

This week, you'll notice numbers next to the recipes and on the grocery list. Use them to more easily pick and choose which recipe ingredients you need to purchase based on how many meals you are making this week.

## LET'S PLAY DINNER GAME : FUNNY FACE

Let everyone take turns coming up with the craziest face they can muster. Name the face and vote for the silliest.

### *Cooking Tip!*

*When preparing a meal, place a large bowl or plastic bag on the counter to use for cutting scrapes and anything you need to discard quickly without having to carry it to the trash. This may seem simple, but it keeps your counter free of clutter and makes prep time a breeze!*

### MENU:

#### MONDAY ①

Burger Bar  
Fresh Cantaloupe  
Kale Chips

#### TUESDAY ②

Baked Fish Nuggets  
Tomato Salad  
Fresh Blueberries

#### WEDNESDAY ③

Taco Pizza

#### THURSDAY ④

Greek Quinoa Salad

#### FRIDAY ⑤

Tortilla Wraps



Gluten Free July 29th

# Shopping List

This Week's Menu: 1-Burger Bar 2-Fish Nuggets 3-Taco Pizza 4-Greek Quinoa Salad 5-Tortilla Wraps

Got it!	Meat / Seafood	Quantity	Notes	Est Cost
1,3	ground turkey	2 pounds		8
2	atlantic cod or any fresh fish	1-1/2 pound	fillet	18
5	any variety deli lunchmeat	1 pound	lean, quality meat!	10

Got it!	Vegetables & Fruit	Quantity	Notes	Est Cost
1,4	lemon	1		1
1,5	green bell pepper	1 medium		1
1,4	fresh basil	1 bunch		1
1,3,5	Bibb lettuce	1 head	try the living variety packed with roots	2
1,2,3,4	tomatoes	8 medium		5
1,3	avocado	2		1
1	kale	1 bunch		2
1,5	cantaloupe	1 medium		3
2	blueberries	2 pints		6
4,5	cucumber	2		2
4	Kalamata olives	1/2 cup	check the deli	2

Got it!	Dairy	Quantity	Notes	Est Cost
1,3	provolone cheese	12 slices		3
2,4	Parmesan cheese	3/4 cup		2
2	nonfat milk	1 cup	can sub water if necessary	1

Got it!	Bakery/Misc	Quantity	Notes	Est Cost
1,2	gluten free hamburger buns	6	Try Udi's brand for great results	4
3,5	corn tortillas	16	6" round	3
4	Quinoa	2 cups dry		2

Fresh 20 Grocery Est 77  
 Cost Per Dinner 15.4  
 Cost Per Serving 3.85

Check your pantry for this week's staples	Pantry Essentials	Quantity	Pantry Essentials	Qty
	olive oil	5 Tablespoons	g-free chicken stock (or vegetable)	optional 5 cup
	garlic	3 cloves	organic butter	
	onions	1 red, 1/2 yellow	eggs	1 large
	dried oregano	4 teaspoons	tomato paste	
	cumin	1/2 teaspoon	Gluten Free Dijon mustard	1/4 teaspoon
	sea salt	2-1/2 teaspoon	balsamic vinegar	4 Tablespoon
	black pepper	1-1/4 teaspoon	white wine vinegar EXTENDED PANTRY	1/3 cup
	cayenne pepper	1 teaspoon	gluten free pantry dressing	1/4 cup
	brown sugar	3 Tablespoon	black beans (low sodium)	15oz can

## TURKEY BURGER BAR

kale chips and cantaloupe wedges

### DIRECTIONS:

#### *For Dressing:*

Whisk together all ingredients until smooth.

#### *For kale:*

Preheat oven to 350 degrees. Arrange kale strips on baking sheet. Brush kale with oil and lightly sprinkle with salt. Bake for 15 minutes until crisp, flipping once. Let cool before eating, they will continue to crisp.

#### *For Burgers:*

Preheat outdoor grill or stovetop grill pan.

Combine turkey, lemon juice, green pepper, basil, oregano, salt and pepper in large bowl. Mix well. Divide turkey mixture into 4 equal portions. Form 4 thick, individual patties.

Grill burgers until cooked through, about 5 minutes per side. Toast hamburger buns. Spread a Tablespoon of dressing onto each toasted bun. Arrange condiments on large plate and let everyone build their burger.

Serve burgers with a handful of kale chips and a large wedge of cantaloupe.

### INGREDIENTS:

#### *Dressing:*

4 Tablespoons balsamic vinegar  
2 Tablespoons brown sugar  
1/4 teaspoon g-free Dijon mustard  
1/4 teaspoon cayenne pepper

#### *For kale chips:*

1 bunch kale greens, cut into strips  
1 Tablespoon olive oil  
1/4 teaspoon salt

#### *For burgers:*

1 pound ground turkey  
  
1/2 lemon, juiced  
  
1/2 green bell pepper, finely chopped  
  
1 Tablespoon fresh basil, shredded  
  
2 teaspoons dried oregano  
  
1 teaspoon salt  
  
1/2 teaspoon ground black pepper  
  
4 gluten free hamburger buns

#### *Condiments:*

4 slices Provolone cheese  
4 lettuce leaves, whole  
1 tomato cut into 4 thick slices  
1 avocado, pit removed and sliced  
1/4 red onion, thinly sliced

1/2 head cantaloupe, cut into 4 wedges

## OVEN BAKED FISH NUGGETS

tomato salad and fresh blueberries

### DIRECTIONS:

Grind the toasted rolls in a food processor until mealy.

Preheat oven to 375°.

Brush a non-stick baking sheet (9x13) with olive oil.

In a shallow bowl, combine the bread crumbs, Parmesan, salt, chili powder and black pepper.

Beat egg and milk together in a medium bowl.

Dip fish pieces in milk and then roll in crumb mixture.

Place nuggets on baking sheet.

Bake at 375° for 15-20 minutes or until fish flakes easily with a fork.

#### *For tomato salad*

Whisk olive oil, white wine vinegar, brown sugar, salt, and cayenne pepper in a small bowl. Toss tomatoes and red onion in dressing.

Serve fish sticks and then blueberries for dessert.

### INGREDIENTS:

2 gluten free hamburger buns, toasted until well done (not burnt, just crisp)

Olive oil (for prepping pan)

½ cup Parmesan cheese, grated

1/2 teaspoon salt

¼ teaspoon red chili powder

1/4 teaspoon black pepper

1 large egg

1 cup nonfat milk

1 pound cod or tilapia fillets, cut into long strips for fish sticks

#### *For tomato salad*

1 Tablespoon olive oil

1 Tablespoon white wine vinegar

1 teaspoon brown sugar

¼ teaspoon salt

1/8 teaspoon cayenne pepper

4 tomatoes, sliced into wedges

¼ red onion, sliced

2 pints fresh blueberries

## DIRECTIONS:

### CAN BE MADE AHEAD OF TIME:

In a medium skillet, break apart ground meat into loose crumbles. Add salt, black pepper, oregano and cayenne pepper. Cover with 1 cup water and simmer for 5 minutes. Add chopped onion/garlic and simmer an additional 10 minutes. Let cool and store in an airtight container.

### DINNER NIGHT:

Preheat oven to 375°F.

Pour drained black beans into a microwave safe bowl. Season with a little salt and cumin. Heat on high for 2-3 minutes. Remove from heat and mash with a fork until spreadable.

### For each pita round:

Spread a layer of beans onto each tortilla. Add 2 spoons of prepared meat evenly layered over beans. Top with 1 slice of cheese. Bake for 5 minutes or until cheese is melted.

Remove from oven and load individual pizzas up with lettuce, tomato, and avocado slices.

## INGREDIENTS:

1 pound ground turkey

½ teaspoon salt

½ teaspoon black pepper

1 teaspoon dried oregano

½ teaspoon cayenne pepper

½ onion, chopped

1 clove garlic, minced or pressed

14 oz. black beans (1 can, drained)

a pinch of salt

1 teaspoon ground cumin

8 slices of Provolone cheese

8 corn tortillas (6" round)

2 cups lettuce, chopped

1 tomato, chopped

1 avocado, pit removed & sliced

Quinoa is such a versatile grain. It contains protein and makes the perfect base for this vegetarian meal.

#### INSTRUCTIONS

In a medium-large saucepan, bring water/stock to boil and stir in the quinoa. Cook for 15-20 minutes, until tender, stirring occasionally. Allow to cool.

For dressing:

In a small bowl, whisk together the vinegar, lemon juice, garlic, and olive oil.

Combine quinoa with olives, basil, red onion and tomatoes. Toss with dressing (adding a little at a time).

Sprinkle with Parmesan and oregano.

Salt and pepper to taste.

Serve quinoa salad with cucumber slices.

#### INGREDIENTS

5 cups water or vegetable broth

2 cups quinoa, uncooked

Dressing

1/4 cup white wine vinegar

½ lemon, juiced

2 cloves garlic, minced or pressed

3 Tablespoons olive oil

1/2 cup Kalamata olives, chopped

1/4 cup fresh basil, chopped

1/2 red onion, diced

2 tomatoes, chopped

salt and pepper to taste

1/4 cup grated Parmesan

1 teaspoon dried oregano

1 cucumber, peeled and sliced

## TORTILLA WRAPS

quinoa salad and cantaloupe

### DIRECTIONS:

Spread 1-2 Tablespoons of pantry dressing on one side of each tortilla. Stuff each tortilla with deli meat, lettuce, cucumber and green peppers. Eat taco style or roll into wraps depending on how much filling you prefer.

Serve with quinoa salad and cantaloupe.

### INGREDIENTS:

8 corn tortillas, 6" round

1 pound quality deli meat, any variety but low sodium suggested

1 cup chopped lettuce

¼ cup pantry dressing

1 cucumber, peeled and sliced

½ green bell pepper

quinoa salad (leftover)

½ cantaloupe, cubed or sliced