

Best of Grain Free Meal Plans Vol 1 SAMPLE

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Grain Free Meal Plans
Volume 1
SAMPLE

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HealthHomeHappy.com

DEDICATION

This book is dedicated to my beautiful daughter Hannah, who inspired me to start this wild grain free journey and who brings so much joy and amazement to my life.

To my handsome son Samuel, who's energy, laughter, and questions challenge me daily to try to be the best mama I can be.

And to my amazing readers, you all are on your own health journey for so many different reasons- the passion you have is contagious and I'm blessed to know you.

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Beef sausage

Ingredients:

- 3 lbs of ground beef
- 1-2 onions, chopped finely
- 1/2 teaspoon of 3 different sweet spices (cinnamon, allspice, nutmeg, ginger etc)
- 1 teaspoon cayenne pepper
- 1 teaspoon each of at least 5 different savory spices (cumin, coriander, ground pepper, sage, oregano, etc)
- 2 teaspoons sea salt
- 1 tablespoon basil
- 2 eggs

Directions:

Mix all ingredients together with a fork or a stand mixer until spices are thoroughly mixed into the meat. Shape into patties and fry in coconut oil on med to med-high until no longer pink in the center. If you're pressed for time, only cook the amount you need today and form the rest into patties to stick in the freezer for later use. If you have more time today and would like to save time later, slightly under cook all the patties and freeze. The patties will finish cooking with reheating.



Coconut Pancakes

Makes 12 4-inch pancakes

Ingredients:

4 eggs

1/4 cup coconut flour

1 pinch nutmeg

1 pinch cinnamon

1 tablespoon honey

1/4 cup yogurt, coconut milk, or apple sauce

Ghee, butter, or coconut oil for frying

Directions:

Mix ingredients and let them sit for five minutes. Put 1 teaspoon fat on griddle and melt over medium heat. When griddle is hot, pour 1 tablespoon of batter on for each pancake. Allow to cook until golden brown, 1-2 minutes on each side.

Troubleshooting: If your pancakes are difficult to flip, try adding an extra egg to the batter. Also, be sure to allow them to cook long enough to become golden brown before attempting to flip. Use a very thin metal spatula, not a thick plastic one.



PB&J Roll Ups

Ingredients:

Coconut flour crepes

[recipe follows]

Peanut butter or other nutbutter, or dripped yogurt cheese [page 59]

Blueberry Sauce [page 5]

Spread crepes 2/3 of the way up (the filling will squish) with nutbutter and blueberry syrup. Roll and secure in plastic wrap or waxed paper until lunch time.

Coconut Flour Crepes

Makes 12 crepes

Ingredients:

12 eggs

4 tablespoons coconut flour

1/8 teaspoon sea salt

6 teaspoons refined coconut oil, to fry

Directions:

Mix all ingredients well, making sure all clumps of coconut flour are broken up. Allow to sit for a few minutes.

In a skillet over medium-low heat melt 1 teaspoon of coconut oil, tilting pan to coat. Add about 2 tablespoons of batter and tilt to make a 6-inch circle. Cook until bubbles start to form and the middle of the pancake looks slightly cooked. Flip gently with a thin spatula and cook until the other side is golden; about 5 minutes on the first side, 2 on the second.



Guacamole

Ingredients:

2-3 ripe avocados
2 cloves garlic, pressed
1 teaspoon cumin
1/2 teaspoon sea salt
Juice of one lemon

Directions:

Slice avocados lengthwise all the way around, down to the pit. Twist to separate halves. Remove pit with knife and scoop out avocado with a spoon.

Mash in 2-3 ripe avocados with a fork. Add remaining ingredients and mix well. If storing, press plastic wrap right up against the guacamole to help prevent it from oxidizing and turning brown, store in the fridge for a couple hours.



Cold Beet Soup

This deep red soup is a fun change. Cold soup is also an easy 'fast food' that is low sugar and rich in amino acids from the chicken stock.

- 4 medium beets, peeled and chopped
- 4 carrots, peeled and chopped
- 3 cups stock, or more to thin the soup as desired [page 66]
- ½ teaspoon sea salt, or to taste
- ¼ teaspoon pepper
- ¼ teaspoon cayenne pepper (optional)
- ¼ cup fresh dill, finely chopped (optional)
- 2 cloves garlic (add more to taste)

Cultured cream, to serve (optional) [page 60]

Directions:

Place the beets, carrots, and stock in a crock pot. Cook on low 8 hours or high 4 hours, until the beets are soft. Add remaining ingredients and puree in a food processor or with an immersion blender. Add more stock to thin if necessary. Chill well and serve topped with yogurt or cultured cream as desired.



Garlic-Spinach Artichoke Dip

1/3 cup mayonnaise
2 cups fresh spinach
2 cloves garlic

Puree above ingredients in food processor, add in

1/2 cup artichoke hearts

Pulse to chop

2 cups Parmesan, grated

Pulse to mix in the cheese and enjoy! Keep covered in the refrigerator if you have leftovers. Leftovers can be used as sandwich spreads and to stuff peppers with (bake at 375* on the top rack for 20 minutes or until hot and bubbly).





Lacto-Fermented Dilly Carrot Sticks

These are great foods for little ones to snack on, they are a bit softer than plain carrot sticks, and have all the benefits of cultured vegetables.

Ingredients:

6 medium carrots, peeled and cut into sticks
1 tablespoon whey (optional) [page 59]
1 tablespoon sea salt
1 tablespoon chopped fresh dill, or 1 teaspoon dried
3 cloves of garlic, quartered (optional)
Filtered water

Directions:

Place the carrot sticks into a quart mason jar (or other quart sized container with a lid that fits snugly) and add the rest of the ingredients, shaking gently to settle the carrots if needed.

Fill to within one inch of the top with filtered water.

Cover tightly and allow to sit at room temperature for 4-7 days; you can try them at 4 days and see if you want them to be more sour or not, to get them more sour/soft leave them out at room temperature longer. Because the carrots are more dense, they take longer to ferment than other lactoferments like sauerkraut or pickles. They also stay crunchier.

After fermenting at room temperature, keep in your fridge- they last for months!

RECOMMENDED KITCHEN EQUIPMENT

I found that I use different kitchen equipment for following a grain free diet than I did with a diet based on grains. Here are some things that I have found useful. Purchase most here: healthhomehappy.com/equipment

Stock pot, stainless steel, 8-10 quart

Sauce pan, stainless steel, 2-1/2 to 3 quart

Skillet, stainless steel with clear glass lid, 10-12 inches

Griddle, cast iron, to fit over two burners

Mason jars, wide mouth; half gallon, quart, and pint

Thermos, wide mouth (good quality pays here)

Dehydrator, Excalibur, 5 tray is big enough for most people; it can be used for fruits and veggies, yogurt, and jerky. Quart jars fit in the 5-tray model.

Food processor, Quisenart or Kitchenaid brand, 9 cup. This machine gets a workout with grain free cooking, use for shredding veggies, making mayonnaise, blending baked goods, grating cheese, and more.

Blender, glass. I use just a simple blender for smoothies and occasional mixing. I prefer to invest in a higher quality food processor and get a basic blender.

Glass {or plastic} lidded storage containers for food on the go

Muffin pan, stoneware, made in the USA

Lofa pan, stoneware or glass, made in the USA

Baking sheet, stainless steel or stoneware

Blender, immersion to puree soups right in the pot.

Water filter, chlorine and fluoride filters for drinking and cooking

Shower filter, chlorine filter

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ABOUT THE AUTHOR

Cara lives in Arizona with her two young children. They enjoy the sunshine, swimming, fun day trips (with food packed to bring along!) and hanging out with family.

She believes that natural, sustainably produced and traditionally prepared food is designed by God to be best for the earth and people alike and enjoys learning more about this all the time. Her daughter, Hannah, has been grain free for over two years, and the whole family eats primarily grain free home.

Cara blogs at Health, Home, and Happiness (healthhomehappy.com) about incorporating traditional food, natural remedies, and healthy habits into real life. The goal of her writing is to encourage the average family that eating real wholesome foods is something that is a priority and can realistically be done.

I hope you enjoyed this preview of the Best of the Grain Free Meal Plan Cookbook, Volume 1!

In the full version there are over 70 recipes, all with full color photographs.

Visit <http://healthhomehappy.com> to purchase the instantly downloadable e-book, in-print softcover cookbook, or subscribe to Grain Free Meal Plans menu planning service!