



August Menu, Week 5: Grocery List

Serves 4

1. Meal 1: Smoky Paprika Chicken & Herb Roasted Trio of Fall Veggies
2. Meal 2: Bruschetta Salsa Topped Cod w/ Swiss Chard & Shiitakes
3. Meal 3: Pizza Soup
4. Meal 4: Black Bean Burgers w/ Avocado & Paprika Roasted Cauliflower
5. Salad: Italian Side Salad
6. Breakfast: Gluten-Free Banana Pancakes
7. Snack: Apples w/ Pecan Butter
8. Dessert: Cranberry-Walnut Dark Chocolate Drops



Herbs

- 1 bulb garlic (2,3)
- 1 bunch cilantro (4)
- 1 bunch basil (2)
- 1 fennel bulb (1)



Fruits

- 4 apples (7)
- 4 ripe bananas (6)



Dairy (optional)

- 4oz pepperjack or swiss cheese slices (4)



Pantry

- 4c beef broth (3)*
- 2 x 15oz can black beans (4)
- 28oz can diced tomatoes (3)*
- 4oz sliced kalamata olives (2,3)
- 1c dark chocolate chips or discs (70%+ preferred) (8)
- 4T almond butter, optional (6)*
- ½c pecan butter (7)*
- 4T maple syrup, optional (6)
- 1½c GF oats (4)
- 4 GF hamburger buns (4)*
- (OR sub lettuce for wrap)



Veggies

- ~1# parsnips (1)
- 2 bunches Swiss chard (2)
- 1 head cauliflower (4)
- 1 cucumber (5)
- 2 avocados (4)
- (slightly hard, use on day 4)
- 1 pint cherry tomatoes (5)
- 2 large tomatoes (2)
- (to yield ~2c chopped)
- 2 green bell peppers (3)
- 1# carrots (1,5)
- 8oz sliced mushrooms (3)
- 8oz shiitake mushrooms (2)
- 1 red onion (3)
- 5oz tub mixed greens (5)



Meats

- 4 bone-in, skinless chicken leg quarters (1)
- (OR breasts if preferred)
- 4oz pepperoni (3)*



Nuts & Dried Fruits

- ¼c sliced almonds (5)
- 1c walnuts (8)
- ¼c dried cranberries, (8)*



Seafood

- 4 cod fillets, 4-6oz each (2)



Oils & Vinegars

- ~1¼c olive oil
- ¼c red wine vinegar (5)
- 1T balsamic vinegar (2)



Spices

- 2tsp chili powder (4)*
- ~3½T smoked paprika (1,4)
- 1tsp garlic powder (4)
- ½tsp cayenne, optional (4)
- 2T Italian seasoning (1,5)*
- ~1T cinnamon (6,8)
- 1T dried basil (3)
- ~1½T oregano (2,3)



Eggs

- 6 eggs, omega 3 (4,6)

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



August Menu, Week 5: Prep Day



Pizza Soup: Finely chop 1 clove garlic + 1 red onion + 2 green bell peppers + 4oz pepperoni. Set aside. (3)

Bruschetta: Chop 2 lg tomatoes (for ~2c) + basil (for ~1/4c) + 2oz Kalamata olives. Mince 2 garlic cloves. Set aside in a bowl. (2)

Swiss Chard & Shiitakes: Remove stems from 2 bunches swiss chard, discard. Finely chop remaining leaves + 8oz shiitake mushrooms + 2 cloves garlic. [*] (2)

Cilantro: Roughly chop cilantro to equal ~1/4c. Set aside. (4)

Salad: Dice 1 cucumber into bite-sized pieces to equal ~1c. Cut 1 carrot into small pieces (or grate). Set aside. (5)

Option: cut and store any remaining cucumber for snacking during week. [*]

Root Veggies: Slice 2 carrots & ~1# parsnips into bite-sized pieces (~1"). Cut white bulb of fennel into 1" slices, discard greens. Toss together with 1T olive oil + 1T Italian seasoning + 1tsp salt. [*] (1)

Option: cut and store remaining carrots for snacking. [*]

Cauliflower: Cut 1 head cauliflower into 1-2" bite-sized pieces. Toss w/ 1T olive oil + 1T smoked paprika, 1tsp salt. [*] (4)



Pizza Soup: In a large soup pot heat 1tsp olive oil over med-high heat. Add 8oz sliced mushrooms + chopped veg (1 garlic clove + 1 red onion + 2 green bell peppes). Add 1T dried basil + 1T dried oregano. Saute for 8-10 minutes.

Add 4c beef broth + 2c water + 4oz chopped pepperonis + 28oz diced tomatoes + ~2oz sliced Kalamata olives, drained.

Bring to a low boil and lower to a simmer.

Cook ~30 minutes. Add liquid as needed. Season to taste w/ S&P as needed. Allow to cool. [*] (3)



Pancakes (6)

Place the following in a blender:

4 ripe bananas + 4 eggs + 4T almond butter, optional + 1/2T cinnamon

Blend until smooth.

Option: cook now on pancake griddle (or sauté pan), on med heat, 2-3 min/ side.

OR keep batter in fridge & make "fresh" pancakes at breakfast. (6)



Black Bean Burgers (4)

In a food processor:

- pulse 1 1/2c GF oats until coarsley ground.

Then add:

- 2 cans rinsed/drained black beans

- 2 eggs

- 1/4c rough chopped cilantro

- 2tsp chili powder

- 1tsp smoked paprika

- 1tsp garlic powder

- 1/2tsp salt

- 1/8tsp cayenne, optional for heat

Pulse until combined. Form batter into 4-6 patties [*] (4)

Tip: slightly wet hands when forming each patty to help prevent sticking.



Dark Chocolate Drops (8)

Place 1c dark chocolate discs/chips in a small pan and heat over low on the stovetop, stirring constantly until just melted. Remove chocolate from heat and stir in 1/2tsp cinnamon + 1c walnuts + 1/4c dried cranberries.

Use a tablespoon and drop onto parchment or foil. Allow to cool in the refrigerator. I prefer storing in the freezer. [*] (8)



Bruschetta (2)

Whisk together:

- 1/4c olive oil
- 1T balsamic vinegar
- 1tsp dried oregano
- S&P, to taste

Pour over chopped tomatoes and stir to combine. [*] (2)

Chicken Marinade (1)

Whisk together:

- 1/4c olive oil
- 2T smoked paprika
- 1tsp salt

Pour marinade over chicken leg quarters, covering completely. [*] (1)

Salad (5)

Layer the following in a large bowl (or into mixed greens tub):

- 1/2 of mixed greens
- 1/2c chopped cucumber
- 1/2 chopped/grated carrot
- 1/2 pint cherry tomatoes
- 1/8c sliced almonds

Repeat layers. [*] (5)



Italian Vinaigrette (5)

Whisk together:

- 1/2c olive oil
- 1/4c red wine vinegar
- 1T Italian Seasoning
- S&P, to taste [*] (5)

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



August Menu, Week 5: Dish Day

Day 1

Smoky Paprika Chicken & Herb Roasted Fall Veggies (1)

1. Pre-heat oven to 425 F.
2. Remove chicken from marinade and place in baking pan; place vegetables in a single layer on a baking sheet.
3. Roast chicken & veggies for ~35-40 minutes, tossing veggies halfway through cooktime, or chicken is cooked through (165 F).

Day 2

Bruschetta Salsa Topped Cod w/ Swiss Chard & Shiitakes (2)

1. Preheat oven to 400 F. Line a sheet pan with parchment paper and lightly brush with olive oil.
2. Place cod fillets on sheet pan and sprinkle with S&P.
3. Top each fillet with ½c bruschetta salsa and bake for ~15-18 minutes or until fish is opaque and flaky.
4. Heat lg sauté pan w/ 1-2tsp olive oil. Add chard, garlic & mushrooms. Cook 8-10 mins until tender, stirring often. Season w/ S&P.

Day 3

Pizza Soup (3)

1. Re-heat on stovetop over medium heat until bubbly, reduce heat to low for ~20 min or heated through (stirring occasionally).
2. Add water or broth if needed for desired consistency.

Day 4

Black Bean Burgers w/ Avocado & Paprika Roasted Cauliflower (4)

1. Pre-heat oven to 450 F. Place cauliflower in a single layer on a baking sheet.
2. Roast both for ~30-35 minutes, tossing cauliflower halfway through cooktime.
3. Heat 1T oil in a large sauté pan over med-high heat, add black bean patties and cook 4-5 min/ side or until golden brown.
4. Slice 2 avocados. Top each burger w/ 1 slice pepperjack or swiss cheese, optional, and avocado slices.

Salad

Italian Side Salad (5)

1. Remove salad dressing from refrigerator and bring to room temp. Top each salad portion w/ 1-2T dressing.

Breakfast

Gluten-Free Banana Pancakes (6)

1. If using batter, pre-heat pancake griddle or sauté pan on med heat and cook 2-3 min/ side.
2. OR to reheat pre-made pancakes, heat in a sauté pan for 1-2 min/ side.
3. Option to spread with any remaining almond butter & drizzle w/ maple syrup.

Snack

Apples w/ Pecan Butter (7)

1. Slice apple and serve with 1T pecan butter.

Dessert

Cranberry-Walnut Dark Chocolate Drops (8)