



April Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Slow Cooker Spring Lamb Roast w/ Roasted Potatoes & Brussels' Sprouts
2. Meal 2: Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies
3. Meal 3: Leftover Lamb Roast w/ Polenta & Sautéed Kale
4. Meal 4: Carrot & Zucchini Frittata with Strawberries
5. Salad: Mixed Greens, Grapes, Avocado & Sunflower Seeds
6. Breakfast: Shakshuka
7. Snack: Turkey + Mustard + Avocado Roll-Ups
8. Dessert: Chocolate Cashew Milk



Herbs

1 bulb garlic (2,3)
~2-3" ginger knob (2)
1 bunch parsley (6)



Fruits

~1c seedless grapes (5)
1 pint strawberries (4)



Dairy

4oz shredded parmesan,
optional (4)



Pantry

28oz can diced tomatoes (1)
1 jar marinara (6)*
1c organic cornmeal (3)
1-2T mustard of choice (7)*
¼c tamari (2)*
¼c cocoa powder (8)*



Veggies

1½-2# (~8) carrots (1,2,4)
1 bunch celery (1,5)
1 medium zucchini (4)
1# Brussels' sprouts (1)
1 head broccoli (2)
2c snow peas (2)
8oz sliced mushrooms (2)
2 bell peppers (2)
(mix of colors)
1 yellow onion (1)
1# baking potatoes (1)
12oz bag pre-chopped kale (3)
(OR 2 bunches whole kale)
5oz baby spinach (6)
5oz tub mixed greens (5)
2 avocados (5,7)



Meats

1 large lamb shoulder roast (1)
(OR sub pork or beef roast)
4 thin-cut pork chops (2)
6-8oz deli turkey (7)*



Eggs

18 eggs (omega-3) (4,6)



Nuts & Dry Fruit

1c cashews (8)
¼c sunflower seeds (5)
1c medjool dates (8)



Oils & Vinegars

~1½c olive oil
1-2T red wine vinegar (3)
(OR sub balsamic)
¼c balsamic vinegar (5)
~1¼c toasted sesame oil (2)



Spices

3T Italian seasoning (1)*
1tsp garlic powder (4)
1T fennel seed, optional (4)
¼tsp cinnamon (8)



April Menu, Week 3: Prep Day

Pre-heat oven to 350 F. (4)



Lamb: Chop 1 yellow onion, 2 large carrots (peeling optional) and 3-4 stalks celery into ~1-2" pieces. [*] (1)

Parsley: Finely chop 2T of parsley for shakshuka. [*] (6)

Frittata: Chop and discard the tops of 1 zucchini & 2 large carrots. Grate both & set aside (works best in a food processor). (4)

Potatoes & Brussels' Sprouts: Cut 1# potatoes into 1/2" pieces and 1# Brussels' sprouts in half. Toss both w/ 2T olive oil + S&P. [*] (1)

Note: if not eating Meal 1 w/in 24 hours, either pre-cook veggies (375 for ~45 min) or do not pre-cut potatoes.

Side Salad: Cut 1c grapes in half if preferred (option to leave whole). Finely dice 2 stalks of celery. Set aside. (5)

Garlic: Finely chop 6 cloves garlic. Store 1/2 for kale [*] (3). Set aside other 1/2 for stir fry (2).

Ginger: Peel & grate 2T fresh ginger, set aside for stirfry sauce & marinade. (2)

Stir Fry: Slice 2 bell peppers & 4 carrots into long, thin strips. Chop 1 head broccoli & 2c snow peas into bite-sized pieces. [*] (2)

Kale: If not using pre-chopped, remove leaves from stems. Discard stems and rough chop leaves. [*] (3)



Cashews: Bring 1c water to a boil and pour over 1c cashews. Add 1tsp salt and set aside to soak for ~1hr. (8)

Polenta (3)

Bring 4c water to a boil add 1c cornmeal, whisking constantly, add 1/2tsp salt, reduce heat to low and continue to cook for 30-35 min. Whisk occasionally, making sure to scrape edges/ bottom of pan to avoid sticking. Cool. [*] (3)



Frittata (4)

In a large bowl, whisk 10 eggs.

Stir in:

1 zucchini + 2 carrots, shredded/ grated

1tsp garlic powder

1T fennel seeds (optional)

1/2tsp black pepper

1/8tsp salt

Pour into well-oiled casserole dish and top with 4oz shredded parmesan (optional).

Bake at 350F for 25-35 min or until no longer jiggly (will vary depending on depth of dish). Allow frittata to cool. [*] (4)



Chocolate Milk (8)

In a blender place:

1c rehydrated cashews (drained, you do not want the soaking water)

1c dates, pitted

8c water

1/4c cocoa powder

1/4tsp cinnamon

Blend on high until smooth. Note: for extra smooth texture, pass mixture through a sieve to strain out any solids. Refrigerate. [*] (8)



Lamb (1)

Season large lamb roast on all sides with ~3T Italian seasoning and a generous amount of salt & pepper. [*] (1)

Note: option to cook in slow cooker now and re-heat on D1 & D3 (see Dish Day for full instructions).

Side Salad (5):

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

2.5oz mixed greens

½ of diced celery

½c grapes

⅛c sunflower seeds

Repeat layers. [*] (5)



Stir Fry Sauce (2)

¼c tamari

1T toasted sesame oil

1T fresh grated ginger (save half for pork marinade)

2 cloves chopped garlic. [*] (2)

Sesame Pork Marinade (2)

Whisk together:

1c toasted sesame oil

1T fresh grated ginger

Marinate 4 thin-cut pork chops. [*] (2)

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



April Menu, Week 3: Dish Day

Day 1

Slow Cooker Spring Lamb Roast w/ Roasted Potatoes & Brussels' Sprouts (1)

1. Place chopped carrots, onions & celery, seasoned lamb roast, and 28oz diced tomatoes in crock pot.
 2. Cook on low for 6-8 hours or high for 4-6 hours.
 3. Slice roast thinly, against the grain. Serve half of roast today and reserve half (with juices to keep moist) for D3.
 4. Pre-heat oven to 375. Roast potatoes & Brussels' sprouts for 45-55 minutes, or desired doneness. Toss halfway through cooking.
- Note: if pre-cooked, reheat lamb and juices at the same time as you roast potatoes & Brussels.

Day 2

Ginger-Sesame Roasted Pork Chops w/ Stir Fried Veggies (2) Note: requires 30min-12hr marinating time

1. Pre-heat oven to 375 F. Remove pork chops from marinade and bake for 12-15 minutes (depending on thickness) or 145 F.
2. Heat 2tsp coconut oil (or olive) in lg sauté pan or wok over medium-high heat. Add 8oz sliced mushrooms & sauté for ~3 min.
3. Add bell pepper, carrots, snow peas & broccoli to pan, sauté 5-7min, stir occasionally. Add stirfry sauce, cook 3-4 min.

Day 3

Leftover Lamb Roast w/ Polenta & Sautéed Kale (3)

1. Reheat polenta in a sauce pan over med-low heat for 15-20 min, adding liquid and stirring as needed.
2. In a large sauté pan, reheat roast in juices covered and over med-low heat until warmed, ~10 minutes.
3. In a large sauté pan, add 1T olive oil + 3 cloves chopped garlic + chopped kale. Sauté over med-high heat for 2-3 minutes. Add 1c water, cover & cook ~8-10 min, stirring kale occasionally. Season with S&P and 1-2T red wine vinegar to taste.

Day 4

Carrot & Zucchini Frittata w/ Strawberries (4)

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through. Serve w/ fresh strawberries.

Salad

Mixed Greens w/ Grapes, Avocado & Sunflower Seeds (5)

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

Breakfast

Shakshuka (6)

1. In a lg sauté pan over med-high heat add 1 jar marinara + 5oz baby spinach. Cover & cook for 5-7 min (or spinach is wilted). Stir.
2. Add 8 eggs to pan, one at a time "nesting" into sauce. Cover, cook for another 3-4 min or until eggs reach desired doneness.
3. Season w/ S&P and 2T chopped parsley.

Snack

Turkey + Mustard + Avocado Roll-Ups (7)

1. Slice an avocado into 4-8 slices
2. Place 1-2 slices of turkey on a plate, top with avocado slice and ~1tsp mustard
3. Roll up and enjoy!

Dessert

Chocolate Cashew Milk (8)