



August Menu, Week 1: Grocery List

Serves 4

1. Meal 1: Italian Foil Packets w/ Roasted Cauliflower & Broccoli
2. Meal 2: Spinach Salad w/ Balsamic Chicken, Raspberries, Snap Peas, Walnuts & Goat Cheese
3. Meal 3: Black Bean & Mushroom Tacos
4. Meal 4: Beef Kabobs w/ Zucchini & Tomatoes
5. Salad: Massaged Kale Salad w/ Blueberries & Pumpkin Seeds
6. Breakfast: Veggie Breakfast Tacos
7. Snack: Spiced Popcorn Baggies
8. Dessert: Mango & Blueberry Popsicles



Herbs

- 1 head garlic (1,3,6)
- 1 whole fennel (1)



Veggies

- 1 head broccoli (1)
- 1 head cauliflower (1)
- 2c snap peas (2)
- 2 zucchini (4)
- 2 bell peppers (6) (mixed colors)
- 16oz cherry tomatoes (1,4)
- 1 just soft, large avocado (5)
- 2-4 avocados for tacos, optional (3,6)
- 8oz sliced mushrooms (6)
- 2 portobello mushrooms (3)
- 1 red onion (3)
- 1 small yellow onion (6)
- 1 shallot (1)
- 1 bunch curly kale (5)
- 16oz tub spinach (2,3,6)



Frozen

- 10oz bag frozen mango (8)



Fruits

- 2c fresh blueberries (5,8)
- 1c fresh raspberries (2)
- 2 lemons (1,5)
- 1 orange (5)



Meats

- 4 boneless, skinless chicken breasts, 5-7oz ea (2)
- 1# grassfed beef sirloin (4)



Seafood

- 4 salmon fillets, 4-6oz ea (1) (skinless preferred)



Dairy (optional)

- 5oz goat cheese crumbles (2)
- 2c shredded cheese (3,6) (for both tacos)



Nuts & Seeds

- 2½c chopped walnuts (2,7)
- ¼c pumpkin seeds (5)



Oils & Vinegars

- ~1½c olive oil
- ½c balsamic vinegar (2)
- ¼c red wine vinegar (4)



Eggs

- 6 eggs (6) (omega-3)



Pantry

- 1 can black beans (3)*
- 1 bag organic air-popped popcorn (7)
- 16 organic corn tortillas (3,6)*
- 8 sandwich baggies (7)
- 1c salsa, optional (3,6)* (note: use your favorite salsa!)
- 4T white wine (1)*
- (OR sub veg/ chicken broth)*



Spices

- ~2T Italian seasoning (1,2)*
- 2T taco seasoning (3)*
- ¼c cumin (4,7)
- 2T oregano (4,7)
- ~3T paprika (1,4,7)
- 1T turmeric (4,7)
- 1tsp coarse sea salt (5)

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



August Menu, Week 1: Prep Day

Pre-heat oven to 400 F. (2)

Mango: Place 10oz frozen mango chunks at room temperature to defrost, 30-45 minutes. (8)



Balsamic Chicken Marinade (2)

Whisk together in a large bowl or container:

¼c olive oil

¼c balsamic vinegar

1T Italian seasoning

S&P

Add 4 chicken breasts and allow to marinate in the refrigerator for at least 30 min and up to 4 hours [*] (2)



Garlic: Finely chop 4 cloves garlic, set aside half for the black bean tacos (3) & half for the breakfast tacos (6). (3,6)

Tacos: Slice 2 portobello mushrooms & 1 red onion into long, thin strips. Place in a container and add ½ the chopped garlic. [*] (3)

Breakfast Tacos: Finely dice 2 bell peppers & 1 small yellow onion. Place in a container, add the remaining chopped garlic. [*] (6)

Spinach Salad: Chop 2c snap peas into bite-sized pieces. Set aside. (2)

Kabobs: Cut 2 zucchini into ~1" bite-sized pieces. Store. [*] (4) Cut 1# beef sirloin into 1-2" cubes, set aside. (4)

Foil packs: Halve 8oz cherry tomatoes. Dice 1 shallot and mince 2 garlic cloves. Slice 1 fennel bulb and mince fronds for ~1T. [*] (1)

Kale Salad: Remove leaves from stems off 1 bunch kale, discarding stems. Roughly chop kale leaves into bite-sized pieces, set aside.

Dice 1 lg avocado. Zest 1 lemon & 1 orange (about 1tsp of each). Set avocado & zest aside for kale salad & save citrus for juicing. (5)

Broccoli & Cauliflower: Cut both heads into florets and toss with 1T olive oil, 1tsp paprika and S&P to taste. [*] (1)



Balsamic Chicken (2)

Remove chicken from marinade and place in a lightly oiled baking pan. Roast at 400 F for 30 minutes or until cooked to 165 F.

Allow to cool. [*] (2)



Popsicles (8)

Blend 10oz thawed mango chunks until smooth. Pour into popsicle molds, filling ¾ full. Gently add 6-8 blueberries to each popsicle pushing into popsicle (using ~1c of blueberries, reserving ~1c for the kale salad). Place stick in popsicle, freeze. [*] (8)



Balsamic Dressing: Whisk together: ½c olive oil + ¼c balsamic vinegar + pepper to taste. [*] (2)

Kabob Marinade (4)

Whisk together: ¼c olive oil + ¼c red wine vinegar. [*] (4)

Citrus Vinaigrette: Whisk together: ¼c olive oil + juice of 1 orange + juice of 1 lemon. Set aside. (5)



Kale Salad (5)

In a mixing bowl, combine chopped 1 bunch kale leaves with 1-2T olive oil & 1tsp coarse sea salt. Using your hands massage the oil and salt into the kale leaves for 2-3 minutes. The leaves should decrease in size by at least half.

Toss the diced avocado with the citrus vinaigrette.

Toss together all salad ingredients: kale + citrus zest + avocado + citrus vinaigrette + 1c blueberries + 1/4c pumpkin seeds. [*] (5)

Spinach Salad w/ Chicken (2)

Layer in container as follows:

1/4 large tub of spinach (reserve remaining spinach for black bean tacos & breakfast tacos)

1/2c raspberries

1/2 chopped snap peas

1/4c chopped walnuts

1/2 goat cheese crumbles, optional

Repeat layers. [*] (5)

Spice Mix (4,7)

Combine:

- 1/4c cumin

- 2T paprika

- 2T oregano

- 1T turmeric

- fresh ground black pepper (4,7)

Popcorn Baggies (7)

In a large bowl, toss together 1 bag air-popped popcorn + 1/4c spice mix (above) + 2c walnuts.

Divide among 8 sandwich baggies, ~2c/ bag. [*] (7)

Kabobs (4)

Rub remaining spice mix into beef cubes. [*] (4)

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



August Menu, Week 1: Dish Day

Day 1

Italian Salmon Foil Packets w/ Roasted Cauliflower & Broccoli (1)

1. Preheat oven to 400 F. Lay out 4 large pieces of foil (big enough to fold over fish/veggies) and brush lightly with olive oil.
2. Divide 1 pint sliced cherry tomatoes + 1 diced shallot + 2 minced garlic cloves + 1 sliced fennel bulb amongst the 4 pieces of foil.
3. Fold foil edges up to keep in juices and drizzle each with 1tsp lemon juice and 1T white wine/ broth.
4. Option to remove skin from salmon fillets and then place one piece on top of each veggie packet.
5. Lightly brush salmon w/ olive oil & season each with 1tsp fennel fronds, ½tsp Italian seasoning, and S&P.
6. Seal foil edges around around fish & veggies to make a "packet" (see tutorial here: <http://prepdish.com/salmonpouch/>).
7. Place on sheet pan and bake for ~18-20 mins or until fish is opaque & flaky.
8. On parchment lined sheet pan, place broccoli & cauliflower in single layer. Roast for ~18-20 min, tossing halfway through.

Day 2

Spinach Salad w/ Balsamic Chicken, Raspberries, Snap Peas, Walnuts & Goat Cheese (2)

1. Set balsamic dressing at room temperature for 15-30 minutes. Shake well.
2. Divide salad among 4 bowls. Slice balsamic roasted chicken and add 1 breast to each salad. Top w/ dressing as desired.

Day 3

Black Bean & Mushroom Tacos (3)

1. Heat 1-2T olive oil in large sauté pan over medium-high heat.
2. Add sliced portobello mushrooms, onion & garlic. Cook for ~10-12 min, lower heat if needed. Add 1-2T taco seasoning, stir well.
3. Add 1 can drained black beans, 3 lg handfuls baby spinach & ¼c water. Cook down for 2-4 more minutes on med-low heat.
4. Season to taste w/ salt (~½ tsp). Serve cooked veggies on heated corn tortillas. Option to top with avocado, salsa and/or cheese.

Day 4 ****Note: requires 1 hour - 24 hours marinating time****

Beef Kabobs w/ Zucchini & Tomatoes (4)

1. Marinate seasoned beef for at least 1 hour or up to 24 hours. If using wooden skewers, soak in water for 30 mins prior to using.
2. Pre-heat grill. Skewer beef, zucchini & 8oz cherry tomatoes.
3. Grill kabobs for ~10-12 minutes, or until beef is just cooked through/ desired doneness, flipping halfway through cooking.

**Note: Skewers may also be cooked on an indoor grill (like a George Foreman) or broiler, but reduce time by ~3-4 minutes.

Salad

Massaged Kale Salad w/ Blueberries & Pumpkin Seeds (5)

Breakfast

Veggie Breakfast Tacos (6)

1. Heat 1 tsp oil in large sauté pan over medium-high heat. Add 8oz sliced mushrooms, chopped bell peppers, yellow onion & garlic.
2. Cook for ~6-8 minutes, lower heat if needed. Meanwhile, crack 6 eggs into a bowl & whisk well.
3. Add any remaining baby spinach (2-3 large handfuls) to the pan, allowing to cook down.
4. Pour eggs into pan with cooked veggies, moving around (scrambling) w/ spatula and cooking until no longer runny, ~3-4 mins.
5. Season to taste w/ S&P. Serve cooked eggs & veggies in heated corn tortillas. Option to top with avocado, salsa and/or cheese.

Snack

Spiced Popcorn Baggies (7)

Dessert

Mango & Blueberry Popsicles (8)