



May Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Roasted Sea Bass w/ Mango Salsa, Forbidden Rice & Cucumber
2. Meal 2: Cajun Turkey Burgers w/ Roasted Carrots & Parsnips
3. Meal 3: Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Oranges
4. Meal 4: Slow Cooker Curried Chicken & Veggies Over Rice
5. Salad: Mango, Avocado & Macadamia Nut Salad
6. Breakfast: Moroccan Hash
7. Snack: Snap Peas
8. Dessert: Peanut Butter Brownies



Herbs

1 bunch green onion (1,2)
2-3 garlic cloves (2)



Fruits

4 oranges (3)
1 lemon (5)
3 limes (1,4)
2 large mangos (1,5)



Eggs

6-10 eggs (omega-3) (6,8)



Pantry

2c black rice (1,4)
(OR brown rice)
1 can full-fat coconut milk (4)
1/4c red curry paste (4)
1tsp honey (5)
~18oz jar peanut butter (8)*
1/2c chocolate chips, optional (8)
1/2c cocoa powder (8)
1tsp vanilla (8)*
1tsp baking soda (8)
1c maple syrup (8)
Gluten free hamburger buns (2)
(if not using lettuce wraps)



Veggies

2-4 large carrots (2)
3 large parsnips (2)
4 large zucchini (3,4)
1 bunch swiss chard (6)
(OR sub 5oz spinach)
2 red bell peppers (4)
1 large cucumber (1)
2 avocados (2,5)
4c snap peas (7)
1 jalapeño (1,2)
1 pint cherry tomatoes (3)
8oz tub sliced mushrooms (3)
2 large yellow onions (4,6)
1 red onion (1,2,5)
2 medium sweet potatoes (6)
5oz tub arugula (5)
(OR other mixed greens)
lettuce for burger wraps (2)
(if not using buns)



Meats

1# ground turkey thigh (2)
4-8 thin-cut, boneless
pork chops (3)
2# boneless, skinless chicken
breasts (4)
1# ground lamb (6)



Fish

4 Chilean Sea Bass fillets (1)
(5-7oz each) OR sub tilapia,
salmon, etc.



Nuts & Dry Fruit

1/2c macadamia nuts (5)



Spices

1/4c Cajun seasoning (2)*
1T thyme (2)
~3T cinnamon (3,6,8)
2T turmeric (3,6)
2T cumin (3,6)
2T ginger (3,6)
2T coriander (3,6)
2T paprika (3,6)
1T chili powder (3,6)*
1tsp ground black pepper (3,6)
1/4tsp salt (3,6)
~1/4tsp fresh ground nutmeg,
optional (3,6)



Oils & Vinegars

~3/4c olive oil

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



May Menu, Week 2: Prep Day

Pre-heat oven to 325 F. (8)



Rice: Add 4c water & 2c black rice to a pot & bring to boil. Reduce to simmer, cover, cook ~1hr, set aside (covered) to cool. [*] (1,4)



Mangos: Peel and finely chop 2 mangos, set aside. (1,5)

Oranges: Cut 4 oranges into 4 wedges per orange. [*] (3)

Limes: Cut 2 limes into quarters. [*] (4)

Cucumber: Slice 1 cucumber into preferred shape to serve as a side with Sea Bass. [*] (1)

Carrot & Parsnip: Slice 2-4 carrots & 3 parsnips into ~1" slices. Toss with 1T olive oil, 1T thyme, S&P. [*] (2)

Moroccan Veggies: Slice 2 zucchini in half lengthwise & then cut into ¼" thick "half coins or moons". Combine with 1 pint cherry tomatoes and 8oz sliced mushrooms. Toss all veggies with 3T olive oil and S&P to taste. [*] (3)

Curried Veggies: Slice 2 zucchini in half lengthwise & then cut halves into ½" thick "half coins or moons". Dice 2 red bell peppers and 1 large yellow onion into ½" pieces. [*] (4)

Hash: Finely dice 1 yellow onion, set aside. Peel & finely chop 2 sweet potatoes. Remove stems from 1 bunch swiss chard and discard, then finely chop remaining leaves. Set chopped veggies aside. (6)

Red Onion: Finely dice 1 red onion. Set aside 2T for salad (5), 2T for salsa (1) & ¼c Cajun burgers (2). (1,2,5)

Garlic: Finely chop 2-3 cloves garlic, or enough to yield ~1T, set aside. (2)

Green Onion: Finely chop green onion whites only for burgers (2) and green onion tops (green part) for salsa (1). Set aside. (1,2)

Jalapeño: Finely chop 1 jalapeño, set aside ½ for burgers (2) & ½ for salsa (1). Caution using seeds & ribs - they contain heat! (1,2)



Brownies (8)

Combine wet ingredients: 1 jar (~18oz) of peanut butter + 1c maple syrup + 2eggs + 1tsp vanilla

In separate bowl, combine: ½c cocoa powder + 1tsp baking soda + 1tsp cinnamon

Stir together wet & dry ingredients until combined. Option to mix in ½c chocolate chips.

Bake in an oiled 9x13" pan at 325 F for ~25-30 mins or until cooked through/ top bounces back when pressed gently. Cool. [*] (8)



Moroccan Spice Blend: Combine: 2T cumin + 2T ginger + 2T coriander + 2T cinnamon + 2T paprika + 2T turmeric + 1T chili powder + ~1tsp fresh ground pepper + ¼tsp salt + ¼tsp fresh ground nutmeg, optional. [*](3,6)



Cajun Burgers: Heat 1T olive oil in a large sauté pan, over med-high heat, add chopped veggies (1T jalapeño, 1T garlic, ¼c red onion, green onion white part only), & ¼c Cajun seasoning. Sauté 3-5 minutes, stirring occasionally. Set aside to cool. (2)

Moroccan Hash (6)

In a saute pan over mid-high heat, add 1# ground lamb and 1 finely diced yellow onion, breaking apart lamb. Season w/ 1-2T Moroccan spice blend. Add 2 chopped sweet potatoes and chopped swiss chard leaves. Turn heat to medium and cover with a lid. Cook ~10-15 minutes or until sweet potatoes are cooked through. Remove lid and season to taste as needed. Cool. [*] (6)



Curry Sauce (4)

Whisk together:

1 can full fat coconut milk
¼c red curry paste [*] (4)

Salsa (1)

Combine:

½c chopped mango (save remaining for salad, 5)
½ of a jalapeño, chopped (use seeds/ribs for heat, otherwise discard)
2T diced red onion
chopped green onion tops
juice of 1 lime
salt to taste. [*] (1)

Moroccan Pork Chops (3)

Rub ½tsp Moroccan seasoning mix on each pork chop. [*](3)

Burgers (2)

In a bowl, mix sautéed Cajun veggies into 1# ground turkey (recommend using hands). Form into 4 patties. [*] (2)

Salad (5)

Layer in salad tub, as follows:

2.5oz tub arugula
½ of remaining chopped mango
¼c macadamia nuts (option to chop before adding to salad, if desired)
1T chopped red onion
Repeat layers. [*] (5)



Dressing (5)

Whisk together:

¼c olive oil
juice 1 lemon (~1T)
1tsp honey
S&P to taste [*] (5)

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



May Menu, Week 2: Dish Day

Day 1

Roasted Sea Bass w/ Mango Salsa & Forbidden Rice & Cucumber (1)

1. Pre-heat oven to 425 F. Place ½ of cooked black rice in an oven safe container, cover. Reheat for 40-50min or heated through.
2. Place sea bass on a baking sheet and bake at 425 F for ~20min or until fish is flaking and cooked through. Season w/ S&P.
3. Serve w/ mango salsa & sliced cucumber.

Day 2

Cajun Turkey Burgers w/ Roasted Carrots & Parsnips (2)

1. Pre-heat oven to 400 F. Place carrots & parsnips in oven and roast for 25-30 minutes, tossing halfway through cook time.
2. Cook burgers on a grill (outdoor or indoor) for ~4-5min/ side. Or bake in 425 F oven ~20-25min.
3. Slice 1 avocado. Serve burgers in g-free buns or lettuce wraps topped w/ avocado slices.

Day 3

Pan Seared Moroccan Pork Chops w/ Roasted Zucchini & Tomatoes w/ Oranges (3)

1. Pre-heat oven to 400. Place veggies in a single layer on a sheet pan, roast for 30-35 minutes. Toss halfway through cook time.
 2. Heat 1-2tsp olive oil a saute pan over med-high heat. Sear each pork chop for 2-3 minutes per side for thin-cut, boneless chops.
- **Note: Adjust cooking time as needed for larger chops.
3. Serve with orange wedges.

Day 4

Slow Cooker Curried Chicken & Veggies Over Rice (4)

1. In slow cooker, place: 2# whole chicken breasts + chopped veggies + curry sauce. Cook 7-8 hrs on low or 4-5 hrs on high.
2. Pre-heat oven to 425 F. Place remaining black rice in an oven safe container, cover, reheat for 40-50min or heated through.
3. Serve chicken curry over rice with lime wedges on the side.

Salad

Mango, Avocado & Macadamia Nut Salad (5)

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

Breakfast

Moroccan Hash (6)

1. Re-heat in large sauté pan over med-high heat, 6-8 min or heated through. Top with 1-2 poached/fried eggs per person.
- To Poach Egg: Bring a pot of water + 1T vinegar to just boiling, lower heat and add eggs. Cook for ~5min or desired doneness.
OR Pan Fried Egg: heat 1-2tsp oil or butter in a sauté pan over med, add eggs, cover with a lid & cook until desired doneness.

Snack

Snap Peas (7)

Dessert

Peanut Butter Brownies (8)