

Rachel Cooks

MEAL PLAN #50 - GLUTEN-FREE

MONDAY



Turkey Quinoa Chili

- Since most beers are not gluten-free, substitute a can (14.5 oz.) chicken broth for the beer in the recipe. The grocery list reflects this.
- Makes 8 servings. Leftovers are perfect for a quick lunch.

TUESDAY



Orange Chicken Thighs with Bok Choy

- This is an easy and flavorful one pan dinner. Serve it with rice, cauliflower rice, or quinoa, if desired. Add your choice to the grocery list.

WEDNESDAY



Sesame Beef and Vegetables, Steamed Rice

- Feel free to substitute other vegetables in the stir fry, if you prefer. You could also substitute pork, chicken, shrimp, or tofu for the beef.

THURSDAY



Orange Glazed Salmon and Quinoa Salad

- Serve steamed broccoli or cooked carrots, if desired. You'll likely have extra broccoli and carrots that you didn't use for the stir fry.
- The quinoa salad features grapes, celery, and orange segments, with a fresh orange vinaigrette. It goes perfectly with the orange glazed salmon.

FRIDAY



Creamy Tomato Soup

- This easy-to-make soup has extra protein due to a "hidden" ingredient: canned cannellini beans.
- Serve with your choice of gluten-free crackers or a salad. Add your choice to the grocery list.

BONUS



Cranberry Oatmeal Energy Balls

- These no-bake gluten-free "cookies" are nutritious, and satisfy your sweet tooth.
- Energy balls keep well in the fridge or freezer. I like to make a double batch.
- If you'd like to try different flavors, try apple cinnamon energy balls or chocolate coconut energy balls.

NOTES

- Cooking Quote of the week: "A good dinner is of great importance to good talk. One cannot think well, love well, sleep well, if one has not dined well."
– Virginia Woolf





GROCERY LIST FOR MEAL PLAN #50

HOW TO USE IT:

Decide if you're planning to make all the recipes. Check to see what you have already in your fridge or pantry and cross those items off the grocery list. Make any substitutions you want. You're ready to go!

PRODUCE

- onion (2 large) - M/F
- red onion (1) - Th
- shallot (1) - Tu
- green onions (1 small bunch) - Tu/W
- garlic (8 cloves) - Tu/W/Th/F
- ginger root (1) - Tu/W
- bell peppers (2, any color) - M
- baby bok choy (16 oz) - Tu
- snow peas (1 c) - W
- broccoli florets (1 c) - W
- carrots (1 c sliced) - W
- celery (3 stalks) - Th
- lime (1) - W
- oranges (4) - Th
- red grapes (2 c) - Th

DAIRY / REFRIGERATED

- half-and-half (4 oz) - F

PANTRY

- reduced sodium, gluten-free soy sauce - Tu/W/Th
- rice wine vinegar - Tu/W/Th
- white wine vinegar - Th
- Sriracha sauce - Tu/W
- cornstarch - Tu/W/Th
- maple syrup - Th
- honey - Th
- brown sugar - F
- rolled oats (1 c) - Bonus
- sunflower seed butter (½ c) - Bonus
- vanilla extract - Bonus
- dried cranberries (¾ c) - Bonus
- flax or hemp seeds (3 T) - Bonus

SEASONINGS / OILS

- olive oil, kosher salt, black pepper
- chili powder - M/Th
- ground cumin - M
- oregano - M
- Chinese five spice powder - Tu
- toasted sesame oil - W
- sesame seeds - W
- garlic powder - Th
- ground ginger - Th
- red pepper flakes - Th
- dried basil - F
- dried thyme - F
- smoked paprika - F
- dried crushed rosemary - F

BREAD / PASTA / GRAINS

- uncooked quinoa (1 ¾ c) - M/Th
- rice, cauliflower rice, or quinoa for serving with chicken thighs and sesame beef - Tu/W

MEAT / FISH / PROTEIN

- ground turkey (16 oz) - M
- bone-in, skin-on chicken thighs (2 lb) - Tu
- chuck or flank steak (1 lb) - W
- salmon fillets (four, 4-6 oz each) - Th

CANNED GOODS

- tomato paste (2 T) - M
- 14.5 oz can chicken broth (1) - M
- 28 oz can petite diced tomatoes (1) - M
- 14.5 oz can diced tomatoes (2) - F
- 15 oz can reduced-sodium black beans (1) - M
- 15 oz can cannellini beans (1) - F
- 11 oz can mandarin oranges in light syrup (1) - Tu

OTHER

- optional toppings for chili (sour cream, green onions, cilantro, cheese, etc) - M
- salted roasted almonds (½ c) - Th
- gluten-free crackers or a salad for serving with soup - F
- dried dates (¾ c) - Bonus

NOTES

- Rice vinegar and rice wine vinegar are the same thing. Avoid seasoned rice vinegar which has added sugar and salt. If you don't happen to have white wine vinegar (quinoa salad), you can substitute rice vinegar (T/W/Th).

