








# The nourishing home spring salads GF meal plan

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p><b><u>Blackberry Grilled Shrimp Salad</u></b> and <b><u>Raspberry Vinaigrette</u></b> <i>(Grill extra shrimp for Tues' soup)</i></p>	<p><b><u>Grilled Chicken with BLT Salad with Ranch and Baked Potatoes</u></b> <i>(Grill extra chicken for Thurs; extra bacon for Wed)</i></p>	<p><b><u>Rustic Veggie Soup</u></b> with leftover Grilled Shrimp and Simple Garden Salad</p>	<p><b><u>Spring Greens Soup</u></b> with Bacon Bits and <b><u>Baked Potatoes</u></b></p>	<p><b><u>Rainbow Salad</u></b> with leftover Grilled Chicken and <b><u>Raspberry Vinaigrette</u></b></p>	<p><b><u>Oven Baked BBQ Spiced Chicken</u></b> and <b><u>Cultured Potato Salad</u></b></p>	<p><b><u>Asian Style Lettuce Wraps</u></b></p>

## Spring Salads Menu Shopping List

### Meat, Poultry & Fish

- \_\_\_ Raw shrimp, 32 medium (#1)
- \_\_\_ No bone/skin chicken breasts, 2 lbs (#2)
- \_\_\_ Uncured bacon, 1 lb (#2, 4)
- \_\_\_ Chicken stock, 11 cups (#3, 4)
- \_\_\_ Chicken drumsticks, 12 (#6)
- \_\_\_ Ground dark meat turkey, 2 lbs (#7)

### Fresh Produce & Cold Case

- \_\_\_ Yogurt (#2, 6) and Milk of your choice
- \_\_\_ Asparagus, 1 bunch (#4)
- \_\_\_ Avocados, 4 (#2, 3, 5)
- \_\_\_ Baby spinach, 2 cups (#4)
- \_\_\_ Bibb & Romaine lettuce (#2, 7)
- \_\_\_ Blackberries (#1) and Blueberries (#5)
- \_\_\_ Butternut squash, cubed (#3)
- \_\_\_ Carrots, 6 (#3, 7) and Celery (#3, 6)

### Dry Herbs & Spices

- \_\_\_ Basil (#1)
- \_\_\_ Bay leaf (#4)
- \_\_\_ Chili powder (#6)
- \_\_\_ Cumin (#6)
- \_\_\_ Dill weed (#2, 6)
- \_\_\_ Garlic powder (#2, 6)
- \_\_\_ Ground ginger (#6)
- \_\_\_ Italian seasoning (#3)
- \_\_\_ Onion powder (#2, 6)
- \_\_\_ Parsley (#2)
- \_\_\_ Red pepper flakes (#2, 7)
- \_\_\_ Rosemary (#2)
- \_\_\_ Smoked paprika (#6)
- \_\_\_ Thyme (#2, 6)

- \_\_\_ Cherry tomatoes, 8oz (#2, 3)
- \_\_\_ Cremini mushrooms, 6 oz (#3)
- \_\_\_ Cucumbers, 2 (#1, 3)
- \_\_\_ Fresh basil (#1) and Fresh parsley (#4)
- \_\_\_ Fresh garlic, 2 heads (#1, 3, 7)
- \_\_\_ Fresh ginger (#7)
- \_\_\_ Green onions (#2, 6, 7) and Shallot, 1 (#5)
- \_\_\_ Kale, 1 bunch (#3)
- \_\_\_ Leeks, 2 (#4)
- \_\_\_ Lemon, 1 (#6) and Lime, 1 (#1)
- \_\_\_ Mixed Salad greens (#1, 3, 5)
- \_\_\_ Purple cabbage, 1 small (#5)
- \_\_\_ Raspberries (#1, 5) and Strawberries (#5)
- \_\_\_ Red bell pepper, 1 and yellow pepper, 1
- \_\_\_ Red potatoes, 5-6 large (#6)
- \_\_\_ Russet potatoes, 2 per person (#2, 4)
- \_\_\_ Sweet onion, 2 and Yellow onion, 1

- \_\_\_ Yukon gold potatoes, 4 (#3)

### Pantry Items

- \_\_\_ Apple cider vinegar (#1)
- \_\_\_ Arrowroot powder (#2, 7)
- \_\_\_ Artichoke hearts (#1)
- \_\_\_ Balsamic vinegar (#1)
- \_\_\_ Cashews and walnuts (optional)
- \_\_\_ Coconut aminos (#7)
- \_\_\_ Dijon mustard (#6)
- \_\_\_ Fire-roasted diced tomatoes, 14oz can (#3)
- \_\_\_ Honey (#1)
- \_\_\_ Mayo (#2, 6)
- \_\_\_ Rice vinegar (#7)
- \_\_\_ Toasted sesame oil (#7)
- \_\_\_ Tomato paste (#7)