SCD Menus for CCFA Camp Oasis 2016


Variety of SCD Salad Dressings throughout the week

**Basic Salad Dressing** [http://glutenfreescdandveggie.blogspot.com/2013/08/basic-salad-dressing-gf-sc.html](http://glutenfreescdandveggie.blogspot.com/2013/08/basic-salad-dressing-gf-sc.html)
- 6 tablespoons 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

- 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

- 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

- 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/](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
  
  
  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://suskandbanoo.typepad.com/blog/2014/03/honey-graham-crackers.html](http://suskandbanoo.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

  - 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
  - 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
  - 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

  - Almond Based Crust
  - 1 1/2 cup almond flour
  - 1/2 teaspoon salt
  - 1/2 teaspoon baking soda
  - 2 egg
  - 1/2 cup 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**
  - 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/](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/](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
  1/2 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**

  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/](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


LUNCH

  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](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

  1 pound fresh green beans cleaned
  3 lbs unsalted butter
  1 clove garlic finely minced or pressed
  salt
  water

- **Cantaloupe and Honeydew Melon Wedges**

DINNER

  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](http://www.organicville.com)
  1 tablespoon sea salt
  1/2 teaspoon black pepper
  1/2 teaspoon chili powder
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**

  Cake
  1 1/2 cup almond flour
  2 teaspoons 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](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/](http://paleoleap.com/homemade-yogurt/)
LUNCH
- **Meatloaf Cupcakes** - [http://scdgirl.blogspot.com/2010/04/meatloaf.html](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**
  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
  **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
  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/](https://scddiet4kids.wordpress.com/2014/06/23/faux-oatmeal-yummy/)
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](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/](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

  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

  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

  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


### LUNCH

- **Chicken Parmesan with House-made Marinara and Yellow Squash Noodles** –
  
  1 cup of almond flour  
  1 egg  
  1 tablespoon of Dijon mustard  
  1/4 teaspoon of sea salt  
  1/2 teaspoon of dried dill  
  1/2 teaspoon of dried oregano  
  1 pound of chicken breasts, sliced thinly  
  1 cup of SCD marinara  
  4 slices of Havarti cheese  
  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

  
  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/](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  
  ¾ cup of coconut flour, shifted  
  1 cup of shredded non-sweetened coconut

### Saturday, July 2nd

### BREAKFAST

  
  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/](https://scddiet4kids.wordpress.com/2014/06/23/faux-oatmeal-yummy/)

- **Griddled Ham Steaks**