



August Menu, Week 4: Grocery List

Serves 4

1. Meal 1: Brined Pork Chops w/ Sautéed Cabbage & Apples
2. Meal 2: Cilantro-Citrus Shrimp w/ Brown Rice & Cucumber Slices
3. Meal 3: Summer Pasta
4. Meal 4: Orange-Ginger Grilled Chicken w/ Veggie Stir Fry & Brown Rice
5. Salad: Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio
6. Breakfast: Ponana Breakfast Cookies
7. Snack: Figgy Energy Bites
8. Dessert: Watermelon



Herbs

- 1 bunch cilantro (2)
- 1 bulb garlic (1,2,3,4)
- 3" ginger knob (4)
- 1 bunch fresh mint (5)
- 1 bunch basil (3)



Fruits

- ~1# red apples (1)
- 2 lemons (2,3)
- 2 limes (2)
- 2 oranges (2,4)
- 1 watermelon (5,8)
- 1 medium banana (6)



Dairy (optional)

- 8oz feta crumbles (3,5)
- 1tsp butter (1)



Pantry

- 2c brown rice (2,4)
- ½c tamari (4)*
- 15oz chickpeas (3)
- ¼c sliced kalamata olives (3)
- 10oz GF penne pasta (3)*
- ½c almond butter (7)*
- 2T dark chocolate chips, optional (6)
- 1T honey, optional (4)



Veggies

- 1 head purple cabbage (1) (pre-chopped if avail)
- 1 cucumber (2)
- 1 head broccoli (4)
- 2 pints cherry tomatoes (3)
- 16oz sliced mushrooms (3)
- 4 portobello mushrooms (4)
- 1 large zucchini (3)
- 1 red onion (4,5)
- 1 medium sweet potato (6)
- 5oz tub arugula (5)



Meats

- 4-8 pork chops (1) (thin-cut, bone-in)
- 4 chicken leg quarters (4)



Nuts & Dried Fruit

- ½c chopped pistachios (5)
- ½c pinenuts, optional (3)
- 1c dried figs (7)*
- 1c medjool dates (7)
- ½c dried cranberries (7)*
- 1T chia seeds (6)



Spices

- 1T juniper berries, optional (1)
- 2 bay leaves (1)
- 1T whole peppercorns (1)
- 1tsp red chili flakes, optional (4)
- ½tsp cinnamon (6)
- 1T sea salt (1)



Seafood

- 1-1.5# shrimp (2) peeled, deveined, tail removed



Oils & Vinegars

- ~2½c olive oil
- 3-4T coconut oil (1,4)
- 2T toasted sesame oil (4)
- ~1tsp apple cider vinegar, optional (1)
- ¼c rice vinegar (4)
- ¼c balsamic vinegar (5)



Eggs

- 2 eggs, omega-3 (6)
- (OR sub ¼c almond butter)*

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



August Menu, Week 4: Prep Day

Pre-heat oven to 350 F. (3,6)



Baked Sweet Potatoes: Wrap 1 medium sweet potato in foil and bake for 1-1/2 hours or until knife inserts easily. Cool. Peel and mash (for ~3/4c). (6)



Apples: Roughly chop ~1# apples. (1)

Cabbage: Finely chop 1 head purple cabbage (option to use a food processor). (1)

Cucumber: Cut 1 cucumber into slices. [*] (2)

Watermelon: Cut 1c watermelon into small 1/2" cubes, set aside for salad (5). Cut remaining into wedges for dessert (8). [*] (5,8)

Red Onion: Thinly slice 1 red onion. Keep ~2T for salad (5), save remaining onion for stir fry (4). (4,5)

Stirfry: Cut 1 head broccoli into 2-3" pieces, slice 4 portobello mushrooms. (4)

Stirfry: Peel & grate 1/2 of ginger (~1T) & chop 1T garlic. Store broccoli, mushrooms, onion, 1T ginger & 1T garlic in a container. [*](4)

Ginger: Peel any remaining ginger (~1-2" knob) for chicken marinade. Set aside. (4)

Pasta: Chop 1 zucchini into 1/2" bite-sized pieces (3)



Rice: Place 4c water + 2c brown rice in a pan, bring to a boil, turn heat to low, cover w/ a lid and cook 30-45 min. Cool. [*] (2,4)

Brine: Bring 4-6c water to a boil, whisk in: 1T sea salt + 1T each juniper berries + 1T whole black peppercorns + 1 "smashed" garlic clove + 2 bay leaves. Cool in fridge for ~30 min. Place pork chops in brine for 12-48 hours. [*] (1)

Sautéed Cabbage & Apples: Heat 1tsp butter (or coconut oil) over med heat & place ~1# chopped apples + 1 head chopped cabbage in pan. Season w/ S&P. Option to add a splash of apple cider vinegar (~1tsp) or more to taste.

Cover and cook over medium heat for ~30-40 minutes, stirring occasionally. Remove lid during final 5-10 min of cooking. [*] (1)



Figgy Energy Bites (7)

In blender or food processor add: 1c dried figs (no stems) + 1c medjool dates (pitted) + 1/2c dried cranberries. Pulse until combined. Stir in 1/2c almond butter. Roll mixture into 1T balls. Place in single layer on baking sheet and freeze. Yields ~24.

Note: you can later transfer frozen bites into a container or baggy and freeze. [*] (7)



Ponana Breakfast Cookies (6)

In a small bowl, "hydrate" 1T chia seeds in 1T water for ~1-2 minutes.

In a large bowl, mix together: 3/4c mashed banana (~1 medium) + 3/4c mashed sweet potato + 2 eggs (note: for egg free, replace w/ 1/4c almond butter) + 1/2tsp cinnamon + hydrated chia seeds (do not drain). Optional: gently fold in 2T dark chocolate chips.

Drop by 1/8c (or 2T) scoop on cookie sheet and bake at 350 F for ~10 min. Yields ~16 cookies. [*] (6)



Summer Pasta (3)

Roasted Veg: Toss 2 pints cherry tomatoes, 16oz sliced mushrooms + 1 chopped zucchini + 1-2T olive oil + S&P. Roast in single layer on 1-2 sheet pans for 30-35 minutes or until tender. Toss halfway through cooktime. Cool, set aside.

Pasta: Bring a large pot of water to boil and cook 1 box GF penne pasta according to package instructions. (3)

Lemon Basil Sauce:

In blender blend: 1/4c olive oil + 1 clove garlic + large handful fresh basil + juice of 1 lemon (~2T) + S&P.

Toss pasta w/ roasted veg + lemon basil sauce + 15oz chickpeas, drained + 1/4c sliced kalamata olives + 4oz feta crumbles, optional + 1/2c pine nuts, optional. [*] (3)



Shrimp Marinade (2)

Blend the following until smooth:

Zest and juice of 2 limes

Zest and juice of 1 orange (you use the zest & juice of 2nd orange for chicken marinade, below)

Zest and juice of 1 lemon

large handful cilantro

1/2c olive oil

1/2c water

2tsp salt

2 cloves garlic, peeled [*] (2)

Note: no need to clean blender/ food processor in between making shrimp & chicken marinade.

Chicken Marinade (4)

Blend the following until smooth:

1c olive oil

1T toasted sesame oil

1/4c tamari

1-2" peeled ginger knob

1T honey, optional

Zest and juice of 1 orange (you use zest & juice of 2nd orange for shrimp marinade, above)

Marinate chicken 24-48 hours prior to cooking (recommend marinating on night 3). [*] (4)

Stir Fry Sauce (4): Combine 1/4c tamari + 1/4c rice vinegar + 1T toasted sesame oil [*] (4)

Balsamic Dressing (5): Combine 1/2c olive oil + 1/4c balsamic vinegar + pepper. [*] (5)



Salad (5)

Layer in container as follows:

1/2 arugula tub

1T sliced red onion

small handful mint leaves (gently tear into small pieces)

1/2c cubed watermelon

1/4c chopped pistachios

2oz feta crumbles, optional

Repeat layers (5). [*]

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



August Menu, Week 4: Dish Day

Day 1 ***Note: Place pork in brine in morning if not already in brine***

Brined Pork Chops w/ Sautéed Cabbage & Apples (1)

1. Place pork chops in brine, ideally for ~12 hours (in fridge). (Note: less time is ok.)
2. Pre-heat oven to 400 F.
3. Reheat cabbage & apples in large sauté pan over med to med-high heat, covered, ~15-20min, stirring occasionally.
4. Heat 1-2tsp oil in sauté pan over med-high. Remove chops from brine, pat dry. Cook until brown on both sides (3-4min/ side).
5. Transfer to oven and bake for ~16-18 minutes or cooked to 145 F. (Option to skip browning & bake for 30 min at 400 F.)

Day 2

Cilantro-Citrus Shrimp w/ Brown Rice & Cucumber Slices (2)

1. If using frozen shrimp, remove from freezer and place in the refrigerator the night before or first thing in the morning.
2. Place shrimp in marinade for at least 30 minutes (up to 2 hours) prior to cooking. Pre-heat oven to 400 F.
3. Re-heat ½ of brown rice (reserving ½ for stirfry), covered, in oven for 35-45 min.
4. Bake shrimp for ~10 minutes or until just pink/ cooked through.

Day 3

Summer Pasta (3)

1. Heat 1-2tsp olive oil to large sauté pan over med-high.
2. Add pasta & veggies and sauté until heated through, ~6-8 minutes.

*** Marinate chicken legs for Day 4 ***

Day 4 ***Note: marinate 12-48 hr in advance***

Orange-Ginger Grilled Chicken w/ Veggie Stir Fry & Brown Rice (4)

1. Reheat remaining rice, covered in 350 F oven for ~30-40 minutes or in microwave. Pre-heat grill to medium (350 F).
2. Drain & discard marinade from chicken leg quarters. Grill chicken for 25-35 minutes or until cooked to 165 F.
3. Add 1T coconut oil to a sauté pan over med-high heat. Add garlic, ginger, onions, broccoli & mushrooms, sauté for 10 min.
4. Add stir-fry sauce and cook another 2-3 minutes. Option to season w/ red chili flakes. Serve over warmed rice.

Salad

Arugula, Watermelon, Mint, Red Onion, Feta & Pistachio (5)

1. Let salad dressing come to room temp (~30min) and shake well. Drizzle ~1T over each serving of salad.

Breakfast

Ponana Breakfast Cookies (6)

1. Serving size 3-4 cookies.

Snack

Figgy Energy Bites (7)

1. Remove 3-4 bites per person from freezer and enjoy!

Dessert

Watermelon (8)