

# Freezer Thanksgiving: Gut Healing Diet



## Stuffing

### -Stage 3b-

- 1 bunch celery, chopped
- 4 apple
- 4 c cherries
- 2 lb bacon
- 1/2 lb chicken livers
- 1/2 c coconut oil
- 1/2 tsp salt
- 4 med. onions, red
- 10 cloves garlic
- 2 lb pork or beef
- 2 tsp rosemary
- 2 tsp thyme
- 2 tsp sage
- 1 Tbsp tarragon
- 1 tsp salt

Fry meat, onions and garlic. Add celery. When tender add spices, fruit and remove from heat. Freeze. Stuff some and reheat the others in a bowl and serve.



## Pumpkin Cookies

### (stage 2-3)

- 1/4 c. coconut oil
- 1 1/4 c pumpkin puree
- 1/3 tsp salt
- 1 tsp cinnamon
- 1 tsp ginger
- 1/4 c honey (or 2 droppers stevia)
- 1/2 tsp baking soda
- 6 drops vanilla stevia
- 1/2 c carrot flour

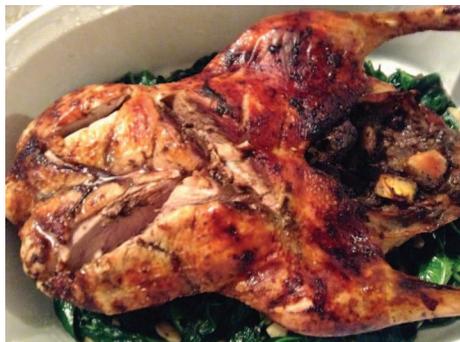
Mix all ingredients. Use an Tbsp scoop to make mounds. Bake at 350 for 25 min.

## Roasted Brussels Sprouts

### -Stage 4a-

- Olive oil
- Salt
- 2 lb brussels sprouts

Cut in half and place on a cookie sheet. (1 layer) Drizzle with oil and sprinkle with salt. Roast for 15 min. at 400 degrees.



## Roast Duck

### -Stage 1-

- 1 Duck
- 3 c stuffing (stage specific)
- 1 orange, juice
- Himalayan salt

Take off wing tips, guts and duck butt fat and place in the bottom of heated pan. Place duck on top of it's parts in the pan and stuff duck with stuffing. Score top, salt and Squirt with 1/2 orange, juiced back on 450 30 min., 350 for 30 min., flip and squirt 1/2 orange, juiced on back and bake 350 30 min. Flip again and back for 30 min. (additional 50min) frozen?



## Pumpkin Cheese Cake

### -Stage 5a-

- 1 can pumpkin, plain or coconut milk
- 2 cups yogurt cream cheese
- 1 Tbsp cinnamon
- 1 tsp ginger
- 1/2 lime, juice (optional, decrease 1 stevia)
- 1/2 tsp salt
- 3 droppers vanilla stevia
- 4 tsp grass fed gelatin

Mix together coconut yogurt cream cheese, cinnamon, salt, ginger, and stevia. Heat pumpkin to warm and add gelatin. Mix well. Mix in other yogurt mixture with a hand blender. Can be served without a crust.

**Coconut Crust (options!):** 20 majool dates, 1/2 tsp salt, 1 Tbsp cinnamon, 3 Tbsp coconut oil, 2 c coconut, shredded. Blend with stick blender. Mix the rest with your hands and press into the bottom of the baking pan ( 9x12). Bake on 350 for 10 min.

**Toasted Coconut Chips Topping:** 1 c coconut chips, 1/4 tsp salt, 1/4 tsp cinnamon. Toast in frying pan until lightly brown.



## French Onion Soup

### (stage 3a)

- 6 beef short ribs (about 2lb), browned
- 10 sm. sweet onion, sliced, browned
- 2 carrots, grated
- 1 Tbsp white distilled vinegar
- 1 tsp liquid smoke
- 2 tsp thyme, fresh
- 1 Tbsp plus 2 tsp salt

Brown ribs on all sides. Brown onions. Add to pot with 1/2 gallon water. Mix the rest of the ingredients. Slow cook for 8 hours. 1 hour before time Take out bones and fat, and shred meat. Place meat back into pot. Serve with avocados. This Freezes!

## BEST GRAVY EVER! French Gravy

Blend 2 cups of the French Onion Soup with 1 c. just the chunks in the soup. Blend until warm and get 3 c of the Best Gravy Ever!



## Cauliflower Mashed "potatoes"

### -Stage 4a-

- 2 c full fat chicken broth
- 1 cauliflowers, chopped
- 1/2 c coconut oil
- 1/2 tsp salt

Boil broth with the cauliflower. Mix and place the lid on the cauliflower and steam it for 15 - 20 min. Drain the broth from the cauliflower and blend the cauliflower with the oil and salt. Blend it mostly smooth. Totally smooth doesn't have the same feel as mash potatoes. Serve with French Gravy. This Freezes!