



# GROCERY LIST FOR FEBRUARY 9, 2015

## Roasted Fish w/Potatoes, Tomatoes & Olives

- 2 pounds red new potatoes (or mix of different colors or half sweet potatoes)
- 4 garlic cloves, minced
- 3 Tablespoon olive oil
- 6 fillets of fish (4-6 oz. each) of choice
- 1 pint of grape/cherry tomatoes
- ½ cup pitted Kalamata olives

## Slow Cooker Sweet and Sour Chicken

- 20 oz. boneless, skinless chicken thighs
- 1 large onion
- 1 red pepper
- 1 green pepper
- ¾ cup carrots
- 1 - 15 oz can pineapple chunks
- ¼ cup dark brown sugar
- ¼ cup gluten free soy sauce
- 3 T corn starch
- 1 clove garlic, minced
- ¼ teaspoon curry powder
- ¼ teaspoon dried ground ginger
- ¼ teaspoon pepper
- 2 cups chopped broccoli

## Riced Cauliflower or Cauliflower "Rice"

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

## Cashew Cheesy Sauce

- 1 cup raw cashews
- 2 oz. or 4 oz. jar pimentos, drained (depending on color desired)
- 1 cup nutritional yeast flakes
- 2 tablespoons cornstarch
- 1 tablespoon lemon juice
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder

## Ginger-Beef Stir Fry

- 3 tablespoons oil
- 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
- 1 medium head bok choy
- 2 carrots
- 2½ cups small broccoli florets
- 8 oz. container sliced fresh mushrooms
- 6 green onions (scallions)

## Basic Quinoa

- 2 cups uncooked quinoa
- 4 cups water, gluten free chicken, beef or vegetable stock, or a mix of water & stock

## Mexican Fiesta Avocado Stuffed Turkey Burgers

- 1 tablespoon oil
- ¼ cup onion
- ¼ cup green bell peppers
- ¼ cup red bell pepper
- 20 oz. ground turkey (not extra lean)
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon garlic powder
- ¼ teaspoon dried oregano
- 1 ripe avocado

## Corn Salsa

- 10 ounces fresh corn, or frozen
- 12 ounces cherry tomatoes
- 1 small bunch cilantro (about 1 ounce)
- 1 Tablespoon jalapeño
- 2 Tablespoons lime juice
- 1 small bunch green onions

## Gluten & Dairy Free Hawaiian Pizza

- 1½ cups brown rice flour
- ½ cup amaranth flour
- 2 cups tapioca flour
- 3 teaspoons xanthan gum
- 2 tablespoons active dry yeast
- 1 T sugar or sweetener of choice
- 3 T olive oil + more for shaping
- 4 egg whites (egg-free: use flaxseed replacement)
- 1 cup pizza sauce (homemade or store-bought)
- 1 1/2 to 2 cups shredded dairy free mozzarella cheese substitute
- 1 cup ham or Canadian bacon
- 1 cup pineapple chunks (canned or fresh)
- 6 slices bacon

## Serving suggestions/also needed:

- Salt and ground black pepper
- enough salad for 6 for five meals plus your favorite dressing, if desired.
- mixed veggies or left over veggies for gluten and dairy free mac 'n 'cheese' meal
- veggie spiral gluten free noodles to serve 6
- Clementines to serve 6