



June Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Grilled Ginger-Lime Flank Steak, Bell Pepper & Plums
2. Meal 2: BBQ Shrimp w/ Polenta & Green Beans
3. Meal 3: Summer Pasta Salad
4. Meal 4: Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes
5. Salad: Arugula, Watermelon & Feta Salad
6. Breakfast: Lemon Blueberry Muffins
7. Snack: Watermelon
8. Dessert: Dark Chocolate & Macadamia Nuts



Herbs

1 bunch basil (3)
 1 bulb garlic (2,3,4)
 ~3" knob ginger (1)



Fruits

1 watermelon (5,7)
 4 plums (1)
 2 lemons (3,6)
 3 medium limes (1)
 ½ pint blueberries (6)



Dairy (optional)

8oz feta crumbles (3,5)



Pantry

1c organic cornmeal (2)
 28oz crushed tomatoes (2,4)
 1 box gluten-free penne (3)*
 4oz dark chocolate (bar or individually wrapped) (8)
 ¼c sliced kalamata olives (3)
 ¾c coconut flour (6)
 ½tsp baking soda (6)
 ½c honey (6)
 1c almond flour (4)
 (OR 2T coconut flour)
 12 paper muffin liners (6)
 (OR silicone muffin tin)



Veggies

2 pints cherry tomatoes (3)
 2 x 8oz sliced mushrooms (3)
 1 small zucchini (3)
 3-4c green beans (2)
 1 large carrot (4)
 4 bell peppers, mixed colors (1)
 2-3 lg Japanese or Hannah sweet potatoes (4)
 1 red onion (1,5)
 5oz arugula (5)



Meats

1# ground turkey thigh (4)
 1-1.5# grassfed flank steak (1)



Nuts & Dried Fruit

½c sliced almonds (5)
 ½c pinenuts, optional (3)
 1c macadamia nuts (8)
 ¼c medjool dates (2,4)
 (OR ¼ cup maple syrup)



Shellfish

1-1.5# shrimp, peeled, deveined, tails removed (2)



Oils & Vinegars

~1½c olive oil
 ½c coconut oil (6)
 ¼c balsamic vinegar (5)
 3T apple cider vinegar (2,4)



Spices

3T chili powder (2,4)*
 1T tarragon (4)
 ¼tsp cayenne (2,4)
 1tsp turmeric (4)
 1 dried ancho chili (2,4)
 (OR chipotle)



Eggs

7 eggs, omega 3 (4,6)

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



June Menu, Week 3: Prep Day

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



Polenta (2)

Bring 4c water to a boil add 1c cornmeal, whisking constantly, add ½t 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. [*] (2)

Ancho: Bring 1c water to boil. Place 1 dried ancho in water, top with lid, remove from heat, allow pepper to re-hydrate. (2,4)



Watermelon: Cut 1c into small ½” cubes, set aside for salad (5). Cut remaining into wedges for snacking (7). [*] (5,7)

Plums: Halve 4 plums and remove seeds. Brush cut side lightly w/ olive oil. [*] (1)

Zucchini: Cut into bite sized pieces, set aside. (3)

Japanese Sweet Potatoes: Peel & chop into 1” cubes. Toss w/ 1T olive oil + 1T tarragon. [*] (4)

Carrot: Finely grate 1 large carrot, squeeze out any excess liquid, set aside. (I use a large cheese grater) (4)

Green Beans: Trim 3-4c green beans and toss with 1T olive oil and S&P. [*] (2)

Red Onion: Thinly slice ~2T for salad, set aside (5). Cut remaining into thick circles (to grill) & brush w/olive oil [*] (1). (1,5)

Bell Peppers: Quarter 4 bell peppers (removing stems/ seeds) brush skin side lightly w/ olive oil. [*] (1)

Ginger: Grate ginger to equal ~2-3T. (1)



Lemon Blueberry Muffins (6)

In a large bowl, whisk together the following until smooth (or pulse together in a food processor):

- ¾c coconut flour
- ½tsp salt
- ½ tsp baking soda
- 5 eggs
- ½c honey
- ½c coconut oil
- 1T lemon zest *Note: reserve lemons for lemon basil sauce (3).

Whisk above until smooth, then gently stir in ½ pint blueberries.

Pour into a lined muffin tin, about ¾ full. Bake at 375 F for 20-25 mins or tops spring back when touched. Yields ~12 muffins. [*] (6)



Summer Pasta (3)

Roasted Veg: toss 2 pints cherry tomatoes, 2 tubs sliced mushrooms + 1 chopped zucchini + 1-2T olive oil + S&P.

Roast at 375 F in single layer on 1-2 sheet pans for 20-25 minutes. Cool, set aside.

Pasta: bring large pot of water to boil and cook 1 box gfree penne pasta according to package instructions.

Lemon Basil Sauce: In blender blend: ¼c olive oil + 1 clove garlic + large handful fresh basil + juice of 1 lemon (~2T) + S&P.

Toss Pasta + Roasted Veggies + Lemon Basil Sauce + ¼c sliced olives + 4oz feta cheese + ½c pine nuts. [*] (3)



BBQ Sauce (2,4)

3T apple cider vinegar (or red wine, rice, etc.)

28oz can crushed tomatoes

¼ cup dates, pitted (4 large) (OR ¼ cup maple syrup)

1 clove garlic

1 re-hydrated chili, seeds & stem removed (for more heat, add in seeds as desired)

¼tsp cayenne + 2T chili powder + S&P to taste

Puree all in blender or food processor until smooth. Set aside 1¼c for meatballs (4). Store remaining (~1c) for shrimp. [*] (2)

Meatballs (4)

In a large bowl combine:

1c almond flour (or 2T coconut flour)

2 eggs

1# ground turkey

1 grated carrot

1T chili powder

1tsp turmeric

1 tsp pepper

¼c BBQ sauce

Mix together all of the above (works best using hands). Form into 12 balls and top with 1c BBQ sauce. [*] (4)



Steak Marinade (1):

Whisk together:

½c olive oil

2-3T fresh grated ginger

2-3T lime juice (~3 limes)

½T salt

fresh ground pepper

Add flank steak to marinate for 4-48 hours. [*] (1)

Salad (5)

Layer in container as follows:

½ arugula tub

1T sliced red onion

½c chopped watermelon

¼c sliced almonds

2oz feta crumbles, optional

Repeat layers (5). [*]



Balsamic Dressing (5)

½c olive oil + ¼c balsamic vinegar. (5)

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



June Menu, Week 3: Dish Day

Day 1

Grilled Ginger-Lime Flank Steak, Bell Pepper & Plums (1)

1. Remove steak from marinade and grill for 4-6 minutes per side for med rare.
2. Grill bell peppers, skin side down, & red onion 4-8 minutes or until beginning to blister/ soften.
3. Grill plums cut side down for ~5 minutes.
4. Allow steak to rest 5-10min before cutting. Cut meat very thin against the grain. Season bell pepper & onion w/ S&P.

Day 2

BBQ Shrimp w/ Polenta & Green Beans (2)

1. Marinate shrimp in ½c reserved BBQ sauce for 30 minutes up to 1 hour. Pre-heat oven to 425 F.
2. Warm polenta in oven, covered, ~30-40 minutes.
3. Place shrimp & green beans on separate sheet pans. Roast ~12 min or until shrimp are cooked. Serve with remaining BBQ sauce.

Day 3

Summer Pasta Salad (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high.
2. Add pasta & veggies and sauté until heated through, ~6-8 minutes.

Day 4

Turkey & Carrot BBQ Meatballs w/ Japanese Sweet Potatoes (4)

1. Pre-heat oven to 375 F and bake meatballs for 45 minutes or cooked through.
2. Roast sweet potatoes for 40-50 min, removing and tossing halfway through cooking

Salad

Arugula, Watermelon & Feta Salad (5)

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

Breakfast

Lemon Blueberry Muffins (6)

Note: I recommend putting remaining muffins into the freezer after 24-48 hours (or immediately). Defrost 1-2 hours before eating.

Snack

Watermelon (7)

Dessert

Dark Chocolate & Macadamia Nuts (8)

1 serving = 1oz chocolate + ¼c macadamia nuts