



April Menu, Week 1: Grocery List

Serves 4

1. Meal 1: BBQ Shrimp w/ Mashed Sweet Potatoes & Snap Peas
2. Meal 2: Italian Chicken w/ Roasted Carrots, Parsnips & Fennel
3. Meal 3: BBQ Ribs w/ Potato Salad & Steamed Broccoli
4. Meal 4: California Veggie Salad
5. Salad: Spinach w/ Mango, Avocado & Walnuts
6. Breakfast: Eggs Baked in Avocado w/ Oranges
7. Snack: Celery w/ Olive Dip
8. Dessert: Cherry Cobbler



Herbs

1 bunch green onions (3)
1 clove garlic (7)



Fruits

4 oranges (6)
1 ripe mango (5)



Dairy (optional)

1c greek full fat yogurt (7)
1/2c butter, unsalted (8)
(OR sub 1/2c coconut oil)



Pantry

~28oz strained tomatoes (1,3)
(Note: can use pureed)
1 can chickpeas (4)
1c sliced kalamata olives (7)
1/2c mayo (3,7)*
1-2T grainy mustard (3)*
~3/4c honey (1,3,4)
1 1/4c almond flour (8)
1tsp almond extract (8)



Veggies

2 large carrots (2)
2 large parsnips (2)
1 fennel bulb (2)
1 bunch celery (3,7)
6-8 avocados (4,5,6)
3-4c snap peas (1)
1 large head broccoli (3)
1 pint cherry tomatoes (4)
2 large sweet potatoes (1)
2# red potatoes (3)
5oz tub spinach (5)
5oz tub mixed greens (4)



Meats

3# baby back ribs (3)
4 chicken leg quarters (2)
(bone-in, skin-on)



Fish

1-1.5# shrimp, peeled,
deveined, tails removed (1)



Nuts & Dry Fruit

1/2c walnuts (5)
1/2c sunflower seeds (4)
1 1/2c medjool dates (8)
1c pecans (8)
1/2c shredded coconut (8)
(unsweetened)



Oils & Vinegars

~2c olive oil
1/4c balsamic vinegar (5)
1/4c apple cider vinegar (1,3)
1/2c red wine vinegar (2,4)



Eggs

8-12 eggs (omega-3) (4,6)



Frozen

20oz frozen dark cherries (8)



Spices

3-4T chili powder (1,3)*
1T oregano (2,4)
1T Italian seasoning (2)*
1T cinnamon (8)
1tsp ground ginger (8)



April Menu, Week 1: Prep Day

Pre-heat oven 375 F (1)



Sweet Potatoes: Pierce 2 large sweet potatoes with a fork. Bake at 375 F for 55-65min or until soft/ cooked through. Cool. (1)



Broccoli: Cut 1 head into 1" pieces. [*] (3)

Potato Salad: Finely dice 2 celery ribs & 1 bunch green onions, set aside. Cut 2# red potatoes into 1-2" pieces, set aside. (3)

Celery: Cut remaining celery into 2-3" pieces for snacking. [*] (7)

Root Veggies: slice 2 carrots & 2 parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens. Toss together with 1T olive oil + 1T Italian seasoning + 1t salt. [*] (2)

**Note: slice and store any remaining carrots into sticks for snacking with celery and dip (7).

Oranges: Cut 4 oranges into quarters for breakfast. [*] (6)

Mango: Dice 1 mango into small pieces for salad, set aside. (5)

Dip: Chop 1c sliced kalamata olives and finely chop 1 clove garlic. Set aside. (7)



Eggs: Place 4 eggs in a pot & cover w/ water. Bring water to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [*] (4)

Potatoes: Place 2# red potatoes, chopped, in a large pot & cover w/ water. Bring to a boil & cook ~15-20 min or fork tender. Remove from heat and cool. (3)



Cobbler (8)

Place in food processor or blender:

1/2c butter or coconut oil

1 1/2c dates (pits removed)

1c pecans

1c almond flour

1/2c unsweetened shredded coconut

1T cinnamon

1tsp ground ginger

1/2tsp salt

Pulse until combined and it begins to form a ball.

Toss together 20oz frozen dark cherries w/ 1/4c almond flour & 1tsp almond extract. Layer on the bottom of 9x9" pan. Top with cobbler from above (does not have to cover completely). Cover with foil. [*] (8)



Sweet Potatoes: Peel cooked & cooled sweet potatoes and use a fork to mash potatoes until smooth. [*] (1)



Olive Dip (7)

In a bowl, combine the following until smooth:

1c greek full fat yogurt + 1/4c mayo + 1c chopped kalamata olives + 1 chopped garlic clove + S&P [*] (7)

Note: To make dairy-free, omit yogurt and increase mayo to 1c.

Honey BBQ Sauce (1,3)

Whisk together (can also use a blender):

28oz can strained (or pureed) tomatoes

3-4T chili powder

1/4c apple cider vinegar

1/2c honey

S&P (~1/4 tsp salt).

You will use ~1½ cup sauce for ribs and ~1c for shrimp. [*] (1,3)

Potato Salad (3)

Whisk together:

1/4c mayo + 1-2T grainy mustard + 1T olive oil + S&P.

Drain and mash boiled potatoes using a fork, mix in dressing (above), 2 celery stalks & 1 bunch green onions, both chopped. [*] (3)

Salad (4)

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

2.5oz mixed greens

1/2 pint cherry tomatoes

1/4c sunflower seeds

1/2 can chickpeas, drained & rinsed

Repeat layers. [*] (4)

Side Salad (5)

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

2.5oz spinach

1/4c chopped walnuts

1/2 diced mango

Repeat layers. [*] (5)



Balsamic Vinaigrette (5)

Whisk together: 1/2c oil + 1/4c balsamic vinegar + S&P. [*] (5)

Italian Dressing (2,4)

Whisk together:

1c olive oil

1/2c red wine vinegar

1T dried oregano

S&P to taste.

You will use 1/2 the dressing to marinade the chicken and 1/2 as dressing for the California Salad. [*] (2,4)

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



April Menu, Week 1: Dish Day

Day 1

BBQ Shrimp w/ Mashed Sweet Potatoes & Snap Peas (2) **marinate shrimp 30mins to 1 hr**

1. Marinate shrimp in $\frac{1}{2}$ c of reserved BBQ sauce for 30 minutes up to 1 hour. Pre-heat oven to 425 F.
 2. Warm sweet potatoes in oven, covered, ~30-40 minutes.
 3. Place shrimp on sheet pan in single layer. Roast ~12 min or until shrimp are cooked. Serve shrimp with additional $\frac{1}{2}$ c BBQ sauce. (Remaining ~ $1\frac{1}{2}$ -2c BBQ sauce will be used for Ribs on D3.)
 4. Steam (or boil) snap peas for 2-3 minutes. Season w/ salt.
 5. Prep Day 2 Chicken: Place 4 chicken quarters in $\frac{1}{2}$ of the Italian dressing marinade and store overnight.
- **Note: reserve other $\frac{1}{2}$ of Italian dressing for D4.

Day 2

Italian Chicken w/ Roasted Carrots, Parsnips & Fennel (2)

1. Pre-heat oven to 425 F. If you didn't marinate chicken on D1, add to $\frac{1}{2}$ of Italian Dressing & marinate while oven pre-heats.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes or chicken is cooked through (165 F). Toss veggies halfway through cooktime.

Day 3

BBQ Ribs w/ Potato Salad & Steamed Broccoli (3) *All Day In Crockpot*

1. Place ribs & $1\frac{1}{2}$ -2c BBQ sauce in crockpot on high for 4-6 hours or low for 8-10 hours.
2. At dinner: steam or boil broccoli for 5-6 minutes. Season to taste w/ S&P.

Day 4

California Veggie Salad (4)

1. Let dressing come to room temp, shake well.
2. Slice 2 avocados; peel & slice hard boiled eggs. Add both to top of salad. Drizzle 1-2T Italian dressing over each serving.

Salad

Spinach w/ Mango, Avocado & Walnuts (5)

1. Let vinaigrette come to room temp, shake well.
2. Cut 2 avocados into cubes, add to salad.
3. Toss w/ balsamic dressing or add 1T/serving.

Breakfast

Eggs Baked in Avocado w/ Oranges (6)

1. Pre-heat oven to 425 F. Cut 2-4 avocados in half.
2. Crack 1 egg into each avocado and bake for 18-24 min or desired egg doneness. Season w/ S&P.

Snack

Celery w/ Olive Dip (7)

Dessert

Cherry Cobbler (8)

1. Bake in pre-heated 375 F oven for ~30 minutes.