

SCD Menus for CCFA Camp Oasis 2016

SCD Yogurt with Berries - <http://paleoleap.com/homemade-yogurt/>

Variety of SCD Salad Dressings throughout the week

Basic Salad Dressing <http://glutenfreescdandveggie.blogspot.com/2013/08/basic-salad-dressing-qf-scd.html>

- 6 tablespoon extra virgin olive oil
 - 2 tablespoon fresh lemon juice or 1 small lemon
 - 1/2 medium clove garlic (1 small clove)
 - salt and black pepper freshly ground sea
- **Honey Mustard Dressing** <http://www.mommypotamus.com/honey-mustard-dressing-recipe-5-minutes/>
 - 1/3 cup olive oil
 - juice of 1 lemon
 - 1 clove garlic finely minced
 - 1 tablespoon apple cider vinegar
 - 1 tablespoon raw honey
 - 2 tablespoon [Kozlik's Canadian Dijon mustard](#)
 - 1/4 teaspoon sea salt unrefined
- **Caesar Dressing** <http://www.mplsrealfoodlover.com/2010/01/cesar-salad-esque-dressing-using-real.html>
 - 1/2 cup extra virgin olive oil
 - juice of 1 lemon or large lime
 - 1/2 cup Parmigiano reggiano finely shredded
 - 2 small cloves garlic pressed or finely grated
 - 2 teaspoon [Kozlik's Canadian Dijon mustard](#)
 - 1 teaspoon apple cider vinegar
 - salt and pepper to taste
- **Dairy-Free Ranch Dressing** <http://www.janssushibar.com/dairy-free-ranch-dressing/>
 - 1 cup coconut milk (from carton, not can)
 - 2 tablespoon fresh lemon juice
 - 2 teaspoon apple cider vinegar
 - 1/2 cup SCD mayonnaise (scroll for recipe)
 - 2 teaspoon raw honey
 - 1 teaspoon kosher or sea salt
 - 1/2 teaspoon ground black pepper freshly
 - 1/4 teaspoon dried mustard
 - 1/4 teaspoon paprika
 - 1/2 teaspoon dried oregano
 - 2 teaspoon garlic powder
 - 2 tablespoon chives finely minced
 - 2 tablespoon Italian parsley finely minced
- **Raspberry Salad Dressing** <http://www.healthfulpursuit.com/2013/05/oil-free-raspberry-salad-dressing/>
 - 6 ounce fresh raspberries (170 grams)
 - 1/2 cup apple juice homemade
 - 2 tablespoon red wine vinegar
 - 1 tablespoon [Kozlik's Canadian Dijon mustard](#)
 - 1 tablespoon honey
 - 1 shallot finely diced

Cabins will be given s'mores fixins to be cooked at a time of their choosing during the week. SCD s'mores will be provided to kids on SCD.

- **SCD S'Mores:** Marshmallows & Crackers only

<http://theurbanposer.com/rustic-homemade-marshmallows-whoney/#sthash.nddv4ahs.dpuf>

1 cup filtered water (split into half cups)

2 1/2 U.S. tablespoons powdered gelatin. 225 bloom strength, same as Knox gelatin.

1 1/4 cup organic light colored honey

1 teaspoon vanilla extract (no sugar added)

1/4 teaspoon salt

<http://suskanbanoo.typepad.com/blog/2014/03/honey-graham-crackers.html>

1 c. coconut flour, sifted

1/2 t. Cinnamon

1/2 t. Salt

1/2 t. Baking soda

4 egg whites, at room temperature

1/2 c. Coconut oil, softened

1/2 c. Honey

2 t. Pure vanilla extract

Sunday, June 26th

DINNER

- **SCD Pizza Crust** - <http://heal-balance-live.blogspot.com/2009/08/scd-pizza-crust-at-last.html>
 - 2 cup almond flour
 - 2 egg
 - 1/4 teaspoon Italian seasoning
 - pinch salt
 - 1/2 cup shredded Parmesan cheese
 - 4 teaspoon canola or sunflower oil
- with **House-made Marinara Sauce** - <http://scdforlife.com/2011/04/scd-recipe-fresh-tomato-basil-marinara.html>
 - 8 Roma tomato on the vine tomatoes and 5 (the vine tomatoes were medium to small sized)
 - 1 cup chopped onion
 - 1 teaspoon garlic dried
 - 2 teaspoon salt
 - 2 tablespoon dried basil
 - 1 teaspoon dried oregano
 - 3 tablespoon extra virgin olive oil
 - 1/2 cup water
- **House-made Italian Turkey Sausage** - <http://www.nomorecrohns.com/uploads/1/0/9/8/10981918/turkeysausage-1.pdf>
 - 1 pound ground turkey lean or pork or a meat combination of these (no additives or “natural flavors”)
 - 1 teaspoon sage rubbed
 - 1/2 teaspoon fennel seed each salt, dried thyme
 - 1/8 teaspoon crushed garlic each pepper
 - dash cayenne pepper each white pepper, allspice, ground cloves and ground nutmeg
- **Aged Parmesan** –

DESSERT

- **Lemon Squares** - <http://scdlifestyle.com/2013/12/amy-erwin-lemon-bar-recipe/>
 - Almond Based Crust
 - 1 1/2 cup almond flour
 - 1/2 teaspoon salt
 - 2 tablespoon melted butter
 - 1 tablespoon honey
 - 1 teaspoon vanilla
 - Lemon Topping:
 - 1/4 cup melted butter
 - 1/4 cup honey
 - 3 egg
 - 1/3 cup fresh lemon juice
 - 3 tablespoon water

Monday, June 27th

BREAKFAST

- **Scrambled Eggs**
- **SCD Butter Biscuits** - <https://scddiet4kids.wordpress.com/2013/11/25/butter-biscuits-cooking-for-the-specific-carbohydrate-diet/>
 - 2 1/2 cup almond flour
 - 1/2 teaspoon salt
 - 1/2 teaspoon baking soda
 - 2 egg
 - 1/4 cup unsalted butter softened
 - 1 tablespoon honey

- **Faux Oatmeal** - <https://scddiet4kids.wordpress.com/2014/06/23/faux-oatmeal-yummy/>
2 tablespoon almond flour
3 tablespoon unsweetened shredded coconut
1 tablespoon butter
1 tablespoon coconut milk (carton not can)
- **SCD Yogurt with Berries** - <http://paleoleap.com/homemade-yogurt/>

LUNCH

- **Almond Meal-Crusted Chicken Nuggets with House-made BBQ and Honey Mustard Dips**
BBQ Sauce
4 1/2 pounds ripe tomatoes
2 cups celery, chopped
1 1/2 cups green pepper, chopped
3 medium size onions, chopped
5 cloves garlic, chopped
3/4 cup honey, Kirkland Signature Clover Honey
3/4 cup vinegar
2 tablespoon lemon juice
2 tablespoon paprika
1 tablespoon dry mustard
2 teaspoons salt
1/2 teaspoon chili powder
Honey-Mustard Sauce
1/4 cup SCD mayonnaise
2 tablespoons of stone ground mustard
1 1/2 to 2 tablespoons of honey, Kirkland Signature Clover Honey
- **Steamed Carrots and Snap Peas**
- **Cheddar Cheese Sticks**

DINNER

- **House-made Turkey Meatballs**
1 pound ground turkey
1 egg
1/2 teaspoon parsley
1 teaspoon pepper
1/2 teaspoon salt
1/2 cup Parmesan cheese
1 cup almond flour
- **House-made Marinara** (*ingredient list under 6/26 dinner*)
- **Zucchini Noodles**
1 tablespoon canola oil
1 pound zucchini

DESSERT

- **Coconut Macaroon Cookies** - <http://www.scdrecipe.com/recipes-cookie/lucys-macaroons/>
3 egg whites
1/8 teaspoon salt
1/3 cup honey
1 teaspoon vanilla
1 1/4 cup unsweetened coconut

Tuesday, June 28th

BREAKFAST

- **Almond Flour Waffles** - <https://scddiet4kids.wordpress.com/2013/12/31/almond-flour-waffles/>
 - 1 cup almond flour
 - 1/4 teaspoon salt
 - 1/4 teaspoon baking soda
 - 1/4 teaspoon ground cinnamon (optional)
 - 4 eggs
 - 1 teaspoon vanilla
 - 2 tablespoon honey
- **Strawberries & Coconut "Whipped Cream" for Waffles**
 - 1 can coconut cream full fat (no guar gum)
 - vanilla extract (no sugar added)
- **House-made Turkey Sausage** – Ground Turkey, Thyme, Fennel, Salt, Pepper
- **SCD Yogurt with Berries** - <http://paleoleap.com/homemade-yogurt/>

LUNCH

- **Crepes for Wraps** - <https://recipes.sparkpeople.com/recipe-detail.asp?recipe=2001303>
 - 5 eggs
 - 1/2 cup almond flour
 - 2 tablespoon water
 - 1 teaspoon honey
 - pinch salt
- with **Plain Pulled Rotisserie Chicken** and **Sliced White Cheddar**
- **Chicken Salad - Rotisserie Chicken with Celery, Apple, & SCD Mayo** - <http://foreverscd.blogspot.com/2012/08/mayonnaise-cooked.html>
 - 4 egg yolk
 - 4 tablespoon water
 - 4 tablespoon white vinegar
 - 1 teaspoon salt
 - 2 teaspoon dry mustard
 - 2 cup canola oil
- **Green Beans with Garlic Butter Sauce** - <https://eatingscd.com/2008/07/21/green-beans-garlic-butter/>
 - 1 pound fresh green beans cleaned
 - 3 tbs unsalted butter
 - 1 clove garlic finely minced or pressed
 - salt
 - water
- **Cantaloupe and Honeydew Melon Wedges**

DINNER

- **Honey-Lime Chicken Drumsticks** - <http://scdforlife.com/2015/01/scd-recipe-slow-cooker-honey-lime-chicken-wings.html>
 - 2 1/2 lbs chicken wing pieces
 - 1 cup fresh squeezed tomato juice
 - 2 teaspoon garlic minced
 - 1/2 cup freshly squeezed lime juice
 - 1/2 cup honey
 - 1 tablespoon apple cider vinegar
 - 1 tablespoon [Organicville Yellow Mustard](#)
 - 1 tablespoon sea salt
 - 1/2 teaspoon black pepper
 - 1/2 teaspoon chili powder

- **Cauliflower Mash** - <http://detoxinista.com/2012/11/mashed-cauliflower-vegan-paleo/>
cauliflower medium sized head of (about 1 1/2 lbs.) chopped into florets
3 Roasted Garlic cloves
1 teaspoon fresh thyme leaves
1 teaspoon fresh chives chopped
salt and pepper to taste
- **Sesame Blasted Broccoli** - oil only; no sesame seeds: fresh broccoli, sesame oil, touch of salt

DESSERT

- **Carrot Cupcakes** - <http://foreverscd.blogspot.com/2012/07/carrot-cake-w-cream-cheese-frosting.html>
Cake
1 1/2 cup almond flour
2 teaspoon cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon nutmeg
3 eggs
1/4 cup honey
1 banana ripe
1 cup shredded carrot
1/2 cup raisins, no sugar added
Frosting
1/2 cup yogurt SCD (*recipe at beginning of document*)
1/4 cup honey

Wednesday, June 29th

BREAKFAST

- **Greens, Eggs and Ham** - Swiss Chard, Eggs, and Ham free of sugar-curing (Brand: Boarshead® All-Natural Uncured)
- **Plain Scrambled Eggs**
- **Morning Glory Muffins** - <http://comfybelly.com/2013/06/morning-glory-muffins/#.Vxlw0zArLIU>
4 dates, pitted medjool
1/4 cup unsalted butter (or coconut oil or ghee) melted
1/4 cup coconut milk (carton, not can)
4 large egg
1 cup carrot shredded raw
1 cup apple shredded
1/4 cup honey
1 teaspoon vanilla extract
1/4 cup coconut flour plus one tablespoon
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/2 teaspoon baking soda
1/2 teaspoon salt
1/4 cup golden raisin
- **Watermelon**
- **SCD Yogurt with Berries** - <http://paleoleap.com/homemade-yogurt/>

LUNCH

- **Meatloaf Cupcakes** - <http://scdgirl.blogspot.com/2010/04/meatloaf.html> with Celery Root Mash as Frosting
3 pound ground beef
3 tablespoon onion powder SCD legal
1 tablespoon garlic powder SCD legal
2 egg
1 tablespoon oregano
1 1/2 teaspoon basil
1 tablespoon salt
celery root top with mashed
- **Garlic Sautéed Spinach**
- **Baked Butternut Squash "Fries"** - <http://comfybelly.com/2011/12/butternut-squash-fries/#.VxlzYDARLIU>
1 butternut squash (3 lbs or 1.4 kg) , peeled and sliced into fries
1/2 teaspoon salt
1/2 teaspoon canola oil
- **Fruit Salad:** Pineapple, Nectarine, and Red Grapes

DINNER

- **Chicken & Veggie Stir Fry** with Zucchini, Squash, Carrots, & Asparagus
- **Cauliflower Rice**

DESSERT

- **Lemon Squares** - <http://scdlifestyle.com/2013/12/amy-erwin-lemon-bar-recipe/>
Almond Based Crust
1 1/2 cup almond flour
1/2 teaspoon salt
2 tablespoon melted butter
1 tablespoon honey
1 teaspoon vanilla
Lemon Topping:
1/4 cup melted butter
1/4 cup honey
3 egg
1/3 cup fresh lemon juice
3 tablespoon water

Thursday, June 30th

BREAKFAST

- **Blueberry Silver-Dollar Pancakes** - <http://www.comfytummy.com/2009/06/29/scd-blueberry-pancakes/>
2 eggs
3/4 cup almond flour
1 teaspoon honey
1/2 teaspoon vanilla extract
1/8 teaspoon cinnamon
1/8 teaspoon baking soda
1 butter pat
1/2 cup blueberries fresh
- **Strawberries & Coconut "Whipped Cream" for Pancakes**
1 can coconut cream full fat (no guar gum)
vanilla extract (no sugar added)
- **House-made Turkey Sausage Patties** (*same ingredients as 6/26 dinner*)
- **Faux Oatmeal** - <https://scddiet4kids.wordpress.com/2014/06/23/faux-oatmeal-yummy/>
- **SCD Yogurt with Plums & Cherries** - <http://paleoleap.com/homemade-yogurt/>

LUNCH

- **Caesar Salad:** romaine lettuce with Caesar dressing, recipe at start of menu (no anchovies/bacon, using canola/sunflower oil instead of olive)
- **Sliced Roast Beef** - <http://foreverscd.blogspot.com/2012/08/roast-beef.html>
3 pound beef bottom round Roast or similar cut
salt & pepper
minced garlic
- **Zucchini Fries** <http://www.fengshuidana.com/2014/01/13/zucchini-fries/>
1 lb zucchini
canola oil or sunflower oil to fry
coconut flour (about 1/2 cup)
1 cup almond meal
Italian seasoning blend
2 eggs, well beaten
- **Sweet & Savory Crackers** - <http://againstallgrain.com/2012/04/20/savory-and-sweet-crackers-with-almond-flour/>
1 cup blanched almond flour
1/2 tablespoon olive oil
2 tablespoon water cold
1/2 teaspoon sea salt
2 tablespoon raisin
1 sprig rosemary

DINNER

- **Taco Salad**
Seasoned Ground Beef, Shredded Iceberg Lettuce, Freshly Diced Tomatoes, Freshly Shredded White Cheddar
Guacamole (No Cilantro or Red Onion)
Avocado
Minced Garlic
Sea Salt
Freshly Squeezed Lime Juice
Freshly Diced Tomato
- **Roasted Brussels Sprouts**

DESSERT

- **Apple-Rhubarb Pie with Coconut Flour Pie Crust** - <http://thecoconutmama.com/coconut-flour-pie-crust/>
3 1/2 cup rhubarb sliced fresh (about 1 1/4 pounds)
1 tablespoon fresh lemon juice
2 Granny Smith apple peeled, cored, and sliced
1/2 teaspoon ground cinnamon
3/4 cup coconut flour divided
6 tablespoon cold butter cut into small pieces

Friday, July 1st

BREAKFAST

- **Cheesy Bacon Egg Casserole** - <http://www.scdrecipe.com/recipes-casserole/>
4 sugar-free bacon strips
18 eggs
1 cup yogurt SCD
1 cup White Cheddar cheese grated (4 ounces)
1 cup camembert cheese
1/4 cup green onion sliced
1/2 teaspoon pepper

- **SCD Butter Biscuits** - <https://scddiet4kids.wordpress.com/2013/11/25/butter-biscuits-cooking-for-the-specific-carbohydrate-diet/>
- **SCD Yogurt with Sliced Mango and Kiwi** - <http://paleoleap.com/homemade-yogurt/>

LUNCH

- **Chicken Parmesan with House-made Marinara and Yellow Squash Noodles –**

1 cup of almond flour	8 on-the-vine tomatoes
1 egg	5 Roma tomatoes
1 tablespoon of Dijon mustard	1 cup chopped onion
1/4 teaspoon of sea salt	1 tsp dried garlic
1/2 teaspoon of dried dill	2 tsp salt
1/2 teaspoon of dried oregano	2 Tbsp dried basil
1 pound of chicken breasts, sliced thinly	1 tsp dried oregano
1 cup of SCD marinara	3 Tbsp canola or sunflower oil
4 slices of Havarti cheese	1/2 cup water
3 to 5 tablespoons of canola or sunflower oil	

Squash noodles made same as the Zucchini Zoodles: yellow squash, sea salt, and canola oil

DINNER

- **Bunless Chicken Burgers** - <http://glutenfreefix.com/delicious-gluten-free-chicken-burgers/> topped with Sautéed Onions & Sliced White Cheddar

2 lbs ground chicken
 1/2 cup scallion chopped
 4 cloves garlic, minced
 1/4 teaspoon paprika
 1/4 teaspoon cumin
 2 teaspoon kosher salt
 1 teaspoon pepper
 1/2 cup almond flour
 1 egg

- **Buttered Snap Peas & Carrots**

DESSERT

- **Coconut Cake** - <http://www.cavewomancafe.com//2012/05/10/cavewoman-coconut-cake/>

10 eggs
 1 cup of coconut oil, melted
 1 cup of honey
 1 Tablespoon of vanilla extract
 1 teaspoon of baking soda
 1 teaspoon of sea salt
 3/4 cup of coconut flour, sifted
 1 cup of shredded non-sweetened coconut

Saturday, July 2nd

BREAKFAST

- **SCD Banana Pancakes** - <http://thetastyalternative.com/2013/04/3-ingredient-grain-free-banana-pancakes-scd-paleo-gaps/>

8 ounce spotted bananas, peeled (a little more than 2 medium please weigh the banana for accuracy)
 2 egg white large whole eggs
 3 tablespoon coconut flour
 3 teaspoon coconut oil (for cooking/frying)

- **Faux Oatmeal** - <https://scddiet4kids.wordpress.com/2014/06/23/faux-oatmeal-yummy/>
- **Griddled Ham Steaks**
- **SCD Yogurt with Berries** - <http://paleoleap.com/homemade-yogurt/>