



February Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Ginger-Lime Salmon Pouches w/ Roasted Red Pepper & Sweet Potato Soup
2. Meal 2: Honey BBQ Chicken w/ Coleslaw & Purple Potato Cubes
3. Meal 3: Veggie Chopped Salad w/ Artichokes, White Beans, Tomatoes & Feta
4. Meal 4: Classic Beef & Root Veggie Stew
5. Salad: Spinach w/ Blueberries, Sliced Almonds & Goat Cheese
6. Breakfast: Peanut Butter & Cherry Breakfast Cookies
7. Snack: Celery Sticks w/ Black Bean Hummus
8. Dessert: Gluten Free Cookie Dough Bites



Herbs

1 bunch cilantro (7)
1 bulb garlic (1,4,7)
2" knob ginger (1)



Fruits

1 pint blueberries (5)
4 limes (1,7)



Dairy (optional)

4oz goat cheese crumbles (5)
4oz feta cheese crumbles (3)



Pantry

1c strained tomatoes (2)
1 can white beans (3)
1 can black beans (7)
1c peanut butter (6)*
8.5oz can artichokes in water (3)
4c vegetable broth (1)*
5T honey (2)
14.5oz can diced tomato (4)*
1c red wine (4)
4-6c beef broth (4)*
¼c maple syrup (8)
2c almond flour (8)
¼c mini chocolate chips (8)
parchment paper (1)



Veggies

½# bag chopped cabbage (2)
(OR coleslaw mix)
1 pint cherry tomatoes (3)
2 red bell peppers (1)
2 large yellow onions (1,4)
2 sweet potatoes, ~1# (1)
1# purple potatoes (2)
(OR sub w/ red or fingerling)
5oz tub mixed greens (3)
¼# parsnips (4)
¼# mini red potatoes (4)
1 bunch celery (4,7)
¼# carrots (4)
5oz tub baby spinach (5)



Meats

8-10 chicken drumsticks
(bone-in) (2)
1.5# beef stew meat (4)



Fish

4 salmon fillets, 4-6oz ea. (1)
(OR sub w/ seabass or tilapia)



Nuts & Dry Fruit

1c sliced almonds (3,5)
1c medjool dates (6)
½c dried cherries (6)*



Oils & Vinegars

~1c olive oil
½c balsamic vinegar (3,5)
~¼c apple cider vinegar (2)
¼c coconut oil, melted (8)



Spices

~3T chili powder (2,7)*
½tsp cumin powder (7)
1T tarragon (2)
(OR sub w/ basil)
¼tsp chipotle or ancho chili powder (1)
(OR sub w/ 1T chili powder)
3T Italian seasoning (4)*
1tsp vanilla (8)



Eggs

1 egg (omega-3) (6)

*Note: read all ingredient lists; avoid added msg, sugar, gluten, salt, etc.



February Menu, Week 1: Prep Day

Pre-heat oven to 325 F. (6)



Chop Salad: Drain artichoke hearts and cut into bite-sized pieces (quartered). Cut cherry tomatoes in half (or quarters). [*] (3)

Purple Potatoes: Cut 1# purple potatoes into 1" cubes. Toss w/ 1T olive oil + 1T tarragon + S&P. [*] (2)

Sweet Potato Soup: Roughly chop 2 sweet potatoes (keep separate), 2 red bell peppers, 3 garlic cloves & 1 yellow onion. (This will eventually be pureed, so the chop can be rough and fairly large, ~2-3"). (1)

Salmon: Thinly slice 2 limes. Grate a 2" knob ginger for ~1T. (1)

Stew: Chop ¼# carrots, 2-3 stalks celery, ¼# parsnips, and 1 yellow onion. Finely chop 2 garlic cloves. [*] (4)

Note: Extra carrots & parsnips? dice into 1" "coins", toss w/ 1T olive oil S&P & roast at 375 F for ~30 min. Great for a side or snack!

Stew Meat: Cut 1.5# beef stew meat into 1" cubes if not pre-cut. (4)

Celery: Chop remaining celery into sticks for snacking. [*] (7)



Sweet Potato Soup: In a large soup pot heat 1tsp olive oil + 1 chopped onion + 3 chopped garlic cloves + 2 chopped red bell peppers, cook over medium high for 10 minutes. Add 2 chopped sweet potatoes and cook 5 more minutes. Add 4c vegetable stock, lower to a simmer and cook for 30 minutes or sweet potato is cooked through (a knife slides easily in/out). Allow to cool. (1)



Hummus (7)

Place the following in a blender:

- 1T olive oil
- 2tsp lime juice (juice of 1-2 limes)
- small handful cilantro
- 1 small clove garlic
- 1 can black beans (drained/ rinsed)
- 1tsp chili powder + ½tsp cumin + ¼tsp salt

Blend on high until smooth (adding oil if needed for consistency). [*] (7)

Sweet Potato Soup (1) (blend in 2-3 batches as necessary)

Place cooked and cooled veggies into blender + ¼tsp salt. Blend until smooth adding water as needed.

Add salt & ¼tsp chipotle powder to taste (chipotle adds spice, adjust accordingly, for less spice replace w/ 1T chili powder). [*] (1)



PB Cookies (6)

Place 1 egg & 1c dates (remove pits first) in a blender or food processor. Blend until smooth (3-4 minutes).

Add in 1c peanut butter, blending until mixed through. Stir in ½c dried cherries.

Drop by spoonfuls (best to use a 1.5T ice cream scoop) onto an oiled baking sheet.

Bake in 325 F oven for ~15 minutes. [*] (6)



Cookie Dough Bites (8)

Whisk together: $\frac{1}{4}$ c coconut oil (melted) + $\frac{1}{4}$ c maple syrup + 1tsp vanilla
Gently stir in: 2c almond flour + $\frac{1}{4}$ c mini chocolate chips
Roll into 1T sized balls. Yields 16. [*] (8)
Option: Drizzle with melted chocolate.



Coleslaw (2)

Whisk together:
 $\frac{1}{2}$ c olive oil
2T apple cider vinegar
1tsp honey
salt to taste
Toss together with 1 bag of chopped cabbage or coleslaw mix ($\frac{1}{2}$ #). [*] (2)

Honey BBQ Sauce (2)

Whisk together:
1c strained tomatoes
2T chili powder
2T apple cider vinegar
4T honey
 $\frac{1}{4}$ tsp salt & pepper
Set aside half of the BBQ sauce for dipping. [*] (2)
Toss chicken drumsticks in remaining $\frac{1}{2}$ of the BBQ sauce and let marinate in fridge. [*] (2)

Side Salad (5):

In a container layer the following (option to store in the salad tub):
 $\frac{1}{2}$ tub of spinach
 $\frac{1}{4}$ c sliced almonds
 $\frac{1}{2}$ pint blueberries
2oz goat cheese crumbles
Repeat layers. [*] (5)

Salmon (1): ****If not eating this dish within 24 hours, please wait on prepping this until Dish Day.****

Place each salmon fillet on a separate ~8" square parchment paper. Spread 1T grated ginger & sprinkle salt evenly over all 4 fillets.
Top each fillet with a single layer of thinly sliced limes (~3 slices/ salmon). Fold over parchment to make "pouches". [*] (1)
See instructions for folding pouches at <http://www.prepdish.com/salmonpouch/>

Beef Stew (4)

Combine:
1 can diced tomatoes + 1c red wine (can sub beef broth or water) + 1c water (can sub beef broth) + 3T Italian seasoning
Toss all together w/ beef stew meat (1.5#) + S&P. [*] (4)



Balsamic Vinaigrette:

Whisk together:
1 cup olive oil + $\frac{1}{2}$ c balsamic vinegar. [*] (3,5)

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



February Menu, Week 1: Dish Day

Day 1

Ginger-Lime Salmon Pouches w/ Roasted Red Pepper & Sweet Potato Soup (1)

1. Pre-heat oven to 400 F. Bake salmon for 16-18 minute or just cooked through/ flaky. Note: remove lime slices, do not eat.
2. Heat soup on stovetop until heated through.

Day 2

Honey BBQ Chicken w/ Coleslaw & Purple Potato Cubes (2)

1. Pre-heat oven to 375 F. Place purple potatoes in a single layer on a baking sheet. Roast for 40-45 minutes.
2. Place chicken in a baking pan. Bake 45 minutes or cooked through (165 F). Serve w/ remaining BBQ sauce & coleslaw on side.

Day 3

Veggie Chopped Salad w/ Artichokes, White Beans, Tomatoes & Feta (3)

1. Place 1 tub mixed greens in large bowl, top w/ chopped artichokes & cherry tomatoes, 1 can drained/ rinsed white beans, 4oz feta crumbles and 1/2c sliced almonds.
2. Drizzle w/ 1/2 balsamic vinaigrette. Reserve 1/2 of vinaigrette for Side Salad (5).

Day 4

Classic Beef & Root Veggie Stew (4)

1. Place chopped stew veggies + 1/4# mini red potatoes (cut in 1/2 if larger than a ping pong ball) + seasoned stew meat + 4c beef broth in a crock pot on low for ~8 hours depending on how your slow cooker heats.

Salad

Spinach w/ Blueberries, Sliced Almonds & Goat Cheese (5)

1. Let vinaigrette come to room temp, shake well. Toss into salad (or add 1T/ serving). Reserve 1/2 of vinaigrette for Day 3 salad.

Breakfast

Peanut Butter & Cherry Breakfast Cookies (6)

Snack

Celery Sticks w/ Black Bean Hummus (7)

Dessert

Gluten Free Cookie Dough Bites (8)