



March Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, White Beans, Olives & Feta
2. Meal 2: Salmon, Green Bean, Almond & Strawberry Salad w/ Lemon-Basil Vinaigrette
3. Meal 3: Chicken Sausage, Broccoli & Chickpeas over Zucchini Pesto "Pasta"
4. Meal 4: Zucchini, Corn & Potato Soup
5. Salad: Romaine w/ Carrot, Tomato, Avocado & Sunflower Seeds
6. Breakfast: Eggs over Zoodles w/ Sausages
7. Snack: Carrots w/Pesto
8. Dessert: Coconut Milk Ice Cream Topped w/ Balsamic Marinated Strawberries



Herbs

1 lg bunch basil (1,2,3,7)
1 garlic bulb (3,4,7)



Veggies

1 head broccoli (3)
1 bunch celery (4)
4 large zucchini (3,4,6)
1 med yellow squash (4)
2 ears corn (4)
1 pint cherry tomatoes (5)
1c fresh green beans (2)
1 russet potato (4)
1 yellow onion (4)
1# carrots (5)
2 avocados (5)
1 bunch collard greens (1)
5oz mixed greens (2)
5oz bag spinach (3,7)
5oz chopped romaine (5)



Fruits

16oz strawberries (2,8)
3 lemons (1,2,3,4,7)



Meats

1# chicken tenders (1)
1# raw chicken sausage (3)*
4 sausage links (6)*



Fish

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



Eggs

6-8 eggs (omega 3) (1,6)



Freezer

1-2 pints vanilla coconut milk ice cream (8)*
(OR sub with yogurt of choice)



Dairy (optional)

8oz feta cheese (1,2)
6oz parmesan (3,4,7)



Nuts

1/2c sliced almonds (2)
1 1/2c pecans (1)
1c walnuts (3,7)
1/2c sunflower seeds (5)



Oil & Vinegar

~2c olive oil
1T apple cider vinegar (1)
(or vinegar of choice)
1/2c balsamic vinegar (5,8)



Pantry

15.5oz can chickpeas (3)
15.5oz can white beans (1)
1/4c sundried tomatoes (1)
(in oil)
1/8c sliced kalamata olives (1)
3c vegetable broth (4)*
1 can coconut milk (1)
1tsp honey (1,2)
1tsp vanilla (8)*
1tsp maple syrup, optional (8)*



Spices

1T cumin (1)
1T chili powder (1)*
1T smoked paprika (1)
optional: red chili flakes (3)

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



March Menu, Week 4: Prep Day



Chicken: Whisk 1 can coconut milk w/ 1T apple cider vinegar (or vinegar of choice). Add chicken & marinate 1-2 hr in fridge. (1)



Broccoli: Chop 1 head broccoli into bite-sized pieces, set aside. (3)

Zucchini: Thinly slice 3 zucchini into long spaghetti-like strips (best on a mandolin). [*] (3,6) Set aside the ends for soup. (4) (3,4,6)

Soup: Roughly chop 1 zucchini, 1 yellow summer squash, 1 yellow onion, 2 garlic cloves and 1 potato. (4)

Optional: finely dice zucchini & summer squash ends and set aside for topping soup (rest of the soup will be pureed). (4)

Soup: Remove corn from 2 cobs (option to set aside 1/4c to top soup at end). (4)

Soup: Roughly chop 4 celery stalks. Chop remaining celery, store sticks in fridge for snacking w/pesto. (4)

Green Beans: Cut into 1" pieces. Steam (or boil) for 3-5 min or until just turning a bright green color. Place in refrigerator. (2)

Strawberries: Thinly slice 16oz of strawberries. (2,8)

Collards: Remove leaves from collards (discarding stems). Roughly chop leaves. Place in a large bowl and set aside. (1)

Sundried Tomatoes: Roughly chop 1/4c sundried tomatoes. (1)

Carrots: Grate (use food processor or lg cheese grater) 2 carrots for side salad. (5) Cut remaining into sticks for snacking [*] (7) (5,7)

Tomatoes: Cut 1 pint of cherry tomatoes in half. Set aside. (5)



Squash & Corn Soup (4)

In lg soup pot, add 1tsp olive oil + roughly chopped veggies (zucchini, squash, onion, garlic, celery, corn, & potato).

Sauté veggies for 5 minutes. Add 3c veggie broth + 3c water. Cook for 30-45 minutes or until a knife easily slides through potatoes.

Turn heat off of soup and let cool slightly.

Puree soup until smooth (may need to do this in batches).

Season w/ 1T lemon juice, zest of 1 lemon (about 1tsp), 2oz parmesan (optional), S&P to taste. [*] (4)



Pecan Crust (1)

In a food processor add:

1 1/2 cup pecans + 1T chili powder + 1T smoked paprika + 1T cumin powder

Blend until pecans reach breadcrumb like texture. Set aside. (1)

Pesto (3,7)

In a blender, combine the following:

2/3c olive oil + 1/2c water or broth (add more if needed for consistency) + 2T lemon juice (about 1 lemon) +

2 cloves garlic + 4oz parmesan (optional) + 1c walnuts + 1c basil + 2c spinach

Blend until smooth. Set aside 1/2 for "pasta" (3). Store 1/2 for snacking [*] (7)(3,7)

Lemon Basil Vinaigrette (1,2)

Place in a blender:

1/2 cup olive oil + 1/2 cup basil leaves + zest 1 lemon + juice 1 lemon (~2T) + 1 tsp honey & 1/8 tsp salt (or to taste).

Blend on high until basil is finely chopped [*] (1,2)



"Pasta" (3): Brown 1lb raw chicken sausage in a large sauté pan on medium high for 10-12 minutes or cooked through. Add chopped broccoli to chicken sausage and sauté 3 min. Add pesto & 1 can drained chickpeas. Stir to combine. [*] (3)



Collard Green Salad (1)

To the large bowl of chopped collards, add: $\frac{1}{4}$ c olive oil & $\frac{1}{2}$ tsp sea salt (coarse sea salt preferred). Use your hands to "massage" the salt and oil into the leaves for 2-3 minutes, add up to $\frac{1}{4}$ c additional oil if needed. Add:

$\frac{1}{4}$ cup chopped sundried tomatoes
1T of lemon-basil vinaigrette **Note: store remaining lemon-basil dressing for salmon salad [*] (2)
4oz crumbled feta (optional)
 $\frac{1}{8}$ c sliced kalamata olives
1 can white beans, drained
Toss all together. [*] (1)

Salmon Salad (2)

Layer in container as follows:
2.5oz mixed greens
 $\frac{1}{4}$ c sliced almonds
 $\frac{1}{2}$ c sliced strawberries
 $\frac{1}{2}$ chopped green beans
2oz crumbled feta (optional)
Repeat layers. [*] (2)

Side Salad (5):

Layer in container as follows:
2.5oz chopped romaine lettuce
 $\frac{1}{2}$ shredded (or chopped) carrot
 $\frac{1}{2}$ halved tomatoes
 $\frac{1}{4}$ c sunflower seeds
Repeat layers. [*] (5)

Balsamic Marinated Strawberries (8)

Whisk together: $\frac{1}{4}$ c balsamic vinegar + 1tsp vanilla + 1tsp maple syrup (optional)
Pour over remaining sliced strawberries (2-3 cups). [*] (8)

Chicken Tenders (1)

Place chopped pecans in shallow bowl. Whisk 2 eggs in a separate shallow bowl.

Dredge 1-2# chicken tenders in beaten eggs and then in pecan crust.

Place in container. Repeat steps until all tenders are covered and placed in container. [*] (1)



Balsamic Vinaigrette: Whisk together: $\frac{1}{2}$ c olive oil + $\frac{1}{4}$ c balsamic vinegar + S&P to taste. [*] (5)

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



March Menu, Week 4: Dish Day

Day 1

Pecan-Crusted Chicken & Collard Green Salad w/ Tomato, White Beans, Olives & Feta (1)

1. Pre-heat oven to 425 F.
2. Place pecan chicken on a sheet tray. Bake 12-15 minutes or cooked through (165 F). Serve w/ salad.

Day 2

Salmon, Green Bean, Almond & Strawberry Salad w/ Lemon-Basil Vinaigrette (2)

1. Place lemon-basil vinaigrette at room temp and shake well before serving.
2. Pre-heat oven to 425 F. Season salmon w/ S&P and bake for 18-20 minutes (or option to grill).
3. Divide salad into 4 serving and top each w/ 1 baked salmon fillet & drizzle w/ 1-2 T vinaigrette.

Day 3

Chicken Sausage & Broccoli w/ Zucchini Pesto "Pasta" (3)

1. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add ½ zucchini "spaghetti" & cook 2-3 min. (reserve ½ for breakfast, 6)
2. Add sausage, broccoli, chickpeas & pesto, cook until heated through. Option to season w/ red chili flakes and/or parmesan.

Day 4

Zucchini & Corn Soup (4)

1. Place soup in a large pot over medium-high for 3-5 min or until bubbly, lower to medium for 10 minutes, stirring occasionally.
2. Stir in any reserved chopped squash & corn. Option to top w/ grated parmesan.

Salad

Romaine w/ Carrot, Tomato, Avocado & Sunflower Seeds (5)

1. Allow balsamic vinaigrette to come to room temp. Chop 1-2 avocados and add to salad. Shake vinaigrette well & drizzle over salad.

Breakfast

Eggs over Zoodles with Sausage (6)

1. Heat sausage links per package in a sauté pan. (note: option to cook all/ most of this in 1 very large saute pan at the same time)
2. Heat 1tsp olive oil in a large sauté pan over med-high heat. Add ½ zucchini "spaghetti" and cook 2-3 min. (reserve ½ for meal D3)
3. Fry eggs in 1tsp oil for 4-5 min or white is cooked and yolk is cooked as desired (this also works well with poached eggs).

Snack

Carrots w/ Pesto (7)

1. Serve carrot sticks with pesto for dipping.

Dessert

Ice Cream w/ Balsamic Marinated Strawberries (8)

1. Top each scoop of ice cream with ~¼c of marinated strawberries.