



Favorite Cooking & Food Resources

Cookbooks:

The Gluten Free Almond Flour Cookbook by Elana Amsterdam

The Whole Life Nutrition Cookbook by Tom Malterre

(all gluten, dairy, egg, soy free recipes)

Practical Paleo by Diane Sanfilippo

Recipe websites:

<https://www.maryswholelife.com>

<https://daniellewalker.com/recipes>

<https://elanaspantry.com>

<https://nomnompaleo.com>

[Downshiftology YouTube Whole30 recipes](#)

There are so many specialty-diet recipes online. Google exactly what you are looking for and you will find it!

There are many lists of Gluten-free, dairy-free, paleo Holiday recipes!

Resources for Purchasing Food

[Kvichak Fish Company](#): Flash frozen wild salmon. Preorder in April

And they deliver to a location in McCall.

Costco – Frozen wild shrimp, wild salmon, salmon cakes, organic turkey and ham (cut up at home for the freezer and vacuum packed). Organic chicken and other meats.

Nitrate free Aidell's brand chicken sausages, other organic chicken sausages. Organic butter for making ghee, organic full fat coconut milk in cans, organic walnuts, almonds etc at times.

Butcher Box – online. Grass fed beef, organic chicken, natural pork, other natural meats delivered to your house. (Get \$30 off your first order with this link:

<http://rwr.io/bkvdoyz?c>)

Thrive market – online. Many products at a discount. (Get 30% off first order with this link: <http://thrv.me/TppDMX>)

Vitacost – online. A wide variety of dry goods, can be searched by specialty diet, ingredients, organic, etc.

Wildly Organic: for high-quality nuts, seeds, coconut products and more. [Get \\$15 off a \\$30 order with this link](#)

Local ranchers and farmers – need to ask specifics of food production (such as grass-fed)

Snack Ideas:

Hummus or Avocado with sliced veggies

Nut/seed crackers, sliced meat with vegan cream cheese, sliced veggies

Apple or celery and nut butter or nuts

Chia pudding with berries and nuts (can add protein powder)

Chicken/tuna/salmon salad on vegetables or greens

Lettuce wraps

Hard boiled egg and veggies

Chicken sausage and veggies

Edamame in the pod

Grass-fed Beef and turkey sticks (PaleoValley makes great ones), no additives or nitrates/nitrites

Smoothie with protein powder, almond milk, greens, chia or hemp seed and ½ cup fruit

Homemade nut/seed bars or protein balls

Dinner leftovers

Soups

Chop salads with a small piece of meat or hard-boiled egg

Grain-free granola

Proteins/Fats:

Hummus, avocado, nut/seed crackers, meats, hard-boiled egg, chicken/salmon/tuna salad, canned low-mercury sardines/herring/anchovy

Nuts (almonds, cashews, walnuts, hazelnuts, macadamia, pecan)

Seeds (pumpkin, sunflower, chia, hemp, flax)

Good Snack Veggies:

Carrots, celery, cucumber, bell peppers, bok choy, broccoli, cauliflower, leafy greens, radishes, artichokes, any leftover roasted or steamed veggies

Lower-Sugar Fruits:

Berries, kiwi, apple, grapefruit, orange, peach, pear, cherries

****Also see the rainbow foods lists in the Workshop #3 google drive files.**