



May Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Fish Tacos w/ Cabbage & Not Fried Black Beans
2. Meal 2: Slow Cooker BBQ Pulled Pork w/ Corn Muffins & Coleslaw
3. Meal 3: Bacon-Avocado Grass-fed Burgers w/ Roasted Zucchini & Sweet Potato
4. Meal 4: BBQ Pork Stuffed Baked Potatoes w/ Steamed Broccoli
5. Salad: Mixed Greens w/ Raspberries, Mint & Cucumber
6. Breakfast: Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata
7. Snack: Cranberry Almond Energy Bites
8. Dessert: Minted Strawberry & Orange Fruit Salad



Herbs

1 bunch mint (5,8)



Fruits

3 limes (1,8)
1 pint raspberries (5)
1 pint strawberries (8)
5 oranges (8)



Dairy (optional)

4oz goat cheese crumbles (6)
8oz plain Greek yogurt or sour cream (1)*



Pantry

~15oz strained tomatoes (2,4)
(**Note: can use pureed)
2 cans refried black beans (1)*
1/4c gluten free oats (7)*
1/2c almond butter (7)
~3/4c honey (2,4,8)
1T baking powder (2)
2c g-free cornmeal (2)*
organic corn tortillas (1)
(OR sub w/ butter lettuce)
4x gfree hamburger buns (3)*
(OR sub w/ lettuce wraps)



Veggies

1 cucumber (5)
1 head Napa cabbage (1)
(OR cabbage of choice)
1 bag chopped cabbage (2)
(OR sub coleslaw mix)
1 head broccoli (4)
2 medium zucchini (3)
4 avocados (1,3)
2 red onions (2,4,6)
2-3 lg sweet potatoes (3)
4 medium baking potatoes (4)
5oz bag baby spinach (6)
5oz tub mixed greens (5)



Meats

1 package thin-cut bacon (3)*
(sugar-free, no nitrate preferred)
1# grass-fed ground beef (3)
4# pork roast (2,4)
(OR sub beef roast)
2 links (~1/2#) raw chicken sausage (6)*



Nuts & Dry Fruit

1/2c medjool dates, pitted (7)
1/4c dried cranberries (7)*
1/4c almonds (7)



Eggs

10 eggs (omega-3) (2,6)



Fish

4 cod fillets, 4-6 oz each (1)
(OR sub sea bass or tilapia)



Oils & Vinegars

~2c olive oil
1/4c balsamic vinegar (5)
~1/3c apple cider vinegar (2,4)



Spices

2T basil (3)
2-3T chili powder (2,4)*
~4T taco seasoning (1)*
1/2tsp cinnamon (7)



May Menu, Week 4: Prep Day

Pre-heat oven to 375 F. (2,3,4,6)



Baked Potatoes: Pierce 4 baking potatoes with a fork. Bake at 375F for 55min- 65min or until soft/ cooked through. Cool. [*] (4)

Bacon:

Place 1 package thin-sliced bacon in single layer on a baking sheet, bake 20-25 min or until cooked. [*] (3)



Cabbage: Thinly slice or shred 1 head of Napa cabbage for tacos. [*] (1)

Sweet Potato & Zucchini: Cut 2-3 sweet potatoes & 2 zucchini into bite-sized cubes. Toss w/ 2T olive oil + 2T basil + S&P. [*] (3)

Cucumber: Dice 1 cucumber for salad. Set aside. (5)

Broccoli: Chop broccoli into 1" pieces. [*] (4)

Mint: Finely chop 1 large bunch mint for ~4T. Set aside 2T for side salad (5) and 2T for dessert (8). (5,8)

**Note: if you have extra mint, add it to a glass of water or iced tea. It's delish!

Limes: Cut 2 limes into wedges. [*] (1)

Fruit Salad: Peel and slice 3 oranges into segments (option to chop if segments are large), removing white piths first. Slice 1 pint of strawberries. Store together. [*] (8)

Onion: Thinly slice 2 red onions. Set aside 1 onion for the frittata (6) and store 1 onion for the BBQ Pulled Pork [*] (2,4). (2,4,6)



Frittata (6)

Heat 1T oil over in a lg sauté pan over medium, add 1 sliced red onion and a pinch of salt. Sauté for ~20 min, stirring occasionally. Remove sausage from casing and add to onions. Cook 10 min, breaking sausage apart. Add 5oz bag baby spinach, cooking ~5min or wilted. Set aside to cool. (6)



Frittata (6)

In a large bowl, whisk together 8 eggs

Stir in:

- cooked onions, sausage & spinach
- 4oz goat cheese crumbles, optional
- S&P

Put into well-oiled pie pan or 8x8" pan, bake at 375F for 30-40 min or until no longer jiggly (will vary depending on depth of dish). Allow frittata to cool. [*] (6)

Corn Muffins (2)

In large bowl, combine: 2c cornmeal + 1T baking powder + ¼t salt

In separate bowl small, whisk together: 2 eggs + 1c water + ¼c olive oil + ¼c honey

Add wet to dry ingredients and stir well to combine. Pour into a 12-cup, well-oiled muffin tin (option to line muffin tin w/ papers).

Bake 375 F for 16-22 minutes, or until tops bounce back when pressed. Cool completely, cover and store at room temperature.

Yields: 12. (option to store batter in refrigerator and bake fresh at time of meal) [*] (2)



Energy Bites (7)

Blend ½c medjool dates, pitted + ¼c almonds in a blender or food processor until well chopped.

In a large bowl, stir the following together until well combined:

¼c dried cranberries

½c almond butter

¼c gluten free oats

½tsp cinnamon

⅛tsp salt

Add in blended dates & almonds. Form into 1T balls and store in air-tight container in fridge or freezer. Yields ~18. [*] (7)



Coleslaw (2)

Whisk together:

½c olive oil

2T apple cider vinegar

1tsp honey

salt to taste

Toss together with 1 bag of chopped cabbage or coleslaw mix. [*] (2)

Honey BBQ Sauce (2,4)

Whisk together (can also use a blender):

~15oz can strained (or pureed) tomatoes

2-3T chili powder

¼c apple cider vinegar

½c honey

S&P (~¼ tsp salt).

Fish Tacos (1)

Top each fish fillet w/ 1-2tsp taco seasoning. [*] (1)

Burgers (3)

Form 1# ground beef into 4 patties. Season lightly w/ S&P. [*] (3)

Side Salad (5)

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

2.5oz mixed greens

½ of raspberries

½ of chopped cucumber

1T chopped mint

Repeat layers. [*] (5)



Fruit Salad Dressing (8)

Whisk together:

2T olive oil + Juice of 1 lime, ~1T + Juice of 2 oranges (or use ¼c OJ) + 1T honey + 2T chopped mint [*] (8)

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 4: Dish Day

Day 1

Fish Tacos w/ Cabbage & Not Fried Black Beans (1)

1. Pre-heat oven to 400 F. Slice 2 avocados.
2. Heat 2cans refried beans, covered, ~40 min or heated through.
3. Place fish on baking sheet & bake 14-16 min or cooked/ flaky. Heat tortillas in oven if using.
4. Serve cooked fish in warm tortillas (or lettuce wraps) & top w/ lime juice, avocado, cabbage & yogurt (optional) w/ beans on side.

Day 2

Slow Cooker BBQ Pulled Pork w/ Corn Muffins & Coleslaw (2) **note cooks all day in slow cooker

1. In a slow cooker, place 1 sliced onion. Top with 4# pork roast and BBQ sauce (reserve ½-1c for dipping on D2 & D4).
2. Cook on low for 7-8 hours or high for 4-6 hours. Shred or "pull" pork with 2 forks. Serve w/ extra BBQ sauce.

*Note: leftover pork and BBQ sauce will be used on Day 4.

3. Option to heat corn muffins in an oven (or toaster oven) pre-heated to 350 F. Heat for 5-10 minutes.

Day 3

Bacon-Avocado Grass-fed Burgers w/ Roasted Zucchini & Sweet Potatoes (3)

1. Pre-heat oven to 375 F. Roast sweet potatoes & zucchini for 30-35 minutes, removing and tossing halfway through cooking.
2. Grill burgers 3-4 min/ side or desired doneness (or in sauté pan over med-high). Serve in buns (or lettuce) w/ bacon & avocado.

Day 4

BBQ Pork Stuffed Sweet Potatoes w/ Steamed Broccoli (4)

1. Pre-heat oven to 400 F. Place baked potatoes in oven for ~20 minutes or heated through.
2. Re-heat pulled pork in skillet over med-high heat until heated through, ~5-7 minutes.
3. Steam or boil broccoli for 5-6 minutes. Season to taste w/ S&P.
4. Cut open potatoes and stuff with re-heated pulled pork and steamed broccoli. Option to top w/ additional BBQ sauce.

Salad

Mixed Greens w/ Raspberries, Mint & Cucumber (5)

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

Breakfast

Caramelized Onion, Chicken Sausage, Spinach & Goat Cheese Frittata (6)

1. Cover with foil and re-heat in 350 F oven for 15-20 minutes or until heated through, or heat individual slice in toaster oven (~5min) or microwave (1-2min).

Snack

Cranberry Almond Energy Bites (7)

Dessert

Minted Strawberry & Orange Fruit Salad (8)

1. Bring fruit salad dressing to room temperature. Top each portion of salad w/ ~1-2T of dressing.