



Fill the Health Coach.com

Take Back Your Health Recipes

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Back in 2005, we learned how to start taking back my 11-year old daughter's health after being diagnosed with an autoimmune disease. We were surprised to learn that it all started with what we chose to put into our bodies! Our bodies are brilliant and will naturally try to go back to balance and heal when it is nourished with the fuel it is *meant to eat*. Such a simple concept---and it worked! My daughter has been healthy and in remission since 2006 and since then, I started my mission to "Share the Health."

The best part is that simple and satisfying meals from scratch don't have to be difficult or time-consuming. In fact, I don't spend hours cooking every day. Please enjoy some of my favorite easy, healthy recipes straight from my kitchen. You'll find that eating well is surprisingly easy and delicious!

Jill the Health Coach



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Jill Gordon, CHHC, HHC, CNHP
Digestive Health Specialist

JilltheHealthCoach.com



Take back your health now!

Please use only high quality, wild fish, organic meats, veggies, fruit and ingredients to nourish your body with these deliciously healthy and gluten-free recipes.

To your health,

Jill



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STARTERS

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- **Chilled Cucumber Avocado Soup**
- **Green Drink**
- **Kale Pesto with Lemon**

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BALSAMIC VINAIGRETTE DRESSING

GLUTEN FREE
DAIRY FREE



Ingredients

- 1/3 cup balsamic vinegar
- 1/3 cup apple cider vinegar (organic with the “mother”—I love Bragg’s)
- 1/2 cup Extra Virgin Olive Oil (for a dressing supercharged with great Omegas make the oil portion 1/2 part Udo’s Choice EFA oil blend and 1/2 part EVOO)
- 1 dropper-full Sweet Leaf Stevia
- 1 tsp. onion powder
- 1 tsp. garlic powder

Directions

Add all ingredients together and shake or blend.

Serves 10

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BUTTERNUT SQUASH SOUP



Directions

In large pot melt coconut oil on medium heat. Add onion and salt and sautee until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is very tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. As an alternative, use an immersion blender wand directly in the pot. Season with nutmeg, salt, and pepper. Serve.

Cooking time: 25 min Serves 4

GLUTEN FREE
DAIRY FREE

Ingredients

- 2 Tbsp. coconut oil
- 1 medium onion, chopped
- ¼ tsp sea salt
- 1 (2 to 3 pound) butternut squash, peeled, seeded and cut into 1-inch chunks
- 4 cups chicken stock (or vegetable)
- 1/2 tsp. nutmeg
- Salt and pepper to taste

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CHILLED CUCUMBER AVOCADO SOUP

GLUTEN FREE
DAIRY FREE



Directions

Put cucumbers, avocados, lime juice, water, sea salt and pepper into a blender or NutriBullet and blend until smooth. Refrigerate for an hour before serving.

Serves 4

Ingredients

- 1 1/2 medium organic cucumbers , cut up in chunks
- 2 small avocados (scoop out flesh and de-pit)
- fresh lime juice from 2 limes or about 1/4 cup
- 3/4 cup water
- 1 tsp. sea salt
- 1/2 tsp. black pepper
- chopped tomato and cilantro for garnish

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GREEN DRINK



Directions

Wash veggies and fruit well. Feel free to use the leaves of celery and leave the skin on the cucumber, apple (take out seeds) and pear. Cut into big chunks. No need to chop into little pieces. Add water to blender. Add veggies and fruit to the top and puree for 1 minute. Add more veggies, fruit and cinnamon. Blend on puree for another minute or until smooth. If too thick, add more water. It should pour easily from the blender.

Add a heaping tablespoon of ground chia seeds and/or flax seeds to a serving after blended. This adds even more fiber and will fill you up like a meal. As you can see, there is no steadfast rule. Feel free to add more or less of what you like and enjoy!

Make 1/2 gallon Serves 6
Good for 3 days

Ingredients

- 4 cups of cold water
- 3-5 fresh organic green leafy vegetables:
 - 1 handful spinach (whole or baby leaf)
 - 1 handful kale
 - 1 handful collard greens
 - 4 stalks celery (use the inside leaves also)
 - 1/2 cucumber
 - 5 florets or handful broccoli
 - 6 baby carrots or 3 regular size carrots
- 1-3 fresh organic fruit:
 - 1/2 banana
 - 1/2 apple
 - 1/2 pear
 - 1 cup pineapple
 - 1 cup blueberries
 - 1 cup strawberries
- 3 Tbsp. cinnamon

**GLUTEN FREE
DAIRY FREE**

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KALE PESTO WITH LEMON

**GLUTEN FREE
DAIRY FREE**



Directions

In a food processor or blender, pulse almonds until finely chopped. Add greens, lemon juice, zest and garlic. Pulse, scraping down sides of the bowl until everything is chopped and blended. Slowly add olive oil through the feed hole until pesto reaches desired consistency.

Scrape down bowl and add salt and pepper, and red pepper flakes if desired. Chill and serve.

Serves 4

Ingredients

- 1/2 cup whole almonds (can substitute walnuts)
- 1 cup packed kale leaves
- 1 cup packed basil leaves
- 1 cup packed arugula (or spinach, kale and/or basil)
- 1/4 cup fresh parsley juice of 2 lemons
- 1/2 tsp. lemon zest
- 1-2 cloves of garlic (can substitute roasted garlic)
- First cold pressed extra virgin olive oil or avocado oil
- Sea salt and pepper to taste

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MAIN DISHES

- Pecan Crusted Cod
- Perfect Poached Salmon
- Turkey Meatloaf
- Vegetable Omelet

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PECAN CRUSTED COD

GLUTEN FREE
DAIRY FREE



Directions

Mix mustard, honey and oil. Grind pecans separately in food processor (I prefer using my Nutri Bullet-very quick!). Coat the cod with above honey mustard mixture and then coat with pecans. I spread pecans on a plate and blot fish until coated on on each side. Place fish on baking sheet lined with parchment and cook at 400 for 10-15 minutes or until fish starts to easily flake.

Cooking time: 10 minutes Serves 4

Ingredients

- fillets of cod*
- 3 Tbsp. Dijon mustard
- 2 Tbsp. local honey
- 1 Tbsp. extra virgin olive oil or avocado oil
- 1/2 cup whole or halved pecans

* You may substitute with salmon or boneless breast chicken

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PERFECT POACHED SALMON

GLUTEN FREE



Directions

Bring water and lemon juice to a boil in medium sized skillet. Stir in chicken bouillon granules (or substitute with $\frac{1}{2}$ cup chicken broth). Reduce heat to a simmer and place salmon fillets in pan. Cover and simmer over low heat, 10 minutes per inch of thickness, measured at the thickest part, or until fish flakes when tested with a fork. Remove salmon from pan. Keep salmon warm. Boil remaining liquid in the skillet until it is reduced to approximately $\frac{1}{4}$ cup. Whisk in butter or ghee and stir in capers. Spoon sauce over fish. Season with pepper and sprinkle with parsley.

Cooking time: 25 minutes Serves 2

Ingredients

- 1/2 cup of water
- 2 Tbsp. lemon juice
- 1/8 tsp. chicken (or vegetable) bouillon granules
- 2-4 oz. fillets wild salmon
- 1 Tbsp. grass fed organic ghee (clarified butter)
- 2 Tbsp. capers
- ground pepper to taste
- 1 Tbsp. chopped fresh parsley

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TURKEY MEATLOAF

GLUTEN FREE
DAIRY FREE



Ingredients

- ½ Vidalia onion, peeled and chopped
- 1 Tbs. coconut oil
- 2 lbs. ground organic turkey
- 2 Tbsp. cooked quinoa (not necessary but makes meat taste lighter)
- 2 tsp fresh dill or 1 tsp dried dill
- 1 Tbsp. Herbs de Provence (dry spice)
- 1 Tbsp. Gluten Free tamari (fermented soy sauce)
- 1 large egg, beaten

Directions

Preheat oven to 375 degrees. Sautee onion in coconut oil on med heat until translucent (about 5-7 minutes). Blend all ingredients together well. Transfer to a lightly oiled loaf pan. Pinch edges with fork away from sides of pan. Bake for 50-55 minutes until center reaches 165 – 170 degrees.

Cooking time: 50 minutes Serves 6

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VEGETABLE OMELET



Directions

Preheat oven to 400 degrees. Use disposable lasagna tin or small glass Pyrex dish and line with parchment paper. Put coconut oil on parchment paper and put in oven for 3 minutes so oil melts. Dice up onion and then add to coconut oil. Add some salt and pepper. Place back in oven for 5 minutes. Slice tomatoes in half, slice and quarter zucchini. Add tomatoes, zucchini, spinach to onions and oil and blend gently until all are coated with oil. Beat eggs and pour over vegetables. Add a little more salt and pepper. Bake for 10 minutes or until egg is fully cooked. Take out of oven. Then, lift one end of the parchment and gently roll it so mixture rolls in the form of an omelet.

Cooking time: 15 minutes Serves 4

**GLUTEN FREE
DAIRY FREE**

Ingredients

- 1 Tbsp. coconut oil
- ½ small Vidalia onion
- 8 grape tomatoes
- 1 small zucchini
- 1 handful raw baby spinach
- 4 organic free range eggs
- sea salt and pepper

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SIDES

- Almond Flour Biscuits
- Mashed Sweet Potatoes
- Quinoa Tabouleh
- Roasted Tomato Zucchini and Onion

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ALMOND FLOUR BISCUITS

GLUTEN FREE



Directions

In a medium bowl, combine almond flour, salt and baking soda. In a large bowl, blend together butter, eggs, water, and honey. Stir the dry ingredients into the wet until a nice dough forms. Roll out dough and use a biscuit cutter to form biscuits or, use a 1 cup measuring cup, dust a little flour in the cup and press some dough into the bottom. Turn it upside down and pat on your hand until the biscuit falls out. Place it on a cookie sheet. Bake at 350° for 15 minutes, until biscuits are browned on the bottom edges.

Cooking time: 15min Serves 10

Ingredients

- 5 cups almond flour
- 1 teaspoon sea salt
- 1 teaspoon baking soda
- 1/2 cup grass fed organic butter
- 4 eggs
- 2 Tbsp. honey or pure maple syrup

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MASHED SWEET POTATOES

GLUTEN FREE



Ingredients

- 4 medium sized garnet or jewel sweet potatoes (peeled and cubed into 2" pieces)
- 1 tsp. Himalayan salt
- 2 Tbsp. butter (organic from grass fed cows) or ghee

Directions

Place cubed sweet potatoes in big pot. Fill pot with water until potatoes are covered. Bring to boil and reduce to medium. Cook for about 20 minutes or until soft (knife can go through cube easily). When potatoes are soft, drain water. Add butter and salt. Mash lightly with a fork to break up cubes and blend. Use blender, immerser or mix master to mix or whip. Serve. Can make a day in advance and then reheat in the oven.

Cooking time: 20min Serves 4

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QUINOA TABOULEH

GLUTEN FREE
DAIRY FREE



Directions

Put quinoa, tomatoes, cucumber, scallions, and parsley in a bowl. Dress with remaining ingredients, mix well, and let sit for 15 minutes to allow the flavors to meld.

Cooking time: 25 minutes Serves 4

Ingredients

- 2 cups quinoa, cooked and cooled
- 1 ½ cups fresh tomatoes, chopped
- 1 cucumber, diced
- 8 scallions
- 1 cup fresh parsley, minced
- 2 lemons, juiced
- 1 tsp. Himalayan pink salt
- 3 Tbsp. cold pressed extra virgin olive oil or avocado oil

GLUTEN FREE, DAIRY

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ROASTED TOMATO ZUCCHINI AND ONION

GLUTEN
FREE



Directions

Preheat oven to broil. In large skillet, heat pan and add coconut oil. Add onion and salt and pepper. Sautee onion for 5 minutes until caramelized. Add zucchini. Sautee for 5 minutes more. Add tomatoes and toss until coated with oil. Sprinkle parmesan cheese over top. Place skillet in broiler for 3-4 minutes until slightly browned.

Cooking time: 15min Serves 3

Ingredients

- 1-2 Tbsp. coconut oil
- ½ large Vidalia onion, sliced
- 1 large zucchini, sliced
- 1 cup grape tomatoes sliced in half
- Sea salt and pepper to taste
- 1/4 cup grated parmesan cheese (optional)

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DESSERTS

- Banana Strawberry Sorbet
- Chocolate Cookies
- Gluten-Free Banana Bread
- Granola Raisin Cookies

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BANANA STRAWBERRY SORBET

GLUTEN FREE
DAIRY FREE



Directions

Peel a banana and cut into chunks and put in freezer for 1/2 hour minimum. Cut up strawberries in half to make them easier to blend. Add the bananas, strawberries and water to a blender (I used the Nutri Bullet which works great) and blend.

Serves 2

Ingredients

- 1 frozen banana
- 1 cup of frozen strawberries (preferably organic-found in Costco!)
- 1 cup cold water

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CHOCOLATE COOKIES

GLUTEN FREE
DAIRY FREE



Directions

Preheat oven to 325 degrees. Combine all dry ingredients. In separate bowl, combine wet ingredients. Add wet ingredients to the dry mixture until dough forms. Grease hands with coconut oil or olive oil. Roll into balls and place onto parchment lined cookie sheets. Flatten the balls. Bake for 15 minutes for soft cookies. Flip and cook for 5 minutes longer for a crunchy texture.

Cooking time: 15 minutes Serves 20

Ingredients

- 2 cups almond flour
- 1/4 cup raw organic cocoa powder
- 3/4 cup local honey
- 1/2 tsp. sea salt
- 1 tsp. vanilla
- 1 egg
- 1/2 cup unsweetened applesauce
- 1/4 tsp. baking soda

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GLUTEN-FREE BANANA BREAD

GLUTEN
FREE



Ingredients

- 1/4 cup melted butter or unrefined coconut oil
- 1/2 cup honey or coconut sugar
- 1/2 tsp. baking soda
- 1/8 tsp. Himalayan sea salt
- 4 eggs
- 2 mashed extra ripe bananas
- 1 tsp. vanilla
- 2 1/2 cups ground almond flour (found at health food stores, some markets and Costco or you can grind nuts yourself in blender)

Directions

Preheat oven to 375 degrees. Add butter (or coconut oil) , honey or coconut sugar, baking soda, salt, eggs and bananas until well blended. Blend in almond flour until smooth. Pour into muffin tins or use muffin wrappers in tins for muffins. For bread, add mixture to greased loaf pan (with butter or coconut oil). Bake for 15-20 minutes for muffins and 35-40 minutes for bread until a toothpick comes out clean.

Cooking time: 15 minutes Serves 12

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GRANOLA RAISIN COOKIES

GLUTEN FREE



Directions

Preheat oven to 300 degrees. Place all ingredients in a food processor or blender and blend until fairly smooth, but still with a little texture. Form dough into balls, place on a buttered cookie sheet and gently flatten. Bake at 300 degrees for 10 minutes or until done.

Cooking time: 10 minutes Serves 20

Ingredients

- 1/2 cup raisins
- 1 1/4 cup pecans or walnuts (I like walnuts!)
- 1 cup unsweetened shredded coconut
- 1 tsp. vanilla
- 1 Tbsp. soft organic grass-fed butter
- 2 Tbsp. local honey

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