



May Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Penne Pasta w/ Mushrooms, Spring Peas & Spinach
2. Meal 2: Cilantro-Lime Chicken over Mixed Greens w/ Black Beans, Jicama & Avocado
3. Meal 3: Grass-fed Beef Tostadas
4. Meal 4: Jalapeño Shrimp w/ Green Curried Rice Noodles
5. Salad: Mixed Greens w/ Strawberries, Pecans & Feta
6. Breakfast: Strawberry-Mango Smoothies w/ Peanut Butter
7. Snack: Carrots & Sunflower Butter
8. Dessert: Blueberry Crisp



Herbs

1 bulb garlic (3)
1 large bunch cilantro (2,4)



Fruits

8oz strawberries (5)
10 limes (2,4)
2 oranges (2)



Dairy (optional)

4oz feta crumbles (5)
4oz shredded cheddar (3)
2oz parmesan (1)



Pantry

1 box g-free penne pasta (1)*
1 box rice noodles (4)*
3c lite coconut milk, unsweetened (4,6)*
3T green curry paste (4)*



Veggies

4 avocados (2,3)
1 jalapeño (4)
1 bag baby carrots (7)
1 large tomato (3)
1 pint cherry tomatoes (2)
1 jicama (2)
(OR sub cucumber)
3 x 8oz sliced mushroom (1,3)
5oz bag baby spinach (1)
2 x 5oz tub mixed greens (2,5)
1 head iceberg lettuce (3)



Meats

4 x boneless, skinless chicken breasts, 5-7oz each (2)
1# grass-fed ground beef (3)
4oz chopped pancetta (1)*
(bacon also works well)



Nuts & Dry Fruit

2c walnuts (8)
½c chopped pecans (5)
1c medjool dates (8)
½c chopped peanuts (4)

1T low-sodium tamari (4)*
1 can refried beans (3)*
1 can black beans (2)
8 corn tortillas (3)*
½c sunflower butter (7)
1c peanut butter (4,6)*
1tsp vanilla (8)*
2tsp honey, optional (2)



Frozen

2c frozen peas (1)
2c frozen strawberries (6)
2c frozen mangos (6)
4c frozen blueberries (8)



Fish

1# frozen shrimp (4)
peeled, deveined & tails removed



Oils & Vinegars

~2c olive oil
½c coconut oil (8)
1T toasted sesame oil (4)
¼c balsamic vinegar (5)



Spices

2T chili powder (3)*
(OR taco seasoning*)

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



May Menu, Week 3: Prep Day

Pre-heat oven to 375 F. (2)



Cilantro-Citrus Dressing (2)

Place in blender:

1c olive oil

¼c lime juice (~ 4 limes)

¼c orange juice (~2 oranges)

2 handfuls cilantro (save ½ of cilantro for jalapeño-lime marinade & garnish, 4)

2tsp honey, optional

1 tsp salt

Blend until cilantro is finely chopped.

Store half for salad dressing. [*] (2)

Marinate 4 chicken breasts in remaining dressing for a minimum of 30 minutes. (2)

(Note: no need to clean blender for next marinade & sauce)

Jalapeño-Lime Marinade (4)

Place in blender:

½c olive oil

2T lime juice (~2-4 limes)

1 handful cilantro (save leftover for garnish, 4)

1 jalapeño, seeds removed, roughly chopped (keep a few seeds to add heat)

1 tsp salt

Blend until combined/ roughly chopped. [*] (4)

Green Curry Peanut Sauce (4)

Place in blender:

1½c lite coconut milk (Note: save remaining coconut milk for smoothie, 6)

½c peanut butter

3T green curry paste

1T lime juice (~1-2 limes)

1T toasted sesame oil

1T low sodium tamari

Blend until combined. [*] (4)



Strawberries: Remove stems from 8oz of strawberries and slice into small, bite-sized pieces. Set aside. (5)

**Note: use any remaining strawberries in the smoothie (6) or save for snacking

Tostada: Finely chop 1 tomato & head iceberg lettuce. Store separately. [*] (3)

Chicken Salad: Peel and grate (or finely chop) 1 jicama. Cut 1 pint cherry tomatoes in half (or quarters for larger tomatoes). [*] (2)

Tostadas: Chop 8oz sliced mushrooms and finely chop 2 cloves garlic for Tostadas. Set aside. (3)

Cilantro: Finely chop remaining cilantro for garnish on noodles, ~2-3T. [*] (4)



Tostadas (3)

Place 1# ground beef in a large sauté pan over medium high heat, breaking apart meat.

Add 2 chopped garlic cloves + 8oz sliced mushrooms, chopped + 2T chili powder, cook with beef for 8-10 min. Cool. [*] (3)



Chicken (2)

Remove from marinade and bake for 30-35 min or cooked through. Cool. [*] (2)



Blueberry Crisp (8)

Place in a blender:

½c coconut oil

1c medjool dates, pits removed (~5 large)

2c walnuts

1tsp vanilla

¼tsp salt

Blend until roughly chopped.

Place 4c frozen blueberries in a small baking dish and top w/ crisp. [*] (8)



Side Salad (5)

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

½ tub of mixed greens

½c sliced strawberries

¼c chopped pecans

2oz feta crumbles

Repeat layers. [*] (5)



Balsamic Vinaigrette (5)

Whisk together:

½c oil

¼c balsamic vinegar

pepper to taste [*] (5)

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



May Menu, Week 3: Dish Day

Day 1

Penne Pasta w/ Mushrooms, Spring Peas & Spinach (1)

1. Bring large pot of water to boil.
2. Heat large sauté pan over med-high heat. Add 4oz chopped pancetta (or bacon), cook 4-5 minutes.
3. Add two (2) 8oz tubs sliced mushrooms + 1 bag spinach + 2c peas to sauté pan w/ pancetta. Cook 8-10 mins. Season w/ S&P.
4. Cook g-free penne pasta according to package instructions. Drain and toss with veggies. Option: top w/ parmesan.

Day 2

Cilantro-Lime Chicken over Mixed Greens w/ Black Beans, Jicama & Avocado (2)

1. Let vinaigrette come to room temp.
2. Slice cooked chicken and 2 avocados.
3. Place 5oz mixed greens into a large bowl. Top w/ sliced chicken, chopped jicama & cherry tomatoes, 1 can black beans (drained and rinsed), and chopped avocado.
4. Toss vinaigrette into salad (or top each individual serving with ~1T dressing).

Day 3

Grass-fed Beef Tostadas (3)

1. Pre-heat oven to 400 F. Put beef filling in a large sauté pan over med-high heat and re-heat for ~5 minutes.
2. Place corn tortillas on baking sheet & toast for 5 minutes. Slice 2 avocados and set aside.
3. Spread tortillas w/ refried beans + meat + cheese. Place in oven for 5min. Top w/ chopped tomato, lettuce & 2 avocados.

Day 4

Jalapeño Shrimp w/ Green Curried Rice Noodles (4) **thaw shrimp in fridge for 12-48 hours**

1. Pre-heat oven to 425 F. Marinate thawed shrimp in jalapeño-lime marinade for 15-30 min while oven pre-heats.
2. Remove shrimp from marinade and bake for 12-15 minutes or just cooked (color will turn).
3. Cook rice noodles according to package instructions. Drain, toss w/ peanut sauce.
4. Top noodles w/ roasted shrimp & sprinkle w/ up to ½c chopped peanuts & cilantro. Option to serve w/ lime wedge.

Salad

Mixed Greens w/ Strawberries, Pecans & Feta w/ Balsamic Vinaigrette (5)

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

Breakfast

Strawberry-Mango Smoothies w/ Peanut Butter (6)

1. Place the following in a blender: 1½c water + + 1½c coconut milk + 2c frozen strawberries + 2c frozen mango + ½c PB.
2. Blend until smooth. Add liquid as needed. Yields 4 servings. May need to blend in 2 batches depending on blender size.

Snack

Carrots & Sunflower Butter (7)

- 1 serving = carrots + 2T sunflower butter

Dessert

Blueberry Crisp (8)

1. Bake 375 F for ~30 minutes or warmed/ bubbly and crisp is beginning to brown.