

HONEST BODY GAPS DINNER CLUB

WEEK PLANNER



DAY 1

GRAIN-FREE CHICKEN TENDERS
BUTTERED GREEN BEANS

DAY 2

TACO SOUP
"CORNBREAD" MUFFINS

DAY 3

CRISPY BBQ CHICKEN WINGS
FRESH SALAD

DAY 4

COBB SALAD
SIMPLE CHUNKY APPLESAUCE

DESSERT

FLOURLESS CARROT CAKE



CHICKEN TENDERS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

CHICKEN TENDERS

- 2 lbs chicken breast, cut into strips
- 3 eggs
- 3/4 cup coconut flour
- 1 1/2 cup shredded coconut (unsweetened)
- 2 teaspoon sea salt
- 1 teaspoon paprika
- 1/2 cup butter or ghee, melted

HONEY MUSTARD SAUCE

- 1/4 cup homemade mayonnaise (see recipe)
- 2 tablespoons Dijon mustard
- 2 tablespoons raw honey

DIRECTIONS

- Preheat oven to 350°
- Prepare 2 large baking pans with a thin coat of butter
- In a medium bowl, scramble the eggs
- In a pie dish, combine the coconut flour, shredded coconut, salt, and paprika
- Dip the chicken strips into the eggs, and then into the coconut flour mixture, and place in the baking pans.
- Drizzle the melted butter over top of all the chicken and place the pans in the oven.
- Bake for about 30 minutes, or until chicken strips reach 180° on a meat thermometer
- Combine the ingredients of the Honey Mustard Mayo and serve with chicken tenders

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



HOMEMADE MAYO

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 4 pastured egg yolks (room temp)
- 2 Tbls. raw apple cider vinegar
- 1 tsp. mustard
- 1 tsp. sea salt
- 1/2 cup butter (gently melted)
- 3/4 cup coconut oil (gently melted)
- 1/2 cup walnut oil
- 1/4 cup extra virgin olive oil

DIRECTIONS

- While gently melting the butter and coconut oil place egg yolks, vinegar, mustard, & salt in a food processor fitted with blade and equipped with a small removable pusher with a hole for adding the oils.
- Blend for approximately 30 seconds.
- When butter & coconut oil are gently melted, combine with walnut & olive oil in a pouring vessel.
- While food processor is running, pour oils in a slow, steady stream...barely more than a drip. When oils are approximately 1/2 poured in, you can pour the rest of the oils faster into the feeding tube, as the hole in the feeder tube will keep the oils from going in too fast.
- The mayo is done when all the oils are incorporated and the mayo is a nice thickness.

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BUTTERED GREEN BEANS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 lbs green beans, fresh or frozen
- 1/4 cup butter or ghee, melted
- Sea salt & black pepper to taste

DIRECTIONS

- In the bottom pot of a steamer pot, heat about an inch or two of water to a boil (alternatively, beans can simply be boiled in water until tender)
- Place beans in the steamer pot over the boiling water and cover with a lid
- Steam until fork tender, approximately 7-9 minutes (don't overcook, they should still be bright green)
- Remove from heat, drain, and place in a serving bowl with drizzled butter over top

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TACO SOUP

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 3 pounds ground beef
- 1 onion, diced
- 2 red bell peppers, diced
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 teaspoon oregano
- 1 tablespoon sea salt (+ more to taste)
- black pepper to taste
- 1 can diced green chiles
- 2 cans diced tomatoes
- 2 quarts homemade chicken stock/broth
- 8 ounces cheddar cheese, shredded
- 1/2 cup sour cream
- 1 bunch green onions, diced

DIRECTIONS

- In a large pot over medium-high heat, brown the ground beef with onion & bell peppers
- Add spices, chiles, tomatoes, & broth
- Bring to a boil & reduce to simmer for 20 minutes
- Serve with cheese, sour cream, & green onions

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COCONUT FLOUR "CORN" MUFFINS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 cup almond flour
- 1/2 cup coconut flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 6 eggs
- 1/2 cup butter, melted (or ghee, or coconut oil)
- 4 tablespoons honey
- 1 cup coconut milk or other milk

DIRECTIONS

- Preheat oven to 325°
- Line 16 muffin cups with muffin papers
- Mix all dry ingredients in a bowl
- Mix all wet ingredients in a bowl
- Combine wet & dry ingredients and mix well
- Scoop the batter into muffin cups, filling about halfway full
- Bake for 24-25 minutes, or until a toothpick inserted in the center of the muffin comes out clean
- Enjoy

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CRISPY BBQ CHICKEN WINGS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- FOR THE WINGS
- 6 lbs chicken wings, patted dry
- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons onion powder
- 3/4 teaspoons salt

- BBQ SAUCE
- 2 cups tomato sauce (I use Bionaturae)
- 1/2 cup raw honey
- 1/3 cup raw apple cider vinegar
- 1-2 teaspoons Dijon mustard
- 1/2 teaspoon garlic powder
- 1/2 teaspoons ground cloves
- 1/2 teaspoon cinnamon
- 1 teaspoon sea salt

DIRECTIONS

- Preheat oven to 425°
- Blend all BBQ ingredients together with immersion blender or other blender
- Line a large baking sheet with aluminum foil, then place a wire rack over the baking sheet
- Arrange chicken wings on the wire rack, then sprinkle with the garlic powder, onion powder, & sea salt
- Bake for 35 minutes then remove the chicken wings and coat with a portion of the BBQ sauce
- Increase oven temperature to 450° and bake for an additional 10-15 minutes

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FRESH SALAD W/ RED CABBAGE

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

SALAD

- 1 head of lettuce, washed & torn
- 2-3 radishes, sliced thin
- 1/8 head of red cabbage, shredded thin
- small handful of sunflower seeds

SWEET ONION DRESSING

- 3/4 cups extra virgin olive oil
- 1/2 cup raw apple cider vinegar
- 1 small vidalia or other sweet onion, peeled & quartered
- 1 small clove garlic, peeled
- 3 tablespoons raw honey
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon sea salt

DIRECTIONS

- Blend sweet onion dressing ingredients together
- Assemble salad ingredients in large shallow bowl
- Serve salad with dressing

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



COBB SALAD

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

COBB SALAD

- 12 ounces cooked steak (or chicken, or seafood) cut into 1/2-inch cubes
- 6 hardboiled eggs
- 3/4 cup Blue Cheese, crumbled
- 2 cups organic cherry tomatoes, halved
- 12 cups mesclun lettuce mix or other lettuce of choice
- 2 cups avocado, diced
- 12 - 18 scallions, grilled or roasted, cooled & chopped

COB DRESSING

- 1 shallot, finely minced
- 1/3 cup lemon juice
- 1 cup extra virgin olive oil
- 2 tablespoons fresh chives, minced
- sea salt & black pepper to taste

DIRECTIONS

- Assemble salad ingredients in separate bowls to quickly put together
- In a bowl whisk together the dressing ingredients
- Toss the tomatoes with 3 tablespoons of the dressing
- In a large bowl toss the greens in half of the remaining dressing
- To serve, arrange the lettuce on 6 dinner plates. Place the salad ingredients in rows on top of the lettuce
- Drizzle each salad with some of the remaining dressing
- Garnish with fresh chives & fresh pepper

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EASY CHUNKY APPLESAUCE

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 8 fresh apples peeled, cored and chopped into chunks
- 1 - 1 1/2 cup water
- 1 teaspoon cinnamon

DIRECTIONS

- In a medium saucepan, combine apples and water. (There should be just enough water to cover the bottom of your pan).
- Cover and bring to a boil.
- Reduce heat to medium low and simmer for approximately 10 minutes.
- Make sure that there is always a thin layer of water.
- Add cinnamon and continue to cook for another 10 minutes or so.
- Once the mixture has softened, you can mash the mixture with a fork or a potato masher, until your desired consistency is achieved.
- Alternatively, you can use an immersion blender for a smoother consistency.
- Serve warm or chilled.

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FLOURLESS CARROT CAKE

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

CARROT CAKE

- 2 cups coconut butter
- 1/4 cup raw honey
- 1 cup shredded carrot
- 1 tablespoon cinnamon
- 1/2 cup raisins
- 1/2 cup shredded coconut
- 1 teaspoon sea salt
- 1 1/2 teaspoon baking soda
- 1 teaspoon vanilla extract
- 10 organic pastured eggs

FROSTING

- 2 cups 24-hr sour cream
- 2 tablespoons raw honey
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- pinch of sea salt

DIRECTIONS

- Preheat oven to 300°
- Warm the coconut butter until its a smooth consistency
- In a blender or food processor, slowly combine the coconut butter and hone
- Add the remaining ingredients, eggs last, and mix well until it looks like cake batter
- Pour into two oiled 9-inch cake pans and bake for 40 minutes
- For the frosting, gently mix all of the ingredients together
- Spread a portion of the frosting over one layer of cake when cooled, then place top layer of cake on top and spread remaining frosting on top, or place a dollop on each slice of cake
- If frosting is mixed too well, it will become more of a glaze but will still taste great!

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GROCERY LIST

PRODUCE

- green beans - 2 lbs
- cherry tomatoes - 2 cups
- onions - 1
- sweet onion - 1
- green onions/scallions - 3 - 4 bunches
- carrots - 1 cup
- shallots - 1
- radishes - 2 - 3
- red bell pepper - 2
- red cabbage - 1/2 head
- romaine or mesclun lettuce head - 2
- avocado - 2 cups
- fresh chives - 1 bunch
- lemon juice - 1/3 cup
- lemon zest - 1 tsp
- garlic cloves - 1
- apples (i.e. Cortland) - 8

CANNED/BOTTLED

- full-fat coconut milk - 1
- small can diced green chiles - 1
- regular cans diced tomatoes - 2
- tomato sauce - 2 cups
- extra virgin olive oil - 2 cups
- raw apple cider vinegar - 1 cup
- Dijon mustard - 3 tbs + 1/2 tsp
- coconut oil - 3/4 cup
- coconut butter - 2 cups
- cold pressed walnut oil - 1/2 cup

HOMEMADE

- homemade chicken stock/broth - 2 qts

MEATS/SEAFOOD

- boneless/skinless chicken breast - 2 lbs
- ground beef - 3 lbs
- organic chicken wings - 6 lbs
- steak - 12 oz

BAKING/SPICES

- sea salt - 4 tbs + 1 tsp
- oregano - 1 tsp
- garlic powder - 2 tsp
- onion powder - 1.5 tsp
- chili powder - 1 tbs
- paprika - 1 tsp
- black pepper - 1 tsp
- cumin - 1 tbs
- ground cloves - 1/2 tsp
- cinnamon - 4.5 tsp
- raw honey - 1.5 cups
- raisins - 1/2 cup
- vanilla - 2 tsp
- baking soda - 2 tsp
- fine blanched almond flour - 1 cup
- coconut flour - 1.125 cup
- shredded coconut - 2 cups
- sunflower seeds - 1/2 cup

DAIRY & EGGS

- organic butter - 1.75 cup
- monterey jack cheese - 8 ounces
- eggs - 29
- 24-hr sour cream - 2.5 cups
- Blue cheese - 3/4 cup