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Almond Crusted Chicken Breast Milanese, 72

Almond Flour Onion Rings, 141

Grain-Free Easy Bread, 159

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Avocado, Salmon, And Spinach Salad, 160

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Bacon Wrapped Dates, 21

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Bacon Gruyère Popover, 201

Beef; also: Brisket, Ground, Roast, Tenderloin, Tri-Tip

See Also: Steak

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Southwest Style Burgers, 45

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Bacon Wrapped Dates, 21

Cheese Ball, 27

Cheese Crisps, 8

Cheese Biscuits/Cheese Straws, 14

Cheese Stuffed Mini Peppers, 17

Chicken Queso Dip, 22

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Moroccan Chicken Stuffed Acorn Squash, 87
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Chocolate Coconut Chia Pudding, 218

Mexican Chocolate Pots, 223

Strawberry “Ice Cream” with Dark Chocolate Chips, 225

Cocoa

Cocoa Smoothie, 191

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Coconut; also: Cream, Flakes, Flour, Milk

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Coconut Crusted Shrimp, 42

Coconut Ginger Chard, 156

Orange Coconut Popovers, 200

Chocolate Coconut Chia Pudding, 218

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Almond Crusted Baked Cod, 39

Cream; also: Coconut, Heavy, Whipped

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Broccoli with Lemon Cream Sauce, 127

Lemony Spinach, 135

Creamed Spinach, 137

Orange Coconut Popovers, 200

Sautéed Berries with Mint Whipped Cream, 208

Mixed Berry Clafouti, 209

Paleo Pumpkin Pie, 216

Chocolate Coconut Chia Pudding, 218

Vanilla Panna Cotta, 221

Strawberry “Ice Cream” with Dark Chocolate Chips, 225

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Pistachio Crusted Coriander Salmon, 35

Salmon with Lemon Dijon Basil Sauce, 37

Almond Crusted Baked Cod, 39

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Leek

Leek and Mustard Crusted Tenderloin, 44

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Lemony Chicken Thighs, 83

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Pistachio Crusted Coriander Salmon, 35

Almond Crusted Baked Cod, 39

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Andrea's Grain Free Granola, 197

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Peaches

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Sautéed Peaches with Cinnamon Almond Cookie Crumble, 215

Peppers; also: Green, Mini Bell, Red

Cheese Stuffed Mini Peppers, 17

Roasted Red Pepper Hummus, 25

Italian Style Turkey Stuffed Green Peppers, 93

Spring Veggie Sauté, 128

Ginger Pepper Baby Bok Choy, 146

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