July Menu, Week 4: Grocery List

Serves 4

1. **Meal 1: Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli**
2. **Meal 2: Mahi Mahi w/ Pineapple Salsa & Asparagus**
3. **Meal 3: Crockpot BBQ Ribs w/ Corn-on-the-Cob & Smoky Lime Carrots**
4. **Meal 4: Mediterranean Stuffed Bell Peppers**
5. **Salad: Broccoli & Apple Slaw**
6. **Breakfast: Poached Eggs over Sweet Potatoes & Sliced Avocado**
7. **Snack: Apricots & Almonds**
8. **Dessert: Pineapple Nice Cream**

Herbs

1 head garlic (1,4)
~2" knob ginger, optional (8)
1 bunch basil (1)
1 bunch parsley (4)

Veggies

2 avocados (6)
1 jalapeño (2)
9 bell peppers (2,4)
(red or orange work best)
1 bunch asparagus (2)
1 head broccoli (1)
4 organic corn-on-cob (3)
1# carrots (3)
8oz whole mushrooms (1)
4 small sweet potatoes (6)
1 bunch green onion (2,5)
1 shallot (4)
(OR ½ small onion)
~10oz bag broccoli slaw (5)
(OR sub cabbage slaw)

Fruits

1 fresh pineapple (2,8)
3 limes (2,3)
1 lemon (5)
2 honeycrisp apple (5)
(OR sub any tart apple)
8 apricots (7)

Meats

4 boneless, skinless chicken breasts, 4-6oz each (1)
~3# baby back ribs (3)
1# ground turkey thigh (4)

Fish

4 mahi mahi fillets (2)
(OR sub salmon or halibut)

Dairy (optional)

2oz parmesan (1)
2T grassfed butter (3)
8oz crumbled feta cheese (4)

Nuts & Dried Fruit

1c almonds (7)
1c walnuts (1)
¼c dried cherries (5)*
¼c sunflower seeds (5)

Eggs

4 eggs, omega 3 (6)

Pantry

~10oz sundried tomatoes in olive oil (1,4)
2c strained or pureed tomatoes (3)*
~8oz artichokes, in water (4)
⅓c mayo (5)*
1tsp horseradish, optional (5)*
1 can full fat coconut milk (8)*
~¾c honey (3,5)
snack baggies, optional (7)

Spices

red chili flakes, optional (1)
3T chili powder (3)*
½tsp cumin (3)
½tsp coriander (3)
½tsp smoked paprika (3)

Oils & Vinegars

~1c olive oil
6T apple cider vinegar (3,5,6)

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

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Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

July Menu, Week 4: Prep Day

Pre-heat oven 375 F (6)

Sweet Potatoes: Wrap 4 sweet potatoes in foil. Bake at 375F for 50-60min or until soft/ cooked through. Cool. [*] (6)

Pineapple: Peel, core and cut 1 pineapple into quarters. Finely dice ¼ of the pineapple for salsa (~2-3c) and set aside (2).
Cut remaining ¾ pineapple into ~1" pieces (~6-7c) and freeze in single layer on sheet tray for 1 hour, then put in container. [*](8)
Go to http://prepdish.com/easily-cut-pineapple/ for a video on how to cut a pineapple. (2,8)
Asparagus: Remove and discard lower 2-3" of asparagus. Toss spears w/ 1T olive oil + S&P. [*] (2)
Mushrooms & Broccoli: Quarter mushrooms & chop broccoli in 1" bite-sized pieces. Toss w/ 1-2T olive oil & season w/ S&P. Option: add a pinch of red chili flakes. [*] (1)
Carrots: Cut 1# carrots into 1" pieces, peeling optional. Set aside. (3)
Corn: Shuck & clean corn-on-cob. [*] (3)
Stuffed Peppers: Chop 2 garlic cloves + 1 shallot (or ½ sm onion). Set aside. (4)
Stuffed Peppers: Chop artichokes (reserving 2T liquid from can), sundried tomatoes and parsley to equal ~1c each. Set aside. (4)
Stuffed Peepers: Cut tops off 8 peppers and carefully scoop seeds out. May need to trim bottoms so they can "stand". (4)
Salsa: Finely dice 1 jalapeño (discarding seeds) + 1 red bell pepper + green onions to equal ~1T. Set aside. (2)
Slaw: Thinly slice remaining green onions to yield ~¼c. Zest and juice 1 lemon. Set both aside. (5)
Ginger, optional: Finely grate ginger for 2-3tsp. [*] (8)

Stuffed Bell Peppers (4)
Heat skillet with 1tsp olive oil over medium. Add 1# ground turkey + 1 shallot (or ½ sm onion), chopped + 2 garlic cloves, chopped. Cook 10-12 minutes, breaking meat apart, until turkey browns and is cooked through. Cool slightly.
In a bowl, toss cooked turkey + 1c chopped artichokes + 2T liquid from artichoke jar + 1c chopped sundried tomatoes + 1c parsley. Option to mix in 8oz feta crumbles.
Lightly oil baking dish & stand peppers upright. Fill ea pepper w/ turkey mixture, pressing down to stuff the peppers. Cover. [*] (4)

Sundried Tomato Pesto (1)
Blend the following until smooth:
4T oil (from sundried tomatoes or use olive oil)
1 garlic clove
1c walnuts
1oz parm (optional); save remaining 1oz parmesan for veggies
1-2 large handfuls fresh basil
¼c sundried tomatoes
**Note: can thin mixture, if needed, with additional olive oil or water. Add 1T at a time. You want consistency thick enough to spread and stick onto chicken breasts below.

Coat 4 chicken breasts in pesto (~2T/ breast). [*] (1)

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Honey BBQ Sauce (3)
Whisk together (can also use a blender):
2c strained or pureed tomatoes
3T chili powder
¼c apple cider vinegar
½c honey
S&P (~¼ tsp salt). [*] (3)

Pineapple Salsa (2):
Toss together:
- 1c diced pineapple
- 1 diced red bell pepper
- 1 jalapeño, diced
- 1T chopped green onion
- lime juice to taste (1-2tsp)
- ¼tsp salt (or to taste) [*] (2)

Broccoli Apple Slaw (5)
Whisk together:
- ⅓c mayo
- zested and juiced lemon
- 1T apple cider vinegar
- 1tsp horseradish (optional)
- 1½tsp honey
- S&P. [*] (5)

Toss together-
- 10oz broccoli slaw (or cabbage slaw)
- ¼c chopped green onion
- ¼c dried cherries
- ¼c sunflower seeds. [*] (5)

**Note: store dressing & slaw separately until ready to eat.

Smoky Lime Carrots (3)
Whisk together 2T olive oil + juice and zest of 1 lime + 1tsp honey + ½tsp salt + ½tsp cumin + ½tsp coriander + ½tsp smoked paprika. Mix with 1# chopped carrots. [*] (3)

Snack: Option to put ¼c almonds + 2 apricots in snack bag. Repeat for 4 servings. Can also do this on Dish Day. [*] (7)

Coconut Milk: Place 1 can full fat coconut milk in fridge for DD. [*] (8)

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

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July Menu, Week 4: Dish Day

Day 1

Sundried Tomato Pesto Chicken w/ Roasted Mushrooms & Broccoli (1)

1. Pre-heat oven to 400 F. Bake chicken for ~30-40 min or cooked through to 165 F.
2. Roast mushrooms & broccoli for ~25-35 minutes or until just browning. Option to top w/ shredded parmesan.

Day 2

Mahi Mahi w/ Pineapple Salsa & Asparagus (2)

1. Pre-heat oven to 400 F.
2. Bake Mahi Mahi for 14-16 minutes or cooked and flaky OR option to grill, 4-6 minutes/ side. Season w/ S&P.
3. Roast asparagus for 10-12 minutes, tossing halfway through cooktime.
4. Serve fish topped with salsa. Optional: serve with a lime wedge on side.

Day 3

BBQ Ribs w/ Corn-on-the-Cob & Smoky Lime Carrots (3) ***Cooks All Day In Crock Pot***

1. Place ribs & BBQ sauce in crock pot on high for 4-6 hours or low for 8-10 hours.
2. At dinner: Preheat oven to 400 F. Roast carrots for ~20-25 in until carrots are just tender.
3. Boil corn-on-the-cob for ~5 min. Option to serve w/ pat of butter, S&P.

Day 4

Mediterranean Stuffed Bell Peppers (4)

1. Preheat oven to 450 F.
2. Bake stuffed peppers covered w/ foil for 15 min. Remove foil & bake another 10-15 min until peppers are tender & meat reheated.

Salad

Broccoli & Apple Slaw (5)

1. Thinly slice 2 honeycrisp apples into thin matchsticks or bite-sized pieces.
2. Add apples to slaw salad and top with dressing. Mix well.

**Note: Can mix 1-2 hours before serving to soak in dressing.

Breakfast

Poached Eggs over Sweet Potatoes & Sliced Avocado (6)

1. Peel sweet potatoes and re-heat in large sauté pan over med heat for ~10 min or heated through.
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4 cracked eggs and cook 5 min. Remove.
3. Serve eggs over baked sweet potatoes & topped w/ avocado slices. Season w/ S&P.

Snack

Apricots & Almonds (7)

1 serving = ¼c almonds + 2 apricots

Dessert

Pineapple Nice Cream (8)

1. Place 1 can chilled, full fat coconut milk in food processor or blender. **Note: Food processor works best.
2. Add frozen chopped pineapple (~6-7c) and blend on high until smooth (this may take 5-10 min of blending).
3. Pulse in 2-3tsp grated ginger, if desired, until well combined.
4. Yields ~4-8 servings.

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