



July Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Spiced Tuna Steaks w/ Sauteed Peppers, Quinoa & Avocado Salsa
2. Meal 2: Peachy Pork Tenderloin Medallions w/ Roasted Green Beans
3. Meal 3: Asian Turkey Lettuce Wraps w/ Dipping Sauce & Sesame Quinoa
4. Meal 4: Veggie Tostados
5. Salad: Red, White & Blue Salad
6. Breakfast: Stuffed Sweet Potatoes w/ Sausage & Eggs
7. Snack: Rosemary Spiced Almonds
8. Dessert: Peanut Butter-Banana "Ice Cream"



Herbs

- 1 bunch cilantro (1,2,3,4)
- 1 bunch green onion (3,4)
- 2" knob ginger (2,3)
- 1 garlic bulb (1,2,3)
- 1 bunch rosemary (6,7)



Fruits

- 1 pint raspberries (5)
- 1 pint blackberries (5)
- 4 small peaches (2)
- 4 large bananas (8)
- 2 limes (1)



Dairy (optional)

- 4-6oz feta crumbles (5)



Pantry

- 15oz can refried beans (4)* (prefer Amy's brand)
- 2c uncooked quinoa (1,3)
- 2T peanut butter (8)*
- 1 can water chestnuts (3)
- 3T low-sodium tamari (3)*
- 1tsp honey (optional) (3)
- 8 organic corn tortillas (4)



Veggies

- 2 large carrots (3)
- 4 avocados (1,4)
- 1 beefsteak tomato (4)
- 2c fresh green beans (2)
- 8oz tub sliced mushrooms (3)
- 4 red bell peppers (1,3)
- 2 medium sweet potatoes (6)
- 1 small yellow onion (3)
- 3 red onions (1,2)
- 1 head romaine lettuce (3,4)
- 5oz mixed greens (5)



Meats

- 1# organic pork tenderloin (2)
- 2# ground turkey (3,6) (85-93% lean)



Nuts & Seeds

- 1/2c sliced almonds (5)
- 2c raw, whole almonds (7)



Fish

- 4 ahi tuna steaks (1)
- (OR sub salmon)



Oils & Vinegars

- ~1 1/4 c olive oil
- 2T toasted sesame oil (3)
- 2T rice vinegar (3)
- 1/4c balsamic vinegar (5)
- ~1/2c apple cider vinegar (1,2)



Spices

- 1tsp red chili flakes, optional (3)
- 1tsp cinnamon (8)
- ~1/2tsp vanilla (8)
- 2tsp paprika (1)
- 4tsp ground cumin (1)
- 1tsp ginger powder (6)
- 1tsp garlic powder (6)
- 1tsp dried thyme (6)
- 2tsp dried sage (6)
- 1tsp chili powder (7)*



Eggs

- 4 eggs, omega-3 (6)

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



July Menu, Week 1: Prep Day

Pre-heat oven to 400 F (6,7)



Sweet potatoes: Wrap 2 sweet potatoes in foil. Bake at 375F for 50-60min or until soft/ cooked through. Remove & cool. (6)



Quinoa: 4c water + 2c quinoa in large pan, bring to boil, turn heat to low, cook 15-20 min, stirring occasionally. Toss 1/2 of quinoa with 1T sesame oil and leave other plain. Store separately. [*] (1,3)



Bananas: Cut 4 lg bananas into quarters. Place in single layer on baking sheet and freeze for 1 hr. Store in container until DD. [*] (8)

Lettuce Head: Remove 8-16 large leaves, store in large baggie [*](3). Finely chop any remaining lettuce for tostados [*](4). (3,4)

Beefsteak Tomato: Chop 1 tomato for tostados. [*](4)

Green Beans: Cut ends off 2c green beans. Toss with 1tsp olive oil, S&P. [*](2)

Rosemary: Finely chop 1/2tsp for breakfast and 1T for snack. (6,7)

Ginger: Peel and finely grate ginger. Set aside 1T for peach sauce and 1T lettuce wraps. (2,3)

Cilantro: Finely chop leaves. Set aside 1/4 for peach sauce & 1/4 for lettuce wraps (2,3). Store remaining for salsa and tostadas. [*] (1,4)

Garlic: Finely chop ~8-10 cloves, set aside 1/2 for peach sauce (2) & 1/2 for lettuce wraps (3) store 1T for peppers (1). (1,2,3)

Peppers & Onions: Slice 2 red peppers & 2 red onions into thin strips. Toss with 2tsp paprika + 2tsp cumin + 1T chopped garlic + 2T apple cider vinegar. [*] (1)

Peach Sauce: Finely chop 1 red onion. Roughly chop 4 peaches, set aside. (2)

Wraps: Finely chop 1 yellow onion, 2 carrots & 2 bell peppers. Drain 1 can water chestnuts, finely chop. (3)

Green Onion: Chop 2 gr onions, store for tostadas[*](4). Chop remaining green onions, keeping whites & greens separate (3). (3,4)

Pork: Thinly slice the pork tenderloin into medallions (~12 pieces). [*] (2)



Almonds (7)

Mix together:

1T olive oil + 1T chopped rosemary + 1tsp chili powder + 3/4tsp salt + dash of black pepper + 2c raw, whole almonds.

Bake on a foil-lined sheet tray for ~10 minutes, until toasted and aromatic. Watch closely to prevent burning.

Store in airtight container in pantry. [*] (7)



Peach Sauce (2)

Add the following to a large sauté pan over medium-high heat:

1 tsp olive oil

~3 cloves chopped garlic & 1/2 grated ginger (up to 1T)

1 red onion, finely chopped

1/2tsp salt

Sauté for 5 minutes.

Add 4 diced peaches and 1/4c apple cider vinegar.

Cook on low for 30 minutes, stirring occasionally. Allow to cool. Stir in 1/4 of the chopped cilantro. [*] (2)



Asian Turkey Lettuce Wraps (3)

In large sauté pan heat 1tsp olive oil, add 1# ground turkey + finely chopped veggies (1 yellow onion, 2 carrots & 2 bell peppers) + ~2-3 chopped garlic cloves + ~1T grated ginger + white part of green onions + sliced mushrooms.

Cook for ~10-12 minutes, breaking apart ground turkey.

Add 1 can chopped water chestnut, ¼ of chopped cilantro, gr onion tops, 1T sesame oil, 1T tamari, 1T rice vinegar. [*] (3)

Stuffed Sweet Potatoes w/ Turkey Sausage (6)

Place 1# ground turkey into a large saute pan over med-high heat.

Add 1tsp ginger powder + 1tsp garlic powder + 1tsp dried thyme + 2tsp dried sage + ½tsp salt.

Cook the turkey sausage mixture for ~8-10 min until cooked through, breaking meat into pieces.

Once sweet potatoes are cool, cut in half, lengthwise, and scoop out the middle without breaking the skin.

Mash sweet potato in bowl and add cooked turkey sausage, ½tsp chopped rosemary and S&P to taste.

Add the mixture back to sweet potato shell and store in airtight container in fridge. [*] (6)



Red, White & Blue Salad (5)

Layer the following in a large storage tub:

½ of 5oz tub mixed greens

½ pint blackberries

½ pint raspberries

2-3oz feta crumbles

¼c sliced almonds

Repeat layers. [*] (5)



Balsamic Dressing (5)

Whisk together ½c olive oil + ¼c balsamic vinegar + pepper to taste. [*] (5)

Dipping Sauce for Lettuce Wraps (3)

Whisk together:

1T toasted sesame oil

1T rice vinegar

2T tamari

1tsp red chili flakes, optional

1tsp honey, optional. [*] (3)

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



July Menu, Week 1: Dish Day

Day 1

Spiced Tuna Steaks w/ Sauteed Peppers, Quinoa & Avocado Salsa (1)

1. Heat the plain (unseasoned) quinoa, covered, in 350 F oven for 30-40 min (option to re-heat in microwave).
2. Pat 4 tuna steaks dry and sprinkle with 2tsp cumin powder and S&P. Set aside.
3. In saute pan, heat 2T olive oil over med-high.
4. Add onions + peppers & cook ~5-7 min, stirring occasionally, until softened & slightly browned.
5. While peppers cook, cut 2 avocados into a bowl. Add 4T chopped cilantro, juice of 1 lime and S&P to taste. Mash, leaving chunky.
6. Heat another pan w/ 2T olive oil over med-high heat. Add tuna steaks, turn heat down to medium.
7. Drizzle tuna with juice of 1 lime and cook about 2-3 minutes per side, more if you like it well done and less if rare.
8. Spoon pan sauce over tuna steaks and plate topped with peppers & onions, quinoa and avocado salsa.

Day 2

Peachy Pork Tenderloin Medallions w/ Roasted Green Beans (2)

1. Pre-heat oven to 425 F.
2. Place pork and green beans on separate sheet pans. Roast pork for ~15-20 minutes & green beans for ~10-15 minutes.
3. Serve pork w/ peach sauce and green beans on the side.

Day 3

Asian Turkey Lettuce Wraps & Sesame Quinoa (3)

1. Heat sesame quinoa, covered, in 350 F oven for 30-40min (option to re-heat in microwave).
2. Heat filling in a sauté pan over med-high heat for 5-10 minutes or heated through.
3. Serve ~¼c filling in a folded lettuce leaf w/ dipping sauce & quinoa on the side

Day 4

Veggie Tostados (4)

1. Pre-heat oven to 400 F.
2. Place corn tortillas on baking sheet & toast for 5 minutes. Slice 2 avocados and set aside.
3. Spread ~2-3T refried beans on each tortilla. Place back in oven for 5 minutes.
4. Top tostados w/ chopped tomato, lettuce, green onion, cilantro & avocado as desired.

Salad

Red, White & Blue Salad (5)

1. Allow vinaigrette to come to room temp. Shake vinaigrette well & drizzle over salad.

Breakfast

Stuffed Sweet Potatoes w/ Sausage & Eggs (6)

1. Preheat oven to 400 F. Place sweet potatoes on parchment lined sheet tray.
2. Create a divot for the egg. Break one egg into each divot. Cook for 15 minutes until yoke is set.

Snack

Rosemary Spiced Almonds (7)

Dessert

Peanut Butter-Banana "Ice Cream" (8)

1. In a blender or food processor blend the following until smooth: 4 large frozen bananas + 2T peanut butter + ½tsp vanilla + 1tsp cinnamon. Serve immediately.
2. Store any remaining in a freezer-safe container. Be sure to soften for 1 hour before serving.