



May Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Shrimp Cobb Salad
2. Meal 2: Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus
3. Meal 3: Grass-fed Steaks w/ Baked Potatoes & Green Beans
4. Meal 4: Mediterranean Frittata
5. Salad: Spinach, Oranges, Fennel & Avocado
6. Breakfast: Grain-Free Cranberry-Pecan Granola
7. Snack: Hard Boiled Eggs
8. Dessert: Banana Cookies



Herbs

1 bulb garlic (4)



Veggies

4 avocados (1,5)
1 small fennel bulb (5)
2 pint cherry tomatoes (1,4)
1 head romaine lettuce (1)
1 bunch asparagus (2)
3-4c green beans (3)
1 red onion (4)
4 small baking potatoes (3)
3 lg Hannah sweet potatoes (2)
(OR sub with Jewel)
2x 5oz baby spinach (4,5)



Meats

4 tenderloin steaks (3)
(4-6oz each, grass-fed)
4 boneless, skinless chicken
breasts, 4-6oz each (2)
4 thin slices bacon (1)



Dairy (optional)

4oz blue cheese crumbles (1)
4oz feta crumbles (4)
milk or yogurt of choice for
granola (6)



Pantry

14oz can artichoke hearts (4)
1/2c sliced kalamata olives (4)
1/4c grainy mustard (2)
1c gluten free quick cooking
oats (8)
2T honey (2)



Fish

1# shrimp, peeled/
deveined (1)



Nuts & Dry Fruit

2c pecans (6)
1c walnuts (6)
1/2c dried cranberries (6)*
1c medjool dates (6)



Spices

1/4c steak seasoning (3)*
1/2T basil (1)
1T tarragon (2)
1T herbes de Provence (4)*
(OR sub w/ Italian seasoning)
1/2tsp cinnamon (8)
1/2tsp ground ginger, optional
(8)



Oils & Vinegars

~1 1/2c olive oil
1/4c coconut oil (6)
1/4c balsamic vinegar (5)
1/4c red wine vinegar (1)



Fruits

2 oranges (5)
1 pint strawberries (4)
6-7 bananas (6,8)
*Note: 2-3 should be slightly
ripe for cookies. Can sub
other fruit to eat w/ granola.



Eggs

18 eggs (omega-3) (1,4,7)

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



May Menu, Week 1: Prep Day

Pre-heat oven to 350 F. (3,4,6)



Baked Potatoes: Pierce 4 baking potatoes with a fork. Bake at 350 F for 55min- 65min or until soft/ cooked through. Cool. [*] (3)



Frittata: Finely chop 1 red onion + 2 cloves garlic + 1 can artichoke hearts (drained). Cut 1 pint tomatoes in half. Set aside. (4)

Side Salad: Peel & cut 2 oranges into small segments; thinly slice 1 fennel, bulb only (works well using a mandolin). Set aside. (5)

Green Beans: Cut ends off of 3-4c green beans. Toss w/ 1T olive oil, salt & pepper. [*] (3)

Asparagus: Cut ends off of 1 bunch asparagus. Toss w/ 1T olive oil, salt & pepper. [*] (2)

Sweet Potatoes: Peel & cut 3 sweet potatoes into small, ½" cubes. Toss w/ 1-2T olive oil + 1T tarragon + S&P. [*] (2)

Cobb Salad: Finely chop 1 head romaine lettuce. Halve 1 pint cherry tomatoes. Store together if eating in 24 hrs, if not store separately. [*] (1)



Frittata (4)

Heat 1tsp oil in lg sauté pan, over med-high heat. Add 1 chopped red onion + 1 pint cherry tomatoes, halved + 2 chopped garlic cloves + 1T herbes de Provence + S&P. Cook for 6-8 min. Add 5oz tub baby spinach + 1 can chopped artichoke hearts + ½c sliced kalamata olives, cook for 2 more min. Set aside to cool. (4)



Eggs: Place 10 eggs in a pot & cover w/ water. Bring to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. [*] (1,7)

Shrimp: Bring a med pot of water to a boil. Add 1# shrimp and cover. Remove from heat and cook 10min or just cooked. [*] (1)



Bacon: Bake 4 slices in single layer on sheet pan, ~20min or cooked/ crispy, Set aside. [*] (1)

Option: bake any remaining bacon to eat with breakfast this week or to stir into frittata, below.

Frittata (4)

In a large bowl, whisk together 8 eggs.

Stir in: Cooled, sautéed veggies (from above) + 4oz crumbled feta (optional) + S&P, to taste.

Put into well-oiled 9x9" or pie pan and bake at 350 F for 40-45 min or until no longer jiggly (will vary depending on depth of dish).

Allow frittata to cool. [*] (4)

Banana Cookies (8)

Mash 2-3 bananas and stir in 1c oats, ½ tsp cinnamon, ½ tsp ginger & a pinch of salt.

Drop by tablespoon-full onto a parchment-lined baking sheet. Yields around 12-13 cookies.

Bake at 350 F for 13-15 minutes. Cool. Store in air-tight container. [*] (8)



Granola (6)

Place the following in a food processor or blender:

1c dates (pits removed)

2c pecans

1c walnuts

1/2c cranberries

1/4c coconut oil (or butter)

Blend until chopped and combined.

Place in a single layer on a baking sheet. Bake at 350 F for 15-20 minutes or until just toasted. Allow to cool.

Store in air-tight container at room temperature for up to 1 week or in the fridge for up to 2 months. (6)



Chicken (2)

Whisk together:

1/4c grainy mustard

2T honey

1T olive oil

Pour over chicken breasts. [*] (2)

Grass-Fed Steak (3)

Coat each steak w/ ~1T steak seasoning. [*] (3)

Side Salad (5)

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

~2.5oz of baby spinach

1/2 of segments from 2 oranges

1/2 chopped fennel bulb

Repeat layers. [*] (5)



Balsamic Vinaigrette (5)

Whisk together:

1/2c oil

1/4c balsamic vinegar

pepper [*] (5)

Red Wine Vinaigrette (1)

Whisk together:

1/2c oil

1/4c red wine vinegar

1/2T dried basil

pepper [*] (1)

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

© 2017 by Prep Dish. All rights reserved. May 2017, Week 1 - Gluten Free

Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD



May Menu, Week 1: Dish Day

Day 1

Shrimp Cobb Salad (1)

1. Bring red wine vinaigrette to room temp (~20 min). Slice 2 avocados. Peel & quarter 2 hardboiled eggs.
2. Toss chopped romaine + tomatoes with avocado + shrimp + eggs + crumbled bacon + blue cheese. Top w/red wine vinaigrette.

Day 2

Honey Mustard Chicken w/ Tarragon Roasted Sweet Potatoes & Asparagus (2)

1. Pre-heat oven to 375 F.
2. Place potatoes in single layer on sheet pan. Roast 30-40 min or just browned & cooked through. Toss halfway through cooking.
3. Place chicken in baking pan and bake for ~35min or cooked through until meat thermometer reaches 165 F.
4. Place asparagus on baking sheet in single layer and roast for 10-12 minutes, tossing halfway through cook time.

Day 3

Grass-fed Steaks w/ Baked Potatoes & Green Beans (3)

1. Pre-heat oven to 400 F. Place baked potatoes in oven for ~20 minutes or completely reheated.
2. Place green beans in a single layer on sheet pan. Roast for ~20 minutes, tossing halfway through cook time.
3. Heat 1-2tsp olive oil in large, oven-safe sauté pan over med-high heat. Cook steaks 2-3 min/ side or until color develops.
4. Transfer steaks to oven and continue to cook for 6 minutes for medium-rare (cook longer for desired doneness).

Day 4

Mediterranean Frittata (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

Spinach, Oranges, Fennel & Avocado (5)

1. Let balsamic vinaigrette come to room temp, shake well. Dice 1-2 avocados.
2. Toss balsamic vinaigrette into salad (or add 1T/ serving). Top with diced avocados.

Breakfast

Grain-Free Cranberry-Pecan Granola (6)

1. Option to serve over yogurt or with milk of choice and/or option to serve with sliced bananas or fruit of choice.

Snack

Hard Boiled Eggs (7)

1. One serving = 2 eggs.

Dessert

Banana Cookies (8)