

HONEST BODY GAPS DINNER CLUB

WEEK PLANNER



DAY 1

SUMMER TOMATO SOUP +
CARDAMOM CURRANT MUFFINS

DAY 2

PORK TENDERLOIN W/ MUSTARD SAUCE +
CURRIED ROASTED CAULIFLOWER

DAY 3

MEATBALLS W/ GAPS KETCHUP +
BLUE CHEESE, PECAN, & RADISH SALAD

DAY 4

SIMPLE ROAST CHICKEN +
GLAZED HONEY MUSTARD CARROTS

DESSERT

PEACHES 'N CREAM DESSERT



SUMMER TOMATO SOUP

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 4 tablespoons butter, ghee, or coconut oil
- 1 large onion, sliced thin
- 2 jalapeños peppers, diced
- 1 medium eggplant, diced
- 6-8 large tomatoes, diced
- 4-6 garlic cloves, crushed or minced
- 2 quarts (64 oz) homemade chicken or beef stock
- Up to 2 tablespoons each of minced herbs (rosemary, thyme, basil, oregano)
- 1+ tablespoon sea salt
- Fresh cracked pepper to taste
- 1 cup beef marrow & fat pate' (optional)

DIRECTIONS

- In a large stockpot over medium heat, melt coconut oil (or butter/ghee)
- Saute onion, eggplant, jalapeños, tomatoes & garlic, stirring periodically until tender
- Add stock to pot & let simmer for 20-30 minutes
- Add in minced herbs & let simmer for additional 5 minutes
- Season with salt, pepper & optional pate'
- Blend soup with immersion blender until desired consistency
- Garnish with additional optional toppings: shredded cheese, sour cream, avocado
- Goes well with cultured veggies, green salad, & grain-free muffins!

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



CARDAMOM CURRANT MUFFINS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 1/2 cup coconut flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon sea salt
- 1/2 teaspoon cinnamon powder
- 1 teaspoon cardamom powder
- 3/4 cup dried currants
- 6 eggs (preferably pastured)
- 1/2 cup organic butter, melted (alternatively use coconut oil)
- 1/3 – 1/2 cup raw honey (depending on your sweetness preference)
- 1 tablespoon vanilla extract

DIRECTIONS

- Preheat the oven to 350 degrees
- Line 12 muffin cups with liners
- Combine the eggs, butter, honey and vanilla in a large bowl or in the bowl of an electric mixer
- Combine the coconut flour, baking soda, salt, cinnamon, cardamom and currants in a bowl
- Add the wet ingredients to the dry and mix well so there aren't any clumps (Give the coconut flour a minute or two to absorb the moisture and expand)
- Divide the batter evenly among the prepared muffin cups, filling about 3/4 full
- Bake for 18 – 20 minutes, or until a toothpick comes out clean

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PORK TENDERLOIN & MUSTARD SAUCE

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 tablespoons butter, ghee or animal fat
- 2 pork tenderloins
- 1/2 cup dijon mustard
- 1/2 cup 24-hr sour cream

DIRECTIONS

- Heat skillet (I use cast iron) over medium heat
- Slice pork tenderloin into 1" medallions
- Melt cooking fat in pan, then add pork
- Cook for 2-3 minutes, then flip and cook 2-3 more minutes, or until just cooked through
- Serve with the mustard & sour cream mixed into a sauce

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ROASTED CURRY CAULIFLOWER

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 head cauliflower, chopped into florets
- 4 tablespoons coconut oil, melted
- 4 teaspoon curry powder
- 2 teaspoon sea salt
- 2 teaspoon garlic powder

DIRECTIONS

- Preheat oven to 425°
- In a bowl, mix the melted coconut oil with the spices
- Add cauliflower florets to bowl and mix with the spiced coconut oil
- Spread cauliflower on two baking pans leaving plenty of room in between pieces
- Roast in oven for 15+ minutes, or until you see the edges of cauliflower begin to toast

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MEATBALLS W/ GAPS KETCHUP

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)

KETCHUP

- 24 oz. jar strained tomatoes (Bionaturae)
- 7 oz. jar tomato paste (Bionaturae)
- 1 teaspoon garlic powder
- 2 teaspoon sea salt
- 1/4 cup raw honey
- 1/8 teaspoon cayenne (optional)

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 15-18 minutes
- While baking, mix the ketchup ingredients in a wide mouth mason jar and blend with immersion blender (or in blender)
- Enjoy with meatballs

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



BLUE CHEESE, PECAN & RADISH SALAD

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

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

DIRECTIONS

- Chop the romaine into bite sized pieces
- Garnish with pecans, radishes, & blue cheese crumbles
- Serve with leftover Sweet Onion dressing or Italian dressing from Week One or dressing of choice

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A top-down view of two whole roasted chickens on a metal wire rack. The chickens are golden brown with some darker spots, indicating they are well-cooked. The rack is placed over a dark surface, possibly a roasting pan. The text 'SIMPLE ROAST CHICKENS W/ GARLIC' is overlaid in large, white, sans-serif capital letters across the center of the image.

SIMPLE ROAST CHICKENS W/ GARLIC

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 whole chickens
- 4 tablespoons butter or ghee
- Garlic powder
- Sea salt & pepper

DIRECTIONS

- Preheat oven to 350°
- Prepare chickens by placing on a wire rack over a roasting pan or baking pan
- Make sure there is plenty of space between chickens
- Cut butter into pieces and lay them on top of skin, 1/2 on each bird
- Sprinkle with garlic powder, sea salt, & fresh cracked pepper all over skin
- Bake until thigh & drumstick pull away easily, approximately 1 1/2 hours, or 20 minutes per pound

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



GLAZED HONEY MUSTARD CARROTS

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

- 2 pounds carrots (I bought bulk seconds from the farmer's market, which is the best price)
- 2 tablespoons butter, ghee, or animal fat of choice
- 2 tablespoons Dijon mustard
- 2 tablespoons raw honey
- Sea salt & fresh pepper to taste

DIRECTIONS

- Slice carrots into 2-3" matchsticks
- Steam over boiling water until tender
- Heat large skillet over medium-high heat
- Melt butter or animal fat in skillet
- Saute carrots in skillet until beginning to caramelize
- Add honey & mustard mixture, cooking just a minute or two longer

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PEACHES 'N CREAM DESSERT

A RECIPE BY HONEST BODY, LLC

INGREDIENTS

CRUST

- 1 cup blanched almond flour
- 1/8 teaspoon sea salt
- 1 tablespoons cold butter, or coconut oil
- 1 1/2 tablespoons raw honey
- 1/2 teaspoon vanilla, optional

PEACH CUSTARD FILLING

- 3 ripe peaches
- 1 tablespoon lemon juice
- 3/4 cup 24-hr sour cream
- 2 eggs
- 1/3-1/2 cup raw honey

DIRECTIONS

• FOR CRUST

- Preheat oven 350 degrees°
- Place almond flour and salt in a mixing bowl.
- Cut in the butter or coconut oil, mixing until the mixture resembles breadcrumbs.

- Add honey & vanilla & mix.

- Press dough into a 9" oiled pie dish, pressing along the base
- Bake in the oven for 5-10 minutes or until crust is golden brown. Remove.

• FOR PEACH CUSTARD FILLING

- Peel & slice peaches
- Combine 2 of the peaches with other custard ingredients and blend in blender or food processor
- Place slices of 3rd peach in circle on crust, pouring the custard ingredients over top
- Bake until just set, approximately 20 minutes

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GROCERY LIST

PRODUCE

- tomatoes - 6-8 large
- onions - 1 lg.
- jalapeños - 2
- eggplant - 1 medium
- carrots - 2 lbs.
- cauliflower - 2 heads
- radishes - 6-8, sliced thin
- romaine lettuce head - 1-2 lg. heads
- fresh thyme, oregano, rosemary - up to 2 tablespoons each
- fresh basil - 1 bunch
- lemon juice - 1 tablespoon
- garlic cloves - 9
- peaches - 3 ripe

CANNED/BOTTLED

- coconut aminos - 2 1/2 teaspoons
- sugar-free fish sauce (Red Boat) - 1 1/2 teaspoons
- sugar-free tomato sauce 24 oz. - 1
- 7 oz. tomato paste - 1
- dijon mustard - 1/2 cup + 2 tablespoons

HOMEMADE

- chicken or beef stock - 2 quarts
- soft tissue pate'

MEATS/SEAFOOD

- whole chicken - 2
- ground beef - 3 lbs
- pork tenderloins - 2

BAKING/SPICES

- curry powder - 4 teaspoons
- sea salt - 4 tablespoons
- oregano - 1 1/2 teaspoons
- Italian seasoning - 3 teaspoons
- red pepper flakes - 1/4 teaspoons
- cayenne - 1/8 teaspoon
- garlic powder - 4 teaspoons
- black pepper - to taste
- raw honey - 1 1/4 cups
- vanilla - 1 tablespoon + 1/2 teaspoon
- cinnamon powder - 1/2 teaspoon
- cardamom powder - 1 teaspoon
- baking soda - 1/2 teaspoon
- coconut flour - 1/2 cup
- almond flour - 1 3/4 cups
- dried currants - 3/4 cups
- pecans - 1/2 cup

DAIRY & EGGS

- organic butter or ghee- 3 sticks or 21 tablespoons
- coconut oil - 4 tablespoons
- eggs - 11
- 1/3 cup powdered parmesan cheese
- 24-hr sour cream - 1 1/4 cup
- blue cheese