

GROCERY LIST FOR JULY 8, 2013

Fish Tacos	1 small red bell pepper
3 tablespoons gluten and dairy free sour crean	n
replacement or mayo	1 cup fresh small broccoli florets
1/2 tablespoons fresh lime juice	1 cup chopped kale
 1/2 tablespoons fresh lime juice 1/2 jalapeno chile 3 tablespoon olive oil 1 1/2 pounds tilapia fillets or other white fish 6-inch corn tortillas 	
3 tablespoon olive oil	optional
1 1/2 pounds tilapia fillets or other white fish	 6 large eggs 13/4 cup gluten and diary free unsweetened
12 6-inch corn tortillas	13/4 cup gluten and diary free unsweetened
3/4 cup fresh cilantro leaves	plain milk substitute
1 3/4 cup itestricilaritio leaves	☐ ½ teaspoon salt
Re <u>d</u> Cabbage-Apple Slaw	
½ cup gluten and dairy free mayonnaise	☐ ¼ teaspoon ground black pepper
 ½ cup gluten and dairy free mayonnaise 2 tablespoons cider vinegar 1 small red cabbage (1 ½ pounds) 	GF Strawerry Drop Scones
2 tablespoons cider vinegar	
	(Double ingredients-one batch for freezer)
2 medium Granny Smith apples	1 cup white rice flour 1/4 cup brown rice flour
Slow Cooker Veggies and Orange Beef	☐ ¼ cup brown rice flour
O nounds 2//" to 1" boof or bison stock	☐ ⅓ cup sweet sorghum flour
2 pounds 3/4" to 1" beef or bison steak	☐ 1/3 cup tapioca flour
3 T gluten free reduced sodium soy sauce	
3 oranges	1 teaspoon gluten free baking powder
1 1/2 teaspoons grated fresh ginger	½ teaspoon baking soda
2 teaspoons cornstarch or arrowroot	
🔲 1-2 tablespoons oil	☐ ½ teaspoon xanthan gum
🔲 1 clove garlic, minced	¼ teaspoon guar gum
1 onion, cut in half and sliced thinly	☐ ¼ teaspoon cream of tartar
3 oranges 1 1/2 teaspoons grated fresh ginger 2 teaspoons cornstarch or arrowroot 1-2 tablespoons oil 1 clove garlic, minced 1 onion, cut in half and sliced thinly 2 green bell peppers 1 red bell pepper 1 orange or yellow bell pepper	1 teaspoon gluten free baking powder ½ teaspoon baking soda ½ teaspoon salt ½ teaspoon xanthan gum ¼ teaspoon guar gum ¼ teaspoon cream of tartar 4½ tablespoons sugar 1½ tablespoon brown sugar
1 red hell nanner	1½ tablespoon brown sugar
1 red bell pepper	
2 pounds bók choy	of choice
Poactod Poacomary Potatoos	1 teaspoon cider vinegar
Roasted Roasemary Potatoes	 1 teaspoon cider vinegar 1 large egg 1 egg yolk 2 tablespoons aluten and dairy free margarine
1 teaspoon dried rosemary, ground	1 egg yolk
1 teaspoon coarse ground black pepper	2 tablespoons gluten and dairy free margarine
1 teaspoon coarse salt	or coconut oil
1 teaspoons garlic powder	2 togspoons gluton froe vanilla extract
1 teaspoon onion powder	 2 teaspoons gluten free vanilla extract 1½ cups chopped strawberries
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2 tablespoons olive oil	1½ cups chopped strawberries
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2 pounds potatoes	Pork-Pineapple Kabobs
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Curried Chicken, Cantaloupe and Mango Salad 1 lime, zest and juice 1 6 ounce container plain gluten and dairy free coconut yogurt 3/4 teaspoon curry powder 2 tablespoons minced crystallized ginger 1 teaspoon salt 1/4-1½ lbs skinless boneless chicken breasts 1/4-1½ lbs skinless boneless chicken breasts 1/2 small cantaloupe 1 large mango (2 cups) ½ cup fresh cilantro leaves 8 cups mixed greens salad Lime wedges, optional unsweetened coconut flakes, optional GF Texas Roadhouse Clones 2 tsp active dry yeast 1 tsp sugar 1 1/2 cups unsweetened milk substitute 1 Tbsp. melted margarine or 2 t coconut oil 1/4 cup sugar 3-4 cups Better Batter flour 1 egg 1 tsp salt Rainbow Quiche one 9" cold gluten and dairy free unbaked picrust, optional 1 to 2 tablespoons oil 1 small onion (about 1 cup)	Pork-Pineapple Kabobs (Double ingredients-one batch for freezer) 3/4 cup gluten free chicken stock 2/2 cup diced sweet yellow onion 3/4 cup diced green onions 1 t fresh thyme leaves or 1/4 dried thyme 2/2 teaspoon sugar 1/2 teaspoon sugar 1/2 teaspoon ground nutmeg 1/2 teaspoon ground cinnamon 1/2 small jalepeno pepper or serrano chili 1/2 tablespoon siluten free soy sauce 1/2 tablespoon siluten free soy sauce 1/2 tablespoon oil 1/2 tablespoon cider vinegar 1/2 pounds boneless pork loin 1 fresh pineapple 2 large sweet yellow onions Quinoa Confetti Salad 2 cups cooked, cooled quinoa 1 cup frozen sweet corn 1 cup canned black beans 1/2 red pepper (or use roasted peppers) 1 bunch scallions 2 T dried cilantro or parsley 3 T white wine vinegar 1 tbsp olive oil 1/2 tsp cumin Serving suggestions/also needed: Salt and ground black pepper, to taste