

Dinner 1

Prosciutto-Wrapped Tilapia; Fingerling Potatoes & Herb Vinaigrette

Prosciutto-Wrapped Tilapia (1a)

Yield: 4 servings

Active Time: 20 min.

Total Time: 20 min.

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| <ul style="list-style-type: none"> • 3 tbsp. olive oil, plus more • 2 garlic cloves • 4 (6 oz. each) Tilapia fillets • 2 small handful fresh basil | <ul style="list-style-type: none"> 3 bell peppers salt & black pepper 4 large slices prosciutto (GF) * |
|--|---|

Mise en Place: Peel and slice the garlic. Core, deseed and slices the bell peppers. Chop the basil. Rinse tilapia and pat dry.

Preparation

Heat half of the **olive oil** in a large skillet over medium-high heat. Add the **bell peppers**, **garlic**, and season lightly **salt & black pepper**. Cook the **peppers**, tossing frequently, until tender, 8 to 10 minutes.

Meanwhile, season the **tilapia** with **salt & black pepper**. Wrap each **fillet** with 1 slice of the **prosciutto**. Heat the remaining **olive oil** in a large nonstick skillet over medium-high heat. Cook in batches until cooked through, 2 to 3 minutes per side, adding more oil to the pan if necessary.

Fold the **basil** into the **peppers** and serve with the tilapia.



*Again an item we may need to exercise caution with, however a reliable brand is Boarø Head.

Fingerling Potatoes with Herb Vinaigrette (1b)

Yield: 4 servings

Active Time: 15 min.

Total Time: 25 min.

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| <ul style="list-style-type: none"> • 1 lb. fingerling potatoes • 2 lemon • 2 shallot • 2 sprig ea. fresh thyme & fresh basil | <ul style="list-style-type: none"> salt & black pepper 2 tbsp. olive oil 2 pinch of sugar 1/4 tsp. Dijon mustard |
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Mise en Place: Juice lemons. Mince the shallots, thyme, and basil.

Preparation

Place the **potatoes** in a medium pot and cover with cold water by about an inch.

Bring to a boil and **salt** the water. Lower the heat to a simmer and let simmer until the **potatoes** are fork tender, about 6-8 minutes. While **potatoes** are cooking, prepare the herb vinaigrette. In a small bowl, whisk together the **lemon juice**, **shallots**, **thyme**, **basil**, **mustard**, **sugar**, **salt & black pepper**, and **olive oil**.

Strain the **potatoes** from the water and place them in a large bowl. Sprinkle the **potatoes** generously with **salt & pepper**. Add the **herb vinaigrette**. Gently toss until all **potatoes** are coated with the vinaigrette. Let the potatoes sit for at least 10 minutes before serving.

Serve slightly warm, room temperature, or chilled.

Dinner 2

Brie & Pear Panini; Garbanzo & Black Bean Salad

Brie & Pear Panini (2a)

This meal is a great way to enjoy cheese and fruit in a light and healthy sandwich. You'll want to put the salad together ahead of time to let all the flavors meld while it rests in the refrigerator.

Yield: 4 servings **Active Time: 15 min.** **Total Time: 25 min.**

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| • 8 slices Whole Grain (GF) bread* | 8 tbsp. olive oil |
| • 8 oz. brie cheese, sliced | 2 tbsp. honey |
| • 2 pear, cored & cut (1/4ö wedges) | salt & black pepper |
| • 3 oz. arugula | |



Preheat the panini machine or 2 large skillet over medium heat. Brush the bread on both sides with **olive oil** and place the bottom-half of the bread slices in the panini machine in a single layer. If using skillet, place the bread-bottoms in one skillet and cover with the bottom of the second. Heat the bread until golden, about 3 to 4 minutes. Repeat with the remaining slices of bread.

Meanwhile, divide the **cheese** among the warmed bread-bottoms. Cover the cheese with slices of **pears**, drizzle with **honey**, and sprinkle with **salt & pepper**. Top with **arugula**. Top with remaining warmed bread, and return the completed sandwich to the panini machine (or doubled skillet) for 1 to 2 minutes, to finish melting the cheese.

Cut the sandwiches in half and serve immediately.

*Udi's These can be kept out of the freezer therefore some grocery stores carry them in the bread aisle or near the bakery.

Garbanzo & Black Bean Salad (2b)

Yield: 4 servings **Active Time: 15 min.** **Total Time: 1 hr. 35 min.**

Salad

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| • 2 ear fresh corn | 15 oz. black beans |
| • 15 oz. garbanzo beans | 1 bell pepper |
| • 1 mango | |

Vinaigrette:

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| • 2 lime | 2 tbsp. balsamic vinegar |
| • 2 small handful fresh basil | 1 tsp. ground cumin |
| • 6 tbsp. olive oil | salt & black pepper |

Mise en Place

Preheat a grill to medium-high. Peel back the corn husks, remove silk; then replace the husks. Soak the **corn** in cold water for 30 minutes. Drain and place on the grill for 10 to 15 minutes. Cool completely and remove the husks. Using a sharp knife, remove the corn kernels. Drain and rinse the **garbanzo** and **black beans**. Remove the stem, seeds and membrane from the **bell pepper** and chop into 1/2ö pieces. Remove the pit and skin from the **mango** and cut into 1/2" pieces. Zest & juice the **limes**. Chop the **basil**.

Preparation

In a small bowl, combine the **lime zest**, **lime juice**, **balsamic vinegar**, **basil**, and **cumin**. Slowly add the **oil**, whisking constantly until the mixture thickens. Add prepped ingredients, season the salad with **salt** and **pepper**, to taste, and toss well.

Refrigerate for 1 hour, and toss again, before serving.



See the video: [öManaging Mangosö](#) on the [hautemealz.com](#) blog!

Dinner 3

Steak, Tomato & Bacon Salad

Steak, Tomato & Bacon Salad (3a)

Yield: 4 servings **Active Time:** 15 min. **Total Time:** 35 min.

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| • 8 bacon slices (GF)* | 4 sirloin steaks, 8 oz. each |
| • 2 garlic clove | olive oil, for drizzling |
| • 2 sprig rosemary | salt & black pepper |
| • 2 pints cherry tomatoes | 1/2 small red onion |
| • 2 small handful fresh basil | 4 oz. arugula |
| • 3 tbsp. olive oil | |
| • 4 oz. Parmigiano-Reggiano, for shaving | |
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Mise en Place

Peel and halve the **garlic**. Chop **rosemary leaves**. Chop **red onions**. Shred the **basil**.

Preparation

Heat oven to 375F. Arrange the **bacon** on a baking rack set over a baking sheet. Bake until crisp. Remove from the oven to paper towels to drain.

While the bacon cooks, heat a grill pan to medium-high. Rub the **steaks** on both sides with the cut **garlic** and drizzle with **olive oil**, and rub with chopped rosemary, and **salt & pepper**, to taste.

In a large bowl combine the **tomatoes, onions, basil** and the remaining **olive oil**. Season the salad with salt & pepper, to taste.

Grill the **steaks** for 5 minutes on each side for medium-rare, more or less for desired doneness. Remove from heat, tent loosely in foil, and allow to rest *at least* 5 minutes before cutting.

Chop the bacon and add it to the tomato salad, then fold in the **arugula**.

Divide the salad among plates and top with whole or sliced steak, shaved **Parmigiano-Reggiano**, and serve.

**Note: Sure enough, there is gluten in most brands of bacon! Here are a couple of brands I've found to be safe:*

~ Hormel Natural Choice Bacon

~ Applegate Natural Sunday Bacon

A note about spices:

Spices are inherently gluten free, however most are mixed on packing lines with gluten products and many have flour added as filler. *Spice Islands*, *"World Flavors"* and *McCormick's Gourmet Collection* are both verified gluten free spices.

Dinner 4

Bacon-Mushroom Omelet; Sweet Potato Hash

Bacon-Mushroom Omelet (4a)

Yield: 4 servings

Active Time: 15 min.

Total Time: 45 min.

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| • 1/2 lb bacon(GF)* | 2 tbsp. butter |
| • 6 oz. cremini mushrooms | 2 med. yellow onion |
| • 1/2 jalapeno pepper (opt) | 4 extra-large eggs |
| • 4 tbsp. milk | 1 tsp. each salt & black pepper |
| • 6 green onions | 4 oz. Gruyère cheese |



Mise en Place

Preheat the oven to 350F. Cut the **bacon** crosswise in 1-inch slices. Clean the mushrooms (see below), then quarter. Skin and dice the onion. Mince the jalapeno. Chop the scallions. Dice 2/3 of the cheese and grate the remaining for garnish.

Preparation

Cook the **bacon** in an 8-inch ovenproof sauté pan over medium-low heat for 5 to 7 minutes, stirring occasionally, until browned. Drain the bacon on paper towels and discard the fat from the pan. Add the **butter** to the pan, and then add the **mushrooms** and **onion**. Cook over medium-low heat for about 7 minutes, tossing occasionally, until the onion starts to brown. Add the **jalapeno pepper** (opt) and cook for 30 seconds.

Meanwhile, in a medium bowl, beat the **eggs, milk, salt and pepper** together with a fork. Stir in the **green onions** and diced **cheese**. When the onions and mushrooms are cooked, add the bacon to the pan and pour over the egg mixture. Place the pan in the oven for 15 to 20 minutes, until the omelet puffs and the eggs are almost cooked in the center.

Sprinkle with a handful of **grated cheese** and bake for another minute. Serve hot directly from the pan.

Note: Sure enough, there is gluten in most brands of bacon! Here are a couple of brands I've found to be safe:

~ Hormel Natural Choice Bacon ~ Applegate Natural Sunday Bacon



See the video, [How to clean button mushrooms](#) on the [hautemealz.com](#) blog!

Sweet Potato Hash (4b)

Yield: 4 servings

Active Time: 20 min.

Total Time: 25 min.

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| • 4 bacon slices (GF) | 2 large sweet potatoes |
| • 2 tbsp. olive oil | salt & black pepper |
| • 2 small red onions | 4 garlic cloves |
| • 1/2 jalapeno pepper (opt) | 1 tsp. ground cumin |

Mise en Place: Chop the **bacon**, peel and **sweet potatoes** and cut into 1/4-inch dice. Skin and chop the **onions**. Skin and slice the **garlic**. Chop the **jalapeno**.

Preparation

In a large sauté pan over medium-high heat, heat the **olive oil**. Add the **sweet potatoes** and **bacon**, and spread in 1 layer. Leave the potatoes to cook until they brown on the bottom, about 5 minutes. Toss and let stand repeatedly until most sides of the potatoes are golden and the bacon bits are crisp, 3 to 5 minutes longer. Then add the **onions, garlic, jalapeno, cumin, salt and pepper**.

Cook the hash, allowing everything to sit in the heat of the pan for a minute or two. Taste and re-season if necessary.

Dinner 5*Asian Ground Beef Lettuce Wraps; Kale Slaw***Asian Ground Beef Lettuce Wraps (5a)****Yield: 4 servings Active Time: 15 min. Total Time: 35 min.**

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| • 2 tsp. canola oil | 1 lb. ground beef |
| • 2-inch piece fresh ginger | 2 green onion |
| • 2 garlic clove | 2 tbsp. soy sauce |
| • 1 tsp. red pepper flakes | 4 tbsp. hoisin sauce(GF)* |
| • 4 tbsp. chopped peanuts | salt & black pepper |
| • 1 head Boston lettuce | |



Peel and finely grate the **ginger**. Remove the roots and chop the **green onion**. Skin and mince the **garlic**. Separate the **lettuce leaves**, clean and then dry them.

Add the **canola oil** in a skillet over medium-high heat. Sauté the **ground beef** until brown. Stir in **ginger, green onion, garlic, soy sauce, red pepper flakes**, and **hoisin sauce** and then cook for 1 minute.

Remove from the heat and stir in the **peanuts**. Season with **salt & pepper** and serve warm wrapped in lettuce **leaves**.

***Note:** Gluten free soy sauces are readily available in the gluten free aisles and there are many to choose from, so feel free to pick up one that looks good to you.*

Gluten Free Hoisin Sauce

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|-------------------|-------------------------------|
| 1/4 cup red beans | 2 tbsp. gluten free soy sauce |
| 2 tsp sesame oil | 1/4 tsp garlic powder |
| 1/2 tsp sugar | Small pinch of chili powder |

Blend the red beans in food processor or blender until smooth, adding only a tiny bit of water if needed. Add remaining ingredients and blend until uniform.

Kale Slaw (5b)**Yield: 4 servings Active Time: 15 min. Total Time: 15 min.**

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| • 1 head curly kale | 1 large carrot |
| • 1/2 orange | 1/2 lemon |
| • salt & black pepper | 1 tbsp. olive oil |
| • 1 small red onion | 2 slices bacon (GF)* |
| • 1 tbsp. (rounded) mayonnaise | |

Cook the **bacon** till crisp, drain & cool on paper towel and then chop. Remove the stem from the **kale** and slice into thin ribbons. Grate the **carrot**. Juice the **orange** and **lemon**. Skin and slice the **onion** thinly.

Place the **kale** into a salad bowl. Toss with the **carrot, orange juice, lemon juice** and **salt**, and using your hands, rub the mixture into the kale.

Add the **onion, bacon, olive oil, salt and pepper** and toss well. Add the **mayonnaise** and mix the slaw well. Refrigerate until ready to serve. The slaw can be made several hours in advance.

****Note:** Sure enough, there is gluten in most brands of bacon! Here are a couple of brands I love found to be safe:**

~ Hormel Natural Choice Bacon ~ Applegate Natural Sunday Bacon

Dinner 6

Fusilli with Swiss Chard, Turkey and Bacon; Green Salad with Cilantro-Lime Vinaigrette

Fusilli with Swiss Chard, Turkey, and Bacon (6a)

Chard is a leafy green vegetable often used in Mediterranean cooking. While the leaves are always green, chard stalks vary in color. Chard is considered to be one of the healthiest vegetables available and a valuable addition to a healthy diet. Chard has a slightly bitter taste and is used in a variety of cultures around the world, including Arab cuisine.

Swiss chard is high in vitamins A, K and C, and rich in minerals, fiber and protein.

Yield: 4 servings **Active Time:** 25 min. **Total Time:** 35 min.

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|---------------------------------------|-----------------------------------|
| • 12 oz. curly pasta (GF) | 4 cups chicken broth (GF) |
| • 2 lb. Swiss chard, trimmed | 4 slices bacon (GF) |
| • 4 garlic cloves, minced | 1/2 tsp. crushed red pepper (opt) |
| • 1 lb. turkey breast, cooked & cubed | 2 lemons, juiced |
| • 1 tsp. salt | |



Cut **bacon** into 1/2-inch-wide strips. Heat **broth** and an equal amount of water in a large covered sauce-pot to boiling.

Add **pasta** and cook as label directs (8-10 minutes).

Meanwhile, cut ribs and stems from **Swiss chard** leaves. Cut ribs and stems into 1-inch pieces; cut leaves into 2-inch pieces. Rinse Swiss chard in large bowl of cold water; swish to remove any dirt. Transfer chard to colander. Do not dry.

In nonstick skillet, cook **bacon** on medium-high until browned, tossing occasionally. With slotted spoon, transfer bacon to paper towels to drain. Reduce heat to medium. To bacon fat in skillet, add **garlic** and crushed **red pepper**; cook 30 seconds, stirring.

Add **Swiss chard**, and salt. Cover and cook 2 minutes or until chard begins to wilt. Uncover, add **turkey**, and cook 5 minutes longer or until stems are tender-crisp.

Drain **pasta**, reserving 1/4 cup cooking broth. Return pasta to saucepot. Stir in Swiss chard mixture and **lemon juice** until combined. If mixture seems dry, add a little of the reserved pasta cooking broth.

*Pacific Foods Natural Free Range Chicken Broth, Organic Low Sodium Chicken Broth, Organic Free Range Chicken Broth - all natural ingredients

*Basting solutions injected into turkeys during processing may contain gluten. Here are some brands that promise to be gluten free: Butterball Gluten-Free Turkey Products, Empire Kosher Brand Gluten-Free Turkey Products, Shelton's Poultry Turkey Products

*GF bacon: ~ Hormel Natural Choice Bacon ~ Applegate Natural Sunday Bacon

Green Salad with Cilantro Lime Vinaigrette (6b)

Yield: 4 servings **Active Time:** 10 min. **Total Time:** 10 min

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| • 1 head of romaine lettuce | 16 grape tomatoes |
| • 6 green onions, sliced | 16 sprigs fresh cilantro, chopped |
| • 2 tbsp. olive oil | Juice of 2 limes |
| • 1 tbsp. apple cider vinegar | |

Tear **lettuce** into bite sized pieces

In a salad bowl add all the **ingredients**, and toss.

Dinner 7

Slow Cooker Pork & Red Cabbage; Green Salad with Oil & Vinegar Dressing

Slow Cooker Pork & Red Cabbage (7a)

Red cabbage and pork are natural partners. The sweetness of the cabbage really complements the juicy savory flavor of the pork.

Yield: 4 servings Active Time: 20 min. Total Time: 8 hr. 20 min.

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| • 2 small head red cabbage | 1 yellow onion |
| • 6 tbsp. brown sugar | 6 tbsp. apple cider vinegar |
| • Pinch each of salt & black pepper | 2 lb. boneless pork ribs |
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**IN THE MORNING:****Mise en Place**

Core and shred the **cabbage**. Skin and chop the **onion**.

Preparation

Combine **cabbage, onion, brown sugar, and vinegar** in a 4 quart slow cooker. Pat the **pork dry***, sprinkle with **salt & pepper** and brown in heavy skillet, about 5-6 minutes total, turning until browned on all sides.

Place **pork** in slow cooker; cover, and cook on Low for 7-8 hours until pork registers 160F

**Meat should always be patted dry before searing, as wet or even damp meat won't brown or form a crust. The moisture forms a vapor barrier between the meat and the hot oil, and steams the meat instead of searing it, turning it an unappetizing gray. (Thank you, Julia Child!)*

Green Salad with Oil & Vinegar Dressing (7b)

Yield: 4 servings Active Time: 15 min. Total Time: 15 min.

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| • 2 tsp. sherry vinegar | Pinch each of salt & black pepper |
| • 1/2 tsp. Dijon mustard | 1 garlic clove |
| • 4 tbsp. olive oil | 6 1/2 oz. mixed salad greens |
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Mise en Place

Peel and mince garlic. Rinse, pat dry and tear greens into bite-sized pieces.

Preparation

Place the **vinegar, pepper, garlic, salt, and mustard** in a medium bowl and whisk together until blended. Slowly add the **olive oil**, whisking constantly, until the dressing is emulsified*.

Add the **greens** and toss well until they are coated with the dressing. Season the salad with **pepper** to taste and serve immediately.

**To emulsify means to combine two liquids that do not combine easily, such as oil and vinegar.*

| Meal 1 | Meal 2 | Meal 3 | Meal 4 | Meal 5 | Meal 6 | Meal 7 |
|--|---|----------------------------------|--|--|--|---|
| Prosciutto-Wrapped Tilapia (1a) Fingerling Potatoes & Herb Vinaigrette (1b) | Brie & Pear Panini (2a) Garbanzo & Black Bean Salad (2b) | Steak, Tomato & Bacon Salad (3a) | Bacon-Mushroom Omelet (4a) Sweet Potato Hash (4b) | Asian Ground Beef Lettuce Wraps (5a) Kale Slaw (5b) | Fusilli with Swiss Chard, Turkey and Bacon (6a) Green Salad with Cilantro-Lime Vinaigrette (6b) | Slow Cooker Pork & Red Cabbage (7a) Green Salad with Oil & Vinegar Dressing (7b) |

Produce

- Garlic Cloves, 15**
 - 2 garlic clove1a
 - 2 garlic clove3a
 - 4 garlic cloves..... 4b
 - 2 garlic clove5a
 - 4 garlic cloves.....6a
 - 1 garlic clove 7b
- Green Onions, 14**
 - 6 green onions4a
 - 2 green onion5a
 - 6 green onions 6b
- Red Onions, 4 small**
 - 1/2 small red onion3a
 - 2 small red onion..... 4b
 - 1 small red onion..... 5b
- Yellow Onions, 3 medium**
 - 2 med. yellow onion4a
 - 1 yellow onion7a
- Shallot, 2 1b**
- Bell Peppers, 5.....1a, 2b**
 - 4 bell peppers1a
 - 1 bell pepper..... 2b
- Jalapeño, 14a, 4b**
 - 1/4 jalapeno pepper (opt)4a
 - 1/4 jalapeno pepper (opt) 4b
- Fresh Basil, 1 large bunch**
 - 1 small handful fresh basil1a
 - 1 sprig fresh basil 1b
 - 1 small handful fresh basil 2b
 - 1 small handful fresh basil3a
- Fresh Cilantro, 8 sprigs..... 6b**
- Fresh Rosemary, 1 sprig..... 3a**
- Fresh Thyme, 1 sprig..... 1b**
- Fresh Ginger, 1 -inch piece..... 5a**
- Carrot, 1 large..... 5b**
- Fresh Corn, 1 ear..... 2b**
- Cremini Mushrooms, 3 oz..... 4a**
- Fingerling Potatoes, 1/2 lb..... 1b**
- Sweet Potatoes, 1 large 4b**
- Curly Kale, 1 head 5b**
- Swiss Chard, 1 lb..... 6a**
- Red Cabbage, 1 small head 7a**
- Arugula, 3 1/2 oz.**
 - 1 1/2 oz. arugula2a

- 2 oz. arugula3a
- Boston Lettuce, 2 heads..... 5a**
- Mixed Salad Greens, 6 1/2 oz. 7b**
- Romaine Lettuce, 2 heads..... 6b**
- Cherry Tomatoes, 2 pints..... 3a**
- Grape Tomatoes, 16 6b**
- Lemons, 5**
 - 2 lemon..... 1b
 - 1/2 lemon 5b
 - 2 lemon.....6a
- Limes, 4**
 - 2 lime..... 2b
 - 2 lime..... 6b
- Mangos, 2..... 2b**
- Oranges, 2 5b**
- Pears, 2..... 2a**
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Canned Goods

- Black Beans, 15 oz. 2b**
- Garbanzo Beans, 15 oz..... 2b**
- Olive Oil**
- Balsamic Vinegar, 2 tbsp..... 2b**
- Canola Oil, 2 tsp..... 5a**
- Red Beans 1/4 cup.....5a**
- Sesame Oil, 2tsp.....5a**
- Apple Cider Vinegar, 1/2 cup .6b, 7a**
- Chicken broth (GF), 4 cups 6a**
- Honey, 2 tbsp. 2a**
- Mayonnaise, 1 tbsp. (rounded)... 5b**
- Dijon Mustard, 3/4 tsp.**
 - 1/4 tsp. Dijon mustard..... 1b
 - 1/2 tsp. Dijon mustard..... 7b
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Dry Goods

- Whole Grain (GF), 4 slices 2a**
- Curly Pasta (GF), 6 oz..... 6a**
- Peanuts, 2 tbsp., chopped 5a**
- Black Pepper**
- Salt**
- Sugar 1b,5a**
- Brown Sugar, 3 tbsp..... 7a**

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Spices

- Ground Cumin2b, 4b**
- Red Pepper Flakes 5a, 6a**
- Garlic Powder..... 5a**
- Chili Powder 5a**
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Meat & Seafood

- Bacon, 2 lb. (GF)**
 - 8 bacon slices.....3a
 - 1/2 lb. thick-cut bacon.....4a
 - 4 bacon slices..... 4b
 - 2 slice bacon 5b
 - 4 slices bacon.....6a
- Sirloin Steaks, 2 (8 oz. each) 3a**
- Prosciutto, 2 large slices 1a**
- Ground Beef, 1/2 lb. 5a**
- Turkey breast,(GF) 1/2 lb., cooked6a**
- Pork Ribs, boneless, 1 lb. 7a**
- Tilapia Fillets, 2 (6 oz. each)..... 1a**
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Refrigerator

- Brie Cheese, 4 oz. 2a**
- Parmigiano-Reggiano, 2 oz. 3a**
- Gruyère Cheese, 2 oz. 4a**
- Butter, 1 tbsp..... 4a**
- Eggs, 2, extra-large 4a**
- Milk, 2 tbsp..... 4a**
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Miscellaneous

- Sherry Vinegar, 1 tsp. 7b**
- Soy Sauce, (GF) 1 tbsp..... 5a**
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GF Brand Recommendations

Canned Goods

Tomato Paste Del Monte

Salsa Verde Pace, Hormel

Beef Broth – Pacific Foods

Chicken Broth Pacific Foods

Balsamic Vinaigrette- Annie's Naturals

Dry Goods

Penne pasta - DeBoles Pasta Multigrain Jovial Organic Brown

Rice Penne, Lundberg Organic Brown Rice Pasta Penne

Refrigerator

Gorgonzola cheese- BELGIOIOSO CHEESE

Freezer

Frozen veggies – Bird's Eye and Green Giant (just be extra cautious and read the label to make sure you are getting single ingredient products)

Spices

Spices are by nature, gluten free, however the act of processing these spices is where there may be cross contamination and also some powders may contain wheat as a filler.

This from **McCormick's**: *"All of our single ingredient spices are gluten-free. Our single ingredient spices are 100% pure, with nothing additional added to them."*

Curry powder- Spice Island

Taco Seasoning -Trader Joe's Taco Seasoning Mix, Ortega

This menu, including any additional online content, contains general nutritional information.

The information is not advice, nor a complete diet plan, and should not be treated as such. Nor should it, in any way, be used to replace or modify any diet or nutritional plan advised by your doctor or healthcare professional.

Always discuss with your doctor or other professional healthcare provider before making dietary changes.