

HONEST BODY GAPS DINNER CLUB

WEEK PLANNER



DAY 1

SAUSAGE, CHERRY TOMATO, & BROCCOLI
SKILLET

DAY 2

ROAST CHICKEN W/ PLUMS
GREEN BEANS W/ PEPITAS

DAY 3

GREEN GODDESS SALAD
CHEESY BISCUITS

DAY 4

BUTTERY CHICKEN
CHIPOTLE LIME COLESLAW

DESSERT

PAN COOKED CINNAMON APPLES



SAUSAGE TOMATO BROCCOLI SKILLET

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 tablespoons butter
- 18 ounces cooked organic Italian sausage, cut into coins
- 3 pints cherry tomatoes
- 2 cloves garlic, chopped
- 1 1/4 teaspoon sea salt
- 1 teaspoon thyme
- 1/4 teaspoon freshly ground black pepper
- 1 large head of broccoli, trimmed & cut into florets, or approximately 6 cups broccoli

DIRECTIONS

- Heat the butter in a large skillet over medium heat
- Add the sausage and cook for 10 minutes, stirring occasionally until lightly browned
- Stir in the tomatoes and cook for 5-7 minutes until tomatoes begin to burst
- Add the garlic and cook for about 1 minute
- Stir in the salt, thyme and pepper and cook for 1 minute
- Add the broccoli and then cover with a lid and cook for 3-4 minutes
- Serve & enjoy :)

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



ROAST CHICKEN W/ PLUMS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

THE CHICKEN

- 2 lemons
- 2 tablespoons ground sumac
- 4 teaspoons sea salt
- 1 tablespoon fresh ground black pepper
- 1 teaspoon cinnamon
- 1 teaspoon allspice
- 1/4 cup extra-virgin olive oil
- 4 garlic cloves, minced
- 2 chickens, approximately 4 pounds each
- 1 bunch thyme

THE PLUMS

- 2 1/4 pounds plums, halved
- 4 shallots, sliced
- 2 tablespoons raw honey
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1 bay leaf, torn in half

DIRECTIONS

- Grate the zest from the lemons & place in a small bowl
- Mix sumac, salt pepper, cinnamon, & allspice into the lemon zest then mix it all over the chickens, including inside the cavity
- Divide thyme bunch in half and put half inside of each chicken
- Place the chickens on a roasting rack set over a rimmed baking sheet and let them marinate, uncovered, in the refrigerator for at least an hour (or if you are a risk taker & have well-sourced chickens, you can leave them out on the counter like me :)
- When ready to roast, let the chickens come to room temperature for a 1/2 hour while pre-heating your oven to 350°
- Mix the plum mixture in a medium bowl, remove the roasting rack long enough to spread out the plum mixture
- Bake until chicken is golden-skinned and cooked through, approximately 1 1/2 hours
- Carve & serve with the plums

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GREEN BEANS W/ PEPITAS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 3 tablespoons butter or ghee
- 1 1/2 pounds green beans, washed & trimmed
- 2 cloves garlic, minced
- 1/2 cup pumpkin seeds, lightly toasted in 1 tablespoon additional butter
- sea salt & fresh black pepper to taste

DIRECTIONS

- Melt butter in a large skillet over medium heat until brown & fragrant, about 3 minutes
- Add green beans & stir in the butter until they begin to have brown spots, about 4 minutes
- Clear a spot in the middle of the green beans and add the garlic. Stir garlic in the center until fragrant, about 30 seconds
- Remove from the heat & add pumpkin seeds & stir to combine beans, garlic, & pumpkin seeds
- Season with salt & pepper to taste

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GREEN GODDESS SALAD

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

SALAD

- 1/2 pound favorite salad greens
- 3 ounces per person of cooked chicken, steak or seafood, chopped
- 1 large cucumber, sliced lengthwise & then cut on the diagonal
- 1 pint cherry tomatoes, halved
- 1/2 cup radishes, thinly sliced

GREEN GODDESS DRESSING

- 1/2 ripe avocado
- 1 large clove garlic, minced
- 2 tablespoons anchovy paste
- 2 scallions, white & green parts, chopped
- 3 tablespoons tarragon leaves, chopped
- 2 tablespoons cilantro leaves, chopped
- 1 tablespoon basil leaves, chopped
- 1/4 Italian parsley, chopped
- 3 tablespoons lemon juice
- 3 tablespoons red wine vinegar
- 3/4 cup extra virgin olive oil
- 1/4 cup 24-hr yogurt
- 1/2 teaspoon sea salt + fresh pepper to taste

DIRECTIONS

- Place all the dressing ingredients in a blender & puree
- Layer the salad ingredients on separate plates, including meat/seafood of choice
- Drizzle Green Goddess dressing over top & serve

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CHEESY BISCUITS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 8 eggs
- 1/2 cup butter, melted
- 1/2 teaspoon sea salt
- 1/2 teaspoon onion powder
- 2/3 cup coconut flour
- 1/2 teaspoon baking soda
- 1 1/2 cup cheddar cheese, grated

DIRECTIONS

- Preheat oven to 400°
- Line a rimmed baking sheet with parchment paper & set aside
- Mix the wet ingredients together
- Mix the dry ingredients together
- Combine the wet & dry ingredients together until there are no lumps
- Add in the cheese & use a 1/4 cup measuring cup to drop batter onto the rimmed baking sheet
- Bake for 15-20 minutes, or until lightly browned

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BUTTERY CHICKEN

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

MARINADE

- 1 cup 24-hr yogurt
- 1/4 cup curry powder
- 1 lemon, juiced
- 4 boneless skinless chicken breasts, cut into bite size pieces

ONION MIX

- 4 onions, sliced thin
- 1 cup tomato sauce
- 1/2 cup chicken stock
- 2 teaspoons sea salt
- 1/2 cup gum-free coconut milk
- fresh cilantro, minced (optional garnish)

DIRECTIONS

- Mix the yogurt, curry, lemon juice in a medium bowl
- Stir in the chicken
- Cover & marinate for 1 hour (up to 10 hours)
- Melt the butter over low heat in a large skillet
- Add the onions & cook on low for about 35-40 minutes, stirring occasionally, until soft & caramelized
- Stir in the remaining ingredients (tomato sauce, stock, salt, coconut milk)
- Cook for about 15 more minutes, stirring frequently
- Garnish with cilantro (optional)



CHIPOTLE LIME COLESLAW

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

COLE SLAW

- 1/2 cup sunflower seeds
- 1 tablespoon butter
- 6 cups cabbage, finely shredded (I used a mix of green & red)
- 1 red bell pepper, seeded & sliced thin
- 1 organic apple, cored, peeled, quartered & very thinly sliced
- 3 scallions, white & green parts, sliced thin
- fresh cilantro (optional garnish)

CHIPOTLE-LIME DRESSING

- 1/2 cup homemade mayonnaise
- 1/4 cup 24-hr yogurt
- juice of 1 lime
- 1/2 teaspoon chipotle chili powder
- 1 teaspoon raw honey

DIRECTIONS

- Mix all the ingredients of the dressing in a small bowl
- Heat the butter over medium heat in a skillet & saute sunflower seeds until light brown
- Mix sunflower seeds & other cole slaw ingredients in a medium bowl & dress with the chipotle-lime dressing



CINNAMON PAN APPLES

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 large apple per person, cored, quartered & chopped into bite size pieces
- 2 teaspoons raw honey per person
- 1 tablespoon butter or ghee per person, divided
- Cinnamon for sprinkling

DIRECTIONS

- Heat 1/2 of the butter in a large skillet over medium-low heat
- Cook apples in butter until soft, stirring occasionally, then add honey & remaining butter
- Allow to caramelize for 30-60 seconds while stirring
- Remove from heat & sprinkle cinnamon over top before serving

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GROCERY LIST

PRODUCE

- apples - 7 large
- lime - 1
- lemon - 4
- cabbage, red or green - 6 cups
- red bell pepper - 1
- scallions - 4
- yellow onions - 2
- fresh cilantro - 1 bunch
- fresh parsley - 1/4 cup
- fresh basil - 1 Tbls
- fresh thyme - 1 bunch
- fresh tarragon - 3 Tbls
- salad greens - 1/2 lb
- cucumber - 1 large or 2 small
- cherry tomatoes - 4 pint
- radishes - 1/2 cup
- avocado - 1
- garlic - 10 cloves
- green beans - 1 1/2 lbs
- plums - 2 1/4 lbs
- shallots - 4
- broccoli - 1 lg head or 6 cups florets

CANNED/BOTTLED

- extra virgin olive oil - 1 cup + 1 Tbls
- tomato sauce - 1 cup
- gum-free coconut milk - 1/2 cup
- anchovy paste - 2 Tbls
- red wine vinegar - 3 Tbls

MEATS/SEAFOOD

- boneless/skinless chicken breasts - 4
- whole chickens - 2 @ 4+ lbs
- sugar-free cooked Italian sausage - 18 oz

BAKING/SPICES

- raw honey - 1/4 cup + 3 Tbls
- cinnamon - 2 1/2 tsp
- allspice - 1 1/4 tsp
- chipotle chili powder - 1/2 tsp
- onion powder - 1/2 tsp
- curry powder - 1/4 cup
- ground sumac - 2 Tbls
- dried thyme - 1 tsp
- bay leaf - 1
- sea salt + black pepper
- coconut flour - 2/3 cup
- baking soda - 1/2 tsp
- sunflower seeds - 1/2 cup
- pumpkin seeds - 1/2 cup

DAIRY & EGGS

- organic butter - 1 1/2 cup + 5 Tbls
- eggs - 8
- 24-hr yogurt - 1 1/2 cup
- sharp cheddar cheese - 1 1/2 cups

HOMEMADE

- homemade chicken stock - 1/2 cup
- homemade mayo - 1/2 cup