

KUHLEFIT
RENEW YOUR VITALITY



Trucker Service Association

LIVE HEALTHY
DRIVER HEALTH CAMPAIGN

CREATED BY
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ENJOY DELICIOUS GLUTEN FREE RECIPES

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GLUTEN-FREE SUCCESS



INTRODUCTION

It's my personal and humble opinion that a gluten-free diet is, single-handedly, one of the greatest health changes any person can make. It can radically reduce bloating, digestive pain, brain fog, inflammation, weight gain, and even those random aches and pains that seem to appear for no reason. It can do all of this — often eliminating many of the issues mentioned above — while simultaneously making you sharper, quicker, and more focused throughout your day. I've seen this play out countless times with my clients, and I'd be doing you a disservice if I didn't spend multiple months addressing this topic from several different angles.

Because I want you to be successful in making this major lifestyle shift, it's important to acknowledge that it doesn't come without its challenges and potential setbacks. Just remember — the benefits far outweigh any difficulties you might face. Stay the course and do your best, even if you slip along the way.

To help support your success, I've included five delicious gluten-free recipes below that you can make today! Next month, we'll dive into additional tips and tricks for staying successful while on the road with a gluten-free diet. But for now, recipes are the next logical step in your journey toward a gluten-free lifestyle.



Breaded Chicken Fingers

INGREDIENTS

1.5 pounds thinly sliced chicken breast
2 cups almond flour
3 large eggs
1.5 teaspoons paprika
0.5 teaspoon of garlic powder
Ghee (for frying)
Lemon wedge for serving
salt and pepper

DIRECTIONS

Cut chicken breasts to $\frac{1}{4}$ inch, pound them out one at a time if larger than $\frac{1}{4}$ inch thickness

Lay chicken slices out on a baking sheet and sprinkle with salt and pepper, then lightly cover with almond flour

Beat the eggs in a wide, shallow bowl. In another bowl, mix paprika, remaining almond flour, and garlic powder

Dip chicken into the eggs to coat, let excess drip off, then coat with almond flour mixture. Return to baking sheet and repeat with all chicken slices

Heat ghee in a large skillet over medium-high heat, but not smoking. Add chicken and cook until golden on one side. Flip and cook until golden on the other side.

Serve with lemon slices



Butternut Squash Soup with Chicken Sausage

INGREDIENTS

2 Butternut Squashes, peeled and cubed
4 cups of Chicken bone Broth
1 onion, peeled and cubed
3 cloves of garlic, chopped
1 cup of chopped sweet potato
1 tbsp cumin
1 tbsp smoked paprika
1 tbsp garlic powder
1 tbsp sage
1 tbsp thyme
salt and pepper to taste
3 tbsp canned organic coconut milk (cream only)
6-8 clean organic chicken sausages,
¼ cup of fresh parsley

DIRECTIONS

Place squash, onion, garlic, sweet potato, on a cooking sheet and drizzle with olive oil, salt and pepper

Place in the oven, set to 360° for 30 minutes

While the veggies are cooking, uncase the sausages and add to a oiled skillet. Stir meat as it cooks, once it is done, set aside in a bowl.

Remove veggies from the oven and add them and all the juices to a blender. puree everything, added bone broth if needed.

Pour into a pot on the stove. add the remaining broth, all the spices and simmer for 15-20 minutes. taste as you go and add extra of everything that you feel will bring up the flavour.

Serve with the chicken sausage sprinkled on top with fresh parsley.

Remember the Carbohydrate is the Main player in this 5 days. so less sausage more SOUP!



Veggie Quiche

INGREDIENTS

1 large white sweet potato or 4
Asian yams, shredded
12 pastured eggs
¼ cup organic coconut milk
2 tbsp cassava flour
1 cup chopped broccoli florets
1 cup of mushrooms, chopped
1 cup of bok choy, minced
1 tsp garlic powder
1 tsp onion powder
salt and pepper

DIRECTIONS

Heat Oven to 350 degrees

Take shredded sweet potato and place in either cheese cloth or a clean kitchen dish towel and wring out as much moisture as possible.

Heat a oven safe skillet on the stove with a bit of olive oil, add mushrooms, broccoli and bok choy to the pan. season with salt and pepper

Add sweet potato to a bowl, 1 tbsp olive oil, garlic, onion, cassava, salt and pepper and coat the sweet potato in all the goodness.

Remove the veggies from the pan and set aside in a bowl. Aside a bit more oil and pour the sweet potato mixture into the skillet and shape into a crust. keep cooking over med heat.

While the crust cooks, add the eggs to a blender and the coconut milk or other milk of choice. salt and pepper.

Pour the egg mixture over the crust and add the veggies, evenly through the egg mixture.

Place in the oven for 20ish minutes, or until the egg is fully cooked. Top with micro greens, clean hot sauce or salasa.



Thai Beef Salad

INGREDIENTS

4 grassfed steaks, sliced thin
4 cups of leafy greens
1 cup cucumber, sliced thin
½ cup of basil leaves
½ cup of mint leaves
1 cup of cherry tomatoes, halved
½ cup of cilantro
1 red pepper, thinly sliced
1 yellow pepper, thinly sliced

Marinade

1 cup cilantro
¼ cup olive oil
1 tbsp honey
1 tbsp coconut aminos
½ jalapeno, seeded and deveined
1 lime, juiced
½ tsp red chili paste
½ tsp garlic powder

DIRECTIONS

- 1) Blend marinade ingredients in a blender.
- 2) Place beef slices in a glass container and use ⅔ of the marinade over the beef. let sit for 30 minutes. set remaining marinade aside
- 3) Prepare and chop the veggies for the salad. place lettuce in a serving bowl
- 4) Heat a cast iron skillet with a bit of olive oil and begin to cook the beef in batches, so the sauce doesn't cause the meat to boil rather than stir fry. once all the beef is cooked, add it all back to the pan, and toss in tomatoes, and peppers.
- 5) Place the beef mixture on top of the lettuce. add the cucumber, basil, and mint. Drizzle the remaining marinade over the top and enjoy!



Lime Ground Pork over Cauliflower Rice

INGREDIENTS

2-3 packs of pastured ground pork
1 tbsp fresh ginger, grated
4 limes, juiced
3 cloves of garlic, minced
3 tbsp raw honey
1 tbsp coconut aminos
1 tsp red pepper flakes
1 tsp garlic powder
1 tsp ginger powder
2 tbsp olive oil

Cauliflower Rice

1 head of cauliflower
1 tbsp olive oil
salt and pepper
2 green onions, chopped

DIRECTIONS

Heat oven to 350

Rice the cauliflower in a food processor. Coat with olive oil, salt and pepper.

Place on a baking sheet and place in the oven for 20 minutes

While the rice cooks:

Heat a cast iron skillet over medium heat and add oil. add the fresh ginger and garlic to the pan and stir until fragrant and it is beginning to brown.

Add a bit more oil to the pan and add ground pork to the pan. The drier the meat is the better it will turn out. I like to remove the pork from the wrapper, place in a bowl and excrete any access moisture before adding it to the pan.

Break the meat into small pieces with a wooden spoon while it cooks.

While the pork is cooking, mix together lime juice, aminos, red pepper flakes, honey, and the garlic and ginger powder in a blender

When the pork is almost done cooking and there is no excess moisture in the pan, add the lime dressing and stir until the meat begins to brown.

Serve over the cauliflower rice, top with the green onions and enjoy!

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