

# Quick Reference

Recipe	pg	NUTS & SEEDS	EGGS	NIGHTSHADES	FODMAPS	2/3SD	SPICE BLEND	QUICK & EASY	MEAL	LOW & SLOW	PARTY	FAMILY	ONE POT	FREEZE ME
signature spice blends	256			M	M									
lemon & herb salt blends	258					●	●					●		
mineral-rich bone broth	259					●	●			●		●	●	
perfectly baked bacon	260					●	●	●			●	●	●	
clarified butter & ghee	261					●						●	●	
raw probiotic sauerkraut	262			M	M	●	●	●				●	●	
paleo avocado "toast"	264		M	M	●	●	●	●	●		●	●		
breakfast fried "rice"	266	M	M	M	●	●	●	●	●			●	●	
home fries & sausage skillet	268			M	M	●	●	●	●			●	●	
swirly crustless quiche	270		●			●	●	●				●	●	●
zucchini pancakes	271		●			●	●	M	●			●	●	●
apple sage sausage	272					●	M	●	●			●	●	●
blueberry maple sausage	273					M	●	●	●			●	●	●
charlie's big fat italian frittata	274		●	●	●	●	●	●	●		●	●	●	
lemon blueberry muffins	276		●			●			●			●	●	
pumpkin cranberry muffins	277		●			●		●				●	●	
carrot gingerbread muffins	278		●			●						●	●	
apple cinnamon egg muffins	280		●			M	M					●	●	
fluffy banana pancakes	282		●						●			●	●	●
pumpkin pancakes	284	M	●			●	M	●	●			●	●	●
sweet potato pancakes (burger buns)	285		M			M	●		●			●	●	●
pesto scrambled eggs	286	●	●			●	●	●	●			●	●	
bacon & egg salad	287		●			●			●			●	●	
n' oatmeal	288	M				●	M	●	●			●	●	
quick breakfast smoothies	289					●			●			●	●	
souvlaki kebabs	290			M	M	●	M	●				●	●	
citrus & herb whole roasted chicken	292					M	●	M	●			●	●	●
mediterranean baked chicken	294			M		●	●	●	●			●	●	
lemon & artichoke chicken	296					M	●	M	●			●	●	
bacon-wrapped smoky chicken thighs	298			M		●	●	●	●			●	●	
buffalo chicken lettuce wraps	299			M	M	●			●			●	●	
one-pot sausage & chicken sp. squash bake	300		M	●	●	●	●		●			●	●	●
slow-cooked salsa verde chicken	302			●	●	●	●			●		●	●	●
dairy-free pepperoni chicken parm	304	●	●	●	●	●	●	M				●	●	●
orange & olive braised chicken	306					●	M		●	●		●	●	●
smoky buffalo wings	308			●	●	●	M	●	●			●	●	
honey garlic teriyaki wings	308	M				M			●			●	●	
spinach artichoke stuffed chicken	310	M		M		●	●	●				●	●	●
restaurant-style lettuce cups	312	●		M	M	●			●	●		●	●	●
chicken satay sandwiches	314	●		M		●	●	●		●		●	●	
savory baked chicken legs	316	●		M	M	M	●	●				●	●	
mustard-glazed chicken thighs	317					●	●	●				●	●	
coffee BBQ rubbed pork	318			M		●		●				●	●	●
cumin-spiced pork tenderloin	320					M	●	●				●	●	
chorizo meatballs	322			●	●	●	●	●				●	●	●
grandma barbara's stuffed mushrooms	324			M		●	●	●	●			●	●	
thanksgiving stuffing meatballs	326	M				●	M		●			●	●	●
orange sesame meatballs	328	M		M		●	●	●				●	●	●
bacon & superfood meatloaf	330	M	M	M		●	●	●				●	●	●

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balsamic braised short ribs	332			M	●	M	●			●	●	●	●	●
grilled garlic flank steak	334			M	M	●		●			●	●		
green sauce marinated steak & plantain bowl	336			●	●	●	●		●					
spaghetti squash bolognese	338			M	●	M		●	●			●	●	●
meatball sandwich burgers with marinara	340	M	M	●	M	●	M				●	●		
indian spiced burgers	342		M	M	●	●	●				●	●		
prosciutto & caramelized onion burgers	343		M		●	●		●			●	●		
orange braised beef	344	●		●	M					●		●	●	●
hayley's skirt steak tacos	346			M	M	●		●				●		
beef & veggie stir-fry	348	M		M	M	●		●	●			●	●	
tangy taco salad	350			M	M	●	●	●	●		●	●		●
mini mediterranean kebabs (kofta)	352			M	●	●	M				●	●		●
mom's stuffed cabbage rolls	354			M	●				●			●	●	●
butternut cocoa chili	356			●	M	●			●	●	●	●	●	●
italian-style stuffed peppers	358			M	M	●	M		●			●		●
bacon jalapeño burgers	360			●	●	●	M	●			●	●		
the easiest tacos (nightshade-free)	362				●	●	M	●	●		●	●		●
slow-cooked mediterranean stew	364			M	●	●	●			●		●	●	●
lamb chops with olive tapenade	366				●	●	●	●			●	●		
lemony lamb dolmas (stuffed grape leaves)	368				M	●	M				●	●		
lamb lettuce boats with avoziki sauce	370			M	M	●	M	●	●			●		
spiced lamb meatballs	372				M	●	M	●		●	●	●		●
quick & easy salmon cakes	374		●		M	●	●	●				●		
lemon rosemary broiled salmon	375				●	●	●	●				●	●	
lemon & bacon scallops	376			M	M	●	M	●	●			●		
citrus macadamia nut sole	378	●			●	●	●	●				●		
pesto fettuccine with shrimp	380	M			M	●		●	●			●		
six-minute salmon bowls	382	M			M	M	●	●	●					
grilled tuna over fresh noodle salad	384					●		●	●					
seared scallops with orange glaze	386	M			M	M		●				●		
nori salmon handroll	388				●	●		●	●		●			
simple shrimp ceviche	389			M	●	●	●	●			●	●		
mexican chicken & avocado soup	390				M	●	M	●	●		●	●	●	●
broc-cauli chowder with bacon	392				●	●	●					●	●	●
butternut sage soup	394				●	●	●				●	●		●
dairy-free caesar salad	396			M	●	●			●		●	●		
winter kale salad	396	M			M	M		●		●	●			
italiano salad	398	M		M	M	M			●		●	●		
flank steak salad	399	M			M	M		●	●		●	●		
mixed greens salad	400				●			●			●	●		
prosciutto & berries salad	401				●			●	●		●	●		
greek salad with avoziki dressing	402			M	●	●	●	●			●	●		
summer squash caprese noodle salad	403			M	●	●		●			●	●		
rainbow red cabbage salad	404	●			●	M		●			●	●		
sautéed red cabbage	405				●	●						●		
acorn squash	406	M			●	M		●				●		
green beans with shallots	406				M	●		●			●	●		
smoky grilled squash & pineapple	408			●	●		●				●	●		
asparagus with lemon & olives	409				●	●		●				●		

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crispy sweet potato coins	410	M	M			●	●	●				●	●	
smashed potatoes with garlic & onions	411				M	●	●					●	●	
cilantro cauli-rice	412					●	●		●				●	
yellow cauli-rice	413					●	M		●				●	
roasted figs with rosemary	414					●			●			●	●	
candied carrots	415					●			●				●	
roasted brussels sprouts	416					●	●		●				●	
lemon roasted romanesco	417					●	●		●				●	
mashed faux-tatoes	418					●	●	●	●			●	●	
whipped sweet potatoes	419					M	●		●			●	●	
baked beets with fennel	420					M	●		●				●	
sweet & savory potatoes	421					M	●		●				●	
confit cherry tomatoes	422				●	●	●		●				●	
sautéed spinach with pine nuts & currants	423	●				●	M		●				●	
bacon-wrapped party bites	424					●			●			●	●	
simple baked kale chips	425					M	●		●			●	●	
chicken liver pâté	426					●	M							●
creamy cauliflower hummus	428	●			●	●	●		●			●	●	
dairy-free spinach artichoke dip	429	M			M	●	●					●	●	●
baked potato chips	430				●	M	●	●	●			●	●	
crispy plantain chips	431						●					●	●	
roasted garlic tahini sauce	432	●				●	●		●			●	●	
five kinds of salsa	433				M	M	M		●			●	●	
balsamic vinaigrette	434													
orange vinaigrette	434					M								
honey mustard dressing	434													
dairy-free caesar dressing	434													
spicy lime dressing	434				M									
basil shallot vinaigrette	434													
simple cranberry sauce	436					M			●				●	●
nightshade-free ketchup (AIP)	437					●	M		●				●	●
paleo mayonnaise	438		●				●		●				●	
diane's magic green sauce	439				●	●	●		●					
herbal tea gummies	440					●	M		●				●	
cherry lemon gummies	441					●			●				●	
vanilla bean truffles	442	M				●			●			●		
easy chocolate truffles	443	●				●			●			●		
soft chocolate coconut cookies	444	M	●			●			●			●	●	
creamy two-bite treats	445					●			●			●	●	
almond butter cups	446	●				●			●			●	●	
pepita goji berry bark	448	M			M				●			●	●	
nutty bacon bark	449	M							●			●	●	
dairy-free chocolate mousse	450					●	M		●				●	
dairy-free pistachio mousse	450	●				●	M						●	
raw raspberry tart	452	●				●						●	●	●
nut-free skillet peach crisp	454					●			●			●	●	
fresh blueberry crumble	456	●							●			●	●	
flourless dark chocolate brownies	458		●			●						●	●	●

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