

HONEST BODY GAPS DINNER CLUB

WEEK PLANNER

DAY 1

SQUASH & SAUSAGE SOUP
PUMPKIN RAISIN MUFFINS

DAY 2

LENTIL STUFFED PEPPERS
SMOOTH APPLESAUCE

DAY 3

SLOW COOKER PORK SHANK & BEAN SOUP
CHAFFLES

DAY 4

ROASTED GARLIC SOUP
PEAR & ARUGULA SALAD

DESSERT

BLUEBERRY COCONUT GELLO CUPS





SQUASH & SAUSAGE SOUP

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 pounds butternut squash, cubed
- 2 cups homemade chicken stock
- 4-6 cloves garlic, pressed
- 3 tablespoons Red Boat fish sauce (sugar-free)
- 1 - 13 ounce can of organic gum-free coconut milk
- 1 pound sugar-free pork sausage, browned, keeping the drippings to add to the soup as well
- 1 to 2 teaspoons smoked paprika
- 1/2 teaspoon fresh ground black pepper
- 1 to 2 teaspoons dried thyme

DIRECTIONS

- Simmer the squash & garlic in the stock until very tender, then puree with stick blender (or in blender)
- Add all the rest of the ingredients and gently simmer until the flavors blend
- **OPTIONAL:** if you like some "heat," carefully add 3 to 4 pricked habanero peppers to the squash simmering stage, then carefully remove without touching your fingers to them, and definitely don't spill the seeds!

FOR MORE RECIPES, VISIT [HONESTBODY.COM/RECIPES](https://www.honestbody.com/recipes)



PUMPKIN RAISIN MUFFINS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 cups blanched almond flour
- 1/3 cup coconut flour
- 1 teaspoon baking soda
- 1 tablespoon pumpkin pie spice
- 1/2 teaspoon sea salt
- 1 1/2 cups organic freshly baked pumpkin puree
- 6 eggs
- 1/4 cup raw honey
- 1/4 cup melted butter or ghee
- 1 cup raisins

DIRECTIONS

- Preheat your oven to 350°
- Place muffin papers in a muffin tin or grease the muffin tin with butter or coconut oil
- Add dry ingredients to a medium mixing bowl - almond flour, coconut flour, baking soda, pumpkin pie spice, sea salt
- Add wet ingredients to a large mixing bowl - pumpkin puree, eggs, honey, butter
- Mix with handheld blender (I use KitchenAid mixer)
- Combine dry ingredients with wet in large mixing bowl and blend until smooth
- Add raisins and fold in gently
- Fill each muffin space about 3/4 full and bake for 20 - 25 minutes, until a toothpick inserted comes out clean
- Makes 12 - 16 muffins

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LENTIL STUFFED PEPPERS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

LENTIL STUFFING

- 1 cup 7-hours soaked & rinsed French lentils
- 2.5 cups water or stock
- 1/2 teaspoon sea salt

PORTABELLAS & ONIONS

- 1 medium sweet onion, diced
- 2 portabella caps, finely chopped
- 4 tablespoons butter or ghee

REMAINING FILLING

- 1/2 cup Parmesan
- 1/4 cup fresh parsley, minced
- pinch of red pepper flakes

PEPPERS

- 4 medium size bell peppers, top 1/2 inch cut off and seeds removed
- melted coconut oil for rubbing on the outside

DIRECTIONS

- Preheat the oven to 375°
- Bring the lentils, water & sea salt to a boil, then gently simmer until the water is absorbed, and the lentils are tender
- Meanwhile, saute' onion & portabella caps in butter
- Add sauteed mixture to lentils along with the remaining filling
- Place the bell peppers in a foil lined baking dish
- Fill peppers with lentil mixture, and set tips back on
- Rub peppers lightly with melted coconut oil, and draw the foil up to partially cover
- Bake in oven for 35-45 minutes, depending on how tender you prefer your peppers

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SMOOTH APPLESAUCE

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 4 quarts of apples, cored & cut into chunks
- Water

DIRECTIONS

- Place apple chunks into a stockpot over medium-high heat
- Pour enough water in that there is about an inch at the bottom of the pot
- Cook until apples are very soft, stirring periodically to prevent scorching of fruit on the bottom
- Remove from heat & puree in blender (I use a Vitamix)

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PORK SHANK SLOW COOKER SOUP

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 pound dried navy beans, soaked overnight
- 4 cups homemade chicken stock
- 2 cups water
- 1/2 cup butter or ghee
- 1 large red onion, chopped
- 2 stalks celery, chopped
- 2 large carrots, diced
- 2 cups fresh spinach, chopped
- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons dried oregano
- 1 1/2 teaspoons garlic powder
- 1 teaspoons curry powder
- 1 tablespoon sea salt (+ more to taste)
- 1/2 teaspoons black pepper
- 2 pork shanks

DIRECTIONS

- Drain the beans and rinse
- Place in a large pot with new water to cover, bring to a boil
- Cook beans until just beginning to soften and then place beans in the slow cooker
- Add the stock, water, butter or ghee, vegetables, spices and pork shanks
- Cook on low for about 8 hours
- Just before serving, remove pork shanks and pull the meat off
- Return the meat to the slow cooker along with the chopped spinach

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CHAFFLES

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 egg per person
- 1/2 cup shredded cheese per person
- 1/2-1 teaspoon raw honey per person

DIRECTIONS

- Preheat waffle iron well.
- As waffle iron preheats, mix the eggs and cheese with a fork
- Pour 3 tablespoons (about 1 person's portion) onto the waffle maker
- Be careful not to overfill, the egg will expand as it cooks
- Close waffle maker and cook for 3-4 minutes
- If the waffle doesn't easily release, cook for an additional 60-90 seconds until it releases from the waffle maker easily
- Use as a "bread" to dip in soup, or spread with pastured butter and sugar-free fruit preserves or honey
- **This recipe can be doubled for 2 waffles per person. Just note that they are extra filling!**

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ROASTED GARLIC SOUP

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 10 – 15 cloves of garlic, unpeeled
- 1 head of cauliflower
- 7 tablespoons butter or coconut oil
- 2 teaspoons salt
- 2 teaspoons dried basil
- 2 onions, coarsely chopped
- 4 cups chicken stock

DIRECTIONS

- Preheat oven to 400° F
- Divide the cauliflower into florets. Put the cauliflower pieces and unpeeled garlic into a large bowl
- Melt 3 Tbsp. of butter or coconut oil in a saucepan and pour over vegetables
- Stir to coat
- Pour vegetables onto two baking sheets and roast for 30–40 minutes
- In a large soup pot, melt the remaining butter/coconut oil and saute' the onions until soft
- Stir in the dried basil, add the stock and bring to a boil
- Put the roasted cauliflower into the pot
- Peel the garlic and add as well
- Blend with immersion blender and simmer for another 5 minutes

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ARUGULA SALAD W/ PEARS & BLUE CHEESE

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

SALAD

- 1 bunch arugula, washed & torn
- 1 local pear of choice, sliced thin
- Blue cheese, crumbled
- 1-2 tablespoons sunflower seeds

DRESSING

- 2 tablespoon white wine (or vinegar)
- 2 tablespoon lemon juice
- 1 teaspoon honey
- 1/2 teaspoon mustard powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup extra virgin olive oil

DIRECTIONS

- Mix dressing ingredients in a small glass jar and shake to combine (or emulsify in blender)
- Drizzle arugula with dressing and toss to combine
- Combine the arugula, sunflower seeds, pear & blue cheese in a bowl and toss

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COCONUT BLUEBERRY GELLO

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 13.5 oz. gum-free coconut milk
- 1 cup of blueberries
- 3 tablespoons lemon juice
- 3 tablespoons gelatin
- 4 tablespoons raw honey

DIRECTIONS

- Blend all ingredients in blender (I use a Vitamix) or put straight in a pot, if you want the blueberries whole)
- Transfer the mixture to a medium pot over low heat and gently heat until gelatin is dissolved
- Pour into individual ramekins or dish of choice and refrigerate until set - approximately a few hours (I sometimes put my jello mixtures in the freezer to speed this up)

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GROCERY LIST

PRODUCE

- garlic cloves - 20
- cauliflower head - 1
- butternut squash - 2 lbs
- medium sweet onion - 1
- large red onion - 1
- white onions - 2
- large portabella caps - 2
- fresh parsley - 1/4 cup
- apples - 4 qts
- celery - 2 stalks
- large carrots - 2
- fresh spinach - 2 cups
- arugula - 1 bunch
- pear - 1
- lemon - 2 Tbls
- blueberries - 1 cup

CANNED/BOTTLED

- extra-virgin olive oil - 1/4 cup
- Red Boat fish sauce - 3 Tbls
- gum-free coconut milk - 2 can
- coconut oil - 8 Tbls
- white vinegar or white wine - 2 Tbls

HOMEMADE

- homemade beef/chicken stock - 12.5 cups
- homemade pumpkin puree - 1.5 cups

MISC

- French lentils - 1 cup
- dried navy beans - 1 lb
- sunflower seeds - 1-2 Tbls

MEATS/SEAFOOD

- sugar-free pork sausage - 1 lb
- pork shanks - 2 lbs

SPICES

- salt & pepper
- smoked paprika - 1-2 tsp
- dried thyme - 3.5 tsp
- dried oregano - 1.5 tsp
- dried basil - 2 tsp
- garlic powder - 1.5 tsp
- curry powder - 1 tsp
- mustard powder - 1/2 tsp
- red pepper flakes - pinch

BAKING

- blanched almond flour - 2 cups
- coconut flour - 1/3 cup
- baking soda - 1 tsp
- pumpkin pie spice - 1 Tbls
- raw honey - 1/4 cup + 7 Tbls
- raisins - 1 cup
- grass-fed gelatin - 3 Tbls

DAIRY & EGGS

- eggs - 12
- butter or ghee - 16 Tbls
- Parmesan - 1/2 cup
- Monterey jack cheese - 3 cups