



## July Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Superfood Salad w/ Crispy Chickpeas
2. Meal 2: Lemon-Parsley Salmon w/ Tomato & Cucumber Quinoa Pilaf
3. Meal 3: Chicken Stirfry w/ Portobello Mushrooms & Snow Pea & Sesame Quinoa
4. Meal 4: Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper
5. Salad: Mixed Greens w/ Tomatoes, Basil & Mozzarella
6. Breakfast: Hard Boiled Eggs + Peaches
7. Snack: Prosciutto w/ Melon
8. Dessert: Fresh Cherries



### Herbs

1 bulb garlic (2,3)  
2" ginger knob (3)  
1 large bunch basil (2,5)  
1 bunch parsley (1,2)



### Fruits

3 lemons (1,2)  
4 peaches (6)  
4c fresh cherries (8)  
1 cantaloupe (7)



### Dairy (optional)

8oz tiny fresh mozzarella balls (5)



### Pantry

1 can chickpeas (1)  
2c quinoa (2,3)  
1/4c tamari (3)\*  
1-2tsp honey, optional (2)



### Veggies

1 avocado (1)  
1 pint cherry tomatoes (2)  
2 beefsteak tomatoes (5)  
2c snow peas (3)  
1-2 large zucchini (4)  
3 bell peppers (4)  
(mixed colors)  
1 cucumber (2)  
1 bunch radishes (1)  
4 portobello mushrooms (3)  
1 red onion (4)  
5oz tub mixed greens (5)  
1 bunch green kale (1)  
1 head romaine lettuce (1)



### Meats

4 bison strip steaks,  
5-7oz ea (4)  
(OR sub grassfed beef steak)  
1-1.5# boneless, skinless  
chicken breast (3)  
8 slices prosciutto (7)\*



### Seafood

4 salmon fillets, 4-6oz ea (2)



### Nuts

1/4c sliced almonds (1)  
1/2c chopped walnuts (2)  
1/2c raw cashews (1)  
1/4c dried cranberries (1)\*



### Spices

2T steak seasoning (4)\*  
1T oregano (4)



### Oils & Vinegars

~1 1/4c olive oil  
1tsp coconut oil (3)  
3T toasted sesame oil (3)  
1/4c balsamic vinegar (5)  
1/4c rice vinegar (3)  
1tsp apple cider vinegar (1)



## July Menu, Week 3: Prep Day

### Pre-heat oven to 400 F (1)



**Chickpeas:** Drain 1 can chickpeas and pat dry. Toss with 1T olive oil and S&P to taste. Place in single layer on sheet pan and roast 20-30 min until crispy. Cool & store in airtight container (you will add almonds below) in pantry. [\*] (1)

**Almonds:** Toast 1/4c sliced almonds on sheet pan for ~2-4 min or until golden brown. Cool & store with chickpeas. [\*] (1)



**Cashews:** Place 1/2c cashews in a med bowl. Bring 1/2c water to a boil and pour over cashews. Add 1/2tsp salt and soak for ~1 hr. (1)

**Eggs:** Place 8 eggs in a pot, cover w/ water. Bring to a boil for ~5min. Cover w/ lid & remove from heat for 20 min. Cool. [\*] (6)

**Quinoa:** Add 4c water + 2c quinoa to lg pan. Bring to low boil, lower heat to low. Cook 20-25min. Set aside to cool. (2,3)



**Stir Fry:** Thin slice 4 portobellos. Finely chop garlic & grate ginger (~1T ea). Store mushrooms separate from ginger & garlic [\*] (3)

**Pilaf:** Finely chop 1 cucumber & 1/2 of fresh basil. Halve 1 pint cherry tomatoes (or quarter). Set aside. (2)

**Grilled Veg:** Thinly slice 1-2 zucchini (1/4" thick), cut 3 bell peppers into ~8 slices each, slice 1 red onion into thick "rings". [\*] (4)

**Superfood Salad:** Cut 1 bunch kale and 1 head romaine lettuce into bite-sized pieces. Store in bag w/ damp paper towel. [\*] (1)

**Radishes:** Thinly slice ~1c radishes. If you have remaining radishes, store for snacking. [\*] (1)

**Cantaloupe:** Slice cantaloupe into 8 pieces, removing rind and seeds. Wrap each piece of melon with a slice of prosciutto. [\*] (7)

**Chicken:** Slice 1-1.5# boneless, skinless chicken breasts into thin strips (~2" ea). [\*] (3)



### Lemon Parsley Sauce (2)

Place in a blender:

1/2c olive oil

large handful of fresh parsley (reserve 1T parsley for Cashew Dressing, 1)

1 clove garlic

juice of 2 lemons

1tsp salt

1-2tsp honey (optional)

Blend until smooth, set aside 2-3T for quinoa pilaf, store remaining for salmon marinade. [\*] (2)

### Cashew Dressing (1)

In blender, combine:

Soaked cashews (drained, but keeping extra soaking water)

- 1T fresh parsley
- 1T lemon juice
- 1tsp apple cider vinegar
- 1T olive oil
- S&P, to taste

Blend until smooth adding extra soaking water to thin out consistency, if needed. [\*] (1)



### **Quinoa Pilaf (2)**

Toss together:

- 2.5c cooked quinoa
- 1 chopped cucumber (~2c)
- ½ cup chopped walnuts
- 1 pint chopped cherry tomatoes
- 2-3T lemon-parsley sauce
- S&P. [\*] (2)

Note: if you have extra basil AFTER adding to side salad, you can chop 2-4T and add to quinoa pilaf.

### **Sesame Quinoa (3)**

Toss together remaining quinoa with 1-2T toasted sesame oil. [\*] (3)

\*\*Note: extra quinoa freezes well!

### **Salad (5)**

Layer in container as follows:

- ½ of 5oz tub mixed greens
- ½ of mozzarella balls (drained)
- ¼c loosely packed basil leaves

(note: I use whole leaves for this salad. If they are large, I will store and chop at mealtime. Save remaining basil for quinoa pilaf).

Repeat layers (5). [\*]

### **Bison Steak (4)**

Season each strip steak well w/ steak seasoning (1-2tsp per fillet). [\*] (4)



### **Balsamic Dressing (5)**

Whisk together:

- ½c olive oil
- ¼c balsamic vinegar
- pepper to taste [\*] (1,5)

### **Stir Fry Sauce (3)**

Combine the following:

- ¼c tamari
- ¼c rice vinegar
- 1T toasted sesame oil [\*] (3)

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



## July Menu, Week 3: Dish Day

### Day 1

#### Superfood Salad w/ Crispy Chickpeas (1)

1. Dice 1 avocado.
2. Toss together chopped kale & romaine, 1/4c dried cranberries, 1c sliced radishes, and toasted almonds & chickpeas.
3. Top with diced avocado and cashew dressing.

### Day 2

#### Lemon-Parsley Salmon w/ Quinoa Pilaf (2)

1. Pre-heat oven to 425 F. Marinate 4 salmon fillets in lemon-parsley sauce while oven pre-heats (or up to 1 hour).
2. Remove salmon from marinade & bake ~18-20 minutes or cooked through (135 F). Serve with quinoa pilaf.

### Day 3

#### Chicken Stirfry w/ Portobello Mushrooms & Snow Peas & Sesame Quinoa (3)

1. Re-heat sesame quinoa, covered, in 350 F oven for 40-50min or heated through. (or option to microwave)
2. Add 1tsp coconut oil to lg sauté pan over high heat, add ginger, garlic & chicken, cook 1 min. Add mushrooms, cont. to stir.
3. Cook chicken & mushrooms ~8-10min, add 2c snow peas & stirfry sauce, stirring to coat all ingredients w/ sauce, cook 1 min.

### Day 4

#### Bison Strip Steaks w/ Grilled Zucchini, Onion & Bell Pepper (4)

1. Pre-heat grill to med-high or 375 F. Toss zucchini, onion & bell pepper w/ 2T olive oil, S&P & 1T dried oregano.
2. Grill steaks for ~4-6min/ side depending on size/ desired doneness.
3. Grill veg for 2-3 min & flip cooking another 2-3 min (onions may take longer).

### Salad

#### Mixed Greens w/ Tomatoes, Basil & Mozzarella (5)

1. Let salad dressing come to room temp (~30min), shake well.
2. Slice beefsteak tomatoes and chop basil leaves (if not already added whole). Add to salad.
3. Drizzle ~1T dressing over each serving of salad.

### Breakfast

#### Hard Boiled Eggs + Peaches (6)

### Snack

#### Prosciutto w/ Melon (7)

### Dessert

#### Fresh Cherries (8)