRE ROASTED SHRIMP TACOS {GLUTEN FREE}**

Preparation: 10 min    Cook Time: 3 hr    Total Time: 3:10

Serves: 6

### **Ingredients**

11 oz medium peeled frozen raw shrimp (see notes below for fresh shrimp)

14.5 oz can fire roasted stewed tomatoes (diced work best)

2 tbsp spicy salsa

5 oz or 1/2 cup chopped bell pepper

Dash of sea salt and black pepper

1/2 tsp cumin

1/4 to 1/2 tsp chili pepper or cayenne pepper

1/2 tsp minced garlic

3-4 tbsp chopped cilantro (2 tbsp goes on top)

1-2 tbsp olive oil

Optional toppings - feta, avocado, chili pepper, etc.

### **Instructions**

1. Layer your raw frozen shrimp at the bottom of pot. Drizzle with 1 tbsp olive oil.
2. Add in your sea salt and pepper and mix around shrimp. If you are using frozen shrimp, then drain your tomato juice first, then add in your tomatoes and the rest of your ingredients, including your seasoning.
3. Mix again and cook in crock pot on low for 3-4 hrs. Or high for 2 hours.
4. Note that 2 tbsp cilantro goes in the mix and 1-2 tbsp on top for garnish.
5. Serve with gluten free corn or paleo tortillas, rice, and avocado!

### **Recipe Notes**

We use Sizzlesh (<http://www.sizzlesh.com>) wild-caught shrimp for best flavor and freshness!

If you want to use fresh shrimp, be sure to watch the crock pot as it will cook faster and you don't want the shrimp to get tough. Keep the juice from the tomatoes if you are using fresh. Then cook on low and check after an hour. It will probably take no longer than 2 hrs depending on your low setting.

## TOASTED PINE NUT AND LEEK QUINOA SALAD {GLUTEN FREE}

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

Serves: 4-6

### Ingredients

3/4 cup to 1 cup uncooked quinoa

Water

1/2 tsp sea salt (divided)

2/3 cup chopped leeks (the roots)

1/3 cup chopped onion

1/3 cup pine nuts

1 tsp honey or honey crystals (use agave nectar if vegan)

1/4 tsp black pepper

2-3 tbsp olive oil (divided)

Lemon (juiced)

1/4 tsp minced garlic

### Instructions

1. 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.
2. Preheat oven to 400F. In a small bowl, combine your chopped leeks (the roots), onion, pine nuts, honey, salt, pepper, and 1- 2 tbsp olive oil. Toss and then lay it flat on a baking sheet with parchment paper. Spread evenly across paper.
3. Bake/toast for 5 to 6 minutes. Remove, toss the pine nuts and then return to oven for another 4-5 minutes or a total of 10 -12 minutes.
4. Remove from oven and combine (in a large bowl) cooked quinoa with honey toasted mixture.
5. Add your garlic, more pepper, 1/2 tbsp more olive oil, and 1- 2 tbsp of fresh lemon juice.
6. Season with 1/4 tsp sea salt and serve in serving dish or chill for later.

**DINNER**

## **CHILI LIME MANGO MARINATED CHICKEN BOWLS {GLUTEN FREE, HEALTHY, DAIRY FREE}**

Preparation: 3 hr      Cook Time: 20 min      Total Time: 3:20

Nutrition PER 4OZ - 270 calories ,10 grams fat,18 grams carbs, 27 grams protein. 30% vitamin C

### **Ingredients**

1 small mango (peeled) and extra for bowls if desired. (about 2/3 to 1 cup cubed or so)

2 tbsp chili sauce or sriracha

1 tbsp lime juice

1/4 cup honey or agave nectar

1/4 tsp sea salt

1/4 tsp black pepper

1/2 tsp to 1 tsp minced garlic

1/4 cup chopped red onion or shallot (and some for garnishing bowl after)

1/4 cup white wine (the dryer the wine, the better)

1/4 cup olive oil

1/4 cup fresh orange or pineapple juice

2 lbs skinless chicken breast

Toppings to garnish - Chili pepper, cilantro, crushed black pepper/sea salt

### **EXTRAS FOR THE BOWL**

1 cup jasmine rice or cauliflower rice, mango, red onion slices, and any extra sauce!

### **Instructions**

1. Peel and cube your mango. Cut more or keep extra for your bowl if desired.
2. Blend the first 11 ingredients together in a blender except your toppings/garnish (the chili pepper flakes and cilantro). It should be a nice orange or tropical color.
3. Wash your chicken and cut off any extra skin. Place in dish or ziplock bag. Pour marinade over chicken and let it marinate in fridge for as little as 2 hrs or up to 24 hrs.
4. Remove marinated chicken from fridge.
5. Preheat oven to 425F or grill at medium high.
6. Place chicken in baking dish and add extra marinade on top.

7. Bake for 25 -30 minutes. Check at 25 minutes for doneness. Boil the last minute to make it a little crispy.

8. If grilling, place in foil and add marinade on top. Grill for about 20 minutes or until chicken is no longer pink.

9. Remove and serve sliced. In serving in the bowl, just add 1/2 cup to 1 cup white rice, red onion slices, and cubed mango. If paleo you can use cauliflower rice.

10. Squeeze any extra lime juice on top and garnish with extra chili flakes, chopped cilantro, and pepper/sea salt if desired.

11. Great with pinot grigio of course!

### **Recipe Notes**

This is easy to make paleo with cauliflower rice instead of rice. Or even sweet potato. Great on grill or oven! Easy and healthy!



## GLUTEN FREE ONE-POT BBQ CHERRY PORK CHOPS AND QUINOA

Preparation: 5 min    Cook Time: 1 hr, 10    Total Time: 1:15

Serves: 3-4 depending on how much quinoa you want.

### Ingredients

2-3 pork chops (4oz each) -- see notes for type of pork chops that work best

1 cup quinoa (dry)

1 cup organic broth

1 cup cherry juice

1/3 -1/2 cup Gluten free BBQ Sauce (tangy, smoky, or spicy)

1 tbsp olive oil

1 tbsp balsamic vinegar

1/2 tsp onion powder

1/2 tsp BBQ rub/seasoning (gluten free)

Sea salt/pepper to taste

### Instructions

1. Rinse your quinoa. Clean and trim pork chops if excess skin is on them.
2. Next combine broth and quinoa in a stock pot or Dutch oven pot.
3. Mix, then place pork chops on top of quinoa.
4. Add your cherry juice (evenly around pot) then add your oil, BBQ sauce, and add balsamic vinegar and spices and sea salt/pepper last.
5. Cook medium low for 70 - 90 min. Check at 35- 40 minutes and flip pork chops if you want them coated with more broth/sauce on the other side.
6. Add Worcestershire sauce, BBQ sauce, and/or additional seasoning/salt on top after if desired.

### Recipe Notes

Optional - gluten free Worcestershire after cooked before serving.

Check pork chops at 40 minutes if using thin cut. We used 5280 Organic Pork chops which are about 1/2 in. thick give or take. These will cook faster than thick cut.

## **GRILLED ADOBO CHICKEN BURGERS {GLUTEN FREE}**

Preparation: 2 hr    Cook Time: 10 min    Total Time: 2:10

Grilled Adobo Chicken Burgers. Mexican and Filipino style adobo chicken flavors all mixed together then grilled to perfection. Healthy, easy, and Gluten Free Chicken Burgers!

### **Ingredients**

1.25 -1.5lbs ground chicken (We used skinless organic ground chicken.)

1/4 cup olive oil or avocado oil

1/4 cup tamari sauce or gluten free soy sauce

2 garlic cloves

1/2 tsp dried oregano

1/2 tsp dried red pepper

1/4 tsp sea salt

1/4 tsp crushed or ground black peppercorn

1/4 tsp cumin

2 tbsp coconut sugar (or cane sugar)

Optional 1/4 cup fresh parsley or 1 bay leaf (either work)

2 tbsp almond flour or gluten free flour of choice

Gluten free burger buns

Extra parsley for garnish

Onion and lettuce for topping

Optional: adobo sauce from the chipotle chili can (minus the peppers). See notes for brand.

### **Instructions**

1. First make sure your chicken is cleaned and ground.
2. Next combine all your spices, sugar, tamari, herbs, garlic, and oil in a food processor. Blend until a marinade is formed. You can add in the parsley and bay leaf here too if you want to use that.
3. Mix into ground chicken and let it sit in fridge to marinate for 2 hrs or up to 24 hrs.
4. Remove from fridge and add in almond meal. Mix again.

5. Roll ground chicken into patties about the size of your palm.
6. Place on greased grill pan or grill for 6-8 minutes each, flipping once. You can grill all together or individually. Check to make sure center is done or meat has reach 160F internally.
7. Season with any extra salt/pepper that you'd like.
8. Remove chicken burgers. Toast your buns. Option to add a little adobo sauce from chipotle can, or tomato sauce. Then place your burger, lettuce, and onion on top.
9. Enjoy!

### **Recipe Notes**

Feel free to use just tomato sauce or ketchup instead of adobo sauce.

The adobo sauce I used was from the Mexican Chipotle Peppers [<http://amzn.to/2iT70g3>]. We did not use the peppers, just the sauce. It's the only sauce I found that was gluten free and without preservatives. It does use canola oil though, just FYI.

We used Udi's Gluten Free Buns.

## **SNACKS**

## VEGAN CHOCOLATE PEANUT BUTTER DOUGH BALLS (GLUTEN FREE)

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

Serves: 19-22

### Ingredients

- 1 medium sweet potato (peeled and cooked)
- 1 cup gluten free oats (ground)
- 1/4 cup coconut oil
- 1/3 cup peanut flour (Better Body Foods)
- 1 tbsp cocoa powder
- 1 tbsp chia plus 3 tbsp water (soaked)
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1/3 cup coconut sugar or brown sugar
- 1/4 cup non-dairy milk of choice
- 1/4 tsp salt

### Dark Chocolate Magic Shell Coating

- 4 oz dark chocolate or vegan chocolate chips
- 1 oz coconut oil (liquid)
- 1/2 tsp vanilla

### Instructions

1. Preheat oven to 350F. Line a baking tray with parchment paper and set aside.
2. Peel your sweet potato and bake it or microwave it until it's thoroughly cooked. Mash it all up and set aside.
3. Next grind up your oats until they are more like a flour or meal texture. Pour into a large bowl.
4. Then make your chia egg. Combine 1 tbsp chia with 3 tbsp water. Let it sit for 20 minutes or more until a gel is formed.
5. Combine everything but your chia egg into a large bowl or blender. Mix it up really well until a thick cookie dough-like batter is formed. Add in your chia egg and mix again.

6. Roll batter into balls and place on baking sheet with parchment paper. Balls should be about the size of golf balls. I pressed them down gently so they had a flat bottom.
7. Bake for 18-20 minute. Remove and let cool.

#### **FOR THE DARK CHOCOLATE MAGIC SHELL COATING**

1. Gently place a stainless steel or Pyrex bowl on top of a boiling pot. Place chocolate in bowl and let the chocolate melt on a low boil. (You can use a double boiler as well.)
2. Once it starts melting, add in your coconut oil and vanilla extract.
3. Continue on medium heat and stir until melted.
4. Remove from heat and let it cool for 5 minutes.
5. Dip your bites or balls into chocolate. Or drizzle chocolate on top. Place dough balls in freezer for 30 minutes. Sprinkle with extra peanut flour once done.
6. I had extra chocolate leftover. (See notes on how to store it.)

#### **Recipe Notes**

Don't have a stove? You can make the magic shell in the microwave. No problem. Just keep reheating it 1 minute at a time until melted.

Want to make more magic shell and keep it for later? EASY --> You can store chocolate in glass jar in fridge until you want to use again. Just simply reheat.

Serving size: 1 Calories: 105 Fat: 5 Carbohydrates: 12.9 Sugar: 5 Fiber: 1.4 Protein: 1.8

## 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.

## CREAMY FROZEN GRAPE AND VANILLA COCONUT SMOOTHIE

Preparation: 5 min    Total Time: 0:05

Serves: 2

### Ingredients

1/2 cup coconut yogurt (or Greek yogurt if you do eat dairy)

1/2 cup ice

1 cup frozen red grapes

10 oz almond or coconut milk

Dash of sea salt

1/4 tsp vanilla extract

1 tbsp natural grape jam or preserves

1/2 frozen banana (for extra thickness)

Optional add in - 1 oz vanilla protein of choice

To make it more tart, add in 1 tbsp of lime juice

### Instructions

1. Combine all your ingredients in blender. Blend and serve immediately. YUM!

### Recipe Notes

For more coconut flavor, add in a tbsp of shredded coconut! Or if you don't have coconut yogurt, then you can use coconut flavored Greek yogurt. I used the plain coconut yogurt from So Delicious.