

PREP AHEAD OF TIME:

PREPARE Brown Rice according to package

- Can be refrigerated until ready for stir fry

MENU:

MONDAY

Chili-Rub Pork Chops
Mango-Lime-Cilantro Chutney

TUESDAY

Pan-Seared Halibut
Spinach, Pear and Blue Cheese Salad

WEDNESDAY

Fish Tacos
Chunky Tomato Salsa

THURSDAY

Pork and Broccoli Stir Fry
Fruit Salad

FRIDAY

Veggie Quinoa Skillet
Garlic Tomatoes



Gluten Free - September 16th

Shopping List

Menu: Chili Rub Pork Chops, Pan-Seared Halibut, Pork Broccoli Stir-Fry, Fish Tacos, Veggie Casserole

| Got it! | Meat / Seafood | Quantity | Notes | Est Cost |
|---------|----------------|----------------|------------------------------------|----------|
| | halibut or cod | 2-2 1/2 pounds | 6 fillets for two nights | 24 |
| | pork chops | 2-2 1/2 pounds | approx 1" + thick - for two nights | 12 |

| Got it! | Vegetables & Fruit | Quantity | Notes | Est Cost |
|---------|--------------------|---------------|-----------------------|----------|
| | mangos | 2 | | 2 |
| | lime | 6 | for two dishes | 2 |
| | cilantro | 2 large bunch | 3 cups for two dishes | 2 |
| | spinach | 4 cups | fresh leaves | 3 |
| | pears | 4 | large | 2 |
| | broccoli | 2 cups | | 2 |
| | cabbage | 1 small head | | 2 |
| | avocados | 2 | | 2 |
| | tomatoes | 8 | large | 6 |
| | lemons | 2 | | 1 |
| | strawberries | 2 cups | | 3 |
| | blueberries | 1/2 cup | | 3 |

| Got it! | Dairy | Quantity | Notes | Est Cost |
|---------|------------------------|----------|-------------|----------|
| | milk | 1 Tbsp | | 1 |
| | Greek yogurt | 1/2 cup | | 1.5 |
| | blue cheese - crumbled | 1/4 cup | gluten free | 3 |

| Got it! | Bakery/Misc | Quantity | Notes | Est Cost |
|---------|--------------------------|---------------|----------------------|----------|
| | white corn tortillas | 6-8 tortillas | gluten free | 2 |
| | 15 oz can of black beans | 1 can | | 1.5 |
| | quinoa | 1 cup | yields 2 cups cooked | |

Fresh 20 Grocery Est 75
 Cost Per Dinner 15
 Cost Per Serving 3.75

| Check your pantry for this week's staples | Pantry Essentials | Quantity | Pantry Essentials | Qty |
|-------------------------------------------|------------------------|----------|-----------------------------------------------------------------------------------------------------|-------------------------------|
| | extra virgin olive oil | 3/4 cup | gluten free vegetable stock | 2 cups |
| | balsamic vinegar | 2 Tbsp | white wine - like chardonnay | 1/2 cup |
| | white onion | 2 | eggs | 4 |
| | scallions | 1 bunch | garlic cloves | 6 |
| | paprika | 1 Tbsp | chili powder | Tbsp |
| | table salt | 1 Tbsp | Kosher salt | 2 Tbsp |
| | black pepper | 4 Tbsp | gluten free soy sauce/Bragg Liquid Aminos | 1/4 cup |
| | agave nectar or honey | 1 Tbsp | mayo (www.thefresh20.com/pantrydressings) | 1 cup |
| | brown sugar | 1 Tbsp | brown rice | yields 2 cups cooked 1 cup |

Chili-Rub Pork Chops

mango chutney

DIRECTIONS:

Combine chili powder, paprika, salt, and brown sugar together in a small bowl.

Generously rub the spices on both sides of each pork chop

Heat grill to medium/high heat

Grill, with cover down, for 15-20 minutes. Flip pork chops half way through. Chops are done when juice runs clear (but I'd recommend cutting one open at the thickest part to make sure there is no pink left).

NOTE: Reserve two chops for Thursday's Pork and Broccoli Stir Fry.

For mango chutney:

Toss mangos, lime juice and cilantro together. Serve!

INGREDIENTS:

1 Tbsp chili powder

1 Tbsp paprika

1 Tbsp salt

1 Tbsp brown sugar

6 pork chops (4 to serve, 2 for Thursday's dinner)

For mango chutney:

2 large mangos, diced

4 Tbsp fresh lime juice

2 Tbsp fresh cilantro, chopped

INSTRUCTIONS:

In a large skillet over medium/high heat, add the olive oil. Grind salt and pepper over both sides of fillets. Sear for approximately 4 minutes per side until flakey. Sprinkle with lemon juice. Salt and pepper to taste again, if necessary.

For salad:

Arrange sliced pears on top of spinach leaves. Sprinkle with blue cheese crumbles. Drizzle olive oil and balsamic vinegar over the top. Grind a dash of salt and pepper on top.

*Save two cups of halibut for the fish tacos later in the week.

INGREDIENTS:

4 large halibut fillets (leftovers will be used for fish tacos)

2 Tbsp extra virgin olive oil

Freshly ground pepper to taste

Freshly ground salt (or Kosher salt) to taste

For salad:

4 cups fresh spinach leaves

4 large pears

¼ cup crumbled blue cheese (gluten free)

2 Tbsp balsamic vinegar

2 Tbsp extra virgin olive oil

Salt and Pepper to taste



Fish Tacos with Chunky Tomato Salsa

DIRECTIONS:

(Use leftover fish from pan-seared fish night)

Heat the corn tortillas in the microwave for 30-45 seconds until soft (include a damp paper towel to help with moisture).

Stir together the 1 cup white onion, 1 cup cilantro, olive oil, and lime juice.

Whisk mayonnaise, milk, 2 tablespoons lime juice, and a dash of salt and pepper in small bowl.

For each taco, use one tortilla and layer with fish, onion/cilantro mix, and mayo/lime mix. Top with sliced avocados and salsa (below).

For salsa:

Mix all ingredients together. Serve on side or on top of taco.

INGREDIENTS:

For tacos:

White corn tortillas (gluten free)

2 cups halibut, chopped

1 cup white onion, chopped

1 cup chopped fresh cilantro, divided

1/4 cup olive oil

4 tablespoons fresh lime juice , divided in half

2 cups cabbage, shredded

Coarse kosher salt

1 cup mayonnaise

1 tablespoon milk

2 avocados, peeled, pitted, sliced

Additional salt and pepper to taste

For salsa:

6 large tomatoes, chopped

¼ cup chopped white onion

¼ cup chopped cilantro

2 Tbsp lime juice

Salt and pepper to taste

Pork and Broccoli Stir Fry Fruit Salad

INSTRUCTIONS:

Heat the oil in a large skillet over medium-high heat. Add the garlic and onions and sauté until onions are clear (about 3-4 minutes).

Add the pork and brown rice and stir together. Add the broccoli, soy sauce and broth. Simmer uncovered for approximately 5 minutes until the broth is absorbed and the broccoli is tender.

Using a spatula, add in eggs and mix until the eggs are cooked to a light yellow.

Salt and pepper to taste.

For the fruit salad:

Mix the berries together in individual serving bowls. Mix together the yogurt and agave. Add a dollop on top of fruit.

INGREDIENTS

2 Tbsp extra virgin olive oil

2 cloves garlic, minced

½ medium onion, chopped

2 cups chopped pork (left over)

2 cups cooked brown rice (from prep night)

1 cup of broccoli, chopped

1 Tbsp gluten free soy sauce or Bragg Liquid Aminos

1/2 cup vegetable broth

4 eggs, slightly beaten

Salt and pepper to taste

For Fruit Salad:

2 cups sliced strawberries

½ cup blueberries

½ cup Greek yogurt, plain

1 Tablespoon agave nectar or honey

INSTRUCTIONS:

Bring the water and/or wine, and 1/2 cup gluten free vegetable broth to a boil. Add quinoa, cover and cook according to directions on package (approximately 20 minutes or until quinoa is clear, but not soggy).

While the quinoa is cooking, heat the oil in a large skillet over medium-high heat. Add the onions and garlic and sauté until onions are clear (about 4-5 minutes).

Add beans and broccoli and sauté for 5-7 minutes.

Add the remaining half-cup of wine, vegetable broth and Braggs. Stir well and simmer uncovered for another 5-7 minutes until vegetables are cooked, but still crisp, and broth and wine have reduced almost completely.

Add salt and pepper to taste. Add additional Braggs/soy as desired. Drain any excess liquid from veggies.

In a large serving bowl, toss veggies with cooked quinoa. Add tomatoes and scallions. Toss again. Serve.

INGREDIENTS:

1 cup water

OR

½ cup water and 1/2 cup white wine, dry Chardonnay*

1 cup gluten free vegetable broth

1 cup traditional quinoa

1 Tbsp Bragg or Gluten Free Soy Sauce

2 Tbsp extra virgin olive oil

1 large yellow onion, chopped

4 cloves garlic, minced

1 15 oz can black beans

1/2 cup broccoli, chopped

Salt and pepper to taste

2 tomatoes, chopped

¼ cups scallions, chopped