

## Menu - Week 1

**Monday** - Grilled Hamburgers with Sour Cream and Herbs, Roasted Potatoes and Vegetables

**Tuesday** - Roasted Chicken Breasts, with Sautéed Summer Vegetables

**Wednesday** - Red Pepper, Corn and Potato Soup, Grilled Cheese on Sourdough

**Thursday** - Chicken and Black Bean Quesadillas, Mixed Green Salad

**Friday** - Beef Taco Bowl, Peanut Butter and Chocolate Chip Cookies

### Shopping List:

Items marked (DS) are for dessert. Skip these items if you're not making dessert this week

#### Meat:

2 pounds ground beef (grass-fed preferred)

4 bone-in, skin-on chicken breasts

#### Dairy:

2 tablespoons sour cream

24 ounces cheddar cheese

8 ounces Monterey Jack cheese

#### Produce:

1 teaspoon parsley

1 small bunch cilantro

5 red potatoes

1 head broccoli

3 leeks

2 green onions

5 bell peppers - red, orange or yellow

4 carrots

2 zucchini

1 bunch red Swiss chard

3 pounds Yukon potatoes

2 limes

8 ounces mixed baby greens

1 pint cherry tomatoes

1 avocado (optional)

1 yellow onion

#### Bread:

4 gluten-free hamburger buns

8 thick slices of gluten-free sourdough bread

8 gluten-free tortillas

**Frozen:**

1 bag frozen corn

**On the Aisle:**

1 (28 ounce) jar diced tomatoes  
1 chipotle in adobo (optional)  
1 jar salsa (optional), make sure it's gluten free  
1 (15-ounce) can black beans  
1 cup salted natural peanut butter (DS)  
1 (8-ounce) bag chocolate chips (DS)  
Dried thyme  
Dried rosemary  
Ground cumin

**Check your pantry to make sure you have:**

4 tablespoons sea salt  
Black Pepper  
1/2 a lemon  
4 tablespoons olive oil  
4 tablespoons coconut oil  
14 tablespoons unsalted butter  
1 teaspoon garlic powder  
2 cloves garlic  
1 large egg (DS)  
6 tablespoons heavy cream  
1/2 teaspoon baking soda (DS)  
6 cups chicken stock  
1 1/2 cups long-grain brown rice  
3/4 cup organic whole cane sugar or sucanat (DS)  
2 teaspoons ground cumin  
1 teaspoon vanilla extract (DS)  
Condiments

**Monday:**

**Helpful Tips** - Preheat the oven while you form the hamburger patties. Put the patties in the fridge to set, then cut up your vegetables and get those in the oven. While the vegetables cook, grill the hamburgers.

**Grilled Hamburgers with Sour Cream and Herbs**

Serves 4

1 pound ground beef  
2 tablespoons sour cream  
1 teaspoon thyme  
1 teaspoon rosemary  
1 teaspoon parsley  
1/4 teaspoon freshly ground black pepper  
1/2 teaspoon sea salt

4 gluten free hamburger buns  
Condiments of your choice

Gently massage ground beef, sour cream, thyme, rosemary, parsley, black pepper, and salt until just incorporated. Divide meat into four portions. Flatten each portion to 3/4-inch thick. Gently press center of patty down to create a slight depression, about 1/2-inch diameter. Cover and chill patties 30 minutes and up to 8 hours.

Remove patties from refrigerator and grill to desired doneness. While the patties are grilling, also grill the onion slices until lightly charred.

Serve hamburger on whole wheat bun and topped any condiments of your choice.

**Roasted Potatoes and Vegetables**

Serves 4

5 red potatoes, cut into 2-inch pieces  
1 head broccoli, cut into bite-size pieces  
2 bell peppers, cut into 2-inch pieces  
4 tablespoons unsalted butter  
Sea salt

Preheat oven to 400°F. Toss vegetables with butter and a generous amount of salt. Spread vegetables evenly on a large baking sheet. Bake for 40-45 minutes, stirring half way through. Roast until vegetables are golden brown around the edges.

## **Tuesday**

### **Roasted Chicken Breasts**

Serves 4

4 Bone-in, Skin-on Chicken Breasts  
2 tablespoons unsalted butter, melted  
Sea salt and freshly ground black pepper

Preheat oven to 425°F. Place chicken breasts skin up in baking dish. Brush chicken with melted butter and season with salt and pepper. Roast for 30-40 minutes until cooked through. (You can use an instant-read or meat thermometer and take the chicken out when it reaches 160°F)

### **Sautéed Summer Vegetables**

Serves 4

3 tablespoons coconut oil  
3 leeks, thinly sliced crosswise, white parts only  
2 red, yellow or orange bell peppers, sliced thin  
4 carrots, peeled and shredded  
2 zucchini, shredded  
1 bunch red Swiss chard, chopped, tough stems discarded  
4 tablespoons unsalted butter  
1 teaspoon sea salt  
1/8 teaspoon freshly ground black pepper

Heat coconut oil over medium-high heat in a large sauté pan. Add leeks and sauté until soft and just beginning to caramelize, about 8 minutes. Stir in the bell peppers and cook another 5 minutes, stirring every minute or so until slightly softened. Stir in carrots and zucchini and sauté 3-5 minutes. Add the Swiss chard and sauté until limp. Add the butter and stir the vegetables until the butter is melted. Season generously with salt and black pepper.

## **Wednesday**

**Helpful Tips** - This soup makes more than four servings so it's great for lunch the next day. Make a couple extra sandwiches and you've got some great leftovers in the fridge.

### **Red Pepper, Corn and Potato Soup**

If you would like your soup to be spicier then add an extra chipotle or two. If you don't want any spice at all, omit the chipotle. Serves 8

3 pounds Yukon potatoes  
3 cups chicken stock  
1 red pepper, roasted and skins peeled\*  
1 bag frozen corn, thawed  
1 28-ounce can diced tomatoes  
1 chipotle in adobo (optional)  
6 tablespoons fresh cream  
2 green onions, chopped

Place potatoes in large pot; pour chicken broth over potatoes and then top off with water until liquid covers the potatoes by an inch. Cook until tender. Meanwhile, puree the red pepper, corn, tomatoes, and chipotle in bowl of food processor. Set aside. When potatoes are tender, pour corn mixture into pot. Using an immersion blender, blend soup until smooth (or process in batches in the food processor or blender). Season with salt and pepper. Serve with a drizzle of fresh cream and chopped green onions.

\*To roast the pepper: Heat broiler in oven on high. Place red pepper in oven and broil until skin turns brown. Rotate pepper. Repeat. Continue to broil until all sides are brown. Take out of the oven and immediately place in a bowl and cover tightly with plastic wrap. After 10 minutes, remove plastic wrap from bowl and the skins will peel right off of the pepper.

### **Grilled Cheese on Sourdough**

8 thick slices of gluten free sourdough bread  
2 cups shredded cheddar cheese  
2 tablespoons unsalted butter, melted

Brush butter on the outside of each piece of bread. Place 1/2 cup of cheese on 4 pieces of bread and top with remaining 4 pieces of bread. Heat a skillet over medium heat. Cook sandwiches until golden brown and cheese is melted.

## **Thursday -**

**Helpful Tips** - Marinate the chicken first. While the chicken marinates, puree the black beans and shred the cheese. Put all of the ingredients in the bowl for your salad, but don't toss until you're ready to serve. Assemble the quesadillas and cook. I make these without the chicken all the time. The family loves them either way.

### **Black Bean, Cheddar, and Monterey Jack Quesadillas**

The black bean spread will keep in the fridge for about two weeks and is perfect for late-night nachos. This recipe makes more than 4 servings so use the leftovers for lunch tomorrow. Serves 6-8

1 (15-ounce) can black beans, drained  
Juice of 1 lime  
1 teaspoon garlic powder  
1/4 teaspoon sea salt

8 ounces Cheddar cheese, grated, about 1 cup  
8 ounces Monterey Jack cheese, grated, about 1 cup  
Juice of 1 lime  
1/4 cup cilantro, chopped  
8 gluten-free tortillas

Pour beans, lime juice, garlic powder and salt into the food processor then process until smooth. Toss cheeses, lime juice and cilantro in large bowl.

Place 4 of the tortillas on a flat work surface. Spread a thin layer of beans on each tortilla, sprinkle with cheese and top with shredded chicken. Make sure not to put the cheese too close to the outside of the tortillas to prevent it from oozing out. Complete the assembly by placing a tortilla on top of each quesadilla.

Heat a large skillet over medium heat. Place 1 quesadilla in the skillet and cook until golden brown, about 1 minute. Flip quesadilla and cook until bottom is golden brown and cheese is melted. Serve alone or with some salsa or a generous dollop of guacamole.

### **Mixed Green Salad**

Serves 4

8 ounces mixed baby greens, washed  
1 pint cherry tomatoes, cut in half  
Juice of 1/2 a lemon  
1-2 tablespoons olive oil  
Sea salt and freshly ground black pepper

Place greens and tomatoes in a large bowl. Spritz salad with juice of 1/2 a lemon, drizzle with 1-2 tablespoons of olive oil, and sprinkle with sea salt and freshly cracked

pepper. Toss salad about 10 times. Taste a few leaves and then add more salt, pepper or olive oil if needed.

### **Friday -**

**Helpful Tips** - Get the brown rice cooking on your stove as soon as you get home. If it's done before dinner is ready, just turn off the heat, keep the lid on, and let it sit on the stove until you're ready to serve.

### **Beef Taco Bowl**

Serves 4

2 teaspoons coconut oil  
1 yellow onion, diced  
1 pound ground beef  
2 teaspoons ground cumin  
2 cloves garlic, minced  
1 teaspoon sea salt  
3 cups cooked brown rice  
Salsa, sour cream, and avocado for garnish

Heat coconut oil over medium heat in a large sauté pan. Add onion and sauté for 5 minutes until soft and just beginning to brown. Add ground beef and cook about 8-10 minutes, breaking up meat with a wooden spoon until no large chunks remain. Make a well in the center of the pan and add the cumin, garlic and salt. Stir spices in the middle of the pan until fragrant, about 30 seconds, and then stir into the meat mixture.

Serve meat with rice and toppings of your choice.

### **Brown Rice**

2 tablespoons butter  
2 tablespoons olive oil  
1 1/2 cups organic long-grain brown rice  
3 cups chicken stock  
1 tablespoons sea salt

Melt butter and olive oil in a large pot over medium heat. Add the rice and sauté for about 5 minutes, until the grains turn milky white. Add chicken stock and sea salt. Boil for 8 minutes, uncovered. Reduce heat to the lowest setting, cover, and leave to cook 1-1 1/2 hours until rice is cooked through.

## **Peanut Butter Chocolate Chip Cookies**

Adapted from Eating Clean. Makes about 16 cookies

1 cup salted natural peanut butter  
3/4 cup organic whole cane sugar or sucanat  
1 large egg  
1 teaspoon vanilla extract  
1/2 teaspoon baking soda  
1/2 cup chocolate chips

Preheat oven to 350°F and adjust rack to middle position. Stir together all ingredients until incorporated. Spoon cookie dough using a 1 1/2-inch cookie scoop onto a baking sheet lined with parchment paper. Bake for 9 minutes. Store in an airtight container.