



April Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Mustard-Dill Salmon, Asparagus & Purple Potatoes
2. Meal 2: Bison Strip Steaks, Green Beans & Mashed Cauliflower
3. Meal 3: Chicken & Bell Pepper Tacos w/ Jicama & Guacamole
4. Meal 4: Ratatouille Pasta
5. Salad: Arugula w/ Roasted Beets & Pumpkin Seeds
6. Breakfast: Veggie Breakfast Tacos
7. Snack: Kiwis w/ Brazil Nuts
8. Dessert: Coconut Macaroons



Herbs

1 bunch dill (1)
1 bunch basil (4)
1 garlic bulb (1,3,4,6)



Fruits

1 lime (3,6)
8 kiwi (7)



Nuts & Dry Fruit

½c pumpkin seeds (5)
1c Brazil nuts (7)



Pantry

16oz GF penne pasta (4)*
12 organic corn tortillas (3,6)*
2c finely shredded coconut (8)
(no added sugar)
¼tsp almond extract,
optional (8)
¼c honey (8)
1c grainy mustard (1)
½c mini dark chocolate chips,
optional (8)



Veggies

2c green beans (2)
1 head cauliflower (2)
4 x lg beets (5)
(2 red, 2 golden if available)
1 bunch asparagus (1)
1 eggplant (4)
1 zucchini (4)
2 x 8oz tub sliced mushrooms
(4,6)
5 bell peppers (3,4,6)
3 tomatoes (3,4,6)
2 avocados (3,6)
1 med jicama bulb (3)
1 yellow onion (3,4)
1-2# purple potatoes (1)
(OR sub red potatoes)
5oz arugula (5)
5oz spinach (6)



Meats

4 x bison strip steaks (2)
(5-7oz each, grass-fed)
1-2# boneless, skinless
chicken breast (3)



Oils & Vinegars

~1¼c olive oil
¼c balsamic vinegar (5)



Fish

4 salmon fillets, 4-6oz ea (1)



Eggs

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



Spices

1tsp ancho chili powder,
optional (3)*
¼c taco seasoning (3)*
¼c steak seasoning (2)*



April Menu, Week 2: Prep Day

Pre-heat oven to 400 F. (5,8)



Beets (5)

Peel beets and dice into ½" cubes. Toss + 1-2T olive oil +S&P. Roast for 35-40min at 400 F, removing ½ way through to toss. When cooked through (a knife slides through the beets) remove from oven and toss w/ 1T balsamic vinegar. Allow to cool. (5)



Cauliflower: Roughly chop 1 head of cauliflower. (2)

Onion: Chop 1 yellow onion, set aside ½ for chicken tacos (3) & ½ for ratatouille (4).

Peppers: Dice 5 bell peppers (~½" dice). Set aside ~2 diced peppers for tacos (3), ~2 for ratatouille (4), ~1 for breakfast tacos (6).

Ratatouille: Chop 1 eggplant into 1" cubes, 1 zucchini into ½" cubes & finely chop fresh basil leaves (~3-4T), set all 3 aside. (4)

Tomatoes: Finely chop 3 tomatoes. Set aside 1 chopped tomato for ratatouille (4), 1 for bfast taco (6), & 1 for guac (3). [*] (3,4,6)

Garlic: Finely chop 6-8 cloves of garlic, set aside. (1,3,4,6)

Chicken: Slice chicken breasts into 1-2" thin strips. (3)



Cauliflower: Bring 4c water to a boil, add chopped cauliflower, lower to med heat, simmer 15 min, turn off heat, cover, set aside. (2)



Coconut Macaroons (8)

In a small bowl, whisk until well combined: 2 egg whites (save 2 yolks for breakfast tacos, 6) + ¼c honey + ¼tsp almond extract, optional + ½tsp salt. Stir in 2c shredded coconut. Optional: stir in ½c mini dark chocolate chips.

Place in refrigerator (for 30 minutes up to 1 hour). (8)



Ratatouille (4)

Heat 1tsp olive oil in a large sauté pan, over med-high heat.

Add 1-2tsp finely chopped garlic, ½ onion, chopped & 1 diced eggplant. Lower heat to medium and cook 10 minutes.

Add 1 tub sliced mushrooms, 1 chopped tomato & 2 diced bell peppers. Cook for 15 minutes, stirring occasionally.

Add 1 chopped zucchini, cook 10 more min. Season to taste w/ ½tsp salt & pepper. Top w/ ~3-4T chopped basil and cool. [*] (4)

Breakfast Tacos (6)

Heat ½t olive oil in a medium sauté pan, over med-high heat.

Add 1tsp finely chopped garlic & 1 tub sliced mushrooms & 1 diced bell pepper, cook for 10 minutes, stirring occasionally.

Add 1 chopped tomato and cook 5 more minutes. Add 1 bag spinach, cook 2 min or until wilting. Season w/ ½tsp salt.

In a bowl, whisk together: 2 egg yolks + 4 whole eggs + fresh ground pepper

Add eggs to sauté pan and cook an additional 4-5 minutes, stirring occasionally, until egg is just cooked/ firm. [*] (6)

Chicken Tacos (3)

Heat ½tsp olive oil in a medium sauté pan, over med-high heat. Add ½ onion, chopped & 1tsp chopped garlic. Sauté 3-4 minutes.

Add 2 diced bell pepper & ~1tsp ancho chili powder (optional) & cook an additional 3-5 minutes, stirring occasionally.

Add sliced chicken & ¼c taco seasoning. Add ½c water and cook for 10-15 minutes or until chicken is cooked through. [*] (3)



Coconut Macaroons (8)

Spray a baking sheet w/ nonstick spray.

Fill a 1 T with batter (heaping full), firmly pack to make it level, roll into a ball and place on baking sheet.

Bake at 400 F for 12 minutes or just turning golden brown.

Yield: ~20 macaroons [*] (8)



Mashed Cauliflower (2)

Place cooked cauliflower in blender or food processor, reserving cooking liquid.

Add ¼c cooking water to cauliflower and blend until smooth. May need to add additional water, add only 1-2T at a time.

Season to taste w/ S&P. [*] (2)

Mustard Dill (1)

Tear off top half of dill (discarding the thicker stem portion) add to blender or food processor along with 1c grainy mustard. Blend until dill is chopped (OR option to chop dill and stir into 1c mustard). Spread 1-2 T mustard-dill sauce on each salmon fillet. [*] (2)



Jicama: Peel & cut jicama in half. Cut into 1-2" strips. [*] (3)

Green Beans: Cut ends off of 2c green beans. Toss w/ 1 T olive oil, salt & pepper. [*] (2)

Purple Potatoes: Cut purple potatoes in half (or to make ~1" pieces). Toss w/ 1-2 T olive oil, salt & pepper. [*] (1)

Asparagus: Cut ends off of asparagus (bottom 2-3") and discard. Toss w/ 1T olive oil, remaining chopped garlic, S&P. [*] (1)



Bison Steak: Coat each steak w/ ~1 T steak seasoning. [*] (2)

Salad (5)

Layer in container as follows:

½ of the arugula

½ of the roasted beets

¼c pumpkin seeds

Repeat layers. [*] (5)



Balsamic Dressing: ½c olive oil + ¼c balsamic vinegar, pepper to taste [*] (5)

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



April Menu, Week 2: Dish Day

Day 1

Mustard-Dill Salmon, Asparagus & Purple Potatoes (1)

1. Pre-heat oven to 425 F. Place potatoes on baking sheet, place in oven, roast for 30-40 minutes, tossing 1/2 way through.
2. Bake salmon for 18-22 minutes, or just cooked through, flaky. Roast asparagus for 10-12 minutes.

Day 2

Steaks w/ Roasted Green Beans & Mashed Cauliflower (2)

1. Pre-heat oven to 400 F. Place cauliflower, covered, in oven for 40-50 minutes or heated through (option to microwave).
2. Heat 1-2t olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
3. Meanwhile, roast green beans in oven for 12-14 minutes.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

Day 3

Chicken & Bell Pepper Tacos w/ Jicama & Guacamole (3)

1. Re-heat chicken & peppers in a sauté pan over med-high heat for 5-7 minutes, stirring occasionally (may need to add water).
2. Mash 2 avocados, stir in chopped tomato & lime juice & salt to taste for guacamole. Reserve 1/2 of guac for breakfast tacos.[6]
3. Serve chicken tacos in warmed corn tortillas. Serve jicama slices dipped in guacamole on side

Day 4

Ratatouille Pasta (4)

1. Bring large pot of water to a boil & cook gluten free pasta according to package instructions.
2. Place ratatouille in large sauté pan and re-heat over med heat, ~10 minutes, stirring occasionally.
3. Drain pasta and toss w/ sauce. This yields ~8 servings. Option to freeze leftovers.

Salad

Arugula w/ Roasted Beets & Pumpkin Seeds (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle 1-2T/ 1 serving of salad.

Breakfast

Breakfast Tacos (6)

1. Add egg mixture to a sauté pan, heat over med-high heat for 4-5 min. Serve in warmed corn tortillas w/ 1/2 of guacamole, save remaining for meal 3.

Snack

Kiwis & Nuts (7)

1. Cut kiwi in half and scoop out w/ spoon. 1 serving = 2 kiwi + 1/4c brazil nuts.

Dessert

Coconut Macaroons (8)