



GROCERY LIST FOR JUNE 18, 2007

I am having one leftover night. Pick up ingredients for one meal more if you don't have left overs this week.

BLT Sandwich with Avocado

- 1 - 1 1/2 lbs of bacon, turkey or pork
- 2 tomatoes
- 2 avocados
- lettuce (fresh spinach or mixed greens)
- gluten and dairy free mayonnaise
- gluten free mustard
- Enough gluten and dairy free bread for everyone to have 1 to 2 sandwiches for 6

Slow Cooker Chicken Legs

- 3 pounds chicken legs, skinned
- salt and pepper
- 2 cloves garlic, minced
- 2 tablespoons gluten free dairy free ketchup (preferably fruit juice sweetened)
- 1 cup honey
- 1/2 cup gluten free soy sauce

French Dip Sandwich Filling

- 3 to 4 pound boneless beef roast
- 1/2 cup GFCF soy sauce
- 1 bay leaf
- 3/4 teaspoon ground pepper
- 1 teaspoon dried crushed rosemary
- 1 teaspoon dried thyme
- 2 cloves garlic, minced

Gluten Free Pancakes

- 2 cups gluten free bean based flour blend
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 teaspoon xanthan gum
- 2 cups GFCF milk substitute (ie: almond, rice, etc.)
- 2 eggs
- 4 Tablespoons oil
- 2 Tablespoons maple syrup

GF French Bread

- 1 1/4 cup warm gluten and dairy free milk substitute of choice
- 1 1/2 tablespoons active dry yeast
- 1 tablespoon sugar or sweetener of choice
- 1 3/4 cups potato starch
- 3/4 cup plus 2 tablespoons sorghum flour
- 1/2 cup plus 2 tablespoons tapioca starch
- 3 teaspoons xanthan gum
- 1 teaspoon salt
- 1 tablespoon olive oil
- 1 egg plus 1 egg white ** (I save the egg yolk to mix with 1 tablespoon water to use as an egg wash for the loaves before baking)
- 2 teaspoons cider vinegar

Serving suggestions/also needed:

- Salt and ground black pepper, to taste
- Spinach salad to serve 6
- Salad dressing to serve 6 for 2 meals
- Bok choy to serve 6
- Salad to serve 6
- Maple syrup for pancakes to serve 6
- Fruit to serve 6