



March Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Greek Chicken Salad
2. Meal 2: Lemon-Caper Salmon w/ Parmesan Roasted Cauliflower & Broccoli
3. Meal 3: Asian Turkey Lettuce Wraps
4. Meal 4: Garlic Roasted Pork Chops w/ 3 Bean Salad
5. Salad: Spinach, Pine Nut, Golden Raisin & Parmesan
6. Breakfast: Almond Butter, Strawberry & Banana Smoothie
7. Snack: Grapes & Cashews
8. Dessert: Peanut Butter Cups



Herbs

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



Fruits

1 bunch grapes (7)
2 x bananas (6)
3 x lemons (2)



Dairy (optional)

4oz feta crumbles (1)
1c shredded parmesan (2,5)



Pantry

8.5oz can artichokes (1)
(in water)
15.5oz can kidney beans (4)
15.5oz can butter beans (4)
15.5oz can green beans (4)
(OR garbanzo or lima beans)
½c sliced kalamata olives (1)
4T capers (2)
1 can water chestnuts (3)
3T low-sodium tamari (3)
½c almond butter (6)*
4T peanut butter (8)*
(OR sub almond butter)
1c cacao or cocoa powder (8)
¼c honey (8)
12 muffin liners (8)



Veggies

1 pint cherry tomatoes (1)
1 red bell pepper (3)
1 cucumber (1)
1 head cauliflower (2)
1 head broccoli (2)
1 yellow onion (3)
2 heads romaine lettuce (1,3)
5oz baby spinach (5)



Meats

1.25# ground turkey thigh (3)
1# chicken breasts (1)
4-8 thin cut, bone-in pork
chops (4)



Nuts & Dried Fruit

½c pine nuts (5)
1c cashews (7)
½c golden raisins (5)



Freezer

8-10oz bag frozen
strawberries (6)
8-10oz bag frozen spinach (6)



Fish

4 salmon fillets, 4-6oz ea (2)



Oils & Vinegars

~2c olive oil
2T toasted sesame oil (3)
2T rice vinegar (3)
½c red wine vinegar (1,4)
½c balsamic vinegar (1,5)
1c coconut oil (8)



Spices

1T oregano (1,4)
1tsp red chili flakes, optional
(3)
1-2T garlic salt (4)
(OR ~1T garlic powder)

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



March Menu, Week 3: Prep Day

Pre-heat oven to 350 F (1)



Chicken: Whisk together $\frac{1}{4}$ c balsamic vinegar + $\frac{1}{4}$ c olive oil + ground pepper + 1T salt. Marinate 1# chicken breasts ~30 min. (1)



Romaine: Remove 10-12 large leaves, store in large baggie for asian wraps (3). Finely chop remaining lettuce for salad. (1) [*] (1,3)

Greek Salad: Cut 1 pint cherry tomatoes in half. Chop 1 cucumber in $\frac{1}{2}$ " pieces. Drain artichokes & chop into small pieces. [*] (1)

Green Onion: Chop 1 bunch green onions, keeping whites & greens separate. Set aside. (3,4)

Wraps: Finely chop 2 cloves garlic. Grate 1T ginger. Set aside. (3)

Finely chop 2T cilantro + 1 yellow onion + 1 red bell pepper + 1 can water chestnuts (drained). Set aside separately. (3)

Broccoli & Cauliflower: Cut 1 head each into 1" pieces. Toss w/ $\frac{1}{2}$ c shredded parm + 1T lemon zest + 1T olive oil + S&P. [*] (2)



Chicken: Remove chicken from marinade and bake for ~40 minutes or until cooked through (165 F). Cool & slice. [*] (1)



Lettuce Wraps (3)

In lg sauté pan heat 1tsp olive oil, add 1.25# ground turkey, chopped bell pepper, onion, garlic, & ginger. Cook ~10-12 min, breaking apart meat. Add chopped water chestnuts, cilantro, green onion tops, 1T toasted sesame oil, 1T tamari, 1T rice wine vinegar. Stir to combine. [*](3)



Peanut Butter Cups (8)

Place 12 muffin liners in a muffin pan.

In a saucepan over low heat, whisk together 1c coconut oil, 1c cacao/cocoa powder, $\frac{1}{4}$ c honey & pinch of salt, until coconut oil is melted and ingredients are well combined. Remove from heat.

Place 1T of cocoa mixture into bottom of each liner & freeze ~10 min. Once cocoa mixture hardens, place 1tsp peanut butter in center of each cup and "flatten" slightly. Top with additional 1-1.5T cocoa mixture (enough to cover completely). Place in freezer for 10 min or until hardened. Store in muffin pan or remove from muffin pan and store in container or large baggy in freezer.



Lemon Caper Sauce (2)

Stir together:

Zest of 2 lemons (~1tsp)

2T lemon juice (~2-3 lemons)

4T olive oil

4T capers [*] (2)

Spinach Salad (5)

In a container layer the following (option to store in the spinach tub):

2.5oz baby spinach

¼c pine nuts

¼c golden raisins

2oz parmesan

Repeat layers. [*] (5)

Balsamic Vinaigrette (5)

Whisk together:

½c olive oil

¼c balsamic vinegar

S&P to taste. [*] (5)

Greek Vinaigrette (1,4)

Whisk together:

1c olive oil

½c red wine vinegar

1T dried oregano

S&P to taste. [*] (1,4)

**Note: half will be used for Greek Salad (1) and half for 3-Bean Salad (4).

Asian Dipping Sauce (3)

Whisk together:

1T toasted sesame oil

1T rice vinegar

2T tamari

1tsp red chili flakes, optional [*] (3)



Pork Chops (4)

Sprinkle ~¼tsp garlic salt (OR mix 2tsp garlic powder + ½ tsp salt) over each pork chop. [*] (4)

3-Bean Salad (4)

In a large bowl, combine:

white part of chopped onions

15.5oz can kidney, drained & rinsed

15.5oz can butter beans, drained & rinsed

15.5oz can green beans, drained (OR sub with garbanzo or lima).

Toss with half of Greek Vinaigrette, reserving other half for Greek Salad (1). [*] (4)

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



March Menu, Week 3: Dish Day

Day 1

Greek Chicken Salad (1)

1. Bring Greek vinaigrette to room temp & shake well.
2. Toss together: chopped romaine, cucumber, artichokes + halved tomatoes + 1/2c sliced kalamatas + 4oz feta crumbles.
3. Top salad with sliced/cooked chicken.
4. Drizzle with vinaigrette.

Day 2

Lemon-Caper Salmon w/ Parmesan Roasted Cauliflower & Broccoli (2)

1. Pre-heat oven to 425 F. Remove lemon-caper sauce from fridge and bring to room temp.
2. Roast cauliflower & broccoli in a single layer on a sheet tray and for 30-35 minutes.
3. Heat a large sauté pan to medium-high heat and add 1T oil. Place 4 salmon fillets in pan, flesh side down, 3-4 minutes.
4. Flip salmon and pour lemon-caper sauce over top, cover with lid & cook another 3-4 min or cooked through.

Day 3

Asian Turkey Lettuce Wraps (3)

1. Heat filling in a sauté pan over med-high for 5-10min or heated. Serve filling in large romaine lettuce leaves w/ dipping sauce.

Day 4

Garlic Roasted Pork Chops w/ 3 Bean Salad (4)

1. Pre-heat oven to 425 F.
 2. Bake pork chops ~12-15 minutes, depending on thickness of chops. Internal temperature should reach 145 F.
- Note: Leftover 3 Bean Salad makes a great lunch; just top with tuna and chopped avocado.

Salad

Spinach, Pine Nuts, Golden Raisins & Parmesan (5)

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

Breakfast

Almond Butter, Strawberry & Banana Smoothie (6)

1. In a blender place: 3-4c water + 8-10oz each frozen strawberries & spinach + 2 bananas + 1/2c almond butter. Blend until smooth. This yields 4 smoothies. Depending on blender size it may be best to do in 2 batches.

Snack

Grapes & Cashews (7)

1 serving = 1c grapes + 1/4c cashews

Dessert

Peanut Butter Cups (8)