

HONEST BODY GAPS DINNER CLUB

WEEK PLANNER



DAY 1

SPAGHETTI SQUASH FRITTERS
APPLE PEAR SAUCE

DAY 2

BASIC CHEESEBURGERS
CUCUMBER DILL SALAD

DAY 3

TENDER BEEF STEW
ARUGULA SALAD W/ PEARS & BLUE CHEESE

DAY 4

BAKED CHICKEN DRUMSTICKS
GARAM MASALA CARROTS

DESSERT

BAKED APPLES



SPAGHETTI SQUASH FRITTERS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 5 cups cooked spaghetti squash
- 5 eggs
- 2 teaspoons sea salt
- 1/2 teaspoon fresh ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon thyme
- 4 tablespoons ghee, lard, or coconut oil
- 24-hr sour cream for serving (optional)

DIRECTIONS

- In a large bowl, mix all ingredients together thoroughly
- Heat a large skillet over medium heat and melt the cooking fat of choice
- Using a 1/4 cup measure, make patties of the squash mixture and ladle into skillet. Lightly flatten with a spatula
- You may need to do this in batches
- Cook 3 minutes on each side, until browned
- Serve with sour cream (optional)



APPLE PEAR SAUCE

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 quarts of apples, cored & cut into chunks
- 2 quarts of pears, cored & cut into chunks
- Water

DIRECTIONS

- Place apple & pear 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 & pears are very soft, stirring periodically to prevent scorching of fruit on the bottom
- Remove from heat & puree in blender (I use a Vitamix)

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



BASIC CHEESE BURGERS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 pounds ground beef
- 1 egg
- 1 tsp sea salt
- 1 tsp black pepper
- 6 slices cheese of choice (Cheddar or Monterey Jack for example)
- Toppings of choice: tomato, lettuce, homemade mayo, homemade ketchup, avocado, etc.

DIRECTIONS

- Combine all of the ingredients and form into 6 large patties
- Pan fry or grill on one side, flip and top with cheese while the other side cooks to personal preference (I like mine medium rare)
- Serve with toppings of choice

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CUCUMBER DILL SALAD

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 3 cucumbers, peeled, quartered lengthwise and sliced
- 3/4 cup 24-hr yogurt
- 3/4 cup 24-hr sour cream
- 1 1/2 teaspoon dried dill
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper

DIRECTIONS

- Place the cucumbers in serving bowl
- Mix remaining ingredients together then combine with cucumbers and stir
- Chill until ready to serve

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TENDER BEEF STEW

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 3 pounds beef stew meat
- Sea salt
- Freshly ground black pepper
- 4 tablespoons ghee
- 4 yellow onions, sliced thin
- 2 tablespoons coconut flour
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 1/2 cups dry white wine (you can substitute this with chicken stock)
- 1 1/2 cups chicken stock
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar
- 2 bay leaves
- 1 teaspoon sea salt
- 1 tablespoon Dijon mustard
- 1/4 cup chopped flat-leaf parsley

DIRECTIONS

- Preheat the oven to 250°F and place rack on middle-low position. Generously season beef with sea salt and pepper
- Heat ghee in a large ovenproof pot with a lid over medium-high
- Add the meat & brown the outsides
- Place beef in a large bowl (the meat will not be cooked through)
- Reduce heat to medium and add onions to now-empty pot and sauté, stirring frequently until onions release their liquid, about 10 minutes. Continue to cook until the onions caramelize, about 5-10 minutes
- Stir in coconut flour and cook for 1 minute. Make a well in the center of the pot and add garlic and thyme
- Add wine & chicken stock, scraping up any brown bits on the bottom of the pan
- Add beef back to the pot
- Stir in the honey, cider vinegar, bay leaves & sea salt
- Bring to a boil, cover with the lid and place in the oven
- Cook for 2 1/2 hours, until meat is tender
- Stir in mustard and parsley and serve

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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

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



BAKED CHICKEN DRUMSTICKS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 4 - 4 1/2 pounds chicken drumsticks
- 1/4 cup butter, melted
- sea salt & black pepper to taste

DIRECTIONS

- Preheat oven to 400°
- Place the chicken in a rimmed baking pan and drizzle with the melted butter
- Bake for 30 minutes, and then lower the temperature to 350°
- Bake for an additional 20 to 30 minutes, or until juices run clear and the internal temperature is 170 degrees

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GARAM MASALA CARROTS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 pounds carrots, quartered lengthwise then sliced
- 2 tablespoons dijon
- 2 tablespoon raw honey
- 1/2 teaspoon garam masala
- 1/2 teaspoon sea salt
- 4 tablespoons butter or ghee

DIRECTIONS

- Place carrots in medium pot and cover with water
- Bring water to boil on stovetop and cook carrots until tender
- Strain carrots from water
- In skillet over medium heat, melt butter & then add carrots
- Saute carrots in butter until starting to caramelize & turn brown
- Add remaining ingredients, stir to incorporate then remove from heat

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



BAKED APPLES

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 6 large baking apples (Cortland, Honeycrisp, Empire, etc.)
- 3 lemon wedges
- 1/3 cup raisins
- 1/8 teaspoon ginger
- 4 teaspoons honey
- 1 1/2 tablespoons butter
- 1 cup apple cider or fresh apple juice
- Honey sweetened 24-hr sour cream, for serving (optional)
- Cinnamon, for dusting (optional)

DIRECTIONS

- Preheat oven to 375°
- Line a 8 x 11 baking dish with parchment paper
- Cut a small cap off the top of each apple, and set aside
- Using a paring knife or corer, core the apples (try not to go all the way to the bottom)
- Cut away and reserve about 1/2 inch of peel around the tops of the apples
- Rub the peeled portions of the apples with the lemon & squeeze a little juice inside
- Fill each apple with an equal amount of raisins and a pinch of ginger, pressing down lightly as needed to push bits into the opening
- Pour 1/2 teaspoon honey over the raisins in each apple. Cut the butter into 6 pieces, and top each apple with a pat
- Pop the caps back on the apples
- Transfer the apples, lemon wedges and a few of the reserved peels into the 8 x 11; pour in the cider or juice, and stir in 1 to 2 teaspoons honey
- Bake the apples, basting occasionally with the cider and honey, until you can poke them with a knife and not meet much resistance, 50 - 70 minutes. Check early and often, as you might need more or less time.
- Let them cool for at least 15 minutes before serving w/ cinnamon & sour cream

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GROCERY LIST

PRODUCE

- cucumbers - 3 medium
- yellow onions - 4
- carrots - 2 pounds
- lemons - 2
- garlic cloves - 2
- arugula - 1 bunch
- fresh parsley - 1/4 cup
- spaghetti squash - 5 cups
- apples - 2 quarts + 6 large baking apples
- fresh apple juice/cider - 1 1/2 cup
- pears - 2 quarts + 1
- burger toppings of choice: tomato, avocado, etc.

CANNED/BOTTLED

- extra virgin olive oil - 1/4 cup
- raw apple cider vinegar - 1 Tbls
- white wine - 1 1/2 cups + 2 Tbls
- Dijon mustard - 3 Tbls

HOMEMADE

- homemade chicken stock - 1 1/2 cups
- animal fat - 4 Tbls
- 24-hr sour cream - 2 cups
- 24-hr yogurt - 3/4 cup

MEATS/SEAFOOD

- chicken drumsticks - 4 - 4 1/2 pounds
- ground beef - 2 pounds
- beef stew meat - 3 pounds

BAKING/SPICES

- sea salt - 2 Tbls + 1/2 tsp
- cinnamon - for dusting apples
- black pepper - to taste
- garlic powder - 1 tsp
- ginger powder - 1/8 tsp
- mustard powder - 1/2 tsp
- garam masala - 1/2 tsp
- thyme - 2 tsp
- dill - 1 1/2 tsp
- bay leaves - 2
- raw honey - 5 Tbls + 1 tsp
- coconut flour - 2 Tbls
- sunflower seeds - 2 Tbls
- raisins - 1/3 cup

DAIRY & EGGS

- organic butter - 14 Tbls
- sliced cheese - 6 slices
- eggs - 6
- blue cheese - enough to crumble on salad