

HONEST BODY GAPS DINNER CLUB

WEEK PLANNER



DAY 1

CREAMY CHICKEN CURRY +
TOMATO, ONION, CUCUMBER RAITA

DAY 2

BURGERS W/ CHIPOTLE MAYO +
CUCUMBER TOMATO SALAD

DAY 3

ITALIAN TURKEY LETTUCE WRAPS +
GRAIN-FREE RASPBERRY MUFFINS

DAY 4

GRAIN-FREE LASAGNA +
GREEN SALAD W/ SWEET ONION DRESSING

DESSERT

RASPBERRY ICE CREAM



CREAMY CHICKEN CURRY

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 tablespoons butter or ghee
- 1 1/2 large onions, sliced
- 5 medium carrots, sliced
- 2 cups baby portabellas, sliced
- 1 cup frozen peas
- 1.5 cans full-fat coconut milk (non-guar gum)
- 2 lbs. boneless, skinless chicken thighs, chunked
- 2 tablespoons curry powder
- 1 1/2 teaspoons sea salt
- Chopped herbs for garnish (optional)

DIRECTIONS

- Heat large skillet over medium-high heat (I use cast iron skillet)
- Add butter to skillet & saute carrots for 5 minutes
- Reduce heat to medium & add onions
- Saute carrots & onions, covered, for approximately 10 minutes
- Remove lid. Add mushrooms when carrots & onions are well on their way to caramelizing. Cook until mushrooms are tender
- When all veggies are tender, add chicken. Saute until just cooked through
- Add coconut milk & spices
- Add peas & let simmer for additional 2 minutes
- Garnish with herbs (optional) & enjoy!

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



GRAIN FREE LASAGNA

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 pound ground beef
- 1 pound sugar-free pork sausage
- 3 large zucchini
- 1 24 oz jar of sugar-free pasta sauce (I use Bove's Roasted Garlic)
- 4-5 cups monterey jack cheese, shredded
- sea salt for sprinkling zucchini

DIRECTIONS

- Preheat oven to 350°
- In a large skillet over medium heat, brown the ground beef & pork sausage
- Slice zucchini into 1/8 inch strips lengthwise
- Sprinkle salt on both sides of zucchini and let rest on plates for 10 minutes to allow some of their juices to be drawn out
- Blot zucchini with paper towel
- In 9 x 13 pan make 3 layers in this order: 1/3 of zucchini strips, 1/3 browned meat, 1/3 shredded cheese, 1/3 pasta sauce
- Bake for 45 minutes, covered in tin foil
- Optional, broil for additional 5 minutes to brown cheese

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



BURGERS & CHIPOTLE MAYO

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 pounds ground beef
- 1 small onion, diced
- 2 eggs
- 2 teaspoons sea salt
- 2 teaspoons oregano
- 2 teaspoons garlic powder

FOR CHIPOTLE MAYO:

- 1 cup GAPS mayo (like mine)
- 1 teaspoon chipotle chili powder
- 1 teaspoon garlic powder
- 2 teaspoons lime juice
- 1/2 teaspoon paprika
- 1/4 teaspoon black pepper
- *For less spicy version, reduce chipotle in 1/2

DIRECTIONS

- Mix all hamburger ingredients together and form patties
- Cook in pan or on grill to desired preparation
- Combine all mayo ingredients
- Serve burgers with chipotle mayo, sliced tomatoes, sliced avocado, monterey jack or cheddar cheese, & lettuce



ITALIAN TURKEY LETTUCE WRAPS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 tablespoons butter or ghee
- 2 pounds ground turkey
- 1 large onion, diced fine
- 4 garlic cloves, crushed
- 1 medium summer squash, diced
- 1 red bell pepper, diced
- 1 small bunch fresh basil, cut small
- 1 head Romaine lettuce, washed/dried
- 2 1/2 teaspoons sea salt
- Fresh ground pepper to taste

FOR GAPS ITALIAN DRESSING:

- 1/4 cup red wine vinegar
- 1/2 cup extra virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons raw honey

DIRECTIONS

- Heat a large skillet over medium heat
- Saute onion, squash, bell pepper for a couple of minutes in butter
- Add ground turkey to skillet and cook until just done
- Add crushed garlic, salt, pepper, & basil to skillet, mixing well
- Mix all dressing ingredients together
- Serve turkey mixture on lettuce leaves & drizzle GAPS Italian dressing on top

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



GAPS RASPBERRY ICE CREAM

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 4 cups fresh raspberries
- 2/3 cup raw honey
- 1 teaspoon lemon juice
- 1/8 teaspoon sea salt
- 1 1/2 teaspoons powdered gelatin
- 3 tablespoons cold water
- 2 cups 24-hr GAPS sour cream (for dairy-free option, use full-fat coconut milk)

DIRECTIONS

- In a heat proof bowl, sprinkle the gelatin over the water and let it "bloom" for 5 minutes
- Put the remaining ingredients in a blender or food processor (I use my Vitamix)
- Over your stovetop, gently warm the gelatin & water until just liquified
- Add gelatin mixture into remaining ingredients in blender & blend until just combined
- Pour mixture into prepared ice cream maker and follow manufacturer's directions
- To ensure that the ice cream is nice & firm, place the finished ice cream into the freezer for an additional 30-60 minutes before serving

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



TOMATO, ONION, CUCUMBER RAITA

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 1/2 cups full fat yogurt, whisked smooth
- 2 onions, diced
- 2 cucumbers, peeled & diced
- 2 tomatoes, diced
- 2 teaspoons cumin powder
- 1 small bunch cilantro, chopped
- Juice from 1/2 - 1 lime (to taste)
- Raw honey to taste (I used 2 teaspoons)
- Sea salt to taste

DIRECTIONS

- Combine yogurt with cumin, honey & lime juice
- Combine yogurt mixture with vegetables
- Chill before serving, then add sea salt to taste
- Garnish with cilantro

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



GRAIN-FREE RASPBERRY MUFFINS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 6 eggs
- 1/2 cup butter, melted (alternatively use coconut oil or ghee)
- 1/2 cup honey
- 1 tablespoon vanilla
- 1/2 teaspoon sea salt
- 1/2 teaspoon baking soda
- 1/2 cup + 3 tablespoons coconut flour
- 12 ounces fresh or frozen raspberries

DIRECTIONS

- Preheat your oven to 350°
- Line 18 muffins cups with liners
- Combine eggs, butter, honey, & vanilla in a large bowl
- In a separate bowl or mixer, combine the salt, baking soda & coconut flour
- Add the wet ingredients to the dry mixture and mix well, allowing for the coconut flour to absorb the moisture and for the batter to be smooth without clumps
- When batter is well mixed, add raspberries and gently mix to incorporate
- Fill muffin cups approximately 3/4 full with batter
- Bake for 20 minutes, or until toothpick comes out clean
- Enjoy!

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



CUCUMBER TOMATO SALAD

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 cups sun-ripened tomatoes, diced
- 1 large cucumber, diced
- 1 small bunch cilantro or basil, chopped
- Sea salt
- GAPS Italian dressing

DIRECTIONS

- Place diced tomatoes & cucumber in colander & sprinkle with sea salt
- Let excess juices drain for 10-15 minutes
- Combine tomatoes, cucumber, herbs, & dressing in a medium bowl
- Enjoy!

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



GREEN SALAD + SWEET ONION DRESSING

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1 large head lettuce of choice, washed & chopped
- Toppings of choice
- 1 recipe Sweet Onion Dressing

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 tablespoon sea salt

DIRECTIONS

- Place all dressing ingredients in blender or food processor and blend until smooth
- Serve drizzled over greens & toppings of choice

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

GROCERY LIST

PRODUCE

- tomatoes - 4 large
- onions - 4 large + 1 small
- sweet onion - 1
- cucumbers - 3 medium
- carrots - 5 medium
- baby portabellas - 2 cups
- zucchini - 3 large
- summer squash - 1 medium
- red bell pepper - 1
- romaine lettuce head - 2-3
- fresh cilantro - 1 bunch
- fresh basil - 2 bunches
- limes - 2
- lemon juice - 3 Tbls
- garlic cloves - 5
- raspberries - 4 cups
- salad toppings of choice

CANNED/BOTTLED

- full-fat coconut milk - 1.5 cans
- sugar-free pasta sauce 24 oz. - 1 jar
- red wine vinegar - 1/4 cup
- extra virgin olive oil - 1.25 cups
- raw apple cider vinegar - 1/2 cup
- dijon mustard - 1/2 tsp
- ***GAPS legal mayo*** - 1 cup
- ***My GAPS mayo recipe calls for:
 - 1/4 cup olive oil
 - 1/2 cup walnut oil
 - 3/4 cup coconut oil
 - 1 clove garlic
 - 1/8 tsp cayenne
 - 1 tsp sea salt
 - 1 tsp mustard
 - 2 Tbls apple cider vinegar
 - 4 eggs

FROZEN

- peas - 1 cup
- raspberries - 12 oz

MEATS/SEAFOOD

- boneless/skinless chicken thighs - 2 lbs
- ground beef - 3 lbs
- pork sausage - 1 lb
- ground turkey - 2 lbs

BAKING/SPICES

- curry powder - 2 Tbls
- sea salt - 4 Tbls
- oregano - 2 tsp
- garlic powder - 3 tsp
- chipotle chili powder - 1 tsp
- paprika - 1/2 tsp
- black pepper - 3/4 tsp
- cumin - 2 tsp
- raw honey - 1.5 cups
- grassfed gelatin - 1.5 tsp
- vanilla - 1 Tbls
- baking soda - 1/2 tsp
- coconut flour - 1/2 cup + 3 tablespoons

DAIRY & EGGS

- organic butter - 1.5 sticks +
- monterey jack cheese - 5 cups + hamburger garnish
- eggs - 8
- 24-hr sour cream (see recipe) - 2 cups
- 24-hr yogurt (see this brand) - 2.5 cups