

HONEST BODY GAPS DINNER CLUB

WEEK PLANNER

DAY 1

CHICKEN FAJITA SOUP
ONION CHEDDAR BISCUITS

DAY 2

TURKEY MEATLOAF
SHALLOTS W/ CREAMED KALE

DAY 3

MASALA CARROT SOUP
BLUE CHEESE, PECAN, & RADISH SALAD

DAY 4

LAMB & WHITE BEAN STEW
CEASAR SALAD

DESSERT

PEAR CLAFOUTI





CHICKEN FAJITA SOUP

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 3 tablespoons butter or ghee
- 1 onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1/2 cup baby portobella mushrooms, diced
- 6 cups chicken stock or broth
- 1 1/2 pound delicata squash, seeded & cut into small cubes (butternut squash is an alternative)
- 1 teaspoon cumin powder
- 1 tablespoon sea salt
- fresh ground pepper to taste
- 2 tablespoons lime juice
- 1/2 teaspoon crushed red pepper flakes
- 2 tablespoons fresh thyme (or 2 teaspoons dried)
- 3 cups cooked chicken, cubed

DIRECTIONS

- Melt the butter over medium heat in a large stockpot
- Saute onion, bell pepper, & mushrooms until beginning to caramelize & tenderize
- Add in garlic, saute for about 1 more minute
- Add in chicken stock, squash, & cumin. Cover & bring to a boil
- Simmer for about 10 more minutes, or until vegetables are fully tender
- Add in chicken, cook for 3 more minutes
- Add in lime juice, red pepper flakes, salt, pepper, & fresh thyme
- Serve with grated cheddar or monterey jack cheese & 24-hr sour cream (optional)

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



ONION CHEDDAR BISCUITS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 1/2 cups blanched almond flour
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/4 cup onion, finely diced
- 1/2 cup cheddar cheese, shredded
- 2 tablespoons butter or ghee, gently melted
- 1 tablespoon honey
- 1 egg
- olive oil for brushing the tops

DIRECTIONS

- Preheat the oven to 330°
- Combine all the dry ingredients in a mixing bowl. Add diced onions to dry mix
- Whisk the wet ingredients until slightly frothy w/ bubbles & then combine with dry ingredients
- Spoon out into large cookie scoop balls on a parchment paper lined baking sheet
- Slice an X across the top of each biscuit & then brush some olive oil across the top
- Bake for 15 minutes, & then lower the temperature to 300° and bake for another 10 minutes

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TURKEY MEATLOAF

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 small onion, diced fine
- 1 garlic clove, minced
- 2 pounds ground turkey
- 1 teaspoon sea salt
- 1/2 teaspoon Italian seasoning
- 1 teaspoon Dijon mustard
- 3 tablespoons sugar-free ketchup
- 1 egg
- Additional 1/4 cup sugar-free ketchup for top

DIRECTIONS

- Preheat oven to 400°
- Combine all ingredients (except for 1/4 cup ketchup) in a large bowl or stand mixer until well blended
- Butter or oil a bread-loaf pan (I use a standard glass pan) & put meat mixture into it
- Bake for 20 minutes then take out to spread 1/4 cup ketchup on top
- Bake for another 20 minutes or until the center is fully baked

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SHALLOTS W/ CREAMED KALE

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 1/2 pounds kale, stems removed, chopped
- 3 tablespoons butter or ghee
- 2 large shallots, sliced
- 1 clove garlic, crushed or minced
- 1 cup 24-hr sour cream
- 1 teaspoon sea salt
- 1/4 teaspoon fresh ground black pepper

DIRECTIONS

- Bring a large pot of water to boil
- Place kale in the boiling water & boil for 8 minutes. Drain & squeeze excess moisture out of kale
- Melt the butter in a large skillet over medium heat
- Add the shallots & cook, stirring until just turning brown on the edges, about 12-15 minutes
- Stir in the garlic & cook for about 30 seconds
- Turn heat down to low & stir in the 24-hr sour cream
- Stir in the kale until it's coated with the creamy mixture & continue cooking just until everything is heated through

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MASALA CARROT SOUP

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 3 tablespoons butter or animal fat
- 2 pounds carrots, coarsely chopped
- 1 large onion, coarsely chopped
- 1/2" knob of ginger, peeled & diced
- 1 quart of chicken stock or broth
- 2 teaspoons Garam Masala spice
- sea salt to taste (I used not quite a tablespoon)
- 24-hr sour cream for serving (optional)

DIRECTIONS

- Heat the butter in a large stockpot over medium heat
- Add the carrots, onion, & ginger and saute until carrots are beginning to caramelize & turn tender
- Add stock & stir to combine. Bring to a boil & reduce to a simmer for about 20 minutes
- Add sea salt & Garam Masala
- Remove from heat & add to blender
- Blend thoroughly & taste for additional seasonings if needed
- Serve with a dollop of sour cream (optional)

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BLUE CHEESE PECAN RADISH SALAD

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

SALAD

- 1 large head romaine lettuce, washed
- 1/2 cup chopped pecans
- 6-8 radishes, sliced thin
- Blue cheese, crumbled

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 tablespoon sea salt

DIRECTIONS

- Chop the romaine into bite sized pieces
- Garnish with pecans, radishes, & blue cheese crumbles
- Blend ingredients of Sweet Onion dressing in blender until smooth & drizzle over salad

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LAMB & WHITE BEAN STEW

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 8 ounces sugar-free bacon
- 2 pounds lamb stew or kabob meat
- 1/2 tablespoon sea salt + 1 teaspoon
- 1 teaspoon fresh black pepper + 1/2 teaspoon
- 2 tablespoons coconut flour
- 1 large yellow onion, diced
- 4 medium carrots, diced
- 4 garlic cloves, minced
- 1 1/2 cups red wine
- 1/2 pound baby portobella mushrooms, diced
- 4 cups chicken (or other) stock/broth
- 1 tablespoon tomato paste
- 2 bay leaves
- 1/2 teaspoon dried thyme
- 1 1/2 cups white navy beans, soaked & pre-cooked
- 1/4 cup fresh parsley finely chopped for garnish

DIRECTIONS

- In a large oven safe stockpot over medium heat, cook bacon until browned. Remove from pot with a slotted spoon & transfer to a large plate/bowl
- While bacon cooks, season lamb with 1/2 tablespoon salt, 1 teaspoon pepper & coconut flour
- Cook lamb in hot bacon grease over medium heat until browned & transfer to plate/bowl w/ bacon
- Add onion & carrots to bacon grease & saute for 5 minutes.
- Add garlic & mushrooms & cook another minute, stirring
- Add wine, scraping the bottom to deglaze. Simmer vegetables & wine for 10 minutes
- Preheat oven to 325°
- Return bacon & lamb to pot, add in stock, tomato paste, remaining salt & pepper, thyme, & bay leaves
- Bring to a boil then cover before transferring to preheated oven. Bake at 325° for 2 hours. Add cooked beans in final 15 minutes to heat through

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SIMPLE CAESAR

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

SALAD

- 1 head romaine lettuce, washed & torn
- 1/4 cup parmesan cheese, grated

DRESSING

- 2 lemons, juiced
- 4 anchovy filets
- 2 cloves garlic, peeled & chopped
- 1 teaspoon mustard powder
- 1 cup extra virgin olive oil
- 1 tablespoon raw apple cider vinegar
- 1/4 cup parmesan cheese, grated
- 1/2 teaspoon dried basil
- 2 dashes of gum-free hot sauce (of choice)

DIRECTIONS

- Blend dressing ingredients in blender until smooth
- Chill in fridge while preparing lettuce & until ready to serve
- Toss lettuce w/ parmesan cheese & dressing

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PEAR CLAFOUTI

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2-3 firm but ripe Bosc or Bartlett pears
- 4 large eggs
- 1/4 teaspoon sea salt
- 1 tablespoon butter or ghee
- 1/2 cup raw honey
- 1/4 teaspoon cardamom
- 1/4 teaspoon nutmeg
- 1 cup 24-hr kefir (can sub 24-hr yogurt)
- 1 teaspoon vanilla
- 1 teaspoon lemon zest
- 6 tablespoons almond flour

DIRECTIONS

- Preheat the oven to 375°
- Butter a 10" pie dish or baking dish
- Beat the eggs & honey in a stand mixer until light & fluffy, about 3 minutes
- Gently mix in almond flour, kefir, vanilla, lemon zest, & salt. Set aside
- Meanwhile, peel, quarter, core & slice the pears. Arrange the slices in a single layer, fanned out, in the baking dish
- Pour the batter over the pears & bake until the top is golden brown & the custard is firm, 35-40 minutes
- Serve with honey sweetened 24-hr sour cream (optional)

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GROCERY LIST

PRODUCE

- onions - 3 lg + 1 small
- vidalia onion - 1 small
- red bell pepper - 1
- garlic cloves - 11
- delicata squash or butternut - 1 1/2 lbs
- baby portobella - 1/2 lb + 1/2 cup
- lime - 1
- lemons - 2
- kale (I used lacinto) - 1 1/2 lbs
- shallots - 2 large
- carrots - 2 lbs + 4 medium
- fresh ginger - 1/2" knob
- romaine lettuce head - 2 large
- radishes - 6
- fresh parsley - 1/4 cup
- firm Bosc or Bartlett pears - 2-3

CANNED/BOTTLED

- extra virgin olive oil - 1 3/4 cup + 1 Tbls
- raw apple cider vinegar - 1/2 cup + 1 Tbls
- Dijon mustard - 1 1/2 tsp
- sugar-free ketchup - 3 Tbls
- red wine - 1 1/2 cups
- tomato paste - 1 Tbls
- anchovies - 4 filets
- sugar-free hot sauce - 2 dashes

HOMEMADE

- homemade chicken stock - 14 cups
- 1 1/2 cups white navy beans = 4 cups soaked/cooked beans

MEATS/SEAFOOD

- cooked chicken - 3 cups
- ground turkey - 2 lbs
- sugar-free bacon - 8 oz
- lamb stew or kabob meat - 2 lbs

SPICES

- salt & pepper
- cumin powder - 1 tsp
- crushed red pepper flakes - 1/2 tsp
- dried Italian seasoning - 1/2 tsp
- Garam masala - 2 tsps
- bay leaves - 2
- dried thyme - 1/2 tsp
- dried basil - 1/2 tsp
- mustard powder - 1 tsp
- nutmeg - 1/4 tsp
- cardamom - 1/4 tsp

BAKING

- blanched almond flour - 1 1/2 cups + 6 Tbls
- coconut flour - 2 Tbls
- baking soda - 1/2 tsp
- raw honey - 1/2 cup
- pecans - 1/2 cup
- vanilla - 1 tsp

DAIRY & EGGS

- organic butter - 12 Tbls
- cheddar cheese - 1/2 cup
- eggs - 6
- 24-hr sour cream - 1 cup + more to taste
- 24-hr kefir or yogurt - 1 cup
- blue cheese - crumbled, to taste
- parmesan cheese, grated - 1/2 cup