

GLUTEN FREE MEAL PLAN

JUNE 2017

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1. Beef, Bean & Rice Skillet

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 30 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 - lb(s) ground beef
- 2 - Tbsp minced onion
- 1 - tsp garlic powder
- 1 - 15 oz. can(s) black beans
- 1 - 15 oz. can(s) crushed tomatoes
- 1 - Tbsp ground cumin
- 2 - cup(s) white rice**
- 4 - cup(s) hot water**
- - Salt and pepper
- Garnish: - shredded cheese**
- Side: - avocado slices**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Open the can of crushed tomatoes.
2. Open, drain and rinse the can of black beans.
3. In a large skillet, brown the ground beef with the minced onion and garlic powder. Drain and return to the skillet.
4. Stir in the crushed tomatoes, black beans, cumin and some salt and pepper to taste. Combine well and bring to bubbling over medium low heat.
5. Stir in 2 cups white rice with 4 cups of hot water. Return to bubbling, then stir once and cover with tight fitting lid. Let cook for 20 minutes, or until rice is tender.
6. Prepare the salad. Slice the avocado.
7. Serve Spanish Rice Skillet with shredded cheese garnish, avocado slices and salad.

Assembly Prep Directions for 2 Meals

Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.

Open 2 cans of crushed tomatoes.

Open, drain and rinse 2 cans of black beans.

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef, cooled
- Half of the crushed tomatoes
- Half of the canned black beans
- 1 Tbsp ground cumin
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the skillet to reheat and then cook in the rice, as directed.

Special Notes: If you wish to make this with brown rice, cook it separately and then stir it in with the meat sauce just before serving.

Dairy-Free Modifications: Omit cheese garnish for dairy-free meal.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

2. Grilled Honey Mustard Salmon

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 12 minutes*

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.*

Ingredients for Single Meal

- 4 - salmon fillet
- - Salt and pepper
- 2 - Tbsp honey
- 2 - Tbsp Dijon mustard
- 1 - Tbsp apple cider vinegar
- Side: - salad**
- Side: - dinner rolls**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the honey, Dijon mustard and apple cider vinegar.
2. Place salmon fillets into a baking dish and season with salt and pepper. Pour the honey mustard marinade over the salmon. Let marinate for at least 30 minutes in the fridge.*
3. Preheat the grill.
4. Grill skin side down for 8 to 12 minutes, over direct heat, or until cooked through and flaky. Cooking time may vary depending on thickness of the fillets.
5. Prepare salad.
6. Warm the dinner rolls.
7. Serve Grilled Honey Mustard Salmon with salad and dinner rolls.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 4 Tbsp honey, 4 Tbsp Dijon mustard, and 2 Tbsp apple cider vinegar.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 salmon fillets
- Salt and pepper
- Half of the honey mustard sauce

Remove as much as air as possible and seal.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to grill and grilling as directed.

Special Notes: Alternative Cooking Method: Bake at 350 F for 12 to 15 minutes, or until salmon is cooked through.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

3. Grilled Garlic Skirt Steak

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 minutes*

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 1 1/2 - lb(s) skirt steak
- 3 - Tbsp canola oil
- 3 - Tbsp red wine vinegar
- 3 - Tbsp minced garlic
- 1 - tsp honey
- 1/2 - tsp salt
- 1/2 - tsp pepper
- Side: - rice**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together the canola oil, red wine vinegar, minced garlic, honey, salt and pepper.
2. Place the flank steak in baking dish and pour the marinade over the top. Cover with plastic wrap and marinate in the fridge for at least 30 minutes* or overnight, ideally.
3. Grill the flank steak over direct heat, until cooked to your preference. Slice across the grain.
4. Cook the rice, as directed.
5. Prepare the veggies.
6. Serve Grilled Garlic Skirt Steak with rice and veggies.

Assembly Prep Directions for 2 Meals

In a large mixing bowl, whisk together 6 Tbsp canola oil, 6 Tbsp red wine vinegar, 6 Tbsp minced garlic, 2 tsp honey, 1 tsp salt and 1 tsp pepper.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 1/2 lb. skirt steak
- Half of the prepared marinade

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the grill and cooking to your preference.

Special Notes: You could use a flank steak in place of the skirt steak. Once grilled, slice across the grain of the meat.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

4. Shrimp on the Barbie

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 10 minutes

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

****** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.

Ingredients for Single Meal

- 2 - lb(s) peeled deveined shrimp
- 2 - Tbsp olive oil
- 2 - Tbsp lemon juice
- 1 - Tbsp minced garlic
- 1 - Tbsp brown sugar
- 1 - Tbsp Old Bay seasoning
- - Salt and pepper
- Garnish: - lemon wedges**
- Side: - French loaf bread**
- Side: - veggies**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. Preheat the grill.
2. Place the peeled and deveined shrimp into a large bowl.
3. In a small mixing bowl, whisk together the olive oil, lemon juice, minced garlic, brown sugar and Old Bay seasoning (or other seasoning blend.) Add a few pinches of salt and pepper. Pour over the shrimp and toss together.
4. In a grill basket or wire veggie basket, grill the shrimp over direct heat. Shake and toss the grill basket to help the shrimp cook through faster. Grill until all shrimp are pink and cooked through.
5. Warm the loaf bread. (You could warm it on the grill!)
6. Prepare the veggies.
7. Serve Shrimp on the Barbie with lemon wedge garnish and side of bread and veggies.

Assembly Prep Directions for 2 Meals

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lbs. peeled deveined shrimp
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp minced garlic
- 1 Tbsp brown sugar
- 1 Tbsp Old Bay seasoning
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to the grill in a grill/wire basket. Grill until all shrimp are no longer pink.

Special Notes: If you don't have Old Bay seasoning, use another seafood or general seasoning blend.

Dairy-Free Modifications: Recipe is dairy-free when serve with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when you serve with gluten-free sides.

5. Grilled Tilapia with Pineapple Salsa

Yield: 4 servings

Active Time: 10 minutes . Cook Time: 15 minutes*

Recipe is written to make a single meal. Assembly Prep Directions & Shopping Lists will both contain directions and ingredients to make 2 meals, based on the number of servings you selected.

*** This ingredient is used on the day you cook this meal. It is not added at the time you assemble and prepare your meals for the freezer.*

Ingredients for Single Meal

- 4 - small tilapia fillets
- - Salt and pepper
- 2 - Tbsp lime juice
- 1 - Tbsp canola oil
- - dash cayenne pepper
- 2 - cup(s) fresh pineapple chunks**
- 2 - Tbsp sliced green onions**
- 1 - Tbsp chopped cilantro**
- 1 - Tbsp lime juice**
- Side: - rice**
- Side: - salad**
- 1 - gallon-size freezer baggie(s)

Cooking Directions for Single Meal

1. In a small mixing bowl, whisk together 2 Tbsp lime juice, canola oil, cayenne pepper and a few pinches of salt and pepper.
2. Place tilapia fillets into a baking dish and brush the lime marinade onto each fillet. Marinate for at least 30 minutes in the fridge.*
3. Cook the rice, as directed.
4. Preheat the grill.
5. Grill for 2 to 3 minutes per side, over direct heat, or until cooked through and flaky. Cooking time may vary depending on thickness of the fillets.
6. Chop the fresh pineapple and toss with sliced green onions, cilantro and 1 Tbsp of lime juice.
7. Prepare salad.
8. Serve Grilled Tilapia with Pineapple Salsa topping and side of rice and salad.

Assembly Prep Directions for 2 Meals

In a small mixing bowl, whisk together 4 Tbsp lime juice, 2 Tbsp canola oil, dash of cayenne pepper and a few pinches of salt and pepper.

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 tilapia fillets
- Half of the prepared marinade, brushed onto the fillets

Remove as much as air as possible and seal.

Freeze & Thaw Instructions: Put baggie in the freezer and freeze up to 6 months in fridge freezer or 12 months in a deep freezer. Thaw in the fridge overnight, or a warm bowl of water for about 20 minutes, before transferring to grill and grilling as directed.

Special Notes: Alternative Cooking Method: Bake at 350 F for 10 to 12 minutes, or until tilapia is cooked through.

Dairy-Free Modifications: Recipe is dairy-free when served with dairy-free sides.

Gluten-Free Modifications: Recipe is gluten-free when served with gluten-free sides.

Complete Shopping List by Recipe

1. Beef, Bean & Rice Skillet

- ☐ 2 - lb(s) ground beef
- ☐ 4 - Tbsp minced onion
- ☐ 2 - tsp garlic powder
- ☐ 2 - 15 oz. can(s) black beans
- ☐ 2x1 - 15 oz. can(s) crushed tomatoes
- ☐ 2 - Tbsp ground cumin
- ☐ 4 - cup(s) white rice
- ☐ 8 - cup(s) hot water
- ☐ - Salt and pepper
- ☐ - shredded cheese
- ☐ - avocado slices
- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

3. Grilled Garlic Skirt Steak

- ☐ 3 - lb(s) skirt steak
- ☐ 6 - Tbsp canola oil
- ☐ 6 - Tbsp red wine vinegar
- ☐ 6 - Tbsp minced garlic
- ☐ 2 - tsp honey
- ☐ 1 - tsp salt
- ☐ 1 - tsp pepper
- ☐ - rice
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

5. Grilled Tilapia with Pineapple Salsa

- ☐ 8 - small tilapia fillets
- ☐ - Salt and pepper
- ☐ 4 - Tbsp lime juice
- ☐ 2 - Tbsp canola oil
- ☐ - dash cayenne pepper
- ☐ 4 - cup(s) fresh pineapple chunks
- ☐ 4 - Tbsp sliced green onions
- ☐ 2 - Tbsp chopped cilantro
- ☐ 2 - Tbsp lime juice
- ☐ - rice

2. Grilled Honey Mustard Salmon

- ☐ 8 - salmon fillet
- ☐ - Salt and pepper
- ☐ 4 - Tbsp honey
- ☐ 4 - Tbsp Dijon mustard
- ☐ 2 - Tbsp apple cider vinegar
- ☐ - salad
- ☐ - dinner rolls
- ☐ 2 - gallon-size freezer baggie(s)

4. Shrimp on the Barbie

- ☐ 4 - lb(s) peeled deveined shrimp
- ☐ 4 - Tbsp olive oil
- ☐ 4 - Tbsp lemon juice
- ☐ 2 - Tbsp minced garlic
- ☐ 2 - Tbsp brown sugar
- ☐ 2 - Tbsp Old Bay seasoning
- ☐ - Salt and pepper
- ☐ - lemon wedges
- ☐ - French loaf bread
- ☐ - veggies
- ☐ 2 - gallon-size freezer baggie(s)

- ☐ - salad
- ☐ 2 - gallon-size freezer baggie(s)

Complete Shopping List by Store Section/Category

Meat

- ☐ 2 lb(s) ground beef
- ☐ 8 salmon fillet
- ☐ 3 lb(s) skirt steak
- ☐ 4 lb(s) peeled deveined shrimp
- ☐ 8 small tilapia fillets

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 4 cup(s) white rice
- ☐ **Side:** rice

Sauces/Condiments

- ☐ 4 Tbsp honey
- ☐ 4 Tbsp Dijon mustard
- ☐ 2 Tbsp apple cider vinegar
- ☐ 8 Tbsp canola oil
- ☐ 6 Tbsp red wine vinegar
- ☐ 2 tsp honey
- ☐ 4 Tbsp olive oil

Dairy/Frozen

- ☐ **Side:** shredded cheese

Produce

- ☐ **Side:** avocado slices
- ☐ **Side:** salad
- ☐ **Side:** veggies
- ☐ 4 Tbsp lemon juice
- ☐ **Garnish:** lemon wedges
- ☐ 6 Tbsp lime juice
- ☐ 4 cup(s) fresh pineapple chunks
- ☐ 4 Tbsp sliced green onions
- ☐ 2 Tbsp chopped cilantro

Starchy Sides

- ☐ **Side:** dinner rolls
- ☐ **Side:** French loaf bread

Spices

- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ 8 Tbsp minced garlic
- ☐ 1 tsp salt
- ☐ 1 tsp pepper
- ☐ 2 Tbsp brown sugar
- ☐ 2 Tbsp Old Bay seasoning
- ☐ dash cayenne pepper

Supplies

- ☐ 8 cup(s) hot water
- ☐ **Side:** 10 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Recipe

Note: This shopping list doesn't include any side dish items like rice, dinner rolls, veggies or salad.

****In addition to a shopping list for prep day, this list could be used to help you organize ingredients on your counter before you begin preparing the meals for the freezer.**

1. Beef, Bean & Rice Skillet

- ☐ 2 lb(s) ground beef
- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes
- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

3. Grilled Garlic Skirt Steak

- ☐ 3 lb(s) skirt steak
- ☐ 6 Tbsp canola oil
- ☐ 6 Tbsp red wine vinegar
- ☐ 6 Tbsp minced garlic
- ☐ 2 tsp honey
- ☐ 1 tsp salt
- ☐ 1 tsp pepper
- ☐ 2 gallon-size freezer baggie(s)

5. Grilled Tilapia with Pineapple Salsa

- ☐ 8 small tilapia fillets
- ☐ Salt and pepper
- ☐ 4 Tbsp lime juice
- ☐ 2 Tbsp canola oil
- ☐ dash cayenne pepper
- ☐ 2 gallon-size freezer baggie(s)

2. Grilled Honey Mustard Salmon

- ☐ 8 salmon fillet
- ☐ Salt and pepper
- ☐ 4 Tbsp honey
- ☐ 4 Tbsp Dijon mustard
- ☐ 2 Tbsp apple cider vinegar
- ☐ 2 gallon-size freezer baggie(s)

4. Shrimp on the Barbie

- ☐ 4 lb(s) peeled deveined shrimp
- ☐ 4 Tbsp olive oil
- ☐ 4 Tbsp lemon juice
- ☐ 2 Tbsp minced garlic
- ☐ 2 Tbsp brown sugar
- ☐ 2 Tbsp Old Bay seasoning
- ☐ Salt and pepper
- ☐ 2 gallon-size freezer baggie(s)

Freezer Meal Prep Day Shopping List by Store Section/Category

Note: This shopping list doesn't include any side dish items like fruit, dinner rolls, veggies or salad.

Meat

- ☐ 2 lb(s) ground beef
- ☐ 8 salmon fillet
- ☐ 3 lb(s) skirt steak
- ☐ 4 lb(s) peeled deveined shrimp
- ☐ 8 small tilapia fillets

Pantry Staples - Canned, Boxed

- ☐ 2 15 oz. can(s) black beans
- ☐ 2x1 15 oz. can(s) crushed tomatoes

Spices

- ☐ 4 Tbsp minced onion
- ☐ 2 tsp garlic powder
- ☐ 2 Tbsp ground cumin
- ☐ Salt and pepper
- ☐ 8 Tbsp minced garlic
- ☐ 1 tsp salt
- ☐ 1 tsp pepper
- ☐ 2 Tbsp brown sugar
- ☐ 2 Tbsp Old Bay seasoning
- ☐ dash cayenne pepper

Produce

- ☐ 4 Tbsp lemon juice
- ☐ 4 Tbsp lime juice

Sauces/Condiments

- ☐ 4 Tbsp honey
- ☐ 4 Tbsp Dijon mustard
- ☐ 2 Tbsp apple cider vinegar
- ☐ 8 Tbsp canola oil
- ☐ 6 Tbsp red wine vinegar
- ☐ 2 tsp honey
- ☐ 4 Tbsp olive oil

Supplies

- ☐ 10x gallon-size freezer baggie(s)

Meal Assembly Instructions

- ☐ Label your bags/foil with printable labels or sharpie.
- ☐ Pull out all the ingredients into a central location or into stations.

Pre-Cook & Chop Instructions

- ☐ Brown 2 lbs. ground beef with 4 Tbsp minced onion and 2 tsp garlic powder. Drain and set aside to cool.
- ☐ In a large mixing bowl, whisk together 6 Tbsp canola oil, 6 Tbsp red wine vinegar, 6 Tbsp minced garlic, 2 tsp honey, 1 tsp salt and 1 tsp pepper.
- ☐ In a small mixing bowl, whisk together 4 Tbsp honey, 4 Tbsp Dijon mustard, and 2 Tbsp apple cider vinegar.
- ☐ In a small mixing bowl, whisk together 4 Tbsp lime juice, 2 Tbsp canola oil, dash of cayenne pepper and a few pinches of salt and pepper.
- ☐ Open 2 cans of crushed tomatoes.
- ☐ Open, drain and rinse 2 cans of black beans.

The Assembly Prep should take between 30 to 35 minutes.

Assembly by Recipe (Set Out on the Counter)

If you prefer to load your freezer baggies and trays one recipe at a time, you can follow the below instructions.

Beef, Bean & Rice Skillet

To each gallon-size plastic freezer baggie, add the following ingredients:

- Half of the browned ground beef, cooled
- Half of the crushed tomatoes
- Half of the canned black beans
- 1 Tbsp ground cumin
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.

Grilled Garlic Skirt Steak

To each gallon-size plastic freezer baggie, add the following ingredients:

- 1 1/2 lb. skirt steak
- Half of the prepared marinade

Remove as much air as possible and seal. Add label to baggie and freeze.

Grilled Tilapia with Pineapple Salsa

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 tilapia fillets
- Half of the prepared marinade, brushed onto the fillets

Remove as much air as possible and seal.

Grilled Honey Mustard Salmon

To each gallon-size plastic freezer baggie, add the following ingredients:

- 4 salmon fillets
- Salt and pepper
- Half of the honey mustard sauce

Remove as much air as possible and seal.

Shrimp on the Barbie

To each gallon-size plastic freezer baggie, add the following ingredients:

- 2 lbs. peeled deveined shrimp
- 2 Tbsp olive oil
- 2 Tbsp lemon juice
- 1 Tbsp minced garlic
- 1 Tbsp brown sugar
- 1 Tbsp Old Bay seasoning
- Salt and pepper

Remove as much air as possible and seal. Add label to baggie and freeze.