

COTTER CRUNCH ANTI-INFLAMMATORY MEAL PLAN



Recipes compiled into PDF format from

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

and

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

ENERGY BOOSTING BREAKFAST AND SNACKS

IMMUNITY BOOSTING FROZEN CRANBERRY ORANGE SMOOTHIE

{VEGAN FRIENDLY}

Preparation: 5 min Total Time: 0:05

Serves: 2

Ingredients

10 oz fresh squeezed orange juice

1 cup frozen raw cranberries (can use fresh but will not be as thick)

4 oz coconut or almond milk

1 small banana

1 tbsp lemon juice or few drops lemon essential oils

1 tsp honey or maple syrup

optional - ice for more thickness or protein powder of choice.

Instructions

1. Pretty simple. Juice orange. Combine with rest of ingredients in blender. Blend until smooth.

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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 non-dairy 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 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 using the no bake option and replace the egg with chia or flax egg.

Keep in fridge for 1 hr to set before slicing.

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PALEO GINGER SPICED PEAR MUFFINS

Ingredients

- 3 small Seckel Pears (these are smaller pears)
- 1 tbsp butter or melted coconut oil
- 1 tbsp cinnamon
- 1 tbsp ground ginger
- 1/4 cup natural Ginger-ale (Zevia or club soda works too)
- 1/4 cup and 1 tbsp honey (You'll use 1 tbsp separately)
- 3 eggs
- 1 1/2 cup almond meal
- 1/2 cup potato starch
- 1/4 cup coconut oil
- 1/3 cup nut/seed mix (optional)
- 1/2 tbsp baking soda
- Dash of sea salt

Instructions

1. First, skin your pears and chop into pieces. Place in bowl and mix in melted butter, ginger ale or club soda, 1 tbsp honey. Let that soak.
2. In another bowl, combine your eggs and spices. Beat until fluffy. Then gradually fold in your flours and nuts and mix together. Add in your pear and ginger mixture plus the extra 1/4 cup honey. Mix again.
3. Pour batter into oiled muffin cups and bake on center rack at 350F for 22-25 minutes or until muffins are golden brown. Let them cool and top with more cinnamon.
4. Makes 10-12 muffins.
5. Optional: for more sweetness - 1/3 cup baking stevia or more maple syrup.

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QUICK CARROT RICE BREAKFAST NASI GORENG {PALEO}

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

Serves: 4-5

Quick Carrot Rice Breakfast Nasi Goreng is the perfect way to utilize those leftover veggies! A stir fried "carrot rice" mixed with egg and sausage. This Indonesian breakfast Nasi Goreng is paleo friendly, super flavorful, and packed full of protein and veggies!

Ingredients

For the sweet tamari soy sauce You will use 3 tbsp in recipe (*See notes for quick substitute*)

3 tbsp tamrai sauce (gluten free) or coconut aminos for paleo

2-3 tbsp molasses or coconut palm sugar

1 tbsp water

Spicy MIX in Sauce

2 cayenne peppers or Thai red peppers

3 garlic cloves

1/3 shallot (small shallot) or 1/3 cup onion

Pinch of ground ginger

Boil/reduce until molasses or sugar dissolved.

*For the Carrot Rice Nasi Goreng *

1 tbsp gluten free tamari

4 large carrots - "riced"

Handful broccoli (chopped) or about 1/3 cup

1 cup bean sprouts

2 eggs (additional egg per bowl to top)

1 cup ground cooked chicken sausage breakfast sausage - gluten free (cooked or uncooked)

2 tbsp sesame oil or avocado oil

Salt/pepper to taste

Cilantro to garnish

Optional chili paste/sauce (1/4 c or less) and Optional sesame seed to garnish

Instructions

1. First make your sweet soy sauce (the copycat kecap manis. Boil the tamari, molasses, and water. Then reduce until molasses or sugar dissolved. Put in separate bowl and set aside. If you don't want to make this then just use a gluten free hoisin (<http://amzn.to/2ol23yl>) sauce.

Next make your spicy mix in sauce.

1. Blend together your Thai or cayenne pepper, ginger, onion/shallot, and garlic. Set aside.
2. "Rice" your carrots and broccoli if you haven't already. Just pulse in blender or food processor.
3. Next add your spicy sauce to a pan with oil.
4. Fry on medium high until fragrant.
5. Add your sausage or chicken sausage meat.
6. Cook on medium high until flavors combine or cooked through. A good 3-5 minutes.
7. Add 2 eggs; fry together for 2 minutes.
8. Add carrot "rice", broccoli "rice" or chopped, and bean sprouts.
9. Mix on medium heat.
10. Lastly, add 3 tbsp of your sweet soy tamari sauce and a dash of pepper and salt. Taste and see if it's to your liking. Adjust salt if needed.
11. Cook for another 1-2 minutes until everything is coated.
12. Serve into 2-3 bowls or as is. Add cilantro and extra sliced Thai/cayenne pepper to each bowl.
13. Finally, fry a few eggs (on the side or in the same pan) to top each bowl.

Optional

1. Mix in 1/2 tbsp chili paste. Optional sesame seed to garnish.

2. Enjoy!

Feel free to add extra spicy sauce or sweet soy tamari sauce to each bowl You will have extra sweet soy. You can keep extra to store in fridge for 7-10 days.

Recipe Notes

If you don't want to make sweet soy sauce, feel free to use Indonesian Sweet Soy Sauce but it is not gluten free or paleo.

Estimated Nutrition 230-250 calories per serving. 12 grams fat. 15 grams carbohydrates 12 grams of protein.

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CHOCOLATE HAZELNUT BREAKFAST PROTEIN COOKIES {VEGAN, FLOURLESS}

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

Serves: 20-22 cookies

Chocolate Hazelnut Breakfast Protein Cookies {Vegan, Flourless, Gluten Free}

Ingredients

8 ounce hazelnuts

1/2 c dark chocolate chips (we use Enjoy Life Brand to keep GF and Vegan)

2 tbsp coconut oil

1 ripe banana

1/2 cup coconut sugar (see notes for substitutes)

1/2 cup chocolate Vegan Protein Powder

1 tbsp or more 100% cocoa powder

1 tsp vanilla extract

Pinch of salt

Optional hazelnut extract (1/2 tsp)

Extra dark chocolate (melted) and hazelnuts for topping

Instructions

1. First blend your hazelnuts and chocolate chips together in a food processor. Make a "mealy" base. It will be moist from the chocolate.
2. Place in bowl.
3. Add in your banana and coconut oil and extracts. Beat until blended.
4. Add in your sugar, protein, extract, and cocoa. Mix again until blended.
5. Roll dough into golf size balls and place on greased baking sheet. Press flat with hand or back of spoon.

6. Bake at 350F for 10-12 minutes or until cookies are browned a bit on the corners. They will still be soft but will harden later in fridge.
7. While cookies are cooling, melt extra dark chocolate and drizzle the dark chocolate on top. Then crush extra hazelnut (you can crush in ziplock bag or food processor really quick) and sprinkle on top.
8. Place cookies in fridge for 30 minutes to harden.
9. Makes 20-22 protein cookies.

Recipe Notes

For best baking texture, use a plant protein with pea protein in it. We used Vega Chocolate All in One (<http://www.gnc.com/Vega-One-All-In-One-Nutritional-Shake/product.jsp?productId=120063956>) from GNC.

Brown sugar or palm sugar will also work in place of coconut sugar but are unrefined.

You could also reduce sugar by using xylitol or baking stevia. The baking times will be a little different though so check cookies before 10 minutes if using a sugar substitute.

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SYNERGY POWER FUEL GREEN SMOOTHIE {PALEO, VEGAN}

Preparation: 5 min Total Time: 0:05

Serves: 1-2

POWER FUEL Green Smoothie. The perfect green smoothie that's powered by real food.

Whole 30 friendly, Paleo, Vegan.

Ingredients

1/4 cup to 1/3 cup packed spinach leaves

1/2 tbsp coconut oil (melted)

1 green apple (core removed)

1 cup fresh orange juice

2-3 mint leaves

Juice of 1/2 lemon

Optional Ice (handful)

Optional sweetener (see notes.) omit if Whole30.

Instructions

1. First place your spinach leaves in microwave safe bowl. Add the coconut oil. Mix together. Steam in microwave for just 15-20 seconds. You can do this on the stove as well. Just make sure the spinach is slightly steamed and mixed with oil.
2. Next place the remainder of your ingredients (apples, juice, mint, etc.) in a blender. Add your coconut oil and spinach.
3. Blend until smooth.
4. Feel free to add more juice or water to thin it out or a handful of ice to thicken it.
5. If you want it sweeter, add 1 small banana or maple syrup.

Recipe Notes

Optional Sweeteners - 1 tbsp or more maple syrup, honey, coconut sugar, a few pitted dates, or even a banana.

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CHIA MATCHA OVERNIGHT BREAKFAST SMOOTHIE {GLUTEN FREE, VEGAN FRIENDLY}

Preparation: 24 hrs Total Time: 0:00

Serves: 2 to 2.5

Overnight chia matcha breakfast smoothie - Energizing Breakfast to go!

Gluten Free, Vegan Friendly.

Ingredients

10 -12 ounces Coconut yogurt or Ker yogurt (Plain or Vanilla) (Use coconut yogurt for vegan option. See notes for brand.)

2-4 tsp matcha powder

Banana

Cinnamon

6-8 oz vanilla almond or coconut milk

Optional but recommended – 1 scoop vanilla protein (Plant based or collagen protein works great.)

1/4 cup chia seed (2 tbsp per cup)

1/4 cup to 1/3 cup to gluten free oats or granola

1 tbsp honey or maple syrup (optional)

Instructions

1. Add yogurt/ker, banana, milk, and protein to a blend until smooth. Add your matcha powder (carefully), and cinnamon. The more matcha you use, the stronger the green tea taste, adjust accordingly. Blend again.
2. This blend makes two servings or more so set out 2 bowls or 2 glasses (one large if you want to use it for multiple days). In a small bowl or glass, add 2 tbsp of chia seed into each bowl or glass. Then add 2 -3 tbsp or more of your oats. Pour half of your matcha smoothie into each bowl or cup.
3. Mix each cup and let it sit overnight in fridge.
4. The next morning, top each bowl/cup with extra oats or granola, chia, and maple syrup.
5. I also made a little matcha latte and poured extra on top of that before eating.

Recipe Notes

Here's the matcha (<http://amzn.to/2mu7Ulv>) powder bought from Amazon.

Plain coconut yogurt (<http://amzn.to/2nGybx8>) for vegan option.

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PUMPKIN STUFFED DOUGH BALLS {SWEET OR SAVORY}

PALEO OR VEGAN FRIENDLY

Preparation: 10 min Cook Time: 20 min Total Time: 0:30

Serves: 7-8

Ingredients

For the dough

1 1/2 cup cassava flour (or GF multi-purpose flour)

1 cup coconut or almond milk

1/2 tsp baking soda

Pinch of sea salt

1 tsp sweetener (coconut sugar or honey works)

Melted butter or oil to brush dough before baking

FILLINGS

Pumpkin Puree (unsweetened)

Option 1

Jack cheese or dairy-free cheese of choice (1/2 thumb size cube in each dough ball)

Dash of garlic salt

Any other herbs of choice or savory filling.

Option 2

Nut butter (1 or 2 tsp in each dough ball)

Dash of cinnamon

1/2 tsp honey or maple syrup

Instructions

1. Preheat oven to 350F.
2. Combine your flour, sugar, salt, and baking soda in mixing bowl.
3. Heat your milk for 1 or 2 minutes in microwave.

4. Gradually add in the hot milk and mix dough together until it become a thick dough like batter.
5. Scoop out a portion a little smaller than palm of your hand, roll into a ball.
6. Should make around 7-8 balls.
7. Press ball flat then place your choice of filling inside. Small spoonful of pumpkin then your other choice of ingredient.
8. So if you are making the sweet dough balls, add 1 tsp nut butter, small spoonful or less of pumpkin, dash of cinnamon, and a drizzle (1/2 tsp) of honey. See notes for cheese option.
9. Next cup the dough ball so that it closes the filling.
10. Place upside down on baking sheet.
11. Repeat the filling for the rest of your dough balls.
12. Once on baking sheet, brush each dough ball with a little coconut oil or butter.
13. Bake for about 15 - 20 minutes or until dough turns brown.
14. I added a sprinkle of coconut sugar on top before baking for the sweet dough balls.

Recipe Notes

If you want the savory option filling, add a small spoonful of pumpkin, 1/2 thumb size cube of cheese, and sprinkle with any seasoning of choice. Maybe 1/8 tsp garlic salt, herbs, etc. Do not add sugar on top of before baking like I did with the sweet version. Just brush with melted butter or oil and bake upside down.

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KIWI SUPER GREEN SMOOTHIE {PALEO, VEGAN}

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

Serves: 2

Ingredients

2 kiwis (peeled)

1 lime (juiced)

1 lemon (juiced)

1 cup coconut water

4 oz orange juice

Ice

1 sprig of parsley

Small handful of baby spinach (for better digestion, slightly steam beforehand)

1 tbsp chia seed

1/2 tsp ground ginger

Pinch of sea salt

Optional 1 tsp maple syrup or honey

Instructions

1. Blend and serve! I used about 1 cup ice.

Recipe Notes

Feel free to let the chia seed thicken by letting it sit in fridge for 30 minutes after you blend.

You can also use 1-2 tbsp of vegan protein if you'd like to thicken it.

Easy way to peel kiwi - buy softer ones and slice, then scoop out middle. Like you do avocados.

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TROPICAL TURMERIC GOLDEN MILK VEGAN SMOOTHIE {ANTIINFLAMMATORY BOOSTER}

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

Serves: 2

Ingredients

To brew the Golden Milk

2 cups coconut or almond milk (plain)

1 tsp ground turmeric

Pinch of black pepper

1/2 tsp ground ginger

1 tbsp agave or maple syrup or honey

Ingredients to add for Smoothie

Brewed golden milk (above)

1 banana (fresh or frozen)

Half of a papaya (about 2 cups, fresh or frozen). You can also use pineapple instead.

1 cup frozen mango

2 tbsp coconut cream (optional)

Vanilla (1 tsp or less)

*Optional to add more agave/maple syrup if desired.

Instructions

1. First brew the golden milk.
2. Combine all your ingredients (the first 5 from the golden milk list) in a small sauce pan or stock pot. Bring to a quick boil then reduce to low and simmer for 5 minutes. Whisk all together until blended.
3. Remove and let cool.
4. Once cooled, combine your golden milk with the rest of your smoothie ingredients listed.
5. Blend fruit, golden milk, vanilla, optional coconut milk, etc.
6. Blend until smooth.
7. Serve up!

8. If you don't have papaya, feel free to use frozen or fresh pineapple in its place.

Recipe Notes

Feel free to brew the golden milk first and keep in fridge until ready to make a smoothie. Or enjoy as is!!

Adjust sweetness to your liking.

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POWER LUNCH IDEAS

HEALTHY MARINATED BEET AND APPLE SALAD

Preparation: 5 min Cook Time: 25 min Total Time: 0:30

Serves: 4

Ingredients

4 medium beets

1 large banana pepper

1 Granny Smith apple

1/4 cup olive or avocado oil

1/4 cup red wine vinegar

1 tsp gluten free Worcestershire sauce (use tamari sauce with 1/4 tsp apple cider vinegar if vegan)

1/4 tsp sea salt and black pepper (each)

1/4 tsp dry mustard

1/4 tsp onion salt (optional)

1/4 cup coconut sugar or raw sugar

1/4 cup chopped pecan or walnuts

Instructions

1. First wash your beets.
2. Steam in 1 inch water and dash of sea salt for 20 minutes at medium high heat on stove top.
3. Once beets are softened and steamed, you can easily peel them and chop into quarters.
4. Chop your apple and pepper and combine with beets in a large mixing bowl. Set aside.
5. In another small bowl, combine your sugar, salt, and the rest of your seasoning. Set aside.
6. Drizzle oil, vinegar, and tamari or Worcestershire sauce mixture over beets and apples and peppers. Then add in your seasonings and toss all together in mixing bowl.
7. Place in fridge for 8 to 24 hrs to marinate.
8. Remove from fridge and add pecans or walnuts and any additional seasoning that you desire.
9. Serve and enjoy!

10. You can also add goat cheese for texture/flavor. It's all great!

Recipe Notes

If you are vegan, use 1 tsp tamari sauce plus 1/2 tsp apple cider vinegar in place of Worcestershire sauce.

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EASY ORIENTAL CHICKEN BOK CHOY MASON JAR SALADS {GLUTEN FREE, PALEO}

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

Serves: 2

Ingredients

6 - 8 oz organic chicken breast sliced

1 tbsp sesame oil

1 tbsp tamari or gluten free soy sauce

1 tsp honey

1 to 2 tbsp sesame seed

1 tsp chili pepper flakes

1 small portabella mushroom or oriental mushroom sliced (makes about 1 cup)

1 small baby bok choy bunch

1 cup shredded carrots

1-2 cups chopped cabbage

Sea salt

Black pepper

1/2 tbsp slivered almonds

You will need at least 2 16oz mason jars.

Instructions

1. Toss chicken slices in 1/2 tbsp sesame oil, 1/2 tbsp tamari, honey, chili flakes, and 1 tbsp sesame seed. Grill or place on skillet/wok until no longer pink. Remove and set aside in small bowl.
2. Place your other 1/2 tbsp sesame oil, tamari, and mushrooms in a bowl and toss to coat. Grill or cook mushrooms for just a few minutes until slightly cooked. Remove and keep any extra oil/tamari you have left in pan or marinated bowl.
3. Slice your bok choy in half and place on a paper towel after you have washed them. Place in microwave to lightly steam for 30 seconds to a minute. Just to soften.
4. Next layer your jars.

5. Place cabbage at the bottom, then mushrooms, then chicken, then wrap 1/2 a sliced bok choy bunch around each jar, and last add your carrots. Pour any leftover oil from cooking in the jars if desired.
6. Sprinkle top of each jar with slivered almonds and the rest of your sesame seeds. Seal up and store for later.
7. Once ready to eat, dump everything out into bowl and add sea salt/pepper. Feel free to add more chili pepper flakes too. Add sesame or a gluten free Asian dressing if desired.
8. Don't have time to cook chicken? see notes for ideas!

Recipe Notes

If you have ANY leftover chicken breast, feel free to use that here instead. And same goes with stir fry veggies. They are great with the steamed bok choy.

Serving size: 1 jar Calories: 305 Fat: 18 Saturated fat: 3 Carbohydrates: 13 Sugar: 6 Sodium: 600
Fiber: 3 Protein: 22

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ASIAN CRAB AND AVOCADO CUCUMBER SALAD {PALEO, GLUTEN FREE}

Preparation: 10 min Total Time: 0:10

Serves: 2

Ingredients

- 2 cucumbers (peeled if desired)
- 6.5 oz wild caught lump crab meat (fresh or canned)
- 2 tbsp chopped cilantro
- 1 tsp dried red pepper (flakes)
- 1/2 tsp minced garlic
- 2 -3 tsp sesame oil (divided)
- 2 tsp rice vinegar (more dressing if desired)
- Splash of lime
- 1/2 to 1 whole avocado (sliced or chopped)
- 1 large plum
- Sesame seeds (optional)
- Sea salt/black pepper to taste

Instructions

1. Wash and dry your veggies/fruit. Next spiralize your cucumber or slice julienne style. Peel first if desired. Pat dry your cucumber spirals so they are oversaturated with water. Add spiralized cucumber to a bowl then mix in 1 tsp or more of sesame oil and rice vinegar.
2. In another small bowl, combine your crab meat, cilantro, pepper, garlic, vinegar, and 1 tsp sesame oil. Mix and add some fresh ground pepper if desired.
3. Slice up your plum and avocado.
4. Arrange all your ingredients in a large salad bowl or two small salad bowls. Season with salt/pepper and splash of lime.
5. Garnish with sesame seeds.

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GREEN GODDESS FIG NOURISH BOWLS {VEGAN, PALEO, WHOLE 30 FRIENDLY}

Preparation: 10 min Total Time: 0:10

Serves: 2-3

Ingredients

2 tbsp - 4 tbsp Vegan Green Goddess Dressing (1 -2 tbsp per bowl). See link to recipe in Instructions.

1 green apple (spiralized or thinly slices)

5-6 c spinach (large leaves)

2-3 tbsp almonds and/or seeds

1/3 c – 1/2 c red or green cabbage/shaved

1 cup micro greens/sprouts

3/4 cup to 1 c Sun-Maid California Mission Figs. Sliced in half.

Handful of fresh parsley (2 tbsp – 3 tbsp per bowl). Extra if you're making the homemade green goddess dressing.

Fresh Lemon juice and extra slices to garnish.

Sea salt and pepper to taste

Drizzle of balsamic vinegar

*optional berries (fresh)

Instructions

1. First make your Vegan Green Goddess Dressing (<http://www.cottercrunch.com/vegan-greengoddess-dressing-recipe/>). Ingredient list in notes. If you don't have tahini you can use avocado.

2. Next spiralize or thinly slice your apple.

3. Clean and dry the rest of your greens. Shred/chop extra if you bought larger spinach leaves and cabbage.

4. Slice your figs in half.

5. Arrange the spinach and cabbage into 2-3 bowls (depends on the size salad you'd like)

6. Divide the sprouts, parsley, and apple and place around the spinach/cabbage in each bowl.

7. Add divide figs in 2-3 portions. Place on top of each bowl along with the almonds and seeds.
8. Drizzle your dressing on top of each bowl.
9. Slice lemon, add a wedge to each salad or you can squeeze fresh juice if desired.
10. Drizzle with balsamic vinegar, if desired.
11. Salt/pepper to taste.

Recipe Notes

You can use other vegan green goddess dressing if desired but my Vegan Homemade Green Goddess Dressing (<http://www.cottercrunch.com/vegan-green-goddess-dressing-recipe/>) is quick to make. Just need oil, coconut milk, garlic, green onion, tahini or avocado, salt/pepper, and parsley.

I used Sun-Maid California Mission Figs (<http://www.valleyg.com/>).

They are available at most super markets and are DELISH!

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CHILI GARLIC TUNA SPIRALIZED VEGETABLE SALAD {PALEO, WHOLE 30}

Preparation: 10 min Total Time: 0:10

Serves: 2-3

Chili Tuna Spiralized Spring Vegetables Salad {Paleo, whole30 friendly}

Ingredients

- 3 Sweet Baby Spring Turnips (or 2 regular turnips)
- 1-2 cucumber (1 large or 2 small)
- 1 tsp minced garlic (about 3 cloves)
- 1/4 cup to 1/3 cup chopped shallot or red onion
- 1/4 cup paleo mayo (see notes for other options)
- 1 tsp mustard powder
- 1 small chili red pepper or cayenne pepper - sliced
- 2-3 tbsp olive oil with a pinch of ground chili pepper mixed in it
- Salt/pepper to taste
- Cilantro to garnish
- Red pepper flakes or a pinch of cayenne to top
- 5 ounces wild caught canned tuna (drained)

Instructions

1. Wash and dry your vegetables.
2. Next spiralize your turnips and cucumbers. Place in a bowl together with a pinch of salt and cover. Place in fridge while you make the sauce.
3. In another bowl, mix together your mayo (<http://amzn.to/2qD79c3>) (we use paleo brand), mustard powder, lemon juice, garlic, onion, and salt/pepper (to taste). Set aside.
4. Drain your tuna and place in a bowl to separate pieces.
5. Next mix up your olive oil with a pinch of chili pepper in it.
6. Remove your cucumber and turnip spiralized vegetables from fridge. Drain any excess water from the bowl and pat vegetables dry with a towel. Do this a few times until water is removed.

7. Place spiralized vegetables in a bowl and mix in mayo mixture. Add your tuna and chili red pepper to the bowl and mix again.
8. Drizzle your olive oil with chili pepper on top. Cilantro to garnish.
9. Extra lemon, salt/pepper, and red pepper flakes to taste if desired.
10. Serve.
11. Best kept in fridge for up to 2 days.

Recipe Notes

We use this spiralizer (<http://amzn.to/2pcDWDE>) with small blade for this type of salad. KitchenAid (<http://amzn.to/2pL0vmj>) also has an attachment for their stand mixer that works great!

If you don't want to use mayonnaise, feel free to use a Greek yogurt or sour cream but it will not be paleo.

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QUICK SPIRALIZED APPLE "KIMCHI" SALAD WITH GARLIC BEEF (PALEO)

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

Serves: 2

Ingredients

For the Spiralized Apple "Kimchi" Salad

2 apples (green and/or red). One of each is best combo!

1 shallot (can use 1/4 cup red onion or green onion as substitute)

1 tbsp hot mustard (Asian) or a spicy mustard of choice

1 tbsp chili sauce (ex: chili paste or Sriracha)

Pinch of paprika

1/4 tsp sea salt

1 tbsp rice vinegar

1-2 tsp fresh grated ginger or 1/4 to 1/2 tsp ground ginger

Black pepper to taste

For the Garlic Beef

6 - 8 oz organic lean ground beef

1 tsp avocado or sesame oil (olive oil is fine)

2 tsp minced garlic

1 tsp tamari sauce (Gluten Free)

1/2 tbsp to 1 tbsp sesame seeds for topping

Romain lettuce or Leafy green to place beef in (optional)

Instructions

1. First spiralize your apples or finely slice julienne style. It's best to use a green and red to even out tartness with taste. But any apple will do if you don't have one of each.
2. Next peel and slice your shallot.
3. Place in small mixing bowl.
4. Then add in your mustard, seasoning, chili sauce, vinegar, and lastly the ginger. Fresh always tastes better, but ground works fine too.

5. Toss salad all together.
6. Place in fridge while you cook beef.

For the beef

1. Place oil in frying pan.
2. Add in your thawed ground beef, garlic, and tamari.
3. Mix all together.
4. Fry on medium heat for about 7-10 minutes or until meat crumbles are thoroughly cooked and browned.
5. Remove from heat, strain excess fat/grease if desired.

Make the bowl

1. Divide the apple salad into two bowls.
2. Place a Romain or green leaf on one side of the bowl for the beef.
3. Divide the beef into the two bowls and place in the Romain leaf, next to the Spiralized Kimichi Salad. The Romain lettuce just helps keep the juices from the meat contained.
4. Top beef with pepper and sesame seed.
5. Scoop up apple salad with beef and enjoy! Or mix all together in bowl before eating.
6. Makes 2 bowls.

Recipe Notes

You don't need to use the spiralizer, it works well shredded too. Keep the peel on for much crunch.

Don't want beef? Try with chicken, tofu, tempeh, etc.

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MEXICAN AVOCADO EGG SALAD COLLARD GREEN WRAPS

{PALEO, WHOLE 30}

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

Serves: 4-6

These Mexican avocado egg salad wraps make for a perfect low carb veggie packed lunch!

Ingredients

1/2 large avocado

1 small bunch cilantro, chopped

3 oz fire roasted green chilies (canned, drained)

2 garlic cloves

1/4 tsp paprika

1/2 tsp cumin

Salt/pepper to taste

1 green onion or 1/4 c chopped onion

4-6 collard green wraps

1 sliced bell pepper

Juice of one lime

Red pepper flakes garnish

1-2 jalapeños

Additional salt/pepper to season after blending

Sprouts to garnish

6 hard-boiled eggs (yolks)

Optional Paleo Mayo or Olive Oil

Instructions

Slice your hard-boiled eggs in half. Remove yolk and place in food processor or blender. Keep the egg whites for later.

Chop your cilantro and onion.

Combine your avocado, cilantro, green chilies, spices, garlic, and optional jalapeños slices (just a few) in the food processor (<http://amzn.to/2pISMtd>) or blender.

Blend until an egg salad consistency is formed. Taste to see if it needs more salt/pepper, to your liking. Add additional avocado, paleo mayo (<http://amzn.to/2oPTXBS>), or oil if you want it extra creamy.

Chop up a few of the extra whites from the hard-boiled eggs and mix into egg salad.

Next clean your collard green wraps and place in a towel. Pat dry. Place the leaves/wraps in microwave to steam for 30 -40 seconds. This will make them more easy to bend.

Remove and place on a plate.

Slice your bell pepper.

Scoop 1/4 cup of the avocado egg salad into each wrap.

Top with bell pepper slices, optional jalapeños slices, a dash of lime, sprouts, and red pepper flakes.

Salt and Pepper to taste.

Serve and enjoy.

The Egg Salad will keep in sealed container in fridge for 5 days or so.

Recipe Notes

If you don't have avocado, feel free to use chipotle paleo mayo. (<http://amzn.to/2oPTXBS>)

Lettuce wraps or Romaine leaves also work!

For less spicy, omit jalapeños. You can also use regular green chilies. Canned or fresh.

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SUPERFOOD DINNER RECIPES

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 Lemon (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 Brussels 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 Brussels 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

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HEALING ROASTED RED PEPPER BISQUE WITH SHRIMP {WHOLE 30 FRIENDLY, PALEO}

Preparation: 15 min Cook Time: 25 min Total Time: 0:40

Serves: 4-5

Ingredients

1-2 large red bell peppers

1 tbsp olive oil

1 tsp minced garlic

Salt/pepper (1/4 tsp & to taste)

1 shallot or 3/4 c sliced/chopped

6-8 oz peeled shrimp (without tail). We buy Sizzlefish. See notes for link.

1 tbsp water

15 oz light coconut milk

2 c chicken broth

2 tbsp tapioca or potato starch to thicken

1/2 tsp cayenne

1/4 tsp ground mustard

1 tsp red pepper flakes (use less if you don't want as spicy)

Pinch of ground ginger

Optional 1/4 c BBQ sauce or tangy tomato sauce

Fresh Cilantro and extra spicy pepper (like jalapeno) to garnish

Instructions

1. First roast your red pepper. Preheat oven to 475F.

2. Place 1-2 red pepper on baking sheet.

3. Roast pepper at 475 F for 10 minutes rotating to each side. About 15-20 minutes total.

4. Broil last 2-3 minutes. Remove from oven. Cool. Remove skin from peppers and slice off the stem.

In the Soup Pot

1. 1 tbsp oil plus your garlic & shallot.
2. Sautee on medium until fragrant. Add in the peeled shrimp and water.
3. Cook on medium until shrimp are pink and no longer translucent. Should not take more than 5-8 minutes if shrimp are medium size. (For quick option you can use precooked shrimp & add it thawed at end of cooking bisque).
4. Add in your salt/pepper. Stir all together.
5. Remove shrimp, place in bowl or plate.
6. Next add in the coconut milk, broth, seasonings, and starch to the pot. Lightly simmer and mix all together for about 5 minutes.
7. Place liquid and roasted red pepper in blender or use an inversion hand mixer.
8. Blend until creamy. Note If you want it a bit sweeter, add in BBQ sauce before blending.
9. Add the soup back to stock pot. Bring to light boil. Reduce 10-20 minutes.
10. Add shrimp back in last and keep warm until ready to serve.
11. Serve and garnish with fresh cilantro and extra peppers if desired i.e. jalapenos.
12. Season each bowl with more salt/pepper and red chili flakes to taste.

Recipe Notes

For shrimp we love wild caught Sizzlefish (<http://www.shareasale.com/r.cfm?u=1089553&b=738723&m=59668&afftrack=&urllink=www%2Esizzlesh%2Ecom>).

A hand blender will work well but we LOVE using this new Vitamix blender (<http://amzn.to/2kDNzfP>) for extra creamy soups.

Vegan option just replace the shrimp with tofu or tempeh or leave out.

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EASY DRUNKEN ZOODLE CHICKEN CASSEROLE {PALEO}

Preparation: 10 min Cook Time: 40 min Total Time: 0:50

Serves: 5-6

Paleo Drunken Zoodle Chicken Casserole takes a spin on the original Pad Kee Mao Asian stir fry and puts in casserole form. Light, healthy!

Ingredients

1 lb boneless chicken thighs or breast (the darker meat works best)

Ingredients for Stir Fry Sauce

2 tbsp fish sauce

2 tbsp chili garlic sauce/paste (Available in most Asian sections at store. Or use sriracha.)

2-3 tbsp gluten free tamari soy sauce mixed with 1 tbsp dark sugar (coconut palm sugar, dark brown sugar, or molasses). This creates a dark soy sauce.

Pinch of ground ginger

Kefir lime or 1/4 tsp lime zest (a splash of juice works too)

Salt and pepper to taste

Optional finely diced Thai bird's eye red pepper for extra spicy

Other Ingredients

1 cup chopped onion

1 tbsp olive oil or sesame oil

1 tsp garlic

1 cup stir fry veggies (i.e. broccoli, snap peas, etc.)

2-3 tbsp tapioca starch or potato starch/flour

1 red bell pepper, sliced

16 oz (or about 3-4 c zucchini noodles- zoodles) This equals about 1-2 large zucchini

3 eggs

2-3 tbsp coconut milk

Garnish/Topping

Thai basil

1 Thai red pepper (see notes for other pepper)

Optional sesame seeds to garnish

Instructions

1. Clean your chicken then dice your chicken meat into small slices/cubes. Set aside.
2. Slice veggies and spiralize your zucchini. If you don't have a spiralizer, just cut julienne style. I use this spiralizer (<http://amzn.to/2IE61Vo>). Make sure to pat your zucchini noodles extra dry with a towel. To remove excess water.
3. Next mix your stir fry sauce. Whisk together the fish sauce, chili sauce, ginger, tamari + sugar (to equal the dark soy sauce), lime, pinch of pepper. Taste and adjust with more tamari/sugar if needed. For Paleo option, use palm sugar or molasses.
4. Preheat oven to 350F and greased casserole dish. Set aside.
5. Place meat, garlic, onion, oil in skillet or large pan. Sauté 5 minutes.
6. Add your stir fry veggies, sliced red pepper, sauce, and 2-3 tbsp tapioca starch. Stir fry 10-15 minutes until chicken no long pink (but not overcooked) and starch is mixed well with the meat/vegetables.
7. Place (zucchini noodles) zoodles at the bottom of your casserole dish.
8. Add the chicken stir fry with sauce on top of zoodles; evenly.
9. Next whisk your eggs and coconut milk. Pour over casserole (<http://amzn.to/2kXuUYr>) dish.
10. Bake 25-30 minutes or until the edges are golden brown and the egg mix is cooked through.
11. Remove from oven and garnish with Thai basil and optional sliced Thai peppers.
12. Salt/pepper to taste. Sesame seeds to sprinkle over top, if desired.

Recipe Notes

If you don't have Thai red pepper, you can use any other spicy red pepper. I also added jalapeno for extra kick! Thai red peppers are available in the Asian foods section or produce section of some supermarkets, or at some Asian markets.

An 8x 11 casserole dish is what I used. But 9 x13 should be okay, just won't be as thick in pan once cooked.

Don't overcook chicken during the stir fry.

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CRISPY RHUBARB LEMON CHICKEN BAKE {PALEO, ONE PAN}

Preparation: 15 min Cook Time: 25 min Total Time: 0:40

Serves: 5

This Lemon Chicken Bake makes an easy one pan meal! A tangy rhubarb marinade caramelizes chicken. Lemon and crispy Rhubarb shavings to top! Paleo friendly.

Ingredients

For the Chicken Marinade

- 1/4 cup creamy balsamic dressing or vinaigrette
- 1/4 cup tangy BBQ sauce (gluten free)
- 2 garlic cloves
- 1/2 tsp each salt and black pepper
- 2 -3 rhubarb stalks (shaved/peeled. Keep the shavings for topping)
- 1/4 cup maple syrup
- Lemon (1 tbsp juice)

For the Lemon Chicken bake and Crispy Rhubarb

- 1.5 lbs skinless boneless chicken things (about 5 small thighs)
- 1 lemon
- Olive oil for pan and to toss shavings in
- Salt/pepper
- Shavings from the rhubarb Stalks
- Optional 1/4 tsp lemon garlic seasoning or lemon pepper
- 1 cup pearled onions
- Tarragon leaves or thyme to garnish

Instructions

1. Preheat oven to 375F.
2. Clean your rhubarb stalks and trim ends.

3. With a vegetable peeler, gently peel the red skin of the rhubarb off in order to create shavings.
4. Set shavings aside.
5. Place 2-3 small stalks of the rhubarb in a blender along with the BBQ sauce, balsamic dressing, maple syrup, and seasoning. Blend until creamy.
6. Clean and trim your chicken thighs. Set aside.
7. Add 1 tbsp olive oil to an oven-safe skillet or cast iron skillet (<http://amzn.to/2oMMFML>). You can use a Dutch oven too.
8. Add your marinade and your chicken thighs to the pan. Squeeze fresh lemon juice on top. Bring the marinade to a quick bubble/boil. You will see the edges start to caramelize on the pan. Then reduce heat or turn off completely.
9. Flip the chicken thighs over and place lemon slices on top of each.
10. Add 1 cup of peeled pearled onions to the pan. Drizzle a little olive oil on top of them.
11. Salt/pepper to taste.
12. Transfer to oven at 375F for about 20-25 minutes.
13. While the chicken is baking for the first 10 minutes, season your rhubarb shavings. Just toss with a bit of oil, salt, pepper, and optional lemon pepper or lemon garlic.
14. Place on greased baking sheet. Transfer to the oven (with the chicken) for the remaining 15 minutes of the chicken bake time. Toss the shavings halfway to make sure they are getting crispy. Thinner shavings will cook faster.
15. Once chicken and shavings are cooked and crispy, remove from oven.
16. Serve chicken thighs in pan or to each plate. Add more marinade from the pan on top of each chicken. Then top each chicken thigh with crispy rhubarb shavings and serve with pearl onions.
17. Salt/pepper to taste.
18. Thyme to garnish (or any other herb of choice).

Recipe Notes

You can add in any other veggies while the chicken is baking too. Just place on another pan with olive oil. I added broccolini. The thicker rhubarb shavings will take longer to get crispy so check after 10 minutes. If your shavings are thin, they will get crispy in less than 15 minutes in oven.

Estimated Nutrition for Lemon Chicken with Marinade sauce, Onion, and Crispy Rhubarb - 260 –
275 Calories 9 grams fat 9 carbohydrates 23 grams of protein

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LENTIL SHRIMP JAMBALAYA BOWLS {GRAIN FREE}

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

Serves: 4

Ingredients

1 cup lentils (uncooked) or 2 cups already cooked

10 ounces medium peeled shrimp

1 tbsp oil or butter

1/2 tsp gluten free Worcestershire sauce

2 cups chopped okra (fresh or frozen)

2/3 cup chopped carrots

1/2 cup chopped onion

1/4 cup chopped celery

170 grams or 1 1/4 cup diced cooked andouille sausage or chicken sausage (gluten free brand)

1/3 cup tomato sauce

1/4 tsp onion salt or sea salt

1/4 tsp minced garlic

1/2 tsp smoked paprika or cajun creole seasoning blend (feel free to add more if you like)

Crushed red pepper

Dash of black pepper

Optional parmesan topping

Instructions

- First make sure your lentils are cooked. It's easy to just use leftover lentils and sausage for this dish. But if you are making it from scratch then directions to cook those are below.
- For best health, soak lentils overnight first. If you don't have time to soak, just rinse them thoroughly.
- For lentils, use 3 cups of liquid (water or broth) to 1 cup of rinsed lentils.
- Bring to a boil, cover tightly, reduce heat and simmer for about 15-20 minutes. Drain the lentils and set aside in a bowl.

- Once lentils are done, use that same pot or skillet for cooking everything else. Be sure to drain the water or broth first though.
- Add your onion, celery, seasoning, oil or butter, and shrimp to the skillet/pot. Add in sausage here too if it's uncooked. If you are using pre-cooked sausage then add that later with lentils.
- Sautee onions, celery, shrimp, oil, seasoning on medium to medium high heat for a few minutes to coat the pan.
- Then add in the rest of your veggies and Worcestershire sauce and sautee all together until veggies are tender and shrimp and sausage are almost cooked through. About 8 - 10 minutes on medium to medium high.
- Last add in your lentils, tomato sauce, and any remaining ingredients you'd like to add in.
- Stir and cook on medium low to medium heat until everything is cooked through and sauce is warmed. Should be only a few minutes or so.
- Serve into bowls and top with red pepper flakes, a dash of black pepper, and parmesan if desired.

Recipe Notes

To make this dish even faster, you can use pre-cooked shrimp and sausage and just add it to the cooked veggies and lentils. Then stir and cook for a few minutes to get flavors all combined.

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ONE PAN MAPLE BALSAMIC-GLAZED SCALLOPS WITH POMEGRANATE

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

Serves: 2

Ingredients

- 7- 8 oz scallops (about 7- 8 medium to large scallops)
- 1/2 to 1 tbsp salted butter or oil (use less if you are wanting lighter)
- 1 tbsp maple syrup
- 3 tbsp pomegranate seeds (cleaned and dried)
- 1/2 to 1 tbsp balsamic vinegar
- 1/4 tsp minced garlic
- Sea salt and black pepper to taste

Instructions

1. Wash and dry scallops. Set aside.
2. Heat a pan on between medium high to high, add your butter and maple syrup.
3. Once it starts sizzling, add your scallops, pomegranate seeds, and balsamic vinegar.
4. The vinegar will start to caramelize with the butter/syrup fast so keep mixing the sauce around with the seeds and scallops to form a glaze.
5. Add in your garlic and dash sea salt.
6. Pan sear for 6-8 minutes on medium high, flipping the scallops once or twice.
7. Remove from heat.
8. Serve into dishes and spoon sauce and pomegranate seeds over top.
9. Garnish with cracked black pepper.
10. Great with a salad!

Recipe Notes

Serving size: 4 oz Calories: 250 Fat: 13.5 Saturated fat: 3.5 Carbohydrates: 14 Sugar: 7 Fiber: 1.5 Protein: 18

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ONE-POT ORANGE HONEY GARLIC ROASTED CHICKEN {PALEO}

Preparation: 10 min Cook Time: 48 min Total Time: 0:58

Serves: 6-7

Ingredients

2.5 lbs whole young chicken (we use 5280 meat)

1/4 cup olive oil

1 orange and juice in it

1/8 cup honey

1 tsp garlic (minced)

1/2 tbsp balsamic vinegar

1/4 tsp onion salt or sea salt

1 tbsp lemon juice

Dash of sea salt and black pepper (for after cooked)

Instructions

1. First clean your chicken and remove excess fat. Tie the legs of roasted chicken together with string. Set aside.
2. Cut an orange into quarters. Squeeze the juice into a bowl but keep the oranges for later.
3. Combine your juice, olive, oil, garlic, and honey, balsamic vinegar, and other remaining spices in one small bowl. Mix well.
4. Place chicken in Dutch oven on stovetop. Pour juice and garlic and honey mixture over the chicken, coating it nicely and evenly.
5. Place oranges around chicken in the Dutch oven.
6. Cook covered on medium heat for 30 minutes on stove.
7. While chicken is on stove, preheat oven to 450F for later use.
8. After 30 minutes on stove, transfer the Dutch oven pot with chicken into the oven uncovered and cook for another 15-20 minutes or until cooked through.
9. Skin will be crispy on top.
10. Remove and spoon any extra juice from pot and coat it again over chicken.

11. Serve with veggies!

Recipe Notes

We used 5280 (<http://www.5280meat.com>) meat organic whole young chicken.

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