Gluten Free Starter Week: Grocery List

Serves 4

1. Meal 1: Smoky Paprika Roasted Chicken w/ Trio of Roasted Veggies
2. Meal 2: Pecan-Crusted Salmon w/ Roasted Sweet Potatoes & Asparagus
3. Meal 3: Beef & Mushroom Marinara over Spaghetti Squash
4. Meal 4: Broccoli & Cheddar Frittata w/ Grapes
5. Salad: Mixed Greens w/ Blueberries & Sliced Almonds
6. Breakfast: Strawberry-Banana Green Smoothie
7. Snack: Pears w/ Almond Butter
8. Dessert: Peanut Butter Cookies

Herbs

1 bulb garlic (3)

Veggies

2 carrots (1)
2 parsnips (1)
1 fennel bulb (1)
1 bunch asparagus (2)
1 large head broccoli (4)
2 sm or 1 lg spaghetti squash (3)
8oz sliced mushrooms (3)
2 lg sweet potatoes (2)
1 small yellow onion (3)
5oz mixed greens (5)
5oz spinach (6)

Eggs

12 eggs (2,4,8) (omega-3)

Fruits

1 pint blueberries (5)
4 pears (7)
2 bananas (6)
1½-2# grapes (4)

Meats

4 chicken leg quarters (1) (bone-in, skin-on)
1# grass fed ground beef (3)

Seafood

4 salmon fillets, 4-6oz each, skin removed (2)

Dairy (optional)

4oz goat cheese crumbles (5)
4oz sharp cheddar cheese (4)
2oz parmesan wedge (3)

Nuts & Dry Fruit

2c pecans (2)
½c sliced almonds (5)
1c medjool dates (~8 lg) (8)

Frozen

~8oz strawberries (6)
(OR sub mixed fruit of choice)

Pantry

1c peanut butter (8)*
¾c almond butter (6,7)*
(OR sub peanut butter)
~25oz tomato sauce (3)*
½c dark chocolate chips, optional (8)*

Spices

~4T Italian seasoning (1,3)*
1T cumin powder (2)
1T paprika (2)
1½T chili powder (2)
2T smoked paprika (1)

Oils & Vinegars

~1c olive oil
¼c balsamic vinegar (5)

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.

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Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

Gluten Free Starter Week: Prep Day

Preheat oven to 350 F. (3,4,8)

Spaghetti Squash (3)
Pierce spaghetti squash with a knife and roast for ~1.5 hours for 2 sm or ~2 hours for 1 lg squash (or until knife easily pierces skin). Set aside and allow to cool. Carefully slice squash in half, discarding seeds and scooping out squash. [*] (3)

Asparagus: Cut ends (bottom 2-3") and discard. Toss w/ 1T olive oil, salt & pepper. [*] (2)
Root Veggies: Slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discarding greens. Toss all together with 1T olive oil + 1T Italian seasoning + 1tsp salt. [*] (1)
Sweet Potatoes: Cut 2 sweet potatoes into 1" pieces. Toss w/ 1T olive oil + 1T cumin + 1T paprika + ½T chili powder. [*] (2)
Marinara Sauce: Finely chop 2-3 cloves garlic & finely dice 1 small yellow onion, set both aside. (3)
Frittata: Chop broccoli into bite-sized pieces and 4oz cheddar cheese into cubes. Set aside. (4).
Note: Save any extra broccoli scraps to add to smoothies [*] (6)

Frittata (4)
In a large bowl, whisk together 9 eggs.
Then stir in:
- 4oz cubed cheddar cheese (optional)
- 3-4c chopped broccoli
- ½tsp black pepper
- ⅛tsp salt

Put into well-oiled casserole or pie pan. Bake for 25-35 min or until no longer jiggly (will vary depending on depth of dish). Allow frittata to cool. [*] (4)

Marinara Sauce (3)
In a large sauté pan, add: 1# ground beef + 2-3 chopped garlic cloves + 1 small chopped onion + 8oz sliced mushrooms. Sauté 15 min, continuing to break apart meat and stirring occasionally.
Add ~25oz tomato sauce, season w/ 2-3T Italian seasoning + S&P to taste. Stir to combine, shut off heat, allow to cool. [*] (3)

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Peanut Butter Cookies (8)
Place 1 egg & 1c pitted medjool dates (~8 large) in a blender or food processor. Blend until smooth (3-4 minutes).
Add in 1c peanut butter, blending until mixed through. Option to stir in ½c chocolate chips.
Drop by spoonfuls (best to use a 1½T ice cream scoop) onto an oiled baking sheet.
Bake in 350 F oven for 10-12 min (option to cover & refrigerate to bake later). [*] (8)

Pecan-Crusted Salmon (2)
In blender or food processor, blend the following until nuts are coarsely chopped to make a crust:
- 2c pecans
- 1T chili powder

Pour into a shallow bowl.

Crack 2 eggs into a separate shallow bowl and whisk.

Dredge salmon fillet into whisked eggs, covering completely.
Then place salmon in spiced chopped pecans, covering completely. Repeat for all fillets.
Lightly season each w/ salt. [*] (2)

Chicken Marinade (1)
Whisk together:
- ¼c olive oil
- 2T smoked paprika
- 1tsp salt

Pour over 4 chicken leg quarters, covering completely. [*] (1)

Salad (5)
Layer in container as follows:
- ½ of mixed greens
- ½ pint blueberries
- ¼c sliced almonds
- 2oz goat cheese crumbles (optional)

Repeat layers. [*] (5)

Balsamic Dressing (5)
Whisk together the following:
- ½ cup olive oil
- ¼c balsamic vinegar [*] (5)

Congrats, on completing your first Prep Day!
Give yourself a high-five!

KEY - [*]: store in container, label & refrigerate for use later in week

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Gluten Free Starter Week: Dish Day

Day 1

Smoky Paprika Roasted Chicken w/ Trio of Fall Veggies (1)

1. Preheat oven to 425 F.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F). Toss veggies halfway through cook time.

Day 2

Pecan-Crusted Salmon w/ Roasted Sweet Potatoes & Asparagus (2)

1. Preheat oven to 425 F.
2. Place sweet potatoes in a single layer on a baking sheet. Roast for 35-40 minutes, tossing halfway through cook time.
3. Place fish in a baking pan and bake for 18-20 minutes or cooked through/ flaky.
4. Place asparagus in a single layer on a baking sheet. Roast for 10-12 minutes, tossing halfway through cook time.

Day 3

Beef & Mushroom Marinara over Spaghetti Squash (3)

1. Preheat oven to 350 F.
2. Place spaghetti squash and marinara sauce in oven-safe containers and place in oven to reheat, 50-60min.
3. Stir marinara halfway though cook time.
4. Top spaghetti squash w/ marinara sauce, and grate fresh parmesan on top (optional).

Day 4

Broccoli & Cheddar Frittata w/ Grapes (4)

1. Cover frittata with foil and reheat in 350 F oven for 15-20 mins or until heated through or option to microwave. Serve w/ grapes.

Salad

Mixed Greens w/ Blueberries & Sliced Almonds (5)

1. Allow dressing to come to room temp by removing from refrigerator 20-30 min before eating, shake well.

Breakfast

Strawberry-Banana Green Smoothie (6)

1. In a blender, combine: 1c water + ~8oz frozen strawberries + 2 bananas + ¼c almond butter (or sub peanut butter).
2. When smooth, add 5oz spinach, blend well. Option: also blend with leftover broccoli until smooth.
3. Add water as needed for desired consistency.
4. May need to blend in 2 batches depending on size of blender. Yields: 4 servings

Snack

Pears w/ Almond Butter (7)

1. Slice pear and dip into 1-2T almond butter/ serving (or sub peanut butter)

Dessert

Peanut Butter Cookies (8)

You did it - Your starter week is D.O.N.E!
Wasn't it nice to have a plan for all of your meals this week?!

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