



February Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Chili-Lime Shrimp Salad w/ Jicama, Kidney Beans & Avocado w/ Honey-Lime Dressing
 2. Meal 2: Balsamic Pork Chops w/ Roasted Broccoli & Rice
 3. Meal 3: Bison Burgers w/ Carrot & Parsnip "Fries"
 4. Meal 4: Lemon Chicken Breasts w/ Sautéed Spinach & Mushrooms & Rice
 5. Salad: Mixed Greens w/ Raspberries, Blue Cheese & Pecans
 6. Breakfast: Eggs Baked in Avocado w/ Grapes
 7. Snack: Cuties
 8. Dessert: Dark Chocolate w/ Macadamia Nuts
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Veggies

1 x jicama (1)
(or sub w/ cucumber)
4-6 avocados (1,6)
2 heads broccoli (2)
1 head bibb lettuce (3)
(or romaine)
5oz tub spinach (4)
2x 5oz sliced mushrooms (4)
1# carrots (3)
1# parsnips (3)
(or sub w/ sweet potatoes)
1x 5oz tub mixed greens (5)
1x 5oz tub arugula (1)
(or salad green of choice)



Meats

4 x thin cut boneless pork chops (2)
1-1.5# ground bison (3)
4 x skin-on, bone-in chicken breasts (4)



Dairy (optional)

4oz blue cheese crumbles (5)



Pantry

8oz dark chocolate (8)*
1 can kidney beans (1)
(or sub with hard-boiled egg)
2c uncooked white rice (2,4)
(or sub w/ 4-8 baked sweet potatoes for Paleo)
4 gluten-free hamburger buns
(if not using lettuce wraps)* (3)
~4T honey (1)



Fish

1-1.5# peeled, deveined shrimp (1)



Nuts & Dried Fruits

1/2c chopped pecans (5)
1-2c macadamia nuts (8)



Fruit

1 pint raspberries (5)
1 bunch grapes (6)
1 bag cuties (7)
(clementines)
6 limes (1)
(or ~3-4T lime juice)
2 lemons (4)



Eggs

4-8 eggs (6)



Oils & Vinegars

~3c olive oil
1/2c balsamic vinegar (5)



Spices

1T chili powder (1)
1tsp garlic powder (3)



February Menu, Super Fast: Prep Day (1 hour!)



Rice: add 4c water + 2c rice to a pan, bring to a soft boil, cover, turn to low and cook 20-30 min or cooked through.
Note: recommend using a rice cooker if available. If baking sweet potatoes for Paleo version, wrap in foil & bake at 400 F for ~1 hr.



Jicama (or cucumber): Peel (I use a knife) & cut into small 1/2" dice. Set aside for salad. (1)
Carrot & Parsnip: Peel & cut into 2-3" long "fries." Toss w/ 2-3T olive oil + 1tsp garlic powder (optional) + S&P. [*] (3)
Broccoli: Chop 2 broccoli heads in ~2" pieces. Toss with 1-2T olive oil + S&P. [*] (2)



Salad (5)

Layer in container as follows:

1/2 tub mixed greens
1/2 pint raspberries
1/4c chopped pecans
2oz blue cheese crumbles
Repeat layers. [*] (5)

Salad (1)

Layer in container as follows:

1/2 tub arugula
1/2 chopped jicama (or cucumber)
1/2 can kidney beans, drained & rinsed
Repeat layers. [*] (1)

Chicken Marinade: Whisk together 1c olive oil + juice & zest of 2 lemons + S&P. [*] (4)

Shrimp Marinade: Whisk together 1/2c olive oil + juice of 3 limes (~1.5T) + 1T chili powder + S&P. [*] (1)

Burgers: Form ground bison meat (or beef) into 4 patties, season w/ S&P. [*] (3)



Balsamic Dressing/ Marinade: Whisk together: 1c olive oil + 1/2c balsamic vinegar. Set aside half for salad dressing (5). Marinate the pork chops in the remaining half of the marinade, adding S&P. Note: you can marinate for up to 2 days. [*] (2)

Honey Lime Dressing: Whisk together 1/2c olive oil + juice of 3 limes (~1.5T) + 2-4T honey (to taste) + S&P. [*] (1)

KEY - [*]: store in container, label & refrigerate for use later in week



February Menu, Super Fast: Dish Day

Day 1

Chili-Lime Shrimp Salad w/ Jicama, Kidney Beans & Avocado w/ Honey-Lime Dressing (1)

1. Pre-heat oven to 425 F. Marinate shrimp in chili-lime marinade while oven preheats. Remove dressing from fridge.
2. Remove shrimp from marinade, place in a single layer on a baking sheet, bake for 10-14 minutes or color has changed.
3. Dice 2 avocados. Top salad with cooked shrimp, diced avocado & drizzle with Honey-Lime dressing.

Day 2

Balsamic Pork Chops w/ Roasted Broccoli & Rice (2)

1. Pre-heat oven to 425 F. Re-heat rice, covered, in oven for 40-45 minutes (or microwave).
2. Place pork in a single layer on a baking sheet & roast for ~30-35 minutes or until an internal temperature of 140 F.
3. Place broccoli on separate baking sheet in a single layer and roast 25-30 min (depending on size).

Day 3

Bison Burgers w/ Carrot & Parsnip "Fries" (3)

1. Pre-heat oven to 425 F. Place carrots & parsnips in oven and roast for 45-55 minutes, tossing half-way through.
2. Cook burgers on a grill (outdoor or indoor), ~4-5min/ side OR bake in 425 F oven ~20-25min. Serve in lettuce wrap or on bun.

Day 4

Lemon Chicken Breasts w/ Sautéed Spinach & Mushrooms & Rice (4) *marinate chicken up to 24 hours*

1. Pre-heat oven 350 F. Marinate chicken breasts in the fridge for a minimum of 30 min (up to 24 hours).
2. Re-heat rice, covered, in oven for 40-45 minutes (or microwave). Bake chicken for 35-45 minutes or until internal temp of 165 F.
3. Heat 1-2tsp olive oil in a large sauté pan. Add 2x 5oz tubs sliced mushrooms, cook 5-6 min. Add 1 bag baby spinach, cover & cook 5-6 more minutes. Season to taste w/ S&P.

Salad

Mixed Greens w/ Raspberries, Blue Cheese & Pecans (5)

1. Shake balsamic vinaigrette well & drizzle over salad.

Breakfast

Eggs Baked in Avocado w/ Grapes (6)

1. Pre-heat oven to 400 F (this works well in a toaster oven).
2. Slice 2-4 avocados in half and remove pits. Crack 1 egg into each avocado half.
3. Bake for 20-24 minutes or eggs are desired doneness.

Snack

Cuties (7)

Dessert

Dark Chocolate w/ Macadamia Nuts (8)