



February Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Beef Stir Fry w/ Broccoli & Sesame Quinoa
2. Meal 2: Chili Roasted Sea Bass w/ Mexican Quinoa Pilaf
3. Meal 3: Lemon-Parsley Pork Chops w/ Cabbage & Apples
4. Meal 4: Pinto Bean, Kale & Sweet Potato Soup
5. Salad: Mixed Greens w/ Strawberries, Pecans & Goat Cheese
6. Breakfast: Black Bean, Bell Pepper & Onion Scramble w/ Avocado
7. Snack: Pear w/ Sunflower Seed Butter
8. Dessert: Baked Apples w/ Cherries & Almonds



Herbs

- 1 bulb garlic (1,2,4,6)
- ~3" ginger knob (1)
- 1 bunch fresh cilantro (2,6)
- 1 bunch fresh parsley (3)



Fruits

- 1 pint strawberries (5)
- 2 granny smith apples (3)
- 4 red apples (8)
- 4 pears (7)
- 2 lemons (3)
- 4 limes (2)



Dairy (optional)

- 4oz goat cheese crumbles (5)
- 1 tsp butter or ghee (3)



Pantry

- 2c quinoa (1,2)
- 1/2c sunflower seed butter (7)
- 1 can pinto beans (4)
- 2 cans black beans (2,6)
- 1/4c low-sodium tamari (1)*
- 32oz vegetable broth (4)*
- 1tsp vanilla extract (8)*



Veggies

- 2-4 avocados (2,6)
- 1 head purple cabbage (3)
- 1 bunch kale (4)
- 1 pint cherry tomatoes (2)
- 1 bunch broccoli (1)
- 1 large sweet potato (4)
- 1 red bell pepper (6)
- 1 yellow onion (4,6)
- 5oz tub mixed greens (5)



Meats

- 1# grassfed beef stir-fry meat (cut into thin, bite-sized pieces) (1)
- 4 thin-cut, bone-in pork chops (3)



Nuts & Dry Fruit

- 1/2c almonds (8)
- 1/2c chopped pecans (5)
- 1/2c pumpkin seeds (2)
- 1/4c medjool dates (8)
- 1/4c dried cherries (8)*



Spices

- 1/2T cinnamon (8)
- ~3T chili powder (2,4)*
- 1T cumin (4)
- 1tsp ancho chili powder, optional (4)
- red chili flakes, optional (1)



Eggs

- 8 eggs (omega-3) (6)



Fish

- 4 Chilean sea bass fillets (2)
- option to sub salmon



Oils & Vinegars

- 1 1/4c olive oil
- 1/4c coconut oil (8)
- 3T toasted sesame oil (1)
- 1/4c balsamic vinegar (5)
- 1tsp apple cider vinegar, optional (3)

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



February Menu, Week 4: Prep Day

Pre-heat oven to 350 F.



Strawberries: slice into bite-sized pieces. Set aside. (5)

Garlic: finely chop 6 garlic cloves, set aside ½ for soup (4) & half for stir fry (1). (1,4)

Ginger: grate ~2T ginger, set aside. (1)

Broccoli: chop into small bite-sized pieces. [*] (1)

Kale: remove leaves from stems and finely chop both stems and leaves separately, set aside. (4)

Sweet Potato: finely chop into small bite-sized pieces for soup. (4)

Yellow Onion: finely chop, set aside half for soup (4), store remaining half for breakfast scramble (6). [*] (4,6)

Bell Pepper & Garlic: finely chop bell pepper into bite-sized pieces; finely chop 2 cloves garlic. Store both w/ onion. [*] (6)

Cilantro: finely chop 1T cilantro. [*] (6)

Cherry Tomatoes: quarter tomatoes and set aside. (2)

Cabbage: chop cabbage into thin 2" strips (can also use a food processor attachment for this), set aside. (3)

Apples: chop 2 granny smith apples into bite-sized pieces, set aside. (3)



Soup (4): In a large soup pot heat 1tsp oil over med-high heat. Add: 2T chili powder + 1T cumin + ancho powder (adjust for heat preference) + chopped garlic cloves + sweet potatoes + kale stems + ½ chopped yellow onion.

Sauté the above for 8-10 min. Add 32 oz low sodium veg broth + 4c water.

Add finely chopped kale leaves. Bring to a boil, lower to a simmer and cook for 20 minutes. Add pinto beans (drained). Season to taste with S&P and additional ancho powder as desired. Allow to cool. [*] (4)

Quinoa: add 4c water + 2c quinoa to large pot. Bring to a boil, turn heat to low. Cook 20-25min. Set aside to cool. (1)



Sautéed Cabbage & Apples (3):

Heat 1tsp butter (option: ghee or coconut oil) over med heat & place chopped apple and cabbage in pan.

Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 min, stirring occasionally. Remove lid during final 5-10 min of cooking. [*] (3)



Baked Apples (8)

Place in a blender:

¼c coconut oil + ¼c dates, pits removed (~5 large) + ¼c dried cherries + ½ c almonds + 1tsp vanilla

Blend until roughly chopped.

Cut 4 red apples in half and scoop out center seeds.

Place 1T (heaping) of filling in each apple; sprinkle w/ ½T cinnamon. Cover with foil. [*] (8)



Cilantro Dressing (2)

Place in a blender:

- 1 small clove garlic
- Large handful of cilantro
- ¼c olive oil
- ½T lime juice (juice of 1-2 limes)

Blend on high, season to taste w/ S&P. Note: you will need the blender for the next step. There is no need to wash blender in between these steps, a quick rinse will do.

Lemon Parsley Marinade (3)

Place the following in a blender:

- juice of 2 lemons
- ½c olive oil
- large handful fresh parsley
- 1tsp salt

Blend until parsley is chopped. (3) [*]



Mexican Quinoa Pilaf (2)

In large bowl toss together the following:

- 3c cooked quinoa
- chopped cherry tomatoes
- 1 can black beans, drained/ rinsed
- ½c pumpkin seeds
- cilantro dressing

Toss to combine. Season w/ S&P if needed. [*] (2)

Sesame Quinoa (1): Toss remaining cooked quinoa (~3c) w/ 2T toasted sesame oil. [*] (1)

Salad (5)

Layer in container as follows:

- ½ mixed greens
 - ½ sliced strawberries
 - ¼c chopped pecans
 - 2oz goat cheese,
- Repeat layers. [*] (5)

Chili Sea Bass (2)

In a bowl whisk together:

- 2T olive oil
- 2tsp chili powder
- 1tsp salt

Evenly spread above marinade over sea bass. [*] (2)



Balsamic Vinaigrette: ½ cup oil + ¼c balsamic + pepper [*] (5)

Stir Fry Sauce (1)

- ¼c low-sodium tamari (or other gluten-free soy sauce)
- 1T sesame oil
- 2T fresh grated ginger
- 2 cloves chopped garlic

Whisk together and pour over sliced beef. [*] (1)

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



February Menu, Week 4: Dish Day

Day 1

Beef Stir Fry w/ Broccoli & Sesame Quinoa (1)

1. Heat sesame quinoa, covered, in 350 F oven for 30-40min (option to re-heat in microwave).
2. Heat 1tsp oil in large sauté pan or wok over medium-high heat.
3. Cook broccoli 10 min. Scoot veggies to side, add beef to pan (including marinade) & cook 3-5 min, or pink is just disappearing.
4. Option to top stirfry w/ red chili flakes as desired. Serve immediately over quinoa.

Day 2

Chili Roasted Sea Bass w/ Mexican Quinoa Pilaf (2)

1. Pre-heat oven to 425 F. Place fish in baking pan & roast for 20-22 minutes or cooked through/ flaky.
2. Mash 1-2 avocados and season w/ lime juice, S&P. Serve fish w/ mashed avocado & quinoa pilaf on side.

Day 3

Lemon-Parsley Pork Chops w/ Cabbage & Apples (3) *marinate in fridge 1 hour up to 24 hours*

1. Pre-heat oven to 425 F. Remove pork chops from marinade.
2. Bake pork chops in single layer on a baking sheet for 30-40 minutes or until 150 F internal temp.
3. Re-heat cabbage & apples in a large sauté pan, covered, over medium heat, stirring occasionally, until heated through.

Day 4

Pinto Bean, Kale & Sweet Potato Soup (4)

1. Re-heat on stovetop, on low, until bubbly/ heated through, stirring occasionally.

Salad

Mixed Greens w/ Strawberries, Pecans & Goat Cheese (5)

1. Let vinaigrette come to room temp and shake well. Toss into salad (or add 1T/ serving).

Breakfast

Black Bean, Bell Pepper & Onion Scramble w/ Avocado (6)

1. Heat 1t oil over med-high heat in large sauté pan. Cook chopped bell pepper, onion & garlic for 6-8 min.
2. Whisk 8 eggs and add into cooked veggies, along w/ drained can black beans, stir and cook 2-3 min, season w/ S&P.
3. Top w/ chopped cilantro. Serve w/ avocado slices.

Snack

Pear w/ Sunflower Seed Butter (7)

1. Use an apple slicer (or knife) to slice pear. 1 serving = 1 pear + 1-2T sunflower seed butter.

Dessert

Baked Apples w/ Cherries & Almonds (8)

1. Bake, covered, in pre-heated 375 F oven for 25-35 min. Remove cover for final 5-10min.