October Menu, Week 2: Grocery List

Serves 4

1. **Meal 1: Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara**
2. **Meal 2: Carrot & Snow Pea Stir Fry w/ Peanuts & Brown Rice**
3. **Meal 3: Parsley Roasted Chicken w/ Acorn Squash & Sautéed Swiss Chard**
4. **Meal 4: Shrimp, Sausage & Veggie Gumbo**
5. **Salad: Crunchy Chopped Salad**
6. **Breakfast: Baked Acorn Squash w/ Poached Eggs**
7. **Snack: Brussels Sprouts Dipped in "Ranch"**
8. **Dessert: Sunbutter Bites**

Herbs

1 bunch parsley (3,5,7)
2 bulbs garlic (1,2,3,4,5,7)
2-3" knob ginger (2)

Veggies

1 bulb fennel (5)
~4# spaghetti squash (1)
(1 large or 2 small)
4 acorn squash (3,6)
~2c snow peas (2)
2 bunches Swiss chard (3)
4 carrots (2)
1 bunch celery (4,5)
2# Brussels sprouts (7)
2 green bell peppers (4)
2 bell peppers (5)
(mix of red, orange or yellow)
8oz sliced mushrooms (1)
1 yellow onion (1,4)
5oz bag chopped romaine (5)

Frozen

12-16oz cut okra (4)

Fruit

2 lemons (3)

Meats

1# grass-fed, organic ground beef, 95% lean (1)
1 link (3oz) raw andouille pork sausage (4)
4 bone-in, skin-on chicken leg quarters (3)

Seafood

1# shrimp (4)
(peeled, deveined)

Eggs

4-8 eggs (6)

Dairy (optional)

4oz parmesan cheese (1)

Nuts & Dried Fruits

1c (~8-10) medjool dates (8)
½c roasted peanuts (2)
½c hemp seeds (8)
½c dried cranberries, optional (8)*

Oils & Vinegars

~1¾c olive oil
~3T coconut oil (3,6)
1T toasted sesame oil (2)
¼c rice vinegar (2)
3T apple cider vinegar (5,6,7)

Pantry

~25.5oz tomato sauce (1)*
2c brown rice (2,4)
4c chicken broth (4)*
1 can full fat coconut milk (5,7)
¼c low-sodium tamari (2)*
1c sunflower seed butter (8)*
1c shredded coconut (8)
(unsweetened)
¾c chocolate chips, optional (8)
½c cacao nibs, optional (8)

Herbs & Spices

1tsp cinnamon (8)
3T herbs de Provence (1)*
(or Italian herb blend)
~2tsp Creole seasoning (4)*

*Note: read ingredient list to avoid added gluten, sugars & msg.

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Created by Personal Chef & Dietitian Allison Schaaf, MS, RD, LD

October Menu, Week 2: Prep Day

Preheat oven to 375 F (1,7)

Spaghetti Squash (1)
Pierce the 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. Set aside and allow to cool. Remove seeds, then scoop out squash. [*] (1)

Brussels Sprouts (7)
Toss 2# Brussels sprouts (option to chop ends off) w/ 1-2T olive oil. Place in a single layer on a baking sheet and bake at 375 F for ~45-55 min, tossing halfway through cook time. Time will vary depending on size. [*] (7)

Rice: 4c water + 2c brown rice, bring to a boil. Reduce to simmer and cover, cook ~1 hour, set aside (covered) to cool. (2,4)

Garlic: Finely chop ~10 cloves garlic (~4T), 1T for gumbo (4), 1T for stir fry (2), 1T for chard (3) & 1T for tomato sauce (1). (1,2,3,4)
Onion: Dice 1 onion, set aside ½ for marinara sauce (1) & ½ for gumbo (4). (1,4)
Acorn Squash: Cut 4 squash in half, remove & discard seeds. Rub inside of squash w/ ~1tsp coconut oil ea., season w/ S&P. [*] (3,6)
Swiss Chard: Remove leaves from stem. Discard stems and roughly chop leaves. Store with 1T chopped garlic. [*] (3)
Peppers & Celery: Finely dice 4 bell peppers + 6 stalks celery. Set aside 2 chopped green peppers + 4 stalks chopped celery for gumbo and 2 chopped red, orange or yellow bell peppers and 2 chopped celery stalks for salad. (4,5)
Salad: Finely chop 1 bulb fennel (white part). Toss with 2 chopped peppers, 2 chopped celery stalks & 1 bag chopped romaine. [*] (5)
Stir Fry: Peel & grate ginger (~1-1.5T). Chop 4 carrots & 2c snow peas into bite-sized pieces, store w/ ginger & 1T garlic. [*] (2)

Gumbo (4)
In a large stock pan over high heat, sauté 1 link (~3oz) raw andouille sausage, for 2-3 minutes, breaking apart meat.
Add chopped veggies (2 green bell peppers, ½ onion, 4 stalks celery) + 1T garlic + 2tsp Creole seasoning and sauté 7-8 minutes.
Add 2c water + 4c chicken broth, bring to boil & lower to simmer for 15-20 minutes.
Add frozen cut okra + 1# peeled, deveined shrimp + 1c cooked brown rice. Increase heat to medium, bring to rapid simmer.
Then lower heat to low and simmer another 20-30 min, add more water/ broth if needed for desired consistency.
Season to taste w/ additional Creole seasoning, S&P. Remove from heat & cool before storing. [*] (4)

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Tomato Sauce (1)
In a large sauté pan, add 1# ground beef + 1T garlic + chopped ½ onion + 8oz sliced mushrooms. Sauté 15 min, breaking apart meat and stirring occasionally. Add ~25.5oz tomato sauce + 3T herbs de Provence + S&P. Stir to combine, cool. [*] (1)

Sunbutter Bites (8)
In food processor combine the following until smooth:
- 1c dates (~8-10), pitted
- 1c shredded, unsweetened coconut
- ½c hemp seeds
- 1c sunflower seed butter
- 1tsp cinnamon

Option to fold in any combination of ¾c chocolate chips, ½c cacao nibs or ½c dried cranberries.

Drop by 1T onto parchment lined baking sheet and freeze in a single layer.
Once frozen, you can store in a container or baggy (these also work at room temp/ refrigerated, but my preference is frozen!).
Yields ~28-30. [*] (8)

Parsley Marinade (3)
Place the following in a blender:
- ½c olive oil
- large handful fresh parsley
- 2 whole cloves garlic (peeled)
- juice of 2 lemons (~2T)
- 1T salt & fresh ground pepper

Blend until just smooth. [*] (3)

"Ranch" Dressing (5,7)
Blend the following in a blender until smooth:
1c olive oil + 2 peeled garlic cloves + 1 can full fat coconut milk + 2T apple cider vinegar + ¼tsp each salt & pepper

Add 1 large handful of parsley leaves at end and pulse quickly, 6-8 times or just chopped.
***Don't over-blend the parsley or it may become bitter.
Ranch dressing will be used for both the Chopped Salad and for dipping Brussels sprouts for snack. [*] (5,7)

Rice: Store remaining cooked brown rice for stir fry. [*] (2)

Stir Fry Sauce (2)
Whisk together: ¼c tamari + ¼c rice vinegar + 1T sesame oil [*] (2)

KEY

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

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October Menu, Week 2: Dish Day

Day 1

Spaghetti Squash w/ Grassfed Beef & Mushroom Marinara (1)

1. Preheat oven to 350 F.
2. Place spaghetti squash and marinara in oven-safe containers and reheat in oven for ~50-60min, stirring sauce halfway through.
3. Serve spaghetti squash topped w/ marinara. Option to grate parmesan over top.

Note: if storing dish in glass containers, simply re-heat in oven in these glass containers.

Day 2

Carrot & Snow Pea Stir Fry w/ Peanuts & Brown Rice (2)

1. Reheat brown rice, covered, in 350 F oven for ~20-30 minutes or in microwave.
2. Add ½T olive oil to a sauté pan over medium high heat. Add garlic, ginger, carrots & snow peas, sauté for 10 minutes.
3. Add stir fry sauce and cook another 2-3 minutes. Top with peanuts. Serve over warmed rice.

Day 3

Parsley Roasted Chicken w/ Acorn Squash & Sautéed Swiss Chard (3) *marinates 1hr-24hrs before cooking*

1. Marinate chicken quarters for 1 hour up to 24 hours (in fridge). Remove from marinade and place in single layer in baking pan.
2. Preheat oven to 400 F. Roast chicken & acorn squash halves, uncovered, 45-55 min. Set aside ½ cooked squash for breakfast (6).
3. During final 5 min of cooking, heat 1tsp olive oil in large sauté pan and cook chard/garlic for 3-5 min, season w/ S&P.

Day 4

Shrimp, Sausage & Veggie Gumbo (4)

1. Place in large pot on stove top, reheat over med-high until bubbly. Turn heat to med or low, stirring occasionally, until heated through, ~20-30 minutes. Add water or broth as needed for desired consistency.

Salad

Crunchy Chopped Salad (5)

1. Shake "Ranch" dressing well and drizzle over salad, ~1-2T/ serving.

*Note: Ranch dressing is also used to dip for Brussels sprouts snack.

Breakfast

Baked Acorn Squash w/ Eggs (6)

1. Reheat 4 acorn squash halves in preheated oven, toaster oven or microwave.
2. Bring a pot of water to a very low simmer, add 1T apple cider vinegar. Slowly add 4-8 cracked eggs and cook 5 min. Remove.
3. Serve eggs over baked squash halves. Season w/ S&P.

Snack

Brussels Sprouts Dipped in "Ranch" (7)

1. Eat cold or re-heat in microwave or toaster oven until warm and then dip in ranch dressing.

Note: Ranch dressing is also used for the Crunchy Chopped Salad.

Dessert

Sunbutter Bites (8)

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