

WEEKLY PREP:

MARINATE STEAK

In a small dish, combine cumin, salt, pepper, oregano and chili powder. Rinse steaks and pat dry. Lightly brush with olive oil. Rub seasoning evenly over all the steaks. Wrap in cling wrap and refrigerate for up to 2 days.

RICE PREP

1 Tablespoon olive oil
½ onion, chopped
3 cups dry brown rice, long grain
6 cups water
½ teaspoon salt

Melt olive oil in a medium stock pan that has lid. Add onion and sauté 3 minutes. Add 3 cups brown rice. Sauté 3 minutes. Add 6 cups of water and bring to boil. Add salt. Lower heat on rice, cover and simmer for 25 minutes on low.

HARD BOIL ONE EGG

MENU:

MONDAY

Shrimp Fajitas
rice and beans

TUESDAY

Summer Steak
mexican corn

WEDNESDAY

**Stuffed Avocado
w/shrimp salad**
carrot salad

THURSDAY

Lemon Herb Rice
fresh mango

FRIDAY

Sweet Pea and Mint Soup
tomato basil "quesadillas"

Let's Play!

THE LAUGHING GAME

Everyone laugh like mom.
Everyone laugh like Dad.

Everyone laugh like...who's next?

from The Family Dinner by Laurie David



Shopping List

This Week's Menu: Summer Steak, Shrimp Fajitas, Stuffed Avocado, Lemon Herb Rice, Pea-Mint Soup

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	steaks (for grilling)	2.5 pounds	2-3 large ribeye or t-bone	24
	shrimp	2 pounds	medium size, peeled, tail on	16

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	basil	1 bunch		1
	mint	1 bunch		1
	parsley	1 bunch	italian	1
	bell peppers	2	1 red, 1 yellow	2
	romaine hearts	3		3
	lemon	3		1
	carrots	6 medium		2
	celery	4 stalks		2
	peas	2 pounds	can sub 5 cups organic frozen peas	3
	cherry tomatoes	1 pint		3
	corn	4 ears		2
	lime	1		1
	avocado	6		3
	mango	4 medium		4

Got it!	Dairy	Quantity	Notes	Est Cost
	nonfat yogurt	8 oz	used as sour cream	2
	parmesean (shredded)	8 oz.	enough for 2-1/4 cups	4
	orange juice	1/2 cup		2

Got it!	Bakery	Quantity	Notes	Est Cost
	corn tortillas	12	taco size	3

Fresh 20 Grocery Est 80
 Cost Per Dinner 16
 Cost Per Serving 4

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	Black Beans	1 14oz can	Lemon Pantry Dressing	1/4 cup
	Butter	1 Tablespoon	Cumin	2 teaspoons
	Brown Rice	3 cups dry	Eggs	2
	Garlic	4	Salt	2 Tablespoons
	Onion	2	Black Pepper	1 teaspoon
	Olive Oil	1 cup	Gluten Free Chicken or Veggie Stock	6 cups
	Gluten Free Dijon Mustard	1 teaspoon	Oregano	2 teaspoons
	red chili powder	1-1/2 teaspoon	Balsamic Vinegar	2 Tablespoons

DIRECTIONS:

Dinner Night:

Rinse shrimp in colander, drain and pat dry. Set aside.

Cut peppers and onion into long strips.

Heat 1 Tablespoon of oil in a large skillet over medium-high heat.

Add the bell peppers and onion. Cook, stirring frequently until peppers are hot, but still slightly crisp, about 5 minutes. Remove from the skillet and set aside.

Add 1 Tablespoon of oil into the skillet, and add the shrimp. Sprinkle in cumin, salt, pepper, and chili powder. Cook, stirring occasionally, until pink and opaque. Reduce heat to low, and return the peppers and onion to the skillet.

Stir in parsley. Simmer until peppers are heated.

Warm tortillas (wrapped in damp paper towels) in microwave.

Cut lime into 8 wedges. Make guacamole. Use yogurt as condiment in place of sour cream.

Beans:

Drain and rinse black beans then place in small stockpot.

Heat beans over low heat about 5 minutes. Add cumin and salt, slightly mash beans. Remove from heat and set aside.

Rice:

Reheat prepared brown rice, fluff with fork. Sprinkle with pepper.

Guacamole:

2 avocados

2 clove garlic

4 cherry tomatoes

salt and pepper

lime juice from 1 wedge

Mince or press garlic and mash with avocados. Finely chop tomato and mix in. Add lime juice and salt and pepper to taste.

INGREDIENTS:

1 pound peeled shrimp, tail off

2 Tablespoon olive oil

1/2 medium onion

1 red & 1 yellow bell peppers

2 Tablespoons parsley

1 teaspoon each cumin, salt, and black pepper

1/2 teaspoon chili powder

1 lime, cut into 8 wedges

8 corn tortillas (6")

1 cup Greek style plain nonfat yogurt

1 recipe guacamole

3 cups brown rice, cooked

14 oz low sodium black beans

1/8 teaspoon each cumin, salt, black pepper

DIRECTIONS:

Ahead Of Time:

In a small dish, combine cumin, salt, pepper, oregano and chili powder. Rinse steaks and pat dry. Lightly brush with olive oil. Rub seasoning evenly over all the steaks. Wrap in cling wrap and refrigerate for up to 2 days.

Dinner Night:

Preheat grill.

Husk corn and place in large ziploc bag. Add 2 Tablespoons of water and seal the top leaving a small hole. Microwave on high for 4 minutes. Carefully remove corn from bag and place on serving dish. Spread butter evenly over corn. Sprinkle Parmesan all sides. If desired, sprinkle chili powder over corn.

Grill steaks to desired wellness. It's best to set them on indirect heat while cooking and sear over flames in the last two minutes of grilling.

Place mango in indirect heat on grill. Cook for 10 minutes or so while steaks are grilling.

Be careful not to overcook. Remove from grill when they seem 80% done to your liking because they will continue to cook.

Serve a 6oz portion of steak with corn and grilled mango.

INGREDIENTS:

2-1/2 to 3 pounds (about 3 big steaks) ribeye or t-bone steaks

1 Tablespoon olive oil

1 teaspoon cumin

1 teaspoon salt

1 teaspoon pepper

2 teaspoons oregano

1/4 teaspoon chili powder

2 mango, cut into thick slices

Mexican corn

4 ears fresh corn

1 Tablespoon butter

1/4 cup Parmesan, grated

1 teaspoon red chili powder

DIRECTIONS:

Dinner Night:

Bring 4 quarts of water to a boil in a large stockpot. Add salt, and the juice of half the lemon. Add shrimp and reduce the heat to medium. Cook for 3 minutes or until the shrimp are cooked through. Remove with a slotted spoon to a bowl of cold water.

In a separate bowl, whisk together the mayonnaise, mustard, balsamic vinegar. Combine with shrimp.

Chop egg. Add the celery, peas and egg. Salt and pepper to taste.

Halve the avocados. Add a large scoop of shrimp salad to middle.

Serving suggestion: Spread 1 cup of chopped lettuce on plate with stuffed avocado in the middle. Surround with additional shrimp salad and carrot salad.

For carrots:

Shred carrots and place into medium mixing bowl. Finely chop parsley. Whisk together olive oil and orange juice. Toss dressing with carrots. Fold in parsley. Add salt and pepper. Refrigerate until ready to serve.

Mayonnaise:

1 egg yolk
1/2 cup olive oil
1 teaspoon lemon juice
1/8 teaspoon salt

Start by beating egg yolk with hand mixer or immersion blender until thickened a little. Add salt and continue to beat. Add oil, a tiny drizzle at a time. Go very slow, it is the key to making good mayo. It should take about 3 minutes to add all of the oil.

Once your mixture has stiffened quite a bit, add in lemon juice (or vinegar). Store in fridge until use.

INGREDIENTS:

1 pound shrimp, peeled, tail off

1 lemon, juiced

1 Tablespoon salt

1/2 cup homemade mayonnaise

1 teaspoon Dijon mustard

2 Tablespoons balsamic vinegar

1 hard boiled egg

2 ribs/stalks celery, finely chopped

1/3 cup fresh peas

1/2 teaspoon each salt and pepper

4 avocado

3 cups romaine, chopped

Carrot salad

4 medium carrots

2 Tablespoons fresh parsley

2 Tablespoons olive oil

1/4 cup orange juice

salt & pepper *to taste*

DIRECTIONS:

Dinner Night:

Pick all the herb leaves off the stalks. Finely chop herbs.

Finely chop the bell pepper.

Make lemon dressing.

Put your prepared rice into a serving bowl.

Add herbs to the bowl, together with the peppers. Add the dressing and mix well.

Salt and pepper to taste. Mix in leftover steak. Serve over a bed of romaine lettuce

Portion Note:

Adults: 2 cups rice over 1 cup lettuce + mango slices

Kids: 1 cup rice over ½ cup lettuce + mango slices

INGREDIENTS:

3 cups prepared brown rice

10 leaves fresh basil

15 leaves fresh mint

15 leaves fresh parsley

salt and pepper *to taste*

½ red bell pepper

1/4 cup lemon dressing

2 cups diced (leftover) steak

1 head romaine lettuce, chopped

Lemon dressing:

Put 1/4 cup olive oil into a ziploc bag with a dash of salt and black pepper. Add in the juice of 1/2 lemon. Seal bag and shake well.

2 mangos, sliced

SWEET PEA & MINT SOUP

parmesan quesadillas

DIRECTIONS:

Dinner Night:

Heat olive oil in stockpot on medium-high. Add carrots, celery and onion. Cook until carrots soften slightly, about 10 minutes. Add garlic and cook an additional minute until garlic is fragrant.

Add chicken stock and bring to boil.

Add peas. Lower heat and simmer for 10 minutes.

Remove pot from heat and add mint leaves.

Liquefy using a hand blender or a food processor. Salt and pepper to taste.

Divide into bowls to serve.

For quesadillas (open face)

Preheat oven to 350 degrees.

Layout tortillas on baking sheet. Slice tomatoes into thin pieces. Divide among all of the tortillas. Cover with parmesan.

Bake for 6-8 minutes until cheese is melted. Sprinkle with basil.

These can be done on stovetop in a grill pan if you do not wish to turn on oven.

INGREDIENTS:

2 Tablespoons olive oil

2 carrots, roughly chopped

2 ribs celery, sliced

1 medium onion, roughly chopped

2 cloves garlic, minced

6 cups gluten free chicken or vegetable stock

¼ cup orange juice

4 cups fresh peas (in pod)

1 bunch (20+ leaves) mint

salt and pepper to taste

For quesadillas

4 corn tortillas

1-2 cups Parmesan cheese, grated

12 cherry tomatoes

2 Tablespoons chopped basil