



# March Menu, Week 5: Grocery List

Serves 4

1. Meal 1: Mahi Mahi w/ Pineapple-Black Bean Salsa & Roasted Asparagus
2. Meal 2: Chopped Salad
3. Meal 3: Marinated Flank Steak w/ Spanish Rice & Green Beans
4. Meal 4: Veggie Minestrone
5. Salad: Arugula w/ Tomatoes, Basil & Mozzarella
6. Breakfast: Asparagus & Bacon Frittata w/ Feta
7. Snack: Cauliflower w/ "Ranch" Dressing
8. Dessert: Tropical Fruit Salad



## Herbs

- 1 bulb garlic (2,3,4,6)
- 1 bunch parsley (2,7)
- 1 bunch fresh basil (5)
- 1 bunch cilantro (3)
- 1 bunch chives (1)
- (OR green onion or cilantro)



## Fruits

- 1 fresh pineapple (1,8)
- 2 limes (1)
- 1 pint raspberries (8)



## Dairy (optional)

- 4oz feta crumbles (6)
- 8oz mini mozzarella balls (5)



## Pantry

- 1c brown rice (3)
- ¼c sliced kalamata olives, optional (2)
- 15oz can white beans (4)
- 15oz can black beans (1)
- 15oz can chickpeas (2)
- 14oz diced tomatoes (4)\*
- 8oz can tomato sauce (3)\*
- 4c vegetable broth (4)\*
- 1T tamari (3)\*
- 1T honey, optional (3)
- 1 can full fat coconut milk (2)
- 1 bag coconut chips (8)\*



## Veggies

- 1 carrot (4)
- 1 zucchini (4)
- 2x asparagus (1,6)
- 1x jalapeño (1)
- 1x red bell pepper (1)
- 1 head broccoli (2)
- 8oz sliced mushrooms (2)
- 3-4c green beans (3)
- 1 pint cherry tomatoes (5)
- 1 yellow onion (3,4)
- 5oz arugula tub (5)
- 5oz bag chopped romaine (2)
- 1 head cauliflower (7)



## Meats

- 1 pkg (~1#) thin, peppered bacon (2,6)\*
- 1-1.5# grassfed flank steak (3)



## Nuts

- ½c pine nuts (5)
- (OR sub sliced almonds)



## Fish

- 4 mahi mahi fillets (1)
- OR sub with salmon



## Oil & Vinegar

- ~2½c olive oil
- ¼c balsamic vinegar (5)
- 4T apple cider vinegar (2,3,7)



## Spices

- 1T oregano (4)
- 1T basil (4)
- 1T thyme (4)



## Eggs

- 8 eggs (omega-3) (6)

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



## March Menu, Week 5: Prep Day

Pre-heat oven to 350 F (2,6)



**Rice:** Place 2c water + 1c brown rice in pan, bring to a boil, lower heat to low, stir & cover w/ lid and cook 30-45 min. Set aside. (3)



**Bacon:**

Set aside 4 slices bacon for frittata (6). Place remaining bacon in single layer on baking sheet, bake 20-25 min or until cooked. [\*] (2)



**Pineapple:** Finely dice 1c pineapple for salsa, set aside (1). Dice remaining pineapple into bite-sized pieces for dessert. (8)

**Salsa:** Finely dice: 1 jalapeño (discard seeds) + 1 red bell pepper + chives (for ~1T). Set aside. (1)

**Tomatoes:** Cut cherry tomatoes in half. (5)

**Minestrone:** Finely chop: 1 carrot & 1 zucchini. (4)

**Broccoli:** Chop 1 head broccoli into bite sized pieces, ~1in. (2)

**Onion:** Finely chop 1 yellow onion, set aside half for soup (4) & half for Spanish rice (3). (3,4)

**Garlic:** Finely chop 6-8 cloves garlic, set aside 1/3 for soup (4), 1/3 for frittata (6) & 1/3 for rice (3). (3,4,6)

**Frittata:** Finely chop 4 slices bacon. Remove & discard lower 2" of 1 asparagus bunch, cut spears in 1/2" pieces. Set aside. (6)

**Asparagus:** Remove & discard lower 2-3" of 2nd asparagus bunch. Toss spears w/ 1T olive oil, S&P. [\*] (1)

**Cauliflower:** Cut into bite-sized pieces for snacking. [\*] (7)

**Lime:** Cut 1 lime in half, set aside for salsa (1). Cut 1 lime into wedges and store for serving with fish. [\*] (1).



**Minestrone Soup (4)**

Heat 1tsp oil in a large soup pot over medium high, add chopped garlic (~1T), 1/2 chopped onion & chopped carrot, sauté 6-8 min. Season w/ 1T each: thyme, basil, oregano. Add 1 chopped zucchini, 14oz diced tomatoes, 4c veg broth & 4c water.

Bring to boil, lower heat & simmer 30 mins. Add white beans (drained & rinsed). Set aside & cool. Season w/ S&P to taste. [\*] (4)

**Spanish Rice (3):**

Place 1/2 chopped onion + chopped garlic + 8oz tomato sauce in a small pot. Bring to a simmer and cook on low for 30 min, stirring occasionally. Add cooked rice (2-3 cups) stir to combine and cool. [\*] (3)



**Frittata (6)**

Place chopped bacon in sauté pan, cook 3-4 min, add chopped asparagus & garlic, cook 3-4 min or til bacon is cooked/ crispy.

Whisk 8 eggs in a large bowl & season w/ black pepper. Stir in cooked bacon & asparagus.

Pour into a oiled pie pan. Top w/ 4oz crumbled feta.

Bake at 350 F for 20-30 minutes or until no longer jiggle. Allow to cool. [\*] (6)



### **Steak Marinade (3):**

Place the following in a blender:

½c olive oil + large handful cilantro + 2 cloves peeled garlic + 1T tamari + 1T honey (optional) + ½T salt + 2T apple cider vinegar  
Blend until combined. Pour over flank steak and allow to marinate in the refrigerator for up to 3 days. [\*] (3)

### **"Ranch" Dressing (2,7):**

Blend the following in a blender until smooth:

1c olive oil + 1 peeled garlic clove + 1 can full fat coconut milk + 2T apple cider vinegar + ½tsp salt + ¼tsp pepper

Add 1 handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped. [\*] (2,7)

Notes: Don't over-blend the parsley or it may become bitter. Dressing is split between salad and snack.



### **Chopped Salad (2):**

Toss together:

5oz bag chopped romaine

1 head broccoli, chopped

¼c sliced kalamata olives, optional

5-7 slices cooked bacon, chopped

8oz sliced mushrooms

15oz can chickpeas, drained and rinsed [\*] (2)

### **Pineapple Salsa (1):**

Toss together:

1c diced pineapple

1 diced red bell pepper

1 jalapeño, diced

1T chopped chives (or green onion or cilantro)

1 can black beans, drained & rinsed

lime juice to taste (1-2tsp)

¼tsp salt (or to taste) [\*] (1)

### **Side Salad (5):**

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

½ tub of arugula, ~2.5oz

4oz mozzarella balls

½ cherry tomato halves

¼c pine nuts (or sliced almonds)

Repeat layers. [\*] (5)

### **Fruit Salad (8):**

Combine: ½ pineapple, diced + 1 pint raspberries + 1 bag coconut chips [\*] (8)



### **Balsamic Vinaigrette (5)**

Whisk together:

½c olive oil

¼c balsamic vinegar

pepper to taste [\*] (5)

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



# March Menu, Week 5: Dish Day

## Day 1

### **Mahi-Mahi w/ Pineapple-Black Bean Salsa & Roasted Asparagus (1)**

1. Pre-heat oven to 400 F.
2. Bake Mahi Mahi for 14-16 minutes or cooked/ flaky OR option to grill, 4-6 minutes/ side. Season w/ S&P.
3. Roast asparagus for 10-12 minutes.
4. Serve fish topped with salsa and with a lime wedge on side.

## Day 2

### **Chopped Salad (2)**

1. Top salad with "Ranch" Dressing, reserving ½ of dressing for snack (7).

## Day 3

### **Marinated Flank Steak w/ Spanish Rice & Green Beans (3)**

1. Re-heat rice in 375-400 F oven for ~40 minutes or heated through.
2. Remove steak from marinade and grill for 4-6 minutes per side for medium rare.  
OR heat large sauté pan to med-high, sear for 3 min on each side and transfer to pre-heated 400 F oven for ~8 min for medium rare.
3. Allow steak to rest 5-10min before cutting. Cut meat very thin against the grain like you would fajita meat.
4. Boil green beans for 6-8 minutes and season to taste w/ S&P.

## Day 4

### **Veggie Minestrone (4)**

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

## Salad

### **Arugula w/ Tomatoes, Basil & Mozzarella (5)**

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

## Breakfast

### **Asparagus & Bacon Frittata w/ Feta (6)**

1. Re-heat each slice in toaster oven (3-5min) or microwave (30sec-1min) OR re-heat entire frittata in 350 F oven, ~15-20 min.

## Snack

### **Cauliflower w/ "Ranch" Dressing (7)**

1. Dip chopped cauliflower into "Ranch" Dressing. Make sure to reserve ½ of dressing for Chopped Salad (2).

## Dessert

### **Tropical Fruit Salad (8)**