



March 30th

Shopping List

This Week's Menu: Steak & Potatoes, Coconut Encrusted Tilapia, Steak Tacos, Classic Fish Cakes, Leek Potato Soup

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
	Flank Steak	2 pounds	can sub boneless, skinless chicken	20
	Tilapia Fillets	2 pounds	can sub any fish fillet in season	18

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
	white/new potatoes	10 medium	not russet.	3
	bell peppers	2	1 red, 1 yellow	3
	leeks	2 medium		2
	carrots	6 medium		2
	green leaf lettuce	1-1/2 heads	or 2 small heads	3
	avocado	2		2
	mango	2		2
	lime	1	for juicing	1
	fresh coconut	1/2 cup	shredded	3
	fresh basil	12 leaves		2
	fresh flat leaf parsley	1 bunch		2

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
	corn tortillas	8	6" size	3
	honey	3 Tablespoons	natural raw honey	2
	gluten free bread crumbs	1 cup	ask grocery for location	3

Got it!	Dairy	Quantity	Notes	Est Cost
	cheddar cheese, reduced fat	1 cup		2
	Greek Yogurt	1 cup+	nonfat, plain	2

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
	olive oil	8 Tablespoons	gluten free chicken stock (or vegetable)	8 cups
	garlic	3 cloves	organic butter	1 Tablespoon
	onions	1 red medium	eggs (organic)	4
	dried oregano	1-1/2 teaspoon	brown rice (dry, short grain)	3 cups
	cumin	3/4 teaspoon	gluten free pantry dressing	1/4 cup
	sea salt	5 teaspoons	balsamic vinegar	2 Tablespoons
	black pepper	1 teaspoon	black beans (reduced salt)	1 14oz can
	red chili powder	dash		
	brown sugar	1 teaspoon		

PREP AHEAD OF TIME:

BROWN RICE

- 2 Tablespoon olive oil
- ½ onion, finely chopped
- 1 teaspoon salt
- 3 cups brown rice
- 3 cups **gluten free** chicken stock (or water)
- 3 cups water

Add oil, onion, salt and rice to a medium stockpot over high heat. Brown the rice, stirring frequently, for 3-4 minutes. Add stock/water and bring water to a boil. Reduce heat to a low simmer. Cover and cook for 25 minutes. Remove from heat and let sit covered for an additional five minutes. Yield is 6 cups; used for 2 recipes.

ROAST CARROTS

- 6 medium carrots, peeled and cut into thin slices
- 1 Tablespoon olive oil
- ½ teaspoon salt

Preheat oven to 375 degrees. Toss carrots in olive oil. Arrange on baking sheet. Sprinkle with salt. Roast for 35 minutes turning once or twice to evenly brown.

STEAM POTATOES

- 10 medium potatoes (new or white), scrubbed and cut into 1" cubes
- 4 cups water

Bring water to a simmer in a large stockpot with a steamer insert. You can also use a metal colander placed inside stockpot. Place potato pieces in a steamer insert. Cover and steam for 8 minutes. Place in large Ziploc bag for use in 3 recipes.

Gluten Free Notes*:

1. There are many brands of gf bread crumbs on the market today. Gillian's and Ener-G make two of the best. Not all are created equal.
2. To make your own gf bread crumbs, toast your favorite gf bread and chop up fine in a food processor.
3. Alternatively, you can use finely ground gf corn chips, gf crackers, Rice/Corn Chex or gf corn flakes.

MENU:

MONDAY

- Pan Grilled Flank Steak
- Steamed Potatoes
- Grilled Mango w/ Basil

TUESDAY

- Coconut Encrusted Tilapia
- Fruit Salsa & Rice
- Sweet Bell Pepper Salad

WEDNESDAY

- Steak Tacos
- Cumin Beans and Rice

THURSDAY

- Classic Fish Cakes
- Roasted Carrots
- Green Salad

FRIDAY

- Leek and Potato Soup
- Leftovers

INSTRUCTIONS:

Rub steak with oregano, salt and black pepper

Heat olive oil in large skillet over medium-high

Lay in steak and brown for 5 minutes each side

Add pressed garlic and pour in stock.

Cover, reduce heat and simmer for 10 minutes.

Lift out steak and transfer to cutting board. Slice half on the bias and place on serving dish. Store other half with pan juice in Ziploc for tacos later in week.

SIDES:

Grilled mango w/ basil

Heat a grill pan or medium skillet with olive oil. Arrange mango pieces into the pan, pressing down to flatten. Grill for 3 minutes each side. Remove from heat and transfer to serving plate. Drizzle with honey and top with basil and a dash of cayenne pepper.

Potatoes

Melt butter in a microwave proof dish. Toss potatoes with butter and heat for 2 minutes. Add oregano, salt and stock. Heat an additional 2 minutes.

SUBSTITUTIONS:

For steak – 2 pounds boneless, skinless chicken breast

For mango – ½ green melon or ½ cantaloupe

INGREDIENTS

2 pounds flank steak (used for 2 dinners)

1 teaspoon dried oregano

1 teaspoon sea salt

½ teaspoon black pepper

1 Tablespoon olive oil

3 cloves garlic, pressed or minced

1-1/2 cups gluten free chicken stock, low sodium

For mango:

1 Tablespoon olive oil

1 mango, peeled and cut into large thin slices

1 Tablespoon honey, for drizzle

8 fresh basil leaves, shredded

Dash of cayenne pepper

For potatoes:

4 potatoes, peeled, cut and steamed (see prep)

1 Tablespoon unsalted butter

½ teaspoon dried oregano

¼ teaspoon sea salt

½ cup chicken stock

DIRECTIONS:

For salsa:

Mix all salsa ingredients in a medium bowl. Cover and refrigerate for up to 2 days.

For tilapia:

Combine coconut, gf bread crumbs and salt on a large dinner plate. Pour beaten eggs onto a separate plate next to the crumb mix. One piece at a time, dip the fillets into the eggs and then into the crumb mix to coat.

Preheat sauté pan with 2 tablespoons olive oil on medium-high heat. Once oil is hot, arrange fillets in pan without crowding. Cook 3-4 minutes on first side or until flesh is slightly opaque. Flip and continue to cook for 2-3 minutes. Transfer to serving dish. Cover with salsa.

For bell pepper salad:

Whisk together dressing ingredients and toss with bell pepper slices. Chill until ready to serve.

Serve with 3 cups prepared brown rice.

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INGREDIENTS:

For salsa:

1 mango, peeled, pit removed & chopped

¼ red onion, finely chopped

½ lime, juiced

1/8 teaspoon cumin

¼ teaspoon salt

4 fresh basil leaf, shredded

For fish:

½ cup shredded coconut, pulsed into mealy texture in blender or food processor

½ cup gluten free bread crumbs*

¼ teaspoon salt

2 eggs, slightly beaten

1 pound tilapia fillet, rinsed and pat dry on paper towel

2 Tablespoons olive oil

For bell pepper salad dressing:

2 Tablespoons olive oil

1 Tablespoon balsamic vinegar

1 teaspoon natural brown sugar

¼ teaspoon salt & dash black pepper

1 red bell pepper, seeded and sliced lengthwise

1 yellow bell pepper, seeded and sliced lengthwise

INSTRUCTIONS:

Place all taco topping ingredients in medium serving bowls.

Heat tortillas by placing in bottom of heated skillet and slightly browned. You can roll hot tortillas in towel to keep warm

Heat black beans over low heat in a small stockpot. Slightly mash beans then add cumin and salt. Remove from heat and set aside.

Re-heat steak for 2-3 minutes in skillet.

Cut cooked flank steak into strips or small cubes.

Re-heat rice and combine with mashed avocado.

Let everyone create their own tacos using about 1/3 cup meat for each taco. Serve with rice & black beans.

SUBSTITUTIONS for beef:

3 cups diced chicken

3 cups cooked shrimp

INGREDIENTS

1 cup cheddar cheese, shredded

3 cups prepared flank steak

1/2 head green leaf lettuce (chopped)

1/4 red onion, minced

1/2 cup fresh parsley, chopped

1 cup Greek yogurt, plain, nonfat

8 corn tortillas, 6" size

For black beans:

1 – 14oz can black beans

1/2 teaspoon ground cumin

1/2 teaspoon salt

For rice:

1 avocado, mashed

3 cups brown rice, prepared (prep)

INSTRUCTIONS:

For carrots:

Preheat oven to 375 degrees.
Toss carrots in olive oil. Arrange on baking sheet. Sprinkle with salt.
Roast for 35 minutes turning once or twice to evenly brown.

For fish cakes:

Mix all ingredients except olive oil in a medium bowl until well combined. Form into eight 3" round cakes about 1" thick.

Heat olive oil in skillet over medium and arrange fish cakes in pan without crowding. Cook for 3 minutes on each side or until heated through the middle.

For dressing:

Whisk together ingredients until creamy. Drizzle over fish cakes.

For salad:

Toss lettuce with pantry dressing. Top with avocado.

SUBSTITUTIONS:

Any fish fillet or cooked shrimp will work

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INGREDIENTS

For carrots:

6 medium carrots, peeled and cut into thin slices

1 Tablespoon olive oil

½ teaspoon salt

For fish cakes:

1 pound cooked Tilapia, finely chopped

2 eggs, slightly beaten

½ cup gluten free bread crumbs*

2 new potatoes, steamed and mashed

1 Tablespoon fresh parsley, finely chopped

1 teaspoon each salt & black pepper

1 Tablespoon olive oil

For honey lime dressing:

1 Tablespoon nonfat Greek yogurt

½ lime, juiced

2 Tablespoons Honey

1/8 teaspoon red chili powder

1/8 teaspoon salt

For salad:

1 head green leaf lettuce

¼ cup gluten free pantry dressing
www.thefresh20.com/pantrydressings

1 avocado, pitted and sliced

INSTRUCTIONS:

Bring 1 cup stock to a simmer in a medium stockpot.

Drop in leeks, cover and cook for 10 minutes.

Meanwhile, add remaining 2 cups stock and potatoes to a food processor or blender and PULSE on high for about one minute, until smooth. Be careful not to over process because it will become like paste. Add potato puree to stockpot. Add salt and balsamic vinegar. Simmer for 5 minutes.

Divide into bowls and serve with any leftover tacos, fish cakes or steak.

INGREDIENTS

3 cups chicken or vegetable stock,
warmed

2 medium leeks, ends trimmed, well
washed and cut into 1" pieces

4 new potatoes, steamed (in prep)

1 teaspoon salt

1 Tablespoon balsamic vinegar