



August Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Pesto Salmon w/ Purple Potatoes & Asparagus
2. Meal 2: Mustard Rosemary Lamb Chops w/ Summer Vegetable Ribbon Salad
3. Meal 3: Balsamic Marinated Chicken w/ Grilled Eggplant, Tomato & Mozzarella Stacks
4. Meal 4: B.L.T.A. Burgers w/ Roasted Carrots & Parsnips
5. Salad: Mixed Greens w/ Pears, Dried Cherries, Cucumbers, Pecans & Bacon
6. Breakfast: GF Banana Bread Granola
7. Snack: Plums
8. Dessert: Peach Cobbler



Herbs

1 lg bunch basil (1,2,3)
1 bunch rosemary (2)
1 head garlic (1,2,3)



Veggies

1 bunch green onions (2)
1# carrots (2,4)
2 zucchini (2)
1 yellow squash (2)
4 parsnips (4)
1 cucumber (5)
1 bunch asparagus (1)
1 lg eggplant (3)
1-2 avocados (4)
4 beefsteak tomatoes (3,4)
1.5# purple potatoes (1)
5oz tub mixed greens (5)



Fruits

4 lemons (1,2,3)
2# peaches (8)
2 pears (5)
8 Plums (7)
1 banana (6)
1 pint berries, optional (6)



Dairy (optional)

~4oz parmesan (1,2,3)
4oz fresh mozzarella ball (3)
1/2c grassfed butter (8)
(OR sub with coconut oil)
milk/ yogurt of choice (6)
(optional to eat w/ granola)



Pantry

2T Dijon mustard (2)*
1c almond flour (8)
1/2c unsweetened coconut flakes (8)*
3c GF oats (6)
1tsp vanilla (6)*
4 GF hamburger buns (4)
(OR sub with lettuce wraps)



Meats

4-8 lamb chops (2)
(bone-in, ~3/4" thick)
4 chicken breasts, boneless,
skinless, 5-8oz each (3)
1-1 1/2# ground bison (4)
(OR sub ground beef)
1 package bacon (4,5)*



Nuts & Dried Fruits

~1 1/2c medjool dates (6,8)
1 3/4c walnuts (1,3,6)
1/2c dried cherries (5)*
2c pecans (5,6,8)
1T flax seeds (6)
1/4c pine nuts (2)



Spices

1 1/2T cinnamon (6,8)
1tsp ground ginger (8)
1/4tsp red pepper flakes (2)



Seafood

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



Oils & Vinegars

~2c olive oil
1/2c balsamic vinegar (3,5)
1/4c coconut oil (6)



August Menu, Week 3: Prep Day

Pre-heat oven to 350 F. (2,4,5,6)



Pine nuts: Toast $\frac{1}{4}$ c pine nuts on a sheet pan at 350F for ~5 mins (watch closely, nuts burn easily). Store at room temperature. [*] (2)
Bacon: Bake 1 package bacon in single layer for 20-25 min or until cooked through and just crispy. Crumble half for salad & keep half whole for burgers. [*] (4,5)



Peaches: Remove pits from 2# peaches and dice. Set aside. (8)
Banana Bread Granola: Chop $\frac{3}{4}$ c walnuts & $\frac{1}{2}$ c pecans. Set aside. Mash 1 banana. Pit and chop 5 dates (~ $\frac{1}{2}$ c). Set aside. (6)
Purple Potatoes: Cut 1.5# purple potatoes into $\frac{1}{2}$ " pieces, toss w/ 1-2T olive oil + S&P. [*] (1)
Asparagus: Remove ends from 1 bunch asparagus and discard. Toss remaining spears w/ 2tsp olive oil + S&P. [*] (1)
Eggplant Stacks: Thin slice 2 beefsteak tomatoes & 4-oz mozzarella. Slice 1 eggplant into $\frac{1}{2}$ " thick rounds. Store 3 separately. [*] (3)
Tomatoes: Thinly slice remaining 2 beefsteak tomatoes for burgers. [*] (4)
Carrots & Parsnips: Cut into 4 carrots & 4 parsnips into 1" slices. Toss w/ 1-2T olive oil. Season to taste w/ S&P. [*] (4)
Cucumber: Cut 1 cucumber into small, $\frac{1}{4}$ " pieces (option to peel and de-seed if preferred). Set aside for salad. (5)
Green Onions: Chop both white and green parts to make $\frac{1}{4}$ c. [*] (2)
Lamb: Finely chop 2T rosemary & 2 cloves garlic. Mix w/ 2T Dijon mustard + $\frac{1}{2}$ tsp salt + $\frac{1}{4}$ tsp pepper. Rub over lamb chops. [*] (2)



Banana Bread Granola (6)

In a food processor add:

- $\frac{3}{4}$ c walnuts
- $\frac{1}{2}$ c pecans
- 1T flax seeds
- 5 medjool dates, pitted (~ $\frac{1}{2}$ c)

Pulse the above in a food processor until nuts & dates are chopped, set aside in a separate bowl and mix in the following:

- 3c GF oats
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ T cinnamon

Now add to the food processor:

- $\frac{1}{4}$ c coconut oil
- 1tsp vanilla
- 1 banana

Blend until smooth.

Add the nut mixture (from above) back to the food processor and pulse until just combined.

Place mixture on large sheet pan lined with parchment paper and spread out until flat & thin (the mixture should be wet). Bake at 350 F for 10 mins. Remove from oven & stir, breaking apart granola. Bake 5-10 more mins (watch closely - it burns easily!). Remove from oven, cool, break apart as desired and store in an airtight container. Yields ~5c or 10 servings. [*] (6)



Peach Cobbler (8)

Place in food processor or blender:

- 1/2c (1 stick) butter or coconut oil **Note: if using blender & butter, cut butter into quarters before pulsing
- 1c dates, pits removed
- 1c pecans
- 1c almond flour
- 1/2c unsweetened coconut flakes
- 1T cinnamon
- 1tsp ground ginger
- 1/2tsp salt

Pulse until combined and mixture begins to form a ball. Place diced peaches in a small baking dish (~9x9" pan) and cover w/ cobbler (does not need to cover completely). Cover with foil [*] (8)



Pesto (1,3)

Place the following in blender or food processor:

- 1/2c olive oil
- 1/4c water
- 1c walnuts
- 2oz parmesan (size of 1 domino)
- 1 lg garlic clove
- ~1-2c fresh basil leaves
- 1/2tsp lemon zest + ~2T juice (~2 lemons; add to taste)

Blend until smooth, taste and season as needed w/ salt and/or lemon juice. Spread 2-3T pesto onto each salmon fillet. [*] (1)

**Note: if not baking fish within 24 hours, delay adding pesto to salmon until dish day.

Save remaining pesto for eggplant, tomato & mozzarella stacks. [*] (3)



Bison Burgers (4)

Season 1-1.5# ground bison with S&P. Form into 4 patties. [*] (4)

Salad (5)

Layer in container as follows:

- 1/2 of mixed greens
 - 1/2 chopped cucumber
 - 1/4c dried cherries
 - 1/4c pecans (chop if desired)
- Repeat layers. [*] (5)



Balsamic Vinaigrette/ Marinade (3,5)

Whisk together: 1c olive oil + 1/2c balsamic vinegar + pepper to taste. [*] (3,5)

Vegetable Ribbon Salad Dressing (2)

Whisk together: 1/3c olive oil + 2T lemon juice (~2 lemons) + 1/4tsp red pepper flakes + S&P to taste [*] (2)

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



August Menu, Week 3: Dish Day

Day 1

Pesto Salmon w/ Purple Potatoes & Asparagus (1)

1. Pre-heat oven to 425 F.
2. Place potatoes (optional: toss w/ 1-2T parmesan) on parchment-lined baking sheet, roast ~35-40 min, tossing halfway through.
3. Place pesto-covered salmon on an oiled baking sheet and bake for ~20 minutes or fish is cooked and flaky.
4. Place asparagus on baking sheet and roast for 10-12 minutes.

Day 2

Mustard Rosemary Lamb Chops with Summer Vegetable Ribbon Salad (2)

1. Preheat grill to medium-high heat. Place veggie ribbon salad dressing on counter to come to room temp.
2. Take lamb chops out of fridge to come up slightly to room temperature.
3. Make large ribbons w/ a peeler from 2 zucchini, 1 carrot and 1 yellow squash. Place in bowl and mix veggie ribbon salad dressing.
4. Grill chops for ~4-5 minutes per side for medium rare. Adjust cook time for desired doneness. Let rest while finishing salad.
5. Chop 1/2c basil and add to salad with toasted pine nuts and 1/2c sliced green onions.
6. Toss to combine and top with 1/4c parmesan cheese (~1 oz), if desired.

Day 3 *Marinate for minimum of 30min up to 12 hours (use 1/2 balsamic marinade, reserve half for salad (5))*

Balsamic Marinated Chicken w/ Grilled Eggplant, Tomato & Mozzarella Stacks (3)

1. Pre-heat grill to med-high heat.
2. Remove chicken from marinade and grill 5-8min/ side or cooked through to 165 F.
3. Brush or spray eggplant w/ olive oil, S&P. Grill eggplant ~5min/ side. Layer eggplant, mozzarella, tomato & pesto.

Day 4

B.L.T.A. Burgers w/ Roasted Carrots & Parsnips (4)

1. Pre-heat oven to 450 F. Place veggies in a single layer on a baking sheet. Pre-heat grill or large sauté pan for burgers.
2. Roast veggies for ~30-35 minutes, tossing halfway through cook time.
3. Grill (or cook in sauté pan) burgers for 4-6 min/ side or desired doneness.
4. Slice 1-2 avocados. Serve burgers on gluten-free buns with bacon, sliced avocado, tomatoes & lettuce.

Salad

Mixed Greens w/ Pears, Dried Cherries, Cucumbers, Pecans & Bacon (5)

1. Bring vinaigrette to room temp, shake well. Reserve 1/2 of dressing for marinade (3).
2. Chop 1-2 pears and add to salad. Drizzle w/ balsamic vinaigrette.
3. Top salad w/ reserved, crumbled bacon.

Breakfast

Banana Bread Granola (6)

1. Option to serve granola over milk or yogurt and/or topped with berries.

Snack

Plums (7)

Dessert

Peach Cobbler (8)

1. Bake 375 F for ~30 minutes or filling is warmed and bubbly and topping is beginning to brown.