



# FeedAFamily

Your Week in Gluten Free Meals

## Welcome To Your FeedAFamily Delivery & Your Week In Meals.

We aim to provide all the ingredients needed to provide 4 servings per meal throughout a five-day period. This being our goal, it is not a guarantee, and you may have to substitute items throughout the menus with items already in your pantry. **Please review all ingredients against the allergies in your family.** The information provided below is a guide to assist your household in managing the food that has been donated to the max extent possible.

### Your Week in Meals:

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday
Dates:				
<b>BREAKFAST:</b>				
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Fruit of Choice	Fruit of Choice	Fruit of Choice	Fruit of Choice
Grain/Meat	Gluten Free Cereal (Rice Chex, Corn Chex, Cheerios)	Yogurt	Gluten Free Cinnamon Oatmeal	Scrambled Eggs w/ Gluten Free Toast
Extra				
<b>LUNCH/SUPPER:</b>				
	<b>Bean and Cheese Quesadilla</b>	<b>Skillet Chicken Parmesan</b>	<b>Tuna Melt</b>	<b>Chicken Taco</b>
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Fruit of Choice	Fruit of Choice	Fruit of Choice	Fruit of Choice
Vegetable	Corn	Zucchini	Carrots or celery w/ Dressing	Corn
Grain	Corn Tortilla	Gluten Free Pasta (Brown Rice, Chickpea, Lentil)	Gluten Free Bread	Corn Tortilla
Meat/Meat Alternate	Black Beans/Shredded Cheese	Chicken Breast/ Mozzarella Cheese	Shredded Cheese	Chicken/ Shredded Cheese
Extra	Salsa	Tomato Sauce		Salsa/Gluten Free Taco Seasoning
<b>SNACK: Select two of the five components</b>				
Milk	Water	Water	Water	Water
Fruit	Apple			Mixed Berries
Vegetable		Carrots w/ Ranch		
Grain			Air Popped Popcorn	
Meat/Meat Alternate	Peanut Butter	Hard Boiled Egg	Cheese Stick	Yogurt

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Friday	Saturday	Sunday	Flex Day
Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit of Choice	Fruit of Choice	Fruit of Choice	Fruit of Choice
Gluten Free Cereal (Rice Chex, Corn Chex, Cheerios)	Yogurt	Gluten Free Cinnamon Toast	Scrambled Eggs w/ Salsa & Cheese in Corn Tortilla
<b>Chef Salad</b>	<b>Chicken Stir Fry</b>	<b>Pasta with Meat Sauce</b>	<b>BBQ Chicken Stuffed Sweet Potato</b>
Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit of Choice	Fruit of Choice	Fruit of Choice	Fruit of Choice
Lettuce/Cucumber/Tomato	Stir Fry Veggies	Side Salad	Sweet Potato
Gluten Free Bread	Brown Rice	Gluten Free Pasta (Brown Rice, Chickpea, Lentil)	Gluten Free Bread
Ham/Hard Boiled Egg/ Shredded Cheese	Chicken	Ground Beef	Shredded Chicken
	Gluten Free Soy Sauce (Tamari)	Tomato Sauce	Gluten Free BBQ Sauce
Water	Water	Water	Water
	Fruit of Choice		Mixed Berries
Carrots & Celery			
		Air Popped Popcorn	
Peanut Butter	Hardboiled Egg	Cheese Stick	Yogurt

**The fruits and snacks in your delivery may differ and are intended to be substituted**



### **Black Bean and Cheese Quesadillas**

(Serves 4)

#### INGREDIENTS

- 2 cans (15 oz) black beans, drained
- 1 can (15 oz) corn, drained
- 1 cup salsa
- 2 cups shredded cheese of choice
- 8 (6-inch) corn tortillas

1. Mash one can of beans.
2. Mix in remaining can of beans/corn, salsa.
3. Spread mixture evenly on 4 tortillas; top with cheese.
4. Cover with remaining tortillas.
5. Heat skillet & cook quesadillas 2 minutes.
6. Cut into wedges & serve with salsa on the side.



### **Skillet Chicken Parmesan**

Serves 4)

#### INGREDIENTS

- 1 tablespoon olive oil
- 4 small boneless chicken breasts (about 1 ¼ lbs)
- 1 ½ cups pasta sauce
- 1 ½ cups shredded mozzarella cheese (about 6 ounces)

#### DIRECTIONS

1. Season the chicken as desired. Heat the oil in a 10-inch skillet over medium-high heat. Add the chicken and cook for 6 minutes or until well browned on both sides
2. Stir the sauce in the skillet. Reduce the heat to low. Cover and cook for 10 minutes or until the chicken is cooked through.
3. Sprinkle with the mozzarella and cover to melt.
4. Serve over pasta.



## Tuna Melt

(Serves 4)

### INGREDIENTS

- 1 (6.4 oz.) Pouch or 2 (2.6 oz.) Pouches or 2 (5 oz.) Cans - Chunk Light or Albacore White Tuna (if using cans, chunked and drained)
- 2 Tbsp. chopped onions
- 2 Tbsp. mayonnaise
- 1 Tbsp. finely chopped celery or pickle relish
- 4 Gluten Free English Muffins/Bread
- 4 slices cheese (cheddar, American, pepper jack or mozzarella)

### DIRECTIONS

5. In a medium bowl, combine tuna, mayonnaise, onion and celery; mix well.
  6. Toast choice of gluten free bread in oven until golden brown.
  7. Spread tuna mixture over each half of bread and top with a half slice of cheese each.
  8. Return to oven until cheese is melted.
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## Chicken Taco Recipe (Serves 4)

### INGREDIENTS

- 1 lb Boneless Skinless Chicken Breast, Cut Into Half-Inch Pieces
- 1 pkg Gluten Free Taco Seasoning Mix
- 3/4 cup Water
- Corn Tortillas
- 1 cup Mexican Style Shredded Cheese
- (Optional) 1/2 cup Shredded Lettuce
- (Optional) 1 medium Tomato, Chopped

1. Spray large skillet with cooking spray. Add chicken; cook and stir on medium heat until cooked through.
2. Stir in gluten free seasoning mix and water. Cook 10 min. or until sauce is slightly thickened, stirring occasionally.
3. Spoon 2 Tbsp. chicken mixture into each taco shell; sprinkle with cheese. Top evenly with lettuce and tomato.



## **Chef Salad** (Serves 4)

### INGREDIENTS

- 1 package mixed greens (bag)
- 2 hardboiled eggs (sliced)
- 2 tomatoes (sliced)
- 1/4 lb ham or turkey (chopped)
- 1 cucumber
- 1/4 package cheddar cheese (shredded or chopped)
- vinegar and oil dressing (if available)

### INSTRUCTIONS

Cover a plate with mixed greens. Then arrange sliced boiled eggs, diced tomatoes, ham or turkey, cucumbers, cheese on the greens. Top with your favorite gluten-free dressing.

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## **Chicken Stir Fry**

(Serves 4)

### INGREDIENTS

- Microwaveable Brown Rice
- Stir Fry Vegetable Starter Kit
- ½ lb Chicken Breast
- Gluten Free Soy Sauce

### INSTRUCTIONS

Cut chicken into 1/2-inch strips; place in a resealable plastic bag. Combine soy sauce and garlic powder (optional). Add to bag and shake well. Let marinade, in refrigerator, for at least 30 minutes.

In a large skillet or wok, heat 2 tablespoons of oil, stir fry the chicken until no longer pink, about 3-5 minutes. Remove and keep warm.

Add the remaining oil and stir fry the bag of vegetables for 4-5 minutes, or until crisp-tender. Return chicken to the wok, and stir. Serve over brown rice.



## **Pasta with Meat sauce (Serves 4)**

### INGREDIENTS

- 16 oz of Pasta
- 24 oz Marinara Sauce
- 1lb Ground Beef
- Parmesan Cheese

1. Boil 16 oz Gluten Free spaghetti noodles (Brown Rice, Chickpea, Lentil) & drain
2. Heat 24 oz marinara sauce in large sauce pan
3. Brown ground beef per the package instructions and drain
4. Once heated, mix ground beef into marinara sauce pan on warm heat.
5. Plate with noodles and meat sauce – topped with parmesan cheese and serve.



## **BBQ Chicken Stuffed Sweet Potatoes (Serves 4)**

### INGREDIENTS

- 2 medium sweet potatoes, halved
- 1 lb. boneless skinless chicken breasts, cooked and shredded
- 1/3 cup BBQ sauce
- Sliced green onions (optional)

### DIRECTIONS

1. Preheat oven to 425°F. Lay sweet potatoes cut side up on a large baking sheet. Roast until tender, about 35 minutes, depending on size of potatoes.
2. Cook chicken and shred.
3. In a saucepan set to medium low, stir together cooked chicken and BBQ sauce. Heat until warm, 5-10 minutes.
4. Top each potato with scoops of chicken.

Spoon over additional BBQ sauce and sprinkle with sliced green onions, if desired.



## **Zest Up Those Veggies**

### **Salt + Pepper + Butter**

Any veggie!

### **Garlic + Butter**

Green Beans, Broccoli, Spinach, Zucchini

### **Parmesan Cheese + Lemon Juice**

Green Beans, Broccoli, Cauliflower, Zucchini

### **Chile Flake + Honey + Lemon Juice**

Cauliflower, Broccoli, Spinach

### **Cinnamon + Butter**

Carrots, Sweet Potatoes, Butternut Squash

### **Mrs. Dash**

Any veggies!

### **Cajun Seasoning**

Corn, Zucchini, Spinach





## Figure 1-1. Cup- & Ounce-Equivalents

Within a food group, foods can come in many forms and are not created equal in terms of what counts as a cup or an ounce. Some foods are more concentrated, and some are more airy or contain more water. Cup- and ounce-equivalents identify the amounts of foods from each food group with similar nutritional content. In addition, portion sizes do not always align with one cup-equivalent or one ounce-equivalent. See examples below for variability.

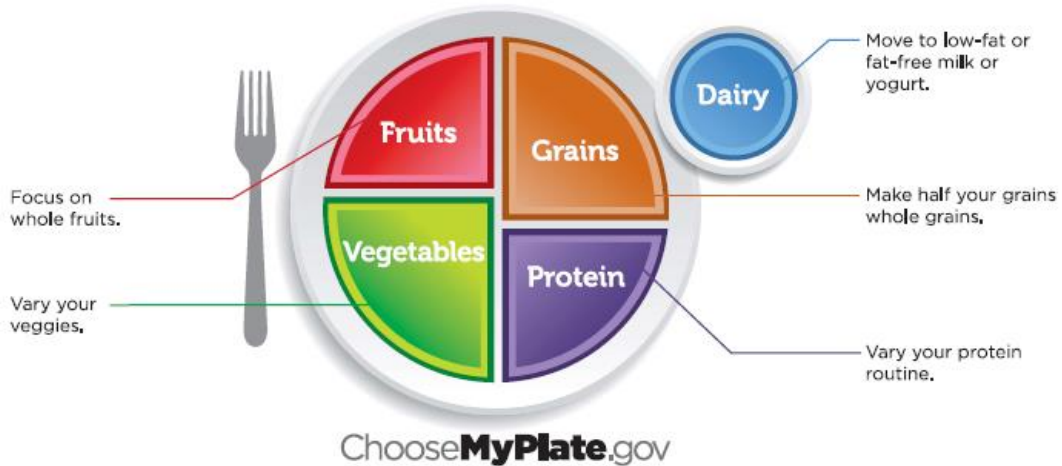
Vegetables 	Fruits 	Grains 	Dairy 	Protein 
 <p>1/2 cup portion of green beans is equal to 1/2 cup-equivalent vegetables</p>	 <p>1/2 cup portion of strawberries is equal to 1/2 cup-equivalent fruit</p>	 <p>1 slice of bread is equal to 1 ounce-equivalent grains</p>	 <p>6 ounce portion of fat-free yogurt is equal to 3/4 cup-equivalent dairy</p>	 <p>1 large egg is equal to 1 ounce-equivalent protein foods</p>  <p>2 tablespoons of peanut butter is equal to 2 ounce-equivalents protein foods</p>
 <p>1 cup portion of raw spinach is equal to 1/2 cup-equivalent vegetables</p>	 <p>3/4 cup portion of 100% orange juice is equal to 3/4 cup-equivalent fruit</p>	 <p>1/2 cup portion of cooked brown rice is equal to 1 ounce-equivalent grains</p>	 <p>1 1/2 ounces portion of cheddar cheese is equal to 1 cup-equivalent dairy</p>	 <p>1 ounce portion of walnuts is equal to 2 ounce-equivalents protein foods</p>  <p>1/2 cup portion of black beans is equal to 2 ounce-equivalents protein foods</p>
	 <p>1/4 cup portion of raisins is equal to 1/2 cup-equivalent fruit</p>			 <p>4 ounce portion of pork is equal to 4 ounce-equivalents protein foods</p>



United States Department of Agriculture

# MyPlate, MyWins: Make it yours

Find your healthy eating style. Everything you eat and drink over time matters and can help you be healthier now and in the future.



### Limit the extras.

Drink and eat beverages and food with less sodium, saturated fat, and added sugars.



### Create 'MyWins' that fit your healthy eating style.

Start with small changes that you can enjoy, like having an extra piece of fruit today.



Focus on whole fruits and select 100% fruit juice when choosing juices.

Buy fruits that are dried, frozen, canned, or fresh, so that you can always have a supply on hand.



Eat a variety of vegetables and add them to mixed dishes like casseroles, sandwiches, and wraps.

Fresh, frozen, and canned count, too. Look for "reduced sodium" or "no-salt-added" on the label.



Choose whole-grain versions of common foods such as bread, pasta, and tortillas.

Not sure if it's whole grain? Check the ingredients list for the words "whole" or "whole grain."



Choose low-fat (1%) or fat-free (skim) dairy. Get the same amount of calcium and other nutrients as whole milk, but with less saturated fat and calories.

Lactose intolerant? Try lactose-free milk or a fortified soy beverage.



Eat a variety of protein foods such as beans, soy, seafood, lean meats, poultry, and unsalted nuts and seeds.

Select seafood twice a week. Choose lean cuts of meat and ground beef that is at least 93% lean.

## Daily Food Group Targets — Based on a 2,000 Calorie Plan

Visit [SuperTracker.usda.gov](http://SuperTracker.usda.gov) for a personalized plan.

Fruits	Vegetables	Grains	Dairy	Protein
<b>2 cups</b>	<b>2½ cups</b>	<b>6 ounces</b>	<b>3 cups</b>	<b>5½ ounces</b>
1 cup counts as: 1 large banana 1 cup mandarin oranges ½ cup raisins 1 cup 100% grapefruit juice	1 cup counts as: 2 cups raw spinach 1 large bell pepper 1 cup baby carrots 1 cup green peas 1 cup mushrooms	1 ounce counts as: 1 slice of bread ½ cup cooked oatmeal 1 small tortilla ½ cup cooked brown rice ½ cup cooked grits	1 cup counts as: 1 cup milk 1 cup yogurt 2 ounces processed cheese	1 ounce counts as: 1 ounce tuna fish ¼ cup cooked beans 1 Tbsp peanut butter 1 egg



### Drink water instead of sugary drinks.

Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed.



### Don't forget physical activity!

Being active can help you prevent disease and manage your weight.

Kids ≥ 60 min/day

Adults ≥ 150 min/week