



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A Sausage Rigatoni Ragu B Italian Side Salad	C Short Rib Noodle Bowl (Slow Cooker)	D Lemon Caper Flounder E Almond Citrus Couscous F Sautéed Spinach	G Deviled Chicken H Onion Roasted New Potatoes I Green Beans Almondine	J Turkey Meatball Sliders K Parmesan Zucchini Fries L Fresh Mozzarella Salad
WEEKEND M Chili Lime Peanuts				

BAKERY AND BREADS

- 6 dinner rolls or slider buns **J**

SPICES

- 2 t Italian seasonings **A B**
- 1/4 t celery salt **H**

BAKING

- 1/2 c slivered almonds **E I**

ETHNIC

- 1/2 c low sodium soy sauce **C**
- 14 oz straw mushrooms **C**
- 15 oz light coconut milk **C**
- 2 T chili garlic sauce **C**
- 1 t hot sauce, like Cholula **G**

CANNED / JARRED

- 6 oz tomato paste **A**
- 28 oz diced tomatoes **A**
- 8 c vegetable stock **C**
- 2T capers **D**
- 1 1/2 c chicken stock, or water **E**
- 2 c marinara or spaghetti sauce **J**

DAIRY

- 1/2 c parmesan cheese, grated **A K**
- 6 T butter **D I**
- 1/3 c ricotta cheese **J**
- 4 oz mozzarella **L**

BEVERAGES / SPIRITS

- 1/2 c dry white wine **A**

DRY GOODS

- 1 lb rigatoni pasta **A**
- 1 1/2 c couscous **E**
- 1/4 c Italian breadcrumbs, whole wheat suggested **J**
- 3 pkgs Ramen Noodles, or whole wheat soba noodles **C**
- 17 oz dry roasted peanuts **M**

MEAT / FISH / POULTRY

- 1 lb ground sausage with sage **A**
- 1 1/2 lb beef short ribs, bone-in **C**
- 4 flounder (white fish) fillets **D**
- 4 chicken breasts, skinless **G**
- 1 lb ground turkey **J**

PRODUCE

- 2 onions **A C H**
- 6 zucchini **A K**
- 3 carrots **A**
- 1 head garlic **A B J**

- 1 c basil leaves **A J**
- 8 c mixed greens **B L**
- 2 roma tomato **B L**
- 3" ginger **C**
- 1 red bell pepper **C**
- 2-3 baby bok choy **C**
- 4 limes **C M**
- 2 lemons **D E G**
- 1 bunch parsley **D H J**
- 20 oz baby spinach **F**
- 1 lb new potatoes **H**
- 1 lb green beans **I**
- 3 shallots **I J**

VEGETARIAN SUBSTITUTIONS

- 8 oz mixed wild mushrooms **A**
- 14 oz firm tofu **C**
- 1 cauliflower **D**
- 8 oz mushroom **G**
- 1 bell pepper **G**
- 1 onion **G**
- 2 zucchini or squash **G**
- 2 cups cooked lentils or chick peas **J**

STAPLES (Check before shopping)

Spices: kosher salt, pepper, cumin, garlic salt, garlic powder, onion powder, bay leaves, tarragon, chili powder, parsley, oregano, basil, thyme, red pepper flakes, seasoned salt, dry mustard, paprika, cinnamon, ground ginger, red pepper flakes, cayenne pepper, Cajun seasoning

Pantry: olive oil, sugars (white, brown, and powdered), honey, vinegars (red or white wine, balsamic, white (or cider)), Worcestershire, low sodium soy sauce, hot sauce, baking powder, baking soda, cornstarch, vanilla extract

Refrigerator: butter, milk, Dijon mustard, ketchup, mayonnaise (or plain yogurt), large eggs

***Make Your Own:** www.nomoretogo.com/gluten-free.



Sausage Rigatoni Ragu with an Italian Side Salad

Active: 40 min. · Serves: 6

INGREDIENTS

Sausage Rigatoni Ragu

1 lb. ground sausage seasoned with sage
1 cup onion, chopped
1 cup zucchini, chopped
1 cup carrot, finely chopped
3 cloves garlic, pressed or minced
6 oz tomato paste
1/2 cup dry white wine, optional
28 oz diced tomatoes
1 teaspoon Italian seasonings
1 lb. rigatoni pasta
1/4 cup parmesan, grated
2 tablespoons basil, chopped

Italian Side Salad

4 cups mixed greens
1 roma tomato, sliced

Vinaigrette

1/4 cup olive oil
3 tablespoons red wine vinegar
1 garlic cloves, minced
1 tablespoon parsley
1 teaspoon dried oregano
1 teaspoon Italian seasoning
kosher salt and pepper

DIRECTIONS

Sausage Rigatoni Ragu

- 1 Cook pasta according to package directions. Drain, but reserve 1/2-1 cup pasta water for sauce.
- 2 Brown sausage over medium high heat. Stir often to cook evenly and crumble.
- 3 When the sausage is no longer pink, add onion, zucchini, and carrot. Cook for about 8-10 minutes or until carrot is tender.
- 4 Add garlic and sauté until fragrant – about a minute or two.
- 5 Stir in tomato paste, wine (or another 1/2 cup pasta water), pasta water, tomatoes, and Italian seasonings.
- 6 Reduce heat to a simmer, cover, and let cook for about 10-15 minutes. Season with salt and pepper and serve over rigatoni.
- 7 Garnish with parmesan and basil.

Italian Side Salad

- 1 Combine dressing ingredients with a whisk or blender stick.
- 2 Drizzle vinaigrette over greens.

KID NOTE: My kids are big fans of pasta and love sausage. This was a big hit. **VEGETARIAN TIP:** Substitute mixed wild mushrooms for the sausage. **GLUTEN MODIFICATIONS:** Use brown rice rigatoni or other brown rice pasta. Use nuts in place of croutons and gluten free bread. **NUTRITIONAL INFORMATION:** *Rigatoni:* Serving Size 389g; Calories 561; Fat 25; Carbs 59; Fiber 4; Protein 24. *Salad:* Serving Size 171g; Calories 163; Fat 9; Carbs 18; Fiber 6; Protein 4.



Short Rib Noodle Bowl (Slow Cooker)

Active: 20 mins · Inactive: 7-8 hrs. · Serves: 6

INGREDIENTS

Short Rib Noodle Bowl

1 1/2 lbs. bone-in beef short ribs
8 cups vegetable stock
1/2 cup low sodium soy sauce
2-3 inches ginger, unpeeled and sliced
6 garlic cloves, peeled and sliced
1 cup onion, chopped
14oz can straw mushrooms
1 red bell pepper, chopped
2-3 baby bok choy, sliced horizontally
15oz can light coconut milk
1-2 tablespoons chili garlic sauce
3 packages Ramen Noodle Soup (noodles only), or whole wheat soba noodles
2-3 tablespoons lime juice
kosher salt and pepper

DIRECTIONS

Short Rib Noodle Bowl

- 1 Place short ribs, stock, soy sauce, sliced ginger, sliced garlic, and onion in a slow cooker.
- 2 Cook on low for 7-8 hours.
- 3 Strain broth into a large bowl and pour it back into the slow cooker.
- 4 Empty the contents of the strainer onto a piece of waxed paper. Lift the beef from the bones (it probably all fell off) and add it to the broth. Discard the rest.
- 5 Turn slow cooker to high and add mushrooms, bell pepper, bok choy, coconut milk, chili garlic sauce, and noodles (discard the flavor packets). Cover and let simmer for about 10 minutes or until noodles and vegetables are tender.
- 6 Season with lime juice and salt and pepper.

KID NOTE: My kids beg and plead for Ramen Noodle Cups. I did have to pressure them into eating a little bok choy, but the rest of the bowl was licked clean! And I got numerous comments about how yummy the meat was.

VEGETARIAN TIP: Skip the beef ribs but still cook the ginger and garlic in the slow cooker. Add additional veggies and maybe some firm tofu. **GLUTEN MODIFICATIONS:** Make sure you are using gluten free soy and instead of ramen noodles use rice noodles. **NUTRITIONAL INFORMATION:** Serving Size 1 1/2 cups; Calories 407; Fat 32; Carbs 11; Fiber 2.6; Protein 19.



Lemon Caper Flounder over Almond Citrus Couscous and Sautéed Spinach

Active: 25 mins · Serves: 4

INGREDIENTS

Lemon Caper Flounder

1 cup milk
1/2 cup flour
2 tablespoons olive oil
4 flounder fillets
kosher salt and pepper
4 tablespoons butter
2 tablespoons capers, drained
1/2 lemon, juiced
parsley, chopped

Almond Citrus Couscous

1/4 cup slivered almonds
1 1/2 cups chicken stock, or water
1 tablespoon olive oil
1 tablespoon lemon juice
1 1/2 cups couscous

Sautéed Spinach

20 oz baby spinach, washed and dried
1-2 tablespoons olive oil
kosher salt and pepper to taste

DIRECTIONS

Lemon Caper Flounder

- 1 Pour milk into a shallow dish. Add fish and let soak for about 5 minutes.
- 2 Meanwhile, place flour in a separate shallow dish.
- 3 Heat oil in a skillet over medium high heat.
- 4 Remove fillets from milk one at a time. Let excess milk drip off and then dredge in flour on both sides.
- 5 Place fillets in pan, season with salt and pepper, and cook for about 2 minutes per side.
- 6 Transfer from pan to a plate and tent lightly with foil.
- 7 Wipe pan clean with a paper towel.
- 8 Return pan to stove and add butter. Cook over medium high heat until melted and slightly brown.
- 9 Remove from heat and add capers and lemon juice.
- 10 Plate fillets, drizzle with lemon caper sauce, and garnish with parsley.

Almond Citrus Couscous

- 1 Toast almonds in a small sauce pan over medium high heat until light brown. Remove and reserve for later.
- 2 In the same pan, bring stock (or water), olive oil, and lemon juice to a boil.
- 3 Remove from heat, add couscous, and stir to combine.
- 4 Cover the pan with a lid and let sit for 5 minutes.
- 5 Remove cover, fluff with a fork, and toss in almonds.

Sautéed Spinach

- 1 Heat oil in a very large skillet over medium high heat until it shimmers.
- 2 Add spinach and stir until wilted – about 2 minutes.
- 3 Season with salt and pepper and serve.

KID NOTE: The kids really enjoyed the fish and sauce, although they didn't eat the capers. The couscous was a hit as was the spinach. Very kid friendly. **VEGETARIAN TIP:** Instead of fish, roast cauliflower 'steaks'. Cut base of cauliflower, but leave stem intact. Place stem side down on cutting board. Cut down to create 1" steaks. Toss in olive oil. Season with salt and pepper and roast in 450 over for 10-15 minutes per side. **GLUTEN MODIFICATIONS:** Skip the milk/flour step and simply sauté the fish. Use brown rice couscous, quinoa, or rice. **NUTRITIONAL INFORMATION:** *Flounder:* Serving Size 1 fillet (170g); Calories 295; Fat 17; Carbs 2.6; Fiber 0; Protein 31.4. *Couscous:* Serving Size 167g; Calories 309; Fat 7; Carbs 52; Fiber 4; Protein 9.4. *Spinach:* Serving Size 142g; Calories 63; Fat 4; Carbs 5; Fiber 3; Protein 4.



Deviled Chicken with Onion Roasted New Potatoes and Green Beans Almondine

Active: 20 mins · Inactive: 30 mins · Serves: 4

INGREDIENTS

Deviled Chicken

4 chicken breasts, boneless/skinless,
pounded 1/2" thick
2 tablespoons olive oil
1 teaspoon lemon juice
1 teaspoon Dijon mustard
1 teaspoon hot sauce, like Cholula

Onion Roasted New Potatoes

1 pound new potatoes, quartered
2 tablespoons olive oil
1/4 cup onion, chopped
2 tablespoons parsley, chopped
1/2 teaspoon onion powder
1/4 teaspoon kosher salt
1/4 teaspoon celery salt
1/8 teaspoons black pepper

Green Beans Almondine

1 pound green beans, washed and trimmed
2 tablespoons butter or olive oil
2 tablespoons minced shallot
3 tablespoons almonds, slivered
kosher salt and pepper to taste

DIRECTIONS

Deviled Chicken

- 1 Combine all in a resealable bag or a shallow dish. Marinate at room temperature for 20-30 minutes or as long as you have.
- 2 Remove chicken and discard marinade.
- 3 Cook the chicken on the grill, with a grill pan, cast iron, or heavy skillet 4-5 minutes per side or until firm and no longer pink in the center. Do not overcook.

Onion Roasted New Potatoes

- 1 Preheat oven to 375.
- 2 Line a baking sheet with foil and lay quartered potatoes in the center of the sheet.
- 3 Drizzle with oil and sprinkle with seasonings.
- 4 Toss well to coat. I use my hands.
- 5 Place potatoes on a center rack and roast for about 20 minutes. Flip potatoes and roast another 15 minutes or until nicely browned and tender.

Green Beans Almondine

- 1 Boil green beans in a large pot of water until crisp tender – about 3-4 minutes depending on the size of your beans.
- 2 Immediately drain the green beans and run cold water over them until they cool. You can also put them in an ice bath – I'm just too lazy!
- 3 Dry the pot and return to the stove. Melt the butter (or use oil) over medium high heat and add minced shallots. Sauté the shallots until tender – about 2-3 minutes.
- 4 Add the almonds and continue to cook until they begin to brown slightly.
- 5 Return the green beans to the pot and sauté until the beans are warmed through.
- 6 Season with salt and pepper.

KID NOTE: They did great with this chicken – not too spicy. Loved the potatoes and liked the green beans.

VEGETARIAN TIP: Marinate mushrooms, zucchini, squash, onions, and bell pepper. **GLUTEN FREE MODIFICATIONS:** Gluten free as written. **NUTRITIONAL INFORMATION:** *Chicken:* Serving Size 1 breast; Calories 384; Fat 20; Carbs .2; Fiber 0; Protein 50. *Onions/Potatoes:* Serving Size 121g; Calories 143; Fat 7; Carbs 19; Fiber 3; Protein 2. *Green Beans:* Serving Size 113g; Calories 115; Fat 8; Carbs 10; Fiber 4.4; Protein 3.



Turkey Meatball Sliders with Parmesan Zucchini Fries and a Fresh Mozzarella Salad

Active: 40 mins · Serves: 6

INGREDIENTS

Turkey Meatball Sliders

1 tablespoon olive oil
1/4 cup shallot, minced
3-4 cloves garlic, minced
1 lb. ground turkey
1/3 cup ricotta cheese
1/4 cup parsley, chopped
1/4 cup Italian breadcrumbs (whole wheat suggested)
1/4 teaspoon pepper
1/2 teaspoon kosher salt
1 egg
1-2 tablespoons olive oil
2 cups marinara or spaghetti sauce
6 dinner rolls or 12 slider buns
6 basil leaves

Parmesan Zucchini Fries

4 medium zucchinis, sliced into rounds
1 tablespoon olive oil
1/4 cup parmesan cheese, grated

Fresh Mozzarella Salad

4 cups baby mixed greens
1 roma tomato
4 oz soft mozzarella, cubed

Vinaigrette

2 tablespoons red wine vinegar
4 tablespoons olive oil
1/2 teaspoon Dijon mustard
1/8 teaspoon garlic salt
pinch of pepper

DIRECTIONS

- 1 Heat oil in a large skillet until it shimmers. Add shallot and garlic and sauté for about 3-4 minutes until translucent and tender.
- 2 Transfer to a large bowl.
- 3 Add turkey, cheese, parsley, breadcrumbs, salt, pepper, and egg. Mix with your hands to combine and then form into either 6 medium patties or 12 small patties.
- 4 Wipe the skillet clean with a paper towel and add 1-2 tablespoons of olive oil. Heat until it shimmers. Then add the patties to the pan being careful not to overcrowd.
- 5 Cook the patties for about 6-8 minutes, flip, add sauce, reduce heat to a simmer, and cover.
- 6 Let the meatball patties cook for another 8-10 minutes or until cooked through.
- 7 Optional: While the meatball patties are simmering, toast buns with a little butter or olive oil in a skillet.
- 8 To assemble: Spoon about 1-2 tablespoons marinara on the bottom half of each bun. Top with a meatball patty, a little more sauce, and a basil leaf.

Parmesan Zucchini Fries

- 1 Preheat oven to 425.
- 2 Line a baking sheet with foil.
- 3 Place zucchini rounds in the middle of the sheet and drizzle with olive oil.
- 4 Toss to coat evenly then arrange them in a single layer.
- 5 Lightly sprinkle with parmesan cheese.
- 6 Bake for about 15 minutes or until tender. Then, move the sheet to the top rack and broil for a minute or two to brown the cheese.

Fresh Mozzarella Salad

- 1 Place greens and veggies in a salad bowl.
- 2 Combine vinaigrette by whisking or shaking.
- 3 Drizzle vinaigrette over greens.

KID NOTE: HUGE hit! They loved the meatball sliders. And parmesan zucchini is one of their favorites. **VEGETARIAN TIP:** Substitute ground turkey for 1 1/2 - 2 cups mashed lentils or chickpeas. **GLUTEN FREE MODIFICATIONS:** Use gluten free breadcrumbs plus 1t Italian seasoning. Serve with gluten free buns. **NUTRITIONAL INFORMATION:** *Sliders:* Serving Size 1 sandwich; Calories 466; Fat 21; Carbs 39; Fiber 3.4; Protein 30. *Zucchini:* Serving Size 133g; Calories 59; Fat 4; Carbs 4.5; Fiber 1.4; Protein 3. *Salad:* Serving Size 81g; Calories 152; Fat 14; Carbs 2.6; Fiber .7; Protein 4.6.



Chili-Lime Peanuts

Active: 30 min. · Makes: 4 cups

INGREDIENTS

Chili-Lime Peanuts

- 17oz can dry roasted peanuts (4 cups)
- 3 tablespoons lime juice
- 2 tablespoon olive oil
- 1 tablespoon paprika
- 2 teaspoons kosher salt
- 1 teaspoon cayenne pepper

DIRECTIONS

Chili-Lime Peanuts

- 1 Preheat the oven to 250.
- 2 Mix lime juice, oil, paprika, salt, and cayenne in a large bowl.
- 3 Add peanuts, and using your hands, toss until evenly coated.
- 4 Spread evenly on a rimmed baking sheet and bake for 25-30 minutes or until peanuts are dry and crisp.
- 5 Store in an air tight container for up to 3 weeks.

GLUTEN FREE MODIFICATIONS: Gluten free as written. **NUTRITIONAL INFORMATION:** Serving Size 1/4 cup; Calories 186; Fat 16; Carbs 5.5; Fiber 2.2; Protein 7.