

HONEST BODY GAPS DINNER CLUB

# WEEK PLANNER



**DAY 1**

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UPGRADED CHICKEN SOUP  
PEACH MUFFINS

**DAY 2**

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HONEY GARLIC CHICKEN WINGS  
BALSAMIC GREEN BEAN SALAD

**DAY 3**

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BUTTERY LEMON SALMON  
ROAST VEGGIE MEDLEY

**DAY 4**

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MEATBALLS W/ GARLIC MARINARA  
ROASTED SPAGHETTI SQUASH

**DESSERT**

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LEMON DESSERT BREAD



# UPGRADED CHICKEN SOUP

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

- 2 quarts homemade chicken stock
- 4 tablespoons animal fat or butter
- 3 carrots, diced
- 1 onion, diced
- 2 cups cauliflower, "riced" or diced fine
- 3 large cloves garlic, pressed
- 1 cup spinach, chopped
- 2 tablespoons fresh parsley
- 2 - 3 cups leftover chicken, chopped
- 1 1/2 - 2 cups "soft parts" puree
- 1 tablespoon sea salt
- fresh cracked pepper (optional)

## DIRECTIONS

- Melt animal fat or butter over medium heat in stockpot and then add the carrots, onion, & cauliflower
- Saute' until tender & beginning to turn a little golden (about 10-15 minutes)
- Add the chicken, meat stock, garlic, & sea salt (pepper optional)
- Combine all the "soft parts" of a whole chicken (skin, connective tissue, odd bits...anything NOT bone & meat) with a little bit of broth & chicken meat and puree in blender until smooth
- Add "soft parts" puree, spinach, & parsley, stir to incorporate, & remove from heat
- Enjoy



# PEACH MUFFINS

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

- 1/2 cup coconut flour
- 1/2 tsp baking soda
- 1/2 tsp sea salt
- 5 eggs
- 1/2 cup ghee or coconut oil , melted
- 1/2 cup honey
- 1/2 tsp vanilla
- 1 & 1/2 cups peeled, pitted, and diced peaches, divided

## DIRECTIONS

- Preheat oven to 350°F and line muffin tin with unbleached muffin liners
- Combine coconut flour, baking soda, and salt in a small bowl. Set aside
- In a large bowl or stand mixer, whisk together eggs, ghee/coconut oil, honey and vanilla
- Add dry to wet and mix again until thoroughly combined
- Fold in 1 cup of diced peaches
- Divide mixture evenly among 12 muffin liners
- Sprinkle remaining diced peaches on top of each muffin to make them pretty
- Bake 24-27 minutes, or until toothpick comes out clean and muffins are golden



# HONEY GARLIC CHICKEN WINGS

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

### CHICKEN WINGS

- 4 pounds chicken wings
- 2 teaspoons sesame oil
- 2 teaspoons sea salt
- 1 teaspoon freshly cracked pepper
- parsley & sesame seeds for garnish

### GLAZE

- 2/3 cup honey
- 4 tablespoons coconut aminos
- 2 tablespoons finely grated fresh ginger
- 4 large garlic cloves, finely minced
- 1/4 - 1/2 teaspoon chili flakes

## DIRECTIONS

- Preheat oven to 425°
- Place the chicken wings in a large bowl & coat with sesame oil then sea salt & pepper
- Line a large baking sheet with aluminum foil, then place a wire rack over the baking sheet
- Arrange chicken wings on the wire rack and place in the oven for 35 minutes
- Blend all glaze ingredients together in a bowl
- While chicken is baking, heat glaze in a skillet over medium-high heat until reduced to about 1/3 cup. Remove from heat
- Once the chicken wings are crispy remove them from the oven and coat with the honey garlic glaze
- Increase oven temperature to 450° and bake for an additional 10 minutes

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# BALSAMIC GREEN BEAN SALAD

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

- 1 1/2 pounds green beans, trimmed
- sea salt
- 1/2 cup red onion, finely diced
- 2 tablespoons balsamic vinegar
- 4 tablespoons extra virgin olive oil
- 3/4 cup fresh basil leaves, chopped
- 3/4 cup freshly grated Parmesan cheese
- freshly ground black pepper

## DIRECTIONS

- Place the onions in a small bowl of water. This will help take some of the spiciness from the onions.
- Bring a large pot of salted water to a boil (2 Tbsp salt for 2 quarts of water). Add the green beans to the water and blanch only for about 2 minutes or so, until the beans are just barely cooked through, but still crisp
- While the beans are cooking, prepare a large bowl of ice water. When the beans are ready, remove them from the boiling water to the ice water to stop cooking
- Drain the green beans and the red onions
- Place green beans, red onion, and chopped basil in a large bowl. Sprinkle in the olive oil, toss to coat. Sprinkle in the balsamic and Parmesan cheese. Toss to combine. Season to taste with salt and freshly ground black pepper
- Chill until ready to serve

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# BUTTERY LEMON SALMON

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

- 2 tablespoons coconut oil
- 6 personal-size salmon fillets, patted dry with paper towel (approx. 2 pounds)
- sea salt
- black pepper
- 3 tablespoons butter or ghee
- 3 cloves garlic, minced
- juice and zest of 1 lemon
- 1 lemon, thinly sliced
- 1 cup homemade chicken broth
- 2 tablespoons chopped fresh parsley

## DIRECTIONS

- In a large skillet over medium-high heat, heat coconut oil.
- When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper
- Cook salmon until deeply golden, about 6 minutes, then flip over and cook 2 minutes more
- Transfer to a plate
- Reduce heat to medium, then add 1 tablespoon butter, garlic, and lemon juice and zest and cook 2 minutes
- Add lemon slices and chicken broth to skillet and season with salt and pepper
- Simmer on low until reduced, 3 to 5 minutes
- Return salmon back to skillet and simmer until salmon is cooked through, 3 to 4 minutes
- Add remaining 2 tablespoons butter and stir to create creamy sauce then garnish with parsley and serve immediately

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# ROAST VEGGIE MEDLEY

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

- 4 tablespoons coconut oil
- sea salt to taste
- freshly ground black pepper to taste
- 12+ cups various root, allium & cruciferous vegetables (for example: onion, garlic cloves, carrots, cauliflower, cabbage) chopped into bite-sized pieces, with carrots being chopped a little smaller as they will roast slower

## DIRECTIONS

- Preheat oven to 425°
- Gently melt coconut oil in a small pot on stovetop
- In a large bowl toss the vegetables with coconut oil & sprinkle w/ sea salt
- Spread vegetables between two rimmed baking sheets leaving space between vegetables
- Roast vegetables until fork tender and edges are starting to be charred. This could be 30 - 45+ minutes depending on selection of vegetables and size

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# MEATBALLS W/ GARLIC MARINARA

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

- MEATBALLS
- 3 eggs
- 3 pounds grass-fed ground beef
- 3/4 cup almond flour
- 1/3 cup parmesan cheese
- 3 cloves garlic, crushed/minced
- 3 teaspoons Italian seasoning
- 1 1/2 teaspoons oregano
- 1 1/2 teaspoons sea salt
- 1/4 teaspoon red pepper flakes
- 2 1/2 teaspoons coconut aminos
- 1 1/2 teaspoons fish sauce (I use sugar-free Red Boat)
- 1 jar of sugar-free garlic marinara pasta sauce

## DIRECTIONS

- Preheat oven to 400°
- Mix all meatball ingredients together, either in stand mixer or by hand
- With large cookie scoop or by hand, shape meatballs, golfball size
- Bake for about 15-17 minutes
- Meanwhile, put marinara sauce in a medium-large pot
- When meatballs are finished place them in the pot with the marinara sauce
- Warm the sauce and meatballs when spaghetti squash is ready to serve



# ROAST SPAGHETTI SQUASH

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

- 1 large spaghetti squash (2 small spaghetti squash can be subbed for 1 large)
- 1 tablespoon coconut oil or animal fat (melted)
- sea salt

## DIRECTIONS

- Preheat oven to 400° and line a large rimmed baking sheet or baking dish with parchment paper
- Carefully halve spaghetti squash lengthwise using a sharp knife
- Use an ice cream scoop (or sharp spoon) to scrape out the seeds and most of the stringy parts
- Brush the interior with oil and sprinkle with a little salt. Place cut-side down on baking sheet
- Roast for 45 minutes, or until a knife easily pierces the skin and flesh. Remove from oven and set aside
- Once slightly cool, flip squash flesh-side up and use a fork to scrape out the "spaghetti" strings

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# LEMON DESSERT BREAD

A RECIPE BY HONEST BODY, LLC

## INGREDIENTS

### LEMON BREAD

- 1 1/3 cups blanched almond flour
- 3 tablespoons coconut flour
- 1/4 teaspoon sea salt
- 3/4 teaspoon baking soda
- 4 eggs
- 1/3 cup raw honey
- 1 tablespoon fresh lemon zest
- 1/3 cup lemon juice
- 1/4 cup butter, gently melted
- 1/2 teaspoon lemon extract
- 1/4 teaspoon vanilla extract

### GLAZE

- 6 tablespoons coconut butter
- 1 tablespoon raw honey
- 4 tablespoons water
- 1/4 teaspoon vanilla extract
- 4 teaspoons fresh lemon juice

## DIRECTIONS

- Preheat oven to 350°
- Oil a loaf pan & line it with parchment paper
- In a stand mixer or medium bowl mix together all of the dry ingredients
- In a separate bowl mix together the wet ingredients
- Add wet mixture to dry mixture & stir until well combined
- Pour batter into loaf pan & bake for 45 - 50 minutes, or until a toothpick comes out clean
- When bread is done, set it aside to cool while you prepare the glaze
- Put glaze ingredients in a small sauce pot over low heat & stir until the texture is smooth & spreadable
- When lemon bread has cooled, spread the glaze over top, then slice & serve

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# GROCERY LIST

## PRODUCE

- green beans - 1 1/2 lbs
- onions - 1
- red onion - 1 small
- carrots - 3
- cauliflower - 2 cups
- fresh basil - 3/4 cup
- fresh parsley - 5 Tbls
- lemons - 4
- garlic cloves - 13
- ginger - 2 Tbls
- spinach - 1 cup
- peaches - 1 1/2 cups
- assorted veggies for roasting such as 1 large onion, 6 carrots, 1/4 red cabbage, 1 cup green beans, 1 head of garlic, 1 head cauliflower - 12+ cups
- spaghetti squash - 1 lg or 2 small

## CANNED/BOTTLED

- extra virgin olive oil - 4 Tbls
- real Balsamic vinegar - 2 Tbls
- coconut aminos - 5 Tbls
- sesame oil - 2 tsp
- coconut oil - 7 Tbls
- coconut butter - 6 Tbls
- sugar-free fish sauce - 1 1/2 tsp (I use Red Boat brand)
- sugar-free roasted garlic pasta sauce - 1 jar

## MEATS/SEAFOOD

- chicken wings - 4 lbs
- ground beef - 3 lbs
- salmon filets - 2 lbs
- 1 whole chicken

## BAKING/SPICES

- sea salt - 3 Tbls + 2 tsp
- oregano - 1 1/2 tsp
- Italian seasoning - 1 Tbls
- black pepper - to taste
- raw honey - 1 1/2 cup + 1 Tbls
- vanilla extract - 1 tsp
- lemon extract - 1/2 tsp
- baking soda - 1 1/4 tsp
- fine blanched almond flour - 1 1/3 cup + 3/4 cup
- coconut flour - 1/2 cup + 3 Tbls
- sesame seeds - 1/4 cup
- red pepper flakes - 3/4 tsp

## DAIRY & EGGS

- organic butter - 2 sticks or 1 cup
- Parmesan cheese - 3/4 cup + 1/3 cup
- eggs - 12 eggs

## HOMEMADE

- homemade chicken stock/broth - 2 qts + 1 cup
- animal fat - 4 tablespoons