



September Menu, Week 3: Grocery List

Serves 4

1. Meal 1: Balsamic Chicken w/ Butternut Squash, Cherry & Walnut Quinoa Pilaf
2. Meal 2: Cilantro-Pesto Crusted Salmon w/ Roasted Mushrooms & Zucchini
3. Meal 3: Spaghetti Squash w/ Bison & Cilantro Pesto
4. Meal 4: Chicken & Artichoke Spezzatino
5. Salad: Arugula w/ Cherry Tomatoes, Avocado & Pine Nuts
6. Breakfast: Apple Breakfast Bread
7. Snack: Popcorn w/ Dried Figs & Pecans
8. Dessert: Dates Stuffed w/ Cashew Butter & Cacao Nibs



Herbs

- 1 bulb garlic (2,3,4)
- 1 lg bunch cilantro (2,3) (OR basil)
- 1 bunch basil or mint (1)



Fruits

- 2 lemons (2,3)
- 2-3 bananas, over-ripe (6)



Nuts & Dried Fruits

- 1½c walnuts (1,2,3)
- 2c chopped pecans (7)
- ½c pine nuts (5) (OR sub sliced almonds)
- 8-16 medjool dates (8)
- 2c dried figs (7)
- ½c dried cherries (1)*



Pantry

- 1½c quinoa (1,6)
- 1 can white beans (4)
- 1 can artichoke hearts (4) (in water)
- 26oz chopped or crushed tomatoes (4)
- 32oz chicken broth (4)*
- ½c applesauce (6)*
- ½c cashew butter (8)*
- 1c GF oats (6)
- 1½T cacao nibs (8)
- 1 large bag air-popped organic popcorn (7)*
- sandwich baggies (7)



Veggies

- 1-2 avocados (5)
- 2 carrots (4)
- 1 pint cherry tomatoes (5)
- 16oz baby bella mushrooms (2) (OR button mushrooms)
- 4 zucchini (2)
- 1-2 spaghetti squash (~4#) (3)
- 1 butternut squash (1) (OR 1 bag pre-cut squash)
- 1 lg red potato (4)
- 1 yellow onion (4)
- 5oz tub arugula (5)



Meats

- 4 boneless, skinless chicken breasts (1)
- 1# ground bison (3) (OR sub ground beef)
- 1 ea, bone-in, skin on, chicken leg quarter & breast (4)



Oils & Vinegars

- ~2¼c olive oil
- ¾c balsamic vinegar (1,5)



Seafood

- 4 salmon fillets, 4-6oz ea (2)



Spices

- 1T pumpkin pie spice (7) (OR sub cinnamon)
- 1tsp cinnamon (6)
- 2T herbs de Provence (4)
- 2T Italian seasoning (1)

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



September Menu, Week 3: Prep Day

Preheat oven to 375 F. (1,3,6)



Spaghetti Squash: Pierce spaghetti squash with a knife and roast for ~1.5 hours for 2 small or ~2 hours for 1 large squash (or until a knife easily pierces the skin). Carefully slice squash in half, allowing heat to escape. Place in fridge and allow to cool. Once cooled, remove seeds from the spaghetti squash halves. Then scoop out squash, set aside. (3)

Butternut Squash: Peel & dice 1 butternut squash. Toss with 1T olive oil, S&P. Roast in single layer on baking sheet for ~35 min or cooked through. Cool & set aside. (1)



Soup: Finely chop 2 carrots, 1 yellow onion, 2 cloves garlic, & 1 potato. Drain 1 can artichoke hearts and chop. Set aside for soup. (4)

Popcorn Baggies: Quarter 2c dried figs. (7)

Mushrooms & Zucchini: Cut 16oz baby bellas and 4 zucchini into ½" pieces. Toss w/ 1-2T olive oil + S&P. [*] (2)

Quinoa Pilaf: Roughly chop ½c walnuts. Finely chop fresh basil or mint leaves (~1-2T). Set aside. (1)



Quinoa: Add 1½c quinoa + 3c water to a med pot, bring to a boil. Lower heat to low, cover & cook for ~20 min. Cool. (1,5)

Spezzatino Soup (4):

In lg soup pot add 1tsp olive oil + 1 skin-on chicken breast + 1 skin-on chicken leg quarter. Brown skin-side down for 3-5 mins, flip. Add chopped veggies (1 onion, 2 carrots & 2 garlic cloves). Season w/ S&P & 2T herbs de Provence, cook 3-5 min.

Add 1 chopped potato, 32oz chicken broth & 26oz chopped tomatoes. Bring to boil, cover, turn to low, and cook 30 minutes.

Remove chicken from pot and allow to cool. Remove meat from bone, discard skin & bone & chop meat in bite-sized pieces.

Add chopped chicken, artichokes & 1 can white beans (drained) to pot. Add more broth/ water as needed & season w/ S&P. [*] (4)



Cilantro Pesto (2,3)

Blend the following until smooth:

- 1c olive oil (add more if needed for consistency)
- 3 large handfuls cilantro (can use stems)
- 1c walnuts
- 2 cloves garlic
- juice of 1-2 lemons (to taste)

Spread 1-2T pesto over 4 salmon fillets if eating that night, otherwise store salmon & pesto separately. [*] (2)

Set side remaining pesto for spaghetti squash. (3)



Spaghetti Squash w/ Bison & Pesto : In a large sauté pan, add 1# ground bison, cook for 8-10 min, breaking apart meat. Add pesto & cooked spaghetti squash. Stir to combine squash & bison w/ pesto. Cool. [*] (3)



Apple Breakfast Bread (6)

In a large bowl, mash 2-3 over-ripe bananas to equal ~1c. Add ½c applesauce + 1c cooked quinoa + 1c GF oats + 1tsp cinnamon. Mix together with a fork until evenly combined and pour into an oiled pie pan. Bake at 375 F for 30-35 minutes. Cool. Yields ~8 servings. [*] (6)



Balsamic Dressing (5)

Combine: ½c olive oil + ¼c balsamic vinegar + pepper to taste. [*] (5)

Balsamic Marinade (1)

Combine: ½c olive oil + ¼c balsamic vinegar + 2T Italian seasoning + 1T salt & fresh ground pepper . Place chicken breasts in marinade for 1 hr up to 24 hrs. If not cooking chicken within 24 hours, hold off on marinating. [*] (1)



Quinoa Pilaf (1):

Toss together:

- remaining cooked quinoa (~2½-3c)
- ½c chopped walnuts
- ½c dried cherries
- chopped/ cooked butternut squash
- 1-2T chopped basil or mint
- ¼c balsamic vinegar

S&P to taste. [*] (1)

Salad (5)

Layer the following:

- ½ tub arugula
- ½ cherry tomatoes
- ¼c pine nuts (or sliced almonds)

Repeat layers. [*] (5)

Popcorn Baggies (7)

Combine the following:

- 1 large bag popped popcorn
- 2c chopped pecans
- 2c figs, quartered
- 1T pumpkin pie spice (or cinnamon)

Toss to combine and divide into baggies, ~2-3c per baggy. (7)

Dates: Remove pits from 8-16 dates and stuff each date 1-2tsp cashew butter and ½tsp cacao nibs. [*] (8)

KEY

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



September Menu, Week 3: Dish Day

Day 1

Balsamic Chicken w/ Butternut Squash, Cherry & Walnut Quinoa Pilaf (1)

1. Preheat oven to 375 F. Place chicken in a baking pan & bake for 35 min or cooked through (165 F).
2. Option to serve pilaf cool or heated (warm in oven, above, covered). Option to reserve any leftover quinoa for Day 2 meal.

Day 2

Cilantro-Pesto Crusted Salmon w/ Roasted Mushrooms & Zucchini (2)

1. Preheat oven to 425 F.
2. Place salmon on an oiled baking sheet and bake for ~18-20 minutes or cooked through (135 F) and flaky.
3. Place mushrooms & zucchini on a separate baking sheet and roast veggies for 20-25 minutes, tossing half way through.

Day 3

Spaghetti Squash w/ Bison & Cilantro Pesto (3)

1. Preheat oven to 350 F.
2. Reheat, covered, 35-45 min or heated through. Also re-heats well in a large sauté pan.

Day 4

Chicken & Artichoke Spezzatino (4)

1. Re-heat on stove top, on low, until bubbly/ heated through, stirring occasionally.

Salad

Arugula w/ Cherry Tomatoes, Avocado & Pine Nuts (5)

1. Chop avocado and add to salad immediately before serving. Shake dressing well and drizzle over salad, ~1-2T/ serving.

Breakfast

Apple Breakfast Bread (6)

1. Option to serve warmed and topped with a pat of butter or your favorite jam.

Snack

Popcorn w/ Dried Figs & Pecans (7)

Dessert

Dates Stuffed w/ Cashew Butter & Cacao Nibs (8)

1. Option to heat dates in the oven for ~10 minutes (but also good cold). Serving size: 2-4 dates.