



July Menu, Week 2: Grocery List

Serves 4

1. Meal 1: Cold Creamy Gazpacho w/ Grilled Shrimp Kabobs
2. Meal 2: Grassfed Beef Burgers w/ Baked Potato Wedges & Snap Peas
3. Meal 3: Coconut Chicken w/ Honey Orange Sauce & Watermelon Mint Salad
4. Meal 4: Sausage & Kale Frittata
5. Salad: Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds
6. Breakfast: Strawberry-Mango Smoothie
7. Snack: Cucumber Slices
8. Dessert: Watermelon



Herbs

- 1 bulb garlic (1)
- 1 bunch mint (3,6)



Fruits

- 1 lime (3)
- 1 medium watermelon (3,8)



Dairy (optional)

- 2oz shredded parmesan (4)



Pantry

- 1 can lite coconut milk (3,6)
- ~1/4c dijon mustard (3)*
- 1/2c orange or apricot preserves (3)*
- 1/4c honey (3)
- 1c unsweetened finely shredded coconut (3)
- 1/2c coconut flour (3)
- gfree buns, optional (2)



Veggies

- 2 carrots (5)
- 1 bunch radishes (5)
- 2-3c snap peas (2)
- 3 small cucumbers (1,7)
- 1 red bell pepper (1)
- 2 avocados (5)
- 3# tomatoes (1)
- 1 jalapeño pepper (1)
- 1 small red onion (1,4)
- 2 large baking potatoes (2)
- 5oz bag spinach (6)
- 1 bunch kale (4)
- bibb or butter lettuce for lettuce wraps (2) (if not using buns)
- 5oz chopped romaine (5)



Meats

- 6oz raw Italian sausage, pork or chicken (4)*
- 1# grassfed ground beef (2)
- 3 large boneless, skinless chicken breasts (~1.5#) (3)



Eggs

- 10 eggs, omega-3 (3,4)



Nuts & Seeds

- 1/2c walnuts (6)
- 1/2c sunflower seeds (5)



Spices

- ~1 1/2T paprika (1,2)
- 3tsp garlic powder (1,2,3)
- ~1tsp crushed red pepper (3)



Seafood

- 1# shrimp, peeled and deveined (1)



Freezer

- 10oz frozen strawberries (6)
- 10oz frozen mango (6)



Oils & Vinegars

- ~1 1/4c olive oil
- 1/4c balsamic vinegar (5)
- 2T sherry vinegar (1)
- (OR sub red wine vinegar)

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



July Menu, Week 2: Prep Day

Pre-heat oven 350 F. (2,4)



Watermelon: Cut ~2c into ½" cubes. Add juice of 1 lime & store. [*] (3) Cut remaining into wedges for dessert [*] (8). (3,8)
Kale: Remove stems from leaves. Finely chop stems; finely chop leaves. Set aside. (4)
Potatoes: Cut 2 potatoes into thin wedges. Toss w/ 1-2T olive oil + 1T paprika + 1 tsp garlic powder + S&P. Set aside to roast. (2)
Side Salad: Grate (using large cheese grater) 2 carrots & 1 bunch radishes (or option to thinly slice/ chop). Set aside. (5)
Red Onion: Dice ¾ of onion for frittata (4). Roughly chop remaining ¼ of onion for gazpacho (1). Set both aside. (1,4)
Cucumber: Thinly slice 2 small cucumbers [*] (7)
Gazpacho: Core and roughly chop 3# tomatoes. Set 1c aside and place remaining 2c into blender bowl. (1)
Gazpacho: Peel 1 cucumber & cut in half. Cut 1 red pepper & 1 jalapeno in half (removing seeds & stem from both). (1)
Gazpacho: Finely chop ½ peeled cucumber + ½ red bell pepper. Set aside to add after gazpacho is blended. (1)
Chicken: Pound out chicken breasts and cut into strips. Place in container in fridge for DD. [*] (3)



Frittata (4)

Heat 1tsp oil in large sauté pan over med-high heat. Add ¾ chopped red onion and cook for 3-4 minutes until soft. Place 6oz raw sausage in sauté pan and cook 3-4 min, breaking meat apart. Add chopped kale (stems & leaves). Season w/ S&P. Continue cooking for 8 min or sausage is no longer pink. Whisk 8 eggs in a large bowl & season w/ black pepper. Stir in cooked sausage & kale. Pour into a prepared pie pan. Top w/ 2oz shredded parmesan. Bake at 350 F for 20-30 minutes or until no longer jiggle. Allow to cool. [*] (4)

Potatoes: Roast wedges in single layer on parchment-lined sheet pan for 30-45min. Remove and toss halfway. Cool. [*] (2)



Gazpacho (1)

Place the following into blender bowl w/ 2c chopped tomatoes:

- ½ of peeled cucumber
- ½ of bell pepper
- ¼ red onion
- 3 cloves garlic
- ½ jalapeno, stemmed and halved (note: add more jalapeno if you like spicy)
- 1tsp salt

Blend veggies until smooth and soup-like texture is reached. Add ½c olive oil + 2T sherry vinegar and pulse to combine. Pour into large storage container.

Add chopped veggies (½ cucumber, ½ red bell pepper, 1c tomatoes) to pureed veggies + S&P to taste. [*] (1)



Side Salad (5)

Layer the following in a large storage tub:

½ bag chopped romaine lettuce

½ shredded (or chopped) carrot & radish

¼c sunflower seeds

Repeat layers. [*] (5)

Burgers (2)

Form ground beef into 4 patties. Season lightly w/ S&P. [*] (2)

Shrimp Kabobs (1)

Combine 1# shrimp + 1tsp paprika + 1 tsp garlic powder + S&P.

If using metal skewers, you can skewer now. Otherwise, wait until DD. [*] (1)

Honey Orange Sauce (3)

Whisk together:

- ½c orange preserves

- ¼c honey

- 3T dijon mustard

- 1tsp crushed red pepper (optional - add even more for extra spice)

- salt to taste.

Store in fridge until DD. [*] (3)



Balsamic Dressing: Combine ½c olive oil + ¼c balsamic vinegar [*] (5)

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



July Menu, Week 2: Dish Day

Day 1

Cold Creamy Gazpacho w/ Grilled Shrimp Kabobs (1)

1. Skewer shrimp. (If using wooden skewers, soak in water for 30 mins prior to skewering).
2. Preheat grill to medium high or turn on broiler.
3. Oil grill or brush shrimp with oil and grill or broil for 2-3 min per side until cooked through and pink.
4. Serve with cold soup from fridge.

Day 2

Grassfed Beef Burgers w/ Baked Potato Wedges & Snap Peas (2)

1. Pre-heat oven to 375 F. Re-heat potatoes for 20-25 minutes, removing and tossing halfway through.
2. Grill burgers 3-4 minutes/ side or desired doneness (or in a sauté pan over medium-high heat).
3. Bring a steamer or small pot of water to boil. Steam/ boil snap peas for 3-4 minutes. Remove & salt.
4. Serve burgers in GF bun or lettuce wrap w/ potato wedges & snap peas on the side.

Day 3

Coconut Chicken w/ Honey Orange Sauce & Watermelon Mint Salad (3)

1. Preheat oven to 400 F. Bring Honey Orange Sauce to room temp on counter.
2. Line a large baking sheet with parchment paper.
3. In one bowl add ½c coconut flour.
4. In another bowl whisk together 2 eggs + 1T Dijon mustard + ½c coconut milk (optional, for more coconut flavor).
5. In a third bowl add 1c unsweetened shredded coconut.
6. Dredge chicken into coconut flour then egg mixture and then shredded coconut. Place on baking sheet.
7. Bake for 10 mins, flip and bake for another 8-10 mins depending on thickness. Option: broil for 1 min to brown & crisp coating.
8. Finely chop mint to equal ~1T. Toss together with the watermelon.

Day 4

Sausage & Kale Frittata (4)

1. Re-heat 1 slice in toaster oven (3-5min) or in microwave (30sec-1min) OR re-heat entire frittata in 350 F oven for 15-20 min.

Salad

Romaine w/ Carrot, Radish, Avocado & Sunflower Seeds (5)

1. Allow vinaigrette to come to room temp. Chop 2 avocados and add to salad. Shake vinaigrette well & drizzle over salad.

Breakfast

Strawberry-Mango Smoothie (6)

1. In a blender, combine: remaining ½ can coconut milk, ¾c frozen mango + ¾c frozen strawberries + ½c walnuts + ½ bag spinach + ¼c water + 1T fresh mint, optional.
2. Blend on high until smooth. Add water/ milk if needed for consistency. Yields: 2 servings. Repeat for additional 2 servings.

Snack

Cucumber Slices (7)

Dessert

Watermelon (8)