



## March Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Roasted Sweet Potato, Caramelized Onion & Goat Cheese Tart
  2. Meal 2: Macadamia Crusted Chicken w/ Napa Cabbage Slaw
  3. Meal 3: Beef Fajitas w/ Not Fried Beans & Guacamole
  4. Meal 4: Turkey Minestrone
  5. Salad: Italian Side Salad
  6. Breakfast: Homemade Sausage Patties w/ Roasted Sweet Potato & Poached Eggs
  7. Snack: Plantain Chips & Guacamole
  8. Dessert: Almond Butter Rice Crispies
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### Herbs

1 bunch cilantro (2,3)  
1 bulb garlic (2,3,4)  
~2-3" knob ginger (2)  
1 small bunch basil (1)



### Fruits

1 lime (3)



### Dairy (optional)

4oz soft goat cheese (1)  
4T grassfed butter (1)



### Pantry

1/2c almond butter (8)\*  
1/2c apricot preserves (2)  
~1/3c honey (2,8)  
3c almond flour (1)  
1/3c coconut flakes, unsweetened (2)\*  
1 can refried beans (3)\*  
1 can white beans (4)  
4c beef broth (4)\*  
14oz crushed tomatoes (4)  
1/2c sliced kalamata olives (5)  
2c crispy brown rice cereal (8)  
8 organic corn tortillas (3)  
(OR sub w/ bibb lettuce)  
1 bag plantain chips (7)



### Veggies

4 avocados (3,7)  
1 beefsteak tomato (3)  
1 pint cherry tomatoes (5)  
1 cucumber (5)  
1 large carrot (4)  
1 Napa cabbage (2)  
1 med zucchini (4)  
1 jalapeño (2,3)  
1 red & 1 yellow bell pepper (3)  
4 large sweet potatoes (1,6)  
2 red onions (1,3)  
1 yellow onion (4)  
5oz chopped romaine (5)



### Meats

1/2# ground turkey breast (4)  
1# grassfed stirfry beef (3)  
1-2# chicken tenders (2)  
1# ground pork (6)



### Eggs

7 eggs (omega 3) (1,2,6)



### Nuts

1 1/2c macadamia nuts (2)  
(unsalted)



### Spices

~1 1/2T thyme (4,6)  
2T basil (4,5)  
1T oregano (4)  
2T taco seasoning (3)\*  
1/8tsp cayenne (2)  
1tsp ginger powder (6)  
1tsp garlic powder (6)\*  
2tsp dried sage (6)  
1T dried tarragon (6)



### Oils & Vinegars

~1c olive oil  
1/2c apple cider vinegar (2,5,6)  
2T aged or reduced balsamic vinegar, optional (1)



## March Menu, Week 2: Prep Day

Pre-heat oven to 350 F. (1,6)



### Sweet Potatoes (1,6)

Peel and finely dice 2 lg sweet potatoes. Toss with 1T olive oil + S&P. Roast in single layer on a sheet pan for 30-45 minutes, occasionally removing to toss. Cool. (1)

Cut 2 sweet potatoes in half, wrap in foil & bake for 45-55 minutes or until knife inserts easily. Cool. Mash with fork. [\*] (6)



**Red Onion:** Chop 2 red onions into thin strips. Set aside 1/2 for tart and 1/2 for fajitas. (1,3)

**Minestrone:** Finely dice 1 yellow onion, 1 carrot, and 2 cloves garlic, set aside. Dice 1 zucchini, set aside. (4)

**Fajitas:** Cut 2 bell peppers into thin slices, finely chop 2 cloves garlic. [\*] (3)

**Guacamole:** Finely chop 1 beefsteak tomato, 1/2 jalapeño (removing seeds) & 1T cilantro. [\*] (3)

**Slaw:** Finely chop Napa cabbage. Roughly chop remaining 1/2 of jalapeño (removing seeds). Set aside separately. (2)

**Italian Salad:** Chop 1 cucumber into small, 1/2" bite-sized pieces. Halve 1 pint cherry tomatoes. Set aside. (5)

**Basil:** Remove stems and roughly chop, set aside. (1)



### Minestrone Soup (4)

Heat 1tsp oil in a large soup pot over medium high, add 1/2# ground turkey. Break apart turkey, allowing to cook.

Add chopped veggies (1 diced yellow onion, chopped garlic & carrot), sauté 6-8 minutes or until turkey is cooked.

Season w/ 1T each: thyme, basil, oregano. Add 1 chopped zucchini, 14oz crushed tomatoes, 4c beef broth & 4-8c water.

Bring to boil, lower heat & simmer ~30mins to 1hr. Add 1 can white beans (drained and rinsed).

Set aside and allow to cool. Season w/ S&P to taste. (4). [\*]



### Caramelized Onion (1)

Heat 1T oil over medium heat, add 1 sliced red onion and a pinch of salt.

Stir occasionally for 20-25 minutes, adding more oil and lowering heat as needed. Turn off heat and allow to cool. (1)

### Rice Crispies (8)

Heat 1/4c honey + 1/2c almond butter over medium heat until melted, 2-3 minutes, stirring constantly.

Remove from heat and stir in 2c brown rice cereal. Press into an oiled 8x8" pan. Cool at room temp, cut. [\*] (8)



### Tart (1)

Place the following in a food processor: 3c almond flour + 4T butter (or 4T olive oil) + 1 egg + 1/8tsp salt

Pulse until combined. Spread in a 9x13" pan and bake for ~15 minutes or set.

Top crust with caramelized onions + diced roasted sweet potato + 4oz goat cheese crumbles.

Place in 350 F oven for 5-10 min to melt cheese. Top with chopped basil & drizzle with reduced balsamic vinegar (optional). [\*] (1)



### **Macadamia Chicken (2)**

In a food processor or blender place:

1½c unsalted macadamia nuts

¼c shredded coconut, unsweetened

Pulseblend until mixture resemble bread crumbs. Be careful not to go too far and make nut butter. Place crumbs in a shallow bowl.

Whisk 2 eggs in a separate shallow bowl.

Dredge 1-2# chicken tenders in beaten eggs and then in macadamia crust. Sprinkle lightly with salt. [\*] (2)



### **Napa Slaw (2):**

Place the following in a blender:

¼c olive oil

2T apple cider vinegar

½ jalapeño, seeds removed, rough chopped

small handful cilantro

½T honey

¼tsp salt or to taste

Blend on high until smooth. Toss 1 head chopped Napa cabbage w/ dressing. [\*] (2)

### **Apricot Dipping Sauce (2)**

Place the following in a blender:

½c apricot preserves

handful of cilantro

small garlic clove, roughly chop

⅛tsp cayenne pepper

1T fresh grated ginger

Blend until smooth. [\*] (2)



### **Sausage (6)**

Whisk together:

1tsp ginger powder + 1tsp garlic powder + 1tsp dried thyme + 2tsp dried sage + 1T dried tarragon + ½tsp sea salt

Add 1# ground pork and mix to combine (easiest done with hands). Form into ~8 patties. [\*] (6)

### **Italian Salad (5):**

Whisk together:

½c olive oil

¼c apple cider vinegar

1T dried basil

S&P. [\*] (5)

Toss this basil vinaigrette together with:

1 cucumber, chopped

1 pint cherry tomatoes, halved

½c sliced kalamata olives. [\*] (5)

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



## March Menu, Week 2: Dish Day

### Day 1

#### **Roasted Sweet Potato, Caramelized Onion & Goat Cheese Tart (1)**

1. Re-heat in 350 F oven for 30 minutes (can also be served cold).

### Day 2

#### **Macadamia Crusted Chicken w/ Napa Cabbage Slaw (2)**

1. Pre-heat oven to 350 F. Bake chicken tenders on lined baking sheet for 18-20 minutes.
2. Serve w/ Apricot Dipping Sauce & Cabbage Slaw.

### Day 3

#### **Beef Fajitas w/ Not Fried Beans & Guacamole (3)**

1. Heat 1 can refried beans, covered, in 350F oven for ~20 minutes or in microwave.
2. Add 1T oil to a large sauté pan over med-high heat. Add garlic, bell peppers & onion, sauté for ~10 mins.
3. Add 1# sliced beef + 2T taco seasoning, cook ~5min or just cooked.
4. Make guacamole: mash 4 avocados, stir in: 1T cilantro, 1 chopped beefsteak tomato, 1tsp jalapeño, juice of ½ lime.
5. Serve fajitas in warmed corn tortillas (or lettuce wraps) with guacamole, beans, and lime slice on the side.

\*\*Note: Reserve leftover guac for snack (7).

### Day 4

#### **Turkey Minestrone (4)**

1. Re-heat on stovetop over medium heat until bubbly, reduce to low, heat ~20 minutes or heated through (stirring occasionally).

### Salad

#### **Italian Side Salad (5)**

1. Toss 5oz chopped romaine with dressed tomatoes, cucumber & olives.

### Breakfast

#### **Homemade Sausage Patties w/ Roasted Sweet Potato & Eggs (6)**

1. In small sauce pan over med-low, reheat mashed sweet potato, stirring occassionally, until warmed through.
2. Heat large sauté pan over med-high heat and cook sausage patties ~3-4min/ side or until cooked through.
3. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove eggs.
4. Serve eggs over baked sweet potatoes w/ sausages on the side. Season w/ S&P.

### Snack

#### **Plaintain Chips & Guacamole (7)**

1. Serve plantain chips with leftover guacamole from Day 3.

### Dessert

#### **Almond Butter Rice Crispies (8)**