



GROCERY LIST FOR JULY 15, 2013

Chicken and Kale Stir Fry

(double if freezing a batch)

- ☐ 2 lbs boneless, skinless chicken thighs
- ☐ 1 stalk lemongrass, minced or use ½ teaspoon fresh lemon zest and 1 packed tablespoon minced watercress
- ☐ 1 tablespoon minced fresh ginger
- ☐ 1 clove minced garlic
- ☐ 2 tablespoons oil
- ☐ 1 orange or red bell pepper
- ☐ 8 leaves kale or one bunch
- ☐ 3 tablespoon gluten free soy sauce
- ☐ 2 tablespoons toasted sesame oil

Cauliflower "Rice"

(double if freezing a batch)

- ☐ 1 tablespoon olive or coconut oil
- ☐ 1 head of cauliflower
- ☐ 3 to 4 tablespoons gluten and dairy free chicken or vegetable stock

Shrimp Pad Thai with Broccoli

- ☐ 12 ounces uncooked gluten free rice pad Thai noodles
- ☐ 3 tablespoons dark brown sugar
- ☐ 3 T gluten free low sodium soy sauce
- ☐ 1½ tablespoons gluten free fish sauce
- ☐ 1½ tablespoons fresh lime juice
- ☐ 1 T gluten free chili garlic sauce
- ☐ 3 tablespoons oil
- ☐ 1 lbs peeled & deveined med shrimp
- ☐ 1 pound broccoli
- ☐ 6 green onions
- ☐ 6 garlic cloves, minced
- ☐ 1 cup fresh bean sprouts
- ☐ ¼ cup dry-roasted peanuts
- ☐ ⅓ cup thinly sliced fresh basil regular or purple Thai basil

Ginger-Beef Stir Fry

- ☐ 3 tablespoons oil, divided
- ☐ 1½ pounds beef steak
- ☐ ¾ cup gluten free beef broth
- ☐ 5 tablespoons gluten free soy sauce
- ☐ 4 teaspoons cornstarch
- ☐ 4 teaspoons garlic, minced
- ☐ 1½ teaspoons grated fresh ginger, grated
- ☐ 1 medium head bok choy
- ☐ 2 carrots
- ☐ 2½ cups small broccoli florets
- ☐ 8 oz. container sliced fresh mushrooms
- ☐ 6 green onions (scallions)

Cashew Chicken with Bok Choy

(double if freezing a batch)

- ☐ 2 lbs boneless, skinless chicken breast
- ☐ 1 ½ Tablespoon cornstarch
- ☐ ½ teaspoon ground pepper
- ☐ 3 Tablespoons vegetable oil
- ☐ 6 cloves garlic, minced
- ☐ about ½ head of bok choy
- ☐ 6 scallions (green onions)
- ☐ 2 Tablespoons rice vinegar
- ☐ 4 Tablespoons gluten free hoisin sauce
- ☐ ¾ Cup roasted cashews
- ☐ Scallion (green onion), for garnish
- ☐ chopped cashews, for garnish

Basic Brown Rice

(double if freezing a batch)

- ☐ 1½ cups long grain brown rice
- ☐ 3¾ cups water
- ☐ 1½ teaspoon olive oil

Restaurant Style Chow Mein

- ☐ 2 tbsp granulated sugar
- ☐ 2 tbsp gluten free soy or tamari sauce
- ☐ 2 tbsp white vinegar
- ☐ 4 cloves garlic, minced
- ☐ 4 Tbsp oil for high heat cooking
- ☐ 2 c scallions or green/spring onions
- ☐ 3 Tbsp fresh minced ginger or paste
- ☐ 2 cloves garlic, minced
- ☐ 1 carrot, cut into julienne or slices 1/8 inch thick
- ☐ 1 c cabbage
- ☐ 2 c fresh bean sprouts 1 can sliced water chestnuts, optional
- ☐ 1/2 c gluten free soy or tamari sauce
- ☐ 2 1/2 c gf broth (veggie or chicken)
- ☐ 3 Tbsp Better Batter Gluten Free Flour
- ☐ 3 Tbsp white vinegar
- ☐ 3 tsp granulated sugar
- ☐ 1 tsp sesame oil
- ☐ 1/4 tsp pepper

Serving suggestions/also needed:

- ☐ Salt and ground black pepper, to taste
- ☐ fresh apricots to serve 6
- ☐ purchased kim chi or homemade [Kim Chi](#)
- ☐ quinoa to serve 6
- ☐ cantaloupe to serve 6
- ☐ Watermelon to serve 6