

# Avocado Toast with Poached Eggs

## INGREDIENTS

2 slices gluten-free bread  
1 avocado, sliced  
2 eggs  
Salt and pepper to taste

## DIRECTIONS

1. Toast the gluten-free bread slices.
2. Slice the avocado and spread it over the toasted bread.
3. Poach the eggs and place one on each slice of avocado toast.
4. Season with salt and pepper.

# Lettuce Burgers with Chips

## INGREDIENTS

4 large lettuce leaves  
4 burger patties  
Gluten-free chips

## DIRECTIONS

1. Cook the burger patties according to your preference.
2. Place each patty on a large lettuce leaf.
3. Top with desired condiments.
4. Serve with gluten-free chips.

## Chicken Kabobs with Bell Pepper

### INGREDIENTS

- 2 chicken breasts or thighs, cut into 1-inch cubes
- 1 bell pepper, cut into 1-inch pieces
- 1 large onion, diced
- 1 cup rice
- 1/2 cup tzatziki sauce
- 1 tbsp dill, chopped
- Salt and pepper to taste

### DIRECTIONS

1. Marinate the chicken cubes and bell pepper pieces with salt and pepper.
2. Thread the marinated chicken and bell pepper onto skewers.
3. Grill or broil the skewers for 10-12 minutes, turning occasionally, until cooked through.
4. Cook the rice according to package instructions and mix with diced onion and dill.
5. Serve the chicken kabobs with tzatziki sauce and dill onion rice.

## Beef Tacos

### INGREDIENTS

- 1 lb ground beef
- 1 packet taco seasoning
- 1 red onion, diced
- 1 cup shredded cheddar cheese
- 8 corn tortillas
- 1/2 cup salsa

### DIRECTIONS

1. Cook the ground beef in a skillet until browned. Add the taco seasoning and cook according to package instructions.
2. Warm the corn tortillas.
3. Assemble the tacos by adding ground beef, diced red onion, shredded cheddar cheese, and salsa to each tortilla.

# Corn and Avocado Salad with Grilled Chicken

---

## INGREDIENTS

2 chicken breasts, grilled and sliced  
1 cup corn kernels (fresh or frozen)  
2 scallions, chopped  
1 avocado, diced  
1/4 cup feta cheese, crumbled  
1 lemon, juiced  
1/4 cup fresh parsley, chopped  
1 head romaine lettuce, chopped  
1/4 cup store-bought green goddess dressing

## DIRECTIONS

1. Grill the chicken breasts and slice them.
  2. In a large bowl, combine the corn kernels, chopped scallions, diced avocado, crumbled feta cheese, lemon juice, chopped parsley, and chopped romaine lettuce.
  3. Add the sliced grilled chicken on top.
  4. Drizzle with green goddess dressing before serving.
-

# Grocery List

## PRODUCE

---

- Romaine lettuce
- Red onion
- Bell pepper
- Onion
- Scallions
- Avocados
- Corn
- Parsley
- Dill

## DAIRY

---

- Cheddar cheese
- Feta cheese

## PROTEIN

---

- Ground beef
- Chicken breasts or thighs

## PANTRY

---

- Corn tortillas
- Rice
- Gluten-free bread
- Tzatziki sauce
- Salsa
- Lemon
- Store-bought green goddess dressing
- Chips

# Prep Ahead

---

- **Marinated chicken, bell pepper, and onion:** Store in a zip-lock bag or airtight container in the refrigerator for up to 2 days.
- **Cooked rice:** Allow to cool completely, then store in an airtight container in the refrigerator for up to 5 days.
- **Corn kernels:** Store in an airtight container in the refrigerator for up to 3 days.