

2012 sept. #GetButtonedUp Challenge

sarah's menu for week 1

sat	Quinoa with grilled summer squash: www.twopeasandtheirpod.com/quinoa-with-grilled-summer-squash-green-beans/
sun	Halibut topped with mango salsa: www.simplyrecipes.com/recipes/mango_salsa/ and a side of green beans & optional whole wheat cous-cous
mon	Black bean & baby spinach enchilada: www.food.com/recipe/yummy-black-bean-and-spinach-enchilada-439524 with a side salad
tue	Cilantro lime shrimp: www.skinnytaste.com/2010/03/cilantro-lime-shrimp.html on a bed of orzo and a side of steamed snow peas
wed	Quinoa burgers: www.eatingwelllivingthin.wordpress.com/2010/11/01/love-my-quinoa-burger/ with Tzatziki sauce: www.eatingwelllivingthin.wordpress.com/2009/10/21/fluffy-falafel-and-an-easy-tzatziki/ + a side salad
thu	Skinny chicken picatta: www.eat-yourself-skinny.com/2011/08/secret-recipe-club-chicken-piccata.html with a side of steamed asparagus
fri	Homemade margherita pizza: www.foodnetwork.com/recipes/tyler-florence/margherita-pizza-recipe/index.html + side salad. Follow Tyler Florence's sauce + topping recipe but not his pizza dough recipe as it takes way too long. Instead follow the instructions for making that easier & faster using the recipe on the back of the Fleischmann's Pizza Crust Yeast packet.
sat	FREE NIGHT

Shopping Guide

(be sure to adjust ingredients to fit the # of serving sizes you have)

Meat & Protein

- Halibut (or tilapia or salmon)
- Shrimp
- Chicken cutlets

Produce

- Asparagus
- Baby Spinach
- Broccoli
- Green Beans (enough to use in 2 dishes)
- Snow Peas
- 1 bell pepper
- 1 bunch of carrots
- 1 cucumber
- 1 large zucchini
- 1 large yellow squash
- 2 green onions
- Garlic
- Red onion
- Regular onion
- Fresh salsa
- Large bunch of fresh cilantro
- Fresh basil
- Fresh dill (optional – can use dried if you have on hand)
- 1 Mango
- 4 limes
- 2 lemons (more if you use them to make your own salad dressing)
- Salad fixings – enough for 4 salads

Grains & Breads

- Whole wheat cous cous (optional)
- Brown rice (optional)
- Quinoa (enough to use in 2 meals)
- Whole wheat tortillas
- Orzo (optional)

Dairy

- Eggs
- Cottage Cheese
- Fresh mozzarella (or shredded if you prefer)
- Parmesan Cheese
- Large block of cheddar cheese
- Plain Greek yogurt (you will need 3/4 cup)
- Small sour cream

Other

- Capers
- Low Sodium Chicken Broth
- White cooking wine
- 1 15oz can of Black Beans
- 1 packet of Fleischmann's pizza crust yeast