

# 2012 sept. #GetButtonedUp Challenge

## sarah's menu for week 2

<b>sun</b>	Smoked salmon kale carbonara: <a href="http://www.foodfitnessfreshair.com/2012/08/27/smoked-salmon-kale-carbonara/">www.foodfitnessfreshair.com/2012/08/27/smoked-salmon-kale-carbonara/</a>
<b>mon</b>	Easy crust-less spinach & feta pie: <a href="http://www.skinnytaste.com/2012/03/easy-crust-less-spinach-and-feta-pie.html">www.skinnytaste.com/2012/03/easy-crust-less-spinach-and-feta-pie.html</a> with a side salad
<b>tue</b>	Rice & dahl: <a href="http://www.simmeredandsauteed.wordpress.com/2011/06/13/easy-cheap-healthy-delicious-my-dahl-recipe/">www.simmeredandsauteed.wordpress.com/2011/06/13/easy-cheap-healthy-delicious-my-dahl-recipe/</a> with side of zucchini sautéed in dill: <a href="http://www.freshcatering.blogspot.com/2006/06/zucchini-with-dill-like-mother-makes.html">www.freshcatering.blogspot.com/2006/06/zucchini-with-dill-like-mother-makes.html</a>
<b>wed</b>	Black bean & veggie quesadillas topped with avocados: <a href="http://www.cookinskinny.com/2012/08/black-bean-veggie-quesadillas/">www.cookinskinny.com/2012/08/black-bean-veggie-quesadillas/</a> + side salad
<b>thu</b>	Baked faro with artichokes & peas: <a href="http://www.krissys-creations.com/2012/02/baked-farro-with-artichoke-and-peas.html">http://www.krissys-creations.com/2012/02/baked-farro-with-artichoke-and-peas.html</a>
<b>fri</b>	Rainy day rigatoni: <a href="http://www.thekitchn.com/simply-satisfying-rainy-day-ri-118349">www.thekitchn.com/simply-satisfying-rainy-day-ri-118349</a> + side salad
<b>sat</b>	FREE NIGHT

### Shopping Guide

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

#### Meat & Protein

- 6 oz smoked salmon
- Shrimp
- Chicken cutlets

#### Produce

- 2-3 avocados
- 2 large bunches of kale
- 1 large eggplant
- Scallions
- 4 yellow onions
- 1 red onion
- 1 bunch of carrots
- 1 cucumber
- 1-2 zucchini
- Fresh parsley
- Fresh dill
- Fresh salsa (tomatillo salsa if your store has it)
- 2 lemons (more if you use them to make your own salad dressing)
- Salad fixings – enough for 3 side salads

#### Grains & Breads

- 2 boxes of whole wheat pasta (one spaghetti, one rigatoni)
- Whole wheat flour (if you don't already have it – white will do the trick too)
- Brown rice
- Lentils (red or green)
- Large burrito style whole wheat tortillas
- Farro (or Arborio rice)

#### Dairy

- Eggs
- Parmesan Cheese (if needed)
- Grated Asiago cheese
- 2.5 oz reduced fat feta cheese
- Mexican cheese blend shredded

#### Other

- 10 oz frozen spinach
- Frozen peas
- Low Sodium Chicken Broth
- 1 15oz can of strained tomatoes
- 1 15oz can of Black Beans
- 28 oz can of crushed tomatoes
- 1 can of corn (need only 2 Tbsp – so get a small size)
- Artichoke hearts
- Red cooking wine