



August Menu, Super Fast: Grocery List

Serves 4

1. Meal 1: Seared Pork Chops w/ Snow Peas & Peruvian Rice
2. Meal 2: Chicken Wings w/ Celery & Corn-on-the-Cob
3. Meal 3: Flank Steak w/ Peruvian Rice
4. Meal 4: Tuna Salad w/ Grapes & Cucumber Slices
5. Salad: Mixed Greens w/ Radish & Avocado
6. Breakfast: Green Eggs & Ham
7. Snack: Broccoli & Cauliflower w/ Dilled Yogurt
8. Dessert: Dark Chocolate + Almond Butter



Veggies

4 corn on the cob (2)
 (peeled/ shucked)
 2-3c snow peas (1)
 1 bunch celery (2,4)
 1 bag pre-chopped broccoli &
 cauliflower (7)
 (OR sub w/ carrots)
 16oz sliced mushrooms (1,3)
 1 cucumber (4)
 1 small bunch radishes (5)
 1 avocado (5)
 5oz tub mixed greens (5)
 5oz bag baby spinach (6)



Meats

4 thin cut pork chops (1)
 2-3# chicken wings (2)
 1-1½# grassfed flank steak (3)
 (OR sub steak of choice)
 1# Canadian bacon (6)*



Eggs

8 eggs, omega-3 (6)



Dairy (optional)

16oz full fat Greek yogurt (2,7)
 (OR sub w/ a Paleo ranch like
 Primal Kitchens or Tessamae)



Oils & Vinegars

~1½c olive oil
 ½c balsamic vinegar (5)



Pantry

2c rice (1,3)
 2T honey, optional (2)
 ½c kalamata olives (1,3)
 3 x 5oz cans tuna (4)
 ¾c mayo (4,7)*
 GF bread (4)*
 (OR sub endive or romaine
 lettuce)
 4-8oz dark chocolate (8)*
 ½c almond butter (8)*



Fruit

2 lemon (2)
 1 bunch grapes (4)



Spices

1T dried dill (7)
 1tsp garlic powder (7)

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



August Menu, Super Fast: Prep Day (1 hour!)



Rice (1,3)

Cook 2c rice according to package instructions, placing 16oz sliced mushrooms into pot during cooking. After rice has cooked, stir in 1/2c sliced kalamata olives. [*] (1,3)



Celery: Finely dice ~2-3 pieces to yield 1/2c for tuna salad (4). Cut remaining into sticks to serve as side for chicken wings (2). [*] (2,4)

Cucumber: Cut into slices. [*] (4)

Radishes: Cut into thin slices for salad and toss into 5oz tub of mixed greens. [*] (5)

Corn: Shuck (peel) 4 ears of corn if not already done. [*] (2)



Tuna Salad (4)

In a large mixing bowl, stir together:

3 cans tuna (~15oz total)

1/2c mayo

1/2c finely diced celery

Season to taste w/ S&P. [*] (4)

Chicken Wings (2)

Whisk together:

4T olive oil

2T honey

1T lemon zest

2T lemon juice

1tsp fresh ground pepper

1tsp sea salt

Pour over 2-3# chicken wings. [*] (2)

Balsamic Vinaigrette (5)

Combine: 1c olive oil + 1/2c balsamic vinegar [*] (5)

Dilled Yogurt (2,7)

16oz full fat plain Greek yogurt + 1/4c mayo (optional) + 1tsp garlic powder + 1T dried dill

Stir until smooth. Season to taste w/ fresh ground pepper & salt. [*] (2,7)

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



August Menu, Super Fast: Dish Day

Day 1

Seared Pork Chops w/ Snow Peas & Peruvian Rice (1)

1. Re-heat rice in a 350 F oven, covered, 30-40 minutes OR microwave.
2. Heat 2tsp oil in a sauté pan over med-high heat. Pat pork chops dry, season w/ S&P. Cook for ~5 min/ side (or a temp of 145 F).
3. Heat 1-2tsp olive or coconut oil over med-high (option to use pork chop pan), add snow peas, sauté 3-4 min. Season w/ S&P.

Day 2

Chicken Wings w/ Celery & Corn-on-the-Cob (2)

1. Pre-heat oven to 400 F. Lay chicken wings in single layer on baking sheet & roast for 40-50 minutes.
2. Bring a large pot of water to a boil & cook corn for 4-5 min. Season w/ S&P.
3. Serve celery with ½ of dilled yogurt (reserving the other ½ for the snack, 7).

Day 3

Grilled Flank Steak w/ Peruvian Rice (3)

1. Re-heat rice in a 350 F oven, covered, 30-40 minutes OR microwave.
2. Pre-heat grill to med-high. Season steak w/ S&P. Grill ~ 4-6 min/ side. Rest 5 min & slice very thin "against the grain".

Day 4

Tuna Salad w/ Grapes & Cucumber Slices (4)

1. Serve tuna salad on toasted GF bread or in endive or romaine "boats" with cucumber slices & grapes on side.

Salad

Mixed Greens w/ Radish & Avocado (5)

1. Dice 1 avocado & add to salad. Shake balsamic vinaigrette and drizzle over salad.

Breakfast

Green Eggs & Ham (6)

1. In a small saute pan, add Canadian bacon and cook 2-3 min/ side. Keep warm and serve with eggs.
2. Heat 2tsp olive oil or butter in a lg saute pan over medium. Add 5oz baby spinach, cover w/ lid allowing spinach to wilt, 2-3 min.
3. Add 8 eggs and "scramble" using a spatula. Continue to stir with spatula for 2-3 min or desired doneness. Season w/ S&P.

Note: amounts can easily be increased/ decreased as needed.

Snack

Broccoli & Cauliflower w/ Dilled Yogurt (7)

1. Reserve ½ of the yogurt to serve with celery sticks on D2.

Dessert

Dark Chocolate + Almond Butter (8)