

28-Day Refresh // Shopping List // Week 2

The left side of the page lists everything you need to prepare the 4 dinner recipes provided (double the amounts if you want to make 4 portions). On the right side of the page, fill in the other items you'd like to pick up. We've made a few suggestions. Scratch off what you have at home and shop away!

Produce

1 onion	fruit for breakfast and snacking
1 shallot	extra salad greens for lunch
1 clove of garlic	
cilantro	
6 oz. mushrooms (any variety)	
1 bunch broccoli	
½ lb baby bok choy	
½ lb asparagus	
bell pepper	
avocado	
2 oranges	
1 lime	+ avocados for guacamole

Grocery

1 tsp chili powder	
½ tsp cumin	
½ tsp garlic powder	
½ tsp crushed red pepper	
1 tsp dried thyme	
1 tsp dried rosemary	gluten-free grains
½ tsp ground mustard	oats
1 cup quinoa	dried fruit
½ cup chicken stock	
1 tsp toasted sesame oil	
1 tbsp tamari	
corn tortillas	
parchment paper	

Meat Counter

1/3 pound ground beef	extra protein for lunch
2 thin chicken breast cutlets	
½ lb mild white fish	
2 tilapia filets	

Frozen

1 cup cooked brown rice *	
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Sesame-Citrus Tilapia. Spicy Bok Choy.

Serves 2

Prep Time: 20-25 minutes

Brown Rice.

This simple meal comes together quickly, and the marinade will work for any type of fish. Not a spicy fan? Omit the red pepper flakes.

Shopping List:

Produce

1 orange
1 lime
½ lb baby bok choy

Grocery

1 tsp toasted sesame oil
1 tbsp tamari
¼ tsp crushed red pepper

Refrigerated

2 tilapia filets

Frozen

1 cup cooked brown rice *

Recipe:

1 orange, juice and zest
1 lime, juice and zest
1 tsp toasted sesame oil
1 tbsp tamari
¼ tsp crushed red pepper
2 tilapia filets
½ lb baby bok choy
1 cup cooked brown rice (frozen or homemade)

1. To make marinade: combine juice and zest of the orange and lime with sesame oil and tamari. Remove 1 tablespoon of this mixture and set side. Pour remaining marinade over tilapia.
2. Meanwhile, cut bok choy in half lengthwise, and rinse under running water. Place cut side down on a towel to dry. To make spicy sauce for bok choy: combine the reserved tablespoon of marinade with crushed red pepper flakes and set aside.
3. After fish has marinated for 10 minutes, turn on your oven's broiler. Remove fish from marinade and place on a foil lined baking sheet. Spoon a little bit of marinade over each filet, then broil for 5-8 minutes or until cooked through.
4. Meanwhile, heat a small amount of oil in a skillet over med-high heat. (Make sure skillet is large enough to hold bok choy in a single layer, or work in batches.). Season cut sides of bok choy with salt & pepper. Cook cut side down for 2 minutes (or until they begin to brown). Flip and cook an additional 2 minutes. Transfer to individual plates or serving platter and drizzle with spicy sauce.
5. Reheat rice in a microwave-safe bowl or according to package directions.

Cooks Tips:

- Frozen brown rice is a staple in the Spoon & Skillet kitchens. We make this (or any grain) in big batches and freeze in a single later on a baking sheet. Transfer 1-cup portions to individual bags that are convenient to grab from the freezer anytime. Small portions take 30-60 seconds to reheat.

Beef & Quinoa Tacos

Serves 2

Prep Time: 25-30 minutes

Hey, it's taco Tuesday! Get in on the fun. Gluten-free corn tortillas will wrap up all of your tasty fillings. You won't even miss the cheese...promise!

Shopping List:

Produce

½ small onion
bell pepper
cilantro
avocado

Grocery

1 tsp chili powder
½ tsp cumin
½ tsp garlic powder
¼ tsp crushed red pepper
corn tortillas
½ cup quinoa

Refrigerated

1/3 lb ground beef

Recipe:

½ cup uncooked quinoa
1 tsp chili powder
½ tsp cumin
½ tsp garlic powder
¼ tsp crushed red pepper
½ small onion, chopped
½ bell pepper, chopped
1/3 lb ground beef
corn tortillas
avocado
cilantro
other favorite taco toppings

1. Place quinoa in a saucepan, and add enough water to come ¼ -inch about the quinoa. Bring to a boil, cover and reduce heat to the lowest setting. Simmer 10-15 minutes or until all of the water is absorbed. When done remove from heat, keep covered, and let sit at least 5 minutes before fluffing with a fork.
2. To make taco seasoning: combine all spices together.
3. Heat a small amount of oil in a nonstick skillet over med-high heat. Add ground beef and cook until no longer pink. Add chopped onion and bell pepper and continue to cook until beef is brown and onion and peppers have softened. Season with salt & pepper.
4. Add taco seasoning and ¼ cup of water to the skillet. Reduce heat and simmer 5 minutes. Stir in the cooked quinoa, once it finishes cooking.
5. Next, heat tortillas. If you have a gas stove, you can do this by placing tortillas directly over the burner and turning with tongs. Don't step away...they char quickly. Alternatively, warm in a dry skillet, or in the microwave.
6. Assemble tacos with beef & quinoa filling and top with your favorite taco toppings.

Cooks Tips:

- Adding quinoa to this dish allows you to cut down on the amount of beef used.
- As an alternative to tortillas, make yourself a beef & quinoa taco bowl. Simply fill a bowl with shredded lettuce, top with beef & quinoa filling and your favorite toppings.

Chicken with Mustard Pan-Sauce.

Serves 2

Roasted Broccoli.

Prep Time: 25-30 minutes

This is a quick and easy meal that will leave you wanting more...AND it has sauce!

Shopping List:

Produce

1 bunch broccoli

Grocery

olive oil

1 tsp dried thyme

1 tsp dried rosemary

½ cup chicken stock

½ tsp ground mustard

Refrigerated

2 thin chicken breast cutlets

Recipe:

1 bunch broccoli

olive oil

1 tsp dried thyme

1 tsp dried rosemary

½ cup chicken stock

½ tsp ground mustard

2 thin chicken breast cutlets

1. Preheat oven to 425. Combine dried thyme and rosemary in a small bowl to make a quick poultry seasoning. Whisk mustard into chicken stock for the sauce starter. Set both aside.
2. On a baking sheet, toss broccoli with olive oil, salt & pepper. Roast for 10 minutes, then flip and roast another 5-10 minutes.
3. Meanwhile, pat the chicken cutlets dry and sprinkle both sides with salt and poultry seasoning. Heat a small amount of oil in a nonstick skillet over medium heat. Cook chicken about 5 minutes per side, or until fully cooked, and golden brown.
4. When chicken is done, remove from skillet and add sauce starter and a few tablespoons of water to hot skillet to "deglaze." Simmer a minute or so until the sauce is reduced.
5. Slice chicken and spoon a little sauce over each portion. Serve with roasted broccoli.

Cooks Tips:

- Not all chicken stocks are created equal – look for one with as few ingredients and preservatives as possible. Or, even better, make your own! Just simmer some bone-in chicken pieces, onion, and carrot in some water for a couple hours, strain out the solids, and you have fresh chicken broth.

Halibut with Orange & Asparagus.

Serves 2

Mushroom & Quinoa Pilaf.

Prep Time: 30-35 minutes

Cooking fish "en papillote" (in a packet) is the easiest way to steam it to perfection, while infusing the fish with whatever flavors your heart desires.

Shopping List:

Produce

1 orange
½ lb asparagus
6 oz mushrooms (any variety)
1 shallot
1 clove of garlic

Grocery

olive oil
½ cup quinoa

Refrigerated

½ lb mild white fish (halibut, tilapia, cod)

Special Tools:

parchment paper

Recipe:

parchment paper
2 portions of halibut (or another firm white fish)
1 orange, sliced thinly
½ lb of asparagus, trimmed and cut into 2-inch pieces
olive oil
6 oz mushrooms, diced
1 shallot, chopped
1 clove of garlic, chopped
½ cup quinoa
1 cup water

1. Preheat oven to 425.
2. Prepare packets by folding two large sheets of parchment paper in half to make a crease. Open each sheet and begin by laying 2-3 orange slices on one side of the crease in each packet. Season fish with salt and pepper and place on top of orange slices. Arrange asparagus around fish. Drizzle everything with a little olive oil.
3. Seal packets by folding other half of parchment over layered ingredients. Start at one end of the fold, and make overlapping creases around the open edge, crimping parchment to seal in steam. Place packets on a baking sheet and set aside.
4. Add a little oil to medium saucepan, over med-high heat. Add mushrooms, shallot, and garlic, then sprinkle with salt & pepper. Sauté together until edges of mushrooms are crispy and golden brown.
5. Add quinoa and water to saucepan, bring to a boil, then reduce heat to low and simmer, covered, for 15-20 minutes or until water is absorbed. Fluff with a fork before serving.
6. While quinoa is cooking place baking sheet with packets into the oven. Bake for 12-15 minutes or until fish is cooked through.

Cooks Tips:

- Making the parchment packets can be intimidating, but simple, once you get the hang of it. Don't be afraid to use a stapler your first few times. You can find a video tutorial on YouTube...but if all else fails, or this seems too fussy to you, foil works just as well.