



Dr. Robbie Johnson, D.C.

7340 East Caley Ave, Suite 220W Centennial CO, 80111

PH 303-741-1181 FX 303-741-1191

www.DrRobbieJohnson.com

Most Commonly Requested Meals:

Breakfast:

WFM has a variety of hand made sausages, most of which are gluten and dairy free. Be sure to ask. We like the chicken varieties best. To make quick work of breakfast, I squeeze the meat out of the casing and into small meat balls. I place them on a large cookie sheet and bake them in the oven at 375 degrees for roughly 40 minutes. Cooking time varies depending on the choice of meat and size of meatballs. I find it usually takes longer than you think. Cover with foil the second half of the cooking time to help prevent them from drying out and becoming tough. Of course these can also be prepared stove top as well.

Once I have cooked up a couple of trays of meatballs I keep them in the refrigerator to pull out quickly in the morning and sauté with veggies (these are sometimes left over from dinner or I use frozen to save time).

There are also a few varieties of turkey bacon that are tasty. These can also be prepared all at once in the oven.

Macaroni and Cheese

1 Cup Tinkyada pasta (elbow macaroni or your choice)

¼ -1/2 cup rice milk

¼ cup daiya cheddar cheese

Cook pasta according to directions (this takes about 17 minutes) Heat the milk in a sauce pan, it should be hot, not boiling. Add the cheese and whisk. It may seem like it is going to be chunky forever, but after several minutes it becomes a creamy, smooth mixture. At that point add the pasta and mix.

Feel free to adjust the milk and cheese portions to your liking. More cheese for thicker sauce, more milk for thinner sauce.

Pizza

There are several great frozen pizza crusts. We like Kinnikinik because it is light. Currently I have not found one that is egg free and palatable.

1-2 kinnikinik crusts

2-4 Tbs Monte Bene garlic marinara sauce (or sauce of your choice. I like this one because there is no sugar in it)

¼-1/2 cup Daiya mozzarella cheese

toppings of your choice – Applegate farms makes gluten and casein free lunch meats and pepperoni).

Bake in 375 degree oven for 10-15 minutes.

Basic Gluten Free Flour Mix - From The Allergen-Free Baker's Handbook

4 cups superfine brown rice flour

1 1/3 cups potato starch (not potato flour)

2/3 cup tapioca flour (also called tapioca starch)

Combine all ingredients in a gallon size zipper top bag. Shake until well blended. Store in the refrigerator until ready to use.