

Basics

Harissa	33	Yes	
Chipotle Paste	34	Yes	
Tomato Paste	35	Yes	
Tomato Sauce	36	Yes	
Sun-Dried Tomatoes	38	Yes	
Egg Free Mayonnaise (Toum)	40	Yes	
Easy 3-Minute Mayonnaise	42	Yes	
Celery Root Tortillas	44	Yes	
SCD Balsamic Vinegar	46	Yes	
Coco-not Aminos	47	Yes	
Quick Pickled Veggies	48	Yes	
Chorizo	50	Yes	
Beef Stock	52	Yes	
Chicken Stock	53	Yes	
Vegetable Stock	53	Yes	

Breakfast

Butternut Squash Toast 4-Ways	56	Yes	
Avocado, Bacon & Egg Breakfast Sandwiches	58	Yes	
Mexican Breakfast Casserole	60		Omit the cheddar cheese
Salmon, Asparagus & Caper Quiche	62		Skip the crust and pour the filling into a greased baking dish
Eggplant & Harissa Shakshuka	64	Yes	
Portobello Baked Eggs with Chimichurri	66	Yes	
Asparagus Soldiers & Eggs	68	Yes	
Roasted Vegetable Sheet Pan Frittata	70	Yes	
Mexican Eggs Benedict	72	Yes	
Broccoli & Bacon Egg Muffins	74		
Chunky Banana & Pecan Muffins	76		
Apple Cinnamon Breakfast Cookies	78		
Raspberry Orange Muffins	80		
Pancakes with Berry Compote	82		
Tahini Cherry Granola	84		
Pear & Chai Spiced Porridge	86		

Appetizers

Muhammara	90	Yes	
Jalapeeno Cashew Dip	92	Yes	
Roasted Cauliflower Hummus	94	Yes	
Tzatziki	98	Yes	
"Goat Cheese' Sundried Tomato & Pesto Tower	100		
Grilled Prosciutto Wrapped Peaches	102		Omit the honey
Zucchini Rolly Ups	104	Yes	
Bacon & Scallion Spaghetti Squash Fritters	106	Yes	
Vietnamese Summer Rolls	108		Use Almond Butter for the sauce and cashews as garnish
Crab & Shrimp Stuffed Mushrooms	110	Yes	
Chicken Stuffed Jalapeno Poppers	112	Yes	
Spicy Orange Chicken Wings	114		
Hot Shrimp Dip	116	Yes	
Queso Dip	118		
Salmon Gravlax & Cream Cheese Platter	120	Yes	
Celery Root Latkes with Gravlax	122	Yes	

Salads

Charred Snap Pea & Bacon Salad	126	Yes	
Roasted Broccoli, Butternut Squash & Kale Salad	128	Yes	
Cajun Shrimp Caesar Salad	130	Yes	
Spicy Shrimp, Avocado & Peach Salad	132		Omit the honey
Sun-Dried Tomato, Chicken & Cauliflower Salad	134	Yes	
Chicken, Avocado & Bacon Salad with Ranch	136	Yes	
Vietnamese Beef Salad	138	Yes	
Moroccan Couscous Salad	140	Yes	
Roasted Cauliflower, Date, Red Onion Salad	142	Yes	
Roasted Butternut Squash & Red Onion Salad	144	Yes	
Chipotle Butternut Squash Salad	146	Yes	
Roasted Pepper, Tomato & Basil Salad	148	Yes	
Smashed Cucumber Salad	150	Yes	
Crunchy Asian Slaw	152	Yes	

Soups

Quick Vietnamese Beef Pho	156	Yes	
Wonton Meatball Soup	158	Yes	
Hot & Sour Soup	160	Yes	
Zuppa Toscana	162	Yes	
Southwest Chicken & Bacon Chowder	164	Yes	
Mom's Feel Better Chicken & Rice Soup	166	Yes	
Chicken Pot Pie Soup	168	Yes	
Greek Avgolemono	170	Yes	
Cheesy Broccoli Soup	172		Use nutritional yeast in place of cheese
Butternut Squash, Leek & Apple Soup	174	Yes	

Mains - Chicken

Kung Pao Chicken	180		In place of honey for the sauce, soak 2 medjool dates in hot water for 10 minutes. Once the dates have softened place them in a high speed blender along with the apple cider vinegar, balsamic vinegar, coconut aminos and chicken stock and blend until completely smooth. Pour into a sauce pan to reduce
Peanut Chicken Noodle Bowl	182	Yes	
Hawaiian Chicken Skewers	184		Swap the honey with 2 medjool dates which have been soaked in hot water for 10 minutes to make this recipe Whole30
Harissa & Orange Spatchcock Roast Chicken	186	Yes	
Balsamic Chicken & Grapes	188	Yes	
Spicy Honey Un-Fried Chicken	190		
Italian Chicken Burgers	192	Yes	
Tomato, Basil & "Goat Cheese" Stuffed Chicken Breasts	194	Yes	
Chicken Enchiladas	196	Yes	
One-Pan Spanish Chicken & Rice	198	Yes	
Sheet Pan Greek Chicken	200	Yes	
Butter Chicken Meatballs	202	Yes	
Creamy Chicken & Spinach Cannelloni	204	Yes	

Mains - Meat

Grilled Skirt Steak & Asian Salsa Verde	208		Replace the honey with 1 medjool date soaked in hot water for 10 minutes and then blended with the other marinade ingredients until smooth
The Most Epic Grain Free Beef Lasagna	210	Yes	
Shredded Beef Ragu	212		
Korean Beef Tacos	214		Use 1 medjool date soaked in boiling water for 10 minutes in place of honey
Steak Fajita Skewers with Cilantro Chimichurri	216	Yes	
Beef Stroganoff	218	Yes	
Short Rib Beef Bourguignonne	220		Increase the beef stock to 4 cups and add 3 tbsp balsamic vinegar
Greek 7-Layer Lamb Dip	222	Yes	
Slow Cooker Honey Balsamic Ribs	224		
Dan Dan Noodles	226	Yes	
BBQ Pulled Pork & Coleslaw Bowl	228	Yes	
Pork Belly, Applesauce & Pickled Onion Lettuce Cups	230	Yes	

Mains - Seafood

Sweet Chili Salmon	234		
Creamy Honey Mustard Baked Salmon	236		To make this dish Whole30, soak 1 medjool date in boiling water for 5 minutes. Once the date has softened, transfer it along with 1 tbsp of the water to a blender and blender until completely smooth. Add the date paste to the mayonnaise in place of the honey.
Easy Canned Tuna Cakes	238	Yes	
Spicy Fish Tacos	240	Yes	
Roasted Cod with Fennel, Olives & Red Onion	242	Yes	
Chili Mayo Shrimp Lettuce Cups	244	Yes	
Ginger & Black Pepper Shrimp Stir Fry	246		Use 2 medjool dates soaked in boiling water in place of honey to make this Whole30. Blend the dates into a paste in a nutribullet/blender with the beef stock until smooth
Creamy Lemon Dill Shrimp	248	Yes	
Bacon & Garlic Herb Butter Seared Scallops	250	Yes	

Mains - Vegetarian

Cashew e Pepe	254		Use 2 tablespoons of nutritional yeast in place of Parmesan Cheese
Creamy Spring Risotto	256		Skip the Parmesan Cheese
Butternut Squash Ravioli with Kale Pesto	258		Use 1/4 cup of nutritional yeast in place of Parmesan Cheese
Eggplant Ragu	260		
Eggplant Meatless Meatballs	262		Use 2 tablespoons of nutritional yeast in place of Parmesan Cheese
Tandoori Grilled Cauliflower Steaks	264		
Mushroom & Onion Risotto	266		Omit the Parmesan Cheese

Side Dishes

Grilled Veggie Plater with Green Goddess Sauce	270	Yes	
Coconut Cauliflower Rice	272	Yes	
Spicy Rice	273	Yes	
Patty's Melt-in-Your-Mouth Fennel & Leeks	274	Yes	
Lemon & Garlic Roasted Asparagus	276		Omit the honey
Beans with Hazelnuts & Tahini Lemon Sauce	278	Yes	
Garlic Roasted Mushrooms	280	Yes	
The BEST Cauliflower Mash	282	Yes	
Roasted Brussels Sprouts & Bacon	284		Omit the honey
Loaded Cauliflower Casserole	286		In place of cheese use 1/4 cup nutritional yeast
Creamed Spinach & Kale	288	Yes	

Snacks

Seeded Crackers	292		
Jalapeno, Bacon & Cauliflower Muffins	294		
Lemon Blueberry Mug Cake	296		
Orange, Cranberry & Pecan Energy Balls	298		
Hazelnut & Coffee Energy Balls	299		
Sweet & Spicy Almonds	300		
Crunchy Nut Bars	302		
Mango Chili Fruit Roll-Ups	304		
Apple Giniger Gummy Bears	306		
Vanilla Coated Frozen Banana Bites	308		
Three Hidden Veggie Smoothies	310		

Desserts

Chewy Almond & Orange Cookies	314		
Peanut Butter & Jam Thumbprint Cookies	316		
N'Oatmeal Raisin Cookies	318		
Nut Butter Cookies	320		
Pecan & Salted Caramel Shortbread Bars	322		
Individual Strawberry Rhubarb Crumbles	324		
Carrot Cupcakes	326		
Lemon & Berry Layer Cake	328		
Cherry Parfait Cups	330		
Caramelized Peach Skillet Crisp	332		
Vanilla Ice Cream with Crunchy Caramel Pecans	334		
Blackberry, Lemon & Coconut Lime Granita	336		
Strawberry Lemonade Ice Pops	338		